

TJÖRN TRIATHLON 11.3

Welcome to Tenson Tjörn Triathlon 11.3, 2017

Race distances; Swim 1 900 m, Bike 90 K, Run 21 K

Friday August 25:

12.00 The Exhibition area opens in "Södra Hamnen".

16.00 You are welcome to pick up your bib at the registration, in the Sports Tent, You can also pick it up on Saturday morning, from 06.00.

19.00 Pre Race-meeting at Nordiska Akvarell Museet in the race area, Södra Hamnen.

20.00 Pasta Party at Andreens Tapas, by the Sports Tent, in Södra Hamnen.

Saturday August 26:

06.00 The registration opens and you can pick up your bib

06.00 The transition area opens, with bike check-in. Latest check-in at 08.00

07.30 Guided walk to Södra Hamnen and Swim start.

09.00 Swim start Tjörn Triathlon 11.3, women and men, elite and junior and National Championships for Firefighters and Policemen.

09.02 Swim start 2, mens age-groups

09.04 Swim start 3, womens age-groups

09.06 Swim start 4, teams and Athletes with disabilities

09.08 Swim start 5, men

09.10 Swim start 6, women

17.00 Last time to pass the finish line, race closes.

19.00 Race Party

20.00 Winners recognition

Race info

This race is sanctioned by The Swedish Triathlon Federation and follows the rules that apply to triathlon. (www.svensktriathlon.org)

Triathlon is an individual sport, no help from others is allowed. Triathlon consists of the disciplines swim, bike and run, done consecutively.

Pre race-meeting at Nordiska Akvarellmuseet.

Here you will get all the information about course, weather conditions and rules & regulations. You will meet our Race Director, Head Referee and Race Medic.

We recommend that you attend to get the latest updates.

Your Race info

In the information you get when you sign in, you will find a bib, a chip, swim cap and stickers with your startnumber for your bike and bag and a raceband. The band shall be worn at all times and gives you access to the Pasta Party and Transition area.

Timing and where to place your bib.

A chip is used for timing and your time will be registered after each discipline. Place your chip on your right ankle and wear it throughout the race. If you lose your chip no time will be registered. Be careful so you do not cross any timing mats before

start! If you don't return your chip we will need to charge you SEK 200. Before swim start an official will mark you with start number and age on your leg.

The following applies; you are not allowed to wear your bib under your wetsuit, you may keep your swim cap as a souvenir, place your bib on your race-belt, during bike have the bib on your back, during run have the bib in front. It is important to have the bib visible, it is not allowed to cut or alter the bib in any way. If you for any reason quit the race, leave your chip with a finish-line official. Mark your bike and bag with the stickers found in your Race information.

Transition area and Bike check-in

All athletes have access to the transition area from 06.00 Saturday morning. Bike check-in is to be done before one hour prior to start. At check-in your bike and helmet will be checked and you will be signed in. Place your bike on the rack, where your number is. Here you may also place your race gear. Only race gear is allowed in the transition area. Tjörn Triathlon is not liable for any valuables lost in transition area. Leave your warm-up clothes in the bag you will get at registration and bring it to the start, where you also will find changing rooms.

Wheelbox

Leave your wheels, marked with name and start number. at bike check-in in T1. Wheels can be picked up in T1 on presentation of your bib. The wheelbox is situated close to the penalty box on the race-course.

Please be careful not to get in the way of other athletes in transition area. Only athletes and officials are allowed in transition area. You can get your bike after the race, on presentation of your bib. There will be separate changing rooms for men and women in transition area. Showers are available at Träningskliniken, Industrivägen 15, from 13.30.

Warm up

You are welcome to go into the water by the swim-start. All athletes must be out of the water 15 minutes before start (08.45).

Swim

Start is on the beach. The course will be marked by large buoys. It is a one lap course. We recommend that you use a wetsuit.

Bike

A CE-approved helmet must be worn at all times when handling your bike off the rack. You are not allowed to mount the bike before the marked line outside the transition area. You need to jump off your bike at the same line when entering transition area on

your way back. After the dismount the bike should be placed on the rack. The bike section is a two lap course. Common traffic rules apply. There will be one aid-station with water, Enervit energy-drink, bananas and buns. Personal aid is only allowed in the area marked "Langningszon", by your way out of Södra Hamnen. Your way will be clearly marked by signs along the course. There will be officials handling the traffic. At crossings marked by cones, stay on the inside of the marking.

12-meter rule

There is no drafting allowed. You need to keep a 12 meter distance to the bike ahead of you. If taking over, you may be closer than 12 meters for up to 25 seconds. If you are the one being passed, you immediately need to fall back the 12 meters. Race Marshalls will monitor the race from motorcykles. If the 12-meter rule is violated a Race Marschall will hold up a blue card (warning). If an athlete does not accept the warning, the Race Marschall will show a red card (dsq). If you get a blue card you must stop at the next possible penalty box.

Penalty box

If you are given a blue card during the bike you need to get registered in the penalty box and stay there for five (5) minutes, which is counted from when you dismount and stand with both feet on the same side of your bike. Wait for a go-signal from the official before you leave the penalty box. If you do not stop in the penalty box the first time you pass it after you have been given a blue card, you will be disqualified. Littering on the bike means that you should go into the penalty box and making a "stop and go". Littering the running means 15 sec stop.

Run

The run is a four lap course and each lap passes Södra Hamnen. The course is marked with signs along the road and officials will be placed along the course to control traffic. There will be two aid-stations with Enervit energy drink, water, bananas and buns. Personal aid is only allowed in the area marked "Langningszon", by the aid station.

Finish, Athletes area

At the finish line all athletes will be presented with a Tjörn Triathlon medal and a Race T-shirt. All athletes will have access to Athletes Area with drinks and massage, free of charge.

Prize ceremony

Prize money will be presented to the five best women and the five best men, with SEK 15.000 for first place, SEK 7.000 for second, SEK 3.000 for third, SEK 2.000 for fourth and SEK 1.000 for fifth place. Medals and prize money will only be handed out at the prize ceremony, so all winners need to attend the ceremony.

First to third juniors will be presented with prizes from our sponsors.

First to third age-groupers will be presented with prizes from our sponsors.

First to third teams and fire brigade teams will be presented with prizes from our sponsors.

The prize ceremony will take place at 17.00 (5 pm) outside Nordiska Akvarellmuseet in Södra Hamnen.

In case of bad weather conditions or other unforeseen incidents

If necessary, due to weather conditions or incidents unforeseen by the management, the race will be performed with adjusted courses. Any alterations will be announced at the pre race meeting or at the latest on the message-board and by our speaker in Södra Hamnen on race-day morning.

Message board

There will be a message board in Södra Hamnen where you will find maps of our courses, information about water temperature and any alterations made after this memo. Here you will also find all results.

Please note!

All participation is at your own risk. Athletes must know the race course. The Swedish Triathlon Federation race rule apply, www.svensktriathlon.org.

A warm welcome to Tenson Tjörn Triathlon 11.3 and best of luck to all athletes! Lotta Nilsson, Race Director