

## **TJÖRN TRIATHLON 11.3**

### **Welcome to Tenson Tjörn Triathlon 11.3, 2016**

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

#### **Friday August 26:**

**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 27:**

**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](http://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 loose 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 startnumber and age on you leg.

The following applies; you are not allowed to wear your bib under your weat-suit, 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 to 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 motorcycles. If the 12-meter rule is violated a Race Marshall will hold up a blue card (warning). If an athlete does not accept the warning, the Race Marshall 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](http://www.svensktriathlon.org).

A warm welcome to Tenson Tjörn Triathlon 11.3 and best of luck to all athletes!

Lotta Nilsson, Race Director

## **TRIATHLON SPRINT**

Welcome to Tenson Tjörn Triathlon sprint 2016

### **You can chose between two distances**

Tjörn Triathlon sprint: 750 m swim, 20 K bike and 5 K run.

Tjörn Triathlon sprint "Short": 400 m swim, 20 K bike and 5 K run.

### **Friday August 26:**

19.00 Pre race meeting at Akvarellmuseet is NOT mandatory for anyone participating only in the sprint, August 28

### **Saturday August 27**

09:00 Start, Tjörn Triathlon 11.3

10:00 Welcome to pick up your bib for the sprint race at the race tent in Södra Hamnen. You can also get your bib on race day, until one hour before the start.

19:00 Race Party

### **Sunday August 28**

08:00 Bike check-in opens in Södra Hamnen.

10:00 Start Triathlon Sprint, 750 meter swim

10:45 Start Triathlon Sprint Short, 400 meter men, junior and younger

10:47 Start Triathlon Sprint Short, 400 meter swim, women

13:00 Price ceremony

14.30 The finish line closes

### **Race informaton**

This race is sanctioned by The Swedish Triathlon Federation and follows the rules that apply to triathlon. ([www.svensktriathlon.org](http://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 Akvarellmuseet**

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

The Pre-race meeting is NOT mandatory for those competing only in the sprint race.

### **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 on your wrist at all times and gives you access to the 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 ancle and wear it throughout the race. If you loose your chip no time will be registered. Be careful so you do not cross any of the 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 your startnumber and age on you leg. Attatch the bib to your race belt, wear it on your back during the bike segment and in front during the run.

The following applies; you are not allowed to wear your bib under your weat-suit, you may keep your swim cap as a souvenir, place your bib on your race-belt, during bike have the bib behind you, during run have the bib in front. It is important to have the bib visible, it is not allowed to cut or alter hte bib in any way. If you for any reason leave 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 at 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. You can leave your other personals in a bag at the cloak room by the transition area. The race will go on all day, so pay attention in the transionstion area! Only athletes and officials are allowed in the transition area. After your race, you can collect your bike by presenting your bib. There will be separate changing tents, for women and men, in the transition area. You are welcome to use the showers at Träningskliniken, Industrivägen 15, from noon, 12.00.

### **Warm-up**

Södra Hamnen will be closed for the race, so warm-up on the bike is done outside the race area. Swim warm-up is done in the course. All athletes must exit the water, at the latest, 15 minutes before start.

### **Swim**

Swimstart is on the beach. It is a one lap swim course, marked by buoys.

### **Bike**

A CE-approved 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 bike segmenet the bike should be placed on the rack. It is a two lap bike 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 motor traffic.. At crossings marked by cones, stay on the inside of the marking.

### **10-meter rule**

There is no drafting allowed. You need to keep a 10 meter distance to the bike ahead of you. If taking over, you may be closer than 10 meters for up to 20 seconds.if you are the one being passed, you imediately need to fall back the 10 meters. Race Marschalls will monitor the race from motorcykles. If the 10-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 one (1) minute, 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 the first time you pass it after you have been given a yellow card you will be disqualified.

#### Run

The run is a one lap course, marked by signs by the road and officials along the course. There will be one aid station with Enervit energy drink, water, bananas and buns. Personal aid out is only allowed in the area marked "Langningszon", by the aid station.

#### Finish

At the finish line all athletes will get a medal and a race t-shirt.

#### **In case of bad weather conditions or nother unforeseen incidents**

If necessary, due to weather conditions or incidents not foreseen 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.

A warm welcome to Tenson Tjörn Triathlon sprint and best of luck to all athletes!

Lotta Nilsson, Race Director

## **REGISTRATION**

Click here to be directed to the registration at the Swedish Triathlon Federation **homepage**.

### **Registration**

Please go to [www.svensktriathlon.org](http://www.svensktriathlon.org) for registration and payment.

When the fee is processed you will see your name in the participants list. This might take a few days. You will also get a confirmation e-mail.

### **Changes in your registration**

Any changes in your registration regarding class, club or personal information will be conducted free of charge. Send an e-mail with your information to [info@tjorntriathlon.com](mailto:info@tjorntriathlon.com) before August 10, 2016.

### **Change of athlete**

It is possible to alter a registered athlete until August 9, 2016. To sell or buy a slot please go to Tjörn Triathlon 11.3 on facebook. When seller and buyer have found each other, send an e-mail to [info@tjorntriathlon.com](mailto:info@tjorntriathlon.com) and pay the fee of SEK 200 to bg 258-6089. When we receive the fee we will change the name of the athlete. This applies to all changes, including team-members. You may not participate under another athlete's name.

### **Cancellation**

We are sorry to inform that we will not be able to refund your fee, in case of cancellation.

### **Late registration**

If there are any slots left on August 9, 2016, you can make a late registration for the additional fee of SEK 200. These slots can not be booked in advance and are sold on sight, the evening before and on the morning of the race, up to one hour prior to start. If you make a late registration you will not have your name on your bib.

### **Elite class and age-group**

If you want to compete in an elite or age-group class, you must be a member of a triathlon club that is a member of the Swedish Triathlon Federation and have a license.

### **License**

A one day license can be bought on sight. If you are looking for a Triathlon Club you are more than welcome to join Club Active Island Tjörn!

### **Age limit**

To compete in an 11.3-race you must be 18 years old 2016 12 31, at the latest.

In the sprint-race, we have startgroups for 16-17 years and 18-19 years. If you are younger than 16 we need an exemption application, where an adult takes full responsibility for the young athlete during the race. The application can be handed in at the registration.

**Waiting list**

We do not have any waiting list if the race is sold out.. Anyone who wants to buy/sell a slot is adviced to go to the facebook page "Tjörn Triathlon 11.3".

**Kids race**

You can sign up for the kids race on Sunday August 29, at the registration.

## **AGENDA**

### **Friday August 26:**

**12.00** The Sport Exhibition area opens in "Södra Hamnen".

**16.00** You are welcome to pick up your bib at the registration, in the exhibition-tent, You can also pick it up on Saturday morning, from 06.00.

**19.00** Pre Race-meeting at Akvarellmuseet in the race area, Södra Hamnen.

**19.00** Start Tjörn Triathlon Local Business Challenge

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

### **Saturday August 27:**

**06.00** The registration opens and you can pick up your bib

**06.00** The transition area opens, with bike check-in. Last 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 cut of at finish-line, race closes.

**19.00** Race Party

**20.00** Winners recognition

### **Sunday August 28**

**08.00** Transition area opens, with bike check in

**10.00** Start Triathlon Sprint, 750 m swim, 20 K bike, 5 K run

**10.45** Start Triathlon Sprint, 400 m swim, 20 K bike, 5 K run

**15.00** Finish line closes

## **HOW TO GET TO TJÖRN TRIATHLON**

From Göteborg, take the E6 heading north towards Oslo. Take the exit to "Orust Tjörn".

After passing the bridges turn left and follow signs towards Skärhamn.

After 10 K (?) turn right to Kållekärr.

Follow "Skärhamn"-signs

You will see Tjörn Triathlon-signs

The Race Area is in Södra Hamnen, out by Nordiska Akvarellmuseet.

On race day the whole area will be closed for traffic. We will have officials and signs directing you to the nearest parking and the best way to walk to the Race Area. Athletes can be left with their bikes at the entrance to Södra Hamnen.