

## **Competition guide**

### **Schedule**

Competition office open 8.00 - 12.00  
Late registration in competition office 8.00 - 9.00

Supersprint info at start line 10.00  
Supersprint start 10.10  
Supersprint award ceremony 12.35

Sprint distance info at start line 10.50  
Sprint distance start 11.00  
Sprint distance award ceremony 12.35

Normal distance info at start line 12.15  
Normal distance start 12.30  
Normal distance award ceremony 15.00

### **Late registration**

Through the registration service by 26 July 2018 at the latest. After that, registration is possible in competition office on competition day at 8-9. On-site registration is only possible with cash - no card payment.

### **Competition office**

Competition office is located in competition center. More accurate location finds out at the spot. Competition center is open at 8.00-12.00 at competition day. You will get your race number, timing chip and swimming cap from competition office.

### **Transition area**

The transition area is located on an asphalt field. Transition places are not numbered. You can choose your place. Transit area are open all time, but we hope you to avoid going to transition area when there is many racing competitors. Specially at the time of T1.

### **Swimming**

Swimming course is a 750 meters long circuit that is completed once in the short distance and twice in the normal distance event. After swim there is about 200 meters run to the transition area. Supersprint distance has 300 meters of swimming. Swimming start is mass start in all distances. Supersprint swim starts at 10.10, Sprint distance at 11.00 and Normal distance at 12.30. Warming up is allowed before start. Wetsuits are allowed in competition in all cases.

### **Cycling**

Cycling route is a 5 km long circuit that is ridden 2 times in supersprint, 4 times in short distance and 8 times in normal distance. the calculation of the number of rounds is the responsibility of the competitors. Cycling route is closed from other traffic. Drafting in sprint distance is allowed. Drafting in normal distance is not allowed.

**Running**

Running route is a 5 km long round that will be run once in short distance and twice in normal distance. Supersprint has 2 km of running.. Running is very flat and the base is mainly asphalt.

**Wash up**

There is shower and sauna for competitors after competition near finish line.

**Results**

There is electric timing in competition. Link to the results will be added to the facebook- and websites in competitionday.