**B. Abramaitis triathlon cup 2019**

**Panevėžys, 2019 04 20**

**(Swimming pool triathlon)**

**Goals and objectives**

Increase popularity of triathlon sport in Lithuania.

Find out the best athletes.

**The Organizers:**

Lithuanian Triathlon Federation, TSK “Darna”, Panevėžys Physical Education and Sports Center .

Chief Organiser – Ernestas Abraškevičius, tel. nr.: +370 656 12515 , el. paštas: ab.ernestas@gmail.com

Race Referee - Vaidas Juodzevičius, tel. nr.: +370 600 49519, el. paštas:  vaidas.juodzevicius@gmail.com

**Time and place:**

Triathlon race will take place in Panevezys Physical Culture and Sports Center swimming pool (Jakšto street. 1) and in Panevezys city center on 20th April, 2018.

**Registration**:

Pre-registration until: 15th April, 23:59:59. Address: <https://dbsportas.lt/en/varz/2019051>

Additional registration: on the race day.

Race number and timing chip pick up: 20th April, in swimming pool lobby Jakšto street 1. :

8:00 – 8:30 – W15A, M15A, W16A, M16A, W20A, M20A

8:00 – 9:00 – AW, AM, BW, BM, CW, CM

8:15 – 9:30 – DW, DM, IW, IM, V2W, V2M, V3W, V3M, V4M, V4W, MW, MM

8:30 – 10:20 – JW, JM, EW, EM, V1M, V1W.

Swimming warm-up: 8:30 – 9:00 in all swim lanes, 10:00 – 11:00 in 4th swim lane.

**Swimming race starts at 9:00**

**Program:**

**I Start: 9:00**

**I distance: AQUATHLON, Swim 100 m – Run 1 km (1 lap)**

**Note: No ranking points.**

**Groups:**

|  |  |
| --- | --- |
| **Born year** | **Start groups list** |
| 2003 and younger | W15A girls, M15A boys |
| 1999 – 2003 | W16A girls, M16A boys |
| 1998 and older | W20A women, M20A men |

**II Start: 9:20**

**II distance: *Swim 200 m - Bike 5 km (2 laps) - Run 1 km (1 lap)***

**Ages groups:**

|  |  |
| --- | --- |
| **Born year** | **Start groups list** |
| 2010 and younger | AW girls, AM boys |
| 2008 – 2009 | BW girls, BM boys |
| 2006 – 2007 | CW girls, CM boys |

**III Start: 10:00**

**III distance: Swim *400 m - Bike 10 km (4 laps) - Run 2.5 km (2 laps)***

**Ages groups:**

|  |  |
| --- | --- |
| **Born year** | **Start groups list** |
| 2004-2005 | DW girls, DM boys |
| 2002-2003 | IW girls, IM boys |
| 1960-1969 | V2W women, V2M men |
| 1950- 1959 | V3W women, V3M men |
| 1949 and older | V4W women, V4M men |
| Amateurs  | MW women, MM men |

**IV Start: 11:00**

**IV distance: Swim *750 m - Bike 20 km (8 laps) - Run 5 km (4 laps)***

**Ages groups:**

|  |  |
| --- | --- |
| **Born year** | **Start groups list** |
| 2000-2001 | JW girls, JM boys |
| Elite (1980-1999) | EW women, EM men |
| 1970-1979 | V1W women, V1M men |

**START TIMES:**

**I distance aquathlon 13:30;**

**Bike - Run races start times:**

**II distance 14:00;**

**III distance 14:45;**

**IV distance 15:45.**

**Transition zone opens: 12:20-13:40.**

**Notes:**

1. **Two athletes will swim in one swimming pool lane. (Organizers keeps the right to change how many athletes will swim in one lane). Swim start will be from the water.**
2. **In case off over crowding starts can be delayed.**
3. **Aquathlon run and triathlon bike – run races will start after all athletes finish swimming.**

Awards: 18:00

**Competition rules:**

* Know, understand and follow the ITU Competition Rules
* Athletes can swim with the current swimming competitions authorized swimwear suits for men and women;
* After swimming finish, the athlete must remain in the finish and without hindering other athletes leave the swimming lane if the athlete continues the swimming after the finish, the referee stops the athlete and fines for 10 seconds penalty.
* Forbidden to wear compression stockings.
* The helmet must be securely fastened and fit properly at all times when the athlete is in possession of the bike;
* Bike start will be given by the best swim time, next to transition (all groups).
* Athletes can ride with road bikes, MTB bikes, but handlebars must comply with ITU rules.
* Draft legal events:
* It is forbidden to draft off a different gender athlete;
* It is forbidden to draft off a motorbike or vehicle.
* Failing to follow the prescribed course / not finishing described race course will result to disqualification.
* Outside assistant is not allowed;
* Everybody who wants can start in Elite group, but they will lose the right to their age group awards.
* Removing helmet before mounting bike, mounting bike before mount line, and not dismounting before dismount line will cost – 10 seconds penalty.
* Drafting injuring: sound of a whistle, TO shows a blue card, spells the athlete's number and phrase “Drafting penalty, you have to stop at the next penalty box”. The Technical Official has to ensure the athlete received the penalty notification. Penalty 1 minute.
* Lapped athletes can’t draft from the athletes who past them.
* After finishing race it is mandatory to return timing chip devise.

**Entry fee:**



**For Aquathlon participants it is not necessary to have athlete’s license.**

Athletes who have not a valid national triathlon athlete’s license on the race day, can buy it for 3 EUR, but license will be valid only for one current race.

**Entry fee paying details:**

Lietuvos triatlono federacija

Žemaitės g. 6, Vilnius

A/s LT827300010134192454

SWIFT HABALT22, Swedbank, AB

**Please write details in purpose of payment: Name, surname and your start age group.**

**Awards:**

All starting groups winners will be awarded with diploma and prizes. Second and third place winners will get diploma and prizes.

**B. Abramaičio triathlon cup:**

All starting groups winners will beawarded with a cups, diploma and prizes. Second and third place winners will get diploma and prizes.

**Equipment:**

All costs related to athletes participation in race must be financed by organization who sending athletes to the race.

 **Bike and run courses conditions:**

Bicycle track width: 2 - 4 m., cover - asphalt. Bike course is very technical with lots of corners and slopes .
Running track cover - sidewalk concrete tiles, asphalt and grass.