



Ahletes guide

Age 14 – 15

Super - sprint

Upon registration, you will receive this Ahletes guide, race bib, swim cap, bike and helmet labels, and timing chip.

Important information for competitors:

The Swedish Triathlon Federation's competition rules for triathlon apply. New rules for 2025 will be posted on the notice board.

Competition organization and jury will be posted on the information board.

Registration: Opens at 10:00.

Officials: Volunteers wear yellow vests. Judges wear black vests.

Please note that volunteers are not responsible for directing you.

Information point: There is an information board located between the transition area and the finish line.

Changing rooms/showers: Located inside the sports arena. WC is available inside the sportshall.

License/Insurance: All competitors in the competition categories must have a valid license. For foreign participants, the license from their own country is valid. One-day licenses are available. Contact the secretariat for assistance with this.

First Aid: The Red Cross is present with two teams. In case of an accident along the course, they will be transport the affected person. If you have minor injuries but your bike is not functioning, contact one of the motorcyclists, and they will arrange for the service vehicle to come and transport you back to the competition center.

Competition courses: Maps of the courses will be posted on the information board and at www.hallstatriathlon.se. We recommend that you watch our YouTube movies about the tracks.

The bike courses are completely closed to other traffic, except for a few sections where cars will be directed across the course when it is clear of participants.

Water temperature: Watertemperature will be posted on the information board at 11:45 and 13:45.

Decisions regarding wetsuits and other changes due to temperature will be posted on the information board no later than one hour before the start.

Warm-up: Warm-up is not allowed on the courses during check-in before start, the start, or ongoing swim.

Start location: In the water at the northern end of the lake. The start takes place outside the shallow bank. It's easiest and best to swim over it. The bottom is not comfortable to walk on (muddy).

Start times:

Male and Female 14 -15 years old start together 5 minutes after female sprint has started. 15:05.

Start lists: Posted on the information board from 10:00.

Transition area:

Check-in: 14:00 – 14:30

Numbered spots. Only competitors are allowed in the transition area. Equipment can only be retrieved by showing the race bib or equivalent.

Checkout: 16:15-17:05

Marking: Bike label must be attached to the bike and helmet for identification during checkout.

Check-in to start: Must be done at least 10 minutes before the start at the entrance close to the finishline.

Race bib: It must not be folded or altered. Visible on the back during the cycling and on the front during the running. Name on the race suit, front and back, according to the Swedish Triathlon Federation's regulations, replaces the requirement for a race bib.

Swimming:

Start in the water. One lap of 400 meters.

The start line is marked by a yellow buoy on the right and an orange buoy on the left. Yellow buoys must be passed on the left side (4 buoys).

Cycling:

One lap of 6.7 km. Technical course with two turnaround points per lap.

The race allows drafting, and "time trial bikes" are not permitted. Lapped riders will not be disqualified.

Cycling helmets must be worn from the moment you take your bike out of the rack until you place it back in the rack. Mounting and dismounting must occur at the designated place. No hydration support is allowed during the cycling part. The bike course is marked with signs showing a red arrow on a white background.

Bike safety:

1. Approved helmet (CE).
2. Functional brakes are required.
3. UCI approved wheels OR Standard wheels (at least 20 spokes, rim height max 25 mm, metal rim).
4. Stay on the right side, and remember that overtaking can occur on both sides during drafting races.

Running:

One lap of 2,5 km. Personal Aid station after 0,5/1,5 km. Also personal hydration support allowed at the official aid station.

Penaltybox:

Penalty of 10 seconds. Yellow card.

A penalty box is placed at the end of T2 and along the running course and passed twice. Located at the lap point. Penalty because failing mountline, dismountline or littering during bike is served in T2 in the penaltybox. If the officials don't manage to acknowledge you of the penalty you can serve it during the running going in to lap 2 or before the finish. When littering during the run, you stop for 10 seconds immediately when the judge shows the yellow card (stop and go).

Timing:

Electronic timing. Make sure the disposable chip is securely attached: no chip – no time. If you drop out of the race, remember to notify the secretariat.

Protests:

Must be submitted to the secretariat in the sports hall within 15 minutes after the affected participant finishes the race.

Results:

Posted on the information board latest 15 minutes before prizeceremoni. Protest against the results must be submitted to the secretariat before prizeceremoni. Results will then be posted on the competition website and the Swedish Triathlon Federation's website.

Awards ceremony:

Honorary prizes will be awarded to the top six overall. The awards ceremony is scheduled for around 16:45.

Pre-race information:

Will be presented on the website www.hallstatriathlon.se including YouTube video showing the course routes

Good luck!