



# Ahletes guide

## Mixed relay

Upon registration, you will receive this Ahletes guide, race bib, swim cap, bike and helmet labels, and timing chip. At the registration you also register the names in your team. Male-Female-Male-Female

### 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 14:30.

**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 sportsarena.

**License/Insurance:** All competitors in the competition categories must have a valid license. One-day licenses are available. Contact the secretariat for assistance with this.

**First Aid:** Must of the volunteers are provided with first aid kit. Everybody has mobilphone so they can call 112. 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](http://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 15:15. 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 race.

**Start location:** In the water at the northern end of the lake in the canal.

**Start time:** 16:30

**Start lists:** Posted on the information board from 15:00.

**Transition area:** Check-in: 15:00 – 15:45 Numbered spots.  
Check-out: 18:00 – 18:30

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

**Race bib:** It must not be folded or altered. Visible on the back during the cycling and on the front during the running. Race bib must be used during cycling (back) and during running (front). Race bib must not be worn during swimming. Not under wetsuit either.

**Swimming:** Check-in to start must be done at least 10 minutes before the start at the entrance close to the finnishline.

Start in the water. One lap of 300 meters.

The start line is marked by orange buoy on the left. Buoys must be passed on the right side (2 buoys).

### Cycling:

Two laps of 2,5 km.

Technical course with one turnaround points per lap.

The race allows drafting, and "time trial bikes" are not permitted.

Lapped riders will not be disqualified.

A "wheel box" is located near the transition area. Wheels must be marked with a number and name.

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 1,7 km. No Aid station.

**Transition:** Body contact must occur at each exchange between the different legs.

**Littering:** Penalty of 10 seconds. Yellow card. A penalty box is placed along the running course and about 50 m before turning on to the final stretch. 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 team finishes the race.

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

**Awards ceremony:** The award ceremony is scheduled to around 18:15. SM-medals to best three in the Swedish championship.

Good luck!