

FÉDÉRATION LUXEMBOURGEOISE DE TRIATHLON A.S.B.L.	14TH FLTRI INDOOR AQUATHLON
	ATHLETE GUIDE

1 Organisation

The « Indoor Aquathlon » is a competition organised by the Fédération Luxembourgeoise de Triathlon (asbl FLTRI).

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The competition takes place at the Arena of the „Coque" Sports Center (www.coque.lu).

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2 Definition of the competition

The « Indoor Aquathlon » is a competition consisting of a swim followed by a run. World Triathlon Competition Rules are applied. An illustration of the pool is given in the appendix.

- **Before the race**:
  - Body marking of the bib number has to be made on each arm at the registration.
  - Athletes have to register for each series separately at the check-in zone 20min before each of their race starts. The check-in zone is in arena entrance marked by a panel. **No athlete is allowed to go to the pool on his own!** To avoid any accidents, crossing or blocking of athletes between the pool and the transition during their race, the referee in charge of the check-in zone will bring the group of athletes (of the same series) to the pool as soon as the swim of the previous race is done. This is also to avoid wrong signals of the timing chips. **Disrespecting this procedure can lead to a time penalty or DSQ.**
  - **A mandatory briefing is given at the briefing zone.**
- The **swim**: pool length of 50m and 6 lanes.
  - **Wearing a swim cap is mandatory for all athletes**.
    - Start side:
      - Age Grouper, Junior, Youth A/B (250m) will start on side B of the pool.
      - Kids A/B (50m) will start on side B of the pool.
      - Youth C (100m) will start on side A of the pool.
    - Lane attribution:
      - Series men and women: start position will be attributed by drawing
      - Quarterfinal, semi-final and final men and women: start position will be attributed depending of the previous race time
- **Transition (all races except finals men and women) :**
    - **ONLY athletes are allowed to enter the transition zone!**
    - After the swim all items of the athlete have to be put into the transition bag. No item has to be left at the transition! The bag has to be put down in the drop-off zone at the beginning of the run (exit of transition zone). Failure to comply with this rule will result in a 10 second time penalty.

  - The use of the official transition bag, given at the registration, is mandatory for all athletes, except Kids A/B! (even if the bag is empty). The transition bags can be picked up at the pick-up zone (near the finish lane) immediately after each race. **30 minutes after the finish of the last race, the pick-up zone will be closed.**

- **Transition (finals men and women) :**
  - After the swim all items of the athlete have to be put into the box in the transition. No item has to be left at the transition! Failure to comply with this rule will result in a 10 second time penalty.
- **Run**: 200m from the pool to the arena and around the indoor track of 200m:
  - The run from the pool exit to the 1st crossing of the finish line (including transition zone) is counted as 200m.
  - Each lap on the indoor track will count as 200m.
  - **Wearing shoes is mandatory for all athletes**.

3 Terms and conditions

By enrolling in the competition, every athlete pledges to adhere to the regulations and discharges the organizer of any incident or accident that may occur due to disregarding these regulations.

A valid annual license is mandatory for participating in the event. The FLTRI will sell daily licenses on site to athletes that don't have or cannot show a valid triathlon license at the race registration.

4 Eligibility for registration

The competition is open for male and female athletes born in 2019 or earlier (Kids B to AG).

Age Group, Junior and Youth A/B athletes will compete against each other.

Registration has to be done at least on Thursday February the 4th at midnight.

5 Classification and qualification criteria

The number of series will depend on the number of registrations for each category.

5.1 Age Group — Junior — Youth A/B: Men

- 6 series. Qualification to the next round :
  - the 3 best athletes of each series (15)
  - the 9 best competition times (9)
  - for a total of 24 qualifiers to the ½-finals.
- 3 "2nd round" (repechage) for those not directly qualified to the 1/2 -final. Qualification to the next round :
  - 3 best athletes of each "2nd round" (9)
  - 3 best times of the "2nd round" (3)
  - for a total of 12 qualifiers to the ¼-finals.
- 3 ½-final. Qualification for the next round :
  - the 3 best athletes of each ½-final (9)
  - the 3 best competition times (3)

- for a total of 12 qualifiers for the final.

5.2 Age Group — Junior — Youth A/B: Women

- 4 series. Qualification to the next round
  - the 3 best athletes of each series (12)
  - the 4 best competition times (4)
  - for a total of 16 qualifiers to the ½-finals.
- 3 "2nd round" (repechage) for those not directly qualified to the ½-final. Qualification to the next round :
  - the 2 best athletes of each "2nd round" (6)
  - the 2 best competition times of the "2nd round" (2)
  - for a total of 8 qualifiers to the ½-finals.
- 2 ½-final. Qualification for he next round :
  - the 4 best athletes of each ½-final (8)
  - the 4 best competition times (4)
  - for a total of 12 qualifiers for the final.

5.3 Youth C

- There will be 2 series Youth C boys and 2 series Youth C girls
- And 2 finals (A and B boys, A and B girls) : One A final with the half of the best competition times and a B final with the remaining athletes.
- Final classification by addition of the 2 races (series + finals).

5.4 Kids A/B

- There will be 2 series Kids A and 2 series Kids B (mix with boys and girls)
- And one A final Kids A and one A final Kids B (mix with boys and girls) with the half of the best competition times. And one B final Kids A and one B final Kids B (mix with boys and girls) with the remaining athletes.
- Final classification per category (Kids A and Kids B) by addition of the 2 races (series + finals).

6 Schedule

Registration and bib number pick-up starts on Saturday the 6th at 8h00.

Race schedule will be confirmed after the registration closes on www.fltri.lu and Facebook/Instagram: Luxembourg Triathlon

7 Warm-up and start procedure

Warm-up only allowed for Age Group — Junior — Youth A/B races (250m):

- after the athletes' lanes have been attributed, athletes can enter the pool on side A,
- once all the athletes have entered the pool, a technical official (TO1) walks from side A to side B; during warm-up the athletes must remain between TO1 and side B of the pool and move towards side B as the TO1 moves forward to side B,

- a second technical official (TO2) will enter the pool area on side A as soon as the race-start has been cleared,
- when ready, TO1 will call the "on your mark" signal, requiring the athletes to put one hand on the pool wall,
- start signal is given by whistle blow.

8 False start

As per World Triathlon competition rules, a false start of few athletes will result in a 10 seconds time penalty in the transition area or in a new start in the case of a false start from several athletes.

9 Race format and categories

Category	Swim distance	Run distance	Competition format
Kids B (2018-2019) Kids A (2016-2017)	50m	400m	Series Final A Final B Classification by addition of the 2 race times
Youth C (2014-2015)	100m	600m	Series Final A Final B Classification by addition of the 2 race times
AG — Junior — Youth A — Youth B Men (2013 and earlier)	250m	1000m	Series 2nd round: "repechage" 1/2 Finals Final
AG — Junior — Youth A — Youth B Women (2013 and earlier)	250m	1000m	Series 2nd round: "repechage" 1/2 Finals Final

10 National championships

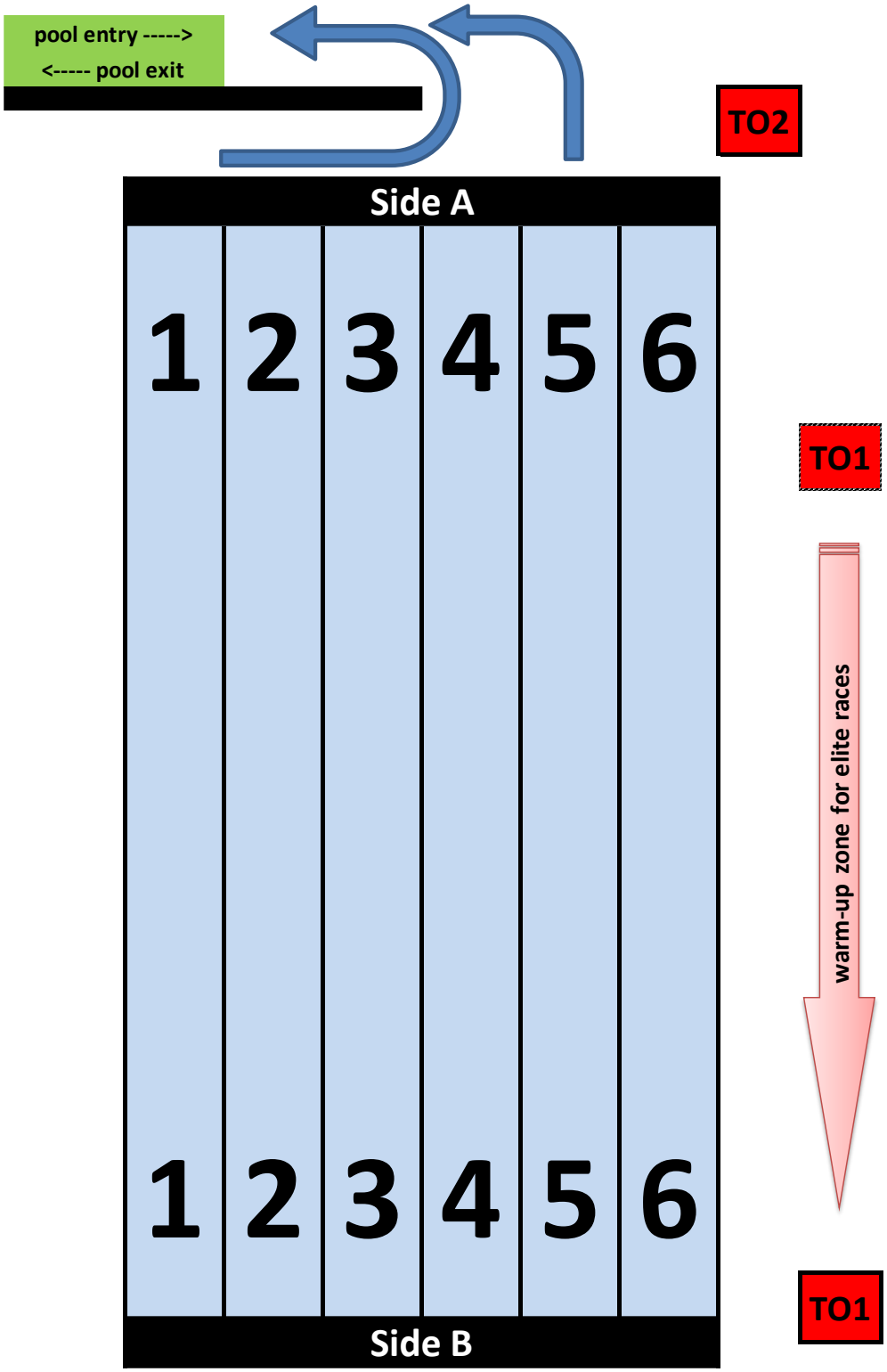
The national championship will be organised starting with the Youth C category and upwards.

- For the ranking of the championship scratch, championship Junior, championship Youth A and championship Youth B, the results will be considered like this :
    - The ranking of the final

  - The ranking of the ½ Finals (the time for the place)
  - The ranking of the repechages
- Youth C championship: classification by addition of the 2 races (series + finals).

Athletes racing for the national championships must wear their club uniform during the final. The club uniform will be controlled at the check-in zone before the final.

Appendix A: Pool illustration



Appendix B: Arena illustration



Appendix C: Event Timing

HORAIRES		
Check-in time	**Start time**	
	07:30	**Retrait des dossards**
09 :10	09:30	Serie 1 hommes
09 :21	09 :41	Serie 2 hommes
09 :32	09:52	Serie 3 hommes
09 :43	10:03	Serie 4 hommes
09 :54	10:14	Serie 5 hommes
10 :05	10:25	Serie 6 hommes
10 :16	10:36	Serie 1 femmes
10 :27	10:47	Serie 2 femmes
10 :38	10:58	Serie 3 femmes
10 :49	11:09	Serie 4 femmes
11 :05	**11:25**	**Serie 1 Kids A garçons et filles**
11 :11	**11:31**	**Serie 2 Kids A garçons et filles**
11 :17	**11:37**	**Serie 1 Kids B garçons et filles**
11 :23	**11:43**	**Serie 2 Kids B garçons et filles**
11 :29	11:49	2ème tour hommes 1
11 :40	12:00	2ème tour hommes 2
11 :51	12:11	2ème tour hommes 3
12 :02	12:22	2ème tour femmes 1
12 :13	12 :33	2ème tour femmes 2
12 :24	12 :44	2ème tour femmes 3
12 :35	**12:55**	**Serie 1 youth C filles**
12 :44	**13:04**	**Serie 2 youth C filles**
12 :53	**13:13**	**Serie 1 youth C garçons**
13 :02	**13:22**	**Serie 2 youth C garçons**
13 :15	13:35	1/2 finale 1 homme
13 :24	13:44	1/2 finale 2 homme
13 :35	13:55	1/2 finale 3 homme
13 :46	14:06	1/2 finale 1 femme
13 :57	14:17	1/2 finale 2 femme
14 :08	**14:28**	**Finale B kids A garçons et filles**
14 :14	**14:34**	**Finale A kids A garçons et filles**
14 :20	**14:40**	**Finale B kids B garçons et filles**
14 :26	**14:46**	**Finale A kids B garçons et filles**
14 :32	14:52	Finale B youth C boys
14 :41	15:01	Finale B youth C girls
14 :50	15:10	Finale A youth C boys
14 :59	15:19	Finale A youth C girls

	15:40	**PODIUM Kids + PODIUM Youth C + championnat Youth C**
16 :00	16:30	Finale hommes
16 :30	17:00	Finale femmes
	17:30	**PODIUM + championnat national (YB/YA/juniors/scratch)**