

FÉDÉRATION LUXEMBOURGEOISE DE TRIATHLON A.S.B.L.	VOLKSWAGEN EUROPEAN INDOOR WINTER CUP
	ATHLETE GUIDE

1 Organisation

The « Volkswagen European Indoor Winter Cup » is a competition organised by the Fédération Luxembourgeoise de Triathlon (asbl FLTRI), as part of the European Winter Indoor Aquathlon Tour launched by Europe Triathlon.

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

Address: 2, rue Léon Hengen L-1745 Luxembourg

2 Swim familiarisation

- Swim familiarisation on Saturday the 6th from 18h00 to 19h30

3 Briefing & race package distribution

- Briefing planned to take place at the Ampitheatre of the Coque on Saturday at 16h30.
- Race package distribution will take place after the briefing

4 Definition of the competition

The « Volkswagen European Indoor Winter Cup » is a competition consisting of a swim followed by a run. World Triathlon Competition Rules are applied.

- **Briefing & race package distribution**
    - Briefing planned to take place at the Ampitheatre of the Coque on Saturday the 6th at 16h30.
    - Race package distribution will take place after the briefing
- **Before the race**:
    - Stickers number have to be put on each arm.
    - Athletes have to register for each series separately at the check-in zone following the race schedule 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 short briefing is given at the briefing zone.**
- **Swim**: pool length of 50m and 6 lanes. The race will take place without lanes. See the appendix for details
    - **Wearing the LOC swim cap is mandatory for all athletes**.
        - Distance:
            - Junior and Youth will complete a swim of approximatively 250m.

- Start position selection:
  - Athletes will choose their start position based on the order of entry in the pool, order given by the referee at the briefing zone.
- Start:
  - Start in the water. One hand on the wall.

- **Transition**:
  - **ONLY athletes are allowed to enter the transition zone!**
  - One box per athlete.
  - After the swim all items of the athlete have to be put into the transition box. No item must be left in the transition zone ! Failure to comply with this rule will result in a 10 second time penalty.
  - The transition box can be picked up at the pick-up zone (near the transition zone) immediately after each race. **30 minutes after the finish of the last race, the pick-up zone will be closed.**
- **Run**: 100m 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**.

5 Trisuit for the race

Athletes must wear a trisuit with their name and country code following the WT rules.

6 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.

7 Eligibility for registration

The competition is open for male and female athletes born in 2010-1012 for the Youth category and 2008-2009 for the junior category.

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

8 Classification and qualification criteria

The number of series can change depending on the number of registrations for each category.

- 4 series. Qualification to the next round :
  - the 4 best athletes of each series (16)
  - the 8 best competition times (8)
  - for a total of 24 qualifiers to the ½-finals.

- 2 "2nd round" (repechage) for those not directly qualified to the ½-final. Qualification to the next round :
    - 6 best athletes of each "2nd round" (12)
    - for a total of 12 qualifiers to the ½-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.

9 Schedule

Race pack distribution will take place on Saturday the 6th at 17h00.

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

10 Warm-up and start procedure

No warm-up in the pool

- once all the athletes have entered the pool, they choose their start position following the order given at the briefing zone.
- when ready, TO 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.

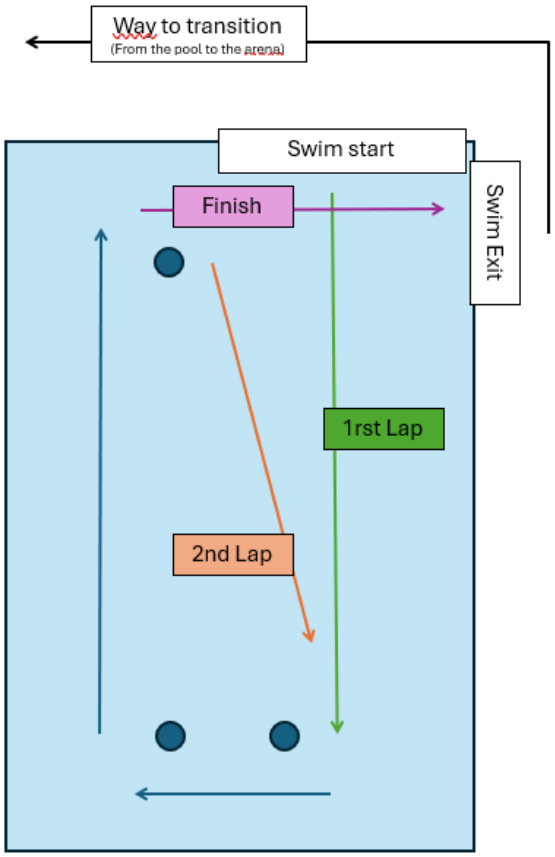
11 False start

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.

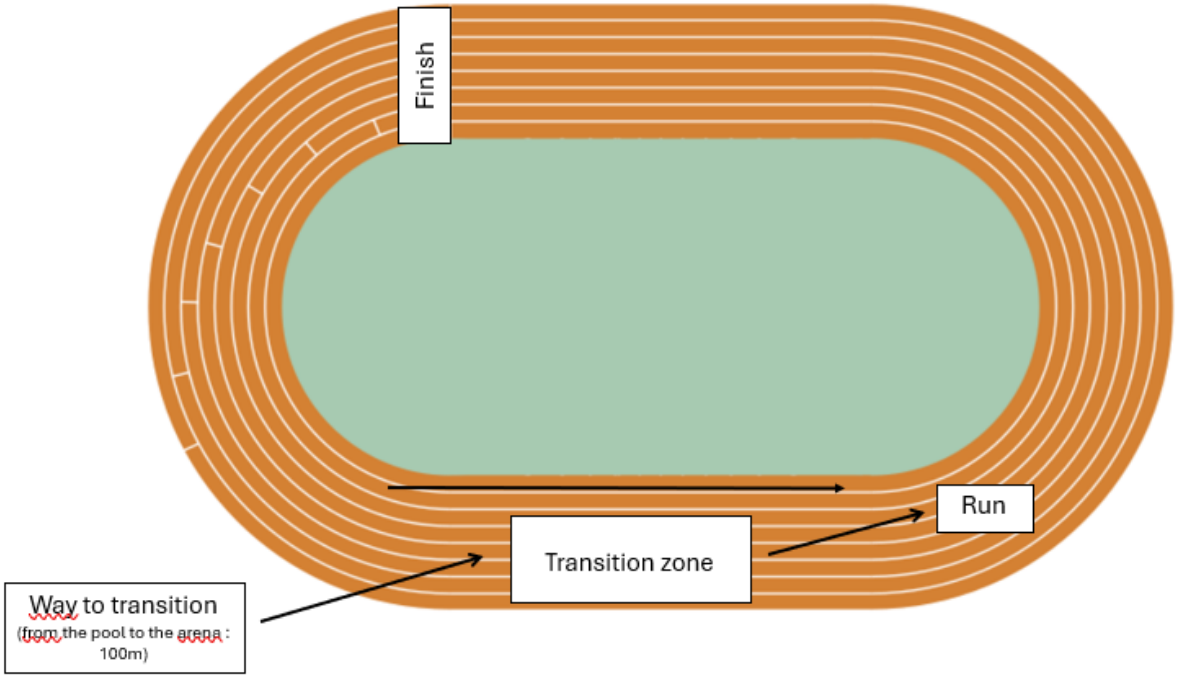
12 Race format and categories

Category	Swim distance	Run distance	Competition format
Junior — Youth	250m	1000m	Series 2nd round: "repechage" 1/2 Finals Final

Appendix A: Pool illustration



Appendix B: Arena illustration



Appendix C: Event Timing

HORAIRES		
Check-in time	**Start time**	
08 :10	08:30	Youth women qualification 1
09 :21	08:41	Youth women qualification 2
09 :32	08:52	Youth women qualification 3
09 :43	09:03	Youth women qualification 4
09 :54	**09:14**	**Youth men qualification 1**
10 :05	**09:25**	**Youth men qualification 2**
10 :16	**09:36**	**Youth men qualification 3**
10 :27	**09:47**	**Youth men qualification 4**
10 :38	09:58	Junior women qualification 1
10 :49	10:09	Junior women qualification 2
11 :00	10:20	Junior women qualification 3
11 :11	10:31	Junior women qualification 4
11 :22	**10:42**	**Junior men qualification 1**
11 :33	**10:53**	**Junior men qualification 2**
11 :44	**11:04**	**Junior men qualification 3**
11 :55	**11:15**	**Junior men qualification 4**
11 :20	11:40	Youth women repechage 1
11 :31	11:51	Youth women repechage 2
11 :42	**12:02**	**Youth men repechage 1**
11 :53	**12:13**	**Youth men repechage 2**
12 :04	12:24	Junior women repechage 1
12 :15	12:35	Junior women repechage 2
12 :26	**12:46**	**Junior men repechage 1**
12 :37	**12:57**	**Junior men repechage 2**
13 :00	13:20	Youth women semi final 1
13 :11	13:31	Youth women semi final 2
13 :22	13:42	Youth women semi final 3
13 :33	**13:53**	**Youth men semi final 1**
13 :44	**14:04**	**Youth men semi final 2**
13 :55	**14:15**	**Youth men semi final 3**
14 :06	14:26	Junior women semi final 1
14 :17	14:37	Junior women semi final 2
14 :28	14:48	Junior women semi final 3
14 :39	**14:59**	**Junior men semi final 1**
14 :50	**15:10**	**Junior men semi final 2**
15 :01	**15:21**	**Junior men semi final 3**

15 :25	15:45	Youth women final B
15 :40	**16:00**	**Youth men final B**
15 :55	16:15	Junior women final B
16 :10	**16:30**	**Junior men final B**
16 :25	16:45	Youth women final A
16 :40	**17:00**	**Youth men final A**
16 :55	17:15	Junior women final A
17 :10	**17:30**	**Junior men final A**
	18:00	Medal ceremony