5th EES FLTRI Indoor Aquathon, Athletes Guide

LUXEMBOURG
TRIATHLON

EES FLTRI
AQUATHLON

@COQUE

21.01.2018

NEW: 2 STARTS FOR EVERY ATHLETE
SAVE THE DATE

INFOS: FLTRI.LU

FÉDÉRATION
LUXEMBOURGEOISE DE
TRIATHLON A.S.B.L.

6TH EES FLTRI INDOOR
AQUATHLON
ATHLETES GUIDE
Table of contents

1 Organisation ........................................................................................................................................... 1
2 Definition of the competition .................................................................................................................. 1
3 Terms and conditions ............................................................................................................................. 2
4 Eligibility for registration ...................................................................................................................... 2
5 Classification and qualification criteria ................................................................................................ 2
6 Schedule ................................................................................................................................................ 3
7 Warm-up and start procedure ............................................................................................................... 3
8 False start ............................................................................................................................................. 3
9 Race format and categories .................................................................................................................. 4
Appendix A: Pool illustration .................................................................................................................. 5
Appendix B: Arena illustration ................................................................................................................ 6
1 Organisation

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

Phone: +352 26 44 14 94
Mail: info@fltri.lu
Web: www.fltri.lu

The competition takes place at the Arena of the „Coque“ Sports Center (www.coque.lu).
Adress: 2, rue Léon Hegen L-1745 Luxembourg

2 Definition of the competition

The « Indoor Aquathlon » is a competition consisting of a swim followed by a run. ITU 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 serie separately at the Check-In Zone 20min before each of their race starts. The Check-In Zone is near to the transition zone and 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 serie) 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. **The non-respect of this procedure can lead to a time penalty or DSQ.**
  - A mandatory briefing is given at the Check-In 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:**
    ▪ For all races except Kids A/B: 2 athletes per lane.
    ▪ Free choice of lanes on “first-come first-served” basis.

• The **transition**:
  - **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. Failure to comply to 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! The transition bags can be picked up at the Pick Up Zone immediately after each race. Athletes have to show their Bib Number to get their bag. **30 minutes after the finish of the last race, the Pick Up Zone will be closed.**
The 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 Kids A/B and Youth C athletes.
  - Wearing the Bib number on the front side after the transition bag drop off zone is mandatory.

3 Terms and conditions

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

A valid 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 2010 or earlier. Age Group, Junior and Youth A/B athletes will compete against each other.

The number of participants is limited to 330.

5 Classification and qualification criteria

The number of series will depend on the number of registrations.

**Age Group / Junior / Youth A/B Men race:**

- 8 series; qualification to the next round of the 3 best athletes of each series (24) + the 16 best competition times + 4 best athletes of each “2nd round” (4) + 4 best times (4) for a total of 48 qualifiers to the ¼-finals.
- Qualification of the 4 best athletes of each ¼-final (16) + the 8 best competition times for a total of 24 qualifiers for the ½-finals.
- Qualification of the 4 best athletes of each ½-final (8) + the 4 best competition times for a total of 12 qualifiers for the final.

**Age Group / Junior / Youth A/B Women tournament:**

- 3 series; qualification to the next round of the 3 best athletes of each series (9) + the 12 best competition times + the 3 best athletes of the “2nd round” for a total of 24 qualifiers to the ¼-finals.
- Qualification of the 4 best athletes of each ¼-final (8) + the 4 best competition times for a total of 12 qualifiers for the final.

**Youth C tournament**

- There will be a 1st final with the 18 best athletes (mix of boys and girls) and a 2nd final with the remaining athletes.
- Final classification by addition of the 2 races (series + finals).

**Kids A/B tournament**

- There will be a 1st final with the 18 best athletes (mix of boys and girls) and a 2nd final with the remaining athletes.
- Final classification per category (Kids A / Kids B) by addition of the 2 races (series + finals).
6 Schedule
Registration and Bib number pick-up starts at 8:00
Race schedule will be confirm after the registration closes on www.fltri.lu.

7 Warm-up and start procedure
Warm-up only allowed for Age Group / Junior / Youth A/B races (250m):

- after the athletes have chosen their lane they 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 of TO2 on side A of the pool.

8 False start
As per ITU competition rules, a false start of few athletes will result in a 10 second time penalty or in a new start in the case of a false start from several athletes.
## 9 Race format and categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Swim distance</th>
<th>Run distance</th>
<th>Competition format</th>
</tr>
</thead>
</table>
| Kids B (2009-2010)                    | 50m           | 400m         | Series A  
Series B  
Final A  
Final B  
Classification by addition of the 2 race times |
| Kids A (2007-2008)                    | 50m           | 400m         | Series A  
Series B  
Final A  
Final B  
Classification by addition of the 2 race times |
| Youth C (2005-2006)                   | 100m          | 600m         | Series A  
Series B  
Final A  
Final B  
Classification by addition of the 2 race times |
| AG / Junior / Youth A / Youth B       | 250m          | 1000m        | Series  
2nd round: “rattrapage”  
1/4 Finals  
1/2 Finals  
Final |
| Men (2004 and earlier)                | 250m          | 1000m        | Series  
2nd round: “rattrapage”  
1/2 Finals  
Final |
| AG / Junior / Youth A / Youth B       | 250m          | 1000m        | Series  
2nd round: “rattrapage”  
1/2 Finals  
Final |
| Women (2004 and earlier)              | 250m          | 1000m        | Series  
2nd round: “rattrapage”  
1/2 Finals  
Final |
Appendix A: Pool illustration

Pool entry ----->
<----- pool exit

Side A

1 2 3 4 5 6

Side B

1 2 3 4 5 6

TO2

warm-up zone for elite races

TO1
Appendix B: Arena illustration
## Appendix C: Event Timing

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00</td>
<td>Retrait des dossards</td>
</tr>
<tr>
<td>10:00</td>
<td>Serie 1 hommes</td>
</tr>
<tr>
<td>10:11</td>
<td>Serie 2 hommes</td>
</tr>
<tr>
<td>10:22</td>
<td>Serie 3 hommes</td>
</tr>
<tr>
<td>10:33</td>
<td>Serie 4 hommes</td>
</tr>
<tr>
<td>10:44</td>
<td>Serie 5 hommes</td>
</tr>
<tr>
<td>10:55</td>
<td>Serie 6 hommes</td>
</tr>
<tr>
<td>11:06</td>
<td>Serie 7 hommes</td>
</tr>
<tr>
<td>11:17</td>
<td>Serie 8 hommes</td>
</tr>
<tr>
<td>11:28</td>
<td>Serie 1 femmes</td>
</tr>
<tr>
<td>11:39</td>
<td>Serie 2 femmes</td>
</tr>
<tr>
<td>11:50</td>
<td>Serie 3 femmes</td>
</tr>
<tr>
<td>12:01</td>
<td>Kids A garçons</td>
</tr>
<tr>
<td>12:07</td>
<td>Kids A filles</td>
</tr>
<tr>
<td>12:13</td>
<td>Kids B garçons</td>
</tr>
<tr>
<td>12:19</td>
<td>Kids B filles</td>
</tr>
<tr>
<td>12:25</td>
<td>Serie 1 youth C garçons</td>
</tr>
<tr>
<td>12:36</td>
<td>Serie 2 youth C garçons</td>
</tr>
<tr>
<td>12:47</td>
<td>Youth C filles</td>
</tr>
<tr>
<td>12:58</td>
<td>1er tour hommes 1</td>
</tr>
<tr>
<td>13:09</td>
<td>2ème tour hommes 2</td>
</tr>
<tr>
<td>13:20</td>
<td>3ème tour hommes 3</td>
</tr>
<tr>
<td>13:31</td>
<td>4ème tour hommes 4</td>
</tr>
<tr>
<td>13:42</td>
<td>5ème tour femmes</td>
</tr>
<tr>
<td>14:15</td>
<td>1/4 finale 1 hommes</td>
</tr>
<tr>
<td>14:26</td>
<td>1/4 finale 2 hommes</td>
</tr>
<tr>
<td>14:37</td>
<td>1/4 finale 3 hommes</td>
</tr>
<tr>
<td>14:48</td>
<td>1/4 finale 4 hommes</td>
</tr>
<tr>
<td>14:59</td>
<td>1/2 finale 1 femmes</td>
</tr>
<tr>
<td>15:10</td>
<td>1/2 finale 2 femmes</td>
</tr>
<tr>
<td>15:21</td>
<td>Finale 1 kids A</td>
</tr>
<tr>
<td>15:27</td>
<td>Finale 2 kids A</td>
</tr>
<tr>
<td>15:33</td>
<td>Finale 1 kids B</td>
</tr>
<tr>
<td>15:39</td>
<td>Finale 2 kids B</td>
</tr>
<tr>
<td>16:10</td>
<td>1/2 finale 1 hommes</td>
</tr>
<tr>
<td>16:20</td>
<td>1/2 finales 2 hommes</td>
</tr>
<tr>
<td>16:30</td>
<td>Finale 1 youth C</td>
</tr>
<tr>
<td>16:40</td>
<td>Finale 2 youth C</td>
</tr>
<tr>
<td>17:00</td>
<td>PODIUM jeunes</td>
</tr>
<tr>
<td>17:20</td>
<td>Finale femmes</td>
</tr>
<tr>
<td>17:35</td>
<td>Finale hommes</td>
</tr>
<tr>
<td>18:00</td>
<td>PODIUM YB / YA / junior/ élite</td>
</tr>
</tbody>
</table>