

Pre-race meeting for the Challenge Vansbro 2022 middle distance race



We welcome you to the 1st edition of Challenge Vansbro 2022.



Arena picture



16herrVansbro!

Timing chip

Timing chip must be worn on your left ankle.

PRO athlete will receive two timing chips to be placed one on each ankle.

If you do not start the race or pull out of the race for any reason, please inform one of the Officials.

If timing chip are not worn throughout the duration of the race, race results will not be available.

If you lose your timing chip, please contact a Official immediately.

Swim course



Bike course



We are using the Swedish Triathlon Competition Rules.

- This is a “NON Drafting Event”. Drafting is not allowed (Keep 12 meters front to front wheel). We will have 12 meter marks at every 10K sign on the bike course so you can check that you keep the right distance.
- Drafting is suspended at aid stations.
- When passing a number of cyclists, do not “drop in” between cyclists unless the distance between those is more than 12 meters.
- Dropping back 12 meters within 5 seconds once passed, also before attempting to re-pass.
- Avoid an ILLEGAL PASS infringement by passing other athletes on their right.
- Drafting is punished with a 5-minute time penalty. Race marshals present a blue card to the respective riders. The time penalty must be spent in the penalty box on the cycling course in the loop the penalty is received, just before aid station 2 if you got your penalty during lap 1 and just before entering the transition area if you got your penalty during lap 2. The athlete must independently report at the penalty box. Athletes that do not report for their time penalty are disqualified. Dropping back 12 meters within 5 seconds once passed, also before attempting to re-pass.

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In the section "Suspension Bridge" overtaking is forbidden.
The 12 m drafting rule does not apply in this section of the course.
See picture in the appendix.

Avoid a HELMET infringement by always having your chin strap securely fastened when moving with your bike.

Picking up nutrition outside of the official aid stations or receiving outside assistance in any form is not allowed.
If you disregard these rules you will be disqualified.

Littering rules

Fun class, age-group and Swedish Riksmästerskap

Avoid a LITTERING infringement by not throwing away ANYTHING except when approaching or exiting Aid Stations (marked Littering Areas).

If you litter a technical official will show you a yellow card and that means you have to stop for 30 s in the next penalty box if you litter on the bike, and if you litter on the run you will get a stop and go which means you serve your 30s penalty on the spot.

Littering rules

PRO and SM

Avoid a LITTERING infringement by not throwing away ANYTHING except when approaching or exiting Aid Stations (marked Littering Areas).

If you litter a technical official will show you a yellow card and that means you have to stop for 30 s in the next penalty box if you litter on the bike, and if you litter on the run you must also stop for 30 s but you get to choose what lap you will stop in the penalty box (located at the run aid station at the arena), just make sure to take your punishment on the run before you enter the finish.

Run course



Arena



Starttimes

09:00 Start Challenge Vansbro Middle Distance
PRO/ Swedish Championship Men

09:03 Start Challenge Vansbro Middle Distance
PRO/ Swedish Championship Women

09:10 Start Challenge Vansbro Middle Distance
AG Men and Women

09:10 Start Challenge Vansbro Middle Distance
Aquabike Men and Women

09:20 Start Challenge Vansbro Middle Distance
Fun Class Men and Women

09:20 Start Challenge Vansbro Middle Distance
Para Men and Women

09:20 Start Challenge Vansbro Middle Distance
Relay

**Good Luck and hope you
have a great race!!**



**CHALLENGE
VANSBRO**
www.triathlon.se