

The 15th Triathlon of Kilingi-Nõmme

INSTRUCTION

1. The Aim:

- To propagate the active lifestyle and to give the possibility to take part in the distance which personally fits the best,
- To find out the athletes of Saarde 2017 in competitions in two days (triathlon and combined events)
- To find out the best triathlons and duathlons in different age groups
- To introduce different sports possibilities of Saarde parish

2. The Time and Place

July 30 2017

The centre of competition is in the centre of Kilingi-Nõmme where materials for start will be given. The duathlon takes place around the park in the centre of the town.

3. The age of participants and the distances:

The duathlon for toddlers:

250 m race + 500 m cycling + 250 m running

The start at 10.30 (no fees)

3-year-old girls and boys
4-year-old girls and boys
5-year-old girls and boys
6-year-old girls and boys
7-year-old girls and boys

The duathlon for children

500 m race + 1 km cycling + 500m running

The start at 11.00 (no fees)

E-class	girls and boys born in 2009 - 2008
D-class	girls and boys born in 2007- 2006
C-class	girls and boys born in 2005 - 2004
<u>The families:</u>	The families with three members, each member has to pass through one stage. The children who have taken part in the first stage can continue the competition individually.

Short distance of triathlon

200 m swimming + 10,1 km cycling + 1,8 km running

The start at 12.00 at lake Sillaotsa

<u>B-class:</u>	girls and boys born in 2002 and later
<u>Practitioners:</u>	women and men born in 2001 and earlier

Long distance of triathlon

400 m swimming + 13,7 km cycling + 3,6km running

Start at 13.00 at lake Sillaotsa

<u>A-class:</u>	girls and boys born in 2001-2000
<u>The main group:</u>	women and men born in 1999 – 1978

Veterans: women and men born in 1977 and earlier

Team competition: The team with three members have to pass through the longer distance of triathlon separated stages (swimming + cycling + running). Those who have passed through the distance of swimming can continue the competition individually. Separate counting for male and female teams and for rescue team. The rescue team will be counted also in the whole counting.

4. Registration:

The preregistration: www.triatlon.ee until 28th of July at 12.00

The fee for participation will confirm the registration: SK Saarde a/k EE802200221013976311

The registration on the day of competition: in the centre of Kilingi-Nõmme 9.00 – to 1 hour before the start.

The registration to duathlon: on the day of competition from 9.00 – to 15 minutes before the start.

5. The fee for the distances of triathlon:

Until 28 th of July	for individual participants	10€
	for team	15€
In the place of competition	for individual participants	20€
	for team	30€

NB! Those participants who will take part in the team competition of triathlon don't have to pay twice to compete also individually. The rescue teams don't have to pay the fee.

6. The Rewarding:

In the triathlon the first three of every class will get the reward.

In the short distance of duathlon souvenirs for everyone who passed through the distance, in the longer distance of triathlon first three will get the rewards and the special rewards for first three families.

Every participant will take part in raffling for roller skates by SPORTLAND

For the cup of The Athlete of Saarde (triathlon/duathlon+combined event) and for the reward from SPORTLAND competes:

- E, D and C-class duathlon for children
- B-class short distance of triathlon
- A, main class and veterans: long distance of triathlon

7. Information:

All participants should check out the [newsletter](#).

The head organiser of the competitions: Toivo Tallo +372 5332 6785

The head referee: Sven Koovit +372 5559 9269

The Secretary-General: Urmas Paejärv +372 551 8729

