

The Newsletter of Triathlon

1. Information

The places for information: **T1** - At lake Sillaotsa

T2 - In the centre of Kilingi-Nõmme. Materials for the start will be given.

2. The Time-Taking

Electronically – Urmas Paejärv ([Antrotsenter OÜ](#))

Swimming distance

In the changing area T1 all the places for bikes are numerated. The participant leaves the bike and his/her riding equipment in the changing area. The competitor will place his/her bike equipment into the black bag marked with his/her competition number. All necessary items have to be on bike. After swimming distance the belongings will be stored in the same bag; the organisers of the competition will bring the bag to the finish. The competitors will place their running equipment into the bag marked with the white number and will bring the bag to the place numerated according to the participant's number into changing area T2.

The swimming is taking place at the lake of Sillaotsa. The trail for the swimming will be marked on the pre-day of the competition. The participants of the swimming competition have to be at the start area at least 5 minutes before the start, then the checking of the participants will take place. During the swimming it is forbidden to have vanes, water wings, socks, gloves and any kind of diving equipment. If the water temperature is below 14 degrees the competition will be cancelled. For having the rest during the swimming it is allowed to hold the buoys or the boat BUT the participants must not use it for achieving the success. A life-jacket, a life-preserver and a life-ring are allowed to use.

The team competition of triathlon: the participant of the swimming stage changes shoes and clothes, put on the helmet in the T1 changing area and will take the bike to the participant of the second stage. If he/she will continue the competition individually he/she will give the shift over with the clap to the member of the team at the end of the changing area.

Riding distance 14,0 km

Long distance: from the changing area T1 2,9 km into changing area T2 in the centre of the competition; from T2 3* 3,6 km on asphalt. Total: 13,7 km

Short distance: from the changing area T1 2,9 km into changing area in the centre of the competition; from T2 2*3,6 km on asphalt. Total: 10,1 km

The drinking point is at the end of T2 changing area. After the riding distance also the runners will use that point. It is compulsory for every participant to get familiar with the trail.

In the traffic all rules of Estonia Republic are held. The escort car will drive in front of the first competitor only in the first riding round.

Wearing the crash helmet is compulsory. Riding by the wind **is allowed**. It is allowed to walk any part of riding distance but the participant has to push or wear the bike by himself/herself. It is forbidden to move on in the riding distance without the bike. If the participant will leave the distance, he/she has to arrive to the distance at the same point he/she had left. In the distances where the traffic is open there are guides. Every participant has to count the riding rounds by himself/herself. There are no marked riding or running trails pre-days of the competition.

The shift will be given over with the clap at the end of T2 changing area in the competition of the team triathlon.

Running distance

The longer running distance takes place at the same trail as the riding does. The round is 3,6 km. The shorter distance is a half of the trail, it is 1,8 km (look at the map)

If the participant leaves the distance, he/she has to arrive to the trail at the same point he/she had left. It is forbidden to run bare feet or wearing no shirt.

[.the scheme of the distance](#)

4. The Help

Only the organisers and the judges can give the physical help in the trail (for example: taking the bike in the T2 changing area)

5. Giving up

The participant who has given up during the competition has to inform organisers of the competition as quick as it possible.

6. Protests

The protest can be given to the head referee about behaviour of the other participants or the decision of the referees directly after finishing the distance.

7. The Organiser

MTÜ SK Saarde, Kilingi-Nõmme Päästekomando, Autotsenter OÜ, Saarde parish

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

The trail supervisor: Urmas Vares