

# STOCKHOLM **TRIATHLON**

## **Start PM**

Stockholm Triathlon 2023

#stockholmtriathlon

#swedentriathlon

## Welcome to Stockholm Triathlon – 5 August 2023

A warm welcome to the Stockholm Triathlon 2023! We know that many of you are participating in your first competition, therefore below is a lot of information that is important to know. In addition to general information, there are a some rules that are good to know, for your safety and that of others.

More information about how the competition itself is carried out is also available on our website. There will also be officials in the competition area who can answer your questions.

**Please read the information below carefully, as it contains important information regarding the competition!**

### **The most important rules to follow:**

- Wetsuit (at least on the torso) is mandatory during the swimming leg
- Your helmet must be fully fastened before you move your bicycle from the rack to begin the cycle leg, and remain fastened until the bicycle is replaced on the rack after completion of the cycle leg
- You must only mount the bicycle after the marked line at the commencement of the cycle route
- You must dismount the bicycle before the marked line after completion of the cycle route, and before you enter the transition zone.
- Do not cross the centre line during the cycle route
- Maintain a distance of at least 10 metres to the cyclist in front of you, except when overtaking
- Overtaking always takes place to the left of the cyclist in front of you. Make way for faster cyclists by always keeping to the right side of the road
- It is not permitted to cycle or run bare chested. (exception is during the transition zone, females must wear a sports bra)
- Littering (bottles, bars, gels etc) is not permitted anywhere along the competition course, other than in connection to the aid stations during the run. Keep the city clean!

## The competition area

The competition takes place on closed streets in and around Gärdet. The transition area and finish line are on the lawn in front of Sjöhistoriska museum.

## Race number collection

You collect your race number from the race secretary in the competition area.

### Opening hours:

Friday 4 August, 18:00 - 20:00 for all classes

Saturday 5 August, 1000 – 1100 for all Tri4Fun classes

Saturday 5 August, Olympic distance from 10:00 until 1.5 hours before your race start

Saturday 5 August, Sprint distance from 11:30 until 1.5 hours before your race start

### Opening hours at the competition area

Saturday 5 August from 10:00

### **Please collect your race number on Friday to avoid queuing on Saturday**

**You must show identification to collect your race number. The race number must be collected in person and transfer of the starting place is not permitted.**

## Starter envelope

The start envelope contains your race number, pins, timing chip (not Tri4Fun) velcro, 3 stickers – one for the bicycle (attached to the seatpost), one for the helmet (attached to the left side), and one for the bag.

You will also receive a swim cap that must be worn during the swim. It is important that you start with the swim wave assigned for your swim cap colour.

## Race number

Please note that the race number must be worn to be visible from the back while cycling, and visible from the front while running. We recommend the use of a race belt or rubber band that can be worn around your waist to allow you to switch the race number from back to the front after completion of the cycling leg.

The race number must not be worn while swimming, must not be folded, cut, or altered in any way.

For your safety and to assist the officials, write the name and contact telephone number for your next of kin on the reverse side of the race number.

## Check list

The following is a list of what we recommend you bring to the competition:

General	Swimming	Cycling	Running
Valid photo ID	Swim goggles	Helmet	Running shoes
Triathlon suit / Triathlon clothes to compete in	Wetsuit, full body or torso	Cycle	Socks
Race number / Race belt	Vaseline	Cycle shoes / Run shoes	Cap
Energy		Bicycle tools	
Sun protection		Spare tyre / tube	
Warm outer clothing		Small pump/Co2 pump	
		Sunglasses	
		Water bottle	

## Schedule

### Friday 4 August

- 18:00 The race secretary is open for collection of race number for all classes
- 20:00 The race secretary closes

### Saturday 5 August

- 10:00 The race secretary opens
- 10:00 Race number collection begins
  - Tri4Fun classes 10:00 – 11:00
  - Olympic distance from 10:00 until 1.5 hours before your start
  - Sprint distance from 11:30 until 1.5 hours before your start
- 10:00 Start check in cycle
- 12:00 First start Tri4Fun class**
- 13:00 First start Olympic distance**
  - 13:00 wave 1
  - 13:20 wave 2
  - 13:40 wave 3
  - 14:00 wave 4
  - 14:20 wave 5
- 16:00 Check in cycle closes
- 16:00 First start Sprint distance**
  - 16:00 wave 1
  - 16:20 wave 2
  - 16:40 wave 3
- 19:45 Transition closes for check out

## General information

### *WITHDRAW FROM THE RACE*

If you decide to stop the competition, make sure you notify the nearest official and hand in your timing chip to the official.

### *MAXIMUM TIME*

There is no maximum time.

### *ENVIRONMENT*

Stockholm Triathlon cares about the environment. Please help us keep the competition area clean by using the bins available in the area. Also choose to leave the car at home and cycle to the start. It's not only good for the environment, you get to warm up in the process and do not need to find suitable car parking.

### *PERSONAL MUSIC*

It is not permitted to have music players, mobile phones, or other communication equipment with you during the competition.

#### *CHANGE AREA*

We have changing tents in the changing area. Unfortunately we are unable to offer shower facilities.

#### *PARKING*

There are some parking options near the competition area, but no special parking for the competition.

Garnisonen, Linnégatan 89  
Gärdet, Sandhamnsgatan 80-90

Remember to travel with extra time, there can be a lot of traffic as there are other events happening in the city at the same time. We recommend leaving the car at home if possible.

#### *HEALTHCARE*

We have healthcare teams from Livtjänst during the competition. There are also healthcare professionals in the finish area. Medical tents with a healthcare team will be located near the finish area.

Livtjänst will also have water safety teams on the water during the swimming.

#### *TIMING*

In the start envelope there is a chip with velcro for timing. The band with the chip must be attached to the left ankle during the entire competition. **No chip = No time.** Check in particular that the timing chip is in place after you have removed your wetsuit. Do not cross the timing mats before you start! After you finish the race we will remove the chip from your ankle. If you do not return your chip to the officials at the finish line, we will charge you SEK 500.

No timing for Tri4Fun classes.

#### *TOILETS*

Toilets will be available in several locations within the competition area.

#### *SPECTATORS*

From the competition area outside Sjöhistoriska museum, you can watch swimming, relays, running and the finish line. To view the cycling you will need to walk a few hundred metres towards Gärdets gräsytor/Greve von Essens väg where the cycle lap is located.

## Transition Area

When you check in at the transition area, we check the bicycle, especially the brakes, and that the helmet is approved. (has a CE or other safety mark)

Place your bicycle in the designated place. Take as few things into the transition area as possible, only what you have for the competition, as space is limited. We have no bag storage or bag drop available for valuables. Be sure to keep your things within your own space so as not to be in the way for others. Your own plastic box is permitted, transparent or white, maximum dimensions length/width/height 50x40x30cm. The box must fit in your own changing area, and not disturb others.

# STOCKHOLM TRIATHLON

Keep in mind that the competition runs all day, so watch yourself in the transition area and make sure you are not in the way for other competitors. Only competitors and officials are allowed to be in the transition area. Check out by presenting the race number, which must match the sticker on the bicycle.

Take care of your race number!

All entry and exit to the transition area outside of the competition takes place via 'check in / check out'

## Swimming

**ATTENTION: Wetsuit (full body or torso) is mandatory.** Any model of wetsuit is permitted.

Swim warm up in the water is not permitted.

It is mandatory to use the swim cap provided. You must be at the swim start no later than 15 minutes before the start. A brief overview of the course and rules will be provided.

The swim course is shown on the event website. Any swim stroke is permitted.

The start takes place from land and entry into the water via ramp.

A rolling start will be used, there are about 80-100 competitors in each start wave. All competitors cross a timing mat at the swim start, timing begins when you cross the timing mat.

If you get in trouble during the swim, call for help. There will be kayaks, boats, and lifeguards on the water during the swim. It is permitted to stay with a kayak or boat if you need to rest, provided you do not make any forward progress.

## Cycling

The helmet must be fastened **before** you remove your bicycle from the bike rack, and remain fastened until your bicycle is in place on the bike rack after completing the cycle course. It is not permitted to ride the bicycle inside the transition area.

The cycle course is shown on the event website.

Olympic distance complete 8 laps, Sprint distance complete 4 laps, all with a turning point at the Greve von Essens väg/Djurgårdsbrunnsvägen intersection.

Please note that it is the competitors own responsibility to complete the correct number of laps. A tip we offer is to place rubber bands or hair ties on your forearm (the number of laps you must complete), and remove one at the completion of each lap.

The cycle course is closed to traffic. Traffic wardens are primarily tasked with stopping traffic, not directing competitors in the correct direction. It is your responsibility to know the course and the number of laps completed. Keep to your right and be aware of your surroundings.

There will be motorcycles along the cycle course to ensure everything goes smoothly.

### *THE 10 METRE RULE*

Drafting is prohibited in all classes. During the cycle leg, a gap of at least 10 metres must be maintained between yourself and any competitor to the front of you. Overtaking may only be completed to the left side of other competitors, and be completed within a maximum of 20 seconds. Anyone who is overtaken must fall back to observe the 10 metre distance immediately. It is also forbidden to cycle side by side.

### *LITTERING*

Intentional littering may result in immediate disqualification. It is important for future permissions to stage events like this, we need to take care and leave the course clean and litter free. Please help us to keep the city clean.

## Running

There will be a lot of competitors on the run course at the same time. Keep to the right and show consideration.

The run course is shown on the event website, and is marked in the competition area. The run course is a lap of 2.5km. Olympic distance complete 4 laps, sprint distance complete 2 laps. Please note that it is the competitors own responsibility to complete the correct number of laps.

### *AID STATION*

An aid station is located where you leave the transition area. Water and sports drink are provided.

### *RULES*

It is not permitted to have assistance from non-competitors, in front, behind, or beside - regardless of the distance. It is also not permitted to run with music, or bare chested.

### *LITTERING*

Littering is prohibited along the entire run course, except at aid stations. It is important for future permissions to stage events like this, we need to take care and leave the course clean and litter free. Please help us to keep the city clean.

## Relay

The start envelope for relay teams contains: 1 x swim cap, 2 x race numbers, 1 x timing chip, 1 x sticker for the bike (attached to the seat post), and 1 x sticker for the helmet (attached to the left side).

Changeover for relay teams takes place in the transition area, at the team's cyclists location. The team cyclist stands and takes/receives the timing chip from the swimmer. He/she then begins the cycle course. The team runner changeover occurs in the same way, at the same location as the cyclist. The team runner takes/receives the timing chip from the cyclist. He/She then begins the run course. The timing chip is therefore your baton and must be placed on the ankle of the relay competitor.

It is permitted for the swimmer and cyclist to meet the runner at the finish line. Be considerate of other competitors.



## Results

Results will be published at the conclusion of the competition. [www.stockholm-tri.se](http://www.stockholm-tri.se)

You and your relatives can also use the live timing service (the Mika Timing App) where it is possible to follow one (or more) participants. You quickly get split times based from timing locations on the course.

NOTE! All competition is at your own risk. It is your responsibility as a competitor to know the competition course and competition rules. ([www.svensktriathlon.org](http://www.svensktriathlon.org))

**Welcome and good luck in the competition!**

Competition management, Stockholm Triathlon

[stockholm@svensktriathlon.org](mailto:stockholm@svensktriathlon.org)