



Athlete Guide

English version

Stockholm Triathlon 2024

#stockholmtriathlon

#swedentriathlon

Welcome to Stockholm Triathlon – 3 August 2024

A warm welcome to Stockholm Triathlon 2024! We know that many of you are doing your first triathlon competition, so below is a lot of information that is good to know. In addition to general information, there are some rules that are important 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!

For more information about Tri4Fun and Viggo Aquathlon, refer to the separate PM.

Make sure you know the Swedish Triathlon Association's Competition Regulations 2024 The most important rules to follow

- Your helmet must be fastened before removing the bike from the bike rack and remain fastened until you replace the bike on the bike rack.
- Only mount your bike after crossing the marked 'mount line' when beginning the bike route.
- You must dismount your bike before crossing the marked 'dismount line' when you have completed the bike route and are going to re-enter the transition area.
- Never cross over the center line during the bike route.
- Electric bicycles are not permitted.
- Marking your place in the transition area with a towel or similar is not allowed and will be removed by the judges.
- Maintain a gap of at least 10 meters to the cyclist in front, as long as you are not overtaking.
- Overtaking always takes place on the left. Facilitate faster participants by always keeping to the right.
- It is not permitted to cycle/run bare-chested (exception in the transition area, girls must wear a sports bra).
- It is not permitted to throw rubbish (bottles, bars, gels, etc.) along the race course, other than in connection with the water stations on the run. Keep the city clean!

The competition area

The competition takes place on closed streets in and around Gärdet. The changing area and finish line are on the lawn in front of the Maritime History Museum.

Race BIB distribution

You collect your BIB number in the secretariat at the competition area.

Opening hours:

Friday 2 August, 18:00 - 20:00 for everyone.

Saturday 3 August, for all Tri4Fun and Viggo Aquathlon classes 09:00 to 0.5h before your start

Saturday 3 August, for RM (Age Group classes) from 09:00 to 1.5h before your start

Saturday 3 August, for Olympic distance from 09:00 to 1.5h before your start

Saturday 3 August, for Sprint distance from 11:30 to 1.5h before your start

Opening hours at the competition area:

Saturday 3 August from 09:00.

Please collect your race number on Friday to avoid queuing on Saturday.

You must show identification to get your race number, this must be picked up in person and transfer of starting place is not permitted.

Start envelope

The start envelope contains a number tag, timing chip, velcro, 3 stickers - one for the bike (to be attached to the left side of the seatpost), one for the helmet (to be attached to the left side) and one for the bag.

You will also receive a swimming cap that you must wear during the swimming leg. It is important that you use the assigned swim cap and start in the correct starting wave.

BIB number

Please note that the race number must be worn so it is visible from the back while cycling and visible from the front while running. We recommend that you attach the race number to a race belt or something similar around your stomach.

We will have a limited number of race belts for sale in the information tent.

The race number must not be worn while swimming, folded, cut or made invisible. For your own safety, write the name and phone number of the relative on the back of the race number.

Checklist

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

Generally	Swim	Bike	Run
Valid Photo ID	Swimming goggles	Helmet	Running shoes
Tri suit/Clothes to compete in	Wetsuit for torso or full body	Bike	Socks
Number plate belt/Race belt	Vaseline	Cycling/running shoes	Cap
Energy		Bicycle tools	
Sun protection		Spare hose	
Warm outerwear		Small pump/Co2 pump	
		Sunglasses	
		Water bottles	

Schedule

Friday 2th August

- 18:00 The secretariat is open for race number distribution for everyone
- 20:00 The secretariat closes

Saturday 3d August

- 09:00 The secretariat opens
- 09:00 Race number distribution starts
For Viggo Aquathlon and Tri4Fun classes 09:00 to 30 min before your start
For RM from 09:00 to 1.5h before your start.
For Olympic distance from 09:00 to 1.5h before your start
For Sprint distance from 11:30 to 1.5h before your start
- 10:00 Check-in cycle opens
- 10:30 Start Viggo Aquathlon**
- 10:45 First start Tri4Fun Aquathlon classes**
- 12:00 Start RM Sprint MEN, Age Group 20-54 year**
- 12:03 Start RM Sprint MEN, Age Group från 55 year**
- 12:10 Start RM Sprint WOMEN, Age Group all age groups**
- 12:30 First start Standard distance**
12:30 wave 1 - **YELLOW** swimcap
12:50 wave 2 - **RED** swimcap
12:50 wave 2 - **BLUE** swimcap - RELAY
13:10 wave 3 - **PINK** swimcap
13:30 wave 4 - **YELLOW** swimcap
- 14:00 Award ceremony RM Age Group (Master)**
- 15:10 Check-in cycle closes
- 15:10 First start Sprint distance**
15:10 wave 1 - **YELLOW** swimcap
15:30 wave 2 - **RED** swimcap
15:30 wave 2 - **BLUE** swimcap - RELAY
15:50 wave 3 - **PINK** swimcap
16:10 wave 4 - **YELLOW** swimcap
- 18:30 The exchange area closes for check-out

General information

BREAK THE COMPETITION

If you are forced to stop the competition, make sure to notify the nearest official and hand in your chip to the official. Unreturned chip costs SEK 500.

MAX TIME

We have 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 feel free to leave the car at home and cycle to the start. It's not only good for the environment, you will also get a good warm up and don't have to look for a parking space.

MUSIC PLAYER

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

BAG STORAGE

There will be an unattended bag storage in the change area.

PARKING

There are some parking options near the race area, but no dedicated race parking. We recommend leaving the car at home if possible.

Car parks in the immediate area:

The garrison, Linnégatan 89

Gärdet, Sandhamnsgatan 80-90

Remember to be out in good time as there can be a lot of traffic as there are also other events happening in the city at the same time.

HEALTHCARE

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

Livtjänst also stands for water safety and is in the water during the swimming session.

TIMING

In the starter envelope there is a chip with Velcro for timing. The band with the chip must be attached at the bottom of the left ankle during the entire race. No chip = No time. Check especially that the chip remains after you take off your clothes, wet suit. Don't go on the timing mats before you start! After the finish we take care of the chip. If you do not return your chip to the officials at the finish line, we will charge you SEK 500.

TOILETS

Toilets are set up in several places within the competition area.

SPECTATOR

From the competition area outside the Maritime History Museum, you can watch swimming, relays, running and the finish line. To see the cycling, you can walk a few hundred meters away towards Gärdets gräsytor/Greve von Essens väg where the lap of the cycling is located.

Transition

When you check in at the transition area, we check the bike, especially the brakes, and that the helmet is approved (has a CE or other safety mark). Then hang your bike in the designated place. Take as few things with you into the changing area as possible, only what you must have for the competition, as space is limited. Be sure to keep your things within your space so they are not in the way of others. Your own plastic box is allowed, transparent or white, maximum dimensions length / width / height 50x40x30 cm. The box must fit in your own transition space, do not disturb others.

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 of other competitors. Only competitors and officials are allowed to be in the transition area. Check-out by presenting the race number, which must then match the sticker on the bicycle. Take care of your race number!

All entry and exit to the transition area outside the competition takes place via "Check-in/exits.

Swim

Sprint Motion and Relay and RM swim 1 lap
Olympic Exercise and Relay swim 2 laps

Warm up swimming in the race area is not permitted!

It is mandatory to use a swimming cap. You must be at the swimming start no later than 15 minutes before the start to be checked off. A brief review of the course and rules will be held at the start.

The swimming track's route is shown on the competition's website. Optional swimming style.

START OPEN CLASSES

Start takes place on land via the gangway.

We have a rolling start into the water. There is a maximum of 80 people in a starting group. All competitors then walk in a line across a timing mat into the water and swim away. Timing starts when you pass the starting mat.

START RM (AGE GROUP)

Water start.

If you get into trouble, call for help. There are kayaks, boats and lifeguards in the water during the swim. It is allowed to stay in kayaks or boats if you need a little rest, as long as they are not moving.

Bike

Sprint Motion and Relay and RM cycle 2 laps

Olympic Exercise and Relay cycle 4 laps

The helmet must be fastened before you take your bike and remain so until you put your bike back again after finishing cycling. It is not permitted to cycle in the transition area.

The route of the cycle track is shown on the competition's website. Please note that it is the participant's own responsibility to cycle the correct number of laps! A tip is to have a rubber band around your arm, as many laps as you will cycle, and take one off at each lap.

There shall be no traffic following the course. Traffic wardens are primarily tasked with stopping traffic, not showing the way. It is up to you as a competitor to know the length of the track. Keep to the right and be aware of your surroundings.

There will be motorbikes along the bike path to make sure everything goes smoothly.

10 METER RULE

Drafting is prohibited in all classes. During the cycling phase, a gap of at least 10 meters must be kept to the competitor in front. Overtaking may only be done on the left side and take a maximum of 20 seconds. You who are overtaken must fall back to a distance of at least 10 meters immediately when you are passed. It is also forbidden to cycle side by side.

LITTERING

Intentional littering may result in immediate disqualification. For accidental littering, time is allocated in the penalty box. In order to be able to arrange races like this, we need to take care of ourselves and leave our courses clean after us. Help us keep the city clean!

Run

Sprint Exercise and Relay and RM run 2 laps

Olympic Exercise and Relay runs 4 laps

There will be a lot of people on the running track at the same time. Keep to the right and show consideration. The course's route is shown on the map on the website, and is marked in the competition area. It is a lap track of 2.5 km. Please note that it is the participant's own responsibility to run the correct number of laps.

LITTERING ZONE

There is a drink station when you leave the change area on the running track. Water and sports drinks are served there.

RULES

It is not permitted to have traction assistance from non-competitors in front of, behind or next to, regardless of the distance.

It is also not permitted to run with a music player or bare-chested.

LITTERING

Littering is prohibited along the entire track except at the aid stations.

In order to be able to arrange races like this, we need to take care of ourselves and leave our courses clean after us. Help us keep the city clean!

Relay

The start envelope for the relay teams contains 1 x swimming cap, 2 x number tags, 1 x timing chip, 1x sticker for the bike (attached to the seatpost left side) and 1x sticker for the helmet (attached to the left side). Changeover for relay teams takes place in the transition area in a prime location. Here the team's cyclist stands and takes/receives the chip from the swimmer. Then he runs to the place where the bike is, puts on his helmet/shoes and rides away. The runner stands before the next change prepared in the same place and takes/gets the chip from the cyclist who has left the bike/helmet/shoes in the right place before that. The chip is therefore your baton and must sit on the ankle of the competitor. It is permitted for the rest of the team to meet the last participants in the finish after the finish line. Follow the officials' instructions and consider other competitors.

Result

Results are reported after the end of the competition at www.stockholm-tri.se

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

NOTE! All competition is at your own risk. It is your responsibility as a competitor to know the competition courses and the competition rules. (www.svensktriathlon.org)

Welcome and good luck at the competition!

Competition management, Stockholm Triathlon

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