

CYPRUS DUATHLON 2019

ΔΙΟΡΓΑΝΩΤΕΣ

3 ΜΑΡΤΙΟΥ 08:30-11:00

ΧΟΡΗΓΟΣ ΑΓΩΝΑ

ΔΕΛΙΚΗΠΟΣ



ΟΛΥΜΠΙΟΝ
ΓΥΜΝΑΣΙΟ - ΛΥΚΕΙΟ

ΥΠΟ ΤΗΝ ΑΙΓΙΔΑ



Organizers:

Athletic Club Strovolou "KERAVNOS"



POLYS BIKES Shops



Under the Auspices of the Cyprus Triathlon Federation



SPONSORS:



ΟΛΥΜΠΙΟΝ
ΓΥΜΝΑΣΙΟ - ΛΥΚΕΙΟ

DUATHLON RACE

CYPRUS DUATHLON 2019 3/3/2019

Athletic Club Strovolou "KERAVNOS" and POLYS BIKES stores organize a Duathlon race contest, on Sunday, 3/3/2019 in the area of Delikipos. It is a SPRINT distance race and will consist of 5km running (2 loops), 20km cycling (2 laps) and 2.5km running.

Sponsor of the race is OLYMPION JUNIOR HIGH SCHOOL. The race is under the auspices of the Cyprus Triathlon Federation and joins the Federation's Official Racing Calendar as a Championship match.

The route will be as follow - The start and finish will take place at the junction of Delikipos - Lythrodontas and Mathiatis - Delikipos roads. The race will start with a 5km run (2 loopss) from the starting point towards Mathiatis and return to the transition area. It will be followed by Cycling (2 loops) a total of 20 km from the transition area to Delikipos and returning through the same road to Lythrodontas. Next, enter the transition area and run 2.5 mm (one lap) at the previous run path.

The race will be draft legal and all ITU regulations will be followed. It will be on road open to traffic, ONLY for road bikes (road bike with bars, TT, TRI bikes are forbidden). All routes are shown in the relevant maps.

If for any reason there is a risk to the safety of athletes, the organizers may change or modify the race routes. The race will be organized in open to traffic roads. Also, organizers can delay the start or even cancel or postpone the match due to bad weather or for any other reason.

Transition Area

The Transition Area is defined as the area next to the startup. In this area will be placed special bars and baskets in which each athlete will be able to place his equipment and his bicycle. The area will be marked and closed, and the entry-exit will only be allowed to the athletes throughout the race and before the start. Next to the area will be, the finishing shield, the timing system, the awning for the race registrations, the sponsors of the match and the Cyprus Triathlon Federation, the Penalty Box of the race and the water and fruits for the athletes.

Race Schedule

07:30 - 08:00 Registration (Race Bag pick up)

08:15 - 08:25 Technical conference at the starting point, placing bicycles and Equipment in the Transition Area

08:30 Starting Race Official Categories and Open Class

11:00 Prize Awards (at the finish area)

Categories

Athletes registered in the official categories of the Cyprus Triathlon Federation, as well as athletes over 16 years of age who are not registered in the Open - End Federation, have the right to compete.

Note: Athletes of the official categories of the Federation who do not have a valid Health Card by CSO will compete in the open category.

Registration

Registration by Friday 22 February 2019 at cypusduathlon2019@gmail.com

Race Bags can be picked up from POLYS BIKES Nicosia on Friday 1 March 2019 from 10:00 am. until 07:00 pm or Saturday 2 March 2019 from 10:00 am until 02:00 pm or on Sunday 3 March at the race.

Limited number of entries on a first-come, first-served basis.

Participation Fee / Payments:

The participation cost for athletes registered in the official categories of the federation is set at € 35 and € 45 for athletes in the open category.

Payment for the participation cost is paid in advance at Polys Bikes stores at the following addresses:

Polys Bikes Nicosia – Makedonitisis st. 84, 2057 Strovolos, Tel. 22511171

Polys Bikes Larnaca – Makarios III Avenue. 54, 6017 Larnaca, Tel. 24626308

Polys Bikes Limassol– Makarios III Avenue. 10C, 3060 Limassol, Tel. 25750508

Medical

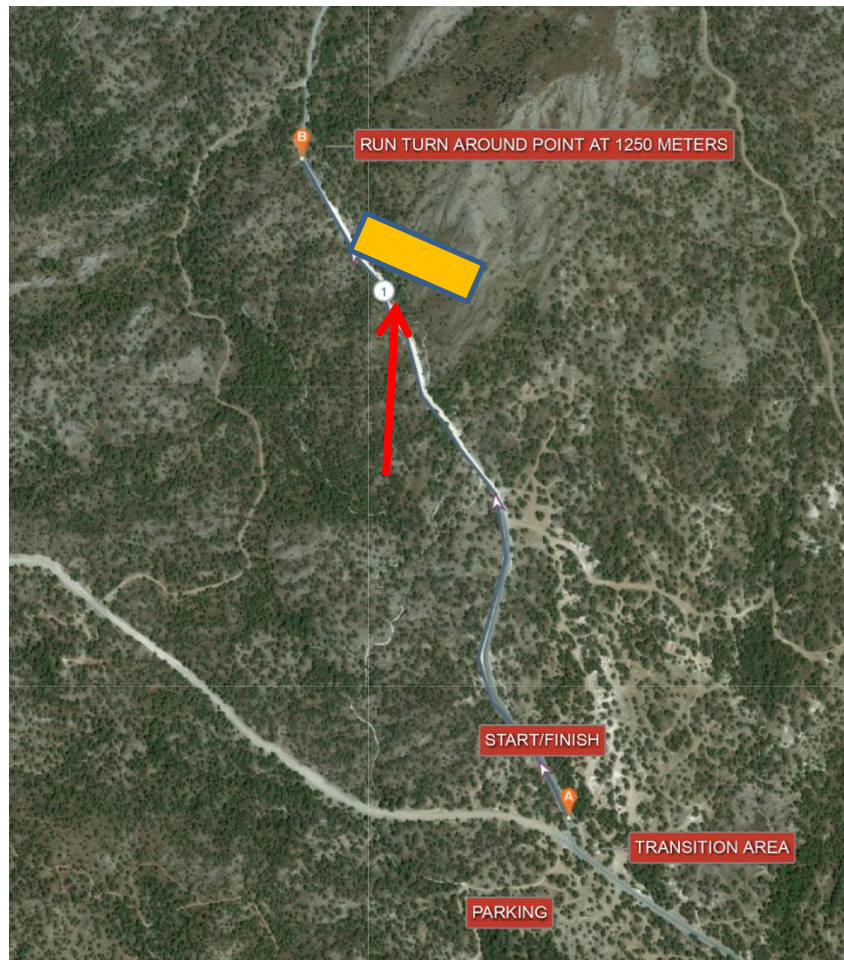
There will be ambulance and doctor at the race.

Awards and Trophies

The first three female athletes and the top three male athletes register with the federation will be awarded and the top three female and top three male athletes of the the overall classification of the open class category.

MAPS

Running 5 km (2 Loops)



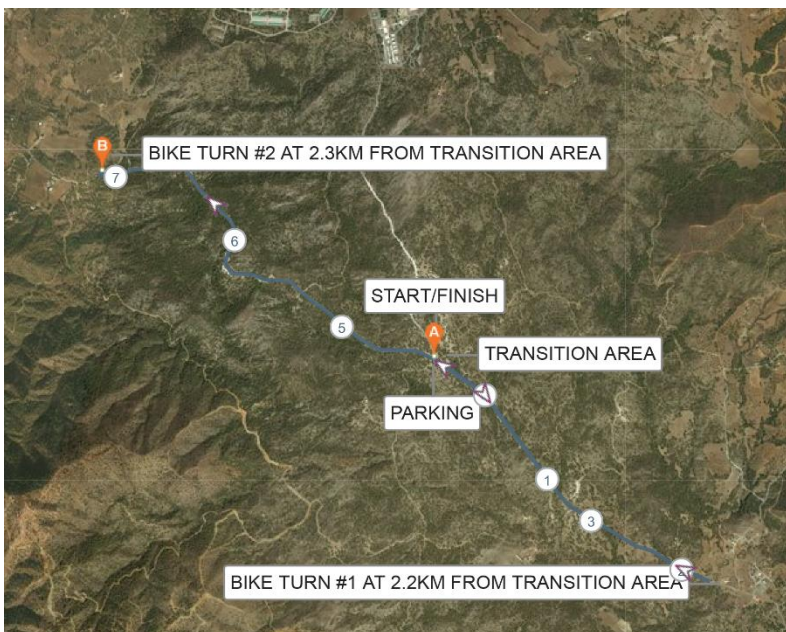
Running will consist of 2 loops of 2,5 km each towards Mathiatis. At the beginning of the route there will be Feed Zone Station with water and fruit for all athletes. ALL ATHLETES BEFORE EXITING THE TRANSITION AREA, **MUST** WEAR THEIR RACE BELT WITH THEIR NUMBER. Athletes in open category can place their numbers on the front of the jersey with safety pins. Athletes are prohibited having any help from other athletes / spectators. Otherwise, they will be disqualified.

Entering the Transition Area – Out for the Cycling Route

After completing the 5km run, athletes will head and enter the Transition Area by walking or running. The route will be marked by cones and supervised by Marshalls. After entering the Transition Area, athletes will have to place their equipment in the special baskets and then, after they wear their helmet, they will head to the Mounting Line, which they will be entitled to start cycling after they have passed it. It is forbidden to ride within the Transition Area, and to be without a helmet and Top Shirt.

Cycling 20 km - DRAFT LEGAL (ONLY with Road Bikes without bars, TT or TRI Bikes are forbidden)

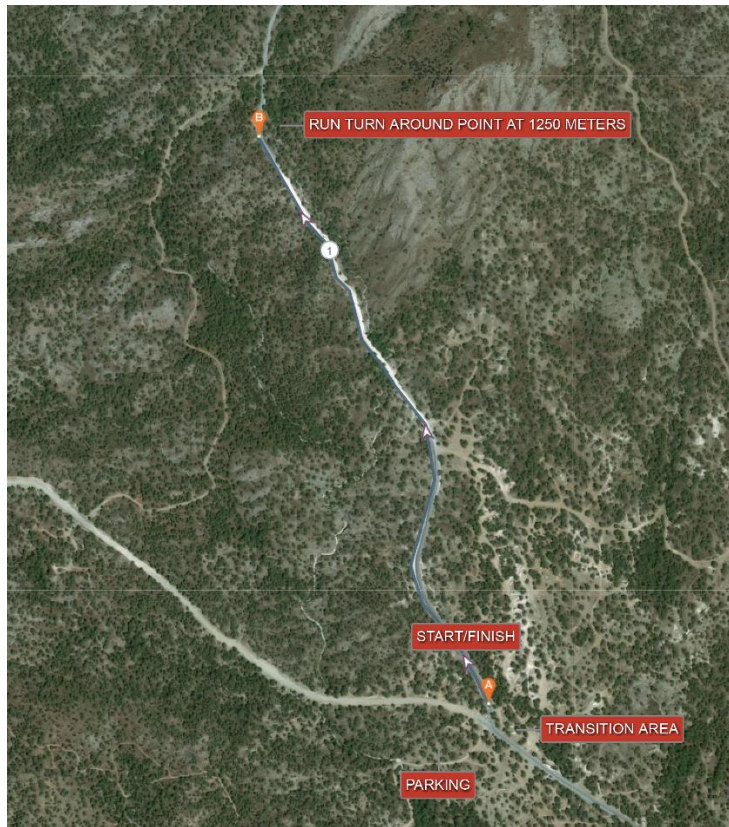
The cycling section will be marked and there will be Marshalls that will ensure smooth operation with the existence of cars. Along the road, athletes are required to follow all Marshall's suggestions. They will start from the Transition Area (after the Mounting Line) towards Delikipos. Then turnaround to Lythrodontas and return. The route must be cycled 2 times (10 Km per loop). Its athlete's responsibility to count their loops. Marshalls will control athletes at each Turning Point and every Check Point will record the number of each athlete. An athlete who will not perform 2 LOOPS will be excluded. The route is particularly technical and fast enough, and so athletes are encouraged to ride their bikes with great care, always keeping the left side of the road, leaving enough space for the others to overtake and follow the instructions of the Marshalls.



Enter Transition Area - Exit to Run

After completing the 20km bike, the athletes come down from their bicycles before entering the Transition Area (Dismounting Line) and push it towards. They place their bike in their place and after they wear the belt with their number, they are directed to the exit of the Transition Area towards the running section. If an athlete has been charged with a Penalty, will have to execute it at the Penalty Box located next to the Transition Area.

Running 2.5 km



Running will consist of 1 loop of 2.5 km towards Mathiatis. At the beginning of the route there will be Feed Zone Station with water and fruit for all athletes. ALL ATHLETES BEFORE EXITING THE TRANSITION AREA, **MUST** WEAR THEIR RACE BELT WITH THEIR NUMBER. Athletes in open category can place their numbers on the front of the jersey with safety pins. Athletes are prohibited having any help from other athletes / spectators. Otherwise, they will be disqualified.

FINISH

Finish of the race will be by the Start point.

Draft Legal Bike Course

Bikes used by athletes must adhere to the following:



Penalty Box-Penalties

The Penalty Box is located next to the Transition Area. An athlete who is penalized is required to execute his sentence in the designated area according to the Marshals' suggestions. Penalties are 10 seconds for startup offenses (start before horn).

An athlete who starts cycling before the mount line or continues to ride after the dismount line will be penalized with 10 seconds of Penalty. An athlete who rides dangerously and deliberately prevents other athletes is immediately disqualified without notice. An athlete entering the opposite traffic stream will be penalized with a 10 second penalty and a second offense, a disqualification. Reversing before the specified run and run points will be penalized by automatic disqualification. In the course of cycling and running it is forbidden any help from other athletes / spectators as well as the use of music, cameras and mobile phones. A non-compliant athlete will be disqualified. Note that the race will oversee by Technical Officials of the Cyprus Triathlon Federation.

Cut Off Times

All athletes who will participate in CYPRUS DUATHLON 2019 will have to complete the race before 11:00 am. (Start time 08:30 am). The times for each section separately are shown below:
Running 5 km 9:15 (45 minutes max from start time)
Running + Bicycle 10:30 (120 minutes maximum from start time)
Running + Bicycle + Running 11:00 (150 minutes maximum from start time)

DIAGRAM CYPRUS DUATHLON 2019

