

# Smiltene TRIATHLON

## 19.07.2020

### Race center: Recreation and sports complex "Teperis"

Location: Dakteru iela 2A, Smiltene, Smiltenes pilsēta, LV-4729

### Event program:

- Latvian Triathlon Championship in sprint distance (750m + 20km + 5km)
- Half-Ironman Race (1.9km + 90km + 21.1km, individual + relay)
- Short distance Triathlon (250m + 10km + 2.5km)
- Youth Triathlon (100m + 3km + 500m)
- Children's Triathlon (symbolic distance)

### Event Organizer:

- Smiltene Sports Center and Valmiera Sports Club "Burkānciems & Co"
- In cooperation with Latvian Triathlon Federation

Race director: Jānis Melbārdis, +37126333814

Chief Referee: Evita Leitāne

Info: [www.bciems.lv](http://www.bciems.lv) ; [smiltenes.triatlons@gmail.com](mailto:smiltenes.triatlons@gmail.com);

Facebook: <https://www.facebook.com/events/577700782781994/>

### Race day schedule:

- 8:30-11:00 Arrival, registration, warm-up of participants
- 9:00 briefing Half-Ironman
- 9:00-9:45 transition open for all groups except Sprint distance (750+20+5)
- **9:30 Start Children's Triathlon** (SB, VB)
- **9:50 Start Youth Triathlon: 100m+3km+0,5km** (F9, M9, F11, M11)
- **10:15 Start Latvian Championship Short distance and Mixed Relay: 250m+10km+2,5km** (F13, M13, F15, M15, F50, F60, M60, mixed relay)
- **10:17 Start Short distance: 250m+10km+2,5km** (FO, MO)
- **11:00 Start Half-Ironman** (All groups and relay)
- 10:50-11:20 transition open for Sprint groups (750+20+5)
- **12:00 Start Latvian Championship Sprint distance: 750m+20km+5km** (F17, M17, F19, M19, F, M, F40, M40, M50)
- 14:30 Award ceremony Children, Youth, Short and Sprint distance
- ~15:10 Half-Ironman winner expected at finish
- 17:00 Award ceremony Half-Ironman
- 18:30 Finish closed

*Event schedule may change due to Covid-19 restrictions.*

### Age groups and distances

Female	Male	Year of birth	Distance	License
SB	VB	2013. and younger	Symbolic distance	No
F9	M9	2011. – 2012.	100m+3km+500m, Latvian Championship	No
F11	M11	2009. – 2010.	100m+3km+500m, Latvian Championship	No
F13	M13	2007. – 2008.	250m+10km+2.5km, Latvian Championship	No
F15	M15	2005. – 2006.	250m+10km+2.5km, Latvian Championship	Yes
F17	M17	2003. – 2004.	750m+20km+5km, Latvian Championship	Yes
F19	M19	2001. – 2002.	750m+20km+5km, Latvian Championship	Yes
F	M	1981. – 2000.	750m+20km+5km, Latvian Championship	Yes
F40	M40	1971. – 1980.	750m+20km+5km, Latvian Championship	Yes
	M50	1961. – 1970.	750m+20km+5km, Latvian Championship	Yes
F50		1961. – 1970.	250m+10km+2.5km, Latvian Championship	Yes
F60	M60	1960. and older	250m+10km+2.5km, Latvian Championship	Yes
FO short	MO short	2001. and older	250m+10km+2.5km	No

Mixed relay – no restrictions for age, at least one female	250m+10km+2.5km	No
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## Half-Ironman age groups

Female	Male	Year of birth	Distance	License
F	M	1981. – 2002.	1,9km+90km+21km	Yes
F40+		1980. and older	1,9km+90km+21km	Yes
	M40	1971. – 1980. gads	1,9km+90km+21km	Yes
	M50+	1970. and older	1,9km+90km+21km	Yes
Relay - 2002. and older, any gender			1,9km+90km+21km	No

## Entry Fee

	Half Ironman	Relay Half Ironman	Mixed relay (short)	F19, M19, M50, F40, M40, F, M, FO, MO	F13, M13, F15, M15, F17, M17, F50, F60, M60	F9, M9, F11, M11	SB, VB
First wave until 12.07.2020 23:59	50,-EUR	60,-EUR	20,-EUR	12,-EUR	7- EUR	4,-EUR	3,-EUR
13.07.2020-16.07.2020, until 23:59	70,-EUR	80,-EUR	35,-EUR	20,-EUR	12,-EUR	7,-EUR	3,-EUR
On Race day	90,-EUR	90,-EUR	40,-EUR	30,-EUR	20- EUR	10,-EUR	5,-EUR

*The entry fee includes:*

- Distance preparation, judges, service staff
- Timing equipment, preparation of results
- Participant number and number labels
- Prize fund
- Lifeguards during the swimming phase
- Medical and police team
- Bicycle service in the competition center
- Drink stations during the race (Info will follow due to Covid situation)
- Catering after the finish
- Professional competition commentator
- Photographer

In addition to Half-Ironman members:

- Swimming cap
- Escort for a leading athlete in cycling and running stages
- Finisher's medal and T-shirt
- Drinks and snacks in the finish area

## Registration

On website [www.bciems.lv](http://www.bciems.lv), by filling and sending the application form. Instructions on how to make the payment will follow to your e-mail.

Entry fee has to be transferred to following account:

“Valmieras sporta klubs Burkānciems & Co”

Registration NR: 40008270953

Address: Beverīnas Street 40, Valmiera, LV-4201

Bank: AS SEB Banka

Account Nr: LV19UNLA0055000469625

Please indicate in the payment: “Participation fee in Smiltene triathlon; name and surname of the participant”.

*If the entry fee has not been paid by the day of the competition, the entry fee must be paid on race day according to the later application fee. The amount of the participation fee is determined by the date on which it is paid, not by the date of application.*

*Please apply for the competition in time so that the organizers can prepare all the processes for the successful*

competition!

Participants who do not come to the competition will not be refunded the entry fee.

If the competition cannot take place and is canceled due to force majeure, the participants will be refunded the participation fee in the amount of 50%.

## Licenses

According to the LTF Cup 2020 season regulations, the athlete must purchase a seasonal or one-time license. Only F9, M9, F11, M11, FO, MO groups and Relay participants can start without a license.

Licenses can be purchased at the LTF office - Riga, Ganību dambis 25D or by writing to triatlons@triatlons.lv

If the license cannot be obtained in time, it can be purchased on the day of the competition at the reception by paying in cash. The need for a license will be indicated when filling in the application for the competition.

Season license price:

- For those born in 2001 and younger - 5 EUR
- For those born in 2000 and parents - 10 EUR

One-time license price:

- For those born in 2001 and younger - 1.5 EUR
- For those born in 2000 and parents - 3 EUR

Foreign athletes may have licenses issued by their own home country.

## Award ceremony

*Half-Ironman distance:*

- Prize money in overall ranking:

	Male	Female
1. place	150 EUR	150 EUR
2. place	100 EUR	100 EUR
3. place	50 EUR	50 EUR

- Top 3 places in each age group are awarded with prizes provided by sponsors.
- Each finisher will receive a finisher T-shirt and medal.
- Top 3 places in the relay distance are awarded with prizes provided by sponsors.

Latvian Championship Sprint distances:

- Prize money in overall ranking:

	Male	Female
1. place	100 EUR	100 EUR
2. place	50 EUR	50 EUR
3. place	30 EUR	30 EUR

- Top 3 places in each age group are awarded with Latvian championship medals and prizes provided by sponsors.

Short distance triathlon, mixed relay and children's triathlon:

- Top 3 places in Short distance triathlon are awarded with prizes provided by the sponsors.
- Top 3 places in Mixed relay are awarded with prizes provided by the sponsors.
- All children's triathlon participants (SB, VB) receive prizes provided by sponsors.

## Regulations of the competition

*Regulations for all distances, including Half-Ironman:*

- The timing chip must be fixed above the participant's ankle. In case of damage or loss of the chip, the loss must be compensated by paying 50, - EUR.
- The participant's number must be attached to the number strap around the waist. On the cycling stage, the number must be pulled backwards, on the running stage - towards the front. During the swimming phase, the number may only be worn under a wetsuit.
- Use of wetsuits for swimming:
  - Half-Ironman distance is allowed up to 24.5C water temperature;
  - Sprint, Short and other distances is allowed up to 21.9C water temperature.
- During the swimming phase, it is forbidden to use any aids that can speed up or facilitate swimming (fins, paddles, gloves, snorkels, etc.).
- In the transition area, the equipment must be placed according to your participant number, taking into account the area allocated to other participants. It is forbidden to throw your own or other participants'

equipment in the transition area, for which penalties may be applied. Due to the environmental factors, plastic bags for equipment in the transition area will not be used.

- Cycling is not allowed in the transition area. Before starting to move the bicycle out of the transition area, the bicycle helmet must be worn and the helmet strap must be fastened. It is allowed to start cycling only by crossing the border of the transition zone. Helmets are mandatory throughout the cycling phase. At the end of the bike stage, the bike must be dismounted before the boundary of the transition zone. When entering the transition zone, the helmet must be still worn and the helmet strap must be fastened. The helmet can be removed only after placing the bicycle in the transition zone.
- It is forbidden to race with a naked upper body during running and cycling distances.
- There will be a guarded Wheel station in Bike segment, where it will be possible to place spare bicycle wheels. The participant is responsible for marking his wheels for recognition.
- Sprint, Short and Youth triathlon bike segment:  
Drafting and group riding are allowed among the same gender. Road or mountain bikes are allowed. If the road bike is equipped with a mini clip-on handlebar, the end point of clip-ons must not exceed the end line of the brake / shift levers. The ends of the handlebars and horns must be closed. The maximum allowed height of the wheel rim is 40 mm. It is forbidden to use individual time trial bicycles in Sprint, Short and Youth triathlon bike segment.
- Each participant is responsible for the compliance of his / her equipment with the competition and the distance to be covered.
- Competitors must follow the traffic rules when taking part on public roads during the competition, taking full responsibility for their actions. During the Bike segment, participants must stay on the right side of the road.
- If a participant accidentally deviates from the track to be performed, it is allowed to return to it only by returning to the exact place where the deviation from the track took place.
- Participants are not allowed to use headphones, mobile phones or other devices that may distract the Athletes attention during the race.
- Littering is strictly forbidden. It is allowed only at the official drinking stations in a specially designated place. Violation of this clause will result in disqualification of the Athlete.
- Competitors are NOT allowed to receive any outside help during the competition. Exceptions are assistance from the organizers' staff and assistance received from other participant, provided that the assisting participant can continue the distance himself after the assistance provided.
- Participants are allowed to use only the official drinking stations of the competition.
- It is forbidden to accompany the athlete during a race (ride or bike nearby). The exception is the smallest children's triathlon groups.
- In case of a participant's withdrawal, the organizers of the competition must be notified and the time chip must be returned.
- PENALTIES - if the Athlete is not following the rules of the competition, he may receive 10 seconds penalty time in Penalty Box according to decision of the Chief Referee. Penalties are given for an unfastened helmet, incorrect distance, failure to observe the boundaries of the transition area and incorrect placement of equipment in the transition area, disregard for judges' decisions, unsportsmanlike conduct and other non-compliance with the rules governing triathlon competitions.
- The organizers of the competition are not responsible for the possible injuries of the participant during the competition.

#### *Additional regulations for Half-Ironman:*

- Drafting is FORBIDDEN! Minimum distance between cyclists - **10m**. Penalty for non-compliance with this rule:
  - **30sec** penalty for violating the rule for the first time, the referee shows a **yellow** card;
  - **5min** penalty for violating the rule a second time; the referee shows a **blue** card and warns of possible disqualification;
  - **Disqualification** for violating the rule for the third time, the judge shows a **red** card.
- At the end of the cycling stage, the given penalty minutes must be spent in the Penalty Box, which will be located near the transition zone. It is the participant's responsibility to stop at the Penalty Box voluntarily. The penalty process will be controlled by the referees.
- During the bike stage, when starting to overtake the other participant, it must be done within 25sec, moving with your bike's front wheel in front of the other participant's front wheel. As soon as this overtaking has taken place, the overtaken participant is obliged to retreat to the specified drafting zone 10m within 25 seconds. Failure to comply with this rule will result in the same penalties as for violating the drafting area.

- It is allowed to use Time Trial bikes, large handlebars, high profile and disc wheels the Half-Ironman bike stage.
- Half-Ironman participants will be provided with drinking water and sports drinks at the drinking stations, and also Cola during the running stage. At these points, it is ALLOWED to receive special drinks from your support person within a range of 30 meters immediately after the drinking station. *Attention - the organizers work on the possibility of providing Drink stations within the limits of Covid-19. More detailed information about the organization and possibilities of Drink stations will be published and sent out shortly before the competition.*
- Half-Ironman distance time limits counting from the start of the competition:
  - Swim: 1h10min
  - Swim + Bike: 5h
  - Swim + Bike + Run: 7h30min

#### *Regulations for Relays:*

- Half-Ironman relay team consists of 3 participants, regardless of gender, who are at least 18 years old. Each participant has to complete one relay stage: swim 1.9 km, bike 90 km, run 21.1 km. A time chip will be used as a relay stick, which the participant who has completed the relay stage will place on the ankle of team member who is performing the next stage.
- Mixed relay's team in short distance consists of 3 participants regardless of age, but at least one participant is female. Each participant has to complete one relay stage: swim 250m, bike 10km, run 2.5km. A time chip will be used as a relay stick, which the participant who has completed the relay stage will place on the ankle of team member who is performing the next stage.

### **Safety**

By registering at the competition center, each participant confirms with his / her signature that he / she takes full responsibility for the suitability of his / her health for the chosen distance. Participants under the age of 18 must be accompanied by a responsible person who signs the questionnaire and takes responsibility. The organizers of the competition are not responsible for possible injuries of the participants during the competition. Medical staff will be on duty at the competition center.

Special precautions to avoid the spread of Covid-19 infection:

- Please make payments electronically in a timely manner.
- Participants who are not athletes, sports specialists and sports staff serving athletes must observe a physical distance of 2 m and use mouth and nose pads.
- Do not crowd at the competition venue, at the reception, other entrances, exits, toilets, start, transit and finish area, etc.
- Persons with self-isolation, home quarantine or isolation or with signs of respiratory disease must not be present at the competition site.
- Before the start, the competitor (or representative) must certify with his / her signature at the reception that the athlete has no self-isolation, home quarantine or isolation and no signs of respiratory infections, and will need to provide a contact phone number in case of possible Covid-19 infection case.
- During the event, all participants of the event must strictly observe the conditions of proper hand hygiene and respiratory hygiene, which will be indicated at the event. Please provide mouth and nose covers.

*Participants are responsible for compliance with all hygiene and safety requirements related to the Covid-19 virus, which is valid on the day of the competition in the laws and regulations of the Republic of Latvia.*

### **Changes in regulations**

The organizers have the right to make changes and additions to the regulations, as well as the right to decide issues that are not stipulated in the general rules of the competition. Information can be obtained by phone: 27875364 - Jānis Ozoliņš.

The organizers are not responsible if the participants are not familiar with the regulations.

### **Protests**

Protests in written form are accepted within 30 minutes after the results are posted at the competition center, paying the Chief Referee 30, - EUR. In case of a justified protest, the money is returned.

### **Photo and video**

Photography and filming will be performed in the competition. The organizers have the right to use for marketing and advertising purposes the photos and videos taken during the Smiltene Triathlon 2020 competition without the consent of the people seen in them. The organizers also have the right to offer participants the opportunity to download photos and videos.

### **Protection of personal data**

By applying for the competition, the participant agrees to the processing of his / her personal data on the basis of Section 7.1 of the Personal Data Protection Law. Both the organizer of the competition and the athlete ("Athlete - a natural person who engages in sports and participates in sports competitions") are bound by the Sports Act, which stipulates the obligations of an athlete in Article 18 (2): and the regulations of sports federations recognized in Latvia, the principles of sports ethics and fair play, the regulations of anti-doping conventions, as well as regulatory enactments ". On the other hand, both the principles of sports ethics and fair play and Article 15.1 of the SL stipulate that any manipulation of the results is prohibited and the results of the sport must be published without distortion, which is also in the public interest. Taking into account the provisions of the Sports Law, the organizing team (Smiltene Sports Center, Valmiera Sports Club "Burkānciems & Co", Latvian Triathlon Federation) has a legal basis and legitimate interests in the processing of this data. The processing of personal data is carried out in order to correctly reflect the result provided by the Athlete in relation to the results of other participants. In order to determine the athlete's affiliation to the distance and group, in accordance with the competition regulations, in addition to the name and surname of the Data Subject, gender and date of birth are also required. In order to protect the personal data of the Data Subject, the data is minimized as much as possible upon request by writing to e-mail: [smiltenes.triatlons@gmail.com](mailto:smiltenes.triatlons@gmail.com)