

## Race information

### **Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships**

- ⤴ Juniors – January 26, 10:00
- ⤴ Paratriathletes – January 26, 10:05
- ⤴ Elite & U23 woman's - January 26, 12:00
- ⤴ Elite & U23 men's - January 26, 14:00
- ⤴ Mixed Relays - January 27, 10:00
- ⤴ Age Groups - January 27, 12:00

### **Tartu Everyman's Winter Triathlon**

- ⤴ Men & Women – January 27, 15:00

### **Tartu Kids Winter Duathlon**

- ⤴ Boys & Girls – January 27, 14:00

Place: Tähtevere Leisure Park, Tartu center, river Emajõgi and surrounding parks

Address: Tähtvere Leisure Park, Tartu, Estonia, 51007

## Race organizers

Non-profit association TriSmile

Address: Lai 11/13, Tartu 51005, Estonia

<http://klubi.trismile.ee>

Head organizer: Ain-Alar Juhanson, phone: +372 53338272, e-mail: [ain@trismile.ee](mailto:ain@trismile.ee)

Head referee: Maret Mets, phone: +372 5259335, e-mail: [maret@trismile.ee](mailto:maret@trismile.ee)

Info: [klubi@trismile.ee](mailto:klubi@trismile.ee)

## Local federation

Estonian Triathlon Association

Address: Tabasalu po.box.85 76901 Harku, Harju county, Estonia

[www.triatlon.ee](http://www.triatlon.ee)

E-mail: [info@triatlon.ee](mailto:info@triatlon.ee)

## Distances

### **Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships**

- Juniors & Paratriathletes – Run: 3,6km, Bike: 9,6km, Ski: 5,4km
- Elite & U23 - Run: 7,2km, Bike: 14,4km, Ski: 10,8km
- Mixed Relays - Run: 3,6km, Bike: 4,8km, Ski: 2,7km (Each member)
- Age Groups - Run: 3,6km, Bike: 9,6km, Ski: 5,4km

**Tartu Everyman's Winter Triathlon** - Run: 3,6km, Bike: 8km, Ski: 5,4km

**Tartu Kids Winter Duathlon** - Run: 1,5km, Ski: 2,7km

## Age limits

### **Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships**

- Juniors – competitors must have been born 1994 – 1997
- Elite - competitors must have been born 1995 or earlier
- U23 - competitors must have been born 1990 - 1995
- Mixed Relays - competitors must have been born 1997 or earlier
- Age Groups - competitors must have been born 1995 or earlier
- Paratriathletes - competitors must have been born 1995 or earlier

**Tartu Everyman's Winter Triathlon:** competitors must have been born 1999 or earlier.

**Tartu Kid's Winter Duathlon:** competitors must have been born 2000 or later

## Licences:

License is mandatory in all races of Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships including individual competitors and all members in mixed relay teams. Having a license is an international practice; it will provide insurance coverage for the license holder in case of an accident during the race. If one does not have a seasonal license, it is possible to buy a one-day license from Estonian Triathlon Union. For seasonal license holders in case of an accident the insurance coverage is provided.

One-day licenses:

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships: Adults 10 EUR, Juniors 5 EUR

More information about licenses can be requested from Estonian Triathlon Union [info@triatlon.ee](mailto:info@triatlon.ee).

Qualification to Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships is held by national federations. Tartu Everyman's Winter Triathlon and Tartu Kid's Winter Duathlon races do not require previous qualification neither is necessary membership of a sports club. Passing on the participation is not allowed. Organizers can refuse to register an inappropriate competitor.

## Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships – Mixed Relays:

Each team consists of 4 members - 2 woman and 2 men. Each member has to complete all the sequential courses: running > mountain biking > cross country skiing. Distances of the courses are mentioned above. Baton passing will be given over using the body contact. Race will be held in following order: Woman > Man > Woman > Man.

## Age groups

Age groups are the same for men and woman. Tartu Kid's Winter Duathlon will differentiate only boys and girls, Tartu Everyman's Winter Triathlons will be differentiated only as men and women.

### **Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships:**

Juniors: born in 1994-1997

U23: born in 1990- 1995

Elite: born in 1974-1995

Age Groups:

Men – M18, M20, M25, M30, M35, M40, M45, M50, M55, M60, M65, M70 etc

Woman – N18, N20, N25, N30, N35, N40, N45, N50, N55, N60, N65, N70 etc

### **Tartu Everyman's Winter Triathlon :**

Men

Woman

### **Tartu Kids Winter Duathlon**

Boys

Girls

## Registration and fees

**In order to register to Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships please contact your National Federation.**

All entries have to be submitted to the ITU as online entries only. Only the National Federations can register athletes, therefore all the athletes have to register to the race via their NF. No athlete will be included in the starting list unless the entry has been processed through ITU online registration system.

No exceptions are made at this point!

### **Registration to Tartu Everyman's Winter Triathlon and Kids Duathlon:**

#### Only online registration

Registration is open until 12.00 pm on January 20, 2013. Race materials will be provided at the race center on Friday, January 25 and Saturday, January 26. The competitor must show an ID with a picture to obtain race materials. License is mandatory for all Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships, individual competitors and all members in mixed relay teams including all races. Having a license is an international practice; it will provide insurance for the licensee in case of an accident during the race. If one does not have a seasonal license, it is possible to buy a one-day license from Estonian Triathlon Union. Every competitor must accept and sign (at the race center) the general rules of the competition and the hold-harmless agreement.

## Fees include:

Fees for Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships, both individual and mixed relay competitors include:

- ⤴ professional organization by TriSmile
- ⤴ a diploma
- ⤴ admission to after-race recovery area
- ⤴ admission to pre-race Pasta Party

Fees for Tartu Everyman's Winter Triathlon include:

- ⤴ professional organizing by TriSmile
- ⤴ a diploma
- ⤴ admission to pre-race Pasta Party

Fees for Tartu Kid's Winter Duathlon include:

- ⤴ professional organizing by and TriSmile
- ⤴ gift
- ⤴ a diploma

	<b>Until December 31 2012</b>	<b>January 1 – January 20 2013</b>
<b>Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships individual competitors – Elite/U23/Juniors/Paratriathlon</b>	50 EUR	50 EUR

<b>Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships Mixed Relay Triathlon</b>	100 EUR	100 EUR
<b>Tartu Everyman's Winter Triathlon competitors and Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships – Age Groups</b>	10 EUR	15 EUR
<b>Tartu Kid's Winter Duathlon competitors</b>	4 EUR	4 EUR

In case of giving up the participation *entry* fee will not be refunded.

If the race is cancelled due to *force majeure* (circumstances not depending on the organizers), the entry fees will not be refunded.

## Award Ceremony:

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships

- ⤴ Official medals: Top 3 Men – Top 3 Women in each category
- ⤴ Individual Race prize money 3000 Euros

	Elite Men	Elite Woman
1.st	450 EUR	450 EUR
2.nd	375 EUR	375 EUR
3.rd	300 EUR	300 EUR
4.th	225 EUR	225 EUR
5.th	150 EUR	150 EUR

Mixed Relays Prize :

1.st	500EURO
2.nd	300EURO
3.rd	200EURO

## Confirmation of registration:

The competitor is registered only after payment is done. The fee will be calculated by the time of payment, NOT by the time of registration. Name of the competitor will appear in the participants list after payment.

## Limits for participation:

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships individual competitors: 200

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships mixed relays: 50

Tartu Everyman's Winter Triathlon: 100

Tartu Kid's Winter Duathlon: 100

## Servicing:

Water, isotonic drinks, warm drinks and fruits will be provided to all competitors after the race; also during the bike and on the ski course at Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships and Tartu Everyman's Winter Triathlon. There are no aid stations at run courses. No food will be provided during run distance.

## Rules

The general rules of International Triathlon Union ITU (available at [www.triathlon.org](http://www.triathlon.org)) apply at the race. Competitors accept these rules by registration. Additionally, the Estonian Highway code applies.

## Race briefings (mandatory for all competitors)

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships **Elite/U23/Juniors/Paratriathletes:** 17.00 on Friday 25 January

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships **Mixed Relays:** 17.00 on Saturday January 26

Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships **Age Groups:** 17.30 on January Saturday 26

**Tartu Everyman's Winter Triathlon:** 18.00 on Saturday January 26

**Tartu Kid's Winter Duathlon:** 13.30 on Sunday January 27, before the race

## Drafting

Drafting is allowed

## Competition referees

Estonian Triathlon Union, International Triathlon Union and TriSmile

## Competition jury

Competition jury will act after the race in the case of a protest. It consists of representatives of Estonian Triathlon Union, International Triathlon Union and the Technical Delegate. The exact composition will be announced on the race briefing

## Helmets

Helmets are mandatory at all bike distances. The helmet must be securely fastened at all times during which the competitor is in contact with the bike.

# Püssirohukelder 2013 Tartu ITU Winter Triathlon European Championships - race course

## Run

The course goes through parks along river Emajõgi and consists of two (2) laps each 3,6km. The course is simple with no ascent (counting out two bridges) and easily observed. The course ends in the transition area at Tähtvere Leisure Park.

- ⤴ Running shoes are mandatory on the running segment. This rule is not applicable to age groups; This rule is not applicable to Paratriathlon athletes;
- ⤴ Running shoes with spikes are allowed.

## Bike

The course consists of four laps. From transition area the course goes towards the cross country ski tracks where after a small climb the track turns towards to Tartu Song Festival arena. On the arena the course has few technical climbs and drops. After the arena, course leads to Kauna street, which has one steep drop, where one has to be aware of the open gates on the track. Tour on the Supilinna streets Allika > Pirni > Tähtvere > Marja. Most technical part of the course is at the end of Marja street, where the athletes must carry their bike up from the stairs towards to Tähtvere park. After the tour in Tähtvere park course leads back down from the stairs into Supilinn – Marja street > Oa street. The lap ends near the transition area. The second lap goes along the same roads. The course is relatively simple with a few technical parts and can be easily observed. Most exciting place to watch would be on the Tartu Song Festival Arena and in the end of the lap, where commentators give information about the race. Counting laps is every competitors own responsibility, but it will be checked by referees. Drafting is allowed

- ⤴ The minimal tire dimension is 26x1.5 inches (599-40), which means that the smallest part of the tire should not be less than 40mm;
- ⤴ Cleated and/or slick tires are allowed;
- ⤴ The bike segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow and may follow normal roads or paths;
- ⤴ Athletes are allowed to push or carry the bike over the course;
- ⤴ Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the Transition Area.
- ⤴ Lapped athletes will be not removed from the race;
- ⤴ Athletes must bring their own tools and parts, and must carry out their own repairs;
- ⤴ Bike shoes are mandatory in the bike segment. This rule is not applicable to age group athletes; This rule is not applicable to Paratriathlon athletes;

## Ski

The course goes on Tähtvere Leisure park ski tracks and consists of four (4) laps each 2,7km. The course is simple with no ascent and is easily observed. The course ends in Finish point near the transition area at Tähtvere Leisure Park.

- ⤴ Testing of equipment (skis) is allowed prior to the race on specially marked tracks or on the race-course if announced so by the Technical Officials;
- ⤴ During the race athletes cannot be accompanied by team members, team managers or other pacemakers on the course;
- ⤴ Athletes are allowed to change one ski and both poles;
- ⤴ Athletes may ski using their preferred technique;
- ⤴ Certain zones may have restrictions to classic style or double poling;
- ⤴ Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility wearing a helmet could be authorized by the TD;
- ⤴ Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;
- ⤴ In the finish chute (30-50m) skiing freestyle may be forbidden. Double poling may be required. Prepared tracks must then be used;
- ⤴ Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- ⤴ Ski shoes are mandatory in the cross country ski segment. This rule is not applicable to age group athletes. This rule is not applicable to Paratriathlon athletes;

## Tartu Everyman's Winter Triathlon race course

### Run

The course goes in parks along river Emajõgi and consists of one (1) lap of 3,6km. The course is simple with no ascent (counting out two bridges) and easily observed. The course ends in transition area at Tähtvere Leisure Park.

- ⤴ Running shoes are not mandatory on the running segment.
- ⤴ Running shoes with spikes are allowed.

### Bike

The course consists of two (2) laps. From transition area the course goes towards the cross country ski tracks where after a small climb the track turns towards to Tartu Song Festival arena. On the arena the course has a few technical climbs and drops. After the arena, course leads to Kauna street, which has one steep drop, where one has to be aware of the open gates on the track. Tour on the Supilinna streets Allika > Pirni > Tähtvere > Marja. Most technical part of the course is at the end of Marja street, where the athletes must carry their bike up from the stairs towards to Tähtvere park. After the tour in Tähtvere park course leads back down from the stairs into Supilinn – Marja street > Oa street. The lap ends near the transition area. The second lap goes along the same roads. The course is relatively simple with a few technical parts and can be easily observed. Most exciting place to watch would be on the Tartu Song Festival Arena and in the end of the lap, where commentators give information about the race. Counting laps is every competitors own responsibility, but it will be checked by referees. Drafting is allowed

- ⤴ The minimal tire dimension is 26x1.5 inches (599-40), which means that the smallest part of the tire should not be less than 40mm;
- ⤴ Cleated and/or slick tires are allowed;
- ⤴ The bike segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow, and may follow normal roads or paths;
- ⤴ Athletes are allowed to push or carry the bike over the course;

- ⤴ Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the Transition Area.
- ⤴ Lapped athletes will be not removed from the race;
- ⤴ Athletes must bring their own tools and parts, and must carry out their own repairs;
- ⤴ Bike shoes are not mandatory in the bike segment.

## Ski

The course goes in Tähtvere Leisure park ski tracks and consists of two (2) laps each 2,7km. The course is simple with no ascent and is easily observed. The course ends in Finish near transition area at Tähtvere Leisure Park.

- ⤴ Testing of equipment (skis) is allowed prior to the race on specially marked tracks or on the race-course if announced so by the Technical Officials;
- ⤴ During the race athletes cannot be accompanied by team members, team managers or other pacemakers on the course;
- ⤴ Athletes are allowed to change one ski and both poles;
- ⤴ Athletes may ski using their preferred technique;
- ⤴ Certain zones may have restrictions to classic style or double poling;
- ⤴ Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility wearing a helmet could be authorized by the TD;
- ⤴ Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;
- ⤴ In the finish chute (30-50m) skiing freestyle may be forbidden. Double poling may be required. Prepared tracks must then be used;
- ⤴ Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- ⤴ Ski shoes are not mandatory in the cross country ski segment.

## Tartu Kid's Winter Duathlon race course

### Run

The course goes in parks along river Emajõgi and consists of one (1) lap of 1,5km. The course is simple with no ascent and easily observed. The course ends in transition area at Tähtvere Leisure Park.

- ⤴ Running shoes are not mandatory on the running segment.
- ⤴ Running shoes with spikes are allowed.

### Ski

The course goes in Tähtvere Leisure park ski tracks and consists of one (1) lap 2,7km. The course is simple with no ascent and easily observed. The course ends in Finish near transition area at Tähtvere Leisure Park.

- ⤴ Testing of equipment (skis) is allowed prior to the race on specially marked tracks, or on the race-course, if announced by the Technical Officials;
- ⤴ During the race, athletes cannot be accompanied by team members, team managers or other pacemakers on the course;
- ⤴ Athletes are allowed to change one ski and both poles;
- ⤴ Athletes may ski using their preferred technique;
- ⤴ Certain zones may have restrictions to classic style or double poling;
- ⤴ Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility, wearing a helmet could be authorized by the TD;
- ⤴ Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;



- ⤴ In the finish chute (30-50m) freestyle skiing may be forbidden. Double poling may be required. Prepared tracks must then be used;
- ⤴ Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line;
- ⤴ Ski shoes are not mandatory in the cross country ski segment.

## Transition area

There is one transition area, which is located in the heart of Tähtvere Leisure park, between Tartu Song Festival Arena and Emajõgi. Only competitors, referees and special permit holders are allowed. NB! Only the competitor itself may enter or leave the transition area with the race gear (including no relatives)! This rule is not applicable to Paratriathlon athletes;

- ⤴ Skiing and Riding a bike inside the transition area is forbidden;
- ⤴ In the Transition Area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be the same for all athletes.

## Security of transition area

The transition area is guarded and surrounded with a fence. The competitor must bring its race gear in time and after the race remove the gear at scheduled time. The gear that is left behind will be taken to designated area, guarded by the organizer.

## Start area

Start area is located in the heart of Tähtvere Leisure park, between Tartu Song Festival Arena and Emajõgi.

## Finish area

Finish area is located in the heart of Tähtvere Leisure park, between Tartu Song Festival Arena and Emajõgi. This is also a start area.

- ⤴ An athlete will be judged as "finished" at the moment when the tip of the front ski boot crosses the finish line.

## Timing

Timing is without timing chips and is held by race organizers official timing partner. There are several timing points along the course so splits for running, cycling and skiing are separate.

## Medical aid

Race organizers provide medical aid during the whole race.

## Lost and found

All items found will be taken into race information. Inquiries about lost and found items should be sent to [info@triatlon.ee](mailto:info@triatlon.ee) after the race.

## Accommodation and information about the region

Hotell Dorpat  
Soola 6, Tartu 51013  
Phone: +372 733 7180, E-mail: [info@dorpat.ee](mailto:info@dorpat.ee)  
Web: [www.dorpat.ee](http://www.dorpat.ee)

[For Bookings please use Password – TRIATLON](#)

Tartu Visitor Centre Address: Raekoda, Tartu, Estonia 50089  
Phone: +372 744 2111, E-mail: [info@visittartu.com](mailto:info@visittartu.com)  
Web-site: [www.tartu.ee](http://www.tartu.ee), [www.visittartu.com](http://www.visittartu.com)

## Traffic and parking during the race

Parking for competitors is organized in Tähtvere Leisure Park parking lot (additional information will be provided soon). Parking for spectators is possible in parking lots nearby and around of Tartu Maaülikool. No parking is allowed along the bike courses. It is mandatory to follow the instructions of the police, referees and traffic controllers while parking or driving during the race.

## Training opportunities

Run: run course goes along public roads, so there are no limits for using it. The course will be marked on Friday.

Bike: bike course goes along public roads, so there are no limits for using it. The course will be marked on Friday and it can be used for training. The organizer will also arrange collective trainings before the race, which will be announced on web-site.

Ski: run course goes along public roads, so there are no limits for using it. The course will be marked on Friday.

## Information for spectators

For those, who wish to watch the race from one certain point, we recommend the race center. Running, biking, skiing, transition and finishing can be observed from there. For those, who seek more excitement, we recommend Tartu Song Festival Arena (appr. 200m from the race center) or the high climb in the end of Marja street (appr. 1km from the race center). All changes will be announced on web-site [www.trismile.ee](http://www.trismile.ee)