

# Triathlon Vlaanderen 2011

## ITU Triathlon Premium European Cup

May 29, 2011 Brasschaat, ANTWERP, BELGIUM

The ITU [competition](#) rules apply.

### Program

#### Friday May 27.

<i>2 pm</i>	Clinic Chris Jones : Running technique in triathlon	Sportoase, Elshoutbaan and stadium
<i>2 - 4 pm</i>	Free swim	Sportoase, Elshoutbaan
<i>5.45 - 6.45 pm</i>	Registration ITU Premium Cup	Race Office " Remise" Gemeentepark 10
<i>7 pm</i>	Bike Race Track Familiarization	Meeting point :Transition area 2.

#### Saturday May 28.

<i>8 - 10 am</i>	Swim Race Track Familiarization	E10 Lake, Schoten
<i>4 pm</i>	Briefing Athletes and Coaches	GIB Door Verstraetelei 50
<i>5.15 - 6.15 pm</i>	Registration ITU Premium Cup	Race Office " Remise" Gemeentepark 10

#### Sunday May 29.

<i>12.30 pm</i>	Transition area 2 open	Elite men
<i>1 pm</i>	Transition area 1 open	Elite men
<i>1.05 - 1.45 pm</i>	Warming-Up at swim track	Elite men
<i>1.45 pm</i>	Line-Up	Elite men
<i>2 pm</i>	Start ITU Premium European Cup Race	Elite men
<i>2.45 pm</i>	Transition area 2 open	Elite women
<i>3.15 pm</i>	Transition area 1 open	Elite women
<i>3.20 - 4 pm</i>	Warming-Up at swim track	Elite women
<i>4 pm</i>	Line-Up	Elite women
<i>4.15 pm</i>	Start ITU premium European cup Race	Elite women
<i>20 pm</i>	Medal Presentation	Elite women and men at finish line
<i>7pm</i>	Award Ceremony	Elite women and men - Podium arrival area

### Administration

Please go and register in the race office (at "Remise" Gemeentepark 10- (100 m from arrival area), it is open:

- On Friday 5.45 - 6.45 pm
- On Saturday 5.15 – 8.15 pm

As a competitor, you will be given an envelope containing the following:

- a plastic bag, marked with your race number (please check that the number is correct). You need to bring this bag to transition zone 1. The bag is large enough to contain all your sportswear for the swim (also for a wetsuit).
- Swimming cap, marked with your race number (please check that the number is correct).
- The official race swimming cap must be worn during the swim.
- A sticker with your race number (please check that the number is correct). You have to fix the strip to the seat post of your bike. It should still be there when you pick-up your bike after the race.
- A time registration chip to be attached to your ankle. All athletes have to use the chip supplied by the organization
- You also get two stickers with your race number, which should be stuck to the left and the right hand side of your helmet.
- Participants' prize will be remitted at the special desk; the above mentioned envelope will be stamped for receipt.

## Electronic Time Registration

Elite athletes will get a chip from the organization. The use of it is mandatory. These chips should be given back when you pick-up your bike. If you left the race before the run, you should turn your chip in at the same TA 2.

## Race Day Preparations

- You will be marked with your race number to your hands and upper legs at the entrance of TA 2 .
- Put your running shoes/outfit in transition zone 2;
  - women between 2.45 pm and 3.45 pm,
  - men between 12.30 pm and 1.30 pm.
- Please leave in due time to the swimming area at the E-10 Lake, follow the signs to start.
- Put your bike and cycling gear in the correct spot (marked with your race number) in transition area 1. Apply your identification strip with your race number to your seat post, and 2 stickers with your race number to your helmet.
- A bike technician will be available nearby transition zone 1, for small repairs to your bike.
- Before the race: warm-up is at the race track.
- Please proceed in due course to the "line-up area at the back of transition area 1" for the name check and presentation to the crowd.
- Transition areas are restricted areas, only accessible for participating athletes.
- Only the bag with running gear can be brought along into transition zone 2. When you leave transition area 2, you cannot take anything out

## Race

### Swim

1500 m in lakeE-10 (2 laps).

- For the rules about wearing a wetsuit we refer to the ITU rules. The official decision on the wetsuit will be displayed in the race office and transition area 1.
- The start procedure will be according to the ITU rules.
  - Men
    - 1.45 pm Line-up
    - 2 pm Swim start
  - Women
    - 4 pm Line-up
    - 4.15 pm Swim start
- The start will take place from a floating pontoon.
- After a first lap of 750 m you have to leave the water and run for about 30m on the pontoon before diving into the water for the second lap.

- After having accomplished 1500 m you leave the water and run into transition area 1 ( about 150m)

## Transition Area 1 swim/cycling.

- Open from :
  - Men: 1 pm.
  - Women: 3.15 pm.
- This area will only be open to competitors, marshals and officials.
- After the swim, put your wetsuit, goggles etc in the big plastic bag and leave it in the transition zone. This will be transported to TA 2 by the organization.
- Sanitary equipment is available.
- Cycling is not allowed in the transition area.

## Cycling

38.475 km on flat track.

- The bicycle, your equipment and outfit need to comply with ITU regulations.
- An approved and strapped-on helmet is compulsory.
- The cycle race is flat.
- You'll have completed a junction track of 4.075 km before passing transition area 2 for the first time. Subsequently you have to complete 5 more laps of 6.88 km.
- On all crossroads, marshals together with police will take care of your safety. Competitors need to obey traffic regulations at all times.
- No technical assistance is permitted during the bike race. Two wheel stops are planned on the race track.
- **You have to turn in your wheels for these wheel stops, on Saturday afternoon between 5.15pm and 6.15 pm, at the race office.**
- A penalty box is provided as well (see ITU rules).

## Transition Area 2 bike/run

- Get off your bicycle before the transition line.
- Put your bicycle in your numbered spot (the same spot where you left your running gear in the morning).
- Sanitary equipment is provided in the transition area.
- Only participants and officials are permitted in the transition area (no assistants).

## Run

10 km on flat track (4 laps).

- The run takes place in the central park of Brasschaat on a paved trail track.
- Each lap, at the extremity of the course, your run is registered by passing an electronic rug.
- No outside assistance is permitted.
- Supply zones with, water and sponges are available every 1.25 km on the course.
- Supply at any other place is not allowed.
- First aid posts are also available on the course and at the finish area.
- In the neutral zone at the finish, only competitors are allowed. Trainers/coaches of elite athletes can request a badge at the registration office (during registration hours) to enter the recovery behind the finish. No one will be admitted without that badge.

## After the race

- In the recovery area behind the finish a first aid post will be set up.
- Also there will be a signboard, showing the athletes that have to perform a doping test. All athletes should read these instructions.

- Showers and dressing rooms are located nearby the special large parking lot which is only open on Sunday.
- Collect your bike and your swimming gear at transition area 2; you have to sign for receipt. Your bike should still have the sticker with the race number attached to your seat post. Here you also have to turn in your time registration chip. Please do so as soon as possible after your finish, but **not later than 5pm (men) and 7pm(women)**.

### **How to reach Brasschaat?**

To travel to Brasschaat by car, drive to Antwerp. Take motorway E19 to Breda, the Netherlands. Take junction 5 "Brasschaat". (don't leave at exit 4 : road will be closed). After exiting the motorway, take a right and follow the road called "Bredabaan" until you reach the centre of Brasschaat. Follow the signposts for the triathlon. Park your car on the large car park just after entering the park of Brasschaat, and follow the directions given by the security team. To go to the swim start, your fans, family and friends can use the free shuttle busses provided from 10 am onwards. You cannot drive by car to the E10-lake (swimming-area), so leave your car at the park during the whole day.