

Triathlon Championships 2010 of Small States of Europe TCSSE Vaduz, Liechtenstein 20.-22. August 2010

Program*:

day	time	program	place
Friday, August 20	17:45 18:00 18:45 19:30	Meeting point of teams Official opening Race briefing Dinner	Vaduz city centre Hotel Residence 1 st floor Hotel Engel
Saturday, August 21	9:00 10:30 14:00 17:00 19:00	meeting of officials visit of Liechtenstein Art Museum race course inspection start team event 3 x (200m swim – 3km bike – 1k run) team: 2 men 1 woman podium ceremony after the race dinner for teams	Hotel Meierhof Art Museum Vaduz Swimming Centre Vaduz Swimming Centre Vaduz Minigolf centre Vaduz
Sunday, August 22	8:00 – 9:00 10:00-11:00 14:00	collection of race numbers start Sprint Triathlon (TCSSE and open) 700m swim – 20 bike – 5 run interval start every 20 seconds price giving and closing	Swimming Centre Vaduz

*changes to program possible and will be announced in time

Official registration: TCSSE: through team manager (team entry form)

Race distances: team event: 3 x 200m swim / 3k bike / 1k run (man – woman – man)
sprint race: 700 swim (interval start) / 20k bike / 5k run
flat courses

Entry fee: team event: free
Sprint: EUR 30 p.p.
Payable at race briefing in cash or bank wire
LGT Bank in Liechtenstein, Herrengasse 12, FL-9490 Vaduz
IBAN: LI03 0881 0000 0780 197AA SWIFT/BIC: BLFLLI2X

Accommodation: official hotel: Hotel Meierhof, 9495 Triesen www.meierhof.li
single room 70 EUR; double room: 100 EUR; triple room: 130 EUR including breakfast

Airport transfer: Zürich – Vaduz (120km) EUR 40 per person one way
Contact: Philip Schädler +423 7777 989
Train costs about EUR 50 p.p. one way from Zürich airport to Sargans, where we would pick you up

Contact: Liechtenstein Triathlon Federation - TriFL
Postfach 823, FL-9490 Vaduz
Tel +423 262 60 61 mail@triathlon.li
Contact person: Philip E.C. Schädler, President, +423 7777 989

Information: www.liechtenstein.li

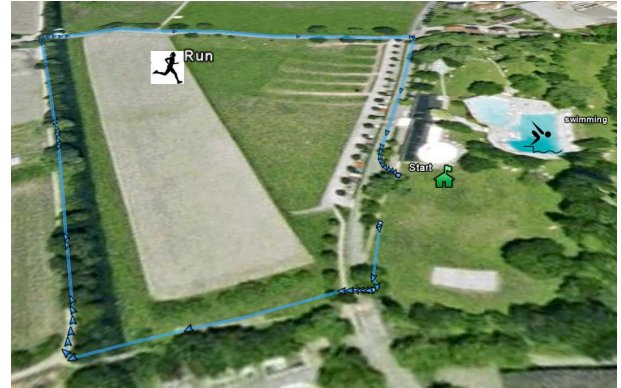
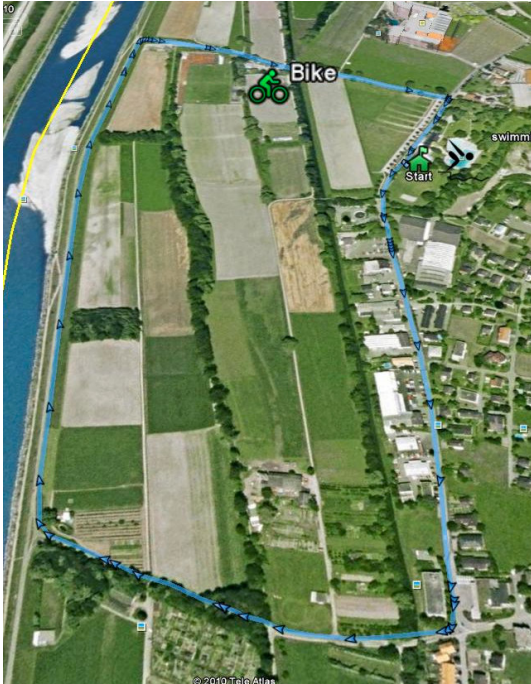
Race Courses:

Team Event: 3 x 200m swim – 3km bike – 1km run

All flat: Swim in the pool (50m), bike (one lap), run (one lap)

Bike (team event): 3km

run (team event) – 1km



Individual sprint distance: 700m swim – 20km bike – 5km run

Bike 20km (3 1/3 laps)

run 5km

