

# LITHUANIAN TRIATHLON CHAMPIONSHIP

Baltic cup, V-th stage

## OPEN BALTIC STATES TRIATHLON CHAMPIONSHIP

KUPIŠKIS, LITHUANIA, 2010 06 26

### REGULATION

The competition is open to domestic and foreign athletes. Overall awards will go to the top three male and female finishers in each of the age groups. Lithuanian Championships titles and medals will go to the top three male and female Lithuanian finishers in each of the age groups.

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#### COURSES, ROUTES, AGE GROUPS AND START TIME:

**Registration: 11.00-12.30**

**12.30 opening ceremony**

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#### **13.00 250m swim-8km bike-2,5km run**

I- (2001-2002) girls and boys;

J- (1999-2000) girls and boys;

A- (1998-1997) girls and boys;

V1- (1950 and older) women and men;

M1-open class .

**Start and Finish** - Municipal Beach in Kupiškis (Lake “Kupiškio marios”)

**Swimming** - 250 m (Lake “Kupiškio marios”) 1 lap, start from the water;

**Cycling** - 8 km – (2 laps x 4km Kupiškis streets, hilly)

**Road traffic closed** along the entire route!

**Running** – 2,5 km (1 lap) hilly, asphalt.

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#### **14.00 750m swim -20km bike -5km run**

B- (1995-1996m.) girls and boys;

C- (1994-1993m.) girls and boys;

D- (1991-1992m.) girls and boys;

V2-(1951-1960) women and men.

**Start and Finish** - Municipal Beach in Kupiškis (Lake “Kupiškio marios”)

**Swimming** - 750 m (Lake “Kupiškio marios”) 1 lap, start from the water;

**Cycling** - 20 km – (5 laps x 4km Kupiškis streets, hilly)

**Road traffic closed** along the entire route!

**Running** - 5km (2 laps of 2,5 km) hilly, asphalt.

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### **16.00 1500m swim -40km bike -10km run**

E-elite (1971-1990m.) women and men; V3-(1960-1969) women and men.  
Elite group is also open for everyone.

**Start and Finish** - Municipal Beach in Kupiškis (Lake "Kupiškio marios")

**Swimming** - 1500 m (Lake "Kupiškio marios") 2 laps of 750 m, start from the water;

**Cycling** - 40 km – (10 laps x 4km Kupiškis streets, hilly)

**Road traffic closed** along the entire route!

**Running** – 10 km (4 laps of 2,5 km) hilly, asphalt.

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### **16.00 1500m swim -40km bike -10km run**

Team relay- all competitors taking part in the relay event must be 18 years of age or older on race day.

A relay team can be made of minimum 4 and maximum 6 athletes.

A relay team can have (but not obligatory) one member from other country (3 members from one country and 1 can be from another).

A team can be made up of any combination of male and female athletes.

A relay team should be registered until June 26-th via e-mail [dainius.kopustas@gmail.com](mailto:dainius.kopustas@gmail.com)

Every team relay member should pay extra 5 LT or 2 EU start fee.

**Start and Finish** - Municipal Beach in Kupiškis (Lake "Kupiškio marios")

**Swimming** - 1500 m (Lake "Kupiškio marios") 2 laps of 750 m, start from the water;

**Cycling** - 40 km – (10 laps x 4km Kupiškis streets, hilly)

**Road traffic closed** along the entire route!

**Running** – 10 km (4 laps of 2,5 km) hilly, asphalt.

#### Awards

Awards will go to the top three teams according to their 4 members best results.

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### **19.00 Relay triathlon (3 members): 250m swim-4km bike-1km run**

Team members must complete the following:

- - the swimmer to complete the 250m swim course

- - the cyclist to complete the 4km bike course
- - the runner to complete the 1km run course

**Start and Finish** - Municipal Beach in Kupiškis (Lake "Kupiškio marios")

**Swimming** - 250 m (Lake "Kupiškio marios") 1 lap, start from the water;

**Cycling** - 4 km – (1 lap Kupiškis streets, hilly)

**Road traffic closed** along the entire route!

**Running** – 1 km (1 lap, hilly, asphalt)

## **20.00 Awarding ceremony**

20.45-24.00 DISCO

## **TERMS AND CONDITIONS**

### **Swim:**

- Wetsuits will be allowed (except exceptions according to ITU rules); fins, paddles, buoys, or other devices are forbidden.

### **Bike:**

- Ride to the Right Side of your lane, except to pass.
- Drafting is allowed.
- Helmets must be buckled BEFORE mounting the bike, and may not be unbuckled at any time while on the bike.

### **Run:**

- Your bib number **MUST BE VISIBLE**

Any external help is forbidden during the race!

Athletes competing in elite group lose the possibility in the award in his/her age group.

## **APPLICATIONS, STARTING LIST**

Send your application /first and last name, date of birth, address, club, nationality to

[dainius.kopustas@gmail.com](mailto:dainius.kopustas@gmail.com)

### **Start fee:**

10 LT for children (under 18 years) payable in cash at the competition place.

25 LT for adults payable in cash at the competition place.

15 LT for team relay in cash at the competition place.

Note: The admission fee is not refundable!

Note: Every competitor has to pay an extra 10 LT rental for the time chip. This rental will be refundable!

### **TIMING SYSTEM**

ChampionChip

### **RESULTS**

The official results shall be publicised on [www.triatlonas.lt](http://www.triatlonas.lt).

### **ACCOMODATION**

Please contact:

[info@triatlonas.lt](mailto:info@triatlonas.lt) or [dainius.kopustas@gmail.com](mailto:dainius.kopustas@gmail.com)

### **Awards**

Awards will go to the top three male and female finishers in each of the age group.

Predictable prize money for elite athletes:

I- Women 400 Lt., Men 500 Lt.;

II-Women 300 Lt., Men 400 Lt.;

III-Women 200 Lt, Men 300 Lt.

### **Organizers:**

LITHUANIAN TRIATHLON FEDERATION

Kupiškis Sports Centre

### **Contacts :**

[www.triatlonas.lt](http://www.triatlonas.lt)

[info@triatlonas.lt](mailto:info@triatlonas.lt) (in english)

[dainius.kopustas@gmail.com](mailto:dainius.kopustas@gmail.com) (in russian)

+37067859069

### **Sponsors:**

Kupiškis municipality

Kupiškis Sports Centre

UAB Kostada

UAB „Norac“

M.Varno įmonė „Maistas sportui“