

# JÕULUMÄE DUATHLON 2019

## Baltic Cup 2019 II race Estonian Cup 2019 I race Jõulumäe Raudmees 2019 III race Duathlon all the year round 2019 IV race

**Time and place:** 24.-25.05.2019 Jõulumäe Sport and Recreation Centre

Address: Leina village, Häädemeeste parish, Pärnu county

GPS: N(B) 58° 13' 23'' E(L) 24° 30' 59''

**Organizers:** Sport Club Raudmees with Jõulumäe Sport and Recreation Centre and Estonian Triathlon Association

Chief Organizer: Enn Kübar, phone: +372 50 33392, email: [ukubar@gmail.com](mailto:ukubar@gmail.com)

### **Distances:**

**I distance: Run 1,5 km + Bike 3,5 km + Run 0,5 km**

<b>Born year</b>	<b>Start groups list</b>
2010. – 2012. born	Kids E girls and boys
2008. – 2009. born	Kids D girls and boys
2006. – 2007. born	Kids C girls and boys

**II distance: Run 3,0 km + Bike 10,5 km + Run 1,5 km**

<b>Born year</b>	<b>Start groups list</b>
2004. – 2005. born	Youth B girls and boys
1955. – 1959. born	Senior 60-64 female and male
1950. – 1954. born	Senior 65-69 female and male
1945. - 1949. born	Senior 70-74 female and male
1940. - 1944. born	Senior 75-79 female and male
1939. and earlier born	Senior 80+ female and male
Amateurs	Amateurs female and male

**III distance: Run 6,0 km + Bike 21,0 km + Run 3,0 km**

<b>Born year</b>	<b>Start groups list</b>
2002. – 2003. born	Youth A girls and boys
2000. – 2001. born	Juniors female and male
1995. - 1999. born	AG 20-24 female and male
1990. - 1994. born	AG 25-29 female and male
1985. – 1989. born	AG 30-34 female and male
1980. – 1984. born	AG 35-39 female and male
1975. - 1979. born	AG 40-44 female and male
1970. - 1974. born	AG 45-49 female and male
1965. – 1969. born	AG 50-54 female and male
1960. – 1964. born	AG 55-59 female and male

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## Event Schedule:

### **Friday, 24.05.2019**

15:00 – 21:00 Welcome and accommodation

18:00 – 19:00 Race briefing

### **Saturday, 25.05.2019**

8:00 – 18:00 Race centre is opened

8:00 – 15:00 Registration (until 30 minutes before each race start)

10:00 I start (Kids D girls, E girls and E boys)

11:00 II start (Kids D boys, C girls and C boys)

11:45 Awarding ceremony for Kids E, D and C

12:00 III start (Youth B, AG 60+ and Amateurs)

13:30 IV start (Youth A, Juniors and AG 50-59)

15:30 V start ( AG 20-49 )

15:00 – 18:00 Refreshment

18:00 Awarding Ceremony

**Registration:** <http://www.triatlon.ee/Voistluskalender-page-67/>

Pre-registration I wave until 12.04.2019 at 21:00 and II wave until 22.05.2019 at 21:00 with entry fees:

	<b>I and II start Kids E, D, C</b>	<b>III start Youth B, Seniors 60+, Amateurs</b>	<b>IV start Youth A, Juniors, AG 50-59</b>	<b>V start AG 20-49</b>
<b>Till 12.04.2019</b>	5,- EUR	15,- EUR	20,- EUR	30,- EUR
<b>Till 22.05.2019</b>	10,- EUR	20,- EUR	30,- EUR	40,- EUR
<b>On the race day</b>	15,- EUR	25,- EUR	35,- EUR	45,- EUR

Additional registrations on the race day until 30 minutes before each start.

### **Athlete's license is mandatory.**

Athletes, who have not a valid triathlon athlete's license, can buy it on the race day, but the license will be valid only for one current race. The one day license fees are:

<b>Kids E, D, C</b>	<b>Youth B, A, Juniors, Amateurs</b>	<b>AG 20-59, Seniors 60+</b>
1,- EUR	5,- EUR	10,- EUR

### **Competition rules:**

- Know, understand and follow the ITU Competition Rules;

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- The helmet must be securely fastened and fit properly at all times when the athlete is in possession of the bike;
- The handlebars of bikes must comply with ITU rules;
- Draft legal events;
- Failing to follow the prescribed course / not finishing described race course will result to disqualification;
- Outside assistant is not allowed;
- After finishing race it is mandatory to return timing chip device.

## **Race tracks:**

- Running tracks is on sandy footpath, 1 lap - 1,5km;
- Cycling course is technical ski-rollers asphalt track, 1 lap -3,5 km;
- The number of laps - according to the distance!

## **Awards:**

I start (Kids) awarding ceremony at. **11:45**; III, IV and V start awarding ceremony at. **18:00**.

## **Parking:**

Three (3) Parking places are opened on the Jõulumäe Sport and Recreation Centre.