



## **General Information**

### **When**

Sunday May 13, 2018. (8:00 - 12:00)

### **Where**

The event will take place at Makenzy beach - Larnaca.

### **Distances**

Triathlon & Team Triathlon: 1500m swim - 40Km bike - 10Km run.

Sprint Triathlon & Team Sprint Triathlon: 750m swim- 20Km bike - 5Km run.

### **Categories**

- Juniors Male / Female 15-19 (only Sprint Triathlon)
- Male / Female 20-34
- Male / Female 35-49
- Masters Male / Female 50 and over
- Team Relay

### **Prizes**

The first male and female of each age group will receive a cup and the second and third of each category will receive a medal during the Prize Awarding Ceremony.

**Registration is only possible using the online system and the deadline is 23:59 Monday 7th May 2018 or when reaching the maximum number of participants.**

### **Finish Awards Policy**

Awards will not be provided before the ceremony. Money Prizes will be awarded ONLY during the award's ceremony. If you must depart before the awards ceremony you are not eligible to money prize awards.

### **Cancellation Policy**

Up to one month before the registration closing date – 50% cash refund.

One month before the registration closing date and after – NO REFUND UNDER ANY CIRCUMSTANCES.

To cancel your registration, you don't need to give explanations nor you need a medical certificate.

It is not possible to transfer your slot to another participant or another event.

Larnaca Triathlon is an invitation event, and the Event organisers may refuse entry to any competitor, on any grounds, and at their own discretion without explanation.

### **Positioning of Numbers and Chip**



The chip is essential for the timing. Wear it on the ankle as shown. In case of a wetsuit the chip must be on top of it



The three helmet stickers go one on the left side, one on the right side and the third one in the front.



The bike sticker shall be attached so it is visible from both sides of the bicycle.

### **There is no briefing on the race day.**

Since there is no briefing on the race day, please address all your questions by Friday 11.5.2018 to: [info@nireastriathlon.com](mailto:info@nireastriathlon.com) .

### **Race bag pick-up**

The registration is located at the transition area from 6:00 until 7:00. You are advised to arrive at the transition area not later than 6:30 on the race morning. Pick-up your race bag if have not done so already and proceed to the body marking area. The TA will open at 06:00 and it will be accessible only to athletes participating with a body number and an access wrist band.

All the personal belongings of each athlete must be in the individual bins provided at the specified spot at the transition area.

**Safety**

It is mandatory during the race for all the athletes to wear a helmet at all times whilst in contact with their bikes.

Referring to the expected temperatures, we recommend the use of sunscreen lotion throughout the race and headgear on the run course. Also take plenty of fluids. If you feel that you cannot continue please stop racing immediately.

Ride your bike on the left-hand side of the road. The roads are closed to the traffic. Be aware that vehicles might enter the bike course in case of emergency.

If in any case you stop competing please let an official know as soon as possible.

The TA must be kept tidy always.

**Medical support**

During the race, first aid personnel will be available at the TA. Every competitor is advised to have an own individual insurance which covers medical treatment in case of severe injury or illness as well as a possible stay in a hospital.

**Winner's awards**

Awards will be given to the first three finishers of each category. The awards ceremony will start at 11:00.

**Bike check-out**

The competitors can remove their bikes from the transition area after the awards ceremony between 11:30-12:30.