

# **ICEMAN Winter Triathlon 2020**

Slovenian Championships Winter Triathlon 2020  
Carinthian Championships Winter Triathlon 2020

## **Event types**

- Winter Triathlon Short distance (U-23 to M 80+)
- Winter Triathlon Sprint distance (Youth and Juniors)
- Team relay Sprint- and Short distance
- Winter Triathlon Supersprint (students 2005 to 2008 – no championship)
- Winter Triathlon for Everyone (Sprint)

## **Location**

Villach Alpen Arena (VVA)  
Villach Alpenstrasse 1  
9500 Villach  
Carinthia/Austria

## **Date**

Saturday, 7<sup>th</sup> March 2020

## **Time schedule**

### **Friday, 6<sup>th</sup> March 2020**

- |                  |                                                                                  |
|------------------|----------------------------------------------------------------------------------|
| until 3.00pm     | Official track inspection (at your own risk)                                     |
| from 3.00pm      | All tracks are closed!                                                           |
| 03:00pm - 4:00pm | Handover of Starting numbers at the "blue container" in front of the café at VVA |

### **Saturday, 7<sup>th</sup> March 2020**

- |                   |                                                                                                    |
|-------------------|----------------------------------------------------------------------------------------------------|
| 07.30am – 10.00am | Handover of Starting numbers at the "blue container" in front of the café at VVA                   |
| 09.00am – 09.50am | Check-in for all participants "Sprint" distance (Youth, Juniors) and "Supersprint" distance (kids) |
| 09.55am           | Race briefing for all participants "Supersprint" distance                                          |
| 10.00am           | Start "Supersprint" distance                                                                       |
| 10.25am           | Race briefing for all participants "Sprint" distance                                               |
| 10.30am           | Start "Sprint" distance                                                                            |
| 10.15am – 10.50am | Check-in for all participants "Standard" distance (U 23 - M 80+)                                   |
| 10.50am           | Race briefing for all participants "Standard" distance                                             |
| 11.00am           | Start "Standard" distance                                                                          |
| 11.15am – 12.00am | Checkout of the bike and other equipment for "Sprint" and "Supersprint"                            |
| 12.00am – 13.00am | Checkout of the bike and other equipment for "Standard" distance                                   |
| 15.00 Uhr         | Award Ceremonies                                                                                   |

## **Registration - Entry Fee - Services**

Online registration for all athletes:

<http://pentek-payment.at/ppay.php?l=1&p=1092>

Online-registration by 07.02.2020:

- |                                                     |         |
|-----------------------------------------------------|---------|
| Kids:                                               | € 10, - |
| Youth, Juniors and "Winter Triathlon for Everyone": | € 20, - |
| U-23 to Masters 80+:                                | € 35, - |

Online-registration from 08.02.2020 to 04.03.2020, 12.00am:

- |                                                     |         |
|-----------------------------------------------------|---------|
| Kids:                                               | € 15, - |
| Youth, Juniors and "Winter Triathlon for Everyone": | € 25, - |
| U-23 to Masters 80+:                                | € 40, - |

**Late registration possible only on site at 06.03. and 07.03.2020!**

**On site:**

Kids: € 20, -  
Youth, Juniors and "Winter Triathlon for Everyone": € 30, -  
U 23 to Masters 80+: € 45, -

For time-measurement, every participant receives a PaS-chip. (No private chips!)

Chip rent (PaS-chip): € 3, - + deposit € 20, -

You can get your deposit back after the race in the blue container!

**Prizes / services**

- Competition Organization
- Medals
- Further prizes for the top 3 of each class
- Free lunch for all participants at the Award Ceremony
- Competition Marshalls, Judges and track-personnel
- 3 competition tracks secured, marked and prepared
- Medical care and First Aid station at the finish-area
- Beautiful "ICEMAN-Finisher" functional-cap sponsored by JOLSPORT for each participant
- Moderation / Music
- Infrastructure on site (changing room, washroom, cafe, MTB washing station)
- Award Ceremony and Showers in the nearby barracks
- Electronic timekeeping by "Grabul-timing"
- Free finisher photo of "Event-Gucker" for each participant
- Starting-kid (number and stickers) for MTB and helmet
- Starters bag with div. giveaways

**Tracks description:**

**Transition zone:**

Is located at the area "Goritschacher Weg". All participants "standard" distance have to keep left and all participants "Sprint" distance have to keep the right hand side in the direction of the track.

**Cross-country running:**

The first discipline is a circuit of about 1.75 km with a moderate ascent. Spikes may be used.

"Supersprint": 1 lap, "Sprint": 2 laps, "Short": 4 laps.

**Mountain bike:**

The second discipline is a trek of about 3 km.

"Supersprint": 1 lap, "Sprint": 2 laps, "Short": 4 laps.

**Cross-country skiing:**

The third discipline is a 2.5 km cross-country skiing course. Next to the trail a refreshment is located where free warm ISO drinks are offered.

"Supersprint": 1 lap, "Sprint": 2 laps, "Short": 4 laps.

**Refreshment stations:**

A refreshment station located at the cross-country course. Participants may get warm ISO drinks in the cup. You pass on 3 times at the 2.5 km cross-country course.

A self-support by coaches/escorts is not allowed and leads to disqualification!

In the finish area, a finisher´s-buffet is offered with hot ISO drinks, fruits and cakes.

**Person qualified to participate:**

Every foreign athlete (SLO, ITA, CRO,..) by the year 2008 and older are eligible to participate a Daily license for € 8, from category U-23 and older!

**Classification categories (Male / Female):**

categories	age-group
Youth	2005 - 2003
Juniors	2002 and 2001
U23	2000 - 1997
M / F 24	1996 - 1991

M / F 30	1990 - 1986
M / F 35	1985 - 1981
M / F 40	1980 - 1976
M / F 45	1975 - 1971
M / F 50	1970 - 1966
M / F 55	1965 - 1961
M / F 60	1960 - 1956
M / F 65	1955 - 1951
M / F 70	1950 - 1946
M / F 75	1945 - 1941
M / F 80+	1940 and older

#### **Rating category kids:**

<b>categories</b>	<b>age-group</b>
M / F-kids	2006
M / F-kids	2008 - 2007

#### **Rating categories "Wintertriathlon for Everyone" (no Championship!):**

<b>categories</b>	<b>age-group</b>
M / F 20	1989 and younger
M / F 30	1990-1980
M / F 40	1980-1970
M / F 50	1970-1960
M / F 60+	1959 and older

#### **Timekeeping:**

Timekeeping by means of "PaS-Chip", carried out by "GRABUL-timing" ([www.pentek-timing.at](http://www.pentek-timing.at)). At the hand-over of starting numbers a € 3, - € chip-rent and a € 20, - chip-deposit will be charged. The redeposit of the chips has to be carried out right after the finish (in the competition office (blue container) - deposit will be refunded!). The chip has to be attached at the right ankle with Velcro.

**Without a chip no timekeeping can be made!**

#### Competition office

The competition office is located in the "blue container" in front of the cafe "Alpen Arena".

#### Open hours:

Friday from 03:00pm to 04:00pm

Saturday from 07:30am - 10:00am

There you may sign-up late, getting all information and your starting documents if necessary.

**ATTENTION:** The last opportunity to pick up the starting documents is Saturday at 10:30am. This deadline is out of organizational reasons – NO exceptions!

#### **Showers and toilets:**

There are sanitary facilities in the Villach Alpen Arena available. A "mountain bike wash area" is offered as well. Before the Award Ceremony you may use shower facilities at the Kasern.

#### **First aid:**

In need of First-Aid, contact the next Competition Marshall, Judge or track-personnel. Medical help will be on the way immediately. In any case, stay at your position the medical team was informed from. In the finish area an ambulance is located.

#### Competition rules

<https://www.triathlon.org/docs/downloads-winter-tri-comp-rules-2005.pdf>

#### Informations

HSV Triathlon Kärnten,

Miesstalerstr. 11,

9020 Klagenfurt

[www.hsvtriathlon.at](http://www.hsvtriathlon.at)

Event phone: +43 650 9936160

[sport@hsvtriathlon.at](mailto:sport@hsvtriathlon.at)

Changes reserved!