

# **TRIATHLON PODĚBRADY** **33<sup>rd</sup> YEAR**



Poděbrady  
město



ČESKÁ  
TRIATLONOVÁ  
ASOCIACE

## **RACE DETAILS**

### **STATUS**

Open race and race of the Central Bohemia Youth Cup series.

### **DATE & VENUE**

Sunday, MAY 19, 2024, Poděbrady - [Poděbrady Lake](#), Czech Republic

### **ORGANIZER**

LABE TRI CLUB Hradec Králové z.s.

### **CONTACT**

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### **RACE DIRECTOR**

Ing. Lukáš Netík

### **CATEGORIES**

Youth Race (always boys/girls category) – **Cross Triathlon** (mountain bike)

- Youth 8-9 (2016-2015)
- Youth 10-11 (2014-2013)
- Youth 12-13 (2012-2011)
- Youth 14-15 (2010-2009)

Main Race – **Triathlon** (road bike, mountain bike also possible)

- Male 16-19/Female 16-19 (2008-2005)
- Male 20-29/Female 20-29 (2004-1995)
- Male 30-39/Female 30-39 (1994-1985)
- Male 40-49/Female 40-49 (1984-1975)
- Male 50+/Female 50+ (1974 and older)
- If at least three athletes participate, a 60+ category will be announced (1964 and older)
- Relays

## COURSE

	YOUTH 8-11	YOUTH 12-15	MAIN RACE
Swim (m)	75	250	700
Bike (km)	4	6	30
Run (km)	0,8	1,6	7

### Swim:

The swim will take place on the lake, with a clockwise rotation around the buoys, i.e. to the right.

### Bike:

1/ Youth categories – Cross Triathlon:

Flat terrain - mostly on tarmac roads and cycle paths and partly (about ¼) off-road, 4km in two and 6km in three laps. Mountain bike only!

2/ Main Race – Triathlon:

After boarding at the Lake gate, the riders will take the local road to the cycle path, which will take them about 1200m to Poděbrady - Přední Lhota. Here they will first turn left and then right onto the road No. 38, direction Mladá Boleslav, which will take them to the roundabout in Nymburk. From there they will complete a 5.5km long circuit in the shape of glasses: First, a double right turn in the direction of Bobnice, then a right turn again in the direction of Nymburk, and a double right turn on the edge of the industrial zone back to the roundabout, where they continue in the direction of Kolín, i.e. along the same road and cycle path in the opposite direction of the first part of the route to the finish.

### Run:

The youth categories have a run in the Jezero area on an 800m long circuit, mostly with grass surface. The main race in one circuit on a paved road (panels, asphalt) along the Elbe.

## AWARDS

In-kind prizes, in the individual categories announced. Main race competitors will receive a T-shirt at the check-in according to the rules listed in the ENTRY FEES section.

The organizer reserves the right not to give a in-kind prize to a competitor who is absent at the Awarding Ceremony.

## REGISTRATION

For the main race and youth categories in advance at <https://irontime.cz/prihlaska2381>.

The deadline for on-line registration is May 17, 2024.

**An athlete with a paid entry fee is considered to be registered in advance. The registration is valid after payment of the entry fee. The amount of the entry fee depends on the date the payment is credited to the organizer's account. Any differences found will be resolved at the presentation.**

Registration at the presentation is possible until the capacity of the depot is exhausted with payment of the entry fee on the spot in cash according to the conditions in the ENTRY FEES section.

For 2024, the capacity of the depot for the main race is set at 500 places. Please note that the number of registered competitors on the start list includes youths.

### ENTRY FEES

	Without the CTA licence	With the CTA licence
<b>Youth Race</b>		
To 01.01.2024	200 CZK	150 CZK
From 02.01. to 17.03.2024	250 CZK	200 CZK
From 18.03. to 17.05.2024	300 CZK	250 CZK
At the presentation	450 CZK	400 CZK
<b>Main Race</b>		
To 01.01.2024	900 CZK	850 CZK
From 02.01. to 17.03.2024	950 CZK	900 CZK
From 18.03. to 17.05.2024	1100 CZK	1050 CZK
At the presentation	1300 CZK	1250 CZK
<b>Relays</b>		
To 01.01.2024	3000 CZK	
From 02.01. to 17.03.2024	3500 CZK	
From 18.03. to 17.05.2024	4000 CZK	
At the presentation	5000 CZK	

**Note: The payment amount is not determined by the date of registration, but by the date of payment! Only by paying the entry fee is the registration valid!**

- The entry fee is paid in advance, to the account at Fio banka 2902094236/2010 (the owner is LABE TRI CLUB Hradec Králové z.s.), the variable symbol will be generated individually in the application form. One payment = one competitor. Bulk payments are possible if there are more than five competitors of one club and after agreement with the organizer.
- A competitor with a CTA license will present a valid license at the time of presentation. In case of not presenting the license he/she will pay the additional amount of 50 CZK. The competitor is obliged to provide proof of payment of the entry fee (bank statement) upon request.
- The registration is valid after payment of the entry fee. The date of payment of the entry fee is decisive the amount of the entry fee.
- As part of the registration, it is possible to order a **multifunctional scarf with the design of the race** from LAWI (leading Czech manufacturer of sportswear). The price of the multifunctional scarf is 200 CZK, the issue of pre-paid scarves at the presentation.
- **Only competitors registered in time for the Main Race with paid entry fee by April 19, 2024 will receive the T-shirt.**

**Cancellation policy:**

- Cancellation by April 19, 2024 - full refund of the entry fee.
- Cancellation between April 20 - May 11, 2024 - 50% of the paid entry fee will be refunded.
- Cancellation 7 days or less before the start of the race - 30% of the paid entry fee will be refunded.

- Cancellation on the day of the race - no refund of the paid entry fee.

**We recommend transferring the entry fee to next year's race or to another competitor.**

### **TIME SCHEDULE – YOUTH RACE**

8:15 – 9:05	Presentation
8:45 – 9:45	Placing the material in the depot
9:20	Warm-up
9:30	Pre-start briefing
9:50	START Youth 10-11
9:53	START Youth 8-9
10:15	START Youth 12-13 and Youth 14-15
11:00 – 11:15	Pick-up of material from the depot
12:45	Awarding Ceremony

### **TIME SCHEDULE – MAIN RACE**

10:15 – 11:40	Presentation
11:20 – 12:10	Placing the material in the depot
12:00	Pre-start briefing
12:30	START AGE GROUPS – Men
12:35	START AGE GROUPS – Woman, Relays
15:00 – 15:45	Pick-up of material from the depot
16:10	Awarding Ceremony

### **REFRESHMENTS**

Refreshments will be served at the start of the run course, at the halfway point of the run course and at the finish of the race. Only pure water will be served during the race.

### **PROTESTS**

Written, to the race director with a deposit of 500 CZK, no later than 15 minutes after the unofficial results are posted.

### **IMPORTANT INFORMATION**

- The car park is located on the main road, on the right when coming from Prague, about 400m before the bridge over the Elbe. From the car park it is 300m to the entrance to the Lake Poděbrady area, where the race centre is located. The presentation is located in the area, behind the entrance to the Lake Poděbrady area. Parking on the approach from the hydroelectric power station is not possible, due to the entry ban and due to the space required for the race.
- The race will be run according to the triathlon rules, with a modified course length for this race and with the possibility of using wetsuits according to the long triathlon rules. Failure to comply with the drafting rules in the short triathlon will be penalised with a two-minute penalty in the penalty box, located at the start of the running part.
- The cycling part is run without drafting. The cycling part is held in full road traffic with the assistance of the police who will restrict this traffic. **Each participant is obliged to comply with the provisions of Act No. 361/2000 Coll. on road traffic.** The course is

mostly on the main road, i.e. with right of way. Dangerous places, roundabouts, turns and junctions will be secured by the Police of the Czech Republic and the organizers. Competitors are obliged to follow the instructions of the police and organizers.

- The organiser has the right to change or cancel the programme if prevented by an obstacle, which occurs independently of the organizer's will and prevents him from fulfilling his obligations and if it is not possible to the organiser can reasonably be expected to avert the impediment or its consequences or overcome and that the organiser could have foreseen the impediment at the time the obligation arose.

### **REGULATIONS**

All competitors start at their own risk, the organiser does not assume responsibility for any injury to health or property. The organiser is entitled to modify the length of the routes as necessary and reserves the right to adjust the entry fee.