

# ATHLETES GUIDE



## COMPETITION RULES

F.I.TRI. technical rules

## RACE BRIEFING

It will take place on Saturday at 12:30 am by the arena "Parco delle Rose". Technical briefing is mandatory.

## TRANSITION AREA-T1

Distance from the swim start to the Transition Area (T1) is about 100 mt, flat, with carpet.  
Each bike rack will be identified by the athlete number.

BIKE CHECK-IN OPENING 11.30 am  
BIKE CHECK-IN CLOSING 12.30 am

## STARTS

The start is on the beach in front of "Parco delle Rose". Athletes must be at the Start Area 15 minutes before waves start.

**1° WAVE WOMEN** 1.00 pm  
**2° WAVE MEN** 1.20 pm  
next waves every 10 minutes

It is located on the Adriatic See in front of "Parco delle Rose" with a single lap of 1500 mt. rectangular and clockwise path (3 red buoys, 1 yellow buoy).

## SWIM COURSE

## BIKE COURSE

During the bike course "NO-DRAFT", in according to the F.I.TRI. rules and regulations.

I giudici F.I.TRI.vigileranno sul corretto comportamento degli atleti e potranno sanzionare con:

**1° notification** by draft (blue card):  
2 minutes time penalty **stop and go** (penalty box)

**2° notification** :  
disqualification

Single flat lap for a total of 38 km.  
Compleat traffic closure.  
Pay attention to traffic laws

All bike time penalties will be served in a designated Penalty Box. Penalty Box is placed at the end of each run lap. It is the Athlete's responsibility to stop to the Penalty Box and failure to stop will result in disqualification

For safety reasons, drafting is allowed only on the bike path (lenght 4,5 km) starting at the 12° kilometer.  
Will be reported with signs.

## TRANSITION AREA-T2

Transition Area T2 is exactly the same of Transition Area T1

4 flat and asphalted laps for a total 10 km.  
1 refreshment stations along every single lap.

## RUN COURSE

### TIMING SERVICE

The timing service will be carried out by My SDAM

The timing chip must be returned at the end of race in finish zone

### CUT-OFF TIME

For safety reason the cut-off time to complete the three segments are:

SWIM	55 min
BIKE	2h 30 min from the starting of the swim wave
RUN	3h 30 min from the starting of the swim wave

### FINAL REFRESHMENT

Starting from 3:00 pm for all Athletes by the arena "Parco delle Rose".

### SHOWERS AND BAG DEPOSIT

Next to the Transition Area

### AWARDS

The first 10 men and 10 women in the absolute category will share price money in according tab.31of F.I.TRI. Race Regulation .  
The first three ranked of each male and female category (age group) will receive special awards.  
Special awards for all athletes

### AWARD CEREMONY

Award ceremony will take place at 5:00 pm by the arena "Parco delle Rose".

### BIKE CHECK-OUT

Last call at 5:30 pm. Bib number is required for the bike check-out

### RACE PACK

Swim cap, Bib number, elastic, safety pin, helmet sticker, bike sticker, bag sticker, tattoo to arm and leg

### GADGETS

Event T-shirt  
technical cap  
food supplements