

Additional important information for participants & companions to the pre-race briefing

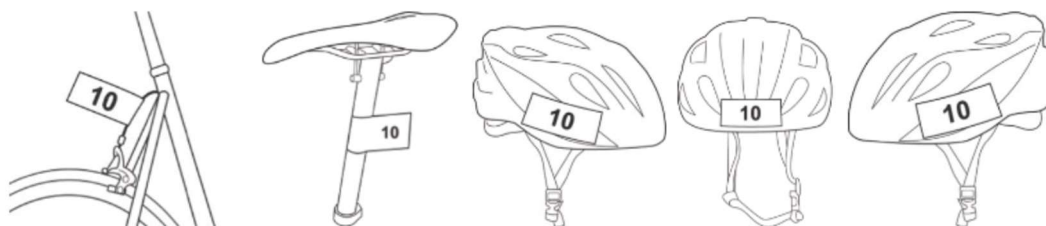
- 1.) In general, please pay attention to all instructions given by referees and all other official assistants & volunteers to ensure a trouble-free competition. The organizer is obliged to disqualify race participants and accompanying staff in case of one rough or repeated other violations. The following instructions of the authority are relevant for the competition:
 - **All participants of the event, companions and official assistants** have to follow the **German traffic regulations (StVO)**, particularly the rule of driving on the right side of the road.
 - **Wearing a helmet is compulsory** when cycling. German road traffic regulations must be observed. Failure to comply will result in disqualification. BMX helmets are not permitted.
 - **Every participant** has to wear his **start number** highly visible to be identified easily by referees & official assistants, who check the correct start numbers within the correct start groups (→ see also point 9). It is the participant's responsibility to make sure that they can be identified by their start numbers on body, clothes, bike frame or helmet.
- 2.))Regarding the official German traffic regulations (StVO) and the DTU Sports Regulations, the police and THW will set traffic cones and markers at the side of the road. Please note these specific signs during the competition.

There is a **risky area** at the tunnel of the "Allersberger Straße". It will only be used only one way and it is a no-passing zone – monitored by official assistants.

Furthermore, there is a **no-passing area** between "Friedrich-Wambsganz-Straße" until the dismounting area, where you have to get of your bike.

The **dismounting zone** lies outside of the public outdoor baths at the beginning of the parking area of the „Oberen Mühle“. Please get of your bike in time and move your bike by foot to the transition area. The entrance of the transition zone is located right after the bridge at the back entrance of the public baths.

- 3.) The **bikes & helmets** (with already attached start numbers) have to be placed in the transition area during the allowed check-in time. You will receive the stickers of the starting numbers at the registration (→ see point 13).



In the transition area, you will find a stand for your bike and a box beside for your belongings with your start number. There you have to place your clothes for cycling & running – either before the first start of the day or

during pre-check-in the day before. Directly at the bike, you can leave your shoes clicked on (w/o socks), your helmet, the start number and eventually sunglasses. No other accessories are allowed at the bike (SpO I. 1-d).

It is not allowed to unpack the boxes in the transition area or to place any of your other equipment (e.g. towel) outside the box. The referees and other official assistants are authorized to remove equipment beside the boxes immediately. The clothes for changing can be left in the boxes besides your bike in the transition area.

On competition day, you have to leave the changing zone immediately after the bike-check-in. Parents, companion and supervisor are not allowed to entry the transition area.

- 4.) Please note that the German Sports Regulations requires the following: Every participant is obliged to use a bike, which is in a technically faultless condition to avoid jeopardizing other persons.

After the last bike check in front of the transition area entrance, the **bikes & helmets** have to be placed and left in the bike stands according to the start number. Therefore, please check the check-in times on both days of the race (→ see point 13). The other equipment (→ see point 3) can be placed in the transition box during check-in time BEFORE the first start of the day.

Technically faultless bike conditions include the correct rolling circumference for pupils & youth, as well as for relay starter until 15 years old. The rolling circumference is the distance of the bike wheel, while turning one complete rotation in the highest gear.

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Ermittlung der Abrolllänge

(Triathlon-Ausgabe 1/2002)

Quelle: <http://www.tbegemann.de/kado.htm> Ablauflänge feststellen

Altersklasse	Alter	Max. Ablauflänge
Jugend A	16-17	keine Begrenzung
Jugend B	14-15	6,10 m
Schüler A	12-13	5,66 m
Schüler B	10-11	5,66 m
Schüler C	8-9	5,66 m

You can find a last bike service at the bike check-in in front of the transition area entrance– offered by



- 5.) The final start timetable will be published after the official registration ends (around 2 weeks before start).



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- 6.) If a participant decides to quit the race during the competition, he must immediately contact referees or official volunteers besides the race course. In case of emergency please call 112.
- 7.) After cycling the participants have to put their bikes back in the correct bike stand. The bikes won't be taken by official volunteers.
- 8.) According to Section 24.1 of the DTU-sport regulation every athlete has to wear a **cycling helmet** with closed chinstrap, from the moment he picks up the bike until he returns it at the transition area. BMX-helmets are not allowed.
- 9.) For cycling and running the participants has to wear clothes at upper part of the body, which should not be opened more than 15 cm.

Please wear your **start numbers** in such a way that you can be identified (for cycling on your back, for running in front). According to DTU Regulations, the start number must not be worn during the swim. For swimming the participants receive an upper arm label at the registration.

It is the participant`s responsibility to make sure that they can be identified by their start numbers.

According to Section 25 of the DTU regulations, it is **not allowed to cycle in the wind shadow** – not behind and not beside other participants! The organizer is obliged to give suspension or to disqualify race participants and accompanying staff in case of one rough or repeated other violations against the StVO as well as against other orders.

- 10.) Every participant receives a **transponder for identification** and time-taking, which has to be worn at the foot link during the race. The transponder is borrowed property and must be returned. In case of loss, a payment of EUR 25 € is due and the transponder can only be returned behind the finish line after the competition.



- 11.) The participation on **the official race briefing is obligatory** for all athletes, because it can include possible changes or risks.
- 12.) It is **strictly not allowed to accompany** any of the athletes during the competition, especially during cycling or running. Exceptions only in particular and reasonable cases. Otherwise, the Challenge-for All/ Junior Challenge can disqualify race participants.



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13.) Collecting your start documents / opening hours of the athlete service at the registration:

Sprint Single & Relay:	Friday, July 5 th , 2024, 03:00 p.m. - 05:00 p.m.
All other competitions:	Friday, July 5 th , 2024, 05:15 p.m - 08.00 p.m. / Saturday, July 6 th , 06:00 a.m. - 08:00 a.m.

Additional important information for RELAY participants

Each relay receives one transponder at the registration for timing and identification. This transponder has the additional function of a relay baton; therefore, it has to be handed over personal from swimmer to cyclist as well as from cyclist to runner.

There is no area for keeping your belongings before start. Every participant is responsible for his/her belongings himself/herself.

Swimmer: Transition to cyclist: Transponder has to be handed over to cyclist only in the relay transition zone (see relay signs „Meeting- Point für Staffeln“).

Cyclist: Transition to runner: Transponder has to be handed over to runner only in the relay transition zone (see relay signs „Meeting- Point für Staffeln“).

Please note: Relay cyclists under 15 years have also to follow the correct rolling circumference for their bikes!

Runner: Return of the transponder after the finish line

Finish: All relay runners have access to the finish line catering area. There will be a meeting point for relay teams around 300m before the finish line – see sign „Meeting- Point für Staffeln“.