﻿

**ICEMAN Winter Triathlon 2019**

Open Austrian Championships Winter Triathlon 2019

Carinthian Championships Winter Triathlon 2019

**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 (kids)

- Winter Triathlon for Everyone (Sprint)

- Winter Triathlon Relay (Sprint)

**Location**

Villach Alpen Arena (VVA)

Villach Alpenstrasse 1

9500 Villach

Carinthia/Austria

**Date**

Saturday, 2nd March 2019

﻿

**Time schedule**

**Friday, 1st March, 2019**

• Official track inspection until 03.00pm. Track inspection at your own risk.

• Starting 03.00pm on all tracks are closed!

• 03:00pm - 05:00pm: Hand over of Starting numbers at the "blue container" in front of the café at Alpen Arena

• 05.00pm: Official opening ceremony of the ICEMAN Winter Triathlon in the Café of Alpen Arena

• 06:00pm: Teams Captains Meeting

**Saturday, 2nd March, 2019**

• 07.30am - 10.30am: Hand over of Starting numbers at the "blue container" in front of the café at Alpen Arena

• 08.00am - 08.50am: Check-in for all participants “Sprint distance” (Youth, Juniors, Everyman, Relay) and Supersprint distance (kids)

• 08.55am: Race-briefing for all participants Supersprint distance

• 09.00am: Start Supersprint distance

• 09.25am: Race-briefing for all participants “Sprint distance” (Youth, Juniors, Everyman, Relay)

• 09.00am: Start Sprint distance

• 10.00am - 10.30am: Check-in for all participants Standard distance (U 23 - M 80+)

• 10.45am: race-briefing for all participants Standard distance

• 11.00am: Start Standard distance

• 02.30pm: Award Ceremonies at “Rohr-Kaserne”, Seebacher Allee 70, Villach

﻿**Registration - Entry Fee - Services**

Online registration for all athletes:

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

Registration by 26.02.2019:

Kids: € 15, -

Youth, Juniors and “Winter Triathlon for Everyone”: € 25, -

U-23 to Masters 80+: € 45, -

**Late registration possible only on site** at 01.03. and 02.03.2019!

**On site:**

Kids: € 20, -

Youth, Juniors and “Winter Triathlon for Everyone”: € 30, -

U 23 to Masters 80+: € 50, -

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

Deposit will be returned 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-Guckers" 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 "multi-purpose area" in the Villach Alpen Arena. 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, “Standard”: 4 laps.

**Mountain bike:**

The second discipline is a trek of about 3 km.

“Supersprint”: 1 lap, “Sprint”: 2 laps, “Standard”: 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”: 2 “little laps”, “Sprint”: 2 laps, “Standard”: 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 2007 and older are eligible to participate a

Daily license for € 8, from category U-23 and older!

﻿

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

**categories age-group**

M / F-Youth 2004 - 2002

M / F-Juniors 2001 - 2002

M / F-U23 1999 - 1996

M / F-24 1995 - 1990

M / F-30 1989 - 1985

M / F-35 1984 - 1980

M / F-40 1979 –1975

M / F-45 1974 - 1970

M / F-50 1969 - 1965

M / F-55 1964 - 1960

M / F-60 1959 - 1955

M / F-65 1954 - 1950

M / F-70 1949 - 1945

M / F-75 1944 - 1940

M / F-80+ 1939 and older

**Rating category kids (no Champioships!):**

**categories age-group**

M / F kids 2007 – 2005

**Rating categories “Wintertriathlon for Everyone” (no Championships!):**

**categories age-group**

M / F-20 1990 and younger

M / F-30 1989-1980

M / F-40 1979-1970

M / F-50 1969-1960

M / F-60+ 1959 and older

**Classification winter triathlon relay (no Championships!):**

**categories sex**

Male 3 men

Female 3 women

Mixed Mixed

**Check In / Check Out.**

**Check-In:**

Exclusively athletes with a valid starting number may enter the transition zone. The preparation for use of bikes, the helmets and the cross-country ski equipment is as follows.

All participants “Sprint” distance from 08.00am until 08.50am at the latest.

All participants “Standard” distance from 10.00am to 10.45am at the latest.

No coaches/escorts being allowed in the Transition Zone because Crew Members of the organization will be available to help.

All bikes shall be checked for roadworthiness, the helmets for functionality. On the bike and the helmet, the designated start-number-stickers have to be attached.

**Check-Out:**

Check-out of the bike and other equipment will be done for “Sprint” from 10:00am to 10:45am. To check out the bike, the start number must be presented! Only with (athlete) start number and associated bike number the bike may be picked up. The “Short” distance athletes are checking out by about 12:15pm to 01:00pm.

The transition zone is guarded until 01:00pm.

﻿**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 05:00pm

Saturday from 07:30am - 10:30am

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 “Rohr-Kaserne”, Seebacher Allee 70, Villach

**Competition Board:**

﻿Race briefing

**The race briefing is mandatory for all starters.**

It will take place on Saturday, 2nd March 2019:

“Supersprint”: at 08.55am in the transition zone  
“Sprint”: at 09.25am in the transition zone

“Standard” distance: at 10:50am in the transition zone

**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 Carinthia,   
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!