Race Manual

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21/04, 07:30
Mall of Engomi



TRIATHLONCY.COM TEAM

RACE DAY PROGRAM

REGULATIONS

SERVICES

ROUTES

AWARDS & CATEGORIES











S.A.S Sports Events Organizers, has developed over years into a leading sports event management company.

Our race organization and management services include everything from course design and location-finding through to chip timing and on the day race management.

Our portfolio of races ranges from small community events to larger events organized on behalf of clubs, community groups, local authorities and charities.

With S.A.S Sports Events Organizers you just save the date of your event, everything else is our job



Custom Timing Solutions is Cyprus leading RFID Timing Provider for all types of Sports Events.

From large scale international events to smaller local events Custom Timing delivers top quality timing services tailored to the needs of each organizer.

If you want to organise Triathlon, Running, Cycling, Open Water Swimming, Trail running, Obstacle race or any other sport on any terrain just get in touch with Custom Timing Solutions to have peace of mind and focus only on your event preparations

RACE DAY PROGRAM DUATHLON 2024

06:00 Transition area opens for athletes

07:00 Transition area close and secure - entrance only for athletes

with bib number.

07:30 Start of the Men CY.TRI.FED

07:45 Start of Women CY.TRI.FED

08:00 Start of the Open Category + Teams Race

09:15 Start of the Kids CY.TRI.FED Race

10:20 Awards Ceremony

10:40 End of Race Day

REGULATIONS DUATHLON 2024 CY.TRI.FED ATHLETES ONLY

Duathlon Championship Race Sprint Distance 5km Run, 20km Bike, 2.5 Km Run 16+ years old Drafting is allowed TT, Tri bikes and Road Bikes with bar NOT allowed Time Trial helmets are prohibited Water bottles if placed behind the saddle are prohibited It is forbidden to draft off a different gender athlete It is forbidden to draft off an athlete being in a different category It is forbidden to draft off an athlete being in a different lap Athletes must bring their own running race number belt Valid CSO Health Card is mandatory^{*} only for Federation athletes



Bib numbers

Electronic Timing

Digital maps and GPX files

Medical assistance before during and after the race

All Roads will be closed for traffic

Route signage and safety

Water and electrolyte station on the Course

Fruits and refreshments at the finish line

Finishers medals



BICYCLE DUATHLON 2024 X 5 Loops

https://www.plotaroute.com/route/2146434

ROUTES

RUN DUATHLON 2024 X 2Loops 5km X 1 loop 2.5km

https://www.plotaroute.com/route/2146439

https://www.plotaroute.com/route/2146435













RUN DUATHLON 2024 X 2 Loops -5km X 1 Loop 2.5km

Road Closed

Spot 4,5,6

Crosswalk

e direction

Run route direction

TH

Spot 7

U turn No 2

Run route direction

RUN DUATHLON 2024 X 2 Loops -5km X 1 Loop 2.5km

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BICYCLE DUATHLON 2024 X 5 Loops

Spot 1 Bicycle Route Entrance to transition from Running 5km Exit from transmission to Running 2.5km

& ALPHA BANK

with:



BICYCLE DUATHLON 2024 X 5 Loops

11

Watch out only the right lane is for cyclists Parallel direction with cars

Spot 3

cycling route direction

BIANT

1000 000











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BICYCLE DUATHLON 2024 X 5 Loops

Spot 8 Turn Left from the pedestrian crossing NOT from the traffic lights

POLICE



AWARDS & CATEGORIES

Duathlon CY.TRI.FED Championship Categories

First Three Male :16+ yrs First Three Female :16+ yrs First Three Male Youth: 11-15 yrs First Three Female Youth: 11-15 yrs

Duathlon Open Categories

First Three Male : 16-39 yrs First Three Female : 16-39 yrs First Three Male Masters : 40+ yrs First Three Female Masters : 40+ yrs First Three Teams Overall

Enjoy the Race !!!

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21 | 04 | 24 RUN 5k BIKE 20k **RUN 2.5k** MALL OF ENGOMI

