

Race Book

Ayia Napa Marina Super Sprint Triathlon

 **AYIA NAPA**
MARINA by ΟΓΔ

SUPER SPRINT TRIATHLON

14 MAY 2023
0.5k | 9.5k | 2.3k



AGENDA

1. TRIATHLONCY.COM TEAM
2. RACE DAY PROGRAM
3. REGULATIONS
4. SERVICES
5. ROUTES
6. AWARDS & CATEGORIES



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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



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RACE DAY PROGRAM SUPER SPRINT TRIATHLON 2023

06:00 Transition area - Bib collection

07:00 Transition area close and secure- entrance only for athletes with bib number.

07:30 Start of the Men Cy.Tri.Fed **Yellow bibs**

07:33 Start of Women Cy.Tri.Fed **Pink bibs**

07:36 Start of the Open Category Men **Green bids**

07:39 Start of the Open Category Women + Teams race **Blue bibs**

07:45 Start of the Kids Race **Red Bibs**

10:00 Awards Ceremony

10:30 End of the Race



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REGULATIONS Super Sprint TRIATHLON 2023

Triathlon Championship Race Super Sprint Distance

15+ years old - Drafting is allowed

Time Trial helmets are prohibited

Water bottles if placed behind the saddle are prohibited

Athletes must bring their own swim cap and running race number belt

Selection for the 7th Commonwealth Youth Games for athletes born in 2006, 2007 and 2008 and according to any Cyprus Olympic Committee criteria

Selection for 3rd European Games (team relay) – Qualification subject to ranking and approval by EOC

Valid CSO Health Card is mandatory for the federation athletes



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SERVICES

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



SUPER SPRINT TRIATHLON

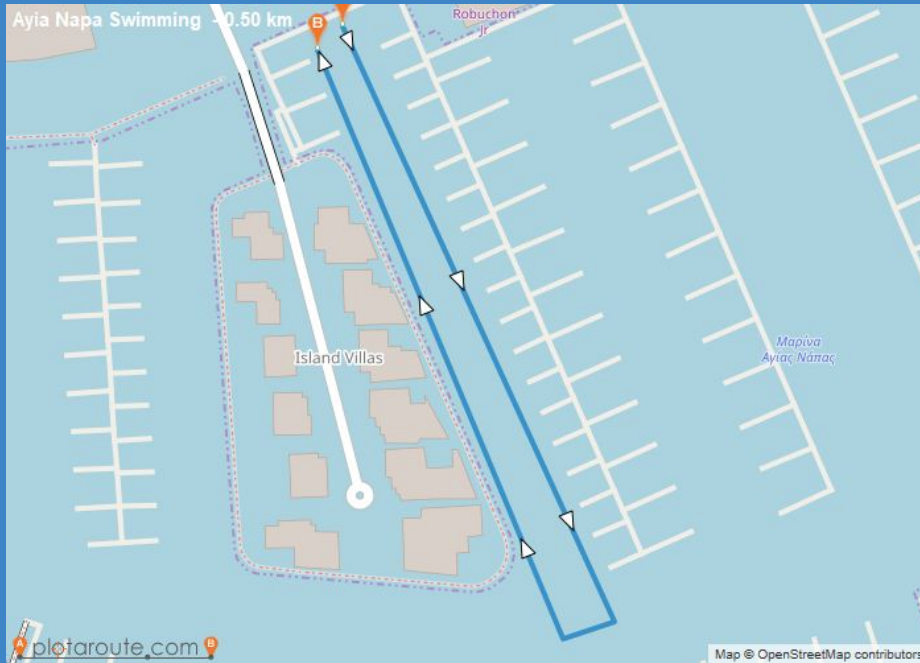
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ROUTES

SWIM 500M



KIDS SWIM 250M



<https://www.plotaroute.com/route/2145182>

<https://www.plotaroute.com/route/2229009>

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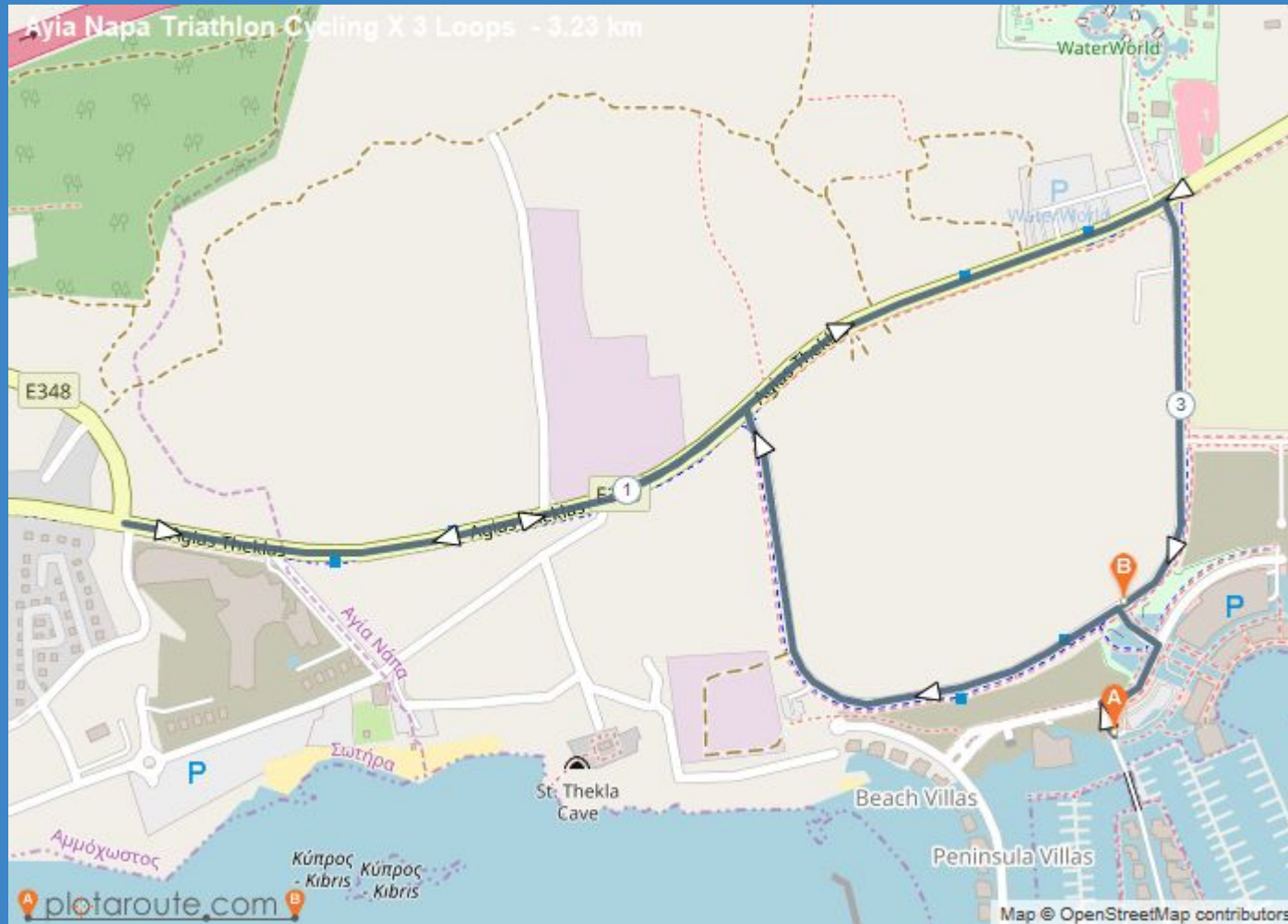
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BICYCLE X 3 LOOPS
KIDS BICYCLE X 2 LOOPS

ROUTES

<https://www.plotaroute.com/route/2145177>



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Bicycle Route S.O.S Spots



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Spot 1

Έξοδος
ποδηλατιστών
από Μαρίνα

Κώνι

Είσοδος
ποδηλατιστών
προς Μαρίνα

Κώνι

Είσοδος
Αμαξιών
προς Μαρίνα



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triathloncy.com

Spot 2



Κώνοι

Ποδηλατιστές

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Spot 3

Ανάστροφή
Ποδηλατιστώ
v



Κώννοι

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Spot 4

Mr. TZATZIKI
97 722150
**FOOD &
DRINKS**



30



Ποδηλατιστές



Ποδηλατιστές

Spot 2

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Spot 5

Κώνοι

Ποδηλατιστές

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Spot 6

Ποδηλατιστές

Ποδηλατιστές

Ποδηλατιστές

Αμάξια

Κώννοι

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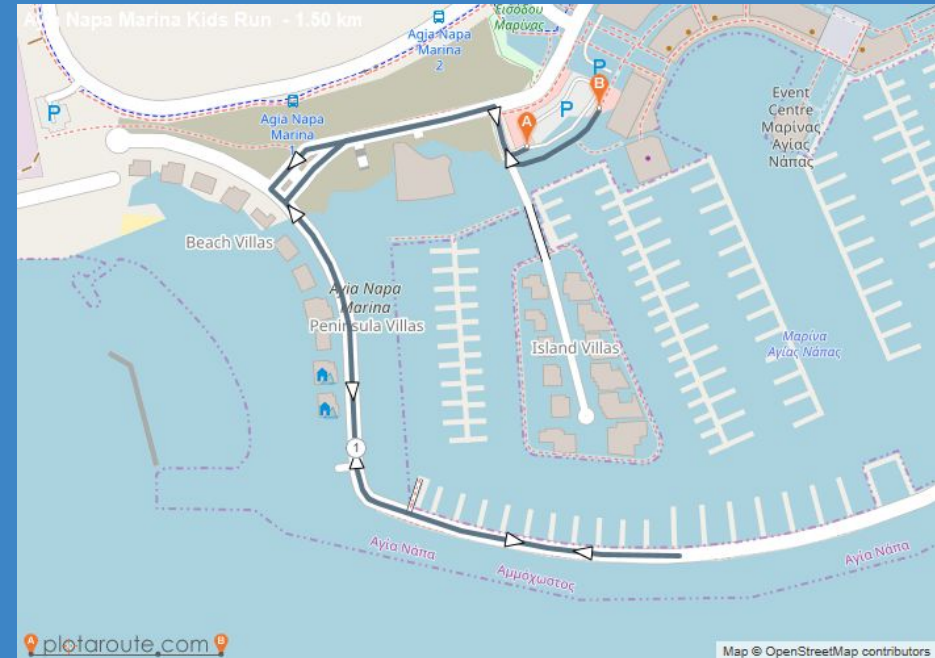


ROUTES

RUN



KIDS RUN



<https://www.plotaroute.com/route/2145180>

<https://www.plotaroute.com/route/2229004>

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AWARDS & CATEGORIES

TRIATHLON CY.TRI.FED Championship Categories

First Three Male :15+ yrs

First Three Female :15+ yrs

First Three Male Youth: 11-15 yrs

First Three Female Youth: 11-15 yrs

TRIATHLON Open Categories

First Three Male : 15-39 yrs

First Three Female : 15-39 yrs

First Three Male Masters : 40+ yrs

First Three Female Masters : 40+ yrs

First Three Teams Overall



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Have a Good Race



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kids SS Triathlon (11-14yo)
250m | 6.5k | 1.5k

