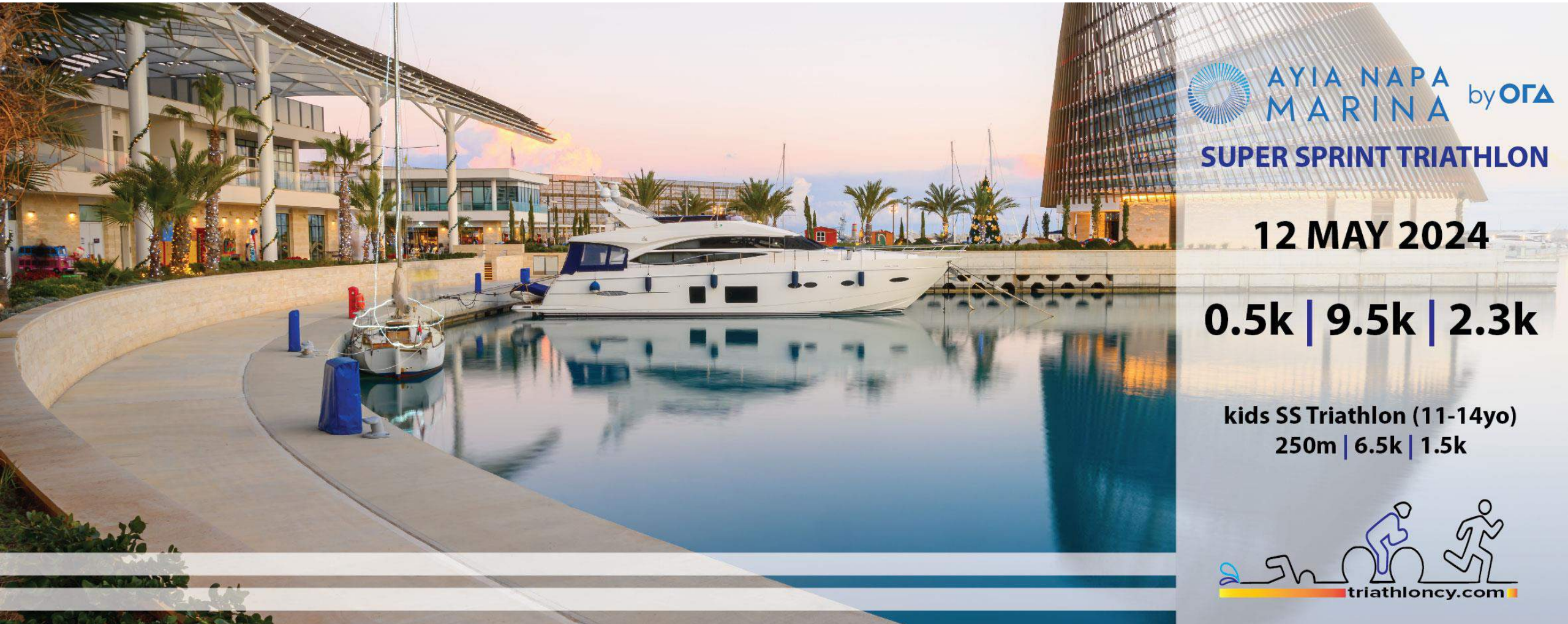


# Race Manual



 **AYIA NAPA  
MARINA** by **ΟΓΑ**

**SUPER SPRINT TRIATHLON**

**12 MAY 2024**

**0.5k | 9.5k | 2.3k**

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



# AGENDA

TRIATHLONCY.COM TEAM

RACE DAY PROGRAM

REGULATIONS

SERVICES

ROUTES

AWARDS & CATEGORIES





TRIATHLONCY.COM TEAM



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 SCHEDULE



## SUPER SPRINT TRIATHLON

### SATURDAY 11/05/2024

12.00-14.00 RACE NUMBER PICKUP (START AREA)

### SUNDAY 12/05/2024

6.00-7.00 RACE NUMBER PICKUP (START AREA)

6.15 TRANSITION AREA OPENS

7.00 TRANSITION AREA CLOSES

7.20 TECHNICAL UPDATE / FINAL DIRECTIONS

7.30 START MEN CY.TRI.FED

7.33 START WOMEN CY.TRI.FED

7.36 START OPEN CATEGORIES

7.45 START KIDS RACE

10.00 AWARDS CEREMONY

10.30 END OF THE RACE



## REGULATIONS DUATHLON 2023 CY.TRI.FED ATHLETES ONLY

Triathlon Championship Race (Super Sprint Distance)

15+ years old (500m Swim, 9.5km Bike, 2.3km Run)

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 swim cap and running race  
number belt

Valid CSO Health Card is mandatory for federation athletes



## 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**





Transition Area

Swim Start

A

B

Swim 500m

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



Entrance - Exit from the Transition Area



Bike out  
Bike in

Transition  
Area

Run Finish

Run out

Swim in



# BIKE ROUTE

Spot 5

Spot 6

Spot 2 & 4

Spot 3

Spot 1

Bike x 3 loops

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





# Spot 1

In – Out

Marina Ayia Napa





**Spot 2**

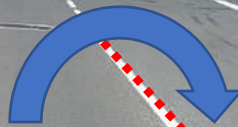


**Bicycles**



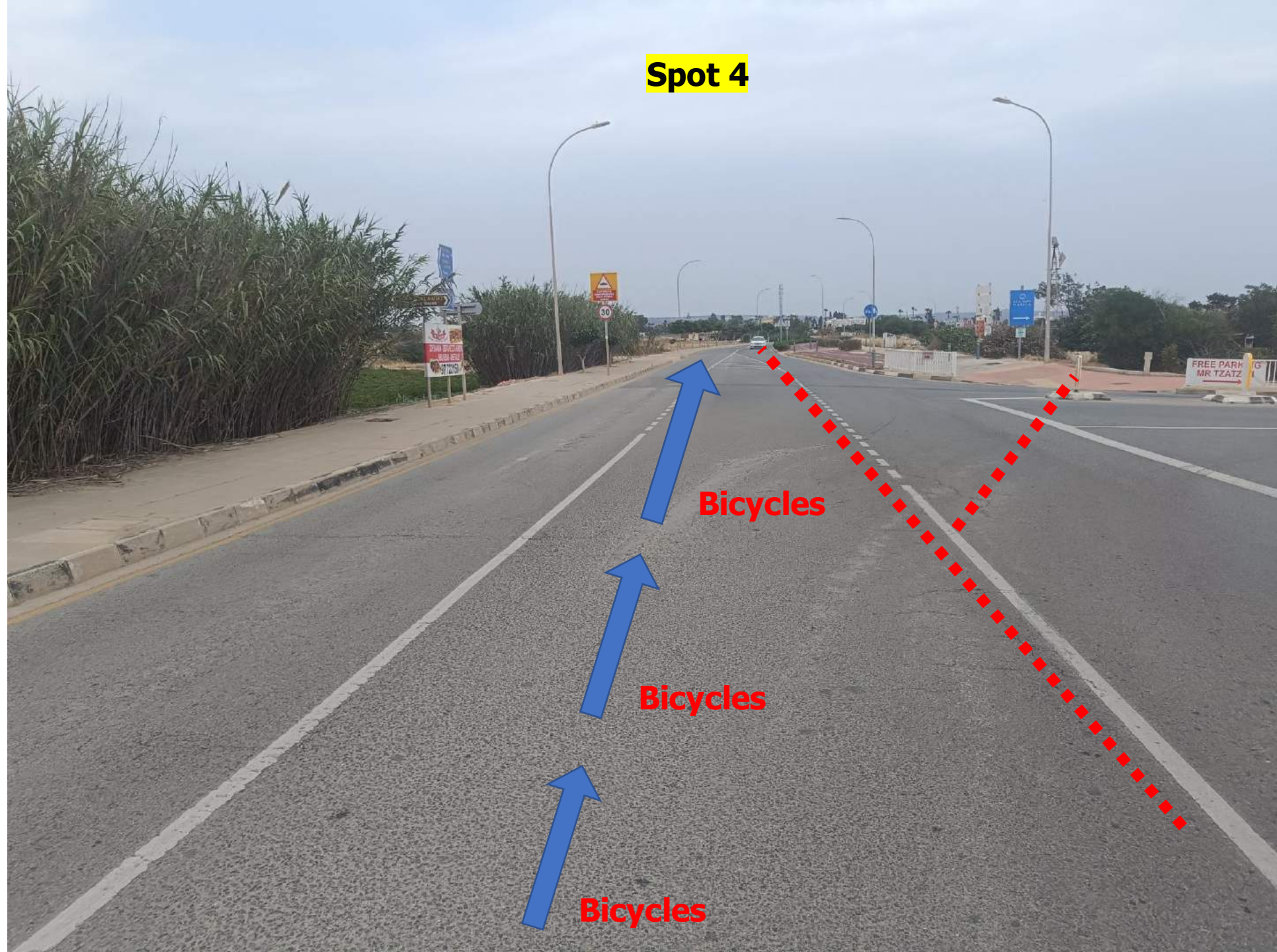
**Spot 3**

**U Turn  
Bicycles**





**Spot 4**





**Spot 5**

**Bicycles**





**Spot 6**



**Bicycles**

**Bicycles**

**Bicycles**

**Cars**

**Cones**





HYBRID MAP



**Run Finish**

**Run out**

**RUN 2.3KM**

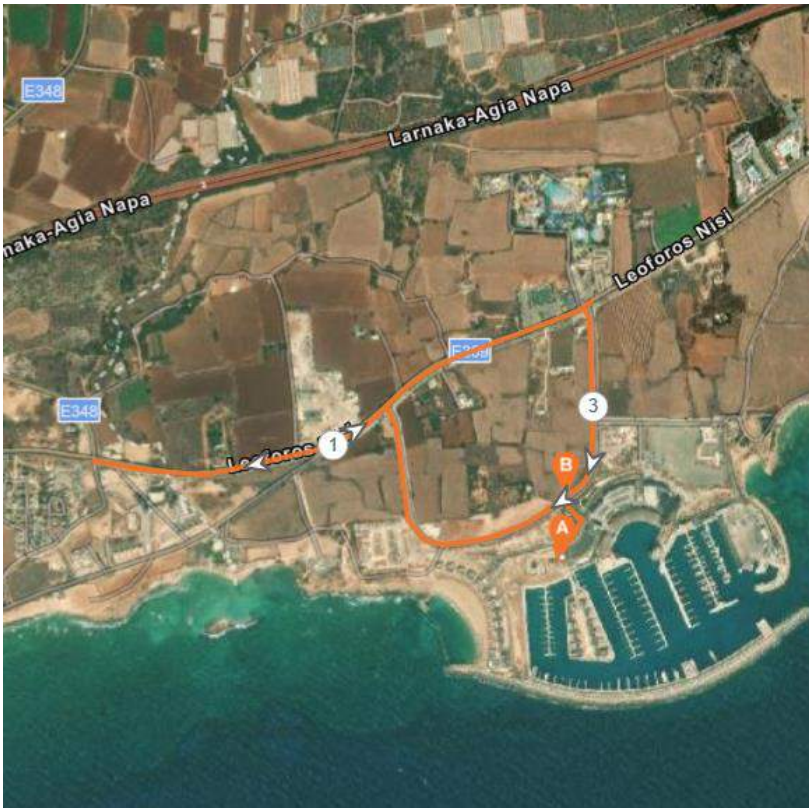
<https://www.plotaroute.com/route/2145180>





## Kids Swim 250m

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



## Kids Bike x 2 loops

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



## Kids Run 1500m

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





## **AWARDS & CATEGORIES**

### **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**

### **Open Categories**

**First Three Male : 15-39 yrs**

**First Three Female : 15-39 yrs**

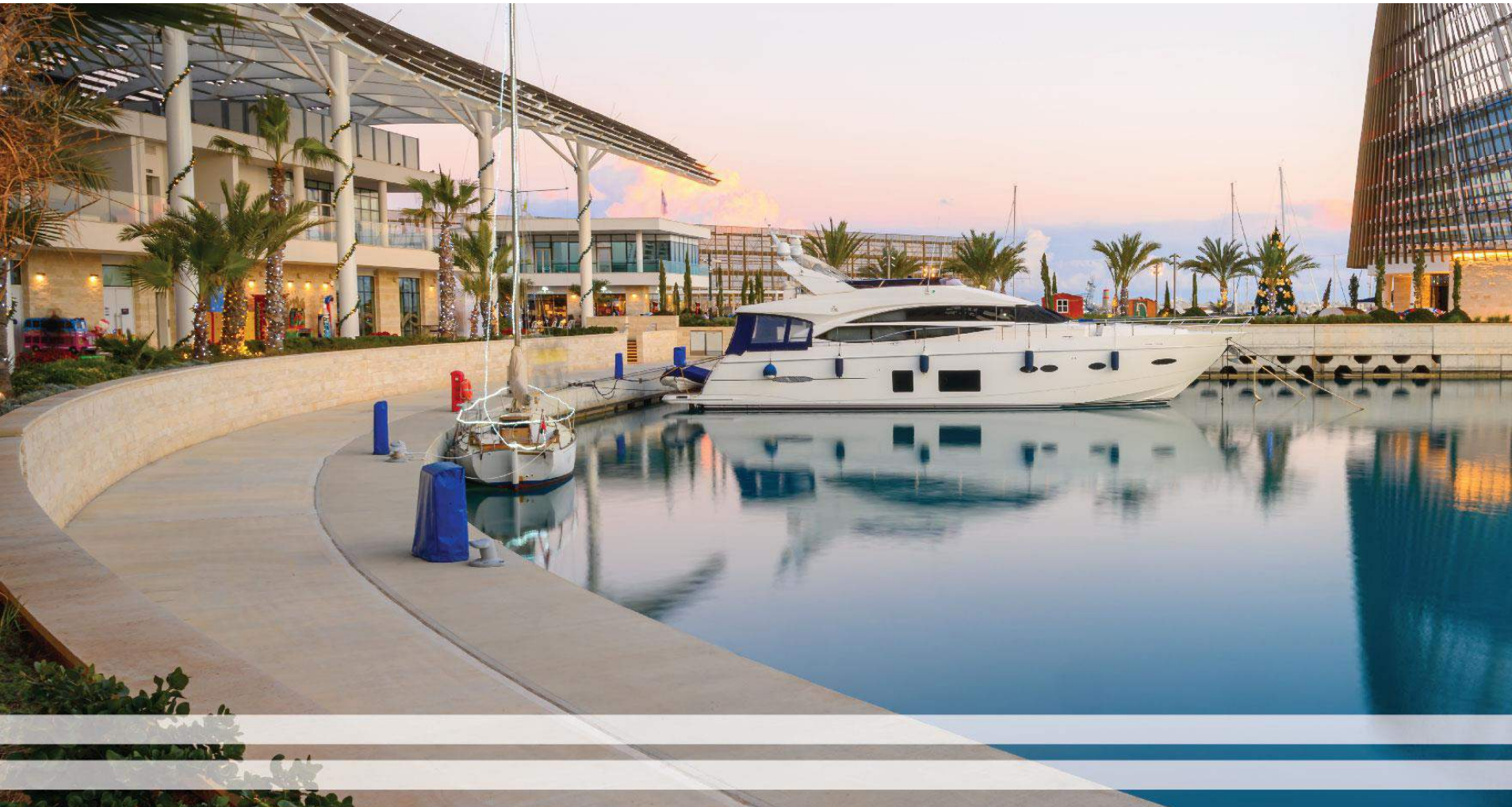
**First Three Male Masters : 40+ yrs**

**First Three Female Masters : 40+ yrs**

**First Three Teams Overall**



# ENJOY THE RACE!!!



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