



JÕULUMÄE
TERVISESPORDIKESKUS



Eesti Triatloni Liit
ESTONIAN TRIATHLON ASSOCIATION

BALTIC CUP 2018 II RACE
ESTONIAN DUATHLON SERIES - I Cup
JÕULUMÄE RAUDMEES 2018 III Race
DUATHLON ALL YEAR ROUND 2018 III Race
18. - 19. May 2018

LOCATION

Jõulumäe Sport and Recreation Centre, Leina Village, Häädemeeste Parish, Pärnu County, ESTONIA.

ORGANISER

Sport Club Raudmees with Jõulumäe Sport and Recreation Centre and Estonian Triathlon Association.

Race Director: Enn Kübar, mob. +372 50 33 392, e-mail: ukubar@gmail.com

DISTANCES

Start	Time	Age Group	Distance
1	10:00	Kids PD, PC, TC	1.5km Run / 3.5km Bike / 0.5km Run
2	11:00	Kids TD, PE, TE	1.5km Run / 3.5km Bike / 0.5km Run
3	12:00	Youth B First timers / Beginners M/W 60+	3.0km Run / 10.5km Bike / 1.5km Run
4	13:30	Youth A Junior M/W 50-59	6.0km Run / 21.0km Bike / 3.0km Run
5	15:30	M/W 20-49	6.0km Run / 21.0km Bike / 3.0km Run

TIME SCHEDULE

REEDE 18.05.2018	
15:00 – 21:00	Welcome and Accommodation
18:00 – 19:00	Race Briefing
LAUPÄEV 19.05.2018	
8:00 – 18:00	Race Office is open
8:00 – 15:00	Registration open (until 30min before each start)
10:00	1. Start (1.5/3.5/0.5)
11:00	2. Start (1.5/3.5/0.5)
11:45	Awards Ceremony for Kids C, D, E
12:00	3. Start (3/10.5/1.5)
13:30	4. Start (6/21/3)



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15:30	5. Start (6/21/3)
15:00 – 18:00	Cafeteria is open for refreshments
18:00	Award Ceremony

AGE GROUPS

Nr.	Age Group	Year of Birth
1	Kids E	Born in 2009 – 2011
2	Kids D	Born in 2007 – 2008
3	Kids C	Born in 2005 – 2006
4	Youth B	Born in 2003 – 2004
5	Youth A	Born in 2001 – 2002
6	Junior	Born in 1999 – 2000
7	M/W 20-29	Born in 1989 – 1998
8	M/W 30-39	Born in 1979 – 1988
9	M/W 40-49	Born in 1969 – 1978
10	M/W 50-59	Born in 1959 – 1968
11	M/W 60-69	Born in 1949 – 1958
12	M/W 70-79	Born in 1939 – 1948
13	M/W 80+	Born in 1938 and earlier

REGISTRATION

For registration, please follow this link: <http://www.triatlon.ee/Voistluskalender-page-67/>

Online registration I wave closes on 20.04 at 21:00 and II wave closes on 15.05 at 21:00. On the spot registration closes 1 hour before your chosen distance start. Materials will be handed out no later than 30min before each start. Make sure you leave enough time to get your things sorted!

ENTRY FEE

Age Group	Until 20.04.2018	21.04-15.05.2018	After 15.05.2018
Kids C, D, E	5 €	10 €	15 €
Youth B M/W 60+	15 €	20 €	25 €
First Timers / Beginners	15 €	20 €	25 €
Youth A Junior M/W 50-59	20 €	30 €	35 €
M/W 20-49	30 €	40 €	45 €



LICENSE

It's compulsory to have an Athlete's License.

Terms & conditions http://www.competitions.ee/upload/fck/ETL_litsentseerimise_kord.pdf (in Estonian only)

Full season license can be obtained by sending details to: info@competitions.ee. One race license can be bought at the race registration.

License fees are:

	Age Group	Full Season license	One Race license
1	Kids	5 €	1 €
2	Youth	10 €	5 €
3	Junior	10 €	5 €
4	Adults (20+)	20 €	10 €

RACE COURSE

Run course terrain is slightly undulating sandy forest track that follows Jõulumäe cross-country skiing track. Each lap is on a 1.5km loop that will be repeated either 1, 2 or 4 times as per distance.

Bike course is technical and hilly rollerskating track. Each lap is on a 1.5km loop that will be repeated either 1, 3 or 6 times as per distance. Drafting is **ALLOWED!** GPS is recommended to ensure you have done enough laps. On bike course, you are allowed to use only standard road bikes with traditional handlebars that are capped. Aerobars or any other triathlon bars are not allowed.

Transition area is open as per schedule and will be closed 15min before each start. Bikes and equipment will be brought in and taken out as per schedule. When bringing your bike, there will be Technical Officials checking that your bike and helmet meets ITU rules. All unclaimed items left in transition will be taken to the registration.

AWARD CEREMONY

Kids 1st and 2nd race award ceremony will be held at 11:45. There will be awards and diploma for each category top 3. Remainder of the race award ceremony will be held after the last 5th race at 18:00. There will be awards and diploma for each category top 3.

PROTEST

Every competition has competition jury consisting of 3 members.

Protest against another athlete, equipment or Technical Official must be submitted to the Head Referee **within fifteen (15) minutes** after the last athlete finished the competition.



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Timing and results related protests can be disputed no more than **24h** after unofficial results have been put up.

Protest fee for 2018 is 50 €, that will be refunded if the protest will be successful.

OTHER

Medical support is available on the spot throughout the entire race day.

Technical support is available on the spot throughout the entire race day. Services will be provided by Hawaii Express bike mechanics.

Catering is organised in front of Jõulumäe Centre for extra cost. Warm and cold food will be available for everyone either competing or spectating.

Parking is available in front of the Jõulumäe Centre. There are 3 main parking areas.