**Vitebsk Duathlon -2018**

**Baltic Cup**

**Belarus Cup Final**

**Distances:**

1 k m run-5 k bike-0.5 k run

2.5 k run-10 k bike-1.25 k run

5 k run-20 k bike-2.5 k run

**Venue:**

Sport complex in Gorodok (30 k from Vitebsk) GPS 55.450236, 29.959687

**Date: October 6th 2018**

**Age categories:**

**DISTANCE 1 km run-5k bike-0.5 k run**

Девочки и мальчики/Kids:

1. 9 лет и младше (2009 г.р. и младше)/Kids E (born 2009-2011)
2. 10-11 лет (2007-2008 гг.р.)/Kids D (born 2007-2008)
3. 12-13 лет (2005-2006 гг.р.)/Kids C (born 2005-2006)

**DISTANCE 2,5 k run-10 k bike-1,25 k run**

Мужчины и женщины/Females and males:

1. 50-59 лет (1968-1959 гг.р.)/Senior II (born 1968 -1959)
2. 60-69 лет (1958-1949 гг.р.)/Senior III (born 1958-1949)
3. 70 лет и старше (1948 г.р. и старше)/Senior IV (1948 and older)
4. Amateur females and males

Девушки и юноши/Girls and boys:

1. 14-15 лет (2003-2004 гг.р.)/ Youth B (born 2003 – 2004)
2. 16-17 лет (2001-2002 гг.р.)/Youth A (born 2001 – 2002)

**DISTANCE 5 k run-20 k bike-2.5 k run**

Юниорки и юниоры 18-19 лет (1999-2000 гг.р.)/ Junior females and males18-19 (born 1999 – 2000)

Женщины и мужчины/ Females and males

1. 20-39 лет (1998-1979 гг.р.)/Elite (born 1998-1979)
2. 40-49 лет (1978-1969 гг.р.) /Senior I 40-49 (born 1978–1969)

**Регистрация/Registration:**

Групповые заявки от команд иностранных спортсменов на участие в соревнованиях подаются в судейскую коллегию по электронному адресу [beltrigs@mail.ru](mailto:beltrigs@mail.ru)

Please send your team entries containing names, ages of your athletes and distances to the following e-mail address [beltrigs@mail.ru](mailto:beltrigs@mail.ru) before October 1, 2018

**Race fee:**

1 k run-5k bike -0.5 k run - 10 euro

2.5 k run-10k bike-1.25k run – 15 euro

5 k run -20k-2.5k – 20 euro

**SCHEDULE**

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|  | **October 6th, 2018** |  |
| **9:30-10:00** | Registration | Venue: Gorodok Sport Centre (30 ks from Vitebsk) |
| **9:30-11.00** | Bike and run course familiarization |  |
| **10:00** | Bike check-in | Transition open |
| **11:00** | Opening ceremony |  |
| **11:30** | Start | 1 k run+5k bike+0.5k run |
| **12:15** | Start | 2.5 k run+10 k bike+1.25 k run  5 k run+20 k bike+2.5 k run |
| **14:30** | Awards ceremony |  |

The schedule is subject to changes!

**Accommodation**

Please contact Valery Kazlou for your accommodation booking

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Please contact Maryia Charkouskaya-Tarasevich should you require an invitation letter for your visa application

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