

B. Abramaitis Cup 2021  
Lithuanian Pool Triathlon Championships  
Panevėžys, 2021-04-24

## REGULATIONS

### 1. AIMS AND OBJECTIVES

- Identify strongest pool triathlon athletes in Lithuania
- Host 1st Baltic Cup stage
- Ensure timely preparation of National teams for the upcoming International triathlon season 2021

### 2. ORGANISERS

Organisers: Lithuanian triathlon federation, Panevėžys city municipality, Panevėžys sports centre.

Executive team: Triathlon and sports club „Darna“.

Contact person: Ernestas Abraškevičius

Tel. no.: +370 656 12515,

Email: [ab.ernestas@gmail.com](mailto:ab.ernestas@gmail.com)

Chief race official: Vaida Serdikevičienė (ITU Level 1)

Technical delegate: Žilvinas Reisas

### 3. PARTICIPANTS

Only athletes licenced in Lithuania or respective ETU recognised nations are invited to take part in the competition:

- Members of Lithuanian national team;
- Members of Lithuanian AG team or candidates that meet the criteria;
- Individuals that meet LTF criteria for High Level Athlete definition;
- National team members of Lithuanian swimming, track and field or cycling sports. As well as competitors of 2019 - 2020 National championships of respective mentioned disciplines.
- **National team members or candidates of other nations (Latvia, Estonia, Belarus, etc.)**

### AGE GROUPS

Year of Birth	AG name	Women cat.	Men cat.
2012 and younger	A (Kids E)	AW	AM
2010 - 2011	B (Kids D)	BW	BM
2008 - 2009	C (Kids C)	CW	CM
2006 - 2007	D (Youth B)	DW	DM
2004 - 2005	I (Youth A)	IW	IM
2002 - 2003	J (Juniors)	JW	JM
2001 and older	E (Open)	EW	EM

## 4. REGISTRATION AND FEES

Registrations are handled by the two step process:

- 1) Organisation fill the [registration sheet](#) with all the athletes that will represent the club or either Federation and forwards filled list to [info@triatlonas.lt](mailto:info@triatlonas.lt)
- 2) Race organisers will issue an invoice for the registration fees. Following receiver requisites will be listed in the invoice:

**Receiver:** TRIATLONO IR SVEIKATINGUMO KLUBAS „DARNA“

**Account no:** LT827300010114689343

**Bank:** Swedbank AB

Registration is open **until 21st of April, 23:59:59 h.**

All late entries will be rejected.

Age group	Fee until 2021.04.21
Kids E, D and C	15 €
Youth B and A	20 €
Juniors and Open	30 €

## DISTANCES

DISTANCES			
Swim	Bike	Run	Group
200 m	5 km	1 km	A, B, C
400 m	10 km	2,5 km	D and I
750 m	20 km	5 km	J and E

## 5. RACE SCHEDULE

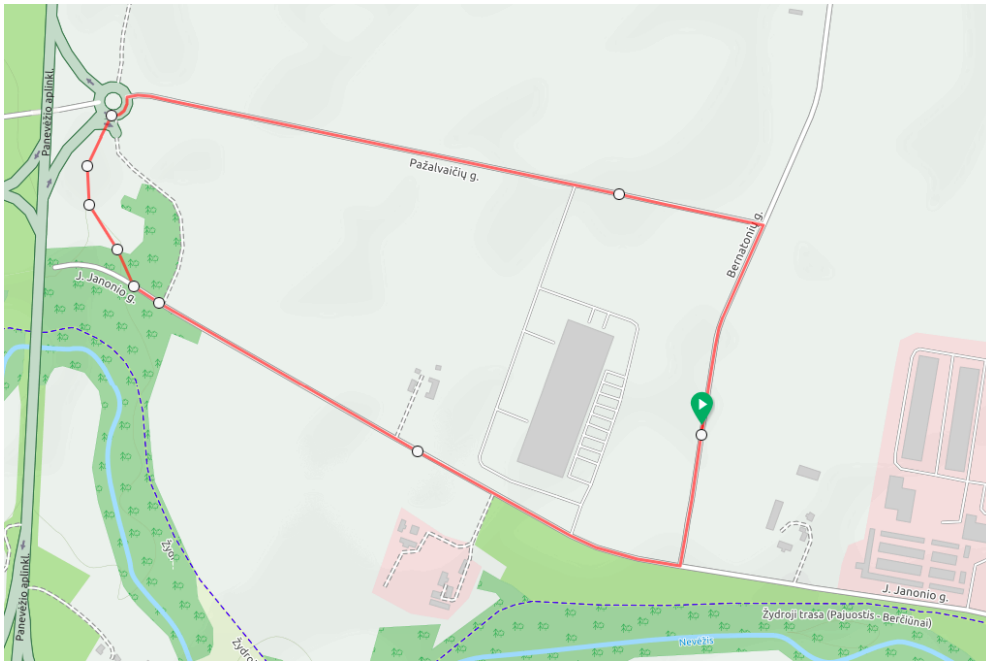
Date: 2021 April 24th.

Participant's package distribution: April 24th from 08:00 to 09:30 (based on the swim heat time) at the Hall of Swimming centre - A. Jakšto str. 1, Panevėžys

Swim venue: Panevėžys sports centre swimming venue, A. Jakšto str. 1.

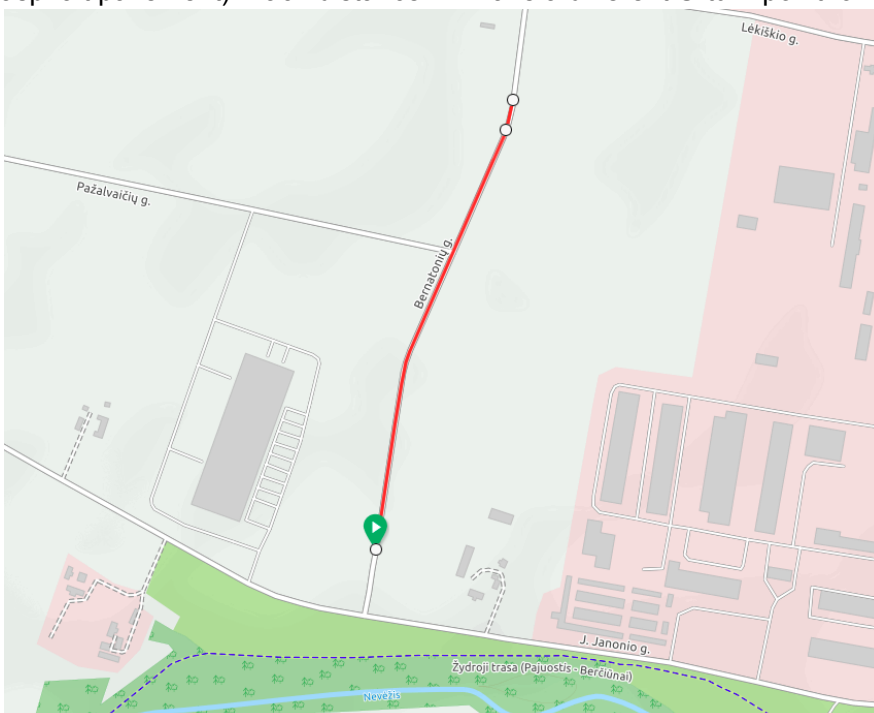
### **Bike course:**

Lap of 2.5 km in a flat course (+5 m vertical incline in one lap). Bernatonių, J. Janonio, Pažalvaičių streets.



**Run course:**

1 loop for 1 km course, 2 loops for 2km course and 4 loops for 5 km course (flat course, full asphalt pavement). Each distance will have a different U-turn point for the loop.



Personalised swim heat schedule will be announced no later than April 23rd, 13:00 and sent out to each of the registered delegations. Due to restrictions caused by the global Covid-19 pandemic, pool entry points will be monitored and managed. Thereof, participants are asked to enter pool area not earlier than 40 mins until scheduled swim heat.

1. Up to 2-3 participants will share one swimming line in 25 meter pool. Depending on the configuration, participants will either have to keep designated side of the pool line (left or right) or in case of 3 participants in one line, competitors will swim by rotating anti-clockwise. Start will commence from water.
2. Starting wave times is a matter of possible change.

## AWARDS

Winners and podium finishers of all age groups will be awarded with medals and prizes of partners, winners with receive trophies.

Competition results will count into year 2021 Baltic Cup rating, and 2021 Lithuanian triathlon federation rating (for native athletes).

## 6. RULES

Due to global pandemic situation, competition will be organised with additional Lithuanian triathlon federation safety measures: [LTF Event organising COVID-19 safety measures \[In Lithuanian\]](#)

- Flow of competitors within swimming pool territory will be executed (to changing room and out of the pool after heat) in “circulation” concept. One door for entry, one for exit.
- Competition volunteer team will guide participants through the pool premises.
- Those who will fail to comply with safety rules and or will ignore volunteer/referee/organising team instructions will be warned, in case of repetitive warnings - disqualified from the competition.
- Upon registration submission process participant confirms that given regulations are read, understood and there are no objections and that participant will comply with the racing rules.
- Minors (under 18 age athletes) have to present written confirmation from the parents/guardians that minor can participate in the competition: [Form in English](#)
- Participant confirms that upon competition date has no health issues that could cause serious harm for the competitor during the race or would put participant’s health in risk. Upon registration process, participant confirms that no claims in regards to participant’s health and safety conditions will be addressed to the event organisers.
- Competition is hosted under the officiating guidelines of official “[World Triathlon](#)” rules
- Participants are allowed to swim with own swimming caps, as racing organisers will not issue swimming caps at the event.
- Upon swimming part completion, participant has to follow referee instructions and leave the swimming line without causing any disruption for other athletes, or causing a potential delay for other heats. In case of failure to comply with the given part, race referee can penalise athlete with 10 sec. penalty.
- During the bike part participant must to wear firmly fastened and undamaged cycling helmet.
- Cycling started from swim to T1 is given from “Handicap” principle. “Handicap” start will be marked 10 meters from the actually transit zone entry.
- In case of favourable weather conditions, “Handicap” start will be given for the participants without cycling shoes on.
- Only athletes of the same gender are allowed to draft in cycling part
- Failure to complete distance, or failure to stay in course will result a disqualification;
- No support/help from outside is allowed;

- Elite group is open for all the participants, yet younger athletes racing in Elite group will be dismissed from award classification in their actual age group.
- Failure to comply with World Triathlon rules will result in 10 sec. penalty (Penalty box in a run part);
- Different gender athletes riding in one group will be warned and given 1 min. penalty (served in a running leg) yet those who will ignore warning will be disqualified from the competition
- Overlapped athletes are not allowed to draft on a wheel on a person/group which overlapped. Failure to comply will result as warning and 1 min penalty. Further failures to comply will result a disqualification
- Electronic time tracking devices have to be returned to the organising team immediately after the finish.

**Race organisers reserves right to adjust regulation in case of necessity.**