

## Open Lithuanian triathlon sprint championship

Baltic cup 2021  
Kupiškis, 2021-06-05

### REGULATIONS

#### 1. Aims and objectives

- Identify best sprint triathlon athletes;
- To ensure smooth preparation of the Lithuanian National and age group teams for the most important starts of the triathlon season - the European Sprint Triathlon Championship;
- Increase popularity of triathlon sport in Lithuania;

#### 2. The Organizers

Event organizers: Kupiškis district Municipality, Lithuanian Triathlon Federation, TSK “Darna”; Lithuanian Triathlon Cup.

Contact persons: Dainius Šimkaitis, Ernestas Abraškevičius;

Phone numbers: +370 606 76384 +370 656 12515;

Email addresses: [info@triatlonas.lt](mailto:info@triatlonas.lt) ; [ab.ernestas@gmail.com](mailto:ab.ernestas@gmail.com) ;

Chief Race Referee: will be published.

#### 3. Participants

Registrations are allowed to holders of a valid LTF license or a license holders of ETU / ITU member national federation. Licenses are not required for aquathlon and amateur groups.

Athlete's date of birth	Age group name	Women's group	Men's group
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
1982 – 2001*	E (Elite)	EW	EM
1972 – 1981.	V1 (F/M 40-49)	V1W	V1M
1962 – 1971.	V2 (F/M 50-59)	V2W	V2M
1952 – 1961.	V3 (F/M 60-69)	V3W	V3M
1951 and older.	V4 (F/M 70-79)	V4W	V4M

In order to ensure full safety of athletes, Men Elite group starts will be split into two divisions: Elite and Age group. Men's Elite startlists will consist of the strongest athletes in the field (national team members and other applying athletes that hold the best individual results in 2020 - 2021 season). Elite men will share start with Junior men. Elite women will share start with Age group women and Junior women.

Pre-registration until: 03<sup>th</sup> June, 17:59:59. By filling registration form: <https://bit.ly/3bpBioa> and sending it to the organizing team: [info@triatonas.lt](mailto:info@triatonas.lt). Starting protocols will include persons who have registered by the mentioned deadline and paid the relevant entry fee.

## Division of groups

In order to ensure maximum safety and track load, the starts of distance III (750/20/5) are divided as follows:

Subgroup	Number of participants*	Rating	Start time
Men's age group (AG, V1, V2)	-	2020 - 2021 results	12:00
Elite women's group and junior ladies	60*		13:40
Elite men and junior men	60		15:20

The priority of Elite Group is given to the members of the National team members and strongest age groupers that wish to participate in Elite division

The starting protocols of Elite group will be announced until 04.06.2021 13:00.

\* The number for group participants are indicative and, depending on the actual number of participants, may vary and groups may be combined.

## 4. RACE INFORMATION AND PRELIMINARY PROGRAM

Date of the competition: 2021 03<sup>th</sup> June.

Competition place: Kupiškis city lagoon territory (Marių st. 9)

The first stage of registration until 20.05.2021	
The second stage of registration until 20.05.2021	
<b>4<sup>th</sup> JUNE (FRIDAY)</b>	
18:00 - 21:00	startup of starter packs (on the spot)
19:00 - 19:30	Virtual event briefing

5 <sup>th</sup> JUNE (SATURDAY)	
08:00 - 15:30	pickup of starter packs (on the spot)
10:00	Start of distance I
10:40	Start of aquathlon
11:00	Start of distance II
11:50	I, II and Aquathlon Distance Awards
12:30	Age group men start
14:30	Elite women's group and junior women's start
16:30	Elite men and junior men start
18:00	Closing of the competition and awards

Competition information, lists of participants and corrections are published: on the website [www.triatlonas.lt](http://www.triatlonas.lt), on the Facebook account of the Lithuanian Triathlon Federation and on the LTF member platform <https://bit.ly/3bpBioa>

**NOTE: Entry / exit to the parking area marked by the organizer will be restricted, so it is advisable to plan your time. It would be closed when there are participants on the track.**

**Time of opening and closing of the transit zone:**

	The transit zone opens	The transit zone is closed
I start	9:25	09:50
Aquathlon	10.20	10.35
II start	10:40	10:55
Age group, V1 and V2	12:00	12:25
Elite women and JW	14:00	14.25
Elite men and JM	16:00	16.25

## 5. DISTANCE AND TRACK SCHEMES

Group	Swimming	Biking	Running
A, B, C and Amateurs (distance I)	200 m	5 km	1 km

D, I, V3 and V4 (distance II)	400 m	10 km	2.5 km
J, E, V1 and V2 (distance III)	750 m	20 km	5 km
Aquathlon	200 m	-	1 km
Relay (distance II)	400 m	10 km	2.5 km

### **I distance. Open Lithuanian triathlon sprint championship, Baltic cup 2021.**

<b>Date of birth</b>	<b>Age group</b>
2012 and younger	AW girls, AM boys
2010 – 2011	BW girls, BM boys
2008 – 2009	CW girls, CM boys
Amateurs (open)	MW women, MM men

200 m swim (1 lap) – 5 km bike (1 lap) – 1 km run (1 lap).

### **II distance. Open Lithuanian triathlon sprint championship, Baltic cup 2021.**

400 m swim (1 lap) – 10 km bike (2 laps) - 2,5km run (2 laps).

<b>Date of birth</b>	<b>Age group</b>
2006-2007	DW girls, DM boys (Youth)
2004-2005	IW girls, IM boys (Youth)
1952- 1961	V3W women, V3M men
1951 and older	V4W women, V4M men
2007 and older	Relay

### **III distance. Open Lithuanian triathlon sprint championship, Baltic cup 2021.**

750 m swim (1 lap) – 20 km bike (4 laps) – 5 km run (4 laps).

<b>Date of birth</b>	<b>Age group</b>
Elite (1982-2001)	EW women, EM men
Juniors (2002-2003)	JW - girls, JM - guys
1972-1981	V1W women, V1M men
1962 – 1971	V2W women, V2M men

### **Aquatlon.**

200 m swim (1 lap) – 1 km run (1 lap).

\* This start is not included in the ranking of the Lithuanian Triathlon Federation 2021.

Date of birth	Age group
2009 and younger	CM-A ir CW-A
Open amateur standings	OPENW-A ir OPENM-A

### Swimming and competition village

Warming up in water is allowed no later than 10 minutes until the start of the match. Participants of other distances are not allowed to swim during the competition.



### Bike

The all-distance bike race takes place on the same section. The longest (3rd) distance bicycle wheel is equal to 5 km. The track is 100% good quality asphalt, there is one sharp, short hill.

At the ends of the track, 180 degree turns, there is one 90 degree turn. The track is completely closed from car traffic.



### Run:

The running race is run at 1 km / 1.25 km. rate (to be adjusted). The track is 100% asphalt, good quality.

## 6. REGISTRATION AND AWARDS

International registration is carried by filling out excel form: <https://bit.ly/3bpBioa> and sending it to the organizing team: [info@triatlonas.lt](mailto:info@triatlonas.lt) . Based on received registration sheets, organizers will issue an invoice for the registered athletes of delegating clubs.

Distance	Price until 05.20	Price until 06.03	Event day
Aquathlon	5 Eur.	10 Eur.	Not possible
I distance (200/5/1)	15 Eur.	20 Eur.	
II distance (400/10/2,5)	20 Eur.	25 Eur.	

III distance (750/20/5)	30 Eur.	35 Eur.	
Relay (400/10/2,5)	30 Eur.	39 Eur.	

Registration on the day of the event is not possible.

## Rewards

First and third starts races winners will be rewarded with: medals, diploma and prizes. The competition is included in 2021 Baltic Cup classification and Lithuanian Triathlon Federation 2021 rating.

### 1. Competition rules:

Taking into account the global pandemic situation and restrictions, the competition is conducted in accordance with the safety guidelines approved by the Lithuanian Triathlon Federation. [Lietuvos triatlono federacijos patvirtintas saugumo gaires.](#)

- The flows of participants and spectators are regulated by team of the event organizers;
- Athlete who maliciously fails to follow the Federation's safety guidelines, volunteer / judge / organizer instructions - will be disqualified from the competition;
- By registering for the competition, the participant confirms that he / she has read these regulations, understands them, unconditionally agrees with their content and promises to comply with them.;
- Athletes (under the age of 18) must provide the written consent of their parents or guardians to participate in the competition when collecting the start package. Consent template. [Sutikimo šablonas](#);
- The participant confirms that he / she is sufficiently trained (knows how to swim), is healthy, and there are no reasoned prohibitions of qualified medical specialists prohibiting him to cover the selected distance in this competition. The entrant waives any claims against the organizers in connection with his health or life issues;
- The competition is conducted according to the rules of the “[World Triathlon](#)”
- Athletes can swim with the current swimming competitions authorized swimwear suits for men and women;
- Athletes must swim with organizers provided swim cap;
- It is necessary to wear a properly fastened cyclist's helmet when riding a bicycle;
- Athletes can ride with road bikes, MTB bikes, but handlebars must comply with ITU rules;
- It is only possible to ride in a group for members of one gender;
- Failing to follow the prescribed course / not finishing described race course will result to disqualification;
- Outside assistant is not allowed;
- All participants of the 3rd distance apply for the elite group awards;
- Helmet not opened in time, line of transit zone crossed, used inventory not placed in personal box - fine 10 sec. (in the running match);
- cycling in a group of different genders for the first time - a warning showing a blue card and a fine of 1 min. (stopped in a running race), a second time disqualification by showing a red card;

- After finishing race it is mandatory to return timing chip device;
- Hydro costumes are mandatory at water temperatures below 15 ° C;
- For athletes in distance III, hydro costumes are forbidden at temperatures above 20 ° C. For other distances, hydro costumes are forbidden at temperatures above 22 ° C.

#### 4. **FINAL PROVISIONS**

All costs related to the secondment of athletes to the competition shall be paid by the sending organization.

**The organizer of the competition reserves the right to change the regulations of the competition, if necessary.**