

# LAP NIA TRIATHLON

- Race Manual -

v1

2017-06-29

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## Program

The race program from 2017-07-06 to 2017-07-09:

Activity	Where	Day	Time
Late registry and pickup of race numbers for Laponia Sprint	Race Office	Thursday	12:00 - 16:00
Pickup of race numbers (for Laponia Tri)	Race Office	Thursday	12:00 - 16:00
Bike and gear check-in for the Sprint	Vassara river	Thursday	15:30 - 16:30
Laponia Sprint start	Vassara river	Thursday	17:00
Dinner buffet	QHL	Thursday	19:00 - 21:00
Pre-race meeting (mandatory)	QHL	Thursday	20:00 - 21:00
Prize ceremony Laponia Sprint	QHL	Thursday	21:00 - 21:30
Pickup of race numbers	Race Office	Thursday	19:30 - 22:00
Pickup of race numbers	Race Office	Friday	14:00 - 20:00
Bike and gear check-in	Sandviken	Friday	22:00 - 23:00
Laponia Triathlon 67°N race start	Sandviken	Friday	24:00
Laponia Triathlon 67°N last finish time	Stora Sjöfallet	Saturday	16:00
Brunch buffet	QHL	Sunday	11:00 - 14:00
Awards ceremony	QHL	Sunday	12:00 - 13:00

Race Office is located in Quality Hotel Lapland (QHL), two floors above the hotel reception.

The Quality Hotel Lapland restaurant for buffet, pre-race meeting, prize ceremony and brunch is located one floor above the hotel reception.

## Registration, Fees and Payment

Registration fee is 2200 SEK.

All athletes must be at least 18 years old during the race year.

Payment from Swedish accounts is done to bankgiro 506-0264 or Swish 123 321 98 54.

Payment from bank accounts outside Sweden is done to:

IBAN: SE77 8000 0826 4406 3068 6137

BIC: SWEDSESS

Account holder: GÄLLIVARE ENDURANCE CLUB

The entry fee includes:

- Swim cap
- Finisher T-shirt
- Medal
- Dinner buffet on Thursday evening
- Dinner at the finish line in Stora Sjöfallet
- Sunday brunch
- Energy during the race

Transport of bike from Stora Sjöfallet to Gällivare (The railway station) can be purchased for an additional cost of 500 SEK / 50 €. This must be booked at least one week before the race and pre-paid to the same account as the registration fee.

## Cancellation rules

Half entry fee will be refunded if registration is cancelled no later than 2017-05-31. No refund after this date.

## Race Office

The race office is located two floors up from the reception at Quality Hotel Lapland, [www.qhl.nu](http://www.qhl.nu). This is the natural point for information for both athletes, supporters and volunteers. Please visit the race office with any questions you might have.

The race office is where you pickup your race numbers for the sprint and long distance races and where you register late entries for the sprint race (we do not accept late entries for the long distance race).

Official merchandise of the Laponia Triathlon and Gällivare Endurance will be sold at the race office.

At the race office you can also buy basic cycling wear parts (like tubes and CO2 cartridges) and other triathlon merchandise through our partner, Trisport.

The opening hours are:

Thursday 12:00-16:00, 19:30-22:00

Friday 14:00-20:00

Saturday 15:00-20:00

Sunday 10:00-12:00

## Race numbers

Before the race you must pickup your start kit including:

- Race number for race belt
- Race number stickers for helmet and bike
- Plastic bags for your race gear in T1, T2 and finish.
- Swim cap

You pickup your start kit at the Race Office.

Race numbers shall be visible on your back during the bike leg and on your front during the run. You must have the race number sticks visible on your bike seat post and on your helmet front and sides.

The official race swim cap must be worn during the swim leg.

Timing is done with electronic chips which are handed out in Sandviken at bike check-in.

## License

All participants must have a valid race license from their national triathlon federation. The license must be presented at registration (when picking up your race number) together with a valid photo ID. Swedish athletes do not have to bring a license since we will have an updated license list from the Swedish Triathlon Federation.

For Swedish participants there will be an option to buy a one-day license for the race. We do however recommend buying a one-year license since this provides insurance coverage also during training. The one-day license costs 170 SEK and is paid cash or using Swish when picking up your race number. Please note that you must still be member of a club connected to the Swedish Triathlon Federation, even if you decide to buy a one-day license. You can find out more about the race license on <http://www.svensktriathlon.org/Tavling/Tavlingslicens/>

## Course description

### Swim

3.8 km in lake Vassara. The water temperature will likely be at least 16°C but unlikely above 20°C. Wetsuit is mandatory. The swim is a three-lap course with start, lapping and finish on the Sandviken beach.

### Bike

180 km from the Sandviken beach by lake Vassara in Gällivare to Stora Sjöfallet via a turning point at the Ligga dam. The road surface is mostly pretty good asphalt and traffic will be very limited, especially since the bike leg takes place during the night.

You must however pay attention to the road conditions since they are not of the same high standard as in the southern parts of Sweden. Minor holes or bumps in the asphalt are quite common. Don't stare at the scenery too long at a time but keep your main focus on the road ahead and you will do just fine!

Aid stations are located at 48k, 88k and 138k. You will be able to receive bottles of water and energy drinks (Umara) handed to you while passing the aid station. There will also be Umara energy bars available.

### Run

42.2 km starting and finishing in Stora Sjöfallet with a turning point some 4 km west of Vakkotavare. You shall run on the lake side of the road in both directions which means that you will be running on the left side of the road towards the turning point and on the right side of the road when running back from the turning point to Stora Sjöfallet.

There will be aid stations at about every 4-5 km offering water, energy drinks (Umara), energy bars (Umara), cola drinks, potato chips and energy gels (High5).

A more detailed description of the race course can be found on the race website.

## Cut-off times

There are two cut-off times. Athletes who fail to reach the cut-offs within the maximum times may not continue the race.

Swim finish = 2 hours 15 minutes

Stora Sjöfallet (T2) = 11 hours

Finish line = 16 hours

## Weather, safety and support

Air temperature in July is typically 20°C during daytime and 10°C during the night. Wind conditions are very calm in Gällivare but it can be quite windy around Stora Sjöfallet. Rainfall is normally moderate. Water temperature in lake Vassara will likely be within 16-20°C.

Medical support is stationed at the start and finish. All aid stations have first aid kits. At the start in Sandviken there will also be a defibrillator available.

If you need medical assistance during the race, contact the crew in the aid stations or call the race medical time at +46705640073 (Christine Johansson).

In case of emergency, always call 112.

If you withdraw from the race after the start, you must inform the race organisation as soon as possible on telephone +46738016908 or inform the crew in any of the official aid stations. This is very important due safety reasons.

## Race day

There will be floor pumps available in the start area. Official plastic bags received together with your race numbers shall be used for all gear in T1, T2 and finish line.

All T1-gear shall be put into the official transition bag and be placed next to your bike in T1. All gear must be put inside the transition bag which shall be closed. You may not leave any gear outside the bag in T1. The only exception is your helmet which can be put on your bike, The ground surface in T1 requires shoes so do not leave your shoes on the bike and try running barefoot in T1. The bike shall be placed on the bike rack at the spot marked with your race number.

In T1 there will be tents (one for women and one for men) in which you can change clothes after the swim if you like.

After the swim, put all your swimwear in the T1 transition bag before unranking your bike. Leave the T1-bag at the bike rack. The T1-bag will be transported to the finish line by the race organisation.

All T2-gear shall be put into the official transition bag and be handed over to the race organisation in Sandviken at the gear check-in before the start. The race organisation then drives the transition bag to T2.

The finishing bags will be taken to the finish line by the race organisation. So put all gear that you need after finishing the race into the finishing bag and hand it over to the race organisation in Sandviken at the gear check-in before the start. Don't forget to include towel and whatever you need for the shower and sauna in Stora Sjöfallet.

When reaching T2 you place your bike on the bike rack at the spot marked with your race number. Your T2-bag will be placed at your spot on the bike rack. All your cycling gear shall be put into the T2-bag and be left next to your bike before leaving T2. The ground surface in T2 requires shoes so do not leave your shoes on the bike and try running barefoot into T2.

At the finish line you can collect all your three bags next to your place at the bike rack in T2.

If you have opted for the race organisation to transport your bike back to Gällivare you can pick-up your bike at the race office in Quality Hotel Lapland, Opening times for this is Saturday 15-20 and Sunday 10-12. You will need to show your race number as a receipt to collect your bike.

If you have opted for handling the bike transportation yourself, your supporters will have to pick-up your bike in T2 no later than 16:00 (Saturday). They will have to show the special bike-receipt received in the start-kit together with your race number. This bike-receipt is your insurance that only your dedicated supporter can pick-up your bike for you.

## **Bike transportation**

The race organisation handles bike transportation from T2 to Quality Hotel Lapland Gällivare for those athletes who can't handle this through their own supporters. This service costs 500 SEK / 50 € and must be pre-booked at least two weeks before the race. Payment is done via bank transfer or Swish (only Swedish cell-phones).

## **Transportation of athletes**

At the finish in Stora Sjöfallet there will be lists of transfer times for the mini-busses taking athletes back to Gällivare (the railway station). When you have passed the finish line you shall write your name at the transfer time you wish to take. When signing up for your bus transfer, remember to allow enough time for shower, sauna and dinner in Stora Sjöfallet. The race crew at the finish will help you fill in the transfer lists after you finish.

Athletes who have arranged for their own transfer shall of course not fill in the transfer lists for mini-busses.

## Rules

The Laponia Triathlon 67°N is sanctioned by the Swedish Triathlon Federation which race rules applies for this race with some restrictions (see below).

Here is a summary of the rules including special rules for Laponia Triathlon:

1. Athletes must be at least 18 years of age (it is sufficient that that the athlete reaches 18 years during the same year as race day).
2. At registration, all athletes must present a valid photo ID (passport, driver's license or similar) and a valid race license from their national triathlon federation. Swedish athletes do not need to show their licenses since we already have this information from the Swedish Triathlon Federation.
3. Drafting on the bike is not allowed and 12-meter distance applies. The distance is measured from front wheel to front wheel. See illustration in the STF race rules which are the same as in the ITU race rules.
4. Maximum time to complete the race is 16 hours.
5. The swim must be completed within 2 hours 15 minutes.
6. Wetsuit is mandatory (this is an exemption from the rules of the Swedish Triathlon Federation).
7. Neoprene cap is allowed during the swim but you must wear the race official swim cap visible on top of that.
8. Gloves are not allowed during the swim.
9. Socks/booties are not allowed during the swim.
10. If the water temperature is below 15°C the distance will be shortened (this is an exemption from the rules of the Swedish Triathlon Federation where also the air temperature is taken into the equation).
11. Helmet is mandatory during the bike leg.
12. Disc-wheels are allowed on the bike leg. We will inform about expected wind conditions on the pre-race meeting but it is up to each athlete's own judgement to decide whether a disc wheel or deep front wheel will be possible to control during the conditions.
13. Earphones (for music etc.) are not allowed due to safety reasons. We want you to hear traffic and calls from the race officials.
14. Private aid stations are allowed anywhere along the race.
15. Pacing is not allowed. You are not allowed to have a supporter for example drive a car, ride a bike or run next to you during the race.
16. Other outside assistance such as bike mechanics is not allowed other than from the race organization.
17. Littering is strictly forbidden. This is especially important since the race course passes through the Laponia world heritage.
18. The race number must not be worn during the swim.
19. The race number must be visible from the back during the bike segment and from the front during the run.
20. The electronic timing chip must be worn during the entire race.
21. If given a yellow card, you have to serve a 1 minute penalty at the next penalty box.
22. If given a blue card, you have to serve a 5 minute penalty at the next penalty box.
23. If given a red card, you are disqualified.



Medical crew and race marshals appointed by the organizers may at any time during the race stop an athlete from continuing the race due to health issues.

There are two penalty boxes along the course. One is located just before entering T2 and one just before the finish line (this is really the same penalty box which you pass both when entering T2 and finish).

### **Release from liability**

All athletes starting in Laponia Triathlon agree to the following conditions:

- I attest that I am physically fit and able to complete the competition.
- I grant the race organisation full permission to free of charge use of photos and film taken of me during the race, for use in promotion of the event in print, and on the Internet, TV and video.
- Medical personnel and race marshals appointed by the organizers may remove me from the race, should they consider there being a health or injury risk to me.
- I acknowledge that use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden. I will comply with and accept the ITU anti-doping rules.
- Participation takes place at my own risk.
- I indemnify the organisation against any claims that could possibly result from participation in the event. I also indemnify Laponia Triathlon 67°N and Gällivare Endurance Club for any consequences which may ensue as a result of this participation.