

# LAP NIA TRIATHLON

- Race Manual -

v1.0

2016-06-28

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## Program

The race program from 2016-07-14 to 2016-07-17:

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

## Registration, Fees and Payment

Registration fee is 2000 SEK.

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

Registration is done via the race calendar on the Swedish Triathlon Federation web page.

Payment from Swedish accounts is done to bankgiro 506-0264.

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 Friday evening
- Dinner at the finish line in Stora Sjöfallet
- Sunday brunch
- Energy during the race

Transport of athlete and bike from Stora Sjöfallet to Dundret Gällivare can be purchased for an additional cost of 300 SEK / 30 €. This is paid cash (or using Swish) in Gällivare when picking up the start numbers.

## Cancellation rules

Half entry fee will be refunded if registration is cancelled no later than 2016-05-31. No refund after this date.

## 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 can pickup your start kit at Vassarasprinten, at the pre-race meeting and in Sandviken on race day.

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.

## 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 two-lap course with start, lapping and finish on the Sandviken beach.

### Bike

180 km from the Sandviken beach by lake Vassara in Gällivare to Ritsem (or rather some 7 km east of Ritsem). 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. Especially the road section between Stora Sjöfallet and Ritsem (the last 42 km of the bike) is pretty bumpy and there are some minor holes in the asphalt. 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 40k, 80k and 130k. 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 from 7 km east of Ritsem to Stora Sjöfallet. The course follows the same road but in the opposite direction as the last part of the bike leg.

There will be aid stations at about every 5 km offering water, energy drinks (Umara), energy bars (Umara), cola drinks, potato chips, bananas and on the last 25k energy gels (High5).

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

### Cut-off times

There are three 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 (130 km of bike leg) = 9 hours

Finish line = 16 hours

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.

### 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 in Stora Sjöfallet.

## 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. You may however put your helmet and cycling shoes on your bike. 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.

The T2-bag will be transported to the finish line by the race organisation.

At the finish line you can collect your finishing bag together with your T1 and T2-bags.

If you have opted for the race organisation to transport your bike back to Gällivare you can pick-up your bike at Dundret in the evening from 19:00-21:00. 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 11:00 (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 Dundret Gällivare for those athletes who can't handle this through their own supporters. This service costs 300 SEK / 30 € and is paid when picking up your start number.

The transportation is done using Thule bike racks mounted in a covered truck. The transportation is covered by transport insurance.

## 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 the rear wheel to the front wheel (ITU stipulates 10-meter distance from front wheel to front wheel in age group classes, effectively meaning about 8-meter distance. 12-meter distance is according to the rules of the Swedish Triathlon Union and applies for the Laponia Triathlon).
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 during the swim.
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 (may be allowed if water temperature is really cold. This will be announced on the Thursday pre-race meeting in that case).
10. Helmet is mandatory during the bike leg.
11. 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.
12. Earphones (for music etc.) are not allowed due to safety reasons. We want you to hear traffic and calls from the race officials.
13. Private aid stations are allowed anywhere along the race.
14. 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.
15. Other outside assistance such as bike mechanics is not allowed other than from the race organization.

16. Littering is strictly forbidden. This is especially important since the race course passes through the Laponia world heritage.
17. The race number must not be worn during the swim.
18. The race number must be visible from the back during the bike segment and from the front during the run.
19. If given a yellow card, you have to serve a 5 minute penalty at the next penalty box.
20. 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 in T2 and one just before the finish line.

### **Release from liability**

All athletes must sign the "Release from Liability" document before they receive their race number. The document contains the statements below:

- 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.