



Contents

3

Welcome

5

Practical information

6

Veneu area

7

Event information & time schedule

9

Registration

11

Race Brief & Race Start

12

Veneu area (detailed)

15

Transition zone

16

Swim course

17

Bike course

19

Run course

21

Post race information

22

Good behaviour

Welcome

WELCOME TO THE
EUROPEAN TRIATHLON
NORDIC CHAMPIONSHIPS IN
FREDERICIA 2023

Dear Triathletes,

Triathlon Denmark, Fredericia Municipality and Fredericia City Triathlon are looking forward to welcoming you to Fredericia City Triathlon 2023.

In this Athletes Guide, we will try to give you answers to the questions you may have regarding your participation in Fredericia City Triathlon 2023 and the Nordic Championship.

We would therefore ask you to read this Athletes Guide thoroughly, as it contains important information about the race.

Remember that the rules that are described must be followed and they are made to give you and your competitors a fair and safe race. It is therefore important that you follow them.

See you on September 2 and 3 for a fantastic race!

Swim



Bike

Run

PRACTIAL INFORMATION

Contact informations

Organiser: Fredericia Triathlon Team
Event Manager: Carsten Andersen
Phone number: +45 22300223
E-mail: caandtri@gmail.com
Technical Delegate: Jaakko Mattila FI

Hotels in Fredericia

Hotel Fredericia is located approx. 5 km. from the venue area close to the railway station, in a quiet area as a neighbor to Fredericia Sports Center where there is a swimming pool.

<https://hotelfredericia.dk>

Kryb I Ly Kro is located approx. 13 km. from the venue area. The hotel is in a quiet area close to the motorway. <https://www.krybily.dk/>

Hotel Postgaarden is in the city center by Gammel Havn approx. 2 km. from the venue area. <https://www.postgaarden.dk>

Parking

It is possible to park close to the venue area.
- Parking 1 is located down on the beach by the venue area.

- Parking 2 has the address Øster voldgade 3, 7000 fredericia

- Parking 3 is at the address Dronningensgade 97. This car park is right next to the cycle route, so it may take a little extra time to get in and out of the car park.

Bib numbers, tatoos and registration

Distribution of bib numbers will take place at the meeting place. Look on your respective event page for when you can pick up your bib number. Only Age-Group and Kids will receive Bib numbers. Elite will get tatoos and Youth athletes will be marked on shoulder and leg. In your envelope you will receive your start number and stickers for the bike. You will be given your start number envelope by stating your name and the race you are participating in. It is important that the bib number is saved, as it must be shown in order to get your bike delivered from the changeover zone.

Information

The information can be found in the same place as the registration. We would really like to help you with any questions you may have.

Security

There will be no additional measures in the form of security personnel around the transition zone. Athletes themselves are responsible for their bicycles. The transition zone is delimited by bicycle fences and bicycles may only be removed from the transition zone if the start number is presented. There will be volunteers present who will keep an eye on the transition zone throughout the day

First aid

There will be the possibility of first aid in the venue area by medical staff during the day. The nearest hospital is Vejle or Kolding hospitals. Emergency number: Medical emergency (+45) 7011 0707 or in case of serious injury 112

Competition rules

The event follows Triathlon Denmark's competition rules.

Timing chips

At check-in, all athletes are given a timing chip. This must be worn on the ankle and returned directly at the finish line. The athlete himself is responsible for his chip and a fee is charged if it is not returned.

Results and live tracking

See www.sportstiming.dk

Anti Doping

The organizers distances itself from any kind of use of doping.

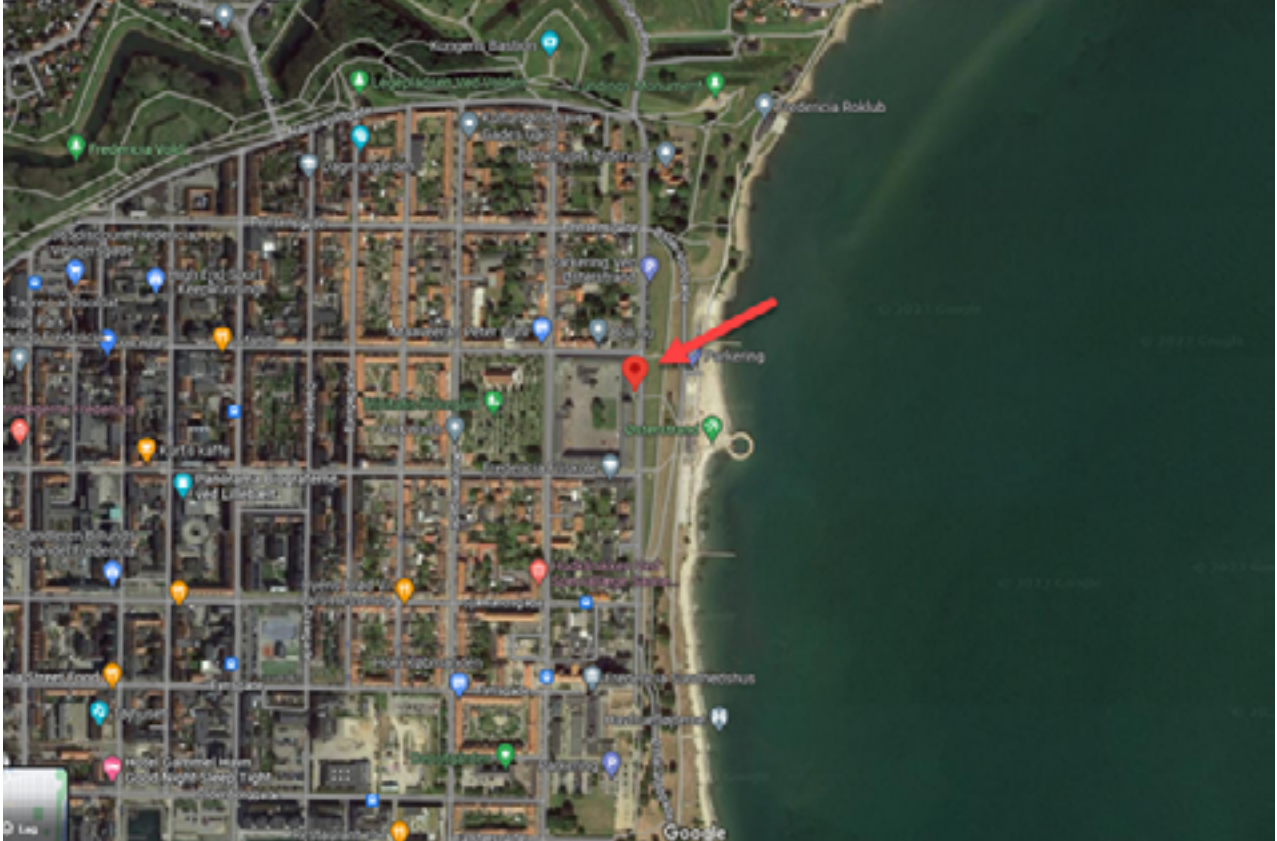
All participants may be tested before and after the race and must be available to the doping controllants. It is the participant's own responsibility not to have taken any illegal drugs in any way. If a participant tests positive, he is excluded according to the rules of WADA.

Accreditation

All Danish youth coaches receive a accreditation card at the start of the season, which gives them access to the transition zone. Without accreditation card, it is not possible to gain access to the transition zone. Participants in children's triathlons must take a single parent with them to the transition zone, otherwise only athletes are allowed.

VENEU AREA

ØSTER VOLGADE 7000 FREDERICIA



The venue area can be found at the address Øster voldgade, 7000 Fredericia.

Parking

It will be possible to park in several places in Fredericia. The following parking places is recommended:

- Parking 1 is on the beach at the venue area.
- Parking 2 has the address Øster voldgade 3, 7000 Fredericia
- Parking 3 has the address Dronningensgade 97. This parking area is next to the bike course. You will be guided out of the parking area. There can be waiting time.

Contact informations

Organizer: Fredericia kommune, Triatlon Danmark, Fredericia Triathlon Team

Race Director: Carsten Andersen, +45 22300223, e-mail: caandtri@gmail.com.

| EVENT INFORMATION & TIME SCHEDULE

Friday, September 1, 2023

Time	Event/Race
16:30	Registration opens
16:45	Bike Familiarisation. Departure from Øster Volgade
18:00	Race Briefing Elite at Fredericia Town Hall, Gothersgade 20, 7000 Fredericia

Saturday, September 2, 2023

Time	Event/Race	Distance
10:00	2023 Nordic Championship Super Sprint Youth Men	375 - 10 - 3,2
11:00	2023 Nordic Championship Super Sprint Youth Women	375 - 10 - 3,2
12:00	Open Race Super Sprint Age Group Women/Men	375 - 10 - 3,2
13:00	Kids Triathlon*	See distances
13:30	Award Ceremony Youth & Age-Group	
14:00	2023 Europe Triathlon Nordic Championships Fredericia Men	750 - 20 - 5
16:00	2023 Europe Triathlon Nordic Championships Fredericia Women	750 - 20 - 5
17:30	Award Ceremony Elite	

* Not a Nordic Championship

For detailed programs see our web page:

- Youth: <https://frettri.dk/nm-youth-time-schedule/>
- Age-Group draft: <https://frettri.dk/ag-draft-time-schedule/>
- Kids: <https://frettri.dk/kids-time-schedule/>
- Elite: <https://frettri.dk/etu-nm-time-schedule/>

| EVENT INFORMATION & TIME SCHEDULE

Sunday, September 3, 2023

Time	Event/Race	Distance
10:00	Mixed Relay (2+1) open race Youth	375 - 7 - 1,25
11:00	Mixed Relay (2+1) open race Age-Group	375 - 7 - 1,25
12:30	2023 Nordic Championship Mixed Relay (2+2) Elite	375 - 7 - 1,25
14:15	Standard Race Age-Group , Non-draft*	750 - 40 - 10
14:30	Award Cermony Mixed Relay	
17:30	Award Cermony Age-Group Non-draft	

* Not Nordic Championship

For detailed programs, see our web page:

- Mixed Relay: <https://frettri.dk/mixed-relay-time-schedule/>
- Age-Group Non Draft: <https://frettri.dk/ag-non-draft-time-schedule/>



I REGISTRATION

Elite

Registration opens 16.30 PM on Friday, September 1st. at Fredericia City Town Hall, Gothersgade 20, 7000 Fredericia.

The participant in the Elite race will get the timing chip at the bike check Saturday.

Youth/Age-Group/Kids & Mixed Relay

Registration and delivery of start numbers at Bülow's Barracks next to the venue area. Go through the gate and to the left.

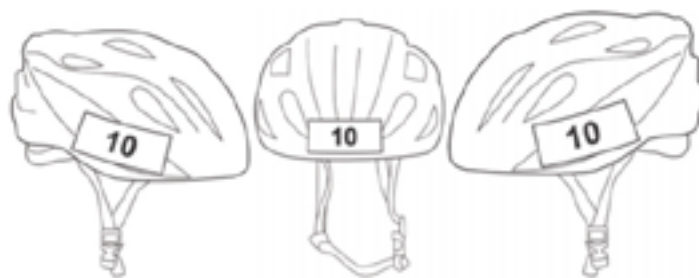
Registration opens September 2nd at 07:30 AM.

The envelope contains:

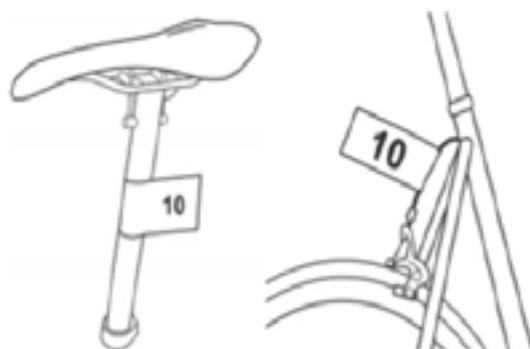
- BIP Numbers (only for participants Sunday)
- Safety pins
- Timing chip
- Swimming cap to be worn while swimming
- 3 number label to be attached to the helmet
- 1 number label to be attached to the bicycle

Please remember to check that the envelope contains the above upon receipt.

Helmet label must be placed on the helmet as follows:



Labels for the bicycle must be placed in one of the following ways:



Do not throw away your envelope after you have finished the race. You must use the envelope when you collect your bike. No envelope = no bike.

Timing

Timing is done by Sportstiming. Each participant or team is given a chip together with the race numbers.

The chip is used on the relays as depeche. The chip must be handed in after you have reached the finish line.

Together with the chip, a wristband is provided to put around the wrist where the chip is attached. The chip must be worn around the wrist during the entire race.



If the chip is not handed in at the finish line, or at the latest when picking up your bike in the transition zone, you will be charged DKK 250 for the chip.

Results

At www.sporttiming.dk there will be live updates of the race. In addition, when registering. You can sign up for an SMS service so that you will receive your result via SMS as soon as you pass the finish line.

The final results can be found at www.sporttiming.dk.

Handing in bikes in transition

The transition zone opens for handing in bicycles according to the program for the individual races. The transition zone is closed for handing in bikes according to the program for the day in question.

In the transition zone you will find your place with your number on it. There is a folding box at your place, all the equipment you bring in the changing zone must be stored in the box, nothing may lie next to the box.

When checking in at the transition zone, the referees will check the helmet and bike. If the helmet or bicycle is not found to be safe in terms of safety, the referees can discard them and they must therefore not be used during the race.

It is the participant's responsibility to provide a helmet that can be approved before the race starts.

Faults on the bike must be rectified by the participant or the participant must obtain a new bicycle before the race starts.

Handing out bike fra transition

When handing out your bike from the transition zone, the envelope that contained start number must be presented, otherwise the cycle will not be handed out.

Race Briefing

Elite

Race briefing for the Elite takes place on Friday, September 1st, at 18:00 Fred-
ericia Town Hall.

Youth/Age-Group/Kids & Mixed Relay

Race briefing takes place before the start. The race briefing is mandatory and takes place according to the program for the days.

Race start

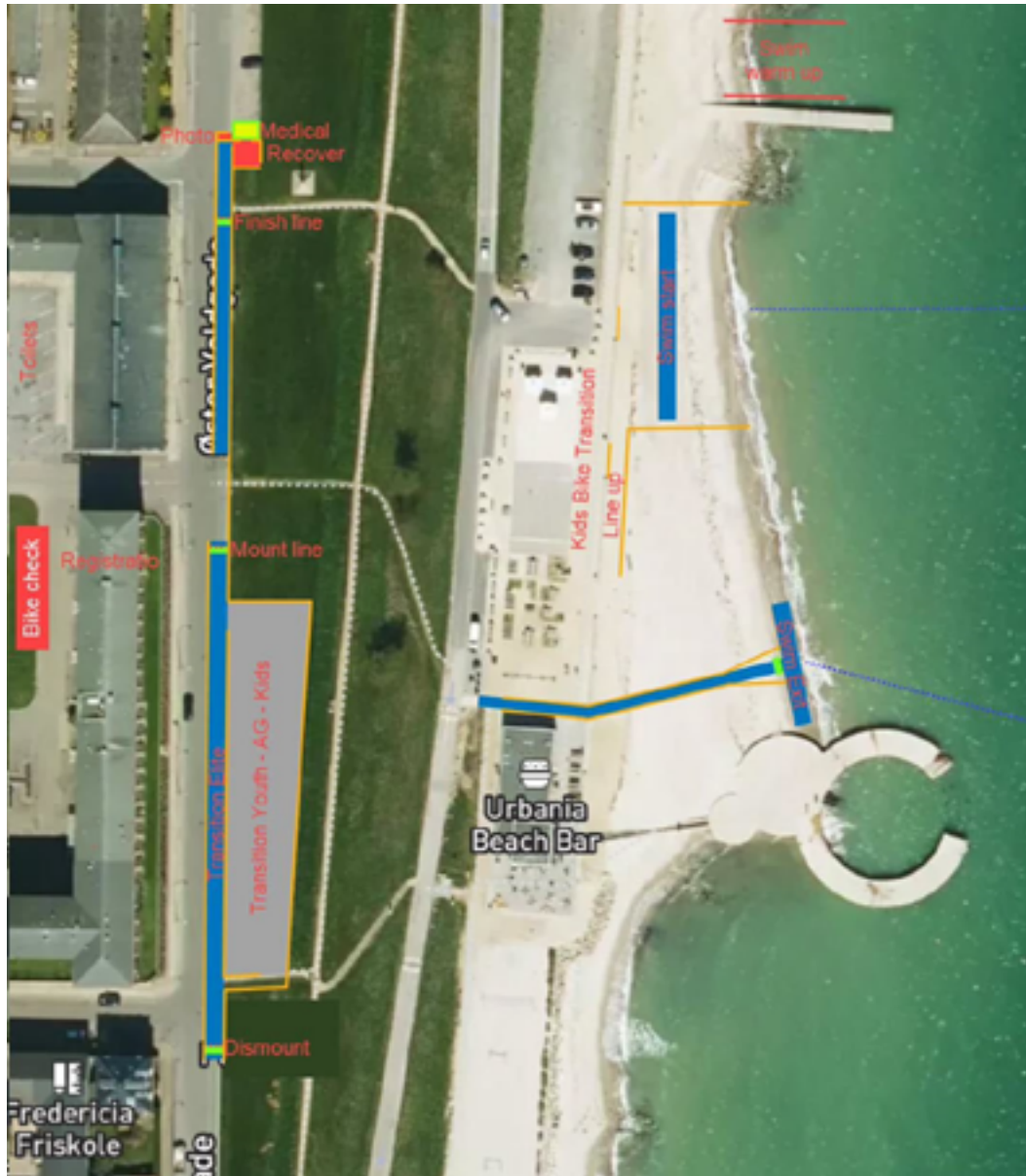
Swim warm up area is north of the starting area. Check-in for swimming takes place through the line up area.

Once the participants are inside the starting area, they must not leave it again. The starts is on the beach.

The supplied swimming cap must be worn visibly. However, it is permitted to wear another swimming cap under the supplied swimming cap

FREDERICIA CITY TRIATHLON 2023 VENUE AREA ELITE/YOUTH/AGE-GROUP & KIDS

SATURDAY



For detailed race progress, check our website:

Elite: <https://frettri.dk/etu-nm-transition-zone/>

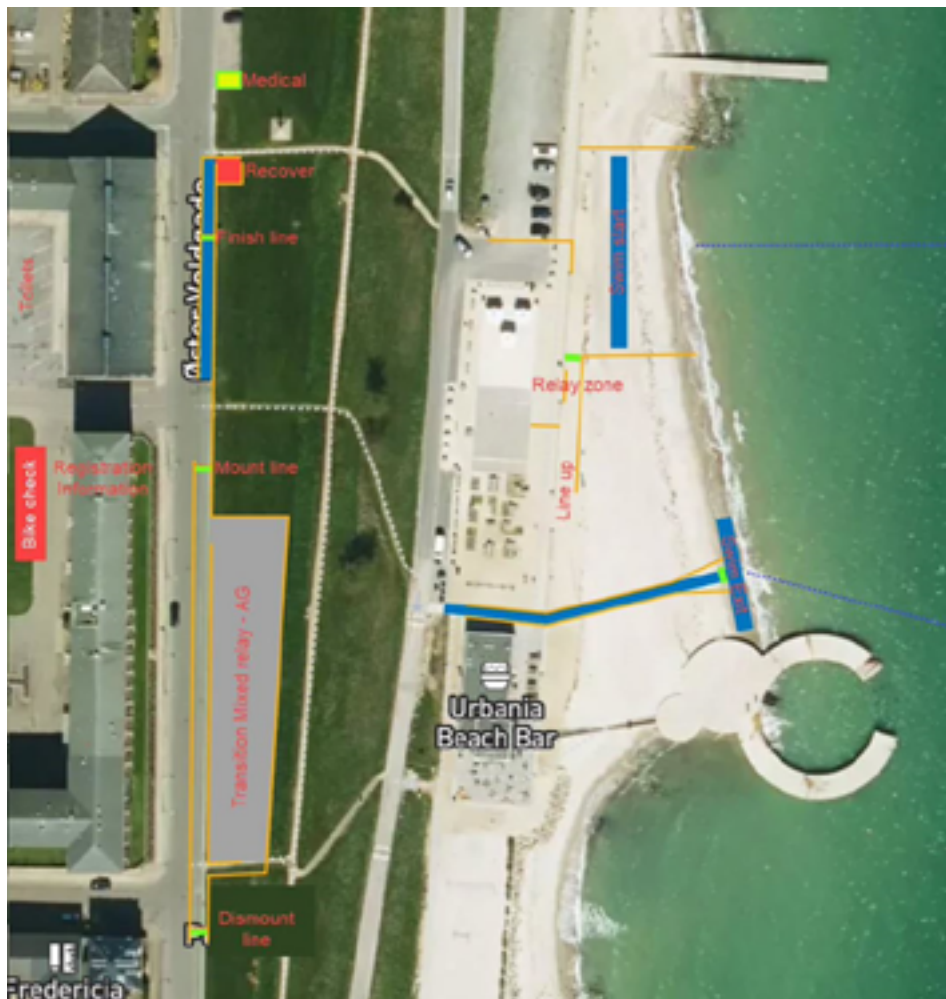
Youth: <https://frettri.dk/nm-youth-transition/>

Age-Group draft: <https://frettri.dk/ag-draft-transition/>

Kids: <https://frettri.dk/kids-transition/>

MIXED RELAY

SUNDAY



Relay zone

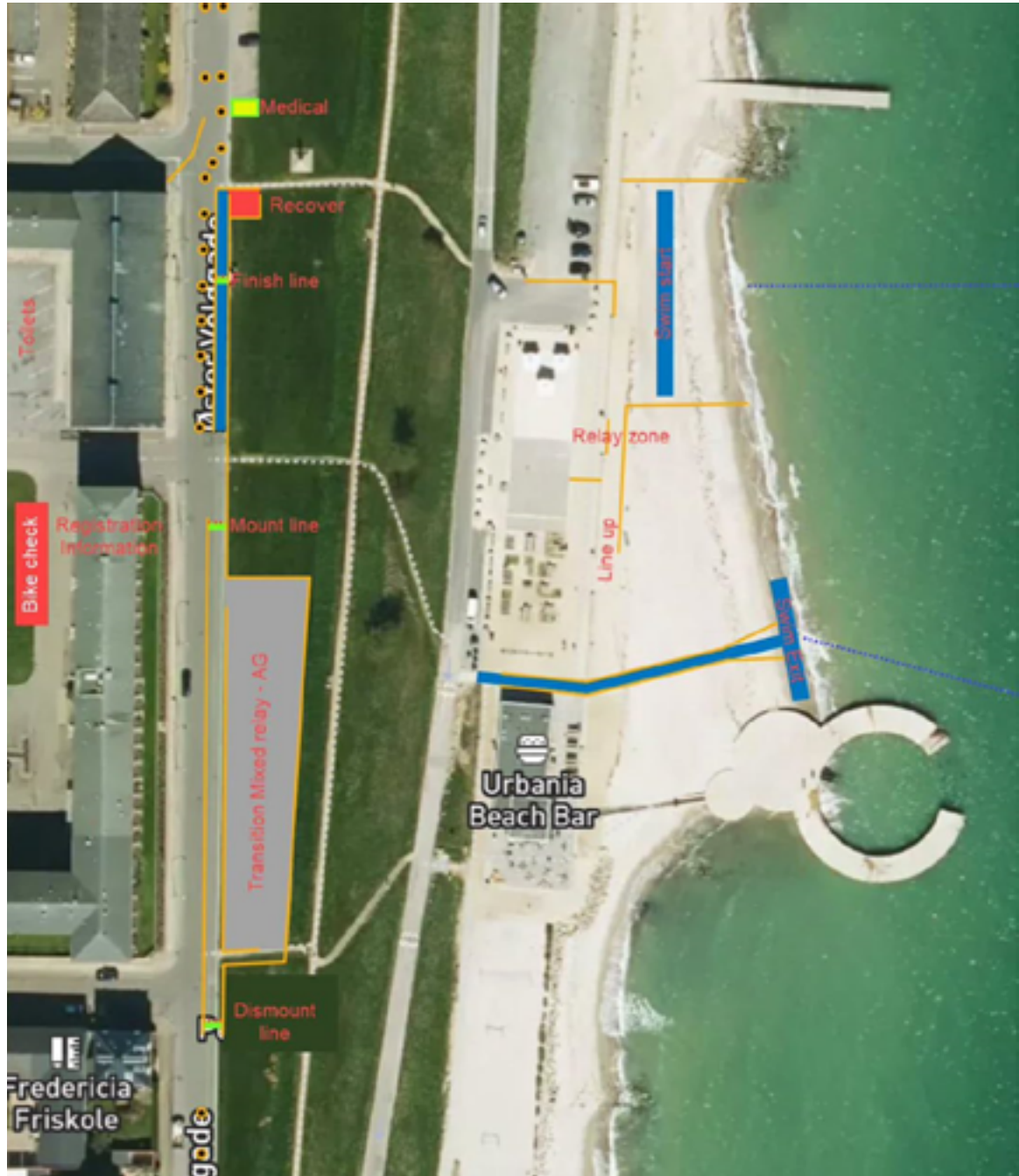


For detailed race progress, check our website:

Mixed Relay: <https://frettri.dk/mixed-relay-transition/>

Age-Group 750-40-10

SUNDAY



For detailed race progress, check our website:

Age-Group Non-draft: <https://frettri.dk/ag-non-draft-transition/>

Transition zone

After the swim, the participants will run up to the transition zone on the road up the embankment.

In the transition zone, the participants run to their bikes. Before the bike is taken down from the bike rack, the bike helmet must be on and fastened.

The participants are not allowed to start biking, until they are out of the transition zone. There will be a clear marking at the mount line where the transition zone stops. When this has been passed, it is permitted to start cycling.

After completing the bike course, the participants must get off the bike before the dismount line and run into the transition zone. There will be a clear marking at the dismount line where the transition zone starts. The bike must be put back in the place with your race number. The bike helmet must not be taken off before the bike is put in place in the bike rack.

In the transition zone there is a folding box for all your equipment. All equipment must either be in the box or on the bike. Equipment must not be on the ground.



| SWIM COURSE

The swimming takes place in Lillebælt. The swim cap provided must be worn for safety reasons during the entire swim.

The start takes place on the beach, from where you run into the water and swim out to the first buoy. All buoys must be swum right around. There will be boats and kayaks in the water for your safety. If you get into trouble while swimming, raise your arm straight up in the air and they will come to assist you.

The water temperature in Lillebælt is usually between 15 and 20 degrees. Use of a wetsuit is in accordance with the competition rules.

All participants must wear, at a minimum, opaque swimwear, which, for men, includes swimming trunks, and for women, a one-piece or two-piece bathing suit.

The only permitted aids are swimming goggles, earplugs and a nose clip.

Swimming courses

Elite: The swim course is 1 lap of 750 m.

See map: <https://www.alltrails.com/da-dk/explore/map/750-m-nm-2023-300-150-300-85ef8e8>

Age Group Draft: The swim course is 1 lap of 375 m.

<https://www.alltrails.com/da-dk/explore/map/375-m-nm-2023-150-100-125-68aea52>

Youth: The swim course is 1 lap of 375 m.

<https://www.alltrails.com/da-dk/explore/map/375-m-nm-2023-150-100-125-68aea52>

Mixed Relay: The swim course is 1 lap of 375 m.

<https://www.alltrails.com/da-dk/explore/map/375-m-nm-2023-150-100-125-68aea52>

Age Group non-draft: The swim course is 1 lap of 375 m.

<https://www.alltrails.com/da-dk/explore/map/375-m-nm-2023-150-100-125-68aea52>

Kids: There are two swim distances for kids:

6-7 years old: 50 m. 8-10 years old: 100 m. 11-13 years old: 100 m.

<https://www.alltrails.com/da-dk/explore/map/kort-14-juni-2023-b4a721c>

| BIKE COURSE

The bike course is a technically demanding course. The course goes around the inner city, where there are quite a few bends, and out onto the harbor quay, where the participants bike a short 100 meters of cobblestones and there is a good chance for a bit of wind.

It is the participant's own responsibility to remember to drive all laps. It is your responsibility that the bike is safe to ride, so make sure that all mechanical parts on the bike are fully functional and in good condition and that all equipment is securely fastened to the bike.

Be prepared that punctures can occur. It is the participant's own responsibility to bring various tools and extra hoses on the bike course. It is not permitted to receive help or spare parts from helpers or others on the route. The course is partially closed to traffic. Car traffic may occur on certain parts of the course. Home Guard police are on the course to direct the traffic and ensure your safety.

Bike courses

Elite: The bike course is 4 laps of 5 km = 20 km.

<https://www.alltrails.com/da-dk/explore/map/5-km-nm-2023-osterstrand-d9fc0cd>

Age-Group draft: The bike course is 2 laps of 5 km = 10 km.

<https://www.alltrails.com/da-dk/explore/map/375-m-nm-2023-150-100-125-68aea52>

Youth: The bike course is 2 laps of 5 km = 10 km.

<https://www.alltrails.com/da-dk/explore/map/5-km-nm-2023-osterstrand-d9fc0cd>

Mixed Relay: The bike course is 2 laps of 3,5 km = 7 km.

<https://www.alltrails.com/da-dk/explore/map/nm-2023-3-5-km-mr-68881d2>

Age-Group Non-draft: The bike course is 4 laps of 10 km = 40 km.

<https://www.alltrails.com/explore/map/cykelrute-10-km-nm-2023-1091660>

Kids: 6-7 & 8-10 years old cycle 2,5 laps of approx. 1300 m = 3,3 km.

11-13 years old cycle 4,5 laps of approx. 1300 m = 5,9 km.

<https://www.alltrails.com/da-dk/explore/map/cykelrute-1-30-km-born-nm-2023-142c65e>



I RUN COURSE

The running courses are slightly hilly courses through the beautiful and historic areas along the beach and the military areas in Fredericia. The courses surfaces is a mixture of gravel and asphalt.

During the race, the start number must be worn visibly on the front of the participants.

You may not run bare-chested.

It is not allowed to run with earphones of any kind. MP3 players and other electronic media players are prohibited on the route. Participants who do not comply with this may be disqualified.

There is a water depot on the running course. It is passed once on each lap, so there is an opportunity to get liquid once per lap. Water and energy drink will be available at the water depot.

Waste containers will be set up at the water depots. Think about the environment before you throw rubbish on the route.

See all the courses here:

- Youth: <https://fretri.dk/nm-youth-routes/>
- Age-group draft: <https://fretri.dk/ag-draft-routes/>
- Kids: <https://fretri.dk/kids-routes/>
- Elite: <https://fretri.dk/etu-nm-routes/>
- Mixed relay: <https://fretri.dk/mixed-relay-routes/>
- Age-Group non-draft: <https://fretri.dk/ag-non-draft-routes/>



| POST RACE INFORMATION

Results

Elite results from 2023 Europe Triathlon Nordic Championships Fredericia will be uploadet live to the [World Triathlon website](https://www.sportstiming.dk/event/12345). Results from races Saturday will be avaliable live at <https://www.sportstiming.dk/event/12345>. Results from Sunday will be avaliable live at <https://www.sportstiming.dk/event/12375>

Protest & appeals

Standard procedures will be followed according to the World Triathlon Competition Rules.

Lost & found

Please contact the event organisers if you have lost any items.



Good behavior Fredericia City Triathlon 2023

Competitors are expected to follow all instructions given by officials, event management and referees. Only the referees can disqualify a participant, but they can do this at any time based on the individual referee's assessment.

Referees and First Aid personnel have the right to take a participant out of the race if they judge that there will be a risk of critical injuries if the participant tries to complete the race.

All forms of unsportsmanlike conduct towards other participants as well as officials may result in immediate disqualification from the race.

If you, as a participant, choose to withdraw from the race, you must notify one of the referees on the course.

Joy

Passion

Excitement

