

Race briefing

**Gösselsdorfer – Folk triathlon, Kids
Triathlon and TriWoman**

ChTO: Herwig Birchbauer

General

- Fairness and consideration is our highest priority
- The sports regulations 2022 apply, even when not explicitly mentioned in the race briefing.
- Austrian road traffic regulations apply throughout the entire competition.

Kids triathlon

- Each athlete starts in their individual age group
- There will be a short briefing before the start of the competition
- All athletes have to step over a registration mat prior to the start of the race
- The instructions from TO's and stewards have to be followed

Swimming

- There is a neoprene ban for everyone
- Students E and D will swim alongside a rope, around a small buoy lang
- Students C will swim around a big yellow buoy
- Students B will swim around a big orange buoy
- Students A will swim from „the rock“ around two big orange buoys (right shoulder on the inside)

Cycling

- No drafting for Students E to B
- Drafting allowed for Students A and Juniors
- On the entire route apply the Austrian road traffic regulations (the StVO)
- Helmets are compulsory on the entire route
- Route maps are available on the homepage

Running

- All running routes are available on the Homepage
- The littering zone must be observed at the refreshment station behind the Ice hockey field

TRI Woman

- There ist no time tracking
- There will be a short briefing before the start of the race
- The swim track is around a big orange buoy
- On the entire route apply the Austrian road traffic regulations (the StVO)
- Helmets are compulsory on the entire route
- Route maps are availabe on the homepage

Folk Triathlon

- Each athlete starts in their individual starting wave
- There will be a short briefing before the Start
- All athletes have to step over a registration mat prior to the start of the race
- The instructions from TO's and steward have to be followed

Swimming

- There is a neoprene ban for everyone
- Both set orange buoys are to be swam around with the right shoulder.
- There are no swimming aids allowed (Paddels, Fin, etc.)

Cycling

- There is no drafting allowed
- On the entire route apply the Austrian road traffic regulations (the StVO)
- Take special care at the right hand corner in Gallizien
- From the wayside shrine ahead of transition area 2, overtaking is prohibited
- Time penalty for drafting is 1 minute
- The exact route maps can be found on the homepage

Running

- The littering zone must be observed at the refreshment station in Gösselsdorf and at the „Weinberg“
- The exact route maps can be found on the homepage

Penalty – Reasons

- Shortening of the set route in any way (DQ)
- Equipment out of the Box (Stop and Go)
- Littering outside the Litteringzone (DQ)
- „overtaking on the right“ (DQ)
- Leaving the right lane – Overtaking cars – (DQ)
- Drafting (1 Min Penalty)
- Overtaking where Overtaking is not allowed (DQ)
- Accepting outside help (DQ)

**We wish for you and us to
have an accident free and
fair competition!**