

## Important race information for the 36th "Gösselsdorfer Volkstriathlon" on July 8th, 2023

### 1. "Volkstriathlon" (500m Swim, 32km Bike and 7km Run)

- Registration at: <https://pentek-payment.at/ppay.php?UNR=a568538948637d3a065d2b8620531a7d>
- Slipstreaming is not allowed!
- The use of time trial bikes is permitted!
- Helmets are compulsory!
- The use of a wetsuit is most likely not allowed!
- Starting Fees:
  - Individual €38 - €83
  - Relay 60-105€
  - Daily license (for everyone without a valid annual license) 12€ (or 6€ per relay)
  - Chip: 4€ (if you don't have your own champion chip)
- From year 2005

### 2. Kids Triathlon

- Registration at: <https://pentek-payment.at/ppay.php?UNR=a568538948637d3a065d2b8620531a7d>
- Use of a wetsuit is not allowed!
- Wearing a helmet is MANDATORY!
- Slipstreaming is not permitted for student classes B to E!
  - All types of bikes (MTB, road bikes, etc.) are allowed!
  - It is recommended for children up to 11 years old to use mountain bikes.
- Slipstreaming is allowed for youth and student A!
  - Only road bikes are allowed!
- Classification:
  - Youth (born 2006/07) (500m swim, 13.3km bike and 3.3km run)
  - Student A (born 2008/09) (500m swim, 13.3km bike and 3.3km run)
  - Student B (born 2010/11) (300m swim, 8km bike and 2km run)
  - Student C (born 2012/13) (200m swim, 6km bike and 1.5km run)
  - Student D (born 2014/15) (50m swim, 2km bike and 500m run)
  - Student E (born 2016/17) (25m swim, 1km bike and 250m run)
- Starter fees: 12-30€

### 3. TriWoman (150m swim, 4km bike and 1km run or walk)

- Registration at: <http://www.goesselsdorfersee.info/vt/pages/online-nennung.php>
- No timekeeping at the TRIWomen competition!
- Helmets are compulsory!
- Any type of bike is allowed
- Entry fees individual/ relay: 20€ per starter / per relay (IBAN: AT56 3928 8000 0001 8895)

**Time schedule:**

10:00 - 14:00 Kids and TriWoman-competition only until 12:00	Late registration and pick up starting package
10:00 - 14:00 Kids- and TriWoman competition only until 12:00	Check-in Transition area 2 (Sports facility)
12:00 - 12:45	Check-in Transition area 1 (Lake) for Student E, D, C, B and TriWoman
13:00	START Student E m/f (6-7J)
13:20	START Student D m/f (8-9J)
13:30	START TriWoman
13:55	START Student C (10-11J)
14:00 - 15:30 (Student A and youth only until 14:30)	Check-in Transition area 1 (Lake) for Student A, youth and all starters "Volkstriathlon"
14:15	START Student B (12-13J)
14:45	START Student A and youth female
15:15	START Student A and youth male
16:00	START wave 1 (Women and relay)
16:15	START wave 2 (Man juniors – M35)
16:25	START wave 3 (Man M40 – M80+)
Approx. 16:45	Award ceremony in the finish area for the Kids Triathlon and TriWoman
Approx.19:30	Award ceremony main competition and relays

Course maps for all categories below:

<http://www.goesselsdorfersee.info/vt/pages/sponsoren/streckendaten.php>