

Asian Cup and Central Asian Championships

AGE Group, Standard Distance, June 30, 2019

Place: Kyrgyz Republic, Issyk-Kul region, Baktu-Dolonotuu village, Kapriz Resort.

Date of the competition: June 30, 2019

Date and time of the briefing for the categories AGE: June 29 at 18:00 in Kapriz Resort Athletes and teams that failed to appear at the briefing are not allowed to start.

Issuance of starter packs: The participant must pick up the starter pack on June 29 immediately after the briefing at the Kapriz Resort.

1. GENERAL

- Triathlon is a complex cyclical sport consisting of swimming, cycling and running.
- Competitions in accordance with this Regulation are held at the Standard distance: 1.5 km swimming - 40 km cycling - 10 km run:
 - Amateur- category “AGE”;
 - Relay race (team of 3 people - swimmer, runner and cyclist);
- “Drafting” on the bicycle stage (to go “on the wheel”, to go in shifts, as a team or peloton) is prohibited. Any bikes are allowed, except for bicycles without brakes and bicycles for performing tricks (fixes, BMX and others). The distance between the participants must be at least 5 meters. Overtaking for 20 seconds. For violation of these requirements - for the first warning +10 minutes to the time of the cycle stage, for the second warning - disqualification after the finish.

2. OBJECTIVES OF COMPETITION

The triathlon competition “Asian Cup and Central Asian Triathlon Championship” is held in order to:

- Popularization and further development of triathlon, and cyclic sports in Kyrgyzstan;
- Promoting a healthy lifestyle among the population;
- Increasing the level of sportsmanship of athletes who specialize in cyclical sports;
- Creating an atmosphere of sports rivalry, providing athletes with equal opportunities and fair competition;

3. GUIDELINES FOR HOLDING COMPETITIONS

The general management of the preparation and conduct of competitions is provided by the Kyrgyz Republic Triathlon Federation.

Race Director - Elena Lyzhina-Polchenkova

Registration – Bliumis Mali (0770-08-01-08), office@triathlon.kg

Head Referee – Anton Kramarenko

4. TIME AND VENUE

- Location of the starting campus and the transit zone in the Kapriz Resort according to the map.
- Maps of all stages of the competition will be available soon on website www.triathlon.kg.
- Depending on weather and other force majeure circumstances, the organizers reserve the right to change the competition regulations - postponement of the start, route changes and any other changes. Entry fee is not refundable.

Competition Program

30 June

09.00 - 09.45 Start of work of the registration zone of the category Age

09.15 - 10.15 Opening and closing of the transit zone

10.15 - 10.30 Warm-up category athletes

10.30-10.40 Opening of the competition and representation of athletes

10.45 Start

13.00-14.45 Meeting of finishers, the beginning of the debriefing.

14.45 - 15.15 Summing up, opening the road.

15.15 - 15.45 - Awards ceremony by age categories.

5. LIMITS FOR DISTANCE PASSAGE:

- Standard distance: Swimming 1.5 km - **55 minutes** for passing the water stage + **5 minutes** for passing the 1st transit zone, Cycling 40 km - **1 hour 40 minutes** for passing the cycling stage + **5 minutes** for passing the 2nd transit zone, Running 10 km - **1 hour 25 minutes** for the passage of the running stage, the total limit - 4 hours and 10 minutes from the start.

- Participants who have not passed the selected distance to the specified limits are automatically removed from the distance.

6. PARTICIPANTS OF COMPETITIONS

6.1 General:

- Men and women 18 years old and older are allowed to participate, ready to overcome the distance due to their health and physical condition.

- The Organizing Committee recommends that participants have a valid health insurance policy covering their expenses for treatment in case of injury during the race.

- Upon receipt of the start package, the Participant is obliged to sign the application, in accordance with which he completely removes responsibility from the organizers for possible damage to health that he received during the competition.
- The responsibility for passing the distance lies with the Participant. Any Participant who is a danger to other Participants may be removed from the competition by decision of the Chief Judge.
- Member Limit: 250 people.
- Technical assistance at the cycle stage is not provided. In the event of a puncture of the wheel or any other technical malfunction of the bicycle, the athlete solves the problems that arise.
- Each relay team consists of 3 athletes who separately overcome stages. The transfer of the relay is made in a specially designated place in the transit zone. Teams may have different gender composition and age.
- At the running stage there will be a PENALTY BOX (Penalty Tent), which will include the numbers of participants who violated the rules during the competition, the penalty is 15 seconds (2 min. - for the cycle stage). Participants who fall short of the penalty will be automatically DISQUALIFIED.

6.2 Penalties:

- Neglect of sports ethics at all stages of the competition: push, pull, prevent other participants from passing the distance.
- Throwing garbage out of place.
- Mount / Dismount line
- Left personal items outside of personal box / basket in the transit area.
- Penalty for drafting on the cycle stage at the standard distance - 2 min.

6.3 Age groups of the “AGE” category:

- 18 - 29 years old
- 30 - 39 years
- 40 - 49 years
- 50+;

at the same time, in order to create a competitive environment, organizers have the right to unite age groups if in one group or another the number of declared participants is less than 3 (three) people.

The age of athletes is determined as of December 31, 2019.

7. ORDER OF DRAWING UP APPLICATION DOCUMENTATION OF COMPETITIONS, REGISTRATION PROCEDURE, PARTICIPATION PAYMENT AND ISSUANCE OF START PACKETS TO PARTICIPANTS

CHECK IN

1. To participate in the competition, the Participant must go through the registration procedure on the website and make payment online at www.nomadsport.kg or go offline registration at the NOMAD

SPORT office at st. Toktogula 171/1, 3rd floor of DosCredoBank building, tel .: 0554-60-07-07 (Monday to Friday 10: 00-17: 00)

2. You can also register at the office of the Federation of Triathlon of the Kyrgyz Republic and pay in cash: st. Orozbekova, 26, tel .: 0312-58-01-08; 0770-08-01-08 (Monday to Friday 9: 00-18: 00; lunch from 12: 00-13: 00).

- Registration is open from April 1, 2019;

- When registering, it is very important to enter the data for feedback from the participant without any mistakes the phone number and email address. All news, changes and results will be promptly received through these types of communication.

- Registration ends June 25, 2019 at 23:59 or upon reaching 200 registered participants. A registered participant is one who has passed the registration procedure and paid the entry fee. Only paid applications are included in the list of participants. Payment in cash is allowed - but you must bring the payment to the organizers yourself.

- By registering and paying the entry fee the participant agrees with the Competition Regulations.

Issuance of starter packs:

- Participants must personally receive a starter pack.
- The issuance of starter packs is carried out after the briefing only upon presentation of an identity document.
- The transfer of a starter package to another person is prohibited.
- The starter pack includes a hat, a number for a bicycle (for a seatpost), a number for a helmet, numbers for a chest and a back, an information booklet, materials from competition partners.

PAYMENT FOR PARTICIPATION

- Participation fee is available online at www.nomadsport.kg or offline at the office of NOMAD SPORT;
- Payment is also made at the office of the Federation of Triathlon of the Kyrgyz Republic

The participant enters the start list after paying the registration fee.

COST OF PARTICIPATION

The cost of participation for the category "AGE" in individual competition		
	16 years and older	for members of the KRTF
from April 1 to May 15	1500 som	1200 som
from May 16 to June 10	2000 som	1700 som
from June 11 to June 25	2500 som	2200 som
The cost of participation in team relay		
from April 1 to May 15	5000 som	
from May 16 to June 10	6000 som	
from June 11 to June 25	7500 som	

8. REWARDING

Participants are awarded with memorable symbols in the following categories:

1. Men who took 1-3 places in their age groups and categories.
2. Women who took 1st- 3 places in their age groups and categories.

All participants who complete the race are awarded honorary medals of finishers. Prizes and gifts from sponsors are possible.

9. MEDICAL AID AND SAFETY ASSURANCE

- A medical team with professional doctors and nurses will be located at the launch site.
- Medical assistance is provided by the organizers in first-aid posts.

10. PROTESTS

A participant who wants to file a protest regarding the fine received, eligibility of the participant or the participant's equipment must file a protest in writing to the main referee of the competition within the first 15 minutes after the end of the race or leaving it. The participant can contact the main judge of the competition through the organizers. The cost of filing a protest form is 1000 som.

11. IMPORTANT INFORMATION FOR PARTICIPANTS

- In triathlon competitions, where drafting is prohibited, the UCI Rules apply. Allowed the use of bicycles for racing on the highway and mtb. It is prohibited to use bicycles with electric moving parts, with specific characteristics used in mountain bike, BMX competitions, trials and events held for athletes with disabilities.
- Due to force majeure, it is possible to postpone the competition, reduce the distance or completely cancel the competition. At the same time, all participants' expenses are not reimbursed.