

Information about the Vierlanden-Triathlon

2017



Dear athletes,

We would like to welcome you to the „Vierlanden-Triathlon“ in Hamburg. This document contains some useful information and advise concerning this event, which we would like to receive.

The Vierlanden-Triathlon 2017 take place on Sunday, the 11 of June 2017

For the Vierlanden Triathlon, following distances will be offered (in km)

Medium distance with Hamburg Championship (2/80/20) (requires DTU starting pass or day license fee)

Medium distance relay team (2/80/20)

Olympic distance (1,5/40/10) (requires DTU starting pass or day license fee)

Olympic distance relay-team (1,5/40/10)

Triathlon, open to all comers (0,5/20/5)

Triathlon, open to all comers relay-team (0,5/20/5)

Landes league Hamburg, sprint distance (0,75/20/5)

Triathlon Regional league North, sprint distance (0,75/20/5)

Student A (0,4/10/2,5)

Student B (0,4/10/2,5)

Youth A (0,75/20/5)

Entering the competitions in medium- and olympic distance requires a DTU starting pass or day license fee.

For the effective start times of the particular competitions, please refer to our homepage.

The current starttimes can you see on our Homepage <http://www.vierlanden-triathlon.de>)

This event complies with the rules of the DTU. The participation in the competition-conferences is compulsory.

Please read the confirmation email.

A reimbursement of the entry fee is principally not possible.

**There is a time limit. Athletes who don't leave the bike road until 3 pm will be disqualified.
4 pm for the Kids-Triathlon**

What do you need for this event. Enclosed you will find a check list for the triathlon.

Before you start:

- travel information
- schedule of start times_
- DTU-starterpass, if required
- box (oder sth. similar) for the transport of clothes in the change zone
- start documents (start number and Transponder for time measurement)
- Start number ribbon or safety pin for the fixation of the start number
- comfortable clothes
- Mind the weather forecast, if necessary, bring rainjacket / gloves / cap, ggf. Regenjacke, Handschuhe
- maybe food/ beverages
- clock
- plasters
- vaseline
- sun blocker
- money

Swimming:

- athletic clothing, such as swimsuit, trunks or wetsuit
- swimming cap

- swimming glasses
- towel
- flip-flops

Cycling:

- Clothes for cycling
- bicycle
- computer (zeroised)
- helmet
- shoes
- glasses
- gloves
- filled bottle
- repair kit
- air pump

Running:

- clothes
- shoes
- head covering

After the run:

- dry clothes

Procedure of the competition-day:

The day will be calmer if you come in time, and if everything which will be needed during the competition had been packed before. After having arrived, take your time to get an overview of the venue. Take a look at our notice board, where you will find the list of participants. Look for your name and your start number, and come to the start number office, where you will receive your start documents. As mentioned before, show your DTU-pass for medium- and Olympic distances. Check the documents for completeness. The documents contain your start number, a sticker with your start number for your bicycle and a transponder for time measurement. The time measurement is made by crossing the time keeping mats. It is recommended to wear your start number on your back while you are riding the bike, and on your chest while you are running. After you have received all the required documents, take your bike and your stuff to the change zone. Both your documents and your helmet get checked by the officials. Afterwards you will be allowed to place your bike in the area which is designed for the discipline, and also your stuff which you might need during the competition. Please restrict yourself to necessities, as the place is limited. Only participants in the triathlon will have access to the change zone. No access for relatives, friends or colleagues. Now the preparations are finished, and we are ready to start. Participation on the competition-conferences is compulsory. After the end of each competition, the athletes have a objection period of one hour. Appeals can only be handed in in written form, and by the deposit of 25 €. After the competition, you can only pick up your bike from the change zone by giving back the transponder. Please don't leave the transponder at the start number office, nor give it to one of the aides. In case that you lose the transponder, we are going to charge you 70 € plus Tax.

List of the results can be seen on our Webpage www.vierlanden-triathlon.de

If there are still questions left, we would be glad to receive an email info@vierlanden-triathlon.de

For our non-participants coming from Hamburg we have compiled a obvious choice of accommodation:

Cafe und Pension Zur alten Vierländer Backerei - www.vierlaenderei.de

Gästehaus Kirchwerder – www.gaestehaus-kirchwerder.de

Invitation:**Vierlanden-Triathlon 2017 at Sunday 11 of June 2017****Organiser:**

Hamburger Triathlon Verband

Equaliser:

with support from the Tri-Bandits / TSG Bergedorf
Sport- und Veranstaltungsservice Klaus-Dieter Stein

Contact adress:

Klaus-Dieter Stein
Christel-Rebbin-Strasse 23
21337 Lüneburg
Tel.: +49 4131 / 2210304
Fax: +49 32 / 223478243
e-Mail: info@vierlanden-triathlon.de

Organisation:

Klaus-Dieter Stein (Tel.: +49 151 / 11198457)
Denny Arendt (Tel.: +49 171 / 7831481)

Venue / Place of event :

Hohendeicher See, Overwerder Weg
D - 21037 Hamburg (Oortkaten)
GPS Position: 53.430632,10.113425 (53°25'50.3"N, 10°06'48.3"E)

Competitions and distances (in km):

Medium distance mit Hamburg Championship (2/80/20) (requires DTU starting pass or day license fee)
Medium distance relay team (2/80/20)
Olympic distance (1,5/40/10) (requires DTU starting pass or day license fee)
Olympic distance relay team (1,5/40/10)
Triathlon, open to all comers (0,5/20/5)
Triathlon, open to all comers / relay-team (0,5/20/5)
Landes league Hamburg, sprint distance (0,75/20/5)
Triathlon Regional league North, sprint distance (0,75/20/5)
Student A (0,4/10/2,5)
Student B (0,4/10/2,5)
Youth A (0,75/20/5)

Please read the confirmation email

Closing date for the entries: 14 May 2017 or after exceeding the maximum number of participants
The deadline also applies changes.

Entry fee:

Medium distance with Hamburg Championship: € 60,- (2/80/20) (requires DTU starting pass or day license fee)
Medium distance relay team (2/80/20): € 90,-
Olympic distance (1,5/40/10): € 45,- (requires DTU starting pass or day license fee)
Olympic distance relay team (1,5/40/10): € 75,-
Triathlon open to all comers 0,5/20/5): € 37,-
Triathlon open to all comers relay team (0,5/20/5): € 67,-
Student A (0,4/10/2,5): € 20,-
Student B (0,4/10/2,5): € 20,-
Youth A (0,75/20/5): € 20,-

For changes we charge a fee of € 10.

All prices with added value tax

Entering the competitions in medium- and olympic distance requires a DTU starting pass or day license fee. The day license fee for the medium-distance is 20,- € and for the olympic-distance 16,- €.

Number of participants:

Medium-distance (incl. relay team): max. 250

Triathlon (incl. relay team): max. 500

Triathlon open to all comers (incl. Relay team): max. 500

This even complies with the competition of the German Triathlon Union (DTU / regulation of sports, participants, national league, anti-doping-policy, battle order), the law and procedure regulations and the discipline regulations. By entering the competition, all athletes acknowledge these set of rules. There is a drafting interdiction, and wearing a helmet is compulsory. Accepting help is not allowed. Everybody takes care of the safety of his equipment on his own. In case that the water's temperature is below 14°, the triathlon will be carried on as a Duathlon. In the relay, the transponder will be used as the baton. There is a liability for the organizers. The organizer reserved the right to cancel the event due to unseen circumstances/ catastrophes. As mentioned before, no claim to refund / reimbursement. Objects that are made of glass, precisely bottles mustn't be used not transported. Lost property that is not picked up within 3 months after the owner does not respond or will be disposed of or sold.

Important rules:

Swimming

Wearing a bathing cap is compulsory.

Wet suits can be used up to 21.9°C .

Only boats of the emergency services, the officials or their representatives are allowed to drive along the competition area.

Cycling

Slipstreaming / riding right next to each other is not allowed.

Keep 10 meters distance to the person in front.

Wear certified helmets, according to quality standards, with closed chinstraps

Wear upper body clothes

Put the start number on the frame of your bike

Wear the start number on the back of your tricot

Brake handles must be retroverted

Running

Wear upper body clothes

Wear your start number on your chest

General information

Participants must not be accompanied by non-participants, as for example friends, acquaintances...

Every participant is responsible for the detection of his interims and end times. He is to be wearing the time measurement item during the competition. Instructions of the officials, emergency services and doctors are to be followed. The start number must not be changed. Trophies and prizes, which don't get picked up on the day of the award ceremony, expire

The only way to get your bike back is to giving back the Transponder.

Please note:

By entering the competition, you declare your agreement to the collection of your data and the publishing of pictures on our webpage.

Schedule:

Vierlanden-Triathlon 2017 am Sonntag den 11.6.2017

ab 07.30 Uhr Ausgabe der Startunterlagen Medium Distance

ab 08.30 Uhr Triathlon open

ab 09:30 Uhr Olympic distance, Leagues, Student and Youth'

08.30 Uhr Wettkampfbesprechung Mitteldistanz Woman, Men and Relay

08.45 Uhr - SB 01 - Start Medium Distance Men Part 1

08.55 Uhr - SB 02 - Start Medium Distance Men Part 2

09.05 Uhr - SB 03 - Start Medium Distance Woman and Medium Distance Relay

10.15 Uhr Wettkampfbesprechung Triathlon open Woman, Men and Relay

10.30 Uhr - SB 04 - Start Triathlon open Men Part 1

10.40 Uhr - SB 05 - Start Triathlon open Men Part 2

10.50 Uhr - SB 06 - Start Triathlon open Woman and Triathlon open Relay

11.05 Uhr Wettkampfbesprechung Olympic distance Woman, Men und Relay

11.15 Uhr - SB 07 - Start Olympic distance Men bis AK 40 (incl.)

11.25 Uhr - SB 08 - Start Olympic distance Men ab AK 45 (incl.)

11.35 Uhr - SB 09 - Start Olympic distance Woman and Olympic distance Relay

12.20 Uhr Wettkampfbesprechung Leagues

12.35 Uhr - SB 10 - Start Triathlon Regional league North Men

12.45 Uhr - SB 11 - Start Triathlon Regional league North Woman

12.55 Uhr - SB 12 - Start Landes league Men

13.05 Uhr - SB 13 - Start Landes league Woman

13.15 Uhr - SB 14 - Start Verbandsliga Men

14.05 Uhr Wettkampfbesprechung Student, Youth und School Kirchwerder

14.20 Uhr - SB 15 - Start Youth A

14.30 Uhr - SB 16 - Start Student A - Youth B - School Kirchwerder

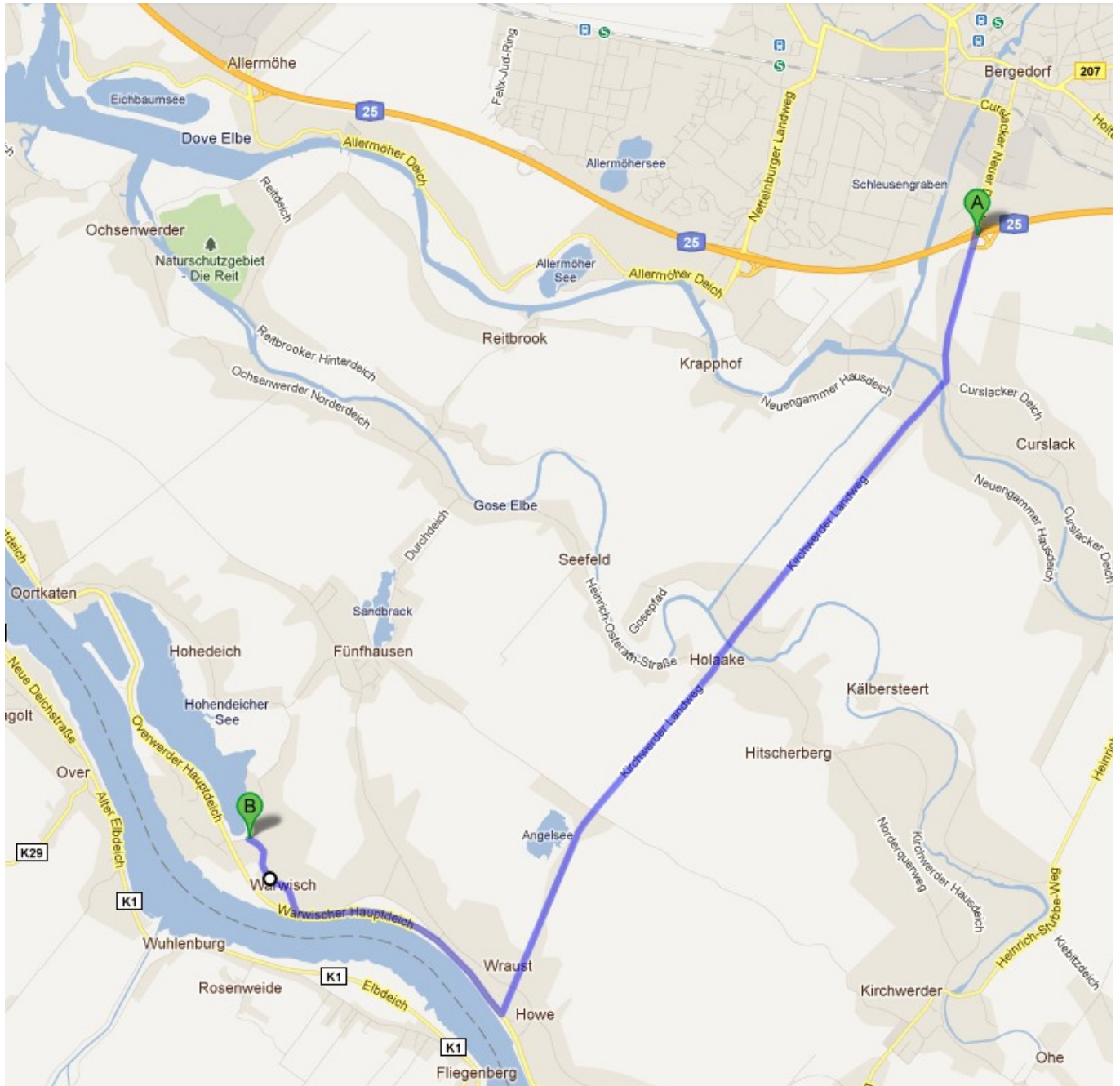
Änderrungen vorbehalten

subject to change.

The Award ceremony is approximately one houer after finishing the competition, and after the end of the objection period.

Approach:

The best way to get to us is by taking the highway A25 (Moorfleet – Geesthacht). Use the exit ramp “Bergedorf” and keep driving in the direction of Kirchwerder/ Elbfähre. Stay straightforward, along the street „Curslackter Neuer Deich“, „Curslackter Brückendeich and Kirchwerder Landweg, until you finally reach the dyke (7,5 km) und run right. Now follow the route of the dyke for further 1.8 km, and then turn right into the street “Warwischer Hinterdeich”. After 1 km of driving, you must turn left in the “Overwerder Weg”. Congratulations!



Parking spaces:

You'll find appropriate parking spaces nearby Hafen Oortkaten (**blue**), nearby the dyke (red) and the parking space nearby the See (violet)



Competition routes

Start / Goal

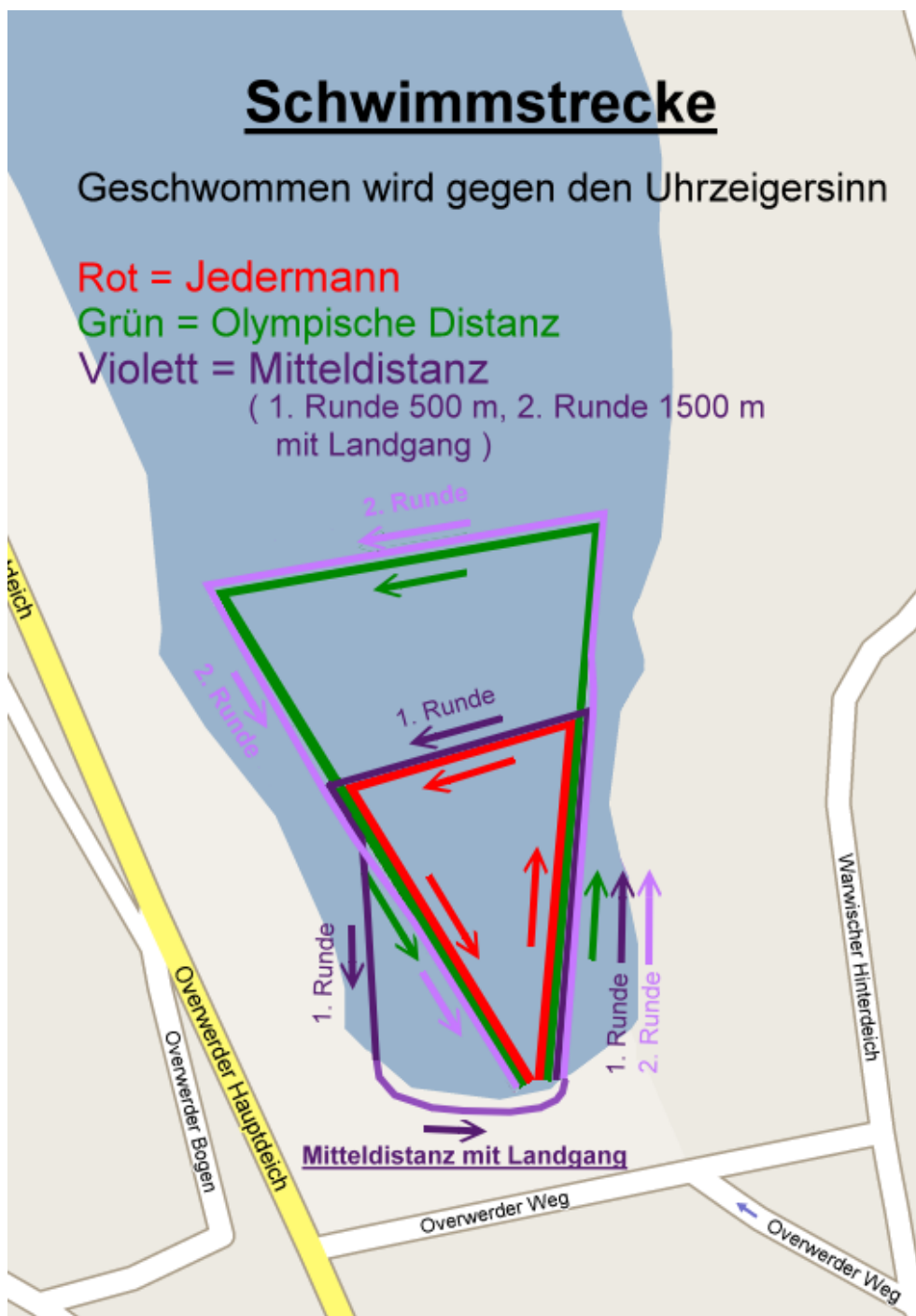
Hohendeicher See (Oortkaten See) / Overwerder Weg.

Swimming : Triangular route / Hohendeicher See. Medium-distance: swimming 500m and 1,5KM with shore leave.

Bike course : Start: Overwerder Weg. 10KM along the elb dyke to the turning point just before Tatenberger Deich.

Running track : Start Overwerder Weg, 2,5 KM turning point course along the Hohendeicher See.

Swimming:



Bike course:



Running track:



Wichtige letzte Informationen !!!

Hallo und herzlich Willkommen zum Vierlanden-Triathlon

Bitte überprüfen Sie Ihre Meldedaten.

Wichtige Hinweise zum Transponder / Zeitmessung:

Mit diesem Starterpackage haben Sie den Zeitmesstransponder und ein Klettband erhalten. Bitte überprüfen Sie das Klettband unbedingt auf Unversehrtheit und tauschen Sie es bei Mangel gegen ein anderes aus.



Der Transponder wird mit dem mitgelieferten Klettband seitlich außen am Fußgelenk getragen.

Achtung: wir empfehlen wegen Körperkontakt beim Schwimmen die zusätzliche Klettbandsicherung mittels eines Kabelbinders oder einer Sicherheitsnadel.

Die Ausgabe des Rades erfolgt nur gegen Rückgabe des Transponders. Verlorene oder beschädigte Transponder werden mit 70,00 € zzgl. MwSt. berechnet.

Der Chipkleber und Ihre Startnummer müssen identisch sein.

Hinweis: Mit der Anmeldung haben Sie die Ausschreibung und den Haftungsausschluss des Veranstalters für Schäden aller Art anerkannt.