

OSTSEEMAN

TRIATHLON GLÜCKSBURG

RACE BRIEFING

06th of August 2023

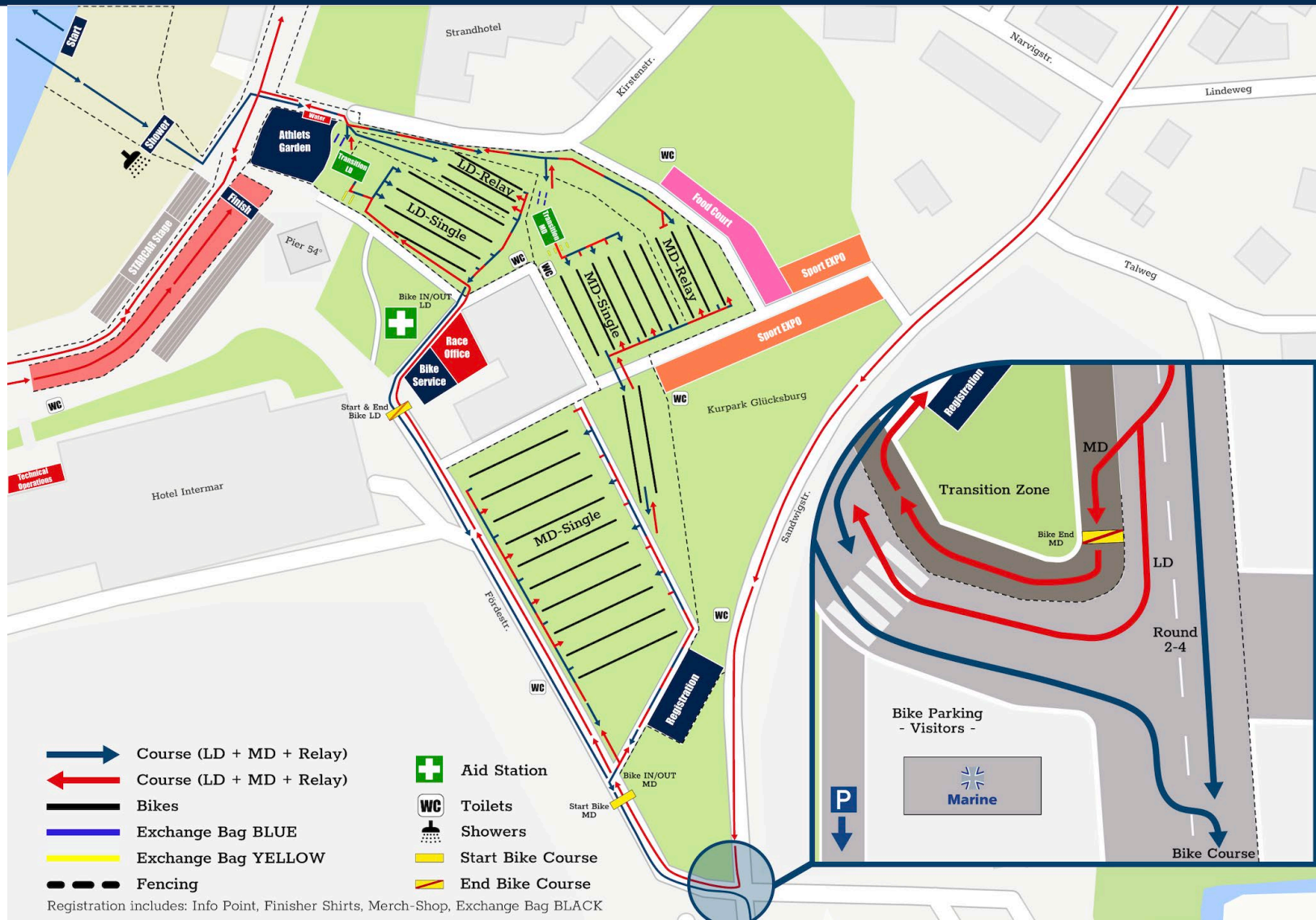
Glücksburg



Deutsche
Triathlon Union

DEUTSCHE
MEISTERSCHAFTEN
2023
TRIATHLON-LANGDISTANZ

EVENT AREA



TIMETABLE

FRIDAY - SUNDAY

Friday, 04th of August 2023

12:00 p.m. — 07:00 p.m.	Registration	Registration tent
12:00 p.m. — 07:00 p.m.	Sport-Expo	Event area / Kurpark
05:00 p.m.	Welcoming the athletes and guests	Rudehalle
05:00 p.m. — 08:00 p.m.	Pasta-Party	Rudehalle
07:00 p.m. — 08:00 p.m.	Last Information Q&A	Rudehalle

Saturday, 05th of August 2023

10:00 a.m. — 06:00 p.m.	Registration	Registration tent
10:00 a.m. — 06:00 p.m.	Sport-Expo	Event Area / Kurpark
2:30 p.m. — 06:00 p.m.	Bike Check-In and bag drop-off	Transition zone entrance long distance
03:00 p.m.	OstseeKids <i>powered by TriAs e.V.</i>	Promenade
05:00 p.m.	Frauenlauf <i>powered by LBS</i>	Promenade
06:00 p.m. — 09:00 p.m.	Musical Sundowner	Finish Line Area

TIMETABLE

FRIDAY - SUNDAY

Sunday, 06th of August 2023

05:00 a.m. — 06:30 a.m.	Transition zone long distance open	Transition zone long distance
06:20 a.m. — 06:30 a.m.	Warm up swim long distance	Left side next to the swim start
06:45 a.m.	Start OM long distance individual starter	Swim start beach Glücksburg
06:55 a.m.	Start OM long distance relay	Swim start beach Glücksburg
07:30 a.m. — 09:30 a.m.	Transition zone middle distance open	Transition zone middle distance
08:45 a.m. — 09:00 a.m.	Warm up swim middle distance	Left side next to the swim start
09:15 a.m.	Start 1. group OM middle distance	Swim start beach Glücksburg
09:20 a.m.	Start 2. group OM middle distance	Swim start beach Glücksburg
09:25 a.m.	Start 3. group OM middle distance	Swim start beach Glücksburg
09:30 a.m.	Start OM middle distance relay	Swim start beach Glücksburg
10:00 a.m. — 06:00 p.m.	Sport-Expo	Event area / Kurpark
21:55 a.m.	Finish	Finishline
22:00 a.m.	Firework	Promenade Glücksburg

EXPO & MERCHANDISE

OstseeMan Merchandise & EXPO:

- Friday, 04th of August 2023: 12:00 p.m. — 07:00 p.m.
- Saturday, 05th of August 2023: 10:00 a.m. — 06:00 p.m.
- Sunday, 06th of August 2023: 10:00 a.m. — 06:00 p.m.

Location Expo: Kurpark

Location Merchandise:

Friday and Saturday in the registration tent

Sunday on the event area



REGISTRATION

Opening hours registration:

- Friday, 04th of August 2023: 12:00 p.m. — 07:00 p.m.
- Saturday, 05th of August 2023: 10:00 a.m. — 06:00 p.m.

Location: Upper part of the transition zone middle distance

Upon registration you will receive:

- 1x Bike number
- 3x Helmet number
- 3x Bag numbers
- 2x Tattoos
- 3x Transition bag (blue/yellow/black)
- 1x Swim cap
- 1x Transponder with velcro tape
- 1x Athletes bracelet
- 1x Athletes give away
- Other sponsors give away's

Please bring with you: Start passport, ID

signed release from liability*

*Relays: each relay participant must have signed the document.

Nord-Ostsee
Sparkasse

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2023



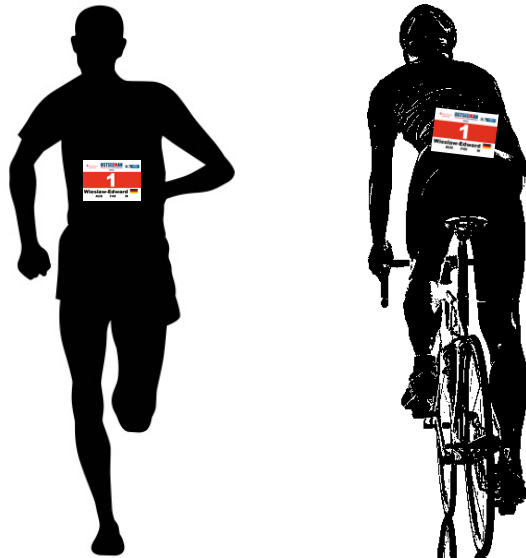
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BIB NUMBER

Bib number

The bib number must be worn on the back during cycling and on the front during running.



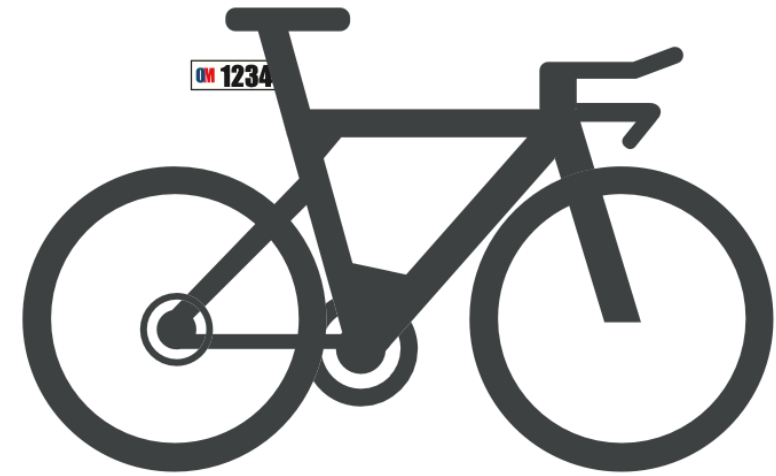
Helmet number

The helmet numbers must be taped on all sides (front, right, left) of the helmet.

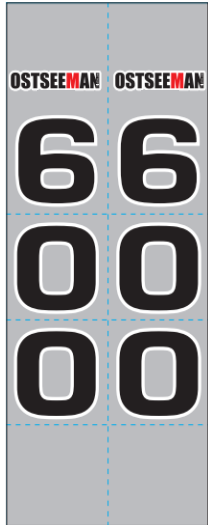


Bike number

The bike number must be attached to the seat post.



BIB NUMBER & BRACELET

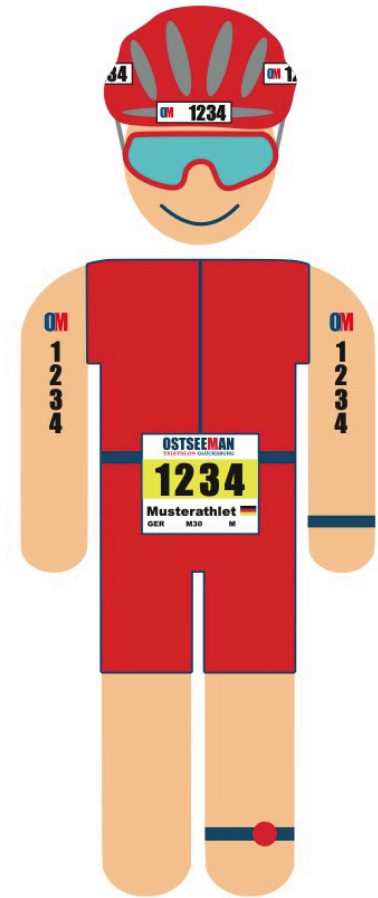


Tattoos

The bib number tattoos will be placed on the left and right arm. Relay participants additionally place the X tattoo on the left calf.

Athletes bracelet

After receiving the wristband at the registration, you have to put it on your wrist. This gives you access to the athletes' areas. It must be worn continuously from the pick-up of the starting documents until the end of the event and is also your access authorization to the Pasta Party and the free bus shuttle.



SWIM CAPS

OstseeMan Glücksburg swim cap

Wearing the official OstseeMan Glücksburg swim cap is mandatory. The starting groups are divided into the following starting cap colors:

- Long distance individual: RED
- Long distance relay: YELLOW
- Middle distance group 1: BLUE
- Middle distance group 2: GREEN
- Middle distance group 3: WHITE
- Middle distance relay: PINK



TRANSITION BAGS

The stickers MUST be placed on the front of each transition bag.

Transition bag SWIM – BIKE



Transition bag BIKE – RUN



STREETWEAR bag – AFTER RACE



Drop off & pick up:

Transition zone

Drop off & pick up: Streetwear tent at
the top of the transition area MD

BLUE TRANSITION BAG

Transition bag SWIM – BIKE (blue)

Drop off: Saturday 02:30 p.m. to 06:00 p.m. during bike check-in in the transition area (entrance LD).

Access to the bag is given on race day **before the race** for final changes.

The blue transition bag will be hung on the transition bag stands **independently** by the athletes.

After the swim, the swimwear must be packed into the blue bag and then dropped off in the drop-off area (large drop-off area next to the changing tent).

The blue transition bag must contain:

- Helmet with sticker (relay starters may deposit their helmet on the bike)
- Bib number
- cycling shoes (if they are not attached to the bike)
- Other cycling equipment (glasses etc.)



YELLOW TRANSITION BAG

Transition bag BIKE – RUN (yellow)

Drop off: Saturday 02:30 p.m. to 06:00 p.m. during bike check-in in the transition area (entrance LD).

Access to the bag is given on race day **before the race** for final changes.

The yellow transition bag will be hung on the transition bag stands **independently** by the athletes.

After cycling, the cycling equipment must be packed in the yellow bag and then dropped off in the drop-off area (large drop-off area next to the changing tent).



BLACK STREETWEAR BAG

STREETWEAR bag — After Race (black)

Drop-off: Sunday morning before the race (05:00 a.m. — 09:30 a.m.) in the Streetwear tent.

Pick-up: The Streetwear bag must be collected independently after the race (01:00 p.m. - 10.10 p.m.) against presentation of the race number in the Streetwear tent.

OstseeMan Glücksburg does not take any responsibility for the items in the bag.



BIKE CHECK-IN

Bike Check-In: Saturday 02:30 p.m. to 06:00 p.m. at the entrance transition zone long distance.

The following items must be brought:

- Bike (bike start number attached to seat post)
- Bicycle helmet (three helmet stickers attached - front, left, right)
- Start number to wear
- Blue transition bag
- Yellow transition bag

Procedure Bike Check-In

- Put on helmet and close chinstrap
- Wear start number
- Place the bike in the bike stand according to the start number

The following items may only be deposited on the bike:

- Bike shoes in the pedals or in the blue bag
- Drinking bottle and food
- Exclusively relay: helmet

TRANSITION ZONE

- Access to the transition area is only allowed for athletes with an athlete wristband!
- The transition area has a separate entrance for the long distance in the **yellow** area of the transition area. The entrance for the middle distance is in the **pink** area of the transition zone. The separate entrance for the middle distance **is only valid on race day**. On Sunday morning, the middle distance transition area can **only be entered via this entrance**.
- Directly at the transition area entrance long distance there is a bike service, which is available for all athletes on Friday, Saturday and Sunday morning.
- Toilets are located in the long distance and middle distance transition areas.



TIMING

Timing Chip:

- The Timing Chip will be handed out at the registration with a matching Velcro strap.
- Each athlete must wear the timing chip on the left ankle on race day.
- Relays: The timing chip serves as a baton and is handed over in the relay change zone on the bike.
- After the race, the chip must be handed in at the finish area.
- If the chip is not handed in, the athlete will be charged 80€..

Leaderboard:

During the race, your companions can follow your race via the **live leaderboard**. The leaderboard is created by crossing the individual timing mats. During the race it is available at the following link:

<https://time2win.at/event/342>



TIMETABLE RACE DAY

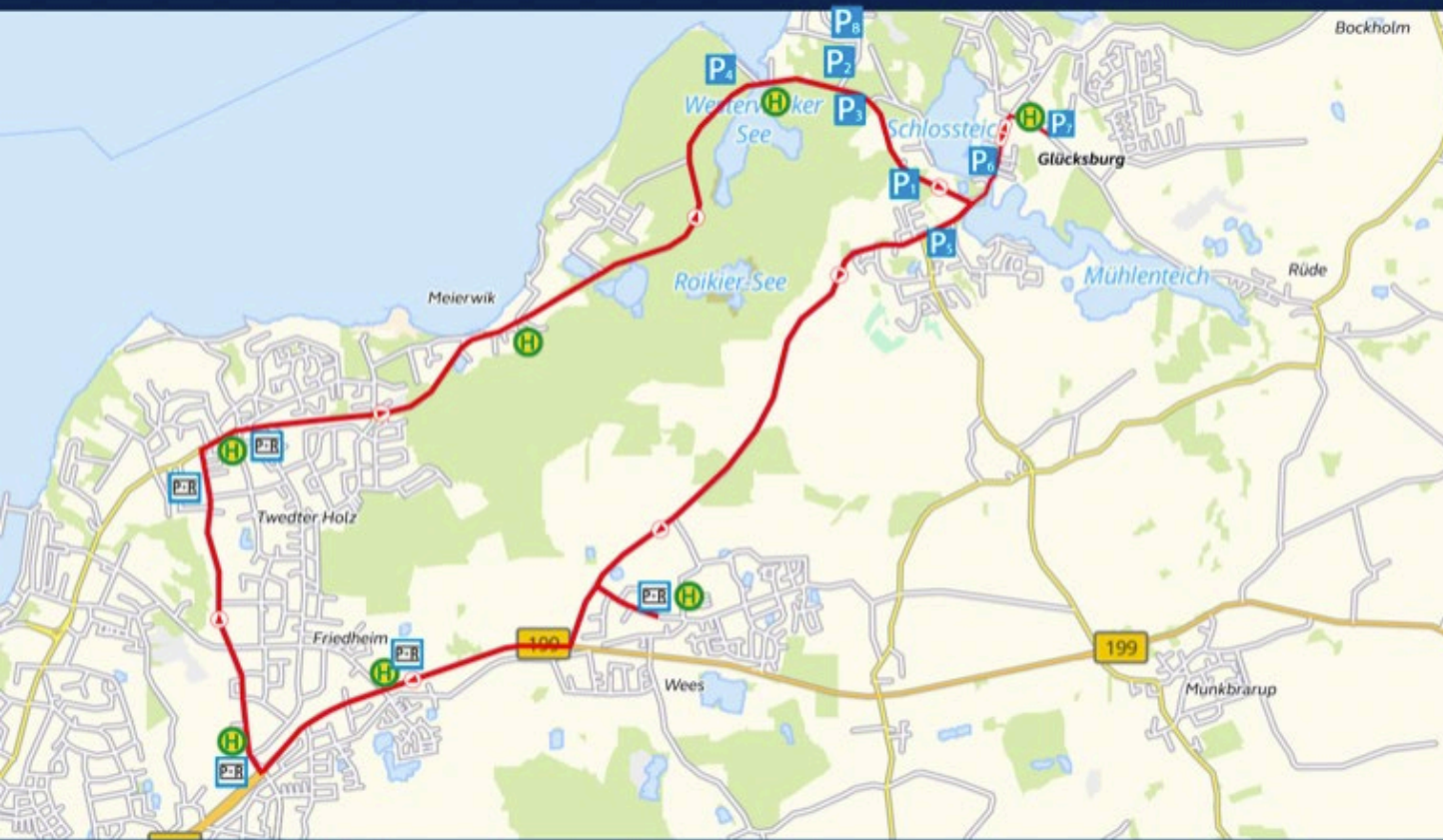
Sunday, 06th of August 2023

05:00 a.m. — 06:30 a.m.	Transition zone long distance open	Transition zone long distance
06:20 a.m. — 06:30 a.m.	Warm up swim long distance	Left side next to the swim start
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09:25 a.m.	Start 3. group OM middle distance	Swim start beach Glücksburg
09:30 a.m.	Start OM middle distance relay	Swim start beach Glücksburg
10:00 a.m. — 06:00 p.m.	Sport-Expo	Event area / Kurpark
21:55 a.m.	Finish	Finishline
22:00 a.m.	Firework	Promenade Glücksburg

BUS SHUTTLE

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Shuttle-Bus
Sonntag, 04:30 - 22:30 Uhr



P&R Wees (ALDI)
P&R Osterallee (Küstengarage)
P&R Schottweg (Famila)
P&R Twedter Plack (Supermärkte)

Haltestelle ALDI
Haltestelle Kauslund
Haltestelle Famila
Haltestelle Twedter Plack

Alter Meierhof
Eventgelände
P&R & P7 ZOB Glücksburg

Haltestelle Meierhof
Haltestelle Uferstr. / FSC
Haltestelle ZOB

— Shuttleroute
— Direction
P Parking
S Shuttle

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Shuttle-Bus

The shuttle bus will leave on Sunday at 04:30 a.m. - 10:35 p.m. from the surrounding parking facilities to the event area.

- Free of charge for athletes with athlete wristband
- 1,50€ for persons without wristband

P&R / Bus stops:

- P&R Wees - Aldi parking lot
- P&R Osterallee - E. Frey Küstengarage / stop B199
- P&R Schottweg - stop Famila
- P&R Twedter Plack - Twedter Plack stop
- Old Meierhof
- Event area - exit Quellental (10 mins walkway to event area)
- P&R/P7 - ZOB Glücksburg (only suitable for leaving the city)

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BUS SHUTTLE

SHUTTLE BUS

Es verkehren bis zu drei Busse parallel. Diese sind in den Farben **Gelb**, **Grün/Blau** und **Rot** dargestellt.
 Athlet*innen können den Shuttle kostenfrei nutzen. (Akkreditierung durch Armband notwendig!)
 Besucher*innen zahlen pro Fahrt 1,50 EUR.

GPS-Tracking



Scan den QR-Code &
 checke den aktuellen
 Standort der Shuttle
 Busse in Echtzeit.

Uhr	Wees (Aldi)		Osterallee (E.F. Küstengarage)			Schottweg (Famila)			Twedter-Plack (Edeka/Aldi/Rewe)			Alter Meierhof		Eventgelände			ZOB Glücksburg	
04:		30		34		40		48		55								
05:	00	30	04	34	10	40	18	48	25	55	35	05						
06:	00	30	04	34	10	40	18	48	25	55	35	05						
07:	00	20	40	04	24	44	10	30	50	18	38	58	25	45	35	05	55	
08:	00	20	40	04	24	44	10	30	50	18	38	58	25	45	07	35	55	17
09:	00	20	40	04	24	44	10	30	50	18	38	58	25	45	07	35	55	17
10:	00	20		04	24		10	30		18	38		25	45	07	35	55	17
11:	00	30		04	34		10	40		18	48		25	55		35	05	
12:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
13:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
14:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
15:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
16:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
17:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
18:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
19:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
20:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
21:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
22:	00	30		04	34		10	40		18	48		25	55		35	05	45 14
23:																05		14

Änderungen & Verzögerungen im Zeitablauf vorbehalten



BEFORE THE RACE

Procedure:

Be there 75 to 90 minutes before the start.

You must have the following things with you:

- Timing chip
- Swim gear (wetsuit, goggles, swim cap)
- Streetwear bag (optional)

Check your bike and food.

The timing chip must be worn on the left ankle under the wetsuit.

Toilets are located in the transition area and in the DLRG beach building.

If you lose your timing chip or swim cap, please inform an official. Chips and caps are still available in the swim start area on race day.

INFORMATION

SWIM

Warm up swim:

- Long distance: 06:20 a.m. — 06:30 a.m.
- Middle distance: 08:45 a.m. — 09:00 a.m.

The swim-in area is located **to the left** of the swim start area.

Please leave the water quickly after the warm up swim.

For the swim start, each participant must cross the timing mat with his/her timing chip at the entrance of the start box. After entering this area every participant is checked in. Leaving the start area after checking in is not allowed!

Wearing the official swimming cap is mandatory!

The swim start will take place in each starting group with a mass start.

Wetsuits are allowed up to a water temperature of 24.5°C. The decision whether to swim with or without a wetsuit will be announced one hour before the race start in the transition area.

Athletes who swim from the side into the start area will not be registered and no timing can be done (disqualification).

If you need **help in the water**, put your arms up, wave clearly and then swim towards one of the rescuers.

Cut-off Swim:

Long distance — 2 hrs 10 mins

Middle distance — 1 hr 10 mins

SWIM COURSE

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Swim Course

Long distance: 2 loops á 1.9 km
Middle distance: 1 loop



Start times and swim cap colors:

- 06:45 a.m. Start OM long distance individual starters
- 06:55 a.m. Start OM long distance relay
- 09:15 a.m. Start 1st starting group OM middle distance
- 09:20 a.m. Start 2nd starting group OM middle distance
- 09:25 a.m. Start 3rd starting group OM middle distance
- 09:30 a.m. Start OM middle distance relay

Course:

- After the land start straight ahead - after 250m turn right.
- 1 or 2 laps á 1,9 km clockwise
- Swim to the left of the orange buoys
- Shortly before the end of the lap there is a land boundary with a yellow buoy
- Shortcut leads to disqualification!
- No shore leave allowed!

3.8 km | 1.9 km

20 km Distance X Catering TZ Transition Zone
Direction Buoys

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TRANSITION ZONE SWIM - BIKE

All athletes middle and long distance.

Transition tent:

- The blue transition bag will be picked up in front of the transition tent.
- Changing is only allowed in the tents (Transition LD/MD on the picture).
- The wetsuit may only be taken off here and the complete swimming equipment then goes into the blue transition bag.
- Afterwards, the blue transition bag must be placed in the "drop off" area in front of the change tent.

Before picking up the bike, the helmet must be put on and the chin strap must be closed. The bike must then be pushed behind the transition bar in front of the transition area before getting on the bike.

Cycling is **prohibited** in the transition area.

Relay:

Handover of the transponder chip (baton) takes place exclusively in the relay transition zone on the bike.

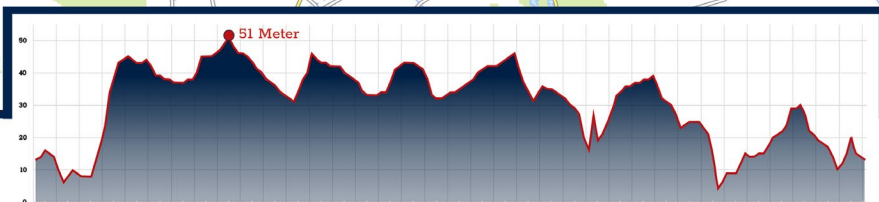


BIKE COURSE

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Bike Course

Long distance: 4 loops
Middle distance: 2 loops à 45 km



Penalty Box:

- One penalty box each is located at km 28 and km 43.

Toilets:

- Munkbrarup School – VP1
- Brönstrup - Turning point
- Schweinewald - Penalty Box
- Sandwig Hill - VP2

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180 km | 90 km

BIKE COURSE

Behavior on the bike course:

- It applies on the entire route right-hand drive on the respective bike lanes and the StVO!
- Crossing the center line is not allowed.
- On the B199, the median strip serves as an emergency lane.
- Slipstream riding is prohibited.
- Blocking and restricting other riders is forbidden.
- 12m distance and 25 sec. to complete the overtaking process.

Signs:

The bike course contains few sharp turns, which are announced in time with signage of 300m, 200m, 100m and 50m.

Bike Service:

There will be **NO** mechanical support on the course. You should be able to help yourself in case of mechanical problems.

Cut-off Swim & Bike:

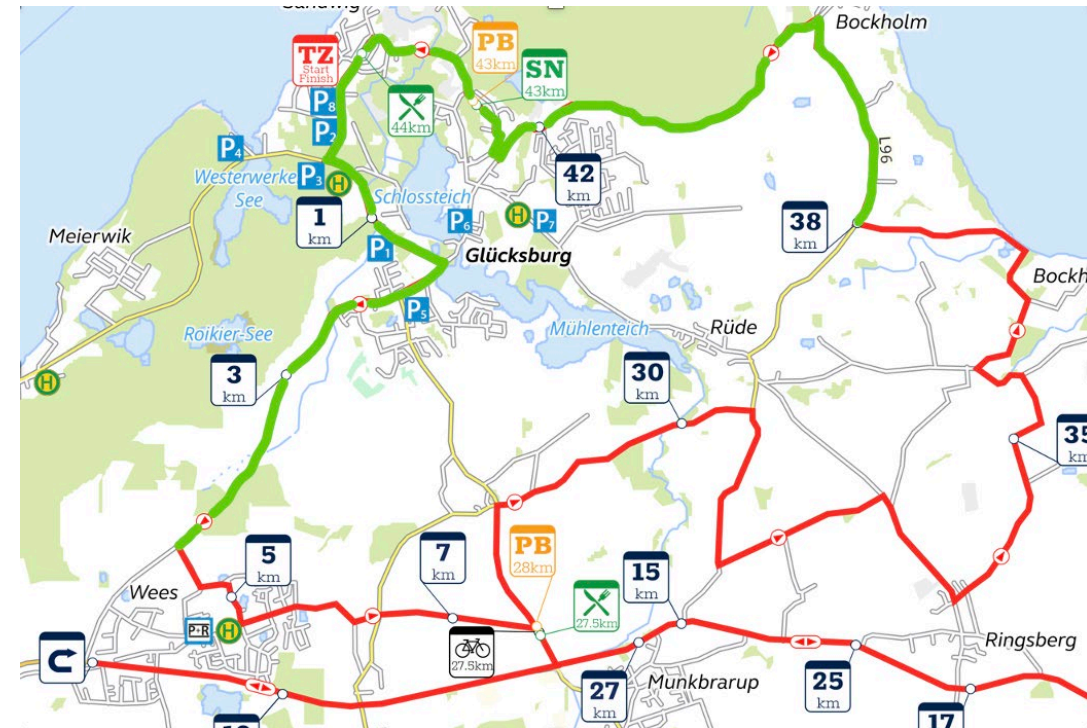
Long distance - 9 hours 30 minutes

Middle distance - 5 hours 30 minutes

BIKE COURSE

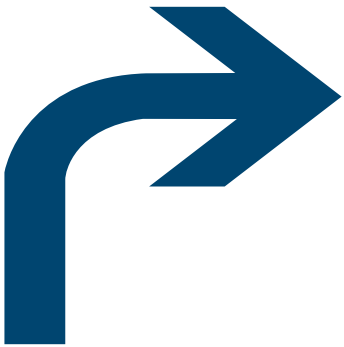
Traffic:

- In some sections of the route there will be traffic in the direction of travel (marked in green).
- When turning from the B199 to Bönstrup to the 2nd turning point there will be encounter traffic among the participants. To ensure your safety, there are traffic barriers in the middle of the curves. We ask you to refrain from overtaking here due to the width of the course and the safety of all athletes.



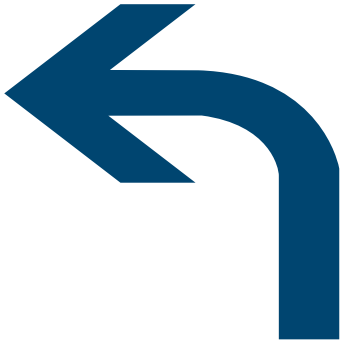
BIKE COURSE SIGNAGE

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SHARP TURN

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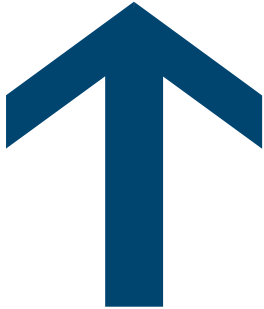


SHARP TURN

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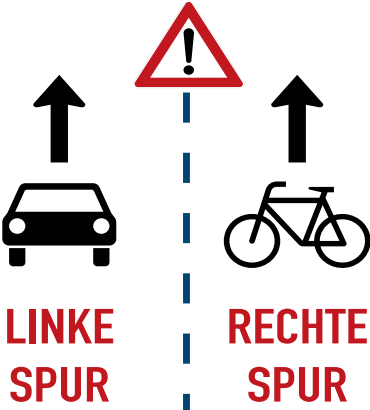
TURNING POINT
100
METER

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BIKE COURSE

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SHARP TURN
300
METER

OSTSEEMAN
TRIATHLON GLÜCKSBURG

BIKE END
300
METER

OSTSEEMAN
TRIATHLON GLÜCKSBURG

LD
BIKE
END

OSTSEEMAN
TRIATHLON GLÜCKSBURG

MD
BIKE
END

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AID STATIONS BIKE COURSE

Aid Station 1 (Munkbrarup) – km 27 | 72 | 117 | 162

Drinks: Water & Squeezy Energy Drink

Food: Banana, Squeezy Energy Gel & Energy Bar



Special Needs – km 43 | 88 | 133 | 178

Self-supply point of the athletes (more information on the next page)

Aid Station 2 (Sandwig Hill) – km 44 | 89 | 134 | 179

Drinks: Water & Squeezy Energy Drink

Food: Squeezy Energy Bar



SPECIAL NEEDS / SELF-SUPPLY POINT

Special Needs:

Self-catering is only allowed at the official self-catering points:

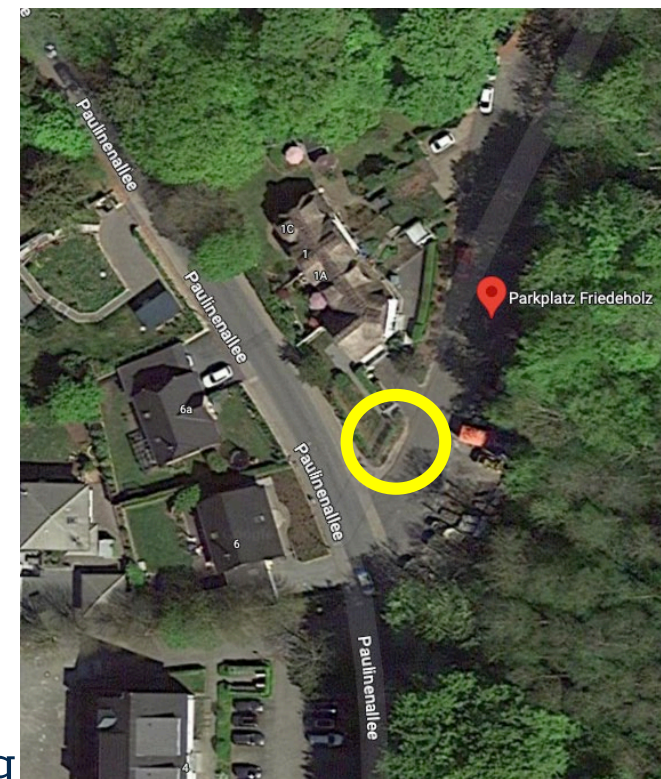
- Self-catering point - cycling: km 43 | 88 | 133 | 178

(next to the penalty box at the Schweinewald)

- Own refreshment point - running: km 6,5 | 13,5 | 20,5 | 27,5 | 34,5 | 41,5

(next to the refreshment point Hanseatische Yachtschule)

The athlete is **solely responsible** for transporting, setting down and handing in. Handouts by coaches are only allowed within 10m before and after an official self-supply point.



Position Special Needs at
Schweinewald

AID STATIONS / WASTE DISPOSAL

Exchange and disposal of the bike bottles:

At each aid station, a new, already filled water bottle can be picked up and the old water bottle can be disposed of.

Used bike bottles may only be thrown into the designated collection containers at the beginning and the end of the aid stations!

Disposal of items:

Disposing of items outside of food service and throwaway zones (littering zones) is **prohibited**. The littering zones are signposted. Non-compliance will result in disqualification.



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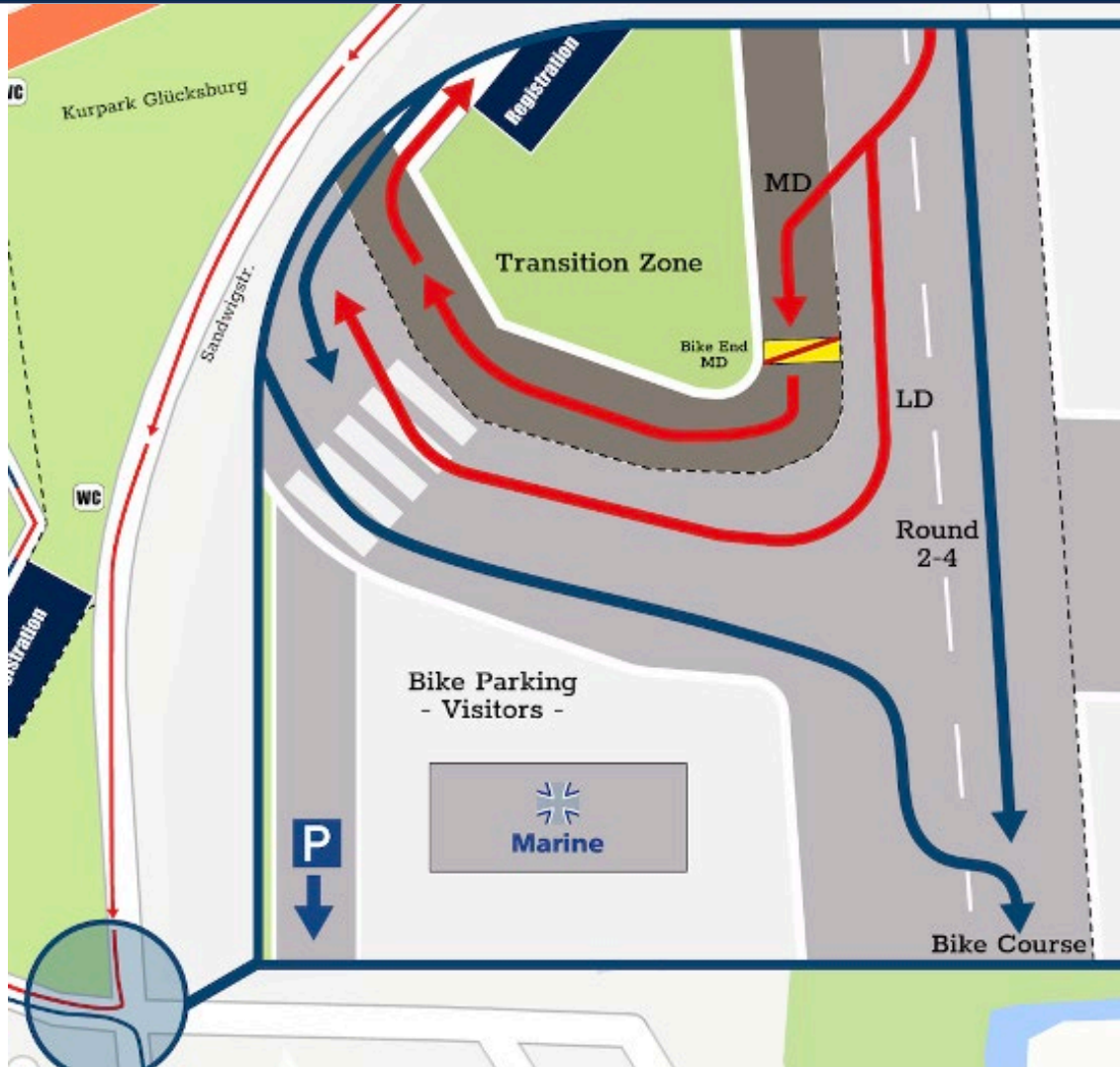
LITTERING LITTERING
ZONE ZONE

START

END

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TRANSITION ZONE ENTRY AND EXIT



Entry MD and LD:

The descent for middle distance and long distance athletes is in **different areas**.

The middle distance athletes ride after finishing the 2nd lap from the street to the parking lane and then to the transition bar. Then they will push the bike independently into the transition area and to their own bike place.

After finishing the 4th lap, the long distance athletes will turn off to the transition area and continue on the road until they dismount at the end of the road in front of the transition bar. The individual long distance athletes will then hand over their bikes to the volunteers in the transition area. The relay athletes bring their bikes independently to their bike place.

TRANSITION ZONE BIKE - RUN

Long distance entry and exit
(upper part of the transition zone):



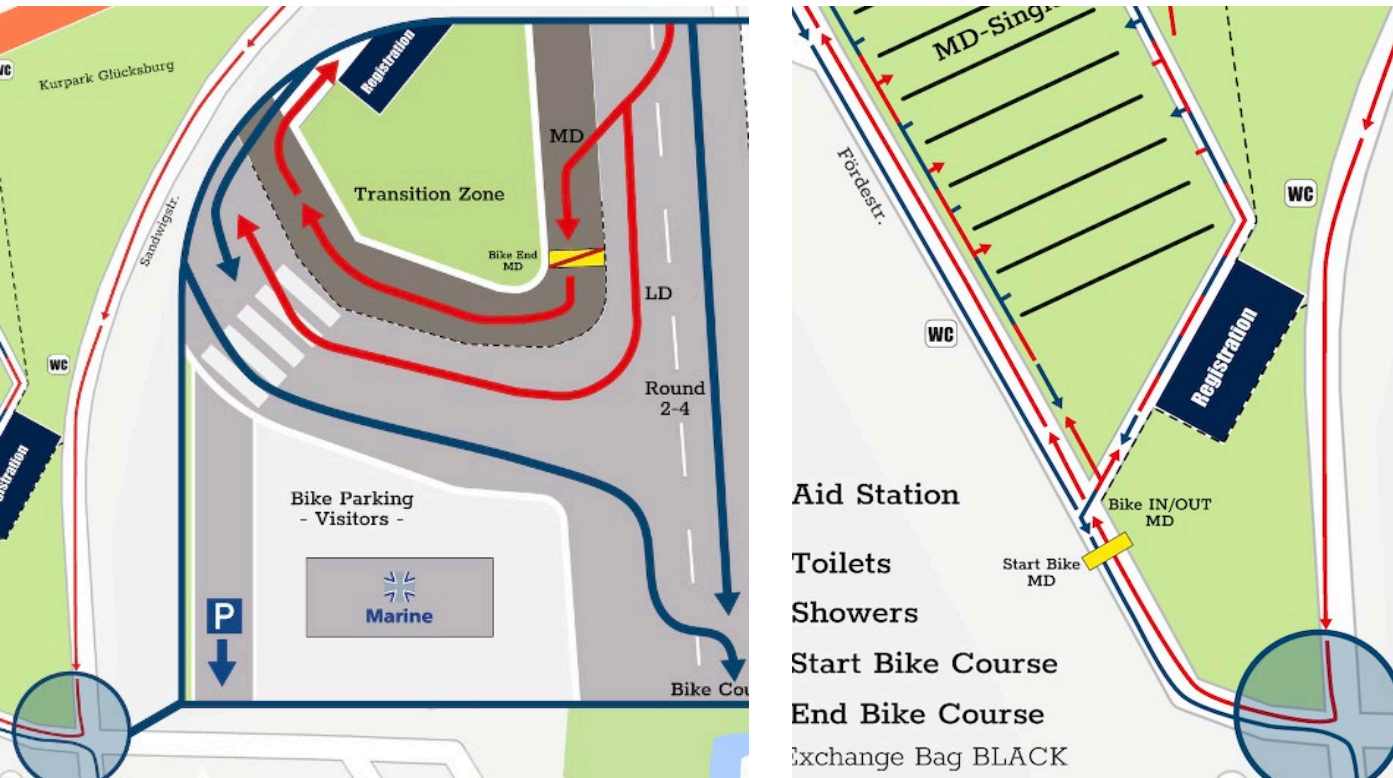
Individual athletes long distance:

- Get off your bike **BEFORE** the transition bar at the entrance of the transition area.
- The bike will be taken from all long distance individual athletes at the entrance of the transition area. You can recognize them by the color of their race number (**red**).
- Take your **yellow** transition bag from the bag rack in front of the transition tents.
- Changing is only allowed in the transition tents.
- Put your bag in the "Drop Off" area in front of the tents.

TRANSITION ZONE

BIKE - RUN

Middle distance entry and exit
(lower part of the transition zone):



Individual athletes middle distance:

- Get off your bike **BEFORE** the transition bar at the entrance of the transition area (after cycling).
- The bike will be placed in the bike stand by all middle distance individual athletes.
- Take your **yellow** transition bag from the bag rack in front of the transition tents.
- Changing is only allowed in the changing tents.
- Put your bag in the "Drop Off" area in front of the tents.

TRANSITION ZONE BIKE - RUN

Relay athletes middle and long distance

- Get off your bike **BEFORE** the transition bar at the entrance of the transition area (after cycling).
- The bike is to be placed in the bike stand independently.
- Handover of the transponder chip (baton) takes place exclusively in the relay transition area on the bike.

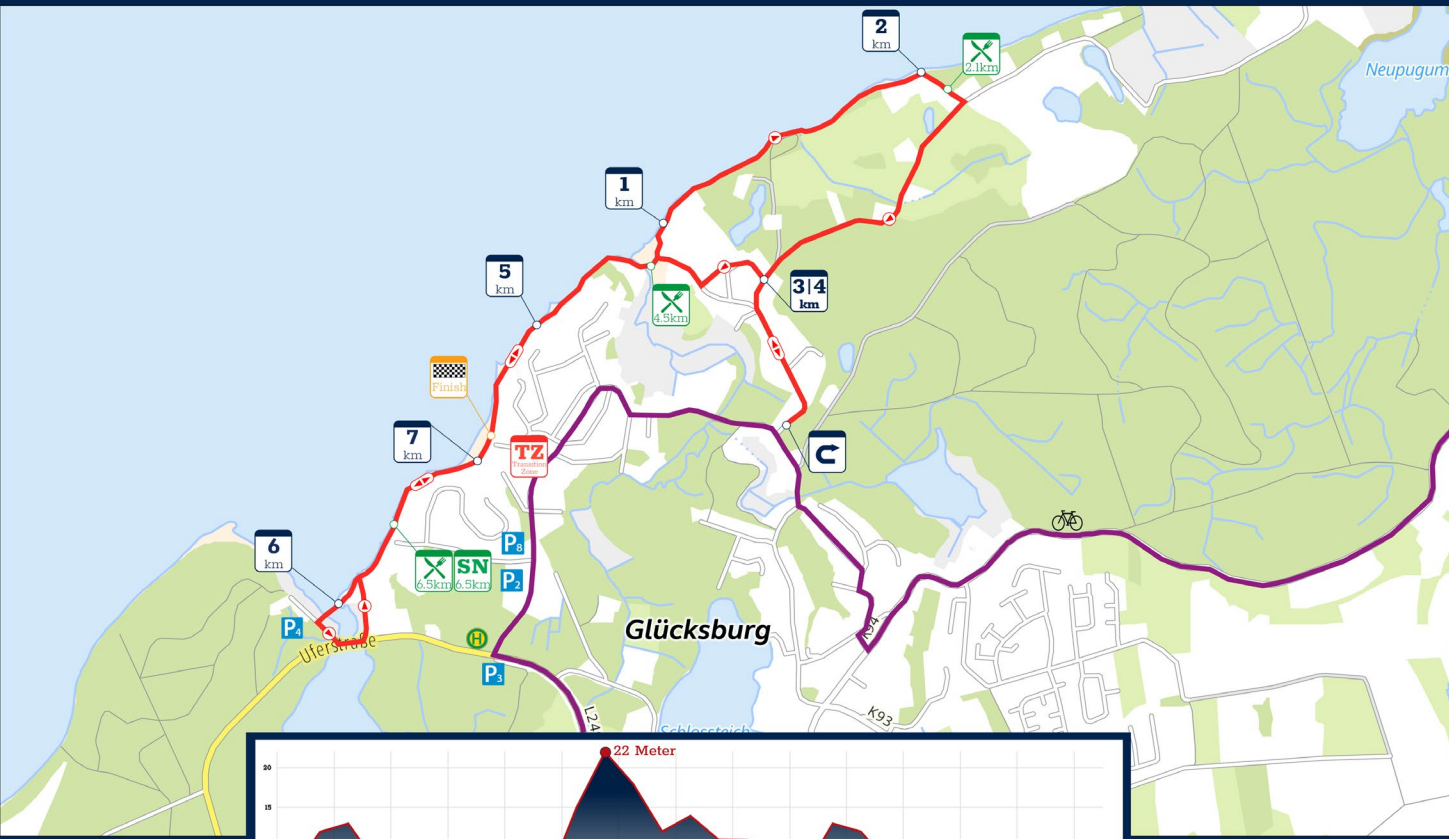


RUN COURSE

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Run Course

Long distance: 6 loops à 7.0325 km
Middle distance: 3 loops



42.1 $\frac{1}{2}$ km | 21.1 km

Direction change run course:

Compared to last year's course, the running direction of the arc was turned between km 1 and 3, so that the refreshment station is now taken uphill and no longer downhill.

Lap bracelet:

Every time you start a new lap, volunteers will hand out a blue lap bracelet. It helps you to keep track of the laps.

Toilets:

VP1 (Beckerwerft) und VP3 (Hanseatische Yachtschule)

Cut-off Swim & Bike & Run:

Long distance – 15 hrs

Middle distance – 8 hrs

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AID STATION RUN COURSE

Aid Station 1 (Beckerwerft) – km 2,1 | 9,1 | 16,1 | 23,1 | 30,1 | 37,1

Drinks: Water, Coke, Broth & Squeezy Energy Drink

Food: Banana, Pretzels, Squeezy Energy Gel & Energy Bar



Aid Station 2 (Glückselig) – km 4,5 | 11,5 | 18,5 | 25,5 | 32,5 | 39,5

Drinks: Water



Aid Station 3 (Hanseatische Yachtschule) – km 6,5 | 13,5 | 20,5 | 27,5 | 34,5 | 41,5

Drinks: Water, Coke & Squeezy Energy Drink

Food: Banana, Pretzels, Squeezy Energy Gel & Energy Bar



Special Needs (Hanseatische Yachtschule)

Self-supply point of the athletes



Disposing of items outside of food service and throwaway zones (littering zones) is prohibited. The littering zones will be signposted. Non-compliance will result in disqualification.

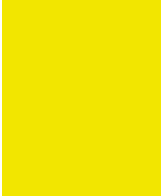
PENALTIES



Bike:

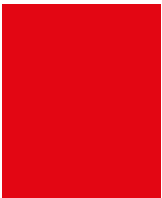
- Slipstreaming of 5 minutes (middle and long distance).

Other offenses:



- 1 min for LD
- 30 seconds at MD

Disqualification:



- Red card or
- In sum of three blue or yellow cards

Action on penalties (bike course):

If you have been shown a card by the referee, stop at the next penalty box and report to the referees. Failure to do so will result in disqualification.

AWARD CEREMONIES

The award ceremonies are scheduled for the following times in the grandstand area:

- **05:00 p.m.** - All middle distance honors (total, AK and relay)
- **From 07:00 p.m. – 22:10 p.m.** – All LD German Championships, OstseeMan (M/W) and special rankings

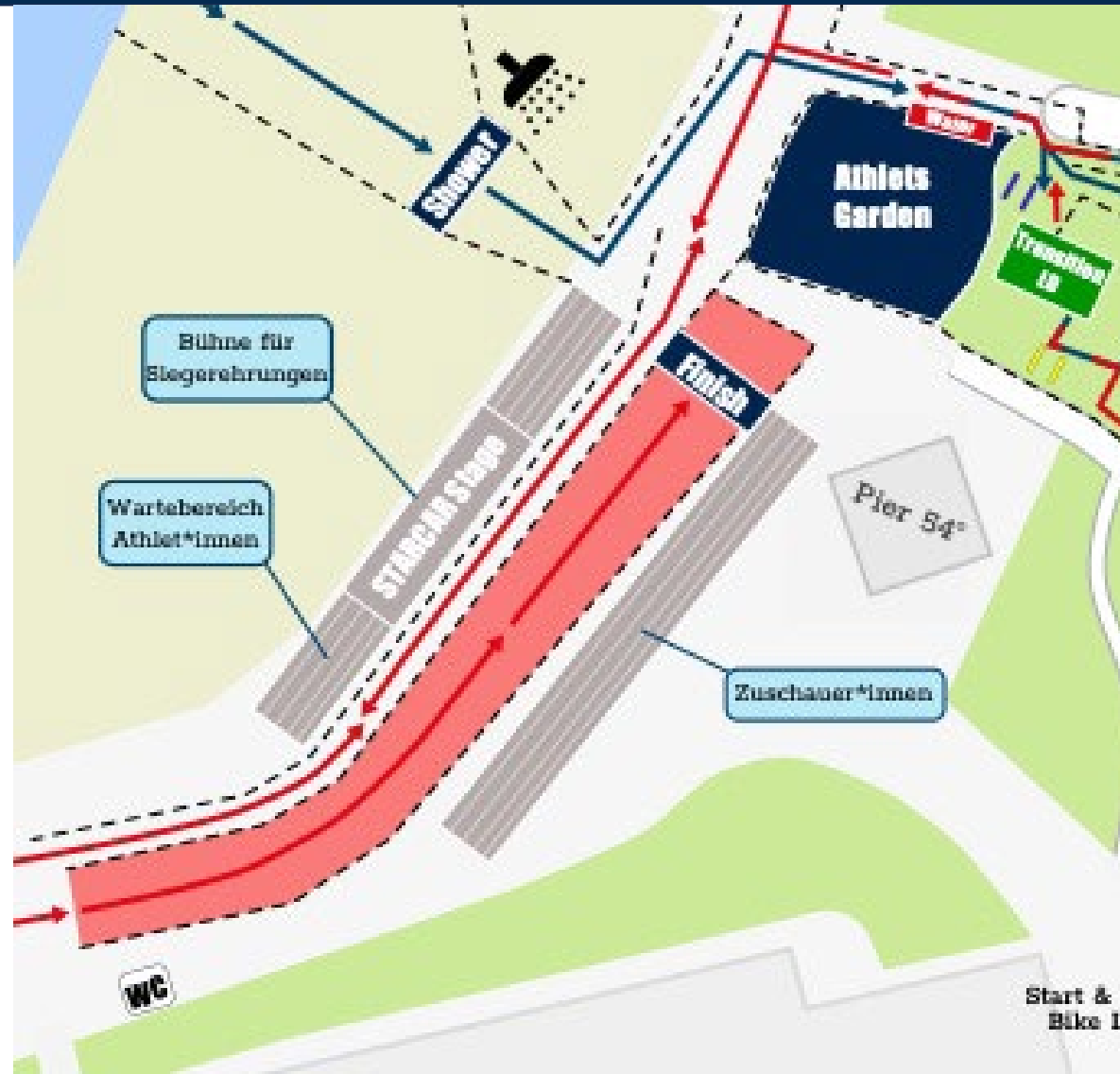
The exact schedule for each classification and AK of the award ceremony will be posted on the day of the event in the finish area and in the Athletes Garden. Please also pay attention to the announcements in the finish area.

If not all winners of the first 3 places are at the finish of the respective AK / special classification / DM, we reserve the right to postpone the award ceremony of the respective AK / special classification / DM.



AWARD CEREMONIES

The award ceremonies will take place at the StarCar stage directly at the finish line. All winners please assemble 10 minutes before the respective award ceremony times seaside at the western grandstand.



AFTER THE RACE

- A medical service will be located in the finish area.
- The timing chip **MUST** be handed in at the finish area.
- Food and massage facilities are available in the athletes' garden.
- The finisher shirt and the streetwear bag will be given to you when you show your race number in the streetwear tent.
- You can shower and swim in the Fördeland Therme until 10:00 p.m. by wearing your athlete wristband.
- Bike handout when showing your race number at the entrance of the transition area long distance.
 - Long distance starters can pick up their bike until 10:30 p.m.
 - Starters of the middle distance can pick up their bike until 07:00 p.m.
 - After that time the organizer is not liable.



AFTER THE RACE

Certificates & new registration:

- Finisher certificates can be printed online at www.ostseeman.de.
- Registration for the 21st OstseeMan
 - Online at www.ostseeman.de from Monday, 07th of August 2023 at 00:05 a.m.



RACE CANCELLATION

Behavior in case of race cancellation:

If it is necessary to stop the event while participants are still on the bike course, the participants will be instructed by the police to reduce their speed, and to stop the participants. For this purpose, the emergency vehicles will wave red flags. These assembly points can be found in the appendix. From these the participants are asked to either follow the course of the course slowly to the either to follow the course slowly to the transition area, or to follow the police vehicles to the transition area. In the area before the refreshment point Sandwig Hill, there will be an announcement made.

GOOD LUCK!



**We wish all athletes a
successful
competition day!
And above all, have
fun!**

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