

Road book 2024 for XS & Benfeld TRIKIDS : General Information



Saturday program at the BENFELD lake:

- 2:15 p.m. to 30 minutes before the start : Bib collection
- 3:40 to 6:30 p.m. : Starts of the XS and Trikids events
- 6:45 p.m. : Pasta party at the lake (with prior online registration)
- 7:15 p.m. : XS and Benfeld Trikids 1 to 3 podiums



Access and parking in OBERNAI and BENFELD

<https://triathlon-obernai.fr/acces/>



OBERNAI ↔ BENFELD <https://triathlon-obernai.fr/acces/>

• **Rules of the event on :** <https://triathlon-obernai.fr/reglement/>

- Refreshment bar – catering
- Pasta party under the marquee at 7 p.m. (with prior registration or purchase on site subject to availability)

Organization before the race

Bib pick-up

- Bring a triathlon license or an identity document for non-triathlon licensees.
- Bib collection possible by a third person, complete file only, and with the triathlon license or an identity document (copy or digitized).

Route map :

<https://triathlon-obernai.fr/triathlon-l1/>
<https://triathlon-obernai.fr/trikids1/>

Rental Zogg wetsuits size mini XS (advance booking online < 18 may)

- Pick-up on Saturday in Obernai at the stand from 2 p.m. to 3:30 p.m. or at the Benfeld lake for the XS format at bib collection times
- Return for the XS on Saturday until 18:30 at the reception point of the Benfeld lake

Wetsuit mandatory if water temperature < 16 °C;
 Allowed if water temperature = > 16° and = < 24.5°C;
 Forbidden if water temperature > 24.5°C.

Race schedules

Epreuves BENFELD plan d'eau - samedi 1 juin 2024

Benfeld lake races - Saturday 1st june 2024

Format	Triathlon XS	Triathlon Benfeld Trikids 1	Triathlon Benfeld Trikids 2	Triathlon Benfeld Trikids 3
Distances nata/vélo/càp - Swim/bike/run	400m / 9,2km / 2,9km	50m / 1,3km / 0,6km	150m / 2,5km / 1,2km	250m / 4,9km / 1,7km
Retrait dossards Bib collection	Samedi à Benfeld plan d'eau : 14h15 à 30mn avant le départ Saturday at Benfeld lake : 14h15 till 30mn before start			
Ouvert./fermeture dépose vélo Opening/closing bike deposal	14h30/15h25	15h30 à 15mn avant le départ 15h30 till 15mn before start		
Briefing course Race briefing	15h30	17h05	17h35	18h20
Départ/Start	15h40	17h15	17h45	18h30
Remise des récompenses Award ceremony	19h15 : Benfeld plan d'eau/ Benfeld lake			
Retrait vélo Bike retrieval	16h45 - 19h30	17h45-19h30	18h30-19h30	19h-19h30

Contents of the bib kit	XS	TRIKIDS
Bike Stickers	1	1
Bib with electronic chip	1	1
Swim cap (if reserved at registration)	(1)	(1)

You don't start after picking up your bib? Return your bib and wristband with the chip. Avoid searches that delay the release of results.

Race information

Transition area – access:

- *Bike compliant and identified with the sticker*
- *Helmet on head,*
- *Bib belt closed, with bib attached by 3 points*
- *Swimming suit with cap*

The organization marks the bib number on the arm

The refereeing body verifies compliance

The belongings strictly necessary for the race are left with the bike in the numbered space without overtaking neighboring locations.

No refueling or aid station during the race, only after the final finish



Warm-up: Possible in the dedicated area up to 10 minutes before the start and outside the races in progress

Departure: Arrive at the start at H-10 mn for the briefing. Swimming cap on the head. The bib remains at the bike place.

Route: The courses are marked and supervised by divers and kayaks

The swim cap is mandatory. It can be personal or provided with the bib if subscribed at the registration.

All buoyancy aids are prohibited (buoys, armbands, fins, pullboys, etc.)



Keep a safe distance, don't let go without looking, respect the usual rules of the highway code (driving on the right, overtaking on the left, etc.)

Routes closed to traffic and indicated by volunteer flaggers + signs on the ground

Cycling transition => running:

- *Drop off your bike at the numbered location*
- *Drop off the remaining belongings without overtaking onto the neighboring location*
- *Head for the run exit with the bib in the front and without the helmet.*



Bib number at the front and visible

- *Throwing of waste or equipment is prohibited*
- *The route is indicated by the volunteer flaggers and signposted*

Arrival: Smile!

- *Keep the bib for the collection of the bike and belongings*
- *Enjoy our buffet*

Pick-up of bike and belongings:

- *In the transition area with the bib and at the scheduled times*

In case of drop out, report to the referees or volunteers at the finish line by giving them the timing chip. This will speed up the output of results by avoiding searches.

Swim=>bike transition:

- *Cycling gear (helmet, shoes, bib at the back, etc.). The personal effects must not overtake onto the neighboring locations*
- *Movement in the transition area only by foot, the ascent on the bike is done on the road at the marked line.*

For a kids successful triathlon

Your first Triathlon ? *Volunteers and referees in "educational mode" are there to help you succeed, but here are some recommendations and tips*

Parents: *For the duration of the Triathlon, no external help or accompaniment is allowed (supplies, clothing, etc.). The child is autonomous while being helped if necessary by the organization or the referees.*

Behaviour: *Triathlon is a discipline of respect and in no way do I disturb the competitors or make inappropriate or aggressive remarks. My parents and supporters respect the same rules in a spirit of sportsmanship*

Outfit:

- *For boys: Swimsuit + Tshirt or Tri function (optional)*
- *For girls: 1-piece swimsuit with top or Tri function*
- *For everyone: Bib belt – bike helmet – swimming goggles (optional) – running shoes*

The referees' mission is to ensure compliance with the sporting regulations of the French Triathlon Federation (RS FFtri)

The main objectives of this regulation are to:

- *Equal opportunities for all*
- *Safety of competitors, public, road users and the premises*
- *Respect for the environment*
- *Respect for partners, public and volunteers*
- *An image of sportiness*

Their intervention will be mainly preventive and educational, But take note of some possibilities of intervention opposite.

Intervention of the referees

For indicative examples, please refer to the FFtri Sporting Regulations <http://www.fftri.com/reglementation-sportive-0/>

- **Verbal warning:** *Preventive compliance, educational action on slight misconduct that can be corrected Yellow card (Stop & Go): Stoppage for compliance (bib badly positioned or badly fastened, scruffy outfit, wearing headphones, course cut off in the transition area, chin strap helmet not closed, etc.)*
- **Blue card** (for XS only): *Bicycle drafting. Requires a stop in the penalty area located at the arrival of the bike at the entrance to the transition area. Duration of the stoppage under the supervision of a referee: 1 minute.*
- **Red card** (for XS): *Exclusion from the race by disqualification (throwing of rubbish, characterised suction shelter, refusal to bring it back into compliance, inappropriate behaviour, etc.)*