



Athlete's guide Arlandastad duathlon 2024

Welcome to Arlandastad Duathlon 2024 Duathlon sprint and super sprint distance. SM/RM in sprint distance and the first competition in the Swedish Triathlon Cup

(This document has been translated to English from Swedish using Google translate)

We want to give you a warm welcome to the Arlandastad duathlon, the first competition in the Swedish Triathlon Cup 2024. Wednesday, May 1, it's finally time and we're looking forward to a fast-paced day with great weather and fantastic performances.

Duathlon = Running, cycling, running. All competition will take place inside the competition area Arlandastad Test Track 2.

Drivelab Testtrack 2 is a racing track for motor traffic that now becomes a competition arena and track for a duathlon race with drafting in all classes except para and Tri4fun. A running and cycling track awaits here on an asphalted surface. The track is a technical lap track of approx. 3.2 km and has long straights, a "hairpin" and sweeping curves.

In this document you will find all the information you need to plan and start the competition. Therefore, read this PM carefully. If you have any questions or if you are looking for more information, please visit our website:

arlandastadduathlon.se

- Men & Women in the respective class/s will start at the same time
- Clip-on frames on the bike are no longer allowed!

We wish you the best of luck at Arlandastad Duathlon 2024!

Race director

Nikklas Jorme

TD

Per Nilbrink

Competition leaders

Jimmy Lejonhammar

Anders Birgander

Emeli Grafström

Mikael Carlsson



HR
Pia Sundkvist de Beau

Martin Törnqvist
Jonas Rylander
Anders Månsson

ATHLET'S GUIDE

The event area for the Arlandastad duathlon is centered on the Arlanda Test track, Drivelab test track 2

Start and Finish are at Arlanda Test Track 2, Starrmossen 140, Rosersberg, Arlandastad. See directions further down in this guide.

BEFORE START

Number plate issuance

Here you can pick up your starter envelope:

Wednesday 1/5 from 08:30 until 30 minutes before your start time at Arlanda test track, Drivelab Testtrack 2.

Remember to bring identification to get your license plate.

In the start envelope there is a number tag, timing chip, and 3 stickers; one for the bike (attached to the seatpost), one for the helmet (attached to the front) and one for the bag (marked for bag return).

The number tag must be worn during all three stages and must not be folded, cut or made invisible. For your safety, write the name and phone number of the relative on the back of the number tag.

The number plate must be worn in front during the first run, behind during cycling and again in front during the second run. We recommend that you attach the number tag to a rubber band or race belt around your stomach, then you can wear the tag on your back during cycling and then turn it forward to your stomach when you switch to running.

In the competition classes Senior, Junior, Youth and Boy/Girl, you do not need to use a number tag if you have a competition suit where your surname is printed in capitals (capital letters) front and back, and is the dominant print. The font should be Arial. If you are unsure whether your costume is approved, contact the head judge on site. **ATTENTION! You must have the number tag with you when you check in and out of your bike, regardless of the name printed on the race suit.**



Timing

CTiME Sweden will be responsible for timing. Link to results and for relatives to follow the race Live there is a link that will be published on the website and here:

<https://my.raceresult.com/277563/>



QR code to the results list

In the starting envelope is a timing chip with a band. The band with the chip must be attached at the bottom of the left ankle during the entire race. **No chip = No time.** After finishing, you take off the chip and hand it to an official. Unreturned chip is charged SEK 600. For those in the Para class who do not have the opportunity to attach the timing chip to the ankle, the chip must be mounted on the wheelchair and bicycle as close to the ground as possible.

License

Participants in the competition classes (Boy/Girl 14-15 years, Youth 16-17 years, Junior 18-19 years, Senior and Age-group (Masters) must have a valid competition license.

Start times/Check-in and check-out

Start times and check-in and check-out times are presented below. These times may be adjusted, so stay updated on our website:

arlandastadduathlon.se

Important! Note check-in times for each class:

Class	Start time	Check-in	Check-out latest
Supersprint 14-15 years / Competition class – <i>drafting</i>	10:00	09:15-09:45	11:30
Competition class AG (Master), Sprint <i>drafting</i>	10:30	09:45-10:15	12:30
Sprint Open class – <i>drafting</i>	11:00	10:15-10:45	13:00
Sprint Para / Open class – <i>drafting</i>	11:45	11:00-11:30	13:45
<i>Award ceremony Competition class AG (Masters) RM and Competition class boy/girl 14-15 years</i>	12:30		
Senior, junior & youth Competition class Sprint – <i>drafting</i>	13:45	13:00-13:30	15:30
Children 6+ and 9-15 years	15:00	14:30-14:45	16:00
<i>Award ceremony SM and other competition classes</i>	15:30		



The transitionarea/Check-in

When you're done with your preparations, it's time to "check in" your bike in the changeover area. Upon check-in, you must:

- Show your license plate
- Have your helmet marked with your race number on the front and securely fastened to your head so that we can check that it fits properly. The helmet must have a chin strap and be CE marked (or have another safety mark).
- Your bike must be marked with your starting number on the seat post, be in good condition and approved for drafting (in drafting classes, tempo handlebars are not allowed, only traditional handlebars with plugged ends and wheels that are approved for drafting, see [STF reglemente](#)).
- • New! Clip on bow is not allowed. Applies to competitions with drafting allowed!
- • We will check that all bikes are approved for drafting. Para class, Exercise class and Tri4fun are treated separately.
- • No bikes with pace control are allowed regardless of class!

It is important that you note and respect the check-in and check-out times, see the table above. The times are set according to the competition schedule to avoid disturbing other participants.

In the changing area, you hang up your bike in the designated place. It is not allowed to mark your place yourself. If participants mark their place, judges have the right to remove the mark. Bring as few things as possible, you may only bring what you need for the competition into the changing area. Leave other equipment in the bag drop. Your own plastic box is allowed, transparent or white. The box must fit on its own changing surface, rec. dimensions 50x39x26cm.

Competition runs all day. Therefore, remember to watch out in the switching area. There are other competitors on the move even if you have done yours or are waiting to start. Only competitors and officials are allowed to stay in the changing area.

Before the competition, all entry and exit to the changing area takes place via "Check-in" and "Check-out." Always have your number tag with you when you go in and out before the start of the competition.

Take care of your number plate after the competition! You need it when checking out your bike. You show the number tag that must match the sticker on the bike at "Check-out."

Pre-race meeting will be available on Sweden triathlon's YouTube channel from Monday, April 29.

All registered participants are asked to take part in the information from the pre-race meeting, regardless of class. It is very important for your safety and that of others to attend the meeting and take part in the information.

Bag storage

When you have placed your race gear at your seat, take your bag out of the changing area and hand it in at the bag drop-off.

Note that nothing other than race accessories may be by your bike in the gear change area. We reserve the right to move items left behind to the bag drop. This is for safety reasons for all participants.



THE COMPETITION

The start

The athletes are let off at the changeover area. **You must be at the start 10 minutes before your start time. We will apply starting points! Age-Group (Masters) will be organized by age group – 20-24, 25-29, 30-34, etc.**

Exercise classes (Open class) will be able to organize themselves based on self-assessment of running capacity.

For Exercise class - relay, we will have a short briefing before your start.

TD responsible for the arrangement.

Running 1

The track runs in outer laps of the cycle track. The course length and distances as well as the number of laps can be seen from maps on our website as well as briefings at the pre-race meeting and in the competition area.

Start and lap will go through the shift area!

The running track looks different depending on the class. All running will take place on paved surfaces except for a small section of 75 m which will be on gravel (does not apply to Para). There is a fluid control in connection with laps and water and sports drink from Umara are served there. In the case of private supply of liquid/energy, it must take place in connection with and immediately after the liquid station.

[Sprint Löp 1](#) [Supersprint Löp 1](#)

Cycling

The route and distances of the cycle track and the number of laps can be seen from maps on our website as well as briefings at the pre-race meeting and in the competition area. Remember to slow down at the sharp curves. There are no overtaking bans, but passages that are unsuitable for overtaking will occur. These passages will be shown at the Pre-race meeting. Don't take unnecessary risks!

The road is closed to traffic. It is your responsibility as a competitor to know the length of the course and that you have cycled the correct number of laps.

The running track goes on the cycle track at the outer edge, show consideration for each other.

[Sprint cykel](#) [Supersprint cykel](#)

Drafting

Drafting allowed. Girls and boys can draft each other. Competitors may not draft participants who are on another lap. Latched cyclists are not picked off the course.

Running 2

The track runs in outer laps of the cycle track. The running course route and distances can be seen from maps on our website as well as briefings at the pre-race meeting and in the competition area. All running will take place on paved surfaces except for a small section of 75 m which will be on gravel (does not apply to Para). There is a fluid control in connection with laps and water and sports drink from U mara are served there. In the case of private supply of liquid/energy, it must take place in connection with and immediately after the liquid station.

Garbage zones will be established adjacent to the liquid station where it is permitted to throw away garbage. Garbage thrown outside the garbage zone is not permitted.

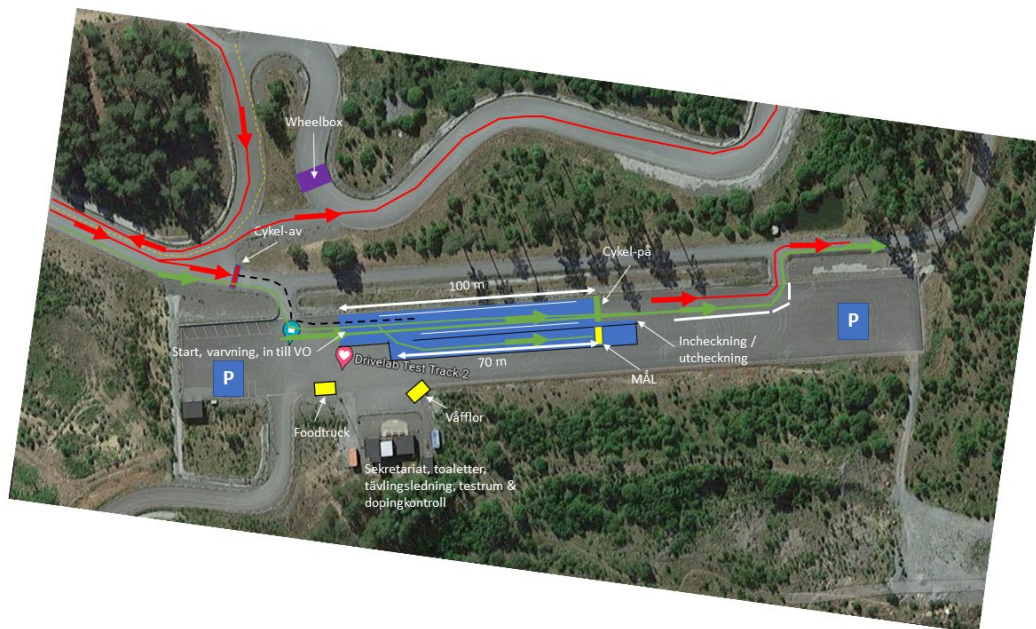
Finish line

About: 20 meters into the changing area, on the right side of the runner, there is an opening into the race and finish portal.

[Sprint Löp 2](#)

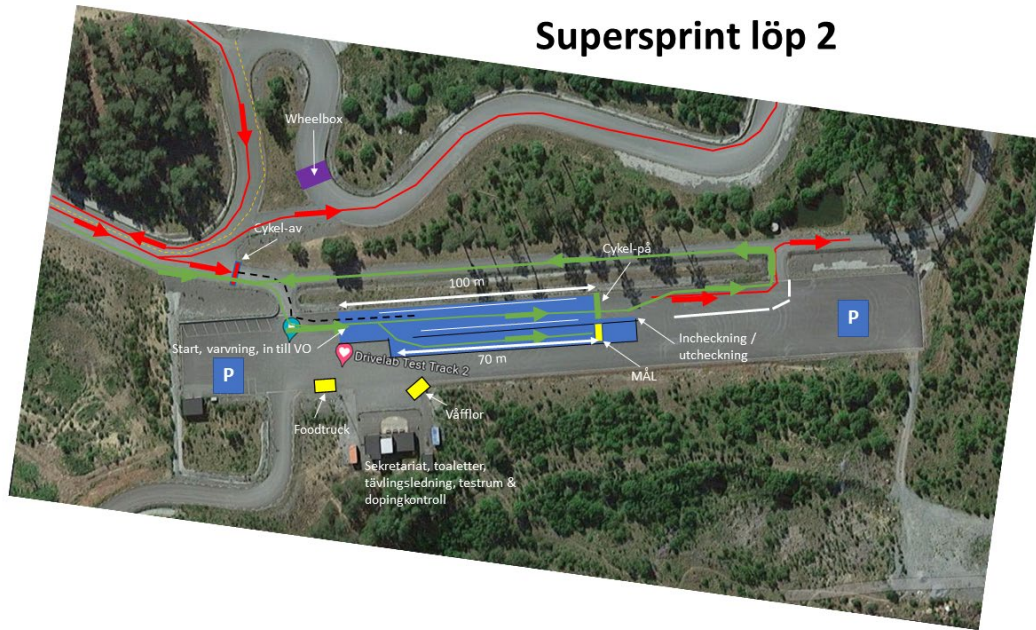
[Supersprint Löp 2](#)

Links to the tracks are also available at [hemsidan](#)



Sprint

Supersprint löp 2



Supersprint

Children's competition

Children 6+ and Children 9-15 years old will start last on the day. The younger children will have a shorter distance and the slightly older children a longer course.

Children 6+ [Löp 1](#) [Cykel](#) [Löp 2](#)

Children 9-15 year [Löp 1](#) [Cykel](#) [Löp 2](#)

RULES OF ORDER

Littering

Throwing litter outside the litter zones incurs a 10 second time penalty. Referee gives a "stop and go" at the spot designated by the referee. Judge clocks your sentence. The trash zone adjacent to the fluid control on the run is marked.

Judge

There will be umpires circulating around the race course to make sure everything goes right.

Jury

Any protests cost SEK 500 and must be submitted to the head referee within 15 minutes after the finish. The competition jury is called to a meeting. The composition of the jury is announced on the notice board in the competition area on the day of the competition.



IMPORTANT CONTEST RULES

- Fasten the helmet before taking the bike from the bike stand.
- Do not cycle in the switching area.
- Keep the helmet buttoned until you have hung the bike back up.
- Follow instructions from officials and referees.

OTHER INFO A-Z

All competition is at your own risk.

As a competitor, you are responsible for knowing the course length and the competition rules as well as the number of laps.

Do you have questions about info in PM, you are welcome to get in touch info@arlandastadduathlon.se

Bicycle - What type of bicycle is allowed?

In drafting races, rules apply to the bike, handlebars and wheels, [se reglementet](#).

Bicycle mechanic

Make sure the bike is in top shape before the race so you don't have any mechanical problems. We will have simpler bike mech on site.

Break the competition

If you are forced to break the race, make sure to notify the nearest official as soon as possible and leave the timing chip with the secretariat.

Changing/shower

There is no opportunity to change clothes and shower.

Environment

Please help us keep the competition area clean by using the bins provided in the area.

Familiarization

There will be an opportunity to familiarize yourself with the cycle path, roll the path, between 08:00 - 09:30. We will close to get out at 09:15. Familiarization only applies to the bike course!

Healthcare

We will have trained medical personnel from Livtjänst on site during the competition.

How to get here

[Drivelab Arlanda Test Track 2](#), Starrmossen 140, Rosersberg, Arlandastad.

There will be a limited amount of parking inside the test track. The long-term parking Benstocken (fee SEK 100 per day) is also available if the parking spaces run out. From Benstocken you can ride the bike 1.2 km down to the Test track. Follow the instructions of the officials. ATTENTION! Follow the directions below, no car traffic via other roads due to environmental impact and traffic problems for residents in the area. All competitors and all the audience are asked to carpool partly from an environmental point of view, partly so that all cars can have a place!

Vägbeskrivning till tävlingsområdet, Arlanda



Adressen till Arlandastad Testtrack 2 är: Starmossen 140, 195 95 Rosersberg

Music player

It is not permitted to listen to music or other things in headsets during the competition.

Post-registration

We have a limited number of places for late registration in exercise class, para class and Tri4fun. In the Competition class, it is not possible to register later:

Prizes and award ceremony

All finishers receive a medal.

Award ceremony for AG (master's) and boys/girls 14-15 years about approx. 12:30 p.m. Award ceremony for seniors, juniors 18-19 years, youth 16-17 about approx. 15:30 p.m.

Prize giving for all children will be announced when all children have finished.

Results

The results are posted on arlandastadduathlon.se after the race. Results will also be available on Svenska triathlonförbundets sida. CTIME Sweden is responsible for timing.

Social media - please follow us!

We are on Instagram @arlandastad_duathlon. During the competitions we will do our best to update as much as we can on our Instagram @arlandastad_duathlon.

Spectator

There will be food service at cost price on site.

Toilets

Toilets are available.

Water

There is a limit on drinkable water, so we recommend everyone to bring their own water bottles,



preferably several.

Good luck!

Thanks to our sponsors and partners

