

ATHLETE'S GUIDE



SUPER SPRINT 2022



Contents

| | |
|-----------------------------|-----------|
| WELCOME | 3 |
| IMPORTANT LOCATIONS | 5 |
| BEFORE THE RACE | 6 |
| Race venue | 6 |
| Registration | 6 |
| Race Briefing and Q&A | 6 |
| Transition Area (T1 and T2) | 7 |
| RACE COURSES | 10 |
| SWIM | 10 |
| BIKE | 12 |
| Penalties | 13 |
| Penalty Box | 13 |
| RUN | 14 |
| RELAY | 15 |
| GENERAL INFORMATION | 16 |
| Awards ceremony | 16 |
| Categories | 16 |
| Contact information | 16 |
| Lost and found | 16 |
| Medical care | 16 |
| Musical devices | 16 |
| Pacing the athletes | 17 |
| Parking | 17 |
| Photo service | 17 |
| Protests and race jury | 17 |
| Restrooms | 17 |
| Results | 17 |
| Spectators | 17 |
| Timing chip | 17 |
| Withdrawal from the race | 18 |
| Corona-info | 18 |





WELCOME

Welcome to CHALLENGE TURKU 2022!

We are happy to have you with us and wish you the most enjoyable event.

This athlete's guide provides you with important information for your and all racers' safety.

Heikki Jaatinen
Event Director, Challenge Turku



SCHEDULE

FRIDAY 29 July

16:00–21:00 Registration, Race Office open (Turku Conservatory, Linnankatu 60, 20100 Turku)

19:00 Virtual Q&A (Facebook live)

SATURDAY 30 July

9:00–21:00 Race Office open (Varvintori square, Turku Conservatory)

SUPER SPRINT

9:00-12:30 Registration at the Race Office

9:00-12:30 Bike check-in

12:45 SUPER SPRINT ELITE, SM U15,U17,U19 MALE START

13:30 SUPER SPRINT ELITE, SM U15,U17,U19 FEMALE START

14:30 SUPER SPRINT AGE GROUPS START

16:00 Awards (ELITE/U15/U17/U19)

GANT



IMPORTANT LOCATIONS



Race Center:
Race Office:
Swim Start:
Transition Area:
Finish Area:

Varvintori Square
 Turku Conservatory
 Aura River, 150m from Transition Area
 Varvintori Square
 Varvintori Square



BEFORE THE RACE

Race venue

The race is held on traffic-controlled streets in the center of Turku. The Race Center, Race Office and the Transition Area are located at Varvintori square. Swim start and finish are about 150m from the Race Center. The CHALLENGE TURKU finish line is located at the Varvintori square.

Registration

Registration and race packet pickup is from Varvintori Race Center on Friday and Saturday.

Operating hours are:

Friday 29th July 16-21

Saturday 30th July 9-12:30 (Office is open until 21)

You must show a valid photo-ID to collect your registration packet.

The registration packet contains a race number, timing chip, sticker for your bike and helmet (to be placed in front) and a swim cap. When you receive your registration packet, make sure that it contains all the necessary items.

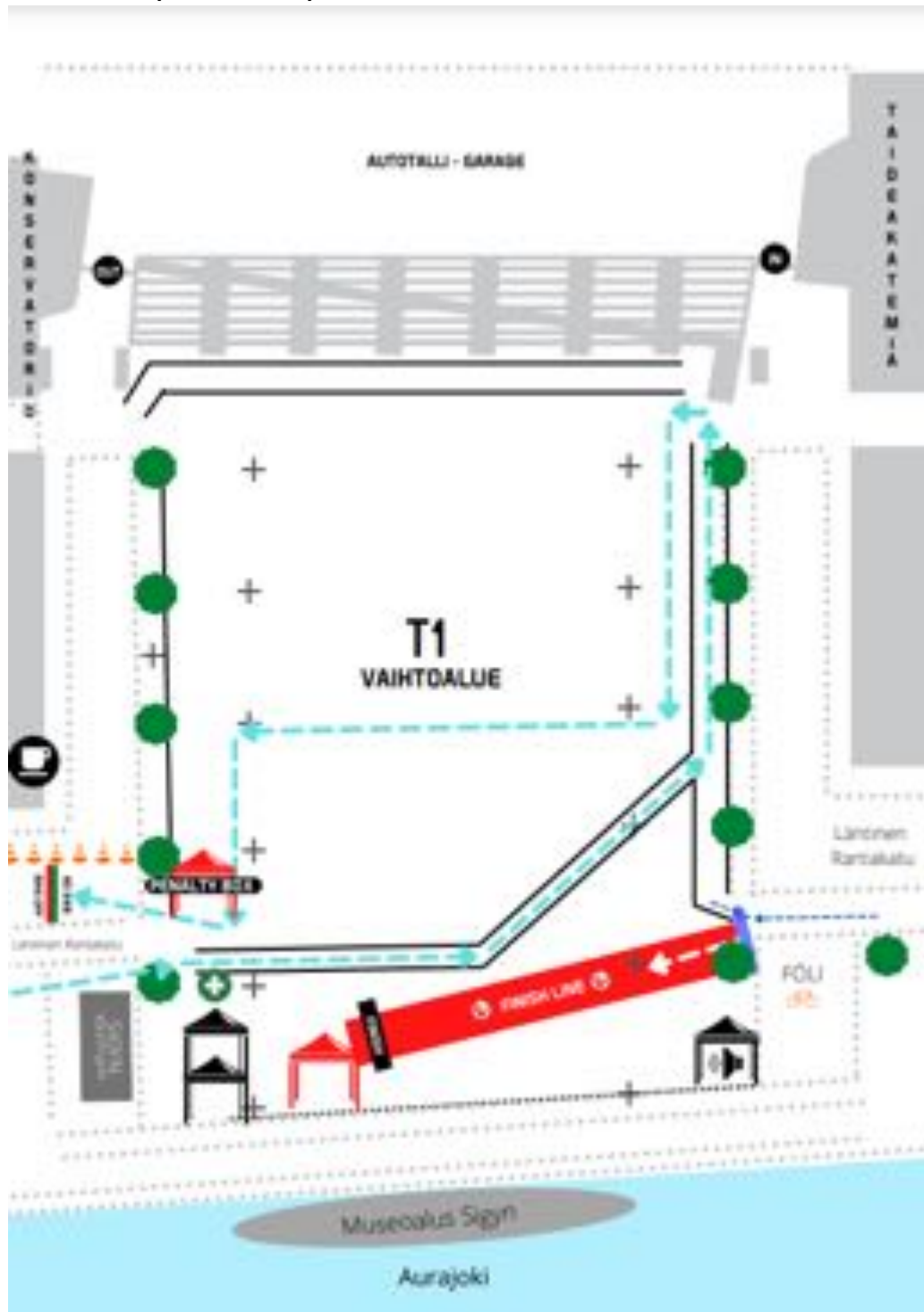
We recommend that you attach the race number to a race belt or use a rubber band and safety pins around your waist to carry your race number. You should wear the race number at your back while biking and rotate it to your front when running. The race number must not be folded or cut; it must be worn as it is. For your safety, please write the name and phone number of your contact person on the back of the race number. Contact person should not be racing at the same time as you.

Race Briefing and Q&A

Challenge Turku has a virtual race briefing which means that there is no mandatory race briefing in the race venue before the race. Instead, we have an optional live streamed Facebook live Q&A session on Friday 19:00. The virtual race briefing will be published on the internet before the race and the link for athletes will be sent via email on Friday 30th July at the latest.



Transition Area (T1 and T2)





The Transition Area is located at the Varvintori Square. The Transition Area is the same for 'swim to bike' (T1) and 'bike to run' (T2) -transitions.

Only athletes and volunteers are allowed to enter the Transition Area. When checking into the Transition Area we will check your bike, brakes, and that your helmet is an approved helmet (CE or other safety marking must be visible). Put your bike on the bike rack to the place the volunteers will assign you. All athletes are placed based on their race number. Bring only items for the race with you into the Transition Area, since there is only a small area per athlete. Transition boxes are used in the race this year.

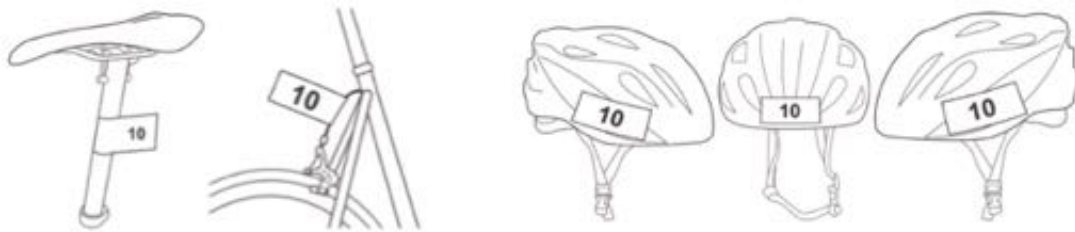


After 12:30 it will no longer be possible to deposit any biking or running clothes on race day.

You can collect your race bags after the race when checking out your bike. Please remember to have your race number with you when entering the check-out. Please note that all bikes must be checked-out prior to 17:45 on Saturday 30th August as the check-in for the HALF DISTANCE race will commence at 18:00.

Bike shoes can be attached to the pedals. Water bottles and gels should be attached to the bike. If you leave your helmet on your bike it should be on the handle-/aerobars. Other bike equipment should be attached to your saddle or other suitable compartments on the bike. The ground area around your bike must be completely clear of all items before leaving for the race. You can leave your helmet on the bike or put it in a box. After the bike segment you must put your helmet in the transition box.

Please remember to attach the race number stickers on your bike and on your helmet before entering the bike check-in. When checking out your bike, you must show your race number. It must match the race number sticker on your bike. Without them you are not allowed to enter the Transition Area. Do not lose your race number!



All entrances and exits to the Transition Area will be at the "check-in" sign where volunteers guide you.

Bike check-in times for the SUPER SPRINT are:

Saturday 30 July 9:00–12:30

We recommend that you familiarize yourself with the Transition Area before the race to make sure that you recognize where to enter and exit the Transition Area at the T1 and T2.



RACE COURSES

SWIM



You must be at the swim start area at least 15 minutes prior to your start. Warm up in the water is allowed only in the specific area since there are ships still operating in the river before the start. Warming up in the water is possible 30 minutes before each start.

Elite (and U15/U17/U19) start with a mass start and Age-groupers with a rolling start. Rolling start means that athletes will line up on the lawn according to their realistic predicted swim time (self-seeding) and athletes will be released to start in one line from the pier. It will take approximately 10 minutes to get the entire field across the swim start line.

When in water, place yourself in the starting line as best as possible according to your predicted time. If you plan to swim under 5 minutes, then place yourself near the front. If you swim over 10 minutes, then place yourself near the back. Any swim style is allowed.



If this is your first triathlon or if you are not a strong swimmer, we strongly recommend that you start in the back of your starting group. This way you can find some space and find your own rhythm, which will help you to enjoy the race even more without the hassle that normally will occur at the start.

If you find yourself in trouble during the swim, call for help by waving your hand high. There are kayaks, sup boards and boats in the water during the swim to secure the safety of the swimmers. You can hold on to a kayak, sup board or a boat to rest for a short while, if the boat/kayak is not moving. Please note that your race is finished if you enter the boat.

The rules regarding wetsuits are according to the regulations of the International Triathlon Union. **Wetsuits are not allowed over 20 degrees Celsius in the ELITE/U race category.** Then the use of swimskins are also forbidden. **In the age group categories wetsuits are always allowed.** The temperature is measured one hour prior to start and is announced at a notice board at the help desk and at the swim start. All athletes must wear the swim cap provided by the race. The race number can be left under the wetsuit or be dressed in T1.

The swim consists of one (1) loop with marking buoys always on your left side. The swim course is shown in the map above, and is also shown on notice boards at the Race Center.



BIKE



Helmet must always be worn when the bike is moving during the race. The chinstrap of your helmet must be securely fastened before you remove your bike from the bike rack and remain fastened until you have finished the bike course and put your bike back at the rack. It is not permitted to ride your bike in the Transition Area. You can start biking only after crossing the 'start biking' line marked right after the Transition Area. There will be volunteers guiding you at the transition and at the 'start biking' line.

There will be no traffic along the course. However, please remember that it is always possible that cars, other vehicles, and pedestrians may enter the cycling course, as the race is located in the city. PLEASE STAY FOCUSED ON YOUR ENVIRONMENT!

It is every participant's responsibility to know the course. When biking, keep to the right and be aware of participants around you. There will be referees on motorbikes along the bike course to make sure athletes follow the rules.

The SPRINT race has a loop of 2,5km that is done four times (4x) during the bicycle segment.



If you have a puncture or other malfunction with your bike, please observe the traffic around you and find a safe place to fix the bike. In case the malfunction will prevent you from continuing the race, please contact the volunteers close to you. Disposing of trash outside of the service area is grounds for immediate disqualification and removal from the course.

The bike course finishes upon returning to the Transition Area. Dismount from the bike before the dismount line and run/walk your bike back to the original position on the bike rack where your number is and hang it back up on the rack. You can remove your helmet once your bike is properly racked. Running straight under bike racks in the transition area is forbidden and it leads to a penalty. There will be volunteers at the dismount line to guide you.

Drafting is allowed in all classes which means that TT and triathlon bikes are forbidden. You are only allowed to draft athletes which are in the same loop as you.

Penalties

- **10s (yellow card)**
- **1 min penalty (blue card)**
- **Disqualification (red card)**

Penalty Box

If an athlete receives a penalty from a referee during the bike section, the athlete must stop in the penalty box. Penalty box is located at the Transition Area. After receiving a red card an athlete is disqualified from the race.

It is the athlete's responsibility to report to the volunteers at the penalty box and tell their race number before serving their penalty. The race official will mark the race number to show the penalty was served and it will also be recorded in the officials' log. If the athlete does not serve a penalty, they will be disqualified from the race. The race officials are there to provide a fair and safe race for all athletes so please respect their position and orders.



RUN



The race segment begins immediately after leaving the Transition Area next to the Suomen Joutsen sail ship. The finish is located at the Varvintori square. After leaving the transition area the run course continues toward downtown Turku along Linnankatu and returns to the banks of the river Aura. The 2 loops course offers a great atmosphere for both spectators and athletes alike.

The course is marked with cones and fences and volunteers will be guiding you. As the course takes you to the city center, please be aware that pedestrians and cyclists may enter the course even when we have secured it.

There will be a lot of runners out on the run course at the same time. Keep to your right. On the course there is a service point where you can find drinks and energy products.



RELAY

Relay teams will use only one race number. The cyclist will already have the number on while waiting for their swimmer to finish. Upon returning from the bike, the number will be given to the runner to use on the run segment.

Relay competition transitions will work as follows:

- Transition (T1): There is a marked area where the swimmer can give the timing chip to the cyclist.
- Transition (T2): There is a marked area where the cyclist gives the timing chip and race number to the runner.

wahoo



GENERAL INFORMATION

Awards ceremony

Awards ceremony for the Elite/U category will take place at Varvintori square at 16:00 on Saturday. You can pick your Finisher T-shirt from the Finish line area after your finish.

Categories

Men's/Women's: Elite, U15, U17, U19, 18–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, +65, relay team.

Licence

On Saturday's races an international licence is not required.

Contact information

General information: info@challengeturku.com

Race Office: Sari Holmström: +358 45 1144279 / sari.holmstrom@sbrfinland.com

Event Director and security: Heikki Jaatinen: +358 40 7050615 / heikki.jaatinen@sbrfinland.com

Race Course: Kimmo Holmström: +358 40 5920074 / kimmo.holmstrom@sbrfinland.com

Race Venue, rules: Leevi Hietanen: +358 50 5004266 / leevi.hietanen@sbrfinland.com

Lost and found

Lost and found items will be brought to the Race Office and will remain there until the closing of the event Sunday evening. After that, all items are kept by SBR Finland Oy for 3 months, you can make inquiries at: info@sbrfinland.com.

Medical care

First aid station is located at the Varvintori square. Moreover, medical staff and first aid are available at the bike segment aid station.

Musical devices

Musical and communication devices such as iPods, mobile phones are prohibited during the race.



Pacing the athletes

It is strictly prohibited to accompany/pace participants on the bike or run course, and it will lead to the immediate disqualification of the respective participant without any warning.

Parking

There are only limited parking options close to the race venue. Accordingly, we recommend that you leave the car at home/at the hotel. Harppuuna parking area (address: Vallihaudankatu 1) is located 800m from the transition area and it offers cheap parking time for approximately 300 cars.

Photo service

You will find your photos and video from the event website and social media as soon as possible after the completion of the event.

Protests and race jury

An athlete can protest an officials' decision or against another athlete's behavior. Protests must be given to the Race Office in writing within 90 minutes of completing the race. The jury delegate will handle the protests and may call the race jury for a meeting. Members of the race jury will be announced on the notice boards at the Race Center on the race day.

Restrooms

Portable restrooms are found at several places within the race venue area.

Results

The results will be up on the notice boards on the Race Center at the end of the race, and online on www.challengeturku.com.

Spectators

Please see a separate Spectator's Guide. **PLEASE NOTE that the spectators are strictly forbidden to enter the E18 highway during the bike segment of the Half Distance race on Sunday!**

Timing chip

The registration packet contains a timing chip with a Velcro band for timing during the race. The timing chip must be placed on your right ankle during the entire race. No chip = no time. Check carefully that the chip is still on your ankle after removing your wetsuit. Do not walk on



the timing mats before the start of the race! After you finish the race there will be volunteers taking care of your timing chip. If you do not return your chip to the volunteers at the finish, we will charge you the cost of the timing chip of EUR 50.

Withdrawal from the race

If the athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report about the withdrawal to a volunteer and return the timing chip.

PLEASE NOTE! All participants are racing at their own risk. All athletes are responsible for knowing the race course and the race rules!

Corona-info

There are no requirements for vaccine reports or negative test results. If you feel sick in any way, do not hesitate to cancel your participation.

Welcome and good luck on the race day!

