



INTERNATIONALER
USTER
TRIATHLON

WELCOME



LerchPartner.**+**

FABRIK
MOVE * WORK * LIFE



Daniela Ruholl
Race Director



Mario Schierok
Race Director



Melanie Hauss
Volunteers



Sven Riederer
Organizer



Thomas Klingler
**TD – Swiss
Triathlon**



Reto Mühlebach
Athlet



Daniela Ruholl
Rennleitung



Thomas Klingler
TD – Swiss Triathlon

Protest / Appeal

- 15 min after crossing the finish line report to referee (Thomas Klingler)
- 30 min after the preliminary results have been published (online)



- For everyone older than 16, access to event area is restricted to people with a COVID certificate. Everyone recovered and fully vaccinated as well as people who got tested negative (Antigen test valid for 48h; PCR test for 72h before entering the event area) receive a COVID certificate.
- This also applies to participants from abroad. You must hold a certificate valid in Switzerland to participate in the race.
- After the successful check of the COVID certificate, all athletes, volunteers and service providers receive a **COVID TEST OK** wristband. Access to the event area is only possible with this wristband.
- No spectators are allowed in the event area.
- **EXCEPTION KIDS TRIATHLON:** One parent (with a COVID certificate) is allowed to accompany the athlete in the event area.
- No masks need to be worn in the event area.
- No penalty tent! If you get penalty the time will be added to your final time.



Access to the event area requires a COVID certificate. There are three options to receive a COVID certificate:

Negative Test

Certificates are issued when receiving a negative test result. PCR test can be taken up to 72 hours, the Antigen test up to 48 hours before entering the event area. **Self-tests are not sufficient!**

Vaccinated

Certificates are issued after two vaccinations.

Recovered

Certificates are issued to people who have recovered from COVID-19 six months from the 11th day after confirmation of infection.

The certificate is issued by the canton and must be applied for in advance.

**There is no access to the event area and therefore no start
WITHOUT A COVID CERTIFICATE !!!**

Please bring your official ID for inspection.





Control of COVID-Certificate & Registration

- The control of COVID certificate and the registration are located in front of the barn next to the Bäsebeiz (Seeweg 15).
- **You can only pick up your race number after a positive COVID Certificate check.**

Before the Start

1. Control of COVID certificate (don't forget your ID)
2. Wristband: COVID TEST OK
3. Race number pick up





Saturday, 17th July 2021

Registration

| | |
|----------------|--|
| 2.00 – 4.15 pm | SUP Race, Lake Crossing |
| 4.15 – 6.00 pm | Kids Triathlon, Middle Distance & Olympic Distance |

Start

| | |
|---------|------------------------------------|
| 3.30 pm | SUP RACE PRO |
| 4.00 pm | SUP RACE FUN |
| 4.45 pm | Lake Crossing |
| 5.00 pm | Award Ceremony SUP Race Pro (Badi) |

Check-in Transition

| | |
|----------------|----------------|
| 5.00 – 6.00 pm | Kids Triathlon |
|----------------|----------------|

Start

| | |
|----------------|----------------------|
| 6.00 pm | Kids Triathlon 14-15 |
| 6.05 pm | Kids Triathlon 12-13 |
| 6.30 pm | Kids Triathlon 8-11 |
| 7.00 pm | Award Ceremony |
| 7.00 – 7.30 pm | Check-Out |



Sunday, 18th July 2021

Registration

| | |
|------------------|----------------------------------|
| 06.30 – 07.00 am | Middle Distance |
| 07.00 – 08.15 am | Olympic Distance incl. Teams |
| 08.15 – 09.15 am | Experience Triathlon incl. Teams |
| 10.00 – 10.30 am | Company Triathlon |

Check-in

| | |
|------------------|----------------------------------|
| 06.45 – 07.45 am | Mitteldistanz |
| 07.45 – 09.00 am | Olympic distance incl. Teams |
| 08.50 – 09.50 am | Experience Triathlon incl. Teams |
| 10.00 – 10.50 am | Company Triathlon |



Sunday, 18th July 2021

Start

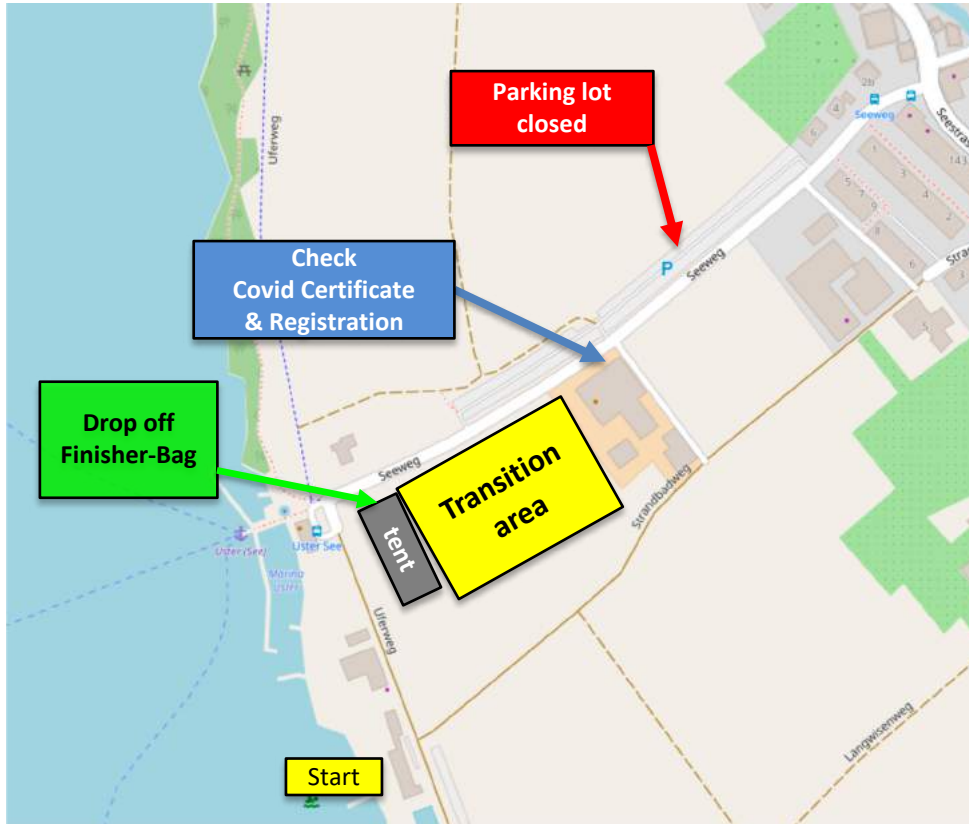
| | |
|---------------|-----------------------------------|
| from 8.00 am | Middle Distance |
| from 9.00 am | Olympic Distance, incl. Teams |
| from 10.00 am | Experience Triathlon, incl. Teams |
| from 11.15 am | Company Triathlon |

Award Ceremony

| | |
|---------|---|
| 1.00 pm | Olympic Distance & Experience Triathlon |
| 2.30 pm | Company Triathlon |
| 3.30 pm | Middle Distance Triathlon |

Check-Out

| | |
|--------------|---|
| 11.00 – 3.30 | Check-out immediately after crossing the finish line with the approval by the referee |
|--------------|---|



Arrival

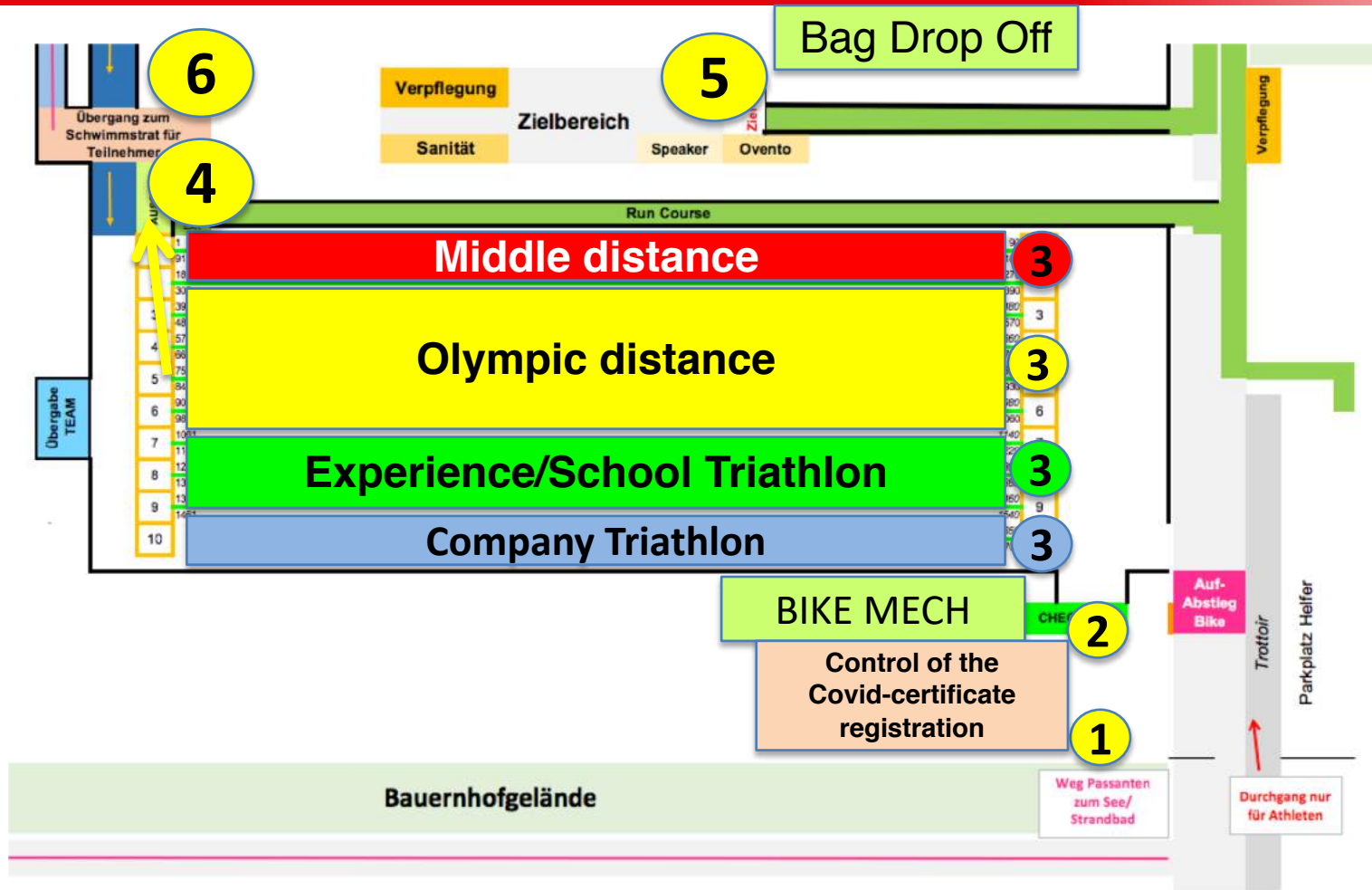
- Bus 816 , bus station „Pfannenstielstrasse“
- Parking lots Illuster and Püntwiese

Do not forget to bring a bag or bag pack.

Before the Start:

1. Control of COVID certificate (**Don't forget your ID**)
2. Wristband: **COVID TEST OK**
3. Race bib pick up

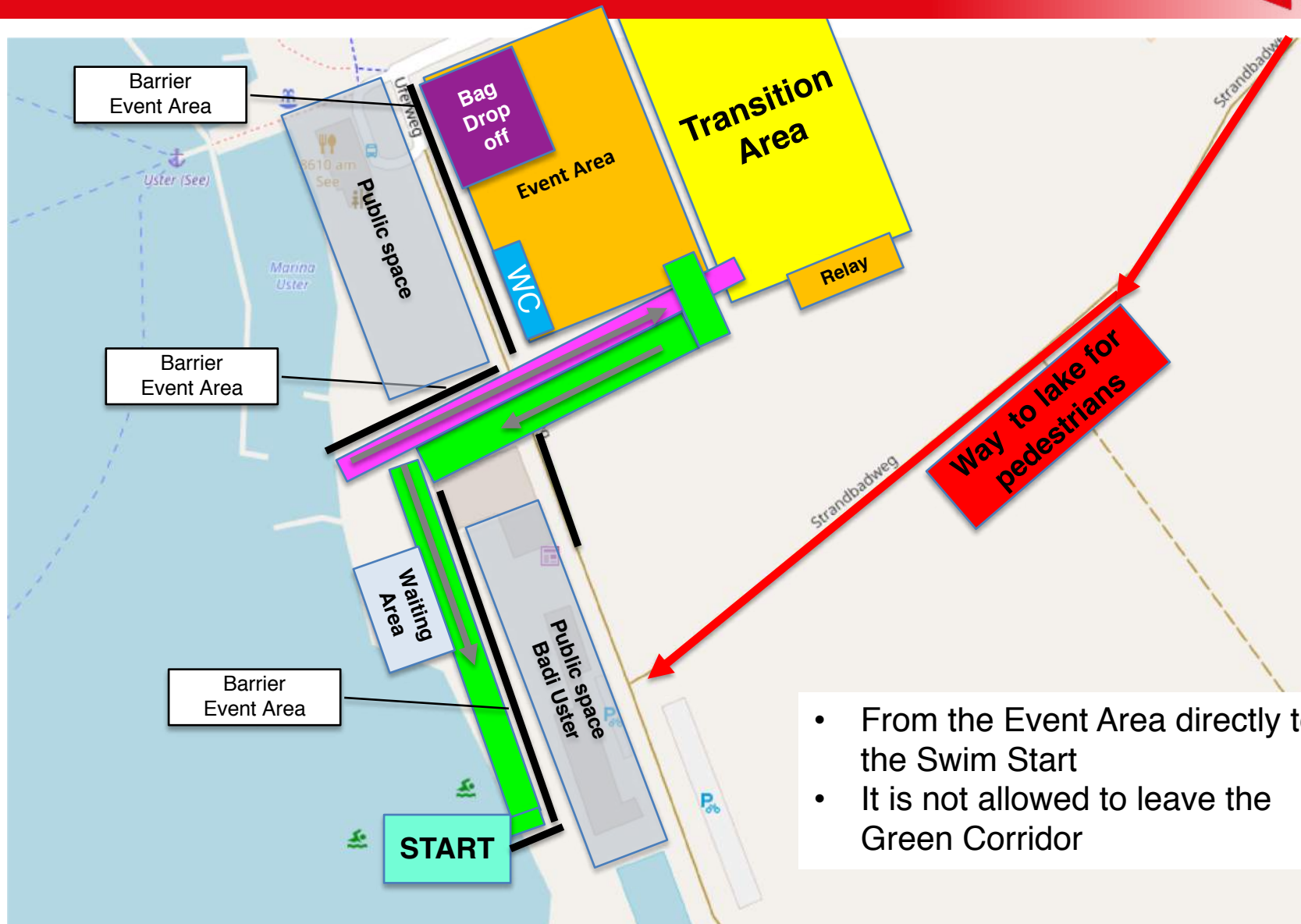




- **Entry is only allowed with a positive COVID Certificate Check**
- **No spectators in the event area!**



Event Area



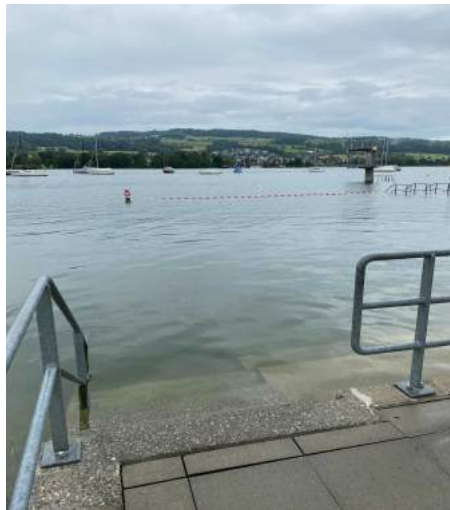
- From the Event Area directly to the Swim Start
- It is not allowed to leave the Green Corridor



Race Course



- The Greifensee has a significantly higher water level than usual
- The jetty in the lido is under water
- Because it is standing water, the water police and lake rescue have given us permission to swim
- The swim start will be moved to the stairs on the left of the jetty





Schwimmstrecken Mitteldistanz, Olympic, Experience, Firmen



Water Temperature

- Wetsuits will be not allowed if the water temperature is above 22.0 degrees for Olympic Distance, Experience, and Company Triathlon
- Wetsuits will be not allowed if the water temperature is above 24.6 degrees for middle distance

Start

- Rolling Start

Swim Course

- Experience Triathlon: 500m; turn around red buoys (pyramids)
- Company Triathlon: 750m; turn around red buoys
- Olympic distance: 1500m; turn around orange buoys
- Middle distance: 1900m; turn around yellow buoys



Radstrecke Short, Olympic, Staffel



Bike & Helmet Check

It is compulsory for all participants to get their bikes and helmets checked at the check-in into the transition area.

All handlebar ends need to be closed!

Drafting

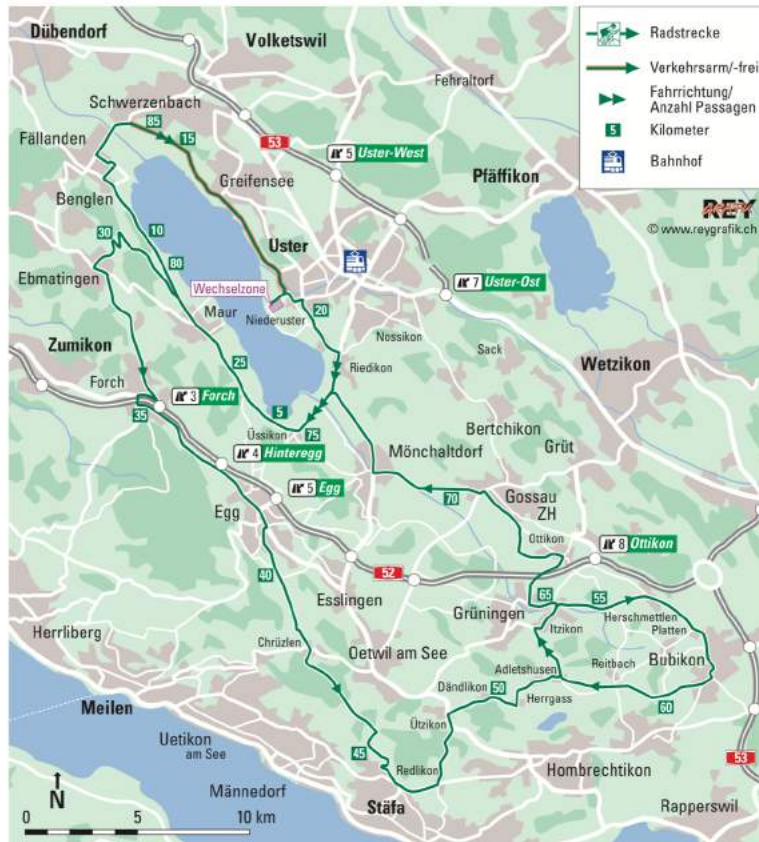
It is a non-drafting race, 10m (Olympic/ Experience) / 12m distance (Middle Distance) must be kept at all times.

Bike Course

The bike course is not closed to traffic!



Radstrecke 90 km Mitteldistanz

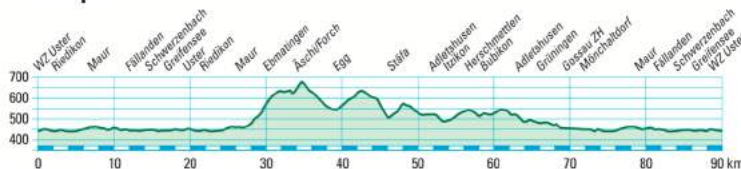


- The bike course has 800 meters of positive difference in altitude
- The Middle Distance bike course starts with 1½ loops around the Greifensee
- After the 2nd passage through Itzikon, turn left towards Grüningen
- The last 15 Kilometers go around the lake.

Aid stations

- At kilometer 30 on the climb from Maur to Ebmatingen at Stuhlenstrasse
- Second aid station at Adletshusen at kilometere 52 and 63. Athletes pass this aid station twice
- Water, Iso and Gels will be offered
- Nutrition will be handed to the athletes

Höhenprofil





Laufstrecken Mitteldistanz, Olympic, Experience, Firmen



Aid stations Run Course

Two Aid stations

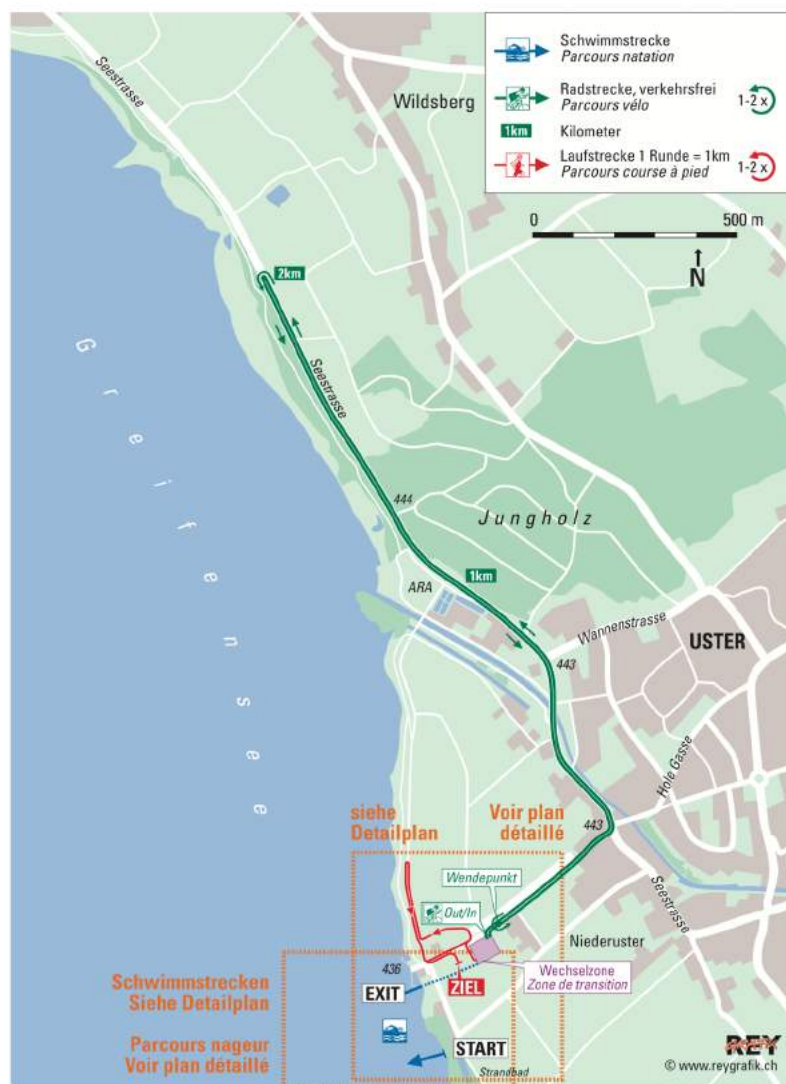
- Athletes must pick up the nutrition themselves

Run Courses

- Experience: 5 m, 1 loop
- Olympic distance: 10 k, 2 loops
- Middle distance: 20 k, 4 loops
- Company Triathlon: 7,5 k, 3 medium loops



Streckenplan Triathlon Schüler



Kids under the age of 16 do not need a COVID Certificate.

Start

| | |
|---------|----------------------|
| 6.00 pm | Kids Triathlon 14-15 |
| 6.05 pm | Kids Triathlon 12-13 |
| 6.30 pm | Kids Triathlon 8-11 |

Start

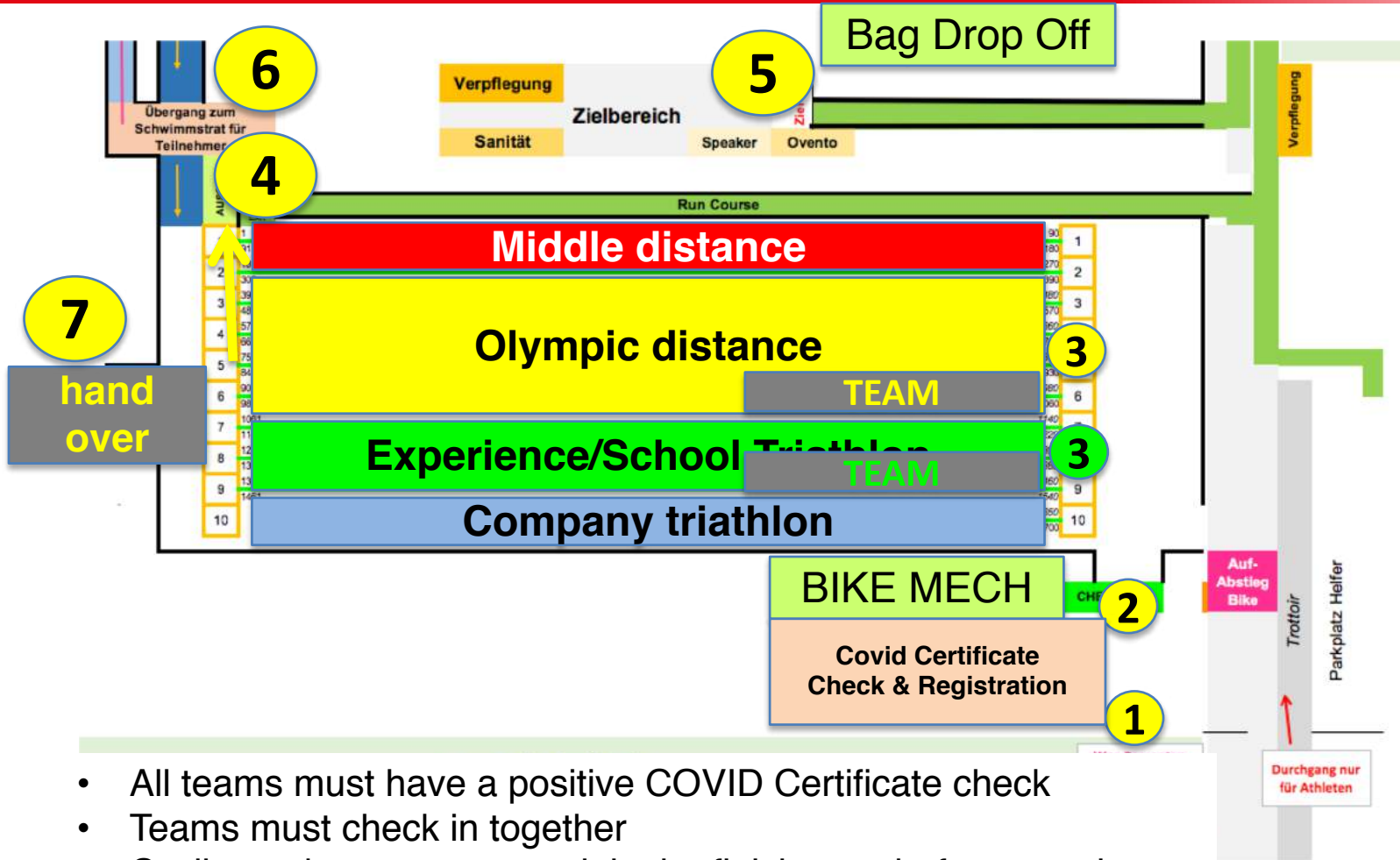
Rolling Start

Registration: 4.15 – 5.00 pm

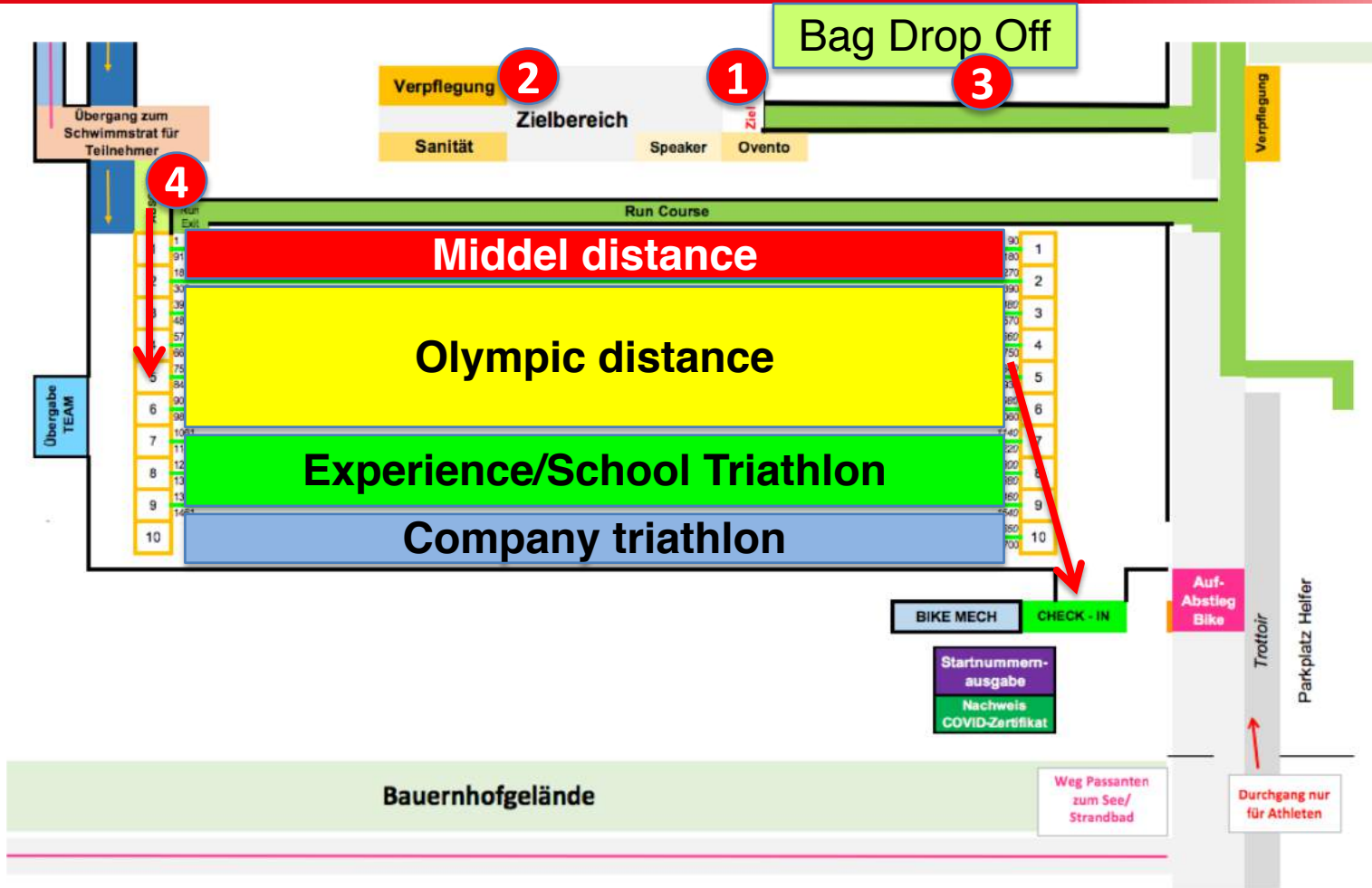
Check-in: 5.00 – 6.00 pm

Check-Out

- Kids must present race bib at Check-out
- Check out starts at 7.00pm



- All teams must have a positive COVID Certificate check
- Teams must check in together
- Cyclist and runner must wait in the finish area before entering transition area shortly before handover
- The timing chip serves as baton





The following rules apply to the Olympic Distance Race:

- Ride on the right side of the road!
- **Littering → DSQ**
- **Blocking → yellow card > 15 sec**
- **Drafting → blue card → time penalty 2min**
- **No penalty tent!** If you get penalty the penalty will be add you your time.



LeuchPartner. 

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Wohnstadt am Wasser

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 **Lenzinger**
Zeltvermietung




MoveMee
Coaching



UND UNSERE

