

# GEMS Triathlon Challenge 2016 – Start - Transition - Finish



- Athletes start in waves of 8 with 1 minute intervals.
- There is 1 area for transition from swim to bike and bike to run.
- Relay teams hand-over the race/BIB number in the transition area.
- The finish line is in front of the grand stand.

## GEMS Triathlon Challenge 2016 – Swim



- Athletes walk from the start to the pool.
- Each athlete will be directed to a swimming lane.
- Each athlete will swim his / her number of laps within the lane.
- A swim lap is 25M.
- An athlete is responsible for counting his / her own number of laps.
- Timing will only start from the edge of the pool (so, no running is required from the starting point).
- Distance per age category:
  - 5-9            75M        (3 laps)
  - 10-12        175M       (7 laps)
  - 13-15        225M       (9 laps)
  - 16-18        375M       (15 laps)
  - 19+           425M       (17 laps)

## GEMS Triathlon Challenge 2016 - Bike



- **No helmet – No ride!**
- A bike lap is 2KM.
- No cycling before the mount line or after the dismount line.
- An athlete is responsible for counting his / her own number of laps.
- Distance per age category:
  - 5-9            4KM        (2 laps)
  - 10-12        8KM        (4 laps)
  - 13-15        12KM      (6 laps)
  - 16-18        16KM      (8 laps)
  - 19+           16KM      (8 laps)

## GEMS Triathlon Challenge 2016 – Run



- A run lap is 2KM.
- An athlete is responsible for counting his / her own number of laps.
- Distance per age category:
  - 5-9            2KM        (1 lap)
  - 10-12        4KM        (2 laps)
  - 13-15        4KM        (2 laps)
  - 16-18        6KM        (3 laps)
  - 19+           6KM        (3 laps)
- The finish line is on the athletics track in front of the grand stand.