

Athletes' Guide

General Information

The distances for the Nordic Triathlon Cup are as follows: swim 375 meters, cycle 10 kilometers (draft-free), and run 2.5 kilometers. The race starts with a diving start.

Nordic Cup racers are also eligible to participate in the Mixed Relay race, which includes mixed teams. While mixed teams can compete, they will not be part of the official results or receive prizes. If an athlete wishes to join a mixed team, please contact Mika Luoto.

Key contacts

Position	Nome	GSM
Race director	Paul Sjöholm	+358 50 331 4342
Head Referee	Matti Pippola	+358 44 578 0132
Race Jury	Kaisa Tamminen (NF)	+358401374566
	Johanne Junes (LOC)	
	Hilkka Koskenranta (Athlete)	
Nordic Cup coordinator	Mika Luoto	+358503212473

Venue

Lake Kuusijärvi. Kuusijärventie 3, 01260 Vantaa

Race Briefing

The race briefing for the Nordic Cup, and Team Relay events will be held on Friday at 7 PM in the transition area at the race venue. This briefing will be recorded and is available on the race page on Friday evening.

Registration

Registration is at the Race Office, located near the marketplace and the transition area.

Registration is open on Friday from 6 PM to 8 PM and on Saturday from 7:30 AM to 15:15 PM.

Attach the stickers from the envelope to your helmet and bike. Place the timing chip device on your left ankle before the race.

Transition area

The transition area is open from 9:00 AM to 10:45 AM for individual racers and from 3 PM to 4 PM for Mixed Relay teams.

In Nordic Cup race number, bike shoes, cycling glasses, helmet and other cycling accessories can be left on the bike for the first transition. Helmet strap must be open in the transition area during the swim leg. You can also choose to put the race number under your wetsuit, when the wetsuit is allowed in the race.

The equipment (for example, running shoes) to be used later in the race should be placed within a half meter from the box.

Warm Up

Swimming warm up is allowed on the left side of the lake.

Completion Schedule

Friday 7.6.2024		
7 PM	Nordic Cup Race briefing	Transition area
6-8 PM	Registration	Race Office

Saturday 8.6.2024		
7:30-10:00	Registration	Race Office
9:00-10:45	Bike check-in	Transition area
10:20	Warm up for male athletes	
10:50	Introduction of male athletes	pre-start area
11:00	Start of Nordic Cup for male categories	start area
10:50	Warm up for female athletes	
11:20	Introduction of female athletes	pre-start area
11:30	Start of Nordic Cup for female categories	start area
	Awards ceremony	
3:15 PM	Last changes to mixed relay teams	Race Office
4 PM	Mixed Relay introduction	pre-start area
4:15 PM	Start - Mixed relay	start area

Competition rules

Athletes are permitted to wear either their National Federation uniform or their club uniform.

The competition adheres to the World Triathlon rules concerning the use of wetsuits. Wetsuits are prohibited when the water temperature is 20 degrees Celsius or higher.

The race has a penalty box located approximately 100 meters before the finish line. Any athlete who commits a rules violation is required to serve a penalty in the penalty box. Failure to serve the penalty will result in disqualification.

In T1 transition, place the race number on your back and fasten your helmet before touching the bike. Once you start running, turn the race number to the front.

When you finish the bike leg, dismount before the red line (dismount line). Push your bike to the transition area and place the bike on the rack before removing your helmet.,

Ride on the right side of the road and pass on the left; crossing over the center line is strictly prohibited.

After the Race

There are sports drinks and snacks available at the finishing line.

Collect your equipment at the transition area immediately after the race. You'll need to show your race number tag for collection.

Results

The results can be found:

Protest & appeals

Protest and appeal go by the Finnish Completion rules.

When filing a protest, a fee of 50 € must be paid to the Triathlon Federation's account FI7040550012661092. The amount will be refunded if the protest is accepted. If the protest is rejected, the money will not be refunded and will remain with the Triathlon Federation. The protest form can be obtained from the head referee or officials at the finish area and must be returned to the head referee within 30 minutes of the protester's finish.

Team relay

Distances: Swim 200 m + cycle 5 km (draft-free) + run 1.5 km.

The team relay is competed in teams of four. At least in 2nd and 4th leg the athlete must be female.

Clubs/countries can name as many teams as they wish in each category. They must be named as 1-team, 2-team, 3-team, and so forth.

Categories:

- Open for seniors and junior athletes.
- Junior: All competitors must be 19 years old or younger (born between 2005-2010). Younger competitors are not allowed.

Race Procedure

You will receive an envelope from the race office containing 4 numbers and 4 sets of stickers (one for the bike and two for helmets), as well as one timing chip that also serves as a relay baton for the next team member. Additionally, you will receive four swim caps.

Go as a team to the bike checking where brakes and helmets are checked. After the bike check, take your bike and running gear to the transition area. At the transition area, teams have designated spots and there are four boxes available for each team.

The swim start is located at the left side of the race area. The first relay participant must be in the swim starting place 15 minutes before the swim start. The swim starts by diving into the water from the pier.

In Nordic Cup race number, bike shoes, cycling glasses, helmet and other cycling accessories can be left on the bike for the first transition. Helmet strap must be open in the transition area during the swim leg. You can also choose to put the race number under your wetsuit, when the wetsuit is allowed in the race.

The equipment (for example, running shoes) to be used later in the race should be placed within a half meter from the box.

The exchange takes place in the finishing area by transferring the timing chip to the next relay participant, who then follows a guided route to the pier to jump into the water.

Competition rules

Athletes are permitted to wear either their National Federation uniform or their club uniform.

The competition adheres to the World Triathlon rules concerning the use of wetsuits. Wetsuits are prohibited when the water temperature is 20 degrees Celsius or higher.

The race has a penalty box located approximately 100 meters before the finish line. If an athlete commits a rules violation, one team member is required to serve a penalty in the penalty box. Failure to serve the penalty will result in disqualification.