



THIRD TRIATHLON ST. MORITZ, AUGUST 6/7, 2016

From August 6 to 7, 2016 St. Moritz will hold its third triathlon. On Saturday August 6 is the Nicola Spirig Kids Cup (triathlon for children), and on Sunday the triathlon and duathlon for adults will be held. St. Moritz is dedicating the entire weekend to Triathlon / Duathlon so that everyone gets a chance to discover this sport. Just before the summer Olympics in Rio, title holder Nicola Spirig from London will try to be present again as well.

KIDSCUP BY NICOLA SPIRIG - SATURDAY AUGUST 6, 2016 - STARTING AT 13.00

Course description

Swimming:

Swimming will take place in the OVAVERVA indoor pool, with group water-starts in several lanes. Children are allowed to use water wings and rings.

Cycling:

The cycling course runs from the OVAVERVA sports centre to the 400m light athletics track. It is compulsory to wear a helmet. Please observe the traffic rules. Bicycles must be in safe roadworthy condition (including brakes!). Auxiliary wheels are allowed. Shoes and T-shirts or the like have to be worn.

Running:

Runners will race on the light athletics track. Track shoes must be worn.

Competitor categories

Category	Birth year	Fee	Swimming	Cycling	Running
Uors (bear)	2002 – 2003	CHF 10.-	200 m	1'500 m	800 m
Capricorn (ibex)	2004 – 2005	CHF 10.-	100 m	1'500 m	400 m
Aivla (eagle)	2006 – 2007	CHF 10.-	50 m	800 m	400 m
Muntanella (marmot)	2008 – 2009	CHF 10.-	50 m	800 m	200 m
Furmia (ant)	2010 - 2011	CHF 10.-	25 m	800 m	200 m

Kategorie	Jahrgang	Schwimmen	Velo	Laufen	Startzeit	Gemeinsame Besichtigung Strecke (Freiwillig)	Besammlung Kategorie (Obligatorisch)
Uors (Bär)	2002 - 2003	200m	1500m	800m	13h00	11h45	12h30
Capricorn (Steinbock)	2004 - 2005	100m	1500m	400m	13h20	12h00	12h50
Evla (Adler)	2006 - 2007	50m	800m	400m	13h40	12h15	13h10
Muntanella (Murmeltier)	2008 - 2009	50m	800m	200m	14h00	12h30	13h30
Furmia (Ameise)	2010 - 2011	25m	800m	200m	14h20	12h45	13h50

Start number assignment and last-minute entries

Start numbers will be assigned from 11.00 to 13.45 at the OVAVERVA indoor pool & sports centre. Registrations and last-minute entries – without charge – will be accepted on Saturday August 6, 2016 from 11.00 to 13.45. Please note the starting times for each category.

Prize-giving ceremony: as of 15.15 at the marquee on the polo field

DUATHLON: SUNDAY AUGUST 7, 2016 - START AS OF 9.00

Duathlon course description

Distances

Running	6 km
Cycling	20 km
Running	6 km

Competitor categories

Category	Birth year as of 2002	Fee
Age 14 – 19		CHF 40.-
Age 20 – 34		CHF 65.-
Age 35 – 44		CHF 65.-
Age 45 – 54		CHF 65.-
Age 55 – 64		CHF 65.-
Age 65 - ++		CHF 65.-

Running:

The course, on asphalted roads and compacted natural paths, goes round the St. Moritz and Stazersee lakes.

Cycling:

Slipstreaming is prohibited, and the traffic regulations must be observed.

Start number assignment and last-minute entries

Start numbers will be assigned from 6.45 to 9.00 a.m. on Sunday, August 7 2016 at the OVAVERVA sports centre. For last-minute entries after July 31, 2016 a fee of 20 CHF will be charged.

TRIATHLON: SUNDAY AUGUST 7, 2016 - START AS OF 10.30

Triathlon Sprint course description

Distance

Swimming	500 m
Cycling	20 km
Running	6 km

Competitor categories

Category	Birth year as of 2002	Fee
Age 14 – 19		CHF 40.-
Age 20 – 34		CHF 65.-
Age 35 – 44		CHF 65.-
Age 45 – 54		CHF 65.-
Age 55 – 64		CHF 65.-
Age 65 - ++		CHF 65.-
Team of 3 (mixed relay)		CHF 120.-



Swimming:

The 4-cornered swimming course is in the lake of St. Moritz, with a water temperature of 15 – 18°C. A neoprene suit is recommended. The Swiss Triathlon regulations apply.

Cycling:

Slipstreaming is prohibited, and the traffic regulations must be observed.

Running:

The course, on asphalted and compacted natural paths, goes round the St. Moritz and Stazersee lakes.

Team of three:

Team members of both sexes can be freely chosen.

Start number assignment and last-minute entries

Start numbers will be assigned from 6.45 to 10.15 on Sunday August 7, 2016 at the OVAVERVA sports centre. For last-minute entries after July 31, 2016 a fee of 20 CHF will be charged.

GENERAL INFORMATION

- Triathlon neoprene swimsuit rentals in limited numbers for men and women: CHF 40 each (neoprene deposit: ID or credit card). Further details: Suvretta Sports, phone +41 81 833 62 33; info@suvretta-sports.ch
- Changing rooms / showers: available for participants at the OVAVERVA indoor pool.
- Parking: free parking places at the "Signalbahn".
- First aid / health care: participants are responsible for being in a well-trained and physically fit condition! The first aid post is located at the finish of the 400m light athletics track.
- Insurance: Participants take part at their own risk and responsibility. The organizer cannot be held liable for accidents, injury, damage or theft. Traffic regulations must be observed.
- Nonstarters will not be reimbursed for their fee.
- Catering: The restaurant is located at the competition site on the polo field.
- Competition site: at the 400m athletics track on the polo field.
- Ranking and prize-giving: in the marquee after all participants have finished. A detailed programme for each category follows.