

# Artiem Menorca Half Triathlon

## Rules

1. The Xtrem Menorca Triatló club, the Island Council of Menorca and the municipality of Es Mercadel are organising the Artiem Menorca Half Triathlon, which is scheduled to take place on 20 September 2020 at 7:30 am. The event will be coordinated and produced by Elitechip.
2. The race consists of a half-distance triathlon (HALF), covering the following distances:
  - Swimming: 1.9 km - Cycling: 90 km - Running: 21.1 km

A short-distance race will also be held (SHORT), covering the following distances:

- Swimming: 1 km – Cycling 34 km – Running 9 km
3. Registration must be completed on the website [www.artiemhalfmenorca.com](http://www.artiemhalfmenorca.com) and [www.elitechip.net](http://www.elitechip.net) between 21 February 2020 and 16 September 2020 at 12:00 pm.
    - Any athlete without a yellow chip (MYLAPS ChampionChip) will be required to hire one for €3.
    - Athletes who are not registered with the Spanish Triathlon Federation must take out a one-day insurance policy to be eligible to take part (€10). Unregistered teams must pay for a one-day licence for each one of their members (€10 per non-member participant)
  4. Registration to compete is personal and non-transferable and implies acceptance of the rules in their entirety. All athletes compete in the race at their own risk, having claimed to hold enough physical fitness and technical level to take part.
  5. Registration entitles athletes to compete in the race and to receive a race number, swimming cap, t-shirt or commemorative gift, finisher medal and supplies during and after the race.
  6. By taking part, participants grant the organisation any rights to the images and sound recorded during the event for subsequent promotion or publicity.
  7. If adverse weather conditions or any other factors prevent athletes from taking part in the Menorca Half Triathlon, the organisation will offer an alternative race in agreement with the judges.
  8. The race will be timed using the MyLaps chip system; therefore, chips with Velcro, which will be provided by the organisation if competitors do not have their own, must be worn on the ankle. Failure to wear the chip during the race will be grounds for disqualification and removal from rankings.
  9. Race numbers will be collected on 19 September from 10:00 am to 7:00 pm in the competitor's area of [the Fair, located in the Fornells sports centre](#). Race numbers may not be collected on the same day of the race.

10. In the cycling section of the race, drafting (being pulled from behind) will NOT be permitted in accordance with the regulations of the Balearic Islands Triathlon Federation.
11. Cancellations will only be accepted from registered athletes who notify the organisers before 20 August 2020 by email at [web@elitechip.net](mailto:web@elitechip.net). 75% of the registration fee will be returned.
12. Any athlete wishing to file a claim must submit it in writing with a 50 euro deposit to ensure it is processed. The deposit will only be returned should the positive decision on the claim be granted in favour of the competitor.
13. The race categories will be divided into age groups in accordance with the regulations of the Spanish Triathlon Federation. There will also be men's and women's categories for the first 5 male and first 5 female athletes only.
  - 18-24 GROUP
  - 25-29 GROUP
  - 30-34 GROUP
  - 35-39 GROUP
  - 40-44 GROUP
  - 45-49 GROUP
  - 50-54 GROUP
  - 55-59 GROUP
  - 60-64 GROUP
  - 65 + GROUP

The SHORT-distance race will be divided into the following categories:

1. Male and female (Top 3)
2. Junior
3. Sub-23
4. Master 40
5. Master 50
6. Master 60

The relay race will be divided into the following categories:

1. Men's
2. Women's
3. Mixed

## **OTHER ARRANGEMENTS**

- The organisation will hold liability insurance to cover the whole event.
- There will be 2 start times. Athletes competing in the HALF Triathlon will set off at 7:30 am (depending on the number of registrations, it may be subject to change for the purpose of improving conditions), RELAY teams set off at 7:35 am. 8:00 am start-time for the SHORT race.
- There will be one supply station along the cycling route, [located in the municipality of Mercadal](#). This will be the same supply station for each lap. In other words, athletes competing in the HALF Triathlon will have 3 opportunities to receive supplies, considering they will pass the station 3 times.
- Supply stations along the running route will be as follows: there will be 2 supply stations, distributed throughout the circuit with approximately 2/2.5 km of distance between each.
- The race will be monitored by judges from the FETRIB (Balearic Islands Triathlon Federation).
- All participants will be required to use a swimming cap and approved helmet for the cycling circuit.

They must also wear all race numbers and identification elements provided by the organisation in accordance with the Spanish Triathlon Federation rules.

- The organisation reserves the right to modify the itinerary if, as a result of force majeure, circumstances deem such action advisable.
- In the cycling circuit, DRAFTING IS NOT PERMITTED in neither of the 2 distances (cyclists are to maintain a distance of at least 12 metres in length and 3 metres in width between one another, and must not spend any longer than 25 seconds when overtaking).
- Timing will be logged using the chip system.
- Registration implies acceptance of these rules.

## **RELAYS**

- The same rules for the individual race shall apply to this competition.
- Participants must wear different coloured hats and race numbers in order to be identified easily.
- The relay team will be made up of 3 athletes, each one competing in a separate circuit: swimming; cycling; and running.
- The time control chip will be used as the baton and must be worn on the heel of each athlete.
- The passing of the baton between one team member to another will take place in the exchange zone.

## **CIRCUITS: HALF DISTANCE**

Swimming: Triathletes will complete one lap of 1.9 km around the bay of Fornells. The start and finish points [will be in this zone](#), which will be properly marked out with buoys; and canoes, inflatable dinghies and boats from the Red Cross will be stationed in the vicinity ensuring the safety of competitors.

Exchange 1 Swimming-Cycling: After finishing the swimming stretch, and on entering the exchange zone to pick up the bicycle, there will be an allocated box where you can leave the swimming equipment and then switch over to the cycling equipment. You can then collect the bike and begin the 90-km cycling stretch. There will be a covered area for those who wish to use it.

Cycling: The circuit will entail 3 laps of 27 km each that are properly marked out and 1 supply station on each lap, totalling 90 km. To reach the circuit, competitors must pass along a connecting section of 3 km. The cycling route will be completely closed off to traffic. Triathletes must respect road traffic rules at all times and cycle on the right-hand side. At the end of the circuit there is a two-way loop leading to the Son Parc development, and competitors are reminded of the importance to cycle on the right-hand side. This loop is necessary to complete the 90-km distance.

Exchange 2 Cycling-Running: After finishing the cycling stretch, you should enter the exchange zone and leave the bicycle at the same collection point. Helmets must not be taken off until the bicycle has been left back in its place. You can collect your running shoes from your box, and begin the 21 km stretch.

Running: The running stretch will entail 3.5 laps that make up a total distance of 21 kilometres. There will be a supply station approximately every 2.5 km. A section of the route covers the entire promenade and competitors will be required to run up to the Tower of Fornells three times. On each lap you will pass by a Chip Control station where your lap times will be logged. On the third lap you will have to turn off towards the FINISH line to complete the Artiem Menorca Half Marathon

## **SHORT DISTANCE**

Swimming: Triathletes will complete 1 lap of 1000 metres around the bay of Fornells, and the start and finish points will be at the Es Pla area, which will be marked out with buoys; and canoes, inflatable dinghies and boats from the Red Cross will be stationed in the vicinity ensuring the safety of competitors.

Exchange 1 Swimming-Cycling: After finishing the swimming stretch, and on entering the exchange zone to pick up the bicycle, there will be an allocated box where you can leave the swimming equipment and then switch over to the cycling equipment. You can then collect the bike and begin the 34-km cycling stretch. There will be a covered area for those who wish to use it.

Cycling: The circuit will entail 1 lap of 27 km that is properly marked out and 1 supply station. To reach the circuit, competitors must pass along a connecting section of 3 km. The cycling route will be completely closed off to traffic. Triathletes must respect road traffic rules at all times and cycle on the right-hand side. At the end of the circuit there is a two-way loop leading to the Son Parc development, and competitors are reminded of the importance to cycle on the right-hand side.

Exchange 2 Cycling-Running: After finishing the cycling stretch, you will enter the exchange zone and leave the bicycle at the same collection point. Helmets must not be taken off until the bicycle has been left back in its place. You can collect your running shoes from your box, and begin the 9-km stretch.

Running: The running stretch will entail 1.5 laps that make up a total distance of 8 kilometres. There will be a supply station approximately every 2.5 km. A section of the route covers the entire promenade and competitors will be required to run up to the Tower of Fornells one time.

**CANCELLATION OF SWIMMING SECTION DUE TO WEATHER CONDITIONS.**

In the event of extreme weather conditions, including strong winds, rain, etc.;

The Technical Delegate and/or Medical Delegate may decide on the length of the swimming section or even cancel it altogether. The final decision will be announced 1 hour before the start time and athletes will be clearly informed via the [official Facebook page for the competition](#) as well as over the megaphone.

In the event the swimming section is cancelled, triathletes are informed that the SHORT-distance triathlon will become a duathlon with the following distances: 3 kilometres of running + 36 kilometres of cycling + 9 kilometres of running.

In the case of the HALF triathlon, the competition will become a duathlon with the following distances: 5 kilometres of running + 90 kilometres of cycling + 21.1 kilometres of running.

The start time will remain as before with a margin for delay of 15 minutes.

**POSSIBILITY TO WEAR WETSUIT**

Athletes older than 50 years of age are permitted to take part wearing a wetsuit regardless of the water temperature.

In the event of extreme weather conditions, including strong winds and rain, or the presence of jellyfish etc.

The Technical Delegate and/or Medical Delegate may decide on the length of the swimming section or the use of wetsuits. The final decision will be announced 1 hour before the start time and athletes will be clearly informed via the [official Facebook page for the competition](#) as well as over the megaphone.

The official temperature of the water will be measured in the middle of the route, and at another two points along the swimming circuit, at a depth of 60 cm and 1 hour before the start time. The lowest temperature of measurements taken will be considered official.

**Water Temperature**

The use of a wetsuit may be obligatory, permitted or prohibited depending on the distance (in metres) and the temperature of the water (in °C) set out in the following table:

Distance	Prohibited when above	Obligatory when below
800 m	22°C (age groups)	15.9°C (age groups)
1900 m	24.6°C (age groups)	15.9°C (age groups)

(\*) Note: The temperatures specified are not always the water temperatures that are referenced for the final decision. If the external temperature is lower than the water temperature, then the adjustment is to lower the average water temperature by 0.5°C every 1°C of difference between the external and water temperatures.