



Artiem Half Menorca Triathlon



Regulations

The Xtrem Menorca Triathlon club, Consell Insular de Menorca, Ajuntament des Mercadal, organize the Artiem Half Menorca Triathlon, scheduled for September 24th 2023 at 7.30 am. The event will be coordinated and produced by Elitechip.

The event consists of a Half Distance Triathlon (HALF) with the following distances:

- Swimming 1,900 m - Cycling: 90 km - Running 21.1 km.

There will also be a SHORT event with the following distances:

- Swimming: 1,000 m - Cycling 34 km - Running 9 km

Registration will take place through the website www.artiemhalfmenorca.com www.elitechip.net/halfmenorca2023 from 19 December 2022 and ends on 15 September 2023.

The race will be timed with the Prochip system (blue chip), provided by the organiser, at no cost for athletes who have a yellow chip (ChampionChip MyLaps) and at a cost of €2 for those who do not have a chip.

The chip with the Prochip system will be delivered to the entrance tent at the bike check-in on Saturday 23rd September.

The chip with the Prochip system is non-transferable and must be used in all segments (Swimming, Cycling and Running).

IMPORTANT, at the time of checkout it is essential to hand in the blue chip to collect your belongings.

- The loss or non-delivery of the blue chip with Prochip system has a penalty of 50€.
- Athletes who are not affiliated to the Triathlon Federation will have to take out a one-day insurance policy (10 €). Team participants who are not federated will have to pay a one-day licence for each of their members (10 € per non-federated participant).
- Registration for the race is personal and non-transferable and implies acceptance of the rules and all its articles. Each participant takes part in the race at his/her own risk and has sufficient physical condition and technical skills to take part in the race.
- Registration for the race entitles the participant to participate in the race, race bib, swim cap, T-shirt or commemorative gift, finisher's medal and refreshments during and after the race.



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- Participants, by registering, transfer to the organisation the image and sound rights that are collected during the event for the promotion or dissemination of the same.
 - If the Half Menorca Triathlon cannot be held due to adverse weather or other factors, the organisers will carry out an alternative race in coordination with the judges.
 - The race will be timed with the My Laps chip system, so you will have to wear the chip on your ankle with a Velcro provided by the organization. Failure to wear the chip during the race will be cause for disqualification and not to be included in the classifications.
 - The collection of bibs will take place on Saturday 23rd from 15:00 to 19:00 around the Participant's Fair, located in the sports centre of Fornells. No bib pick-up will be allowed on the day of the race.
 - BREAFIG: there will be an informative briefing of the test on Saturday the 23rd starting from 16:30 at the Fornells sports center.
 - Changes of distance. Distance changes will be allowed for all the races until the 1st of September 2023, the cost of the management will be 10 €.
 - In the event that the participant wishes to participate in a longer distance, apart from the cost of the management of the change of distance, he/she will have to pay the difference in price of the distance.
 - In the event that the participant wishes to participate in a shorter distance, he/she will have to pay the cost of management fees, and only the difference of the amounts will be refunded in applications entered before the 1st of September 2023.
 - Cancellations of the race will only be admitted to registered athletes who communicate it before 25th August 2023 to web@elitechip.net. The refund will be 75% of the amount paid for registration.
 - In the cycling section of the race, drafting will NOT be allowed according to the current FETRIB regulations.
 - Any athlete who wants to make a claim will have to present it in writing with a deposit of 50 euros to be admitted for processing. The deposit will only be returned if the claim is favourable to the claimant.
 - The categories of the race will be by age groups according to the Spanish Triathlon Federation regulations. Likewise, there will be an absolute category, which will only be for the first 5 absolute male and 5 absolute female athletes. The trophies are not cumulative
- GROUP 18-24 years



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- GROUP 25-29 years
- GROUP 30-34 years
- GROUP 35-39 years
- GROUP 40-44 years
- GROUP 45-49 years
- GROUP 50-54 years
- GROUP 55-59 years

In the SHORT distance the following categories will be established:

- Absolute male and female (top 3).
- Junior (18-19 years old)
- Under-23 (20-23 years old)
- Veteran 1 (40-49 years)
- Veteran 2 (50-59 years old)
- Veteran 3 (60 years and over)

The following categories will be established for the relay category:

- Men's category
- Women's category
- Mixed category

OTHER PROVISIONS

- The organisers will provide liability insurance to cover the entire event.
- The start of the HALF will take place at 7.30 am. The first start of the SHORT distance will be at 8.00 am.
- The start of the HALF will take place at 7.30 am. **(Men's category)** The first start of the SHORT distance will be at 8.00 am. **(Men's category)**
- -The start of the HALF relay and **Women's category** will take place at 7:40 a.m.
- -The start of the SHORT relay and **Women's category** will take place at 8:05 a.m.



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- During the Cycling sector, the SHORT distance Triathletes will find only one refreshment point at the cycling circuit, located in Es Mercadal, which will have 500 ml jerry cans with water and isotonic drinks. Triathletes of the HALF distance, when completing 3 laps of the circuit, will find this refreshment post 3 times.
- During the race sector, there will be 2 refreshment posts which will be double (in both directions). Triathletes of the SHORT distance will have 4 refreshment posts, and those of the HALF distance will have up to 10 refreshment posts along the course.
- The race refreshment posts, in addition to water and isotonic drinks, will also have fruit and ice cubes.
- Once the race is over, participants will be able to enjoy typical Menorcan food (sobrasada, sausages, ensaimada) as well as nuts, fruit, water, isotonic drinks and Estrella Damm beer.
- The race will be controlled by the FETRIB (Balearic Triathlon Federation) judges.
- All participants will have to wear a swimming cap and an approved helmet in the cycling sector.
- They will also have to wear all the bibs and identification elements provided by the organisation in accordance with the regulations of the Spanish Triathlon Federation.
- The organisation reserves the right to modify the itinerary if circumstances make it advisable.
- In the cycling segment, drafting is NOT PERMITTED in either of the 2 distances (not being less than 12 metres long and 3 metres wide from any cyclist and having 25 metres to make the overtaking manoeuvre at the Half distance, and 10 metres and 3 metres wide and 20 metres to make the overtaking manoeuvre at the Short distance).
- It is compulsory to ride a road bike or a time trial bike (mountain bikes, mixed bikes, etc. are not allowed).
- It is compulsory to wear a visible race bib on the back of the bike during the entire segment.
- The timing will be done by chip system.
- By registering, all participants accept these rules and regulations.

RELAYS HALF DISTANCE & SHORT DISTANCE (NOVELTY)

- All rules for this competition will be the same as for the individual competition.
- Participants will wear different coloured caps and bibs to distinguish them.



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- The relay team will be composed of a minimum of 2 athletes and a maximum of 3, each of whom will do one sector; swimming, cycling and running.
- The relay will be the time control chip, which each relay team member will have to wear on their ankle.
- The relay will take place in the pit area.

CIRCUITS: HALF DISTANCE

Swimming: Triathletes will do 1 lap of 1.9 km around the bay of Fornells. The start and finish will be in this area, duly signposted with buoys, with canoes, zodiacs and rescue boats that will ensure the safety of the participants.

T1 Swimming-cycling: At the end of the swim, and entering the boxes to take the bike, you will have a box at your disposal to leave all the swimming material, and to be able to change with the cycling material. Then you will be able to take the bike and start the cycling sector to complete the 90 kilometres. Here there will be a covered area for those who wish to use it.

Cycling: The circuit will consist of 3 laps of 27 km duly signposted and with 1 refreshment point at each lap, to complete the 90 km. To get to the circuit, there will be a link section of about 3 km. The cycling sector will be completely closed to traffic. Triathletes will have to respect at all times the traffic rules, respecting at all times to circulate on the right, at the end of the circuit there is a loop towards the urbanization of Son Parco, which this section will be in two directions, remembering that it is very important to circulate on the right. This loop is necessary to be able to adapt the distance to 90 km.

T2 Cycling-race on foot: At the end of the cycling sector, you will have to enter the pits and leave your bike in the same place where you picked it up. You may not take off your helmet until you have put your bike back in its place. You can then take your running shoes in your box and start the 21 km run.

Run: The run will consist of 3.5 laps to complete the total distance of 21 kilometres. There will be a refreshment post approximately every 2.5 kilometres. The route includes part of the seafront promenade and you will have to climb the Fornells Tower 3 times. At each lap you will pass through a Chip control to count the laps. At the third step you will have to turn off the finish line to finish the Artiem Half Menorca Triathlon.



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SHORT DISTANCE

Swimming: Triathletes will do 1 lap of 1000 metres around the bay of Fornells, the start and finish line will be in the Se Plan area, duly signposted with buoys, with canoes, zodiacs and lifeguard boats that will ensure the safety of the participants.

T1 Swimming-cycling: At the end of the swim, and entering the boxes to take the bike, you will have a box at your disposal to leave all the swimming material, and to be able to change with the cycling material. Then you will be able to take the bike and start the cycling sector to complete the 34 kilometres. Here there will be a covered area for those who wish to use it.

Cycling: The circuit will consist of 1 lap of 27 kilometres duly signposted and with 1 refreshment point. To get to the circuit there is a link section of about 3 kilometres. The cycling sector will be completely closed to traffic. Triathletes will have to respect at all times the traffic rules, respecting at all times to circulate on the right, in the final part of the circuit there is a loop towards the urbanization of Son Parco, which this section will be in two directions, remembering that it is very important to circulate on the right.

T2 Cycling-race on foot: At the end of the cycling sector, you will enter the pits and leave your bike in the same place where you picked it up. Do not take off your helmet until you have put your bike back in its place. You can then take your running shoes in your box and start the 9 km run.

Run: The run will consist of 1.5 laps to complete the total distance of 9 kilometres. There will be a refreshment post approximately every 2.5 kilometres. The route includes part of the seafront promenade, having to climb 1 stroke at the Torre de Fornells.

CANCELLATION OF THE SWIMMING SEGMENT DUE TO WEATHER CONDITIONS

☒ If there are extreme weather conditions, such as strong winds, rain, etc. ...

☒ The Technical Delegate and/or the Medical Delegate may decide on the length of the swim segment or even the cancellation of this segment. The final decision will be taken 1 hour before the start, and will be clearly communicated to the athletes, on the Facebook profile and official social networks of the official competition of the competition, mobile devices, as well as by public address system.



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☒ In the case of cancellation in the swimming segment, Triathletes are informed that the SHORT distance triathlon will be converted into a duathlon with the distances of 3 kilometres run + 36 kilometres bike + 9 kilometres run.

☒ In the case of the HALF distance, it will become a duathlon with the distances of 5 kilometres run + 90 kilometres bike + 21.1 kilometres run.

☒ The start time will be as stipulated with a 15 minute delay*.

☒ Whenever the weather conditions are adverse, the timetable may be modified and adapted to the new adverse conditions.

POSSIBILITY OF USING NEOPRENE

☒ Athletes aged 50 years and over are allowed to participate with a wetsuit regardless of the water temperature.

☒ If there are extreme weather conditions, such as strong winds, currents or jellyfish etc.

☒ The Technical Delegate and/or the Medical Delegate can decide on the length of the swim segment and the use of the wetsuit. The final decision will be taken 1 hour before the start and will be clearly communicated to the athletes on the Facebook profile and official social networks of the competition, mobile devices, as well as by public address.

☒ The official water temperature will be measured in the middle of the course, and at two other points of the swim segment, at a depth of 60 cm, 1 hour before the start. The lowest temperature of the dams shall be considered as the official.

☒ Water Temperature

☒ The use of wetsuit may be compulsory, permitted or prohibited, depending on the distance (in metres) and the water temperature (in C°) expressed in the following table:

Wetsuit use by age groups:

- Short (1000m) forbidden above 22° compulsory below 15.9 °C
- Half (1900m) prohibited above 24,6 °C mandatory below 15,9 °C

() Note: The specified temperatures are not always the water temperatures used in the final decision. If the external temperature is lower than the water temperature, then the adjustment is to lower the measured water temperature by 0.5 °C for every 1 °C difference between the external and water temperatures.



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The organisation reserves the right to modify, interpret and change the present regulations for the correct development of the race, being the power of the race director, the general coordinator and the federative judges who will issue a final resolution in case of doubt or interpretation of the regulations.

To check if you are reading the latest version you will have to consult the revision section of these regulations where the date of the latest revision will appear.

29 August 2023