

## TRIATHLON SPORT INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

### COMPETITION DATES

	7.7 Fri	8.7 Sat
<b>OFFICIAL PRACTICE</b>	18:00-20:00	
<b>REGISTRATION</b>		8:00-9:00
<b>CHECK-IN</b>		8:00-9:00
<b>RACE BRIEFING ON-SITE</b>		8:45-9:15
<b>TRIATHLON MEN &amp; WOMEN</b>		10:00
<b>TEISKO TRIATHLON</b>		14:00

For all EMG competitors, Teisko Triathlon race in the afternoon with the same route is included in the entrance fee. **You must register to the Teisko Triathlon:**  
<https://www.teiskotriathlon.com/ilmo/ilmottautuminen.html>

### COMPETITION SPORTS AND DISCIPLINES

The events and age categories for Triathlon Sport at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Triathlon	Outdoor	Triathlon sprint	Women's: 30+,35+,40+,45+,50+,55+,60+,65+,70+,75 +,80+,85+

Sport	Disciplines	Competition Format	Age Categories
			Men's: 30+,35+,40+,45+,50+,55+,60+,65+,70+,75 +,80+,85+

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as at 31 December. For the Games, your age is determined as at 31 December 2023.

If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

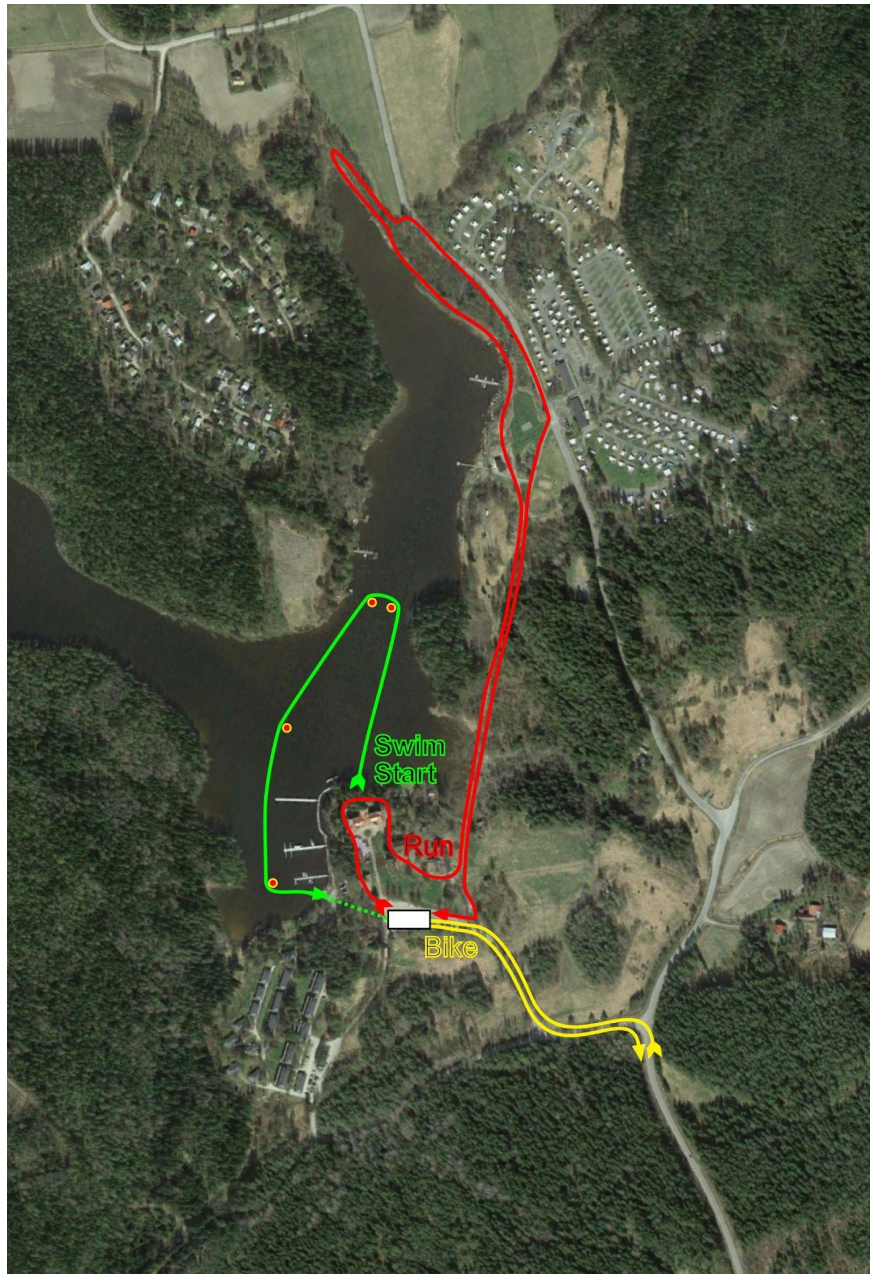
Minimum number of participants	
Maximum number of participants	200

## VENUE DETAILS

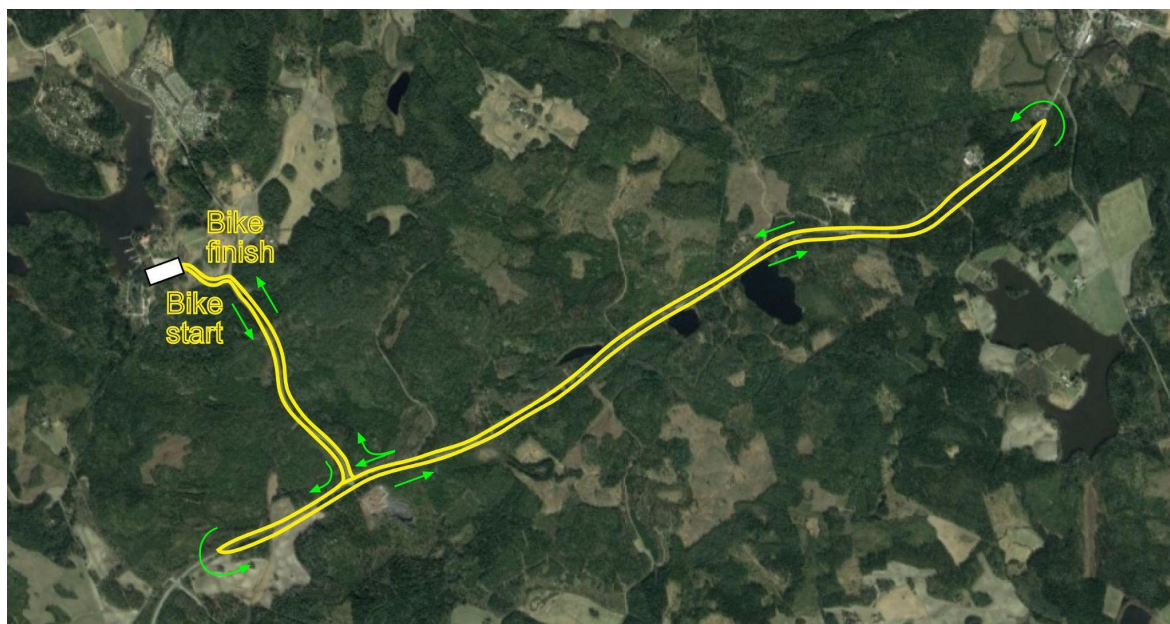
EMG2023 Triathlon competition takes place at:

Venue Name	Maisansalo, Tampere
Competition hosted	TeiskoTriathlon
Venue Information	Polsontie 25, TAMPERE

**If you need transport from Tampere center to Maisansalo, please send an email to Matti Alarotu** (matti.alarotu@gmail.com), latest on Thu 6.7.



Course



*Bike course*

## COMPETITION DETAILS

### Competition rules

The World Triathlon Competition Rules are applied. The competitors should bring their license and show it at the venue. Most important is to wear a helmet in cycling and a colorful swimming cap in the swimming. Cap is provided by EMG.

Drafting rules: the minimum distance between two bikes is 10 m, measured from the leading edge of the front wheel and extending to the front wheel of the following bike.

### Competition format

Triathlon sprint distances are Swim 750m, Cycling 20km, Run 5km. Swimming takes place in Näsijärvi (Polson bay). The transition area, which is in the same place for the entire race, is located in the parking lot of Maisansalo. Cycling is a two-lap course, starting from Maisansalo. The route first goes along Kuorannantie and then Terälähdentie towards Terälähti, where there is a turning point. The route comes the same way back to

Maisansalo. Run is a two-lap course. It runs in the vicinity of Maisansalo. The finish is next to the transition area.

### **Medals**

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played.

### **The race briefing**

The race briefing takes place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

### **Bibs**

NOTE! All the bibs are given at Maisansalo during registration. The EMG Welcome Bag and accreditation are handed in the accreditation office in Ratina (check opening times: <https://www.emg2023.fi/participation/accreditation/> ) The unpicked bags and accreditation cards can be collected in Maisansalo on the race morning with registration.

### **Personal accident insurance and medical certificate**

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

### **Triathlon license**

You need to have a valid triathlon license, either international or a one-day license.

We highly recommend purchasing the license for Tampere EMG race in advance from an online shop if you don't already have that. You can buy the license from Suomisport ([www.suomisport.fi](http://www.suomisport.fi)) or from your own county's federation.

If you buy it from Suomisport, please choose either an international license or one-day license that is valid for Tampere EMG race. You don't need to be part of any club if you buy the one-day license.

We also recommend downloading the Suomisport app and showing the license via the application. With these actions, athletes are ensuring a smooth and quick registration.

You can also buy a one-day license at the registration at the competition center (20 €) with a credit card.

### Anti-doping

The IMGa has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGa Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

## EQUIPMENT

During Cycling it is mandatory to wear a helmet.

## UNIFORMS

- National uniforms may be worn
- Athletes must have a covered torso during the bike and run legs.
- Race numbers must be worn on the bike and run.

## TRAINING FACILITIES

Same as competition facilities, excluding closed roads.

## KEY CONTACTS

	Name	Phone	Email
RACE DIRECTOR	Heikki Sanelma	+358408206706	heikkisanelma@gmail.com
ETU Technical Delegate	Eva Blomqvist	+46707407494	evabl444@gmail.com
ETU Head Referee	Juha Välimäki	+358408474284	jussi.valimaki@pp.nic.fi

ETU Representative	Kaisa Tamminen	+358401374566	kaisa.tamminen@triathlon.fi
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## RACE JURY

Eva Blomqvist  
Heikki Sanelma  
Kaisa Tamminen

## FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at [www.emg2023.fi](http://www.emg2023.fi) as well as other Games communication channels to find out the latest information.

For more Triathlon sport specific information, please contact

Riku Pitkänen ([pitkri@gmail.com](mailto:pitkri@gmail.com))  
Matti Alarotu ([matti.alarotu@gmail.com](mailto:matti.alarotu@gmail.com))

For general information about EMG2023, please contact [info@emg2023.fi](mailto:info@emg2023.fi).