



When

Sunday March 18, 2018. From 5am until 2:30pm

Events

- Hellenic Bank Middle Distance Triathlon: 1.9Km swim -90Km bike - 21Km run (Individuals & Relay Teams).
- Triathlon: 1.5Km swim - 40Km bike - 10Km run (Individuals & Relay Teams).
- Sprint Triathlon: 0.75Km swim- 20Km bike - 5Km run (Individuals & Relay Teams).

Registration is only possible using the online system and the deadline is 23:59 Thursday 8th March 2018. There is absolutely no possibility for on the day registration. The slots are limited to 600.

Categories

- Juniors Male / Female 15-19 (only Sprint Triathlon)
- Male / Female 20-29
- Male / Female 30-39
- Male / Female 40-49
- Male / Female 50 and over
- Team Relay

A category is valid if at least 5 participants have registered for that category.

Prizes

The first three male overall and three female overall of the Hellenic Bank Middle Distance Triathlon individuals will receive a total of €2400 distributed as follows:

1st €600
2nd €400
3rd €200

The first three teams of the Hellenic Bank Middle Distance Triathlon will receive €600 distributed as follows:

1st €300

2nd €200

3rd €100

All money prizes above will be given if a category is valid. That is if at least 5 participants have registered for that category.

The first three finishers (Male & Female) of the Hellenic Bank Middle Distance Triathlon will receive presents.

The first male and female of each age group will receive a cup and the second and third of each category will receive a medal during the Prize Awarding Ceremony.

Positioning of numbers and chip



The chip is essential for the timing. Wear it on the ankle as shown. In case of a wetsuit the chip must be on top of it.



The three helmet sticker go one on the left side, one on the right side and the third one in the front.



The bike sticker shall be attached so it is visible from both sides of the bicycle.



Fix the bib number on a race belt. Turn on the back for the bike section. Turn in front for the run section. No race belt is provided by the organisers. You have to bring your own.

What's in the athlete's bag?

Each participant will receive:

- Swim Cap (1)
- Sticker with race number (3) for the helmet, (1) for the bike
- Chip (1)
- Bib number (1)(no race belt provided, bring your own)
- Various items offered by sponsors

At the time of collecting the above, each participant will present their ID card or passport in order to confirm your identity.

Safety

- It is mandatory during the race for all the athletes to wear a helmet at all times whilst in contact with their bikes.
- Ride your bike on the left hand side of the road. The roads are closed to the traffic.
- If you feel that you cannot continue please stop racing immediately.
- If in any case you stop competing please let an official know as soon as possible.
- The TA must be kept tidy at all times.

Medical support

During the race, first aid personnel will be available at the TA. Every competitor must have an own individual insurance which covers medical treatment in case of serious injury or illness as well as a possible stay in a hospital.

Lost and found

Please collect your bike and your personal belongings at the check-out time. Personal belongings which are left in the TA, have to be picked up till 16:00.