



RACE MANUAL

28 APRIL 2024

CONTENTS

1. THE EVENT	3
2. CATEGORIES.....	3
3. ENTRY FEE	4
4. PROGRAMME.....	4
5. TRANSITION AREA.....	5
6. SWIM COURSE.....	6
7. BIKE COURSE.....	7
8. RUN COURSE.....	9
9. REGULATIONS	10
10. USEFUL CONTACTS.....	12

1. THE EVENT

Pafos, the outdoor sports region of Cyprus, has its own triathlon competitions! Pafos combines crystal clear sea water, perfect cycling and running routes and of course the great Cyprus weather makes a perfect combination for triathletes. Come and join us for this amazing triathlon race in April.

The event is open for age group triathletes as well as Cyprus Triathlon Federation athletes and has two different distances, Olympic and Sprint!

Pafos triathlon due to its high organizational standards it has been selected for some years now to be the Cyprus Championships for Olympic distance. So on the 28th April 2024 Pafos triathlon will crown the Cyprus National Champions in the Men's and Women's categories. On the same podium we will award the medals and trophies to all age groupers of the race! And if you are not on the podium don't worry, we will award you for your effort with a finishers medals

The water temperature of the sea at "Mpania" is ideal for early spring and it is around 18-19 degrees! The cycling route is flat, fast and with perfect road surface! The run takes place on the Pafos walking path along the coast next to the mediterranean sea!

2. CATEGORIES

OLYMPIC Distance

Men/Women CY.TRI.FED Championship	18+ yrs
Men/Women	18-29 yrs
Masters 1 Men/Women	30-39 yrs
Masters 2 Men/Women	40-49 yrs
Masters 3 Men/Women	50+ yrs
Relay Teams	Men/Women/Mixed

SPRINT Distance

Cadet Boys/Girls	14-16 yrs
Junior Men/Women	17-18 yrs
Men/Women	19-29 yrs
Masters 1 Men/Wome	30-39 yrs
Masters 2 Men/Women	40-49 yrs
Masters 3 Men/Women	50+ yrs
Relay Teams	Men/Women/Mixed

3. ENTRY FEE

OLYMPIC Distance

Championship Categories	€50
Open Categories	€70
Team Relay	€100

SPRINT Distance:

Open Categories	€55
Team Relay	€75

The entry fee includes:

- Bike and Bib numbers
- Electronic Timing
- Digital maps and GPX files
- Medical assistance during the race
- Service at the transition zones, checkpoint and finish line
- Route signage and safety
- Water and electrolyte station on the Run Course
- Fruits and refreshments at the finish line
- Finishers medal and Commemorative T-shirt
- Energy gels/bars

Cancellation Policy

Full refund or slot transfer for cancellation before/including the 31st March 2024. No refunds for cancellations after the 31st of March 2024

4. PROGRAMME

26.04 | FRIDAY

15:00-17:00 14:30-17:30 Race bag pick-up at Activate Cyprus offices in Tochni ([view map](#))

27.04 | SATURDAY

11:00-17:00 Race bag pick-up at Alykes Beach in Pafos

28.04 | SUNDAY

06:15 Transition Opens

07:00 Race Start - Sprint Distance

08:00 Race Start - Olympic Distance | Men Championship

08:01 Race Start - Olympic Distance | Women Championship

08:02 Race Start - Olympic Distance | Open Categories

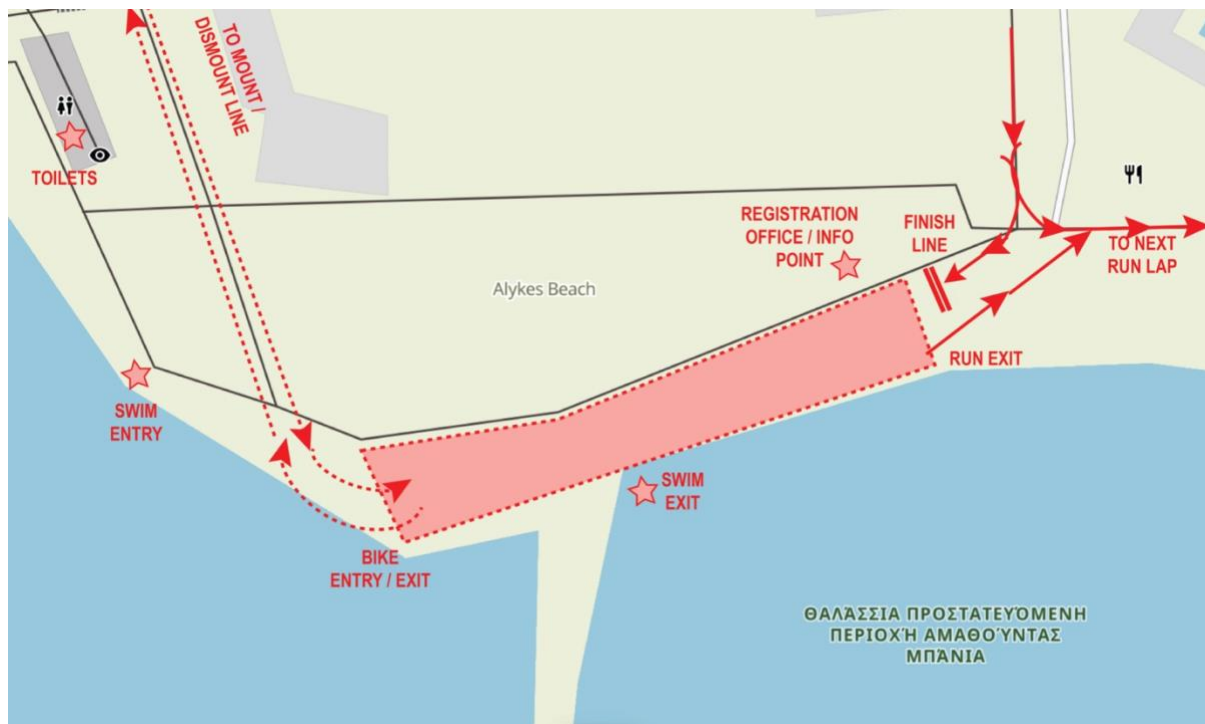
12:00 Award ceremony

5. TRANSITION AREA – ALYKES BEACH

Opens **at 06:15 until 7:15 am** for bike placement for all athletes. There will be a distinction of the allocation of place on the bike racks between the Sprint Distance and the Olympic Distance participants. Athletes **ONLY** are allowed in the transition area. Last bike entry in the transition area can take place up until 7:30 am. During the race only athletes are allowed to enter. At the end of the race only athletes with proof of their number can exit the T area with their respective bikes. After the race is finished please pick up your bikes no later than 12:30. After 12:30 the bikes will be left un-attended and there will be no guarding, therefore no safety for your belongings. Organisers will not be held liable for any losses or damages.

T1 - Entering the transition area the triathletes can run or walk towards their respective bike and must wear their cycling helmets, fastened their strap before they pick their bikes and must wear a top – (NO BARE TORSOS ALLOWED). **The exit to the bike course is on the west side of the transition area.** After exiting you need to run pushing your bike towards the Mount line where you are allowed to mount on your bike. The same procedure must be followed after you have completed the bike leg.

T2 - At the finish of the bike section, at the clearly depicted mount/dismount line all triathletes must dismount and push their bikes to the bike racks, where they must ensure that the bike is safely secured on the rack. Immediately after that athletes head towards the run course as directed by Marshals. In case an athlete has received a Penalty violation it has to be served immediately after the bike segment at the Penalty Box. **Before entering the Run section, the athletes must put on their Bib number and be clearly visible at the front of their jersey. They can either use a triathlon race belt or safety pins. The exit to the run course is on the east side of the transition area next (parallel) to the finish line.**

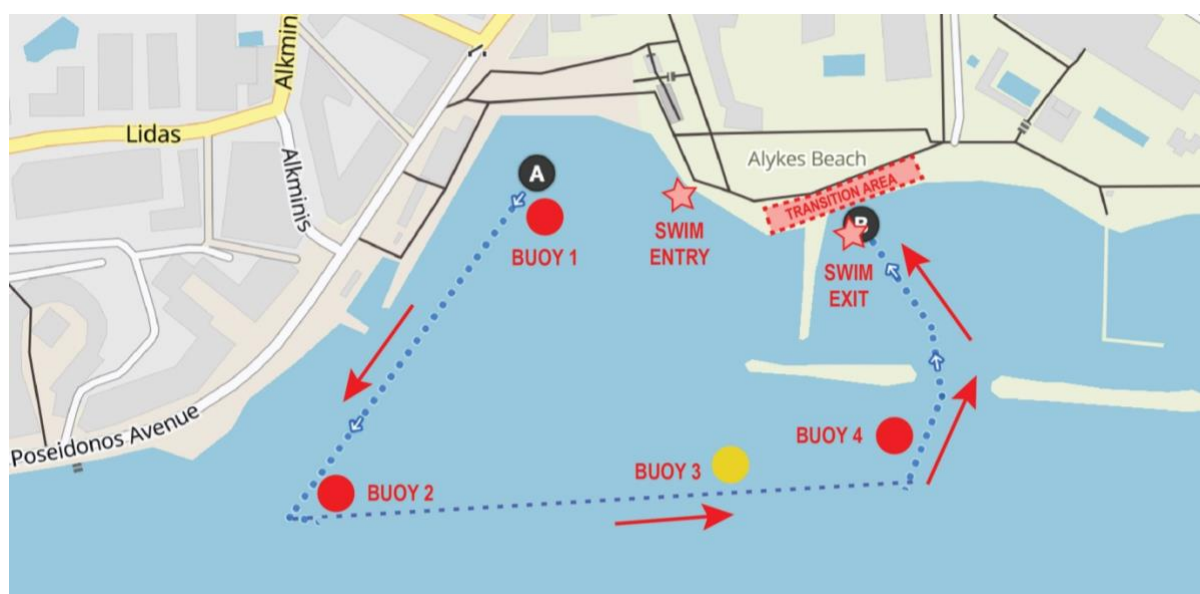


6. SWIM COURSE

The swim entry area is west of the Transition area. The race is deepwater and starts in front of the Mbania beach. Swim exit is in front of Alykes beach.

SPRINT DISTANCE

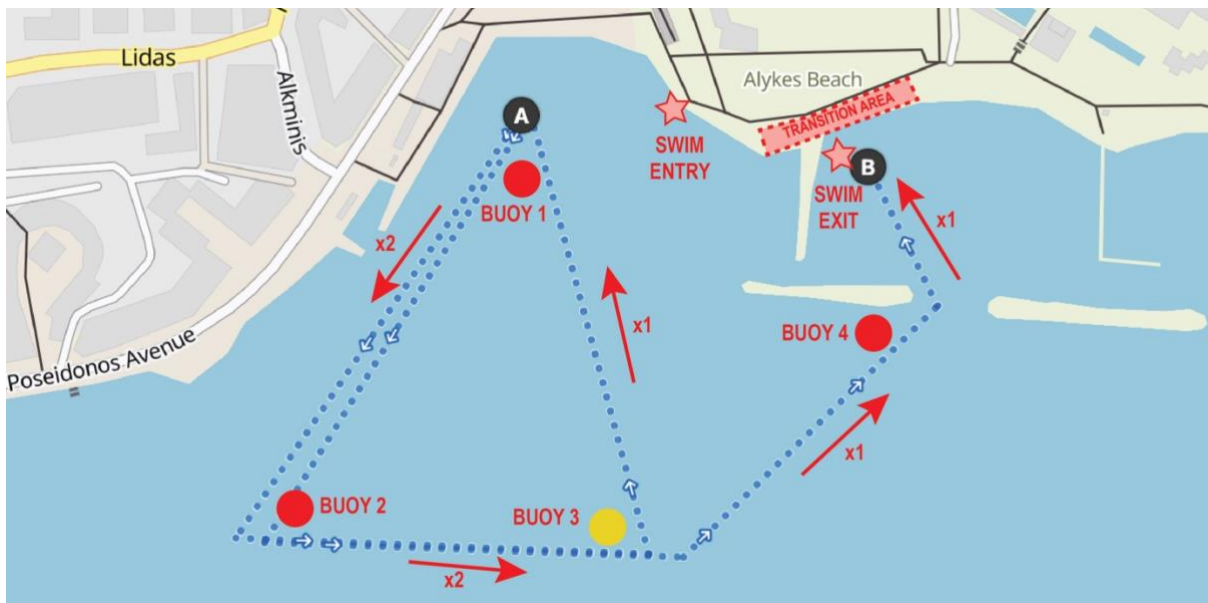
Triathletes of the **SPRINT distance** will be swimming in any stroke they want towards the first buoy, where they must overpass it leaving it on their left hand side. Then they need to swim to buoy 2 where they must take a right left turn leaving the buoy again on their left, and then swim to buoy number 3 where they will leave it on their left hand side and swim towards buoy number 4 and then between the wave breakers and towards the exit of the swim.



[Click HERE to View and Download the Sprint Distance SWIM course](#)

OLYMPIC DISTANCE

Athletes of the **OLYMPIC distance** will have to do an extra lap (triangle) following buoy 1, 2 and 3 before heading to the exit. The entry to the second lap will be immediately after passing the **YELLOW** buoy on your left hand. In case an athlete does not "clear" the buoys as depicted there exists the possibility of a DQ. The triathletes will be responsible for covering the distance of the 750m or 1500m as described. Wetsuit will be allowed in case the water temperature is not above 27C. The water temperature will be taken in the race meeting day and once again one hour before the start, to define if wetsuits will be allowed or not.



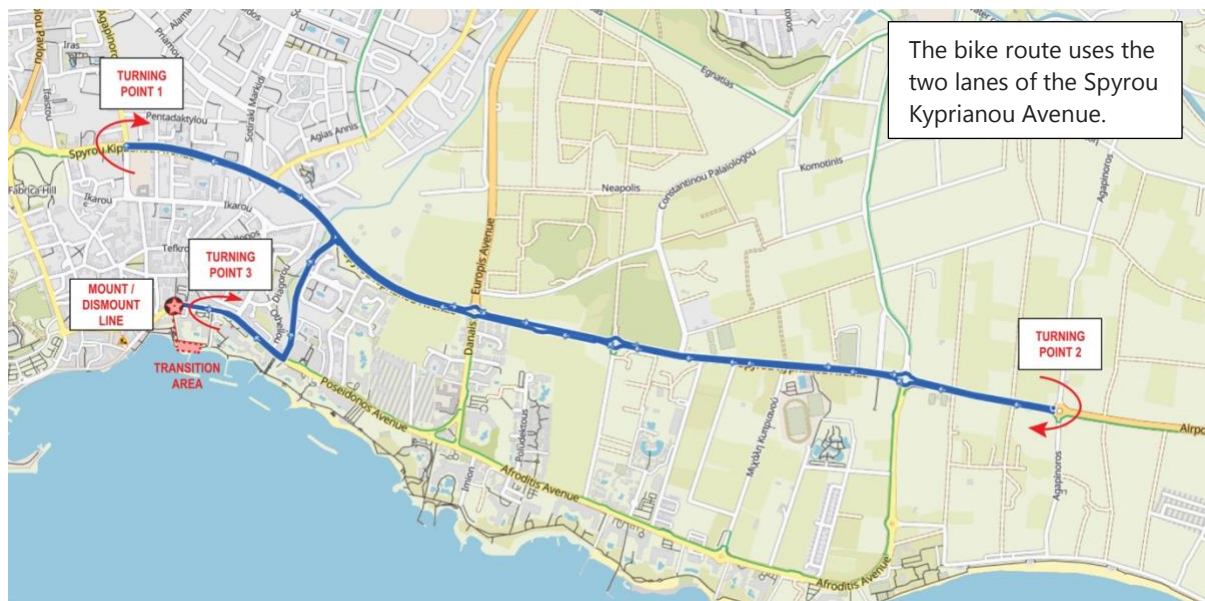
[Click HERE to View and Download the Olympic Distance SWIM Course](#)

7. BIKE COURSE

The bike lap is 10km long. Athletes of the Sprint Distance will be covering the distance 2 times and come back to the T-Area and athletes of the Olympic Distance will cover the same lap 4 times before entering the T-Area.



The bike course has three turn around points which you must recognize and take them carefully. Turn point for the laps will be clearly marked with a sign "BIKE TURNING POINT". The bike section it is clearly marked and marshaled. Triathletes must follow signs and directions. There will be Marshalls in race official vehicle. Be courteous to fellow athletes and apply "fair play" at all times. The course is technical and care is needed. There are no major hills.



[Click HERE to View and Download the Bike Course](#)

For the Sprint Distance the race is DRAFTING-Legal and ONLY Road Bikes are allowed.

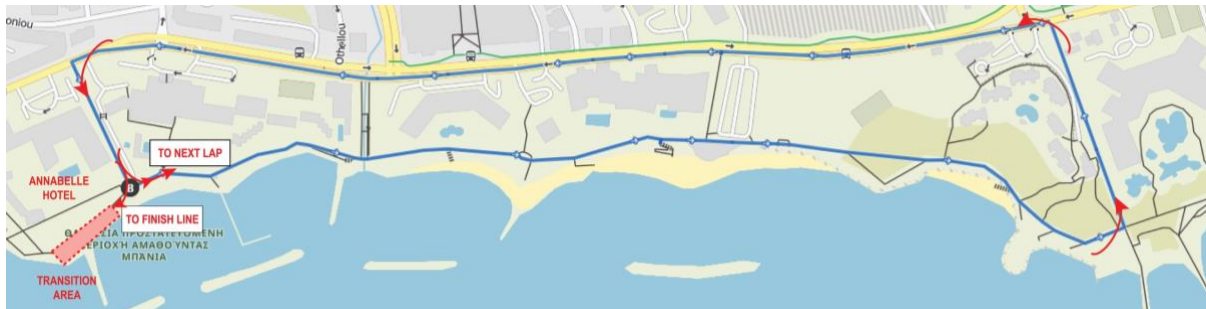
For the Olympic Distance DRAFTING IS NOT ALLOWED, and it will be ENFORCED. Olympic Distance triathletes must follow non drafting rules. If caught drafting by a Marshal you shall be given a notification by shouting towards the athlete and showing a YELLOW CARD. A second drafting violation by the same triathlete equals a RED CARD given by the marshal which means that the athlete must serve 1 minute at the Penalty Box. Athletes must be aware that if a red card is given to them they must serve the 1 minute penalty immediately after the bike segment at the Penalty Box*. A third drafting violation by the same athlete means that this athlete receives automatically a DQ by a marshal.

You can find all the rules regarding NON-Drafting and DRAFTING-Legal Races [HERE](#)

Athletes are responsible to know the course and count how many laps they have covered. The organizers will score passings of each athlete in each lap and they will DQ an athlete who has covered less laps. At the end of their lap the athletes will follow the directions for Bike finish / T-area. Absolutely no participation is allowed if a triathlete does not use an approved helmet on the bike course.

8. RUN COURSE

The run section is a point to point flat route 2,5km long. The Sprint distance participants will run 2 laps x 2,5km and the Olympic distance participants will cover 4 laps x 2,5km. The athlete exits the T-area heading east following a path – pavement.. There will be 1 feed zone station (water, fruits) at the 2,5 km of the run lap, and signs to direct the triathletes towards the finish. Signs will alert triathletes as to the 1km & 500m before the finish line.



[Click HERE to View and Download the RUN Course](#)

The run course passes on the coastal pathway of Pafos which most probably will be used by other people that are not competing in your race. Triathletes are advised respect them and to be careful from other pedestrians on course due to the fact that they will also be allowed to walk on the same path. No bare torso is allowed, and no pushing or non- sportsman like behavior is allowed. Even though marshals will aid in the direction of the run course, **it is the triathlete's responsibility to follow the signs that lead clearly to the finish line.** Athletes are responsible to cover the correct distance and count how many laps they have covered. **Athletes must put on their bib number before entering the run course on either a triathlon belt or using safety pins.** After you have completed your laps you must take a right turn of towards the finish line arch.



9. REGULATIONS

START LINE

Start will be given sharply at **07:00** for Sprint Distance while the swim start for the Olympic distance athletes will be **8:00** by a signal: "GET SET" AND A long sound of a HORN OR WHISTLE. This is a deepwater mass start. All categories will start together at each distance. All the athletes must start after the horn (those start before the sound of the horn will receive a time Penalty equal to 1 minute to be served after the swim). Not showing up in the penalty box leads to DQ.

DRAFTING DURING BIKE

Athletes of the Olympic distance following the non-drafting rules must keep at least 3 bike-lengths apart of clear space between the cyclist in front of you and you. If you move into the drafting – zone, you must pass within 15 seconds. Triathletes must keep to the left hand side of the lane unless they are about to pass. Blocking an athlete wishing to pass another athlete and interfering with this action is prohibited. If you are overtaken and passed (fellow athlete's wheel passes yours), you must immediately exit the draft zone from the rear, fall back 3 bike lengths, before attempting to pass again. [You can find all the rules regarding NON-Drafting and DRAFTING-Legal Races HERE](#)

DOPING CONTROL

The organisation may carry out the doping control participants according to the current regulations of the Anti-Doping Commission of the Cyprus Triathlon Federation.

SAFETY AND MEDICAL ASSISTANCE

Restricted areas will be controlled by guards/marshals of the organisation: Medical services for the organisation along the route, shall be authorised to remove any participant for medical reasons. Any emergency vehicle that needs to use the cycling route will indicate their presence through light and sound signals. In all cases the vehicle will have priority over the triathletes, who must give way.

CLAIMS AND APPEALS

Following the rules of the Cyprus Triathlon federation, any participant or coach of any of the clubs registered, may make claims on the provisional results, irregularities of the organisation or on sanctions applied by judges and officials. Claims must be made in writing and handed to the Referee with a deposit of 50€, The referee will review the decision in the first instance. To resolve, the appeal will be delivered to the Appeals Committee for whoever solves the case. In the event that the appeal reaches the Appeal Committee, the committee chairman will meet with the other members and listen to all parties involved and study the evidence. If the person making the appeal could not be present, their arguments may be left in writing. Failure to comply may invalidate the appeal. Having heard all possible evidence, the committee will retire to consider its verdict, which is final and irrevocable. The first decision will be communicated verbally and then in writing. In the event that the Referee or the Appeals Committee decides in favour of the appellant, it will refund the full amount of the deposit.

PARTICIPATION DAY INSURANCE AND LICENSE

Participation in The Pafos Triathlon is open to athletes of any nationality, licensed or not and of age 14+. Each participant who takes part in the event individually must do so under their own responsibility and agrees to have a fitness level sufficient to complete each segment within cut off times marked by technical officials of the organisation. We strongly recommend all the athletes to have the travel policy of the health insurance. During registration process, participants need to show their national triathlon licence. In case they don't own it, they are obligated to pay 10eur at the registration desk.

ARBITRATION AND TIMING

A referee judge appointed by the Cyprus Triathlon Federation will have the final decision over any anomaly to the course of the event. Timing will be done through the electronic chip timing system.

RACE WITHDRAWAL

If an athlete withdraws during the course of the race, is responsible for informing the Race Office at +35799743753 or +35799694900

RELAYS

We will also hold an open relay competition. The rules governing this competition are the same as for one of the sectors that make up the race, ie, swimming, cycling and running. The only specific rules for relay teams are:

- Entry forms must be signed by the three members of relay teams.
- They will collect the race number/bib of the race in the hours and days set by the organisation.
- Each relay consists of a swimmer, cyclist and runner.
- Each team member will, in turn carry the timing chip worn on the ankle – this will be passed from each member of the team on completion of their section.
- The relay teams will have a specific area of the transition separate from individual participants.
- The numbers of relay teams will be a different colour than those of the individual participants.
- Relay teams can be male, female or mixed.

CANCELLATIONS

Should inclement weather or circumstances beyond our control prevent the holding of the event according to the planned program with all of its segments (Swim, Bike, Run), the organisation will amend the event according to the judges of the Triathlon federation of Cyprus. In this new event alternative in no case race be postponed to another date or repayment of any amount will be made.

Examples:

- Cancellation of the swim leg due to bad sea conditions: the event becomes a duathlon

- Cancellation of the cycling event section, due to inclement weather, natural disaster with disqualification of the road: the event becomes an aquathlon
- Cancellation of the cycling section and swimming: the event becomes a running race

10. USEFUL CONTACTS

Emergency Number	199/112
Cyprus Joint Coordination Center	1441
Larnaca International Airport	(+357) 24816418
Pafos International Airport	(+357) 26422833
Pafos General Hospital	(+357) 26803100
Cyprus Deputy Ministry of Tourism	(+357) 22691100

Organising Committee

Michalis Hadjioannou (Director)	(+357) 99694900
Eleni Savvidou (Hospitality/Registrations)	(+357) 99743753