

Race Information

Sprint European Championship, WQF World Cup Race

Gyékényes Kotró lake,

Hungary

19.05.2024



Version: 28.03.2024

Distance

750m Swim – 5k Kayak - 20k Cycle – 5k run

Organizer

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Race location

- Gyékényes Kotró Lake: Lat: 46.242156, Lon: 16.977904

Categories

- Solo (Age Groups after WQF Rules)
- Ladies and Men Relays (mixed teams are classified as men)
- Awards: medals for 1-3 places in every category if at least 3 finisher in the age group

Timetable

- | | |
|-------------------------------|---|
| - Pick up Race Numbers: | 9.30 -11.00 |
| - Check-IN: | 10:30 – 11:45 |
| - Race Briefing (in English): | 11:45 |
| - Race Start: | 12:00 |
| - Cutoff Time: | 3 hours (swimming: 30 min; end of bicycle: 1 h 30 min,
end of kayak: 2 h 15 min) |
| - Check-OUT: | 15:00-17.00 |
| - Ceremony: | 17:00 |

Registration

Registration is in 2 steps! After the registration there is a compulsory starters package to be chosen.

- Solo Adult, Masters Category
9,000 HUF registration fee + 6,600 HUF start package fee
- Solo U17, U19, U23, Senior Category
9,000 HUF registration fee + 6,600 HUF start package fee
- Relay
9,000 HUF registration fee + 6,600 HUF start package fee per person
- Registration deadline: 30.04.
- Registration page: <https://extrememan.nevezo.hu/register>
- Starting list: <https://extrememan.nevezo.hu/nevezesilistas>
- Results after the race: <https://eng.evochip.hu>

Maps

- Swimming in Kótró Lake 1 lap counterclockwise
- Cycling on the roads beside Gyékényes, 2 x 10 km laps on closed roads (elevation 10 m / lap).
- Kayak: on Kótró Lake, 6 x 0,71 km lap counterclockwise
- Running on the lakeside trail a 2 x 2,5 km lap
- Lake can be rather wavy in case of windy weather conditions!

Transition:



Overview:



Link to the detailed Map: https://drive.google.com/file/d/107F4BDs7-jajbHd7I15_rrCZZtgIGj0K/view?usp=sharing

Refreshment

Refreshment in the race center (after swim, bike, kayak, running),

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - No-Drafting at the bike
 - Helm must close at the bike
 - no crossing of the middle line at the bike
 - no race-number under the wetsuit
 - not to throw anything away
 - Life jacket can be obligatory (also short term)

Others

- The race is organised together with a sprint and Olympic distance triathlon race. Start is separated from the triathlon.
- Individuals and relays start at the same time. Individual competitors can be members of a relay team.
- Near the racecourse, we provide a free campsite. Toilet, washbasin, cold water shower.