

Race Information

WQF World Championships Sprint Distance

WQF World Cup Race

**Schleusingen, Bergsee
Ratscher, Germany**

05.09.2020



Version: 02.11.2019

Distance

750m Swim – 20k Cycle – 4,6k Kayak – 5k run

Organizer

- Triathlon Club Suhl e.V.
- Sebastian Diez
- sebastian.diez@triathlonclub-suhl.de
- +49 175 403 59 57
- www.tc-suhl.de

Race location

- Bergsee Ratscher, Am Bergsee 40, 98553 Schleusingen
- Lat.: 50.49319 Lon.: 10.78773

Categories

- Solo (Age Groups after WQF Rules)
- Relay
- Awards for 1st, 2nd, 3rd place of total men/women, relay and each age group men/women

Registration

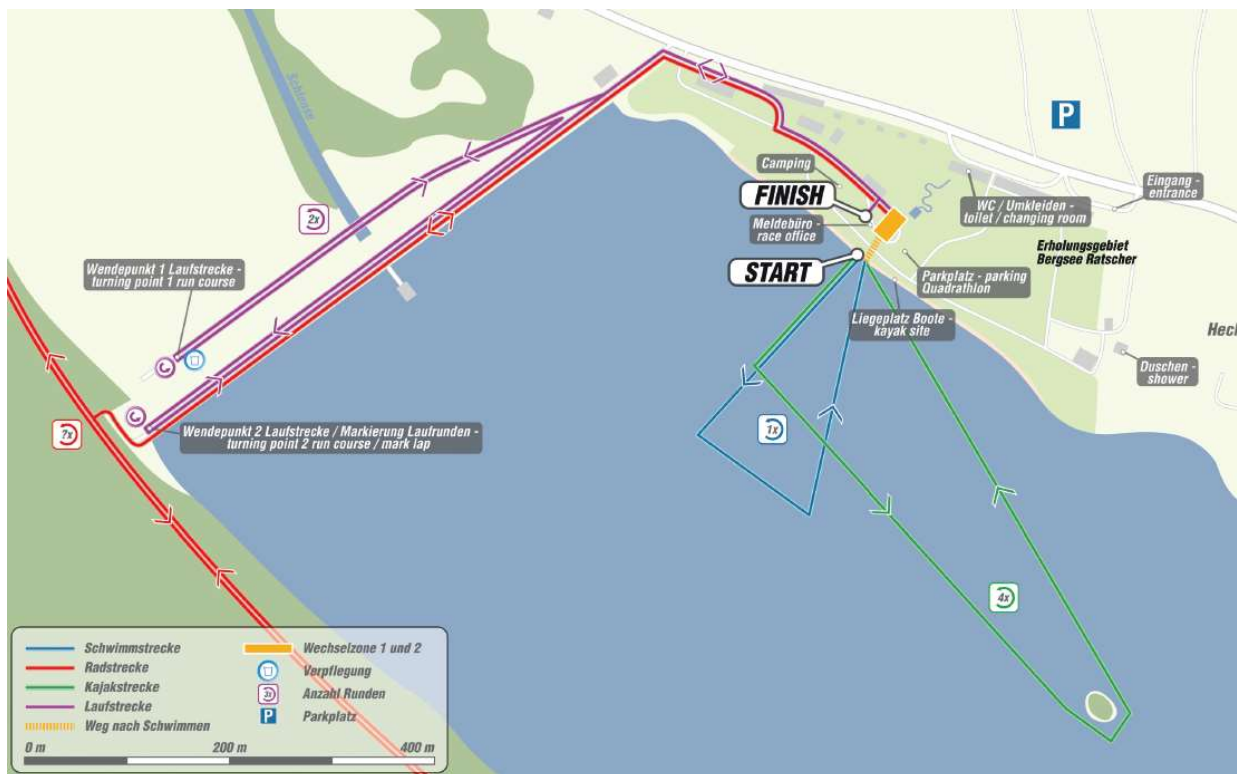
- Solo 40,-€ (after 31.08.20 plus 5,-€, for German athletes with out license plus 10,-€)
- Relay 50,-€ (after 31.08.20 plus 5,-€)
- Registration page: <http://goo.gl/forms/hyN4ZiFDJ3>
- Registration via email: sebastian.diez@triathlonclub-suhl.de
- Starting list: www.triathlonclub-suhl.de/starterlisten/quadrathlon.pdf
- Results after the race: www.triathlon-service.de/ergebnisse

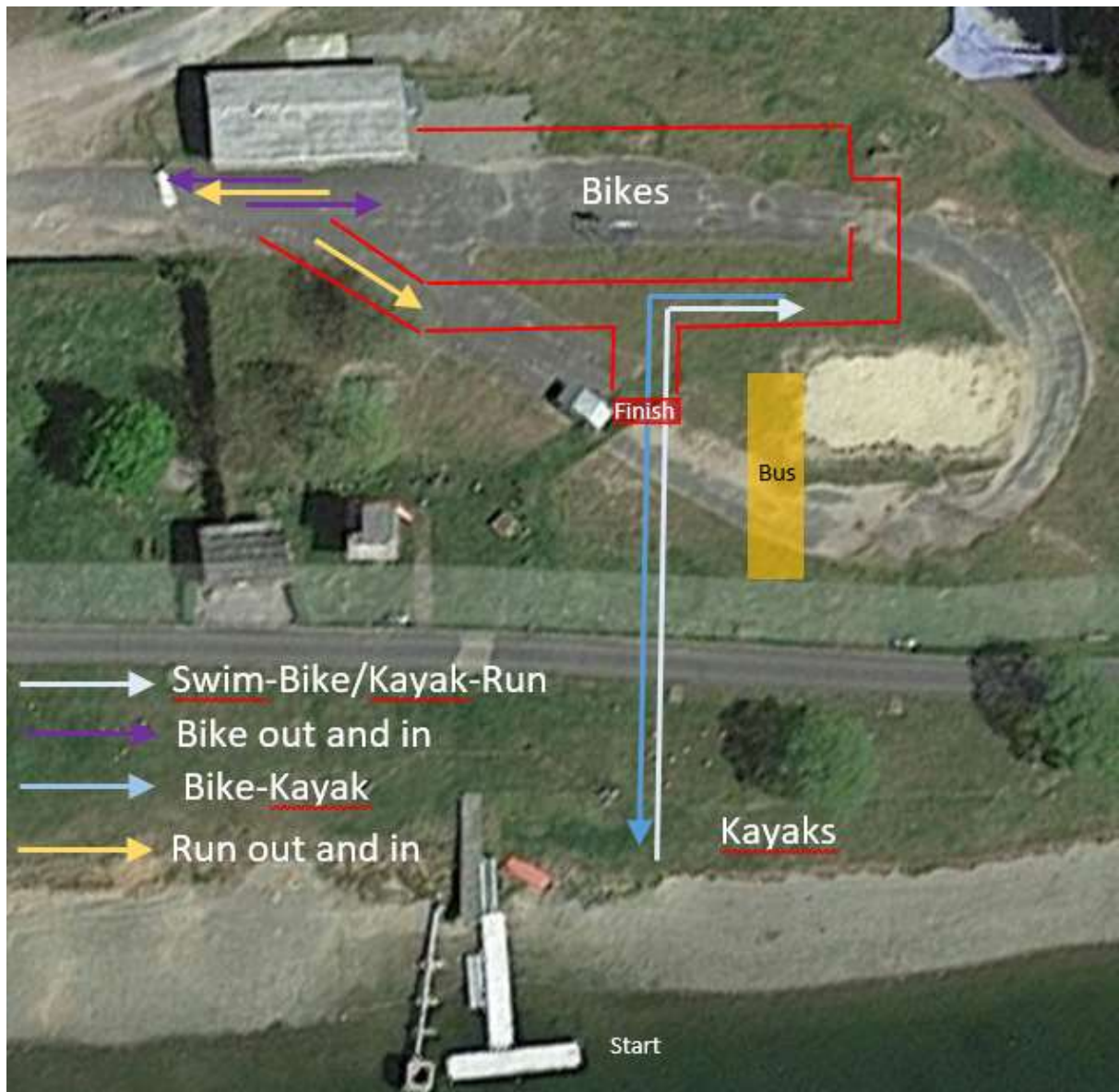
Timetable

- | | | |
|-------------------------------|---------------|---------------------------------------|
| - Pick up Race Numbers: | 8:00 - 14:50 | in the bus at in the race center |
| - Check-IN: | 14:00 - 14:45 | transition zone at the race center |
| - Race Briefing (in English): | 14:30 | in front of the bus, near to the lake |
| - Race Start: | 15:00 | in the lake |
| - Check-OUT: | 17:00 | transition zone at the race center |
| - Ceremony: | 17:30 | in front of the bus, near to the lake |

Maps

- Swim: Start in the water (next to the pontoon), 1 round counterclockwise
- Cycle: 1k way out over the dam, then 2 rounds counterclockwise on a closed street and 1k back over the dam
- Kayak: 4 rounds counterclockwise (no help for in and out, every athlete has to count the rounds by himself)
- Run: 400m way out to the dam, then 2 rounds (on and next to the dam) counterclockwise, and 400m back to the finish
- Big maps at: www.triathlonclub-suhl.de/strecken/quadrathlon_sprint_staffel.pdf





Refreshment

- At the track (Running after 1 and 3 k)
- In the Finish

Rules

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

Rental

There is a limited possibility to rent different types of boats. Please contact us early if you need a kayak (teichert80@gmail.com).

Others

- There are some triathlons at the same weekend, more at www.tc-suhl.de
- The Quadrathlon starts as own group (Solo and relay)
- Time measurement means transponder, at the right wrist
- At the Bergsee Ratscher we have the great situation that our athletes can camp right next to the transition zone and the lake, so as to sit still relaxed after the competition. In addition to the possibility to camp, which is possible without reservation, there are also small houses (with reservation) in the area of the race. Further information is available on the pages of the Bergsee Ratschers: www.bergseeratscher.de
- But also the foothills of the Thuringian forest around Schleussingen have a lot to offer, where there are numerous accommodation offers waiting:
www.thueringen.info/fileadmin/suche_ext/ergebniss_uebernachten.php?page=&ort=Schleussingen®ion=&kat=%&sterne=