



1

Welcome to
Race Briefing 2019

2

Schedule Sunday

6:00 a.m.	Opening of transition zone
7:45 a.m.	Start Olympic Distance
8:20 a.m.	Start Middle Distance
9:30 a.m.	Start Sprint Distance



3

Rolling Start

Again, there will be a rolling start in Heilbronn.

Thus we will give the athletes the possibility to allocate themselves according to their performance right at the beginning of the race.

Due to the local circumstances (the width of the river Neckar) we will stretch the starter field directly.

This will result in less conflicts and stress potential for the athletes during swim.



4

Rolling Start

- Pros will start ahead of the agegroupers
- Agegroupers please allocate themselves 10 minutes before their start to the according start area
- As soon as the start was kicked off, 6 athletes at a time will start every 5 seconds
- The timing mattress is located directly at the swim start and will register the individual start if each athlete.
- **IMPORTANT:** The net time is thus counting!



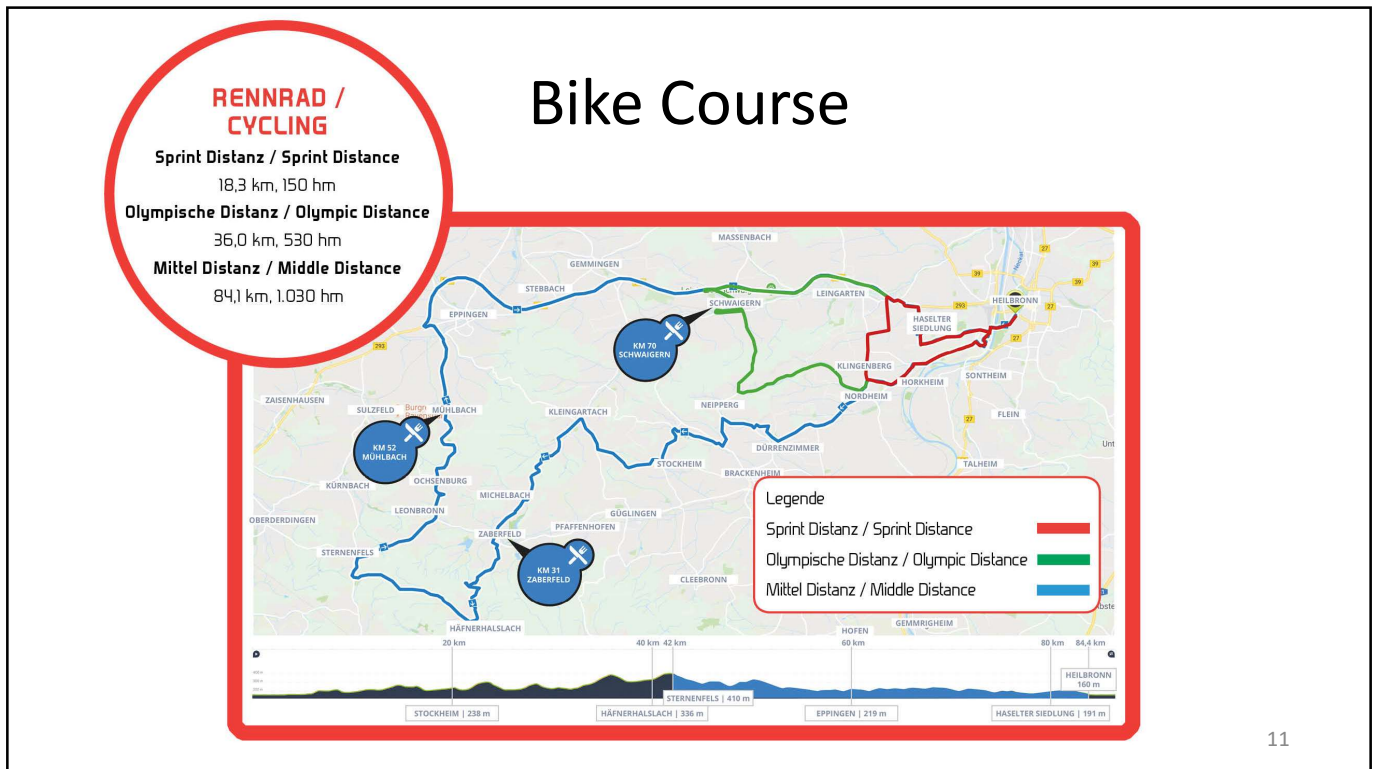
5

After Race Bag

- Can be deposited before the warming up swim at the "Obere Neckarstrasse"
- Please follow the signs
- Please do not store glass bottles or containers in the after race bag



6



11

Drafting

The drafting box is 12 m long

- A surpassing athlete must pass and thus leave the drafting box as fast as possible.
- Surpassing must be finished after 25 seconds.
- Drafting and blocking will be penalized with a time penalty! ■
- In severe cases also with ■

11

12

Run Course

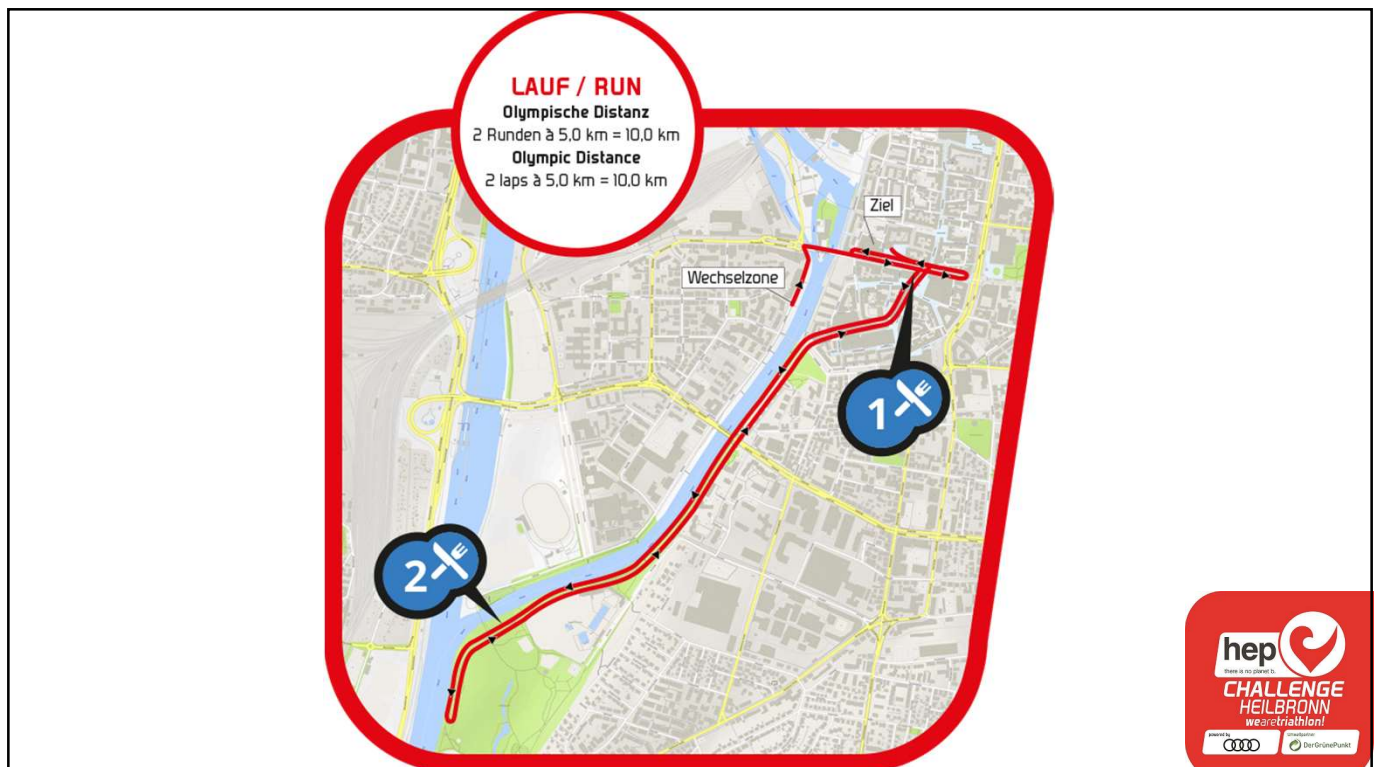
There are 2 run courses:

For Sprint and Olympic Distance it's a 5 km lap, for Middle Distance it's a 7 km lap

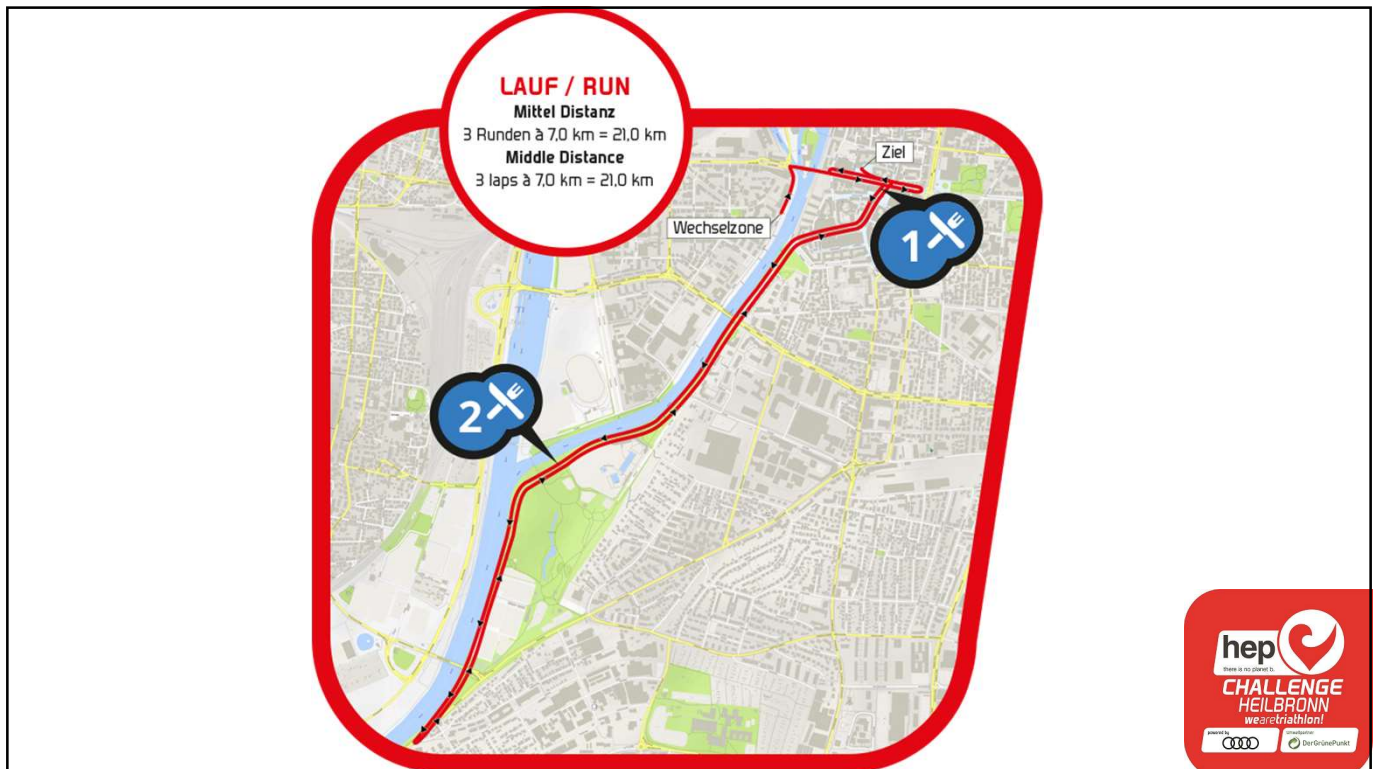
- Sprint Distance: 1 lap of 5 km
- Olympic Distance: 2 laps of 5 km
- Middle Distance: 3 laps of 7 km



13



14



15

Micro penalty

Yellow card  stands for time penalty (“Micro penalty“)

- 10 sec Sprint Distance
- 15 sec Olympic Distance
- 30 sec Middle Distance



This penalty must be done time by the athlete

- Start / Swim => Stop & Go T1
- T1&2 => Stop & Go T1
- Bike => Penalty box after bike course
- Run => Stop & Go during run course



16









Breach of rules while transit swim -> bike (abstract)

- Cut short in transition zone
- Wetsuit worn below hip before reaching personal transition box
- Helmet deposited at bike with closed chin strap
- Used equipment not in box
- Moving of bike with open helmet chin strap
- Start to bike before crossing the bike start mark
- => Warning or  when committing breach, or  if necessary



17

Breach of rules during biking (abstract)

- Crossing the middle line  at oncoming traffic 
- Surpass on the right 
- Blocking (by riding in the middle of the street) 
- Breach of StVO* rule  serious cases 
- Taking along of communications and entertainment devices 
- Littering on purpose 



* StVO = German Road Traffic Regulations





18

Penalty box

The penalty box is located at the end of the bike course, between marking to get off the bike and entrance to transition zone

- Penalties from the bike course must be done time in the Penalty box (Blue card  and yellow card ()

Duration:





-  Half: 5 min, Olympic 2 min, Sprint: 1 min
-  Half: 30 sec, Olympic 15 sec, Sprint: 10 sec

- Athletes not doing time their penalty will be disqualified



19

Breach of rules during running (abstranct)

- Shortcuts 
- Unsportsmanlike behaviour 
- Taking along of communications and entertainment devices 
- Littering on purpose 



20

Nutrition during bike and run

Feed zones on bike course:

Return of bottles > water > Squeezy drinks > Squeezy Energy bar/gel > Return of bottles

Feed zones on run course:

Water > Squeezy drinks > Squeezy Energy bar/gel/drink gel > coke > Squeezy Energy Super Gel (caffein gel) > sponges > return of cups



21

Cut-Off

Middle Distance

- Swim: 55 min / 9:45 a.m.
- Bike: 3:49 h / 01:34 p.m.
- Run: 2:36 h / 04:10 p.m.

Sprint Distance

- Swim: 20 min / 9:55 a.m.
- Bike : 49 min / 10:44 a.m.
- Run : 61 min / 11:45 a.m.

Olympic Distance

- Swim: 45 min / 8:40 a.m.
- Bike : 98 min / 10:18 a.m.
- Run : 82 min / 11:40 a.m.



22

Schedule

- Opening transition zone: 6:00 – 7:30 a.m.
- Start Olympic Distance: 7:45 a.m.
- Start German Championship/Middle Distance: 8:20 a.m.
- Start Sprint Distanz: 9:30 a.m.
- Awards ceremony Olympic Distance: ca. 11:20 a.m.
- Awards ceremony Sprint Distance: ca. 11:40 a.m.
- Awards ceremony Middle Distance: ca. 03:00 p.m.
- Final finish: 04:10 p.m.
- Check-Out: 12:00 – 04:30 p.m.



23

We wish you much fun and success!



24