

# TRIATHLON

## Site : Playa De Castillo Grande

Cartagena

GPS : 10.3941770, -75.5539575

*The following informations can change. Please check the modifications on our website and directly at the Games Center.*

**CATEGORIES:** Reference date 31st December 2023

**A:** Under 35 years old

**B:** From 35 to 44 years old

**C:** From 45 to 54 years old

**D:** From 55 to 64 years old

**E:** From 65 to 69 years old

**F:** 70 years old and over

### COMPETITION SCHEDULE:

WEDNESDAY

6AM - 8AM

### PRACTICAL INFORMATIONS:

#### **2 distances:**

**Olympic:** 1500 m swimming + 40km cycling + 10 km Running

**Sprint:** 750 m swimming + 20 km cycling + 5 km running

The race organized is a **DRAFT-LEGAL** (drafting) race:

Athletes can draft (stay in a bunch, follow another athlete closely) during the cycling segment. However, it does allow the use of Triathlon bikes, time-trial bikes, disc wheels, tri- spokes, elongated aero helmets and clip on aerobars.

**Accompanying persons are allowed**

**Medals award ceremony directly on site at the end of the event.**

#### **Circuit**



**SPRINT :** Swimming : 750 Mts (1 lap), Cycling (8 laps of 2.5 km), Athletics 5 km (1 lap).

**OLYMPIC :** Swimming 1.5 km (2 laps of 750 mts), Cycling 40 km (16 laps of 2.5 km), Athletics 10 km (2 laps of 5 km).

The Triathlon starts with the Swimming race from the beaches of Castillo Grande, continues with the Cycling race from the beaches of Castillo Grande through the bay of Boca Grande, and ends with the Athletics race on the same route of Castillo Grande and the beaches of Boca Grande which will be done in one lap. The race has a distance of 26.44 km with a moderate difficulty.