

TRIATHLON

Site: Plage des Salins

83990

GPS: 43°15'31.1"N 6°41'32.1"E

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

AGE CATEGORIES: Reference date 31st December 2024

A: Under 35

C: From 45 to 54

E: From 65 to 69

G: More than 75

B: From 35 to 44

D: From 55 to 64

F: From 70 to 75

COMPETITION SCHEDULE:

THURSDAY
7.30am

PRACTICAL INFORMATION:

2 distances:

Olympic: 1500 m swimming + 42,15 km cycling + 6,34 km Running

Sprint: 750 m swimming + 16,86 km cycling + 3,17 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.

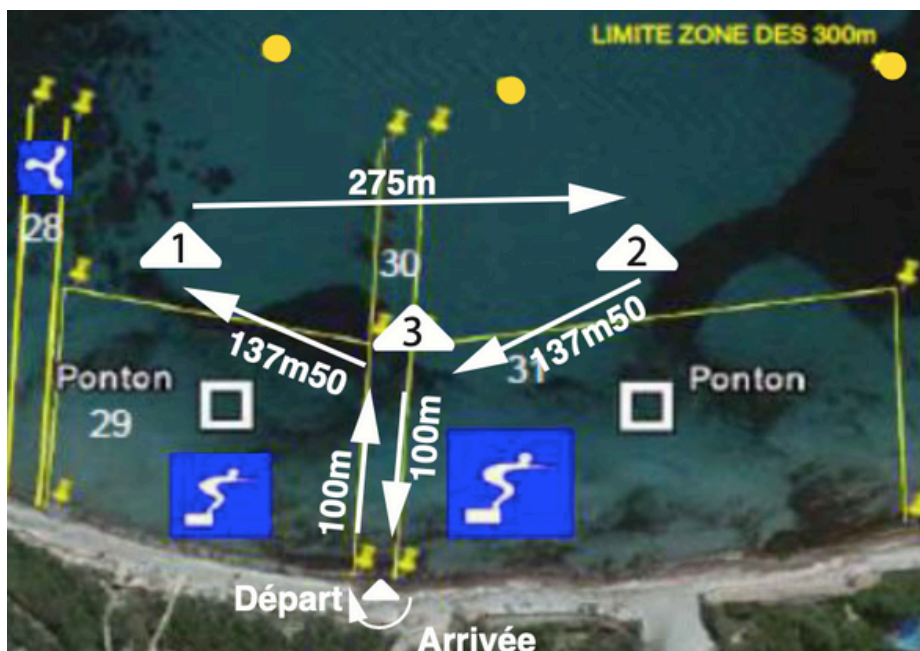
The Medigames organisation will provide each participant with a swimming cap.

Accompanying persons are allowed

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

Circuit

Swimming :



Distance = 750m

Sprint:

Lap = 1

Total Distance = 750m

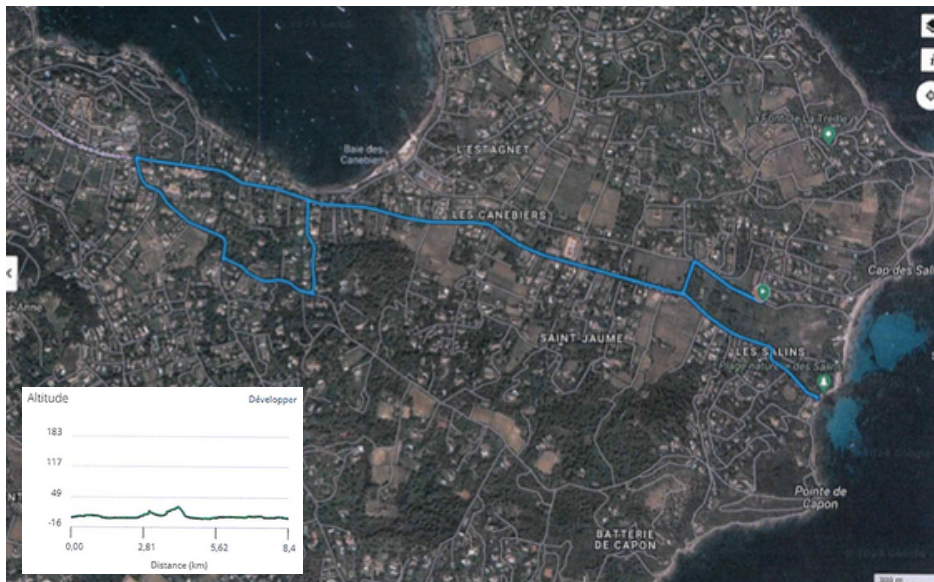
Olympic:

Laps = 2

Total Distance = 1.5km

For the Olympic event, you will have to complete the circuit twice to reach 1.5 km, with an Australian exit.

Cyclism



Distance = 8.43 km
Total ascent = 46m
Total descent = 45m

Sprint:
Laps = 2
Total Distance = 16.86 km

Olympic:
Laps = 5
Total Distance = 42.15 km

Running



Distance = 3.17 km
Total ascent = 38m
Total descent = 37m

Sprint:
Laps = 2
Total Distance = 6.34 km

Olympic:
Laps = 3
Total Distance = 9.51 km

Info & results: www.medigames.com