



FYNSKE BANK
Multisport
World Championships Festival
Fyn 2018, July 6 - 14



ATHLETE GUIDE

Long Distance
Triathlon & Aquabike
14th july, 2018

#highfivefyn

FYN2018.COM



Fynske Bank Multisport World Championships Long Distance + Aquabike Athlete Guide 2018

*For information not found in the Athlete Guide please see the FAQ, visit the website, go to the Info Booth in the King's Garden or email info@fyn2018.com.

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DANSK TRIATHLON FORBUND

Denmark proudly welcomes you

It's truly a pleasure to welcome everybody to the extremely triathlon friendly kingdom of Denmark.

We are extremely proud to host the second edition of the 2018 ITU Multisport Festival gathering 5 ITU world Championships in 9 days of breathtakingly competition and international friendship.

For years we have been looking forward, and now it's time for the whole world to swim in our waters, bike on our roads and run in our magnificent Danish landscapes. We are ready – and we hope you are too!

Our effort has been devoted to provide all athletes with fair and spectacular races in safe and green surroundings – and the Danish environment and triathlon-tradition is ready to prove the perfect frame for such.

Let's race, let's compete and let's have a party!

Mads Freund
President, Danish Triathlon Federation





FYNSKE BANK
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Greetings and a very warm welcome to the 2018 Fyn ITU Multisport World Championships Festival,

This year sees only the second edition of this innovative event, following its successful debut in Penticton, Canada in 2017. With the baton having been passed to Denmark and the beautiful island of Fyn, we look forward to some superb racing across its three sites; Odense, Svendborg and Middelfart.

Once again there will be five World Championship titles up for grabs across the ten days; in Duathlon, Cross triathlon, Aquathlon, Aquabike and Long-distance triathlon. Being able to hold these important races in one fantastic location and all under the banner of one festival has proved to be hugely beneficial for athletes, spectators and media alike, allowing the global ITU family the opportunity to gather together for a true celebration of the sport.

As well as the inauguration and closing ceremonies, there will be exciting parallel events including the Parade of Nations, an Expo and lots of live music, with the three vibrant cities becoming entertainment hubs for visitors from around the world. Between 6-14 July, more than 5,000 athletes are expected to descend on the island, with U23, Junior, Paratriathlon, Age-Group and Open races all taking place around the elite events.

Denmark's third largest city, Odense will host the opening Duathlon races before the action moves to Svendborg for the Cross triathlons. The Aquathlon then gets underway in Middelfart Marina on Day Six, before the focus moves back to Odense for the Aquabike. The Long distance triathlons will wrap up the festival in glorious Odense Harbour on the final Saturday.

All of which means that the 2018 Fyn ITU Multisport World Championships will provide the perfect scenario for friends and families to cheer on their loved ones and sample all the passion and excitement of live triathlon. The sport's broad appeal and accessibility have always been a key part of triathlon's unique popularity, and this Festival provides ten days of first-class, family-friendly sport that will inspire and entertain in equal measure, regardless of age or gender.

I would like to thank the Danish Triathlon Federation, the Local Organising Committee and the government and people of Fyn, as well as the sponsors and volunteers, for helping to put this fantastic event together.

I hope that you enjoy the beautiful setting and the spectacle of these World Championships. We will offer you thrilling races and a warm atmosphere, perfect conditions in which to enjoy triathlon in all its various forms.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member

WELCOME TO ODENSE



On behalf of the city of Odense, it is a great pleasure for me to welcome athletes, coaches, volunteers and spectators to our beautiful city.

You are part of the biggest sports event ever in the island of Fyn, and we will do our best to ensure, that you have the perfect settings for the competitions in Duathlon, Aquabike and Long Distance Triathlon

When you compete in our streets, you will see, that Odense is changing and growing rapidly in many parts of the city, where tall buildings and a new tramway is being built. But you will also have the chance to experience the old streets of the city, and witness first hand, how Odense looked, when our city's most famous son Hans Christian Andersen grew up here.

Back then most of the town had cobbled streets, but today Odense is a very bike-friendly city. Odense was the first Danish city to construct a bike path, and now we have 540 kilometers of bike paths, that are central to the infrastructure of our city. When you leave Odense – either to compete in the two other host cities Svendborg and Middelfart or just to experience some more of Fyn you will also see that the entire island is very suitable for cycling, and it is our ambition to become the most visited destination for bicycle tourists in northern Europe. We call it Bike Island.

When you are not competing or watching the races, I recommend that you visit our many exciting and diverse restaurants, go shopping and enjoy the vibrant cultural scene. And if you want to swim some more after the competitions, you can visit our charming harbour bath.

I trust, you will enjoy your stay here, and I hope that you will be inspired to return someday, all year long we host a series of different festivals of music, food, flowers, film and much more.

I have always found the determination and ambition of top athletes to be very inspiring, and I hope that Odense will in return inspire you.

Welcome to Odense.

Peter Rahbæk Juel
Mayor



**ODENSE
KOMMUNE**



Important Contact Information

*The Info Booth will be in the main venue at King's Garden and is the main contact for athlete questions. For Technical questions regarding your race, you are invited to attend the Age Group/Open Race Athletes Briefing (day/time below) where Technical Officials and Race Director will reply your questions.

Local Organizing Committee:

LOC Executive Director:
Jacob Sonne-Schmidt

LOC Director of Operations:
Mark Kroman

LOC Race Director:
Lars Møller

Medical Director:
Red Cross

ITU Team:

ITU Team Leader:
Eric Angstadt (ESP)

ITU Technical Delegates:
Duncan Hough (GBR)
Thanos Nikopoulos (GRE)

ITU Assistant Technical Delegates:
Kalle Jensen (NOR)
Stefane Mauris (SUI)
Melody Tan (MAS)

ITU Medical Delegate:
Dr Jan Verstuyft (BEL)

ITU Head Referees:
Ulf Schuetze (CAN)
Jorge Garcia (ESP)



Athlete Guide Updates

Information in this athlete guide is subject to change without notice. The latest information will be available at the information booth in the King's Garden. An updated version of this guide will be distinguished by the Version number on the cover page (EX. V1, V2, V3...etc.). A link to the most recent updates will be available on www.fyn2018.com.

Date	Change	Page #



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General

Schedule of Events

The Fyn 2018 Multisport World Championships Festival is pleased to present you with the event schedule for 10 days on Fyn filled with action and events. During the festival 5 World Championships races each with multiple divisions such as Elite, Para, U23, Junior and Age Group will take place. Each race also presents the opportunity to race as an Open Race Athlete. In Odense, Middelfart and Svendborg you will find several parallel events and world class festival atmosphere for athletes, families and spectators.

To view the complete event schedule [please click HERE!](#)

Important Locations

Different events will take place throughout Odense, Middelfart and Svendborg. The central location for the festival will be at Central Venue/Expo Area in King's Garden.

Awards and Celebrations for Aquabike and Long Distance will be hosted at King's Garden (Odense).

The finish line will be located at Kings Garden, Odense.

Location Name	Purpose	Address
King's Garden	Main venue, Expo Area, Registration, Package Pick-up, Awards and Celebrations, Opening Ceremony, Welcoming Ceremony, After Race Recovery area, Closing Ceremony	King's Garden, 5000 Odense C
Byens Ø	Swim start, T1	At the end of Finlandkaj, 5000 Odense C
Storms Pakhus	Pasta Party	Seebbladsgade 21, 5000 Odense C
King's Garden	Parade of Nations Start (on 11 th)	King's Garden, 5000 Odense C
Open Air Pool (Odense)	Swim practice	Elsesmindevej 50, 5200 Odense V
Odense Katedralskole	Athlete Briefings and Q&A, Elite Athletes Lounge	Jernbanegade 34, 5000 Odense
Thomas B. Thriges Gade Parking Basement	T2, Bike Check-in	Thomas B. Thriges Gade 36, 5000 Odense C



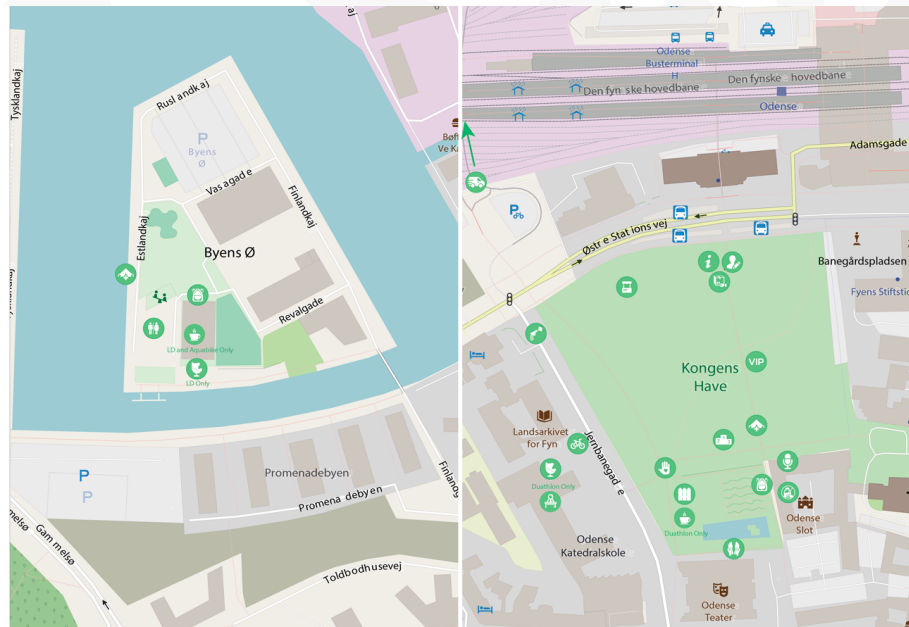
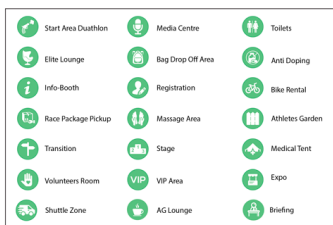
Venue Map: Odense

ODENSE

JULY
06 **DUATHLON**
 AG STANDARD
 JUNIOR SPRINT
 ELITE/U23 STANDARD

JULY
08 **DUATHLON**
 AG SPRINT
 PARA SPRINT
 MIXED RELAY

JULY
14 **LONG DISTANCE**
AQUABIKE



Click [here](#) to find the venue map online.

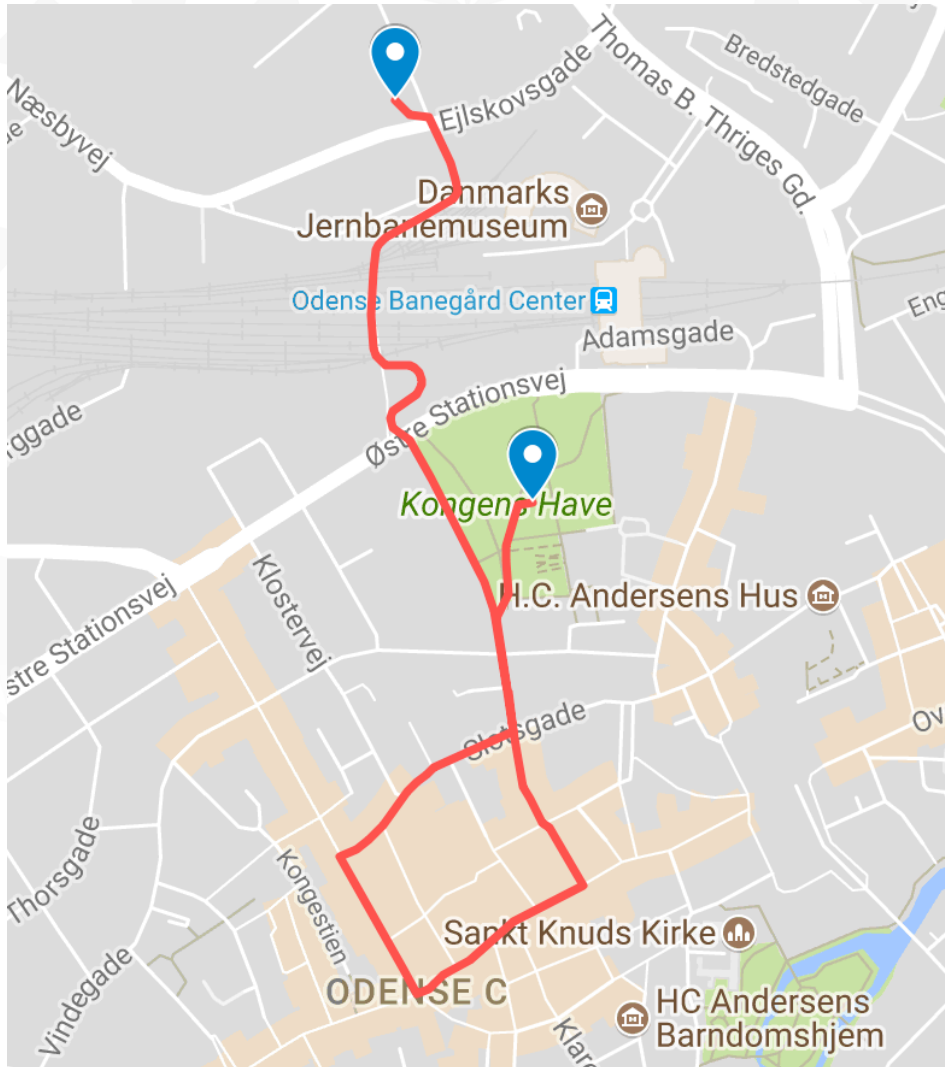
Auxiliary Event Information

Parade of Nations (PON) and Welcoming Ceremony

For the Aquathlon, Aquabike and Long Distance Parade of Nations on July 11th athletes should assemble with their country's team at 17.30 at King's Garden (Kongens Have) before the welcoming ceremony at 18.00. At 18.15 the Parade of Nations will go through downtown Odense and cross the City Bridge, ending at the Pasta Party at 19.00 in Storms Pakhus.

Each country will select an athlete to be their team's flag bearer. Flags will be provided by the LOC, and must be returned to the volunteers after the PON.

Click [here](#) to view the Parade of Nation route online.





Pasta Party



Pasta Parties will be held at Storms Pakhus. Storms Pakhus is a street food mall with a unique, urban feel and atmosphere only 5 minutes' walk from central venue crossing the beautiful Byens Bro (City's Bridge). Aquabike and Long Distance Triathlon participants may attend Pasta Party #1 (see schedule below).



Pasta Party #2

11.07.2018 @ 19:00 – 22:00

Participants

Aquathlon

Long Distance Triathlon

Aquabike

All athletes will be given 1 *Food Voucher* and 1 *Drink Voucher*. The *Drink Voucher* can be exchanged for a soft drink, beer or non-alcoholic beer at the designated *MultiSports Drinks* outlet located in the yard outside the main entrance of Storms Pakhus. The *Food Voucher* can be exchanged for one of the special *MultiSport Meals* offered by a selection of the stalls. Stalls that offer a *MultiSport Meal* will be flying a *Multisport flag* above the stall. Should a stall sell out, the flag will be taken down and you can choose from one of the other stalls flying the flag.

The *Food Voucher* cannot be exchanged for cash. Nor can it be used as payment (partly or in full) for other dishes from the menus. The *Multisport Meal* is only available with a *Food Voucher* and only available on the Pasta Party nights. Should you be tempted by one of the other selections from the menus, you are of course more than welcome to get one of these at your own expense. Storms Pakhus will be open to the public during the Pasta Parties – so all friends and families are more the welcome to join. Please note the Storms Pakhus applies a cashless system for the stalls, so make sure to bring your credit card – or change your Danish cash into a special paying card before entering.

Vouchers will be distributed as follows

Long Distance + Aquabike	To be collected at INFO booth at registration/central venue (Kings Garden) July 4 th – 10 th in the opening hours of the registration. July 11 th from 12:00 until 17:30 or at Storms Pakhus from 19:00 (after parade of nations)
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All voucher pickup needs to be done in person and valid personal ID must be presented. We recommend picking up the Pasta Party vouchers at the info booth in Kings Garden. If you choose to pick up the vouchers at the Pasta Party venue, extra waiting time is to be expected.



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Open Air Concerts

It is a tradition to have free concerts in the King's Garden on five Thursdays during the summer. Two of these will be held during the Multisport Festival. Bring your family and friends, listen to great music among the green trees and enjoy a concert in the beautiful King's Garden, which features some of the most talented artists from the Danish music world. Thursday Concerts will be on Thursday, July 5 from 19-22 and Thursday, July 12 at 18-22.



(Photo: Kasper Glintborg)



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Train Smarter – Join Multisportlab



Want to be part of the future training? During this year's World Championships in Multisport, you will get a unique opportunity to acquire new knowledge in an exciting and innovative framework when the Sports Innovation Lab focuses on innovation under the headline "Train Smarter". Click [here](#) for more info.

Date: July 11th and July 12th.

Entry fee: The event is free for all.

Starting time:

July 11th: 10.00 – 14.00.

July 12th: 13.00 – 17.00

Where? Odense Katedralskole (right next to Central Venue at King's Garden)



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High 5K Fun Run (Middelfart)

HIGH5K

Date: Wednesday, July 11th 2018

Starting point: Østre Hougvej, Middelfart - at the marina.

Starting time: 16.00

Join the 5 km race in conjunction to the World Championship Festival and the Aquathlon in Middelfart. Start and finish under same portal as for the World Championship. The Start/finish area is the same area, where the world Championship Aquathlon will take place the following day.

Entry fee: 135 DKK

The race starts and finishes in the middle of the marina in Middelfart. Just after the start there will be a small loop, where you after 1 km pass the start/finish-area. During the race course you will be taken alongside The Little Belt and the golf course. A very beautiful and fast track. After the finish, you will be presented with a medal and refreshments.



View of Lillebælt. *Photo: Visit Lillebælt.*



Live coverage

Live streaming and timing where available will be on triathlon.org/live. Follow social media platforms twitter @worldtriathlon, @triathlonlive, [facebook.com/worldtriathlon](https://www.facebook.com/worldtriathlon), #fyn2018 for latest updates.

Personal Safety

Prior to departing for Fyn, be sure to establish a communication plan with family and friends back home. Even if you are in Fyn with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Biking: When cycling, please remain single file. Cyclists are reminded that they must obey all traffic regulations and rules of the road. Be aware that you practice or train at your own risk on the courses. For further info on bike tips [click here](#).

Drive the course: When you first arrive at the race site, drive the course (when possible) to become more familiar with the terrain. This way there should be no surprises on race day in regards to what you should expect.

Medical: During the races, injured or ill athletes will be assessed and admitted into the Medical Tent should the medical staff deem it appropriate. In the event that an athlete is sent to the Odense Universitets Hospital the related medical costs will be charged directly to the athlete. The medical staff will do their best to keep all athletes out of the hospital and get you back on your feet as soon as possible.

Training

Athletes can pick up a special training wristband from the Info Booth in King's Garden which must be worn in order to get access to the training sites.

Swimming (Odense):

Each day during the Multisport Festival you will have the opportunity for open air swimming in Odense Friluftsbad (free of charge).
For all athletes

Available from: 5-13th of July

The doors open at 06.30. The pools are open for participants in Fynske Bank Multisport World Championships Festival only from 07.00 to 10.00. Multisport Festival participants will be able to use the facilities in the following dedicated times:

07.00 - 07.40 - Team GB athletes
07.40 - 08.20 - Team USA athletes
08.20 - 09.00 - Team Canada and Australia athletes
09.00 - 10.00 - All other countries



There will be two dedicated Multisport lanes from 10.00 to 18.30 on a first come, first serve basis. Please note that the pools are open for the public from 10.00 and is used as a recreational area for regular citizens. You are welcome to bring your bike into the pool area, so it'll be in sight when swimming.

Address: Elsesmindevej 50, 5200 Odense V – 3,8 KM from main venue Kings Garden



Access from: Elsesmindevej

Access with: Multisport Festival wristband

Parking: Parking area – free

Locker: Free use of locker – own risk

Platforms: No use of platforms before 10.30am

Swimming pool specifications:

- Main pool: 8 lanes x 50 meters (maximum 6 on each lane)



Swimming (Svendborg):

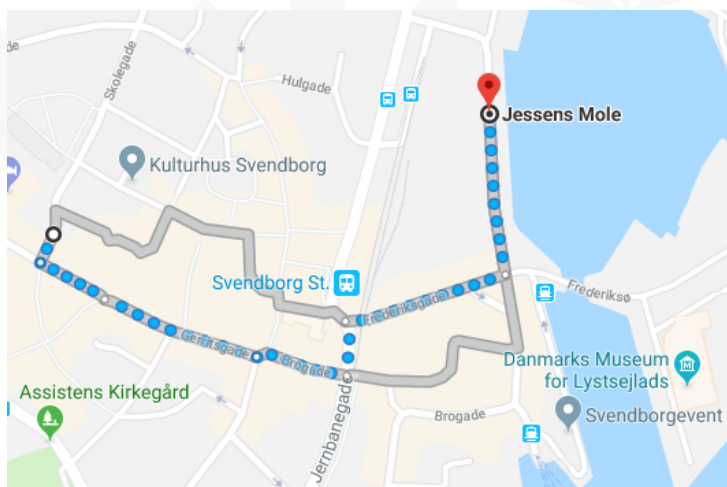
Athletes have the opportunity to swim in the swimming pool at Centrumpladsen according to the following schedule (free of charge). Lockers can be locked by using a Danish 20 DKK coin as deposit which will be refunded when you open the locker again. There is public bike parking outside, so remember to bring a lock.

Available from: 7-9th of July

Dedicated times:

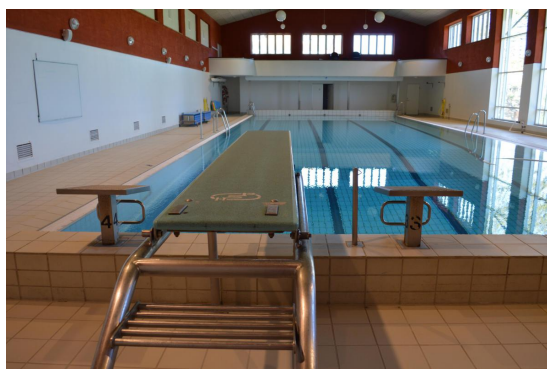
08.00-08.40 – Team GB athletes
08.40-09.20 – Team USA athletes
09.20-10.00 – Team Canada and Australia athletes
10.00-11.00 – All other countries

Address: Kedelsmedstræde 20, 5700 Svendborg – 750 meters from venue in Svendborg



Access from: Centrumpladsen in Svendborg
 Access with: Multisport Festival Wristband
 Parking: Torvet and Centrumpladsen (payment)
 Locker: Free use of locker with 20 DKK coin

Swimming pool specification:
 4 lanes – 25 meters (Maximum 6 on each lane)
 Water temperature - 26 degrees Celsius



Swim Course Training (on course):

Aquabike/LD:
 July 13th from 13:00 to 15:00
 Location: Odense Harbour
 All athletes



Biking:

In general, athletes can train on public roads. Road surface is suitable for bike training and Denmark is a very bike friendly country – but please respect heavy traffic and traffic rules and regulations.

Athletes will also have the opportunity to train on the local velodrome arena in Odense: Thorvald Ellegaard Arena.

Open:

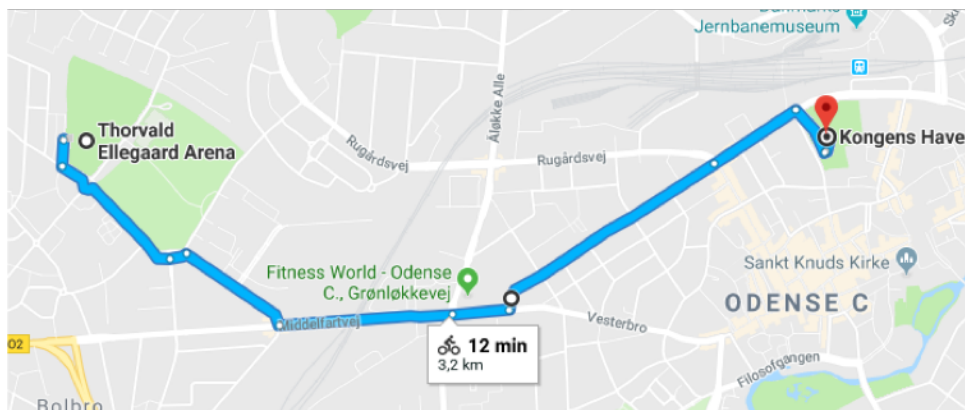
7th of July from 15.00 – 18.00
9th of July from 15.00 – 18.00
11th of July from 12.00 – 15.00
13th of July from 15.00 – 18.00

Price: 100 DKK to be paid in cash on site.

Cycle arena will provide: Bike for the track, instruction and safety. It will also be possible to do other training, such as the 200 meters track and field in the arena.

Athletes needs to bring: Helmet, pedals and shoes.

Address: Thorvald Ellegaard Arena, Højstrupvej 9, 5200 Odense V – 3 KM from main venue Kings Garden





Running: During the Multisport Festival you will have the opportunity for Track and Field training in Odense. *(For all athletes)*

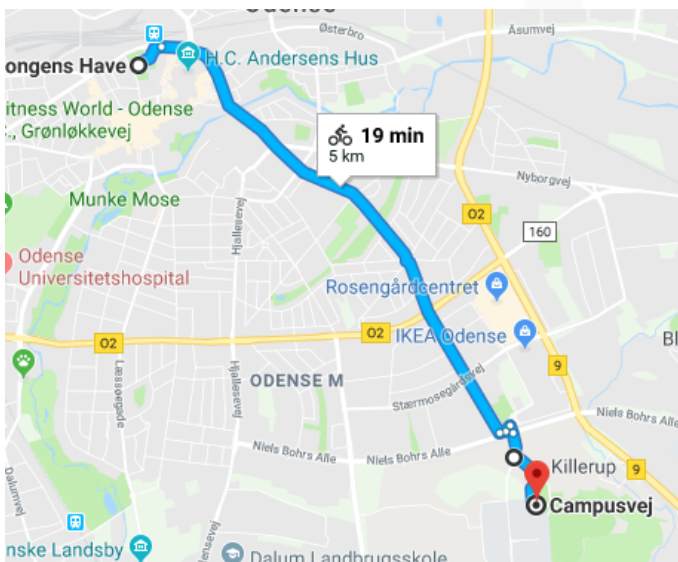
Available: 5-13th of July

Recommended hours: 08.00-11.00 and 15.00-18.00.

Track and Field area:

We ask you to use the field during the recommended hours. Please note that the Track and Field is a public area.

Address: Campusvej 5, 5230 Odense M – 5 KM from main venue Kings Garden



Access with: Free access – please stick to recommended hours

Parking: Parking area with parking rules

Track and field specifications

The track has hills, a figure-eight shape, built-in track LED lights at 10-metre intervals to gauge an athlete's progress against his or her goal time, and a banked track in the middle, this facility is one-of-a-kind. There is even a beach and barbecue area within the confines of the track, known as the "Athletics Exploratorium" in Odense. You can bring your bike into the grass area next to the track or park in the bike nearby bike racks. Remember to bring a lock.



Bike Shops and Maintenance

Local bike shops in Odense includes:

Fri Bike Shop

<https://www.fribikeshop.dk/cykler-odense-c>

Middelfartvej 9A, 5000 Odense C

+45 72220277

info5000@fribikeshop.dk

Multiatleten

<http://multiatleten.dk/>

Faaborgvej 12, 5250 Odense SV

+45 66149988

info@multiatleten.dk

Heino Cykler

<https://www.heino-cykler.dk/cykelbutik-odense>

Rødegårdsvej 201, 5230 Odense M

+45 69884752

odense@heinocykler.dk

TriSportFyn

<http://trisportfyn.dk/>

Vindegade 31, 5000 Odense C

+45 24848803

info@trisportfyn.dk

Parking



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Race Day Parking: Parking spaces are available at parking houses throughout downtown Odense. If you are getting to us by car, you will find convenient parking at Q-Park Grønnegade or Q-Park Filosoffen. Both multi-story car parks with a combined 334 parking spaces in the center of Odense are situated close to the route and are accessible during the entire event.

Please be familiar with the race routes as some roads will be closed on race day. Do NOT park on the course or you will be towed. We highly encourage athletes to walk, carpool or get dropped off near transition on race mornings. Please give yourself enough time race morning. Roads can be congested as athletes and spectators converge on the area in a short period of time.



Volunteers

If you or one of your supporters are interested in volunteering at all during the 10-day festival, please contact the volunteer coordinator Frederik Bjerring at fib@fyn2018.com.



Transportation

Entry to Denmark: Denmark is a member of the European Union. Travel to and from Denmark is governed by EU law. Therefore, different entry requirements may apply depending on where you're travelling from and what your nationality is. EU citizens can travel freely to Denmark; citizens of other countries may require a visa. If you travel to Denmark from outside of the Schengen agreement area, you may also require a visa.

Car Rentals (Odense):



Europcar:

Vestre Stationsvej 13, 5000 Odense C. +45 6614 1544.

Odense@europcar.dk.

<https://www.europcar.com/location/denmark/odense-c/odense>



Avis

Rugårdsvej 5, 5000 Odense C. +45 7024 7787

<https://www.avis.com/en/locations/dk/odense>

Airport Pick Up: If you would like to book private transportation, individually or in groups, please contact Tri-Rejser at info@tri-rejser.dk

Denmark has excellent railroad infrastructure. You can take the train from Copenhagen Airport to Odense. Transportation time is usually about under 2 hours. For further instructions on how to get to Odense by public transport [click here](#).

Merchandise Tent

The Merchandise Tent will be located at Main Venue in the King's Garden and will be open during the EXPO opening hours.

Spectator Information

The racecourse is closed to spectator traffic. But there are many roads that can take you to junctions to cheer on your athlete. Many of the best spectator locations are near King's Garden, the transition zones at Byens Ø and Thomas B. Thrigesgade Parking Basement and during the run portion in downtown Odense.



No one will be allowed to cross the finish line with their athlete. This is a world championship event and spectators are not allowed to interfere in the race. Spectators will not be allowed into the Medical Tent as it is a highly congested area. The athlete's Emergency Contact will be notified.

Anti-Doping Policy

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other Persons accept these rules as a condition of participation and shall be bound by them.

All Athletes participating in a Competition or Event shall be subject to In-Competition Testing by the ITU, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in the sport of triathlon.

****All athletes must ensure they have access to official identification (Photo ID)****

All athletes, coaches, technical officials, national federation representatives, spectators and their entourages are encouraged to visit the registration booth to sign the Anti-doping Pledge board. Clean Sport is a benefit to all of us and we hope that you will join us in keeping triathlon clean.

Further review of the Anti-Doping Rules can be found [here](#).

Race Rules & Penalties

To view ITU Rules please [click here](#).

To view ITU Uniform Rules please [click here](#).

To view the event FAQ please [click here](#).

To clarify any rules please contact the race referees.

Uniform Rules

At the Multisport World Championships, an athlete should comply with the approved National Federation uniform colour. The uniform must follow the ITU uniform rules. Hats, helmets and race belts with logos are allowed. For more information please see the ITU Competition Rulebook.

[Click here](#) to view the approved national uniforms.

[Click here](#) to view the competition rules.



Inclement weather

In the event that the weather isn't favourable, we will have several contingency plans in place, including:

- Light to Moderate Rain: Race will proceed as planned once we determine the course is safe.
- Lightning: In the event of lightning the race will be placed on hold until we determine that it has passed over and the course is safe.

The Race Organizers and the ITU reserve the right to cancel or change any component of the race for safety reasons. This could be any combination of events that we deem safe and fair. In the unlikely event that the event must be canceled or postponed due to weather there will be no refunds or deferrals. A large proportion of your race fee will already have been allocated to resources by the time race day comes around.

F2CTM
NUTRITION

**ATHLETE FOCUSED,
SCIENCE DRIVEN**

F2C SPONSORED ATHLETE MICHELLE VESTERBY

**Official
On Course
Nutrition Partner**

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F2Cnutrition.com



Pre-race Information

Athlete Registration & Package Pick Up

All Athletes: Registration & Package Pick-up will not be open on race day. If you do not arrive during the designated Registration hours you will not be able to race. Only registered athletes are allowed to pick up packages at the designated time. You must pick up your own race package and only your own. You must bring your photo ID.

Elite: Package pick up will take place after your Athlete Briefing. You must attend your Athlete Briefing in order to pick up your race package. The Athlete Briefing will take place at Odense Katedralskole. The schedule is as follows:

Elite: Friday July 13th at 11.00-12.00

Age Group + Open Race + Para: Package Pick-up will be open the following hours in the Main Venue at King's Garden:

July 12th and July 13th: 12.00-16.00

All race packages must be picked up within the hours of operation. Only registered athletes are allowed to pick up packages at the designated time. You must pick up your own race package and only your own. You must bring your photo ID.

Age Group athletes will have the option to pick up their race packages in the allotted time for their Country's Team. Age Group athletes who cannot attend their Team's allotted time, as well as Open Race athletes, may pick up their race packages according to the following schedule:

<u>Date: Tuesday July 10th - Aquathlon, Aquabike, Long Distance Triathlon</u>		
12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 04.00pm	All Athletes	King's Garden, Odense
<u>Date: Wednesday July 11th - Aquathlon, Aquabike, Long Distance Triathlon</u>		
08.00am - 08.30am	Team GB AG Athletes	King's Garden, Odense
08.30am - 09.00am	Team USA AG Athletes	King's Garden, Odense
09.00am - 09.30am	Team Canada and Australia AG Athletes	King's Garden, Odense
09.30am - 12.00pm	All Athletes	King's Garden, Odense



Date: Thursday July 12th - Aquabike, Long Distance Triathlon

12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 04.00pm	All Athletes	King's Garden, Odense

Date: Friday July 13th - Aquabike, Long Distance Triathlon

12.00pm - 04.00pm	All Athletes	King's Garden, Odense
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Registration Procedure: (All Athletes)

1. Sign waiver
2. Check-in and confirm BIB number
3. Pick up Race Package. Race package will include:
 - a. BIB number (AG/Open & Para Athletes only)
 - b. Race number stickers:
 - i. Bike Frame x1
 - ii. Helmet x3
 - iii. Gear bag label
 - c. Bike check-out ticket
 - d. Swim Cap
 - e. Athlete wristband or accreditation cards for Elite x1
 - f. Body decals x2
 - g. Wet suit decals x2
 - h. Gear bags:
 - i. Morning gear bag
 - ii. Swim to bike bag
 - iii. Bike to run bag
 - iv. Bike & Run special needs

Long Distance athletes will receive the following gear bags. All bags must be checked in at T1.

Red Bike bag: For anything required for the bike leg.

Where: Deposit in T1

Green swim / after race bag: For clothing and personal equipment needed after the event

Where: Drop off in the "drop-off-bag-area" near T1.

Blue Run bag: For anything required on the run leg

Where: Drop off in the "drop-off-bag-area" near T1. Your bag can be found in T2.

Purple bike special need bag: Add personal stuff, energy requirements etc. you'll need during the bike leg. Drop this off at T1. The bag won't be returned after the race.

Where: Special need bag will be placed at 61 KM.

Orange run special need: Add personal stuff, energy requirements etc. you'll need for the run leg

Where: Special need bag will be placed at the end of each lap.





Aquabike athletes will receive the following gear bags:

Red bike bag: For anything required for the bike leg.

Where: Deposit in T1

Green swim / after race bag: For clothing and personal equipment needed after the event

Where: Drop off in the "drop-off-bag-area" near T1.

Purple bike special need bag: Add personal stuff, energy requirements etc. you'll need during the bike leg. Drop this off at T1. The bag won't be returned after the race.

Where: Special need bag will be placed at 61 KM.

Orange bike special need bag 2: For running shoes if you wish to run across the finish line in King's Garden. Drop this off at T1. The bag won't be returned after the race.

Where: Special need bag 2 will be placed at T2.



4. Pick up race bag and Online Store Purchases

- a. Each athlete will receive ONE World Championship backpack per athlete, NOT per event. Please note you will receive your Finisher's gift after you cross the finish line on race day.

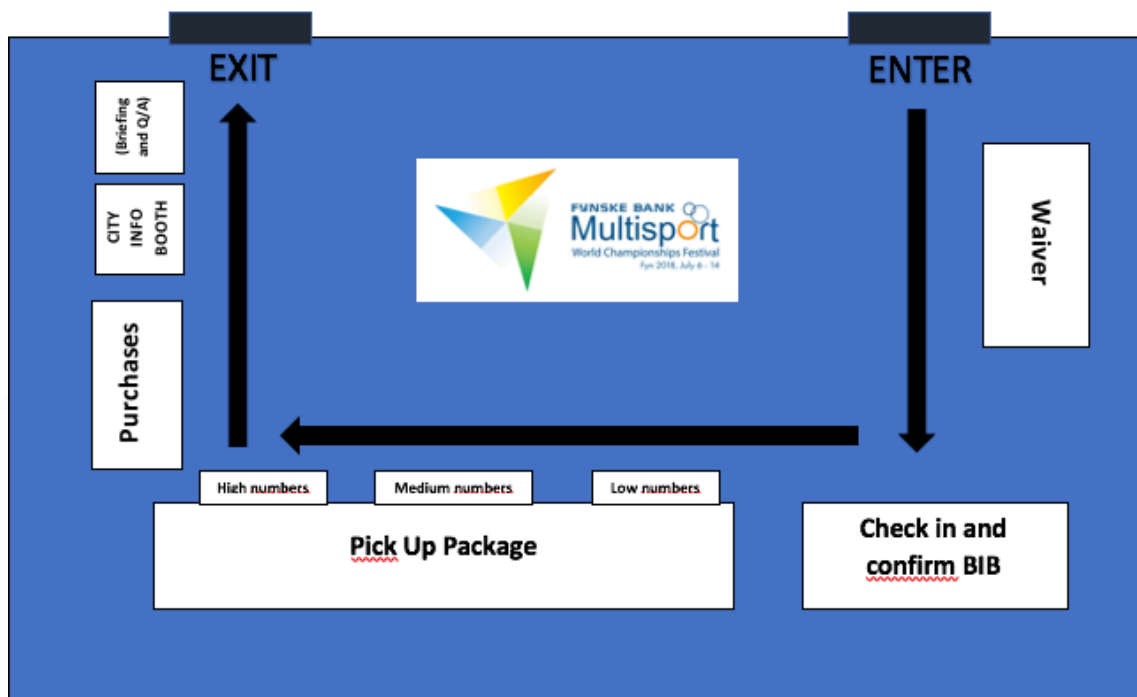
Helmet stickers should be placed as shown in the image. One on the front and one on each side. There must be a clearance around the official helmet number sticker of 1.5cm to ensure the number is clearly visible.





Package pick-up flow:

REGISTRATION LAYOUT AND FLOW



Wristbands must be worn during your event. Each event has a different wristband and will only grant access to transition during the specific event (as well as pre and post race transition check in/out) for which it has been issued. Wristbands will also grant access to swimming practice.

Athletes are welcome to check their registration on the website prior to the event: www.fyn2018.com.

In case of mistakes, please contact your National Federation

Bike check-out ticket

Your bike check-out ticket will be provided in your race envelope. Give this to a friend or family member and they will be able to pick up your bike after racing.

Athlete Briefing

The Athlete Briefings will take place at different times according to the following schedule:

Elite Long Distance Briefing (mandatory):
Odense Katedralskole



Friday, July 13th 11.00-12.00

Age Group/Open Race + Para Long Distance and Aquabike Briefing:

Athlete briefings will take place with your National Federation's Age Group Team Manager:
AG Team Managers Briefing (Long Distance Triathlon + Aquabike): Friday, July 13th, 10.00 – 11.00.
Odense Katedralskole.

Briefing/Q&A will be provided for Age Group and Para athletes (LD triathlon + Aquabike). Technical Officials, ITU Officials and Race Director will be available for questions from athletes at Odense Katedralskole:

Friday, July 13th 12.00-13.00 Group A: Japan, New Zealand, Sweden, USA
13.00-14.00 Group B: Denmark, Australia, Canada, Germany, Great Britain

All countries not listed above can join either group A or B for the briefing/Q&A.

Mandatory Bike/Gear Check-In

Mandatory Bike and Gear check-in for all takes place at Odense Harbour the day before the event:

Bike Check in: Friday, July 13th from 12.30-15.30.

All bikes and gear bags (swim to bike and bike to run) must be checked into the transition area and left overnight. Bicycles will not be permitted to enter the transition area on race morning. Only registered athletes with ID wristbands may enter the transition zone. The transition area will be supervised overnight.

You **MUST** check in the following:

Bike

Swim to bike gear bag

Bike to run gear bag (Long Distance Only)

Aquabike only: Special Needs bag 2 (if you wish to run across the official finish line in King's Garden)

Please pack the correct gear in the appropriate bag. Helmets and cycling shoes must be placed in your Transition gear bin (supplied by the event) next to your bike rack position. Athletes will also have the option to start with their shoes attached to their bike as well as leave their shoes attached to their bike upon arriving at T2. No loose gear will be allowed on the ground next to the bicycles.

Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found located at the Information Booth in King's Garden throughout race week. There will be signs and volunteers at the transition check in to help you check your gear and rack your bike in the right area.



Elite and para athletes: Elite athletes will have their uniforms and wetsuits checked by technical officials upon entering the Elite Transition Area from 05.50–06.50 on race morning. All other gear will be checked during gear check in on Friday July 13th.

As you enter transition to check your bike and gear in you will pass through a MANDATORY bike check. Please ensure your bike is in safe, working condition. Securely fasten all equipment you may carry with you on race day. After your bike has been approved you must place your bike in the appropriately numbered spot on the bike racks. Full bike covers are not permitted.

Age Group You will have access to your bicycle and gear bags beginning at 05.50 on race morning. You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race. It is encouraged that you bring any nutrition items you wish to carry with you on race morning and add these to your gear bags as opposed to leaving it overnight. Uniforms will be checked from 5.50 to 7.15

Timing Information

Results will be done by Sportstiming and will be posted live to <https://www.sportstiming.dk/event/5020> on race day. We encourage spectators to download the Sportstiming app for basic live tracking such as split times, laps, transitions etc.

Important chip information:

- The timing chip must be picked up on race day before the start. The chip must be picked up near T1 at a designated timing chip desk.
- The timing chip is attached to the band. It must be worn around the ankle.
- Athletes must wear their timing chip to partake in the event
- Be sure to wear the chip provided to you. Be careful not to switch with a friend by mistake, as this will affect the results.
- If you lose your chip during the event, please find a technical official when you reach transition to receive a replacement.
- The timing chip must be returned. There will be volunteers to remove your chip at the Finish Line. There is a 34€ fee for lost chips.



Correct use of timing chip:



Transition Opens

Athletes may enter transition beginning at 05.50 – no earlier! Transition will close to all Age Group Athletes at 07.15 Athletes will not be allowed back in transition until their race once the area has closed.

Remember to bring all of your gear: swim cap, goggles, wetsuit, timing chip, dry strip bag and Special Needs bag.

Body marking: Tattoos will be provided in your race kit. Please have them on prior to entering transition on the morning of the race,

Only registered athletes with ID wristbands or accreditation cards may enter the transition zone.

Athlete check-in/Package pickup will NOT be offered on race day.

Bicycles will NOT be permitted to enter the transition area on race morning. You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Special needs bags must be dropped off at the marked location next to transition.

Bike technicians and bike pumps will be available in the transition area on race morning. Athletes will NOT be allowed to bring their own pumps into transition.

Marking of your transition spot is not permitted. All marks will be removed by the technical officials including towels.

Eyeglasses:



Glasses must be labeled with the athlete's race number. There will be a glasses table at the swim start and exit. Athletes are encouraged to leave eyeglasses at the exit in transition if possible to prevent lost or broken glasses during transport. Alternatively keep a back up pair in your gear bag if you leave your glasses at the start line and rely on volunteers to move your glasses to the swim exit. Event organizers and volunteers are not responsible for lost, stolen or damaged glasses.

Portable toilets will be available in Transition and throughout the course

Additional paratriathlete information

General

The paratriathlon race is running according to the ITU Competition rules

Classification

There will be no classification assessment in this competition. All participating athletes should have confirmed, reviewed or provisional classification status.

Timing Bands

Athletes will receive two timing chips. The timing chips must be worn according to the following information:

PTWC

- 1 - handcycle (rear axle)
- 1 - race wheel chair (close to the front fork)

PTS2 – PTS5

Double amputees: Bike prosthesis + run prosthesis

Single amputees: Existing ankle + run prosthesis

Non amputees: Both ankles

PTVI

- 1 - Athlete ankle
- 1 - Guide ankle

Allowed equipment – uniform

Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Any part of the body maybe covered except the face, hands and feet
- No prothesis socks, unless the pins are adequately covered. This will be checked
- PTVI V1 athletes must wear black-out goggles for the swim and can only be removed when at transition



Run & Bike

- Athletes can wear long sleeved shirt under their uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event BUT only in Transition. Do not remove during the race and hand to someone else. This will lead to DSQ.
- PTVI V1 athletes must wear black-out glasses for the rest of the race

Personal handlers

- Each PTWC athlete is allowed one personal handler. PTVI are not allowed a handler. The rest of the athletes are not allowed, unless approved by ITU. The LOC will not provide any volunteers for personal handlers.

Swim exit assistance

- Swim exit handling only by the LOC Assistants.
- They will provide support to all athletes according to swim cap colour.
- No Personal Handlers allowed to assist at Swim Exit.
- PTHC athletes must transfer in a daily wheelchair from pre-transition to transition

Pre-transition area

- The pre-transition area is located shortly after the the swim exit
- Athletes' registered equipment (prosthesis, crutches, day chairs) can be left there
- Folding chairs for wetsuit removal will be available
- Athletes from PTVI are not allowed to use the pre transition area
- Only PTWC handlers' are allowed in this area
- No wetsuit removal by TOs and Volunteers

Personal handlers' notes:

- Personal handlers are specifically allowed to assist paratriathletes by:
 - Helping with prosthetic devices or other assistive devices;
 - Lifting participants in and out of handcycles and wheelchairs;
 - Removing wetsuits or clothing;
 - Repairing flats, punctures and helping with other equipment.
- All handlers shall be subject to the ITU Competition Rules.
- Any action taken by a handler, which propels the competitor forward may, at the discretion of the Race Referee, be grounds for a time penalty or disqualification.
- Personal handlers can assist only their athlete.



Race Information

Event Breakdowns

Long Distance Triathlon and Aquabike World Championships and Open Races are being hosted as following:

Saturday July 14th

Long Distance: Men and Women

Swim (1 lap): 3 km

Bike (2 laps): 121 km

Run (4 laps): 30.6 km

Age Group Aquabike: Men and Women

Swim (1 lap): 3 km

Bike (2 laps): 121 km

Fynske Bank er stolt sponsor af:



FYNSKE BANK
Multisport
World Championships Festival
Fyn 2018, July 6 - 14

Fynske Bank er med, når der sker noget på Fyn

I Fynske Bank vil vi gerne være med til, at Fyn er et dejligt sted at bo. Sidste år donerede vi f.eks. 8 mio. kr. til lokale tiltag og initiativer. Alt sammen til glæde og gavn for vores område. Der er bl.a. derfor vi siger: i dag, i morgen, i fællesskab.



FYNSKE BANK

i dag, i morgen, i fællesskab

www.fynskebank.dk

Vi står bag dig og sørger for, at teknikken spiller!

Hvad enten du skal leje en projektor og et lærred til stormødet i kantinen eller en komplet koncertproduktion med scene, professionelt PA, lys og storskærme er vi din lokale leverandør.

Vi har mange års erfaring i planlægning, håndtering og afvikling i alt fra mindre møder til stormøder i sportshaller, mindre spillejobs til helt store koncertproduktioner og sportsarrangementer.

Læs mere på avcenter.dk, besøg os på Svendborgvej 39 i Odense S eller kontakt os på 70 20 29 55 til en snak om, hvordan vi kan hjælpe dig med dit næste arrangement.

Husk at intet arrangement er for småt og vores rådgivning og vejledning er altid gratis.

Vores erfaring - Din tryghed

AV udstyr til dit næste arrangement?

Kontakt os på 70 20 29 55 til en uforpligtende snak om, hvordan vi kan hjælpe dig med at gøre dit næste arrangement endnu bedre.



Swim Start times

Swim warm ups will be permitted until 15 minutes before the respective wave start as long as athletes remain in the designated warm up area. The warm up area will be close to the start line.

Tinted goggles are recommended as the sun will be low in the morning and may shine in your eyes.

You can wear your bib number under your wetsuit. Athletes are responsible for the condition of the bib and damaged bibs will result in disqualification.

Extra swim caps will be available in the change tents in the Transition Area and in the pre-swim corral area before the race.

Dry Strip Bags, Morning Gear bags, backpacks, transition bags and any other morning gear that you do not need for the race **CANNOT BE LEFT IN TRANSITION**. Please take all morning clothes and gear to the bag check-in zone at Byens Ø.

Athletes should begin making their way from transition to the swim start 30 minutes prior to their wave start. Athletes must be in the corral 15 minutes prior to their wave start time.

All athletes will start in the water. At the halfway turning point there will be an "Australian Exit". Athletes will have to get up from the water, onto a pontoon, cross a timing mat and get back into the water before swimming back again towards Byens Ø.

The swim will start from Byens Ø at Odense Harbour. The swim course will be marked by buoys that may be passed on the left or the right. Buoys of another color will mark the turns. A detailed map of buoys, color and which side to be passed will be provided at the race venue and at athlete briefings. Average water temperature on race day is between 16-20 degrees Celsius.

The Technical Delegate and Head Referee will call the swim a Wetsuit Allowed or Not Allowed based on water temperatures taken 1 hour before the start of the event.

For events over 1501m the following restrictions apply:

Age Group and Open Race: Forbidden at 24.6C and above. Mandatory at 15.9C and below.

Elite: Forbidden at 22C and above. Mandatory at 15.9C and below.

Paratriathletes: Forbidden at 28C and above. Mandatory below 18C.

The water conditions really depend on the weather. The probability of rain is only slight at this time of year. Morning winds are generally very low and the harbour should be calm. However, the water temperature, wave action and wind could at times cause discomfort, so athletes should be prepared to swim in a variety of conditions.

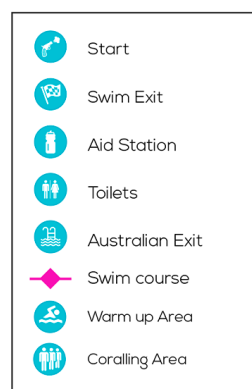
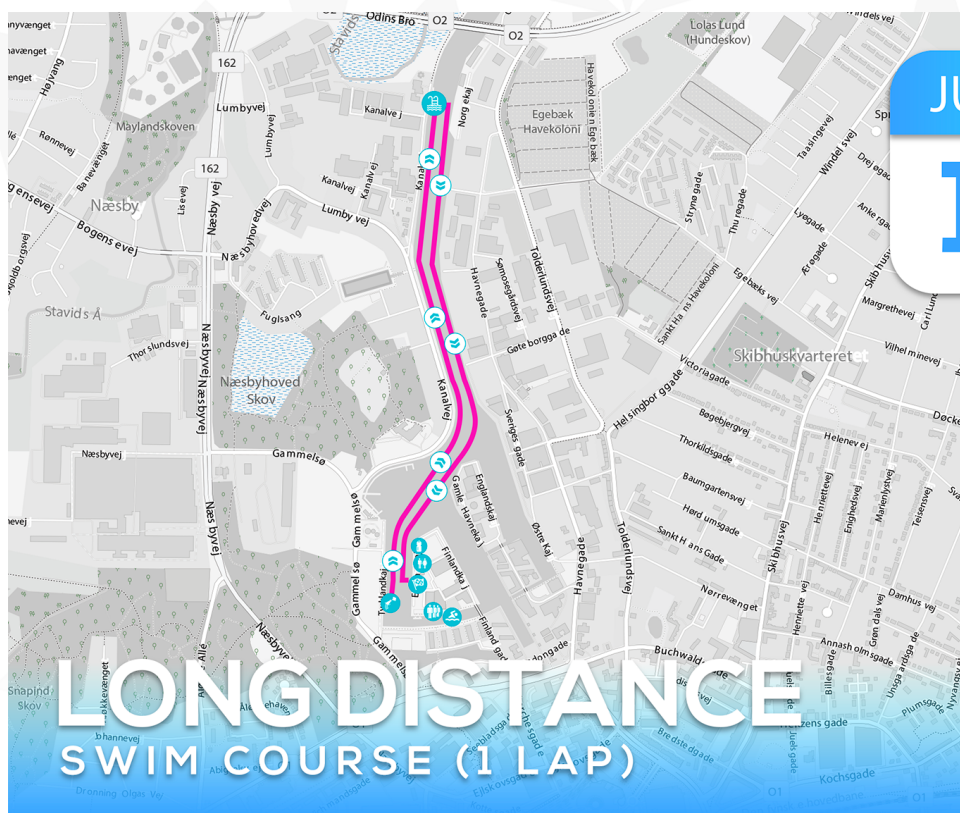


ANY ATHLETES ELECTING NOT TO RACE MUST NOTIFY AN OFFICIAL AT THE SWIM START OR SWIM CORRAL IMMEDIATELY.

Above all, the safety of each swimmer is our primary concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by volunteers on paddle boards, kayaks, and motorized vessels. Buoys and aquatic crafts line the course.

The swim will have wave starts:

Long Distance/Aquabike:	
Start times: Saturday July 14 th 2018	
07.00	Elite Men
07.05	Elite Women
07.15	Paratriathletes
07.25	AG M18-M49
07.28	AG M>50
07.31	AG F18-F44
07.35	AG F45>
07.40	AG Men Aquabike
07.43	AG Women Aquabike
08.00	Open Race Men (Aquabike + Long Distance)
08.03	Open Race Women (Aquabike + Long Distance)



Click [here](#) for interactive map, further descriptions and more.

Aid Stations

There will be one aid station (water) at the transition area after the water exit.

Transition 1 (Swim to bike)

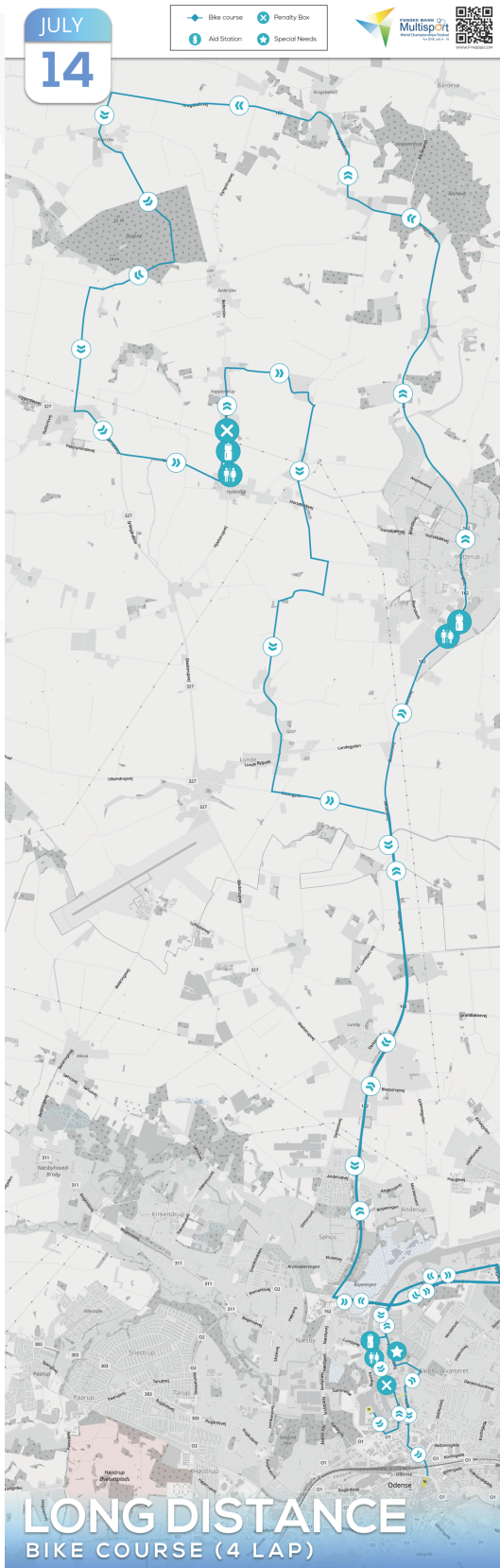
The swim exit will consist of a gradual slope covered by mats. Athletes will not be allowed to stop to remove wetsuits in the chute leading to transition. Personal nutrients are permitted if carried on you or your bike.

There will also be portable toilets and an aid station (water only) just before the transition area.

Bike

Mechanical Support Motos will be on the course to assist with repairs whenever possible. i.e. replacement of tubes, tires, chains etc. Aid Stations will be located at approximately every 20 km and penalty boxes approximately every 30 km.

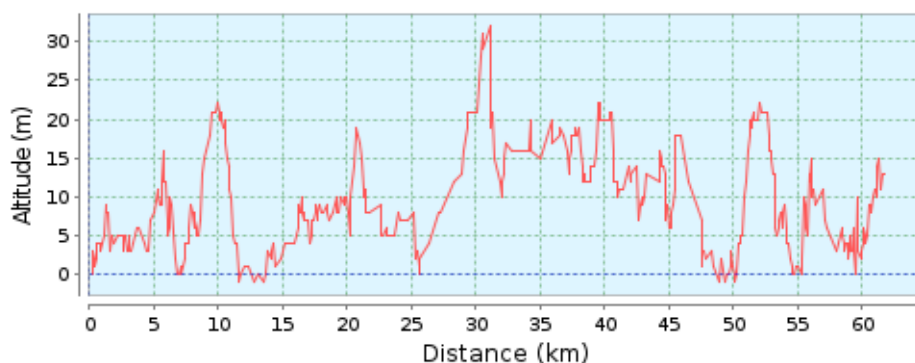
You must take penalties at the next closest Penalty Box. To view the ITU Rules please [click here](#). To view the event FAQ please [click here](#).



Click [here](#) for interactive map and further descriptions.



The total elevation gain is approximately 608 m.



Aid Stations

The bike course will have 3 aid stations that will each be passed twice for a total of 6 times past the aid stations. There will be portable toilets located near each aid station.

Bike aid stations will have:

- Water (bottles)
- F2C GlucoDurance
- Bananas
- Coke

At aid stations call out your supply requirements clearly and in advance. Position yourself to ride along the closest line to the aid station. Crews are instructed not to step across the white line for hand-offs. Do NOT toss bike bottles, sponges, cups or nutrient bags on the roadside along the course. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of each station. Littering Zones appear just before and after each aid station. Littering outside the littering zones will result in penalty.

Please note that the bike course will contain loops so the same aid station will be passed on multiple occasions.

Special Needs Aid Station

There will also be Special Needs Aid Stations for all athlete categories of the Long Course Triathlon and AquaBike. Athletes will receive extra transition bags at Package Pickup that are marked specifically for Special Needs. Athletes may place their preferred nutrition items, spare bike tubes, Vaseline or any other items they may need. Please note these bags will NOT be returned to athletes after the race. If you do not complete the race or if you choose not to use your Special Needs items you will not be able to retrieve them afterward.

The bike Special Needs Aid Station will be located on Tolderlundsvej. This aid station will be passed 2 times. Special Needs items may only be retrieved when passing this aid station for the second time. After your bag is accessed it will be discarded.

Transition 2 (Bike to run)



Transition 2 (Bike to run)

Athletes will give their bike to a volunteer upon entering transition at Thomas B. Thrigesgade Parking Basement. The volunteers will rack the athlete's bike. Athletes will continue to retrieve their Bike to Run transition bags and entering their respective Change Tents (male & female). Helmet needs to go in the bag

There will also be portable toilets and an aid station shortly after the transition area. Transition times will not be included in your bike split.

Medical facilities will be available in the transition areas. Athletes requiring serious medical care at this point in the race will not be allowed to continue and officials will be notified of the athlete's race # and removal from the race. The Medical Director's decision is final.

Aquabike finish

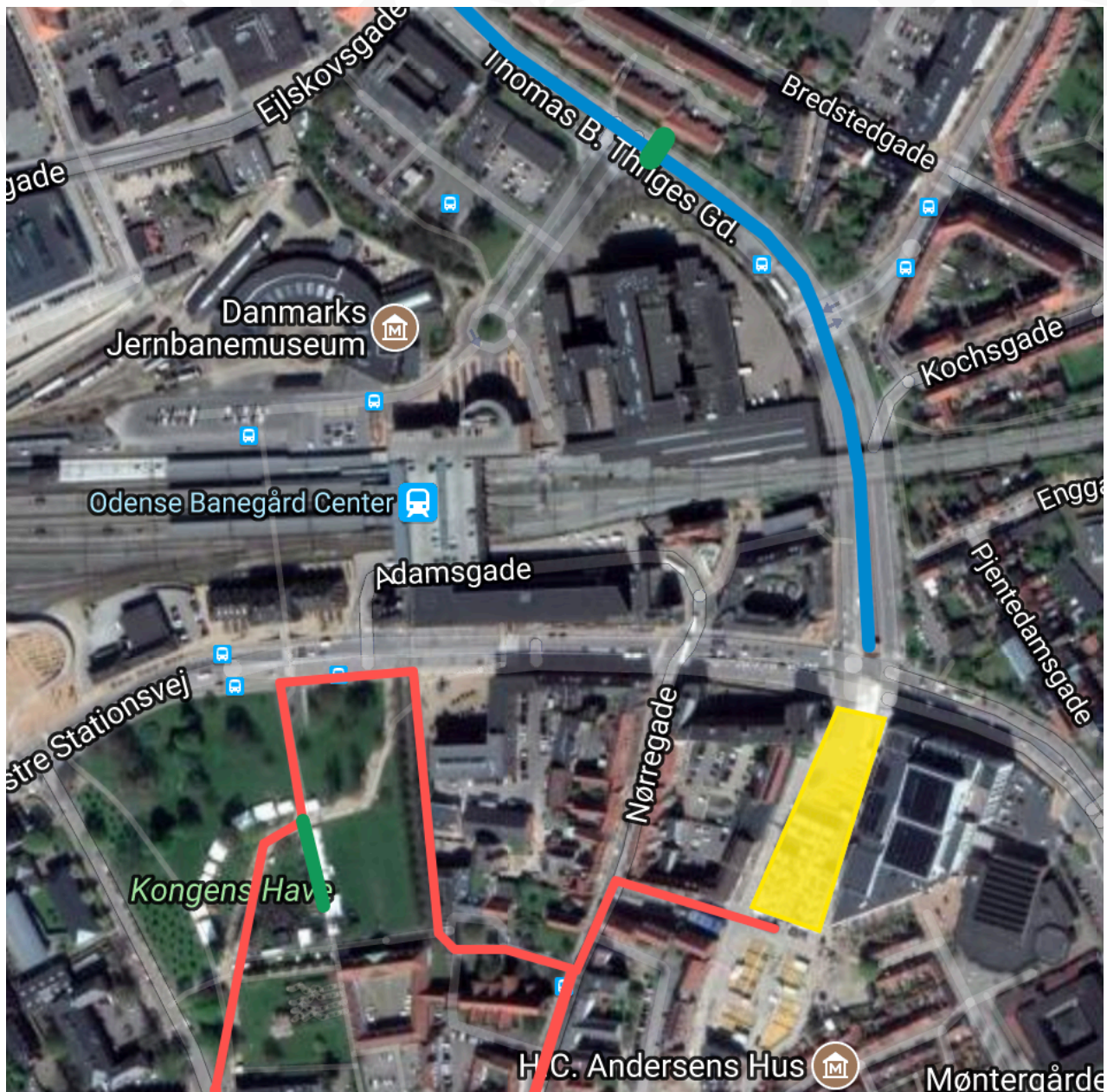
The Aquabike finish line will be on the bike approximately 200m from transition (the green line on the map below). Athletes will then enter T2 entrance and rack their bikes. Once you cross the finish line on the bike 200m from transition that is when your official finish time is taken. If athletes pass you after this time they will not finish ahead of you in the standings.

All Aquabike athletes will have the choice of crossing the official finish line in King's Garden if they so choose. Aquabike athletes can only cross the finish line in King's Garden AFTER the top 3 (men and women) elite athletes have crossed the finish line.

Option #1

Cross the King's Garden finish line: At your leisure you can make your way to the finish line approximately 400m from transition, if you choose to cross the finish line you must:

- Exit transition through the run out chute.
- No cycling shoes.
- Helmet must be removed
- Race bib must be worn front facing for announcer and photographer identification
- Wearing your approved ITU NF uniform



Option #2: Do not cross the official finish line:

Exit transition through the auxiliary exit, not the run out chute. Make your way to the after race zone (behind the finish line) after delivering your timing chip. Volunteers will show the correct entry. Collect your medal, finisher garment and all other athlete services.

Fynske Bank er med, når der sker noget på Fyn

I Fynske Bank vil vi gerne være med til, at Fyn er et dejligt sted at bo. Det sidste stykke tid har vi f.eks. doneret penge til Odense Sommerrevy, Hergé (Tintin) udstilling på Brandts, Høje Bøge Open Air og VM i Triathlon. Alt sammen til glæde og gavn for vores område. Det er bl.a. derfor vi siger: i dag, i morgen, i fællesskab.

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The entire run course is relatively flat. You must wear your BIB number on the front of your body during the run. The Penalty Tent will be located at King's Garden_Elite only

Once you cross the finish line a volunteer will take your timing chip off of your ankle.



Click [here](#) for interactive maps, written descriptions and more.



Aid Stations

There will be 5 aid stations that will be passed 1 time per lap for a total of 20 times. The aid stations will be located at approximately at the exit of T2 and 1.5 km, 3 km, 4.5 km and 6 km into the 7.5 km loop that is completed four times (7.5 km x 4 = 30 km). There will be portable toilets located at each aid station.

Run aid stations will have:

- Water
 - Bottles for Elite/Para
 - Vandt water bag (250 ml) for Age Group + Open Race
- F2C HydraDurance
- Coke
- Bananas

Special Needs Aid Station

There will be Special Needs Aid Stations for all athlete categories of the Long Course Triathlon. Athletes will receive extra transition bags at Package Pickup that are marked specifically for Special Needs. Athletes may place their preferred nutrition items, Vaseline or any other items they may need. Please note these bags will NOT be returned to athletes after the race. If you do not complete the race or if you choose not to use your Special Needs items you will not be able to retrieve them afterward.

The run Special Needs Aid Station will be located at the Langelinie. This aid station will be passed once per lap. Special Needs items may only be retrieved when passing this aid station After your bag is accessed it will be discarded.

Cut off time

The following cut off will apply:

Swim - As per ITU Rules

Bike - 15.00 Age Group and Open races (LD triathlon and Aquabike)

Run 19.30 Age Group and Open Races (LD triathlon and Aquabike)



Post Race Information

Post Race Food

Athlete Post Race Food will be available in the Finishers Tent at the Athletes Garden. The same quality and quantity will be available in the Finishers Tent for the first finisher to the final finisher.

Post Race Massage and Physiotherapist

A massage is available near the after race area for 8 minutes free of charge for all athletes. If you'll be injured and want fast recovery, please contact our physiotherapy partner for a paid time in their clinic. This will be a reduced price in comparison to other clinics in town. They have some dedicated times for Multisport participants during the festival. Please see more [here](#).

Bike and gear pick-up

After you have completed your race, please pick up your bike and gear from the transition zone as well as your morning gear from the after race zone in King's Garden. The Fynske Bank World Championship Festival is not responsible for gear that is not picked-up. The bike check out will begin at 13.00 – or after the first finisher crosses the finish line and will end at 20.00. Please be aware that other athletes may still racing. Double check your gear to be sure you have your own belongings. Our volunteers do their best to check that each athlete's bib number matches the number on their bike and gear when they leave transition.

Lost and Found booth is open from 09.00-11.00 on Sunday July 15th on Odense Katedralskole.

Bike check out Ticket: Give your bike claim ticket to a family member. It will allow them to pick up your bike and gear if you are unable to do so. Your family will be unable to claim your bike and gear bags without the claim ticket.

Results

Results will be done by Sportstiming and will be posted live to <https://www.sportstiming.dk/event/5020> on race day. We encourage spectators to download the Sportstiming app for basic live tracking such as split times, laps, transitions etc.

Once official, results will be posted on a board in the Expo area in King's Garden, and will be published on <https://www.fyn2018.com/>

Any query should be addressed to the timing booth (in finish area).

Awards

The Awards Ceremony will occur at:

20.00-20.15 Long Distance Triathlon Elite

20.15- 21.00 Long Distance Para and Age Group

21.15- 21.45 Aquabike Age Group

21.45-22.00 Multisport Legends



You have to be present to receive your medal. If you can not attend the medal ceremony, your Team Manager or one of your Team mate can pick up your medal after the ceremony.

Prize Money

Elite Athletes: A total of 80 000 USD will be awarded in even distribution for the top 15 places in both the male and female divisions. Prize purse breakdown according to the following table:

Elite Women		Elite Men	
Total	40000 USD	Total	40000 USD
Distribution		Distribution	
Position	Amount	Positions	Amount
1	10000 USD	1	10000 USD
2	8000 USD	2	8000 USD
3	6000 USD	3	6000 USD
4	4000 USD	4	4000 USD
5	2800 USD	5	2800 USD
6	2400 USD	6	2400 USD
7	2000 USD	7	2000 USD
8	1200 USD	8	1200 USD
9	900 USD	9	900 USD
10	700 USD	10	700 USD
11	600 USD	11	600 USD
12	500 USD	12	500 USD
13	400 USD	13	400 USD
14	300 USD	14	300 USD
15	200 USD	15	200 USD

Paratriathletes: will be awarded per category.

Age Group Athletes: The top 3 athletes will be awarded in each age group divisions (male and female) for the Long Course Triathlon and the Aquabike.

Open Race Athletes: will not be awarded.

Closing Ceremonies and After Party

The Closing Ceremonies will take place on Saturday, July 14th starting at 19.30 in King's Garden. Everyone is welcome to come celebrate the end of a magical festival after 10 action packed days in Fyn! The Closing Ceremony will be followed by medal ceremonies and the Pontevedra 2019 handover. Ceremonies will end at approximately 22.30. Food and drinks will be available during the duration of the closing ceremony.



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Lost and Found

Lost and Found items will be available at King's Garden during race week. It is recommended that you mark your gear with your race number. The Information Booth will be open daily together with the registration. On 14th and 15th of July, please go to the LOC office at Odense Katedralskole between 9.00-11.00.

THANK YOU TO OUR PARTNERS

Fonden for



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