

Racebook



The enovos TriDays Luxembourg competition will take place from May 21 to May 23, 2020.

The classic disciplines of the triathlon are divided into 3 days:

3.8 km swimming, 180 km cycling and 42.195 km running (full distance) and 1.9 km swimming, 90 km cycling and 21.095 km running (half distance) are on 3 consecutive days.

All athletes, both professionals and amateurs, are eligible to participate.

Individual athletes as well as teams of 2 or 3 athletes, who split up the disciplines (athletes 1 swims, cycles, athletes 2 runs or similar) can participate.

Basically, the regulations of the organizer as amended, are subject to change without notice.

1.9 / 3.8 km Swim

Date: Thursday May 21, 2020

Location: Rosport, enovos TriDays Headquarter (cross-border bridge)

Start: 19:00

The athletes start each with 4-8 athletes at the same time every few seconds. The grid will be based on the expected finishing time. On-site loudspeaker announcements must be followed.

The timing chip and the swim cap (both provided by the organizer) are binding.

The grid is to start at 18:45. A swim-in is possible before 18:45.

The swim consists of 2 rounds with short shore leave for the full distance and 1 round for the half distance.

The swim time ends after the water exit directly at the finish arch, here the time is stopped.

The cut-off-time is 2h20 for the 3.8 km distance, and 1h10 for 1.9 km distance, after the last start. Basically, the use of a neoprene swimsuit is allowed. Prohibition due to high water temperature

will be decided according to the regulations (limit temperature: 24.9 degrees Celsius).

Before the start, a race briefing takes place. The participation is binding. The rules mentioned during the race briefing are valid.

90 / 180 km Bike

Date: Friday May 22, 2020

Location: Rosport, enovos TriDays Headquarter (cross-border bridge)

Start: 13:30

The athletes start each with 4-8 athletes at the same time every few seconds from a ramp. The race takes place in flowing traffic. The grid will be based on the expected finishing time. On-site loudspeaker announcements must be followed.

Cycling is an individual driving, drafting is not allowed.

The bib number with the integrated timing chip and the helmet sticker (all provided by the organizer) are mandatory. The bib number with the integrated timing chip is mounted on the bicycle (seatpost).

The starting grid is to be taken from 13:00.

The full distance bike course consists of 2 loops, each with 2 aid stations. The half distance bike course consists of 1 loop with 2 aid stations.

The cycle time ends at the finish line directly at the finish arch, here the time is stopped.

The cut-off-time is 7h30 after the last start for the full distance and 4h for the half distance.

All bikes are allowed, except eBikes. Since the competition takes place in flowing traffic, the participant must comply with the traffic rules and follow the orders of the police, referees and aides. Before the start, a race briefing takes place. The participation is binding. The rules mentioned during the race briefing are valid.

42.195 / 21,095 km Run

Date: Saturday May 23, 2020

Location: Luxembourg, Luxexpo The Box

Start: 19:00

The athletes start as part of the ING Night Marathon Luxembourg. The grid will be compulsory in the starting blocks according to the expected finishing time. On-site loudspeaker announcements must be followed.

The timing chip and the start number (all provided by the organizer) are binding.

The starting grid is to be taken before 18:50.

The run consists of one loop, with aid stations every 2.5 km, starting at km 5.

The run ends at the finish line directly at the finish arche, here the time is stopped.

The cut-off-time is 6h or respectively 3h after the start.

Detailed information about the run can be found in the „Runner`s Handbook“ (online on the website www.ing-night-marathon.lu).

General

The total time is done by adding the individual times. The overall winners TOP 3 men and women of the single starters (full and half distance) will be honoured at the finish of the ING Night Marathon Luxembourg.

All results are available online via the website.

The instructions of the referees and the instructions of the organizer`s staff must be obeyed.

A disqualification can be pronounced by official referees.

Possible reasons for a disqualification can be:

- Gross unsporting behavior
- Waste disposal on the routes
- Drafting
- Blocking
- Hazardous behavior
- Alteration of the start number
- Obliteration of the sponsors on the starting number
- Illegal transfer of the start number
- Start from the wrong start block
- Exceeding the time window per km in the ING Night Marathon Luxembourg

Court of Arbitration

The arbitral tribunal consists of a representative of the organizer, a referee and a lawyer. Objections can be lodged after each discipline against payment of a deposit of 50 Euros in cash on site.

As of: November 2019, subject to change