



 Sustainability
Challenge



CHALLENGE
ST PÖLTEN
we are triathlon!



SCHIRAK
workout bike

powered by

29. Mai
2022

OLYMPIA
ZENTRUM
NIEDERÖSTERREICH

BESTZEIT
EVENT & SPORTS

Herzlich Willkommen!

competition jury:

- Chief Official: Lothar Wendelin



weatherforecast (as of may 22rd)

- morning: 10° C
- midday: 20° C

dry and partily cloudy

water temperature may 22nd

- 20° C
- wetsuit announcement may 29th



timetable – friday, may 27th



Friday, 27th May 2022 | PEWAG Junior Challenge, Company & Fun

10:00 - 18:30	EXPO / INFO Point
10:00	Press Conference PROS
10:00 - 11:30	Blue Seventy Wetsuit Test Swim (Ratzersdorfer Lake)
10:00 - 13:30	Registration PEWAG Junior Challenge
10:00 - 18:00	Registration CHALLENGE St. Pölten
10:00 - 16:00	Registration Company Triathlon / Fun Triathlon
14:00 - 16:20	Bike Check-In Company Triathlon / Fun Triathlon
14:00	START PEWAG JUNIOR CHALLENGE
~16:00	Awards PEWAG Junior Challenge
16:30	Race Briefing Company Triathlon / Fun Triathlon
16:45	START Company Triathlon / Fun Triathlon
18:30	Awards Company Triathlon / Fun Triathlon

timetable – saturday, may 28th



Saturday, 28th May 2022

9:00 - 18:00	EXPO / INFO Point
9:00 - 16:00	Registration CHALLENGE St. Pölten
9:00 - 11:00	Blue Seventy Wetsuit Test Swim (Ratzersdorfer Lake)
11:00 - 18:00	Bike Check-In CHALLENGE St. Pölten
11:30	Race Briefing CHALLENGE St. Pölten (DEUTSCH)
13:30	Race Briefing CHALLENGE St. Pölten (ENGLISCH)

timetable – sunday, may 29th

Sunday, 29th May 2022 | CHALLENGE ST. PÖLTEN

05:00 - 06:15	Transition open
06:30 / 06:45	START PROs / START AGE GROUPS
by 7:15	All Bike-Run athletes have to be arrived at transition
08:00 - 17:00	EXPO / INFO Point
ab 10:15	First Finisher
ab 10:30	Street-Ware bag return
10:30 - 16:00	Relaxing Zone - after race meals
13:30 - 17:00	Bike Check-Out (after last athlete is on run course)
ab ~17:00	Award Ceremony and slot allocation (top 6) - after last finisher

- public, no "award party"

bike check-in:

saturday 11am-6pm (@transition - south entrance)



registration

- you need to know your BIB number (see start list on website)
- no bikes allowed in registration area

what you need to have with you

- valid photo ID
- austrian annual license or 16€ for day license (cash and exact)
- FFP2 mask recommended

registration relay

- you need to know your BIB number (see start list on website)
- no bikes allowed in registration area
- only 1 relay member can pick up starter bag

what you need to have with you

- valid photo ID
- **6€ for day license (cash and exact)** – per team independently from annual license
- FFP2 mask recommended

Registration at the „Fantreff“ of the NV Arena

entry on the right side, exit on the left side



1. put on FFP2 mask, prepare documents

2. entry on the right side of the „Fantreff“- folge dem Einbahnsystem!

3. ÖTRV license control

4. registration

5. get your athletes gift

6. quick exit from the registration area



wristband

- you must wear your athletes wristband all the time = entry to all areas with access controls (transition, pre-star area, relaxing zone).
- also during the race!!!

additional information



all bikes must be checked in on Saturday!

relays:

- waiting area for bike and run in front of transition (see signs)
- one chip per relay team that is passed on
- relay biker is allowed to enter transition not before 7:00am (entrance north)

aquabike:

- start after last group of middle distance
- finish: bring bike to transition, change your shoes and run through the finish line – you have to cross the finishline with running shoes to get timed

bike-run:

- there will be a waiting area next to transition
- start: single start individually after T0 gives a signal (starting at 7.30am)
- entry to pre start area in transition on sunday between 7:10 and 7:30 (entrance north, left of track fences)
- timing starts after exit transition at mount line

bike check in



enter transition area
from the south side

bike check in

1

put your bike race number on the seat-post



2

put the helmet number with the logo on the front of your helmet, the other 2 on the left and the right side of the helmet



3

put your bag stickers onto the 3 transition bags and bring the red and blue bag to the bike check in

4

put on your helmet and close the helmet band

5

after the control by the TO, bring your bike to the position with your number

6

put the red and blue bag on the hangers with your number

7

relay: only biker is allowed to check in transition area

8

you must not: cover your bike, use wheel chain oil, add additional marks on transition bags or bikes

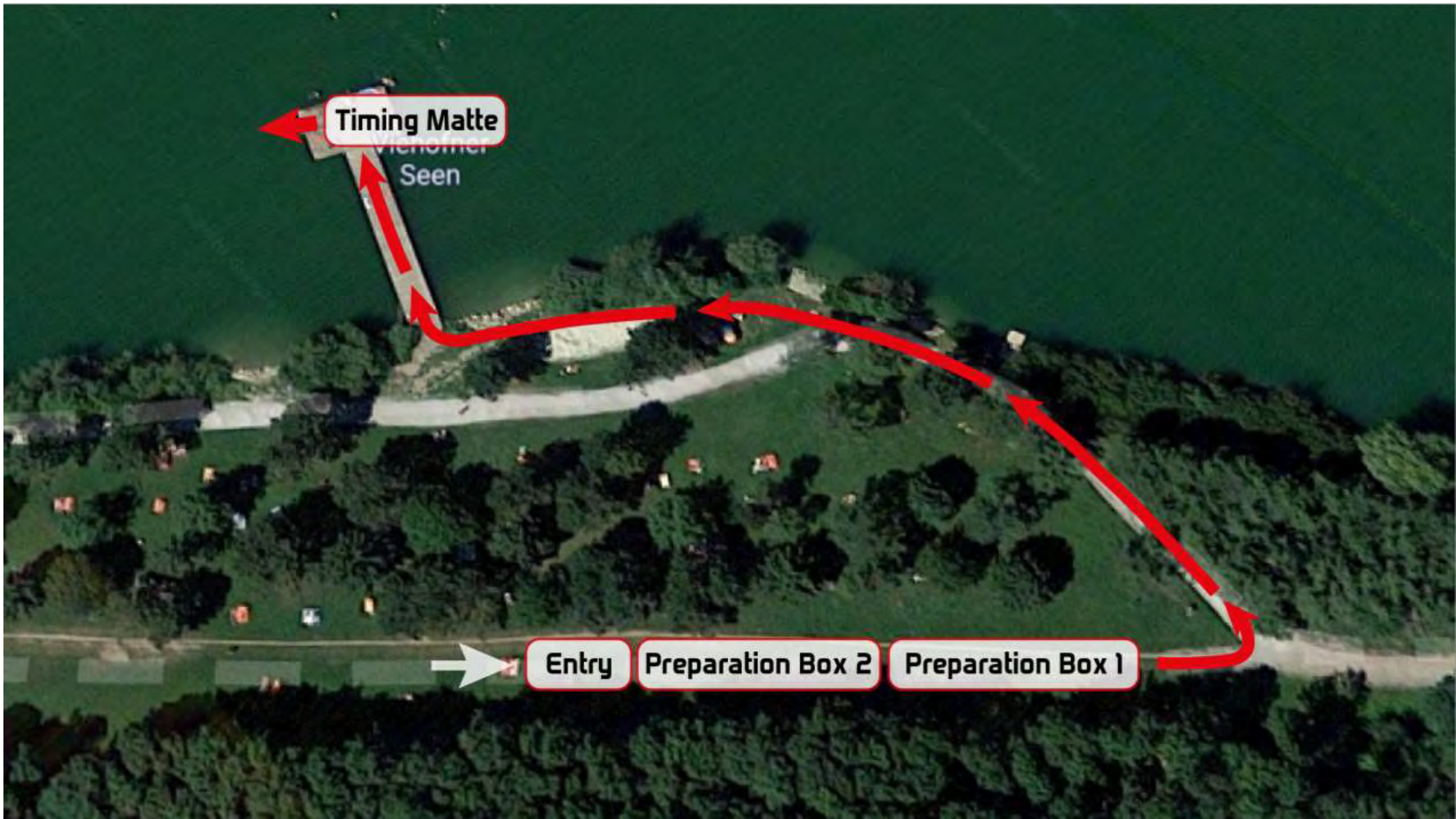
- pre race:

- do not forget your timing chip in your accomodation
- access to transition area 5:00 - 06:15 ONLY
- bike service is on site during this time
- **don't put the** trackpump into any bag - wheel pump depot at transition (please write your BiB onto your wheel pump)
- streetwear dropoff (white bag) @Viehofener See (Swim Start)
- warmup swim ends at 06:15
- Cross the timing mat at the swim start to register your chip
- register your timing chip when you enter into the water
- spare timing chips available @start area
- latest entrance to pre start box at 7:15

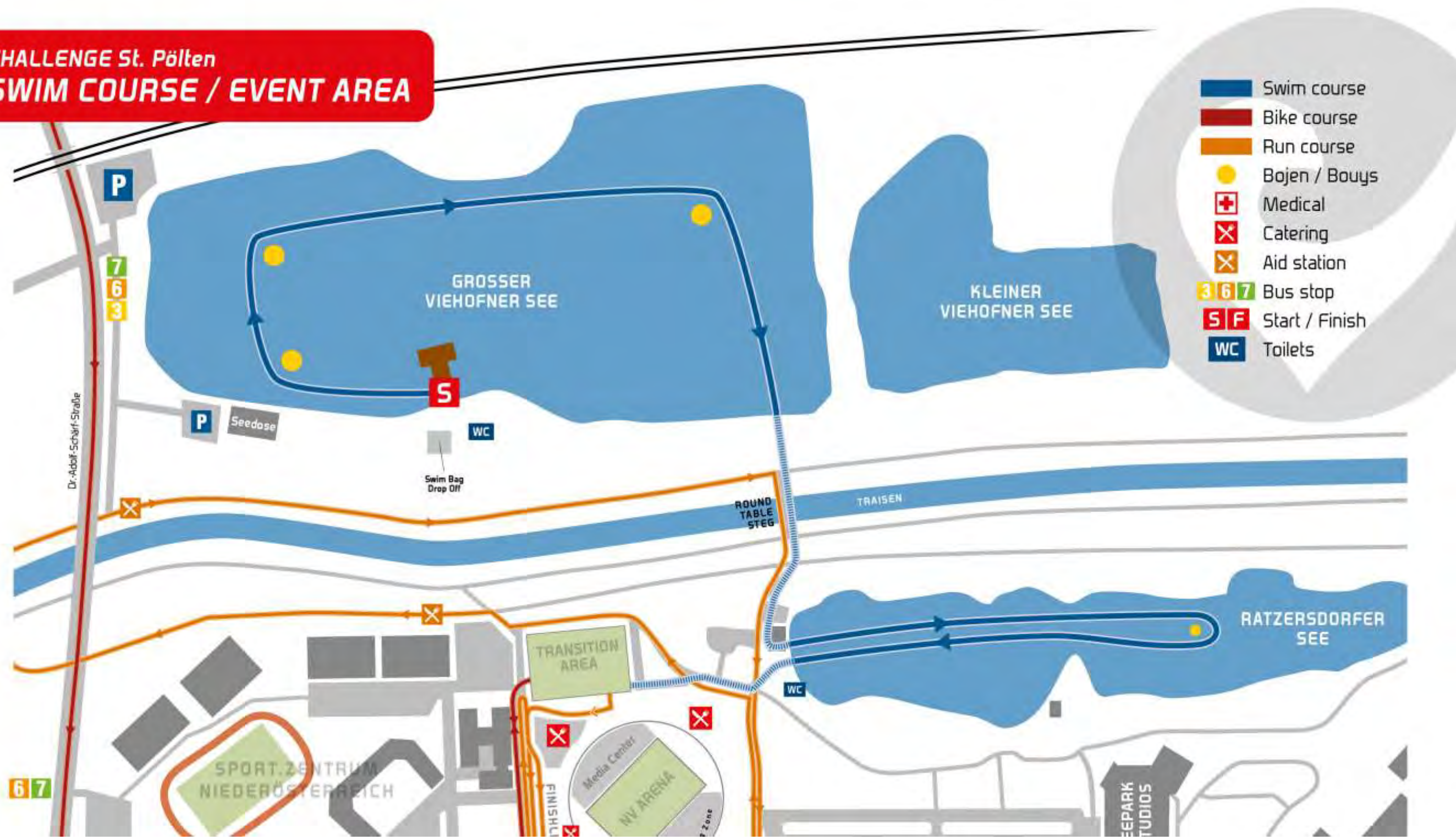




the way to start:
follow the red route
to the swim start



CHALLENGE St. Pölten
SWIM COURSE / EVENT AREA



swim rules - cut off == 1:10

- clockwise swim - buoys on your right shoulder
- BIB not allowed during swim
- no socks - but calve guards allowed
- must wear event swim cap (you cannot change the colour)
- after swim you may take your wetsuite off ONLY till your hips
- all changing must be done in the change tent
- no cutting the course short
- if you have to stop the race please bring timing chip to an official



transition swim-bike == cut off 1:15



- check if the timing chip is at your ankle
- spare timing chips available @penalty tent bike start (transition exit)
- grab your blue bag off the racks before the changing area
- place all swim gear in your blue bike bag, close it tighten
- as you leave the changing area - drop the blue bag at the drop zone
- BIB at the back
- Make sure the helmet fits snugly and the helmet strap is fastened before removing the bike from the rack
- push your bike to the mount line
- do not block other athletes
- there will be a deposit table for optical glasses

TRAISEN (river)

PENALTY

1-50 PRO
51-100 PRO

101 - 151
152 - 202

203 - 253
254 - 304

305 - 355
356 - 406

407 - 457
458 - 508

509 - 559
560 - 610

611 - 661
662 - 712

713 - 763
764 - 814

815 - 865
866 - 916

917 - 967
968 - 1018

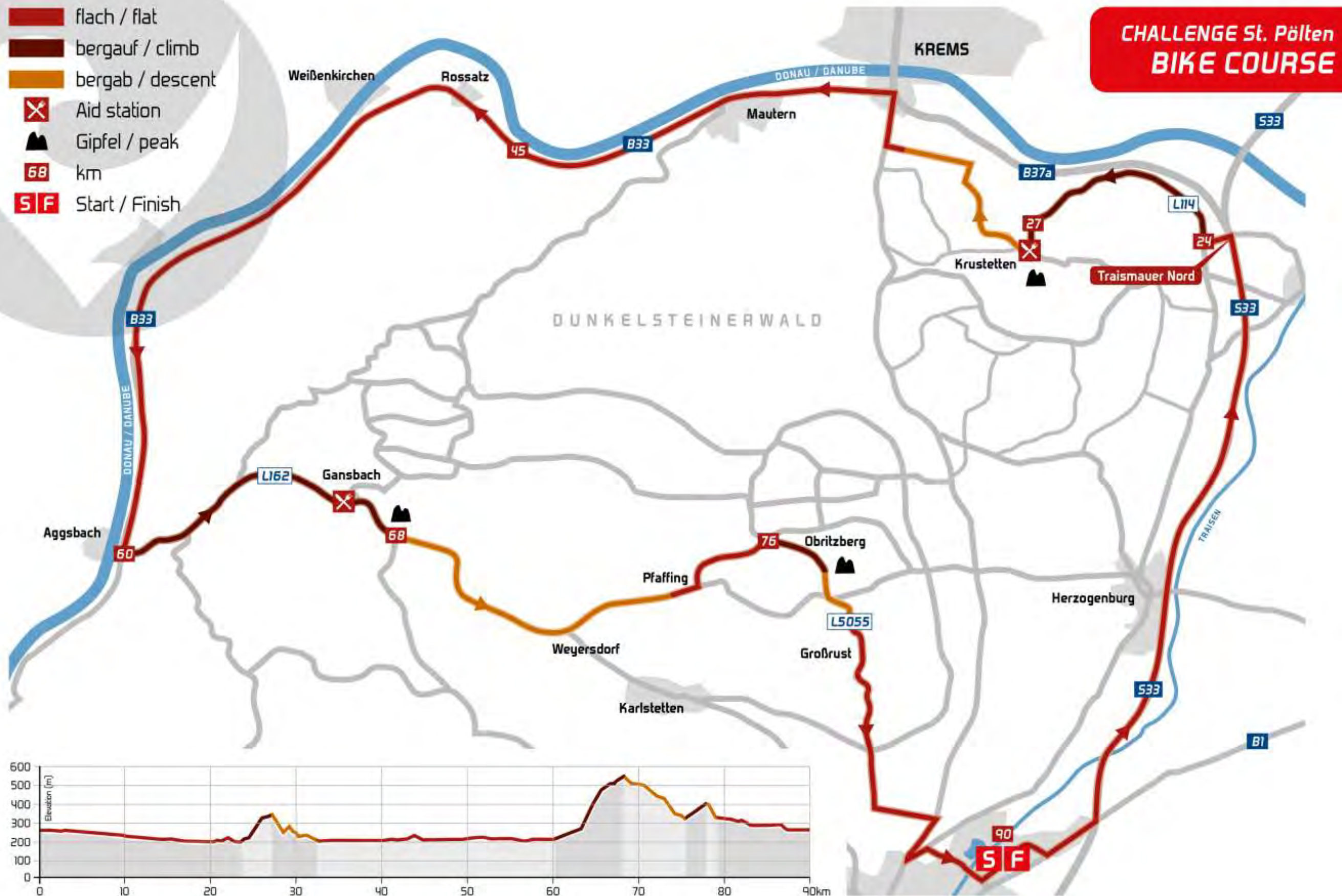
1019 - 1069
1070 - 1120

1121 - 1171
1172 - 1222

1223 - 1273
1274 - 1324

1325 - 1375
1376 - 1426

- flach / flat
- bergauf / climb
- bergab / descent
- X Aid station
- Gipfel / peak
- 68 km
- S F Start / Finish



**CHALLENGE St. Pölten
BIKE COURSE**



<https://www.komoot.de/tour/360819693>

bike: cut off == 5:30



- don't get on your bike before the mount line
- keep right, pass left
- NO LITTERING except the aid stations – inside littering zone!
- 2 aid stations: Krustetten (27k), Gansbach (68k)
- all liquids are bottled and the bottles fit in your bike cage
- 2 penalty tents, after aid-station in Gansbach, 1 @entrance to transition
- road is closed, but be aware of uncoming traffic (contra flow)

rules:

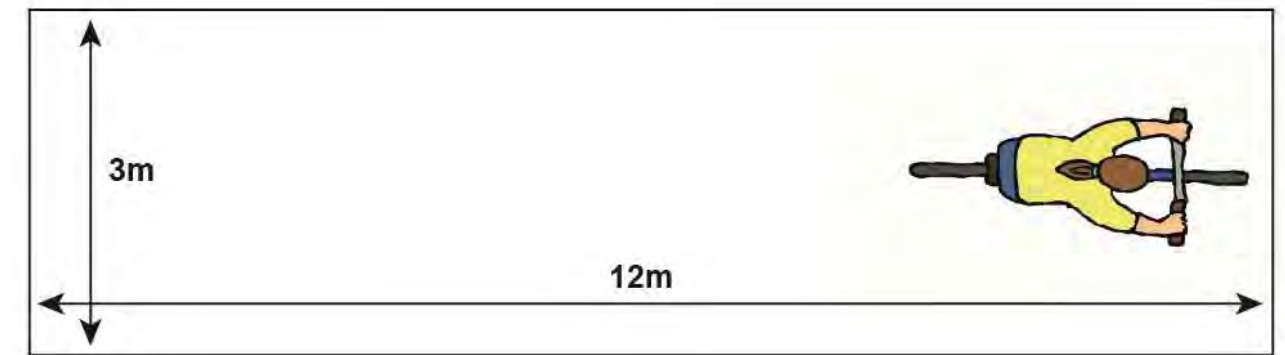
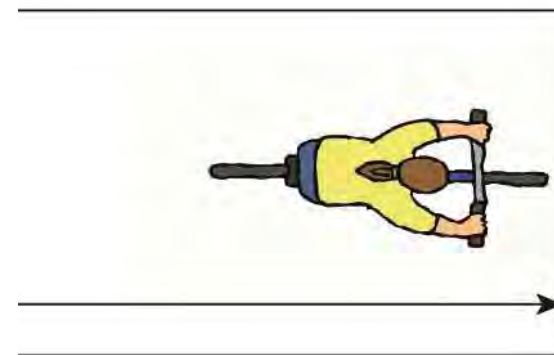
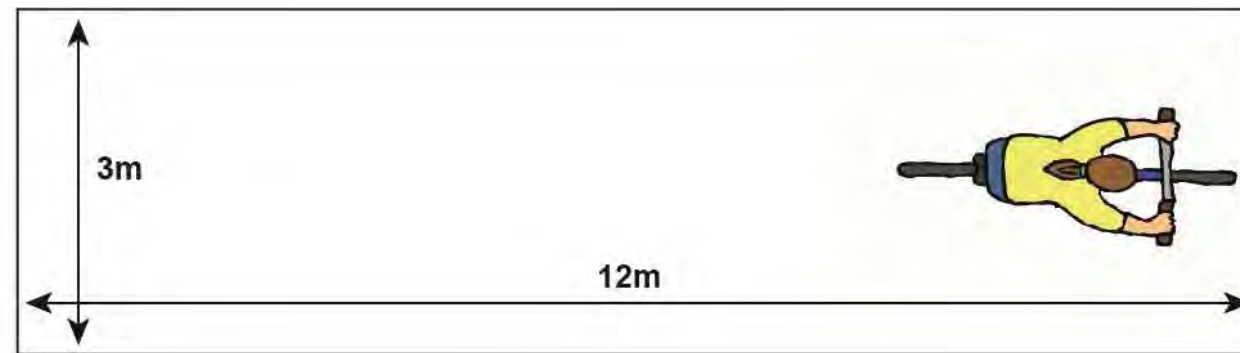
- 12m x 3m DRAFTING BOX
- 25 sec to overtake
- no drafting
- no blocking
- no littering, no unsportsmen like behavior, no electronic devices, no coaching, no outside assistance
- you can be advised of the penalty AFTER the moment of contravention
- stay right
- Always leave your helmet on with the helmet strap closed

there will be 2 aid stations on the bike track



rules:

- 12m drafting from front wheel to front wheel
- max. 25 sec. for overtaking
- It is every athletes own responsibility to enter the penalty box



25 seconds



bike positions:

allowed bike positions



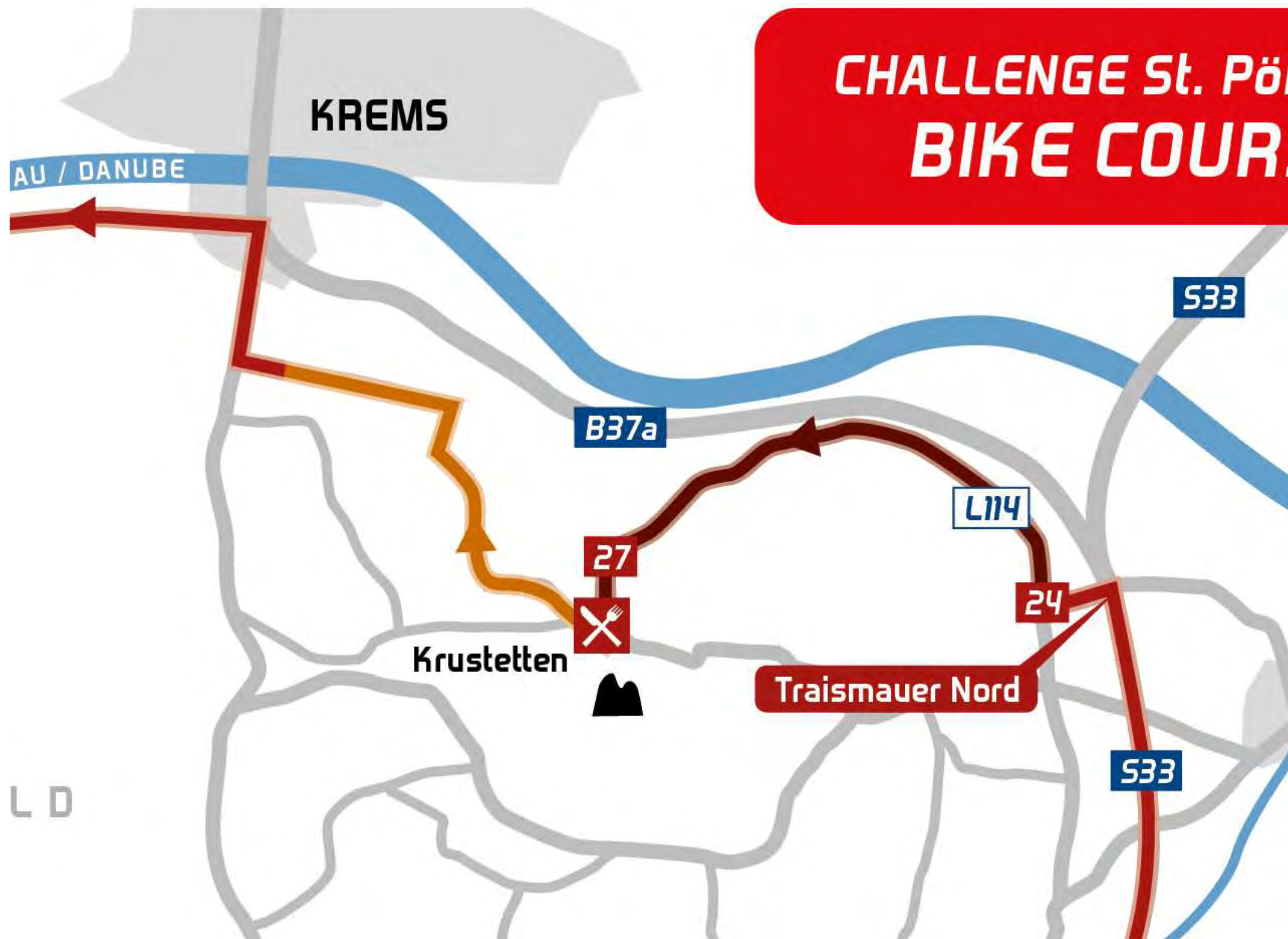
forbidden bike positions



penalty cards:



- ALWAYS stop at the NEXT penalty box (if not = DSQ)
- blue card: 5 minutes penalty @penalty box
- red card: immediately DSQ - but you can continue racing

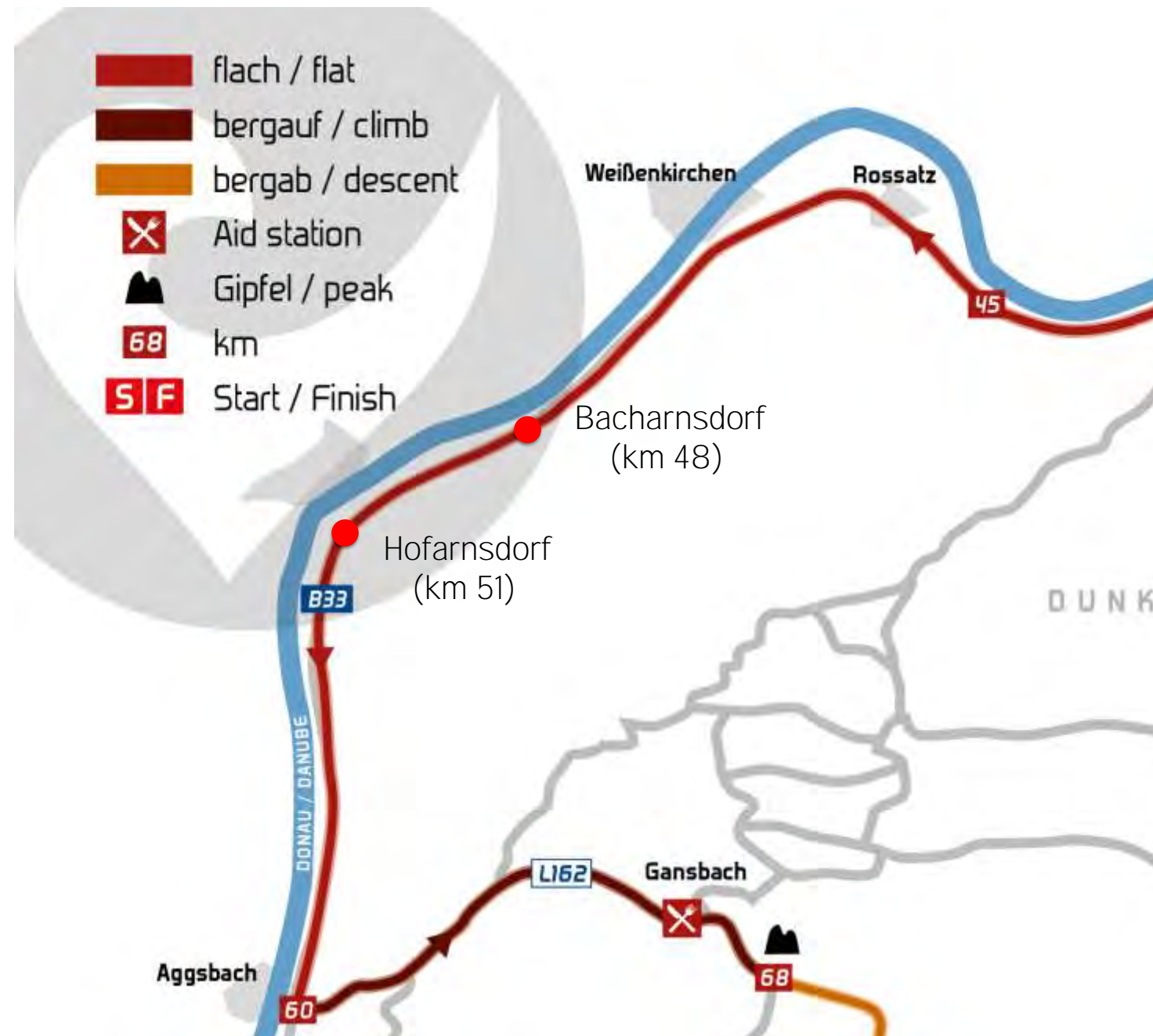


CHALLENGE St. Pölten BIKE COURSE



Attention!
dangerous descent
-
watch the video:

<https://youtu.be/8faHU5z7www>



Attention!

Public bike path on the bike
course

Section between
km 48 and km 51

transition bike – run

- dismount before the dismount line
- rack your bike at your position
- run to your red run bags
- only unclip your helmet after you racked your bike
- only change clothes in the changing area
- put all your bike gear in your red run bag
- deposit your red run bag in the drop zone outside the changing area
- BIB at the front
- exit transition onto the run course

This means that nothing must remain in the transition area, except for the cycling shoes in the pedals (nothing on the floor!)



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<https://www.komoot.de/tour/367668209>





red = bike course
orange = run course

run rules: cut off == 8:30

- NO littering
- NO pacing
- NO coaching
- NO outside assistance
- NO electronic devices
- NO cutting the course

When it's warm, there will be showers and/or sponges at the aid station

there will be aid stations every ~2.5 km.



finish



- return the timing chip before you exit the finish area
- take a finisher's medal from the medal stand
- exit finishline immediately
- the relaxation zone is on the left after the finishline exit
- medal engraving at the infopoint (EXPO)

awards & slots

- Award ceremony and slot allocation (public) in front of/in the gastro tent approx. 30 minutes after the last finisher
- [online live timing available here](#)
- TOP 6 of all AGs please come to the award ceremony. This is also where the slot allocation takes place!!
- ABUS helmets for: Fastest bike route for AGs (m/f)
- WAHOO watches for: Fastest transition times for AGs (m/f)



after the race:

- white bags available behind the relaxing zone
- relaxingzone on the left side after finishline exit
- bike and run bags (red/blue) & bike check out after your finish from north side transition
- awards at the expo podium at the stage
- [you can find your results here](#) - or check your QR-Code on BIB



Showers & Massage



Access to
Shower & massage
possible from
approx. 10 a.m.

Due to the missing
bridge there will be 2
crossings!





bike check out

you have to bring
your BIB to get
your bike

covid prevention

there are currently no official requirements.

It is recommended to wear a mask in indoor areas From 15.5. there are no longer any restrictions when entering Austria from most countries (only for high-risk countries)
Changes are always possible!

Current information is available on the Ministry's website

<https://www.sozialministerium.at/Informationen-zum-Coronavirus/Coronavirus---Haeufig-gestellte-Fragen/FAQ-Einreise-nach-Oesterreich.html>

please always inquire about the currently valid regulations!





rules & information:

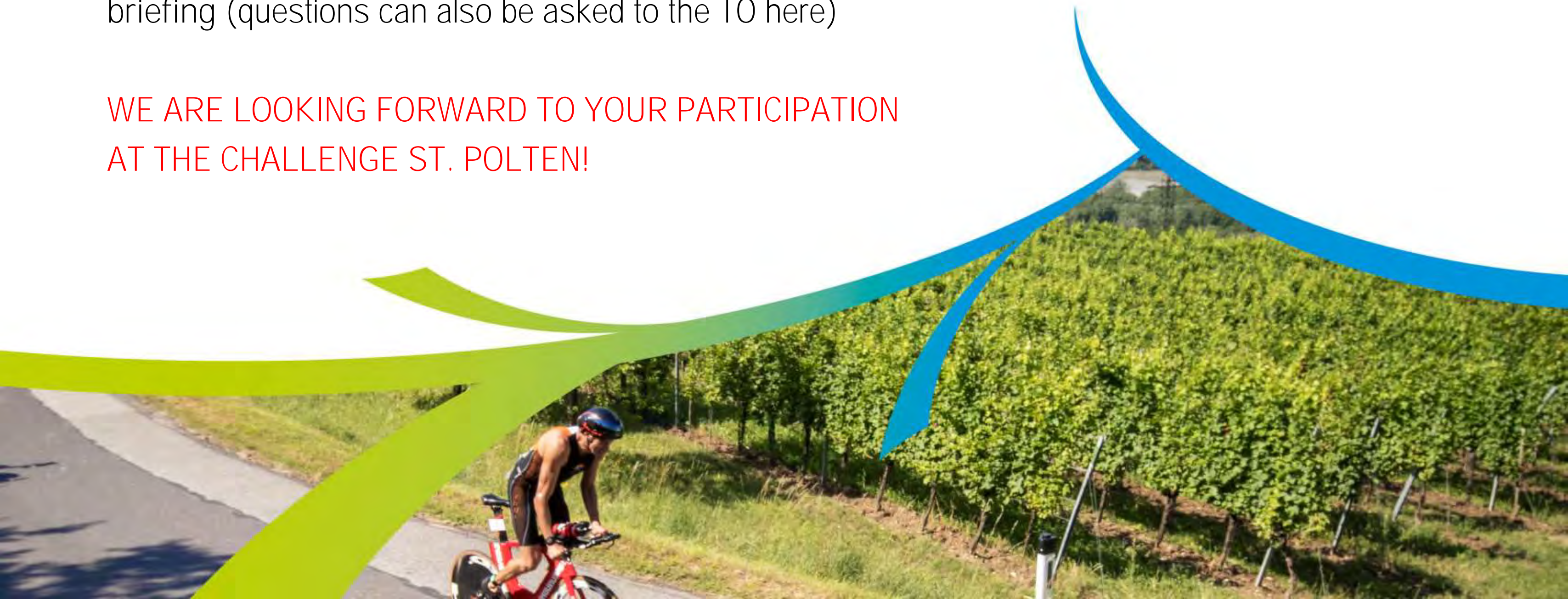
<https://challenge-stpoelten.com/>

[ÖTRV Sportordnung](#)

Last but not least

Every athlete is obliged to read the race briefing or to be present at the on-site race briefing (questions can also be asked to the T0 here)

WE ARE LOOKING FORWARD TO YOUR PARTICIPATION
AT THE CHALLENGE ST. PÖLTEN!



we  are
triathlon



we  are
family

