

Regulations on the holding of the "Aquabike Open Championship - Almaty Triathlon League 2024"

1. PURPOSE AND OBJECTIVES

The Aquabike Championship is a competition held with the aim of developing triathlon in Almaty.

The objectives of the competition are:

- increasing the number of athletes and triathlon enthusiasts;
- ensuring the mass development of triathlon in Almaty;
- the growth of amateur sports skills;
- popularization of the sport.

2. PLACE AND TIME OF THE SPORTS COMPETITION

2.1. Date: May 12, 2024

2.2. Location: Rakhat Fitness SC, Almaty, 48 Abaya Ave.

2.3. Distance: Supersprint.

2.4. The program of the competition day, distances, categories:

• On May 12, 2024, professional athletes, Age Group athletes and teams take part.

• Professional athletes of the U15 – 14-15 years old, U17 – 16-17 years old

SWIM distance – 800 m.

• AGE GROUP categories:

- **Personal competition** 18-29 years old, 30-39 years old, 40-49 years old, 50+

- **Team competition** (2 participants in the team), 1st participant – swimming (400m), 2nd participant – cycling stage (10 km).

Types of teams:

Men's team;

The women's team;

A mixed team.

Aquabike "Super Sprint" distance: SWIM 400m and BIKE 10 km

06:15	Gathering of U 15 and U 17 participants
07:00	Start of the I stream 24 participants
07:20	Start of the II stream 24 participants
07:40	Start of the III stream 24 participants
07:00	Gathering of AGE GROUP I stream participants Team members
07:30-07:45	Opening of the Competition
7:45-8:00	Briefing and warm-up of the I stream
08:00	Start of the I stream – Team members

08:00	Gathering of participants of the II stream Team members
08:45 – 08:55	Briefing and warm-up of the II stream
09:00	Start of the II stream – Team members
09:00	Gathering of participants of the III stream of Individual competition
09:45 – 09:55	Briefing and warm-up of the III stream
10:00	The start of the III stream of the Individual competition
10:00	Gathering of participants of the IV stream of Individual competition
10:45 – 10:55	Briefing and warm-up of the IV stream
11:00	The start of the IV stream of the Individual competition
11:00	Gathering of participants of the V stream of Individual competition
11:45 – 11:55	V Stream briefing and warm-up
12:00	The start of the V stream of the Individual competition
12:00	Gathering of participants of the VI stream of Individual competition
12:45 – 12:55	Briefing and warm-up of the VI stream
13:00	The start of the VI stream of the Individual competition
13:00	Gathering of participants of the VII stream of Individual competition
13:45 – 13:55	Briefing and warm-up of the VII stream
14:00	The start of the VII stream of the Individual competition
14:00	Gathering of participants of the VIII stream of Individual competition
14:45 – 14:55	Briefing and warm-up of the VIII stream
15:00	The start of the VIII stream of the Individual competition
15:00	Gathering of participants of the IX stream of Individual competition
15:45 – 15:55	Briefing and warm-up of the IX stream
16:00	The start of the IX stream of the Individual competition
16:00	Gathering of participants of the X stream of Individual competition
16:45 – 16:55	Briefing and warm-up of the X stream
17:00	The start of the X stream of the Individual competition

18:00	Awarding of winners of all categories, closing of the competition
--------------	---

2.5. **The swimming stage** is held in a 50 m pool.

2.6. **Cycling stage**

The cycling stage is held at SMART bike stations. You must have a bicycle with you (with a cassette of 11-12 stars).

3. PARTICIPATING ORGANIZATIONS

3.1. The organization of the preparation and holding of the competition is entrusted to the Organizing Committee – “Almaty Triathlon Federation” PA.

3.2. Partners:

- CK "Rakhat Fitness"
- Scientific and Educational Foundation "Shakhmardan Yessenov Foundation"
- Multisport channel "#Different you"
- Corporate Foundation "Courage to be the First" (Almaty Marathon)

4. PARTICIPANTS OF THE COMPETITION AND THE STARTING ORDER

4.1. You must have the following documents with you:

- identity card
- a receipt of personal responsibility for the physical state of health, according to the form from the athletes, (Appendix 1)

4.2. THE PARTICIPANT MUST:

- Know and follow the rules throughout the event and after leaving it
- Keep a safe distance in the pool (sufficient for overtaking and other maneuvers)
- Participate in the cycling stage with a closed torso

4.3. THE PARTICIPANT OF THE COMPETITION MUST HAVE:

- Goggles and swimming cap, swimming suit
- Only for Fans of the AGE GROUP category - Road bike (11-12 stars on the cassette are required)

4.4. Wetsuits and compression swimming suits of closed type are prohibited.

5. THE NUMBER OF PARTICIPANTS

5.1. The maximum number of Age Group fans participants in the individual competition is 64 people.

5.2. The maximum number of teams is 16

5.3. The maximum number of Professional U15 and U17 athletes is 72 people

6. THE RESULTS ASSESSMENT SYSTEM

6.1. The final time of the participant in the individual competition / team is determined according to the result based on the sum of the time of all two stages.

6.2. The results will be published within 48 hours after the end of the competition on the website www.almatytriathlon.org

7. AWARDING

7.1. Participants who have taken 1-3 places in their age and gender groups are awarded.

8. REGISTRATION, COST OF PARTICIPATION

8.1. Registration for the competition on the website

https://almatytriathlon.org/ru/events/almaty_triathlon_league_aquabike/21/

The entry fee for the participation of AGE GROUP Fans:

in the individual competition - 15,000 (Fifteen thousand) tenge;

in the team competition – 25,000 (Twenty-five thousand) tenge.

The entry fee for U15 and U17 is FREE OF CHARGE

8.2. Registration ends:

• May 09, 2024 to 23:59h.

or

• When the limit of registered participants is reached.

The confirmation of participation is the payment of the entry fee.

Applications for participation without paying the entry fee will be considered invalid.

Registration fees are non-refundable.

For additional questions, please contact whatsapp +7 701 763 02 67

9. THE COMPOSITION OF THE JUDGING PANEL

9.1. The composition of the judging panel is approved by the "Almaty Triathlon Federation" PA.

The judging panel.

The judges carefully monitor compliance with the rules of the competition, so that the wrestling is conducted fairly and honestly, and the winner is determined objectively. All sports referees serving this competition make up the judging panel.

9.2. The judging panel includes:

- *The Chief judge of the competition*

The chief judge checks the readiness of the competition venue in advance, distributes the judges to individual work areas and monitors the performance of their duties. After the end of the competition, the chief judge draws up a report on the event and submits it and the results of the competition to the Organizing Committee.

- Chief Secretary of the competition

The chief Secretary of the competition processes the protocols and outputs the results, draws up the necessary materials in a timely manner to inform the judges, participants and spectators about the progress of the starts, and after the end of them draws up a general report on the results.

- Judges at the participants

The judges at the participants warn the athletes about the start time, prepare the participants of

the next stream of competitions, checking their names according to the start protocol and compliance of the appearance of the athletes with the rules of the competition, and bring the participants to the starting place in an organized manner.

This Regulation is an official invitation to participate in the competition.