

Norway **COASTMAN**



Coastman Norway 2016 Race Manual

1 General information

The Race Manual will provide you with all the necessary information for Coastman Norway Triathlon 2016.

Please read through and ensure you understand the Race Manual.

The entry fee is NOK 1800,- for individual athletes or NOK 750,- for relay athletes.

All athletes are required to have a triathlon license in order to start. This can be purchased during the registration procedure. Foreign athletes must have licenses from their own country. Licenses will be checked during the registration the day before the race. A one race license for Norwegian residents can also be bought at the registration the day before the race.

1.1 Swimstart

We have an exciting but sheltered swim course in the harbor of Tjeldstoe. You will swim one or two laps of 1900 meters.

When you exit the water you will have a 300 meter walk to T1 at the school.

The race starts at 0700 for full distance and at 1200 for half distance.

Cut-off time for the swim leg is 2 hrs 30 minutes / 1 hour 15 minutes exit T1.

1.2 The bike leg

The bike leg is 4 or 2 loop course that totals 180/90 km in the scenic landscape of Oygarden.

It is a flat, fast and exciting bike course. Total elevation is about 1320 /660 m.

Cut-off time for the bike leg is 11 hrs / 5 ½ hours exit T2.

1.3 The run leg

The run leg is a 2 lap course between Tjeldstoe and Hellesoy.

It is a quick course in beautiful surroundings with turning point on the northern tip of Oygarden.

Service stations approx every 2,5 km.

1.4 Aid Stations

There will be aid stations in each end of the bike course, with the possibility to take food and drinks each 21 km. There will also be service stations in each end of the marathon course, plus approx. every 2,5 km with food and drinks available.

Food and drink at aid stations

Energy dink, gels, energy bars, fruit and water will be available at all aid stations.

Personal needs station

A personal needs station on the bike course will be located on the northern most aid station (see Google map on our website).

A personal needs station on the run course will be located at the turnaround point at Tjeldstø (see Google map on our website) These are the only locations for outside assistance from your own support crew.

1.5 Time schedule

Saturday 06.08

Registration will be at T1 at Tjeldstoe School, Saturday at 1700 hrs.

Mandatory pre-race meeting at T1 at the new school at Tjeldstoe, Saturday at 1800 hrs.

Sunday 07.08

Full Distance Bike check-in at T1 at Tjeldstø School from 05:00 to 06:00 hrs.

Start Coastman Norway Full Distance 2016 at 0700 hrs

Half Distance/Relay team - Bike check-in at T1 at Tjeldstø School from 10:00 to 11:00 hrs.

Start Coastman Norway Half Distance/Relay Team 2016 at 12:00 hrs

2 Swimming

Sunday 07.08.16

- Race start Coastman Norway 2016 Full distance at 0700 hrs.

Bike check-in at T1 between 0500 hrs and 0600 hrs at T1 Tjeldstoe School. You will be allowed to enter the water at 0645 hrs.

- Race start Coastman Norway Half Distance/Relay Team 2016 at 12:00 hrs

Half Distance/Relay team - Bike check-in at T1 Tjeldstø School from 10:00 to 11:00 hrs. . You will be allowed to enter the water at 1145 hrs.

There will be an in-water start for the swim leg. The start will be in the sheltered harbor at Tjeldstoe. We have an exciting but sheltered swim course along the shore side with a spectacular view to the great North Atlantic Ocean outside. The swim is two loop course with turning point after 950 meters.

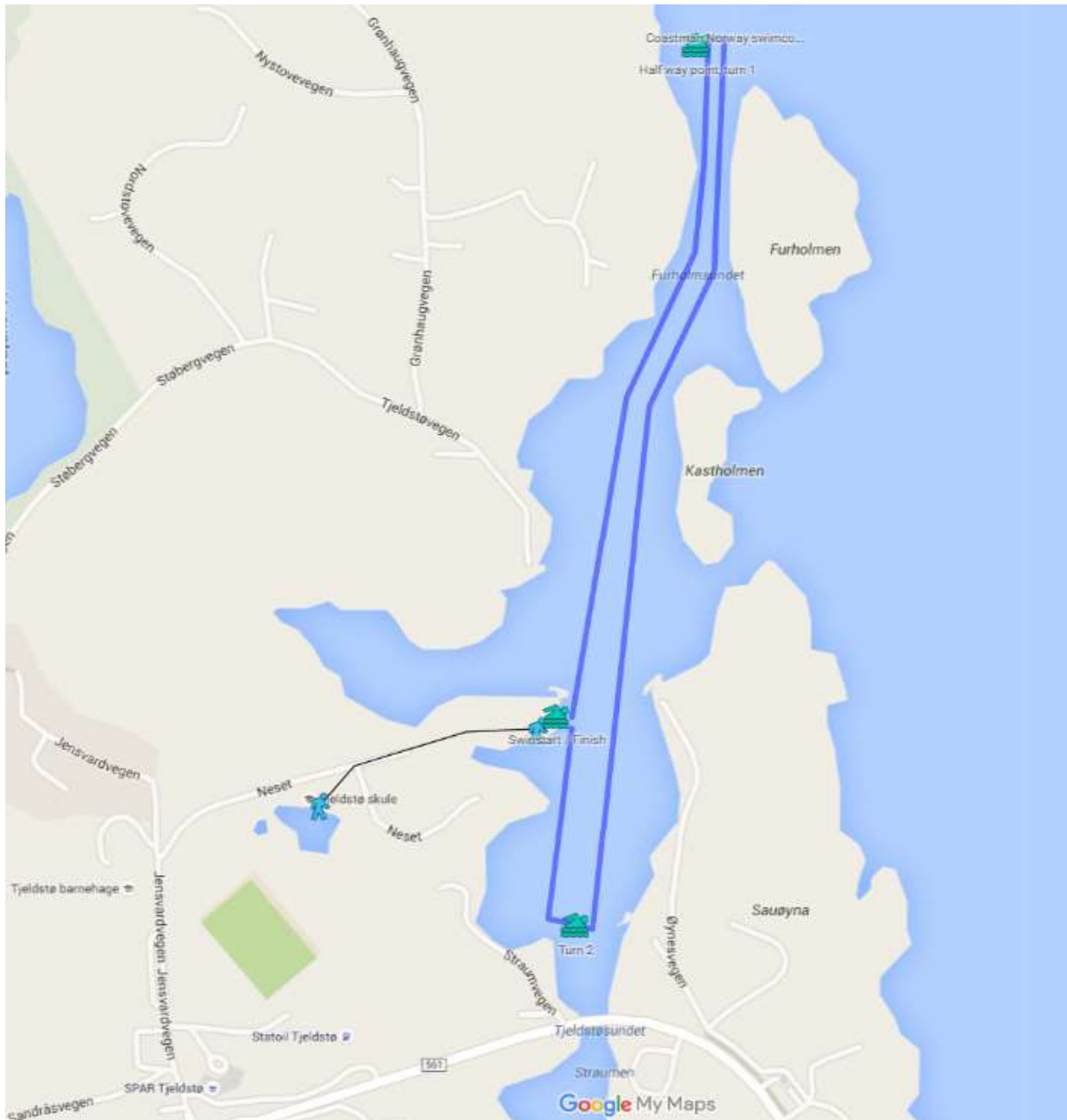
The water is normally clear and the depth will vary from 3 to 20 meters. There are no strong currents or waves.

You will be escorted by crew in boats and kayaks. The crew will guide you and ensure you follow the course.

If you get any kind of problem, please roll on to your back, raise your arm to signal to the crew by waving your hands.

You exit the water the same place where the swim began. You will be guided by our crew.

When exiting the water you have a 300 meter walk to T1. Please follow the directions of the crew.



3 Bike leg

The bikes will be racked at T1 at Tjeldstoe School.

Once you pass exit T1 you are allowed to mount your bike.

Once on the bike you ride to the roundabout after approx 400 m. You enter the roundabout and turn right (north). You are now on the bike course.

You will lap the course 2 (half distance)/4 (full distance) times between Sture and Vik.

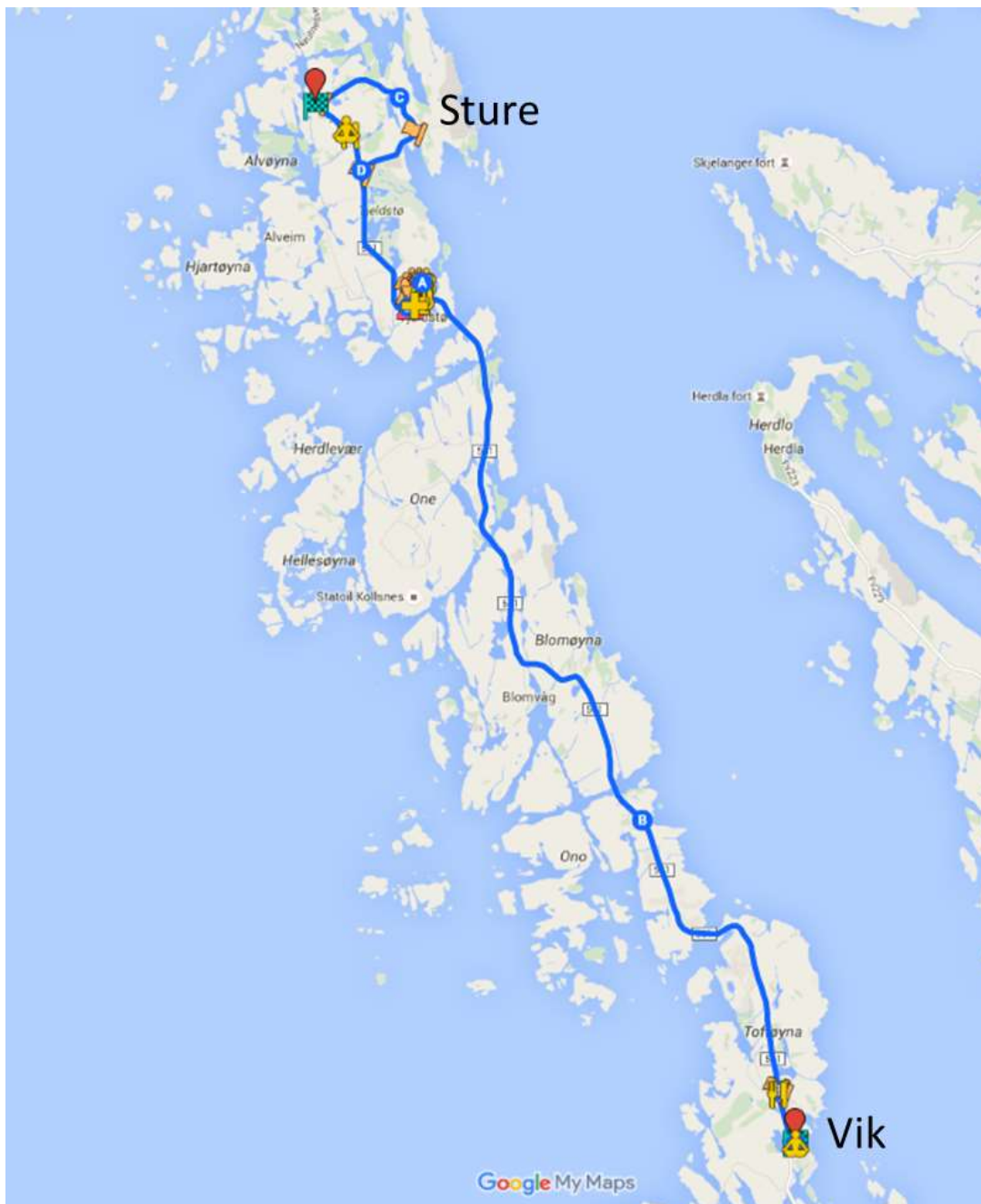
Norway COASTMAN

When biking you will cross 6 bridges. The landscape is epic, crossing the small islands with the fjord on one side and the great ocean on the other.

The bike course is flat, fast and exciting. You will mainly be biking 10 – 20 meters above sea level.

The bike course is the same that was used when we hosted the Norwegian time trial championships both in 2008 and 2012, won by Edvald Boasson Hagen and Reidar Borgersen, and will be used for the 2017 World championship bike team trials and mass start.

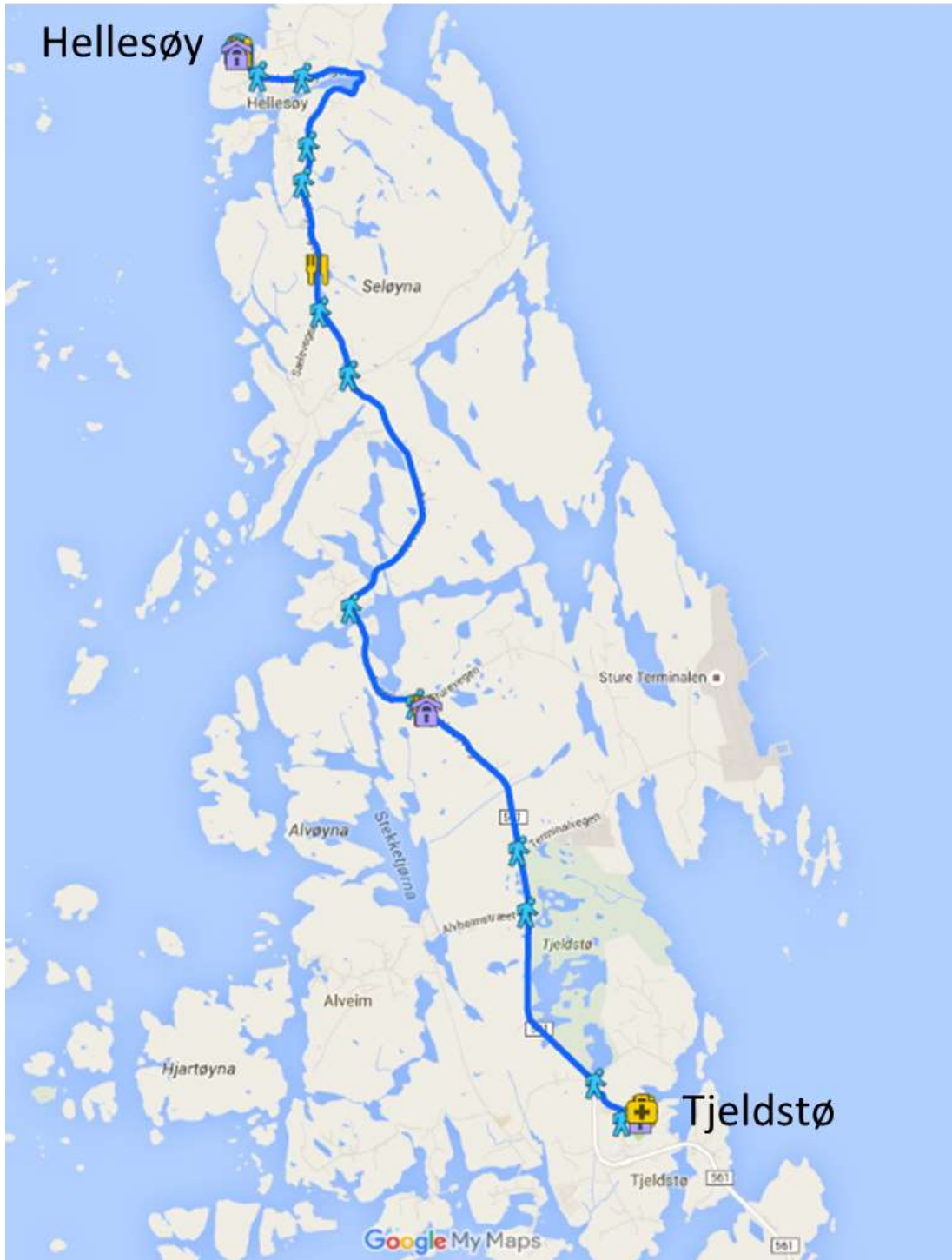
After 90km/180 km you return to Tjeldstoe school where you enter T2.



4 Running

From exit T2 you go straight into the marathon course. The course is a 1 (half distance)/2 (full distance) lap course. It is a quick and fast run in beautiful surroundings with turning point on the northern tip of Oygarden at Hellesøy.

Please keep to the right-hand side of the road. When overtaking, please overtake on the left hand side of the one passed.



5 Start and finish area



Registration, pre-race meeting, T1, T2 and race finish will all take place at Tjeldstøe School (pictured above). This will be a good spot for your support crew to take part in your race.

All participants will be awarded the official Coastman Norway finisher t-shirt after the race.

A hot meal will be served all participants after the race at Tjeldstøe School. There are also dressing rooms with showers available after the race.

Please no parking in and around the T1/T2/Finish area. Please park at designated signed areas.

Best of luck!

The Coastman Norway Crew

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