

The logo for NIEB (National Institute of Education) features the letters 'NIEB' in a bold, blue, sans-serif font. The letters are set against a white background that is framed by two red diagonal lines, one above and one below, creating a dynamic, slanted effect.

NIEB

UDUPI TRIATHLON - 113
Dec 14 & 15 2024

ATHLETE INFORMATION BOOKLET

WELCOME TRIATHLETES

It gives us immense pleasure to welcome you all back to the 2nd edition of the Udupi Triathlon, previously known as the Malpe Triathlon. This edition of the Udupi Triathlon will feature three different race categories, namely Sprint, Olympic and Tri 113, with a sea swim and a bike and a run course along the scenic beach roads of Malpe and Kapu beach.

At NEB Sports, we strive to provide the participants with the best race experience possible, and Udupi is one of the most beautiful locations to race a triathlon with untouched pristine beaches for swimming, calm and clear traffic-free, closed roads for cycling, and a picturesque run route dotted with trees, birds, boats and houses along the sea shore and a breathtaking view of the Udupi Coastline. The Udupi Triathlon-113 is as much about taking in the beauty of the race route and the city of Udupi as much as it is about having a fast, flat racing course to set those PRs.

Our Race and Pre-raceday Expo will feature enthusiastic volunteers exuding boundless energy to support you during each leg of the race to ensure that you get the best ever race experience. We'd like to express our sincere gratitude to all our event partners for extending their support whenever and wherever necessary to make this race a grand success, and to the Government officials of the state of Karnataka and the city of Udupi, for their invaluable support in hosting this event. It's the collaborative effort of all these communities that makes this event a reality.

Lastly, we would like to acknowledge the coordination of numerous volunteers, local community members, and our dedicated staff for making this event safe and successful for you, the athletes. We understand that you've surmounted obstacles and achieved significant milestones to reach the start line, and we are committed to doing everything in our power to assist you in reaching your goals on raceday.

Wishing each of you the best of luck!

Team NEB Sports

RACE ROUTE MAP - OLYMPIC & TRI 113



Scan Here
For Location



KAPU BEACH
EVENT **14 & 15**
DEC 2024

Subject to Approval By Concerned Authorities



RACE ROUTE MAP - SPRINT TRIATHLON

- The Race route for the Sprint Triathlon will be either at Kapu Beach (same location as the Olympic & 113 Tri) or at Padukere Beach (last year's location)
- The race location for the Sprint triathlon will be decided closer to raceday based on the weather conditions and approval from the concerned authorities.
- The race route for the Sprint Triathlon will be published on our website and social medial handles as soon as it is finalized.

RACE SCHEDULE

FRIDAY, 13 DEC 2024

- **Open Water Practice swim session for all categories & Qualifying swim for Sprint Category participants from 07:00 am to 09:00 am.**
 - **Bib collection for all categories opens at 10:00 am**
 - **Briefing session for Sprint Triathlon participants from at 10:00 - 11:00 am**
 - **Transition Zone open from 11:00 am till 4:00 pm for bike check-in of Sprint Triathlon Participants**
 - **All race routes will be discussed, route maps will be shared and order of loops will be explained during the briefing, hence it is compulsory for all athletes to attend the briefing**
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- **Note : Bib collection for Olympic Triathlon and 113 Triathlon participants will also be available on Saturday 14th Dec 2024 between 1 pm to 3 pm.**

RACE SCHEDULE

SATURDAY, 14 DEC 2024

- Transition Zone opens from 05:45 am till 06:30 am for all Sprint Category participants.
- Lineup for Sprint Triathlon participants begins at 06:45 am
- Flag off for Sprint Triathlon at 07:00 am
- Breakfast for Sprint Triathlon participants from at 09:00 - 11:00 am
- Transition Zone open from 11:00 am till 1:00 pm for bike checkout of Sprint Triathlon Participants
- Prize Distribution for Sprint Triathlon at the venue at 10:00 am

POST-LUNCH

- Briefing for Olympic and 113 Triathlon Participants at 1:00 pm
- Transition Zone opens from 2 pm till 5 pm for bike check-in of Olympic and 113 Triathlon participants

SUNDAY, 15 DEC 2024

- **Transition Zone opens from 05:45 am till 06:30 am for all Olympic and 113 participants.**
- **Lineup for Triathlon 113 participants at 06:45 am**
- **Triathlon 113 Flag-off at 07:00 am**
- **Lineup for Olympic Triathlon participants at 07:15 am**
- **Olympic Triathlon Flag off at 07:30 am**
- **Breakfast for Olympic Tri participants open from 09:30 am - 11:30 am**
- **Prize Distribution for all categories at the venue at 1:00 pm**
- **Lunch from 12:30 - 2:30 pm**
- **Race ends for all categories by 4 pm**
- **Transition Zone opens from 3 pm till 5 pm for bike checkout**

SWIM QUALIFYING SESSION

- All the participants of the Sprint category are requested to attend the swim qualifier session on Friday 13th Dec 2024 morning between 7 am and 9 am.
- The timings of the swim qualifying session will determine the starting position of the participants on raceday. Participants who do not attend the qualifier session will be allowed to start only in the last wave.
- The Olympic triathlon and Tri 113 participants can use this session as a practice swim, and it is not mandatory for them.
- The qualifier session will be happening at the race venue and the participants will have to swim a distance of 250m and their timings will be recorded.
- The session will happen in the sea, and the route will be clearly marked with buoys and boats.
- The lineup for the swim start of the Sprint Triathlon on raceday will be in waves of 10, with a gap of 15-20 secs behind each wave, and the lineup will be determined based on the qualifier timings of the participants.
- The swim start lineup for Olympic distance and Tri 113 will be in waves of 15, with a gap of 10 secs behind each wave.

ATHLETE CHECK-IN

- Athlete check-in on the day before the race day is compulsory for all participants of the Udupi Triathlon. Check-in timings for Sprint participants are from 11 am - 4 pm on Friday 13th Dec, and from 1 pm - 5 pm on Saturday 14th Dec for Olympic and 113 participants at the venue.
- The athlete has to submit their bike, transition bag and all other accessories required in the transition zone like pump, toolkit etc during athlete check-in
- Only the cycles and equipment provided by the athlete during the check-in will be available during the race, and the athlete will not be allowed to exit the course during the race to use any equipment that has not been checked-in.
- Athlete Check-in will not be available on race day
- If you do not check-in during the designated Athlete Check-In hours, you will not be permitted to start the race on raceday.
- Kindly leave only the transition bags with your BIB no mentioned on it in the transition zone during Check-in. Street bags can be submitted at the baggage counter on raceday morning.

YOUR RACE KIT WILL CONTAIN THE FOLLOWING ITEMS

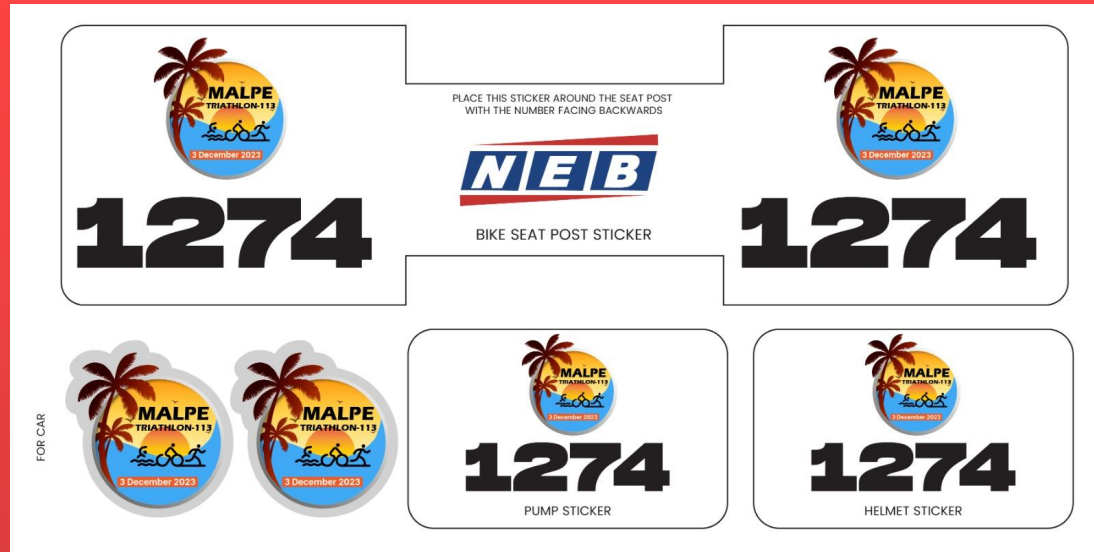
- 1. Entry to Race**
- 2. Participation T-shirt / Jersey**
- 3. Bicycle seat post sticker & Helmet Sticker**
- 4. Bib & Time-chip**
- 5. Swimming cap**
- 6. On course nutrition**
- 7. E-certificate**
- 8. Finisher's Medal**
- 9. Race Bag**
- 10. Transition Bag**
- 11. Post-race Breakfast / Lunch**

ATHLETE WRISTBAND



A wristband printed with your race number and Name will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during the race weekend. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.

BIKE STICKERS



You will receive the following stickers in your athlete packet: Bike frame Seat poststicker & Helmet sticker.

Make sure the Seat Post sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your transition bags with a permanent marker

CHECKLIST

SWIM

- Tri Shorts / Trisuit / Swim Suit
- Udupi Triathlon Swim Cap (Compulsory)
- Swim Goggles
- Towel after swim

BIKE

- Helmet
- Sunglasses
- Shoes & socks
- Water bottles
- Nutrition
- Tool Kit CO2 , Puncture kit , Pump , Extra Tubes etc
- Floor pump (pump up your tires before you leave home but leave the pump in your car just in case)

CHECKLIST

RUN

- Running Shoes
- Sunglasses
- Hat /Cap / Visor
- BIB Belt
- Nutrition/Gels

MISCELLANEOUS

- Training Device (Garmin watch / bike Computer / HR strap etc)
- Transition Bag
- Sunscreen
- Chamois Cream
- Vaseline
- Big Smile For Photographs
- Post Race Warm Clothes

AID STATIONS

Aid stations are approximately every 10 kms on the bike and approximately a 1.5km apart on the run. The general offerings are as follows:

BIKE COURSE

- Water
- Enerjiva Orange Electrolyte
- Banana
- First Aid Kit / Pain Relief spray



RUN COURSE

- Water & Ice
- Enerjiva Orange Electrolyte
- Chikki / Candies
- Banana / Oranges
- Salt
- First Aid Kit / Pain Relief spray
- Sponges

CUT OFF TIMINGS

The following are the cutoff timings for each category. There are separate cut-off timings for each leg, and they will be adhered to strictly.

Any athlete who misses the swim and bike cut-off timings will still be allowed to continue the race and finish it, but athletes who do not meet the overall cut-off might be asked to exit the course post cut-off.

Sprint Triathlon



SWIM

Cut-off : 30 mins after start



BIKE

Cut-off : 2 hours after start



RUN

Cut-off : 3 hours after start

Olympic Triathlon



SWIM

Cut-off : 1 hour after start



BIKE

Cut-off : 3 hours 15 mins after start



RUN

Cut-off : 4 hours 30 mins after start

113K Triathlon



SWIM

Cut-off : 1 hour 10 mins after start



BIKE

Cut-off : 5 hours 30 mins after start



RUN

Cut-off : 8 hours 30 mins after start

ATHLETE CHECKIN RULES

- 1. Participants must proceed to check-in during the allocated times and attend the compulsory race briefing on Friday 13th Dec at the race venue.**
- 2. Participants must rack their bicycles during the allocated times. Participants failing to adhere to this rule are prohibited from starting the race.**
- 3. The timing chip must be worn throughout the entire race around the left ankle.**
- 4. In the event that the timing chip is lost or malfunctioning it is the Participant's responsibility to report it and get it checked/replaced, failing which the participant will be disqualified.**
- 5. BIB numbers must not be reduced in size or altered and must be always visible.**

BIKE CHECK-IN RULES

1. Participants must proceed to check-in their bicycle at the transition area within the designated times only.

2. You must bring your helmet with you to bike check-in for a safety inspection.

Note: smart helmets are not allowed.

3. Athletes need to check-in their bike (with bike sticker attached) and rack it in its designated place.

4. During the check-in Participants are allowed to leave their helmets and bike-shoes as long as they are attached securely to their bicycle (small equipment such as tool box, bike bottles and bento boxes are also permitted).

5. All other gear like hydration bottles, nutrition, gels, etc can be brought on raceday morning

SWIMMING RULES

1. All swimmers are required to wear proper swimming attire (trisuit/swimsuit/swim shorts) during the entire swim course.
2. Trisuits should not extend past the elbow or knees.
3. All swimmers must wear the swim caps provided by the Organiser.
4. Swim goggles may be worn.
5. Fins, paddles, snorkels, pool buoys, life jackets or any other swimming aids are not allowed.
6. Wetsuits and Float Buoys (strapped around the waist) are allowed.
7. Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification.
8. No person other than the participants and officials are permitted in the swim course.
9. Swimmers facing difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
10. Once assistance is rendered, the competitor must retire from the competition.

CYCLING RULES

1. Support vehicles or pacers are not allowed at any time.
2. All athletes must obey traffic rules while on the cycling course unless otherwise directed by a race official.
3. Wearing of headphones is not allowed at any time.
4. Drafting is not allowed at any time (the draft zone is 14 metres from front wheel to front wheel or 7 bike lengths).
5. No bare torso is allowed at any time.
6. Overtaking must be done only on the right side.
7. Helmets must be worn from the moment the bike is removed from the rack, until after it is replaced after the cycle leg.
8. Cycles must be mounted only beyond the mount line. Failure to do so will lead to disqualification
9. Aerobars and aero helmets are allowed.
10. Motorized cycles, e-bikes, and cycles with any other motor based pedal assist are not allowed

RUNNING RULES

- 1. Runners must always wear their race numbers clearly visible at the front of their adorned apparel.**
- 2. Support vehicles or pacers are not allowed.**
- 3. Runners must run on the designated path for the entire route.**
- 4. No bare torso is allowed at any time**
- 5. Wearing headphones is not allowed at any time**
- 6. Runners must collect the loop bands at the completion of every loop and wear them on the wrist till completion of the race.**

COURSE MAP - SWIM

- The Swim course for the Olympic distance triathlon will be one loop of 1.5 km (750m out and 750m back)
- The Swim Course for the 113 distance triathlon will be one loop of 1.9 km. (950m out and 950m back)
- The Swim course (and the location) for the Sprint distance triathlon will be finalized soon, depending upon the weather conditions and subject to approval from the concerned authorities.

THE SWIM ROUTE MAP WILL BE PUBLISHED SOON WITH THE EXACT LOCATIONS

COURSE MAP - BIKE

- The length of each loop is 20 km (10 km out and 10 km back).
- Olympic distance triathletes will do two loops of the entire course(20 km x 2)
- Tri 113 triathletes will do one loop of the short course (10 km x 1) and four loops of the entire course (20 km x 4).
- The Bike course (and the location) for the Sprint distance triathlon will be finalized soon, depending upon the weather conditions and subject to approval from the concerned authorities.

THE BIKE ROUTE MAP WILL BE PUBLISHED SOON WITH THE EXACT LOCATIONS

COURSE MAP - RUN

- The length of each loop is 10 km.
- Olympic distance triathletes will do one loop of the entire course(10 km)
- Tri 113 triathletes will do two loops of the entire course (10 km x 2) and a short loop (1 km).
- The Run course (and the location) for the Sprint distance triathlon will be finalized soon, depending upon the weather conditions and subject to approval from the concerned authorities.

THE RUN ROUTE MAP WILL BE PUBLISHED SOON WITH THE EXACT LOCATIONS

RULES & REGULATIONS - GENERAL

- 1. The Organisers reserve the right to limit and refuse entries.**
- 2. The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.**
- 3. The Organisers reserve the right to amend the Rules and Regulations without prior notification.**
- 4. The Organisers reserve the right to amend the race course with prior notice to participants.**
- 5. It is the Participant's responsibility to fully understand the rules and avoid infringements.**
- 6. The entry and bib number is not transferable or refundable under any circumstances.**
- 7. Organizers has right to cancel any offline registration without any prior notice and the amount paid will be refunded back to the participant.**

RULES & REGULATIONS - RACEDAY

- 1. Unless otherwise pre-approved by the Event Director no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.**
- 2. The use of banned substances with the intent to improve performance, eliminate the sense of fatigue or for any other purpose is not allowed at any time and doping tests may be performed at random on participants.**
- 3. Participants must not refill hydration or nutrition outside the designated aid stations provided by the Organisers.**
- 4. Participants must respect rules and be respectful to the volunteers, spectators, and the Organiser throughout the event.**
- 5. Participants are not allowed to throw away their waste outside the litter_zones and garbage bins provided throughout the event.**
- 6. Participants must refuse any outside help during the race (e.g., support, supplies, technical assistance)**
- 7. Participants are not allowed to leave all or part of their race equipment outside the Transition Zone**
- 8. Nudity outside the changing tents is not allowed.**
- 9. Wearing headphones is not allowed at any time.**
- 10. Participants must be familiar with the entire course, and it is their responsibility to follow the correct route**

WEATHER DISCLAIMER

- 1. In the event of inclement weather, the Organisers reserve the right to delay the start of the race, shorten the race or modify the course.**
- 2. Should inclement weather persist after the delay, the Organisers reserve the right to cancel the race without any refund of registration fees.**
- 3. In the event of dangerous open water conditions only, the Organisers reserve the right to replace the swim with a run.**
- 4. In case of inclement weather conditions that might deter the course of the race(very heavy rain, thunderstorms, etc), or deem the race conditions unsafe for participation, the Organisers reserve the right to call off the race as the safety of the participants is of utmost importance.**

RULES AND REGULATIONS - RACE ENTRY

- 1. The race is open to athletes of all nationalities.**
- 2. On-the-day entries will not be accepted.**
- 3. Participants must be 18 years old on race day.**
- 4. No changes between race distances are permitted.**
- 5. No changes between race distances are permitted.**
- 6. Participants racing under an assumed name or age or giving false information will be disqualified and risk suspension or expulsion from other NEB Sports events.**
- 7. Prior to race day, in the event of inclement weather, force majeure or other hazardous conditions, the Organizers reserve the right to reschedule or cancel the race without any refund of registration fees.**
- 8. The Organizers will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.**
- 9. Participants found to have interchanged their timing bib tag with another individual, will be disqualified from the event and shall not be allowed to apply or participate in the subsequent edition of the event.**

EVENT PARTNERS



HYDRATION PARTNER



APP PARTNER



RACEDAY PARTNER