

The TriDays Luxembourg competition will take place from May 30 to June 1, 2019.

The classic disciplines of the long-distance triathlon are divided into 3 days: 3.8 km swimming, 180 km cycling and 42.195 km running are on 3 consecutive days.

All athletes, both professionals and amateur athletes, 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 and the Fédération Luxembourgoise de Triathlon (<http://www.fltri.lu/fr/92/regulations>), as amended, are subject to change without notice.

Before the respective starts, a competition meeting takes place. The participation is mandatory.

The rules mentioned during the race meeting are valid.

3.8 km Swim

Date: Thursday May 30, 2019

Location: Rosport, campsite

Start: 19:00

The athletes start each with 4-8 athletes at the same time every few seconds. The grid will take place after expected swim time. On-site loudspeaker announcements must be followed.

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

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.

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

The cut-off time is 2:20 h 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)

180 km Bike

Date: Friday May 31, 2019

Location: Ettelbrück, Parking Deich (Parking Deichwiesen)

Start: 14:30

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

Cycling is an individual driving, there is no drafting 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 (fork/handlebar).

The starting grid is to be taken from 14:00.

The bike course consists of 3 loops, each with 2 aid stations per loop.

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

The cut-off is 7:30 h after the last start.

All bikes are allowed, except eBikes.

42.195 km Marathon

Date: Saturday June 1, 2019

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 finish time. On-site loudspeaker announcements must be followed.

The timing chip and the bib number (all provided by the organizer) are mandatory.

The starting grid is to be taken from 18:00.

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 arch, here the time is stopped.

The cut-off time is 6:00 h (net) after the start.

General

The total time is done by adding the individual times.

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:

- Rough unsporting behavior
- Waste disposal on the routes
- Drafting
- Blocking
- Safety hazard
- Change of the bib number
- Unrecognition of the sponsors on the bib number
- Illegal transfer of the bib number
- Start from the wrong start block
- Exceeding the time window per km in the marathon

As of: September 2018, subject to change