

Race Information

WQF World Cup Race

Bydgoszcz, Poland

09.07.2023

Version: 28.06.2023



Distance

475m Swim – 21k Cycle – 4k Kayak – 5.5k run

Organizer

- Ars Athletica
- Tomasz Hoppe
- biuro@bydgoszcztriathlon.pl
- 0048606125543
- <https://bydgoszcztriathlon.pl/quadrathlon/>

Race location

- MAIN VENUE : Hala Sportowo-Widowiskowa "Łuczniczka", Toruńska 59, Bydgoszcz, Poland-
- Lat.: 53.11948561692894, Lon.: 18.02615622072778
- Transition to KAYAK ZONE (T3) Babia Wieś 3-5, Bydgoszcz, Poland, UKS KOPERNIK Club
- Lat.:53.1211296 Lon.;18.0091211

Categories

- Solo (Age Groups after WQF Rules)
- Awards for 1st, 2nd, 3rd place of total men/women, and each age group men/women

Registration

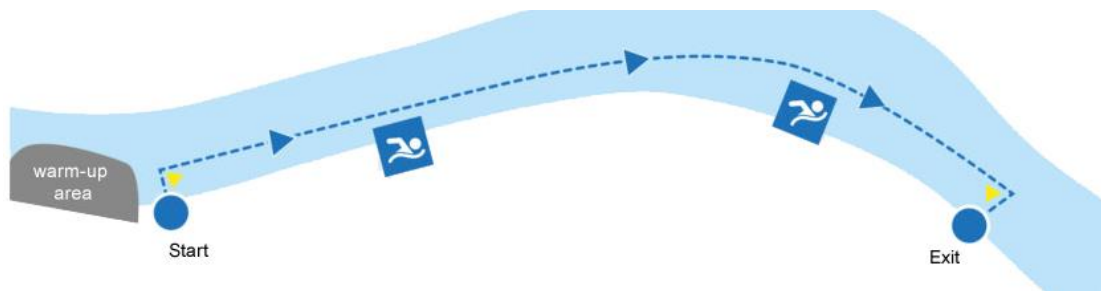
- Individuell: 269,99 zł untill 01.01.23; 299,99 zł untill 30.03.23; 399,99 zł untill 30.06.23
- Registration page: <https://bydgoszcztriathlon.pl/#register>
- Registration via email: biuro@bydgoszcztriathlon.pl
- Starting list: [STS-TIMING.PL - REJESTRACJA](https://sts-timing.pl)
- Results after the race: <http://bydgoszcztriathlon.pl/wyniki/>

Timetable

- Pick up Race Numbers	08.07.	09:00 - 21:00	Lucznika Immobile Hall
- Pick up Race Numbers	09.07.	09:00 - 11:00	Lucznika Hall
- Check-IN	08.07.	18:00 - 21:30	Lucznika Hall (Bike)
- Check-IN	09.07.	09:00 - 11:00	Lucznika Hall (Bike)
- Check-IN	08.07.	18:00 - 21:30	UKS Kopernik (Kayak)
- Check-IN	09.07.	09:00 - 11:00	UKS Kopernik (Kayak)
-			
- Race Briefing (in English) Kopernik)	08.07	19:30	T3 Change ZONE(UKS
- Race Start in pairs every 8 sec. Torbyd Hall (EXPO)	09.07.	11:55	Brda River next to
- Cutoff Time			
— Swim – 30 minutes — Swim + Bike – 120 minutes — Swim + Bike + Kayak– 180 minutes — Swim + Bike +Kayak + Run – 300 minutes			
- Check-OUT	09.07	16:00-18:00	
- Ceremony (TRI &Open Quadra)	09.07	15:00	Stage near Luczniczka
- Ceremony (Quadra Age groups)	09.07	17:00	UKS Kopernik

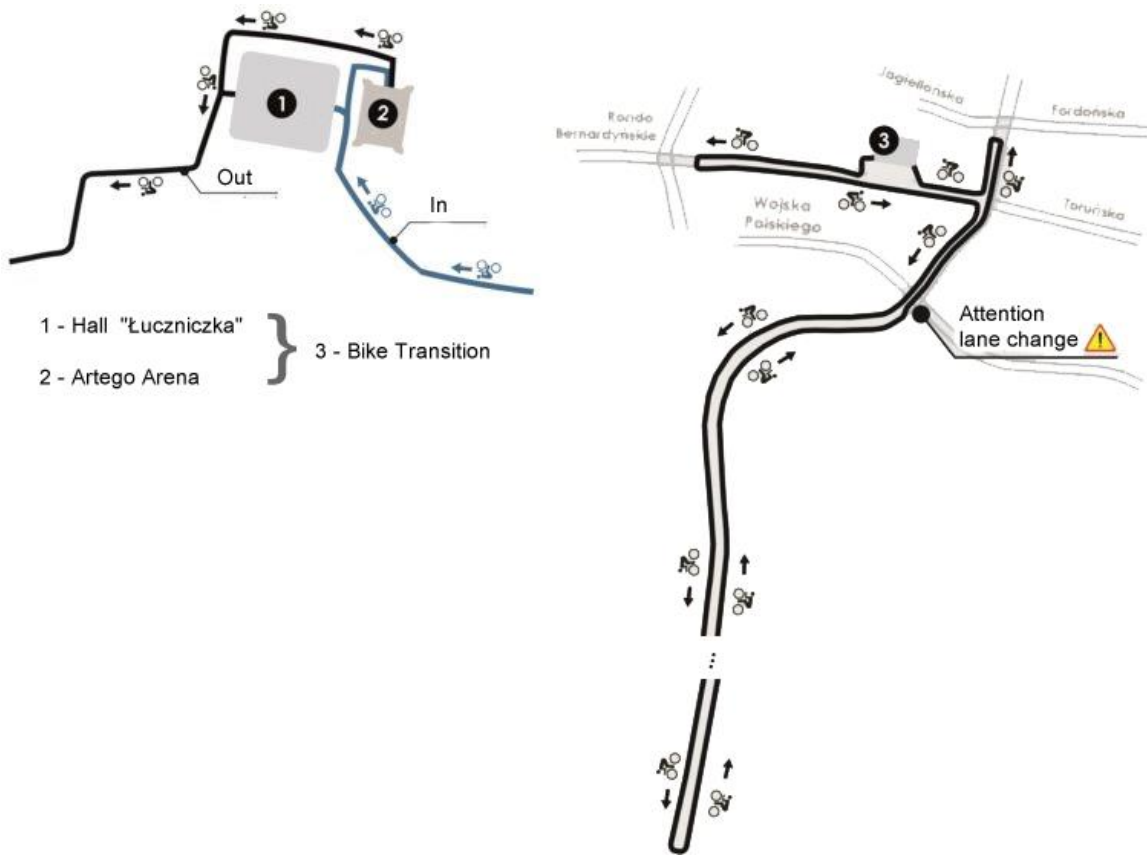
Maps

Swimming – 475m – One way Downstream. Start in pairs every 8 seconds, on land with jump into the water, in the near of the race center. First pairs should be reserved for athletes who scored 200 or more points in the previous World Cup Season and other top Athletes selected by the organizer



Biking – 21k – 1 round counterclockwise at a closed big flat road, with good asphalt.

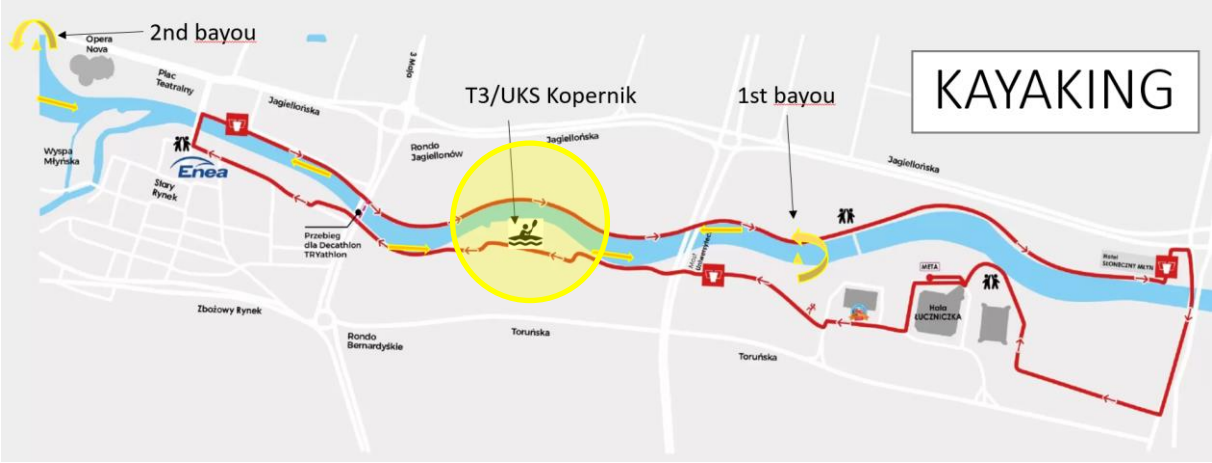
Details: <https://ridewithgps.com/routes/30245381>



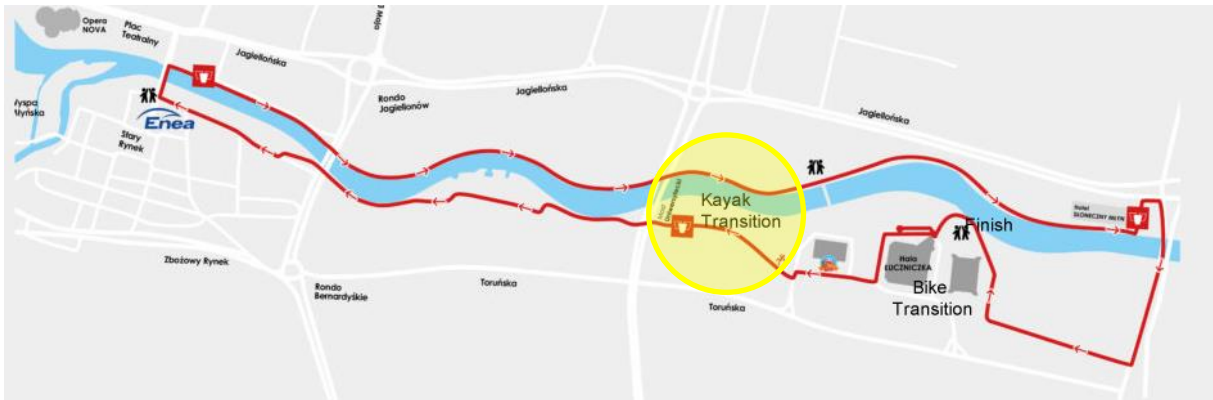
Transition Bike to Kayak – 0,5k run – to get to the kayak follow the track for 500m. T3 Zone is located at UKS Kopernik Club (Babia Wies 3) <https://goo.gl/maps/XVmMBC2Je1oyMAGm6>

Details at map of the running. You need shoes.

Kayaking – 4k – 1 round at the river : You start to your right -down the river stream and after ca 500m you make an U turn following left arm (1.st bayou located behind the big bridge), next paddle upstream and after ca 2km UTurn (once passed the Opera House on your right, and the Solidarnosci bridges) following left arm and down the river back to T3 zone. At each of the bayou’s there would be Volunteer standing at the river bank.



Running – 5k – 1 flat round clockwise, along the river at asphalt. You start at the Kayak Transition and finish next to the Bike Transition.



Race Center – Bike Transition for the Quadrathlon located at Hall "Łuczniczka"

More Details: <http://bydgoszcztriathlon.pl/trasy-zawodow/>



Refreshment

- 3 times at the running course Refreshment Zone with water/energy drink/ fruits
- In the Finish Line :Refreshment Zone with water/cola/fruits/

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - o No-Drafting at the bike
 - o Helm must close at the bike
 - o no crossing of the middle line at the bike
 - o no race-number under the wetsuit
 - o not to throw anything away
 - o Life jacket can be obligatory (also short term).

Rental

There is a limited possibility to rent different types of boats. Please contact us early if you need a kayak (hoppetomasz@gmail.com) no later than July 3rd.

Others

- The Quadrathlon is part of one of the biggest triathlon in Poland „Enea Bydgoszcz Triathlon“.
- During the whole weekend there are many different distances with many participants
- The Quadrathlon Start is separate, with out Triathlon athletes. Triathlon follows only after Quadrathlon swim waves.
- Because it is a very big event, please plan enough time for preparation and routes.
- Please note that you can only drive directly to the kayak transition area by car on Friday or Saturday evening time.
- More details at <http://bydgoszcztriathlon.pl>

