

# 2024 Alsdorf ETU POWERMAN Middle Distance

## Duathlon European Championships

### 05. May 2024

„Together we boost Duathlon“

#### Organizer

Marathon-Club Eschweiler 1983 e.V.

#### Event management and accessibility

#### Racedirector

Patrick Thevis,

Email: [thevis@freenet.de](mailto:thevis@freenet.de)

#### Technical Delegate ETU

Venue Denkmalplatz, 52477 Alsdorf

The event jury will be announced in the briefings.



**Competitions Registration and Eligibility**

# 2024 Alsdorf ETU POWERMAN Middle Distance Duathlon European Championships

To compete in the European Elite and Age Group Championships, the following requirements must be met:

1. Registration and on the event page [www.powerman-alsdorf.de](http://www.powerman-alsdorf.de)
2. Payment of entry fees
3. Register with the National Federation, which must confirm the registration, otherwise it is not possible to start at the European Championships.

The UniformRule of the WORLD TRIATHLON applies to the European Championships, each athlete is only entitled to compete with a suit verified by the National Federation. The Verified Suits are listed at:

[https://www.triathlon.org/development/technical\\_officials\\_docs/category/uniforms\\_catalogues](https://www.triathlon.org/development/technical_officials_docs/category/uniforms_catalogues).

The validlicence of the national association must be shown on site.

The minimum age from 18 years

This also applies to all athletes who participate in the European Championships and German Championships Registration **deadline is 24.03.2024**

## German Championships Middle Distance Duathlon

1. Registration and on the event page [www.powerman-alsdorf.de](http://www.powerman-alsdorf.de)
2. Payment of entry fees
3. German citizenship as well as possession of a valid DTU start pass

The minimum age from 18 years

If the start pass has been applied for but is not yet available, a confirmation from the respective national association must be presented when picking up the starting documents.

Foreign participants will not be included in the DM ranking

Team classification DM:

All clubs of which at least three members have finished the competition properly will be included in the team ranking.

**The prerequisite is that the name of the club matches the information in the start pass!!**The three fastest times of each club are counted as the 1st team of the club, the

next three fastest times of the same club as its

2nd team, regardless of the age groups. Athletes are responsible for the uniform spelling of their club name on their own responsibility. Before the start, the participants have to check the start list to see if a team ranking could be incorrect due to spelling mistakes.

Protests against self-inflicted incorrect registration are inadmissible after the end of the competition.

There is no team classification in the elite competition!

**The registration deadline is 21.04.2024**

## POWERMAN open race classic

1. Registration and on the event page [www.POWERMAN\\_alsdorf.de](http://www.POWERMAN_alsdorf.de)
2. Payment of entry fees
3. Present a license from a recognized triathlon federation. If not available, a day license (25€) can be purchased on site

**The registration deadline is 21.04.2024, late registrations on site are not possible**

## POWERMAN Sprint

1. Registration and on the event page [www.POWERMAN\\_alsdorf.de](http://www.POWERMAN_alsdorf.de)
2. Payment of the entry fees

**Registration deadline is 21.04.2024, late registrations on site are not possible**

The launch dates will be published on the website.

## POWERMAN Classic with the European Championships

| Competition              | Stretch         | Fee  |                |
|--------------------------|-----------------|--|----------------|
| Elite in<br>Elite m      | 10 / 60 / 10 km | from 13.10.20 23<br>135€<br>from 01.01.20 24<br>145€ |                |
| AK Men 18 -54            | 10 / 60 / 10 km | from 13.10.2023<br>135€<br>from 01.01.2024<br>145€   | from year 2006 |
| WG Women &<br>AK Men 55+ | 10 / 60 / 10 km | from 13.10.2023<br>135€<br>from 01.01.2024<br>145€   | from year 2006 |

## POWERMAN Classic with the German Championships

| <b>Competition</b>       | <b>Stretch</b>  | <b>Fee</b>                                  |                |
|--------------------------|-----------------|---|----------------|
| WG Women &<br>AK Men 55+ | 10 / 60 / 10 km | from 13.10.2023 95€<br>from 01.01.2024 105€ | from year 2006 |
| AK Men 18 -54            | 10 / 60 / 10 km | from 13.10.2023 95€<br>from 01.01.2024 105€ | from year 2006 |
| Open race                | 10 / 60 / 10 km | from 13.10.2023 95€<br>from 01.01.2024 105€ | from year 2006 |

The entry fee includes 6€ association fee, license fees, chip rental fee, catering at the competition courses and at the finish and finisher's medal. List of results and printing of certificates on the Internet.

The registration deadline is 21.04.2024 or as soon as all competitions are fully booked.

Late registrations are not possible on the day of the event. Free re-registrations are possible until 21.04.2024.

### **POWERMAN Classic Open race**

| <b>Competition</b>       | <b>Stretch</b>  | <b>Fee</b>                                 |                |
|--------------------------|-----------------|--|----------------|
| WG Women &<br>AK Men 55+ | 10 / 60 / 10 km | from 13.10.2023 85€<br>from 01.01.2024 95€ | from year 2006 |
| AK Men 18 -54            | 10 / 60 / 10 km | from 13.10.2023 85€<br>from 01.01.2024 95€ | from year 2006 |
| Open race                | 10 / 60 / 10 km | from 13.10.2023 85€<br>from 01.01.2024 95€ | from year 2006 |

Present a license from a recognized triathlon federation. If not available, a day license (25€) can be purchased on site.

The entry fee includes 6€ association fee, license fees, chip rental fee, catering at the competition courses and at the finish and finisher's medal. List of results and printing of certificates on the Internet.

The registration deadline is 21.04.2024 or as soon as all competitions are fully booked.

Late registrations are not possible on the day of the event. Free re-registrations are possible until 21.04.2024.

### **Wettkampfstrecken**

#### POWERMANn Classic:

Run: 10.0 km: 4 flat laps through the city of Alsdorf

Cycling: 60 km: 3 laps, undulating turning point route (completely closed main road)  
Run: 10.0 km: 4 flat laps through the city of Alsdorf

## Awards

### Middle distance

Elite prize money in the EC a total of €10,000 (international ranking):

1. Platz m/w = 1250€,
2. Platz m/w = 1000€,
3. Platz m/w = 750€
4. Platz m/w = 500€,
5. Platz m/w = 400€,
6. Platz m/w = 350€
7. Platz m/w = 300€,
8. Platz m/w = 200€,
9. Platz m/w = 150€
- 10th place m/f = 100€

Honorary or non-cash prizes for the age groups EM & DM place 1-3 (trophies and medals)

## POWERMAN Sprint

| Competition                | Time | Stretch       | Fee  |                |
|----------------------------|------|---------------|--|----------------|
| AK18-19, AK 20, AK 25 usw. |      | 5 / 20 / 5 km | from 13.10.2023<br>40€<br>from 01.01.2024<br>45€ | from year 2006 |

The entry fee includes €2 association fee, chip rental fee, fruit, cake and drinks at the finish. List of results and printing of certificates on the Internet.

The registration deadline is 21.04.2024 or as soon as all competitions are fully booked.

Late registrations are not possible on the day of the event. Free re-registrations are possible until 21.04.2024.

## Eligibility / Scoring

### POWERMAN Sprint:

All athletes born up to age group 2008, age groups in 5-year division from Ak0

### Competition course run:

5.0 km: 2 flat laps through the city of Alsdorf

Cycling: 20 km: 1 lap, undulating turning point route (completely closed main road)

Run: 5.0 km: 2 flat laps through the city of Alsdorf

## Awards

Honorary or non-cash prizes for place 1-3 in the overall ranking (m/f), as well as age groups place 1-3

### **Information**

Internet: [www.mc-eschweiler.de](http://www.mc-eschweiler.de)

Email: [Thevis@freenet.de](mailto:Thevis@freenet.de)

### **Registration**

Online registration on the homepage: [www.powerman-alsdorf.de](http://www.powerman-alsdorf.de)

### **Rules**

The competitions are subject to the WORLD TRIATHLON rules for non-drafting events in the current version and the German Triathlon Federation.

By registering, the participant acknowledges the rules.

The rules are available at :

[https://www.triathlon.org/development/technical\\_officials\\_docs/category/competition\\_rules](https://www.triathlon.org/development/technical_officials_docs/category/competition_rules)

**Timekeeping** The timekeeping is carried out by the company br-timing. The timing is carried out exclusively via the bib numbers provided. Transponders of other timekeeping companies may **not** be worn during the competition.

### **Verpflegungsstellen**

There is a refreshment stand on the running track and the bike course (POWERMAN Classic), after cycling the refreshment stand on the running track can be used.

Water/carbohydrate drinks are served. After crossing the finish line, there will be a refreshment stand in the finish area, where water/carbohydrate drinks, fruit and cake will be served.

### **Competition briefing for the middle distance**

**See schedule on the website, participation is mandatory.**

Deficiencies in information due to non-participation are the responsibility of the athlete himself/herself

Responsible.

### **Race documents**

On 04. May from 11 a.m. to 16 a.m. at Absolut Teamsport Rauscheid and on the day of the event from 7:00 a.m. to 12:00 p.m. at Absolut Teamsport Rauscheid, Bahnhofstraße 56, 52477 Alsdorf.

### **Medical service**

First aid is provided by the Malteser Hilfsdienst.

### **Award ceremony**

See schedule

## **Results**

On the Internet at [www.powerman-alsdorf.de](http://www.powerman-alsdorf.de)

### **Changing rooms and showers**

In the indoor swimming pool (Luisenstr. 12), in the immediate vicinity of the start, finish and transition area. Access only with the start number. The use of the swimming pool is prohibited.

### **Toilets and cloakroom**

are located in the basement area of the Stadthalle Alsdorf. All items not needed for the competition can be left free of charge at the cloakroom.

### **Indemnification Waiver**

The event is based on the current competition regulations of the WORLD TRIATHLON of the DTU (Sports, Organizer, Doping and Referee Regulations), which can be viewed at the WORLD TRIATHLON and the DTU. By registering, the participant recognizes the competition regulations and the legal and procedural regulations as binding for himself

at. To the exclusion of any organizer liability, each participant starts at his own risk. Liability and claims derived therefrom

Participants among themselves are excluded. The organizer assumes no liability for theft of any kind. The participant is responsible for the technical

You are responsible for the safety of your own equipment. The participant agrees that photos, film recordings and interviews taken in connection with the duathlon may be used and passed on on radio, television, advertising, books, photomechanical reproductions without any claim to remuneration. The participant confirms that he is physically fit and sufficiently trained for the competition; The participant agrees that he/she has sole responsibility for personal belongings and equipment. If the event is cancelled by the organizer or the DTU, there is no entitlement to a refund of the entry fee.

- 1.** I agree that I will be treated at my own expense during the competition should this become necessary in the event of an injury, accident or illness during the race.
- 2.** I indemnify the organizer and organizer from all liability claims, insofar as these are not covered by the statutory liability.
- 3.** This includes all claims that I or my heirs or other entitled third parties could assert due to injury suffered or in the event of death.
- 4.** Furthermore, I indemnify the organizers and organizers from any liability claims against third parties, insofar as these damages as a result of my Participate in the duathlon during the event.
- 5.** I am aware that participation in the duathlon involves dangers and the risk of serious injuries and even fatal accidents cannot be ruled out.
- 6.** The registration is only valid after receipt of the entry fee.
- 7.** Finally, I declare that I have read the aforementioned conditions carefully and in detail and expressly agree with their content.
- 8.** I agree that the organizer may send me competition and participant information by email.

(Hint. Data Protection Act: Your data will be stored by machine.)

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