

## Race Information

**WQF World Cup Race**

**WQF World Championships Sprint**



**Bydgoszcz, Poland**

**13.07.2024**

Version: 27.06.2024

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### Distance

475m Swim – 19k Cycle – 4k Kayak – 4.25k run

### Organizer

- Ars Athletica
- Tomasz Hoppe
- [kontakt@bydgoszcztriathlon.pl](mailto:kontakt@bydgoszcztriathlon.pl)
- 0048606125543
- <https://bydgoszcztriathlon.pl/quadrathlon/>

### Race location

- MAIN VENUE : Hala Sportowo-Widowiskowa "Łuczniczka", Toruńska 59, Bydgoszcz, Poland
- Transition to BIKE (T1)& Transition to RUN(T2) ZONE: SISU ARENA ", Toruńska 59, Bydgoszcz
- Lat.: 53.11948561692894, Lon.: 18.02615622072778
- Transition to KAYAK ZONE (T3) Zupy 4, Bydgoszcz, Poland, RTW Bydgoscia Club
- Lat. 53.12061570145524, 18.020368908311752

### 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: 399,99 zł until 01.01.24; 499,99 zł until 30.03.24; 549,99 zł until 30.05.24
- Registration page: <https://bydgoszcztriathlon.pl/#register>
- Registration via email: [biuro@bydgoszcztriathlon.pl](mailto:biuro@bydgoszcztriathlon.pl)
- Starting list: [STS-TIMING.PL - REJESTRACJA](https://sts-timing.pl/rejestracja)
- Results after the race: <http://bydgoszcztriathlon.pl/wyniki/>

## Timetable

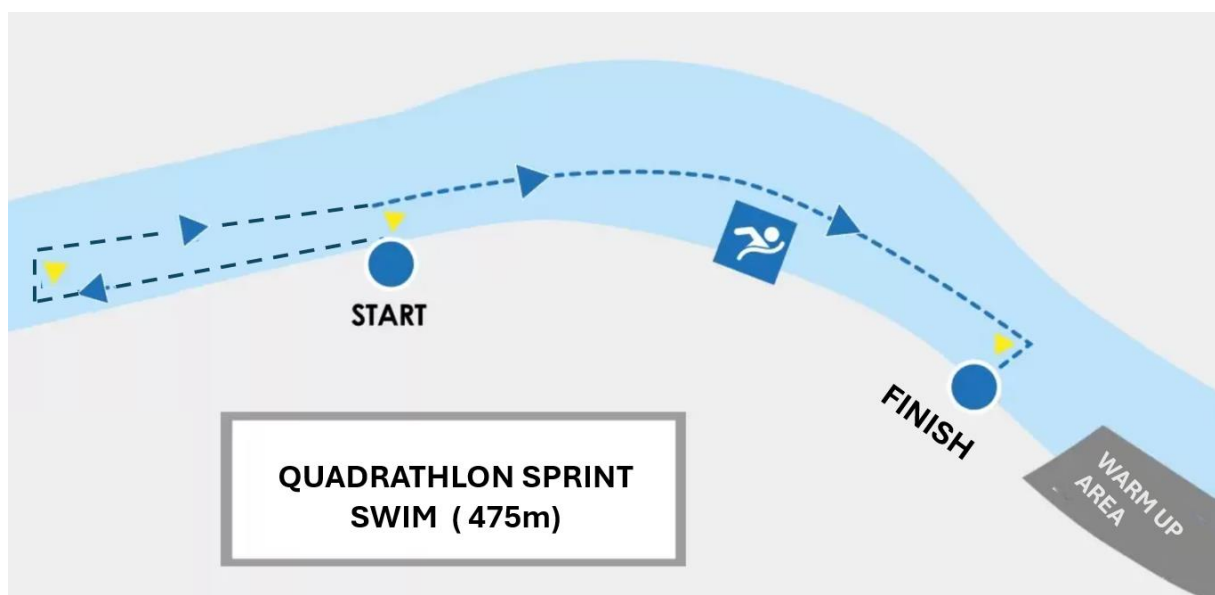
- Pick up Race Numbers	12.07.	17:00 - 21:00	Lucznika Immobile Hall
- Pick up Race Numbers	13.07.	07:00 - 09:00	Luczniczka Hall
- Check-IN	12.07.	18:30 - 21:30	Sisu Arena Hall (Bike)
- Check-IN	13.07.	06:30 - 11:00	Sisu Hall (Bike)
- Check-IN	12.07.	18:00 - 21:30	RTW Bydgoscia (Kayak)
- Check-IN	13.07.	06:00 - 07:30	RTW Bydgoscia (Kayak)
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- Race Briefing (in English)	12.07	19:30	T3 Change ZONE RTW Bydgoscia
- Race Start in pairs every 8 sec.	13.07.	07:45	Brda River next to Torbyd Hall ( EXPO) <u>below</u> the pedestrians bridge
- Cutoff Time			
— Swim – 30 minutes — Swim + Bike – 120 minutes — Swim + Bike + Kayak– 180 minutes — Swim + Bike + Kayak + Run – 300 minutes			
- Check-OUT	13.07	16:00-18:00	
- Ceremony (TRI & Open Quadra)	13.07	15:30	Stage near Luczniczka
- Ceremony (Quadra Age groups)	13.07	15:30	Stage near Luczniczka

-More info ENG [Competition schedule - Enea Bydgoszcz Triathlon](#)

-More info DE [Wettkampfplan - Enea Bydgoszcz Triathlon](#)

## Maps

Swimming – 475m –Upstream and then 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 – 19km – 1 round counterclockwise at a closed big flat road, with good asphalt.

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

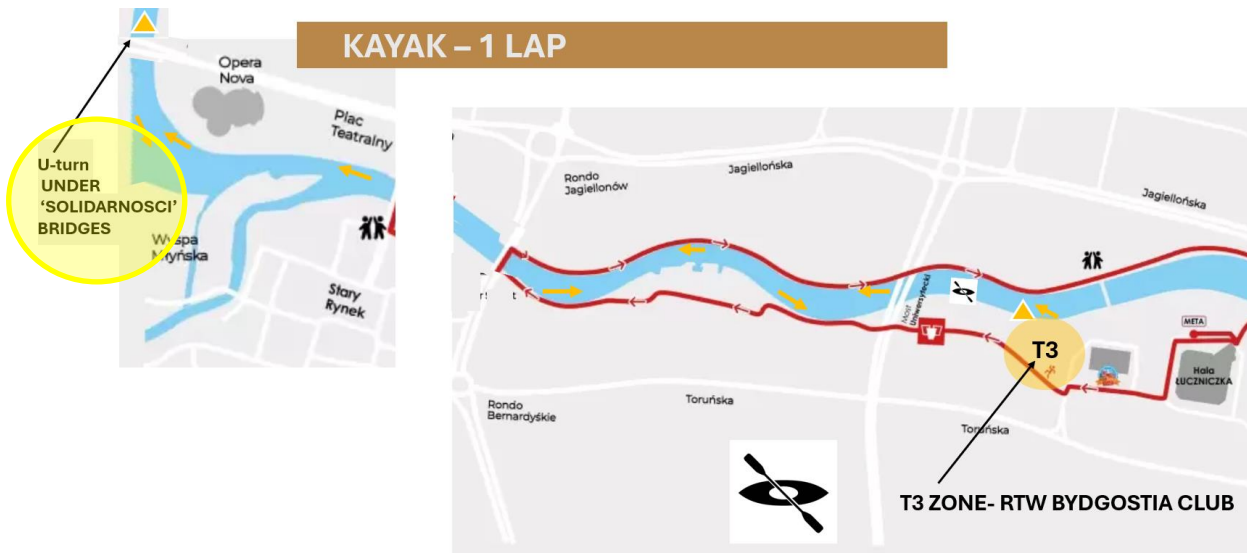
## BIKE ROUTE – 1 LAP



Transition Bike to Kayak – 0,2k run – to get to the kayak follow the track for 200m. T3 Zone is located at RTW Bydgoscia Club (Zupy 4 ) <https://maps.app.goo.gl/tbihAYgaE8igkdCm6>

Details at (down below) map of the running. You need shoes.

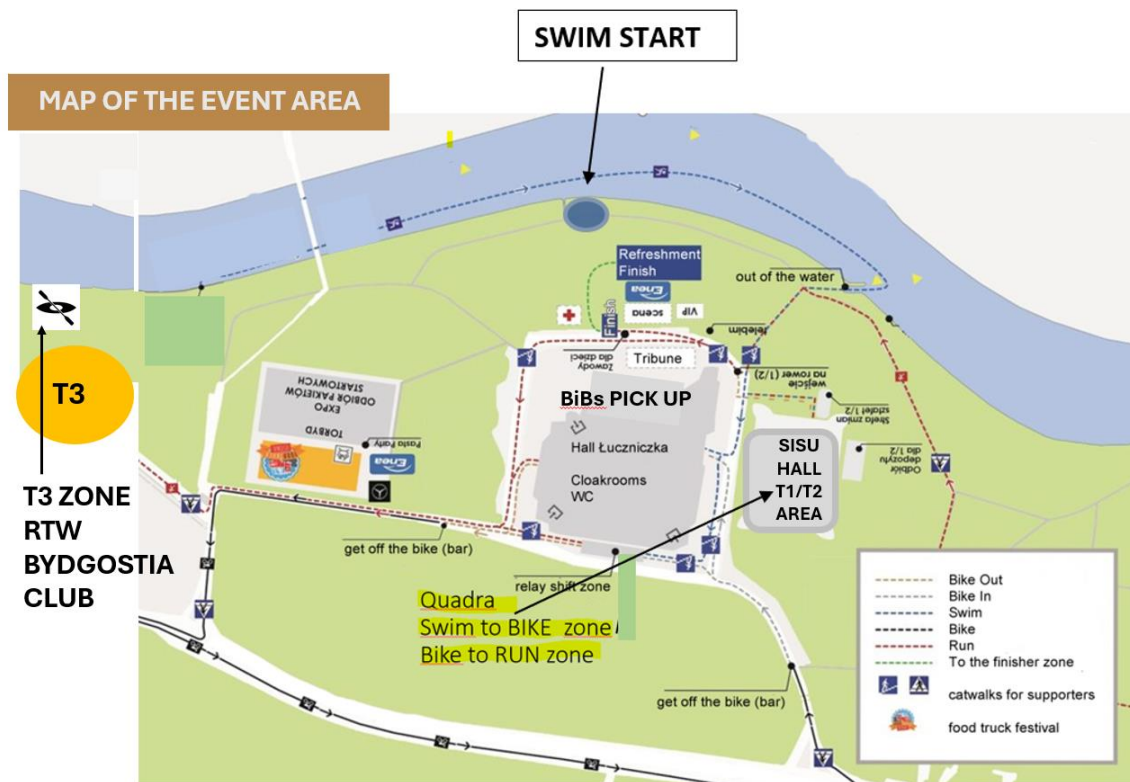
Kayaking – 4k – 1 round at the river : You start to your left -up the river stream, at the right hand side of the river and after ca 2km UTurn (once passed the Opera House on your right, and the Solidarnosci bridges) following left arm and down the river back to T3 zone. At the bayou's there would be Volunteer standing at the river bank.



Running – 4,25k – 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 "SISU ARENA" ( east from Lucniczka Hall)



## Refreshment

- 2 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](mailto:hoppetomasz@gmail.com)) no later than July 5th.

## 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 0630 AM time latest.
- More details at <http://bydgoszcztriathlon.pl>

