

Race Information

WQF World Cup Race.

Cazalegas

Spain

16.06.2024

Version: 11.02.2024



Distance

750m Swim – 16k Cycle– 4k Kayak – 5k run

Organizer

- Ayuntamiento Cazalegas (town hall)
- Enrique Peces
- cuadriatlonecazalegas@gmail.com
- +34 686362978
- www.cuadriatlonecazalegas.com
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Race location

- Cazalegas camping. Cazalegas reservoir.
- TO-1261 Road. Cazalegas. 45683.Toledo. Spain.

Categories

- Solo (Age Groups)
- Relay: Women, Men and Mixed
- Awards: medals for 1-3 places in every category

Timetable

- Pick up Race Numbers: Saturday from 18-20.00h/Sunday 8.00-9.00h (at the Lake)
- Check-IN boxes: Sunday 9.00 – 10.00h (at the Lake)
- Race Briefing: Saturday 20.00h & Sunday 10.30h (at the Lake)
- Race Start: Sunday 11:00h (In the Lake)
- Cutoff Time: Total 2.30 h (swim: 25 min; end of bike: 1 h, end of kayak: 1h45 min)
- Check-OUT: 13:30h (at the Lake)
- Ceremony: 14:30h (at the Lake)

Registration

- Solo:
 - o 30 euros (+5 euros, not federated in triathlon)
 - o Deadline 09.06.2024 at 23.59h
- Relay
 - o 20 euros (+5 euros, not federated in triathlon)
 - o Female, Male and Mixed relays.
 - o Deadline 09.06.2024 at 23.59h
- Registration page: [soon](#)
- Starting list: [not yet](#)
- Results after the race: www.cuadriatlon.com

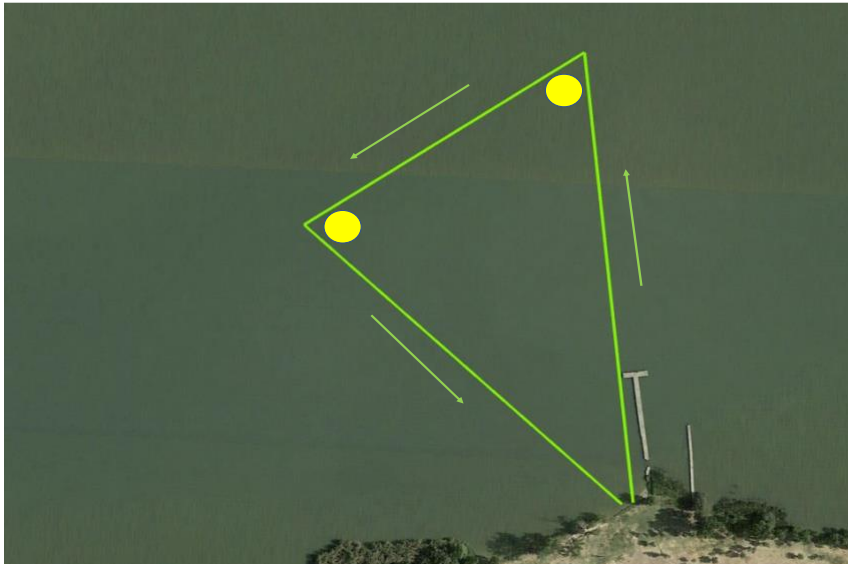
Maps

- Swimming 1 lap counterclockwise
- Cycling along the TO-1261 road, beside Cazakegas Lake, one lap on closed road.
- Kayak: in Cazalegas Lake, 2 laps counterclockwise
- Running on the lakeside 4 laps
- Lake can be rather wavy in case of windy weather conditions!

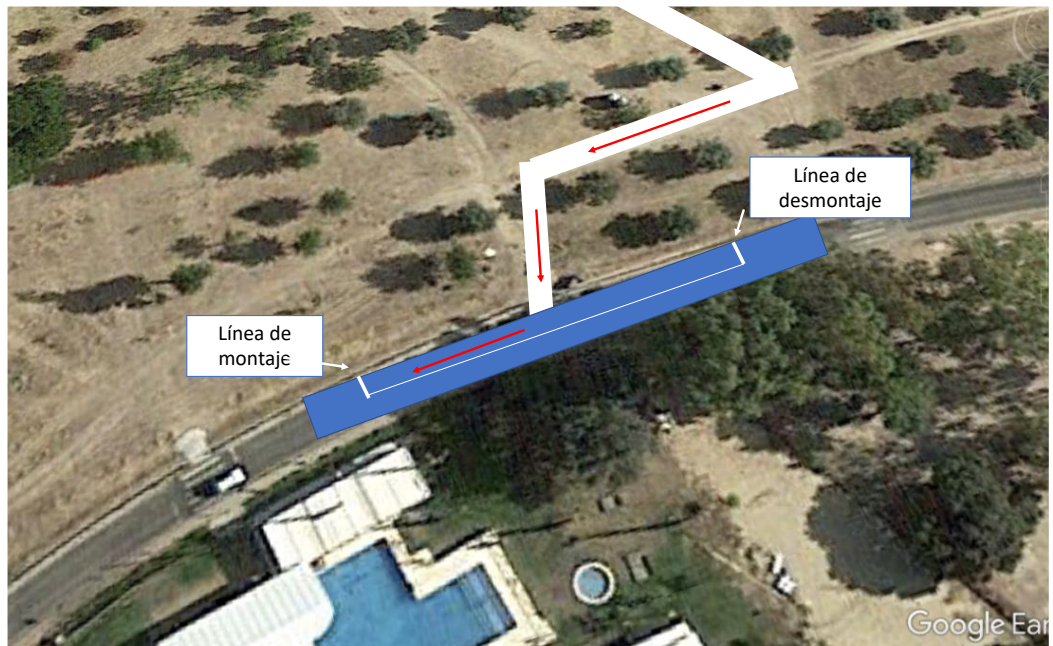
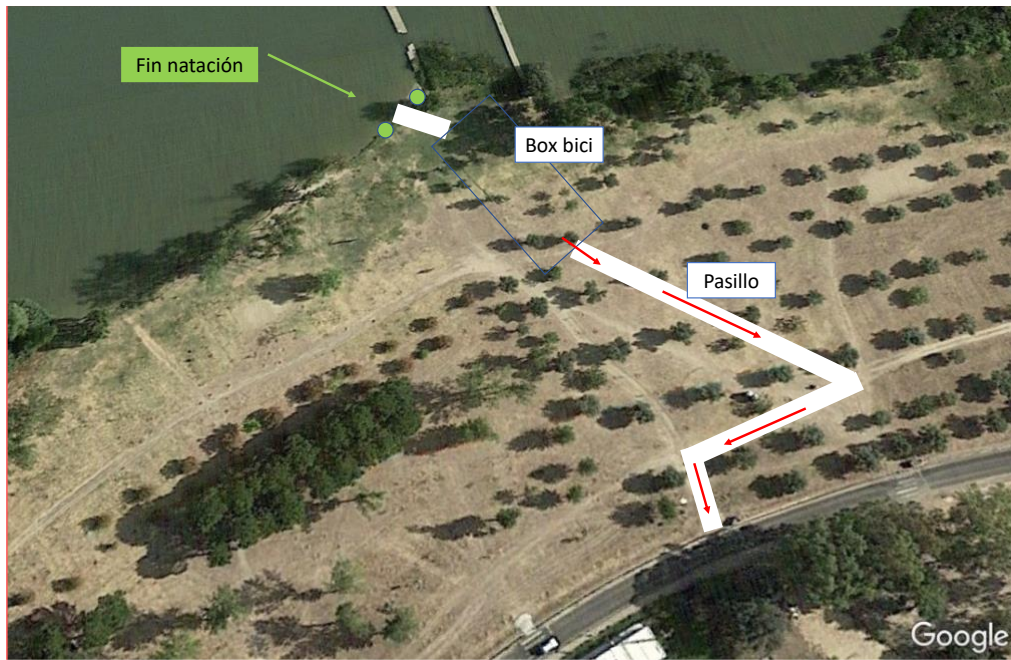
Circuit

Swimming

1 lap (750m)

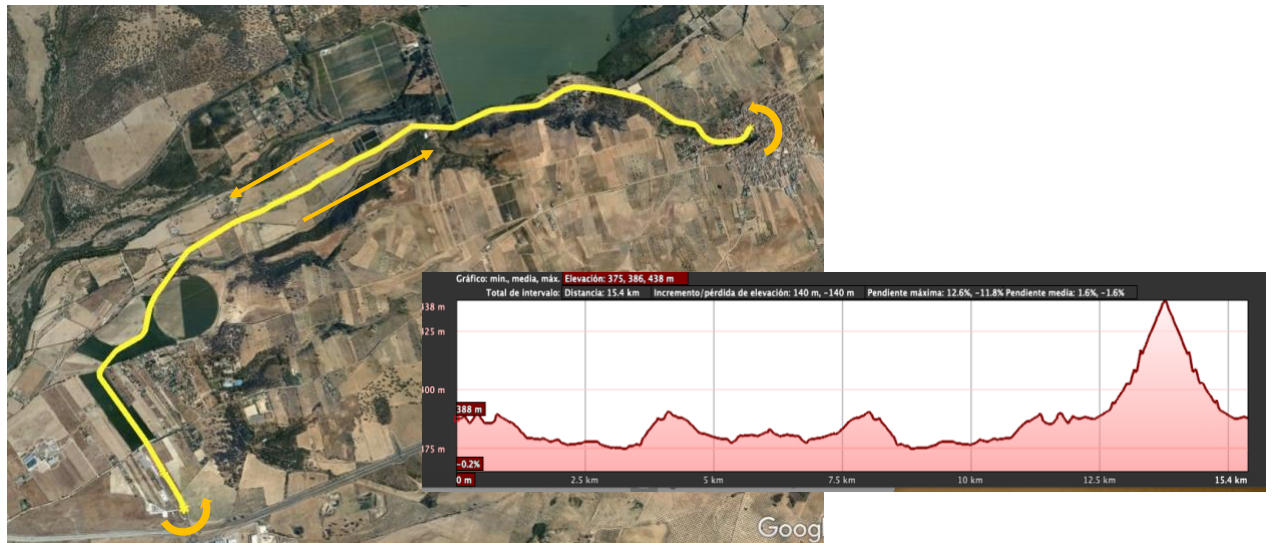


Transition 1: Swim-Bike

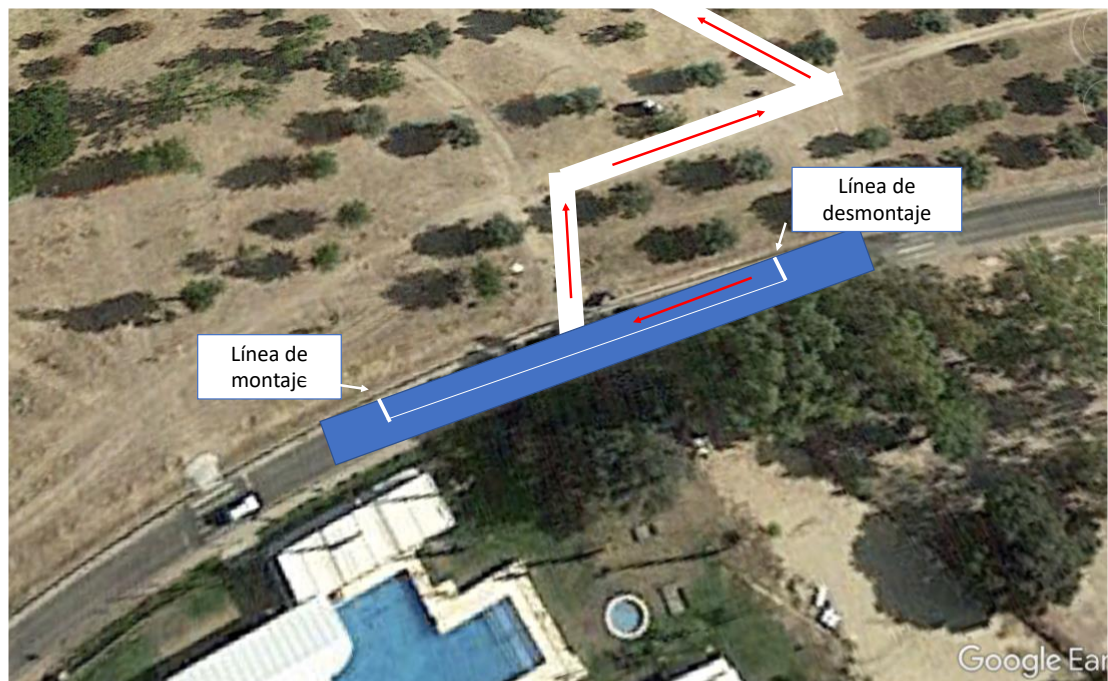


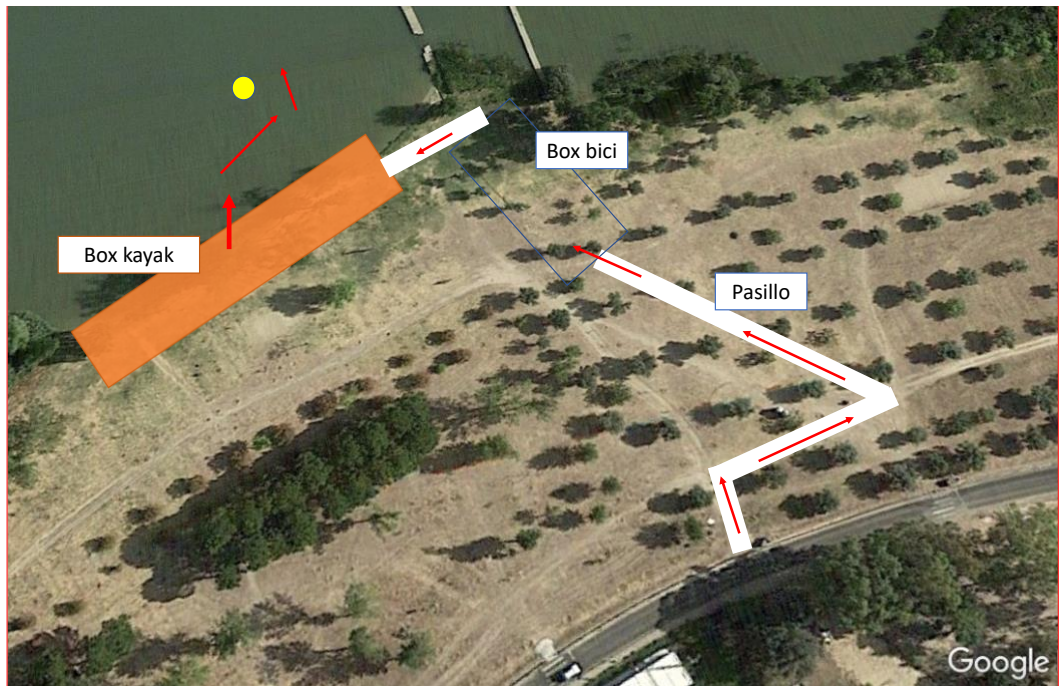
Bike course:

1 lap (15km)



Transition 2: Bike-kayak



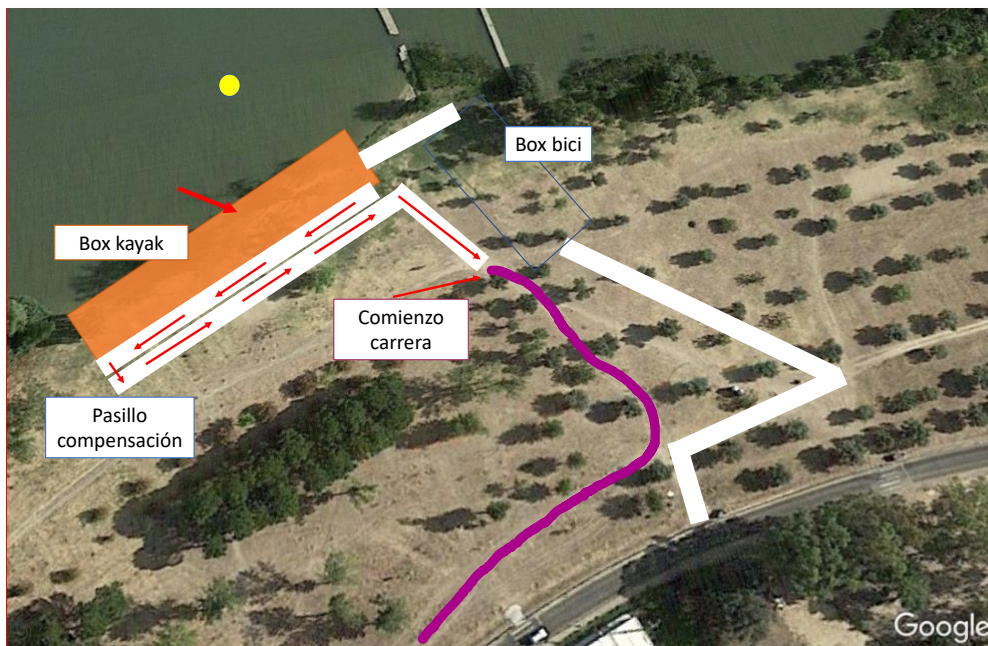


Kayak course:

2 laps (4km total)



Transition 3: Kayak-Run

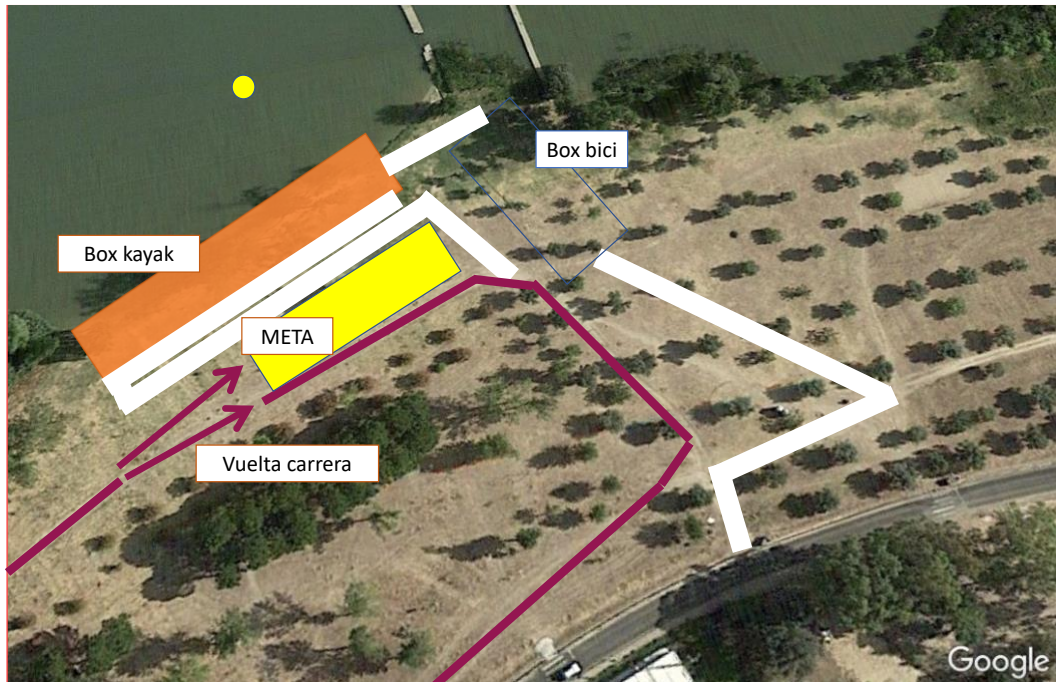


Running course:

4 laps (5k total)



Finish line:



Refreshment

Refreshment in the race center (during running)

Rules

- The race is under the rules oft he WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf> and FETRI rules <https://triatlon.org/wp-content/uploads/2022/02/Circular.3.22-Competiciones-Reglamento-de-Competiciones-edicon-2022.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

Rental

- Kayaks can be rented out at the local kayak club's boat house: Talavera Talak Club
- Options during registration process

Others

