

Race Information

WQF World Cup.

Cazalegas

Spain

10.09.2023



Version: 08.04.2023

Distance

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

Organizer

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

Race location

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

Categories

- Individual (Age Groups)
- Relay
- Awards: medals for first 3 places in each category

Timetable

- Pick up Race Numbers: Saturday 18-20.00h & Sunday 8.00-9.00h (Race Center at the Lake)
- Check-IN boxes: Sunday 9.00 – 10.00h (Race Center at the Lake)
- Race Briefing: Saturday 20.00h & Sunday 10.30h (Race Center at the Lake)
- Race Start: Sunday 11:00h (In the Lake)
- Cutoff Time: 2h30' (swim: 25 min; end of bicycle: 1 h, end of kayak: 1h45 min)
- Check-OUT: 13:30-14.00h (Race Center at the Lake)
- Ceremony: 14:00h (Race Center at the Lake)

Registration

- Solo:
 - o 30 euros (+5 euros, not federated in triathlon)
 - o Deadline 03.09.2023 at 23.59h
- Relay
 - o 20 euros per athlete (+5 euros, not federated in triathlon)
 - o Female, Male and Mixed relays.
 - o Deadline 03.09.2022 at 23.59h
- Registration page: www.cuadriatlon.com
- Starting list: www.cuadriatlon.com
- Results after the race: www.cuadriatlon.com

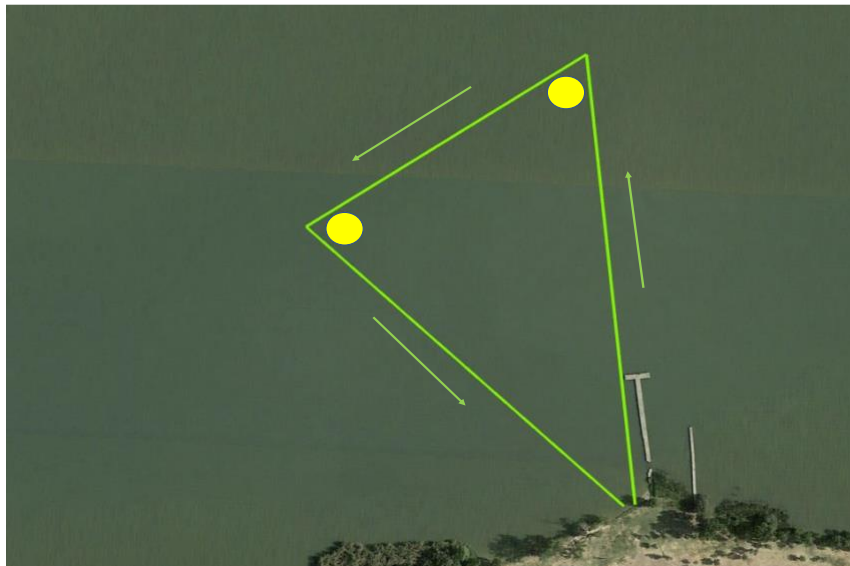
Maps

- 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 wavy in case of windy conditions!

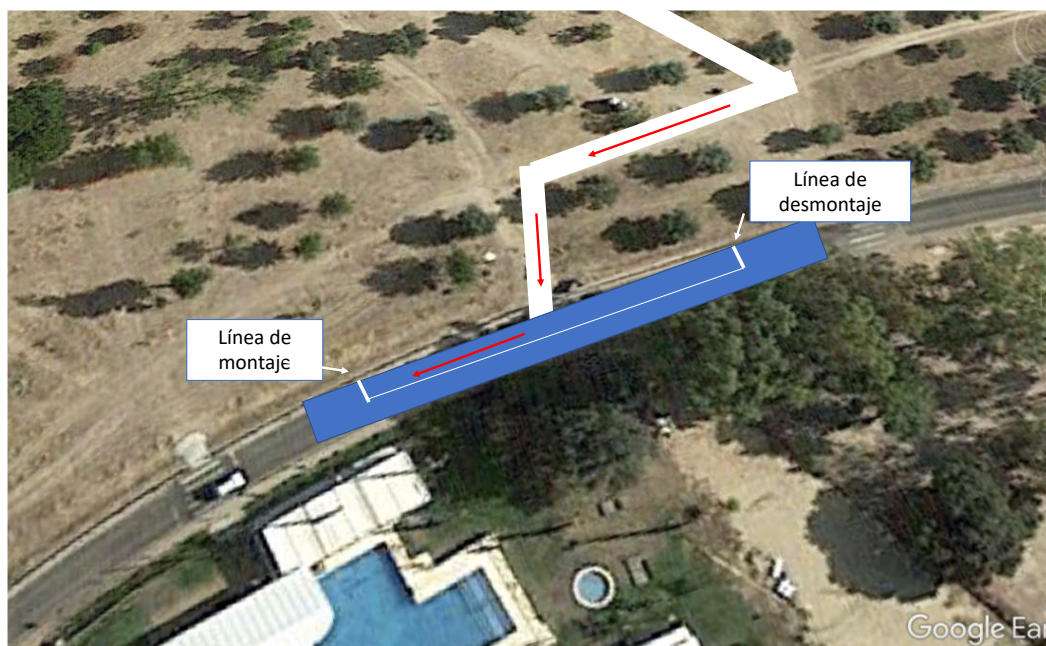
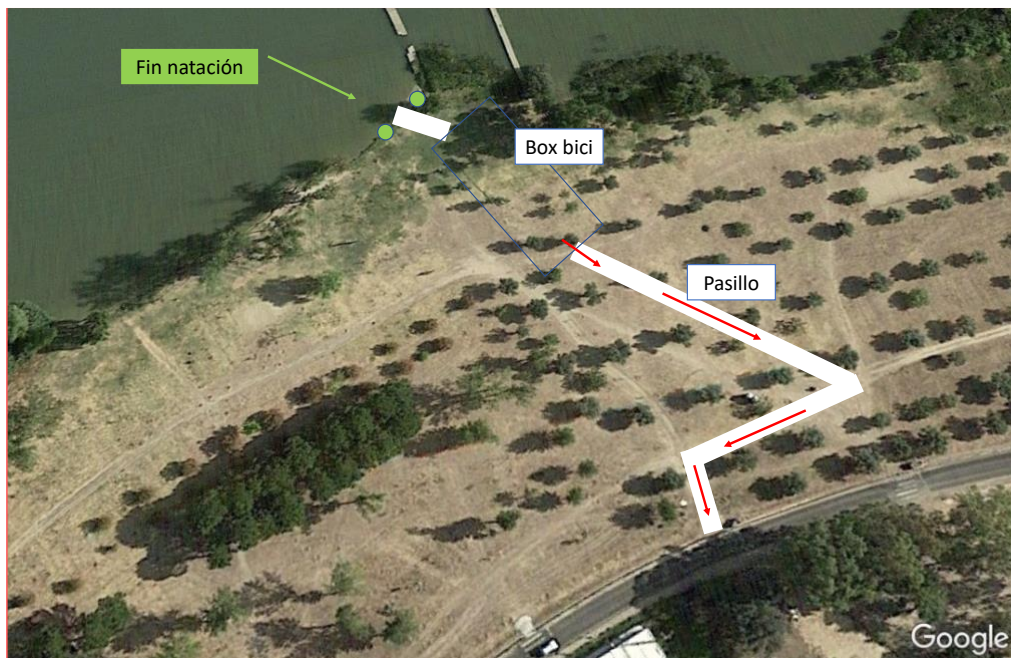
Circuit

Swimming

1 lap (750m)

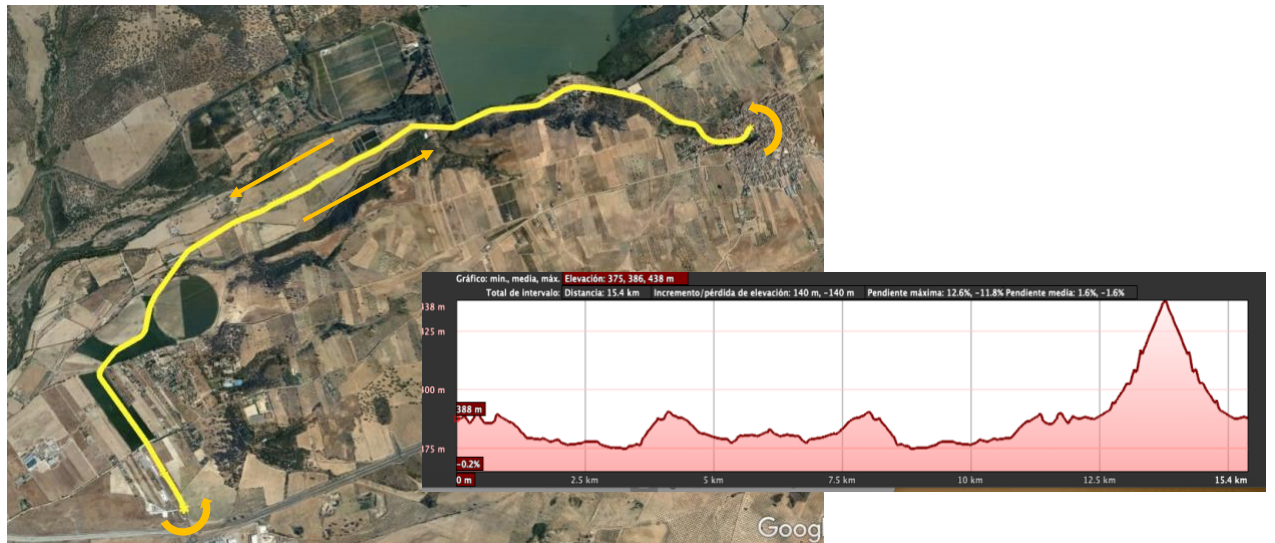


Transition 1: Swim-Bike

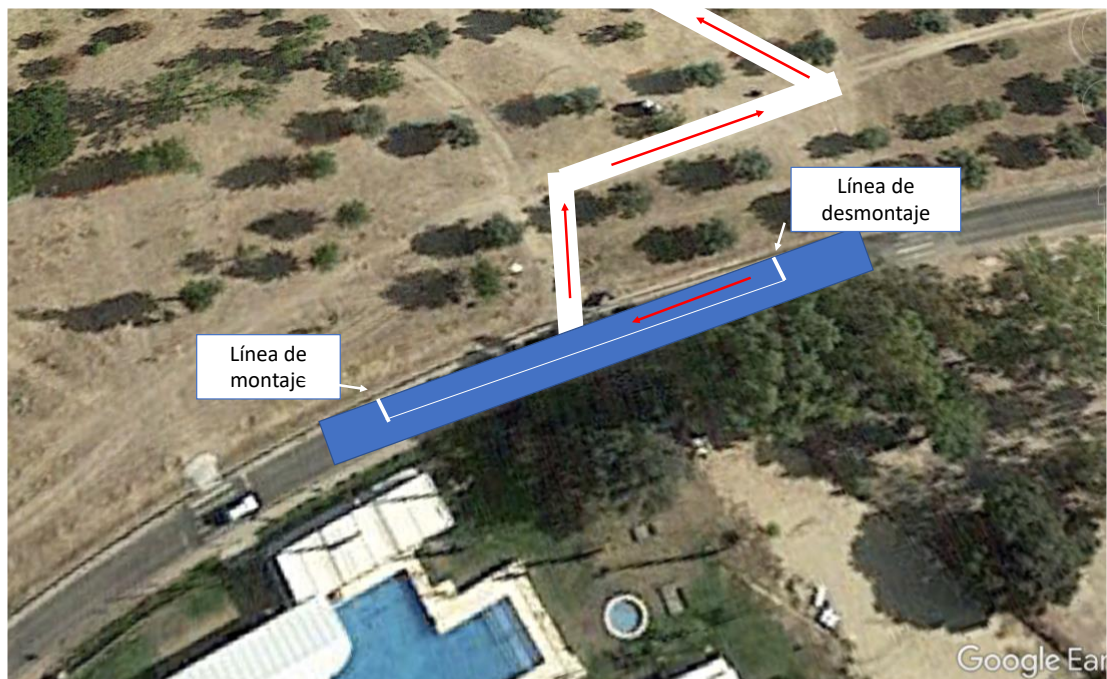


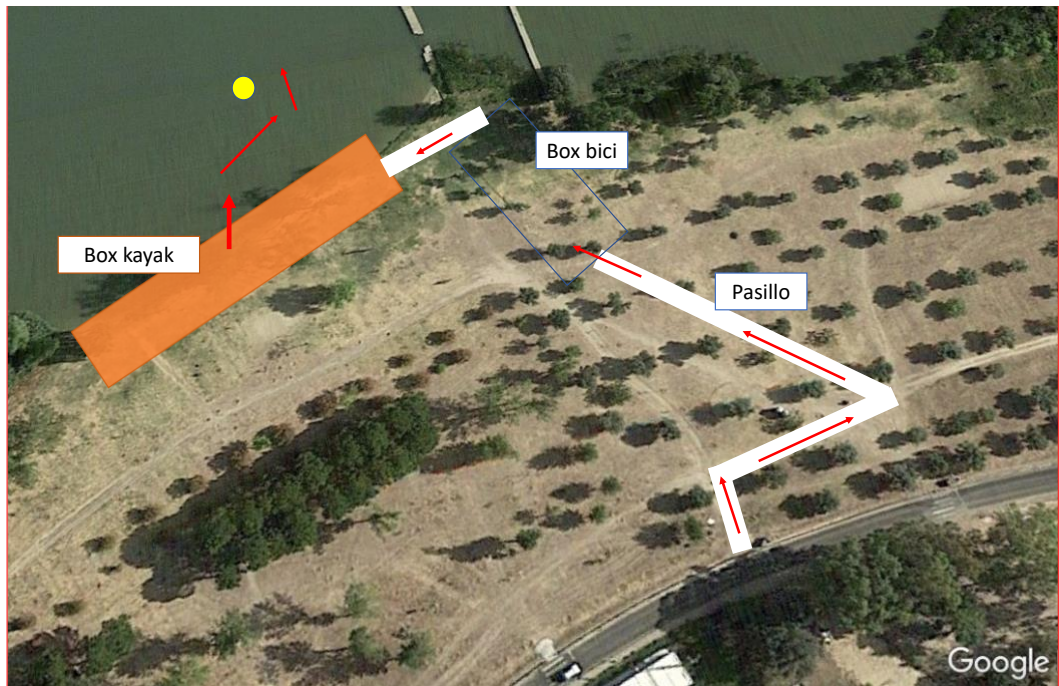
Bike course:

1 lap (15km)



Transition 2: Bike-kayak



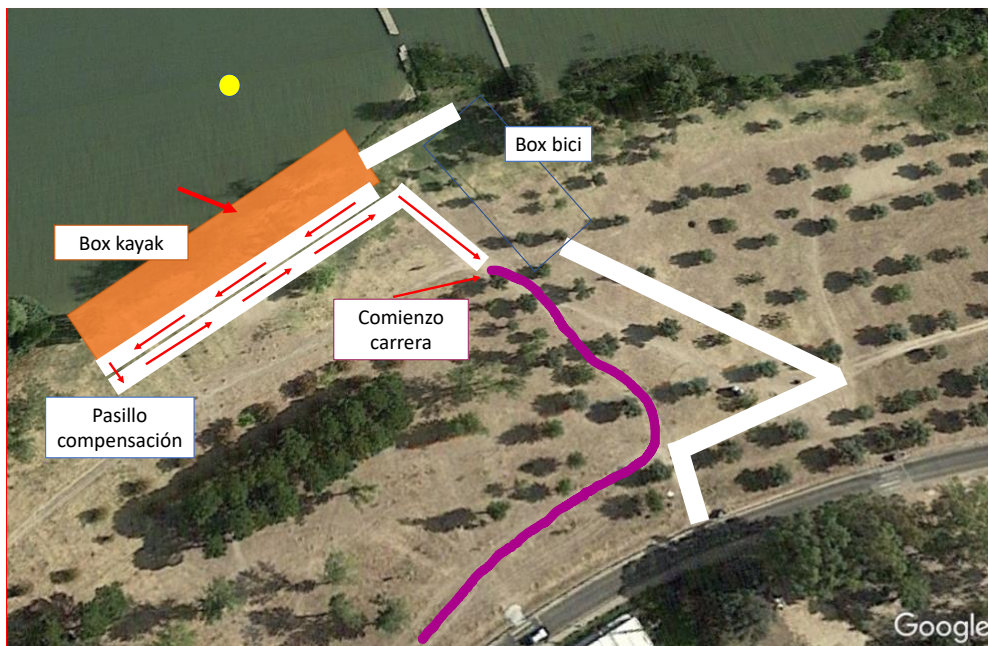


Kayak course:

2 laps (4km total)



Transition 3: Kayak-Run

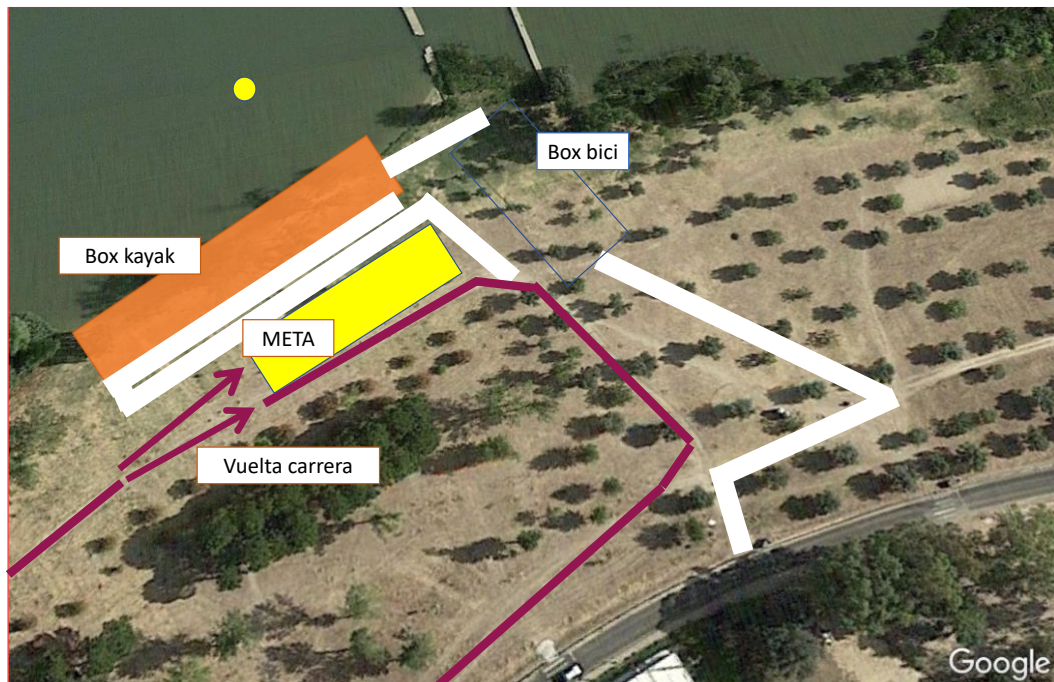


Running course:

4 laps (5k total)



Finish line:



Refreshment

Refreshment in the race center (during running)

Rules

- The race is under the rules of the 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 be closed before take the bike
 - o no crossing of the middle line road at the bike
 - o no race-number under the wetsuit
 - o Trash specific area

Rental

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

Others

