



## Programme European Championship Age Group and COOLMAN - open race for everybody



- Date: 14<sup>th</sup> – 16<sup>th</sup> January 2005
- Place: Freudenstadt, in the Black Forest
- Patron: Erwin Teufel – Prime Minister of the Land Baden-Württemberg
- Promoter: European Triathlon Union, multisportsnetwork GmbH
- Organization: Team multisportsnetwork e.V., SV/SZ Kniebis e.V.
- Competition: Alpirsbacher Klosterbräu COOLMAN-Winter-Triathlon:
- European Championship
  - COOLMAN-Wintertriathlon – race open for everybody
  - COOLMAN-relay



For elite athletes there is a special programme and a special registration form.

- Distances:
- |                |                                |
|----------------|--------------------------------|
| EC Age Group   | 5 km Run/10 km MTB/7 km XC-Ski |
| COOLMAN „open“ | 5 km Run/10 km MTB/7 km XC-Ski |
| COOLMAN-relay  | 5 km Run/10 km MTB/7 km XC-Ski |
- Course: **Run** 2 x Lap with 2,5 km each

About 50% of the course will be on solid ground – the rest can either be on snow or on paths with soft ground depending on the weather conditions. The course is of medium difficulty.

**MTB** 2 x Lap with 5 km each

Normally about 50% of the course should be covered with snow. The course runs along footpaths and through the town and is usually passable even in bad weather conditions. There are only few technically challenging passages.

**XC-Ski** 2 x Lap with 3,4 km each

About 50% of the course will be on the traditional night ski track which will be covered with artificial snow as soon as it starts to freeze and should be in good condition. The rest of the course will be made as transfer from the finishing area to the lap. The course is the same as in 2004 and is of medium difficulty.

registration deadline:

**Monday, 20<sup>th</sup> December 2004**



late registration: 20,- EUR extra - if there are any free capacities.

**No registrations will be accepted after 07<sup>th</sup> January 2005.**

|             |                |          |              |          |
|-------------|----------------|----------|--------------|----------|
| Entry fees: | EC Age Group   | 40,- EUR | Jugendliche  | 20,- EUR |
|             | COOLMAN „open“ | 40,- EUR | Jugendliche  | 20,- EUR |
|             | Relay          | 30,- EUR | for the Team |          |

Including: licence fees, fees to associations, payment of referees, catering during the competition, preparation of the course, timekeeping and VAT are included as well as the following services and gifts:

- Holmenkol waxing service
- Albgold- pasta party (Saturday, 15<sup>th</sup> January 2005)
- Viba-Sportsline energy bar – for the competition Squeezy-Energy-Gel – Support
- HAD-COOLMAN- multifunctional cloth for all single starters who will have registered before the deadline.

Prizes: different kinds of high-quality prizes for places 1-3 of all age groups.

Address for registration:

multisportsnetwork GmbH, Tannenweg 11, D-71134 Aidlingen

Telephone: +49 (0) 7034-64 99 51,

Telefax: +49 (0) 7034-64 99 55

E-Mail: [info@multisportsnetwork.com](mailto:info@multisportsnetwork.com) Internet: [www.coolman-wintertriathlon.de](http://www.coolman-wintertriathlon.de)

Registration: Send the official registration form and transfer your entry fee at the same time and free of charge to the following bank account:

account no. 83 088 008

Raiffeisenbank Aidlingen BLZ 600 692 06.

For payment from abroad please always use the international bank account number

IBAN: DE 28 6006 9206 0083 0880 08.

**You will only be registered after we have received your entry fee.** There will be no letters of confirmation. For up-to-date information on the internet see [www.multisportsnetwork.com](http://www.multisportsnetwork.com)

Limit of starters: 200 single starters, 50 COOLMAN-relay teams

Age Groups starters will be divided into age groups in a 5-year-rhythm following our sports regulations - Jugend B and older starters.

Drug Testing: Associations are entitled to carry out drug tests in the course of the European Championship.



Timetable:

### Friday, 14<sup>th</sup> January, 2005

|                  |           |                       |
|------------------|-----------|-----------------------|
| Opening ceremony | 18.30 Uhr | Kurhaus, Freudenstadt |
| Pasta-Party      | 19.30 Uhr | Kurhaus, Freudenstadt |

### Samstag, 15.01.2005

|                              |           |                       |
|------------------------------|-----------|-----------------------|
| Elite female and U23 female  | 11.00 Uhr | Kniebis, race area    |
| Elite male and U23 male      | 13.00 Uhr | Kniebis, race area    |
| Pasta-Party, starting from   | 18.00 Uhr | Kniebis, Kniebishalle |
| Awards ceremony EM-Elite/U23 | 19.30 Uhr | Kniebis, Kniebishalle |
| Après-Ski-Party              | 20.30 Uhr | Kniebis, Kniebishalle |

### *Der Kniebis beb't!*

### Sunday, 16<sup>th</sup> January, 2005

|   |               |                       |
|---|---------------|-----------------------|
| Team Sprint, Elite (relay)  | 10.30 Uhr     | Kniebis, race area    |
| Awards Ceremony Team Sprint                                       | ca. 12.15 Uhr | Kniebis, Kniebishalle |
| Alpirsbacher Klosterbräu  | 13.00 Uhr     | Kniebis, race area    |
| COOLMAN-Wintertriathlon:<br>EC-AG, open race and<br>COOLMAN-relay |               |                       |
| Awards Ceremony Age Groups  | 16.30 Uhr     | Kniebis, race area    |
| Open race, COOLMAN-relay  |               |                       |

**Opening:** The opening of the European Championship will be celebrated with a ceremony. All age group athletes are invited to join the opening ceremony and the marching in of the athletes.

**Starter's kit:** You will receive your documents at our office in the Kniebis school (Schule Kniebis, next to the transition area).  
Saturday 15<sup>th</sup> January 2005 from 15.00 to 18.00.  
Sunday 16<sup>th</sup> January 2005 from 09.00 to 11.00.  
We recommend that you come and get your papers on Saturday!

**Briefing:** Up-to-date information after the Pasta-Party (15<sup>th</sup> Jan.) during the COOLMAN-evening programme.

**Changing:** Showers and changing rooms are situated next to the starting and finishing area at the Gym (Kniebishalle).

**Weather clause:** The Alpirsbacher Klosterbräu COOLMAN-Winter-Triathlon will be carried out as a Cross-Duathlon if there is not enough snow. For Webcam see [www.coolman-wintertriathlon.de](http://www.coolman-wintertriathlon.de).

