

Programme und general information - ELITE-

Date:	14 th – 16 th 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:	Elite male and female U23 male and female Juniors male and female Elite Team Sprint relay



For age group starters and starters of the open for everybody competition Alpirsbacher Klosterbräu COOLMAN-winter-triathlon there is a separate programme and registration form.

Distances:	Elite, U23	7,5 km Run/15 km MTB/10 km XC-Ski
	Junioren	5 km Run/10 km MTB/7 km XC-Ski
	Team Sprint	2,5 km Run/3 km MTB/3,4 km XC-Ski
Course:	Run	Lap with 2,5 km each Elite, U23: 3 laps Juniors: 2 laps Team Sprint: 1 lap

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	Lap with 3 km each Junioren: 2 laps (5 km each) Team Sprint: 1 lap
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Normally about 50% of the course should be covered with snow. If it is cold enough, additional laps will be prepared over snow-covered meadows. The course is passable even in bad weather conditions. There are only few technically challenging passages.

XC-Ski	Lap with 3,4 km each Elite, U23: 3 laps Junioren: 2 laps Team Sprint: 1 laps
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About 50% of the course will be on a night ski run 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 a transmission area / zone(?) from the finishing area to the lap. The course is the same as in 2004 and is of medium difficulty.

registration deadline:

Monday, 20th December 2004

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

No registrations will be accepted after 07th January 2005.

Entry fees:	Elite	60,- EUR
	U23	50,- EUR
	Juniors	40,- EUR
	Team Sprint	90,- EUR pro Team

Prize Money: 10.000,- EUR

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 Internet: 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

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



Timetable:

Friday, 14th January, 2005

Team captains meeting	17.00 Uhr	Kurhaus, Freudenstadt
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, 16th 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: EC-AG, open race and 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. For this reason all athletes are **obliged** to take part in the opening ceremony. Starters who do not turn up at the ceremony risk having their prize reduced or cut entirely.

Starter's kit: All starters have to come and get their documents **personally**. Please do not forget to present your licences from your association.

Issuing: Friday, 14th January 2005, from 15.30 to 18.00 Freudenstadt, Kurhaus
Numbers will not be issued on the day of the competition!
In exceptional cases juniors will be able to get their starting documents on Saturday during the age group registration.

Briefing: Only athletes and officials who have **credit facilities** may attend the meeting of the team captains. For every nation **at least one representative** has to attend.

Accommodation: Please contact Touristinfo Kniebis Fon: +49 (0)7442-7570
Fax: +49 (0)7442-50632 eMail: touristinfo-Kniebis@t-online.de

