

📍 TIME AND PLACE

PLACE: Liepaja, Liepaja Olympic Center. Start of the race: 10:30
Swimming – Liepaja Olympic Center Pool & SPA, Brīvības street 39
 (25m*5 tracks with SWISS TIMING electronic time locking system)
Running – in Liepaja Olympic Center manege, Brīvības street 55
 (200m circle with electronic time locking system)

EVENT ORGANIZER

The competition is organized by the **Association "SUP skola Liepāja"**
 (Artis Lagzdīņš tel.: +371 29114185, lagzdinsartis@gmail.com),
 in cooperation with **Liepaja City Municipality and Latvian Triathlon Federation.**

Chief judge of the competition – Ineta Aulika (tel.: +371 29297797)

COMPETITION PROGRAM

9:30-11:30	Arrival of participants, registration	
10:00-10:25	Warm-up pool first group	FM 9,11,13,15,O,70
12:00-12:25	Warm-up pool second group	FM 17,19,40,50,60,F,M
10:30	Start of the first swim in the first starting group	50m, 200m
12:30	Start of the first swim in the second starting group	400m
14:30	Start of the first run in the first starting group (beam with the total start within the respective group)	500m, 1000m
15:30	Start of the first run in the second starting group (start with the total start within the respective group)	3000m
Aprox.18:00	Awarding ceremony in LOC manege	

PARTICIPATION FEE

Registration of participants' applications takes place www.supskola.lv/akvatlons

F40; M40; F50; M50; F; M; FO; MO	F9; M9; F11; M11; F13; M13; F15; M15; F17; M17; F19; M19; F60; F60; F70; M70	
20.00 EUR	15.00 EUR	The entire application period, until 05.03.2024 at plkst. 23:59