



Helsingborgs Triathlon 2011

Sunday 24 July

IS Göta has the pleasure inviting you to Helsingborgs Triathlon

Location: Helsingborg, located on the west coast in the south of Sweden. Start and finish is at Pålsjöbaden with address Drottninggatan 151.

The swim takes place in the open sea with a spectacular view over Denmark, the bike ride passes two old castles and the run is in the middle of the city along the beach walk.

Time: First start at 10:00 a.m.

Distances:

Olympic Distance (1500m swim, 40k bike, 10k run)

Mini (400m swim, 20k bike, 5k run)

Team relay — There are team relays on both Olympic and the Mini distances. One person swims, one bike and one run. Take the opportunity to challenge your friends and colleagues.

Classes:

Olympic Distance has male and female Elite and Age group race classes (requires license) as well as a 'run-for-fun' class.

The Mini distance has a 'run-for-fun' class only.

Race course:

The race is on a lap course. The swim is two laps of 750m, the bike ride is two laps on a 20k course and the run is four laps of 2.5k along the beach walk.

Service

The registration fee includes:

- Race in one the most beautiful areas of Sweden
- Guided tour of the race course by bicycle on the day before the race
- Sport drinks and energy products
- Refreshments and fruit after the race
- Free parking
- Shower at Pålsjöbaden conveniently located right at the race centre
- Cool T-shirt to all finishers
- After race at Pålsjö krog in the sunset by the beach, with food and drinks at reasonable prices

Registration in the race calendar at the Swedish Triathlon Association ([länk till tävlingskalendern](#)) on www.svensktriathlon.org with payment to the bank account listed in the registration page. Your registration is accepted when the payment is received. Received payment is shown by a green dot in the registration list.

Last day for registration is 10 July.

The number of participants is limited to 300 on a first come first serve basis.

Race license from a triathlon organisation associated to ITU or ETU is required for all classes except the 'run-for-fun' classes and the relay.

Registration fees

Class	Fee
Olympic Distance	325 SEK
Junior 18-19 year	275 SEK
Youth 16-17 year	150 SEK
Boys/Girls 12-15 year	150 SEK
Mini (400/20/5)	275 SEK
Team Relay (Olympic and Mini)	400 SEK

1 Euro = approximately 9.40 SEK

Rules: According to the Swedish Triathlon Association. No drafting allowed. Helmet is mandatory.

Information: Any questions before the race day can be e-mailed to magnus.domsten@gmail.com or Facebook: [hbgtri@groups.facebook.com](https://www.facebook.com/hbgtri@groups.facebook.com). You can also call Magnus Eriksson on +46-733-400 464

Also visit Susz triathlon in Poland (länk: <http://www.susztriathlon.pl>). Participants in Helsingborgs Triathlon will receive 15% discount at Susz triathlon.