

# **CZECH DIAMOND MEN 2011**

## **WORLD QUADRIATHLON CHAMPIONSHIPS**

### **CZECH QUADRIATHLON CHAMPIONSHIPS 2011**

**ORGANIZER**                        **SHERPA**  
  **and**  
  **TJ Tatran Sedlčany - kayak section**

**DATE**                                 **13<sup>th</sup> August 2011**

**LOCATION**                          **Sedlčany and the dam of Sedlčany (60 km South of Prague)**

#### **CATEGORIES**

cadets CM, CW            -        **14 - 15**  
youths YM, YW        -        **16 - 17**  
juniors JM, JW        -        **18 - 19**  
seniors - elite M, W    **20 - 39**  
masters : M40, M45, M50, M55, M60, M65, M70+  
  **W40, W45, W50, W55, W60+**  
relay teams – team consists of 4 athletes (different for each part)  
*(The category allocation is determined by the year of birth)*

**TEAMS**                    **The best three teams in category of men and women will be awarded. Final team results is a sum of the best three times of the competitors from one country. The team can be consisted from seniors or masters men/women.**

#### **DISTANCES**

**World Championships – cadets, youths, juniors**  
**swim – 0,750 km, kayak - 4 km,        cycle - 20 km,        run - 5 km**

**World Championships - seniors, masters**  
**swim – 1,5 km,    kayak - 7 km,        cycle - 40 km,        run - 10 km**

**Open race – all categories**  
**swim – 0,750 km, kayak - 4 km,        cycle - 20 km,        run - 5 km**

**Relay team – juniors, seniors, masters**  
**swim - 0,750 km, kayak - 4 km,        cycle - 20 km,        run - 5 km**

**! non - drafting race !**

#### **TIME LIMITS**

**swim & kayak            - 1:45 hod (for 1<sup>st</sup> wave at 11:30 hod)**  
**- 1:15 hod (for 2<sup>nd</sup> wave at 13:00 hod)**

<b>ENTRY FEE</b>	categories CW/M, YW/M	- 20,- EUR
	categories W, M, W/M40, W/M45, W/M50, W/M55, W/M60, M65, M70+	- 40,- EUR
		/after 6th August - 45,- EUR/
	relay teams	- 80,- EUR
	open race	- 30,- EUR
	youths, juniors	- 20,- EUR

entry fee – we appreciate to be payment realized by the registration in race office or it is also acceptable to send it by bank draft:

Bank: Česká spořitelna a.s.  
Account name: Ing. Václav Marek  
IBAN: CZ24 0800 0000 0002 1148 0163  
BIC: GIBACZPX

**PRIZES** the best five men and three women in elite category (seniors) receive prize money. Both winners of seniors categories receive the Cups. Awards will be presented to the top 3 in each category (male and female). All competitors receive a T shirt.

**PRIZE MONEY** seniors categories /minimum/

1.	240,- EUR	1.	240,- EUR
2.	160,- EUR	2.	160,- EUR
3.	80,- EUR	3.	80,- EUR
4.	60,- EUR		
5.	40,- EUR		

	relay
1.	160,- EUR

*(The prize money will be paid out in accordance with the Czech financial rules )!!!*

**PROTEST** Has to be submitted to the jury in writing form, with payment of 30,- EUR protest fee, within one of hour the official results being displayed.

**ENTRY DEADLINE** 5<sup>th</sup> August, 2011  
Entry form send to address: Václav Marek, Tyršova 10  
120 00 Praha 2, Czech Republic

**INFORMATION** Václav Marek, Tyršova 10, 120 00 Praha 2, Czech Republic  
E mail: [sherpa.v.m@volny.cz](mailto:sherpa.v.m@volny.cz)  
www: [www.czechdiamondmen.com](http://www.czechdiamondmen.com)

## RACE INFORMATION

Swim - artificial lake - reservoir Sedlčany, flat water, temperature approx.18-20 °C

Kayak - the same place – 5/3 laps

Cycle - asphalted good surface wave roads Sedlčany direction to Sedlec-Prčice  
2/1 laps á 20 km

Run - Sedlčany/Červený Hrádek - 2/1 laps á 5 km

*(The reservoir is situated about 2 km south of the central square of Sedlčany)*

**ACCOMMODATION** 1. Hostel Sedlčany - Secondary vocational school in Sedlčany (appr. 15,- EUROS per day per person)  
2. accommodation offer to contact yourself  
(see in enclosure\*)

The accommodation request for hostel accommodation please send together with the application form, the others is necessary arrange by yourself.

## TIME SCHEDULE

<b>8. – 12. 8. 2011</b>		arrival
<b>12. 8. 2011</b>	<b>12,00</b>	Meeting of the WQF
<b>12. 8. 2011</b>	<b>16,00-19,00</b>	registration (hostel of the Secondary vocational school Sedlčany)
	<b>19,30-20,15</b>	pre-race briefing in English (the same place)
	<b>20,20-20,45</b>	pre-race briefing in Czech (the same place)
<b>13. 8. 2011</b>	<b>09,00</b>	check in - transition areas A, B, C
	<b>10,30</b>	closing of transition areas
	<b>11,00-11,15</b>	pre start registration and last information before the start (lake)
	<b>11,30</b>	start - 1 <sup>st</sup> wave – seniors W/M, masters W/M (short distance)
	<b>13,00</b>	start – 2 <sup>nd</sup> wave - youths, juniors, relay teams, open race (sprint distance)
	<b>15,00</b>	prize giving ceremony - finish area - Sedlčany square – World Champ. – elite category
	<b>19,00</b>	prize giving ceremony and pasta party - Cultural House Sedlčany
<b>14. 8. 2011</b>		departure

## GENERAL RESPONSIBILITY

- 1) the race is followed by the WQF Rules 2011,
- 2) helmet for the cycling part must be safety approved by an officially recognized standardization and testing authority, the cycling helmets must be securely fastened at all times during the cycling course from the moment of leaving the transition area until re-entering it,
- 3) to use of wetsuit in swim part is allowed according the Rules,
- 4) to use of life-jackets in kayak section is recommended,
- 5) the participants will not be permitted to receive any assistance from anyone except in the rest stations, the penalty for infringement of the rules is disqualification,
- 6) the commissaries of the event, in representation of the organizers, will have absolute authority to disqualify any participant who does not conform to the established regulations,
- 7) the medical personnel have absolute authority to prohibit the participation of any person whom they consider not in condition to continue the race without danger to his health,
- 8) while any assistance or aid between competitors is forbidden, in case of danger it is obligatory to give help,
- 9) each participant will assume total responsibility for his own well-being during the race, and previous to the event all are obliged a medical certificate declaring that their personal health is compatible with participation in these event, it is obligatory that participants are insured against personal accidents,
- 10) competitors under the age of 18 may enter only with valid medical sports certificate,
- 11) [drafting is not allowed during the cycle segment](#),
- 12) the competitor is obligatory to use the race number provided by the organizer. Not to use it – disqualification,
- 13) participant under the 18<sup>th</sup> are obligatory having medical examination and signature of his/her legal representative on application form, other participants are recommended to have medical examination.

## \*ACCOMMODATION OFFER

### Hotel Florian

**Contact Information:**

- Sedlčany, nám. T.G.M. 167
- BEGA, s.r.o.
- tel./fax: +420 318 822 2-07
- e-mail: [hotelflorian.sedlcany@email.cz](mailto:hotelflorian.sedlcany@email.cz)
- Open yearly

### Boardinghouses

### Penzion Na Růžku

**Contact Information:**

- Novoměstské náměstí 230, 264 01 Sedlčany
- tel.: +420 318 821 6-51, mob.: +420 603 569 772
- e-mail: [pavelvystyd@centrum.cz](mailto:pavelvystyd@centrum.cz)
- [www.naruzku.com](http://www.naruzku.com)
- open: Mo-Thu 11 – 23, Fri, Sat 11 – 24 hod.

### Penzion B Sedlčany

**Contact Information:**

- Církvíčská 386, Sedlčany
- tel.: +420 318 822 7-54
- e-mail: [penzion.bowling@volny.cz](mailto:penzion.bowling@volny.cz)
- [www.trs-international.cz](http://www.trs-international.cz)
- Open yearly