



Key Information for Triathlon



Date
February 18th, 2023

Location
Las Catalinas Beach Town.
Playa Danta, Guanacaste



Distances
1200 m Swim / 25 Km Mountain Bike
8 Km Trail Run

Participant Capacity
Max of 250 Participants
160 for individual triathlon, 90 for relays.

Cost of Registration:



\$118.00

Individual:



\$240.00

Relays:

What does my registration include?

 Event T-Shirt	 Competition Number for your Bike	 Competition Number for the Run	 Timing Chip	 Pasta dinner
 Assistance teams at the start and finish of the competition	 EMS service during the competition	 Policy against accident, death and permanent disability	 Medal (for those who complete 100% of the competition)	 Live music and recreational activities during the day
 Parking and security for your vehicle	 Zip-Ties para amarrar el número a la bicicleta	 Showers and Sanitary Services	 Products and/or sponsor information	 Reusable cup

Divisions

- Registrants can compete in either Individual or Relay teams
For a division to be open there must be a minimum of eight people registered in that age group. People registered in divisions without at least 8 individuals will be placed in the category immediately below
- Relay participants all compete in the same category, called RELAYS. The minimum number of participants to compete in the relay is two people and the maximum is three. Teams can be mixed or same sex.
- The categories are established using your age on December 31, 2022.

Male	Female
Elite	Elite
Age 18-24	Age 18-24
Age 25-29	Age 25-29
Age 30-34	Age 30-34
Age 35-39	Age 35-39
Age 40-44	Age 40-44
Age 45-49	Age 45-49
Age 50-54	Age 50-54
Age 55-59	Age 55-59
Age 60-64	Age 60-64
Age 65+	Age 65+

Security and Safety

- The Aquatic Rescue Aquatic Unit of the Red Cross, along with the Public Force, Tourist Police and Private Security will be in charge of providing security to the participants and the general public during the event.
- During swimming, the lifeguards of the Red Cross Aquatic Rescue Aquatic Unit will be on kayaks, jet skis and motor boats.
- During the mountain bike and trail run, safety will be handled by the Red Cross, the Agroforestales team from Las Catalinas, and volunteers throughout the course

Rules and Regulations

- The Triathlon will be subject to the regulations of the Costarican Triathlon Federation, as well as the regulations for Off Road Triathlons from the ITU (International Triathlon Union).



Feutri License

- Tri Las Catalinas is an event endorsed by the Costarican Triathlon Federation. As such, all competitors must have a FEUTRI License to participate.
- You can purchase your license directly on the FEUTRI website.
- If you'd like to purchase an Annual License, you can do so at the following link:<https://www.feutri.org/tienda/afiliaciones/afiliacion-de-un-ano/>
- If you only want to buy the 1-Day License for the La Catalinas Triathlon, you can do so at the following link:<https://www.feutri.org/tienda/afiliaciones/1-dia-licencia-para-triatlon/>



Awards

- All participants who complete 100% of the course according to the registered distance will receive a medal
- The top 3 finishers in each category will receive additional awards, including products from our sponsors



- You can collect your competition packet Friday, February 17, 2023 from 2:00 p.m. to 9:00 p.m. in the main hall of the Hotel Santarena in Las Catalinas.



- The Triathlon Technical Talk will take place on Friday, February 17, 2023 at 6:00pm at Las Catalinas.
- The Technical Talk will cover topics and questions related to marking the route, regulations, schedules, and other specifics of the events.

Schedule for Friday, February 17th, 2023

All activities take place in Las Catalinas

Time	Activity
7:00am	Courses Open for Competitors
De 2:00pm a 9:00pm	Pickup Competition Packets
De 4:00pm a 5:00pm	Guided Swimming Training
De 5:00pm a 6:00pm	Recreational activity for kids
De 3:00pm a 9:00pm	Deliver bikes to transition area
6:00pm	Triathlon Technical Talk
De 6:00pm a 8:00pm	Pasta Dinner

Schedule for Saturday, February 18th, 2023

All activities take place in Las Catalinas

Time	Activity
4:30am	Transition area and body markings begin
4:30am	Deliver Competition Packets
5:30am	Transition Area closes, packet delivery and body marking ends
5:45am	Brief explanation prior to the start of the competition
6:00am	Event Begins (All Individual and Relays Start Together)
De 10:00am a 11:00am	Time to remove the bike from the transition area. After 11:00 a.m. the security team is not responsible for bicycles left in the transition area
12:00pm	Live Music
2:30pm	Special Activity for Kids
3:00pm	Registration for Kids Run
3:30pm	Kids Run Starts
4:30pm	Awards Ceremony

Course Descriptions and Details

<div><div></div><div>Swim</div><ul style="list-style-type: none">Distance: 1200mNumber of Laps: OneCourse Markings: Yellow buoysAssistance Posts: One</div>	<div><div></div><div>Run</div><ul style="list-style-type: none">Distance: 8.5KmFormat: Trail RunNumber of Laps: OneCourse Markings: Bright trail tape and flagsAssistance Posts: Four</div>
<div><div></div><div>Bike</div><ul style="list-style-type: none">Distance: 25KmFormat: Mountain BikeNumber of Laps: OneCourse Markings: Bright trail tape and flagsAssistance Posts: One</div>	



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