



**XTEERRA®**

**LUXEMBOURG**

**INTERNATIONAL CROSS TRIATHLON**

# SAUER PARK ROSPORT

**31 août &  
1<sup>er</sup> sept.**

Venez  
encourager  
les athlètes

[xterra-luxembourg.lu](http://xterra-luxembourg.lu)

## AGENDA

### FRIDAY 30 AUGUSTUS 2019

HOUR	ACTIVITY	PLACE
8:00	Opening pre-ride course (bike & run)	XTERRA Village

### SATERDAY 06 AUGUSTUS 2019

HOUR	ACTIVITY	PLACE
10:00 - 18:00	Registration open – Bib numbers available	XTERRA Village
10:00 - 18:00	XTERRA Village open – Partner stands	XTERRA Village
11:00	Press conference – Elite athletes	XTERRA Village
10:00 – 14:00	Athlètes dinner	XTERRA Village
12 :00	Bike park Open – XTERRA Mini kids & Kids	Bike Park
13 :00	Mini-kids briefing	Bike Park
13 :15	XTERRA MINI-KIDS START	Swi start
13 :30	Kids briefing	Bike Park
13 :45	XTERRA KIDS START	Swim Start
14 :00	Bike park Open – XTERRA Super sprint	Bike Park
14 :45	Briefing Super-sprint	Bike Park
15 :00	XTERRA SUPER SPRINT START	Swim Start
17 :00	Award ceremony	XTERRA Village

### SUNDAY 01 SEPTEMBER 2019

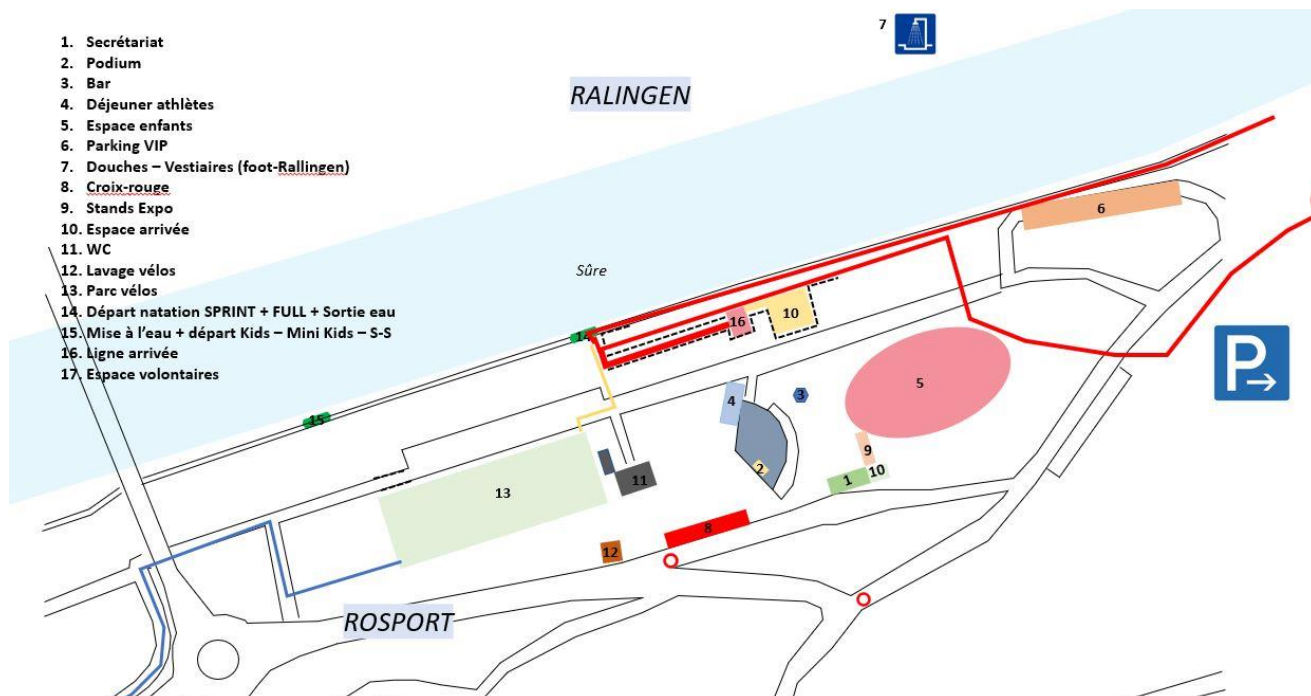
HOUR	ACTIVITY	PLACE
06:00 - 12:00	Registration open – Bib numbers available	XTERRA Village
06:30 - 07:45	Bike park Open - XTERRA Sprint	Bike Park
08:00 - 18:00	XTERRA Village open – Partner stands	XTERRA Village
08 :00	XTERRA SPRINT START	XTERRA Village
11:30	Bike park Open – XTERRA Full	Bike Park
13:00	XTERRA FULL START	Swim Start
18:00	Awards ceremony / Slots World Championship	XTERRA Village

## ACCES

### ADDRESS XTERRA VILLAGE

Rue du barrage – 6581 ROSPORT – LUXEMBOURG

GPS : 49.803766, 6.507051



### PARKING

Rue Neuve – 6581 ROSPORT – Luxembourg

Coordonnées GPS : 49.801305, 6.507148





## RACE OFFICE

### BIB NUMBERS

You will need a picture ID or passport to obtain your bib number.

The bib number is non transferable in case of cancellation

A valid triathlon licence must also be shown if you have not taken the one day license option when registering.



The athletes have not taken the one day licence option when registering a valid triathlon licence must be shown! If not, you will have to pay the one day licence.

*(Full +15€ - Sprint +6€ - Super sprint +6€ - Mini Kids +5€ - Kids +5€)*

### WELCOME PACK

- 1 Bib number for running
- 1 Mountain bike number bib by BH Bikes
- 3 Safety pins
- 3 Strap
- 1 Timing chip + scratch band
- Number stickers for helmet
- Swim cap by ARENA
- Goodie athlete
- « Athlete » wristband

**Wristband "Athlete":** This is the pass to entry enter in bike park and all athlete zones.

**MTB number bib:** Put it on the front of the bike.

**RUN number bib:** Must be visible from the front during the run course.

**Number sticker:** Put it on the left side helmet.

## THE ATHLETES' LUNCH « DON'T MISS IT »

All athletes registered in the XTERRA Full benefit from the athletes' lunch.

The meal will take place on Saturday, August 31 from 12:00 to 14:00 on XTERRA Village.

Join us for a moment of relaxation and meeting the whole XTERRA family.

An pasta dish will be served by Olivier Fellmann (XTERRA athlete) and his restaurants "Les Espaces Saveurs".

Ticket meals will be available on site for accompanying persons.

# les Espaces **Saveurs**

## OAKLEY TESTING ZONE

Discover the PRIZM experience during the XTERRA LUXEMBOURG.

Do not hesitate, OAKLEY offers you the opportunity to test the range glasses PRIZM.

Meet us at the OAKLEY booth.



## PARCOURS ET EXPLICATIONS

### TRAINING

The mountain bike and TRAIL routes will be 100% accessible and will be marked out for Friday, August 30.

We would like to remind you that swimming in the Sûre is prohibited. The organisation declines all responsibility.

	MINI-KIDS	KIDS	SUPER-SPRINT	SPRINT	FULL
START	13 :15	13 :45	15 :00	8 :00	13 :00
SWIM	100m	200m	200m	500m	500m+1000m
CUT OFF	/	/	/	8 :25	13 :50
BIKE	1500m	2*1500m	7km	15km	2*15km
CUT OFF	/	/	/	10 :30	17 :00
RUN	750m	2*750m	2.3km	5km	2*5km
CUT OFF	/	/	/	11 :30	19 :00

### XTERRA RELAY

- Le relay must be done in the transition area at the correct number corresponding to the team.
- Only team members passing the relay are allowed in the transition area.
- The electronic chip is part of the relay and must be transferred to the left ankle of each of the team members.

***Swimmer = Swip cap / Cyclist = Number plate / Runner = Bib number***

**ELITE ATHLETES** : All elite athletes must be in elite box (call room) at 12:45 p.m. The departure of the elite athletes will take place at 12:58 pm.

## SWIM COURSE POWERED BY ARENA

### KIDS



### KIDS & SUPER SPRINT

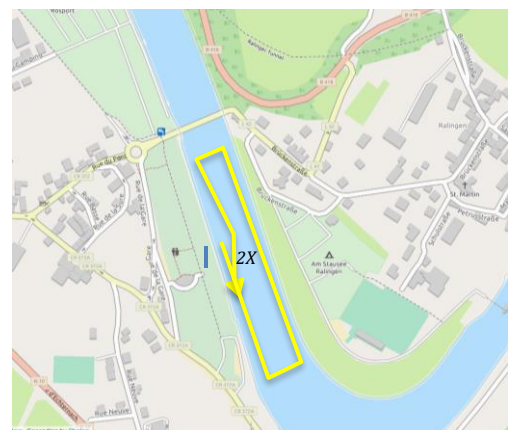


## WATER INSTINCT

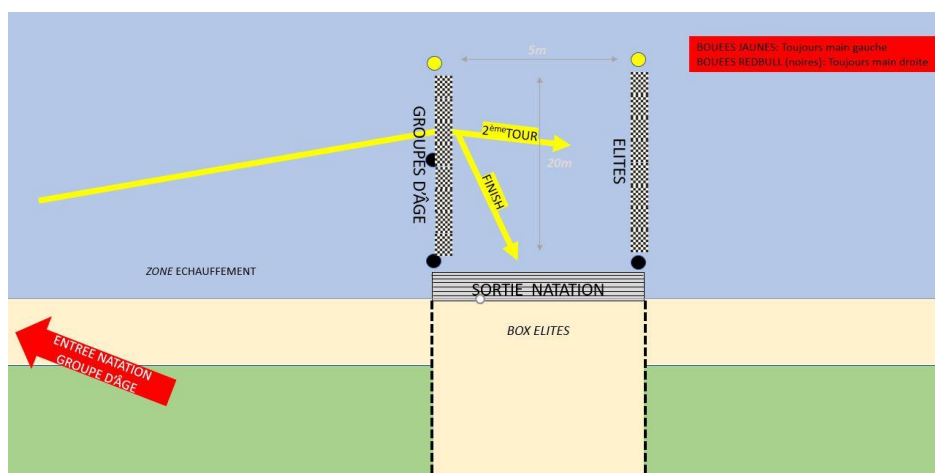
### SPRINT



### FULL



## SWIM START XTERRA FULL



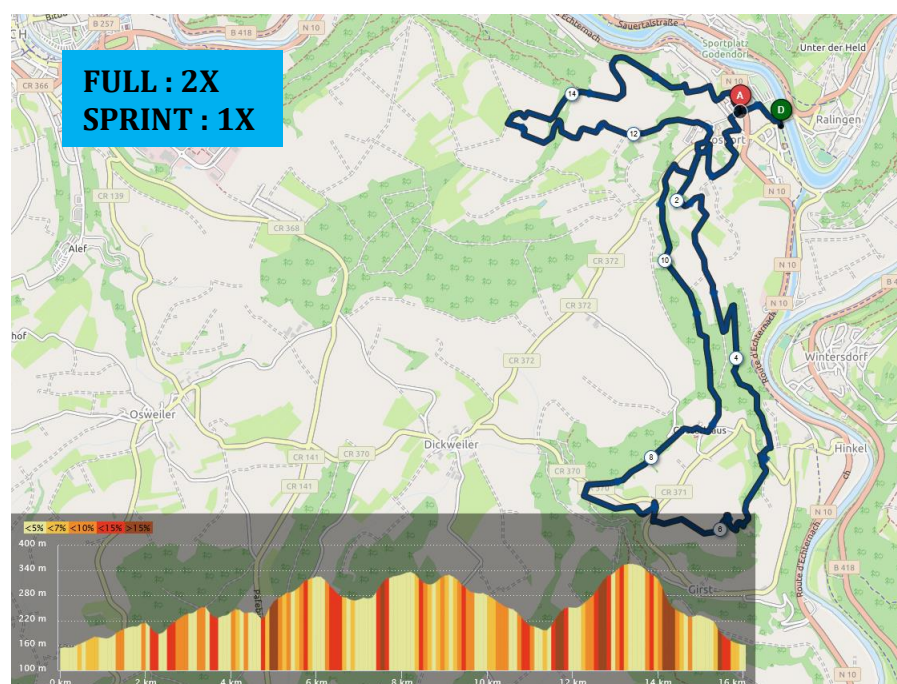
## BIKE COURSE POWERED BY BH BIKES



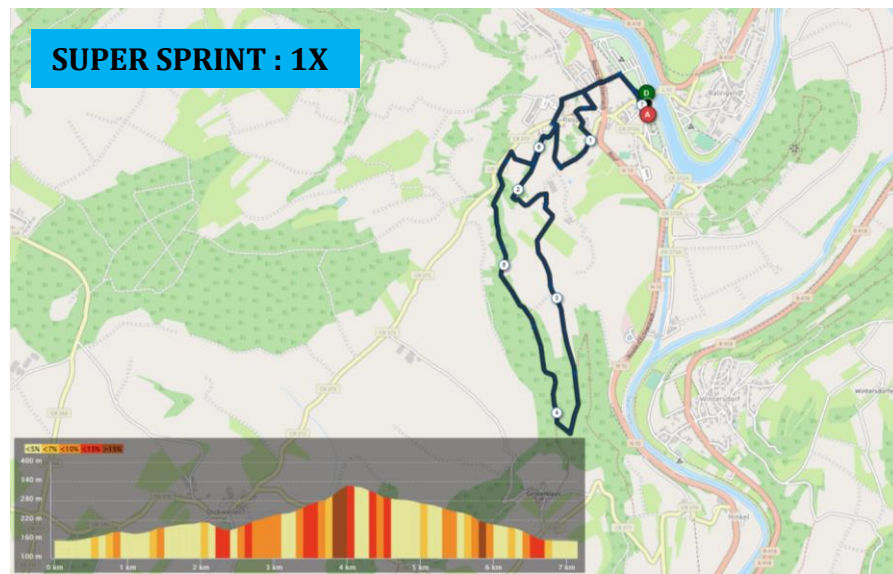
### REMARQUES

- Several timing control stations are located around the course
- The number plate must be visible at the front of the bike
- A helmet must be worn at all times
- The paper bib number does not need to be worn for the MTB but must be worn for the trail run.

Let's see the details for the bike course on the website [www.xterra-luxembourg.lu](http://www.xterra-luxembourg.lu) → Links « Races ».



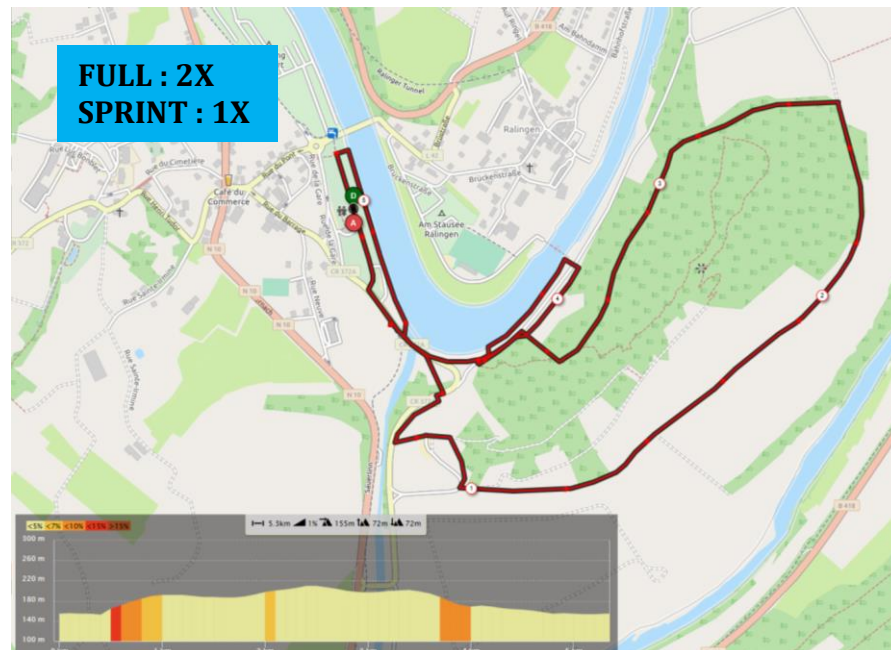


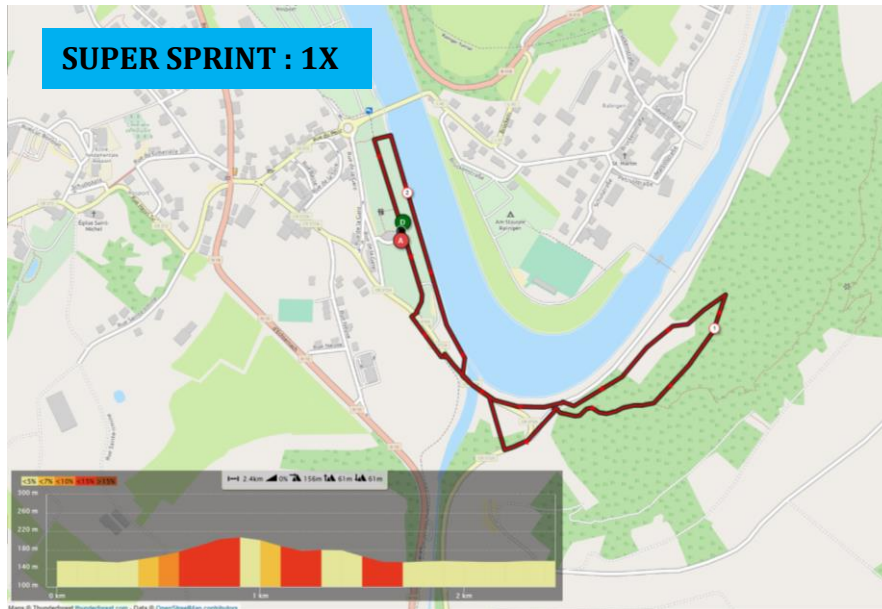


## RUN COURSE POWERED BY INFINITRI



Let's see the details for the bike course on the website [www.xterra-luxembourg.lu](http://www.xterra-luxembourg.lu) → Links « Races ».





## ENERGY ZONE by HIGH 5



	MINI-KIDS & KIDS	SUPER- SPRINT	SPRINT	FULL
MTB				
NUMBER	0	0	1	3
KM	/	/	11	11 - 17 - 26
RUN				
NUMBER	0	1	2	4
KM	0	500m	0.5 - 2.5	0.5 - 2.5 - 5.5 - 7.5
RECOVERY	OUI	OUI	OUI	OUI

REMARQUES : Bike bottles will be distributed on the bike course with water and energy.

## REMISE DES PRIX

The awards ceremony will take place at 12:00 for the XTERRA Sprint and 18:00 for the XTERRA Full.

### XTERRA Sprint :

The first 3 of each gender will be rewarded.  
There will be no award ceremony by category.

### XTERRA FULL

Only elite athletes will be eligible for prize money.


	MEN	WOMEN
1	1200 \$	1200 \$
2	900 \$	900 \$
3	700 \$	700 \$
4	550 \$	550 \$
5	400 \$	400 \$

The age group winners will be called to the podium and will leave with a slot to participate in the World Championship in Maui.


**NEW: Athletes will be able to choose to participate in the WORLD CHAMPIONSHIP 2019 OR 2020.**

The winning relay team will be called to the podium during the official ceremony.

WIN  
WIN



**Best biking time (ONLY FULL DISTANCE )  
= Win an OAKLEY HELMET**



WITH THE SUPPORT OF ROSPORT-MOMPACH



GEMENG  
**rouspert  
mompech**

PARTNERS

