Athlete Guide for 5i50 Zurich Triathlon
## Schedule

5i50 Triathlon Switzerland, Zürich

### SATURDAY 20. Juli

<table>
<thead>
<tr>
<th>Time</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00am</td>
<td>Start Short Distance Men (all age groups)</td>
</tr>
<tr>
<td>08.10am</td>
<td>Start Short Distance Youth and Juniors</td>
</tr>
<tr>
<td>08.20am</td>
<td>Start Short Distance Women (all age groups)</td>
</tr>
<tr>
<td>10.00am</td>
<td>Start Olympic Distance (Pro M, Pro F, M18-24, M25-29, M30-34)</td>
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<tr>
<td>10.40am</td>
<td>Start Olympic Distance (M35-39, M40-44)</td>
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<tr>
<td>11.30am</td>
<td>Start Olympic Distance (all female age groups)</td>
</tr>
<tr>
<td>11.45am</td>
<td>Start Olympic Distance (M45-49, M50-54, M55-59, M60-64, M65-69, M70+)</td>
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</tbody>
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### Awards Ceremony

<table>
<thead>
<tr>
<th>Time</th>
<th>Awards Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.00</td>
<td>Short (all categories)</td>
</tr>
<tr>
<td>14.00</td>
<td>Olympic Distance (Pro M, Pro F, M18-34, M35-44)</td>
</tr>
<tr>
<td>15.30</td>
<td>Olympic Distance Female (all age groups)</td>
</tr>
<tr>
<td>16.00</td>
<td>Olympic Distance (M45-54, M55-59, M60-64, M65+)</td>
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### Bike Check-Out

<table>
<thead>
<tr>
<th>Time</th>
<th>Bike Check-Out</th>
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<tbody>
<tr>
<td>until 13.30</td>
<td>Short (all categories)</td>
</tr>
<tr>
<td>until 14.00</td>
<td>Olympic Distance (Pro M, Pro F, M18-34, M35-44)</td>
</tr>
<tr>
<td>until 16.30</td>
<td>Olympic Distance Female (all age groups)</td>
</tr>
<tr>
<td>until 16.30</td>
<td>Olympic Distance (M45-54, M55-59, M60-64, M65+)</td>
</tr>
</tbody>
</table>
Pre-Race

Where are we at?

**Event Area Landiwiese**, Mythenquai 200, 8002 Zürich

**Journey**

About 1,700 other athletes have the same schedule as you have. Everyone wants to get to the event area as fast as possible. **There are no car parks in the immediate vicinity of the event area.** Please arrange your journey in order to arrive on time and remember that the entire area around that part of the lake will be closed to traffic. Use public transport whenever possible.

**Public Transport**

The following stations are within direct walking distance of the event area.

- **Zürich, Wollishofen:** S-Train: S8, S24
- **Zürich, Billoweg:** No. 7
- **Zürich Landiwiese:** Bus No. 161, 165

Find your connection [HERE](#)

**Parking facilities**

[HERE](#) you find all car parks of the city of Zurich.

- Parking Hyatt - about 15 minutes of traveling time to the area by public transport
- Parking Brunaupark and Sihlcity are only around 15 minutes away from the area (by public transport).

**Registration**

The registration tent is located in the middle of the Landiwiese (event area). Please bring a valid ID to identify yourself. Registration opening hours are

- **Friday, July 19**th **10.00 am - 08.00 pm**
- **Saturday, July 20**th **06.30 am – 10.00am.**

**PLEASE NOTE:** Bibs must be collected until 07.00 am at the latest (Short Distance athletes) respectively until 2.5h prior to your start (Olympic Distance athletes).

Your registration package contains the following items:

- 1 Bib number
- 1 swim cap
- 1 Sheet with stickers for your bike and helmet
- Information Flyer

**Licence Control**  (Olympic Distance only)

Every athlete participating in the 5i50 Olympic Distance race needs a valid triathlon license. An annual licence can be bought from your country federation. A one-day licence for the day of the competition can be bought on site at the licence control of Swiss Triathlon for CHF 40.- (cash or credit card).

We strongly recommend buying a licence in **advance**. One-day licences are available online at [Swiss Triathlon](#) and cost CHF 32.50. **One-day licences can be bought here.**

**What do I have to bring to check-in?**

- Bib number visibly worn and already attached to a rubber band or a special bib number belt
- Bike: ready for the race (sticker attached to rear break cable or seat post)
- Helmet: must be on your head with straps closed (stickers have to be attached)

You will receive your timing chip when leaving the transition area.

**Do not leave transition without a timing chip coded to your bib number.**
Pre-Race

WCs / Toilets
The toilets in the transition area will be open on race day before and during the race. Additional toilets are available on the event area. They are marked with „WC“.

Changing Rooms
Changing rooms are available in the athletes garden.

Swim start
Follow the signs to the swim start in the Strandbad Mythenquai.
Swim Course

You have to swim clockwise, buoys on the right side, boats on the left side (Olympic Distance: At the first turn the buoys are on your left side). Instead of swimming towards the first buoy, try swimming towards a point on the other side of the lake which lies in the same direction. The current water temperature can be tracked HERE.

Swim Course Rules

- Neoprene wetsuits are only permitted up to a water temperature of 21.9° Centigrade (19.9° for the categories Short Juniors & Youth)
- In the case of a non-wetsuit swim, clothing must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene)
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is also forbidden
- No compression socks that cover the feet
- No cloves or other swim aids
- Cutting short leads to disqualification

Swim Exit

Swim exit is located on the Saffa-Island. Orientate towards the arch at the exit. Out of the water you are allowed to remove your wetsuit down to the hip. You are only allowed to remove it at the transition area.
Bike Course

There are three laps to complete (Short Distance: 2 Laps, no Heartbreak Hill).

Roads are well secured but be alert for unexpected road traffic.

**Olympic**

**Bike Course Rules**
The biking is an individual time trial without any personal attendance. Drafting behind or next to a participant is prohibited. Also, any dropping of bottles or other litter out of the Aid Station area will be punished with immediate disqualification. In Switzerland, the roads mustn’t be closed completely but we have them well secured for you. The traffic rules and the Swiss road traffic law strictly apply. For instance, a crossing of the middle line leads to a disqualification! In some parts of the downhill section from Heartbreak Hill, the use of the time trial handlebar is not allowed (signposted).

**Aid Stations on the Bike Course**
There is one full aid stations on the bike course. It’s located at km 10 (Heartbreak Hill Station). They offer bananas, Enervit nutrition, Enervit isotonic drink, cola and water. (Short Distance: no aid stations on the bike)

**Transition Bike - Run**
After three laps (Short Distance: 2 laps), ride back to the transition area and get off the bike at the indicated dismount line (beginning of the carpet). Push your bike to its place and hang it. As long as you have your bike in your hands your helmet must be closed.
During the cycling course, prefer bars to gels and, if you like, once or twice you can switch your supplements with traditional food (i.e., fruit or cookies).
Run Course

The run course is a one lap course with two extra loops. It is mostly flat. After each loop you will receive a lapband. (Short Distance: 1 loop course only, no lapbands)

New routing: Due to ongoing road works in Marsstrasse the run course will lead through Breitingstrasse.

Run Course Rules
For reasons of safety and fairness, the running circuits are areas exclusive for participants. Any form of mobile escort is strictly forbidden. Wearing headphones, iPods, mobile phones et cetera is prohibited as well.

Aid Stations on the Run Course
There is one fully equipped aid station (Hot Station: bananas, Enervit nutrition, Enervit isotonic drink, cola and water) and one water station on the run course.
After the Race

Finish
Enjoy the last meters of your journey and smile into the camera! Your timing chip will be removed by one of our volunteers just after the finish line.

Athlete’s Garden
After the race the Athlete’s Garden is ready for you: here you can relax, refuel and freshen up.

Changing Rooms / Showers
Are located in the Athlete’s Garden. They can already be used before the race!

Massage
Is available in the Athlete’s Garden.

Results
Will be available online within 24h after the race. Check our website.

Check-out
You need your bib number and your wristband to be allowed to enter the transition area. At the exit, your bib number will be matched with the number on your wristband. Bikes will be handed out only against matching bib number. DO NOT REMOVE bike number before you exit transition.

Please respect the following check-out times as the transition area needs to be prepared for the IRONMAN check-in which follows after your race:
Until 1.30pm  Short (all categories)
Until 2.00pm  Olympic Distance (Pro M, Pro F, M18-34, M35-44)
Until 4.30pm  Olympic Distance Female (all age groups)
Until 4.30pm  Olympic Distance (M45-54, M55-59, M60-64, M65+)

Awards Ceremony
Will take place from 12.00 pm in the big marquee on the event area. Please check the specific schedule on our website.

If you have any further questions, do not hesitate to contact us: zurich.5150@ironman.com

We are looking forward to having you with us and wish you all the best for your race!

Your 5i50 Zurich Triathlon-Team
WE LOVE WHAT YOU LOVE.

#WeAreACTIVE

Support, technology, and services at every step of the way. From people who love the sport as much as you do.

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