

Tender for the 35th PUMA Herzoman - approval number t.b.a.

**Organizer / Organization:**

Triathlon Department of the Turnerschaft Herzogenaurach 1861 e.V.

**Contact address:**

[info@herzoman.de](mailto:info@herzoman.de)

**Race Timing:**

Timing is done by means of a transponder, which must be worn on the ankle during the entire competition, from the start of the swimming, during the cycling and the running. Before the start of the swimming, the transponder is scanned by the system. Then the split times after swimming and cycling and the final total time at the run finish line are automatically recorded by the mats that you will run over. Immediately after the finish, the transponder must be returned.

**If no return is made, an amount of €40/- will be additionally charged. Of course, the return of the transponder also applies to the participants who do not start or finish the triathlon.**

Only the official, issued transponder can be used, no others are permitted.

**Competition Jury:**

BTV Competition Judges

**Rescue Service:**

Red Cross Herzogenaurach

**Distances:**

Triathlon "Sprint distance" (200m - 10 Km - 2.5 Km)

Students aged 12 to 15 (birth years 2008 to 2005) are eligible to start (student A, youth B)

Triathlon "Sprint Distance" (400m - 20 Km - 5 Km)

Students and adults are eligible to start (up to birth year 2004)

**Participation:**

Everyone up to birth year 2008 is eligible to start.

For adolescents under the age of 18, a confirmation from the parent or guardian of the child's physical fitness is required. Please use the form on the website. This confirmation does not apply if the entry is made through a club. In the case of a registered Association, the consent of the legal guardian must be available.

**Please bring along the declaration of consent form (see [www.herzoman.de](http://www.herzoman.de)) signed by authorized persons for the collection of the start number.**

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**Participants limit:**

480 participants (total) starting in groups of 30 competitors (adults, students, youths A/B)

**Entry fee:**

Adult:

from 01.05.20120 € **40**

from 01.07.2020 € **50**

Student A and Youth A/B:

from 01.05.2020 € **12**

from 01.06.2020 € **15**

from 01.07.2020 € **20**

The entry fee will be debited after registration by direct debit. By registering, the applicant agrees to the collection of the entry fee by direct debit.

**Withdrawal of entry:**

Withdrawal up to 31.05.2020 = Complete entry fee refunded

Withdrawal up to 30.06.2020 = 50% of the entry fee refunded

Withdrawal from 01.07.2020 = No entry fee refund available

**Registration:**

Online only at: [www.herzoman.de](http://www.herzoman.de)

Data protection: By registering, the participants declare that the data mentioned in the application, the results obtained in connection with the participation as well as the photos taken are without claim for remuneration, they may be posted on the Internet and passed on to the local press.

**Registration deadline:**

Registration deadline is the 15.07.2020 (23:59 o'clock).

If the maximum number of starting places has been reached, registration is no longer possible. If participants are removed from the entry list (cancellation of a participant) the registration is immediately possible again for others.

**Participants who do not have a starting place, please visit [www.herzoman.de](http://www.herzoman.de) regularly, as the registration may be possible online again. There is no waiting list.**

Only on Saturday, 25.07.20 are late registrations possible on site, subject to places being available.

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**Swim course:**

200m or 400m in lanes in the heated 25m outdoor swimming pool. Swimming aids and wetsuits are not allowed. The counting of the laps take place with different coloured swimming caps. There is no labeling of swimming caps required.

**Bike course:**

10 kms or 20 kms cycling course (1 or 2 laps).

**The course is not closed to public traffic. The road traffic regulations must be adhered to!**

**Helmets are mandatory:**

Helmets are compulsory for the cycling.

The helmet will be checked, it must not be damaged.

Without a proper helmet, no start is possible.

**Running course:**

Flat 5km or 2.5km course on forest trails.

**Headphones:**

During the competition wearing headphones is not allowed and leads to disqualification.

**Transition zones:**

Swim / Cycling - sunbathing area in the outdoor pool. Cycling / Run - on the TSH site. In the transition zones, the bike must be pushed, otherwise it may lead to disqualification.

**Refreshment / water stations:**

Drinks in the transition zone Cycling / Run. Cake and fruit at the finish.

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### **Age groups**

Age groups are decided by the year of completed life. Decisive for the age division is the year in which the respective year of birth is completed.

Age group	Age	Year of birth
Student A	12 + 13	2008 + 2007
Youth B	14 + 15	2006 + 2005
AG 16-17	16 + 17	2003 + 2003
AG 18-19	18 + 19	2001 + 2001
AG 20	20 – 24	2000 – 1996
AG 25	25 – 29	1995 – 1991
AG 30	30 – 34	1990 – 1986
AG 35	35 – 39	1985 – 1981
AG 40	40 – 44	1980 – 1976
AG 45	45 – 49	1975 – 1971
AG 50	50 – 54	1970 – 1966
AG 55	55 – 59	1965 – 1961
AG 60	60 – 64	1960 - 1956
AG 65	65 – 69	1955 – 1951
AG 70	Over 70	1950 and older

Each age group has female and male categories.

### **Special placing for Town Championship**

The places 1-3 are honored. The overall results are for the pupil female / male and adult female / male. The following are eligible for the Town Championships:

- all inhabitants of Herzogenaurach and districts (when registering, an address must be given in Herzogenaurach or in one of the districts),
- all members of the Herzogenaurach clubs (the club name must indicated),
- Students from Herzogenaurach Schools (the respective school must be specified as the club name)
- Employees from Herzogenaurach Companys (the company name must be specified as the club name)

### **Teams:**

Team ranking: three fastest participants of each club / team are included in the classification. (With 6 participants then 2 teams etc.).

Places 1-3 overall and then one place for female, male, female youth and male youth.

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**Award ceremony:**

1.30pm at the TSH-Restaurant on TSH-Platz (finish area).

**Prizes:**

Puma Finisher T-shirt for every participant who finishes. At the award ceremony, trophies for the fastest of the day and the age group winners. Trophies from the Town of Herzogenaurach for the Town winner. The results and certificates can be found at [www.herzoman.de](http://www.herzoman.de)

**Liability:**

The organizer, as well as their legal representatives and associated agents, are only liable for intentional or grossly negligent behaviour in the event of accidents, theft or other damage. Participants are responsible for the technical safety of their equipment. The release of the bike (on completion of the event) is only on presentation of the start number!

**Entrance to the bathroom:**

Only the main entrance (at the ticket booth) of the outdoor swimming pool in Herzogenaurach, (Tuchmachergasse 1). Here there is no direct parking. Please use the triathlon parking lot in the Ansbacher Straße at the festival area. (See arrival description)

**Start pack pick-up times:**

Saturday 25.07 from 2pm to 4pm at TSH-Platz (Adalbert-Stifter-Strasse).

Sunday 26.07 from 7.30am to 8.30 am at the supervisory tower in the outdoor pool. The starting groups are divided according to the specified swimming style (breaststroke/front crawl) and the given swimming and total time. The start group classification can be found 2-3 days before the competition at [www.herzoman.de](http://www.herzoman.de)

**Start number:**

A start number is issued, which must be worn on the back when cycling and on the front when running. Therefore, a start number tape/belt or a rubber band with safety pins for start number attachment can be used, and, if necessary, two change bags may be brought.

**Check in:**

Bike delivery latest 9am on 26.07. Bag delivery from 7.30am to 8.30am on 28.07.

Put the cycle bag in person in the transition zone Swim/Cycling. The running bag can either be stored in person in the transition zone Cycling/Run at the TSH-Platz from 7.30am, or must be handed over to the collection truck at the end of the transition zone Swim/Cycling by 8.30am at the latest. Only the participants are allowed to enter the transition zones.

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**Race briefing:**

At 8.20am at the diving tower in the outdoor pool, compulsory participation!

Start:

Sunday 26.07, from 8.35am. Approx. every 10 minutes, 16 start groups.

Finish:

Turnerschaft Herzogenaurach, Adalbert-Stifter-Str.50.

Showers:

In the finish area, in the changing rooms of the Turnerschaft Herzogenaurach (TSH) showers are available.

Check-out:

Everything is brought from the swimming pool to the finish area. Pick up the bikes and change bag after the competition from about 12 midday to 1.30pm. Release of bags and bikes only after showing the start number.

Provisions:

The event is based on the competition regulations of the German Triathlon Union (sports regulations, organizers regulations, Bundesliga rules, anti-doping code, referee regulations) as well as the legal and procedural regulations and the disciplinary regulations. By registering, the participant accepts the competition requirements as well as the legal and procedural regulations, the disciplinary regulations and the conditions of the organizer in accordance with the invitation to tender.

The instructions of the track personnel must be followed.

In the event of an accident, the race may be stopped or, if necessary, other assistance provided.

Bike gear ratio restriction for students and youths

To protect the young participants of a triathlon, the organizer regulations of the German Triathlon Union require the power gear transfer restrictions specified in the table. Please ask your bike dealer for the appropriate transfer restriction on your child's bicycle. The restriction is checked at the bicycle delivery before the start by the judges.

Age Group	Age	Year of birth	Event course	Max. Power gear ratio
Student A	12 + 13	2008 + 2007	0.2 – 10 – 2.5	5.66m
Youth B	14 + 15	2006 + 2005	0.2 – 10 – 2.5	6.10m

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### **Cycling course**

From the transition zone at the outdoor pool, take the foot / bike path "Wiesengrund" to Hans-Maier-Straße. Then turn left to the junction with Ansbacher Straße, turn right towards Dondörflein. In Dondörflein turn right. After 500m at the roundabout take the second exit towards Münchaurach. Attention danger: During the very steep descent in Münchaurach, your hands must be on the brakes! Failure to comply will result in disqualification. It is controlled. At the end of the hill in Münchaurach, turn right through Falkendorf to Herzogenaurach. In Herzogenaurach at the junction in the forest road, the first bike lap is finished. For those age groups completing 20kms, you must complete a second lap - please note the sign. After the corresponding number of laps, turn right on to Waldstraße. After the third junction, turn right on to Dohnwaldstraße and pass the parking lot on the left to the Marathon gate of the TS-Platz - transition zone Cycling / Run.

### **Attention:**

It is forbidden to ride in the slipstream of another competitor or vehicle. Respect the Association Referee instructions.

**Roads are open to normal traffic - the traffic regulations must be observed!**

### **Running Course**

After the transition zone past the tennis court, walk over the TSH parking lot in the direction of the forest. Then on the forest path parallel to the sports area, start your run on the Waldhauptweg to the junction. Continue straight to the turning points. Juniors after 1.25Km, main field after 2.5Km at the sand pit just before the connecting road Falkendorf / Dondörflein. Teenagers and main field continue the same way back to TSH-Platz. Shortly before the transition zone, turn left in a loop over the track and grass to the finish line.

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**PUMA Herzoman 1986-2018 – Past winners**

Year	Male	Female	Youth male	Youth female
1986	Georg Bessler	Helga Bitter	unoccupied	unoccupied
1987	Georg Bessler	unoccupied	unoccupied	unoccupied
1988	Georg Bessler	Helga Bitter	Jörg Nix	Claudia Suleck
1989	Hermann Lange	Birgit Haas	Swen Sundberg	Silke Wüstner
1990	Hermann Lange	Birgit Haas	Tarik Börner	Rhea Börner
1991	Hermann Lange	Barbara Fleischmann	Tarik Börner	Rhea Börner
1992	Hermann Lange	Barbara Fleischmann	Ingo Sutjadi	Baukis Börner
1993	Hermann Lange	Ingrid Schneider	Armin Ringler	Theresa Wiebe
1994	Hermann Lange	Ingrid Schneider	Armin Ringler	Baukis Börner
1995	Hermann Lange	Petra Weiß	Hannes Grillenberger	unoccupied
1996	Armin Jechnerer	Ingrid Schneider	Maik Bushbeck	Corinna Steyskal
1997	Swen Sundberg	Ingrid Schneider	Julian Anger	Friederike Quandt
1998	Swen Sundberg	Andrea Bugar	Michael Fischer	Astrid Karnikowski
1999	Swen Sundberg	Sabine Stelter	Frank Katsch	Stefanie Wieland
2000	Swen Sundberg	Barbara Harig	Ulf Karnikowski	Friederike Quandt
2001	Michael Rudolph	Sabine Stelter	Daniel Pfeiffern	Kerstin Steyska
2002	Swen Sundberg	Sabine Stelter	Maximilian Bär	Sara Walzik
2003	Swen Sundberg	Anja Ippach	Felix Strangl	Rebecca Ott
2004	Rodrigo Nebl	Angela Kühnlein	Maximilian Dassler	Isabell Götschl
2005	Rodrigo Nebl	Barbara Harig	Konradin Breyer	Anke Friedl
2006	Benjamin Keller	Heidi Jesberger	André Kress	Isabell Götschl
2007	Alex Blank	Carmen Valerius	Gregor Mai	Julia Schübel
2008	Samuel Schüle	Carmen Valerius	Gregor Mai	Sarah Neukam
2009	Lukas Storath	Dagmar Matthes	Wolfgang Endres	Sarah Neukam
2010	Lukas Storath	Astrid Karnikowski	Maximilian Körbe	Sarah Neukam
2011	Lukas Storath	Elke Bäumler	Marc Meyer-Pries	Lene Gottwald
2012	Sebastian Bleisteiner	Johanna Ahrens	Fabian Kraft	Theresa Neukam
2013	Andreas Rühling	Sarah Neukam	Marchelo Kunzelmann	Theresa Neukam
2014	Christian Seeberger	Heidi Sessner	Tobias Poßer	Sofia Warter Rubio
2015	Lasse Ibert	Julia Schübel	Heindl Dion	Magdalena Schöttner
2016	Tobias Heining	Jennifer Jones	Pablo Warter Rubio	Fenja Sommer
2017	Lasse Ibert	Sofia Warter Rubio	Jan Pluta	Lena Gömmel
2018	Lasse Ibert	Maria Paulig	Jan Pluta	Lena Gömmel
2019	Lasse Ibert	Astrid Werner	Jan Pluta	Lena Gömmel



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### How to find us

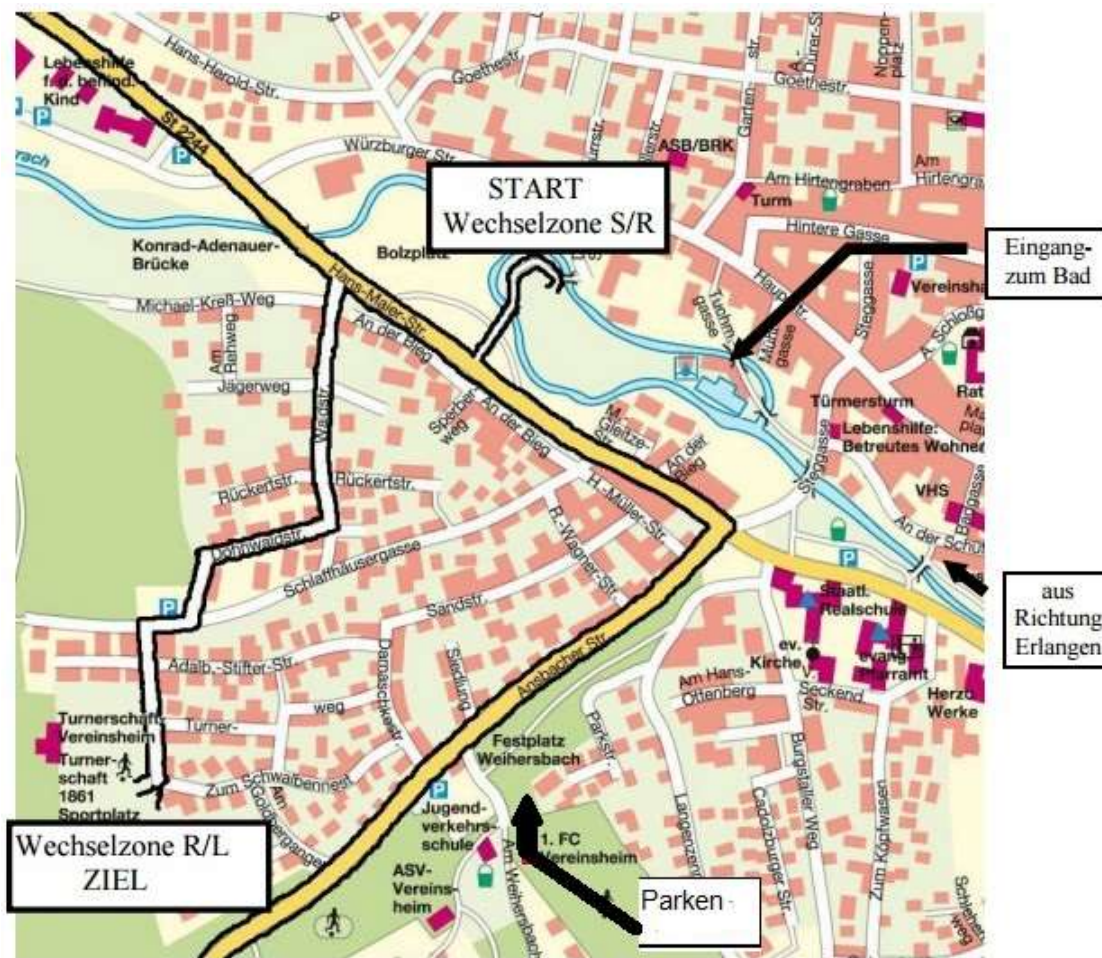
Via the motorway A3 Nürnberg / Würzburg exit Frauenaarach and from direction Erlangen, drive through the village of Niederndorf to Herzogenaarach. After the Realschule and fountain turn left into Ansbacher Straße (see map).

From Neustadt via Münchaurach and Falkendorf to Herzogenaarach. At the fourth traffic light turn right into Ansbacher Straße.

Then from all directions: After about 400m, the Triathlon parking in Ansbacher Straße is located. Then walk into Damaschkestraße (opposite the driveway). After about 20m turn left into the street to Schwalbennest. Here, at the end of the road, there is the transition zone Cycle / Run. The change bag can be stored in the transition zone. If necessary, helpers will issue stickers for this bag.

From the TSH grounds, the main entrance to the outdoor pool (and first transition zone) is about 400m, as shown on the map. Please take the change bag swimming / bike with you as well.

### Map of start, finish and transition zones



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**Schedule**

**Saturday**

2pm -4pm	Issue of the start numbers at the TSH ground (finish area)
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**Sunday**

7.30am	Swimming pool open
7.30 – 8.30am	Issue of the start numbers and bike delivery open
8.20am	Race briefing for all competitors (attendance compulsory)
8.30am	Last drop off of personal bag at the collection truck
c. 8.35am	Start of the first swimming group
c. 11.10am	Start of the last swimming group
12-1.30pm	Bike pick-up (only after return of the transponder and with start number)
c. 1.30pm	Award ceremony on the terrace of the restaurant at TSH (finish area)