



LUXEMBOURG
TRIATHLON



INDOOR AQUATHLON 11.01.2026



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13TH LOTERIE NATIONALE
FLTRI INDOOR AQUATHLON
ATHLETE GUIDE

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1 Organisation

The « Indoor Aquathlon » is a competition organised by the Fédération Luxembourgeoise de Triathlon (asbl FLTRI).

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The competition takes place at the Arena of the „Coque“ Sports Center (www.coque.lu).

Address: 2, rue Léon Hengen L-1745 Luxembourg

2 Definition of the competition

The « Indoor Aquathlon » is a competition consisting of a swim followed by a run. World Triathlon Competition Rules are applied. An illustration of the pool is given in the appendix.

- **Before the race:**
 - Body marking of the bib number has to be made on each arm at the registration.
 - Athletes have to register for each series separately at the check-in zone 20min before each of their race starts. The check-in zone is in arena entrance marked by a panel. **No athlete is allowed to go to the pool on his own!** To avoid any accidents, crossing or blocking of athletes between the pool and the transition during their race, the referee in charge of the check-in zone will bring the group of athletes (of the same series) to the pool as soon as the swim of the previous race is done. This is also to avoid wrong signals of the timing chips. **Disrespecting this procedure can lead to a time penalty or DSQ.**
 - **A mandatory briefing is given at the briefing zone.**
- The **swim**: pool length of 50m and 6 lanes.
 - **Wearing a swim cap is mandatory for all athletes.**
 - Start side:
 - Age Grouper, Junior, Youth A/B (250m) will start on side B of the pool.
 - Kids A/B (50m) will start on side B of the pool.
 - Youth C (100m) will start on side A of the pool.
 - Lane attribution:
 - Series men and women: start position will be attributed by drawing
 - Quarterfinal, semi-final and final men and women: start position will be attributed depending of the previous race time

- The **transition**:
 - **ONLY athletes are allowed to enter the transition zone!**
 - After the swim all items of the athlete have to be put into the transition bag. No item has to be left at the transition! The bag has to be put down in the drop-off zone at the beginning of the run. Failure to comply with this rule will result in a 10 second time penalty.
 - The use of the official transition bag, given at the registration, is mandatory for all athletes, except Kids A/B! (even if the bag is empty). The transition bags can be picked up at the pick-up zone (near the finish lane) immediately after each race. Athletes have to show their bib number to get their bag. **30 minutes after the finish of the last race, the pick-up zone will be closed.**
 - The Bib number should be affixed before exiting the transition area and entering the first bend on the indoor track
- The **run**: 200m from the pool to the arena and around the indoor track of 200m:
 - The run from the pool exit to the 1st crossing of the finish line (including transition zone) is counted as 200m.
 - Each lap on the indoor track will count as 200m.
 - **Wearing shoes is mandatory for all athletes.**
 - Wearing the bib number on the front side after the transition bag drop off zone is mandatory.

3 Terms and conditions

By enrolling in the competition, every athlete pledges to adhere to the regulations and discharges the organizer of any incident or accident that may occur due to disregarding these regulations.

A valid annual license is mandatory for participating in the event. The FLTRI will sell daily licenses on site to athletes that don't have or cannot show a valid triathlon license at the race registration.

4 Eligibility for registration

The competition is open for male and female athletes born in 2018 or earlier (Kids B to AG).

Age Group, Junior and Youth A/B athletes will compete against each other.

Registration has to be done at least on Thursday January the 8th at midnight.

5 Classification and qualification criteria

The number of series will depend on the number of registrations for each category.

5.1 Age Group — Junior — Youth A/B: Men

- 9 series. Qualification to the next round :
 - the 3 best athletes of each series (27)
 - the 7 best competition times (7)
 - for a total of 34 qualifiers to the ¼-finals.
- 4 "2nd round" (repechage) for those not directly qualified to the ¼-final. Qualification to the next round :
 - 3 best athletes of each "2nd round" (12)

- 2 best times of the "2nd round" (2)
- for a total of 14 qualifiers to the ¼-finals.
- 4 ¼-final. Qualification to the next round :
 - the 4 best athletes of each ¼-final (16)
 - the 8 best competition times (8)
 - for a total of 24 qualifiers for the ½-finals.
- 2 ½-final. Qualification for the next round :
 - the 4 best athletes of each ½-final (8)
 - the 4 best competition times (4)
 - for a total of 12 qualifiers for the final.

5.2 Age Group — Junior — Youth A/B: Women

- 5 series. Qualification to the next round
 - the 3 best athletes of each series (15)
 - the 4 best competition times (4)
 - for a total of 19 qualifiers to the ½-finals.
- 2 "2nd round" (repechage) for those not directly qualified to the ¼-final. Qualification to the next round :
 - the 2 best athletes of each "2nd round" (4)
 - the best time of the "2nd round" (1)
 - for a total of 5 qualifiers to the ½-finals.
- 2 ½-final. Qualification for the next round :
 - the 4 best athletes of each ½-final (8)
 - the 4 best competition times (4)
 - for a total of 12 qualifiers for the final.

5.3 Youth C

- There will be a 1st final with the best half of the athletes and a 2nd final with the remaining athletes.
- Final classification by addition of the 2 races (series + finals).

5.4 Kids A/B

- Final classification per category (Kids A and Kids B) by addition of the 2 races (series + finals).

6 Schedule

Registration and bib number pick-up starts on Sunday the 11th at 8h30.

Race schedule will be confirmed after the registration closes on www.fltri.lu and Facebook/Instagram: Luxembourg Triathlon

7 Warm-up and start procedure

Warm-up only allowed for Age Group — Junior — Youth A/B races (250m):

- after the athletes' lanes have been attributed, athletes can enter the pool on side A,
- once all the athletes have entered the pool, a technical official (TO1) walks from side A to side B; during warm-up the athletes must remain between TO1 and side B of the pool and move towards side B as the TO1 moves forward to side B,
- a second technical official (TO2) will enter the pool area on side A as soon as the race-start has been cleared,
- when ready, TO1 will call the "on your mark" signal, requiring the athletes to put one hand on the pool wall,
- start signal is given by whistle blow.

8 False start

As per World Triathlon competition rules, a false start of few athletes will result in a 10 seconds time penalty in the transition area or in a new start in the case of a false start from several athletes.

9 Race format and categories

Category	Swim distance	Run distance	Competition format
Kids B (2017-2018) Kids A (2015-2016)	50m	400m	Serie M Serie W Final M Final W Classification by addition of the 2 race times
Youth C (2013-2014)	100m	600m	Series M Series W Finals M Finals W Classification by addition of the 2 race times
AG — Junior — Youth A — Youth B Men (2012 and earlier)	250m	1000m	Series 2 nd round: "repechage" 1/4 Finals 1/2 Finals Final
AG — Junior — Youth A — Youth B Women (2012 and earlier)	250m	1000m	Series 2 nd round: "repechage" 1/2 Finals Final

10 National championships

In case the national championship take place at this race, it will be organised starting with the Youth C category and upwards.

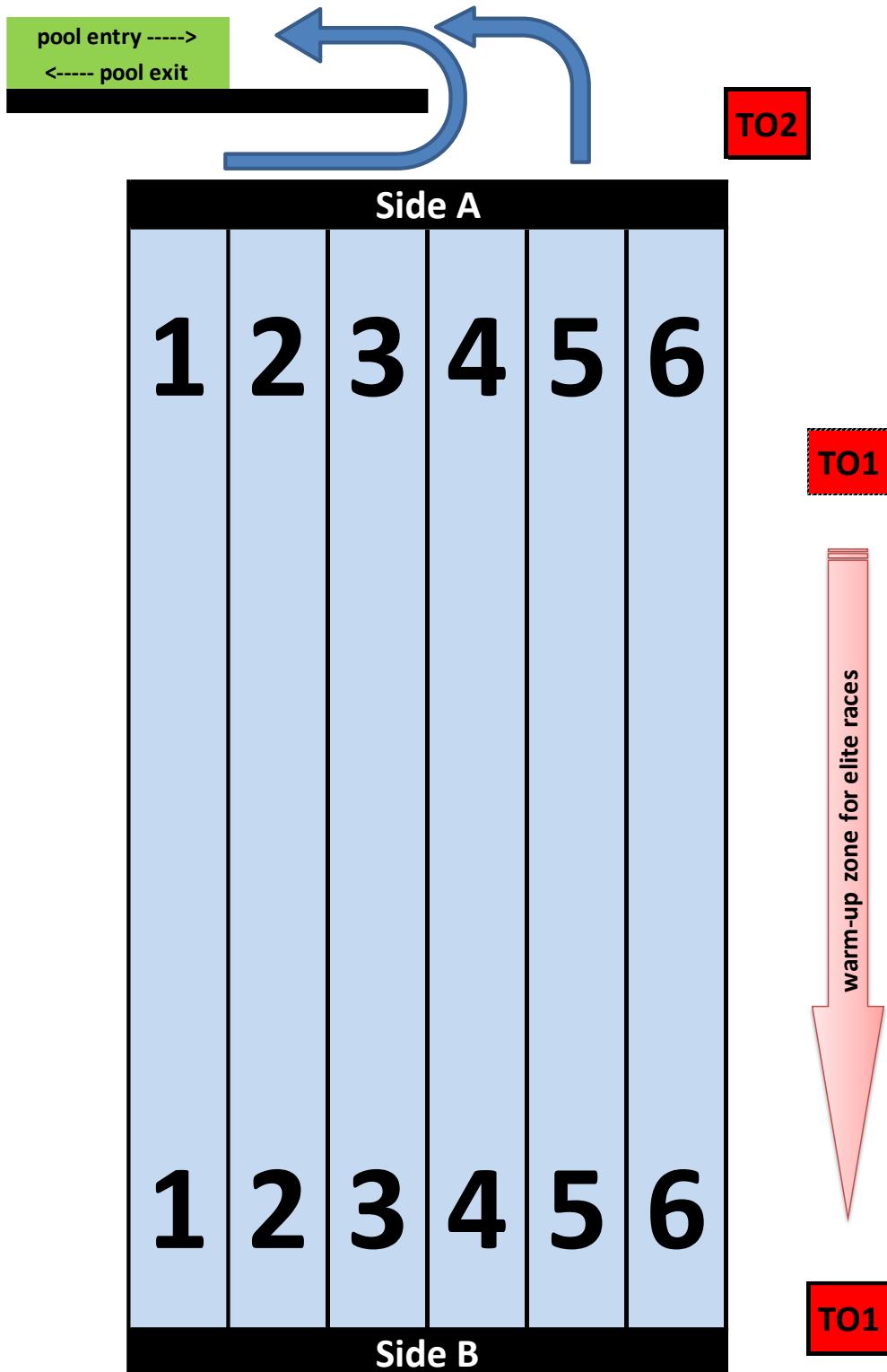
For the ranking of the championship, the results will be considered like this (from YB and upwards):

- The ranking of the final
- The ranking of the ½ Finals (the time for the place)
- The ranking of the ¼ Finals (the time for the place)
- The ranking of the rattrapages

Youth C championship: classification by addition of the 2 races (series + finals).

Athletes racing for the national championships must wear their club uniform during the final. The club uniform will be controlled at the check-in zone before the final.

Appendix A: Pool illustration



Appendix B: Arena illustration



Appendix C: Event Timing

HORAIRES		
Check-in time	Start time	
	08:30	Retrait des dossards
09 :46	10:00	Serie 1 hommes
09 :57	10:11	Serie 2 hommes
10 :08	10:22	Serie 3 hommes
10 :19	10:33	Serie 4 hommes
10 :30	10:44	Serie 5 hommes
10 :41	10:55	Serie 6 hommes
10 :52	11:06	Serie 7 hommes
11 :03	11:17	Serie 8 hommes
11 :14	11:28	Serie 9 hommes
11 :25	11:39	Serie 1 femmes
11 :36	11:50	Serie 2 femmes
11 :47	12:01	Serie 3 femmes
11 :58	12:12	Serie 4 femmes
12 :09	12:23	Serie 5 femmes
12 :17	12:35	Kids A garçons
12 :23	12:41	Kids A filles
12 :29	12:47	Kids B garçons
12 :35	12:53	Kids B filles
12 :41	12:59	Serie 1 youth C filles
12 :50	13:08	Serie 2 youth C filles
12 :59	13:17	Serie 1 youth C garçons
13 :08	13:26	Serie 2 youth C garçons
13 :17	13:35	2^{ème} tour hommes 1
13 :28	13:46	2^{ème} tour hommes 2
13 :39	13 :57	2^{ème} tour hommes 3
13 :50	14:08	2^{ème} tour hommes 4
14 :01	14:19	2^{ème} tour femmes 1
14 :12	14 :30	2^{ème} tour femmes 2
14 :27	14:45	¼ finale 1 hommes
14 :38	14:56	¼ finale 2 hommes
14 :49	15:07	¼ finale 3 hommes
15 :00	15:18	¼ finale 4 hommes
15 :11	15:29	1/2 finale 1 femme
15 :22	15:40	1/2 finale 2 femme
15 :33	15:51	Finale kids A garçons
15 :39	15:57	Finale kids A filles
15 :45	16:03	Finale kids B garçons

15 :51	16:09	Finale kids B filles
16 :02	16:20	1/2 finale 1 homme
16 :12	16:30	1/2 finale 2 homme
16 :22	16:40	Finale 2 youth C garçons
16 :31	16:49	Finale 2 youth C filles
16 :40	16:58	Finale 1 youth C garçons
16:49	17:07	Finale 1 youth C filles
	17:20	PODIUM Youth C + championnat Youth C
17 :25	17:45	Finale femmes
17 :55	18 :15	Finale hommes
	18:25	PODIUM championnat national (YB/YA/juniors/scratch)
	18:30	PODIUM tournoi (YB/YA/juniors/scratch)