

# Race Book

**CAVO  
GRECO**

#crossTriathlon



**02 MAR 2025**

**0.5k | 10k | 4k**



# AGENDA

1. TRIATHLONCY.COM TEAM
2. RACE DAY PROGRAM
3. REGULATIONS
4. SERVICES
5. ROUTES
6. AWARDS & CATEGORIES





S.A.S Sports Events Organizers, has developed over years into a leading sports event management company.

Our race organization and management services include everything from course design and location-finding through to chip timing and on the day race management.

Our portfolio of races ranges from small community events to larger events organized on behalf of clubs, community groups, local authorities and charities.

With S.A.S Sports Events Organizers you just save the date of your event, everything else is our job

Custom Timing Solutions is Cyprus leading RFID Timing Provider for all types of Sports Events.

From large scale international events to smaller local events Custom Timing delivers top quality timing services tailored to the needs of each organizer.

If you want to organise Triathlon, Running, Cycling, Open Water Swimming, Trail running, Obstacle race or any other sport on any terrain just get in touch with Custom Timing Solutions to have peace of mind and focus only on your event preparations

## RACE DAY PROGRAM CROSS TRIATHLON 2025

07:45 Transition area opens - Bib collection

08:45 Transition area close and secure - entrance only for athletes with bib number.

09:00 Start of Men Cy.Tri.Fed

09:03 Start of Women Cy.Tri.Fed

09:08 Start of the Open Category

10:45 Awards Ceremony

11:00 End of the Race

## REGULATIONS CROSS TRIATHLON 2025

Triathlon CROSS Championship Race (Sprint Distance)

500m Swim, 10km Bike, 4km Run

16+ years old

Drafting is allowed

Time Trial helmets are prohibited

Water bottles if placed behind the saddle are prohibited

Athletes must bring their own swim cap and running race  
number belt

Valid CSO Health Card is mandatory for federation athletes

# SERVICES

Bib numbers

Electronic Timing

Digital maps and GPX files

Medical assistance before during and after the race  
( in case of emergency the incident will be transferred at Famagusta General Hospital )

Route signage and safety

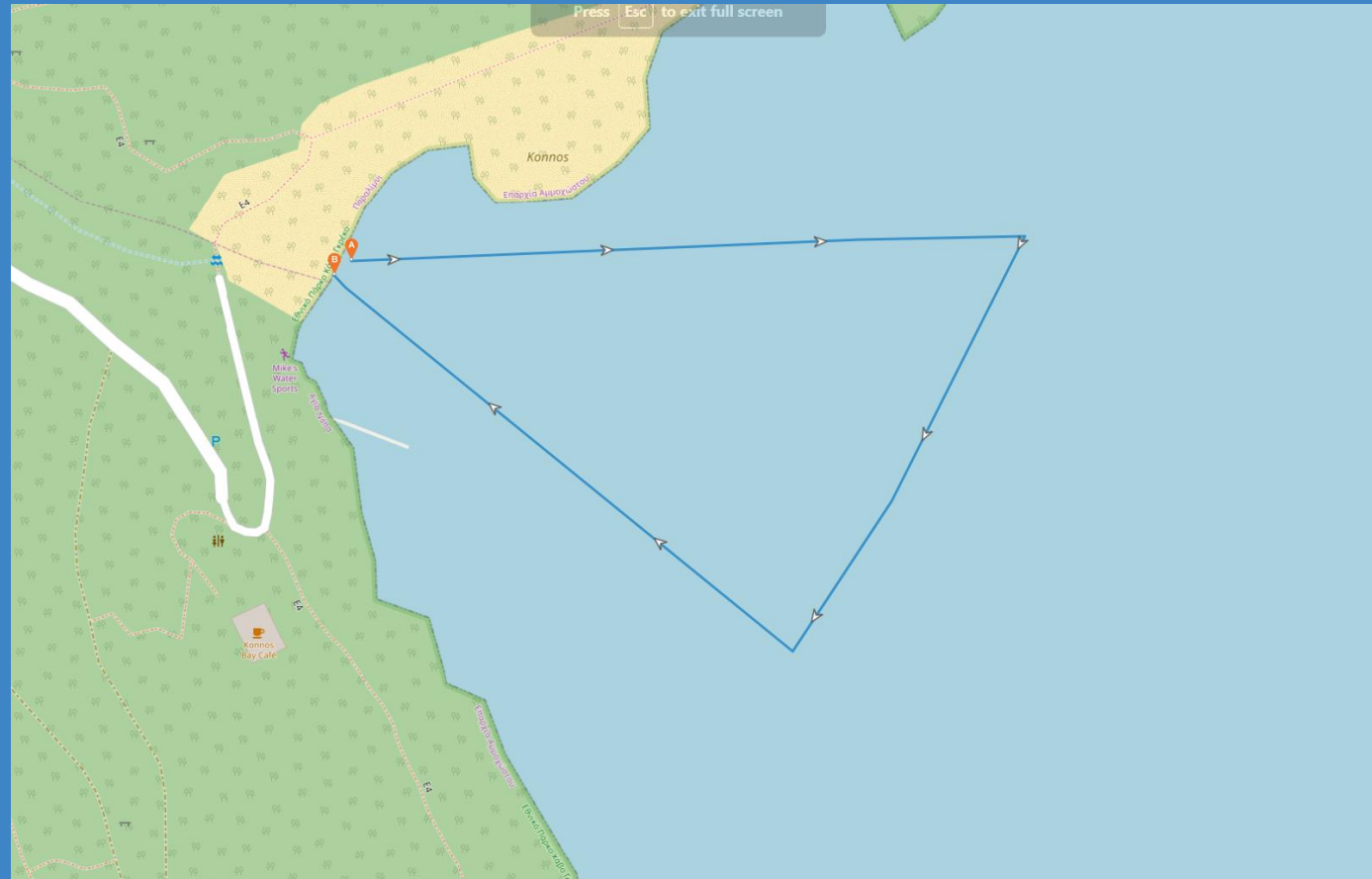
Water and electrolyte station on the Course

Fruits and refreshments at the finish line

Finishers medals

# ROUTES

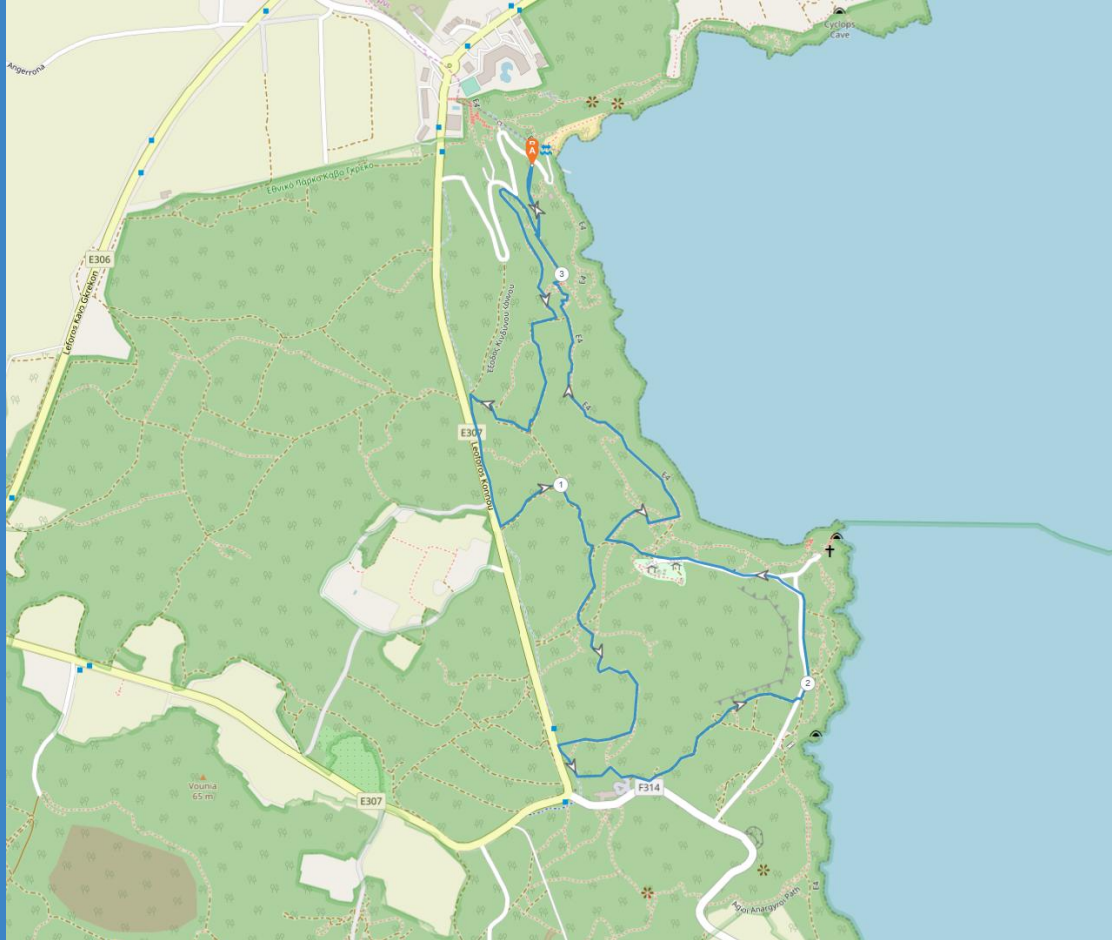
SWIM 500M



<https://www.plotaroute.com/route/2056822>

# ROUTES

BICYCLE X 2 LOOPS



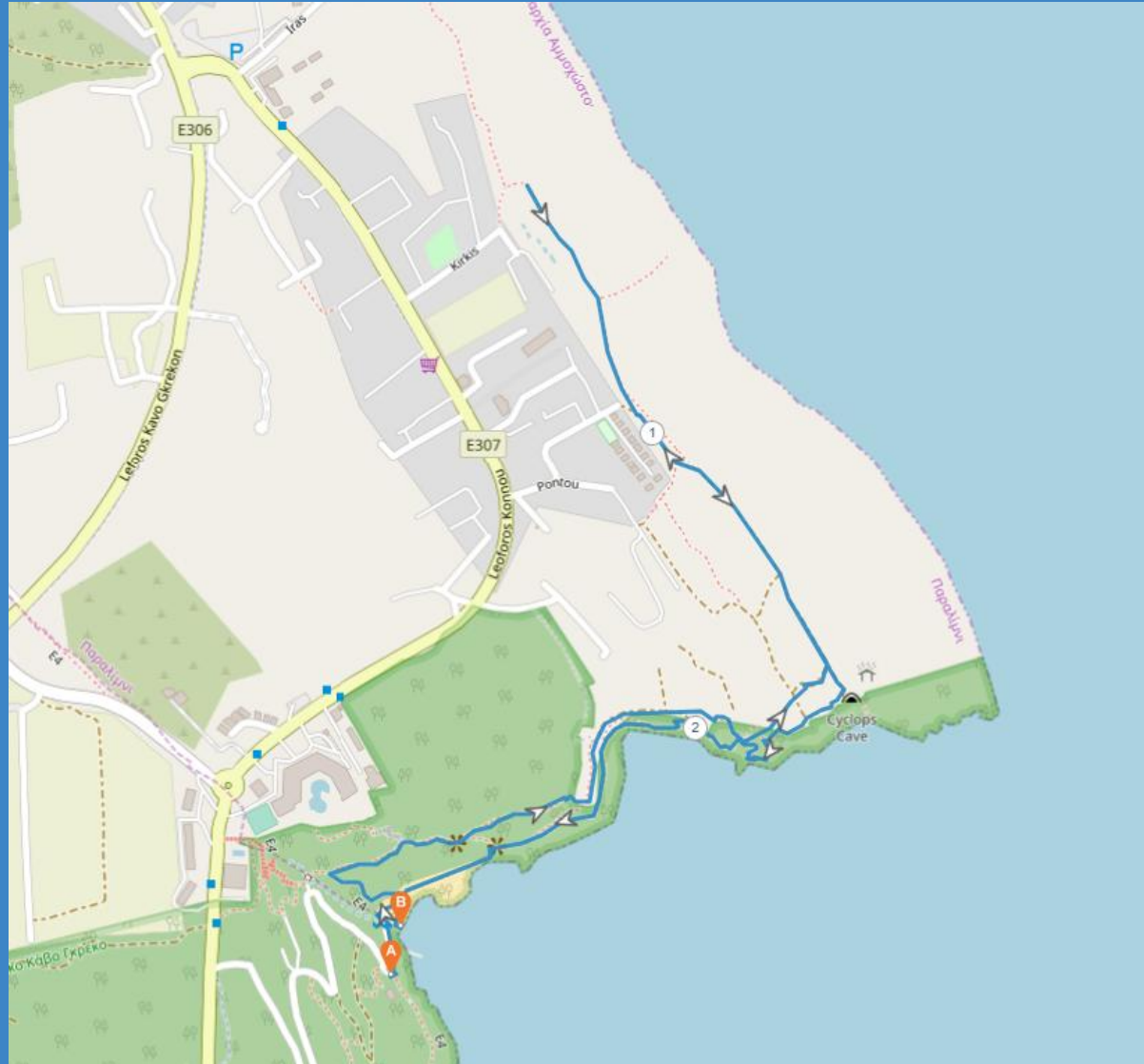
The bike is an easy route through forest roads and a few meters of stony ground, in the part after the sea caves, with a low degree of difficulty in terms of gradients (no steep ups and downs) and **ONE** technical part.

At a single point about **400 meters before the finish** it has a relatively **easy technical point** consisting some **steps**.



# ROUTES

## RUN



The run takes place on the well-known trail path Konnos - Cyclops Cave with an addition of about 1200 meters of dirt road and return within the same gravel road, **the use of trail shoes is recommended**

<https://www.plotaroute.com/route/2057095>

# **AWARDS & CATEGORIES**

## **TRIATHLON CY.TRI.FED Championship Categories**

**First Three Male :16+ yrs**

**First Three Female :16+ yrs**

## **TRIATHLON Open Categories**

**First Three Male**

**First Three Female**



**Enjoy the Race**