



X SWEDEMAN
XTRI SOLO POINT FIVE

EVENT MANUAL 2024



1st EDITION
JULY 4th 2024

RACE MANUAL CONTENTS

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COMPETITORS MUST READ THIS DOCUMENT AND FOLLOW ALL ADVICE HEREIN

SWEDEMAN XTRI SOLO POINT FIVE gives you the opportunity to experience the unique atmosphere of SWEDEMAN, in the same locale, using much of the main course, and brought to you by the same passionate and dedicated team.

You will swim in cold water, briefly visit Norway on the bike and finally climb a section of Åreskutan but with half the distance.

XTRI SOLO POINT FIVE does not need a support car or crew, nor a support runner so it's accessible to more athletes.

If want to get a flavour of extreme triathlon, SWEDEMAN XTRI SOLO POINT FIVE could be for you.

NOTE: This manual will provide you with the information you need to compete.

It is intended to be as comprehensive as possible, but the nature of the local weather, and the area it takes place in means that it is not possible to be 100% accurate on all matters.

There will be a compulsory race briefing where any last minute changes will be brought to your attention.

The organisers reserve the right to alter any element of the manual before race day.

IMPORTANT INFORMATION

PLEASE READ CAREFULLY:

- Athletes are self supported throughout the race. There will be limited aid stations provided on remote sections of the run. Support cars are not permitted.
- You must bring mandatory safety equipment and expect this to be checked and verified before racing.
- This is not "just a half", XTRI SOLO POINT FIVE races are designed to be extreme, it will be a tough day out, please do not underestimate this fact.
- Finishers will receive a coveted SWEDEMAN XTRI SOLO POINT FIVE Finishers T-Shirt.
- Finishers will earn 75 X-points towards their XTRI World Tour Balance.

MANDATORY SAFETY EQUIPMENT

Make sure you have the correct compulsory safety kit before you get to the race.

Waterproofs (as specified) MUST be waterproof. If in doubt we will apply the "tap test" - holding the item under a running tap.

Your kit (as specified below) will be checked at registration and must be brought with you for inspection.

From **T2** you must carry the following:

- Waterproof Jacket. This must have an attached hood and long sleeves. It must have taped seams or similar construction.
For the avoidance of doubt, windproof-only, or gilets will not be accepted.
- Hat and Gloves
- 1 x Additional Layer Thermal Upper Body Clothing (e.g. microfleece top)
- Sufficient Food and Water for the section
- Mobile Phone - Fully charged
- Basic 1st Aid Kit (Bandage, Plasters)
- Whistle (for attracting attention)
- GPS Tracker (provided by the organisation)
- Timing Chip (provided by the organisation)

CUT-OFF TIMES - PLEASE TAKE NOTE:

Exit T1	1 hour 30 minutes
Exit T2	7 hours from race start
Fröå Gruva 10km on run	9 hours from race start
Finish	No cut-off

There is no cut off time at the finish line for those who have exited T2, however should we feel the conditions are unfavourable we may stop you early.

This will be solely at the discretion of the organisers, and will be non-negotiable.

COURSE SNAPSHOT

SWEDEMAN XTRI SOLO POINT FIVE is an extreme HALF distance triathlon, the course topography dictates the distances.

- 1.9 km Lake Open Water Swim.
- Transition 1 (T1) at Tännforsen Turiststation.
- 103km Road Bike to the Norwegian border and back on smooth rolling roads.
- Transition 2 (T2) at Holiday Club
- 23 km trail Run that follows hiking trails to the historic copper mine Fröå Gruva (watch out for trolls!). The main climb starts there and if you have any breath left to be then taken away by the views, you will finally descend back to Åre. The total elevation is over 1400m (that's on average 61m/km!).
Finish at Holiday Club

- ▶ There will be a post-race food available at Holiday Club for all finishers.
- ▶ The finisher ceremony will be at 19:00 but you will receive your finisher shirt at the finish line.

**GAIN NEARLY
2500 METRES!**



- Please be nice to marshals and other volunteers – they've given up their time to allow you to race.
- Please book your accommodation as soon as possible after you have received your confirmation.
- All info is available at www.swextri.com



PROGRAM

EVENT	LOCATION	DAY	DATE	TIME
Registration	Holiday Club	Wednesday	July 3rd	17:00-19:00
Registration	Holiday Club	Thursday	July 4th	07:00-09:00
Mandatory Briefing	Holiday Club	Thursday	July 4th	09:15-09:45
T1 setup / GPS Collection	Tannforsen	Thursday	July 4th	10:15-11:30
Swim start	Tannforsen	Thursday	July 4th	12:00
Post race Food	Holiday Club	Thursday	July 4th	17:00-23:00
Winners	Holiday Club	Thursday	July 4th	19:00





T1 SETUP

There is plenty of parking at Tännforsen – you will be assisted by traffic marshalls as approaching T1.

You may rack your bike on your numbered slot from between 10:15 and 11:30 on race day. Volunteers will assist if there are any questions.

You MUST also collect your GPS device and your Sport Ident 'Dibber' timing chip at Tannforsen.

Athletes who leave cars at T1 will be able to take a shuttle bus after the race to collect them. It is also possible to ride to T1 from Holiday Club should you want some extra training!



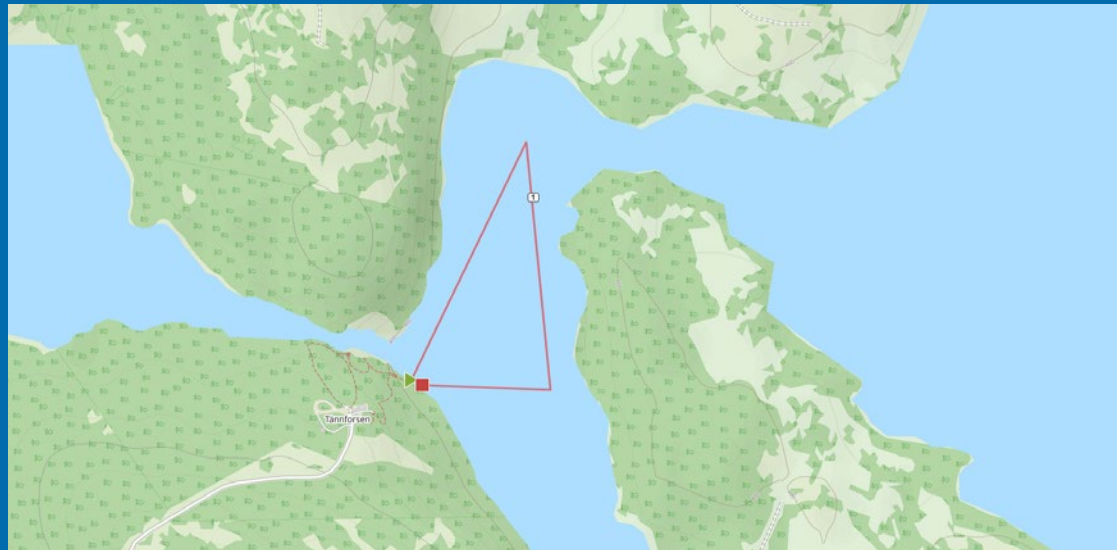
GPS AND TIMING

You will be issued with a GPS device – this is approximately the size of a box of matches and comes in a sealed plastic bag. You do not need to do anything to it, it will be handed to you switched on. DO NOT use any of the buttons.

The GPS tracker must be carried on the Bike and Run only – and specifically NOT during the swim section. It should be carried in a jersey pocket, or the top of a rucksac – give it the clearest possible view of the sky. It is your responsibility to remember to transfer it between the bike and run sections.

The use of the 'dibber' timing chip will be demonstrated at the mandatory race briefing. This must be carried on your wrist throughout the race (Swim, Bike and Run).





➔ SWIM COURSE

Competitors must make their own way to T1 at Tännforsen.

A mass start followed by a 1.9 kilometre loop clockwise around the buoys beneath Sweden's largest waterfall, Tännforsen, in Öster-Noren.

Average water temperature for July should be around 15 degrees Celsius.

Wetsuits are mandatory and neoprene vests are highly recommended if you feel the cold. Swim booties/ socks and non-webbed gloves are permitted and neoprene vests are highly recommended

The swim will start and finish beneath Tännforsen waterfall. Access to the Swim Start/Exit follows a rocky 400m path from the transition area - we strongly suggest athletes use neoprene socks or similar during the swim as running on this track will be uncomfortable at the very least in bare feet.

In the case of extreme weather conditions, the organisers reserve the right to change the format, shorten or abandon the swim course, in which case the event would become a duathlon with a staggered start based on bib number.



BIKE COURSE OVERVIEW

103 kilometers from Tännforsen along smooth Swedish roads.

Leaving the sound of the waterfall and T1 behind, you will head South and take your first right turn at the T-junction onto road 322. You will follow this road North-West all the way to the Norwegian border. There will be plenty of time to admire the typical Swedish countryside: trees, lakes, trees, red houses.

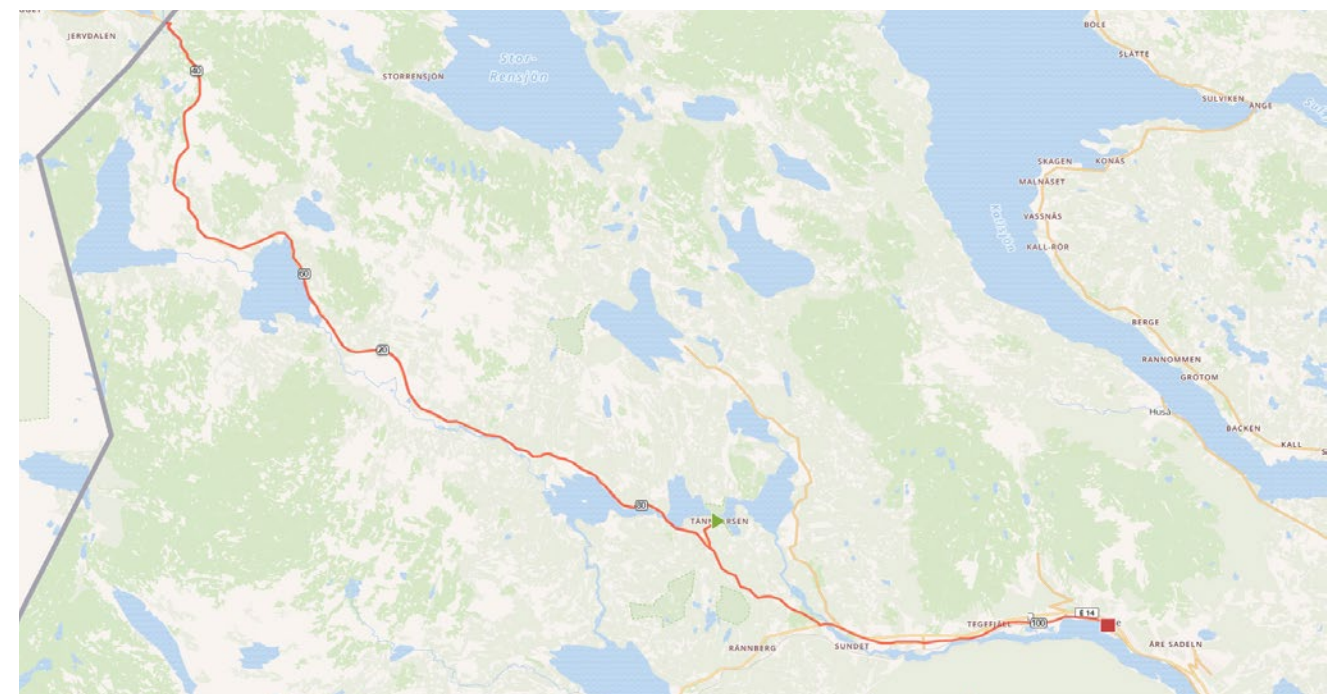
Once you have taken a U-turn (42km into the bike course) at the border, you will head back all the way to Åre. These roads tend to be quiet, but be vary of the wildlife.

Before you reach Duved, at around 90km mark, you will be merging onto the main road E14 (going left). Take extra care as you will be crossing traffic on a busy road. Marshalls will be present at the junction, however only for visibility – they will not be stopping the traffic.

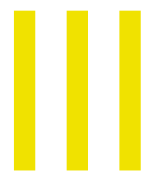
A course sweeper van will follow the last rider during the bike leg. If you have a mechanical or need to withdraw for any other reason, please report to the nearest marshal or Event Control and the sweep vehicle will collect you.

However, please note this is not a 'taxi' service – the sweeper will arrive with you as determined by course and race logistics.

It is mandatory that you are carrying enough clothing throughout the bike course to be able to wait for the sweep vehicle to arrive – this could be a considerable amount of time.



▶▶ RUN ROUTE OVERVIEW



The Swedeman XTRI Solo Point Five run is approximately 22 km from Holiday Club (T2).

From T2 the run heads through the main square in Åre to pick up a Trollstigen to Fjällgården Ski Hotel. Watch out for trolls and giants lurking in the trees! After the ski-lift, you will follow a singletrack forest trail taking you towards Åre Björnen. After the car park you will pick up a gravel path Gamla Fröåvagen taken you East to a copper mine, Fröå Gruva.

You can stop at a feed station before you start climbing your main climb dominated the view to north-west, unless hidden in the clouds. This section takes you away from the main trails and expect to get your feet wet! You will eventually pass a Swiss restaurant to then visit the next feed station.

Climbing up towards Lillskutan you will run above the tree line for the first time during the run. This section has some fantastic singletrack that will allow for great views if the weather is clear.

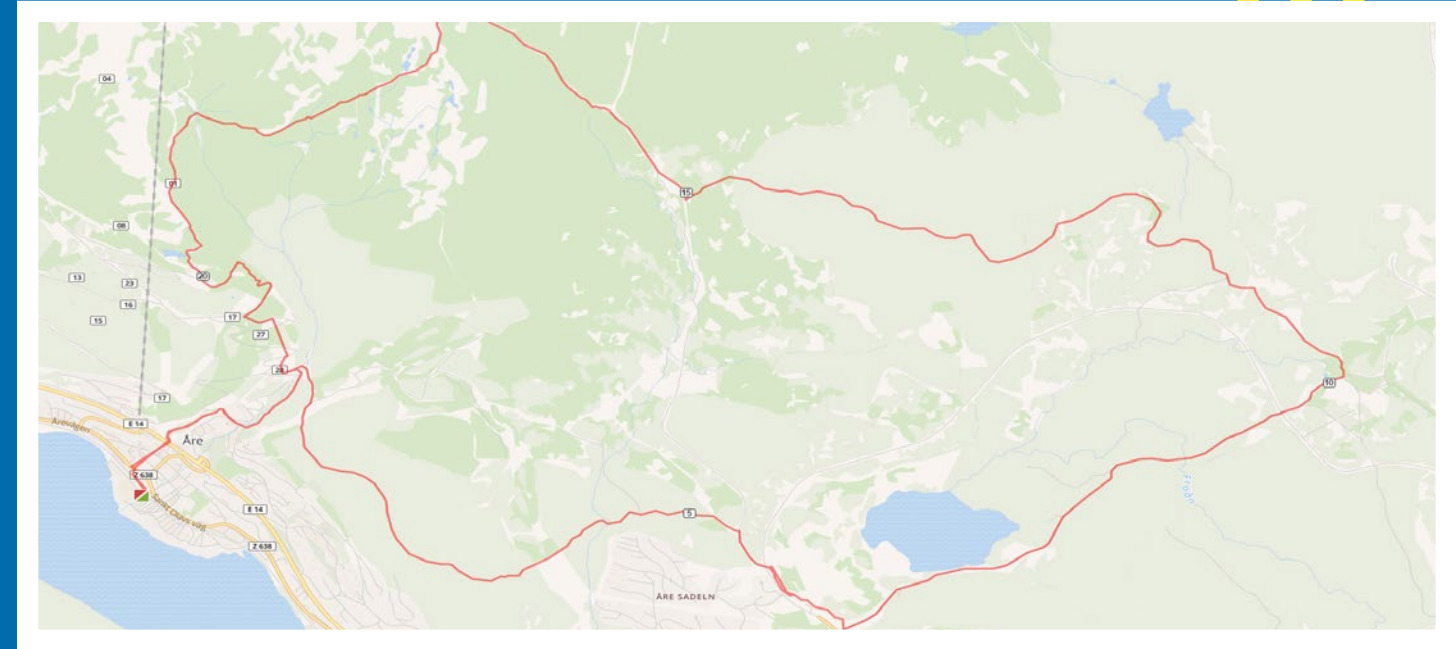
You will follow a clearly marked hiking trail but we will take you off the beaten track to experience the proper Swedish wilderness but reward you with an aid station! Pay attention not to lose the trail as there will be few course markers above the tree line. There can be fields of snow on the trail or right next to it, which can make for an icy run.

If the weather cooperates. If not, you'll be happy to see your own feet. A last rocky kilometer of descent is what stands between you and the cable car top station. You will then follow marked trails back down to the finish (be careful!).

The Mountain Rescue Team will be on the route in strategic locations.

A basic aid station (gels/bars/water) will be provided by the organisers on the run course at Fröå Gruva at 10km

However, we strongly advise that you plan to be unsupported for the whole run course (i.e. carry your own food/water).



RUN COURSE MANDATORY EQUIPMENT:

There is mandatory equipment that must be carried by the athlete during the run section from T2. There will be a compulsory check at registration. This will be re-checked during the race (T2 Exit) during a compulsory time-out.

- ▶ Waterproof Jacket. This must have an attached hood and long sleeves. It must have taped seams or similar construction. For the avoidance of doubt, windproof-only, or gilets will not be accepted. We reserve the right to perform a 'tap test' at the kit check
- ▶ Hat and Gloves
- ▶ 1 x Additional Layer Thermal Upper Body Clothing (e.g. microfleece top)
- ▶ Sufficient Food and Water for the section
- ▶ Mobile Phone - Fully charged
- ▶ Basic 1st Aid Kit (Bandage, Plasters)
- ▶ Whistle (for attracting attention)
- ▶ GPS Tracker (provided by the organisation)
- ▶ Timing Chip (provided by the organisation)



TRANSITIONS

SHUTTLES AND EQUIPMENT TRANSFERS

****IMPORTANT****

T1 (TÄNNFORSEN)

Athletes will be responsible for racking their own bikes and transition set-up from 10:15 to 11:30 on race-day.

During your transition from Swim to Bike, you must neatly and completely (all items must be contained within the bag provided) place all your swim kit and any other items into the numbered T1 bag issued to you at registration. You must leave your packed bag at your transition slot.

Please keep the kit in this bag to an absolute minimum – no-one needs their entire wardrobe at T1.

The organiser will collect these bags and bring them to a collection point at Holiday Club. You need to remember to collect your bag after the race – we will not be posting uncollected items to athletes.

The organisers do not guarantee the T1 bags will make it back to the Finish before you do, but we'll do our best.

After the race, there will be a minibus shuttle between Holiday Club and Tännforsen to enable cars left pre-race to be picked up.

You may also choose to ride back to Tännforsen after you've finished.

T2 (HOLIDAY CLUB)

You will be guided to the Dismount Line. Get off your bike, leave your helmet fastened.

You will be guided to un-numbered bike-racking. Place your bike (only) on the bike-racking in an available slot.

Proceed on foot to the T2 Bags area. This is where you will collect your Run kit bag, change, and leave your Bike kit behind in the T2 Bags area.

Your T2 Run Kit Bag should have only equipment required for the run in it. A numbered bag will be issued to you at Registration for this purpose.

You must hand this bag, complete with all your Run kit in it (inc. shoes, mandatory equipment etc.) to us at Holiday Club before 16:00hrs on Thursday. The organisers will transport the bags to T2 Holiday Club on race-day.

We will set them out on the ground in numerical order (001 closest to the Bike Drop-Off).

All your kit from the Bike section must be placed into this bag (inc. Helmet).

The organisers will provide security for your bikes at T2, they will be available for collection after the race at Holiday Club.



FINISH LINE

The Finish Line of Swedeman XTRI Solo Point Five is at Holiday Club.

Competitors will receive their Finisher T-Shirt at the Finish Line.

The race entry fee includes post-race food for the athlete.

There will be a regular shuttle bus to return you to your car at Tännforsen if required.

The prize-giving ceremony will be in Holiday Club at 19:00

****Please remember to collect your bike, T1 Bag and T2 Bag from Holiday Club / T2****



RULES

SWEDEMAN XTRI SOLO POINT FIVE general rules are based on the rules and regulations of Triathlon Sweden

EQUIPMENT:

Full wetsuits are mandatory for the swim. Gloves and swim socks are permitted if non-webbed, these will be checked at registration. Neoprene hats and vests are strongly recommended.

Your race timing chip (Sport Ident 'dibber') is to be worn at all times.

Your GPS Tracker is to be worn at all times from T1 onwards (note: not during the Swim) - this piece of equipment is vital for your safety as we can locate you at any point. The tracker will alert us of inactivity and we can send help. From experience we know this can be a life saving device – PLEASE USE IT!

Your race number is not to be worn during the swim, and must be stored visible in T1. Your race number belt must

- be worn (and visible) on the back during bike segment and in front during the run at all times.
- Bikes must be in good working order and road legal.
- Helmets are compulsory whilst riding your bike, and must be approved by a national accredited testing authority, or have the CE stamp.
- There is mandatory equipment that must be carried during the run section – this is outlined elsewhere.
- This equipment will be checked pre-registration, and during the race. You will not be permitted to race without it.



BIKE COURSE RULES:

The following may lead to time penalties and/or disqualification:

- Swedish Road traffic regulations must be strictly observed at all times by athletes.
- SWEDEMAN Solo Point Five is a DRAFT FREE race. You are not permitted to draft other competitors. We will have draft busters on the course.
- Violating traffic regulations.
- Obstructing traffic.
- Use of headphones, headsets or mobile phones while on the bike.
- Pacing on the bike leg, either by car or bike.
- Drafting off another athlete or motor vehicle.

TIME PENALTIES:

- Minor violations (yellow card) - 5 minutes.
- Second violation (yellow card) - 15 minutes.
- Third violation, major violations or dangerous behavior (red card) – disqualification.
- Penalties will be given to athletes based on dangerous or unacceptable behaviour, this will be monitored by motorcycle marshals and official race vehicles.





CUT-OFFS

Cut-offs are necessary because we are concerned about your safety. It is very dangerous to be on the course or if you are too exhausted. You cannot continue in the race on your own or at your own risk. The following cut off times will be enforced:

DESCRIPTION	CUT OFF TIME
Exit T1	1 hour 30 minutes
Exit T2	7 hours from race start
Fröå Gruva (10km on run)	9 hours from race start
Finish Line	No cut-off

RUN COURSE AND MISCELLANEOUS RULES

- Medical crew, Mountain Rescue and marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race.
- The use of non legal performance enhancement supplements/drugs is forbidden.
- Leaving litter (gel & bar wrappers, banana skins etc.) is an instant disqualification offence. We rely on the goodwill of landowners and local communities for this event to be possible. Litter is something they are all very sensitive about.
- The run course is open to normal traffic on road sections. Road traffic regulations must be strictly observed at all times.
- Use of headphones, headsets or mobile phones on any tarmac sections is not permitted

There is no cut off time at the finish line for those who have exited T2, however should we feel the conditions are unfavorable we may stop you early.

In some extreme circumstances, we may decide to transport you by vehicle along the tarmac sections to the finish area.

This will be solely at the discretion of the organisers, and will be non-negotiable. In this situation, we will consider you a Finisher if appropriate and you will appear in the

results.

We simply may need to bring the race to a conclusion at a reasonable time of day.

Organisers reserve the right to change this due to weather or other conditions – we would hope to make this decision no later than race briefing, but it is possible that weather conditions can change very quickly on race day.



SWEDEMAN XTRI SOLO POINT FIVE is part of the XTRI World Tour.

Have you ever wanted to try an XTRI but felt it slightly out of your comfort zone, too difficult to find a support runner, driver, or both?

Now we can offer you XTRI SOLO POINT FIVE, from the XTRI World Tour.

A shorter but no less extreme option. Based on our original extreme triathlon format, invented by Hårek Stranheim in 2003, we have carefully designed the courses to test you to your limit, unsupported.

Taste the flavour of XTRI with the same huge adventure, same friendly crews, cold water, high mountains, and tough, technical trails. We have it all for you.



www.xtrivorldtour.com



REFUND POLICY

SWEDEMAN XTRI SOLO POINT FIVE does not offer refunds, transfers or entry deferrals - sorry.

We STRONGLY advise you accept the Refund Protect event entry insurance offered as part of the entry process (there is a small additional charge for this, full T&C's available on race.se).

The entry slot at SWEDEMAN XTRI SOLO POINT FIVE is strictly personal. It can't be transferred, sold or given to another person.

Anyone who starts at SWEDEMAN XTRI SOLO POINT FIVE using the start number of another person will be taken out of the race and blacklisted from any future races.

THESE POLICIES WILL BE STRICTLY ENFORCED.

Experience suggests it's better to be clear and upfront about this kind of thing. Thanks for your understanding.

ATHLETE STATEMENT OF UNDERSTANDING

I am aware of the risks and hazards associated with or related to participating in the competition.

I will be made aware of the swim water temperature on the race start line. It is possible this will be below the 'normal' permitted range according to Triathlon Sweden rules. In this case, it is solely my decision on whether to undertake the swim section and I will not hold the organisers or their agents responsible in any way for any claims that may arise.

I have sole responsibility for my personal possessions and athletic equipment during the competition and its related activities.

I attest that I am physically fit and can complete the competition.

I grant full permission for SWEDEMAN SOLO POINT FIVE to use my photographs as part of the event website photo gallery.

I will comply with the rules and the regulations of Triathlon Sweden.

I confirm that all my race equipment is in good working order and accept that the Race Marshals can remove me from the race if the equipment is suspected to be sub-standard.

Doctors and marshals appointed by the organizers may remove a competitor from the race should there be a health or injury risk to the competitor.

The cycle route is not closed to traffic. Road traffic regulations must be strictly observed at all times.

The use of non-legal performance enhancement supplements is forbidden.

In the event of a race cancellation due to a storm or other "Act of God" my entry fee will be non - refundable.

The organiser retains the right to change the course at any time for safety or logistical reasons.

Participation is at the participant's own risk!

The participant indemnifies the organization against any claims that may possibly result from participation in the event. The participant also indemnifies SWEDEMAN SOLO POINT FIVE for any and all consequences which may ensue as a result of this participation.

X SWEDEMANS

XTRI SOLO POINT FIVE



www.swextr.com