

eXtremeMan Nagyatád 2024.

1) Place:

Address:	Nagyatád, eXtremeMan Square: https://goo.gl/maps/h8kNpYPTxgYDu2Fb9
	Start: Gyékényes, Kotró beach: https://goo.gl/maps/LEo2v4Wrj5G2vk6e6
Date:	10 August 2024

2) Organizer:

Name:	eXtremeMan Ltd.		
E-mail:	zsofiapeter@extrememan.hu		
Webpage:	extrememan.hu		
Competition director:	Zsófia Péter		
	mobile	+36304730464	e-mail: zsofiapeter@extrememan.hu
	:		
President of the Organizational Committee:	Gyula HERR		
	mobile		e-mail: herrgyula@extrememan.hu
	:		

3) Chief Referee / Technical delegate (Hungarian Triathlon Federation):

Chief Referee:	Viktória BÖRÖCZI		
	mobile	30/6452748	e-mail: bt.estimate@gmail.com
	:		
Technical delegate:	Jenő MOLNÁR		
	mobile	+36 20 3239680	e-mail: jeno_molnar@t-online.hu
	:		

4) Entry fees:

	Entry fee (Ft)	
	registration	startpackage
Men/women	2024-06-20 23:59:59 60 000,- Ft	Minimál csomag: 35.000 ft Standard csomag 55 000,- Ft Extra csomag 75 000,- Ft
Relay	2024-06-20 23:59:59 60 000,- Ft	2 person (31.900 ft), 3 person (39.900 ft), 4 person (45.900 ft), 5 person (50.900 ft), 6 person (55.900 ft), 7 person (60.900 ft), 8 person (65.900 ft), 9 person (70.900 ft), 10 person (75.900 ft),

		11 person (80.900 ft), 12 person (85.900 ft)
Half distance variations	2024-06-20 23:59:59 14 000,- Ft	20 000,- Ft

5) Entry impersonation:

Entry website:	extrememan.nevezo.hu
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Description:

The registration process is **in two stages**.

The first step is **registration**. You register by entering the competition in which you want to compete. The registration fee will increase over time.

The second step, finalising your entry, is to choose your **starting pack**. The start packages are published and their price will not change until the registration deadline. The minimum start package is compulsory and can be extended as you wish. The minimum start package includes the services that everyone will use during the race. The start package can be extended to include any number of meals, transport, T-shirts and special gifts.

Only on the internet, on extrememan.nevezo.hu, according to the instructions there.

The entry fee can only be paid by credit card.

Closing date of on-site entries:	(Friday) 9 August: 20:00
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Competition licence is obligatory.

More impersonation: +36 70 399 9771, sportszervezo@triatlon.hu

6) Venue:

Race office location:	
Opening hours:	(Thursday) 8 August 17:00- 20:00 (Friday) 9 August 8:00- 20:00

7) Technical impersonation:

Technical impersonation place and date(s):	Nagyatád, eXtremeMan Square after the opening ceremony 10.08.2024 from 18:00
Expected water temperature:	21-25°C
Runway quality, pavement, safety:	asphalt or paving - closed to traffic
Bikeway quality, pavement, safety:	medium quality asphalt - in compliance with the rules of the Highway Code, in the small laps closed to traffic

Race timing system, company:	Chip – Evochip Hungary Ltd.
Drafting:	forbidden
Time limit(s):	<p>Individuals: 2 hours 20 minutes to start cycling to complete the long loop (60km): 5:00 hours to start the last "small loop": 9:00 h to start the run: 10 hours 30 minutes to start the 4th lap of the run: 12 hours 35 minutes start of the 7th lap of the race: 14 hours 40 minutes 15 hours 30 minutes to start the 8th lap of the race closing of the course at midnight</p> <p>Relays: 11:00 am restart (if the swimmer does not finish) 16:30 for the last lap on the bike 6:00 pm restart (if the cyclist does not finish) closing of the course at midnight</p> <p>Middle distance variations 11:00- all swimmers must leave the water</p>
Number of crossings at railway crossings, distance from depot:	two: Porrog, Csurgó
Affected train schedules:	Porrog: 8:30, 9:49, 10:07 Csurgó: 8:21, 9:57, 9:58
Limit of number of competitors:	-

8) Parking (extra costs):

Parking at the race centre: **free** of charge in the car park next to the eXtremeMan square

Parking in Gyékényes: **free** of charge in the car park at the start

9) Provisions different from the competition rules:

Only competitors born in 2004 and earlier are eligible to compete!

10) Accommodation:

<https://www.facebook.com/groups/288638541310655>

11) Race schedule – 10 August (Saturday):

Race	START	Check-in transition area	Check-out transition area	Swim distance (km) / laps		Bike distance (km) / laps			Run distance (km) / laps / elevation (m)		
Individuals (Women and Men together)	7:31:40	6:00 – 7:15	18:00	380 0m	3x 12 70	180	1x60 + 4x30 m	120 + 320 4x80	42,2	8x5, 250	3
Relay	7:20 8:50	6:00 – 7:15 7:15- 8:15	18:00	380 0m	3x 12 70	180	1x60 + 4x30 m	120 + 320 4x80	42,2	8x5, 250	3
Q135	7:00	6:00 – 6:45	18:00	380 0m	3x 12 70	90	1x60 + 1x30 m	120 + 80	21,1	4x5, 250	3
Middle Distance Variation- SWIM	9:25	7:15- 8:15	18:00	380 0m	3x 12 70	60	1	120	5,2	1	3
Middle Distance Variation- BIKE	9:25	7:15- 8:15	18:00	127 0m	1	90	1x60 + 1x30 m	120 + 80	5,2	1	3
Middle Distance Variation- RUN	9:25	7:15- 8:15	18:00	127 0m	1	60	1	120 m	21,1	4x5, 250	3