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TEAM EUROPE BIOTHLON

A new way to explore
Sri Lanka's rich biodiversity

23-25 JUNE 2023, KALPITIYA

ATHLETE INFORMATION GUIDE

VERSION - 23 JUNE '23

EU – FIRST TEAM EUROPE BIOTHLON ‘23

ORGANIZED BY G360
IN COLLABORATION WITH KITESURFING LANKA
- DISCOVERING BIODIVERSITY THROUGH SPORT

Kayak	3 km
Bike	10km
Run	3.6km
Kite Surf	3–6km
Swim	300m

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#SPORTSTOURISMSRILANKA
#COMMUNITYTOURISMSRILANKA
#BRINGJOYBACKTOSPORTS
#DISCOVERINGBIODIVERSITYTHROUGHSPORTS

WELCOME TO THE ATHLETE INFORMATION GUIDE
Please note this document includes important event information. Please read this information prior to the event. Information is correct at time of publishing.

PLEASE CHECK ONLINE FOR UPDATES

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1. Athlete Checklist

1. Whether you are a seasoned athlete or it is your first time, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.
2. Read the Athlete Information Guide in its entirety. Familiarise yourself with the event schedule.
3. Event start times are mentioned below. You must be present and ready for your events 45 minutes prior of Start time.

Event	Ready & Report time	Shuttle Time & Start Location	Start Time
	Location: Sunset Bar @ Kitesurfing Lanka		
Kayak	06:30	Sunset Bar @ Kitesurfing Lanka	07:15
Bike	08:00		08:30
Run	10:15		11:00
Kite Surf	13:15	13:25	14:00
Swim	14:30	Kite Beach, Kalpitiya Lagoon	15:15

4. Familiarise yourself with the course – this will make your participation easier.
5. Those athletes doing the Bike segment are required to bring their own helmets
6. The event adopts a 'zero waste, leave no trace' concept. Please bring your water bottles. Water stations will be available round the clock to refill bottles. Inform those accompanying you too.

2. Event Schedule

Friday 23rd June '23

Time	Activity	Venue
17:30	Arrive in Kalpitiya. Check in to rooms.	
18:15 - 19:10	Athlete Check in & Select and Rack Bike. For those not bringing their bikes, mountain and electric bikes will be available for the event.	Sunset Bar @Kitesurfing Lanka
19:10 - 19:30	Welcome, Compulsory Athlete Briefing.	
19:30 - 20:30	ACTED & Partners - Opportunity to showcase the impact on the ongoing & completed projects by the EU & Partner Organizations.	
20:30 - 22:00	Mix, Mingle & Dinner.	

Saturday 24th June '23

Time	Activity	Venue
06:30	Ready & Report - Kayakers.	Sunset Bar @Kitesurfing Lanka
07:00	Compulsory Kayak Briefing.	Sunset Bar @Kitesurfing Lanka
07:15	Kayaking Start - 3km.	Sunset Bar @Kitesurfing Lanka
	Non-Kayakers & Spectators to stay at the Finish Line near Sunset Bar @Kitesurfing Lanka	Sunset Bar @Kitesurfing Lanka
06:30 - 07:45	Activity for non-kayakers and spectators	Sunset Bar @Kitesurfing Lanka
07:45	Kayak Cut off	Sunset Bar @Kitesurfing Lanka
08:00	Ready & Report – Cyclists.	Sunset Bar @Kitesurfing Lanka
08:15	Compulsory Bike Briefing.	Sunset Bar @Kitesurfing Lanka
08:30	Bike Start - 10km Ride together and follow the lead bike. Pitstop @ Wellankarai Pallivasalturai, Discussion with the COLIBRI Team and project beneficiaries.	Sunset Bar @Kitesurfing Lanka
08:15	Non-cyclist & Spectators may take a ride on the SAG Vehicle behind the cyclists. First come first served basis as the space is limited.	Sunset Bar @Kitesurfing Lanka
08:15 - 09:30	Activity for non-cyclists and spectators	Sunset Bar @Kitesurfing Lanka
09:30	Bike Cut Off Time.	Sunset Bar @Kitesurfing Lanka
09:45	Ready & Report – Runners.	Sunset Bar @Kitesurfing Lanka
10:00	Compulsory Run Briefing.	Sunset Bar @Kitesurfing Lanka
10:15	Run Start – 3.6km. Run together whilst observing a transformed village enroute. Volunteers will show the way Discussion with the officials at the Coast Conservation Department.	Sunset Bar @Kitesurfing Lanka
10:15	Non-runners & Spectators may take a ride on the SAG Vehicle behind the runners. First come first served basis as the space is limited.	Sunset Bar @Kitesurfing Lanka
10:05 - 11:00	Activity for non-runners and spectators	Sunset Bar @Kitesurfing Lanka
11:15	Run Cut Off Time.	Sunset Bar @Kitesurfing Lanka
11:15 – 13:00	Chill, Cool down & Lunch. ACTED - Opportunity to showcase the impact on the ongoing & completed projects by the EU & Partner Organizations.	Sunset Bar @Kitesurfing Lanka
13:15	Ready & Report – Kite Surfers & Swimmers	Sunset Bar @Kitesurfing Lanka
13:25	Depart to Kite Surfing Marshalling Area via shuttle.	Kite Beach, Kalpitiya Lagoon
13:45	Compulsory Kite Surfing Briefing.	Kite Beach, Kalpitiya Lagoon
14:00	Kite Surfing Start – 3-6km.	Kite Beach, Kalpitiya Lagoon
14:30	Ready & Report, Compulsory Swim Briefing – Swimmers	Kite Beach, Kalpitiya Lagoon
15:00	Kite Surf Cut Off Time.	Kite Beach, Kalpitiya Lagoon
15:15	Swim Start - 300m. Swim together whilst observing ocean plastic pollution in the area.	Kite Beach, Kalpitiya Lagoon
16:00	Swim Cut Off Time.	Kite Beach, Kalpitiya Lagoon
16:30	Depart Kite Beach	Kite Beach, Kalpitiya Lagoon
16:30 - 17:30	Relax	
17:30	Report to Sunset Bar to walk across to Depart. of Wild Life.	Sunset Bar @Kitesurfing Lanka
17:45 – 18:15	GIZ awareness session at Department of Wild Life (next door to host hotel).	GIZ – Department of Wild Life
18:15- 19:30	Relax	Sunset Bar @Kitesurfing Lanka
19:30 - 20:30	Tokens of appreciation, Bonfire, Dance & BBQ	Sunset Bar @Kitesurfing Lanka

Sunday 25th June '23

06:00	Depart Kalpitiya to Wilpattu	Sunset Bar @Kitesurfing Lanka
07:00	Arrive in Wilpattu via Eluwankulama entrance.	
07:00 - 10:00	Safari & Project sites, exit via Eluwankulama Exit	
10:00	Depart to Kalpitiya.	
11:00	Arrive in Kalpitiya.	
11:00 - 13:00	Brunch, Chill, Pack & Mingle.	
13:30	Depart to Colombo.	

CUT OFF TIME

Course cut off times are mentioned in the Event Schedule. However, athletes may be cut off at any time based on the Organizer's discretion and judgement. Reasons for this may include, but are not limited to; weather conditions, medical contingency. In the situation of one or more legs (swim, bike, run, Kite Surf, Kayak) being modified under contingency scenarios the Organizers also reserves the right to announce new cut off times.

3. Athlete Check-in

1. Check -In for all athletes participating will take place at the Sunset Bar, Kitesurfing Lanka, Kandakuliya, Kalpitiya (Host hotel) on: Friday 23rd June '23 at 18:15. It is compulsory for all athletes to Check-In during this time.
2. During Check-In, athletes will receive an athlete pack including the Bib, T Shirts and caps. Bib must be worn at all times during the sports segments. As the Bib number will play a vital role in the safety aspects of the event, including medical records, allergies and emergency contacts, it is mandatory to wear it at all times.
3. If you withdraw from the event at any time (pre or during), please inform +94 777369616
4. The Bike Partner at the site will allocate a bike to you (you may select yours) if you are not bringing your own bike. Please paste the bike and helmet sticker on your bike and helmet and rack it according to your Bib number. In case you are bringing your own bike please bring a lock to secure it. Please note that the bikes will be racked in an open area.

4. Event Day Services

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Your safety is of utmost importance to us. If you are unsure about your ability to complete your sports segments or are not feeling 100% physically fit in the lead up to the event, we highly recommend you seek medical advice from the doctor at site.

FIRST AID - Basic first aid, a Doctor and Nurse is available throughout the event. If you require medical attention, we recommend that you seek the assistance of event personnel +94 777369616.

SAG WAGON - The Support and Gear Wagon will collect athletes who are unable to complete the event, or are unable to finish within the course cut-off time. Collected athletes will be transported back to the Host Hotel.

Should you require a SAG Wagon at any time, please wave down an official and they will contact SAG Wagon deployment. Please note delays in SAG Wagon transport are expected.

To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

SWIM SAFETY - There will be a number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

Should at any point an athlete decides to abandon the swim, they will be taken ashore.

BIKE MECHANICS - A Bike mechanic will be setup at Host hotel on Friday and Saturday for minor repairs during Bike Check-in. A limited emergency service will be available on event morning for athletes and during bike collection.

AID STATIONS - Aid station with continuous supply of water and coconut water will be located at the host hotel. Coconut water will be available at the pitstop on the bike route.

LOST AND FOUND - Lost and Found will be at the Host Hotel during event day.

5. SWIM

300m - A straightforward sea swim, starting at the Sand Bank and finishing at Kitesurfing Lanka. You will observe the magnitude of Ocean Plastic Pollution in the area

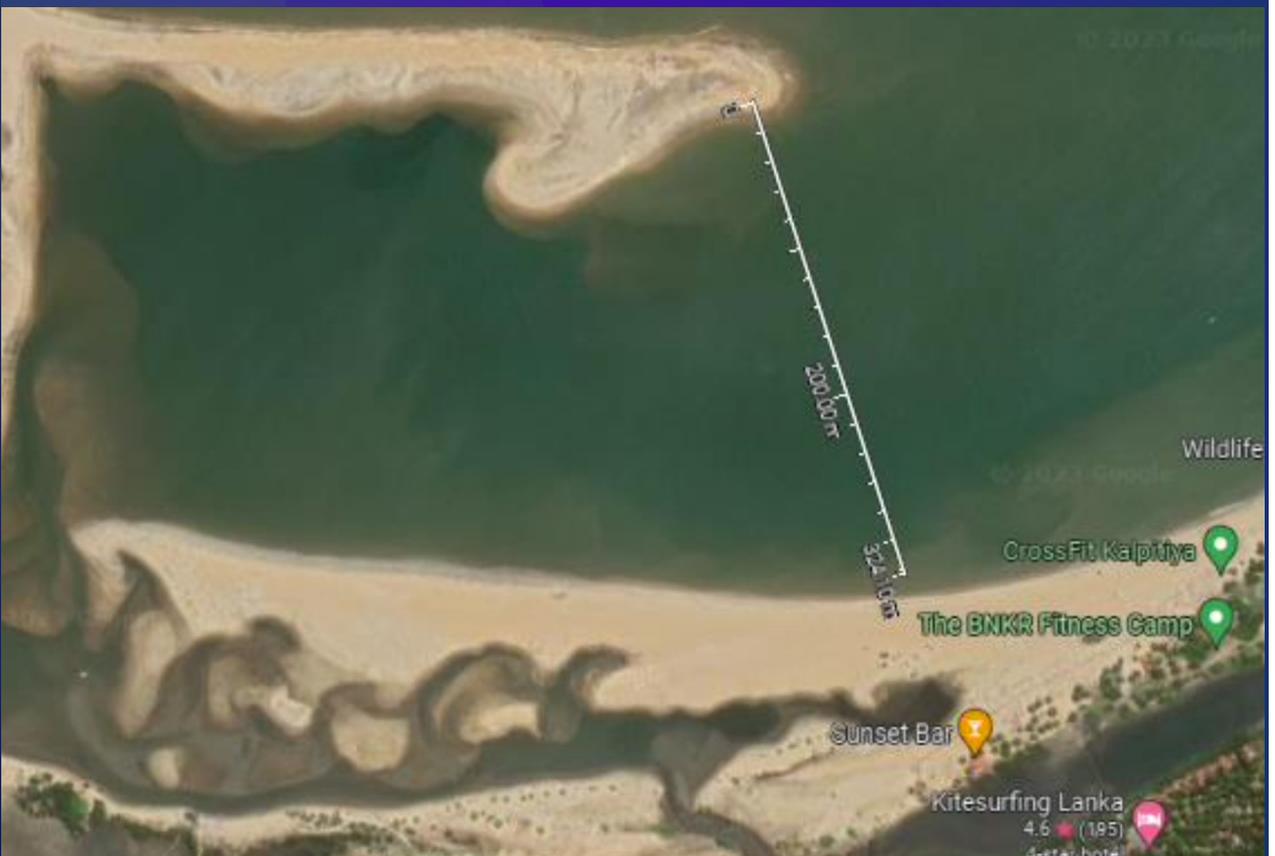
SWIM START FORMAT - An open-water swim is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on event day healthy, fit and prepared.

Kindly note to warm up on land. The event will follow the Mass Start format. At 07:15 the Mass Start will begin. This will involve athletes starting the swim together. As this is not a competition, enjoy the swim.

TRANSITION - SWIM TO BIKE - Upon finishing the swim and exiting the water, host hotel will have changing rooms to change and ample time for you to be ready for the next leg. If you are taking part in the Bike leg, you can head towards your bike where it is racked

EVENT DAY CHECKLIST - Swim wear, Cap, Goggles, Towel, Change of clothes

SWIM COURSE MAP



7. RUN

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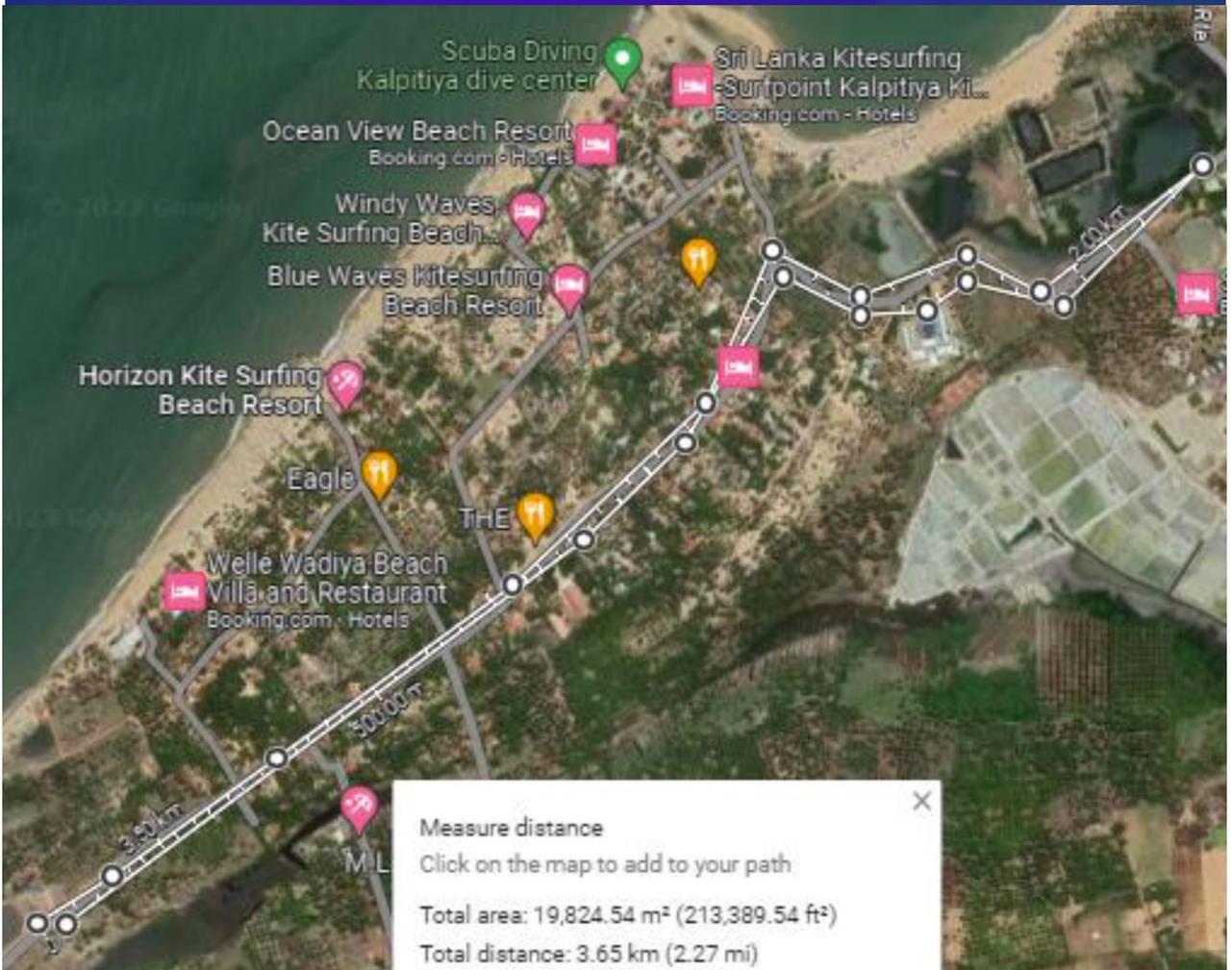
10

3.6km - Start at Kitesurfing Lanka and run through the village of Kudawa. At the half way point, you will meet and discuss with officials from the Coastal Environment Centre and return on the same route to Kitesurfing Lanka. You will observe a village that has transformed in the last years.

TRAFFIC - Police and volunteers will be in place for the duration to minimise the traffic flow on course and to protect the athletes. There will be light vehicular traffic adjacent to the course comprising of event personnel and local residents requiring access, so please exercise vigilance and tolerance at all times. Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct traffic.

EVENT DAY CHECKLIST – Bib, Running Shoes, Hat, Sunglasses.

RUN COURSE MAP



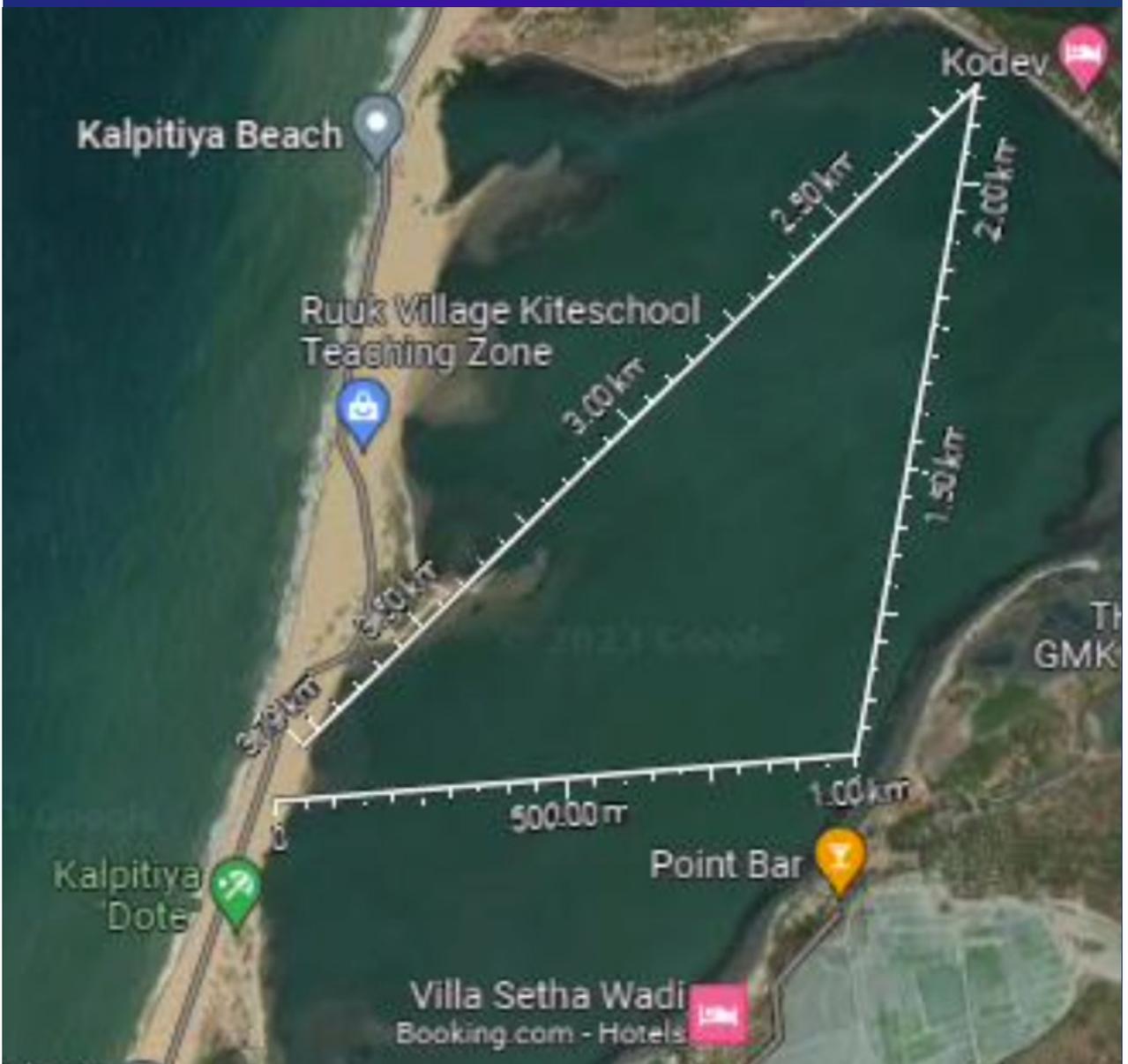
8. KITE SURF

3 - 6 km course starting and finishing at Kite Beach. You will navigate through a set route. You will observe coastal erosion in the area. You will observe the potential of wind energy in the area

Please launch and land in designated areas and be mindful of the right of way rules in Kitesurfing. Please note that this is not a race but rather a fun run. A safety boat available during the run.

EVENT DAY CHECKLIST – Sunscreen, Rash guard to protect you from the strong sun, Water shoes (there can be sharp spiny shells)

KITE SURFING COURSE MAP



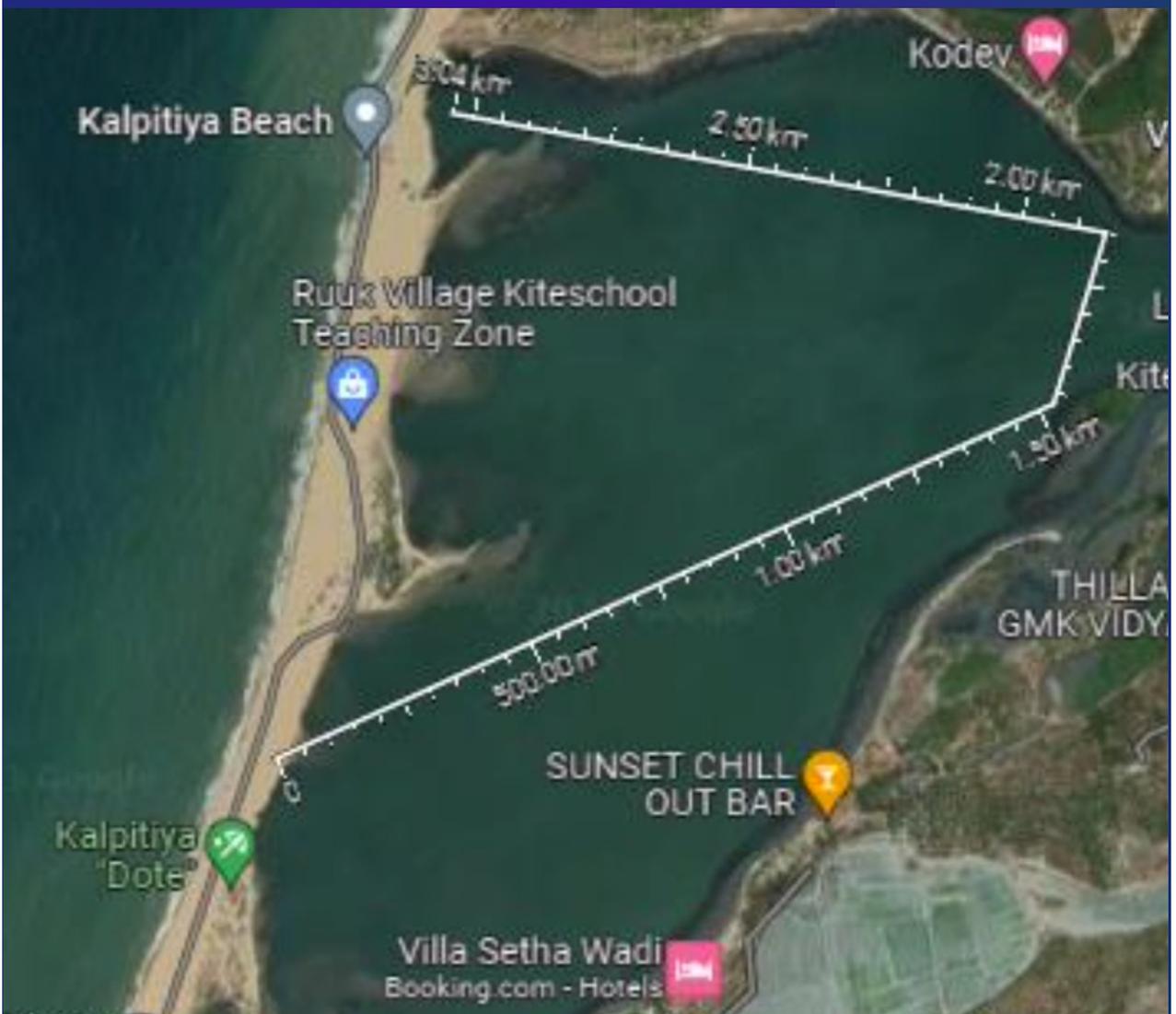
9. KAYAK

3 KM paddle starting at Kite Beach and finishing at edge of Kite Beach (North). You will observe the efforts to regrow mangroves and vegetation to save the area from erosion. You will observe impacts of poor waste management.

It would most likely be a windy day. Our course is taking this into account and the route is a downwind route.

EVENT DAY CHECKLIST – Sunscreen, Rash guard to protect you from the strong sun, Sunglasses, Cap, Water shoes (there can be sharp spiny shells)

KAYAK COURSE MAP



10. BE SMART

Here are some tips to help get you ready

GENERAL

1. Thoroughly review the event website and pre-event communication to familiarise yourself with the course.
2. Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.
3. You should take the proper steps to assess your health with your physician.
4. If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out during the event, reach out to the nearest event crew.
5. Always stop at the first sign of a medical problem.
6. Watch for hazards in the road including potholes, debris, or water bottles.
7. Know where the vehicles are around you and anticipate that drivers may not see cyclists and runners.
8. Be able to see and hear what is going on around you.
9. Taking unnecessary risks could risk you losing your life. Always be smart.

SWIM

1. Event day should not be your first open water swim.
2. Keep in mind, every body of water is different, so you'll need to educate yourself on local conditions.
3. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
4. Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with buoy locations.
5. Identify basic navigation points so that you know what you are swimming towards.
6. Don't swim at maximum effort from the start. Relax and focus on proper breathing technique as you settle into a sustainable pace.
7. If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
8. Participants are allowed to stop or rest at any time during the swim.
9. Feel free to hold on to a static object like a buoy or paddle board.

Cycle

1. Your seat and handlebars should be adjusted to the appropriate height and reach for you.
2. Ensure all bolts are tightened properly, tyres inflated and that your brakes and gears are working properly.
3. Helmets should fit properly on your head while riding, and remain buckled at all times during your ride.
4. Carry the appropriate amount of water.
5. Don't use your phone while riding – pull off the road if you need to make a call or send a text.
6. Don't take photos and selfies while riding.
7. Keep your head up, particularly when riding in a group. Look at the road and the riders around you.
8. When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
9. Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
10. Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
11. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.
12. Use verbal and hand signals so others know if you are passing through, stopping or turning.
13. Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
14. When riding with the group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.

RUN

1. Hydrate. Especially before the run. Consider carrying a water bottle or hydration pack during the run.
2. Don't Hydrate too much right before running
3. Stretch and refuel immediately Post-Run.
4. Fix your stride. Run easy
5. Don't Run Injured

KITE SURF

1. Follow the kitesurfing rules and be safe
2. Do not jump on land
3. Remember the right of way rules especially when entering and exiting the water

KAYAK

1. Be mindful for sharp and spiny shells in the lagoon. We recommend wearing water shoes if not at least sandals or flip flops.
2. A safety boat will be available. If you feel you are unable to continue the kayak, simply wave at the boatman who would come to your aid

11. EVENT CONTACT DETAILS

W: www.G360.lk | E: Info@G360.lk | FB: G360
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12. EVENT PARTNERS



Host Hotel



Medical Partner



Water Partner



Riding Partner



Swim Partner



Insurance Partner



Media Partner



Social Media & Photography Partner