

WASSERSPIEL

General Information
Uri, Gotthard, Tessin
10 - 12 June 2016

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Legal notice

Organisation as of April 2016

We reserve the right to modify the concept for

reasons of optimisation or due to unforeseen events.



Telephone numbers

Key phone numbers for the Gigathlon:

Information Centre

0848gigathlon
(Tel. no. 0848 444 284)
(No information provided on rankings or stage times)

In the event of an emergency

0848gigamed
(Tel. no. 0848 444 263)

INVENTS!CH

Organisers

invents.ch AG
Bolleystrasse 27
CH-8006 Zürich

info@gigathlon.ch

www.gigathlon.com
www.twitter.com/gigathlon
www.facebook.com/gigathlon

NEWS

2016 GIGATHLON

Just Massive

Massive sporting achievement, massive mountains, or simply JUST MASSIVE. Gigathletes and supporters discover the diverse landscapes around the Gotthard Massif over two days, featuring two climatic and language regions, three Alpine passes, four Gotthard portals and five cantons - to name just a few of the attractions.

Gigathlon Switzerland 2016 still car-free!

In collaboration with SBB, we have managed to realise a car-free shuttle concept. The fascination of Gotthard with its passes on the four gateways can be experienced in truly impressive fashion. Gigathletes and supporters can look forward to the Gigathlon spirit on their journey to Tessin and back!

Erstfeld headquarters

The event area at the headquarters in Erstfeld is divided into two zones. Erstfeld Dorf is home to the finish area, the catering facilities, hospital-ity areas, the Partner Park and the railway station. Erstfeld Breiteli is the location for the parking areas for supporter vehicles and motorhomes, the Breiteli dual transition zone and the campsite. The two areas are connected by a footpath (1.9 km, 25 mins.).

Discounted travel

The SBB is offering all Gigathletes a 20% reduction on their SBB ticket for the journey to Erstfeld. About one month before the event, the team captain will receive an email with an offer code which they and their team members can use to obtain tickets at a reduced price at the SBB's online shop.

ON pennant as tent marker

All teams are given an ON pennant at check-in to identify their tent at the campsite. The teams write their team name on the pennant and attach it to their tent.

Live GPS tracking

This year, each team is being equipped with a GPS tracker. Each team captain will receive an email at the end of May with a link which team members can track their own teams and other teams at all times (apart from the swimming section). Further information on this can be found on page 8 and in the instructions issues at the check-in.

Vehicle permits (vignettes)

The vehicle permit, or vignette, now comes in a new design. The vignettes should be displayed on the vehicle's front, on the passenger side.

Supporter accreditation

The supporter accreditation at Gigathlon Switzerland 2016 is newly designed as a lanyard with personalised accreditation; this replaces the previous supporter vest.

General info in German and English

The information we put out on the Gigathlon is published in German and English. The English version is a compact version and contains all the key information about the competition.

Dispatch of cycle/mountain bike bags

Teams ordering one or two cycle/mountain bike bags when registering can collect these from the check-in or, if they are required for their travel to the event, can arrange for them to be sent in advance by post. For sending by post, please register by the end of May 2016 via email to info@gigathlon.ch.

Meeting points

Sabato Ticinese: Thanks to SBB, swimmers and inliners have the option of cheering on their team members on the return route from Tenero to Erstfeld in the Airolo transition zone. Runners can travel to Biasca or Airolo to support their team members before travelling on to their own competition venue in Göschenen.

Ürner Suntig: Gigathletes and supporters are free to wander in Erstfeld and can easily access three of the four transition zones on Ürner Suntig on foot.

Recommended combination of disciplines on Sabato Ticinese

Couple are advised that the swimming and inline sections should be completed by the same person. Other combinations are possible, but this means that the supporter needs to transport the cycle and the mountain bike from Erstfeld to Biasca and that the inliner may have to wait in Biasca for his team member.

"Knipsbox" camera on the Klausen Pass

On the cycling section on Ürner Suntig, Gigathletes can use the "Knipsbox" to take a self-portrait on the Klausen Pass, set against the unique Ürner scenery.

Bike accompaniment for Single on Ürner Suntig

On Ürner Suntig, Single may be accompanied and supported during the running section by one of the two supporters, on a bike.

Finishing line video

All finishes are recorded on camera and can be viewed subsequently on the rankings website.

Gigathlon collection and team clothing with Skinfit

Thanks to the collaboration with Skinfit, Gigathletes – along with supporters and non-accredited persons – can kit themselves out in functional and attractive clothing or in an individual team outfit visit www.gigathlon.com under the heading "Gigathlon-Shop".

Gigathlon collection from Sherpa



Gigathletes, supporters, organising committee members and Gigathlon fans can find Gigathlon items in the Gigathlon shop to make every outdoor adventure into a real pleasure. Visit www.gigathlon.com under the heading "Gigathlon-Shop".

KEY TO SYMBOLS






Understanding the symbols

The following symbols are used in the General Information booklet and the Course Guides:









Categories

-  Single
-  Couple
-  Team of Five
-  Wheelchair athletes

Disciplines




-  Swimming
-  Cycling
-  Biking
-  Inline
-  Running

Courses






-  Swimming
-  Cycling
-  Neutralised cycling section
-  Biking
-  Inline
-  Running
-  Alternative course
-  Connecting route outside competition

Transition zones

Change of discipline, such as:

-  Biking → Swimming
-  Inline → Running
-  Cycling → Biking

Direction of course for individual disciplines:

-  Swimming
-  Cycling
-  Biking
-  Inline
-  Running

Several disciplines on the same course, for example:

-  Cycling/Inline/Biking

START Start of course

FINISH End of course

Directions in the transition zones and for route changes:

-  Footpath
-  Road
-  Pedestrian route
-  Road for Cycling
-  Road for Inline
-  Road for Biking

 Handover zone

→ → → Single route

⇒ ⇒ ⇒ Couple route

→ → → Team of Five route






Transport for supporters

-  Shuttle train
-  Cycle/mountain bike packing service
-  Special coach
-  supporters' vehicles
-  Camper vans
-  Route for supporters' vehicles
-  Ban on supporters' vehicles
-  Prohibited area

Car parks

-  All categories
-  Single
-  Couple
-  Team of Five
-  Team of Five
-  General organisation
-  Media
-  Org. Comm. guests
-  Velo/bike park

Camp

-  Tents (all categories)
-  Camper vans (all categories)
-  Single
-  Couple
-  Team of Five

Services/Infrastructure

-  Partner Park
-  Cycle/bike repair service
-  Bike wash
-  K2 inline repair service
-  Tempo Sport wetsuit repair service
-  DUL-X massage service
-  Sponsor Sport Food refreshment points
-  Sponsor Sport Food buffet
-  Official catering at headquarters site
-  Hot meals for Single/ Couple on the course
-  Hospitality concessions
-  WC
-  Cloakroom
-  Shower
-  Information desk
-  Ambulance Service
-  Media centre
-  Check-in
-  Detailed plan
-  Handover / return of personal effects
-  Lockers
-  Mobile phone charger hire
-  Transport ticket issue

OPENING TIMES AND SCHEDULE

Friday, 10 June 2016

Erstfeld Breiteli	Car parks open	13:00
Erstfeld Dorf	Check in	13:00 – 21:00
Erstfeld Dorf	Information desk	13:00 – 23:00
Erstfeld Breiteli	Camp opens	13:00
Erstfeld Dorf	Velo/bike park	13:00 – 23:00
Erstfeld Dorf	Partner Park and hospitality	13:00 – 22:00
Erstfeld Dorf	Dul-X massage service	13:00 – 22:00
Erstfeld Dorf	Sponser Sport Food stand	13:00 – 22:00
Erstfeld Dorf	Showers	17:00 – 22:00
Erstfeld Dorf	Evening meals	17:00 – 22:30
Erstfeld Dorf	Opening ceremony of 2016	19:30 – 20:00

Sabato Ticinese, 11 June 2016

Erstfeld Dorf	Breakfast and lunch delivery	02:30 – 09:00
Erstfeld Dorf	Information desk	02:30 – 01:00
Erstfeld Dorf	Velo/bike park	04:30 – 01:00
Erstfeld Dorf	Showers	04:00 – 01:00
Erstfeld Dorf	Special coach departs 🚗 🚚	04:00
Erstfeld Dorf	Special trains depart 🚂	04:30 – 05:00
Tenero	Information desk	06:00 – 10:00
Tenero	Tempo-Sport wetsuit service	06:00 – 08:00
Tenero	K2 Inline service	06:00 – 09:40
Tenero	Swimming mass start 🏊 🚗	07:00
Tenero	Swimming mass start 🚂	08:00
Tenero	Exp. time of arrival of first swimmers	07:45
Tenero	Handover of personal effects in Tenero	07:45 – 09:40
Tenero	Cut-off time for swimmers	09:40
Tenero	Showers	07:30 – 10:00
Biasca	Information desk	08:00 – 12:30
Biasca	Mountain bike service	08:00 – 12:30
Biasca	Expected time of arrival of first inliners	09:00
Biasca	Cut-off time for inliners	12:20
Biasca	Showers	09:00 – 13:00
Airolo	Information desk	10:00 – 16:30
Airolo	Cycle service	10:00 – 16:30
Airolo	Exp. time of arrival of first bikers	11:25
Airolo	Cut-off time for mountain bikers 🚗 🚚	15:20
Airolo	Cycling mass start 🚂	15:25
Airolo	Cut-off time for mountain bikers 🚂	16:20
Airolo	Mountain bike wash	11:30 – 17:00
Göschenen	Information desk	13:30 – 21:00
Göschenen	Expected time of arrival of first cyclists	14:40
Göschenen	Cut-off time for cyclists	20:50
Göschenen	Showers	14:30 – 21:30
Erstfeld Dorf	Hospitality	11:00 – 22:00
Erstfeld Dorf	Partner Park	13:00 – 22:00
Erstfeld Dorf	Cycle, mountain bike, K2 inline, Tempo Sport Wetsuit service	13:00 – 23:00
Erstfeld Dorf	Sponser Sport Food stand	13:00 – 23:00
Erstfeld Dorf	Return of personal effects in Erstfeld	14:00 – 23:00
Erstfeld Dorf	Dul-X massage service	14:00 – 00:00
Erstfeld Dorf	Expected time of arrival of first runners	16:10
Erstfeld Dorf	Evening meals	17:00 – 01:30
Erstfeld Dorf	Finishing time	00:30

Ürner Sontig, 12 June 2016

Erstfeld Dorf	Breakfast and lunch delivery	04:30 – 09:00
Erstfeld Dorf	Information desk	04:30 – 23:30
Erstfeld Dorf	Showers	08:00 – 24:00
Erstfeld Dorf	Cycle/mountain service	06:00 – 16:00
Erstfeld Dorf	Velo/bike park	06:00 – 16:00
Erstfeld Dorf	Chasing start special coach departs	05:15
Erstfeld Dorf	Swim. start special trains depart 🚗 🚚	05:45 – 06:15
Erstfeld Dorf	Swim. start special trains depart 🚂	06:15 – 07:00
Flüelen Start	Swimming chasing start 🚗 🚚 🚂	06:00 – 07:00
Flüelen Start	Swimming mass start 🚗 🚚	07:00
Flüelen Start	Swimming mass start 🚂	08:00
Flüelen Start	Tempo-Sport wetsuit service	05:30 – 08:00
Flüelen Start	Handover of personal effects	05:30 – 08:00
Flüelen	Information desk	05:30 – 10:00
Flüelen	K2 Inline service	05:30 – 10:00
Flüelen	Exp. time of arrival of first swimmers	06:45
Flüelen	Cut-off time for swimmers	09:50
Flüelen	Return of personal effects	06:30 – 10:00
Flüelen	Showers	06:30 – 10:00
Erstfeld Dorf	Expected time of arrival of first inliners	07:20
Erstfeld Dorf	Cut-off time for inliners	11:10
Erstfeld Breiteli	Information desk	10:00 – 20:00
Erstfeld Breiteli	Expected time of arrival of first cyclists	11:00
Erstfeld Breiteli	Cut-off time for cyclists 🚗 🚚	16:35
Erstfeld Breiteli	Cut-off time for cyclists 🚂	17:35
Erstfeld Breiteli	Exp. time of arrival of first bikers	13:00
Erstfeld Breiteli	Biking mass start 🚂	16:40
Erstfeld Breiteli	Cut-off time for mountain bikers	20:00
Erstfeld Breiteli	Mountain bike wash	11:00 – 22:00
Erstfeld Dorf	Hospitality	09:00 – 22:00
Erstfeld Dorf	Partner Park	11:00 – 21:00
Erstfeld Dorf	Sponser Sport Food stand	11:00 – 22:00
Erstfeld Dorf	Dul-X massage service	08:00 – 23:30
Erstfeld Dorf	Expected time of arrival of first runners	14:25
Erstfeld Dorf	Evening meals	17:00 – 23:30
Erstfeld Dorf	Closing and awards ceremony	18:30
Erstfeld Dorf	Finishing time	23:15
Erstfeld Breiteli	Closure of camp and car park, motorhome park	00:00

Monday, 13 June 2016

info@gigathlon.ch Closing date for ranking list amendments 17:00

HEADQUARTERS MAP

PARTNER SERVICES



Cycle and bike service

Professional repair and spare parts service for all cycles and mountain bikes.



K2 inline service

K2 provides a professional repair service on every day of the event for all inliners and stocks parts for a variety of skate brands. Parts only are charged - the service is free of charge. www.k2sports.com



Tempo-Sport wetsuit service

Tempo-Sport can help with any damage to wetsuits. There will be a charge for replacement material.

www.tempo-sport.ch [in German]



Sherpa Outdoor tent service

Need your poles fixing? Holes in the tent? Or any other problems with your tent or camping equipment? That's why Sherpa Outdoor is offering a repair service. Parts only are charged - the service is free of charge. www.sherpaoutdoor.com [in German]



DUL-X massage

Legs starting to flop? DUL-X will come to your rescue with a free massage service at the headquarters in Erstfeld. DUL-X also provides a number of "self-service stations". www.dulx.ch [in German and French]



Bike wash

There will be a handy bike wash station available on Saturday in Airolo and on Sunday at the Erstfeld Breiteli transition zone. Bikes are washed by the Gigathletes themselves. Please note that no soap or detergent is to be used. The service is provided free of charge.



SPONSER catering

You can redeem the relevant vouchers for top quality sports food from the Sponser range at the Sponser Sport Food Buffet. www.sponser.ch



Photo service

Wherever possible, a photo will be taken of all Gigathletes at various photo points on all the courses. On the cycle section on Sunday cyclists on the Klausen Pass will be able take a self-portrait with the "Knipsbox" camera. All the photos will be available for you to view and order from Tuesday, 14 June 2016, at the latest at www.alphafoto.com. There will also be a photo point at the check-in for a first "unforgettable" team photo.



Information desk

The information desk at headquarters in Erstfeld and in all transition zones is your first point of contact for any questions or problems you might have. Lost property can also be handed in at the information desk. In accordance with the regulations, applications for neutralisation and protests are to be submitted to the information desk in the transition zone or at headquarters in Erstfeld using the relevant form.



Ambulance service

The emergency services are responsible for generally coordinating the provision of medical care on the course. They have vehicles that can access the rough terrain on the Gigathlon course and together with local volunteer medics provide round-the-clock emergency support. The emergency number to use at Gigathlon Switzerland is **0848gigamed, 0848 444 263**.



SBB solar-charged battery hire for your mobile phone

Only 10% charge left on your mobile? Don't worry - at the SBB stand in the Partner Park, you can hire a solar-charged battery for your mobile free of charge (you will need to show your ID). www.sbb.ch



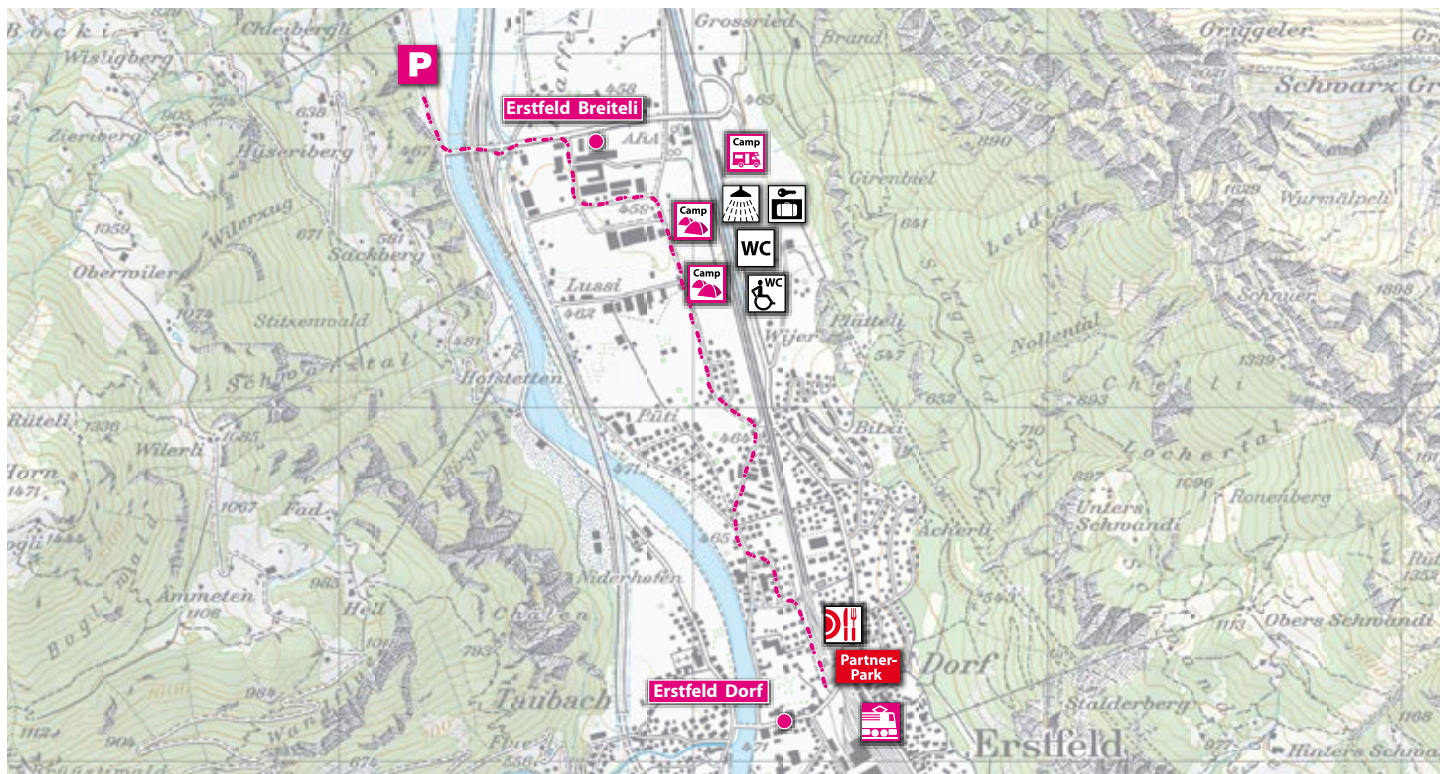
Lockers

Valuables can be deposited securely for CHF 2.00 at the headquarters (limited number).

Tractalis GPS tracking

Our tracking partner, Tractalis, will track all Gigathletes over the three days. More information to follow in the newsletter. www.tractalis.com

CAMP VELO/BIKE PARK



Camp, motorhome park and car park

The Gigathlon camp, the motorhome park and the car park are located 1.9 kilometres to the north of the centre in Erstfeld Breiteli. The campsite, the motorhome park and the car park are open from Friday 10 June 2016 from 13:00 until Sunday 12 June 2016 at 24:00. Vehicles, tents and motorhomes will be set up on marked pitches as instructed by the staff on duty. The toilets and shower facilities are located on the campsite and in Erstfeld Dorf. The Üerner Suntig dual transition zone is similarly located in Erstfeld Breiteli.



Camp

The Gigathlon campsite is situated in Erstfeld Breiteli. There is a full ban on open fires on the campsite. Due to wind hazards, do not leave tents standing empty. Do not leave valuables in your tent! Bring locks for cycles, bikes and your tent. A parking space is provided at the campsite for wheelchair athletes. Each team tags its tent with an ON pennant which is issued at the check-in. No liability is accepted in the event of theft. Valuables can be deposited in a locker in Erstfeld Dorf or at the campsite (limited availability), on payment of a deposit of CHF 2.00.



Motorhome park

The motorhome park is located at the campsite, with the old railway track running between the two. The footpath to the toilet block in the campsite and to Erstfeld Dorf is signposted. Wild camping and the erection of awnings or additional tents next to motorhomes are prohibited. Unregistered vehicles/motorhomes may not be parked at the campsite.



Car park

The car park is located in the heavy goods transport centre, directly by the Erstfeld motorway exit. Instructions given by the staff must be obeyed at all times. The heavy goods transport centre operates during the Gigathlon Weekend, and visitors are requested to be alert to truck movements.



Velo/bike park in Erstfeld Dorf

There is a cycle and mountain bike park available for general use in Erstfeld Dorf; it will be open from Friday 10 June 2016 from 13:00 to Sunday 12 June, 19:00.

Opening times:

Friday: 13:00 – 23:00
Saturday: 04:30 – 01:00
Sunday: 06:00 – 16:00

General information on the Velo/bike parks

- Cycles/mountain bikes can only be deposited and collected at the cycle/mountain parks when the start number is attached to the cycle/mountain bike and with the appropriate wristband/supporter's accreditation. **The parks are strictly monitored!**
- The Velo/bike park is guarded round the clock; however, we recommend that you lock the cycle/mountain bike using a bike lock. **The organisers accept no liability whatsoever for the theft of or damage to cycles/mountain bikes.**
- The Velo/bike park is divided into a number of sections. You can choose where you leave your cycle, but don't forget to make a note of the section you left it in!

TIMEKEEPING AND RANKINGS

Timing chip

One timing chip with neoprene strap per starting team (Couple/Team of Five) or per starting Gigathlete (Single) will be issued at the check-in. This is to be worn on the left ankle, or for swimmers under the wetsuit. Inliners wear the chip on their wrist. The chip is handed on to the next Gigathlete in the transition zone. The time is recorded at the finish in each case. Each Gigathlete is responsible for passing through timekeeping correctly (you will hear a beep). If no beep is heard, please inform the timekeeping staff immediately.



Registering for a starting position

Each Gigathlete is responsible for passing through registration correctly on all competition days – this is to be found in the start area. On Sabato Ticinese and Üerner Suntig the timekeeping for all Gigathletes starts at the relevant starting time (gross start).

Check points

To prevent any shortcuts from being taken, checks will be carried out on the courses. These will be indicated by signs. Each Gigathlete is responsible for passing through the check points and registering correctly.

Neutralisation

On Saturday, when entering the Biasca transition zone the time is neutralised **for all Couple**. The time starts to be measured again when exiting the transition zone on your bike. Similarly on the Saturday, the time is neutralised on the cycle section between Realp until entering the Göschenen transition zone. The maximum time on this section is limited to 30 mins. On Sunday there is a time neutralisation on the cycle section. It relates to the descent from the Klausen Pass as far as Unterschächen on the return journey. The maximum time on this section is limited to 25 mins. If the maximum time is exceeded, the time after that is automatically counted.

Cut-off time / Mass start

Gigathletes still waiting for their handover in all transition zones will start the next section of the course at the cut-off time. The cut-off times and the times for mass starts are listed in the Course Guides. As a new timing chip will need to be obtained, participants need to listen to the loudspeaker announcements. Gigathletes waiting for the mass start will assemble near the information desk where they need to register with the Timekeeping Crew (see picture of vest).



Chasing start on Sunday

Women's Single, Men's Single, Couple and Team of Five who are less than one hour behind the leaders in their category will take part in the chasing start on Sunday. When Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category. The Gigathletes involved will be notified about their participation in the chasing start via a text message sent to the team's mobile phone on Saturday evening and via a notice displayed near the rankings. All other Gigathletes will start according to the mass start times indicated in the Course Guide. Swimmers in teams in the chasing start will be taken by special coach to the Flüelen swimming start (see Swimming Course Guide).

Access to transition zones

The handover zone in the transition zones may only be entered by Gigathletes who are next to compete, or by supporters (entry by wristband / supporter accreditation).

Gigathletes who withdraw from the event

Gigathletes who withdraw need to sign off from the event at the information desk in the transition zone or at headquarters. If they are unable to do so in person, a team member needs to report to the information desk. The next Gigathlete in the team can start on the next full hour, but no more than two hours after the leading Gigathletes in their category and on a non-competitive basis. The team will no longer feature in the overall rankings.

Late handover

Gigathletes are responsible for being ready for their handover in the transition zone. If a delay is caused due to external circumstances beyond their control, the Gigathlete concerned needs to report to the information desk. They will then wait there until their delayed team member arrives, hand over the timing chip to the delayed member and notify the information desk of the team's continuing involvement in the competition. A request form for neutralisation can be obtained and submitted at the information desk. The final decision on the application rests with the Race Jury.

Updating the rankings

The unofficial rankings are published and continuously updated at www.gigathlon.com. If any of the classifications for the course sections need updating, please report these to the information desk. Changes, neutralisations, late arrivals in the transition zones and other circumstances can temporarily delay the updating of the rankings. Any inaccuracies in the unofficial rankings must be reported no later than 17:00 on Monday 13 June 2016, by phone (0848 444 284) or email (info@gigathlon.ch). Any requests for changes after this time will not be accepted.

Results by text message

Shortly after a Gigathlete crosses the finishing line, a text message with their time will be sent to the team's mobile phone. The team's mobile phone number must be registered before the event at www.gigathlon.com. If teams do not receive a text message or if they receive a message with a result that is clearly incorrect, they must report this to no. 0848gigathlon (0848 444 284).

GPS tracking

On checking in, each team will be given a GPS tracker and a user's manual. This is to be carried on the inline, running, cycling and mountain bike sections and handed over in the transition zone to the next Gigathlete. The swimming section is not tracked.

Loss / Return of GPS tracker and timing chip

If the timing chip or GPS tracker is lost, the Gigathlete is to report this to the information desk at the next transition zone. The loss of the timing chip means that the time cannot be measured and so the arrival time will be logged as the time at which the loss was reported to the information desk. The timing chip or GPS tracker is to be handed in at the finish. If these are not returned, a charge of CHF 100 will be made in each case.

REGULATIONS

2016 GIGATHLON

For ease of reading, these regulations will dispense with parallel, separate references to female and male competitors. All references to persons apply equally for both genders. Hereinafter, the event is referred to as "Gigathlon". These regulations relate exclusively to Gigathlon Switzerland 2016, and they are not valid for events outside Switzerland.

A. Definition of terms

Supporter

Used below to refer to the officially-accredited helpers for Gigathletes. They carry a supporter accreditation.

Externals

Used below to refer to all non-accredited persons.

B. Branding and logo

The Gigathlon brand and the Gigathlon logo, the silhouette and the pictograms are copyright-protected trademarks and may not be used without the written permission of the organiser. In particular, printing onto T-shirts and other items of clothing is prohibited. The use of the logo is reserved to the organiser, the sponsors and partners who make the Gigathlon possible. In addition, it is not permitted to use the "Gigathlon" brand for commercial advertising purposes or for offers linked to the event.

Intentional violation of these guidelines on the branding and logo may result in criminal proceedings being lodged against the culpable company or individual under Swiss trademark protection legislation (Markenschutzgesetz, MSchG; SR 232.11) and/or to the disqualification of the Single, Couple or Team of Five being supported.

C. General rules

1. Form of competition

Gigathlon Switzerland 2016 is staged as two daily stages of different lengths, held on Saturday 11 June and Sunday 12 June 2016.

2. Categories

Single Woman and Single Man: A woman or man who tackles the whole route on their own.

Couple: Two people, at least one of whom is a woman. Each person completes at least two disciplines per day. The rules specified by the organiser regarding how the disciplines are to be divided up and any mandatory combinations are to be respected.

Team of Five: Five people who each complete one discipline per day. At least two women form part of the Team of Five.

3. Responsibility

All participants are themselves responsible for ensuring that they participate in the Gigathlon in good physical health and having trained appropriately for the event. It is a condition of entry that every participant is competent in the discipline(s) to be undertaken. Competitors must respect these regulations and the traffic regulations of the road traffic legislation and follow the organiser's instructions and those of the officials.

Single and Couple may compete if born in 1998 or earlier. Younger persons born in 2000 or after may only start with the written permission of their parents (to be submitted together with the registration via email to info@gigathlon.ch) and only in the Team of Five category.

4. Discipline

The Gigathlon is staged on public roads and is therefore subject to local regulations and laws. Violations of the provisions of the Swiss Road Traffic Act will be punished by disqualification of the respective start number. The organiser has contacted all enforcement authorities ahead of the race, as far as possible. However, there may be instances of discrepancies between a Gigathlete and a non-accredited person. Should this be the case, the race management will decide whether this results in a time or distance adjustment.

It is forbidden to hamper other competitors in any way, whether by hitting them, forcing them away, blocking their route, sabotaging

their equipment or disadvantaging them in some other way. If a participant exits the route, he must resume the race at the same place. Competitors may not shorten the route, omit a part of the route or gain advantage in some other manner.

Where a railway crossing barrier is down or a red light is showing, the time is not stopped or credited back. Participants are to follow any instructions given to them by staff. Passing beyond a railway crossing barrier when down or running a red light results in instant disqualification.

Crossing safety lines, whether on straight sections or on bends, is prohibited and will result in instant disqualification.

Where a Gigathlete has an accident, any passing accredited person is obligated to offer assistance. It is possible to apply for the time lost due to giving assistance to be neutralised, at the information desk at the race headquarters.

5. Registration / Starting position allocation / Application / Entry fees

(For information on how to apply, please refer to detailed regulations at www.gigathlon.com)

Membership of Schweizer Sporthilfe (Swiss Sport Aid)

The captains of the first 400 teams will receive a one-year membership with Schweizer Sporthilfe (Swiss Sport Aid).

No refund of entry fee / cancellation insurance

Entry fees cannot be refunded by the organiser once a starting position has been purchased. Even if the Gigathlon has to be interrupted, shortened or cancelled, participants are not entitled to reimbursement of entry fees. Participants are recommended to take out cancellation cost insurance so that the entry fee can be claimed back if they are prevented from taking part (accident, illness etc.).

REGULATIONS

2016 GIGATHLON

6. Check-in

Check-in is on Friday 10 June 2016 from 13:00 to 21:00 in Erstfeld. Single, Couple (both persons) and Team of Five (all five persons) collect their starting documents together in person at the official check-in times. Where these individuals do not appear in person and at the same time, for each Gigathlete who does not appear a time penalty of 60 min. is added to the overall time.

At the check-in, each Gigathlete is required to present a proof of identity (ID card, passport, driving licence or similar) and the sealed wristband.

7. Supporters

The entry fee for a Single includes two supporters, and for a Couple one supporter. No additional supporters can be accredited. No supporters are accredited for the Team of Five. For Gigathletes, accreditation is evidenced by a non-transferable, sealed wristband, and for supporters there is supporter accreditation. The regulations are similarly binding for supporters. They must follow the instructions of the security personnel and of the official helpers. Violations of the regulations by supporters are punished by penalising the Gigathletes they are accompanying.

8. Supporter / Help from external people

Participants may not be accompanied along the route by a pacemaker, supporter or external person with either a car, motorcycle or bicycle, or on foot or otherwise.

During the race, competitors are not permitted to accept refreshments or other items (clothing, shoes etc.) from supporters or external people outside the transition zone. Exception: the Singles may be accompanied and supported by a supporter on a mountain bike on the running course on Sunday.

In the event of a breakdown (road bike, mountain bike, inline), help may be accepted from external sources (not from team members). Only Gigathletes with a wristband who are next in line to compete and supporters with a supporter accreditation are permitted to enter the handover area in the transition zone.

9. Supporter vehicle

Each team travels with a maximum of one supporter vehicle and leaves it in the Gigathlon car park until departure. Gigathlon Switzerland 2016 is car-free. Athletes, supporters and



road bikes / mountain bikes will travel exclusively by public transport.

A second vehicle must not be brought along or used. Infringements will be penalised.

The authorisation sticker must be duly placed at the front of the vehicle where it is clearly visible and must not be removed during the Gigathlon. Removal of the sticker will incur a time penalty.

The length of the accredited vehicle, including any trailers, must not exceed 8 metres. Camper vans are not allowed.

The supporter vehicle must adhere to the arrival route stipulated in the General Information.

Gigathletes who spend the night outside the Gigathlon camp will drive directly to the tagged parking area at headquarters the next morning and filter into the traffic system there. It is not permitted to drive directly into the transition zone in the supporter vehicle.

The supporter vehicle may not drive on the competition courses, on the sections of the route marked with traffic prohibition signs by the organiser or in the exclusion zones published in the General Information. It is prohibited to park outside the official Gigathlon parking areas. Non-compliance may lead to the disqualification of the supported Gigathlete. This regulation similarly applies to supporters in non-accredited vehicles.

It is forbidden to support a Gigathlete from a vehicle during the race; infringements of this rule will be penalised.

10. Medical and first-aid services

The instructions of the race doctor and of the first-aid services are to be followed in all cases. These persons are authorised to retire participants from the race at any time if their health or safety is at risk. Participants who are given first aid may continue the race again from the same place, if the doctor/first-aider agrees to this.

11. Exclusion of liability

Participation in the Gigathlon is on the entrant's own responsibility and at the entrant's own risk. The organiser excludes any liability for any injury to person or property. No claims for liability may be lodged against the organiser. Insurance against accident, illness or theft and for the individual's own liability is the responsibility of each participant. By registering for the Gigathlon, each participant accepts and signs the Gigathletes' Declaration and releases the organiser and its auxiliary agents, insofar as this is permitted in law, from all liability claims.

12. Road sections

The Team of Five cyclist rides from Göschenen to Erstfeld on Saturday after competing. The road section is marked with white arrows.

The road bike may not be transported in a vehicle or by public transport on this section (unauthorised support).

13. Division of disciplines for Couple

There is no mandatory combination on the Saturday. On the Sunday, there is a mandatory division of disciplines for Couple: The same person must either complete the swimming and inline section or the inline and cycling section.

14. Chasing start

Single Women, Single Men, Couples and Teams of Five that are less than one hour behind the leaders in their category for the overall ranking on Saturday will be sent on a chasing start on Sunday. The Gigathletes will start with the respective time gaps behind the leaders. The Gigathletes who are to take part in the chasing start will be notified by SMS on the team mobile phone by no later than 21:00 on Saturday. The teams that qualify to take part in the chasing start are obliged to do so. A time penalty of 60 minutes will be added to the overall time for failure to take part in the chasing start.

15. Time limit

All the time limits for the transition zones, refreshment points and finish line are to be observed. Gigathletes who arrive too late will be taken out of the race and will no longer be evaluated. They will appear in the ranking list as "not classified" or "excluded".

The last participant will be accompanied by a sweep vehicle or a sweep biker. The time limits and the decisions of this driver/biker are binding.

If it is obvious that the competitor is not going to reach the transition zone or the finish line within the time limit, then the person in charge of the sweep wagon decides when the competitor has to enter the wagon.

Team members and partners of Couples who are not replaced can tackle the next section as the time limit is ending (or in the case of a collective start). For safety reasons, Gigathletes are not permitted to start the next section / discipline once the time limit has elapsed or after the last possible starting time.

16. Not ending a stage

Singles, one of a Couple or a member of a Team of Five who cannot finish a stage (e.g. outside the set time limit, injury, accident) may continue the Gigathlon in the next stage. The team will not, however, be ranked in the overall ranking but listed as "excluded".

17. Neutralisation

Each Gigathlete is responsible for being in the right place at the right time. The timekeeping will not be stopped during the competition.

Exceptions:

- In the Couples category the time from entering the transition zone to leaving the transition zone will be neutralised on Saturday in Biasca.
- On the cycling course on Saturday the time will be neutralised from Realp until the transition zone is entered in Göschenen; the maximum time for this section is 30 minutes.
- On the cycling course on Sunday the time will be neutralised from the Klausen Pass to Unterschächen (return journey); the maximum time for this section is 25 minutes.

The race jury may only neutralise the time in exceptional circumstances (brought about by the organiser or due to unexpected events) for which the Gigathlete is not responsible. A neutralisation request must be submitted and justified by means of a form at the information desk in the relevant transition zone as soon as possible.

18. Equipment

All participants are personally responsible for their equipment and are to ensure that it complies with the regulations of the road traffic legislation and is in perfect condition. Participants are required to wear the official start numbers issued by the organiser during the entire race in a clearly visible position in the designated places.

Accredited supporters are obliged to wear the supporter accreditation issued during the entire race.

All participants are responsible for ensuring that they are wearing clothing suitable for the weather conditions. Particularly in the event of cold weather, for sections at high altitudes or where there is a risk of the weather changing and on the cycling and mountain bike sections, participants are responsible for ensuring that their clothing will protect the body from cooling down. In the event of strong heat, suitable sun protection must be worn (cap, sunglasses, sun cream) and the competitor must carry sufficient fluids with him.

Where a Gigathlete must reckon on completing a discipline in the dark, he is responsible

for ensuring that he has fitted appropriate lights in the correct manner. The referees reserve the right to remove poorly-equipped Gigathletes from the race on safety grounds. Earphones of any kind are prohibited during the race.

19. Starting number, timing chip, GPS tracker

The given starting numbers must be worn during the competitions at the specified points. The wristband must be attached to the wrist before going to check-in. The wristband is personal and must be worn during the entire Gigathlon. Lack of a wristband will incur a penalty.

The timing chip is to be worn on the ankle for the entire duration of the competition (exception: the timing chip is worn on the wrist on the inline course). Premature removal of a timing chip prevents accurate time measurement. Each Gigathlete is responsible for wearing the timing chip correctly and making sure that the chip is registered when passing the time measuring mats and passage controls on the course (make sure the time measuring mat beeps).

All Gigathletes are fitted with a GPS tracker by the organiser. This must be worn during the competitions. Exception: the GPS tracker will not be worn on the swimming sections on Saturday and Sunday. The timing chip and the GPS tracker must be passed on to the next Gigathlete in the transition zones and must be handed back on the last day after finishing the last race.

Chips and GPS trackers that are lost or not returned will be charged at CHF 100.

20. Tents

A 4-person tent for Single and Couple and two 4-person tents for a Team of Five are included in the entry fee. If Single / Couple wish to put up two tents, they can order an additional tent in the Gigathlon Shop or bring an old Gigathlon tent with them. Only red Gigathlon tents from 2009 to 2016 are permitted on the Gigathlon Campsite. Other tents are not allowed.

21. Velo / bike bags

Road bikes and mountain bikes may only be transported in road bike / mountain bike bags on public transport.

REGULATIONS

2016 GIGATHLON

22. Waste

Participants care for the environment. Any dropping of litter or other objects (water bottles, clothing etc.) on the route will be penalised with a time penalty of 60 minutes. Food waste may only be thrown away in the waste zone, which ends 200 metres after the refreshment point. The end of the refreshment zone is marked by a sign. After that, any waste must be carried to the next refreshment point. Checks are carried out by referees.

D. Swimming

23. Wetsuit

It is mandatory to wear a wetsuit. Hands and feet must be uncovered. Knees and elbows must be covered. If the wetsuit does not comply with these requirements, the swimmer will not be allowed to enter the swimming race. The starting number must be placed on the swimming cap handed out by the organiser. The timing chip must be worn under the wetsuit. The GPS tracker is not worn during the swimming races.

24. Swimming aids

Artificial aids such as paddles, flippers, snorkels, gloves and shoes or similar are not allowed. Underwater music players are forbidden.

25. Water temperatures / Substitute sections

If the water temperatures are too low or in the event of a storm or thunder and lightning, the swimming sections will be shortened or replaced by a running section:

Swimming courses:

up to 12.9°C: Swimming course substituted by a replacement running course

13 °C – 13.9 °C: Max. swimming course 0.75 km

14 °C – 14.9 °C: Max. swimming course 1.5 km

15 °C – 15.9 °C: Max. swimming course 3 km

E. Cycling / biking

26. Cycle / Mountain bike equipment

Only cycles and mountain bikes powered solely by human force are permitted. Supplementary housings fitted to any parts of the

cycle (exception: rear wheel) which improve its aerodynamics are not permitted. Wheels may not contain any component advantaging the drive being applied. They must be constructed in such a way that it is possible to check on this rule. All Gigathletes are responsible for ensuring that the cycle and mountain bike are in perfect condition and have been checked by a qualified mechanic before travelling to the Gigathlon.

27. Road bike / mountain bike lighting requirement

All road bikes must be fitted with lights on the cycling courses on Saturday and Sunday. All Gigathletes must bring their equipment to the Gigathlon in good condition and ready for use in the competition. The repair services are only equipped to repair damage sustained in the competition.

28. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory.

29. Mountain bike courses

The Gigathlon mountain bike courses contain technically challenging sections. All Gigathletes are responsible for controlling their bikes.

F. Inline

30. Use of sticks / roller skis

Sticks and roller skis are prohibited on the inline sections.

31. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory. Further protective equipment, such as elbow pads, knee pads and wrist protectors, is recommended.

G. Running

32. Use of sticks / lights

Sticks are not permitted on the running courses.

Gigathletes tackling the running course after 17:00 must be equipped with a headlamp.

H. Breaches of the regulations / protests

33. Referees

Referees are used to monitor for compliance with the regulations, and breaches of the regulations are penalised. Referees may issue direct instructions to competitors, which must be followed at all times.

34. Penalties

Depending on the nature and severity of the offence, the following penalties may be imposed by the referees:

- Verbal warning
- Time penalty
- No classification
- Disqualification

The penalty is notified to the Gigathlete in person or to the team captain via a text message. The organiser reserves the right to interpret the severity of the offence in the spirit of the Gigathlon. The organiser may issue new rules and penalties following the occurrence of extreme, unforeseen events which are not covered by these Regulations.

This will also apply where a Gigathlete or supporter acts in a minor way in breach of the rules, injures other competitors, disadvantages other competitors or disrupts the competition. Full responsibility for such a decision rests with the organiser and the organs it has designated for this.

35. Protests

Protests by Gigathletes and supporters against decisions by referees and against other arrangements by the organisers (timing, misdirection, etc.) are to be lodged at the Gigathlon information desk at the race headquarters, with a CHF 100 deposit being paid. The protest is in principle to be lodged within four hours of the referee's decision being notified to the Gigathlete or the team captain. If the referee's decision is notified during the competition, the protest is to be lodged at the latest four hours after the Gigathlete concerned arrives at the finish.

36. Form of the protest

Protests are to be lodged in writing, signed, and indicating the circumstances with advice regarding possible witnesses, using the official protest form. The form is available from the information desk at the race headquarters.

37. Race Jury decisions

The Race Jury has full decision-making authority. The decisions of the Race Jury are final and cannot be contested.

Where a protest is upheld, the deposit of CHF 100 is returned to the person who lodged the protest. If the protest is rejected, the protest deposit is donated via the organisers to Stiftung Schweizer Sporthilfe (the Swiss Sports Aid foundation) and thus goes to support talented young sportspeople.

38. Doping offences

Violations of the anti-doping provisions and the punishment for that is governed by the anti-doping statute and the associated provisions on implementation of Antidoping Switzerland. Antidoping Switzerland can carry out doping controls at any time.

39. Gigathletes' Declaration

All team members sign a Gigathletes' Declaration at the latest when collecting the starter package. By registering for the event, all Gigathletes and supporters acknowledge these Regulations and the instructions and conditions contained in the Gigathletes' Declaration. They undertake to abide by the corresponding provisions.

40. Ranking list

Any discrepancies in the unofficial ranking list must be reported by 17:00 on Monday, 13 June 2016 on the number 0848 444 284 or via e-mail to info@gigathlon.ch. No more requests for amendments will be accepted after this time.

I. Final clauses

41. Final clauses

These regulations were brought into effect on 16 September 2015 by invents.ch AG, the organiser of the Gigathlon Switzerland, and amended on 27 November 2015 and on 4 April 2016. In the event of contradictions, the German version of these regulations will prevail. The regulations are valid for the Gigathlon Switzerland 2016. Gigathletes will be informed about any addenda or modifications via the official website or the Team Captain will be duly notified.

Issue date: 4 April 2016



K. List of sanctions for breaches of the Regulations

Non-permitted accompaniment / support by supporters or externals

Non-permitted discarding of waste

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third offence: Disqualification

Non-permitted use of the supporter vehicle / Non-permitted travel and transport in a non-accredited vehicle

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third and each further offence: 180 minute time penalty

Breach of the regulations at check-in

Not all team members appearing:

60 minute time penalty per athlete failing to appear

Breach of the regulations - wristband missing / vehicle vignette missing

a. Athlete is registered as a Gigathlete: 60 minute time penalty

b. Athlete is not registered: Disqualification

Other, general breaches of the regulations

a. Depending on the severity of the offence, time penalty of 30 min. or more, up to disqualification.

b. Passing beyond a railway crossing barrier when down: Disqualification!

c. Crossing a safety line: Disqualification!

d. Running a red light: Disqualification!

e. Completing an incorrect section: Disqualification!

f. Altering or theft of Gigathlon signs: Disqualification!

COURSE CONCEPT SIGNAGE

Alternative courses

If an alternative course is to be used, team captains will be advised by means of a text message sent to the team mobile phone number registered on the website. Full details of the alternative course are provided in the respective Course Guide. Each alternative course is clearly numbered and the relevant number will be stated in the text message. Unless otherwise advised, the following times still apply to the alternative courses in the same way as the original courses:

- Start times
- Target times Single/Couple
- Cut-off time
- Mass start

Course accompaniment for Single

On the Sunday running section, Single may be accompanied and supported by one supporter on a cycle. No support is permitted on all other courses.

Recommended combination for Couple

For logistics reasons, Couple are recommended that the same person completes the **swimming** and **inline** sections on **Saturday 11 June 2016**.

Other combinations are permitted and possible. However, the Couple's supporter will then need to transport the cycle and the mountain bike on their own to Biasca and it may mean that the inline athlete is required to wait in Biasca for his team partner. For that reason, the time in Biasca is neutralised for all Couple from entering to leaving the transition zone.

Mandatory Couple combinations

For organisational reasons, the following combination of disciplines is mandatory for Couple on **Sunday 12 June 2016**:

The same person must either complete the **swimming and inline section** or the **inline and cycling section**.

Course signage

All courses are marked with orange Gigathlon directional signs and indicated with tape. In general, a directional arrow is placed before any fork in the road or path and two strips of tape are placed after the fork to confirm to athletes that they are on the right course. Where there are no signs, the course continues straight on.



Pedestrian routes for supporters or team members and routes for moving around outside the competition itself are marked with white Gigathlon directional signs.



Special signage for competing in darkness

The signage for the last part of the Biking section on the Saturday and the running sections on the Saturday and Sunday is equipped with light-reflective directional signs.

Course markings on swimming courses

The swimming courses are marked with luminous orange buoys. For the swimming course on the Sunday, a flashing light serves as an orientation point for the swim exit.

Anyone removing Gigathlon signs is guilty of theft and will be disqualified.



Course safety

None of the courses is closed to traffic. All Gigathletes participate at their own risk. All road traffic regulations are to be observed.

Exceptionally dangerous points

Only the points on the courses which are exceptionally dangerous are specifically marked and attended by security staff, if necessary. It is essential that participants follow the instructions they are given.



Escort for head of race

The leading Gigathlete in each of the Women's Single, Men's Single, Couple and Team of Five categories will be escorted by motorbike or mountain bike. An escort will also be provided right at the head.

Sweep-up car escort for rear

The last Gigathlete in the entire field will be escorted by a mountain bike, a runner or a "sweep-up car". Those responsible for the sweep-up car have the right to take Gigathletes out of the race who are clearly incapable of finishing by the cut-off time stated in the Course Guide.

SAFETY AND HEALTH

Safety measures

To ensure that you are as safe as possible at Gigathlon Switzerland 2016, we have put together the key points you need to bear in mind when you are training and when you start the Gigathlon. It is the responsibility of each Gigathlete to comply with the following points.



Inline courses

- The roads are not closed to traffic. There may be vehicles on the course at any time.
- Do not attempt to assert your right of way on main roads! Vehicles have right of way.
- Keep inside the traffic cones on marked sections along the full length of the inline course. Participants must comply with instructions they are given by staff, such as instructions to brake on downhill sections with sharp bends.
- All inliners must be able to come to a standstill independently on a downhill section.
- Practise braking independently and travelling in groups before the event. Gigathlon Training Weekends provide an opportunity to train for the event (www.gigathlon.com). Participants should also practise using racing skates (www.swiss-skate-tour.ch).
- Full personal protection, consisting of a helmet (mandatory), wrist/knee/elbow protection and Kevlar jeans, is recommended.
- Inexperienced inliners are recommended to take shoes with them on the course. If the descent is difficult, walking is advised.



Swimming courses

- Wetsuits must be at least 3 mm thick and fully cover the arms and legs. Hands and feet must be uncovered.
- Participants who experience breathing problems must aim for the nearest rescue boat and not swim to the embankment.
- The swimming courses are monitored by SLRG lifeguards on stationary boats or on the embankment. In an emergency, swimmers must draw attention to themselves by slapping the water with the flat of their hand.



Cycling/Biking/Running courses

- The road traffic regulations must be observed at all times.
- Under no circumstances are cyclists allowed to cut the corners on the cycling courses.
- It is mandatory to stop when the barriers on level crossings are down (this is monitored by referees and failure to stop will result in disqualification – see Regulations).
- Put on dry clothing before long descents on cycling and Biking courses.
- In the event of a storm, leave exposed locations (e.g. ridges, wide open areas, etc.), put down your cycle or mountain bike and lie down a few metres away in a flat depression or on the ground. Do

not continue and avoid lone trees, rocks and other objects.

- Cycles and mountain bikes must always be fitted with a white reflector at the front and a red reflector at the rear in accordance with road traffic legislation
- If you expect to be riding in the dark, you need to carry the appropriate lights.
- It is mandatory for Gigathletes who will be on the running course after 17:00 to carry the appropriate lights.
- Pace yourself well. Withdraw from the race if you feel sick or have a headache.

Tips for staying healthy and for your wellbeing

Protection from the sun

- Apply sun cream throughout the entire event.
- Wear headgear on the running courses.
- Always wear sunglasses.

Protection from the cold and rain

- Wear clothing that is suitable for the weather conditions which will protect the body from cooling down, in particular on courses at higher levels, if there is a risk of a change in the weather and on the cycling and mountain bike courses.

Hydration

- Carry at least 2 water bottles on the cycling and mountain bike courses and 1 water bottle on the running and inline courses.
- Drink frequently and fill up your water bottle at every possible opportunity.

General advice

Emergency instructions/First aid kit/Emergency phone number

- When training and during the Gigathlon, always carry emergency instructions with your name, blood group and phone numbers and a first aid kit (dressings, bandages and disinfectant).
- Enter the internationally recognised acronym ICE (In Case of Emergency) into the Contacts on your mobile phone with the name and number of the person to be called to alert the emergency services in the event of an emergency.

Doping

- The Anti-Doping Statute of Antidoping Switzerland will be enforced at the Gigathlon. For the Prohibited List and the medications database, visit www.antidoping.ch. If you require any clarification, please contact Antidoping Switzerland at info@antidoping.ch.
- Do not use any prohibited substances. Infusions which are taken for non-medical reasons are regarded as unauthorised methods and are on the Prohibited List. The use of painkillers will not enhance your performance and may result in irreparable damage.

TRAFFIC ARRANGEMENTS SIGNAGE

Footpaths/connecting paths

The connecting paths which do not form part of the competition are marked with white Gigathlon arrows and strips of tape. These include the footpaths to and from the railway station and the transition zones, as well as the connecting route used by cyclists before and after their event:



- **Göschenen transition zone -> Erstfeld Dorf** After competing on Sabato Ticinese, the cyclist of the Team of Five rides back from Göschenen to Erstfeld Dorf (2.3 km, 700 m height difference downhill).

Car parks

The official Gigathlon car park in Erstfeld is signposted with pink Gigathlon directional signs from the Erstfeld motorway exit. A special car park is provided for motorhomes. This is also signposted from the Erstfeld motorway exit. At the transition zones, car parking is provided for the organisers, media and paralympic teams. There is a general ban on supporters' vehicles in the transition zones and on all the competition courses throughout the Gigathlon weekend. All Gigathletes will be transported to the transition zones by public transport.

Car parks for Gigathletes

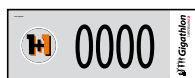


Organisers, media and paralympic teams



Vehicle vignettes and parking permits

All official vehicles will be identified by a Gigathlon vehicle permit (vignette) on the top right at the front. This entitles them to use the designated parking places on the car parks at headquarters. A vehicle permit does not overrule the ban on supporters' vehicles or the general ban on the movement of vehicles.



Vehicle routes

supporters' vehicles



Only one supporter's vehicle per team is permitted. Supporters' vehicles may only be used when arriving at the event on Friday and leaving it on Sunday. The only access to the Gigathlon car park in Erstfeld is via the routes shown – follow the signs from the Erstfeld motorway exits (see detailed information on page 18).



Ban on supporters' vehicles

During the Gigathlon, a strict ban is in force on all Gigathletes' and supporters' vehicles in certain closed-off areas and on the competition courses. This ban is monitored by referees and if it is not observed a time penalty will be imposed, as non-compliance risks interfering with the races and the smooth operation of the Gigathlon. **This applies particularly to teams which bring two supporters' vehicles (which is not allowed), do not comply with the ban on supporters' vehicles or travel in their own private unmarked vehicles (for detailed information, see page 19).**

Gigathletes staying in a hotel or own accommodation

Gigathletes who arrange their own accommodation outside the Gigathlon Camp or in a hotel are taken directly from their accommodation in the mornings in the supporter's vehicle to the official Gigathlon car park in Erstfeld and join the transport system from there. A time penalty will be imposed if the vehicle is parked in a parking place which is not designated for Gigathlon use.

If your accommodation is located in an area where supporters' vehicles are banned or on one of the competition courses, you need to download a permission form from the Gigathlon website which needs to be completed and placed in the vehicle so it is clearly visible through the windscreen for the entire event.

TRANSPORTING PERSONNEL AND EQUIPMENT

Shuttle services

The information below applies to all shuttle services. Specific information on the individual shuttles is provided in the Course Guides and in the shuttle overview on pages 20 – 23. Information on travelling to the event is provided on page 18. Erstfeld railway station is located next to the Partner Park.

SBB CFF FFS

Transfer routes by SBB

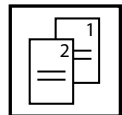
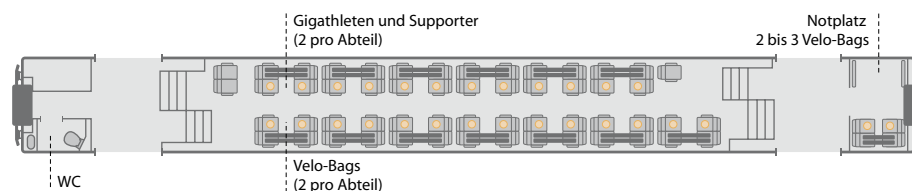


- Wherever possible, use the SBB's Gigathlon special trains run by SBB.
- At the station, please follow the instructions of SBB staff. They know which trains still have spaces.
- Only use the special trains and regular rail services that are printed in the Course Guides and on the transport tickets.
- The wristband or supporter's accreditation serves as your ticket.
- **Your time will not be neutralised** if you miss the train.



Taking cycles/mountain bikes onto SBB trains

- During the Gigathlon the cycle/mountain bike may only be transported where there is no other indication in the Course Guides.
- Generally, the following applies: The cycle/mountain bike may only be transported in the cycle/bike bag. No transport without a cycle/bike bag
- The cycle/mountain bike must be stowed in the designated area before accessing the platform.
- There is space for 2 cycles/mountain bikes and 2 persons in each train compartment.
- The escape route for the train driver must be kept clear at all times.



Transport ticket

After racing on Sabato Ticinese, the swimmer in the Team of Five collects a transport ticket from the information desk in Tenero and travels by the allocated train (shown on the ticket) to Erstfeld (via Airolo).



Special coach

On the Sunday morning, the swimmer taking part in the chasing start will travel by special coach from Erstfeld station to the swimming start in Flüelen. The wristband with the relevant race number serves as your ticket.

Personal effects

The Gigathlete who starts the race needs to bring a change of clothes for the Gigathlete arriving at the transition zone. The effects are handed over at the transition.



Transport of personal effects

Swimming effects Sabato Ticinese

Single and Couple attach the preprinted personal effects label onto their rucksack of personal effects. Before the start of the swim in Tenero, they place their inline equipment in the Swim-Inline transition zone. After transition to the inlines, they pack their swimming items in the effects rucksack and hand this in to the Personal Effects Counter at the exit of the transition zone. The effects are transported by the organiser to Erstfeld and can be collected from there in the afternoon.

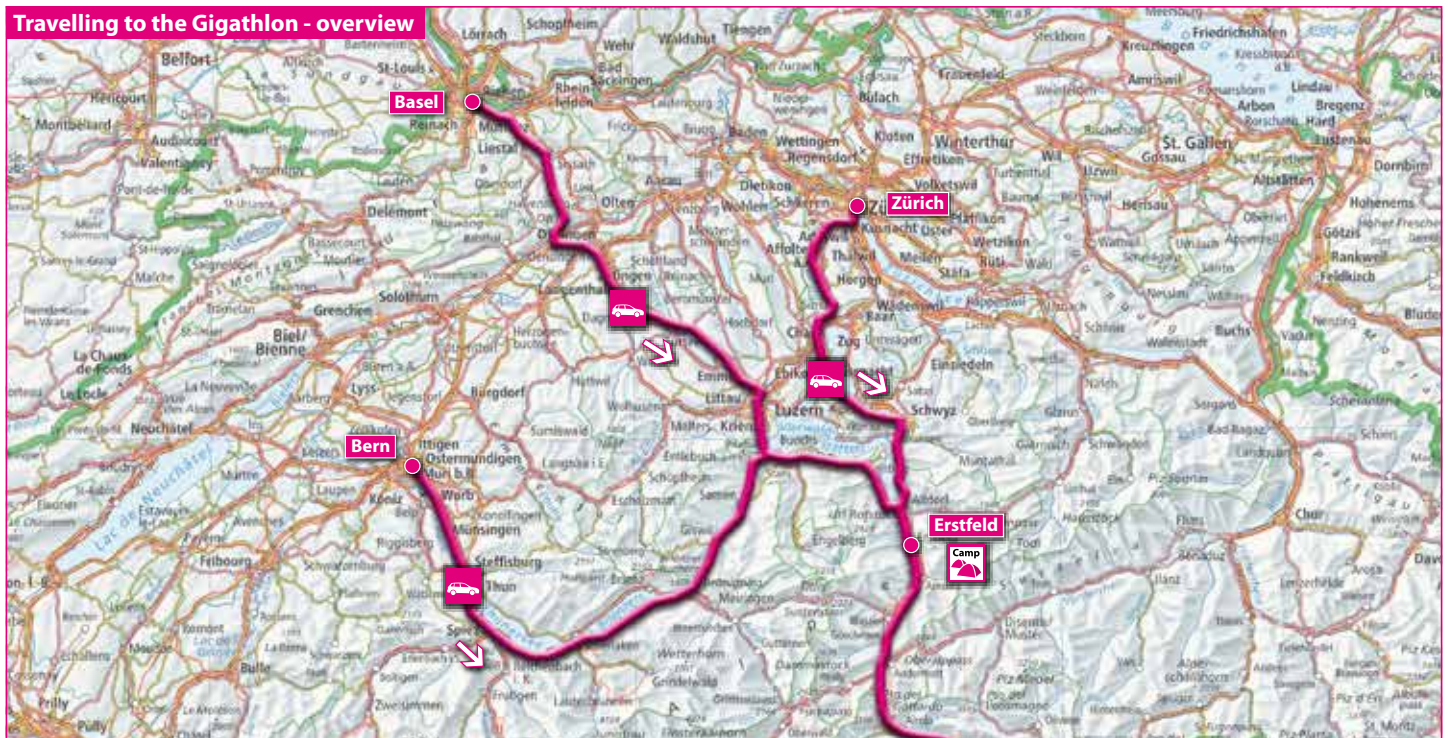
Swimming effects Üerner Sunntig

All swimmers attach the preprinted personal effects label onto their rucksack of personal effects. At the swim start in Flüelen, they hand these in at the Personal Effects Counter. The effects are transported by the organiser to the swim finish.

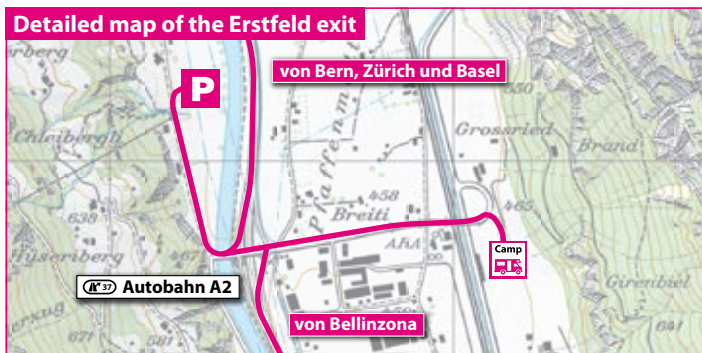
TRAVELLING TO THE EVENT

10 JUNE 2016

Travelling to the Gigathlon - overview



Detailed map of the Erstfeld exit



Travelling by supporter vehicle

Take the A2 motorway and come off at the exit signed "Erstfeld". Immediately after the Erstfeld exit, follow the Gigathlon signs for "Parkplatz" (car park) or "Camper" (Motorhomes) and follow the instructions given by local staff. **Vehicles will not be admitted to the Gigathlon car parks without a permit.** You are advised to arrive after 15:00.

Travelling by train

All Gigathletes who travel by train can obtain 20% discount on their train ticket from SBB. All team captains will receive an offer code by email approximately one month before the event, together with more information about how this is to be used to book tickets online with SBB. Cycles and mountain bikes must be transported in a cycle/like bag when travelling to the event. These are issued in advance, on request at info@gigathlon.ch, and are sent by post.

Travelling to Erstfeld from Zürich, Berne or Bellinzona. From Erstfeld station, it is a 300 m walk to the check-in in Erstfeld Dorf. Footpath 1.9 km from the check-in to the campsite in Erstfeld Breitli.

Train connections to Erstfeld

Berne – Zürich – Erstfeld

Dep. Berne	11:02	13:02	15:02
Arr. Zurich	11:58	13:58	15:58
Dep. Zurich	12:09	14:09	16:09
Arr. Erstfeld	13:23	15:23	17:23

Basel – Zürich – Erstfeld

Dep. Basel	11:07	13:07	15:07
Arr. Zurich	12:00	14:00	16:00
Dep. Zurich	12:09	14:09	16:09
Arr. Erstfeld	13:23	15:23	17:23

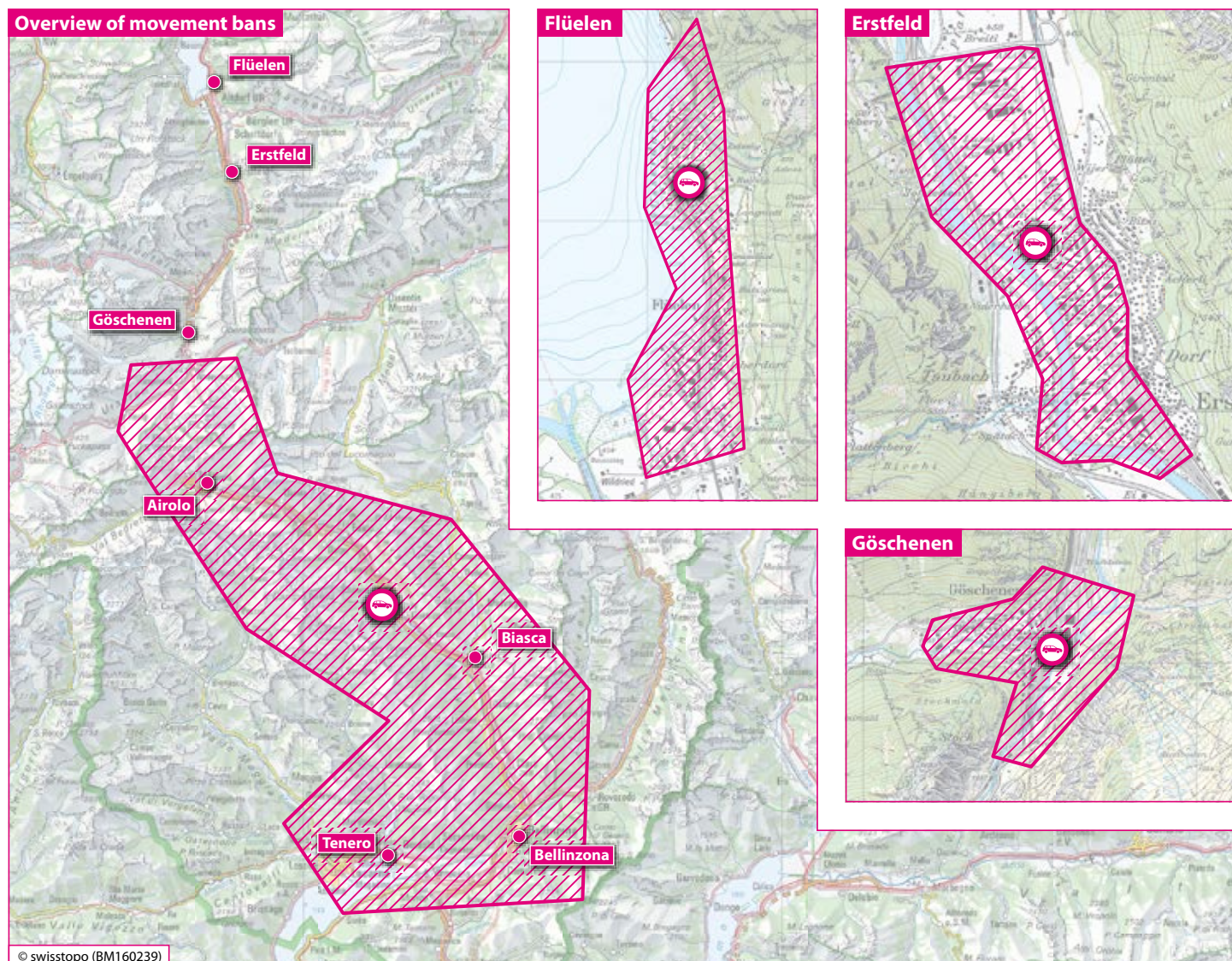
Berne – Lucerne – Erstfeld

Dep. Berne	12:00	14:00	16:00
Arr. Lucerne	13:00	15:00	17:00
Dep. Lucerne	13:18	15:18	17:18
Arr. Erstfeld	14:22	16:22	18:22

Bellinzona – Erstfeld

	IR	IR	IR	IR	IR	IR	IR
Dep. Bellinzona	12:06	13:06	14:06	15:06	16:06	17:06	18:06
Arr. Erstfeld	13:35	14:35	15:35	16:35	17:35	18:35	19:35

BAN ON MOVEMENT OF SUPPORTER VEHICLES



General ban on movement of supporter vehicles at Gigathlon Switzerland 2016

There will be no supporters' vehicles at Gigathlon Switzerland 2016. The supporters' vehicle may only be used for arriving to and leaving the event. **All the competition courses, transition zone locations and designated parts of the Erstfeld headquarters are prohibited and supporters' vehicles and any other private vehicles MUST NOT be used in these areas by Gigathletes.** Referees will monitor these areas in Erstfeld, at the transition zones and on the competition courses, and non-compliance will be penalised according to Gigathlon regulations.

What this means for Gigathletes

If you are staying at the Gigathlon Camp in Erstfeld:

Travel to the event by rail with SBB or to the official Gigathlon car park in Erstfeld in your supporter's vehicle. The vehicle must stay on the car park throughout the event and not be moved.




































If you have accommodation outside the Gigathlon Camp (hotel/own arrangement):

Gigathletes who arrange their own accommodation outside the Gigathlon Camp or in a hotel drive directly to the designated car park

in Erstfeld in the mornings and join the official transport system from there. Gigathletes whose accommodation is located in an area where supporters' vehicles are banned need to display a permission form on the right-hand side of the windscreen so it is clearly visible. You can download a permit at www.gigathlon.com. When accessing the car park in Erstfeld on Friday, you will need to show the permit to the staff on duty so that they can direct you to the relevant short-stay parking spaces. The permit must be shown to referees whenever checks are made.

TRANSFERS

SABATO TICINESE

Means of transport	No.	Departs/arrives	Passengers	Operation	Journey time	Footpath
	①	Erstfeld Dorf ↔ Erstfeld railway station	Every		5 mins.	200 m
	②	Erstfeld → Bellinzona → Tenero	All swimmers, inliners	04:00 – 05:00	2h 20 mins.	1.5 km
	③	Erstfeld → Biasca	 : Bikers with bikes, runners as spectators /  : Bikers with bikes, supporters with cycle /  : Supporter 1 with mountain bike	07:12 – 08:12	1h 25 mins.	400 m
	④	Tenero → Biasca	 : Swimmers	08:09 – 09:09	1h 15 mins.	1.9 km
	⑤	Erstfeld → Airolo	 : Cyclists with cycles, runners as spectators /  : Supporter 2 with cycle	10:12 – 11:02	55 mins.	1.2 km
	⑥	Biasca → Airolo	 : Runners as spectators /  : Cyclists / Supporters with cycle	09:21 – 13:21	1h 10 mins.	1.6 km
	⑦	Tenero (→ Airolo) → Erstfeld	 : Swimmers	08:51 – 10:51	2h 05 mins.	1.5 km
	⑧	Biasca (→ Airolo) → Erstfeld	 : Inliners	10:21 – 12:21	1h 25 mins.	400 m
	⑨	Biasca (→ Airolo) → Göschenen	 : Runners or supporters /  : Supporter 1 with mountain bike bag	10:21 – 12:21	1h 05 mins.	600 m
	⑩	Airolo → Göschenen	 : Runners as spectators /  : Runners or supporters with cycle bag	13:40 – 16:30	35 mins.	1.4 km
	⑪	Erstfeld → Göschenen	 : Runners not travelling as spectators	13:23 – 18:23	30 mins.	200 m
	⑫	Airolo → Erstfeld	 : Mountain bikers with bikes /  : bikers or supporters with bike /  : Supporter 2 with bike	12:20 – 18:00	1h 05 mins.	1.2 km
	⑬	Göschenen → Erstfeld	 : Cyclists on the cycle			23 km
	⑭	Göschenen → Erstfeld	 : Cyclists or supporters with cycle /  : Supporter 1 with cycle	15:42 – 21:11	35 mins.	200 m

① Designated footpath to Erstfeld railway station and back.

② The swimmer/inliner takes the assigned special train from Erstfeld to Bellinzona. In Bellinzona he changes to the assigned train, travels to Tenero and walks to the transition zone in Tenero (1.5 km). No supporters or team members travel to Tenero. **Couple:** The inliner of the Couple is free to decide which special train to take to Tenero. → **Timetable A**

③ The mountain biker/supporter 1 transports the mountain bike on the assigned train from Erstfeld to Biasca. The runner has the option of travelling to Biasca as a spectator, in which case he uses one of the three special trains. **Couple:** If the same person is not doing both the swimming and the inlining, the supporter transports both the cycle and the mountain bike to Biasca alone. → **Timetable B**

④ The swimmer of the Couple takes the train from Tenero to Biasca. The time for the Couple is neutralised in Biasca until the swimmer arrives. → **Timetable C**

⑤ The cyclist/supporter 2 transports the bike on the assigned train from Erstfeld to Airolo and cycles to the Airolo transition zone (1.2 km). The runner can travel to

Airolo as a spectator, in which case he uses one of the three special trains. → **Timetable D**

⑥ **Couple:** The supporter/team member transports the cycle from Biasca to Airolo and cycles to the Airolo transition zone. **Team of Five:** The runner as spectator travels with a regular rail service from Biasca to Airolo. Not all trains are permitted for runners (see timetable). → **Timetable E**

⑦ **Team of Five:** The swimmer collects a transport ticket at the information desk in Tenero and takes the assigned train from Tenero back to Erstfeld. He has the option of leaving the train in Airolo to cheer on his team. No option to leave the train in Biasca and Göschenen. → **Timetable F**

⑧ The inliner takes the train from Biasca back to Erstfeld. He has the option of leaving the train in Airolo to cheer on his team. No option to leave the train in Göschenen. It is preferable to use special trains. → **Timetable G**

⑨ **Couple:** The runner or supporter travels by train from Biasca to Airolo and later from Airolo to Göschenen. **Single:** Supporter 1 brings the mountain bike bag from Biasca to Göschenen. → **Timetable H**

⑩ The runner takes the train from Airolo to Göschenen. Team members do not have the option of leaving the train in Göschenen. **Couple:** The runner/supporter of the Couple transports the cycle bag from Airolo to Göschenen. → **Timetable I**

⑪ The runner who does not wish to travel as a spectator takes a regular rail service from Erstfeld to Göschenen. → **Timetable J**

⑫ The mountain biker/supporter 2 with the mountain bike travels from Airolo to Erstfeld on a special train. No mountain bikes can be carried on regular rail services. The swimmers and inliner as spectator travel by train from Airolo to Erstfeld. Use regular rail services if possible. No option to leave the train in Göschenen. → **Timetable K**

⑬ **Team of Five:** The cyclist follows the white signage from Göschenen to Erstfeld. Cyclists in Team of Five cannot travel by train.

⑭ **Single/Couple:** The cyclist/supporter uses the regular rail service to transport the cycle from Göschenen to Erstfeld. → **Timetable L**

Timetable A

	Single	Couple	ToF Swim 1101 – 1300	ToF Swim 1301 –	ToF Inline 1101 – 1300	ToF Inline 1301 –
	Special	Special	Special	Special	Special	Special
Dep. Erstfeld	04:00	04:00	04:30	04:30	05:00	05:00
Arr. Bellinzona	05:23	05:23	05:53	05:53	06:23	06:23
change	S20	Special	S20	Special	S20	Special
Dep. Bellinzona	05:30	05:40	06:00	06:10	06:30	06:43
Arr. Tenero	05:50	05:59	06:20	06:28	06:50	06:59

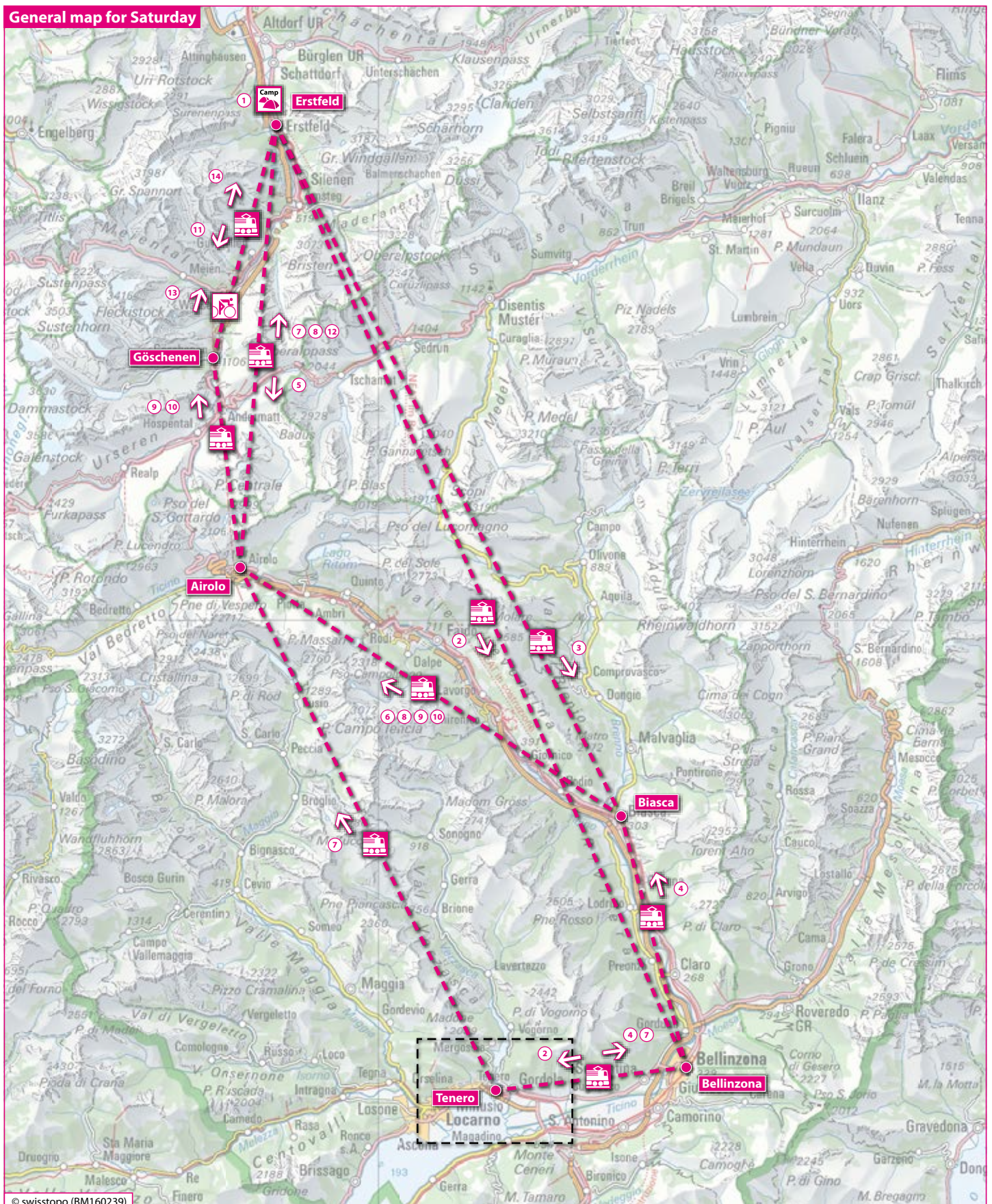
Timetable B

	Single	Couple	ToF bike 1101 – 1300	ToF bike 1301 –
	Special	Special	Special	Special
Dep. Erstfeld	07:12	07:42	08:12	
Arr. Biasca	08:24	08:54	09:20	

More timetables on page 22



General map for Saturday



TRANSFERS

SABATO TICINESE

Continued from page 20.

Use the special trains on all routes rather than the normal services.

Timetable C	Couple	Couple	Couple	Couple
	S20	S20	Special	S20
Dep. Tenero	08:09	08:39	08:51	09:09
Arr. Bellinzona	08:29	08:59		09:29
change	S10	IR		S10
Dep. Bellinzona	08:38	09:06		09:38
Arr. Biasca	08:54	09:21	09:21	09:54

Timetable D	Single	ToF Cycle 1101 – 1300	ToF Cycle 1301 –
	Special	Special	Special
Dep. Erstfeld	10:12	10:31	11:02
Arr. Airolo	10:46	11:06	11:35

Timetable E	No cycles	No runners	No cycles No runners				
	IR	IR	IR	Special	Special	IR	IR
Dep. Biasca	09:21	10:21	11:21	11:41	12:01	12:21	13:21
Arr. Airolo	09:59	10:59	11:59	12:19	12:40	12:59	13:59

Timetable F		Tickets 300 seats	Tickets remaining											
	IR	IR	IR											
Dep. Tenero	08:51	09:51	10:51											
Arr. Airolo	09:59	10:59	11:59	Special	Special	Special	IR	Special	IR	Special	IR	Special	IR	
Dep. Airolo	10:00	11:00	12:00	12:20	12:40	13:40	14:00	14:30	15:00	15:30	16:00	16:30	17:00	
Arr. Erstfeld	10:35	11:35	12:35	13:03	13:24	14:18	14:35	15:07	15:35	16:08	16:35	17:06	17:35	

Timetable G	IR	IR	Special	Special	IR									
Dep. Biasca	10:21	11:21	11:41	12:01	12:21									
Arr. Airolo	10:59	11:59	12:19	12:39	12:59	Special	IR	Special	IR	Special	IR	Special		
Dep. Airolo	11:00	12:00	12:20	12:40	13:00	13:40	14:00	14:30	15:00	15:30	16:00	16:30		
Arr. Erstfeld	11:35	12:35	13:03	13:24	13:35	14:18	14:35	15:07	15:35	16:08	16:35	17:06		

Timetable H	RE	RE	Special	Special	RE									
Dep. Biasca	10:21	11:21	11:41	12:01	12:21									
Arr. Airolo	10:59	11:59	12:19	12:39	12:59	Special	RE	Special	RE	Special	RE	Special		
Dep. Airolo						13:40	14:00	14:30	15:00	15:30	16:00	16:30		
Arr. Göschenen						13:50	14:10	14:41	15:10	15:41	16:10	16:40		

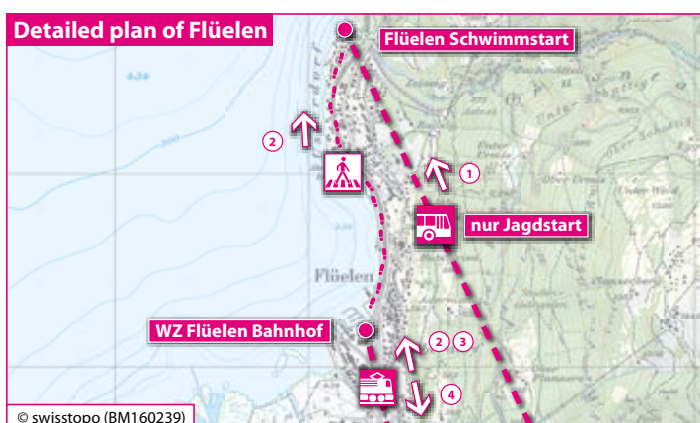
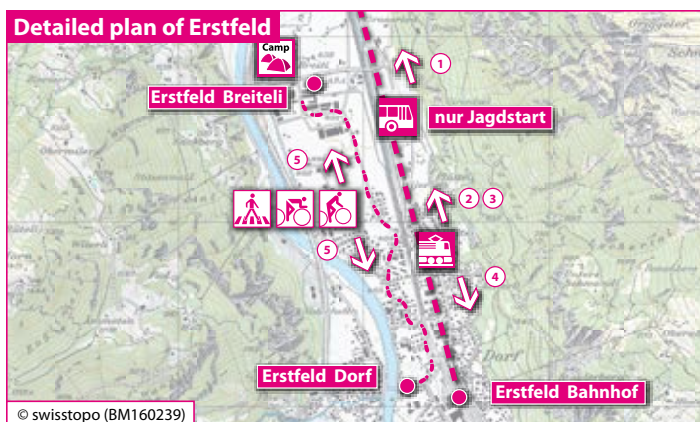
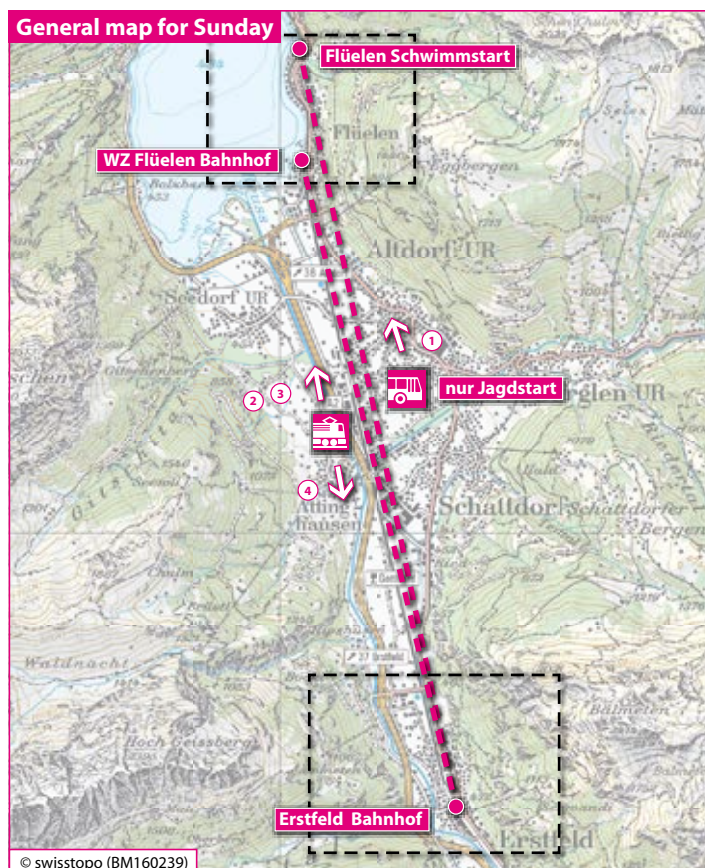
Timetable I	Special	IR	Special	IR	Special	IR	Special
Dep. Airolo	13:40	14:00	14:30	15:00	15:30	16:00	16:30
Arr. Göschenen	13:50	14:10	14:41	15:10	15:41	16:10	16:40
















Timetable J	IR	IR	IR	IR	IR	IR
Dep. Erstfeld	13:23	14:23	15:23	16:23	17:23	18:23
Arr. Göschenen	13:47	14:47	15:47	16:47	17:47	18:47

Timetable K	Special	Special	IR	Special	IR	Special	IR	Special	IR	Special	IR	IR
Dep. Airolo	12:20	12:40	13:00	13:40	14:00	14:30	15:00	15:30	16:00	16:30	17:00	18:00
Arr. Erstfeld	13:03	13:24	13:35	14:18	14:35	15:07	15:35	16:08	16:35	17:06	17:35	18:35

Timetable L	Special	Special	IR	IR	IR	IR	IR
Dep. Göschenen	15:42	16:42	17:11	18:11	19:11	20:11	21:11
Arr. Erstfeld	16:08	17:06	17:35	18:35	19:35	20:35	21:35

TRANSFERS ÜRNER SÜNTIG



Means of transport	No.	Departs/arrives	Passengers	Operation	Journey time	Footpath
	①	Erstfeld railway station → Flüelen Swimming start	 : Swimmers to chasing start	Departs 05:15	30 mins.	200 m
	②	Erstfeld → Flüelen Swimming start	 : Swimmers / No team members, no supporters	05:48 – 07:01	30 mins.	1.5 km
	③	Erstfeld → Flüelen	 : Inliners /  : inliner or supporter /  : supporter 1	05:31 – 07:36	15 mins.	100 m
	④	Flüelen → Erstfeld	 : Swimmers /  : swimmers or supporters /  : supporter 1	06:35 – 10:46	15 mins.	100 m
  	⑤	Erstfeld Dorf ↔ Erstfeld Breiteli	Cyclists, mountain bikers, runners, supporters		25 mins.	1.9 km

① The swimmer going on the chasing start takes the direct special coach from Erstfeld to Flüelen for the swimming start. Departs at 05:15 from Erstfeld railway station. Personal effects transported from the swimming start to the swimming finish. No supporters on the special coach.

② The swimmer takes the assigned regular rail service from Erstfeld to Flüelen from where he runs 1.5 km to the swimming start. Personal effects transported from the swimming start to the swimming finish. No supporters on these trains. → [Timetable A](#)

③ The inliner/supporter 1 takes the assigned train from Erstfeld to Flüelen. The team members stay in Erstfeld. → [Timetable B](#)

④ The swimmer/supporter 1 takes the regular rail service from Flüelen back to Erstfeld. → [Timetable C](#)

⑤ The mountain biker rides the bike and the runner runs on the marked route (1.9 km) from Erstfeld Dorf to the Erstfeld Breiteli transition zone. The cyclists and the mountain biker ride back to Erstfeld Dorf on the marked route (1.9 km).

Timetable A

	Swimmer Single	Swimmer Couple	Swimmer ToF 1101 – 1300	Swimmer ToF 1301 –
	S3	S2	IR	IR
Dep. Erstfeld	05:48	06:01	06:27	07:01
Arr. Flüelen	05:55	06:09	06:36	07:09




Timetable B

	Inliner Chasing start	Inliner Single	Inliner Couple	Inliner ToF 1101 – 1250	Inliner ToF 1251 –
	S2	S2	IR	S2	IR
Dep. Erstfeld	05:31	06:01	06:27	07:01	07:36
Arr. Flüelen	05:39	06:09	06:36	07:09	07:43

Timetable C

	S2	IR	S2	IR	S2	IR	S2	IR	S2
Dep. Flüelen	06:35	07:14	07:46	08:14	08:46	09:14	09:46	10:14	10:46
Arr. Erstfeld	06:45	07:23	07:56	08:22	08:56	09:23	09:56	10:22	10:56

OFFICIAL KIT

	Single	Couple	ToF
Colour of swimming cap			
Manuals Pack (sent by post)			
General Information (manual)	2	2	2
Course Guides (set of 5)	2	2	2
Gigathletes' Declaration	1	1	1
Supporter's vehicle permit	1	1	1
Wristband	1	2	5
Starter pack (issued at check-in)			
Supporter's accreditation	2	1	0
Helmet cover	2	2	3
Swimming cap	1	2	2
Inline number	1	2	2
Runner's number	1	2	2
Mountain bike handlebar plate	1	1	1
Cycle handlebar plate	1	1	1
Cable ties	6	6	6
Safety pins	8	8	8
Gigathlon marker	1	1	1
Set of meal vouchers	3	3	5
Set of Sponser Sport Food vouchers	1	1	1
Tent label	1	1	2
Personal effects sticker	2	2	1
Timing chip	1	1	1
GPS tracker	1	1	1
GPS tracking instructions	1	1	1
Cycle/mountain bike bag	2*	2*	2*
Four-person tent for Gigathlon Camp	1*	1*	2*
Gigathlon water bottle	3	4	5
Cool bags	2	2	2

* individually to order



General Information & Courses Guide



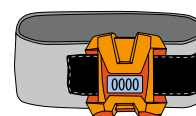
Helmet cover



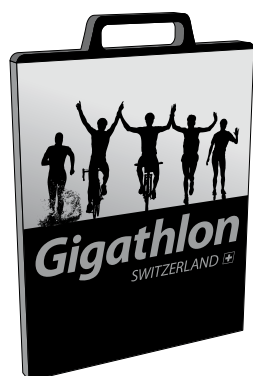
Swimming cap



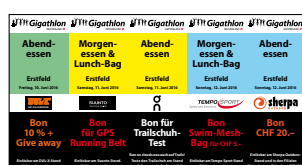
Gigathlon marker



Timing chip



Cool-bag



Set of meal vouchers



Set of Sponser Sport Food vouchers



Gigathlon bidon



Paralympic Guide number



Supporter's accreditation

Don't forget:

Gigathletes' Declaration

Take your already-completed and signed Gigathletes' Declaration to the check-in.

Supporter's vehicle permit

The permit must be stuck to the front of the vehicle before arriving at Erstfeld. This gives you access to and the right to park on the official car parks and must not be removed. Clean the surface of the vehicle before attaching it.

Wristband

You must be wearing your wristband when you arrive at the check-in in Erstfeld. The wristband has the race number printed on it. This will be checked when you go to claim your cycle or mountain bike at the Velo/bike park in Erstfeld. In addition, the wristbands are also required for the access to the transition zones and for the free transfers on SBB trains.

Supporter's accreditation

Supporters who do not have accreditation will not be given access to the handover zone at the transition zones or free travel on SBB trains.

Race number field on swimming cap

Enter your race number in the two race number fields on the swimming cap using the Gigathlon marker so it is easy to read.

Inliner's number/runner's number

Attach to the chest using safety pins. You can obtain more safety pins from the information desk.

Cycle handlebar number / mountain bike handlebar number

Secure this firmly to the handlebar using the cable ties. Pass it on when you change cyclists. You can obtain more cable ties from the information desk.

Sponser Sport-Food

You can obtain daily rations of Sponser Sport Food using a Sponser Sport Food voucher (see page 27).

Tent label

Hang your ON pennant with your team name or start number at the entrance to the tent.

Personal effects stickers

The personal effects stickers are issued at the check-in, in the starter package. The stickers have the start number on them and must be applied to the item of luggage before the competition.

Transport of personal effects

Personal effects are handed in on the Saturday at the exit to the transition zone in Tenero. The effects can be collected from the race headquarters in Erstfeld, next to the information desk. On Sunday, the effects are handed in at the swim start and collected by the athletes in the Flüelen transition zone.

Timing chip

The timing chip is to be worn on the ankle for the entire duration of the competition. Exception: it is worn on the wrist on the inline course (see page 8).

GPS tracker

Each team is given a GPS tracker at check-in, which is operated in accordance with the instructions.

Cycle/mountain bike bag

The transporting of cycles and mountain bikes on trains is only permitted when using a cycle/mountain bike bag. If a cycle/bike bag is needed earlier for travel to the event, please order it by the end of May via email to info@gigathlon.ch.

Four-person tent

Since it is windy in Uri, anchor the tent well and never leave it standing with nothing inside.



Wristband



Cycle/mountain bike bag



Four-person tent



Supporter's vehicle permit



Inline number



Runner's number



bike handlebar plate



Cycle handlebar plate

CATERING CONCEPT



Breakfast and lunch

Breakfast/lunch bags

Breakfast and lunch are issued in a single bag. At breakfast, participants can help themselves to as much black coffee, white coffee, hot chocolate and tea as they like free of charge from the stands provided. There is also a selection of sandwiches (meat and vegetarian), fruit and salad/vegetables available to choose from at the buffet.

Cool bag

At the check-in, each team will be issued with two cool-bags to keep their fresh food items cool.

Swaps table

At the swaps table, Gigathletes can leave items of food that they don't like and, if available, choose one or more alternative items.

Hot lunches on the course



For Single and Couple, a hot lunch is provided at Sabato Ticinese on the mountain bike course and at Ürner Surtig on the cycle course. You can find where the hot lunches are issued by looking for the symbol marked on the course maps:

Evening meals

Buffet

One set meal is served per buffet. The meat and vegetarian menu buffets are indicated accordingly. Gigathletes choose a set meal and queue for the relevant buffet. **Tip:** To avoid waiting, it is best to turn up for your evening meal early or late.

Beverages

Beverages are not included with the evening meal. Gigathletes can purchase and stock up on items available at the designated stands.

Menu

The menu for Gigathlon Switzerland 2016 is available on the xairos website (www.xairos.ch). Gigathletes who need additional food can bring it with them or visit the hospitality concessions.

Set meal for special dietary requirements

Gigathletes who are lactose- or gluten-intolerant can order a special set meal in advance from xairos (www.xairos.ch). All orders are confirmed by xairos. Only those persons whose names are registered are allowed to collect meals from the "Special Set Meal" buffet.

Hospitality concessions

Various dishes and beverages are sold by the hospitality concessions at the headquarters in Erstfeld. The local organising committees provide the catering at the various transition zones to create a happy and hospitable atmosphere.

Opening times of buffets

Day	Location	Time	Meal
Friday 10 June	Erstfeld	17:00 – 22:30	Evening meal
Saturday 11 June	Erstfeld	02:30 – 09:00	Breakfast/lunch bag
	Erstfeld	17:00 – 01:30	Evening meal
Sunday 12 June	Erstfeld	04:30 – 09:00	Breakfast/lunch bag
	Erstfeld	17:00 – 23:30	Evening meal

The Gigathlon catering partner



xairos gmbh is the "official caterer" for the event and is responsible for catering impeccably for the 4,000 or so Gigathletes, supporters, volunteers and visitors to Gigathlon Switzerland 2016, which is a mammoth logistical challenge. In meeting this challenge, the organisers of Gigathlon Switzerland and xairos are able to count on a large number of reliable partners and suppliers:

Catering partners



COMPETITION CATERING

SPONSER Sport Food distributes food and beverages at the refreshment points on the course. The catering in the transition zones and at the finish is provided by SPONSER Sport Food.

Gigathletes carry at least two water bottles on the Cycling and Biking courses and one water bottle on the Running and Inline courses. These can be re-filled at the refreshment points or exchanged for a new water bottle. **Think about the environment and others - don't throw water bottles away on the course!**



Gigathletes can re-fill their beakers at the refreshment point at the finish.

Daily rations

Gigathletes can obtain products for the competition stage from Friday 10 to Sunday 12 June 2016 by handing in the relevant vouchers at the SPONSER stand in the Partner Park in Erstfeld. If you lose your vouchers, they can be replaced at the stand for a fee of CHF 20.00.

Opening times of SPONSER Sport Food stand

Friday 10 June 2016 13:00 – 22:00
Saturday 11 June 2016 13:00 – 23:00
Sunday 12 June 2016 11:00 – 22:00 (incl. sales)

		Kilometres	Section	Head of race passing at approx.	Tail of race passing at approx.	Sponser Isotonic	Sponser Competition	Sponser Long Energy 5% Protein	Sponser Sporttea	Water	Sponser Liquid Gel	Sponser Energy Bars	Bananas	Hot meals Single / Couple	Beef tea
Saturday 11 June	Start Tenero	0.0		07:00	08:00										
	Tenero transition zone	3.0		07:45	09:40		●	●	●	●			●		
	Bellinzona	17.5		08:15	10:35		●	●		●	●	●	●		
	Biasca transition zone	40.0		09:00	12:20		●	●	●	●			●		
	Chironico	15.0		09:45	13:35		●	●	●	●	●	●	●		
	Ambri	35.0		10:50	15:20		●	●	●	●	●	●	●		
	Airolo transition zone	48.0		11:25	16:20		●	●	●	●			●		
	Nufenenpass	23.0		12:15	17:50		●	●	●	●	●	●	●		
	Furkapass	58.0		13:25	20:00		●	●	●	●	●	●	●		
	Göschenen transition zone	85.0		14:40	20:50		●	●	●	●			●		
	Wassen	5.5		15:00	21:40		●			●	●	●	●		
	Gurtellen	12.0		15:20	22:30		●			●	●	●	●		
	Amsteg	15.5		15:35	23:00		●			●	●	●	●		
	Finish Erstfeld	23.0		16:10	00:30	●			●	●					
As required - in cold weather															
Sunday 12 June	Start Flüelen	0.0		06:00	08:00										
	Flüelen transition zone	3.0		06:45	09:50		●	●	●	●			●		
	Erstfeld Dorf transition zone	22.0		07:20	11:10		●	●	●	●			●		
	Klausenpass	31.0		08:25	13:05		●	●	●	●	●	●	●		
	Linthal	54.0		09:20	14:25		●	●	●	●	●	●	●		
	Klausenpass	77.0		10:05	16:00		●	●	●	●	●	●	●		
	Erstfeld Breiteli transition zone	104.0		11:00	17:35		●	●	●	●			●		
	Grosser Fleschsee	26.0		11:20	20:00		●	●	●	●	●	●	●		
	Erstfeld Breiteli transition zone	45.0		13:00	21:20		●	●	●	●			●		
	Altdorf	5.5		13:20	20:40		●			●	●	●	●		
	Seedorf	11.5		13:40	21:40		●			●	●	●	●		
	Attinghausen	16.0		14:00	22:25		●			●	●	●	●		
	Finish Erstfeld	22.0		14:25	23:15	●			●	●					
As required - in cold weather															

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