



## **RACE INFORMATION**

Name of the race: **XTERRA CZECH 2019 Powered by JEEP**

Status: XTERRA EUROPEAN CHAMPIONSHIP 2019  
XTERRA EUROPEAN TOUR  
XTERRA GLOBAL TOUR

Date: 2<sup>nd</sup> to 4<sup>th</sup> August 2019

Start time: more in the schedule

Start: Kristanovicky rybnik, GPS: 48.9671250N, 13.9420608E

Race office, T2, finish area: Prachatice, Great square, GPS: 49.0126044N, 13.9975933E

Organiser: XPG Bohemia s.r.o.

Contact: Michal Pilousek, michal@xterra.cz, +420 725 944 979

Webpage: [www.xterra.cz](http://www.xterra.cz)

Distances main race: 1,5K swim – 35K mountain bike – 10,5K trail run

### **Race course**

Swim course – 1,5K – 2 laps

The *main event* will start with a swim in Kristanovicky Rybnik. Start of the race will be from water. Start line will be marked by two buoys and rope between them. There will be surf boards and boats with referees judging the start. Athletes will have to swim triangle lap twice. Between laps there will be short run out of water. After two laps athletes will run into transition area on the beach.

Bike course – 35K – 1 lap

After transitioning on to the shore of the lake, competitors will cycle into the wonderful Sumava mountains. One lap of the cycle course is very challenging, although it is still great fun. Single-tracks, fords and fantastic views whilst also riding through stunning villages and towns are all features that has made our bike course so unique. In the last part of the cycling segment, competitors will ride through the narrow roads of Prachatice city centre to finish *in Kristanova Street* where they will transition to the final segment. There will be two aid stations offering water and isotonic drink bottles, gels and bananas. Course will be marked by blue arrows, ropes on trees and arrows on the roads.

Run course – 10,5K – 2 lap

The run consists on 2 laps and has little bit of everything; running on cobbles in the city centre, steep uphill, technical downhill as well as flat running sections. After each lap competitors will run through race centre on the *Great Square* where they will eventually finish the race. The finish gate will be just in front of the *Old Town Hall* from 18<sup>th</sup> century. There will be 4 aid stations on the run offering water, isotonic drink, gels, bananas and bars. The course will be marked by red arrows, ropes on the trees and arrows on the roads.

## **Age groups**

Male / female

PRO, 15 – 19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 +

Relays – three competitors, each will participate in one discipline

## **World Championships Qualification**

There will be 52 slots for Xterra World Championship distributed.

## **Start fee**

XTERRA CZECH

Individuals: till 31 December 2018 90 Euro, till 1 May 100 Euro, till 1 August 120 Euro,  
on the race day 130 Euro

Relay: till 31 December 2018 100 Euro, till 1 May 110 Euro, till 1 August 130 Euro,  
on the race day 140 Euro

## **Registration**

On line – [www.xterra.cz](http://www.xterra.cz)

On the race site in race office during registration hours.

## **Time Schedule:**

### **OFFICIAL SCHEDULE**

#### **Monday & Tuesday 28 & 29/7/2019**

9:00 – 10:00AM – Free swim session (Swimming Pool Hulak)

#### **Wednesday 30/7/2019**

8:00AM – 4:00PM – Race office Q & A (Old Town Hall, Prachatice)

9:00 – 10:00AM – Free swim session (Swimming Pool Hulak)

9:00AM – Ride with the PRO – Bike Course Test with Karel Zadak (Start at T1 Kristanovice)

6:00PM – Evening Yoga (Parkan, Prachatice)

#### **Thursday 1/8/2019**

7:00AM – Morning Yoga at the Lake (Kristanovicky Lake, Beach)

8:00AM – 4:00PM – Race office Q & A (Old Town Hall, Prachatice)

9:00 – 10:00AM – Free swim session (Swimming Pool Hulak)

11:00AM – PRO Press Conference (Old Town Hall, Prachatice)

2:00PM – Easy spin around the bike course (Start at the Great Square, Prachatice)

5:00PM – Run with the PRO – Check the run course (Start at the Great Square, Prachatice)

6:00PM – Evening Yoga (Parkan, Prachatice)

#### **Friday 2/8/2019**

7:00AM – Morning Yoga at the Lake (Kristanovicky Lake, Beach)

9:00 – 10:00AM – Free swim session (Swimming Pool Hulak)

10:00AM – 3:00PM – RACE BAGS PICK UP (All the Saturday races) – MANDATORY (Race

office, Old Town Hall, Prachatice)

3:30PM – RACE BRIEFING – Main race, Sprint, Relays – MANDATORY (Stage, Great Square, Prachatice)

3:15PM – 4:15PM – XTERRA Kids Duathlon registration (Race office, Old Town Hall, Prachatice)

3:15PM – 5:30PM – XTERRA Herbi's Trail Run registration (Race office, Old Town Hall, Prachatice)

4:30PM – 5:30PM – XTERRA Kids Duathlon start, from youngest to older (Great Square, Prachatice)

6:00PM – XTERRA Herbi's Trail Run start (Great Square, Prachatice)

6:05PM – XTERRA Kids award ceremony (Stage, Great Square, Prachatice)

6:30PM – 7:30PM – Live Music – LUCKY BREW (Prachatice)

7:30PM – XTERRA TRAIL RUN award ceremony (Stage, Great Square, Prachatice)

7:45PM – Official opening ceremony XTERRA European Championship 2019, Czech Republic

8:15PM – 9:15PM – Live music – THE ATAVISTS (surf / stoner rock)

### **Saturday 3/8/2019 – THE RACE DAY**

6:30AM – 7:30AM – RACE BAGS PICK UP (All the Saturday races) – LATE COMERS (Race office, Old Town Hall, Prachatice)

8:00AM – 10:00AM – Transition 2 open for athletes, main race & sprint (Kristanova Street, Prachatice)

8:00, 9:00, 10:00AM – Shuttles buses to start location departures (Small Square, Prachatice)

9:00AM – Culture programme starts in Prachatice & Kristanovice

8:00AM – 9:30AM – Transition Area 1 open for main race & sprint (Kristanovice)

9:45AM – Short race briefing for SPRINT race (Start area, Kristanovice)

10:00AM – XTERRA Sprint START (Kristanovice)

10:30AM – 11:30AM – Transition Area 1 open for main race athletes (Kristanovice)

11:00AM – XTERRA Sprint race finish (Prachatice)

11:00AM – 11:45AM – Warm-up bags drop off (Competitors tent, Start area, Kristanovice)

11:45AM – Live Stream start (Screen in Prachatice & Facebook)

11:45AM – Short Race Briefing (Start area, Kristanovice)

11:55AM – Czech National Anthem (Kristanovice)

12:00AM – XTERRA CZECH PRO men & women START (Kristanovice)

12:05AM – XTERRA CZECH Age-Group men START (Kristanovice)

12:08AM – XTERRA CZECH Age-Group women START (Kristanovice)

12:20AM – XTERRA CZECH Relays START (Kristanovice)

12:40AM – First athletes at hotspot ZABLATI (Zablati)

1:00PM – First athletes at hotspot PERLOVICE (Perlovice)

1:50PM – First athletes in T2 PRACHATICE (Prachatice)

2:10PM – First women in T2

2:40PM – First men in the finish (Prachatice)

3:05PM – First women in the finish (Prachatice)

3:15PM – Flower ceremony (Prachatice)

3:00PM – 7:00PM – Squirt Bike wash, showers & relax zone open (Swimming Pool Prachatice)

5:00PM – Cut-off time Transition Area 2 (Prachatice)

5:00PM – 7:00PM – Bike, warm-up bag, swim gear bag pick-up (Transition Area 2)

6:00PM – 7:00PM – Live music – VITHUS HELEBRAND (Pop)

7:00PM – 8:00PM – Award Ceremony (Stage, Great Square)

8:00PM – 9:00PM – Live Music – EMMA SMETANA (Stage, Great Square)

9:00PM – 11:00PM – Live Music – TBA

## **Sunday 4/8/2019 – SHORTTRACK DAY – All events in Kristanovicky Lake**

8:00AM – Event start

8:00AM – 13:00AM – Race numbers pick-up PRO & VIP athletes (Start area tent)

9:00AM – 9:45AM – VIP shorttrack transition area open

10:00AM – VIP SHORTTRACK START

10:45AM – VIP ShortTrack Award ceremony

10:45AM – 11:15AM – Race gear pick-up VIP ShortTrack

11:15AM – 11:45AM – PRO Women shorttrack transition area open

12:00PM – XTERRA SHORTTRACK PRO WOMEN start

1:00PM – 1:15PM – Race gear pick-up PRO women

1:15PM – 1:45PM – PRO Men ShortTrack transition area open

2:00PM – XTERRA SHORTTRACK PRO MEN start

3:00PM – PRO men & women ShortTrack Award Ceremony

3:30PM - ??? - Afterparty

### **Awards**

Every finisher will get original finisher medal

TOP 3 in each age group will win nice awards from our sponsors and also original cups!

PRO prizemoney:

30 000 USD total, 25 000 USD (main race), 5 000 USD (Shorttrack)

### **Rules**

The race is sanctioned by Xterra Global rules.

See special page at [www.xterraplanet.com](http://www.xterraplanet.com). The rules will be also available in the race office.

### **Security**

The watter will be secured by special life guards on boats and surfboards.

On the bike course there will be 2 emergency cars, quaters and motorbikes.

At dangerous sections will be also members of Red Cross.

On course will be 6 total AID stations (2xbike, 4xrun).

### **Transport to the start and gear back**

Swim location is 10K from Prachatice at Kristanovicky rybnik (pond). Athletes can drive there by car or use shuttles. There will be minimaly two shuttles leaving at 8 AM and 9 AM from Small square in Prachatice (5 minutes from race office). Swim gear pick up after the race will be in the race office on the Great Square in Prachatice. We will transport your swim gear back to Prachatice! No pick up on the swim race site! No pick up by friends or supporters, only competitors!

**FOR MORE INFORMATION CHECK [WWW.XTERRA.CZ](http://WWW.XTERRA.CZ)**