



THE ARCTIC TRIPLE

Lofoten Triathlon

RACE BRIEF – EXTREME / HALF EXTREME



A wide-angle photograph of three triathletes in black wetsuits and pink swim caps jumping from a wooden pier into a harbor. The harbor is filled with blue water and several boats, including a prominent blue and white boat on the left. In the background, there are white and orange buildings along the waterfront, and a large, rugged, green mountain rises steeply behind them under a blue sky with scattered clouds. The word "WELCOME!" is superimposed in large white letters across the center of the image.

WELCOME!

Lofoten Triathlon

- The Arctic Triple
- Program
- The track //Cut-Off
- Food/drink stations
- Safety/Traffic
- Rules



THE ARCTIC TRIPLE

THREE RACES

week
11



SKIMO

THREE ADVENTURES

week
22



ULTRA-TRAIL

THREE SEASONS

week
33



TRIATHLON



Skimo Ultra-Trail Triathlon

The Arctic Triple - TRACKS



THE ARCTIC TRIPLE

Program

Friday

Race Day Lofoten Triathlon Extreme & Half Extreme

- 0330 Extreme: Check-In bike and pick-up GPS Tracker at T1/T2 and get your gear ready at your station. Deliver Special Need Bag at T1/T2 crew.
Note! Only registered athletes are allowed to enter T1/T2
- 0345 Athletes and crew early breakfast at Thon Hotel Lofoten
- 0430 Mandatory last minute briefing at T1/T2 area
- 0500 Swim start Lofoten Triathlon Extreme!
- 1000 Half Extreme: Check-In bike and pick-up GPS Tracker at T1/T2 and get your gear ready at your station
Note! Only registered athletes are allowed to enter T1/T2
- 1130 Mandatory last minute briefing at T1/T2 area
- 1200 Swim start Lofoten Triathlon Half Extreme!
- 1630 Kids race

Saturday

Award ceremony Lofoten Triathlon

- Where: Svolvær Square
1600 Award Ceremony & draw prices (be there!)



Check in Transition Zone

Check in Transition Zone

- Get your tracker
- Timing chip/ bib – make sure you have it visible when checking in
- Bicycle check – crew are checking breaks and lights (front and rear)
- Helmet check – make sure you have it on your head when you check in



Transition Zone

- Box for your gear = 56x42cm
You can change tyre width by turning the planks
- All used gear– wetsuit, goggles, swim cap In the BOX!
If not → time penalty 1 min
- Remember: Helmet ON, before you take the bike out of the rack!
- Mount line **(PINK plank)**:
 - You can go on the bike AFTER the mountline!!
- Dismount line **(PINK plank)**:
 - You have to get off the bike BEFORE the Dis-mountline



The Track

Lofoten Triathlon // Extreme

4000 M Swim

182 KM Bike

42 km Run

Cut-off

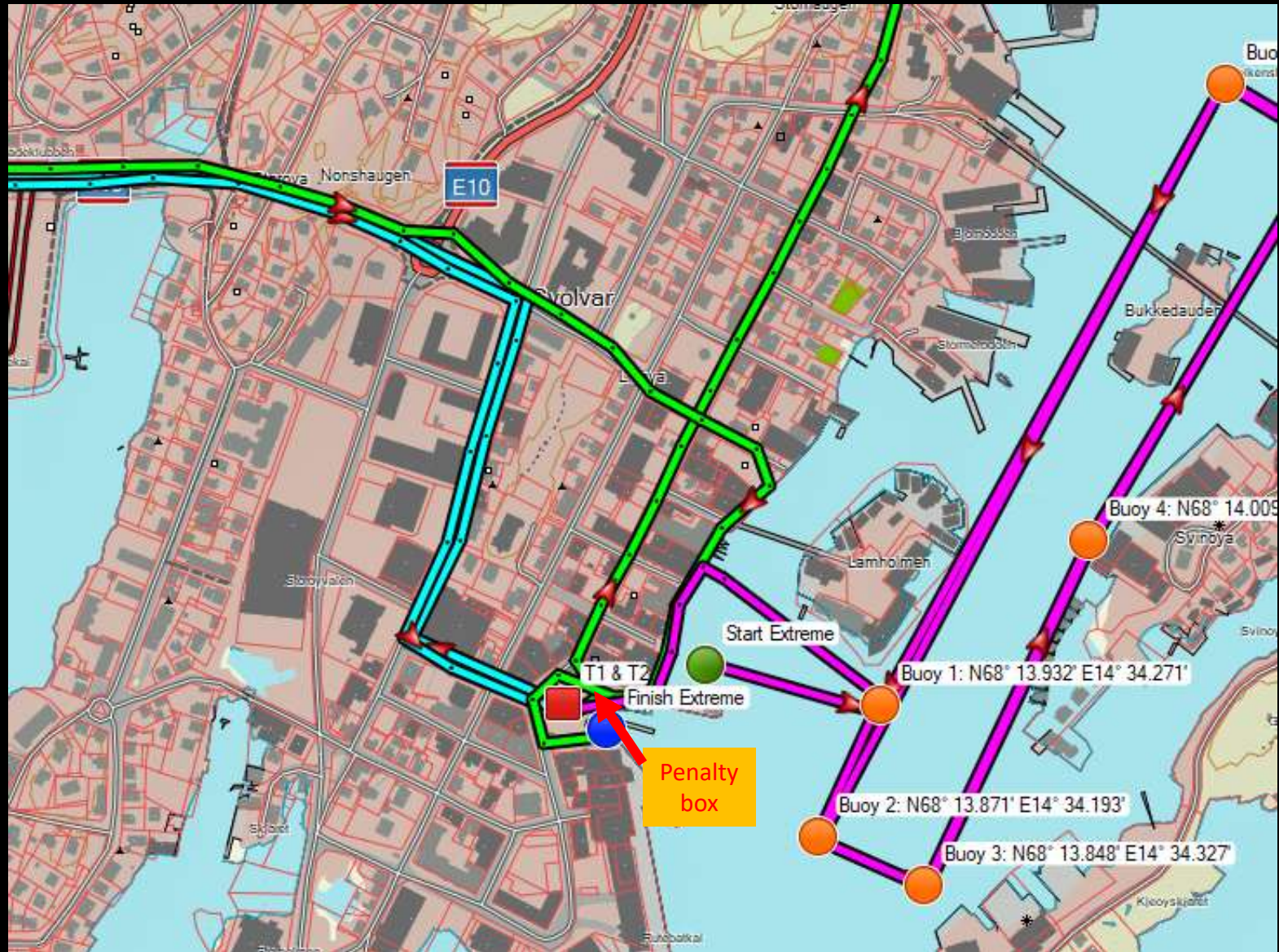
SWIM - Max 2 T 15 MIN

BIKE - return T2 by 15:00 /10 hours after start

RUN - Kongsmarka 36 km by 21:00 (16 hours after start) to continue over last mountain. If you just reach the cut-off you have max 15 min at food station.



Start – Transition – Finish



Swim Extreme

- Two laps in Svolvær harbour



Swim

- Forecast

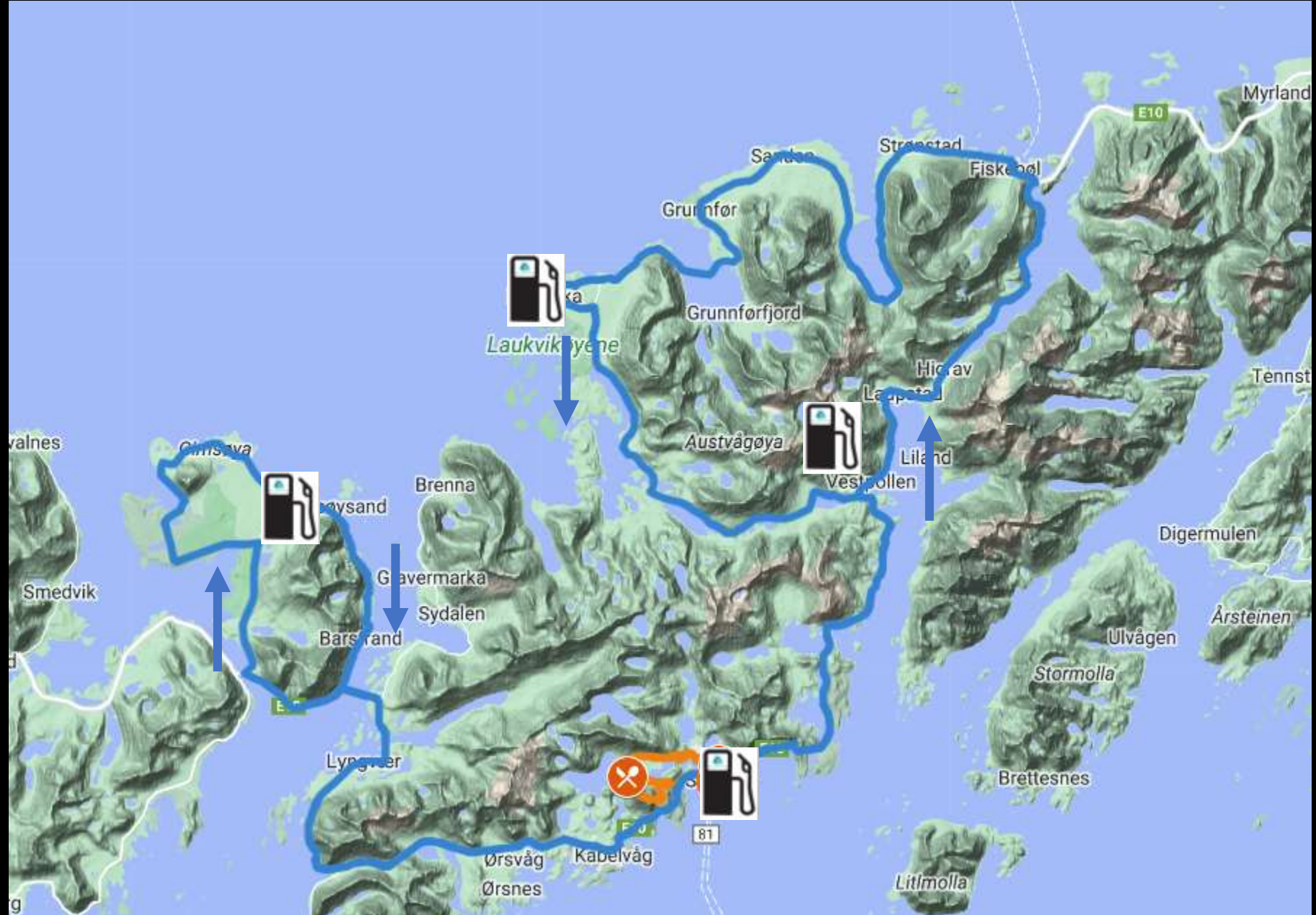
05:00

- ✓ Water temp: 16,3 °C
- ✓ Air temp: 14-15 °C
- ✓ Water quality: Good

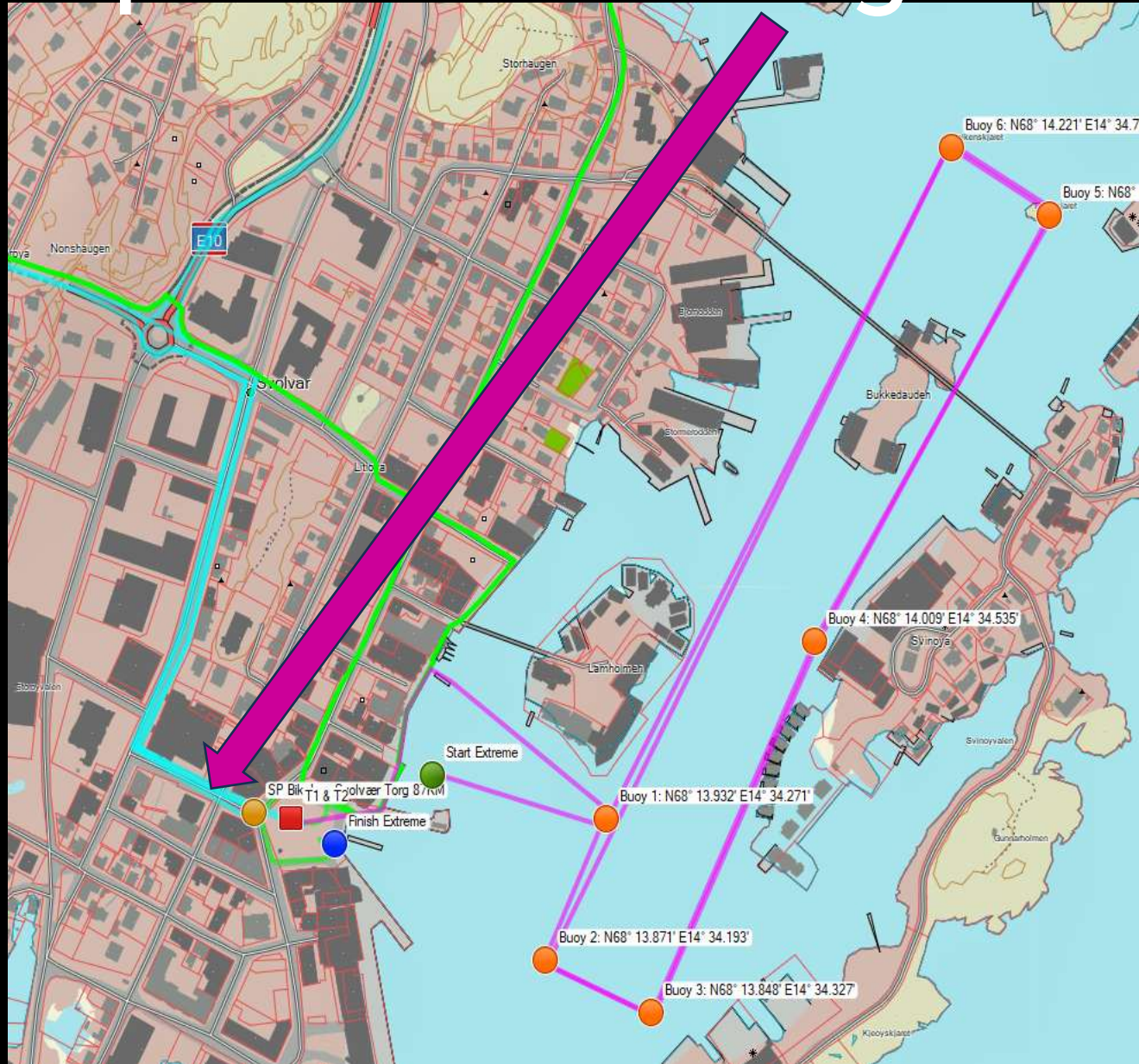
- If you need assistance: Raise your arm
- Swim behaviour will be observed



BIKE



Special Need Bag - T2

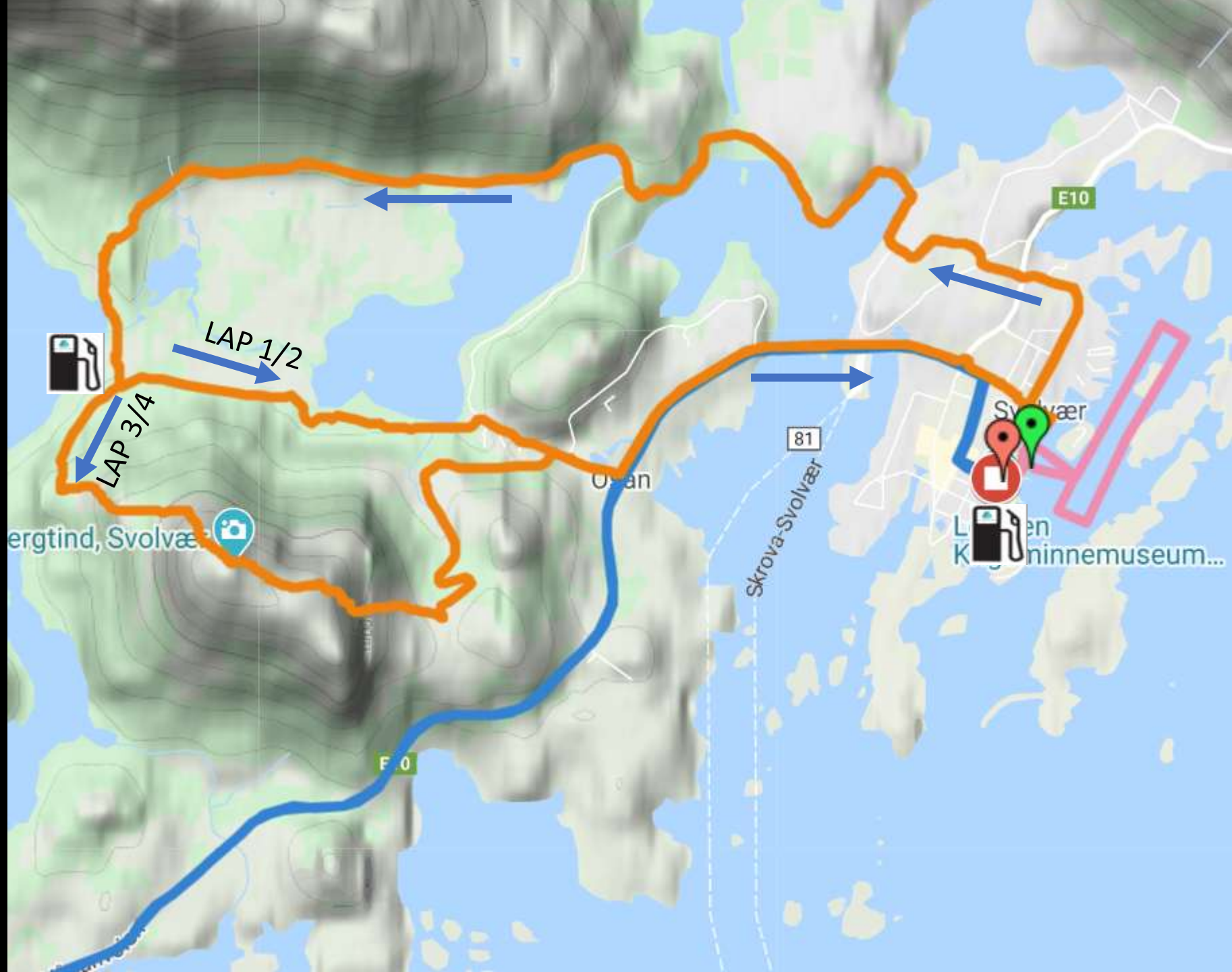
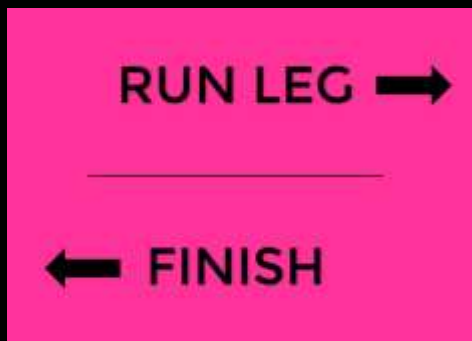


RUN

Kongsmarka



Svolvær Square



Food/drink – bring your own cup

Stations

Lofoten Triathlon // Extreme	Where	WC
T1	Svolvær Torg	Yes
Bike Leg Station 1	Gimsøy Landhandel 48 KM	Yes
Bike Leg Station 2	Svolvær Square 87 KM (T2)	YES
Bike Leg Station 3	Laukvik 146 KM	No
T2	Svolvær Torg 186 KM	Yes
Run Leg Station 1	Kongsmarka 191 KM	No
Run Leg Station 2	Svolvær Torg 195 KM	Yes
Run Leg Station 3	Kongsmarka 201 KM	No
Run Leg Station 4	Svolvær Torg 205 KM	Yes
Run Leg Station 5	Kongsmarka 211 KM	No
Run Leg Station 6	Svolvær Torg 216 KM	Yes
Run Leg Station 7	Kongsmarka 122 KM	No
Finish area	Svolvær Torg 247 KM	Yes



CONTENT SERVICE STATIONS

Drink – water and sports drink. Coca Cola on the run leg.

Food – The Arctic Triple bun, chips, nuts, fruit and sandwiches.

Warm soup at BLS 2, and both stations at run leg.

Food/drink stations are served buffet style. To reduce waste you must bring your own cup for food stations. We have awesome “speed cups” with The Arctic Triple logo for sale.

The Track

Lofoten Triathlon // Half Extreme

2000 M Swim

100 KM Bike

21 km Run

Cut-off

SWIM - Max 1 T 15 MIN

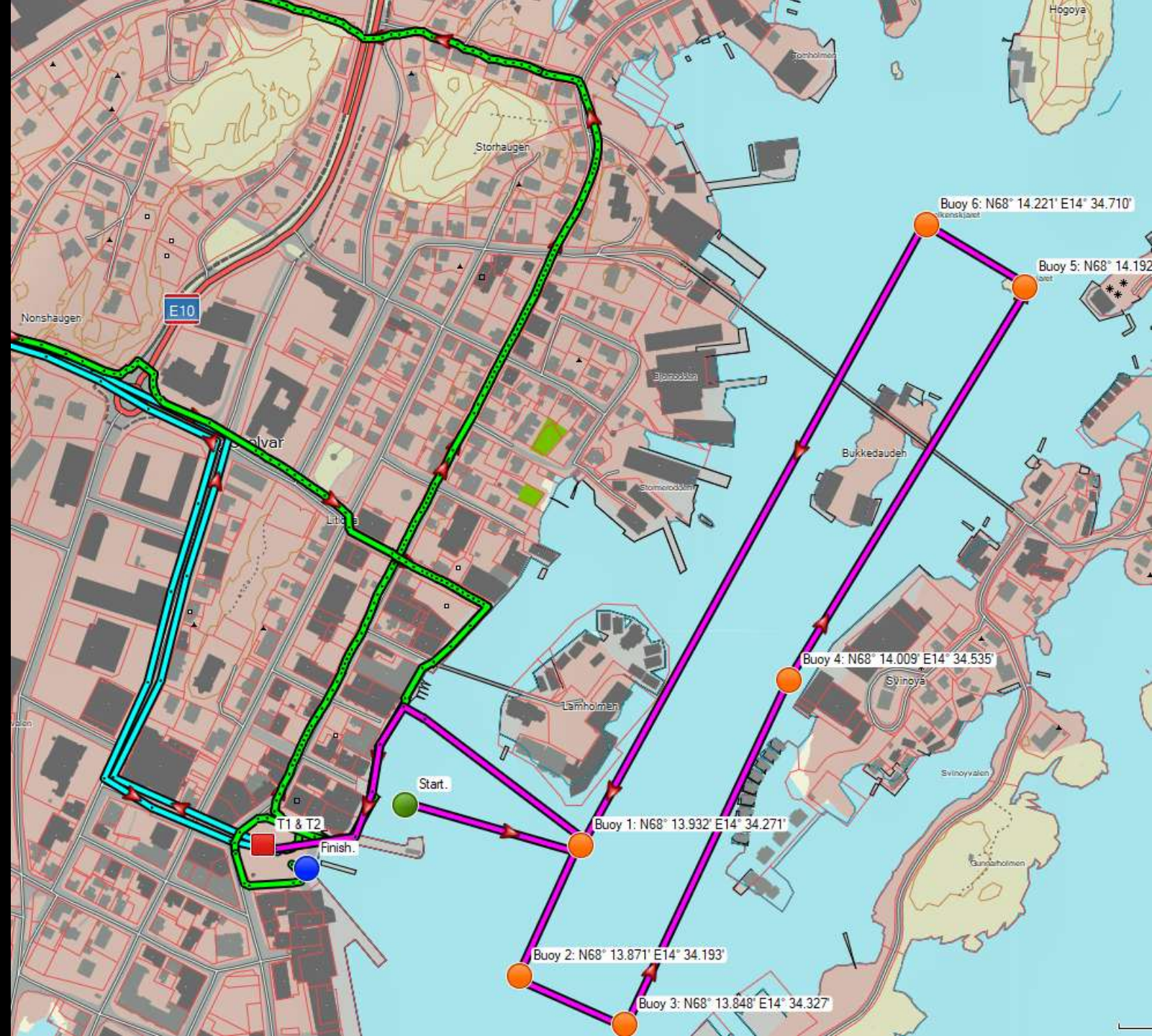
BIKE - return T2 by 17:00 /5 hours after start

RUN - Maximum finish time 21:00/9 hours after start.

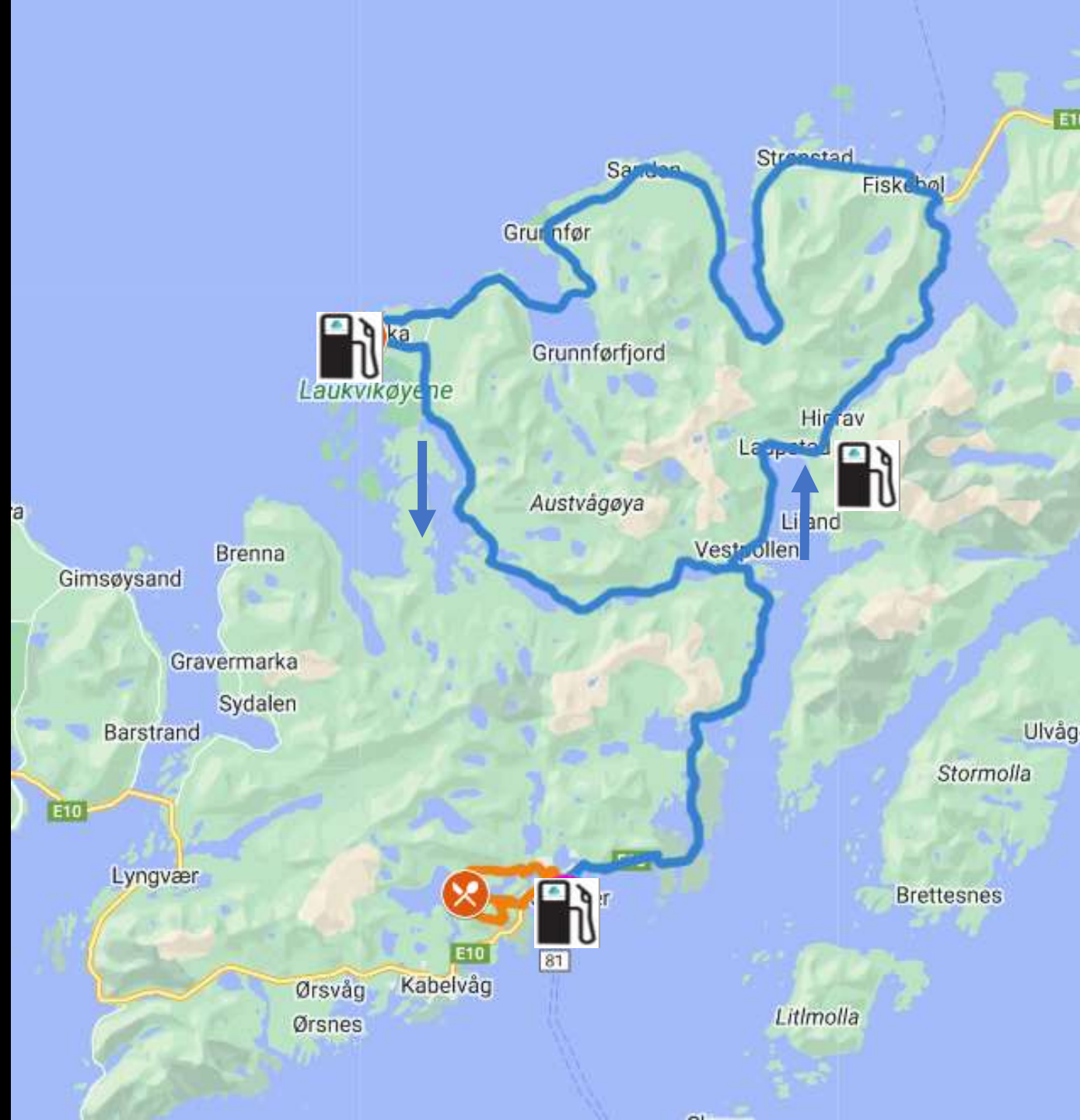


SWIM

One lap in Svolvær harbour



BIKE



RUN

Kongsmarka

EXTREME

← ROUND 1+2
ROUND 3+4 →

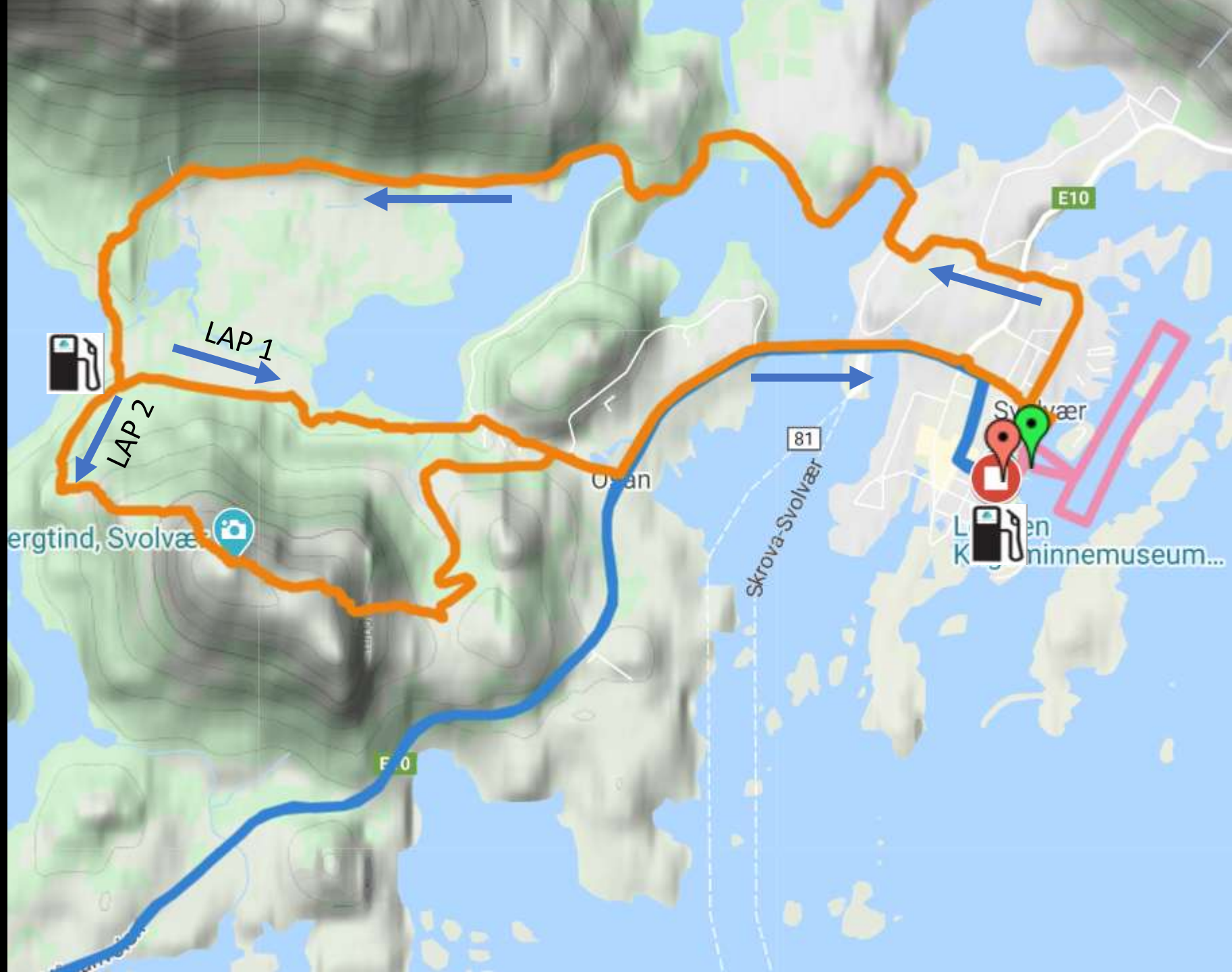
HALF EXTREME

← ROUND 1
ROUND 2 →

Svolvær Square

RUN LEG →

← FINISH



Food/drink

Stations

Lofoten Triathlon // Half Extreme	Where	WC
T1	Svolvær Torg	Yes
Bike Leg Station 1	Laukvik 60 KM	No
T2	Svolvær Square 100/110 KM	Yes
Run Leg Station	Kongsmarka 108/118 KM	No
Finish area	Svolvær Torg 123 KM	Yes

CONTENT SERVICE STATIONS

Drink – water and sports drink. Coca Cola on the run leg.

Food – The Arctic Triple bun, chips, nuts, bananas and sandwiches. Warm soup at Svolvær Square and Kongsmarka.



Traffic

Pay special attention!

- Crossroads
- Roundabouts
- Town centers
- Speed bumps (Laukvik)
- Bridges
 - Extreme: Gimsøy



Your Start Kit

What is it all for?

Tags - one for the bikesaddle, helmet

Startnumber - back on bike, front on run

Time chip - remember to put it on your ancle!!!

Swim cap

Drop bag: Bring your own bag (bike), put a sticker on and deliver when checking into T1/T2.



Safety

All elements!

Water

- boats
- kayaks

Bike

- Guards at some crucial crossings
- but most of the track is based on markings (pink signs).

Mountain

- Red Cross is in the area
- follow the pink flags
- if you are close to cut off time at last run lap we advise bringing a small head lamp



Rules

Lofoten Triathlon follows the general rules and regulations from the International Triathlon Union.

A few reminders:

- Time chip worn at all times
- GPS tracker worn at bike and run
- Your bike must have lights front and back
- Follow traffic rules
- Headphones are not allowed during the whole race.
- DON'T DRAFT – be a good sport :o)



Finisher shirt:

Will be handed out in the finish area after you cross the finish line

Fish burger:

Get it in the finish area

Merchandise:

Get it at the RETUR store at Svolvær Square



Who do you call?

Operation Center

+47 915 37 895



NO CREW – NO RACE

LIVE TRACKING

www.thearctictriple.com/live



National Championship Long Distance 2025

Agenda:

- Welcome/Guests
- Competition Jury
- Rules and penalties

Welcome

- Norges Triatlon Forbund: Gunn-Marit Lyngroth
- Technical Delegate: Line Amlund Hagen
- Head Referee: Olav Kyrre Fjeld
- Race directors: Frank Hagen and Kristian Nashoug

Competition Jury

- Line Amlund Hagen, Chair
- Pål Dybfest (Lofoten Triatlonklubb)
- Gunn-Marit Lyngroth (NTF)

Rules and penalties

- False start – 30 seconds time penalty in T1
- Drafting – 2 minutes time penalty in the Penalty Box
- Littering - DSQ
- Crossing the (imaginary) centre line - DSQ
- Outside assistance – DSQ
- Cards:
 - Yellow card: time penalty 30 seconds
 - Blue card: drafting penalty 2 minutes
 - Red card: Disqualification

Other info:

- NC: Socks and gloves are not permitted
- Socks are permitted for the rest – not gloves
- NC: Rain-jackets are allowed but – preferably in club design or transparent, otherwise neutral design without logos
- NC: the classes Male 60-64 and Male 65-69 have been joined
- NC: The winners of the Senior class will be the National Champions – anyone wants to move class, talk to us afterwards

Start Procedures - NEW

Once all athletes are in their start positions

The announcer will say: *“Athletes, now you are in the hands of the starter”*

Heartbeats will be played during 10 to 15 seconds.

Silence for 3 to 5 seconds

Electronic horn blast / Air horn blast

The race starts

False-start Procedures

False-start (many athletes)

Several horn blasts

Kayaks move in front of you

Everyone goes back to her/his original start spot

Valid start with early starters

If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1.

During the time penalty, the athlete(s) may NOT touch any equipment.

Transition Zone

When you go for the swim



When you are out biking



TIME PENALTY!



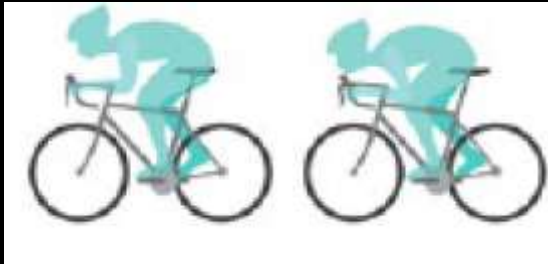
Non-drafting competiiton



12m



















Riding position

OK



NOT OK



05		14°	0,2-2,9	2 (3) ↗	Svak vind fra sørvest med vindkast på 3 m/s
06		13°	0,2-2	1 (3) →	Flau vind fra vest med vindkast på 3 m/s
07		14°	0,2-2,7	1 (2) →	Flau vind fra vest med vindkast på 2 m/s
08		14°	0,5-5,3	1 (3) ↙	Flau vind fra nordøst med vindkast på 3 m/s
09		14°	0,5-4,9	2 (3) ←	Svak vind fra øst med vindkast på 3 m/s
10		14°	0,4-4,5	2 (3) ↙	Svak vind fra nordøst med vindkast på 3 m/s
11		14°	0,3-4,9	3 (5) ↙	Svak vind fra nordøst med vindkast på 5 m/s
12		15°	0,3-3,3	7 (11) ↗	Laber bris fra sørvest med vindkast på 11 m/s
13		14°	0,3-2	6 (11) ↗	Laber bris fra sørvest med vindkast på 11 m/s
14		14°	0,3-2,4	4 (9) ↗	Lett bris fra sørvest med vindkast på 9 m/s
15		14°	0,3-2,7	4 (6) ↗	Lett bris fra sørvest med vindkast på 6 m/s
16		14°	0-2,6	7 (13) ↗	Laber bris fra sørvest med vindkast på 13 m/s
17		14°	0,1-1,7	2 (10) ↘	Svak vind fra nordvest med vindkast på 10 m/s
18		14°	0,1-1,7	1 (4) →	Flau vind fra vest med vindkast på 4 m/s
19		13°	0,1-1,9	5 (9) ↓	Lett bris fra nord med vindkast på 9 m/s
20		13°	0,1-2,1	7 (12) ↓	Laber bris fra nord med vindkast på 12 m/s
21		12°	0,1-2	8 (14) ↓	Frisk bris fra nord med vindkast på 14 m/s
22		12°	0-1,9	9 (16) ↓	Frisk bris fra nord med vindkast på 16 m/s



THE ARCTIC TRIPLE

GOOD LUCK!



SpareBank
NORD-NORGE 

THON
HOTELS

KIWI mini
pris


widerøe