



EVENT MANUAL 2024



..... SATURDAY - JULY 6TH - 2024



EVENT MANUAL 2024

Note: Note: This manual is intended to be as comprehensive as possible, but the nature of the local weather, race course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though.

The organisers reserve the right to alter any element of the manual.

This manual will provide you with the information you need to compete at the SWEDEMAN Xtreme Triathlon 2024. Competitors and their support crews must read this document and follow all advice herein:



**SWEDEMAN IS AN XTRI WORLD CHAMPIONSHIP
(NORSEMAN) QUALIFYING RACE AND AN X-POINTS EVENT**

The male and female 1st and 2nd place athletes will qualify for the championships within Norseman, Norway in August 2025.

Additionally, we will offer a random slot for Norseman 2025 – to bypass the ballot. This will be allocated across any finisher of the race.

All finishers will earn 200 X-Points



IMPORTANT POINTS :

PLEASE TAKE NOTE OF THE FOLLOWING INFORMATION:

- Swim Start procedure + location. Note: you'll need to board a coach in Åre (outside Holiday Club) ready to leave at 04:15 on race day to go to the remote swim start location.
- The run course requires a mandatory safety kit for the entire distance with a full kit check at 31km before the final section (support runner required from 31k to finish).
- There will be a post-race food after the race at Holiday Club Åre. This will be a soup/ salad and bread pick me up, not a huge buffet. There will be a post race full buffet on Sunday after the T-shirt ceremony.
- T1 must be set up on race day by supporters, athletes WILL NOT visit T1, they go on the bus to the swim start.
- Make sure you have the correct compulsory mountain kit before you get to the race.
- Your kit will be checked at registration and must be brought with you for inspection.

COURSE OVERVIEW

- 3.8 km Lake Swim.
- Transition 1 (T1) at Tännforsen Turiststation.
- 205km Road Bike.
- Transition 2 (T2) in Åre Björnen.
- 42km Run (mostly trail).
- Transition T2A in Fröå Gruva (this acts as the mountain safety checkpoint and high course cut-off. This is also where athletes will pick-up their compulsory support runner for the high mountain section of the run).
- 10 km off-road run to the top of Åreskutan and a further 4 km to the finish in the Åre town square.
- Athletes are largely self-supported throughout the race.
- Finishers of the high-level mountain route will receive a SWEDEMAN Yellow T-shirt and finishers of the low-level route will receive a SWEDEMAN White T-shirt.

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SUMMARY

*Start near Nordhallen, Jämtland,
Saturday July 6th 2024.
The race will start at 05:00*

C Competitors must race with a support team accompanying them in a vehicle. Your support team must be able to communicate with the organisers in English or Swedish. Only one support vehicle is allowed per athlete. We suggest that the support team consist of two adults. One must be fit enough to accompany the athlete in the latter stages of the run, consisting of steep trails (distance approx 12 km). We also suggest that both crew are capable of running should back-up be required. It is not mandatory to have two support crew but is recommended.

Support is allowed during all of the bike leg and is subject to the conditions listed below.

No support will be provided from the organisation during the bike leg.

Runners must keep to the left side of the road (facing oncoming traffic) during any tarmac sections.

Swedish Road traffic regulations must be strictly observed at all times by athletes and supporters.

It is not allowed to “shadow” your athlete from the support car, you must meet at pre-arranged points (you must decide this in your race planning).

Time penalties are as follows:

Minor violations (yellow card) - 5 minutes, second violation (yellow card) - 15 minutes, third violation, major violations or dangerous behavior (red card) – disqualification.

For clarity – we have a special rule on littering: Leaving litter (gel and bar wrappers, banana skins etc.) is an instant disqualification offence. We rely on the goodwill of the

landowners and local communities for this event to be possible. Litter is something they are all very sensitive about.

You can have run support for the entire run course if desired. It is mandatory to have support on the high course after T2A and recommended for morale on the low course, but not required.

Basic aid stations (gels/bars/water) will be provided by the organisers on the the run. However, we strongly advise that you plan for travelling self-sufficiently on this section (i.e. carry your own food/water). There is also a basic aid station at T2A.

The cut off time to enter the high- level mountain route at T2A is 18:30. Organisers reserve the right to change this due to unpredicted conditions. We would hope to make this decision no later than the preceeding day, but it is possible that weather conditions can change very quickly on race day.



In case of bad weather, the organisers reserve the right to cut the high level mountain route entirely, and if necessary will make this decision mid-race.

If we have to close the mountain, competitors achieving the high route cut-off time (and then finishing the low course) will be awarded a yellow t-shirt.

Competitors who miss the high route cut off and then complete the low route (as normal) will get a white t-shirt.

Competitors who reach T2A before the cut-off time, and who are judged to be medically able, will be allowed to continue onto Åreskutan. All other competitors will have to finish on the lower course.

Competitors who don't make the yellow (mountain) cut off will be allowed to complete a full distance on a lower level course.

You may have to finish in the dark, so make sure you do carry the mandatory good quality head torch.

Support crews and runners must carry the mandatory kit on both the mountain and lower courses as they are both on trails.



PROGRAM

EVENT	LOCATION	DAY	DATE	TIME
Registration / Shop	Holiday Club Åre	Thursday	July 4th	16:00-18:00
Social Swim & Coffee	Holiday Club Åre (beach area)	Friday	July 5th	10:00-11:00
Registration / Shop	Holiday Club Åre	Friday	July 5th	11:00-14:00
Mandatory Briefing	Holiday Club Åre	Friday	July 5th	15:00-16:00
Transition 1 Open for Bike Racking	Tännforsen	Saturday	July 6th	04:30
Collect GPS	Tännforsen	Saturday	July 6th	04:30-05:25
Board coaches to swim	Holiday Club Åre	Saturday	July 6th	04:00
Swedeman Race start	Nordhallen	Saturday	July 6th	05:00
Transition 1 Closed for Bike Racking	Tännforsen	Saturday	July 6th	05:30
Post race food	Holiday Club	Saturday	July 6th	18:00-00:00
Swedeman Shop Opens	Holiday Club Åre	Sunday	July 7th	10:00
T-Shirt Ceremony	Holiday Club Åre	Sunday	July 7th	11:00
Brunch	Holiday Club Åre	Sunday	July 7th	12:00-14:00



COURSE DESCRIPTION

► SWIM

Competitors will be transported from Åre to the start line by coach. You can take a small drop bag which will be returned to T1 for your support crew to collect. Please mark it clearly with your race number. You should board the coach no later than 04:00hrs – they will be located outside Holiday Club Åre.

You will swim 3.8 kilometers in Öster-Noren. Average water temperature for July should be around 15 degrees Celsius. Wetsuits are mandatory and neoprene vests are highly recommended if you feel the cold.

The swim will start from a remote beach a short distance from Nordhallen. The swim course is an 'A to B' format. The Swim Exit is the rocky area beneath Tännforsen waterfall and will require a 400m run to the transition area – **we strongly suggest athletes use neoprene socks or similar during the swim as running on this**

- **track will be uncomfortable at the very least in bare feet.** It is possible to collect flip flops/crocs etc from your supporter at the exit. Only 1 supporter, wearing the supporter ID will be allowed to the swim exit area.
- Note – Athletes cannot remove wetsuits until within the Transition zone at the top of the hill.

- We highly recommend that support crews have hot fluids and warm clothing available at T1 for the athlete should they be very cold after the swim.

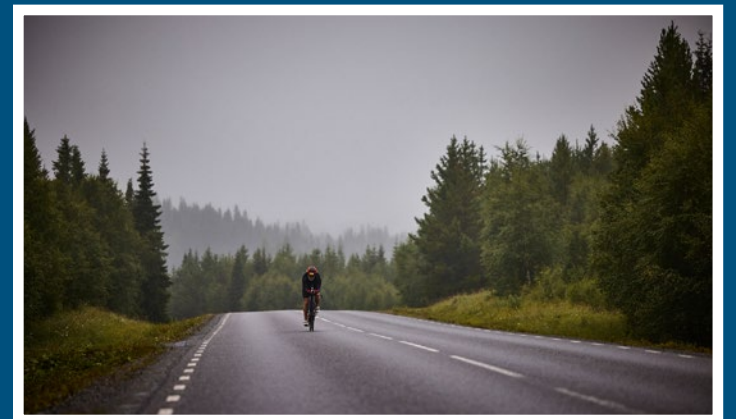




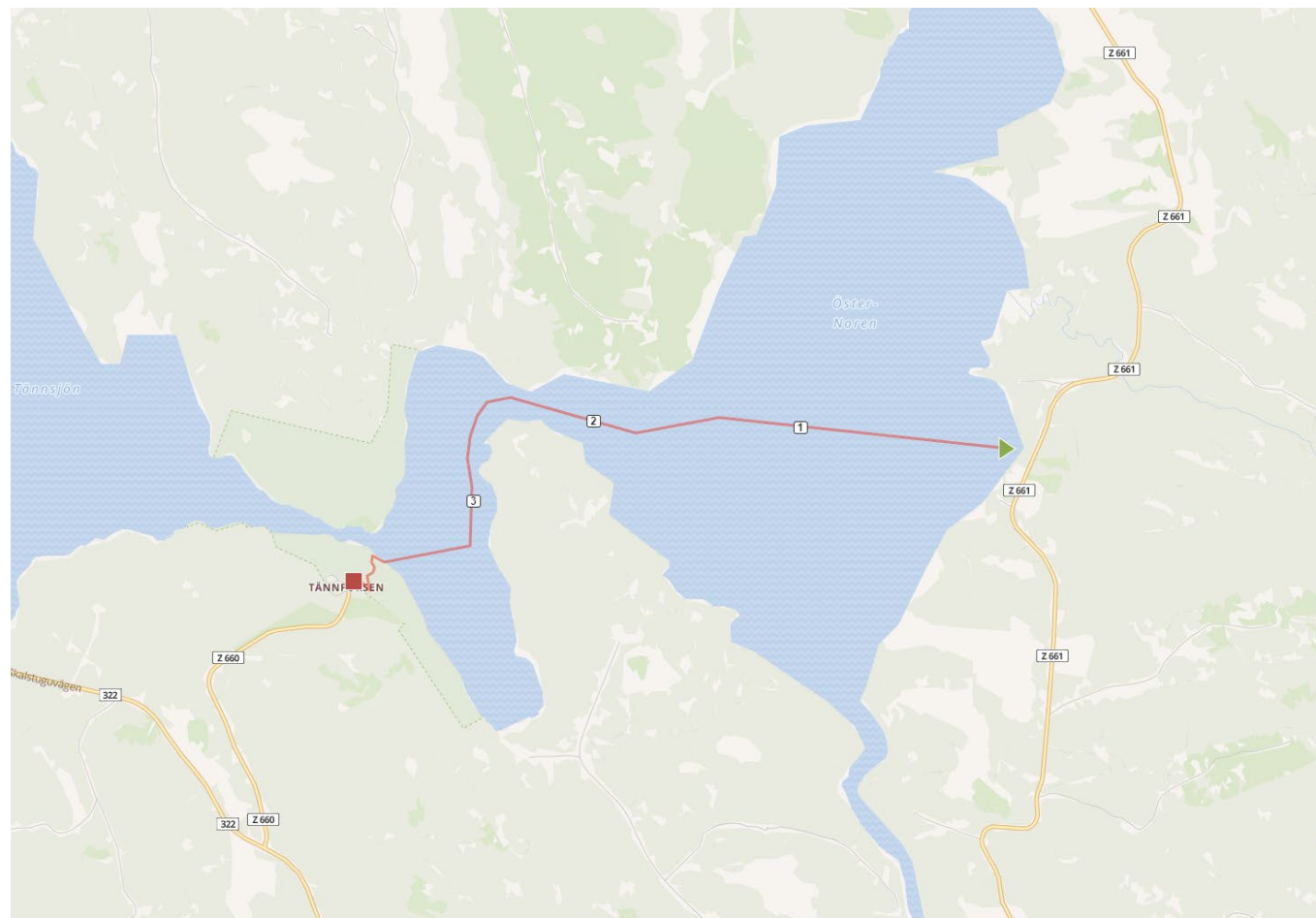
BIKE

205 kilometers from Tännforsen. Travel South towards the E14. Turn left onto the E14 and travel 50 km to Mörsil. From here take a left onto the Z666 which you will follow for 12 km before turning left onto the Z671.

Ride for 15 km to Kaxås before turning right onto the Z675 for 19 km to Tulleråsen (note this road becomes the Z677 just before Änge).



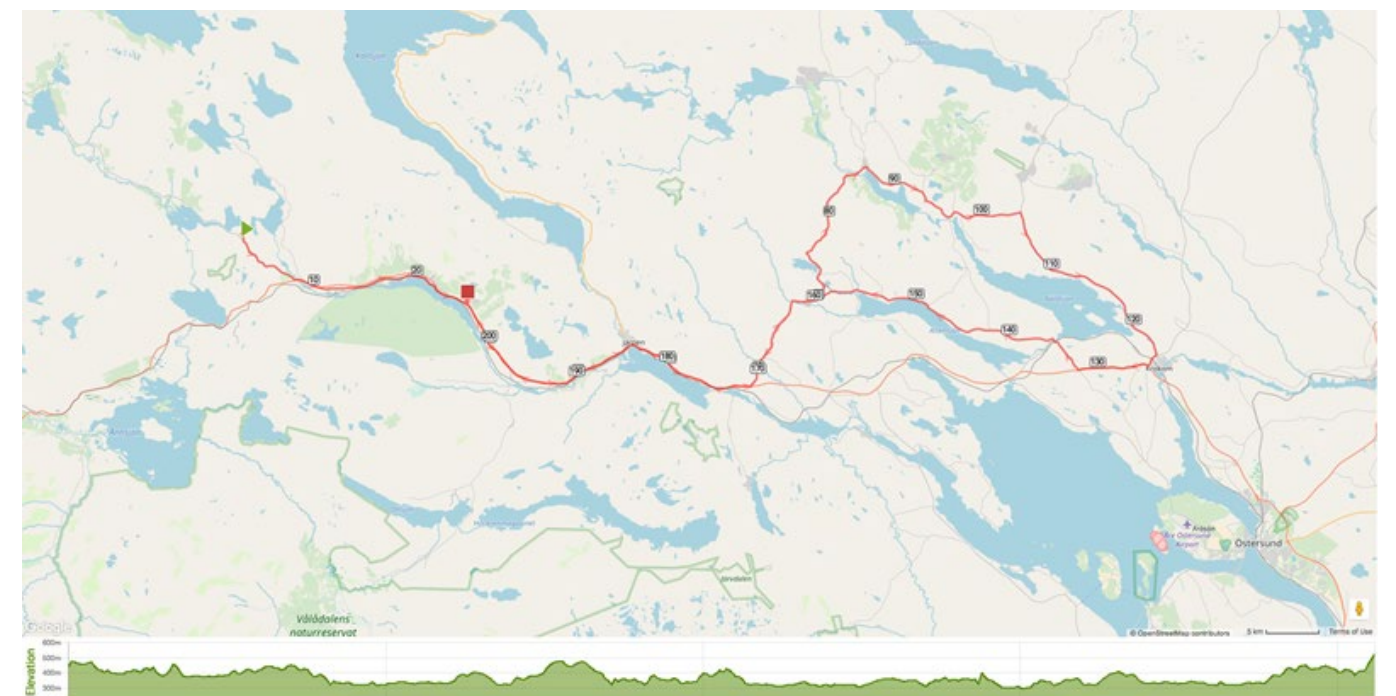
SWIM COURSE MAP:



Turn right onto the 340 and follow for 20 km and then turn right onto the 339 at Krokomb. This is a short section to take you back to the E14 where you will turn right to join the main road. Follow the E14 for 7 km (no support on this section) and then turn right onto the Z666. This is a 40 km section.

Rejoin the E14 at Mörsil and ride 44 km before turning right up the hill to Åre Björnen and T2. Athletes must take their bikes into the T2 transition area. Total ascent is well over 2000 meters. Please follow all marshal's advice and directions.

BIKE COURSE MAP:



►► RUN

From T2 at Åre Björnen the run starts on a short section of gravel road before turning west onto forest paths and technical trails towards Huså. The course climbs and is remote and wild so we insist that you carry your safety kit on this section. We will provide an aid station where the course crosses itself.

The course on the mountain will be well marked (above the tree line there will only be permanent trail markers), have marshals at locations where necessary, and is generally easily followed. Make sure you follow the markers and any additional instructions from the marshals.

Climbing up towards Lillskutan you will run above the tree line for the first time during the run. This section has some fantastic singletrack that will allow for great views if the weather is clear. In the distance, in north-west, you can see the top of Åreskutan. But that's for later!

You will follow a clearly marked hiking trail but pay attention not to lose the trail. There can be fields of snow on the trail or right next to it, which can make for an icy run.

We will provide aid stations on the run at 4 km, 14 km and 33 km.

Soon after Huså, you have reached the halfway mark on the course. Between Huså and Fröå gruva (T2A) there are two places where the run course passes the gravel road that the support crews use to access Huså, please take care here and watch for cars. There can be sections with wet and boggy ground which may slow your pace down considerably.

At T2A in Fröå gruva, there will be a two-minute stop for everyone (timed by marshals), in order to do a kit check. If you have reached T2A before the cut-off time and are seen to be fit enough to continue to the high course, you will be allowed to do so.

During the next 14 km you will need to be accompanied by your support runner. The total climb from T2A to the top of Åreskutan is 800 meters. Passing the top of Åreskutan and Toppstugan, the tiny waffle house, may give you a view over Åre village below and the mountain ranges in the distance, if the weather cooperates. If not, you'll be happy to see your own feet. A last rocky kilometer of descent is what stands between you and the cable car top station. You will then follow marked trails back down to the finish (be careful!).





If you reach T2A after the cut-off time, you will be sent to finish the race on the 9 km low course route. You do not need to be accompanied by your support runner, but we do recommend they go with you. You will finish on the same finish line as the high course athletes in Åre town centre.

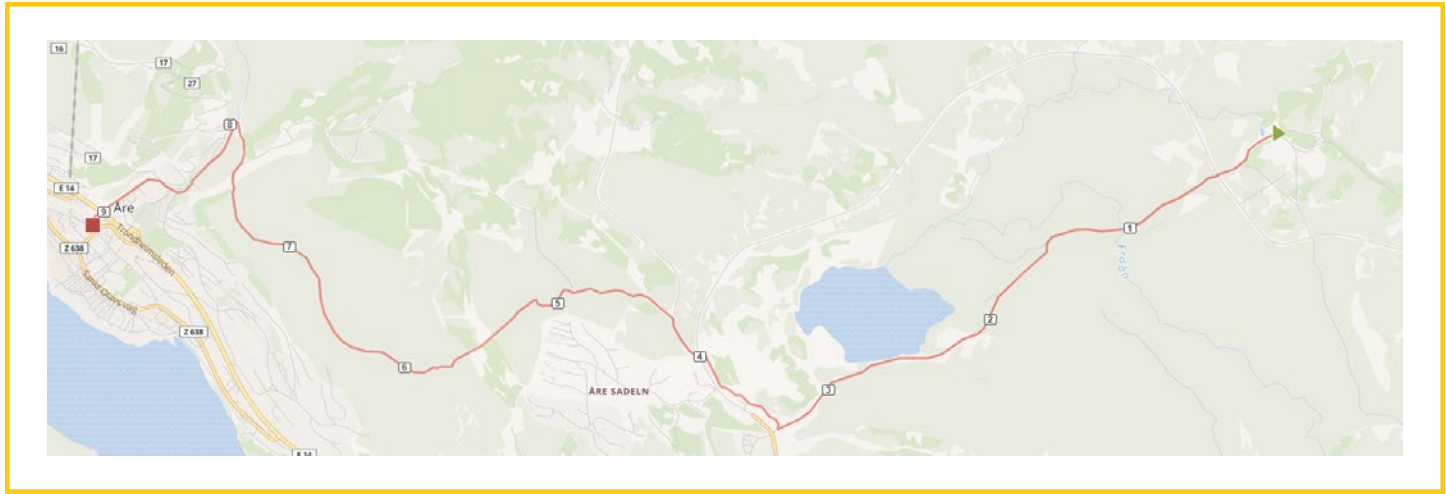
In the case of bad weather on the mountain all athletes will use the low course.



RUN HIGH COURSE MAP:



▶▶ RUN LOW COURSE MAP:



CUT-OFFS

Cut offs are necessary because we are concerned about your safety. It is very dangerous to be on the mountain after dark or if you are too exhausted. You cannot continue in the race on your own or at your own risk. The following cut off times will be enforced.

All times are "from race start"

SWIM CUT OFFS		BIKE CUT OFFS		RUN CUT OFFS	
✓	2 hours 15 minutes	✓	12 hours from race start	✓	13.5 hours for High Course 17 hours for Low Course
✓	Up to 07:15	✓	Up to 17:00	✓	Up to 18:30 at Fröå – proceed to high course
✗	OVER 2:15 – Finish at T1	✗	Over 12 hours – Finish at T2	✓	Up to 21:00 at Fröå – proceed to low course
				✗	After 21:00 Finish at Fröå

WHY IS THERE A CUT OFF TIME FOR YELLOW T-SHIRTS?

The weather in the mountains can be extreme, even in summer. It is possible that the mountain may not be accessible due to wind, snow, or fog. If this is so, athletes will be sent on the low course.

Finisher shirts will be allocated by cut-off time (athletes passing Fröå before 13.5 hours will be awarded a yellow T-shirt).

It is very dangerous to enter the mountain if you are too exhausted!



RULES

SWEDEMAN XTREME TRIATHLON GENERAL RULES ARE BASED ON THE RULES AND REGULATIONS OF TRIATHLON SWEDEN.

▶▶ EQUIPMENT:

- Full wetsuits are mandatory for the swim. Neoprene hats and vests are strongly recommended if cold. Non-webbed gloves are ok
- GPS Tracker is to be always worn from T1 onwards (note: not during the Swim) - this piece of equipment is vital for your safety as we can locate you at any point. The tracker will alert us of inactivity, and we can send help.
- Start number is not to be worn during the swim, and must be stored visible in T1, until the athlete exits the water.
- Start number must be worn (and visible) on the back during bike segment and in front during the run at all times.
- Bikes must be in good working order and road legal.
- Helmets are compulsory whilst riding your bike and must be approved by a national accredited testing authority, or have the CE stamp.
- No change of bike or wheels are allowed except due to mechanical failure. In this case the Race Office must be informed.
- SWEDEMAN is a DRAFT FREE race. You are not permitted to draft other competitors, nor are you allowed to have bike or vehicle drafting/pacing from your support team.
- There is mandatory equipment that must be carried by the athlete during the run. There will be a compulsory check at registration and a secondary equipment check at T2A (everyone will be held for two minutes so do not panic or think others have an advantage).

PLEASE REMEMBER TO BRING YOUR KIT TO REGISTRATION.

MANDATORY KIT

It is mandatory for you to carry safety kit at all times as the run course is on trails, remote and at high altitude. Therefore, we need to you to have the following:

FIRST 30 KM	AFTER T2A
ITEM	
Fully waterproof jacket and waterproof trousers (windproof jackets are not acceptable).	You will also need to add a head torch to your kit here if you have not carried it the whole way. <i>Mandatory full kit check at T2A.</i> Identical kit to athlete, however between you it is ok to have: 1 x 1st aid kit. 1 x Mobile phone.
Hat + Gloves.	
Additional long sleeved thermal layer (top) x 2. This/these can be worn or carried.	
Sufficient food and water for the sections between aid stations and last 10km.	
Mobile phone - charged.	
Basic 1st aid kit (bandage, plasters).	
Whistle (for attracting attention).	
GPS Tracker.	
<i>There will be a random kit check on this section so please beware!</i>	

GENERAL INFORMATION

MEDICAL

Medical crew and marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race.

Drug Policy

The use of non-legal performance enhancement supplements/drugs is forbidden.



PENALTIES

The Race Directors, on the advice of Race Marshals can issue time penalties for athletes or disqualify either athlete or support.

PENALTY SPECIFICS

Minor violations (yellow card) - 5 minutes
Second violation (yellow card) - 15 minutes
Third violation, major violations or dangerous behavior (including being rude to race officials) (red card) – Disqualification.
Penalties will be served in T2 or T2A



BIKE COURSE RULES

The bike course is open to normal traffic. Road traffic regulations must be strictly observed at all times. Be particularly careful and observant at left turns.

The following may lead to time penalties and/or disqualification

- ✦ Violating traffic regulations.
- ✦ Obstructing traffic by not holding to the right whenever possible.
- ✦ Use of headphones, headsets or mobile phones while on the bike.
- ✦ Pacing on the bike leg, either by car or bike.
- ✦ Drafting off another athlete or motor vehicle.



▶▶ **RUN COURSE RULES**

Failure to adhere to the following may lead to time penalties and/or disqualification:

- ▶ Runners must keep to the left side of the road during the road sections.
- ▶ No walking poles are permitted on the run course.
- ▶ Use of headphones, headsets or mobile phones on any tarmac sections are not permitted.
- ▶ **PLEASE NOTE:**
The run course is open to normal traffic on road sections. Road traffic regulations must be strictly observed at all times.

►► SUPPORT CREW RULES

The following may lead to time penalties and/or disqualification:

- The support team causing dangerous traffic situations.
- Failure to clearly mark support car with SWEDEMAN issued stickers and athlete number. (Only one support car per athlete is allowed.)
- Support from a moving car (All support must be given from outside of the car while parked.)
- Obstruction of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.) There may be motorbike marshals roaming the course to enforce road safety.



►► EXPECTED WEATHER CONDITIONS

Water temperature in the lake averages 15 C in July but in reality, can be much lower.

Be prepared for cold water.

Air temperature on the bike leg: 7 to 25 C (45 to 77 F)

Air temperature on the mountain: 2 to 15 C (36 to 59 F)

The swim may be shortened or abandoned if the water temperature is unseasonably cold.



Bad weather on the mountain can force the organisers to close this route. The mountain checkpoint will then be closed and the competitors will have to finish on the lower course. The checkpoint might close at any time during the competition. Wind, rain, fog and snow are the most likely reasons to close the checkpoint.





▶ AID STATIONS ON THE RUN

Due to support vehicles generally not being able to access the run course, the organisers will provide basic (gels/bars/water) aid/ food stations. These will be at 4 km, 14 km and 33 km.



MOUNTAIN SAFETY CHECKPOINT IN FROÅ (T2A)

There is a risk of extreme weather conditions on the mountain. Therefore, there will be a special checkpoint at T2A to assure that:

- You and your support crew are fit enough to continue to the top.
- Both you and your support have the necessary equipment in a backpack, containing the equipment listed above as a minimum – you may elect to carry more.

➤ we would encourage this – the mountain can be a hostile environment). You must carry your own equipment. This will be checked at T2A.

➤ You will not be allowed to enter the mountain alone. If your support does not follow you into the mountain, you will be held back and paired with the next competitor (if they agree to this). This applies to all competitors.

▶ DESCRIPTION OF RACE DAY FOR THE COMPETITOR

On race day competitors will board buses to the swim start and the support crews can proceed directly to T1.

YOUR SUPPORT CREW WILL SET UP T1 FOR YOU, PLEASE BE SURE TO INSTRUCT THEM CORRECTLY.

Prepare for a very long and restless night before the race, you will be nervous!

Please board the buses by 4am outside Holiday Club Åre – this will be at the same location where the briefing took place. Don't be late. There are no toilets here, but they are available at the swim start.

Your support team will collect your GPS Tracker at T1. Beware that T1 closes at 5.30am so please make sure they are setup before then.

Please be quiet in the morning as Åre residents will probably be sleeping.

The swim is 3.8 kilometers in Öster-Noren Lake. You will be accompanied by

- a water safety crew in powered craft and kayaks.
- There will be a lead kayaker to keep you on the race course – please follow them. This is very important for safety reasons. Please follow the instructions from these people. If you have any kind of problems, signal to the water safety crew. This will be discussed at race briefing.

- In general, road surfaces on the bike course are good. The climb shown on the profile is deceptive – the roads are constantly rolling up and down. The roads are NOT closed, and you will have to obey traffic rules.

- T2 is in Åre Björnen ski AREA. You will note from



the run map that the run will intersect with the road to Huså at two points, it is therefore possible to provide support here – hopefully you should be able to follow your athlete using the GPS tracker. If you have two support runners one of them may accompany you between T2 and T2A.

Support crews should always follow instructions from marshals. There is plenty of parking at T2A.

At T2A the medical crew will check your health condition, plus your compulsory equipment to make sure that it is safe for you to enter the mountain. You will be held for two minutes to allow this to be managed fairly.

You must take great care on the mountain route as you will be very tired, and the terrain is harsh and steep.

The finish line will be in Åre town centre.





INFORMATION FOR THE SWEDEMAN SUPPORT CREWS



security purposes, the support team is an important part of the SWEDEMAN atmosphere and experience.

Finishing SWEDEMAN is a victory that should be shared with family and friends. We will no doubt hear that the support team were just as enthusiastic about the SWEDEMAN weekend as the competitor, claiming that the experience was exciting and fun and strengthened friendship.



The route through amazing Swedish wilderness is an unforgettable experience, but not without significant risk for the competitor. Having your own support is absolutely necessary to participate. Competitors are dependent on receiving support from the support team throughout the race. Besides being a necessity for

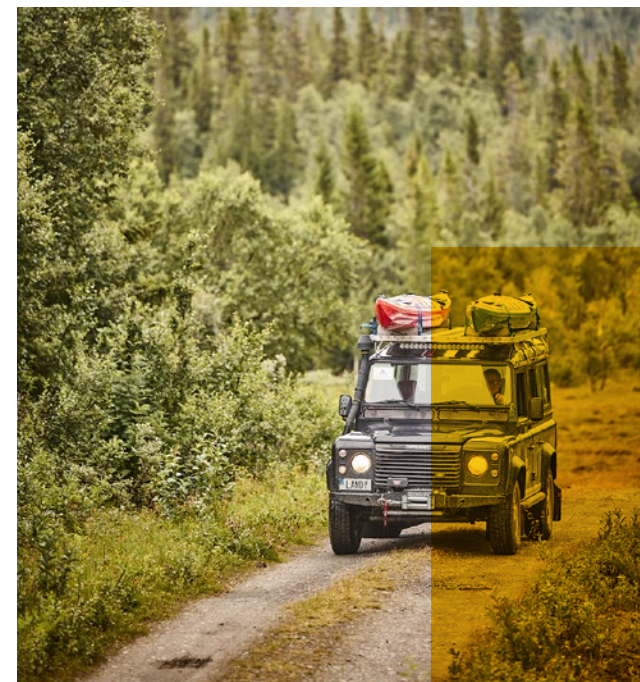
The SWEDEMAN is part of an exclusive family – the XTRI World Tour (xtriworldtour.com).

At least one person in a support team

- Must be able to communicate with the SWEDEMAN organisers in English or Swedish.
- Must wear the SWEDEMAN support cap when entering the transition zones to pick up equipment.
- Must be available on mobile phone throughout the race and until Sunday evening, 6pm.
- Must accompany the athlete on the mountain section of the run.

The support vehicle

- Must carry stickers with the SWEDEMAN logo and the start number of the competitor on top right corner of the rear windshield and the passenger side of the front windshield.



MAIN SUPPORT RULES

- The support vehicle must follow Swedish traffic rules and posted speed limits and never drive directly behind or in front of the biker.
- The vehicle must always be parked off the road.
- All support must be given from outside of the vehicle and never through a vehicle window. You are not allowed to support from a moving vehicle.
- Competitors may not sit in the vehicle at any time during the race, even if the car is parked.
- The support person may only pick up competitor's equipment in the transition zones when wearing the SWEDEMAN supporters identification.

Breaking the rules above may lead to penalty or disqualification of the competitor



RACE DAY

T1 AND PARKING

There will be plenty of parking at Tännforsen Turiststation and the access road. T1 closes at 5.30am.

Clear the transition zone in T1

After your athlete has left on the bike, we ask you to pick up the wetsuit and other equipment.

Support zones

During the bike leg you are allowed to give your competitor support at any point where it is safe to do so, but you must park and leave the car off the side of the road. Please beware of the other competitors and the traffic behind you!. Technical support is

allowed when needed. Inform the race office of any change of bike or wheels.

Pay attention!

Drive carefully. The views are spectacular at times, but focus on driving and be aware of competitors biking at high speed.

Arriving at T2

Remember to take the bike and all of the competitor's equipment with you when leaving T2.

THE RUN LEG

Support during the run

There will be organiser-provided basic support stations along much of the run course. However, there is also compulsory equipment that must be carried by the athlete (see above for details). You will be able to meet your athlete again at T2A to provide support.

Cut off and health check point (T2A)

At T2A the medical crew will check the health condition of your athlete, plus your compulsory equipment to make sure that it is safe for you to enter the mountain.

You must take great care on the mountain section as your athlete will be very tired and the terrain is harsh.

Don't forget that supporters also have to be dressed and ready to enter the mountain. You are not allowed to carry the competitor's backpack!



FINISH LINE

Check that your athlete eats, drinks and puts on warm, dry clothes after crossing the finish line. Don't forget photos.

Finish on the lower course (white T-shirt)

There are no food stations along the lower course and support crews will need to take care of their competitor. The course is 9 km back to Åre and the finish line will be in the same location as the high course.

Food will be available in Holiday Club from 18:00



THE DAY AFTER

Finisher ceremony + Brunch

Competitors will receive and celebrate their finisher T-shirts at 11:00 and finisher photos will be taken. The buffet brunch will be at Holiday Club Åre from 12-14:00. The SWEDEMAN shop will be open, and there will be a "lost and found" for equipment forgotten in the transition zones.



TOURIST INFORMATION

Accommodation

Our race partner is Holiday Club. You will be sent a discount code for use here if you wish after entering the ballot. It's a great place to be in the heart of the action and a comfortable place to stay.

SWEDEMAN SHOP

A SWEDEMAN shop will be available at Holiday Club Åre before and after the race. It is also online before race day and you can collect goods at registration.

SAFETY

If you withdraw from the race at any point from after the pre-race meeting, it is mandatory to inform the race office immediately by calling:

(Race Control on different networks) –
Number to be confirmed before race day.

If you cannot get through, please send a text to either of the above numbers.

The national EMERGENCY number in Sweden is 112, please use either in case an ambulance or rescue is required.



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