

Organizing and running winter triathlon competitions in Ukraine

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Purpose: to analyze the system of organizing and running competitions according to the type of the triathlon-winter program in Ukraine for compliance with the rules of the International Triathlon Federation.

Material & Methods: on the basis of the study of the specialized literature and the regulatory framework of a number of triathlon federations, a comparative analysis of the winter triathlon emulation at competition distances abroad and in Ukraine.

Result: correspondence of two winters combined distances in Ukraine to the official formats of the international winter triathlon competitions in Europe and the world are found out.

Conclusion: in basis for organizing and conducting competitions for a new variety of continuous triathlon in our country are the rules of the International Triathlon Federation, and the competitive distances in the form of the triathlon-winter program in Ukraine correspond to international standards.

Keywords: type of program triathlon-winter, mountain bike, ski segment, continuous triathlon, transit zone, triathlete.

Introduction

Published in the American magazine "Sport Illustrated" article of journalist Barry McDermott about the 1979 "Iron Man" competitions in Hawaii (3,862 km swimming + 180,2 km bicycle + 42,195 km running) caused the sports community increased interest in the unusual start and served as an impetus for the popularization of a new direction in sports - the athletes overcome the combined distance in a continuous sequence [2; 3].

Due to the spectacularity and attractiveness in the eighties of the last century, rapid development of triathlon began all over the world. In different countries there are a group of enthusiasts who organize and running continuous triathlon competitions at various distances along the length and different combinations of types of physical activity. Their spontaneous activity is gradually self-organizing, the distances and the sequence of stages are standardized when the triathlete passes the combined distance [2; 3].

The most common types of continuous triathlon were: triathlon proper (swimming + bicycle + running), aquathlon (running + swimming + running), duathlon (running + bicycle + running), cross-country triathlon (swimming + bicycle in rough terrain + cross-country running) [4].

In 1989, the International Triathlon Federation (ITU) was established in Avignon (France), which spearheaded all the work on holding annual sports events in the new sport.

In 2000, at the Olympic Games in Sydney, the triathlon made its debut and was represented by the same type of program at one combined distance of 51,5 km (1,5 km swimming + 40,0 km bike + 10,0 km running) [3; 4].

In addition to the types of the program, triathlon, aquathlon, duathlon, cross-country triathlon, consisting of combinations of physical activities of predominantly summer sports, the sport boom that was going on in the West in the 80 s of the last century around continuous triathlon caused the appearance

of a winter version of the triathlon [3].

Considering that the preparation and participation in the competitions in innovative triathlon is one of the most promising areas for the development of winter sports in the world, the Federation of the Triathlon of Ukraine (FTU) has started to promote a relatively new direction in sports in our country [11; 12].

However, issues relating to becoming a kind of program of continuous triathlon, winter triathlon, the organization and conditions of the competition, and the degree of compliance with the basic requirement of triathlon – continuous and successive overcoming of the combined distance through running, bicycling and skiing is far from fully understood.

Purpose of the study: to analyze the system of organizing and running competitions according to the type of the triathlon-winter program in Ukraine for compliance with the rules of the ITU.

Objectives of the study:

1. Consider the process of becoming a kind of program of continuous triathlon winter triathlon.
2. Disclose the conditions for organizing and conducting competitions according to the type of the winter triathlon program on the basis of international rules.
3. Determine the correspondence of competitive distances according to the type of winter triathlon program in Ukraine to international standards in this sport.

Material and Methods of the research

1) studying and summarizing the literature and Internet sources, the ITU, FTU and other international federations regulations for assessing the degree of research of the problem and determining compliance with the basic requirement of continuous triathlon, which is the basis of the competitive process

in the winter triathlon;

2) comparative analysis of the competitions conduct at officially recognized international formats of distances abroad and at competitive distances in Ukraine by the type of winter triathlon program.

Results of the research and their discussion

Sports lovers have not yet had time to properly understand all the intricacies of the new continuous triathlon and understand what different types of programs differ from each other, as in Europe there was a winter version of the triathlon that combined running, bicycle and skiing (the first two stages are also held on the snow) [2; 3].

There are other varieties of it. In 1989 in the German city of Inzell, competitions were held to overcome the winter combined distance by running, running on skis and running on skates (20,0 km + 30,0 km + 40,0 km respectively) [14].

In the Scandinavian countries, triathletes instead of bicycling are skating (running + skating + skiing), and in Russia (St. Petersburg), these competitions are held in 1997 according to the formula: skating 8,0 km + 16,0 km ski race + running on snow cover 8,0 km [3; 14].

Remark. Further integration of physical activities with cycling and swimming (skating 8,0 km + cross-country skiing 16,0 km + running 8,0 km + bike 9 km 445 m / sailing 750 m) when overcoming a combined distance of 42 km 195 m marked the beginning of a promising marathon – quintathlon. The first four segments of the track athletes pass in a continuous sequence, and the swimming time in the pool is summed with the overall result (In accordance with the schedule of the Gorsport Committee, these competitions have been held annually in St. Petersburg since 2005, for the first time organized and conducted a combined marathon in 1995, Ph.D. Stazhkov, M. A., he is also the chairman of the organizing committee) [14].

International Triathlon Federation (ITU) from the whole tested “diversity of species” and distances was used as a basis in the winter triathlon by the formula of running + bicycle + running on skis, and the standard distance is 7–9 km + 12–14 km + 10–12 km respectively. According to the current international rules, the variation in the length of the stages in insignificant limits is allowed in competitions of all ranks and depends on the characteristics of the terrain where they pass [4; 13].

First competitions in ITU-approved combinations and distances (8,5 km running + 12,5 km bike + 10,0 km cross-country skiing) were held in 1995 in Italy (Mals) under the name “Winter Triathlon of South Tyrol”. In 1997, in the same place and on the same distance of ITU, the first World Triathlon Winter Championships was held. First champions were: men – Italian Paolo Riva (ski specialization), women – his compatriot, professional racer Maria Canins-Bonaldi [1].

In 2001, the first US winter triathlon championship was held, where the winners were the American cyclist Gretchen Reeves and the legendary sportsman – six-time United States cross country cycling champion, two-time champion of the “Xterra series” (1998, 1999) for cross-country triathlon (Ibiza, Spain) 46-year-old mountain bike veteran Ned Overland [14].

In the post-Soviet space, the first All-Russian competitions for winter continuous triathlon took place in Moscow on March 19, 2005 in the territory of Izmailovsky Park. In 2006 the first

Russian Winter Triathlon Championship was held in Yaroslavl. The winners were Ksenia Chernykh (previously engaged in bicycle orientation) and former skier Andrei Mishanin [9; 14].

In Europe, interest in winter continuous triathlon is very high and it is popular in countries such as Italy, Spain, Austria, Germany, France, Switzerland, Sweden, Finland, Norway, Czech Republic, Slovakia, Estonia, Latvia and a number of other [14].

In 2006, the XWorld Championships in Winter Triathlon are attended by athletes from 37 countries from 5 continents.

ITU made a lot of efforts to include the International Olympic Committee (IOC) and the winter version of the triathlon in the program of the Winter Olympic Games in Vancouver (2010), but was refused (hopefully a temporary one) [1; 2; 3].

Official distances in the form of a winter triathlon program (running, bicycling, skiing), which currently host international competitions in Europe and the world under the auspices of the European Triathlon Federation (ETU) and ITU are: junior (2,0 + 4,0 + 3,0 km), short (3,0 + 5,0 + 5,0 km), standard (7,0 + 12,0 + 10,0 km) and long (9,0 + 14,0 + 12,0 km) [4].

Remark. In 2014, in the Norwegian ski resort Skeikampen, for the first time in the world championships, the “Royal Winter Triathlon” competitions for the winter triathlon at a long distance were held 21,0 km run + 30,0 km bicycle + 30,0 km ski race (echoes of the German Inzelew 1989 start) [6].

The conditions of the winter triathlon competition are the same for both men and women and represent overcoming the selected winter combined distance by cross-country run + cross-country cycling race + cross-country race. Rules for the behavior of athletes on the race segments are the same as in the constituent sports. A certain specificity is observed when athletes pass the transit zone, where a change in the types of physical activity. Triathlete must know and observe the rules of the competition during their conduct [7; 8].

Requirements for sports outfit and equipment.

On a bicycle stage, mountain bikes are usually used, which cyclists use in cross-country competitions (cross-country race).

Remark. Necessarily having two brakes.

Cross-country skis and sticks select the triathletes themselves, depending on their preference (there are no strict requirements) and anthropometric features.

Basic equipment consists of a jumpsuit, a sports cap, gloves, a bicycle helmet (for safety according to the international standard), cross-country running shoes and ski boots.

In the form of **additional** equipment use glasses, ski balaclava, thermo-flaming, bike shoes with contact pedals (in contrast to the bicycle in them you can not only ride a bicycle, but also run, since the fixation mechanism with the pedal is placed not on the outside, but in the sole, and the base shoes are not rigid, but flexible).

Remark. It is also necessary to have several lubricants in order to achieve the best ski slip, depending on the temperature and

snow structure at the site of the competition.

Before start. In advance of the start, the snow cover is rolled by snowmobiles along the entire length of the race distance. In parallel to the track at the start-finish site, the organizers arrange a transit zone, where each athlete is assigned an individual place for storing sporting equipment and equipment according to his starting number. Structurally, it is arranged in such a way that when it passes (during the change of stages), each triathlete overcomes the same distance.

Prior to the start of the competition, the athlete must pass the triathlon routine of the pre-start registration procedure, and also provide the judges with a technical inspection with their bike and bicycle helmet. After registration and receiving the start package, the participant can enter the transit and place his sports outfit and equipment in the place corresponding to his starting number [2].

Remark. For the installation of bicycles a special ramp is provided, which the organizers of the competition establish in the transit zone.

In the startup package is located:

- number on the bike (fastened in front in the area of the rudder and base of the bicycle fork);
- three self-adhesive sticker numbers for a bicycle helmet (glued in front and on each side);
- two basic numbers in the form of a jersey (it is put on top on a overalls, therefore on an athlete's body one number is constantly in front, and another – behind at all stages of continuous triathlon);
- one special indicator chip informing the computer of the distance of the triathlete (is attached to the ankle area of the participant's leg and is given if the course is equipped with appropriate equipment).

Before the start access to the transit zone is terminated.

Remark. In very cold weather, competitions can be postponed to the daytime or canceled if the air temperature is 18 degrees below zero (athletes' health is above all) [1].

Running segment. Competition in the form of the winter triathlon program begins with a cross run. Participants, wearing an indicator chip, a shirt with a personal number, line up (or several lines, depending on the number of athletes) on the border of the transit zone. After the shot of the starting pistol, everyone rushes to the road. The track of the running stage runs along the rolled snow cover, is designated by pointers and has a closed form.

First transit. Observance of the change in the types of physical activity in overcoming the winter combined distance is strictly regulated. Therefore, upon completion of the running stage, the triathletes are sent to their place in the transit zone. After taking off running shoes and getting into bike shoes, putting on his head and fastening (without removing the sports cap) bicycle helmet, participants take their bicycles and run with them (movement on a bicycle inside the transit is prohibited) are sent to the exit from the transit zone.

Bicycle segment. At the border of the transit zone, athletes board mountain bikes (the width of the tires is preferably not already 40 mm) and go to the second stage of the winter triathlon. Cycle of the bicycle stage is also laid along the snow cover and is complicated by the ascent and descent (for more complete disclosure of the possibilities of the race participants), has a closed form and is indicated by pointers.

Remark. All the bike malfunctions that have arisen during the race are eliminated by the athletes themselves, and on the steep climbs cycling can be replaced by running, while holding the bicycle by hand (a fairly frequent sight with an incorrectly selected gear ratio of the leading and driven sprockets that do not correspond to the topography of the area).

Second transit. Completing the race in the snow, the triathletes dismount before the border of the transit zone (driving inside is unacceptable) and running, holding the bicycle by hand, go to their place in transit. Having installed the bicycle on the ramp, taking off the bicycle helmet and changing into ski boots, picking up skis and ski poles, run to the border of the transit zone, where, having fastened skis to the toes of shoes, go to a ski race.

Ski segment. At the third stage of passing the winter combined distance, athletes are allowed to use any style of running (skating or classic). Also, if there are snow glades on the track, it is allowed to ski along the ground, or with ski equipment in hands.

Remark. Existing rules the triathlete is not forbidden to get rid of two ski poles and one ski and finish the ski run by running, carrying one ski in hands.

Completion of the run on skis and the competitions themselves in the form of the winter triathlon program takes place in the "finishing gates".

In addition to individual competitions of athletes in the winter triathlon, there is also a relay race where teams of 3 people take part, each of which successively overcomes a short distance (3,0 + 5,0 + 5,0 km). Championships of Europe and the world held since 1997 [2; 4].

Remark. At competitions of the highest level, before the start of the competition, the participants, coaches and team representatives are informed of the selection system of athletes subject to anti-doping control (usually winners, prize-winners and triathletes, determined by lot). At the end of the distance passage, the indicated persons in the medical commission's premises shall pass tests for the presence in their bodies of prohibited pharmacological substances [2].

In Ukraine, the winter direction in continuous triathlon under the leadership of the Federation of Triathlon of Ukraine is only developing. The purpose of organizing the All-Ukrainian competitions in the form of the winter triathlon program is the further popularization of the innovative direction in the domestic sport [10; 11; 12].

The first winter triathlon championship in our country with the support of the Ministry of Education and Science, Youth and Sports of Ukraine under the auspices of the FTU was held in 2007 in Kiev on the plateau of Holosiivsky Forest (standard distance) [5].

The rank of sporting events for the winter triathlon, distances,

age groups, dates and place of the starting are annually indicated in item II "Regulations on All-Ukrainian Triathlon Competitions", published on the site of the FTU: <http://triathlon.org.ua/federation> [11; 12].

So, according to the calendar of All-Ukrainian triathlon competitions for 2009, on January 18, Kiev hosted the next Ukrainian winter triathlon championship in accordance with the requirements and the current rules of ITU: For men at a standard distance of 7 km running + 12 km bicycle + 10 km ski race, and for women, juniors and veterans – for a short 3 km + 6 km + 6 km respectively. Winners were: men – V. Mukhidinov (Mukachevo), women – Y. Began (Lviv), juniors – V. Vovkodav (Kiev), veterans – V. Petrovich (Kiev) [5; 10].

Remark. *In the triathlon, the veteran movement is widespread and often amateurs show high sports results. So, in 2006, the current champion of Russia in the category "elite" took part among amateurs (age groups 18–19, 20–24, 25–29, etc., with an interval of five years) in the popular "Berezhkov triathlon" and suffered a complete fiasco by coming to the finish line only 21th in the overall classification [14].*

According to the calendars of the FTU in Kiev, since 2007, competitions for winter continuous triathlon are held. Thus, in recent years the Federation has conducted 02–03.03.2014, 07–08.03.2015, 13–14.02.2016, 24–26.02.2017 open championships of Ukraine among juniors and adults at distances 8,0 + 12,0 + 10,0 km and 4,0 + 6,0 + 5,0 km [11; 12].

Analysis of compliance with the rules of the ITU held by the FTU competitions in the form of the winter triathlon program in the framework of the unified calendar plan for the sporting and sporting events of Ukraine testified that in the All-Ukrainian starts, the specificity of continuous triathlon is fully

observed: the triathlete's successive overcoming of the combined distance through various types of physical activity (running, bicycling and running on skis) against the background of spent neuromuscular energy.

In Ukraine, individual competitions for the winter triathlon are held only at two of the four officially recognized international distances, and team competitions – relay race (3 people, distance 3,0 + 5,0 + 5,0 km for each participant) have never been held at all [11; 12; 13].

Conclusions

Based on this study, the following conclusions can be drawn:

1. Increased popularity of the new sport triathlon served as the basis for the appearance and winter variety of continuous triathlon.
2. At the heart of the organization and conduct of the FTU competitions in the form of the winter triathlon program in Ukraine are the rules of the International Triathlon Federation.
3. Two distances (short and standard), at which the FTU holds competitions in Ukraine in the form of a triathlon-winter program, are slightly different in length from those in the world, however, due to the fact that the ITU rules allow the variation of the length of the stages, they generally correspond to international competitive distances.

Prospects for further research. Subsequent studies will be aimed at determining the compliance of discharge standards by the type of winter triathlon program in qualifying competitions in the countries of the post-Soviet space.

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