



TRIATHLON / DUATHLON SPORT INFORMATION GUIDE

1. Competition Dates

Triathlon and Duathlon competitions for Open Masters Games Como Lake 2027 (CoOMG27) offers individual events for men and women.

The provisional Triathlon and Duathlon competitions schedule for CoOMG27 is as follows and could be subject to change according to the requirements of the Organizing Committee and may be modified according to the total number of entries:

The Triathlon and Duathlon competitions schedule is as follows:

25 Sept 2027	26 Sept 2027
Saturday	Sunday
Triathlon Sprint	Duathlon Sprint
09h00 – 17h00	09h00 – 13h00

All information contained in this Sport Information Guide is current at time of publication and may be subject to change.

The Welcome Ceremony is scheduled for the afternoon of Saturday 18 September 2027 with the Farewell Ceremony on the evening of Sunday 26 September 2027.

1.1 Organizing Committee

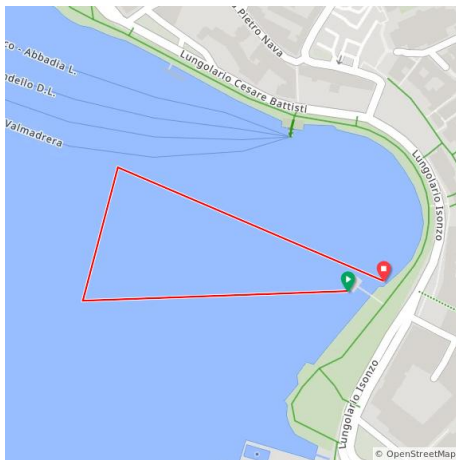
ORGANIZING COMMITTEE	SPORT FEDERATION	SPORT ASSOCIATIONS
Program Management Bernardino Chiavola	Federazione Italiana Triathlon CR FITRI Lombardia Barbara Molina	Asd Spartacus Triathlon Lecco Presidente Renzo Strarniero

1.2 Competition venue

Competition	Venue	Address	City
Duathlon Sprint	Lungo Lago	See	Lecco
Triathlon Sprint	Lungo Lago	tbd	Lecco

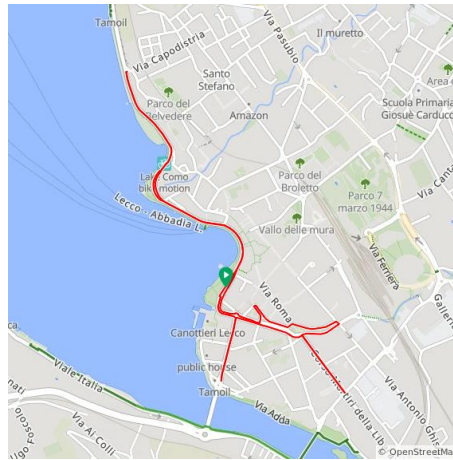
Sprint Triathlon course maps

The Sprint Triathlon competition will take place along the Lecco lakefront, passing through scenic and picturesque landscapes.



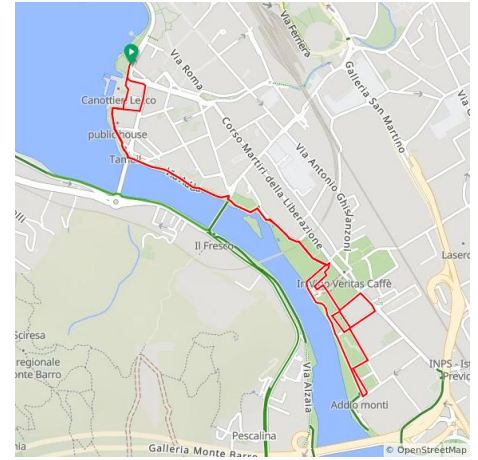
Swimming course – 721 mt

Triangular swim course in the beautiful Gulf of Lecco (Lake Como), with athlete check-in on the scenic floating platform along the Isonzo lake front promenade.



Bike course - 5 Km

Flat course with an out-and-back layout, running along the most scenic sections of the lakefront in the Gulf of Lecco.

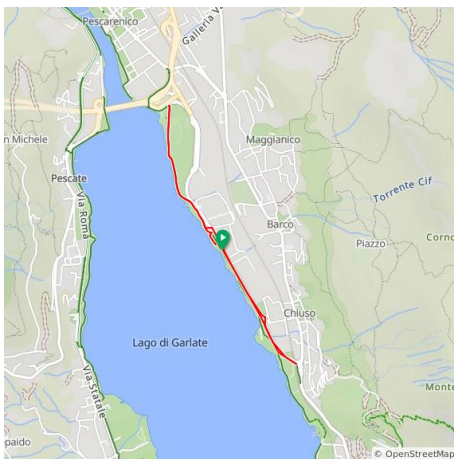


Run course - 5 Km

Fun and flat course passing through the most scenic and historic areas of Lecco and along the cycle path that runs from the city's Gulf to the famous Pescarenico district with its charming Piazza Era. From there, the return follows the same route back.

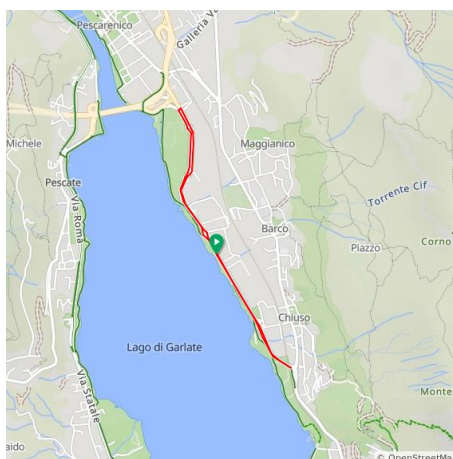
Sprint Duathlon course maps

The Sprint Triathlon competition will take place along the Lecco lakefront, passing through scenic and picturesque landscapes.



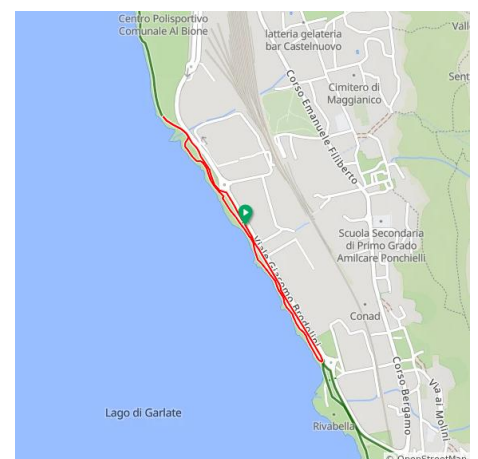
Run course – 5 km

Flat single-lap course along the first 2 km of the cycling route and the new scenic cycle-pedestrian path running alongside the point where Lake Como becomes the Adda River.



Bike course – 5 km

Completely flat course passing through the Buone and Rivabella areas along a fast straight section that leads athletes to the two turning points marking the ends of the course.



Bike course – 2,5 km

Flat Course along the recently built scenic cycle-pedestrian path that spectacularly follows the point where Lake Como ends and the Adda

2. Sport regulations

Competition will be in accordance with World Masters Sport (WMS) rules and World Triathlon Federation.

3. Type of Competition

- Triathlon Sprint: Swimming 750 met, Cycling 20 km, Running 5 km
- Duathlon Sprint: Running 5 km, Cycling 20 km, Running 2.5 km

4. Age Categories

- Men: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
- Women: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

Age is determined as of 31 December 2027

5. Competition rules

5.1 Competitor Bibs

For the duration of the competition, participants are required to wear numbered bibs and labels provided by the Committee. Detailed rules for distribution of bibs will be defined at a later stage.

5.2 Time Keeping

The OC will distribute electronic chip bib to register the time and the final ranking. Detailed rules for distribution of bibs will be defined at a later stage.

5.3 Rankings

Rankings are established according to age category as well as one overall ranking.

5.4 Athlete Experience and Safety

The nature of competing in Triathlon and Duathlon event involves some element of risk. The level of capability and experience of each athlete in a competitive race environment contributes to the success of the event. To maximize the safety of all participants, it is recommended that each athlete has participated in an organized Triathlon and Duathlon event in a competitive environment prior to competing at CoOMG27. If the CoOMG27 Cycling Organizing Committee believe an athlete presents a danger to themselves or other riders/officials/spectators, they may be withdrawn from the event at any time prior to or during competition.

6. Cycling License

FITRI rules and regulations require all athletes to hold a valid license to compete in any international Triathlon or Duathlon event organized or supervised by FITRI or the ETU. Likewise, to participate in any Cycling events at the Games, each athlete must possess a license issued by their respective national federation.

7. The medical examinations required to obtain a medical certificate of fitness for competitive sports (as per D.M. 18 February 1982) include:

- medical check-up;
- regular urine test;
- electrocardiogram both at rest and under effort.
- spirometry (breathing test).

For any further information please visit our website (Registration & Terms and Condition).

8. Doping Control

During the Open Masters Games Como Lake 2027 anti-doping controls will be carried out according to the World Masters Sport anti-doping policy and rules established by WADA (World Anti-Doping Agency).

9. Hours of Competition

All Triathlon and Duathlon events will be conducted during daylight hours and both disciplines' races commencing no earlier than 09,00 hours.

10. Bike Transport

CoOMG27 recognizes the requirement to assist with bike transportation for scheduled cycling disciplines and events. More information will be provided in future editions of the Triathlon and Duathlon Sports Information Guide regarding bike transport options for the Triathlon and Duathlon events.

11. Equipment

It is the responsibility of each individual athlete to bring their own bikes suitable for the event they are competing. During cycling it is mandatory to wear a helmet. The use of mountain-biking is not allowed. It is absolutely forbidden: to compete bare-chested.

CoOMG27 is exploring the potential provision of services relating to bike hire, supplies and maintenance. More information will be included in future editions of the Triathlon and Duathlon Sports Information Guide when available.

12. Training and Practice Facilities

Outside of the day of each event, road routes for cycling events are public roads and can be accessed by athletes. For the safety of both athletes and other road users, it is recommended that any cycling on these courses prior to competition is for familiarization only and no racing or high-speed training is undertaken. All information about practice and warm up will be available on the website.

13. Triathlon and Duathlon Technical Manual

Final information including pre- race information, race routes and special instructions, will be issued one month before the date of CoOMG27 Triathlon and Duathlon competition.

14. Technical Meeting

A Technical Meeting will take place before the start of the competition to introduce the competition, remind those involved of the regulations and the behaviour that is expected.

15. Medals

In the CoOMG27, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee. For each category there will be 3 athletes awarded with a medal (gold, silver or bronze). In the event of certain categories being grouped together, each age category will have 3 medal winners. There will also be an overall ranking of all participants.

16. Accommodation

Participants are free to select own accommodation according to own preference. To assist

participants, an accommodation booking section offering special room rates for the Games is made available on the official website www.mastersgamescomolake2027.it

17. Further Information

Planning for the CoOMG27 Triathlon and Duathlon competitions will continue throughout 2026 and early 2027. Additional sport specific operational information will be communicated to registered participants and updated in future additions of this Sports Information Guide. All participants are encouraged to monitor the CoOMG27 website at www.mastersgamescomolake2027.it and other Games communication channels to find out all the latest information. If you have any further sport specific questions, please send an email to infog@omgcomo27.it