

CONVOCATORIA: TOMA DE TEMPOS AUTONÓMICA 2018

Pola presente, comunicámoslles que a Federación Galega de Triatlón ten prevista, dentro do calendario de tecnificación 2018, a realización dunha toma de tempos no mes de Febreiro, no CGTD de Pontevedra.

A toma de tempos estará dirixida a:

CATEGORIAS 2018	Anos
CADETE 1	2003
CADETE 2	2002
CADETE 3	2001
JUNIOR 1	2000
JUNIOR 2	1999
PARATRIATLON	LIBRE

*Adxúntase as táboas de baremación de deportistas que se seguirá neste 2018.

**REGLAMENTACIÓN:

- NATACION: Participación so con bañadores dentro da reglamentación FINA.
- CARREIRA: Queda PROHIBIDO o uso dos clavos.

LUGAR E HORARIOS:

CENTRO GALEGO DE TECNIFICACION DEPORTIVA (CGTD)
Sábado, 3 de Febreiro de 2018:

- SABADO MAÑÁ: **PISCINA** (10:00-10:30h quentamento; 10:45h inicio das probas)
- SABADO TARDE: **PISTA ATLETISMO** (16:00-16:30h quentamento; 16:45h inicio das probas)

O protocolo das probas a realizar será:

ORDEN DAS PROBAS	PROBAS
CADETE-JUNIOR FEM	100m LIBRES
CADETE-JUNIOR MASC	100m LIBRES
PARATRIATLON	500m LIBRES
CADETE-JUNIOR FEM	1000m LIBRES
CADETE-JUNIOR MASC	1000m LIBRES
PERIODO DESCANSO: COMIDA	
CADETE-JUNIOR FEM	1000m LISOS
CADETE-JUNIOR MASC	1000m LISOS
PARATRIATLON	500m LISOS
CADETE-JUNIOR FEM	400m LISOS
CADETE-JUNIOR MASC	400m LISOS

Responsable técnico: Jonathan Cancela Lopera

Oficial responsable: Mónica Flores

A presenza nesta toma de tempos é necesaria para poder ser incluídos no Plan Nacional de Tecnificación Deportiva da Federación Española.

Deberáse confirmar asistencia ata o domingo, **dia 21 de Xaneiro ás 22:00 h.** na Federación Galega de Triatlón en PM (**fegatri@hotmail.com**) enviando os seguintes datos:

<p style="text-align: center;">-Nome e apelidos -DNI - Data de nacemento -Club -Marcas acreditadas: 1. en NATACION (100L+1000L) 2. en ATLESTISMO (1000I + 400I) para a confección das series. PREGASE MARCAS OBXETIVAS PARA A MELLOR ORGANIZACIÓN DAS SERIES.</p>

Ademáis, será necesario que os deportistas menores acudan **coa autorización dos seus pais e que todos posúan a licenza federativa de tempada / tramitar a licenza de 1 día.**

NOTAS:

-Recordase, o carácter da toma de tempos non e promocional, servirá para detectar e baremar certas capacidades dos deportistas da nosa comunidade nas edades que abarca. Prégase, co fin de non saturar a xornada, inscribíbanse os deportistas potencialmente interesantes según o criterio dos propios técnicos.

-A FEGATRI cubrirá con picnic de xantar ós participantes (no caso dos técnicos darase picnic a 1 técnico do club cando teña entre 1 e 8 deportistas participando na toma de tempos e a 2 técnicos cando o club teña máis de 8 deportistas na mesma). Prégase detallar (TECNICOS+DEPORTISTAS), para concretar o número de picnics que correspondan a cada clube, dentro da propia inscrición para a proba.

FEDERACION GALEGA DE TRIATLON E PM

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Natación Masculina

Baremación 100metros NATACIÓN											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNM2	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0	00:56,0	00:55,0
18	JNM1	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0	00:56,0
17	CDM3	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0
16	CDM2	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0
15	CDM1	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0

Baremación 1000metros NATACIÓN											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNM2	12:50	12:40	12:30	12:20	12:10	12:00	11:50	11:40	11:30	11:20
18	JNM1	13:00	12:50	12:40	12:30	12:20	12:10	12:00	11:50	11:40	11:30
17	CDM3	13:10	13:00	12:50	12:40	12:30	12:20	12:10	12:00	11:50	11:40
16	CDM2	13:20	13:10	13:00	12:50	12:40	12:30	12:20	12:10	12:00	11:50
15	CDM1	13:30	13:20	13:10	13:00	12:50	12:40	12:30	12:20	12:10	12:00

Carreira Masculina

Baremación 400metros CARRERA											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNM2	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0	00:56,0	00:55,0	00:54,0
18	JNM1	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0	00:56,0	00:55,0
17	CDM3	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0	00:56,0
16	CDM2	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0	00:57,0
15	CDM1	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0	01:00,0	00:59,0	00:58,0

Baremación 1000metros CARRERA											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNM2	03:06	03:02	02:58	02:54	02:50	02:46	02:42	02:38	02:34	02:30
18	JNM1	03:10	03:06	03:02	02:58	02:54	02:50	02:46	02:42	02:38	02:34
17	CDM3	03:14	03:10	03:06	03:02	02:58	02:54	02:50	02:46	02:42	02:38
16	CDM2	03:18	03:14	03:10	03:06	03:02	02:58	02:54	02:50	02:46	02:42
15	CDM1	03:22	03:18	03:14	03:10	03:06	03:02	02:58	02:54	02:50	02:46

Natación Femenina

Baremación 100metros NATACIÓN											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNF2	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0	01:01,0
18	JNF1	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0	01:02,0
17	CDF3	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0	01:03,0
16	CDF2	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0
15	CDF1	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0

Baremación 1000metros NATACIÓN											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNF2	13:40	13:30	13:20	13:10	13:00	12:50	12:40	12:30	12:20	12:10
18	JNF1	13:50	13:40	13:30	13:20	13:10	13:00	12:50	12:40	12:30	12:20
17	CDF3	14:00	13:50	13:40	13:30	13:20	13:10	13:00	12:50	12:40	12:30
16	CDF2	14:10	14:00	13:50	13:40	13:30	13:20	13:10	13:00	12:50	12:40
15	CDF1	14:20	14:10	14:00	13:50	13:40	13:30	13:20	13:10	13:00	12:50

Carreira Femenina

Baremación 400metros CARRERA											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNF2	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0	01:04,0
18	JNF1	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0	01:05,0
17	CDF3	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0	01:06,0
16	CDF2	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0	01:07,0
15	CDF1	01:17,0	01:16,0	01:15,0	01:14,0	01:13,0	01:12,0	01:11,0	01:10,0	01:09,0	01:08,0

Baremación 1000metros CARRERA											
Edad	Categ.	1	2	3	4	5	6	7	8	9	10
19	JNF2	03:37	03:33	03:29	03:25	03:21	03:17	03:13	03:09	03:05	03:01
18	JNF1	03:41	03:37	03:33	03:29	03:25	03:21	03:17	03:13	03:09	03:05
17	CDF3	03:45	03:41	03:37	03:33	03:29	03:25	03:21	03:17	03:13	03:09
16	CDF2	03:49	03:45	03:41	03:38	03:34	03:29	03:25	03:21	03:17	03:13
15	CDF1	03:53	03:49	03:45	03:42	03:38	03:33	03:29	03:25	03:21	03:17