ATHLETES GUIDE

2016 Tønsberg ETU Sprint triathlon European Cup

1. GENERAL INFORMATION

1.1 Introduction

The purpose of the Info Guide is to ensure that all Athletes and Team Leaders are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Athletes and Team Leaders are advised to check with the Information Desk regarding any changes in information included in this guide.

1.2 Key Dates

THURSDAY 11TH AUGUST		
17:00 – 18:00	Athletes & Coaches Registration	Quality Hotel Oseberg, Ormen 1
18:00 – 19:00	Athletes & Coaches Briefing	Quality Hotel Oseberg, Ormen 1
19:00 – 21:00	Welcome reception athletes & teams	Foynhagen
FRIDAY 12TH AUGUST		
9:00 – 10:00	Swim Familiarisation	Harbour, Brygga
13:00	Bike course familiarisation	Main entrance Quality Hotel Oseberg
16:00	Press Conference	Quality Hotel Oseberg Ormen 1
SATURDAY 13TH AUGUST		
7:30	Athlete Lounge Open - WOMEN	Quality Hotel Oseberg
9:00	RACE START - WOMEN	Harbour, Brygga
9:30	Athlete Lounge Open - MEN	Quality Hotel Oseberg
11:00	RACE START - MEN	Harbour, Brygga
13:00	Prize Ceremony	Foynhagen
19:00	Final Party: Happy Hour & Music Bar	Foynhagen

1.3 Key Contacts

LOC Event Manager	Frank Pedersen	frank@tbgsentrum.no
LOC Race Director	Frank Pedersen	frank@tbgsentrum.no
LOC Office and Athletes'Services Manager	Bente Nærdal	bne@osebergklinikken.no
ITU Technical Delegate	Siim Vollmer	siimvollmer@gmail.com SMS: +372 56912214
Assistant ITU Technical Delegate	Espen Laaveg	espen.laaveg@gmail.com

1.4 LOC Contact Details

E-mail: frank@tbgsentrum.no

Mobile: +4795939910

1.5 Race Social Media

Web-site: http://www.bytri.no

http://www.triathlon.org/events/event/2016_tnsberg_etu_sprint_triathlon_european_cup

Facebook: https://www.facebook.com/bytri.no

Twitter: https://twitter.com/bytri_t

Instagram: https://www.instagram.com/bytri/

2. EVENT

2.1 Race Venue

Nedre Langgate	Transition Area
Swim Start and Finish Zone	Harbour - Brygga

2.2 Athletes' Lounge

at the race venue the athletes' lounge provides toilets, water, fruit and energy drinks

2.3 Bike Mechanic Service

Mechanic Support will be available prior the event. Service provided by "Olympia Sport"

- Thu 11th August 15:00 – 20:00 Quality Hotel Oseberg
- Fri 12th August 15:00 – 20:00 Sport Expo
- Sat 13th August 7:00 – 10:00 Sport Expo

2.4 Race Office

Following opening hours:

Wed 10th Aug through Fri 12th Aug 09h00 – 19h00 at Quality Hotel Oseberg.

3. ACCREDITATION

3.1 Team Managers, Coaches & Athletes Accreditation:

Accreditation will be handed out at Athlete & Coaches Registration prior Race Briefing on Thursday 17:00 – 18:00. Valid photo ID **MUST BE** presented. Only accredited persons will be allowed access in the venue areas, welcome reception and final party. All accredited persons are requested to carry their

wristband at all times and to show it upon request.

3.2 Technical Briefing: will take place on Thursday 11th August at 18:00. Meeting point: Quality Hotel Oseberg –"Ormen Lange". The meeting agenda will include all the technical details of the event. Elite athletes **MUST BE** in attendance. Athletes not attending the briefing, without informing the TD about their absence, will be removed from the start list and replaced with person on waiting list.

4. RACE PACKAGE

4.1 Race Package Distribution will take place in Quality Hotel Oseberg Thursday 11th August together with accreditation.

The race package includes: "Bytri tri-bag" , bike and helmet stickers, event t-shirt and accreditation card.

NB! Swimming cap and timing chip will be handed out on race day at athlete lounge!

5. TRAINING

5.1 Bus transfer from Malmø ETU Sprint European Cup

Bus transfer from Malmø to Tønsberg.
Join other athletes on a door to door bus transfer directly to the event in Tønsberg. The bus will leave from Malmø Centralstation at 09h00 on Sunday August 7th. Price for transfer: NOK 500,-
Registration: https://www.deltager.no/participant/arrangement.aspx?id=172076
If you have questions about the transfer, contact the Race director Frank on mobile +47 95939910 or E: frank@tbgsentrum.no

5.2 Training camp offer

The Norwegian Triathlon National team training camp ”Furustrand” will be held prior to the event from Monday 8th August to Saturday 13th August. This is an open training camp and we already have several International athletes who will participate in this camp.
We still have few vacancies available if there is someone who wants a fantastic week in Norway.
Contact sports director Arild Tveiten : arild.tveiten@triathlon.no

5.3 Swimming Training

Swimming can easily be done at the beach ”Ringshaugstranda”, located approx. 3 km from the arena. Please contact race office for information and road directions. Nice bikeride to the beach. If you need more information send your request to frank@tbgsenrum.no

NB! There will not be secured bike storage at these facilities. Athletes are responsible for their own property.

5.4 Bike Training

Tønsberg is a safe city with beautiful natural landscapes and a population socialized to show respect towards cyclists. Please remember to always be aware of the traffic rules and regulations. The route is not closed to traffic and you are cycling at your own risk.

5.5 Run Training

Athletes may train at many locations around Tønsberg, including the race venue.

5.6 Course Familiarisation

Swim course familiarisation on Friday 12th August 09:00 – 10:00 in the harbour ”Brygga”.

During the swimming course familiarisation there will be lifeguards and medical service available.

Bike course familiarisation on Friday 12th August at 13:00 from main entrance at Quality Hotel Oseberg. During bike course familiarisation, roads will be closed and group escorted by police vehicles. One (1) organized lap on the bike course will be done.

NB! After the end of the lap the police will open the roads to traffic and there will not be possible for athletes to continue training on closed race course.

6. COMPETITION

6.1 Competition Rules: ITU Competition Rules

6.2 Check in procedure: Nedre Langgate—Saturday Aug 13th

7:30 – 8:30 Athlete Lounge – Women

7:45 – 8:45 Transition Bike Check in - Women

9:30 – 10:30 Athlete Lounge – Men

9:45 – 10:45 Transition Bike Check in - Men

6.3 Swim Warm Up: Brygga—Saturday Aug 13th

8:00 – 8:45 Swim Warm Up – Women

10:00 – 10:45 Swim Warm Up - Men

6.4 Start: The start is pontoon start. The platform is 45mt long and numbered. Make sure that you are ready for athlete line up 15min prior your start time.

6.6 Swim Course: 1 lap of 750mt

6.7 Transition T1: Distance from the swim start to T1: 60mt, slightly uphill,flat, carpeted. Each bike rack will be identified by athlete' surname and flag.

6.8 Bike Course: 4 laps of 5km, total of 20km. The course is technical, undulating and with several sharp turns.

6.9 Wheel Station: N°1 wheel station will be located on the bike course – TBC.

6.10 Transition T2: Same as T1.

6.11 Run Course: 3 laps of 1.7km, total of 5km. The course varies between flat and some steeper ascent on asphalted course.

6.12 Aid Station: 1 aid station along the run course. Water will be served.

6.13 Weather Conditions: Temperature max 25C° - min 16C°. Water temperature : expected to be 19 C

6.14 Results – Protest and Appeals : results will be uploaded live on the ITU's official website www.triathlon.org and www.bytri.no. Standard procedures (protest and appeals) will be followed according to the ITU Competition Rules.

6.15 Insurance: the LOC has insurance with the Norwegain Triathlon Federation insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event.

6.16 Prize-money : 5 000€uro paid - net of all taxes

Prize money distribution. Elite men and women:

1st. 1,250 EUR
2nd. 1,000 EUR
3rd. 750 EUR
4th. 500 EUR
5th. 400 EUR
6th. 350 EUR
7th. 300 EUR
8th. 200 EUR
9th. 150 EUR
10th. 100 EUR

After the medal ceremony the top 10 athletes will receive the "2016 Prize Money Claim Form", in order to claim prize money from the European Triathlon Union (ETU). The athlete has to give his/her full and correct address and bank details in clear and legible writing. If incorrect information is provided, a bank transfer of prize money will not be possible.

7. UNIFORM RULES

ITU Uniform Rules: to compete in ITU events, athletes must comply with the ITU Uniform Rules:
http://www.triathlon.org/uploads/docs/Elite_U23_Junior_Youth_uniform_rules_15122015.pdf

Each National Federation has submitted their option of uniforms. Ensure that you are using the ITU approved model:

http://www.triathlon.org/uploads/docs/Elite_triathlon_uniform_10-06_20161.pdf *(subject to change)*

8. MEDICAL

8.1 Medical Services at the Venue: First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, on aug 13th before and during competition hours. Medical and paramedic personnel will be available throughout competition times. A Medical Tent will also be provided on site at the finish area.

8.2 Doping Controls will take place at the Quality Hotel Oseberg and according to the ITU Anti-doping rules. The athletes must carry their identification to the doping control facilities.

8.3 Emergency Telephone Numbers: Medical Emergency n°113 - Police n°112. **Hospital:** Vestfold Sentralsykehus - distance 1,5km far from the transition area - Phone: +47 333 42000

8.4 Insurance: it is recommended that all athletes arrange a medical

insurance prior to their arrival in Tønsberg. Any medical expenses are their own responsibility.

8.5 Medications: athletes are advised to bring sufficient quantities of medications for personal use. It is wise to bring a letter from your personal doctor confirming your medical history and medication in case of emergency. If you have been prescribed a medication that is for restricted use in the WADA code, please ensure that you have submitted a TUE with your triathlon federation.

8.6 Sport Massage Service: sports Massage Therapy will be available to the athletes at the Recovery Area, after the finish line, Brygga, provided by Registered Massage Therapists.

9. AIRPORT TRANSFER SERVICE

The Local Organizing Committee will provide 1 shuttle service between Sandefjord Airport Torp (international air- port—code: TRP) and Tønsberg hotels (distance: 25 km—about 25 min.), in the following dates:

ARRIVALS - Wednesday 10th August through Thursday 11th August

DEPARTURES - Sunday Aug 14th

PRICE: 20euro per person, one (1) bike included

All shuttle bookings have to be made by 31 July. Bookings will not be accepted after this date. If you want to reserve the shuttle service please send your complete flight schedule to **frank@tbgsentrum.no**

If you need a private transfer service from/to different airports (Oslo Airport – Gardermoen. Code: OSL) please send your request to frank@tbgsentrum.no by **31 July.** Bookings will not be accepted after this date.

Cost: Euro 60 per person

Fill in the form if you need shuttle service:

Arrival date:		**Departure date:**	
Arrival Airport:		**Departure Airport:**	
Flight Number:		**Flight Number:**	
Arrival hour :		**Departure hour:**	
People number:		**People number:**	
Family Name/Delegation:		**Family Name/Delegation:**	
Bike number:		**Bike number:**	
Accommodation:		**Accommodation:**	

10. ACCOMMODATION

OFFICIAL HOTELS

Quality Hotel Tønsberg
Ollebukta 3, 3126 Tønsberg (NO)
Tel +47 33 00 41 00 e-mail: q.tonsberg@choice.no Distance from the race venue: 0 km

Quality Hotel Klubben
Nedre Langgate 49, 3125 Tønsberg
Tel: +47 33 35 97 00 e-mail: q.klubben@choice.no. Distance from the race venue: 0 km

ACCOMMODATION FORM:
Please send per email to the hotel of you choice.

FAMILY NAME: _____ FIRST NAME: _____

FEDERATION:_____

CITY:_____COUNTRY: _____

EMAIL: _____

TELEPHONE : _____

Rates: Single Room: 1290,00NOK (VAT incl.) per night/room. Bed and Breakfast incl
Twin Room: 1490,00NOK (VAT incl.) per night/room. Bed and breakfast incl

The above prices are valid till Mon aug 15th 2016 All reservations will be on request

ARRIVAL DATE: _____ DEPARTURE DATE:_____

TOTAL: Singles Rooms: _____ Doubles Rooms: _____ Triple Rooms: _____

METHODS OF PAYMENT
TOTAL AMOUNT TO PAY: _____NOK

CREDIT CARD AUTHORIZATION:

VISA	MASTER CARD	AMERICAN EXPRESS	OTHERS
Name of Credit Card Holder :			
Credit Card Number :			
Last three numbers on the back :			
Expiry Date :			
Signature of Card Holder : I authorize Quality Hotel Tønsberg to charge my credit card the total amount shown above			

REGISTRATIONS

PAYMENT DEADLINE: 8th august 2016

International athletes participating in the ITU Sprint Triathlon European Cup must be supported by their National Federation.

It is MANDATORY for the National Federations enter their Elite athletes through the ITU online entry system database and send by e-mail to the LOC the request of registration complete with copy of the bank transfer issued

The entries have to be submitted to the ITU on line entries system. **Only the National Federations can enter the athletes**. The entries questions have to be directed to entries@triathlon.org. No athlete will be included in the start list if the entry has not be processed through ITU on line entry sys- tem.

REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions here.

PAYMENT conditions: BANK TRANSFER

Holder Name:	Tønsberg Sentrumsutvikling AS
Bank name:	DNB
Iban Code:	NO55 1503 0349 064
BIC:	DNBANOKKXXX

Payment confirmation must be e-mailed to eveline@tb-regn.no

Registration fees : NOK 650,00 per person

Please note that athlete registration at the event will not proceed until payment has been received in full from the National Federation

After the deadline, all registered athletes will receive confirmation of registration by e-mail which will be sent directly to the e-mail contact received for the registration

2016 Tønsberg ETU Sprint triathlon European Cup

WELCOME RECEPTION ATHLETES & TEAMS: AUG 11TH

19:00 – 21:00 at FOYNHAGEN

Welcome to an informal and pleasant mingle party together with LOC and representatives of ETU, Norwegian Triathlon Federation, representatives from Tonsberg Municipality.

Light meals and entertainment.

”Sunstroke”, local talents and amazing guitarists will entertain you

https://www.facebook.com/foynhagen/videos/1059532064134730/

HAPPY HOUR & MUSIC BAR: AUG 13th

from 19:00

All the athletes and coaches interested can enjoy Foynhagen - the pleasant and intimate nightspot, organized by the LOC.

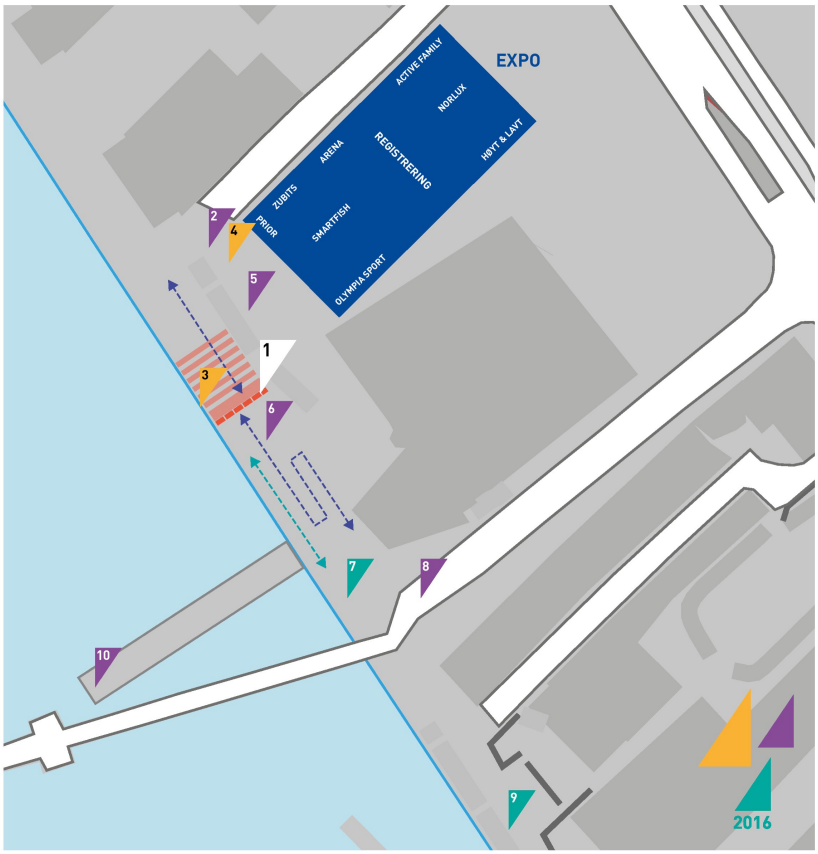
VENUE MAP

EVENT TBGS

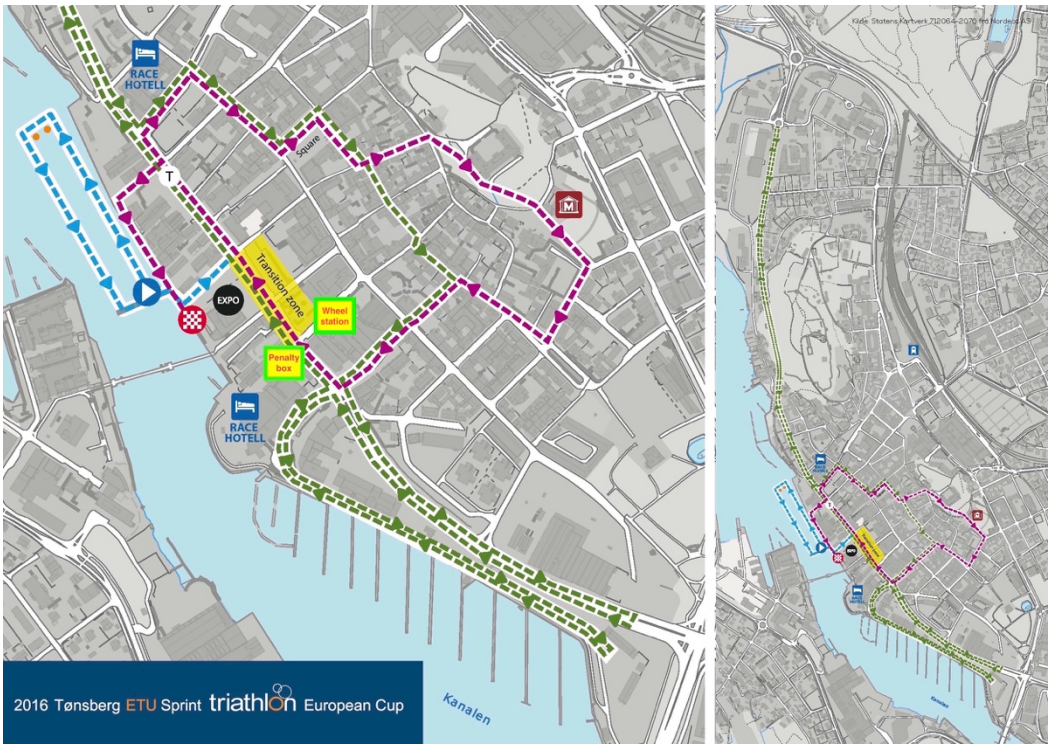
BYTRI Danske Invest

1 FINISH
2 TV STUDIO
3 MEDIA LANE
4 TIMING
5 FLASH INTERVIEW
6 PHOTO/INTERVIEW
7 RECOVERY/MASSAGE
8 ATHLETES LOUNGE
9 MEDICAL
10 PONTOON

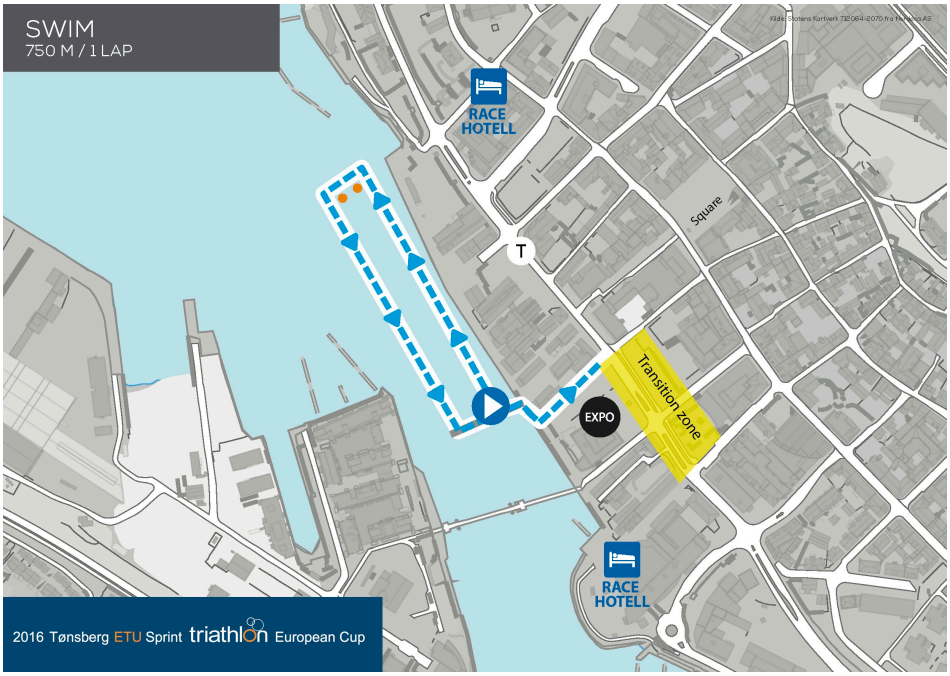
FLOW ATHLETES
FAST TRACK TO MEDICAL
FINISH



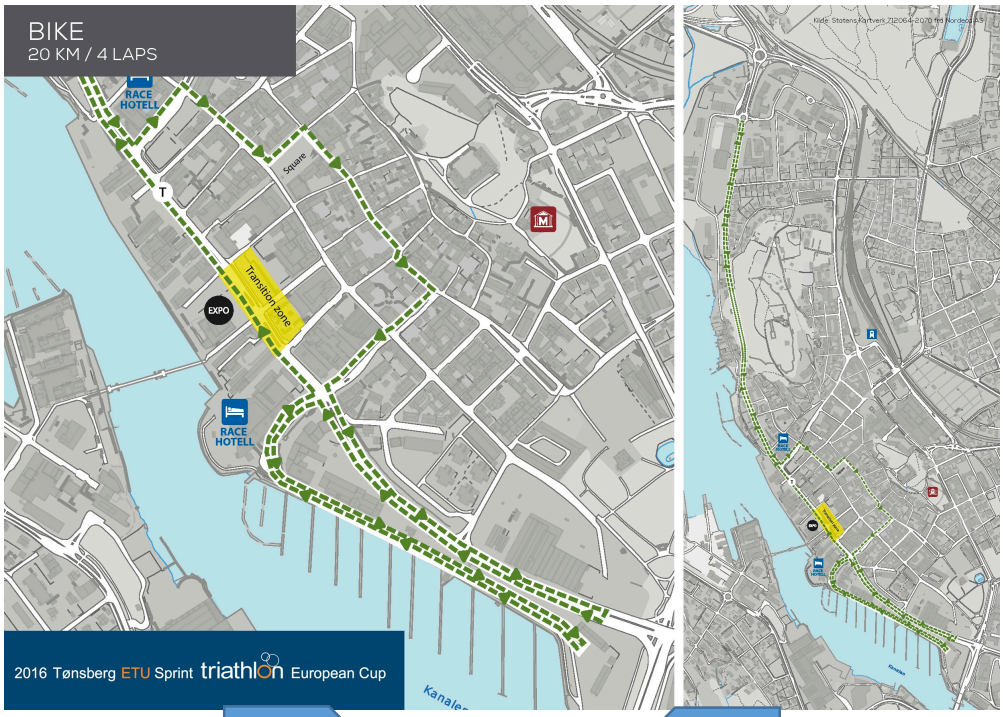
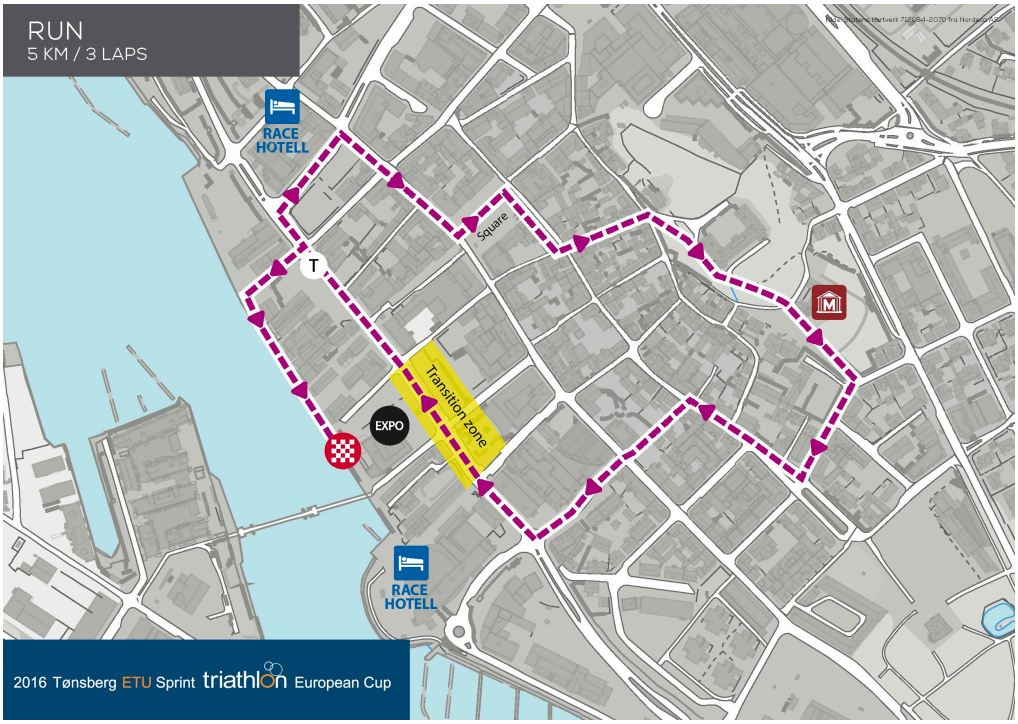
OVERVIEW MAP COURSE



SWIM COURSE



BIKE COURSE



RUN COURSE