

Athletes Guide



Fáilte go Baile Átha Cliath,
Welcome to Dublin!

On behalf of the team at Triathlon Ireland, I am incredibly proud to welcome you all to our Capital City. We are thrilled to provide you with the opportunity to showcase your incredible talents in some of the most iconic locations Dublin has to offer. There will be a vibrant mix of athletes, coaches, officials, and spectators all coming together at the Dublin European Junior Cup 2023.

We are indebted to the brilliant team at Dublin City Triathlon - a Triathlon Ireland Club run event delivered by Piranha Triathlon Club, one of our largest and most successful clubs. This has been a fantastic collaboration, one that speaks volumes about the strength of our grassroots club network in Ireland.

This event marks a momentous occasion as it has been over a decade since we last hosted international racing in Ireland. We deliberately targeted the European Junior Cup bid to bring Europe's best young triathletes to our shores, and we are truly honoured to have you all here.

Ireland is globally renowned for its rich culture, music, sport, and above all, its hospitality. I can say with confidence that you will be well looked after by our dedicated volunteers, staff, and Irish athletes, who are eager to challenge you in the best spirit of our sport on this wonderful field of play. I hope you find some time to immerse yourselves in our vibrant city and build connections and memories with each other that will forever be linked with the Emerald Isle of Ireland.

Your journey will start as you swim in the River Liffey, right in the heart of the city, before exiting T1 into the scenic Phoenix Park, the home of Ireland's President and one of Dublin's most beautiful and expansive parks. The race course has been designed to be both challenging and spectator-friendly, ensuring an enjoyable experience for all participants. The blue carpet finish awaits you, where you will be welcomed home by over 1,000 Age Group athletes who will later race around Dublin in your footsteps. It will be epic!

I'd like to acknowledge and extend a special welcome to our Irish athletes. It has been far too long since we gave you, our top young athletes, the chance to shine in front of a home crowd in an elite race. I encourage you to savour every moment and give it your all as you chase the podium.


The city of Dublin is yours to conquer, to inspire, and to create lasting memories. So let us come together in the true spirit of triathlon, supporting, and uplifting one another as we embrace the challenges and triumphs that lie ahead.


Céad Míle Fáilte (one hundred thousand welcomes)!




Darren Coombes
Chief Executive Officer
Triathlon Ireland

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1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches, and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up to date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

Information about the registration, briefing, course familiarisation and race start.

Date	Event	Time
Friday 25th August	Bike Familiarisation	14:00
	Swim Familiarisation	15:30
	Athlete Briefing and Race Pack Collection	17:00
Saturday 26th August	Junior Women Start	08:00
	Junior Men Start	10:00
	Junior Women and Junior Men Medal Ceremony	12:00

1.3. KEY CONTACTS

Position	Name	Email
Race Director	Paul Mooney	dublincitytriathlon@gmail.com
Athletes' Services	Julie Devine	julie@triathlonireland.com +353 863074582
ETU Technical Delegate	Maryia Charkouskaya-Tarasevich	events@europe.triathlon.org +375296292231
ETU Assistant Technical Delegate	Karl Vekins	vekinsk@gmail.com
Europe Triathlon Office		he@europe.triathlon.org +3247882546

1.4. LOC CONTACT DETAILS

For contact details of Head of Swim, Bike Run, Transition, Registration, Car Park, Tented Village please contact the Race Director.

Position	Name	Email
Race Director	Paul Mooney	dublincitytriathlon@gmail.com
National Events Coordinator	Julie Devine	julie@triathlonireland.com +353 863074582
Event Safeguarding Lead	Niamh O’Gorman and Mary Crosbie	niamh@triathlonireland.com +353 873627106, mary@triathlonireland.com , +353873793721

2. VENUE

2.1. RACE VENUE

[Garda Boat Club, Chapelizod Road, Dublin 8.](#)



There is parking at the race venue, this will be open from 5am and will close for the duration of the events, and there is age group events taking place post the Europe Triathlon Junior Cup, so time restrictions will be in place on the day.

2.2 COURSE FAMILIARISATION

Date	Start	End	Event	Venue
Friday August 25th	14:00	15:00	Junior Athletes Bike Familiarization	Garda Boat Club
	15:30	16:00	Junior Athletes Swim Familiarization	Garda Boat Club
	17:00	18:00	Junior Athletes Briefing and Race package pick-up	Garda Boat Club

2.3. ATHLETE’S LOUNGE

Location: The Athlete’s Lounge is located in the Garda Boat Club on Chapelizod Road. The Race Briefing Hall is located directly next door. The Athlete Recovery Area is located close to the finish chute.



2.4. ATHLETES' RACE PACKAGE

Race packs can be collected at the end of the Athletes' Briefing.

2.5. DOPING CONTROL

Triathlon Ireland enforces a stringent Anti-Doping Policy that adheres to guidelines recommended by the World Anti-Doping Agency (WADA). For further information on this testing programme please visit the [Sport Ireland Anti-Doping website](#). Athletes competing in World Triathlon and Europe Triathlon

Championships are also bound by the [World Triathlon Anti-Doping Rules](#) whereby all athletes are subject to the World Triathlon test distribution plan.

The Anti-Doping testing unit will be located to the rear of the Athlete's Lounge. Sport Ireland will conduct testing at the event according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities. Remember that you can be accompanied by a representative of your choice during the test, and this is strongly recommended for minors under the age of 18. Coaches should remain in the coaches' area next to the finish area to accompany the athlete during the test. If the athlete would prefer a different chaperone, TI staff of both genders will be on hand to support and act in this role.

It is a good idea to familiarise yourself with the basic procedures of doping control should you be selected for testing – [please visit here and watch the video on the testing process](#)

If you have any Anti-Doping Questions - contact roisin@triathlonireland.com Phone: +353 (0) 1 274 1032 Mobile: +353 (0) 87 288 4597

2.6. SECURITY

Security is managed by the Tented Village Manager Adelle Hall. Security personnel will be supplied by Piranha Triathlon Club and will be placed at the entrance/exit to accreditation zones.

2.7. LOC OFFICE

LOC Office is located in the Race Briefing Hall.

The Office will be closed during the Athletes' Briefing but will largely be attended for the entirety of the event.

Thursday 24th	Open 10am	Close 9pm
Friday 25th	Open 10am	Close 9pm
Saturday 26th	Open 6:30am	Close 4pm

3. ACCOMMODATION

Maldron Hotel Newlands Cross (Host Hotel)

Quote Triathlon Ireland on booking

<https://www.maldronhotelnewlandscross.com/>

TRANSPORT: provided from this hotel, please complete your travel information [here](#)

This form must be completed by Monday the 21st of August in order to secure transport

Louis Fitzgerald

Quote Triathlon Ireland on booking

https://www.louisfitzgeraldhotel.com/?_ga=2.219666265.1136363760.1677497957-1794161608.1677497957&_gac=1.194104927.1677497957.CjwKCAiAxvGfBhB-EiwAMPakqnBle3cG1P6zttl-Y9wFaHMSexolvuhhU4smWsCOB0iCa6C9VE5GgxoCCXwQAvD_BwE

TRANSPORT: provided from this hotel, please complete your travel information [here](#)

This form must be completed by Monday the 21st of August in order to secure transport

Rochestown Lodge Hotel

<https://www.rochestownlodge.com/>

TRANSPORT: provided from this hotel, please complete your travel information [here](#)

This form must be completed by Monday the 21st of August in order to secure transport

For any further information, please contact Julie Dunne on julie@triathlonireland.com

4. TRANSFER AND TRANSPORT

Transport Options:

AIRCOACH BUS

The aircoach offers a great range of services from Dublin airport to Dublin City Centre and onward to South Dublin & Wicklow

https://www.aircoach.ie/?gclid=CjwKCAiAjPyfBhBMEiwAB2CCihDHCIPReQhijSD5cE3dQOIyMr1eA4p1SdKPJsLb_vrLjYrdDcxJfxoCALUQAvD_BwE

DUBLIN EXPRESS BUS

Dublin Express [https://www.dublinexpress.ie/?gclid=CjwKCAiAxvGfBhB-](https://www.dublinexpress.ie/?gclid=CjwKCAiAxvGfBhB-EiwAMPakqvPJO60jghFySAcebdzIzXSJQGqHKWiX2fbhMIjTAP57bVJsrYOUNBoCha0QAvD_BwE)

[EiwAMPakqvPJO60jghFySAcebdzIzXSJQGqHKWiX2fbhMIjTAP57bVJsrYOUNBoCha0QAvD_BwE](https://www.dublinexpress.ie/?gclid=CjwKCAiAxvGfBhB-EiwAMPakqvPJO60jghFySAcebdzIzXSJQGqHKWiX2fbhMIjTAP57bVJsrYOUNBoCha0QAvD_BwE)
&gclsrc=aw.ds

TAXIS

Taxis are available from Dublin Airport

TRANSPORT COMPANY

PCD Executive Transport Ltd

Phone: +353872583323

www.pcdchauffeur.ie

Mail: pcdchauffeur@gmail.com

Transfer and Transport options are available on [Europe Triathlon Junior Cup Dublin - Triathlon Ireland](#)
For any further information, please contact Julie Dunne on julie@triathlonireland.com

5. ATHLETES' SERVICES

5.1. SAFEGUARDING

Athletes' wellbeing and welfare is a priority at this event.

The below link **MUST** be completed by a parent or guardian.

[European Triathlon Junior Cup Dublin 2023, Photography, Video, Media Permission](#)

Safeguarding and wellbeing contact: Niamh O’Gorman, niamh@triathlonireland.com, +353873627106. Niamh is available for you to contact before, during and after the event with any worries or concerns. All competitors, whatever their age, gender (including gender reassignment), culture, language, racial origin, religious beliefs, sexual identity or disability, have **equal rights to safety and protection from harm**. All safeguarding concerns or allegations of a child protection nature arising from the event, within the sport or outside of the sport, will **be taken seriously and responded to swiftly and appropriately**.

Emergency contact:

If you are in danger or there is an emergency you can call the police (Gardaí) by dialling 999.

Athletes Code of behaviour

All athletes and coaches are subject to a code of behaviour. For this event you are subject to the code of behaviour below.

As an athlete at this event, you are an ambassador for your country and your sport and should take full responsibility for your actions. Please read this code of conduct with your parent/s/carer.

Young triathletes are entitled to:

- Have fun and enjoy taking part in your sport.
- Be treated fairly, respectfully, sensitively and with dignity by everyone, adults and other athletes.
- Train and compete at a level that you are comfortable with.
- Be safe and feel safe and feel confident that you can say no.
- Have a voice in the decisions that affect you.
- Know who to talk to at the event if you feel unsafe.

- Feel comfortable making complaints and have them dealt with.
- Get help against bullying behaviours.
- Be listened to and believed.
- Protect their own bodies.
- Confidentiality.

Code of Conduct

- I will disclose any injury or condition which would impede my full participation at the 2023 European Junior Cup as an athlete to my National Governing Manager prior to the 26th of August 2023.
- I will treat others with the respect and fairness that I would like them to show me, this includes my use of social networking sites. I will only access appropriate websites that will support my sports performance and the image of the 2023 European Junior Cup.
- I will respect the privacy of others and will observe the rule of no photography in the changing area.
- I will compete within the rules of my sport and respect all officials and their decisions.
- I will wear my accreditation (outside my clothing) for the duration of the event, when not racing and will only remove my accreditation when I leave the event area.
- I will demonstrate fair play on and off the sporting arena and will not use foul, abusive or offensive language in the real or a virtual environment.
- I will respect the differences between everyone at the 2023 European Junior Cup in terms of age, gender (including transgender), ethnicity, religious beliefs, sexual orientation, or disability.
- I will promote myself and my sport in a positive light by not smoking (cigarettes or e-cigarettes), possessing, consuming, or supplying alcohol, illegal and/or performance enhancing drugs.
- I will not post or share content about the 2023 European Junior Cup on social media or websites, images or text that is harmful, unkind, abusive.
- I will not carry out, take part, or promote initiation ceremonies or dares.
- I will not use bad language, violence, or bullying tactics.

I understand that any breach of this code of conduct could result in disciplinary action from my National Governing Body of Sport which could jeopardise my future participation within the sport and/or international events in future.

Accommodation:

You should feel safe in your accommodation. Triathlon Ireland has the following policy.

- Coaches and chaperones should not share a room with a junior athlete.
- Coaches and chaperones should not be alone with the junior athlete in their room or the room of the junior athlete.
- Any interactions, discussions, maintenance work on bikes etc. should take place in a common area. If you have any concerns about your accommodation, please contact the Event Safeguarding Lead.

Changing area:

You will have accreditation to access the changing area and athletes lounge at the event. This may not be shared with or given to anyone else. Coaches will not be permitted in the changing area.

Photography is not permitted in the changing area.

Photography:

Your parent/carer **MUST** sign this waiver to agree to photography and video at the event. You should not be asked to take part in any private photoshoots. If you are uncomfortable with any photography on the day or any requests, contact the Event Safeguarding Lead.

5.2. TRAINING FACILITIES

SWIM

Availability on Friday morning at the [National Aquatic Centre](#), Blanchardstown, Dublin 15.

To reserve swim lanes, Contact Julie in Triathlon Ireland on julie@triathlonireland.com

BIKE

The bike leg of the European Junior Cup takes place in Phoenix Park which also serves as an excellent location for training as the majority of roads are closed to motorised vehicles or have dedicated bike lanes where not. Phoenix Park is the largest city park in Europe exceeding 700 hectares.

RUN

Donore Harriers running track is available upon request and forms part of the existing run course for the event. Phoenix Park as detailed above has sufficient road and trail routes.

5.3. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Finish Line and the Garda Boat Club on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest Hospital to venue - St James's Hospital, Kilmainham, <https://goo.gl/maps/wYpimhG7eYpFq2cz5>
Emergency telephone number 999 or 01 4162774

5.4. BIKE MECHANICAL SERVICE

Our Bike Partner is Cycle Super Store and can be found here <https://goo.gl/maps/ZTHthZUvCFfZcPr39>

Bike Mechanics will be available on site on August 25th and August 26th.

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday	17:00	18:00	Athletes' briefing	Race Briefing Hall
Saturday	06:15	07:15	Athletes' Lounge check in	Athlete Lounge
Saturday	06:45	07:30	TA check in	ETU Transition
Saturday	07:15	07:45	Swim warm-up	Swim start
Saturday	07:50	07:55	Line Up	Pre-start area
Saturday	07:55	07:59	Athletes' introduction	Swim start
Saturday	08:00		Start	Swim start
Saturday	12:00	12:30	Award Ceremony	Tented Village

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Friday	17:00	18:00	Athletes' briefing	Race Briefing Hall
Saturday	08:15	09:15	Athletes' Lounge check in	Athlete Lounge
Saturday	08:45	09:30	TA check in	ETU Transition
Saturday	09:15	09:45	Swim warm-up	Swim start
Saturday	09:45	09:50	Line Up	Pre-start area
Saturday	09:50	09:59	Athletes' introduction	Swim start
Saturday	10:00		Start	Swim start
Saturday	12:00	12:30	Award Ceremony	Tented Village

6.3. COMPETITION RULES

The event follows the latest published World Triathlon Competitions Rules. <https://www.competitions.org/uploads/docs/World-Triathlon-Competition-Rules-2023-20230208.pdf>

6.4. ATHLETES' BRIEFING

Attendance at the briefing is mandatory for all athletes intending to register. The briefing will take place in the Race Briefing Hall at 17:00 on Friday August 25th.

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org
Additionally, on the websites of Triathlon Ireland and Sports Timing.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the current World Triathlon Competition Rules

7. ACCREDITATION

The LOC will provide all the Organising Committee Members, Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed on site at the Athlete's Briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. COURSE MAPS

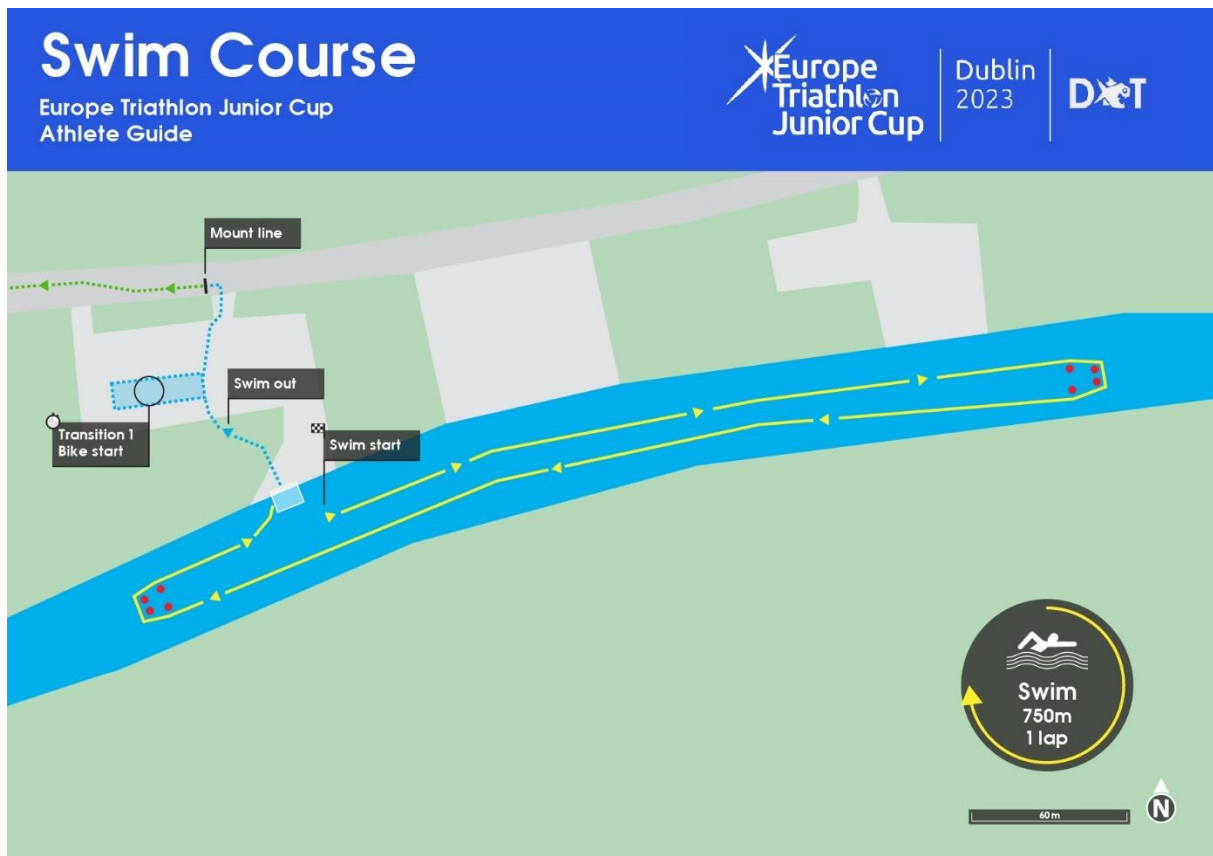
SWIM COURSE

Start procedures: in-water start.

Number of laps: 1

Average water temperature: 15C

The swim is an in-water start heading east for 300 metres before a 180 degree turn to swim 375 metres upstream. Athletes do a second 180 turn and exit the floating pontoon without assistance.

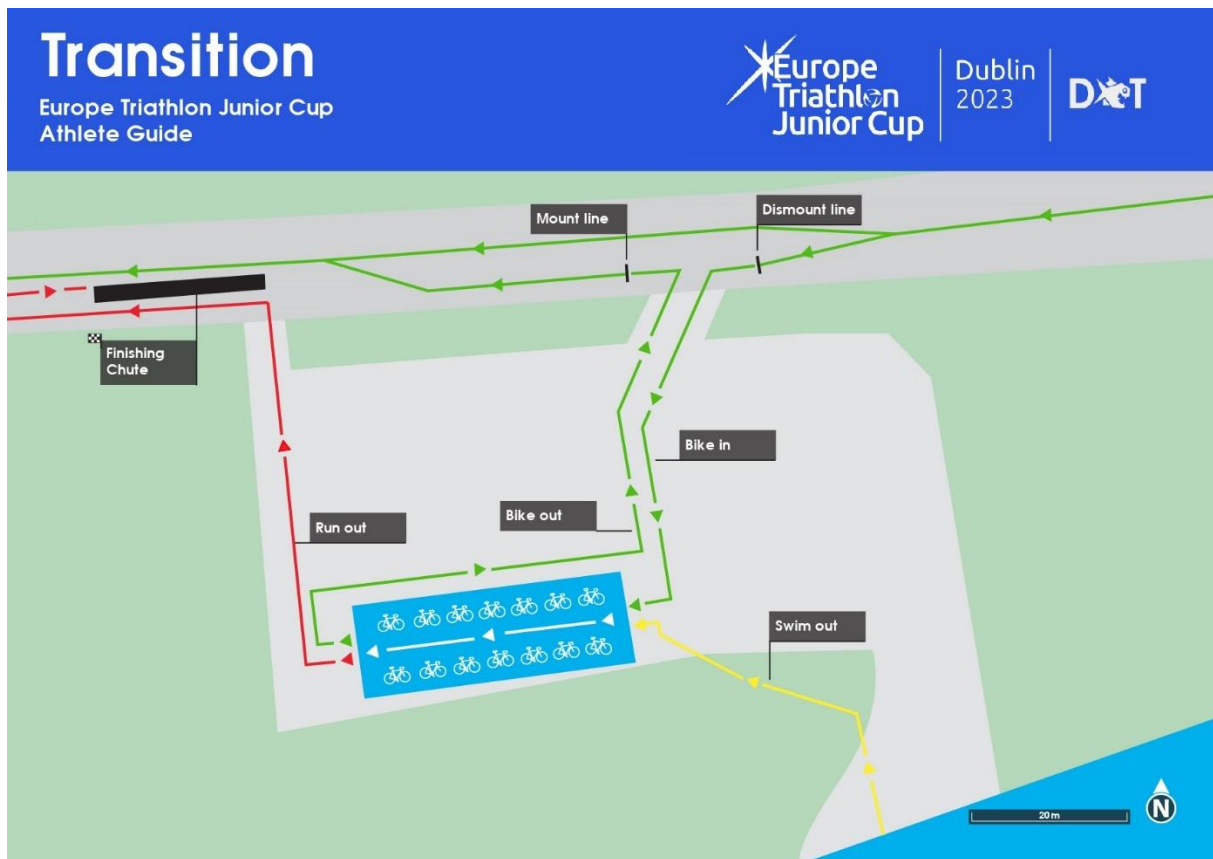


TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

TRANSITION 2

From the dismount line, athletes enter through the eastern gate of the site and proceed towards TA2 and rack their bikes in transition. Athletes will exit the western gate and pass the Finish Chute to begin their run.

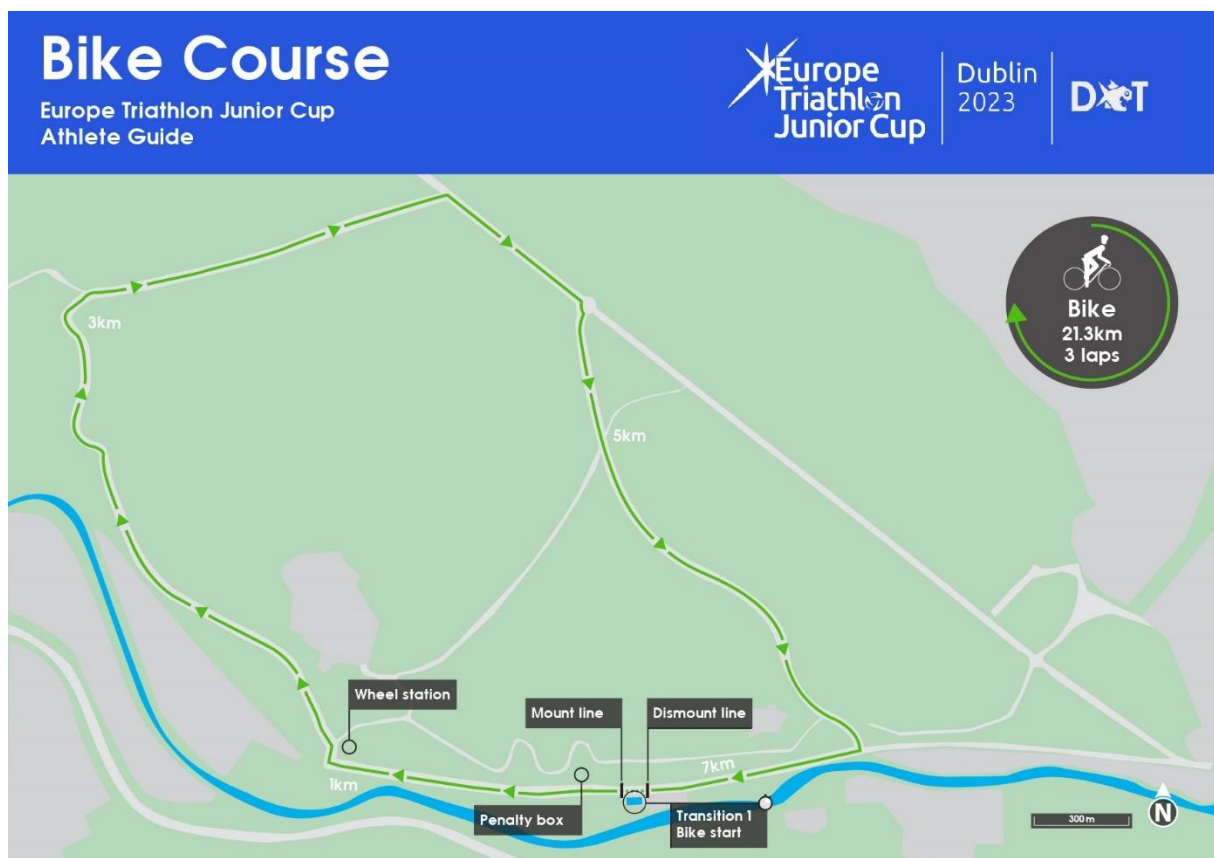


BIKE COURSE

Number of Laps: 3

Total Incline: 120 Metres

The direction of the Bike Course is in a clockwise format with a total incline of approximately 40 metres per lap. The first right turn at approximately 1 km entering through a 4-metre-wide gate. Athletes will veer to the left after 20 metres; the wheel station will be located to the right providing a safe run off area for changing wheels. Athletes follow a gradual climb for 1.85 km and make a right turn at 2.85 KM onto the Furze Road which is a 1km straight with zero elevation. Athletes will take a sharp right turn and head downhill to the Phoenix Monument turning right and passing the US Embassy before continuing for another 450 meters. The course veers left and down the Kyber Pass, please be conscious that there are wild deer in the park. The Kyber Pass is the fastest section of the course with a descent of approximately 30 meters and a total distance of 1KM before athletes encounter a chicane, a measure implemented to slow athletes before continuing 200 meters to exit the park. Athletes take a sharp right turn and travel 700 meters to the Garda Boat Club to complete the 1st of 3 laps.



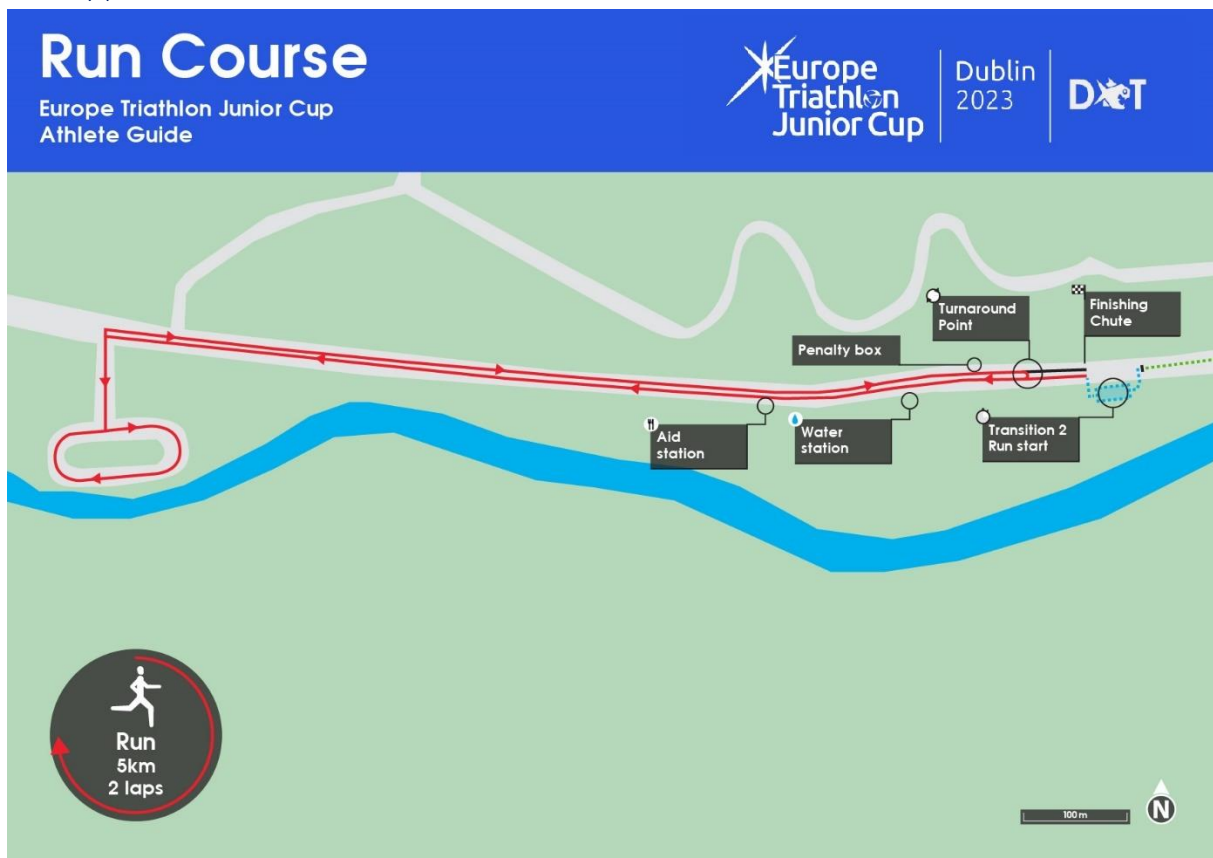
RUN COURSE

Description: Flat

Laps: 2

The Run Course is relatively flat consisting of two laps, 600 metres of which will comprise a lap of a running track at Donore Harriers Track. Running west along a footpath/cycle lane and returning on a road.

The Aid Station is located near the beginning of the run course at 50 metres and approximately the halfway point.



The Penalty Box is located 100 metres from the Finish Line.

9. USEFUL INFORMATION

VISAS

You will find all information about Visa regulations to travel to Ireland by using this link <https://www.dfa.ie/travel/visas/visas-for-ireland/> If you require a written letter to assist with your Visa application, please contact your National federation.

CURRENCY

The local currency in Ireland is the Euro.

LANGUAGE

The official language of Ireland is English

TIME ZONE

The local time-zone is GMT +1

WEATHER

The average temperature in Dublin in August for a typical day ranges from a high of 64°F (18°C) to a low of 53°F (12°C). Some would describe it as mildly cool and breezy. Local weather can be checked [here](#). Sunrise / sunset on race-day is at 06h23 and 20h29 respectively.

QUERIES

If you require any further information on this document or have any queries, please contact:

Julie Dunne

Email: julie@triathlonireland.com

Contact Landline: 0035312741032

Contact Mobile: 00353863074582

GOOD LUCK!