

# AGE GROUP GUIDE



## Welcome message from International Triathlon Union



Greetings and welcome to the Tartu 2018 ETU European Triathlon Championships,

It is my great pleasure to welcome you all to Estonia for four days of exciting racing, with the title of European Sprint Triathlon Champion being contested for our elite and junior as well as para and age-group athletes. Tartu is known as The City of Good Thoughts, and I am sure that over the coming days of races and cultural events, we will all once again see exactly why it deserves that name.

Four days of racing begins on Thursday morning. The swim course sees the athletes tackle 750m of the city's Emajogi River before the 20km bike section leads the cyclists through the beautiful city and its immediate surrounds. The final 5km run will then take in a single loop back around the river and the nearby canals before this year's European Champions finally take the tape in front of the crowds.

This is destined to be another important chapter in a strong triathlon history for the city that goes back to 2013, when it first hosted these championships. The breadth of competition on display over the four days underlines once again how accessible triathlon is to all ages and abilities and the enormous popularity that our sport continues to enjoy.

I would like to thank the ETU and the Estonian Triathlon Federation, the city of Tartu and the Local Organising Committee as well as all the volunteers who help to make this event such an exciting part of the European triathlon calendar. I wish all of the athletes the best of luck and hope that everyone visiting gets to enjoy the best of Tartu as it hosts the unforgettable spectacle of international triathlon.

Sincerely,

Marisol Casado

President, International Triathlon Union

IOC Member

## Welcome message from the mayor of Tartu



Dear participants, organizers and spectators of the championships!

Tartu is always glad to open its doors to undertakings that carry values, which make our lives and activities healthier, more passionate and exciting.

Triathlon is without a doubt one of those undertakings, one of those sports, that has intrigued Estonians as well as people all over the world and has gathered a big circle of supporters. The number of participants as well as the amount of different countries represented is remarkable and citizens of Tartu have a reason to be proud that we are strong advocates and organizers of an event this dignified and important.

I hope that triathlon will find its way to Tartu in the future as well - sport is a part of our cultural scene and triathlon competitions have an important place and goal in the long run in applying for European Capital of Culture for 2024, too. Let us keep the standards high and keep coming to Tartu - even when there is not a triathlon going on at the time. We await you.

With good thoughts and regards,

Urmas Klaas  
Mayor of the city of Tartu

## Welcome message from the Director of 2018 ETU Tartu Triathlon European Championships



Dear triathletes and triathlon fans!

It is my joy and honour to welcome you to Tartu Mill European Championships in triathlon, where we give out medals to European Champions on different distances and in different age groups!

2018 is a special year for Estonia – we are celebrating the 100<sup>th</sup> birthday of our country and as a gift for the centenary we have invited athletes from different countries to Tartu to hold a high-level triathlon competition. Hosting this ceremonial and important event in Tartu is as much a challenge for the organizers as competing is for the competitors – we wish to offer a joyful experience to thousands of citizens and spectators as well as the 1500 competitors from 40 different countries.

The competitions are on 19-22 July and in addition the program also includes a kids' triathlon, downtown run, everyman's triathlon, concerts, summery Tartu's culture program, etc.

The swim takes place in the famous river Emajõgi, the bike course takes the competitors to the beautiful landscape near the city and run distances in the centre of Tartu offer a grand finale to the fast course. Tartu Mill Triathlon with its race centre in the hearth of Tartu is attractive to the athletes, their families and the spectators!

Here in the Athlete's Guide you will find answers to all questions related to Tartu Mill triathlon. Please make sure to read through it carefully – the information here is very important.

We wish to point out that by following the rules in the guide you will respect your fellow competitors and help us organize an honest, memorable and safe competition. That way we can all enjoy and focus on why we are all here for – to make the best effort possible.

We, the organizers, wish you all good luck and see you at the finish!

Respectfully,

Ain-Alar Juhanson  
Director of the Race

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## 1 GENERAL INFORMATION

### 1.1. KEY DATES AGE GROUP

#### Thursday, July 19<sup>th</sup> 2018

- 09:00 – 10:30 AG Team Managers' Briefing
- 09:00 – 19:00 AG standard distance registration
- 17:00 – 18:30 AG swim course familiarization
- 20:00 – 20:30 Parade of nations
- 20:30 – 21:00 Opening Ceremony + Pasta Party

#### Friday, July 20<sup>th</sup> 2018

- 09:00 – 19:00 AG standard distance registration
- 18:00 – 21:00 AG standard distance bike check-in

#### Saturday, July 21<sup>st</sup> 2018

- 07:00 – 08:00 Last Minute AG standard distance run gear check only (no bicycles check)
- 08:00 Transition Closes
- 08:30 AG standard distance European Championships start
- 08:30 M18, M20, M25
- 08:35 F50, F55, F60, F65, F70, F75, F80
- 08:50 M40
- 08:55 F18, F20, F25
- 09:05 M60, M65, M70, M75, M80
- 09:20 M50, M55
- 09:25 F30, F35
- 09:35 M35
- 09:40 F40, F45
- 09:50 M45
- 09:55 M30
- 12:00 – 15:00 AG Transition Area bike check-out
- 20:00 - 21:30 AG standard distance Award Ceremony

#### Sunday, July 22<sup>nd</sup> 2018

- 18:00 Closing Ceremony

## 1.2. KEY DATES EVENT

### Thursday, July 19<sup>th</sup> 2018

20:00 – 20:30 Parade of nations

20:30 – 21:00 Opening Ceremony + Pasta Party

### Saturday, July 21<sup>st</sup> 2018

08:30 - 13:30 AG standard distance European Championships

20:00 - 21:30 AG Standard distance and Open Race - Award ceremony

### Sunday, July 22<sup>nd</sup> 2018

18:00 Closing Ceremony

## 1.3. KEY CONTACTS

Race Director	Ain-Alar Juhanson, ain@trismile.ee
Operations Manager	Ago Arro, ago@trismile.ee
ETU Co-Technical Delegate	Sarah Taylor-Hough (GBR), sarah@kweenb.co.uk
ETU Co-Technical Delegate	Siim Vollmer (EST), siimvollmer@gmail.com
ETU Assistant Technical Delegate	Sander Verheuvél (NED), s.verheuvél@caiway.nl
ETU Assistant Technical Delegate	Eero Raudsepp (EST), eero.raudsepp@triatlon.ee

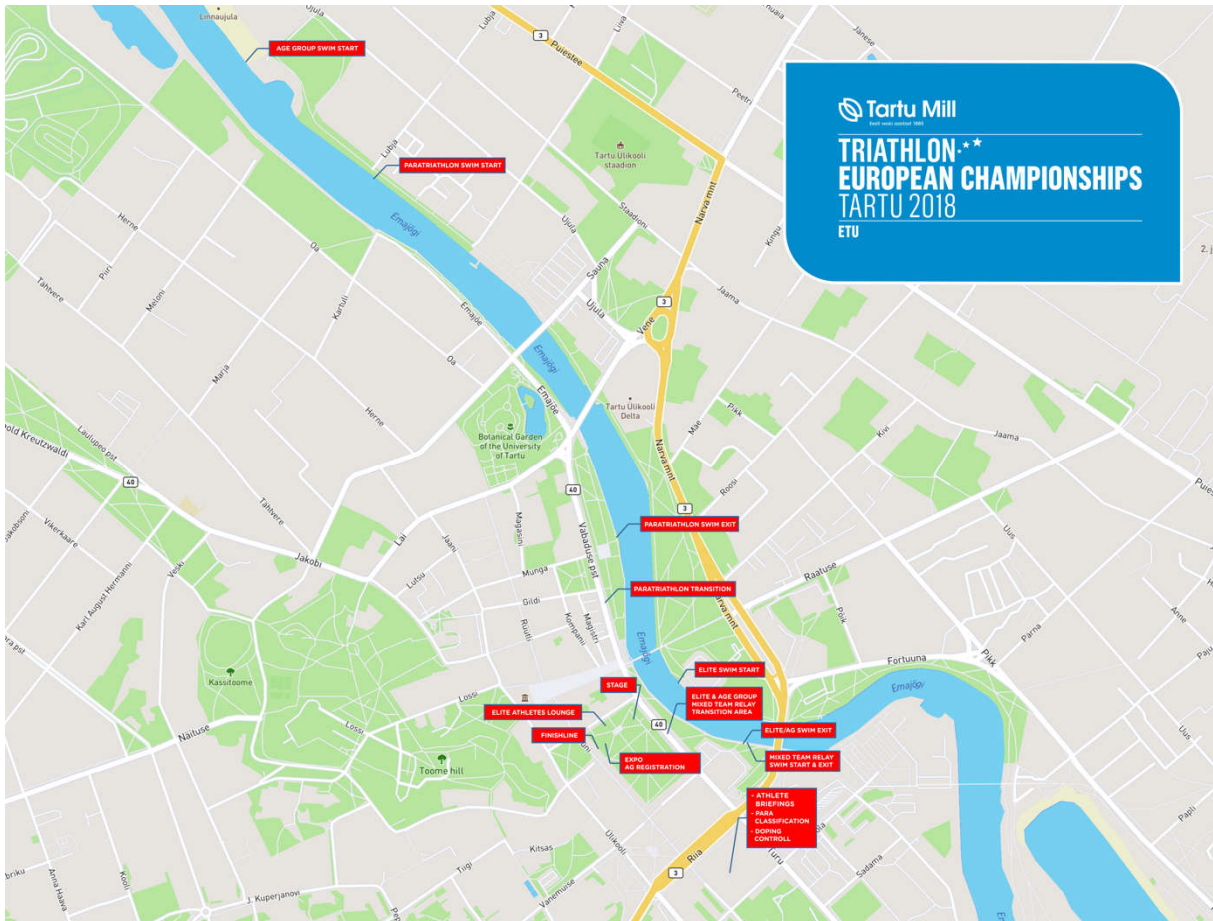
## 1.4. EVENT ORGANIZER

Address: MTU TriSmile  
Sepa 24b  
51013 Tartu  
Phone: +372 5333 8272  
Email: klubi@trismile.ee

## 2 VENUE

The venue is on Vabaduse pst, Tartu.

### 2.1. VENUE MAP



### 2.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the familiarizations and races. There will be First Aid and Emergency Medical Services at the Race Village on competition day. 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 are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital:



Tartu University Hospital  
1a L.Puusepa St.  
50406 Tartu  
Emergency telephone number - 112  
2.3. BIKE MECHANIC SERVICE

There will be a bike mechanic service within the EXPO at the venue which will be open 15:00 – 19:00 on Wednesday, July 18<sup>th</sup> and 08:00 – 20:00 from Thursday, July 19<sup>th</sup> till Sunday, July 22<sup>nd</sup>. Bike Mechanic support will also be available 30 minutes prior to check in at Transition Area.

### **3 REGISTRATION**

#### **3.1. REGISTRATION PROCESS**

To take part in the 2018 Tartu ETU Triathlon European Championships you are required to pick up your registration kit from the registration tent. In this kit you will find your start number and other necessities. All athletes need to personally register and have their race wristbands (accreditation) fitted. Registration will be available on Thursday 19th July from 09:00 - 19:00 and Friday 20th July from 09:00 - 19:00. This will be at your own convenience. Race package collection will not be available on race day.

When you pick up your registration kit you need to show valid photo identification. Please bring your Passport, ID-card, Race Licence or Drivers License. In the event that you are unable to pick up your race kit you must ensure that the registration kit is collected by your Team Manager. You must authorise the Team Manager to do so in writing. The Team Manager also needs a copy of the ID-card/passport of the participant as well as their own official identification.

#### **3.2. REGISTRATION KIT**

Your registration kit will contain the following items:

- Accreditation wristband

Please wear your wristband from the time you register until the closing ceremony.

- Bib number

You must wear your bib number for the run leg. The bib number must be worn on your front for the run.

- Timing chip.

Please place timing chip on your ankle for the race. The timing chip must be returned. There will be volunteers to remove your chip at the Finish Line. There is a 45€ fee for lost chips.

- Swim cap

The given swim cap has to be worn during the swimming discipline.

- Body Decals

Please place the body decals on your right and left arm.

- Stickers

Secure the bike sticker on the seat post with the number pointing to the rear wheel. Helmet sticker must be on the middle, right and left side of the helmet.

Last minute bag can be left at the Swim Start Bag Drop and it will be brought back to Athlete's Lounge in race center. Please place "BAG" sticker on your last minute bag.

### 3.3. AGE GROUP TEAM MANAGERS BRIEFING

This will be held on Thursday 19th July 2018 09:00 - 10:30 in V Spa Hotel, address Riia 2, 51004 Tartu.

## 4 TRAINING

### 4.1. SWIM TRAINING

Address: Arctic Sport Club  
Anne 44a, Tartu  
Phone: +372 740 4005  
Email: infotartu@arcticsport.ee  
Open: Mon-Thu 06:30 – 22:00  
Fri 06:30 – 21:00  
Sat-Sun 09:00 – 20:00

This will be at a cost of 7€ and on a first come, first served basis according to maximum amount of swimmers allowed at any one time within the pool.

Open water swimming is available at the following sites:

- Anne Kanal

This will be at your own risk and you will only be able to swim when the green or yellow flag is showing.

#### 4.2. BIKE AND RUN TRAINING

The bike course is closed to traffic during the races, no individual training allowed. Bike training is allowed before and after the races. Roads are not closed to traffic for training sessions. Please keep to the right, follow local traffic rules and ride carefully.

It's possible to use marked AG running course when there is no race ongoing.

#### 4.3. MASSAGE SERVICES

There are no massage services provided by the race organizer in the race center.

#### 4.4. SWIM FAMILIARISATION

The swim familiarisation for age group will take place in river Emajõgi on Thursday, July 19<sup>th</sup> 2018 at 17:00 – 18:30.

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

Please note: swimming in the river Emajõgi outside of the swim familiarisation at any time is forbidden due to safety.

### 5 THE RACE

#### 5.1. CHECK-IN BIKE AND RUN GEAR

Friday 20<sup>th</sup> July 2018

You can place your bike and run gear in Transition. Pay attention to the following:

- Attach the required stickers on your bike.
- Wear a helmet when entering transition.
- At check in your National Uniform will need to be checked. All must correspond to the ETU Competition Rules otherwise you will not be allowed to enter. Uniform must be fully worn for checking or presented separately.
- Your bike and helmet will be checked for safety reasons. There will be officials to assess all bikes, they can stop you from competing if your bike fails the requirements.
- You need to place your bike at the position of your start number. Start numbers are attached to the bike racks.
- Take the time to see where your numbered racking is and where the exits are located. This will benefit your transition time.
- Ensure that your race equipment is arranged neatly next to your bike within the area allocated to you.

- Personal belongings, other than your race equipment, are not allowed in Transition.
- Marking of your transition spot is not permitted. All marks will be removed by the technical officials, including towels. Portable toilets will be available near Transition and throughout the course.
- Morning gear that you do not need for the race **CANNOT BE LEFT IN TRANSITION.**

#### Bike Check-In Times on Friday, 20th July 2018

Wave	18:00	18:30	F18, F20, F25, F50, F55, F60, F65, F70, F75, F80
Wave	18:30	19:00	M18, M20, M25, M35
Wave	19:00	19:30	F30, F35, F40, F45
Wave	19:30	20:00	M40, M60, M65, M70, M75, M80
Wave	20:00	20:30	M50, M55
Wave	20:30	21:00	M30, M45

#### 5.2. SHUTTLE BUS SERVICE

There will be a Shuttle Bus service to take athletes only to the start of the swim (on Saturday, July 21<sup>st</sup>). The times of this shuttle will be:

07.20; 07.40; 08.00; 08.20; 08.40

You will need your accreditation wrist band to board. This service is only available to athletes. The Shuttle Bus will meet just next to the transition area.

#### 5.3. WETSUIT

ITU Competition Rules are in place for this event.

It is mandatory to wear a wetsuit when the water temperature is 15.9°C or less. If the temperature is 24.6°C or more, wetsuits will not be allowed to use.

To make sure all participants leave with their own wetsuit, we advise you to write your name in your wetsuit. The timing chip needs to be secured around the ankle.

#### 5.4. SWIM START

The pre-race waiting area is located near the Swim Start. Athletes will be called to the pre-race area 20 minutes before the start of their wave. A swim warm up will not be possible. Officials will provide information on how to line up on the start line. Athletes will need to step across the chip timing mat (start list check) in order to access the swim.

The start of the swim is in Lodjakoda. The timing chip is registered as soon as you cross the timing mat before entering the water. You need to follow the instructions of the officials at all times.

Last minute bag can be left at the Swim Start Bag Drop and it will be brought back to Athlete's Lounge in race center. Please place "BAG" sticker on your last minute bag.

#### Wave Start Times

Wave 1	08:30	M18, M20, M25
Wave 2	08:35	F50, F55, F60, F65, F70, F75, F80
Wave 3	08:40	M40
Wave 4	08:45	F18, F20, F25
Wave 5	08:50	M60, M65, M70, M75, M80
Wave 6	08:55	M50, M55
Wave 7	09:00	F30, F35
Wave 8	09:40	M35
Wave 9	09:45	F40, F45
Wave 10	09:50	M45
Wave 11	09:55	M30

#### 5.5. SWIM

- Swim course is 1750 metres point to point from Lodjakoda to swim exit, however due to the rivers current the swim course will be in effect an approximate 1500m swim time.
- Lifeguards are present to give help to athletes who need it.
- If you get into difficulty, lie on your back and raise your arm. A lifeguard will come to you and if necessary arrange a safety boat to take you out of the water.
- At the end of the swim you will need to follow the route to the Transition.
- After your swim you may only roll down your wetsuit as far as your hips until you have reached your bike. You may only take it off completely once you have reached your bike. Stopping in the flow zones of the Transition is not allowed.



## 5.6. TRANSITION

- Before you take the bike from the rack you must put on your helmet and fasten it. After cycling you are allowed to take off your helmet after your bike is racked.
- Make sure you are still wearing your timing chip before you leave. If your timing chip has come off in the swim, please report this to the officials.
- No cycling is allowed in the Transition. You need to push your bicycle through Transition until you are over the mount line. After crossing the mount line you can start cycling. After cycling you must dismount before the dismount line and push your bike to your rack.

## 5.7. BIKE

- Bike course is 2 laps of 20km.
- Wearing a helmet is mandatory.
- Drafting is **not** allowed. This is a Draft Illegal race.
- The bike course is closed to traffic.

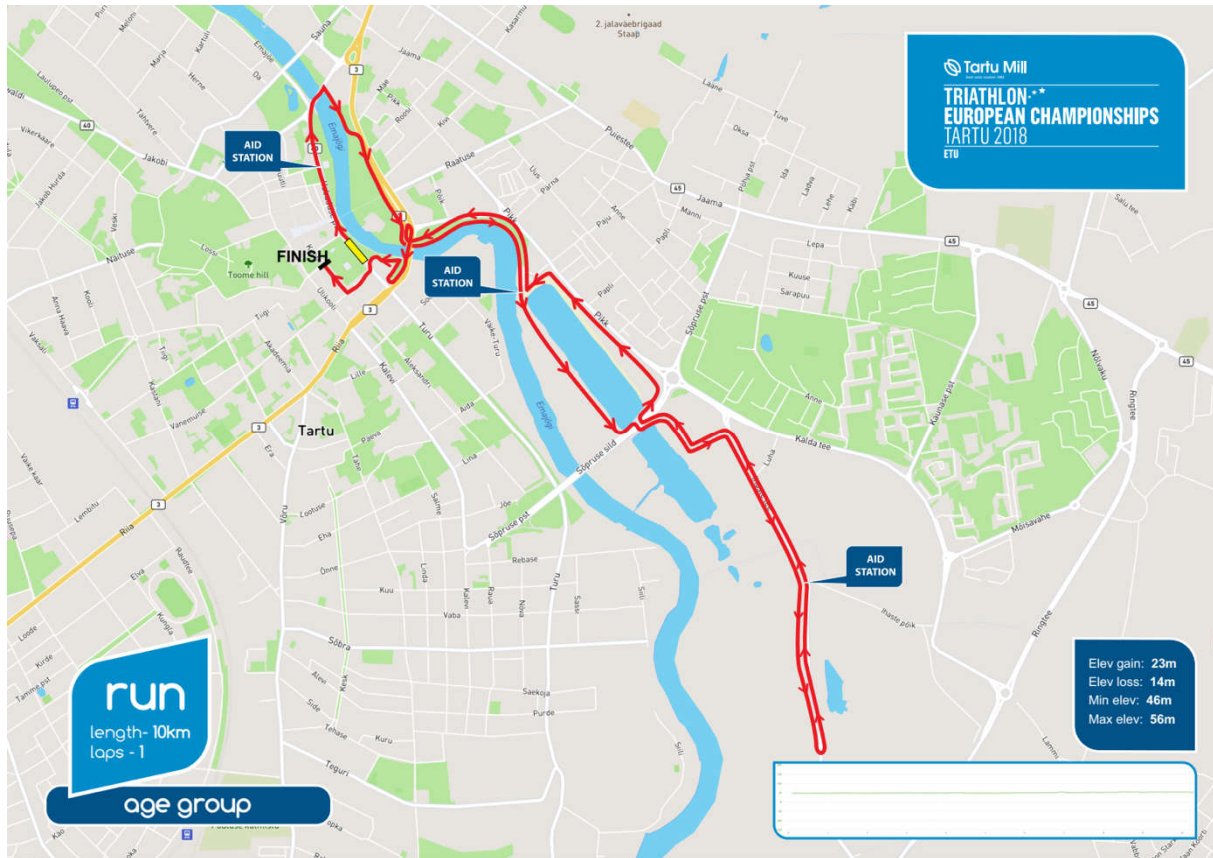


- Stay on the right side of the road and know that faster cyclists can overtake you.



## 5.8. RUN

- Run course is 1 lap of 10km.
- You must wear your bib number on the front.
- Your upper body must be fully covered.
- There are five aid stations alongside the run course.
- No children, family or friends will be allowed to accompany the athlete down the Finish Chute - this will be an instant disqualification.



## 6 AFTER THE RACE

### 6.1. MEDALS

Everybody receives a medal after the finish. When walking through the finish chute please make way for the other participants running in.

Medal ceremonies for all age group will take place on July 21<sup>st</sup> at 20:00 on the race center stage.

### 6.2. RECOVERY AREA

After the finish you will find the recovery area. In the recovery area there are drinks and snacks available.

### 6.3. BIKE CHECK-OUT



You can check out your bike after the race at 13:00 – 15:00. Athletes must present their wrist band at check-out. Do not tear off the bike number from your bike in the Transition before check-out!

#### 6.4. RESULTS

Results will be published immediately after the race to the ITU's official website:  
[www.triathlon.org](http://www.triathlon.org).

#### 6.5. PROTESTS

Standard procedures will be followed according to the ITU Competition Rules.

#### 6.6. LOST AND FOUND

Lost and found items can be picked up in the info tent till Sunday, July 22<sup>nd</sup>. After that you can send an email to the LOC: [info@trismile.ee](mailto:info@trismile.ee). If your items have been found you can either pick it up from our office in Tartu or it will be sent to you at your own costs.

### 7 TRANSPORTATION

#### 7.1. CLOSEST AIRPORT

The nearest airport is located in Tartu <http://www.tartu-airport.ee>. The nearest international airports are in Tallinn <http://www.tallinn-airport.ee> (185km from Tartu) and in Riga <http://www.riga-airport.com> (245km from Tartu).

For Visa requirements please check <http://vm.ee/en/who-does-not-need-visa-visit-estonia>

#### 7.2. LOCAL TRANSPORTATION

We recommend to arrive Tartu from Tallinn or Riga by car. You can book a rental car from airports.

If you arrive by seas (<https://laevapiletid.ee>) we recommend to have your own car with you. Bus connections to/from Tartu are very good. You can find bus information <https://www.tpilet.ee/en>.

Train connections to Tartu - <http://elron.ee/en/home/soiduplaan>.

For transfer requests please contact our office [info@tartutriathlon.ee](mailto:info@tartutriathlon.ee)

## 8 ACCOMMODATION

The official host hotel of 2018 ETU Triathlon European Championships is V Spa & Conference Hotel.

Address: Riia 2  
51004 Tartu  
Phone: +372 677 6677  
Email: info@vspahotel.ee

If you have any accommodation queries please contact our office info@tartutriathlon.ee

## 9 USEFUL INFORMATION

Population of Tartu: 93 thousand (the second biggest city in Estonia)  
Population of Estonia: 1.3 million  
Time zone in Estonia: GMT+2  
Currency: EUR  
Electricity: 220V EU socket  
ATM: numerous places in the city

## 10 CEREMONIES

Parade of Nations will take place on the 19<sup>th</sup> of July 20:00. Route will approx. 600m long, starting from the beginning of the finish straight.

Opening ceremony starts right after the Parade of Nations at the race center stage at 20:30.

Closing ceremony will take place right after Kids race on Sunday 22<sup>nd</sup> of July at 18:00.

Pasta Party will take place in the race center, at the athlete's lounge tent. Pasta Party is free of charge for the athlete's and for their handlers/guides. Athlete's must wear their wristband. Cost of pasta party for friends and family is 15 euros.

After each medal ceremonies there will be live band concert on the racecenter stage.

- 19.07 @ 21:30 – Ott Lepland Band
- 20.07 @ 21:30 – Nedsaja küla bänd

- 21.07 @ 21:30 – Kristjan Kasearu

Museums, restaurants and clubs will have special offers for the event guests and participants.

## **11 EXPO & MERCHANDISE**

Event Expo is open:

18<sup>th</sup> of July 9:00 - 19:00

19<sup>th</sup> of July 9:00 - 19:00

20<sup>th</sup> of July 9:00 – 19:00

21<sup>st</sup> of July 9:00 - 19:00

22<sup>nd</sup> of July 9:00 – 18:00

Event specific merchandise is available.