

# ATHLETES GUIDE



**SEPTEMBER 22-23**



ALTAV



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## 1. GENERAL INFORMATION

### 1.1 Introduction

The purpose of the Athletes Info Guide is to ensure that all Athletes and Team Leaders are well informed about all procedures concerning the Alanya ETU Triathlon European Cup & Alanya ETU Junior European Cup 2018.

The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. **However, Team Leaders are advised to check with the Information Center LOC OFFICE during the Championship's week, and its web site [www.alanyatriathlon.com](http://www.alanyatriathlon.com) prior to that week, regarding any changes on information included**

We are completing 28 years along with this year on triathlon adventure which was started on 1991. On behalf of Alanya Municipality this race will be organized in 2018 by Peli Org. Ltd. and cooperation with Turkish Triathlon Federation and Alanya Outdoor Sports Club.

## 1.2 Key Dates

WHAT	WHERE	WHEN	START
Junior Women Athlete's Briefing	Culture Center	Friday 21st	16:30
Junior Men Athlete's Briefing	Culture Center	Friday 21st	16:30
AG Athletes Briefing	Culture Center	Friday 21st	17:30
Elite Men Athlete's Briefing	Culture Center	Friday 21st	18:00
Elite Women Athlete's Briefing	Culture Center	Friday 21st	18:00
Pasta Party	Culture Center	Friday 21st	19:00
<b>Race Start AG Olympic</b>	<b>Venue   Beach</b>	<b>Saturday 22nd</b>	<b>07:00</b>
<b>Cadet Men (national race)</b>	<b>Venue   Beach</b>	<b>Saturday 22nd</b>	<b>10:00</b>
<b>Cadet Women (national race)</b>	<b>Venue   Beach</b>	<b>Saturday 22nd</b>	<b>10:45</b>
<b>Race Start Junior Women</b>	<b>Venue   Beach</b>	<b>Saturday 22nd</b>	<b>12:30</b>
<b>Race Start Elite Women</b>	<b>Venue   Beach</b>	<b>Saturday 22nd</b>	<b>15:30</b>
Medal Ceremony Elite Women	Finish Area	<b>Saturday 22nd</b>	17:45
Medal Ceremony Junior Women	Finish Area	<b>Saturday 22nd</b>	17:45
Medal Ceremony AG Olympic	Finish Area	<b>Saturday 22nd</b>	18:00
<b>Race Start AG Sprint</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>07:00</b>
<b>Aquathlon M1 Men</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>09:00</b>
<b>Aquathlon M1 Women</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>09:15</b>
<b>Aquathlon M2 Men</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>09:30</b>
<b>Aquathlon M2 Women</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>10:00</b>
<b>Aquathlon M3 Men</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>10:30</b>
<b>Aquathlon M3 Women</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>11:15</b>
<b>Race Start Junior Men</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>12:30</b>
<b>Race Start Elite Men</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>15:30</b>
Medal Ceremony Junior Men	Finish Area	Sunday 23rd	17:45
Medal Ceremony Elite Men	Finish Area	Sunday 23rd	17:45
Medal Ceremony – AG sprint	Finish Area	Sunday 23rd	18:30
Closing Ceremony	TBT	Sunday 23rd	20:30
Triathlon Party	TBT	Sunday 23rd	23:00

in this guide.

## 1.3 Key Contacts

Executive Director	Mehmet Zafer Peker
Organisation Director	Levent Uğur
Press Office	Rabia Eşit
Director of Operations	Naim Namal
Technical Delegates	Eugene Kraus (LUX)

## 1.4 Contact Details

**Mehmet Zafer Peker**

Tel: 0090 536 353 34 38

[zaferpekers@hotmail.com](mailto:zaferpekers@hotmail.com)

[www.alanyatriathlon.com](http://www.alanyatriathlon.com)

**Levent Uğur**

Tel: 0090 532 318 48 08

**Naim Namal**

Tel: 0090 532 437 54 56

**Eugene Kraus**

[ekraus@pt.lu](mailto:ekraus@pt.lu)

## 2. VENUE

### 2.1 Venue

The venue is located close to the Alanya Municipality City Hall where the Finish Area will be located.

### 2.2 Athletes' Lounge

Facilities including athlete's lounge and toilets are provided to the athletes (Elite, Junior) near the Beach, and there is also a waiting area for Age Groups near the Beach.

*Please check **Map Nr1***

### 2.3 Doping Control

Doping Control will be performed according to the ITU/WADA rules. *Please check **Map Nr1** in the **Maps** section (**City Hall**).*

### 2.4 Medical Services

First Aid and Emergency Medical Services at the Finish Area will be available to anyone requiring medical assistance during the competition hours.

Medical and paramedical personnel will be available throughout the courses and the races themselves.

Medical areas will be available on site, at the finish area. Teams should ensure that they have appropriate medical insurance.

### 2.5 Bike Mechanic Centre

There will be Bike Mechanic Support available on September, Friday 21st and up to Sunday 23rd by Peli and the timetable will be as follows:

Friday	06:00 to 16:00	by Peli at the VENUE
Saturday	06:00 to 16:00	by Peli at the VENUE
Sunday	06:30 to 16:00	by Peli at the VENUE

there will be a Bike Mechanic Support near the start area (venue).

*Please check **Map Nr1** in the **Maps** section.*

### 2.6 Information Centre/LOC OFFICE

The Information Center/LOC OFFICE, will be at open at:

- **Culture Center** on Thursday 20th from 08:00-12:00 and 13:00-17:00
- **Race center/City Hall**, from Friday to Sunday and open all day.

Otherwise, contact Executive Director M.Zafer Peker (+90 536 353 34 38)

## 2.7 Security

Safety during the whole competition will be guaranteed by a specific Security Plan. In the swim course security will be guaranteed by the Sea Civil Guard together with lifesaving staff. In the cycle course Local Police and the Traffic Civil Guard will guarantee security along with a large and very well trained volunteer team. Along the running course security will be guaranteed by the Local Police. In addition, a private security company will be in charge of accesses into venues.

## 3. ACCOMMODATION

We offer a wide range of hotel rooms and **prices in order to provide better rates for the athletes.**

For more information, prices and payment conditions, please enter our web site

[www.triathlonalanya.com](http://www.triathlonalanya.com) and click on to the travel section.

For any information regarding accommodation arrangements, reduced mobility or special needs, please contact [www.triathlonalanya.com](http://www.triathlonalanya.com) [info@triathlonalanya.com](mailto:info@triathlonalanya.com)

## 4. TRANSFER AND TRANSPORT

The LOC will provide through the Official Travel Agency a **Transfer service** from either both airports, Gazipaşa and Antalya to all Alanya's hotels.

To book this service you need to fill in the reservation form in the travel section in [www.triathlonalanya.com](http://www.triathlonalanya.com) or send an e-mail with detailed flight information to us **not later than 2 weeks before the event.**

The Official Travel Agency offers a private **TRANSPORT** service (shuttle) between hotels in and ALANYA city. This service is a 4 days Forfait (thursday, friday, saturday and sunday).

**For other Transport services, and any information about transfer or transport, please contact** [info@triathlonalanya.com](mailto:info@triathlonalanya.com)

## 5. TRAINING

Pre-competition swimming training will take place: for Elite, Junior, Olympic Swimming Pool is located 4 km from at the venue.

Look for map.

For your bike training, a number of secured routes are proposed below. For your running training, there are several routes in Alanya city, all safe and appropriate.

### 5.1 Elite, Junior, training sessions in the Alanya Olympic Swimming pool.

- Thursday, September 20th.

08:00-12:00

- Friday, September 21st.

08:00-12:00

- Saturday, September 22nd.

08:00-12:00

NOTE: IT IS IMPORTANT THAT EACH NATIONAL FEDERATION SENDS TRAINING SESSIONS' REQUEST FOR THEIR TEAM (ATHLETE'S NAME, HOUR AND DAY) UNTIL ONE WEEK BEFORE THE RACES, TO [sports@alanya.bel.tr](mailto:sports@alanya.bel.tr)

## 5.2 Age Groups training sessions in Alanya Olympic Swimming Pool

- Friday, September 21st.

14:00 – 18:00

## 5.3 Bike Training

Please find below the proposed training routes for your bike training. Be always aware of the Traffic Rules and Regulations. Bike training will be at your own risk.

## 5.4 Familiarization

The bike and swim familiarization times:

- Swim, Friday September 21st

WHERE	START	END	EVENT
Venue   Beach	10:30	11:30	Elite Men
Venue   Beach	10:30	11:30	Elite Women
Venue   Beach	10:30	11:30	Junior Men
Venue   Beach	10:30	11:30	Junior Women

- Bike, Friday September 21st

WHERE	START	END	EVENT
Venue   Elite Transition	06:30	07:00	Elite Men
Venue   Elite Transition	06:30	07:00	Elite Women
Venue   Elite Transition	06:30	07:00	Junior Men
Venue   Elite Transition	06:30	07:00	Junior Women

During the swimming familiarization course there will be lifeguards and medical service available. During the bike familiarization course, Police and LOC will escort the athletes around the course.



## 5.5 Sport Massage Service

Sports Massage Therapy will be available to Elite, Junior, athletes after all the races at the Recovery area. Age Groups will have their own Sports Massage Therapy at the Recovery area.

## 6. COMPETITION INFORMATION

### 6.1 Competition Schedule

#### ELITE WOMEN

WHAT	WHERE	WHEN	START	END
Press Conference	City Hall	Thursday 20th	13:00	
Bike Course Familiarization	Venue   Elite Transition	Friday 21st	06:30	07:00
Swim Course Familiarization	Venue   Beach	Friday 21st	10:30	11:30
Elite Athletes Briefing/ Registration	Culture Center	Friday 21st	18:00	19:00
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Athlete's Lounge Open for check	Main venue	Saturday 22nd	14:15	15:00
Transition Area Opens	Elite Transition Area	Saturday 22nd	14:30	15:15
Swim Warm Up	Main venue	Saturday 22nd	14:30	15:15
Athlete's Presentation	Main venue	Saturday 22nd	15:20	15:30
<b>Race Start</b>	Main venue	Saturday 22nd	<b>15:30</b>	<b>17:45</b>
Award Ceremony	Finish Area	Saturday 22nd	17:45	
Bike Check Out	Elite Transition Area	Saturday 22nd	17:45	18:30
Closing Party & Ceremony		Sunday 23rd	20:30	23:00

#### ELITE MEN

WHERE	WHAT	WHEN	START	END
Press Conference	City Hall	Thursday 20th	13:00	
Bike Course Familiarization	Venue   Elite Transition	Friday 21st	06:30	07:00
Swim Course Familiarization	Venue   Beach	Friday 21st	10:30	11:30
Elite Athletes Briefing/ Registration	Culture Center	Friday 21st	18:00	19:00
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Athlete's Lounge Opens	Main venue	Sunday 23rd	14:15	15:00
Transition Area Opens	Elite Transition Area	Sunday 23rd	14:30	15:15
Swim Warm Up	Main venue	Sunday 23rd	14:30	15:15
Athlete's Presentation	Main venue	Sunday 23rd	15:20	15:30
<b>Race Start</b>	Main venue	Sunday 23rd	<b>15:30</b>	<b>17:45</b>
Award Ceremony	Finish Area	Sunday 23rd	17:45	
Bike Check Out	Elite Transition Area	Sunday 23rd	17:45	18:30
Closing Party & Ceremony		Sunday 23rd	20:30	23:00

#### JUNIOR WOMEN

WHAT	WHERE	WHEN	START	END
Bike Course Familiarization	Venue   Elite Transition	Friday 21st	06:30	07:00
Swim Course Familiarization	Venue   Beach	Friday 21st	10:30	11:30
Junior Athletes Briefing/ Registration	Culture Center	Friday 21st	16:00	17:00
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Athlete's Lounge Open for check	Main venue	Saturday 22nd	11:15	12:00
Transition Area Opens	Elite Transition Area	Saturday 22nd	11:30	12:15
Swim Warm Up	Main venue	Saturday 22nd	11:30	12:15
Athlete's Presentation	Main venue	Saturday 22nd	12:20	12:30
<b>Race Start</b>	Main venue	Saturday 22nd	<b>12:30</b>	<b>13:45</b>
Bike Check Out	Elite Transition Area	Saturday 22nd	13:45	14:30
Award Ceremony	Finish Area	Saturday 22nd	17:45	

Closing Party & Ceremony		Sunday 23rd	20:30	23:00
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## JUNIOR MEN

WHAT	WHERE	WHEN	START	END
Bike Course Familiarization	Venue   Elite Transition	Friday 21st	06:30	07:00
Swim Course Familiarization	Venue   Beach	Friday 21st	10:30	11:30
Junior Athletes Briefing/ Registration	Culture Center	Friday 21st	16:00	17:00
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Athlete's Lounge Opens	Main venue	Sunday 23rd	11:15	12:00
Transition Area Opens	Elite Transition Area	Sunday 23rd	11:30	12:15
Swim Warm Up	Main venue	Sunday 23rd	11:30	12:15
Athlete's Presentation	Main venue	Sunday 23rd	12:20	12:30
<b>Race Start</b>	Main venue	Sunday 23rd	<b>12:30</b>	<b>13:45</b>
Bike Check Out	Elite Transition Area	Sunday 23rd	13:45	14:30
Award Ceremony	Finish Area	Sunday 23rd	17:45	
Closing Party & Ceremony		Sunday 23rd	20:30	23:00

## AGE GROUP OLYMPIC

WHAT	WHERE	WHEN	START	END
Age Group Team Managers Briefing	Culture Center	Friday 21st	18:00	19:00
Age Group Athletes Briefing	Culture Center	Friday 21st	18:00	19:00
Age Group Registration	Culture Center	Friday 21st	10:00	17:30
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Transition Area Opens	Age Group Transition Area	Saturday 22nd	06:00	07:00
<b>Race Start</b>	<b>Venue   Beach</b>	Saturday 22nd	<b>07:00</b>	<b>10:00</b>
Bike Check Out	Age Group Transition Area	Saturday 22nd	10:00	11:00
Medal Ceremony	Finish Area	Saturday 22nd	18:00	
Closing Ceremony		Sunday 23rd	20:30	23:00

## AGE GROUP SPRINT

WHAT	WHERE	WHEN	START	END
Age Group Team Managers Briefing	Culture Center	Friday 21st	18:00	19:00
Age Group Athletes Briefing	Culture Center	Friday 21st	18:00	19:00
Age Group Sprint Registration	Culture Center	Friday 21st	10:00	17:30
Pasta Party	Culture Center	Friday 21st	19:00	20:00
Transition Area Opens	Age Group Transition Area	Sunday 23rd	06:00	07:00
<b>Race Start AG Sprint</b>	<b>Venue   Beach</b>	Sunday 23rd	<b>07:00</b>	<b>09:00</b>
Bike Check Out	Age Group Transition Area	Sunday 23rd	09:00	10:00
Medal Ceremony	Finish Area	Sunday 23rd	18:00	
Closing Ceremony		Sunday 23rd	20:30	23:00

## 6.2 Competition Rules

The ETU Triathlon European Cup will follow the latest published Competitions Rules of the International Triathlon Union.

The Age Group Race is Standard Distance race draft legal race and TT Bike not allowed  
Sprint Distance race draft legal race and TT Bike not allowed.

## 6.3 Insurance

All athletes and team support personnel must carry their own medical insurances.

## 6.4 Warm up

The LOC will provide the swim course for warm-up, under the best secure conditions, as follows:

WHAT	WHERE	WHEN	START	END	EVENT
Swim Warm Up	Venue   Beach	Saturday 22nd	11:45	12:15	Junior Women
Swim Warm Up	Venue   Beach	Saturday 22nd	14:30	15:15	Elite Women
Swim Warm Up	Venue   Beach	Sunday 23rd	11:45	12:15	Junior Men
Swim Warm Up	Venue   Beach	Sunday 23rd	14:30	15:15	Elite Men

## 6.5 Athletes Race Pack

Athletes' race packs will be handled over at the Culture Center and during the briefing and registration, as follows:

WHAT	WHERE	WHEN	START	END	EVENT
Briefing- Registration	Culture Center	Friday 21st	16:00	17:00	Junior Men
Briefing- Registration	Culture Center	Friday 21st	16:00	17:00	Junior Women
Briefing-Registration	Culture Center	Friday 21st	18:00	19:00	Elite Men
Briefing- Registration	Culture Center	Friday 21st	18:00	19:00	Elite Women
Registration	Culture Center	Friday 21st	10:00	17:30	AG Sprint
Registration	Culture Center	Friday 21st	10:00	17:30	AG Olympic

## 6.6 Timing Bands

On the race day, athletes are given a Chip Timing band, to be worn on the athlete's right ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race.

## 6.7 Information About the FOP

### 6.7.1 Start

The start is a beach start. The start place is 70m long and each athlete will stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

### 6.7.2 Swim Course

The start area is located at Galip Dere Beach, in front of the Alanya Municipality Building. At each turn there will be yellow buoys.

Please check the **Maps** section for each race.

It is forbidden to use wetsuits. Average temperature is expected to be 26°C.

### 6.7.3 Transition T1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a box placed beside the bike racks. For T1 the bike is racked with the bike facing towards the exit. Athletes name and number 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.

### 6.7.4 Transition T2

From the dismount line, athletes run in the centre lane with the bike towards their bike rack. Running shoes may be placed beside the rack or in the box. After putting on their shoes, athletes will run forward in the outer run lane.

### 6.7.5 Bike Course

The bike course is all covered. The course is flat and some technical turns after start and before finish. For Bike course elevation maps, please check the **Maps** section for each race.

### 6.7.6 Wheel Stations

- Wheel stations will be located along the bike course. First of the venue this one team wheel station
- Please check the **Maps** section for each race.

### 6.7.7 Run Course

The run course is through the city center. The athletes will run on asphalt, and enter the Finish line and in the last lap, cross the finish line.

For Run Course Elevation Maps check the **Maps** section for each race.

### 6.7.8 Aid Stations

Two (2) aid stations will be located along the run course and one at the end (behind the finish line).

Please check the **Maps** section for each race.

## 6.8 Weather Conditions

Please find below the average Weather Conditions for September:

Maximum Temp	27,6°C
Minimum Temp	15,4°C
Average Temp	22,5°C
Wind Speed (m/s)	
Rain	5,8 days

## 6.9 Results

Results will be uploaded live at the race official website [www.triathlonalanya.com](http://www.triathlonalanya.com) Also live coverage of the race will be displayed through the web.

All the Results information will be distributed to the Team Leaders at the Information Centre.

**Please remember: FOR AGE GROUP AND JUNIOR CATEGORIES, PRIZE MONEY WILL BE GIVEN ONLY WHEN PRESENTING PASSPORT, OR DNI FOR TURKISH ATHLETES. FOR ELITE CATEGORY, PRIZES WILL BE PAID TO BANK ACCOUNTS BY ETU.**

## 6.10 Protest & Appeals

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

## 7. IDENTIFICATION

Organizers will provide to all the Organizing Committee members, ITU Technical Officials, athletes, VIPs, journalists, technical staff, court personnel, volunteers, etc with an official **Identification card**.

Only accredited persons will be allowed to access certain venue areas. Identification Cards are colour/number-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their Identification Cards with them at all times and to show them upon request. Identification Card is mandatory to enter the Culture Center and City Hall.**

### 7.1 Training Facilities Access

In order to enter the Swimming Pool Center, athletes and team officials should carry and show their identification cards upon their arrival to the Center.

### 7.2 Identification Card Request

The National Federations apply for identification for their athletes and team officials, by sending list with their names by e-mail to [zaferpekers@hotmail.com](mailto:zaferpekers@hotmail.com)

The identification cards will be handed to the athletes' delegations upon registration at the Race Center/Culture Center.

## 8. VISA PROCEDURE

Visitors must make their appeals about visa personally to our foreign representative offices. It is better for you to have procedures done at least a month before when you want to come as there might be delay because of other procedures.

[Click here to check visa applications that also concerns foreigners.](http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa)  
<http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

## 9. USEFUL INFORMATION

### 9.1 Language

The official languages of Turkey is Turkish. A lot of the citizens speak English and German.

### 9.2 Population

350.000 people live in Alanya City

### 9.3 Currency

The Turkey's currency is the Lira. The exchange rate on August the 30th was **1 € = 7,82 tl**  
**1US\$ =6,71**. Most currencies may be exchanged in banks (open hours: Monday to Friday 09:00-17:00). Otherwise, exchange bureau and travel agencies may provide currency exchange facilities and can use all shops, restaurants, etc euro and dollars.

### 9.4 Time

Alanya time is located on GMT+3 timezone and it is 3 hours forward from England, 1 hour forward from Central Europe.

### 9.5 Electricity

Main voltage in Turkey is 220 V and 50 Hz. Sockets for two-pin connectors are standard.

### 9.6 Water

Tap water is suitable for drinking.

### 9.7 Post

The main post office in Alanya, is on Atatürk Street. Open hours: 08:30 to 17:30, from Monday to Friday.

### 9.8 Hospital

The hospital of reference in ALANYA for this 2018 Alanya ETU Triathlon European Cup Final, are the **State Hospital Alanya and Private Anadolu Hospital** . On race days it will remain on high alert, in order to cover athletes and team officials' needs.

### 9.9 Telephone Connections

Calling from abroad with mobile phones, dial +90 before the number.

To call abroad from telephones, dial 00, then the country code and last the phone number you wish to call.

**TURKCELL, Vodafone, Avea** are the mobile phone providers in Alanya. Check with your home service provider to find out if Roaming Service is available for you - but be aware that a "local" call will then be routed internationally and will turn out to be very expensive.

### 9.10 Internet & Free WiFi

Free internet is being provided on some central public areas in the city by Alanya Municipality & Antalya Metropolitan Municipality. *Please check the **Maps** section for wifi points.*

### 9.11 Getting Around

Alanya is an ancient city in the south of the Turkey.

In ALANYA there is a sea side to the Mediterranean and a climate that makes it very pleasant to welcome tourism throughout the year. Visitors come to our Historical Center, as well as to our countryside, and many times whether by foot, mountain biking or motorbike all the way along the Alanya to Anatolia.

This city holds major sports events as, the;

- ITU Triathlon World Cup 2014-2015
- ETU Triathlon European Championship 2013
- ETU Triathlon European Cup Final 2016
- World Deaf Beach Volleyball Championship
- World University Beach Volleyball Championship
- European Modern Pentathlon Championship
- FIVB Beach Volleyball Swatch Youth World Championship (U19 – U21)
- European Deaf Beach Volleyball Championship
- CEV Beach volleyball European Championship
- European Beach Handball Championship

**Below are some tips to get you started:**

**Air:** **Gazipaşa International Airport-** Gazipaşa is just 40 Km from Alanya, Antalya International Airport –Antalya is 120 km from Alanya.

**Turkish Airlines Flight to Alanya Gazipasa Airport two times a day from İstanbul Atatürk Airport.**

**Transfer:** The **Official Travel Agency** offers a **TRANSFER** service from either both airports, **GAZİPAŞA** and **ANTALYA** to all **Alanya's** hotels. To book this service you need to fill in the reservation form in the travel section in [www.triathlonalanya.com](http://www.triathlonalanya.com)

**Transport:** a private **TRANSPORT** service is offered by the **Official Travel Agency** between hotels and **ALANYA** city center.

**For other Transport services, and any information about transfer or transport, please contact** [www.triathlonalanya.com](http://www.triathlonalanya.com)

**Car:** The best way to get to Alanya from:

İstanbul, is entering and then driving on the highways through Afyon, Antalya and to Alanya. There are approximately 800 km.

Antalya, is entering Mediterranean through and driving on the highway and then until Alanya. There are approximately 120 km.

**Bus:** Several bus services link ALANYA to the rest of all TURKEY.



## 10. TOURISM INFORMATION

### ALANYA CASTLE

Alanya Castle, whose ramparts are about 6.5 kilometers long, is on the peninsula 250 meter high above the sea. The settlement on Alanya peninsula, which is also known as "Kandeleri", not only dates back to hellenistic era but also reflects the 13. century as a Seljukian site. The castle was built by Seljukian Sultan Alaaddin Keykubat, who reconstructed Alanya when he conquered it in 1221. The castle has 83 towers and 140 bastions. There are nearly 400 cisterns made for fulfilling the water need of town which was inside the castle in medieval ages. Some of these cisterns are still in use.

#### KIZILKULE

This is an octagonal building inherited from Seljukians of 13. century as well as the symbol of Alanya. It is named as Kızılküle due to its upper parts' being made of fired red bricks because of the difficulty of lifting stone blocks to higher parts. The tower, which was set against raids coming from the sea to protect the port and navy yard, has been used for military purposes for centuries.

#### NAVYYARD

The navy yard, having five arched rooms, was constructed in such a way that it receives sunlight almost all the time sun is up. Alanya navy yard is the first yard in of Seljukians the Mediterranean region. There is a praying room on one side, and a guardsman room on the other side of the navy yard. Therefore, there is a well inside of one of the rooms, which has dried up in time.

#### ARMORY

There is an armory located on a rock 10 meters high above the sea, next to the navy yard to protect it. It is also known that is this armory, which was built in 1227 and made of dimension stones and has a rectangular infrastructure, cannons had been produced for battleships.

#### EHMEDEK

It was rebuilt as a midpoint castle in Seljukian era in the place of little castle which was located on the north the main castle and inherited from Byzantium Empire. The structure is in such a location that has strategical advantage against land attacks and able to protect the keep, in which the sultan's palace was placed.

#### SÜLEYMANİYE MOSQUE

It was at first built by Seljukian Sultan Alaaddin Keykubat in 1231, however, when it fell down, it was rebuilt by Kanuni Sultan Süleyman (The Magnificent) in the 16th century, during the Ottoman era. In order to provide acoustic to the mosque, 15 little cubes were placed to the dome, which was working as a hanger. This feature stands out during prayers.

#### BEDESTEN

It is in the castle, near Süleymaniye Mosque. It is thought to have been built as a bazaar or inn in the time of Karamanoğulları Seigniory, in 14th or 15th century. The historical building is used as a hotel, restaurant and cafeteria today.

#### ROYALMINTS

They are the structures that are located on Cilvarda Cape, which is composed of steep rocks 400 meters long, on the tip of the peninsula. Although it is called as a royal mint in public, in these with dimension stone made buildings are there not money being printed. One of the stony structures is a little church built in the 11th century. The others were most likely to have been used as monasteries.

#### AKŞABE SULTAN SMALL MOSQUE

It is in the castle, on the west of Bedesten, nearly 100 meters ahead of Süleymaniye Mosque. It was built by Akşabe Sultan, who was the first commander of Alaaddin Keykubat in Alanya Castle, in 1230. It has a square infrastructure and 2 rooms. One of the rooms is a prayer room and the other



one is the tomb of Akşabe Sultan. There are 3 other tombs as well.

#### ANTIQUITIES

Both on the west and east of Alanya are there plenty of ancient sites' remains. These are sites of Pamphylia's and Cilicia's some of which are on the coast while some other are on steep slopes. The ruins reflect the characteristics of the region. The ash pans carved in stones which are on display at Alanya Archeology Museum, also reflect the burial traditions of Cilicia region. It is free to visit some ancient sites around which archeological excavations are still being carried out and areas protected owing to their being ruins. Those who would like to sight-see the remains around had better wear clothes which are suitable for long walkings around rocky terrains and among tall bushes and keep water with themselves when it is summer.

#### COLYBRASSUS

It is a historical site located on Toros Mountains, inherited from Romans, the northwest of Alanya, 30 kilometers far. The historical background of this site has not been clearly found out yet, though, there are a lot of epigraphs spread around which includes important informations about past.

#### HAMAXIA

It is on the northwest of Alanya, 12 kilometers far. Strabon, geographer of his time, spoke of the abundance of cedar trees, which were used for making ships, in the region known as Pamphylia. It has a great view of Mediterranean.

#### SYEDRA

It is on the east of Alanya, 20 kilometers far. The site's history is thought to be dating back to 7th century BC. The entrance to the site which sustained its existence until the 13th century AD is a still-standing monumental gate. The site is surrounded by ramparts.

#### LEARTES

Leartes is located on the feet of a slope that is next to the entrance of a plateau in Toros Mountains, east of Alanya, 25 kilometers far. It is in the region which was known as Mountainous Cilicia in the ancient times. Epigraphs whose 3 sections were written in phoenician language in 7th century BC is on display at Alanya Museum.

#### IOTAPE

It is on the east of Alanya, 33 kilometers far. The promontory leans over the sea is the acropolis of the site. Where the acropolis is connected to mainland is Liman Main Road. The tiny bay in which there are ancient port remains has a beach that you can settle for swimming.

#### SELINUS

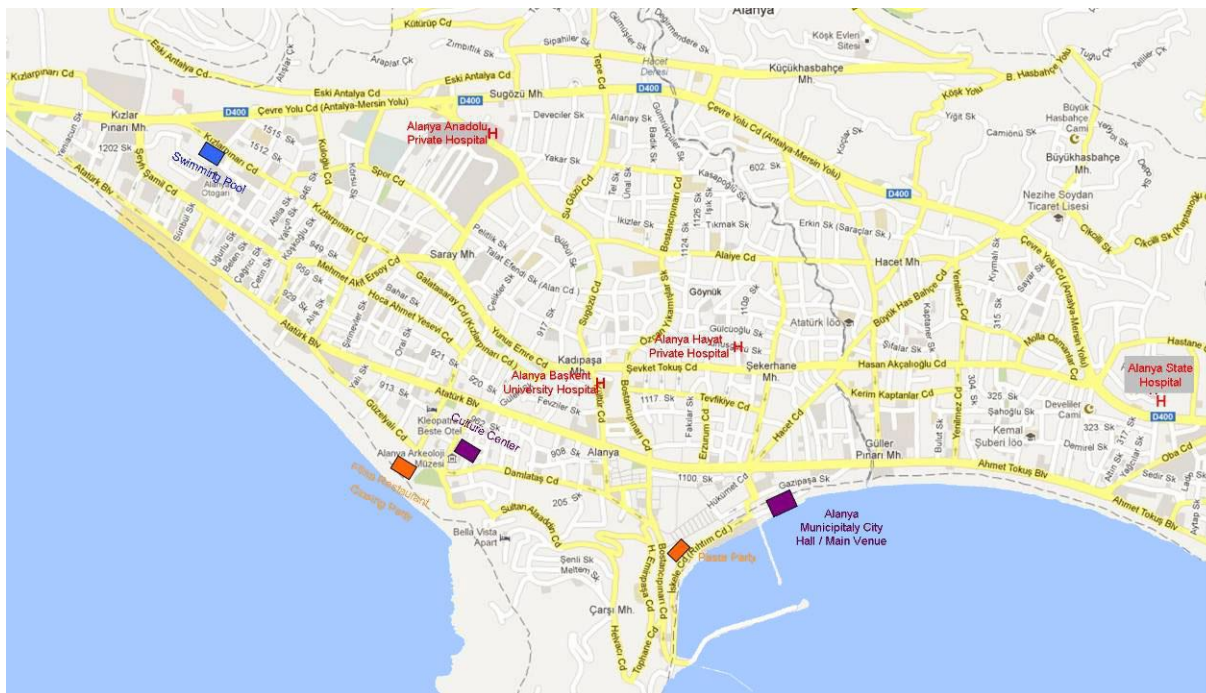
It is an ancient site located on the hillside of a little peninsula, east of Alanya, 45 kilometers far. Its history dates back to 6th century BC. Trajanus, the emperor of Rome, who died in the 9th of August 117, passed away here and his ashes were sent to Rome.

## 11. MAPS

### 11.1 Venue Map

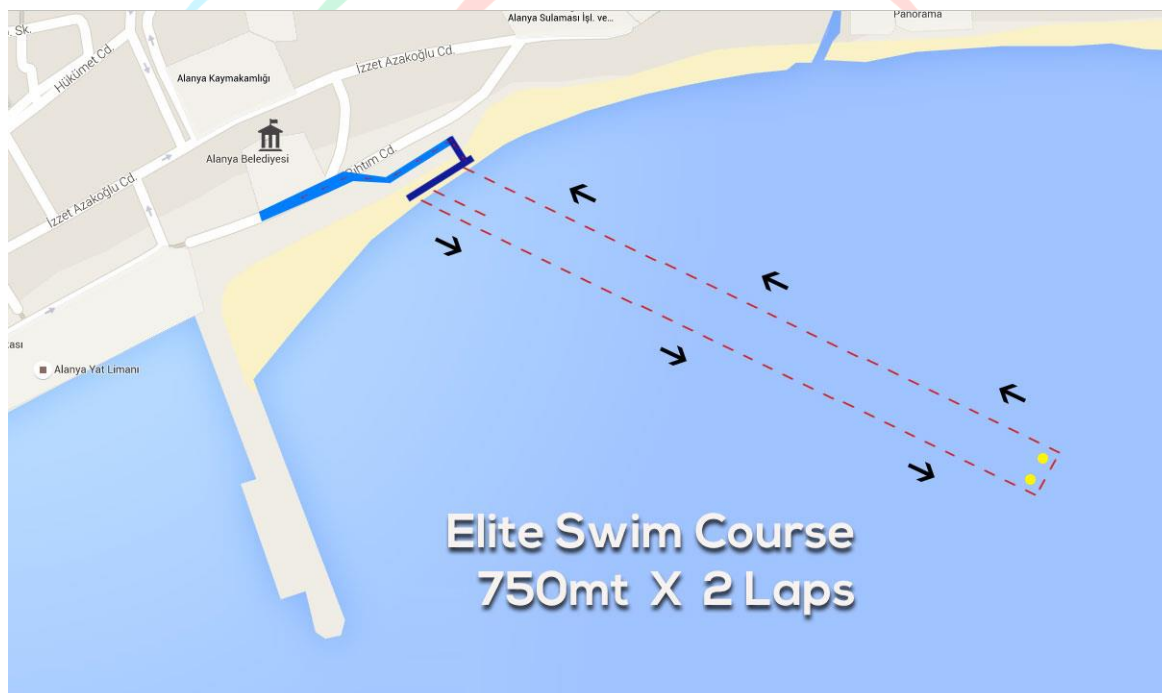


Map Nr 1



## 11.2 Elite Courses

Map Nr 2





Map Nr 3



Map Nr 4



### 11.3 Junior Courses

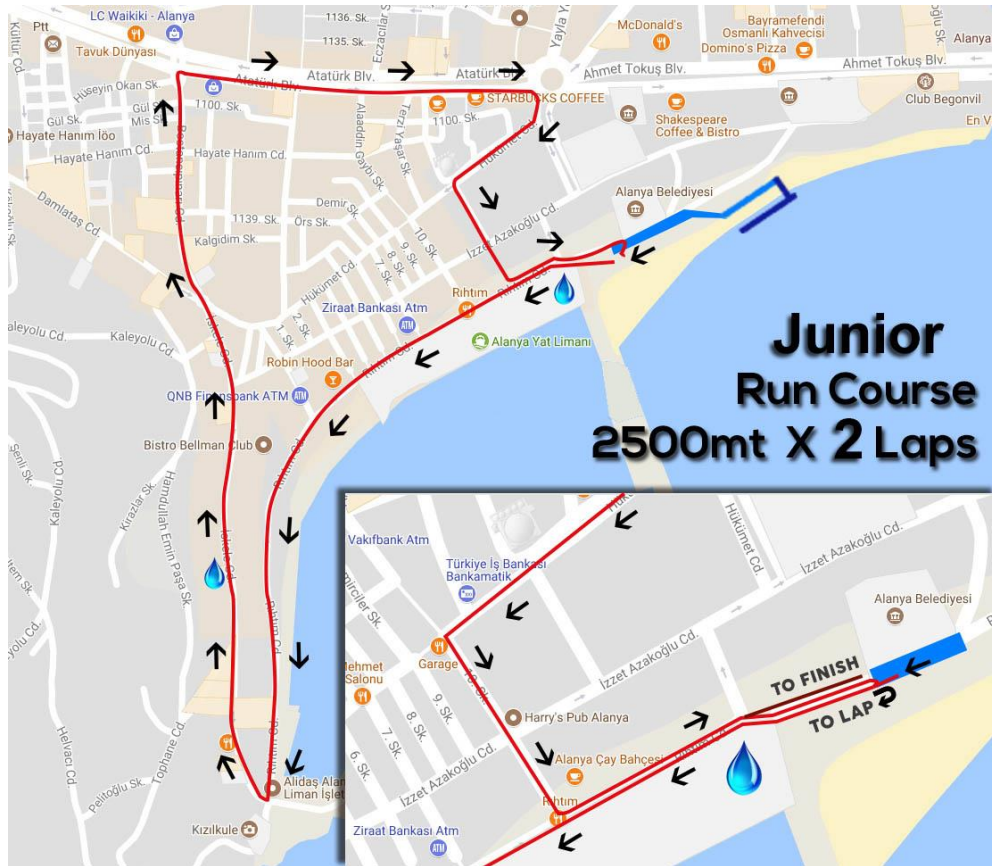
Map Nr 5



Map Nr 6

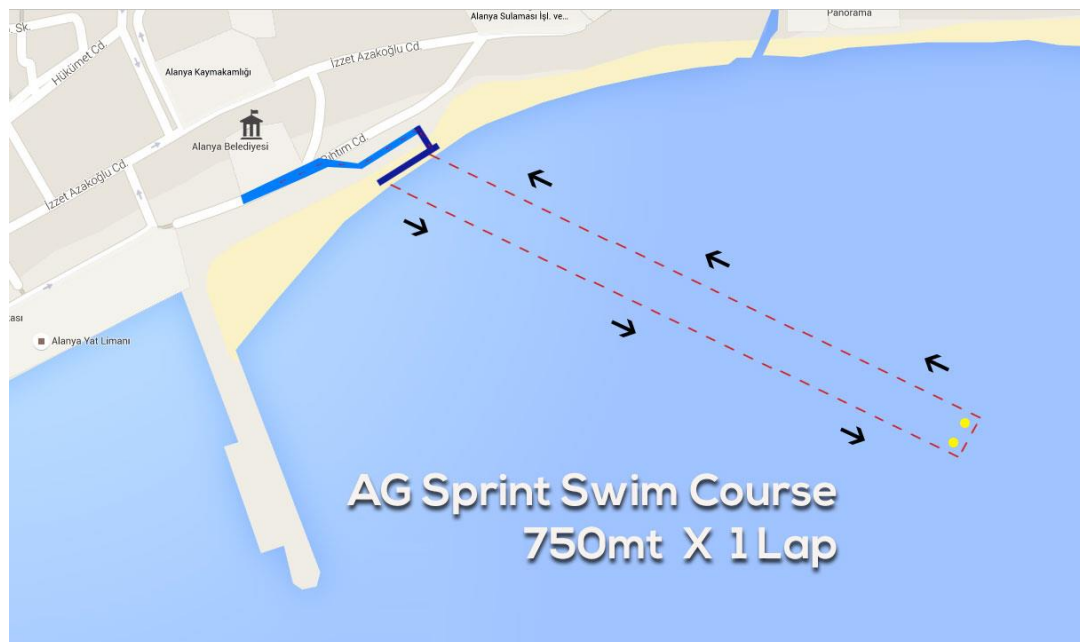


**Map Nr 7**



#### 11.4 Age Group Sprint Courses

**Map Nr 8**

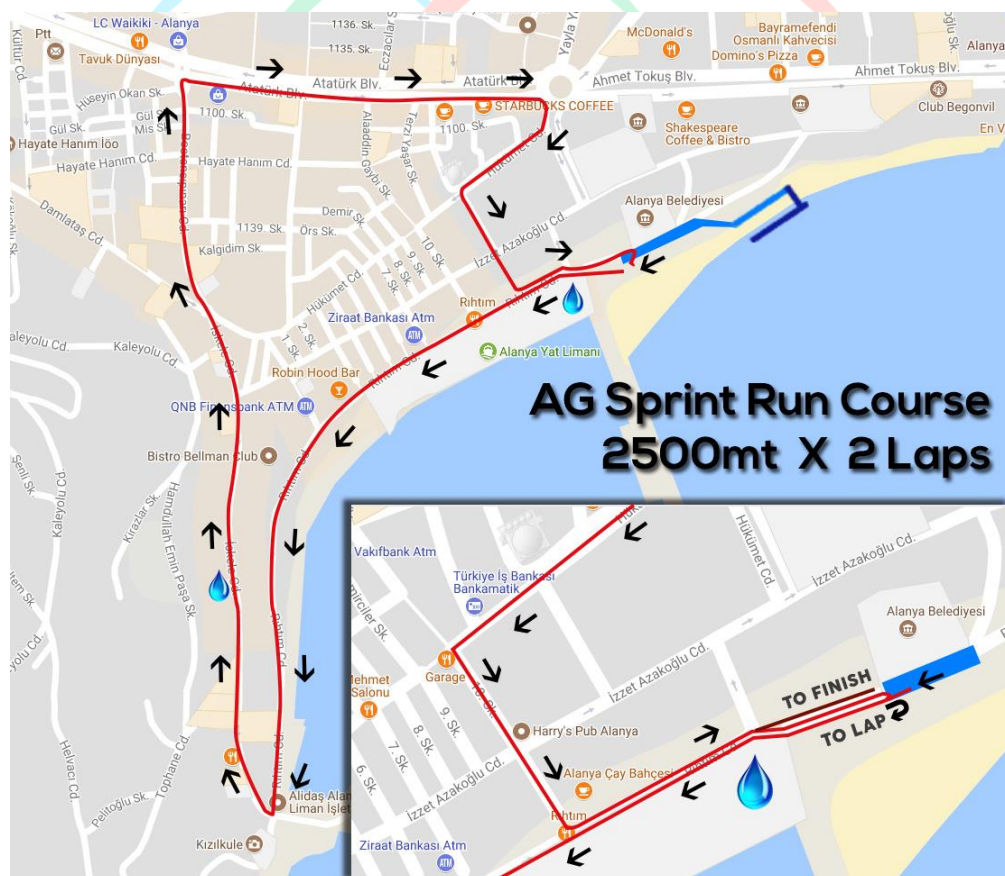




Map Nr 9

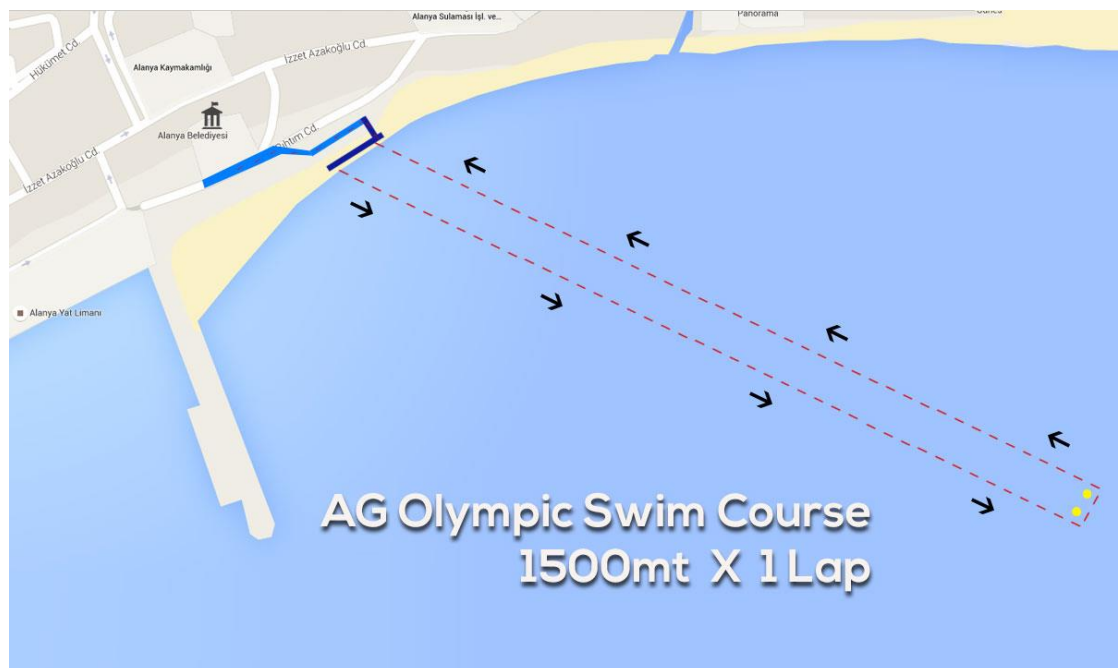


Map Nr 10



## 11.5 Age Group Olympic Courses

Map Nr 11

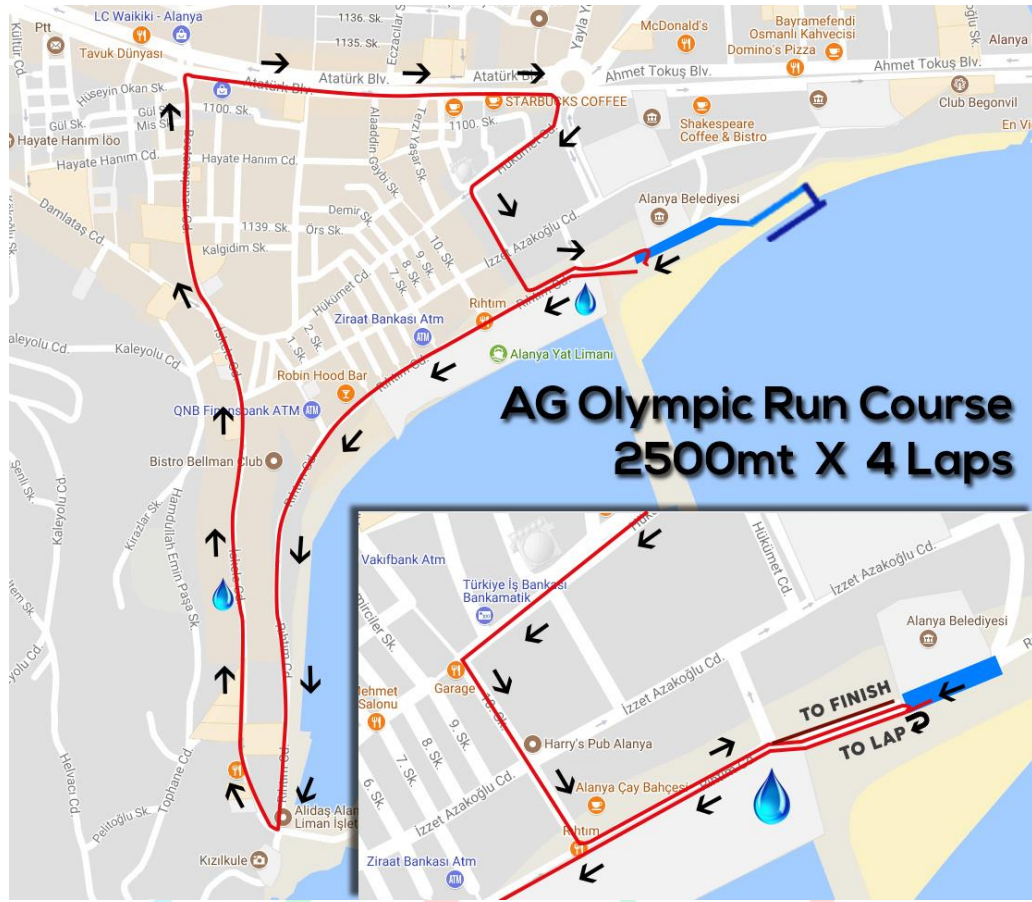


Map Nr 12

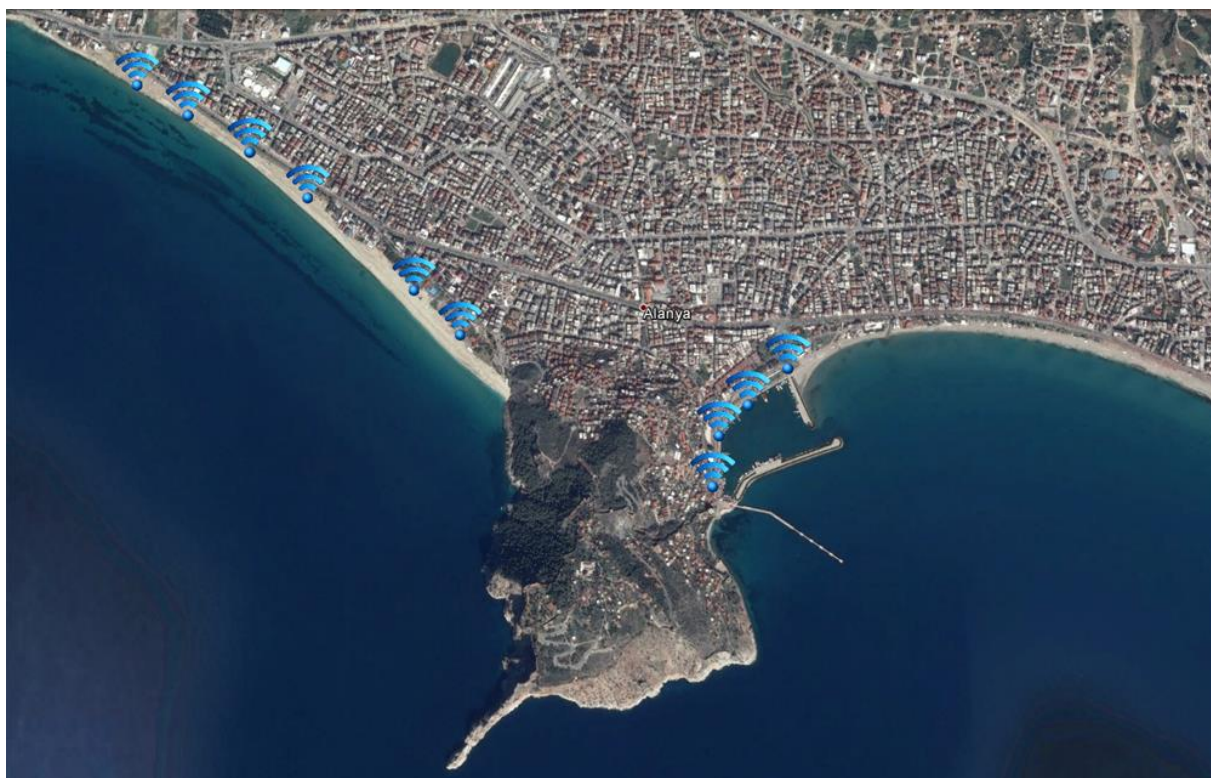




Map Nr 13



Map Nr 15



## 12

### ENTRY FEE and PRIZE DISTRIBUTION

#### 12.1 Entry Fee

Elite	60€-
Junior	60€-
Age Group Olympic	60€
Age Group Sprint	60€

## 12.2 Prize Distribution

2018 ALANYA ETU TRIATHLON EUROPEAN CUP					
ELITE PRIZE DISTRIBUTION					
ELITE MEN			ELITE WOMEN		
1.	1565		1.	1565	
2.	1250		2.	1250	
3.	940		3.	940	
4.	625		4.	625	
5.	500		5.	500	
6.	435		6.	435	
7.	375		7.	375	
8.	250		8.	250	
9.	185		9.	185	
10.	125		10.	125	
<b>TOTAL</b>	<b>6.250 €</b>		<b>TOTAL</b>	<b>6.250 €</b>	
<b>GRAND TOTAL 12.500 €</b>					

2018 ALANYA ETU TRIATHLON EUROPEAN JUNIOR CUP					
JUNIOR PRIZE DISTRIBUTION					
ELITE MEN			ELITE WOMEN		
1.	300		1.	300	
2.	180		2.	180	
3.	120		3.	120	
<b>TOTAL</b>	<b>600 USD</b>		<b>TOTAL</b>	<b>600 USD</b>	
<b>GRAND TOTAL 1.200 USD</b>					

**2018 ALANYA ETU TRIATHLON EUROPEAN CUP  
AGE GROUP PRIZE DISTRIBUTION**

CATEGORY		Olympic Distance Men	CATEGORY		Olympic Distance Women		Sprint Distance Men		Sprint Distance Women
19-24	1.	100	16-19	1.	(-)	1.	100	1.	100
	2.	75		2.	(-)	2.	75	2.	75
	3.	50		3.	(-)	3.	50	3.	50
25-29	1.	100	20-29	1.	100	1.	100	1.	100
	2.	75		2.	75	2.	75	2.	75
	3.	50		3.	50	3.	50	3.	50
30-34	1.	100	30-39	1.	100	1.	100	1.	100
	2.	75		2.	75	2.	75	2.	75
	3.	50		3.	50	3.	50	3.	50
35-39	1.	100	40-49	1.	100	1.	100	1.	100
	2.	75		2.	75	2.	75	2.	75
	3.	50		3.	50	3.	50	3.	50
40-44	1.	100	50-59	1.	100	1.	100	1.	100
	2.	75		2.	75	2.	75	2.	75
	3.	50		3.	50	3.	50	3.	50
45-49	1.	100	60- +	1.	100	1.	100	1.	100
	2.	75		2.	75	2.	75	2.	75
	3.	50		3.	50	3.	50	3.	50
50-54	1.	100							
	2.	75							
	3.	50							
55-59	1.	100							
	2.	75							
	3.	50							
60+	1.	100							
	2.	75							
	3.	50							
		2.025 USD			1.125 USD		1.350 USD		1.350 USD

**GRAND TOTAL: 5,850 USD**