



ATHLETES INFORMATION GUIDE AG OLYMPIC DISTANCE

City Triathlon Weert

V4 - 17-05-2019





Welcome to the Rabobank 2019 Weert ETU Triathlon European Championships

This Athlete Handbook provides athletes and team managers with key information required for competing in the Rabobank 2019 Weert ETU Triathlon European Championships.

During the event, daily updated information will be available from the [event website](#) and the event Information Desk located in the Athlete Service Area inside the Event Area. Athletes are encouraged to check daily event updates by following us on Facebook and by regularly visiting the website.

For all the information you need to maximize your Triathlon European Championships experience please see our website and social media outlets:

The final information will be provided at the Team Managers briefings.

Event Website: <https://stadstriathlonweert.nl/en/>

Facebook: <https://www.facebook.com/stadstriathlon>



Table of contents

1. WelCOME	5
1.1. Welcome by ETU	5
1.2. Welcome by the city of Weert	6
1.3. Welcome by Chairman Dutch Triathlon Federation	7
1.4. Welcome by Chairman City Triathlon Weert	8
2. COMPETITION SCHEDULE (provisional).....	9
3. GENERAL INFORMATION	11
3.1. Welcome to Weert	11
3.2. CONTACT INFORMATION	11
3.3. WEATHER.....	12
3.4. RACE VENUE	12
3.5. Find your way in Weert	13
3.6. TRAVEL & ACCOMMODATION.....	13
3.7. VISAS.....	14
3.8. OFFICIAL HOTEL	14
3.9. ARRIVING BY PLANE	14
3.10. AIRPORT TRANSFERS	14
3.11. ARRIVING BY TRAIN	14
3.12. ARRIVING BY CAR	15
3.13. CAR PARKING.....	15
4. ATHLETES SERVICES.....	17
4.1. ATHLETES SERVICE AREA / EVENT OFFICE.....	17
4.2. INFO POINT	18
4.3. ACCREDITATION	18
4.4. BAG DROP	18
4.5. SHOWERS	18
4.6. BIKE MECHANIC SERVICE.....	18
4.7. Medical services	19
4.8. Photo Service.....	19
4.9. Lost and Found	19
4.10. PHYSIOTHERAPY AND SPORTS MASSAGE	19
5. THE EUROPEAN CHAMPIONSHIPS EXPO	20



6.	TRAINING	21
6.1.	Swimming Pool	21
6.2.	The blue lake	21
6.3.	Bike and Run Course.....	21
7.	RACE REGISTRATION	23
7.1.	RACE REGISTRATION AND UNIFORM CHECK	23
7.2.	REGISTRATION CHECKLIST	24
7.3.	RACE BRIEFING	25
8.	TRANSITION AND CHECK-IN/CHECK-OUT TIMES.....	27
8.1.	RACE VENUE	27
8.2.	Transition Check-In/Bike Racking Process.....	27
8.3.	BODY NUMBERING	27
8.4.	CHECK IN TIMES.....	28
8.5.	CHECK-OUT.....	28
9.	START PROCEDURE – RACE AND VENUE FLOW	28
10.	AGE GROUP OLYMPIC DISTANCE COMPETITION	30
10.1.	SWIM COURSE	30
10.2.	BIKE COURSE.....	31
10.3.	RUN COURSE	32
10.4.	RUN COURSE AND AID STATIONS.....	34
10.5.	TRAVEL DIRECTIONS TOWARDS BLUE LAKE	35
10.6.	START WAVE SCHEDULE (Saturday, 1 th June 2019).....	37
10.7.	START WAVE SCHEDULE (Sunday, 2th June 2019)	37
10.8.	RESULTS	38
10.9.	MEDAL CEREMONIES.....	38
11.	RULES AND APPEALS	39
11.1.	COMPETITION RULES.....	39
11.2.	APPEALS AND PROTESTS	39
12.	MEDAL CEREMONIES.....	40
13.	OPENING & CLOSING CEREMONIES AND SIDE EVENTS	41
13.1.	OPENING CEREMONY - Thursday 30 th May.....	41



1. WELCOME

1.1. WELCOME BY ETU



Weert 2019 is looking like being one of the biggest events in the history of ETU Championships.

Easy to get to and with great support from the local community and Nation Federation. We have seen exciting racing there over the past few years and the legacy for triathlon sport in the city is growing with every year.

ETU President, Renato Bertrandi, "I have not had the chance to visit the venue but have heard many very positive reports back from ETU Executive Board Members, Technical Officials, ETU Media and of course, from athletes and their supporters. It all sounds so very positive and in particular, I am looking forwards to seeing the swim starts at the Blauwe Meertje. We were very impressed with the presentation made by the LOC when they attended the ETU Congress at

Kitzbühel. It is clear to us that the LOC has put a lot of work into planning not only this event but the into developing the legacy that racing triathlon at such a high level can leave. At a time where it is so important that our events are well-organised and offer not only safety and fairness but also value for money, I am confident that this event will attract a big number of athletes. So, well ahead of the race, I would like to say, 'Veel succes!' not only to the LOC but also to all of you training for the event."

Weert 2019, be there!

Paul Groves & Renato Bertrandi



1.2. WELCOME BY THE CITY OF WEERT



Tessa Geelen
Councillor for
sports of the city
of Weert



Dear athletes and sports lovers,

It is my honour to welcome you to the European Championships Olympic distance Triathlon which are held here in Weert for the very first time. It is really fantastic that we have been able to welcome so many professional and recreational athletes from all over Europe in Weert. Since 2010, we have had the city triathlon in Weert. It is an annual top sports event for all ages, which primarily reflects the joy that sports can bring. This event has expanded throughout the years and has stimulated the ambition to also organize the European championships. A dream of Olympic proportion. The City Triathlon Weert Foundation has been preparing itself with great dedication to meet all the conditions of the European Triathlon Association. Together with the town council of Weert, the province of Limburg, the Dutch Triathlon Association and the European Triathlon Association,

a lot of work has been done to realize this ambition.

The special feature of these European Championships is its unique location. Right in the heart of the city centre the athletes will compete in swimming, running and cycling. That is very special, also for our city and its citizens. As a true sports city, we welcome this great event and we are proud to be able to host it. Sportsmanship, hospitality and sociability will be key in these European championships. Weert will make it happen!

I look forward to encouraging the athletes, together with the many visitors from all over Europe.

Let's meet and make this an unforgettable weekend in our beautiful city!



1.3. WELCOME BY CHAIRMAN DUTCH TRIATHLON FEDERATION

**Dear athletes, coaches, trainers,
boardmembers, spectators,
sponsors, guests,**

On behalf of the board of the Dutch Triathlon Federation (NTB) I would like to give you all a warm welcome at the European Championship Olympic Distance 2019 in Weert. It is a great honour for Dutch Triathlon in general to host the best Olympic Distance triathletes of Europe in the beautiful City of Weert. We have full confidence in the Local Organizing Committee, together with the City of Weert, to present you a professional and challenging event in which you can demonstrate your top-triathlon skills! The LOC, the City of Weert, the Province of Limburg and NTB have worked closely together the last years in organizing this EC and of course we hope you will be satisfied with the result this weekend. The NTB wishes to thank the ETU for giving

us the chance to show our Dutch organizing skills in international topsportevents. Also we like to thank all sponsors, the City of Weert and the Province of Limburg for making this event possible. Let's all enjoy this weekend elitesport on its best!! We are ready, are you?



Wim van Oijen
Chairman
NTB Board



1.4. Welcome by Chairman City Triathlon Weert

I am proud to be able to welcome you to

the European Triathlon Championships Olympic Distance 2019 in Weert

Dear athletes, participants, volunteers, sponsors and visitors, Four years ago we converted our passion and our dream into a plan. A plan to get awarded the organisation of the European Triathlon Championships for Weert.

It is amazing and unique that this plan has been realised after 4 years of hard work. Of course, we haven't done this alone; we have received an enormous amount of help and support from within Weert, but also from outside of our city.

And now it is really happening on the 29th of May till the 9th of June 2019, during the 10th Rabobank city triathlon Weert!

The programme of the first and second weekend of June is impressive and spectacular. A platform has been created for the top athlete as well as for the recreational athlete.

Because next to the European Championships, we also organise the biggest triathlon competition for high school students in which 3000 students will compete. It is also for the first time that the City Swim and Light



Run have been added during the night of the triathlon. In this way the organisation's wish to support a good cause has been fulfilled.

You will find a description of the different activities that are taking place in May/June 2019. Let's turn our city into the triathlon city of Europe in those days.

I wish you all lots of fun competing in or watching these games. May they be fair and fun for all involved.



Wilfried Weekers
Chairman of the City Triathlon Weert Foundation.

2. COMPETITION SCHEDULE (PROVISIONAL)

2019 Weert ETU Rabobank City Triathlon European Championships Event Schedule 29 May - 2 June 2019											
WED 29th May			THU 30th MAY			FRI 31st MAY			SAT 01st June		
6:00											
7:00											
8:00									Check in TZ1 & TZ2 Check in TZ 2 opens 06:30 TZ 1 closes at 08:45 O'clock	Check in TZ1 & TZ2 Check in TZ 2 opens 06:30 TZ 1 closes at 08:45 O'clock	
9:00											
10:00											
11:00											
12:00											
13:00											
14:00											
15:00											
16:00											
17:00											
18:00											
19:00											
20:00											
21:00											

Wednesday 29-May-2019

Briefing AG coaches	16:00-17:00	Sport Center Boshoven
Press Conference ETU	17:00-17:30	Congress Center
Press Conference ETU	17:30-18:00	Congress Center

Thursday 30-May-2019

Familiarization Elite & Juniors (swim/bike/run)	10:00-12:00	Blue Lake
Familiarization AG (swim)	12:00-14:00	Blue Lake
ETU registration Age group	12:00-17:00	Sport Center Boshoven
ETU registration Elite & Juniors	16:00-17:00	Town Hall
ETU Briefing Elite & Juniors	17:15-17:45	Town Hall
Opening Ceremony	18:00-19:00	Bassin (Finish area)

Friday 31-May-2019

Familiarization Age group (swim/bike/run)	09:00-11:00	Blue Lake
ETU registration Age group	11:00-18:00	Sport Center Boshoven
ETU junior female	16:00	Blue lake
ETU elite female	18:00	Blue lake

Saturday 01-June-2019

TZ 2 opens for AG to place shoes	06:30	Centrum North
TZ 1 closes for AG to place bike etc.	08:45	Blue lake
Age group race (All Female & Male 55+)	09:00-14:00	Blue lake
ETU registration Age group	11:00-18:00	Sport Center Boshoven
ETU junior male	16:00	Blue lake
ETU elite male	18:00	Blue lake
ETU briefing coaches Mixed relay	21:00	Sport Center Boshoven

Sunday 02-june-2019

TZ 2 opens for AG to place shoes	06:30	Centrum North
TZ 1 closes for AG to place bike etc.	08:45	Blue lake
Age group race (Male 18 to 54)	09:00-13:00	Blue lake
ETU junior mixed relay	13:30	Bassin (Finish area)
ETU elite mixed relay	16:00	Bassin (Finish area)
Closing Ceremony	19:00-20:00	Bassin (Finish area)
After Party / Medal Ceremony AG all races	20:00- 00:00	Bassin (Finish area)





3. GENERAL INFORMATION

3.1. WELCOME TO WEERT

The municipality of Weert is Honored to welcome the National and international Athletes, Weert is not only proclaimed in the year 2012 to Sport city of the year but also Greenest City of the Netherlands. In 2014 the region of Weert has been declared the greenest region in the world. It forms an beautiful backdrop for an international competition. Weert is called a real'do-municipality, with an positive and proactive approach to develop every challenge. A Quote " Weert bustles and breathes sport out". The municipality shows commitment and corporation between sport, business, education and welfare and makes sure everybody is involved. The city triathlon which takes place in Weert since 2010, is an excellent example of that broad corporation. We are also very proud that in the Olympics 2012 triathlon Athlete Maaïke Caelers which is born and raised in Weert participated in London. Therefore we want to welcome al the European Athletes which participate at the European Championships.

The annual Triathlon attracts many spectators, they are an appreciative audience for all athletes of all ages. We are proud to be part of this sporting city with its local hospitality. Inside this Competitor Information Guide you will find all the information you need to know about the event, including all available athlete services and all race specific information. Read this information carefully and formulate your pre-event, race week plan. For any further questions, please see our event website or visit the Athlete Info Point at the Event Area.

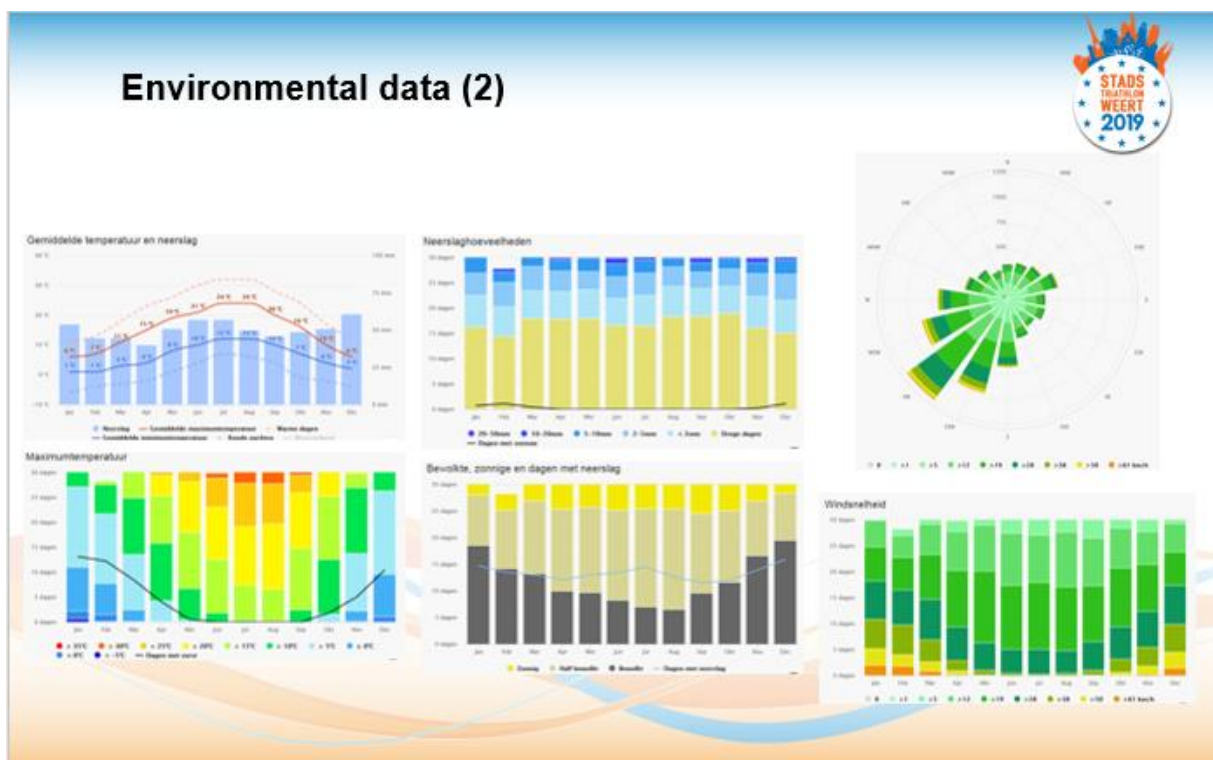
3.2. CONTACT INFORMATION

Local Organizing Committee:	Foundation City Triathlon Weert
Event Director:	Rob Barel
Address:	Irenelaan 32, 6006 HD, Weert, Netherlands
Event Website:	https://stadstriathlonweert.nl/en/
Facebook:	https://www.facebook.com/stadstriathlon
Email / Helpdesk:	secretaris@stadstriathlonweert.nl
Athlete services manager:	Roger Stienen
ETU TD:	Esther Sanchez (ESP)
	Jan Philipp Krawczyk (GER)
Assistant TDs:	Hans Everts (NED)
ETU Medical Delegate:	Jan Verstuyft (BEL) jan.verstuyft@skynet.be
ETU Head Referee Elite/Juniors:	Daan Hoogland
ETU Head Referee Elite/Juniors:	Dora Rozsa
ETU Head Referee AG:	Marco van Oostende

3.3. WEATHER

Most important information first: The Weather. The answer is easy and straightforward: The Dutch weather can be unpredictable, and it is recommended that all athletes should prepare for all weather conditions: warm, sunny, cloudy, cold, wind and rain! But the last few years where warm and sunny and always an Non wetsuit swim.

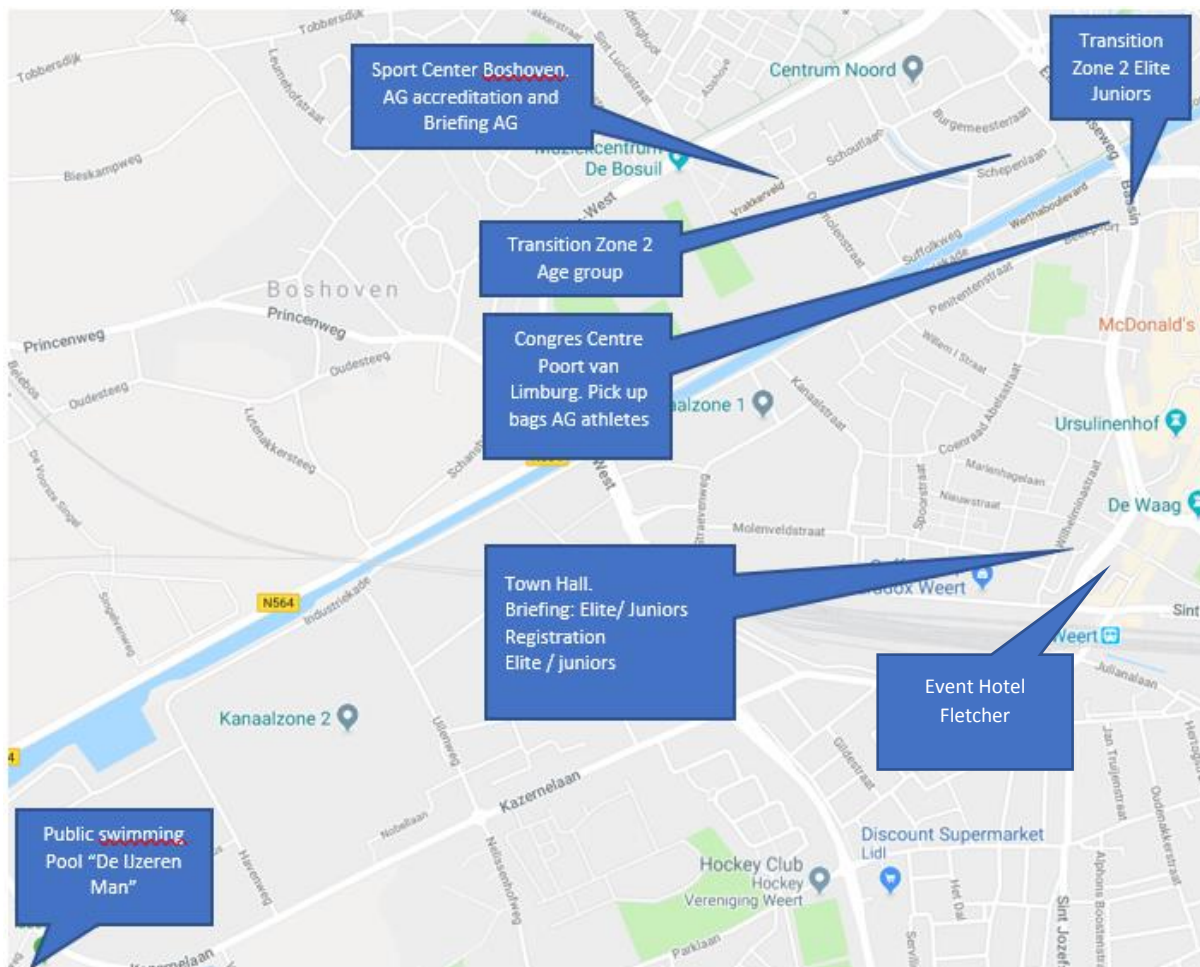
The water temperature is likely to be somewhere in the area of 20-24°C, it is therefore impossible to predict whether it's wetsuit or non-wetsuit swim.



3.4. RACE VENUE

The European Championships will take place in Weert in the Netherlands (Province Limburg), with the swim being held in the Lake named popularly known as the blue lake. The Age Group Registration will be at the Sport Center Boshoven. An Info Point is located in the Event Area. Event participants are encouraged to spend time at the Event Venue familiarizing themselves with the venue and the Expo which is located at the Bassin, 6001 GZ Weert, Netherlands.

3.5. FIND YOUR WAY IN WEERT



3.6. TRAVEL & ACCOMMODATION

For all Travel & Accommodation enquiries please contact our partner VVV-Midden Limburg.
Are you visiting or participating in the 2019 Triathlon European Championships Weert?
Book your overnight stay or multi-day stay near this great event now.
 VVV-Midden Limburg is the preferred partner for your stay. VVV-Midden Limburg will provide accommodation for athletes, individuals, Sports Federations, country teams and of course for the fans.
 We are also your tourist and recreational partner in the run-up to the 2019 Triathlon European Championships Weert.

Please contact us via the reservations department:

T: +31 (0) 475-330289

E: reservering@vvmiddenlimburg.nl

We will gladly accommodate you or your team.



Midden-Limburg

3.7. VISAS

If you require a letter of invitation to apply for a visa, please contact info@triathlonbond.nl and provide the following details: Full name as in passport, Date of Birth, Capacity/Role in which you come to the European Championships (Athlete, Coach, Official), Passport Number, Date of Arrival, Date of Departure.

3.8. OFFICIAL HOTEL

The Official Host Hotel will be the Fletcher Hotel. The ETU Presidential Congress will be held in the Town Hall of Weert. The ETU Office will be in the Congress Center Poort van Limburg.

3.9. ARRIVING BY PLANE

Five airports are located near Weert:



As you can see in the image above, the city of Weert is centrally located. Is easily retrievable from different airports, at all airports it is possible to rent a car. You have also the possibility to travel by public transport to Weert (Dusseldorf & Brussels can be more difficult).

3.10. AIRPORT TRANSFERS

We can also provide you the option of Kupers Travel Weert who can arrange the transport to and from airports, this is NOT free of charge and must be paid by the athletes or National Federations. In order to arrange your transfer don't forget to mention the arrival time, arrival airport, flight number, number of people, number of bikes,..... Other transfer options are also possible but these have to be arranged by the Athletes themselves in this case the LOC doesn't take any responsibility.

info@reisboekingscentrale.nl

Kelvinstraat 1
6003 DH Weert
+31888900600

3.11. ARRIVING BY TRAIN

Forget the traffic jams and the sat-nav. Why drive around in circles when you can arrive in style on a train? Hop aboard a train from anywhere in Europe and sit back and relax, Weert is located to the intercity railway net and is very easy assessable from Amsterdam and Utrecht where most of the International trains arrive. All hotels, B&B etc. are close to the station in Weert and possible they are willing to arrange transport. The Dutch Railways run a network of trains, which stop several times daily/hour in Weert.

Dutch Railway Website: <https://www.ns.nl/>



3.12. ARRIVING BY CAR

The city of Weert is located in the southern part of the Netherlands, approximately 10Km from Belgian Border & 25Km from the German border. And is located directly to the main highway A2 from Amsterdam to Maastricht.

From the North

- A2 towards Maastricht
- Exit 38 Weert North or Exit 39 Nederweert
- Travelling time from Amsterdam approx. 1 ½ h

From the West (B)

- E34- A67 Antwerpen - Eindhoven
- Junction Leenderheide toward Maastricht A2
- Exit 38 Weert North

Or

- Exit 39 Nederweert
- Take ringbaan North direction Weert
- Travelling time from Antwerpen approx. 1 ¼ h

From the East

- Bundesautobahn A52 from Dusseldorf towards Roermond
- N280 towards Weert
- Traveling from Dusseldorf Approx. 1 h

From the South

- A2 towards Eindhoven- Amsterdam
- Exit 40 Kelpen-Oler
- N280 direction Weert

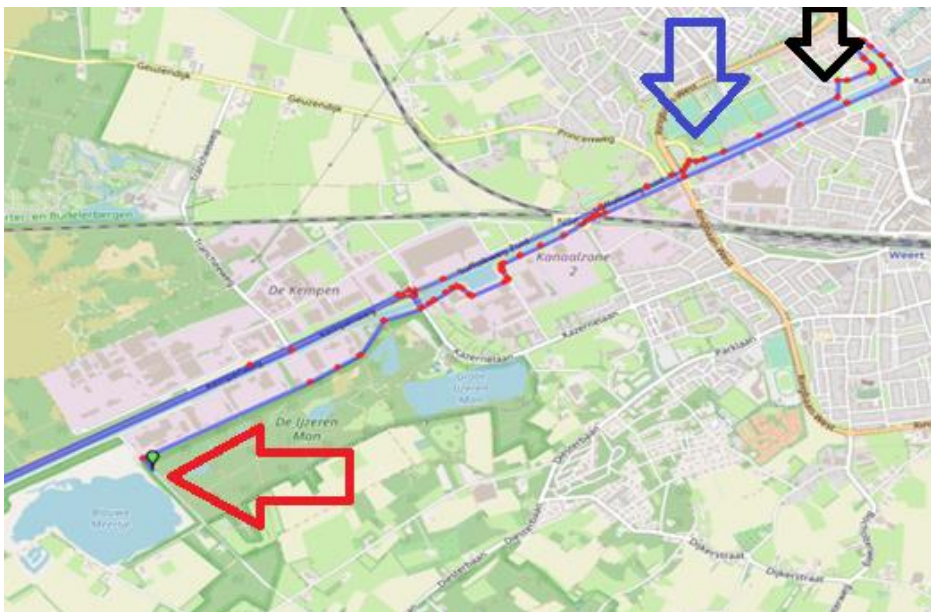
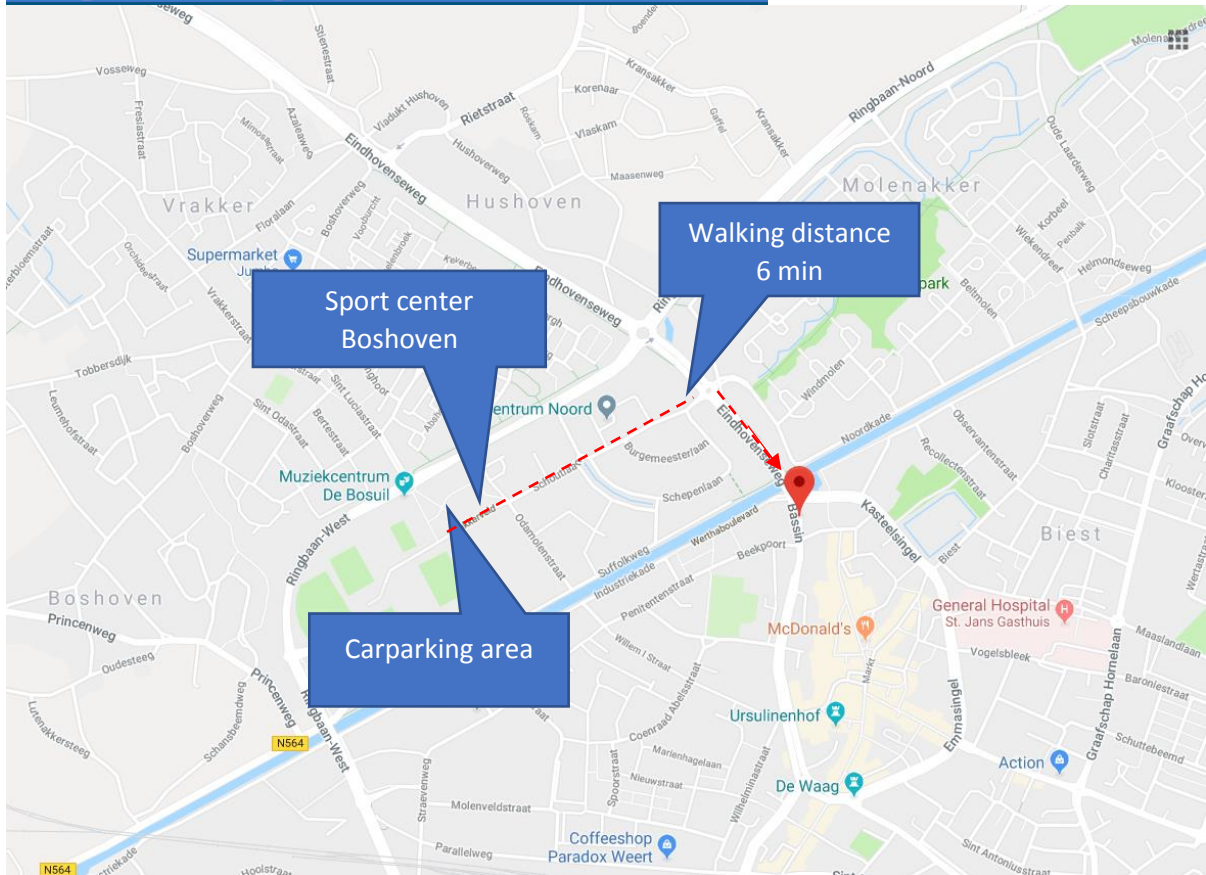
Or

- Exit 39 Nederweert
- Take ringbaan North direction Weert
- Travelling time from Maastricht. approx. 45 min

3.13. CAR PARKING

At about 5 minutes walking distance from the finish Area we have provided sufficient parking space. follow the signs for parking along the access roads and is close to at the Sport Center Boshoven, Vrakerveld 2,6002 AZ Weert. There is no car parking at the blue lake buses will be provided to get to and from the blue lake.

your way to the event area

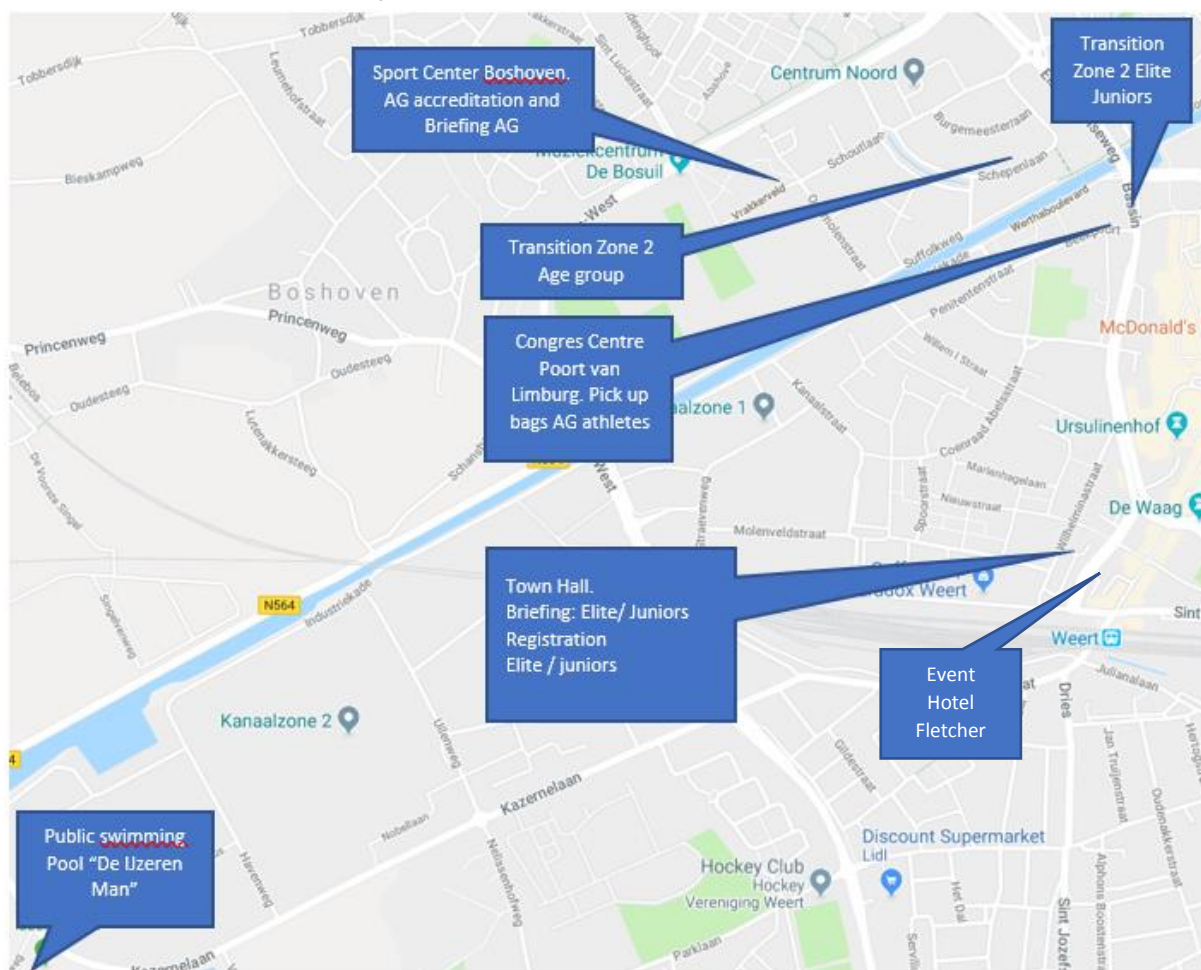


Bustop overview.

4. ATHLETES SERVICES

During the event the central hub of information is the Info Point at the Event Area Bassin. The Age Group registration will take place at the Sport Center Boshoven, Vrakkerveld 2,6002 AZ Weert, Netherlands Phone: +31 495 541 368. The uniform check will be done at the check in at the blue lake.

4.1. ATHLETES SERVICE AREA / EVENT OFFICE



In the Event area you can find the following services and facilities:

- Info Point (Limburg Promotion).
- ETU Office
- LOC Office

The Age Group Registration Office is located at the Sport Center Boshoven, Vrakkerveld 2,6002 AZ Weert and is open on Thursday 12pm – 17pm Friday 11am – 18pm and Saturday 11am – 18pm for Registration. Uniform check will be done at check in at the blue lake on the race day.



4.2. INFO POINT

We aim to answer all questions in this Athletes Handbook. Should you have further queries that are not answered in this document or to which you can't find the answer then please feel free to visit the Information Point (Limburg Promotion) at the Event Area. The Info Desk will also be the location where lost property will be collected and distributed.

4.3. ACCREDITATION

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

The safety and security of our guests is our highest priority. To contribute to that, to make the accreditation process more efficient and to be compliant with the General Data Protection Regulation (GDPR) we have chosen the online platform Accredion as our accreditation partner.

<https://triathlon.accredion.com/>

During registration the Athletes, coaches will receive their accreditation.

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

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.

Remember that coaches and team medicals have to register through ITU, otherwise there will be no accreditation for them.

4.4. BAG DROP

At Registration you will receive a sticker for your bag. On race days you can leave your bag with your personal sticker at the Bag Drop Tent in the Athlete lounge (blue lake and will be transported towards Bag collection point congress center. Only Small Bags and backpacks are allowed and stickers should attached no sticker is no transport. We assume no liability for lost objects.

Athletes are reminded that baggage CANNOT be left in transition. Any non-competition equipment left in transition can be removed by a technical official.

4.5. SHOWERS

We operate a limited number of showers at the Sportpark FC ODA. These showers are available on race days only to those participants competing on that day.

4.6. BIKE MECHANIC SERVICE

There will be an Bike Mechanic in the Athlete Lounge TZ blue lake.

Sander Erkens bike Mechanic

Phone number : +316461 430 69

E-mail sander@fietstechniek.eu

Website: <http://fietstechniek.eu/>



4.7. 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 Race Village 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 are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Hospital Sint Jans Gasthuis
Vogelsbleek 5
6001 BE Weert
+31495 572100.
E-mail: info@sjgweert.
Emergency telephone number: 112

4.8. PHOTO SERVICE

A photo service is available during the event – more information will follow how they can be obtained. Within a view days after the event the photos can be downloaded from the Race Result timing homepage.

4.9. LOST AND FOUND

The Lost and Found will be located at the Info Point.

4.10. PHYSIOTHERAPY AND SPORTS MASSAGE

For the entire duration of the City Triathlon Weert, (sports)physiotherapeutic coaching will be available. This will be provided by Topfysiotherapie van der Zanden. They have expertise in coaching (top)sportsmen and --- women, including triathletes. At the finish, physiotherapists will be available for examination, advice and treatment, if required. For information: www.topfysiotherapieweert.nl.

During the City Triathlon Weert, sports massage will be provided at the finish. Sports massage will be organized by Topfysiotherapie van der Zanden. When required, there will always be a prior consultation between a physiotherapist and a sports masseur/masseuse. In the event of injuries, you can report to the physiotherapist at the finish. Check ww.topfysiotherapieweert.nl.



5. THE EUROPEAN CHAMPIONSHIPS EXPO

A sport and lifestyle Expo experience is not to be missed! A few of the best brands will be on display with all their products and services linked to sport and fitness.

The following partners will be exhibiting at the race venue:

- Bioracer www.bioracer.com
- Arena www.arenawaterinstinct.com
- Endless pools www.endlesspools.com
- TriathlonWinkel.nl www.triathlonwinkel.nl
- Bye sportvoeding www.b-y-e.nl

6. TRAINING

6.1. SWIMMING POOL

The swimming pool is located outside the Centre of Weert. Age Group Athletes must show their accreditation or Athlete ID at the reception. Access to the pools is free for EC Athletes during the published periods. The maximum number of swimmers per lane is six. Pool tickets are available on a “first come first serve” basis.

- Lanes cannot be reserved in advance!
- Request for swim practice can be send to reservering@vwmiddenlimburg.nl
- Dates & Time schedule will be announced on short notice.

Swimming Pool-Opening Hours	
Swimming Pool (entire Pool is reserved for EC Athletes)	Monday Time to be announced
	Tuesday Time to be announced
	Wednesday Time to be announced
	Thursday Time to be announced
	Friday Time to be announced



Geurtsvenweg 1
6006 SN Weert
Nederland
+31 495 537 170

6.2. THE BLUE LAKE

An part of the blue lake is closed to the public during race times. Swimming is allowed before and after the races you have access by showing accreditation or Athlete ID, there is an possibility that the owner will ask for entrance fee. During these practice sessions no lifeguard will be available and is on own risk

6.3. BIKE AND RUN COURSE

The Bike and Run Course is closed to traffic during the races. No individual training allowed. Bike and run training is allowed before and after the races. Roads are not closed to traffic for training sessions. Please keep to the right and ride carefully.



To explore the part of the bike course that leads you towards Belgium and on your way back towards the Centre of Weert you have to use the Bike path that is beside the road, reason for this is that you're not allowed to drive on this road with your bike before the race, only during the race this is allowed.

The surroundings of Weert are very well known for their good infrastructure and good roads. There are no specific closed courses but there are sufficient opportunities in the area that can be used for long duration rides, there are also sufficient run facilities in Forest and roads.

Thursday 30-May-2019	
12:00 - 14:00	Familiarization Swim only
Friday 31-May-2019	
09:00 – 11:00	Familiarization Swim only

7. RACE REGISTRATION

7.1. RACE REGISTRATION AND UNIFORM CHECK

To take part in the Rabobank 2019 Weert ETU Triathlon European Championships all athletes are required to register in person on site in the Sports center Boshoven and collect their race package.

OPERATING HOURS:

Country	Date	Time registration	Time briefing	Country	Date	Time registration	Timing Briefing	Country	Date	Time registration
GER	30-5-2019	11:00 - 12:00		GER	31-5-2019	10:00 - 12:00	12:00 - 13:00	GER	1-6-2019	10:00 - 12:00
AUT	30-5-2019	11:00 - 12:00		AUT	31-5-2019	10:00 - 12:00	12:00 - 13:00	AUT	1-6-2019	10:00 - 12:00
SUI	30-5-2019	11:00 - 12:00		SUI	31-5-2019	10:00 - 12:00	12:00 - 13:00	SUI	1-6-2019	10:00 - 12:00
GBR	30-5-2019	12:00 - 14:00		GBR	31-5-2019	12:00 - 14:00	10:00 - 12:00	GBR	1-6-2019	12:00 - 14:00
EST	30-5-2019	12:00 - 13:00		EST	31-5-2019	16:00 - 17:00		EST	1-6-2019	12:00 - 13:00
FIN	30-5-2019	12:00 - 13:00		FIN	31-5-2019	16:00 - 17:00		FIN	1-6-2019	12:00 - 13:00
FRA	30-5-2019	12:00 - 13:00		FRA	31-5-2019	16:00 - 17:00		FRA	1-6-2019	12:00 - 13:00
HUN	30-5-2019	12:00 - 13:00		HUN	31-5-2019	16:00 - 17:00		HUN	1-6-2019	12:00 - 13:00
LIE	30-5-2019	12:00 - 13:00		LIE	31-5-2019	16:00 - 17:00		LIE	1-6-2019	12:00 - 13:00
LTU	30-5-2019	12:00 - 13:00		LTU	31-5-2019	16:00 - 17:00		LTU	1-6-2019	12:00 - 13:00
LUX	30-5-2019	12:00 - 13:00		LUX	31-5-2019	16:00 - 17:00		LUX	1-6-2019	12:00 - 13:00
MLT	30-5-2019	12:00 - 13:00		MLT	31-5-2019	16:00 - 17:00		MLT	1-6-2019	12:00 - 13:00
NOR	30-5-2019	12:00 - 13:00		NOR	31-5-2019	16:00 - 17:00		NOR	1-6-2019	12:00 - 13:00

RUS	30-5-2019	12:00 - 13:00		RUS	31-5-2019	16:00 - 17:00		RUS	1-6-2019	12:00 - 13:00
TUR	30-5-2019	12:00 - 13:00		TUR	31-5-2019	16:00 - 17:00		TUR	1-6-2019	12:00 - 13:00
UKR	30-5-2019	12:00 - 13:00		UKR	31-5-2019	16:00 - 17:00		UKR	1-6-2019	12:00 - 13:00
BEL	30-5-2019	13:00 - 14:00		BEL	31-5-2019	14:00 - 15:00	15:00 - 16:00	BEL	1-6-2019	13:00 - 14:00
NED	30-5-2019	14:00 - 15:00	16:00 - 17:00	NED	31-5-2019	14:00 - 16:00	13:00 - 14:00	NED	1-6-2019	14:00 - 15:00
IRL	30-5-2019	15:00 - 17:00		IRL	31-5-2019	15:00 - 17:00		IRL	1-6-2019	15:00 - 17:00
CZE	30-5-2019	15:00 - 17:00		CZE	31-5-2019	15:00 - 17:00		CZE	1-6-2019	15:00 - 17:00
DEN	30-5-2019	15:00 - 17:00		DEN	31-5-2019	15:00 - 17:00		DEN	1-6-2019	15:00 - 17:00
ESP	30-5-2019	15:00 - 17:00		ESP	31-5-2019	15:00 - 17:00		ESP	1-6-2019	15:00 - 17:00

7.2. REGISTRATION CHECKLIST

Prior to registration, all athletes must have photographic Identification – in order to collect your race packet you must present your photographic identification to a registration official. Failure to do so will result in you not being able to register for the event. The following identification documents are permitted:

- passport
- driver's license
- triathlon license or similar.

PLEASE NOTE: You MUST register in person. If you are unable to attend registration you must inform the LOC. Team managers can register for athletes if arranged with the LOC.

Athlete Waiver must be signed at race packet pickup. The waiver form can be download from the ETU webpage of by [clicking here](#).

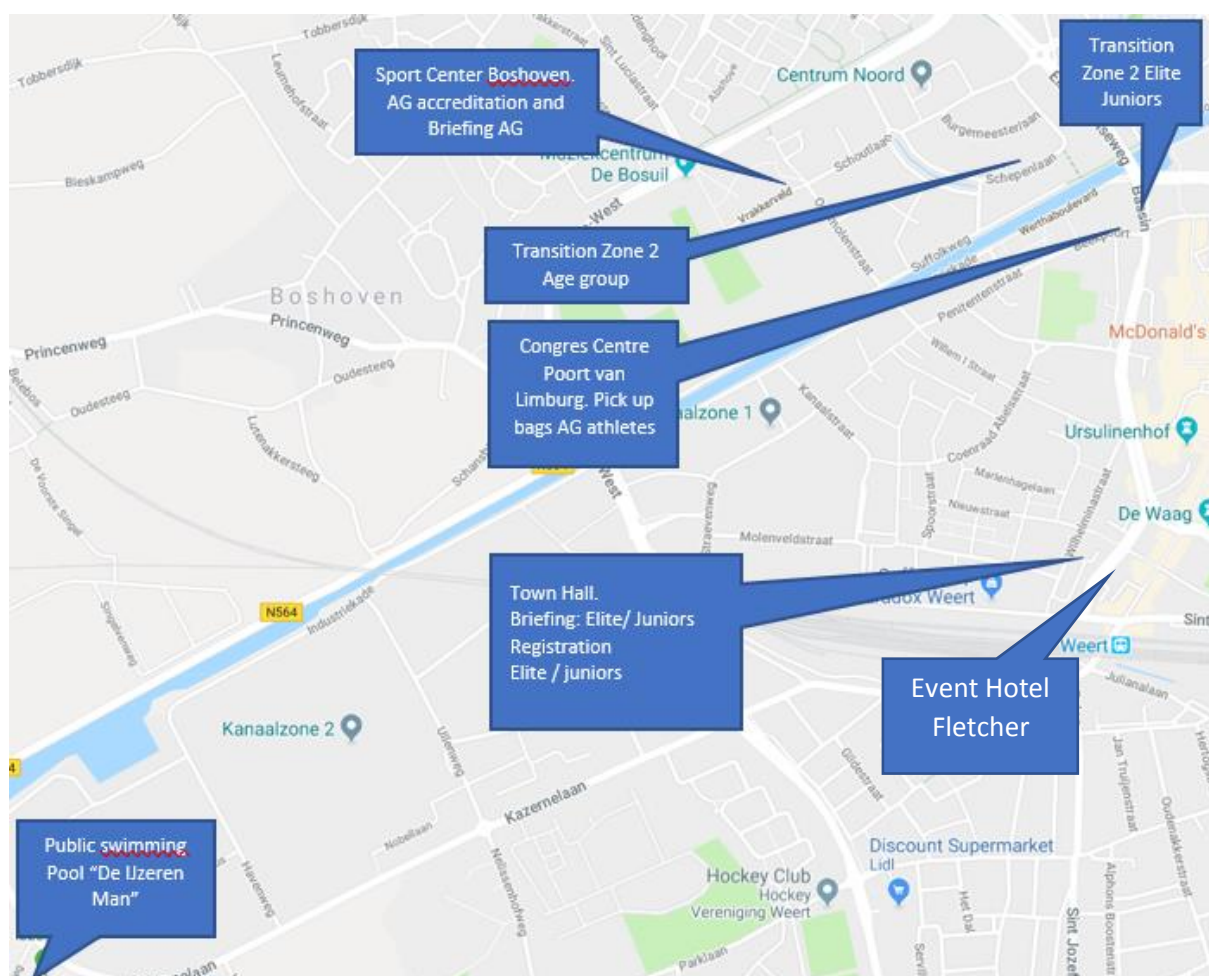
Athletes who arrive late for registration should proceed to the Information Desk in the Event Area. Upon exiting registration all athletes should check if they have the race materials required for their event, which includes:

- Swim cap
- Timing Chip
- Decals
- Sticker sheet (3 helmet stickers, bike seat post sticker, bag sticker)
- Accreditation card incl. lanyards (for access to transition)

7.3. RACE BRIEFING

It is the responsibility of the team managers and coaches to attending briefings and to communicate and distribute all relevant information to their athletes. The briefing notes will be uploaded to the ETU website immediately after they have been delivered to team managers and/or coaches.

RACE BRIEFING			
Wednesday 29-May-2019	16:00 -17:00	Race briefing Age Group Coaches / Team Managers	Sport Center Boshoven



Address: Event Hotel Fletcher Hotel Weert
Driesveldlaan 99
6001 KC Weert, Nederland



Address: Town Hall
Wilhelminasingel 101,
6001 GS Weert, Nederland

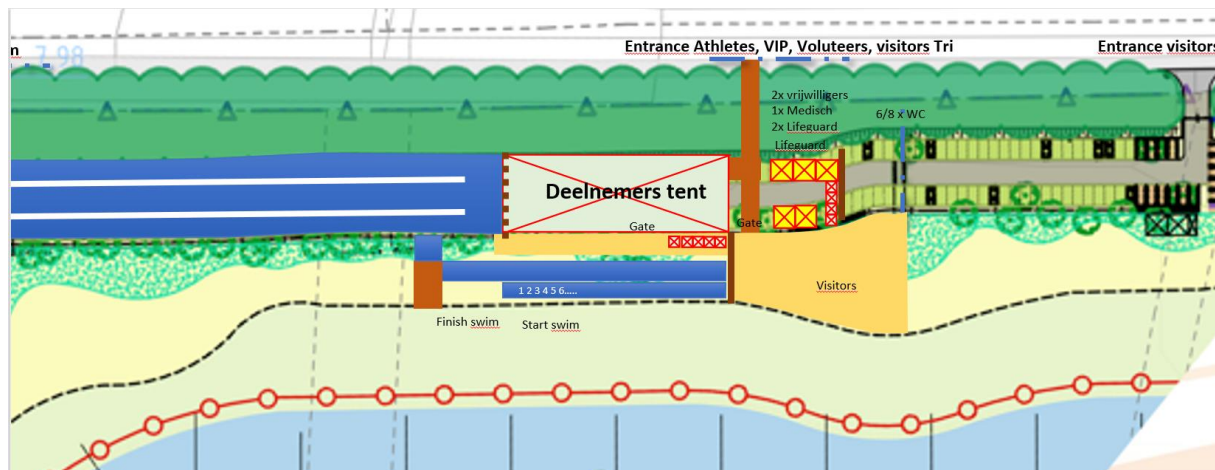


Address: Sport Center Boshoven
Vrakkerveld 2,
6002 AZ Weert, Netherlands



8. TRANSITION AND CHECK-IN/CHECK-OUT TIMES

8.1. RACE VENUE



8.2. TRANSITION CHECK-IN/BIKE RACKING PROCESS

Athletes are asked to make their way to the Age-Group Transition Area in line with their scheduled timeslot (to be announced, section 8.4). On entering the Age-Group Transition Area, athletes must have the following items:

- Bike incl. saddle sticker
- Helmet with stickers in place – must be worn and fastened as you enter transition
- Decals
- Uniform
- Accreditation
- Additional race equipment

All athletes will have their helmets, bike, uniform, and Decals checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the correct stickers distributed in the race packs during registration. Athletes are asked to set up their transition space so that it does not infringe on any other competitors space besides them. Small sized equipment boxes will be made available by the LOC. Attention: These boxes are the property of the LOC and MUST STAY in the Transition Area. Your uniform will be checked by technical officials to ensure it conforms with ITU uniform rules. Athletes are only permitted to race in the national federations approved uniforms.

8.3. BODY NUMBERING

The Local Organizing Committee will provide body marking decals, who will apply them prior to the event;



Body markings are to be applied to each arm and calfs, unless instructed otherwise by the ITU Technical Delegate at the briefing;

Decals using multiple digits will have numbers appearing one above the other, not side by side;

One calf of each athlete – if not covered - will be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25-29 individual age category or F25 should appear on a female athlete in the same category).

8.4. CHECK IN TIMES

Age-Group athletes will need to check their bikes into transition

Please see schedule below.

Age-Group European Championship Transition Check-In/Bike Racking Schedule			
Saturday 01 June 2019	06:30 TZ 2 opens	08:45 TZ 1 closes	Age-Group Transition
Sunday 02 June 2019	06:30 TZ 2 opens	08:45 TZ 1 closes	Age-Group Transition

8.5. CHECK-OUT

Transition check out in Transition 2 will take place after the final athlete has completed their bike discipline.

This is likely to begin at 14:00. Latest check-out time is **15:30** After that, no security for the bikes can be granted.

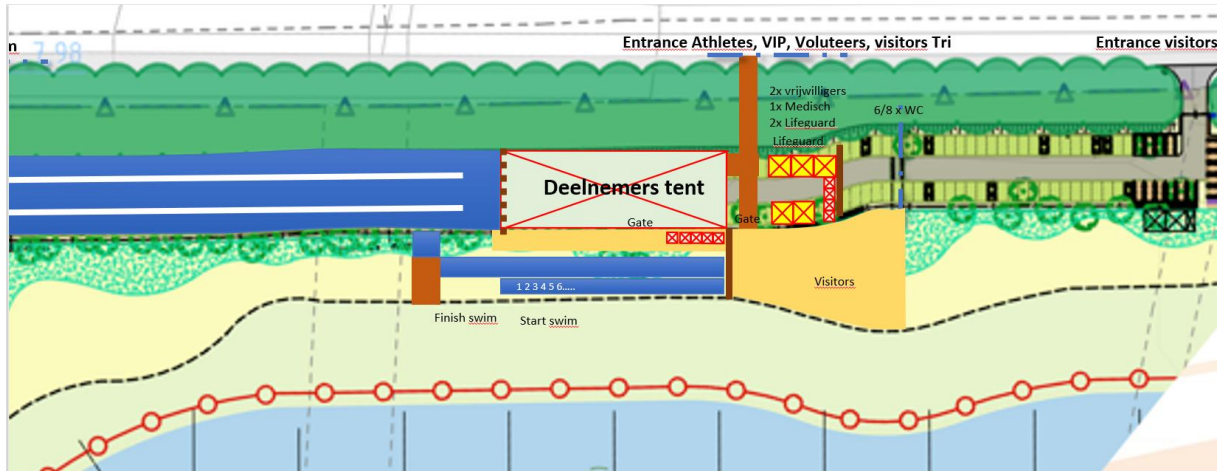
9. START PROCEDURE – RACE AND VENUE FLOW

The pre-start area is located at the beach between the fence which divides the beach from Transition zone.

At the start of each race, athletes will be called forward by technical officials and briefed. Athletes will be called into the pre-start area 20 minute before the start of their wave. No swim warm up will be available for Age-Group competitors.

Once athletes have made their way to the swim assembly / pre start area, they will be under the control of the technical officials who will instruct athletes on how to line up on the beach to access the water.

Athletes will need to step over the timing mat on access to the beach in order to gain access to the water.



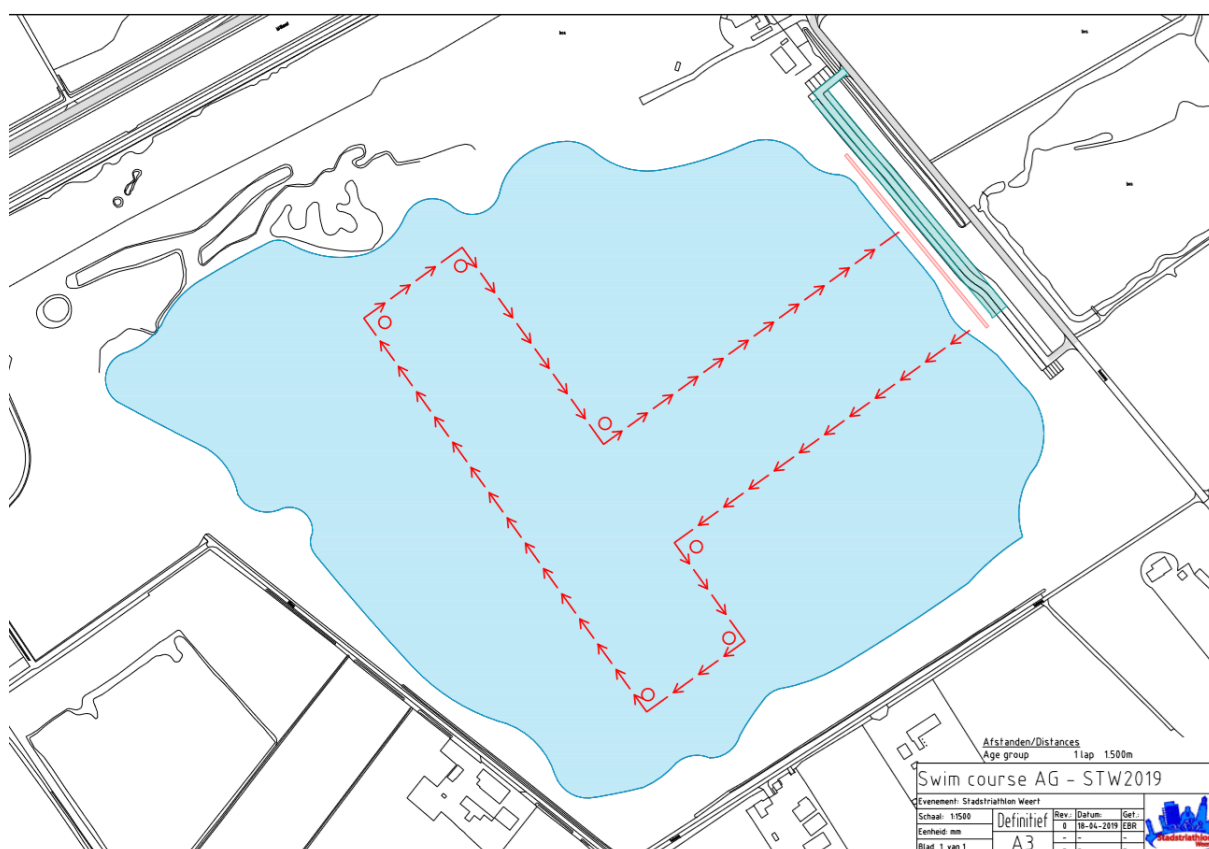
10. AGE GROUP OLYMPIC DISTANCE COMPETITION

10.1. SWIM COURSE

Athletes will start in the water and follow the instructions of the race starter.

The swim course is a single 1500m lap. Athletes will swim in an clockwise direction. At the end of the swim, athletes will leave the water using the swim exit ramp on the beach. At the swim exit, and run 50m on a carpet way in order to access the Age-Group transition zone. Athletes will follow instructions from technical officials in order to flow through the transition area in the correct way.

You can find the athletes line-up area on the venue map (Page 26, START AREA)

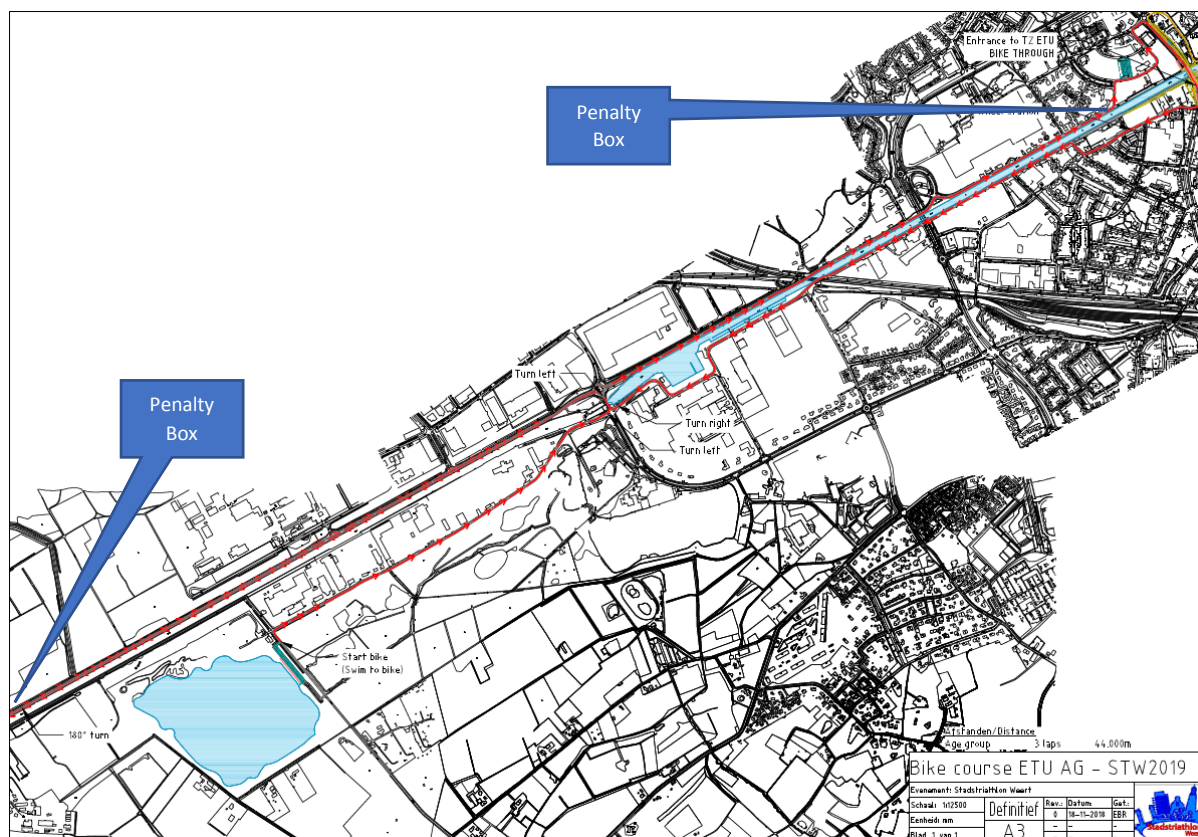


10.2. BIKE COURSE

The 1.5K swim is followed by a fast bike course.

After exiting the TA in the direction the sluice, a very fast and straight section of approximately 12K is awaiting the racers. After reaching the event area after the first part / run-up part of the bike course it's followed by 2 laps of 14 Km the event area.

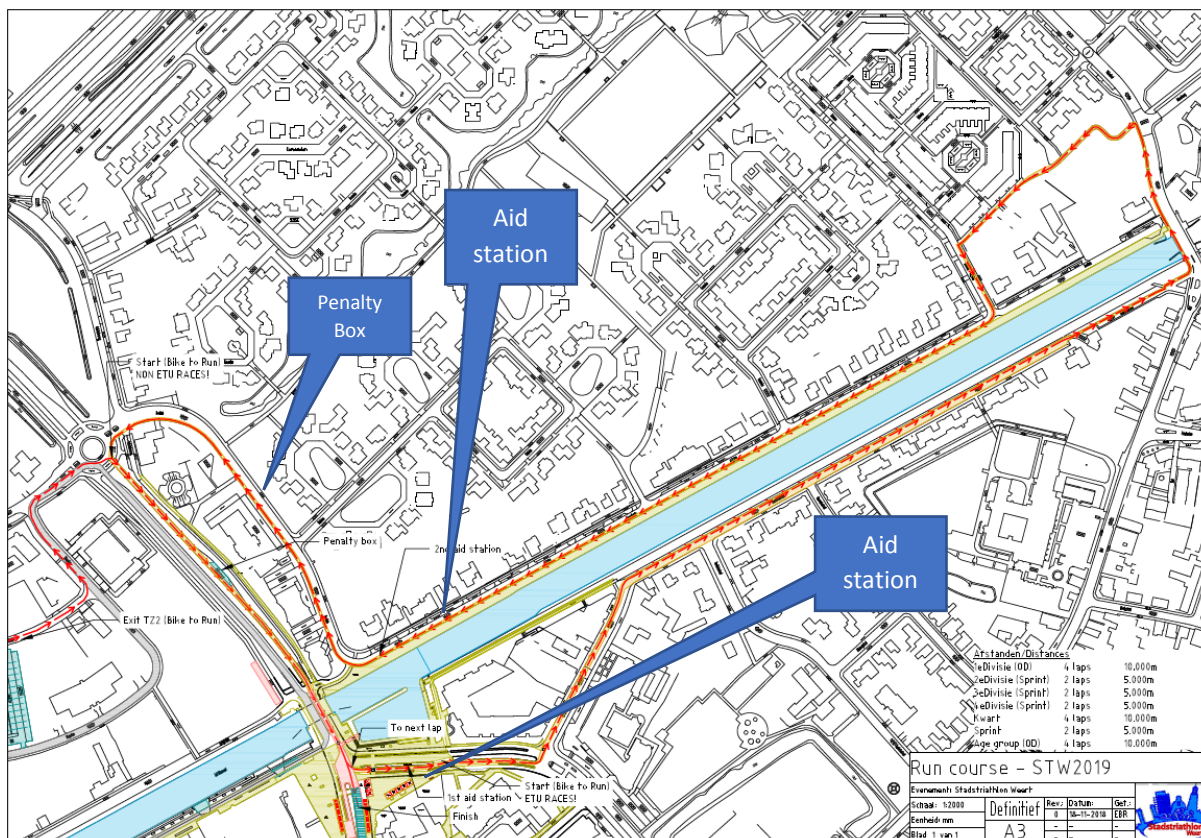
The bike leg consists of one run-up part 12 km and two 14 kilometer loops.



10.3. RUN COURSE

The race concludes with four 2.5 Km loops run is flat and 100% asphalt on goes around the Canal named the “Zuid Willemsvaart”.

The Age-Group Olympic Distance European Championship will be as follows: 1.5Km swim (1 lap), 40Km bike (1 run-up lap + 2 laps), 10Km run (4 laps).

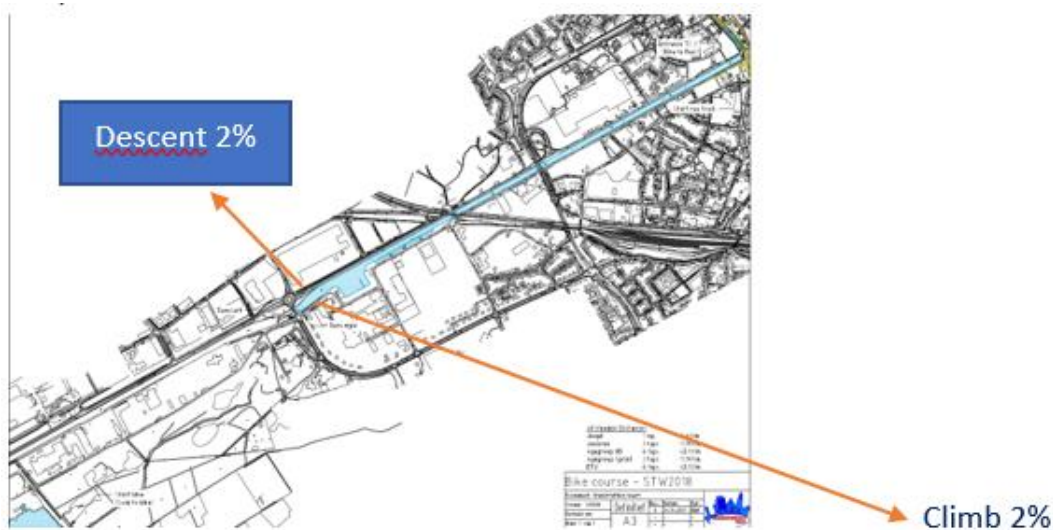


10.4 BIKE COURSE AND PENALTIES

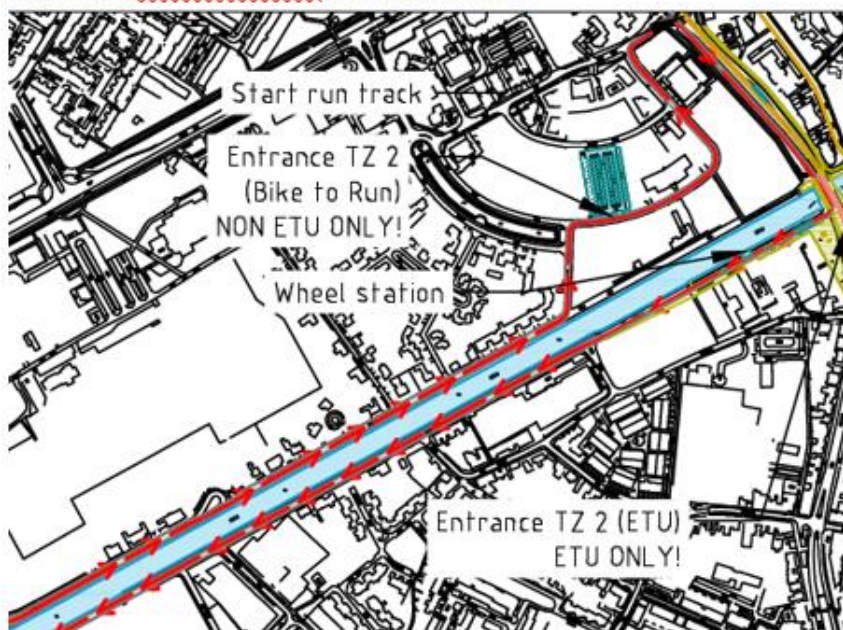
The bike course heads from Blue Lake toward the sluice, at the sluice you take an left and approximately 50 mtr you take an left on the roundabout into the direction to Belgium. You're driving on the opposite way at about 4 Km there is an sharp turn and will direct you back towards Weert (also on the opposite way). After 4 km you'll reach the roundabout at the sluice and you'll pass this on the left hand side, after this the whole road is free to ride If an athlete incurs a time penalty, they must take it during the bike session. This is to be taken in the bike penalty box in Weert (after approx. 12k) just before the event area.

One run-up part 12 km and two 14 kilometer loops need to be completed. Athletes are instructed to ride on the right and overtake on the left hand side.

Note: drafting is prohibited



Location wheelstation on bike course.

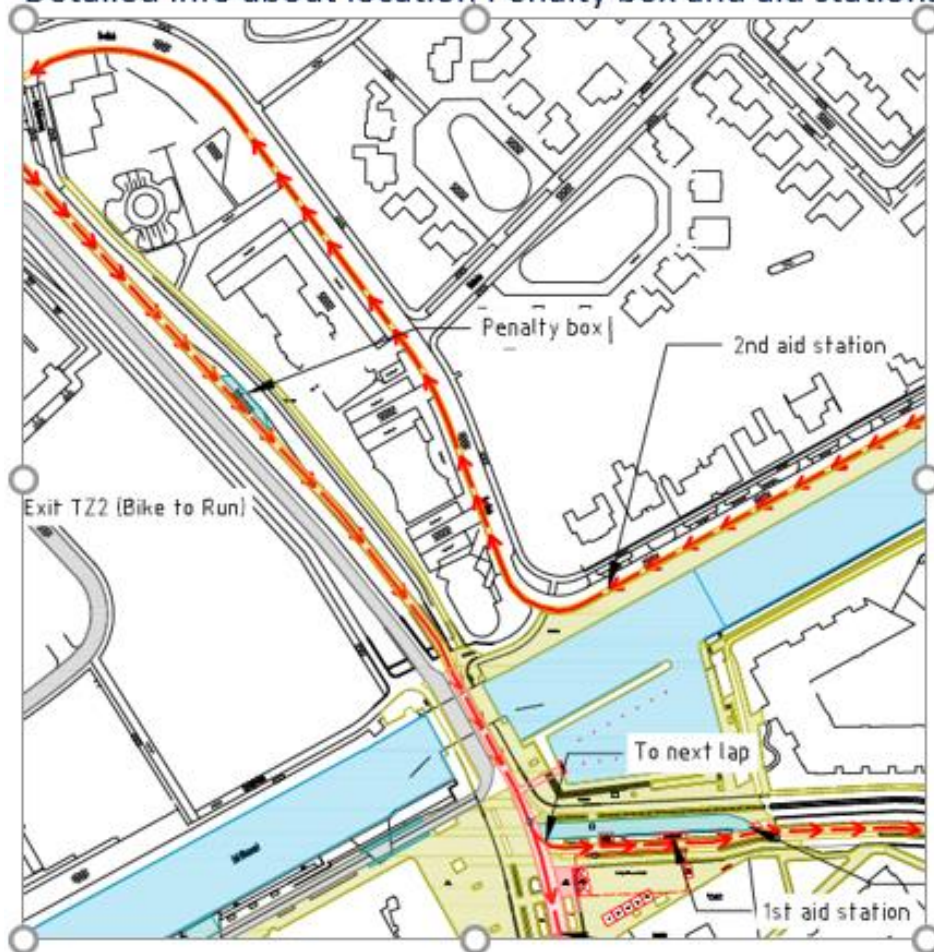


10.4. RUN COURSE AND AID STATIONS

The run course starts with a short run-up part approximately 200 mtr before you reach the run course. The run consists of four laps of 2.45 km.

There is a total of 2 Aid Stations on the run course. There will be designated litter zones on the cycle and run courses where athletes will be able to dispose of litter. The litter zones start 20 meters before an Aid Station and end 80 meters after an Aid Station. Large signs mark the start and end of the littering zones.

Detailed info about location Penalty box and aid stations on run course.



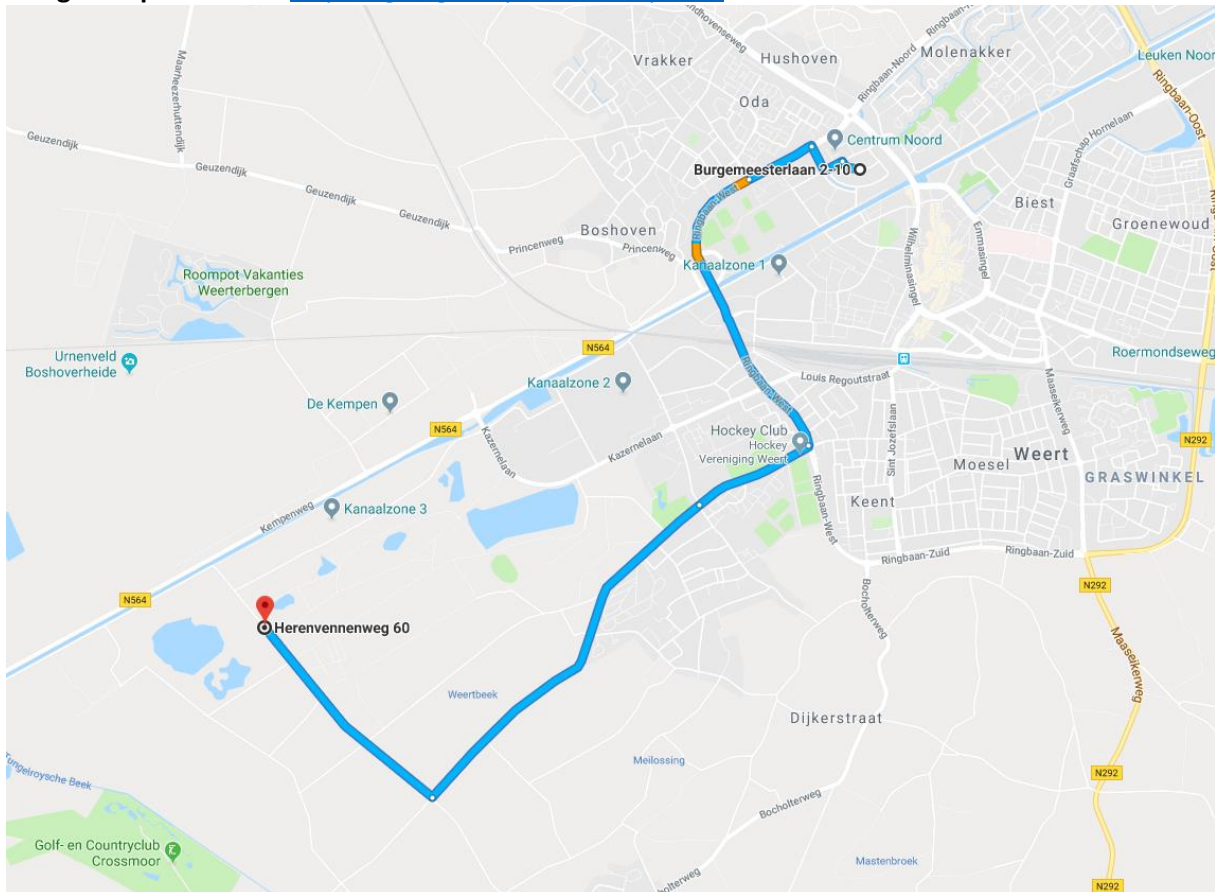
10.5. TRAVEL DIRECTIONS TOWARDS BLUE LAKE

Directions TZ2 to TZ1 by car

Distance: appx. 7.0 km

Travel time: appx. 10 minutes

Google Maps link: <https://goo.gl/maps/etT3b3PipWN2>



Written directions

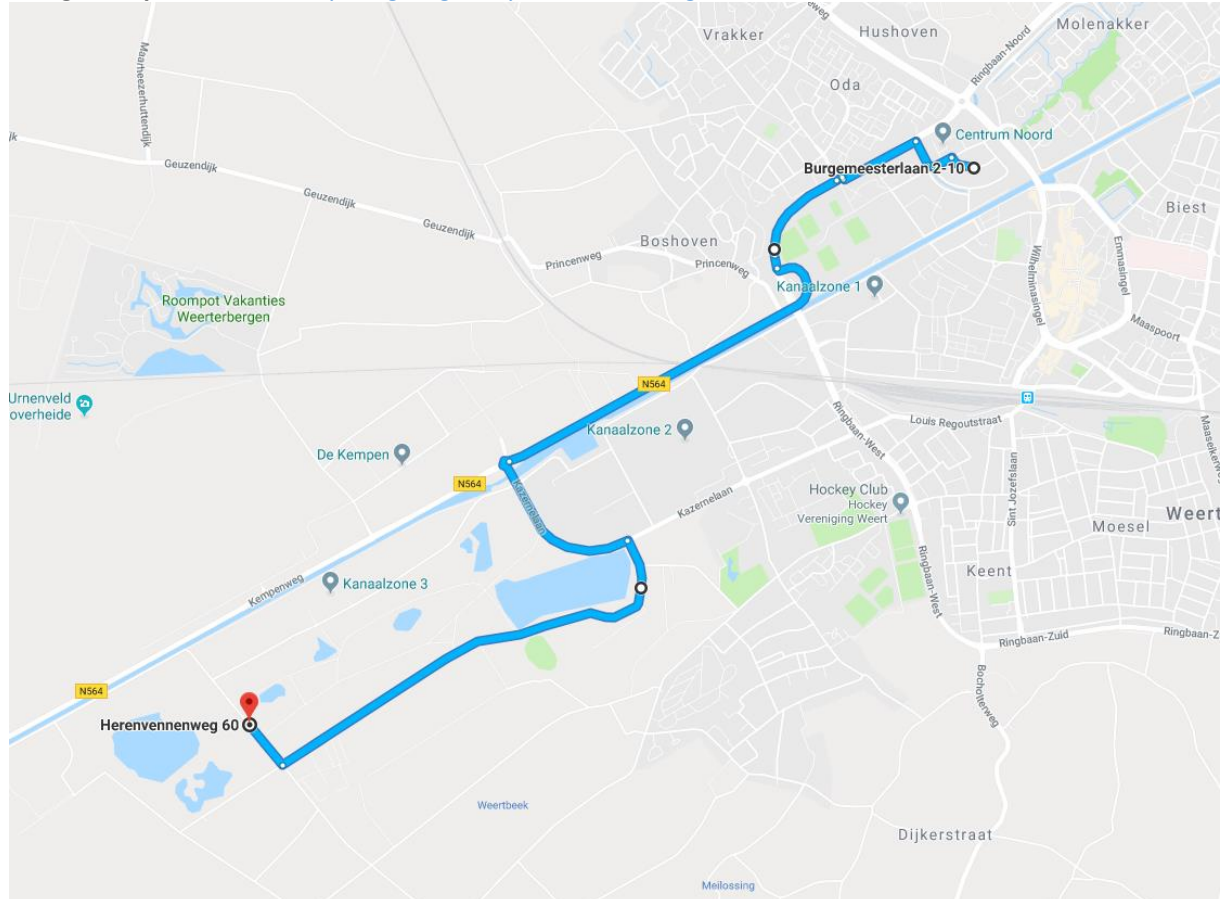
1. Head west on Burgemeesterlaan toward Schoutlaan, drive 120m.
2. Turn left onto Schoutlaan, drive 95m.
3. Turn right to stay on Schoutlaan, drive 28m.
4. Turn right onto Gouverneurlaan, drive 130m.
5. Turn left onto Ringbaan-Noord, drive 400m.
6. Continue onto Ringbaan-West, go through 2 roundabouts, drive 1.8km.
7. At the third roundabout, take the 1st exit onto Parklaan, drive 700m.
8. Continue onto Diesterbaan, drive 2.3km.
9. Turn right onto Herenvennenweg, drive 1.4km.
10. You've reached the destination.

Direction TZ2 to TZ1 by bike

Distance: appx. 6.4km

Travel time: appx. 21 minutes

Google Maps link: <https://goo.gl/maps/ARfd6SRQAgS2>



Written directions

1. Head west on Burgemeesterlaan toward Schoutlaan, bike 120m.
2. Turn left onto Schoutlaan, bike 95m.
3. Turn right to stay on Schoutlaan, bike 28m.
4. Turn right onto Gouverneurlaan, bike 120m.
5. Turn left toward Ringbaan-Noord, bike 400m.
6. Continue onto Ringbaan-West, bike 500m.
7. At the roundabout, take the bikelane next to the bridge down (See red arrow on Map) to suffolkweg, It's obligated to use the bikelane bike approx. 1.8km.
8. At the roundabout, take the 3rd exit onto Kazernelaan, It's obligated to use the bikelane bike approx., bike 850m.
9. Turn right onto Voorhoeveweg, bike 2.2km.
10. Turn right onto Herenvennenweg, bike 240m.
11. You've reached the destination.



10.6. START WAVE SCHEDULE (SATURDAY, 1 TH JUNE 2019)

Day	Wave	Starttime	Categorie
Saturday	1	9:00	F18
			F20
			F25
	2	9:05	F30
	3	9:10	F35
	4	9:15	M65
			M70
			M75
			M80
	5	9:20	F55
			F60
			F65
			F70
			F75
	6	9:25	M60
	7	9:30	F50
	8	9:40	M55
	9	9:45	F45
	10	9:50	F40

10.7. START WAVE SCHEDULE (SUNDAY, 2TH JUNE 2019)

Day	Wave	Starttime	Categorie
Sunday	1	9:00	M18
			M20
	2	9:05	M25
	3	9:10	M30
	4	9:15	M35
	5	9:20	M40
	6	9:25	M45
	7	9:30	M50



10.8. RESULTS

Results will be uploaded live at the events official website. All the results information will be available to the Team Managers at the Information Desk. Results will also be on display after the race at the Information Desk in the Athlete Service Area. Our official timing partner will be RACE RESULT Timing, which offer live timing for all races.

10.9. MEDAL CEREMONIES

The medal ceremony for the Age Group Olympic Distance European Championships will take place at the (Please see Schedule on page 34). We ask all top three athletes from each category to arrive in time at the medal ceremony meeting point, which will be on the stage at the Bassin



11. RULES AND APPEALS

11.1. COMPETITION RULES

The Rabobank Weert Triathlon European Championships will be conducted in accordance with the rules and regulations of the ITU. The ITU competition rules can be found using the following web link: http://www.triathlon.org/uploads/docs/itusport_competitionrules_2017.pdf

11.2. APPEALS AND PROTESTS

The race referee will post penalties at the post finish/ recovery area. For either a protest or an appeal, ITU rules will be followed. The appeal or protest has to be submitted to the Race referee and the ITU Competition Jury will meet to discuss.

The full rules for appeal can be found using the following web link:

http://www.triathlon.org/uploads/docs/ITU_Disciplinary_Procedures_Rules_20160708.pdf



12. MEDAL CEREMONIES

A full list of Age-Group medal winners will be posted in the Athlete Services area as soon as possible after your event, and also posted online. Competitors are asked to check this list to find out if they have won a medal. Age-Group medal winning athletes are asked to meet 15 minutes before the Medal Ceremony will start. Any athlete who is unable to attend is asked to inform their team manager who can collect their medal after the ceremony.

Medal Ceremonies		
Day	Location	Time
Sunday 2th June 2019	Bassin	18:00 hrs



13. OPENING & CLOSING CEREMONIES AND SIDE EVENTS

13.1. OPENING CEREMONY - THURSDAY 30 TH MAY

All athletes and team officials are invited to take part in the European Championship Opening Ceremony in Weert on Thursday, May 30th.

The Opening Ceremony will mark the grand opening of the 2019 Rabobank Weert ETU Triathlon European Championships. There will be a Parade of Nations in which all athletes are asked to participate. **The opening ceremony will start with a Flag Parade and starts from the city centrum of Weert at the church at 18:00 hrs.**

CLOSING Party - Sunday 02th June

The Closing Party on Sunday will be held in the Poort van Limburg. All athletes, coaches, friends, volunteers, and media members are invited to join this get together for a night of DJ music, drinks and celebrations. The party starts at 7 pm. **The closing ceremony will start at 19:00 hrs at the Bassin (finish area)**

**SEE YOU IN WEERT
AND WISH YOU UNFORGETTABLE**

DAYS DURING THE THIS YEARS EUROPEANS!

