

ATHLETES GUIDE



ITU
paratriathlon
World Cup **Alanya**

TRIATHLON ^{★★}SPRINT
EUROPEAN CUP
ALANYA 2019

ETU

TRIATHLON ^{★★}
JUNIOR EUROPEAN CUP
ALANYA 2019

ETU

OCTOBER 5 - 6



ALTAV



SHIMANO



2019 Athlete Guide



2019 Athlete Guide





Greetings and welcome to the 2019 Alanya ITU Paratriathlon World Cup

This beautiful Mediterranean city has a long and fruitful history with ITU. It was in October 1992 that Alanya held its first European Cup and, ten years later, the region reasserted its rich triathlon pedigree by kick-starting a run of successive European and World Cups that was almost unbroken for the 18 years since.

This year, it will host the latest stop on the Paratriathlon World Cup circuit, providing us with one of the most attractive courses imaginable. The athletes have a beach start before the three lap bike and run over largely flat, occasionally cobbled road. It will provide another excellent stage for the athletes to perform on and a true test of their skills in pursuit of the gold, and I wish them all the best of luck over the coming days.

The race is part of a true festival of the sport being held in the city, with Junior, Elite and Age-Group races also being held over the weekend, attracting around 1,000 athletes from over 50 countries. It is occasions such as this that are the cornerstone of our sport, underlining its popularity and accessibility for all levels to participate.

My thanks go to the Local Organising Committee for all their work putting this event together and to the officials and volunteers who help make it possible. I would encourage you all to enjoy this wonderful region, from its beaches to the Red Tower dating back to 1226, as it hosts the spectacle of ITU paratriathlon.

Have a great weekend

Marisol Casado
President, International Triathlon Union
IOC Member



I am very happy to see Alanya once more delivering key events to our ETU Racing Calendar. The hard work of the Türkiye Triatlon Federasyonu under the leadership of Bayram Yalçinkaya has shown a new dynamic with its focus on development of the sport at all levels. This is exactly what we need in triathlon.

The date for the race has traditionally been at the end of the season and 2019 is no different. Juniors, Para Athletes and Elite will be racing for all-important points and prize-money. I see that the organisers are also holding their very successful Open Races, with distances to suit everyone. This again is an integral part of our sport, as the legacy is built upon such events.

I recognise the very hard work and dedication of Mehmet Zafer Peker and his team in Alanya. They have the full support and co-operation of the Mayor of Alanya Adem Murat Yücel and together they have worked hard to ensure that athletes visiting the seaside city go home with great memories.

A traditional course, with great water to swim in, a flat, fast but technical bike course and a snappy run with lots of crowd support. This is one of the oldest triathlon events in Europe and I am particularly pleased that for 2020, it will host the ETU Youth Championships Festival, where our youngest athletes will enjoy sunshine, culture and racing. As a sign of the support from ETU, we will be holding our Executive Board meeting there after the event. Good luck to you all there."

Renato Bertrandi

President of European Triathlon Union



Dear athletes, coaches & guests

On behalf of the Alanya Municipality , I would like to give you all a warm welcome at the ITU Paratriathlon World Cup ,ETU Sprint Triathlon European Cup,and ETU Junior Triathlon Cup in 2019. It is a great honour for AlanyaTriathlon in general to host the best triathletes of World in the beautiful city of Alanya. We have full confidence in the Local Organizing Committee, together with the Alanya Municipality, to present you a professional and exciting event in which you can demonstrate your top triathlon skills! The LOC, the City of Alanya, have worked together the since 29 years in organizing this Triathlon and of course, we hope you will be satisfied with the result this weekend. The Alanya wishes to thank ITU, ETU for giving us the chance to show our organizing skills in international top sports events. Also, we want thank to our Mayor Adem Murat Yücel, President of Federation Bayram Yalçınkaya , to all supporters. Let's all enjoy this weekend elite sport on its best!

Levent UĞUR

Sports Manager of Alanya Municipality

Dear triathletes,

I am feeling lucky to be surrounded by such amazing people who put together a spectacular. ITU Paratriathlon World Cup , ETU Sprint Triathlon European Cup, and ETU Junior Triathlon Cup in 2019 who are now about to deliver an even more amazing event this year, We are in our 29th year hosting an Triathlon event, and we are feeling the growing enthusiasm towards this spectacular race featuring the best triathletes of the world. This year, elite athletes continue their qualifications for the 2020 Olympic Games and Paralympics, and amateur athletes will have the opportunity to compete on the same course.

With Alanya and Turkey's rich tradition in hosting international sporting events, we have had the privilege to pick from the very best sports event organizers to assemble a truly amazing team of Alanya Municipality and volunteers.

Tank to our Mayor Adem Murat Yücel, President of Turkish Triathlon Federation Bayram Yalçinkaya and all sponsors.



Enjoy the show, have fun my friends!

Mehmet Zafer Peker
Executive Director of Alanya Triathlon

Welcome to the Alanya 2019 ITU Paratriathlon World Cup, 2019 Alanya ETU Sprint Triathlon European Cup, 2019 ETU Triathlon Junior European Cup and the other open categories (AG Standart, AG Sprint) This Athlete Guide provides athletes and team managers with key information required for competing in the Alanya Triathlon. 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 experience please see our website and social media outlets:

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

Event Website: <http://www.triathlonalanya.com/>

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

TABLE OF CONTENTS

1 GENERAL INFORMATION

1. Introduction
2. Key Dates
3. Key Contacts
4. Contact Details

2 VENUE

1. Venue
2. Athlete's Lounges
3. Doping Control
4. Medical Services
5. Bike Mechanic Centre
6. Information Centre
7. Security

3.ACCOMMODATION

4.TRANSFER AND TRANSPORT

5.TRAINING

1. Training Sessions
2. Bike Training
3. Courses' Familiarization
4. Sport Massage Service

6 COMPETITION INFORMATION

1. Competition Schedule
2. Competition Rules
3. Insurance
4. Warm Up
5. Athletes' Pack
6. Timing Bands
7. Information about the FOP

1. Start
2. Swim Course
3. Transition T1
4. Transition T2
5. Bike Course
6. Wheel Stations
7. Run Course
8. Aid Stations
9. Weather Conditions

10. Results
11. Protest & Appeals

7 IDENTIFICATION

1. Training Facilities Access
2. Identification Card Request

8.VISA PROCEDURES

9.USEFUL INFORMATION

9.1	Language
9.2	Population
9.3	Currency
9.4	Time
9.5	Electricity

9.6	Water
9.7	Post
9.8	Hospital
9.9	Telephone Connection
9.10	Getting Around

- **10 TOURISM INFORMATION**
- **11 MAPS**

All maps about Paratriathlon, Elite, Junior, AG Sprint & AG Olympic races and some usefull maps

12 ENTRY FEE and PRIZE DISTRUBITION

12.1 Entry Fee

12.2 Prize Distrubition

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 2019, Alanya ITU Paratriathlon World Cup 2019, AG Standart .AG Sprint 2019

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 Triathlon week, and its web site www.alanyatriathlon.com prior to that week, regarding any changes on information included**

We are completing 29 years along with this year on triathlon adventure which was started on 1991. On behalf of Alanya Municipality this race will be organized in 2019 by Peli Org. Ltd. and cooperation with Turkish Triathlon Federation and Alanya Outdoor Sports Club.

1.2 Key Dates

WHAT	WHERE	WHEN	START
Press Conference	City Hall	Thursday 3 rd	13:00
Junior Athlete's Briefing	Culture Center	Friday 4 th	16:00
Elite Athlete's Briefing	Culture Center	Friday 4 th	17:00
AG Athletes Briefing	Culture Center	Friday 4 th	18:00
Pasta Party	Culture Center	Friday 4 th	19:00
Race Start AG Standart	Venue Beach	Saturday 5 th	07:00
Aquathlon M1 Men	Venue Beach	Saturday 5 th	11:00
Aquathlon M1 Women	Venue Beach	Saturday 5 th	11:15
Aquathlon M2 Men	Venue Beach	Saturday 5 th	11:30
Aquathlon M2 Women	Venue Beach	Saturday 5 th	11:45
Race Start Junior Women	Venue Beach	Saturday 5 th	13:30
Race Start Elite Women	Venue Beach	Saturday 5 th	16:00
Medal Ceramony Elite Women	Finish Area	Saturday 5 th	17:30
Medal Ceramony Junior Women	Finish Area	Saturday 5 th	17:30
Medal Ceramony AG Olympic	Finish Area	Saturday 5 th	12:00
Medal Ceramony AG National Finals	Finish Area	Saturday 5 th	12:30
Para Athletes Briefing	Culture Center	Saturday 5 th	19:00
Paratriathlon	Venue Beach	Sunday 6 th	08:00
Race Start AG Sprint	Venue Beach	Sunday 6 th	11:15
Medal Ceremony – AG sprint	Finish Area	Sunday 6 th	13:35
Race Start Junior Men	Venue Beach	Sunday 6 th	13:30
Race Start Elite Men	Venue Beach	Sunday 6 th	16:00
Medal Ceremony Junior Men	Finish Area	Sunday 6 th	17:45
Medal Ceremony Elite Men	Finish Area	Sunday 6 th	17:45
Medal Ceremony Paratriathlon	Finish Area	Sunday 6 th	17:45
Closing Ceremony	TBT	Sunday 6 th	20:30
Triathlon Party	TBT	Sunday 6 th	23:00

1.3 Key Contacts

Executive Director	Mehmet Zafer Peker
Organisation Director	Levent Uğur
Press Office	Tunç Ünlü
Director of Operations	Naim Namal
Technical Delegate	John Petrides (GBR)
AS Technical Delegate	Mustafa Şirin

1.4 Contact Details

Mehmet Zafer Peker
Tel: 0090 536 353 34 38
zaferpekers@hotmail.com

Levent Uğur
Tel: 0090 532 318 48 08

John PETRIDES
jgppsp@blueyonder.co.uk

Naim Namal
Tel: 0090 532 437 54 56

Mustafa Şirin
mustafasirin07@gmail.com
0090 505 703 55 80

Tunç ÜNLÜ
009 0532 136 12 36

2. VENUE

2.1 Venue

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

- **Athletes' Lounge**

Facilities including athlete's lounge and toilets are provided to the athletes (Elite, Junior, Paratriathlete) 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 October, Friday 4th and up to Sunday 6th by

SHIMANO and the timetable will be as follows:

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

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

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

- **Information Centre/LOC OFFICE**

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

- **Culture Center** on Thursday 3 th 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 guarantee 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.triathlionalanya.com and click on to the travel section.

For any information regarding accommodation arrangements, reduced mobility or special needs, please contact www.triathlionalanya.com info@triathlionalanya.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 <https://www.724transfer.com/> or send an e-mail with detailed flight information to us **not later than 2 weeks before the event.**

For other Transport services, and any information about transfer or transport, please contact info@triathlionalanya.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, Paratriathlet training sessions in the Alanya Olympic Swimming pool.

- Thursday, October 3 th.
08:00-12:00
- Friday, October 4 tt.
08:00-12:00
- Saturday, October 5 th.
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 kemalkocaman@alanya.bel.tr, kemal_kocaman@hotmail.com

5.2 Age Groups training sessions in Alanya Olympic Swimming Pool

- Friday, October 4 tt.
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 swim, bike and run familiarization times:

• Swim, Friday October 4th

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
Venue Beach	11:30	12:30	PT Women
Venue Beach	11:30	12:30	PT Men

• Bike, Friday October 4th

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
Venue Elite Transition	07:00	07:30	PT Women
Venue Elite Transition	07:00	07:30	PT Men

• Run, Friday October 4th

WHERE	START	END	EVENT
Venue Beach	08:00	08:30	PT Women
Venue Beach	08:00	08:30	PT Men

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

PARATIRATHLON

WHAT	WHERE	WHEN	START	END
Press Conference	City Hall	Thursday 3 rd	13:00	
Bike Course Familiarization	Venue Elite Transition	Friday 4 th	07:00	07:30
Swim Course Familiarization	Venue Beach	Friday 4 th	11:30	12:30
Run Course Familiarization	Venue Beach	Friday 4 th	08:00	08:30
Paratriathletes Briefing/ Registration	Culture Center	Saturday 5 th	19:00	20:00
Pasta Party	Culture Center	Saturday 5 th	20:00	20:30
Athlete's Lounge Open for check	Main venue	Sunday 6 th	07:00	07:45
Transition Area Opens	Elite Transition Area	Sunday 6 th	07:00	07:45
Swim Warm Up	Main venue	Sunday 6 th	07:15	07:45
Athlete's Presentation	Main venue	Sunday 6 th	07:45	08:00
Race Start	Main venue	Sunday 6 th	08:00	09:19
Award Ceremony	Finish Area	Sunday 6th	17:45	
Bike Check Out	Elite Transition Area	Sunday 6 th	10:30	11:15
Closing Party & Ceremony		Sunday 6 th	20:30	23:00

ELITE WOMEN

WHAT	WHERE	WHEN	START	END
Press Conference	City Hall	Thursday 3 rd	13:00	
Bike Course Familiarization	Venue Elite Transition	Friday 4 th	06:30	07:00
Swim Course Familiarization	Venue Beach	Friday 4 th	10:30	11:30
Elite Athletes Briefing/ Registration	Culture Center	Friday 4 th	17:00	18:00
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Athlete's Lounge Open for check	Main venue	Saturday 5 th	15:00	15:45
Transition Area Opens	Elite Transition Area	Saturday 5 th	15:15	15:45
Swim Warm Up	Main venue	Saturday 5 th	15:15	15:45
Athlete's Presentation	Main venue	Saturday 5 th	15:50	16:00
Race Start	Main venue	Saturday 5 th	16:00	17:30
Award Ceremony	Finish Area	Saturday 5 th	17:45	
Bike Check Out	Elite Transition Area	Saturday 5 th	17:30	18:00
Closing Party & Ceremony		Sunday 6th	20:30	23:00

ELITE MEN

WHERE	WHAT	WHEN	START	END
Press Conference	City Hall	Thursday 3rd	13:00	
Bike Course Familiarization	Venue Elite Transition	Friday 4 th	06:30	07:00
Swim Course Familiarization	Venue Beach	Friday 4 th	10:30	11:30
Elite Athletes Briefing/ Registration	Culture Center	Friday 4 th	17:00	18:00
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Athlete's Lounge Opens	Main venue	Sunday 6 th	15:00	15:45
Transition Area Opens	Elite Transition Area	Sunday 6 th	15:15	15:45
Swim Warm Up	Main venue	Sunday 6 th	15:15	15:45
Athlete's Presentation	Main venue	Sunday 6 th	15:50	16:00
Race Start	Main venue	Sunday 6 th	16:00	17:30
Award Ceremony	Finish Area	Sunday 6 th	17:45	
Bike Check Out	Elite Transition Area	Sunday 6 th	17:30	18:00
Closing Party & Ceremony		Sunday 6 th	20:30	23:00

JUNIOR WOMEN

WHAT	WHERE	WHEN	START	END
Bike Course Familiarization	Venue Elite Transition	Friday 4 th	06:30	07:00
Swim Course Familiarization	Venue Beach	Friday 4 th	10:30	11:30
Junior Athletes Briefing/ Registration	Culture Center	Friday 4 th	16:00	17:00
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Athlete's Lounge Open for check	Main venue	Saturday 5 th	12:15	13:00
Transition Area Opens	Elite Transition Area	Saturday 5 th	12:30	13:15
Swim Warm Up	Main venue	Saturday 5 th	12:30	13:15
Athlete's Presentation	Main venue	Saturday 5 th	13:20	13:30
Race Start	Main venue	Saturday 5 th	13:30	14:45
Bike Check Out	Elite Transition Area	Saturday 5 th	14:30	15:00
Award Ceremony	Finish Area	Saturday 5 th	17:45	
Closing Party & Ceremony		Sunday 6 th	20:30	23:00

JUNIOR MEN

WHAT	WHERE	WHEN	START	END
Bike Course Familiarization	Venue Elite Transition	Friday 4 th	06:30	07:00
Swim Course Familiarization	Venue Beach	Friday 4 th	10:30	11:30
Junior Athletes Briefing/ Registration	Culture Center	Friday 4 th	16:00	17:00
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Athlete's Lounge Opens	Main venue	Sunday 6 th	12:15	13:00
Transition Area Opens	Elite Transition Area	Sunday 6 th	12:30	13:15
Swim Warm Up	Main venue	Sunday 6 th	12:30	13:15
Athlete's Presentation	Main venue	Sunday 6 th	13:20	13:30
Race Start	Main venue	Sunday 6 th	13:30	14:45
Bike Check Out	Elite Transition Area	Sunday 6 th	14:30	15:00
Award Ceremony	Finish Area	Sunday 6 th	17:45	
Closing Party & Ceremony		Sunday 6 th	20:30	23:00

AGE GROUP OLYMPIC

WHAT	WHERE	WHEN	START	END
Age Group Team Managers Briefing	Culture Center	Friday 4 th	18:00	19:00
Age Group Athletes Briefing	Culture Center	Friday 4 th	18:00	19:00
Age Group Registration	Culture Center	Friday 4 th	10:00	17:30
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Transition Area Opens	Age Group Transition Area	Saturday 5 th	05:45	07:00
Race Start	Venue Beach	Saturday 5 th	07:00-07:30	11:00
Bike Check Out	Age Group Transition Area	Saturday 5 th	10:30	11:45
Medal Ceramony	Finish Area	Saturday 5 th	12:00	
Medal Ceramony AG National Finals	Finish Area	Saturday 5 th	12:30	
Closing Ceramony		Sunday 6 th	20:30	23:00

AGE GROUP SPRINT

WHAT	WHERE	WHEN	START	END
Age Group Team Managers Briefing	Culture Center	Friday 4 th	18:00	19:00
Age Group Athletes Briefing	Culture Center	Friday 4 th	18:00	19:00
Age Group Sprint Registration	Culture Center	Friday 4 th	10:00	17:30
Pasta Party	Culture Center	Friday 4 th	19:00	20:00
Transition Area Opens	Age Group Transition Area	Sunday 6 th	10:15	11:10
Race Start AG Sprint	Venue Beach	Sunday 6 th	11:15	13:15
Bike Check Out	Age Group Transition Area	Sunday 6 th	13:00	13:30
Medal Ceramony	Finish Area	Sunday 6 th	13:35	
Closing Ceramony		Sunday 6 th	20:30	23:00

6.2 Competition Rules

The ETU Triathlon European Cup and ITU Paratriathlon World Cup and the other race will follow the latest published Competitions Rules of the International Triathlon Union.

The Age Group Race is Standart Distance non draft race and TT Bike allowed.

Sprint Distance race draft legal race and TT Bike not allowed.

6.3 Insurance

All athletes and team support personal 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 5 th	12:30	13:15	Junior Women
Swim Warm Up	Venue Beach	Saturday 5 th	15:15	15:45	Elite Women
Swim Warm Up	Venue Beach	Sunday 6 th	12:30	13:15	Junior Men
Swim Warm Up	Venue Beach	Sunday 6 th	15:15	15:45	Elite Men
Swim Warm Up	Venue Beach	Sunday 6 th	07:15	07.45	Para

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	Saturday 5 th	18:00	19:00	PT Men
Briefing- Registration	Culture Center	Saturday 5 th	18:00	19:00	PT Women
Briefing- Registration	Culture Center	Friday 4 th	16:00	17:00	Junior Men
Briefing- Registration	Culture Center	Friday 4 th	16:00	17:00	Junior Women
Briefing-Registration	Culture Center	Friday 4 th	17:00	18:00	Elite Men
Briefing- Registration	Culture Center	Friday 4 th	17:00	18:00	Elite Women
Registration	Culture Center	Friday 4 th	10:00	17:30	AG Sprint
Registration	Culture Center	Friday 4 th	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 October:

Maximum Temp 28,6°C

Minimum Temp 14,4°C

Average Temp 21,5°C

Wind Speed (m/s)

Rain 5,9 days

6.9 Results

Results will be uploaded live at the race official website 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 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

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 Augustust the 10 th was **1 € = 6,22 tl**
1US\$ =5,21. 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 2019 Alanya ETU Sprint Triathlon European Cup ,2019 Alanya ITU Paratriathlon World Cup are the **State Hospital Alanya** . 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 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

For other Transport services, and any information about transfer or transport, please contact <https://www.724transfer.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 Kizilkule 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.

SÜLEYMANIYE 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

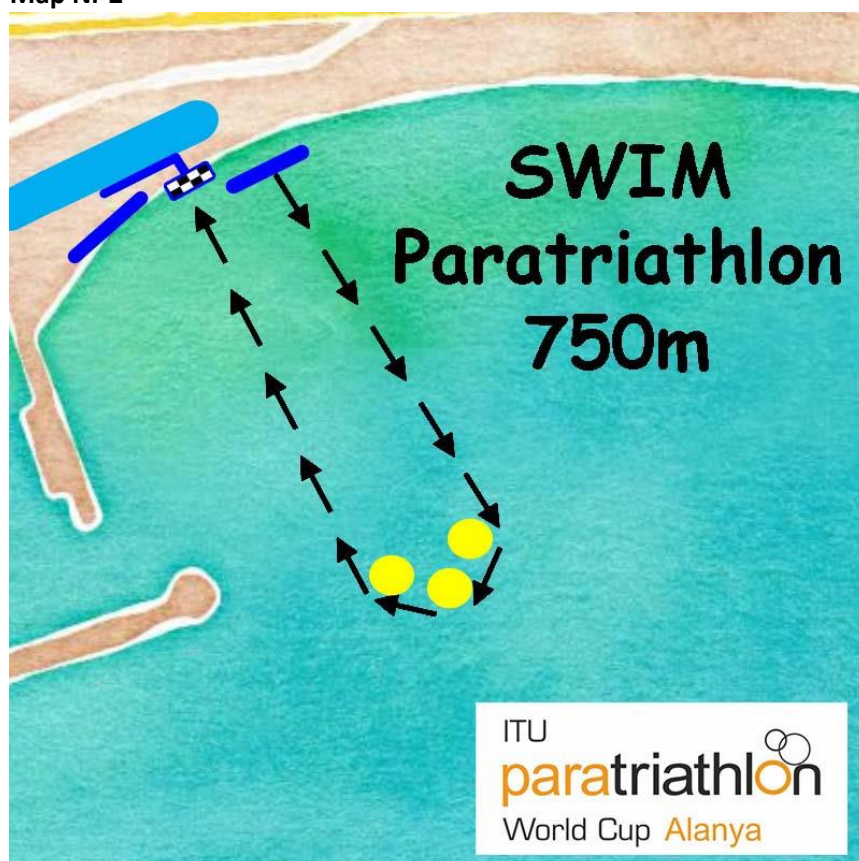
It is on the east of Alanya, 33 kilometers far. The promontory leans over the sea is the acropolis of the site. Where the acropolis is connected to mainland is Liman Main Road. The tiny bay in which there are ancient port remains has a beach that you can settle for swimming.

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.

-
- A hand-drawn map of the competition area. The map shows a green field on the left, a blue body of water on the right, and a sandy area in the center. A red dotted line outlines the competition area. Inside the area, there are two main buildings: 'ELITE' and 'PARA / AG'. The 'ELITE' building has a red cross and a yellow flag. The 'PARA / AG' building has a blue flag. There are also several smaller buildings labeled 'WC'. A bicycle icon is located near the top center. A blue water drop icon is at the bottom left. A yellow box with a plus sign and a minus sign is at the top left.

11.1 Paratriathlon Courses
Map Nr 2



Map Nr 3



Map Nr 4



- 11.2 Elite Courses

Map Nr 5



Map Nr 6



Map Nr 7



- 11.3 Junior Courses

Map Nr 8



Map Nr 9

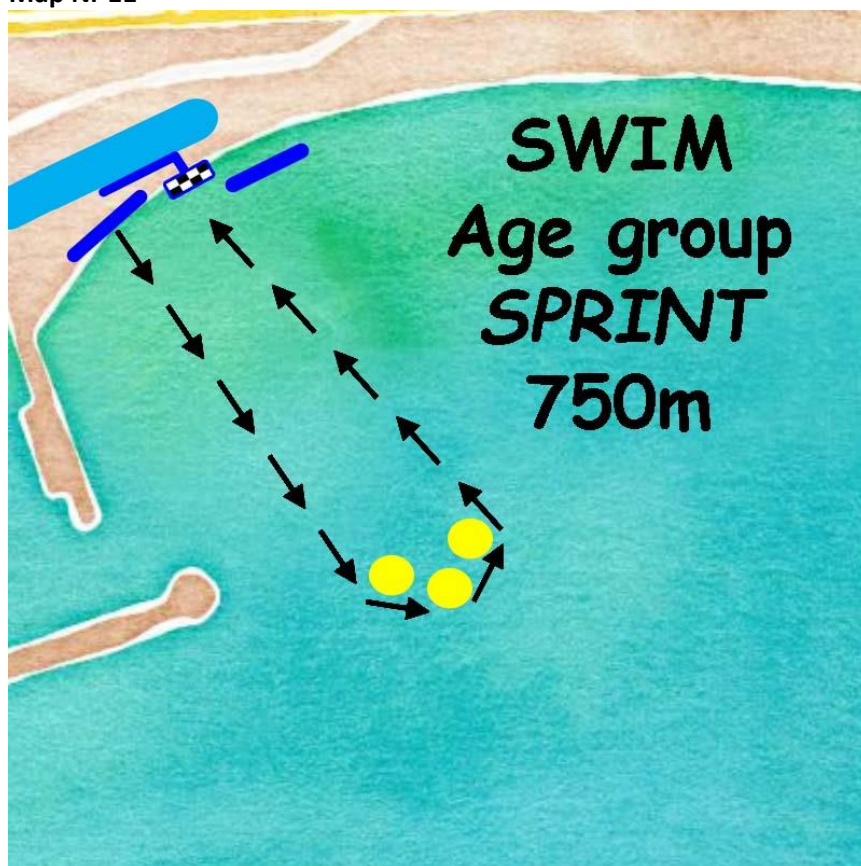


Map Nr 10



11.4 Age Group Sprint Courses

Map Nr 11



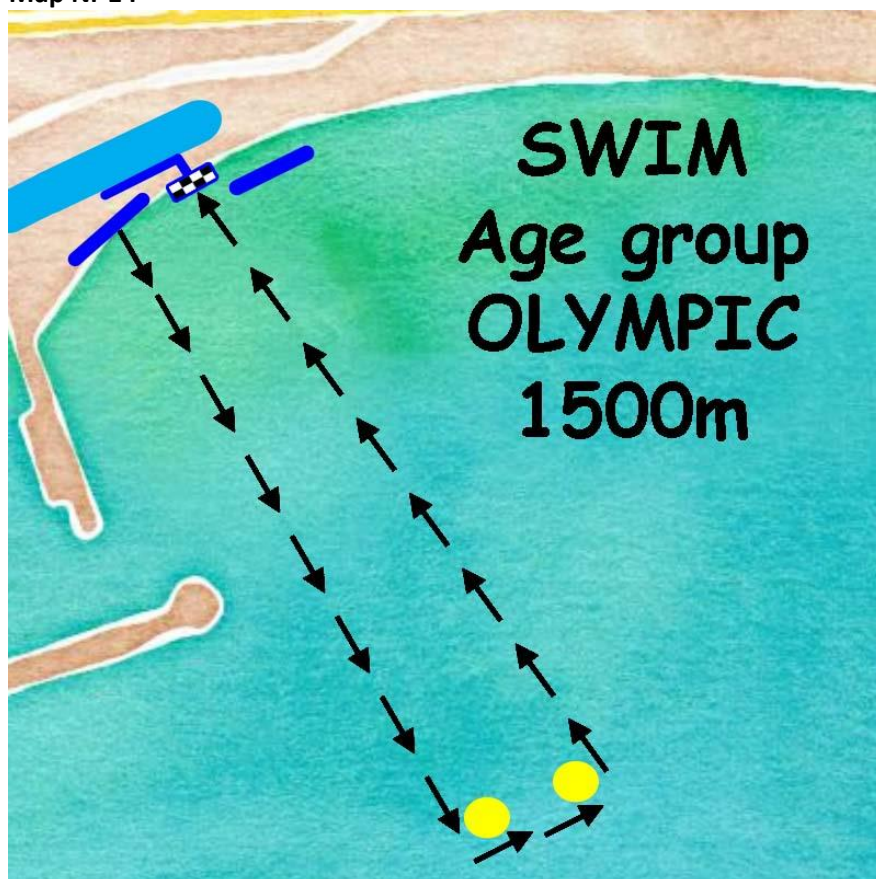
Map Nr 12



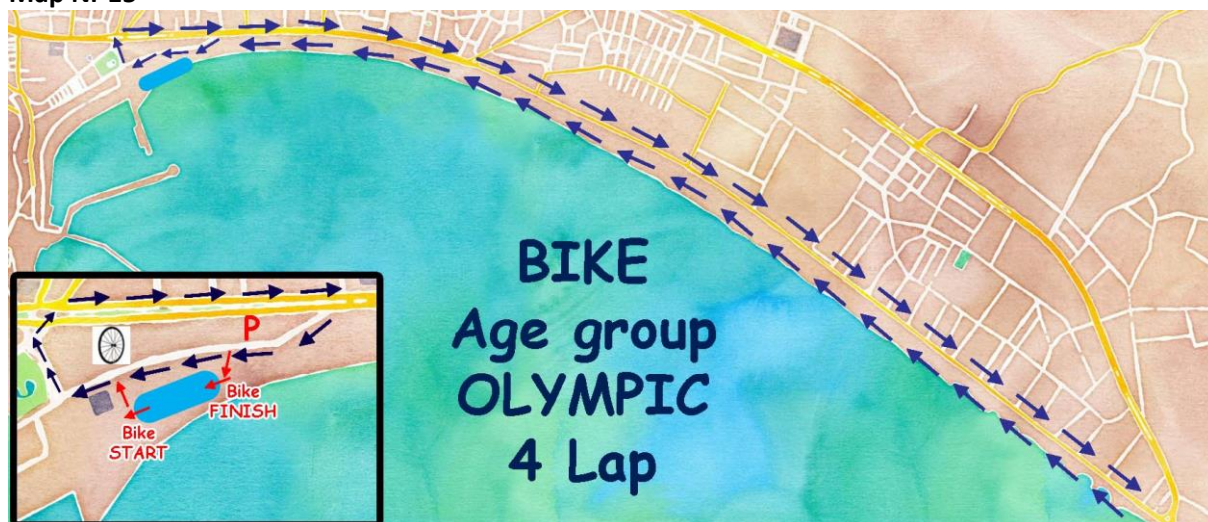
Map Nr 13



11.5 Age Group Olympic Courses
Map Nr 14



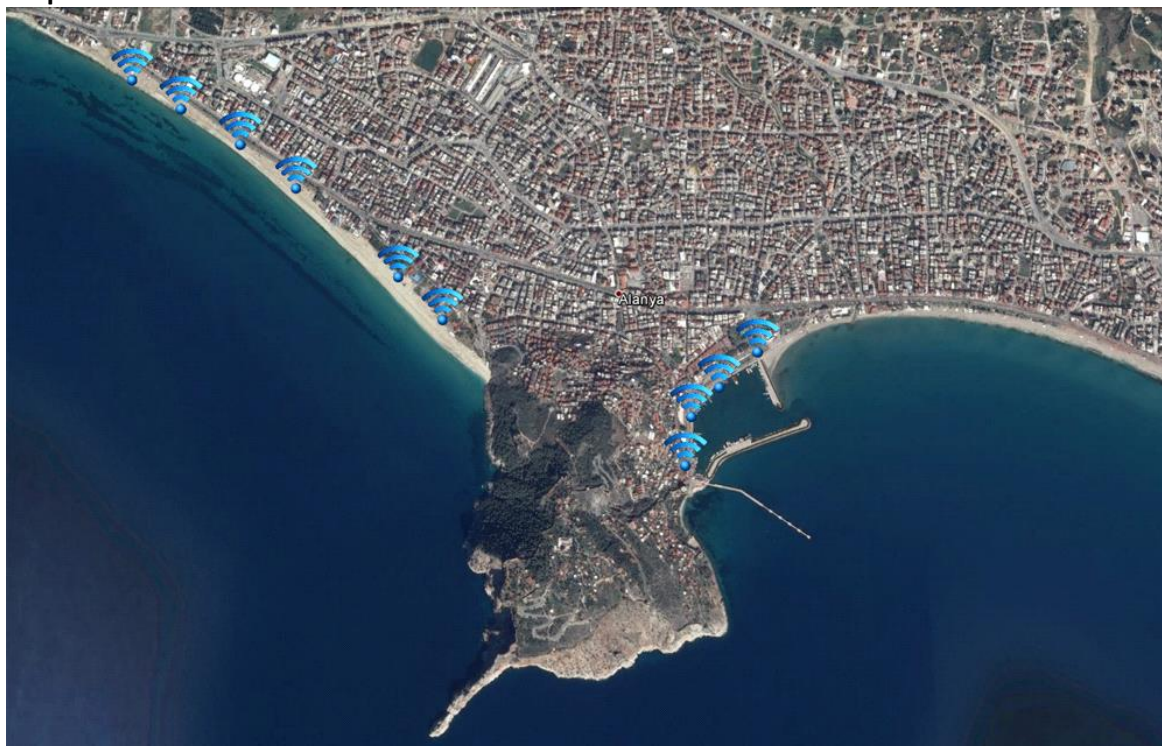
Map Nr 15



Map Nr 16



Map Nr 17



- **ENTRY FEE and PRIZE DISTRIBUTION**

12.1 Entry Fee

Elite	70€-
Junior	60€-
Age Group Olympic	70€
Age Group Sprint	70€
Patriathlon	50€

12.2 Prize Distribution

2019 ALANYA ETU SPRINT TRIATHLON EUROPEAN CUP ELITE PRIZE DISTRIBUTION			
ELITE MEN			ELITE WOMEN
1.	1250		1. 1250
2.	1000		2. 1000
3.	750		3. 750
4.	500		4. 500
5.	400		5. 400
6.	350		6. 350
7.	300		7. 300
8.	200		8. 200
9.	150		9. 150
10.	100		10. 100
TOTAL	5.000 €		TOTAL 5.000 €
GRAND TOTAL 10.000 €			

**2019 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							
60-64	1.	100							
	2.	75							
	3.	50							
65-69	1.	100							
	2.	75							
	3.	50							
70-74	1.	100							
	2.	75							
	3.	50							
75-79	1.	100							
	2.	75							
	3.	50							
+80	1.	100							
	2.	75							
	3.	50							
		2.925 USD			1.125 USD		1.350 USD		1.350 USD
GRAND TOTAL: 6,750 USD									