

LATVIAN TRIATHLON FEDERATION
would like to welcome you to the
2020 Riga ETU Triathlon Junior European Cup
2020 Riga ETU Triathlon Baltic Championships

ATHLETE'S GUIDE



Prepared by Latvian Triathlon Federation
Triathlon Junior European Cup Riga
Baltic Championship
2020

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1. GENERAL INFORMATION

1.1. INTRODUCTION

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

1.2. KEY DATES

15.08.2020 Saturday	
12:00 – 17:30	Accreditation – Hotel Mezaparks
14:00 – 14:45	Swim course familiarization – Lake Kisezers (Mezaparks beach)
15:00 – 15:30	Bike course familiarization – T1 at the Mezaparks Beach
16:00 – 16:30	Run course familiarization – T2 at the Grand Stage
18:00 – 18:45	ETU Junior and Baltic Championship Briefing – Hotel Mezaparks
18:45 – 19:15	Race Package pick up – Hotel Mezaparks
16.08.2020 Sunday	
ETU Junior Cup and Baltic Championship women	
10:00	Athletes' Lounge open
11:00 – 11:20	Transition Area 2 Check-in – women
11:15 – 11:45	Transition Area 1 Check-in – women
11:55 – 12:00	Start line-up - Junior women – at the start area
12:00	START– ETU Junior Cup women
12:25 – 12:30	Start line-up – Baltic Championship women – at the start area
12:30	START – Baltic Championship women
13:05 – 13:25	Transition Area 2 Check-out – women
13:05 – 13:40	Transition Area 1 Check-out – women (by TO)
13:45	Award Ceremony - women
ETU Junior Cup and Baltic Championship men	
13:30 – 13:50	Transition Area 2 Check-in –men
13:45 – 14:15	Transition Area 1 Check-in –men
14:25 – 14:30	Start line-up – Junior men – at the start area
14:30	START – ETU Junior Cup men
14:55 – 15:00	Start line up – Baltic Championship men – at the start area
15:00	START – Baltic Championship men
15:35 – 15:55	Transition Area 2 Check-out – men
15:35 – 16:10	Transition Area 1 Check-out – men (by TO)
16:15	Award Ceremony – men
16:30	Athletes' Lounge closed

1.3. KEY CONTACTS

<i>Race Director</i>	Aigars Strauss	+ 371 29676719; aigars.strauss@triatlons.lv
<i>Head Referee</i>	Ineta Aulika	+371 29297797; ineta.silina@gmail.com
<i>Technical Delegate</i>	Evita Leitane	eleitane@inbox.lv
<i>Athletes services manager</i>	Sintija Straksa	+371 26434548; sintija.straksa@triatlons.lv
<i>Chief Registration</i>	Liene Krauze	+371 28382305; liene.krauze@triatlons.lv

1.4. CONTACT DETAILS

Local Organizing Committee (LOC):

Latvian Triathlon Federation (Latvijas Triatlona Federācija)

Address: Ganību dambis 25d, Riga, LV-1005, Latvia

President: Aigars Strauss, aigars.strauss@triatlons.lv

General Secretary: Arvīds Zariņš, arvids.zarins@triatlons.lv

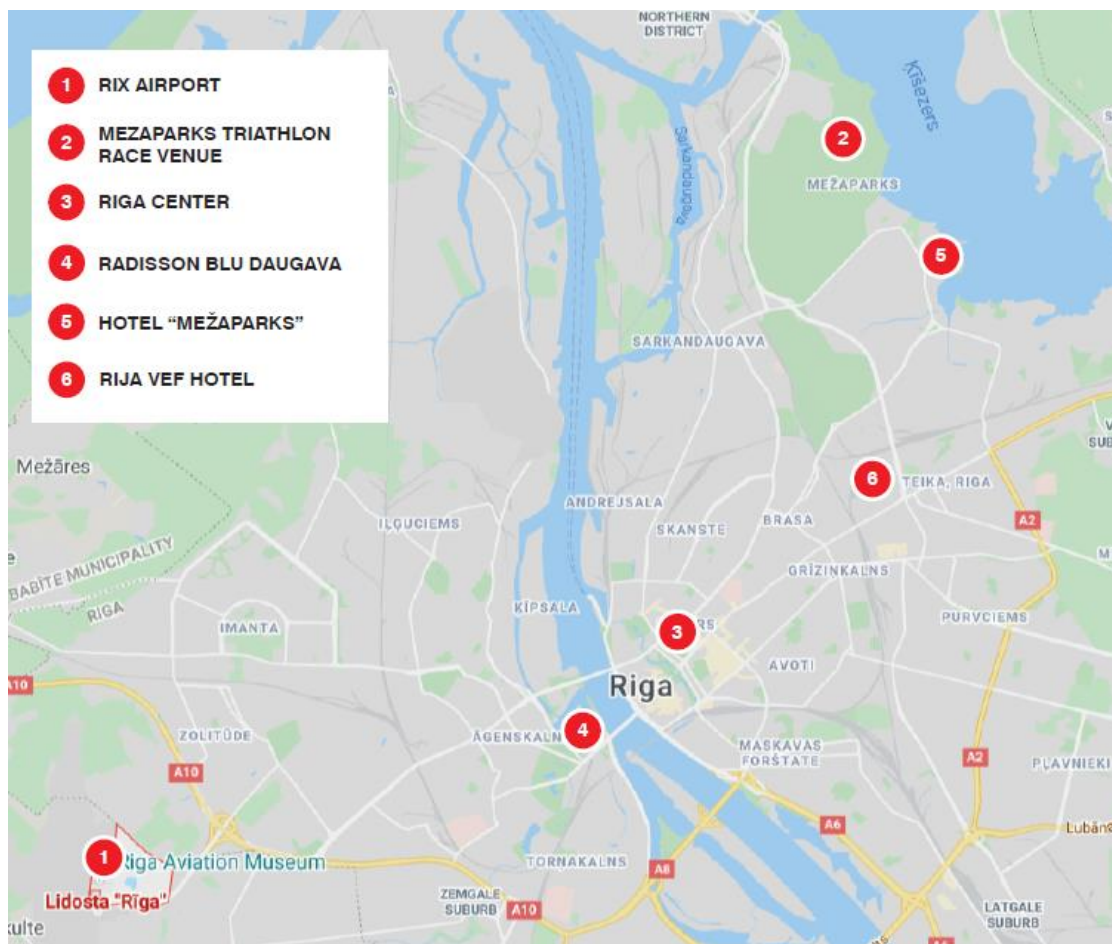
Web page: www.triatlons.lv

2. VENUE

2.1. RACE VENUE

Mezaparks (a park in Riga), main location of the event – Mezaparks' Grand Stage

Address: Gatartas iela 9, Ziemeļu rajons, Riga, LV-1014



Mezaparks is one of the most beautiful, greenest, and also one of the most prestigious neighborhoods in Riga, as well as a popular recreation area. It is situated next to Lake Kisezers.

After the Swedish king set up a military camp here in the 17th century, the area became known as Keninu mezs (the Forest of Kings). Later on, the name transformed into Kaiserwalrd (German for the King's Forest). The neighborhood acquired its present name (Forest Park in Latvian) only in 1923. The major cultural and recreational park Mezaparks opened in 1949. One of the few remaining forested areas in Riga became integral part of the park and gave it its identity.

The Grand Stage of the Song Festival is located at Mezaparks, hosting one of the most important events in the cultural life of Latvia once every four years – the Song Festival. The Grand Stage is also a popular venue for concerts by local and foreign artists.

Riga Zoo is also located in Mezaparks and is a good landmark when trying to navigate individual travels.

More about Mezaparks on: <https://www.latvia.travel/en/sight/mezaparks>

Coming by public transport – the most convenient route is to take **Tram 11** towards *Mežaparks* from *National Opera* (city center stop). The tram connects Riga City Center to Mezaparks and it takes a 20min ride or alternatively take **Bus 9** towards *Mežaparks* from Abrenes iela. A convenient app for local public transport, timetables and route options – Tafi. For more information please see Riga Public Transportation website [here](#).

Coming by car – the park can be accessed from two directions. Either navigate towards the Riga Zoo or towards More Street 22. Bear in mind the parking spaces near the park are limited and entry to the park is allowed only with special permits.



2.2 COURSE FAMILIARIZATION

15.08.2020 Saturday

14:00 – 14:45	Swim course familiarization – Lake Kisezers, Mazaparks beach
15:00 - 15:30	Bike course familiarization – T1 at the Mezaparks Beach
16:00 – 16:45	Run course familiarization – T2 at the Grand Stage

2.3. ATHLETES' LOUNGE

The Athletes' Lounge is located on the Field Of Play, and it's located in the Grand Stage vicinity, near the Finish. Hours of Operation on 16.08.2020, 10:00-16:30

Check-in at the athletes' lounge before the race will include bike check, uniform and body markings check, and distribution of timing chips and swim caps. Please make sure to check-in at the designated time as the athletes' lounge will be working with a tight schedule. More information regarding the check-in order will be specified at the briefing.

PLEASE NOTE that due to the time constraints Transition Technical Officials will be carrying out checkout from T1. All athlete's belongings will be put in a marked bag and taken to the Athletes' Lounge. Athletes are asked to only check out from T2.

2.4. ATHLETES' RACE PACKAGE

The race package is delivered after the briefing prior to the race, on Saturday, August 15, 18:45-19:15 in Host hotel: Hotel Mezaparks, Roberta Feldmana street 11, Riga

The package can only be handed out when the LOC has received the participation fee. Payment on the spot can only be done in cash (EUR).

By the time of arrival, you should ask for the invoice via email: triatlons@triatlons.lv.

2.5. DOPING CONTROL

The location of the doping control is on the Field of Play. Doping tests will be conducted according to ITU/WADA rules. The Athletes' must carry their identification to the doping control facilities.

2.6. SECURITY

The LOC will secure access depending on the accreditation type and the Police will manage the Road Closures and the traffic around the course.

2.7. LOC OFFICE

Monday – Thursday 11:00- 14:00

Address: Ganību dambis 25D

Contact: Aigars Strauss, phone: +371 29676719

Friday – Saturday 11:00 – 18:00

Sunday 08:00 – 18:00 Pāvu iela 11

Contact: Aigars Strauss, phone: +371 29676719

3. ACCOMMODATION

Hotel	Address	Details
Radisson Blu Daugava Hotel	24 Kugu Street, Riga, LV-1007 Check Here: https://www.radissonhotels.com	Prices: discounted prices for the race participants. To book rooms click here . Shuttle buses to the event venue provided by LOC, timetable will be displayed at the hotel.
Hotel Mezaparks Limited Spaces!!!	11 Roberta Feldmana Street, Riga, LV-1014 Check Here: https://www.scmezaparks.lv/en/hotel/	Prices: discounted prices for the race participants To book, click here . Use code: TRIATLONS2020
Rija VEF Hotel	Brivibas Street 199c, Rīga, LV-1039 Check Here: https://www.rijahotels.com/lv/viesnicas/rija-vef-hotel	Prices: discounted prices for the race participants. To book, click here . Use code: 2020TRIAT

4. TRANSFER AND TRANSPORT

NEAREST AIRPORT

Riga Airport (RIX)

From airport to Event Venue:

- By public transportation: Take bus No 22 towards *Abrenes iela* from *Lidosta Riga*. From there take bus No 9 towards *Mezaparks* from *Abrenes iela* or take Tram No 11 towards *Mezaparks* from *National Opera*. Please take note, that purchase of tickets is not available on transportation and have to be bought in advance from the relevant kiosks. See Riga Public Transportation website [here](#). Various Taxi companies at the airport are available. The cheapest (similar to Uber) is Bolt (you need an app for it).

- **The LOC can provide transfer from Riga Airport to Host hotels for the Athletes and their Team members/officials, including bike boxes and luggage.**

Price per person: - € 30, transfer in both directions. Pay in cash (EUR).

You can order transport on the following email: sintija.straksa@triatlons.lv

Please send us: your name, contact details, arrival time, flight number, number of people, number of bikes, host hotel, and contact person of your team.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

- At the Mezaparks beach, any time. Please take note of Mezaparks Beach swimming rules.
- Pools - by making a request in advance via email: sintija.straksa@triatlons.lv
- Guests of Radisson Blu Daugava and Hotel Mezaparks have access to all the hotel-provided services including the gym and the limited size swimming pool (Radisson Blu Daugava only)



BIKE

- Mezaparks is a recreational area. You are free to cycle in the park as long as you are being mindful of other park-goers. The bike course will only be secured on the event day. There is a speed limit of 20 km/h when cycling outside the race day.



RUN

- Field of Play - Mezaparks, any time.

5.2. MEDICAL SERVICES

There will be First Aid and Emergency Medical Services at the Field of Play during the bike familiarization and on the race day.

Medical personnel will be available throughout the race. An ambulance 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.

Emergency telephone numbers:

Medical 113

Fireman 112

Police 112

5.3. BIKE MECHANICAL SERVICE

Bike mechanical service is provided at the race venue by SIA "3veloPlus".

6. COMPETITION SCHEDULE

6.1. JUNIOR AND ELITE WOMEN

	DAY	START	END	ACTIVITY	LOCATION
15.08.2020	Saturday	17:15	18:00	Athlete registration (ID required)	Hotel Mezaparks
15.08.2020	Saturday	18:00	18:45	Athlete briefing (attendance is mandatory, ID required)	Hotel Mezaparks
16.08.2020	Sunday	10:00		Athletes' Lounge Check-in	Near Grand Stage
16.08.2020	Sunday	11:00	11:20	TA 2 Check-in	Near Grand Stage
16.08.2020	Sunday	11:15	11:45	TA 1 Check-in	Near Mezaparks beach
16.08.2020	Sunday	11:25	11:40	Swim warm-up	Mezaparks beach
16.08.2020	Sunday	11:45	11:50	Calling area - JUNIOR	
16.08.2020	Sunday	11:55	11:00	Athletes' introduction - JUNIOR	Start line
16.08.2020	Sunday	12:00		START – ETU JUNIOR CUP	
16.08.2020	Sunday	12:15	12:20	Calling area - ELITE	
16.08.2020	Sunday	12:25	12:30	Athletes' introduction - ELITE	Start line
16.08.2020	Sunday	12:30		START – BALTIC CHAMPIONSHIP	
16.08.2020	Sunday	13:05	13:25	TA 2 check out by athlete or TO	Near Grand Stage
16.08.2020	Sunday	13:05	13:40	TA 1 check out by TO	Near Mezaparks beach
16.08.2020	Sunday	13:45		Award Ceremony - WOMEN	Grand Stage

6.2. JUNIOR AND ELITE MEN

	DAY	START	END	ACTIVITY	LOCATION
15.08.2020	Saturday	17:15	18:00	Athlete registration (ID required)	Hotel Mezaparks
15.08.2020	Saturday	18:00	18:45	Athlete briefing (attendance is mandatory, ID required)	Hotel Mezaparks
16.08.2020	Sunday	12:30		Athletes' Lounge Check-in	Near Grand Stage
16.08.2020	Sunday	13:30	13:50	TA 2 Check-in	Near Grand Stage
16.08.2020	Sunday	13:45	14:15	TA 1 Check-in	Near Mezaparks beach
16.08.2020	Sunday	13:55	14:10	Swim warm-up	Mezaparks beach
16.08.2020	Sunday	14:15	14:20	Calling area - JUNIOR	
16.08.2020	Sunday	14:25	14:30	Athletes' introduction - JUNIOR	Start line
16.08.2020	Sunday	14:30		START – ETU JUNIOR CUP	
16.08.2020	Sunday	14:45	14:50	Calling Area - ELITE	
16.08.2020	Sunday	14:55	15:00	Athletes' introduction - ELITE	Start line
16.08.2020	Sunday	15:00		START – BALTIC CHAMPIONSHIP	
16.08.2020	Sunday	15:35	15:55	TA 2 check-out by athlete or TO	Near Grand Stage
16.08.2020	Sunday	15:35	16:10	TA 1 check-out by TO	Near Mezaparks beach
16.08.2020	Sunday	16:15		Award Ceremony - MEN	Grand Stage

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union [ITU Competitions Rules](https://www.itu.org/Competitions-Rules)

6.4. ATHLETE'S BRIEFING

15.08.2020, time 18:00 – 18:45, attendance is mandatory, ID required upon registration. After the briefing, the race packages will be handed out.

6.5. TIMING CHIPS

On race day the athletes will be given a timing chip and a cap in the Athletes' lounge. The chip should be worn on the athlete's ankle. Athletes will pick up the timing chips before the competition, during their check-in procedure. Timing chips have to be returned at the end of the race.

6.6. RESULTS

Results will be uploaded at the ITU official website www.triathlon.org and www.triatlons.lv

6.7. PROTEST & APPEALS

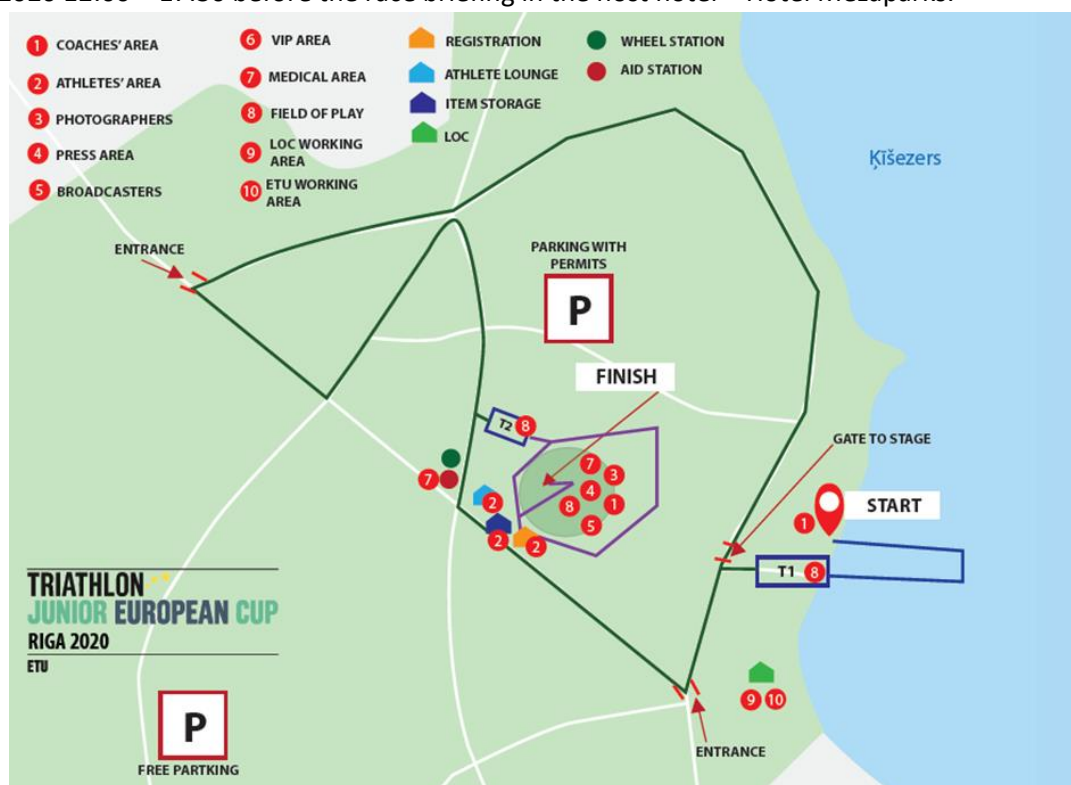
Standard procedures will be followed according to the ITU Competition Rules

7. 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. Only accredited people will be allowed to access to 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.

IMPORTANT: Coaches can only obtain an accreditation when applied for through official channels. This application can be done until a week before the race. No accreditation will be handed out without previous written or emailed request. The accreditations will be distributed on Saturday 15.08.2020 12:00 – 17:30 before the race briefing in the host hotel – Hotel Mezaparks.



8. COVID-19

COVID-19 UPDATE (28/07/2020) – be aware of possible changes and monitor the ITU website!

The Cabinet of Ministers of the Republic of Latvia has provided special regulations for the travel of international athletes to internationally recognized competitions in Latvia. Athletes travelling from high-risk countries specified on the SKPC [website](#) are allowed to enter the country, bypass mandatory self-isolation, and participate in the sports event by abiding the following instructions:

1) Take 2 COVID-19 tests:

- Take the 1st test no sooner than 3 days before departure - submit the results to sintija.straksa@triatlons.lv;
- Take the 2nd test within 24 hours after arriving in Latvia (price 55-60 EUR), observe self-isolation rules while awaiting test results;
- To give plenty of time for test results, please arrive on August 14th, testing schedule will be specified before arrival.

2) Use face masks;

3) Sign the form of compliance with all COVID-19 precautions and hand in your test results before receiving accreditation;

4) Self-isolate, monitor your health 2 times a day, and follow all [COVID-19 precautions](#) outside the competition hours;

5) Do not take public transport, visit public spaces, restaurants, pubs, etc.;

6) If the length of stay exceeds 5 days, undergo a COVID-19 test on the 5th, 10th, and 15th day counting from the day of arrival.

Special provisions to avoid the spread of Covid-19 infection:

- All payments are made electronically in advance;
- Event participants, who are not athletes, coaches and staff, should maintain a 2m distance and use a face mask;
- Do not crowd the event venues – the registration, any entrances/exits, bathrooms, transition area, athletes' lounge etc.;
- Event cannot be attended by individuals under self-isolation, home quarantine or persons who are experiencing symptoms of respiratory infection;
- Participants (or their representatives) confirm with their signature that the athlete has not been instructed to be in self-isolation, home quarantine or isolation and is not experiencing symptoms of respiratory infection. They will also be asked to provide a contact number in case they need to be warned about possible Covid-19 infection case;
- During the event, it is mandatory that all participants practice correct hand and respiratory hygiene as instructed at the event. We ask that you secure yourself a face mask.

For updates on COVID-19 related travel restrictions when travelling to Latvia, please view [here](#).

9. MEDIA



FaceBook: @LatvianTriathlonFederation



Instagram: tri_latvia



Live feed: straume.lmt.lv



Photos: triatlons.lv

10. OTHER USEFUL INFORMATION

10.1. LANGUAGE: Latvian (official), English, Russian

10.2. POPULATION: Latvia 1,9 million, Riga 630 000

10.3. CURRENCY: EUR

10.4. TIME: Eastern European time.

10.5. ELECTRICITY: 220V, similar sockets and plugs as in EU

10.6. WATER: tap water drinkable.

10.7. TELEPHONE CONNECTIONS: +371 (0)

10.7.1 Mobile providers: Tele2, Bite, LMT

11. COURSE MAPS



SWIM COURSE: Total 375m

1 lap = 375m

Beach start, shallow lake shore, swimming take place clockwise with exit being marked with two buoys. Predicted water temperature 21/22 °C

TRANSITION 1

Transition Area 1 is a straight line, with bikes racked on one side of it. There are boxes provided for the swim gear. Athletes names and numbers are displayed on the top of the bike racks. The mount line is marked with a green color. Walking distance between T1 and T2 is approx. 1-1,5km.





BIKE COURSE: Total 12,7 km

1km (T1 to T2) + 3 laps x 3,9km

Draft-legal race, 3 laps via park roads. Flat asphalt surface. Wheel Station and Lap Counter are located shortly before T2.

TRANSITION 2

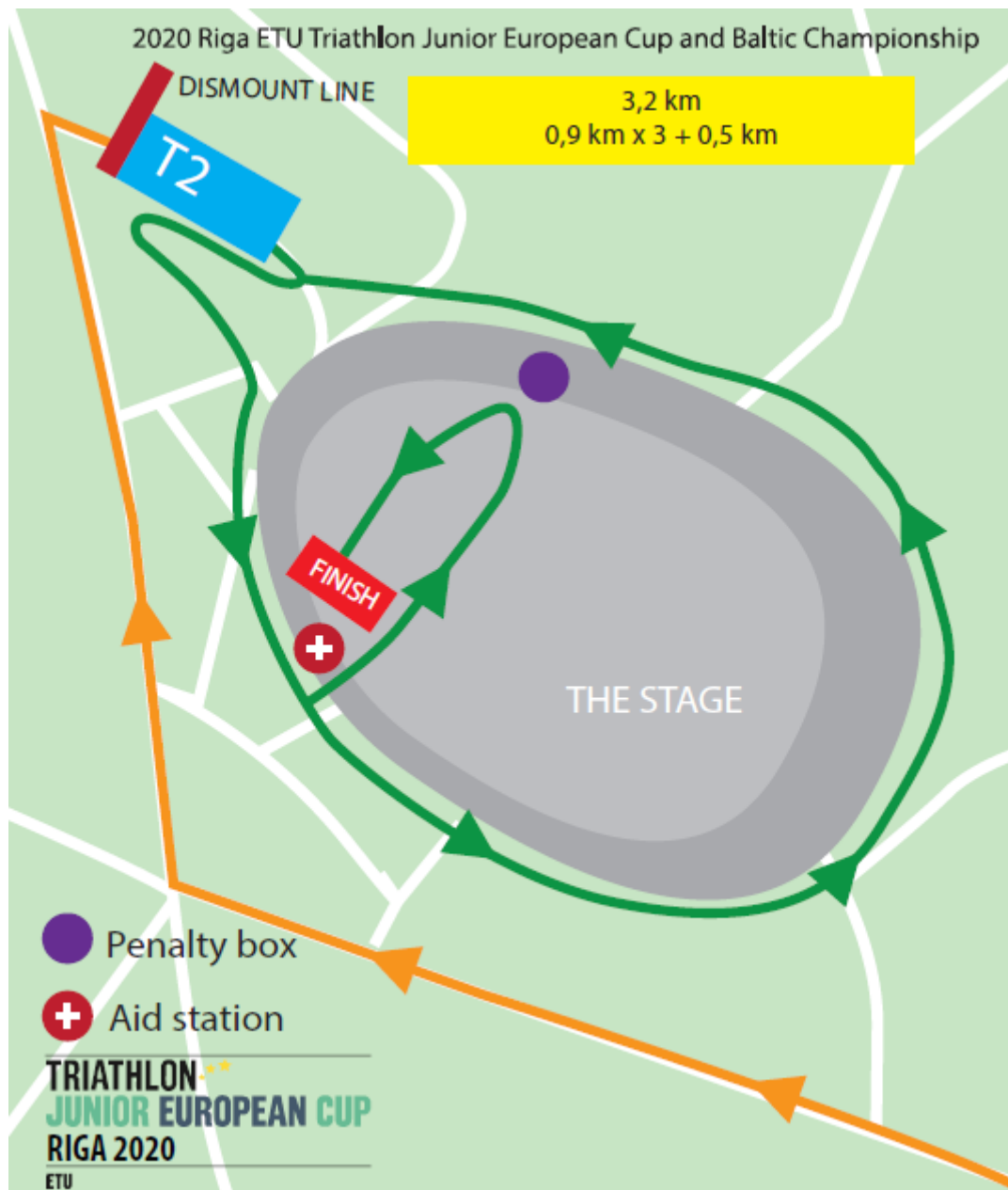
Transition Area 2 located behind a sharp turn. Dismount line, marked in red, will indicate dismount after the turn. Flow throughout the T2 is a straight line with running course beginning on the right after exiting T2.



 **RUN COURSE:** Total 3,175 km

3 laps x 0,875km + 0,55km (T2 to Finish)

Flat asphalt paths, park, circuit. Penalty Box is located at the end of a lap and before the turn to the finish and is accessible from both sides. Aid station is located at the beginning of the run course.



Veiksmi!

Onnea! Good luck!

Viel Glück!

Удачи! Пoспexaў!

Buona fortuna!

Held og lykke!

Edu! Sėkmės!

Lycka till!