

ATHLETE'S GUIDE



Rīga
2021



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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

07.08.2021 Saturday

11:00 – 15:00	Covid-19 antigen rapid testing
11:00 – 15:00	Accreditation – Mezaparks Grand Stage
12:00 – 15:00	Swim course familiarization – Kisezers beach
All day	Europe Triathlon Junior Cup Briefing - ONLINE

08.08.2021 Sunday

08:00	Registration open – Junior males
08:00 – 08:45	Transition Area Check-in – Junior men
8:15 – 8:45	Swim warm-up – Junior men
08:50 – 08:55	Start line-up - Junior men – in the start area
9:00	START – men start Europe Junior Cup race
10:15-10:30	Transition Area Check-out – Junior men
10:30	Registration open – Junior women
10:30 - 11:15	Transition Area Check-in – Junior women
10:45 - 11:15	Swim warm-up – Junior women
11:20 – 11:25	Start line-up – junior women – in the start area
11:30	START – women start Europe Junior Cup race
12:45 - 13:00	Transition Area Check – out – Junior women
13:00	Award ceremony

1.3. KEY CONTACTS

<i>Race director</i>	Sintija Straksa	+371 26434548; sintijas.straksa@triatlons.lv
<i>Head Referee</i>	Maryia Charkouskaya-Tarasevich	beltrigs@mail.ru
<i>Technical delegate</i>	Rafael Gonzalez	rgsalido@gmail.com
<i>Athletes' services manager</i>	Ieva Galeniece	+37126434548; sintija.straksa@triatlons.lv
<i>Europe Triathlon office</i>		+32478825456; etu_hq@etu.triathlon.org

1.4. CONTACT DETAILS

Local Organizing Committee (LOC):

Latvian Triathlon Federation (Latvijas Triatlona Federācija)

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

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

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

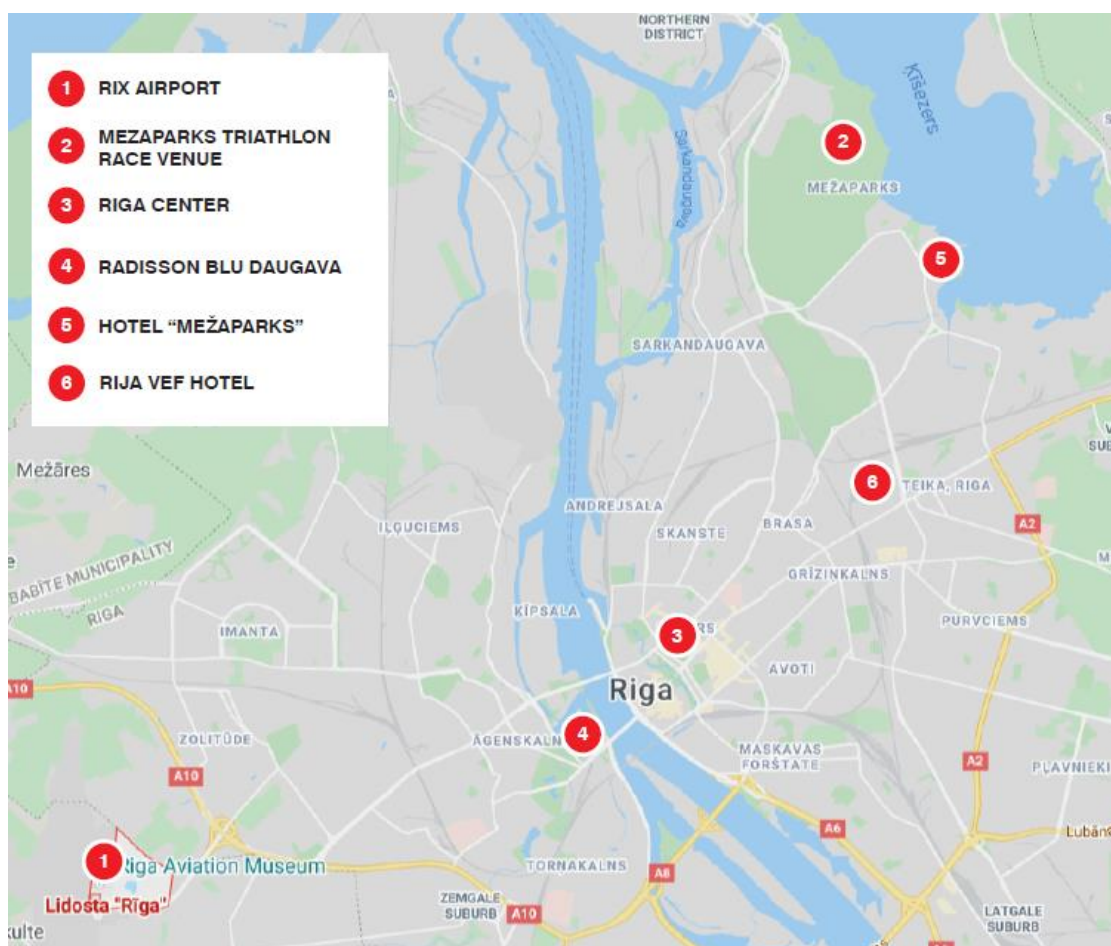
Web page: www.triatlons.lv

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, Rīga, 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 Kaiserwald (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.

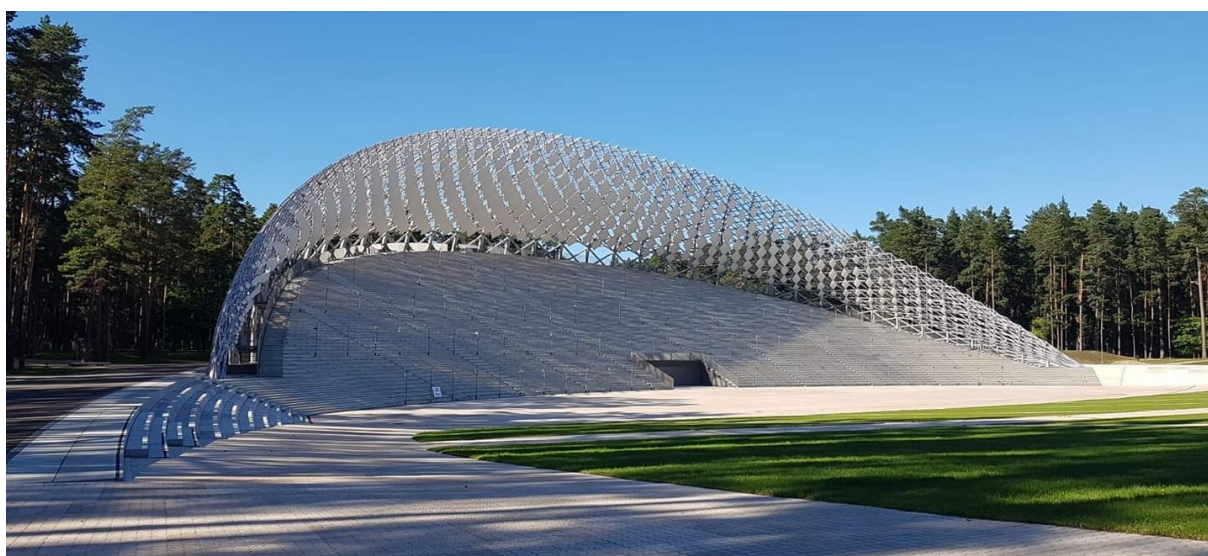
The Grand Stage of the Song Festival is located at Mezaparks, hosting one of the most important events in the cultural life of Latvia once every four years – the Song Festival. The Grand Stage is also a popular venue for concerts by local and foreign artists.

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 Mežaparks 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 – Trafi. 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

07.08.2021 Saturday Swim Familiarization

TIME	COUNTRY
12:00 – 12:30	Athletes of ESP, LAT, NED
12:30 – 13:00	Athletes of FIN, POL, AUT, ITA
13:00 – 13:30	Athletes of LTU, FRA, PER, RUS
13:30 – 14:00	Athletes of EST, HUN, NOR
14:00 – 14:30	Athletes of DEN, ISR

The bike and run course is part of park territory and accessible to tourists, pedestrians, cyclers and others. You can familiarize yourself with the bike and run course individually in your free time.

2.3. ATHLETE'S LOUNGE

The Athletes' Lounge is located by the Grand Stage and its' working hours are 7:30 - 13:30.

ATTENTION: Athlete Lounge is for luggage storage only. Drinks, fruits and access to the bathrooms will be provided.

To avoid crowd forming in enclosed spaces distribution of timing chips and swim caps will take place near the Transition Area, before the check-in.

2.4. JUNIOR ATHLETES' RACE PACKAGE

The race package is delivered during accreditation prior to the race, on Saturday, August 7th after the COVID-19 tests.

The tests will be carried out according to the schedule bellow:

07.08.2021 Saturday

11:00 – 11:30	Athletes, Coaches, Medics of ESP, LAT, NED
11:30 – 12:00	Athletes, Coaches, Medics of FIN, POL, AUT, ITA
12:00 – 12:30	Athletes, Coaches, Medics of LTU, FRA, PER, RUS
12:30 – 13:00	Athletes, Coaches, Medics of EST, HUN, NOR
13:00 – 13:30	Athletes, Coaches, Medics of DEN, ISR, SVK
13:30 – 14:00	Late arrivals ONLY

Composition of Race Package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs – 4 x sets
- Accreditation pass

The package can only be handed out when the entry fee has been received by the LOC. Payment has to be made IN ADVANCE.

One week before the race day, you can ask for the invoice by sending an email to ieva.galeniece@gmail.com

The use of mask and social distancing is mandatory during the testing and accreditation process.

2.5. DOPING CONTROL

Doping control site will be in located at the Grand Stage. Doping tests will be conducted according to World Triathlon/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 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
<i>Radisson Blu Daugava Hotel</i>	24 Kugu Street, Riga, LV-1007 Check Here: https://www.radissonhotels.com	To book rooms e-mail reservation.riga@radisson.com quoting “TRIATHLON” to receive the offer. SGL / DBL – 69.00 / 79.00 EUR per room per night incl. breakfast Junior Suite – 99.00 EUR per room per night incl. breakfast
<i>Hotel Mezaparks</i>	11 Roberta Feldmana Street, Riga, LV-1014 Check Here: https://www.scmezaparks.lv/en/hotel/	Prices: QUAD- 60.00 EUR per room per night SGL - 35.00 EUR per room per night DBL - 50.00 EUR per room per night To book, click here . Use code “TRI21” for 15% off
<i>Rija VEF Hotel</i>	Brivibas Street 199c, Rīga, LV-1039 Check Here: https://www.rijahotels.com/lv/viesnicas/rija-vef-hotel	Prices: DBL - 31.00 EUR per room per night incl. breakfast To book, click here . Use code: TRIAT21 Shuttle buses to the event venue provided by LOC for athletes traveling from high-risk countries, timetable will be displayed at the hotel.

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 (available via Bolt app).

- If you are coming by car - take Jurmala Highway into K. Ulmana Gatve. Exit before the river, go around the circle and take the third right on Mukusalas Street. Go under the bridge, and the hotel will be on the left. The journey is around 20 minutes.

- 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: - € 50, transfer in both directions.

- € 30, transfer in one direction.

You can order transport on the following email: ieva.galeniece@gmail.com

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.

Pay in cash (EUR).

Use of face masks while using LOC transfer services is mandatory.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

The LOC does not provide swimming training facilities. Options to explore if you wish to book a slot at a swimming pool:

- Olympic Swimming pool, address – Grostonas Str. 6b, LV-1013, Riga
Website - https://www.olimpiskais.lv/en/?from_store=lv
- Ķīpsala Swimming Pool, address - Kipsalas Str. 5, LV-1048, Riga
Website - <https://www.baseins.eu/en/>



BIKE

Recreational Park – Mezaparks. Several paths available, speed limit – 20km/h. See map below.



RUN

Recreational Park – Mezaparks. Several paths available, little to no traffic, watch out for other park-goers.



5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Race Village on competition day. Medical will be available throughout the race. Ambulances will be available to provide emergency transfers to a nearby hospital.

Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital - The hospital of Traumatology and Orthopedics

Address - Riga, Duntse Street 22

Emergency telephone number - 113

5.3. BIKE MECHANICAL SERVICE

Bike service will be provided by EVELO STORE located in the vicinity of Transition Area.

EVELO STORE
VELOSIPĒDU VEIKALS • WWW.EVELOSTORE.COM

Website: <https://www.evelostore.com/en/>
Shop Address: Dzelzavas street 120G, LV-1021
Phone: +371 26222282

6. COMPETITION SCHEDULE

6.1. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
07.08.2021			Athletes' briefing	ONLINE
07.08.2021	11:00	15:00	Accreditation	Grand Stage
07.08.2021	12:00	15:00	Swim familiarization	Kisezers' beach
08.08.2021	8:00	8:30	Athlete check-in	Next to Transition Area
08.08.2021	8:00	9:15	TA check-in	Transition Area
08.08.2021	8:15	8:45	Swim warm-up	Kisezers' beach
08.08.2021	8:50	8:55	Calling area	Kisezers' beach
08.08.2021	8:55	9:00	Athletes' introduction	Kisezers' beach
08.08.2021	9:00		Start	Kisezers' beach
08.08.2021	13:00		Award Ceremony	

6.2. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
07.08.2021			Athletes' briefing	ONLINE
07.08.2021	11:00	15:00	Accreditation	Grand Stage
07.08.2021	12:00	15:00	Swim familiarization	Kisezers' beach
08.08.2021	10:30	11:00	Athlete check-in	Next to Transition Area
08.08.2021	10:30	11:15	TA check-in	Transition Area
08.08.2021	10:45	11:15	Swim warm-up	Kisezers' beach
08.08.2021	11:20	11:25	Calling area	Kisezers' beach
08.08.2021	11:25	11:30	Athletes' introduction	Kisezers' beach
08.08.2021	11:30		Start	Kisezers' beach
	13:00		Award Ceremony	Grand Stage

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

6.4. ATHLETE'S BRIEFING

Because of COVID-19, the briefing will take place online. The presentation will be available here:

<https://briefings.triathlon.org/riga>

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

All the Results information will be published on the Information Boards at the Information Centre located at the Grand Stage.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon 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.

Accreditation cards will be distributed on 07.08.2021 at the Grand Stage.

Only accredited people will be allowed to access certain venue areas.

All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. MEDIA



FaceBook: @LatvianTriathlonFederation



Instagram: @tri_latvia



Live feed: straume.lmt.lv



Photos: triatlons.lv

9. OTHER USEFUL INFORMATION

Could be and is not limited to:

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

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

9.3. CURRENCY: EUR

9.4. TIME: Eastern European time.

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

9.6. WATER: tap water drinkable.

9.7. TELEPHONE CONNECTIONS: +371 (0)

10.7.1 Mobile providers: Tele2, Bite, LMT

10. COURSE MAP



SWIM COURSE

1 lap of 750 meters

Start: beach start, shallow lake shore with a 100m run to a swimming depth.

Average water temperature +20°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 traditional bike racks. The mount line is marked with a green color. Distance from swim exit to Transition Area is approx. 200m.



BIKE COURSE

4 laps of 5,5km

Draft-legal race via park roads. Flat asphalt surface, narrow in some places. The bike course goes through the Transition area. Wheel Station is located 500 meters after the Transition area and Lap Counter is located approx. 200 meters before Transition area.

TRANSITION 2

Flow throughout the Transition area remains in the same direction. Dismount line marked in red. Running shoes may be placed beside the rack or in the bin.



RUN COURSE

2 laps. First full lap is 2,7km, second lap to the finish is 2,4km.

Description: flat, asphalt, park roads. 2 aid stations. The aid station count may be reduced to 1 if the weather conditions are not too hot. Penalty box located approx. at the 2km mark.

Europe
Triathlon
Junior Cup

Rīga
2021



8.08.2021



RĪGAS MEŽI



11. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into LATVIA please check the most up to date information here:

<https://www.spkc.gov.lv/lv/valstu-saslimstibas-raditaji-ar-covid-19-0>

The list of countries is updates EVERY FRIDAY and goes into effect Saturday the next day. Athletes and accompanying personnel are responsible for keeping up to date with the entry requirements necessary for arrival into the country.

Within 48 hours before entering Latvia all arrivals are required to fill out the form available here:

<https://covidpass.lv/en/>

IF YOU ARRIVE FROM A “RED” COUNTRY OR “YELLOW” COUNTRY WITHOUT BEING VACCINATED OR HAVING RECOVERED FROM COVID-19

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, forgo mandatory self-isolation, and participate in the sports event by abiding the following instructions:

1) Send an informative e-mail to elvisa.lambrekse@gmail.com stating your arrival/departure times, hotel and country of departure no later than August 5th.

2) Take 2 COVID-19 (PCR or antigen) tests:

- Take the 1st test no sooner than 3 days before arrival - submit the results to elvisa.lambrekse@gmail.com.
- Take the 2nd test within 24 hours after arriving in Latvia, observe self-isolation rules at the hotel while awaiting test results. Riga Airport has set up a testing site for arrivals from countries on the red/yellow list. The test cost 25-40,-EUR depending on the type and has to be paid by the athlete. Send test results to elvisa.lambrekse@gmail.com* before accreditation.
- To give plenty of time for test results, please arrive no later than August 6th.

3) Use face masks.

4) Self-isolate when not at the event, monitor your health 2 times a day, and uphold all national safety requirements - <https://covid19.gov.lv/en/support-society/how-behave-safely/covid-19-control-measures>

5) Do not take public transport, visit public spaces, restaurants, pubs, etc. Only use private or LOC transport.

6) Athletes to whom the self-isolation requirement applies (and who agree to follow all the above mentioned instructions to participate in the event) are encouraged to book VEF Rija hotel. LOC will provide transport from the hotel to the event venue free of charge.

7) Upload all the required documents to triathlon.org.

*All information regarding your arrival, test results etc. will be deleted no later than 30 days after the event as required by the Privacy Law.

IF YOU ARRIVE FROM A “YELLOW” COUNTRY WHILE BEING VACCINATED OR HAVE RECOVERED FROM COVID-19 (HAVE THE CERTIFICATE) OR A GREEN COUNTRY

- 1) No travel restrictions imposed.
- 2) Upload all the required documents to triathlon.org.
- 3) Uphold all national safety requirements - <https://covid19.gov.lv/en/support-society/how-behave-safely/covid-19-control-measures>

If you require additional help, please contact ieva.galeniece@gmail.com (Athletes Services Manager) or elvisa.lambrekse@gmail.com (Safety and Covid-19 Manager)

Good luck!