ATHLETE’S GUIDE

Europe Triathlon Cup

Tiszaújváros
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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

<table>
<thead>
<tr>
<th>What?</th>
<th>Date?</th>
<th>Time?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Europe Triathlon Junior Cup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Semi-finals</td>
<td>Saturday, 17th July</td>
<td>12:00 – 13:35</td>
</tr>
<tr>
<td><strong>Europe Triathlon Cup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Semi-finals</td>
<td>Saturday, 17th July</td>
<td>14:45 – 17:45</td>
</tr>
<tr>
<td><strong>Europe Triathlon Junior Cup</strong></td>
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<td></td>
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<tr>
<td>Individual Finals</td>
<td>Sunday, 18th July</td>
<td>11:45 &amp; 12:45</td>
</tr>
<tr>
<td><strong>Europe Triathlon Cup</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Finals</td>
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<td>14:45 &amp; 16:15</td>
</tr>
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### 1.3. KEY CONTACTS

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team leader</td>
<td>Alicia Garcia Perez</td>
<td></td>
</tr>
<tr>
<td>Technical delegate</td>
<td>Sandrine Crosnier</td>
<td><a href="mailto:scrosnier@fftri.com">scrosnier@fftri.com</a></td>
</tr>
<tr>
<td>Assistant TD</td>
<td>Györgyi Bodnár</td>
<td><a href="mailto:gyorgyi.ko.bodnar@gmail.com">gyorgyi.ko.bodnar@gmail.com</a></td>
</tr>
<tr>
<td>Europe Triathlon office</td>
<td></td>
<td><a href="mailto:etu_hq@etu.triathlon.org">etu_hq@etu.triathlon.org</a></td>
</tr>
<tr>
<td>Local Organising Committee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Co-Chair of the LOC</td>
<td>Balazs Markus</td>
<td><a href="mailto:markusbalazs80@gmail.com">markusbalazs80@gmail.com</a></td>
</tr>
<tr>
<td>Event Director</td>
<td>Tibor Lehmann</td>
<td><a href="mailto:lehmann.tibor@triathlon.t-online.hu">lehmann.tibor@triathlon.t-online.hu</a></td>
</tr>
<tr>
<td>Race Director</td>
<td>Gergely Markus</td>
<td><a href="mailto:gergely.markus@triathlon.org">gergely.markus@triathlon.org</a></td>
</tr>
<tr>
<td>Operation Manager</td>
<td>Alpár Nagy</td>
<td><a href="mailto:alpar.nagy@triathlon.org">alpar.nagy@triathlon.org</a></td>
</tr>
<tr>
<td>Athlete’s service</td>
<td>Fruzsina Szabolcsi</td>
<td><a href="mailto:trievent@triathlon.t-online.hu">trievent@triathlon.t-online.hu</a></td>
</tr>
<tr>
<td></td>
<td>Zsanna Filep</td>
<td></td>
</tr>
<tr>
<td>Transfer</td>
<td>G.transit89</td>
<td><a href="mailto:laczkoagnes07@gmail.com">laczkoagnes07@gmail.com</a></td>
</tr>
<tr>
<td>Accommodation info</td>
<td>Viktória Szilágyi</td>
<td><a href="mailto:info@triathlon.t-online.hu">info@triathlon.t-online.hu</a></td>
</tr>
<tr>
<td>Chief Medical</td>
<td>Dr. András Gályász</td>
<td><a href="mailto:drgalyaszandras@gmail.com">drgalyaszandras@gmail.com</a></td>
</tr>
</tbody>
</table>

### 1.4. CONTACT DETAILS

Tiszaújvárosi Triatlon Klub  
Tibor Lehmann - President and Event Director  
Teleki Blanka ut 6., 3580 Tiszaujvaros, Hungary  
Mobile: +36 30 645 2745, Phone: +36 49 540 094, Fax: +36 49 540 095 trievent@triathlon.t-online.hu, www.tiszatriatlon.hu
1.5. CITY MAP:

1. Hotel Phoenix
2. Veronika Hotel
3. NN Boutique Hotel
4. Tisza Apartman
5. Outlet Hotel
6. Hostel
7. Nádas Restaurant
8. Scarpa Pizzeria
9. Arany Holló Restaurant
10. Castello Cafeteria
2. VENUE

2.1. RACE VENUE

The venue is located in the centre of Tiszaujvaros at the Hotel Phoenix. The swimming will take place in the City-lake.

2.2 COURSE FAMILIARIZATION

SWIM
See detailed schedule. Swimming in the lake at any other time is strictly forbidden.

BIKE
Bike familiarizations will not be provided according to the World Triathlon Covid-19 Event Guidelines. Arrows will be marked on the road for all routes.

2.3. ATHLETE’S LOUNGE

Facilities including athletes’ lounge and toilets are provided to the athletes at the Transition Area. Sealed bottles of water will be offered to the elite athletes before the race in the athletes’ lounge.

2.4. MANDATORY ANTIGEN TEST

Following the new World Triathlon Covid19 Event Guidelines, and the Europe Triathlon Executive Board decision (14 April 2021) a mandatory antigen test will be done by the organization to all Elite and Junior athletes, coaches, NFs medical and support team before the various document checks and race pack/accreditation distribution.

The mandatory test cost for athletes is included in the entry fee and free of charge for coaches, NFs medical and support team.

2.4. ATHLETES’ RACE PACKAGE (elite and junior)

Collecting the race packages at the same time as the mandatory antigen tests.
Location: Sport Centre
2.6. DOPING CONTROL

Anti-Doping Control will be performed according to the World Triathlon/WADA rules. The location of the in-competition tests is in the Hotel Phoenix.

2.7. LOC OFFICE

The LOC Office is located at the Sport Centre.
Team leader: Fruzsina Szabolcsi, tel: +36 70 600 2682
Contact: Zsanna Filep, tel: +36 30 6475577
Address: Teleki Blanka út 6., 3580 Tiszaújváros, Hungary
e-mail: trievent@triatlon.t-online.hu

Entry fees:
Europe Triathlon Cup: 100 Euro
Europe Triathlon Junior Cup: 80 Euro
Payment’s possible via bank transfer or at the race package by cash.
In case of bank transfer, please indicate the names of the athletes!
Please request the Athletes Service for invoices! (triestvent@triatlon.t-online.hu)
Bank details: Iban: HU 44 1040 1969 5052 6754 9089 1003
SWIFT/BIC: OKHBHUHB
KH Bank

3. ACCOMMODATION

Teams can book directly at the hotels.

1. Hotel Phoenix and Restaurant (info@hotelphonix.hu, hotelphonix.hu, tel: +36 30 3033538)

2. Veronika Hotel and Restaurant (veronikahotel@veronikahotel.hu, www.veronikahotel.hu, tel: +36 49 341887)

3. NN Boutique Hotel (4km from the venue) (info@nnhotel.hu, https://nnhotel.hu, tel:+36 300100499)

4. Tisza Apartman (tiszaapartman@gmail.com, www.tiszaapartman.hu, tel: +36 20 4582545)

5. Outlet Hotel (Polgár - 8km) (info@outlethotel.hu, www.outlethotel.hu, tel: +36 52 887827)

6. Hostel (info@triatlon.t-online.hu, tel:+36 30 8878860)

If you have any questions according the accommodations, please ask the contact below:
Accommodation info: info@triatlon.t-online.hu, tel:+36 30 8878860
4. TRANSFER AND TRANSPORT

Airports:

Debrecen Airport: 60km (cca. 45 min. on motorway)
Budapest Liszt Ferenc Airport: 180km (cca. 1:40 on motorway)

Transportation service provides transfers between the airports and hotels.
Deadline for booking: 05. July!
Transfer booking contact: laczkoagnes07@gmail.com, tel: +36 70 3666658

Transfer fees (return):
- Debrecen Airport: 85 euro
- Budapest Airport: 115 euro

5. ATHLETE’S SERVICES

5.1. TRAINING FACILITIES

SWIM
25m Indoor pool – Sport Centre
Teleki Blanka út 6., 3580 Tiszaújváros, Hungary
Operating hours for the athletes: July 14 – 16, 15:00 – 18:00

Entrance fee: 3 Euro or 1000 HUF per person. Please reserve per persons via Athlete’s service (trirevent@triathlon.t-online.hu).

BIKE
Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling on their own risk and traffic rules are to be followed. Safe bike locations.

RUN
There is a 800m tartan/clay circuit in the park 300m from the race venue.
5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Swim course before and during the familiarization session and on the competition days. There will be First Aid and Emergency Medical Services at the Finish area on the competition days.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital.

5.3. BIKE MECHANICAL SERVICE

Our partner - Garage Bike Tech - will offer a comprehensive Bike Mechanic. The service’s located 200 m from the TA.

Support as follows:

- July 16, Friday 10:00-17:00
- July 17, Saturday 10:00-17:00
- July 18, Sunday 09:00-16:00

In case of any emergency bike mechanic needs outside of these hours, please contact the Athletes service.

6. COMPETITION SCHEDULE

<table>
<thead>
<tr>
<th>COMPETITION SCHEDULE</th>
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<tbody>
<tr>
<td>July 16, Friday</td>
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<td>8:00-12:00</td>
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<td>16:15</td>
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<td>17:15-17:45</td>
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<tr>
<td>17:30 <strong>Medal ceremony - top 3 women and men</strong></td>
</tr>
<tr>
<td>20:00</td>
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</table>
6.3. COMPETITION RULES
The event will follow the latest World Triathlon Competitions Rules.

6.4. ATHLETE’S BRIEFING
At current date the briefing will be held virtually and it will be available on triathlon.org

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.
Timing company: Evochip

6.6. RESULTS
Results will be uploaded live at the ITU official website www.triathlon.org.

6.7. PROTEST & APPEALS
Standard procedures will be followed according to World Triathlon Competition Rules

7. ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the World Triathlon Event Organisers Manual.
Accreditation cards/wristbands will be handed out during the official registration.
Only accredited persons will be allowed to access certain areas at the venue. Accreditation cards/wristbands are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards/wristbands with them at all times and to show them upon request. The LOC will provide to all the Organizing Committee Members, Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card/wristband.
8. COURSE MAPS

VENUE:
SEMI FINALS - general map
SWIM START
Pontoon start

**SWIM COURSE**

The swim loop is 250m long. The distance to the first turn is 110m.
There are 2 laps of 250 m for the Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is 24-26°C.
Average water temperature: 25 °C
TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes’ names and/or numbers 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. A-frame bike racks for the semi-finals, individual bike racks for the finals.

BIKE COURSE

Generally flat profile.

Semi-finals:
There is 1 lap of 12 km for the Juniors and 2 laps of 10 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns.

Finals:
There are 5 laps of 2,5 km for the Juniors and 8 laps of 2,5 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns.

TRANSITION 2

Running shoes may be placed beside the rack or in the bin.

RUN COURSE

Generally flat course.

Semi-finals:
There are 2 laps of 1,6 km for the Juniors and 3 laps of 5 km for the Elites.

Finals:
There are 3 laps of 1,2 km for the Juniors and 4 laps of 1,25 km for the Elites.
9. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into COUNTRY please check the most up to date information here: http://www.police.hu/en/content/information-on-general-rules-of-border-crossing
If you need invitation letter please ask the Athlete’s Service (trievent@triathlon.t-online.hu, tel: +36 30 6475577)

**SWAB TEST TRAVEL REQUIREMENTS: return trip**

Elite and Junior athletes, coaches, NFs medical or support team members who need to make a PCR test and obtain medical certificate for their return journey from Hungary can reserve the service through the Local Organizing Committee following the rules below.

Contact the LOC latest until July 11th at trievent@triathlon.t-online.hu and inform about the number of people, names, date of birth and passport number.

Covid test organized by the LOC needs to be pre-paid at the Athletes registration on Friday morning, July 16th. (cash only, no cards).

2. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to have those run sessions in the morning to avoid peak times.

3. Testing protocol and health screening

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
- Fill in the online pre-event questionnaire through the World Triathlon website.
- Perform an Antigenic or PCR swap pre-travel test 72 hours before the athletes’ travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests.
- Additionally to this, all elite, and junior triathletes must submit a pre-travel medical certificate according to the requirements above.
- Finally all elite, junior triathletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the registration. In case of a positive result, a PCR swab test must follow.
- All the specific measures can be found in the table below:
- Detailed schedule of the Antigenic pre-race test and the registration will be available 1 week before the event.
<table>
<thead>
<tr>
<th></th>
<th>Pre-event questionnaire</th>
<th>COVID-19 test before traveling</th>
<th>Medical certificate</th>
<th>COVID-19 test at event</th>
<th>Daily health screening</th>
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<tbody>
<tr>
<td>Elite athletes</td>
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<tr>
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<td>follow public health request</td>
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<tr>
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<td>follow public health request</td>
<td>follow public health request</td>
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<tr>
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<td>follow public health request</td>
<td>follow public health request</td>
<td>follow public health request</td>
<td>yes</td>
</tr>
</tbody>
</table>

4. Athlete’s briefing
Athletes briefing will be pre-recorded and available at the triathlon.org.

5. Race package distribution
Race package to be collected by the athlete at the same time as the antigen test at the Sport Centre. The use of masks and social distancing is mandatory.

6. Health screening
Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes’ package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

7. Competition activities
- The mask should be worn until the last minute before athletes’ introduction.
  Please make sure that you will wear your mask after the warm-up.
- Wheel stations:
- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.

- In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.

- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

- Finish Area

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

- Medalist photos at the post-finish area are not allowed.

- All recovery stations will be self-served.

- Food provided will be individually wrapped.

- Massage facilities will not be provided.

- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

- Masks will be distributed to the athletes to wear at their earliest convenience.

- Medal Ceremonies

Medal ceremonies will be performed according to the World Triathlon COVID-19 Event Guidelines.

8. Accreditation

One junior coach, one elite coach and one NF medical accreditation per nation will be provided.

9. Disinfection

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.


Good luck.