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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

Saturday, May 21st

|  |  |
| --- | --- |
| Recorded briefing | available since 11:00 |
| Athletes registration | 13:00 – 15:00 |
| Swim course familiarization | 15:45 – 16:45 |
| Bike course familiarization | 17:30 – 18:00 |

Sunday, May 22nd

|  |  |
| --- | --- |
| Junior Women Start | 09:00 |
| Junior Men Start | 11:00 |
| Mixed Relay Start | 14:30 |
| Award Ceremony | 16:00 |

1.3. KEY CONTACTS

|  |  |  |  |
| --- | --- | --- | --- |
| Role | Name | Email | Phone |
| LOC (director of operations) | Dainius Šimkaitis | [info@triatlonas.lt](mailto:info@triatlonas.lt) | +37060676384 |
| LOC (technical operations manager) | Ernestas Abraškevičius | [Ab.ernestas@gmail.com](mailto:Ab.ernestas@gmail.com) | +37065612515 |
| LOC (director of support services) | Žilvinas Grigaitis | [z.grigaitis@triatlonas.lt](mailto:z.grigaitis@triatlonas.lt) | +37063422142 |
| Technical Delegate | Kati Raudsepp | [raudseppkati@gmail.com](mailto:raudseppkati@gmail.com) | +37256658668 |
| Assistant TD | Paulius PovilIūnas | [Poviliunas.p@gmail.com](mailto:Poviliunas.p@gmail.com) | +37065627486 |
| ET Executive Board representative | Pascal Salamin | [pascal.salamin@europe.triathlon.org](mailto:pascal.salamin@europe.triathlon.org) |  |
| Europe Triathlon office |  | [etu\_hq@etu.triathlon.org](mailto:etu_hq@etu.triathlon.org) | +32478825456 |

1.4. ENTRY FEES

Entry fee is 85 € for individual race and 125 € for mixed relay race.

Bank details:

„Swedbank", AB  
SWIFT: HABALT22

Recipient: Lietuvos triatlono federacija  
Acc. No.: LT827300010134192454

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| 2. VENUE |

2.1. RACE VENUE

The race venue is located in the city center of Panevežys, with the swimming taking place in lake Senvagė.

2.2 COURSE FAMILIARISATION

Swim course familiarization will be on Saturday at 15:45-16:45.

Bike course familiarization will be on Saturday at 17:30-18:00. The course will be partially closed from traffic and there will be a Police escort.

Run course familiarization can be done individually as it is a pedestrian area and there is no car traffic on course.

2.3. ATHLETE’S LOUNGE

Athlete’s Lounge will be located at the race venue and provides drinks for the athletes before and after competition. Toilets will be available at the Athlete’s Lounge.

2.4. JUNIOR ATHLETES’ AND MIXED RELAY RACE PACKAGE

All athletes will receive their race package/accreditation on Saturday, May 21st in hotel Romantic.

Mixed relay race package will be distributed together with the Junior athlete’s package. One member of the team may pick up the team’s race package.

2.5. DOPING CONTROL

Doping tests will be conducted according to World Triathlon Anti-Doping/WADA rules. Athletes must carry their identification to the doping control facilities. Doping control room will be allocated in Cido arena.

2.6. LOC OFFICE

LOC office will be allocated at Hotel Romantic conference hall “Fortune” and will be opened from Saturday till Sunday.

Contact information:  
General: [info@triatlonas.lt](mailto:info@triatlonas.lt)  
Dainius Šimkaitis [d.simkaitis@triatlonas.lt](mailto:d.simkaitis@triatlonas.lt) +37060676384  
Žilvinas Grigaitis [z.grigaitis@triatlonas.lt](mailto:z.grigaitis@triatlonas.lt) +37063422142

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| 3. ACCOMMODATION |

Hotel Romantic ([www.romantic.lt)](https://www.romantic.lt/) is located at the race venue.

Hotel Pervaža ([www.pervaza.lt](http://www.pervaza.lt)) is located just 2 km away from the race venue.

Reservations should be done directly contacting hotels through the links above. Use code “Triathlon” for event discount fee.

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| 4. TRANSFER AND TRANSPORT |

**KUN** Kaunas Airport (106 km from Panevėžys)

**VNO** Vilnius Airport (145 km from Panevėžys)

**RIX** Riga Airport (160 km from Panevėžys)

Transfer partner OLLEX <https://www.ollex.lt/>. Buses will have trailers ready for bike transportation.

For cost, please contact LOC at info@triatlonas.lt

For convenience of the teams, transfers from Panevėžys to European Championships in Olsztyn and from Olsztyn to desired airport can be arranged with the official ET Panevėžys Junior Cup partner – Ollex.

Map

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| 5. ATHLETE’S SERVICES |

5.1. TRAINING FACILITIES

SWIM

Swimming pools:

Impuls [https://goo.gl/maps/7BU256isc4hMLABd7](https://goo.gl/maps/7BU256isc4hMLABd7%20(3) (3 lanes, 25m)

Panevėžys sports center <https://goo.gl/maps/LQn4wRWALzYzKUBe6> (4 lanes, 25m)

Hotel Romantic <https://goo.gl/maps/Bpux6hWM5csgkzwX7> for hotel guests only (1 lane, 24.5m)

 BIKE

Bike trainings route suggestion:

<https://ridewithgps.com/routes/38525816> (bike path, free from motor vehicles)

 RUN

Running track:

Panevėžys sports center <https://goo.gl/maps/LQn4wRWALzYzKUBe6>

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes/teams should make sure that they have appropriate medical insurance.

Closest hospital: Panevėžio respublikinė ligoninė Smėlynės g. 25, Panevėžys, Lithuania

5.3. BIKE MECHANICAL SERVICE

**S-Sportas** will provide event’s bike service before and during the competition <https://www.s-sportas.lt/>

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| 6. COMPETITION SCHEDULE |

6.1. JUNIOR WOMEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DAY | START | END | ACTIVITY | LOCATION |
| 21st May | 11:00 |  | Athlete’s briefing (pre-recorded) | Check the link on event website on triathlon.org |
| 21st May | 13:00 | 15:00 | Athlete registration | Hotel “Romantic” |
| 22nd May | 07:30 | 08:30 | Athlete Lounge check in | Race Venue |
| 22nd May | 08:00 | 08:45 | TA check in | Race Venue |
| 22nd May | 08:15 | 08:45 | Swim warm-up | Race Venue |
| 22nd May | 08:50 |  | Calling area | Race Venue |
| 22nd May | 08:55 |  | Athletes introduction | Race Venue |
| 22nd May | 09:00 |  | Start | Race Venue |
| 22nd May | 16:00 |  | Award Ceremony | Race Venue |

6.2. JUNIOR MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DAY | START | END | ACTIVITY | LOCATION |
| 21st May | 11:00 |  | Athlete’s briefing (pre-recorded) | Check the link on event website on triathlon.org |
| 21st May | 13:00 | 15:00 | Athlete registration | Hotel “Romantic” |
| 22nd May | 09:30 | 10:30 | Athlete Lounge check in | Race Venue |
| 22nd May | 10:00 | 10:45 | TA check in | Race Venue |
| 22nd May | 10:15 | 10:45 | Swim warm-up | Race Venue |
| 22nd May | 10:50 |  | Calling area | Race Venue |
| 22nd May | 10:55 |  | Athletes introduction | Race Venue |
| 22nd May | 11:00 |  | Start | Race Venue |
| 22nd May | 16:00 |  | Award Ceremony | Race Venue |

6.3. MIXED RELAY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DAY | START | END | ACTIVITY | LOCATION |
| 21st May | 11:00 |  | Athlete’s briefing (pre-recorded) | Check the link on event website on triathlon.org |
| 21st May | 13:00 | 15:00 | Team registration | Hotel “Romantic” |
| 22nd May | 13:00 | 14:00 | Athlete Lounge check in | Race Venue |
| 22nd May | 13:30 | 14:15 | TA check in | Race Venue |
| 22nd May | 13:45 | 14:15 | Swim warm-up | Race Venue |
| 22nd May | 14:20 |  | Calling area | Race Venue |
| 22nd May | 14:25 |  | Teams introduction | Race Venue |
| 22nd May | 14:30 |  | Start | Race Venue |
| 22nd May | 16:00 |  | Award Ceremony | Race Venue |

6.4. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon.

6.5. ATHLETE’S BRIEFING

The athlete’s briefing will be pre-recorded and it will be published at the event’s website on May 21st at 11:00.   
[2022 Europe Triathlon Junior Cup Panevėžys — World Triathlon](https://triathlon.org/events/event/2022_europe_triathlon_junior_cup_panevzhys)

6.6. 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 during their check-in procedure in Athlete’s Lounge.

6.7. RESULTS

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

Timing is provided by LTUtiming - <https://www.ltutiming.lt/>

Live results: <https://www.ltutiming.lt/>

Live finish line video stream: <https://www.youtube.com/channel/UC-29XabwZ-GSEKUq8AfhttQ>

6.8. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

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| 7. ACCREDITATION |

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

Athletes and Coaches will receive Accreditation Card at the registration. Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

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.

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| 8. USEFUL INFORMATION |

8.1. LANGUAGE

Lithuanian (English or Russian is spoken widely as a second language)

8.2. POPULATION

85 878 inhabitants (Panevėžys city)

8.3. CURRENCY

Euro (€)

8.4. TIME

GMT+3

8.5. ELECTRICITY

220 V

8.6. TELEPHONE CONNECTIONS

Country code +370

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| 9. COURSE MAPS |

Course map is available on Google My Maps (web and app)

<https://www.google.com/maps/d/u/0/edit?mid=1J73NfrBeJ0ya0tgrdbpQ654Xt_xepbXz&usp=sharing>

SWIM COURSE

Old riverbed lake

Start procedure: pontoon start for individual race, start from the water for mixed relay race. Head Referee with assistance from Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1 for both individual and mixed relay races. Counterclockwise swim for mixed relay and clockwise swim for individual race.

Water temperature: most likely below 20°C

Diagram, map

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TRANSITION 1

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 fastened, athletes unrack the bike and move forward into the centre lane and towards the mount line.

 BIKE COURSE

Number of laps: 2 for both individual and mixed relay race. Mixed relay course consists of two loops of 3 km, excluding appendix apparent in individual race.

Surface: asphalt, tyles

Quality: good and very good

Location of wheel stop: neutral and team wheel station is combined for this race and available just outside Transition zone.

Map

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Map

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TRANSITION 2

Athletes enter the transition and must deposit bike gear in a bin placed beside the bike racks. Bike shoes can stay attached to the pedals. Athletes' names and/or numbers are displayed on the top of each bike rack. After the bike is racked, helmet can be unfastened. Athletes move forward into the centre lane and towards the mount line to start the run course.

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

Diagram

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RUN COURSE



Number of laps (individual): connection + 2

Number of laps (mixed relay): connection + 1

Surface: new tyle path (95%), asphalt (5%)

Quality: very good

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| 10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES |

1. Travel

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

<https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad>

2. Airport Transfer

Wearing a mask is recommended for anyone using the shuttles. Everyone needs to disinfect their hands before entering the bus.

3. Accommodation

Participants must follow hotel protocols regarding Covid-19

4. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool.

5. 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:

* Respect the travel regulations set by the host country
* Fill in the online pre-event questionnaire through the World Triathlon website.

6. Spectators’ access

The event will be open to spectators. Non-accredited persons can watch the event from the spectator’s areas.

Thank you for participating and good luck for the race!