



World Triathlon  
Cup  
TISZAÚJVÁROS  
2023



# ATHLETES GUIDE

Version 5, 5rd July 2023

Europe  
Triathlon  
Junior Cup

Tiszaújváros  
2023



BE YOUR  
EXTRAORDINARY





WELCOME TO  
TISZAÚJVÁROS

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# GENERAL INFORMATIONS

## 1.1 Key dates:

WHAT	Date	Time
Europe Triathlon Junior Cup Individual semi-finals	Saturday, 8th July	12:00 - 12:50
World Triathlon Cup Individual semi-finals	Saturday, 8th July	14:45 - 16:36
Europe Triathlon Junior Cup Individual finals	Sunday 9th June	11:45, 12:45
World Triathlon Cup Individual finals	Sunday 9th June	14:45, 16:15

## 1.2 Key Contacts:

World Triathlon / Europe Triathlon			
Team Leader	Yande Faye	<a href="mailto:yande.faye@triathlon.org">yande.faye@triathlon.org</a>	
Technical Delegate	Oliver Laaber	<a href="mailto:o.laaber@triathlon-austria.at">o.laaber@triathlon-austria.at</a>	+43 676 7709309
Assistant TD	Natasa Preis-Bedenik	<a href="mailto:shangrilanata@gmail.com">shangrilanata@gmail.com</a>	
Medical Delegate	Dr. Casandra Man	<a href="mailto:casandra_man@yahoo.com">casandra_man@yahoo.com</a>	+40 746797327

Local Organizing Committee			
Co-Chair of the LOC	Balazs Markus	<a href="mailto:markusbalazs80@gmail.com">markusbalazs80@gmail.com</a>	+36 70 3337435
Event Director	Tibor Lehmann	<a href="mailto:lehmann.tibor@t-online.hu">lehmann.tibor@t-online.hu</a>	+36 30 6452745
Race Director	Gergely Markus	<a href="mailto:gergely.markus@triathlon.org">gergely.markus@triathlon.org</a>	+41 78 6299701
Operation Manager	Alpar Nagy	<a href="mailto:alpar.nagy@triathlon.org">alpar.nagy@triathlon.org</a>	+36 70 7700679
Transfer	Rita Akomakowe	<a href="mailto:triathlon23transit@gmail.com">triathlon23transit@gmail.com</a>	+36 20 5662773
Accommodation info	Viktoria Szilagyi	<a href="mailto:info@triatlon.t-online.hu">info@triatlon.t-online.hu</a>	+36 30 8878860
Athlete's service	Zsanna Filep Fruzsina Szabolcsi	<a href="mailto:tiszaujvaros.triathlon@gmail.com">tiszaujvaros.triathlon@gmail.com</a>	+36 30 6475577 +36 70 6002682

## 1.3 Contact details:

Tiszaújvárosi triatlon Klub  
**Tibor Lehmann** - President, Event Director  
 Teleki Blanka u. 6., 3580 Tiszaújváros, Hungary  
 Mobile: +36 30 6452745, Tel: +36 49 540094

## 1.4 Location Informations



The national currency's the Hungarian Forint (HUF). The exchange rate can be found here:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=EUR&To=HUF>





# VENUE

## 2.1 Race Venue

The venue is located in the centre of Tiszaújváros 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:

See detailed schedule. It starts in front of the Hotel Phoenix and runs two laps with police escorts on the Sunday course.

## 2.3 Athlete's Lounge:

Facilities including Athlete's Lounge and toilets are provided to the athletes at the Transition Area. Sealed bottles of water will be offered to the athletes in the Athlete's Lounge.

## 2.4 Athlete's Briefing and Race Package (elite and junior)

**Elite Athletes:** Thursday, 6th July, 18:00

**Junior Athletes:** Friday, 7th July, 18:00

**Location:** Hotel Tisia

### Entry fee:

**World Triathlon Cup:** none

**Europe Triathlon Junior Cup:** 65 Euro (The entry fee must be paid by cash upon registration.)

## 2.5 Doping control

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

## 2.6 LOC Office

The LOC Office is located at the Sport Centre.

**Address:** Teleki Blanka út. 6., 3580 Tiszaújváros, Hungary

**Team leader: Fruzsina Szabolcsi**, tel: +36 70 6002682

**Contact: Zsanna Filep**, tel: +36 30 6475577

**Email:** tiszaujvaros.triatlon@gmail.com



# ACCOMODATION



## Teams can book directly at the hotels.

### Host hotel:

**Tisia Hotel & Spa:** <http://www.tisiahotel.hu>

Booking period: Till June 25th, 2023

Minimum stay: 3 nights

**Discount:** 15%, valid for the total amount (including half board and extra beds as well).

Includes the use of a 50m swimming pool.

Promo code for online booking: **TRI**

### Others:

1. **Hotel Phoenix and Restaurant** ([info@hotelphoenix.hu](mailto:info@hotelphoenix.hu) , [hotelphoenix.hu](http://hotelphoenix.hu) ,  
tel: +36 30 3033538)
2. **Veronika Hotel and Restaurant** ([veronikahotel@veronikahotel.hu](mailto:veronikahotel@veronikahotel.hu) ,  
<http://www.veronikahotel.hu> tel: +36 30 2516703, +36 49 341887)
3. **NN Boutique Hotel** (4km from the venue) ([info@nnhotel.hu](mailto:info@nnhotel.hu) , <https://nnhotel.hu> ,  
tel:+36 300100499)
4. **Tisza Apartman** ([tiszaapartman@gmail.com](mailto:tiszaapartman@gmail.com) , <http://www.tiszaapartman.hu> ,  
tel: +36 20 4582545)
5. **Outlet Hotel** (Polgár - 8km from Tiszaújváros) ([info@outlethotel.hu](mailto:info@outlethotel.hu),  
<http://www.outlethotel.hu> , tel: +36 52 887827)

If you have any questions according the accommodations, please ask the contact below:

**Accommodation info: [info@triatlon.t-online.hu](mailto:info@triatlon.t-online.hu) tel: +36 30 8878860**

Homestay: n/a



A person with a backpack and suitcase is seen from behind, looking out a large window at an airport tarmac where a plane is visible. The image has a blue and green color overlay and decorative wavy lines.

# TRANSFER AND TRANSPORT

## Athlete's airport transfer

**Closest international airport:** Debrecen International Airport (70km)

**Free** for the athletes competing in the World Cup and their accredited coaches, medicals etc.

**For Europe Triathlon Junior Cup athletes and their accredited coaches, medicals etc.:**

Return trip: 90 euro

One way trip: 45 euro

**Alternative international airport:** Budapest Liszt Ferenc International Airport (180km)

Return trip 180 euro

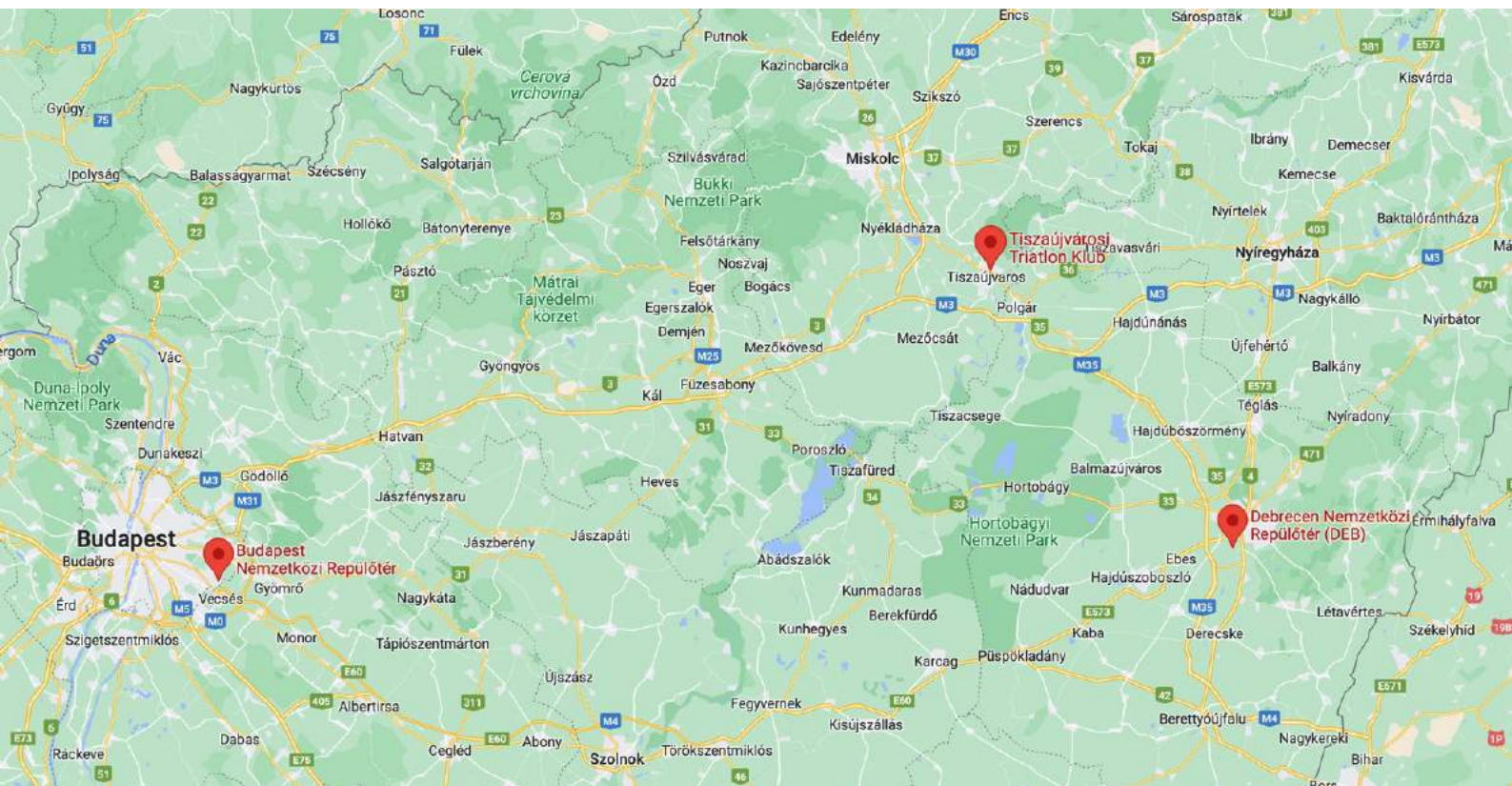
One way trip 90 euro

**(rates include the transportation of the bikes)**

**Transfer booking on the following contact:**

[triathlon23transit@gmail.com](mailto:triathlon23transit@gmail.com)

Tel: +36 20 566-2773







# ATHLETES SERVICES

## 5.1 Training facilities

### SWIM

**50m outdoor pool** - Tiszaujvaros Strand  
(Szederkényi út 12., Tiszaújváros, Hungary)

**Operating hours for athletes:** 9:30-20:00

Entry is **free** for the World Triathlon Cup athletes and the guests of Hotel Tisia.

Entry fee for the Europe Junior Cup athletes is **5 euro or 2000 HUF / person**.

**Booking is required for all athletes** ([tiszaujvaros.triathlon@gmail.com](mailto:tiszaujvaros.triathlon@gmail.com))!

Entry with wristband provided by Athlete's service team.

### 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 an 800m tartan / clay and 1000m clay circuit in the park 300m from the race venue.

## 5.2 Medical Services

First Aid and Medical Services will be available at the Swim Course before and during the familiarization 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 nearby hospitals.

## 5.3 Bike Mechanical Service

July 07. Friday 10:00-17:00

July 08. Saturday 10:00-17:00

July 09. Sunday 10:00-16:00

In case of any emergency bike mechanic needs outside of these hours, please contact the Athlete's Service. A bicycle shop is available 200m from the venue (**Garage Bike Tech** - <https://www.garagebiketech.hu/en/>), during opening hours. Please note that the shop's services are not free of charge, only the official bike mechanic at the venue.

## 5.4 Athlete's Informations

The Athlete's Service Team created messenger groups for the elite and junior athletes. Please join these groups using the appropriate QR code:



Junior



Elite



A group of cyclists in various colored jerseys (black, red, blue, green) are racing on a blue track. The cyclists are wearing helmets and are in a crouched position, pedaling. The background shows a crowd of spectators and trees. The image is overlaid with a large, stylized graphic consisting of several thick, curved lines in shades of blue and green, creating a dynamic, abstract shape that frames the text.

# COMPETITION SCHEDULE

## COMPETITION SCHEDULE

July 06. Thursday		
18:00	World Triathlon Cup Briefing + Race Package pickup	Hotel Tisia
July 07. Friday		
7:30	Bike Course Familiarization	Venue
15:00	Swim Course Familiarization for juniors	Swim course
16:00	Swim Course Familiarization for elites	Swim course
18:00	Europe Triathlon Junior Cup Briefing + Race Package	Hotel Tisia

## EUROPE TRIATHLON JUNIOR CUP SCHEDULE (junior athletes)

July 08. Saturday		
10:00-11:30	Athletes Lounge Check-in, Semi-finals, Junior	Athlete's lounge
10:00-12:30	Athletes Lounge Open, Semi-finals, Junior	Athlete's lounge
10:45-11:45	Transition Area Check-in, Semi-finals, Junior	Transition area
11:30-12:30	Swim warm up, Semi-finals, Junior	Warm-up area
12:00	SEMI FINAL 1. Junior Women	Start area
12:10	SEMI FINAL 2. Junior Women	Start area
12:20	SEMI FINAL 1. Junior Men	Start area
12:30	SEMI FINAL 2. Junior Men	Start area
12:40	SEMI FINAL 3. Junior Men	Start area
13:20-13:45	Transition Area Check-out, Semi-finals, Junior	Transition area
19:00-20:00	Race Pack Collection, Finals, Junior	Hotel Phoenix
July 09. Sunday		
10:00-11:15	Athletes Lounge Check-in, Finals, Junior	Athlete's lounge
10:00-12:30	Athletes Lounge Open, Finals, Junior	Athlete's lounge
10:45-11:30	Transition Area Check-in, Finals, Junior	Transition area
11:00-11:30	Swim warm up, Finals, Junior Women	Warm-up area
11:45	FINAL - Junior Women	Start area
12:00-12:30	Swim warm up, Final, Junior Men	Warm-up area
12:45	FINAL - Junior Men	Start area
13:30-13:45	Transition Area Check-out, Finals, Junior	Transition area
13:45	Medal Ceremony, Junior (top 3)	Finish area



# WORLD TRIATHLON CUP SCHEDULE (elite athletes)

July 08. Saturday		
12:45-14:15	Athletes Lounge Check-in, Semi-finals, Elite	Athlete's lounge
12:45-16:15	Athletes Lounge Open, Semi-finals, Elite	Athlete's lounge
14:00-14:45	Transition Area Check-in, Semi-finals, Elite	Transition area
14:15-16:25	Swim warm up, Semi-finals, Elite	Warm-up area
15:07	SEMI FINAL 1. Elite Women	Start area
15:29	SEMI FINAL 2. Elite Women	Start area
15:56	SEMI FINAL 1. Elite Men	Start area
16:16	SEMI FINAL 2. Elite Men	Start area
16:36	SEMI FINAL 3. Elite Men	Start area
17:30-18:00	Transition Area Check-out, Semi-finals, Elite	Transition area
19:00-20:00	Race Pack Collection, Finals, Elite	Hotel Phoenix
July 09. Sunday		
13:15-14:15	Athletes Lounge Check-in, Finals, Elite	Athlete's lounge
13:15-16:00	Athletes Lounge Open, Finals, Elite	Athlete's lounge
14:00-14:30	Transition Area Check-in, Finals, Elite	Transition area
14:10-14:30	Swim warm up, Final, Elite Women	Warm-up area
14:45	FINAL - Elite Women	Start area
15:30-16:00	Swim warm up, Final, Elite Men	Warm-up area
16:15	FINAL - Elite Men	Start area
17:15-17:45	Transition Area Check-out, Finals, Elite	Transition area
17:30	Medal Ceremony, Elite (top 3)	Finish area
20:30	Awards Ceremony, Elite (top 15)	Town square

## 6.2 Competition Rules

The latest World Triathlon Competition Rules will be applied on the events.

## 6.3 Athlete's Briefing and Race Package (elite and junior)

**Elite Athletes:** Thursday, 6th July, 18:00

**Junior Athletes:** Friday, 7th July, 18:00

**Location:** Hotel Tisia

## 6.4 Timing Chips

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

Timing company: **Evochip**

## 6.5 Protest and Appeals

Standard procedure will be followed according to the World Triathlon Competition Rules.

# ACCREDITATION

**LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the World Triathlon Event Organizers Manual.**

Accreditation cards/wristbands will be handed out during the registration. Only accredited people 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 card/wristband with them at all times and show them upon request. The LOC will provide to all Organizing Committee Members, Technical Officials, Athletes, VIPs, Media, Technical staff, Volunteers, etc. with an official Accreditation card/wristband.

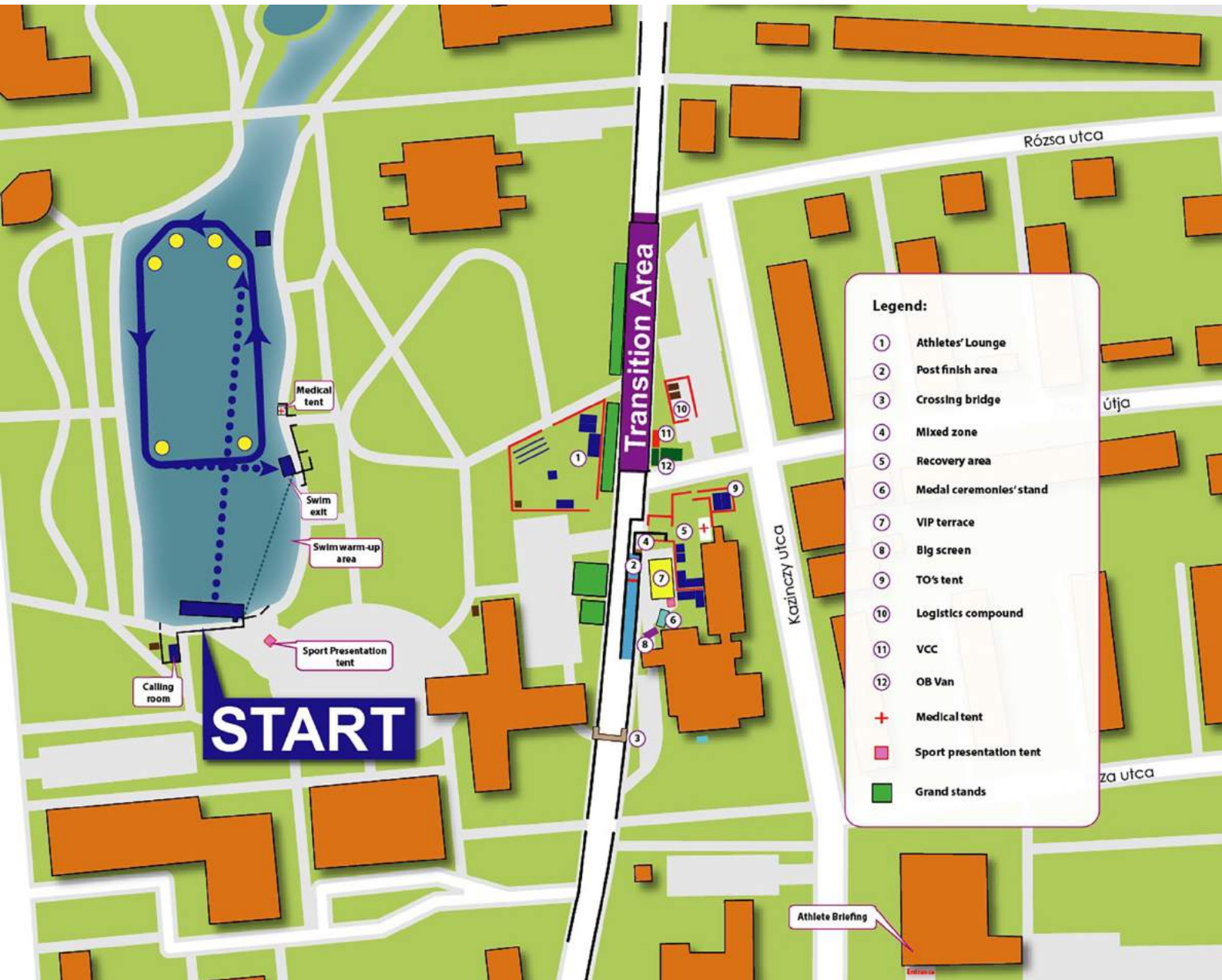


A photograph of a large group of swimmers starting a race in a pool. They are in a starting crouch, with their arms extended forward. The swimmers are wearing various colored swim caps and suits. The water is splashing around them. In the background, spectators are visible on the grassy bank. The image is overlaid with a semi-transparent blue and green filter and several thick, wavy blue and green lines that sweep across the frame from the top left towards the bottom right.

# COURSE MAPS



## VENUE MAP



### Swim Start:

Pontoon start

### Swim Course:

The swim loop is 250 m long. The distance to the first turn is 110m. There are 2 laps for the juniors and 3 laps of 250m for the elites. The average water temperature in the City Lake in July is 24-26 Celsius.

### 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. Athlete's numbers are displayed on A-frames on the semi-finals and names/numbers are displayed on the individual bike racks during the final. After the helmet is secured athletes unrack the bike moving forward into the centre lane and towards the mount line.

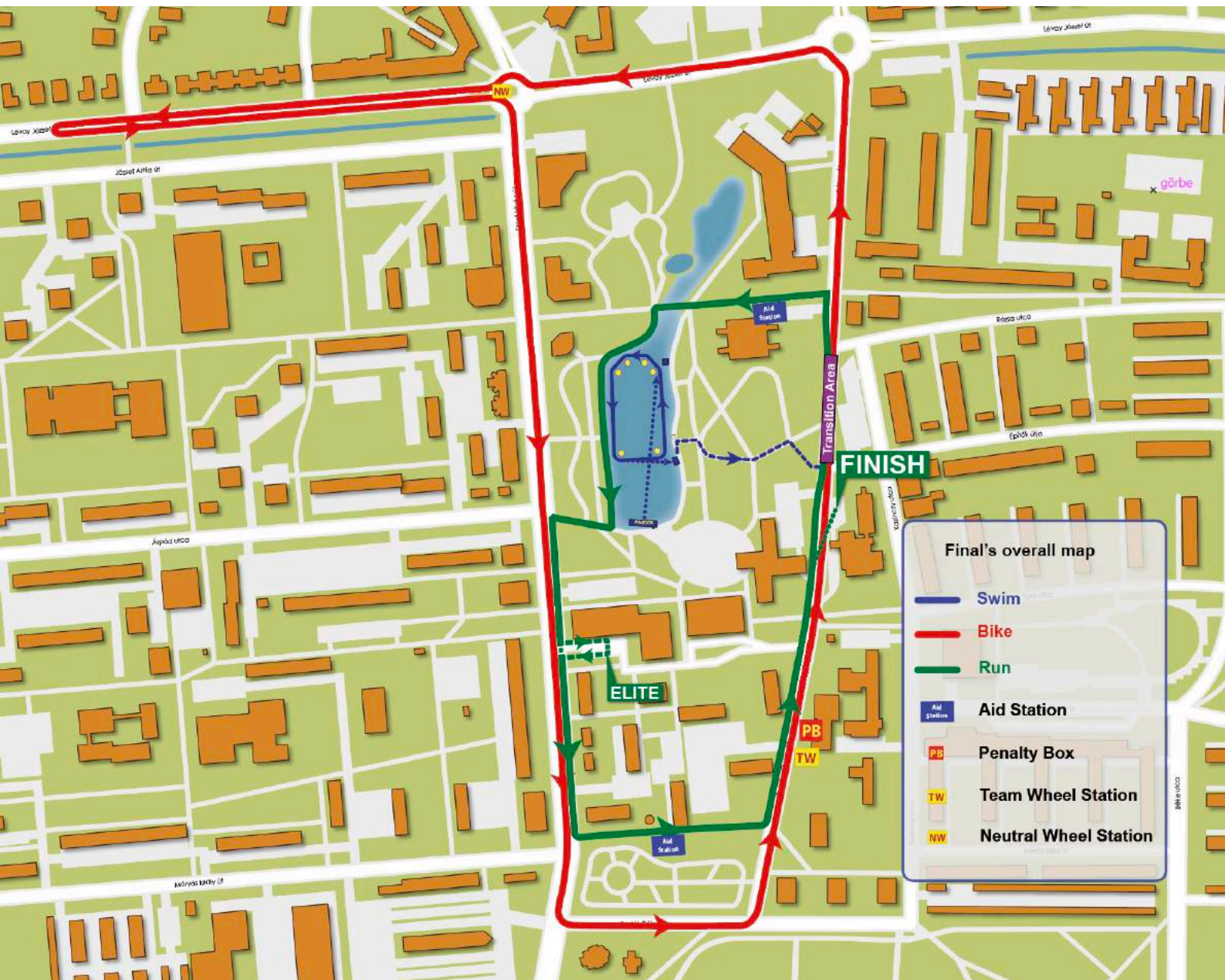


# SEMI FINALS MAP (general)





## FINALS MAP (general)



### Bike Course:

Generally flat profile.

### Semi Finals:

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

### Finals:

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

### Transition 2.:

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

### Run Course:

Generally flat course.

Number of laps:

- Semi finals: Elite 3 / Junior 2
- Finals: Elite 4 / Junior 3





**GOOD  
LUCK!**