Athletes Guide
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It is with great joy that I welcome all the Triathlon National Federations that will be present at our 2023 Europe Triathlon Sprint & Relay Championships in Balıkesir, Türkiye.

The Turkish NF has done great improvements in the last years not only with the quality of its athletes, but also supporting Europe Triathlon in the organisation of events.

In addition to the "historical" race in Alanya, recently Europe Triathlon events have been organised in Balıkesir and Yenişehir: It has helped to increase organisational skills.

I am really eager to witness the 2023 Europe Triathlon Sprint & Relay Championships in Balıkesir where the best European Elite Athletes will compete in the Sprint distance for the European title. We will also see the best U-23s and the best Juniors of Europe to fight for the European Champions titles...On top of that - mixed team relays - fast and furious format for Elite and Junior will thrill the audience in Balıkesir just in two weeks time.

We have in front of us a "not to be missed" edition of the Europe Triathlon Championships!

See you there.

Renato Bertrandi

Europe Triathlon President.
Dear Distinguished Guest,

Balikesir; with its ancient historical and cultural values as well as its unique nature, fertile lands and gastronomy has great potential. It has a strong and deep-rooted history. As the Metropolitan Municipality, with this power derived from our past, we are working hard to build a city where the citizens are proud to live. We have a dream of a city where each district stands out with its unique elements and is accepted worldwide. Each of our district regions has element that can be a brand on its own. While strengthening the thermal tourism identity of some of our districts, the nature tourism identity, the youth and sports and health tourism identity of others have started to record success.

We are taking steps to make Balikesir a new centre of attraction for sports and diving enthusiasts. Balikesir hosts youth and sports centres in various districts and open courses for the children and young people in these centres according to the age categories and participants preferences. We have taken an important step to develop diving tourism with the underwater gallery, where the sculptures placed to the seabed having both local and universal values and the Aeneas route. In addition to this, to protect the red corals and to maintain its existence and enable diving enthusiasts to discover this region of Ayvalık, which is only available in the world, in Portofino, Italy we are doing projects and investments. Gastronomy is now a reason for travel, and Balikesir has a great value with its organic products, local flavours and its cuisine. We have 18 products registered with geographical indication. 14 of them are food products, and among them the most known products are Balikesir lamb, 50 kinds of cheese and olives and olive oils.

Balikesir, with its vision to be the attraction centre for sports and sports tourism, is honoured to be the host city for this event and I invite everyone to experience our ancient city, Balikesir, with hospitable people to meet, to see the unique scenic beaches, natural wonders and to enjoy the traditional flavours made with many kinds of products.

Sincerely,

Yücel Yılmaz

Mayor of Balikesir Metropolitan Municipality
Dear Triathletes, Coaches, Technical Officials, and Distinguished Guests,

It is my utmost pleasure and honour to extend a warm welcome to each and every one of you to the 2023 Europe Triathlon Sprint & Relay Championships Balikesir, which will take place in the beautiful city of Balikesir from the 3rd to the 6th of August.

This event marks a significant milestone for our federation and the entire triathlon community in Türkiye. It is a moment of pride and joy to have the privilege of hosting such esteemed athletes and passionate individuals from across Europe. The 2023 Europe Triathlon Sprint & Relay Championships Balikesir is not only a celebration of athleticism and determination but also an opportunity to foster camaraderie and friendship amongst all participants.

Balikesir, with its picturesque landscapes, historical richness, and warm hospitality, serves as a perfect backdrop for this championship. Our dedicated team has been working tirelessly to ensure that every aspect of the event is organised to the highest standards, creating an unforgettable experience for everyone involved.

Throughout the competition, you will not only witness fierce sporting rivalry but also witness the power of unity that sports can bring. The championship will undoubtedly showcase the incredible talent and dedication that each athlete possesses, inspiring spectators and aspiring triathletes alike.

As we gather in Balikesir, let us remember the core values of sportsmanship, fair play, and mutual respect. Let us compete with passion, but always uphold the spirit of friendly competition and support for one another.

I would like to express my gratitude to all the athletes who have come from various corners of Europe to participate, the coaches who have trained and mentored these incredible talents, and the Technical Officials who will ensure the smooth running of the event.

Lastly, I would like to extend my heartfelt appreciation to our event sponsors, partners, and volunteers, without whom this championship would not have been possible.

May the Triathlon European Championship in Balikesir be a memorable and enriching experience for all. Let us come together to celebrate our shared love for triathlon and leave with cherished memories that will last a lifetime.

Wishing you all the best of luck and success in the upcoming championship!

Bayram Yalçınkaya

President, Türkiye Triathlon Federation
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

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1.3. KEY CONTACTS
Name and contact details of:
- Race director: Hüseyin Onur Aydemir, onuraydemir@triathlon.org.tr
- Technical delegates: Alpar Nagy, alpar.nagy@triathlon.org Patrick Hendrickx, p.hendrickx@telenet.be
1.4. CONTACT DETAILS
LOC: Balikesir Metropolitan Municipality
Eski Kuyumcular, Mahallesi, Mekik Sk. No:25, 10010 Karesi/Balikesir
belediye@balikesir.bel.tr
+90 266 239 15 10

National Federation: Türkiye Triathlon Federation
Maltepe mah Şehit Daniş Tunaligil Sok. No:3 Daire:15 Çankaya / Ankara
bilgi@triatlon.org.tr
+90 312 309 25 70

2. VENUE

2.1. RACE VENUE
The 2023 Balikesir Europea Triathlon Sprint & Relay Championships has one venue. Located in Balikesir Avlu

RACE MAPS
1. 2023 Europe Triathlon Sprint & Relay Championships Balikesir, Semi Finals
2. 2023 Europe Triathlon Sprint & Relay Championships Balikesir, Finals
3. 2023 Europe Triathlon Sprint & Relay Championships Balikesir, Mixed Relays
2.2 COURSE FAMILIARISATION

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<td>11:30 Swim Familiarisation</td>
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<td></td>
<td>Meeting Point</td>
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2.3. ATHLETE’S LOUNGE

The Athlete Lounge is located just to the left of the transition area which is named Avlu Convention and Cultural Central. Inside, there will be dressing rooms, restrooms and physiotherapists, all dedicated to the athlete’s needs and it will be available for Elite/U23/Juniors/Mixed Team Relay Athletes during hours included in the schedule.

Location

A recovery zone will be placed near the finish area. It will provide toilets and water.

2.4. ATHLETES’ RACE PACKAGE

For the Semifinals athletes race packages will be distributed before the briefing as indicated on section 6 (competition schedule). The briefing will take place at the Avlu Convention and Cultural Central.

Location

For the finals athletes race packages will be distributed at athletes lounge at the time slot indicated on competition schedule (section 6).

Location

Mixed Junior Team Relay, Sunday August 6th, 9:30
Mixed Elite Team Relay, Sunday August 6th, 14:00

Location

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

Registration fees:
Junior individual – € 130
Elite/U23 - € 150
Mixed Junior Relay – € 175
Mixed Elite Relay - € 185

2.5. DOPING CONTROL
Doping tests will be conducted according to World Triathlon/WADA rules by the Turkish Anti-Doping Commission. The athletes must carry their identification to the doping control facilities. There will be a dedicated doping control room inside the athlete lounge. Athletes will undergo doping tests in these private rooms.

2.6. SECURITY
There will be local police and 112 emergency ambulance services at the venue. Additionally, there will be private security personnels to manage access control and crossing across control.

2.7. LOC OFFICE
The LOC office will be located in the registration area in Avlu Convention and Cultural Center.
Operating hours:
Thursday, 03 August 2023 between 10:00 - 20:00
Friday, 04 August 2023 between 06:00 - 20:00
Saturday, 05 August 2023 between 07:00 - 20:00
Sunday, 06 August 2023 between 06:00 - 19:00
Contact Person:
Kubilay Tolga ERGUN, E-mail: k.tolgaergun@gmail.com, Phone: +905454349189

3. ACCOMMODATION
For all accommodation needs:
Ms. Ceren Demirkaya
Sayga Travel
Türsab Licence No: 13933
Adress: Valikonağı Caddesi Akkirm Tmrk Apartmanı No:2/1 Kat:5 D:18 Nişantaşı Şişli / İSTANBUL
triathlon@sayga.travel
Host Hotel
Onhann Hotel (****) Paşaalanı Mah. Bandırma Cad. A - Blok Yaylada AVM No: 114 / A - 121 Karesi / Balıkesir
http://www.onhann.com.tr/ / info@onhann.com.tr / (+90) 0266 234 041

4. TRANSFER AND TRANSPORT
For all transfer needs:
Ms. Ceren Demirkaya
Sayga Travel
Türsab Licence No: 13933
Adress: Valikonağı Caddesi Akkirm Tmrk Apartmanı No:2/1 Kat:5 D:18 Nişantaşı Şişli / İSTANBUL
triathlon@sayga.travel
Visa Information
By clicking the link below you can check whether you are going to need a visa to enter Türkiye:
https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa

5. ATHLETES’ SERVICES

5.1. TRAINING FACILITIES

SWIM
Swim Course:
Additional to swim course familiarisations, a part of the canal (between the start pontoon and exit ramp) will be available for training from 2nd of August to 3rd of August between 09:00-11:00 and 17:00-19:00. There will be lifeguards on site.

Pool Swim:
Atatürk Swimming Pool will be available for training from 2nd and 3rd of August.
There will be lifeguards on site.
Address: Hasan Basri Çantay Mah., Park Altı Sk Atatürk Stadı yanı, Balıkesir
For Reservation Tel: +90 226 245 87 83

BIKE
No specific bike roads are provided. The road around the venue will be open to traffic till the race day.

RUN
İsmail Akçay Athletics Track, open to public use, has administrative offices, large and small sports halls that can be used in rainy weather, warehouses, locker rooms and showers. Inner lane 400 metres, outer lane 450 metres.
Location

Additionally, The run path around the Avlu Recreation Area is open to public use.

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 address: Balıkesir Devlet Hastanesi, Atatürk, Balıkesir Devlet Hst. Acil Servis İç Yolu 1-10, 10020 Karesi/Balıkesir
Location
Emergency telephone number: 112

5.3. BIKE MECHANICAL SERVICE

Official Bike mechanical partner Shimano Türkiye will be at the EXPO area, close to the transition area.
6. COMPETITION SCHEDULE

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<td>Bike Familiarization</td>
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05.08.2023 19:00 19:30  Medal Ceremony  ALL

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6.3. COMPETITION RULES
The event will follow the latest published Competitions Rules of the World Triathlon published and applicable from November 2022 – [WT Competition Rules](#)

6.4. ATHLETES’ BRIEFING
03.08.2023, 17:00-17:30, Juniors Briefing
03.08.2023, 18:00-18:30, Elites Briefing
05.08.2023, 18:00-18:30, Mixed Junior Relay, Coaches Briefing
05.08.2023, 18:00-18:30, Mixed Elite Relay, Coaches Briefing

6.5. TIMING CHIPS
At race Check-In, Athletes will be issued with their timing chip which is to be worn above the left ankle. Athletes will also be given their numbered Swim Cap and must have their Uniform available to
be checked for WT guideline compliance. Bikes will be checked for safety and compliance on entry to the Transition Area.

6.6. RESULTS
Results will be uploaded live at the World Triathlon official website www.triathlon.org. There will be live coverage on both triathlonLive and Europe Triathlon youtube channel. All the Results information will be distributed to the Team Leaders at the Information Centre at Avlu Culture and Convention Center

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

7. ACCREDITATION
The LOC will provide all the Organising Committee Members, Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. Accreditation cards will be distributed together with race packages. 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.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE
Türkiye’s official language is Turkish.

8.2. POPULATION
According to current information approximately 85 million 279 thousand 553 people are living in Turkey.

8.3. CURRENCY
Currency is Turkish Liras (TL)

8.4. TIME
GMT +3

8.5 ELECTRICITY
230V 50 Hertz
In Türkiye the power sockets are of type E.

8.6 WATER
Non-potable water
8.7 TELEPHONE CONNECTIONS
+90 area code

9. COURSE MAPS

9.1. SEMIFINAL, FINAL AND JUNIOR & ELITE MIXED RELAY SWIM START

Start will be from a pontoon, 30 m length and 6 m wide. Depth at the start: 1.5m. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

9.2. SEMIFINALS SWIM COURSE
Number of laps: 1 (one)
Distance of the course: 400m
Distance from the pontoon to the first buoy: 320m
The swim course follows an anti-clockwise direction.
Average water temperature: 23-25°C

9.3. FINAL & MIXED RELAY SWIM COURSE
Number of laps: 1 (one)
Distance of the course: 270m
Distance from the pontoon to the first buoy: 255 m
The swim course follows the right side of the buoys, so all of the buoys should stay at athletes left while passing
Average water temperature: 23-25°C
9.4. 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.

9.5. SEMIFINAL, FINAL AND JUNIOR & ELITE MIXED RELAY BIKE COURSES
For all events: High quality asphalt, flat, technical and fast course
**Semifinal:** 4 laps/Total distance: 10.7 km/ Elevation: 59m
**Final and Mixed Relay:** 3 laps/Total distance: 8 km/ Elevation: 44m
Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap.
Neutral Wheel station is placed at 1.45 km after the mount line.
9.6. TRANSITION 2

After the last lap of the bike, athletes have to get off the bike before the dismount line. They run by holding the bike, turning right to enter the TA. Athletes enter the transition and must deposit the bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.

9.7 RUN COURSE

Description: Flat

SEMIFINALS RUN COURSE: 2 laps/2.2k/Flat
FINALS RUN COURSE: 2 laps/1.7 k/Flat

MIXED RELAY RUN COURSE, 1ST, 2ND AND 3RD ATHLETE: 2 laps/1.9 k/Flat
MIXED RELAY RUN COURSE, LAST ATHLETE: 2 laps/1.7 k/Flat

Good luck!