



Alanya
2023



Athletes Guide



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Europe Triathlon is happy and honored to welcome all the Athletes and the

NFs attending the historical race in Alanya.

It is one of the oldest race in Europe and has been organised by the Turkish Federation successfully since the 90ties and has been the location for our European Championships-



For the few ones that will be racing in Alanya for the first time I can assure that you will be surprised by the great hospitality of the Loc and of the Turkish NF

Enjoy the location, the race and I wish you all great success.

Renato Bertrandi

Europe Triathlon President

Dear Distinguished Guest,

Welcome to Alanya, the tourism capital and the jewel of Turkey with its unique historical texture and natural beauty. We are proud and excited to once again host the successful Alanya Triathlon races, which we have been organising for 32 years in Alanya.

The Alanya Triathlon has now become a recognized and esteemed brand by all countries. For years, we have taken pride in organising triathlon races in Alanya and are delighted to welcome triathletes from many countries to our city.



Alanya is one of the rare cities where multiple sports can be practised simultaneously, thanks to its favourable climate and natural surroundings. Throughout the year, we host numerous national and international sports events, with the Alanya Triathlon races being the most significant among them.

I believe that in our peaceful and safe city of Alanya, this sports event will be a flawless organisation characterised by unity, love, respect, and tolerance.

Hosting world-renowned sports events in our city not only increases the brand value of Alanya but also contributes significantly to our region's economy and tourism. That's why we embrace and support sports events as a city.

We continue to raise the bar for the Alanya Triathlon races, aiming for excellence. In this championship, there will certainly be winners, but there will be no losers.

My sincerest wish is that you leave Alanya with beautiful memories while experiencing this event. I wish success to all athletes participating in the triathlon races.

I would like to express my heartfelt thanks to the Ministry of Youth and Sports, our Federation President Mr. Bayram Yalçinkaya, all public institutions and organisations under the Alanya Governorate, and the supporting athletes for their support in making this event happen. Additionally, I would like to congratulate my colleagues who worked tirelessly day and night to organise this event.

Sincerely,

Adem Murat Yücel

Mayor of Alanya Municipality

Dear Triathletes, Coaches, and Supporters,

Welcome to the 32nd Alanya Triathlon! We're thrilled to have you here in Alanya, a city known for its stunning landscapes and vibrant culture.

Our team has worked tirelessly to make this event memorable, ensuring your safety and enjoyment.

Over the years, the Alanya Triathlon has grown to be more than just a race; it's a testament to the passion and dedication of athletes like you.

We are committed to making this edition as memorable as ever, ensuring that every aspect is meticulously planned for your safety and enjoyment. The challenging courses and enthusiastic spectators will push you to your best.

To our local community, sponsors, and volunteers, your unwavering support is the cornerstone of this event. Without your dedication, the Alanya Triathlon would not be possible. We are deeply grateful for your contributions.

Remember, the Alanya Triathlon is about more than just competition; it's about camaraderie and sportsmanship. Wishing all athletes the very best of luck. May you have a safe, memorable, and successful race. Let the waves, roads, and tracks of Alanya bear witness to your remarkable achievements!

Let's make this event unforgettable!

Warm regards,

Bayram Yalçinkaya

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

DAY	START	END	ACTIVITY	LOCATION
14.10.2023	10:30	11:30	Bike Familiarization (2 laps)	Venue
14.10.2023	11:30	12:30	Swim Familiarization	Venue
14.10.2023	18:00	18:30	Briefing Elite	Alanya Cultural Centre
14.10.2023	18:30	19:00	Race Pack Distribution	Alanya Cultural Centre
15.10.2023	12:00		Elite Women Start	Venue
15.10.2023	14:30		Elite Men Start	Venue
15.10.2023	16:30		Medal Ceremony	Venue

1.3. KEY CONTACTS

- Alanya Municipality, Sports Director: Levent Uğur, leventugur@alanya.bel.tr
- Race director: Hüseyin Onur AYDEMİR, onuraydemir@triatlon.org.tr, +905071682658
- Event director: Naim NAMAL, naimnamal@outlook.com, +90 532 437 54 56
- Technical delegate: Angeliki THOMA, aggelo007@gmail.com, +30 697 829 2920
- Assist. Technical delegate: Mehmet Zeki SARI, besyomehmetbaskan@hotmail.com, +90 534 773 75 63
- Europe Triathlon Office: hq@europe.triathlon.org, +32478825456

1.4. CONTACT DETAILS

LOC : Alanya Municipality
Güllerpınarı Mahallesi İzzet Azakoğlu Caddesi no:58
spor@alanya.bel.tr
+90 242 444 82 07

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

2. VENUE

2.1. RACE VENUE

The 2023 Europe Triathlon Cup Alanya has one venue. Located in [Alanya Municipality](#)



[2023 Europe Triathlon Cup Alanya Courses](#)

2.2 COURSE FAMILIARISATION

DATE	TIME		ACTION	CATEGORY
14.10.2023	10:30	11:30	Bike Familiarization	Elite
14.10.2023	11:30	12:30	Swim Familiarization	Elite

Meeting point:

Bike Familiarization: At the Transition Area (Mount Line).

Swim Familiarization: At the Start area.

2.3. ATHLETE'S LOUNGE

The Athlete Lounge is located to the right side of the finish line. Inside, there will be restrooms, physiotherapists, and an ice pool, all dedicated to the athlete's needs. It will be available exclusively for Elite Athletes during the 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 Elite athletes race packages will be distributed after the briefing - please, have your ID/Passport with you. The briefing will take place at the [Alanya Cultural Center](#).

DAY	START	END	ACTIVITY	LOCATION
14.10.2023	18:00	18:30	Briefing Elite	Alanya Cultural Centre
14.10.2023	18:30	19:00	Race Pack Distribution	Alanya Cultural Centre

Composition of race package:

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

Registration fees:

The entry fee will be 85 € and can be paid at the registration desk.

Please, cash only and EURO (€) will be accepted.

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 Alanya Municipality Building. 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 inside the Alanya Municipality building on the second floor. It will be open from October 13- 14 between 09:30-12:30

Alanya Municipality Güllerpınarı Mahallesi İzzet Azakoğlu Caddesi No:58 Alanya/ANTALYA

3. ACCOMMODATION

Alanya city has many hotels near the venue, the link will help you to find accommodation.
<https://www.altid.org.tr/en/otel-bolgesi/merkez/>

4. TRANSFER AND TRANSPORT

Transfer arrangements can be made via e-mail address or phone, which you can find below.

E-mail address: triathlon@724transfer.com

Phone Number: +902425111100

The prices will be as follows:

From Antalya to Alanya one way shuttle transfer fee is 14 Euro per person, bike transfer fee is 28 Euro per bike.

From Gazipaşa to Alanya one way shuttle transfer fee is 7 Euro per person, bike transfer fee is 14 Euro per bike.

Alanya Private one way transfer fee is 90 Euro from Antalya Airport with the vehicle of 10 + 1 capacity and large luggage.

Alanya Shuttle Private one way transfer fee is 40 Euro from Gazipaşa Airport with the vehicle of 10 + 1 capacity and large luggage.

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

Pre-competition swim training can be done at the local 50m indoor pool (4km away from the venue) on 9 to 14 October 2023, between 08:00-12:00.

Swim Course: For open water swimming, the beaches of Alanya are open to the public.

BIKE

Roads are not closed to traffic for training sessions, therefore the local traffic regulations must be strictly followed at all times.

RUN

There is no track and field stadium, but Alanya has several routes, all are safe and appropriate.

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 venue 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 :

BASKENT UNIVERSITY HOSPITAL, ALANYA

Saray Mahallesi Yunus Emre Caddesi No:1 07400 Alanya / ANTALYA

+90 242 510 25 25

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

Schedule					
Date	Time	Until	Action	Category	Location
14.10.2023	10:30	11:30	Bike Familiarization (2 laps)	Elite	Transition Area
14.10.2023	11:30	12:30	Swim Familiarization	Elite	Galip Dere Halk Plajı
14.10.2023	18:00	18:30	Briefing Elite	Elite	Cultural Centre
14.10.2023	18:30	19:00	Race pack distribution	Elite	Cultural Centre
14.10.2023	17:30	19:30	Pasta Party	All	Cultural Centre
Date	Time	Until	Action	Category	Location
15.10.2023	10:30	11:30	Elite Women Athlete Lounge Check-in	Elite Women	Venue
15.10.2023	10:45	11:45	Elite Women TA Check-in	Elite Women	Venue
15.10.2023	10:45	11:45	Elite Women Swim Warm Up	Elite Women	Galip Dere Halk Plajı
15.10.2023	11:50		Elite Women Athletes Presentation	Elite Women	Transition Area
15.10.2023	12:00		Elite Women Start	Elite Women	Galip Dere Halk Plajı
15.10.2023	13:00	14:00	Elite Men Athlete Lounge Check-in	Elite Men	Venue
15.10.2023	13:15	14:15	Elite Men TA Check-in	Elite Men	Venue
15.10.2023	13:15	14:15	Elite Men Swim Warm Up	Elite Men	Galip Dere Halk Plajı
15.10.2023	14:20		Elite Men Athletes Presentation	Elite Men	Transition Area
15.10.2023	14:30		Elite Men Start	Elite Men	Galip Dere Halk Plajı
15.10.2023	16:30		Medal Ceremony	ALL	Venue

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon published [WT Competition Rules](#)

6.4. ATHLETES' BRIEFING

14.10.2023 18:00 - 18:30 Elite 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 and Running shoes available to be checked for WT guideline compliance (photos will be taken). Bikes will be checked for safety and compliance on entry to the Transition Area.

6.6. RESULTS

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

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 Türkiye.

8.3. CURRENCY

The National 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. SWIM START



The start will be a Beach Start, featuring a blue start carpet marked with numbers.

9.2 SWIM COURSE

Number of laps: 1 (one)

Distance of the course: 750m

Distance from the start to the first buoy: 300 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



RECENT WATER QUALITY RESULTS

9.3. 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.



9.4. BIKE COURSE

Number of laps: 3 (three)

Distance of the course: 20.3km

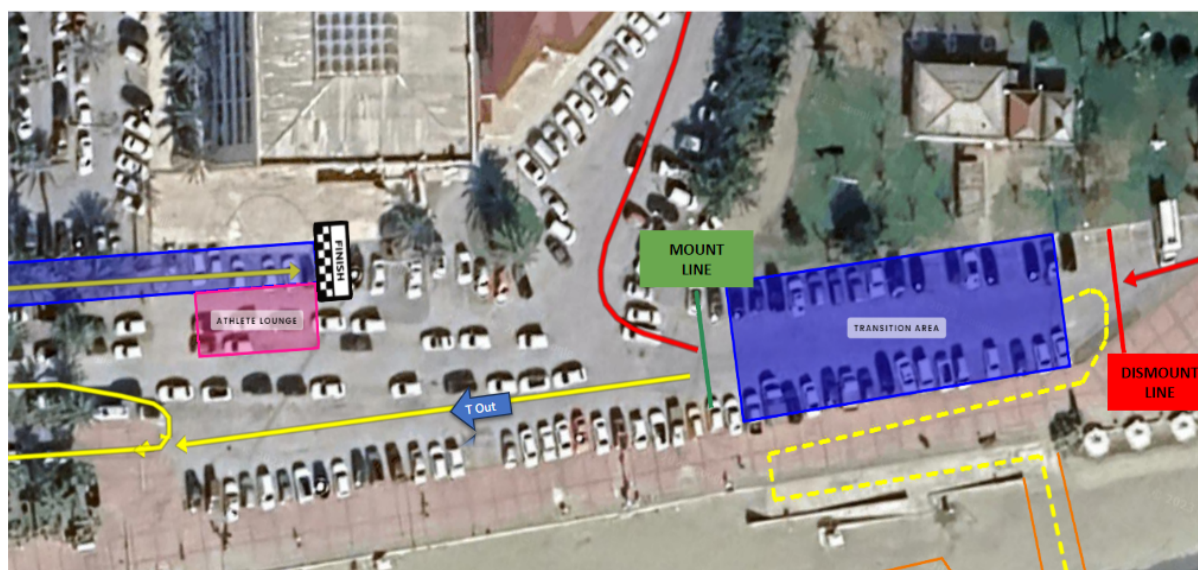
Description: The bike course consists of 70% cobblestone and 30% high-quality asphalt. Relatively flat, going against the car traffic (clockwise).

Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap.



9.5. TRANSITION 2

After the last lap of the bike, athletes will turn left to reach the dismount line and transition area. They have to get off the bike before the dismount line. They run by holding the bike. Athletes enter the transition and must deposit the bike in their position and then take off their helmet. Running shoes may be placed beside the rack or in the box. After this, they should proceed to the run course.



9.6 RUN COURSE

Number of laps: 3 (three)

Distance of the course: 5.2km

Description: Rolling Course with ups and downs through the town.

Aid Station and Penalty Box locations: see the map below



Good luck!



Alanya
2023



TÜRKİYE
TRIATHLON
FEDERASYONU