

Athletes Guide



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1. GENERAL INFORMATION

1.1. INTRODUCTION

We are thrilled to invite you to the 38th annual triathlon festival in beautiful Tábor, Czech Republic.

Our difficult course features sudden climbs and turns, promising an exhilarating race for both the athletes and the spectators. The energy will be electric as supporters from all around come together to witness you, the young athletes showcase your skills and determination.

This prestigious event will take place in the beautiful city of Tábor, where you will be challenged both physically and mentally by the demanding course and the enthusiastic fans.

We invite you to be a part of this amazing experience and show some impressive displays of athleticism and sportsmanship.

We are excited to share this journey with you, and we hope you'll join us for an unforgettable day of triathlon racing at the 2023 Europe Triathlon Junior Cup Tabor.

Let the countdown to the event begin!

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. Czech Triathlon Association (LOC) ensures that the information contained in this Guide is correct and up to date as of the production date. Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to CONSTANTLY CHECK the available information.

1.2. KEY DATES

Accommodation booking deadline: 10th July 2023 (see [page 6](#))

Shuttle transport booking deadline: 10th July 2023 (see [page 8](#))

Bike course familiarisation: 22nd July 2023, 13:00 – 14:00

Athletes Briefing: 22nd July 2023; 15:00 – 16:00

Entrance fee payment + race package pick-up: 22nd July 2023, 16:00 - 17:00 (see [page 5](#))

Race start: 23rd July 2023, 12:30 Junior Men, 14:00 Junior Women

1.3. KEY CONTACTS

Chief Race Officer

Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

Technical Delegate

Joanna Pyrzyńska-Figurska (PL), joannapyrzynska@gmail.com

Europe Triathlon Office

etu_hq@etu.triathlon.org, +32478825456.

1.4. CONTACT DETAILS

TRIATHLON TEAM TÁBOR z.s.

Sedláčkova 1717/18

Tábor, 390 02

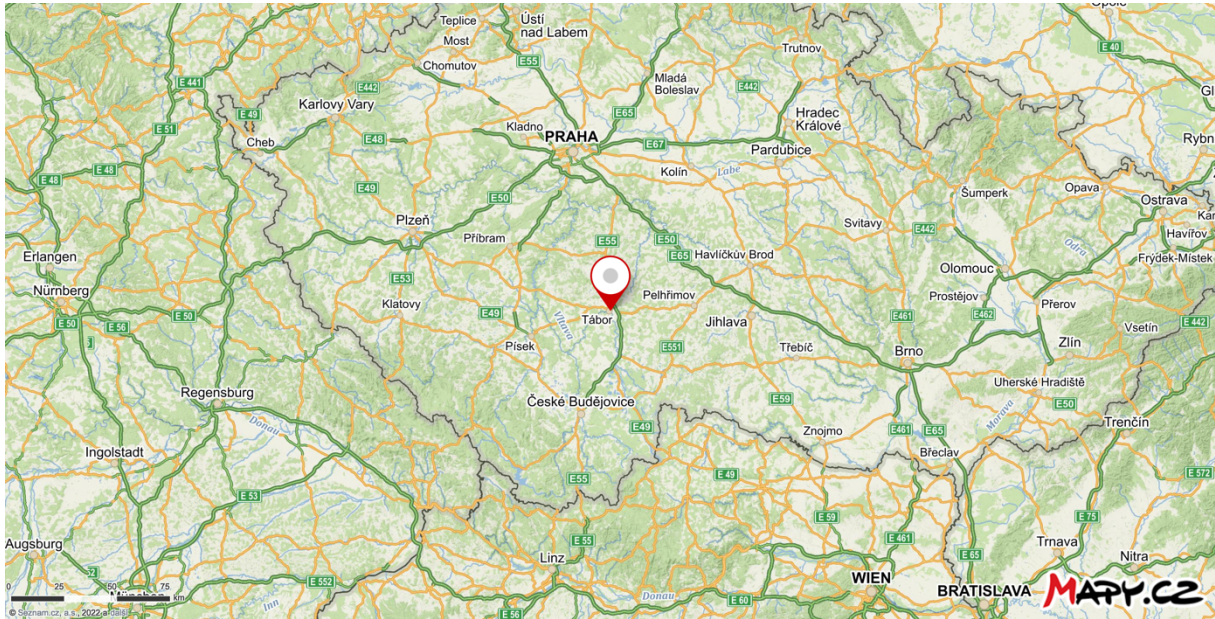
Telefon: +420 606 948 888

E-mail: triatlon@triatlon-tabor.cz

2. VENUE

2.1. RACE VENUE

The Race Venue is in the very centre of Tábor. All services, including accommodation, are easily reachable on foot.

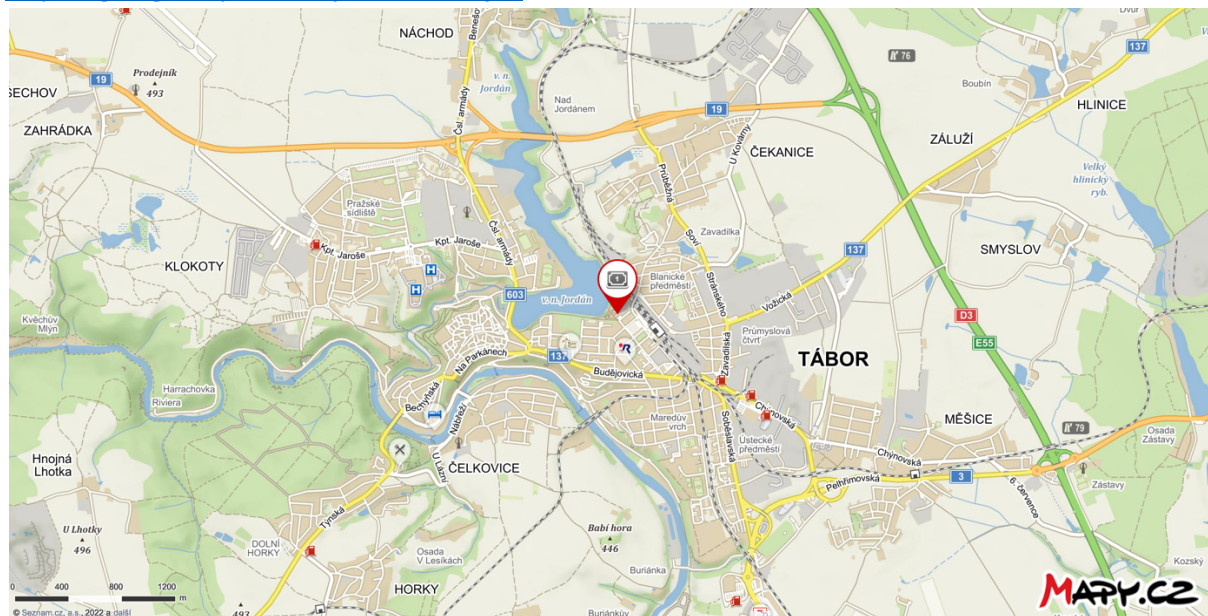


Race centre

Černá Perla,

Šafaříkova 3123, 39002 Tábor

<https://goo.gl/maps/doP9dj5uWMP2HujY8>



2.2 COURSE FAMILIARIZATION

Saturday 22nd July 2023

13:00 - 14:00 Bike course familiarisation – in the race center Černá Perla, Šafaříkova 3123, 39002

Tábor, <https://goo.gl/maps/doP9dj5uWMP2HujY8>

2.3. ATHLETE'S LOUNGE

Located next to the transition area. Storage, plain water, and bike mechanic provided during opening hours. A recovery zone is placed close to the finish area.

2.4. ATHLETES' RACE PACKAGE



Race package is delivered on Saturday 22nd July 2023, 16:00 - 17:00 in the Centrum Univerzita, Vančurova 2904, 390 01 Tábor <https://goo.gl/maps/Tdqa7jAipAgH1WDK6>

ENTRY FEE PRICE

Entry fee price € 65.

HOW TO PAY ENTRY FEE?

Payment is possible only on the spot and only in cash (EUR). Race package is delivered in return for the starting fee payment.

2.5. DOPING CONTROL

Location of the doping control is 20 m from the transition area. Doping tests will be conducted according to World Triathlon / WADA rules. The athletes must carry their ID documents to the doping control facilities.

2.6 SECURITY

Security Service will be provided during the competition in the Athletes Lounge, Transition Area and FOP.

2.7. LOC OFFICE

Centrum Univerzita, Vančurova 2904, 390 01 Tábor <https://goo.gl/maps/Tdqa7jAipAgH1WDK6>

Opening hours: 22nd July 2023, 15:00 - 18:00

Contact: Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

3. ACCOMMODATION

3.1. HOTELS



Hotel Tábor: partner of the race

250 meters from the race centre. The family 3* Hotel Tábor offers 23 standardly furnished rooms.

Address:

9. května 617

390 02 Tábor, CZ

Tel: +420 774 402 025

Mail: tabor@hotel.cz

<https://www.hoteltabor.eu>

Prices:

Price for 1 night/per room appx. 1.490 CZK (65€) / Double room

(Price includes breakfast, VAT)

Method of the hotel payments: Credit card or Cash (day of arrival)

IMPORTANT INFORMATION:

Accommodation must be ordered before 10th July 2023 by email or phone. **Note: Triathlon race**



Hotel Palcát

Hotel Palcat offers reconstructed single to quadruple rooms with total capacity 70 rooms.

Athletes' registration is next to the hotel building, race centre is 100 m from the hotel.

Address:

9. Května 2471
390 02 Tábor, CZ
Tel: +420 774 706 495
<https://hotelpalcat.cz>

Prices:

Price for 1 night/per room appx. 1.850CZK (75€) / Double room
(Price includes breakfast, VAT)
Method of the hotel payments: Credit card or Cash (day of arrival)

IMPORTANT INFORMATION:

Accommodation must be ordered before 10th July 2023. Directly through the hotel reservation system. **Note: Triathlon race**

4. TRANSFER AND TRANSPORT



BY TRAIN

The nearest train station is **Tábor**. It is a 5-minutes walk from the race centre. You can use <https://www.cd.cz/en/> or The "My Train" mobile application to find the connection and buy a ticket. *In the third step of the ticket purchase, don't forget to reserve a place for your bike.*



BY AIR

Nearest airport is Vaclav Havel Airport Prague /PRG/

4.1. PRAGUE AIRPORT <> TÁBOR SHUTTLE

Transport from the airport Prague to Tábor (appx. 1 hour) is provided by minibus for 8 persons including bike boxes and luggage.

4.2. SHUTTLE PRICE

Price **€ 100 one-way trip** (1-8 people including bikes).

4.3. HOW TO BOOK AND PAY PRAGUE AIRPORT <> TÁBOR

a) Booking

Please book your shuttle transport by **10th July 2023** by email: martin@triatlon-tabor.cz

Booking email template:

ETU Triathlon Junior Cup Tábor shuttle reservation for

Your name / company name:

Address:

VAT ID (optional):

Date and time of arrival at Prague Airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

Date and time of departure from Prague airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

b) Payment

Payment is possible only on the driver and only in cash (EUR).

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Swimming pool (25m)

<http://www.tzmt.cz/plavecky-stadion/>

Address: TZMT, Kvapilova 2500, 390 03 Tábor

Opening hours 9:00 – 18:00

Pool reservations – yes, but only for extra swimming line reservation



BIKE

Zone Komora (1km - closed training circuit), <http://www.tzmt.cz/zona-komora/kontakty/>

Address: Na Bydžově 3122, 390 05, Tábor

Circuit reservations – yes, but only for teams course reservation.



RUN

Athletic stadium (400m track), <https://www.tzmt.cz/fotbalove-stadiony/kontakty/>

Opening hours 8:00 – 18:00

Address: U stadionu Míru 1579, Tábor 390 03

Reservations – yes

5.2. MEDICAL SERVICES

Doctor of the race

Mudr. Kolomazníková Eva, +420 724 826 547

First Aid and Emergency Medical Services will be available at the transition/finish area before and during the whole weekend. Medical and Paramedical personnel will be available throughout the race. Ambulance car will be available to provide emergency transfer to a nearby hospital. A medical area will be provided on site at the transition/finish area.

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

Closest hospital

NEMOCNICE TÁBOR

<https://www.nemta.cz/>

Ambulance and Emergency

Opening hours: 24h day

Address: Kpt. Jaroše 2000, 390 03 Tábor

Phone: 00420 381 608 111

Payment for treatment: travel insurance or cash (CZK)

Emergency telephone number

Czech Rescue Service: 155

Single European emergency number: 112

5.3. BIKE MECHANICAL SERVICE

Bike mechanics can be found near the Athletes Lounge.

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

| DAY | START | END | ACTIVITY | LOCATION |
|---------------------------|-------|-------|---|--------------------|
| Sat 22 nd July | 13:00 | 14:00 | Bike course familiarization | Černá perla |
| Sat 22 nd July | 15:00 | 16:00 | Athlete's briefing | Centrum Univerzita |
| Sat 22 nd July | 16:00 | 17:00 | Race Package Distribution (ID required) | Centrum Univerzita |
| Sun 23 rd July | 11:00 | 12:10 | Athlete's lounge check in | Černá perla |
| Sun 23 rd July | 11:30 | 12:15 | TA check-in | Černá perla |
| Sun 23 rd July | 13:00 | 13:45 | Swim warm-up | Start Area |
| Sun 23 rd July | 13:50 | | Calling area | Start Area |
| Sun 23 rd July | 13:55 | | Athletes' introduction | Start Area |
| Sun 23 rd July | 14:00 | | START | |
| Sun 23 rd July | 15:00 | 15:30 | TA and AL check-out | Černá perla |
| Sun 23 rd July | 15:30 | 16:00 | Award Ceremony | Černá perla |

6.2. JUNIOR MEN

| DAY | START | END | ACTIVITY | LOCATION |
|---------------------------|-------|-------|---|--------------------|
| Sat 22 nd July | 13:00 | 14:00 | Bike course familiarization | Černá perla |
| Sat 22 nd July | 15:00 | 16:00 | Athlete's briefing | Centrum Univerzita |
| Sat 22 nd July | 16:00 | 17:00 | Race Package Distribution (ID required) | Centrum Univerzita |
| Sun 23 rd July | 10:45 | 12:10 | Athletes lounge check in | Černá perla |
| Sun 23 rd July | 11:30 | 12:15 | TA check-in | Černá perla |
| Sun 23 rd July | 11:30 | 12:15 | Swim warm-up | Start Area |
| Sun 23 rd July | 12:20 | | Calling area | Start Area |
| Sun 23 rd July | 12:25 | | Athletes' introduction | Start Area |
| Sun 23 rd July | 12:30 | | START | |
| Sun 23 rd July | 15:00 | 15:30 | TA and AL check-out | Athletes Lounge |
| Sun 23 rd July | 15:30 | 16:00 | Award Ceremony | Černá perla |

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of World Triathlon.

6.4. ATHLETE'S BRIEFING

The athletes' briefing will be held on July 22nd from 15:00 to 16:00 at Centrum Univerzita, Vančurova 2904, 39001 Tábor, Česko (<https://goo.gl/maps/Tdqa7jAipAgH1WDK6>) This briefing is mandatory for all athletes and attendance is required. Please mark your calendars accordingly and plan to arrive on time.

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' left ankle. Athletes will pick up the timing chips before the competitions, during their TA check-in procedure. These timing chips must be handed back at the end of the race.

6.6. RESULTS

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

Live coverage <https://www.sportsoft.cz/en>

6.7. PROTEST & APPEALS

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

7. ACCREDITATION

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

Accreditations will be distributed during the Race Package distribution in Centrum Univerzita.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: Czech

8.2. POPULATION: 10 M

8.3. CURRENCY: Czech Crown (Kč)

8.4. TIME: Central European Time (CET)

8.5 ELECTRICITY: power plugs and sockets are of type E. This socket also works with plug C and with plug F if it has an additional pinhole. Standard voltage is 230 V and the frequency is 50 Hz

8.6 WATER: Tap water is safe to drink in whole country.

8.7 TELEPHONE CONNECTIONS:

General emergency: 112

Ambulance: 155

Police: 158

Fire brigade: 150

Municipal police: 156

Emergency Road Service (ABA): 1240

Emergency Road Service (UAMK): 1230



9. COURSE MAPS



SWIM COURSE 750 m (1 lap = 750 m)

Lake Jordán
 Start procedures: deep-water start.
 Number of laps: 1
 Average water temperature: 22,1°C
 Run to the Transition Area follows.

TRANSITION AREA 1

One transition area only.

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear, caps and any other equipment 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.

BIKE COURSE 20 km (4x5km) ([detailed map](#))

Undulating and technical course mostly in the town, fully closed.

Beginning over the train station. Then 4 laps in the section from the train station to the Družstevní and U Kovárny crossing in the local part of Čekanice.

The track is marked by yellow arrows. Wheel station is placed 0,1 km from the transition area, accessible from every bike lap. Lap counter is placed 0,1 km from the transition area.

TRANSITION AREA 2

Athletes enter to the same transition area. Dismount line is clearly marked by cones with the STOP mark. Helmet must be placed into a bin beside the bike racks. Running shoes may be placed beside the rack or in the bin.

RUN COURSE 5 km (3 laps / 1 lap = 1,66 km)

Flat town circuit (asphalt). The circuit is marked with lime line along the entire route and finish at the race centre next to the swim start.

AID STATION: At the beginning of each run lap, with clean water.

FINISH AREA: water, rice pudding, fruit, and biscuits.

All the LOC team behind this wonderful event wish you a good luck!