

ATHLETE'S GUIDE

2019 Dnipro ETU Sprint Triathlon European Cup

TRIATHLON SPRINT
EUROPEAN CUP
DNIPRO 2019

ETU

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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

Friday, June 7th:

- Bike course familiarization.
- Swim course familiarization (TBC). Notice! - The buoys are not in Saturday's race position.
- Elite briefing.
- Press conference (TBC).
- Athlete's race page.

Saturday, June 8th:

- Dnipro ETU Sprint Triathlon European Cup - Women Start.
- Dnipro ETU Sprint Triathlon European Cup - Men Start.
- Dnipro ETU Sprint Triathlon European Cup - Awards Ceremony.
-

1.3. KEY CONTACTS

- Sergey Lysov (lysovsergii@gmail.com; +380630724273 – Race director.
- Monica Flores Ferreiro mofloresferreiro@yahoo.es and Mariya Charkouskaya-Tarasevich – Technical delegates.
- Albina Penya (penyaalbina@gmail.com) - Athlete services manager.
- Svitlana Lishchynska (startdnipro@gmail.com) – event director

1.4. CONTACT DETAILS

LOC: Dnipropetrovsk Region Triathlon Federation. Address: Naberezhna Peremogy Street, 36-A; 49000, Dnipro – Ukraine. www.dniprotriathlon.com
startdnipro@gmail.com
+380630724273

2. VENUE

2.1. RACE VENUE

Ukraine, Dnipro, Sicheslavska Naberezhna St., Festival Wharf.



2.2 COURSE FAMILIARIZATION

Friday, June 7th. Sicheslavskaya Naberezhna St., Festival Wharf. 12:00

- 12:00 - Bike course familiarization (TBC). Athletes will be accompanied by police and ambulances.
- 13:00 - Swim course familiarization (TBC). Notice! - The buoys are not in Saturday's race position. On the water there will be rescuers and water police.

2.3. ATHLETE'S LOUNGE

Location: Sicheslavskaya Naberezhna St., Festival Wharf - close to the race venue and provide toilets, water, fruit and energy drinks

Also recovery zone close to the finish area (with maybe physiotherapist for massage).

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE

Elite and Junior race packages will be distributed after the Athletes' Briefing

2.5. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

The athletes must be carry their identification to the doping control facilities

Sergey Lysov (lysovsergii@gmail.com; +380630724273)

2.6. SECURITY

Security will be provided by the government of the city. During the race, the sportsmen will be accompanied by the police. In the starting town will be guarded by police forces. On the territory of the race there will be ambulances. On the water there will be water police, rescuers. 80 volunteers will be

involved. The police will guarantee the closure of roads and the safety of athletes.

2.7. LOC OFFICE

Dnipropetrovsk Region Triathlon Federation. Address: Naberezhna Peremogy Street, 36-A; 49000, Dnipro – Ukraine. Operating time : Monday - Friday 09:00-18:00

startdnipro@gmail.com

+380630724273

3. ACCOMMODATION

LOC provides accommodation at reduced prices in the following hotels:

Hotel "Dnepropetrovsk"

Ukraine, Dnipro

Sicheslavska Naberezhna St., 33

dnipro.hotel.dp@gmail.com

+38 (056) 377-95-55

+38 (056) 377-95-56

4. TRANSFER AND TRANSPORT

The LOC will provide transportation from Dnipro's Airport for the athletes and their Team Officials.

Price: transfers from Dnepropetrovsk International Airport (one direction):

- 15€ per person

The transfer back to the airport is the same amount

If you have any Transfer questions please contact: Sergey Lysov

Email: lysovsergii@gmail.com

Phone: +380 63 072 42 73

Visa information:

For citizens of Belarus - entry into Ukraine is visa-free with a single passport. For citizens of all countries of the former USSR, except Turkmenistan - visa-free, but only on foreign passports (applies to Estonia, Latvia, Lithuania, Moldova, Georgia, Armenia, Azerbaijan, Kazakhstan, Tajikistan, Uzbekistan, Kyrgyzstan). The only country whose citizens can come to Ukraine with an internal passport is Turkey.

Also, citizens of the following countries can come to Ukraine without a visa:

- all countries of the European Union (with the entry on the passports of "non-citizens" of Latvia and Estonia - visa);
- some other European countries: Andorra, Vatican, Iceland, Monaco, Norway, Switzerland, Montenegro, Bosnia-Herzegovina, Serbia, Macedonia, Liechtenstein, San Marino, Albania;
- American countries: USA, Canada, Panama, Paraguay, Argentina, Brazil, Chile, Saint Kitts and Nevis, Antigua and Barbuda, Uruguay;
- Asian countries: South Korea, Japan, Israel, Brunei, Turkey, Hong Kong, United Arab Emirates, Mongolia.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM - Pridneprovskaya State Academy of Civil Engineering and Architecture, address:
Chernyshevskogo St. 24-A, Dnipro, Ukraine.

Monday – Friday 7:15 - 9:30; 16:45 – 20:30

Saturday 8:45 – 14:00

Sunday 8:00 – 13:15



BIKE - Sicheslavskya Naberezhna St.



RUN - Sicheslavskya Naberezhna St; Stadium “Slavutich”, 6 Strelkovoy Divisii St.; Shevchenko Park.

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: Hospital named after Mechnikov; address: Soborna Square,14.

Emergency telephone number: 103.

5.3. BIKE MECHANICAL SERVICE

Bike partner: “Velik-Rolik”.

Adress: Bogdan Khmelnytsky Avenue, 5; Dnipro – Ukraine.

050-133-38-71

068-437-16-46

Monday – Friday 10:00 – 19:00

Saturday 10:00 – 16:00

Sunday - weekend.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, June 7 th	18:00	19:00	Athlete's briefing	"Menorah cultural and business center", address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street
Friday, June 7 th	19:00	20:00	Press Conference	"Menorah cultural and business center", address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street
Saturday, June 8 th	15:00	16:00	Athlete registration	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	15:00	16:00	Athlete Lounge check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	15:30	16:15	TA check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	15:30	16:15	Swim warm-up	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	16:20	16:25	Calling area	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	16:25	16:30	Athletes introduction	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	16:30		Start	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	20:00		Award Ceremony	Sicheslavska Naberezhna St, Festival Wharf

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, June 7 th	18:00	19:00	Athlete's briefing	"Menorah cultural and business center", address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street

Friday, June 7 th	19:00	20:00	Press Conference	"Menorah cultural and business center", address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street
Saturday, June 8 th	15:00	16:00	Athlete registration	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	16:30	17:30	Athlete Lounge check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	16:30	17:30	TA check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	17:15	17:45	Swim warm-up	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	17:50	17:55	Calling area	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	17:55	18:00	Athletes introduction	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8th	18:00		Start	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 8 th	20:00		Award Ceremony	Sicheslavska Naberezhna St, Festival Wharf

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

Friday, June 7th

18:00 - Elite briefing.

"Menorah cultural and business center", address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street

<https://goo.gl/maps/HzZGkLCG1GJ2>

6.5. 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 before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org. (the source will be specified).

All the Results information will be distributed to the Team Leaders at the Information Centre (Sicheslavska Naberezhna St).

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

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

Accreditations will be distributed in “Menorah cultural and business center”, address: Ukraine, Dnipro, 4/26 Sholom-Aleichem Street.

Accreditations of Athletes and Coaches elite and junior will be distributed before the briefing.

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 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: Russian, Ukrainian, English.

8.2. POPULATION: Ukrainian, 45 millions.

8.3. CURRENCY: hryvna.

USD – 28,25.

EUR – 31,25.

8.4. TIME: Kiev time.

8.5 ELECTRICITY: 220V.

8.6 WATER: non-potable water.

8.7 TELEPHONE CONNECTIONS: +38 (0..)

9. COURSE MAPS

SWIM START

Start procedures: pontoon.

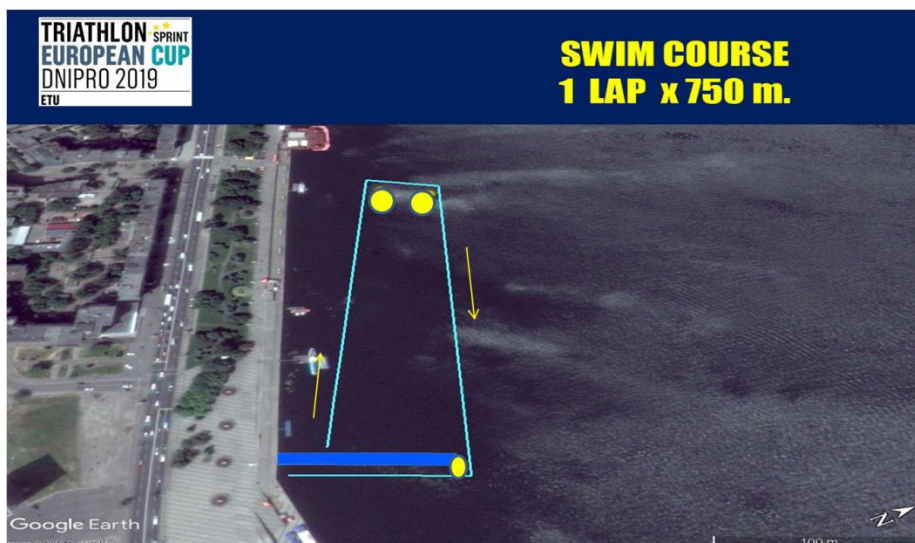
The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



SWIM COURSE

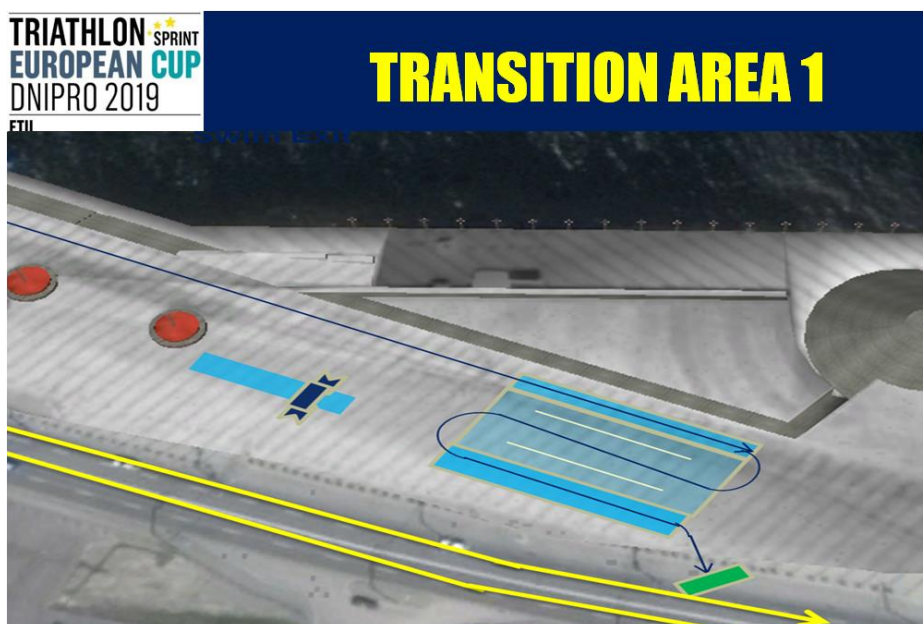
Number of laps: 1.

Average water temperature - 19-21 degrees 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. 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

Number of laps: 3.

Hill – 700 metres. 200 m – 7-8% the steepness of the hill; 500 m – 4-5% the steepness of the hill.

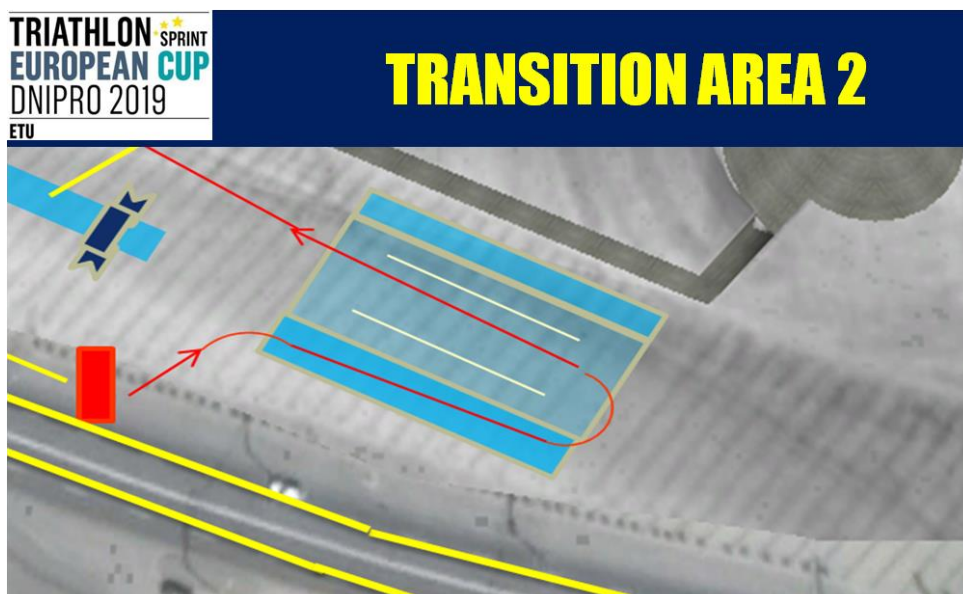


WHEEL STATION

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams

TRANSITION 2

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



RUN COURSE

Number of laps: 3.

Description: flat asphalt.



AID STATION

Two (2) aid stations will be located on the run course.

PENALTY BOX

A penalty box will be located on the run course, at the end of every lap.

COURSE MAP



Good luck.