



Europe
Triathlon
Baltic
Championships

Tallinn
2022

Athletes Guide



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1. GENERAL INFORMATION

1.1. INTRODUCTION

In this athlete guide, you will be able to find answers to questions regarding the Baltic Championships in Tallinn. Please study the guide carefully as it contains very important information regarding the race. We, the organizers, wish you all good luck.

1.2. KEY DATES

23.07.2022

Registration, briefing and swim course familiarization will take place in the race centre that is located at Harku beach.

24.07.2022

Race day

Start 10:00 for Elite men, 10:02 for Elite women

1.3. KEY CONTACTS

- Race director: Kirke Piiskoppel kirke@triatloniakadeemia.ee
- Technical delegate: Vaidas Joudzevicius vaidas.joudzevicius@gmail.com
- Athlete services manager: Marin Merisalu marin@tristore.ee
- Europe Triathlon office: etu_hq@etu.com. Phone number : +32478825456.

2. VENUE

2.1. RACE VENUE

Harku beach
Paldiski mnt 124a
Tallinn

2.2 COURSE FAMILIARISATION

Swim familiarisation
Saturday (23.07)
Harku beach
19:00

Bike familiarisation

The road is open for traffic and athletes must follow traffic rules. Training at your own risk.

2.3. ATHLETE'S LOUNGE

It is located in race centre and provides toilets and water. There is also recovery zone close to the finish area. Athlete's lounge is open 08:45- 09:45.

2.4. ELITE ATHLETES' RACE PACKAGE

Athletes can get their race package (bib number, **timing chip**, swim cap) on Saturday (23.07) from the race centre at Harku Beach from 16:00-18:00.

It is necessary to bring your **number belt** to the race.

3. ACCOMMODATION

There are lots of different hotels and other accommodations in Tallinn.

4. TRANSFER AND TRANSPORT

Airport

Tallinn airport <https://www.tallinn-airport.ee/en/>

Bus options

Tallinn Coach Station <https://www.tpilet.ee/en/>

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Local swimming pool

<https://www.kalevspa.ee/en/waterpark/>



BIKE

There are open traffic roads around the event location



RUN

Running is possible in nearby parks

5.2. MEDICAL SERVICES

First Aid and 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. 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.

Emergency telephone number +372 5110670

5.3. BIKE MECHANICAL SERVICE

Nearest bike store

ALMARE HAWAII

Paldiski mnt 96, 13522

Store +372 53 333 396,

Mechanic +372 53 333 566

almare@hawaii.ee

Mon-Fri 10-19, Sat-Sun 10-16

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN AND MEN

| DAY | START | END | ACTIVITY | LOCATION |
|------------|-------|-------|-----------------------------|-------------|
| 23.07.2022 | 18:00 | 18:30 | Athlete's briefing | Online |
| 23.07.2022 | 16:00 | 18:00 | Athlete registration | Harku beach |
| 24.07.2022 | 08:45 | 09:45 | Athlete Lounge check in | Harku beach |
| 24.07.2022 | 09:00 | 09:45 | TA check in | Harku beach |
| 24.07.2022 | 09:50 | | Calling area | Harku beach |
| 24.07.2022 | 9:55 | | Athletes introduction MEN | Harku beach |
| 24.07.2022 | 10:00 | | Start ELITE MEN | Harku beach |
| 24.07.2022 | 10:01 | | Athletes introduction WOMEN | Harku beach |
| 24.07.2022 | 10:02 | | Start ELITE WOMAN | Harku beach |
| 24.07.2022 | 11:45 | | Award Ceremony | Harku beach |

6.2. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon (TRI).

6.3. ATHLETE'S BRIEFING

23.07.2022

18:00-18:30

Online (triathlon.org)

6.4. RESULTS

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

6.5. PROTEST & APPEALS

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

7. OTHER USEFUL INFORMATION

7.1. LANGUAGE- Estonian

7.2. POPULATION- 1 333 824

7.3. CURRENCY- euro

7.4. TIME- UTC +03:00

8. COURSE MAPS



SWIM COURSE

Start procedures: beach start.

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

Number of laps: 1

Average water temperature: 19 °C

TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in an area 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: 1

Wheel stop: near T1 (no neutral wheels)

TRANSITION 2

Athletes enter the transition and must rack the bike before unclipping the helmet. Running shoes may be placed beside the rack.



RUN COURSE

Description: flat, asphalt.

There is one aid station, that is located ca 400 m after the transition area.

Penalty box is located on the run course.

9. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

- All individuals must respect the travel regulations set by the host country
- No medical certificate is required unless the local authorities, World Triathlon or the National Federation ask for it.
- We will continue to respect the decision/rules of the local public health of the host country