

ATHLETE'S GUIDE 2024

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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

Saturday 04.05.2024

times	Event	Venue Alsdorf
10:00-16:00	POWERMAN Classics Elite / Para with European Championships Elite uniform & license check Race pack hand out.	Absolute Teamsport, Bahnhofstraße 56
10:00 – 16:00	Issuing of race numbers (EC uniform check) POWERMAN Classics European Championships AG,	Absolute Teamsport, Bahnhofstraße 56
10:00 – 16:00	Issuing of race numbers POWERMAN Classic German Championships AG	Absolute Teamsport, Bahnhofstraße 56
10:00 – 16:00	Issuing of race numbers POWERMAN Sprint, POWERMAN Classic Open race	Absolute Teamsport, Bahnhofstraße 56
16:30	Walk of Nations Meeting point: POWERMAN air archway by Absolute Teamsport	Absolute Teamsport, Bahnhofstraße 56
17:30	Elite briefing in English European Championships	Stadthalle Alsdorf
18:00	AG briefing in English European Championships	Stadthalle Alsdorf
18:30	AG briefing in German European Championships	Stadthalle Alsdorf

Sunday 05.05.2024

Start times Sunday	Group	Venue Alsdorf
08:00	Elite Women	Denkmalplatz
08:01	AG Para	Denkmalplatz
08:07	Elite Men	Denkmalplatz
08:45	AG Men 20-54 EC & GC	Denkmalplatz
09:15	AG Men 55-85 + AG Women EC & GC	Denkmalplatz
10:00	POWERMAN Open race	Denkmalplatz
11:30	POWERMAN Sprint Distance	Denkmalplatz
13:00	NRW Triathlon Ligen	Denkmalplatz
Cut off times		
13:50	Last bike lap	Denkmalplatz
14:30	bike	Denkmalplatz
15:30	Last run lap	Denkmalplatz

Medal Ceremony

	Group	Venue Alsdorf
16:00	Elite, EC Para, EC age group	Stadhalle Alsdorf
	DM Age group	Stadhalle Alsdorf
14:30	Powerman Sprint & Powerman Open race	Denkmalplatz

1.3. KEY CONTACTS

Name and contact details of:

LOC

- Race director Patrick Thevis, thevis@freenet.de

World Triathlon

- technical delegate Stephan Kretschmer Stephan.Kretschmer@swisstriathlon.ch

- assistant technical delegate Ulrike Zierl Uli.zierl@t-online.de

1.4. Athlete's Briefing

Elite: Date and Time

Location

Attendance at the Elite briefing in person is mandatory. Penalties for non-attendance or being late to the briefing as per World Triathlon Competition rules.

Age-Group: Date and Time -on site and online English language

Time – on site and online German language

Please register in advance using the following link:

English language AG

→ Link will be provided the latest in the week before the event by World Triathlon German language AG

→ Link will be provided the latest in the week before the event by World Triathlon

Recordings will be available on https://triathlon.org/about/downloads/category/race_briefing

There are no penalties for those who arrive late or miss the online briefing. The TD will be available for any clarifications: Stephan Kretschmer (SUI) stephan.kretschmer@swisstriathlon.ch

2. VENUE

2.1. RACE VENUE

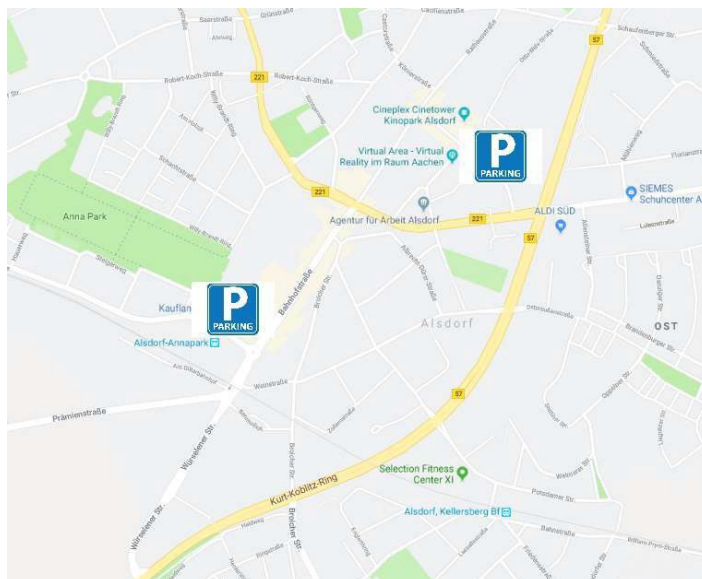
Denkmalplatz, 52477 Alsdorf



Parking

Parking close to venue. Kaufland Alsdorf, Bahnhofstr. 37, 52477

Alsdorf



2.2 COURSE FAMILIARIZATION

There is no familiarisation.

Be careful it not allowed to ride bikes on the roads L240 and on the 57n. They can only use when they are closed for the race.

2.3. ATHLETE'S LOUNGE

The bag drop of is in the city hall (Annastraße 2-6, 52477 Alsdorf), there are also toilets.

A recovery area is behind the finish, showers are in the Luisenbad it can used be the covid concept.

2.4. RACE PACKAGE

The Elite and AG Race pack pick up is located at the Absolute Teamsport, Bahnhofstraße 56

2.5. DOPING CONTROL

The doping control will be located in the city hall. Doping tests will be conducted according to NADA rules. The athletes must carry their identification to the doping control facilities.

3. ACCOMMODATION

Book your hotel room as soon as possible :

Hotel Siebenschläfer am Wasserturm, <https://www.hotel-siebenschlaefer.de/am-wasserturm/>

Hotel Gloria Alsdorf, <https://hotel-alsdorf.de/>

Aparthotel Cap1 Boardinghouse – Baesweiler, <https://cap1-boardinghouse-baesweiler.hotel-mix.de/>

Camping facilities are 2 km from the race site (Tierpark Alsdorf, Am Tierpark 1, 52477 Alsdorf).

4. TRANSFER AND TRANSPORT

Closest airports from the event: Maastricht/Aachen Airport at 40 km, Cologne Airport at 70 km and Düsseldorf Airport at 70 km with well working railway connection to Alsdorf

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

Showers at the completion days are near the TA in Luisenbad (Luisenstrraße 12, 52477 Alsdorf)



BIKE The bike course cannot be used for training, most of the roads are normally closed for bikes



RUN The run course can use all time.

5.2. BIKE MECHANICAL SERVICE

Bike Shop: bestbike Radsport, Bahnhofstraße 43, 52477 Alsdorf

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
04.05.2024	10:00	16:00	Athlete registration	Absolute Teamsport, Bahnhofstraße 56
04.05.2024	16:30	17:00	Walk of Nations	POWERMAN air archway by Absolute Teamsport
04.05.2024	17:30		Briefing necessary	Town hall
05.05.2024	7.00	7:45	TA check in	Denkmalplatz
05.05.2024	7:50		Calling area	Denkmalplatz
05.05.2024	7:55		Athletes introduction	Denkmalplatz
05.05.2024	8:00		Start	Denkmalplatz
05.05.2024	16:00		Award Ceremony	Town hall

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
04.05.2024	10.00	16:00	Athlete registration	Absolute Teamsport, Bahnhofstraße 56
04.05.2024	16:30	17:00	Walk of Nations	POWERMAN air archway by Absolute Teamsport
04.05.2024	17:30		Briefing necessary	Town hall
05.05.2024	7.00	8:00	TA check in	Denkmalplatz
05.05.2024	8:01		Calling area	Denkmalplatz
05.05.2024	8:02		Athletes introduction	Denkmalplatz
05.05.2024	8:07		Start	Denkmalplatz
05.05.2024	16:00		Award Ceremony	Town hall

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

Saturday 04.05.2024

17:30 Uhr	Elite/Para he briefing	Town hall
18 & 18:30 Uhr	AG briefing English & German	Town hall

6.5. TIMING CHIPS

At the registration athletes will be given a timing chip, it is on the race number.

6.6. RESULTS

Results will be uploaded live at the WORLD TRIATHLON official website www.triathlon.org. All the Results information will be distributed to the Team Leaders at the Information Centre (Denkmalplatz).

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, WT Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. Info on when and where the accreditations will be distributed.

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 always requested to 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 is English.

German, most shops and providers are familiar with the English language

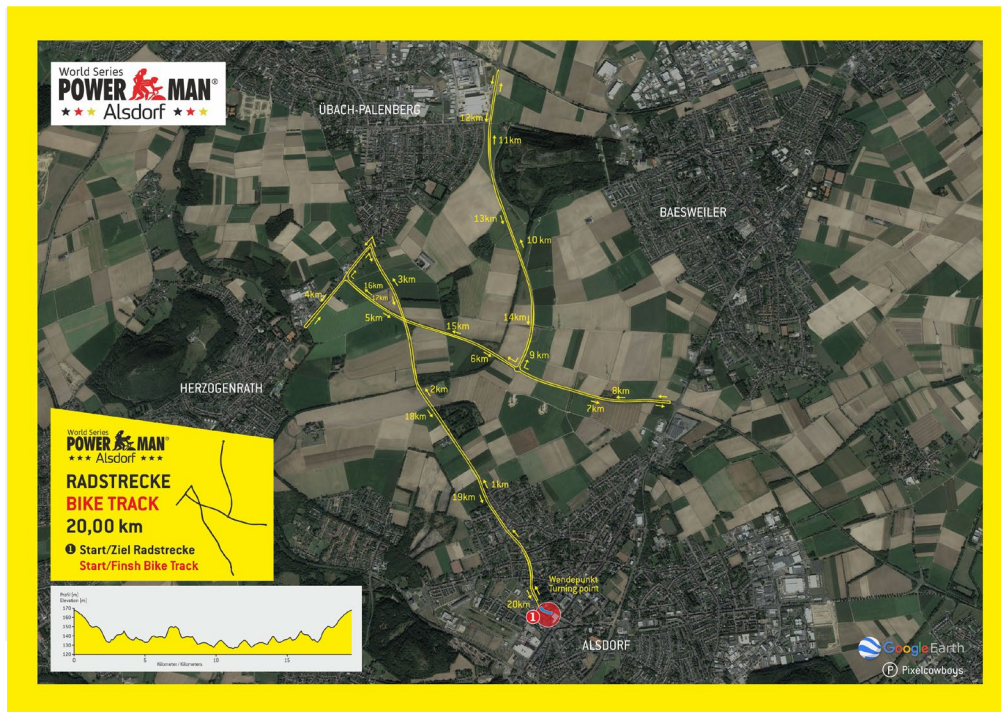
Time zone: Central European Summer Time (CEST) is 1 hour ahead of Coordinated Universal Time (UTC). This time zone is in use during standard time in Europe and Africa

9. COURSE MAPS

TRANSITION 1



BIKE COURSE 3 laps



 RUN COURSE 4 laps



World Series
POWER MAN
Alsdorf

LAUFSTRECKE 2,5 km
RUN 2,5 km
VO: 2 & 2 LAPS
CD: 4 & 4 LAPS

- 1 Start Laufen
Start Run
- 2 Ziel Laufen
Finish Run
- 3 Wechselzone
Transition Area

Good luck, and thanks to our sponsors.

