

ATHLETE'S GUIDE

ALUKSNE 2023

Europe
Triathlon
Baltic
Championships

Alūksne
2023

Alūksne
Ojņkza

JUNE 10th-11th, 2023

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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



1.2. KEY DATES

10.06.2023	Saturday
16:00 – 18:00	Accreditation – Aluksne Castle island
16:30 – 17:00	Bike course familiarization – Transition Area
17:00 – 17:30	Swim course familiarization – Aluksne beach
18:00	Athletes' briefing – Darza Street 11

11.06.2023	Sunday
9:00	Elite Men Start
9:25	Elite Women Start
10:30	Award ceremony

1.3. KEY CONTACTS

Race director	Sintija Straksa	+371 26434548; sintija.straksa@triatlons.lv
Head Referee	Liene Krauze	liene.krauze@triatlons.lv
Technical Delegate	Vaidas Joudzevicius	vaidas.joudzevicius@gmail.com
Assistant TD	Evita Leitane	evita.leitane@triatlons.lv
Athletes' services manager	Ance Straksa	straksa.ance@gmail.com
Europe Triathlon office		+32478825456; etu_hq@etu.triathlon.org

1.4. CONTACT DETAILS

Local Organizing Committee (LOC):

Triathlon and swimming club TRI KAN

Address: Gundegu iela 9, Ādaži, Ādažu pag. Ādažu nov. LV-2164

Web page: aluksnestriatlons.lv

1.5. ENTRY FEES

Entry fee is **75€** and must be paid in advance.

Bank details:

Triatlona un peldēšanas klubs TRI KAN

Reg.no.: 40008309208

Gundegu iela 9, Ādaži, Ādažu pag. Ādažu nov. LV-2164

AS Swedbank, HABALV22

Account no.: LV66HABA0551051237915

2. VENUE

2.1. RACE VENUE

Aluksne Castle island (Aluksne town), main location of the event – **Aluksne city swimming place**

Address: **Pilssalas iela 10, Aluksne**



Race venue is on an island connected by two bridges.

Cars without permission are forbidden to enter the island. There is free parking on both sides of the island.

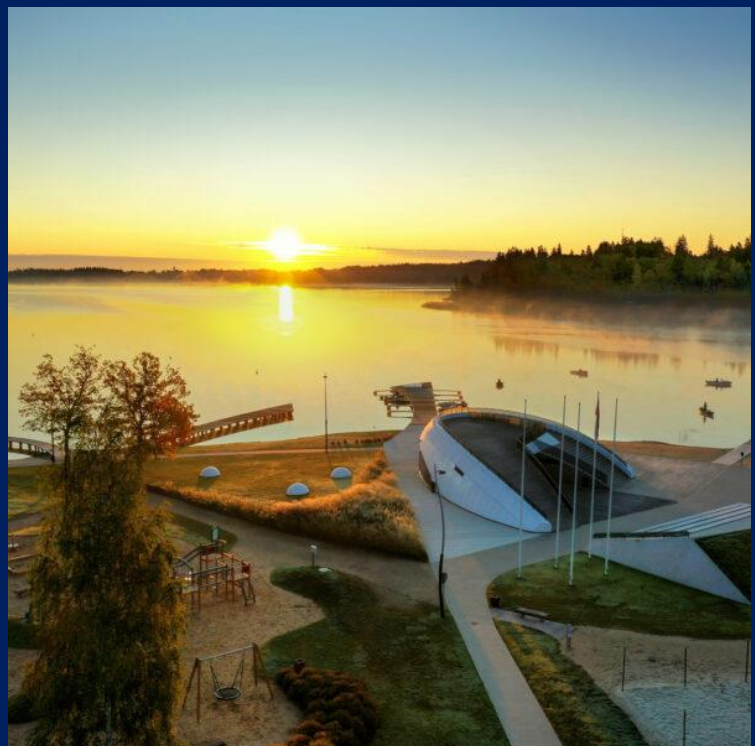
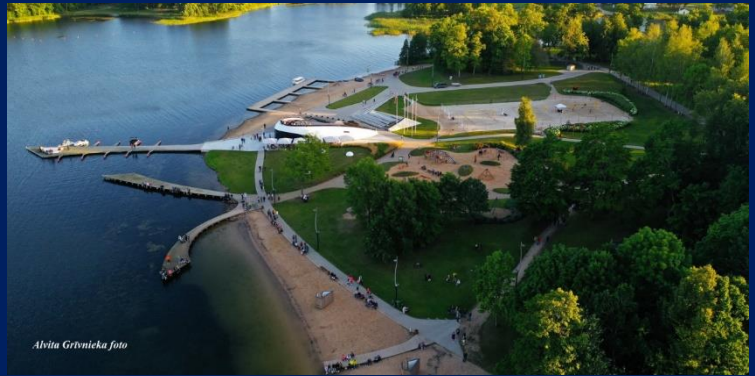
In the north-east of Latvia, in the Aluksne highland, at the shores of Lake Aluksne, stands a picturesque town with a rich historic and cultural heritage, with a contemporary feel and a dynamic growth.

Its location is strategically important - several routes to the neighbouring countries Estonia and Russia cross here. The territory itself is rich in lakes, rivers, and forests, therefore, the first settlements were established already a long time ago.

Aluksne is the pearl of northern Latvia and has been home for triathlon races for 3 years now! It's a buzzing town with population of 7000. Aluksne has grown in the recent years to be one of the most beloved tourist destinations and the race will take place at the heart of the town - the Castle island.

The swimming will take place in Aluksne lake, one of the cleanest lakes in Latvia, but the cycling will take the Athletes straight through town center - passing the town's 19th century castle, city hall and much more. On the run course participants will enjoy the recently renovated Castle island, cross the singing bridge and run past the old castle ruins.

More about Aluksne -
<https://visitaluksne.lv/en>



2.2. COURSE FAMILIARIZATION

10.06.2022 Saturday	Familiarization
16:30 – 17:00	BIKE COURSE – Transition area (starting point)
17:00 – 17:30	SWIM COURSE – Aluksne beach

SWIM COURSE will be available throughout the evening. Be mindful of the local visitors. The swimming place is popular among families with children

BIKE COURSE goes through the city center, during the familiarization the traffic will be active, but the Athletes will be accompanied by the police

RUN COURSE is available to all. Castle island is a popular place for evening walks, you are free to try out the course on your own time

2.3. ATHLETES' LOUNGE

The Athletes' Lounge is located by the at the Finish area. Distribution of timing chips and swim caps will take place in the Lounge. Drinks, fruits and access to the bathrooms will be provided.

2.4. ATHLETES' RACE PACKAGE

The race package is delivered on Saturday, June 10th from 18:30 to 19:00 at Darza street 11, Aluksne.

Race Package consists of:

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

The package can only be handed out when the entry fee has been received by the LOC. Payment has to be made IN ADVANCE.

One week before the race day, you can ask for the invoice by sending an email to maris.liepa@triatlons.lv

2.5. DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules. Athletes must carry their identification to the doping control facilities.

2.6. SECURITY

The LOC will secure access depending on the accreditation and the Police will manage the Road Closures and the traffic around the course.

2.7. LOC OFFICE DURING THE RACE

Saturday June 10th 12:00-19:00

Sunday June 11th 06:00-19:00

Address: Pilssala street 10, Aluiksne, LV-4301

Contact: Sintija Straksa, phone: +371 26434548

3. ACCOMMODATION

<i>Hotel</i>	<i>Address</i>	<i>Details</i>
<i>"Ierullē"</i>	Lielā ezera street 2b, Alūksne Phone number: +371 22023657	Athletes and accompanying personnel can receive event discount by booking the hotel over the phone and stating the purpose of the stay as "Triathlon Baltic Championships".

4. TRANSFER AND TRANSPORT

NEAREST AIRPORT

Riga Airport (RIX) is 217km from Aluiksne. The fastest and most convenient route is to take highway A2.

Be advised that due to the construction process of Rail Baltic, both Riga airport and Riga city center have introduced new traffic order. There may be public transportation delays and traffic jams.

There is no suitable public transportation for the Athletes, their Team members/officials and the equipment from RIX to Aluiksne. Athletes are advised to rent their own transportation, or contact LOC.

The LOC can provide transfer from Riga Airport to Aluiksne for the Athletes and their Team members/officials, including bike boxes and luggage.

Price per person: - € 100, transfer in both directions.
 - € 60, transfer in one direction.

You can order transport on the following email: evita.leitane@triatlons.lv

Please include in the e-mail your name, contact details, arrival time, flight number, number of people, number of bikes, host hotel, and contact person of your team.

5. ATHLETES' SERVICES

5.1. TRAINING FACILITIES

The LOC does not provide any training facilities. See suggestions below.

SWIM - Athletes are free to use the Aluksne city swimming place.

BIKE - If cycling, athletes should be mindful of the traffic. Athletes can use Pilssala street and Pleskava street. There will be traffic, but the roads have good surface, they are wide, and there are few pedestrians.

RUN - Aluksne Castle island and Aluksne Manor park - Several paths available, little to no traffic, watch out for other park-goers. There's a stadium at the Aluksne Castle island.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Race venue on competition day.

Medical will be available throughout the race. Ambulances will be available to provide emergency transfers to a nearby hospital.

Treatment in private hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital – Aluksne hospital

Address - Pils street 1a, Aluksne, LV-4301

Emergency telephone number - 113

5.3. BIKE MECHANICAL SERVICE

Bike service will be provided in the vicinity of Transition Area.

6. COMPETITION SCHEDULE

6.1. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
10.06.2023	16:00	18:00	Accreditation	Race venue
10.06.2023	16:30	16:45	Bike familiarization	Transition area
10.06.2023	17:00	17:30	Swim familiarization	Beach
10.06.2023	18:00	18:30	Athletes' briefing	Darza street 11
11.06.2023	07:30	08:30	Athlete check-in	Athletes' Lounge
11.06.2023	08:00	08:45	TA check-in	Transition Area
11.06.2023	08:15	08:45	Swim warm-up	Beach
11.06.2023	08:50		Calling area	Beach
11.06.2023	08:55		Athletes' introduction	Beach
11.06.2023	09:00		Start	Beach
11.06.2023	09:45	10:15	TA check-out	Transition Area
11.06.2023	10:30		Award Ceremony	Finish area

6.2. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
10.06.2023	16:00	18:00	Accreditation	Race venue
10.06.2023	16:30	16:45	Bike familiarization	Transition Area
10.06.2023	17:00	17:30	Swim familiarization	Beach
10.06.2023	18:00	18:30	Athletes' briefing	
11.06.2023	07:50	08:30	Athlete check-in	Athletes' Lounge
11.06.2023	08:00	08:45	TA check-in	Transition Area
11.06.2023	08:15	08:45	Swim warm-up	Beach
11.06.2023	09:15		Calling area	Beach
11.06.2023	09:20		Athletes' introduction	Beach
11.06.2023	09:25		Start	Beach
11.06.2023	09:45	10:15	TA check-in	Transition Area
11.06.2023	13:00		Award Ceremony	Finish area

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

The athlete's briefing will be in person on June 19th 6PM at the Darza street 11, Aluksne City Council.

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 during their check-in procedure in Athletes' Lounge.

6.6. RESULTS

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

All the Results information will be published on the Information Boards at the Information Centre located at the Race venue.

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, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation bracelet.

Accreditation bracelets will be distributed on June 10th at the Race venue.

Only accredited people will be allowed to access certain venue areas.

All accredited people are requested to always wear their Accreditation bracelets and to show them upon request. Accreditation bracelets are mandatory to enter the venue.

8. MEDIA



FaceBook: [@aluksnestriatlons](https://www.facebook.com/aluksnestriatlons)



Instagram: [@triatlona_klubs_triakan](https://www.instagram.com/triatlona_klubs_triakan)



Photos: aluksnestriatlons.lv

9. OTHER USEFUL INFORMATION

9.1. LANGUAGE: Latvian (official), English

9.2. POPULATION: Latvia 1,9 million, Alūksne 7000

9.3. CURRENCY: EUR

9.4. TIME: Eastern European time (UTC+2).

9.5. ELECTRICITY: 220V, similar sockets and plugs as in EU

9.6. WATER: tap water drinkable.

9.7. TELEPHONE CONNECTIONS: +371 (0)

9.7.1 Mobile providers: Tele2, Bite, LMT

10. COURSE MAP



SWIM COURSE

1 lap of 375 meters

Start: beach start, average water temperature +19°C.

TRANSITION 1

Transition Area 1 is a straight line with bikes racked on one side of it. There are boxes provided for the swim gear. Athletes' names and numbers are displayed on the top of the traditional bike racks. The mount line is marked with a green color. Distance from swim exit to Transition Area is approx. 110m. Mount line marked in green.





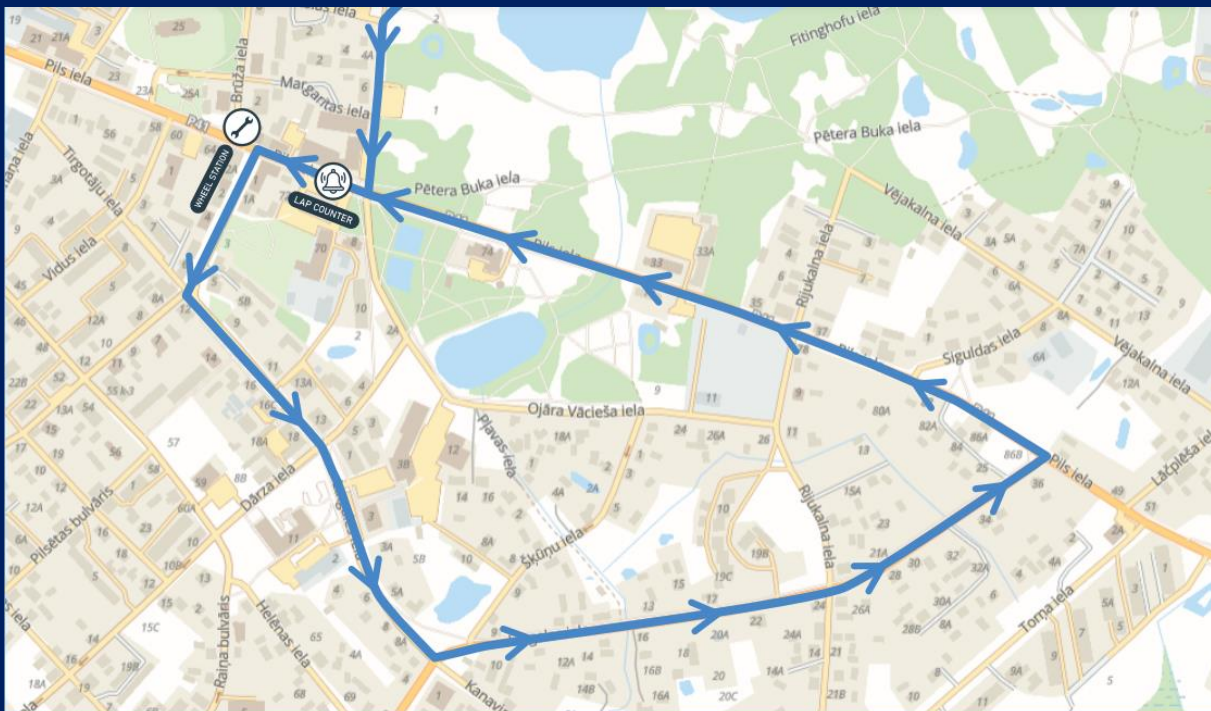
BIKE COURSE

4 laps of 2,5km, distance to lap 0,5km

Draft-legal race via town roads. Flat asphalt surface, narrow in some places. The bike course does not go through the Transition area. Lap Counter is located immediately after the start of the lap, Wheel Station is located 600 meters after the Transition area.

TRANSITION 2

Flow throughout the Transition area remains in the same direction. Dismount line marked in red.



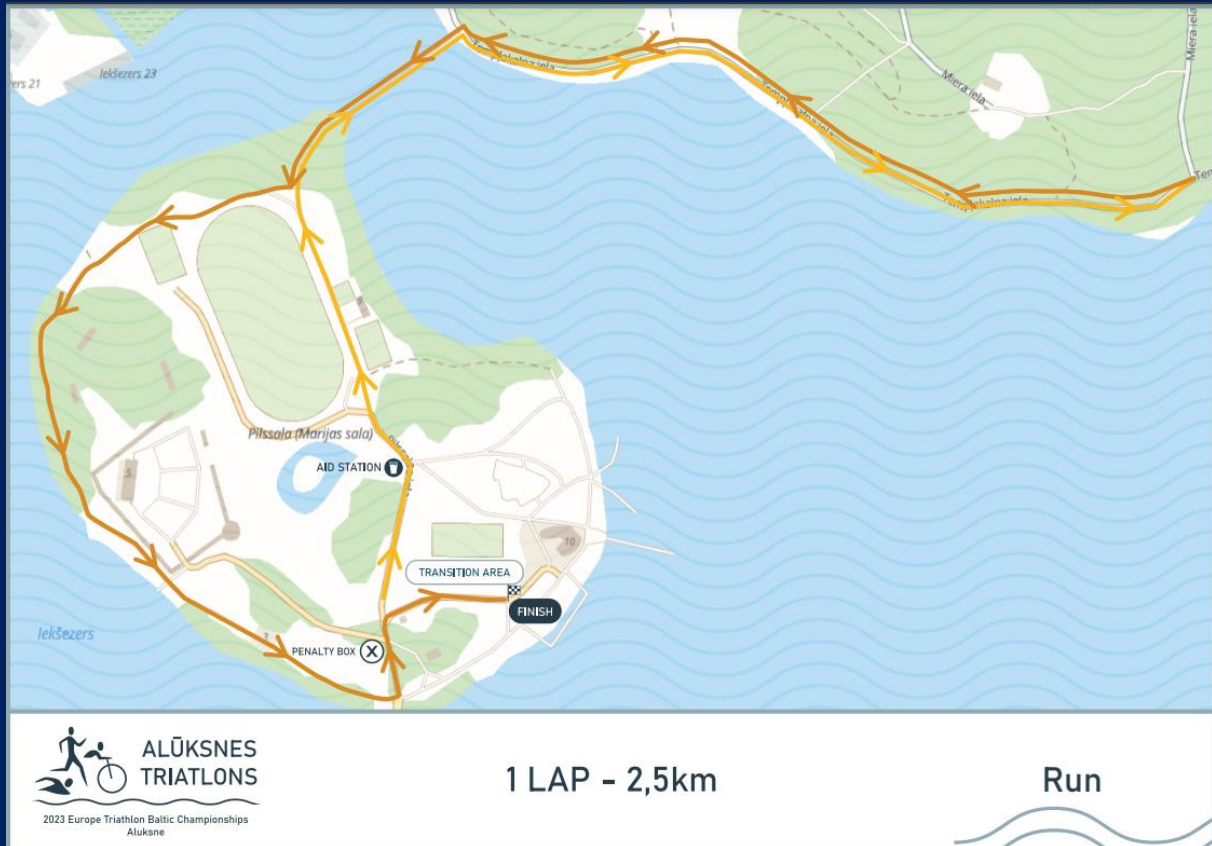
4 LAPS (1 LAP - 2,5km, distance to lap - 0,5km)
TOTAL 11km

Bike

 RUN COURSE

1 laps 2,5km

Description: flat, asphalt and gravel. 1 aid station. Penalty box is located approx. 200m before the finish.



1 LAP - 2,5km

Run

Good luck!