

ATHLETE'S GUIDE

2017 Wuustwezel ETU Sprint Triathlon European Cup



TABLE OF CONTENTS

1. GENERAL INFORMATION	3
1.1. INTRODUCTION	3
1.2. KEY DATES	3
1.3. KEY CONTACTS	3
1.4. CONTACT DETAILS	3
2. VENUE	4
2.1. RACE VENUE	4
2.2. COURSE FAMILIARIZATION	4
2.3. ATHLETE'S LOUNGE	4
2.4. ELITE ATHLETES' RACE PACKAGE	4
2.5. DOPING CONTROL	4
2.6. SECURITY	4
2.7. LOC OFFICE	4
3. ACCOMMODATION	5
4. TRANSFER AND TRANSPORT	5
5. ATHELETE'S SERVICES	7
5.1. SWIM AND BIKE TRAINING	7
5.2. MEDICAL SERVICES	8
5.3. BIKE MECHANICAL SERVICE	8
6. COMPETITION SCHEDULE	9
6.1. ELITE WOMEN	9
6.2. ELITE MEN	9
6.3. COMPETITION RULES	9
6.4. ATHLETE'S BRIEFING	9
6.5. TIMING CHIPS	9
6.6. RESULTS	10
6.7. PROTEST & APPEALS	10
7. ACCREDITATION	10
8. COURSE MAPS	10

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

Briefing: Saturday, August 12, 18h (local time)

Bike course familiarization: Saturday, August 12, 10h

Swim course familiarization: (following the bike course familiarization)

Race start women: Sunday, August 13, 12h30

Race start men: Sunday, August 13, 14h30

The athlete briefing is at 18h on Saturday, August 12. Around that time, there will be another race in the centre of Wuustwezel. Some road will be blocked so be on time! The briefing takes place at Kadans, Achter d'Hoven, 2990 Wuustwezel. Before the briefing, you have to register. Don't forget to bring your identification to the briefing! You get your race package after the briefing. You will not receive your race package if you didn't pay your entry fee. It is possible to pay right after the briefing.

The course familiarization is planned Saturday, August 12 at 10 o'clock. We will meet at Kampweg 178 (industrial area – Clics Toys), close to the swim start. Accompanied by the police, all the elite men and elite women athletes will ride one lap of the bike course. After, there is some time to test the swim area. The buoys won't be on the right place because of other races on Saturday.

The race start for the elite women is on Sunday, August 13 at 12:30. The start of the elite men will be given at 14:30. Both starts are pontoon starts. The distance to the first buoy is about 350 meters.

1.3. KEY CONTACTS

Name and contact details of

- Race director: Marc Herremans (Belgium), info@triathlonwuustwezel.be
- technical delegate: Sander Verheuvél (The Netherlands), s.verheuvél@hetnet.nl
- Athlete services manager: Lars Andries (Belgium), lars@triathlonwuustwezel.be

1.4. CONTACT DETAILS

Local Organizing Committee

Lars Andries

lars@triathlonwuustwezel.be

(+32) 0471 46 97 11

2. VENUE

2.1. RACE VENUE

Dorpsstraat 36, 2990 Wuustwezel

Antwerp, Flanders

B – Belgium



2.2 COURSE FAMILIARIZATION

The course familiarization is planned Saturday, August 12 at 10 o'clock. We will meet at Kampweg 178 (industrial area – Clics Toys), close to the swim start. Accompanied by the police, all the elite men and elite women athletes will ride one lap of the bike course. After, there is some time to test the swim area. The buoys won't be on the right place because of other races on Saturday.

2.3. ATHLETE'S LOUNGE

Dorpsstraat 36, 2990 Wuustwezel

Antwerp, Flanders

B – Belgium

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

You receive the race package after the athlete briefing at GC Kadans, Achter d'Hoven, 2990 Wuustwezel.

2.5. DOPING CONTROL

Library Wuustwezel, Dorpsstraat 36, 2990 Wuustwezel

Location of the doping control site. Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. LOC OFFICE

Library Wuustwezel, Dorpsstraat 36, 2990 Wuustwezel (backside)

Open: Sunday, August 13 (10:00-12:30)

Contact: info@triathlonwuustwezel.be // (+32) 0471 46 97 11

3. ACCOMMODATION

If you work with a travel agency, please put here the contact details of the agency
Name and contact of the host hotel, plus other hotel options, if any.

4. TRANSFER AND TRANSPORT

Wuustwezel is situated in the north of Belgium. It is near the city of Antwerp, around 20k. There are different possibilities to reach our village. You can check all options below. If you come by airplane and/or public transport, you will arrive at station Brecht Noorderkempen. Then, you will have the possibility to take the bus to the centre of Wuustwezel. Or you can use Private Transport.

Private Transport

If you want to use an airport transfer, please book in advance on following website: <https://airport-taxis.be/en/taxi-booking-transfer-charleroi-brussels/>

You have to fill in your journey (from and to), one way/return, number of passengers, pick up date and flight number, then you can choose your type of taxi. If you have a lot of luggage, choose for a bigger taxi. You can also check the costs for the transport. The transportation costs will be borne by the athlete(s). After that, you have to fill in your personal details and confirm the registration. Book your transport in advance! If you have questions, contact the transport company (info@airport-taxis.be // +32 48686 9191) or the organisation (info@triathlonwuustwezel.be).

Public Transport

By bus

Busses with numbers 640 or 641 from Antwerp or from Brecht stop in Wuustwezel. If you get off at 'Wuustwezel dorp', there is only a 10minute walk to the terrain. The route of 640: Antwerp-Merksem-Schoten-Brasschaat-Wuustwezel-Loenhout-Brecht. The route of 641: Antwerp-Brasschaat-Wuustwezel-Loenhout-Brecht. For more information: <https://www.delijn.be/en/?vertaling=true>

By train

By train to Wuustwezel? That is possible. From Antwerp Central to Brecht Noorderkempen takes you 20 minutes. Afterward, you can take one of the busses above. 640 and 641 both leaves at Brecht station and bring you on less than a half hour to the stop 'Wuustwezel dorp'.

Car

From the coast

E40 – E17 – E34 – E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel'

From Brussels

E40 – R0 – E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel' From Ghent E17 - E34 – E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel'

From Liège

E313 – R1 – E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel'

Parking places Wuustwezel

- › Car park Aldi (Bredabaan 533, 2990 Wuustwezel)
- › Car park Hubo/Okay (Bredabaan 518, 2990 Wuustwezel)
- › Car park Delhaize (Bredabaan 395, 2990 Wuustwezel)
 - not accessible during races on Sunday 13/08
- › Car park Lidl (Bredabaan 376, 2990 Wuustwezel)
 - not accessible during races on Sunday 13/08
- › Car park Achter d' Hovenplein (Achter d' Hovenplein, 2990 Wuustwezel)
 - not accessible during races on Sunday 13/08

Airplane

Arrival at Brussels Airport:

By car: A201(exit 4) - E19/A1 - E34/R1 - E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel'

By train: Brussels Airport Zaventem – Antwerp Central – Noorderkempen – Bus 640 or Bus 641

Arrival at Brussels South Charleroi Airport:

By car: A15/E42 – A54/E420 – A7/E19 – R0 – N275 – A1/E19 – R1/E34 – E19 (exit 3: Wuustwezel, Brecht), please follow signposts 'Wuustwezel'

By train: Charleroi South – Antwerp Central – Noorderkempen – Bus 640 or Bus 641

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Sportoase Elshout

Elshoutbaan 17, 2930 Brasschaat

Open: Monday-Friday 08:00-22:00

Open: Saturday-Sunday 08:00-18:00

No need to reserve in advance, but keep in mind that the pool is open to everyone

Sportoase Stede Akkers

Katelijnestraat 31, 2320 Hoogstraten

Open: Monday-Friday 08:00-22:00

Open: Saturday-Sunday 08:00-18:00

No need to reserve in advance, but keep in mind that the pool is open to everyone



BIKE

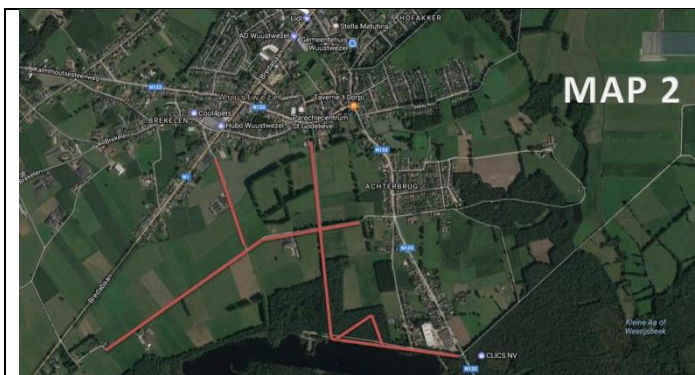


Wuustwezel is very quiet but there are a few busy streets. If you want to bike on your own, you can opt for the track above. at Rietvenweg/Hoofdbaan Watering around 4k from race venue
race venue indicated with the star

see map 1





RUN



Lovely running space, quiet, less or none traffic
at Gasthuisdreef/Beersgat
less than 1k from race venue
(not reachable on Saturday in the afternoon)

see map 2

	<p>Asphalted track Sportlaan 6 2990 Wuustwezel less than 2k from race venue</p> <p>see map 3</p>
	<p>Gravel track Eikendreef 2990 Wuustwezel ± 10k from race venue</p> <p>see map 4</p>

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: AZ Klinia, Augustijnslei 100, 2930 Brasschaat

General emergency telephone number: 112

5.3. BIKE MECHANICAL SERVICE

Our bike partner is Fietsen Oostvogels, located on Bredabaan 411, 2990 Wuustwezel.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
12/08	18:00	18:20	Athlete's briefing	GC Kadans, Achter d'Hoven, 2990 Wuustwezel
12/08	17:15	18:00	Athlete registration	GC Kadans, Achter d'Hoven, 2990 Wuustwezel
13/08	10:30	11:00	TA 2 check in	TA 2
13/08	11:00	12:00	Athlete Lounge check in	Swim Start
13/08	11:30	12:00	TA 1 check in	TA 1
13/08	11:30	12:15	Swim warm-up	Swim area
13/08	12:15	12:22	Calling area	Swim area
13/08	12:22	12:30	Athletes introduction	Pontoon
13/08	12:30		Start	Swim start
13/08	14:00	14:15	Award Ceremony	Finish

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
12/08	18:00	18:20	Athlete's briefing	GC Kadans, Achter d'Hoven, 2990 Wuustwezel
12/08	17:15	18:00	Athlete registration	GC Kadans, Achter d'Hoven, 2990 Wuustwezel
13/08	11:30	12:00	TA 2 check in	TA 2
13/08	13:00	14:00	Athlete Lounge check in	Swim Start
13/08	13:30	14:00	TA 1 check in	TA 1
13/08	13:30	14:15	Swim warm-up	Swim area
13/08	14:15	14:22	Calling area	Swim area
13/08	14:22	14:30	Athletes introduction	Pontoon
13/08	14:30		Start	Swim start
13/08	16:00	16:15	Award Ceremony	Finish

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

Saturday, August 12, 18h

GC Kadans, Achter d'Hoven, 2990 Wuustwezel

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.

All the Results information will be distributed to the Team Leaders at the Information Centre Dorpsstraat 36, 2990 Wuustwezele (back side).

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. 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 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. COURSE MAPS

SWIM START



SWIM COURSE

750 m

Start procedures: pontoon start

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

Number of laps: 1

Average water temperature: +- 20° Celsius

Calm water, a small lake

Military ground, the Braboplas



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.

As well as in TA2, the Elite Women are on the left and the Elite Men are on the right.

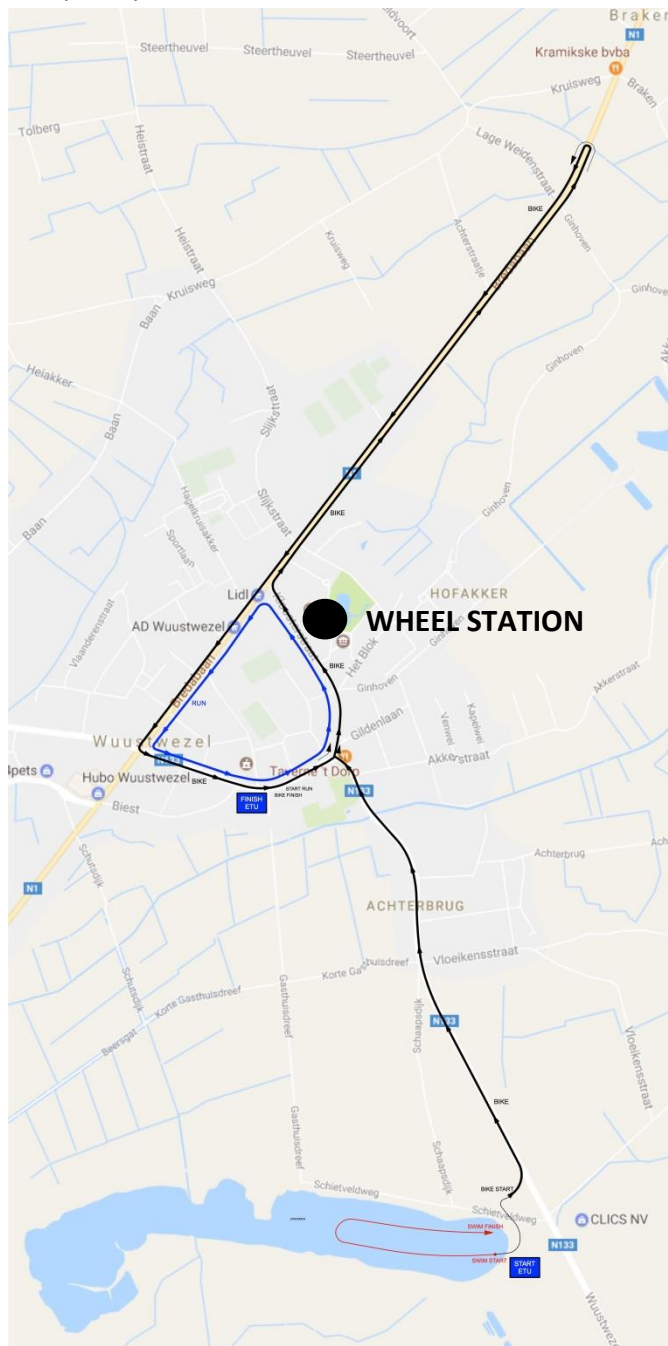
BIKE COURSE

20 km

Number of laps: 4

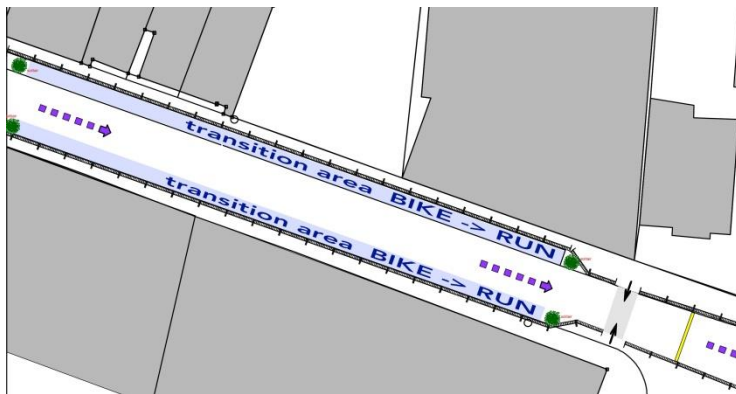
Flat track, in the centre of Wuustwezel

Completely free of traffic



black track

TRANSITION 2



There are two lines. The left line is for the Elite Women. The right line is for the Elite Men. Each box is placed right under the Athlete's ID. The box can only be moved to the right side of the Athlete's ID. After hanging your bike and putting on your running shoes, please move in the indicated direction.

RUN COURSE

5 km

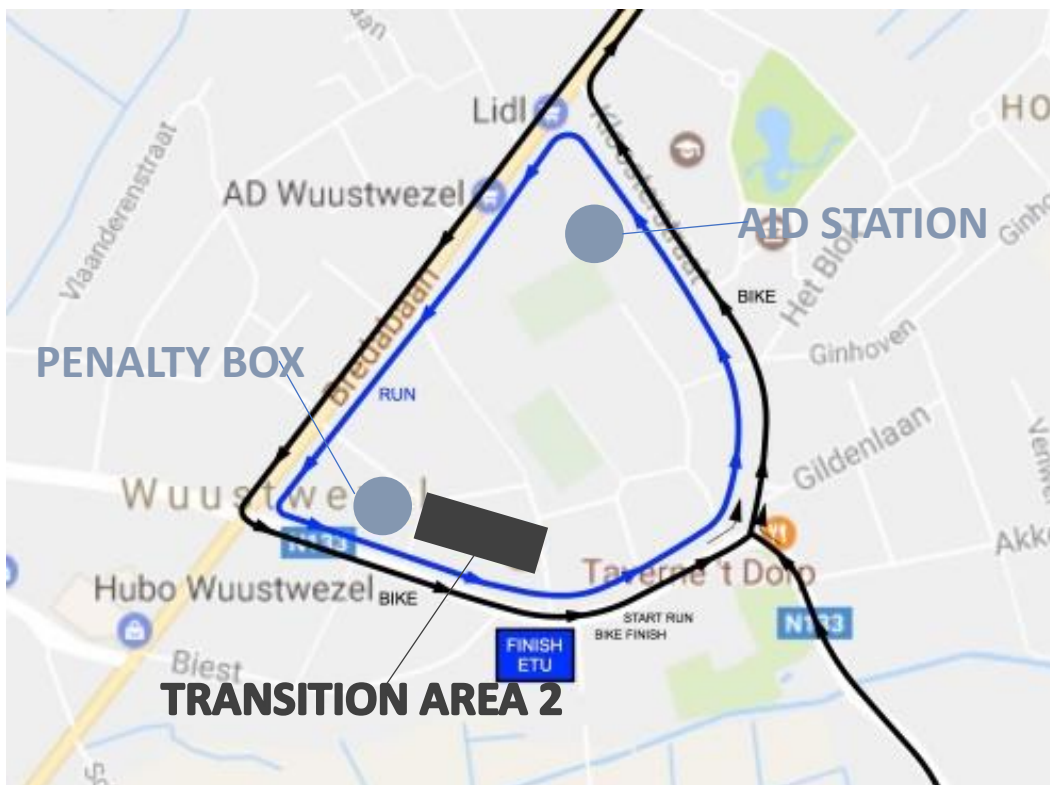
Number of Laps: 3

Flat track, in the centre of Wuustwezel

Asphalted and brick-paved roads

Track is partly the same as the bike-track

Number of aid stations: 1



blue track

Good luck.