

# ATHLETE'S GUIDE RIGA 2022



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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

#### 12.08.2022 Friday

<b>11:00</b>	Pre-recorded briefing available – triathlon.org event website
<b>12:30 – 14:30</b>	Race package pick up – Mezaparks Grand Stage
<b>15:00 – 15:30</b>	Bike course familiarization – Transition Area (starting point)
<b>16:00 – 16:45</b>	Swim course familiarization – Kisezers beach

#### 13.08.2022 Saturday

<b>9:00</b>	Junior Men Start
<b>11:30</b>	Junior Women Start
<b>13:00</b>	Award ceremony

### 1.3. KEY CONTACTS

<b>Race director</b>	Sandra Opite	+371 292 19699; <a href="mailto:sandra.golfs@parks.lv">sandra.golfs@parks.lv</a>
<b>Head Referee</b>	Igors Siminatis	<a href="mailto:igors.siminaitis@inbox.lv">igors.siminaitis@inbox.lv</a>
<b>Technical Delegate</b>	Eero Raudsepp	<a href="mailto:eero.raudsepp@triatlon.ee">eero.raudsepp@triatlon.ee</a>
<b>Assistant TD</b>	Evita Leitane	<a href="mailto:evita.leitane@triatlons.lv">evita.leitane@triatlons.lv</a>
<b>Athletes' services manager</b>	Ieva Galeniece	+371 29221639; <a href="mailto:ieva.galeniece@triatlons.lv">ieva.galeniece@triatlons.lv</a>
<b>Europe Triathlon office</b>		+32478825456; <a href="mailto:etu_hq@etu.triathlon.org">etu_hq@etu.triathlon.org</a>

### 1.4. CONTACT DETAILS

Local Organizing Committee (LOC):

Latvian Triathlon Federation (Latvijas Triatlona Federācija)

Address: Ganību dambis 25d, Rīga, LV-1005, Latvia

President: Aigars Strauss, [aigars.strauss@triatlons.lv](mailto:aigars.strauss@triatlons.lv)

General Secretary: Arvīds Zariņš, [arvids.zarins@triatlons.lv](mailto:arvids.zarins@triatlons.lv)

Web page: [www.triatlons.lv](http://www.triatlons.lv)

### 1.5. ENTRY FEES

Entry fee is 65 € and must be paid in advance.

Bank details:

Latvijas Triatlona federācija

Reg.nr.: 40008024242

Ganību dambis 25d, Rīga, LV-1005

AS Swedbank, HABALV22

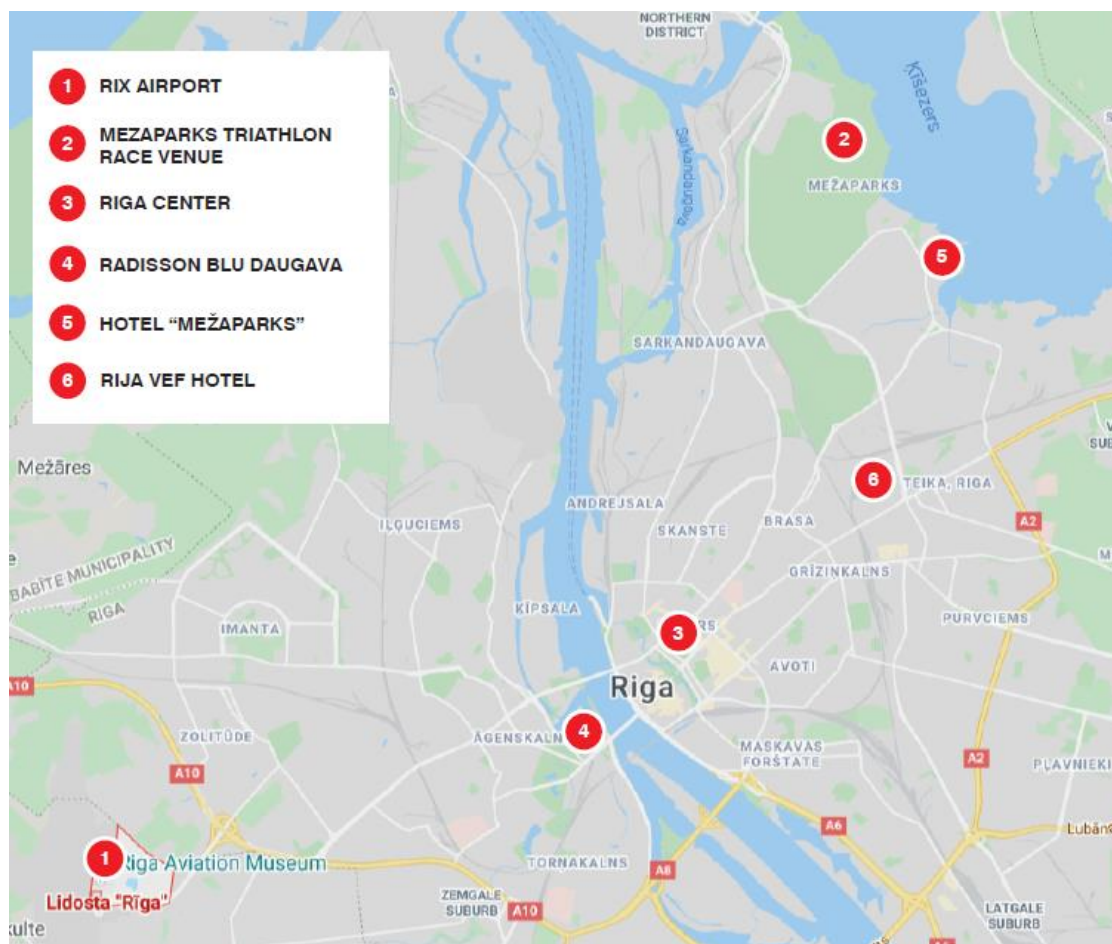
Account nr.: LV24HABA0551025014818

## 2. VENUE

### 2.1. RACE VENUE

Mezaparks (a park in Riga), main location of the event – **Mezaparks' Grand Stage**

Address: **Gatartas iela 9, Ziemeļu rajons, Riga, LV-1014**



Mezaparks is one of the most beautiful, greenest, and also one of the most prestigious neighborhoods in Riga, as well as a popular recreation area. It is situated next to Lake Kisezers.

After the Swedish king set up a military camp here in the 17th century, the area became known as Keninu mezs (the Forest of Kings). Later on, the name transformed into Kaiserwald (German for the King's Forest). The neighborhood acquired its present name (Forest Park in Latvian) only in 1923.



The major cultural and recreational park Mežaparks opened in 1949. One of the few remaining forested areas in Riga became integral part of the park and gave it its identity.

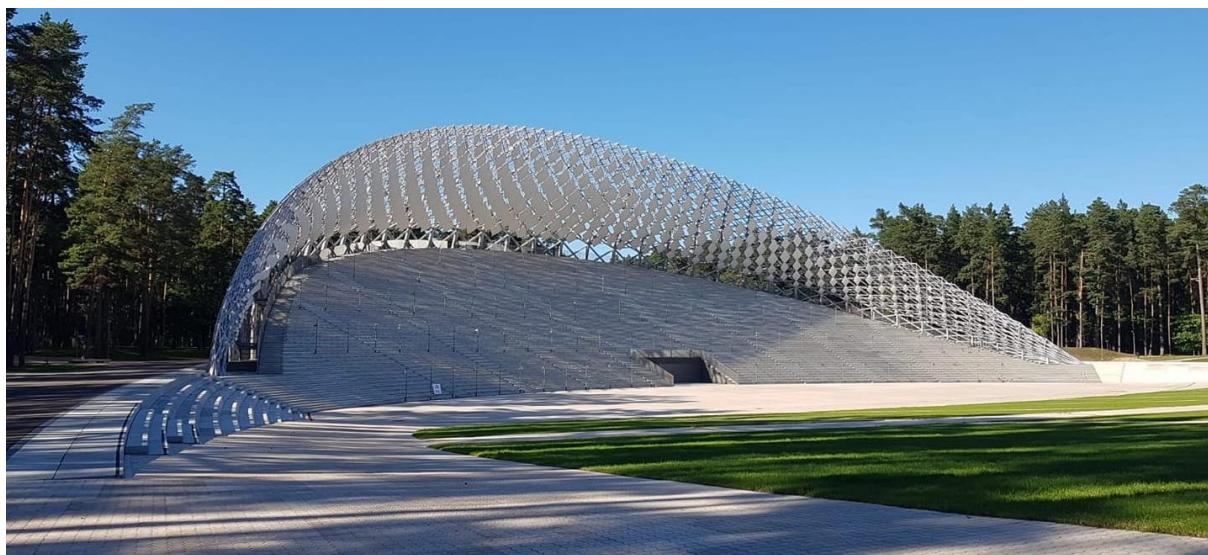
The Grand Stage of the Song Festival is located at Mežaparks, hosting one of the most important events in the cultural life of Latvia once every four years – the Song Festival. The Grand Stage is also a popular venue for concerts by local and foreign artists.

Riga Zoo is also located in Mežaparks and is a good landmark when trying to navigate individual travels.

More about Mežaparks on: <https://www.latvia.travel/en/sight/mezaparks>

**Coming by public transport** – the most convenient route is to take Tram 11 towards Mežaparks from National Opera (city center stop). The tram connects Riga City Center to Mežaparks and it takes a 20min ride or alternatively take Bus 9 towards Mežaparks from Abrenes iela. A convenient app for local public transport, timetables and route options – Trafi. For more information please see Riga Public Transportation website [here](#).

**Coming by car** – the park can be accessed from two directions. Either navigate towards the Riga Zoo or towards More Street 22. Bear in mind the parking spaces near the park are limited and entry to the park is allowed only with special permits.



## 2.2. COURSE FAMILIARIZATION

12.08.2022 Friday	Familiarization
15:00 – 15:30	BIKE COURSE – Transition area (starting point)
16:00 – 16:45	SWIM COURSE – Kisezers beach

The bike and run course is in the park territory and accessible to tourists, pedestrians, cyclers and others. You can familiarize yourself with the bike and run course also individually in your free time.

### 2.3. ATHLETES' LOUNGE

The Athletes' Lounge is located by the Grand Stage.

Distribution of timing chips and swim caps will take place in the ATHLETES' LOUNGE.

Drinks, fruits and access to the bathrooms will be provided.

### 2.4. JUNIOR ATHLETES' RACE PACKAGE

The race package/accreditation is delivered on Friday, August 12<sup>th</sup> from 12:30 to 14:30 at Mezaparks Grand Stage.

Race Package consists of:

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

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 [ieva.galeniece@triatlons.lv](mailto:ieva.galeniece@triatlons.lv)

### 2.5. DOPING CONTROL

Doping control site will be located at the Grand Stage. 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

Monday – Thursday 11:00- 14:00

Address: Ganību dambis 25D

Contact: Aigars Strauss, phone: +371 29676719

Friday – Saturday 11:00 – 18:00 - Mezaparks Grand Stage

Contact: Aigars Strauss, phone: +371 29676719

### 3. ACCOMMODATION

Hotel	Address	Details
<i>Radisson Blu Daugava Hotel</i>	24 Kugu Street, Riga, LV-1007  Check Here: <a href="https://www.radissonhotels.com">https://www.radissonhotels.com</a>	To book rooms e-mail <a href="mailto:reservation.riga@radisson.com">reservation.riga@radisson.com</a> quoting "RIGATRIATHLON" to receive the offer.  Superior SGL / DBL – 75.00 / 85.00 EUR per room per night incl. breakfast Junior Suite – 105.00 EUR per room per night incl. breakfast
<i>Rija VEF Hotel</i>	Brivibas Street 199c, Rīga, LV-1039  Check Here: <a href="https://www.rijahotels.com/lv/viesnicas/rija-vef-hotel">https://www.rijahotels.com/lv/viesnicas/rija-vef-hotel</a>	Use code "TRIAT22" for 20% of the public price  Accommodation period -13.08 - 15.08.2022  Code is valid for booking made from 29.07.2022 till 13.08.2022.  To book, click <a href="#">HERE</a>

### 4. TRANSFER AND TRANSPORT

#### NEAREST AIRPORT

Riga Airport (RIX)

From airport to Event Venue:

- By public transportation: Take bus No 22 towards Abrenes iela from Lidosta Riga. From there take bus No 9 towards Mezaparks from Abrenes iela or take Tram No 11 towards Mezaparks from National Opera. Please take note, that purchase of tickets is not available on transportation and have to be bought in advance from the relevant kiosks. See Riga Public Transportation website [here](#).

Various Taxi companies at the airport are available. The cheapest (similar to Uber) is Bolt (available via Bolt app).

- If you are coming by car – enter *Mores iela 22, Ziemeļu rajons, Rīga, LV-1034* into navigation. The park does not allow cars in the park. This address will take you to the entrance closest to the grand stage. If you walk/ride a bike straight ahead on the main road for 1km, you will come upon the grand stage on the left.

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

Price per person:      - € 60, transfer in both directions.  
                                 - € 35, transfer in one direction.

You can order transport on the following email: [ieva.galeniece@triatlons.com](mailto:ieva.galeniece@triatlons.com)

Please send us: your name, contact details, arrival time, flight number, number of people, number of bikes, host hotel, and contact person of your team.

Pay in cash (EUR).

## 5. ATHLETES' SERVICES

### 5.1. TRAINING FACILITIES



#### SWIM

The LOC does not provide swimming training facilities. Options to explore if you wish to book a slot at a swimming pool:

- Olympic Swimming pool, address – Grostonas Str. 6b, LV-1013, Riga  
Website - [https://www.olimpiskais.lv/en/?from\\_store=lv](https://www.olimpiskais.lv/en/?from_store=lv)



#### BIKE

Recreational Park – Mezaparks. Several paths available, speed limit – 20km/h. See map below.

Bikernieku sports complex, S. Eizensteina Str. 4, LV-1079

Website - [www.bksb.lv](http://www.bksb.lv)



#### RUN

Recreational Park – Mezaparks. Several paths available, little to no traffic, watch out for other park-goers.





## 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Race Village 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 - The hospital of Traumatology and Orthopedics

Address - Riga, Duntes Street 22

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. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
12.08.2022	11:00		Athletes' briefing (pre-recorded)	Event website on triathlon.org
12.08.2022	12:30	14:30	Race package pick up	Grand Stage
12.08.2022	15:00	15:30	Bike familiarization	Transition Area
12.08.2022	16:00	16:45	Swim familiarization	Kisezers' beach
13.08.2022	7:30	8:30	Athlete check-in	Athletes' Lounge
13.08.2022	8:00	8:45	TA check-in	Transition Area
13.08.2022	8:15	8:45	Swim warm-up	Kisezers' beach
13.08.2022	8:50		Calling area	Kisezers' beach
13.08.2022	8:55		Athletes' introduction	Kisezers' beach
13.08.2022	9:00		Start	Kisezers' beach
13.08.2022	13:00		Award Ceremony	Grand Stage

### 6.2. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
12.08.2022	11:00		Athletes' briefing (pre-recorded)	Event website on triathlon.org
12.08.2022	12:30	14:30	Race package pick up	Grand Stage
12.08.2022	15:00	15:30	Bike familiarization	Transition Area
12.08.2022	16:00	16:45	Swim familiarization	Kisezers' beach
13.08.2022	10:00	11:00	Athlete check-in	Athletes' Lounge
13.08.2022	10:30	11:15	TA check-in	Transition Area
13.08.2022	10:45	11:15	Swim warm-up	Kisezers' beach
13.08.2022	11:20		Calling area	Kisezers' beach
13.08.2022	11:25		Athletes' introduction	Kisezers' beach
13.08.2022	11:30		Start	Kisezers' beach
13.08.2022	13:00		Award Ceremony	Grand Stage

### 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 pre-recorded and it will be published at the event's website on Aug 13<sup>th</sup> at 11:00 (UTC+3).

[2022 Europe Triathlon Junior Cup Riga • World Triathlon](#)

### 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.triathlon.org](http://www.triathlon.org).

All the Results information will be published on the Information Boards at the Information Centre located at the Grand Stage.

## 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 Card.

Accreditation cards will be distributed on 12.08.2022 at the Grand Stage.

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

All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

# 8. MEDIA



FaceBook: @LatvianTriathlonFederation



Instagram: @tri\_latvia



Live feed: [straume.lmt.lv](http://straume.lmt.lv)



Photos: [triatlons.lv](http://triatlons.lv)

# 9. OTHER USEFUL INFORMATION

9.1. LANGUAGE: Latvian (official), English, Russian

9.2. POPULATION: Latvia 1,9 million, Riga 630 000

9.3. CURRENCY: EUR

9.4. TIME: Eastern European time (UTC+3).

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 750 meters

Start: beach start, shallow lake shore with a 100m run to a swimming depth.

Average water temperature +20°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. 200m.



### BIKE COURSE

4 laps of 5,5km

Draft-legal race via park roads. Flat asphalt surface, narrow in some places. The bike course goes through the Transition area. Wheel Station is located 500 meters after the Transition area and Lap Counter is located immediately after Transition area.

### TRANSITION 2

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



### RUN COURSE

2 laps. First full lap is 2,7km, second lap to the finish is 2,4km.

Description: flat, asphalt, park roads. 2 aid stations. Penalty box is located approx. 400m before the finish.



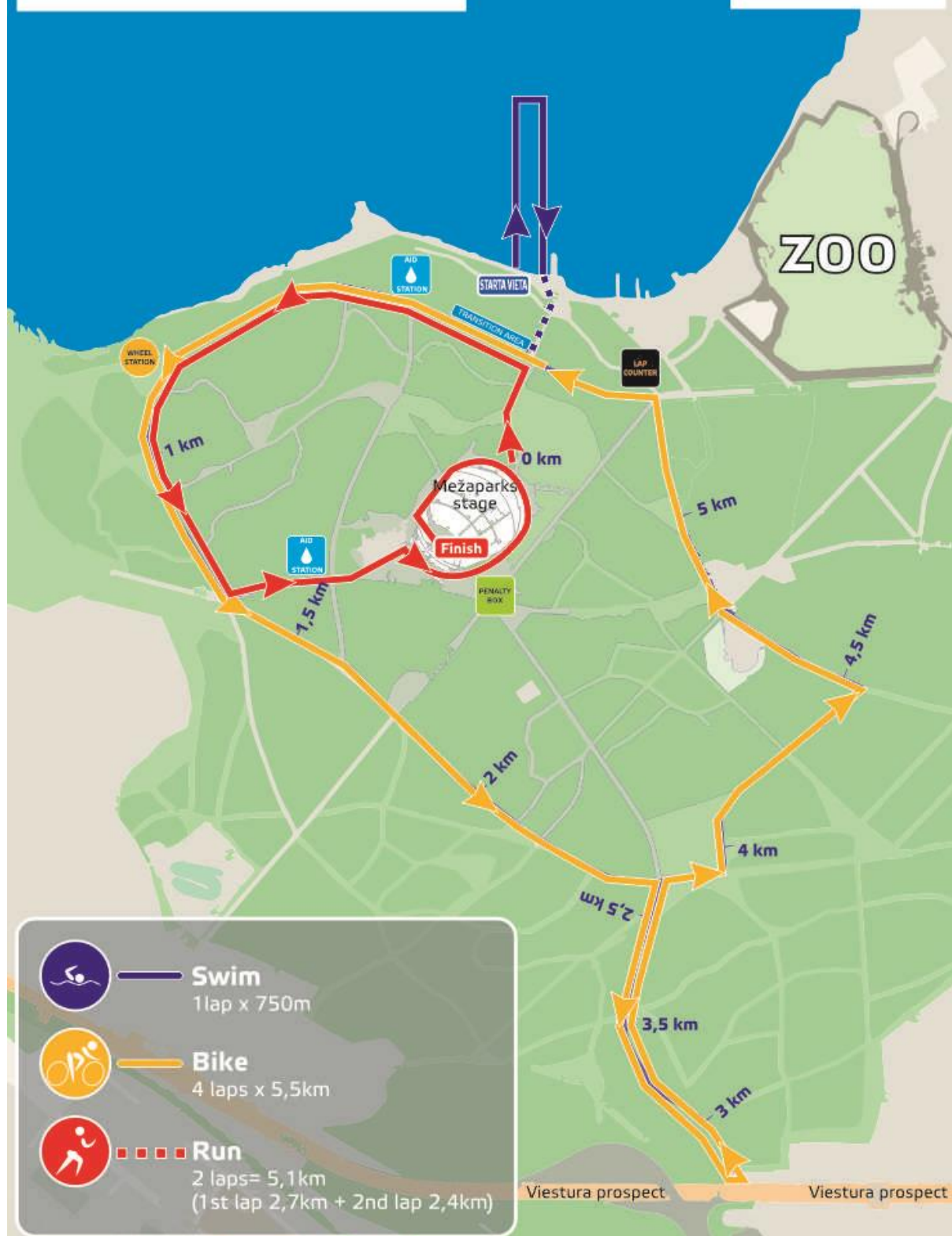
Europe  
Triathlon  
Junior Cup

Rīga  
2022

MEŽAPARKA LIELĀ ESTRĀDE

13.08.2022

RĪGAS MEŽI



## 11. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

### 1. Travel

Currently there are no COVID-19 restrictions in place to enter Latvia. Any change will be published on [triathlon.org](https://triathlon.org) Riga event page prior to the event.

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:

- Respect the travel regulations set by the host country
- Fill in the online pre-event questionnaire through the World Triathlon website.

If you require additional help, please contact [ieva.galeniece@triatlons.lv](mailto:ieva.galeniece@triatlons.lv) (Athletes' Services Manager).

# Good luck!