

Europe
Triathlon
Junior Cup

Rīga
2023

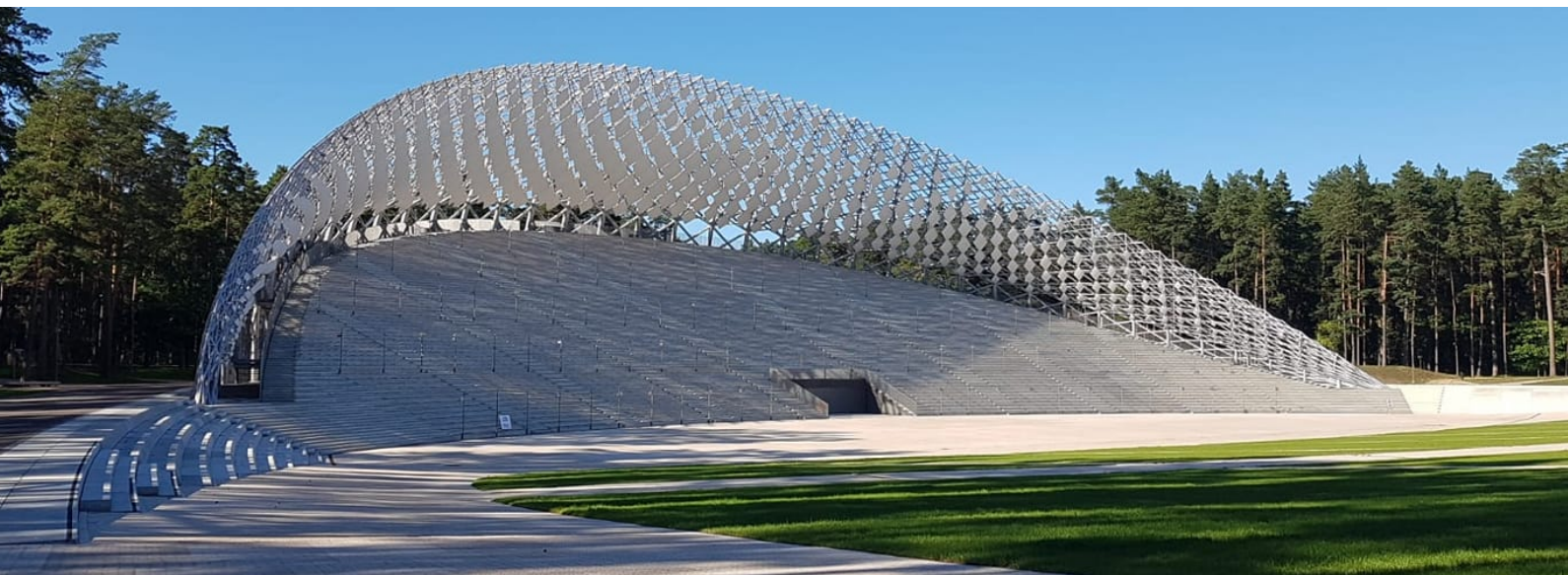


RĪGA



ATHLETE'S GUIDE

RIGA 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 office regarding any changes in information included in this guide.

1.2. KEY DATES

11.08.2023 Friday	
16:00	Bike course familiarization – Transition Area (starting point, 2 laps)
16:30 – 17:15	Swim course familiarization – Kisezers beach
18:00	Athletes Briefing – Mezaparks Grand Stage, race package pick up immediately after briefing

12.08.2023 Saturday	
9:00	Junior Men Start
11:30	Junior Women Start
13:00	Award ceremony

1.3. KEY CONTACTS

Race director	Ivars Racins	<i>triathlon.riga2023@gmail.com</i>
Head Referee	Maryia Charkouskaya-Tarasevich	
Technical Delegate	Eero Raudsepp	<i>eero.raudsepp@triatlon.ee</i>
Assistant TD	Sintija Straksa	<i>sintija.straksa@triatlons.lv</i>
Athletes' services manager	Ieva Galeniece	+371 29221639; <i>ieva.galeniece@gmail.com</i>
Europe Triathlon office		<i>etu_hq@etu.triathlon.org</i>

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

General Secretary: Arvīds Zariņš, arvids.zarins@triatlons.lv

Web page: www.triatlons.lv

1.5. ENTRY FEES

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

Bank details:

Latvijas Triatlona federacija

Reg.nr.: 40008024242

Ganību dambis 25d, Rīga, LV-1005

AS Swedbank, HABALV22

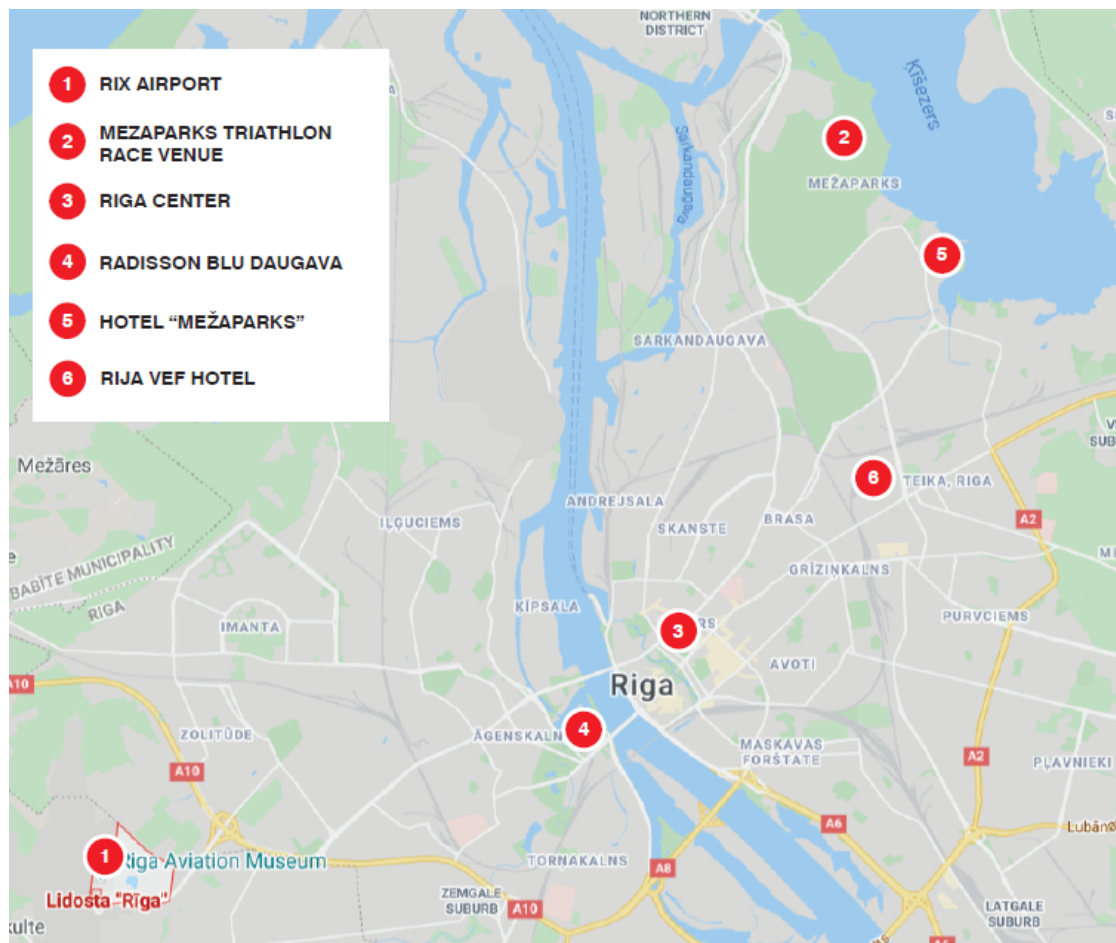
Account nr.: LV24HABA0551025014818

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, Rīga, 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 Mezaparks 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 Mezaparks, 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 Mezaparks and is a good landmark when trying to navigate individual travels.

More about Mezaparks 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 Mezaparks 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.

12.08.2023

RACE VENUE



2.2. COURSE FAMILIARIZATION

11.08.2023 Friday	Familiarization
16:00	BIKE COURSE – Transition area (starting point, 2 laps)
16:30 – 17:15	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 on race day morning 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 11th in Mezaparks Grand Stage immediately after Athletes Briefing.

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@gmail.com.

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

Address: Mezaparks Grand Stage

Contact: Aigars Strauss, phone: +371 29676719

3. ACCOMMODATION

Hotel	Address	Details
Radisson Blu Daugava Hotel	24 Kugu Street, Riga, LV-1007 Check Here: https://www.radissonhotels.com	Promo code - RigaTriathlons23 Superior SGL – 75 EUR per room per night Superior DBL – 85.00 EUR per room per night Junior Suite – 105.00 EUR per room per night Breakfast included.
Rija VEF Hotel	Brivibas Street 199c, Rīga, LV-1039 Check Here: https://www.rijahotels.com/lv/viesnicas/rija-vef-hotel	Use code “TRIAT23” for 20% of the public price Accommodation period -10.08 - 14.08.2023 Code is valid for booking made from 23.05.2023 till 01.08.2023.
Tallink Hotel Riga	Address: Elizabetes iela 24, Centra rajons, Rīga, LV-1050 Check Here: https://hotelbooking.tallink.com/	Promo code - TRIATHLON23 Standard SGL - 79.00 EUR/ per night Standard DBL – 89.00 EUR/ per night Superior SGL - 94.00 EUR/ per night Superior DBL - 104 .00 EUR/per night Breakfast included.

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@gmail.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
- Kļīpsala Swimming Pool, address - Kipsalas Str. 5, LV-1048, Riga
Website - <https://www.baseins.eu/en/>



BIKE

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



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 and familiarization.

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, Dunties 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
11.08.2023	16:00		Bike familiarization	Transition Area
11.08.2023	16:30	17:15	Swim familiarization	Kisezers' beach
11.08.2023	18:00		Athletes Briefing and race package pick up	Grand Stage
12.08.2023	7:30	8:30	Athlete check-in	Athletes' Lounge
12.08.2023	8:00	8:45	TA check-in	Transition Area
12.08.2023	8:15	8:45	Swim warm-up	Kisezers' beach
12.08.2023	8:50		Calling area	Kisezers' beach
12.08.2023	8:55		Athletes' introduction	Kisezers' beach
12.08.2023	9:00		Start	Kisezers' beach
12.08.2023	10:15	10:30	TA check-out	Transition Area
12.08.2023	13:00		Award Ceremony	Grand Stage

6.2. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
11.08.2023	16:00		Bike familiarization	Transition Area
11.08.2023	16:30	17:15	Swim familiarization	Kisezers' beach
11.08.2023	18:00		Athletes Briefing and race package pick up	Grand Stage
12.08.2023	10:00	11:00	Athlete check-in	Athletes' Lounge
12.08.2023	10:30	11:15	TA check-in	Transition Area
12.08.2023	10:45	11:15	Swim warm-up	Kisezers' beach
12.08.2023	11:20		Calling area	Kisezers' beach
12.08.2023	11:25		Athletes' introduction	Kisezers' beach
12.08.2023	11:30		Start	Kisezers' beach
12.08.2023	12:45	13:00	TA check-out	Transition Area
12.08.2023	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. ATHLETES' BRIEFING

The athletes' briefing will take place in person at the Grand Stage on Friday, August 12 at 6PM. Athletes must bring an ID.

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 the Athletes' Lounge.

6.6. RESULTS

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

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 11.08.2023 at the Grand Stage. Accreditation cards need to be picked up in person.

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](https://www.facebook.com/LatvianTriathlonFederation)



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



Live feed: straume.lmt.lv



Photos: 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.

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 2,4km, second lap to the finish is 2,45km.

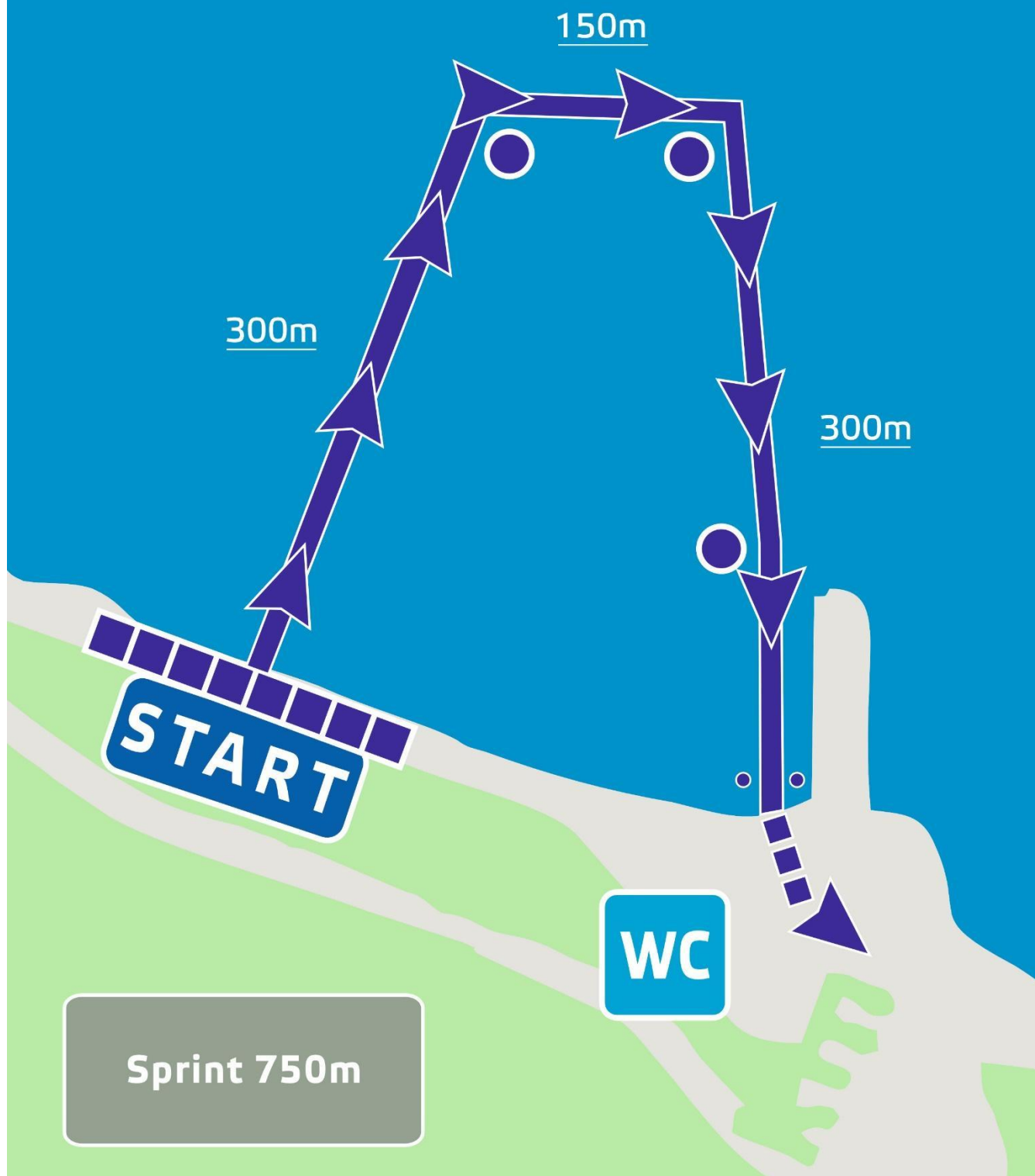
Description: flat, asphalt, park roads. 2 aid stations. Penalty box is located approx. 400m before the finish.

12.08.2023

SWIM COURSE



RĪGAS MEŽI



12.08.2023



Good luck!