

ATHLETE'S GUIDE

2019 ETU Triathlon Junior European Cup

Zilina, Slovakia

TRIATHLON 
JUNIOR EUROPEAN CUP
ZILINA 2019

ETU



žilinský triatlon

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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

August 17, Saturday

17:00 – 18:00 Accreditation to the race	Water dam Zilina, registration
16:30 – 17:30 Run course familiarization	Water dam Zilina
16:00 – 17:30 Bike course familiarization	Water dam Zilina
16:00 – 17:30 Swim course familiarization	Water dam Zilina
18:00 – 19:00 Race Briefing	Nová Synagóga, Zilina
19:00 – Pasta party	Nová Synagóga, Zilina

August 18, Sunday

11:30 – 12:30 Athletes lounge open – All	Athletes lounge
12:15 – 12:40 Transition check-in – junior women	transition area
12:15 – 12:40 swim warm up – junior women	Water dam Zilina
12:50 – Pre start presentation – line up junior women	Start area
13:00 – start ETU European cup junior women	
14:15 – 14:40 Transition check-in – junior men	transition area
14:15 – 14:40 swim warm up – junior men	Water dam Zilina
14:50 – Pre start presentation – line up junior men	Start area
15:00 – start ETU European cup junior men	
16:10 – 16:30 – transition check-out – All	transition area
16:30 – Medal ceremony women and men	Medal ceremonies' stand

1.3. KEY CONTACTS

Event director:	Tomáš Jurkovič, jurkovic.t@gmail.com , 00421 904 457 419
Technical delegate:	Petr Mužíček, petr.muzicek@triatlon.cz , 00420 733 593 335
Athlete services manager:	Martin Jurkovič, matess21@gmail.com , 00421 903 869 308

1.4. CONTACT DETAILS

Klub plaveckých športov Nereus Žilina, Vysokoškolákov 8, Žilina, 010 08, Slovakia
nereus@nereus.sk
00421 904 457 419



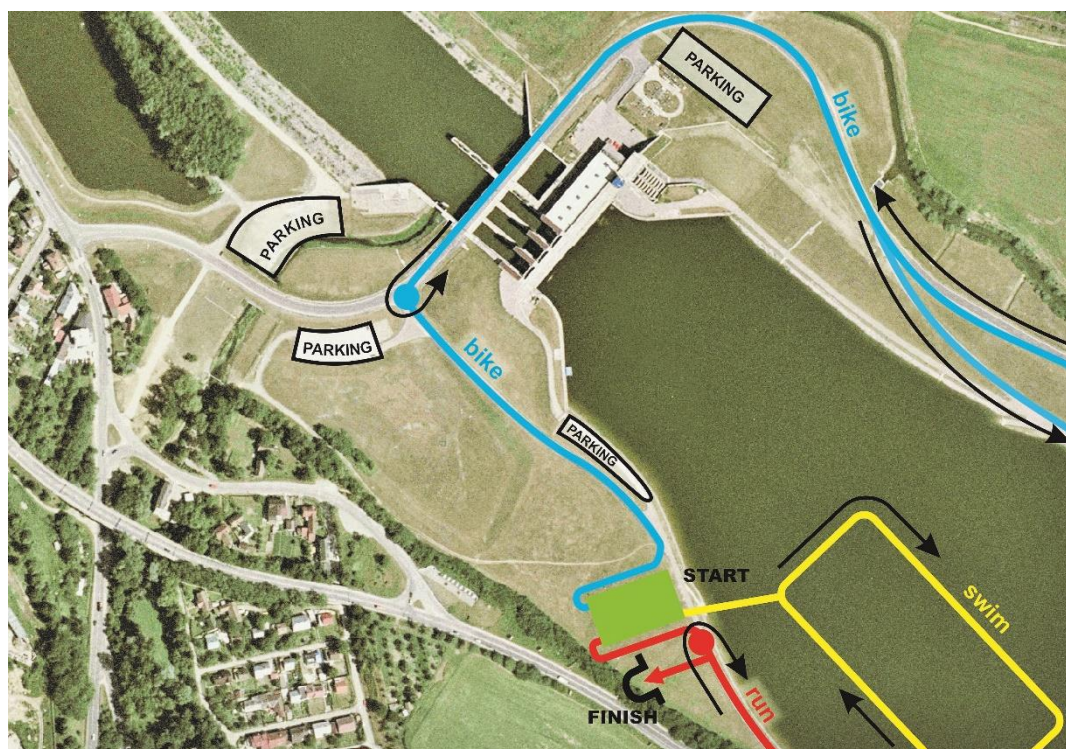
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2. VENUE

2.1. RACE VENUE

Vodné dielo, 013 01 Žilina, Slovensko

<https://www.google.com/maps/place/Vodn%C3%A9+dielo+%C5%BDilina/@49.2149969,18.7754859,17z/data=!3m1!4b1!4m5!3m4!1s0x4714595e8fdb2b1:0x663e10cba2388c0!8m2!3d49.2149969!4d18.7776746?hl=sk>



2.2 COURSE FAMILIARIZATION

August 17, Saturday

16:30 – 17:30 Run course familiarization

Water dam Žilina

16:00 – 17:30 Bike course familiarization

Water dam Žilina

16:00 – 17:30 Swim course familiarization

Water dam Žilina

2.3. ATHLETE'S LOUNGE

Athlete's lounge is located near the transition area on water dam Žilina. It provides toilet, water and ISO drinks

2.4. JUNIOR ATHLETES' RACE PACKAGE

August 17, Saturday

18:30 – 19:00 race package pick up after race briefing

Nová Synagóga, Žilina



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2.5. DOPING CONTROL

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

2.6. SECURITY

Promoter accepts no competitor for responsibility for any injury, and property.

Compete with the existing rules by the ITU for the European junior Cup 2019. Local police of Žilina and security company will provide the security for the event.

All competitors participate at their own risk.

2.7. LOC OFFICE

Swimming pool Žilina

Klub Plaveckých športov NEREUS

Vysokoškolákov 8, Žilina, 01001

contact: Tomáš Jurkovič, jurkovic.t@gmail.com, 00421 904 457 419

3. ACCOMMODATION

For accommodation you can use many hotels and hostels in Žilina. We recommend following:

1. Hotel HOLLIDAY INN ŽILINA
Športová 2, 01001, Žilina
Reservations: reservations@holidayinn-zilina.sk
Tel.number: [+421\(0\)41 5050 120](tel:+4210415050120)
www: <http://holidayinn-zilina.sk/>
2. Hotel DUBNÁ SKALA
J.M.Hurbana 345/8, 01001, Žilina
Reservations: hoteldubnaskala@doxx.sk
Tel.number: [+421 41 5079 100](tel:+421415079100)
www: <https://www.hoteldubnaskala.sk/>

For accommodation in Hostel please contact:

Jurkovic.t@gmail.com

4. TRANSFER AND TRANSPORT

Closest Airports:

Bratislava airport (BTS) – 200 km

Vienna airport (VIE) – 260 km

Krakow airport (KRK) – 220 km

Budapest airport (BUD) – 360 km



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Local Transportation:

It you want to arrange transport from airports, please contact: jurkovic.t@gmail.com

minibus for 8 person (in case max 5 people, possible 3-4 bikes and luggage)

- Bratislava – Zilina – 150€ (one way)
- Vienna – Zilina – 210€ (one way)
- Budapest – Zilina – 350€ (one way)
- Krakow – Zilina – 210€ (one way)

If you want to arrange transport, please write as soon as possible your flight details and number of persons and bikes.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Open water swim on water dam Zilina is possible at any time except Saturday local races

Swimming pool Zilina (50m) – street: Vysokoškolákov 8, Zilina

Opening hours daily 06:00 – 21:00

<http://www.plavarenzilina.sk/>

contact: +421/41/5655073, plavaren@plavarenzilina.sk



BIKE

Safe bike location is from water dam Zilina direction Mojš, Varín and back or an 8km loop around water dam Zilina.

It is accessible at any time except Saturday local races.



RUN

8km loop around water dam Zilina, absolutely without cars, It is accessible at any time except Saturday local races.

Athletic stadium (400m) – Vysokoškolákov 26, Zilina

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 hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Medical rescue service at race venue:

Doctor of the race: Mudr. Pazderková Emília



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Race day: 19.8.2018 - 09:00 – 18:00 for athletes

Closest hospital address:

Hospital Žilina: Žilinská nemocnica s poliklinikou, Vojtecha Spanyola 43, Žilina

5.3. BIKE MECHANICAL SERVICE

Kubica sport (Bike shop)

Adress: Pri celulózke 1391/47, 010 01 Žilina, Slovensko

500m from race venue

Opening hours on Saturday 17.8.2019 – 9:00 -12:00

Triway tent – at the race venue – small repairs, flat tires, etc.

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
17.8	18:00	19:00	Athlete's briefing	Nová Synagóga, Zilina
17.8	18:30	19:00	Athlete's race package pick up	Nová Synagóga, Zilina
18.8	11:30	12:30	Athlete Lounge check in	Water dam Zilina
18.8	12:15	12:40	TA check in	Transition area
18.8	12:15	12:40	Swim warm-up	Start area
18.8	12:45	12:50	Calling area	Start area
18.8	12:50		Athletes introduction	Start area
18.8	13:00		Start	Start area
18.8	16:30		Award Ceremony	Water dam Zilina

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
17.8	18:00	19:00	Athlete's briefing	Nová Synagóga, Zilina
17.8	18:30	19:00	Athlete's race package pick up	Nová Synagóga, Zilina
18.8	11:30	12:30	Athlete Lounge check in	Water dam Zilina
18.8	14:15	14:40	TA check in	Transition area
18.8	14:15	14:40	Swim warm-up	Start area
18.8	14:45	14:50	Calling area	Start area
18.8	14:50		Athletes introduction	Start area
18.8	15:00		Start	Start area
18.8	16:30		Award Ceremony	Water dam Zilina



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6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

August 17, Saturday

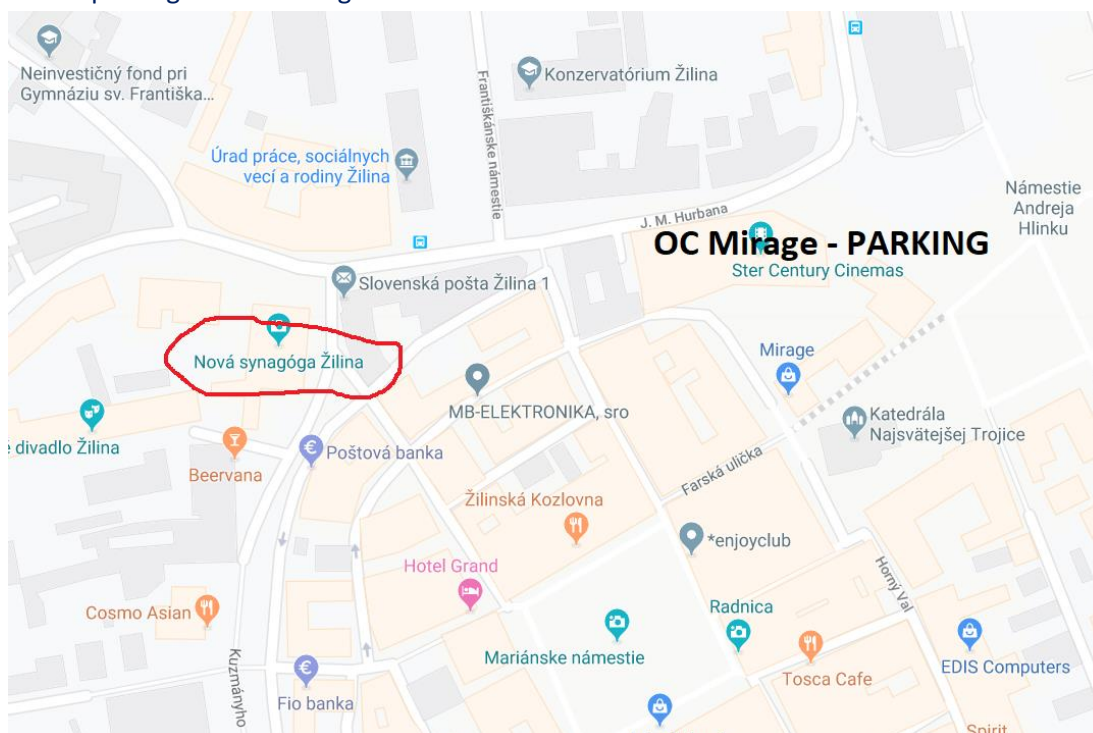
18:00 – 19:00 Nová Synagóga, J. M. Hurbana 220/11, Žilina

Athletes briefing is mandatory.

Athletes can leave their bikes direct in Nová Synagóga during race briefing. If you want to move to briefing on the bike, you can follow LOC representative on the bike going from the lake to briefing at 5.30PM



Closes parking is in OC Mirage:





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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.competitions.com.

All the Results information will be distributed to the Team Leaders at the Information Centre.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

August 17, Saturday

15:00 – 18.00 Accreditation to the race

Presentation area next transition area

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 COURSE

Start procedures: in-water 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: 19-23 degrees

Swim course is marked yellow.

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 un-rack the bike by moving forward into the centre lane and towards the mount line



BIKE COURSE

Bike course is flat, with 2 small hills (about 100-200 metres) in each lap. Bike course is closed for traffic.

Number of laps: 3

Bike course is marked blue.

Wheel stop is 200m after turning point (possible to use in every bike lap).

TRANSITION 2

From the dismount line, athletes enter the transition area on one side and must deposit bike gear on their marked place. Athletes' names and/or numbers are displayed on the top of each bike rack. After bike and bike gear is on the spot, athlete start running on the other side of the transition area.

Running shoes may be placed beside the rack or in the bin.

RUN COURSE

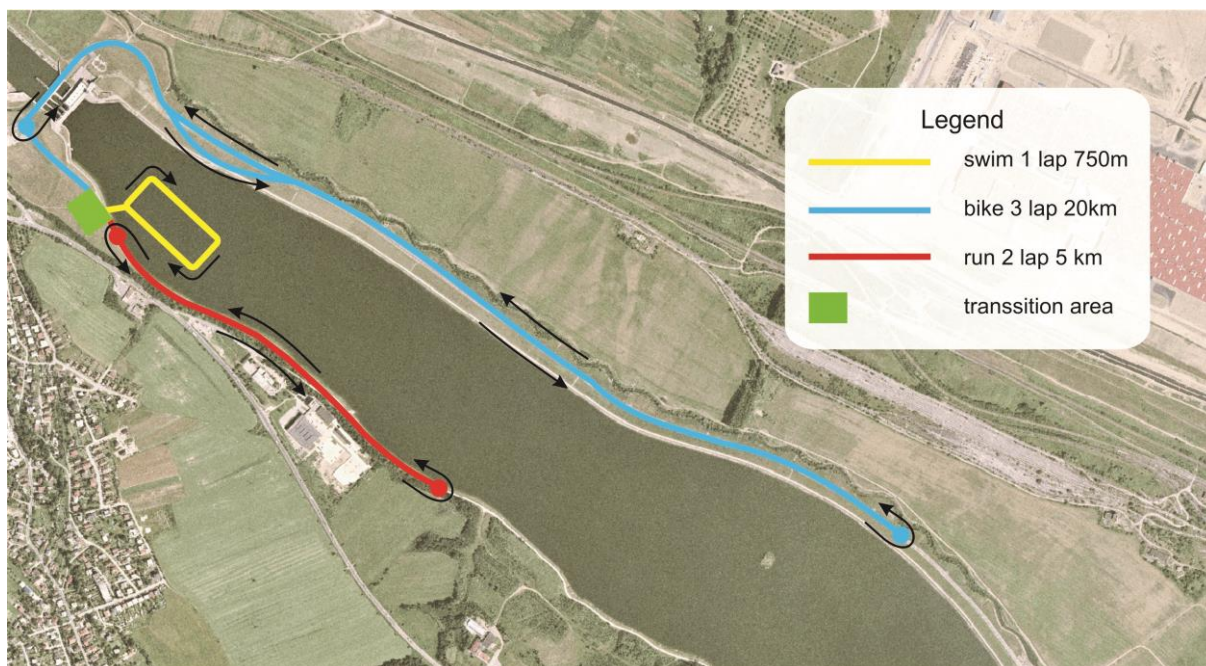
Run course is absolutely flat, asphalt surface.

Number of laps: 2

Aid station: 1 each lap, near transition area.

Penalty box: near transition area, see location on map.

Run course is marked red.





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