




Athletes Guide

Triathlon



DISCLAIMER

All information in this athletes' guide was correct at the time of going to press. Changes to schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes Village or Sports Information Desk at the Competition Venue.





Welcome

The 3rd European Games Kraków-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Athletes' Guide will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Guide also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Guide helps with your planning in the weeks remaining before the European Games 2023. Hard copies of a Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Kraków-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.




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1. General Information

Triathlon Competition at the 3rd European Games 2023 will be held from 27 June to 1 July at Nowa Huta Lake in Krakow. More than 120 athletes will compete in 3 medal events during Triathlon Competition. Individual races will be a qualification for Paris 2024 Olympic Ranking.

1.1. Key dates

Date	Event
2 June 2023	Sports Entries Submission Deadline
18 June 2023	Athletes' Village official opening
21 June 2023	EG2023 Opening Ceremony
24 June 2023	Arrival day
25 June 2023	Arrival day / Athletes' Briefing, Coaches Meeting
26 June 2023	Official training – Swim Familiarization, Bike Familiarization / Technical Meeting
	Competition Day 1
27 June 2023	Women Individual Race Women Individual Medal Ceremony
	Competition Day 2
28 June 2023	Men Individual Race Men Individual Medal Ceremony
29 June 2023	Contingency Day (Individual) / Coaches Meeting for Mixed Relay / Athletes Briefing (Mixed Relay) / Swim Familiarization for Mixed Relay
30 June 2023	Free Day
	Competition Day 3
1 July 2023	Mixed Relay Race
2 July 2023	Contingency Day (Mixed Relay) EG2023 Closing Ceremony
2-3 July 2023	Departure day
4 July 2023	Athletes' Village official closing

1.2 Competition Management

Position	Name
Triathlon Competition Manager	Filip SZOŁOWSKI
Triathlon Venue Manager	Łukasz MONIKOWSKI

1.3. European Triathlon Union (ETU)

Position	Name	NOC Code
President	Renato BERTRANDI	ITA
Secretary General	Kathleen SMET	BEL
Technical Delegate	Howard VINE	GBR
Team Leader	Eriketti MARGARI	GRE
Assistant Technical Delegate	Esther SANCHEZ	ESP
Head Referee	Dirk Bogaert	BEL

1.4. Competition Jury

Position	Name	NOC Code
Chair	Howard VINE	GBR
European Executive Board Representative	Renato BERTRANDI	ITA
National Federation Representative (Poland)	Karolina TURWICZ	POL

1.5. Medal Events

This competition will consist of three medal events, summary below:

Men's Events (1)	Women's Events (1)	Mixed Events (1)
Elite Men Individual	Elite Women Individual	Mixed Relay

1.6. Competition Format

Triathlon events at the European Games Krakow-Małopolska 2023 will be conducted under the World Triathlon Competition Rules. Triathlon does not have any sport-specific rules and regulations that are amended specifically for the European Games Krakow-Małopolska 2023. However, the following general rules and regulations will apply:

Individual (women and men):

- Swim course length of 1500 m (2 laps)
- Bike course length of 40 km (8 laps)
- Run course length of 10 km (4 laps)

Mixed relay: (2 men & 2 women)

- Swim course length of 300 m (1 lap)
- Bike course length of 5 km (1 lap)
- Run course length of 1,5 km (1 lap)

Each athlete from the team will complete the swim, bike, and run then hand them over to the next athlete.

Each event is continuous, with no breaks in competition. In both the individual and team events, the first athlete/team to complete the race will be declared the winner **Transition:**

Standard style transition with individual bike racks.


1.7. Competition Rules

The Triathlon competition will be delivered in accordance with the most recent version of the World Triathlon Competition Rules, which is in force at the time of the Games.

World Triathlon Competition Rules available at www.triathlon.org here:

https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2023_20230208.pdf

Protests and appeals



Protests and appeals will be carried out in agreement with the World Triathlon competition rules, chapter 12 (Protests) pages 84-91, and chapter 13 (Appeals) page 92. Copies of the Competition Protest Form can be collected from the Head Referee.

Procedures for withdrawn athletes

Athletes failing to complete the swim before the leaders enter Transition to commence their second bike lap will not be allowed to enter transition. Any athlete who has not completed the swim leg or cleared the T1 transition before the bike leader's return to the Transition area will have effectively been lapped and will be held outside transition by a technical official. The athlete's bike will be removed from the Transition area to allow for the bike leaders to pass cleanly through transition and will be sent to the bike storage area. At an appropriate time, the withheld athlete will be escorted from the field of play to the Athletes' Lounge.

Athletes lapped during the bike leg


Any athlete who is lapped during the bike leg will be removed from the field of play as soon as possible for safety reasons and to avoid any confusion with placing and to prevent them from providing drafting assistance to other team members. Technical officials who identify a lapped athlete will communicate to the athlete that they have been withdrawn from the race. The athlete must not ride in a pack or with any other athlete and must retire at the next wheel station or other place indicated by technical officials. Lapped athletes and their bikes will be picked up at the end of the race and returned to the Athletes' Lounge.


Athletes who retire due to injury, exhaustion or bike malfunction

Any athlete who retires due to injury, exhaustion, or bike malfunction will be held at the nearest wheel station, the nearest aid station, or the Athletes' Lounge, and must not re-enter the field of play. If necessary, medical services staff will be informed in order to offer first aid treatment to the athlete. Athletes who do not require any special medical treatment will be picked up at the end of the event and returned to the Athletes' Lounge. The K&MEGOC staff will handle any equipment and make sure it is returned to the Athletes' Lounge.

First runner/last bike scenario

In the Individual races cyclists who have not reached the section where the run course joins the bike by the time the first runner has reached the same location will be considered as lapped out, will be removed from the race, and required to dismount and walk their bike back to the bike storage.





In the Mixed Relay cyclists who have not reached the venue perimeter by the time the lead runners have reached the same location will be withdrawn from the race to allow for the lead runners to make their way through to the finish.

1.8. Clothing and equipment

○ Competition Uniforms

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Krakow- Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

○ The race package will contain:

- helmet numbers (3);
- bike number (1);
- body decals for both arms & legs – 4 x sets.

Race packages will be distributed as below:

- Individual Women and Men / 25 June 2023 / 16:00-17:00 / Village;
- Mixed Relay / 29 June 2023 (Thursday) / 16:00-17:00 / Village

○ Out of Competition Clothing

Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer's identifications and one


(1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies.

○ Bike procedures





The organiser will provide storage for bikes, both in the Athletes Village and in the Venue. Access to bike storage will be possible only for athletes on the basis of accreditation. After bringing the bike to the storage, it will be marked with a serial number and the name and surname of the Athlete. The collection of the bike will be possible on the basis of accreditation.

Bike transfer between the Athletes Village and Venue will be also provided, according to the event schedule. Bike transfer will be possible only for athletes, coaches, and staff on the basis of accreditation. After bringing the bike to the transfer, it will be marked with a serial number and the name and surname of the Athlete.

Bike transfer schedule:

A bike mechanic point will be available, both in the Athletes Village and in the Venue. The exact location of the points is indicated on the maps. Using the bike service will be possible only on the basis of accreditation. Bike mechanic point opening hours:

Venue Race

Days

Tuesday, 27 June 2023 / Women Race / 07:00-14:00

Wednesday, 28 June 2023 / Men Race / 07:00-14:00 Saturday, 01 June

2023 / Mixed Relay Race / 07:00-14:00

Village (Bike Storage)

Non Race Days / 08:00-16:00



1.11 Doping Control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-Doping Rules are available at <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

1.12. Sports Information

Sports Information Center (SIC) is located in the Athletes' Village and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of start lists, draw lists, and results;
- Training Schedule Information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission);
- assistance regarding authorised identifications;
- application for Training Access Passes (TAP);

- schedules of shuttle-bus transfer.

The operating hours are as follows:

Period	Operation Hours
Pre-Opening: from 15 to 17 June 2023	06:00 – 22:00
Official Opening Period: from 18 June to 2 July 2023	06:00 – 22:00

The Sports Information Desk (SID) will be available at each Competition Venue while the venue is open and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of Start Lists, draw lists, and results;
- Training Schedule information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission, registration of filming devices);
- Lost and Found (at Competition Venues only).


1.13 Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. Should this occur, NOCs will be informed of the revised competition schedule through SIC in AVL and SID at the Competition Venue.

Changes will also appear on the Games-time website. For detailed information, please see Appendix 1.

1.14 Weather Information

At the turn of July and June the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around




65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rainfalls an average of 69 mm over 17 days. Precipitation on a day is 50

percent. A cloudy day is 33 percent, and a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include a forecast for the current day as well as a summary forecast for up to three days in advance. The weather forecast will be regional and will be updated throughout the day as required.



2. Competition Venue Information

2.1. Key information

Venue facilities will be accessible on the basis of the accreditation plan. Accreditations will be distributed during race package distribution.

- Venue – Nowa Huta Lake
- Distance (km) from the Athletes' village 13,5 km / 30 min
- Venue capacity – 1000

2.2. Venue access

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the Venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.

K&MEGOC will provide a shuttle service between Kraków and other locations 2-3 times a day, except the route Krakow – Tarnów, where the vehicles will operate more often.

Pick-up Zone and Drop-Off Zone – Krakow, 37 Osiedle Szkolne (entrance from Solidarności Avenue). Localization - <https://goo.gl/maps/gP6M734ka3c3uPHi8>

2.3. Field of Play (FoP)

Field of Play will be located in Kraków – Nowa Huta Lake. The centre of the event will be Bulwarowa Street and the Athletic Stadium nearby. The swim course will be located in Zalew Nowohucki, Transition Zone will be built on Bulwarowa Street, and the bike course will lead along Bulwarowa Street, Kocmyrzowska Street, and Andersa Street. The run course will lead along Bulwarowa Street, and paths located around Zalew Nowohucki. Finish Area will be located on Bulwarowa Street.

2.4. Venue Services and Facilities – descriptions, location and numbers

- **Refreshment Area**

Will be available nearby Athletic Stadium in Bulwarowa Street (Kraków).



Exact Location - <https://goo.gl/maps/TVjunPC2TswDGTX59>

- **Athletes' Changing Rooms**

Changing Rooms (1xMen, 1xWomen) will be available nearby Athletic Stadium in Bulwarowa Street (Krakow), next to Athletes Lounge.

Exact Location - <https://goo.gl/maps/hrB7c6XCpwfpZrfP7>

- **Athletes' Refreshment Area**


Before the competition refreshment station will be available in the Athletes' Lounge/Warm-up area. During the competition, refreshment stations will be available only on the run course (x2) and in the recovery area after the finish line.

Access to snacks and beverages will be provided to Athletes in the Athletes' Areas of the Competition Venues. Snacks and beverages at the sports venues will be available on both Competition Days and Official Training Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

- *on Competition Days*: 1h before the start of the first game to 30 mins after the end of the last game
- *on official Training Days*: 30 mins before the start of the first training up to 30 mins after the end of the last training of the day.

The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:

- Still water in 0.5l bottles at room temperature and chilled;
 - Hot beverages-coffee and tea;
 - Whole fruits -primarily bananas, but also apples, pears, and oranges;
 - 100% apple and orange juice;
 - Fruit and natural yogurts, also a vegan option;
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- Granola bars
- Isotonic drinks in bottles of 0.5l or 0.75l.

- **Broadcast Mixed zone and I-Zone**

Will be located after the finish line on the athletes' route from the finish refresh- ment area to the Athletes' Lounge.

Exact Location - <https://goo.gl/maps/ZGjhFDgrPHMJixGq7>

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.

- **Call Room Area**

Will be located in Transition Zone. Athletes should enter Call Room Area 15 minutes before starting. The athletes' introduction will start 10 minutes before the start.

- **Doping Control Station**


The doping control Station will be located in the building (Miedzyszkolny Osrodek Sportowy Krakow Wschod) next to Athletic Stadium.

Exact Location - <https://goo.gl/maps/oDBU9UaQPucUUour7>

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the athletes and doping control personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.

Lost and Found

All reports of lost items at the Venue should be directed to SID. This is also the location where all



found at the Athletes Area and Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition at which point they will be transferred to SIC in AVL.

- **Medical Services and Facilities**

Medical Point will be located after the finish chute. Ambulances will be located as follow:

- Ambulance nr 1 – the beginning of bike and run course
- Ambulance nr 2 – the middle of bike course
- Ambulance nr 3 – the end of bike course (U-Turn)
- Medical Quad – the middle of run course.

Medical services will be provided at Competition Venues, Training Sites, and Non- Competition Venues.

The following medical services will be provided at the Venue:

Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment.

Pedestrian Parts with a Paramedic, Basic Life Support Equipment.

Medical Aid Points with a doctor or system nurse or paramedic, and Advance Life Support Equipment.

- Warm-up Area


Will be available nearby Athletic Stadium in Bulwarowa Street (Krakow). Exact Location -

<https://goo.gl/maps/TVjunPC2TswDGTx59>

- Venue Evacuation and Emergency procedures

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided





3. Team Leaders Information

3.1. Pre-competition Procedures

Team Leaders' Meeting

Date – 25 June 2023 r.

Time – 14:00-15:00

Location – Athletes Village

Short description: General Secretary, Technical Delegate, Chairman of Judges, Technical Officials, K&MEGOC Triathlon Competition Manager, and Triathlon Venue Manager will preside over the meeting. If necessary A maximum of two represent- atives from each NOC can attend this meeting, accompanied by a NOC Assistant.

3.2. Competition Procedures

NOC Filming Policy

NOC filming is permitted in the Athletes' Stands for the Team Leaders and Athletes who have access to this area. The Team Leaders and Athletes may film the Athlete's performance by using non-professional cameras (including tablets) only. Extra attention should be paid to the height and position of tripods to ensure the viewing of spectators and broadcasting cameras.

The Team Leaders and Athletes are requested to follow instructions from EG2023 Staff and Home Broadcasters when required.

The Teams may also film the training sessions by using non-professional cameras from the Athletes Stands.

Swim Warm-up


The swim warm-up will be next to the start platform, entering from the crossing point of the transition area. The swimming warm-ups will start 1 hour 15 minutes before each start and have to be finished 15 minutes before each start. The swim warm -up for all mixed relay athletes will start 1 hour 15 minutes before the first start and will finish 15 minutes before the first athlete starts.

Procedure of accessing the warm-up area

Only athletes will be allowed to enter the warm-up area. The basis for being admit- ted to the warm-up zone will be a tattoo with the bib number and a swimming cap.

Calling area procedures

Athletes will move to the calling area 15 minutes prior to the competition starting. Athletes will be required to order themselves according to their race numbers. Ath- letes will then be asked to leave



the calling area and approach the transition area in order for the announcement to the spectators of their name, country, and race number. Here athletes will make their way to the platform one by one, following their presentation to the spectators.

3.3. Post-Competition Procedures

Doping Control


Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or Team Doctor to the Doping Control Station along with them.

During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the Athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone and Flash-Zone

After finishing all the Athletes must exit FoP via the Mixed Zone (except those in the care of the Medical team).

All venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also an interview zone provided for all the non-right TV and radio crews. After the competition or Medal Ceremony, all athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the mixed zone. Team coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.



to the

After passing through the Mixed Zone, athletes will be free to return Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the interview zone (outside the mixed zone) or press conference.

Journalists wanting to interview someone would make a request to Press operations volunteers who will escort the athlete. By default, all **three medalists** and all Polish athletes will be accompanied by volunteers for interviews. Press attaches, DCOs, and LANS team members will be able to escort athletes into the Mixed Zone if needed. Once in the Mixed Zone, the athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the volunteer before the start of the interview. The volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same athlete.

The Mixed Zone will be managed by Press Operations volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media 'scrum' is created.


All medalists will be asked to attend a short press conference after **the medal ceremony and** pass through the mixed zone. Volunteers or Press Operations representatives will make their way to Venue Media Centre.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org

Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the www.european-games.org



Medal Ceremonies

All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony.

As a rule, Medal Ceremony is held right after the sports session is finished.

All announcements for the Medal Ceremony will be made in two languages – English and Polish.

It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.


If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games Krakow- Małopolska 2023.



Athletes ranked:

- first,
- second,
- and third


respectively (as well as those sharing the places, if it is outlined by the competition rules) take their places behind the podium.

The rewarding the prize-winners goes as follows:

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.

The national anthem of the gold medalist is played, the national flags of the prize- winners will appear electronically on the led display. While the anthem is played over, the medalists remain on the podium **facing the led display with the electronic Flags view.**

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.



4. Training Information

4.1. Key Information

CONDITIONS OF PARTICIPATION

On competition days only athletes participating in a competition can appear in the venue, i.e. women (June 27), Men (June 28), Team Relay (July 1). Athletes not participating in a given race cannot use the transport provided by the LOC and move around the venue. If you want to participate in the event as a spectator – buy an admission ticket and get to the venue on your own.

OFFICIAL FAMILIARISATION

Official familiarisation sessions (swim and bike familiarisation) will take place at the race venue – Bulwarowa Street/Krakow on 26 June.

Exact Location - Bulwarowa Street / Zalew Nowohucki / Krakow -

<https://goo.gl/maps/jHB1TMXskKr4fGkE7>

- distance from the Athletes' Village – 13,5 km / 30 min

4.2. Training Information and Regulation

Swim Training

Swim Training will be possible in Krakow AVL Swimming Centre, located in the Athletes Village. Athletes or coaches are required to book swimming sessions. Swimming sessions booking will be possible via e-mail address tri.training.booking@ie2023.pl until 20.06.2023. When booking by e-mail, please enter in the mail title "Name of the Federation – Swimming Pool Reservation". In the content of the e-mail, please enter:

- 1) type of session – morning or afternoon session
- 2) date of session
- 3) hours (1 or 2)
- 4) number of athletes

After 22.06.2023 reservation can be made only in SID and SIC.

Swimming sessions will be possible between 24 June - 02 July 2023 at the times indicated below:

07:00-12:00 (6 swimming lanes)

16:00-21:00 (6 swimming)

Each federation can book a maximum of 2 hours in a row and only make one reservation per day. Only one swimming lane will be provided for each federation. After the registration procedure, K&MEGOC will set the hours of entry to the swimming pool for each team. Booking status will be available in an EXCEL table.

Bike Training

Bike Training will be possible in the Sports Hall (next to WKS Wawel Stadium) using roller trainers (20 pcs).

Run Training

Run Training will be possible in WKS Wawel Stadium, 3 Podchorążych Street (1,2 km from Athletes Village).

The Training Site will have controlled access for accredited Team Members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).

-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGO's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.

TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:

- 1-20 athletes 1 TAP per day
- 21-40 athletes 2 TAP per day

The Training Schedule will be provided at SID and during the Technical Meeting. For detailed

information, please refer to Appendix 2.




4.3. Venue Facilities

The following facilities will be available in the venue:

- warming-up area;
- changing room (1xMen / 1xWomen)
- refreshment area;
- bike storage/mechanic.

During official training sessions (course familiarization) athletes lounge, warm-up area, changing rooms and other needed venue parts will be available for athletes.



Appendix 1. Event Competition Schedule

Date	Time	Type
Saturday, 24 June 2023		Arrival Day
Saturday, 25 June 2023		Training Day
	14:00-15:00	Coaches Meeting (Village/Individual)
	15:00-16:00	Athletes' Briefing (Village/Individual)
	16:00-17:00	Race Package Distribution (Village/Individual)
Monday, 26 June 2023	9:00-10:00	Swim Course Familiarisation (Individual Races)
	11:00-12:00	Bike Course Familiarisation (Individual Races and Mixed Relay)
Tuesday, 27 June 2023	10:00-12:10	Women's Individual
	12:30-12:40	Medal Ceremony
Wednesday, 28 June 2023	10:00-12:00	Men's Individual
	12:20-12:30	Medal Ceremony
Thursday, 29 June 2023		Contingency Day (Individual)
	15:00-16:00	Athletes' Briefing (Village/Mixed Relay)
	16:00-17:00	Race Package Distribution/Registration for Mixed Relay (Village/Mixed Relay)
Friday, 30 June 2023	9:00-10:00	Swim Course Familiarisation (Mixed Relay)
Saturday, 1 July 2023	10:00-11:35	Mixed Relay
	11:55-12:05	Medal Ceremony
Sunday, 2 July 2023		Contingency Day (Mixed Relay)
		Departure Day
Monday, 3 July 2023		Departure Day

Appendix 2. Training Schedule

Date	Time	Type
Sunday, 25 June 2023	18:00-20:00	Bike transfer check-in (Village to venue/Women and Men)
Monday, 26 June 2023	8:00	Athlete & Staff Transfer (Village to venue)
	8:00-11:00	Bike pick-up on venue (Venue/Women and Men)
	9:00-10:00	Swim Course Familiarisation (Individual Races)
	11:00-12:00	Bike Course Familiarisation (Individual Races and Mixed Relay)
	12:00-13:00	Bike transfer check-in (Venue to Village /Men)
	12:00-13:00	Bike storage check-in (Venue Storage/Women)
	13:00	Athlete & Staff Transfer (Venue to village)
	15:00-16:00	Bike pick-up (Village/Men)
Tuesday, 27 June 2023	7:00	Athlete & Staff (Village to venue)
	7:30-9:00	Bike pick-up (Venue/Women)
	13:00-14:00	Bike transfer check-in (Venue/Women)
	14:00	Women & Staff Transfer Departure (Venue to village)
	15:00-16:00	Bike pick up (Village/Women)
	18:00-20:00	Bike transfer check-in (Village to venue/Men)
Wednesday, 28 June 2023	7:00	Men & Staff Transfer (Village to venue)
	7:30-9:00	Bike pick-up (Venue/Men and staff)
	13:00-14:00	Bike transfer check-in (Venue/Men)
	14:00	Men & Staff Transfer (Venue-Village)
	15:00-16:00	Bike pick up (Village/Men)
Friday, 30 June 2023	8:00	MR & Staff Transfer (Village-Venue)
	9:00-10:00	Swim Course Familiarisation (Mixed Relay)
	10:30	MR & Staff Transfer (Venue to Village)
	18:00-20:00	Bike transfer check-in (Village/Mixed Relay)
Saturday, 1 July 2023	7:00	MR & Staff Transfer (Village-Venue)

Appendix 2. Training Schedule

7:30-9:00	Bike pick-up (Venue/Mixed Relay)
13:00-14:00	Bike transfer check-in (Venue/Mixed Relay)
14:00	MR & Staff Transfer (Venue to Village)
15:00-16:00	Bike pick up (Village/Mixed Relay)

Bike pick-up point (Village)



Bike pick-up point (Venue)




In addition to official training, it will be possible to practice, in accordance with the following:

Swim Training

Swim Training will be possible in AGH Swimming-Pool, 4 Jana Buszka Street, located in the Athletes' Village. Athletes or coaches are required to book swimming sessions. Swimming sessions will be possible between 24.06-02.07.2023 at the times indicated below:

07:00-12:00 (6 swimming lanes)




After the registration procedure, K&MEGOC will set the hours of entry to the swimming pool for each team.

Bike Training

Bike Training will be possible in the Sports Hall (next to WKS Wawel Stadium) using roller trainers (20 pcs).

Run Training

Run Training will be possible in WKS Wawel Stadium, 3 Podchorążych Street (1,2 km from Athletes' Village).



Appendix 3. Venue Maps



