



ETU Triathlon Youth European Championships
ETU Triathlon Junior European Cup
ITU Triathlon World Cup

Tiszaújváros, Hungary

1. GENERAL INFORMATION

The purpose of the Athletes Guide is to ensure that all Athletes and Team Officials are well informed about all procedures concerning the 2016 ETU Triathlon Youth European Championships Festival, the 2016 ETU Triathlon Junior European Cup and the 2016 ITU Triathlon World Cup.

1.1 WELCOME

Greetings and welcome to the 2016 Tiszaújváros ITU Triathlon World Cup,

This Hungarian town holds a special place in ITU history, as it is the longest running World Cup event, so we could not be more thrilled to be celebrating the 20th anniversary of this race being on the ITU calendar. Over the years, this event has developed from a small triathlon into a summer tradition as the whole region turns out for a festive atmosphere. This year, it continues to be a beloved race amongst both spectators and athletes alike.



That great tradition was built by a man who is no longer with us, Gabor Markus. However, his spirit and vision will remain strong with us this weekend, as his triathlon family continues his legacy of hosting one of the best events on the circuit.

Once again, Tiszaújváros will serve up an innovative & challenging format. The athletes will compete in a series of sprint distance semifinals on Saturday, to decide who will fight it out in a sprint-distance final on Sunday. On both days the races will be half the Olympic distance – a 750m swim, 20km bike leg and a 5km run, sure to offer fast and frenetic action.

As ITU works towards the inclusion of the dynamic Mixed Team Relay format into the Olympics, it's thrilling to see our local organising committees also bringing together fresh, fun formats that will open up our sport to more new fans, and hopefully more participants. We are committed to continuing to evolve the sport of triathlon with harder courses and new race formats.

It's also a reminder that while the ITU World Triathlon Series is the new premier level of triathlon in the world, the world cup series is still a crucial part of the ITU's elite pathway and an important place for the sport to grow. This is why we will always remain committed to the series that was our first, which helped to catapult triathlon to where it is today.

The ITU would like to thank the local organising committee, the Municipality of Tiszaújváros, the Hungarian Triathlon Federation and the sponsors for their help in bringing and hosting this World Cup event in Tiszaújváros, and also helping to grow the sport through innovation. Congratulations on the 20th year anniversary, I hope we return for many more!

Overall, I encourage all athletes, volunteers, organisers, media and supporters to enjoy the beautiful city of Tiszaújváros and the spectacle of ITU triathlon. Have a wonderful weekend.

Sincerely,

Marisol Casado

President, International Triathlon Union
IOC Member

Dear Friends,

It is my great pleasure that I can welcome all athletes, team officials and guests in Tiszaujvaros for the first edition of our Youth European Championship Festival, as well as for the Triathlon Junior European Cup and the ITU Triathlon World Cup.

Tiszy – as we call Tiszaujvaros within the international triathlon family – will celebrate some important „birthdays” this year with the 20th edition of the World Cup race, which put the 50 years’ young city and Hungary itself on the map of triathlon for many years.



We are a young sport and the race that has been created here by the vision of Gabor Markus is one of our strongest root in Europe that has helped triathlon to grow and to take it were we are now.

I am particularly pleased that as an addition to the "classic" program of the Junior European Cup and the Triathlon World Cup, we will hold this year the first edition of our Youth Festival. The old format of the Youth European Championships was also born in Tiszaujvaros in the year of 2000 and we are convinced that we could not have chosen a better place to reshape what – according to our vision – will be an annual celebration of the sport by our next generation of athletes.

We would like this event more than just competitions, something similar what is happening every year during the Triweek. To enjoy the time together, to compete in different format, to take part in the active live of host citizens and to use time to exchange ideas about our beloved sport.

We are very grateful for the support from the Local Organizing Committee, the Hungarian Triathlon Union, the Municipality of Tiszaujvaros, all the sponsor and last, but most importantly, from the inhabitants of Tiszaujvaros. Looking forward to having another great time together!

Renato Bertrandi

President, European Triathlon Union

1.2 KEY DATES

What?	Date?	Time?
ETU Youth European Championships Individual Semi-finals	Saturday, 2nd July	14:00 – 18:00
Opening ceremony and Parade of the Nations	Saturday, 2nd July	19:00
ETU Youth European Championships Individual Finals	Monday, 4th July	17:00 & 18:00
ETU Youth European Championships Mixed Relay	Tuesday, 5th July	17:30
ETU Junior European Cup Individual Semi-finals	Saturday, 9th July	12:30 – 14:30
ITU Triathlon World Cup Individual Semi-finals	Saturday, 9th July	15:10 – 18:00
ETU Junior European Cup Individual Finals	Sunday, 10th July	13:00 & 14:00
ITU Triathlon World Cup Individual Finals	Sunday, 10th July	15:45 & 17:10

1.3 KEY CONTACTS

International Triathlon Union

Team Leader	Zita Csovellyák	+36 30 986 2226
Technical Delegate	John Petrides	+36 30 273 6299
Medical Delegate	András Gályász Dr.	+36 30 478 2983

Local Organising Committee

Co-Chair of the LOC	Balázs Márkus	+36 70 333 7435
Event Director	Tibor Lehmann	+36 30 645 2745
Race Director	Gergely Márkus	+36 30 688 2997
Transfer/accommodation	Noémi Magyar	+36 70 260 9919
Athletes' services	Fruzsina Szabolcsi	+36 70 600 2682

1.4 CONTACT DETAILS

Tiszaúvárosi Triatlon Klub

Tibor Lehmann - President and Event Director

Teleki Blanka ut 6., 3580 Tiszaújváros, Hungary

Mobile: +36 30 645 2745, Phone: +36 49 540 094, Fax: +36 49 540 095

trievent@triatlon.t-online.hu , www.tvkmalitriatlon.hu

2. VENUE

2.1 VENUE

The venue is located in the centre of Tiszaújváros at the Hotel Phoenix. The swimming will take place in the City-lake.

2.2 ELITE ATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Transition Area. Sealed bottles of water will be offered to the elite athletes before the race in the athletes' lounge.

2.3 DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Location of the in-competition tests is in the club house of the TVK Mali Triatlon Klub in the Sport Centre.

2.4 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to everyone requiring medical assistance at the venue on the competition days, from the time of the Transition Area opening till the last bikes are checked out after the competitions as well as during the open water swim training.

Medical and paramedical personnel from Red Cross will be available throughout competition times. Ambulances will be available to provide emergency transfer to hospital. Medical Tent will be provided on site at the swim exit and at the finish area. Only Team Medical Doctors with accreditations will be able to access these tents. Accreditations for Medical Doctors are given after the Athletes Briefing, by the ITU Medical Delegate.

Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in clinics and practices is to be paid by the participants. Athletes / teams should ensure that they have appropriate medical insurance.

2.5 BIKE MECHANIC SERVICE

Our Bike Partner "MALI" will offer a comprehensive Bike Mechanic Support as follows:

July 1, Friday	14:00 – 18:00	In front of Hotel Phoenix
July 2, Saturday	12:30 – 16:30	Athletes Lounge
July 4, Monday	15:30 – 18:00	Athletes Lounge
July 5, Tuesday	15:45 – 19:00	Athletes Lounge
July 8, Friday	14:00 – 18:00	In front of Hotel Phoenix
July 9, Saturday	11:00 – 18:00	Athletes Lounge
July 10, Sunday	08:00 – 17:00	Athletes Lounge

2.6 INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Sport Centre.

Contact: Fruzsina Szabolcsi

Address: Teleki Blanka ut 6., 3580 Tiszaujvaros, Hungary

Phone: +36 70 600 2682

Email: trievent@triatlon.t-online.hu

2.7 SECURITY

A private security company will be responsible for the venue security and Community Police and Field of Play (FOP) Marshals will patrol around the Field of Play. Police will manage the Road Closures and the traffic around the course.

2.8 COMPETITION UNIFORM PRINTING

In case a printing is needed (name/country code) on competition uniform, please contact the LOC office till 18:00 two days prior the competition day.

2.9 MESSAGE SERVICES

Message terapsits are available on call during the whole week. For more information, please contact the Information center/LOC Office.

3. ACCOMMODATION

The hotel booking is via the LOC. Noémi Magyar - info@triatlon.t-online.hu

The official hotels, where information boards will be updated during the whole week are the following hotels marked with the specific number on the map below.

- | | |
|----------------------------------|------------------------------------|
| 1. Hotel Phoenix and Restaurant | 7. Scarpa Restaurant and Pizzeria |
| 2. Hotel Kárpátia | 8. Ristorante Mamma Rosa |
| 3. Garden Panzó | 9. Restaurant Nádas |
| 4. Veronika Hotel and Restaurant | 10.Sziget Csárda (Fish Restaurant) |
| 5. Tisza Apartman | 11.Restaurant Arany Holló |
| 6. Hotel Termál | 12.Cafe Castello |

3.1 POST OFFICE

The post office is located 100m from the Hotel Phoenix marked with "P" on the map below..

3.2 BANKS

The nearest banks are located in the center of the city marked with "B" on the map below.

3.3 SUPERMARKETS

There are a number of supermarkets in the city of Tiszaújváros, marked with "S" on the map below.



4. TRANSPORTATION

The LOC will provide transportation for all Athletes and their Team Officials from airport – hotel – airport for a fixed price as follows: Budapest Airport – 60 Euro /person / return trip (included bike), Debrecen Airport – 30 Euro /person / return trip (included bike)

Travel details to be provided to info@triatlon.t-online.hu till 15th of June 2016.

5. TRAINING

5.1 SWIM TRAINING

Training in the City Lake

Pre-competition swimming training will take place as per detailed schedule.

Swimming pool

25m Indoor pool – Sport Centre

Teleki Blanka ut 6., 3580 Tiszaújváros, Hungary

Operating hours: June 30, July 1 and 3-8, 15:00 – 18:00

Entrance fee: 3 Euro or 900 HUF per person

Please note: There are no pre-reservations available.

5.2 BIKE TRAINING

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling on their own risk and traffic rules are to be followed.

5.3 RUN TRAINING

There is a 920m circuit in the park 300m from the Phoenix Hotel available 24/7.

The 400m tartan track in the Sport Center is available from the 2nd of July every day, from 16:00 - 20:00. (The track is closed before 2nd of July!)

5.4 COURSE FAMILIARISATION

SWIM

See detailed schedule. Swimming in the lake at any other times are strictly forbidden.

BIKE

See detailed schedule. Arrows will be marked on the road for all routes as follows:

 Semi-finals

 Finals

 Mixed Relay

6. ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards will be handed out during the official registration after the Race Briefings.

Only accredited persons will be allowed to access certain areas at the venue. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

7. GENERAL COMPETITION INFORMATION

7.1 COMPETITION RULES

The ETU Triathlon Youth European Championships, the ETU Triathlon Junior European Cup and the ITU Triathlon World Cup will follow the latest published Competitions Rules of the International Triathlon Union. (http://www.triathlon.org/about/downloads/category/competition_rules)

7.2 WEATHER CONDITIONS

The climate in Tiszaújváros in July can rise above 30°C in the afternoon. The heat stress index will be monitored during the competition days.

7.3 RESULTS

Online results service will be provided live on the ITU website from all events: semi-finals, finals and mixed relay. All the results information will be posted on the information board at the Hotel Phoenix.

7.4 PROTEST AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

7.5 NUMBER OF SEMI-FINALS

The number of semi-finals are calculated according to the actual number of entries. This can change based on the number of athletes lately entered or withdrawn. The semi-finals will have maximum 30 athletes competing, unless the Technical Delegate decides differently.

7.6 COURSE INFORMATION ABOUT THE SEMI-FINALS

Category	Swim		Bike		Run	
Youth / Junior	500 m	2 laps	12 km	2 laps	3,6 km	2 laps
Elite	750 m	3 laps	20 km	2 laps	5 km	3 laps

WARM-UP

Swim warm-up at the specific area next to the field of play available at any time for the athletes before and during the competition. Run warm-up on the streets of Tiszaújváros, but off the field of play. Athletes need to be at the line-up area 10 minutes before their start.

START

The start area is at the Town-square side of the City Lake. Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

SWIM COURSE

The swim loop is 250m long. The first turn is in 110m of distance. There are 2 laps of 250 m for the Youth/Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is 24°C. You will find actual information about the water temperature on the information board in the official hotels.

BIKE COURSE

Generally flat profile. There are 2 laps of 6 km for the Youth/Juniors and 2 laps of 10 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns. Very good tarmac surface.

WHEEL STATIONS

Two wheel stations will be located on the bike course – one before the entrance of the transition area for the team wheels and one on the cycle course for the neutral wheels. Team wheels need to be checked-in/out directly to the Wheel Station.

RUN COURSE

Generally flat course. There are 2 lap of 1,66km for the Youth/Juniors and 3 laps of 1,66km for the Elites.

AID STATIONS

Two aid stations are located on the run course in each lap at km 0,1 and km 0.8. Sealed water bottles will be handed out for the Elites and water in plastic cups for the Youth/Juniors. Please note that littering zones will be applicable on the run course.

PENALTY BOX

Penalty Box is located right-hand side of the run course 200 m before Finish line.

7.7 COURSE INFORMATION ABOUT THE FINALS

Category	Swim		Bike		Run	
Youth / Junior	500 m	2 laps	12,5 km	5 laps	3,6 km	3 laps
Elite	750 m	3 laps	20 km	8 laps	5 km	4 laps

WARM-UP

Swim on the field of play before the competition. Run warm-up on the streets of Tiszaújváros, but off the field of play. Athletes need to be at the line-up area 10 minutes before their start.

START

The start area is at the Town-square side of the City Lake. Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

SWIM COURSE

The swim loop is 250m long. The first turn is in 110m of distance. There are 2 laps of 250 m for the Youth/Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is 24°C. You will find actual information about the water temperature on the information board in the official hotels.

BIKE COURSE

Generally flat profile. There are 5 laps of 2,5 km for the Youth/Juniors and 8 laps of 2,5 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns. Very good tarmac surface.

WHEEL STATIONS

Two wheel stations will be located on the bike course – one 100m before the entrance of the transition area for the team wheels and one on the cycle course for the neutral wheels. Team wheels need to be checked-in/out directly to the Wheel Station.

RUN COURSE

Generally flat course. There are 3 laps of 1,2 km for the Youth/Juniors and 4 laps of 1,25 km for the Elites.

AID STATIONS

Two aid stations are located on the run course in each lap at km 0,2 and km 0.8. Sealed water bottles will be handed out for the Elites and water in plastic cups for the Youth/Juniors. Please note that littering zones will be applicable on the run course.

PENALTY BOX

Penalty Box is located right-hand side of the run course 200 m before Finish line.

7.8 COURSE INFORMATION ABOUT THE MIXED RELAY

Category	Swim		Bike		Run	
Youth	250 m	1 lap	6,4 km	2 laps	1,55 km	2 laps + 300m

WARM-UP

Swim warm-up at the specific area next to the field of play available at any time for the athletes before and during the competition. Run warm-up on the streets of Tiszaújváros, but off the field of play. Athletes need to be at the line-up area or at the relay zone 10 minutes before their start.

START

The start area is at the Town-square side of the City Lake. Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

SWIM COURSE

The swim loop is 1 lap of 250m. The first turn is in 110m of distance. The average water temperature in the City Lake in July is 24°C. You will find actual information about the water temperature on the information board in the official hotels.

BIKE COURSE

Generally flat profile. There are 2 laps of 3,2 km. The route is technically demanding with 4 U-turns in each lap. Very good tarmac surface.

WHEEL STATIONS

One wheel station will be located on the bike course accessible from 4 directions equipped with neutral wheels.

RUN COURSE

Generally flat course in the park with some tight turns. There are 2 laps of 0,625 km + 300 m to the Relay zone/Finish line.

AID STATIONS

One aid station is located on the run course in each lap at km 0,1. Plastic cups will be handed out for athletes. Please note that littering zones will be applicable on the run course.

PENALTY BOX

Penalty Box is located left hand side of the run course 150 m after the exit of the Transition Area.

8. COMPETITION SCHEDULE

ETU TRIATHLON YOUTH EUROPEAN CHAMPIONSHIPS FESTIVAL

JULY 1, FRIDAY

15:00 -16:00	Swim course familiarisation	City Lake
17:00	Athletes briefing and registration	Derkovits Community Center

JULY 2, SATURDAY

12:30 – 13:30	Athletes Lounge open – Youth Women	Athletes Lounge
13:00 – 13:45	Transition Check-in – Youth Women	Transition Area
14:00	SEMI-FINAL 1. Youth Women	Start Area
14:17	SEMI-FINAL 2. Youth Women	Start Area
14:34	SEMI-FINAL 3. Youth Women	Start Area
15:00 – 16:00	Athletes Lounge open – Youth Men	Athletes Lounge
15:15 – 15:30	Transition Check-out – Youth Women	Transition Area
15:45 – 16:15	Transition Check-in – Youth Men	Transition Area
16:30	SEMI-FINAL 1. Youth Men	Start Area
16:45	SEMI-FINAL 2. Youth Men	Start Area
17:00	SEMI-FINAL 3. Youth Men	Start Area
17:45 – 18:15	Transition Check-out – Youth Women	Transition Area
19:00	Opening ceremony and parade of the nations	Town square
20:00	Opening banquet	Kazinczy Dining Hall
20:00	FESTIVAL ACTIIVITY: Bon-Bon concert	Town square

JULY 3, SUNDAY

8:30 - 9:00	Bike course familiarisation (Finalists)	In front of Hotel Phoenix
9:30 - 10:00	Registration (Finalists)	Hotel Phoenix
10:00	FESTIVAL ACTIIVITY: Cooking competition	Park around the City Lake
11:00	FESTIVAL ACTIIVITY: Canoe fun competition	City Lake
20:00	FESTIVAL ACTIIVITY: Magna Cum Laude concert	Town square

JULY 4, MONDAY

08:00 - 9:00	Swim course familiarisation (Finalists)	City Lake
15:00 – 16:30	FESTIVAL ACTIIVITY: Meeting with Olympians	Kazinczy Garden
15:30 – 16:30	Athletes Lounge open – All	Athletes Lounge
16:00 – 16:45	Transition Check-in – All	Transition Area
16:15 – 16:45	Swim warm-up - Youth Women	City Lake
16:30 – 17:30	Athletes Lounge open – Youth Men	Athletes Lounge
17:00	FINAL – Youth Women	Start Area
17:15 – 17:45	Swim warm-up - Youth Men	City Lake
18:00	FINAL – Youth Men	Start Area
18:45	Medal Ceremony – women & men	Finish Area
19:00 – 19:30	Transition Check-out – All	Transition Area
19:30	Coaches' briefing (Mixed Relay)	Library
20:00	FESTIVAL ACTIIVITY: Zanzibár concert	Town square

JULY 5, TUESDAY

8:00 - 9:00	Swim course familiarisation for Mixed Relay	City Lake
10:30 – 12:00	FESTIVAL ACTIIVITY: Anti-Doping education	Kazinczy Garden
15:45 – 17:00	Athletes Lounge open – All	Athletes Lounge
16:30 – 17:15	Transition Check-in – All	Transition Area
17:30	MIXED RELAY	Start Area
19:00 – 19:30	Transition Check-out – All	Transition Area
20:00	Medal Ceremony - Mixed Relay	Town square
20:30	FESTIVAL ACTIIVITY: The Biebers concert	Town square

JULY 6, WEDNESDAY

13:00 - 16:30	FESTIVAL ACTIIVITY: Bunch ride and open water swim session	Sport Center
----------------------	---	---------------------

9. COMPETITION SCHEDULE

ETU TRIATHLON JUNIOR EUROPEAN CUP

JULY 8, FRIDAY

8:30 - 9:00	Bike course familiarisation (Course of the Final)	In front of Hotel Phoenix
10:00	Athletes briefing and registration	Derkovits Community Center
11:00 -12:00	Swim course familiarisation	City Lake

JULY 9, SATURDAY

11:00 – 12:00	Athletes Lounge open – All	Athletes Lounge
11:30 – 12:15	Transition Check-in – All	Transition Area
12:30	SEMI-FINAL 1. Junior Women	Start Area
12:45	SEMI-FINAL 2. Junior Women	Start Area
13:02	SEMI-FINAL 1. Junior Men	Start Area
13:16	SEMI-FINAL 2. Junior Men	Start Area
13:30	SEMI-FINAL 3. Junior Men	Start Area
14:00 – 14:30	Transition Check-out – All	Transition Area
19:00 - 20:00	Registration (Finalists)	Hotel Phoenix

JULY 10, SUNDAY

11:30 – 12:30	Athletes Lounge open – All	Athletes Lounge
12:15 – 12:45	Transition Check-in – All	Transition Area
12:30 – 12:45	Swim warm-up – Junior Women	City Lake
13:00	FINAL – Junior Women	Start Area
13:15 – 13:45	Swim warm-up – Junior Men	City Lake
14:00	FINAL – Junior Men	Start Area
14:45 – 15:00	Transition Check-out – All	Transition Area
15:00	Medal Ceremony – women & men	Finish Area
19:30	Final banquet	Kazinczy dining hall

10. COMPETITION SCHEDULE

ITU TRIATHLON WORLD CUP

JULY 7, THURSDAY

18:00	Athletes briefing and registration	Derkovits Community Center
-------	------------------------------------	----------------------------

JULY 8, FRIDAY

8:30 - 9:00	Bike course familiarisation (Course of the Final)	In front of Hotel Phoenix
9:30 - 11:00	Swim course familiarisation	City Lake

JULY 9, SATURDAY

13:30 – 14:30	Athletes Lounge open – All	Athletes Lounge
14:30 – 15:15	Transition Check-in – All	Transition Area
15:32	SEMI-FINAL 2. Elite Women	Start Area
15:54	SEMI-FINAL 3. Elite Women	Start Area
16:21	SEMI-FINAL 1. Elite Men	Start Area
16:41	SEMI-FINAL 2. Elite Men	Start Area
17:01	SEMI-FINAL 3. Elite Men	Start Area
18:00 – 18:30	Transition Check-out – All	Transition Area
19:00 – 20:00	Registration (Finalists)	Hotel Phoenix

JULY 10, SUNDAY

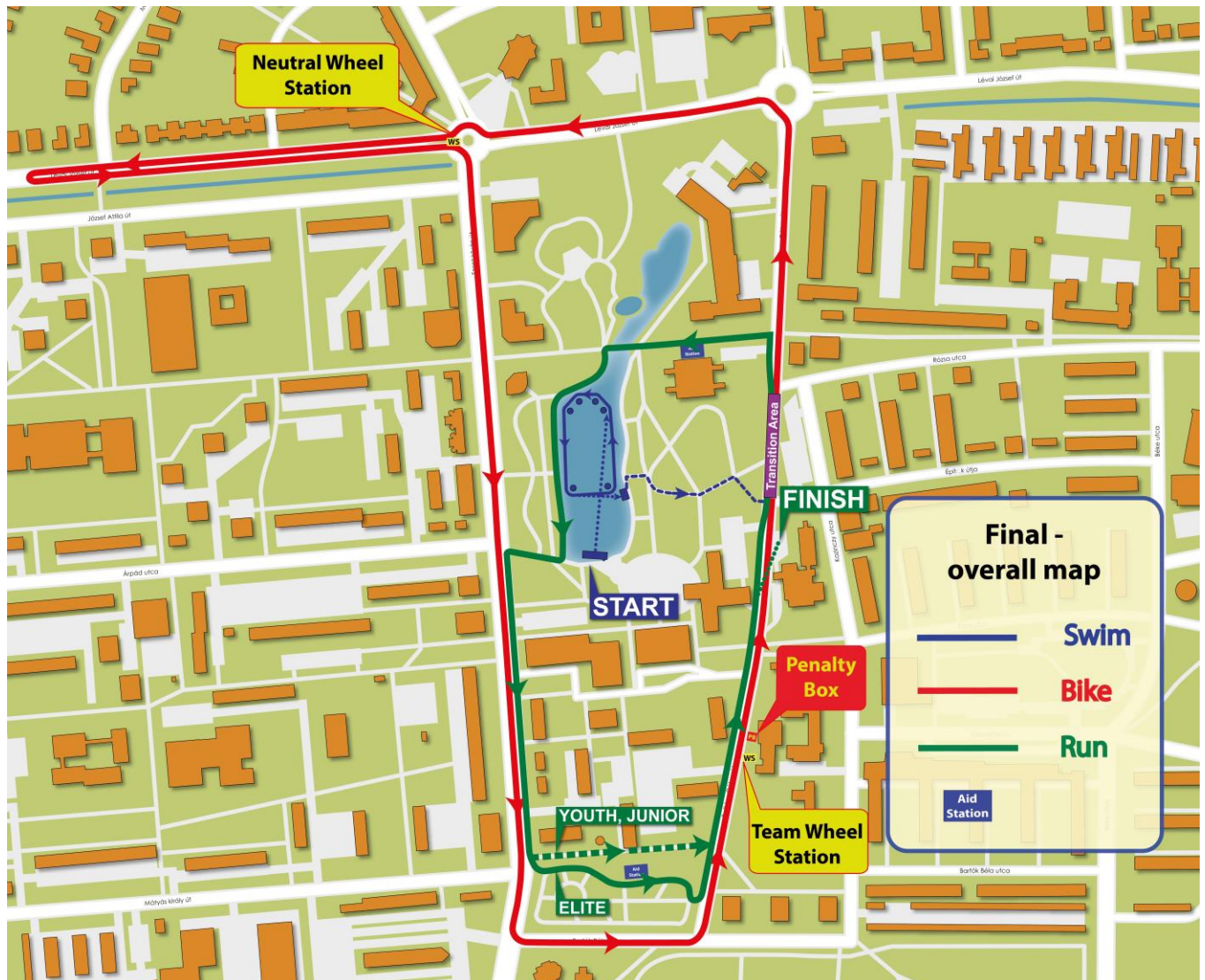
14:15 – 15:15	Athletes Lounge open – All	Athletes Lounge
15:00 – 15:30	Transition Check-in – All	Transition Area
15:15 – 15:30	Swim warm-up – Elite Women	City Lake
15:45	FINAL – Elite Women	Start Area
16:15 – 16:55	Swim warm-up – Elite Men	City Lake
17:10	FINAL – Elite Men	Start Area
18:15	Medal Ceremony – top 3 - women & men	Finish Area
18:15 – 19:00	Transition Check-out – All	Transition Area
19:30	Final banquet	Kazinczy dining hall
21:00	Medal Ceremony – top 20 - women & men	Town square

11. COURSE MAPS

11.1 SEMI-FINALS



11.2 FINALS



11.3 MIXED-RELAY



11.4 VENUE

