



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 2019 ETU Triathlon Junior European Cup and the 2019 ITU Triathlon World Cup.

1.1 WELCOME

Greetings and welcome to the
2019 Tiszaújváros ITU Triathlon World Cup,

It is a great pleasure to be returning to Hungary once more for what will be the 23rd edition of the longest-running ITU World Cup, one that is always amongst the most eagerly anticipated on our calendar by the athletes as well as the crowds in this corner of Hungary. The event represents a true feast of international sport and local culture, and has been conjuring up the kind of atmosphere that is synonymous with the triathlon family spirit for more than two decades.



Tiszaújváros is truly a triathlon town, the history of racing here providing the perfect backdrop for a week of events and elite racing, with the Semi-Final and Final format bringing the best out of the athletes with its own inimitable challenges and rewards. Here we have a flat, fast course that requires sustained power and endurance as well as complete concentration over two days in order to emerge with a medal.

There will once again be races and triathlon-related activities for all ages and levels in the lead up to Sunday afternoon's finals. Being able to collaborate on opportunities like these around the world to bring race-lovers and newcomers together is a vital part of our work in growing triathlon, and once again typifies the accessibility of our great sport.

Last year we saw Great Britain's Sophie Coldwell win the women's gold, before the men's race was sadly brought to a premature end in the middle of a remarkable storm. We trust that we can count on more typical summer sunshine this time around and look forward to also crowning a men's winner here from Saturday's incredibly strong start lists spread across six semi-finals.

I would like to thank, as ever, the Hungary Triathlon Federation, the Local Organising Committee, all our partners, and the city and people of Tiszaújváros for helping to put this great occasion together for an unprecedented 23rd edition.

I hope that you will enjoy this beautiful city as it hosts the exciting spectacle of an ITU Triathlon World Cup.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member

Dear Friends,

I am very happy to see that our European Junior athletes will continue to have the opportunity to race at one of the most famous and well-known venues on the world circuit, as the Tiszaújváros ETU Triathlon Junior European Cup once again takes place alongside this year's World Cup.

The event that is "Tizzy" was created by the Márkus Family and, with our races forming a small but significant part of the triathlon and sporting festival, we can always be sure of a top-quality delivery, exciting racing and, for the athletes, the chance to race with the best.



The 'semi-final - final' format has become a proven success and I hope that this can be built upon within our calendar in future years. The legacy of Tiszaújváros is not just one for Hungary but indeed for the whole triathlon community.

My thanks, in advance, go to the dedicated team and my best wishes go to all the athletes, coaches, officials, volunteers and spectators who will, together, make this another race to remember.

Sincerely,
Renato Bertrandi
President, European Triathlon Union

1.2 KEY DATES

What?	Date?	Time?
Welcome of the Athletes and Parade of the Flags	Wednesday, 10 th July	19:30
ETU Junior European Cup Individual Semi-finals	Saturday, 13 th July	12:00 – 13:35
ITU Triathlon World Cup Individual Semi-finals	Saturday, 13 th July	14:45 – 17:45
ETU Junior European Cup Individual Finals	Sunday, 14 th July	11:45 & 12:45
ITU Triathlon World Cup Individual Finals	Sunday, 14 th July	14:45 & 16:15

1.3 KEY CONTACTS

International Triathlon Union

Team Leader	Alberto Marquez	
Technical Delegate	Sarah Taylor-Hough	
Medical Delegate	András Gályász Dr.	

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	Viktória Szilágyi	+36 30 887 8860
Athletes' services	Fruzsina Szabolcsi	+36 70 600 2682

1.4 CONTACT DETAILS

Tiszaújvárosi 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.tiszatriatlon.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 ANTI-DOPING CONTROL

Anti-Doping Control will be performed according to the ITU/WADA rules. Location of the in-competition tests is in the Hotel Phoenix.

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 will offer a comprehensive Bike Mechanic Support as follows:

July 12, Friday	14:00 – 18:00	In front of Hotel Phoenix
July 13, Saturday	10:30 – 17:00	Athletes Lounge
July 14, Sunday	08:00 – 16:00	Athletes Lounge

In case of any emergency bike mechanic needs outside of these hours, please contact the Athletes Service representative of the LOC.

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. Please contact Viktória Szilágyi at 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 | 6. Ristorante Mamma Rosa |
| 2. Veronika Hotel and Restaurant | 7. Restaurant Nádas |
| 3. Tisza Apartman | 8. Sziget Csárda (Fish Restaurant) |
| 4. Outlet Hotel (Polgár) | 9. Restaurant Arany Holló |
| 5. Scarpa Restaurant and Pizzeria | 10. 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: Debrecen International Airport – free of charge, Budapest International Airport – 60 Euro /person / return trip (included bike),

Travel details to be provided to info@triatlon.t-online.hu till 25th of June 2019.

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: July 10th – 12th, 15:00 – 18:00

Entrance fee: 3 Euro or 900 HUF per person (juniors)

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 800m tartan/clay circuit in the park 300m from the Phoenix Hotel available 24/7.


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

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 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 Tiszaujvaros 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 and finals. 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	
Junior	500 m	2 laps	12 km	1 lap	3,4 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 75cm 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 Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is 24-26°C. You will find actual information about the water temperature on the information board in the official hotels.

BIKE COURSE

Generally flat profile. There is 1 lap of 12 km for the 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 after the exit 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 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 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	
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 75cm 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 Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is

24-26°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 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 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 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 WATER QUALITY

E. COLI		
13.05.2019	NMP/100ml	12
E. Coli limit	NMP/100ml	<500

ENTEROCOCCI		
13.05.2019	NMP/100ml	18
Enterococci limit	NMP/100ml	<200

PH	
13.05.2019	8,3
PH Limit	6 to 9

BLUE GREEN ALGEE		
13.05.2019	CELLS/100ml	3.450
Blue Green Algee limit	CELLS/100ml	100.000

8. COMPETITION SCHEDULE

ETU TRIATHLON JUNIOR EUROPEAN CUP

JULY 12, FRIDAY

08:30 – 09:00	Bike Course Familiarisation (Course of the Final)	In front of Hotel Phoenix
10:00 – 11:00	Swim Course Familiarisation	Swim Course
16:00	Athletes Briefing and Registration	Derkovits Community Center

JULY 13, SATURDAY

10:00 – 11:30	Athletes Lounge Registration – All	Athletes Lounge
10:00 – 12:30	Athletes Lounge Open – All	Athletes Lounge
10:45 – 11:45	Transition Check-in – All	Transition Area
11:15 – 12:40	Swim Warm-up – All	Warm-up Area
12:00	SEMI-FINAL 1. Junior Women	Start Area
12:10	SEMI-FINAL 2. Junior Women	Start Area
12:20	SEMI-FINAL 3. Junior Women	Start Area
12:30	SEMI-FINAL 1. Junior Men	Start Area
12:40	SEMI-FINAL 2. Junior Men	Start Area
12:50	SEMI-FINAL 3. Junior Men	Start Area
13:30 – 13:45	Transition Check-out – All	Transition Area
19:00 - 20:00	Registration (Finalists)	Hotel Phoenix

JULY 14, SUNDAY

10:00 – 11:00	Athletes Lounge Registration – All	Athletes Lounge
10:00 – 12:30	Athletes Lounge Open – All	Athletes Lounge
10:45 – 11:15	Transition Check-in – All	Transition Area
11:00 – 11:30	Swim Warm-up – Junior Women	Swim Course
11:45	FINAL – Junior Women	Start Area
12:00 – 12:30	Swim Warm-up – Junior Men	Swim Course
12:45	FINAL – Junior Men	Start Area
13:30 – 13:45	Transition Check-out – All	Transition Area
13:45	Medal Ceremony – Junior Women & Men	Finish Area
19:00	Final Banquet	Kazinczy dining hall

9. COMPETITION SCHEDULE

ITU TRIATHLON WORLD CUP

JULY 11, THURSDAY

18:00	Athletes Briefing and Registration	Derkovits Community Center
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JULY 12, FRIDAY

08:30 – 09:00	Bike Course Familiarisation (The course of the Finals)	In front of Hotel Phoenix
09:00 – 10:00	Swim Course Familiarisation	Swim Course

JULY 13, SATURDAY

12:45 – 14:15	Athletes Lounge Registration – All	Athletes Lounge
12:45 – 16:15	Athletes Lounge Open – All	Athletes Lounge
14:00 – 14:30	Transition Check-in – All	Transition Area
14:00 – 16:20	Swim Warm-up – All	Warm-up Area
14:45	SEMI-FINAL 1. Elite Women	Start Area
15:07	SEMI-FINAL 2. Elite Women	Start Area
15:29	SEMI-FINAL 3. Elite Women	Start Area
15:56	SEMI-FINAL 1. Elite Men	Start Area
16:16	SEMI-FINAL 2. Elite Men	Start Area
16:36	SEMI-FINAL 3. Elite Men	Start Area
17:30 – 18:00	Transition Check-out – All	Transition Area
19:00 – 20:00	Registration (Finalists)	Hotel Phoenix

JULY 14, SUNDAY

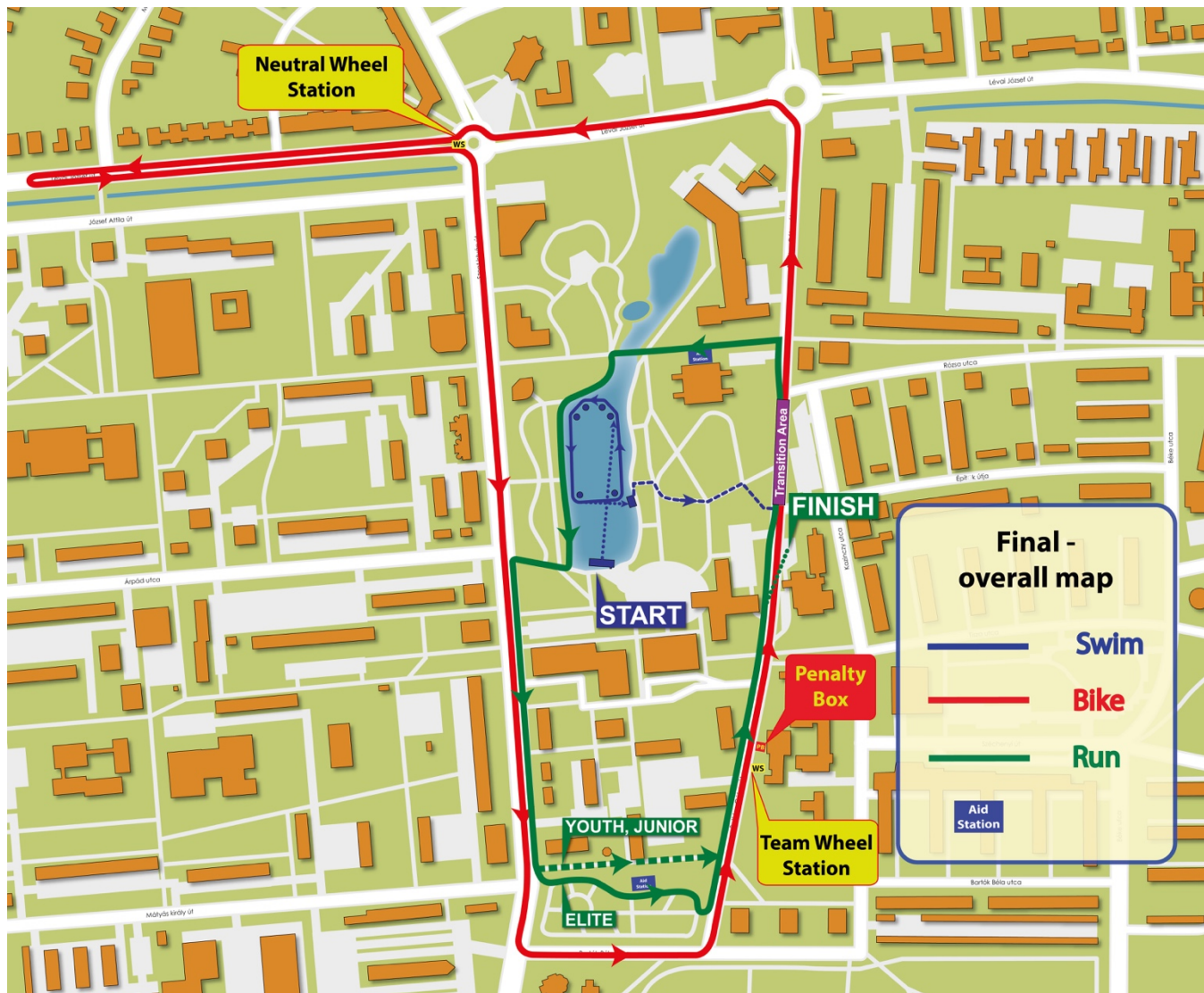
13:15 – 14:15	Athletes Lounge Registration – All	Athletes Lounge
13:15 – 16:00	Athletes Lounge Open – All	Athletes Lounge
14:00 – 14:30	Transition Check-in – All	Transition Area
14:10 – 14:30	Swim Warm-up – Elite Women	Swim Course
14:45	FINAL – Elite Women	Start Area
15:30 – 16:00	Swim Warm-up – Elite Men	Swim Course
16:15	FINAL – Elite Men	Start Area
17:15 – 17:45	Transition Check-out – All	Transition Area
17:30	Medal Ceremony – top 3 - women & men	Finish Area
19:00	Final Banquet	Kazinczy dining hall
20:00	Medal Ceremony – top 20 - women & men	Town square

10. COURSE MAPS

SEMI-FINALS



FINALS



VENUE

