



2018 ETU European Triathlon Championships

# **AGE GROUP SPRINT ATHLETES' GUIDE**

**9–11 August 2018**

**Strathclyde Country Park, North Lanarkshire, Scotland, GBR**

**[www.glasgow2018.com](http://www.glasgow2018.com)**

# Welcome



**Renato Bertrandi**  
President,  
European Triathlon Union

Let me welcome you to Glasgow 2018; this is a new venture with Triathlon, a key sport in the first-ever European Championships package. We share the stage with Athletics, Aquatics, Cycling, Golf, Gymnastics and Rowing. I look forward to meeting you during your time in Glasgow and wait with anticipation of an exciting and challenging competition. Please enjoy the opportunity our European Championships offer and enjoy the Scottish hospitality.

Strathclyde Country Park (SCP) was the venue used during the 2014 Commonwealth Games, and the images from it make me believe we will have an excellent venue where you will be able to give your best.



**Ian Howard**  
President British Triathlon

It gives me the greatest pleasure to welcome you to Glasgow for the 2018 Age Group Sprint Distance European Championships. I am sure you will receive the usual warm welcome that Scotland and Glasgow is renowned for. I hope you enjoy the experience of participating in a great venue and also take the opportunity to see some of the word-class sport on show during the Glasgow 2018 European Championships. This offers us the opportunity to showcase our sport and let people see how accessible and inclusive Triathlon is across all ages.



**Colin Hartley**  
Championships Director,  
Glasgow 2018

Excitement is building with each passing day as we look forward to what will be a new highlight on the global sporting calendar. And we are delighted that the ETU Triathlon European Championships will be at the heart of the action.

Strathclyde Country Park has a wealth of experience when it comes to hosting major sporting events and I'm sure it will once again shine in the spotlight in August. The event itself will give our spectators the opportunity to see Europe's best in action and I am sure they will turn out in large numbers.

Working closely with our partners at ETU, British Triathlon, triathlonscotland and North Lanarkshire Council we are determined to deliver an amazing event.

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## About the Championships

A new era in world sport will get underway this summer as Glasgow and Berlin host the inaugural European Championships – an exciting new multi-sport event bringing together some of the continent’s leading sports, with Glasgow and Scotland hosting Aquatics, Cycling, Golf, Gymnastics, Rowing and Triathlon, and Berlin hosting Athletics.

To be staged every four years starting in August 2018, the European Championships will be a new highlight on the global sporting calendar, elevating the status of European Champions during an 11-day celebration of world-class sport and a packed 10-day broadcast schedule.

Scotland’s recent sporting journey has been nothing short of remarkable. Fresh from reportedly delivering the best ever Commonwealth Games in 2014, the 2014 Ryder Cup and the 2015 World Gymnastics Championships, Glasgow and Scotland will play host to 12 sporting disciplines as part of the Glasgow 2018 European Championships.

The Championships will take Scotland’s sporting reputation to the next level. A potential television audience of more than one billion across Europe is set to watch the action. Our venues will again be in the spotlight with the event being covered by free-to-air broadcasters, including the BBC, across the world.

Delivered in partnership with the European sports federations and supported by Glasgow City Council and the Scottish Government, the Championships will allow Scotland to continue its legacy journey by inspiring the next generation of young athletes, as well as offering cultural and volunteering opportunities.

An action-packed programme of cultural activity will run alongside the Championships, capitalising on Glasgow and Scotland’s international reputation for creative excellence and allowing everyone to play their part in the celebrations. Glasgow’s iconic George Square will form the beating heart of these activities, alongside the Merchant City Festival, and many other events.

2018 will be Scotland’s Year of Young People and we look forward to celebrating the role that young people play in sport and culture, and the crucial contributions they will make to Glasgow 2018.



## Sports Programme

COMPETITIONS	Thu 2			Fri 3			Sat 4			Sun 5			Mon 6			Tue 7			Wed 8			Thu 9			Fri 10			Sat 11			Sun 12		
	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E	M	A	E
European Swimming Championships				Q			Q			Q			Q			Q			Q			Q											
European Diving Championships													Q			Q			Q			Q			Q			Q			Q		
European Synchronised Swimming Championships				Q			Q			Q			Q			Q																	
European Open Water Swimming Championships																			Q			Q						Q			Q		
European Cycling Track Championships				Q			Q			Q			Q			Q																	
European Cycling Road Championships										Q									Q												Q		
European Cycling Mountain Bike Championships																Q																	
European Cycling BMX Championships																									Q		Q						
European Golf Team Championships																P			Q			Q			Q			Q			Q		
European Artistic Gymnastics Championships	Q			Q			Q			Q									Q			Q			Q			Q			Q		
European Rowing Championships	Q			Q			Q			Q																							
European Triathlon Championships																						Q			Q			Q			Q		

M - Morning A - Afternoon E - Evening P Practice day Q Qualifier Q Final

## TOP FACTS





## Triathlon Schedule

Start Time	End Time	Activity	Location
<b>Wednesday 8 August</b>			
10:00	11:30	Team managers' briefing	Athlete services tent, Strathclyde Country Park (SCP)
18:00	19:30	Opening Ceremony and Pasta Party	George Square, City Centre
<b>Thursday 9 August</b>			
08:30		Car parking open	SCP
09:30	11:30	Registration (Group 1) <ul style="list-style-type: none"><li>Male and Female 16–19</li><li>Male and Female 25–29</li><li>Male and Female 35–39</li><li>Male 50–54</li><li>Female 45–49</li><li>Female 55–59</li><li>Male 45–49</li><li>Male 60+</li></ul>	Athlete services tent, SCP
13:30		<b>Glasgow 2018 European Elite Standard Distance Championships (Women) – Start</b>	SCP
16:30	18:00	Registration (Group 2) <ul style="list-style-type: none"><li>Male and Female 20–24</li><li>Male and Female 30–34</li><li>Male and Female 40–44</li><li>Male 55–59</li><li>Female 50–54</li><li>Female 60+</li></ul>	Athlete services tent, SCP
<b>Friday 10 August</b>			
07:00		Car parking open	SCP
08:30	10:00	Bike familiarisation (Group 1)	SCP
09:00	11:00	Transition check-in (Group 1)	Transition, SCP
10:00	11:00	Swim familiarisation (Group 1)	SCP
10:00	11:30	Bike familiarisation (Group 2)	SCP
11:00	13:00	Transition check-in (Group 2)	Transition, SCP
12:00	13:00	Swim familiarisation (Group 2)	SCP
16:00		<b>Glasgow 2018 European Elite Standard Distance Championships (Male) – Start</b>	SCP

### Saturday 11 August

05:00		Car parking open	SCP
06:00		Transition open – final checks	Transition, SCP
07:00	12:30	<b>Glasgow 2018 European Age Group Sprint Championships – Start</b>	SCP
10:30	15:30	Transition check-out	SCP
17:35		<b>Glasgow 2018 European Elite Mixed Relay Championships – Start</b>	SCP
18:30		Age Group Medal Ceremony	South Spectator Zone, SCP
19:30	21:00	Closing Ceremony	South Spectator Zone, SCP

### Sunday 12 August

09:00	15:00	<b>Glasgow 2018 TRI in the Park</b>	SCP
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SCP = Strathclyde Country Park

## General Information

### Key contacts

Position	Name and contact details	
ETU Technical Delegate	Stéfane Mauris	+44 (0)7821006746 smauris@gmail.com
ETU Medical Delegate	Angela Pedro	+44 (0) 782101957 angela.gairifo@gmail.com
Race Director	Andrew Taylor	+44 (0) 7855 861 433 andrew@taylormadeevents.co.uk
Competition Manager	John Whittaker	+44 (0) 7973866815 John.whittaker@glasgow.gov.uk
Assistant Competition Manager	Morven Fountain	morven.fountain@glasgow.gov.uk
Event queries	Glasgow2018triathlon@glasgow.gov.uk	

### Championships Head Office

Glasgow 2018 European Championships  
Commonwealth House  
32 Albion Street  
Glasgow  
G1 1LH  
Scotland, UK

+44 (0) 141 3079595  
www.glasgow2018.com

 /Glasgow2018  
 @Glasgow2018  
 Glasgow\_2018

### Host Federation

British Triathlon  
PO Box 25  
Loughborough

LE11 3WX  
England, UK

+44 (0) 1509 226161  
www.britishtriathlon.org

 /BritishTriathlon  
 @BritTri  
 brittri

### Visas

More information on entry to the United Kingdom can be found at: <https://www.gov.uk/check-uk-visa>

If you require an invitation letter to support your visa request, please contact [glasgow2018triathlon@glasgow.gov.uk](mailto:glasgow2018triathlon@glasgow.gov.uk) with the following information: name as it appears in your passport, date of birth, passport number and expiry date and arrival and departure dates.

### Currency

Local currency in Scotland is the Great British Pound (GBP). Currency can be bought or exchanged at the Post Office and any high street bank.

### Weather

Scottish weather is unpredictable. In August the temperature is usually between 12–18°C. Average monthly rain fall is 100mm with a 40% chance of rain days. In mid-August, there are approximately 15 daylight hours, from 06:00 to 21:00.

We would advise that athletes train for all weather conditions, with the possibility of having them all in one day.

### Broadcast schedule

All of the Elite races will be broadcast live across Europe. There is no current plan to broadcast the Age Group events however, there may still be cameras on course for live screen updates within the spectator areas.

### Anti-doping

As part of the ongoing commitment to fair and clean sport, ETU and ITU have made clear statements and efforts to help eradicate the use of prohibited substances and methods in Triathlon. Glasgow 2018 fully supports this commitment and will have an anti-doping English (UK) programme built into the competition, both for Elite and Age Group athletes. In the lead-up to the Championships we will provide regular information, as well as links to appropriate educational materials and supporting documents, to help ensure all of our athletes realise the responsibilities they hold in relation to clean competition. [www.etu.triathlon.org/anti\\_doping](http://www.etu.triathlon.org/anti_doping)

## Venue

The iconic Strathclyde Country Park (SCP) in North Lanarkshire lies in 400 hectares of picturesque countryside in the valley of the River Clyde. Managed by North Lanarkshire Council, SCP was developed as a venue for Rowing at the 1986 Commonwealth Games and has since been home to a number of world-class events over the years, including the triathlon competition at the Glasgow 2014 Commonwealth Games. The 2018 European Triathlon Championships will use very similar routes, with swimming in the Loch and using the surrounding network of closed roads and paths for the bike and run.

SCP is easily accessed from the motorway network and is a short journey from the centre of Glasgow. There is a network of public transport links that make the journey to the venue straightforward.

### Venue address

Strathclyde Country Park  
366 Hamilton Road  
Motherwell ML1 3ED



## Travel and Accommodation

Accommodation and travel services for age group athletes can be provided by Nirvana Europe. Please visit [www.nirvanaeurope.com](http://www.nirvanaeurope.com) to find more information about the services.

Other options for accommodation can be found at [www.visitscotland.com](http://www.visitscotland.com)

Train and bus information to Strathclyde Country Park can be found at [www.northlanarkshire.gov.uk/strathclydepark](http://www.northlanarkshire.gov.uk/strathclydepark)

### Arriving in Glasgow

#### Air

Glasgow International Airport is located approximately 13 km from Glasgow city centre. There are direct buses from Glasgow International airport to the city centre and it is well serviced by the motorway.

Athletes also have the option to arrive into Glasgow Prestwick (51km, 45 minutes) or Edinburgh International Airport (63km, 1 hour).

#### Rail

The city has two major railway stations – Glasgow Central and Glasgow Queen Street stations. If you are travelling by train to Glasgow via the Eurostar, there are direct trains from London King's Cross St Pancras to Glasgow Central.

#### Road

Glasgow has great links to the UK's extensive motorway network. Main motorways are the M74 and M8.

### Public Transport

Glasgow has a wealth of public transport options. The city's two main rail hubs are Glasgow Central and Glasgow Queen Street rail stations, where trains are available to the wider city and throughout Scotland. Journey times: Edinburgh 60 minutes, Stirling 40 minutes, Loch Lomond & The Trossachs National Park 50 minutes.

Train and bus information to Strathclyde Country Park is available on [www.northlanarkshire.gov.uk/strathclydepark](http://www.northlanarkshire.gov.uk/strathclydepark)

Glasgow has a Subway system that services the wider city centre. For further information visit [www.spt.co.uk/subway](http://www.spt.co.uk/subway)



# Athlete Services

## Athlete information

An athlete information desk will be located within the athlete services tent on site at Strathclyde Country Park from Thursday 9 August. Before that date, Age Group team managers will have access to information support at the official Elite athlete hotel (DoubleTree by Hilton Hotel Strathclyde).

The athlete recovery area is also located within the athlete services tent and will be available post-race to all Age Group athletes.

## Facilities

Changing facilities will be available for Age Group athletes within the athlete services tent. There are no shower facilities on site for Age Group athletes.

## Bag drop

A bag drop area will be provided within the athlete services tent for all non-transition kit. Athletes will be provided with a bag for this purpose. In the interest of safety and security, please keep items to a minimum. **Only official bags will be accepted in the bag drop area. No other bags or suitcases will be accepted.**

This service will be available during competition and familiarisation sessions. Please use the drawstring bag issued at registration for your belongings. The label, marked bag drop, with your race number should be placed on the bag to ensure you and your bag can be reunited after the session. **Athletes leaving items at the bag drop are advised that they do so at their own risk.**

## Bike mechanic

A bicycle servicing area will be provided by Dales Cycles. The mechanic will be located in the athlete services tent area and the store will also offer sales of last minute kit supplies.

This service will be available during familiarisation, registration, check-in and competition times. A charge will be made for any mechanic services

required. A number of track pumps will be available within the transition area on race day.

## Technical equipment

### Swim wear

There will be wetsuit and swimwear provision provided by Yonda Sports for any last minute emergency purchases.

### Running and nutrition

Technical running kit and nutrition products will be provided by Run4It, a local running store, who will ensure you have access to last minute supplies.

## Medical services

First aid and emergency medical services will be available at the venue during opening hours. Medical staff will be located in the athlete medical area near the finish line. A medical tent will also be available at the start and finish area during competition. If medical transfer to hospital is required from the venue, the patients will be transported by ambulance to the nearest hospital.

If you require medical assistance when you are away from the venue, the National Health Service (NHS Scotland) will provide emergency medical care to anyone who requires it, irrespective of whether they reside in the UK. In an emergency, you should call for an ambulance by dialling **999**. Emergencies can be dealt with at any hospital with an Accident & Emergency (A&E) department. If your condition is not too serious or life-threatening, be prepared to wait for up to four hours or more to receive treatment. Please see details of the nearest health providers to the venue.

### Nearest hospital

Wishaw General Hospital  
Wishaw  
ML2 0AA

Distance from venue 4.2 miles/13 minutes

## Doctor's surgery

The nearest doctor is at Orchard Medical Centre, Ladywell Rd, Motherwell ML1 3JX. However, the process of accessing National Health Service is with NHS 24 through the telephone number 111.

## Dental surgery

Hamilton Road Dental Surgery, 168 Hamilton Road, Motherwell ML1 3DW

## Lost and found

During the event all lost and found items will be held at spectator services support within the

## Car parking

A dedicated parking area has been set aside for athletes competing. If you are travelling by vehicle please use this area. It is important that you do not have any detrimental effect on those going about their daily business and, therefore, we ask that you follow the instructions of the on-site staff. Leave the M74 at junction 5 and follow signage for Strathclyde Country Park and Scotland's Theme Park. ML1 3RT.

Parking is available at the location detailed in the following diagram. A bus shuttle service will operate on a 30 mins scheduled service using the South Loch road which will be traffic controlled.

Date	First pick-up car park	Last pick-up car park	First pick-up from venue	Last pick-up venue
Thursday AM	09:00	11:00	09:30	11:30
Thursday PM	16:00	18:00	16:30	18:30
Friday	N/A	N/A	10:00	13:30
Saturday	05:00	12:00	08:30	16:00

Athletes arriving on Friday 10 August will be expected to cycle down to the venue on arrival as they will be using their bike either to check-in or to attend familiarisation. For this reason, there will be a limited pick-up service from the car park on that day, a transport service will be provided for small equipment packages. You will be directed to the pick up area by the team within the parking area please take care when crossing the road.

## Pick-up/Drop-off area

spectator areas. After the event please contact [glasgow2018triathlon@glasgow.gov.uk](mailto:glasgow2018triathlon@glasgow.gov.uk) to enquire about any lost items.

## Massage

A free massage service will be provided in the athletes' services area.

## Toilets

Toilet facilities are available within the athlete services area and at the gathering area for swim start.



# Registration

## Registration process

In order to compete, all athletes must register in person to collect their athlete wristband and registration pack. Registration will take place in groups as below.

Group	Registration Date	Registration Time
<b>Group 1</b>	Thursday 9 August	09:30–11:30
	<ul style="list-style-type: none"> <li>Male and Female 16–19</li> <li>Male and Female 25–29</li> <li>Male and Female 35–39</li> <li>Male 50–54</li> <li>Female 45–49</li> <li>Female 55–59</li> <li>Male 45–49</li> <li>Male 60+</li> </ul>	
<b>Group 2</b>	Thursday 9 August	16:30–18:00
	<ul style="list-style-type: none"> <li>Male and Female 20–24</li> <li>Male and Female 30–34</li> <li>Male and Female 40–44</li> <li>Male 55–59</li> <li>Female 50–54</li> <li>Female 60+</li> </ul>	

All participants will be asked to show photo ID and go to the appropriate registration desk. An alphabetical start list will be available on the ETU and Glasgow 2018 websites as well as at the entrance to the registration area to inform participants of the appropriate registration.

## Race pack

On registration athletes will receive a race pack containing the following:

- Silicone swim cap
- Timing chip
- Race number
- Sticker set – helmet and bike
- Drawstring bag
- Body tattoo
- Safety pins
- Athlete wristband
- Souvenir

## Accreditation

The athlete wristband you receive at registration will act as your accreditation for the event and must be worn and displayed at all times when at the venue, including familiarisation sessions. This also acts as your entry to the Closing Ceremony and exclusive viewing area for the Elite Mixed Team Relay event. If you have any problems with your accreditation, please contact your team manager. There is also an accreditation help office at the main athlete entrance.

A separate wristband will be issued for the Opening Ceremony and Pasta Party. These will be issued by your team manager, or in the case that you do not have a team manager, at the box office on George Square. Age Group team managers will pick up Opening Ceremony and Pasta Party passes at the Age Group team managers briefing on Wednesday 8 August at 10:00.

## Race briefing

Athlete race briefing will be delivered by your federation team manager. It is strongly recommended that all athletes attend this race briefing. Age Group team managers' will have access to a bookable race briefing area on site for their team members.

Please contact [glasgow2018triathlon@glasgow.gov.uk](mailto:glasgow2018triathlon@glasgow.gov.uk) for availability of times.

# Training

## Course familiarisation

Course familiarisation sessions for Age Group athletes will take place on Friday 10 August. Swim and bike familiarisation sessions are available with athletes managed around the courses in controlled groups.

**Please note all athletes will be required to show their athlete wristband before being admitted to the route for familiarisation sessions.**

Friday 10 August Times	Groups
08:30–10:00	Group 1 Bike familiarisation
10:00–11:00	Group 1 Swim familiarisation
10:00–11:30	Group 2 Bike familiarisation
12:00–13:00	Group 2 Swim familiarisation

**Training on the course outside of official familiarisation is strictly forbidden. The park is a public venue and will be open to normal traffic.**

## Bike course familiarisation

Athletes will be escorted around the route in groups by motorcycle marshals. A maximum of 100 participants will be permitted in each group, with a five minute gap between each group. Each group will have the opportunity to complete two laps before being asked to leave the course. Athletes should check their bike into transition immediately following their bike course familiarisation session.

## Swim course familiarisation

Once athletes have completed their bike course familiarisation session and transition check-in, the swim course will be open for familiarisation. The whole course will be open for the duration of the session (1 hour). Participants will need to cross the field of play at designated points to access the swim course. All athletes must present their athlete wristband in order to access the course.

## Training facilities

There are no official training facilities for Age Group athletes. However, there are a wealth of facilities in the Glasgow area which can be used for training.

Suggested swim training facilities are:

**Glasgow Club Gorbals**  
275 Ballater Street  
Glasgow  
0142 276 1490  
[www.glasgowclub.org](http://www.glasgowclub.org)

**Dollan Aqua Centre**  
Brouster Hill  
East Kilbride  
G74 1AF  
Tel: 01355 260 000  
[www.sl-leisure.co.uk](http://www.sl-leisure.co.uk)

**The Time Capsule**  
100 Buchanan Street  
Coatbridge  
ML5 1DL  
Tel: 01236 449 572  
[www.time-capsule.co.uk](http://www.time-capsule.co.uk)

### WHERE TO PLACE YOUR STICKERS





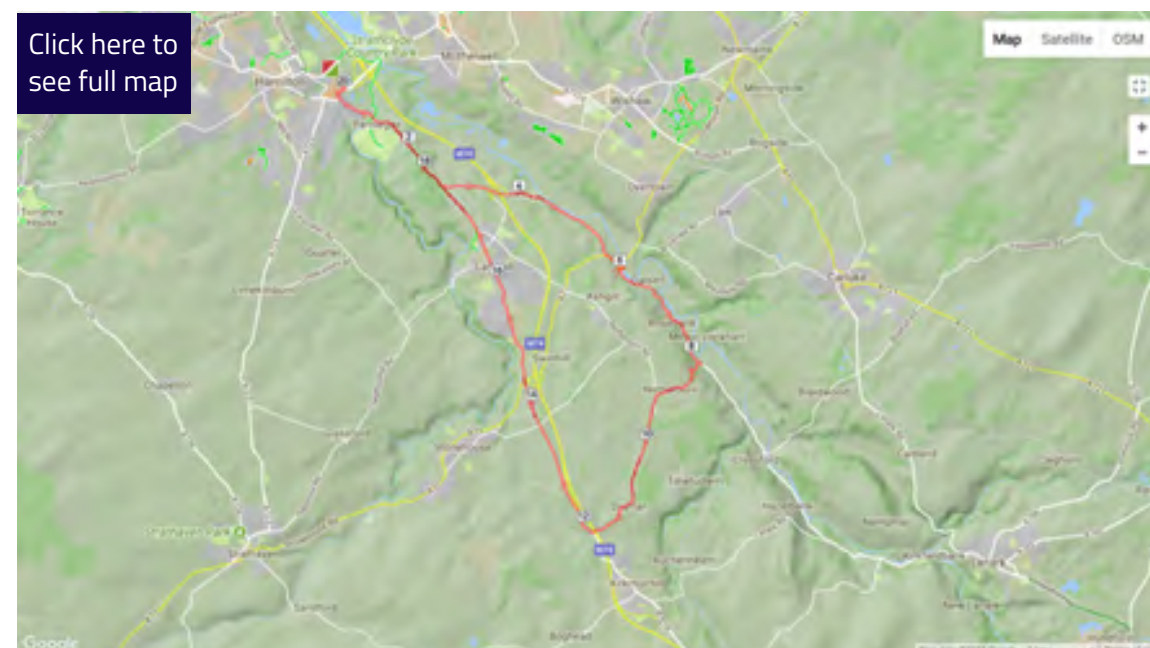
## Training options

The suggested route below is unmarked, un-marshalled and is used at athletes' own risk. Strathclyde Country Park is in a relatively urban area and will involve normal traffic restrictions. Once out of the urban areas, the roads are quiet country roads.

This suggested route starting from Hamilton retail park is unmarked un-marshalled and is used at athletes own risk.

Strathclyde Country Park is in a relatively urban area and will involve normal traffic restrictions. Once out of the urban areas the roads are quiet country roads.

There is a network of walking routes which are suitable for run training, in and around the local area.



## Transition Check-in/Check-out

### Check-in

Transition check-in is available on Friday 10 August at the following times:

Friday 10 August Times	Groups
09:00–11:00	Group 1
11:00–13:00	Group 2

Athletes should check their bike into transition during their allotted time slot. Please clearly show your number stickers, placed on your helmet and bike, in order to access. Please set up your transition area with due care not to infringe on any other athlete's space.

### Check-out

A controlled check-out will take place whilst the event is running, with athletes presenting their wristband to access the transition area. Transition check-out will be available until 16:00 when the venue will be locked down for the Elite Mixed Team Relay event. Any Age Group athletes wishing to leave their bikes in the transition area for the duration of this event may do so, but will not be able to collect their bike until the conclusion of the Elite Mixed Team Relay event.

## Race Start Procedures



1. Athlete entrance
2. Bike check-out
3. Athlete recovery
4. Registration
5. Athlete changing and bagdrop
6. Bike check-in
7. Swim start area

### Start procedures

The head referee is responsible for starting the race. All competitors should report to the athlete holding area at least 30 minutes prior to their wave start time (on the following page).

Athletes will be lined up in order of start time. Athletes should not approach the water until instructed to do so by the technical official team. On entering the water, athletes will be held at the start line. Athletes should lower themselves into the water. No diving or jumping is permitted.

Athletes should hold onto the pontoon and wait for instruction. The starter will give an 'on your marks' instruction which will be followed by the sounding of an air horn, within 30 seconds, to signify the start of the race. All athletes must wear the swim hat provided at registration. Your timing chip should be secured around your left ankle, underneath your wetsuit. Athletes should follow the instructions of the race officials at all times.

Wave schedule

Wave #	Start time	Category	Number per category	Number per wave	Swim cap	Race Day access to TA
1	0700	M16	40	77	Yellow	0530-0645
		M20	37			
2	0730	F16	25	58	White	
		F20	33			
3	0800	M25	42	96	Gold	
		M30	54			
4	0830	F25	40	77	Pink	
		F30	37			
5	0900	M35	42	93	Orange	0730-0845
		M40	51			
6	0930	F35	40	75	Green	
		F40	35			
7	1000	M45	55	55	Yellow	
8	1030	M50	54	97	Gold	
		M55	43			
9	1100	F45	40	117	White	
		F50	40			
		F55	37			
10	1130	M60	43	105	Pink	
		M65	32			
		M70	16			
		M75	12			
		M80	2			
11	1200	F60	32	58	Orange	
		F65	17			
		F70	7			
		F75	2			

The Competition

Rules

Athletes should familiarise themselves with the ITU competition rules which are available on their website ://[www.triathlon.org/about/downloads/category/competition\\_rules](http://www.triathlon.org/about/downloads/category/competition_rules)

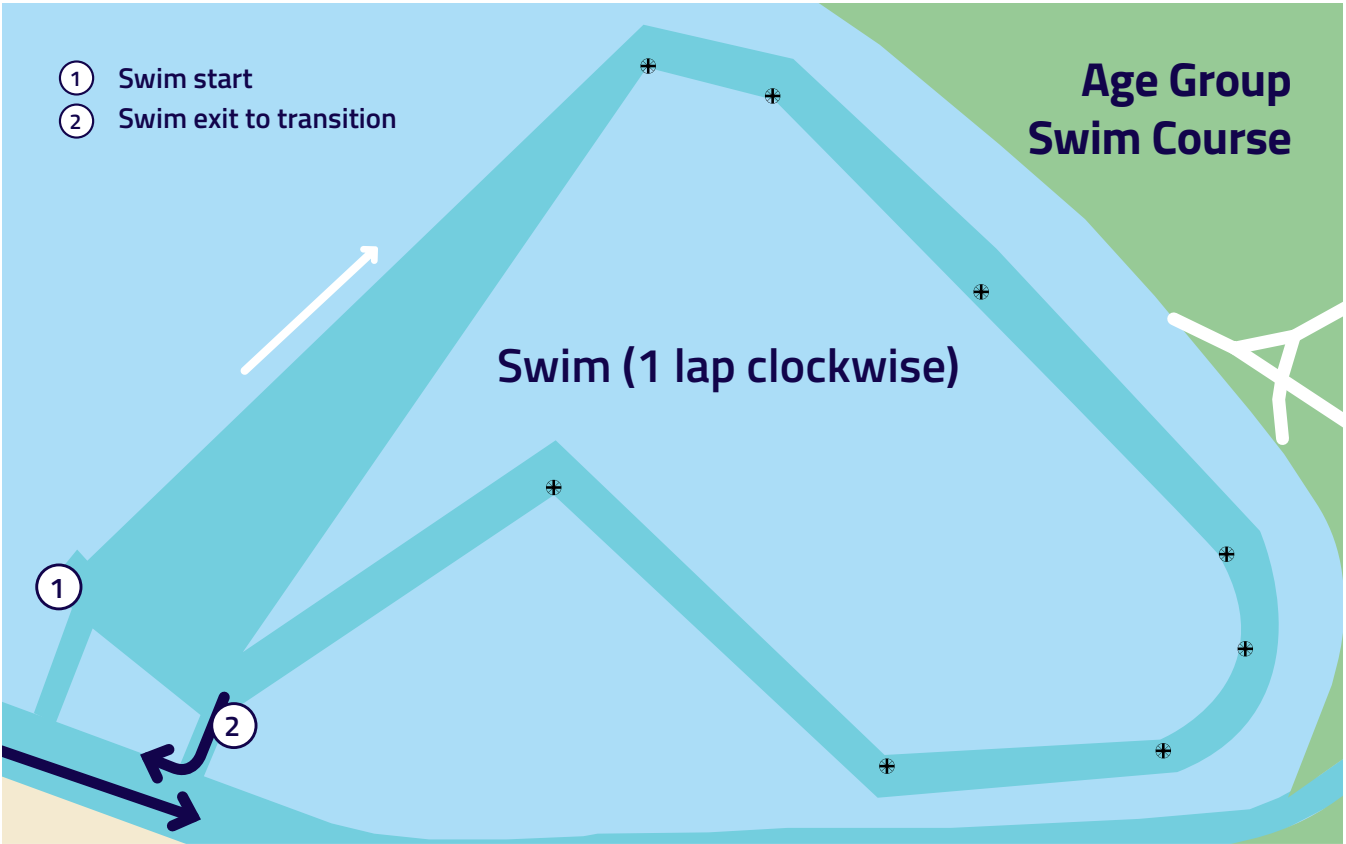
Swim section

The swim start will be in water and you will hold the pontoon with one hand. Athletes will swim one lap of 750m in a clockwise direction. Please note this is the opposite direction to the Elite event. If you get into difficulty at any point during the swim, please lie on your back and raise your arm. This will signal to our water safety team to assist you. If necessary, a safety boat will arrange to extract you from the water.

On completing the swim lap, athletes should exit the water using the exit ramp on the pontoon. You should then turn right onto the road and take the carpeted route to the Age Group transition area. You may only roll down your wetsuit as far as your hips before reaching your bike. Ensure your swimming kit is safely placed within your transition area before starting the bike section.

Wetsuits

ITU/ETU competition guidelines are in place for this event. Average water temperature in Strathclyde Loch is 16–17°C.



## Cycle section and penalties



## Penalties

There are two penalty boxes on the bike course. The race number(s) of athletes who are required to take a penalty will be displayed at the penalty box. It is the athlete's responsibility to look out for and serve penalties at each penalty box. Failure to serve a penalty will result in disqualification of the athlete.

Athletes will cycle a distance of 20km over three laps. Helmets are mandatory on the bike course and must be worn before you remove your bike from the rack until after you have re-racked your bike. The bike must be pushed out of transition until you have crossed the marked mount line. A mount line and dismount line will be located at each end of the transition area and will be managed by appointed technical Officials. The cycle is non-drafting.

The cycle follows an out-and-back route. Please ensure you stay on the left at all times, only moving to the right to overtake. You are responsible for ensuring you cycle the correct number of laps. On completing your third lap, you must dismount before the dismount line. This will be clearly marked and identified by technical officials.

There are some technical aspects to the course including a downhill entry to a left hand 90 degree turn. Please be aware that the downhill section after the turn point is very steep so please ride with caution and use our familiarisation sessions to familiarise yourself with this section. The course will be divided by a cone line with cones being placed closer together in technical areas. There will be minimal barrier lines along the out and back section. The course is undulating in nature with a significant climb from a right-hand 90 degree turn. The cycle takes place in a country park so please be aware of wildlife and people using the park. The course will have barriers in places where there are identified hazards and potential walking routes.

There will be two areas where you will be asked to ride off tri bars – at the downhill section to the roundabout and the lap turn point at transition, as athletes may be joining the course for their first lap. These will be marked by the following warning sign. The zone will be marked start and end,





## Run section and aid stations



Athletes will complete one lap of the 5km run course. The surface is a mix of tarmac and trail. The trail sections are relatively narrow and athletes must keep to the left. Race numbers should be worn on the athletes' front and displayed throughout the run section.

### Aid Stations

There will be two water aid stations on the run course, with athletes passing each twice, so there will be four opportunities to visit. Please note there is a littering zone in place at each aid station which will be strictly enforced.

### Finish

All athletes will receive a Glasgow 2018 finisher's medal on crossing the finish line. Athletes can then make their way to the athlete services tent for refreshments. Details of medal ceremonies for the top three athletes in each age group are detailed on page 25.

### Results

Results will be provided by ATOS and will be available on [www.europeanchampionships.com](http://www.europeanchampionships.com). Results will be posted throughout the day on the notice board in the athlete services tent. They will also be published on the ITU website as soon as possible after the event.

## Appeals process

All appeals should be raised within 15 minutes of finish time.

Penalties will be posted near the finish line by the race referee. If you wish to appeal any penalty, you should submit an appeal to the Race Referee. This will then be considered by the appointed competition jury. Please find details of the full appeals process within the competition rules.

# Ceremonies and Events

## Opening Ceremony and Pasta Party

The triathlon opening ceremony and pasta party will take place on Wednesday 8 August in George Square, in Glasgow’s city centre. It should be noted that the cycle time trial will be taking place on the afternoon, which will pass through George Square, this gives a great opportunity to spectate and then join the Opening Ceremony in the evening.

### Location

George Square, Glasgow G2 1DU

The opening ceremony will include the Flags of Nations Parade and Pasta Party for all athletes and will run from 18:00–19:30. The athlete muster zone for the parade will be in Cochrane Street at John Street. Please ensure you are there by 17:45. All athletes must present their wristband in order to take part in the ceremony, these will be issued to team managers or at the booth in George Street.

Food will be served in Browns Restaurant from 17:00 until 20:30. Extra food vouchers for friends and family can be purchased, from Browns, during the afternoon and early evening.



1. Ceremony stage
2. Pasta Party at Browns restaurant
3. Ceremony team muster point

## Timetable

8 August	Time	Notes
Athletes to collect opening ceremony wristband	All day	To be collected from team manager. Athletes with no team manager can collect from the Box Office on George Square
Athletes to muster in teams	17:30–18:00	Cochrane Street
Pasta Party	17:30–20:30	Browns restaurant Vouchers will be available for sale to family and friends throughout the day at the restaurant
Piper/Pipe Band	18:00	Piping Live
Flags of Nations Parade	18:00	Procession from Cochrane Street to George Square. Flag bearer to lead group and take flag onto the stage. Alphabetical order with GBR the last team
Opening speeches ETU Welcome	18:30–18:50	Host City Welcome
Oaths	18:50–18:55	Athlete, Coach and Technical Official
Entertainment	19:00–21:00	Live music

## Medal Ceremony

The Age Group Medal Ceremony will take place in the evening immediately following the Elite Mixed Team Relay Medal Ceremony. This will take place in the Elite transition area at approximately 19:40.

Medal winning athletes will be asked to report to the athlete services tent at 19:00. There will then be a short walk to the blue carpet area where the ceremony will take place.

## Closing Ceremony

The Triathlon Closing Ceremony will take place in Strathclyde Country Park on Saturday 11 August from 19:30–21:00, immediately following the Age Group Medal Ceremonies. All athletes, friends and family wishing to attend the Closing Ceremony should make their way to the South Spectator Zone at the end of the Elite Mixed Team Relay event.

## Age Group viewing area

All Age Group athletes will have access to an exclusive viewing area for the Elite Mixed Team Relay event which begins at 17:30 on Saturday 11 August. This is limited to athletes with wristbands and will be accessible from the North Spectator Zone before the Relay event starts.



## Ticketing info

Friends and family will have access to the main grandstand in the South Spectator Zone during the Age Group event free of charge. Please note a security search is in operation to access both spectator zones. For a full spectator guide please visit <https://www.glasgow2018.com/venues/venue-map/strathclyde-country-park-triathlon>

Please note that access to the grandstand is only available until 15:00 on the Saturday and will be fully cleared at the end of the Age Group competition to facilitate access for ticket holding spectators for the Elite Mixed Team Relay.

Grandstand tickets for the Elite races are available for purchase at the Glasgow 2018 website. The main grandstand is located behind transition with great views of the swim and run course, including large video screens showing live footage from around the course. There is also ample free viewing around the park and the spectator zone on the north shore of the loch will also show live coverage (this area is free to view).

## TRI in the Park

For any friends and family looking to take part in triathlon activity while you are in Glasgow, we are delighted to be working with Triathlon Scotland to run an open participation event, named TRI in the Park, on Sunday 12 August. For more information about this event please visit [www.glasgow2018.com/tri-in-the-park](http://www.glasgow2018.com/tri-in-the-park)

# About Glasgow

## City information

Glasgow is the largest city in Scotland and is internationally recognised as one of Europe’s most exciting destinations with its wealth of cultural attractions; world class architecture and design; status as the UK’s first ever UNESCO City of Music and year round programme of festivals and major events.

Glasgow and Scotland’s sporting reputation has never been higher. Having delivered what is now widely recognised as the best ever Commonwealth Games and the 2014 Ryder Cup, Scotland continues to attract events of the very highest quality including the 2015 World Gymnastics Championships and the 2017 World Badminton Championships.

Edinburgh, Scotland’s inspiring capital, where centuries of history meet a dynamic, cosmopolitan city amid an unforgettable setting, will host the Diving Championships at the Royal Commonwealth Pool.

North Lanarkshire’s Strathclyde Country Park – over 400 hectares of countryside set within the valley of the River Clyde – will host both the Rowing and Triathlon. This lush green park, with its vast range of activities on offer, is one of the most popular family destinations in the central belt of Scotland, and attracts thousands of visitors each year.

For the Open Water Swimming Championships, athletes will take to the glimmering waters of Loch Lomond against the impressive backdrop of Ben Lomond, Scotland’s most southerly Munro. And you’ll be immersed in breathtaking scenery once again for the golfing event at the world-class resort of Gleneagles, located in postcard-perfect Perth and Kinross.

## KEY FACTS

- Glasgow currently ranked number 5 in the world in the SportBusiness Ultimate Sports City Awards
- Glasgow was named one of the top 20 ‘Best of the World’ destinations for 2016 by National Geographic Traveler
- Scottish tourism is worth more than £11bn to the economy
- Glasgow is home to more than 100 cultural organisations and is one of only 19 UNESCO Cities of Music worldwide
- Scotland has been voted the world’s Best Cinematic Destination by USA Today’s 10 Best Readers’ Choice Awards 2015



## PARTNERS



## SUPPORTERS



## PROVIDERS



## TRIATHLON PARTNERS





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