

WORLD CUP ANTWERP ELITES' GUIDE





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GENERAL INFORMATION

1.1 Key Dates

Friday 15th June
Saturday 16th June
Sunday 17th June

BRIEFING
COURSE FAMILIARIZATION
RACE DAY

1.2 Schedule

DATE	TIME	ACTIVITY	LOCATION
Friday 15th June	17.00 – 18.00	Registration	Campus Middelheim
	18.00 – 18.30	Elite Athlete Briefing	Campus Middelheim
	18.30 – 19.30	Race package distribution	Campus Middelheim
	19.00 – 21.00	Pasta Party	Campus Middelheim
Saturday 16th June	11.00 – 11.30	Bike course familiarization	MAS – Oostendekaai
	12.00 – 13.00	Swim course familiarization	MAS - Oostendekaai
Sunday 17th June	13.30 – 14.15	MEN Athlete lounge open	Godefriduskaai
	14.00 – 14.45	MEN Transition open	Oostendekaai
	14.00 – 14.45	MEN Swim Warm Up	Bonapartedok
	14.50	MEN Athletes' presentation	Sint Laureiskaai
	15.00	MEN Race start	Bonapartedok
	15.30 – 16.15	WOMEN Athlete lounge open	Godefriduskaai
	16.00 – 16.45	WOMEN Transition open	Oostendekaai
	16.00 – 16.45	WOMEN Swim Warm Up	Bonapartedok
	16.50	WOMEN Athletes' presentation	Sint Laureiskaai
	17.00	WOMEN Race start	Bonapartedok
	18.15	Elite Medal Ceremony	Oostendekaai

1.3 Athletes' briefing

DATE: Friday 15th June

TIME: 18.00u. (local time)

LOCATION: Campus Middelheim – University of Antwerp, Middelheimlaan 1, 2020 Antwerpen

1.4 Key contacts

POSITION	CONTACT PERSON	CONTACT E-MAIL
ITU Technical Delegate	Sander Verheuvél (NED)	s.verheuvél@caiway.nl
ITU Assistant Technical Delegate	Noël Remy (BEL)	noelremy4@gmail.com
ITU Medical Delegate	Jan Verstuyft (BEL)	
LOC Event Delegate	Pieter Cocquyt (BEL)	pieter@antwerptriathlon.be
LOC Travel Management	Lars Andries (BEL)	lars@antwerptriathlon.be
LOC Athlete services	Louise Peremans (BEL)	info@antwerptriathlon.be

1.5 Event organisers

Antwerp Triathlon 2020 vzw

Email: info@antwerptriathlon.be

Website: <http://www.antwerptriathlon.be>

Facebook Page: www.facebook.com/AntwerpTriathlon/

Facebook Event: www.facebook.com/events/1806840182950458/



VENUE



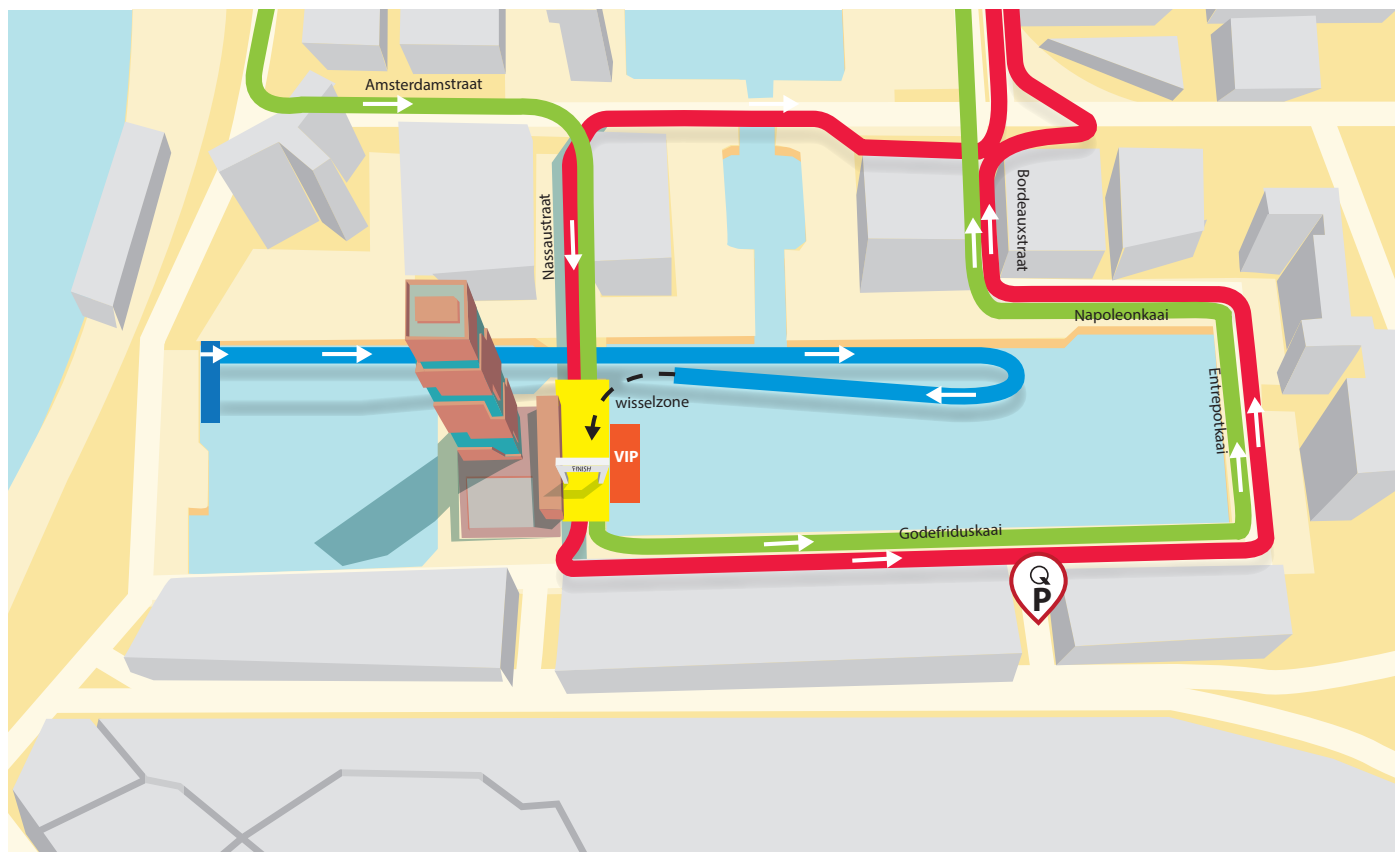


MAS/Museum Aan de Stroom, Hanzestedenplaats 1, Antwerp, Belgium



2.2 Course maps

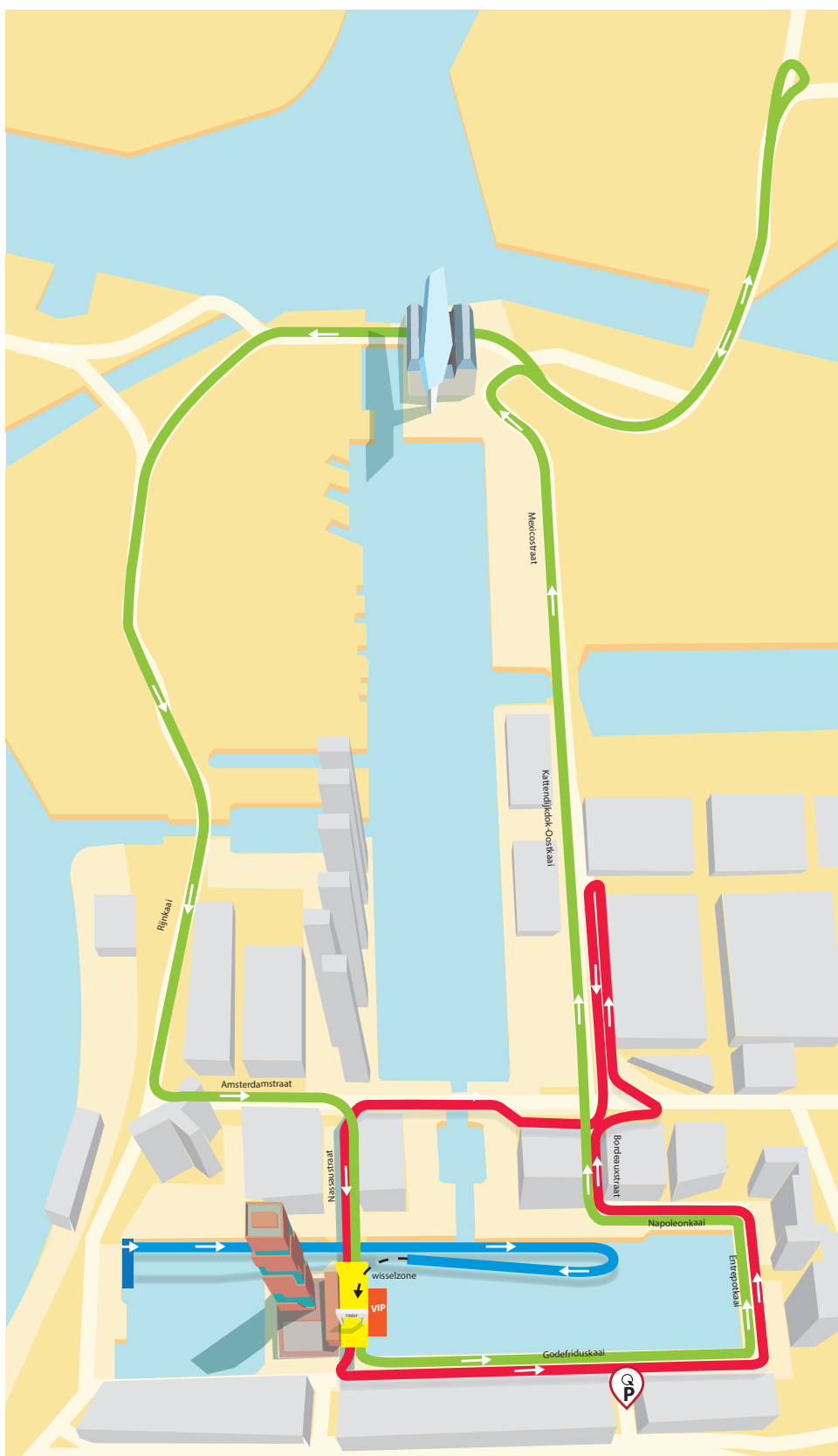
SWIM COURSE 1 lap of 750m





BIKE COURSE

4 laps x 5,6 km = 22,4 km





RUN COURSE

2 laps x 2,5 km = 5 km





2.3 Elite athletes' lounge

Facilities including the Athletes' Lounge and toilets are provided for the athletes close to the start and finish area. Physiotherapists will be available within the athlete lounge during the opening hours. Treatment per athlete: a maximum of 10 minutes. Available the 17th of June from 13:30 - 19:00.

ATHLETES' LOUNGE OPENING TIMES

Course familiarization: Saturday 16th June: 10.00 – 13.30

Elite races: Sunday 17th June: 13.30 – 14.15 (MEN) ; 15.30 – 16.15 (WOMEN)

2.4 Doping control

Doping Control will be performed according to the ITU / WADA rules. Doping Control will be located at the Athlete's Lounge, inside a medical van.

2.5 Bike mechanic service

Our bike partner will be Bike Project. Bike Project is located at Lange Koepoortstraat 47, Antwerp. They are located less than 1km from the race venue and less than 5km from the Crowne Plaza Hotel. The bike mechanic service is open on Tuesday, Thursday and Friday from 9:30-18:30 ; open on Wednesday from 12:00-20:00; open on Saturday from 12:00-18:00. The bike mechanic service will be available on race day in the Athlete's Lounge and at the transition Area for Age Groupers, at Rijnkaai. The bike mechanic service will be available on Sunday 17 June, from 7:30-17:00, only at the race venue.

Contact: Daan Terclavers

Website: www.bikeproject.be (only in Dutch)

Email: daan@bikeproject.be

Mobile Phone: +32 (0) 3 770 76 00

2.6 Medical services

There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on site close to the Finish area.

Possible medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes and teams should make sure that they have appropriate medical insurance.

General emergency number: 112

Nearest hospitals:

ZNA Middelheim, Lindendreef 1, 2020 Antwerp, +32 (0) 3 280 30 03

AZ Monica Antwerpen, Harmoniestraat 68, 2018 Antwerp, +32 (0) 3 240 20 20

Nearest doctors:

Markgravelei 51, 2018 Antwerp, +32 (0) 3 555 95 59

Korte Klarenstraat 91, 2000 Antwerp, +32 (0) 3 233 46 64

Italiëlei 106A, 2000 Antwerp, +32 (0) 3 231 33 20

Nearest dentists:

Olivier Maes, Jan van Rijswijcklaan 78, 2018 Antwerp, +32 (0) 3 257 28 09

Harmonie, Kon. Elisabethlei 2, 2018 Antwerp, +32 (0) 3 290 90 90



2.7 LOC office

The LOC office will be located near the finish area next to the MAS building from Thursday 14th June – Monday 18th June. The LOC office will be opened on following hours:

DATE	OPEN, AT HOST HOTEL	OPEN, AT RACE VENUE
Thurs 14th June	Yes, 09.00 – 17.00	No
Fri 15th June	Yes, 09.00 – 17.00	No
Sat 16th June	No	Yes, 09.00 – 17.00
Sun 17th June	No	Yes, 06.00 – 18.00

2.8 Official hotel

Crowne Plaza Antwerpen

Gerard Le Grellelaan 10

2020 Antwerpen

Belgium

Phone: +32 3 259 75 00

Mail: info@cpantwerp.com

Website: <http://www.cpantwerpen.be/>

If you want to book a room, please fill in the document attached.

Send it to reservations@cpantwerp.com to complete your reservation.

2.9 Banking

ATM's are available close to the Host Hotel and the race venue.

Nearest ATM from race venue: Londenstraat 15, Antwerp (650m walk from finish area)

2.10 Airport transfers

The LOC provides free transport for elite athletes on Thursday 14 June and Friday 15 June, from Brussels International Airport to the Host Hotel Crowne Plaza Antwerp. On Monday 18 June, the LOC will provide free transport from the Host Hotel to Brussels International Airport. You can book your free ride by mailing your personal details (name, country, Phone number, emailaddress), your flight number and your expected arrival time to shuttle@antwerptriathlon.be. If you need a shuttle back to the airport on Monday, you have to give your flight number and you expected departure time as well. We have to receive your mail before Monday 11 June.

The LOC recommends a transport company to book your trip from all airports and railway stations listed below, to the Host Hotel and Race Village. It is the responsibility of the athletes to book their ride in advance, not less than 5 days before. Our transport company is Billo and is responsible for 500 rides a day. They stand for an affordable price with quality travel. Following link guides you through your booking:

<http://www.billo.be/events/antwerptriathlon>. This booking is not free of charge.

Listed airports and railway stations:

Airports and its railway stations:

- Brussels Airport (Zaventem, Belgium)
- Brussels South Charleroi Airport (Charleroi, Belgium)
- Antwerp International Airport (Antwerpen, Belgium)
- Ostend-Bruges International Airport (Oostende, Belgium)
- Liège Airport (Luik, Belgium)
- Lille Airport (Lille, France)
- Paris-Charles de Gaulle Airport (Paris, France)
- Amsterdam Airport Schiphol (Amsterdam, The Netherlands)
- Eindhoven Airport (Eindhoven, The Netherlands)
- Maastricht Aachen Airport (Maastricht, The Netherlands)
- Düsseldorf Airport (Düsseldorf, Germany)
- Cologne Bonn Airport (Cologne, Germany)
- Frankfurt Airport (Frankfurt, Germany)

Railway stations:

- Brussels South
- Lille Europe
- Lille Flandres



2.11 Pasta party:

On Friday 15 June, right after the briefing, there is an opportunity to enjoy a delicious pasta during our pasta party. Across the building of the briefing, there is a schoolrestaurant. We offer you a pasta dinner with fruit and drinks included. Only by mailing to lars@antwerptriathlon.be your name, phone number, emailaddress and your special requests. We have to receive your mail before Monday 11 June.

2.12 Rent A Car:

Hertz Belgium

<https://www.hertz.be/rentacar/reservation/>
at Brussels Airport, (+32) 02 720 60 44

Hertz Belgium

<https://www.hertz.be/rentacar/reservation/>
at Antwerp Central Railway station, (+32) 03 239 29 21

Europcar

https://www.europcar.be/en/offices/belgium/zaventem/brussels-zaventem-airport?utm_source=local&utm_medium=organic&utm_campaign=BRUT01),
at Brussels Airport, (+32) 02 721 05 92

Europcar

https://www.europcar.be/en/offices/belgium/antwerpen/antwerp-central-railway-station?utm_source=local&utm_medium=organic&utm_campaign=ANRL01),
at Antwerp Central Railway station, (+32) 03 206 74 44

TRAINING





3.1 Swimming

Thursday 14 June

FREE Swim training: 12:00 - 15:00 (Wezenberg, Desguinlei 17-19, 2018 Antwerp)
distance from host hotel 300m

Friday 15 June

FREE Swim training: 12:00 - 15:00 (Wezenberg, Desguinlei 17-19, 2018 Antwerp)
distance from host hotel 300m

Saturday 16 June

Swim course familiarization: 12:00-13:00 (Bonapartedok, Antwerp)

INDOOR swimming pools:

Groenenhoek

Orpheusplein 1, 2600 Berchem

25M

Monday	12:00-19:00
Tuesday	07:00-12:00
Wednesday	12:00-14:00
Thursday	07:00-08:30 - 13:30-17:00
Friday	12:00-19:00
Saturday	13:00-18:00
Sunday	closed

-25yo = 1,50 EUR

+26yo = 3,00 EUR

Plantin Moretus

Plantin en Moretuslei 343, 2140 Borgerhout

25M

Monday	12:00-18:00
Tuesday	12:00-13:30 - 16:30-18:00
Wednesday	07:00-11:00 - 13:30-20:00
Thursday	12:00-13:30 - 16:00-18:00
Friday	12:00-13:30 - 15:00-18:00
Saturday	10:00-17:00
Sunday	08:30-13:00

-25yo = 1,50 EUR

+26yo = 3,00 EUR

OUTDOOR swimming pool:

De Molen

Wandeldijk 40, 2050 Antwerpen

50M

From 1 June – 2 September: everyday open from 10:00-20:00

-25yo = 2,00 EUR

+26yo = 4,00 EUR



3.2 Cycling

Saturday 16 June

Bike course familiarization:

11:00-11:30 (Oostendekaai, Antwerp)

There are no planned bike trainings. All athletes are free to bike in and around Antwerp. Please note that there is a lot of traffic in Antwerp. No full closed roads available to cycle. Please use bicycle path and pay attention in the city centre because of busy traffic. Look for cycling opportunities outside the city.

Please check following website if you want to bike in Antwerp. Several routes and tips are on this website: www.visitantwerpen.be/en/transport-antwerp/antwerp-by-bike-en



3.3 Running

Besides the busy roads has Antwerp a lot of beautiful parks and running tracks. Running possibilities in Nachtegalenpark across the Crowne Plaza hotel, free accessible running track.

On following link you can find all running tracks and running routes in Antwerp. This website is only available in Dutch but you can check the track by clicking on a link. the site will show you a map with the exact location of the track or route.

Link: www.antwerpen.be/nl/overzicht/sporting-a/lopen/loopparcours-atletiekpistes

3.4 Course familiarization

BIKE: All elite athletes have the possibility to familiarize the bike track on Saturday 16th June between 11:00 and 11:30, only when accompanied by the police. All elite athletes have the opportunity to ride one lap on the bike course accompanied by the police. It is not possible to familiarize the track on your own. We start at Oostendekaai, next to MAS/Museum Aan de Stroom.

SWIM: After the bike course familiarization, there is the opportunity to familiarize the swim course. Between 12.00 and 13.00 you can dive into the water at Bonapartedok. It is forbidden to swim in the water on any other moment than the familiarization or race.

COMPETITION INFORMATION





4.1 Competition schedule

Please keep in mind that there is no warming-up possible on the track on Race Day due to other races in the morning.

DATE	TIME	ACTIVITY	LOCATION
Thursday 14th June	12:00 – 15:00	Swim Training	Wezenberg
Friday 15th June	12:00 – 15:00	Swim Training	Wezenberg
	17.00 – 18.00	Registration	Campus Middelheim
	18.00 – 18.30	Elite Athlete Briefing	Campus Middelheim
	18.30 – 19.30	Race package distribution	Campus Middelheim
	19.30 – 21.00	Pasta Party	Campus Middelheim
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Sunday 17th June	13.30 – 14.15	MEN Athlete lounge open	Godefriduskaai
	14.00 – 14.45	MEN Transition open	Oostendekaai
	14.00 – 14.45	MEN Swim Warm Up	Bonapartedok
	14.50	MEN Athletes' presentation	Sint Laureiskaai
	15.00	MEN Race start	Bonapartedok
	15.30 – 16.15	WOMEN Athlete lounge open	Godefriduskaai
	16.00 – 16.45	WOMEN Transition open	Oostendekaai
	16.00 – 16.45	WOMEN Swim Warm Up	Bonapartedok
	16.50	WOMEN Athletes' presentation	Sint Laureiskaai
	17.00	WOMEN Race start	Bonapartedok
	18.00	Elite Medal Ceremony	Oostendekaai

4.2 Competition rules

The race will follow the latest published competition rules of the International Triathlon Union.

Link: https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf

4.3 Information about the Field Of Play

START

The start area is at the Bonapartedok. Athletes will line up at the Sint-Laureinskaai. Right before entering the carpet, athletes have the possibility to leave their last minute gear. The organization will bring them to the athletes lounge. As an athlete is called, jog on the gangway to the pontoon, pick your spot and focus on the course. Each athlete stands behind the line of their starting position, which is approximately 75cm wide. The Head Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start the race.

SWIM COURSE

There is one lap to swim. The first turn is at about 500 meters. There will be an indication buoy at 200 meters. Athletes can swim on the left or on the right side of this buoy. Then, athletes have to swim under a small bridge with a length of 10 meters and a width of 20 meters. Then, there will be a 300 meter swim until the first turn. All athletes have to leave the buoys at their right side. After the turn the athletes have to swim approximately 175 meters until the swim exit. The swim exit is at the Oostendekaai.

The average water temperature in the mid of June is around 18°C. The water temperature during that period can vary between 16°C and 22°C.



BIKE COURSE

The bike course is approximately 5,6 kilometres long. Athletes will ride 4 laps with a total of 22,4 kilometres. After leaving transition zone there will be a sharp turn to the left. After approximately 300 metres athletes will ride over a professionally mounted ramp. The beginning of the track is technical due to changes of directions and tight turns. Then, there are more straight roads to increase speed. There will be a small climb and a 180° turn. Good tarmac and cobblestones. First runner – last biker scenario, therefore athletes might be taken out by ITU Technical Officials according to ITU Rules. In each lap, the athletes will ride through the transition zone.

WHEEL STATION

The first wheel station is at the Godefriduskaai. It is the Team Wheel station and it is located 200 metres after the transition zone.

The neutral wheel station will be located on the bike course – right before and right after the Straatsburgbrug, at the Mexicostraat / Siberiastraat. This wheel station can be used twice in one lap and is located halfway through the lap of the bike course.

RUN COURSE

Totally flat course. There are two laps of 2.5 km to run in total 5 km. There will be one 180° turn. Good tarmac and cobblestones. Athletes will run through the transition zone.

AID STATION

The aid stations are located on the run course, approximately 950 metres after and 500 metres before the transition zone. There will be approximately 850 metres between the two aid stations.

LITTERING AREA

Please note that we have placed containers directly after the aid stations where you have to dispose of your used bottles of water.

PENALTY BOX

The penalty box is located on the right hand side, approximately 75 metres before the transition zone. The penalty box is located right before the Nassaubrug.

TRANSITION / FINISH AREA

Athletes will bike and run through the transition area. After the last lap of the run, athletes will run into the finish lane. After the finish, athletes have to return their timing chips immediately. They pass the mixed zone and can go to the recovery area / athletes lounge.