



CITY
TRIATHLON
2022 World Cup Karlovy Vary

ATHLETES' GUIDE

Greetings and welcome to the 2022 World Triathlon Cup Karlovy Vary.

It is my great pleasure to be able to welcome you back to this beautiful region of the Czech Republic for another edition of challenging Karlovy Vary racing. Like the country, this historic town has a long relationship with our sport, having hosted several European Cups before stepping up to become one of the most iconic World Cup venues on the circuit since 2017.

It is a course that brings the best out of the athletes and a weekend that showcases the best of our sport at all levels, from the elites to the first-timers. At Rolava Lake and all the way into and around the city centre, the course is always testing and the crowds are loud, just the way triathlon should be.

Time and again this superb stage has brought the best out of our triathletes, including past winners such as Vincent Luis and the Olympic Champion Flora Duffy, Norway's Gustav Iden and, of course, the local great Vendula Frintova.

We will see many familiar faces again this weekend along with future stars, and they will undoubtedly inspire the age-group athletes taking part in the feast of triathlon that always brings so much to Karlovy Vary. It is occasions like these that are hugely important to the continued growth of our sport, and it is always a thrill to see newcomers falling in love with it on and off the course.

As always, my thanks go to the Local Organising Committee and all the volunteers, to the town of Karlovy Vary and the Czech Triathlon Association for staging what I'm sure will be another fantastic event in this beautiful hillside town. I encourage you all to enjoy the location fully as it hosts the thrilling spectacle of World Triathlon racing. Have a wonderful weekend.

Yours in sport,

Marisol Casado
President, World Triathlon
IOC Member

GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure all athletes and team officials are well informed about all procedures concerning the 2022 Karlovy Vary World Triathlon Cup.

Any late information or last-minute changes during the race week will be communicated on the event website:

https://triathlon.org/events/event/2022_world_triathlon_cup_karlovy_vary



KEY DATES

FRIDAY 9th SEPTEMBER

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|---------------|-------------------------|-------------------|
| 11:00 – 12:00 | Elite Athletes Briefing | Virtual |
| 17:30 – 20:30 | Race Pack Pick Up | Spa Hotel Thermal |

SATURDAY 10th SEPTEMBER

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|---------------|-----------------------------------|--------------------------|
| 07:45 – 08:45 | Elite Swim Course Familiarisation | Lake Rolava – Swim start |
| 09:00 – 10:00 | Bike Familiarisation | Lake Rolava – Swim start |

SUNDAY 11th SEPTEMBER

ELITE WOMEN

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|--------------|--|---------------------------------|
| 08:00–08:30 | Elite Women TA2 Check-in | Theatre square |
| 08:30–09:30 | Elite Women Athletes Lounge open | Lake Rolava – Swim start |
| 08:45–09:45 | Elite Women TA1 Check-in | Lake Rolava – Swim start |
| 09:00–09:45 | Elite Women Swim Warm-up | Lake Rolava – Swim start |
| 09:50–09:59 | Elite Women line up and Presentation | Lake Rolava – Swim start |
| 10:00 | Start World Triathlon Cup Women | Lake Rolava – Swim start |
| 17:10 | Elite Women Official award ceremony | Divadelni Theatre square |

SUNDAY 11th SEPTEMBER

ELITE MEN

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|--------------|--------------------------------------|---------------------------------|
| 13:00–13:30 | Elite Men TA2 Check-in | Theatre square |
| 13:30–14:30 | Elite Men Athletes Lounge open | Lake Rolava – Swim start |
| 13:45–14:45 | Elite Men TA1 Check-in | Lake Rolava – Swim start |
| 14:00–14:45 | Elite Men Swim Warm-up | Lake Rolava – Swim start |
| 14:50–14:59 | Elite Men line up and Presentation | Lake Rolava – Swim start |
| 15:00 | Start World Triathlon Cup Men | Lake Rolava – Swim start |
| 17:20 | Elite Men Official award ceremony | Theatre square |

ELITE ATHLETES BRIEFING

The Elite Athletes Briefing will take place online

Date: Friday 9th September

Time: 11:00–12:00

Details for the race package pick up process will be communicated on a later stage to Athletes and support team

KEY CONTACTS

| | | | |
|---------------------------------------|-----------------|--------------------------------|-------------------|
| World Triathlon Team Leader | Enrique Quesada | enrique.quesada@triathlon.org | +34 648 075 813 |
| World Triathlon Technical Delegate | Adina Dusa | adina.dusa@triatlonromania.ro | +40 (746) 793 078 |
| World Triathlon Medical Delegate | Jiri Hamous | hamousj@email.cz | +420 724 771 097 |
| LOC Event Director | Vladimír Malý | vladimir.maly@citytriathlon.cz | +420 604 480 763 |
| LOC Technical Director | Jan Novak | jan.novak@citytriathlon.cz | +46 73 264 1171 |

EVENT ORGANISER

CITY TRIATHLON KARLOVY VARY z.s.

Address: Šmeralova 320/26, Rybáře, 360 05 Karlovy Vary

Tel: +420 604 480 763

Email: info@citytriathlon.cz

Website: www.citytriathlon.cz

HOST NATIONAL FEDERATION

Česká Triatlonová Asociace / Czech Triathlon Association

Address: Zátokova 100/2, 169 00 Praha - Břevnov

Tel: 242 429 259

E-mail: triatlon@triatlon.cz

Website: www.triatlon.cz

TV COVERAGE

Česká Televize – ČT Sport

TriathlonLIVE.tv

Live Broadcast and Live Timing will be provided

COVID-19

As of now, there are no restrictions in Czech Republic. The World Triathlon questionnaire needs to be filled as for other events. All updated information will be on the event website.

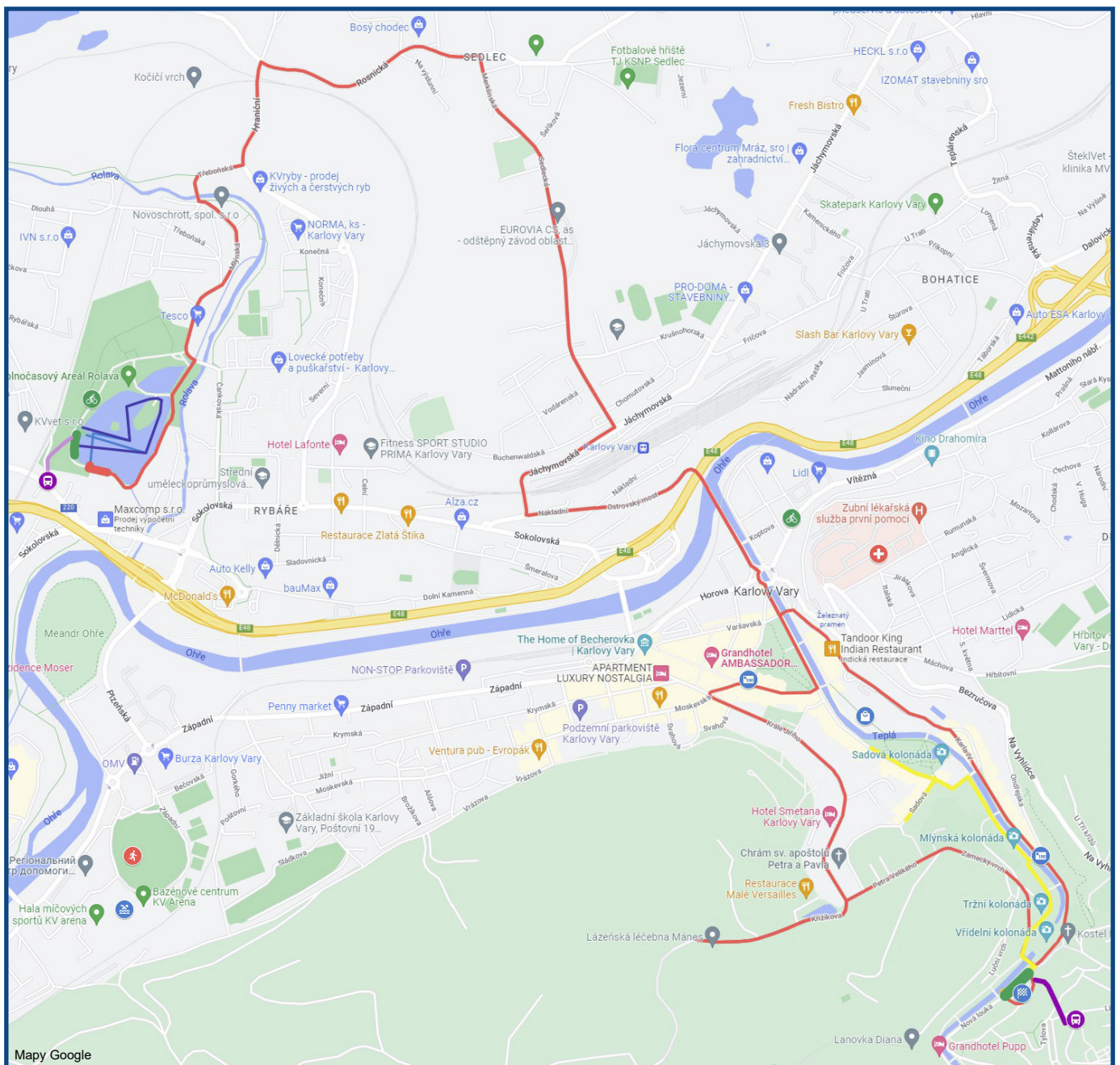
VENUE

The race venue is the same as in 2021.

It is spread across the city centre to the lake Rolava.



Venue map can be found on [google maps](#)



ELITE ATHLETES LOUNGE

Facilities including the Athletes Lounge Area and toilets are provided for the athletes at the start and a recovery area is available at the finish area. Sealed packages with water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes Lounges and recovery area.

ATHLETE LOUNGE (LAKE ROLAVA) OPENING TIMES

| | | |
|----------------------------|-------------------------|-------------|
| Swim/Bike Familiarisation: | Saturday 10th September | 07:30-09:15 |
| Elite Women's Race: | Sunday 11th September | 08:30-09:30 |
| Elite Men's Race: | Sunday 11th September | 13:30-14:30 |

DOPING CONTROL

Doping Control will be performed according to the World Triathlon/WADA rules. Doping control will be located at the Finish area in the Municipal Theatre. ID/passport must be produced by athletes selected for doping control.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the swim familiarization session and competition schedule. There will be First Aid and Emergency Medical Services at the lake Rolava on competition days.

Medical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical area will be provided on-site at the finish area. Only Team Medical Doctors with wristbands will be able to access these areas. Wristbands for Medical Doctors are given at the Race pack pick up, by the Technical Officials.

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

Athletes/teams should ensure that they have appropriate medical insurance.

If you require medical assistance during your stay in Karlovy Vary but away from the venue, contact the Emergency Medical Services. In a medical emergency, dial 112 from a mobile phone. The number is free of charge from any telephone.

The hospitals nearest to the Venue and official hotels are:

- Karlovarská krajská nemocnice
Bezručova 1190/19
360 01 Karlovy Vary
354 225 111
- Nemocnice Ostrov
U nemocnice 1161
363 01 Ostrov

BANKING

Banks can be found in the city centre which is a 5-minute walk from the official hotel.

BIKE MECHANIC SERVICE

Our official bike supplier, Kola Chrobák, will have a bike mechanic available at the following times:

SATURDAY 10th SEPTEMBER

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|---------------|-----------------|-----------------|
| 09:00 – 17:00 | After Swim fam. | Lake Rolava |

SUNDAY 11th SEPTEMBER

| <i>Time</i> | <i>Action</i> | <i>Location</i> |
|---------------|-------------------|-----------------|
| 09:00 – 12:00 | Women Elite Races | Lake Rolava |
| 14:00 – 17:00 | Men Elite Races | Lake Rolava |

The bike service close to TA2 and the city centre is Cyklo Vondráček Karlovy Vary
– the address is Vitezna 1080/15, Karlovy Vary.

Opening hours: Thursday - 9:00 – 18:00, Friday - 9:00 – 18:00, Saturday - 9:00 – 12:00

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Theatre square in the park (big tent) and is open daily,
10th September – 11th September:

OPENING HOURS

| <i>Day</i> | <i>Time</i> |
|--------------------------------------|---------------|
| Saturday, 10 th September | 08:00 – 18:00 |
| Sunday, 11 th September | 09:00 – 19:00 |

SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

POST OFFICE

The nearest post office to the race venue is within a 10-minute walk from the Divadelni square and across the river of the Spa Hotel Thermal

Česká Pošta
T. G. Masaryka 559/1
360 01 Karlovy Vary
954 330 304

OPENING HOURS

Monday - Friday: 07:30 – 19:00
Saturday: 08:00 – 13:00
Sunday: 08:00 – 12:00

ACCOMMODATION

There are many accommodations available in Karlovy Vary, we as organiser recommend:

- Spa Hotel Thermal
I. P. Pavlova 2001/11, 360 01 Karlovy Vary
+420 359 001 111
<https://www.thermal.cz/>

AIRPORT TRANSFERS

The Organizer will provide transportation from the Václav Havel International Airport Prague from 8:00 AM to 8:00 PM on days 8. 9. – 10. 9. and to the airport from 6:00 AM to 8:00 PM on days 12. 9. – 14. 9.

The transfer takes around 2 hours and 15 minutes.
Free transportation can not be provided beyond these days.

The Organizer provides transportation for elite athletes for free of charge. The price for any additional member of an escorting team is 10€ per person for one journey.
In case of delayed flight free seats are not guaranteed in the next bus transfer.

Please, send your flight information (arrival time and flight number) to the mail address transfer@citytriathlon.cz before 30.8.

LOC also offers an individual transfer at any time. For 1 – 3 persons for 130€/transfer or for 4 – 7 persons for 180€/transfer. Please contact transfer@citytriathlon.cz

If you need transfer from/to another airport (Karlovy Vary, Nürnberg, Dresden, Hof) please contact transfer@citytriathlon.cz

TRAINING

SWIM TRAINING

Swimming Pool KV Aréna
Západní 1812/73,
360 01 Karlovy Vary

Each triathlete is entitled to 2-hour free entry daily. Please present your valid ID with your name. The pool is open from 9am until 7pm. Due to unscheduled maintenance, all training will be done in an outdoor, heated, 25m pool. Please use the indoor changing rooms and after, go out through the main entrance and follow our signs. Wetsuit use possible

BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around the lake Rolava, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

RUN TRAINING

We recommend AC Start stadium for training.
Západní 1781/69,
360 01 Karlovy Vary

COURSE FAMILIARISATION

SWIM

You will be able to familiarise yourself with the swimming course on Saturday, 11th September, 07:45–08:45. The location will be the same as the start of the race, the lake Rolava.

BIKE

Escorted bike familiarization will be held directly after swim familiarization. On Saturday at 9am, starting at Lake Rolava.

Video from the bike course is also available on [youtube](#)



COMPETITION RULES

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

INFORMATION ABOUT THE FIELD OF PLAY (FOP)

START

The start area is at the lake Rolava. Athletes will start from a pontoon (0.6 m high) and stand in a starting position 75 cm wide.

The athletes are required to leave their last-minute equipment inside T1. This equipment will be transported by the LOC from the lake Rolava to the finish area.

SWIM COURSE

The Swim course will be two anti-clockwise laps of 750 m. The first turn buoy is at 200 m. Swim behind the big island under the bridge, then turn left between big and small islands, then turn right towards the wooden pier, where the swim exits and run on the wooden pier and jump to the water for the second lap. At the end of the second lap turn left on the last buoy to swim exit and to the TA1.

BIKE COURSE

Bike Course has a course approach (6.5 km) and 7 technically challenging laps of 4.9 km with a total of 40.8 km. The laps are corrugated terrain 80% asphalt and 20% pavement. There is 20% ascent in every lap. The bike course is completely closed from the traffic. Athletes who are lapped are taken out of the race.

WHEEL STATIONS

The team wheel station is located close to TA2 and the neutral wheel station is located at Nabrezi Osvobozeni street.

RUN COURSE

Four laps with plenty of narrow turns. The terrain is asphalt and pavement.

AID STATIONS

There are two aid stations on the run course. First approximately 160 meters from TA2 and second at the farthest turn in Zahradni ulice.

PENALTY BOX

Close to the TA2 – Stara louka street.



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World Triathlon Cup



SWIMMING
2 laps
0.75 km

KarlovyVARY°

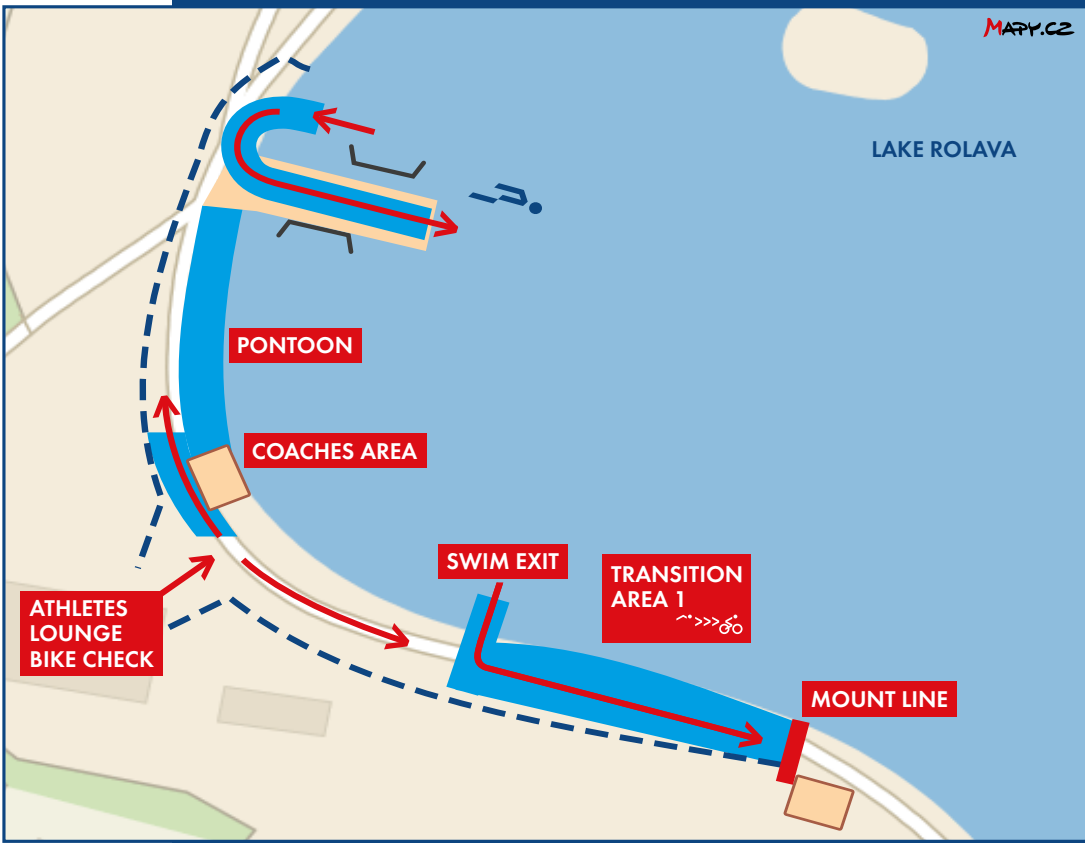



CITY TRIATHLON
2022 World Cup Karlovy Vary


World Triathlon Cup

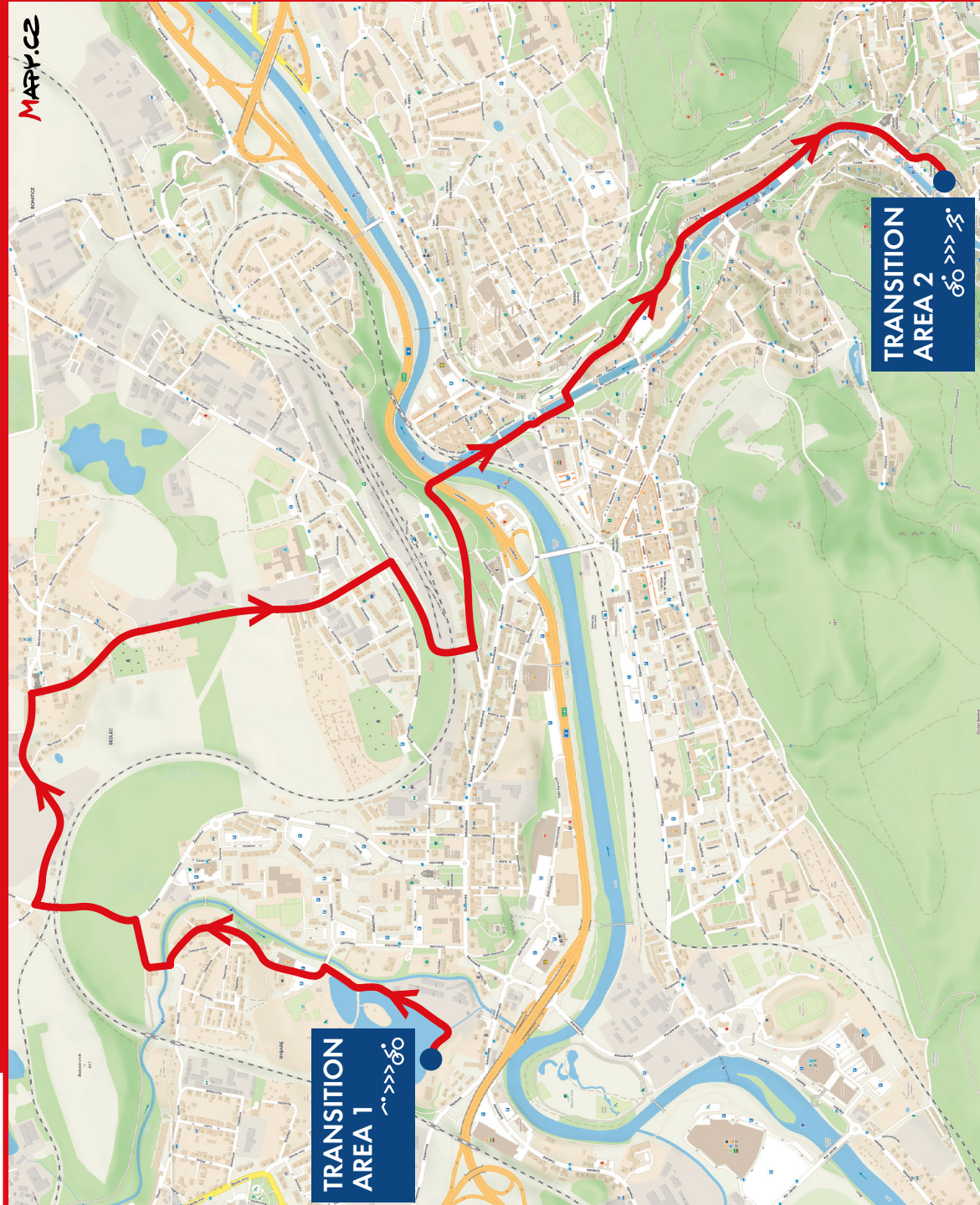
TRANSITION AREA 1

DETAIL VIEW



KarlovyVARY°





World Triathlon Cup



RACE COURSE

CYCLING
Course approach
6.5 km

Karlovy VARY[®]



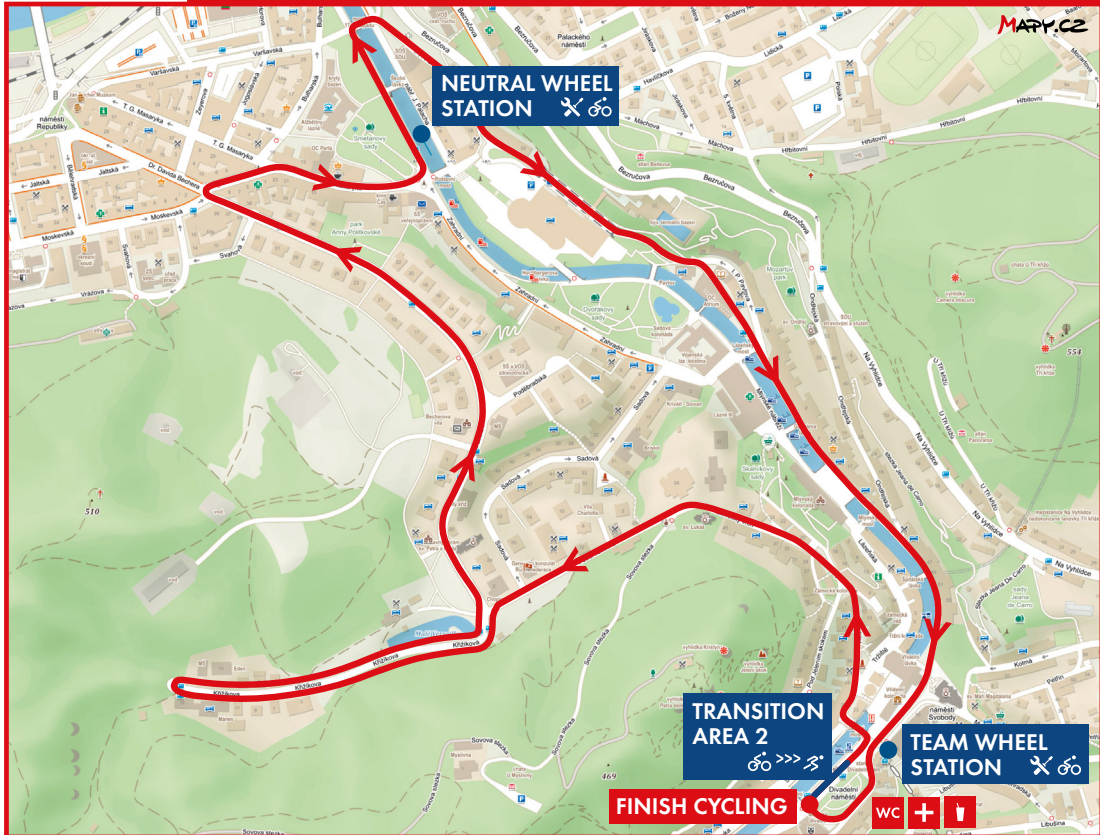


World Triathlon Cup



CYCLING
7 laps
4.9 km

KarlovyVARY®



World Triathlon Cup

TRANSITION AREA 2

DETAIL VIEW

BIKE COURSE

KarlovyVARY®



CITY TRIATHLON

2022 World Cup Karlovy Vary



World Triathlon Cup



RUN
4 laps
2.5 km

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World Triathlon Cup

TRANSITION AREA 2

DETAIL VIEW

RUN COURSE

KarlovyVARY®



PUBLIC TRANSPORTATION

Except for the routes to and from the airport, you'll need a Citybus card or bus tickets to travel within Karlovy Vary. The LOC will provide transportation to the race venue in specific times.

SHUTTLE TRANSPORTATION

The organiser will provide free shuttle transportation on Saturday 10.9. and Sunday 11.9. See the timetable and map below for locations of the bus stops. There is a funicular from Divadelni namesti followed by bus at Imperial stop (bus waits for funicular) and then to lake Rolava. And vice versa – funicular waits for the bus.

These are **departure times** of the buses – one way takes approx. 20 minutes.

BUS TIMETABLE - SATURDAY 10th September

| STOP | Departure times | | | | | | | |
|-----------------------|-----------------|-------|--------|-------|-------|----|--|--|
| Divadelni namesti (1) | 7:20* | 9:45* | 12:00* | 12:50 | 16:10 | xx | | |
| Lake Rolava (2) | 9:20* | xx | xx | 13:55 | 17:30 | xx | | |

BUS TIMETABLE - SUNDAY 11th SEPTEMBER (elite women)

| STOP | Departure times | | | | | | | |
|-----------------------|-----------------|------|-------|-------|----|----|----|----|
| Divadelni namesti (1) | 7:45* | 8:40 | 9:20 | xx | xx | xx | xx | xx |
| Lake Rolava (2) | xx | xx | 10:25 | 10:35 | xx | xx | xx | xx |

BUS TIMETABLE - SUNDAY 11th SEPTEMBER (elite men)

| STOP | Departure times | | | | | | | |
|-----------------------|-----------------|-------|-------|-------|-------|-------|----|--|
| Divadelni namesti (1) | 12:10 | 12:40 | 13:05 | 13:45 | 14:25 | xx | xx | |
| Lake Rolava (2) | xx | xx | xx | xx | 15:25 | 15:40 | xx | |

* Marked times are leaving or arriving to/from the finish/recovery area. (In front of the Theatre building). For all other times use the funicular, as per map.

CITY TRIATHLON

2022 World Cup Karlovy Vary





The shortest ways between Lake Rolava and Divadelni namesti/square

There are several ways to get from Rolava Lake to Divadelni namesti. It is different for pedestrians, cyclists or drivers. Please, see the map below where there are ways for pedestrians and cyclists.

