



Athletes Guide





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WELS TAKES TRIATHLON TO THE PEOPLE

Endurance, flexibility and fast switching are must-haves in today's working world. The same applies to the sport that is also becoming more and more popular in the city of Wels: The triathlon. Three such contrasting sports as swimming, cycling and running have to be mastered in immediate succession, and as quickly as possible.

In our city, the 1. Welser Schwimmklub, led by president Thomas Alt, has been committed to the sport of triathlon for years. It was and is a great concern of the club to bring this exciting combination of sports to the people and to anchor it in the city. The most effective means of achieving this is the Wels Triathlon, which was launched in 2018 and has already become a tradition.

Just how good Wels' reputation as a triathlon city already is can be seen in the steadily growing importance of the annual event: Because for the third time already, the Junior Triathlon European Cup was held in this setting - and after

the state championship last year - an Elite European Cup was awarded to Wels for the first time this year. The numerous spectators can thus also experience the best all-round athletes of the continent.

As a sign of the increased involvement of the population, this year's event will run under the title Triathlon FestiWels for the first time. Live acts, an after-race party, a children's and family area, a gastronomy mile and the like are being planned. So the signs are good that there will be a lot going on at the Traun and in the city centre on Saturday, 24 June.

I would like to take this opportunity to thank the organising team for their preparation and professional execution. I would like to welcome all triathletes from Austria and other countries together with their coaches and officials to Wels. I wish everyone successful, fair and accident-free competitions in what I hope will be perfect early summer weather!



Foto: Privat

Dr. Andreas Rabl
Mayor of the City of Wels



EXCITING TRIATHLON SPORT IN WELS

Europe Triathlon is happy to come back to the wonderful city of Wels for another European Triathlon and Junior Cup. The spectacular swim in the river and the great course for biking and running through the pittoresk city center makes Wels create a perfect scenery for our athletes.

Combined with the experience and enthusiasm of the volunteers of the organizing committee and the support of the local authorities all is set for another weekend of fast, furious, and fun racing. We like to thank everyone who made this race possible.



Martin Breedijk
Vice-President
Europe Triathlon

GENERAL INFORMATION

INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up to date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

KEY DATES

Registration:

The Registration is mandatory and will take place on Friday, 23.06.2023 from 16:45 - 17:15 in the [Welios](#) next to the finish area.

Address: Weliosplatz 1, 4600 Wels, Austria

Briefing:

The participation in the briefing is mandatory and will take place on Friday, 23.06.2023 from 17:15 - 18:00 in the [Welios](#) next to the finish area.

Address: Weliosplatz 1, 4600 Wels, Austria

Course familiarization

Swim familiarization:

The Swim familiarization will take place on Saturday, 24.06.2023. For the participants of the European Triathlon Cup from 14:00 - 14:30 and for the participants of the European Triathlon Junior Cup from 14:30 - 15:00.

Address: Rosenauerstraße 70, 4600 Wels

Bike familiarization:

The bike familiarization will take place on Saturday, 24.06.2023. For the participants of the European Triathlon Cup from 15:20 - 15:45 and for the participants of the European Triathlon Junior Cup from 15:50 - 16:15.

Address: Volksgartenstraße 18, 4600 Wels.





RACE START:

European Triathlon Cup:

Female: Saturday, 24.06.2023 at 19:00

Male: Saturday, 24.06.2023 at 19:45

European Triathlon Junior Cup:

Male: Saturday, 25.06.2023 at 09:00

Female: Saturday, 25.06.2023 at 09:45

KEY CONTACTS

Race director:

Werner Michalicka
w.michalicka@mup.at
+43 664 806 605 20

Technical delegate:

Thomas Klingler
thomas.klingler@swisstriathlon.ch
+49 151 675 974 86

Europe Triathlon office:

etu_hq@etu.com
+32 4788 254 56.

CONTACT DETAILS

LOC:

Thomas Alt
Postfach 3, 4601 Wels Austria
office@wels.com
+43 660 144 112 7

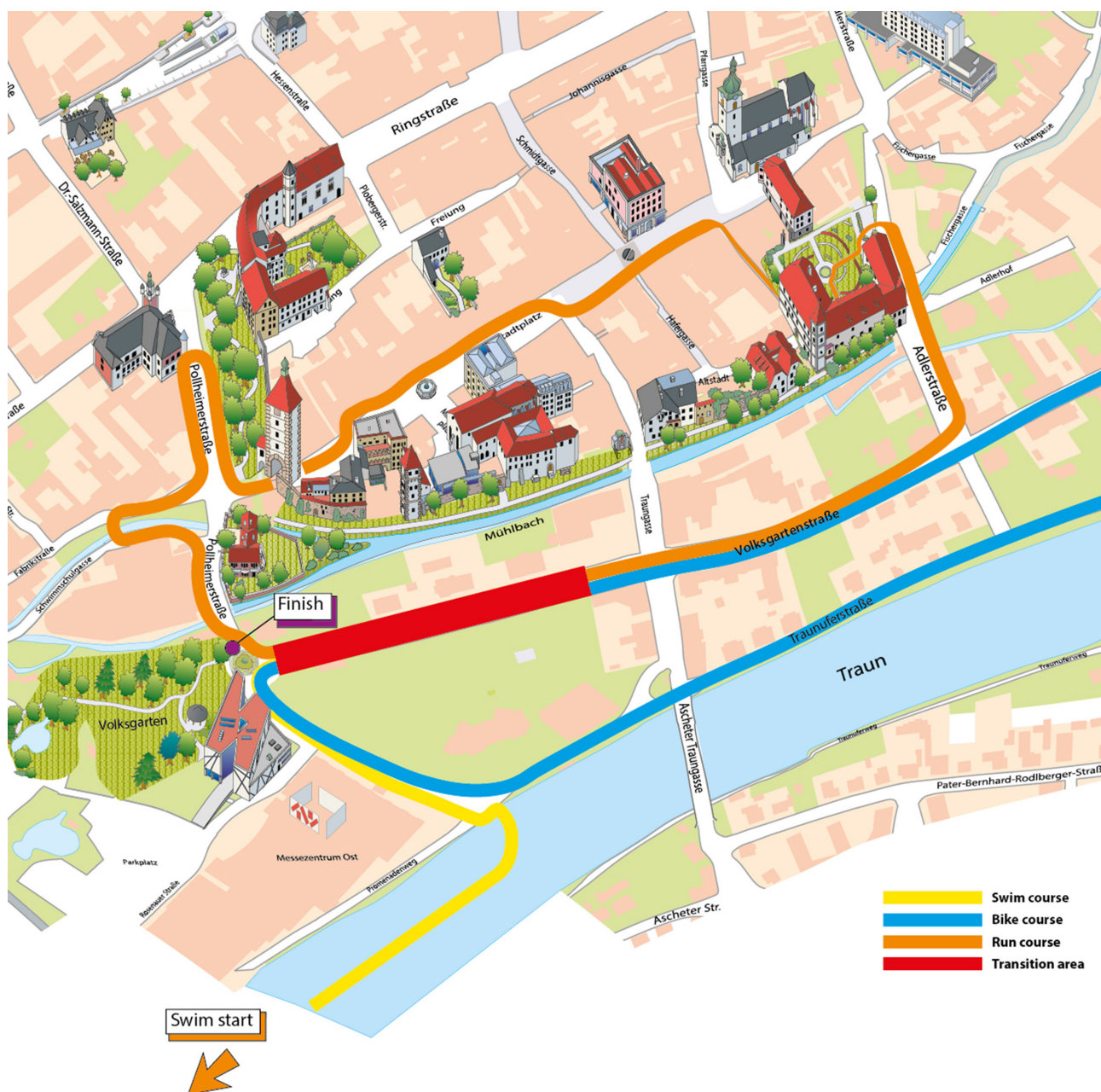
VENUE

RACE VENUE

Swim start:
Rosenauerstraße 70
4600 Wels

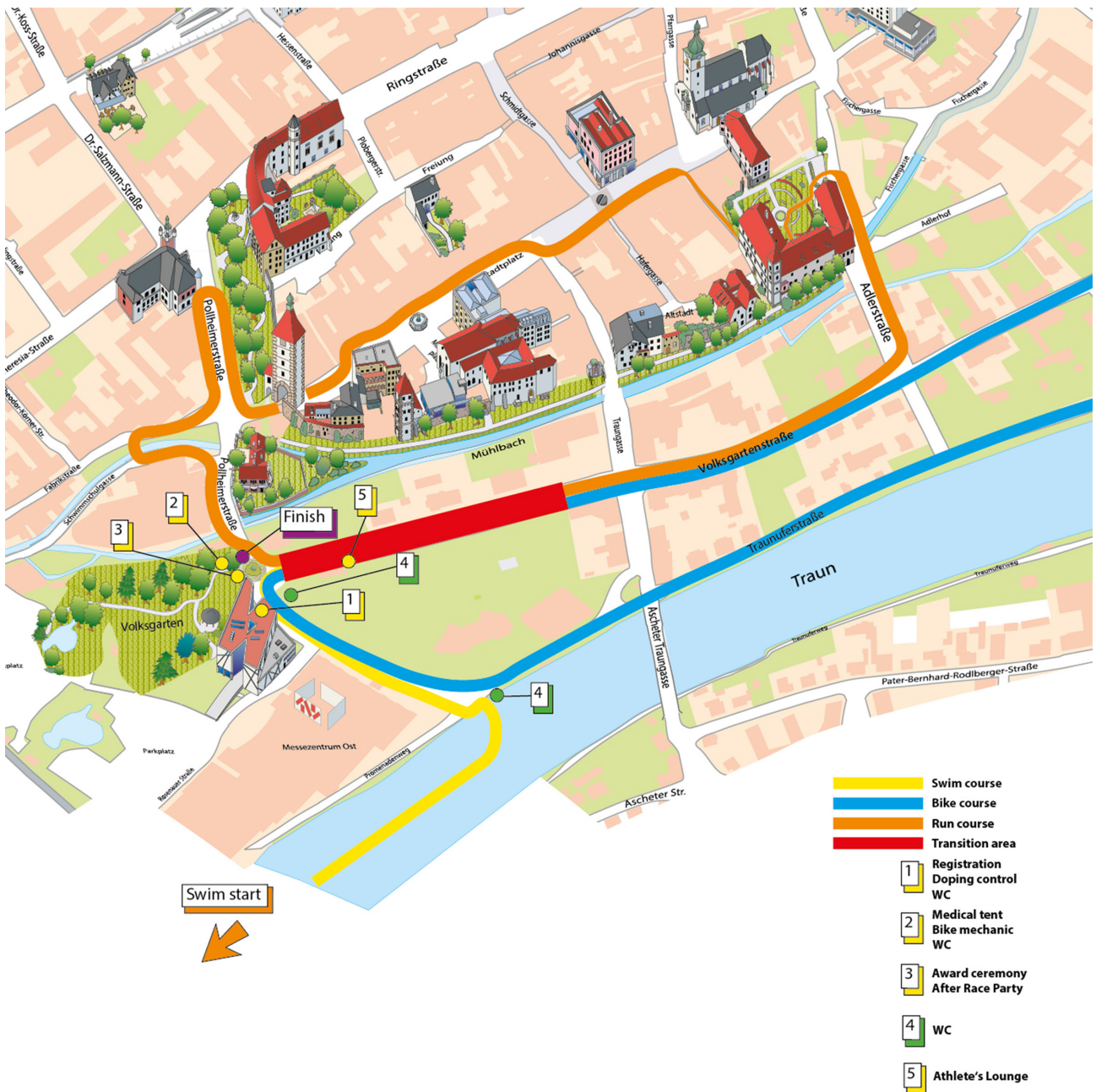
Transition Area:
Volksgartenstraße 24
4600 Wels

Finish:
Weliosplatz 1
4600 Wels



- Swim course
- Bike course
- Run course
- Transition area

VENUE MAP





COURSE FAMILIARIZATION

Swim:

Date: Saturday, 24.06.2023

Time:

14:00 - 14:30 (Elite)

14:30 - 15:00 (Junior)

Address:

Rosenauerstr. 70
4600 Wels

It is not allowed to swim upstream behind the pontoon.

It is not allowed to climb out of the water onto the pontoon. The pool ladders must be used.

Bike:

Date: Saturday, 24.06.2023

Time:

15:20 - 15:45 (Elite)

15:50 - 16:15 (Junior)

Address:

Volksgartenstr. 18
4600 Wels

Attention oncoming traffic!
The right-hand traffic rule and a speed limit of max. 30 km/h apply.

The instructions of the police must be followed.

There will be one lap.



DOPING CONTROL

Address:

Weliosplatz 1

4600 Wels

Welios

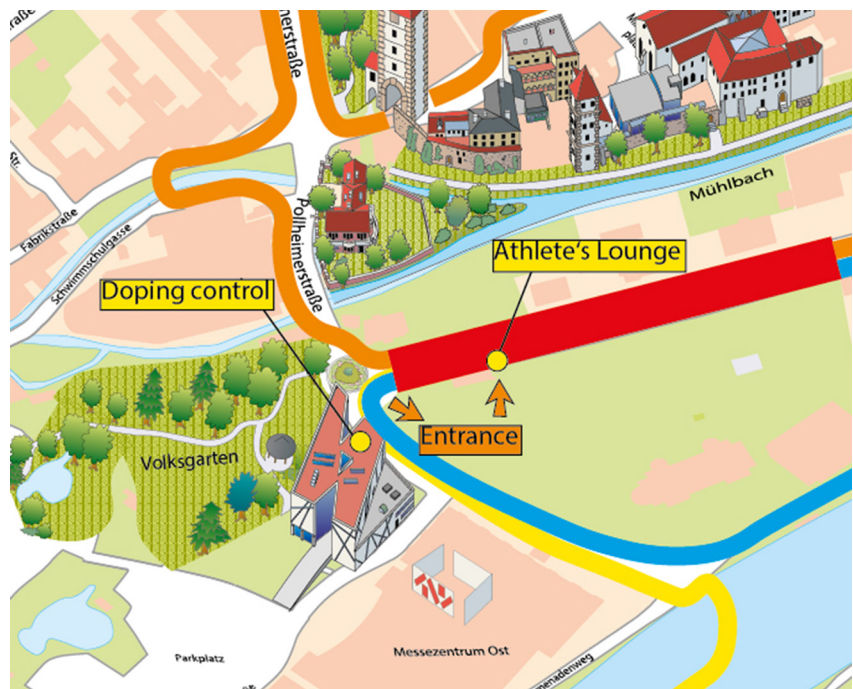
Doping tests will be conducted according to ITU/WADA rules.

The athletes must carry their identification to the doping control facilities.



ATHLETE'S LOUNGE

The Athlete's Lounge is located directly next to the transition area. It contains a water dispenser and seating. Toilets are slightly in front of the entrance.



ACCOMODATION



BOUTIQUE HOTEL HAUSER The new triathlon hotel in Wels

600m to the event area

Modern, air-conditioned rooms and junior suites are located in the unique historic building of a Wels town house.

The sportsman's breakfast guarantees a successful start to the day. Hauser porridge or muesli, jams, spreads (also vegan), egg dishes, cakes - regional ingredients, homemade and prepared with love. We are happy to accommodate special requests. Our tip: Have breakfast on the terrace!

For that special feeling of well-being, we offer a leisure area above the roofs of

the city with sauna, fitness equipment and sun terraces. Urban cosiness meets hospitality that comes from the heart. The personal commitment of director Sophie Schick and the staff, the attention to individual needs and the unique atmosphere inspire our guests.

The Boutique Hotel Hauser is already well known as a road bike hotel. Several racing bike world champions have chosen our hotel in the heart of Wels city centre, such as the two world champions Mario Cipollini and Mark Cavendish, or local hero Felix Großschartner. They all appreciate the perfect location as a starting

point for great tours and above all our special service.

It is obvious that we are now also expanding our services for triathletes, such as breakfast for athletes, bike room with tools, return service, washing area etc.

The city of Wels is perfect for triathletes. The starlim City TRIATHLON AUSTRIA Wels will take place for the 4th time. Therefore, in the future we will also offer joint training camps with the triathlon team of the 1. Welser Schwimmklub. If you are interested, please contact us. We are looking forward to welcoming triathletes at Boutique Hotel Hauser!

SPECIAL OFFER AND RECOMMENDATION OF THE LOC

From 67 EUR / night / person incl. breakfast (Double room)

For a direct booking at these conditions use the booking code „Tria2023“ at [Hotel Hauser](#).

For further questions send an e-mail to [Sophie Schick](#).



Sophie Schick
Hotel Director

GASTRONOMY



ITALIAN RESTAURANT OLIVI The traditional restaurant in Wels

In the centre of Wels

The Italian restaurant Olivi stands for modern Italian dishes. Whether pasta, fish or a traditional wood stove pizza, a sportsman-friendly lunch or dinner awaits you here.

The colourful menu features well-known classics alongside fancy creations with different seasonal focuses.

Pasta and pizza fans are just as much in the right place at Olivi Wels as lovers of Italian seafood and fish specialties. There is definitely a meal for every taste at Olivi.

As an enthusiastic racing cyclist and long-time restaurant manager, Astrid Pöcherstorfer knows only too well what it means to prepare a nutritious meal. The Olivi Wels puts a smile on every guest's face. No one goes home hungry here. The quick and friendly staff are happy to accommodate special requests.

The beautiful dining room in the style of a sun parlour and, in fine weather, the outdoor dining area on the town square right next to the running course of the starlim City Triathlon create

an atmospheric ambience. A perfect setting and the ideal refreshment for an exciting triathlon weekend.

The COVID-19 pandemic currently allows for service under certain conditions. However, just in case, the Olivi also offers a take-away service. In any case, please make reservations and contact [Astrid](#).

We look forward to welcoming you at the Italian restaurant Olivi Wels.

Address: Hafergasse 3
Phone: +43 676 920 333 5



Astrid Pöcherstorfer
Restaurant Manager

TRANSFER AND TRANSPORT

For the sake of simplicity, we suggest a flight to Vienna-Schwechat. For this we recommend that you use the train station directly inside the Vienna-Schwechat airport for transport from Vienna-Schwechat to Wels. Many trains go directly to Wels. From Wels train station it is only 700m to the city centre and to our partner hotel „Hotel Hauser“. You can also take the bus directly from the station to the city centre.

The links to the departure times and tickets are listed below. Please enter „Vienna international airport“ for „dep - City or station“ and „Wels Hbf“ for „arr - City or station“.

Please note: You have to book the bike transport in advance. You do this in the second step by clicking on the button „Who is going“ and enter the number of bicycles to be transported by clicking on the bicycle icon accordingly.

ATTENTION: Please note that there are two companies in Austria for the trains. „ÖBB“ and „Westbahn“. If you get on the wrong train, you have to pay the ticket a second time. You can find the designation in the railway timetable and directly on the track.

AIRPORT:

Airport Linz - Hörsching:

Approx. 20 Km away from Host City

[Website](#)

Transport options to and from the airport:

[Website](#)

Airport Salzburg:

approx. 115 Km away from Host City

[Website](#)

Transport options to and from the airport:

[Website](#) (Informations are in the footer)

Airport Vienna - Schwechat:

Approx. 225 Km away from Host City

[Website](#)

Arrival Departure:

[Website](#)

TRAIN:

[Departure Times and tickets](#)

Train station „Hörsching Airport“:

Approx. 1,6 Km away from airport Linz - Hörsching.

Free shuttle service from the airport to the train station: +43 7221 6000

Free shuttle service from the train station to the airport: +43 800 206 600

Train station „Salzburg Hbf“:

Approx. 11,4 Km away from airport Salzburg.

[Bus connection](#) from the airport to the train station and back for a fee.

Train station „Vienna International Airport“:

The train station is located directly inside the airport Vienna - Schwechat.

BUS CONNECTION:

Almost every bus line runs from Monday to Saturday from the Host City Wels train station to the „Kaiser Josef Platz“ bus terminal in the city centre, which is only about 700m away from the train station.

[Bus timetables](#)



ATHLETE'S SERVICE

TRAINING FACILITIES

Swim training:

Name: Welldorado Wels
Public outdoor (50m) and indoor (25m) swimming pool
Address: Rosenauerstr. 70, 4600 Wels
Opening hours: 09:00 - 19:30

MEDICAL SERVICE

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. 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 race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance

Closest Hospital:

Name:	Klinikum Wels-Grießkirchen	Address:	Grieskirchnerstr. 42
Phone:	+43 7242 4150		4600 Wels

BIKE MECHANICAL SERVICE

Bikepalast Wels:

Address: Linzer Straße 226
4600 Wels
Phone: +43 7242 350 805

Opening hours:

Mo - Tu: 09:00 - 13:00, 15:00 - 18:00
Wednesday: 15:00 - 20:00
Th - Fr: 09:00 - 13:00, 15:00 - 18:00
Saturday: 09:00 - 12:00

Bike&Wheels:

Address: Dragonerstraße 67
4600 Wels
Phone: +43 7242 77703

Opening hours:

Mo - Fr: 09:00 - 13:00, 14:00 - 18:00
Saturday: 09:00 - 12:00

[Website](#)

[Website](#)

COMPETITION SCHEDULE

ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
23.06.23	16:45	17:15	Athlete Registration	Weliosplatz 1, 4600 Wels
23.06.23	17:15	18:00	Athlete's Briefing	Weliosplatz 1, 4600 Wels
24.06.23	14:00	14:30	Swim familiarization	Rosenauerstr. 70, 4600 Wels
24.06.23	15:20	15:45	Bike familiarization	Volksgartenst. 18, 4600 Wels
24.06.23	15:45	16:45	Athlete's Lounge*	Volksgartenst. 24, 4600 Wels
24.06.23	18:20	18:40	Swim warm up	Rosenauerstr. 70, 4600 Wels
24.06.23	18:50		Athlete's Introduction	Rosenauerstr. 70, 4600 Wels
24.06.23	19:00		Start	Rosenauerstr. 70, 4600 Wels
24.06.23	20:55	21:15	TA check out	Volksgartenst. 24, 4600 Wels
24.06.23	21:30		Award Ceremony	Weliosplatz 1, 4600 Wels

* Including the handover of the Race Package, the Uniform Check and the Check In

ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
23.06.23	16:45	17:15	Athlete Registration	Weliosplatz 1, 4600 Wels
23.06.23	17:15	18:00	Athlete's Briefing	Weliosplatz 1, 4600 Wels
24.06.23	14:00	14:30	Swim familiarization	Rosenauerstr. 70, 4600 Wels
24.06.23	15:20	15:45	Bike familiarization	Volksgartenst. 18, 4600 Wels
24.06.23	17:00	18:00	Athlete's Lounge*	Volksgartenst. 24, 4600 Wels
24.06.23	19:05	19:25	Swim warm up	Rosenauerstr. 70, 4600 Wels
24.06.23	19:35		Athlete's Introduction	Rosenauerstr. 70, 4600 Wels
24.06.23	19:45		Start	Rosenauerstr. 70, 4600 Wels
24.06.23	20:55	21:15	TA check out	Volksgartenst. 24, 4600 Wels
24.06.23	21:30		Award Ceremony	Weliosplatz 1, 4600 Wels

* Including the handover of the Race Package, the Uniform Check and the Check In



COMPETITION SCHEDULE

JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
23.06.23	16:45	17:15	Athlete Registration	Weliosplatz 1, 4600 Wels
23.06.23	17:15	18:00	Athlete's Briefing	Weliosplatz 1, 4600 Wels
24.06.23	14:30	15:00	Swim familiarization	Rosenauerstr. 70, 4600 Wels
24.06.23	15:50	16:15	Bike familiarization	Volksgartenst. 18, 4600 Wels
25.06.23	07:00	08:00	Athlete's Lounge*	Volksgartenst. 24, 4600 Wels
25.06.23	08:20	08:40	Swim warm up	Rosenauerstr. 70, 4600 Wels
25.06.23	08:50		Athlete's Introduction	Rosenauerstr. 70, 4600 Wels
25.06.23	09:00		Start	Rosenauerstr. 70, 4600 Wels
25.06.23	11:00	11:30	TA check out	Volksgartenst. 24, 4600 Wels
25.06.23	11:30		Award Ceremony	Weliosplatz 1, 4600 Wels

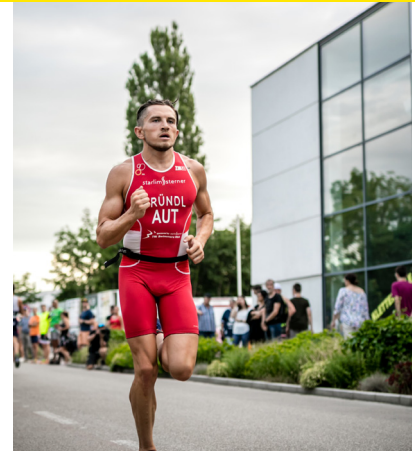
* Including the handover of the Race Package, the Uniform Check and the Check In

JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
23.06.23	16:45	17:15	Athlete Registration	Weliosplatz 1, 4600 Wels
23.06.23	17:15	18:00	Athlete's Briefing	Weliosplatz 1, 4600 Wels
24.06.23	14:30	15:00	Swim familiarization	Rosenauerstr. 70, 4600 Wels
24.06.23	15:50	16:15	Bike familiarization	Volksgartenst. 18, 4600 Wels
25.06.23	08:00	09:00	Athlete's Lounge*	Volksgartenst. 24, 4600 Wels
25.06.23	09:05	09:25	Swim warm up	Rosenauerstr. 70, 4600 Wels
25.06.23	09:35		Athlete's Introduction	Rosenauerstr. 70, 4600 Wels
25.06.23	09:45		Start	Rosenauerstr. 70, 4600 Wels
25.06.23	11:00	11:30	TA check out	Volksgartenst. 24, 4600 Wels
25.06.23	11:30		Award Ceremony	Weliosplatz 1, 4600 Wels

* Including the handover of the Race Package, the Uniform Check and the Check In





TIMING CHIPS AND RESULTS

On race day athletes will be given a timing chip, to be worn on the athlete's ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure in the Athlete's Lounge.

Results will be uploaded live at the [ITU website](#).

ATHLETE'S BRIEFING

Date:
Friday, 23.06.2023

Time:
17:15

Location:
Weliosplatz 1, 4600 Wels
Welios

COMPETITION RULES

The event will follow the latest published Competition Rules of World Triathlon.

Protest and Appeals:
Standard procedures will be followed according to the ITU Competition Rules.

ACCREDITATION

The LOC will provide all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. The accreditations will be distributed at the registration.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

OTHER USEFUL INFORMATION

Language:
German

Currency:
EUR

Population:
64.579

Time:
Europe/Berlin (CET/MEZ)

Electricity:
230 Volt

Water:
Drinking water quality

Telephone Connections:
+43 (0)

COURSE MAPS

SWIM COURSE

Swim start:
Rosenauerstraße 70
4600 Wels

Start procedure:
Pontoon
60m wide

Average water temperature:
19 degrees Celsius

Number of laps:
One way



TRANSITION AREA

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

Additional rule note:

In and after TA2 all equipment has to be in the box, no matter if used or not.

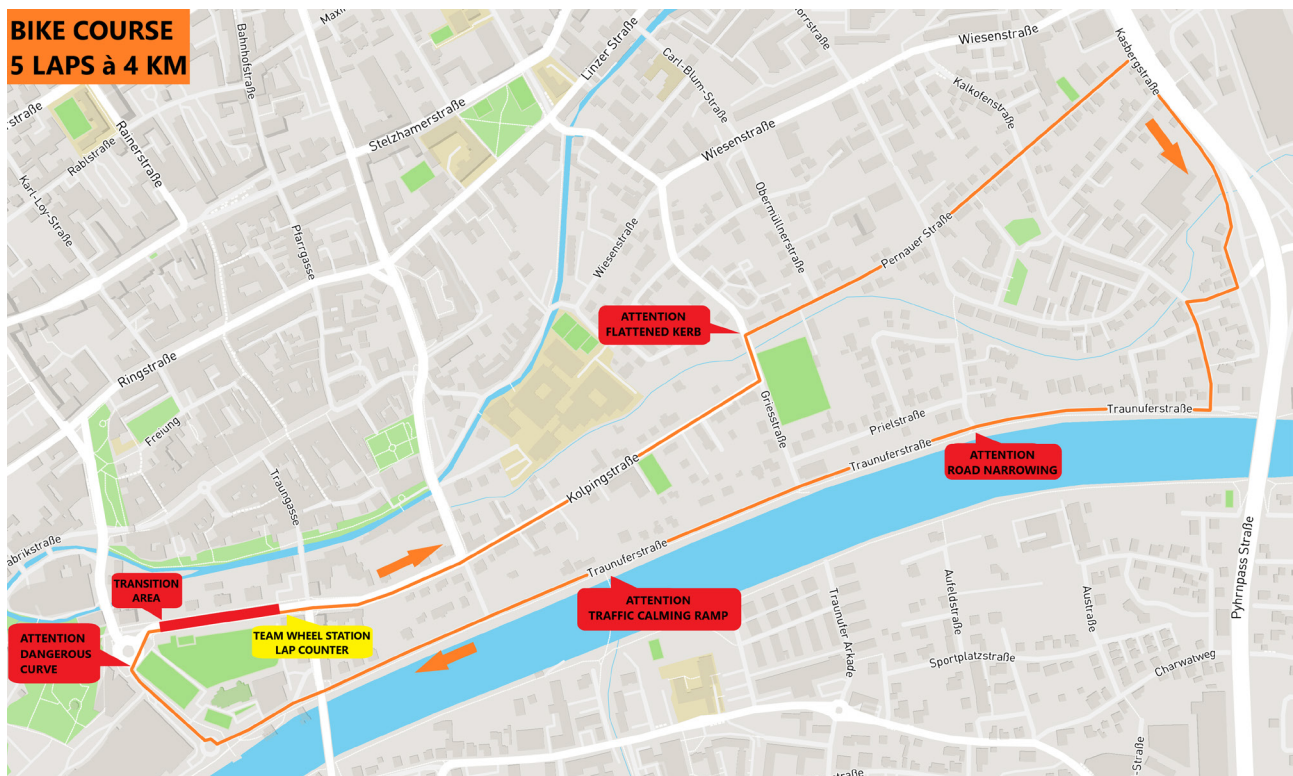
Athletes who cycle in the TA will receive a DSQ. A time penalty will only be given if the athlete gets on or off the bike too early at the mount or dismount line.

BIKE COURSE

Distance: 20 Km flat

Laps: 5

Team wheel station: Directly after the transition area on the right-hand side.



Additional rule note:

Clip-ons are not allowed.

Handlebar attachments are strictly forbidden.

RUN COURSE

Distance: 5 Km flat

Laps: 3

Ground Conditions:

Mainly asphalt, except for a short section in the Castle Garden next to Adlerstraße, which consists of a pavement with a bit of gravel.

Aid station:

50m after the transition area on the left-hand side.

Penalty Box:

Approx. 30m before the finish chut on the left-hand side.

