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START
YOUR
RACE



ELITE ATHLETE GUIDE

AUGUST 3, 2019

almatytriathlon.org almatytriathlonfederation almatytriathlonorg Almaty Triathlon Federati

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info@almatytriathlon.org



WELCOME TO KAZAKHSTAN!





#СЕНИҢЖАҢҚЫРЫҢ

#ДРУГОЙТЫ

#DIFFERENTYOU



OFFICIAL GUIDE FOR ELITE ATHLETES

AUGUST 3, 2019

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GENERAL INFORMATION

! The event schedule can be changed. Please attend Elite Athletes' Briefing in order to stay informed.

KEY DATES

Press Conference	Thursday, August 1, 12:00 / Business Hotel Almaty
Elite Athletes' Briefing	Thursday, August 2, 18:00 / Business Hotel Almaty
Bike Familiarization	Friday, August 2, 14:00 / Bike Course
Swim Familiarization	Friday, August 2, 14:45 / Swim Area
Elite Women Competition	Saturday, August 3, 08:00 / Start Zone
Elite Men Competition	Saturday, August 3, 11:00 / Start Zone

KEY CONTACTS

ASTC Technical Delegate	Mr. Byambaa Tsagaanbaatar	ts_hero@yahoo.com
LOC Transportation and accommodation	Ms. Assel Ismagulova	assel.i@almatytriathlon.org

LOC INFORMATION OFFICE

Almaty Triathlon Federation
 Al-Farabi ave. 36, "AFD" complex,
 sec. B, 3 floor

Phone: +7 727 346 85 64
 E-mail: info@almatytriathlon.org
 Event website: almatytriathlon.kz

VENUE

The competition will be held on lake Sayran. This is an artificial reservoir near the center of Almaty.

ELITE ATHLETES' LOUNGE

Facilities including Athletes' lounge and toilets, water are available to the athletes on the Race venue.

DOPING CONTROL

Doping Control is performed according to the ITU/WADA rules.

RESULTS

Results will be available at ITU official website on the same day.

All the results information will be distributed to the Team Leaders at the LOC information Office.

ACCREDITATION

LOC will provide all athletes, coaches, technical officials, media, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Wristbands for athletes and accreditation cards for coaches will be distributed to Athletes on arrival in Almaty.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the FOP.

All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.



National Federation representatives and observers apply for accreditation by sending their request to the ITU.

SWIM COURSE

There is one lap to swim. 750m in length with access to the lakeside.

The water temperature in the middle of August usually ranges from 17°C to 22°C.

If the water temperature is under 12°C: Change to Duathlon.

BIKE COURSE

The bike course is 4 laps of 5km each.

WHEEL STATIONS / PENALTY BOX

Wheel station is located at 200m after Transition Area. It is required for athletes to bring their own wheels to the wheel station.

The Penalty Box is located at the run course at 100m before the end of each lap.

RUN COURSE

Run course is mostly flat. There are 2 laps of 2.5km each.

There are two Aid stations on the run course:

Aid Station 1: Located 100m after Transition
Aid Station 2: Located 1250m after Transition

Water will be provided at each aid station.

WEATHER CONDITIONS

Air temperature during the race weekend is expected to be from 30°C to 35°C. Strong wind and rain possible.

MEDICAL SERVICE

First Aid and Emergency Medical Services, Medical and paramedical personnel are available at the Race venue, before and during the competition hours.

Several ambulances are available to provide emergency transfer to hospital if needed. A medical tent is organized on site near the finish area.

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

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

Massage and Treatment

After the Race massage will be provided for athletes free of charge at the Athletes' lounge.

BIKE MECHANIC SERVICE

LOC mechanic support is available from August 3-4 and by emergency request. Contact: 8 777 707 20 30, 8 701 759 85 67

Friday	August 2	08:00-14:00
Saturday	August 3	07:00-16:00

INFORMATION CENTER / LOC OFFICE

The LOC Office is located on 36, Al-farabi ave., Almaty city
Athletes should ensure that they have appropriate medical insurance.

LOC Contact : Ms. Assel Ismagulova
Telephone: 8 701 759 85 67; e-mail: assel.i@almatytriathlon.org

Opening Hours
Wednesday July 31 09:00-18:00
Thursday August 1 09:00-18:00
Friday August 2 09:00-18:00

The Lost & Found table will be located at the Business Hotel Almaty.

SECURITY

The National Police and Security Company are responsible for the venue security and Field of Play. Police will patrol around the FOP. Road Police will manage the road closures and the traffic around the course.

ACCOMODATION, TRANSPORTATION



Business Hotel Almaty is located 2,5 km from the Race venue. The LOC will provide free transportation for the Elite Athletes and Team officials from the airport to the Business Hotel Almaty and back to the airport.

Room Rates: Single USD 39
Double USD 51 (25,5\$ per person)
Deluxe USD 45,5
Suite USD 63

Booking contact: **Ms. Assel Ismagulova**
Email: asiancup2018@triathlon.org.kz
Mobile: 8 701 759 85 67

COMPETITION INFORMATION

EVENT SCHEDULE			
DATA	TIME	PROGRAM	LOCATION
03 August Saturday Elite Race day	9:30	ELITE WOMEN END RACE	Finish FOP
	10:00	Transition Area open for Elite Men	Transition Area FOP
	10:00-10:45	Warm-up for Elite Men	FOP
	10:50	Elite Men Athletes Introduction	Start Zone
	11:00	ELITE MEN START	Start Zone
	12:30	ELITE MEN END RACE	Finish FOP
	12:40	ELITE WOMEN, ELITE MEN MEDAL CEREMONY	
	13:00	Closing FOP	
	20:00	Gala dinner	Business Hotel Almaty



05 August Monday		Day of departure	
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COMPETITION INFORMATION

EVENT SCHEDULE			
DATA	TIME	PROGRAM	LOCATION
31 July Wednesday		Day of arrival	Business Hotel Almaty
	11:00-15:00	Elite Athletes' Swim training	H2o Swimming Club
01 August Thursday	11:00-15:00	Elite Athletes' Swim training	H2o Swimming Club
	12:00-13:00	Event Press-Conference	Business Hotel Almaty
02 August Friday	10:15-12:15	Elite Athletes' Swim training	H2o Swimming Club
	14:00-14:45	Elite Bike Course Familiarization	BIKE Course
	14:45-15:30	Elite Swim Course Familiarization	SWIM AREA
	18:00-19:00	Elite Athletes' Race Briefing	Business Hotel Almaty
	19:00-20:00	Pasta Party for Elite athletes	Business Hotel Almaty
03 August Saturday Elite Race day	6:30-7:30	Athletes' Lounge open and check-in	Athletes Lounge FOP
	7:00	Transition Area open for Elite Women	Transition Area FOP
	7:00-7:45	Warm-up for Elite Women	FOP
	7:50	Elite Women Athletes Introduction	Start Zone
	8:00	ELITE WOMEN START	Start Zone

ACCOMODATION, TRANSPORTATION



Pasta Party and Gala Dinner will be organised by LOC at the Business Hotel Almaty.

August 02 Pasta Party 19:00
August 03 Gala Dinner 19:00



TRAINING

INDOOR SWIMMING POOL



Date

July 31, August 1 from 11:00 to 15:00

August 2 from 10:15 to 12:15

Training Venue:

H2o Swimming Club

Swimming pool is 25m long with 2 lanes and free of charge.

LOC will provide shuttle bus from Business Hotel Almaty to the H2O Swimming Club and back

July 31, August 1 from 10:30 to 15:00

August 2 from 9:45 to 12:15



COURSE FAMILIARIZATION

BIKE/RUN

Athletes will be able to familiarize themselves with the bike course on Friday, August 02 at 14:00. Meeting point: Transition Area. The National Police will escort you on the bike course.

Please note:

The official bike course is not open for training before the race. The bike course is generally NOT suitable for training.



SWIM

Athlete will be able to familiarize yourself with the swimming course on Friday, August 2, at 15:00. The location will be the same as the start of the race.

Please note:

It is forbidden to swim in the lake before course familiarization.

