



Kielce  
2024



Kielce

# Athletes' Guide





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# 1 General Information

## 1.1 Introduction

Dear Athletes,

On the first weekend of June, Kielce will welcome you first time with open arms. In the capital of the beautiful land of Świętokrzyskie Voivodeship, you will compete at Europe Triathlon Cup (Elite) on the supersprint distance.

We believe that the hospitality of Kielce, very good location of field of play and good organization, will allow you to achieve great results and sport goals. We are more than motivated and dedicated to overcome the current challenges and to provide for a safe race weekend for all athletes.

We present you the Athletes Guide to ensure that all athletes, coaches and team leaders are well informed about all procedures concerning the event. LABOSPORT POLSKA (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. The creation date of this version of the document is stated at the first page.

See you in Kielce!

Greetings,

Organizing Committee



## 1.2. Key dates

Saturday, 1.06.2024			
13:30	14:30	Swim course familiarization	Kielce Reservoir – Start area
15:15	16:00	Athletes Registration	Grand Hotel Kielce
16:00	16:45	Briefing & Race Package Distribution	Grand Hotel Kielce
Sunday, 2.06.2024			
06:30	07:30	Bike course familiarization	Zagnańska Street – Transition Area
08:30	x	Elite Women Semifinal 1	Kielce Reservoir – Start area
09:00	x	Elite Women Semifinal 2	Kielce Reservoir – Start area
11:00	x	Elite Men Semifinal 1	Kielce Reservoir – Start area
11:30	x	Elite Men Semifinal 2	Kielce Reservoir – Start area
12:00	x	Elite Men Semifinal 3	Kielce Reservoir – Start area
12:30	x	Elite Men Semifinal 4	Kielce Reservoir – Start area
13:00	15:30	Tri-Pop Cup (Kids Race)	Kielce Reservoir – Start area
16:30	17:00	Elite Woman Final	Kielce Reservoir – Start area
17:30	18:00	Elite Men Final	Kielce Reservoir – Start area
18:30	19:00	Award Ceremony	Zagnańska Street – Finish Area

## 1.3. Key contacts

Position	Name	Email	Phone
LOC Race Director	Marcin Florek	marcin.florek@labosport.pl	0048 609-775-099
LOC Race Manager	Piotr Stanik	piotr.stanik@labosport.pl	0048 737-137-163
ETU Technical Delegate	Holger Wackerhage	wackerhage@gmx.de	0049 1752954847
LOC Media Manager	Kamila Kryger	Kamila.kryger@labosport.pl	0048 793-794-205
Polish Triathlon Association representative	Filip Szotowski	filip.szolowski@triathlon.pl	0048 666-300-200
Europe Triathlon Office		etu_hq@etu.triathlon.org	0032 478-825-456

## 1.4. Contacts details

### Local Organizing Committee (LOC)

Labosport Polska sp. z o.o.

ul. Browarna 86-87

82-300 Elbląg

Marcin Florek / phone - 0048-609-775-099 / mail - [marcin.florek@labosport.pl](mailto:marcin.florek@labosport.pl)



## 2 Venue

### 2.1. Race venue

The venue is located in Kielce, Zagnańska Street (Świętokrzyskie Voivodeship, Poland)



#### [RACE MAP - TRIATHLON EUROPEAN CUP KIELCE 2024](#)

### 2.2 Course familiarisation

#### [SWIM FAMILIARIZATION:](#)

Saturday (01.06.2024) 13:30-14:30 – Meeting point - Kielce Reservoir / Start Area

#### [MEETING POINT ON MAP](#)

#### [BIKE AND RUN FAMILIARIZATION:](#)

Sunday (02.06.2024) 06:30-07:30 – Meeting point – Transition zone.

#### [MEETING POINT ON MAP](#)

### 2.3. Athletes' lounge

The Athlete's Lounge will be located nearby Swim EXIT, 100m from the Transition Zone and 100m from Start Area. It will provide toilets and water. Bike mechanic service will be provided in EXPO ZONE which will be located 100m from Athletes Lounge. Athletes Lounge will be available for Elite Athletes during hours included in the schedule.

#### [LOCATION](#)

Massage service will not be provided.

A recovery zone will be placed near the finish area. It will provide toilets and water.

### 2.4. Elite athletes' race package

#### [Race package distribution schedule \(after the Briefings\):](#)

ELITE – Saturday / 01.06.2024 / 16:00-16:30 / Grand Hotel Kielce

Race package distribution [LOCATION](#)



#### Composition of race package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs – 4 x sets
- Accreditation pass

#### Registration fees:

Elite – 95 €

The registration fees **MUST** be paid in advance by the bank transfer.

**Please send an email with the amount, name of the federation and the athletes, coaches and staff names to [biuro@startlist.pl](mailto:biuro@startlist.pl). Please provide the following information in the transfer description: Entry Fee Kielce, Name and Surname, Country.**

For invoices inquiry please send a mail to [biuro@startlist.pl](mailto:biuro@startlist.pl) with the amount, name of the federation and the athletes, coaches and staff names and TAX number.

The fee can be booked to:

Bank name: PKO BP

PL07102017520000070202110310

BIC/SWIFT: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made during registration, but an extra administration fee of € 20,00 per single athlete will be charged.

## 2.5. Doping control

It will be located on the event area.

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their identification to the doping control facilities.

## 2.6. Security

Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible – Piotr Stanik (LOC Race Manager) – 0048 737-137-163 [piotr.stanik@labosport.pl](mailto:piotr.stanik@labosport.pl)



## 3 Accommodation

HOST HOTEL - GRAND HOTEL KIELCE, ul. Sienkiewicza 78, 25-501 Kielce / [LOCATION](#)



### PRICES:

- single room with breakfast - 280 zł per diem
- double room with breakfast - 340 zł per diem

**RESERVATION WEBSITE** - <https://www.grandhotelkielce.pl/pl/rezerwacje/>

**RESERVATION CODE** - TRIATHLON

## 4 Transfer and Transport

Local Airports:

Warsaw Chopin Airports (WAW) – 170km

Warsaw Modlin Airport (WMI) – 230km

Kraków Balice Airport (KRK) – 127km

Sport reservations contact:

Email – [transfer.kielce@gmail.com](mailto:transfer.kielce@gmail.com)

### 1. AIRPORT – KIELCE / KIELCE – AIRPORT TRANSFERS

If you need a transport from the Airport to Kielce or from Kielce to the Airport - please write an email to [transfer.kielce@gmail.com](mailto:transfer.kielce@gmail.com), containing the following information:

Email title – TRIATHLON KIELCE – TRANSFER

- 1) Name and surname of passenger/passengers (please send an e-mail regarding the entire group of athletes/teams if applicable)
- 2) Date of flight
- 3) Arrival/Departure Airport
- 5) Flight number



- 6) Landing/Departure hour
- 7) Phone number
- 8) Email address
- 9) Accommodation address in Kielce
- 10) Demand of the bike transport
- 11) Other useful comments

In response to the email, you should receive confirmation and bank transfer details. After finish of reservation process you will receive detail information of transport.

**!!! The transfer is guaranteed only for requests made sent before May 22<sup>th</sup> !!!**

**COST OF THE AIRPORT TRANSFERS:**

- Kraków Airport (KRK) – 100 Eur per person one way (bike included)
- Warsaw Chopin Airport (WAW) – 100 Eur per person one way (bike included)
- Warsaw Modlin Airport (WMI) – 100 Eur per person one way (bike included)

All athletes and NFs who are planning to use transfer service are kindly invited to write an email with accurate information about arrival and departure flight details no later than Wednesday, 22<sup>th</sup> of May.

\*Please note, that there may occur waiting time for other planes' passengers up to 4 hours. All airports provide a variety of food and beverage locations.

\*Please be informed that we have a limited availability of cars, therefore early booking is advisable.





# 5 Athletes' Services

## 5.1. Training facilities

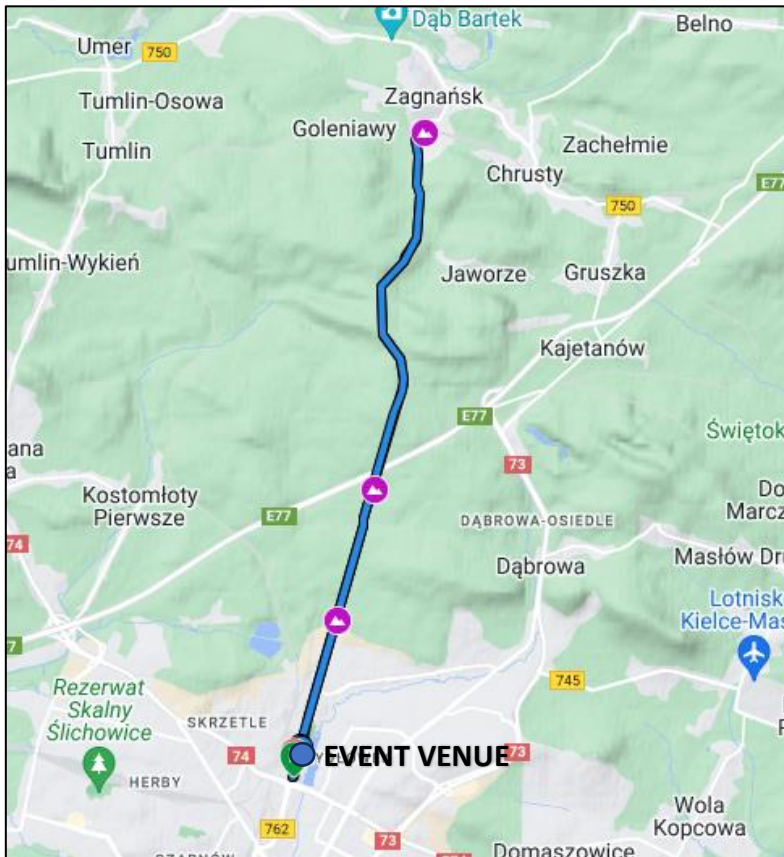
### SWIM

“Delfin” swimming pool. ul. Krakowska 2, 25-029 Kielce [LOCATION](#)  
 Details – TBC

### BIKE

Hilly road from Kielce to Zagnańsk.

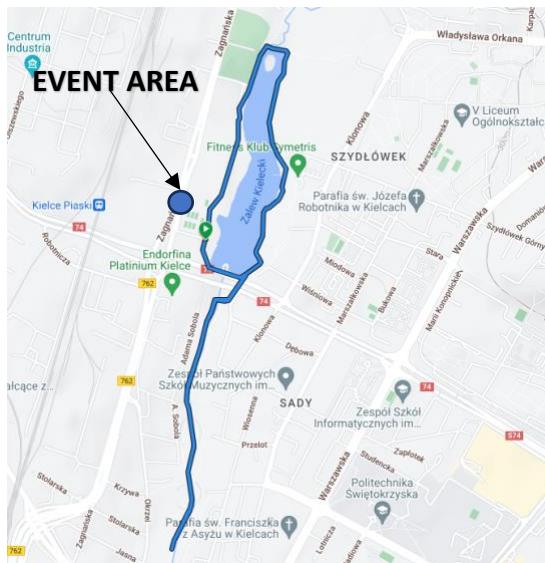
- Traffic intensity – small
- Road surface quality – perfect
- **Warring (!!!)** – please use bike path



[GPX download here](#)

 **RUN**

2 km loop around Kielce Reservoir (gravel surface), and 2km flat pavement (asphalt surface)



[GPX download here](#)

## 5.2. Medical services

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.

Hospital – Wojewódzki Szpital Zespolony w Kielcach, Szpitalny Oddział Ratunkowy – ul. Grunwaldzka 45, 25-736 Kielce

Emergency telephone number – **112**

## 5.3. Bike mechanical service

Bike partner will provide basic bike service at the EXPO area.



# 6 Competition schedule

## 6.1. Elite women

Day	Start	End	Activity	Location
June 1 <sup>st</sup>	13:30	14:30	Swim course familiarization	Kielce Reservoir
June 1 <sup>st</sup>	15:15	16:00	Briefing	Grand Hotel Kielce
June 1 <sup>st</sup>	16:00	16:30	Race package distribution	Grand Hotel Kielce
June 2 <sup>nd</sup>	06:30	07:30	Bike and run course familiarization	Transition area
June 2 <sup>nd</sup>	07:15	08:00	Athlete lounge open for Elite Women	Athlete lounge
June 2 <sup>nd</sup>	07:40	08:10	TA Check-In Elite Women Semifinals	Transition area
June 2 <sup>nd</sup>	07:45	08:15	Swim warm-up	Start area
June 2 <sup>nd</sup>	08:20	08:25	Calling area Elite Women Semifinal 1	Start area
June 2 <sup>nd</sup>	08:25	08:30	Athletes' Introduction	Start area
June 2 <sup>nd</sup>	08:30	09:00	Start Elite Women Semifinal 1	Start area
June 2 <sup>nd</sup>	08:45	08:55	Calling area Elite Women Semifinal 2	Start area
June 2 <sup>nd</sup>	08:55	09:00	Athletes' Introduction	Start area
June 2 <sup>nd</sup>	09:00	09:30	Start Elite Women Semifinal 2	Start area
June 2 <sup>nd</sup>	15:15	16:00	Athlete Lounge open for Elite Women	Athlete lounge
June 2 <sup>nd</sup>	15:30	16:00	TA Check-In Elite Women Final	Transition area
June 2 <sup>nd</sup>	15:55	16:10	Swim warm-up	Start area
June 2 <sup>nd</sup>	16:10	16:20	Calling area	Start area
June 2 <sup>nd</sup>	16:20	16:30	Athletes' introduction	Start area
June 2 <sup>nd</sup>	16:30	17:00	<b>Start Elite Women Final</b>	Start area
June 2 <sup>nd</sup>	18:30	19:00	Award Ceremony	Finish area

## 6.2. Elite men

Day	Start	End	Activity	Location
June 1 <sup>st</sup>	13:30	14:30	Swim course familiarization	Kielce Reservoir
June 1 <sup>st</sup>	15:15	16:00	Briefing	Grand Hotel Kielce
June 1 <sup>st</sup>	16:00	16:30	Race package distribution	Grand Hotel Kielce
June 2 <sup>nd</sup>	06:30	07:30	Bike and run course familiarization	Transition area
June 2 <sup>nd</sup>	09:45	10:30	Athlete lounge open for Elite Men	Athlete lounge
June 2 <sup>nd</sup>	10:15	10:40	TA Check-In Elite Men Semifinals	Transition area
June 2 <sup>nd</sup>	10:30	10:45	Swim warm-up	Start area
June 2 <sup>nd</sup>	10:45	10:55	Calling area Elite Men Semifinal 1	Start area
June 2 <sup>nd</sup>	10:55	11:00	Athletes' Introduction	Start area
June 2 <sup>nd</sup>	11:00	11:30	Start Elite Men Semifinal 1	Start area
June 2 <sup>nd</sup>	11:15	11:25	Calling area Elite Men Semifinal 2	Start area
June 2 <sup>nd</sup>	11:25	11:30	Athletes' Introduction	Start area
June 2 <sup>nd</sup>	11:30	12:00	Start Elite Men Semifinal 2	Start area
June 2 <sup>nd</sup>	11:45	10:55	Caling area Elite Men Semifinal 3	Start area
June 2 <sup>nd</sup>	11:55	12:00	Athletes' Introduction	Start area



June 2 <sup>nd</sup>	12:00	12:30	Start Elite Men Semifinal 3	Start area
June 2 <sup>nd</sup>	12:15	12:25	Calling area Elite Men Semifinal 4	Start area
June 2 <sup>nd</sup>	12:25	12:30	Athlete's Introduction	Start area
June 2 <sup>nd</sup>	12:30	13:00	Start Elite Men Semifinal 4	Start area
June 2 <sup>nd</sup>	13:00	15:30	Tri-Pop Cup (Kids Race)	
June 2 <sup>nd</sup>	16:15	17:00	Athlete lounge open for Elite Men	Athlete lounge
June 2 <sup>nd</sup>	16:30	17:00	TA Check-In Elite Men Final	Transition area
June 2 <sup>nd</sup>	16:55	17:10	Swim warm-up	Start area
June 2 <sup>nd</sup>	17:10	17:20	Calling area	Start area
June 2 <sup>nd</sup>	17:20	17:30	Athletes' introduction	Start area
June 2 <sup>nd</sup>	17:30	18:00	<b>Start Elite Men Final</b>	Start area
June 2 <sup>nd</sup>	18:30	19:00	Award Ceremony	Finish area

### 6.3. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon. [World Triathlon Rules available here](#)

### 6.4. Athletes' briefing

Saturday / 01.06.2024 / 15:30-16:00 / Grand Hotel Kielce / Briefing Elite Men & Women.

### 6.5. Timing chips

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

### 6.6. Results

Official results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

Live results will be available on [www.sts-timing.pl](http://www.sts-timing.pl) in the Live TAB.

### 6.7. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules

## 7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed.

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

Accreditation Cards are mandatory to enter the venue.



## 8 Other useful information

Could be and is not limited to:

### 8.1. Language

Polish.

### 8.2. Population

Poland – 37.950.000.

Kielce - 183.1

### 8.3. Currency

Polish zloty (PLN)

### 8.4. Time

UTC +2, Central European Summer Time.

### 8.5 Electricity

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

### 8.6 Water

Our tap water is of good quality.

### 8.7 Telephone connections

Standard.

### 8.8 VISA Procedure

Poland is a member of European Union and Shengen Zone but please check possible visa requirement [by this LINK](#).



# 9 Course maps

## SWIM COURSE

Start procedures	Start from water from one line between two buoys.
Distance	400 m
Number of loops	1 (one) lap
Distance to the first turning buoy	150 m
Provisional water temperature	19°C; athletes are advised to be prepared to wear wetsuits.
Distance from swim finish to TA	170 m



## TRANSITION 1/2

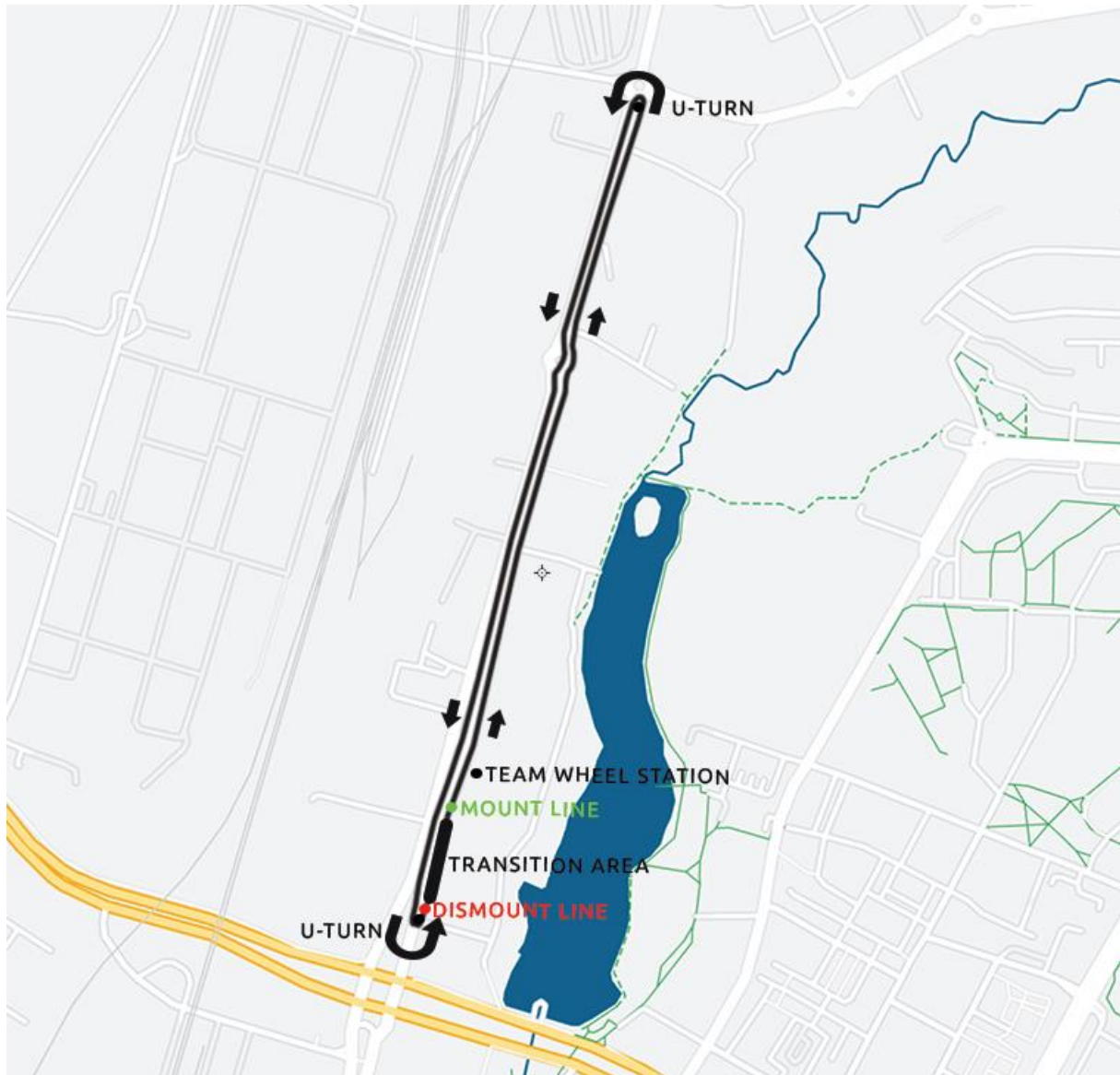
A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

## BIKE COURSE

Distance	7,6 km
Number of loops	3 (three) laps
Distance of one lap	2,53 km
Surface	Asphalt
Quality of surface	Perfect



Elevation gain	Flat
Team wheel station	1
Number of U-turns	2 per each loop



**RUN COURSE**

Distance	2 km
Number of loops	1 (one) lap
Surface	Asphalt
Quality of surface	Perfect
Elevation gain	Flat
Aid station	1
Number of U-turns	1

