



Olsztyn
2023



Athletes Guide



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1. GENERAL INFORMATION

1.1. INTRODUCTION

Dear Athletes,

On the last weekend in May, Olsztyn will welcome you again with open arms. It will be another year in which Olsztyn will host best athletes in Europe. In the capital of the beautiful land of Warmia and Masuria, you will compete at Europe Triathlon Cup (Elite/U23/Juniors) on the sprint distance.

We believe that the hospitality of Olsztyn, great infrastructure at CRS Ukiel sport complex 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.

Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to **CONSTANTLY CHECK** the available information.

See you in Olsztyn!

Greetings,
Organizing Committee

1.2. KEY DATES

*** Please find detailed schedule in 6.1 (!!!)**

Friday, 26.05.2023			
12:00	13:00	Elite Press Conference	CRS Ukiel – Conference Hall
13:30	14:30	Swim course familiarization	CRS Ukiel – Start Area
15:00	15:30	Junior Briefing	OMEGA Hotel
15:30	16:00	Junior Race Package Distribution	OMEGA Hotel
16:30	17:00	Elite Briefing	OMEGA Hotel
17:00	17:30	Elite Race Package Distribution	OMEGA Hotel
Saturday, 27.05.2023			
08:00	08:30	Bike course familiarization	CRS Ukiel – Transition Zone
10:30		Junior Women Start	CRS Ukiel – Start area
13:00		Junior Men Start	CRS Ukiel – Start area
15:30		Elite Women Start	CRS Ukiel – Start area
18:00		Elite Men Start	CRS Ukiel – Start area

1.3. KEY CONTACTS

	Name	Email	Phone
LOC Race Director	Marcin Florek	marcin.florek@labosport.pl	0048 609-775-099
LOC Race Manager	Piotr Matkiewicz	piotr.matkiewicz@labosport.pl	0048 793-233-673
ETU Technical Delegate	Janice Goble	jangoble@live.com.uk	0044 7702097177
LOC Media Manager	Kamila Kryger	Kamila.kryger@labosport.pl	0048 793-794-205
Polish Triathlon Association representative	Filip Szolowski	filip.szolowski@triathlon.pl	0048 666-300-200
Europe Triathlon Office	-	etu_hq@etu.com	0032 478-825-456
Europe Triathlon Board Member	Kaisa Tamminen	kaisa.tamminen@europe.com	+358 40 1374566

1.4. CONTACT 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

2. VENUE

2.1. RACE VENUE

The venue is located in Olsztyn, ul. Kapitańska 23 (Warmia&Mazury Voivodeship, Poland).



RACE MAP – [EUROPE TRIATHLON CUP OLSZTYN 2023](#)

2.2 COURSE FAMILIARISATION

SWIM FAMILIARIZATION

Friday (26.05) / 13:30-14:30 – Swim course familiarization, meeting point – CRS Ukiel Beach

MEETING POINT

BIKE AND RUN FAMILIARIZATION

Saturday (27.05) / 08:00-08:30, meeting point – Transition Zone

MEETING POINT

2.3. ATHLETE'S LOUNGE

The Athlete's Lounge will be located in CRS Ukiel, Olsztyn, 200m 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/U23/Junior 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. ATHLETES' RACE PACKAGE

Race package distribution schedule:

ELITE/U23 – Friday / 26.05.2023 / 17:00-18:00 / Omega Hotel

JUNIORS – Friday / 26.05.2023 / 15:30-16:30 / Omega Hotel

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:

Junior – 65 €

Elite – 85 €

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

For invoices inquiry please send a mail to biuro@startlist.pl

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

[Centrum Sportowo-Rekreacyjne UKIEL](#), ul. Kapitańska 23, 11-041 Olsztyn

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 Matkiewicz (LOC Race Manager) – 0048 793-233-673,
Piotr.matkiewicz@labosport.pl

2.7. LOC OFFICE

TBC

3. ACCOMMODATION

Official Reservations Contact – Karolina Turewicz / 0048 509-237-857

HOTELS INFO - https://www.triathlon.org/uploads/events/NF_Hotels_Olsztyn_2023_v.1.pdf

4. TRANSFER AND TRANSPORT

LOCAL AIRPORTS:

- Olsztyn-Mazury Airport (SZY) – 60 km
- Gdańsk Lech Wałęsa Airport (GDN) – 170 km
- Warsaw Chopin Airport (WAW) – 240 km
- Warsaw Modlin Airport (WMI) – 180 km

OFFICIAL TRAVEL PARTNER: WAGNER TRANSPORT

TRANSPORT INFO - https://www.triathlon.org/uploads/events/olsztyn_ec2023_tranferinfo.pdf

TRANSFER EMERGENCY NUMBERS -

Adrianna Penger / 0048 664-939-690

Oksana Chernetska / 0048 664-937-058

5. ATHLETES' SERVICES

5.1. TRAINING FACILITIES



SWIM

TBC



BIKE

Sielska Street

traffic intensity – medium

road surface quality – perfect

warning (!!!) – please use bike path

Road through Łupstych

traffic intensity – low

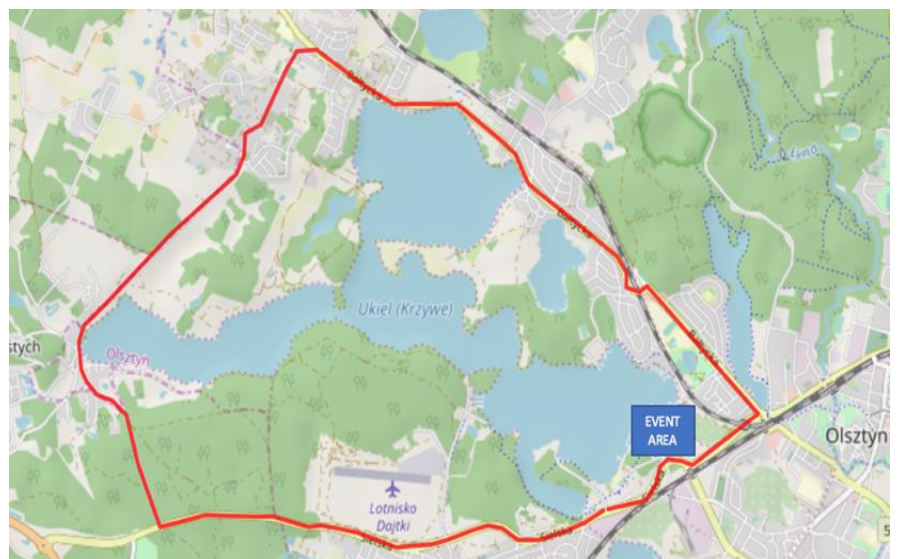
road surface quality – good

Road nr 527

traffic intensity – low

road surface quality – good

[Suggested course](#)



RUN

Wide pavements and forest tracks located nearby event area.

5.2. MEDICAL SERVICES

First Aid will be available at the Registration area before and during the training sessions. 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 Specjalistyczny w Olsztynie, ul. Żołnierska 18, 10-561 Olsztyn

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 JUNIOR WOMEN

DATE	START	END	ACTIVITY	LOCATION
May 26th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 26th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 26th	15:00	15:30	Briefing	Omega Hotel
May 26th	15:30	16:00	Race Package Distribution	Omega Hotel
May 27th	08:00	08:30	Bike Course Familiarization	CRS Ukiel – Transition Zone
May 27th	08:30	10:00	Athletes Check-In	Athletes Lounge
May 27th	09:30	10:15	TA Check-In	Transition Area
May 27th	09:45	10:15	Swim warm-up	Swim course
May 27th	10:20	10:25	Call / Introduction	Start Area – CRS Ukiel Beach
May 27th	10:30		Start – Junior Women	Start Area – CRS Ukiel Beach
May 27th	19:30	20:00	Award Ceremony	Finish Area

6.2 JUNIOR MEN

DATE	START	END	ACTIVITY	LOCATION
May 26th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 26th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 26th	15:00	15:30	Briefing	Omega Hotel
May 26th	15:30	16:00	Race Package Distribution	Omega Hotel
May 27th	08:00	08:30	Bike Course Familiarization	CRS Ukiel – Transition Zone
May 27th	11:00	12:30	Athletes Check-In	Athletes Lounge
May 27th	12:00	12:45	TA Check-In	Transition Area
May 27th	12:15	12:45	Swim warm-up	Swim course
May 27th	12:50	12:55	Call / Introduction	Start Area – CRS Ukiel Beach
May 27th	13:00		Start – Junior Men	Start Area – CRS Ukiel Beach
May 27th	19:30	20:00	Award Ceremony	Finish Area

6.3 ELITE WOMEN

DATE	START	END	ACTIVITY	LOCATION
May 26th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 26th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 26th	16:30	17:00	Briefing	Omega Hotel
May 26th	17:00	17:30	Race Package Distribution	Omega Hotel
May 27th	08:00	08:30	Bike Course Familiarization	CRS Ukiel – Transition Zone
May 27th	13:30	15:00	Athletes Check-In	Athletes Lounge
May 27th	14:30	15:15	TA Check-In	Transition Area
May 27th	14:45	15:15	Swim warm-up	Swim course
May 27th	15:20	15:25	Call / Introduction	Start Area – CRS Ukiel Beach
May 27th	15:30		Start – Elite Women	Start Area – CRS Ukiel Beach
May 27th	19:30	20:00	Award Ceremony	Finish Area

6.4 ELITE MEN

DATE	START	END	ACTIVITY	LOCATION
May 26th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 26th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 26th	16:30	17:00	Briefing	Omega Hotel
May 26th	17:00	17:30	Race Package Distribution	Omega Hotel
May 27th	08:00	08:30	Bike Course Familiarization	CRS Ukiel – Transition Zone
May 27th	16:00	17:30	Athletes Check-In	Athletes Lounge
May 27th	17:00	17:45	TA Check-In	Transition Area
May 27th	17:15	17:45	Swim warm-up	Swim course
May 27th	17:50	17:55	Call / Introduction	Start Area – CRS Ukiel Beach
May 27th	18:00		Start – Elite Men	Start Area – CRS Ukiel Beach
May 27th	19:30	20:00	Award Ceremony	Finish Area

6.5 EXACT SCHEDULE

FRIDAY, 26.05.2023

12:00-13:00 Elite Press Conference
 13:30-14:30 Swim Course Familiarization
 15:00-15:30 Briefing JUNIOR MAN & WOMEN
 15:30-16:00 Junior Race Package Distribution
 16:30-17:00 Briefing ELITE MAN & WOMEN
 17:00-17:30 Elite Race Package Distribution

SATURDAY, 27.05.2023

08:00-08:30 Bike Course Familiarization
 08:30-10:00 Athletes Lounge Open for JUNIOR WOMEN
 09:30-10:15 Transition Area Open for JUNIOR WOMEN
 09:45-10:15 Swim Warm Up JUNIOR WOMEN
 10:20-10:25 Call/Introduction – JUNIOR WOMEN
 10:30 Start EUROPE TRIATHLON JUNIOR CUP WOMEN
 11:00-12:30 Athletes Lounge Open for JUNIOR MEN
 11:30-12:00 Technical Break
 12:00-12:30 Bike Check Out JUNIOR WOMEN
 12:00-12:45 Transition Area Open for JUNIOR MEN
 12:15-12:45 Swim Warm Up JUNIOR MEN
 12:50-12:55 Call/Introduction – JUNIOR MEN
 13:00 Start EUROPE TRIATHLON JUNIOR CUP MAN
 13:30-15:00 Athletes Lounge Open for ELITE WOMEN
 14:00-14:30 Technical Break

14:30-15:00 Bike Check Out JUNIOR MEN
14:30-15:15 Transition Area Open for ELITE WOMEN
14:45-15:15 Swim Warm Up ELITE WOMEN
15:20-15:25 Call/Introduction – ELITE WOMEN
15:30 Start EUROPE TRIATHLON CUP ELITE WOMAN
16:00-17:30 Athletes Lounge Open for ELITE MEN
16:30-17:00 Technical Break
17:00-17:30 Bike Check Out ELITE WOMEN
17:00-17:45 Transition Area Open for ELITE MEN
17:15-17:45 Swim Warm Up ELITE MEN
17:50-17:55 Call/Introduction – ELITE MEN
18:00 Start EUROPE TRIATHLON CUP ELITE MAN
19:00-19:30 Bike Check Out ELITE MEN
19:30-20:00 Award Ceremony ELITE & JUNIOR

6.6. COMPETITION RULES

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

6.7. ATHLETES' BRIEFING

Friday, 26.05.2023

15:00-15:30 / Briefing JUNIOR MAN & WOMEN / [OMEGA Hotel](#)

16:30-17:00 / Briefing ELITE MAN & WOMEN / [OMEGA Hotel](#)

6.8. 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 before the competitions, during their check-in procedure.

6.9. RESULTS

Results will be uploaded at the official website www.competitions.org.

All the Results information will be distributed to the Team Leaders at the LOC Office located in CRS Ukiel.

Live results will be available on www.competitions.pl in the LIVE tab.

6.10. PROTEST

Standard procedures will be followed according to the current World Triathlon Competition Rules https://www.competitions.org/uploads/docs/World-Triathlon_Compensation-Rules_2023_20230208.pdf

7. ACCREDITATION

The LOC will provide all the Organising Committee Members, Europe Triathlon, Technical Officials, Athletes, VIPs, media, technical staff, court personnel, 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 carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE

Polish.

8.2. POPULATION

Poland – 37.950.000.

Olsztyn - 173.599

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.

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

9. COURSE MAPS



SWIM COURSE

Distance	750 m
Number of loops	1 (one)
Distance to the first turning buoy	280 m
Start procedures	Pier start (solid pontoon).
Provisional water temperature	17°C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	250 m

Olsztyn
2023

ELEMENTAL
TRI SERIES

SWIM COURSE

ONE LAP - 750 m
START - JUMP FROM PLATFORM
FINISH - ON THE UKIEL BEACH

TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear, caps and any other used equipment 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

BIKE COURSE

Distance	20 km
Number of loops	4
Surface	Asphalt
Quality	Very good
Team Wheel station	1
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop



TRANSITION 2

From the dismount line, please describe the flow in the transition area.

RUN COURSE

Distance	5 km
Number of loops	2
Surface	Asphalt
Quality	Very good
Elevation differences	Mostly Flat
Aid Stations	1 per lap
First runner / Last biker scenario	A first runner/last biker scenario will be activated when needed
Penalty box location	On the inside corner of the hairpin turn, just before transition.
Aid station	Placed 150 m after Transition 2 on the right hand. Aid station will contain 0,5 litre bottles of water.

RUN COURSE
TWO LAPS X 2,5km

