



Olsztyn  
2024



# Athletes' Guide



Update – 23.05.2024



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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. The day after our competition, we are having an Age-group race in Olsztyn so feel free to participate in Elemental Tri Series alongside with your friends and family.

We are very happy that you are returning to Olsztyn. We also welcome athletes who will come to our city for the first time to compete in Europe Triathlon Cup. We believe that the hospitality of Olsztyn, great infrastructure at CRS Ukiel sport complex and experienced organization, will allow you to achieve great results and sport goal. We are committed to making your experience here memorable, whilst providing a safe race weekend for all athletes, coaches and spectators. The Elemental Tri Series, which will take place on Sunday, will be a great complement to the weekend full of triathlon emotions. Age-groupers will compete over supersprint and sprint distances. Feel invited to support and create a triathlon celebration together.

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 dates 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.

Please note changes in bike and run course made on 23.05.2024 for the safety reasons.

We can't wait to see you in Olsztyn!

*Local Organizing Committee*



## 1.2. Key dates

Friday, 24.05.2024			
12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
13:30	14:30	Swim course familiarization	CRS Ukiel – Start Area
15:00	15:45	Junior Registration	OMEGA Hotel
15:45	16:30	Junior Briefing & Race Package Distribution	OMEGA Hotel
16:30	17:15	Elite Registration	OMEGA Hotel
17:15	18:00	Elite Briefing & Race Package Distribution	OMEGA Hotel
Saturday, 25.05.2024			
08:00	08:30	Bike and run 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
Sunday, 26.05.2024			
09:00	15:00	Elemental Tri Series (Age-Group Event)	CRS Ukiel

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

## 1.3. Key contacts

LOC Race Director | Marcin Florek | 0048 609-775-099 | [marcin.florek@labosport.pl](mailto:marcin.florek@labosport.pl)

LOC Race Manager | Piotr Matkiewicz | 0048 793-233-673 | [piotr.matkiewicz@labosport.pl](mailto:piotr.matkiewicz@labosport.pl)

Technical Delegate | Györgyi Bodnár | 0044 744-930-2072 | [gyorgyike.bodnar@gmail.com](mailto:gyorgyike.bodnar@gmail.com)

LOC Media Manager | Kamila Kryger | 0048 793-794-205 | [kamila.kryger@labosport.pl](mailto:kamila.kryger@labosport.pl)

Polish NF Representative | Filip Szolowski | 0048 666-300-200 | [filip.szolowski@triathlon.pl](mailto:filip.szolowski@triathlon.pl)

Europe Triathlon Office | 0032 478-825-456 | [etu\\_hq@etu.triathlon.org](mailto:etu_hq@etu.triathlon.org)

Europe Triathlon Vice President | Martin Breedijk | [martin.breedijk@europe.triathlon.org](mailto:martin.breedijk@europe.triathlon.org)

## 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 Olsztyn, ul. Kapitańska 23 (Warmia&Mazury Voivodeship, Poland).



RACE MAP – [EUROPE TRIATHLON CUP OLSZTYN 2024](#)

### 2.2 Course familiarisation

#### SWIM FAMILIARIZATION

Friday (24.05) / 13:30-14:30 – Swim course familiarization, meeting point – CRS Ukiel Beach

#### MEETING POINT

#### BIKE AND RUN FAMILIARIZATION

Saturday (25.05) / 08:00-08:30, meeting point – Transition Zone

#### MEETING POINT

During bike familiarization please follow technical personnel instructions.

### 2.3. Athletes' 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 (after the Briefings):

ELITE/U23 – Friday / 24.05.2024 / 17:15-18:00 / Omega Hotel

JUNIORS – Friday / 24.05.2024 / 15:45-16:30 / 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 – 75 €

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 Olsztyn, Name and Surname, Country, Age Category (Elite or Junior).**

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

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](mailto:piotr.matkiewicz@labosport.pl)



## 3 Accommodation

DETAIL INFORMATION - [CLICK HERE](#)

## 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 - [CLICK HERE](#)

### TRANSFER HELPLINE

Adrianna Penger / 0048 664-939-690

Oksana Chernetska / 0048 664-937-058

## 5 Athletes' Services

### 5.1. Training facilities



#### SWIM

**AQUASFERA, al Piłsudskiego 69B, 10-449 Olsztyn**

#### LOCATION

**Available on 23-24.05.2024 from 10:00 to 14:00 / 50m pool available / lines 3 and 4 available for Europe Triathlon Cup Athletes.**

**Tickets available on sales desk / Cost of ticket – 25 zł / no time limit**

#### **Open Water Swimming**

Open water training on the competition course is allowed only during Swim Course Familiarization. Swimming outside the hours indicated in the event schedule will not be secured and can be done at your own risk and responsibility.



#### BIKE

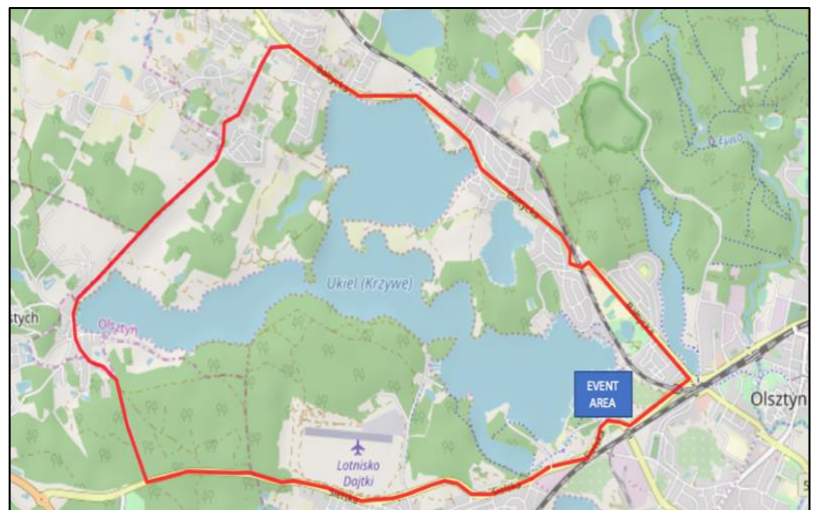
#### **Sielska Street**

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 24th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 24th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 24th	15:00	15:45	Registration	Omega Hotel
May 24th	15:45	16:30	Briefing & Race Package Distribution	Omega Hotel
May 25th	08:00	08:30	Bike and Run Course Familiarization	CRS Ukiel – Transition Zone
May 25th	08:30	10:00	Athletes Check-In	Athletes Lounge





May 25th	09:30	10:15	TA Check-In	Transition Area
May 25th	09:45	10:15	Swim warm-up	Swim course
May 25th	10:20	10:25	Call / Introduction	Start Area – CRS Ukiel Beach
<b>May 25th</b>	<b>10:30</b>		<b>Start – Junior Women</b>	<b>Start Area – CRS Ukiel Beach</b>
May 25th	12:00	12:30	Bike check out	Transition Area
May 25th	19:30	20:00	Award Ceremony	Finish Area

## 6.2. Junior Men

DATE	START	END	ACTIVITY	LOCATION
May 24th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 24th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 24th	15:00	15:45	Registration	Omega Hotel
May 24th	15:45	16:30	Briefing & Race Package Distribution	Omega Hotel
May 25th	08:00	08:30	Bike and Run Course Familiarization	CRS Ukiel – Transition Zone
May 25th	11:00	12:30	Athletes Check-In	Athletes Lounge
May 25th	12:00	12:45	TA Check-In	Transition Area
May 25th	12:15	12:45	Swim warm-up	Swim course
May 25th	12:50	12:55	Call / Introduction	Start Area – CRS Ukiel Beach
<b>May 25th</b>	<b>13:00</b>		<b>Start – Junior Men</b>	<b>Start Area – CRS Ukiel Beach</b>
May 25th	14:30	15:00	Bike check out	Transition Area
May 25th	19:30	20:00	Award Ceremony	Finish Area

## 6.3. Elite Women

DATE	START	END	ACTIVITY	LOCATION
May 24th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 24th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 24th	16:30	17:15	Registration	Omega Hotel
May 24th	17:15	18:00	Briefing & Race Package Distribution	Omega Hotel
May 25th	08:00	08:30	Bike and Run Course Familiarization	CRS Ukiel – Transition Zone



May 25th	13:30	15:00	Athletes Check-In	Athletes Lounge
May 25th	14:30	15:15	TA Check-In	Transition Area
May 25th	14:45	15:15	Swim warm-up	Swim course
May 25th	15:20	15:25	Call / Introduction	Start Area – CRS Ukiel Beach
<b>May 25th</b>	<b>15:30</b>		<b>Start – Elite Women</b>	<b>Start Area – CRS Ukiel Beach</b>
May 25th	17:00	17:30	Bike check out	Transition area
May 25th	19:30	20:00	Award Ceremony	Finish Area

## 6.4. Elite Men

DATE	START	END	ACTIVITY	LOCATION
May 24th	12:00	13:00	Press Conference	CRS Ukiel – Conference Hall
May 24th	13:30	14:30	Swim Course Familiarization	CRS Ukiel – Main Pontoon
May 24th	16:30	17:15	Registration	Omega Hotel
May 24th	17:15	18:00	Briefing & Race Package Distribution	Omega Hotel
May 25th	08:00	08:30	Bike and Run Course Familiarization	CRS Ukiel – Transition Zone
May 25th	16:00	17:30	Athletes Check-In	Athletes Lounge
May 25th	17:00	17:45	TA Check-In	Transition Area
May 25th	17:15	17:45	Swim warm-up	Swim course
May 25th	17:50	17:55	Call / Introduction	Start Area – CRS Ukiel Beach
<b>May 25th</b>	<b>18:00</b>		<b>Start – Elite Men</b>	<b>Start Area – CRS Ukiel Beach</b>
May 25th	19:00	19:30		
May 25th	19:30	20:00	Award Ceremony	Finish Area

### EXACT SCHEDULE

#### FRIDAY, 24.05.2024

12:00-13:00 Press Conference  
 13:30-14:30 Swim Course Familiarization  
 15:00-15:45 JUNIOR Race Registration  
 15:45-16:30 JUNIOR Briefing & Race Package Distribution  
 16:30-17:15 ELITE Race Registration  
 17:15-18:00 ELITE Briefing & Race Package Distribution

#### SATURDAY, 25.05.2024

08:00-08:30 Bike and Run 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  
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  
14:30-15:00 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  
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

## **SUNDAY, 26.05.2024**

09:00-15:00 Elemental TRI Series (Age-Group Event)

### **6.5. Competition rules**

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

### **6.6. Athletes' briefing**

Friday, 24.05.2024

15:45-16:30 / Briefing JUNIOR MAN & WOMEN / [OMEGA Hotel](#)

17:15-18:00 / Briefing ELITE MAN & WOMEN / [OMEGA Hotel](#)

### **6.7. 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.

### **6.8. Results**

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

Live coverage will be available on [LOC Facebook profile](#).

### **6.9. 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, 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 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

### 8.1. Language

Polish

### 8.2. Population

Poland - 37.000.000

Olsztyn - 170.000

### 8.3. Currency

Polish złoty (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](#).



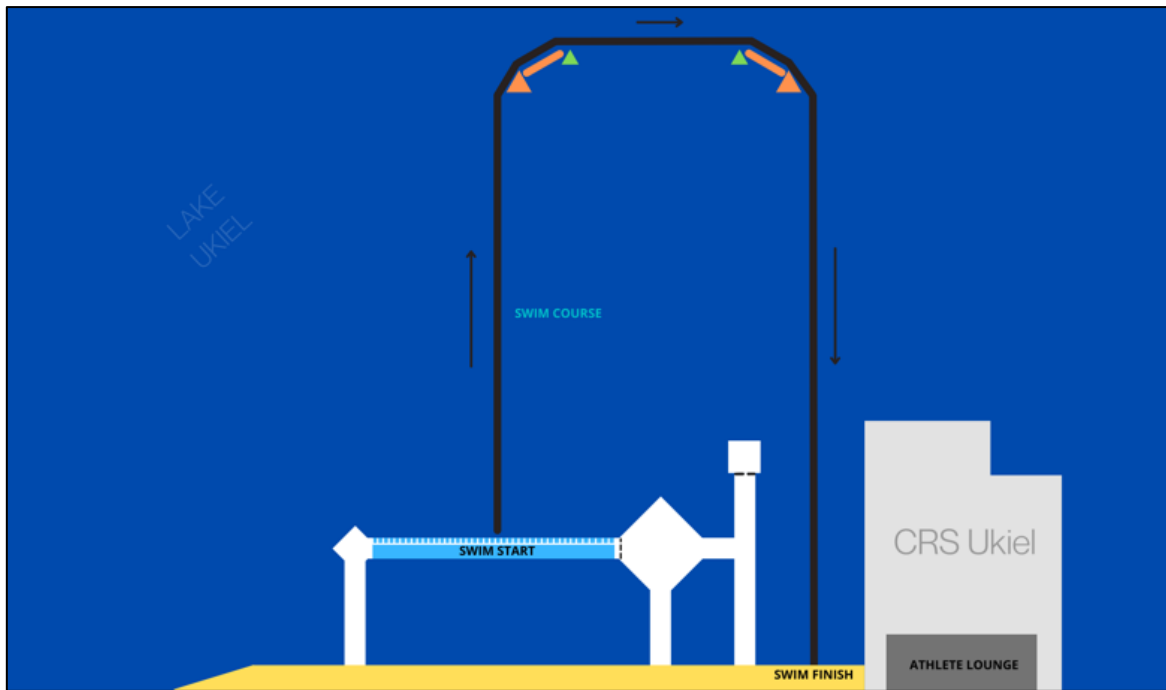
# 9 Course maps

COURSE MAP - [LINK](#)



## 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



## TRANSITION 1/2



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- UPDATED**

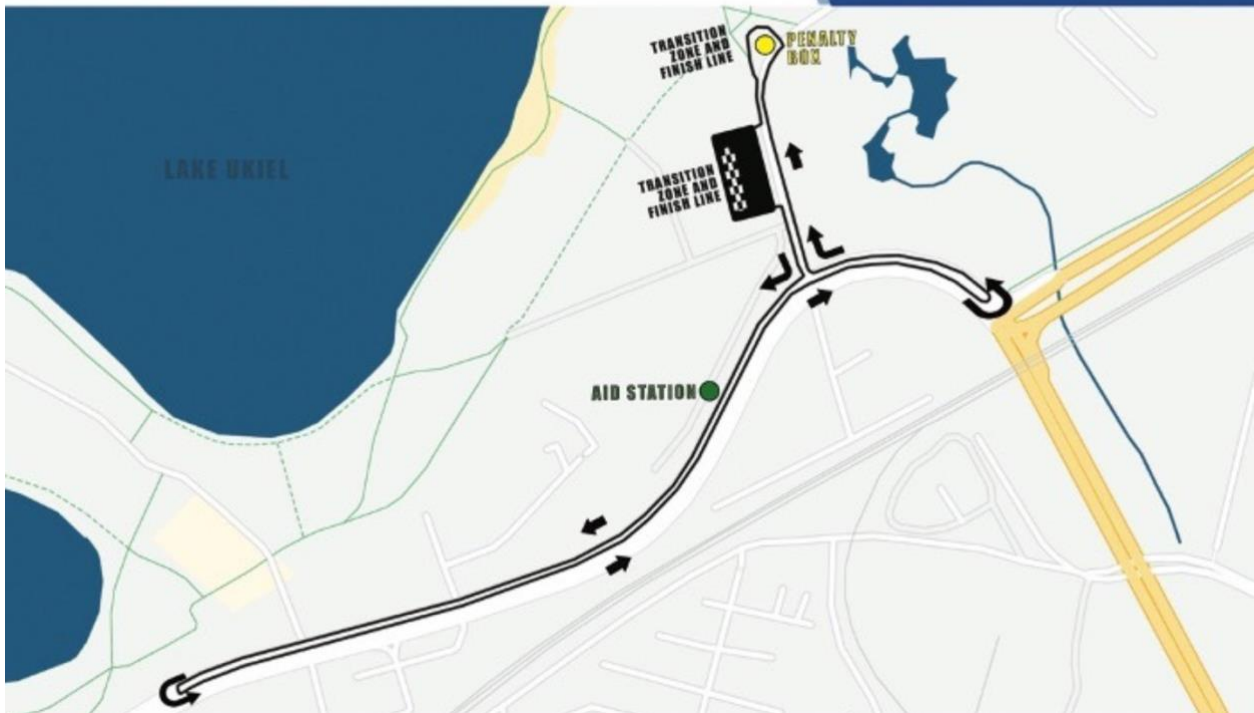
Distance	20 km
Number of loops	4
Surface	Asphalt
Quality	Very good
Team Wheel station	1
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop





**🏃 RUN COURSE- UPDATED**

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.





## 10. Elemental Tri Series - Age-Group Event

We are very pleased to invite you, your families and support teams to participate in the Elemental Tri Series. This event for age-groupers will take place the day after the Europe Triathlon Cup event, i.e. on Sunday. It is worth staying in Olsztyn a little longer to celebrate the great holiday of triathlon. Check out the details of the event and invite your friends!

**EVENT WEBSITE** | [CLICK HERE](#)

**EVENT SCHEDULE** | [CLICK HERE](#)

**EVENT COURSES** | [CLICK HERE](#)

**REGISTRATION** | [CLICK HERE](#)

**EVENT FACEBOOK** | [CLICK HERE](#)

