

ATHLETES GUIDE

ver. 16.05.2019 r.

ETU SPRINT TRIATHLON EUROPEAN CUP

ETU TRIATHLON JUNIOR EUROPEAN CUP

OLSZTYN, 18.05.2019



TABLE OF CONTENTS

1. GENERAL INFORMATION
 - 1.1. INTRODUCTION
 - 1.2. KEY DATES
 - 1.3. KEY CONTACTS
 - 1.4. CONTACT DETAILS
2. VENUE
 - 2.1. RACE VENUE
 - 2.2. COURSE FAMILIARIZATION
 - 2.3. ATHLETES LOUNGE
 - 2.4. ELITE ATHLETES RACE PACKAGE
 - 2.5. DOPING CONTROL
 - 2.6. SECURITY
 - 2.7. LOC OFFICE
3. ACCOMMODATION
4. TRANSFER AND TRANSPORT
5. ATHELETE'S SERVICES
 - 5.1. SWIM AND BIKE TRAINING
 - 5.2. MEDICAL SERVICES
 - 5.3. BIKE MECHANICAL SERVICE
6. COMPETITION SCHEDULE
 - 6.1. ELITE WOMEN
 - 6.2. ELITE MEN
 - 6.3. COMPETITION RULES
 - 6.4. ATHLETES BRIEFING
 - 6.5. TIMING CHIPS
 - 6.6. RESULTS
 - 6.7. PROTEST & APPEALS
7. ACCREDITATION
8. USEFUL INFORMATION
 - 8.1. LANGUAGE
 - 8.2. POPULATION
 - 8.3. CURRENCY
 - 8.4. TIME
 - 8.5. ELECTRICITY
 - 8.6. WATER
 - 8.7. TELEPHONE CONNECTIONS
9. COURSE MAPS

1. GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of the Athletes Guide is 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.

1.2 KEY DATES & TIMES

FRIDAY, 17.05.2019

12:30-13:30 – Elite Press Conference - CRS Ukiel – Conference Hall
 14:00-15:00 – Swim course familiarization
 16:00-17:00 – Junior and coach registration
 17:00-17:30 – Junior briefing
 17:00-18:00 – Elite and coach registration
 18:00-18:30 – Elite briefing
 19:00-19:30 – Bike and run course familiarization

SATURDAY, 18.05.2019

08:30-10:30 - Athletes Lounge Check in Junior Women
 10:00-10:45 - Transition area is open for Junior Women
 10:30-10:45 - Swim warm-up for Junior Women
 10:45-10:50 - Calling area for Junior Women
 10:50-10:55 - Junior Women introduction
 11:00 **Elemental ETU Sprint European Cup – Junior Women Start**
 11:00-13:00 - Athletes Lounge Check in Junior Men
 12:00-12:30 - Rebuild transition
 12:15 Last athlete in - Junior Women
 12:30-13:00 - Bike check-out - Junior Woman
 12:30-13:15 - Transition area is open for Junior Men
 13:00-13:15 - Swim warm-up for Junior Men 13:15-13:20 - Calling area for Junior Men
 13:20-13:25 - Junior Men introduction
 13:30 **Elemental ETU Sprint European Cup – Junior Men Start**
 13:30-15:30 - Athletes Lounge Check in Elite Women
 14:30-15:00 - Rebuild transition
 14:35- Last athlete in - Junior Men
 15:00-15:30 - Bike check-out - Junior Men
 15:00-15:45 - Transition area is open for Elite Women
 15:30-15:45 - Swim warm-up for Elite Women
 15:45-15:50 - Calling area for Elite Women
 15:50-15:55 - Elite Women introduction
 16:00 **Elemental ETU Sprint European Cup – Elite Women Start**
 16:00-18:00 - Athletes Lounge Check in Elite Men
 17:00-17:30 - Rebuild transition
 17:10 - Last athlete in - Elite Women
 17:30-18:00 - Bike check-out - Elite Women
 17:30-18:15 - Transition area is open for Elite Men
 18:00-18:15 - Swim warm-up for Elite Men
 18:15-18:20 - Calling area for Elite Men

18:20-18:25 - Elite Men introduction
 18:30 **Elemental ETU Sprint European Cup – Elite Men Start**
 19:35 Last athlete in
 19:30-20:00 - Bike check-out - Elite Men
 19:30-20:00 - Bike check-out - Elite Men
 20:00-20:30 - Junior and Elite Award Ceremony

SUNDAY 19.05.2019

07:00-09:30 – Age Group registration
 07:00-10:00 – Transition area is open for Age Group Women and Men
 09:00 – 10K Run Series - Women and Men Start
 09:45-10:00 – Age Group opening ceremony
 10:00 – Elemental Kids Run Series 200 m (1-3 years old)
 10:05 – Elemental Kids Run Series 200 m (4-5 years old)
 10:10 – Elemental Kids Run Series 200 m (6-7 years old)
 10:15 – Elemental Kids Run Series 500 m (8-11 years old)
 10:20 – Elemental Kids Run Series 1000 m (12-15 years old)
 10:20-10:25 – Age Group briefing (super-sprint)
 10:30 – Elemental Tri Series – Woman and Men Start (super-sprint)
 10:40 – 10K Run Series and Elemental Kids Run Award Ceremony (Age Group)
 11:20-11:25 – Age Group briefing (sprint)
 11:30 – Elemental Tri Series – Woman and Men Start (sprint)
 12:00-12:05 – Age Group briefing (Olympic distance)
 12:30 – Elemental Tri Series – M30-34, M35-39 Start (Olympic distance)
 12:50 – Elemental Tri Series – All Woman and M18-24, M25-29, M50-54, M55-59, M60-64, M65-69, M70+ and Relay Start (Olympic distance)
 13:10 – Elemental Tri Series – M40-44, M45-49 Start (Olympic distance)
 13:30 – Super-sprint and Sprint Award Ceremony (Age Group)
 16:10-17:40 – Transition area check out for Age Group Women and Men
 17:10 – Routes closure
 17:10 – Olympic Distance Award Ceremony (Age Group)

1.3 KEY CONTACTS

Name and contact details of:

- Marcin Florek (Race Director), 0048 609-775-099, marcin.florek@labosport.pl;
- Marco van Oostende (Technical Delegate), 0031 630-481-542, marco@oostende.nl;
- Karolina Turewicz (Polish Triathlon Association representative), 0048 509-237-857, karolnaturewicz@triathlon.pl;
- Zbigniew Łasica (athletes service manager), 0048 604 641 947, zbyszek@vengasport.pl

1.4 CONTACT DETAILS

Labosport Polska sp. z o.o., ul. Browarna 86-87, 82-300 Elbląg, Poland

- Marcin Florek (CEO), 0048 609-775-099, marcin.florek@labosport.pl;
- Filip Szołowski (vice-chairman), 0048 666-300-200, filip.szolowski@labosport.pl;
- Piotr Matkiewicz (technical manager), 0048 793-233-673, piotr.matkiewicz@labosport.pl;
- Joanna Kownacka (marketing&PR manager), 0048 793-794-205, joanna.kownacka@labosport.pl;

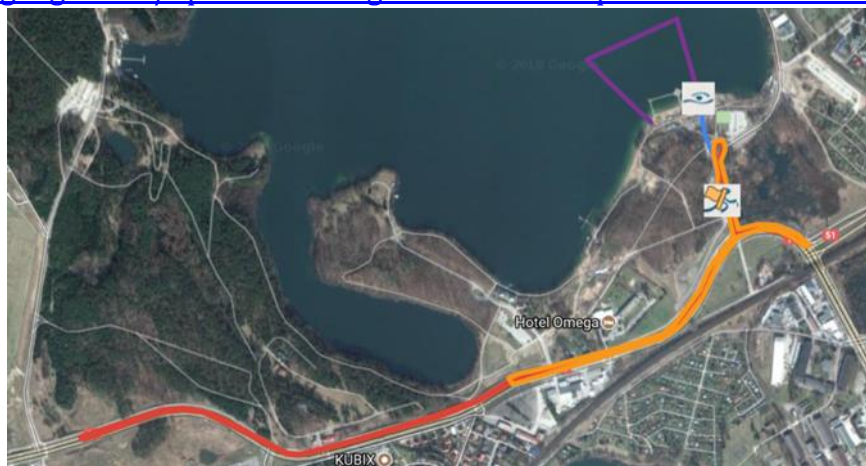
2. VENUE

2.1 RACE VENUE

Centrum Rekreacyjno-Sportowe UKIEL, ul. Kapitańska 23, 11-041 Olsztyn and road nr 16.

Race Map -

<https://drive.google.com/open?id=1cU9gzar83AHW6VZqsHAmK2NTwkA&usp=sharing>



2.2 COURSE FAMILIARIZATION

FRIDAY, 17.05.2019

14:00-15:00 – Swim course familiarization, meeting point – CRS Ukiel Beach

19:00-19:30 – Bike and run course familiarization, meeting point - Transition Area

Familiarization will take place on open roads with the assistance of our police. Athletes are required to comply with traffic regulations and participate with **ATTENTION AND CAUTION!**

2.3 ATHLETES LOUNGE

Athletes' lounge will be located close to the start area (CRS Ukiel Beach) and will provide toilets, water, fruits, energy drinks and a recovery zone.

2.4 ATHLETES RACE PACKAGE

Athletes Race Packages will be available during Athlete's Briefing and Registration.

Composition of Race Package:

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

The payment of the registration fee of EUR 80 for elite and EUR 60 for juniors is highly recommended to be done in advance. Please send an email with the amount, name of the federation and the athletes names to: biuro@startlist.pl. For invoices inquiry please send an mail to: biuro@startlist.pl

The fee can be booked to:

Bank name: PKO BP

PL 07 1020 1752 0000 0702 0211 0310

BIC/SWIFT: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made during registration (only in cash).

2.5 DOPING CONTROL

Centrum Sportowo-Rekreacyjne UKIEL, ul. Kapitańska 23, 11-041 Olsztyn.

Doping tests will be conducted according to ITU/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 Technical Manager) – 0048 793-233-673,

piotr.matkiewicz@labosport.pl

2.7 LOC OFFICE

Permanent Office: Labosport Polska sp. z o.o., ul. Browarna 86-87, 82-300 Elbląg, Poland

Opening hours: 08:00-15:00, Mon-Fr.

LOC office during event: CRS Ukiel, ul. Kapitańska 23, 11-041 Olsztyn (available only on 18th of May [Saturday]), opening hours: 08:00-18:00)

3. ACCOMMODATION

Official travel partner: Sport travel agency – VENGA SPORT & TRAVEL

www.vengasport.pl; www.venga.travel

Sport reservations contact: Zbigniew Łasica, +48 604 641 947, zbig@venga.travel

Official reservations: olsztyn@venga.travel

Accommodation – 2 host hotels (limited availability):

“Omega Hotel 3*”, ul. Sielska 4a, 10-802 Olsztyn

“Przystan Warmia 2*”, ul. Żeglarska 6, 10-160 Olsztyn

1. OMEGA HOTEL 3* // Official Host Hotel

5 minutes walking from the race venue

Omega Hotel is surrounded by forest at the scenic Ukiel Lake, within a 5-minute drive of the Olsztyn Old Town. It features spacious rooms with satellite TV, work desks and free Wi-Fi.

The hotel has a restaurant serving delicious European cuisine. There is also a bar and a summer garden with a playground for children.

A full breakfast buffet is provided each morning at the Omega.

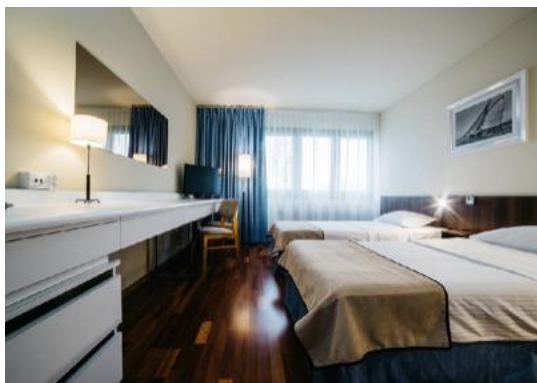
The reception at the Omega Hotel is open 24/7.

price per night per room	SUPERIOR SINGLE	SUPERIOR TWIN	EXTRA BED
BB	85 EUR	105 EUR	21 EUR
HB	105 EUR	145 EUR	33 EUR

Single room: BB 85 EUR, HB 105 EUR

Double room: BB 105 EUR, HB 145 EUR





2. PRZYSTAŃ WARMIA 2*

8 min walking from the race venue

Hotel is located in Olsztyn, on the same lake as race venue. It's situated just on the lakeside and provides great access to the lake – great for an open-swimming training.

The on-site restaurant serves local cuisine and buffet. For your convenience, we can provide accommodation on BB and HB basis.

Rooms offer basic standard, hotel is newly built.

price per night per room	SINGLE	TWIN	TRIPLE
BB	55 EUR	75 EUR	97 EUR
HB	70 EUR	105 EUR	139 EUR





Please be informed that due to high season we got very limited availability, therefore early booking is really advisable.

Do not hesitate to contact us in case you would like to make a reservation or you need any other travel assistance during your stay in Olsztyn.

official reservations: olsztyn@venga.travel

4. TRANSFER AND TRANSPORT

Official travel partner: Sport travel agency – VENGA SPORT & TRAVEL

www.vengasport.pl; www.venga.travel

Sport reservations contact: Zbigniew Łasica, +48 604 641 947, zbig@venga.travel

Official reservations: olsztyn@venga.travel

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

AIRPORT TRANSFERS:

- Olsztyn-Mazury Airport (SZY) – 35 EUR per person one way (bike included)
- Gdańsk Lech Wałęsa Airport (GDN) – 50 EUR per person one way (bike included)
- Warsaw Chopin Airport (WAW) – 55 EUR per person one way (bike included)
- Warsaw Modlin Airport (WMI) – 50 EUR per person one way (bike included)

Please note, that there may occur waiting time for other planes' passengers up to 2 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. All reservations later than May 1st needs to be additionally confirmed with Venga Sport & Travel.

Official reservations: olsztyn@venga.travel

5. ATHELETE'S SERVICES

5.1 TRAINING FACILITIES



BIKE

Road nr 16

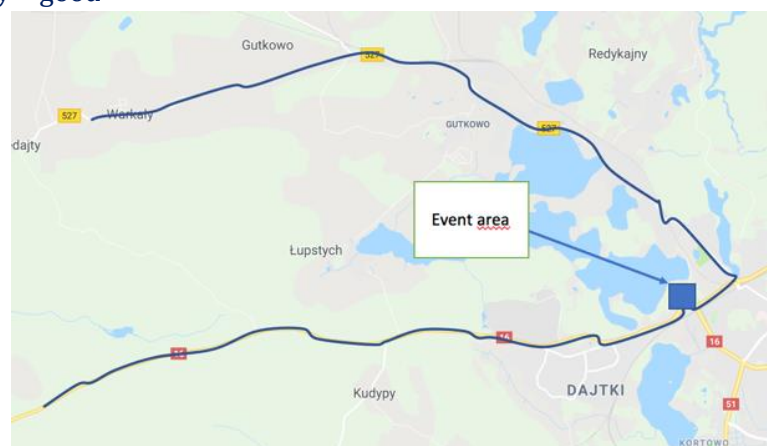
traffic intensity – medium

road surface quality – perfect

Road nr 527

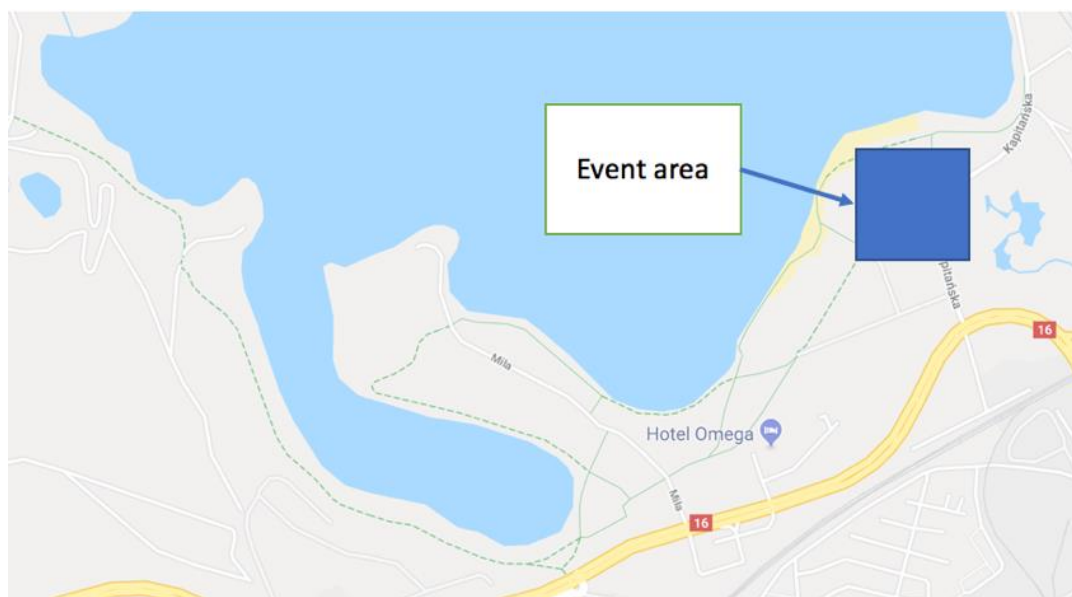
traffic intensity – low

road surface quality – good



RUN

Wide pavements and forest tracks located nearby event area.



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 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 on EXPO area.

A Mechanic will be also available around the athlete's lounge.

6. COMPETITION SCHEDULE

6.1 ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
May 17th	12:30	13:30	Press Conference	CRS Ukiel – Conference Hall
May 17th	17:00	18:00	Athletes and coach registration	Official host hotel – Omega Hotel
May 17th	18:00	18:30	Elite briefing	Official host hotel – Omega Hotel

May 18th	13:30	15:30	Athletes Check-In	Athletes Lounge
May 18th	15:00	15:45	TA Check-In	Transition Area
May 18th	15:30	15:45	Swim warm-up	Swim course
May 18th	15:45	15:50	Calling area	Start Area – CRS Ukiel Beach
May 18th	15:50	15:55	Athletes introduction	Start Area – CRS Ukiel Beach
May 18th	16:00		Start – elite women	Start Area – CRS Ukiel Beach
May 18th	20:00	20:30	Award Ceremony	Finish Area

6.2 JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
May 17th	12:30	13:30	Press Conference	CRS Ukiel – Conference Hall
May 17th	16:00	17:00	Junior and coach registration	Official host hotel – Omega Hotel
May 17th	17:00	17:30	Junior briefing	Official host hotel – Omega Hotel
May 18th	08:30	10:30	Athletes Check-In	Athletes Lounge
May 18th	10:00	10:45	TA Check-In	Transition Area
May 18th	10:30	10:45	Swim warm-up	Swim course
May 18th	10:45	10:50	Calling area	Start Area – CRS Ukiel Beach
May 18th	10:50	10:55	Athletes introduction	Start Area – CRS Ukiel Beach
May 18th	11:00		Start – junior women	Start Area – CRS Ukiel Beach
May 18th	20:00	20:30	Award Ceremony	Finish Area

6.3 JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
May 17th	12:30	13:30	Press Conference	CRS Ukiel – Conference Hall
May 17th	16:00	17:00	Junior and coach registration	Official host hotel – Omega Hotel
May 17th	17:00	17:30	Junior briefing	Official host hotel – Omega Hotel
May 18th	11:00	13:00	Athletes Check-In	Athletes Lounge
May 18th	12:30	13:15	TA Check-In	Transition Area
May 18th	13:00	13:15	Swim warm-up	Swim course
May 18th	13:15	13:20	Calling area	Start Area – CRS Ukiel Beach
May 18th	13:20	13:25	Athletes introduction	Start Area – CRS Ukiel Beach
May 18th	13:30		Start – junior men	Start Area – CRS Ukiel Beach
May 18th	20:00	20:30	Award Ceremony	Finish Area

6.4 ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
May 17th	12:30	13:30	Press Conference	CRS Ukiel – Conference Hall

May 17th	17:00	18:00	Athletes and coach registration	Official host hotel – Omega Hotel
May 17th	18:00	18:30	Elite briefing	Official host hotel – Omega Hotel
May 18th	16:00	18:00	Athletes Check-In	Athletes Lounge
May 18th	17:30	18:15	TA Check-In	Transition Area
May 18th	18:00	18:15	Swim warm-up	Swim course
May 18th	18:15	18:20	Calling area	Start Area – CRS Ukiel Beach
May 18th	18:20	18:25	Athletes introduction	Start Area – CRS Ukiel Beach
May 18th	18:30		Start – elite men	Start Area – CRS Ukiel Beach
May 18th	20:00	20:30	Award Ceremony	Finish Area

6.5 COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.
https://www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf

6.6 ATHLETES BRIEFING

Athlete's briefing for juniors – HOTEL OMEGA (Official Host Hotel)

Date: 17th May, 17:00-17:30

Athletes's briefing for elite – HOTEL OMEGA (Official Host Hotel)

Date: 17th May, 18:00-18:30

6.7 TIMING CHIPS/SWIM CAPS/UNIFORM CHECK & BIKE CHECK

At race Check-In, Athletes will be issued with their timing chip which is to be worn above the left ankle. Athletes will also be given their numbered Swim Cap and must have their Uniform available to be checked for ITU guideline compliance.

Bikes will be checked for safety and compliance on entry to the Transition Area.

6.8 RESULTS

Results will be uploaded at the ITU official website www.triathlon.org.

Live coverage and live TV broadcast will be available on website www.triathlonseries.pl

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

6.9 PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, Team Coach(s), volunteers, etc. with an official Accreditation Card.

All athletes, coaches and Technical Officials will be issued with their accreditation at the time of the Briefing on Friday. Other personnel will be advised separately as to where and when they will be issued with their accreditation.

People will only be allowed to access to those venue areas for which their accreditation applies. 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

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.

9. COURSE MAPS

Map of competition -

<https://drive.google.com/open?id=1cU9gzar83AHW6VZqsHAmK2NTwkA&usp=sharing>



SWIM COURSE

Start procedures: platform start.

The Head Referee, with the assistance of assigned Technical Officials, will start each race.

Number of laps: one (1)

Distance to the first turning buoy: 270 m

Anticipated average water temperature: 17°C; athletes are advised to be prepared to wear wetsuits.

Map of the swim course:



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box 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 un-rack their bike by moving forward into the centre lane and towards the mount line.



BIKE COURSE

Number of laps: 4

Lap length: 5 km

Surface: Asphalt

Quality: very good

Team Wheel station: immediately after Transition 1.

Neutral Wheel station: at the first turn-round point

Description: the bike course will be located on ul. Kapitańska Street and ul. Sielska Street. After leaving the Transition 1, the competitors will turn right. After about 2 kilometres there will be the first turnaround. After 2,3 kilometres there will be the second turnaround. After 200 meters competitors will turn right. After 200 meters there will be a third turnaround located on roundabout. Then competitors will enter and ride through Transition Area. This completes 1 lap of the bike course.

The Bike course is mostly flat with gentle undulations on the eastern section.

Map of the bike course:



TRANSITION 2

After last lap of bike race athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.

RUN COURSE

Number of laps: 2
Lap length: 2,5 km
Surface: asphalt
Quality: very good
Course is mostly flat.

The First runner / Last biker scenario **applies** to this event.

Penalty box location: placed near the roundabout between the loop and the Transition.

Aid station: placed immediately after Transition 2 on the right hand. Aid station will contain 0,5 litre bottles of water.

Map of the run course:



GOOD LUCK!!!!