

ATHLETES GUIDE

TRIATHLON EUROPEAN SPRINT CUP – OLSZTYN 2018



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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 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, May 25th

13:00-14:00 – Elite Press Conference - CRS Ukiel – Conference Hall
 14:30-15:30 – Swim course familiarization
 16:00-17:00 – Elite registration
 17:00-17:30 – Elite briefing
 17:30-18:00 – Coach registration
 19:00-19:30 – Bike and run course familiarization – depart Transition area

Saturday, May 26th

12:30-13:45 – Athletes Lounge Check-in for ALL athletes
 13:00-14:00 – Transition area open for ALL athletes
 14:00-14:15 – Swim warm-up for Women
 14:20-14:25 – Elite Woman introduction
14:30 – Elemental ETU Sprint European Cup – Woman Start
 15:30-15:45 – Swim warm-up for Men
 15:50-15:55 – Elite Men introduction
16:00 – Elemental ETU Sprint European Cup – Men Start
 17:30-18:00 – Elite Award Ceremony
 16:00-19:00 – Age Group registration

Sunday, May 27th

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 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 – Elemental Tri Series – M35-39 Start (Olympic distance)
- 13:30 – Super-sprint and Sprint Award Ceremony (Age Group)
- 16:30-18:00 – Transition area check out for Age Group Women and Men
- 17:30 – 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
- Bob Newton (Technical Delegate), 0078 414-81-482, rlbnewton@gmail.com
- Karolina Turewicz (Polish Triathlon Association representative), 0048 509-237-857, karolinturewicz@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

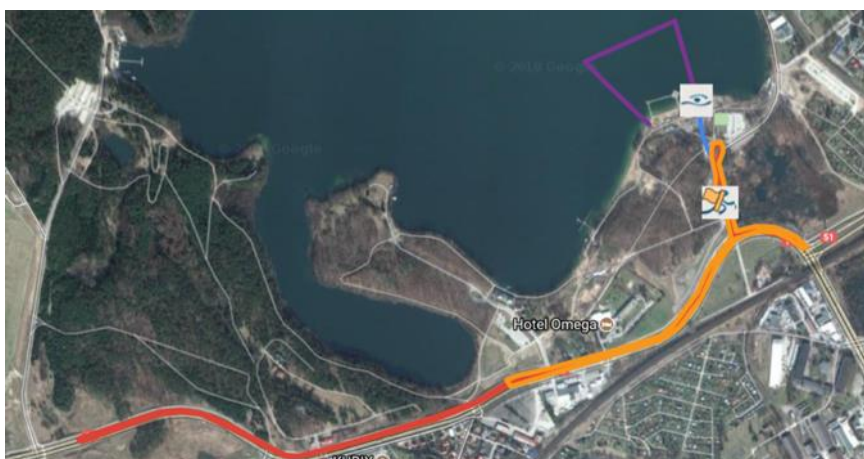
- Marcin Florek (CEO), 0048 609-775-099, marcin.florek@labosport.pl
- Filip Szolowski (vice-chairman), 0048 666-300-200, filip.szolowski@labosport.pl
- Piotr Matkiewicz (technical manager), 0048 793-233-673, piotr.matkiewicz@labosport.pl
- Małgorzata Pryśko (marketing manager), 0048 793-990-794, malgorzata.prysko@labosport.pl
- Joanna Kownacka (PR specialist), 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, May 25th

14:30-15:30 – 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. ELITE 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

2.5. DOPING CONTROL

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

2.6. SECURITY

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

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 26th 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):

“**Hotel Basen Pirat 2***”, ul. Bałtycka 95, 10-180 Olsztyn

“**Hotel Tiffi Boutique Hotel 4***”, ul. Żeglarska 7, 10-160 Olsztyn

“**Hotel Basen Pirat 2***”, ul. Bałtycka 95, 10-180 Olsztyn

Hotel is located in Olsztyn, 2,9 km walking from the race venue. It’s on the lakeside (same lake as the race) and provides great access to the lake – great for an open-swimming training.

It offers 2 lanes indoor 20-meter swimming pool (exclusive admission for triathletes) and a fitness room.

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

Rooms offer basic standard, some have been renovated recently.

We offer free shuttle bus from hotel to the race venue during whole ETU Olsztyn European Cup event.

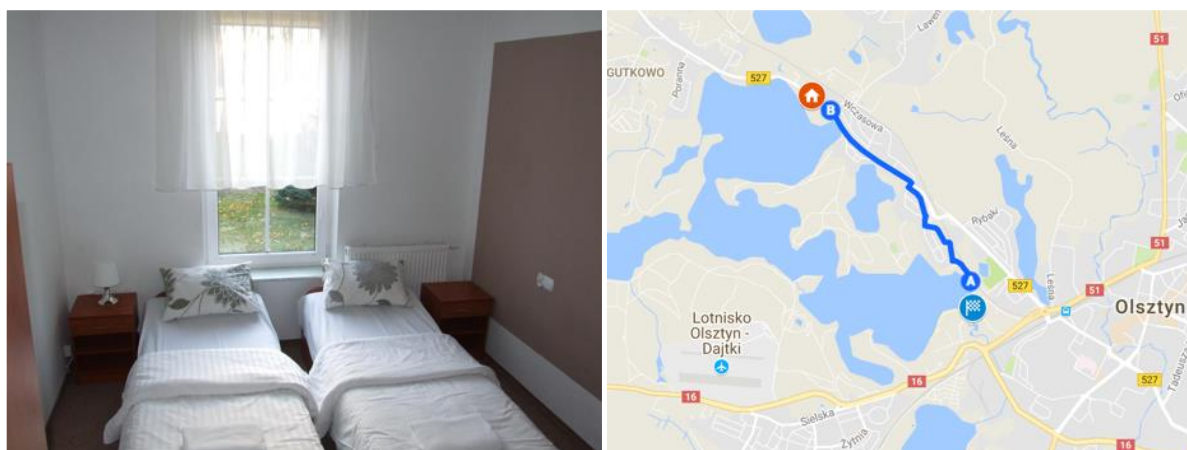
Days: May 24th, 25th, 26th and 27th.

Please be informed we got limited availability, therefore early booking is advisable.

prices per night per room	SINGLE	TWIN	TWIN	TWIN	TRIPLE	TRIPLE	QUADRUPLE
			shared bathroom	superior		shared bathroom	
BB	€ 55	€ 80	€ 65	€ 95	€ 115	€ 90	€ 135
HB	€ 70	€ 110	€ 95	€ 125	€ 155	€ 130	€ 190
FB	€ 75	€ 120	€ 105	€ 135	€ 170	€ 145	€ 210

Official reservations: olsztyn@venga.travel





“Hotel Tiffi Boutique Hotel 4*”, ul. Żeglarska 7, 10-160 Olsztyn

Tiffi is really beautiful, boutique hotel located in Olsztyn, 7 minutes walking from the race venue. It's situated on the lakeside with great view of whole event venue.

It's been recently opened; offers elegant rooms with free Wi-Fi and private bathrooms.

Each room at the Tiffi has a flat-screen TV and modern interior décor. The property boasts a terrace with a wonderful view of the lake. Tiffi's restaurant serves Mediterranean cuisine.

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

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

prices per night per room	SINGLE	TWIN	SUITE
BB	€ 100	€ 115	€ 145
HB	€ 125	€ 165	€ 195

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
- Gdansk 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)
- Gdansk Lech Wałęsa Airport (GDN) – 45 EUR per person one way (bike included)
- Warsaw Chopin Airport (WAW) – 50 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 need to be additionally confirmed with Venga Sport & Travel.

Official reservations: olsztyn@venga.travel

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

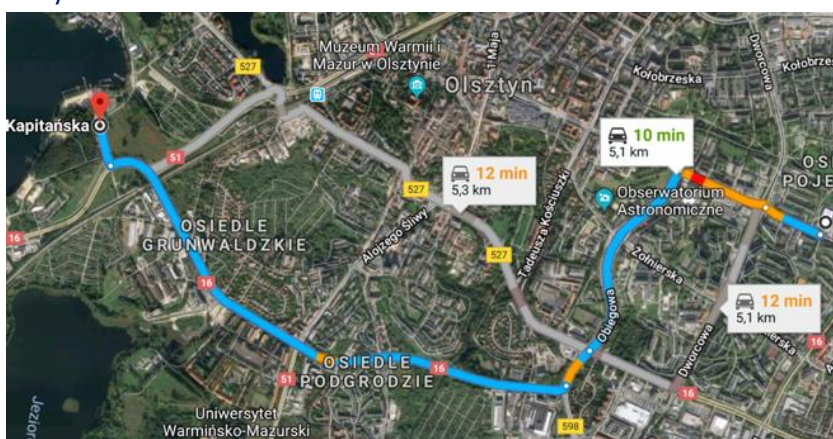


SWIM

Wodne Centrum Rekreacyjno-Sportowe **AQUASFERA**, al. Piłsudskiego 69 B, 10-449 Olsztyn,
0048 89- 535-96-22

Opening Hours: 06:00-22:00

Pool reservations: May 25th 06:00-22:00



BIKE

Road nr 16

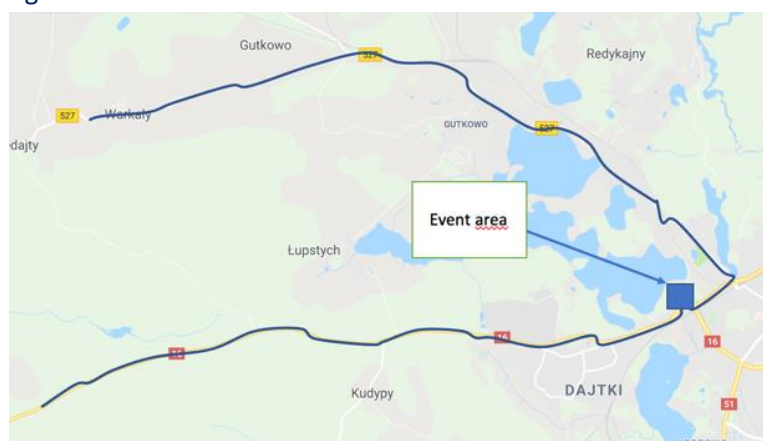
traffic intensity – medium

road surface quality – perfect

Road nr 527

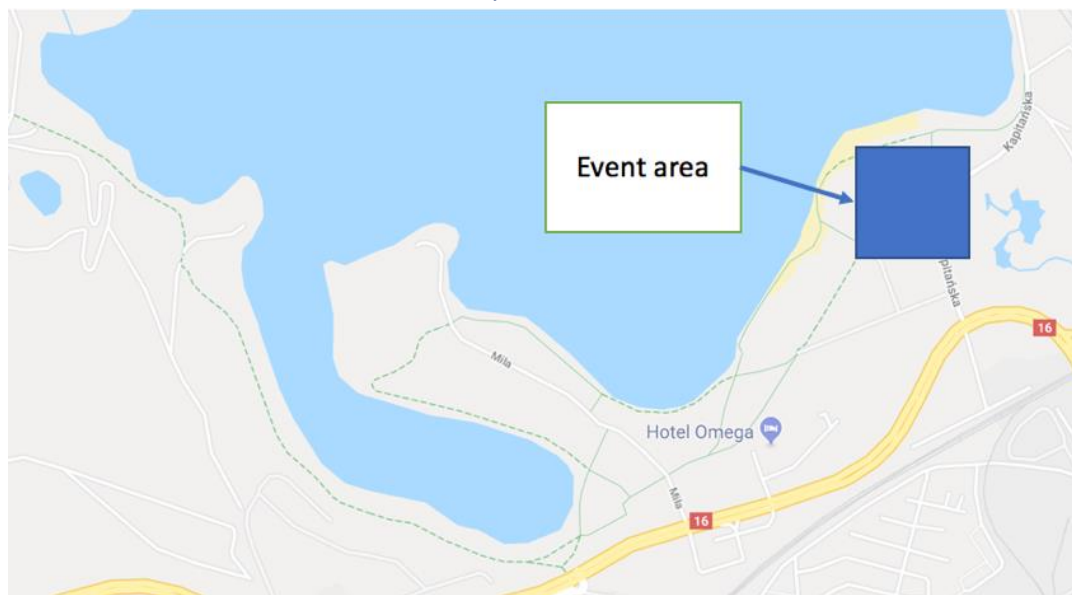
traffic intensity – low

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: Sklep Sportowy FIGURA, ul. Pstrowskiego 38 B, 11-041 Olsztyn, 0048 600-285-189

Bike partner will also 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 25th	13:00	14:00	Press Conference	CRS Ukiel – Conference Hall
May 25th	16:00	17:00	Athletes registration	Host hotel – Tiffi Boutique
May 25th	17:00	17:30	Athletes briefing	Host hotel – Tiffi Boutique
May 26th	12:30	13:45	Athletes Check-In	Athletes Lounge
May 26th	13:00	14:00	TA Check-In	Transition Area
May 26th	14:00	14:15	Swim warm-up	Swimming course
May 26th	14:15	14:20	Calling area	Start Area – CRS Ukiel Beach
May 26th	14:20	14:25	Athletes introduction	Start Area – CRS Ukiel Beach
May 26th	14:30		Start	Start Area – CRS Ukiel Beach
May 26th	17:30	18:00	Award Ceremony	Finish Area

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
May 25th	13:00	14:00	Press Conference	CRS Ukiel – Conference hall
May 25th	16:00	17:00	Athletes registration	Host hotel – Tiffi Boutique
May 25th	17:00	17:30	Athletes briefing	Host hotel – Tiffi Boutique
May 26th	12:30	13:45	Athletes Check-In	Athletes Lounge
May 26 th	13:00	14:00	TA Check-In	Transition Area
May 26th	15:30	15:45	Swim warm-up	Swimming course
May 26th	15:45	15:50	Calling area	Start Area – CRS Ukiel Beach
May 26th	15:50	15:55	Athletes introduction	Start Area – CRS Ukiel Beach
May 26th	16:00		Start	Start Area – CRS Ukiel Beach
May 26th	17:30	18:00	Award Ceremony	Finish Area

6.3. 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_2018.pdf

6.4. ATHLETES BRIEFING

Athlete's briefing will take place in Tiffi Boutique Hotel.

Date: 25th May, 17:00-17:30

6.5. 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 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.

6.6. 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.

6.7. 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 evening. 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

Could be and is not limited to:

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: beach start.

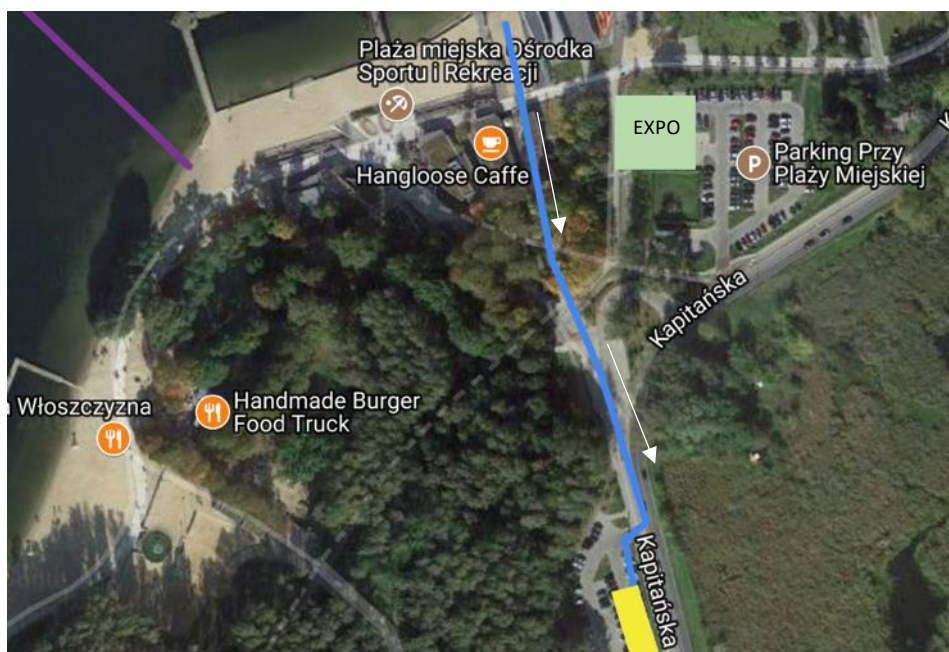
The Head Referee, with the assistance of assigned Technical Officials, will start each race.

Number of laps: one (1)

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

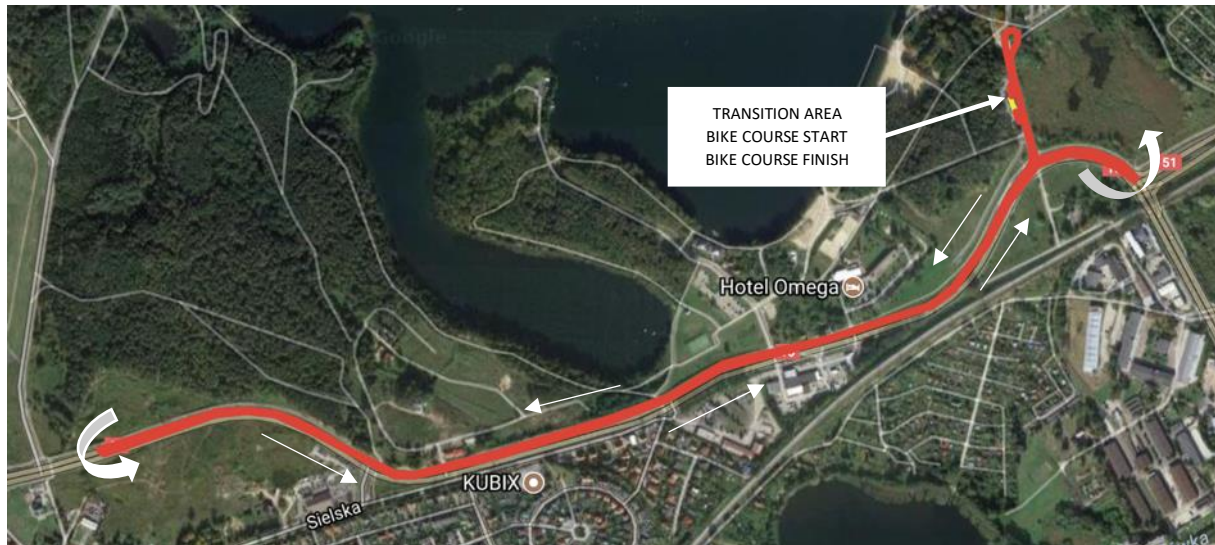
Team Wheel station: immediately after Transition 1.

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.

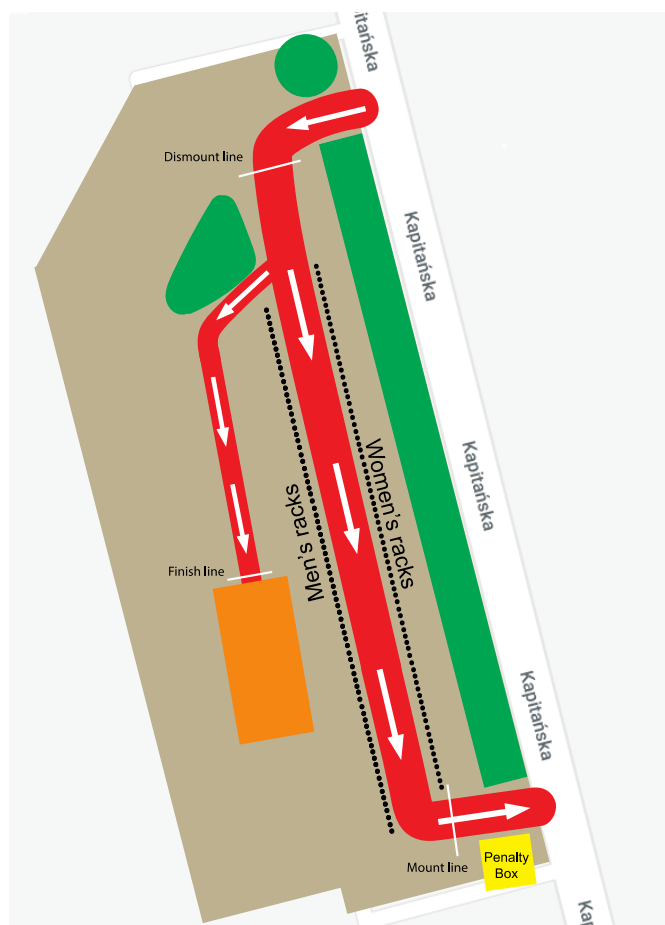
MAP OF THE BIKE COURSE:



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.

TRANSITION AREA DIAGRAM:



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 immediately after Transition 2 on the right-hand side.

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

MAP OF THE RUN COURSE:

