



Rzeszów
2023



Athletes Guide



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 FAMILIARISATION
- 2.3. ATHLETES' LOUNGE
- 2.4. ELITE ATHLETES' RACE PACKAGE
- 2.5. DOPING CONTROL
- 2.6. SECURITY

3. ACCOMMODATION

4. TRANSFER AND TRANSPORT

5. ATHLETES' SERVICES

- 5.1. SWIM AND BIKE TRAINING
- 5.2. MEDICAL SERVICES
- 5.3. BIKE MECHANICAL SERVICE

6. COMPETITION SCHEDULE

- 6.1. SCHEDULE
- 6.2. COMPETITION RULES
- 6.3. ATHLETES' BRIEFING
- 6.4. TIMING CHIPS
- 6.5. RESULTS
- 6.6. PROTEST & APPEALS

7. ACCREDITATION

8. USEFUL INFORMATION

Could be and is not limited to:

- 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

Dear Athletes,

on the second weekend of June, Rzeszów will welcome you with open arms. It will be a second Europe Triathlon Cup organized in our city. In the capital of the beautiful land of Podkarpacie, you will compete at standard distance.

We believe that the hospitality of Rzeszów and good organization, will allow you to achieve great results and 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 and TRIATHLON RZESZÓW (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 Rzeszów!

Greetings,

Organizing Committee

1.2. KEY DATES

Date	Start	End	Activity
Friday June 9th	11:00	12:00	Bike Course Familiarization
	12:30	13:30	Swim Familiarization
	18:00	18:30	Athletes Race Briefing
	18:30	19:30	Athletes Race Package Distribution
Saturday June 10th	08:00	09:00	Athletes Lounge is Open for Elite Women
	08:30	09:15	Transition Zone check in for Elite Women
	08:45	09:15	Swim Warm Up Elite Women
	09:20	09:25	Elite Women Introduction
	09:30	11:50	Elite Women Race
	11:30	12:30	Athletes Lounge is Open for Elite Men
	12:00	12:30	Bike Check Out Elite Women
	12:00	12:45	Transition Zone check in for Elite Men
	12:15	12:45	Swim Warm Up Elite Men
	12:50	12:55	Elite Men Introduction
	13:00	15:10	Elite Men Race
	15:00	15:30	Bike Check Out Elite Men
	15:30	16:00	Award Ceremony Elite Women & Elite Men

1.3. KEY CONTACTS

	Name	Email	Phone
LOC Race Director	Filip Szolowski	filip.szolowski@triathlon.pl	0048 666-300-200
ETU Technical Delegate	Noel Remy	noelremy4@gmail.com	0032 476-715-478
LOC Race Manager	Tomasz Kowalski	tomasz.kowalski@labosport.pl	0048 793-794-338
LOC Race Office Manager	Marta Szolowska	biuro@startlist.pl	0048 793-794-552
LOC Media Manager	Kamila Kryger	kamila.kryger@labosport.pl	0048 793-794-205
Host City Coordinator and Security Manager	Bogdan Serwiński	bogdanserwinski@icloud.com	0048 691-160-836
Europe Triathlon Office	-	etu_hq@etu.triathlon.org	0032 478-825-456

1.4. CONTACT DETAILS

Local Organizing Committee (LOC)

Labosport Polska sp. z o.o.

ul. Browarna 86-87

82-300 Elbląg

Poland

biuro@labosport.pl

2. VENUE

2.1. RACE VENUE

The venue is located in Rzeszów, ul. Grabskiego (Podkarpacie Voivodeship, Poland)

VENUE MAP



RACE MAP - [CLICK](#)

2.2 COURSE FAMILIARIZATION

BIKE FAMILIARIZATION

Friday, 9th of July

11:00-12:00

LOCATION - [CLICK](#)

SWIM FAMILIARIZATION

Friday, 9th of July

12:30-13:30

LOCATION – [CLICK](#)

2.3 ATHLETE'S LOUNGE

The Athlete's Lounge will be located in race venue, next to race course, 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.

LOCATION – [CLICK](#)

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:

Friday, 9th of June

18:30-19:30

Location:

Hotel Bristol Rzeszów, ul. Mikołaja Kopernika 12, LOCATION - [CLICK](#)

Details:

Composition of race package:

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

Registration fees:

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

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 – Bogdan Serwiński, bogdanserwinski@icloud.com, 0048 691-160-836

2.7. LOC OFFICE

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

Opening hours: 07:30-15:30, Mon-Fr.

LOC office during event: ul. Grabskiego, Rzeszów, Race Venue

3. ACCOMMODATION

HOTELS INFO – [CLICK](#)

4. TRANSFER AND TRANSPORT

LOCAL AIRPORTS:

- Rzeszów Jesionka Airport (RZE) – 15 km
- Kraków Balice Airport (KRK) – 180 km
- Warsaw Chopin Airport (WAW) – 340 km

TRANSPORT INFO:

If you need a transport from the Airport to Rzeszów or from Hotel to Race Venue - please write an email to bogdanserwinski@icloud.com, containing the following information:

Email title – **TRIATHLON RZESZÓW – TRANSFER**

- 1) Name and surname of passenger/passengers
- 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 Rzeszów
- 10) Demand of the bike transport
- 11) Other useful comments

In response to the email, you should receive confirmation and exact time and cost of transport and bank transfer details.

Transport costs

Kraków Balice – Rzeszów – 35 €

Rzeszów Jesionka – Rzeszów – 80 €

!!! The transfer request have to be sent before May 25th !!!

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

If you need a swimming pool reservation please write an email to bogdanserwinski@icloud.com, containing the following information:

- 1) The date and hours of demand
- 2) Number of Athletes

In response to the email, you should receive an information about the possibility to use the pool and costs.

!!! The swimming pool request have to be sent before May 25th !!!



BIKE

Suggested routes are available below:

<https://connect.garmin.com/modern/course/103363446>

<https://connect.garmin.com/modern/course/103367142>



RUN

Public accesable athletes field:

Stadion RESOVIA, ul. Stanisława Wyspiańskiego 22, 35-111 Rzeszów

Location – [CLICK](#)

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available 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 – Szpital Miejski w Rzeszowie, ul. Rycerska 4

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 SCHEDULE

Date	Start	End	Activity
Friday June 9th	11:00	12:00	Bike Course Familiarization
	12:30	13:30	Swim Familiarization
	18:00	18:30	Athletes Race Briefing
	18:30	19:30	Athletes Race Package Distribution
Saturday June 10th	08:00	09:00	Athletes Lounge is Open for Elite Women
	08:30	09:15	Transition Zone check in for Elite Women
	08:45	09:15	Swim Warm Up Elite Women
	09:20	09:25	Elite Women Introduction
	09:30	11:50	Elite Women Race
	11:30	12:30	Athletes Lounge is Open for Elite Men
	12:00	12:30	Bike Check Out Elite Women
	12:00	12:45	Transition Zone check in for Elite Men
	12:15	12:45	Swim Warm Up Elite Men
	12:50	12:55	Elite Men Introduction
	13:00	15:10	Elite Men Race
	15:00	15:30	Bike Check Out Elite Men
	15:30	16:00	Award Ceremony Elite Women & Elite Men

6.2. COMPETITION RULES

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

6.3. ATHLETE'S BRIEFING

FRIDAY, 9th of JULY

18:00 Athletes Race Briefing

Location:

Hotel Bristol Rzeszów, ul. Mikołaja Kopernika 12, LOCATION - [CLICK](#)

6.4. TIMING CHIPS

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.

6.5. RESULTS

Results will be uploaded at the official website www.triathlon.org.
All the Results information will be distributed to the Team Leaders at the LOC Office located in Race Venue.

Live results will be available on www.sts-timing.pl in the LIVE tab.

6.6. PROTEST & APPEALS

Standard procedures will be followed according to the WT Competition Rules

7. ACCREDITATION

The LOC will provide all the Organizing Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditation cards will be distributed together with race packages.

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.

Rzeszów – 184.000

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 – [LINK](#)

9. COURSE MAP

9.1 EUROPE TRIATHLON CUP 2023

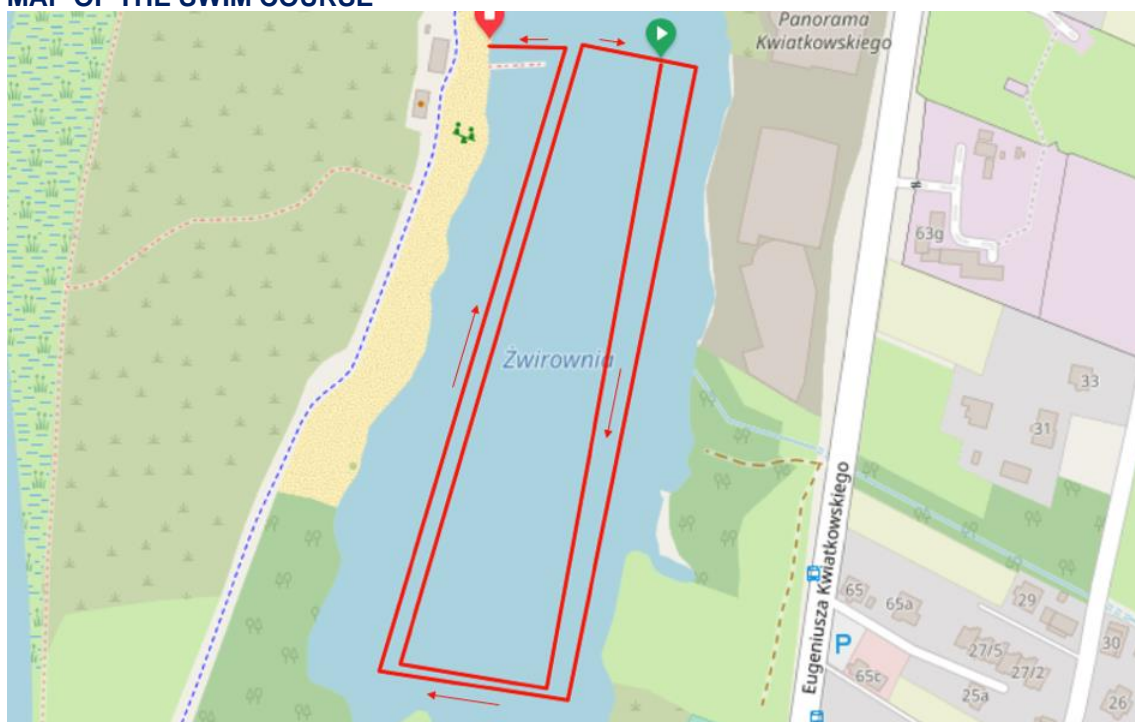
RACE MAP - [CLICK](#)



SWIM COURSE

Distance	1500
Number of loops	2 (two)
Distance to the first turning buoy	330 m
Start procedures	Water start
Anticipated water temperature	19°C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	80 m


MAP OF THE SWIM COURSE



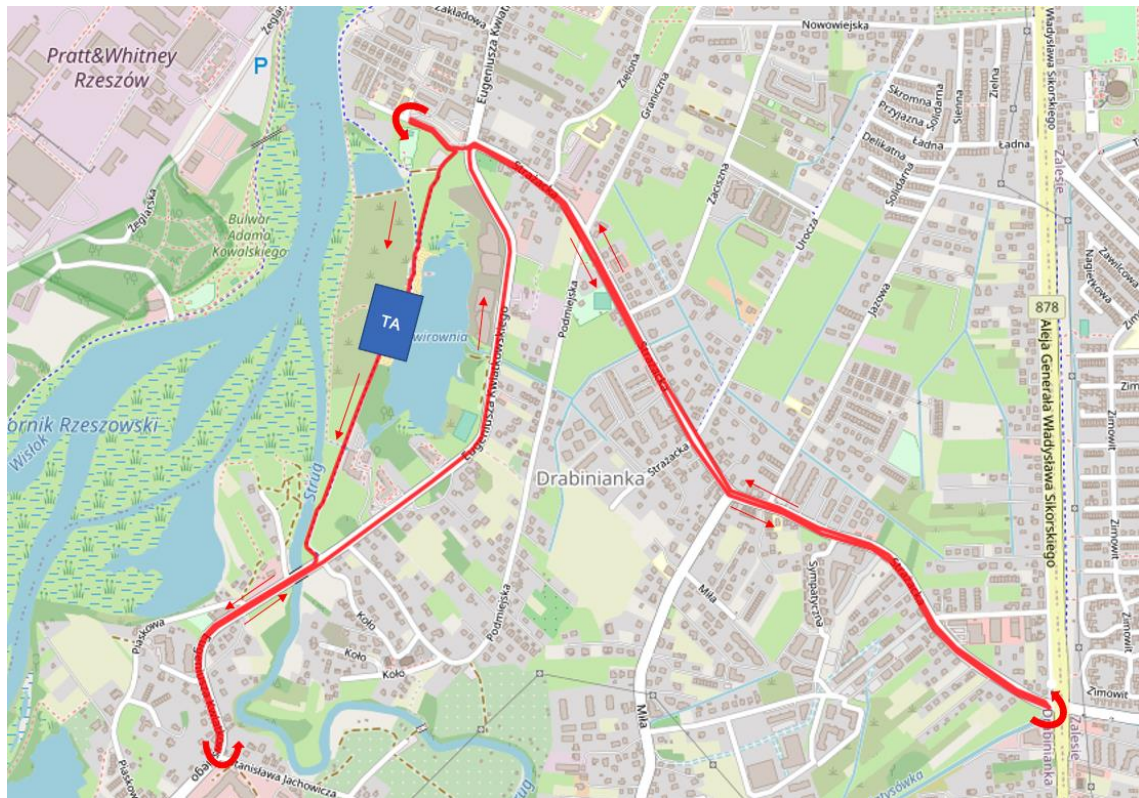
TRANSITION 1

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 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	
Distance	40
Number of loops	6 (each 6,66 km)
Surface	Asphalt
Quality	Good
Team Wheel station	1
Number of U-turns	3 per each loop

MAP OF THE BIKE COURSE



TRANSITION 2

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 their bike. Running shoes must be placed in front of the numbered box. After this they should proceed to the run course.

🏃 RUN COURSE

Distance	10 km
Number of loops	4 loops (2,5 km each)
Surface	Asphalt
Quality	Good
Elevation differences	Mostly Flat
Aid Stations	1 per lap
First runner / Last biker scenario	Applies to this event
Penalty box location	After T2
Aid station	After 2

MAP OF THE RUN COURSE

