

ATHLETE'S GUIDE

2022 Europe Triathlon Cup Yenisehir

and

2022 Europe Triathlon Junior Cup Yenisehir

Dear Triathlon Friends,

Greetings and warm welcome to Yenişehir, Turkey

I am happy to be part of triathlon family, which is growing day by day.

Triathlon is more than just a sport branch, it is also a combination of determination and perseverance for people. Triathlon, which brings together three different disciplines, is one of the innovative sport branch nowadays like before.

Your attention to Yenişehir Triathlon, which was shaped from a special region and started to run without crawling, promises a great hope for the future on the way of Mersin to become one of the brand cities in triathlon.

I would like to thank all athletes, coaches, technical officials, parents and everyone, put their energy and effort in the development of triathlon. As a federation, you are our inspiration.

Kind regards,

Bayram YALÇINKAYA

Turkish Triathlon Federation President





Dear athletes and sports fans,

There is not much time left for the triathlon races we will organize in Mersin Yenişehir, one of the most beautiful cities in the world.

We are all very excited to host such great athletes and this exciting organization.

We are hoping to spend two full days of competition and entertainment, with Yenişehir's passion for sports and with the unifying power of sports.

The athletes will swim in the blue waters of the Mediterranean Sea, bike under the palm trees and run on the dazzling shore accompanied by the beautiful weather of Yenişehir.

I believe that the Yenişehir Triathlon will be an unforgettable experience for triathletes and sports fans.

We are ready, we hope to see everyone on April 16-17 in Mersin Yenişehir...

Stay active, stay healthy.

Kind regards...

Abdullah Özyigit

Mayor of Mersin Yenişehir Municipality

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1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The 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

Friday, 15 April 2022	Time	Location
Antigen Tests & Race package pick up	08:00 – 11:00	Yenişehir Belediyesi Atatürk Kültür Merkezi
Race Briefing	10:00 – 12:00	(Online Zoom Briefing)
Swim Familiarisation	14:00 – 16:00	Venue
Welcome Banquete	19:30 - 21:00	TBA
Saturday, 16 April 2022	Time	Location
Bike familiarisation	07:00 – 07:45	Venue
Junior Women race starts	14:00	Venue
Junior Men race starts	16:30	Venue
Medal ceremony	18:00	Venue
Sunday, 17 April 2022	Time	Location
Elite Women race starts	14:00	Venue
Elite Men race starts	16:30	Venue
Medal ceremony	18:00	Venue

1.3. KEY CONTACTS

Europe Triathlon office		etu_hq@etu.com	+32478825456
Technical Delegate	John PETRIDES	jgppsp@blueyonder.co.uk	+447808975799
Assistant Technical Delegate	Aytuğ AKAR	aytua3@gmail.com	+33621541856
Event's Race Director	Onur ŞENTÜRK	senturk.onur@gmail.com	+905335213099

LOC Media Manager	Deniz Şiar Bozkut	dsiarbozkut@gmail.com	+905380685786
Representative from the NF	Onur AYDEMİR	onuraydemir@triatlon.org.tr	+905071682658
Representative from the NF	Büşra SARIOĞLU	busrasarioglu@triatlon.org.tr	+905333046353
Medical Race Manager	Begüm ÖZÜEKREN KASAPÖĞLU	drbozuekren@yahoo.com	+905327108914

1.4. CONTACT DETAILS

LOC: Yenişehir Municipality

Adress: Limonluk Mahallesi, Vali Hüseyin Aksoy Cd. No:3, 33120 Yenişehir/Mersin

E-mail: info@triathlonyenisehir.com

Phone Number: +905380685786

National Federation: Turkish Triathlon Federation

Adress: Maltepe mah Şehit Daniş Tunaligil Sok. No:3 Daire:15 Çankaya / Ankara

E-mail: turkiyetriatlon@triatlon.org.tr

Phone Number: +90 312 309 25 70

2. VENUE

2.1. RACE VENUE



Location: <https://goo.gl/maps/oWQAntfr5qC9ebTT9>

Address: Adnan Menderes Bulvari, Fenerbahçe Meydani, Yenişehir / Mersin

2.2 COURSE FAMILIARISATION

Friday, 15 April 2022	Time	Location
Swim Familiarisation Juniors	14:00 – 15:00	venue
Swim Familiarisation Elites	15:00 – 16:00	venue
Saturday, 16 April 2022	Time	Location
Bike Familiarisation for Juniors and Elites (all together)	07:00 – 07:45	venue

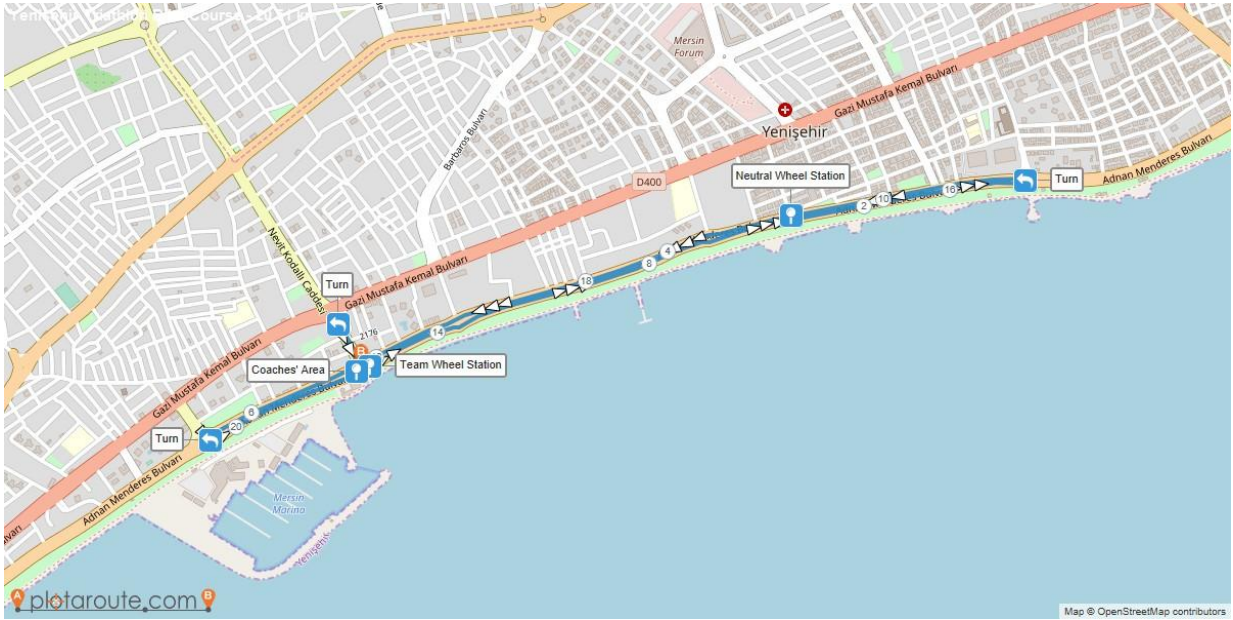
- Swim

You will be able to have a swimming course familiarization at the swim course. During the swimming course familiarization there will be lifeguards and medical service available. Access to the venue and swim familiarization must respect Covid-19 protocol and only accredited persons can be present.



<https://www.plotaroute.com/route/1822083?units=km>

- Bike



<https://www.plotaroute.com/route/1838565?units=km>

During the bike familiarization course, Police and LOC will escort the athletes around the course.

2.3. ATHLETE'S LOUNGE

The Athlete's Lounge will be located in Fenerbahçe Meydani, 30m from the Transition Zone and 200m from Start Area. It will provide toilets and water. Bike mechanic service will be provided in Next to the Athletes Lounge.

A recovery zone will be placed near the finish area. It will provide toilets and water.

Massage service will be provided.

2.4. ELITE AND JUNIOR ATHLETES' RACE PACKAGE

Race package distribution will take place at Yenişehir Belediyesi Atatürk Kültür Merkezi

Address: Limonluk, 13. Cd. No: 11, 33120 Yenişehir/Mersin.

Location: <https://g.page/MyAKM?share>

Composition of Race Package:

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

Juniors:

Day: 15 April 2022

Time: 08:00am– 09:00am

Elites:

Day: 15 April 2022

Time: 09:00am – 11:00am

The use of masks and social distancing is mandatory.

It is required to show up in person with photo ID (passport, driving licence)

- The entry fee includes the pre Antigen test (€ 105 Elite, € 85 Junior) and can be paid at the registration desk. ***(it will be accepted cash and euro (€) only).***
- All athletes must sign the athletes' agreement and complete the World Triathlon Pre-Event COVID-19 screening process online, for being allowed to collect their race package.
- ***All athletes, Coaches, NF Representatives etc. must fill out the following form before coming to Turkey.*** <https://forms.gle/xhfhXR1nUiNuyJLJ9>

2.5. DOPING CONTROL

Location of the doping control site. Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

Safety during the whole competition will be guaranteed by a specific Security Plan. In the swim course security will be guaranteed by the Sea Civil Guard together with lifesaving staff. In the cycle course Local Police and the Traffic Civil Guard will guarantee security along with a large and very well trained volunteer team. Along the running course security will be guaranteed by the Local Police. In addition, a private security company will be in charge of access into venues.

2.7. LOC OFFICE

LOC office will be open from April 13 till April 16 between 10:00 - 17:00

Yenişehir Belediyesi Atatürk Kültür Merkezi

Address: Limonluk, 13. Cd. No: 11, 33120 Yenişehir/Mersin

Location: <https://g.page/MyAKM?share>

3. ACCOMMODATION

Main Race Hotel: Mersin Hilton

Location: <https://g.page/MersinHiltonSA?share>

Race Hotel: Sultasa Hotel

Location: <https://g.page/sultasaotelmersin?share>

Official Travel Agency: Olcar Tour

Contact Person: Mr Ali Orucoglu

Email: triathlon@olcartour.com

Phone: 00905333926969

Travel Package (what's included)

- Accommodation HB (Breakfast and Dinner included)
- Transfers from / to the Adana Sakirpasa airport (round trip)
- All shuttle services from the race hotels (hotel - training facilities - race kit distribution ect.)

*There will be a secure area for the bikes in the race hotels.

4. TRANSFER AND TRANSPORT

LOC will provide transfers from the Adana Sakirpasa airport. The cost will be 25€ one way and 45€ for the roundtrip. Please contact Mr Ali Orucoglu for additional information. triathlon@olcartour.com

There are shuttle bus and car rental services options as well. For more information please check the official airport site. <https://www.dhmi.gov.tr/Sayfalar/Havalimani/Adana/AnaSayfa.aspx> (LOC is not responsible for this services)

There will be several shuttle buses between the race hotels and training facilities. One way trip costs 5€. The shuttles are free of charge for the ones who bought accommodation packages.

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Pre-competition swim training can be done at the local 50m indoor pool free of charge for athletes. Pre-reservation is obligatory. For booking enquiries please send an email to the address indicated below.

dsiarbozkut@gmail.com

Where: Yenisehir Olympic Pool

Address: Fuatmorel, 15. Cd. No:5/C, 33120 Yenişehir/Mersin

Location: <https://goo.gl/maps/GwK1Jjpbiequ8krG7>

Date	First Session	Second Session
April 11, 2022	-	16:00 - 18:00
April 12, 2022	08:30 - 10:30	16:00 - 18:00
April 13, 2022	08:30 - 10:30	16:00 - 18:00
April 14, 2022	08:30 - 10:30	16:00 - 18:00
April 15, 2022	08:30 - 10:30	16:00 - 18:00

The beach is open for swimming under personal responsibility.



BIKE

The Local Traffic Rules must be followed for your own safety because the roads are not closed to traffic.



Pre-competition training can be done at the tartan track free of charge for athletes. Pre-reservation is obligatory. For booking enquiries please send an email to the address indicated below.

dsiarbozkut@gmail.com

Where: Nevin Yanit Running Track

Address: Deniz, İsmet İnönü Blv., 33150 Yenişehir/Mersin

Location: <https://goo.gl/maps/YZUD6wwZCd3d5sCn9>

Date	First Session	Second Session
April 11, 2022	08:00 - 11:00	19:00 - 21:00
April 12, 2022	08:00 - 11:00	19:00 - 21:00
April 13, 2022	08:00 - 11:00	19:00 - 21:00
April 14, 2022	08:00 - 11:00	19:00 - 21:00
April 15, 2022	08:00 - 11:00	19:00 - 21:00

The run course is open for training.

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.

Add info on closest hospital, address : to be announced

Emergency telephone number : 112

5.3. BIKE MECHANICAL SERVICE

Shimano bike tech will be available next to the transition area. From Friday - Sunday

If you will need assistance before that please contact with the LOC office.

6. COMPETITION SCHEDULE

Friday, 15 April 2022	Time	Location
Antigen Tests & Race packet pick up Juniors	08:00 – 09:00	Yenişehir Belediyesi Atatürk Kültür Merkezi
Antigen Tests & Race packet pick up Elites	09:00 – 11:00	Yenişehir Belediyesi Atatürk Kültür Merkezi
Race Briefing Juniors	10:00 – 11:00	(Online Zoom Briefing)
Race Briefing Elites	11:00 – 12:00	(Online Zoom Briefing)
Swim Familiarization Juniors	14:00 – 15:00	Venue
Swim Familiarization Elites	15:00 – 16:00	Venue
Welcome Banquette	19:30 - 21:00	TBA
Saturday, 16 April 2022	Time	Location
Bike familiarization for Juniors and Elites (all together)	07:00 – 07:45	Venue
Transition opens for Junior Women	12:30	Venue
Junior Women race starts	14:00	Venue
Transition opens for Junior Men	15:00	Venue
Junior Men race starts	16:30	Venue
Medal ceremony	18:00	Venue
Sunday, 17 April 2022	Time	Location
Transition opens for Elite Women	12:30	Venue
Elite Women race starts	14:00	Venue
Transition opens for Elite Men	15:00	Venue
Elite Men race starts	16:30	Venue
Medal ceremony	18:00	Venue

6.1. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon (TRI).

6.2. ATHLETE'S BRIEFING

Race Briefing Juniors	10:00 – 11:00	(Online Zoom Briefing)
Race Briefing Elites	11:00 – 12:00	(Online Zoom Briefing)

6.3. 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.

6.4. RESULTS

Results will be uploaded live at the World Triathlon official website ww.triathlon.org
There will be live results and it will be shared by a link, which is published later.

6.5. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon 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.

Address: Yenişehir Belediyesi Atatürk Kültür Merkezi
Limonluk, 13. Cd. No: 11, 33120 Yenişehir/Mersin
Location: <https://g.page/MyAKM?share>
Day: 15 April 2022
Time Range: 08:00 - 10:00

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

Turkey's official main language is Turkish.

8.2. POPULATION

According to the Turkish Statistical Institute, 84 million 680 thousand 273 people are living in Turkey.

8.3. CURRENCY

National Currency is Turkish Liras (TL).

8.4. TIME

GMT +3

8.5 ELECTRICITY

230 Volt 50 Hertz

8.6 WATER

Non-potable water

8.7 TELEPHONE CONNECTIONS

Area Code: +90

9. COURSE MAPS



SWIM START



SWIM COURSE

Start procedures: Beach start

The Head Referee, with assistance from Technical Officials, who are assigned to the start, will start each race.

Number of laps : 1

Average water temperature : 19° or 20 °



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 center lane and towards the mount line. There will be individual bike racks

 BIKE COURSE



Number of laps: 3

Wheel station: Team and Neutral

The bike course is almost totally flat and completely good quality asphalt. There will be a team wheel station and a neutral wheel station

TRANSITION 2

After the last lap of the bike race, athletes have to get off their bikes before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit their bikes. 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 Laps

Aid Station and Penalty Box locations: There is 1 (one) aid station; It is at the 140m of the course just after exit of T2. The penalty box is at 1550m of the course just before the lap / finish turn

10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into Turkey please check the most up to date information here:

Visa Information:

www.mfa.gov.tr/visa-information-for-foreigners.en.mfa

Covid-19 Measures:

<https://www.turkishairlines.com/en-tr/announcements/coronavirus-outbreak/turkey-travel-rules/index.html>

- It is recommended that you consult the Turkish consulates in your country before coming.

2. Airport Transfer

Anyone using the shuttles must use a mask and face covering. Everyone needs to disinfect their hands before entering the bus.

3. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool.

4. Testing protocol and health screening

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - Fill in the online pre-event questionnaire through the World Triathlon website.
 - Perform an Antigenic or PCR swap pre- travel test 72 hours before the athletes' travel to the event or no later than 3 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests.
- Additionally to this, all triathletes must submit a pre-travel medical certificate according to the requirements above
- Finally all triathletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC.
- All the specific measures can be found in the table below:

CATEGORY	PRE-EVENT QUESTIONNAIRE	PROCESS BEFORE TRAVELLING	MEDICAL CERTIFICATE BEFORE TRAVELING	COVID-19 TEST AT EVENT	DAILY HEALTH SCREENING
ELITE ATHLETES	In case of stand alone event only	Respect the travel regulations set by the host country	Follow public health or World Triathlon request	In case of stand alone event only	yes
JUNIOR ATHLETES					yes
COACHES/TEAM MEDICAL/ SUPPORT NF PERSONNEL					yes
TDs/ITOs/NTOs/ Competition Jury				Yes, for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations				yes	
LOC/Contractors	Follow public health request			Follow public health request	yes

5. Health screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site, including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

6. Competition activities

a. The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

b. Wheel stations:

- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

c. Finish Area

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Medalist photo at the post-finish area is not allowed.
- All recovery stations will be self-served.
- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- Masks will be distributed to the athletes to wear at their earliest convenience.

d. Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organisers](#).

7. Spectators' access

The event will be open to spectators. Non-accredited persons can watch the event from the spectator's areas.

8. Accreditation

Only one accreditation to coach and team medical per team allowed.

9. All facilities used by the athletes will be cleaned and disinfected by the LOC throughout the day.

10. COVID-19 medical protocols

a. COVID-19 emergency contact details: Begüm Özüekren KASAPÖĞLU.

Number: +90 532 710 89 14

E-mail: drbozuekren@yahoo.com

b. Protocols to be followed in case of a positive case:

- Protocols to be followed in case of a positive Antigen case:

If the Antigen test is positive, a PCR test will be done. If PCR test is negative, normal procedure will be applied. If the PCR test is positive, the person involved, and all his/her close contacts, will be quarantined. Depending on the symptoms, the quarantine will be in a hotel room or hospital.

- Development of symptoms during competition

If any participant develops high fever, dry cough, fatigue, breathlessness, headache, diarrhea or loss of sense of taste and/or smell, must immediately quarantine her/himself at their hotel and contact Chief Medical. A PCR test will be done. If negative, the participant will be released, if positive, and depending on the symptoms, the participant will stay in a hotel or will be taken to hospital.

Good luck.