



CITY
TRIATHLON
2024 World Cup Karlovy Vary

ATHLETES' GUIDE

Greetings and welcome to the 2024 World Triathlon Cup Karlovy Vary.

It is my great pleasure to be able to welcome you back to this beautiful region of the Czech Republic for another edition of challenging Karlovy Vary World Cup racing. Like the country, this historic town has a long relationship with our sport, having hosted several European Cups before stepping up to become one of the most loved venues on the World Cup circuit since 2017.

It is a course that brings the best out of the athletes and a weekend that showcases the best of our sport at all levels, from the elites to the first timers. At Rolava Lake and all the way into and around the city centre, the course is always demanding, and the crowds are loud, just the way triathlon should be.

Time and again this superb stage has brought the best out of our triathletes, including past winners such as Vincent Luis and the Olympic Champion Flora Duffy, Norway's Gustav Iden and, of course, the local great Vendula Frintova.

We will see many familiar faces again this weekend along with future stars, and they will undoubtedly inspire the age-group athletes taking part in this feast of triathlon that always brings so much to this beautiful town. Occasions like these are hugely important to the continued growth of our sport, and it is always a thrill to see newcomers falling in love with it on and off the course.

My thanks go to the Local Organising Committee and all the volunteers, to the town of Karlovy Vary and the Czech Triathlon Association for staging what I'm sure will be another fantastic event and I encourage you all to enjoy the location fully as it hosts the thrilling spectacle of World Triathlon racing. Have a wonderful weekend.

Yours in sport,

Marisol Casado
President, World Triathlon
IOC Member

GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure all athletes and team officials are well informed about all procedures concerning the 2024 Karlovy Vary World Triathlon Cup.

Any late information or last-minute changes during the race week will be communicated on the event website:

https://triathlon.org/events/event/2024_world_triathlon_cup_karlovy_vary



KEY DATES

FRIDAY 6th SEPTEMBER

Time	Action	Location
18:00–18:30	Elite Athletes Briefing	Spa Hotel Thermal

SATURDAY 7th SEPTEMBER

Time	Action	Location
07:45–08:45	Elite Swim Course Familiarisation	Lake Rolava – Swim start
09:00–10:00	Bike Familiarisation	Lake Rolava – Swim start

SUNDAY 8th SEPTEMBER

ELITE WOMEN

Time	Action	Location
08:00–08:30	Elite Women TA2 Check-in	Theatre square
08:30–09:30	Elite Women Athletes Lounge open	Lake Rolava – Swim start
08:45–09:45	Elite Women TA1 Check-in	Lake Rolava – Swim start
09:00–09:45	Elite Women Swim Warm-up	Lake Rolava – Swim start
09:50–09:59	Elite Women line up and Presentation	Lake Rolava – Swim start
10:00	Start World Triathlon Cup Women	Lake Rolava – Swim start
17:10	Elite Women Official award ceremony	Theatre square

SUNDAY 8th SEPTEMBER

ELITE MEN

Time	Action	Location
13:00–13:30	Elite Men TA2 Check-in	Theatre square
13:30–14:30	Elite Men Athletes Lounge open	Lake Rolava – Swim start
13:45–14:45	Elite Men TA1 Check-in	Lake Rolava – Swim start
14:00–14:45	Elite Men Swim Warm-up	Lake Rolava – Swim start
14:50–14:59	Elite Men line up and Presentation	Lake Rolava – Swim start
15:00	Start World Triathlon Cup Men	Lake Rolava – Swim start
17:20	Elite Men Official award ceremony	Theatre square

ELITE ATHLETES BRIEFING

The Elite Athletes Briefing will take place in the Spa Hotel Thermal

Date: Friday 6th September

Time: 18:00–18:30

KEY CONTACTS

World Triathlon Team Leader	Yande Faye	yande.faye@triathlon.org	+33 6 31 81 30 64
World Triathlon Technical Delegate	Adina Dusa	adina.dusa@triatlonromania.ro	+40746793078
World Triathlon Medical Delegate	Jiri Hamous	hamousj@email.cz	+420 724 771 097
LOC Event Director	Vladimír Malý	vladimir.maly@citytriathlon.cz	+420 604 480 763
LOC - WT Representative	Jan Novák	jan.novak@citytriathlon.cz	+420 725 881 441

EVENT ORGANISER

CITY TRIATHLON KARLOVY VARY z.s.

Address: Šmeralova 320/26, Rybáře, 360 05 Karlovy Vary

Tel: +420 604 480 763

Email: info@citytriathlon.cz

Website: www.citytriathlon.cz

HOST NATIONAL FEDERATION

Česká Triatlonová Asociace / Czech Triathlon Association

Address: Zátokova 100/2, 169 00 Praha - Břevnov

Tel: 242 429 259

E-mail: triatlon@triatlon.cz

Website: www.triatlon.cz

TV COVERAGE

Česká Televize – ČT Sport

TriathlonLIVE.tv

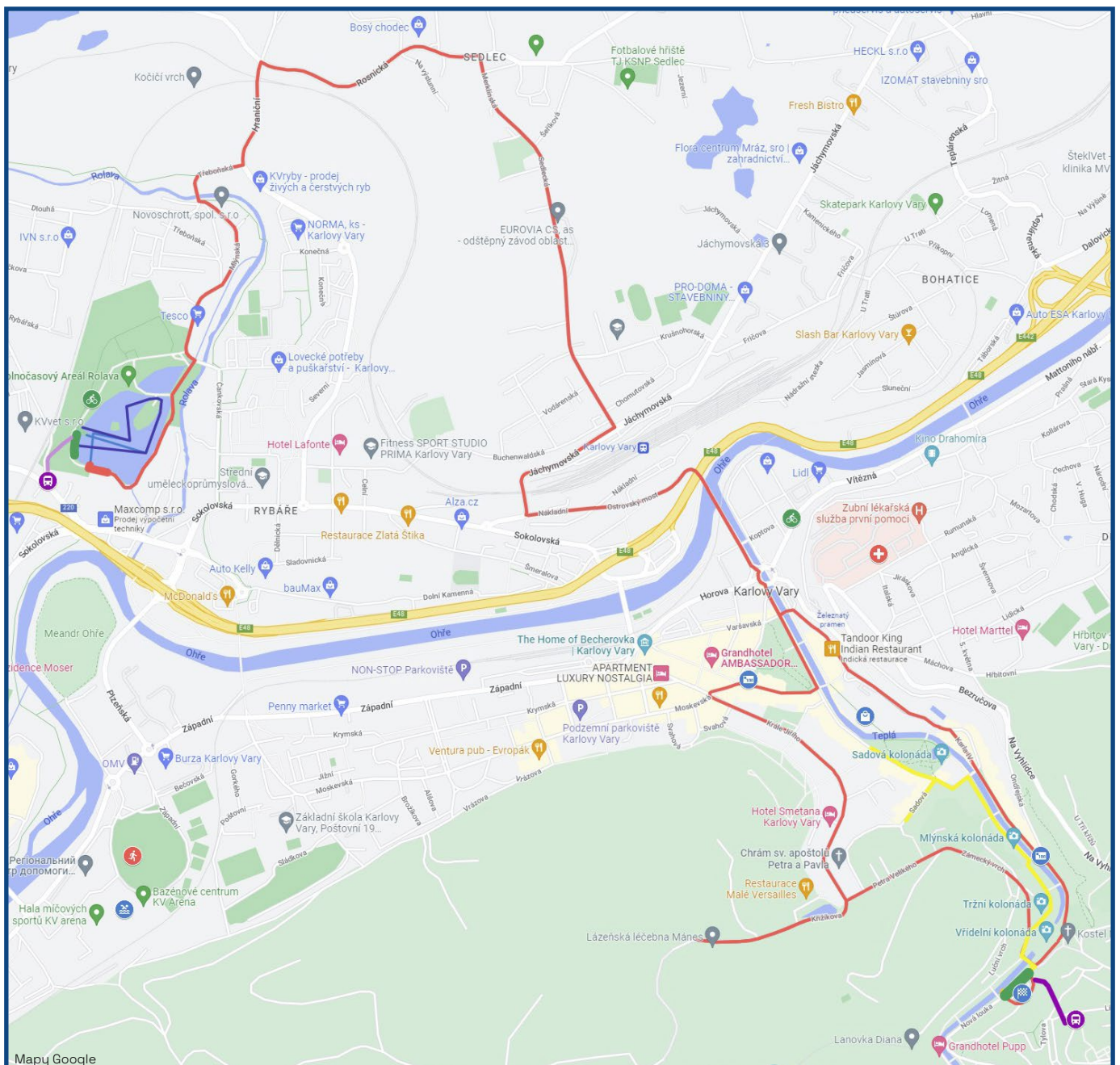
Live Broadcast and Live Timing will be provided

VENUE

The race venue is the same as in 2023.
It is spread across the city centre to the lake Rolava.



Venue map can be found on [google maps](#)



ELITE ATHLETES LOUNGE

Facilities including the Athletes Lounge Area and toilets are provided for the athletes at the start and a recovery area is available at the finish area. Sealed packages with water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes Lounges and recovery area.

ATHLETE LOUNGE (LAKE ROLAVA) OPENING TIMES

Swim/Bike Familiarisation:	Saturday 7th September 07:30–09:15
Elite Women's Race:	Sunday 8th September 08:30–09:30
Elite Men's Race:	Sunday 8th September 13:30–14:30

DOPING CONTROL

Doping Control will be performed according to the World Triathlon/WADA rules. Doping control will be located at the Finish area in the Municipal Theatre. ID/passport must be presented by athletes selected for doping control.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the swim familiarisation session and competition schedule. There will be First Aid and Emergency Medical Services at the lake Rolava on competition days.

Medical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical area will be provided on-site at the finish area.

Only Team Medical Doctors with wristbands will be able to access these areas once the permission by World Triathlon Medical Delegate is given. Wristbands for Team Medical Doctors are given at the race pack pick up.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes/teams should ensure that they have appropriate medical insurance.

If you require medical assistance during your stay in Karlovy Vary but away from the venue, contact the Emergency Medical Services. In a medical emergency, dial 112 from a mobile phone. The number is free of charge from any telephone.

The hospitals nearest to the Venue and official hotels are:

- Karlovarská krajská nemocnice
Bezručova 1190/19
360 01 Karlovy Vary
354 225 111
- Nemocnice Ostrov
U nemocnice 1161
363 01 Ostrov

BIKE MECHANIC SERVICE

Our official bike supplier, Kola Chrobák, will have a bike mechanic available at the following times:

SATURDAY 7th SEPTEMBER

Time	Action	Location
09:00–17:00	After Swim fam.	Lake Rolava

SUNDAY 8th SEPTEMBER

Time	Action	Location
09:00–12:00	Elite Women Races	Lake Rolava
14:00–17:00	Elite Men Races	Lake Rolava

The bike service close to the city centre is Cyklo Vondráček Karlovy Vary – the address is Sumavska 1737/30, Karlovy Vary.

Opening hours: Thursday - 9:00–18:00, Friday - 9:00–18:00, Saturday - 9:00–12:00

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Theatre square in the park (big tent).

OPENING HOURS

Day	Time
Saturday, 7 th September	08:00–18:00
Sunday, 8 th September	09:00–19:00

SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

ACCOMMODATION

There are many accommodations available in Karlovy Vary, we as organiser recommend:

- Spa Hotel Thermal
I. P. Pavlova 2001/11, 360 01 Karlovy Vary
+420 359 001 111
<https://www.thermal.cz/en/booking>

AIRPORT TRANSFERS

The Organizer will provide transportation from the Václav Havel International Airport Prague from 8:00 AM to 8:00 PM on days 4.9. - 6.9. and to the airport from 6:00 AM to 6:00 PM on days 8.9. - 10.9.2023.

The transfer takes around 2 hours and 15 minutes.

The transfer is provided by a regular bus line (Partner of the event) to Karlovy Vary and is free for athletes and coaches until the capacity is exhausted and within the schedule of the bus line.

Free transport cannot be provided outside of the dates and conditions mentioned above.

The Organiser provides free transportation for elite athletes (w. bike) and team coaches. The price for any additional member of an escorting team is 10€ per person for one journey.

In case of delayed flight free seats are not guaranteed in the next bus transfer.

For free transfer, send your flight information (arrival time and flight number) to the mail address transfer@citytriathlon.cz before 26.8.2024.

LOC also offers an individual transfer at any time. For 1-3 persons for 140€/transfer or for 4-7 persons for 180€/transfer. Please contact transfer@citytriathlon.cz

If you need transfer from/to another airport (Karlovy Vary, Nürnberg, Dresden, Hof) please contact transfer@citytriathlon.cz

TRAINING

SWIM TRAINING

Swimming Pool KV Aréna
Západní 1812/73,
360 01 Karlovy Vary

OPENING HOURS

Monday	12:00–21:00
Tue, Wed, Fri:	07:00–21:00
Thu, Sat, Sun:	09:00–21:00

Each triathlete is entitled to 2-hour free entry daily. Please present your valid ID with your name.

BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around the lake Rolava, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

RUN TRAINING

We recommend AC Start stadium for training.
Západní 1781/69,
360 01 Karlovy Vary

COURSE FAMILIARISATION

SWIM

You will be able to familiarise yourself with the swimming course on Saturday, 7th September, 07:45–08:45. The location will be the same as the start of the race, the lake Rolava.

BIKE

Escorted bike familiarisation will be held directly after swim familiarisation. On Saturday at 9am, starting at Lake Rolava.

Video from the bike course is also available on [youtube](#)



COMPETITION RULES

The race will follow the latest published competition rules of the World Triathlon.

INFORMATION ABOUT THE FIELD OF PLAY (FOP)

START

The start area is at the lake Rolava. Athletes will start from a pontoon (0.6m high) and stand in a starting position 75 cm wide.

The athletes are required to leave their last-minute equipment in the Athletes' Lounge. This equipment will be transported by the LOC from the lake Rolava to the finish area.

SWIM COURSE

The Swim course will be two anti-clockwise laps of 750 m. The first turn buoy is at 205 m. Swim behind the big island under the bridge, then turn left between big and small islands, then turn right towards the wooden pier, where the swim exits and run on the wooden pier and jump to the water for the second lap. At the end of the second lap turn left on the last buoy to swim exit and to the TA1.

BIKE COURSE

Bike Course has a course approach (6.5 km) and 7 technically challenging laps of 4.9 km with a total of 40.8 km. The laps are corrugated terrain 80% asphalt and 20% pavement. There is 20% ascent in every lap. The bike course is completely closed from the traffic. Athletes who are lapped are taken out of the race.

WHEEL STATIONS

The team wheel station is located close to TA2 and the neutral wheel station is located at Nabrezi Osvobozeni street.

RUN COURSE

Four laps with plenty of narrow turns. The terrain is asphalt and pavement.

AID STATIONS

There are two aid stations on the run course. First approximately 160 metres from TA2 and second at the farthest turn in Zahradni street.

PENALTY BOX

Close to the TA2 – Stara Louka street.

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TRANSITION AREA 1

DETAIL VIEW

A detailed map of the transition area on the shore of Lake Rolava. A blue line indicates the swim exit path leading from the water to the shore. Key areas are marked with red boxes: 'PONTON' near the swim exit, 'COACHES AREA' on the shore, 'ATHLETES LOUNGE BIKE CHECK' further inland, and 'MOUNT LINE' at the end of the transition area. A swimmer icon is shown in the water. The map includes logos for 'CITY TRIATHLON World Cup Karlovy Vary', 'World Triathlon Cup', 'Karlovy VARY', and 'World Triathlon'.

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SWIMMING
2 laps
0.75 km

A map of Lake Rolava showing the swimming course. The course is marked with a blue line and arrows, starting from a 'START' point and completing two laps ('LAP 1' and 'LAP 2'). The map includes various landmarks such as 'rekreační areál Rolava', 'přírodní koupaliště', and surrounding streets like 'Rybářská', 'Závorkova', and 'Čankovská'. A transition area is also indicated. The map includes logos for 'CITY TRIATHLON World Cup Karlovy Vary', 'Karlovy VARY', and 'World Triathlon'.



World Triathlon Cup



RACE COURSE


CYCLING
Course approach
6.5 km

Karlovy VARY




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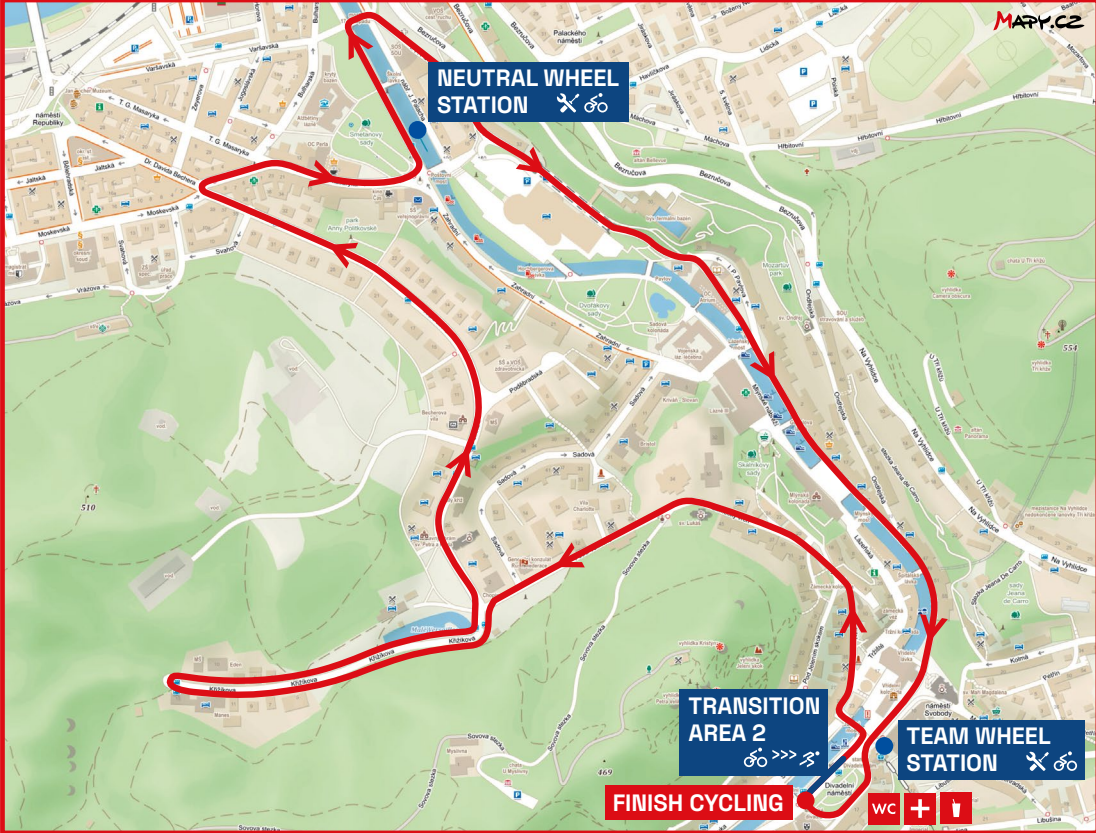
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CYCLING
7 laps
4.9 km

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World Triathlon Cup

TRANSITION AREA 2

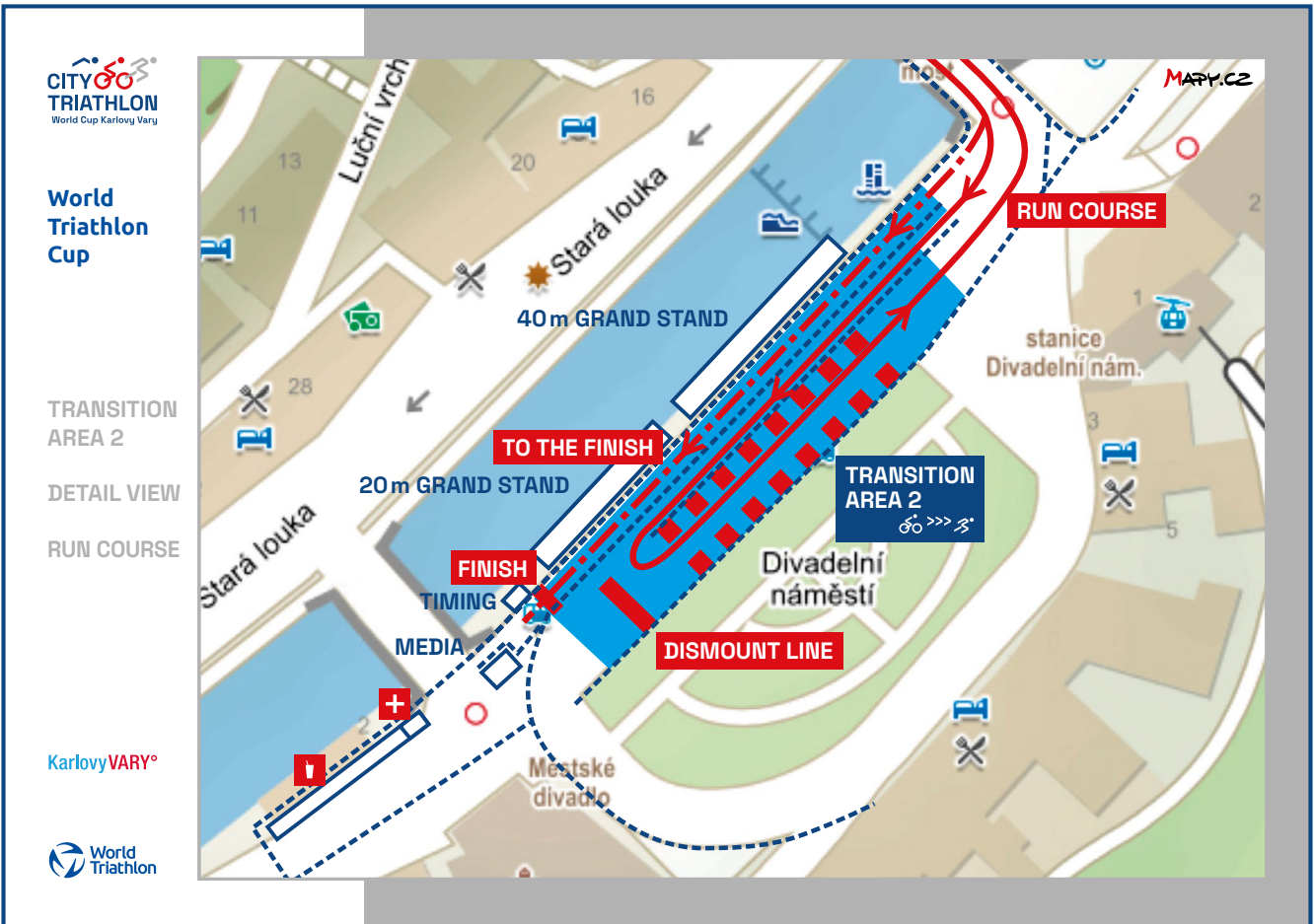
DETAIL VIEW

BIKE COURSE

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WEATHER CONDITIONS IN MID SEPTEMBER

Average Water Temperature	20,5°C
Average Air Temperature (High)	19°C
Daylight Hours	12.5 hours
Average Precipitation	90 mm

RESULTS

Results will be uploaded live on the World Triathlon official website: www.triathlon.org. All the results information will be distributed to the Team Leaders at the LOC Information Office.

PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

ACCREDITATION

The LOC will provide all athletes, coaches and any team medical staff with an official accreditation card or a wristband according to the World Triathlon Event Operational and Technical Requirements.

Only accredited persons that have been registered through the World Triathlon system in advance will be given accreditation/wristband and allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition. All accredited persons are always requested to carry their accreditation cards with them and to show them upon request.

All accreditation cards and wristbands will be distributed on 6th September during the race package distribution at the Spa Hotel Thermal.
I.P.Pavlova 2001/11, Karlovy Vary

PUBLIC TRANSPORTATION

Except for the routes to and from the airport, you'll need a Citybus card or bus tickets to travel within Karlovy Vary. The LOC will provide transportation to the race venue in specific times.

SHUTTLE TRANSPORTATION

The organiser will provide free shuttle transportation on Saturday 7.9. and Sunday 8.9. See the timetable and map below for locations of the bus stops. There is a funicular from Divadelni namesti followed by bus at Imperial stop (bus waits for funicular) and then to lake Rolava. And vice versa – funicular waits for the bus. These are **departure times** of the buses – one way takes approx. 20 minutes.

BUS TIMETABLE - SATURDAY 7th September

STOP	Departure times							
Divadelni namesti (1)	7:20	9:45	13:00	14:00	16:15	xx		
Lake Rolava (2)	9:20	xx	15:00	17:30	xx	xx		

BUS TIMETABLE - SUNDAY 8th SEPTEMBER (Elite Women)

STOP	Departure times							
Divadelni namesti (1)	7:45	8:45	9:30	xx	xx	xx	xx	xx
Lake Rolava (2)	xx	xx	10:30	10:40	xx	xx	xx	xx

BUS TIMETABLE - SUNDAY 8th SEPTEMBER (Elite Men)

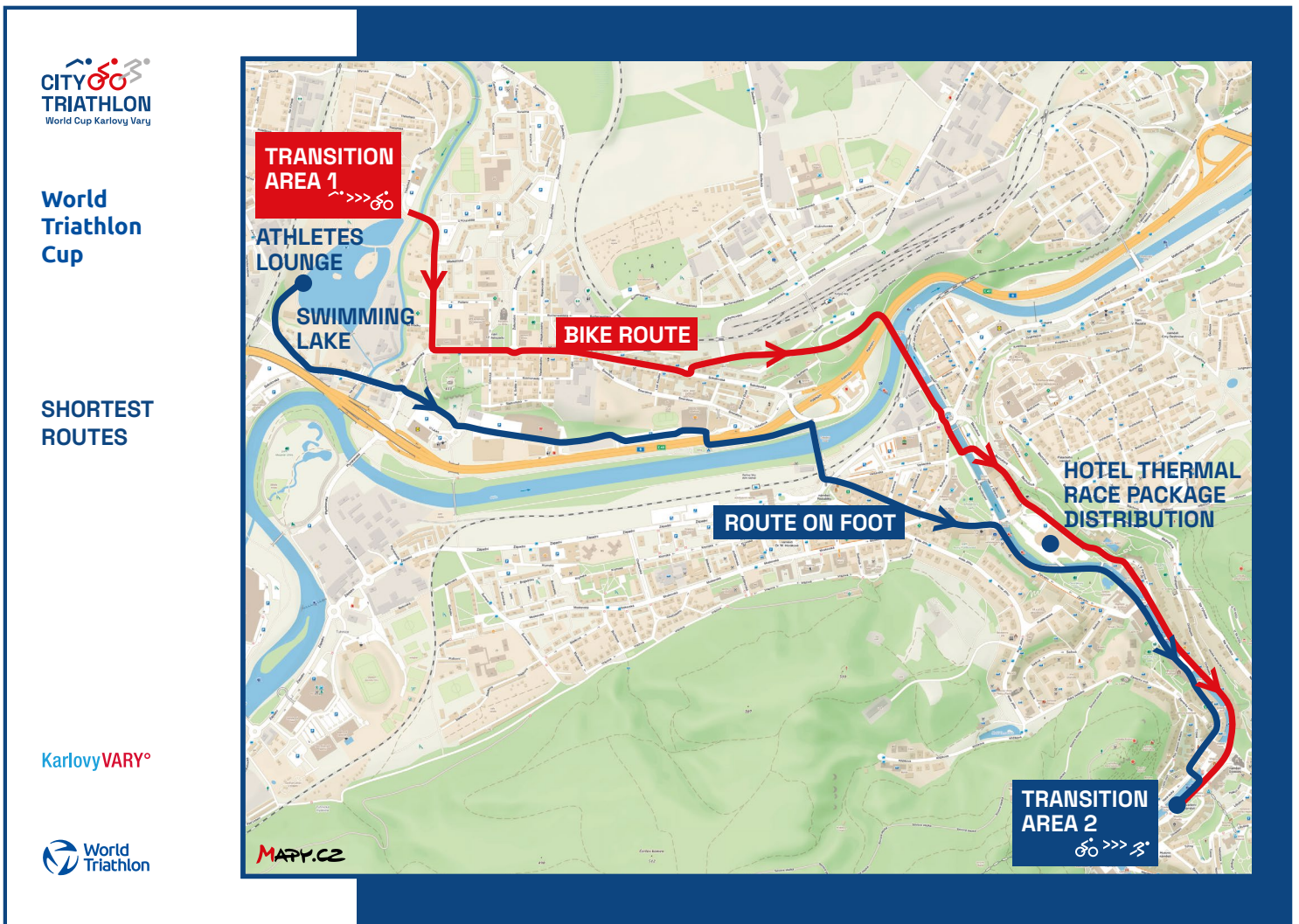
STOP	Departure times							
Divadelni namesti (1)	12:15	12:45	13:15	13:45	14:15	xx	xx	
Lake Rolava (2)	xx	xx	xx	xx	15:25	15:30	15:35	





The shortest ways between Lake Rolava and Divadelni namesti/square

There are several ways to get from Rolava Lake to Divadelni namesti. It is different for pedestrians, cyclists or drivers. Please, see the map below where there are ways for pedestrians and cyclists.



WATER QUALITY RESULTS

Date	Place	Chemical test		Microbiological test		
		Ph	Chlorofyl (µg/l)	e-coli (KTJ/100ml)	intestinal enterococci (KTJ/100ml)	cyanobacteria (cells/ml)
22. 7. 2024	start	7,9		14	15	1660
22. 7. 2024	furthest point	7,9		79	99	1910
5. 8. 2024	start					5800
5. 8. 2024	furthest point					8370