

ATHLETE'S GUIDE

Europe Triathlon Premium Cup

Europe Triathlon Junior Cup

Tiszaújváros



Dear Friends,

Welcome to all triathletes that will race in this exciting formula of semi-finals and finals here in Tiszaújváros. The race is a fixed stop for some of the best triathletes coming from all over the world with a history of 25 years.

The race has a special character. The unique swim venue in the lake will always be a challenge for the athletes. It has also a lot of fun, as the unique atmosphere on Sunday and the prize giving ceremony in the evening will leave a positive sign in the soul of all the athletes.

Unfortunately, this year I can't be present personally and part of this great event: enjoy it for me as well and do not miss to pay the tribute at the statue of the man that has been behind the foundation of this event.



My best wishes go to the dedicated local team, to all the athletes, coaches, officials, volunteers, and spectators who will, together, make this another race to remember.

Sincerely,

Renato Bertrandi

President, Europe Triathlon

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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

| What? | Date? | Time? |
|---------------------------------------------------------------|---------------------|---------------|
| Europe Triathlon Junior Cup Individual Semi-finals | Saturday, 16th July | 12:00 – 13:35 |
| Europe Triathlon Premium Cup Individual Semi-finals | Saturday, 16th July | 14:45 – 17:45 |
| Europe Triathlon Junior Cup Individual Finals | Sunday, 17th July | 11:45 & 12:45 |
| Europe Triathlon Premium Cup Individual Finals | Sunday, 17th July | 14:45 & 16:15 |

1.3. KEY CONTACTS

| Europe Triathlon | | | |
|-------------------------|-------------------|----------------------------------------------------------------------|---------------|
| Team leader | Ola Silvdahl | | |
| Technical delegate | Sandrine Crosnier | scrosnier@fftri.com | |
| Assistant TD | Andrea Jacsó | andreajacso@hotmail.com | |
| Europe Triathlon office | | etu_hq@etu.com | +32 478825456 |
| | | | |

| Local Organising Committee | | | |
|----------------------------|------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------|
| Co-Chair of the LOC | Balazs Markus | markusbalazs80@gmail.com | +36 70 3337435 |
| Event Director | Tibor Lehmann | lehmann.tibor@triatlon.t-online.hu | +36 30 6452745 |
| Race Director | Gergely Markus | gergely.markus@triathlon.org | +41 78 6299701 |
| Operation Manager | Alpár Nagy | alpar.nagy@triathlon.org | +36 70 7700679 |
| Athlete's service | Fruzsina Szabolcsi Zsanna Filep | trievent@triatlon.t-online.hu | +36 70 6002682 +36 30 6475577 |
| Transfer | Rita Akomakowe | transit22triathlon@gmail.com | +36 20 566 2773 |
| Accommodation info | Viktória Szilágyi | info@triatlon.t-online.hu | +36 30 8878860 |

1.4. CONTACT DETAILS

Tiszaújvárosi Triatlon Klub

Tibor Lehmann - President and Event Director

Teleki Blanka ut 6., 3580 Tiszaujvaros, Hungary

Mobile: +36 30 645 2745, Phone: +36 49 540 094, Fax: +36 49 540 095

trievent@triatlon.t-online.hu , www.tiszatriatlon.hu

1.5. LOCAL INFORMATION



S: Supermarket
B: Bank
P: Post Office

- | | | | |
|--------------------------|-----------------------------|----------------------------------|-------------------------------|
| 1. Hotel Tisia | 4. NN Boutique Hotel | 7. Nádas Restaurant | 10. Castello Cafeteria |
| 2. Hotel Phoenix | 5. Tisza Apartman | 8. Scarpa Pizzeria | |
| 3. Veronika Hotel | 6. Outlet Hotel | 9. Arany Holló Restaurant | |

The national currency's the Hungarian Forint (HUF). The exchange rate can be found here:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=EUR&To=HUF>

2. VENUE

2.1. RACE VENUE

The venue is located in the centre of Tiszaújváros at the Hotel Phoenix. The swimming will take place in the City-lake.

2.2 COURSE FAMILIARIZATION

SWIM

See detailed schedule. Swimming in the lake at any other time is strictly forbidden.

BIKE

See detailed schedule. It starts in front of the Hotel Phoenix and runs two laps with police escorts on the Sunday course.

2.3. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Transition Area. Sealed bottles of water will be offered to the elite athletes before the race in the athletes' lounge.

2.4. ATHLETES' RACE PACKAGE (elite and junior)

Junior Athletes: 15. July 14:00-15:30

Elite athletes: 15. July 15:30-17:00

Location: Hotel Tisia

The entry-fee must be paid in cash upon registration.

Entry fee:

for Juniors: 65 Euro

for Elites: 85 Euro

2.6. DOPING CONTROL

Anti-Doping Control will be performed according to the World Triathlon/WADA rules. The location of the in- competition tests is in the Hotel Phoenix.

2.7. LOC OFFICE

The LOC Office is located at the Sport Centre.

Team leader: Fruzsina Szabolcsi, tel: +36 70 600 2682

Contact: Filep Zsanna, tel: +36 30 6475577

Address: Teleki Blanka út 6., 3580 Tiszaújváros, Hungary

Phone: +36 70 600 2682

e-mail: trient@triatlon.t-online.hu

3. ACCOMMODATION

Teams can book directly at the hotels.

Host hotel:

Tisia Hotel & Spa: www.tisiahotel.hu

Booking period: Till June 30th, 2022

Minimum stay: 3 nights

Discount: 15%, valid for the total amount (including half board and extra beds as well).

Includes the use of 50m swimming pool

Promo code for online booking: TRI

Others:

1. Hotel Phoenix and Restaurant (info@hotelphoenix.hu , hotelphoenix.hu , tel: +36 30 3033538)

2. Veronika Hotel and Restaurant(veronikahotel@veronikahotel.hu , www.veronikahotel.hu tel: +36 49 341887)

3. NN Boutique Hotel (4km from the venue) (info@nnhotel.hu , <https://nnhotel.hu> , tel:+36 300100499)

4. Tisza Apartman (tiszaapartman@gmail.com , www.tiszaapartman.hu , tel: +36 20 4582545)

5. Outlet Hotel (Polgár - 8km)(info@outlethotel.hu , www.outlethotel.hu , tel: +36 52 887827)

If you have any questions according the accommodations, please ask the contact below:

Accommodation info: info@triathlon.t-online.hu tel:+36 30 8878860

4. TRANSFER AND TRANSPORT

Airports:

Debrecen Airport: 60km (cca. 45 min. on motorway)

Budapest Liszt Ferenc Airport: 180km (cca. 1h 40min on motorway)

Transportation service provides transfers between the airports and hotels.

Deadline for booking: 05. July!

Transfer booking contact: +36 20 566 2773 (Rita Akomakowe)

Transfer fees (return):

- Debrecen Airport: 75 euro
- Budapest Airport: 150 euro
- Payment: bank transfer only!
- Bank details:
 - IBAN: 61200254-10046027
 - Bank: Polgari Bank
 - Account holder: Gergely Zsolt

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

25m Indoor pool – Sport Centre

Teleki Blanka út 6., 3580 Tiszaújváros, Hungary

Operating hours for the athletes: July 13– 15 , 15:00 – 18:00

Entrance fee: 3 Euro or 1200 HUF per person. Please reserve per persons via Athlete's service (trient@triatlon.t-online.hu).

BIKE

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling on their own risk and traffic rules are to be followed. Safe bike locations.

RUN

There is a 800m tartan/clay circuit in the park 300m from the race venue.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Swim course before and during the familiarization session and on the competition days. There will be First Aid and Emergency Medical Services at the Finish area on the competition days.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital.

5.3. BIKE MECHANICAL SERVICE

Bike Mechanic Service available at the Athletes Lounge as follows:

July 15, Friday 10:00-17:00

July 16, Saturday 10:00-17:00

July 17, Sunday 10:00-16:00

In case of any emergency bike mechanic needs outside of these hours, please contact the Athletes service.

A bicycle shop's available 200m from the venue (Garage Bike Tech), during opening hours. Please note that the shop's services're not free of charge, only the official bike mechanic at the venue.

5.4. ATHLETES'S INFORMATIONS

The Athletes Service Team created messenger groups for the elite and junior athletes. Please join these groups using the appropriate QR code:

JUNIOR



ELITE



COACHES



6. COMPETITION SCHEDULE

| COMPETITION SCHEDULE | | |
|---------------------------------------------------------------|------------------------------------------|-------------------|
| July 15. Friday | | |
| 9:30-10:00 | Bike Course Familiarization | Transition area |
| 12:00-13:00 | Swim Course Familiarization for juniors | Swim course |
| 13:00-14:00 | Swim Course Familiarization for elites | Swim course |
| 16:00 | Junior athlete's briefing | Online |
| 17:00 | Elite athlete's briefing | Online |
| EUROPE TRIATHLON JUNIOR CUP SCHEDULE (junior athletes) | | |
| July 16. Saturday | | |
| 10:00-11:30 | Junior Athletes lounge registration- All | Athletes lounge |
| 10:00-12:30 | Junior Athletes lounge open- All | Athletes lounge |
| 10:45-11:45 | Junior Transition check in- All | Transition area |
| 11:45-12:40 | Junior Swim warm-up - All | Warm-up area |
| 12:00 | SEMI-FINAL 1. Junior Women | Start area |
| 12:10 | SEMI-FINAL 2. Junior Women | Start area |
| 12:20 | SEMI-FINAL 3. Junior Women | Start area |

| | | |
|------------------------|------------------------------------------|-------------------|
| 12:30 | SEMI-FINAL 1. Junior Men | Start area |
| 12:40 | SEMI-FINAL 2. Junior Men | Start area |
| 12:50 | SEMI-FINAL 3. Junior Men | Start area |
| 13:30-13:45 | Transition check-out | Transition area |
| 19:00-20:00 | Registration - Finalist | Hotel Phoenix |
| July 17. Sunday | | |
| 10:00-11:00 | Junior Athletes lounge registration- All | Athletes lounge |
| 10:00-12:30 | Junior Athletes lounge open- All | Athletes lounge |
| 10:45-11:15 | Junior Transition check in- All | Transition area |
| 11:00-11:30 | Swim warm-up - Junior Women | Warm-up area |
| 11:45 | FINAL - Junior Women | Start area |
| 12:00-12:30 | Swim warm-up - Junior Men | Warm-up area |
| 12:45 | FINAL -Junior Men | Start area |
| 13:30-13:45 | Transition check-out | Transition area |
| 13:45 | Medal ceremony - Junior Women and Men | Finish area |

| EUROPE TRIATHLON PREMIUM CUP SCHEDULE (elite athletes) | | |
|---------------------------------------------------------------|------------------------------------|-------------------|
| July 16. Saturday | | |
| 12:45-14:15 | Athletes lounge registration - All | Athletes lounge |
| 12:45-16:15 | Athletes lounge open - All | Athletes lounge |
| 14:00-14:30 | Transition check in - All | Transition area |
| 14:00-16:20 | Swim warm-up - All | Warm-up area |
| 15:07 | SEMI FINAL 1. Elite Women | Start area |
| 15:29 | SEMI FINAL 2. Elite Women | Start area |
| 15:56 | SEMI FINAL 1. Elite Men | Start area |
| 16:16 | SEMI FINAL 2. Elite Men | Start area |
| 16:36 | SEMI FINAL 3. Elite Men | Start area |

| | | |
|------------------------|---------------------------------------|-------------------|
| 17:30-18:00 | Transition check-out - All | Transition area |
| 19:00-20:00 | Registration - finalist | Hotel Phoenix |
| July 17. Sunday | | |
| 13:15-14:15 | Athletes lounge registration - All | Athletes lounge |
| 13:15-16:00 | Athletes lounge open - All | Athletes lounge |
| 14:00-14:30 | Transition check in - All | Transition area |
| 14:10-14:30 | Swim warm-up - Elite Women | Warm-up area |
| 14:45 | FINAL - Elite Women | Start area |
| 15:30-16:00 | Swim warm-up - Elite Men | Warm-up area |
| 16:15 | FINAL - Elite Men | Start area |
| 17:15-17:45 | Transition check-out - All | Transition area |
| 17:30 | Medal ceremony -top 3 women and men | Finish area |
| 20:00 | Medal ceremony - top 10 women and men | Town square |

6.3. COMPETITION RULES

The event will follow the latest World Triathlon Competitions Rules.

6.4. ATHLETE'S BRIEFING

At current date the briefing will be held virtually and it will be available on triathlon.org

6.5. 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.

Timing company: Evochip

6.6. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to World Triathlon Competition Rules

7. ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the World Triathlon Event Organisers Manual.

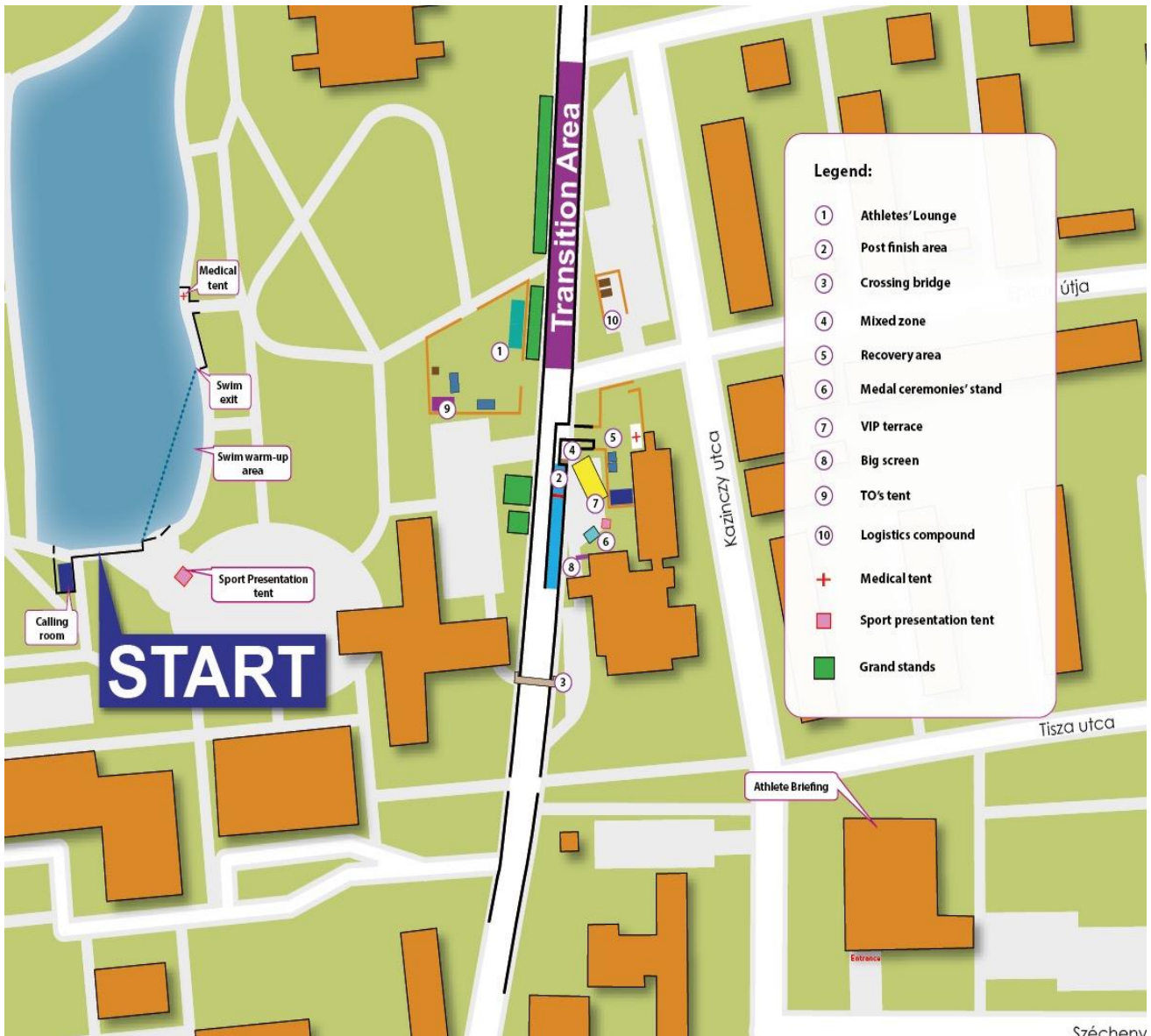
Accreditation cards/wristbands will be handed out during the official registration.

Only accredited persons will be allowed to access certain areas at the venue. Accreditation cards/wristbands are number-coded and provide access to specific areas of the competition areas.

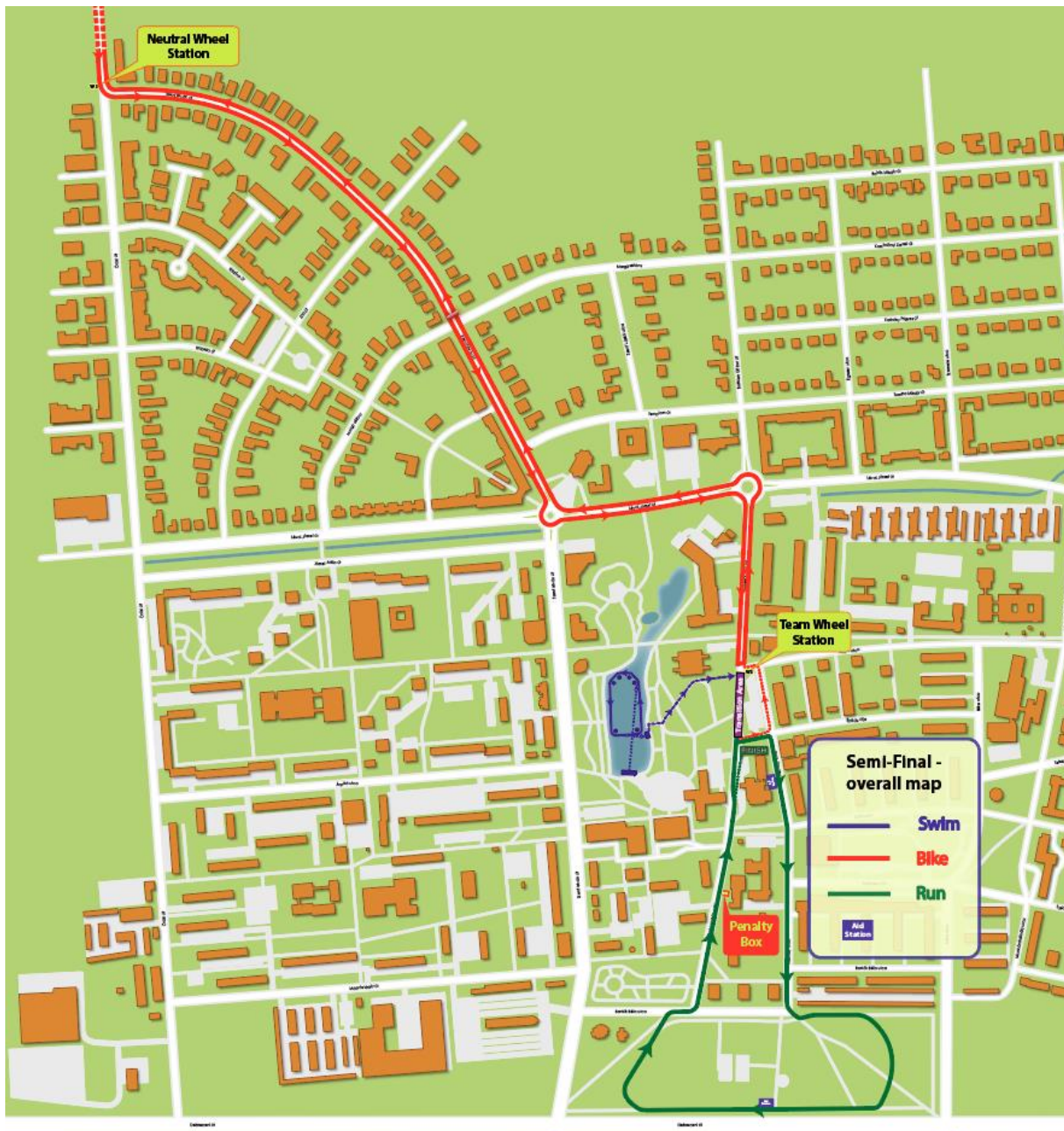
All accredited persons are requested to carry their accreditation cards/wristbands with them at all times and to show them upon request. The LOC will provide to all the Organizing Committee Members, Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card/wristband.

8.. COURSE MAPS

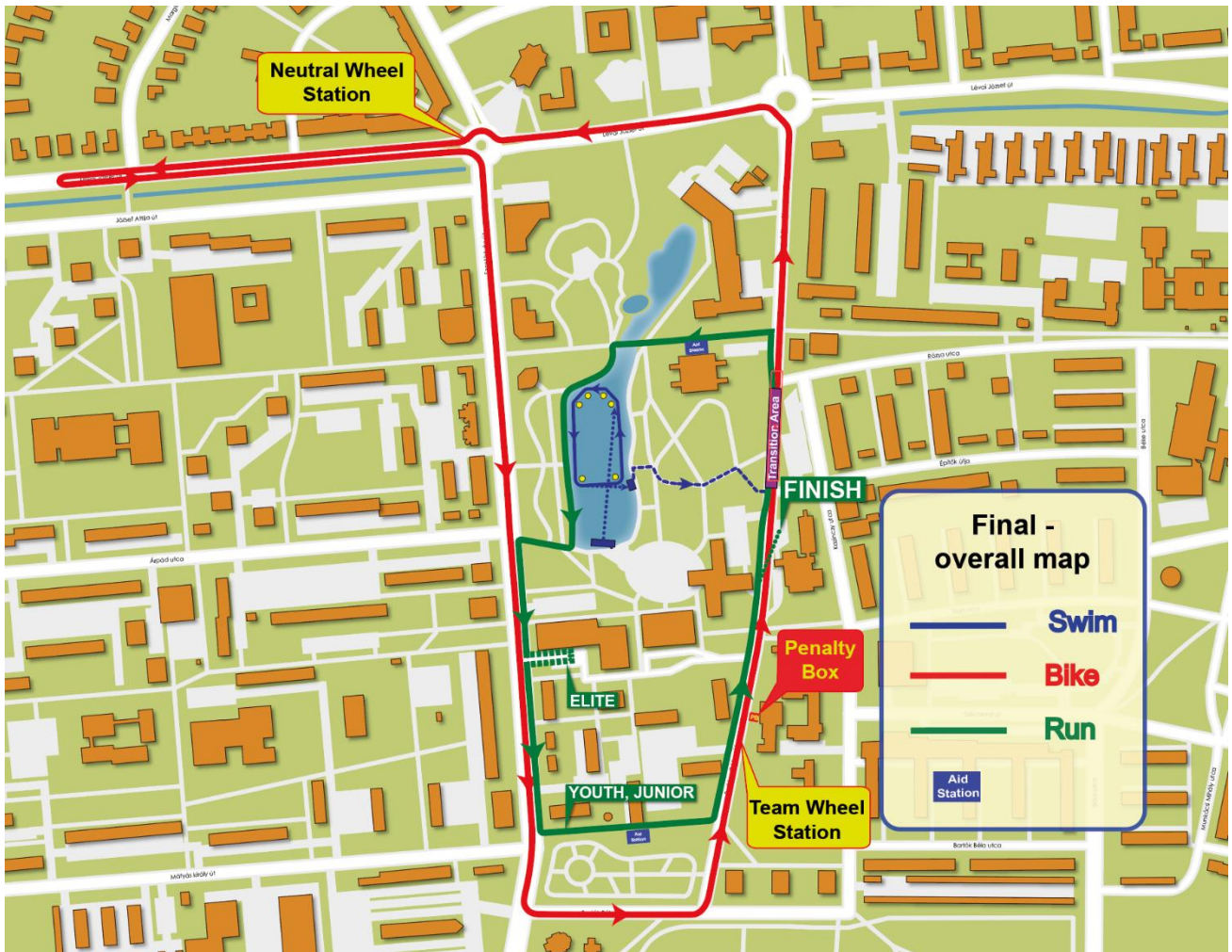
VENUE:



SEMI FINALS - general map



FINALS - general map:



SWIM START

Pontoon start



SWIM COURSE

The swim loop is 250m long. The distance to the first turn is 110m. There are 2 laps of 250 m for the Juniors and 3 laps of 250 m for the Elites. The average water temperature in the City Lake in July is 24-26°C.

TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin 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 unrack the bike by moving forward into the centre lane and towards the mount line.



BIKE COURSE

Generally flat profile.

Semi-finals:

There is 1 lap of 12 km for the Juniors and 2 laps of 10 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns.

Finals:

There are 5 laps of 2,5 km for the Juniors and 8 lap of 2,5 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns.

TRANSITION 2

Running shoes may be placed beside the rack or in the bin.



RUN COURSE

Generally flat course.

Number of laps:

- Semi-finals: Elite 3 / Junior 2
- Finals: Elite 4 / Junior 3

Good luck!