



Rīga
2024



V3!
19.08.2024.

Athletes' Guide





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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 managers are advised to check with the event office regarding any changes in information included in this guide

1.2. Key dates

23.08.2024 Friday	
16:00 – 16:30	Bike course familiarization – Transition Area (starting point, 2 laps)
16:30 – 17:15	Swim course familiarization – Kisezers beach
18:00 – 18:30	Athletes Briefing – Mezaparks Grand Stage, race package pick up immediately after briefing
24.08.2024 Saturday	
8:30	Junior Men Start
10:30	Junior Women Start
12:00	Award ceremony

More detailed information – please look in section 6.

1.3. Key contacts

Name and contact details of:

Race director	Ivars Racins	triathlon.riga2024@gmail.com	
Head referee	Arto Kivimäki	akivimak@gmail.com	
Technical delegate	Ivan Budja	ivanbudja@gmail.com	
Assistant TD	Sintija Straksa	sintija.straksa@triatlons.lv	
Athletes' service manager	Ieva Galeniece	ieva.galeniece@triatlons.lv	+37129 221639
Transport and transfers	Ivars Racins	Triathlon.riga2024@gmail.com	
Europe Triathlon Office		hq@europe.triathlon.org	+32478825456

1.4. Contacts details

Local Organizing Committee (LOC):

Latvian Triathlon Federation (Latvijas Triatlona Federācija)

Address: Ieriķu iela 2A, Riga, LV-1084, Latvia

President: Aigars Strauss, aigars.strauss@triatlons.lv, +371 29 67 67 19

General Secretary: Arvīds Zariņš, arvids.zarins@triatlons.lv

Web page: www.triatlons.lv

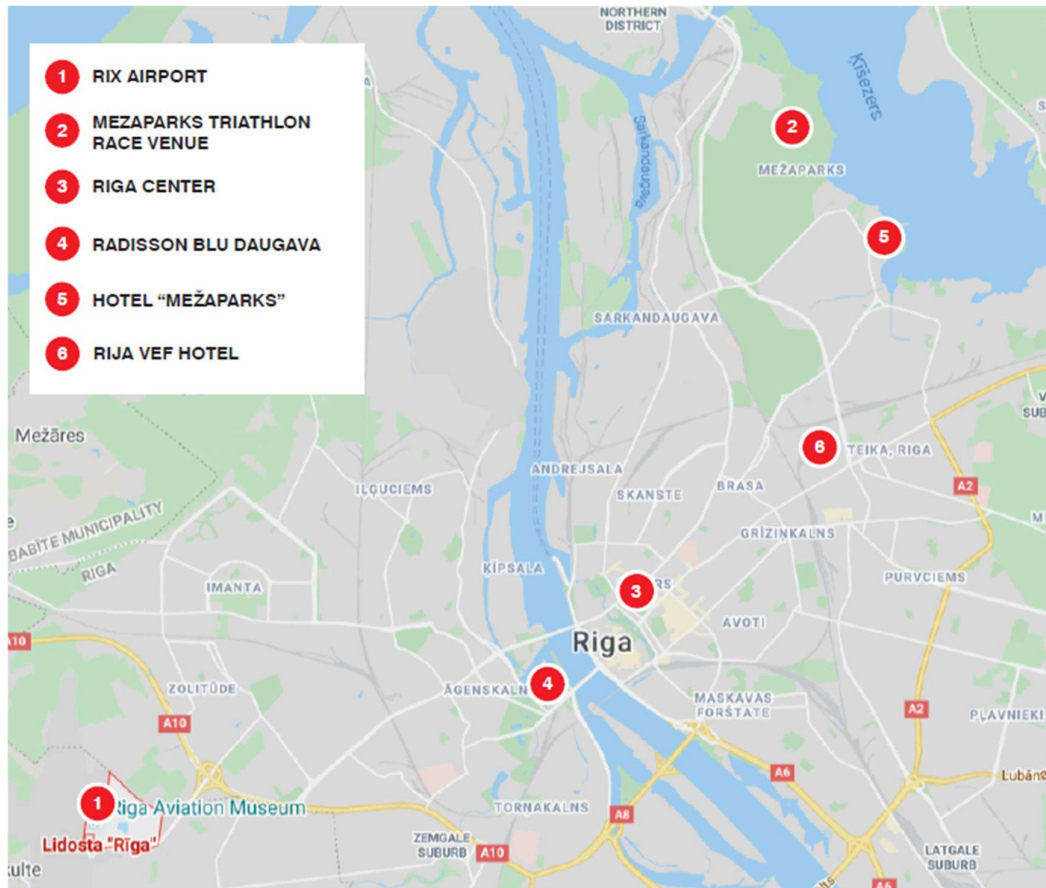
2 Venue

2.1. Race venue

Mezaparks (a park in Riga), main location of the event – **Mezaparks' Grand Stage**



Address: **Gatartas iela 9, Ziemeļu rajons, Rīga, LV-1014**



Mežaparks is one of the most beautiful, greenest, and also one of the most prestigious neighborhoods in Riga, as well as a popular recreation area. It is situated next to Lake Kisezers.

After the Swedish king set up a military camp here in the 17th century, the area became known as Keninu mezs (the Forest of Kings). Later on, the name transformed into Kaiserwald (German for the King's Forest). The neighborhood acquired its present name (Forest Park in Latvian) only in 1923.

The major cultural and recreational park Mežaparks opened in 1949. One of the few remaining forested areas in Riga became integral part of the park and gave it its identity. The Grand Stage of the Song Festival is located at Mežaparks, hosting one of the most important events in the cultural life of Latvia once every four years – the Song Festival. The Grand Stage is also a popular venue for concerts by local and foreign artists.

Riga Zoo is also located in Mežaparks and is a good landmark when trying to navigate individual travels.

More about Mežaparks on: <https://www.latvia.travel/en/sight/mezaparks>

Coming by public transport – the most convenient route is to take the Tram No.11 towards Mežaparks from National Opera (city center stop). The tram connects Riga City Center to Mežaparks and it takes a 20min ride or alternatively take the Bus No.9 towards Mežaparks from Abrenes iela. Google maps works outstanding also for local – Riga public transport, timetables and route options.



Coming by car – the park can be accessed from two directions. Either navigate towards the Riga Zoo or towards **More Street 22**. Bear in mind the parking spaces near the park are limited and entry to the park is allowed only with special permits.



2.2 Course familiarisation

23.08.2024 Friday	Familiarization
16:00	BIKE COURSE – Transition area (starting point, 2 laps)
16:30 – 17:15	SWIM COURSE – Kisezers beach

The bike and run course is in the park territory and accessible to tourists, pedestrians, cyclers and others. You can familiarize yourself with the bike and run course also individually in your free time.

2.3. Athletes' lounge

The Athletes' Lounge is located by the Grand Stage. Google maps coordinates: <https://maps.app.goo.gl/jHisJ4wquAYGkfx39>

Opening: 24.08.2024 at 6:50, refreshment access to the toilets are provided for. Also there will be a recovery zone close to the finish area.

Distribution of timing chips and swim caps will take place on race day morning in the ATHLETES' LOUNGE.

2.4. Elite (and/or other categories) athletes' race package

Entry fee is 75€ and must be paid in advance.

Bank details:

Latvijas Triatlona federacija
 Reg.nr.: 40008024242
 Ganību dambis 25d, Rīga, LV-1005



Bank: AS Swedbank
 SWIFT: HABALV22
 IBAN: LV24HABA0551025014818

If payment is not done in advance, it should be done latest before the start of the race 24.08.2024. in registration zone!

The race package/accreditation is delivered on Friday, August 23rd in Mezaparks Grand Stage immediately after Athletes Briefing.

Race Package consists of:
 Helmet numbers (3) & Bike number (1)
 Body decals for both arms & legs – 4 sets
 Accreditation

The package can only be handed out when the entry fee has been received by the LOC.
 Payment has to be made IN ADVANCE.

2.5. Doping control

Doping control site will be located at the Grand Stage. Doping tests will be conducted according to World Triathlon/WADA rules. Athletes must carry their identification to the doping control facilities.

2.6. Security

The LOC will secure access depending on the accreditation and the police will manage the road closures and the traffic around the course.

2.7. LOC office

Monday – Thursday 11:00 - 14:00
 Address: Ieriķu street 2A, Rīga, LV-1084
 Contact: Aigars Strauss, phone: +371 29676719

Address: Mezaparks Grand Stage
 Friday – Saturday (23.-24.08.2024.) 11:00 – 18:00
 Sunday (25.08.2025.) 08:00 – 18:00
 Contact: Aigars Strauss, phone: +371 29676719

3 Accommodation

Radisson Blu Daugava Hotel	24 Kugu Street, Riga, LV-1007 Check Here: https://www.radissonhotels.com	To book rooms e-mail: reservation.riga@radisson.com quoting "Triathlon Riga 2024" to receive the offer.
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		Superior SGL / DBL – 80.00/ 90.00 EUR per room per night incl. breakfast Junior Suite SGL/DBL – 105.00/115.00 EUR per room per night incl. breakfast
Hotel Mezaparks	11 Roberta Feldmana Street, Riga, LV-1014 Check Here: https://www.somezaparks.lv/en/hotel/	No deals with Triathlon this year
Rija VEF Hotel	Brivibas Street 199c, Rīga, LV-1039 Check Here: https://www.rjahotels.com/lv/viesnicas/rija-vef-hotel <u>You can get discount in all Mogotel group hotels using this code!</u> <ul style="list-style-type: none"> • Wellton hotels: Wellton Riverside SPA, Wellton Riga Hotel & SPA, Wellton Centrum Hotel & SPA - https://www.wellton.com/en • Rixwell hotels: Rixwell Old Riga Palace, Rixwell Ģertrūde - https://www.rixwell.com/en • Rija hotels: Rija Domus, Rija VEF- https://www.rjahotels.com/en 	Use code “TRIAT24” for discount Accommodation period -22.08 - 25.08.2024
Tallink Riga Hotel	Elizabetes street 24, Rīga, LV-1050 https://hotels.tallink.com/tallink-hotel-riga	Use code: “TRIATHLON24” Code active: 24.07. -25.08.2024

4 Transfer and Transport

NEAREST AIRPORT

Riga Airport (RIX)

<https://maps.app.goo.gl/JxeXU5TMo4bmA6ib8>

From airport to Event Venue:

- By public transportation: Take **Bus No.22** towards Abrenes iela from Lidosta Riga. From there take bus No. 9 towards Mezaparks from Abrenes iela or take Tram No.11 towards Mezaparks from National Opera. Please take note, that purchase of tickets is not available on transportation and have to be bought in advance from the relevant kiosks (Narvesen), or you must download and use Mobilly app from AppStore/PlayStore.

Various Taxi companies at the airport are available. The cheapest (similar to Uber) is Bolt (available via Bolt app).

- If you are coming by car – enter Mores iela 22, Ziemeļu rajons, Rīga, LV-1034 into navigation. The park does not allow cars in the park. This address will take you to the entrance closest to the grand stage. If you walk/ride a bike straight ahead on the main road for 1km, you will come upon the grand stage on the left.



- The LOC can provide transfer from Riga Airport to Host hotels for the Athletes and their Team members/officials, including bike boxes and luggage.

Price per person: - € 60, transfer in both directions.
 - € 35, transfer in one direction.

For the groups of 3 and more people – please ask for the individual offer!

You can order transport on the following email: triathlon.riga2024@gmail.com

Please send us: your name, contact details, arrival time, flight number, number of people, number of bikes, host hotel, and contact person of your team.

Pay in cash (EUR).

5 Athletes' Services

5.1. Training facilities

SWIM

The LOC does not provide swimming training facilities. Options to explore if you wish to book a slot at a swimming pool:

- Olympic Swimming pool, address – Grostonas Str. 6b, LV-1013, Riga
Website - <https://www.olimpiskais.lv/>
- Ķīpsala Swimming Pool, address - Kipsalas Str. 5, LV-1048, Riga

Website - <https://www.baseins.eu/en/>

BIKE

Recreational Park – Mezaparks. Several paths available, speed limit – 20km/h. See map below.

RUN

Recreational Park – Mezaparks. Several paths available, little to no traffic, watch out for other park-goers.



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. Ambulance 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.

Closest hospital - The hospital of Traumatology and Orthopedics

Address - Riga, Dunties Street 22

Emergency telephone number - 113

5.3. Bike mechanical service

Bike service will be provided in the vicinity of Transition Area.



6 Competition schedule

6.1. Elite/Junior women

Friday	Start	End	Activity	Location
23.08.2024	16:00		Bike familiarization	Transition Area
23.08.2024	16:30	17:15	Swim familiarization	Kisezers' beach
23.08.2024	18:00		Athletes Briefing and race package pick up	Grand Stage
Saturday	Start	End	Activity	Location
24.08.2024	09:00	10:00	Athletes check-in	Athletes' Lounge
24.08.2024	09:30	10:15	TA check-in	Transition Area
24.08.2024	09:45	10:15	Swim warm-up	Kisezers' beach
24.08.2024	10:20		Calling area	Kisezers' beach
24.08.2024	10:25		Athletes' introduction	Kisezers' beach
24.08.2024	10:30		Start	Kisezers' beach
24.08.2024	12:10		Award Ceremony	Grand Stage

6.2. Elite/Junior men

Friday	Start	End	Activity	Location
23.08.2024	16:00		Bike familiarization	Transition Area
23.08.2024	16:30	17:15	Swim familiarization	Kisezers' beach
23.08.2024	18:00		Athletes Briefing and race package pick up	Grand Stage
Saturday	Start	End	Activity	Location
24.08.2024	7:00	8:00	Athletes check-in	Athletes' Lounge
24.08.2024	7:30	8:15	TA check-in	Transition Area
24.08.2024	7:45	8:15	Swim warm-up	Kisezers' beach
24.08.2024	8:20		Calling area	Kisezers' beach
24.08.2024	8:25		Athletes' introduction	Kisezers' beach
24.08.2024	8:30		Start	Kisezers' beach
24.08.2024	12:00		Award Ceremony	Grand Stage

6.4. Competition rules

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

6.5. Athletes' briefing

23.08.2024. 18:00 Mezaparks Grand stage, conference facilities (follow the signs).

6.6. 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 in the athletes' lounge before the competitions, during their check-in procedure.



6.7. Results

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

All the Results information will be published on the Information Boards at the Information Centre located at the Grand Stage.

There will be live event translation on the internet, www.sportacentrs.com website.

6.8. Protest & appeals

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

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditation cards will be distributed on 23.08.2024 at the Grand Stage. Accreditation cards need to be picked up in person.

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 always carry their Accreditation Cards with them 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** Latvian (official), English

8.2. **Population** Latvia 1,9 million, Riga 630 000

8.3. **Currency** EUR

8.4. **Time** Eastern European time (UTC+3)

8.5. **Electricity** 220V, similar sockets and plugs as in EU

8.6. **Water** tap water drinkable

8.7. **Telephone connections** +371, Mobile operators: LMT, Tele2, Bite

8.8. **LOC and Event Media**



FaceBook: @LatvianTriathlonFederation



Instagram: @tri_latvia



Live feed: straume.lmt.lv



Photos: triatlons.lv

9 Course maps



SWIM COURSE

1 lap of 750 meters

Start: beach start, shallow lake shore with a 20-30m run to a swimming depth.

Average water temperature +20°C.

TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Transition Area 1 is a straight line with bikes racked on one side of it. Athletes enter the Transition area 1 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. The mount line is marked with a green color. After the bike leg is completed athletes rack their bikes and move on the running course. Distance from swim exit to Transition Area is approx. 200m.



BIKE COURSE

4 laps of 5,5km

Draft-legal race via park roads. Flat asphalt surface, narrow in some places. The bike course goes through the Transition area. Wheel Station is located 500 meters after the Transition area and Lap Counter is located immediately after Transition area.

TRANSITION 1/2

Flow throughout the Transition area remains in the same direction. Dismount line marked in red.



RUN COURSE

2 laps. First full lap is 2,7km, second lap to the finish is 2,15km.

Description: flat, asphalt, park roads. 2 aid stations. Penalty box is located approx. 400m before the finish.



24.08.2024



Swim
1 lap x 750m

Bike
4 laps x 5,5km

Run
2 laps = 4,85km

