



Athletes Guide



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Dear Athletes,

Welcome to Alanya, one of Europe's most iconic triathlon destinations! We are thrilled to host you in this beautiful city, renowned for its breathtaking coastline, historical landmarks, and vibrant atmosphere. Alanya has been a part of the triathlon world since the early '90s, and it continues to offer an incredible challenge for athletes from around the globe.



With the Taurus Mountains as your backdrop, you'll experience a truly unforgettable race - whether you're swimming in the crystal-clear waters, cycling along scenic roads, or running through the lively streets of Alanya. This unique blend of history, culture, and sport makes Alanya the perfect place to push your limits and enjoy the thrill of triathlon.

On behalf of Europe Triathlon, I wish you all the best in your race and an unforgettable time in this stunning coastal city. Let's make it a fantastic event!

Warmest regards,

Renato Bertrandi

President, Europe Triathlon

Hello,

Distinguished athletes, I am very happy to welcome you to Alanya, a city with natural beauty and a rich historical heritage from ancient times.

We are excited to host The Alanya Triathlon European Cup Races for the 33rd time, which is carried out with determination, pride and perseverance. The Triathlon is a symbol of endurance and resilience. By supporting this sport in our city, we will continue to inspire both our youth and sports enthusiasts.



By popularising the Triathlon, a challenge that pushes the limits, we are developing the culture of healthy living. The Triathlon is not only a sport, but also a lifestyle. We, the Municipality, support this lifestyle to enable us to take steps together towards a healthy and active community.

We consider sports not only as a tool that improves our physical health but also as a culture that strengthens social solidarity, keeps our youth away from harmful habits and adds discipline to our lives.

Alanya is a significant city that hosts many national and international organisations throughout the year, where the heart of culture, art and sports beats. We are creating many projects in order to make sports an indispensable part of our lives.

Let us not forget that sport is not only a physical development, but also a process that requires discipline, determination and dedication. Individuals who adopt these values will not only be successful athletes but also exemplary citizens of our society.

I wish each and every one of the athletes success competing in the races and would like to thank the Ministry of Youth and Sports, the Turkish Triathlon Federation, the Alanya District Governorship and our public institutions and organizations for their support.

Stay active, stay healthy!

Osman Tarık Özçelik

Mayor of Alanya Municipality

Dear Triathletes, Coaches, and Supporters,

Welcome to the 33rd Alanya Triathlon! We're thrilled to have you here in Alanya, a city known for its stunning landscapes and vibrant culture.

Our team has worked tirelessly to make this event memorable, ensuring your safety and enjoyment.

Over the years, the Alanya Triathlon has grown to be more than just a race; it's a testament to the passion and dedication of athletes like you. We are committed to making this edition as memorable as ever, ensuring that every aspect is meticulously planned for your safety and enjoyment. The challenging courses and enthusiastic spectators will push you to your best.

To our local community, sponsors, and volunteers, your unwavering support is the cornerstone of this event. Without your dedication, the Alanya Triathlon would not be possible. We are deeply grateful for your contributions.

Remember, the Alanya Triathlon is about more than just competition; it's about camaraderie and sportsmanship. Wishing all athletes the very best of luck. May you have a safe, memorable, and successful race. Let the waves, roads, and tracks of Alanya bear witness to your remarkable achievements!

Let's make this event unforgettable!

Warm regards,

Bayram Yalçinkaya

President,

Türkiye Triathlon Federation



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

DAY	START	END	ACTIVITY	LOCATION
26.10.2024	10:30	11:30	Bike Familiarization (2 laps)	Venue
26.10.2024	11:30	12:30	Swim Familiarization	Venue
26.10.2024	18:00	18:30	Briefing Elite	Race Venue
26.10.2024	18:30	19:00	Race Pack Distribution	Race Venue
27.10.2024	12:00		Elite Women Start	Venue
27.10.2024	14:30		Elite Men Start	Venue
27.10.2024	16:30		Medal Ceremony	Venue

1.3. KEY CONTACTS

- Alanya Municipality, Sports Director: Levent Uğur, leventugur@alanya.bel.tr
- Race director: Caner Algün, caneralgun@triatlon.org.tr, +90 534 678 80 13
- Event director: Naim NAMAL, naimnamal@outlook.com, +90 532 437 54 56
- Technical delegate: Paula Maia, paulacrmaia@gmail.com, +351 964 723 596
- Assist. Technical delegate: Mehmet Zeki SARI, besyomehmetbaskan@hotmail.com, +90 534 773 75 63
- Europe Triathlon Office: hq@europe.triathlon.org, +32478825456

1.4. CONTACT DETAILS

LOC : Alanya Municipality
Güllerpınarı Mahallesi İzzet Azakoğlu Caddesi no:58
spor@alanya.bel.tr
+90 242 444 82 07

National Federation: Türkiye Triathlon Federation
Maltepe mah Şehit Daniş Tunaligil Sok. No:3 Daire:15 Çankaya / Ankara
turkiyetriatlon@triatlon.org.tr
+90 312 309 25 70

2. VENUE

2.1. RACE VENUE

The 2024 Europe Triathlon Cup Alanya has one venue. Located in [Alanya Municipality](#)



2.2 COURSE FAMILIARISATION

DATE	TIME		ACTION	CATEGORY
26.10.2024	10:30	11:30	Bike Familiarization	Elite
26.10.2024	11:30	12:30	Swim Familiarization	Elite

Meeting point:

Bike Familiarization: At the Transition Area (Mount Line).

Swim Familiarization: At the Start area.

2.3. ATHLETE'S LOUNGE

The Athlete Lounge is located to the right side of the finish line. Inside, there will be restrooms, physiotherapists, and an ice pool, all dedicated to the athlete's needs. It will be available exclusively for Elite Athletes during the hours included in the schedule.

Location

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

2.4. ATHLETES' RACE PACKAGE

For the Elite athletes race packages will be distributed after the briefing - please, have your ID/Passport with you. The briefing will take place at the [Alanya Cultural Center](#).

DAY	START	END	ACTIVITY	LOCATION
26.10.2024	18:00	18:30	Briefing Elite	Race Venue
26.10.2024	18:30	19:00	Race Pack Distribution	Race Venue

Composition of race package:

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

Registration fees:

The entry fee will be 85 € and can be paid at the registration desk.

Please, cash only and EURO (€) will be accepted.

2.5. DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules by the Turkish Anti-Doping Commission. The athletes must carry their identification to the doping control facilities. There will be a dedicated doping control room inside the Alanya Municipality Building. Athletes will undergo doping tests in these private rooms.

2.6. SECURITY

There will be local police and 112 emergency ambulance services at the venue. Additionally, there will be private security personnels to manage access control and crossing across control.

2.7. LOC OFFICE

The LOC office will be located inside the Alanya Municipality building on the second floor. It will be open from October 13- 14 between 09:30-12:30

Alanya Municipality Güllerpınarı Mahallesi İzzet Azakoğlu Caddesi No:58 Alanya/ANTALYA

3. ACCOMMODATION

Alanya city has many hotels near the venue, the link will help you to find accommodation.
<https://www.altid.org.tr/en/otel-bolgesi/merkez/>

4. TRANSFER AND TRANSPORT

Transfer arrangements can be made via e-mail address or phone, which you can find below.

E-mail address: triathlon@724transfer.com

Phone Number: +902425111100

The prices will be as follows:

From Antalya to Alanya one way shuttle transfer fee is 14 Euro per person, bike transfer fee is 28 Euro per bike.

From Gazipaşa to Alanya one way shuttle transfer fee is 7 Euro per person, bike transfer fee is 14 Euro per bike.

Alanya Private one way transfer fee is 90 Euro from Antalya Airport with the vehicle of 10 + 1 capacity and large luggage.

Alanya Shuttle Private one way transfer fee is 40 Euro from Gazipaşa Airport with the vehicle of 10 + 1 capacity and large luggage.

Visa Information

By clicking the link below you can check whether you are going to need a visa to enter Türkiye : <https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

5. ATHLETES' SERVICES

5.1. TRAINING FACILITIES

SWIM

Pre-competition swim training can be done at the local 25m outdoor pool behind the Milli Egemenlik Stadı (<https://maps.app.goo.gl/iyNauzoZsFymXcHa9>) on 21 to 25 October 2024, between 10:00-14:00.

Swim Course: For open water swimming, the beaches of Alanya are open to the public.

BIKE

Roads are not closed to traffic for training sessions, therefore the local traffic regulations must be strictly followed at all times.

RUN

There is no track and field stadium, but Alanya has several routes, all are safe and appropriate.

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 venue 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.

Closest hospital, address :

BASKENT UNIVERSITY HOSPITAL, ALANYA

Saray Mahallesi Yunus Emre Caddesi No:1 07400 Alanya / ANTALYA

+90 242 510 25 25

Emergency telephone number : 112

5.3. BIKE MECHANICAL SERVICE

Official Bike mechanical partner [Shimano Türkiye](#) will be at the EXPO area, close to the transition area.

6. COMPETITION SCHEDULE

Schedule					
Date	Time	Until	Action	Category	Location
26.10.2024	10:30	11:00	Bike Familiarization (2 laps)	Elite	Transition Area
26.10.2024	11:30	12:30	Swim Familiarization	Elite	Galip Dere Halk Plaji
26.10.2024	18:00	18:30	Briefing Elite	Elite	Cultural Centre
26.10.2024	18:30	19:00	Race pack distribution	Elite	Cultural Centre
26.10.2024	17:30	19:30	Pasta Party	All	Cultural Centre
Date	Time	Until	Action	Category	Location
27.10.2024	11:00	12:00	Elite Women Athlete Lounge Check-in	Elite Women	Venue
27.10.2024	11:15	12:15	Elite Women TA Check-in	Elite Women	Venue
27.10.2024	11:15	12:45	Elite Women Swim Warm Up	Elite Women	Galip Dere Halk Plaji
27.10.2024	12:50		Elite Women Athletes Presentation	Elite Women	Transition Area
27.10.2024	13:00		Elite Women Start	Elite Women	Galip Dere Halk Plaji
27.10.2024	14:00	15:00	Elite Men Athlete Lounge Check-in	Elite Men	Venue
27.10.2024	14:15	15:15	Elite Men TA Check-in	Elite Men	Venue
27.10.2024	14:15	15:15	Elite Men Swim Warm Up	Elite Men	Galip Dere Halk Plaji
27.10.2024	15:20		Elite Men Athletes Presentation	Elite Men	Transition Area
27.10.2024	15:30		Elite Men Start	Elite Men	Galip Dere Halk Plaji
27.10.2024	17:30		Medal Ceremony	ALL	Venue

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon published [WT Competition Rules](#)

6.4. ATHLETES' BRIEFING

26.10.2024 18:00 - 18:30 Elite Briefing

6.5. 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 and Running shoes available to be checked for WT guideline compliance (photos will be taken). Bikes will be checked for safety and compliance on entry to the Transition Area.

6.6. RESULTS

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

6.7. 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, 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

Türkiye's official language is Turkish.

8.2. POPULATION

According to current information approximately 85 million 279 thousand 553 people are living in Türkiye.

8.3. CURRENCY

The National Currency is Turkish Liras (TL)

8.4. TIME

GMT +3

8.5 ELECTRICITY

230V 50 Hertz

In Türkiye the power sockets are of type E.

8.6 WATER

Non-potable water

8.7 TELEPHONE CONNECTIONS

+90 area code

9. COURSE MAPS

9.1. SWIM START



The start will be a Beach Start, featuring a blue start carpet marked with numbers.

9.2 SWIM COURSE

Number of laps: 1 (one)

Distance of the course: 750m

Distance from the start to the first buoy: 300 m

The swim course follows the right side of the buoys, so all of the buoys should stay at athletes' left while passing.

Average water temperature: 23-25°C



9.3. 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.



9.4. BIKE COURSE

Number of laps: 3 (three)

Distance of the course: 20.3km

Description: The bike course consists of 70% cobblestone and 30% high-quality asphalt. Relatively flat, going against the car traffic (clockwise).

Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap.



9.5. TRANSITION 2

After the last lap of the bike, athletes will turn left to reach the dismount line and transition area. They have to get off the bike before the dismount line. They run by holding the bike. Athletes enter the transition and must deposit the bike in their position and then take off their helmet. Running shoes may be placed beside the rack or in the box. After this, they should proceed to the run course.



9.6 RUN COURSE

Number of laps: 3 (three)

Distance of the course: 5.6km

Description: Rolling Course with ups and downs through the town.

Aid Station and Penalty Box locations: see the map below



Good luck!