

Athletes Guide



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1. GENERAL INFORMATION

1.1. INTRODUCTION

We would like to invite you to the 37th annual triathlon festival in beautiful Tábor, Czech Republic. Tábor triathlon festival will host the ETU Triathlon Junior European Cup!

The triathlon festival format allows fans along the track to feel like you - triathlon professionals. They have the opportunity to appreciate your endurance and hard, never-ending preparation. The day ahead gives them the chance to participate in Charity run on your run track and then compare the times with you. You can look forward to the crowds, ready to help you achieve the best performance possible.

Tábor triathlon is known for its technical track with sudden climbs, and multiple urban difficulties. Come to Tábor, the city whose history was indelibly signed in Europe of the 15th century. Come, join us, and enjoy the atmosphere of 2022 Europe Triathlon Junior Cup Tabor. We look forward to you!

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. Czech Triathlon Association (LOC) ensures that the information contained in this Guide is correct and up to date as of the production date. Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to CONSTANTLY CHECK the available information.

1.2. KEY DATES

Accommodation booking deadline: 10th July 2022 (see [page 6](#))

Shuttle transport booking deadline: 10th July 2022 (see [page 8](#))

Bike course familiarisation: 23rd July 2022, 14:00 – 15:00

Athletes Briefing: 23rd July 2022; 16:00 – 16:30 – online, pre-recorded

Entrance fee payment + race package pick-up: 23rd July 2022, 18:00 - 20:00 (see [page 5](#))

Race start: 24th July 2022, 12:25 Junior Men, 13:55 Junior Women

1.3. KEY CONTACTS

Chief Race Officer

Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

Technical Delegate

Joanna Pyrzyńska-Figurska (PL), joannapyrzynska@gmail.com

Europe Triathlon Office

etu_hq@etu.triathlon.org, +32478825456.

1.4. CONTACT DETAILS

TRIATHLON TEAM TÁBOR z.s.

Sedláčkova 1717/18

Tábor, 390 02

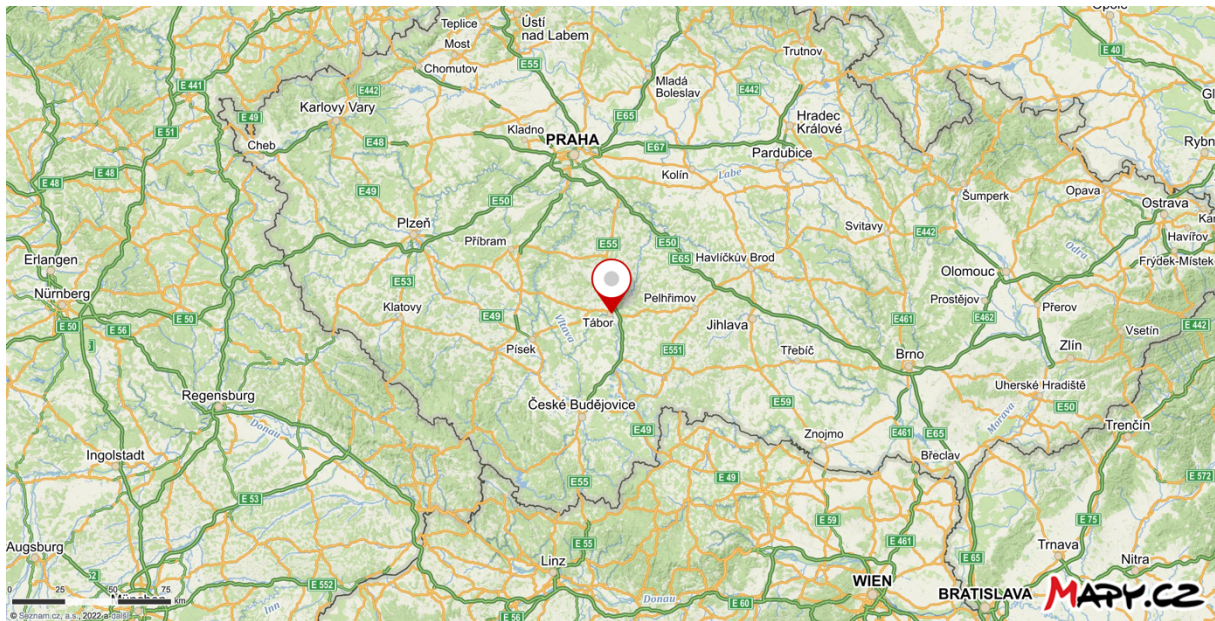
Telefon: +420 606 948 888

E-mail: triatlon@triatlon-tabor.cz

2. VENUE

2.1. RACE VENUE

The Race Venue is in the very centre of Tábor. All services, including accommodation, are easily reachable on foot.

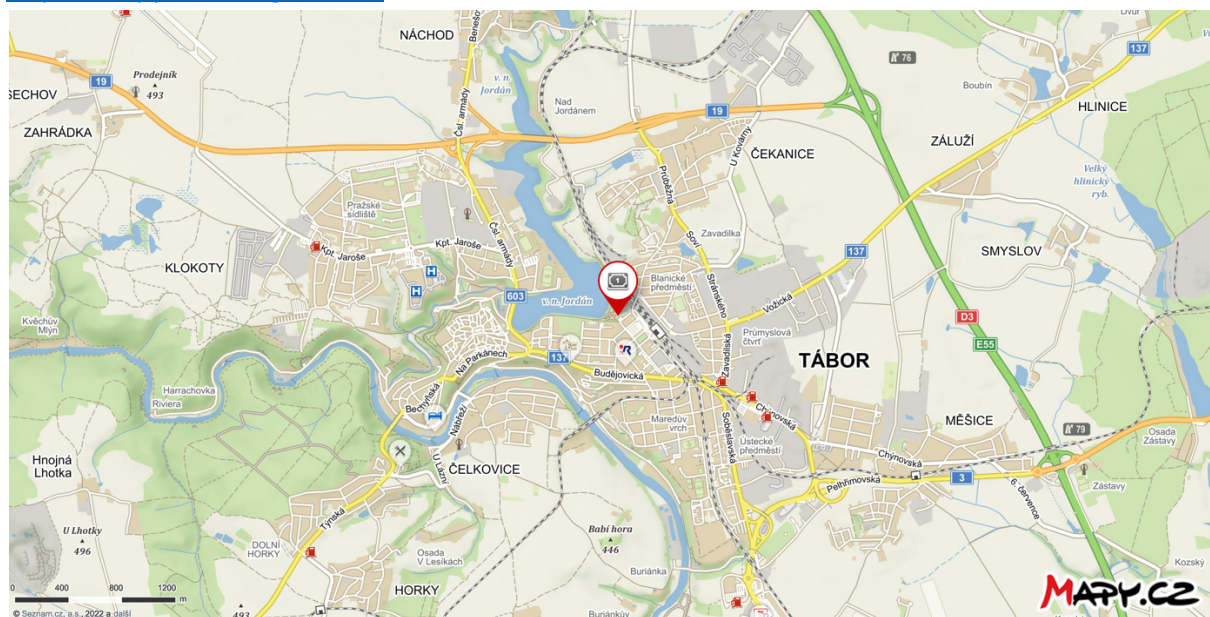


Race centre

Černá Perla,

Šafaříkova 3123, 39002 Tábor

<https://mapy.cz/s/mugubanaro>



2.2 COURSE FAMILIARIZATION

Saturday 23rd July 2022

14:00 - 15:00 Bike course familiarisation – in the race center Černá Perla, Šafaříkova 3123, 39002

Tábor, <https://mapy.cz/s/mugubanaro>

2.3. ATHLETE'S LOUNGE

Located next to the transition area. Storage, plain water, and bike mechanic provided during opening hours. A recovery zone is placed close to the finish area.

2.4. ATHLETES' RACE PACKAGE



Race package is delivered on Saturday 23rd July 2021, 18:00 - 20:00 on the ground floor of Černá Perla, Šafaříkova 3123, 39002 Tábor, <https://mapy.cz/s/mugubanaro>

ENTRY FEE PRICE

Entry fee price € 65.

HOW TO PAY ENTRY FEE?

Payment is possible only on the spot and only in cash (EUR). Race package is delivered in return for the starting fee payment.

2.5. DOPING CONTROL

Location of the doping control is 20 m from the transition area. Doping tests will be conducted according to World Triathlon / WADA rules. The athletes must carry their ID documents to the doping control facilities.

2.6 SECURITY

Security Service will be provided during the competition in the Athletes Lounge, Transition Area and FOP.

2.7. LOC OFFICE

Černá Perla, Šafaříkova 3123, 39002 Tábor

Opening hours: Sat 23rd July 2021, 12:00 - 20:00

Contact: Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

3. ACCOMMODATION

3.1. HOTELS



Hotel Tábor: partner of the race

250 meters from the race centre. The family 3* Hotel Tábor offers 23 standardly furnished rooms.

Address:

9. května 617

390 02 Tábor, CZ

Tel: +420 774 402 025

Mail: tabor@hotel.cz

<https://www.hoteltabor.eu>

Prices:

Price for 1 night/per room appx. 1.490 CZK (65€) / Double room

(Price includes breakfast, VAT)

Method of the hotel payments: Credit card or Cash (day of arrival)

IMPORTANT INFORMATION:

Accommodation must be ordered before 10th July 2022 by email or phone. **Note: Triathlon race**



Hotel Palcát

Hotel Palcát offers reconstructed single to quadruple rooms with total capacity 70 rooms.

Athletes' registration is next to the hotel building, race centre is 100 m from the hotel.

Address:

9. Května 2471
390 02 Tábor, CZ
Tel: +420 774 706 495
<https://hotelpalcat.cz>

Prices:

Price for 1 night/per room appx. 1.850CZK (75€) / Double room
(Price includes breakfast, VAT)
Method of the hotel payments: Credit card or Cash (day of arrival)

IMPORTANT INFORMATION:

Accommodation must be ordered before 10th July 2022. Directly through the hotel reservation system. **Note: Triathlon race**

4. TRANSFER AND TRANSPORT



BY TRAIN

The nearest train station is **Tábor**. It is a 5-minutes walk from the race centre. You can use <https://www.cd.cz/en/> or The "My Train" mobile application to find the connection and buy a ticket. *In the third step of the ticket purchase, don't forget to reserve a place for your bike.*



BY AIR

Nearest airport is Vaclav Havel Airport Prague /PRG/

4.1. PRAGUE AIRPORT <> TÁBOR SHUTTLE

Transport from the airport Prague to Tábor (appx. 1 hour) is provided by minibus for 8 persons including bike boxes and luggage.

4.2. SHUTTLE PRICE

Price € 100 one-way trip (1-8 people including bikes).

4.3. HOW TO BOOK AND PAY PRAGUE AIRPORT <> TÁBOR

a) Booking

Please book your shuttle transport by **10th July 2022** by email: martin@triatlon-tabor.cz

Booking email template:

ETU Triathlon Junior Cup Tábor shuttle reservation for

Your name / company name:

Address:

VAT ID (optional):

Date and time of arrival at Prague Airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

Date and time of departure from Prague airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

b) Payment

Payment is possible only on the driver and only in cash (EUR).

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Swimming pool (25m)

<http://www.tzmt.cz/plavecky-stadion/>

Address: TZMT, Kvapilova 2500, 390 03 Tábor

Opening hours 9:00 – 18:00

Pool reservations – yes, but only for extra swimming line reservation



BIKE

Zone Komora (1km - closed training circuit), <http://www.tzmt.cz/zona-komora/kontakty/>

Address: Na Bydžově 3122, 390 05, Tábor

Circuit reservations – yes, but only for teams course reservation.



RUN

Athletic stadium (400m track), <https://www.tzmt.cz/fotbalove-stadiony/kontakty/>

Opening hours 8:00 – 18:00

Address: U stadionu Míru 1579, Tábor 390 03

Reservations – yes

5.2. MEDICAL SERVICES

Doctor of the race

Mudr. Kolomazníková Eva, +420 724 826 547

First Aid and Emergency Medical Services will be available at the transition/finish area before and during the whole weekend. Medical and Paramedical personnel will be available throughout the race. Ambulance car will be available to provide emergency transfer to a nearby hospital. A medical area will be provided on site at the transition/finish area.

Medical services at the venue are free of charge. Treatment in hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital

NEMOCNICE TÁBOR

<https://www.nemta.cz/>

Ambulance and Emergency

Opening hours: 24h day

Address: Kpt. Jaroše 2000, 390 03 Tábor

Phone: 00420 381 608 111

Payment for treatment: travel insurance or cash (CZK)

Emergency telephone number

Czech Rescue Service: 155

Single European emergency number: 112

5.3. BIKE MECHANICAL SERVICE

Bike mechanics can be found near the Athletes Lounge.

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
Sat 23 rd July	16:00	16:30	Athlete's briefing	briefings.competitions.org/tabor
Sat 23 rd July	14:00	15:00	Bike course familiarization	Černá perla
Sat 23 rd July	18:00	20:00	Race Package Distribution (ID required)	Černá perla
Sun 24 th July	12:30	13:30	Athlete Lounge check in	Černá perla
Sun 24 th July	12:30	15:30	Athletes lounge open	Černá perla
Sun 24 th July	12:55	13:40	TA check-in	Černá perla
Sun 24 th July	13:10	13:40	Swim warm-up	Start Area
Sun 24 th July	13:45		Calling area	Start Area
Sun 24 th July	13:50		Athletes' introduction	Start Area
Sun 24 th July	13:55		START	
Sun 24 th July	15:00	15:30	TA and AL check-out	Černá perla
Sun 24 th July	15:30	16:00	Award Ceremony	Černá perla

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Sat 23 rd July	16:00	16:30	Athlete's briefing	briefings.competitions.org/tabor
Sat 23 rd July	14:00	15:00	Bike course familiarization	Černá perla
Sat 23 rd July	18:00	20:00	Race Package Distribution (ID required)	Černá perla
Sun 24 th July	11:00	12:00	Athletes lounge check in	Černá perla
Sun 24 th July	11:00	15:30	Athletes lounge open	Černá perla
Sun 24 th July	11:25	12:10	TA check-in	Černá perla
Sun 24 th July	11:40	12:10	Swim warm-up	Start Area
Sun 24 th July	12:15		Calling area	Start Area
Sun 24 th July	12:20		Athletes' introduction	Start Area
Sun 24 th July	12:25		START	
Sun 24 th July	15:00	15:30	TA and AL check-out	Athletes Lounge
Sun 24 th July	15:30	16:00	Award Ceremony	Černá perla

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of World Triathlon.

6.4. ATHLETE'S BRIEFING

Available online from 23rd July 2022 at 16:00 on briefings.competitions.org/tabor

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' left ankle. Athletes will pick up the timing chips before the competitions, during their TA check-in procedure. These timing chips must be handed back at the end of the race.

6.6. RESULTS

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

Live coverage <https://www.sportsoft.cz/en>

6.7. PROTEST & APPEALS

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

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed during the Race Package distribution in Hotel Palcát

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

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

8.1. LANGUAGE: Czech

8.2. POPULATION: 10 M

8.3. CURRENCY: Czech Crown (Kč)

8.4. TIME: Central European Time (CET)

8.5. ELECTRICITY: power plugs and sockets are of type E. This socket also works with plug C and with plug F if it has an additional pinhole. Standard voltage is 230 V and the frequency is 50 Hz

8.6. WATER: Tap water is safe to drink in whole country.

8.7. TELEPHONE CONNECTIONS:

General emergency: 112

Ambulance: 155

Police: 158

Fire brigade: 150

Municipal police: 156

Emergency Road Service (ABA): 1240

Emergency Road Service (UAMK): 1230



9. COURSE MAPS



SWIM COURSE 750 m (1 lap = 750 m)

Lake Jordán

Start procedures: deep-water start

Number of laps: 1

Average water temperature: 22,1°C

Run to the Transition Area follows

TRANSITION AREA 1

One transition area only.

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 20 km (0,5 km + 4 x 4,75 km + 0,5 km)

Undulating and technical course mostly in the town, fully closed.

Beginning from the TA, 0,5 kilometres over the train station. Then 4 laps in the section from the train station to the underpass of the I/19 road near the local part of Čekanice. Then arrival to the depot, 0,5 kilometres back via Jeronýmova Street.

The track is marked by yellow arrows. Wheel station is 0,5 km from the transition area, accessible from every bike lap. Lap counter 0,5 km from the transition area.

TRANSITION AREA 2

Athletes enter to the same transition area. Dismount line is clearly marked by cones with the STOP mark. Helmet must be placed into a bin beside the bike racks. Running shoes may be placed beside the rack or in the bin.

RUN COURSE 5 km (4 laps / 1 lap = 1,18 km)

Flat town circuit (asphalt). The circuit is marked with lime line along the entire route and finish at the race centre next to the swim start.

AID STATION: At the beginning of each run lap, with clean water.

FINISH AREA: water, rice pudding, fruit, and biscuits.

10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

As of 9th April 2022, the protective measures regarding the conditions of entry into the Czech Republic in relation to the epidemic of covid-19 have been suspended. Entry into the Czech Republic is no longer subject to any special epidemiological conditions to prevent the spread of the disease. The entry-ban for foreigners from third-countries and the obligation to prove infection-free status have been lifted.

More detailed information can be found here:

<https://www.mvcr.cz/mvcren/article/coronavirus-information-of-moi.aspx>

If you require additional help, please contact:

Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

2. Airport Transfer

Anyone using the shuttles provided by the LOC must be informed that the use of mask and face covering is mandatory. 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. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

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 ([link](#))

5. Athlete's briefing

Athletes briefing will be pre-recorded and available at briefings.triatlon.org/tabor

The TD Joanna Pyrzyńska-Figurska will be available for any clarifications.

6. Race package distribution

Race package is delivered on Saturday 23rd July 2022, 18:00 - 20:00 in the Černá perla

7. Spectators' access

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

All the LOC team behind this wonderful event wish you a good luck!

