



Tábor
2024
tábor



Athletes' Guide





Table of Contents

1	GENERAL INFORMATION	2
1.1	INTRODUCTION	2
1.2	KEY DATES	2
1.3	KEY CONTACTS	2
1.4	CONTACTS DETAILS	2
2	VENUE	3
2.1	RACE VENUE	3
2.2	COURSE FAMILIARISATION	4
2.3	ATHLETES' LOUNGE	4
2.4	JUNIOR ATHLETES' RACE PACKAGE	4
2.4.1	Entry fee	5
2.4.2	How to pay entry fee?	5
2.5	DOPING CONTROL	5
2.6	SECURITY	5
2.7	LOC OFFICE	5
3	ACCOMMODATION	5
4	TRANSFER AND TRANSPORT	7
4.1	TRAIN	7
4.2	FLIGHT	7
4.2.1	Prague Airport <> Tábor shuttle	7
4.2.2	How to book and pay Prague Airport <> Tábor	7
5	ATHLETES' SERVICES	8
5.1	TRAINING FACILITIES	8
5.2	MEDICAL SERVICES	8
5.3	BIKE MECHANICAL SERVICE	9
6	COMPETITION SCHEDULE	9
6.1	JUNIOR WOMEN	9
6.2	JUNIOR MEN	9
6.3	COMPETITION RULES	10
6.4	ATHLETES' BRIEFING	10
6.5	TIMING CHIPS	10
6.6	RESULTS	10
6.7	PROTEST & APPEALS	10
7	ACCREDITATION	10
8	OTHER USEFUL INFORMATION	10
9	COURSE MAPS	11



1 General Information

1.1 Introduction

We're delighted to invite you to the 39th annual Triathlon Festival in the gorgeous city of Tábor, Czech Republic!

Get ready for an exciting course with lots of sharp climbs and quick turns—it's going to be a blast for everyone involved, athletes and fans alike! You'll get the chance to showcase your determination and prowess. This event will be held in the charming city of Tábor, where you'll be challenged to push your limits in every way. It's the perfect place to show off your athletic skills and sportsmanship.

We can't wait to share this amazing experience with you. Join us for an unforgettable day at the 2024 Europe Triathlon Junior Cup Tábor. Let's start the countdown together!

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: 12th July 2024 (see page 6)

Shuttle transport booking deadline: 12th July 2024 (see page 8)

Bike course familiarisation: 27th July 2024, 13:00 – 14:00

Payment and Registration: 27th July 2024, 15:00 – 16:00 (see page 5)

Athlete's briefing and Race Package Distribution (ID required): 27th July 2024; 16:00 – 17:00

Race start: 28th July 2024, 12:30 Junior Men, 14:00 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 Contacts details

TRIATHLON TEAM TÁBOR z.s.

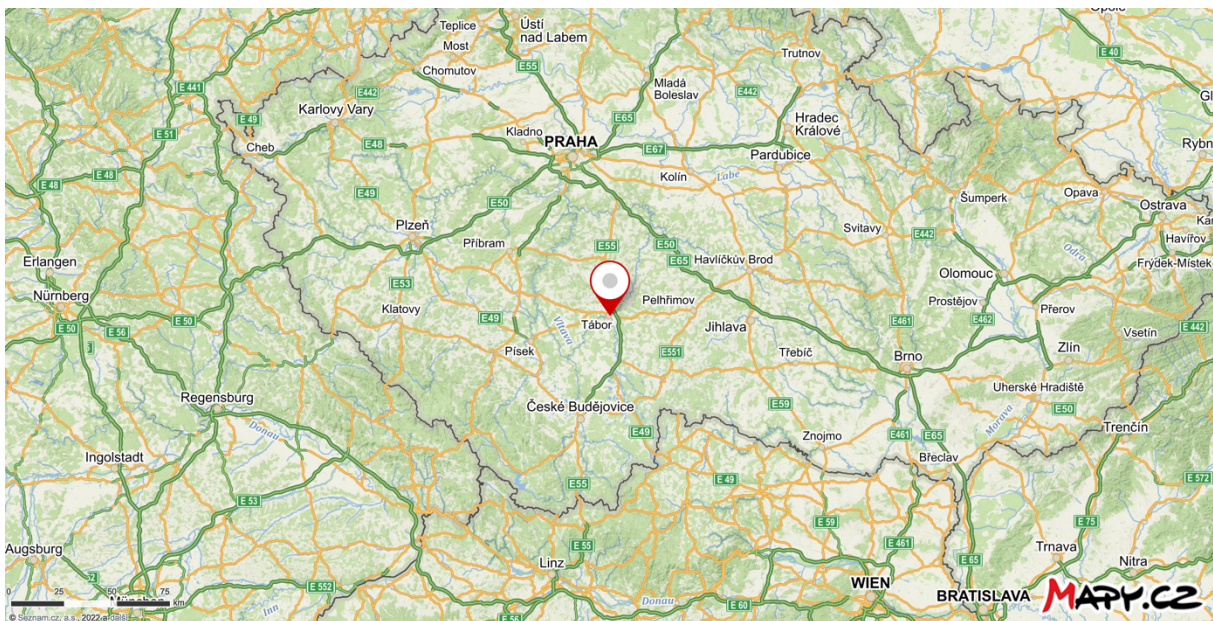


Sedláčkova 1717/18
Tábor, 390 02
Phone: +420 606 948 888
E-mail: triatlon@triatlon-tabor.cz

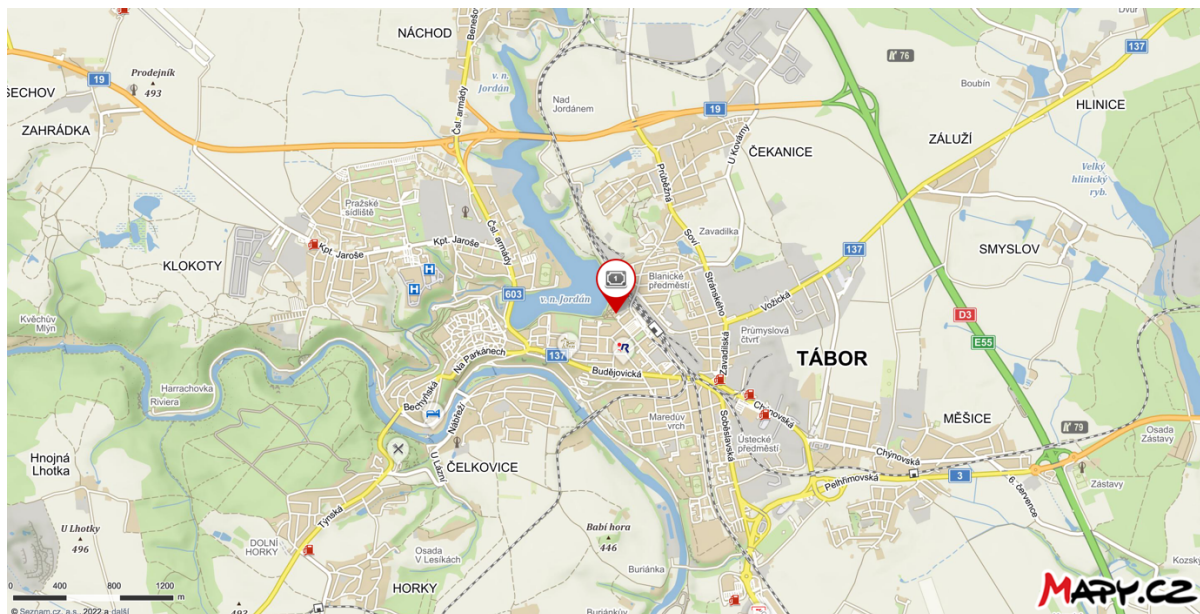
2 Venue

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://goo.gl/maps/doP9dj5uWMP2HujY8>



2.2 Course familiarisation

Saturday 27th July 2024

13:00 - 14:00 Bike course familiarisation – in the race centre Černá Perla, Šafaříkova 3123, 39002 Tábor, <https://goo.gl/maps/doP9dj5uWMP2HujY8>

2.3 Athletes' 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 Junior athletes' race package



The race package is delivered on Saturday 27th July 2024, 15:00 - 16:00 in the Hotel Palcát, 9. května 2471, 390 02 Tábor <https://maps.app.goo.gl/jf9ZhMp95HefqLV3A>



2.4.1 Entry fee

Entry fee price € 75.

2.4.2 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

Hotel Palcát, 9. května 2471, 390 02 Tábor <https://maps.app.goo.gl/jf9ZhMp95HefgLV3A>

Opening hours: 27th July 2024, 15:00 - 18:00

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

3 Accommodation





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>

IMPORTANT INFORMATION:

Accommodation must be ordered before 12th July 2024 by email or phone. Note: Triathlon race



Hotel Palcát: partner of the race

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>



IMPORTANT INFORMATION:

Accommodation must be ordered before 12th July 2024. Directly through the hotel reservation system. Note: Triathlon race

4 Transfer and Transport

4.1 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.

4.2 Flight

Nearest airport is Vaclav Havel Airport Prague /PRG/

4.2.1 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.
- Price € 120 one-way trip (1-8 people including bikes).

4.2.2 How to book and pay Prague Airport <> Tábor

a) Booking

Please book your shuttle transport by 12th July 2024 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 Athletes' 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 – the team course reservation via website is recommended.

BIKE

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

Address: Na Bydžově 3122, 390 05, Tábor

Circuit reservations – the team course reservation via website is recommended.

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 – the team course reservation via website is needed.

5.2 Medical services

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 during the whole race day.

6 Competition schedule

6.1 Junior women

Day	Start	End	Activity	Location
Sat 27 th July	13:00	14:00	Bike course familiarization	Černá perla
Sat 27 th July	15:00	16:00	Payment and Registration	Hotel Palcát
Sat 27 th July	16:00	17:00	Athlete's briefing and Race Package Distribution (ID required)	Hotel Palcát
Sun 28 th July	11:00	12:10	Athlete's lounge check in	Černá perla
Sun 28 th July	11:30	12:15	TA check-in	Černá perla
Sun 28 th July	13:00	13:45	Swim warm-up	Start Area
Sun 28 th July	13:50		Calling area	Start Area
Sun 28 th July	13:55		Athletes' introduction	Start Area
Sun 28 th July	14:00		START	
Sun 28 th July	15:00	15:30	TA and AL check-out	Černá perla
Sun 28 th July	15:30	16:00	Award Ceremony	Černá perla

6.2 Junior men

Day	Start	End	Activity	Location
Sat 27 th July	13:00	14:00	Bike course familiarization	Černá perla
Sat 27 th July	15:00	16:00	Payment and Registration	Hotel Palcát
Sat 27 th July	16:00	17:00	Athlete's briefing and Race Package Distribution (ID required)	Hotel Palcát
Sun 28 th July	10:45	12:10	Athletes lounge check in	Černá perla
Sun 28 th July	11:30	12:15	TA check-in	Černá perla
Sun 28 th July	11:30	12:15	Swim warm-up	Start Area
Sun 28 th July	12:20		Calling area	Start Area
Sun 28 th July	12:25		Athletes' introduction	Start Area
Sun 28 th July	12:30		START	
Sun 28 th July	15:00	15:30	TA and AL check-out	Athletes Lounge



6.3 Competition rules

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

6.4 Athletes' briefing

The athletes' briefing will be held on July 27th from 16:00 to 17:00 at Hotel Palcát, 9. května 2471, 39002 Tábor, Česko (<https://maps.app.goo.gl/jf9ZhMp95HefgL3A>) This briefing is mandatory for all athletes and attendance is required. Please mark your calendars accordingly and plan to arrive on time.

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 in the athletes' lounge before the competitions, during their 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://irontime.cz/vysledek/>

6.7 Protest & appeals

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

7 Accreditation

The LOC will provide to all the Organizing Committee Members, Europe Triathlon 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

LANGUAGE: Czech

POPULATION: 10 M

CURRENCY: Czech Crown (Kč)

TIME: Central European Time (CET)



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

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

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 1/2

One transition area location.

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear, caps and any other equipment 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 (4x5km) ([detailed map](#))

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

Beginning over the train station. Then 4 laps in the section from the train station to the Družstevní and U Kovárny crossing in the local part of Čekanice.

The track is marked by yellow arrows. Wheel station is placed 0,1 km from the transition area, accessible from every bike lap. Lap counter is placed 0,1 km from the transition area.

TRANSITION 2/2

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 (3 laps / 1 lap = 1,66 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.

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