



# Athletes' Guide



Fáilte go Corcaigh,  
Welcome to Cork!

On behalf of the team at Triathlon Ireland, I am incredibly proud to welcome you all to Cork city. We are thrilled to provide you with the opportunity to showcase your incredible talents in some of the most iconic locations Cork city has to offer. There will be a vibrant mix of athletes, coaches, officials, and spectators all coming together at the 2024 Europe Triathlon Cup and Europe Triathlon Junior Cup Cork.

We are truly honoured to have you all here, and delighted to once again bring Europe's best Junior and Elite triathletes to our shores. We encourage you to embrace every moment, to push your limits, and to inspire others with your determination and resilience.

Ireland is globally renowned for its rich culture, music, sport, and above all, its hospitality. I can say with confidence that you will be well looked after by our dedicated volunteers, staff, and Irish athletes, who are eager to challenge you in the best spirit of our sport on this wonderful field of play. I hope you find some time to immerse yourselves in Cork city and build connections and memories with each other that will forever be linked with the Emerald Isle of Ireland.

Your journey will start as you swim in the River Lee, right in the heart of the city, before exiting T1 into Super Valu Pairc Ui Chaoimh, Cork's iconic Gaelic Games stadium. The race course has been designed to be both challenging and spectator-friendly, ensuring an enjoyable experience for all participants. The blue carpet finish awaits you, where you will be welcomed home by over 1,000 Age Group athletes who will race around Cork city in your footsteps the following day. It will be epic!

I'd like to acknowledge and extend a special welcome to our Irish athletes. I encourage you to savour every moment and give it your all as you chase the podium.

The city of Cork is yours to conquer, to inspire, and to create lasting memories. So let us come together in the true spirit of triathlon, supporting, and uplifting one another as we embrace the challenges and triumphs that lie ahead.

Céad Míle Fáilte (one hundred thousand welcomes)!



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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

Event	Date	Time
Bike Course Familiarisation	13th July	10:00
Swim Course Familiarisation	13th July	11:00
Athlete's Briefing Junior	13th July	17:00
Athlete's Briefing Elite	13th July	18:00
Junior Men Start	14th July	08:00
Junior Women Start	14th July	08:05
Junior Medal Ceremony	14th July	13:30
Elite Men Start	14th July	10:00
Elite Women Start	14th July	12:00
Elite Medal Ceremony	14th July	13:30

## 1.3. Key contacts

Name and contact details of:

- Race director: Paul Mooney (IRL) [paul@triathlonireland.com](mailto:paul@triathlonireland.com) 035387-2685725
- Technical delegate: Maryia Charkouskaya-Tarasevich (GEO) [events@europetriathlon.com](mailto:events@europetriathlon.com)
- Athletes' services manager: Julie Dunne (IRL) [Julie@triathlonireland.com](mailto:Julie@triathlonireland.com) 0035386-3074582
- Europe Triathlon Office: [hq@europe.triathlon.org](mailto:hq@europe.triathlon.org). Phone number : +32478825456.
- Safeguarding: Niamh Gorman (IRL) [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com) +353 87 3627106
- Antidoping: Eleanor Condon (IRL) [eleanor@triathlonireland.com](mailto:eleanor@triathlonireland.com) +353 87 6898812



## 1.4. Contacts details

All queries to be sent to the Race Director, emails will be circulated to relevant personnel.

Paul Mooney (IRL) [paul@triathlonireland.com](mailto:paul@triathlonireland.com) 035387-2685725

# 2 Venue

## 2.1. Race venue

Venue map in design stage.

Swim Start: Shandon Boat Club

Google Map Link: [📍 Shandon Boat Club & Naomhóga Chorcaí](#)

Finish: Marina Park

Google Map Link: [📍 Marina Park](#)

Event Facilities: SuperValu Pairc Uí Chaoimh Stadium

Google Map Link: [📍 SuperValu Páirc Uí Chaoimh](#)

## 2.2 Course familiarisation

**Swim Familiarisation:** 11:00 - Saturday 13th July

Location: Shandon Boat Club

The swim course will be constructed on Friday evening allowing athletes to access the course on Saturday morning. Typical water temperatures for July are 16/17 C.

The use of wetsuits falls under World Triathlon Competition Rules.

Safety instructions:

Both Elite and Junior athletes will swim the course at High Tide mark when the strength of the river is at its most gentle flow speed. After turn point 3, the swim will be slightly more challenging as you swim against the river direction.

Incoming Tide East to West.

River direction West to East.

Motorboats will accompany swimmers during the familiarisation but we would ask swimmers to phase their entries in grouped formats.

## **Bike Familiarisation: 10:00 Saturday 13th July**

Location: Shandon Boat Club

The bike course will be under Garda (Police) escort. Please note, the road is not closed. Parts of the course are one way streets and may not be fully accessible as part of the familiarisation.

The familiarisation will consist of two laps under escort before returning to Shandon Boat Club.

Should cyclists wish to cycle the course without escort, we would ask that you return to Shandon Boat Club to complete the familiarisation so we can take a headcount and release Garda (Local Police) from their duty.

### **2.3. Athletes' lounge**

Located in Supervalu Pairc Ui Chaoimh Stadium, close to the finish line.

The athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition.

Nobody is allowed to leave personal items unattended. Bikes can be stored in the stadium upon request.

Food and water will be served by special volunteers and everything will be sealed and packaged.

Toilets will be available at the Athletes Lounge and it will be cleaned and sanitised every hour.

A recovery area will be located at Central Hall, athletes will be ushered to this area to be assessed by medical if required.

### **2.4. Elite and/or other categories Junior athletes' race package distribution**

Athletes' race packages will be distributed after the briefing.

Athletes will be required to pay their entry fee prior to collecting their race pack.

If you have any questions please contact [julie@triathlonireland.com](mailto:julie@triathlonireland.com)

### **2.5. Doping control**

Sport Ireland Anti Doping will provide doping service to Cork City Triathlon. The location of the room is located next to the dressing rooms in Supervalu Pairc Ui Chaoimh Stadium and will be signposted.

The athletes must carry their identification to the doping control facilities.

## 2.6. Security

Event security/marshals will be located throughout the stadium and Marina Park.

Local Gardai (police) will look after security external to the stadium.

## 2.7. LOC office

Located in Supervalu Pairc Ui Chaoimh Stadium, follow sign posts.

Event map in design stage, to be provided shortly.

# 3 Accommodation

## 3.1

Host Hotel

Metropole Hotel:

<https://www.themetropolehotel.ie/>

Discount code: SPORT10

Cork International

<https://www.corkinternationalairporthotel.com/>

Discount code: SPORT10

# 4 Entry Fee, Transfer and Transport

## 4.1. Entry Fee

Entry fee is 95€ for Elite and 75€ for the Junior Races.

This can be made payable to Triathlon Ireland via electronic transfer, link below, bank transfer or at registration on Saturday the 13th of July.

### Electronic Transfer Details

- 1) Elite Entry Electronic Payment, €95 euro Link [here](#)
- 2) Junior Electronic Payment, €75 euro Link [here](#)

### Bank Details

Sort code 933384

IBAN IE68AIBK93338424076075

Account Number 24076075

Account Name Irish Triathlon

Account Address

Sport Ireland HQ2, Unit 3, Sports Ireland Campus, DublinD15 WY8D

Cash can also be accepted at the Athlete Briefing

## 4.2 Transfer and Transport

Transport to and from the race venue will need to be organised by the athletes.

# 5 Athletes' Services

## 5.1. Training facilities

### SWIM

There are a number of public swimming pools.

Mardyke Arena is located approx 1km from Cork City Centre

Link: [Mardyke Arena Health & Leisure Centre Cork](#)

Douglas Leisureworld is located 2km from Cork City Centre

Link: [LeisureWorld Douglas - LeisureWorld Cork](#)

Note: If you wish for us to arrange swim slots, please contact Event Services Manager Julie Dunne.

### BIKE

Cork City is heavily developing its cycling infrastructure to encourage safer cycling.

We would encourage you to cycle West, South, or East of Cork City where the cycling infrastructure is best.

Ideal destinations:

1. Cobh (34 km round trip) <https://maps.app.goo.gl/g9EkXHPUGKDs5Za87>
2. Youghal (100km round trip) <https://maps.app.goo.gl/NcUhnSu5pgcPr3q86>
3. Kinsale (55km round trip) <https://maps.app.goo.gl/NziZx4jE3ZwzLBx26>
4. Crosshaven ( 40km round trip) <https://maps.app.goo.gl/atsZ3Kozhictv28m8>

### RUN

The event location provides an ideal opportunity to explore the run course.

There is a greenway here: <https://maps.app.goo.gl/jQyTEFV15f6doGB56>

A track is available at Mardyke Arena: <https://www.mardykearena.com/>

## 5.2. Medical services

First Aid and Emergency Medical Services will be provided during Swim and Bike Familiarisation in addition to race day. Medical teams will be located at Shandon Boat Club, and the finish line area at Marina Park.

Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

South Infirmary Victoria University Hospital

+353214926100

Link: <https://maps.app.goo.gl/iqu6jet4d5CwFFw8>

## 5.3. Bike mechanical service

Our bike mechanics will be available at Transition on Sunday 14th July from 06:30 am

# 6 Competition schedule

## 6.1. Junior Men

Day	Start	End	Activity	Location
Sat	17:00	18:00	Junior Athletes' briefing	Supervalu Pairc Ui Chaoimh
Sat	18:00	19:00	Athletes' race packages pick-up	Supervalu Pairc Ui Chaoimh
Sun	06:30	07:15	Athletes' Lounge check in	Supervalu Pairc Ui Chaoimh
Sun	07:00	07:45	TA check in	Shandon Boat Club
Sun	07:15	07:45	Swim warm-up	Shandon Boat Club
Sun	07:50	07:55	Line Up	Shandon Boat Club
Sun	07:57		Athletes' introduction	Shandon Boat Club
Sun	08:00		Start	Shandon Boat Club
Sun	13:30		Award Ceremony	Shandon Boat Club

## 6.2. Junior Women

Day	Start	End	Activity	Location
Sat	17:00	18:00	Junior Athletes' briefing	Supervalu Pairc Ui Chaoimh
Sat	18:00	19:00	Athletes' race packages pick up	Supervalu Pairc Ui Chaoimh
Sun	06:30	07:15	Athletes' Lounge check in	Supervalu Pairc Ui Chaoimh
Sun	07:00	07:45	TA check in	Shandon Boat Club
Sun	07:15	07:45	Swim warm-up	Shandon Boat Club
Sun	07:50	07:55	Line Up	Shandon Boat Club
Sun	08:03		Athletes' introduction	Shandon Boat Club
Sun	08:05		Start	Shandon Boat Club
Sun	13:30		Award Ceremony	Supervalu Pairc Ui Chaoimh

## 6.3. Elite Men

Day	Start	End	Activity	Location
Sat	18:00	19:00	Elite Athletes' briefing	Supervalu Pairc Ui Chaoimh
Sat	19:00	20:00	Athletes' Race packages pick-up	Supervalu Pairc Ui Chaoimh
Sun	07:30	08:30	Athletes' Lounge check in	Supervalu Pairc Ui Chaoimh
Sun	09:00	09:45	TA check in	Shandon Boat Club
Sun	09:15	09:45	Swim warm-up	Shandon Boat Club
Sun	09:45	09:50	Calling area	Shandon Boat Club
Sun	09:52	09:59	Athletes' introduction	Shandon Boat Club
Sun	10:00		Start	Shandon Boat Club
Sun	13:30		Award Ceremony	Supervalu Pairc Ui Chaoimh

## 6.3. Elite Women

Day	Start	End	Activity	Location
Sat	18:00	19:00	Elite Athletes' briefing	Supervalu Pairc Ui Chaoimh
Sat	19:00	20:00	Athletes' Race packages pick-up	Supervalu Pairc Ui Chaoimh
Sun	09:30	10:30	Athletes' Lounge check in	Supervalu Pairc Ui Chaoimh
Sun	11:00	11:45	TA check in	Shandon Boat Club
Sun	11:15	11:45	Swim warm-up	Shandon Boat Club
Sun	11:50	11:55	Calling area	Shandon Boat Club
Sun	11:55	11:59	Athletes' introduction	Shandon Boat Club
Sun	12:00		Start	Shandon Boat Club
Sun	13:30		Award Ceremony	Supervalu Pairc Ui Chaoimh

#### 6.4. Competition rules

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

#### 6.5. Athletes' briefing

Junior: Saturday 13th - 17:00 - Supervalu Pairc Ui Chaoimh

Elite: Saturday 13th - 18:00 - Supervalu Pairc Ui Chaoimh

Entrance to Location: <https://maps.app.goo.gl/SN4xks3CJBnknkr8>



#### 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](http://www.triathlon.org).

## 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.

Accreditations can be obtained at the LOC office in Supervalu Pairc Ui Chaoimh.

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

English

## 8.2. Population

300,000

## 8.3. Currency

Euro

## 8.4. Time

GMT

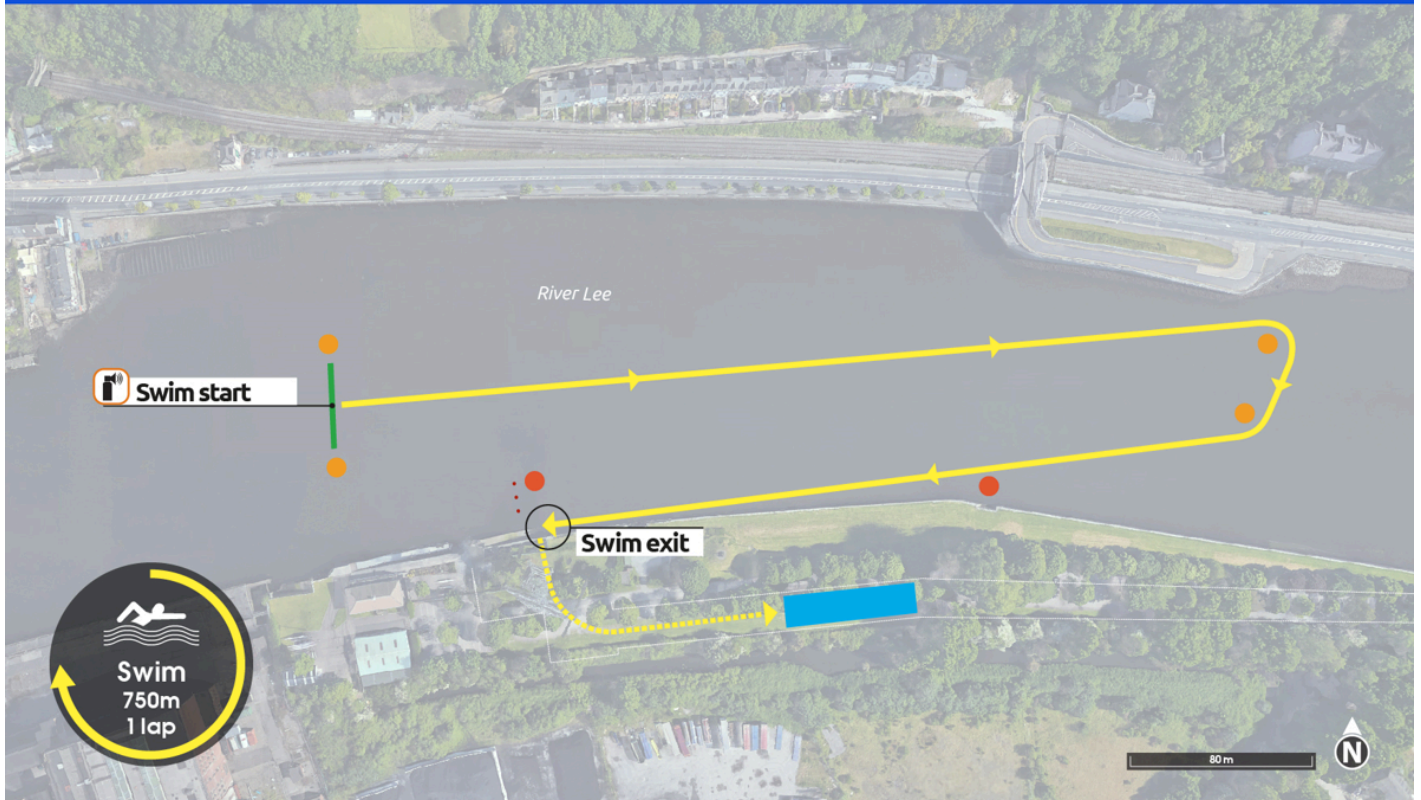


# 9 Course maps

## SWIM COURSE

### Swim Course 2024 Europe Triathlon Cup Cork

Swim 1x 750 m



TRANSITION 1/2

# Transition 1

2024 Europe Triathlon Cup Cork

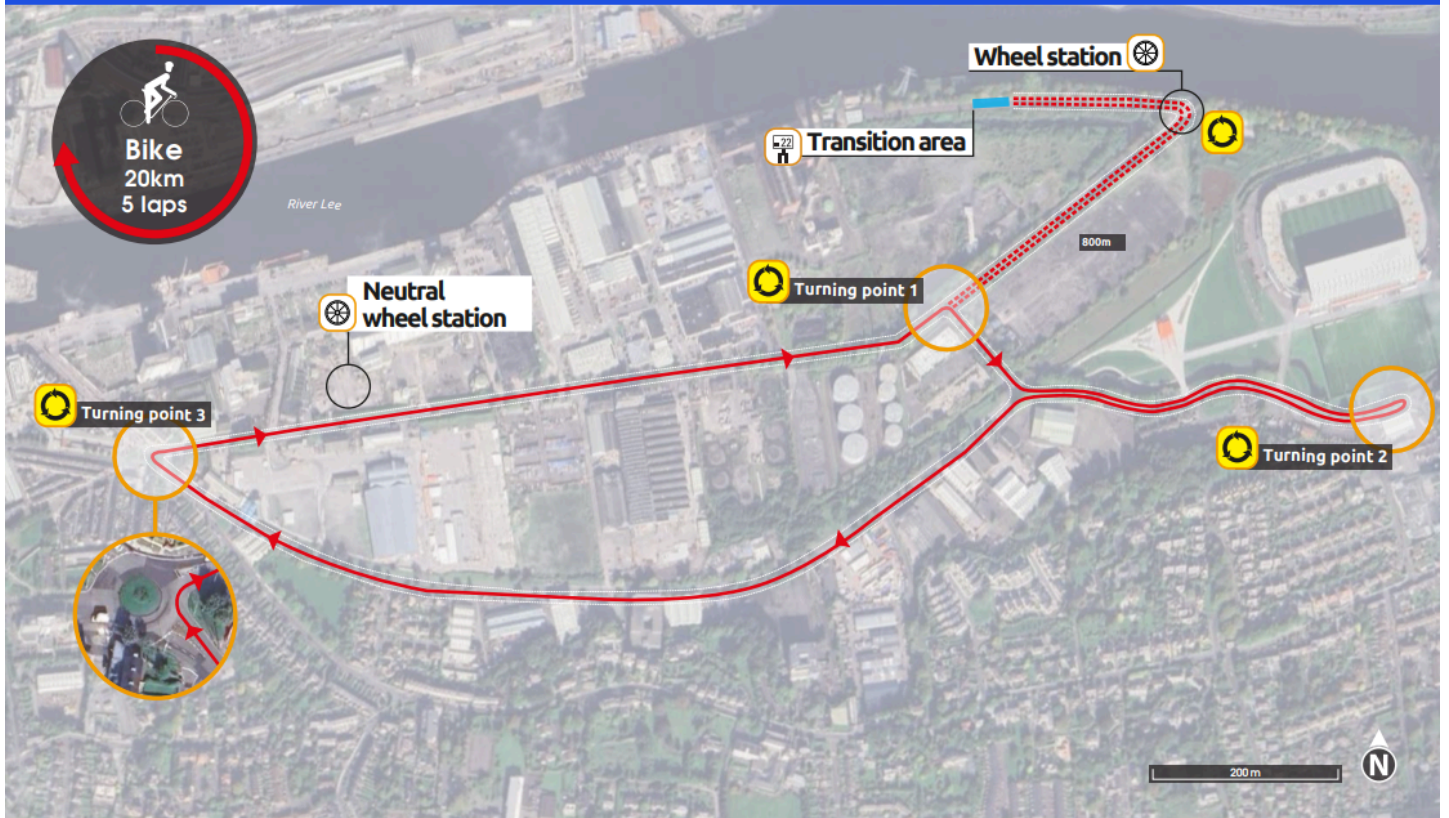


 BIKE COURSE

# Bike Course

2024 Europe Triathlon Cup Cork

 5x 20 km





TRANSITION 2/2

# Transition 2


2024 Europe Triathlon Cup Cork



 RUN COURSE

# Run Course

2024 Europe Triathlon Cup Cork

 Run **3x 5km**



# 10 SAFEGUARDING

Athletes' wellbeing and welfare is a priority at this event.

Parents/carers should review the information below with their young athletes.

All athletes should be aware that there are young athletes (under18) taking part in the Europe Triathlon Junior Cup and abide by the safeguarding protocols outlined on the Cork City Triathlon/Europe Triathlon Junior website.

There are codes of conduct in place to support best practice at this event.

## 10.1 Safeguarding responsibilities

All coaches, parents/carers, athlete support personnel and chaperones are responsible for safeguarding at the event. This means creating a child centred environment, following Triathlon Ireland policies and reporting on anything that occurs which has or may put a child at risk or contravenes the Triathlon Ireland code of conduct. Parents/carers, coaches and Athlete Support Personnel have the responsibility to ensure athletes are safe at all times during the event. They should:

- Be available to the young athletes in your care at all times.
- Read and abide by the safeguarding policies and protocols for the event.
- Know how to contact emergency assistance if required.
- Hold medical information relevant to the athletes in your care.
- Be available to chaperone if the athlete in your care is selected for Anti -Doping tests.

## 10.2 Safeguarding and wellbeing contacts

Niamh O’Gorman, [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com), +353 873627106

Mary Crosbie, [mary@triathlonireland.com](mailto:mary@triathlonireland.com), +353 873793721

The Safeguarding contacts are available for you to contact before, during and after the event with any worries or concerns. All competitors, whatever their age, gender (including gender reassignment), culture, language, racial origin, religious beliefs, sexual identity or disability, have equal rights to safety and protection from harm. All safeguarding concerns or allegations of a child protection nature arising from the event, within the sport or outside of the sport, will be taken seriously and responded to swiftly and appropriately.

[Please see all safeguarding information on the Cork City Triathlon website here.](#)

[Please see the event Safeguarding Plan here](#)

### 10.3 Emergency contact

If you are in danger or there is an emergency you can call the police (Gardaí) by dialling 999.

### 10.4 Reporting Incidents or Concerns

Any incident or concern observed or experienced must be reported to the Safeguarding leads as soon as possible particularly if a young person is in immediate danger or at risk.

### 10.5 Accommodation

Young athletes should feel safe in their accommodation. Triathlon Ireland has the following policy where a junior is travelling with an adult who isn't their parent/carer.

- Coaches and chaperones should not share a room with a junior athlete.
- Coaches and chaperones should not be alone with the junior athlete in their room or the room of the junior athlete.
- Any interactions, discussions, maintenance work on bikes etc. should take place in a common area. If you have any concerns about your accommodation, please contact the Event Safeguarding Lead.

### 10.6 Injuries on the course & Medical Information

If an athlete needs assistance on the course the closest marshall will call for medical assistance. The Safeguarding Lead Officers will also be informed, they will inform the coach/parent. Depending on the location, someone from the safeguarding team will be sent to wait with the athlete. If an athlete needs immediate assistance before the medical team arrives they must give consent for someone to assist them unless their injury prevents them from doing so. Please ensure you have provided any relevant medical information in advance on [this form](#).

### 10.7 Missing Young Person

If the child you are accompanying is missing, alert event staff immediately or call the Safeguarding lead. There is a protocol in place for missing children.

### 10.8 Anti Doping

Sport Ireland may be conducting Anti Doping testing at the event. Young people under 18 will need a chaperone in attendance during tests. Parents/carers/coaches/chaperones

should be near the finish line in anticipation of this. Triathlon Ireland can also provide appropriately vetted and trained male or female chaperones if required.

### 10.9 Smoking (this includes cigarettes, e-cigarettes, cigars etc.)

In order to promote a positive image; Parents/carers athletes, coaches, athlete support personnel, volunteers and staff that smoke will not do so in the presence of athletes or young volunteers whilst at the event or at the event HQ.

### 10.10 Codes of conduct

All athletes, coaches, parents, carers, staff and volunteers are subject to codes of conduct at the Europe Triathlon Junior Cup & Cork City Triathlon. Please see codes of conduct below:

[Athletes code of conduct](#)

[Parents/carers, coaches code of conduct](#)

### 10.11 Changing Areas and Athletes lounge

The changing area is for athletes only, coaches, athlete support personnel, chaperones, staff or volunteers will not be permitted to enter the changing area. There will be specified time for athletes to use the changing areas and showers. Athletes may not enter the changing area outside of the specified time. There will be an allocated area for an athlete lounge which coaches, athlete support personnel and chaperones can also access.

### 10.12 Photography

There will be official photographers at the event. Please ensure you have completed the [Photography waiver here](#).

These photographers follow the Triathlon Ireland Photography guidelines in relation to photographing or videoing children.

If you are uncomfortable with any photography on the day or any requests, contact the Event Safeguarding Lead. Parents/carers, coaches are asked to only photograph their own children/athletes unless permission is given by another parent/carer to include their child in the photo. Please see our Photography guidance document [here](#). If in doubt regarding the suitability of a photo do not take it or post it.