

# ETU Duathlon European Championships 2014



## Competitor Information Age Group & Elite & U23

Weyer, August 22 – 24, 2014

[www.powerman.at](http://www.powerman.at)



# WELCOME TO THE ETU DUATHLON EUROPEAN CHAMPIONSHIPS WEYER – GAFLENZ – GROSSRAMING – MARIA NEUSTIFT

This Athlete Services Handbook provides athletes and team managers with key information required for competing in the ETU Duathlon European Championships.

For all the information you need please see our website and social media outlets.

The final information will be provided at the Team Manager’s briefings.

Event Website: [www.powerman.at](http://www.powerman.at)

Facebook: <https://www.facebook.com/pages/Powerman-Duathlon-World-Series-Austria-in-Weyer/127621617269666>

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**Fotos:**

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# 1. WELCOME

## 1.1 WELCOME BY THE ETU

I am really excited on our ETU Duathlon Championship that will be held with the professional collaboration of PowerMan .

The Standard distance race will give the opportunity to our best European Athletes to race for the European Title and our Juniors will race on the Sprint Distance.

We will be also excited to see the mixed Relay on Duathlon.

Three full days of excitements on a discipline that is very popular in Europe and that hopefully will count on more and more athletes .

Sincerely,

Renato Bertrandi  
President, European Triathlon Union



## 1.2 WELCOME BY THE PRESIDENT OF THE AUSTRIAN TRIATHLON FEDERATION

With great anticipation I look forward to the ETU Duathlon European Championship in Weyer. Not only the overwhelming registration results of nearly 700 athletes from all over Europe, but also let the great media response herald a certainly unique Duathlon European Championships in Austria.

My thanks at this point especially the town of Weyer and to all the partners which support this event. Without these two lead institutions a major sporting event of this magnitude would not be possible. Thanks also to the organizing team led by race director Hugo Mayer. All partners, institutions, staff and volunteers my global thank for their support.

All athletes and coaches I want to wish an accident free, fair and unforgettable Duathlon European Championships in our beautiful country Austria and the resort town of Weyer.

Herzlichst / Sincerely

Walter Zettinig  
Präsident Öst. Triathlonverband



## 2. COMPETITION SCHEDULE

<b>Friday, August 22nd</b>		
14:00 – 18:00	Distribution of bib numbers	Sports Hall Weyer
15:30	Race Briefing Team Relay	Parish Hall Großraming
17:30 – 18:00	Check In Team Relay	Church square - Großraming
18:30	Start Team Relay European Championships	Church square - Großraming
20:00	Opening ceremony	Church square - Großraming
<b>Saturday, August 23rd</b>		
09:00 – 18:00	Distribution of bib numbers	Sports Hall Weyer
16:00	Transition Open for Check In – Juniors	TA Church Square, Großraming
16:00 – 16:20	Check In Juniors	TA Church Square, Großraming
16:30	Start Juniors	TA Church Square, Großraming
18:00	Race Briefing Elite & U23 (mandatory)	Parish Hall Großraming
18:30	Race Briefing Age Group in English	Parish Hall Großraming
19:00	Race Briefing Age Group in German	Parish Hall Großraming
<b>Sunday, August 24th</b>		
7:00 – 7:45	Distribution of bib numbers	Sports Hall Weyer
7:00 – 8:00	Check in Age Group	Transition Area Age Group
10:00 – 10:25	Control-check Age Group	Transition Area Age Group
10:30	Athletes Line Up Age Group	Egerer Castle, Weyer
14:15 – 14:45	Check Out Age Group	Transition Area Age Group
13:30 – 14:15	Check In Elite & U23	Transition Area Elite & U23
14:30	Athletes Line Up Elite	Egerer Castle, Weyer
15:00	Start Elite & U23 European Championships	Market Place
17:30	Medal ceremony	Market Place

### 3. GENERAL INFORMATION

Welcome to the European Championships in Weyer and Gafrenz in the scenic national park region Ennstal.

Inside this Competitor Information Guide you will find all the information you need to know about the event, including all available athlete services and all race specific information. Read this information carefully and formulate your pre-event, race week plan. For any further questions, please see our event website or visit the race office at the Town Hall in Weyer.

#### 3.1 CONTACT INFORMATION

Local Organizing Committee: SIG Harreither – Eventzentrum Eisenwurzen  
 Event Director: Hugo Mayer

Address: Marktplatz 8  
 3335 Weyer  
 Austria

Event Website: [www.powerman.at](http://www.powerman.at)  
 Facebook: <https://www.facebook.com/pages/Powerman-Duathlon-World-Series-Austria-in-Weyer/127621617269666>

Email / Helpdesk: [office@triathlon-austria.at](mailto:office@triathlon-austria.at)

ITU co-TD: Laura Patti  
 Assistant TD: Walter Dudas  
 ITU Race Referee: Werner Michalicka

#### 3.2 RACE VENUE

The European Championships of Age Group, Elite and U23 will take place in Weyer and Gafrenz. The European Championships of Juniors and Team Relay will take place in Großraming.

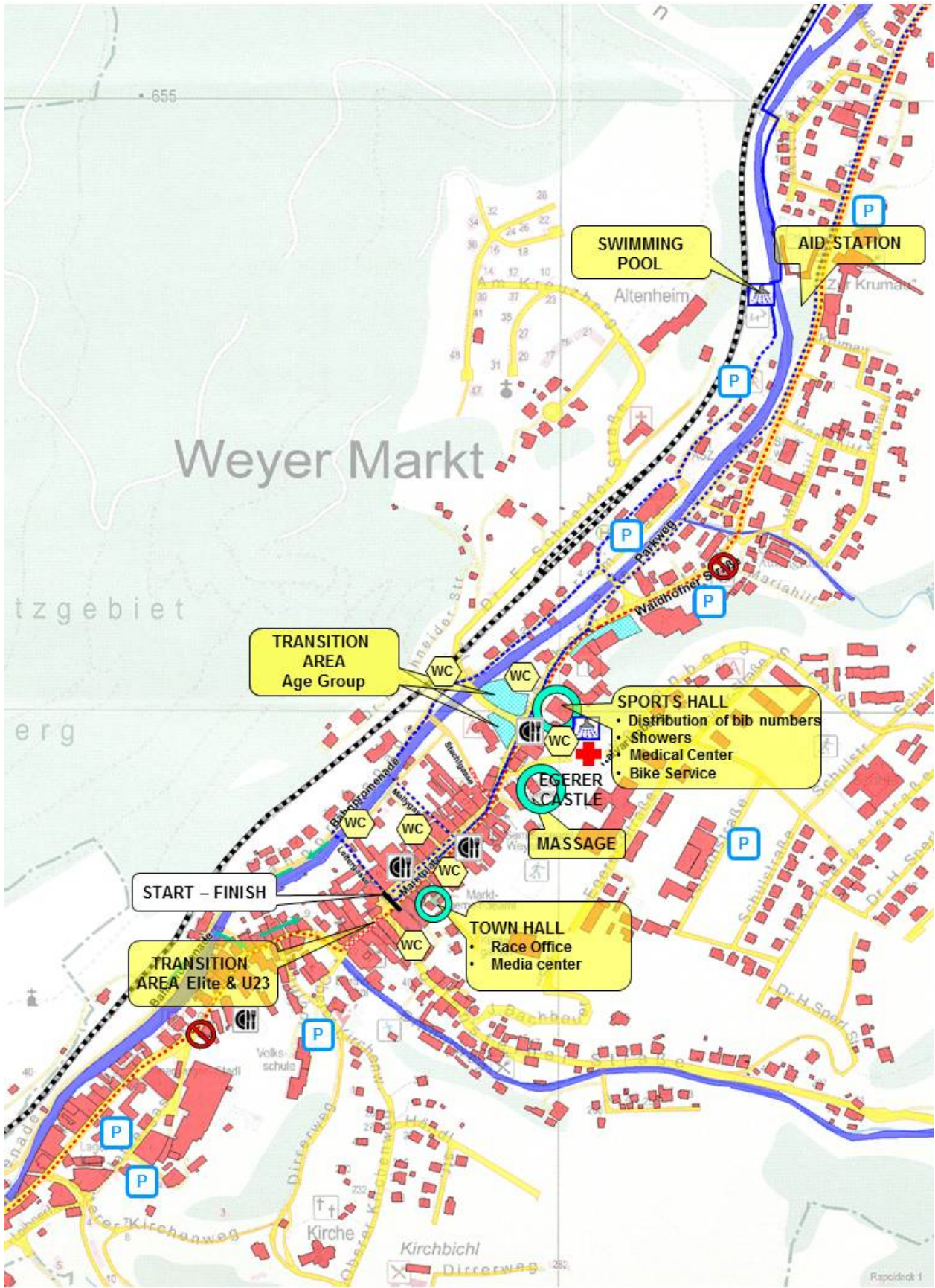
**Age Group:** The Distribution of bib numbers will be housed in the Sports Hall in Weyer (Waidhofnerstraße).

**Elite and U23:** The Distribution of bib numbers will be housed in the Parish Hall in Großraming.

The Race office you will find in the Town Hall of Weyer (Marktplatz 8).

#### 3.3 CAR PARKING

Please note that capacity round the race venue is limited. The securities introduce the drivers to different parking areas.



## 4. ATHLETE SERVICES / RACE OFFICE

During the event the central hub of information is the Race office located in the start / finish area in Weyer.

### **The operating hours are as follows:**

Friday, August 22<sup>nd</sup>, 08:00 to 17:00  
 Saturday, August 23<sup>rd</sup>, 08:00 to 17:00  
 Sunday, August 24<sup>th</sup>, 08:00 to 18:00  
 Monday, August 25<sup>th</sup>, 08:00 to 12:00

We aim to answer all questions in this Athletes handbook. Should you have further queries that are not answered in this document or to which you can't find the answer then please feel free to visit the Race Office.

The Race office will also be the location where lost property will be collected and distributed from.

### **4.1 SHOWERS**

We offer a limited number of showers in the Sports Hall and also in the Public swimming pool.

### **4.2 BIKE MECHANIC SERVICE**

#### **Store in Weyer:**

Radsport Sadleder, Waidhofnerstraße 22, Weyer (Friday 8:00 – 12:00 & 13:00 – 16:30;  
 Saturday 9:00 – 12:00)

#### **Mobile service:**

Bike service Ginner, tent near the transition area (Sunday 7:00 – 15:00)

### **4.3 MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue before and during competition hours.

Medical and paramedic personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. The Medical center will be located in the Sports Hall.

#### **Emergency Service during the Europeans:**

Racing doctor: Dr. Christian Tischberger 0043 664 2612 333

### **4.4 MASSAGE SERVICE**

On Sunday, 24<sup>th</sup> we offer a small but very professional massage service in the Egerer Castle (11:30 – 18:00).



## 5. RACE REGISTRATION

### 5.1 RACE REGISTRATION

To take part in the ETU 2014 Weyer European Championships all Age Group athletes are required to register in person at the registration desk.

For Elite/U23/Junior athletes the race package can also be picked up after the athletes' briefing.

#### REGISTRATION CHECKLIST

Prior to registration, all athletes must have photographic identification – in order to collect your race pack you must present your photographic identification to a registration official. Failure to do so will result in you not being able to register for the event. The following identification documents are permitted:

- Passport
- Driver's license
- Triathlon license or similar

PLEASE NOTE: You MUST register in person. If you are unable to attend registration you must inform the ETU.

Athlete Waiver – Must be completed at registration when you pick up your race pack.

### 5.2 RACE BRIEFINGS

The briefing will be uploaded to ITU website immediately once they have finished.

In order to compete in the ETU European Championships Elite/U23/Junior athletes must attend the race briefing in order to register.

Race Briefing			
Friday, August 22 <sup>nd</sup> , 2014	15:30	Athletes Briefing Team relay	Großraming, Parish Hall
Friday, August 22 <sup>nd</sup> , 2014	16:00	Athletes Briefing Juniors	Großraming, Parish Hall
Saturday, August 23 <sup>rd</sup> , 2014	18:00	Athletes Briefing Elite/U23	Großraming, Parish Hall
Saturday, August 23 <sup>rd</sup> , 2014	18:30	Athletes Briefing Age Group male/female in English	Großraming, Parish Hall
Saturday, August 23 <sup>rd</sup> , 2014	19:00	Athletes Briefing Age Group male/female in German	Großraming, Parish Hall

With the bib number each athlete receives a voucher for € 10,--. You can realize the voucher in the following restaurants:

Restaurant	Village	Telephone
Butcher Trauner Franz	Weyer, Start / finish area	0043 7355 6426
Pizzeria Valentino	Weyer, Start / finish area	0043 7355 20013
Café Konditorei Hohlrieder	Weyer, Start / finish area	0043 7355 20657
Restaurant Taverne	Weyer, Steyrerstraße	0043 7355 6300
Seli's Kebap Imbiss	Weyer, Start / finish area	0043 660 819 5160
Restaurant Ahrer Kirchenwirt	Großraming, Opening Ceremony	0043 07254 8256
Restaurant Rialto	Großraming, Lumplgraben 8	0043 07254 8206
Restaurant Stubauer – Lehner	Gafrenz, Markt 16	0043 7353 228

On the running course for all athletes we provide two aid stations and also a station in the finish area.

Each finisher will get the Finisher-Medal as well as a T-Shirt.

You are also allowed to visit freely the public swimming pool in Weyer.

On Sunday, 24<sup>th</sup> we offer a small but very professional massage service in the Egerer Castle (11:30 – 18:00).

## 6. TIMETABLE / CHECK-IN PROCEDURE

Check - in				
August 22nd, 2014	17:30	Juniors/U23/Elite	TA Church square, Großraming	Transition Open for Check-In
	17:30 – 18:00	Juniors/U23/Elite	TA Church square, Großraming	Check-In Team Relay
	18:30	Juniors/U23/Elite	TA Church square, Großraming	Start Team Relay Europeans
August 23rd, 2014	16:00	Juniors	TA Church square, Großraming	Transition Open for Check-In
	16:00 – 16:20	Juniors	TA Church square, Großraming	Check-In Juniors
	16:30	Juniors	TA Church square, Großraming	Start
August 24 <sup>th</sup> , 2014	7:00 – 8:00	Age Group	TA Kreuzberg, Weyer	Transition Open for Check-In
	10:00 – 10:25	Age Group	TA Kreuzberg, Weyer	Control Check
	10:30	Age Group	Egerer Castle, Weyer	Athletes Line Up
	11:00	Age Group	Market Place, Weyer	Start male
	11:05	Age Group	Market Place, Weyer	Start female
	13:30 – 14:15	Elite, U23	TA Market Place, Weyer	Transition Open for Check-In
	14:30	Elite, U23	Egerer Castle, Weyer	Athletes Line Up
	15:00	Elite, U23	Market Place, Weyer	Start male
	15:05	Elite, U23	Market Place, Weyer	Start female

### 6.1 Transition Check-In

Athletes must have the following items:

Bike incl. Sattel Sticker

Helmet incl. three Stickers – must be worn and fastened as you enter transition

Uniform

### Additional race equipment

#### Athletes Check:

Uniform & race gear check  
Run caps also will be checked

#### Bike Check – before entering Transition Zone (Age Group/Junior/Elite/U23):

ITU Competition rules will be based for the Bike Control Check  
Time trail bikes only allowed for Age Group Race

All athletes will have their helmets, bike, uniform and race number checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race body number clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the correct stickers distributed in the race packs during registration.

Small sized equipment boxes will be made available by the LOC.  
Attention: These boxes are the property of the LOC and MUST STAY in the Transition Area.

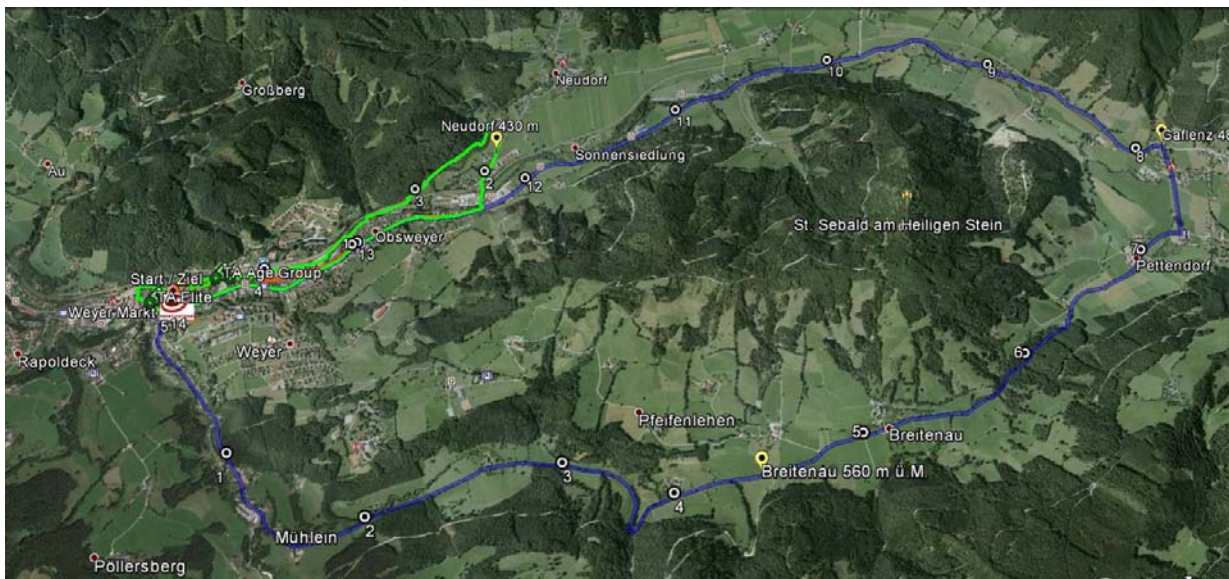
Your uniform will be checked by technical officials to ensure it conforms to ITU uniform rules. Athletes are only permitted to race in the national federations approved uniforms.

## 7. AGE GROUP INDIVIDUAL COMPETITION

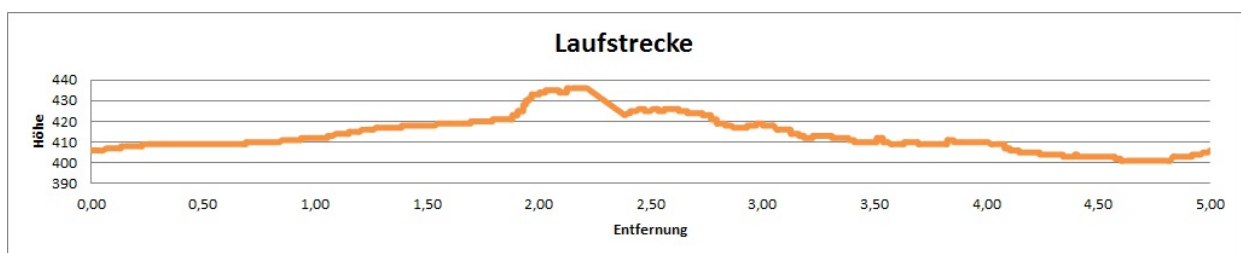
### 7.1 COURSE MAP AND DESCRIPTION

The European Championship for Age Group athletes will be held on standard distance format for men and women. On a "Multilap-Course" athletes need to run two laps, followed by three bike laps (no draft race) and finally one running lap.

**All athletes have to observe the Highway Code!**



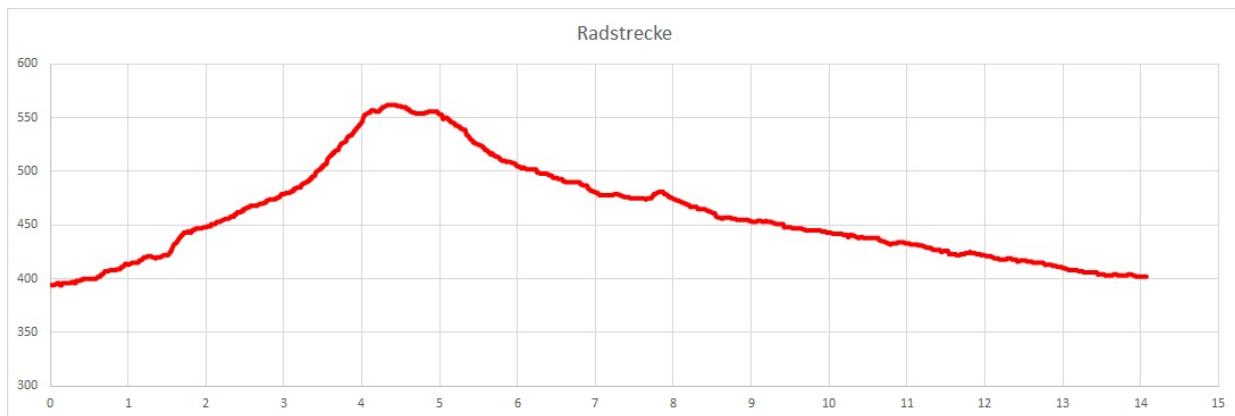
### 7.2 RUNNING COURSE AND AID STATION (GREEN LINE)



The running course will take athletes very spectator friendly from the Market Place of Weyer along the road until a little hill in Neudorf and on almost easy and flat hiking paths back to the transition area. First the athletes have to run two laps and finally one lap.

There will be two aid stations on the running course (on km 1 and km 3).

### 7.3 CYCLING COURSE (BLUE LINE)



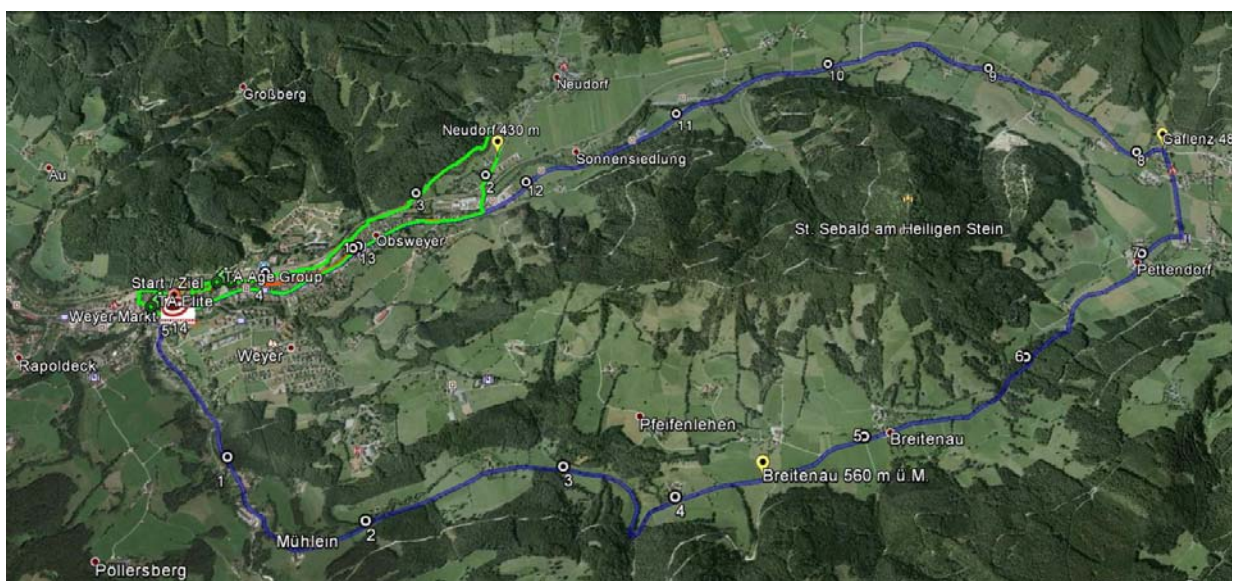
The bike course takes the athletes from Weyer to Mühleिन and Breitenau, to the village of Gafrenz and back to the center of Weyer. The length of this selective lap is 14km and will be three times to ride for all athletes of the European Championship.

## 8. ELITE AND U23 INDIVIDUAL COMPETITION

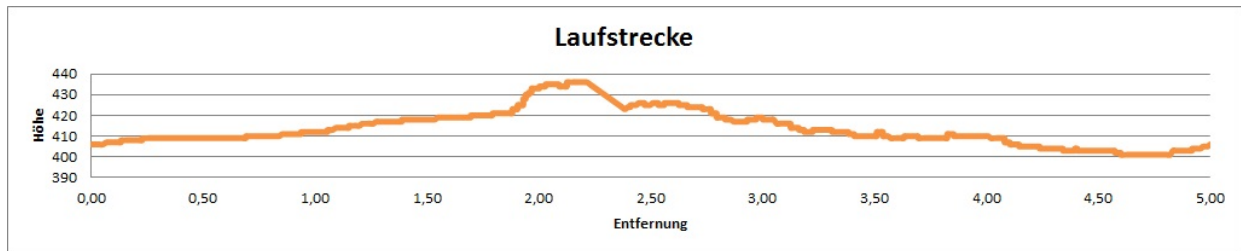
### 8.1 COURSE MAP AND DESCRIPTION

The European Championship for Elite and U23 athletes will be held on standard distance format for men and women. On a "Multilap-Course" athletes need to run two laps, followed by three bike laps (draft race) and finally one running lap.

**All athletes have to observe the Highway Code!**



## 8.2 RUNNING COURSE AND AID STATION (GREEN LINE)



The running course will take athletes very spectator friendly from the Market Place of Weyer along the road until a little hill in Neudorf and on almost easy and flat hiking paths back to the transition area. First the athletes have to run two laps and finally one lap.

There will be two aid stations on the running course (on km 1 and km 3).

## 8.3 CYCLING COURSE (BLUE LINE)



The bike course takes the athletes from Weyer to Mühleim and Breitenau, to the village of Gafrenz and back to the center of Weyer. The length of this selective lap is 14km and will be three times to ride for all athletes of the European Championship.

## 8.4 RESULTS

Results will be uploaded live at the events official website. All the results information will be available to the Team Managers at the Information Desk. Results will also be on display after the race at the Information Desk in the 'Finish Area'.

Our official timing partner will be PENTEK Timing, which offer live timing for all races.

## 8.5 MEDAL CEREMONIES

TIMETABLE MEDAL CEREMONIES			
Sunday, August 24 <sup>th</sup> , 2014	17:30	Elite & U23 & Age Group	Medal Ceremony (Finish area)

## **9. RULES AND APPEALS**

### **9.1 COMPETITION RULES**

The ETU Triathlon European Championships 2014 will be conducted in accordance with the rules and regulations of the ITU.

The ITU competition rules can be found using the following web link.

[http://www.competition-rules.com/uploads/docs/itusport\\_competition-rules\\_19022014v2-highlighted.pdf](http://www.competition-rules.com/uploads/docs/itusport_competition-rules_19022014v2-highlighted.pdf)

### **9.2 APPEALS AND PROTESTS**

The race referee will post penalties at the post finish / recovery area.

For either a protest or an appeal, ITU rules will be followed. The appeal or protest has to be submitted to the Race referee and the ITU Competition Jury will meet to discuss.

The full rules for appeal can be found using the following web link:

[http://www.competition-rules.com/uploads/docs/itusport\\_competition-rules\\_19022014v2-highlighted.pdf](http://www.competition-rules.com/uploads/docs/itusport_competition-rules_19022014v2-highlighted.pdf)

## **10. OPENING CEREMONIES**

### **10.1 OPENING CEREMONY**

All athletes and team officials are invited to take part in the European Championship Opening Ceremony in Großraming on Friday, 22<sup>nd</sup> August, 14, 20:00.



WE WISH YOU  
UNFORGETTABLE DAYS IN  
WEYER AND ALL THE  
BEST FOR THE  
EUROPEANS!

