



ATHLETES' GUIDE

Malmö ETU Sprint Triathlon European Cup
05/08/2017

Athletes' Guide – Malmö Triathlon 2017

Welcome to the heart of Malmö!

We're happy to once again welcome you to a European Cup in Sweden! After five years in the Western Harbor, this year's venue takes place in the very heart of Malmö City. Excellent view for the spectators and a fun city race for you athletes. By moving the race to the city, we gain easy and fast access to the different race arenas and a swimming site that is less exposed to the wind.

The Malmö Triathlon weekend is one of Swedens most popular and biggest triathlon events. Besides the ETU European Cup on Saturday, the Sunday competition welcomes around 1000 age groupers and triathlon practitioners at all levels. Also, Malmö Triathlon marks the finale of the Danske Invest Triathlon Series, a Swedish series of four competitions, starting in June.

The Swedish Triathlon Federation would like to thank the local organizing committee, the Municipality of Malmö, all officials and our sponsors for their help in bringing and hosting his European Cup event in Malmö.

Malmö offers great cultural, food and scenic variations. A good mix where there is something for everyone – and it's not as expensive as the old rumors says.

So all athletes, friends, family, supporters, volunteers and media, welcome to enjoy a fun race and an exiting time in Sweden! Good luck everyone!



Beth Friberg
President, Swedish Triathlon Federation

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GENERAL INFORMATION

Introduction

We look forward to welcoming you and your athletes to Malmö and Malmö Triathlon 2017. You will find all the details about the event in this Athletes' guide. The LOC has put a lot of effort to ensure that the information contained in this guide is correct and up to date. However, athletes and team leaders are advised to check with the LOC regarding any changes in information included in this guide.

Location

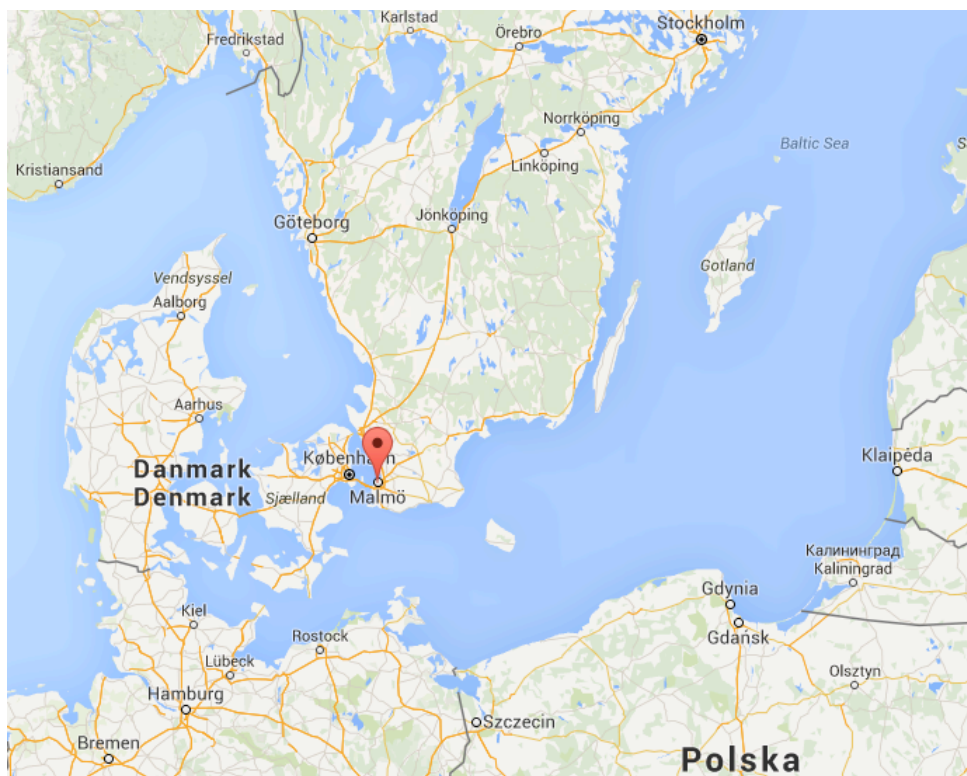
Malmö has plenty to offer – the choice is up to you!

Malmö is an international city with a vibrant and compact city center with several restaurants, bars, cafés and shops jostling aside one another. Located on the coast of southern Sweden, Malmö offers excellent beaches and many areas of natural beauty.

Malmö is Sweden's third largest city with approximately 300 000 inhabitants.

In Malmö you travel around with the local green busses or with train through the City Tunnel. For the green busses tickets may be purchased on the bus by paying with the credit cards Visa, Master Card or Maestro. But for the train, ticket need to be bought upfront and you find ticket machines which accept both cash and card on the train stations.

Malmö offers a wide variety of restaurants and cafés. You are never far away from a place to drink and/or dine. The city also offers historical, technical and art museums, Casino, nightclubs, etc. For a full guide on Malmö – [go to the official visitor site](#). Here you can look for timetables for buses, find recommended restaurants and cafés, find information about all the things that make Malmö a unique place to visit.



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Venue

The event area is located in the heart of the city just by the Central station. The center of the competition will be at “Posthusplatsen”. This area and its surroundings is going through major changes with Malmö's new concert & congress center “Malmö Live” nearby, and the recently finished modern building “Glasvasen” – in contrast to the more historical and monumental building “Posthuset” that serves as the setting to the competition area.

The swim will take place in the dock with turning point by the outer harbor area. The swim course offers a wonderful possibility for the spectators to follow the athletes. The bike leg will go in a northeast direction, on a course that will offer both speed and some altitude meters. The run takes place on the streets surrounding Posthusplatsen and on the dock where the swim has taken place. The run leg will be easy to follow by spectators, giving the competitors best possible cheering and encouragement all the way to the finish line.

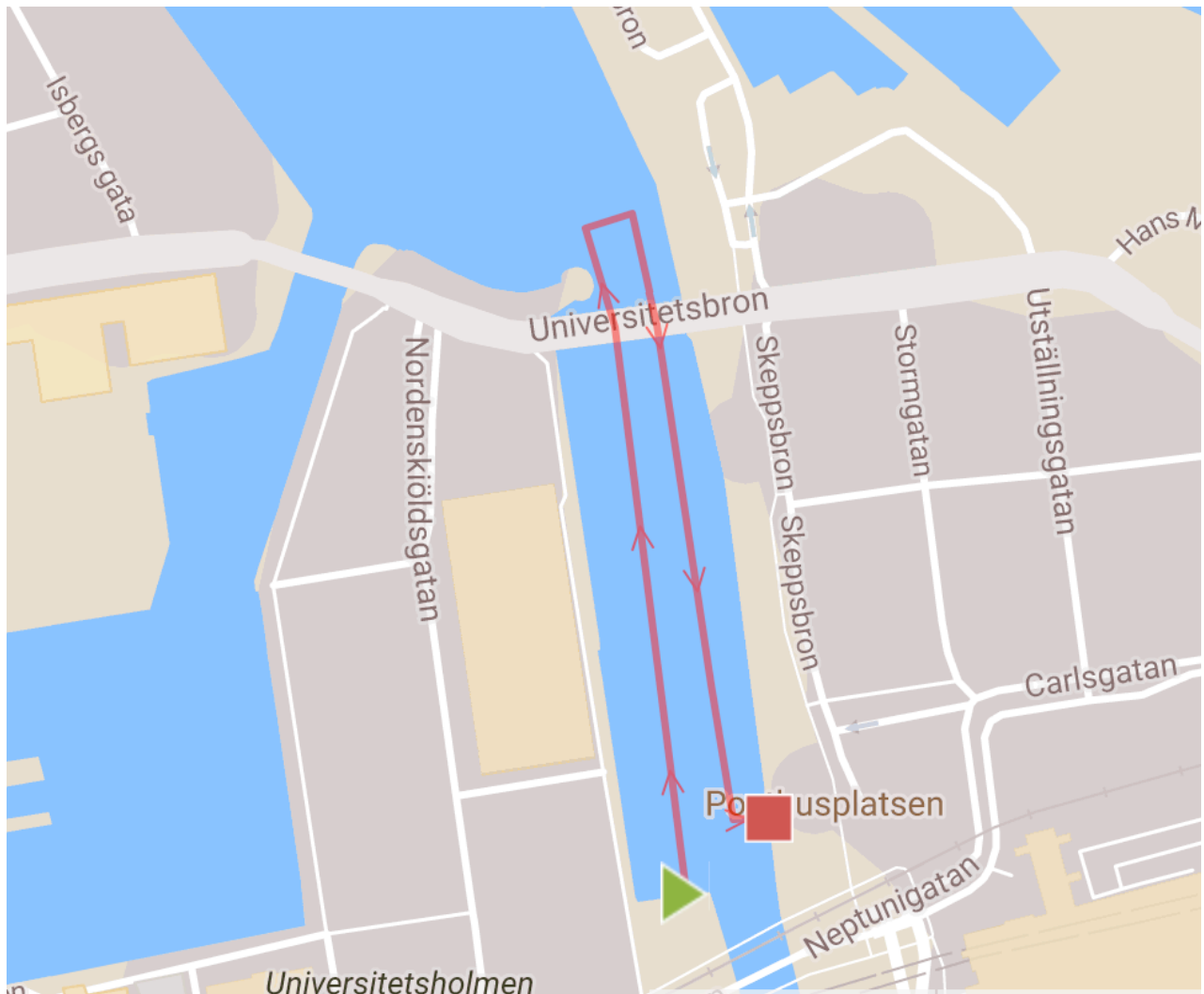


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MAPS OF THE EVENT

Swim course

1 lap = 750 m



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Bike course

4 laps x 5 km = 20 km



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Run course

3 laps x 1,67 km = 5 km



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EVENT SCHEDULE

ACTIVITY	TIME	PLACE
THURSDAY August 3rd		
Pool Swim Training	17h00-19h00	Lindängsbadet
FRIDAY August 4th		
Pool Swim Training	08h00-10h00	Lindängsbadet
Bike course familiarization	10h00-10h30	Posthusplatsen
Swim course familiarization	11h00-12h00	Posthusplatsen
Press Conference	12h00-13h00	Clarion Hotel Malmö Live
Registration	16h00-18h00	Clarion Hotel Malmö Live
Team Managers, Coaches Accreditation	16h00-18h00	Clarion Hotel Malmö Live
Race Briefing	18h00-19h00	Clarion Hotel Malmö Live
Pool Swim Training	15h00-17h00	Lindängsbadet
SATURDAY August 5th		
Pool Swim Training	08h00-10h00	Lindängsbadet
Women – DITS Sprint – Senior/Junior and Y16-17 – drafting	12h00	Posthusplatsen
Men – DITS Sprint – Senior/Junior – drafting	12h20	Posthusplatsen
Women		
Athletes Lounge Check-In	13h00-14h30	Posthusplatsen
Transition Zone Check-In	14h00-14h45	Posthusplatsen
Swim Warm-Up	14h00-14h45	Posthusplatsen
Athletes' Presentation	14h50	Posthusplatsen
Elite Women's Start	15h00	Posthusplatsen
Men		
Athletes Lounge Check-In	15h30-17h00	Posthusplatsen
Transition Zone Check-In	16h30-17h15	Posthusplatsen
Swim Warm Up	16h30-17h15	Posthusplatsen
Athletes Presentation	17h20	Posthusplatsen
Elite Men's Start	17h30	Posthusplatsen
Prize Ceremony European Cup	19h00	Posthusplatsen
SUNDAY August 6th		
Open Sprint race – non drafting	09h00	Posthusplatsen
AG Sprint race – non drafting	10h00	Posthusplatsen
Open Olympic race – non drafting	11h00	Posthusplatsen
Prize Ceremony AG	12h15	Posthusplatsen

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ACCOMMODATION

Scandic

PRICE: For reservations, go to the hotels' websites below and use the code **D508199353**.

1. Scandic Kramer

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-kramer>

2. Scandic Stortorget

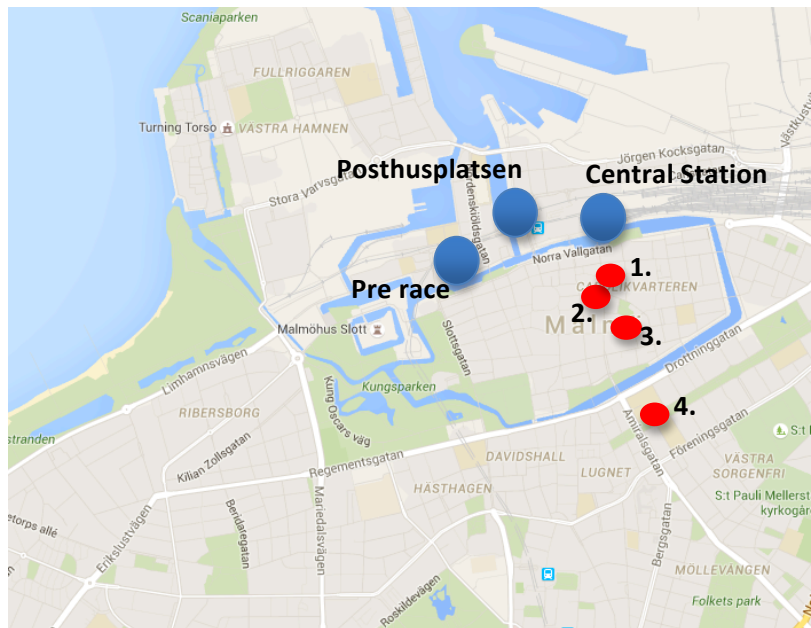
<https://www.scandichotels.se/hotell/sverige/malmo/scandic-stortorget>

3. Scandic S:t Jörgen

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-st-jorgen>

4. Scandic Malmö City

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-malmo-city>



TRANSFERS

Malmö is located on the coast in the south of Sweden only 30 minutes away from Copenhagen, Denmark and is accessible by plane flying into Malmö Airport (Sturup) or Copenhagen Airport (Kastrup). If you fly to Copenhagen you get the chance to cross the spectacular Öresund Bridge, by train, bus or taxi. For more information on how to get to Malmö, visit:

<http://www.malmotown.com/en/#travel-to-malmo>

Copenhagen airport – Kastrup

Train is the easiest way to get from Kastrup to Malmo. The train station "København Lufthavn" is located below the airport's Terminal 3 just at the base of the escalators.

Trains depart for Malmö every 10-20 minutes and a single ticket for adults costs 110 SEK. Travel time to Malmö Central Station is about 20 minutes.

Tickets cannot be bought on board the train. Tickets needs to be purchased beforehand with cash or credit card at any of the ticket kiosks located in Terminal 3 at Kastrup or (when going the other direction) in the Central station in Malmö. At Kastrup it is also possible to purchase your train ticket on DSB's ticket office located in Terminal 3 just above the train station. You may also purchase tickets on Öresundstågets website www.oresundstag.se.

Bicycles are allowed as free of charge luggage on board the train if they are packaged in a

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protective casing, otherwise you will need to purchase a separate ticket for the bicycle. There is space for up to 9 bicycles on the train.

Malmö airport – Sturup

Bus is the easiest way to get from Sturup to Malmö. The bus station is located right outside the airport main entrance.

Buses to Malmö leave 1-2 times every hour and a single ticket costs 115 SEK for adults. Travel time is about 40-50 minutes to Malmö Central Station.

You can buy tickets on board by cash or credit card or at the ticket kiosk located at the bus station.

Bicycles may be brought free of charge depending upon availability. The bicycle has to be packaged in a protective casing.

TRAINING FACILITIES

Training Sessions in outdoor swimming pool

“Lindängsbadet” is an outdoor 50 m pool, located in the center of Malmö. By bike you get to Lindängsbadet in about 20 minutes. Address: Koralgatan 51. [See map here](#)

Timetable for pool practice:

Thursday, August 3th from 17h00 to 19h00

Friday, August 4th from 8h00 to 10h00 and 15h00 to 17h00

Saturday, August 5th from 8h00 to 10h00

To confirm your training session please send your request to malmo@svensktriathlon.org.

All bookings have to be made by July 29th. Bookings will not be accepted after this date.

Please note, there will not be secured bike storage at these facilities during public swim hours - athletes are responsible for their own property.

Bike Training

Malmö is a safe city with beautiful natural landscapes and has been rated as one of the world's best cities for cyclists. Malmö citizens are used to show respect towards cyclists but please remember to always be aware of traffic rules and regulations. The route is not closed for traffic and you are doing your training at your own risk.

Run Training

Athletes may train at many locations in Malmö, including the race venue.

Course familiarization

Bike

The bike race is using 70km/h road where biking is normally not allowed. We are doing our best to close this road to allow a bike familiarization in the best condition. Please check our website for update on this topic.

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Swim

On Friday, August 4th from 11h00 to 12h00 in the race venue at Posthusplatsen. During the swimming course familiarization there will be lifeguards and medical service available.

RACE PACKAGE PICK-UP

Race package distribution will take place at Clarion Hotel Malmö Live prior to the race briefing. The race package includes bike and helmet stickers, body tattoos and accreditation badge. **Remember to bring your ID.**

Athletes will pick up the timing chips and swimming cap prior to the competitions during their check-in procedure at the Athletes' Lounge. Athletes will have to return the timing chips to the volunteers in Finish area, after the race. If timing band is not returned, a fee of €uro 10,00 will be charged.

ENTRY FEE

PAYMENT DEADLINE: July 3rd, 2017

International athletes participating in the ITU Sprint Triathlon European Cup must be supported by their National Federation.

It is MANDATORY for all National Federations to enter their Elite athletes through the ITU online entry system and send the request of registration complete with a copy of the bank transfer issued by e-mail to the LOC.

All entries have to be submitted through the ITU online entries system. **Only the National Federations can enter the athletes.** Questions in regards to entries have to be submitted to entries@triathlon.org.

No athlete will be included in the start list if the entry has not been processed through the ITU online entry system.

REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions.

PAYMENT conditions: BANK TRANSFER

Holder Name: Swedish Triathlon Federation, Nedre Kaserngården 5, SE-415 28 Gothenburg, Sweden

Bank name: Swedbank

Iban Code: BIC: SWEDSESS IBAN: SE55 8000 0890 1192 3057 1284

Payment confirmation must be e-mailed to info@svensktriathlon.org

Registration fees: 650 SEK per person

Please note that athlete registration at the event will not proceed until payment has been received in full from the National Federation

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After deadline, all registered athletes will receive confirmation of registration by e-mail. This confirmation will be sent directly to the e-mail contact received for the registration.

ATHLETES' LOUNGE

The athletes' lounge at the race venue provides toilets, water, fruit and energy drinks.

DOPING CONTROL

Doping Control will be performed according to ITU/WADA rules.

MEDICAL SERVICE

First Aid and Emergency Medical Service will be available at the venue between the 5-7th of August before and during the competition hours as well as during familiarization.

Doping Controls will take place in a hotel nearby Posthusplatsen and according to the ITU Anti-doping rules. The athletes must have their identification with them at the doping control facilities.

Emergency Telephone Numbers: Emergency 112 - Police (not emergency) 114 14

Health Advice: 1177

Hospital: Skånes Universitetssjukhus - distance 3 km from the competition area

Phone: +46 46 17 10 00

BIKE MECHANIC SERVICE

Race day evt TBA

WEATHER CONDITIONS

The climate in Malmo in August is around 20 degrees. And it can be quite windy.

ACCREDITATIONS

LOC will provide accreditation badges to all Athletes and Coaches during the Race Package pick-up in the Registration Office. Only accredited persons will be allowed access in the venue areas. All accredited persons are requested to carry their badge at all times and to show it upon request.

RULES

The ETU Triathlon European Cup will follow the latest published Competitions Rules of the International Triathlon Union:

(http://www.triathlon.org/about/downloads/category/competition_rules)

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PROTEST AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

KEY CONTACTS

LOC Event Manager	Üve Hillep	uve.hillep@svensktriathlon.org
LOC Race Director	Üve Hillep	uve.hillep@svensktriathlon.org
LOC Office and Athletes' Services Manager		
ITU Technical Delegate	Julien Vanderplancke	julien.vanderplancke@free.fr
Assistant ITU Technical Delegate	Pertti Tomminen	pertti.tomminen.stockholm@gmail.com

LOC Contact Details

E-mail: info@svensktriathlon.org

Website: www.malmo-triathlon.se/EUROPEANCUP/