



World Triathlon
Cup
TISZAÚJVÁROS
2024



ATHLETES GUIDE

Version 1.7

 Europe
Triathlon
Junior Cup

Tiszaújváros
2024




BE YOUR
EXTRAORDINARY

An aerial photograph of a river festival in Tiszaújváros, Hungary. The river is filled with people, small boats, and a large blue inflatable structure. The background shows residential buildings and lush green trees. A large blue and green graphic overlay is present on the left side of the image.

WELCOME TO
TISZAÚJVÁROS

GENERAL INFORMATION	4
1.1 Key dates:	5
1.2 Key Contacts:	5
1.3 Contact details:	6
1.4 Location Information	6
VENUE	7
2.1 Race Venue	8
2.2 Course familiarization	8
2.3 Athlete's Lounge:	8
2.4 Athlete's Briefing and Race Package (elite and junior)	8
2.5 Doping control	8
2.6 LOC Office	8
ACCOMODATION	9
TRANSFER AND TRANSPORT	11
Athlete's airport transfer	12
ATHLETES SERVICES	13
5.1 Training facilities	14
5.2 Medical Services	14
5.3 Bike Mechanical Service	14
5.4 Athlete's Informations	14
COMPETITION SCHEDULE	15
EUROPE TRIATHLON JUNIOR CUP SCHEDULE (junior athletes)	16
6.2 Competition Rules	17
6.3 Athlete's Briefing and Race Package (elite and junior)	17
6.4 Timing Chips	17
6.5 Protest and Appeals	17
ACCREDITATION	18
COURSE MAPS	19
VENUE MAP	20
SEMI FINALS MAP (general)	21
FINALS MAP (general)	22
WATER QUALITY	23



GENERAL INFORMATIONS

1.1 Key dates:

WHAT	Date	Time
Europe Triathlon Junior Cup Individual semi-finals	Saturday, 6th July	12:00 - 12:50
World Triathlon Cup Individual semi-finals	Saturday, 6th July	14:45 - 16:36
Europe Triathlon Junior Cup Individual finals	Sunday 7th June	11:45, 12:45
World Triathlon Cup Individual finals	Sunday 7th June	14:45, 16:15

1.2 Key Contacts:

World Triathlon / Europe Triathlon			
Team Leader	Yande Faye	yande.faye@triathlon.org	
Technical Delegate	Oliver Laaber	o.laaber@triathlon-austria.at	+43 676 7709309
Assistant TD	Natasa Preis-Bedenik	shangrilanata@gmail.com	
Medical Delegate	TBC		

Local Organizing Committee			
Co-Chair of the LOC	Balazs Markus	markusbalazs80@gmail.com	+36 70 3337435
Event Director	Tibor Lehmann	lehmann.tibor@t-online.hu	+36 30 6452745
Race Director	Gergely Markus	gergely.markus@triathlon.org	+41 78 6299701
Operation Manager	Alpar Nagy	alpar.nagy@triathlon.org	+36 70 7700679
Transfer	Rita Akomakowe	gombos.rita.kornelia@gmail.com	+36 20 5662773
Accommodation info	Viktoria Szilagyi	szilagyi.viki23@gmail.com	+36 30 8878860
Athlete's service	Zsanna Filep Fruzsina Szabolcsi	tiszaujvaros.triathlon@gmail.com	+36 30 6475577 +36 70 6002682

1.3 Contact details:

Tiszaújvárosi Triatlon Klub
Tibor Lehmann - President, Event Director
 Teleki Blanka u. 6., 3580 Tiszaújváros, Hungary
 Mobile: +36 30 6452745, Tel: +36 49 540094

1.4 Location Information



The national currency's the Hungarian Forint (HUF). The exchange rate can be found here:
<https://www.xe.com/currencyconverter/convert/?Amount=1&From=EUR&To=HUF>



VENUE

2.1 Race Venue

The venue is located in the centre of Tiszaújváros at the Hotel Phoenix. The swimming will take place in the City-lake.

2.2 Course familiarization

Swim:

See detailed schedule. Swimming in the lake at any other time is strictly forbidden.

Bike:

See detailed schedule. It starts in the Transition Area and runs two laps with police escorts on the Sunday course.

2.3 Athlete's Lounge:

Facilities including Athlete's Lounge and toilets are provided to the athletes at the Transition Area. Sealed bottles of water will be offered to the athletes in the Athlete's Lounge.

2.4 Athlete's Briefing and Race Package (elite and junior)

Elite Athletes: Thursday, 4th July, 18:00

Junior Athletes: Friday, 5th July, 18:00

Location: Hotel Tisia

Entry fee:

World Triathlon Cup: none

Europe Triathlon Junior Cup: 75 Euro (The entry fee must be paid by cash upon registration.)

2.5 Doping control

Anti-doping Control will be performed according to the World Triathlon / WADA rules. The location of the in-competition test is in the Hotel Phoenix.

2.6 LOC Office

The LOC Office is located at the Sport Centre.

Address: Teleki Blanka út. 6., 3580 Tiszaújváros, Hungary

Team leader: Fruzsina Szabolcsi, tel: +36 70 6002682

Contact: Zsanna Filep, tel: +36 30 6475577

Email: tiszaujvaros.triatlon@gmail.com

ACCOMODATION



Teams can book directly at the hotels.

Host hotel:

Tisia Hotel & Spa: <http://www.tisiahotel.hu>

Booking period: Till June 28rd, 2024

Minimum stay: 3 nights

Discount: 10%, valid for the total amount (including half board and extra beds as well).

Includes the use of a 50m swimming pool.

Promo code for online booking: **TRI**

Others:

1. **Hotel Phoenix and Restaurant** (info@hotelphoenix.hu , hotelphoenix.hu ,
tel: +36 30 3033538)
2. **Veronika Hotel and Restaurant** (veronikahotel@veronikahotel.hu ,
<http://www.veronikahotel.hu> tel: +36 30 2516703, +36 49 341887)
3. **NN Boutique Hotel** (4km from the venue) (info@nnhotel.hu , <https://nnhotel.hu> ,
tel:+36 300100499)
4. **Tisza Apartman** (tiszaapartman@gmail.com , <http://www.tiszaapartman.hu> ,
tel: +36 20 4582545)
5. **Outlet Hotel** (Polgár - 8km from Tiszaújváros) (info@outlethotel.hu,
<http://www.outlethotel.hu> , tel: +36 52 887827)

If you have any questions according the accommodations, please ask the contact below:

Accommodation info: info@triatlon.t-online.hu tel: +36 30 8878860

A man with a backpack and a suitcase is standing in an airport terminal, looking out a large window at an airplane on the tarmac. The scene is overlaid with a blue and green gradient and decorative blue and green swooshes. The text "TRANSFER AND TRANSPORT" is centered in white.

TRANSFER AND TRANSPORT

Athlete's airport transfer

Closest international airport: Debrecen International Airport (70km)

Free for the athletes competing in the World Cup and their accredited coaches, medicals etc.

For Europe Triathlon Junior Cup athletes and their accredited coaches, medicals etc.:

Return trip: 100 euro

One way trip: 50 euro

Alternative international airport: Budapest Liszt Ferenc International Airport (180km)

Return trip 200 euro

One way trip 100 euro

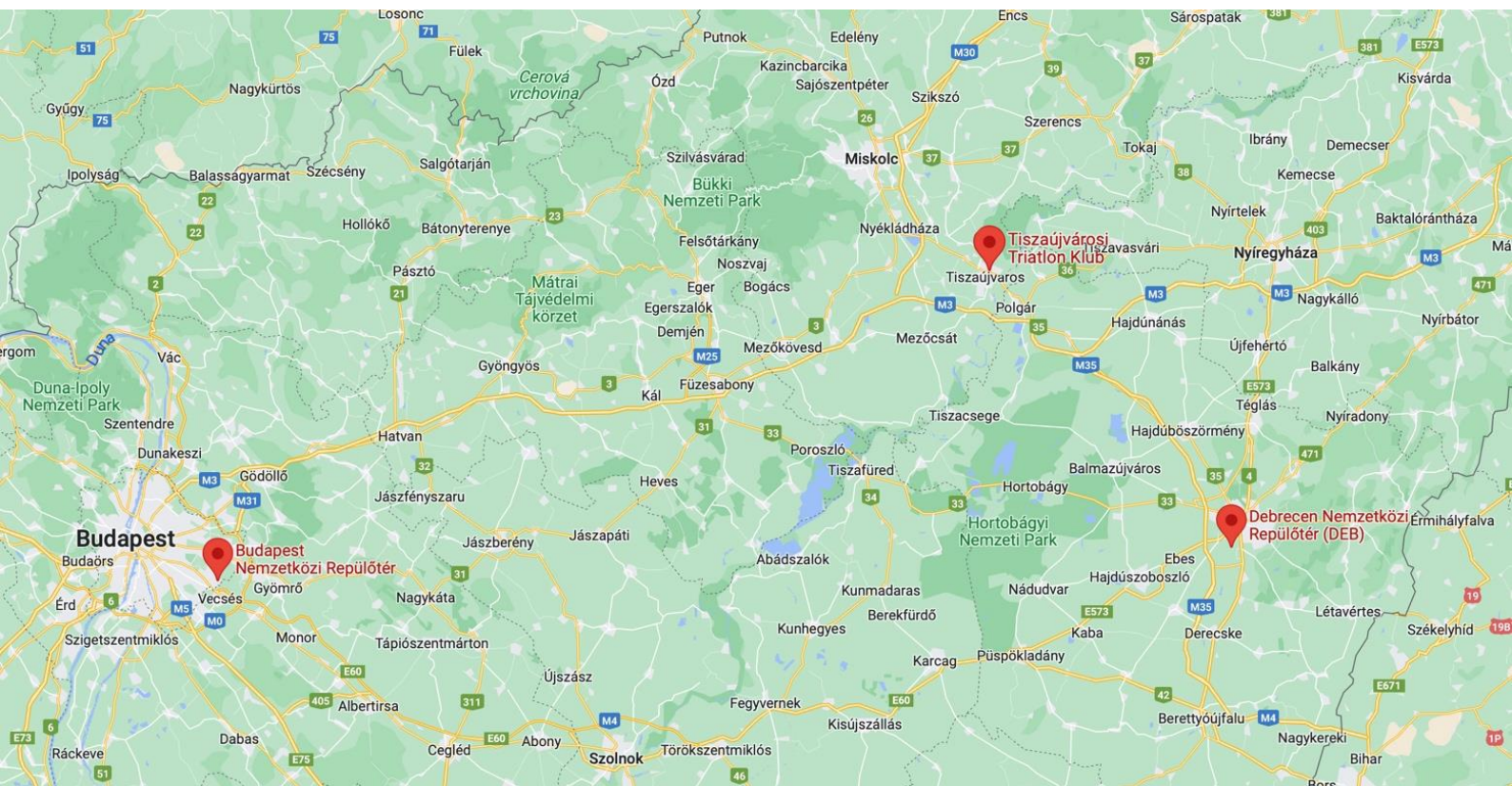
(rates include the transportation of the bikes)

Transfer booking [here](#)

Transfer contacts:

gombos.rita.kornelia@gmail.com

Tel: +36 20 5662773





ATHLETES SERVICES

5.1 Training facilities

SWIM

50m outdoor pool - Tiszaujvaros Strand

(Szederkényi út 12., Tiszaújváros, Hungary)

Operating hours for athletes: 9:30-20:00

Entry is **free** for the World Triathlon Cup athletes and the guests of Hotel Tisia.

Entry fee for the Europe Junior Cup athletes is **5 euro or 2000 HUF / person**.

Booking is required for all athletes (tiszaujvaros.triathlon@gmail.com)!

Entry with wristband provided by Athlete's service team.

BIKE

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling on their own risk and traffic rules are to be followed. Safe bike locations.

RUN

There is an 800m tartan / clay and 1000m clay circuit in the park 300m from the race venue.

5.2 Medical Services

First Aid and Medical Services will be available at the **Swim Course** before and during the familiarization and on the competition days. There will be **First Aid and Emergency Medical Services** at the **Finish Area** on the competition days.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to nearby hospitals.

5.3 Bike Mechanical Service

July 05 Friday 10:00-17:00

July 06 Saturday 10:00-17:00

July 07 Sunday 10:00-16:00

In case of any emergency bike mechanic needs outside of these hours, please contact the **Athlete's Service**. A bicycle shop is available 200m from the venue (**Garage Bike Tech - <https://www.garagebiketech.hu/en/>**), during opening hours. **Please note that the shop's services are not free of charge, only the official bike mechanic at the venue.**

5.4 Athlete's Informations

The **Athlete's Service Team** created messenger groups for the elite and junior athletes. Please join these groups using the appropriate QR code:



Junior



Elite

A group of cyclists in various colored jerseys (black, red, blue, green) are racing on a blue track. The cyclists are wearing helmets and are in a crouched position, leaning forward. The background shows a crowd of spectators and trees. The image is overlaid with a large, stylized graphic consisting of thick, curved lines in shades of blue and green. The text "COMPETITION SCHEDULE" is written in white, bold, uppercase letters across the middle of the image.

COMPETITION SCHEDULE

COMPETITION SCHEDULE

July 04. Thursday		
18:00	World Triathlon Cup Briefing + Race Package pickup	Hotel Tisia
July 05. Friday		
7:30	Bike Course Familiarization	Venue
15:00	Swim Course Familiarization for juniors	Swim course
16:00	Swim Course Familiarization for elites	Swim course
18:00	Europe Triathlon Junior Cup Briefing + Race Package	Hotel Tisia

EUROPE TRIATHLON JUNIOR CUP SCHEDULE (junior athletes)

July 06. Saturday		
10:00-11:30	Athletes Lounge Check-in, Semi-finals, Junior	Athlete's lounge
10:00-12:30	Athletes Lounge Open, Semi-finals, Junior	Athlete's lounge
10:45-11:45	Transition Area Check-in, Semi-finals, Junior	Transition area
11:30-12:30	Swim warm up, Semi-finals, Junior	Warm-up area
12:00	SEMI FINAL 1. Junior Women	Start area
12:10	SEMI FINAL 2. Junior Women	Start area
12:20	SEMI FINAL 1. Junior Men	Start area
12:30	SEMI FINAL 2. Junior Men	Start area
12:40	SEMI FINAL 3. Junior Men	Start area
13:20-13:45	Transition Area Check-out, Semi-finals, Junior	Transition area
19:00-20:00	Race Pack Collection, Finals, Junior	Hotel Tisia
July 07. Sunday		
10:00-11:15	Athletes Lounge Check-in, Finals, Junior	Athlete's lounge
10:00-12:30	Athletes Lounge Open, Finals, Junior	Athlete's lounge
10:45-11:30	Transition Area Check-in, Finals, Junior	Transition area
11:00-11:30	Swim warm up, Finals, Junior Women	Warm-up area
11:45	FINAL - Junior Women	Start area
12:00-12:30	Swim warm up, Final, Junior Men	Warm-up area
12:45	FINAL - Junior Men	Start area
13:30-13:45	Transition Area Check-out, Finals, Junior	Transition area
13:45	Medal Ceremony, Junior (top 3)	Finish area

WORLD TRIATHLON CUP SCHEDULE (elite athletes)

July 06. Saturday		
12:45-14:15	Athletes Lounge Check-in, Semi-finals, Elite	Athlete's lounge
12:45-16:15	Athletes Lounge Open, Semi-finals, Elite	Athlete's lounge
14:00-14:45	Transition Area Check-in, Semi-finals, Elite	Transition area
14:15-16:25	Swim warm up, Semi-finals, Elite	Warm-up area
15:07	SEMI FINAL 1. Elite Women	Start area
15:29	SEMI FINAL 2. Elite Women	Start area
15:56	SEMI FINAL 1. Elite Men	Start area
16:16	SEMI FINAL 2. Elite Men	Start area
16:36	SEMI FINAL 3. Elite Men	Start area
17:30-18:00	Transition Area Check-out, Semi-finals, Elite	Transition area
19:00-20:00	Race Pack Collection, Finals, Elite	Hotel Tisia
July 07. Sunday		
13:15-14:15	Athletes Lounge Check-in, Finals, Elite	Athlete's lounge
13:15-16:00	Athletes Lounge Open, Finals, Elite	Athlete's lounge
14:00-14:30	Transition Area Check-in, Finals, Elite	Transition area
14:10-14:30	Swim warm up, Final, Elite Women	Warm-up area
14:45	FINAL - Elite Women	Start area
15:30-16:00	Swim warm up, Final, Elite Men	Warm-up area
16:15	FINAL - Elite Men	Start area
17:15-17:45	Transition Area Check-out, Finals, Elite	Transition area
17:30	Medal Ceremony, Elite (top 3)	Finish area
20:30	Awards Ceremony, Elite (top 15)	Town square

6.2 Competition Rules

The latest World Triathlon Competition Rules will be applied on the events.

6.3 Athlete's Briefing and Race Package (elite and junior)

Elite Athletes: Thursday, 4th July, 18:00

Junior Athletes: Friday, 5th July, 18:00

Location: Hotel Tisia

6.4 Timing Chips

On race day, the athletes will be given a timing chip, to be worn on the athlete's ankle.

Athletes will pick up the timing chips before the competitions, in the athletes lounge.

Timing company: **Evochip**

6.5 Protest and Appeals

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

ACCREDITATION

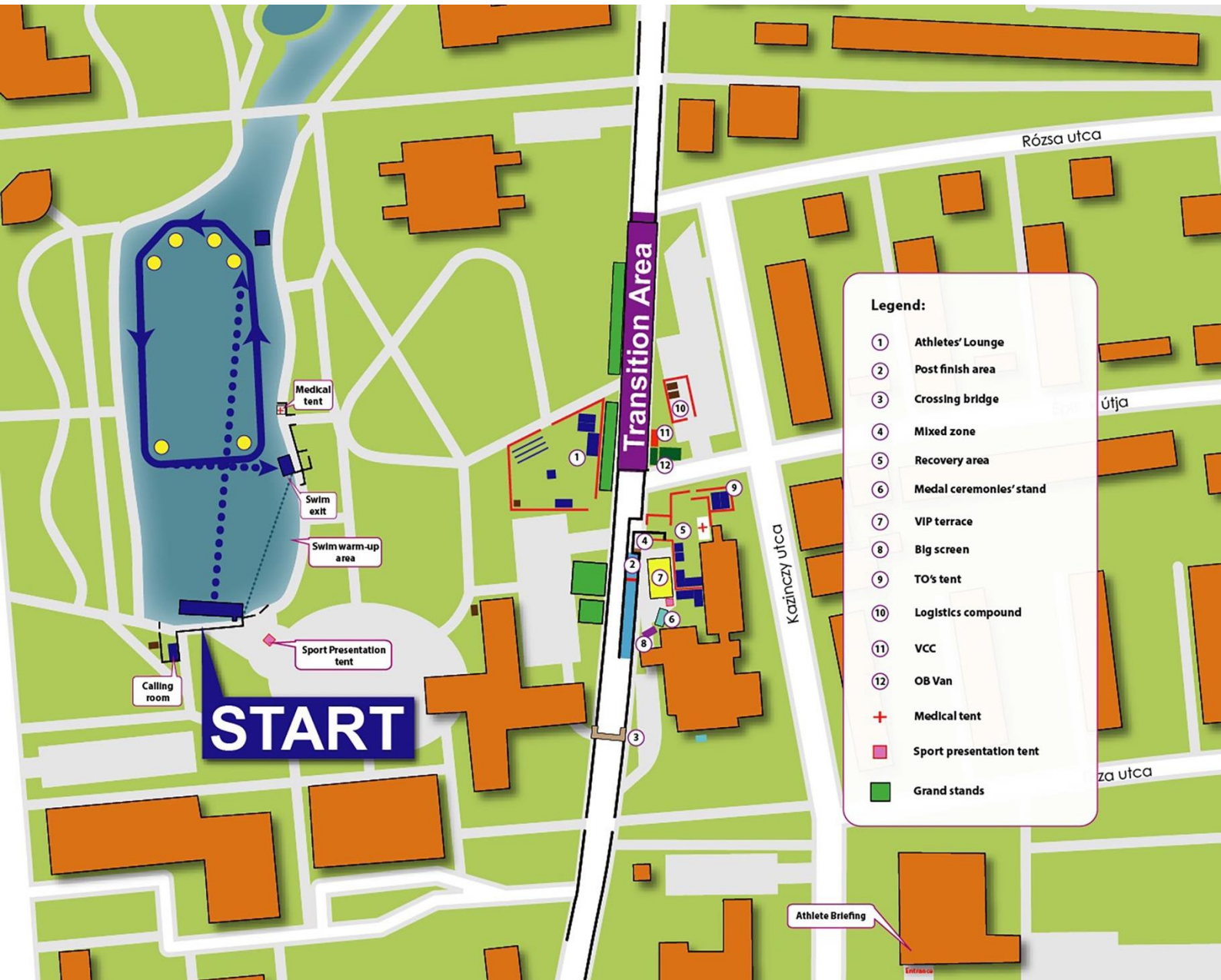
LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the World Triathlon Event Organizers Manual.

Accreditation cards/wristbands will be handed out during the registration. Only accredited people will be allowed to access certain areas at the venue. Accreditation cards/wristbands are number coded and provide access to specific areas of the competition areas. All accredited persons are requested to **carry their accreditation card/wristband with them at all times** and show them upon request. **The LOC will provide to all Organizing Committee Members, Technical Officials, Athletes, VIPs, Media, Technical staff, Volunteers, etc. with an official Accreditation card/wristband.**

A photograph of a swimming race start, with many swimmers in various colored suits and caps diving into the water. The image is overlaid with a semi-transparent blue and green filter and several thick, curved blue and green lines that sweep across the frame. The text 'COURSE MAPS' is centered in white, bold, uppercase letters.

COURSE MAPS

VENUE MAP



Swim Start:

Pontoon start

Swim Course:

The swim loop is 250 m long. The distance to the first turn is 110m. There are 2 laps for the juniors and 3 laps of 250m for the elites. The average water temperature in the City Lake in July is 24-26 Celsius.

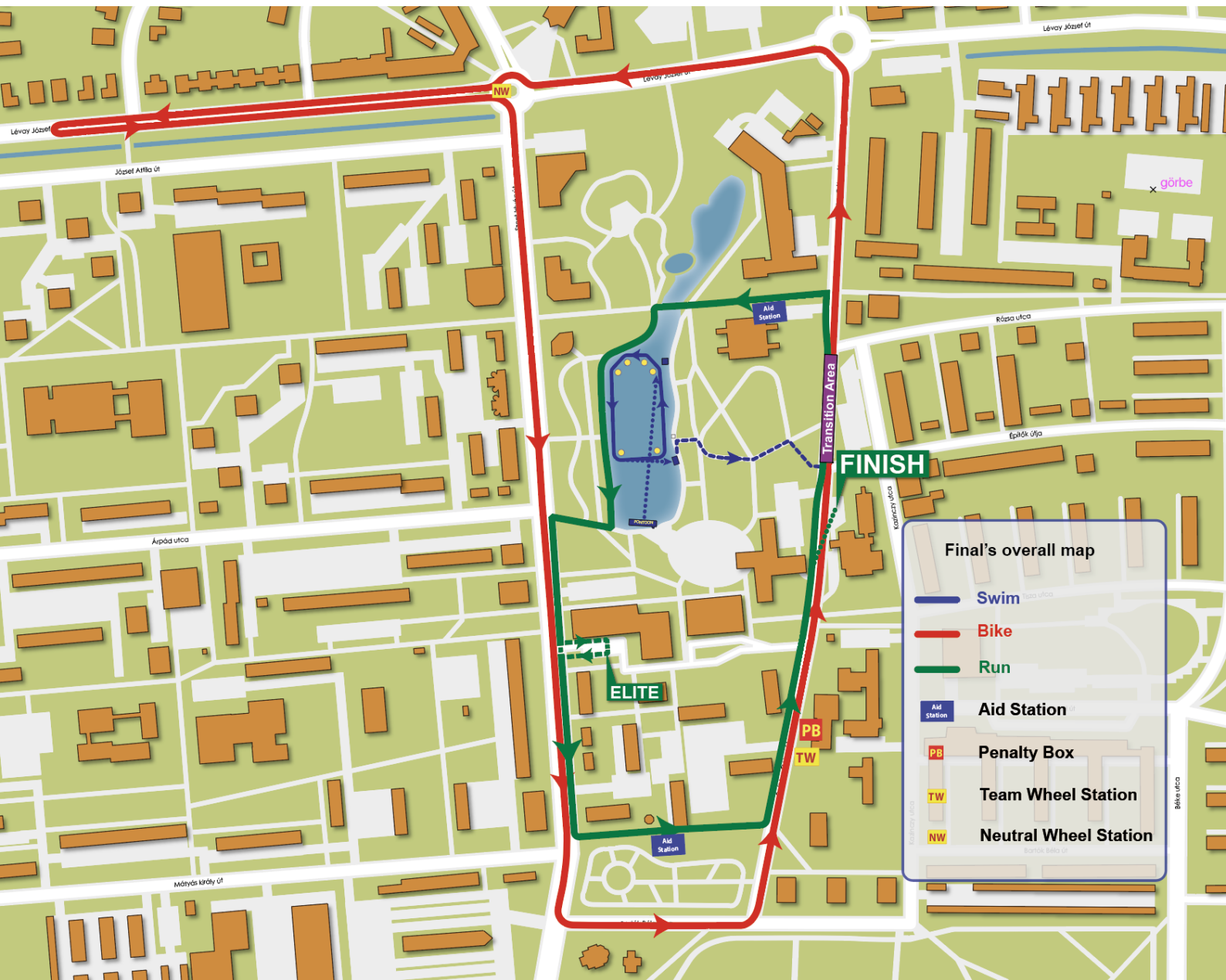
Transition 1.:

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. Athlete's numbers are displayed on A-frames on the semi-finals and names/numbers are displayed on the individual bike racks during the final. After the helmet is secured athletes unrack the bike moving forward into the centre lane and towards the mount line.

SEMI FINALS MAP (general)



FINALS MAP (general)



Bike Course - Semi Finals:

There is 1 lap of 12 km for Juniors and 2 laps of 10 km for Elites. The route is technically demanding at certain areas, due to changes of direction and turns.

Bike Course - Finals:

There are 5 laps of 2,5km for the Juniors and 8 laps of 2,5km for the Elites. The route is flat, technically demanding at certain areas, due to changes in direction and tight turns.

Transition 2.:

Running shoes may be placed beside the rack or in the bin.

Run Course:

Generally flat course.

Number of laps:

- Semi finals:

- Elite: 3 laps of 1,69km
- Junior: 2 laps of 1,55km

- Finals: Elite:

- Elite: 4 laps of 1,25km
- Junior: 3 laps of 1,2km

WATER QUALITY

As of 6 th May 2024	World Triathlon criteria	Results
pH	6 - 9	8.0
Escherichia coli (cfu/100ml)	Within 250	20
Entero-cocci (cfu/100ml)	Within 100	50
Blue-Green Algal blooms (cells/ml)	Within 100.000	250



*Sample collection point



**GOOD
LUCK!**