

Europe
Triathlon
Baltic
Championships

Panevėžys
2024
DECATHLON



Athletes' Guide

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LIUVOS
TRIATLONO
FEDERACIJA



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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

Race briefing and registration will be done on 2nd of August. The race will take place on 3rd of August.

1.3. Key contacts

Name and contact details of:

- Race director: Žilvinas Grigaitis (z.grigaitis@triatlonas.lt)
- Technical delegate: Kati Raudsepp (raudseppkati@gmail.com)
- Athletes' services manager: Dainius Šimkaitis (d.simkaitis@triatlonas.lt)
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456.

1.4. Contacts details

Of the LOC with address, name of responsible person, email address and phone number

- Dainius Šimkaitis, general secretary of Lithuanian NF. Email address d.simkaitis@triatlonas.lt, phone number +370 606 76384

2. Venue

2.1. Race venue

The race venue is located in the city centre of Panevėžys. Coordinates: 55.729541, 24.363727.

Address: Laisvės aikštė 4, Panevėžys, Lithuania

2.2 Course familiarisation

See Competition Schedule.

2.3. Athletes' lounge

Athlete's lounge is located at the race venue next to Transition zone.

2.4. Athletes' race package

Athletes' race package distribution will be after briefing in Hotel Romantic

Entry fee: 75 EUR

Entry can be paid in advance to Lithuanian triathlon federation bank account:

Name: Lietuvos triatlono Federacija

IBAN: LT827300010134192454



SWIFT: HABALT22

Alternatively, race organizers will accept card payments or cash at the time of registration.

2.5. Doping control

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities

2.6. Security

Race village will be guarded with fences. Only athletes with accreditations will be allowed to enter, therefore accreditations must be carried at all times.

2.7. LOC office

LOC office will be located in Hotel Romantic and at the race venue next to Athlete's lounge and open during the races. For contact, see race director.

3. Accommodation

Event's host hotel is Hotel "Romantic" at Kranto g. 24, Panevėžys

4. Transfer and Transport

Closest airport – Kaunas airport (KUN).

For transfers, please contact Athletes' services manager.

5. Athletes' Services

5.1. Training facilities

SWIM

No swimming pools are offered for this race warm ups. Athletes will have an opportunity to have a swim fam on day before race.

BIKE

Biking is recommended in **Kultūros ir poilsio parkas** and **Skaistakalnio parkas**.

RUN

Running is recommended in **Kultūros ir poilsio parkas** and **Skaistakalnio parkas**.

5.2. Medical services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day



Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital: Panevėžio respublikinė ligoninė (A. Jakšto g. 4B, 35144 Panevėžys)

Emergency telephone number: 112

5.3. Bike mechanical service

There will be a “Decathlon” tent providing bike services throughout the race weekend.

6. Competition schedule

6.1. Elite women

Day	Start	End	Activity	Location
Aug 2 nd	15:00	16:00	Swim familiarization	Lake Senvagė
Aug 2 nd	16:00	16:30	Bike familiarization	Race venue
Aug 2 nd	18:00		Athletes' briefing	Hotel Romantic
Aug 2 nd	18:20		Athletes' registration	Hotel Romantic
Aug 3 rd	08:15	9:00	Athletes' Lounge check in	Race venue
	08:30	09:15	TA check in	Race venue
	08:45	09:15	Swim warm-up	Race venue
	09:20		Calling area	Race venue
	09:20		Athletes' introduction	Race venue
	09:30		Start	Race venue
	11:00		Award Ceremony	Race venue

6.2. Elite men

Day	Start	End	Activity	Location
Aug 2 nd	15:00	16:00	Swim familiarization	Lake Senvagė
Aug 2 nd	16:00	16:30	Bike familiarization	Race venue



Aug 2 nd	18:00		Athletes' briefing	Hotel Romantic
Aug 2 nd	18:20		Athletes' registration	Hotel Romantic
Aug 3 rd	11:15	12:00	Athletes' Lounge check in	Race venue
	11:30	12:15	TA check in	Race venue
	11:45	12:15	Swim warm-up	Race venue
	12:20		Calling area	Race venue
	12:20		Athletes' introduction	Race venue
	12:30		Start	Race venue
	14:00		Award Ceremony	Race venue

6.3. Competition rules

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

6.4. Athletes' briefing

August 2nd 18:00 Hotel Romantic conference hall "Senvagė" (2nd floor).

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.

6.6. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org. Live timing will also be available at www.ltutiming.lt.

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 will be distributed after race briefing.

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

8.1. Language: Lithuanian

8.2. Population: 87 913

8.3. Currency: EUR

8.4. Time: EEST (UTC+3)

8.5. Electricity: 220-240 V

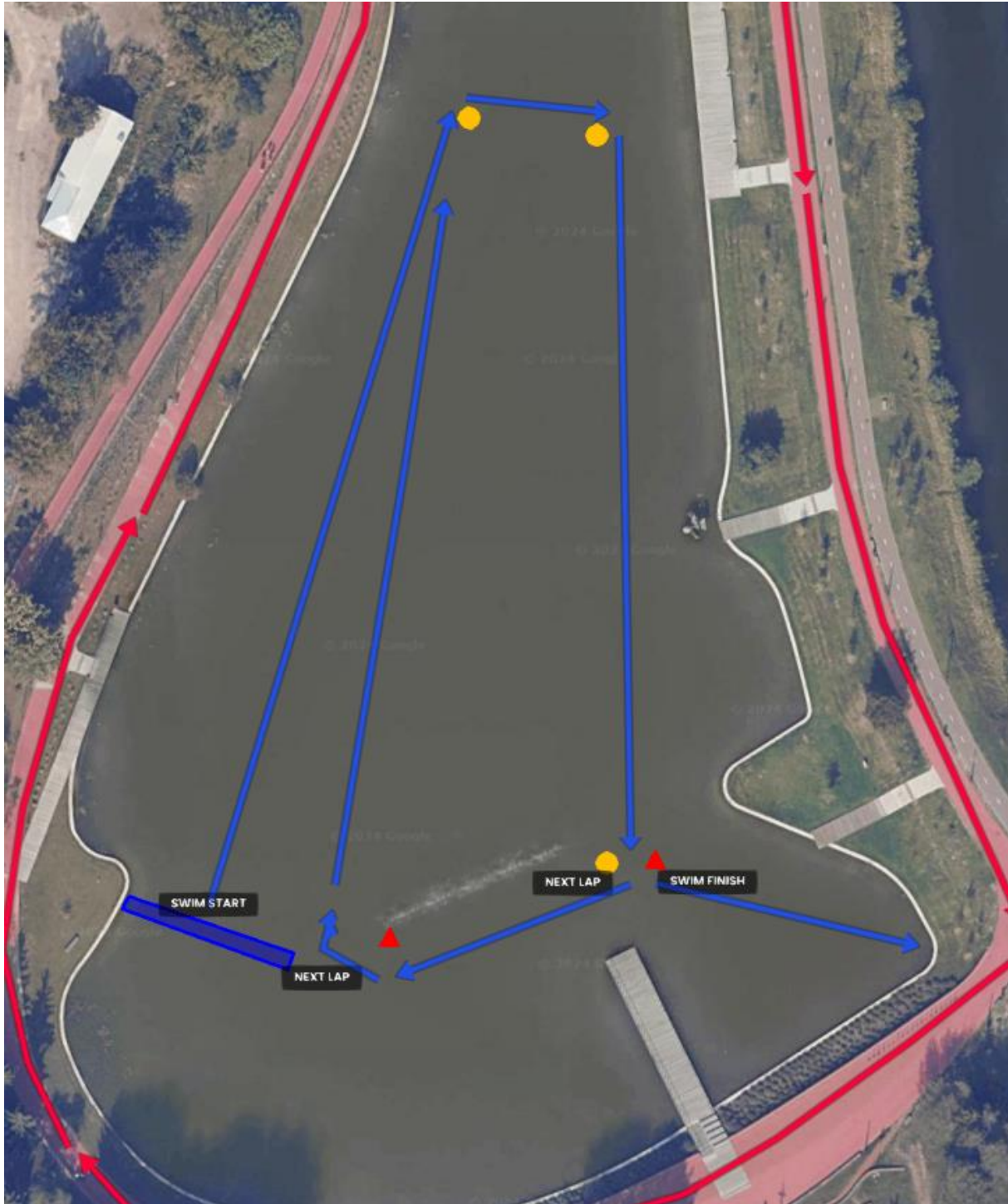
8.6. Water: tap water is drinkable

8.7. Telephone connections: country code +370



9.Course maps

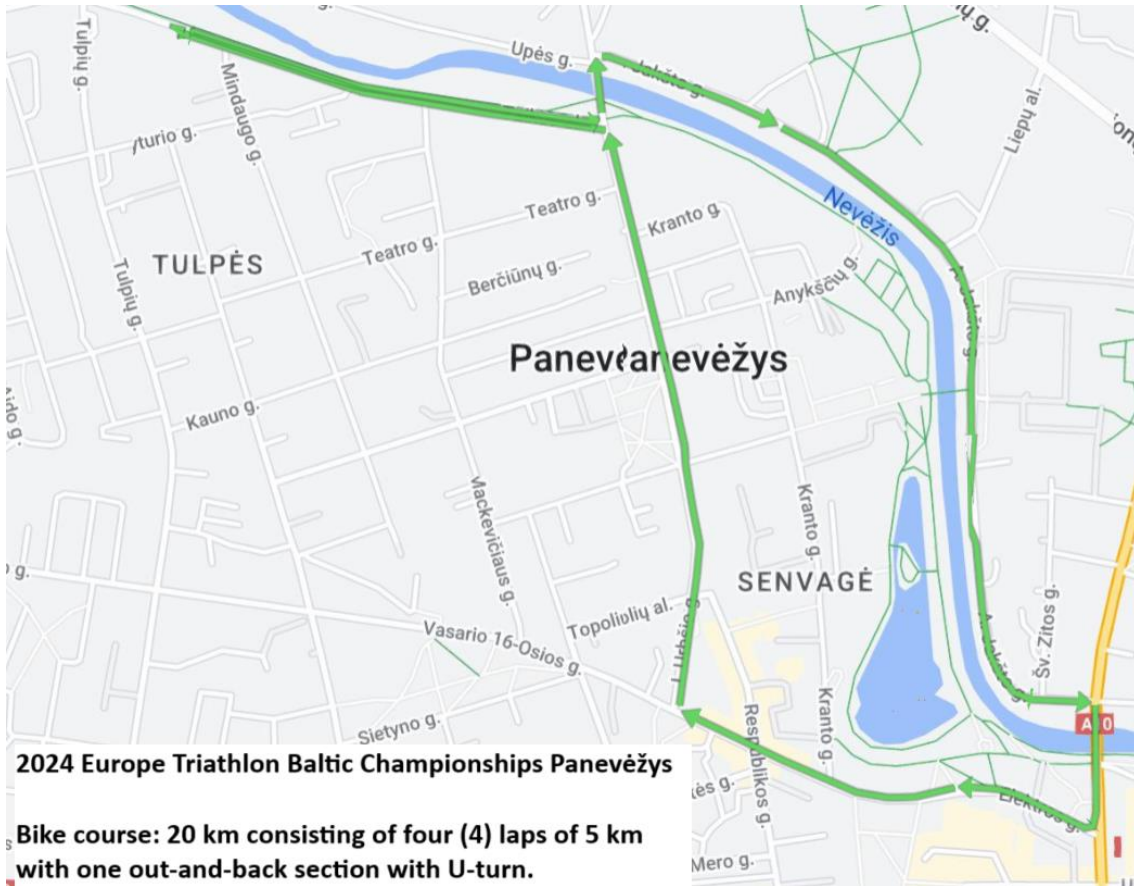
SWIM COURSE



Swim course consists of 2 laps of total distance 750 m.
Swim start from pontoon.
There is no exit after first lap.
Swim direction is clockwise until last buoy.

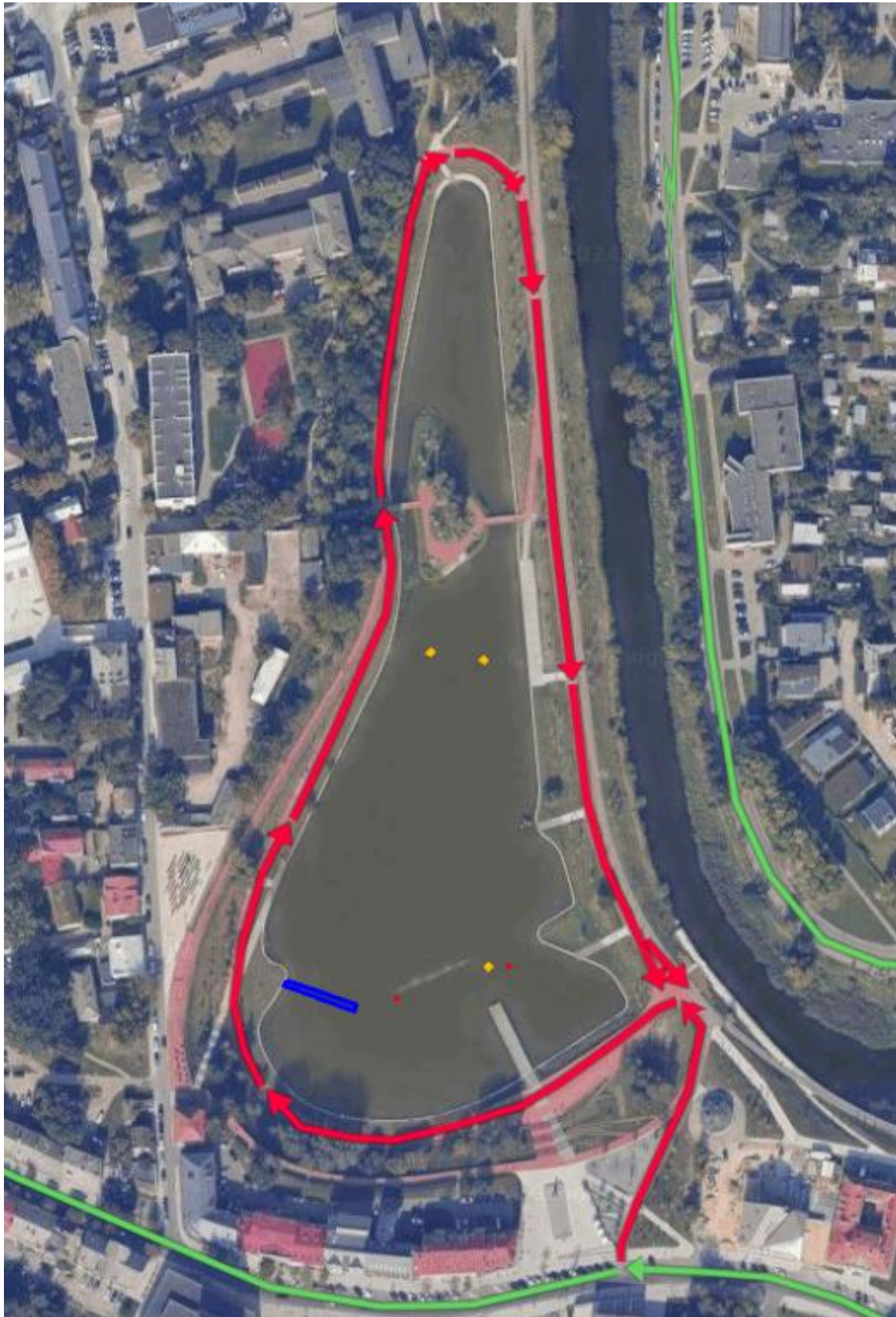


 **BIKE COURSE**





RUN COURSE



Run course consists of connection (110 m) + 5 laps of 950 m. Total run distance is 4,86 km.