



**Europe
Triathlon**
Age Group Sprint
Championships

**MUNICH
2022**

Athletes Guide

Version 2 – 04.08.2022



WELCOME

Renato Bertrandi, President of Europe Triathlon

Dear friends, dear triathletes,

Four years after the first edition of the European Championships we are a few weeks away from the 2022 edition that will be held in the City of Munich. It will be a memorable experience not only for our best European Elite Athletes, but also for the many Age Group Athletes that will have the opportunity to race and cross the finish line at Olympiapark. We are very excited to stage our best European Event with other prestigious Sports like athletics, beach volleyball, canoeing, cycling, gymnastic, rowing, sport climbing and table tennis. The "organising machine" has done a fantastic and professional job: you will not regret being part of the Championships.



Martin Engelhardt, President of the German Triathlon Union

Dear triathletes,

I am very happy to welcome you to Munich for the Europe Triathlon Age Group Sprint Championships. A place that is full of history and flair, a venue that offers an incredible mix to make your stay in Germany an unforgettable one.

Not only will you have the chance to experience sporting history 50 years after the Summer Olympics at a venue steeped in tradition. You will also have the opportunity to experience the European Elite Triathletes up close, to cross the same finish line cheered on by numerous fans and to follow other sports and European Championships decisions in the context of Munich 2022.

I wish you all successful competitions in a friendly atmosphere that will showcase and underline that triathlon - regardless of age - can be pursued with joy and passion.



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1. GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of this Athletes 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 Leaders are advised to check at the info point and with LOC staff regarding any changes in information included in this guide.

1.2 THE EUROPEAN CHAMPIONSHIPS MUNICH 2022

The Europe Triathlon Age Group Sprint Distance Championships Munich 2022 will be held within the framework of the European Championships Munich 2022, which will be the biggest sports event in Germany since the 1972 Summer Olympics.

From 11th-21st of August 2022, European sport will be united as its best athletes compete for the highest accolade of their sport on the continent – the title of ‘European Champion’. The second edition of the European Championships will feature nine Olympic sports: Athletics, Beach Volleyball, Canoe Sprint, Cycling, Gymnastics, Rowing, Sport Climbing, Table Tennis, and Triathlon.

Along with the Olympiapark as the heart of the event, the entire city will dress up for a glorious and unforgettable spectacle of sport and culture – a fitting way to celebrate a golden jubilee.

1.3 KEY CONTACTS

Position	Name	Contact
Europe Triathlon Technical Delegates	Dr. Bela Varga (HUN)	belagabor.varga@gmail.com +49 173 7529513
	Line Amlund Hagen (NOR)	linemah@gmail.com +47 976 50334
Europe Triathlon Assistant Technical Delegate	Sören Jarling (GER)	soeren@jarling.net +49 178 4731401
Europe Triathlon Medical Delegate	Dr. András Gályász (HUN)	drgalyaszandras@gmail.com +49 152 535 69518
Head Referee	Uli Zierl (GER)	uli.zierl@t-online.de +49 172 9194031
Race Director	Moritz Lange	moritz.lange@munich2022.com +49 69 677 205 24
Athletes Services Manager	Lisa Henkel	agegrouptriathlon@munich2022.com +49 157 51705716
Europe Triathlon Office	Kathleen Smet	hq@europe.triathlon.org +32 478825456
	Chris Kitchen	chris.kitchen@europe.triathlon.org +44 7484 734878

1.4 VISAS

If you require an invitation letter to apply for a Visa to enter Germany, please send an e-mail to Lisa Henkel (agegrouptriathlon@munich2022.com) with the respective data (name as it appears in the passport, date of birth, passport number, issued and expiry date).

More information about entry restrictions on travelling to Germany can be found at: [COVID-19: entry and quarantine regulations in Germany - Federal Foreign Office \(auswaertiges-amt.de\)](https://www.auswaertiges-amt.de)

1.5 CURRENCY

The local currency in Germany is Euro (€). Usually shops and restaurant also accept credit or other bank cards, but paying in cash is still very common in Germany.

1.6 WEATHER

Munich enjoys mostly sunny continental climate, but especially in the summer months it can be influenced by the mountains. Thunderstorms and rain are not unlikely. Average temperature in August is between 15-26° Celsius.

1.7 LANGUAGE

People in Munich speak German. However, Munich is a very international city and most people will understand English, as well. Of course, our volunteers and staff are trained to communicate in English language.

2. SCHEDULE

Date	Start	End	Venue	Details
Thursday, 11th August 2022	20:00	21:00	Online Meeting*	Team Managers Briefing
Friday, 12th August 2022	10:00	19:00	Olympiapark	Registration / race package pick-up <i>Time slots separated by nation (see chapter 6)</i>
	10:00	13:00	Olympiapark (Beer Garden Heimat Roof)**	Welcome Food & Drinks
	11:30	11:45	Olympiapark (Beer Garden Heimat Roof)	Welcome Speech
	17:15	19:15	Olympiapark	Elite Women Race (Standard Distance)
Saturday, 13th August 2022	09:00	12:00	Olympiapark	Late Registration - <i>limited to 300 athletes (pre-registration required, see chapter 6.1)</i>
	13:00	13:40	Olympiapark	Check-In Transition 2 + Equipment Check <i>Group 1 – M50-54 and older</i>
	13:40	14:20	Olympiapark	Check-In Transition 2 + Equipment Check <i>Group 2 – All Women</i>
	14:20	15:00	Olympiapark	Check-In Transition 2 + Equipment Check - <i>Group 3 – M45-49 and younger</i>
	16:00	18:00	Olympiapark	Elite Men Race (Standard Distance)
	18:30	19:15	Karlsfelder See	Bike Check-In Transition 1 <i>Group 1 – M50-54 and older</i>
	19:15	20:15	Karlsfelder See	Bike Check-In Transition 1 <i>Group 2 – All Women</i>
	20:15	21:00	Karlsfelder See	Bike Check-In Transition 1 <i>Group 3 – M45-49 and younger</i>
	19:15	21:20	Karlsfelder See to Olympiapark	Bus Shuttle (only for athletes) <i>starting every 15-25 minutes (30min ride)</i>
Sunday, 14th August 2022	05:00	06:30	Olympiapark	Access to Transition 2 for final recheck
	05:05	07:15	Olympiapark to Karlsfelder See	Bus Shuttle (only for athletes) <i>starting every 10min (30min ride)</i>
	06:00	08:15	Karlsfelder See	Access to Transition 1 for final recheck
	07:00	09:00	Karlsfelder See	Age Group Wave Starts <i>(for start waves see chapter 9)</i>
	08:00	11:00	Olympiapark	Athletes finishing the race in Olympiapark
	08:00	12:00	Olympiapark	Showers & changing rooms open
	11:00	13:00	Olympiapark	Check-Out Transition 2
	15:30	16:30	Olympiapark	Medal Ceremony
	18:00	19:30	Olympiapark	Elite Mixed Relay

* The access link will be provided only to the team managers. The presentation and recorded briefing will be available online. For more see chapter 5.1

** Find more info on the location following this link <https://www.munich2022.com/en/heimat-roof>

3. VENUE

3.1 MAIN VENUE – OLYMPIAPARK MUNICH

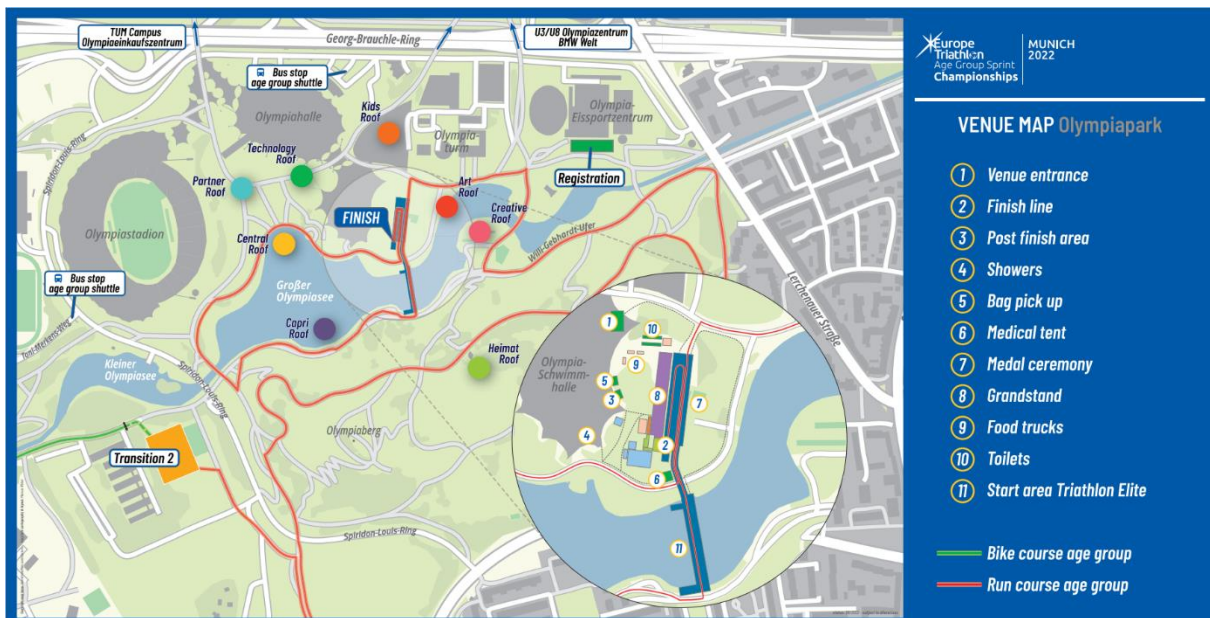
Address:

Olympiapark München

80809 München (Germany)



The Olympiapark will not only be the finish venue for the Europe Triathlon Age Group Sprint Distance Championships, but is also one of the main venues for the European Championships Munich 2022. Next to triathlon, mountain bike, BMX, athletics and gymnastics events will take place in the park and will be accompanied by a festival “The Roofs” (for more see chapter 12.3 SIDE EVENTS).



3.2 START VENUE – KARLSFELDER SEE

Address:

Karlsfelder See

Hochstraße 69A

85757 Karlsfeld (Germany)



© EyesWideOpen/Getty Images

4. TRAVEL & ACCOMMODATION

4.1 TRAVEL

Germany's cities and our neighbour countries are very well connected via railways. You can find all connections and information on the Deutsche Bahn website: [Deutsche Bahn: Discover Germany and Europe by train!](#)

The closest airport is Munich Airport. Other options are the airports in Stuttgart, Memmingen (Allgäu Airport – Munich West) or Nürnberg.

4.2 PUBLIC TRANSPORT

Munich has a really good public transport system with busses, trams, subways and regional trains: [Homepage | MVV \(mvv-muenchen.de\)](#)

From June 1st to August 31st 2022 there is a limited offer of a 9-Euro-Ticket in Germany. Passengers nationwide can use regional public transport for only nine euros per month. More information can be found here: [9-Euro-Ticket | MVV \(mvv-muenchen.de\)](#)

The closest subway station to the main venue in the Olympiapark Munich is "Olympiazentrum", where the two subway lines U3 and U8 stop. On the opposite side of the park is the tramway station "Olympiapark West". Please avoid going to the Olympiapark by car, as parking spaces in and around the Olympiapark will be occupied or not accessible. The closest parking option is the "Olympia-Einkaufszentrum", which is 25min by walk (or 10min by bike) from the Olympiapark.

The best way to get to the start venue at "Karlsfelder See" by public transport is the suburban-railway "S-Bahn" S2 from Munich main station to Karlsfeld station. From Karlsfeld train station you can take a local bus (line 701, 711 or 160 - takes around 20 more minutes) or go by bike (10-12 minutes) to the lake "Karlsfelder See".

Please also check out our bus shuttle service that we offer for athletes on Saturday and Sunday (find more details in chapter 8.4).

4.3 ACCOMMODATION

The travel agency "TR Germany" offers rooms in different hotels in Munich. Feel free to get in touch with them to book rooms for your team or single athletes.

Michael Bechtloff
TR Germany GmbH
+49 69 6773267 31
michael.bechtloff@tr-germany.com
<https://tr-germany.com/shop/>

Please don't hesitate to contact us via agegrouptriathlon@munich2022.com if you are facing any trouble finding an accommodation.

5. ATHLETES SERVICES

5.1 TEAM MANAGERS BRIEFING / ATHLETES BRIEFING

Thursday, 11th August 2022	20:00	21:00	Online Meeting	Team Managers Briefing
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There will not be a general race briefing session for all athletes. The online briefing will be dedicated and limited to the team managers, who will receive the access link a couple of days in advance. The recorded briefing and the presentation with all the key information will be made available online for everybody.

Please contact your National Federation to find out, if they will provide a separate briefing for their athletes.

5.2 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the race and on the venues on competition day.

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

Medical services at the venue are free of charge. Treatment in hospitals must be paid by the athlete's health insurance, if you are a holder of the European Health Insurance Card (EHIC). Athletes, who do not hold the EHIC (e.g. when you are from a non-EU country), need to pay for the medical services in hospitals directly. As athletes you should make sure that you have appropriate medical insurance to cover those costs.

If you require medical assistance when you are not on the venue, you can call for an ambulance by dialling 112.

5.3 BIKE MECHANICAL SERVICE

There is no official bike partner of the event.

You can find local bike stores nearby the Olympiapark:

- Radl Garage - <https://goo.gl/maps/43wmPmA8kZCtBugi7>
- Zweirad Pickl - <https://goo.gl/maps/43wmPmA8kZCtBugi7>
- Have a bike - <https://goo.gl/maps/p6tjiuUQpKoyZntz9>
- Velo-si-pede - <https://goo.gl/maps/mijTxjbFdY1571VDA>

And the following store nearby Karlsfelder See:

- Fahrrad Bayerl - <https://goo.gl/maps/7Ypyf1NyxLQLk9fw9>

5.4 LOST AND FOUND

Lost and found items can be given to / searched for at the Welcome & Info desk close to finish line in the Olympiapark. Everything found at Karlsfelder See will be brought to the Welcome & Info desk in the Olympiapark after the competition. You can also contact our Athlete Service (agegrouptriathlon@munich2022.com) after the event, if you are still missing items.

5.5 COVID-19 MEASURES

To ensure a safe event for all persons involved, we make the following recommendations to every accredited participant of the event.

- A minimum distance of 1.50 m should be maintained wherever possible.
- Hygiene measures should be always observed. These include frequent and thorough hand washing and coughing and sneezing into the crook of the arm or into a paper handkerchief.
- Currently there is no obligation to wear a mouth-nose protection or FFP2 mask, except in **public transport**.
- Persons with a confirmed SARS Cov-2 infection will not be allowed access to the sports venues and will be required to go into isolation.

Rest assured, should there be any changes in the legal situation or a different assessment of the situation in the coming weeks, we will inform you immediately and adapt promptly to the guidelines and measures.

More information about entry restrictions to Germany can be found at: [COVID-19: entry and quarantine regulations in Germany - Federal Foreign Office \(auswaertiges-amt.de\)](https://www.auswaertiges-amt.de)

5.6 PHOTO SERVICE

Sportograf is our official athlete photo service at Europe Triathlon Age Group Sprint Championships München 2022.

They will provide you with the “Foto-Flat”, your all-in-one package of your amazing personal images from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

Even before the event you can sign up with your email for a reminder and you will be informed as soon as the photos are online: www.sportograf.com/event/8563

5.7 LIVESTREAM

The Europe Triathlon Age Group Sprint Distances Championships Munich 2022 will be streamed live online. You can find the livestream following the link below.

<https://europe.triathlon.org/live/>

6. REGISTRATION

6.1 REGISTRATION TIMES AND PROCESS

The race package pick up will take place in the Olympiapark in front of the “Olympia-Eissportzentrum” on Friday, 12th of August and Saturday, 13th of August. When looking for the registration onsite, you can also follow the wayfinding signage to the “Main Accreditation Centre (MAC)” which is right next to it.

Please note that registration on Saturday is limited to 300 athletes! Pre-registration is mandatory. Please contact agegrouptriathlon@munich2022.com to register for this time slot.

In order to avoid long waiting times there are time slots per nation:

Day	Time slot	National federations
Friday, 12 th August	10:00 – 11:30	British Triathlon
	11:30 – 13:00	All other federations (excluding Germany, British Triathlon & Austria)
	13:00 – 14:30	Germany & Austria
	14:30 – 16:00	British Triathlon
	16:00 – 17:30	All other federations (excluding Germany, British Triathlon & Austria)
	17:30 – 19:00	Germany & Austria
Saturday, 13 th August	9:00 – 10:00	British Triathlon
	10:00 – 11:00	Germany & Austria
	11:00 – 12:00	All other federations (excluding Germany, Great Britain & Austria)

To receive the race package, **every athlete must register in person**, needs to hand in the signed waiver (which is available following this [link](#)), and show a Photo ID card.

There is no option to pick up race package for anybody else. Athletes will be asked to go to the appropriate registration desk, which will be sorted by age group.

There will be an athlete information desk located close to the registrations tents which will also be opened during registration times.

6.2 RACE PACKAGE

The race package contains the following items:

- Silicone swim cap
- Timing chip
- Bib number* (strap for bib number is not provided, please bring your own)
- Sticker set (for bike, helmet and finish bag)
- Tattoo set (for body marking and swim cap)
- Athlete wristband
- Souvenir
- Finish bag

* Any alteration to the bib number may result in disqualification

Stickers & Tattoos - Application instructions

- Stickers have to be placed before Check-In
- Tattoos have to be placed before racing
- Each athlete receives 5 tattoos and 5 stickers
- See pictures where to place
- Sticker „Proud supporter of“ is not mandatory to use; it's for your supporter 😊
- How to fix tattoos:
 - Skin areas has to be clean from massage oil or sun cream; swim cap clean and dry
 - Remove the clean protective top sheet from tattoo
 - Make sure that tattoo is right side up; place tattoo with ink (sticky side)
 - Hold wet paper towel to the paper back of the tattoo; hold and make sure to wet it all the way through the white paper back
 - Wait 40 seconds
 - Peel of paper backing



1x Bag Sticker
After Race Bag



2x Tattoo
Swim Cap - one on each side of cap



6.3 TIMING CHIPS

During registration / race package pick up athletes will be given a timing chip, to be worn on the athletes' ankle during the race. Please keep the timing chip with you until you check out your bike from Transition 2. Without timing chip the check-out from Transition 2 will be denied.

6.4 ACCREDITATION

Since the Europe Triathlon Age Group Sprint Distance Championships Munich 2022 takes place within the framework of the European Championships Munich 2022 special attention has to be paid on the accreditation topic. The athletes and registered coaches / team managers will receive the **wristband** at the race package pick-up.

This wristband gives access to certain areas only during the times of Age Group competition or preparation times (e.g. check-in and bus transfer to/from Karlsfelder See), but has no value within the accreditation system of the European Championships Munich 2022.

7. FAMILIARISATION & TRAINING

7.1 COURSE FAMILIARISATION

There will not be an official course familiarisation, but the courses will be marked with signs from Friday, 12th of August onwards.

Please be aware that you have to follow traffic rules and that it is not allowed to ride a bike on parts of the bike course during normal traffic (road B 471). You are not allowed to go on this part of the course with a bike before the race. An alternative route for your course check will be marked with signs.

7.2 TRAINING FACILITIES

SWIM

There are several public swimming pools in Munich which you can go to for training. We recommend these two:

1. **Olympia-Schwimmhalle** (in the area of the Olympiapark Munich)
Coubertinplatz 1
80809 München
<https://www.swm.de/baeder/schwimmen-sauna/olympia-schwimmhalle>
2. **Dantebad München**
Postillonstraße 17
80637 München
<https://www.swm.de/baeder/schwimmen-sauna/dantebad>

There is no official training, but it will be possible to train and familiarize with the swim course in the lake “Karlsfelder See” on your own risk. Please pay attention to other visitors as this is a public swimming area.

BIKE

There will be no official bike course familiarisation. The bike course will be marked, by the LOC from Friday, 12th of August onwards.

Please be aware that you have to follow traffic rules and that it is not allowed to ride a bike on parts of the bike course during normal traffic (road B 471). You are not allowed to go on this part of the course with a bike before the race. An alternative route for your course check will be marked with signs and is shown on the course map in chapter 11.3 BIKE COURSE.

RUN

The Olympiapark Munich, the English Garden or the Isar area – there are plenty of “green spots” in Munich where you can go running. If you plan on doing a track session there are tracks open for public access close to the Olympiapark and Karlsfelder See:

- Dantestadion - <https://goo.gl/maps/Es9tW6cZHDLgvunD8>
- Sportpark TSV Eintracht Karlsfeld e.V - <https://goo.gl/maps/7hSuQEwY9fLg7hm67>

Also the run course will be marked with signs from Friday, 12th of August onwards.

8. CHECK-IN AND RACE DAY LOGISTICS

8.1 CHECK-IN TRANSITION 1

The check-in for Transition 1 will take place on Saturday, 13th of August between 18:30 – 21:00 at Karlsfelder See. The check-in will be organised in start groups.

18:30	19:15	<i>Group 1 – M50-54 and older</i>
19:15	20:15	<i>Group 2 – All Women</i>
20:15	21:00	<i>Group 3 – M45-49 and younger</i>

To get to lake “Karlsfelder See” we recommend going by bike (route will be marked with signs and is visible on the course map in chapter 11.3 BIKE COURSE) or using public transport (see chapter 4.2). There are also some parking options directly at the lake “Karlsfelder See”. To come back to Munich after the check-in there will be a bus transport to Olympiapark (see chapter 8.4 BUS TRANSPORT).

After the check-in on Saturday the bike and the helmet must stay in the transition zone over night. There will be the possibility to access Transition 1 between 06:00 until 08:15 on Sunday morning before the start to check on the equipment or do final preparations.

Bicycle pumps will be available in Transition 1.

8.2 CHECK-IN TRANSITION 2

The check-in for Transition 2 will take place on Saturday, 13th of August between 13:00 – 15:00 at Montessori Wiese in the Olympiapark. The check-in will be organised in start groups.

13:00	13:40	<i>Group 1 – M50-54 and older</i>
13:40	14:20	<i>Group 2 – All Women</i>
14:20	15:00	<i>Group 3 – M45-49 and younger</i>

We recommend going by bike or public transport to the Olympiapark, since there are no parking options close by (see chapter 4.2). It is not allowed to bring your bike to Transition 2 during check-in. You can store your bike at bike racks next to Transition 2 at your own risk (bring a bike lock) while checking-in your equipment.

After the check-in on Saturday the running shoes must stay in the transition zone over night. There will be the possibility to access Transition 2 between 5:00 – 6:30 on Sunday morning before the start to check on the equipment or do final preparations.

8.3 BAG TRANSPORT

Bag from start to finish

With the race package every athlete receives a black bag, which can be used to “send” warm clothes from Karlsfelder See to the finish area at Olympiapark. The bags must be labelled with the athletes race number (you receive a sticker in your race package) and dropped off the latest 20 min before the respective start to make sure, they arrive at the finish in time.

Equipment from Transition 1 to Transition 2

The equipment left in Transition 1 must be placed in a box by the athletes (otherwise there is a 10 seconds time penalty, which must be served on the spot). The equipment will be put into a blue bag by our volunteers (labelled with the respective race number) and transported to Transition 2. Here it can be picked-up during check-out after the race.

8.4 BUS TRANSPORT

In order to minimize car traffic and for athletes that travel without a car, we will offer a bus transfer from Karlsfelder See to Olympiapark (after the check-in to Transition 1 on Saturday evening) and from Olympiapark to Karlsfelder See (on Sunday morning before the race). As there is only a limited capacity this transfer can only be used by athletes. Please be aware the current Covid-19 measures require passenger in public transport to wear a medical mask or FFP2 mask in the bus.

Saturday, 13th of August – Karlsfelder See to Olympiapark

The buses leave every 15 to 25 minutes between 19:15 – 21:20 (depending on the demand). Please have a look on the swim course map (see chapter 11.1 SWIM COURSE), follow the wayfinding signage or ask our volunteers onsite for the exact location of the bus departure.

Sunday, 14th of August – Olympiapark to Karlsfelder See

The buses leave every 10 minutes with two stops in the Olympiapark and one stop at Olympia-Einkaufszentrum (Hanauer Straße – Olympia-Einkaufszentrum West).

Please have a look on the venue map, follow the wayfinding signage or ask our volunteers onsite for the exact location of the bus departure in the Olympiapark.

Olympiapark 1 Olympiahalle	Olympiapark 2 Toni-Merkens-Weg	Olympia- Einkaufszentrum	Karlsfelder See	Capacity
05:05	05:10	05:15	05:35	50 athletes*
05:15	05:20	05:25	05:45	50 athletes*
05:25	05:30	05:35	05:55	50 athletes*
05:35	05:40	05:45	06:05	50 athletes*
05:45	05:50	05:55	06:15	50 athletes*
05:55	06:00	06:05	06:25	50 athletes**
06:05	06:10	06:15	06:35	50 athletes**
06:15	06:20	06:25	06:45	50 athletes**
06:25	06:30	06:35	06:55	50 athletes**
06:35	06:40	06:45	07:05	50 athletes**
06:45	06:50	06:55	07:15	50 athletes***
06:55	07:00	07:05	07:25	50 athletes***
07:05	07:10	07:15	07:35	50 athletes***
07:15	07:20	07:25	07:45	50 athletes***

* Only athletes from start group 1 – *M50-54 and older*

** Only athletes from start group 2 – *All Women*

*** Only athletes from start group 3 – *M45-49 and younger*

9. PRE-START PROCEDURE

Athletes are required to be present in the pre-start area 15 minutes before their start and will then be guided through three sections (A, B, C) until it is their turn to start. You are only allowed to enter via a marked entry and you have to bring the following items with you:

- Swim cap (marked with the race number tattoos)
- Timing chip
- Race suit conforming to the World Triathlon Guidelines
- Wetsuit (decision to be made on race day)

Once entered athletes are not allowed to leave the pre-start area.

The start will be a water start from hip deep water and every age group will have its own start wave (smaller age groups might be combined to one start wave). The Head Referee will give the start signal for each start wave.

In the following table you can find the **preliminary** start order (*subject to change*):

Start time	AgeGroup	Cap Colour	Bib Colour
07:00	M50	yellow	
07:05	M55	silver	
07:10	M60	sky blue	
07:15	M65	orange	
07:20	M70 +	pink	
 			
07:30	F60 +	white	
07:35	F55	yellow	
07:40	F50	silver	
07:45	F45	sky blue	
07:50	F40	orange	
07:55	F35	pink	
08:00	F30	white	
08:05	F25	yellow	
08:10	F20	silver	
08:15	F16	sky blue	
 			
08:30	M16	orange	
08:35	M20	pink	
08:40	M25	white	
08:45	M30	yellow	
08:50	M35	silver	
08:55	M40	sky blue	
09:00	M45	orange	

10. THE COMPETITION

10.1 COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon, which can be found following this link: https://www.triathlon.org/about/downloads/category/competition_rules

There are some rules that we would like to point out at this point. More detailed information on several topics are provided in the respective chapters in this guide and it is recommended to have a look at the World Triathlon Competition Rules.

- Athletes are required to wear a uniform (race suit) conforming to the World Triathlon Guidelines (see chapter 2; page 20 ff.). Please check with your National Federation if your suit applies to the latest standard.
- There has been an update in the competition rules regarding the allowed temperatures for a wetsuit swim (see chapter 4.2; page 36).
- As this is a draft legal event there are specific requirements on the bike equipment that apply (e.g. no clip-ons, seat position, wheels). Please see chapter 5.2 (page 45 ff.) of the World Triathlon Competition Rules for details.
- Time penalties must be served on the spot (10 seconds)

10.2 CUT OFF TIMES

Swim + Transition 1	Swim + Bike	Swim + Bike + Run
30 min	1 hr 30 min	2 hrs

The cut off times are valid for each start wave individually. Especially on the bike course athletes might be taken out of the race, also along the course, if he/she is too slow to meet the cut off time at the end of the bike part. In this case the organizers will provide transport to Transition 2.

10.3 RESULTS

There will be a live timing service provided by our timing partner MIKA timing mikatiming.com. The official results will be uploaded after the competition at the World Triathlon official website www.triathlon.org. Certificates can be downloaded after the race via website of our official timing partner MIKA timing: mikatiming.com.

10.4 PROTEST & APPEALS

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

10.5 DOPING CONTROL

Doping tests might be conducted according to World Triathlon Competition Rules and World Anti-Doping Agency Code rules. The athletes will be guided to the doping control facilities by chaperons and must carry their identification.

11. THE COURSES

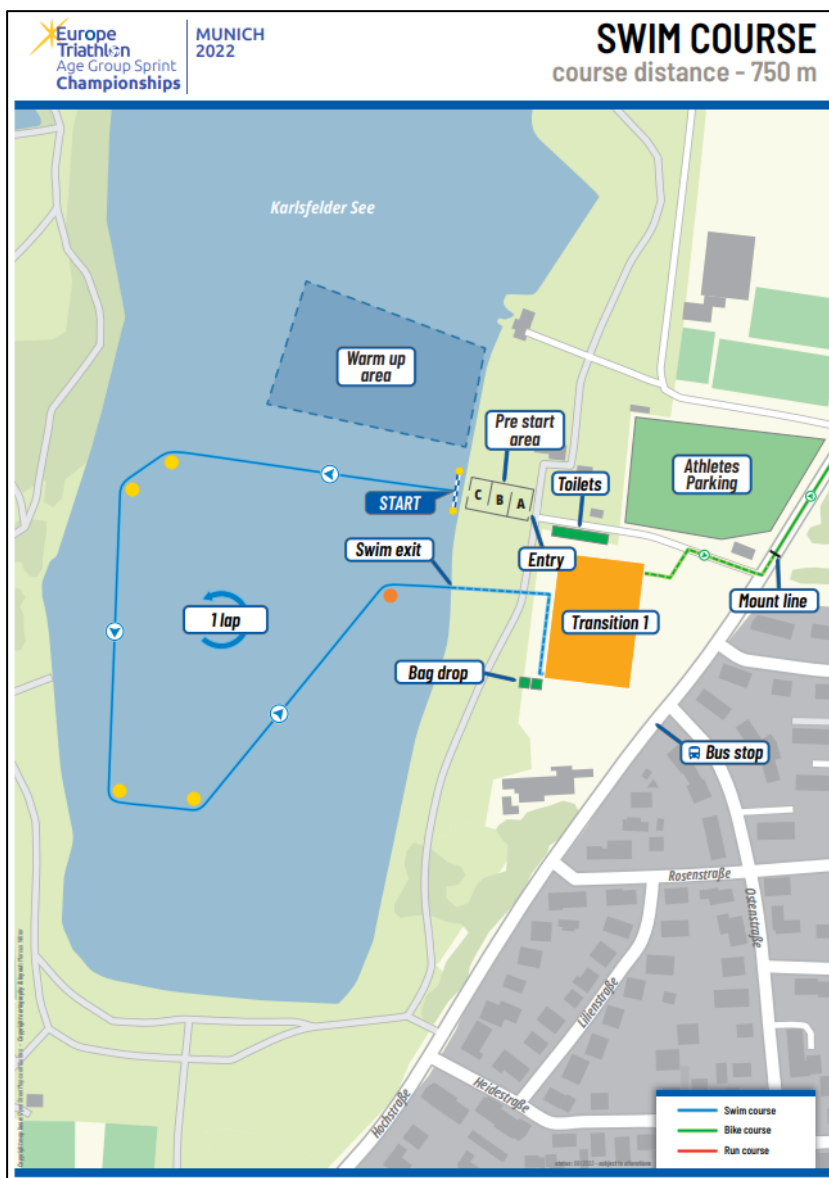
11.1 SWIM COURSE

The swim course is one loop (anti-clockwise) of 750m in Karlsfelder See. Karlsfelder See is an artificial fresh water lake in the north west of Munich and a very popular weekend destination for the local community. The average temperatures in August are between 22 °C and 24 °C.

Wetsuit use for sprint distance is governed by the following table:

Age Group	Forbidden	Mandatory
From the youngest to 55-59	22 °C and above	15 °C and below
From 60-64 to the oldest	24.6 °C and above	15.9 °C and below

The start will be a water start from hip deep water and most age groups will have its own start wave (see chapter 9 PRE-START PROCEDURE). The Head Referee will give the start signal for each start wave.

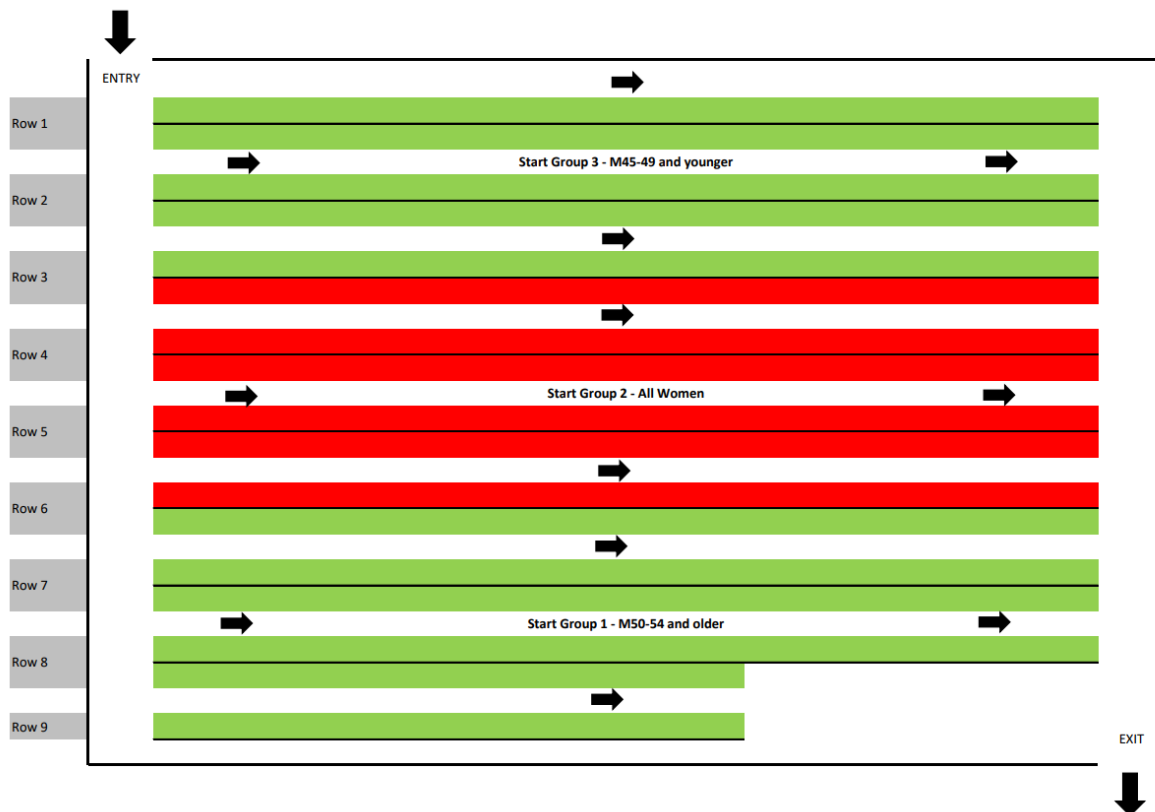


11.2 TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Each start wave has its own section in the transition zone, with the first start group being the closest to exit. Race numbers are displayed on the bike racks.

Athletes enter the transition and must deposit swim gear in a box placed beside their bike. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

The equipment left in Transition 1 will be carried to the Olympiapark by the LOC and can be picked up during the check-out at Transition 2 (see chapter 8.3 BAG TRANSPORT).



11.3 BIKE COURSE

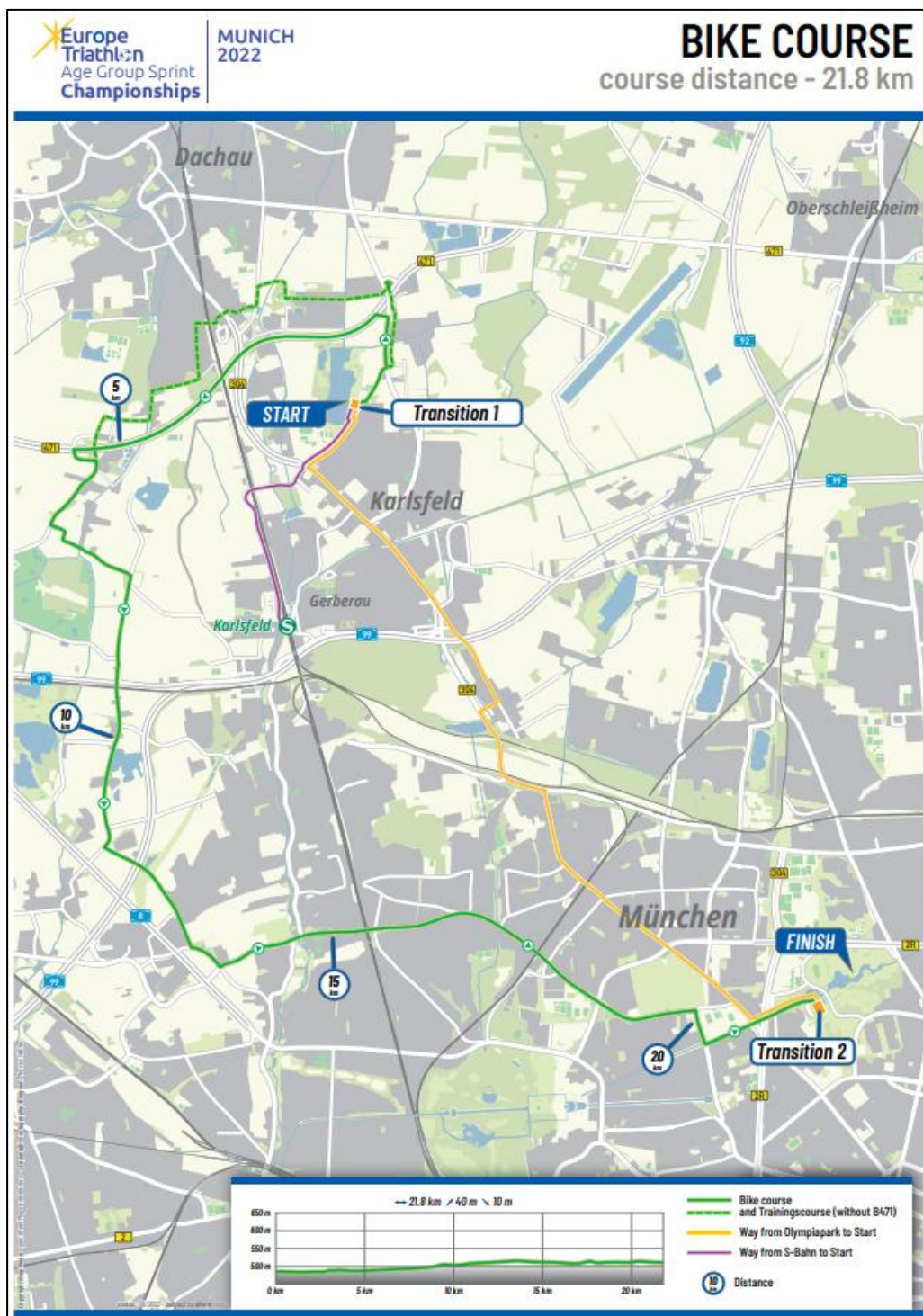
The bike course is a point to point course from Karlsfelder See to Olympiapark Munich. No loops, just one direction with 21.8 km. The road type varies between smaller country side roads and roads up to three lanes wide. Please note, that there is no aid station on the bike course and you need to carry your race nutrition by your own.

The Europe Triathlon Age Group Sprint Distance Championships Munich 2022 will be a draft legal race. Please check the [World Triathlon Competition Rules](#) for bike equipment requirements (chapter 5.2; page 45 ff.)

Special attention should be paid on the following aspects:

- only traditional drop-style handle bars are allowed, clip-ons are NOT allowed
- the seat position has to follow certain criteria
- only wheels with a minimum of twelve spokes or on the UCI list are allowed





11.4 TRANSITION 2

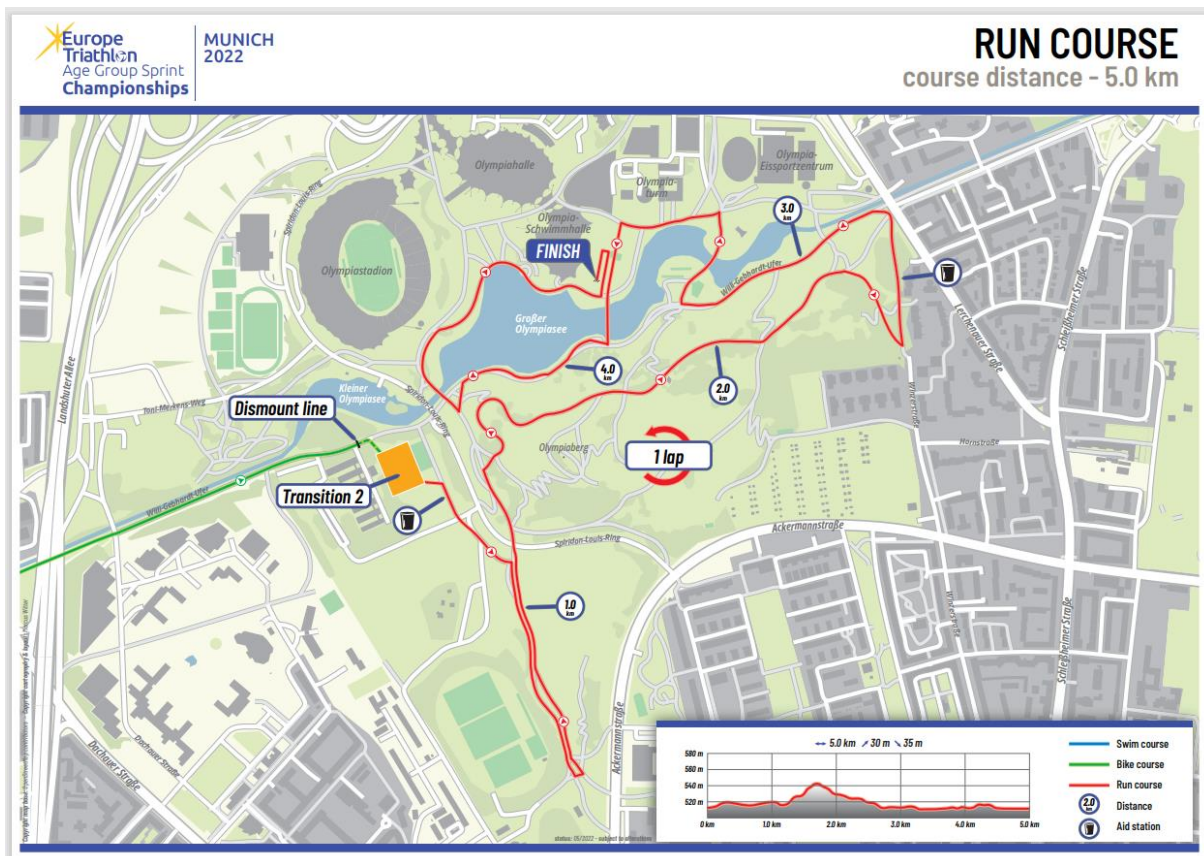
The setup of Transition 2 is exactly the same as in Transition 1, so every start wave has its dedicated area and athletes' numbers are displayed on the bike racks. Athletes rack their bike, then are allowed to take off their helmet and deposit the helmet in a box placed beside their bike rack. Running shoes (see Chapter 8.2 for check-in procedure) are then put on and the athletes leave the transition for the run.

The walking distance between Transition 2 and the finish venue is approximately 5 minutes.

11.5 RUN COURSE

Also the run course is a point to point course, using mainly the elite race courses in the Olympiapark Munich and ending in the finish venue for triathlon and mountain bike elite races. The run course includes a climb almost to the top of Olympiaberg and passes through the finish venue after around 3.7 km. Afterwards the athletes cross the Olympiasee via an artificial bridge, before a final loop on the lake side towards the finish. The road surface on the whole course is asphalt.

On the run course there will be two aid stations, which will offer water and isotonic drinks by our partner Powerbar. There will be volunteers handing over the refreshments.



11.6 FINISH AREA

In the finish area every athlete will receive their finisher medal. Furthermore, drinks, fruit and snacks are offered and you can pick up your bag with warm clothes (black bag), which you dropped before the start. Close to the finish area there will be the opportunity to use changing rooms and showers in the facilities of the Olympia-Schwimmhalle (free entry only for athletes with wrist band). Please check the venue map, follow the wayfinding signs or ask one of our volunteers for guidance if you need help to find the facilities.

12. CEREMONIES & SIDE EVENTS

12.1 WELCOME FOOD & DRINKS / OPENING

The official welcome event of Europe Triathlon Age Group Sprint Championship Munich 2022 will take place on Friday, 12th August from 10:00 – 13:00 at Olympiapark in the beer garden “Heimat Roof”. Sitting in a traditional “Biergarten” setting, you can not only enjoy a “Weißwurst-Frühstück” (or a vegetarian alternative), but also have a great view to the Alps, if the sky is clear. Tickets for athletes are free and available directly in front of the location. Friends and family are also welcome and can purchase food onsite.

12.2 MEDAL CEREMONY

The medal ceremony will take place on Sunday, 14th of August at the finish venue at 15:30 before the elite mixed-relay competition. The first three athletes of each age group will be honoured. If you made it to the podium we kindly ask you to come to the location of the “after race bag pick-up” 15 minutes before the start of the ceremony (see venue map in chapter 3.1 OLYMPIAPARK MUNICH for the exact location).

12.3 SIDE EVENTS

The European Championships offers a wide range of sports programme. Next to triathlon the mountain bike, BMX, athletics and gymnastics events will take place in the park and will be accompanied by a festival “The Roofs”.

“The Roofs” is a festival of diversity and surprise accompanying the European Championships with a mix of music, culture, art, food and much more. Every “Roof” offers a unique experience - each with its own character and charm. Immerse yourself, enjoy, create memories. Not only in the Olympiapark Munich, but also at the other venues of the European Championships - for an unforgettable and holistic event experience. We also invite you to visit the expo booth of the German Triathlon Union.

You can find more info on the festival following this link: <https://www.munich2022.com/en/festival>



World Triathlon
| Sprint & Relay Championships |

AGE GROUP SPRINT CHAMPIONSHIPS 2023

Save the date

July 13 – 16th 2023 | Hamburg, Germany

Schedule for Age Group Races

- Thursday – Opening Ceremony, Parade of Nations & Pasta Party
- **Friday – Age-Group Sprint-Distance World Championships**
- **Sunday – Age-Group Mixed Relay World Championships** & Closing Ceremony



More information will be available from November on
www.hamburg.com.triathlon.org or contact
AGhamburg2023@triathlondeutschland.de