



CITY TRIATHLON

2018 Karlovy Vary ITU World Cup

>>> ATHLETES' GUIDE >>>

Greetings and welcome to the 2018 Karlovy Vary ITU Triathlon World Cup,

It is my great pleasure to be able to welcome you back to the Czech Republic for another exciting ITU World Cup weekend. The beautiful town of Karlovy Vary has a long relationship with our sport as the host of numerous European Cups, and last year it made its highly successful debut as a venue on the World Cup circuit.

Just as it did 12 months ago, the Olympic-distance course will begin with a 1500m swim in the Rolava lake, followed by a testing 40km bike through the streets and hills of Karlovy Vary, before four laps of the 2.5km run segment round-off the race, finishing up in Theatre Square.

Last year it was Gustav Iden of Norway and Australia's Gillian Backhouse who wowed the crowds, and we can expect another world-class line up of athletes to battle for the podium and inspire the spectators. Indeed, Sunday's elite races round-off a three-day feast of triathlon, with events for all ages and abilities on the course. It is occasions like this that are so important to the growth of our sport, and it is always a thrill to see newcomers falling in love with triathlon.

As such, I would like to thank the local organising committee and the volunteers, the town of Karlovy Vary and the Czech Triathlon Association for helping to stage what I'm sure will be another fantastic ITU World Cup.

I encourage you all to enjoy this beautiful town to the fullest as it hosts the thrilling spectacle of ITU triathlon. Have a wonderful weekend.

Sincerely,

Marisol Casado

*President, International Triathlon Union
IOC Member*



GENERAL INFORMATION

The purpose of the Athletes Guide is to ensure all athletes and team officials are well informed about all procedures concerning the 2018 Karlovy Vary ITU Triathlon World Cup.

Any late information or last-minute changes during the race week will be communicated on the event website:

https://www.triathlon.org/events/event/2018_karlovy_vary_itu_triathlon_world_cup

KEY DATES

FRIDAY 31st AUGUST

<i>Time</i>	<i>Action</i>	<i>Location</i>
18:00 - 19:00	Elite Athletes Briefing	Municipal Theatre
19:00 - 19:30	Race Pack Pick Up	Municipal Theatre
20:00 - 21:45	Pasta Party	Diana Tourist Complex

SATURDAY 1st SEPTEMBER

<i>Time</i>	<i>Action</i>	<i>Location</i>
08:00 - 09:00	Elite Swim Course Familiarisation	Lake Rolava - Swim start
09:00 - 10:00	Elite Bike Course Familiarisation	Lake Rolava



SUNDAY 2nd SEPTEMBER

ELITE WOMEN

<i>Time</i>	<i>Action</i>	<i>Location</i>
08:00 - 08:30	Elite Women TA2 Check-in	Divadleni square
08:15 - 09:15	Elite Women Athletes Lounge open	Lake Rolava - Swim start
08:30 - 09:30	Elite Women TA1 Check-in	Lake Rolava - Swim start
09:00 - 09:45	Elite Women Swim Warm-up	Lake Rolava - Swim start
09:50 - 09:59	Elite Women line up and Presentation	Lake Rolava - Swim start
10:00	Start ITU World Cup Women	Lake Rolava - Swim start
17:10	Elite Women Official awarding ceremony	Divadelni square

ELITE MEN

<i>Time</i>	<i>Action</i>	<i>Location</i>
13:00 - 14:00	Elite Men TA2 Check-in	Divadleni square
13:15 - 14:15	Elite Men Athletes Lounge open	Lake Rolava - Swim start
13:30 - 14:30	Elite Men TA1 Check-in	Lake Rolava - Swim start
14:00 - 14:45	Elite Men Swim Warm-up	Lake Rolava - Swim start
14:50 - 14:59	Elite Men line up and Presentation	Lake Rolava - Swim start
15:00	Start ITU World Cup Men	Lake Rolava - Swim start
17:20	Elite Men Official awarding ceremony	Divadelni square



ELITE ATHLETES BRIEFING

The Elite Athletes Briefing will take place in the Main Hall of the Municipal Theatre at Nova louka (Divadelni square).

Date: Friday 31st August
Time: 18:00 - 19:00
Address: Municipal Theatre
Nova louka 22/1
360 01
Karlovy Vary

PASTA PARTY

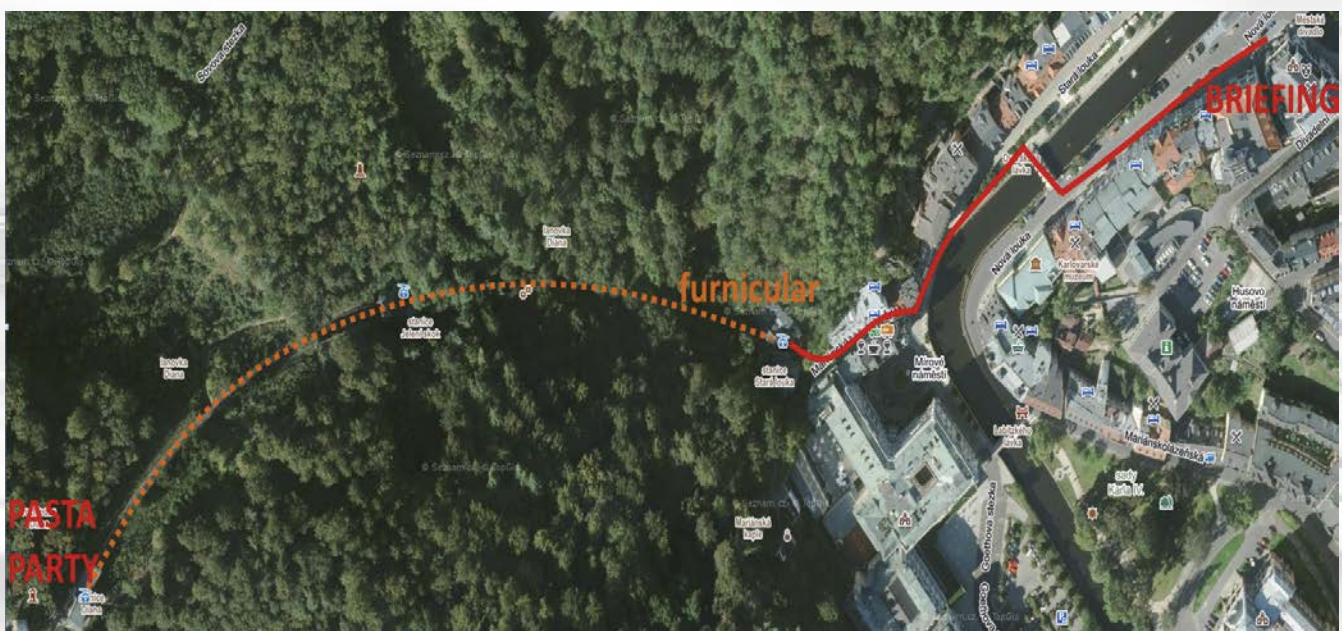
Pasta party will take place in the tourist complex DIANA - restaurant and observation tower in the forest close to city centre with a spectacular panoramic view of Karlovy Vary.

Transport to DIANA is provided by funicular. Time schedule of funicular, map of its location and way from Municipal Theatre to DIANA is below.

Capacity of one cabin is approx. 40 persons, please do not go at last minute.

Funicular schedule

<i>Time</i>	<i>Action</i>	<i>Location</i>
19:40, 19:55 20:10, 20:25	Departure from lower station	Funicular lower station
20:45, 21:00 21:15, 21:30	Departure from top station	Top station Diana



KEY CONTACTS

ITU Team Leader	Eriketti Margari	
ITU Technical Delegate	Fritz Schwarz	
ITU Medical Delegate	Dr. Jakub Fichtl	
LOC Event Director	Vladimír Malý	+420 604 480 763
LOC Technical Director	Jiří Křížek	+420 723 090 631

EVENT ORGANISER

CITY TRIATHLON KARLOVY VARY z.s.

Address: Šmeralova 320/26, Rybáře, 360 05 Karlovy Vary

Tel: +420 604 480 763

E-mail: info@citytriathlon.cz

Website: www.citytriathlon.cz

HOST NATIONAL FEDERATION

Česká Triatlonová Asociace

Address: Zátopkova 100/2, Praha - Břevnov, 169 00 Praha

Tel: 242 429 259

E-mail: triatlon@triatlon.cz

Website: www.triatlon.cz



TV COVERAGE

Česká Televize - ČT Sport

Live Broadcast

VENUE

The race venue is spread across the city centre to the open air pool Rolava.



ELITE ATHLETES LOUNGE

Facilities including the Athletes Lounge Area and toilets are provided for the athletes at the start and a recovery area is available at the finish area.

Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes Lounges and recovery areas.

ATHLETE LOUNGE OPENING TIMES

Course Familiarisation:	Saturday 1st September 07:45 - 09:00
Elite Women's Race:	Sunday 2nd September 08:15 - 09:15
Elite Men's Race:	Sunday 2nd September 13:15 - 14:15

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Doping control will be located at the Finish area in the Municipal Theatre. ID/passport must be produced by athletes selected for doping control.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration venue at the Municipal Theatre, 31st-2nd September, before and during the training sessions and competition schedule. There will be First Aid and Emergency Medical Services at the open air pool Rolava on competition days.

Medical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on-site at the finish area.

Only Team Medical Doctors with accreditations will be able to access these areas. Accreditations for Medical Doctors are given after Athletes Briefing, by the Medical Delegate.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes/teams should ensure that they have appropriate medical insurance.

If you require medical assistance during your stay in Karlovy Vary but away from the venue, contact the Emergency Medical Services. In a medical emergency, dial 112 from a mobile phone. The number is free of charge from any telephone.

The hospitals nearest to the Venue and official hotels are:

Karlovarská krajská nemocnice

Bezručova 1190/19, 360 01 Karlovy Vary, 354 225 111

Nemocnice Ostrov

U Nemocnice 1161, 363 01 Ostrov

BANKING

Banks can be found in the city centre as well as within a 10-minute walk from the official hotels.

BIKE MECHANIC SERVICE

Our official bike supplier, Kola Chrobák, will have a bike mechanic available at the following times:

SATURDAY 1st SEPTEMBER

<i>Time</i>	<i>Action</i>	<i>Location</i>
09:00 - 18:00	Start of Bike Course Fam.	Lake Rolava

SUNDAY 2nd SEPTEMBER

<i>Time</i>	<i>Action</i>	<i>Location</i>
09:00 - 12:00	Women Elite Races	Lake Rolava
14:00 - 17:00	Men Elite Races	Lake Rolava

The bike service close to TA2 and city centre is Cyklo Vondracek Karlovy Vary – the address is Vitezna 1080/15, Karlovy Vary.

Opening hours: Thursday - 9:00-18:00, Friday - 9:00-18:00, Saturday - 9:00-12:00

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Municipal Theatre and is open daily, 31st August – 2nd September 2018:

OPENING HOURS

<i>Day</i>	<i>Time</i>
Friday, 31st August	10:00 - 20:30
Saturday, 1st September	08:00 - 18:00
Sunday, 2nd September	09:00 - 19:00

SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

POST OFFICE

The nearest post office to the race venue is within a 10-minute walk from the Divadelni square:

Česká Pošta
T. G. Masaryka 559/1
360 01 Karlovy Vary
954 330 304

OPENING HOURS

Monday - Friday: 07:30 - 19:00
Saturday: 08:00 - 13:00
Sunday: 08:00 - 12:00

ACCOMMODATION

There are many accommodation available in Karlovy Vary, we as organiser recommend these:

Vienna House Dvořák Karlovy Vary

Nová louka 2053/11, 360 21 Karlovy Vary
353 102 111
www.viennahouse.com

Hotel Dvorana

Chebská 394, 360 06 Karlovy Vary
355 311 311
www.hoteldvorana.cz



AIRPORT TRANSFERS

The Organizer will provide transportation from the Václav Havel International Airport Prague from 7:00 AM to 10:00 PM in days from 28. 8. to 31. 8. 2018 and to the airport from 5:00 AM to 8:00 AM in days from 2. 9. to 5. 9. 2018.

The transfer takes around 2 hours and 15 minutes.

The Organizer provides transportation for elite athletes for free of charge. The price for any additional member of an escorting team is 10€ per person for one journey. In case of delayed flight free seats are not guaranteed in the next bus transfer.

Please send your flight information (arrival time and flight number) to the mail address transfer@citytriathlon.cz until 19. 8. 2018.

Free transportation cannot be provided beyond these days.

LOC also offers an individual transfer at any time.

For 1-3 persons for 130 € / one transfer or for 4-7 persons for 180 € / one transfer.

Please contact transfer@citytriathlon.cz

If you need transfer from/to another airport (Karlovy Vary, Nürnberg, Dresden, Hof) please contact transfer@citytriathlon.cz



TRAINING

SWIM TRAINING

Swimming Pool KV Aréna

Západní 1812/73,
360 01 Karlovy Vary

OPENING HOURS

Monday, Friday: 07:00 - 21:00
Wednesday: 07:00 - 16:00 / 18:30 - 21:00
Tue, Thu, Sat, Sun: 09:00 - 21:00

Each triathlete is entitled to 2-hour free entry daily. Please present your valid ID with your name.

Free training sessions are available on Friday, 31st August and Saturday, 1st September.

BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around the open-air **pool Rolava**, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

RUN TRAINING

We recommend Stadium AC for training.

Západní 1781/69,
360 01 Karlovy Var



COURSE FAMILIARISATION

SWIM

You will be able to familiarise yourself with the swimming course on Saturday, 1st September, 08:00 - 09:00. The location will be the same as the start of the race, the open-air pool Rolava.

BIKE

You will be able to familiarise yourself with the bike course on Saturday, 1st September, 09:00 - 10:00. Athletes are to gather at the swim course and T1 start area in the air pool Rolava.

COMPETITION RULES

The race will follow the latest published competition rules of the International Triathlon Union.

INFORMATION ABOUT THE FIELD OF PLAY (FOP)

START

The start area is at the open air pool Rolava. Athletes will start from a pontoon (0.6m high) and stand in a starting position approximately 70cm wide.

The athletes are required to leave their last-minute equipment inside a dedicated bag in the Athletes' lounge. This equipment will be transported by the LOC from the open air pool Rolava to the finish area.



SWIM COURSE

The Swim course will be two anti-clockwise laps of 750m. The first turn buoy is at 200m. The swim over the big island under the bridge, then turn left between two other islands, then turn right to the wooden pier, where is the swim exit and run on the wooden pier and jump to the pool for the second lap. At the end of the second lap turn left on the last buoy to swim exit and to the TA1.

BIKE COURSE

Bike Course has a course approach (6.5 km) and 7 technically and very challenging laps of 4.9 km with a total of 40.8 km. The course approach is 90% asphalt and 10% pavement; the laps are corrugated terrain 80% asphalt and 20% pavement. There is 20% ascent in every lap. The bike course is completely closed to the traffic. Athletes who are lapped are taken out of the race.

WHEEL STATIONS

The team wheel station is located close to TA2 and the neutral wheel station is located in nabrezi Osvobozeni street.

RUN COURSE

Four laps with plenty of narrow turns. The terrain is asphalt and pavement.

AID STATIONS

There are two aid stations on the run course. First approximately 150 meters from TA2 (both directions) and second at the farthest turn in Zahradni ulice.

PENALTY BOX

Closed to the TA2 - Stara louka street.

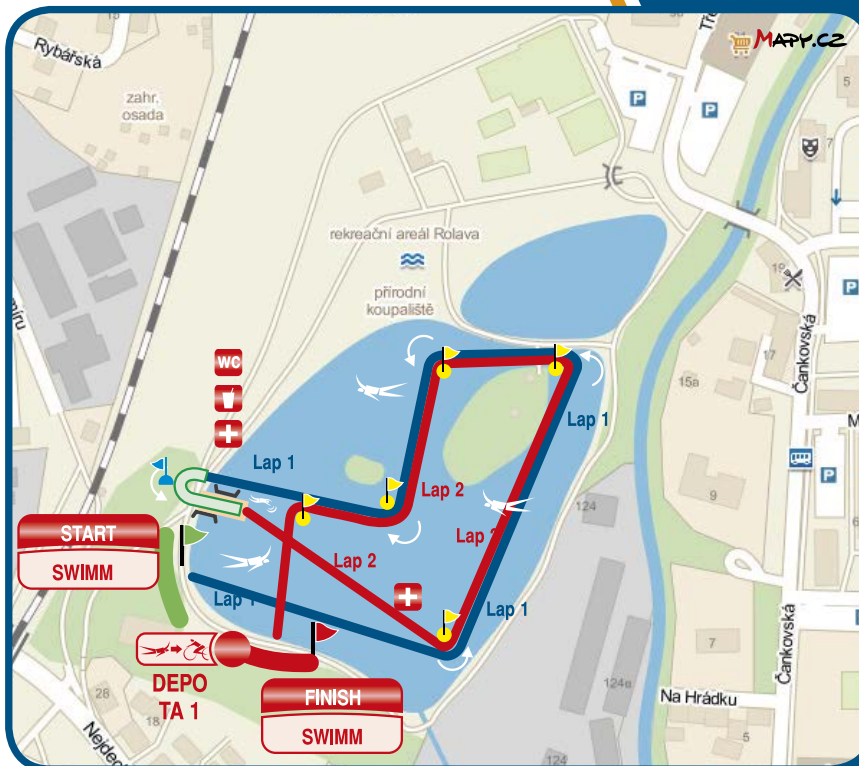




PLAVÁNÍ
2 okruhy – 0,75 km

SWIMMING
2 laps – 0,75 km

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TRANSITION AREA 1

DETAIL VIEW

SWIMMING

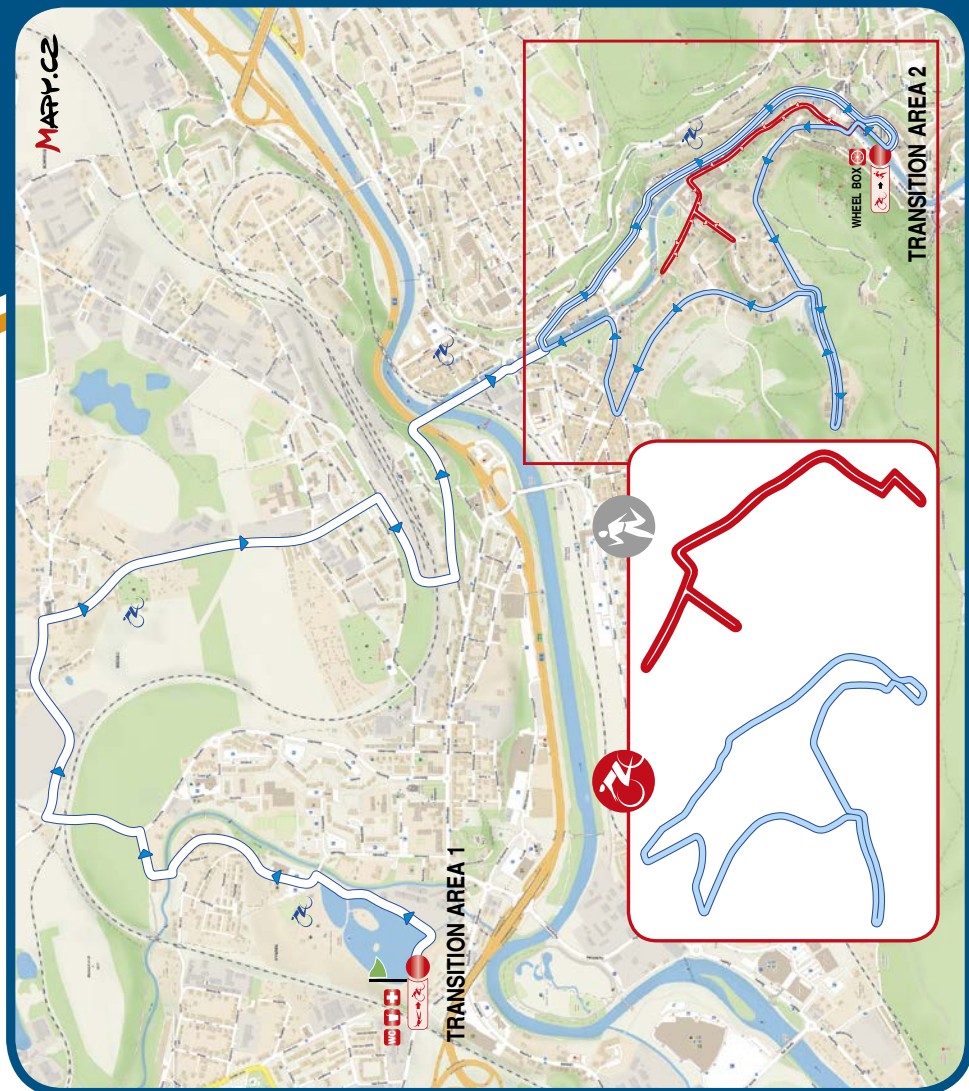
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**TRASA ZÁVODU
RACE COURSE**

CYKLISTIKA
Nájezd na okruh - 6,5 km

CYCLING
Course approach - 6,5 km

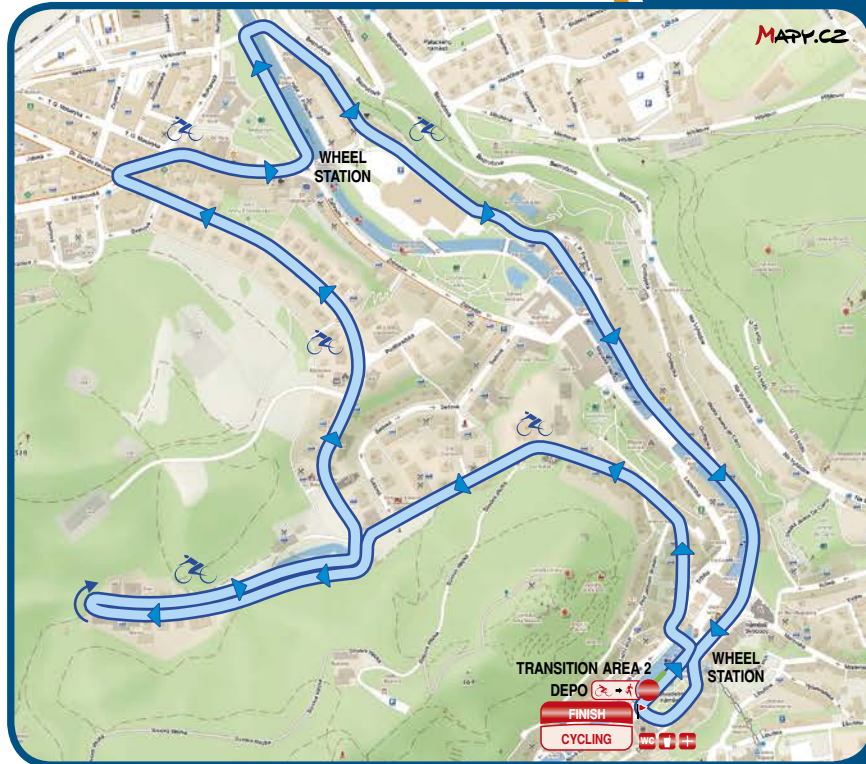
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CYKLISTIKA
7 okruhy - 4,9 km

CYCLING
7 laps - 4,9 km

Karlovy VARY°



ITU triathlon World Cup

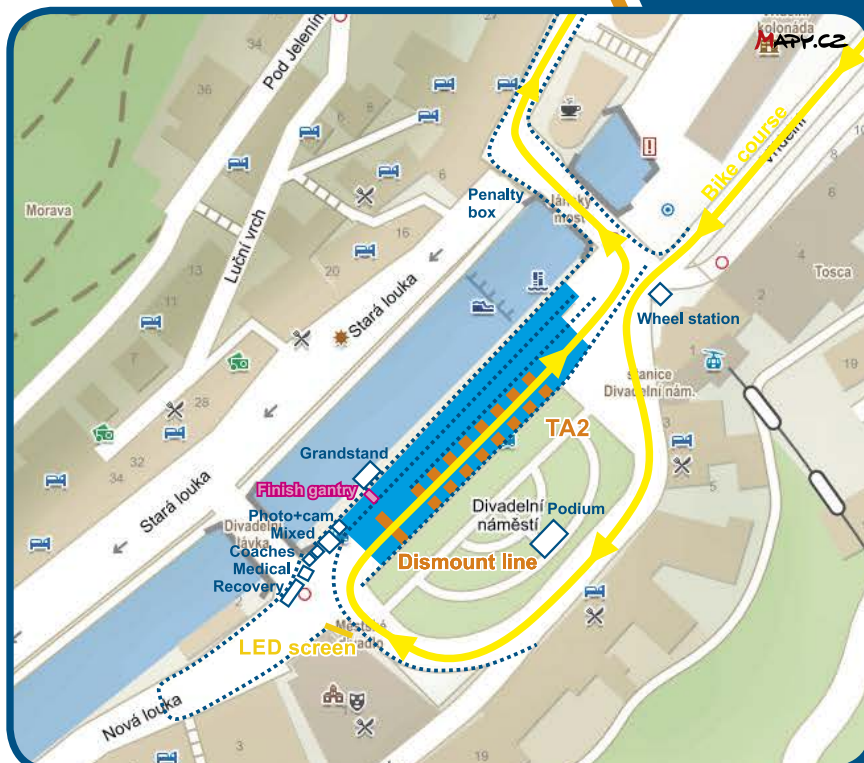


TRANSITION AREA 2

DETAIL VIEW

BIKE

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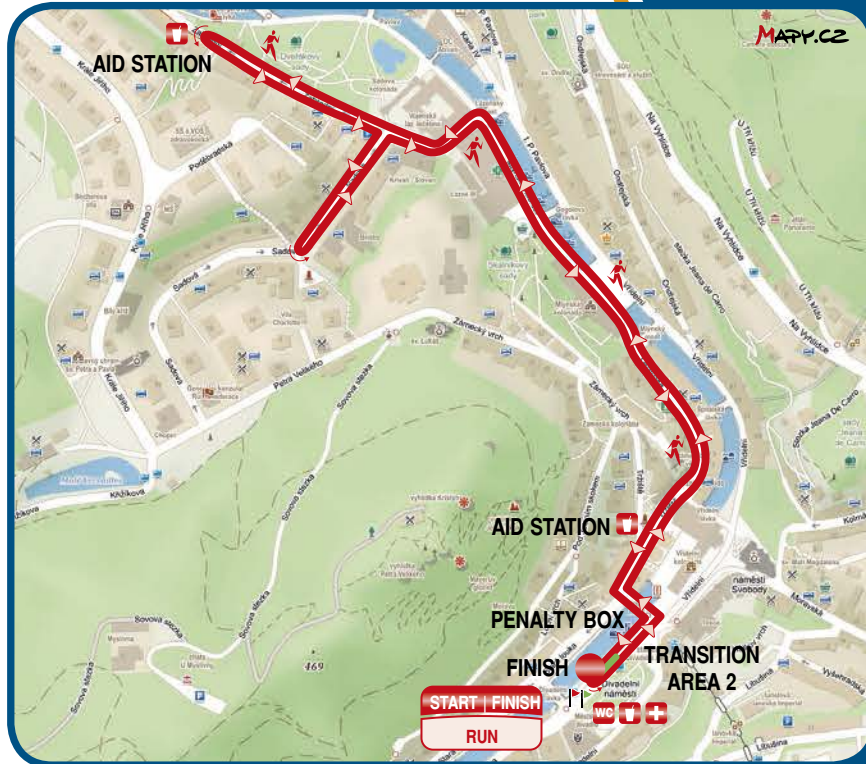


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BĚH
4 okruhy – 2,5 km
RUN
4 laps – 2,5 km

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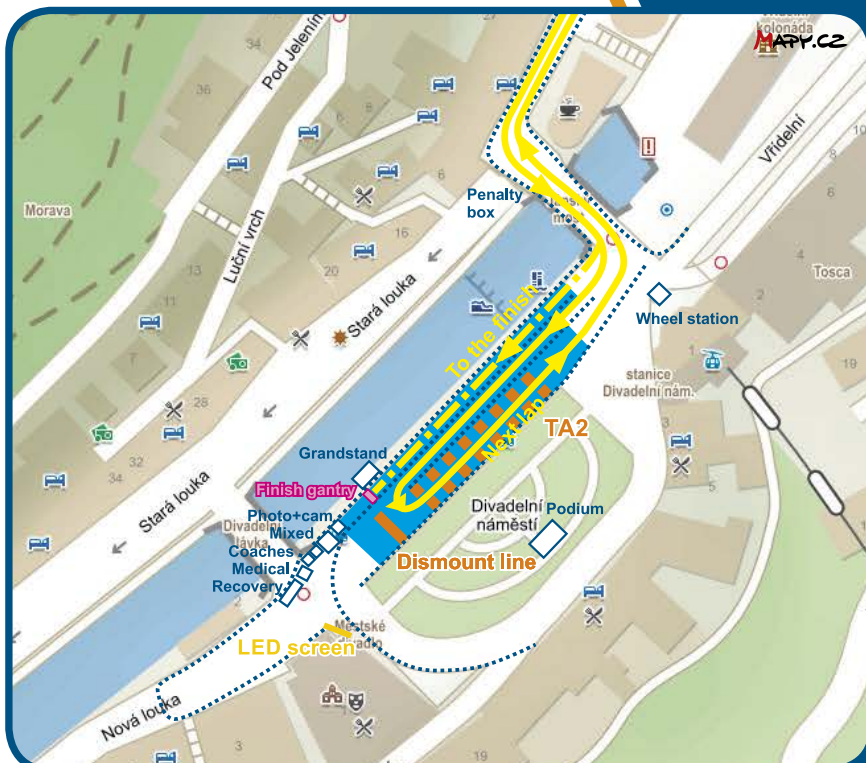


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TRANSITION AREA 2
DETAIL VIEW
RUN

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AID STATIONS

First will be situated 160 meters after/before TA2 (available for both directions). The second on the turning point on the farthest point of the run course.

WEATHER CONDITIONS

Average Water Temperature	20,5°C
Average Air Temperature (High)	22°C
Daylight Hours	13.5 hours
Average Precipitation	77 m

RESULTS

Results will be uploaded live on the ITU's official website: www.triathlon.org. All the results information will be distributed to the Team Leaders at the LOC Information Office.

PROTEST & APPEALS

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



ACCREDITATION

The LOC will provide all athletes, coaches and any team medical staff with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Only accredited persons that have been registered through the ITU system in advance will be given accreditation and allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

All accreditation cards will be distributed on 31st August after the Race Briefing at the **Municipal Theatre.**

Nova louka 22/1, Karlovy Vary

PUBLIC TRANSPORTATION

Except for the routes to and from the airport, you'll need a Citybus card or bus tickets to transport within Karlovy Vary. The LOC will provide transportation to the race venue in specific times.



SHUTTLE TRANSPORTATION

The organiser will provide free shuttle transportation during Saturday 1.9. and Sunday 2.9. See the timetable and map below for locations of the bus stops. There is funicular from Divadelni square followed by bus at Imperial stop (bus waits for funicular) and then to Open Air Pool Rolava. And vice versa - funicular waits for bus.

There are **departure times** of the busses - one way takes approx. 20 minutes.

BUS TIMETABLE - SATURDAY 1st AUGUST

STOP

Departure times

Divadelni namesti (1)	7:20	9:45	13:00	14:00	XX	XX
Lake Rolava (2)	9:15	10:30	13:30	14:50	17:15	18:05

BUS TIMETABLE - SUNDAY 2nd AUGUST (elite women)

STOP

Departure times

Divadelni namesti (1)	7:45	8:45	9:30	XX	XX	XX	XX	XX
Lake Rolava (2)	8:15	9:15	10:25	10:35	XX	XX	XX	XX

BUS TIMETABLE - SUNDAY 2nd AUGUST (elite men)

STOP

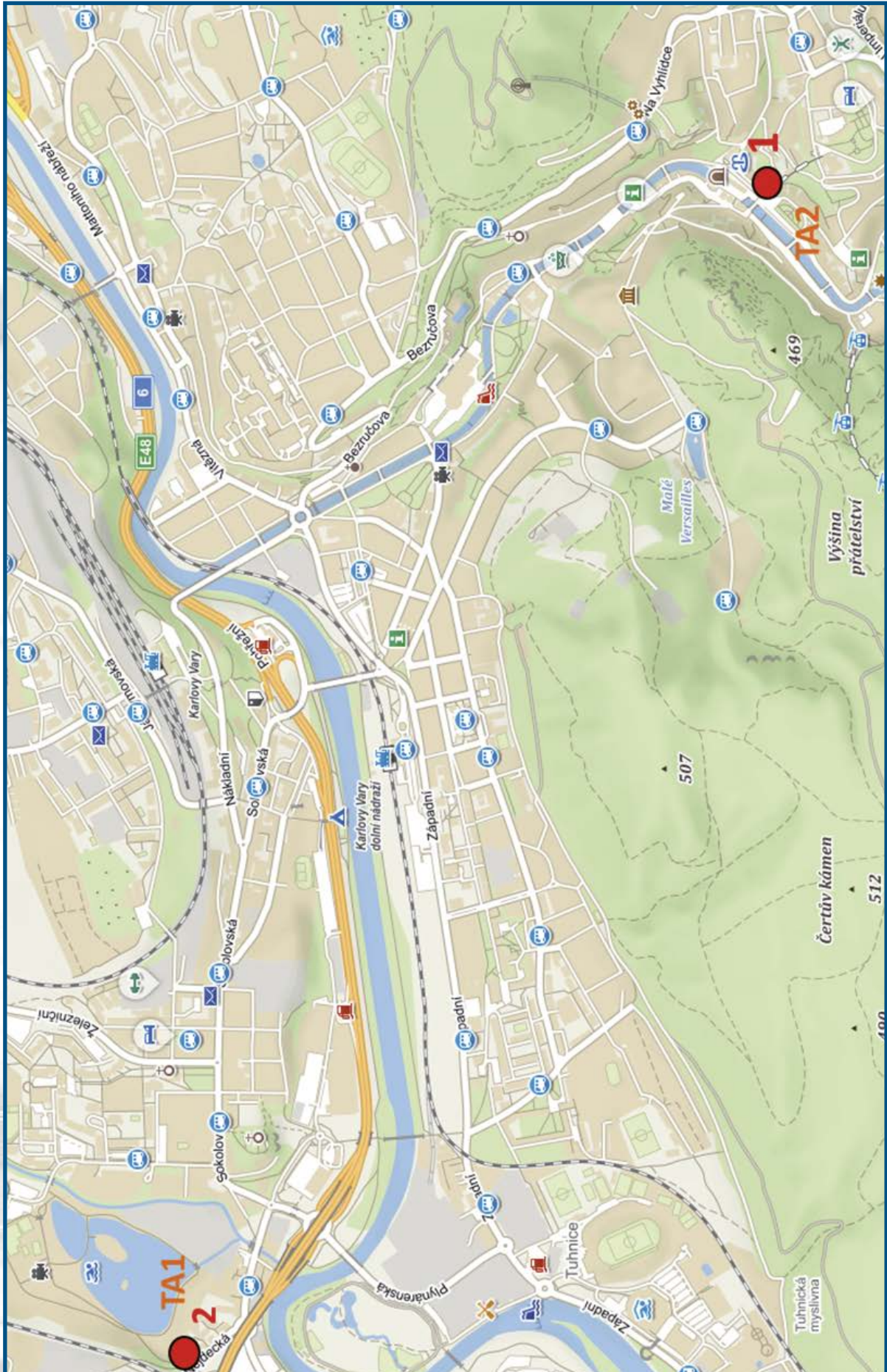
Departure times

Divadelni namesti (1)	12:15	12:45	13:15	13:45	14:15	XX	XX	XX
Lake Rolava (2)	12:45	13:15	13:45	14:15	15:20	15:25	15:30	15:35



CITY TRIATHLON

2018 Karlovy Vary ITU World Cup





THE SHORTEST WAYS BETWEEN LAKE ROLAVA AND DIVADELNI NAMESTI

There several ways how to get from Rolava Lake to Divadelni namesti. It is different for pedestrian, cyclist or driver. Please, see map below where there are ways for pedestrians and cyclists.

ITU triathlon World Cup Karlovy Vary

The map displays two main routes between Rolava Lake (TA1) and Divadelni namesti (TA2). The 'ROUTE ON FOOT' is shown in red, and the 'BIKE ROUTE' is shown in blue. The map includes various landmarks such as the Athletes lounge, Swimming Lake, Athletic stadium for training, Swimming pool for training, and Theatre Square. The text 'SHORTEST ROUTES' is written at the bottom left of the map area. The logo 'Karlovy VARY°' is at the bottom left of the entire graphic. On the right side, the text 'ITU triathlon World Cup' is written vertically. The website 'MAY.CZ' is visible in the top right corner of the map.

SHORTEST ROUTES

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