



**Gdansk 2024**

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**FISU**  
WORLD  
UNIVERSITY  
CHAMPIONSHIP  
TRIATHLON

# **ATHLETES GUIDE**



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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

Dear Athletes,

On the last weekend of August, Gdańsk will welcome you with open arms. The presence of the best student triathletes in our city will be a great honour. In the capital of the beautiful land of Pomerania, you will compete at 2024 FISU Championship Triathlon on the sprint distance.

We believe that the hospitality of Gdańsk, great infrastructure at Gdańsk Brzeźno Beach and good organization, will allow you to achieve great results and sport goals. We are more than motivated to provide for a safe race weekend for all athletes.

We present you the Athletes Guide to ensure that all athletes, coaches and team leaders are well informed about all procedures concerning the event. Local Organizing Committee 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 with the event office regarding any changes in information included in this guide. The creation date of this version of the document is stated at the first page.

See you in Gdańsk!

Greetings,  
Organizing Committee

## 1.2. KEY DATES

**\* Please find detailed schedule in 6.1 (!!!)**

| Thursday, 29.08.2024 |       |  |                                 |
|----------------------|-------|--|---------------------------------|
| 09:00                | 10:00 | Swim Course Familiarization                            | Brzeźno Beach                   |
| 12:30                | 13:15 | Opening Ceremony                                       | Brzeźno Beach                   |
| 18:00                | 19:00 | Briefing & Race Package Distribution (Individual)      | Gdańsk University of Technology |
| Friday, 30.08.2024   |       |  |                                 |
| 07:00                | 07:30 | Bike Course Familiarization                            | Brzeźno Beach - Transition Zone |
| 09:00                |       | FISU Championship Triathlon WOMEN - Start              | Brzeźno Beach                   |
| 11:00                |       | FISU Championship Triathlon MEN - Start                | Brzeźno Beach                   |
| 12:30                | 13:00 | Award Ceremony   | Brzeźno Beach                   |
| 17:00                | 18:00 | Race Package Distribution / Team Declaration MIX RELAY | Brzeźno Beach                   |
| Saturday, 31.08.2024 |       |  |                                 |
| 08:00                |       | FISU Championship Triathlon MIX RELAY - Start          | Brzeźno Beach                   |
| 10:00                | 10:30 | Award Ceremony - MIX RELAY                             | Brzeźno Beach                   |
| 19:00                |       | Closing Ceremony / Afterparty                          | Brzeźno Beach                   |

## 1.3. KEY CONTACTS

|                                    | Name              | Contact Details  |
|------------------------------------|-------------------|--|
| OC Event Manager                   | Rafał Zakrzewski  | <a href="mailto:rafalzakrzewski@azscosa.pl">rafalzakrzewski@azscosa.pl</a>       |
| OC Competition Manager             | Filip Szołowski   | <a href="mailto:filip.szolowski@labosport.pl">filip.szolowski@labosport.pl</a>   |
| FISU Representative                | Brian Carrer      | <a href="mailto:b.carrer@fisu.net">b.carrer@fisu.net</a>                         |
| FISU Triathlon TTC Chair           | Dirk Bogaert      | <a href="mailto:dirk.bogaert58@gmail.com">dirk.bogaert58@gmail.com</a>           |
| World Triathlon Technical Delegate | Janice Goble      | <a href="mailto:jangoble@live.co.uk">jangoble@live.co.uk</a>                     |
| Venue Manager                      | Marcin Florek     | <a href="mailto:marcin.florek@labosport.pl">marcin.florek@labosport.pl</a>       |
| Polish Triathlon Association       | Paweł Młynarczyk  | <a href="mailto:pawel.mlynarczyk@triathlon.pl">pawel.mlynarczyk@triathlon.pl</a> |
| Delegation services                | Andrzej Burzyński | <a href="mailto:andrzej.burzynski@azs.pl">andrzej.burzynski@azs.pl</a>           |

## 1.4. CONTACT DETAILS

If you have questions regarding:

- 1) Sport / Competition programme: please contact:  
 Piotr Matkiewicz      email: [piotr.matkiewicz@labosport.pl](mailto:piotr.matkiewicz@labosport.pl)
- 2) Delegation services (registration, travel plans, accommodation, etc.) please contact:  
 Andrzej Burzyński      email: [andrzej.burzynski@azs.pl](mailto:andrzej.burzynski@azs.pl)

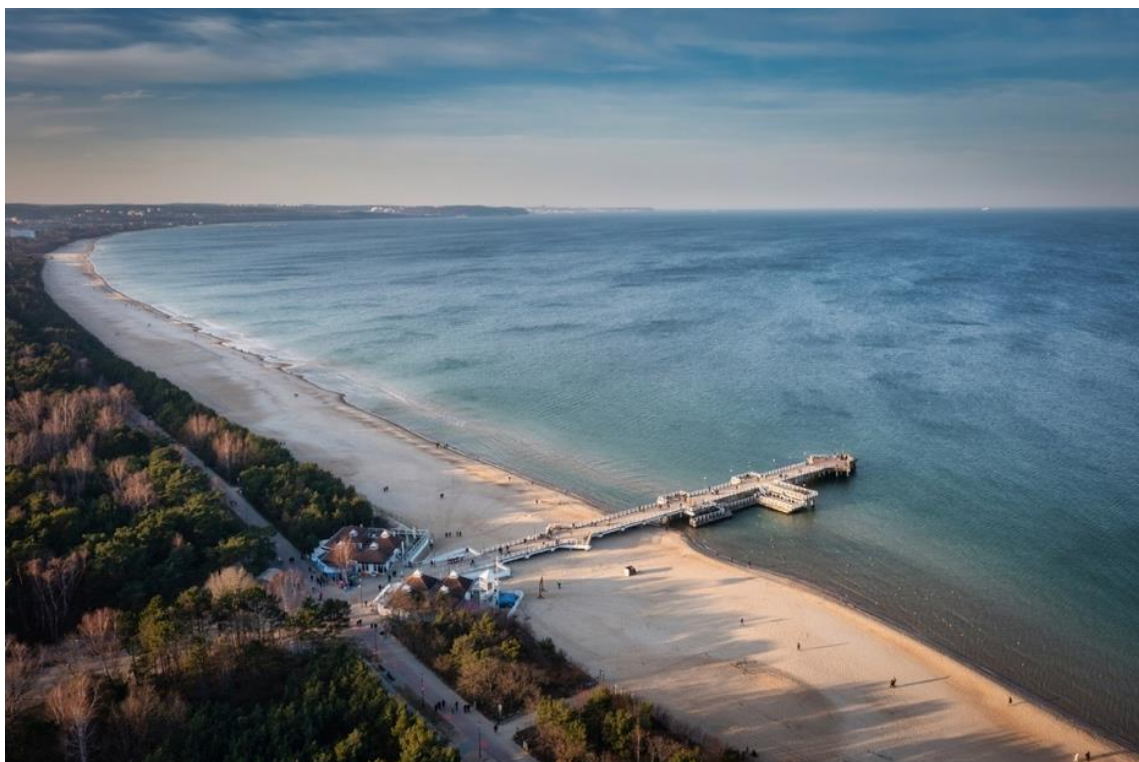
## 2. VENUE

### 2.1. RACE VENUE

The venue will be located in Gdańsk, Brzeźno Beach, Jantarowa Street. [LOCATION](#)

RACE COURSE (Individual) - [MAP](#)

RACE COURSE (mix relay) - [MAP](#)



## 2.2 COURSE FAMILIARISATION

### SWIM FAMILIARIZATION

Thursday (29.08) / 09:00-10:00 Swim course familiarization, meeting point – Brzeźno Beach

### MEETING POINT

### BIKE FAMILIARIZATION

Friday (30.08) / 07:00-07:30, meeting point – Transition Zone

### MEETING POINT

## 2.3. ATHLETE'S LOUNGE

The Athlete's Lounge will be located on the Brzeźno Beach, 100 m from the Transition Zone and 50 m from Start Area. It will provide toilets and water. Bike mechanic service will be provided in EXPO ZONE which will be located 100m from Athletes Lounge. Athletes Lounge will be available for Athletes during hours included in the schedule

### LOCATION

Massage service will not be provided.

A recovery zone will be placed near the finish area. It will provide toilets and water.

## 2.4. ATHLETES' RACE PACKAGE

### Race package distribution schedule:

Thursday / 29.08.2024 / 18:00-19:00 /

Race package distribution

Location – Gdańsk University of Technology (GDAŃSK TECH) / LOCATION

## BRIEFING TRANSFER

From Dormitores to Briefing / 29.08 / 17:00 / [DEPARTURE LOCATION](#)

From Briefing to Dormitores / 29.08 / 19:00 /

### Composition of race package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs – 4 x sets

### Registration fees:

The cost of participation fee (athletes and officials) is **€80/person/day**.

- o Extra delegation members will pay a participation fee of **€150/person/day**.
- o Countries entering in individual sports must pay to the Organising Committee three months before a prepayment of 50% of the participation fees for each athlete and official registered; – Upon their arrival each country must pay the remaining balance to the Organising Committee; – The Organising Committee, if it so wishes may receive this payment in its own currency at the official rate of exchange.
- o Any partial or complete withdrawal unannounced by a NUSF to the Organising Committee and the Championships Department or announced less than two weeks prior to the start of the competition and causing extra costs to the Organising Committee can be charged at the price of €80/person/day.

## 2.5. DOPING CONTROL

The doping control will be provided according to the FISU standards in partnership with the Polish Anti-doping Agency (POLADA).

## 2.6. SECURITY

Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible – Piotr Matkiewicz (LOC Race Manager) – 0048 793-233-673,  
[Piotr.matkiewicz@labosport.pl](mailto:Piotr.matkiewicz@labosport.pl)

## 3. ACCOMMODATION AND CATERING

Athletes and Teams will be accommodated in dormitories:

- 1) Dormitory no.1 - DS nr 1 Politechniki Gdańskiej / ul. Karola Chodkiewicza 15 / [LOCATION](#)
- 2) Dormitory no.2 - DS nr 2 Uniwersytetu Gdańskiego / ul. Karola Chodkiewicza 14 / [LOCATION](#)

### ACCOMODATION

Both dormitories are located within walking distance from the competition area. All participants will be accommodated in double rooms

### CATERING

The canteen is located in Dormitory no. 1 and will serve breakfast, lunch and dinner. Working hours will be adapted to the competition program.

## 4. TRANSFER AND TRANSPORT

### LOCAL AIRPORTS:

- Gdańsk Lech Wałęsa Airport (GDN) – 15 km
- Warsaw Chopin Airport (WAW) – 360 km
- Bydgoszcz Airport (BZG) - 180 km

TRANSPORT INFO: **TBC**

Organizing Committee provide free transportation **only to and from the Gdańsk Lech Wałęsa Airport (GDN) and Gdańsk Główny Train Station** according to information provided by delegations in FISU OAS. The participants may also arrive by car/bus (parking places are available at the accomodation).

## 5. ATHLETES' SERVICES

### 5.1. SWIM AND BIKE TRAINING



1. AWF Swimming Pool  
ul. Kazimierza Gorskiego 1, Gdańsk  
tel. +48585547136  
Distance from Dormitores – 7 km



2. Aquastacja Swimming Pool  
ul. Grunwaldzka 411  
tel. +48587646261  
Distance from Dormitores – 5 km



\*please remember that athletes must provide their own transport, make a reservation and pay for the costs associated with using the pool. You can also swim open water but remember to follow the regulations and swim only in the allowed areas.

### 5.2. MEDICAL SERVICES

First Aid will be available at the Registration area before and during the familiarizations sessions. 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.

Hospital – Św. Wojciech Hospital, al. Jana Pawła II 50, 80-462 Gdańsk, 0058 768 40 00

Emergency telephone number – 112

### 5.3. BIKE MECHANICAL SERVICE

Bike partner will provide basic bike service at the EXPO area.

## 6. COMPETITION SCHEDULE

### 6.1 EVENT SCHEDULE

#### **TUESDAY, 27.08.2024**

Arrival of National Teams

#### **WEDNESDAY, 28.08.2024**

Arrival of National Teams

08:00-20:00 Accreditation Distribution

#### **THURSDAY, 29.08.2024**





09:00-10:00 Swim Course Familiarization  
12:30-13:15 Opening Ceremony  
17:00 Briefing and Race Package Distribution / Bus Departure  
18:00-18:30 Briefing MEN and WOMEN / INDIVIDUAL & MIX TEAM RELAY  
18:30-19:00 Race Package Distribution MEN and WOMEN / INDIVIDUAL  
19:00 Briefing and Race Package Distribution Finish / Return Bus Departure

#### **FRIDAY, 30.08.2024**

07:00-07:30 Bike Course Familiarization  
0730-0830 Athletes lounge open for Women – check in  
08:00-08:30 Transition Area Open for WOMEN  
08:15-08:45 Swim Warm Up WOMEN  
08:50-08:55 Call/Introduction – WOMEN  
**09:00 START FISU CHAMPIONSHIP TRIATHLON WOMEN**  
09:50-10:00 Transition rebuild  
0915 – 10:15 Athlete lounge open for Men check in  
10:00-10:30 Transition Area Open for MEN  
10:15-10:45 Swim Warm Up MEN  
10:00-10:20 Bike Check Out WOMEN (T0)  
10:50-10:55 Call/Introduction – MEN  
**11:00 START FISU CHAMPIONSHIP TRIATHLON MEN**  
11:45 -12:05 Bike Check Out MEN  
12:30-13:00 Award Ceremony WOMEN and MEN  
17:00-18:00 Race Package Distribution / Team Declaration MIX RELAY

#### **SATURDAY, 31.08.2024**

06:30-07:30 Athletes Lounge Open for MIX RELAY  
07:00-07:45 Transition Area Open for MIX RELAY  
07:15-07:45 Swim Warm Up MIX RELAY  
07:50-07:55 Call/Introduction – MIX RELAY  
**08:00 START FISU CHAMPIONSHIP TRIATHLON MIX RELAY**  
09:30-09:50 Bike Check Out MIX RELAY  
10:00-10:30 Award Ceremony MIX RELAY  
11:00-18:00 Age-Group Races  
19:00 Closing Ceremony and After Party

#### **SUNDAY, 01.09.2024**

Departure of National Teams

### **6.2. COMPETITION RULES**

The event follows the latest published World Triathlon Competitions Rules.

[https://www.competitions.org/uploads/docs/World-Triathlon\\_Compensation-Rules\\_2024\\_20240416.pdf](https://www.competitions.org/uploads/docs/World-Triathlon_Compensation-Rules_2024_20240416.pdf)

The event follows the latest published World Triathlon Uniform rules

[https://drive.google.com/file/d/1Bqu\\_ruoaLPRzy1aIKiQWhbr1\\_WjHJe\\_4/view](https://drive.google.com/file/d/1Bqu_ruoaLPRzy1aIKiQWhbr1_WjHJe_4/view)

### **6.3. ATHLETES' BRIEFING**

#### **THURSDAY, 29.08.2024**

17:00 Briefing and Race Package Distribution / Bus Departure / **Location TBC**  
18:00-18:30 Briefing MEN and WOMEN / INDIVIDUAL&MIX TEAM RELAY / **Location TBC**  
18:30-19:00 Race Package Distribution MEN and WOMEN / INDIVIDUAL / **Location TBC**  
19:00 Briefing and Race Package Distribution Finish / Return Bus Departure / **Location TBC**



#### 6.4. 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 before the competitions, during their check-in procedure.

#### 6.5. RESULTS

Results will be uploaded at the official website <https://gdansk2024.com>

All the Results information will be distributed to the Team Leaders at the LOC Office located in Brzeźno Beach.

Live results will be available on [www.sts-timing.pl](http://www.sts-timing.pl) in the LIVE tab.

#### 6.6. PROTEST

Standard procedures will be followed according to the current World Triathlon Competition Rules [https://www.triathlon.org/uploads/docs/World-Triathlon\\_Compition-Rules\\_2024\\_20240416.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2024_20240416.pdf)

### 7. ACCREDITATION / REGISTRATION PROCEDURE:

REGISTRATION PROCEDURE:

All Entries must be submitted by National University Sports Federations (NUSF). Please contact the NUSF in your country to register.

<https://www.fisu.net/fisu/member-associations-nusf>

REGISTRATION TIMELINE:

- GENERAL ENTRY – 29 March 2024
- QUANTITATIVE ENTRY – 29 May 2024
- INDIVIDUAL ENTRY – 29 July 2024

<https://accreditation.fisu.net/Pages/Home.aspx>

### 8. OTHER USEFUL INFORMATION

#### 8.1. LANGUAGE

Polish.

#### 8.2. POPULATION

Poland – 37.950.000.

Gdańsk - 582.205

#### 8.3. CURRENCY

Polish zloty (PLN).

#### 8.4. TIME

UTC +2, Central European Summer Time.

#### 8.5 ELECTRICITY

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

#### 8.6 WATER

Our tap water is of good quality.

#### 8.7 TELEPHONE CONNECTIONS

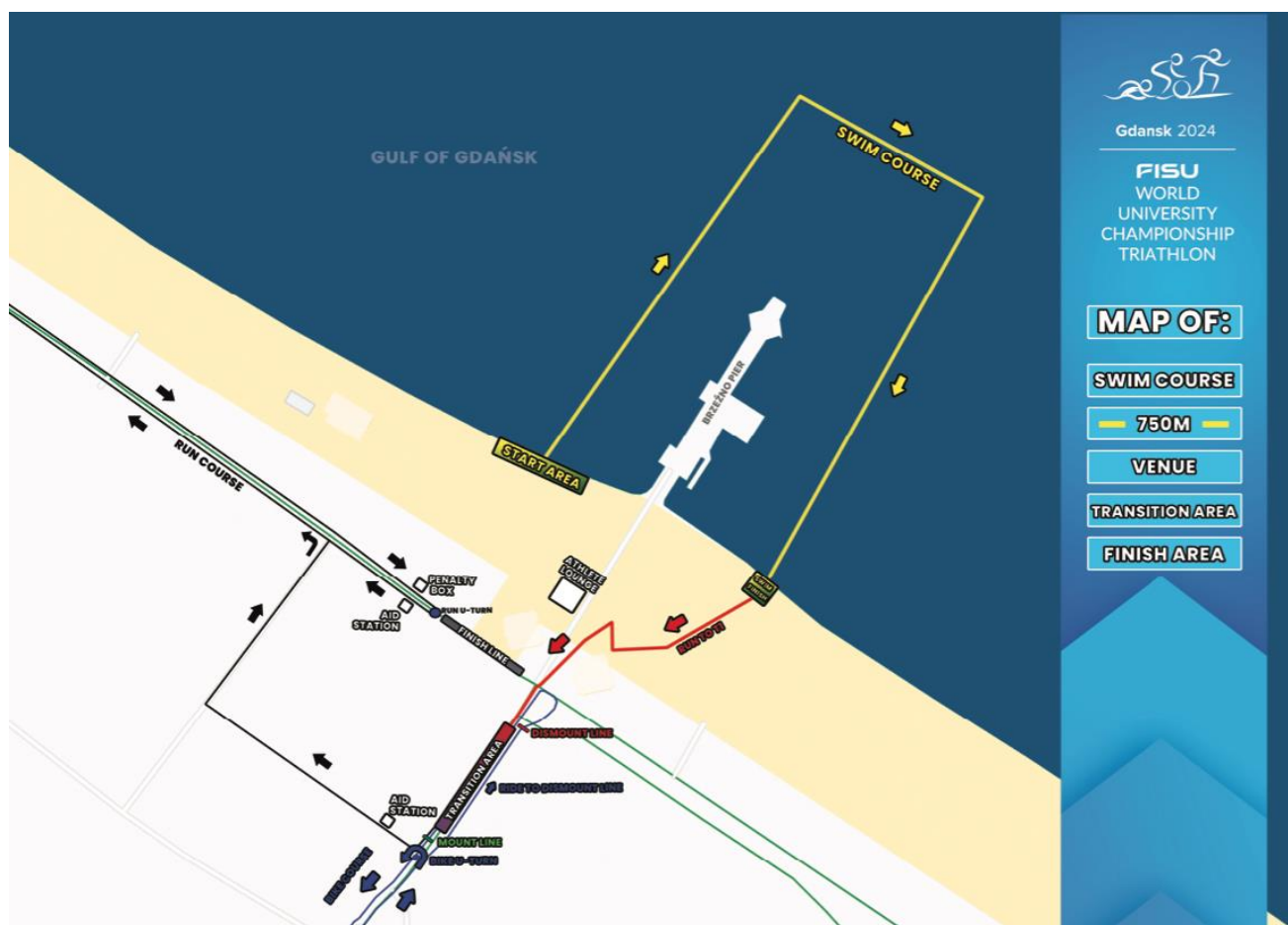
Standard.

Poland is a member of European Union and Schengen Zone.

## 9. INDIVIDUAL RACE COURSE MAPS

### SWIM COURSE

|                                    |   |
|------------------------------------|---|
| Distance                           | 750 m   |
| Number of loops                    | 1 (one)   |
| Distance to the first turning buoy | 300 m   |
| Start procedures                   | Beach start   |
| Provisional water temperature      | 17°C; athletes are advised to be prepared to wear wetsuits. |
| Distance from swim exit to TA      | 150 m   |



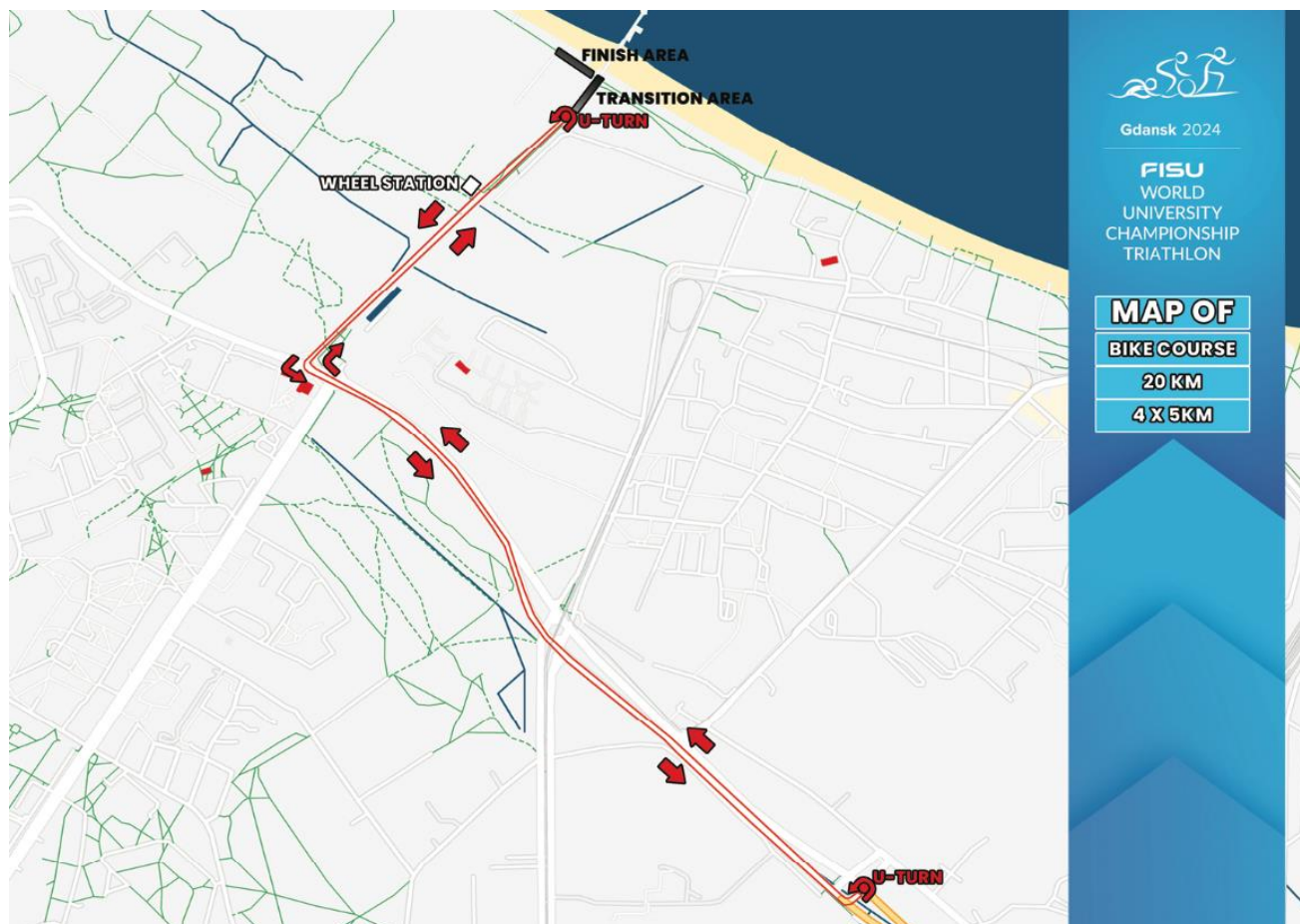
### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear, caps and any other used equipment in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line

### BIKE COURSE

|                    |           |
|--------------------|-----------|
| Distance           | 20 km     |
| Number of loops    | 4         |
| Surface            | Asphalt   |
| Quality            | Very good |
| Team Wheel station | 1         |

|                   |                 |
|-------------------|-----------------|
| Number of U-turns | 1 per each loop |
|-------------------|-----------------|



## TRANSITION 2

### RUN COURSE

|                       |  |
|-----------------------|--|
| Distance              | 5 km   |
| Number of loops       | 2  |
| Surface               | Asphalt  |
| Quality               | Very good  |
| Elevation differences | Flat   |
| Aid Stations          | 1 per lap  |
| Penalty box location  | 100m before finish chute.  |
| Aid station           | Placed 150 m after Transition 2 on the right hand and on the end of the first lap (2,5 km of course). Aid station will contain 0,5 litre bottles of water. |



**10. MIXED TEAM RELAY RACE COURSE MAPS**

**SWIM COURSE**

|                                    |   |
|------------------------------------|---|
| Distance                           | 300 m   |
| Number of loops                    | 1 (one)   |
| Distance to the first turning buoy | 120 m   |
| Start procedures                   | Beach start   |
| Provisional water temperature      | 17°C; athletes are advised to be prepared to wear wetsuits. |
| Distance from swim exit to TA      | 150 m   |



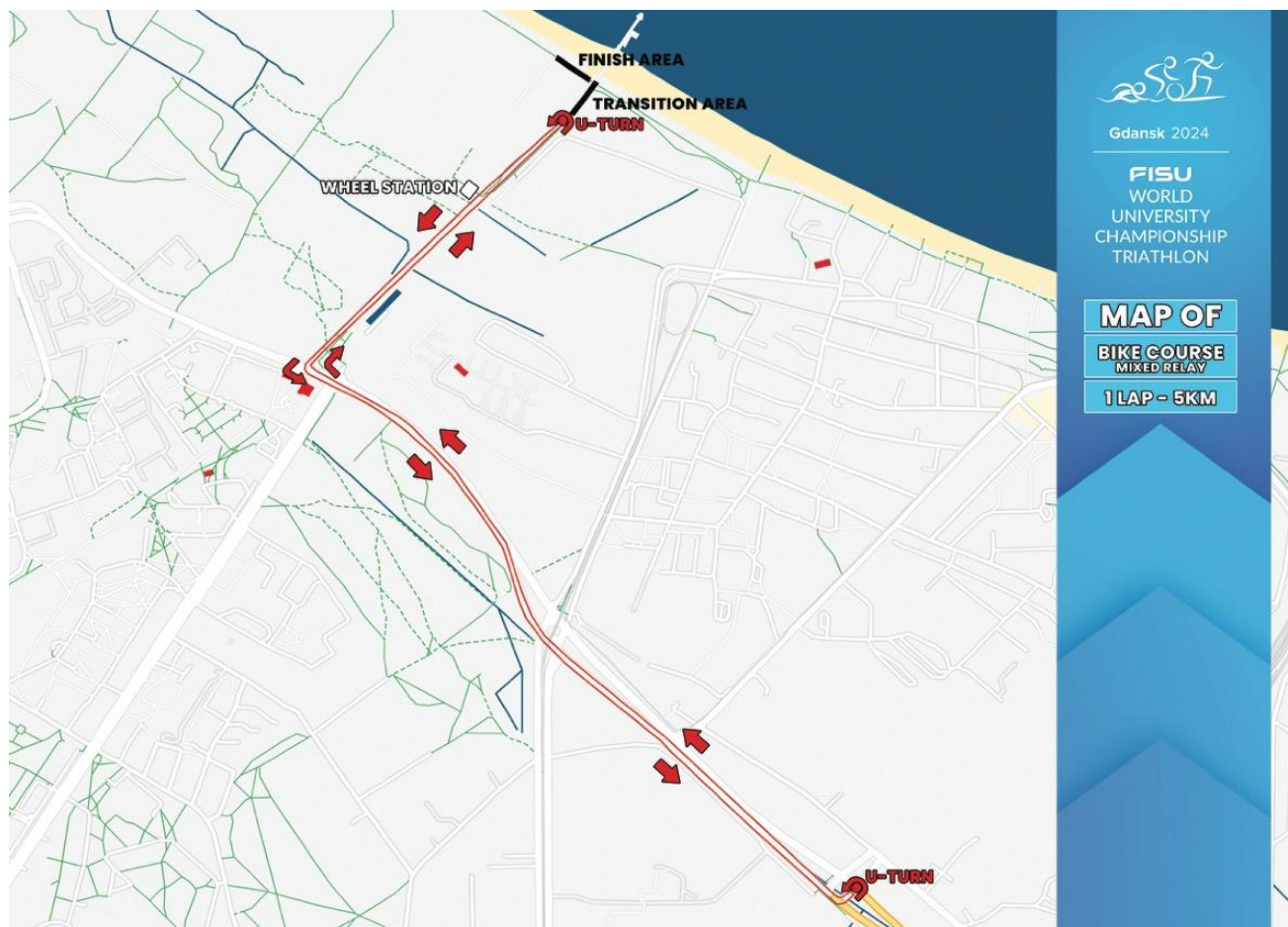
### TRANSITION 1

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### BIKE COURSE

|                    |                 |
|--------------------|-----------------|
| Distance           | 5 km            |
| Number of loops    | 1               |
| Surface            | Asphalt         |
| Quality            | Very good       |
| Team Wheel station | 1               |
| Number of U-turns  | 1 per each loop |





### RUN COURSE

|                       |                                 |
|-----------------------|---------------------------------|
| Distance              | 2 km                            |
| Number of loops       | 1                               |
| Surface               | Gravel, Asphalt                 |
| Quality               | Very good                       |
| Elevation differences | Flat                            |
| Aid Stations          | 1 per lap                       |
| Penalty box location  | 100m before finish chute.       |
| Aid station           | Placed 150 m after Transition 2 |



## 11. WEBSITE / SOCIAL MEDIA

For more information visit our website:

<https://gdansk2024.com/>

and follow us on social media channels

<https://www.facebook.com/FISUTriathlon>

[https://www.instagram.com/fisu\\_triathlon](https://www.instagram.com/fisu_triathlon)

## 12. VISA INFORMATION

Poland is a member of European Union and Schengen Zone. Please check the information on visa requirements - <https://www.gov.pl/web/diplomacy/visas>