

# Athletes Guide

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# 1. GENERAL INFORMATION

## 1.1. INTRODUCTION

Dear Athletes,

on the last weekend in May, Olsztyn will welcome you with open arms. After several years of organizing the European Cup, this time we invite you to the European Championships. In the capital of the beautiful land of Warmia and Masuria, you will compete at European Triathlon Championships (Elite/U23/Juniors) on the supersprint distance, Europe Paratriathlon Championships on sprint distance, Europe Triathlon Championships Mixed Team Relay Juniors on supersprint distance and Europe Age Group Triathlon Championships on standard distance.

We believe that the hospitality of Olsztyn, great infrastructure at CRS Ukiel sport complex and good organization, will allow you to achieve great results and goals. We are more than motivated and dedicated to overcome the current challenges and 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. LABOSPORT POLSKA (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 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.

Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to **CONSTANTLY CHECK** the available information.

See you in Olsztyn!

Greetings,

Organizing Committee

## 1.2. KEY DATES

<b>2022 OLSZTYN TRIATHLON WEEKEND</b> <b>Event Schedule, May 27-29, 2022</b>		
<b>Thursday, 26.05.2022</b>		
08:30-09:00	Paratriathlon WC Bike Course Fam Paratriathlon (other) Run Course Fam	Paratriathlon
09:00-09:30	Paratriathlon (other) Bike Course Fam Paratriathlon WC Run Course Fam	
10:00-11:00	Paratriathlon Swim Course Fam	
10:00-10:30	Elite U/23 Bike Course Fam	Elite/U23/Junior
10:30-11:00	Juniors Bike Course Fam	
11:00-11:30	Elite/U23 Swim Course Fam	
11:30-12:00	Juniors Swim Course Fam	
13:00-13:30	Elite Press Conference	
12:00-15:00	Elite/U23/Junior/Paratriathlon Race Package Distribution - Slot Time	Elite/U23/Junior/Paratriathlon
16:00-16:30	Online Briefing Elite/U23/Junior/Mixed Team Relay Junior	Elite/U23/Junior/MTRJ
17:00-17:30	Online Briefing Paratriathlon	Paratriathlon
18:00-18:30	Online Briefing Age Group	Age Group
18:00-18:30	Coach meeting	MTRJ
<b>Friday, 27.05.2022</b>		
06:45-07:30	Athletes Lounge Open/Registration for Junior Women	Elite/U23/Juniors
08:00	Semifinals Juniors Women   1	
08:30	Semifinals Juniors Women   2	
09:00	Semifinals Juniors Women   3	
09:35-10:20	Athletes Lounge Open/Registration for Junior Men	
10:50	Semifinals Juniors Men   1	
11:20	Semifinals Juniors Men   2	
11:50	Semifinals Juniors Men   3	
12:55-13:40	Athletes Lounge Open/Registration for Elite Women	
14:10	Semifinals Elite/U23 Women   1	
14:40	Semifinals Elite/U23 Women   2	
15:10	Semifinals Elite/U23 Women   3	
15:45-16:30	Athletes Lounge Open/Registration for Elite Women	
17:00	Semifinals Elite/U23 Men   1	
17:30	Semifinals Elite/U23 Men   2	
18:00	Semifinals Elite/U23 Men   3	
17:00-20:00	Race Package Distribution for Age Group / Slot nr 1	Age Group
20:00	National Parade	All
<b>Saturday, 28.05.2022</b>		
06:00-07:30	Athletes Lounge Open for Paratriathlon	Paratriathlon
08:00-09:23	Paratriathlon Starts	
11:00-11:30	Award Ceremony for Paratriathlon	
10:10-10:55	Athletes Lounge/Registration/Race Package Distribution for Junior Women B and Junior Men B	Elite/U23/Juniors

11:25	B Finals Juniors Women	
11:55	B Finals Juniors Men	
12:30-13:15	Athletes Lounge/Registration/Race Package Distribution for Junior Women A and Junior Men A	
13:45	A Finals Juniors Women	
14:15	A Finals Juniors Men	
15:20-16:05	Athletes Lounge/Registration/Race Package Distribution for Elite Women B and Elite Men B	
16:35	B Finals Elite/U23 Women	
17:05	B Finals Elite/U23 Men	
17:40-18:25	Athletes Lounge/Registration/Race Package Distribution for Elite Women A and Elite Men A	
18:55	A Finals Elite/U23 Women	
19:25	A Finals Elite/U23 Men	
20:10-21:00	Award Ceremony for Elite/U23/Junior	
13:40-17:00	Race Package Distribution for Age Group / Slot nr 2	Age Group
16:00-19:00	Transition Area Open for Age Group	
Sunday, 29.05.2022		
09:30-10:15	Athletes Lounge/Registration for Mixed Team Relay Juniors	Mixed Team Relay Juniors
09:55-10:30	Transition Area Open for Mixed Team Relay Juniors	
10:30-12:00	Transition Area Open for Age Group (Bike/Equipment Check Only)	Age Group
10:45	Start Mixed Team Relay Juniors	Mixed Team Relay Juniors
12:30-13:00	Award Ceremony Mixed Team Relay Juniors	
13:00-19:00	Age Group Race (wave starts per category)	Age Group
19:30-20:30	Award Ceremony for Age Group	
20:30	After Party	All

### 1.3. KEY CONTACTS

	Name	Email	Phone
LOC Race Director	Marcin Florek	marcin.florek@labosport.pl	0048 609-775-099
LOC Race Manager	Piotr Matkiewicz	piotr.matkiewicz@labosport.pl	0048 793-233-673
ETU Technical Delegate	Patrick Hendrickx	p.hendrickx@telenet.be	0032 476 650 772
ETU Technical Delegate	Laura Patti	pattilauralberta@gmail.com	0039 338-520-0903
ETU Medical Delegate	Casandra Man	Casandra_man@yahoo.com	0040 746-797-327
LOC Media Manager	Kamila Kryger	Kamila.kryger@labosport.pl	0048 793-794-205
Polish Triathlon Association representative	Filip Szolowski	filip.szolowski@triathlon.pl	0048 666-300-200
Europe Triathlon Office	-	etu_hq@etu.triathlon.org	0032 478-825-456

### 1.4. CONTACT DETAILS

Labosport Polska sp. z o.o.  
 ul. Browarna 86-87  
 82-300 Elbląg / Poland  
 Marcin Florek  
 tel. 0048 609-775-099  
 mail. [biuro@labosport.pl](mailto:biuro@labosport.pl)

## 2. VENUE

### 2.1. RACE VENUE

The venue is located in Olsztyn, ul. Kapitańska 23 (Warmia&Mazury Voivodeship, Poland)

#### VENUE MAP



#### RACE MAPS:

- 1) [Europe Triathlon Championships Elite/U23/Juniors / Supersprint Distance](#)
- 2) [Europe Paratriathlon Championships / Sprint Distance](#)
- 3) [Europe Triathlon Mixed Team Relay Juniors / Supersprint Distance](#)
- 4) [Europe Triathlon Age Group Championships / Standard Distance](#)

### 2.2 COURSE FAMILIARIZATION

#### SWIM FAMILIARIZATION

Thursday, 26.05.2022

10:00-11:00 - Paratriathlon

11:00-11:30 - Elite/U23

11:30-12:00 - Juniors

#### MEETING POINT

#### BIKE FAMILIARIZATION

08:30-09:00 - Paratriathlon WC

09:00-09:30 - Paratriathlon (other)

10:00-10:30 - Elite/U23

10:30-11:00 - Juniors

#### MEETING POINT

#### RUN COURSE

08:30-09:00 Paratriathlon (other)

09:00-09:30 Paratriathlon WC

#### MEETING POINT

## 2.3 ATHLETE'S LOUNGE

The Athlete's Lounge will be located in CRS Ukiel, Olsztyn, 200m from the Transition Zone and 100m 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 Elite/U23/Juniors/Paratriathlon/Mixed Team Relay 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\*:

ELITE/U23/JUNIORS/PARATRIATHLON - Thursday, 26.05.2022 / 12:00-15:00 / Omega Hotel - [CLICK FOR LOCATION](#)

\*A detailed schedule per NF and categories will be published as soon as possible.

MIXED TEAM RELAY JUNIORS / Thursday, 26.05.2022 / 18:00 / Coach meeting / Omega Hotel **TBC**

AGE-GROUP:

Slot 1 / Friday, 27.05.2022 / 17:00-20:00 / [Race Office](#)

Slot 2 / Saturday, 28.05.2022 / 13:40-17:00 / [Race Office](#)

Composition of race package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs - 4 x sets
- Accreditation pass
- Gift from the organizer

Registration fees:

Junior individual - 150 €

Elite/U23/Paratriathlon - 170 €

\* the entry fee includes the pre-race antigen test (obligatory only for elite/U23/junior/paratriathlon races)

Age Group - 170 €

Mixed Team Relay Juniors - 175 €

The registration fees **MUST** be paid in advance by the bank transfer.

Please send an email with the amount, name of the federation and the athletes, coaches and staff names to [biuro@startlist.pl](mailto:biuro@startlist.pl)

For invoices inquiry please send a mail to [biuro@startlist.pl](mailto:biuro@startlist.pl)

The fee can be booked to:

Bank name: PKO BP

PL07102017520000070202110310

BIC/SWIFT: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made during registration, but an extra administration fee of € 20,00 per single athlete will be charged.

## 2.5. DOPING CONTROL

[Centrum Sportowo-Rekreacyjne UKIEL](#), ul. Kapitańska 23, 11-041 Olsztyn

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



## 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)

## 2.7. LOC OFFICE

Permanent Office: Labosport Polska sp. z o.o., ul. Browarna 86-87, 82-300 Elbląg, Poland

Opening hours: 07:30-15:30, Mon-Fr.

LOC office during event: CRS Ukiel, ul. Kapitańska 23, 11-041 Olsztyn (available only on 27-29.05.2022 [Friday-Saturday]), opening hours: 08:00-18:00)

LOCATION - [CLICK](#)

## 3. ACCOMMODATION

### [HOTELS INFO](#)

Official Reservations Contact - Karolina Turewicz / +48 509-237-857

## 4. TRANSFER AND TRANSPORT

### LOCAL AIRPORTS:

- Olsztyn-Mazury Airport (SZY) - 60 km
- Gdańsk Lech Wałęsa Airport (GDN) - 170 km
- Warsaw Chopin Airport (WAW) - 240 km
- Warsaw Modlin Airport (WMI) - 180 km

OFFICIAL TRAVEL PARTNER: WAGNER TRANSPORT

### [TRANSPORT INFO](#)

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES



#### SWIM

Wodne Centrum Rekreacyjno-Sportowe **AQUASFERA**, al. Piłsudskiego 69 B, 10-449 Olsztyn

#### [LOCATION](#)

Available on 24-29.05.2022 from 10:00 to 14:00.

On 24-27.05.2022 - 50 m pool. On 28-29.05.2022 - 25 m pool.

Tickets available on sales desk (cost of ticket - 25 zł).



#### BIKE

##### Sielska Street

traffic intensity - medium

road surface quality - perfect

**warning (!!!)** - please use bike path on pavement

##### Road through Łupstych

traffic intensity - low

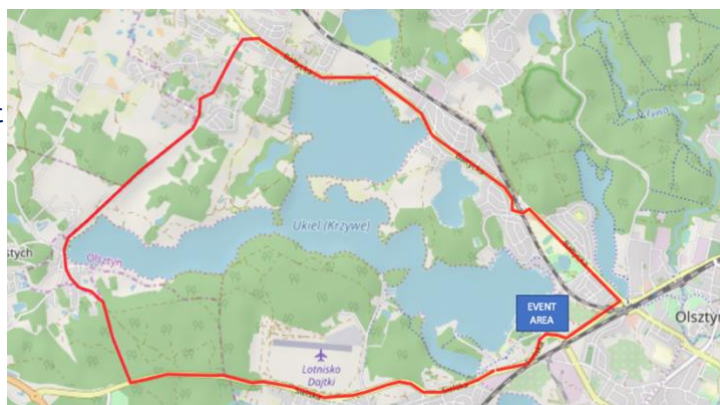
road surface quality - good

##### Road nr 527

traffic intensity - low

road surface quality - good

[Suggested course](#)



#### RUN

Wide pavements and forest tracks located nearby event area.



## 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.

Hospital - Wojewódzki Szpital Specjalistyczny w Olsztynie, ul. Żołnierska 18, 10-561 Olsztyn  
Emergency telephone number - 112

## 5.3. BIKE MECHANICAL SERVICE

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

# 6. COMPETITION SCHEDULE AND INFO

## 6.1 SCHEDULE

### THURSDAY, 26.05.2022

08:30-09:00 Paratriathlon WC Bike Course Familiarization / Paratriathlon (other) Run Course Familiarization  
09:00-09:30 Paratriathlon (other) Bike Course Familiarization / Paratriathlon WC Run Course Familiarization  
10:00-11:00 Paratriathlon Swim Course Familiarization  
10:00-10:30 Elite/U23 Bike Course Familiarization  
10:30-11:00 Juniors Bike Course Familiarization  
11:00-11:30 Elite/U23 Swim Course Familiarization  
11:30-12:00 Juniors Swim Course Familiarization  
13:00-13:30 Elite Press Conference  
12:00-15:00 Elite/U23/Junior/Paratriathlon Race Package Distribution - Slot Time  
16:00-16:30 Online Briefing Elite/U23/Junior/Mixed Team Relay Junior  
17:00-17:30 Online Briefing Paratriathlon  
18:00-18:30 Online Briefing Age Group  
18:00-18:30 Coach meeting - Mixed Team Relay Junior

### FRIDAY, 27.05.2022

06:45-07:30 Athletes Lounge Open/Registration for Junior Women  
08:00-08:30 Start Junior Women Semifinal 1  
08:30-09:00 Start Junior Women Semifinal 2  
09:00-09:30 Start Junior Women Semifinal 3  
09:35-10:20 Athletes Lounge Open/Registration for Junior Men  
10:50-11:20 Start Junior Men Semifinal 1  
11:20-11:50 Start Junior Men Semifinal 2  
11:50-12:20 Start Junior Men Semifinal 3  
12:55-13:40 Athletes Lounge Open/Registration for Elite/U23 Women  
14:10-14:40 Start Elite/U23 Women Semifinal 1  
14:40-15:10 Start Elite/U23 Women Semifinal 2  
15:10-15:40 Start Elite/U23 Women Semifinal 3  
15:45-16:30 Athletes Lounge Open/Registration for Elite/U23 Men  
17:00-17:30 Start Elite/U23 Men Semifinal 1  
17:30-18:00 Start Elite/U23 Men Semifinal 2  
18:00-18:30 Start Elite/U23 Men Semifinal 3

17:00-20:00 Race Package Distribution for Age Group / Slot nr 1  
20:00 National Parade

### SATURDAY, 28.05.2022

06:00-07:30 Athletes Lounge Open for Paratriathlon  
08:00 Start Paratriathlon  
11:00-11:30 Award Ceremony Paratriathlon

10:10-10:55 Athletes Lounge/Registration/Race Package Distribution for Junior Women B and Junior Men B  
 11:25-11:55 Start Final B Junior Women  
 11:55-12:25 Start Final B Junior Men  
 12:30-13:15 Athletes Lounge/Registration/Race Package Distribution for Junior Women A and Junior Men A  
 13:45-14:15 Start Final A Junior Women  
 14:15-14:45 Start Final A Junior Men  
 15:20-16:05 Athletes Lounge Open/Registration/Race Package Distribution for Elite/U23 Women B and Elite/U23 Men B  
 16:35-17:05 Start Final B Elite/U23 Women  
 17:05-17:35 Start Final B Elite/U23 Men  
 17:40-18:25 Athletes Lounge Open/Registration/Race Package Distribution for Elite/U23 Women A and Elite/U23 Men A  
 18:55-19:25 Start Final A Elite/U23 Women  
 19:25-19:55 Start Final A Elite Men/U23  
 20:10-21:00 Award Ceremony Elite/U23/Junior

13:40-17:00 Race Package Distribution for Age Group / Slot nr 2  
 16:00-19:00 Transition Area Open for Age Group

#### **SUNDAY, 29.05.2022**

09:30-10:15 Athletes Lounge Open/Registration for Mixed Team Relay Juniors  
 09:55-10:30 Transition Area Open for Mixed Team Relay Juniors  
 10:30-12:00 Transition Area Open for Age Group (Bike/Equipment Check Only)  
 10:45-12:15 Start Mixed Team Relay Juniors  
 12:30-13:00 Award Ceremony Mixed Team Relay Juniors  
 13:00-19:00 Age Group Race (wave starts per category)  
 19:30-20:30 Award Ceremony Age Group  
20:30 After Party

## **6.2. COMPETITION RULES**

The event will follow the latest published Competitions Rules of the World Triathlon published and applicable from January 2022 - [WT Competition Rules](#)

## **6.3. ATHLETE'S BRIEFING (\*)**

#### **THURSDAY, 26.05.2022**

16:00-16:30 Online Briefing Elite/U23/Junior/Mixed Team Relay Junior  
 17:00-17:30 Online Briefing Paratriathlon  
 18:00-18:30 Online Briefing Age Group

\* Links to be communicates as soon as possible

## **6.4. TIMING CHIPS**

At race Check-In, Athletes will be issued with their timing chip which is to be worn above the left ankle. Athletes will also be given their numbered Swim Cap and must have their Uniform available to be checked for ITU guideline compliance. Bikes will be checked for safety and compliance on entry to the Transition Area.

## **6.5. RESULTS**

Results will be uploaded at the official website [www.triathlon.org](http://www.triathlon.org).

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

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

## **6.6. PROTEST & APPEALS**

Standard procedures will be followed according to the WT Competition Rules

# **7. ACCREDITATION**

The LOC will provide all the Organizing Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditation cards will be distributed together with race packages.

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 carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

# **8. OTHER USEFUL INFORMATION**

## **8.1. LANGUAGE**

Polish.

## **8.2. POPULATION**

Poland - 37.950.000.

Olsztyn - 173.599

## **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 but please check possible visa requirement and COVID regulations [by this LINK](#)

## 9. COURSE MAPS

### 9.1 EUROPE TRIATHLON CHAMPIONSHIPS ELITE/U23/JUNIORS / SUPERSPRINT DISTANCE

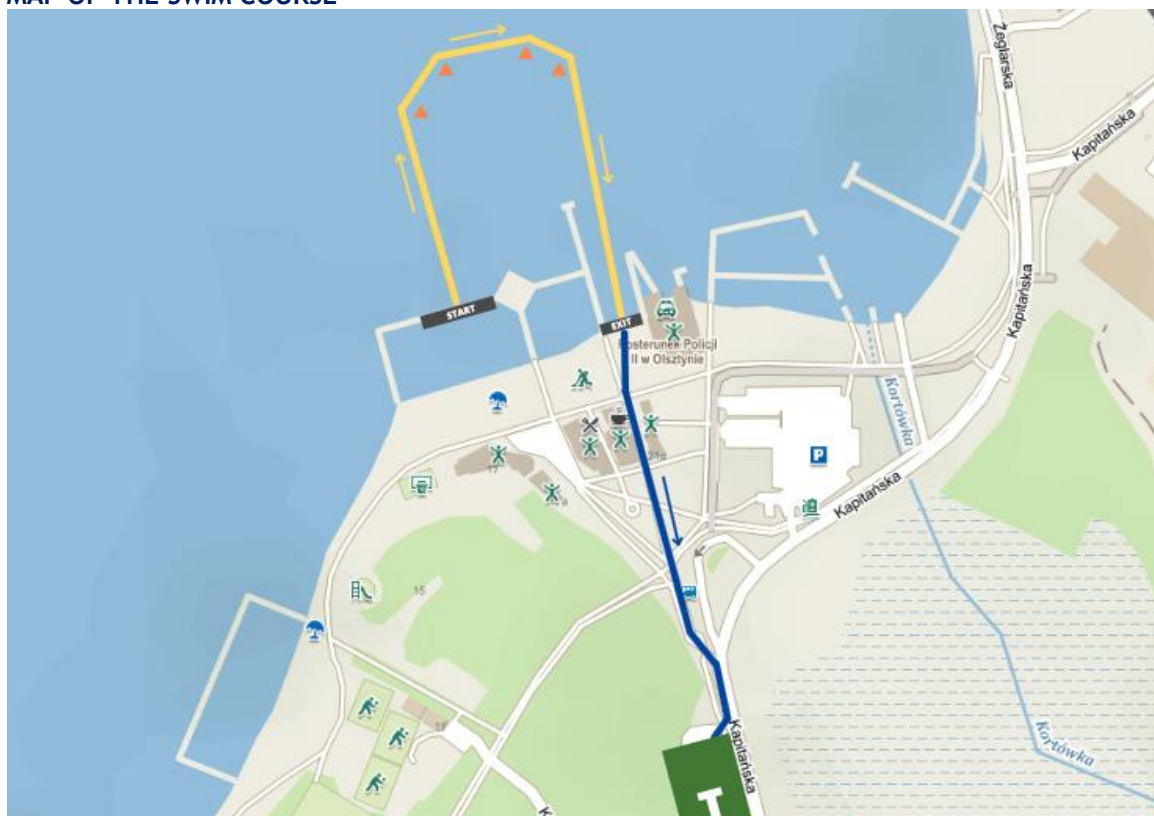
#### RACE MAP



#### SWIM COURSE

Distance	300 m
Number of loops	1 (one)
Distance to the first turning buoy	80 m
Start procedures	Pier start (solid pontoon).
Provisional water temperature	17° C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	250 m

#### MAP OF THE SWIM COURSE



## TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack their bike by moving forward into the centre lane and towards the mount line.



## BIKE COURSE

Distance	8k
Number of loops	3 (each 2,66 km)
Surface	Asphalt
Quality	Very good
Team Wheel station	1
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop

## MAP OF THE BIKE COURSE



## TRANSITION 2

After last lap of bike race, athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit their bike. Running shoes must be placed in front of the numbered box. After this they should proceed to the run course.

## RUN COURSE

Distance	2 km
Number of loops	1 loop
Surface	Asphalt
Quality	Very good
Elevation differences	Mostly Flat
Aid Stations	1 per lap
First runner / Last biker scenario	A first runner/last biker scenario will be activated when needed
Penalty box location	On the inside corner of the hairpin turn, just before transition.



Aid station	Placed 150 m after Transition 2 on the right hand. Aid station will contain 0,5 litre bottles of water.
-------------	---------------------------------------------------------------------------------------------------------

#### MAP OF THE RUN COURSE



## 9.2 EUROPE PARATRIATHLON CHAMPIONSHIPS / SPRINT DISTANCE

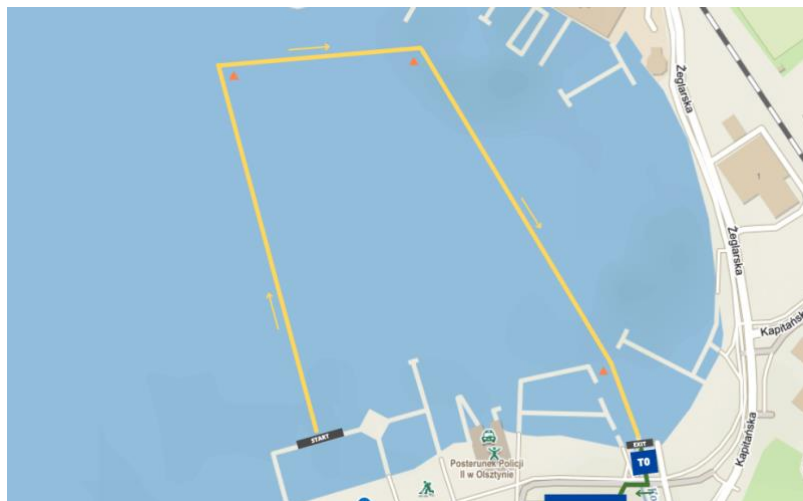
### RACE MAP



#### SWIM COURSE

Distance	750 m
Number of loops	1 (one)
Distance to the first turning buoy	260 m
Start procedures	In water start.
Provisional water temperature	17° C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	70 m

## MAP OF THE SWIM COURSE



## TRANSITION 1

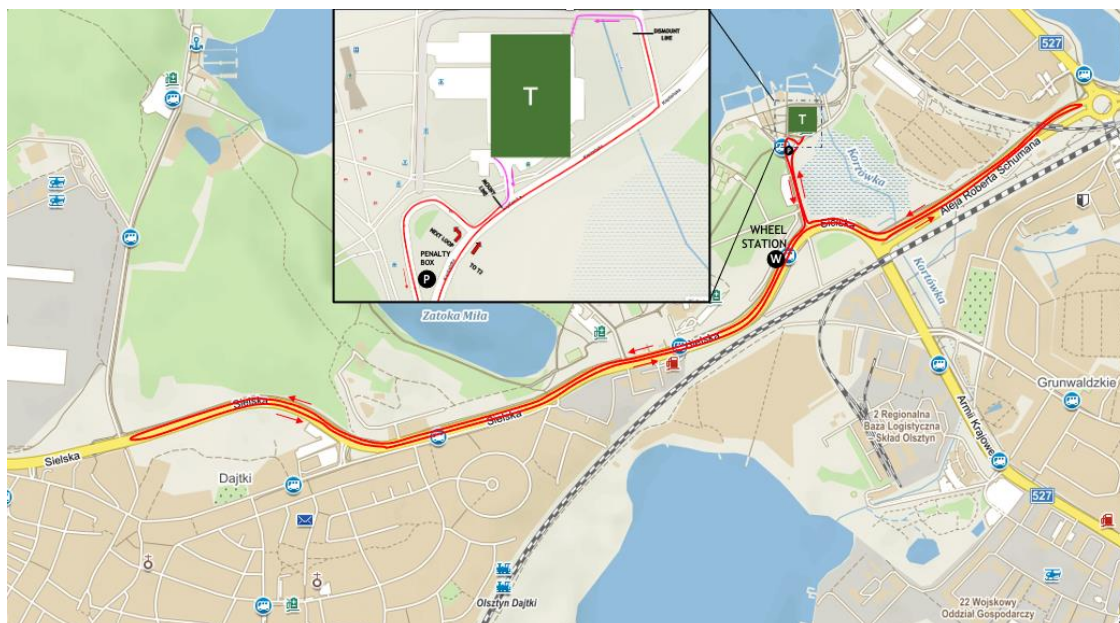
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack their bike by moving forward into the centre lane and towards the mount line.



## BIKE COURSE

Distance	20 km
Number of loops	3 (each 6,66 km)
Surface	Asphalt
Quality	Very good
Team Wheel station	1
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop

## MAP OF THE BIKE COURSE





## TRANSITION 2

After last lap of bike race, athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit their bike. Running shoes must be placed in front of the numbered box. After this they should proceed to the run course.

## RUN COURSE

Distance	5 km
Number of loops	2 loops
Surface	Pavement (good quality pavers) - 1,4 km Asphalt - 1 km Wooden pavement - 0,1 km
Quality	Very good
Penalty Box	1
Wheel Station	1 (only for PTWC categories)
Elevation differences	Mostly Flat
Aid stations	2 per lap

## MAP OF THE RUN COURSE



## 9.3 EUROPE TRIATHLON CHAMPIONSHIPS MIXED TEAM RELAY JUNIORS

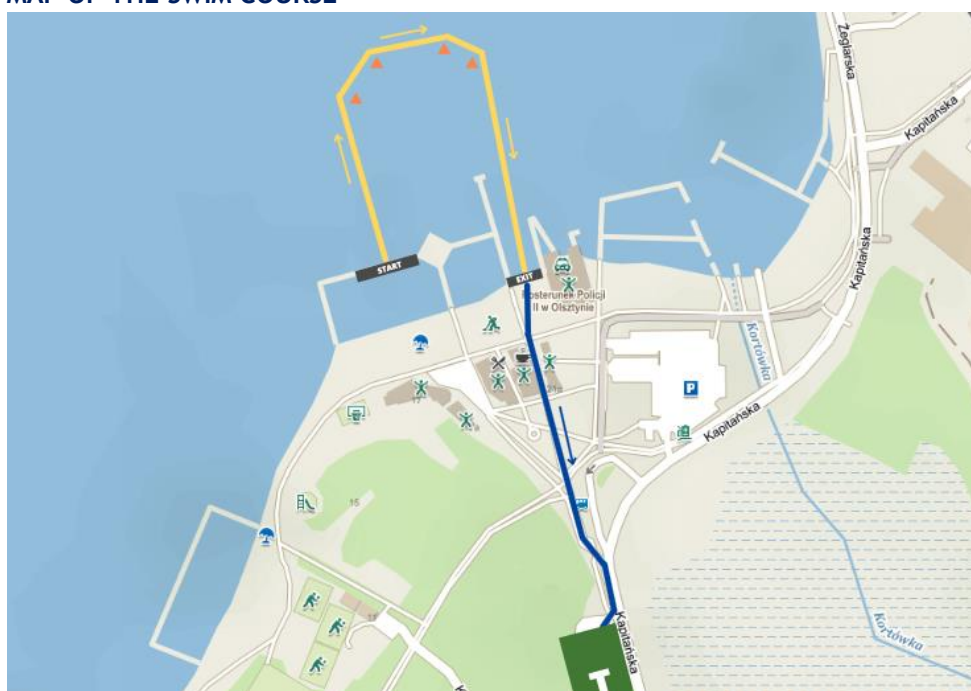
### RACE MAP



#### SWIM COURSE

Distance	300 m
Number of loops	1 (one)
Distance to the first turning buoy	100 m
Start procedures	Pier start (solid pontoon).
Provisional water temperature	17° C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	250 m

#### MAP OF THE SWIM COURSE



#### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack their bike by moving forward into the centre lane and towards the mount line.



#### BIKE COURSE

Distance	8 km
Number of loops	2 (each 4 km)
Surface	Asphalt
Quality	Very good
Wheel station	1
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop

## MAP OF THE BIKE COURSE



## TRANSITION 2

After last lap of bike race, athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.

## RUN COURSE

Distance	2 km each athlete
Number of loops	1 loop each athlete
Surface	Pavement (good quality pavers) - 1 km Asphalt - 1 km
Quality	Very good
Penalty Box	1
Elevation differences	Mostly Flat
Aid station	2

## MAP OF THE RUN COURSE



## 9.4 EUROPE TRIATHLON AGE GROUP CHAMPIONSHIPS

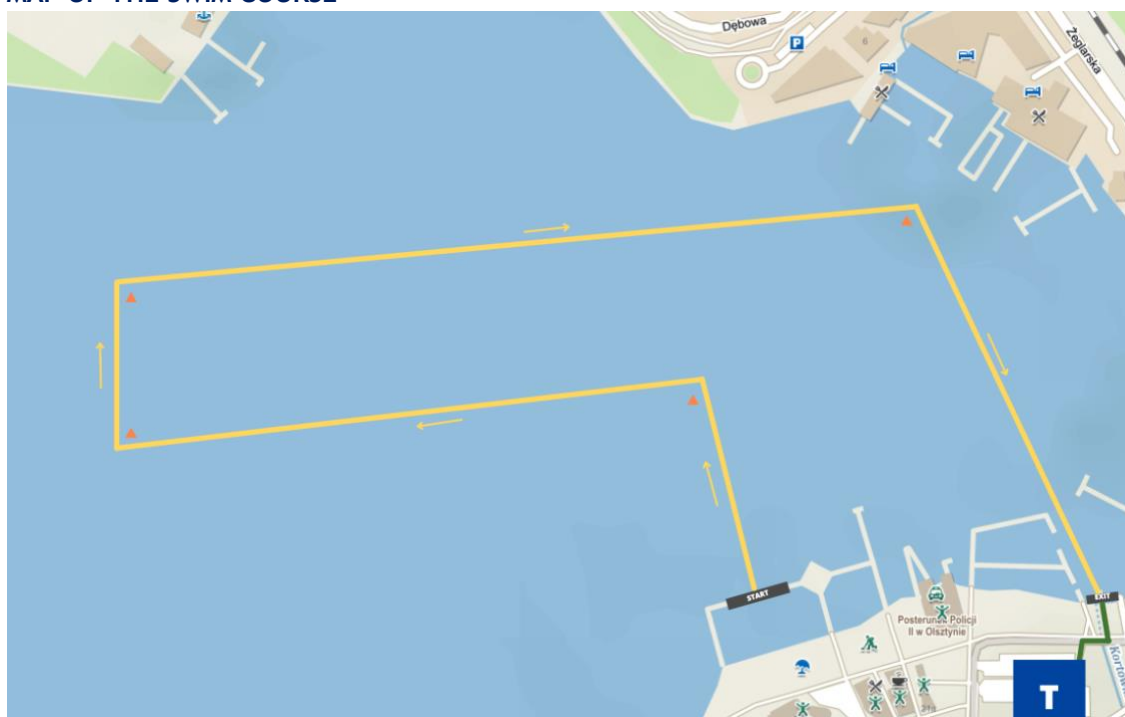
### RACE MAP



#### SWIM COURSE

Distance	1500 m
Number of loops	1 (one)
Distance to the first turning buoy	100 m
Start procedures	In water start.
Provisional water temperature	17° C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	250 m

#### MAP OF THE SWIM COURSE



#### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box 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 un-rack their bike by moving forward into the centre lane and towards the mount line.



#### BIKE COURSE

Distance	40 km
Number of loops	3 (each 13,33 km)
Surface	Asphalt
Quality	Very good
Penalty box	2
Number of U-turns	2 per each loop
Number of Roundabouts	1 per each loop



## MAP OF THE BIKE COURSE



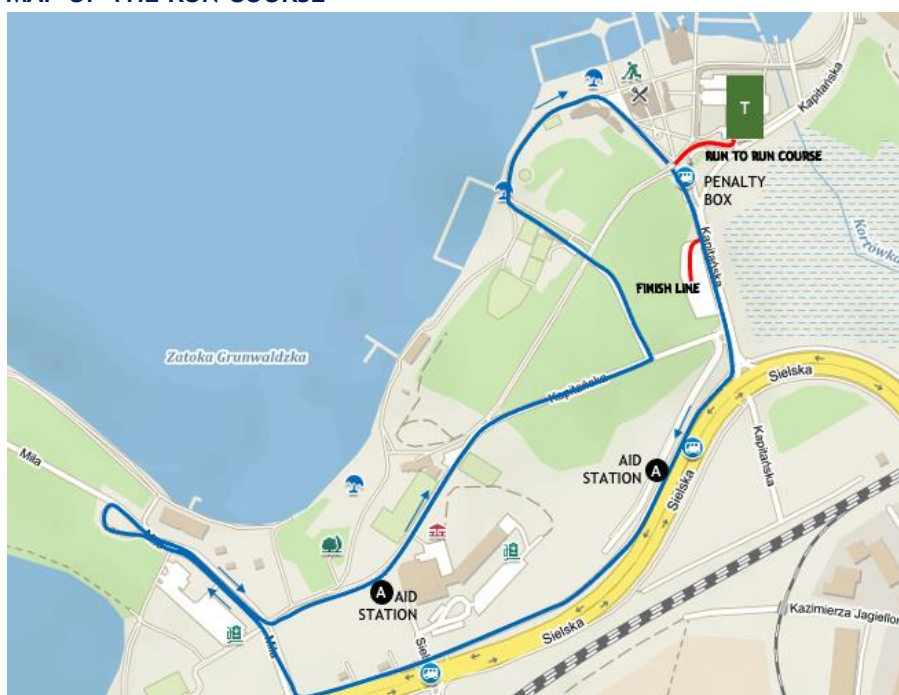
## TRANSITION 2

After last lap of bike race athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.

## RUN COURSE

Distance	10 km
Number of loops	4 loops (4x 2,5 km loop)
Surface	Pavement (good quality pavers) - 1,5 km Asphalt - 1 km
Quality	Very good
Elevation differences	Mostly Flat
Aid station	2

## MAP OF THE RUN COURSE



## 10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

[RULES OF ENTRY AND STAY ON THE TERRITORY OF THE REPUBLIC OF POLAND](#) - [CLICK](#)

[TEMPORARY LIMITATIONS](#) - [CLICK](#)

COVID-19 EMERGENCY CONTACT DETAILS - Tomasz Kowalski / Tomasz.kowalski@labosport.pl / 0048 793-794-338

More detailed info will be communicated.