



Kielce
2024



Kielce

Athletes' Guide





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1 General Information

1.1 Introduction

Dear Athletes,

On the first weekend of June, Kielce will welcome you first time with open arms. In the capital of the beautiful land of Świętokrzyskie Voivodeship, you will compete at Europe Triathlon Cup (Elite) on the supersprint distance.

We believe that the hospitality of Kielce, very good location of field of play and good organization, will allow you to achieve great results and sport 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.

See you in Kielce!

Greetings,

Organizing Committee



1.2. Key dates

| Saturday, 1.06.2024 | | | |
|---------------------|-------|--------------------------------------|------------------------------------|
| 12:00 | 13:00 | Elite Press Conference | Grand Hotel Kielce |
| 13:30 | 14:30 | Swim course familiarization | Kielce Reservoir – Start area |
| 15:15 | 16:00 | Athletes Registration | Grand Hotel Kielce |
| 16:00 | 16:45 | Briefing & Race Package Distribution | Grand Hotel Kielce |
| Sunday, 2.06.2024 | | | |
| 06:30 | 07:30 | Bike course familiarization | Zagnańska Street – Transition Area |
| 08:30 | x | Elite Women Semifinal 1 | Kielce Reservoir – Start area |
| 09:00 | x | Elite Women Semifinal 2 | Kielce Reservoir – Start area |
| 11:00 | x | Elite Men Semifinal 1 | Kielce Reservoir – Start area |
| 11:30 | x | Elite Men Semifinal 2 | Kielce Reservoir – Start area |
| 12:00 | x | Elite Men Semifinal 3 | Kielce Reservoir – Start area |
| 16:30 | 17:00 | Elite Woman Final | Kielce Reservoir – Start area |
| 17:30 | 18:00 | Elite Men Final | Kielce Reservoir – Start area |
| 18:30 | 19:00 | Award Ceremony | Zagnańska Street – Finish Area |

1.3. Key contacts

| Position | Name | Email | Phone |
|---|-------------------|--|------------------|
| LOC Race Director | Marcin Florek | marcin.florek@labosport.pl | 0048 609-775-099 |
| LOC Race Manager | Piotr Stanik | piotr.stanik@labosport.pl | 0048 737-137-163 |
| ETU Technical Delegate | Holger Wackerhage | wackerhage@gmx.de | 0049 1752954847 |
| LOC Media Manager | Kamila Kryger | Kamila.kryger@labosport.pl | 0048 793-794-205 |
| Polish Triathlon Association representative | Filip Szotowski | filip.szolowski@triathlon.pl | 0048 666-300-200 |
| Europe Triathlon Office | | etu_hq@etu.triathlon.org | 0032 478-825-456 |

1.4. Contacts details

Local Organizing Comettee (LOC)

Labosport Polska sp. z o.o.

ul. Browarna 86-87

82-300 Elbląg

Marcin Florek / phone - 0048-609-775-099 / mail - marcin.florek@labosport.pl



2 Venue

2.1. Race venue

The venue is located in Kielce, Zagnańska Street (Świętokrzyskie Voivodeship, Poland)



[RACE MAP - TRIATHLON EUROPEAN CUP KIELCE 2024](#)

2.2 Course familiarisation

[SWIM FAMILIARIZATION:](#)

Saturday (01.06.2024) 13:30-14:30 – Meeting point - Kielce Reservoir / Start Area

[MEETING POINT ON MAP](#)

[BIKE AND RUN FAMILIARIZATION:](#)

Sunday (02.06.2024) 06:30-07:30 – Meeting point – Transition zone.

[MEETING POINT ON MAP](#)

2.3. Athletes' lounge

The Athlete's Lounge will be located nearby Swim EXIT, 100m 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 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. Elite athletes' race package

[Race package distribution schedule \(after the Briefings\):](#)

ELITE – Saturday / 01.06.2024 / 16:00-16:30 / Grand Hotel Kielce

[Race package distribution LOCATION](#)



Composition of race package:

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

Registration fees:

Elite – 95 €

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

For invoices inquiry please send a mail to biuro@startlist.pl with the amount, name of the federation and the athletes, coaches and staff names and TAX number.

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

It will be located on the event area.

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

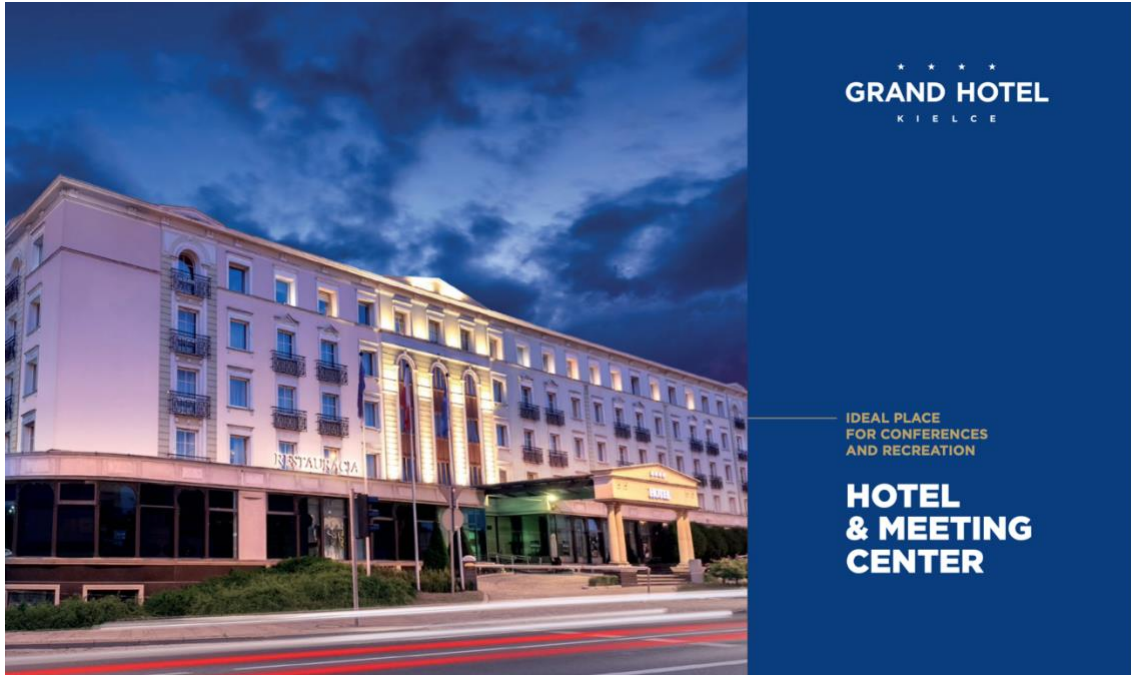
Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible – Piotr Stanik (LOC Race Manager) – 0048 737-137-163 piotr.stanik@labosport.pl



3 Accommodation

HOST HOTEL - GRAND HOTEL KIELCE, ul. Sienkiewicza 78, 25-501 Kielce / [LOCATION](#)



PRICES:

- single room with breakfast - 280 zł per diem
- double room with breakfast - 340 zł per diem

RESERVATION WEBSITE - <https://www.grandhotelkielce.pl/pl/rezerwacje/>

RESERVATION CODE - TRIATHLON

4 Transfer and Transport

Local Airports:

Warsaw Chopin Airports (WAW) – 170km

Warsaw Modlin Airport (WMI) – 230km

Kraków Balice Airport (KRK) – 127km

Katowice Pyrzowice Airport (KTW) – 140km

Warsaw-Radom Airport (RDO) – 80km

Lublin Airport (LUZ) – 210km

Transfer Details – **TBC**



5 Athletes' Services

5.1. Training facilities



SWIM

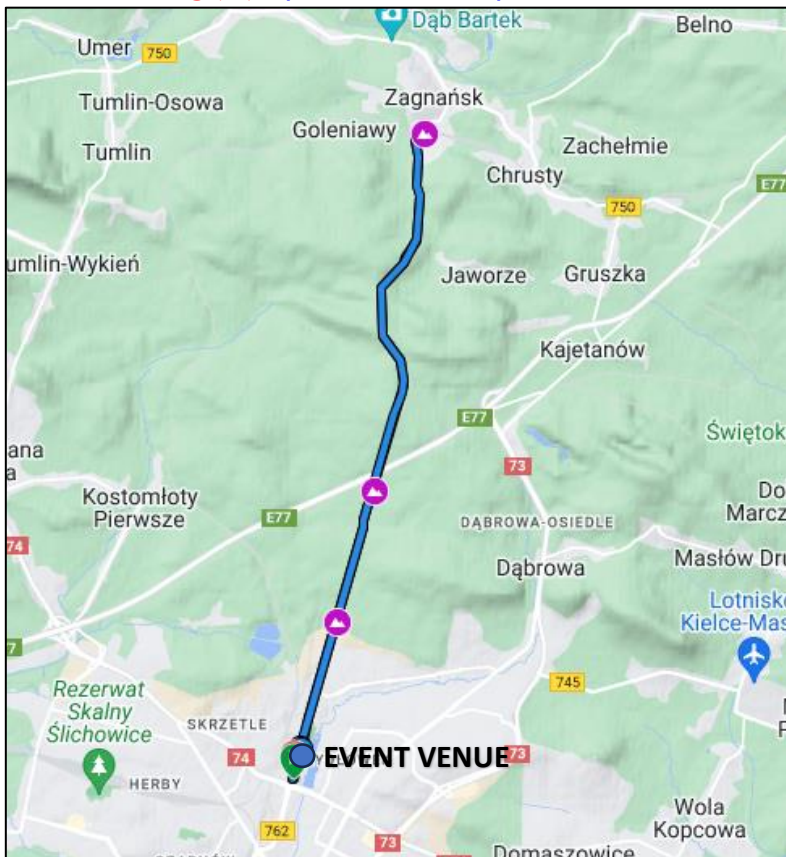
"Delfin" swimming pool. ul. Krakowska 2, 25-029 Kielce [LOCATION](#)
Details – TBC



BIKE

Hilly road from Kielce to Zagnańsk.

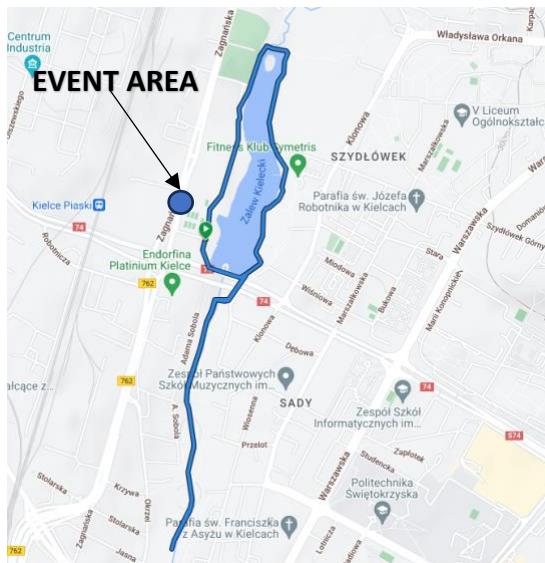
- Traffic intensity – small
- Road surface quality – perfect
- **Warring (!!!)** – please use bike path



[GPX download here](#)

 **RUN**

2 km loop around Kielce Reservoir (gravel surface), and 2km flat pavement (asphalt surface)



[GPX download here](#)

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 Zespolony w Kielcach, Szpitalny Oddział Ratunkowy – ul. Grunwaldzka 45, 25-736 Kielce

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. Elite women

| Day | Start | End | Activity | Location |
|----------------------|-------|-------|--------------------------------------|--------------------|
| June 1 st | 12:00 | 13:00 | Elite press conference | Grand Hotel Kielce |
| June 1 st | 13:30 | 14:30 | Swim course familiarization | Kielce Reservoir |
| June 1 st | 15:15 | 16:00 | Briefing | Grand Hotel Kielce |
| June 1 st | 16:00 | 16:30 | Race package distribution | Grand Hotel Kielce |
| June 2 nd | 06:30 | 07:30 | Bike and run course familiarization | Transition area |
| June 2 nd | 07:15 | 08:00 | Athlete lounge open for Elite Women | Athlete lounge |
| June 2 nd | 07:40 | 08:10 | TA Check-In Elite Women Semifinals | Transition area |
| June 2 nd | 07:45 | 08:15 | Swim warm-up | Start area |
| June 2 nd | 08:20 | 08:25 | Calling area Elite Women Semifinal 1 | Start area |
| June 2 nd | 08:25 | 08:30 | Athletes' Introduction | Start area |
| June 2 nd | 08:30 | 09:00 | Start Elite Women Semifinal 1 | Start area |
| June 2 nd | 08:45 | 08:55 | Calling area Elite Women Semifinal 2 | Start area |
| June 2 nd | 08:55 | 09:00 | Athletes' Introduction | Start area |
| June 2 nd | 09:00 | 09:30 | Start Elite Women Semifinal 2 | Start area |
| June 2 nd | 15:15 | 16:00 | Athlete Lounge open for Elite Women | Athlete lounge |
| June 2 nd | 15:30 | 16:00 | TA Check-In Elite Women Final | Transition area |
| June 2 nd | 15:55 | 16:10 | Swim warm-up | Start area |
| June 2 nd | 16:10 | 16:20 | Calling area | Start area |
| June 2 nd | 16:20 | 16:30 | Athletes' introduction | Start area |
| June 2 nd | 16:30 | 17:00 | Start Elite Women Final | Start area |
| June 2 nd | 18:30 | 19:00 | Award Ceremony | Finish area |

6.2. Elite men

| Day | Start | End | Activity | Location |
|----------------------|-------|-------|-------------------------------------|--------------------|
| June 1 st | 12:00 | 13:00 | Elite press conference | Grand Hotel Kielce |
| June 1 st | 13:30 | 14:30 | Swim course familiarization | Kielce Reservoir |
| June 1 st | 15:15 | 16:00 | Briefing | Grand Hotel Kielce |
| June 1 st | 16:00 | 16:30 | Race package distribution | Grand Hotel Kielce |
| June 2 nd | 06:30 | 07:30 | Bike and run course familiarization | Transition area |
| June 2 nd | 09:45 | 10:30 | Athlete lounge open for Elite Men | Athlete lounge |
| June 2 nd | 10:15 | 10:40 | TA Check-In Elite Men Semifinals | Transition area |
| June 2 nd | 10:30 | 10:45 | Swim warm-up | Start area |
| June 2 nd | 10:45 | 10:55 | Calling area Elite Men Semifinal 1 | Start area |
| June 2 nd | 10:55 | 11:00 | Athletes' Introduction | Start area |
| June 2 nd | 11:00 | 11:30 | Start Elite Men Semifinal 1 | Start area |
| June 2 nd | 11:15 | 11:25 | Calling area Elite Men Semifinal 2 | Start area |
| June 2 nd | 11:25 | 11:30 | Athletes' Introduction | Start area |
| June 2 nd | 11:30 | 12:00 | Start Elite Men Semifinal 2 | Start area |
| June 2 nd | 11:45 | 10:55 | Caling area Elite Men Semifinal 3 | Start area |



| | | | | |
|----------------------|-------|-------|-----------------------------------|-----------------|
| June 2 nd | 11:55 | 12:00 | Athletes' Introduction | Start area |
| June 2 nd | 12:00 | 12:30 | Start Elite Men Semifinal 3 | Start area |
| June 2 nd | 16:15 | 17:00 | Athlete lounge open for Elite Men | Athlete lounge |
| June 2 nd | 16:30 | 17:00 | TA Check-In Elite Men Final | Transition area |
| June 2 nd | 16:55 | 17:10 | Swim warm-up | Start area |
| June 2 nd | 17:10 | 17:20 | Calling area | Start area |
| June 2 nd | 17:20 | 17:30 | Athletes' introduction | Start area |
| June 2 nd | 17:30 | 18:00 | Start Elite Men Final | Start area |
| June 2 nd | 18:30 | 19:00 | Award Ceremony | Finish area |

6.3. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon. [World Triathlon Rules available here](#)

6.4. Athletes' briefing

Saturday / 01.06.2024 / 15:30-16:00 / Grand Hotel Kielce / Briefing Elite Men & Women.

6.5. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips in the athletes' lounge before the competitions, during their check-in procedure.

6.6. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

Live results will be available on www.sts-timing.pl in the Live TAB.

6.7. Protest & appeals

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

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request.

Accreditation Cards are mandatory to enter the venue.



8 Other useful information

Could be and is not limited to:

8.1. Language

Polish.

8.2. Population

Poland – 37.950.000.

Kielce - 183.1

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.

8.8 VISA Procedure

Poland is a member of European Union and Shengen Zone but please check possible visa requirement [by this LINK](#).



9 Course maps

SWIM COURSE

| | |
|------------------------------------|---|
| Start procedures | Start from water from one line between two buoys. |
| Distance | 400 m |
| Number of loops | 1 (one) lap |
| Distance to the first turning buoy | 150 m |
| Provisional water temperature | 19°C; athletes are advised to be prepared to wear wetsuits. |
| Distance from swim finish to TA | 170 m |



TRANSITION 1/2

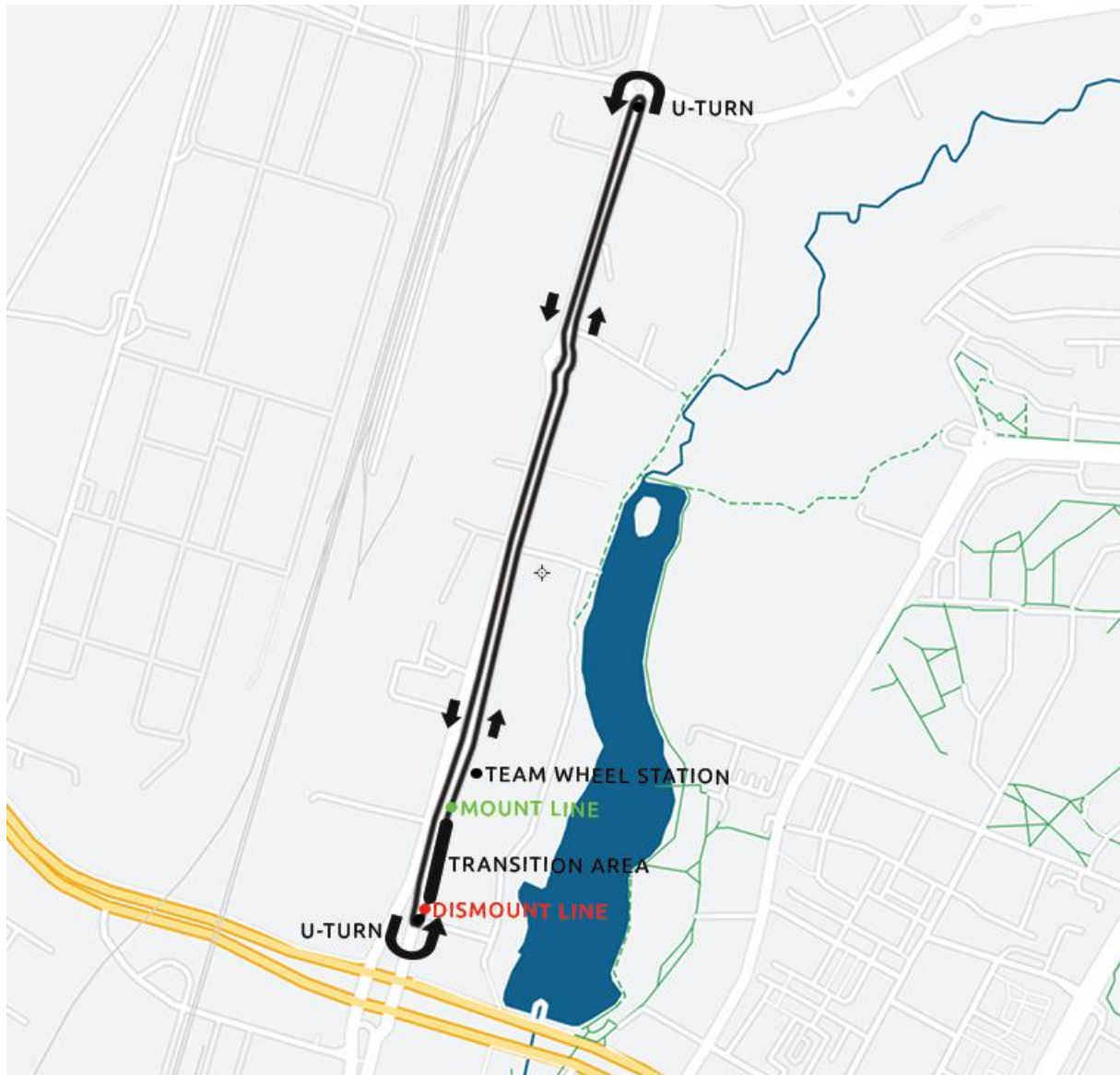
A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

BIKE COURSE

| | |
|---------------------|----------------|
| Distance | 7,6 km |
| Number of loops | 3 (three) laps |
| Distance of one lap | 2,53 km |
| Surface | Asphalt |
| Quality of surface | Perfect |



| | |
|--------------------|-----------------|
| Elevation gain | Flat |
| Team wheel station | 1 |
| Number of U-turns | 2 per each loop |



RUN COURSE

| | |
|--------------------|-------------|
| Distance | 2 km |
| Number of loops | 1 (one) lap |
| Surface | Asphalt |
| Quality of surface | Perfect |
| Elevation gain | Flat |
| Aid station | 1 |
| Number of U-turns | 1 |

