



ATHLETE'S GUIDE

ETU Triathlon Youth European Championships Festival 2017



ETU TRIATHLON YOUTH EUROPEAN CHAMPIONSHIPS FESTIVAL
PANEVĖŽYS - LITHUANIA
2017 07 12-16



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1. GENERAL INFORMATION

1.1. INTRODUCTION

We are happy to invite European youth triathletes and coaches to Panevezys ETU Triathlon Youth European Championships Festival 2017, which will be held on 12-16 July, 2017. Lithuanian Triathlon Federation had organized European Junior Cup in Kupiskis for the five last years and two times Baltic championships as well.

This year the main Lithuanian triathlon event moves to Panevezys – the capital of Lithuanian triathlon. Panevezys is located in the middle of Lithuania, 120 km from Kaunas airport and 160 km from Ryga airport.

We are ready to welcome about 600 athletes, coaches and etc. Hotels are located in the center of the city. The most remote hotels are located 5-7 km from the city center. The transfer will be organized from /to the airports and from/to the most remote hotels. Various seminars for the athletes and coaches will be held during the festival. Baltic cup, local triathlon and aquathlon races will be organised during the festival. After the event closing will be concerts and the disco.

1.2. KEY DATES

Activities	Date	Time	Place
Bike course familiarization	July 12 th	13-13:00	Elektros str.
Swim familiarization	July 12 th	13:30-14:00	Elektros str.
Briefing	July 12 th	16:30	Kranto str. 28, Panevežio bendruomenių rūmai
Pasta party	July 12 th	19:00	Kranto str. 28, Panevežio bendruomenių rūmai
Opening ceremony	July 12 th	18:30	Elektros str.
Semi-final. Youth women	July 13 th	16:40	Elektros str.
Semi-final. Youth men	July 13 th	19:45	Elektros str.
Fair play, clean sport and anti- doping lecture.	July 14 th	12:00- 14:30	Respublikos g. 40, Cinema “Garsas”.
A final start packed- pick up.	July 14 th	14:30 -15:00	Respublikos g. 40, Cinema “Garsas”.
B final. Youth women	July 15 th	13:00	Elektros str.
B final. Youth men	July 15 th	14:00	Elektros str.
A final. Youth women	July 15 th	15:30	Elektros str.
A final. Youth men	July 15 th	16:30	Elektros str.
Coaches briefing (Mixed Relay)	July 15 th	19:00	Kranto str. 28, Panevežio bendruomenių rūmai
Youth mixed relay	July 16 th	12:00	Elektros str.



1.3. KEY CONTACTS

LOC organizer	Dainius Kopūstas	dainius.kopustas@gmail.com
Technical Delegate	Daniel Martin	mail@danielmartin.at
Assistant technical delegate	Paulius Poviliūnas	paulius@triatlonas.lt

2. VENUE

2.1. RACE VENUE

Race venue will be in Elektros street, Panevėžys.

2.2 COURSE FAMILIARIZATION

July 12th, Wednesday

13:00- 13:30 Bike course familiarization

13:30-14:30 Swim course familiarization

2.3. ATHLETE'S LOUNGE

Location: Athletes lounge will be located in race venue and will be provided with toilets, water. After the race in recovery area will be fruits, water and recovery drinks.

Also info on recovery zone close to the finish area.

2.4. YOUTH ATHLETES' RACE PACKAGE

12th July, 17:00-18:00 Start packet pick up.

2.5. SECURITY

Race venue will be guarded by security company the whole event time.

2.6. LOC OFFICE

Senamiescio str. 18, Panevezys, Lithuania (until 2017 07 11). Since 2017 07 12 LOC will be in race venue.



3. ACCOMMODATION

The official hotels of the competition:

- Hotel “Romantic” located at Kranto str. 24 in Panevezys;
- Hotel “Pervaza”, located at Smelynes str. 112 in Panevezys;
- Hotel “Pas Katiną”, located at Smelynes str. 222, near Panevezys;
- Hotel “Smiltynės Sodyba”, located 3 km from the city of Panevezys, near the “Via Baltica” highway, on a halfway Riga – Vilnius, Ryga – Kaunas, and Tallinn – Warsaw.

More useful information about the hotel you will find on the event site:

<http://www.europeanyouthtrifestival.lt>

4. TRANSFER AND TRANSPORT

Organizers can provide a local transportation (a bus for max 10 persons + bikes) from the closest airports: Kaunas (Lithuania) and Riga (Latvia).

Prices of local transportation:

Vilnius (airport until July 14th) - 155EUR;

Kaunas (airport) – Panevėžys – 135 EUR;

Ryga (airport) – Panevėžys – 170 EUR.

Please contact by:

email: vaitroma@gmail.com

phone: +370 657 94220

5. ATHELETE’S SERVICES

5.1. TRAINING FACILITIES



SWIM

“Impuls” gym providing 3 lanes in swimming pool (address: Parko str. 14, Panevezys). **Cost.** If the athletes come in a group + coach, entry fee is 6 euro per person (1h), entry for coach is free.

If the athletes comes separately, entry fee – 13 euro. Please find attached table of “Impuls” **swimming pool reservation** in the back of this document.

“Romantic” hotel guests will be able to swim in swimming pool for free. Swimming pool length 24 m with 2 lanes.



BIKE

Athletes can train in the city. Panevezys has a lot of good bicycle tracks.



RUN

Panevezys has good, wide pavements for running, also have 2 parks. One park is next to “Impuls” gym.

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 must be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital address: Smelynes str. 25, Panevezys.

Emergency telephone number: 112.

6. COMPETITION SCHEDULE

6.3. COMPETITION RULES

The event will follow the latest published Competition Rules of the International Triathlon Union.

6.4. ATHLETE’S BRIEFING

Athletes briefing will be held on July 12th 16:30 in “Panevezys Bendruomenių rūmai“ address: Kranto g. 28, Panevėžys

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 before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the ITU official website www.competitions.com.

In <http://www.delfi.lt/video/> will be able to watch races live.

All the Results information will be distributed to the Team Leaders at the Information Centre in venue area.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, race personnel, volunteers, etc. with an official wristband accreditation. For youth athletes accreditations will be provided at briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation wristbands provide access to specific areas of the competition areas.

All accredited people are requested to carry their accreditation wristbands with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. COURSE MAPS

SWIM START



SWIM COURSE

Start procedures: pontoon.

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1

The average water temperature: 20° C - 24° C.

Map of the swim course



BIKE COURSE

Bike course will be in city streets, with good asphalt, 5 sharp turns. In the bike course will be only 1 wheel station (team wheel station) and no neutral wheels will be provided.

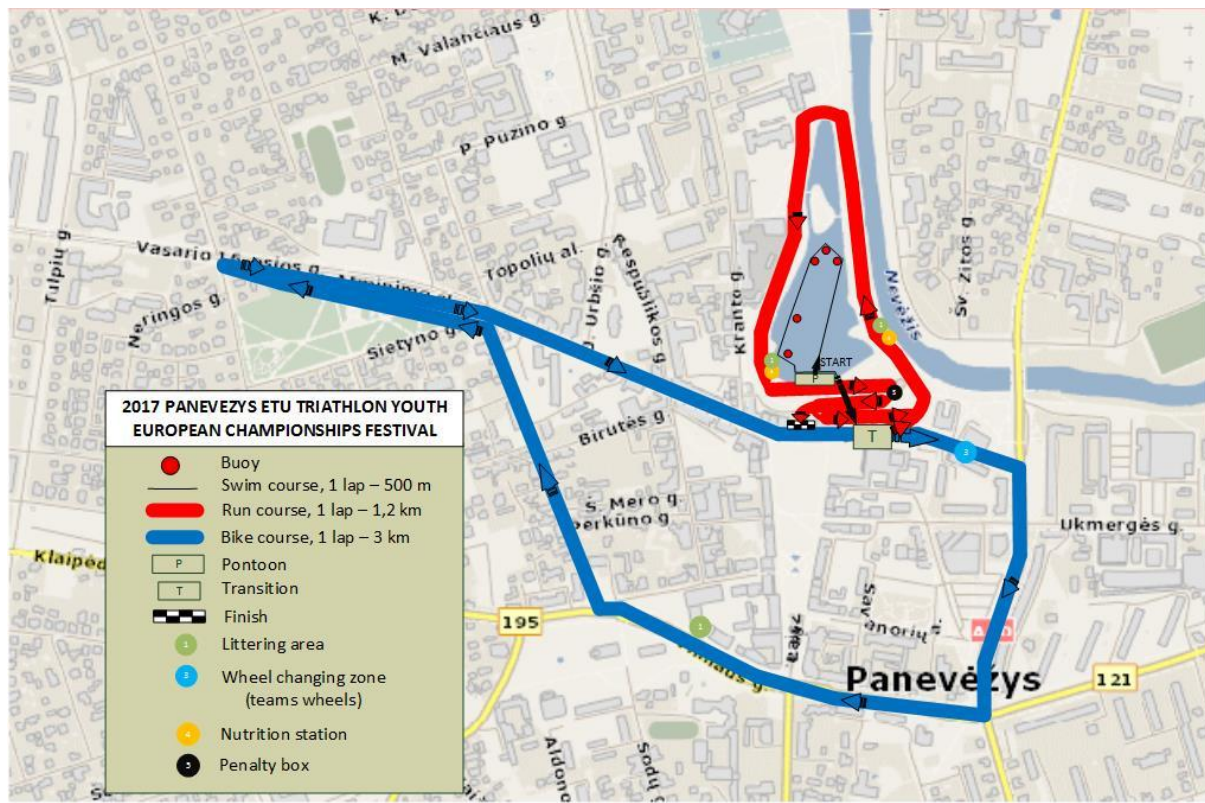


RUN COURSE

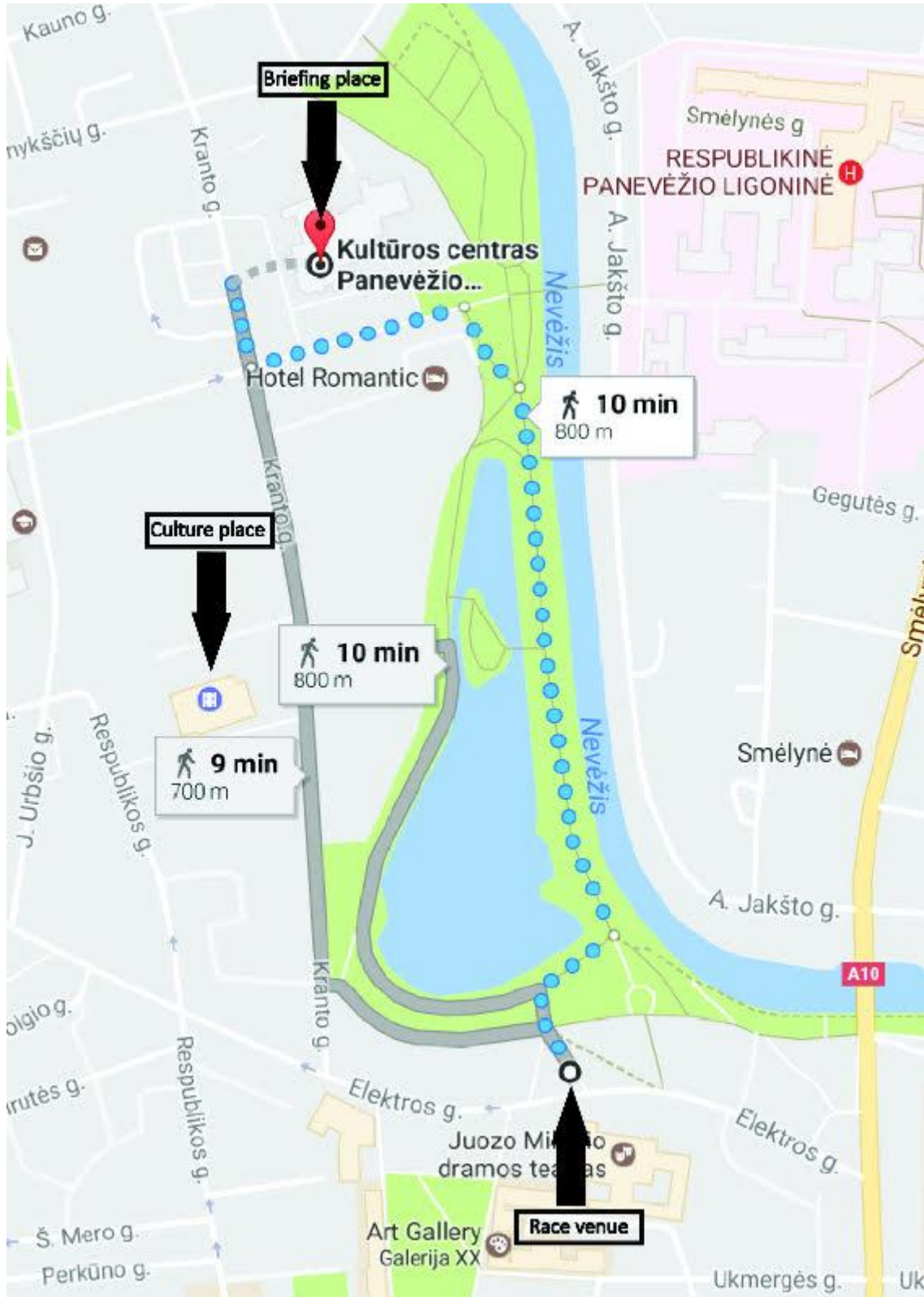
Running will be on asphalt roads, flat surface, no steep hills. In the run course will be 2 first aid stations with water.

MIXED RELAY will take place in the same place as triathlon races. One big difference will be in mixed relay that the last athlete must run a bigger lap (1.2 km).

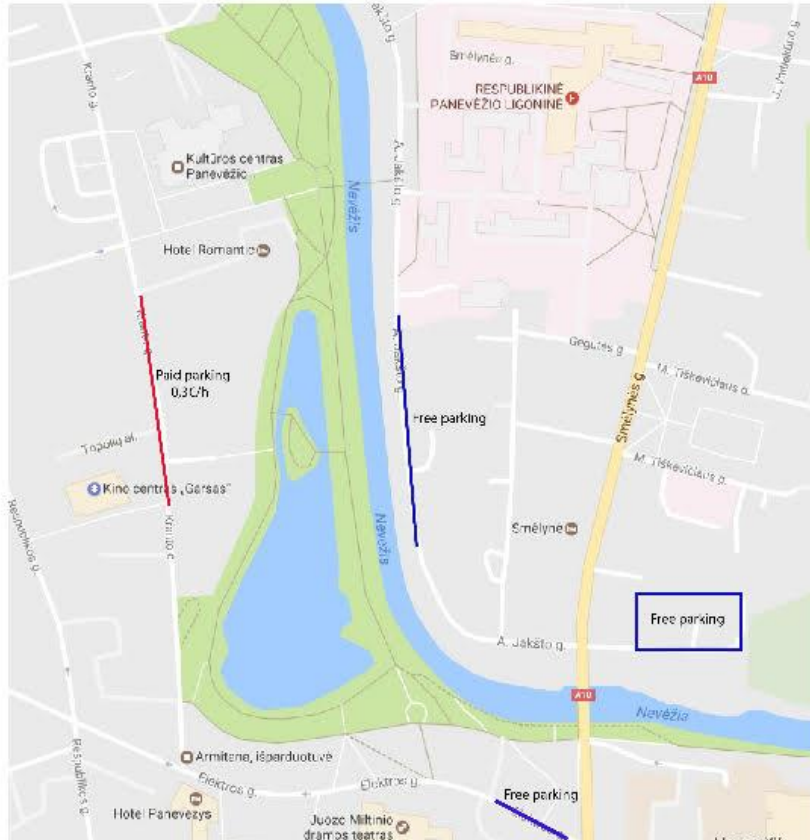
MAP 1. COURSES MAP



MAP 2. MOST IMPORTANT PLACES



MAP 3. PARKING PLACES



Note. Elektros street will have a small parking area.



Panevezys ETU Triathlon Youth European Championships Festival

Venue: Health club „IMPULS“, address: Parko str. 14, Panevezys.

SWIMMING POOL RESERVATION

Date	1st lane	2nd lane	3rd lane	
07.11				
07.12	SWISS 9.00-10.00	GBR 9.00-11.00		
07.13	SWISS 9.00-10.00	GBR 9.00-11.00		
07.14	SWISS 9.00-10.00	GBR 9.00-11.00		
07.15	SWISS 9.00-10.00	GBR 9.00-11.00		
07.16	SWISS 9.00-10.00	GBR 9.00-11.00		