

# ATHLETES' GUIDE

Malmö ETU Sprint Triathlon European Cup  
06/08/2016



# Athletes' Guide – Malmö Triathlon 2016

## Welcome to Malmö!

**The European Sprint Triathlon** Cup in Malmö will be a happening worth traveling to! The organizers from the city and the region Skåne have high ambitions and will do everything they can to arrange a exiting and memorable event. The venue is perfectly situated in a modern city area that enables a fun and challenging race and good visibility throughout the course. It's a place where the locals hang out during the weekend so the mix of spectators will be fun, with athletes, international supporters and Swedes.



This years event marks the fifth year for Malmö Triathlon. The day after the European Cup age groupers and triathlon practioners at all levels join in to compete in the vibrant area of the Western harbour. Besides being one of Sweden's most popular triathlon events Malmö Triathlon is also the finale of Danske Invest Triathlon Series, a Swedish series of four competitions starting in June.

The very south of Sweden where Malmö is situated, is an area that offers great cultural, food and scenic variations. A good mix where there is something for everyone and – and it's not as expensive as the old rumour say. So welcome to enjoy a fun time in Sweden!

The Swedish Triathlon federation would like to thank the local organising committee, the Municipality of Malmö, all officials and our sponsors for their help in bringing and hosting this European Cup event in Malmö.

**I encourage all athletes, volunteers, organisers, media and supporters to enjoy the beautiful city of Malmö and the spectacle of our triathlon event. And to those of you who race – good luck!**

**Beth Friberg**

Chairman, Swedish Triathlon Federation

# Athletes' Guide – Malmö Triathlon 2016

## GENERAL INFORMATION

### Introduction

We look forward to welcoming you and your athletes to Malmö and Malmö Triathlon 2016. Please, find all the details about the event in our Athletes' guide. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Athletes and Team Leaders are advised to check with the LOC regarding any changes in information included in this guide.

### Location

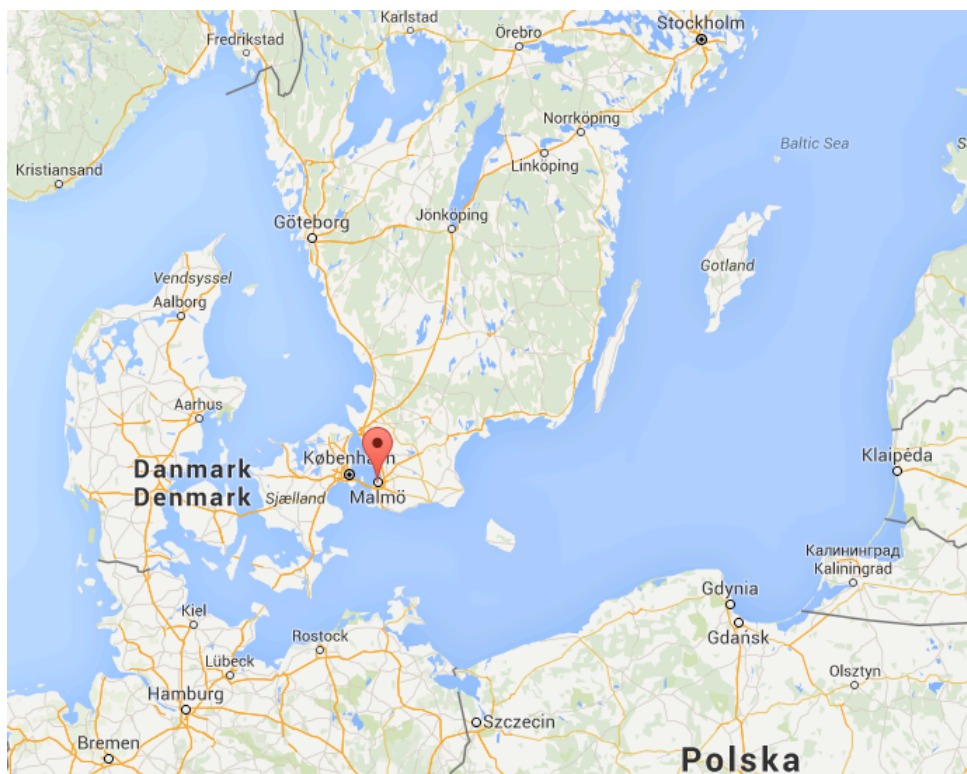
Malmö has plenty to offer – the choice is up to you!

Malmö is an international city with a vibrant and compact city center with several restaurants, bars, cafés and shops jostling aside one another. Located on the coast of southern Sweden, Malmö offers excellent beaches and many areas of natural beauty.

Malmö is Sweden's third largest city with approximately 300 000 inhabitants.

For a full guide on Malmö – [go to the official visitor site](#)

Are you visiting Malmö for the first time? [Check out the Top 10 tourist attractions](#)



# Athletes' Guide – Malmö Triathlon 2016

## Venue

The event area is situated in the vibrant area called Västra Hamnen (the Western Harbour). The center of the competition with transition area and expo is Daniapark, close to Malmö's most famous landmark, and highest building, Turning Torso.

The swim will take place in the sea with a picturesque view of the Öresund Bridge. The bike and running legs of the race will be held on streets in the city of Malmö.



**VENUE**

**PRE RACE MEETING**

**RACE OFFICE**

**INFO LOC**

# Athletes' Guide – Malmö Triathlon 2016

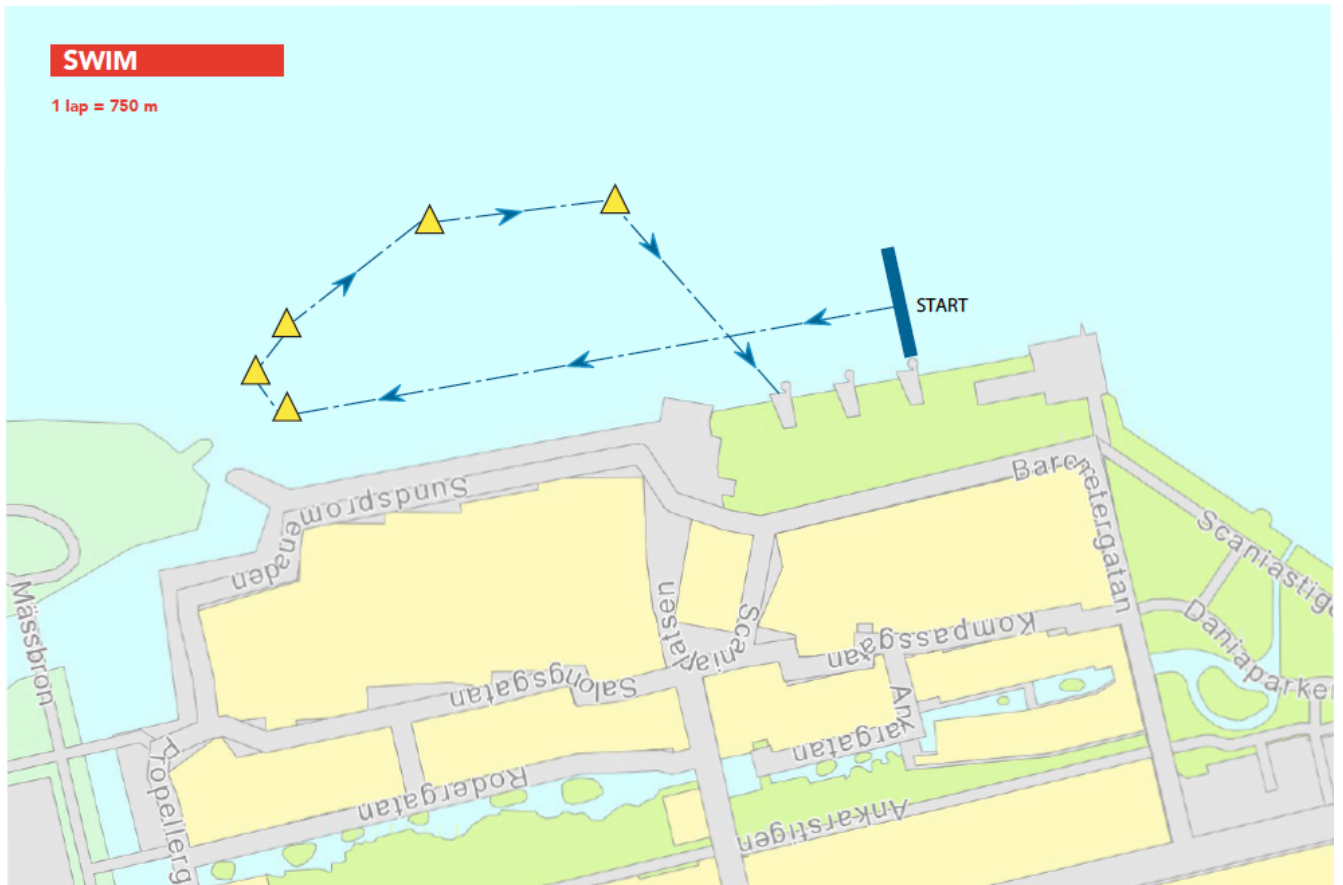
## MAPS OF THE EVENT

### Swim course

Blue – Swim Course

Red – To transition

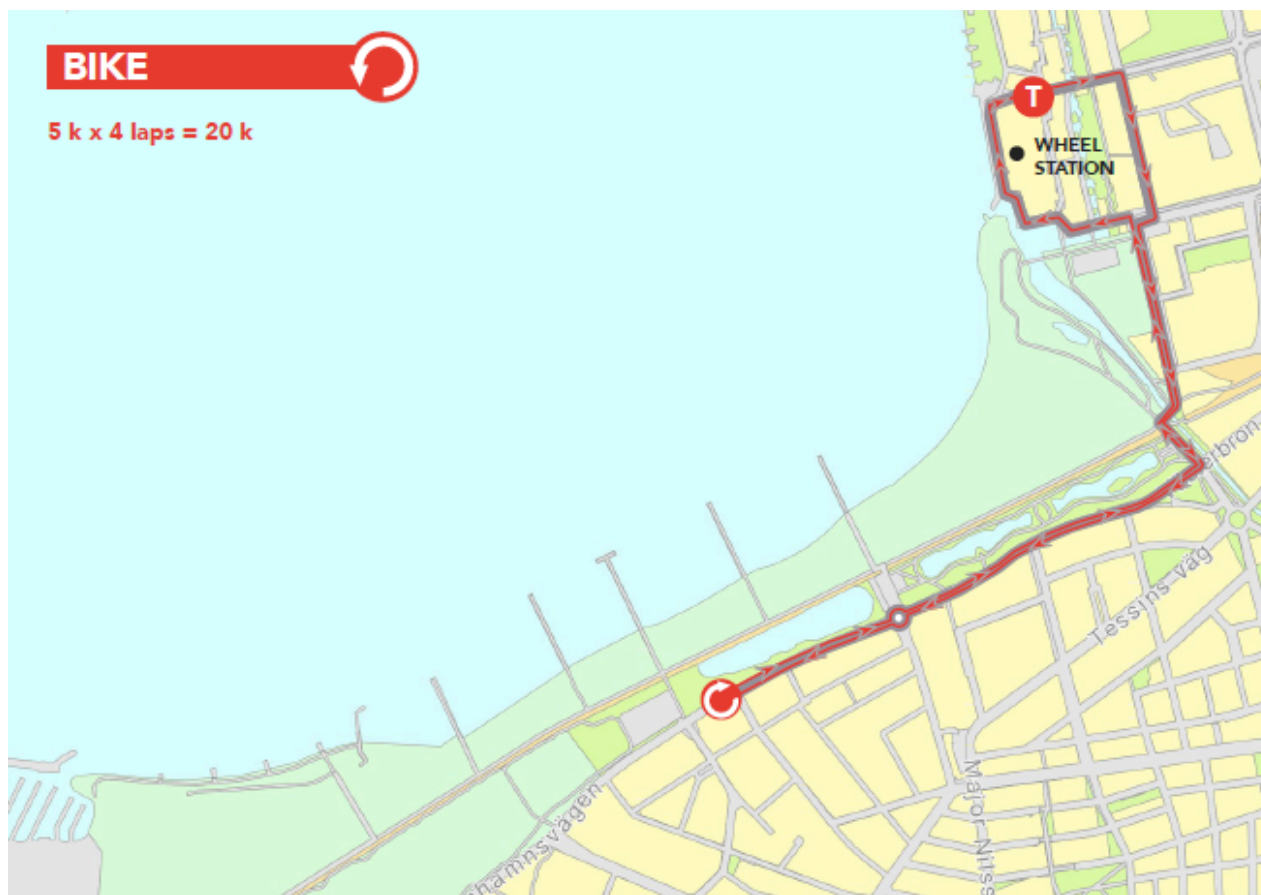
1 lap = 750 m



# Athletes' Guide – Malmö Triathlon 2016

## Bike course

4 laps x 5 km = 20 km





# Athletes' Guide – Malmö Triathlon 2016

## EVENT SCHEDULE

ACTIVITY	TIME	PLACE
<b>THURSDAY 4<sup>th</sup> august</b>		
Pool Swim Training	17h00-19h00	Simhallsbadet
<b>FRIDAY 5<sup>th</sup> august</b>		
Pool Swim Training	07h00-09h00	Simhallsbadet
Bike course familiarization	09h00-09h45	Daniaparken
Swim course familiarization	11h00-12h00	Daniaparken
Registration	16h00-18h00	Kockum Fritid
Team Managers, Coaches Accreditation	16h00-18h00	Kockum Fritid
Press Conference	17h30-18h00	Kockum Fritid
Race Briefing	18h00-19h00	Kockum Fritid
Pool Swim Training	19h00-21h00	Simhallsbadet
<b>SATURDAY 6<sup>th</sup> august</b>		
Pool Swim Training	07h00-12h00	Simhallsbadet
<b>Women</b>		
Athletes Lounge Check-In	12h00-13h30	Daniaparken
Transition Zone Check-In	13h00-13h45	Daniaparken
Swim Warm-Up	13h00-13h45	Daniaparken
Athletes' Presentation	13h50	Daniaparken
Elite Women's Start	14h00	Daniaparken
<b>Men</b>		
Athletes Lounge Check-In	14h00-15h30	Daniaparken
Transition Zone Check-In	15h15-16h00	Daniaparken
Swim Warm Up	15h15-16h00	Daniaparken
Athletes Presentation	16h05	Daniaparken
Elite Men's Start	16h15	Daniaparken
<b>Prize Ceremony</b>	17h30	Daniaparken
<b>SUNDAY 7<sup>th</sup> august</b>		
Open Sprint race – non drafting	08h30	Daniaparken
AG Olympic race – non drafting	10h00	Daniaparken
Open Olympic race – non drafting	10h10	Daniaparken
Women – Senior/Junior Olympic race –	14h00	Daniaparken
Men – Senior/Junior Olympic race – drafting	14h30	Daniaparken
<b>Prize Ceremony</b>	Ca 17h00	Daniaparken



# Athletes' Guide – Malmö Triathlon 2016

## ACCOMMODATION

### Scandic

**PRICE:** For booking of hotel, go to the hotel's website below and use the booking code **D508199353**.

1. Scandic Kramer

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-kramer>

2. Scandic Stortorget

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-stortorget>

3. Scandic S:t Jörgen

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-st-jorgen>

4. Scandic Malmö City

<https://www.scandichotels.se/hotell/sverige/malmo/scandic-malmo-city>



## TRANSFERS

Malmö is located on the coast in the south of Sweden only 30 minutes away from Copenhagen, Denmark and is accessible by plane by flying into Malmö Airport (Sturup) or Copenhagen Airport (Kastrup). Trains and busses cross over the Öresund Bridge and stop at different locations within Malmö. For more information on how to get to Malmö, visit:

<http://www.malmotown.com/en/#travel-to-malmo>

### Copenhagen airport – Kastrup

Train is the easiest way to go from Kastrup to Malmö. The train station "København Lufthavn" is below the airport's Terminal 3. The trains stop at the escalators.

Trains to Malmö go every 10-20 minutes and a single ticket costs 111 SEK for adults. Travel time is about 20 minutes to Malmö Central Station.

You cannot buy tickets on board the train. Tickets will need to be purchased beforehand with cash or credit card at any of the ticket kiosks located in Terminal 3 at Kastrup or in the Central station

# Athletes' Guide – Malmö Triathlon 2016

in Malmö. You can also purchase tickets on Öresundstågs website. At the airport you can even purchase your train ticket on DSB's ticket office located in Terminal 3 just above the train station.

Bicycles may be taken free of charge on board the train. They must be packaged in a protective casing. If you do not have your bicycle in a protective casing, you will need to also purchase a ticket for your bicycle when you purchase your own train ticket. There is space for 9 bicycles on the train.

**Note that it is a border control in effect and you will be required to show ID at designated control points between Sweden and Denmark. Do not forget your passport!**

## Malmö airport – Skurup

Bus is the easiest way from Skurup to Malmö. The bus station is located right outside the airport. Buses to Malmö leave 1-2 times every hour and a single ticket costs 115 SEK for adults. Travel time is about 40-50 minutes to Malmö Central Station.

You can buy tickets on board by cash or credit card or at the ticket kiosk located at the bus station.

**Bicycles** may be taken free of charge depending upon availability. The bicycle must be packaged in a protective packaging.

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The Local Organizing Committee will provide 3 shuttle services between Kastrup airport and Malmö Central Station. (distance: 30 km - about 40 minutes), on the following dates:

### ARRIVALS

Wednesday, August 3rd    departure: 15h00

Thursday, August 4th     departure: 14h00

### DEPARTURES

Monday, August 8th      Departures: 08h00

**PRICE:** 600 SEK per person, one-way (transport of bike is included in the price)

**All shuttle bookings have to be made by July 20th. Bookings will not be accepted after this date.**

If you want to reserve the shuttle service, please send your complete flight schedule to [malmö@svensktriathlon.org](mailto:malmö@svensktriathlon.org)

# Athletes' Guide – Malmö Triathlon 2016

## TRAINING FACILITIES

### Training Sessions in Swimming Pool

The swimming pool “Simhallsbadet”, is a 50m pool located in Central Malmö and welcomes all athletes competing in 2016 Malmö Triathlon ETU Triathlon Sprint European Cup.

Timetable for pool practice:

Thursday, August 4th from 17h00 to 19h00

Friday, August 5th from 7h00 to 9h00 and 19h00 to 21h00

Saturday, August 6th from 9h00 to 12h00

To confirm your training session please send your request to [malmo@svensktriathlon.org](mailto:malmo@svensktriathlon.org).

**All bookings have to be made by July 20th. Bookings will not be accepted after this date.**

Please note, there will not be secured bike storage at these facilities during public swim hours - athletes are responsible for their own property.

### Bike Training

Malmö is a safe city with beautiful natural landscapes and has been rated as one of the world's best cities for cyclists. Malmö citizens are socialized to show respect towards cyclists. Please remember though, to always be aware of the traffic rules and regulations. The route is not closed to traffic and you are cycling at your own risk.

### Run Training

Athletes may train at many locations in Malmö, including the race venue.

## Course familiarization

### Bike

On Friday, August 5th at 09h00 from Daniaparken (T1). This lap will be patrolled by policemen on motorbikes. The assembly point is in the transition area. Note that the bike lap will be going against the traffic.

Please note: It is important that everyone is ready for departure at the **latest 09:00**. As soon as we receive permission from the police, we will begin the lap. Because this route is normally heavily trafficked we can only offer one lap on the bike course. After the end of the lap the police will open the roads to car traffic and athletes that want to continue training will need to know that it will be at their own risk.

### Swim

On Friday, August 5th from 11h00 to 12h00 in the race venue at Daniaparken. During the swimming course familiarization there will be lifeguards and medical service available.

## RACE PACKAGE PICK-UP

Race Package Distribution will take place at Kockum Fritid prior to the race briefing. The race package includes bike and helmet stickers and accreditation badge.

# Athletes' Guide – Malmö Triathlon 2016

Athletes will pick up the timing chips and swimming cap prior to the competitions during their check-in procedure at the Athletes' Lounge. Athletes will have to return the timing chips to the volunteers in Finish area, after the race. If timing band is not returned, a fee of €uro 10,00 will be charged.

## ENTRY FEE

**PAYMENT DEADLINE: July 3<sup>rd</sup>, 2016**

International athletes participating in the ITU Sprint Triathlon European Cup must be supported by their National Federation.

**It is MANDATORY for all National Federations** to enter their Elite athletes through the ITU online entry system and send the request of registration complete with a copy of the bank transfer issued by e-mail to the LOC.

All entries have to be submitted through the ITU online entries system. **Only the National Federations can enter the athletes.** Questions in regards to entries have to be submitted to [entries@triathlon.org](mailto:entries@triathlon.org).

No athlete will be included in the start list if the entry has not been processed through the ITU online entry system.

**REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions.**

### **PAYMENT conditions: BANK TRANSFER**

Holder Name: Swedish Triathlon Federation, Nedre Kaserngaren 5, SE-415 28 Gothenburg, Sweden

Bank name: Swedbank

Iban Code: BIC: SWEDSESS IBAN: SE55 8000 0890 1192 3057 1284

Payment confirmation must be e-mailed to [info@svensktriathlon.org](mailto:info@svensktriathlon.org)

**Registration fees:** 600 SEK per person

**Please note that athlete registration at the event will not proceed until payment has been received in full from the National Federation**

**After the deadline, all registered athletes will receive confirmation of registration by e-mail. This confirmation will be sent directly to the e-mail contact received for the registration.**

# Athletes' Guide – Malmö Triathlon 2016

## ATHLETES' LOUNGE

At the race venue the athletes' lounge provides toilets, water, fruit and energy drinks.

## DOPING CONTROL

Doping Control will be performed according to ITU/WADA rules.

## MEDICAL SERVICE

First Aid and Emergency Medical Service will be available at the venue between the 5-7<sup>th</sup> of August before and during the competition hours as well as during familiarization.

Doping Controls will take place in Daniaparken and according to the ITU Anti-doping rules. The athletes must have their identification with them at the doping control facilities.

Emergency Telephone Numbers: Emergency 112 - Police (not emergency) 114 14

Health Advice: 1177

Hospital: Skånes Universitetssjukhus - distance 4,5 km from the competition area  
Phone: +46 46 17 10 00

## BIKE MECHANIC SERVICE

Race day evt TBA

## WEATHER CONDITIONS

The climate in Malmo in August is around 20 degrees. And it can be quite windy.

## ACCREDITATIONS

LOC will provide accreditation badges to all Athletes and Coaches during the Race Package pick-up in the Registration Office. Only accredited persons will be allowed access in the venue areas. All accredited persons are requested to carry their badge at all times and to show it upon request.

## RULES

The ETU Triathlon Youth European Championships, the ETU Triathlon Junior European Cup and the ITU Triathlon World Cup will follow the latest published Competitions Rules of the International Triathlon Union. ([http://www.triathlon.org/about/downloads/category/competition\\_rules](http://www.triathlon.org/about/downloads/category/competition_rules))

# Athletes' Guide – Malmö Triathlon 2016

## PROTEST AND APPEALS

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

## KEY CONTACTS

LOC Event Manager	Üve Hillep	<a href="mailto:uve.hillep@svensktriathlon.org">uve.hillep@svensktriathlon.org</a>
LOC Race Director	Üve Hillep	<a href="mailto:uve.hillep@svensktriathlon.org">uve.hillep@svensktriathlon.org</a>
LOC Office and Athletes' Services Manager		
ITU Technical Delegate	Kalle Jensen	<a href="mailto:kalle.jensen@gmail.com">kalle.jensen@gmail.com</a>
Assistant ITU Technical Delegate	Pertti Tomminen	<a href="mailto:pertti.tomminen.stockholm@gmail.com">pertti.tomminen.stockholm@gmail.com</a>

### LOC Contact Details

E-mail: [info@svensktriathlon.org](mailto:info@svensktriathlon.org)

Website: [www.malmo-triathlon.se/EUROPEANCUP/](http://www.malmo-triathlon.se/EUROPEANCUP/)