

# ATHLETE'S GUIDE

## 2019 Istanbul ETU Sprint Triathlon Balkan Championships

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# TRIATHLON <sup>SPRINT</sup> BALKAN CHAMPIONSHIPS KARTAL / ISTANBUL 2019

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ETU



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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The 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.

### 1.2. CATEGORIES & EVENTS & AGES

Categories	Events	Ages
Elite	Sprint Triathlon	
Junior	Sprint Triathlon	15 to 19 years old
Youth	Super Sprint Triathlon	15 to 17 years old
M3A/M3B	Aquathlon (400m-2400m)	M3A 14 y. old - M3B 13 y. old
M2	Aquathlon (300m-1200m)	11 - 12 years old
M1	Aquathlon (200m-600m)	9 - 10 years old
Age Groups	Sprint Triathlon	20-24/25-29/30-34 etc.

\* M1/M2/M3 category races will be held at national level. However international athletes are also welcome. Please note no medal ceremony and ranking for M1 and M2 athletes.

### 1.3. REGISTRATION

Elite registration should be made through ITU login system.

The registration for other categories should be made submitting the form that you may reach through the link below.

[Registration form](#)

### 1.4. KEY DATES

#### 02 August 2019 Friday

- 14:00-16:00 Registration open and package pick up (Youth, Junior)
- 16:00 Youth & Junior briefing (Balkan Championship)
- 17:00 Elite briefing & Packets distribution for Elite's (after briefing)

#### 03 August 2019, Saturday

- 07:30 Kartal/Istanbul Balkan Championship Start Youth Men
- 07:35 Kartal/Istanbul Balkan Championship Start Youth Women
- 09:15 Kartal/Istanbul Balkan Championship Start Junior Women
- 09:30 Kartal/Istanbul Balkan Championship Start Junior Men
- 12:15 Kartal/Istanbul ETU Balkan Championship Start Elite Women
- 13:45 Kartal/Istanbul ETU Balkan Championship Start Elite Men
- 16:30 Award Ceremony

#### 04 August 2019, Sunday

- 07:30-08:00 Kartal/Istanbul Balkan Championship Start Age Groups (Wave Start)
- 10:10 Kartal/Istanbul Balkan Championship Mixed Relay Start
- 13:10 Kartal/Istanbul Balkan Championship M1 Aquathlon Start (9-10 years old)
- 13:40 Kartal/Istanbul Balkan Championship M2 Aquathlon Start (11-12 years old)
- 14:10 Kartal/Istanbul Balkan Championship M3 Aquathlon Start (13-14 years old)
- 14:45 Award Ceremony

## 1.5. KEY CONTACTS

### TURKISH TRIATHLON FEDERATION

Maltepe Mah. Şehit Daniş Tunalıgil Sok. No: 3/15 Çankaya /ANKARA

Tel: +90 312 309 25 70

[turkiyetriatlon@triatlon.org.tr](mailto:turkiyetriatlon@triatlon.org.tr)

[www.triatlon.org.tr](http://www.triatlon.org.tr)

### RACE DIRECTOR

Mehmet Zafer Peker

+90 536 353 34 38

[zaferpekers@hotmail.com](mailto:zaferpekers@hotmail.com)

### TECHNICAL DELEGATE

Andreas Galanos

[andreas.galanos@gmail.com](mailto:andreas.galanos@gmail.com)

### ATHLETE SERVICES MANAGER

Hüseyin Onur Aydemir

+90 507 168 26 58

[onuraydemir@triatlon.org.tr](mailto:onuraydemir@triatlon.org.tr)

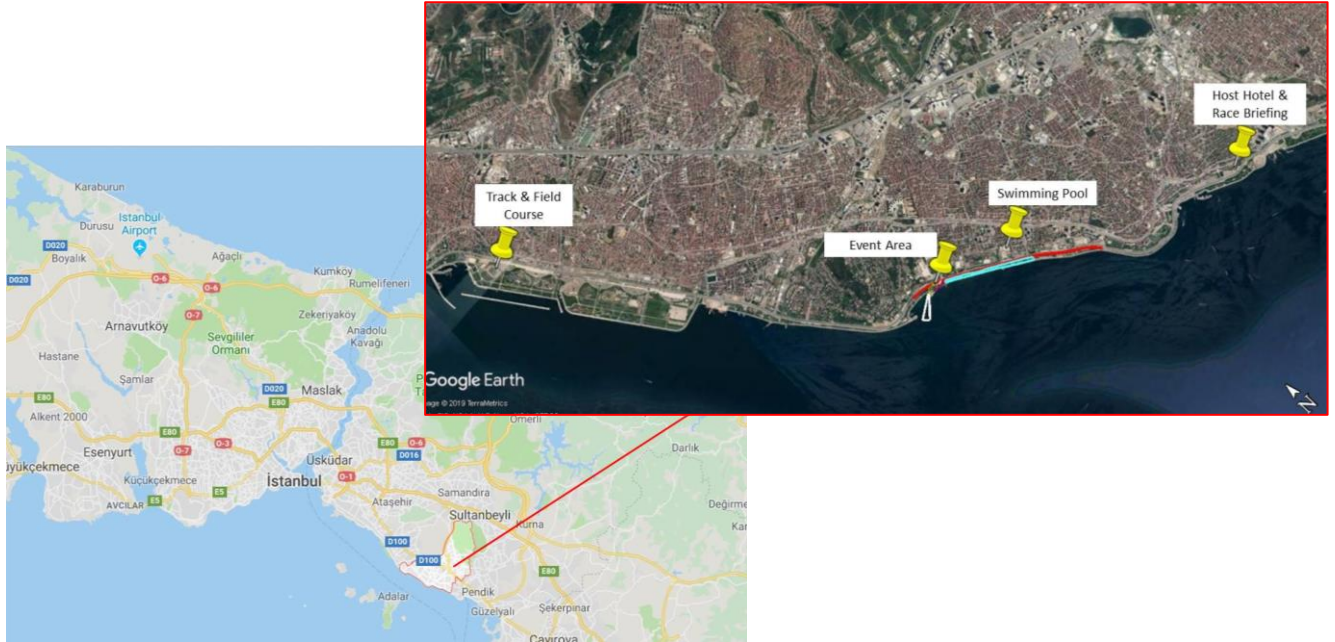
## 2. VENUE

### 2.1. RACE VENUE

Kartal Municipality, Kartal District

Kartal Belediyesi Su Sporları Merkezi

Adress: Orhan-tepe Mahallesi, Turgut Özal Bulvarı, 34865 Kartal/İstanbul



### 2.2 COURSE FAMILIARIZATION

02 August 2019 Friday

14:00- Escorted bike course familiarization (Open to traffic) Transition Area

14:30-15:00 Swim course familiarization

### 2.3 ATHLETES BRIEFING

02 August 2019 Friday

16:00 Youth & Juniors briefing (Balkan Championship)

17:00 Elite briefing

03 August 2019, Saturday

17:00 Briefing for Age Group & Mixed Relay & M1/M2/M3 (Aquathlon)

### 2.3 ATHLETES' RACE PACKAGE

KNDF Marine Hotel

02.08.2019(Friday)

14:00-16:00 Youth and Junior

18:00 Elite (After the briefing)

03.08.2019(Saturday)

15:00-17:00 Age Group & Mix Relay

## 2.4 ATHLETE'S LOUNGE

There is a possibility to provide at he recovery zone , massage, fruit etc

## 2.5 DOPING CONTROL

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

## 2.6 WATER QUALITY TEST

Date of the test:


### 3. ACCOMMODATION

#### HOST HOTEL:

#### THE KNDF MARINE HOTEL

<https://kndfmarinehotel.com/kndf>

Reservation: [info@kndfmarinehotel.com](mailto:info@kndfmarinehotel.com)

Adress: Kordonboyu Mahallesi, Ankara Caddesi No:160, Kartal/İstanbul, Türkiye

Tel: 00902165178293

#### OTHER ACCOMMODATION:

İlayda Ateşok

E-mail: [reservation1@tungatour.com](mailto:reservation1@tungatour.com)

Phone: +90 542 450 71 34

All options are B&B and 4 or 5 star hotels.

- HOTEL VILLA VANILLA Standart Room/Single 32 € /Double 32 € /Triple 44 €
- ELITE HOTEL KUCUKYALI Standart Room/Single 29 € /Double 35 € /Triple 41 €
- ELITE HOTEL DRAGOS Standart Room/Single 35 € /Double 39 € /Triple 47 €
- THE GRAND MIRA HOTEL Standart Room/Single 37 € /Double 41 € /Triple 51 €
- INERA HOTEL Standart Room/Single 51 € /Double 63 € /Triple 86 €
- RAMADA ENCORE KARTAL Standart Room/Single 40 € /Double 51 € /Triple 63 €
- TITANIC BUSSINESS KARTAL Standart Room/Single 56 € /Double 67 € /Triple 78 €
- CEVAHIR HOTEL ISTANBUL ASIA Standart Room/Single 58 € /Double 63 € /Triple 81 €
- THE GREEN PARK PENDIK Standart Room/Single 68 € /Double 81 € /Triple 99 €
- BURGU ARJAAN BY ROTANA Clasic Studio Room/Single 75 € /Double 75 € /Triple 104 €
- TANGO ARJAAN BY ROTANA Clasic Studio Room/Single 75 € /Double 75 € /Triple 104 €
- DIVAN ISTANBUL ASIA Standart Room/Single 58 € /Double 99 € /Triple 135 €

## 4. TRANSFER AND TRANSPORT

### Closest Airports

Sabiha Gökçen Airport (20 km to Venue)  
İstanbul Airport (65 km to Venue)

Airport transportation is provided with fee.

### Contact

İlayda Ateşok

E-mail: [reservation1@tungatour.com](mailto:reservation1@tungatour.com)

Phone: +90 542 450 71 34

### Transfer fees from Istanbul Airport to Kartal

VEHICLE TYPE CAPACITY ( Normal ) CAPACITY ( With Bicycle ) UNIT PRICE

Mercedes Vito 8 pax 4 pax or 5 pax 70 euro

Minibus 13 pax 8 pax 80 euro

Minibus 16 pax 10 pax 90 euro

Midibus 27 pax 18 pax 150 euro

Midibus 31 pax 20 pax 170 euro

Bus 45 pax 40 pax 200 euro

### Transfer fees from Sabiha Gökçen Airport to Kartal

VEHICLE TYPE CAPACITY ( Normal ) CAPACITY ( With Bicycle ) UNIT PRICE

Mercedes Vito 8 pax 4 pax or 5 pax 45 euro

Minibus 13 pax 8 pax 55 euro

Minibus 16 pax 10 pax 65 euro

Midibus 27 pax 18 pax 90 euro

Midibus 31 pax 20 pax 110 euro

Bus 45 pax 40 pax 140 euro



## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES



#### SWIM

Dragosport

Adress: Kartal Migros İçi Yolu Kartal Istanbul Turkey, 34860 kartal/İstanbul

7:00 pm to 8:00 pm (lane per hour 100 TL)

For reservation +90 507 168 26 58



#### BIKE

Due to heavy traffic, bike training is not recommended during day times.



#### RUN

Maltepe Track & Field Course is open to public use for free

Adress: Çınar, Park İçi Yolu, 34841 Maltepe/İstanbul

Also race course might be used for running training.

### 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the familiarization 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 is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Emergency telephone number: 112

### 5.3. BIKE MECHANICAL SERVICE

Bike Mechanic service will be offered at the race venue on 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> of August.

## 6. COMPETITION SCHEDULE

2.08.2019			
14:00		Bike course familiarization (1 lap) Transition Area	
14:30		Swim course familiarization 30min	
14:00	16:00	Registration open and package pick up (Youth, Juniors)	
	16:00	Youth & Juniors briefing (Balkan Championship)	
	17:00	Elite briefing & Packets distribution for Elite's (after Briefing)	
	18:00	Pasta Party	
3.08.2019			
06:00	06:30	Athletes Lounge Open and Check in Youth	
06:15	07:15	Transition area is open for Youth and Juniors	
07:00	07:15	Swim warm up for Youth	
	07:20	Pre start procedure	
	<b>07:30</b>	Kartal/Istanbul Balkan Championship <b>Start</b> Youth Men	
	07:25	Pre start procedure	
	<b>07:35</b>	Kartal/Istanbul Balkan Championship <b>Start</b> Youth Women	
08:15	09:00	Transition area is open for Juniors	
08:45	09:00	Swim warm up for Junior Women	
	09:05	Pre start procedure	
	<b>09:15</b>	Kartal/Istanbul Balkan Championship <b>Start</b> Junior Women	
09:00	09:15	Swim warm up for Junior Men	
	09:20	Pre start procedure	
	<b>09:30</b>	Kartal/Istanbul Balkan Championship <b>Start</b> Junior Men	
11:15	12:00	Transition area is open for Elite's	
11:45	12:00	Swim warm up for Elite Women	
	12:05	Pre start procedure	
	<b>12:15</b>	Kartal/Istanbul ETU Balkan Championship <b>Start</b> Elite Women	
13:15	13:30	Swim warm up for Elite Men	
	13:35	Pre start procedure	
	<b>13:45</b>	Kartal/Istanbul ETU Balkan Championship <b>Start</b> Elite Men	
15:00	17:00	Registration open (Age Group & Relay)	
	16:30	Award Ceramony (For all Categories)	
	17:00	Briefing Age Group & Mixed Relay	
	18:00	Pasta Party	
4.08.2019			
06:00	07:00	Transition area is open for Age Group	
06:30	07:00	Swim warm up for Age Groups	
	07:30	Kartal/Istanbul Balkan Championship <b>Start</b> Age Groups	wave 1
	07:40	Kartal/Istanbul Balkan Championship <b>Start</b> Age Groups	wave 2
	08:00	Kartal/Istanbul Balkan Championship <b>Start</b> Age Groups	wave 3
	09:30	Cut off time (age groups)	
09:30	10:00	Transition area open for Mixed Relay	
	10:10	Kartal/Istanbul Balkan Championship Mixed Relay <b>Start</b>	
	11:40	Cut off (Mixed Relay)	
12:15	13:00	Transition area open for Aquathlon Races M1(9-10 years old) / M2 (11-12 years old) / M3 (13-14 years old)	
	13:10	Kartal/Istanbul Balkan Championship M1 Aquathlon <b>Start</b> (9-10 years old)	
	13:40	Kartal/Istanbul Balkan Championship M2 Aquathlon <b>Start</b> (11-12 years old)	
	14:10	Kartal/Istanbul Balkan Championship M3 Aquathlon <b>Start</b> (13-14 years old)	
	14:45	Award Ceramony	

## **6.1. COMPETITION RULES**

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

## **6.2. TIMING CHIPS**

Champion Chip Timing

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.

## **6.3. RESULTS**

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

## **6.4. PROTEST & APPEALS**

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

## **6.5. PRIZE MONEY & ENTRY FEE**

**Total Prize Money 1.800€**

Prize money distribution for elite men and women

**1st. 450 €**

**2nd. 270 €**

**3rd. 180 €**

### **Entry Fee:**

Elite's 50 €, Juniors 40 €, Youth 20 €, Age Group 50 €, M Groups (Aquathlon) 10 €

## **7. ACCREDITATION**

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

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

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: Turkish

8.2. POPULATION 16.000.000

8.3. CURRENCY:

1€ = 6,600 TL

1\$ = 5,800 TL

8.4. TIME GMT +3

8.5 ELECTRICITY: 220 volts

8.6 WATER (Tab water is not drinkable)

8.7 TELEPHONE CONNECTIONS (+90 \*\*\* \*\*\*)

## 9. COURSE MAPS

### SWIM COURSE

Start procedures: Pontoon start

Number of laps: 1 Lap clockwise

Elite, Junior, Age Group Categories 750m

Youth Category: 400m

M3 Category (12-13 Years Old): 400m

M2 Category (11-12 Years Old): 300m

M1 Category (9-10 Years Old): 200m

Average water temperature: 23 Celsius degree

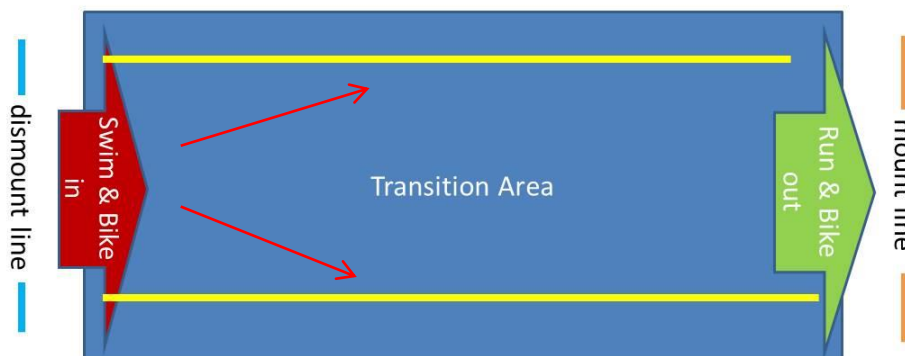


### Swim Exit to Transition 1



### TRANSITION

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition 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 center lane and towards the mount line



 **BIKE COURSE**

Elite, Junior, Age Group Categories 4x5km

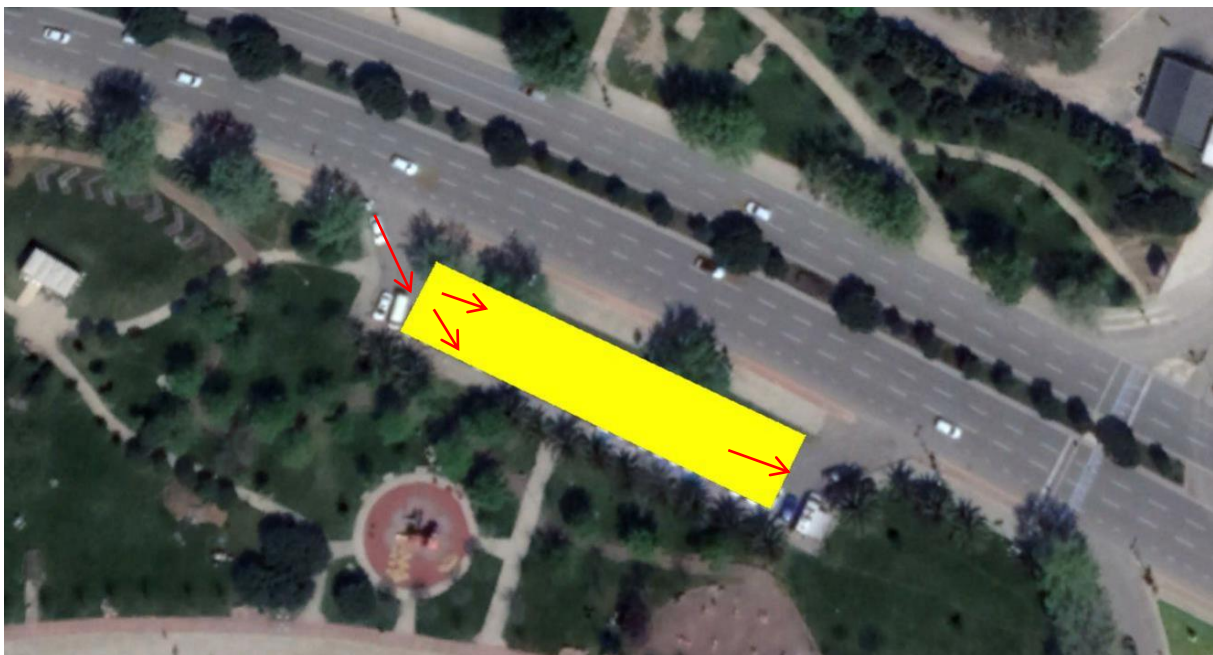
Youth Category 2x5km

It is fast and completely flat course, no technical turns, only “U” turns for the lap.

Wheel station is located close to Transition as shown on map.



**Transition 2**



**🏃 RUN COURSE**

Elite, Junior, Age Group Categories: 2x 2500m

Youth Category: 1x2500m

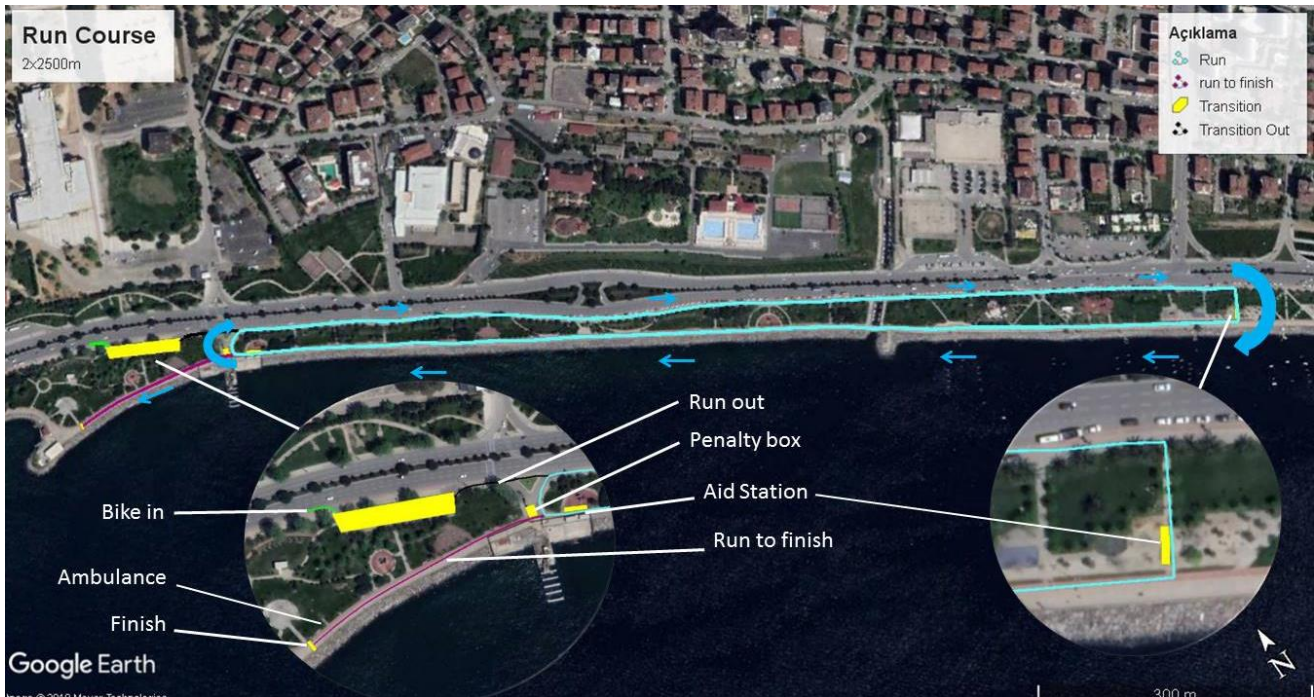
M3 Category 2400m

M2 Category (11-12 Years old): 1200m

M1 Category (9-10 Years Old): 600m-

Description: Fully flat

One of the aid stations is located on the far end point of the run course and the other one is at the lap.





# TRIATHLON <sup>SPRINT</sup> BALKAN CHAMPIONSHIPS KARTAL / İSTANBUL 2019

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