

SERBIAN TRIATHLON UNION
would like to welcome you to the
ETU Junior European Cup, Belgrade 2019

ATHLETE'S GUIDE

Prepared by LOC

Triathlon Junior European Cup Belgrade 2019



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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 2019 ETU Triathlon Junior European Cup in Belgrade. 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. KEY DATES

21.9.2019 Saturday

14:30	Bike course familiarization – Ada Ciganlija. Please be on time, otherwise there will be no police escort.
15:00 - 15:20	The ride will be from
15:30 – 16:00	Swim fam – swim start zone Ada Ciganlija lake
18:00	Race briefing. Attendance is mandatory, ID is required. Sunset 1999 (coordinates: 44.782279, 20.389814), Ada Ciganlija, Belgrade
18:30 – 19:00	Race Package pick up

22.9.2019 Sunday

6:30	Athletes Lounge open
7:10 - 7:45	Transition Area Check-in – junior male
8:00	Start presentation - junior male – in the start area
8:10	START –ETU Junior Cup race man
8:00 - 8:35	Transition Area Check-in – junior female
8:50	Start presentation - junior female – in the start area
9:00	START –ETU Junior Cup race woman
15:00 - 15:30	Transition Area Check-out
11:30	Athletes' Lounge close
11:30 – 12:00	Medal ceremony

1.3. KEY CONTACTS

<i>Race director</i>	Ivan Budja	ivanbudja@gmail.com, +381 63 335 722
<i>Technical delegate</i>	Michiel van Niekerk	vanniekerk@casema.nl, +316 26978686
<i>Assistant Technical delegate</i>	Zeljko Pavlovic	zeljko013@gmail.com +381 63325397, +32472995890
<i>Athlete services manager</i>	Ljudmila Medan	ljudmila.medan@gmail.com, + 381 64 150 56 51
<i>NF General Secretary</i>	Simo Cickovic	simo.cickovic@gmail.com, +381 637060345

1.4. CONTACT DETAILS

Local Organizing Committee: Belgrade Triathlon Union (Triatlon Savez Beograda).

Address: Ariljska 2, 11000 Belgrade, Serbia.

President Darko Savic, darkossa@gmail.com, tel

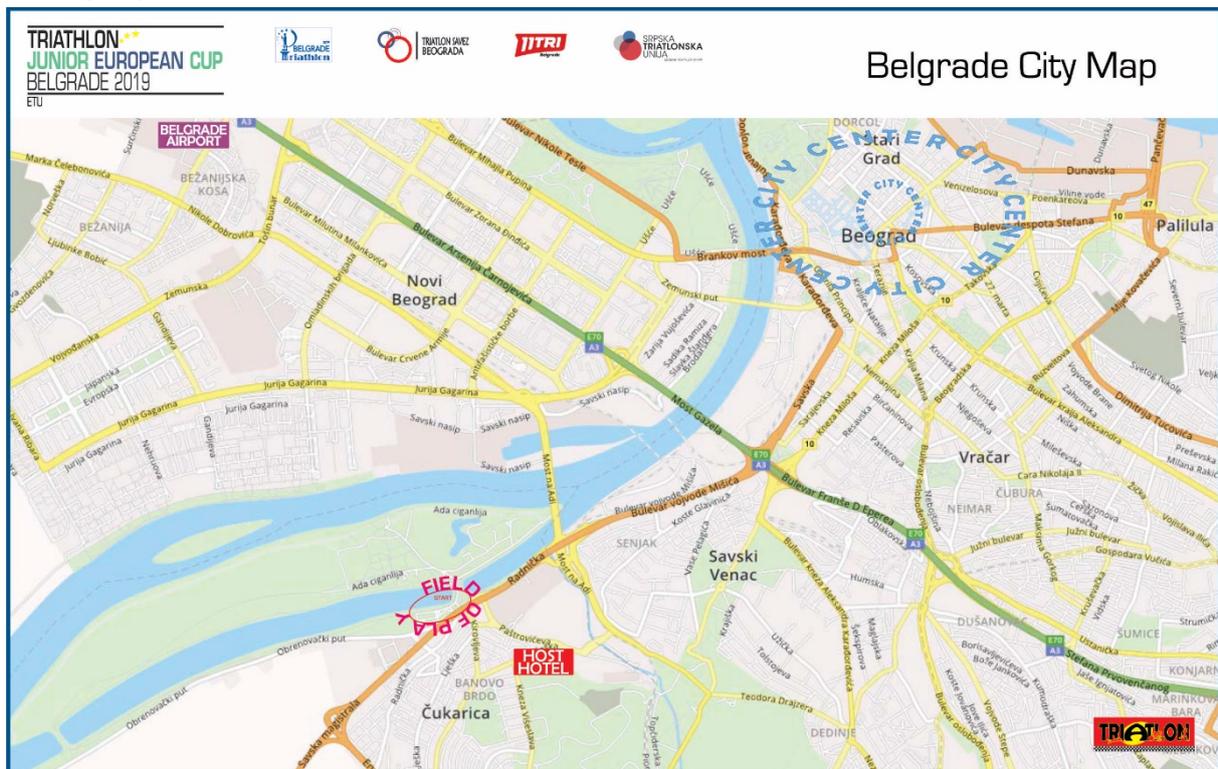
General Secretary Ivan Budja, ivanbudja@gmail.com

Web page: www.triazavas.rs

2. VENUE

2.1. RACE VENUE

Ada Ciganlija, recreational center (coordinates):[44.787190, 20.415047](https://www.google.com/maps/place/44.787190,20.415047)



Just a few kilometers from the center of Belgrade, there is a former island in the Sava River, and today a large recreational town center: ADA CIGANLIJA. Today, it is connected by dikes with a coast for easy access and use. A large lake, surrounded by beaches, forest and sport fields, combining unspoiled nature and sports grounds. Ada Ciganlija offers the opportunity to engage in sport at all levels. A large number of swimming beaches and beach restaurants provide the opportunity for a good time.

More about Ada Ciganlija on:www.adaciganlija.rs/en/

From the city centre it is easy to reach Ada Ciganlija by publik transportation: [info](#)

If you are coming by car it is easy to find, from Radnicka street there are 2 parking lots: parking on the island for (eq) 3Eur/day, and near the transition area “Fast parking”(eq) 1,2Eur/day.

2.2 COURSE FAMILIARIZATION

21.9.2019 Saturday

- 14:30 Bike familiarization gathering – Ada lake, coordinates: [44.787080, 20.415055](#)
Please be on time, otherwise police escort and road closure can not be guaranteed!
- 15:00 15:20 Bike familiarization.
- 15:30 16:00 Swim fam – swim start zone Ada lake. Respect the swimming zone, there might be a rowing competition in progress!

2.3. ATHLETE'S LOUNGE

The Athletes' Lounge is very close (5-10m) to the transition area. 6:30-11:30

22.9.2019 Sunday morning, arrival by car on Ada Lake parking is possible until 6:45 a.m. (coordinates parking place 44°47'08.4"N 20°24'44.6"E). Departure from parking is possible after 12:00 a.m. Parking cost per day is 150 din / eq. € 1,20 per day.

Between 6:45 - 12:00 a.m. public parking along the street.

2.4. JUNIOR ATHLETES' RACE PACKAGE

The race package is delivered during registration prior to the race, on Saturday 21 September, 18:30-19:00 in Host hotel: Hotel Prestige, Bulevar Vojvode Mišića 24, Belgrade, Serbia.

The package can only be handed out when the entry fee has been received by the LOC. Payment on the spot can only be done in cash (EUR or Din).

2.5. DOPING CONTROL

The location of the doping control is on the Field Of Play. Doping tests will be conducted according to ITU/WADA rules. The Athletes' must carry their identification to the doping control facilities.

2.6. SECURITY

A Private Company ensures the security of the event and the Police will manage the Road Closures and the traffic around the course.

2.7. LOC OFFICE

Monday – Friday 11:00- 14:00, Bulevar umetnosti 27, 11000 Belgrade.

Contact: Simo Cickovic simo.cickovic@gmail.com, +381 637060345

Friday – Saturday 11:00 – 18:00 Hotel Prestige

Contact: Ljudmila Medan, etucupbelgrade@gmail.com, + 381 64 150 56 51

3. ACCOMMODATION

Hotel Prestige

Bulevar Vojvode Mišića 24, Belgrade, Serbia

Tel:

Order accommodation via mail: etucupbelgrade@gmail.com,

Prices:

Price for 1 night/per room

(85€) / Double room (Price includes: breakfast, VAT)

Method of the hotel payments: On the account or Cash (day of arrival)

IMPORTANT INFORMATION:

Please order your accommodation soon, as the deadline is 5.9.2019!

4. TRANSFER AND TRANSPORT

NEAREST AIRPORT

[Nikola Tesla Airport](#) Belgrade

From airport to town:

- By public transportation: bus N^o:71, A1; taxi (from official taxi desk); rent-a car etc.
- The LOC will provide transfer from Belgrade Airport to Host hotel for the Athletes' and their Team members/officials, including bike boxes and luggage.

Price per person: - €40, transfer in both directions. Pay in advance or in cash(EUR).

You can order transport on the following email: etucupbelgrade@gmail.com

Please send us: your name, contact details, arrival time, arrival airport, flight number, number of people, number of bikes, contact person of your team

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

- Swimming pool Košutnjak (outdoor pool, 50m), <http://www.rzsport.gov.rs/> Address: Blagoja Parovića 150 street, Belgrade. Opening hours 10:00 –19:00, Pool reservations – not possible.
- Lake Ada Ciganlija



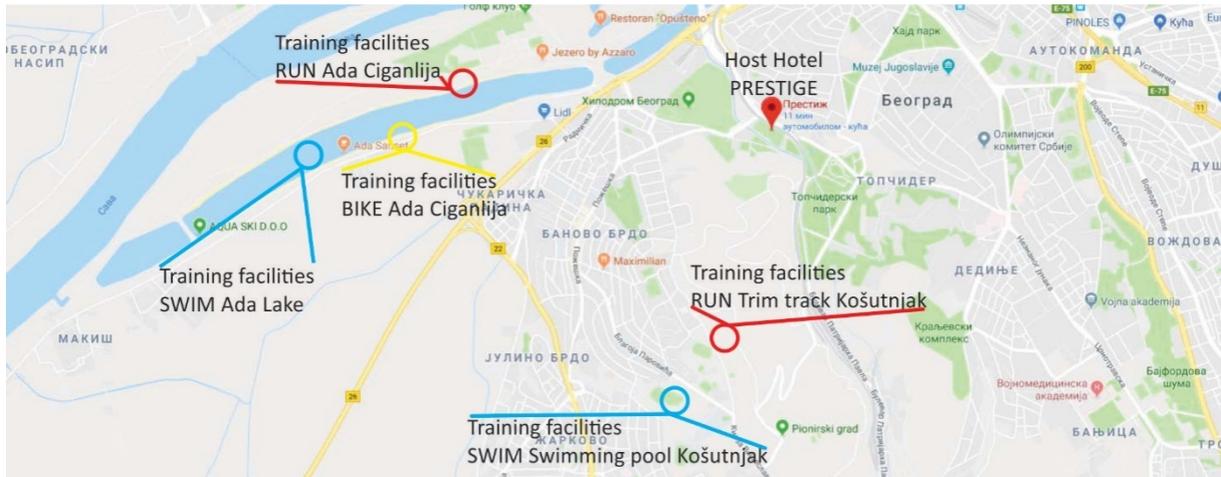
BIKE

- Safe bike ride locations. Ada Ciganlija.
- If you are riding on the streets, please be careful, car drivers are not very careful about cyclists.



RUN

- Ada Ciganlija, any time.
- Trim track Košutnjak, any time.



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.

Add info on closest hospital, address

Emergency telephone numbers:

Medical 194	Emergency Medical Center of the	Anlave Clinic
Fireman 193	Clinical Center of Serbia	Vase Pelagića 68, Senjak, Beograd
Police 192	Pasterova 2, Beograd	Telephon: +381 11 2 650 950
	Telephon: 011 3618444	+381 63 35 12 35

For any advice, contact Mr. Dr. Lazar Ivanović +381 63 20 12 02

5.3. BIKE MECHANICAL SERVICE

[Bike servis & shop SPORTOFICE](#)

Address: Radnicka 39, Beograd 11030

Phone: +381 (0) 65 3552976

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

	DAY	START	END	ACTIVITY	LOCATION
21.6.2019	Saturday	17:30		Athlete registration (ID required)	Sunset 1999 (coordinates: 44.782279, 20.389814), Ada Ciganlija
21.6.2019	Saturday	18:00		Athlete's briefing (attendance is mandatory, ID required)	Sunset 1999
22.6.2019	Sunday	7:15		Athlete Lounge check in	Ada Ciganlija
22.6.2019	Sunday	8:00		TA check in	
22.6.2019	Sunday	8:25		Swim warm-up	
22.6.2019	Sunday	8:45		Calling area	
22.6.2019	Sunday	8:50		Athletes' introduction	
22.6.2019	Sunday	9:00		Start	
22.6.2019	Sunday	11:30		Award Ceremony	

6.2. JUNIOR MEN

	DAY	START	END	ACTIVITY	LOCATION
21.6.2019	Saturday	17:30		Athlete registration (ID required)	Sunset 1999 (coordinates: 44.782279, 20.389814), Ada Ciganlija
21.6.2019	Saturday	18:00		Athlete's briefing (attendance is mandatory, ID required)	Sunset 1999
22.6.2019	Sunday	7:00		Athlete Lounge check in	Ada Ciganlija
22.6.2019	Sunday	7:00		TA check in	
22.6.2019	Sunday	7:35		Swim warm-up	
22.6.2019	Sunday	7:55		Calling area	
22.6.2019	Sunday	8:00		Athletes' introduction	
22.6.2019	Sunday	8:10		Start	
22.6.2019	Sunday	11:30		Award Ceremony	

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union. [ITU Competitions Rules](#)

6.4. ATHLETE'S BRIEFING

21.9.2019, time: 17:00 – 18:00, attendance is mandatory, ID required. After the briefing, the race packages will be handed out. Restaurant Sunset 1999 (coordinates: 44.782279, 20.389814), Ada Ciganlija, Belgrade, Serbia.

6.5. TIMING CHIPS

On race day the athletes will be given a timing chip and a cap in the Athletes lounge. The chip should be worn on the athletes' left ankle. Athletes will pick up the timing chips before the competition, during their check-in procedure. These timingchips have to be returned at the end of the race.

6.6. RESULTS

Results will be uploaded live at the RaceResult Event website: ...
Immediately after race on the ITU official website: www.competitions.com

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, court personnel, 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.

IMPORTANT: Coaches can only obtain an accreditation when applied for through official channels. This application can be done until a week before the race. No accreditation will be handed out without previous written or emailed request.

The accreditations will be distributed on Saturday 21.9.2019 before race briefing in the Sunset 1999.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: Serbian official, English, Croatian, Montenegrin...

8.2. POPULATION: Serbia 7 million, Belgrade 2 million.

8.3. CURRENCY: Serbian Dinar (rsd)

1 USD = 105 din

1 EUR = 119 din

8.4. TIME: Central European time.

8.5. ELECTRICITY: 220V, similar sockets and plugs as in EU.

8.6. WATER: tap water drinkable.

8.7. TELEPHONE CONNECTIONS: +381 (0)

8.7.1 Mobile providers: Telenor, Telekom, VIP.

9. COURSE MAPS

SWIM START

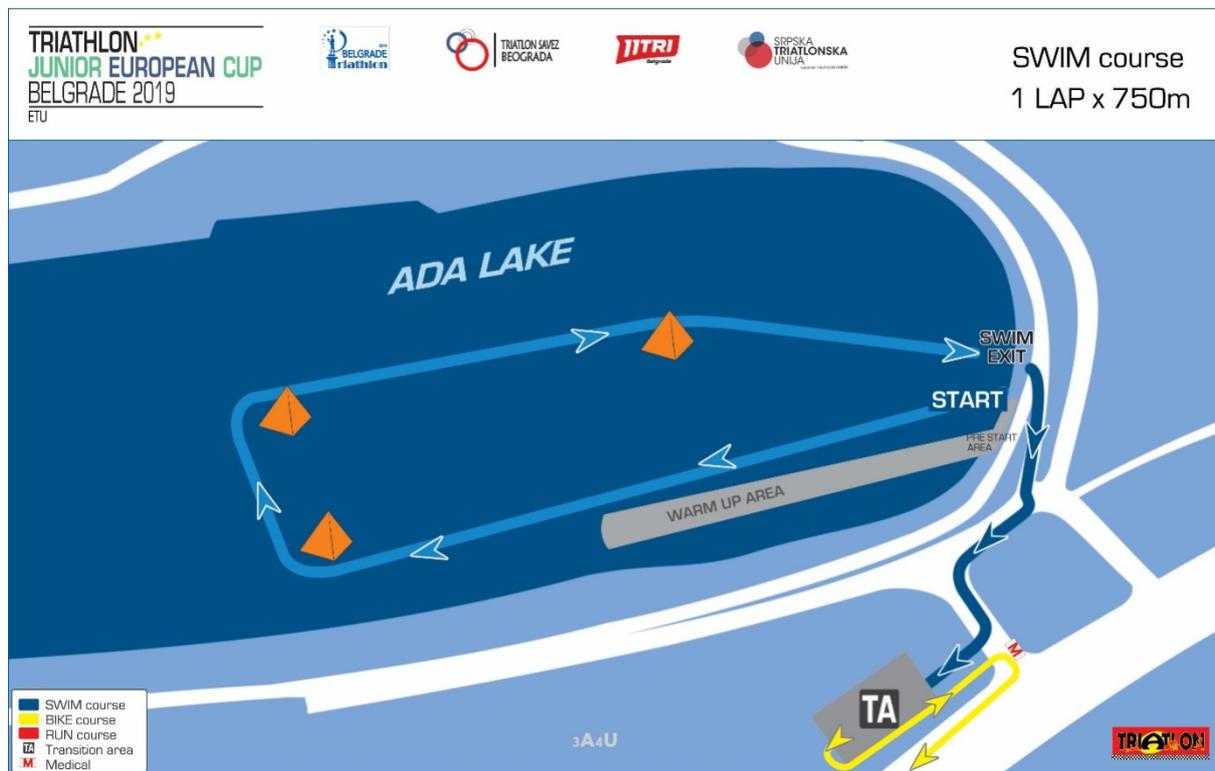


SWIM COURSE: 1 lap = 750m

Start procedure: beach start, wide of the start area, 350m distance to the first buoy.

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

Expected water temperature: 19-22°C



TRANSITION 1

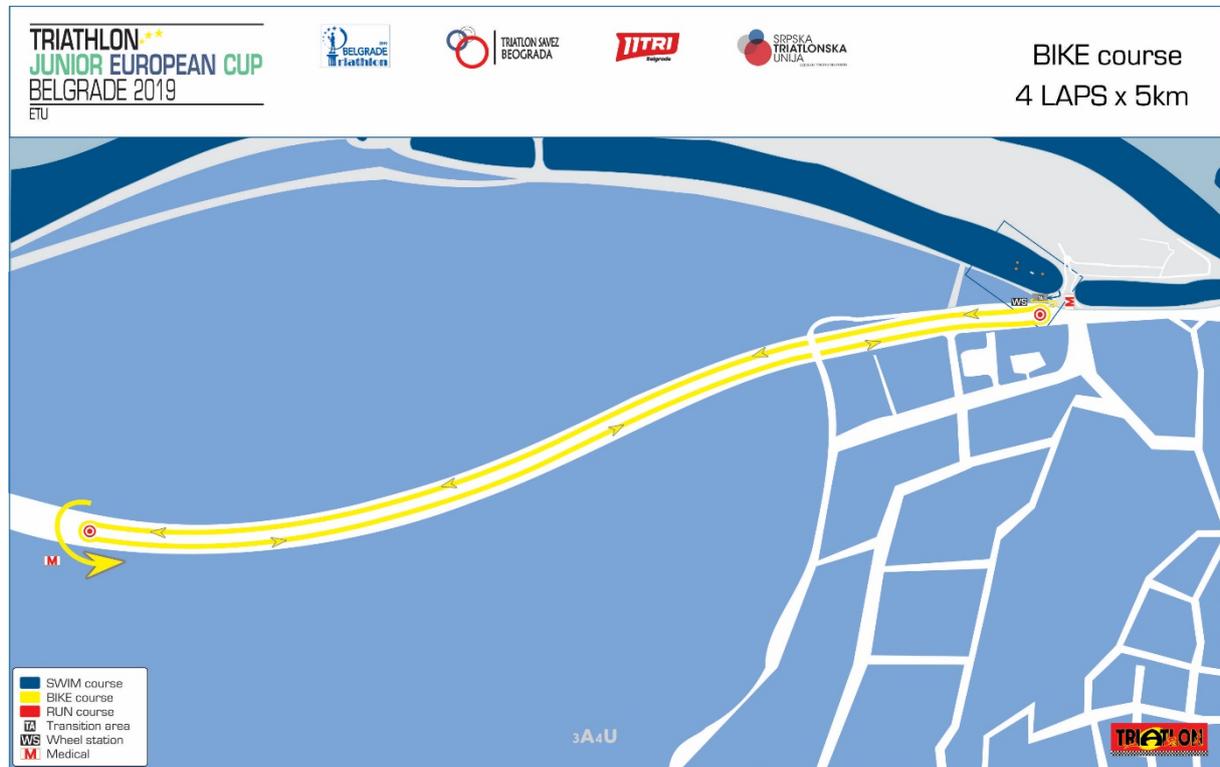
A flow through transition has been developed to keep Athletes' moving forward. Athletes' enter the transition and must deposit their swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack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



 BIKE COURSE: 4 laps / 1lap =5km

Fore laps on one side of the Motor way road. Flat asphalt surface.

A wheel station is 50m from the transition area exit accessible from every bike lap. The lap counter is located 70m before the entrance to the transition area.

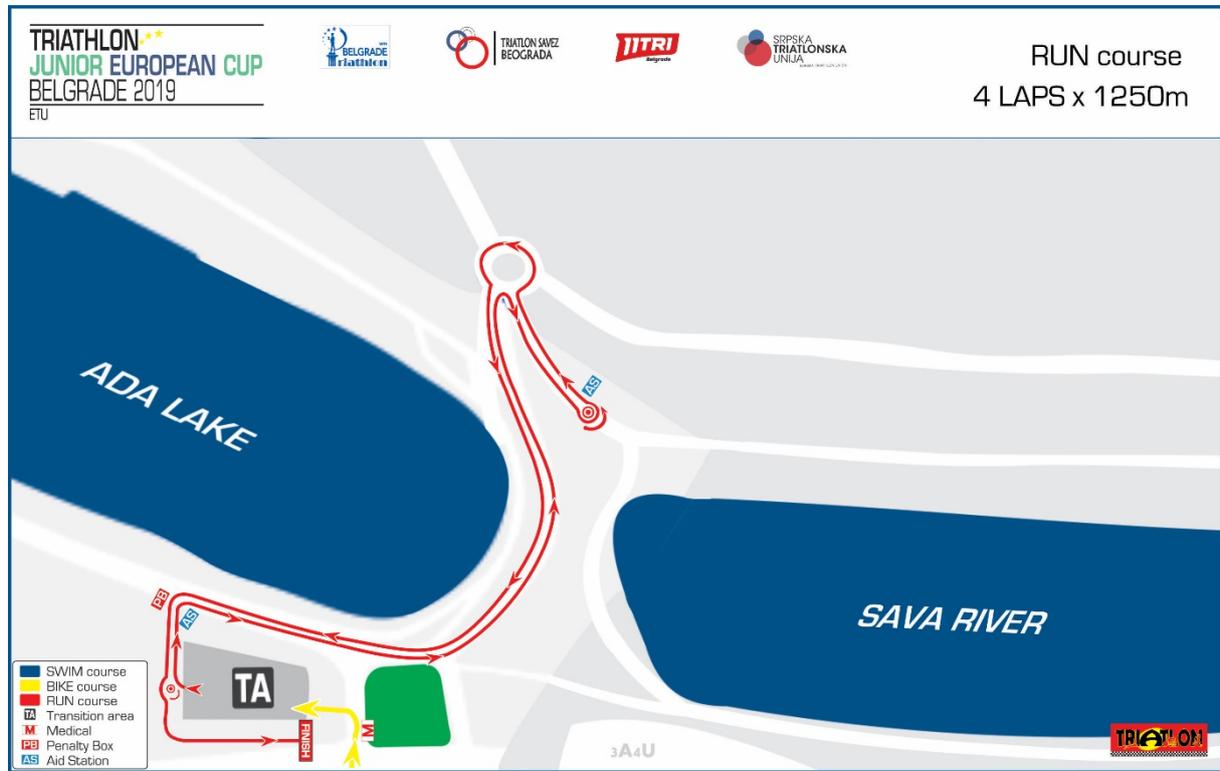


TRANSITION 2

Athletes enter to the same transition area. The dismount line is clearly marked and has cones with the STOP mark on either side. The helmet has to be placed into the bin beside the bike racks. Running shoes may be placed beside the rack or in the bin.

 RUN COURSE - 5km, 4 laps / 1 lap =1,25km

Description: flat, asphalt, street,circuit



AIDSTATION:

In the beginning of each run lap there will be an aid station with clean water. In the recovery zone, after finish area, further aid is provided: water, isotonic drinks, fruit and biscuits...

*Welcome to Belgrade
and
Good luck!*