



ATHLETES' GUIDE

2018 Székesfehérvár ETU Sprint Triathlon European Cup





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Dear Athletes and Sports Friends!

The Hungarian Triathlon Union has undergone great progress in recent years. The possibilities of the Alliance have been enlarged, and also the sports' mass base grew.

The Hungarian triathlon sport has multiplied the number of straters in the last Olympic round; our effice and development athletes have achived good results in the international arena as well as on the continental and world championships, where they reached podium positions.

Our Union joined the ETU's and the ITU's activities on several occasions: Hungarian officials and committee members are working in different areas of the sport.

In addition to international competitions held in Hungary during the last period, (like ITU Triathlon World Cup, ETU Triathlon Junior Europe Cup, ETU U23 European Championship, ETU Triathlon Youth European Championship) in 2017 a successful event organizer's conference was held in Budapest.

The Hungarian Triathlon Union will continue to develop international events in the near future. This endeavor is part of the ETU Triathlon European Cup in Székesfehérvár wich we intend to do a long-term, new, high-quality competition venue for the sport.

Székesfehérvár - which is one of the most determinative and dynamically developing city - can be the place of the 21th century's sports.

Allow me, to invite you, the contestants, the sports organizers to Székesfehérvár on behalf of my and the Hungarian Triathlon Union's name to be part of the birth of a new competition and contribute to it's success with your personal attendance.

I would like to wish for the competitors good preparation and outstanding results as well as for the escorts a successful job and a pleasant stay in Hungary!

Budapest, 5th March 2018.

Best regards,

Béla Bátorfi Dr. president of the Hungarian Triathlon Union

1.GENERAL INFORMATION

The City of Székesfehérvár is a very proud host of the Triathlon Sprint European Cup. We look forward to an awesome weekend and welcome the Elite athletes from Europe to our beautiful city. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date.

1.2. KEY DATES

Friday 24 th August		
8:00-17:00	LOC Information Desk open	Lake Side Hotel
10:30-12:00	Athletes' lounge open	Lake Csónakázó
11:00-11:30	Bike Familiarisation	Bike course
11:30-12:00	Swim Familiarisation	Lake Csónakázó
11:00-12:00	Bike Mechanic Service	Lake Side Hotel parking lot
15:45-16:45	Registration	Lake Side Hotel
17:00-18:00	Briefing	Lake Side Hotel
18:30	Pasta Party	Lake Csónakázó coast

Saturday 25 th August	ETU Sprint Triathlon European Cup	
8:00-17:00	LOC Information Desk open	Lake Side Hotel
11:30-12:30	Athletes' Lounge open Elite Women	Ligetsor Street
11:30-14:45	Athletes' Lounge open Elite Men	Ligetsor Street
11:30-16:00	Bike Mechanic Service	Lae Side Hotel Parking lot
11:45-12:45	Transition Area open (Women&Men)	Ligetsor Street
12:00-12:45	Elite Women Swim warm-up	Lake Csónakázó
12:45	Welcome words	Ligetsor Street
12:50	Elite Women presentation	Lake Csónakázó
13:00	Elite Women Start	Lake Csónakázó
14:15-15:00	Elite Men Swim warm-up	Lake Csónakázó
15:05	Elite Men presentation	Ligetsor Street
15:15	Elite Men Start	Lake Csónakázó
16:45	Award Ceremony	Ligetsor Street
20:00-24:00	Banquet	MKOSZ Sport Hall



1.3. KEY CONTACTS

POSITION	CONTACT PERSON	CONTACT EMAIL
ETU Technical Delegate	Oliver Laaber	o.laaber@triathlon-austria.at
LOC Race Director	Gábor Skoff	skoff.gabor@gmail.com
LOC Race Director	Ágnes Rönkös	agi.ronkos@gmail.com
LOC Athletes' Service Management	Kaminszky Wanda	albatriatlon@gmail.com
LOC Athletes' Travel Management	Czeczei Krisztina	fom@magyarkiraly.hu

1.4. CONTACT DETAILS OF LOC

POSITION	CONTACT	CONTACT EMAIL
LOC address	8000 Székesfehérvár, Olaj u. 1.	albatriatlon@gmail.com
LOC email	Gábor Skoff	albatriatlon@gmail.com
LOC Event Director	Gábor Skoff	skoff.gabor@gmail.com
		+36203961966

2.1. RACE VENUE

The city of Székesfehérvár is located in central Hungary, and one of the largest cities in the country. The city is the regional capital of Central Transdanubia, the centre of Fejér county.

It is situated only 60 kms away from Budapest, the number of inhabitants is approximately 110 000 and the size of the city is 171 km 2.

Székesfehérvár has a remarkably colorful offer of cultural programmes, events and places. Several museums, art galleries, theatres, cinemas; a net of cultural centers and libraries cover the whole city and provide cultural services.

Székesfehérvár is a city of sports as well.

We have succesful football, ice-hockey, handball, basketball, pentathlon, athletics and American football sportclubs. The city is the home of the IAF Gyulai Memorial, and hosted several times Pentathlon World Championship. It would be a pleasure to host the ETU Triathlon Sprint European Cup on 25th August in 2018 in such a colorful and lovely city as Székesfehérvár.

The race venue is situated around Lake Csónakázó in the middle of city and the finish area and the transition area are at Ligetsor nearby the lake. The Host Hotel is on the lakeside.





2.2 COURSE FAMILIARIZATION

The Course familiarization is on the 24th August. The bike course familiarization starts at 11 am, and the swim course familiarization starts at 11:30 am. For both familiarizations the meeting point is on Ligetsor Street by Lake Side Hotel.

2.3. ATHLETE'S LOUNGE

Facilities including the 'Athletes' Lounge Area' and toilets are provided for the athletes at the start and a recovery area is available at the finish area (Ligetsor Street). Sealed bottles of water, fruit, snacks and energy bars will be offered to the athletes before and after the race in the Athletes' Lounges and recovery areas. The LOC provides massage for the athletes after the race in the recovery zone.

ATHLETES' LOUNGE OPENING TIMES:

Course Familiarisation:	Friday, 24 August	10:30 - 12:00
Elite Women Race:	Saturday, 25 August	11:30 - 12:30
Elite Men Race:	Saturday, 25 August	11:30 - 14:45

2.4. ELITE ATHLETES' RACE PACKAGE

The athletes' race packages will be distributed during the registration time on Friday, 24 August.

2.5. DOPING CONTROL

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

2.6. LOC OFFICE The LOC office and Information Centre will be located at Lake Side Hotel. It is open on 24th-25th August.

Opening Hours: 8:00 - 17:00

3. ACCOMMODATION

- 1. Host Hotel: Best Western Plus Lakeside Hotel <u>www.lakeside.accenthotels.com</u>
- 2. Magyar Király Hotel <u>www.magyarkiraly.hu</u>
- 3. Novotel Szekesfehervar Hotel <u>www.accorhotels.com</u>

For all you accommodation and travel enquiries, please contact **Czeczei Krisztina** on +36205152075 or e-mail: <u>fom@magyarkiraly.hu</u> Krisztina provides half-board service included, your breakfast and evening meal are included in the price of your stay at the hotel.



4. TRANSFER AND TRANSPORT

The Hungarian National Airport is Liszt Ferenc Airport in Budapest. The LOC will provide transportation from the airport to the official hotels and back to the airport.

The transfer fee: 30 EUR/ person/ trip

For travel enquiries, please contact **Czeczei Krisztina** on +36205152075

or e-mail: fom@magyarkiraly.hu

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

For the swim training the athletes have free entry when they present their passport or elite license at the gate.

Opening hours for the swimming pool: 7:00-10:00 on Wednesday, Thursday and Friday especially for the elite athletes. You should carry your accreditation card for entrance.

Name: Csitáry G. Emil swimming pool, 50 m outdoor swimming pool

Address: 8000 Székesfehérvár Mészöly G. u. HRSZ. 187.

The swim comprises one lap of 750m.



Safe bike location will be placed next to the Bike Mechanic Service during its opening hours. Wheel Station will be located on the corner of Ligetsor and Bregyó köz.

🖍 RUN

The run comprises of 4 laps of 5 km. There are three aid stations per lap.

5.2. MEDICAL SERVICES

Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be 3 First Aid around the Lake Csónakázó.

Medical 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. The closest hospital: Fejér Megyei Szent György Kórház, 8000 Székesfehérvár, Seregélyesi út 3.

Friday 24th August	11:00-12:00	Lake Side Hotel Parking lot
Saturday 25th August	11:30-16:00	Lake Side Hotel Parking lot



6. COMPETITION SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
	8:00	17:00	LOC Information Desk open	Lake Side Hotel
	10:30	12:00	Athletes' Lounge open	Lake Side Hotel
Fri 24 th	11:00	11:30	Bike course familiarization	Lake Csónakázó
Aug	11:30	12:00	Swim course familiarization	Ligetsor Street
	15: <mark>45</mark>	16:45	Registration	Lake Side Hotel
	17:00	18:00	Athletes' briefing	Lake Side Hotel
	18:30		Pasta Party	Lake Side Hotel
	08:00	17:00	LOC information desk open	
	11:30	14:45	Athletes' Lounge open	
	11:45	12:45	Transition Area open –	
			Women&Men	
	12:00	12:45	Swim course open for warm-	
			up – Elite Women	
	12:50		Elite Women Presentation	
	13:00		Elite Women Sprint Distance	
Sat 25 th			Start	Race Village
	14:15	15:00	Swim course open for warm-	
Aug			up – Elite Men	
	15:05		Elite Men Presentation	
	15:15		Elite Men Sprint Distance	
			Start	
	16:45		Award Ceremony Men and	
			Women	

6.3. COMPETITION RULES

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

6.4. ATHLETES' BRIEFING

Friday 24th August **17:00-18:00** Lake Side Hotel





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.triathlon.org.

All the Results information will be distributed to the Team Leaders (Technical Delegate) at the Information Centre (Lake Side Hotel).

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.

The accreditations for the athletes' and the coaches will be distributed on the day of the briefing.

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.





SWIM COURSE

Start procedures: pontoon start.

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

Number of laps: 1

Average water temperature: 25 degrees

Map of the swim course



TRANSITION

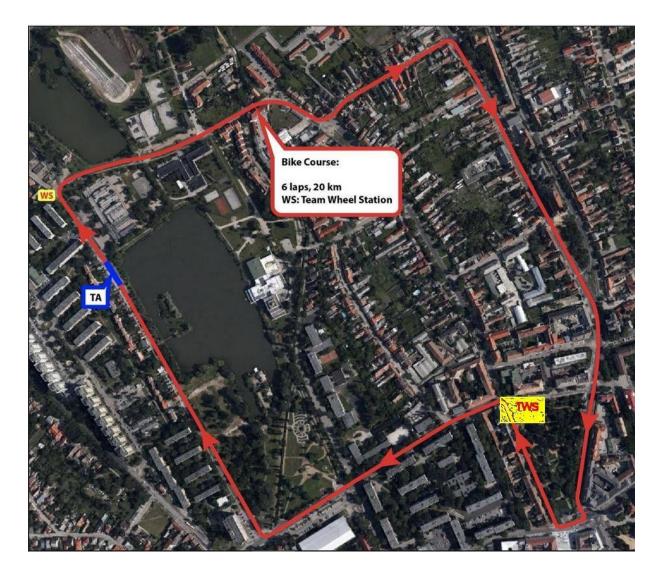
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secures, athletes unrack the bike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







Map of the bike course



TRANSITION:

Running shoes may be placed beside the rack or in the bin.





RUN COURSE
Number of laps: 4
Description: flat
There will be 3 aid stations on the run course and a penalty box next to the transition area.

Map of the run course

