



# ATHLETE'S GUIDE

Prepared by LOC team



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**TRIATHLON** \*\*\*  
**JUNIOR EUROPEAN CUP**  
**TABOR 2019**

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ETU



## 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 Tábor. 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.

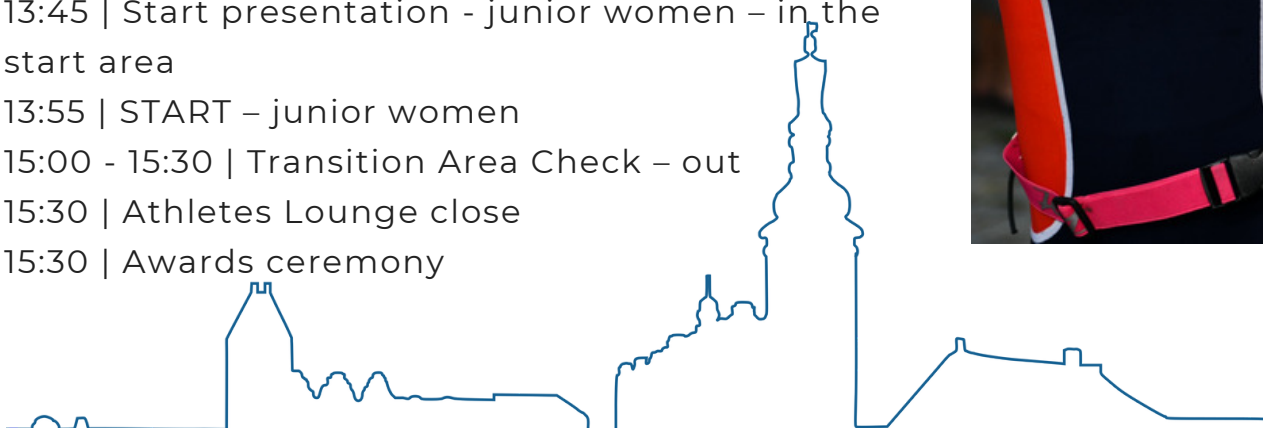
## 1.2. KEY DATES

### Saturday 3rd August 2019

- 14:00 - 15:00 | Bike course familiarization
- 17:00 - 18:00 | Pre-race briefing (attendance is mandatory, ID required) (Hotel Palcát)
- 18:00 - 20:00 | Pasta Party for participants (athletes + accredited coaches) (Race centre)
- 18:00 - 20:00 | Registration to the race (ID required) (I-point, Hotel Palcát)

### Sunday 4th August 2019

- 11:00 | Athletes Lounge open – junior men
- 11:30 - 12:00 | Transition Area Check-in – junior men
- 12:15 | Start presentation - junior men – in the start area
- 12:25 | START – junior men
- 12:40 | Athletes Lounge open – junior women
- 13:10 - 13:30 | Transition Area Check-in – junior women
- 13:45 | Start presentation - junior women – in the start area
- 13:55 | START – junior women
- 15:00 - 15:30 | Transition Area Check – out
- 15:30 | Athletes Lounge close
- 15:30 | Awards ceremony





### 1.3. EVENT WEBSITE

<https://ejctabor.com>

### 1.4. KEY CONTACTS

**Race director**

Šimon Kuncl, email: [simon.kuncl@gmail.com](mailto:simon.kuncl@gmail.com),  
Phone: 00420 728 556 530

**Technical delegate**

Noël Remy (BEL), email: [noelremy4@gmail.com](mailto:noelremy4@gmail.com)

**Athlete services manager**

Martin Hotový, email: [martin@triatlon-tabor.cz](mailto:martin@triatlon-tabor.cz)  
Phone: 00420 606 948 888

### 1.5. CONTACT DETAILS

**Triathlon team Tábor**

Krasna Vyhlička 306  
39002 Tábor

Šimon Kuncl, email:  
[simon.kuncl@gmail.com](mailto:simon.kuncl@gmail.com) ,  
Phone: 00420 728 556 530





## 2.1. RACE VENUE

T.G. Masaryk Square 788/1, Tábor

Here: <https://mapy.cz/s/1D3XG>

## 2.2 COURSE FAMILIARIZATION

Saturday 3rd August 2019

14:00 - 15:00 Bike course familiarization – in the race center

Square T.G. Masaryka, Tábor

## 2.3. ATHLETE'S LOUNGE

Very close (5-10m) to the transition area, 100m from Hotel Palcát

<https://mapy.cz/s/2hOb0>

Square T.G. Masaryka, Tábor

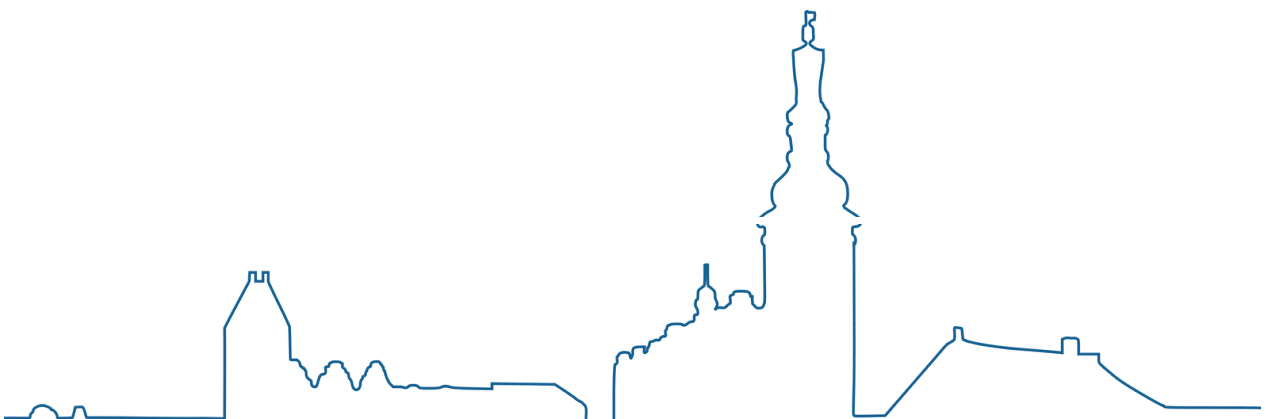
## 2.4. REGISTRATION PROCEDURE

Saturday 3rd August 2019, 18:00 - 20:00 (I-point, Hotel Palcát)

Here: <https://mapy.cz/s/1D3Td>

Payment of the EUR 60 starting fee is possible only on the spot and only in cash (EUR).

Race package is delivered in return for paying the starting fee.





## 2.5. DOPING CONTROL

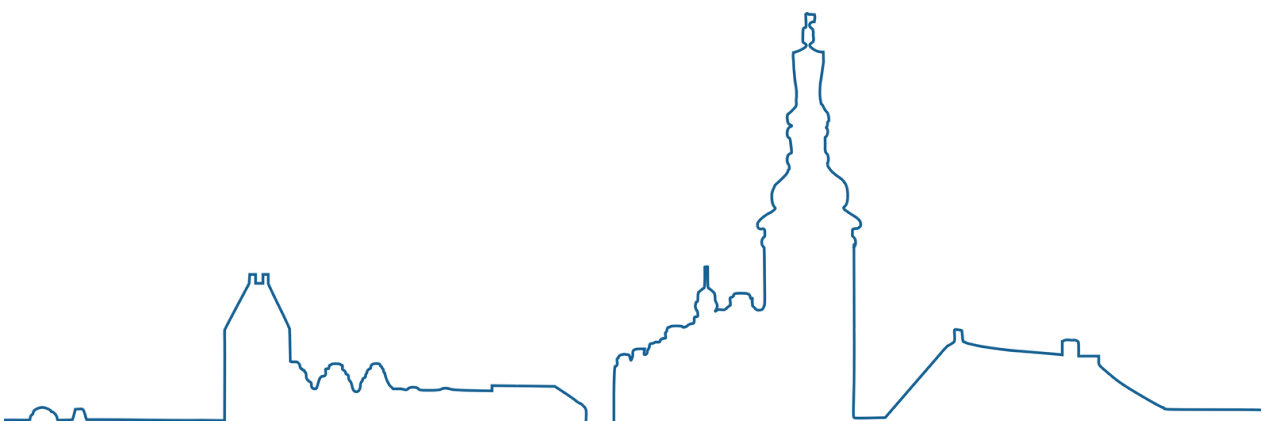
Location of the doping control is in the school building in the race center. Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

## 2.6. SECURITY

Police will manage the Road Closures and the traffic around the course.

## 2.7. LOC OFFICE

3.8.2019, 13:00 - 20:00 Opening hours LOC Office, Hotel Palcát  
Contact: Šimon Kuncl, [simon.kuncl@gmail.com](mailto:simon.kuncl@gmail.com), Phone: 00420  
728 556 530



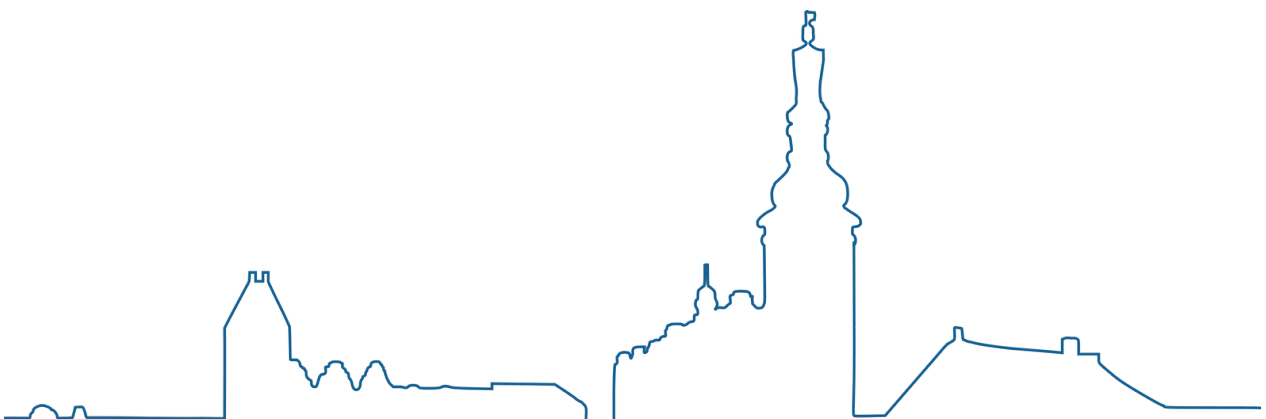


## HOTEL PALCÁT

Partner of the race, athletes briefing and registration of competitors in the hotel building, race centre 100m from the hotel.



Hotel Palcat offers reconstructed single to quadruple rooms with total capacity 70 rooms. All rooms are equipped with LCD satellite TV with international stations. There is WIFI connection available throughout the hotel as well.





**Address:**

9. Května 2471

390 02 Tábor, CZ

Tel: +420 774 706 495

Order accommodation via  
mail: [recepce@hotelpalcat.cz](mailto:recepce@hotelpalcat.cz)  
<https://hotelpalcat.cz>

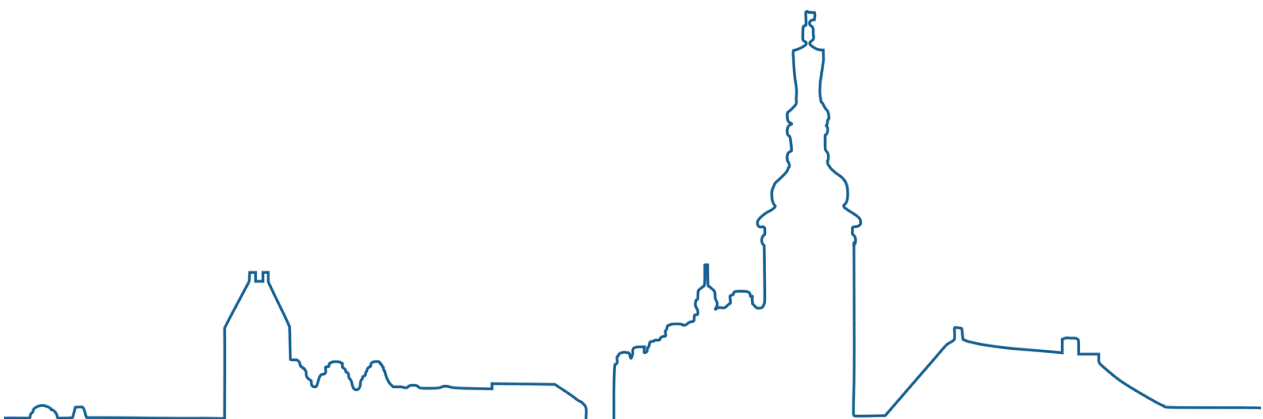
**Prices:**

Price for 1 night/per room  
appx. 1.850CZK (75€) / Double  
room

(Price includes: breakfast,  
VAT)

Method of the hotel  
payments: Credit card or  
Cash (day of arrival)

IMPORTANT INFORMATION: Accommodation must be ordered before 28.6.2019! Directly through the hotel reservation system. Note: Triathlon race





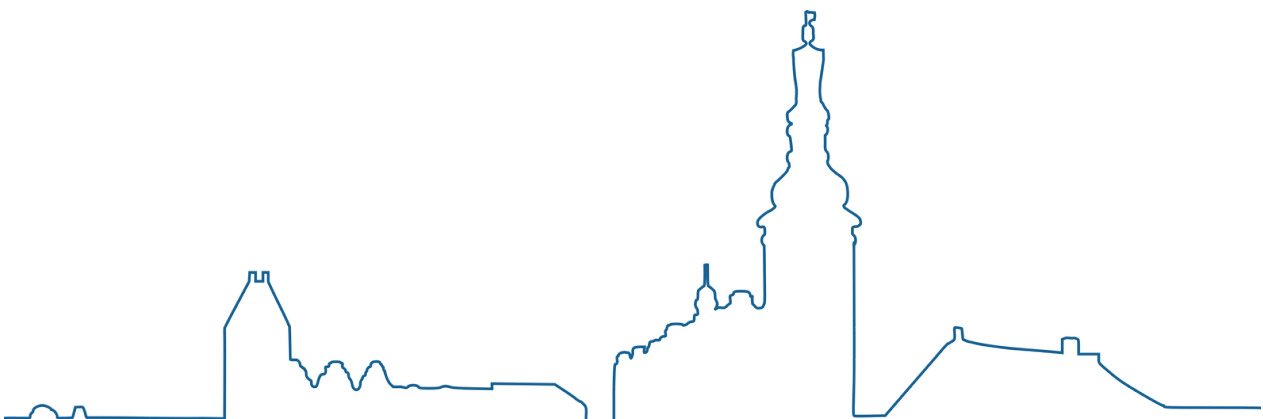
## HOTEL TÁBOR

A bit cheaper option, 250 meters from the race centre.



The family 3 \* Hotel Tábor offers 23 standardly furnished rooms to provide a pleasant and comfortable backdrop for relaxing after a stroll through Tábor or for business meetings.

- All rooms have free wi-fi internet access.
- Some rooms are situated overlooking the courtyard, some to the quiet street 9. května





**Address:**

9. května 617

390 02 Tábor, CZ

Tel: +420 774 402 025

Order accommodation via  
mail: [reservation@hoteltabor.eu](mailto:reservation@hoteltabor.eu)  
<https://www.hoteltabor.eu>

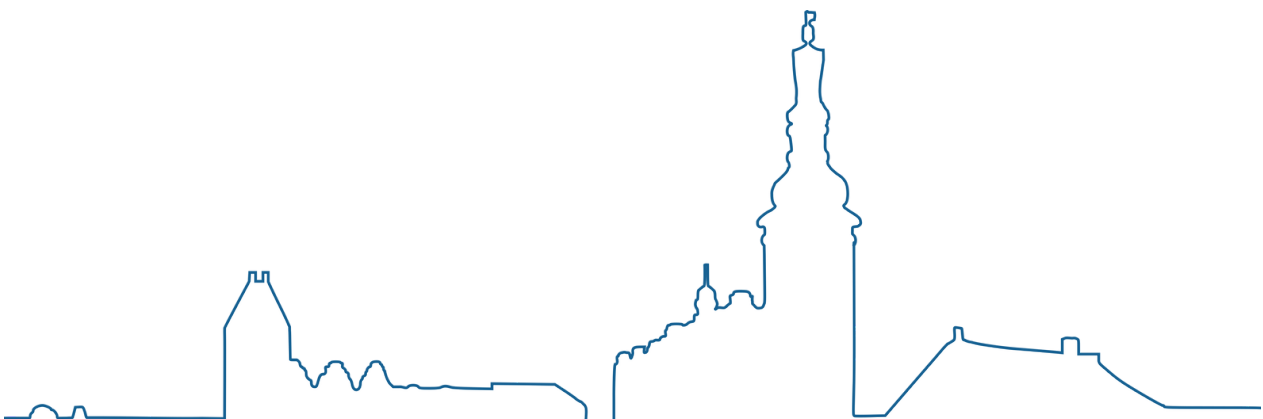
**Prices:**

Price for 1 night/per room  
appx. 1.490CZK (65€) / Double  
room

(Price includes: breakfast,  
VAT)

Method of the hotel  
payments: Credit card or  
Cash (day of arrival)

**IMPORTANT INFORMATION:** Accommodation must be ordered before 28.6.2019! Directly through the hotel reservation system. Note: Triathlon race





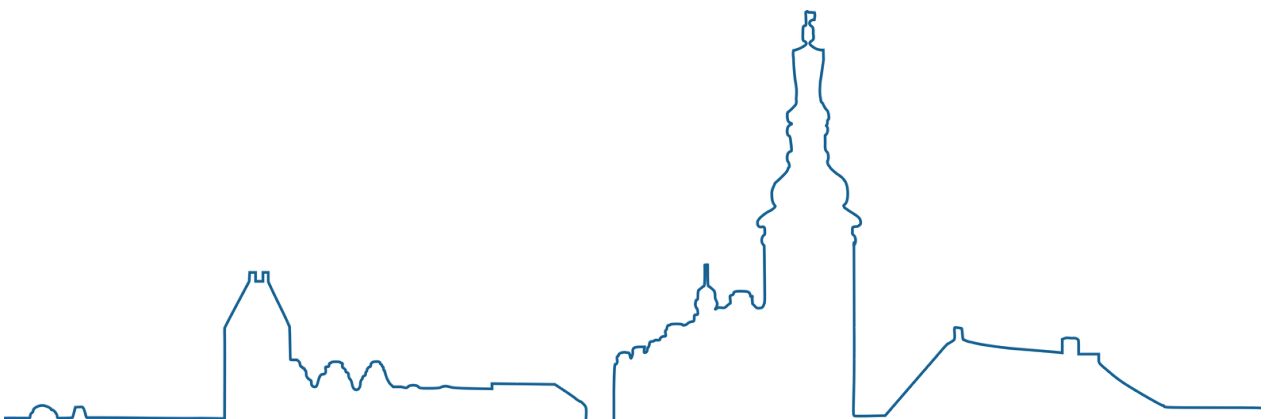
## 4.1. NEAREST AIRPORT

Vaclav Havel Airport (Prague) (PRG)

## 4.2. LOCAL TRANSPORTATION

Transport from the airport Prague to Tabor [app. 110km] is provided by minibus for 8 persons including bike boxes and luggage.

- The price is 100,- EUR (one way)
- Pay in cash EUR
- Order transport via following email: [martin@triatlon-tabor.cz](mailto:martin@triatlon-tabor.cz)





## 5.1. TRAINING FACILITIES



### SWIM

Swimming pool (pool, 25m)

<http://www.tzmt.cz/plavecky-stadion/>

Address: TZMT, Kvapilova 2500, 390 03 Tábor

Opening hours 9:00 – 18:00

Pool reservations – yes, but only for extra swimming line reservation



### BIKE

Zone Komora (1km - closed training circuit), <http://www.tzmt.cz/zona-komora/kontakty/>

Address: Na Bydžově 3122, 390 05, Tábor

Circuit reservations – yes, but only for teams course reservation.



### RUN

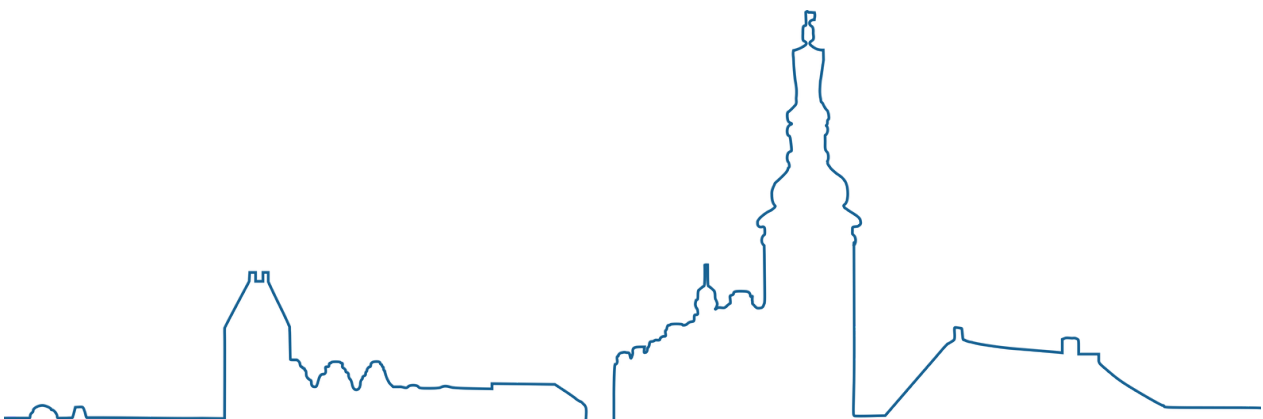
Track location and opening hours

Athletic stadium (400m track)

Opening hours 8:00 – 18:00

Address: U stadionu Míru 1579, Tábor 390 03

Reservations – yes





## 5.2. MEDICAL SERVICES

Medical rescue service Tábor

**Doctor of the race:** Mudr.

Kolomazníková Eva

**Race day:** 4.8.2019, 9:00 –

16:00, only for athletes

Reachable in the athletes

lounge

**Hospital Tábor:**

<https://www.nemta.cz/>

**Ambulance and Emergency**

Opening hours: 24h day

**Address:**

Kpt. Jaroše 2000, 390 03 Tábor

**Phone:** 00420 381 608 111

**Payment for treatment:** travel insurance or cash (CZK)

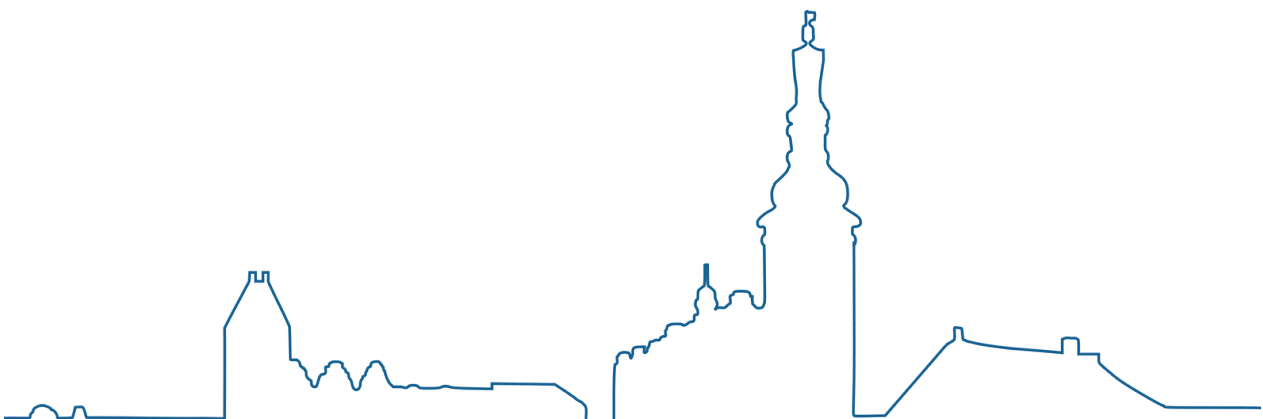
## 5.3. BIKE MECHANICAL SERVICE

CykloTábor s.r.o.

Address: Farského 2056/3, 390 02 Tábor

Phone: 00420 731 517 482

Where to find it - <https://mapy.cz/s/1D59e>





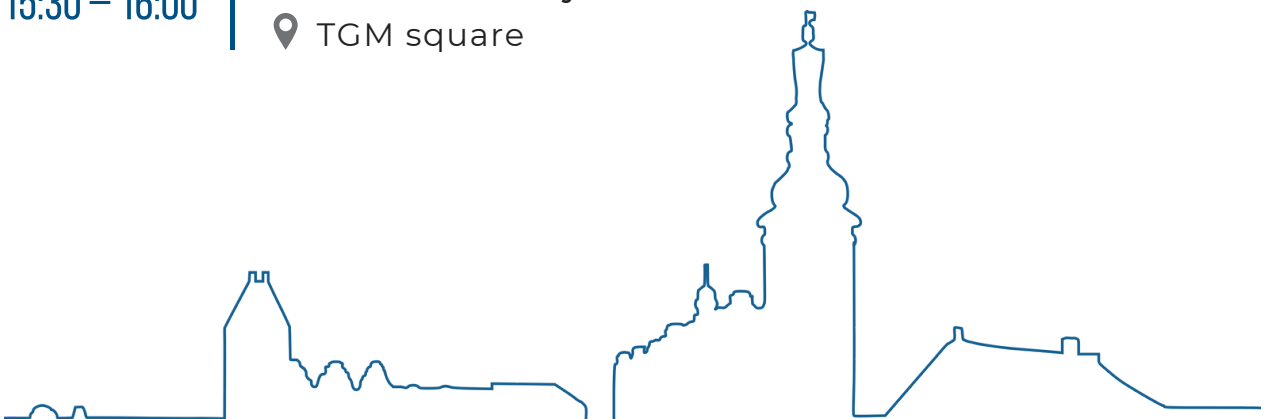
## 6.1. ELITE WOMEN

### Saturday 3. 8. 2019

- |               |  |                                                               |
|---------------|--|---------------------------------------------------------------|
| 14:00 – 15:00 |  | Bike course familiarization<br>📍 TGM square                   |
| 17:00 – 18:00 |  | Athlete's briefing (mandatory, ID required)<br>📍 Hotel Palcát |
| 18:00 – 20:00 |  | Pasta party<br>📍 TGM square                                   |
| 18:00 – 20:00 |  | Athlete registration (ID required)<br>📍 Hotel Palcát          |

### Sunday 4. 8. 2019

- |               |  |                                            |
|---------------|--|--------------------------------------------|
| 12:40 – 15:30 |  | Athlete Lounge open<br>📍 TGM square        |
| 13:10 – 13:30 |  | TA check in<br>📍 TGM square                |
| 13:20 – 13:45 |  | Swim warm-up<br>📍 Swim start area          |
| 13:45         |  | Calling area<br>📍 Swim start area          |
| 13:50         |  | Athletes introduction<br>📍 Swim start area |
| 13:55         |  | START                                      |
| 15:00 – 15:30 |  | TA check-out<br>📍 TGM square               |
| 15:30 – 16:00 |  | Award Ceremony<br>📍 TGM square             |





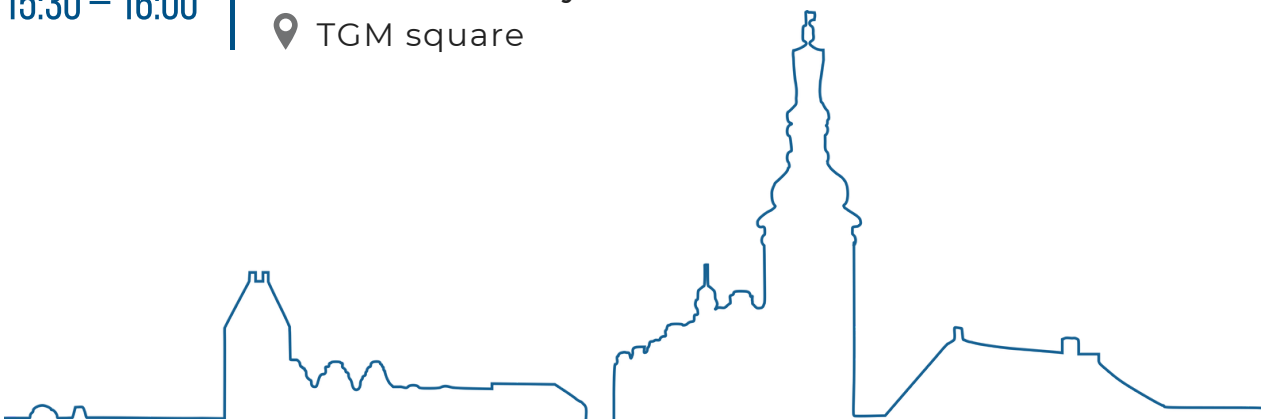
## 6.1. ELITE MEN

### Saturday 3. 8. 2019

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### Sunday 4. 8. 2019

- |               |  |                                            |
|---------------|--|--------------------------------------------|
| 11:00 – 15:30 |  | Athlete Lounge open<br>📍 TGM square        |
| 11:30 – 12:00 |  | TA check in<br>📍 TGM square                |
| 11:45 – 12:15 |  | Swim warm-up<br>📍 Swim start area          |
| 12:15         |  | Calling area<br>📍 Swim start area          |
| 12:20         |  | Athletes introduction<br>📍 Swim start area |
| 12:25         |  | START                                      |
| 15:00 – 15:30 |  | TA check-out<br>📍 TGM square               |
| 15:30 – 16:00 |  | Award Ceremony<br>📍 TGM square             |





## 6.3. COMPETITION RULES

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

## 6.4. ATHLETE'S BRIEFING

Saturday 3rd August 2019, time: 17:00 – 18:00, attendance is mandatory, ID required, location: Hotel Palcát, Street: 9. května 2471, 1st floor

## 6.5. TIMING CHIPS

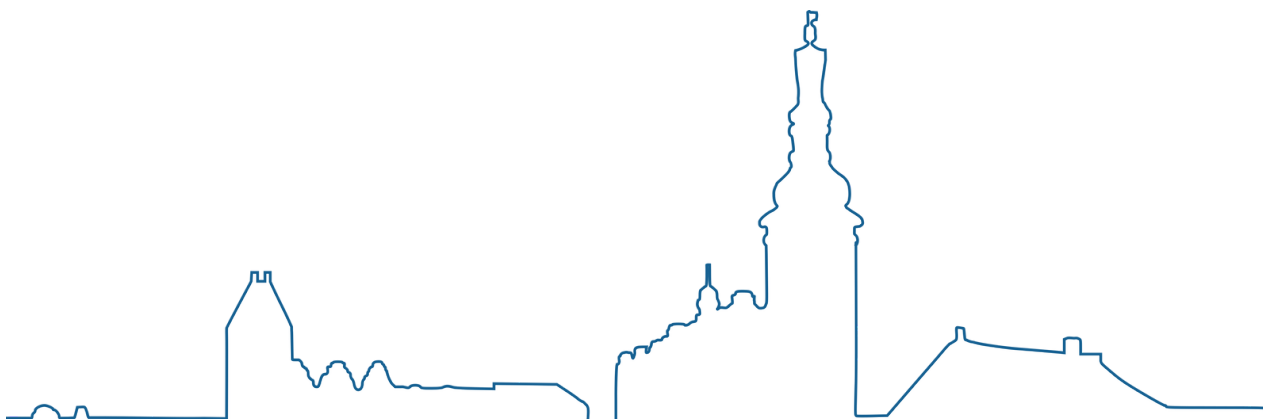
On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their TA check-in procedure. These timing chips have to be handed back at the end of the race.

## 6.6. RESULTS

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

## 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, coaches, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. Accreditation Cards will be distributed during registration procedure (I-point, Hotel Palcát).

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 - Czech

8.2. POPULATION OF TÁBOR – 36 thousand

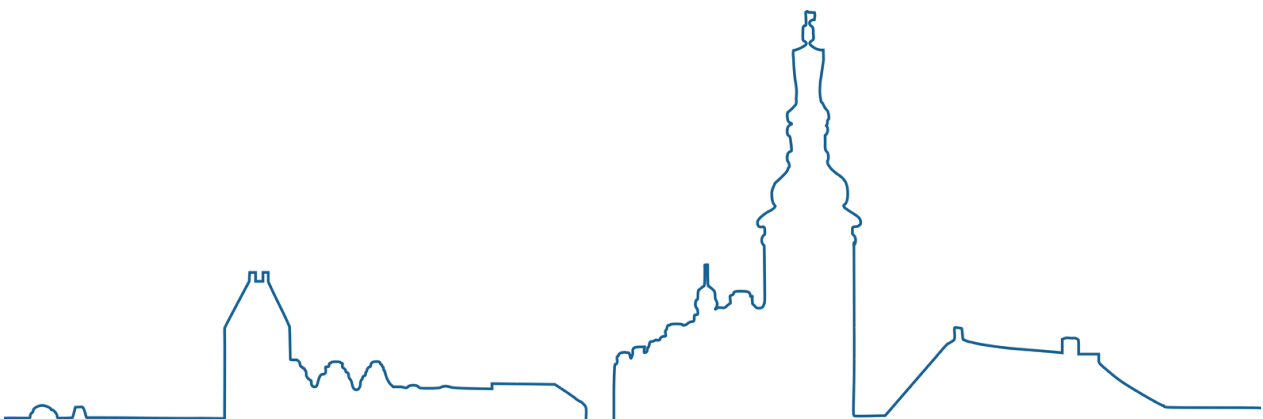
8.3. CURRENCY – CZK

8.4. TIME - Central European Time (CET)

8.5. ELECTRICITY – 230V

8.6. WATER – fresh water

8.7. TELEPHONE CONNECTIONS – Mobile providers: T-Mobile, O2, Vodafone







## 9.1. DESCRIPTION



### SWIM START & SWIM COURSE - 1 lap = 750 m

- Lake Jordán
- Start procedures: deep-water start
- Number of laps: 1
- Average water temperature: 22,1°C
- Run to the Transition Area follows

### TRANSITION

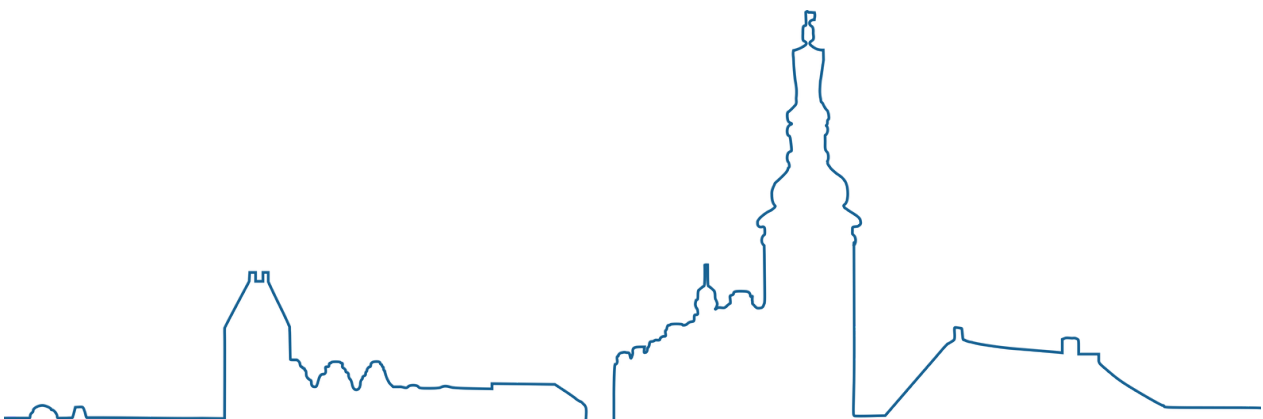
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike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



### BIKE COURSE – 4 laps / 1lap = 5 km

Undulating and technical course mostly in the town, fully closed.  
Direction: Chotoviny - Mladá Vožice and back. (turning point – Měšice cemetery)

The track is marked by yellow arrows. Wheel station is 20m from the transition area exit accessible from every bike lap. Lap counter 70m before the entrance to the transition area.





## TRANSITION

Athletes enter to the same transition area. Dismount line is clearly marked by cones with the STOP mark. Helmet has to be placed into a bin beside the bike racks. Running shoes may be placed beside the rack or in the bin.

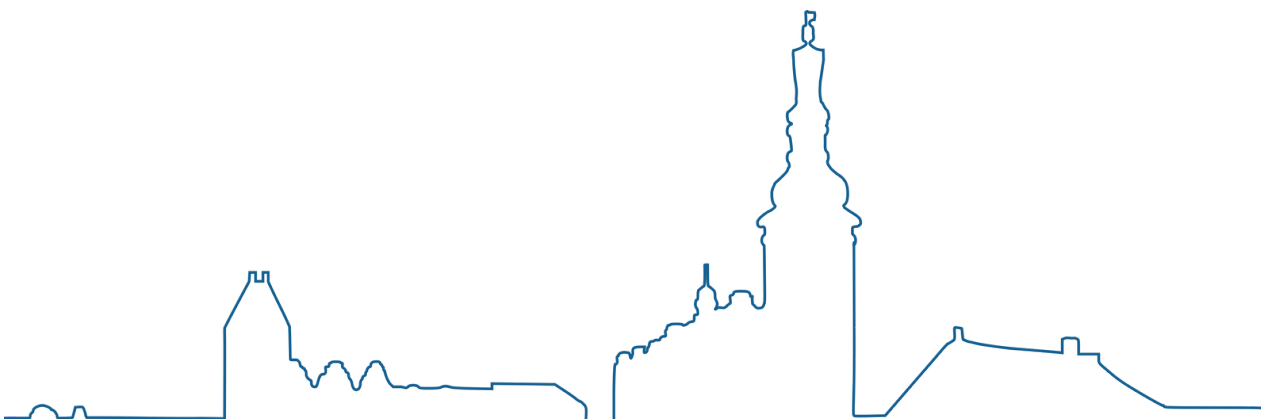


**RUN COURSE - 5km, 3 laps / 1 lap = 1,66 km**

Flat town circuit (asphalt). The circuit is marked with lime line along the entire route and finish at 9. května street, right next to the transition area.

**AID STATION:** At the beginning of each run lap, with clean water.

**FINISH AREA:** water, rice pudding, fruit and biscuits

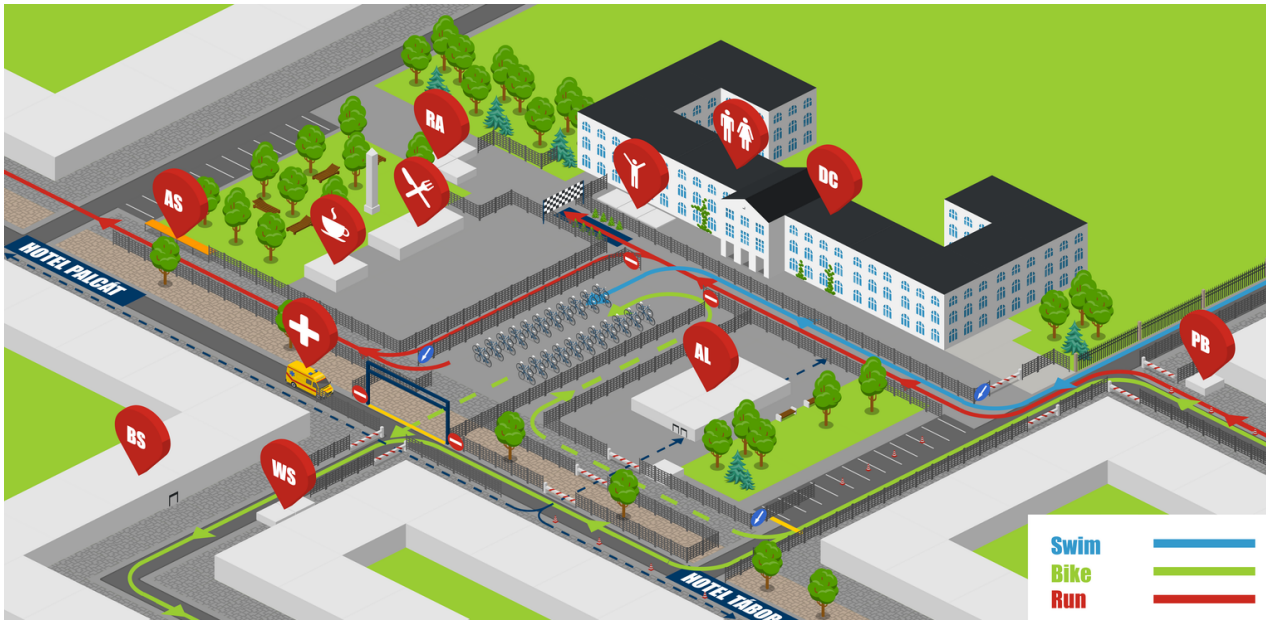




## 9.2. COURSE MAP



## 9.3. RACE CENTRE SITUATION





# 2019 TABOR ETU TRIATHLON JUNIOR EUROPEAN CUP

All the LOC team behind this wonderful event  
wish you a good luck!

