



AQUATHLON EUROPEAN CHAMPIONSHIPS BRATISLAVA 2017 ATHLETE'S GUIDE

25. – 27. MAY 2017

AQUATHLON
EUROPEAN CHAMPIONSHIPS
BRATISLAVA 2017
ETU

Partners:

triax



@one
Nutrition

CONTENTS

1. General information.....	3
a) Key dates.....	3
b) Key contacts.....	5
c) Registration.....	6
2. Transportation and accomodation	6
a) Transportation	6
b) Accomodation	6
3. Race	7
a) General map	7
b) Race venue	8
c) Swim and run course.....	9
d) Cathegories and courses.....	11
e) Briefings	12
f) Official trainings	13
g) Prize money	14
h) Payments	14

Partners:



1. GENERAL INFORMATION

A) KEY DATES

Thursday 25th MAY

TIME	ACTIVITY	VENUE
9:00 – 13:00	Swim training	Swimming pool – Petržalka
11:00	ELITE Press Conference	Technopol
13:00 – 20:00	AG Athletes – Registration	Lake Draždiak – Tennis area
13:00 – 20:00	EXPO	Lake Draždiak
14:00 – 15:00	Swim familization/Para athletes	Lake Draždiak
15:00 – 16:00	Swim familization/Elite, U23, Juniors	Lake Draždiak
16:00 – 17:00	Swim familization/Age groups	Lake Draždiak
17:30 – 18:30	Medical meeting	

Friday 26th MAY

TIME	ACTIVITY	VENUE
9:00 – 13:00	Swim training	Swimming pool – Petržalka
9:00 – 20:00	AG Athletes – Registration	Lake Draždiak – Tennis area
9:00 – 20:00	EXPO	Lake Draždiak – Tennis area
12:00 – 13:00	Briefing/Team managers AG	Lake Draždiak – Tennis area
13:00 – 14:00	Briefing/Coaches	Lake Draždiak – Tennis area
14:00 – 15:00	Swim familization/Para athletes	Lake Draždiak
15:00 – 16:00	Briefing/Para athletes	Lake Draždiak – Tennis area
15:00 – 16:00	Swim familization/Age groups	Lake Draždiak
16:00 – 17:00	Briefing/Age groups	Lake Draždiak – Tennis area
16:00 – 17:00	Swim familization/Elite, U23, Juniors	Lake Draždiak – Tennis area
17:00 – 18:00	Briefing/Elite, U23, Juniors	Lake Draždiak – Tennis area
18:20 – 19:00	Opening ceremony	From the lake to Technopol

Partners:



TIME	ACTIVITY	VENUE
17:00	Start Kids run	Lake Draždiak
19:45	Start of the Evening run across Petržalka	Lake Draždiak
21:00	Medal and Closing ceremony – Run	Lake Draždiak

Saturday 27th MAY

TIME	ACTIVITY	VENUE
9:00	Start AG 50 – 79 Male	Lake Draždiak
9:50	Start AG 30 – 49 Male	Lake Draždiak
10:40	Start AG 16 – 79 Female	Lake Draždiak
11:30	Start AG 16 – 29 Male	Lake Draždiak
12:30	Youth 14 – 15 accompanying program	Lake Draždiak
12:45	Youth 12 – 13 accompanying program	Lake Draždiak
13:10	Youth under 11 accompanying program	Lake Draždiak
13:30	Start PARA Female	Lake Draždiak
14:20	Start PARA Male	Lake Draždiak
15:30	Start Junior Female	Lake Draždiak
16:15	Start Junior Male	Lake Draždiak
17:00	Start Elite & U23 Female	Lake Draždiak
17:45	Start Elite & U23 Male	Lake Draždiak
18:30 – 20:00	Medal ceremony	Lake Draždiak
19:00 – 22:00	Pasta party	Lake Draždiak
20:00 – 22:00	Live band (Signature)	Lake Draždiak

Partners:



B) KEY CONTACTS

- Race director
Michal Varga triaxmv@gmail.com +421 949 264 234
- Technical delegat
Peter Klosz (ROU) klosz.peter@frtri.ro
- Chief registration
Silvia Švecová
- Chief swim
Anikó Ozoráková
- Chief transition
Milan Celerín
- Chief run
Zuzana Szabó
- Chief penalty box
Marek Nemčík
- Lap counter
Mirka Ozoráková
- Chief aid station
Jozef Brunovský
- Medical delegate

C) REGISTRATION

- Please contact your national federation.

Partners:



2. TRANSPORTATION AND ACCOMODATION

A) TRANSPORTATION

Closest Airport:

BTS – Bratislava Aiport (10 km from event)

VIE – Vienna Aiport (70 km from event)

BUD – Budapest (220 km from event)

Local Transportation:

In Bratislava the athletes can use the public transport. From airport and during the event athletes can also order the event shuttle on e-mail: transportaquathlon@gmail.com

B) ACCOMODATION

Host hotel:

Please contact us on e-mail: sleepaquathlon@gmail.com

Homestay:

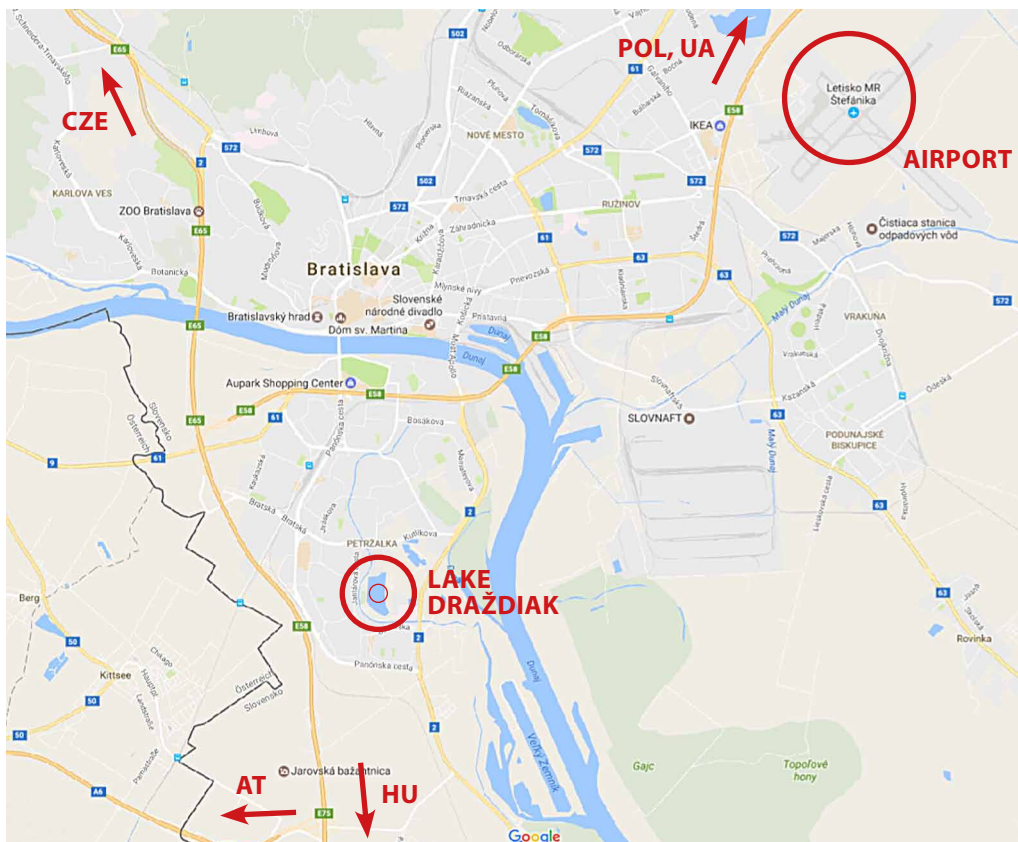
Please contact us on e-mail: sleepaquathlon@gmail.com

Partners:



3. RACE

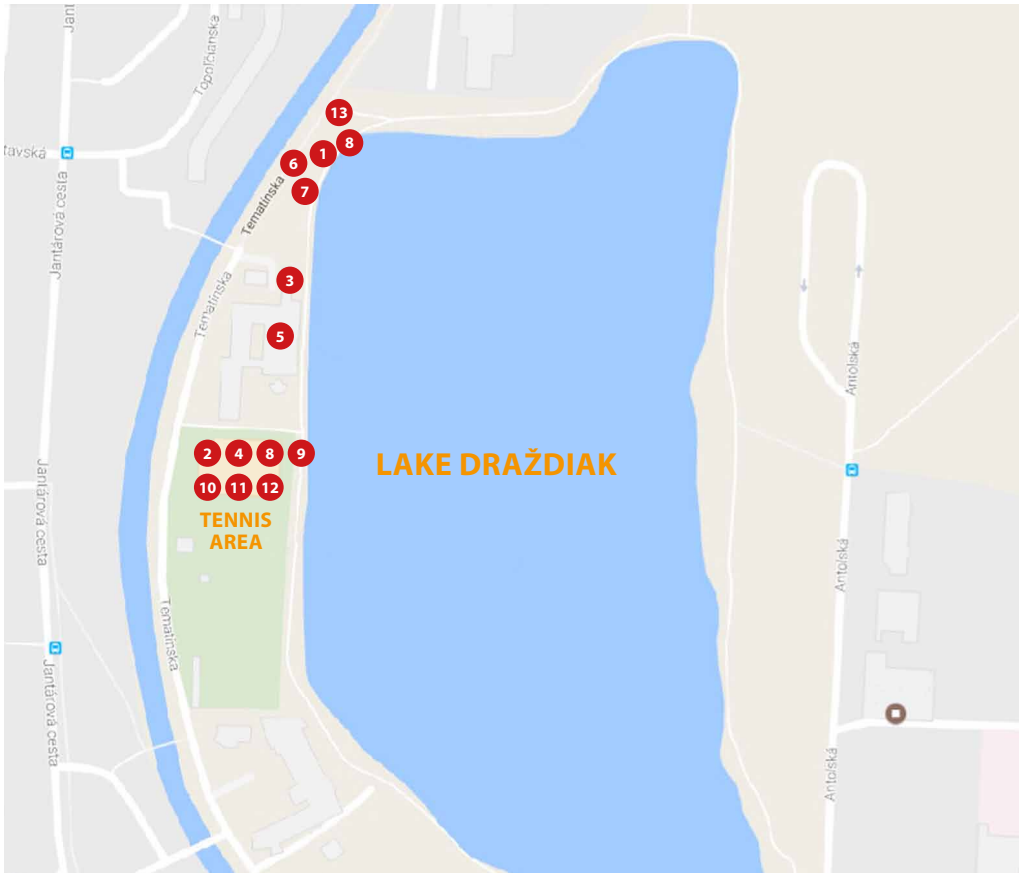
A. GENERAL MAP



Partners:



B. RACE VENUE



- | | | | | |
|----------|------------------|-------------------|-----------------|----------------|
| 1 Expo | 4 Changing room | 7 Transition area | 10 Briefing | 13 After party |
| 2 Expo 2 | 5 Restaurant | 8 Medical | 11 Registration | |
| 3 WC | 6 Medal ceremony | 9 Media | 12 Shower | |

Partners:

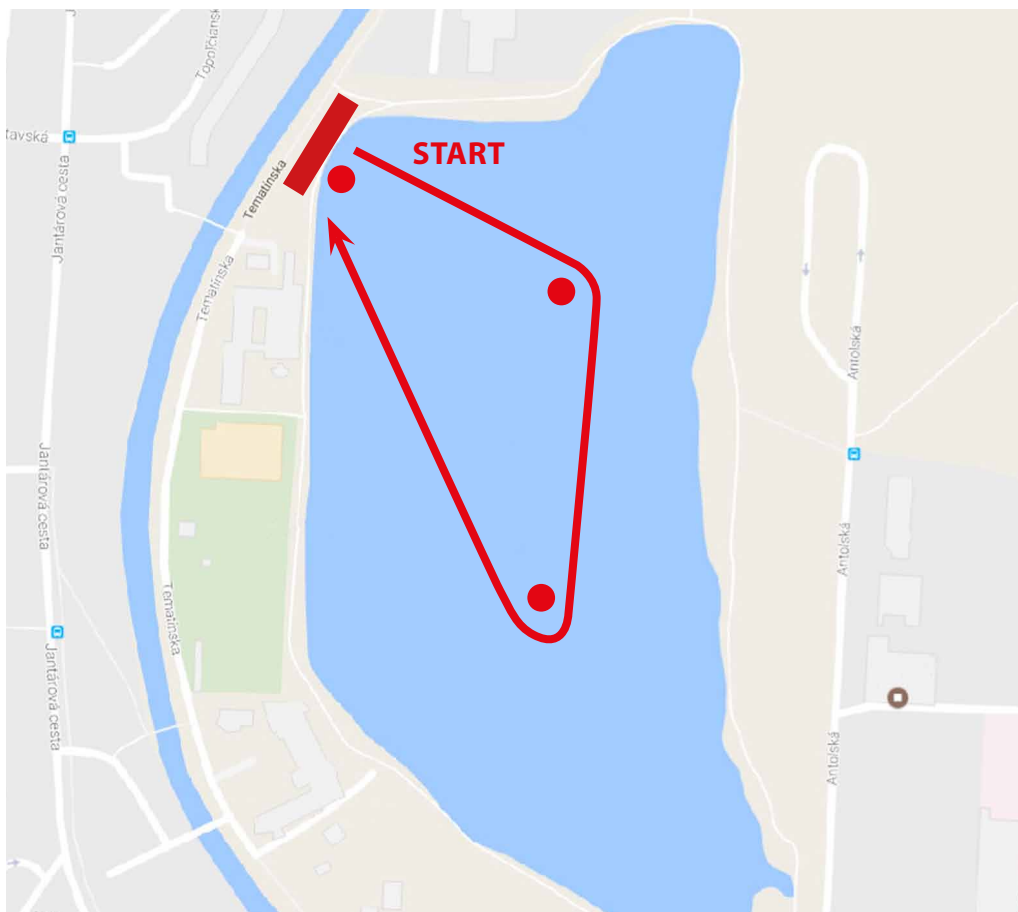


C) SWIM AND RUN COURSE

Swim course

2 laps – 2x 500 m

Open water in lake Draždiak



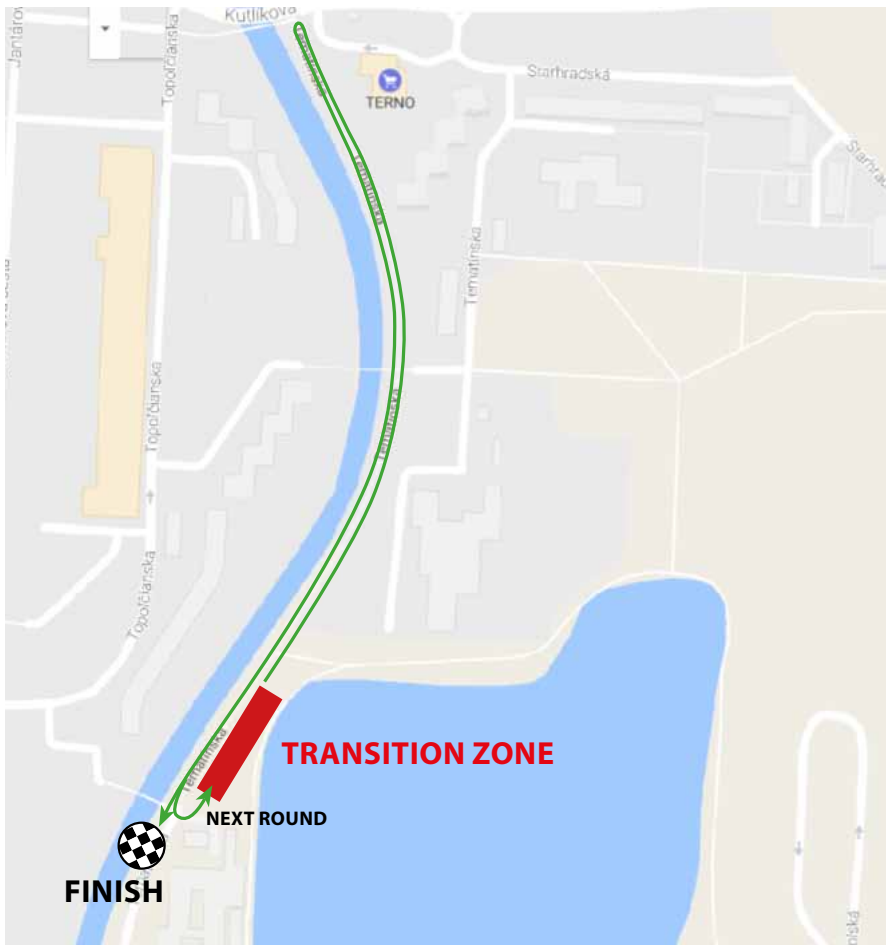
Partners:



Run course

5 rounds – 5x 1 000 m = 5 000 m

Asphalt – flat



Partners:



D) CATEGORIES AND COURSES

Elite/U23/Juniors/Para

CATEGORY	YEAR OF BIRTH	COURSE (SWIM – RUN)
ELITE	–	1 000 m – 5 km
U23	–	1 000 m – 5 km
Juniors	–	1 000 m – 5 km
Paraathletes	–	1 000 m – 5 km

Age groups (Hobby)

CATEGORY	YEAR OF BIRTH	COURSE (SWIM – RUN)
Youth under 11	2006 and younger	100 m – 500 m
Youth 12 – 13	2004 – 2005	200 m – 1 km
Youth 14 – 15	2002 – 2003	400 m – 2 km
AG 16 – 19 male/female	1998 – 2001	1 000 m – 5 km
AG 20 – 24 male/female	1993 – 1997	1 000 m – 5 km
AG 25 – 29 male/female	1988 – 1992	1 000 m – 5 km
AG 30 – 34 male/female	1983 – 1987	1 000 m – 5 km
AG 35 – 39 male/female	1978 – 1982	1 000 m – 5 km
AG 40 – 44 male/female	1973 – 1977	1 000 m – 5 km
AG 45 – 49 male/female	1968 – 1972	1 000 m – 5 km
AG 50 – 54 male/female	1963 – 1967	1 000 m – 5 km
AG 55 – 59 male/female	1958 – 1962	1 000 m – 5 km
AG 60 – 64 male/female	1953 – 1957	1 000 m – 5 km
AG 65 – 69 male/female	1948 – 1952	1 000 m – 5 km
AG 70 – 74 male/female	1943 – 1947	1 000 m – 5 km
AG 75 – 79 male/female	1938 – 1942	1 000 m – 5 km

Partners:



E) BRIEFINGS

- Briefing/Age groups team managers:
Friday 26th May at 12:00
Lake Draždiak – Tennis area
- Briefing/Coaches:
Friday 26th May at 13:00
Lake Draždiak – Tennis area
- Briefing/Para athletes:
Friday 26th May at 15:00
Lake Draždiak – Tennis area
- Briefing/Age groups:
Friday 26th May at 16:00
Lake Draždiak – Tennis area
- Briefing/ELITE, U23, Juniors:
Friday 26th May at 17:00
Lake Draždiak – Tennis area

Partners:



F) OFFICIAL TRAININGS

Elite/U23/Junior

Official swim trainig – lake Draždiak – thursday 15.00 – 16.00, friday 16.00 – 17.00.

Official swim trainig – Petržalka swimming pool – thursday 9.00 – 13.00, friday 9.00 – 13.00.

For official swim trainig please contact your national federation.

Age groups (Hobby)

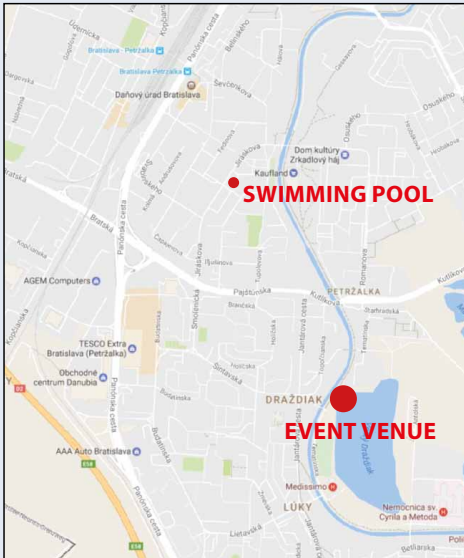
Official swim trainig – lake Draždiak – thursday 16.00 – 17.00, friday 15.00 – 16.00.

Optionaly you can go to swimming pool on public hours.

Petržalka Swimming pool

Jiráskova ul. 996/7

www.plavarenpetrzalka.sk



Partners:



G) PRIZE MONEY

Prize money distribution – elite men and women:

1st.	900 EUR
2nd.	750 EUR
3rd.	600 EUR
4th.	450 EUR
5th.	300 EUR

H) PAYMENTS

Start fee Elite/U23/Juniors/Paraathletes/Age groups:

40 €

For payment please contact your national federation or you can send money directly to:

IBAN: **SK97 7500 0000 0040 1896 6805**

SWIFT: **CEKOSKBX**

Please notice your name and category, for example:

John Smith

AG 35 – 39

Partners:

