

ATHLETE'S GUIDE

2018 Loutraki ETU Triathlon
Youth European Championships Festival

TRIATHLON^{***}
YOUTH EUROPEAN CHAMPIONSHIPS
LOUTRAKI 2018

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. KEY DATES

DAY 1 – Wednesday 29/08

13:00-13:30 Bike course familiarization
13:30-14:30 Swim familiarization
16:30 Briefing
17:00-18:00 Start pack pick up
18:30 Opening ceremony
19:00 Dinner (Pasta party)

DAY 2 – Thursday 30/08

Distance: 500m swim – 12km bike – 3km run
09:30 SEMI-FINAL 1. YOUTH WOMEN
10:15 SEMI-FINAL 2. YOUTH WOMEN
11:00 SEMI-FINAL 3. YOUTH WOMEN
12:45 SEMI-FINAL 1. YOUTH MEN
13:30 SEMI-FINAL 2. YOUTH MEN
14:15 SEMI-FINAL 3. YOUTH MEN
18:00 - 18:30: A Final pick-up
18:31: Fill up slots A Final
18:45 - 19:15: B Final pick-up
19:16: Fill up slots B Final
19.30 Ypanema Beach party

DAY 3 – Friday 31/08

09:00 Expenditure at Ancient Isthmia/Iraio etc
17:00-18:00 Anti-doping Seminar
18:00-20:00 Open Aquathlon and Fun Races (Men /Women, Kids)

DAY 4 – Saturday 01/09

Distance: 750m swim – 20km bike – 5km run
08:30 NC Elite Women
09:30 NC Elite Men
10:30 AG Men-Women open race

12:30 NC & AG Award Ceremony
Distance: 300m swim – 8km bike – 2km run
13:30 B FINAL. YOUTH WOMEN
14:30 B FINAL. YOUTH MEN
16:00 A FINAL. YOUTH WOMEN
17:00 A FINAL. YOUTH MEN
18:00 YOUTH AWARD CEREMONY
20:00 Color Music Concert

DAY 5 – Sunday 02/09

09:00 NC Men – Women Mixed Relay
11:00 NC Mixed Relay award Ceremony
12:00 YOUTH MIXED RELAY, Distance: 300m – 8km – 1km
13:30 YOUTH MIXED RELAY award ceremony
14:30 Closing beach party at Waves

1.3. KEY CONTACTS

- Race director: Grigoris Skoularikis , grigoris@runningnews.gr
- Technical Delegate: Daniel Martin (AUT) mail@danielmartin.at, Andreas Galanos (GRE) andreas.galanos@gmail.com
- Athlete services manager: George Spyros, georgespyros@msn.com

1.4. CONTACT DETAILS

Hellenic Triathlon Federation, info@triathlon-hellas.com, Alexandrio Synedriako, Loutraki 20300

2. VENUE

2.1. RACE VENUE

Loutraki is a seaside resort on the Gulf of Corinth, located 81km (50 miles) west of Athens & 8km (5 miles) northeast of Corinth. Just 1 hour away from Athens airport (Eleftherios Venizelos International Airport) via highway & 6km (3.5 miles) from the train station connecting the airport to the area.

The mild Mediterranean climate allows the athletes to engage in sports activities throughout the year, while enjoying a spectacular diverse scenery which combines sea & mountain.

2.2 COURSE FAMILIARIZATION

Wednesday 29/08

13:00-13:30 Bike course familiarization (Meeting Point: Transition Area)

13:30-14:30 Swim familiarization (Meeting Point: Transition Area)

There will not be a run course familiarization due to heavy traffic because of the high time of the summer holiday season.

2.3.a RACE PACKAGE DISTRIBUTION YOUTH: After the Athletes Briefing at the Briefing venue

2.3.b. NC ELITE / AG ATHLETES' RACE PACKAGE Wednesday 29/08 17:00-18:00 Start pack pick up from LOC Office.

2.4. SECURITY

Security services provided by "Argos Security"

2.5. LOC OFFICE

SportCamp (Katounistra area, Loutraki, contact numbers: 2744023999/2744066860, Email: sports@sportcamp.gr)

3. ACCOMMODATION

Sports Travel Loutraki

Contact numbers: 2744023999/2744066860

Email: sports@sportcamp.gr

4. TRANSFER AND TRANSPORT

There is train, Proastiakos, from Athens Airport "El. Venizelos" to Corinth. The cost is 12.00€ per ticket and there is one train every hour, that passes from each train station. There aren't extra charges for luggage. From Corinth train station there will be shuttle bus from the organization to transfer you to your accommodation.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Swimming Pools:

SportCamp

Katounistra area, Loutraki

Contact numbers : 2744023999/2744066860

Email: sports@sportcamp.gr

Municipal Swimming Centre

(Leoforos Athinon Avenue)

with one 50m open swimming pool and one 25m open swimming pool

Contact numbers : +30 27440 66030

Email: pooloutr@otenet.gr



BIKE

Safer bike location: From the center of Loutraki through the Eleftheriou Vevizelou Avenue – Leoforos Athinon Anevue with direction from Loutraki to Isthmos until Isthmos (Alexandrio Convention Center), and then back from the same route.



RUN

Municipal Track Field “CHRISTOS THODIS”

which is an open 400m track field with 6 lanes, near the city of Loutraki.

Open: All Day

5.2. ATHLETES LOUNGE

The Athletes Lounge is located in the Club Hotel Casino Loutraki. Toilets, seating, bag storage and sealed bolts of water will be offered to the athletes before and after the race.

5.3. 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.

Loutraki Health Center, Karaiskaki & Perikleous, Loutraki, 2744360000

Genreal Hospital Corinth, Athinon Avenue 53, Corinth, 2741361400

5.4. BIKE MECHANICAL SERVICE

Bike service will be provided by bike shop “Top Cycles” , available at the race venue on times of competition and 2h prior. Also available at bike familiarisation.

6. COMPETITION SCHEDULE

6.1. Competition Schedule

DAY 1 – Wednesday 29/08

13:00-13:30 Bike course familiarization
13:30-14:30 Swim familiarization
16:30 Briefing
17:00-18:00 Start pack pick up
18:30 Opening ceremony
19:00 Dinner (Pasta party)

DAY 2 – Thursday 30/08

Distance: 500m swim – 12km bike – 3km run
07.30 Athlete's Lounge Open
08.30 Transition Area Open
09.15 Transition Area Closes
09:30 SEMI-FINAL 1. YOUTH WOMEN
10:15 SEMI-FINAL 2. YOUTH WOMEN
11:00 SEMI-FINAL 3. YOUTH WOMEN
12:00 Transition Area Open
12.30 Transition Area Closes
12:45 SEMI-FINAL 1. YOUTH MEN
13:30 SEMI-FINAL 2. YOUTH MEN
14:15 SEMI-FINAL 3. YOUTH MEN
18:00 - 18:30: A Final pick-up
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09:00 Expenditure at Ancient Isthmia/Iraio etc
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08:30 NC Elite Women
09:30 NC Elite Men
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11.30 Athlete's Lounge Open
12:30 NC & AG Award Ceremony
Distance: 300m swim – 8km bike – 2km run
12:30 Transition Area Open
13.15 Transition Area Closes

13:30 B FINAL. YOUTH WOMEN
14:30 B FINAL. YOUTH MEN
15:00 Transition Area Open
15.45 Transition Area Closes
16:00 A FINAL. YOUTH WOMEN
17:00 A FINAL. YOUTH MEN
18:00 YOUTH AWARD CEREMONY
20:00 Color Music Concert

DAY 5 – Sunday 02/09

09:00 NC Men – Women Mixed Relay
09:00-11:30 Athlete's Lounge Open
11:00 NC Mixed Relay award Ceremony
11:00 – 11.45 Transition Area Open for check in
12:00 YOUTH MIXED RELAY, Distance: 300m – 8km – 1km
13:30 YOUTH MIXED RELAY award ceremony
14:30 Closing beach party at Waves

6.2. COMPETITION RULES

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

6.3. ATHLETE'S BRIEFING

Wednesday 29/08 16:30, Club Hotel Casino Loutraki

6.4. TIMING CHIPS

The athletes will receive a timing chip, to be worn on the athletes' ankle. The timing chip will be included be distributed at the Athletes Lounge on Race Day.

6.5. RACE CHECK- IN

Uniforms will be checked at Athletes Lounge on Race Day . Athletes must check- in prior to racking their bikes. Bikes and the spare wheels will be checked, on entry to the transition area. Spare wheels must be taken to Wheel Station, at least 30 minutes before the race start.

6.6. DOPING CONTROL

An Anti-Doping-Seminar will be conducted (Date and time to be confirmed with Greek Anti-Doping-Agency, the whole seminar needs to be organised by the LOC)

6.7. RESULTS

Results will be uploaded at the ITU official website www.triathlon.org.

All the Results information will be distributed to the Team Leaders at the Information Centre

6.8. 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.

Info on when and where the accreditations will be distributed

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. WELLNESS -REHABILITATION

At the Loutraki Municipal Thermal Spa (G.Lekka 24, 2744062186, www.loutrakispa.gr) visitors enjoy special treatments which rely on the therapeutic abilities of the local thermal spring which dates back to the 2nd century B.C. (Opening hours 11:00-19:00)

8.2. PHONE INFORMATION

Greek Calling Code is +30 and, then, dial the rest of the telephone number.

8.3. EMERGENCY PHONENUMBERS

Police: 100

Fire Department: 199

Ambulance Service: 166

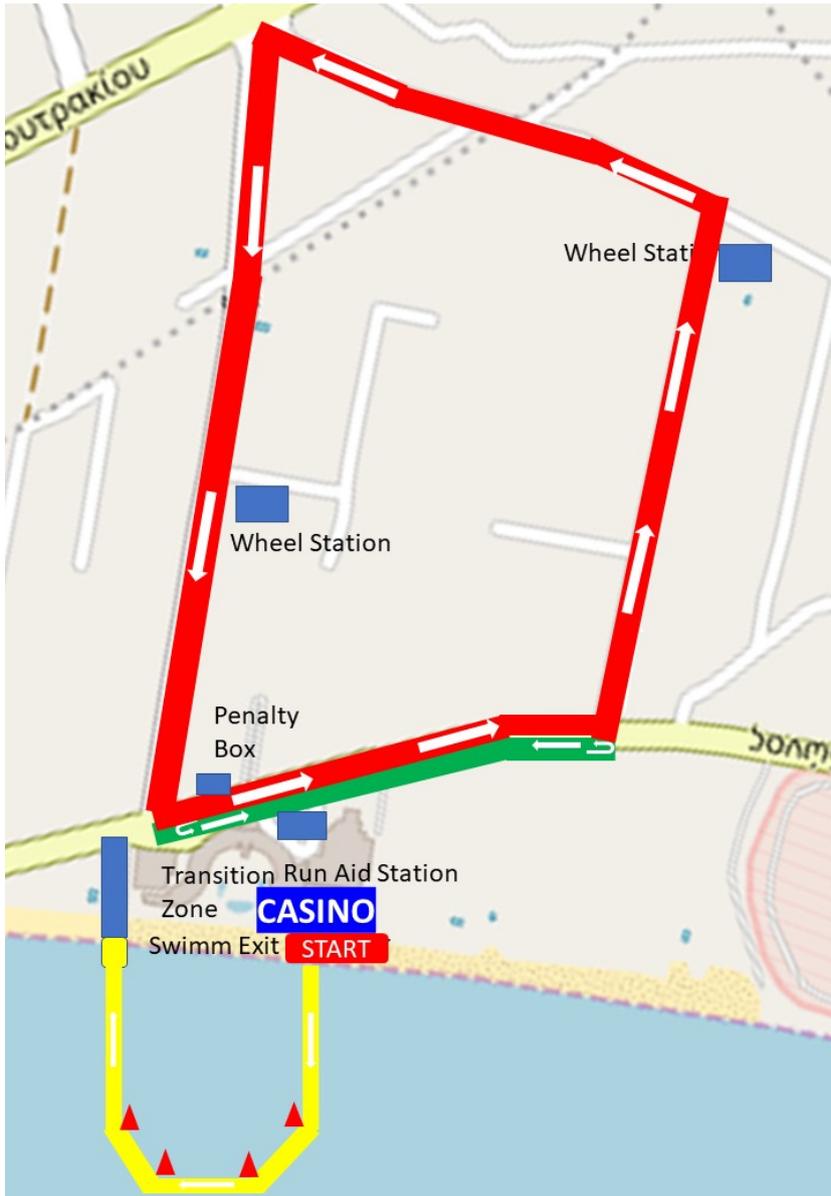
Hospital Corinth: 2741361400

Health Center Loutraki: 274436000

Police Station Loutraki: 2744063000

9. COURSE MAPS

GENERAL MAP



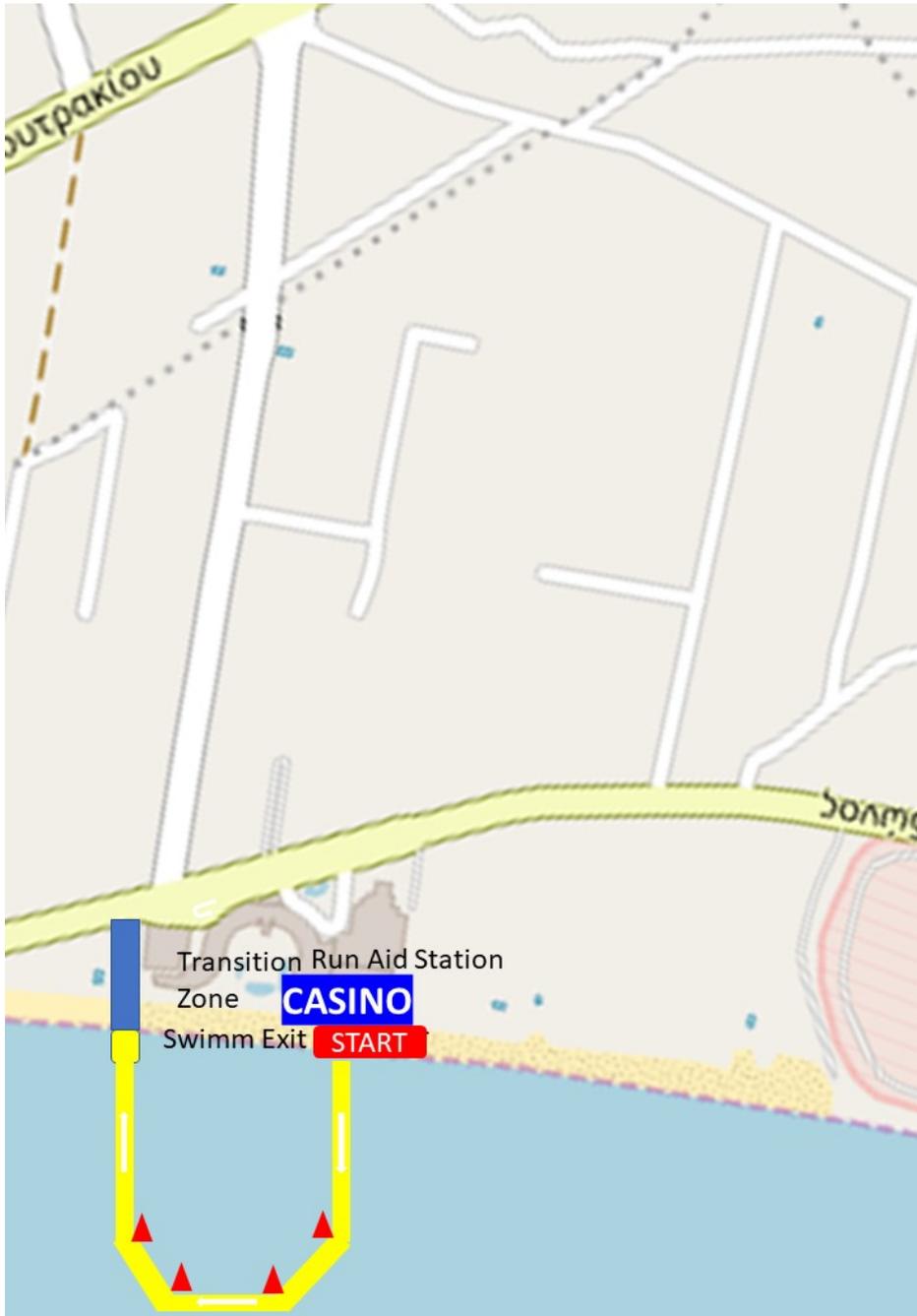
SWIM COURSE

Following the call, athletes will follow the blue carpet taking them to the swim start

The swim start will be beach start. It is a one lap course 500m to be swam clockwise. The first buoy is 150m, this is followed by a slight right hand turn towards the second buoy, another slight turn towards the second buoy and a third turn towards the third buoy. A last slight right hand turn towards the last buoy and then final right hand turn brings them to the last 150m straight back to the exit. When exiting they will find a slight steep part that leads them into the Transition area.

Average water temperature: 24-25 °C

Map of the swim course:



TRANSITION T1 ENTRANCE AND EXIT

In the map T1 you can see the entrance to T1, exit from T1 and Mount line.

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

Description: flat, not technical

The course is 5 laps for the semi-final and 3 laps for the final to go counter clockwise. It is a relatively flat ground. Total height difference is 25m.

Exit T1 turn slight right hand passing in front of the Casino. After 500m turn left and follow the light uphill street. Before the next left turn you will find the 1st wheel station. After 900m turn left and you have a 1000m downhill section. At about the middle of this part is a dangerous point. At the end of this section you have reached the end of the loop and go again left.

At the end of the lap the athletes pass in front of the mount line where the lap count is found.

Map of the bike course:

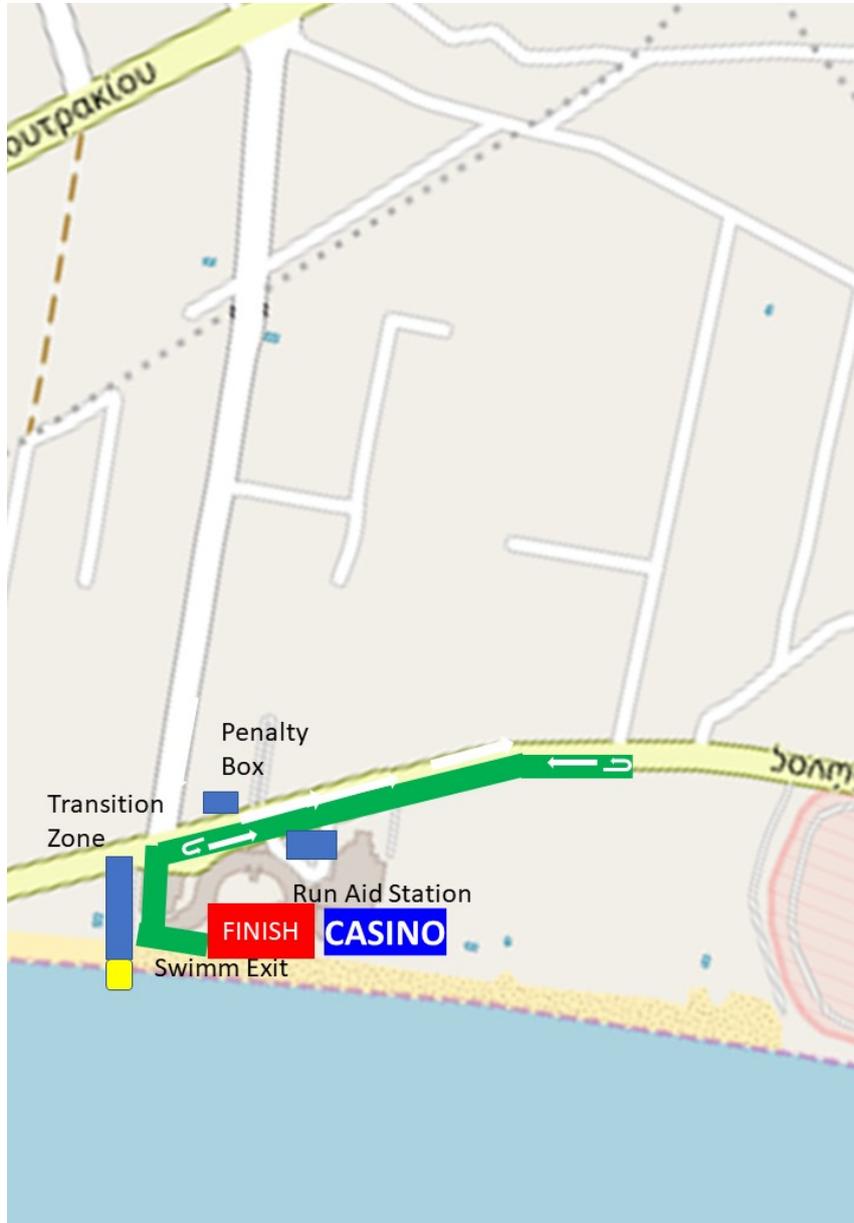


TRANSITION 2 T2 entrance and exit

At the end of the last lap the athletes do not turn left, but go slight right hand over the dismount line, into the Transition area. After leaving the bike they go to the end of the Transition area, make a left U turn left and come back to the avenue where they start the run sector
Running shoes may be placed beside the rack or in the bin.



The run course is 3 laps for the semifinals and 2 for the finals of 1km each in a counterclockwise direction on flat ground with no elevation differences. Exit T2 turn right and run along the Posidonos Avenue in front of the Casino, where the Run Aid Station is located and follow the marked lane for 500m. Then make a left hand U turn and come back towards the Transition area. At the end of the lap is the penalty box and the lap count.



FINISH LINE

At the end of the last lap the athletes pass through the Transition Zone turn left to the finish line on the beach side of the casino

AID STATION

On the run course there will be 1 aid station. It is positioned 200m from T2 exit on the right hand of the course. The athletes will be provided with water bottles sealed as regulation.

Bottles can only be disposed in the “drop zone”