



# ATHLETE'S GUIDE

EUROPEAN JUNIOR CUP – TÁBOR 30.7.2017



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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

#### 29.7.2017

13:30 - 16:00 Registration to the race (I-point, Hotel Palcát)

16:00 - 17:00 Bike course familiarization

19:00 - 20:00 Pre-race briefing (attendance is mandatory) – Hotel Palcát

20:00 - 21:00 Pasta Party for participants (Hotel Palcát)

#### 30.7.2017

10.35 - 11.35 Athletes Lounge open

11:00 - 11:45 Transition Area Check-in

12:00 Start presentation junior male – in the start area

12:05 START – junior male

13:10 Start presentation junior female – in the start area

13:15 START – junior female

14:30 - 15:00 Check - out

15:00 Awards ceremony

### 1.3. KEY CONTACTS

#### Race director

Hotový Karel, email: [hotovy.k@tiscali.cz](mailto:hotovy.k@tiscali.cz) , Phone: 00420 723 433 065,

#### Technical delegate

Eero Raudsepp (EST), email: [eero.raudsepp@triatlon.ee](mailto:eero.raudsepp@triatlon.ee)

#### Athlete services manager

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

### 1.4. CONTACT DETAILS

E.ON triathlon team

Krasna Vyhlička 306

Tabor 39002

Hotový Karel, email: [hotovy.k@tiscali.cz](mailto:hotovy.k@tiscali.cz) , Phone: 00420 723 433 065,



## 2. VENUE

### 2.1. RACE VENUE

T.G. Masaryk Square 788/1 , Tábor

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

### 2.2 COURSE FAMILIARIZATION

29.7.2017 : 16:00 - 17:00 Bike course familiarization

### 2.3. ATHLETE'S LOUNGE

Very close (5-10m) to the transition area:

SZEŠ <https://mapy.cz/s/1D3R3>

Square T.G. Masaryka, Tábor

### 2.4. EJC - ATHLETES' RACE PACKAGE

29.7.2017, 13:30 - 16:00 Registration to the race (I-point, Hotel Palcát)

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

### 2.5. DOPING CONTROL

Location of the doping control site. Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

### 2.6. SECURITY

Promoter accepts no competitor for responsibility for any injury, and property.

Compete with the existing rules by the ITU for the European junior Cup 2017

All competitors participate at their own risk.

### 2.7. LOC OFFICE

29.7.2017 , 13: 00 - 20:00 Opening hours LOC Office , Hotel Palcát

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



### 3. ACCOMMODATION

Hotel Palcát  
9. Května 2471  
390 02 Tábor, CZ  
Tel: +420 381 252 901 - 2  
Email to a binding order: [recepce@hotelpalcat.cz](mailto:recepce@hotelpalcat.cz)  
Website: <http://www.hotelpalcat.cz>

Prices:

Price for 1 night/per room  
1.600,- CZK / Double room

(Accommodation includes: breakfast, VAT)

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

Please, order your accommodation directly in the hotel.

IMPORTANT INFORMATION: Accommodation must be ordered before 2.7.2017!

### 4. TRANSFER AND TRANSPORT

#### Closest Airport

Vaclav Havel Airport (Prague)

#### Local Transportation

Transport from the airport Prague to Tábor [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.

You can order transport on the following email:  
email: [martin@triatlon-tabor.cz](mailto:martin@triatlon-tabor.cz)

### 5. ATHLETE'S SERVICES

#### 5.1. TRAINING FACILITIES



##### SWIM

Swimming 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: 30.7. 2017 , 9:00 – 16:00, only for athletes

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. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
29.7.2017	19:00	20:00	Athlete's briefing	Hotel Palcát
29.7.2017	20:00	21:00	Pasta party	Hotel Palcát
29.7.2017	13:30	16:00	Athlete registration	Hotel Palcát
30.7.2017	10:35	11:35	Athlete Lounge check in	T.G.M. Square , T1
30.7.2017	11:00	11:45	TA check in	T.G.M. Square, T1
30.7.2017	12:30	13:00	Swim warm-up	Swim start area
30.7.2017	13:00		Calling area	Swim start area
30.7.2017	13:10		Athletes introduction	Swim start area
30.7.2017	13:15		Start	
30.7.2017	15:00	15:30	Award Ceremony	T.G.M. Square

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
29.7.2017	19:00	20:00	Athlete's briefing	Hotel Palcát
29.7.2017	20:00	21:00	Pasta party	Hotel Palcát
29.7.2017	13:30	16:00	Athlete registration	Hotel Palcát
30.7.2017	10:35	11:35	Athlete Lounge check in	T.G.M. Square
30.7.2017	11:00	11:45	TA check in	T.G.M. Square
30.7.2017	11:30	11:55	Swim warm-up	Swim start area
30.7.2017	11:55		Calling area	Swim start area
30.7.2017	12:00		Athletes introduction	Swim start area
30.7.2017	12:05		Start	
30.7.2017	15:00	15:30	Award Ceremony	T.G.M. Square

### 6.3. COMPETITION RULES

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

### 6.4. ATHLETE'S BRIEFING

29.7.2017, time: 19:00 – 20:00 , location: Hotel Palcát , Street: 9. května 2471

### 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.competitions.com](http://www.competitions.com).

Please inform if there is any live coverage.

All the Results information will be distributed to the Team Leaders at the Information Centre (location?).



## 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.

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

Could be and is not limited to:

8.1. LANGUAGE - Czech

8.2. POPULATION – 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. COURSE MAPS

### SWIM START



SWIM COURSE – Lake Jordán

Start procedures: beach start

Number of laps: 1

Average water temperature: 22,1°C

Finish: 110m bellow the checking area T1.

The track is marked by buoys. Followed by a run in the checking area T1.

### TRANSITION 1

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 – 2 laps / 1lap = 10km





Undulating and technical course mostly in the town, fully closed.  
 Local communications - direction: Chotoviny - Mladá Vožice and back.  
 The track is marked by yellow arrows.

**TRANSITION 2**

From the dismount line, please describe the flow of the transition  
 Running shoes may be placed beside the rack or in the bin.

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

Description: Flat town circuit (asphalt). The circuit is marked with lime line along the entire route and tickets Finish: tř. 9. května.

**Refreshment**

**station:**

During the run course of the next circuit will be available to run a refreshment station, which will bring clean water.

The objective of the event will be water, rice pudding, fruit and biscuits





