

# ATHLETE'S GUIDE

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TRIATHLON   
JUNIOR EUROPEAN CUP  
TABOR 2018

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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 2018 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

#### 28.7.2018

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) (Hotel Palcát)

18:00 - 20:00 Registration to the race (ID required) (I-point, Hotel Palcát)

#### 29.7.2018

10:35 Athletes Lounge open

11:05 - 11:45 Transition Area Check-in – junior male

11:55 Start presentation - junior male – in the start area

12:05 START – junior male

13:00 - 13:30 Transition Area Check-in – junior female

13:40 Start presentation - junior female – in the start area

13:50 START – junior female

15:00 - 15:30 Transition Area Check – out

15:30 Athletes Lounge close

15:30 Awards ceremony

### 1.3. KEY CONTACTS

#### Race director

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

#### Technical delegate

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

#### Athlete services manager

Martin Hotový, 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

39002 Tabor

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

## 2. VENUE

### 2.1. RACE VENUE

T.G. Masaryk Square 788/1, Tábor

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

### 2.2 COURSE FAMILIARIZATION

28.7.2018: 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. EJC - ATHLETES' RACE PACKAGE

Race package is delivered during registration to the race - 28. 7. 2018, 18:00 - 20:00 (I-point, Hotel Palcát)

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

### 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

28. 7. 2018, 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

### 3. ACCOMMODATION

Hotel Palcát  
9. Května 2471  
390 02 Tábor, CZ  
Tel: +420 774 706 495  
Order accommodation via mail: [recepce@hotelpalcat.cz](mailto:recepce@hotelpalcat.cz)  
Website: <http://www.hotelpalcat.cz>

Prices:  
Price for 1 night/per room  
appx. 1.700CZK (75€) / Double room

(Price 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 28.6.2018! Directly through the hotel reservation system. Note: Triathlon

### 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. ATHELETE'S SERVICES

#### 5.1. TRAINING FACILITIES

##### SWIM

Swimming pool (outdoor pool, 25m, indoor in renovation), <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: 29.7. 2018, 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. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
28.7.2018	17:00	18:00	Athlete's briefing (attendance is mandatory, ID required)	Hotel Palcát
28.7.2018	18:00	20:00	Pasta party	Hotel Palcát
28.7.2018	18:00	20:00	Athlete registration (ID required)	Hotel Palcát
29.7.2018	10:35	15:30	Athlete Lounge open	T.G.M. Square
29.7.2018	13:00	13:30	TA check in	T.G.M. Square
29.7.2018	13:10	13:40	Swim warm-up	Swim start area
29.7.2018	13:40		Calling area	Swim start area
29.7.2018	13:45		Athletes introduction	Swim start area
29.7.2018	13:50		Start	
29.7.2018	15:00	15:30	TA check-out	T.G.M. Square
29.7.2018	15:30	16:00	Award Ceremony	T.G.M. Square

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
28.7.2018	17:00	18:00	Athlete's briefing (attendance is mandatory, ID required)	Hotel Palcát
28.7.2018	18:00	20:00	Pasta party	Hotel Palcát
28.7.2018	18:00	20:00	Athlete registration (ID required)	Hotel Palcát
29.7.2018	10:35	15:30	Athlete Lounge open	T.G.M. Square
29.7.2018	11:05	11:45	TA check in	T.G.M. Square
29.7.2018	11:25	11:55	Swim warm-up	Swim start area
29.7.2018	11:55		Calling area	Swim start area
29.7.2018	12:00		Athletes introduction	Swim start area
29.7.2018	12:05		Start	
29.7.2018	15:00	15:30	TA check-out	T.G.M. Square
29.7.2018	15:30	16:00	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

28.7.2018, time: 17:00 – 18:00, attendance is mandatory, ID required, location: Hotel Palcát, Street: 9. května 2471, 1<sup>st</sup> 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. COURSE MAPS

### SWIM START



SWIM COURSE – Lake Jordán

Start procedures: in-water start

Number of laps: 1

Average water temperature: 22,1°C

The track is marked by buoys. Followed by a run to the Transition Area.

### 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 = 5km

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 = 1,66km

Description: 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:**

In the beginning of each run lap there will be aid station with clean water.

There will be water, rice pudding, fruit and biscuits in the finish area of the race.

**EUROPEAN JUNIOR CUP  
ETU TRIATHLON  
TÁBOR 29. 7. 2018**

**Swimming: 0,75 km (1 lap)**  
**Bike: 20 km (4 laps) = 4 x 5 km**  
**Run: 5 km (3 laps) = 3 x 1,66 km**

- AL** Athletes lounge
- AS** Aid Station
- BS** Bike Services
- DC** Doping Control
- MA** Media Area
- +** Medical AID
- PB** Penalty Box
- TA** Transition Area
- WS** Wheel Station
- Hotel Palcát

