

# ATHLETE'S GUIDE

2019 Istanbul ETU Sprint Triathlon  
Balkan Championships

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TRIATHLON <sup>SPRINT</sup>  
BALKAN CHAMPIONSHIPS  
KARTAL / ISTANBUL 2019

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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 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. CATEGORIES & DISTANCES & AGES

Elite / Sprint Triathlon

Junior / Sprint Triathlon / Athletes aged 16 to 19 years old

Youth / Super Sprint Triathlon Athletes aged 15 to 17 years old

M2 / Aquathlon (300m-1200m) / Athletes aged 11 to 12 years old

M1 / Aquathlon (200m-600m) / Athletes aged 9 to 10 years old

Age Groups / Sprint Triathlon / 20-24/25-29/30-34 etc.

### 1.3. REGISTRATION

Elite registration should be made through ITU login system.

The registration for other categories should be made through submitting the form

## REGISTRATION FORM

### 1.4. KEY DATES

#### 2 August 2019 Friday

14:00-16:00 Registration open and package pick up (Youth, Juniors)

16:00 Youth & Juniors briefing (Balkan Championship)

17:00 Elite briefing

Packets distribution for Elite's (after Briefing)

18:00 Pasta Party

#### 3 August 2019 Saturday

08:15 Kartal/Istanbul Balkan Championship Start Youth Men

08:20 Kartal/Istanbul Balkan Championship Start Youth Women

10:00 Kartal/Istanbul Balkan Championship Start Junior Women

10:15 Kartal/Istanbul Balkan Championship Start Junior Men

13:00 Kartal/Istanbul ETU Balkan Championship Start Elite Women

14:30 Kartal/Istanbul ETU Balkan Championship Start Elite Men

4 August 2019 Sunday

08:30 Kartal/Istanbul Balkan Championship Start Age Groups

13:45 Kartal/Istanbul Balkan Championship M1 Aquathlon Start (9-10 years old)

14:10 Kartal/Istanbul Balkan Championship M2 Aquathlon Start (11-12 years old)

### **1.5. KEY CONTACTS**

Name and contact details of:

- Race Director / Mehmet Zafer Peker
- Technical Delegate / Andreas Galanos GRE
- Athlete Services Manager / Hüseyin Onur Aydemir

### **1.6. CONTACT DETAILS**

Mehmet Zafer Peker

+90 536 353 34 38

[zaferpekers@hotmail.com](mailto:zaferpekers@hotmail.com)

-Hüseyin Onur Aydemir

+90 507 168 26 58

[onuraydemir@triatlon.org.tr](mailto:onuraydemir@triatlon.org.tr)

## **2. VENUE**

### **2.1. RACE VENUE**

Kartal Belediyesi Su Sporları Merkezi

Orhantepe Mahallesi, Turgut Özal Bulvarı, 34865 Kartal/İstanbul

Location and address of the race venue, if possible with a map (general overview)

### **2.2 COURSE FAMILIARIZATION**

2 August 2019 Friday

14:00- Escorted bike course familiarization (Open to traffic) Transition Area

14:30-Swim course familiarization 30min

### **2.3. ATHLETE'S LOUNGE**

Location: should be at or very close to the race venue and should provide toilets, water, fruit and energy drinks

Also info on possible recovery zone close to the finish area (with maybe physiotherapist for massage)

### **2.4. ATHLETES' RACE PACKAGE**

KNDF Marine Hotel

02.08.2019 (Friday)

14:00-16:00 Youth and Junior

18:00 Elite (After the briefing)

03.08.2019 (Saturday)

15:00-17:00 Age Group & Mix Relay

## **2.5. DOPING CONTROL**

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

## **2.6. LOC OFFICE**

Turkish Triathlon Federation

## **3. ACCOMMODATION**

The host hotel is the KNDF Marine Hotel.

<https://kndfmarinehotel.com/kndf>

Reservation: [info@kndfmarinehotel.com](mailto:info@kndfmarinehotel.com)

Adress: Kordonboyu Mahallesi, Ankara Caddesi No:160, Kartal/İstanbul, Türkiye

Tel: 00902165178293

For other options:

İlayda Ateşok

E-mail: [reservation1@tungatour.com](mailto:reservation1@tungatour.com)

Phone: +90 542 450 71 34

All options are B&B and 4 or 5 star hotels.

- HOTEL VILLA VANILLA Standart Room/Single 32 € /Double 32 €/Triple 44 €
- ELITE HOTEL KUCUKYALI Standart Room/Single 29 € /Double 35 €/Triple 41 €
- ELITE HOTEL DRAGOS Standart Room/Single 35 € /Double 39 €/Triple 47 €
- THE GRAND MIRA HOTEL Standart Room/Single 37 € /Double 41 €/Triple 51 €
- INERA HOTEL Standart Room/Single 51 € /Double 63 € /Triple 86 €
- RAMADA ENCORE KARTAL Standart Room/Single 40 € /Double 51 €/Triple 63 €
- TITANIC BUSSINESS KARTAL Standart Room/Single 56 € /Double 67 €/Triple 78 €
- CEVAHIR HOTEL ISTANBUL ASIA Standart Room/Single 58 € /Double 63 €/Triple 81 €
- THE GREEN PARK PENDIK Standart Room/Single 68 € /Double 81 € /Triple 99 €
- BURGU ARJAAN BY ROTANA Clasic Studio Room/Single 75 € /Double 75 €/Triple 104 €
- TANGO ARJAAN BY ROTANA Clasic Studio Room/Single 75 € /Double 75 € /Triple 104 €
- DIVAN ISTANBUL ASIA Standart Room/Single 58 € /Double 99 €/Triple 135 €

## 4. TRANSFER AND TRANSPORT

### Closest Airports

Sabiha Gökçen Airport (20 km to Venue)

İstanbul Airport (65 km to Venue)

Airport transportation is provided with fee.

### Contact

İlayda Ateşok

E-mail: [reservation1@tungatour.com](mailto:reservation1@tungatour.com)

Phone: +90 542 450 71 34

### Transfer fees from Istanbul Airport to Kartal

VEHICLE TYPE CAPACITY ( Normal ) CAPACITY ( With Bicycle ) UNIT PRICE

Mercedes Vito 8 pax 4 pax or 5 pax 70 euro

Minibus 13 pax 8 pax 80 euro

Minibus 16 pax 10 pax 90 euro

Midibus 27 pax 18 pax 150 euro

Midibus 31 pax 20 pax 170 euro

Bus 45 pax 40 pax 200 euro

### Transfer fees from Sabiha Gökçen Airport to Kartal

VEHICLE TYPE CAPACITY ( Normal ) CAPACITY ( With Bicycle ) UNIT PRICE

Mercedes Vito 8 pax 4 pax or 5 pax 45 euro

Minibus 13 pax 8 pax 55 euro

Minibus 16 pax 10 pax 65 euro

Midibus 27 pax 18 pax 90 euro

Midibus 31 pax 20 pax 110 euro

Bus 45 pax 40 pax 140 euro

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES



#### SWIM

Meze Balık Havuz

A lane per hour 100 TL

For reservation +90 507 168 26 58



#### BIKE

Due to heavy traffic, bike training is not recommended during day times. Athletes may consider riding early in the morning (5 am to 7 am)



#### RUN

Race Course might be used for running training.

## 5.2. 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 is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance. Emergency telephone number: 112

## 5.3. BIKE MECHANICAL SERVICE

Bike Mechanic service will be ready at the race venue on 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> of August.

## 6. COMPETITION SCHEDULE

### 2 August 2019 Friday

- 14:00 Escorted bike course familiarization (Open to traffic) Transition Area
- 14:30 Swim course familiarization 30min
- 14:00 16:00 Registration open and package pick up
- 16:00 Youth & Juniors briefing (Balkan Championship)
- 17:00 Elite briefing (ETU Cup)
- 18:00 Pasta Party

### 3 August 2019 Saturday

- 06:45 07:15 Athletes Lounge Open and Check in Youth
- 07:00 08:00 Transition area is open for Youth and Juniors
- 07:45 08:00 Swim warm up for Youth
- 08:00 Pre start procedure
- 08:15 Kartal/Istanbul Balkan Championship Start Youth Men
- 08:20 Kartal/Istanbul Balkan Championship Start Youth Women
- 09:00 09:45 Transition area is open for Juniors
- 09:30 09:45 Swim warm up for Junior Women
- 09:45 Pre start procedure
- 10:00 Kartal/Istanbul Balkan Championship Start Junior Women
- 09:45 10:00 Swim warm up for Junior Men
- 10:00 Pre start procedure
- 10:15 Kartal/Istanbul Balkan Championship Start Junior Men
- 12:00 12:45 Transition area is open for Elite's
- 12:30 12:45 Swim warm up for Elite Women
- 12:45 Pre start procedure
- 13:00 Kartal/Istanbul ETU Balkan Championship Start Elite Women

- 14:00 14:15 Swim warm up for Elite Men  
14:15 Pre start procedure  
14:30 Kartal/Istanbul ETU Balkan Championship Start Elite Men  
15:00 17:00 Registration open (Age Group & Relay)  
16:30 Award Ceremony  
17:00 Briefing Age Group & Mixed Relay  
18:00 Pasta Party

#### 4 August 2019 Sunday

- 07:00 08:15 Transition area is open for Age Group  
07:45 08:15 Swim warm up for Age Groups  
08:30 Kartal/Istanbul Balkan Championship Start Age Groups  
10:30 Cut off 2hour (age groups)  
10:30 10:50 Transition area open for Mixed Relay  
11:00 Kartal/Istanbul Balkan Championship Mixed Relay Start  
13:00 Cut off 2hour (Mixed Relay)  
13:00 13:40 Transition area open for M1 (9-10 years o.), M2 (11-12 years o.) AQUATHLON  
13:45 Kartal/Istanbul Balkan Championship M1 Aquathlon Women Start (9-10 years)  
14:05 Kartal/Istanbul Balkan Championship M1 Aquathlon Men Start (9-10 years old)  
14:25 Kartal/Istanbul Balkan Championship M2 Aquathlon Women Start (11-12 years old)  
14:50 Kartal/Istanbul Balkan Championship M2 Aquathlon Men Start (11-12 years old)  
15:45 Award Ceremony

### **6.1. COMPETITION RULES**

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

### **6.2. ATHLETE'S BRIEFING**

Date, time and location

#### 2 August 2019 Friday

- 16:00 Youth & Juniors briefing (Balkan Championship)  
17:00 Elite briefing (ETU Cup)

#### 3 August 2019 Saturday

- 17:00 Briefing Age Group & Mixed Relay

### **6.3. TIMING CHIPS**

Champion Chip Timing

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.



#### 6.4. RESULTS

Results will be uploaded live at the ITU official website [www.competitions.com](http://www.competitions.com).

#### 6.5. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

#### 6.6. PRIZE MONEY & ENTRY FEE

Total Prize Money 1.800€

Prize money distribution for elite men and women

1st. 450 €

2nd. 270 €

3rd. 180 €

Entry Fee:

Elite's 50 €, Juniors 40 €, Youth 20 €, Age Group 50 €, M Groups (Aquathlon) 10 €

### 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. 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: Turkish

8.2. POPULATION 16.000.000

8.3. CURRENCY:

1€ = 6,600 TL

1\$ = 5,800 TL

8.4. TIME GMT +3

8.5 ELECTRICITY: 220 volts

8.6 WATER (Tap water is not drinkable)

8.7 TELEPHONE CONNECTIONS (+90 \*\*\* \*\*\*)

**9. COURSE MAPS**



**SWIM COURSE**

Start procedures: Pontoon start

Number of laps: 1 Laps

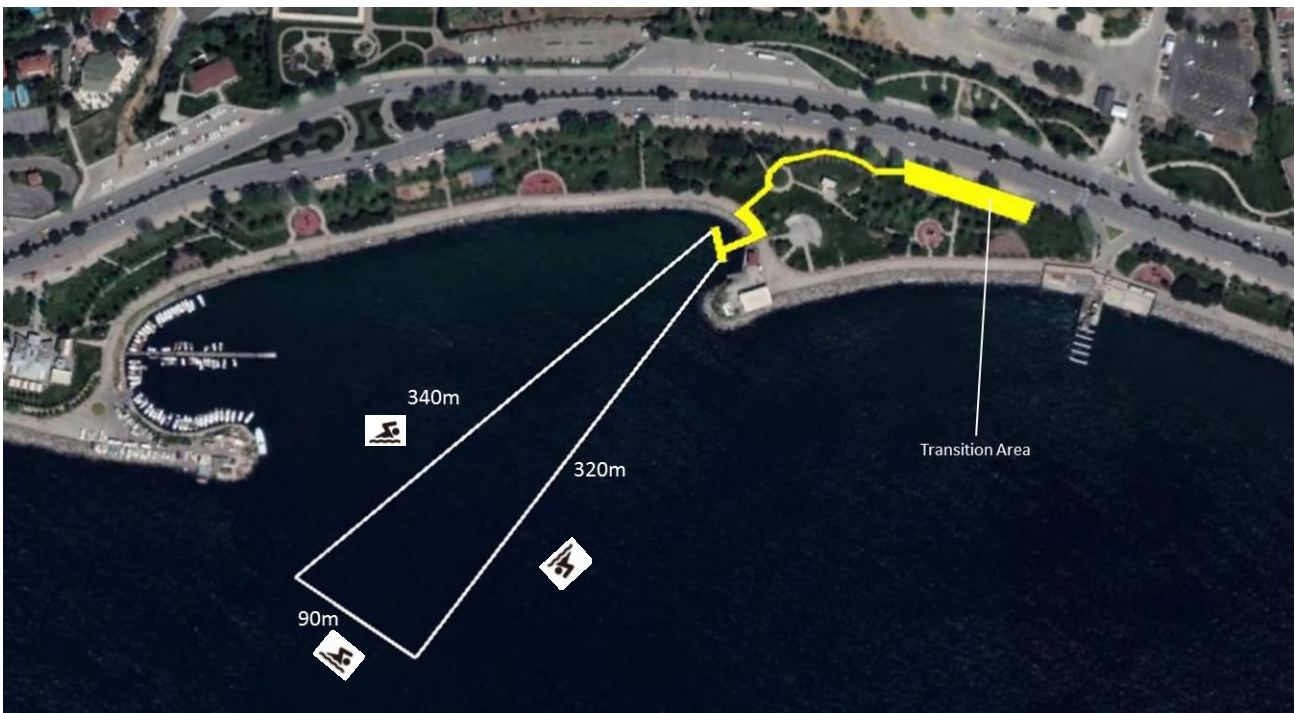
Elite, Junior, Age Group Categories 750m

Youth Category: 400m

M2 Category (11-12 Years old): 300m

M1 Category (9-10 Years Old): 200m

Average water temperature: 23 Celsius degree



**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 center lane and towards the mount line



 **BIKE COURSE**

Elite, Junior, Age Group Categories 4x5km

Youth Category 2x5km

Flat



 **RUN COURSE**

Elite, Junior, Age Group Categories: 2x 2500m

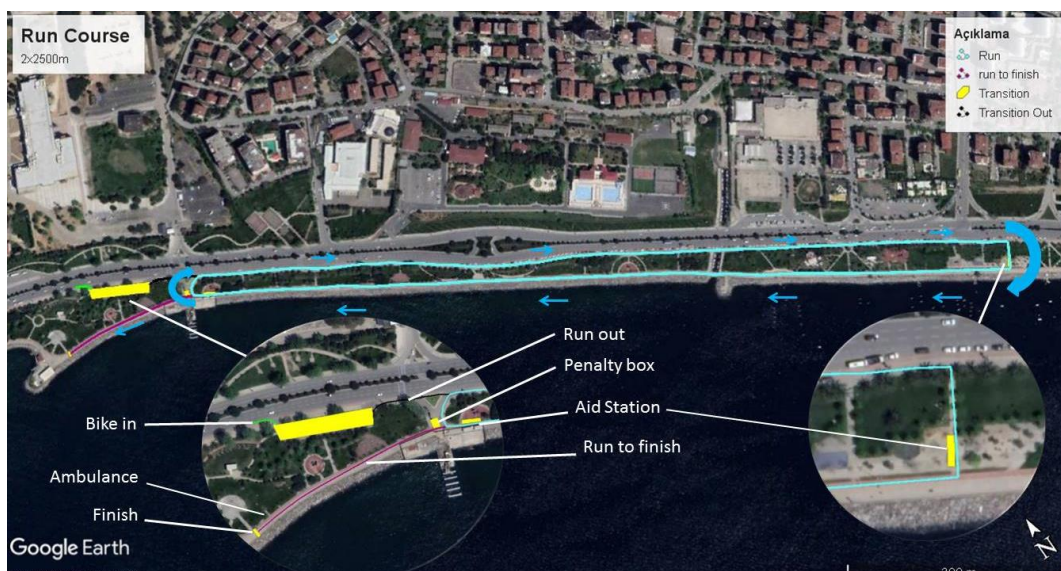
Youth Category: 1x2500m

M2 Category (11-12 Years old): 1200m

M1 Category (9-10 Years Old): 600m-

Description: flat

Two aid stations and the penalty box location are pointed on the map



**GOOD LUCK!**