



Rzeszów
2024



Athletes' Guide





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1 General Information

1.1 Introduction

Dear Athletes,

on the second weekend of June, Rzeszów will welcome you with open arms. It will be a third Europe Triathlon Cup organized in our city. In the capital of the beautiful land of Podkarpacie, you will compete at sprint distance.

We believe that the hospitality of Rzeszów and good organization, will allow you to achieve great results and goals. We are more than motivated and dedicated to overcome the current challenges and to provide for a safe race weekend for all athletes.

We present you the Athletes Guide to ensure that all athletes, coaches and team leaders are well informed about all procedures concerning the event. LABOSPORT POLSKA and TRIATHLON RZESZÓW (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. The creation date of this version of the document is stated at the first page.

Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to **CONSTANTLY CHECK** the available information.

See you in Rzeszów!

Greetings,

Organizing Committee



1.2. Key dates

Thursday, June 6th 2024			
11:30	12:00	Bike course familiarization	Venue – Transition Area
12:30	13:30	Swim course familiarization	Venue – Start area
18:00	18:30	Athletes Race Briefing	Bristol Hotel Rzeszów
18:30	19:30	Athletes Race Package Distribution	Bristol Hotel Rzeszów
Friday, June 7th 2024			
09:30	10:40	Elite Women Race	Venue
12:00	13:05	Elite Men Race	Venue
13:30	14:00	Award Ceremony Elite Women & Elite Men	Venue

1.3. Key contacts

	Name	Email	Phone
LOC Host City Coordinator and Security Manager	Bogdan Serwiński	bogdanserwinski@icloud.com	0048 691-160-836
LOC Race Manager	Tomasz Kowalski	tomasz.kowalski@labosport.pl	0048 793-794-338
ETU Technical Delegate	Gina Rogoveanu	gina.popescu@gmail.com	0040 737-362-136
LOC Race Office Manager	Marta Szotowska	biuro@startlist.pl	0048 793-794-552
LOC Media Manager	Kamila Kryger	Kamila.kryger@labosport.pl	0048 793-794-205
Polish Triathlon Association representative	Filip Szotowski	filip.szolowski@triathlon.pl	0048 666-300-200
Europe Triathlon Office		etu_hq@etu.triathlon.org	0032 478-825-456

1.4. Contacts details

Local Organizing Committee (LOC)

Labosport Polska sp. z o.o.

ul. Browarna 86-87

82-300 Elbląg

Poland

biuro@labosport.pl

2 Venue

2.1. Race venue

The venue is located on Żwirownia reservoir in Rzeszów, ul. Grabskiego (Podkarpackie Voivodeship, Poland).



VENUE MAP



2.2 Course familiarisation

BIKE FAMILIARIZATION

Thursday, 6th of June 2024, 11:30-12:00 – Żwirownia reservoir – Transition zone.

MEETING POINT ON MAP - [CLICK](#)

SWIM FAMILIARIZATION

Thursday, 6th of June 2024, 12:30-13:30 – Żwirownia reservoir – Start Area

MEETING POINT ON MAP – [CLICK](#)

2.3. Athletes' lounge

The Athlete's Lounge will be located in race venue, next to race course, 100m from the Transition Zone and 50m from Start Area. It will provide toilets and water. Bike mechanic service will be provided in EXPO ZONE which will be located 100m from Athletes Lounge.

LOCATION – [CLICK](#)

Massage service will not be provided.



A recovery zone will be placed near the finish area. It will provide toilets and water.

2.4. Elite athletes' race package

Race package distribution schedule:

Thursday, 6th of June

18:30-19:30

Location: Hotel Bristol Rzeszów, ul. Mikołaja Kopernika 12, LOCATION - [CLICK](#)

Details:

Composition of race package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs – 4 x sets
- Accreditation pass

Registration fees:

Elite – 95 €

The registration fees **MUST** be paid in advance by the bank transfer.

Please send an email with the amount, name of the federation and the athletes, coaches and staff names to: biuro@startlist.pl. For invoices inquiry please send a mail to: biuro@startlist.pl

The fee can be booked to:

Bank name: PKO BP

PL07102017520000070202110310

BIC/SWIFT: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made during registration, but an extra administration fee of € 20,00 per single athlete will be charged.

2.5. Doping control

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

2.6. Security

Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible – Bogdan Serwiński (LOC Race Director),
bogdanserwinski@icloud.com, 0048 691-160-836

2.7. LOC office

Permanent Office: Labosport Polska sp. z o.o., ul. Browarna 86-87, 82-300 Elbląg, Poland

Opening hours: 07:30-15:30, Mon-Fr.

LOC office during event: ul. Grabskiego, Rzeszów, Race Venue



3 Accommodation

HOTELS INFO

4 Transfer and Transport

LOCAL AIRPORTS:

- Rzeszów Jesionka Airport (RZE) – 15 km
- Kraków Balice Airport (KRK) – 180 km
- Warsaw Chopin Airport (WAW) – 340 km

TRANSPORT INFO:

If you need a transport from the Airport to Rzeszów or from Hotel to Race Venue - please write an email to bogdanserwinski@icloud.com, containing the following information:

Email title – **TRIATHLON RZESZÓW – TRANSFER**

- 1) Name and surname of passenger/passengers
- 2) Date of flight
- 3) Arrival/Departure Airport
- 5) Flight number
- 6) Landing/Departure hour
- 7) Phone number
- 8) Email address
- 9) Accommodation address in Rzeszów
- 10) Demand of the bike transport
- 11) Other useful comments

In response to the email, you should receive confirmation and exact time and cost of transport and bank transfer details.

Transport costs

Kraków Balice – Rzeszów – 90 €

Rzeszów Jesionka – Rzeszów – 40 €

Kielce (after 2024 Europe Triathlon Cup Kielce) – Rzeszów 120 €

!!! The transfer request have to be sent before May 23th !!!

5 Athletes' Services

5.1. Training facilities



SWIM

If you need a swimming pool reservation, please write an email to bogdanserwinski@icloud.com, containing the following information:

- 1) The date and hours of demand



2) Number of Athletes

In response to the email, you should receive an information about the possibility to use the pool and costs.

!!! The swimming pool request have to be sent before May 23th !!!



BIKE

Suggested routes are available below:

<https://connect.garmin.com/modern/course/103363446>

<https://connect.garmin.com/modern/course/103367142>



RUN

Public accesable athletes field:

Stadion RESOVIA, ul. Stanisława Wyspiańskiego 22, 35-111 Rzeszów

Location – [CLICK](#)

5.2. Medical services

First Aid and Emergency Medical Services will be available 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.

Hospital – Szpital Miejski w Rzeszowie, ul. Rycerska 4.

Emergency telephone number – 112.

5.3. Bike mechanical service

Bike partner will provide basic bike service at the EXPO area.

6 Competition schedule

6.1. Elite women

Day	Start	End	Activity	Location
June 6 th	11:30	12:00	Bike course familiarization	Transition Area
June 6 th	12:30	13:30	Swim course familiarization	Start area
June 6 th	18:00	18:30	Athletes Race Briefing	Bristol Hotel Rzeszów
June 6 th	18:30	19:30	Race Package Distribution	Bristol Hotel Rzeszów
June 7 th	08:00	09:00	Athletes Lounge is open	Athlete lounge
June 7 th	08:00	08:30	Athletes Check-In	Athlete lounge
June 7 th	08:30	09:15	Transition Area Check-In	Transition area
June 7 th	08:45	09:15	Swim Warm Up	Start area
June 7 th	09:20	09:25	Athletes' Introduction	Start area
June 7 th	09:30	10:40	Start	Start area
June 7 th	11:00	11:30	Bike Check Out	Transition area
June 7 th	13:30	14:00	Award Ceremony	Finish area

6.2. Elite men

Day	Start	End	Activity	Location
June 6 th	11:30	12:00	Bike course familiarization	Transition Area
June 6 th	12:30	13:30	Swim course familiarization	Start area
June 6 th	18:00	18:30	Athletes Race Briefing	Bristol Hotel Rzeszów
June 6 th	18:30	19:30	Race Package Distribution	Bristol Hotel Rzeszów
June 7 th	10:00	11:00	Athletes Lounge is open	Athlete lounge
June 7 th	10:00	10:30	Athletes Check-In	Athlete lounge
June 7 th	11:00	11:45	Transition Area Check-In	Transition area
June 7 th	11:15	11:45	Swim Warm Up	Start area
June 7 th	11:50	11:55	Athletes' introduction	Start area
June 7 th	12:00	13:05	Start	Start area
June 7 th	13:00	13:30	Bike Check Out	Transition area
June 7 th	13:30	14:00	Award Ceremony	Finish area

6.3. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.4. Athletes' briefing

Athletes Race Briefing – Thursday, 6th, 18:00

Location: Hotel Bristol Rzeszów, ul. Mikołaja Kopernika 12, LOCATION - [CLICK](#)

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 in the athletes' lounge before the competitions, during their check-in procedure.

6.6. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

Please inform Europe Triathlon media team at mediateam@europe.triathlon.org if there is any live coverage of the event.

6.7. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, 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. All accredited people are requested to always carry their Accreditation Cards with them 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

Polish.

8.2. Population

Poland – 37.950.000.

Rzeszów – 184.000

8.3. Currency

Polish zloty (PLN).

8.4. Time

UTC +2, Central European Summer Time.

8.5 Electricity

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

8.6 Water

Our tap water is of good quality.

8.7 Telephone connections

Standard.

Poland is a member of European Union and Schengen Zone but please check possible visa requirement and COVID regulations – [LINK](#)



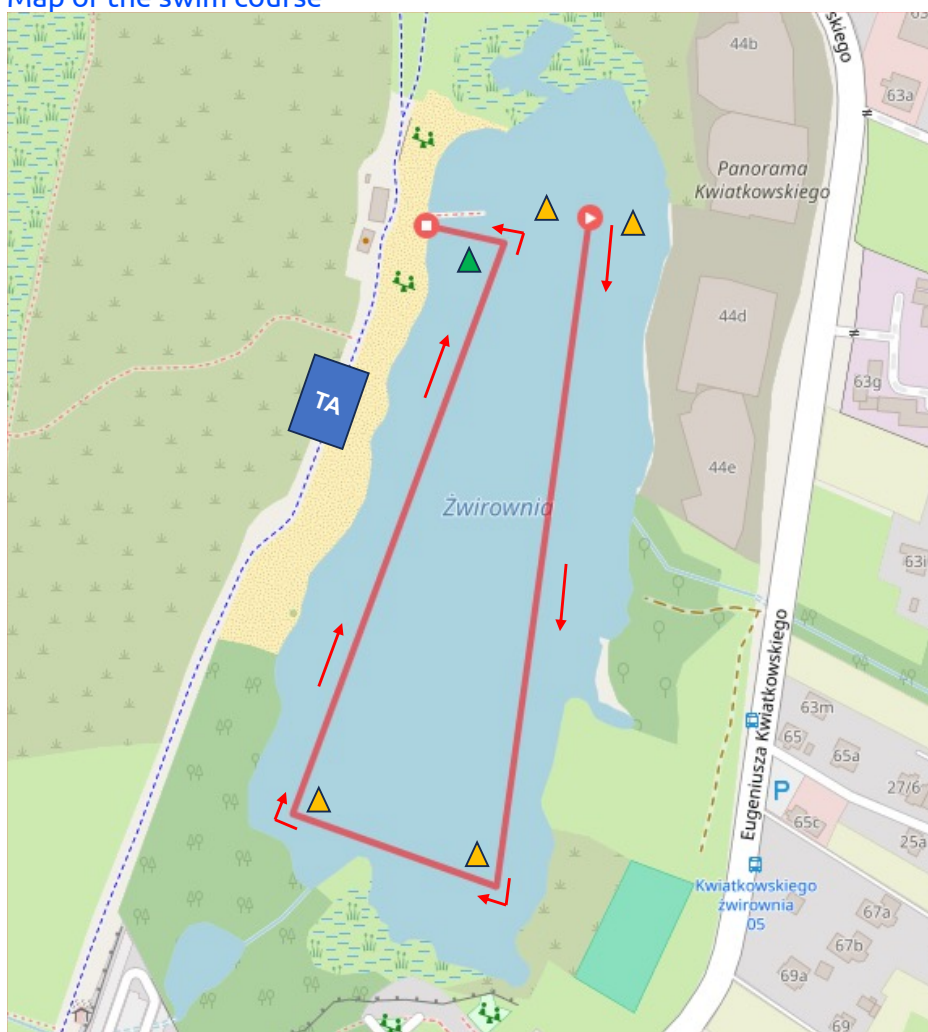
9 Course maps



SWIM COURSE

Distance	750 m
Number of loops	1 (one)
Distance to the first turning buoy	330 m
Start procedures	Water start
Anticipated water temperature	19°C; athletes are advised to be prepared to wear wetsuits.
Distance from swim exit to TA	80 m

Map of the swim course



TRANSITION 1

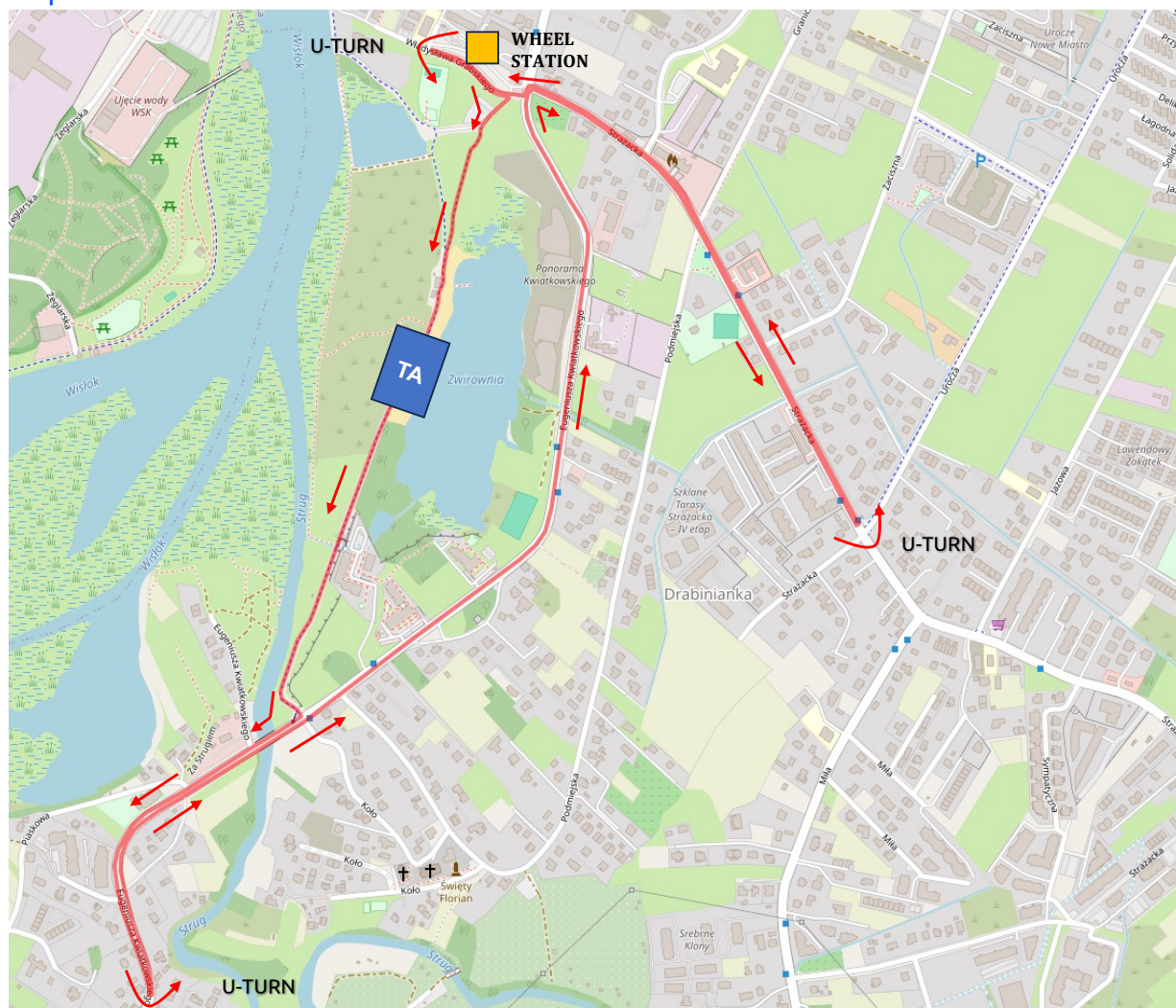
A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack the bike by moving forward into the centre lane and towards the mount line.



BIKE COURSE

Distance	20 km
Number of loops	4 (each 5,00 km)
Surface	Asphalt
Quality	Good
Elevation gain	Flat
Team Wheel station	1
Number of U-turns	3 per each loop

Map of the bike course



TRANSITION 2

After last lap of bike race, athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit their bike. Running shoes must be placed in front of the numbered box. After this they should proceed to the run course.



RUN COURSE

Distance	5 km
Number of loops	2 loops (2,5 km each)
Surface	Asphalt
Quality	Good
Elevation differences	Mostly Flat
Aid Stations	1 per lap
First runner / Last biker scenario	Applies to this event
Penalty box location	After T2
Aid station	After T2 - placed 100 m after Transition 2 on the left hand. Aid station will contain 0,5 litre bottles of water.

Map of the run course.

