

ATHLETE'S GUIDE

2021 Balikesir Europe Triathlon Cup 2021 Balikesir Europe Triathlon Junior Cup

Production Date: July, 16th 2021

TABLE OF CONTENTS

1. GENERAL INFORMATION

page

1.1. INTRODUCTION

1.2. KEY DATES

1.3. KEY CONTACTS

1.4. CONTACT DETAILS

2. VENUE

2.1. RACE VENUE

2.2. COURSE FAMILIARIZATION

2.3. ATHLETE'S LOUNGE

2.4. ELITE ATHLETES' RACE PACKAGE

2.5. DOPING CONTROL

2.6. SECURITY

2.7. LOC OFFICE

3. ACCOMMODATION

4. TRANSFER AND TRANSPORT

5. ATHLETE'S SERVICES

5.1. SWIM AND BIKE TRAINING

5.2. MEDICAL SERVICES

5.3. BIKE MECHANICAL SERVICE

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

6.2. ELITE MEN

6.3. COMPETITION RULES

6.4. ATHLETE'S BRIEFING

6.5. TIMING CHIPS

6.6. RESULTS

6.7. PROTEST & APPEALS

7. ACCREDITATION

8. USEFUL INFORMATION

Could be and is not limited to:

8.1. LANGUAGE

8.2. POPULATION

8.3. CURRENCY

8.4. TIME

8.5. ELECTRICITY

8.6. WATER

8.7. TELEPHONE CONNECTIONS

9. COURSE MAPS

10. COVID-19 Measures for Athletes and Coaches

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

Thursday, 29 July 2021	Time		Location
Mandatory Antigen Test & Race-pack Distribution	15:00	19:00	Avlu Congress Center
Friday, 30 July 2021	Time		Location
Mandatory Antigen Test & Race-pack Distribution	09:00	13:00	Avlu Congress Center
Junior Swim Course Familiarisation	13:00	13:45	Avlu
Elite Swim Course Familiarisation	13:45	14:30	Avlu
Saturday, 31 July 2021	Time		Location
Junior Women Start	09:00		Avlu
Junior Men Start	11:00		Avlu
Elite Women Start	13:00		Avlu
Elite Men Start	15:00		Avlu
Medal Ceremonies	17:00		Avlu

1.3. KEY CONTACTS

Europe Triathlon			
Europe Triathlon Representative	Herwig Grabner		
Technical Delegate	Angeliki Thoma	aggelo007@gmail.com	+306978292920
Assistant Technical Delegate	Mehmet Zeki Sari	besyomehmetbaskan@hotmail.com	+905347737563
Europe Triathlon Office		etu_hq@etu.com.tr	+32478825456

Local Organising Committee			
Event Director	Oguz Aydin	oguzaydin@triatlon.org.tr	+905327667799
Race Director	Onur Senturk	senturk.onur@gmail.com	+905335213099
Athlete's service	Busra Sarioglu	busrasarioglu@triatlon.org.tr	+905333046353
Accommodation & Transfers Info	Didem Karaagac	didemkaraagac@uludagturizm.com.tr	+905077090341
Chief Medical	Begum Ozuekren Kasapoglu	drbozuekren@yahoo.com	

1.4. CONTACT DETAILS

LOC : Balıkesir Metropolitan Municipality
Eski Kuyumcular, Mahallesi, Mekik Sk. No:25, 10010 Karesi/Balıkesir
belediye@balikesir.bel.tr
+90 266 239 15 10

National Federation: Turkish Triathlon Federation
Maltepe mah Şehit Daniş Tunaligil Sok. No:3 Daire:15 Çankaya / Ankara
bilgi@triatlon.org.tr
+90 312 309 25 70

2. VENUE

2.1. RACE VENUE

AVLU CONGRESS AND CULTURE CENTER: Gümüşçeşme Mah. Avlu Cad no:4 Altıeylül / BALIKESIR
Google Maps: <https://goo.gl/maps/UeQJvwng8qc3sfwr8>



2.2 COURSE FAMILIARIZATION

- Swim

You will be able to have a swimming course familiarization in the Avlu Canal. During the swimming course familiarization there will be lifeguards and medical service available. Access to the venue and swim familiarization must respect Covid-19 protocol and only accredited persons can be present.

AVLU CONGRESS AND CULTURE CENTER: Gümüşçeşme Mah. Avlu Cad no:4 Altıeylül / BALIKESIR

Friday, 30 July 2021	Time		Location
Junior Swim Course Familiarisation	13:00	13:45	Avlu
Elite Swim Course Familiarisation	13:45	14:30	Avlu

- Bike

There won't be a bike familiarization schedule. Instead, the organization will provide a video of the bike course on Google Earth. The part of the bike course that goes out of Avlu (the Race Venue) usually has heavy traffic. During the races, only one part of the road will be used. The athletes that want to train on the bike course will be at their own risk.

2.3. ATHLETE'S LOUNGE

The Athlete's Lounge will be located in Avlu, Balikesir, next to the Transition Zone and 400m from the Start Area. It will provide toilets and water. Bike mechanic service will be provided in the EXPO ZONE, which will be located 100m from the Athlete's Lounge. A recovery zone will be placed next to the finish area. Both zones will have been constructed under the Covid-19 restrictions. Massage service will not be provided.

2.4. ELITE & JUNIOR ATHLETES' RACE PACKAGE

Race packages will be distributed on:

- Thursday, July 29th from 15:00 to 19:00
- and
- Friday, July 30th from 09:00 to 13:00

Composition of Race Package:

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

Registration fees and antigen test costs are as follows:

Elite: € 100,00 (pre-race antigen test included)

Junior: € 80,00 (pre-race antigen test included)

2.5. DOPING CONTROL

Location of the doping control site. The location will be next to the transition area. 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

The Venue area will be secured by a professional and licensed security company. Road closures and traffic around the area will be managed by the Police. There will be ambulances at the venue and on the bike course. On the swim course there will be lifeguards and rescuers. About 20 volunteers will also be involved in the events.

2.7. LOC OFFICE

The LOC office will be located in the registration area in Avlu Centre.

Operating hours:

Friday, 30 July 2021 between 10:00-18:00

Saturday, 31 July 2021 between 10:00-18:00

Contact Person:

Kubilay Tolga ERGUN, E-mail: k.tolgaergun@gmail.com, Phone: +905454349189

3. ACCOMMODATION

Balikesir Uludağ Turizm is the official body for transportation and accommodation and the contact names are Orhan Karaduman and Didem Karaağaç.

Name: Orhan Karaduman

E-mail: orhankaraduman@uludagturizm.com.tr

Phone: (+90) 553 411 1401

Name: Didem Karaağaç

E-mail: didemkaraagac@uludagturizm.com.tr

Phone: (+90) 507 709 03 41

Address: Balikesir Uludağ Turizm Seyahat Acentası

Atatürk Mah.Bandırma Cd. Dağlı Apt. No:36/A Karesi/BALIKESİR

Host Hotel

Onhann Hotel (****) Paşaalanı Mah. Bandırma Cad. A - Blok

Yaylada AVM No: 114 / A - 121 Karesi / Balikesir

<http://www.onhann.com.tr/> / info@onhann.com.tr / (+90) 0266 234 0410

4. TRANSFER AND TRANSPORT

- The LOC will provide transfers from İstanbul Airport for the athletes and their Team Officials.

Price: transfer from İstanbul International Airport (one way) >> 75€ per person
(two way) >> 140€ per person

- The LOC will provide transfers from İstanbul Sabiha Gökçen Airport for the athletes and their Team Officials.

Price: transfer from İstanbul International Airport (one way) >> 70€ per person

(two way) >> 130€ per person

- The LOC will provide transfers from İzmir Adnan Menderes Airport for the athletes and their Team Officials.

Price: transfer from İzmir Adnan Menderes Airport (one way) >> 45€ per person
(two way) >> 80€ per person

- The LOC will provide transfers from Edremit Kocaseyit Airport for the athletes and their Team Officials.

Price: transfer from İzmir Adnan Menderes Airport (one way) >> 25€ per person
(two way) >> 40€ per person

Additional waiting time for the transfer is possible due to the requirement to organize transportation according to the Covid-19 guidelines.

If you have any transfer requests please contact:

Didem Karaağaç

E-mail: didemkaraagac@uludagturizm.com.tr

Phone: (+90) 507 709 03 41

Official Travel Partner

Balıkesir Uludağ Turizm is official body for transportation and accomodation and the contact names are Orhan Karaduman and Didem Karaağaç.

Name: Orhan Karaduman

E-mail: orhankaraduman@uludagturizm.com.tr

Phone: (+90) 553 411 1401

Name: Didem Karaağaç

E-mail: didemkaraagac@uludagturizm.com.tr

Phone: (+90) 507 709 03 41

Adress: Balıkesir Uludağ Turizm Seyahat Acentası

Atatürk Mah.Bandırma Cd. Dağlı Apt. No:36/A Karesi/BALIKESİR

Visa Information

By clicking the link below you can check whether you are going to need a visa to enter Turkey:

<https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

A part of the canal, between the starting pontoon and exit ramp, will be available for training from July 27th to July 29th between 09:00-11:00 and 17:00-19:00. There will be lifeguards on site, but swimming pool lanes are not available. The swimming sessions are free of charge.

BIKE

No specific bike roads are provided. The road around the venue will be open to traffic till the race day.

RUN

Track & Field Stadium

- İsmail Akçay Athletics Track, open to public use, has administrative offices, large and small sports halls that can be used in rainy weather, warehouses, locker rooms and showers.
Inner lane 400 meters, outer lane 450 meters.

Operating hours:

Friday, 30 July 2021 between 10:00-12:00

Saturday, 31 July 2021 between 14:00-16:00

No reservation needed.

Address: Paşa Alanı, 12 Ekim Cd. No:367, 10020 Balıkesir Merkez/Balıkesir

Google maps: <https://goo.gl/maps/kTx5i6acpM53V4g58>



5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the familiarisations and during the race. There will be First Aid and Emergency Medical Services at the Race Venue on competition day.

Medical and Paramedical personnel will be available throughout the race. Paramedics will be mobile on the bike course and run course. 2 (Two) 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.

Closest hospital address: Balıkesir Devlet Hastanesi
Atatürk, Balıkesir Devlet Hst. Acil Servis İç Yolu 1-10, 10020 Karesi/Balıkesir
Emergency telephone number: 112

5.3. BIKE MECHANICAL SERVICE

Official Bike mechanical partner Shimano Turkey will be at the event venue, close to the transition.

6. COMPETITION SCHEDULE

6.1 ELITES

Thursday, 29 July 2021			
Mandatory Antigen Test & Race-pack Distribution	15:00	19:00	Avlu Congress Center
Friday, 30 July 2021		Time	Location
Mandatory Antigen Test & Race-pack Distribution	09:00	13:00	Avlu Congress Center
Elite Swim Course Familiarisation	13:45	14:30	Avlu
Online Athletes' Briefing (Elite - Junior Cup)	TBA		
Saturday, 31 July 2021		Time	Location
Athletes' Lounge Check-in Elite Women	11:30	12:30	Avlu
TA Check-in Elite Women	12:00	12:45	Avlu
Swim Warm-up Elite Women	12:15	12:45	Swim Course
Athletes' introduction	12:50		Swim Course
Elite Women Start	13:00		Avlu
Athletes' Lounge Check-in Elite Men	13:30	14:30	Avlu
TA Check-in Elite Men	14:00	14:45	Avlu
Swim Warm-up Elite Men	14:15	14:45	Swim Course

Athletes' introduction	14:50		Swim Course
Elite Men Start	15:00		Avlu
Elite Medal Ceremony	17:00		Avlu

6.2 JUNIORS

Thursday, 29 July 2021			
Mandatory Antigen Test & Race-pack Distribution	15:00	19:00	
Friday, 30 July 2021		Time	Location
Mandatory Antigen Test & Race-pack Distribution	09:00	13:00	Avlu Congress Center
Junior Swim Course Familiarisation	13:00	13:45	Avlu
Online Athletes' Briefing (Elite - Junior Cup)	TBA		
Saturday, 31 July 2021		Time	Location
Athletes' Lounge Check-in Junior Women	07:30	08:30	Avlu
TA Check-in Junior Women	08:00	08:45	Avlu
Swim Warm-up Junior Women	08:15	08:45	Swim Course
Athletes' introduction	08:50		Swim Course
Junior Women Start	09:00		Avlu
Athletes' Lounge Check-in Junior Men	09:30	10:30	Avlu
TA Check-in Junior Men	10:00	10:45	Avlu
Swim Warm Up ETU Junior Men	10:15	10:45	Swim Course
Athletes' introduction	10:50		Swim Course
Junior Men Start	11:00		Avlu
Junior Medal Ceremony	17:00		Avlu

6.3. COMPETITION RULES

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

8.2. POPULATION

According to current information approximately 83 million 614 thousand 362 people are living in Turkey.

8.3. CURRENCY

Currency is Turkish Liras (TL)

8.4. TIME

GMT +3

8.5 ELECTRICITY

230 Volt 50 Hertz

8.6 WATER

Non-potable water

8.7 TELEPHONE CONNECTIONS

+90 area code

9. COURSE MAPS

SWIM START

Start procedures: deep-water start, holding the pontoon. Depth at the start: 1,5m.

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



SWIM COURSE

Number of laps: 1 (one) , Distance to the first turning buoy: 510m,

Average water temperature: 23-25°C

BALIKESİR TRIATLONU PARKURLARI
TRIATHLON BALIKESİR COURSES



Balikesir
2021





YÜZME/SWIM
1 LAP x 750 M





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

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

Number of laps: 4, Lap length: 5 km, Surface: Asphalt, Quality: very good

Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap. Neutral Wheel station: It will be located after the U-turn, at the furthest point of the bike course.

BALIKESİR TRIATLONU PARKURLARI
TRIATHLON BALIKESİR COURSES

Europe
Triathlon
Cup

Balikesir
2021

TRIATHLON
BALIKESİR

Wheel Station

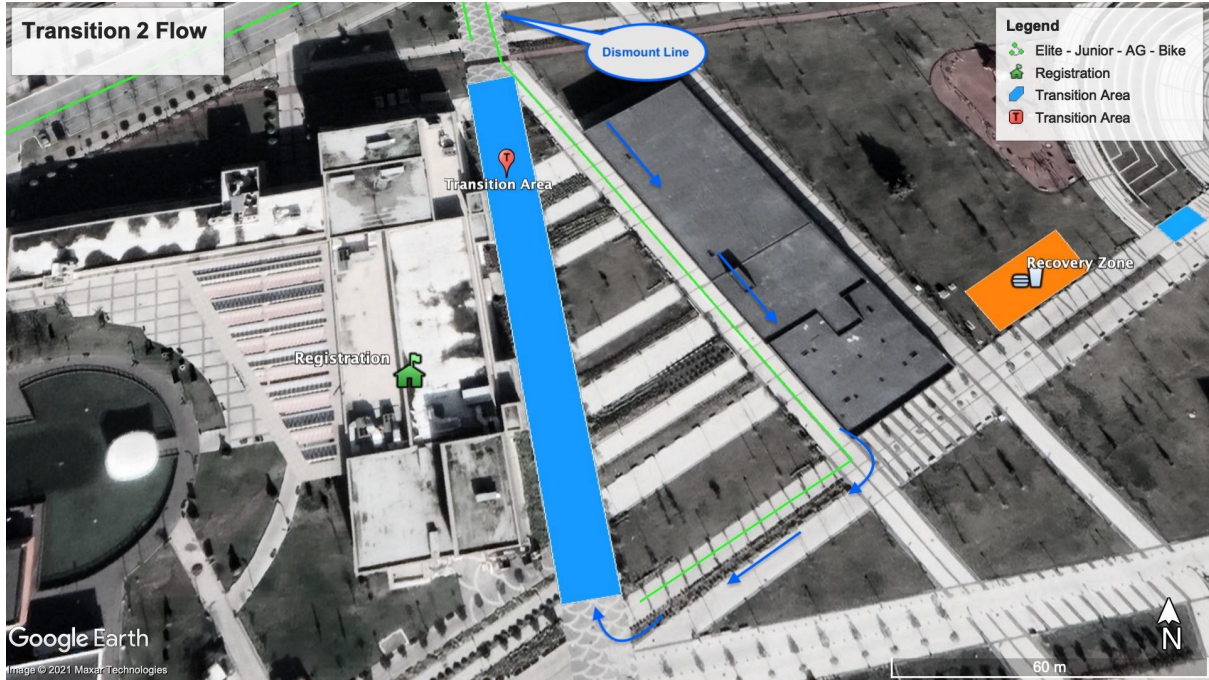
Transition Area

Neutral Wheel Station

BİSİKLET/BIKE
4 LAPS x 5000 M = 20 KM

TRANSITION 2

After the last lap of the bike, athletes have to get off the bike before the dismount line. They run by holding the bike, turning right to enter the TA. Athletes enter the transition and must deposit the bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.



RUN COURSE

Number of laps: 3

Description: flat, mostly tartan and some parts are concrete.

One water station 150m after T2. The Penalty Box is located just before the transition.

BALIKESİR TRIATLONU PARKURLARI TRIATHLON BALIKESİR COURSES



KOŞU/RUN

3 LAPS x 1600 M+ 200 M Finish = 5 KM

10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into TURKEY please check the most up to date information here:

<https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

If you require additional help please contact: Ms. Didem Karaağaç,

didemkaraagac@uludagturizm.com.tr, +90 507 709 03 41

2. Airport Transfer

Anyone using the shuttles provided by the LOC must be informed that the use of a mask and/or face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

3. Accommodation

Use of mask and face coverings is mandatory in the hotels, keep social distancing and disinfect hands in hotel's public places.

4. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

5. Testing protocol and health screening

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - Fill in the online pre-event questionnaire through the World Triathlon website.
 - Perform an Antigenic or PCR swab pre- travel test 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests
- Additionally to this, all elite/junior triathletes must submit a pre-travel medical certificate according to the requirements above
- Finally, all elite/junior athletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test before entering the Venue. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC.

- All the specific measures can be found in the table below:

	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
Junior athletes	yes	yes	yes	follow public health request	yes
Coaches/team medical/support NF personnel	yes	yes	follow public health request	yes	yes
TDs /ITOs/NTOs	yes	yes	follow public health request	follow public health request	yes
IF Staff	yes	yes	follow public health request	follow public health request	yes
LOC/ Contractors	follow public health request	follow public health request	follow public health request	follow public health request	yes

- Athletes who have recovered from COVID-19 prior to the competition

It is recognised that those who recovered from COVID-19 may still be at risk of returning a positive test, despite no contagion risk or symptoms.

To be permitted to take part in subsequent competition any athlete who has recovered from COVID-19 must submit a medical document to the Medical Delegate, which confirms full recovery from COVID-19. This information will be reviewed by the Medical Committee and be decided if the athlete can participate or not.

The documentation must include:

- The date of initial diagnosis (the date of first symptoms should be at least 7 days before the competition with at least one day without any symptom)
- Relevant medical history in English
- The result of at least 1 negative COVID-19 test (PCR or antigen) in accordance with the health care regulations of the respective country within 14 days of the commencement of the intended competition.

6. Athlete's briefing

Athletes' briefings will be pre-recorded and available on FRIDAY, JULY 30th at 10:00am at the following links:

<https://briefings.competitions.org/balikesir-junior>

<https://briefings.competitions.org/balikesir-elite>

7. Race package distribution

Each team delegation will be given a certain date and time (appointment) in order to have the mandatory Antigen Test and Race-pack distribution. The appointments will be communicated the week before the event.

Athletes, coaches and medical personnel should carry their passports.

Thursday, 29 July 2021	Time		Location
Mandatory Antigen Test & Race-pack Distribution	15:00	19:00	Avlu Congress Center
Friday, 30 July 2021	Time		Location
Mandatory Antigen Test & Race-pack Distribution	09:00	13:00	Avlu Congress Center

The use of masks and social distancing is mandatory.

8. Health screening

Temperature checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. A temperature above 38°C will be reported to the RMD.

9. Competition activities

- a. The mask should be worn until the last minute before athletes' introduction.
Please make sure that you will wear your mask after the warm-up
- b. Wheel stations:
 - At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
 - At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
 - In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
 - Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves
- c. Finish Area
 - Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
 - Medalist photo at the post-finish area is not allowed.
 - All recovery stations will be self-served.
 - Food provided will be individually wrapped.
 - Massage facilities will not be provided.

- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
 - Masks will be distributed to the athletes to wear at their earliest convenience.
- d. Medal Ceremonies
- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#).

10. Spectators' access

The event will be open to spectators. Any non-accredited person can watch the event from the spectator's areas.

11. Accreditation

Per team, only one accreditation for coach and one for medical are allowed.

12. All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

13. COVID-19 medical protocols

COVID-19 emergency contact details:

Please contact Dr. Begum Ozuekren Kasapoglu, email: drbozuekren@yahoo.com, phone: +905327108914 in case of COVID-19 symptoms.

- Protocols to be followed in case of a positive case:

If the Antigen test is positive, the person will be placed in an isolation room and have the PCR test. If the PCR test is negative, the person will be released and can continue to the next steps for race package delivery

If the PCR test is positive, the person involved, and all his/her close contacts, must be placed in isolation.

Depending on the symptoms, the isolation will be in a hotel room or hospital.

Costs of isolation and any tests after having a positive PCR test should be covered by the respective federation.

- Development of symptoms during competition

If any participant develops high fever, dry cough, fatigue, breathlessness, headache, diarrhea or loss of sense of taste and/or smell, must immediately quarantine her/himself at their hotel and contact Chief Medical.

A PCR test will be done. If negative, the participant will be released, if positive, and depending on the symptoms, the participant will stay in a hotel or will be taken to hospital.

Closest hospital address: Balıkesir Devlet Hastanesi
Atatürk, Balıkesir Devlet Hst. Acil Servis İç Yolu 1-10, 10020 Karesi/Balıkesir

Emergency telephone number: 112

Good luck.