



**HAMBURG WASSER**  
**WORLD**  
**TRIATHLON**



# ELITE ATHLETES EVENT GUIDE

## HAMBURG - 14/15 JULY 2018

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HOST CITY



FEDERATION



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**Dear athletes,**

As the race director of the Hamburg Wasser World Triathlon, I am pleased to meet you all in Hamburg and I hope you will enjoy the race to the full! We look forward to the race day with pure excitement and anticipation, and I am confident that each of you will achieve his personal goal. Once again, my team and I gave our very best to present you a perfect race which is fun all the time and where safety is assured. Correspondingly, we like to thank all the volunteers and partners who make this high-quality event possible. Like last year, Hamburg Wasser is our title sponsor who herewith emphasizes its commitment to endurance sports.

Finally, I would like to ask all of you to take care of yourselves and to not overdo it – listen to your bodies' signals. Health is the most important thing!

We are really looking forward to experiencing a great event weekend together with you and we wish you lots of success, fun and top weather conditions.

Yours in Sport,

**Christin Ellefsen**

Race Director

HAMBURG WASSER World Triathlon



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# 1. GENERAL INFORMATION

The purpose of the Elite Athletes Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the Hamburg Wasser World Triathlon 2018.

## 1.1 KEY DATES

What/Where?	Date?	Time?
<b>Elite Athletes Briefing</b> Marriott Hotel	Thursday, 12 July	18:00 – 18:45 h
<b>Elite Athletes Dinner</b> Marriott Hotel	Thursday, 12 July	18:45 – 20:00 h
<b>Swim Practice</b> Inner Alster Lake (Lombardsbrücke)	Friday, 13 July Saturday, 14 July	15:00 – 18:00 h 12:00 – 13:30 h
<b>Bike Course Familiarization</b> Transition Area / Bike Course	Friday, 13 July	20:30 – 21:00 h
<b>Elite Men Sprint Race</b> Venue	Saturday, 14 July	16:40 h
<b>Elite Women Sprint Race</b> Venue	Saturday, 14 July	18:40 h
<b>Coaches Briefing</b> Mixed Team Relay Triathlon / Marriott Hotel	Saturday, 14 July	21:00 h
<b>Elite Mixed Team Relay Triathlon</b> Venue	Sunday, 15 July	14:30 h

## 1.2 KEY CONTACTS

<b>ITU Team Leader</b>	Kris Gemmell	kris.gemmell@triathlon.org
<b>ITU Technical Delegate</b>	Dr. Béla Varga	belavarga@t-email.hu
<b>ITU Medical Delegate</b>	Dr. Carsten Damm	damm.c@web.de
<b>Chief Race Official</b>	Jan Philipp Krawczyk	jpgkrawczyk@t-online.de
<b>LOC Race Director</b>	Christin Ellefsen	Christin.Ellefsen@ironman.com
<b>LOC Office Coordinator</b>	Lisa Femerling	Lisa.Femerling@ironman.com

## 1.3 CONTACT DETAILS

**IRONMAN Germany GmbH – Mrs. Christin Ellefsen (Race Director)**

Friesenweg 5g, 22763 Hamburg, Germany

Phone: +49 40 88 18 00 - 17

[Christin.Ellefsen@ironman.com](mailto:Christin.Ellefsen@ironman.com)

<http://hamburg.com>

## 1.4 TV LIVE COVERAGE

What/Where?	Date?	Time?
<b>Elite Sprint Distance Race – Men</b> www.ard.de (livestream)	Saturday, 14 July	16:35 – 17:45 h
<b>Elite Sprint Distance Race – Women</b> ARD Sportschau Live	Saturday, 14 July	18:35 – 19:45 h
<b>Elite Mixed Team Relay – Triathlon World Championships</b> ZDF Sportstudio Live	Sunday, 15 July	14:25 – 16:00 h

Additionally, all races will be covered live and on-demand via [www.triathlonlive.tv](http://www.triathlonlive.tv)

## 2. VENUE

### 2.1 RACE VENUE

The venue is located in the city centre of Hamburg at the “Rathausmarkt” (city hall market). The swimming will take place in the “Binnenalster” - the central lake.

### 2.2 ELITE ATHLETES LOUNGE

Facilities including athletes’ lounge and toilets are provided to the athletes at the finish area “Rathausmarkt”. Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes’ lounge.

### 2.3 DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

### 2.4 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on 14 July and 15 July before and during the competition hours and during the open water swim training to everyone requiring medical assistance. Medical and paramedical personnel from Red Cross will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A Medical Tent will be provided on site at the finish area.

**Potential medical assistance at the venue is free of charge. Any ambulance transport to or treatment in clinics has to be paid by participants.**

**Athletes / teams should ensure that they have appropriate medical insurance.**

## 2.5 BIKE MECHANIC SERVICE

Our Bike Partner (Radsport von Hacht) will offer a comprehensive Bike Mechanic Support and is also available in case of emergency.

What/Where?	Date?	Time?
Elite athletes check-in at Rathausmarkt	Saturday, 14 July	12:00 – 15:45 h
	Sunday, 15 July	12:30 – 14:00 h

## 2.6 INFORMATION CENTER / LOC OFFICE

The LOC Information Office is located at the official hotel - **Hamburg Marriott Hotel** - and is open daily from Thursday, 12 July until Sunday, 15 July 2018.

Address: ABC-Straße 52, 20354 Hamburg (600 m away from the venue / city centre)  
Room: “Elbchaussee/Esplanade”  
Phone: LOC Office: +49 40 35 05-1611 (only during office hours!)  
ITU Office: +49 40 35 05-1617  
Contact: Lisa Femerling +49 (0) 170 6978597

Opening hours	
Thursday, 12 July	11:00 – 20:00 h
Friday, 13 July	10:00 – 12:00 h and 18:00 – 19:00 h
Saturday, 14 July	10:00 – 12:00 h
Sunday, 15 July	10:00 – 11:00 h

## 2.7 SECURITY

A private security company will be responsible for the venue security, patrolling around the Field of Play. Police and a certified Traffic Management Company will manage road closures and traffic around the course.

# 3. ACCOMMODATION

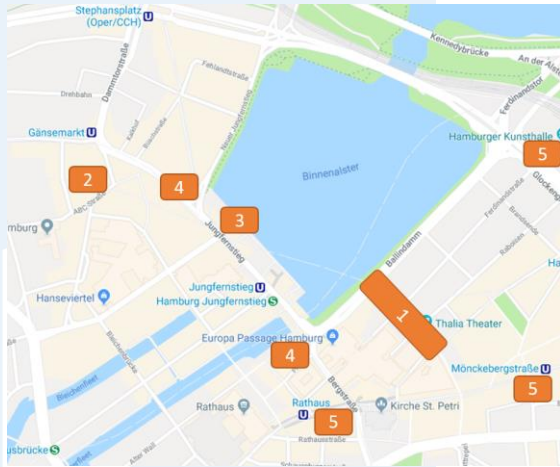
## 3.1 OFFICIAL HOTEL

The official hotel of the Hamburg Wasser World Triathlon is the **Marriott Hotel** (600 m away from the venue / city centre). We are pleased to offer special room rates for all Elite athletes. If you are interested in bookings, you are welcome to book online via:

[http://hamburg.com/en/elite/elite\\_services/accomodation/](http://hamburg.com/en/elite/elite_services/accomodation/)

## 3.2 FREE HOTSPOTS (WIFI)

There are various hotspots in Hamburg's city centre where you can use complimentary wifi. The following selection is a range of possibilities to go online close to the venue (see map).



1. MobyKlick, a hotspot provided by the city itself, spanning the area between Ballindamm, Alstertor and Gerhart-Hauptmann-Platz
2. Marriott Hotel (in rooms and lobby)
3. Alex, a café at Jungfernstieg
4. Starbucks Coffee Shops, e.g. at Jungfernstieg next to Nivea-Haus or at Rathausmarkt
5. In central station, on all trains and stations of subway line U3 and on bus line 5

## 3.3 ATM

The nearest banks are located at ABC-Strasse 38 (Sparda Bank, 50m away from the Official Hotel) and at Jungfernstieg 22 (Commerzbank, 350m away from the Official Hotel).

# 4. TRANSPORTATION

The LOC will provide free transportation for all Elite Athletes and their Team Officials from airport - hotel - airport. **Please note: You have to register online for the shuttle service until 2<sup>nd</sup> July 2018. Only the hotels on the registration page's list will be served. No exceptions!** Please provide us with detailed flight information via online registration. You may find the **online booking form** here:

[http://hamburg.com/triathlon.org/elite\\_rennen/elite\\_services\\_de/shuttle\\_service/](http://hamburg.com/triathlon.org/elite_rennen/elite_services_de/shuttle_service/)

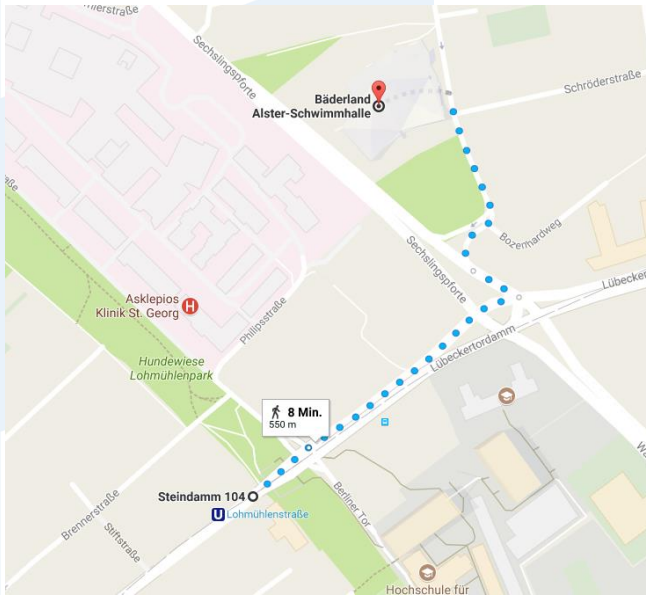
**Please note: Athletes which are not registered for the shuttle service will not be transferred and have to take a taxi or train (S-Bahn S1) on their own costs. The LOC will NOT cover any costs for using taxi or train.**

# 5. TRAINING

## 5.1 SWIM TRAINING - TRAINING SESSIONS IN THE SWIMMING POOL

Swim training is possible at **Alster-Schwimmhalle: Ifflandstraße 21, 22087 Hamburg**. Bookings are not required. The Alster-Schwimmhalle has a 50m indoor pool with two reserved lanes for athletes. It is located approximately 3.5km from the Marriott Hotel.





Public Transportation to Alsterschwimmhalle:  
It can be reached with the subway U1 departing from the station “Jungfernstieg” (direction Ohlstedt / Großhansdorf). Destination is Lohmühlenstraße. From Lohmühlenstraße it is a 500m walk in northeast direction to Alster-Schwimmhalle (see map).

Free entrance for athletes / coaches only with accreditation card! Athletes can practice in the swimming pool at their own risk.

Website: [www.baederland.de/bad/alsterschwimmhalle.html](http://www.baederland.de/bad/alsterschwimmhalle.html)

#### Training hours with two separate lanes will be

Thursday, 12 July	09:00 – 12:00 h and 13:00 – 17:00 h
Friday, 13 July	09:00 – 12:00 h and 13:00 – 17:00 h
Saturday, 14 July	11:30 – 13:00 h and 19:00 – 21:00 h
Sunday, 15 July	09:00 – 12:00 h and 19:00 – 21:00 h

## 5.2 BIKE TRAINING

A **42 km training route** will be signposted by Wednesday, 11 July. Starting point is at the Marriott Hotel.

You can download a gpx-track or a kml-file here:

[http://hamburg.triathlon.org/en/elite/elite\\_services/athletes\\_guide/](http://hamburg.triathlon.org/en/elite/elite_services/athletes_guide/). Additionally, you may also pick up a map in the LOC Office beforehand.

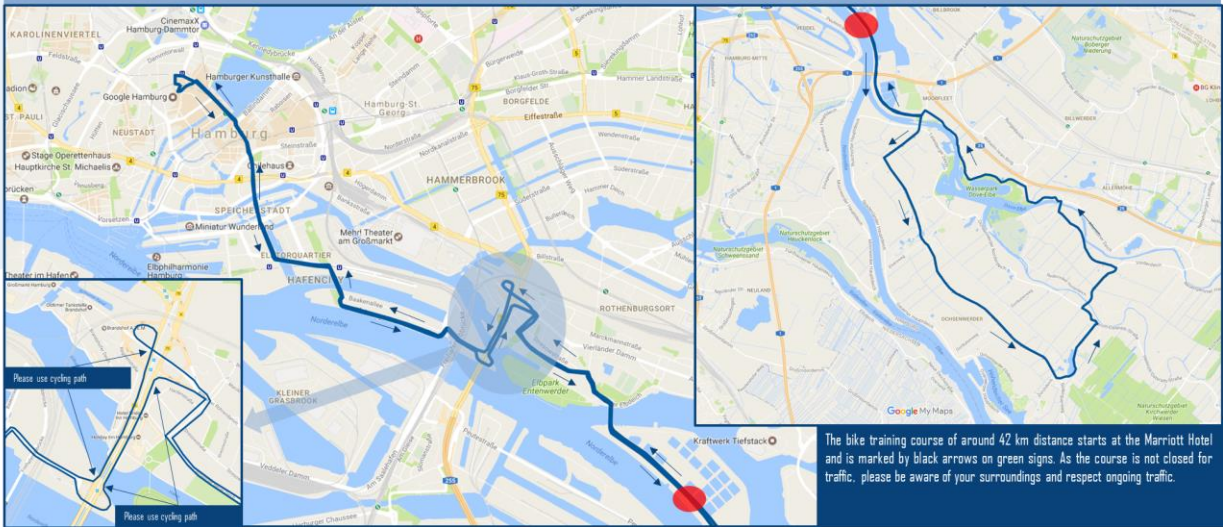
→ **The route is not closed to traffic. You are cycling at your own risk.**

# BIKE TRAINING COURSE

11 - 15 JULY 2018



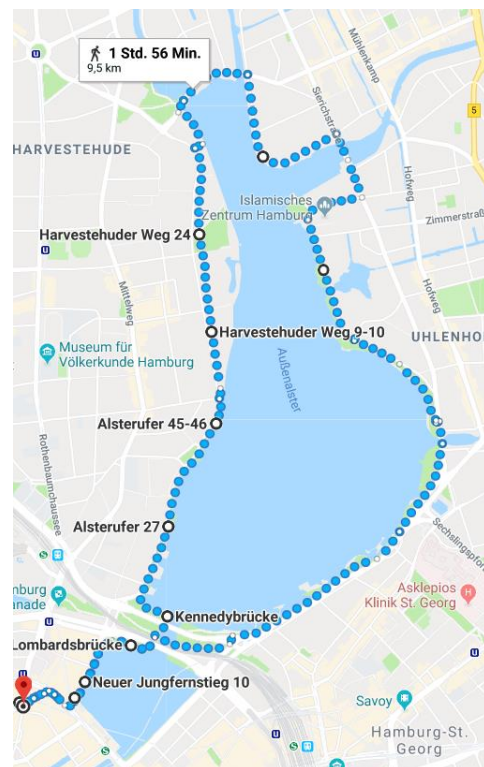
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WORLD  
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## 5.3 RUN TRAINING

You will find a 7.4 km circular course along the Outer Alster, departing from and finishing at the Marriott Hotel, the course covers 9.5 km. (see map; the red dot represents the position of the Marriott Hotel)

→ The route is not closed to traffic, but mainly used by pedestrians and cyclists.



## 5.4 RACE COURSES

### Swim practice in the lake Alster

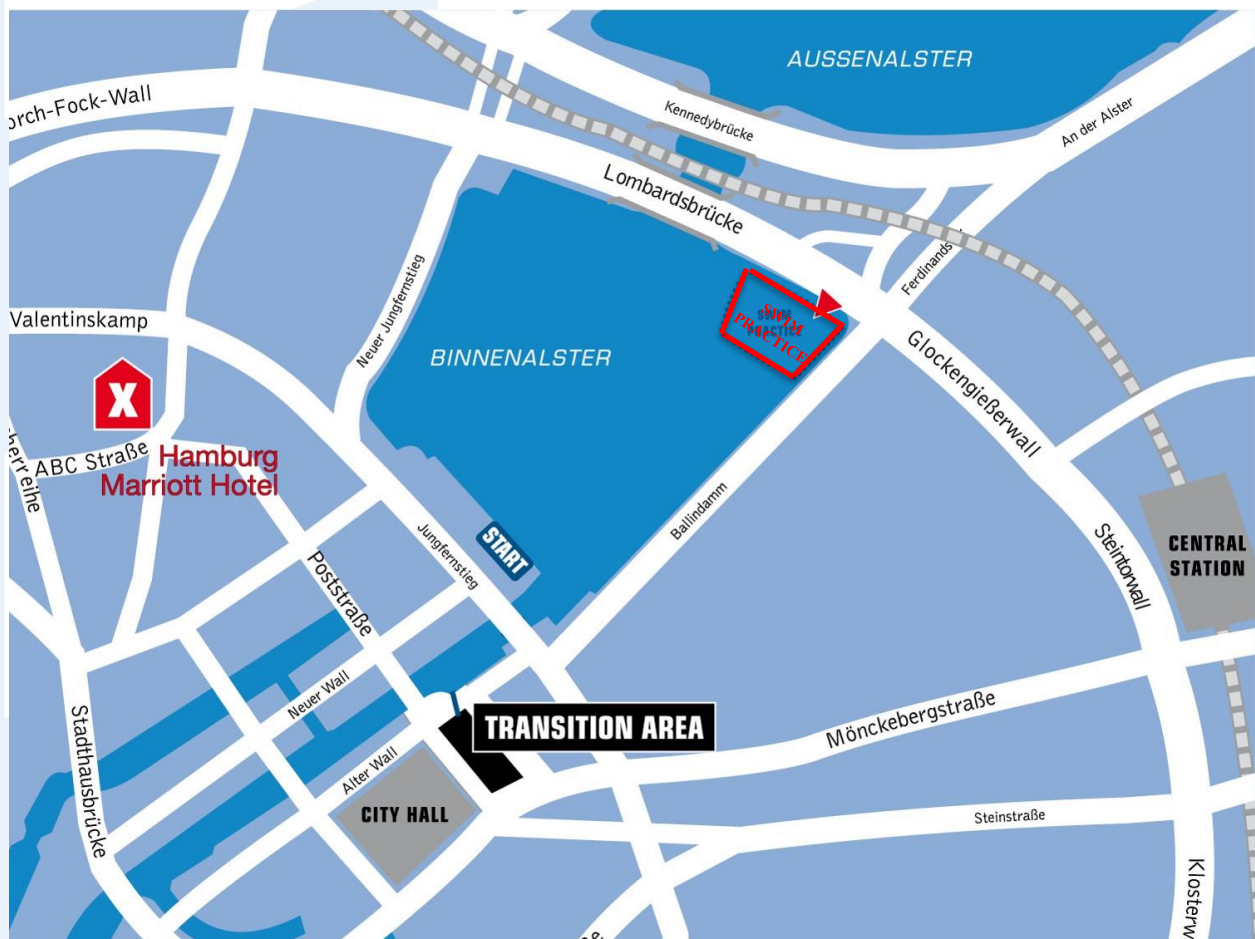
You will be able to have a swim practice in the Lake Alster on

Friday, 13 July	15:00 – 18:00 h
Saturday, 14 July	12:00 – 13:30 h

The location is at “Lombardsbrücke” / “Ballindamm” (see map below “swim practice”).

During the swim practice, there will be lifeguards and medical services available. Changing tents and cold water-shower are also provided. You are swimming at your own risk.

**Please note: It is forbidden to swim outside the swim practice zone or at the start area or in any other areas in the Lake Alster at any time – because of safety reasons and ship traffic!**



### Bike Course Familiarization

There will be an organized bike familiarization on the actual competition’s bike course. It comprises two laps on the course and will take about 15 – 20 minutes. For that period of time, the route is closed to traffic. If you wish to participate in the bike familiarization, please be in the transition area at the indicated time.

The bike familiarization will take place:

Friday, 13 July	20:30 – 21:00h
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## 6. COMPETITION INFORMATION

### 6.1 COMPETITION SCHEDULE

Thursday, 12 July		
Training in the Swimming Pool	09:00 – 12:00 h 13:00 – 17:00 h	Swimming Pool / Alster-Schwimmhalle
LOC Information Office	11:00 – 20:00 h	Official Hotel / Marriott Hamburg
<b>Official Accreditation Athletes &amp; Coaches</b> Only accredited persons may enter the briefing room. The race package distribution will happen after the briefing.	<b>17:40 – 18:00 h</b>	<b>Official Hotel / Marriott Hamburg</b>
<b>Race Briefing Elite Athletes - Sprint Race</b>	<b>18:00 – 18:45 h</b>	<b>Official Hotel / Marriott Hamburg</b>
<b>Athletes Dinner</b>	<b>18:45 – 20:00 h</b>	<b>Official Hotel / Marriott Hamburg</b>

Friday, 13 July		
Training in the Swimming Pool	09:00 – 12:00 h 13:00 – 17:00 h	Swimming Pool / Alster-Schwimmhalle
Bike Mechanic Service	12:00 – 20:00 h	expo booth Jungfernstieg / Radsport Zentrum Hamburg
LOC Information Office	10:00 – 12:00 h 18:00 – 19:00 h	Official Hotel / Marriott Hamburg
Test Swimming Lake Alster	15:00 – 18:00 h	Lake Alster / Lombardsbrücke
Run Course Measurement	20:00 h	Transition Area / Run Course
Bike Course Familiarization	20:30 – 21:00 h	Transition Area / Bike Course

Saturday, 14 July		
Training in the Swimming Pool	11:30 – 13:00 h 19:00 – 21:00 h	Swimming Pool / Alster-Schwimmhalle
Age group starts individuals sprint Age group starts relay teams sprint	07:00 – 10:50 h 10:58 – 11:14 h	Start Area / Lake Alster
LOC Information Office	10:00 – 12:00 h	Official Hotel / Marriott Hamburg
Bike Mechanic Service	09:00 – 20:00 h	expo booth Jungfernstieg / Radsport Zentrum Hamburg
Test Swimming Lake Alster	12:00 – 13:30 h	Lake Alster / Lombardsbrücke
Bike Mechanic Service	12:00 – 15:45 h	Elite athletes check-in / Rathausmarkt
Athletes' Lounge Check-In MEN	15:00 – 16:25 h	Athletes' Lounge / City Hall Square
Transition Area Open MEN	15:30 – 16:25 h	Transition Area / City Hall Square
Swim Warm-Up MEN	16:00 – 16:25 h	Start Area / Lake Alster
Pre-Start Line-Up & Athletes Presentation MEN	16:30 h	Start Area / Lake Alster

<b>Race Start Elite MEN</b>	<b>16:40 h</b>	<b>Start Area / Lake Alster</b>
Medal ceremony MEN	17:37 h	Finish Area / City Hall Square
Athletes' Lounge Check-In WOMEN	17:00- 18:25 h	Athletes' Lounge / City Hall Square
Transition Area Open WOMEN	17:40 – 18:25 h	Transition Area / City Hall Square
Swim Warm-Up WOMEN	18:00 – 18:25 h	Start Area / Lake Alster
Pre-Start Line-Up & Athletes Presentation WOMEN	18:30 h	Start Area / Lake Alster
<b>Race Start Elite WOMEN</b>	<b>18:40 h</b>	<b>Start Area / Lake Alster</b>
Medal ceremony WOMEN	19:43 h	Finish Area / City Hall Square
<b>Race Briefing Elite Athletes - Mixed Team Relay (Coaches only)</b>	<b>21:00 h</b>	<b>Official Hotel / Marriott Hamburg</b>

### Sunday, 15 July

Age group starts individuals olympic	6:30 – 09.58 h	Start Area / Lake Alster
Age group starts relay teams olympic	10.06 – 10.30 h	
Training in the Swimming Pool	09:00 – 12:00 h 19:00 – 21:00 h	Swimming Pool / Alster-Schwimmhalle
Bike Mechanic Service	09:00 – 18:00 h	expo booth Jungfernstieg / Radsport Zentrum Hamburg
LOC Information Office	10:00 – 11:00 h	Official Hotel / Marriott Hamburg
Bike Mechanic Service	12:30 – 14:00 h	Elite athletes check-in / Rathausmarkt
Athletes' Lounge Check-In Mixed Teams	12:30 – 14:00 h	Transition Area / City Hall Square
Transition Area Open Mixed Teams	13:15 – 14:00 h	Transition Area / City Hall Square
Swim Warm-Up Mixed Teams	13:40 – 14:10 h	Start Area / Kleine Alster
Walk-in of nations	14:19 h	Finish chute / City Hall Square
Pre-Start Line-Up & Athletes Presentation Mixed Teams	14:19 h	Start Area / Kleine Alster
<b>Race Start Mixed Team Relay World Championships</b>	<b>14:30 h</b>	<b>Start Area / Kleine Alster</b>
Medal ceremony Mixed Teams	15:57 h	Finish Area / City Hall Square

## 6.2 COMPETITION RULES

The Hamburg Wasser World Triathlon 2018 will follow the latest published Competitions Rules of the International Triathlon Union.

<http://www.triathlon.org/about/downloads/category/rules>

## 6.3 PRELIMINARY INFORMATION ABOUT THE FIELD OF PLAY (FOP)

For a visualization of all descriptions below, please see the course maps on page 17 et seqq. of this guide.

### 6.3.1 COURSE SPRINT DISTANCE RACES (SATURDAY)

#### START

The start area is at Jungfernstieg. Athletes will start from the quay along Jungfernstieg and stand in a starting position approximately 75cm wide. The Race Referee, assisted by ITU Technical Officials, will start each race.

#### SWIM COURSE

There is one lap to swim. The first turn is located after 270m distance. There is a rather dark tunnel of about 40m in length and 6m in width, which has to be swum through once.

The athletes are required to leave their last minute gear at the swim start inside a dedicated box, the LOC will carry those bags back to the Athletes' Lounge.

The average water temperature in the "Alster" in mid-July is 18.8°C, but may vary between 15°C and 22°C. You will find recent information about water quality and temperature on the homepage: [www.hamburg-triathlon.org/en/age\\_group/water\\_quality](http://www.hamburg-triathlon.org/en/age_group/water_quality).

#### BIKE COURSE

Generally flat profile without noteworthy climbs. There are six laps of 21km in total. The route is technically demanding due to many changes of direction and tight turns (two 180° turns). Very good tarmac surface. First runner - last biker scenario might occur, therefore athletes might be taken out of the race by ITU Technical Officials according to ITU Rules.

#### WHEEL STATIONS

One wheel station will be located on the bike course – shortly after the exit transition area on "Mönckebergstrasse". The second wheel station will be located at the bus stop "Gänsemarkt" – a few meters before a 180° turn.

Team wheels need to be checked during the bike check-in beforehand.

- Wheel station "Mönckebergstrasse": Please bring your own/team wheels!
- Wheel station "Gänsemarkt": Wheels will be provided by LOC

#### RUN COURSE

Generally flat course. There are two laps of 2.5km to run for a total of 5km. Two 180° turns per lap. Very good tarmac surface. Any athlete lapped will be removed from the race.

#### AID STATIONS

Aid stations are located on the run course at 0.2km and 1.25km. Sealed 0.5l bottles of water will be handed out.

#### LITTERING ZONE

Please note that we have installed a littering zone in close proximity to the aid stations where you have to dispose your used bottles and waste (20m before and 80m behind the aid station)!

#### PENALTY BOX

Penalty Box is located left-hand side around 50m before Transition Area.

## **6.3.2 COURSE MIXED TEAM RELAY WORLD CHAMPIONSHIPS (SUNDAY)**

### **START**

The start area is at “Kleine Alster”. Athletes will start from a pontoon at “Kleine Alster” and stand in a starting position approximately 75cm wide. The Race Referee, assisted by ITU Technical Officials, will start the race.

### **SWIM COURSE**

There is one lap to swim. The first turn is located after 145m. There is a rather dark tunnel of about 40m in length and 6m in width, which has to be swum through twice. Swim exit is at “Kleine Alster”, too.

The athletes have to leave their last minute gear in the Athletes’ Lounge (100m away from swim start).

The average water temperature in the “Alster” in mid-July is 18.8°C, but may vary between 15°C and 22°C. You will find actual information about water quality and temperature on the homepage: [http://www.hamburg-triathlon.org/en/age\\_group/water\\_quality](http://www.hamburg-triathlon.org/en/age_group/water_quality).

### **BIKE COURSE**

Generally flat profile without noteworthy climbs. There are two laps of 3.5km to ride for a total of 7km. The route is technically demanding due to many changes of direction and tight turns (two 180° turns). Very good tarmac surface. Any athlete lapped will be removed along with the rest of the team.

### **WHEEL STATIONS**

One wheel station will be located on the bike course – shortly after the exit transition area on “Mönckebergstrasse”. The second wheel station will be located at the bus stop “Gänsemarkt” a few meters before a 180° turn.

Team wheels need to be checked during the bike check-in beforehand.

- Wheel station “Mönckebergstrasse”: Please bring your own/team wheels!
- Wheel station “Gänsemarkt”: Wheels will be provided by LOC

### **RUN COURSE**

Generally flat course. There are two laps to run; 1<sup>st</sup> lap: 0.95km & 2<sup>nd</sup> lap: 0.75km, for a total of 1.7km; one 180° turn in the 1<sup>st</sup> lap. Very good tarmac surface. Any athlete lapped will be removed from the race along with the rest of the team.

### **AID STATIONS**

There is one aid station located 200m after transition area. It will be passed twice. Sealed 0.5l bottles of water will be handed out.

### **LITTERING ZONE**

Please note that we have installed a littering zone in close proximity to the aid stations where you have to dispose your used bottles and waste (20m before and 80m behind the aid station)!

### **PENALTY BOX**

Penalty Box is located left-hand side around 50m before Transition Area.

### **RELAY ZONE**

The relay zone is located at the finish chute. Please see “relay zone” map on page 18.

## 6.4 WEATHER CONDITIONS

Thanks to maritime influence, the climate in Hamburg is moister and milder than Germany's inland regions. Average daily high in July is around 21°C, low around 12°C.

## 6.5 RESULTS

Results will be uploaded live at the ITU's official website: [www.triathlon.org](http://www.triathlon.org)  
All results information will be distributed to team leaders at the LOC Information Office.

## 6.6 PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

# 7. ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical, Technical Officials, Journalists, etc. with an official **accreditation card** according to the ITU Event Operational and Technical Requirements.

Accreditation cards for Athletes, Coaches and Team Medical doctors will be handed out during the official registration on **12 July after the Race Briefing at the Marriott Hotel**.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition area. **All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.**

## 7.1 ACCESS TO TRAINING FACILITIES

In order to enter the swimming pool at "Alsterschwimmhalle", athletes and coaches should carry and show their accreditation cards.

## 7.2 ACCREDITATION CARD REQUEST

National Federation representatives and observers apply for accreditation by sending their request to ITU. An application on the ITU Online Entry System must be on hand. Otherwise, no accreditation cards may be distributed.

# 8. VISA PROCEDURE

Please mail all the required information (Visa Support Letter Information), if required for your entrance to the country of Germany, to the ITU:

**[ituhdq@triathlon.org](mailto:ituhdq@triathlon.org)**



# 9. COURSE MAPS

## SPRINT RACES (SATURDAY)

14. | 15. JULI 2018



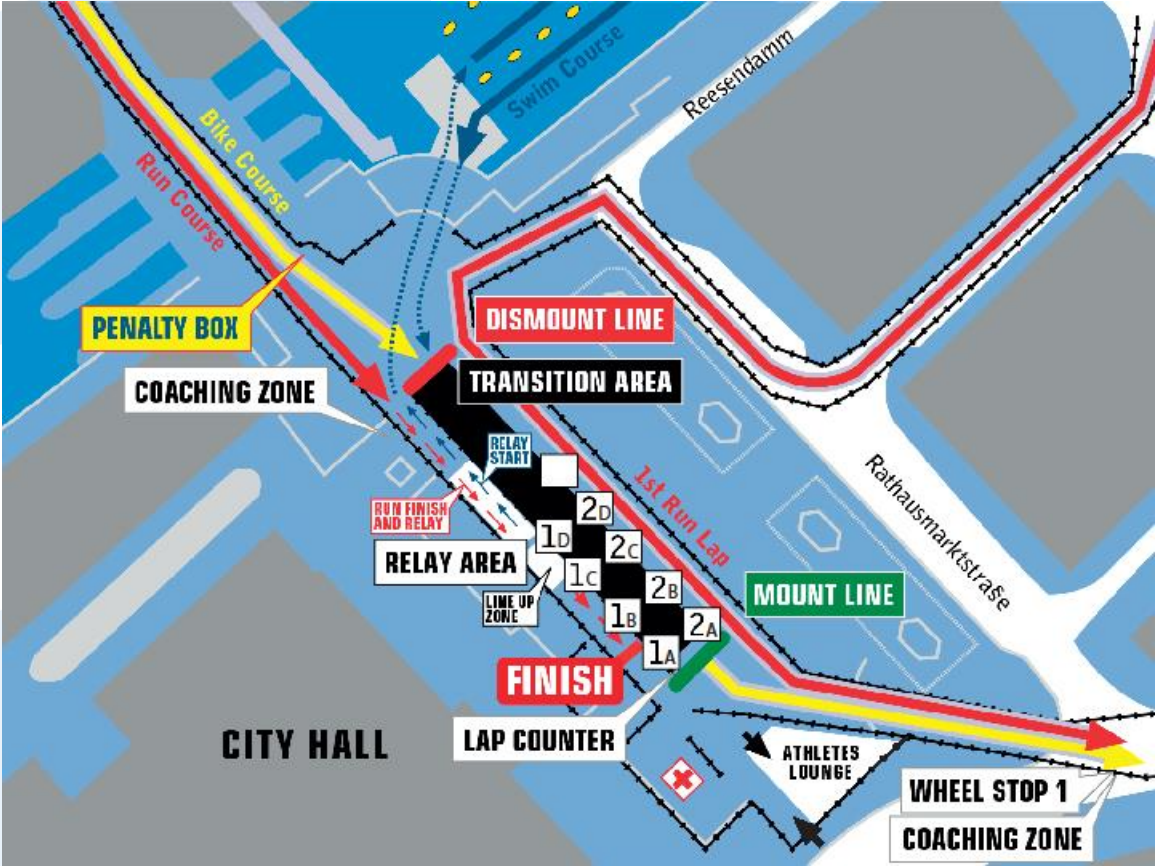
HAMBURG WASSER WORLD TRIATHLON

### SPRINT ELITE





**FLOWS AT RELAY ZONE**



# **HAMBURG WASSER WORLD TRIATHLON 2018**

**IRONMAN Germany GmbH | Höchster Str. 90 | 65835 LIEDERBACH**