

 Europe
Triathlon
Sprint & Relay
Championships

Balikesir
2024



ATHLETES GUIDE

09-10-11 August 2024



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Dear Participants,

Balıkesir, with its unique natural beauty, rich cultural background dating back to ancient times, geographical location, gastronomy, and many other areas of high capacity and potential, stands as one of the unique corners of our country. Its demographic and cultural diversity grants Balıkesir a distinct identity. The harmonious identity, emerging from the convergence of different cultures and lifestyles, adds color and value to our city.

In Balıkesir, with 291 kilometers of coastline waving 49 Blue Flags, we possess a robust infrastructure with quality-oriented enterprises. Known

as one of the best meeting points of blue and green, our city is a true magnet for nature lovers with its vast nature, fauna, and flora. Positioned in a strategic geographical area, our city has hosted numerous cultures and civilizations throughout history, preserving their legacies. Rich in both underground and surface resources, Balıkesir has a natural dynamism that sustains itself. Our globally recognized products and natural and cultural beauties demonstrate that Balıkesir is no ordinary place, but rather a dynamic, sustainable, and unique city that produces its own values.

We continue to work to add new values to these merits and to make our city a center of attraction in new areas as well. We are taking steps to make Balıkesir a hub in various sports disciplines, just as in many other fields. Triathlon, which best reflects the richness and holistic nature of sports, is one of the sports we support and aim to incorporate into our city's identity. Therefore, we are proud to host the European Triathlon Sprint Championships for the second time this year. It is an honor to host you in our city to explore the various beauties of Balıkesir and to practice this rich sport.

With kind regards,

See you there.

Ahmet Akın

Mayor of Balıkesir Metropolitan Municipality



Dear Guests,

I would like to express that we are happy and honored to host you in an organization with very special triathlon courses in one of the most special geographies of Turkey.

Despite having a short history in the world of triathlon organizations, Balıkesir Triathlon, which has already established itself on a national and international scale, has registered its success with the Best Local Organization in Europe award last year.



I greet the triathletes competing in the European Triathlon Championship to be held on August 10-11, 2024, the coaches who prepare their athletes in the best way for the race, and the technical staff who will work hard with love and respect.

I believe that we will once again show the unifying power of triathlon in the spirit of fair play while experiencing the competition with all its excitement here.

Finally, I would like to thank all our supporters and sponsors, especially Balıkesir Metropolitan Municipality and the European Triathlon Union, who contributed to the organization.

Bayram Yalçınkaya

President of Türkiye Triathlon Federation

For the second time in a row, the European Championships on Sprint Distance, will take place in Turkey, in Balikesir.

Last year edition has been successful and the best Elite Athletes, and Juniors will fight again this year for the European Title.

The swim part will take place in the “well known” swimming pool that is more than 1000mts long: this is much reassuring for the quality of the water.

The bike course, for the MTR, has been slightly modified in order to guarantee the correct development of the race.

It will be my second time in Balikesir and I want to use this occasion to thank the Municipality, the Loc, the many Volunteers in support and the Turkish NF that is continuing it’s growing process not only with the Athletes but also in organising first class events.

Renato Bertrandi
Europe Triathlon President



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

DAY	START	END	ACTIVITY	LOCATION
08/08	13:00		Press Conference	Venue
08/08	17:00	17:30	Junior Briefing	Venue
08/08	18:00	18:30	Elite Briefing	Venue
09/08	8:10		Semi Final 1 - Junior Women	Venue
09/08	8:45		Semi Final 2 - Junior Women	Venue
09/08	9:20		Semi Final 3 - Junior Women	Venue
09/08	9:55		Semi Final 1 - Junior Men	Venue
09/08	10:30		Semi Final 2 - Junior Men	Venue
09/08	11:05		Semi Final 3 - Junior Men	Venue
09/08	15:30		Semi Final 1 - Elite Women	Venue
09/08	16:05		Semi Final 2 - Elite Women	Venue
09/08	16:40		Semi Final 3 - Elite Women	Venue
09/08	17:15		Semi Final 1 - Elite Men	Venue
09/08	18:25		Semi Final 2 - Elite Men	Venue
09/08	19:00		Semi Final 3 - Elite Men	Venue
10/08	9:00		Final B Junior Women	Venue
10/08	9:35		Final B Junior Men	Venue
10/08	10:10		Final A Junior Women	Venue
10/08	10:45		Final A Junior Men	Venue
10/08	15:30		Final B Elite Women	Venue
10/08	16:05		Final B Elite Men	Venue
10/08	16:40		Final A Elite Women	Venue
10/08	17:15		Final A Elite Men	Venue
10/08	19:00		Medal Ceremony	Venue
11/08	11:00		Mixed Relay Junior	Venue
11/08	15:30		Elite/U23 Mixed Relay	Venue
11/08	17:30		Medal Ceremony	Venue

1.3. KEY CONTACTS

Name and contact details of:

- **Race director:** Caner Algün, caneralgun@triatlon.org.tr
- **Technical delegates:** Line Amlund Hagen, line@ich.no Patrick Hendrickx, p.hendrickx@telenet.be
- **Athletes services manager:** Kubilay Tolga Ergün, k.tolgaergun@gmail.com, Phone: +905454349189
- **Europe Triathlon Office:** hq@europe.triathlon.org. Phone number : +32478825456.

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: Türkiye 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

The 2024 Balıkesir European Triathlon Sprint & Relay Championships has one venue. Located in Balıkesir Avlu



2.2 COURSE FAMILIARISATION

DATE	TIME		ACTION	CATEGORY
08.08.2024	10:00	10:30	Bike Familiarisation Meeting Point	Elite / U23
08.08.2024	10:45	11:15	Bike Familiarisation Meeting Point	Junior
08.08.2024	11:00	11:30	Swim Familiarisation Meeting Point	Elite / U23
08.08.2024	11:45	12:15	Swim Familiarisation Meeting Point	Junior

2.3. ATHLETE'S LOUNGE

The Athlete Lounge is located just to the left of the transition area which is named Avlu Convention and Cultural Central. Inside, there will be dressing rooms, restrooms and physiotherapists, all dedicated to the athlete's needs and it will be available for Elite/U23/Juniors/Mixed Team Relay Athletes during hours included in the schedule

Location

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

2.4. ATHLETES' RACE PACKAGE

For the Semifinals athletes race packages will be distributed before the briefing as indicated on section 6 (competition schedule). The briefing will take place at the Avlu Convention and Cultural Central.

Location

For the finals athletes race packages will be distributed at athletes lounge at the time slot indicated on competition schedule(section 6).

Location

Mixed Junior Team Relay, Sunday August 6th, 9:30

Mixed Elite Team Relay, Sunday August 6th, 14:00

Location

Composition of race package:

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

Registration fees:

Junior individual – € 130

Elite/U23 - € 150

Mixed Junior Relay – € 175

Mixed Elite Relay - € 185

Registration fees must be transferred to the following bank account:

BALIKESİR METROPOLITAN MUNICIPALITY
BANK NAME: VAKIFBANK
IBAN: TR07 0001 5001 5804 8017 9195 16
BRANCH CODE: S00039
NAME OF BANK BRANCH: BALIKESİR BRANCH
SWIFT: TVBATR2AXXX

Invoices will be shared after the payment is made.

2.5. DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules by the Turkish Anti-Doping Commission. The athletes must carry their identification to the doping control facilities. There will be a dedicated doping control room inside the athlete lounge. Athletes will undergo doping tests in these private rooms.

2.6. SECURITY

There will be local police and 112 emergency ambulance services at the venue. Additionally, there will be private security personnels to manage access control and crossing across control.

2.7. LOC OFFICE

The LOC office will be located in the registration area in Avlu Convention and Cultural Center.

Operating hours:

Thursday, 08 August 2024 between 10:00 - 20:00

Friday, 09 August 2024 between 06:00 - 20:00

Saturday, 10 August 2024 between 07:00 - 20:00

Sunday, 11 August 2024 between 06:00 - 19:00

Contact Person:

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

3. ACCOMMODATION

Willmont Hotel

Type: Half-board

Single Room: 120 EUR

Double Room: 155 EUR

Contact Information:

Email: sales@willmonthotel.com

Phone: +90 505 816 4580

Contact Person: Cihan

Ramada Residences by Wyndham Balikesir Otel

Single Room (Breakfast Included): 110 EUR

Double Room (Breakfast Included): 130 EUR

Single Room (Full-board, Buffet): 200 EUR

Double Room (Full-board, Buffet): 310 EUR

Contact Information:

Email: sales@ramadabalikesir.com

Whatsapp: +90 532 390 6610

Contact Person: Aşkın Sezen, Asst. GM

Altın Hotel

Single Room: 95 EUR

Double Room: 140 EUR

Included Meals: Breakfast + 1 meal

Contact Information:

Email: info@altinotelbalikesir.com

Phone: +90 533 153 8414

Contact Person: Tamer Kırmızısakal

Hilton Garden Inn Balikesir

Accommodation Dates:

Check-in: 06.08.2024

Check-out: 12.08.2024

Room Information:

King Rooms: 40 available (20 rooms will have a sofa bed that can be converted into an additional bed)

Type: Half-board (Buffet dinner included)

Standard Single Room: 140 EUR per day + Taxes

Standard Double Room: 190 EUR per day + Taxes

Reservation Information:

Email: reservation@hgibalikesir.com

Phone: 0266 202 0030

Please contact our reservation office.

4. TRANSFER AND TRANSPORT

It will be updated on Athlete Guide V2

By clicking the link below you can check whether you are going to need a visa to enter Türkiye : <https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

5. ATHLETES' SERVICES

5.1. TRAINING FACILITIES

SWIM

Swim Course:

Additionally to swim course familiarisations, a part of the canal (between the start pontoon and exit ramp) will be available for training from 5th of August to 8th of August between 09:00-11:00 and 17:00-19:00 . There will be lifeguards on site.

Pool Swim:

Atatürk Swimming Pool will be available for training from 2nd and 3rd of August.

There will be lifeguards on site.

Address: Hasan Basri Çantay Mah., Park Altı Sk Atatürk Stadı yanı, Balıkesir

For Reservation Tel: +90 226 245 87 83

BIKE

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

RUN

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 metres, outer lane 450 metres.

Location

Additionally, The run path around the Avlu Recreation Area is open to public use.

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 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

Location

Emergency telephone number: 112

5.3. BIKE MECHANICAL SERVICE

Official Bike mechanical partner Shimano Türkiye will be at the EXPO area, close to the transition area.

6. COMPETITION SCHEDULE

Schedule				
Date	Time	Until	Action	Category
08.08.2024	10:00	10:30	Bike Familiarization	Elite / U23
08.08.2024	10:45	11:15	Bike Familiarization	Junior
08.08.2024	11:00	11:30	Swim Familiarization	Elite / U23
08.08.2024	11:45	12:15	Swim Familiarization	Junior
08.08.2024	13:00	13:30	Elite Press Conference	Elite / U23
08.08.2024	15:00	17:00	Elite/U23/Junior Race Package Distribution	Elite / U23 / Junior
08.08.2024	17:00	17:30	Briefing Junior	Junior
08.08.2024	18:00	18:30	Briefing Elite	Elite / U23
Date	Time	Until	Action	Category
09.08.2024	6:30	7:30	All Junior Athletes - Athlete Lounge Open	Junior
09.08.2024	7:00	8:00	All Junior Athletes -TA check-in	Junior
09.08.2024	7:45	8:00	Junior Women, Semifinal 1 - Swim warm-up	Junior
09.08.2024	8:03	8:08	Junior Women, Semifinal 1 - Call/Introduction	Junior
09.08.2024	8:10	8:40	Junior Women, Semifinal 1	Junior
09.08.2024	8:20	8:35	Junior Women, Semifinal 2 - Swim warm-up	Junior
09.08.2024	8:38	8:43	Junior Women, Semifinal 2 - Call/Introduction	Junior
09.08.2024	8:45	9:15	Junior Women, Semifinal 2	Junior
09.08.2024	8:55	9:10	Junior Women, Semifinal 3 - Swim warm-up	Junior
09.08.2024	9:13	9:18	Junior Women, Semifinal 3 - Call/Introduction	Junior
09.08.2024	9:20	9:50	Junior Women, Semifinal 3	Junior
09.08.2024	9:30	9:45	Junior Men, Semifinal 1 - Swim warm-up	Junior
09.08.2024	9:48	9:53	Junior Men, Semifinal 1 - Call/Introduction	Junior
09.08.2024	9:55	10:25	Junior Men, Semifinal 1	Junior
09.08.2024	10:05	10:20	Junior Men, Semifinal 2 - Swim warm-up	Junior
09.08.2024	10:23	10:28	Junior Men, Semifinal 2 - Call/Introduction	Junior
09.08.2024	10:30	11:00	Junior Men, Semifinal 2	Junior
09.08.2024	10:40	10:55	Junior Men, Semifinal 3 - Swim warm-up	Junior
09.08.2024	10:58	11:03	Junior Men, Semifinal 3 - Call/Introduction	Junior
09.08.2024	11:05	11:35	Junior Men, Semifinal 3	Junior
09.08.2024	11:30	12:00	All Junior Athletes - TA Check-out	Junior
09.08.2024	13:50	14:50	All Elite categories - Athlete Lounge open	Elite / U23

09.08.2024	14:20	15:20	All Elite categories - TA check-in	Elite / U23
09.08.2024	15:05	15:20	Elite Women, Semifinal 1 - Swim warm-up	Elite / U23
09.08.2024	15:23	15:28	Elite Women, Semifinal 1 - Call/Introduction	Elite / U23
09.08.2024	15:30	16:00	Elite Women, Semifinal 1	Elite / U23
09.08.2024	15:40	15:55	Elite Women, Semifinal 2 - Swim warm-up	Elite / U23
09.08.2024	15:58	16:03	Elite Women, Semifinal 2 - Call/Introduction	Elite / U23
09.08.2024	16:05	16:35	Elite Women, Semifinal 2	Elite / U23
09.08.2024	16:15	16:30	Elite Women, Semifinal 3 - Swim warm-up	Elite / U23
09.08.2024	16:33	16:38	Elite Women, Semifinal 3 - Call/Introduction	Elite / U23
09.08.2024	16:40	17:10	Elite Women, Semifinal 3	Elite / U23
09.08.2024	16:50	17:05	Elite Men, Semifinal 1 - Swim warm-up	Elite / U23
09.08.2024	17:08	17:13	Elite Men, Semifinal 1 - Call/Introduction	Elite / U23
09.08.2024	17:15	17:45	Elite Men, Semifinal 1	Elite / U23
09.08.2024	17:25	17:40	Elite Men, Semifinal 2 - Swim warm-up	Elite / U23
09.08.2024	17:43	17:48	Elite Men, Semifinal 2 - Call/Introduction	Elite / U23
09.08.2024	17:50	18:20	Elite Men, Semifinal 2	Elite / U23
09.08.2024	18:00	18:15	Elite Men, Semifinal 3 - Swim warm-up	Elite / U23
09.08.2024	18:18	18:23	Elite Men, Semifinal 3 - Call/Introduction	Elite / U23
09.08.2024	18:25	18:55	Elite Men, Semifinal 3	Elite / U23
09.08.2024	19:00	19:45	All Elite Categories - TA Check-out	Elite / U23
Date	Time	Until	Action	Category
10.08.2024	7:20	8:20	All Junior Athletes - Athlete Lounge Open, Registration and Race Package Distribution	Junior
10.08.2024	7:50	8:50	All Junior Athletes -TA check-in	Junior
10.08.2024	8:20	8:50	Junior Women, Final B - Swim warm-up	Junior
10.08.2024	8:53	8:58	Junior Women, Final B - Call/Introduction	Junior
10.08.2024	9:00	9:30	Junior Women, Final B	Junior
10.08.2024	9:10	9:25	Junior Men, Final B - Swim warm-up	Junior
10.08.2024	9:28	9:33	Junior Men, Final B - Call/Introduction	Junior
10.08.2024	9:35	10:10	Junior Men, Final B	Junior
10.08.2024	9:45	10:00	Junior Women, Final A - Swim warm-up	Junior
10.08.2024	10:03	10:08	Junior Women, Final A - Call/Introduction	Junior
10.08.2024	10:10	10:40	Junior Women, Final A	Junior
10.08.2024	10:20	10:35	Junior Men, Final A - Swim warm-up	Junior

10.08.2024	10:38	10:43	Junior Men, Final A - Call/Introduction	Junior
10.08.2024	10:45	11:15	Junior Men, Final A	Junior
10.08.2024	11:15	12:00	All Junior Athletes - TA Check-out	Junior
10.08.2024	13:50	14:50	All Elite categories - Athlete Lounge open, Registration and Race Package Distribution	Elite / U23
10.08.2024	14:20	15:20	All Elite categories - TA check-in	Elite / U23
10.08.2024	15:05	15:20	Elite Women, Final B - Swim warm-up	Elite / U23
10.08.2024	15:23	15:28	Elite Women, Final B - Call/Introduction	Elite / U23
10.08.2024	15:30	16:00	Elite Women, Final B	Elite / U23
10.08.2024	15:40	15:55	Elite Men, Final B - Swim warm-up	Elite / U23
10.08.2024	15:58	16:03	Elite Men, Final B - Call/Introduction	Elite / U23
10.08.2024	16:05	16:35	Elite Men, Final B	Elite / U23
10.08.2024	16:15	16:30	Elite Women, Final A - Swim warm-up	Elite / U23
10.08.2024	16:33	16:38	Elite Women, Final A - Call/Introduction	Elite / U23
10.08.2024	16:40	17:10	Elite Women, Final A	Elite / U23
10.08.2024	16:50	17:05	Elite Men, Final A - Swim warm-up	Elite / U23
10.08.2024	17:08	17:13	Elite Men, Final A - Call/Introduction	Elite / U23
10.08.2024	17:15	17:45	Elite Men, Final A	Elite / U23
10.08.2024	17:45	18:30	All Elite Categories - TA Check-out	Elite / U23
10.08.2024	19:00	19:30	Medal Ceremony	ALL
Date	Time	Until	Action	Category
11.08.2024	8:45	9:00	Mixed Junior Relay, Team declaration	Junior
11.08.2024	9:00	10:00	TA set up for LOC	LOC
11.08.2024	9:30	10:30	Mixed Junior Relay, Athlete Lounge Check-in/ race package pick-up	Junior
11.08.2024	10:00	10:50	Mixed Junior Relay, TA check-in	Junior
11.08.2024	10:30	10:45	Mixed Junior Relay, Swim Warm-up	Junior
11.08.2024	10:50	10:58	Mixed Junior Relay, Call/Introduction	Junior
11.08.2024	11:00	13:00	Mixed Junior Relay	Junior
11.08.2024	13:00	13:30	Mixed Junior Relay, TA check-out	Junior
11.08.2024	13:30	14:30	TA set up for LOC	LOC
11.08.2024	13:45	14:00	Mixed Elite Relay, Team declaration	Elite
11.08.2024	14:00	15:00	Mixed Elite Relay, Athlete Lounge Check-in/race package pick-up	Elite

11.08.2024	14:30	15:20	Mixed Elite Relay, TA check-in	Elite
11.08.2024	15:00	15:15	Mixed Elite Relay, Swim Warm-up	Elite
11.08.2024	15:20	15:28	Mixed Elite Relay, Call/Introduction	Elite
11.08.2024	15:30	17:00	Mixed Elite Relay	Elite
11.08.2024	17:00	17:30	Mixed Elite Relay, TA check-out	Elite
11.08.2024	17:30		Medal Ceremony	Elite / Junior

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon published and applicable from November 2024 – WT Competition Rules

6.4. ATHLETES' BRIEFING

08.08.2024, 17:00-17:30, Juniors Briefing

08.08.2024, 18:00-18:30, Elites Briefing

10.08.2024, 18:00-18:30, Mixed Junior Relay, Coaches Briefing

10.08.2024, 18:00-18:30, Mixed Elite Relay, Coaches Briefing

6.5. TIMING CHIPS

At race Check-In, Athletes will be issued with their timing chip which is to be worn above the left ankle. Athletes will also be given their numbered Swim Cap and must have their Uniform available to be checked for WT guideline compliance. Bikes will be checked for safety and compliance on entry to the Transition Area.

6.6. RESULTS

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

There will be live coverage on both triathlonLive and Europe Triathlon youtube channel.

All the Results information will be distributed to the Team Leaders at the Information Centre at Avlu Culture and Convention Center

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, Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditation cards will be distributed together with race packages.

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 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

Türkiye's official language is Turkish.

8.2. POPULATION

According to current information approximately 85 million 279 thousand 553 people are living in Turkey.

8.3. CURRENCY

Currency is Turkish Liras (TL)

8.4. TIME

GMT +3

8.5. ELECTRICITY

230V 50 Hertz

In Türkiye the power sockets are of type E.

8.6. WATER

Non-potable water

8.7. TELEPHONE CONNECTIONS

+90 area code

9. COURSE MAPS

9.1. SEMIFINAL, FINAL AND JUNIOR & ELITE MIXED RELAY SWIM START



Start will be from a pontoon, 30 m length and 6 m wide. Depth at the start: 1,5m. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

9.2 SWIM COURSE

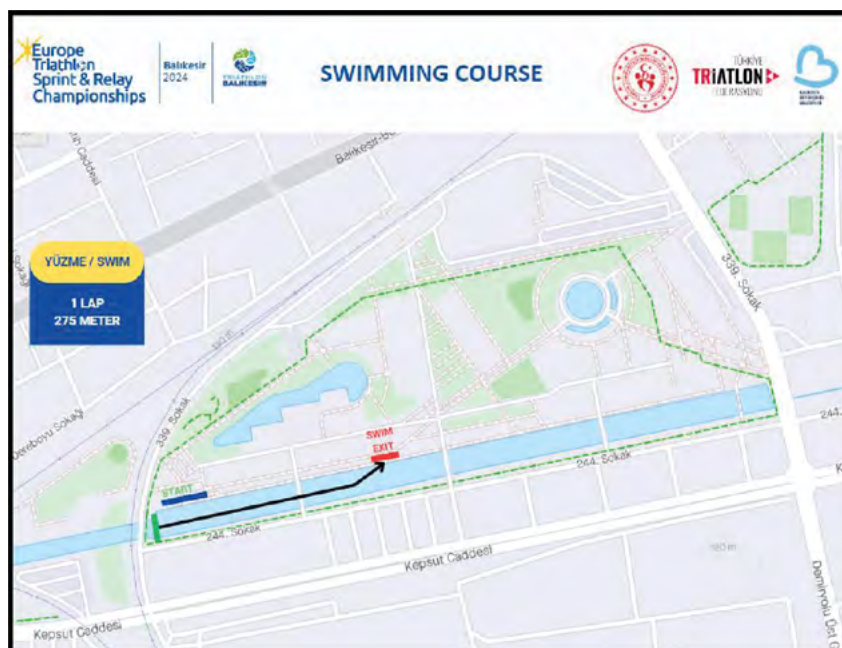
Number of laps: 1 (one)

Distance of the course: 270m

Distance from the pontoon to the first buoy: 255 m

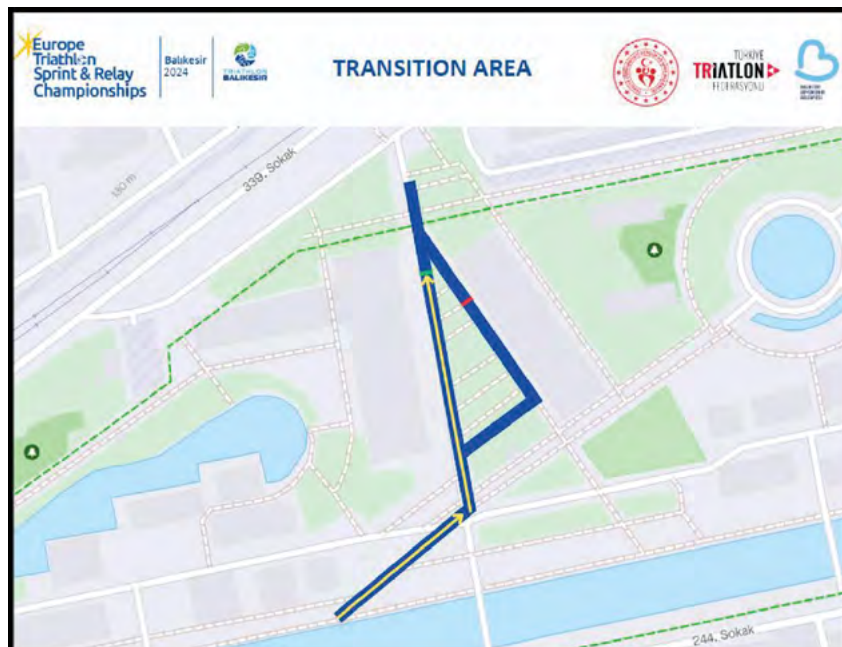
The swim course follows the right side of the buoys, so all of the buoys should stay at athletes left while passing

Average water temperature: 23-25°C



9.3. 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/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



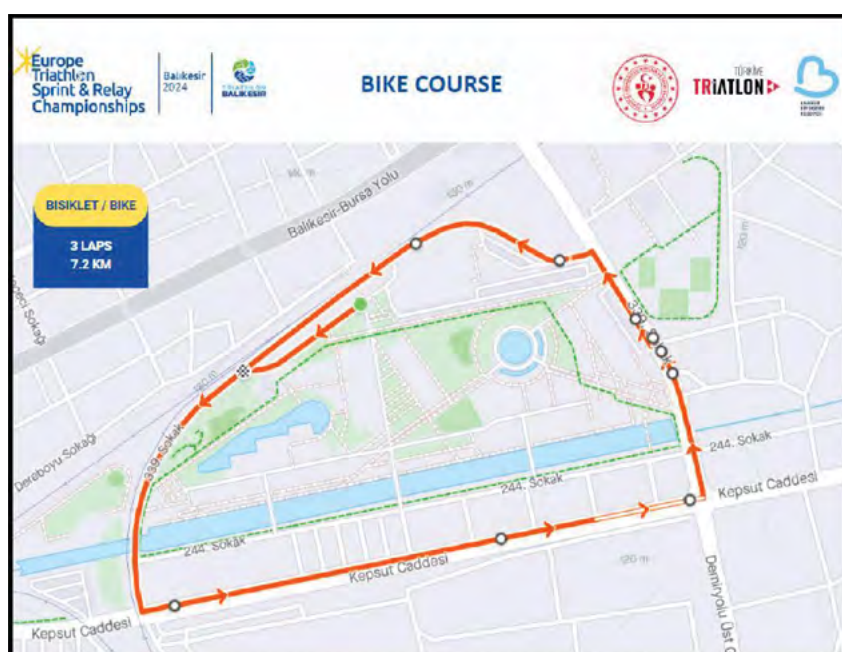
9.4. BIKE COURSE

For all events: High quality asphalt, flat, technical and fast course

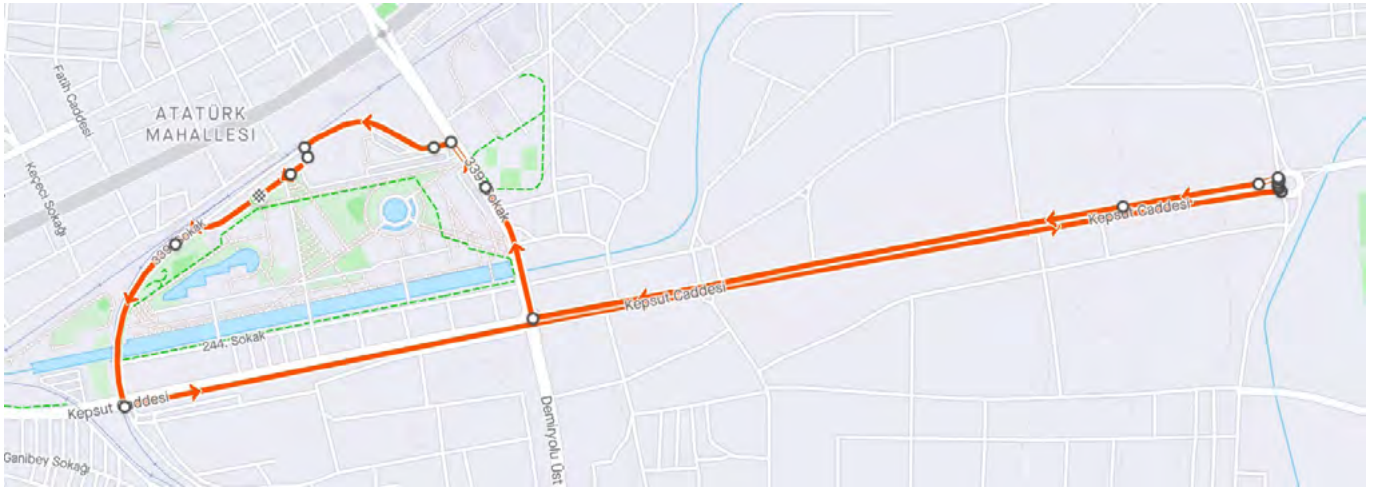
3 laps/Total distance: 8 km/ Elevation: 44m

Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap.

Neutral Wheel station is placed at 1.45 km after the mount line.



Mixed Relay Bike Course



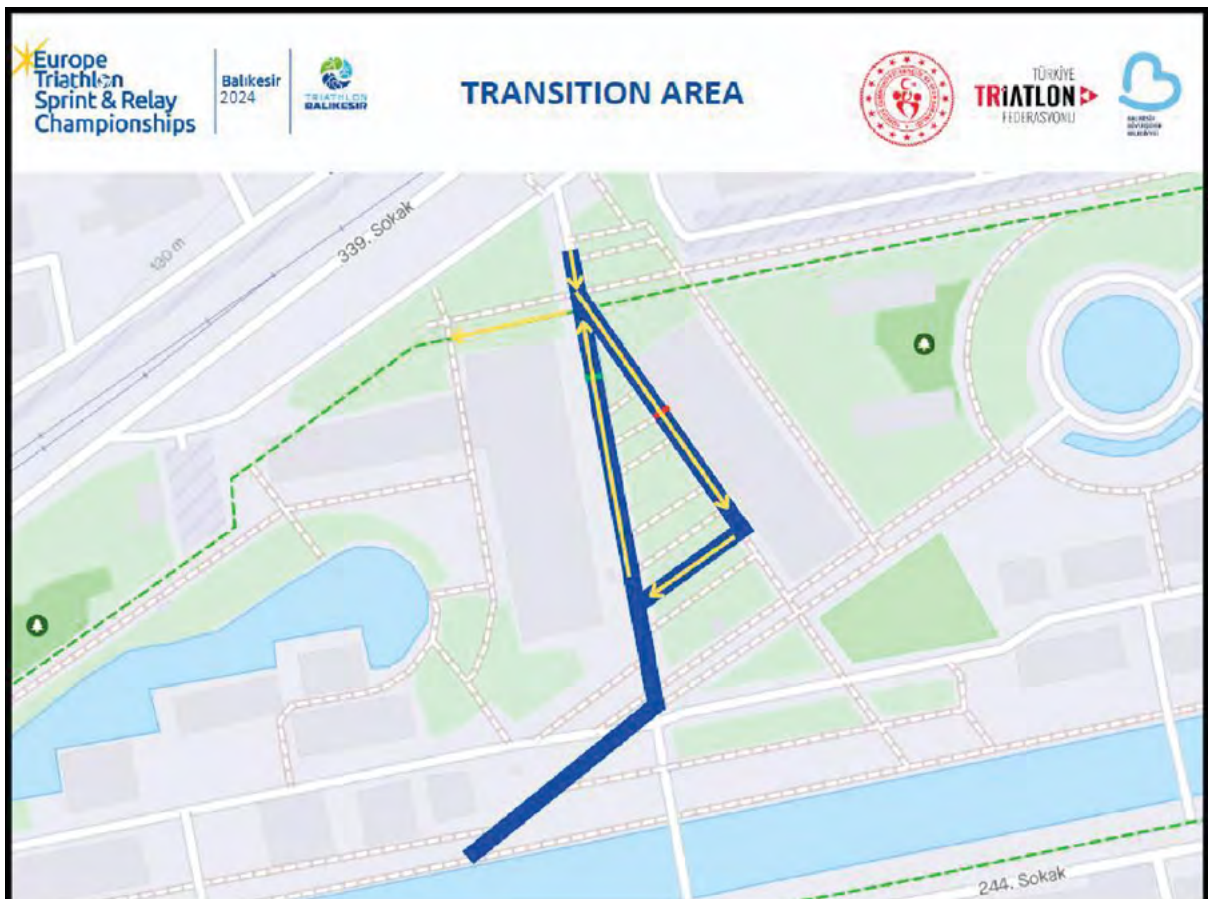
1 lap/Total distance: 5.2 km/ Elevation: 52m

Team Wheel station: It will be located near transition, in a place where athletes pass at the end of each lap.

Neutral Wheel station is placed at 1.45 km after the mount line.

9.5. 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.



9.6 RUN COURSE

Description: Flat

FINALS RUN COURSE: 2 laps/1.7 k



MIXED RELAY RUN COURSE

1ST, 2ND AND 3RD ATHLETE: 2 laps/1.9 k/Flat

LAST ATHLETE: 2 laps/1.7 k/Flat



Good luck!



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