



ATHLETE'S GUIDE AGE GROUPS

ETU SPRINT TRIATHLON
EUROPEAN CHAMPIONSHIPS
2019





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DEAR FRIENDS,

I congratulate you on the start of the first European triathlon championship in Russia! A long journey has been made, and you have two unforgettable days ahead.

I want to express my gratitude to the organizing committee: the Ministry of Sports of Tatarstan, the IRONSTAR team and the team of the Russian Triathlon Federation for preparing the competitions.

I want to thank European Triathlon Union to chose and trust us.

Special thanks to the MatchTV team. For the first time, elite races will be shown on the federal channel "Match! Country".

For the elite national team of the European Championship in Kazan - a chance to prove themselves in their native land. For the Russian amateur team, this is the first start in history, where such a large number of Russians will start at the start of the team.

When we act as a team, we are strong. I wish each of you a good race!

Russian Triathlon Federation
President
Peter Ivanov



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This weekend Elite and Age-Group medals will be presented to athletes at the ETU IRONSTAR Kazan Sprint Triathlon European Championships. I am delighted to see 28 nations represented on the start lists and am really looking forwards to the Parade of Nations and Opening Ceremony on Friday, which will take place on the promenade that runs along the Kazanka River.

With international triathlon returning to Russia and with so many Age Group athletes ready to race a course that is dominated by the massive walls of the Kremlin and stunning skyline, I am sure that there will be many special photos of this city, the “Third Capital” of Russia, shared on the various Social Media platforms.

We had a very successful ETU Cup Final in Sochi in 2015. This event was short-listed for the “Best event of 2015” and, with the same Local Organisers now delivering a whole range of events, I am certain that these European Sprint Triathlon Championships will add an exciting new chapter to their already impressive history.

As the “Sports Capital of Russia”, Kazan has welcomed our sport and with the live broadcast provided by “Match”, we can ensure that the 2019 Sprint Triathlon European Championships will be seen and enjoyed around the world.

I would like to thank Peter Ivanov, as President of the Russian Triathlon Federation for his continued support and of course Andrey Kavun, CEO of Ironstar for his hard work in ensuring the growth of popularity of our sport in Russia. I would also like to thank the hard-working team of technical officials, all volunteers, who will be there to ensure the race is safe and fair and of course, I want to thank you, the athletes for coming.

Have a great race and, as the TV people say, “Все на матч! Everyone to the Match!”

Renato Bertrandi
European Triathlon Union
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

July 26:

- 9:00 – 21:00 Information Desk
- 9:00 – 17:00 Registration open
- 15:00 – 20:00 Pasta Party for AG and Elite
- 16:00 – 17:30 AG Team Manager Briefing
- 17:30 – 18:00 Parade of Nations
- 18:00 – 18:30 Opening Ceremony

July 27

- 9:00 – 17:00 Registration open
- 14:00 – 17:00 AG Bike Check-in
- 17:00 – 18:00 AG athletes Swim Course Familiarization
- 18:30 – 19:00 AG athletes Race Briefing (English)
- 19:00 – 19:30 AG athletes Race Briefing (Russian)

July 28

- 8:00 – 8:40 AG Start
- 13:00 – 14:00 Award ceremony European Championships AG
- 17:00 – 21:00 Bike Check-out



1.3. KEY CONTACTS

- Race director: Sergey Makeenkov, sergey.makeenkov@iron-star.com
- Technical delegate: Alpar Nagy (HUN) — co TD (alpar.nagy@triathlon.org | M + 36 70 7700 679), Peter Klosz (ROU) — co TD, Alexander Kochetkov — (LTU) — aTD
- Athlete services manager: Andrey Skobelkin, andrey.skobelkin@iron-star.com

1.4. CONTACT DETAILS

Info point and registration address:

EXPO area, Race Village, Fedoseyevskaya str., 1

Contact person: Andrey Skobelkin, andrev.skobelkin@iron-star.com. +7 926 892-46-44

Connect to our Telegram channel for latest updates and information:

- **download Telegram app**
- **find us — [@etusprintag](https://t.me/etusprintag)**



2. VENUE

2.1. RACE VENUE

Race Village address: Fedoseyevskaya str. 1, Kazan, Russia.

Swim start is from a pier (see the map) of Kremlevskaya embankment for both Elite and AG athletes.

2.2 AG ATHLETES COURSE FAMILIARIZATION

Swim course familiarization: July 27, 17:00 - 18:00, pier on Kremlevskaya embankment.

2.3. ATHLETE'S LOUNGE

Recovery zone is located just after the finish line and provides water, food and medical care.

Another recovery zone with massage will be located in EXPO area of the Race Village.

2.4. RACE PACKAGE:

AG athletes:

Registration and package pick-up: 26-27 July, 9:00 - 17:00, EXPO area, Race Village, Fedoseyevskaya str., 1

You will receive:

- race bag
- bib
- race number temporary tattoos
- race number stickers for your bike and helmet
- chip
- race cap

You will receive finisher's T-shirt after the finish.

2.5. DOPING CONTROL

Location of the doping control site: Marriott hotel, 6 Karl Marx Street, Kazan, Russia. After the finish you will be accompanied by IRONSTAR volunteer to the doping test site.. Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

Kazan is hospitable and safe city. It is one of the most visited tourist cities in Russia which hosted many international events including the FIFA World Cup in 2018.

Feel at home while visiting Kazan! Take a walk in a free time, visit cafes and bars — enjoy social life in this beautiful city.

Security during the race contact:

Dmitry Kulinchenko

+7 985 999-33-52

2.7. LOC OFFICE

Marriott hotel, 6 Karl Marx Street, Kazan, Russia

Contact person: Andrey Skobelkin, andrev.skobelkin@iron-star.com. +7 926 892-46-44

Opening hours: July 26, 9:00 - 21:00

3. ACCOMMODATION AND VISA

Kazan has to offer different types of hotels, including 3-5 stars.

Coming to Russia is easier than it seems! Get Russian Visa Invitation online in 5 minutes!

<https://myvisatorussia.com/ironstar/>

Please contact our official partner Academservice for accommodation, transfer, city tours and visa enquiries:

Email: ironstar@acase.ru, Inna Fisenko

Website: <http://www.iron-star.acase.ru/en-kazan/accommod.jsp>



4. TRANSFER AND TRANSPORT

There are many flights from Europe to Kazan with a connection in Moscow and direct flights from Frankfurt to Kazan (by Aeroflot company). Please check the direct flights details at <https://www.aeroflot.ru/ru-en>. You can get from the airport to the city centre by taxi, express train or bus.

Flight from Moscow to Kazan will take about 1,5 h.

Traveling by train takes from 8 to 14 h. You can buy train tickets here: <https://pass.rzd.ru/main-pass/public/en>

Train arrives to the city centre, so if your hotel is central you can get there by foot or by taxi.

We can help with transfer from the airport and railway station: please send your request in advance (at least 2 days before the arrival) to ironstar@acase.ru, Inna Fisenko.

5. ATHLETE'S SERVICES

5.1. 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.

5.2. BIKE MECHANICAL SERVICE

Bike technical service will be available in the Race Village, in the transition area and the mobile service — on the bike course.

6. COMPETITION SCHEDULE

Friday 26 July, 2019

9:00	21:00	Information Desk (EXPO area, Race Village, Fedoseyevskaya str., 1)
9:00	17:00	Registration open ETU Kazan European Championships AG (EXPO area, Race Village, Fedoseyevskaya str., 1)
15:00	20:00	Pasta Party for AG and Elite (Marriott hotel, Karl Marx str., 6)
16:00	17:30	AG Team Manager Briefing (Marriott hotel, Karl Marx str., 6)
17:30	18:00	Parade of Nations (Race Village, Fedoseyevskaya str., 1)
18:00	18:30	Opening Ceremony (Race Village, Fedoseyevskaya str., 2)

Saturday 27 July, 2019

9:00	17:00	Registration open ETU Kazan European Championships AG (EXPO area, Race Village, Fedoseyevskaya str., 1)
14:00	17:00	ETU Kazan European Championships AG Bike Check-in (Transition area)
17:00	18:00	ETU Kazan European Championships AG athletes Swim Course Familiarization (Pier on the embankment, Fedoseyevskaya str., 1)
18:30	19:00	ETU Kazan European Championships AG athletes Race Briefing (English) (Race Village, Embankment, Fedoseyevskaya str., 1, Event stage)
19:00	19:30	ETU Kazan European Championships AG athletes Race Briefing (Russian) (Race Village, Embankment, Fedoseyevskaya str., 1, Event stage)

Sunday 28 July, 2019

6:00	7:40	Last minute Transition Area is open, gear check only (NO Bike Check-in) (Transition area)
8:00	8:40	ETU Kazan European Championships AG Start (Pier on the embankment, Fedoseyevskaya str., 1)
8:00		M18-29 (Pier on the embankment, Fedoseyevskaya str., 1)
8:02		M30-34 (Pier on the embankment, Fedoseyevskaya str., 1)
8:04		M35-39 (Pier on the embankment, Fedoseyevskaya str., 1)
8:06		M40-44 (Pier on the embankment, Fedoseyevskaya str., 1)

8:08	M45-49 (Pier on the embankment, Fedoseyevskaya str., 1)
8:12	F18-34 (Pier on the embankment, Fedoseyevskaya str., 1)
8:14	F35-44 (Pier on the embankment, Fedoseyevskaya str., 1)
8:18	M50-54 (Pier on the embankment, Fedoseyevskaya str., 1)
8:22	F45-54 (Pier on the embankment, Fedoseyevskaya str., 1)
8:26	M55-64 (Pier on the embankment, Fedoseyevskaya str., 1)
8:28	M65-89 (Pier on the embankment, Fedoseyevskaya str., 1)
8:30	F55-89 (Pier on the embankment, Fedoseyevskaya str., 1)
10:10	ETU Kazan European Championships AG Bike Cut-Off-Time
10:55	ETU Kazan European Championships AG Cut-Off-Time
13:00	14:00 Award ceremony European Championships AG (Race Village, Embankment, Fedoseyevskaya str., 1, Event stage)
17:00	21:00 Bike check-out (Transition Area)

6.1. ATHLETE'S BRIEFING

AG athletes briefing:

July 27

18:30-19:00 ETU Kazan European Championships AG athletes Race Briefing (English) (Race Village, Embankment, Fedoseyevskaya str., 1, Event stage)

19:00-19:30 ETU Kazan European Championships AG athletes Race Briefing (Russian) (Race Village, Embankment, Fedoseyevskaya str., 1, Event stage)

6.2. TIMING CHIPS

Athletes will be given a timing chip, to be worn on the athletes' ankle. AG athletes will pick up the timing chips during the Registration.

6.3. RESULTS

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

Live results will be available at the website: live.russiarunning.com.

6.4. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

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.

Info on when and where the accreditations will be distributed will be announced later.

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.



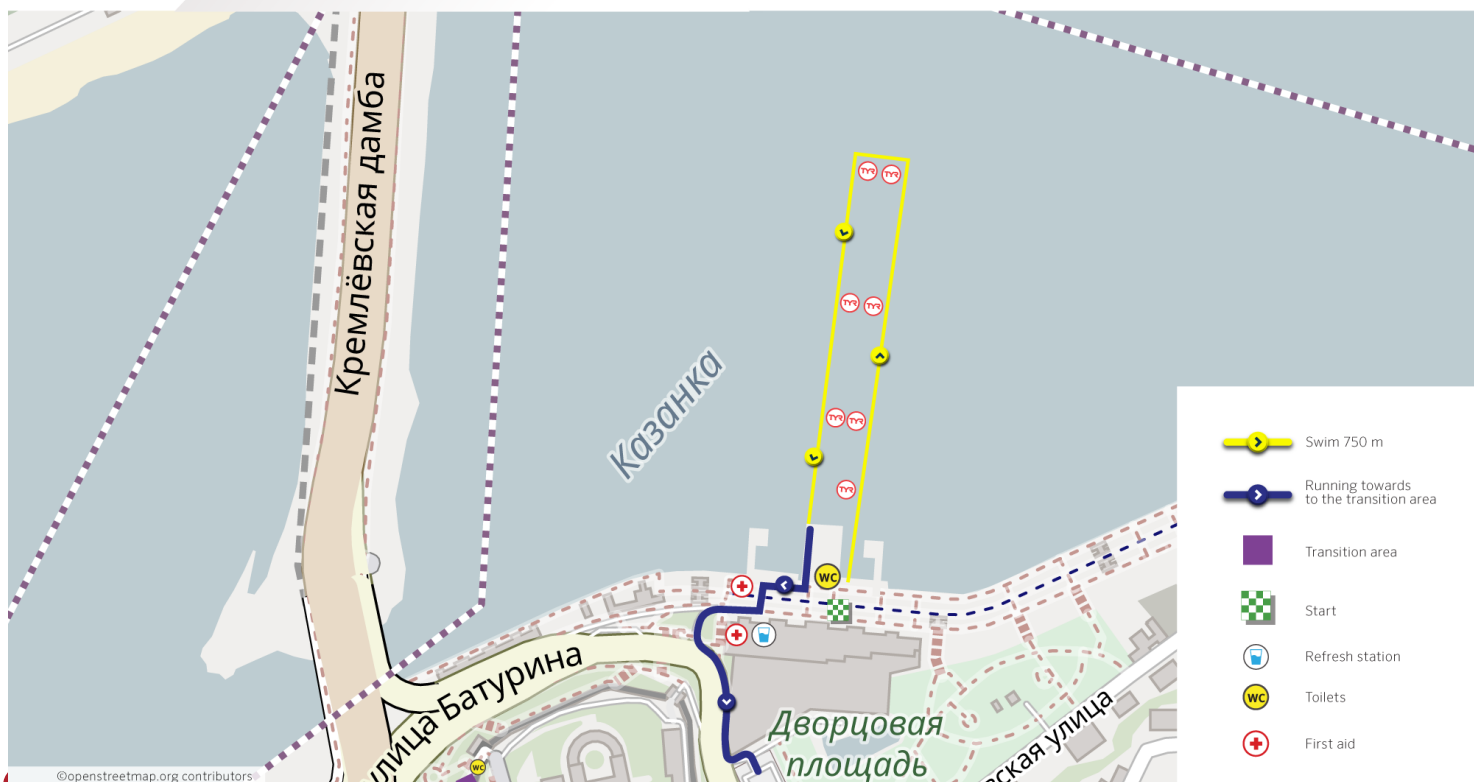
8. COURSE MAPS



**ETU SPRINT AG TRIATHLON
EUROPEAN CHAMPIONSHIPS**
July 28th, 2019

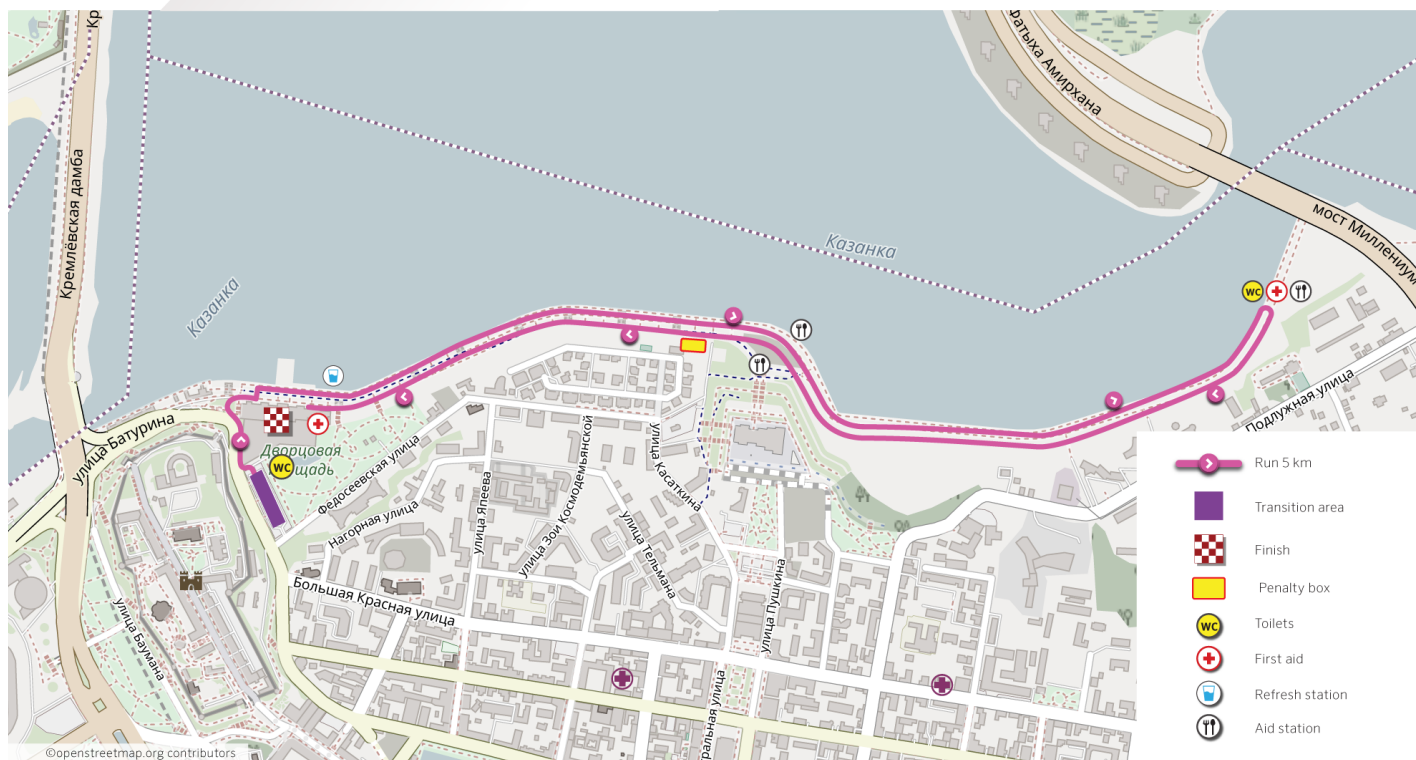


**ETU SPRINT AG TRIATHLON
EUROPEAN CHAMPIONSHIPS**
July 28th, 2019
SWIM COURSE

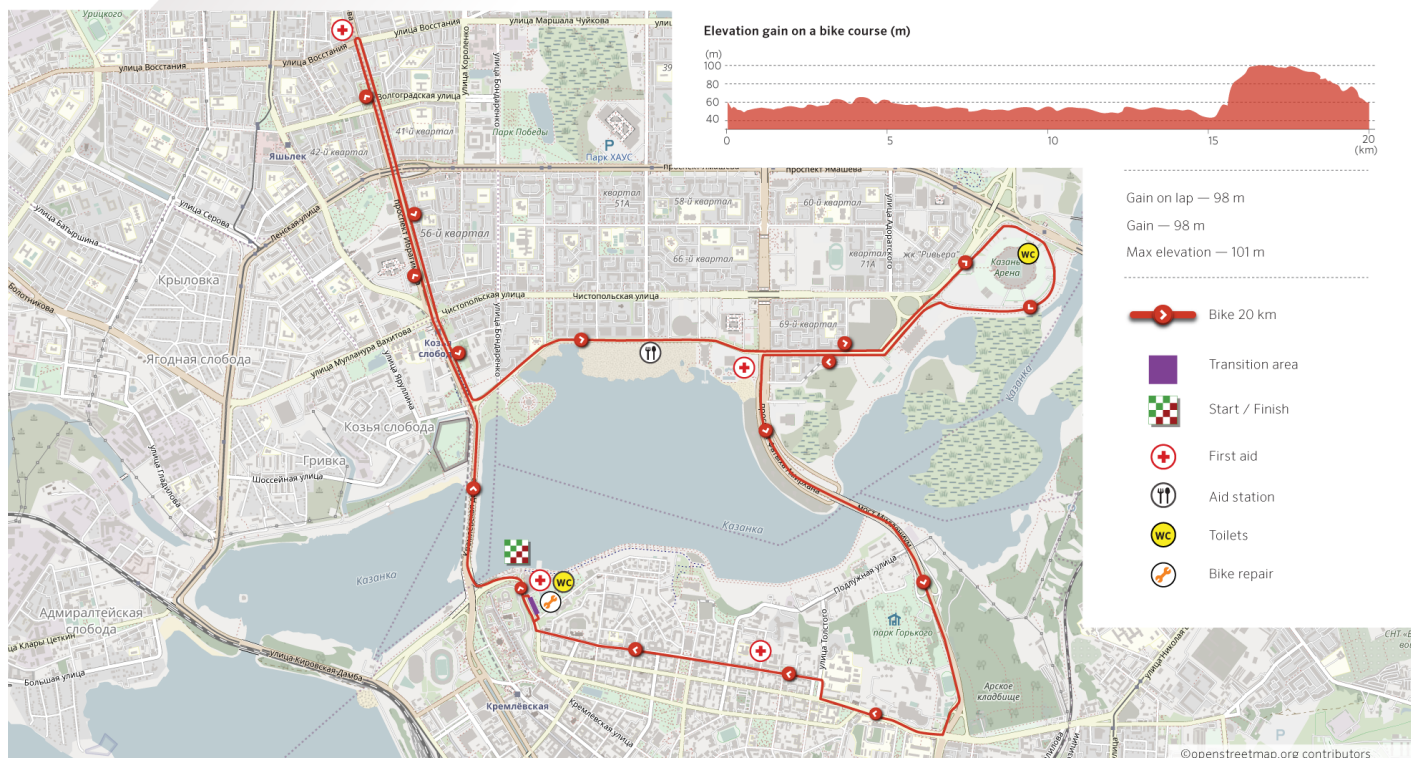




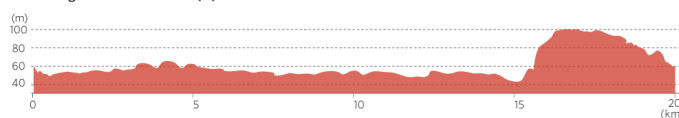
ETU SPRINT AG TRIATHLON EUROPEAN CHAMPIONSHIPS July 28th, 2019 RUN COURSE



ETU SPRINT AG TRIATHLON EUROPEAN CHAMPIONSHIPS July 28th, 2019 BIKE COURSE



Elevation gain on a bike course (m)



Gain on lap — 98 m
Gain — 98 m
Max elevation — 101 m

SWIM START

Sunday 28 July, 2019

8:00	M18-29 (Pier on the embankment, Fedoseyevskaya str., 1)
8:02	M30-34 (Pier on the embankment, Fedoseyevskaya str., 1)
8:04	M35-39 (Pier on the embankment, Fedoseyevskaya str., 1)
8:06	M40-44 (Pier on the embankment, Fedoseyevskaya str., 1)
8:08	M45-49 (Pier on the embankment, Fedoseyevskaya str., 1)
8:12	F18-34 (Pier on the embankment, Fedoseyevskaya str., 1)
8:14	F35-44 (Pier on the embankment, Fedoseyevskaya str., 1)
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8:22	F45-54 (Pier on the embankment, Fedoseyevskaya str., 1)
8:26	M55-64 (Pier on the embankment, Fedoseyevskaya str., 1)
8:28	M65-89 (Pier on the embankment, Fedoseyevskaya str., 1)
8:30	F55-89 (Pier on the embankment, Fedoseyevskaya str., 1)

SWIM COURSE

The swimming stage will take place in the Kazanka river. It is a perfect location with the absence of waves. In 2015 the best swimmers of the world competed there at FINA World Championship.

Start from the pontoon.

1 lap.

Average water temperature in July: +23°C Average air temperature in July: +25°C

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 centre lane and towards the mount line.

Running shoes may be placed beside the rack or in the bin.

BIKE COURSE

The bike course is designed along the main city streets and the main sights of the city.

1 laps. Elevation gain — 98m

RUN COURSE

The running course goes along the Kremlin embankment and concludes with the festive finish with the applause of the hundreds of fans.

Track surface: flat asphalt pavement and concrete road.

9. TOURIST GUIDE

4 FACTS ABOUT KAZAN

- It is one of the largest cities in Russia — 1.5 million people live here;
- It is a home of many international sports events: 2018 FIFA World Cup, 2015 World Aquatics Championships and many others;
- it is one of the most visited tourist cities in Russia. According to the TripAdvisor in 2014, Kazan ranked 8th in the world in terms of the tourism development.
- The Kazan Kremlin is a World Heritage Site and race venue is just very close to it.

HOW TO GET TO KAZAN?

It is possible to go Kazan from Moscow in several ways — by plane, by train, by car and by bus. The fastest is by plane, the flight time is about one and a half hours. Other three options — train, car and bus — suggest that the road will take 11-14 hours.

There's a convenient direct flight to Kazan from Frankfurt:

<https://www.onetwoTrip.com/en-gb/f/#/search/2607FRAKZN2907?sc=E&ac=1&srcmarker2=newindex&do=1&k=j8sxzf>

July 26 Frankfurt — Kazan

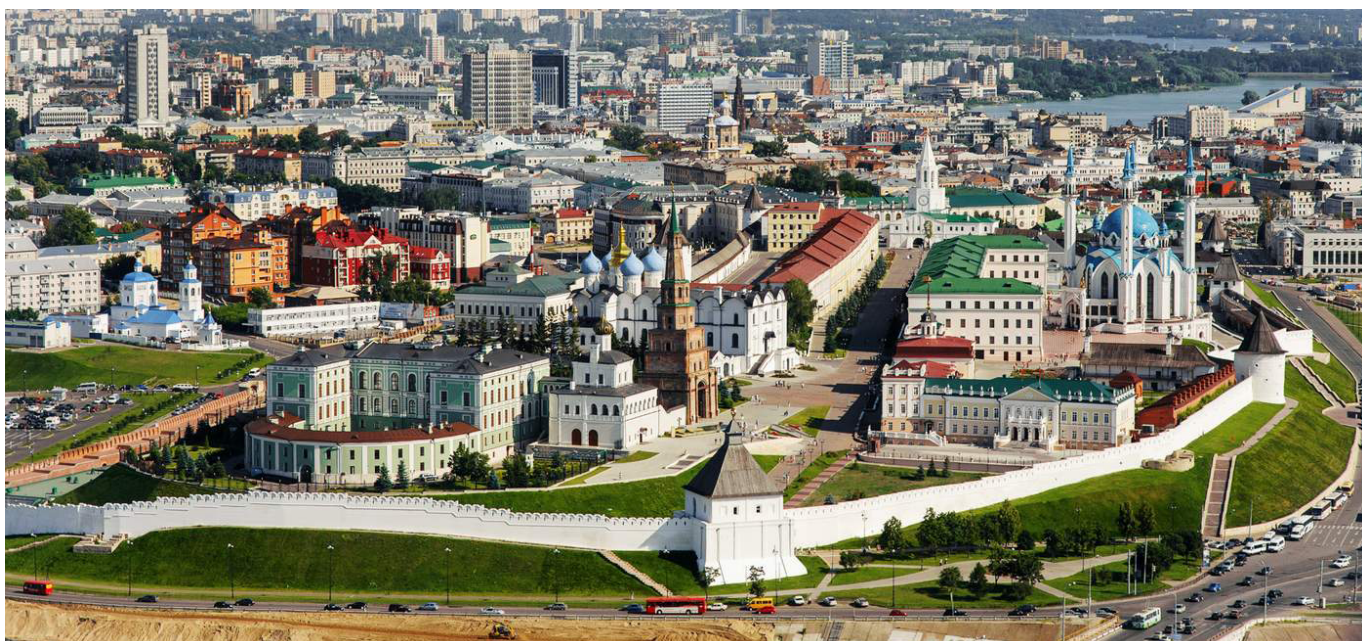
July 29 Kazan — Frankfurt

Also, there's a lot of flights through Moscow.

You can reach the city from the airport either by bus number 197, or by express train, which goes to the station Kazan — Passenger. Taxi price is up to 1,500 rubles, while public transport is only 40-50 rubles. Carefully follow the schedule — the last bus and the last train leave at about 22:00, so you are not advised to book very late flights.

WHAT TO SEE IN KAZAN?

The perfect time for sightseeing in Kazan is 2-3 days, but if you come to join IRONSTAR race and limited in time, we recommend you to see the most important Kazan sights, which are located in the city center. What is worth seeing first and foremost?





KUL-SHARIF MOSQUE

The most advised thing to start your tour with — is to visit Kazan Kremlin which is a World Heritage Site. There are 13 towers, the Kul-Sharif Mosque, the Syuyumbike Tower, the Annunciation Cathedral and several other iconic buildings on its territory. The most beautiful building is certainly Kul-Sharif Mosque. Anyone can enter it, regardless of religion. For tourists there are special balconies with a great view of the amazing decoration of the mosque. It was built not long ago — in the year of 2005. Kul-Sharif was re-built according to old drawings and plans, and it repeats a mosque destroyed by the troops of Ivan the Terrible in 1552. Kul-Sharif Mosque is considered to be a symbol of Kazan and is included to the UNESCO World Heritage List.



THE SUYUMBIKE TOWER

A local analog of the Pisa Tower — The Suyumbike Tower — is situated near the mosque. As well as Italian Pisa, Suyumbike Tower deviated its initial position almost on 2 meters, and is clearly noticeable. The tower was named in honor of one of the Kazan khanate governesses who cancelled high taxes.

They say that if you touch the tower and make a wish, then it will surely come true. Therefore, if you want to win the race, we recommend you check out this tourist attraction before your start.



PALACE OF AGRICULTURE

There is another building in the center of the city which you can hardly miss — the Palace of Agriculture, built for the needs of the Ministry of Agriculture, it stands right in front of a transit zone. It turned out to be a beautiful building in the Empire and classicism style with a giant bronze tree in the middle. And the tree is so skillfully done that it seems to be the real one looking from afar. The Palace creates a particularly strong impression in the evening when the lights are turned on.



WEDDING PALACE

On the opposite bank of the Kazanka River there is a wedding palace in the form of a huge cauldron. You will see it at the start of the swimming stage, and probably — while swimming. But be sure to take a closer look at it. Four dragons (almost like in the Game of Thrones) guard the palace along the perimeter. There is also a sightseeing platform on the roof of such an unusual wedding palace, which is opened from Tuesday to Friday from 9:00 till 18:00 and on Saturday from 9:00 till 15:00 Entrance fee to be paid.



AQUATIC PARK

If the swimming stage seemed to be rather short for you, then there is the Riviera water park in the next building, where you can ride for 4 hours from the slides, sunbathe nearby the outdoor pool or relax in the SPA area. For children there is a separate area with shallow pools and safe rides. The entrance fee is 1090 rubles



“THE NIGHT KAZAN” TOUR

If you have the opportunity, be sure to take “The night Kazan” tour when all the lights are turned on. The city looks totally different — the Palace of Farmers, the Kul-Sharif Mosque, the Kazan Family Center and the Ekiyat Puppet Theater appear in a different light in the literal and figurative sense. It is better to buy a tour, because in an hour you will be taken to all the most interesting and beautiful places of the city — it will be harder and longer to get around them on foot.

WHAT TO EAT IN KAZAN?

Be sure to try the local cuisine — it's the cuisine at its best! Firstly, try tokmach — Tatar noodle soup. Then, the beshbarmak — an obligatory item of the gastronomy program — it consists of boiled lamb meat, dough cut into small squares, potatoes and onions. Eat it with your hands. For dessert or as a sweet souvenir for home you can buy chak-chak — pieces of dough, fried in butter and honey. Echpochmak — triangular pies with different fillings — is considered to be a real symbol of Tatar cuisine.

We recommend to visit TripAdvisor for most rated restaurants and cafes: https://www.tripadvisor.com/Restaurants-g298520-Kazan_Republic_of_Tatarstan_Volga_District.html



Enjoy your stay in Kazan!

GOING OUT IN KAZAN

It is safe to go out in Kazan late at night, no worries. People in Kazan are friendly and accustomed to tourists. Kazan was one of the host cities of FIFA and the city is adapted for foreigners.

We recommend to visit TripAdvisor for most rated places: https://www.tripadvisor.com/Restaurants-g298520-Kazan_Republic_of_Tatarstan_Volga_District.html



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