



30th - 31st August

2013 Eton Dorney ETU Triathlon Junior European Cup

ATHLETE'S EVENT GUIDE



1. General Information

The British Triathlon U20's Festival will host the following events:

- **The 2013 British Triathlon Inter Regional Championships**
- **Youth Elite and Open Junior Elite Men**
- **The 2013 Eton Dorney ETU Triathlon Junior European Cup**

The Youth and Open Junior elite races are also incorporated into the Youth and Junior Super Series and will be the final event in the series.

1.1. Event Schedule

Friday 30th August

Course Familiarisation, Registration and Athletes Briefing

		Start	Finish
Swim Course Familiarisation	IRC / Youth / Open Junior Men	14.00	15.00
	ETU European Junior Cup – Men & Women	15.00	16.00
Bike Course Familiarisation	ETU European Junior Cup – Men & Women	14.00	15.00
	IRC / Youth / Open Junior	15.00	16.00
Registration	IRC Team Managers / Youth / Open Junior Men	14.00	16.00
Athletes Briefing	IRC Team Managers / Youth / Open Junior Men	16.30	
	European ETU Junior Cup – Men & Women	17.30	

Saturday 31st August

Race Schedule

Time	
9.00	ETU European Junior Cup Athletes Lounge Opens
9.00	ETU European Junior Cup Womens Registration
10.00	Tristar 2 Boys Race Start - IRC
10.05	Tristar 2 Girls Race Start - IRC
10.25	Tristar 3 Boys Race Start - IRC
10.30	Tristar 3 Girls Race Start - IRC
11.00	ETU European Junior Cup Men Registration
11.10	ETU European Junior Cup Women Race Start
12.00	IRC Presentations
12.30	Open Junior Men Race Start
13.00	Youth Men Race Start
13.03	Youth Women Race Start
14.00	ETU European Junior Cup Men Race Start
16.00	Medal Presentations

1.2 Event Venue and Race Hotel

Event Venue

Dorney Lake

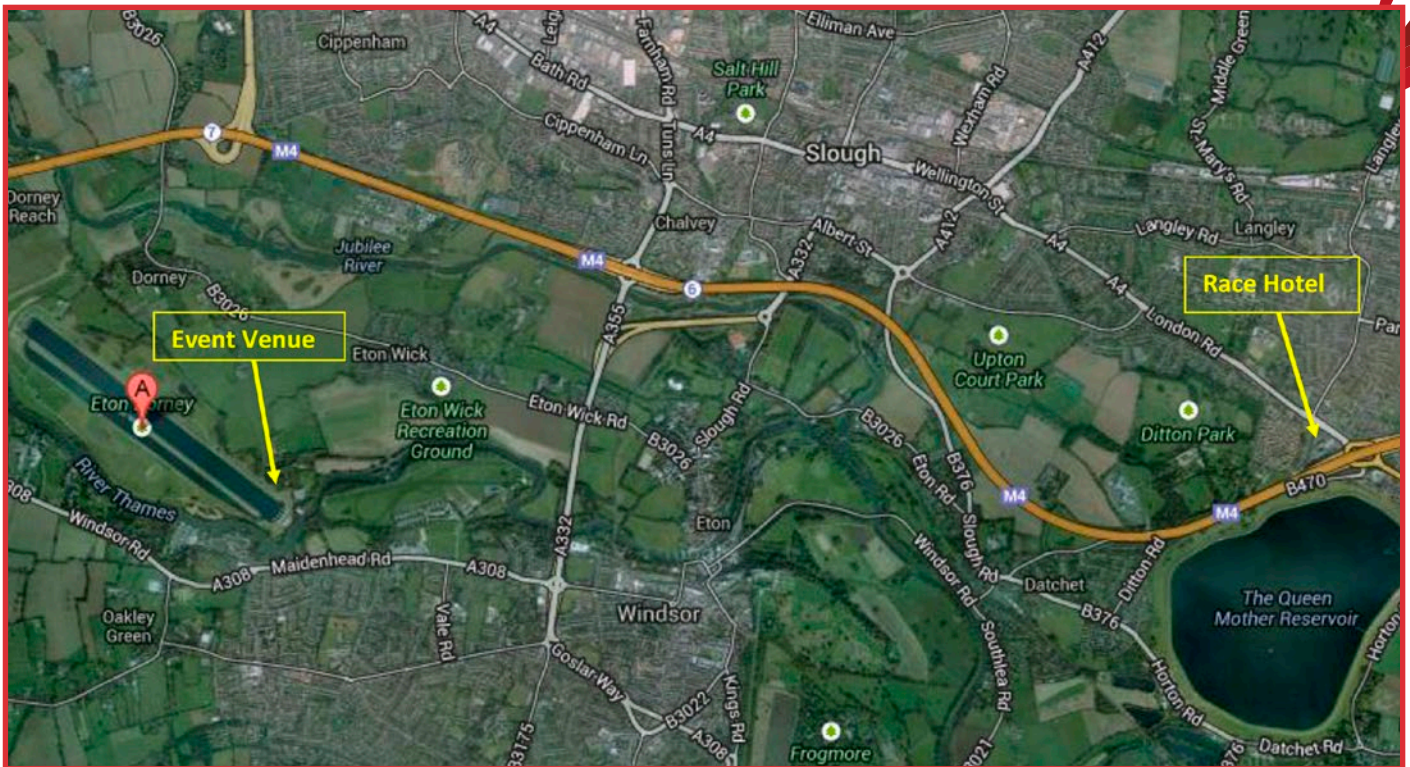
Off Court Lane
Dorney
Windsor
SL4 6QP

Race Hotel

Marriott Windsor Heathrow

Ditton Road
Langley
Slough
SL3 8PT

The race hotel is approximately 10.5km from the event venue.



Access to Eton Dorney by Road

- The nearest motorway access is M4, Junction 7
- Exit Junction 7 and go left at end of slip road to A4/Maidenhead
- Pass through one set of traffic lights
- Turn left after 500m at superstore roundabout onto B3026, signposted Dorney/Eton
- Pass back over M4, entering Dorney village
- Right, at left-hand curve, into Court Lane, signposted Dorney Reach and Lake
- Pass Dorney Court and Walled Garden Centre entrance
- After 400m enter Dorney Lake site through large double gates straight ahead
- Please follow the directions of marshals for parking which will be on the grass

NOTE: Satnavs and computer maps may lead you astray to Dorney Court, which has the same postcode, so please follow above guide.

Bike route maps from the Hotel to the Event Venue will be available from the Hotel Reception or by emailing lisadent@britishtriathlon.org

1.3 Accommodation and Airport Transfers

Nirvana Europe is the official travel partner for the British Triathlon U20's Festival, for all enquires and bookings please **email:** mail@nirvanaeurope.com or **tel:** 0191 257 1750.

Hotel Prices: £65 Single £75 double/twin (breakfast is included & bikes are allowed in rooms)

Transfer price: £50 return transfer to London Heathrow

1.4 Key Contacts

ETU Technical Delegate	Monica Zubillaga	mzubill@hotmail.com
Race Referee	Duncan Hough	
LOC Event Director	Adam Marcinowicz	07703 282337
LOC Race Director	Lisa Dent	07860 695 353
LOC Accommodation & Travel Manager	Nirvanaeurope	0191 257 1750
LOC Media Manager	Tom Goldspink	07795 415452

For information on event and race information please email lisadent@britishtriathlon.org in the first instance.

1.5 Event Organiser

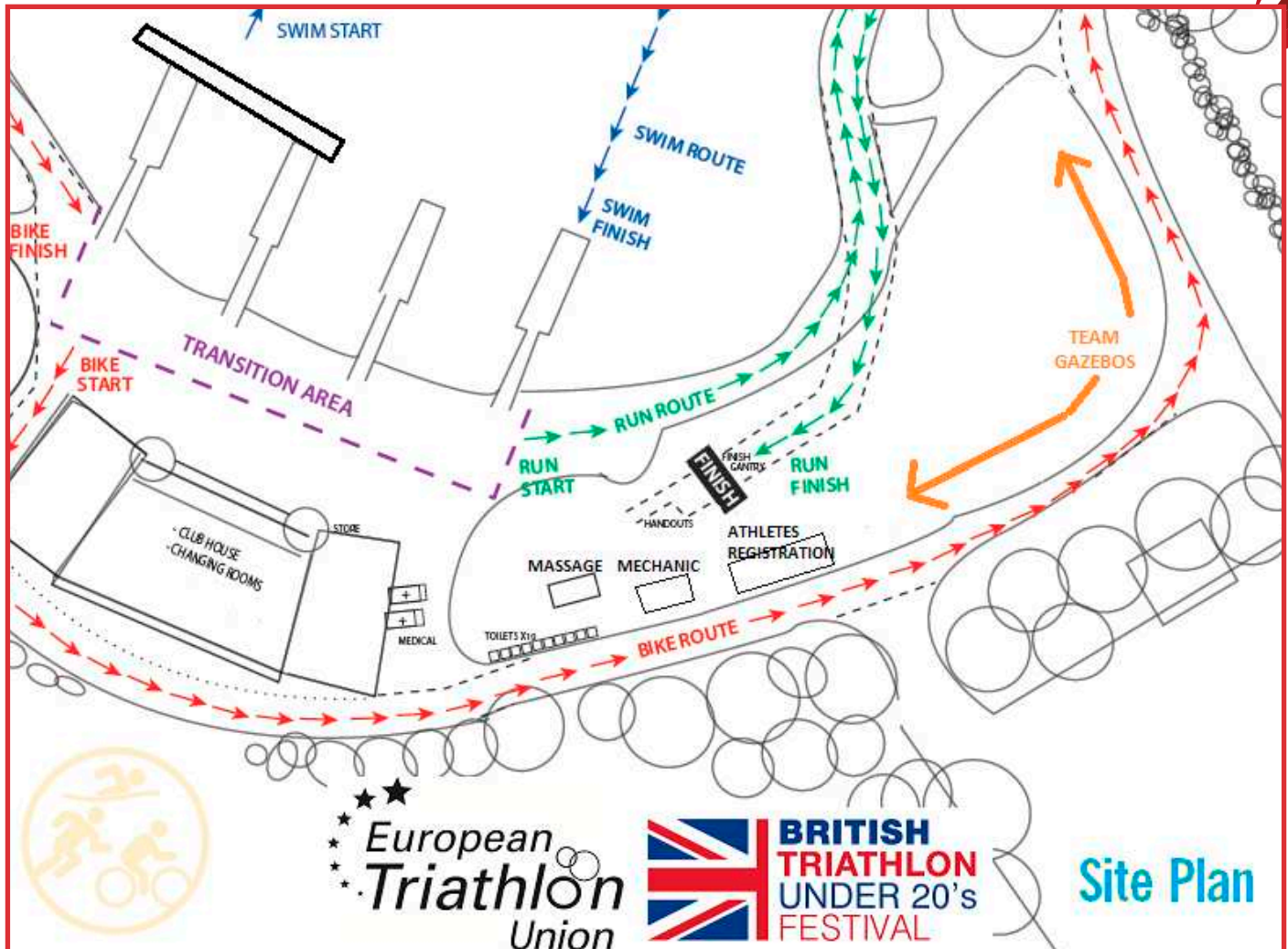
British Triathlon Federation

John Beckwith Building
Loughborough University
Loughborough
United Kingdom
LE11 3TU

HumanRace LTD

Unit 6, Typhoon Buisness Centre
Oakcroft Road
Chessington
Surrey, KT9 1RH
United Kingdom

2. Venue



2.1 Parking

Free parking is available at the event venue on both familiarisation and race day, please follow the signs and directions from the marshals on entry, there is a short 10-15 minute walk from the parking to the athletes village so please arrive in plenty of time.

Parking will be open from 13.00 on Friday 30th August and 07.00 on Saturday 31st August. We would like to encourage all competitors to **car share** where possible.

2.2. Athletes Village

There will be space in the athlete's village for athletes and teams to set up gazebos. However please note that should it be windy then the event organisers, following health and safety, have the authority to ask for them to be taken down. Please comply with their requests if asked to do so.

a. Athletes Lounge

The athletes lounge is for the use of the **ETU European Junior Cup** athletes only. The athletes lounge will be a large marquee based in the athletes village. All ETU European Junior Cup athletes and coaches will need the correct accreditation for entry. The athletes lounge will provide water and fruit for the athletes before and after competition.

b. Bike Mechanic Service

A bike mechanic service will be on hand throughout race day with a small trade stand for any last minute repairs or purchases. This service is provided by Britishbikehire.co.uk

c. Massage Service

A massage service will be available throughout race day from physioandtherapy.co.uk. The cost for this service will be £6 for 10 minutes and will be available to book on race day.

d. Catering Services

Catering services will be available in the athletes village and inside the boat house serving drinks and a selection of hot / cold food, all catering will be available from 09.00.

e. Facilities

The venue will have portaloos located in the athletes' village, changing and showering facilities will be available in the boat house.

f. Presentations / Medal Ceremony

The presentation area will be situated in the athlete's village, please make sure you are there 10 minutes prior to presentations commencing.

Time	
12.00	IRC Presentations
16.00	Medal Ceremony <ul style="list-style-type: none">• Youth and Open Junior Men• Youth and Junior Super Series Winners• ETU European Junior Cup Men & Women

3. Race Briefings & Registration

3.1 Race Briefing – Friday 30th August

All race briefings will take place inside the boat house and will be clearly signposted.

Attendance at race briefing is compulsory.

Time	Race Briefing	Athletes
16.30	Duncan Hough (Race Referee)	IRC Team Managers, Youth, Open Junior Men
17.30	Monica Zubillaga (ETU Technical Delegate)	ETU European Junior Cup Men & Women

Please note that for the **ETU European Junior Cup** athletes, any entry payments outstanding will be taken after the athletes briefing has taken place. If an ETU European Junior Cup athlete fails to make payment for entry they **WILL NOT** be allowed to race.

3.2 Registration

All athletes must present a valid and in-date race license at the time of registration to receive registration packs. Registration for the **IRC Team Managers, Youth and Open Junior athletes** will take place in the marquee located in the athletes village from 14.00 – 16.00, this will be clearly signposted.

Please note registration is on Friday only for the IRC Team Managers, Youth and Open Junior Men athletes.

Tattoos and sticker sets (bike and helmet numbers) will be given out so please come prepared for tattoos to be placed on your arms and legs. We only have one set per athlete so please do not lose your sticker-sets or remove tattoos.

Friday 30th August

Time	Finish		
14.00	16.00	Registration	IRC Team Managers / Youth / Open Junior
16.30		Athletes Briefing	IRC Team Managers / Youth / Open Junior
17.30		Athletes Briefing	ETU European Junior Cup - Men & Women

Saturday 31st August

Time	
9.00	ETU European Junior Cup Athletes Lounge Opens
9.00	ETU European Junior Cup Women Registration
11.00	ETU European Junior Cup Men Registration

Race packs will include the following items:

Item	Race
Timing Chip	<ul style="list-style-type: none"> • ETU European Junior Cup • IRC • Youth and Open Junior Men
Race Numbers & Bike / Helmet Stickers	<ul style="list-style-type: none"> • IRC
Tattoos & Sticker Sets (2 helmet numbers, 1 x bike seat post number)	<ul style="list-style-type: none"> • ETU European Junior Cup • Youth and Open Junior Men
Swim Cap	<ul style="list-style-type: none"> • ETU European Junior Cup • IRC • Youth and Open Junior Men
Accreditation	<ul style="list-style-type: none"> • ETU European Junior Cup • IRC • Youth and Open Junior Men

The swim and bike course will be fully marked, the pontoon will be in place for dive start practice with a full water safety team in place. Please only attend the familiarisation at your designated times these have been put in place for athletes safety.

IRC athletes must be accompanied by a Team Manager

4. Course Familiarisation

		Start	Finish
Swim Course Familiarisation	IRC / Youth / Open Junior Men	14.00	15.00
	ETU European Junior Cup – Men & Women	15.00	16.00
Bike Course Familiarisation	ETU European Junior Cup – Men & Women	14.00	15.00
	IRC / Youth / Open Junior Men	15.00	16.00

The swim and bike course will be fully marked, the pontoon will be in place for dive start practice with a full water safety team in place. Please only attend the familiarisation at your designated times these have been put in place for athletes safety.

IRC athletes must be accompanied by a Team Manager

5. Competition Schedule

Saturday 31st August

Start	Finish	
08.30	09.40	IRC Transition Opens
09.00		ETU European Junior Cup Athletes Lounge Opens
09.00		ETU European Junior Cup Womens Registration
09.40		IRC Transition Closes
10.00		Elite Transition Opens for ETU European Junior Cup Women
10.00		Tristar 2 Boys Race Start - IRC Race
10.05		Tristar 2 Girls Race Start - IRC Race
10.25		Tristar 3 Boys Race Start - IRC Race
10.30		Tristar 3 Girls Race Start - IRC Race
10.40	11.00	ETU European Junior Cup Women Swim Warm Up
11.00		ETU European Junior Cup Men Registration
11.00		ETU European Junior Cup Women Line Up
11.00	11.40	Youth and Open Junior Men Transition Opens
11.00	11.40	Transition Open for IRC bike collection
11.10		ETU European Junior Cup Women Race Start
11.40		Youth and Open Junior Men Transition Closes
12.00		IRC Presentations <ul style="list-style-type: none"> • Tristar 2 • Tristar 3 • Top 3 Regional Teams
12.30	13.10	Open Junior Men Race Start
12.30		Elite Transition Opens for ETU European Cup Junior Men
13.00	13.40	Youth Men Race Start
13.03	13.50	Youth Women Race Start
13.15	13.50	ETU European Junior Cup Men Swim Warm Up
13.50		ETU European Junior Cup Men Line Up
14.00		ETU European Junior Men Race Start
16.00		Medal Presentations <ul style="list-style-type: none"> • Youth and Open Junior Men • Youth and Junior Super Series Winners • European ETU Junior Cup Men & Women

5.1 Competition Rules

All races within the U20's Festival will be run under the latest published ITU competition rules.

http://www.triathlon.org/uploads/docs/itusport_competition-rules-2013_final.pdf

6. Race Information

6.1 Race Distances

Race	Swim	Bike	Run
IRC - Tristar 2	300m	5.3km (1 lap)	1.8km (1 lap)
IRC - Tristar 3	350m	5.3km (1 lap)	2.5km (1 lap)
Youth	400m	10.6km (2 laps)	2.5km (1 lap)
Open Junior Men	400m	10.6km (2 laps)	2.5km (1 lap)
ETU European Junior Cup	750m	21.2km (4 laps)	5km (2 laps)

6.2 Course Details

Start

The start area can be accessed from the pontoon in front of the transition area, please follow the instructions of the marshals and officials. **All athletes** must be at the start area 10 minutes prior to their start time. All race starts will be a pontoon dive start, athletes will be lined up and asked to stand in a starting position 0.75m wide. The race referee with assistance from the technical officials will start each race with an air horn.

Swim Course

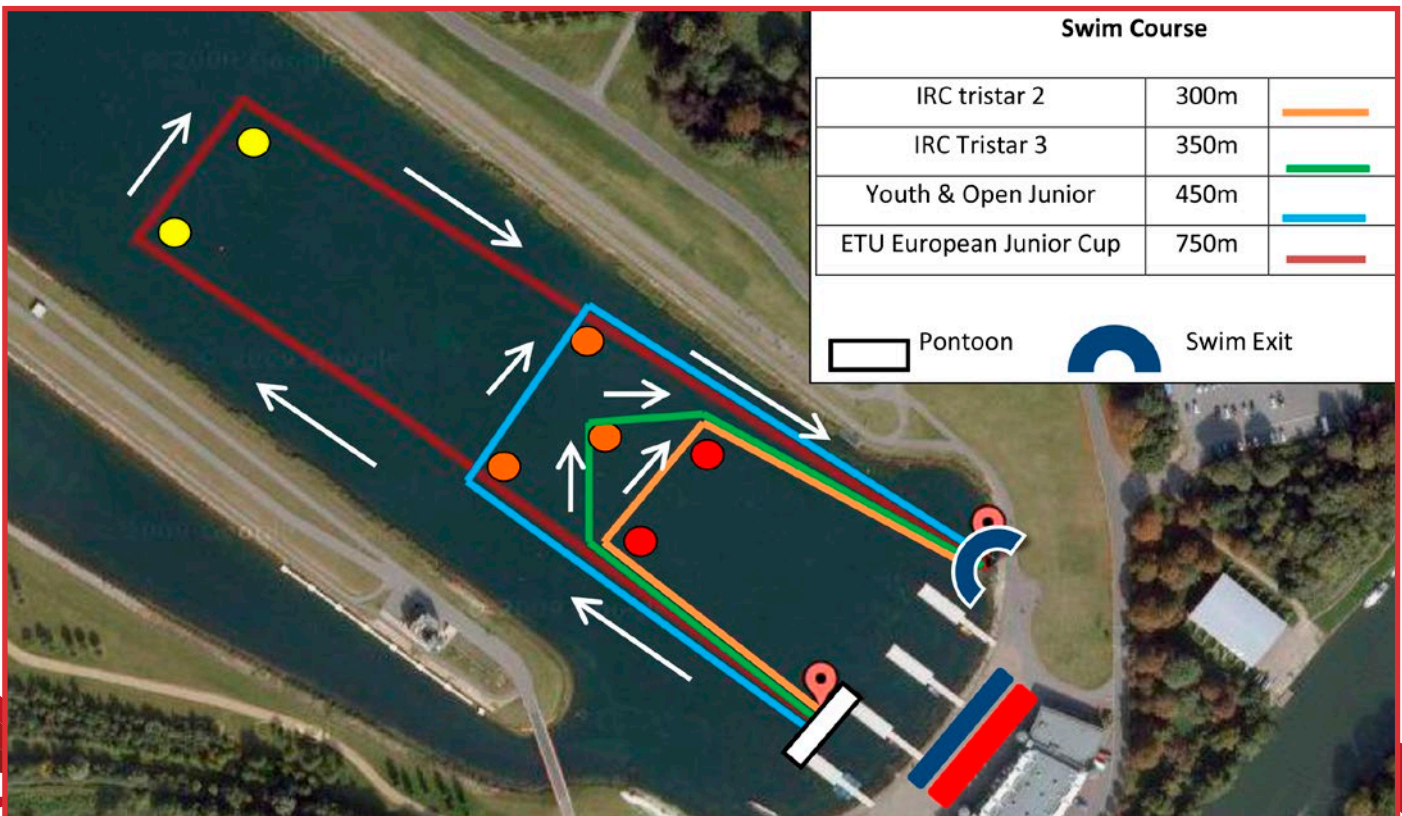
The swim course takes place in the rowing lake, all swim courses will consist of 1 lap and the below table highlights the swim buoy colour for each course, please also refer to the swim course map.

Race	Distance	Swim Buoy Colour
IRC – Tristar 2	300m	Red and Small orange (house shape)
IRC – Tristar 3	350m	Small orange
Youth / Open Junior Men	450m	Large orange
ETU European Junior Cup	750m	Yellow

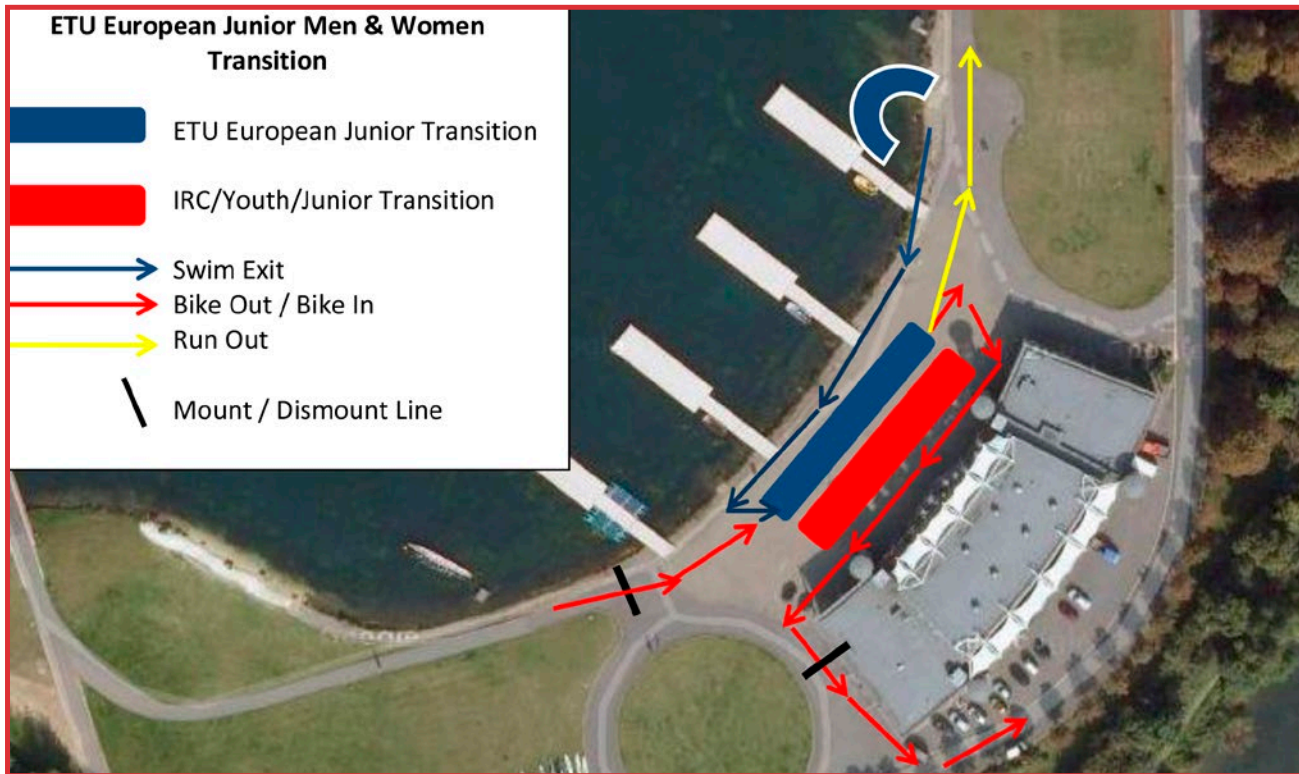
Athletes will dive into the water and swim in a clockwise direction keeping all swim buoys on your right shoulder. The swim exit is a short ramp and will be clearly marked with a blue inflatable gantry. Athletes will then turn right running approximately 100m along the water front to then turn left back into transition (please refer to the swim course map and swim to bike transition map below).

Water temperature will be updated on the event website <http://www.britishtriathlon.org/u20festival>. An official water temperature will be taken by the chief swim official on the day and placed on the event notice board outside the **European ETU Junior Cup** athletes lounge.

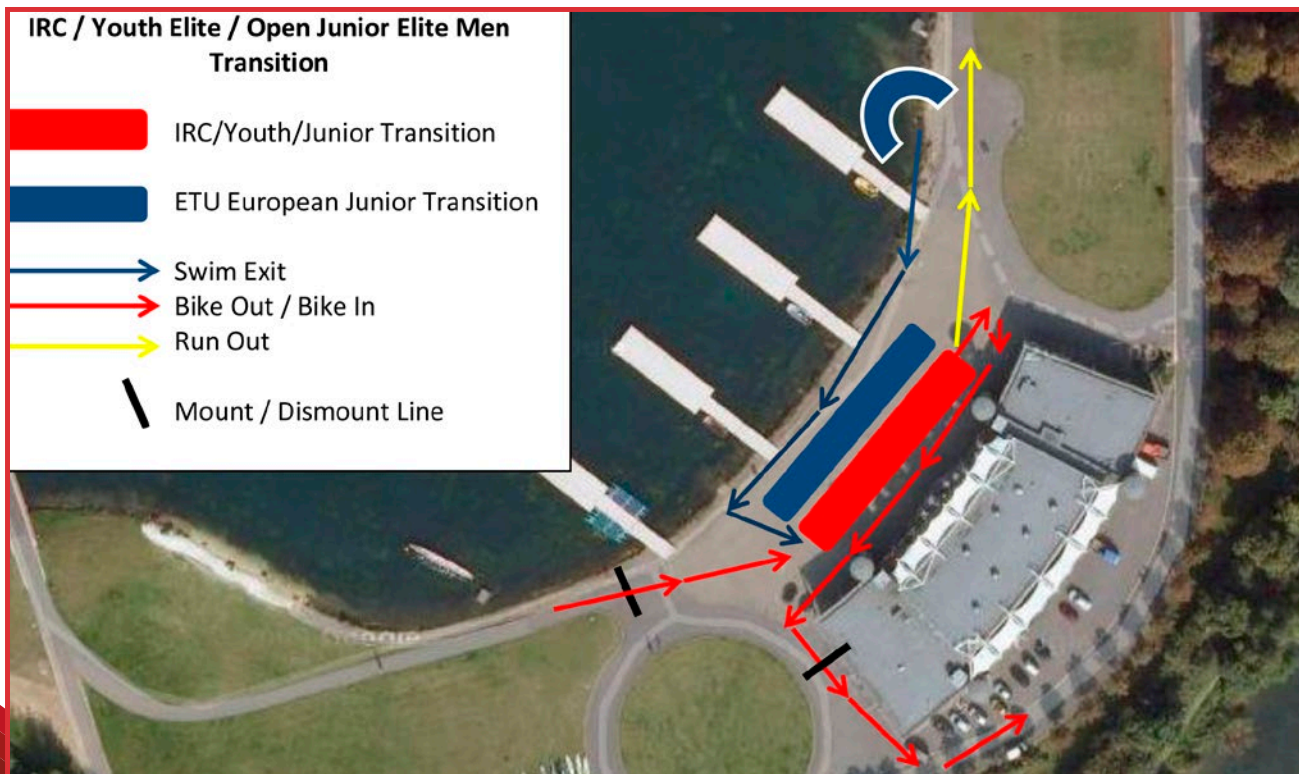
Swim Course Map



Swim to Bike Transition Map - ETU European Junior Cup



Swim to Bike Transition Map - IRC, Youth / Open Junior Men



Bike Course

On exiting transition athletes will have a short run around the back of transition to the mount line (see swim to bike transition map). Once past the mount line athletes will turn left to head straight out onto the bike course. The 5.3km lap is very flat and fast, the course loop is traffic free and draft legal. Athletes are instructed to ride on the left and overtake on the right.

Race	Distance	Number of laps
IRC - Tristar 2	5.3km	1
IRC - Tristar 3	5.3km	1
Youth / Open Junior Men	10.6km	2
ETU European Junior Cup	21.2km	4

Once the correct number of laps has been completed athletes will be directed back into transition towards the dismount line and instructed to dismount. If an athlete incurs a time penalty it must be taken on the run course, please see the run course map for penalty box location.

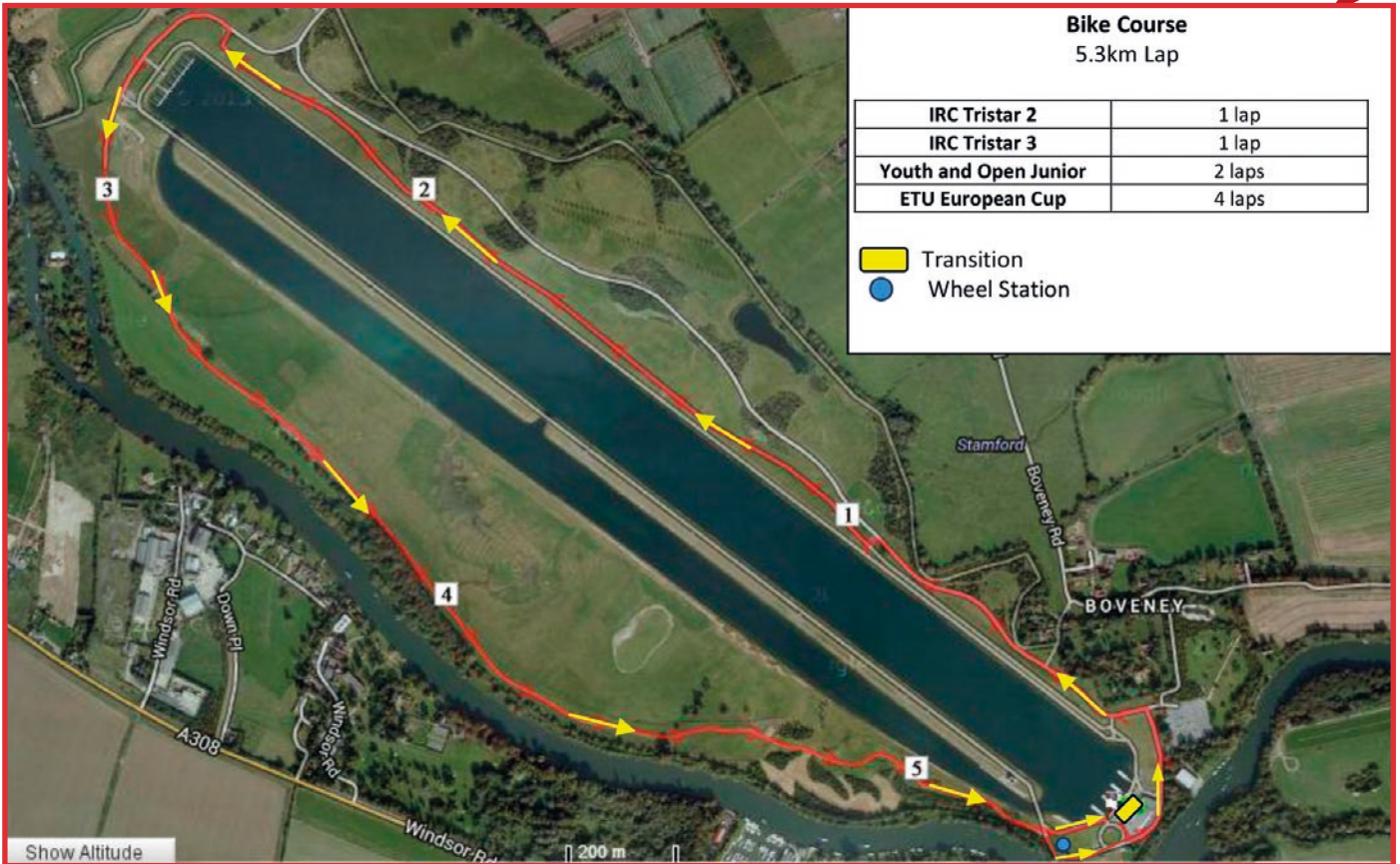
Athletes are responsible for counting their own laps.

Important Bike Course Information:

Please note due to safety reasons we cannot have any athletes left on the bike course at the below cut off times and technical officials will remove the following athletes:

- Any **IRC Tristar 2** athletes still on the bike course once the first **IRC Tristar 3** wave has entered the bike transition.
- Any **Youth** or **Open Junior Men** athletes still on the bike course once the **ETU European Men** or **Women** have entered the bike transition.

Bike Course Map



Wheel Station

There will be one wheel station situated on the bike course, the position of this can be found on the map. Wheels will be checked in at the athletes lounge and placed at the wheel station when transition opens. **Athletes are responsible for bringing their own spare wheels.**

Run Course, Aid Station and Penalty Box

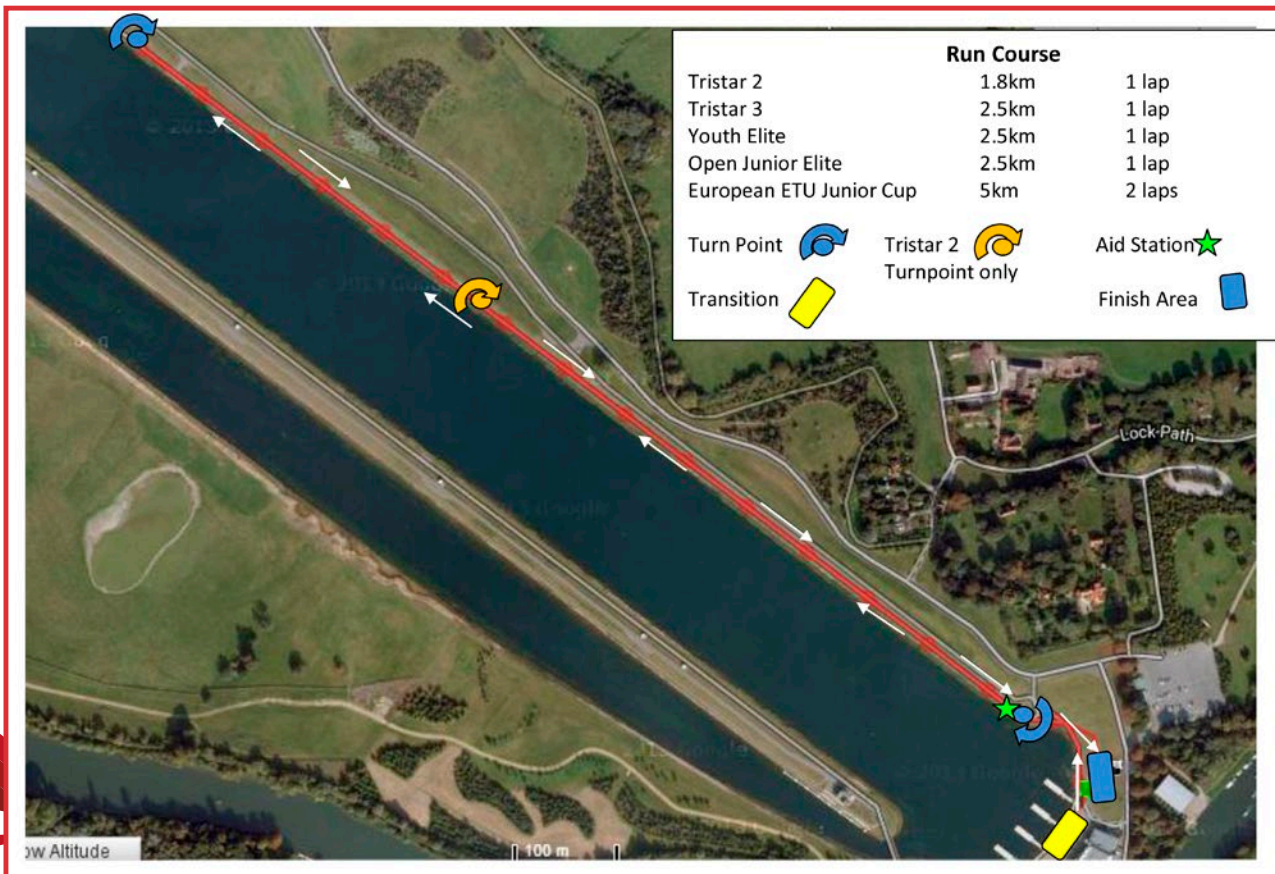
Athletes will bear left out of transition and towards the edge of the rowing lake. The run course is a flat out and back course and runs alongside the rowing lake. After the required number of laps athletes will keep left and then straight on to the finish chute, please follow directions of marshals and technical officials.

Race	Distance	Number of Laps
IRC - Tristar 2	1.8km	1
IRC - Tristar 3	2.5km	1
Youth	2.5km	1
Open Junior Men	2.5km	1
ETU European Junior Cup	5km	2

There will be one aid station situated on the run course, please see map, this will consist of sealed bottles of water for the ETU European Junior Cup race and cups of water for the **IRC, Youth** and **Open Junior Men** races. The penalty box will be located close to the turn point near the finish and aid station, refer to run course map below. Athletes doing more than 1 lap will have the choice of entering this on their first or second lap.

Athletes are responsible for counting their own laps.

Run Course Map



Transition Check-In

Transition check-in will take place on **race day only** no bikes will be checked in on Friday 20th August. There are 2 transition areas (please refer to map on page 13):

- **IRC, Youth** and **Open Junior Men** transition
- Elite transition for **ETU European Junior Cup Men and Women**

All Athletes are asked to make their way to the Transition Area in line with their scheduled timeslot (please see table on page 18).

IRC, Youth and Open Junior Men Transition Check - In

On entering the Transition Area, athlete must have the following items:

- Bike
- Helmet – must be worn and fastened as you enter transition
- Race number
- Security wristband
- Additional race equipment

All athletes will have their helmets, bike and race numbers checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the stickers provided in the race packs during registration.

Bikes will be checked for draft legal compliance at the transition check in. Please arrive at transition check-in as early as possible to allow time to make any modifications if bikes do not conform to ITU rules.

A-frame racking will be used for the **IRC, Youth and Open Junior Men** transition and each athlete has been allocated 0.5m of space. Athletes are asked to set up their transition space so that it does not infringe on any other competitors space besides them. Small sized equipment boxes are permitted.

IRC, Youths and Open Junior Men athletes will be racked according to age group category with race numbers clearly marked on the racking.

ETU European Junior Cup Elite Transition check-In

ETU European Junior Cup athletes will have their helmets, bike and race numbers checked by a technical official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All helmets and bikes must be stickered up with the stickers provided in the race packs during registration.

Bikes will be checked for draft legal compliance at the transition check in.

A-frame racking will be used for the elite transition and each athlete has been allocated 0.75m, this will be clearly marked.

6.3 Transition Check-In & Check-Out

08.30	IRC Transition Check-In Opens
09.40	IRC Transition Closes
10.00	Elite Transition Opens for ETU European Junior Cup Women
11.00	Youth and Open Junior Men Transition Opens
11.00	Transition Opens for IRC bike collection
11.40	Transition Closes for IRC bike collection
11.40	Youth and Open Junior Men Transition Closes
12:15	ETU European Junior Cup Women Bikes removed from Elite Transition to Athletes Lounge
12.30	Elite Transition Opens for European ETU Junior Cup Men

7. Results

Results will be available after each race. The **IRC**, **Youth** and **Open Junior Men** will be able to access individual results and split times outside the club room situated in the boat house, full race results will also be posted here. Final rankings for the Youth and Junior Super Series scores will be posted up on the website after the event.

The **European ETU Junior Cup** race results will be posted up outside the athletes lounge.

7.2. Protests and Appeals

The Race Referee will post penalties on the penalty next to the race results. For either a protest or an appeal, ITU rules will be followed, the appeal or protest has to be submitted to the Race Referee. Full ITU protest and appeal rules can be found at the link below.

http://www.triathlon.org/uploads/docs/itusport_competition-rules-2013_final.pdf

8. Accreditation

Accreditation will be issued at registration, all athletes will be issued with wristbands (see below), coaches, technical officials, media and event staff will be issued with lanyard accreditation. All accredited persons are required to wear their accreditation at all times, **no accreditation no access.**

8.1 Athletes Wristbands

01623 443000	145803	00		2013 Eton Dorney ETU Triathlon Junior European Cup		145803
01623 443000	145803	00		2013 Eton Dorney ETU Triathlon Junior European Cup		145803
01625 442000	145803	000		YOUTH ELITE MEN		145803
01625 442000	145803	000		YOUTH ELITE WOMEN		145803
01625 443000	145803	000		OPEN JUNIOR ELITE MEN		145803
01623 443000	145803	000		2013 BRITISH TRIATHLON INTER REGIONAL CHAMPIONSHIPS		145803

8.2 Lanyards

Lanyard accreditation will be issued to IRC Team Managers, National Federation Coaches, Technical Officials and Event Staff. All National Federation Coaches accreditation requests must go to the ITU.



9. Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 22.8 of the British Triathlon Rule Book misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals / officials instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

10. Event Photography Policy

Members of the public or attendees to this event who intend to use photographic or video equipment are required to register their details with the event organiser.

Photo registration will be conducted at the British Triathlon Gazebo next to the athletes lounge.

Any individual found to be taking photographic or video images without having registered may be challenged and asked to stop immediately

11. Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event they will need to fill out and sign the photography non-permission / opt out form. The child will then be issued with a wristband. All team managers would have been sent one of these via email and the form will also be made available at registration.

For parents who wish to take their own photos at the event then they will be required to fill out the photography registration form in accordance with the event photography policy which will be displayed at the event venue.

Notes

A large area of horizontal dashed lines for taking notes.