

2021 World Cup Karlovy Vary

ATHLETES' GUIDE

Greetings and welcome to the 2021 World Triathlon Cup Karlovy Vary.

It is my great pleasure to be able to welcome you back to the Czech Republic for another edition of famously challenging Karlovy Vary racing. This beautiful town has a long relationship with our sport, having hosted numerous European Cups before it became a World Cup venue for the first time in 2017.

In 2020, this was one of the precious few race opportunities for athletes in the most unusual and demanding of years. The organisation was exceptional and so was the action, a testament to the strength of the LOC and our partnership over the years to deliver what has become an iconic race in the World Triathlon Cup calendar.

A year on, we are not as clear of the pandemic as any of us would have liked, but we are back in Karlovy Vary and continuing with this Season Like No Other, following strict protocols to keep everyone involved safe and the races on the calendar. As last year, it is of paramount importance that the guidance and local rules are followed to the letter to ensure the safety of everyone involved in the race. That has always been our priority and it must continue to be at the forefront of every aspect of what we do.

The athletes will again face the unique challenges of this famous Olympic-distance course that begins with a demanding 1.5 km swim in Rolava Lake before testing the athletes' bike skills over a 40 km course that rolls into the city and then through the tight streets before the 10 km run finishes up in iconic Theatre Square. Time and again this superb stage has brought the best out of our triathletes, including last year's winners Vincent Luis and the new Olympic Champion Flora Duffy.

We will be fortunate to see many familiar faces again this weekend along with the future stars of the sport, and they will undoubtedly inspire the age-group athletes taking part in the feast of triathlon that always adds an extra layer of colour and vibrancy to our time in Karlovy Vary. It is occasions like these that are so important to the continued growth of our sport, and it is always a thrill to see newcomers falling in love with triathlon.

My great thanks go to the Local Organising Committee and all of the volunteers, to the town of Karlovy Vary and the Czech Triathlon Association for staging what I'm sure will be another fantastic event in this beautiful hillside town. I encourage you all to enjoy the location fully and safely as it hosts the thrilling spectacle of World Triathlon racing. Have a wonderful weekend.

Yours in sport,

Marisol Casado President, World Triathlon IOC Member



GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure all athletes and team officials are well informed about all procedures concerning the 2021 Karlovy Vary World Triathlon Cup.

Any late information or last-minute changes during the race week will be communicated on the event website:

https://triathlon.org/events/event/2021_karlovy_vary_triathlon_world_cup



KEY DATES

FRIDAY 10	th SEPTEMBER	
Time	Action	Location
11:00-12:00	Elite Athletes Briefing	Virtual
17:30-20:30	Race Pack Pick Up + Covid Test	Spa Hotel Thermal

SATURDAY 11th SEPTEMBER						
Time	Action	Location				
07:45-08:45	Elite Swim Course Familiarisation	Lake Rolava – Swim start				



SUNDAY 12th SEPTEMBER

	ELITE MEN	
Time	Action	Location
08:00 - 08:30	Elite Men TA2 Check-in	Theatre square
08:30-09:30	Elite Men Athletes Lounge open	Lake Rolava – Swim start
08:45-09:45	Elite Men TA1 Check-in	Lake Rolava – Swim start
08:45-09:45	Elite Men Swim Warm-up	Lake Rolava – Swim start
09:50-09:59	Elite Men line up and Presentation	Lake Rolava – Swim start
10:00	Start World Triathlon Cup Men	Lake Rolava – Swim start
1 <i>7</i> :10	Elite Men Official award ceremony	Theatre square

SUNDAY 12th SEPTEMBER

ELITE WOMEN							
Time	Action	Location					
13:00-13:30	Elite Women TA2 Check-in	Theatre square					
13:30-14:30	Elite Women Athletes Lounge open	Lake Rolava – Swim start					
13:45 - 14:45	Elite Women TA1 Check-in	Lake Rolava – Swim start					
13:45 - 14:45	Elite Women Swim Warm-up	Lake Rolava – Swim start					
14:50-14:59	Elite Women line up and Presentation	Lake Rolava – Swim start					
15:00	Start World Triathlon Cup Women	Lake Rolava – Swim start					
1 <i>7</i> :20	Elite Women Official award ceremony	Theatre square					

ELITE ATHLETES BRIEFING

The Elite Athletes Briefing will take place online

Date: Friday 10th September

Time: 11:00 – 12:00

Details for the race package pick up process will be communicated on a later stage to Athletes and support team







KEY CONTACTS

World Triathlon Team Leader	Istvan Jankov	istvan.jankov@triathlon.org	+36 20 922 7279
World Triathlon Technical Delegate	Alpar Nagy	alpar.nagy@triathlon.org	+36 70 770 0679
World Triathlon Medical Delegate	Jiri Hamous		
LOC Event Director	Vladimír Malý	vladimir.maly@citytriathlon.cz	+420 604 480 763
LOC Technical Director	Jan Novak	jan.novak@citytriathlon.cz	+46 73 264 1171

EVENT ORGANISER

CITY TRIATHLON KARLOVY VARY z.s.

Address: Šmeralova 320/26, Rybáře, 360 05 Karlovy Vary

Tel: +420 604 480 763 Email: info@citytriathlon.cz Website: www.citytriathlon.cz

HOST NATIONAL FEDERATION

Česká Triatlonová Asociace / Czech Triathlon Association

Address: Zátopkova 100/2, 169 00 Praha - Břevnov

Tel: 242 429 259
E-mail: triatlon@triatlon.cz
Website: www.triatlon.cz

TV COVERAGE

Česká Televize – ČT Sport TriathlonLIVE.tv Live Broadcast and Live Timing will be provided



COVID-19

Due to the very dynamic situation we are not able to include all up-to-date details in this guide. For current Covid-19 regulations and arrival info please check our website https://citytriathlon.cz/en/covid-19_en/ where we will post any relevant update for the race.



Covid To-Do checklist
Bring a FFP2 or N95 respirator to Czech Republic. As it is mandatory for all indoor areas.
Make sure to read the covid website above

WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING PROCESS

As has been communicated to everyone at the beginning of the season, all athletes, along with the support staff, applying for accreditation to a World Triathlon event must respect the following preevent COVID-19 screening conditions (as a minimum):

- Fill in the online pre-event questionnaire.
- Perform a PCR swab pre-travel test within 72 hours before travelling to Czech Republic. Tests that must currently be taken to gain entry to Czech Republic are also valid as pre-travel tests. For athletes travelling within Czech Republic an Antigen or PCR swab test must be taken prior to arriving at Karlovy Vary.
- All athletes must submit a pre-travel medical certificate through the World Triathlon registration system according to the specifications listed in the World Triathlon COVID-19 guidelines.
 World Triathlon has developed an online tool for the World Triathlon pre-event COVID-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents.
- Also follow the instructions mentioned on LOC Covid-19 website



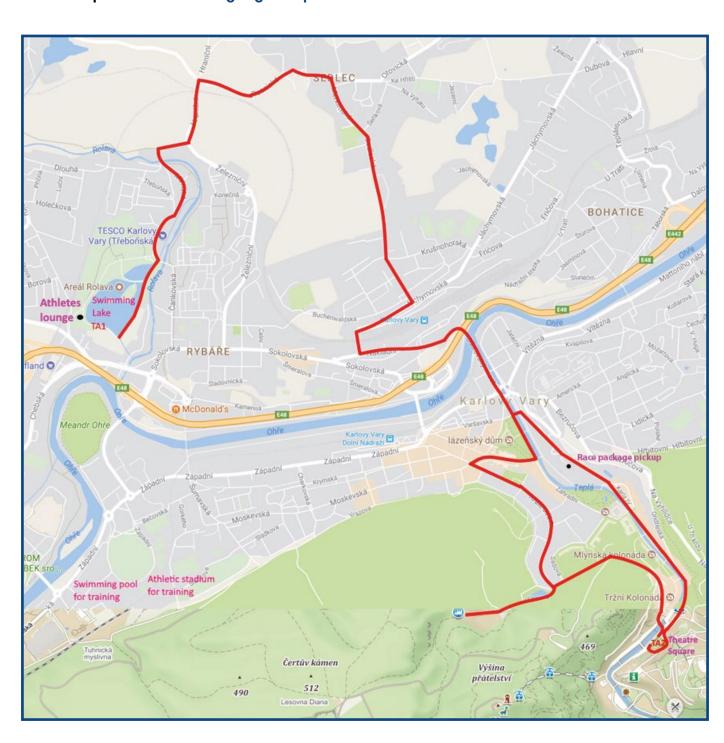
VENUE

The race venue is the same as 2020.

It is spread across the city centre to the lake Rolava.



Venue map can be found on google maps





ELITE ATHLETES LOUNGE

Facilities including the Athletes Lounge Area and toilets are provided for the athletes at the start and a recovery area is available at the finish area. Sealed packages with water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes Lounges and recovery area.

ATHLETE LOUNGE (LAKE ROLAVA) OPENING TIMES

Swim Familiarisation: Saturday 11th September 07:45 - 09:15 Elite Men's Race: Sunday 12th September 08:30 - 09:30 Elite Women's Race: Sunday 12th September 13:30 - 14:30

DOPING CONTROL

Doping Control will be performed according to the World Triathlon/WADA rules. Doping control will be located at the Finish area in the Municipal Theatre. ID/passport must be produced by athletes selected for doping control.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the swim familiarization session and competition schedule. There will be First Aid and Emergency Medical Services at the lake Rolava on competition days.

Medical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical area will be provided on-site at the finish area.

Only Team Medical Doctors with wristbands will be able to access these areas. Wristbands for Medical Doctors are given at the Race pack pick up, by the TOs.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

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

If you require medical assistance during your stay in Karlovy Vary but away from the venue, contact the Emergency Medical Services. In a medical emergency, dial 112 from a mobile phone. The number is free of charge from any telephone.

The hospitals nearest to the Venue and official hotels are:

 Karlovarská krajská nemocnice Bezručova 1190/19 360 01 Karlovy Vary 354 225 111 Nemocnice Ostrov U nemocnice 1161 363 01 Ostrov



BANKING

Banks can be found in the city centre which is a 5-minute walk from the official hotel.

BIKE MECHANIC SERVICE

Our official bike supplier, Kola Chrobák, will have a bike mechanic available at the following times:

SATURDAY 11th SEPTEMBER

Time	Action	Location
09:00 - 17:00	After Swim fam.	Lake Rolava

SUNDAY 12th SEPTEMBER

Time	Action	Location
09:00 - 12:00	Men Elite Races	Lake Rolava
14:00 - 17:00	Women Elite Races	Lake Rolava

The bike service close to TA2 and the city centre is Cyklo Vondráček Karlovy Vary – the address is Vitezna 1080/15, Karlovy Vary.

Opening hours: Thursday - 9:00 - 18:00, Friday - 9:00 - 18:00, Saturday - 9:00 - 12:00

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Theatre square in the park (big tent) and is open daily, 11th September – 12th September:

OPENING HOURS

Day	Time
Saturday, 11th September	08:00-18:00
Sunday, 12th September	09:00 - 19:00



SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

POST OFFICE

The nearest post office to the race venue is within a 10-minute walk from the Divadelni square and across the river of the Spa Hotel Thermal

Česká Pošta T. G. Masaryka 559/1 360 01 Karlovy Vary 954 330 304

OPENING HOURS

Monday - Friday: 07:30 – 19:00 Saturday: 08:00 – 13:00 Sunday: 08:00 – 12:00

ACCOMMODATION

There are many accommodations available in Karlovy Vary, we as organiser recommend:

Spa Hotel Thermal
I.P.Pavlova 2001/11, 360 01 Karlovy Vary
+420 359 001 111
https://www.thermal.cz/

We recommend that face masks are always worn.



AIRPORT TRANSFERS

The Organizer will provide transportation from the Václav Havel International Airport Prague from 7:00 AM to 10:00 PM on days 8.9. – 10.9. and to the airport from 5:00 AM to 8:00 PM on days 12.9. – 14.9.

The transfer takes around 2 hours and 15 minutes. Free transportation can not be provided beyond these days.

The Organizer provides transportation for elite athletes for free of charge. The price for any additional member of an escorting team is 10€ per person for one journey. In case of delayed flight free seats are not guaranteed in the next bus transfer.

Please, send your flight information (arrival time and flight number) to the mail address transfer@citytriathlon.cz before 30.8.

LOC also offers an individual transfer at any time. For 1-3 persons for 130€/transfer or for 4-7 persons for 180€/transfer. Please contact transfer@citytriathlon.cz

If you need transfer from/to another airport (Karlovy Vary, Nürnberg, Dresden, Hof) please contact transfer@citytriathlon.cz

LOC also proposes vehicles from Karlovy Vary to Hamburg. If interested please contact transfer@citytriathlon.cz



TRAINING

SWIM TRAINING

Swimming Pool KV Aréna Západní 1812/73, 360 01 Karlovy Vary

OPENING HOURS	
Day	Time
Monday	12:00-21:00
Tue, Wed, Fri:	07:00-21:00
Thu, Sat, Sun:	09:00-21:00

Each triathlete is entitled to 2-hour free entry daily. Please present your valid ID with your name. You need to have a PCR test(no older 72 hours) or antigen test(no older 48 hours) or valid EU covid vaccination pass

Free training sessions are available from Thursday, 9th September to Saturday, 11th September included. Due to the Covid-19 please be aware that respirators(FFP2 or N95) are mandatory for indoor areas. Please bring them with you.

BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around the lake Rolava, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

RUN TRAINING

We recommend AC Start stadium for training. Západní 1781/69, 360 01 Karlovy Vary



COURSE FAMILIARISATION

SWIM

You will be able to familiarise yourself with the swimming course on Saturday, 11th September, 07:45-08:45. The location will be the same as the start of the race, the lake Rolava.

BIKE

Data for virtual bike familiarization will be provided on our event website. No bike familiarization will be held to reduce risk of Covid-19 spread. Video from the bike course is on youtube



COMPETITION RULES

The race will follow the latest published competition rules of the World Triathlon.

INFORMATION ABOUT THE FIELD OF PLAY (FOP)

START

The start area is at the lake Rolava. Athletes will start from a pontoon (0.6 m high) and stand in a starting position 75 cm wide.

The athletes are required to leave their last-minute equipment inside T1. This equipment will be transported by the LOC from the lake Rolava to the finish area.



SWIM COURSE

The Swim course will be two anti-clockwise laps of 750 m. The first turn buoy is at 200 m. Swim behind the big island under the bridge, then turn left between big and small islands, then turn right towards the wooden pier, where the swim exits and run on the wooden pier and jump to the water for the second lap. At the end of the second lap turn left on the last buoy to swim exit and to the TA1.

BIKE COURSE

Bike Course has a course approach (6.5 km) and 7 technically challenging laps of 4.9 km with a total of 40.8 km. The laps are corrugated terrain 80% asphalt and 20% pavement. There is 20% ascent in every lap. The bike course is completely closed from the traffic. Athletes who are lapped are taken out of the race.

WHEEL STATIONS

The team wheel station is located close to TA2 and the neutral wheel station is located at Nabrezi Osvobozeni street.

RUN COURSE

Four laps with plenty of narrow turns. The terrain is asphalt and pavement.

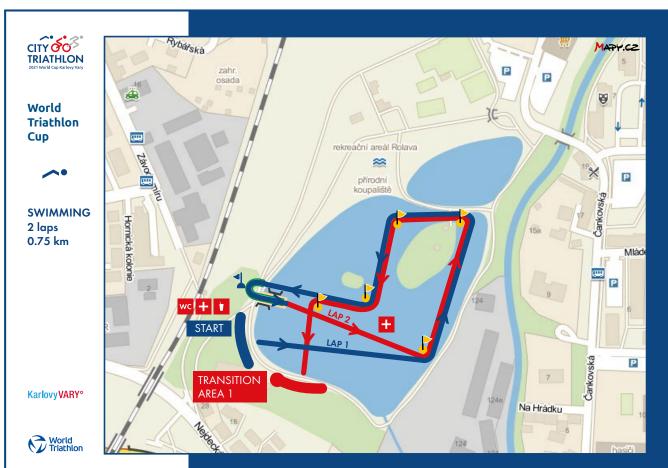
AID STATIONS

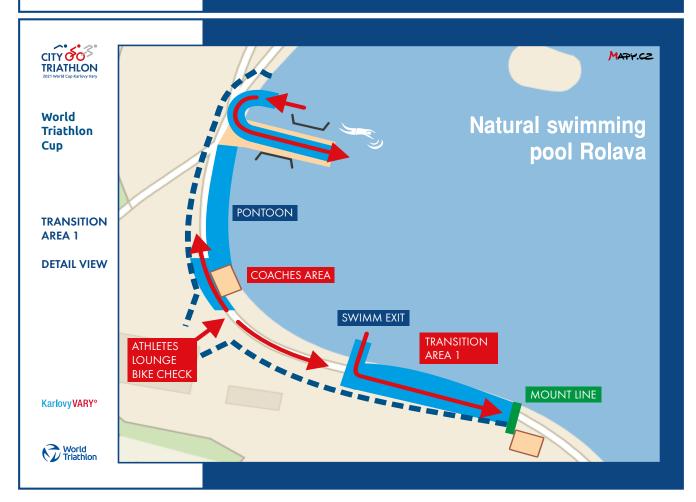
There are two aid stations on the run course. First approximately 160 meters from TA2 and second at the farthest turn in Zahradni ulice.

PENALTY BOX

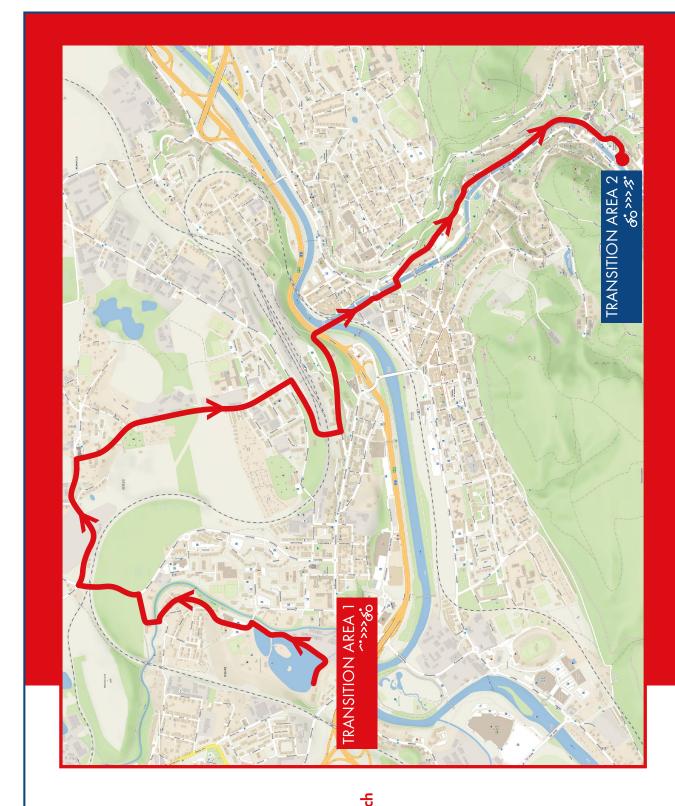
Close to the TA2 - Stara louka street.













World Triathlon Cup



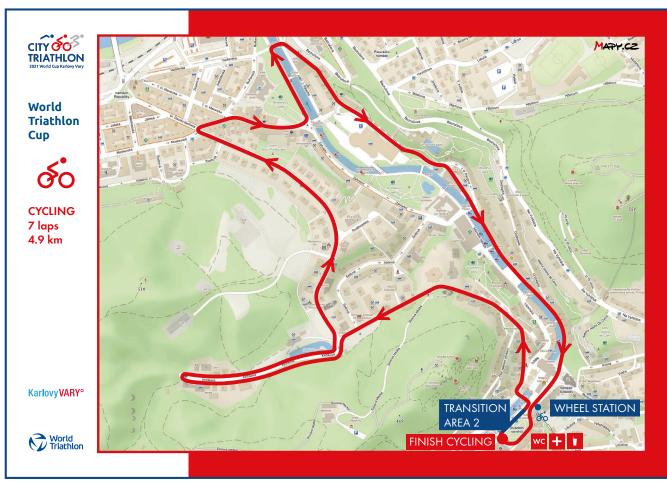
RACE COURSE

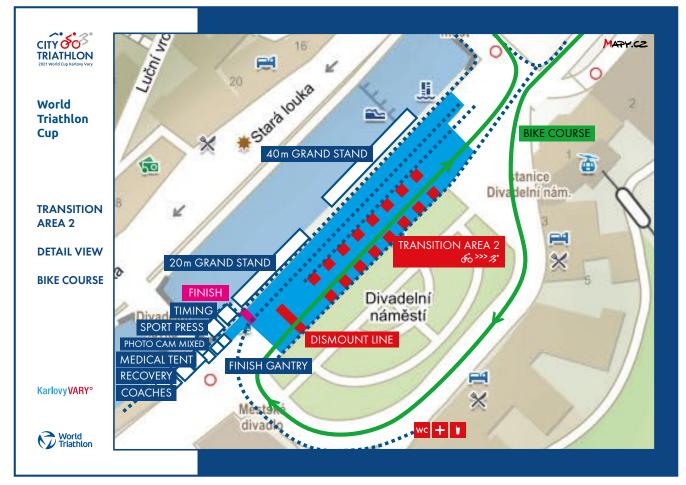
CYCLING Course approach 6.5 km

KarlovyVARY°

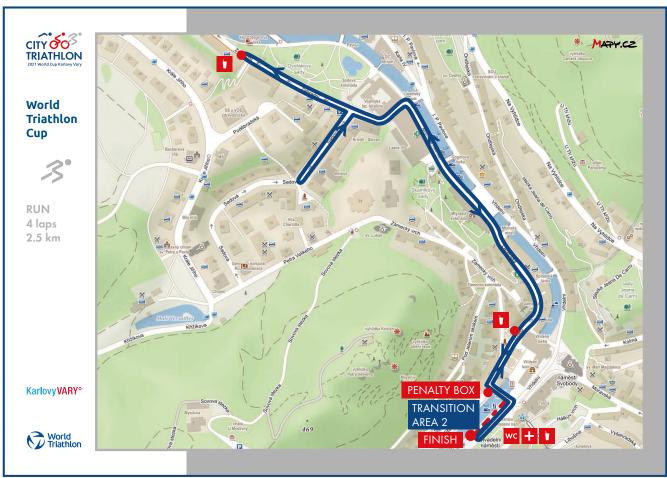


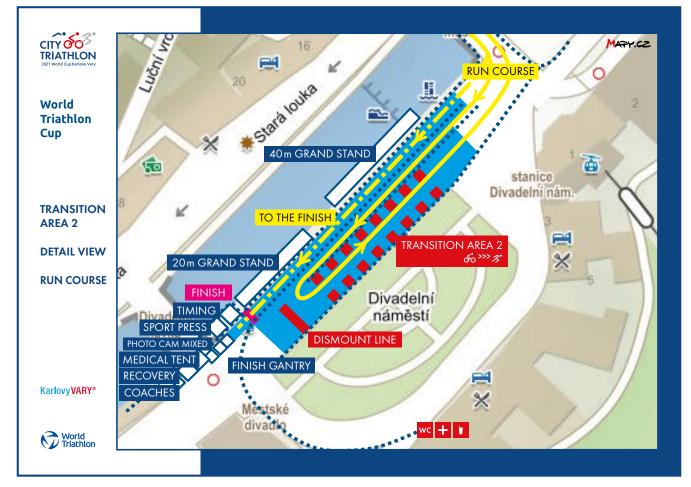














PUBLIC TRANSPORTATION

Except for the routes to and from the airport, you'll need a Citybus card or bus tickets to travel within Karlovy Vary. The LOC will provide transportation to the race venue in specific times.

SHUTTLE TRANSPORTATION

The organiser will provide free shuttle transportation on Saturday 11.9. and Sunday 12.9. See the time-table and map below for locations of the bus stops. There is funicular from Divadelni namesti followed by bus at Imperial stop (bus waits for funicular) and then to lake Rolava. And vise versa – funicular waits for the bus.

These are **departure times** of the busses – one way takes approx. 20 minutes. Respirators(FFP2 or N95) are mandatory on the bus.

BUS TIMETABLE - SATURDAY 11th September

STOP	Departure times							
Divadelni namesti (1)	7:20	9:45	13:00	14:00	16:15	xx		
Lake Rolava (2)	9:20	xx	15:00	17:30	xx	xx		

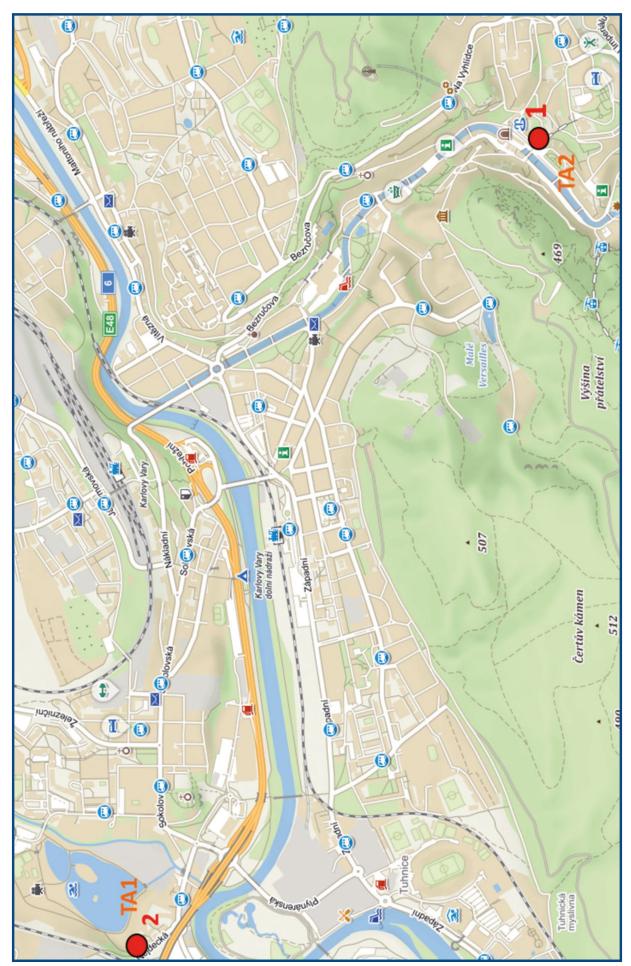
BUS TIMETABLE-SUNDAY 12th SEPTEMBER (elite men)

STOP	Departure times							
Divadelni namesti (1)	7:45	8:45	9:30	xx	xx	xx	xx	xx
Lake Rolava (2)	xx	xx	10:30	10:40	xx	xx	xx	xx

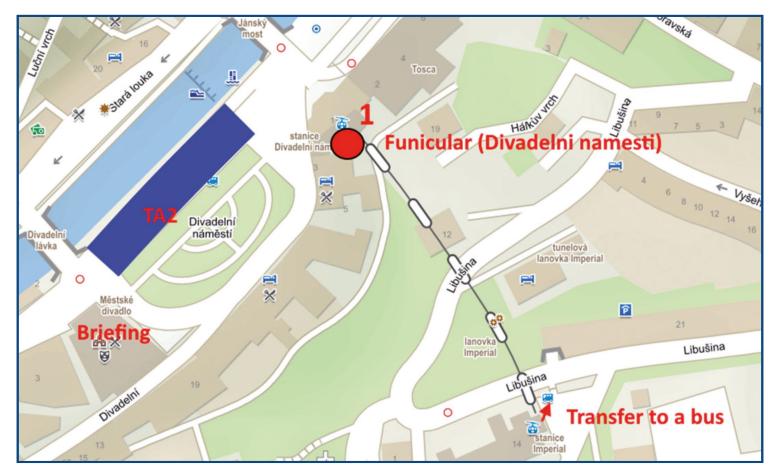
BUS TIMETABLE - SUNDAY 12th SEPTEMBER (elite women)

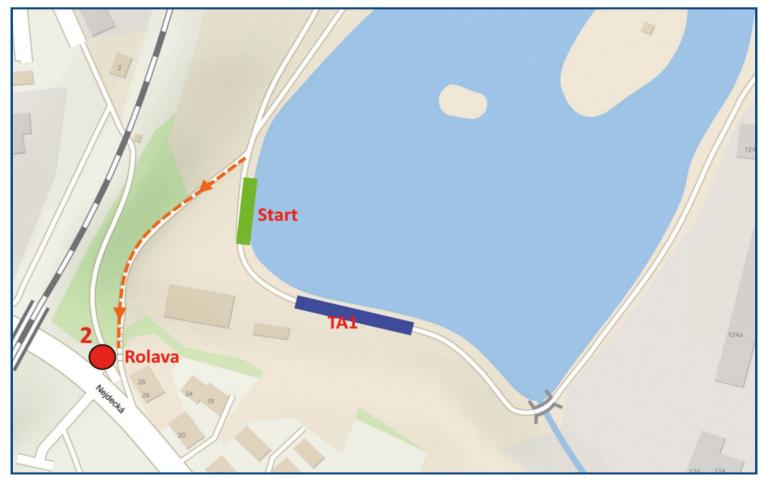
STOP	Departure times							
Divadelni namesti (1)	12:15	12:45	13:15	13:45	14:15	xx	xx	
Lake Rolava (2)	xx	xx	xx	xx	15:25	15:30	15:35	













The shortest ways between Lake Rolava and Divadelni namesti/square

There are several ways to get from Rolava Lake to Divadelni namesti. It is different for pedestrians, cyclists or drivers. Please, see the map below where there are ways for pedestrians and cyclists.

