

**MACEDONIAN TRIATHLON FEDERATION**  
would like to welcome you to the  
**ETU Balkan Championchips Ohrid 2018**

# **ATHLETE'S GUIDE**

The content of the guide is absolutely need to know for participants and their support. Read it forwards and backwards. Then read it again. When you have done this, make sure that your support team does the same.

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## 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

Friday, September 14th.

Athlete's Registration office open and package pick up from 12:00 to 16:00h

- Bike course familiarization.
- Swim course familiarization.
- Youth briefing
- Juniorf briefing.
- Elite briefing.
- Age groupe athlete briefing
- Athlete's race package continue after 19:00 untill 20:00h

Saturday, September 15th.

- Ohrid ETU Balkan Championship -Youth women and men Start.
- Ohrid ETU Balkan Championship – Junior Women Start.
- Ohrid ETU Balkan Championship – Junior Men Start.
- Ohrid ETU Balkan Championship – Elite Women Start.
- Ohrid ETU Balkan Championship – Elite Men Start.
- Ohrid ETU Balkan Championship Awards Ceremony, from all races on Saturday events.
- 

Sunday, September 16th.

- Ohrid ETU Balkan Championship -Age Groupe women and men Start.
- Ohrid ETU Balkan Championship – Kids race wave Start
- Ohrid ETU Balkan Championship – Mix Relay team Triathlon Start.
- Ohrid ETU Balkan Championship Awards Ceremony, from all races on Sunday events.

### 1.3. KEY CONTACTS

- Ivan Mihajlovski ([ivanmihajlovskiswim@gmail.com](mailto:ivanmihajlovskiswim@gmail.com) ; +38970363958) – Race director.
- Bojan Nikolovski([susskopje@gmail.com](mailto:susskopje@gmail.com) ;+38978381622)- Chief Race official.
- Andreas Galanos ([andreas.galanos@gmail.com](mailto:andreas.galanos@gmail.com)) ETU – Technical delegates.
- Gordana Nikolovska ([nikolovska@sportoskopje.mk](mailto:nikolovska@sportoskopje.mk) ; +38970221850) - Athlete services manager.
- Elena Zifovska ([elenazisovska@gmail.com](mailto:elenazisovska@gmail.com) ;+389075287064)- Assistant athlete service manager.
- Ivan Cvetkoski ([sportzasite@gmail.com](mailto:sportzasite@gmail.com) ;+38978440139)-Event director.

1.4. CONTACT DETAILS

LOC: Ohrid association "Sport for all"(site za sport). Address: Dame Gruev B1 1/7;6000 Ohrid R.Macedonia.

[www.triathlon.mk](http://www.triathlon.mk) (from 1<sup>st</sup> August)

[nikolovska@sportskopje.mk](mailto:nikolovska@sportskopje.mk)

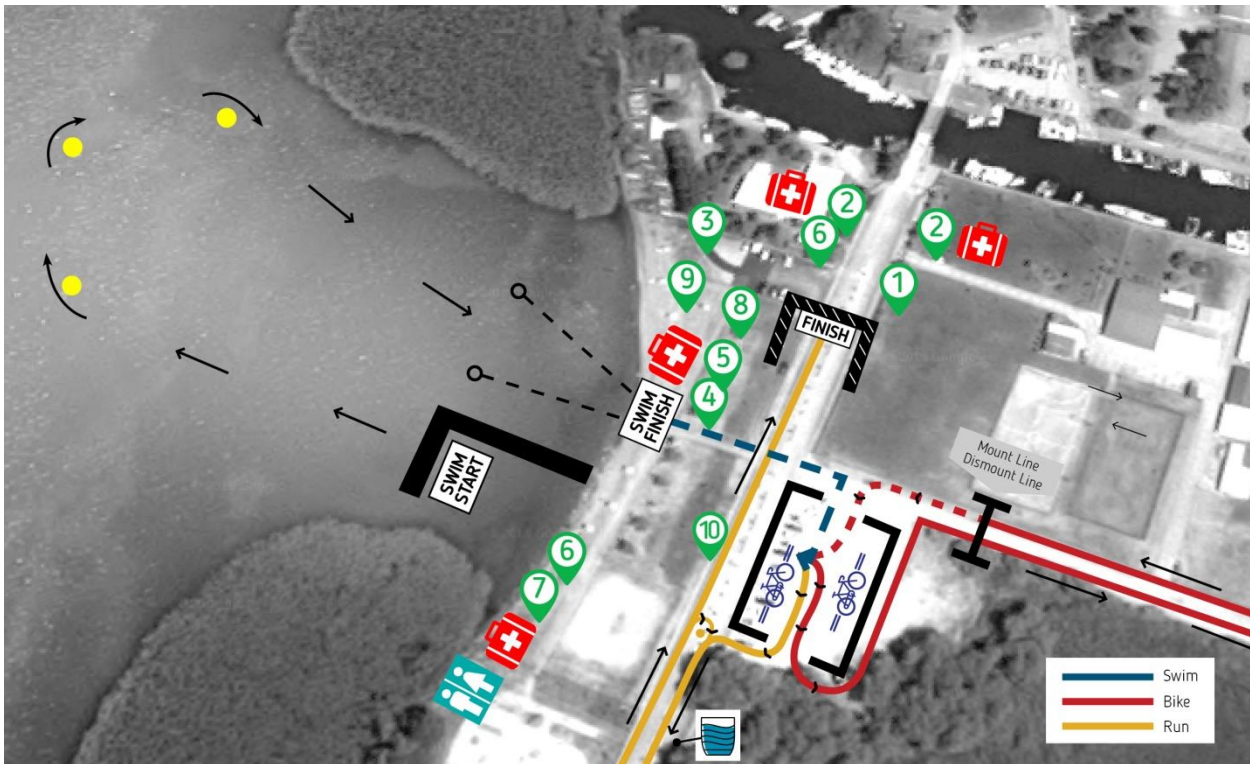
[elenazisovska@gmail.com](mailto:elenazisovska@gmail.com)

+38970221850

+38975287064

+38970363958

2. VENUE



- |                         |                     |                 |                     |
|-------------------------|---------------------|-----------------|---------------------|
| 1 Photographers         | 6 Coaches Areas     | Medical Aid     | Water Station       |
| 2 Water and Refreshment | 7 Medica Assistance | WC              | Mount/Dismount Line |
| 3 Mix Zone              | 8 Recovery Area     | Transition Zone | START Start         |
| 4 TV and Comantator     | 9 Athletes longue   | Flow            | FINISH Finish       |
| 5 VIP Area              | 10 Registration     |                 |                     |

2.1. RACE VENUE

Macedonia, Ohrid, area Buffalo Beach on the walking area after the bridge of Biljanini Izvori.

## 2.2 COURSE FAMILIARIZATION

Friday, September 14, area Buffalo Beach on the walking area after the bridge of Biljanini Izvori.  
13:00 - Bike course familiarization (TBC).  
14:00 - Swim course familiarization (TBC). Notice! - The buoys are not in Saturday's race position.

## 2.3. ATHLETE'S LOUNGE

Location: Buffalo Beach - close to the race venue and provide toilets, water, fruit and energy drinks  
Recovery zone will be placed close to the finish area (with maybe physiotherapist for massage).

## 2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE

Friday, 14 September 12:00-16:00 in "Hotel Desaret ", address: Macedonia, Peshtani 6000 Ohrid.

## 2.5. DOPING CONTROL

Doping Control according to ITU/WADA rules, Ivan Cvetkoski ([sportzasite@gmail.com](mailto:sportzasite@gmail.com) ; +38978440139)

## 2.6. SECURITY

Private Company responsible for the security of the event

## 2.7. LOC OFFICE

LOC: Ohrid association "Sport for all"(site za sport). Address: Dame Gruev B1 1/7;6000 Ohrid R.Macedonia.  
[www.triathlon.mk](http://www.triathlon.mk) (from 1<sup>st</sup> August)

+38978440139

+38970221850

## 3. ACCOMMODATION

LOC provides accommodation at reduced prices in the following hotels:

Hotel "Desaret"

Macedonia, Peshtani

Peshtani 6000 Ohrid

Accommodation is arrange through Macedonian Triathlon federation

[nikolovska@sportskopje.mk](mailto:nikolovska@sportskopje.mk)

[elenazisovska@gmail.com](mailto:elenazisovska@gmail.com)

## 4. TRANSFER AND TRANSPORT

The LOC will provide transportation from Ohrid Airport for the athletes and their Team Officials.

Price: transfers from Ohrid International Airport (one direction):

- 30€ per person

The transfer back to the airport is the same amount

If you have any Transfer queries please contact:

Ivan Cvetkoski ( [sportzasite@gmail.com](mailto:sportzasite@gmail.com) ; +38978440139)

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES



SWIM - Swimming pool Biljanini izvori arrange with the LOC Ivan Cvetkoski (sportzasite@gmail.com;+38978440139)



BIKE- Sv.Naum Ohritski Boulevard



RUN – walking area by the bank of the lake Ohrid from Sv.Stefan Beach to Ohrid city.

### 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 is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

City Hospital Ohrid address. Sirma Vojvoda B.B 6000 Ohrid

Emergency telephone number: 194.

### 5.3. BIKE MECHANICAL SERVICE

Bike partner: Pro-sport "Specialized" [www.pro-sport.com.mk](http://www.pro-sport.com.mk)

Address; Debarca 13,1000 Skopje, Macedonia

+389 023212108

+38970 393341

## 6. COMPETITION SCHEDULE

### 6.1. YOUTH MEN AND WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September,14 <sup>th</sup>	17:00	17:45	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	12:00	16:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	17:00	19:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani

			Continue	6000 Ohrid
Saturday, September, 15 <sup>th</sup>	6:45	7:15	Athlete Lounge check in	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	7:00	7:45	TA check in	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	7:30	7:40	Swim warm-up	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	7:35	7:40	Calling area	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	7:45	8:00	Athletes introduction	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	8:00	8:50	Start	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	9:00		Award Ceremony	"Buffalo" Beach Event venue

## 6.2. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September, 14 <sup>th</sup>	17:45	18:30	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September, 14 <sup>th</sup>	12:00	17:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September, 14 <sup>th</sup>	18:00	19:00	Athlete registration Continue	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Saturday, September, 15 <sup>th</sup>	8:30	9:00	Athlete Lounge check in	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	9:00	9:45	TA check in	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	9:30	9:45	Swim warm-up	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	9:45	9:50	Calling area	"Buffalo" Beach Event venue
Saturday, September, 15 <sup>th</sup>	9:50	10:00	Athletes introduction	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	10:00	11:30	Start	"Buffalo" Beach Event venue

Saturday, September 15<sup>th</sup> 11:45 Award Ceremony "Buffalo" Beach Event venue

### 6.3. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September,14 <sup>th</sup>	17:45	18:30	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	12:00	17:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	18:00	19:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Saturday, September,15 <sup>th</sup>	8:30	9:00	Athlete Lounge check in	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	9:00	9:45	TA check in	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	11:15	11:45	Open transition Junior men	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	11:30	11:45	Swim warm-up	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	11:45	11:50	Calling area	"Buffalo" Beach Event venue
Saturday, Septemebr,15 <sup>th</sup>	11:50	12:00	Athletes introduction	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	12:00	13:30	Start	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	13:45		Award Ceremony	"Buffalo" Beach Event venue

### 6.4. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September,14 <sup>th</sup>	18:30	19:15	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	12:00	18:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>		19:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani



				6000 Ohrid
Saturday, September,15 <sup>th</sup>	13:30	14:00	Athlete Lounge check in	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	14:00	14:45	TA check in	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	14:30	14:45	Swim warm-up	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	14:45	14:50	Calling area	"Buffalo" Beach Event venue
Saturday, Septemebr,15 <sup>th</sup>	14:50	15:00	Athletes introduction	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	15:00	16:30	Start	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	16:45		Award Ceremony	"Buffalo" Beach Event venue

#### 6.5. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September,14 <sup>th</sup>	18:30	19:15	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	12:00	18:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>		19:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Saturday, September,15 <sup>th</sup>	13:30	14:00	Athlete Lounge check in	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	14:00	14:45	TA check in	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	16:30	16:45	Swim warm-up	"Buffalo" Beach Event venue
Saturday, September,15 <sup>th</sup>	16:45	16:50	Calling area	"Buffalo" Beach Event venue
Saturday, Septemebr,15 <sup>th</sup>	16:50	17:00	Athletes introduction	"Buffalo" Beach Event venue
Saturday, September 15 <sup>th</sup>	17:00	18:30	Start	"Buffalo" Beach Event venue

Saturday, 18:45 Award Ceremony "Buffalo" Beach Event venue  
 September 15<sup>th</sup>

#### 6.6. Age group Athlete WOMEN and MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, September,14 <sup>th</sup>	19:15	20:00	Athlete's briefing	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>	12:00	17:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Friday, September,14 <sup>th</sup>		19:00	Athlete registration	"Hotel Desaret", address: Macedonia, Peshtani 6000 Ohrid
Sunday, September,16 <sup>th</sup>	6:45	7:15	Athlete Lounge check in	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	7:00	7:45	TA check in	"Buffalo" Beach Event venue
Sunday, September,16 <sup>th</sup>	7:30	7:45	Swim warm-up	"Buffalo" Beach Event venue
Sunday, September,16 <sup>th</sup>	7:50		Calling area	"Buffalo" Beach Event venue
Sunday, Septemebr,16 <sup>th</sup>	7:50	8:00	Athletes introduction	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	8:00	10:00	Start Wave	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	10:15		Award Ceremony	"Buffalo" Beach Event venue

#### 6.7. Kids race

DAY	START	END	ACTIVITY	LOCATION
Sunday, September,16 <sup>th</sup>	9:30	10:00	Athlete Lounge check in	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	10:00	10:30	TA check in	"Buffalo" Beach Event venue
Sunday, September,16 <sup>th</sup>	10:30	10:45	Swim warm-up	"Buffalo" Beach Event venue

Sunday, September,16 <sup>th</sup>	10:45	10:50	Calling area	"Buffalo" Beach Event venue
Sunday, Septemebr,16 <sup>th</sup>	10:50	11:00	Athletes introduction	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	11:00	11:45	Start Wave	"Buffalo" Beach Event venue
Sunday, September 16 <sup>th</sup>	12:15		Award Ceremony	"Buffalo" Beach Event venue

**\*Schedule of the Ohrid ETU Balkan Championships Mix Relay Team will be represented on the Briefing on Friday two days before the race day, as the each federation register their teams in the race office.**

#### 6.8. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.  
[https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2018.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf)

#### 6.9. ATHLETE'S BRIEFING

Friday, June 14<sup>th</sup>

17:00- Youth briefing.

17:45 – Junior briefing.

18:30 - Elite briefing.

"Hotel Desaret, Macedonia, Peshtani 6000 Ohrid.

#### 6.10. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

#### 6.11. RESULTS

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org). (the source will be specified). All the Results information will be distributed to the Team Leaders at the Information Centre Responsible for the timing and live on line results Kire Sinadinovski +38970246935 [www.tagtiming.mk](http://www.tagtiming.mk)

#### 6.12. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

#### 6.13 WEADER CONDITIONS

Approximate air temperature 25c

Approximate water temperature is 22c

## 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.

Accreditations will be distributed in “Hotel Desaret”, Friday September 14<sup>st</sup>, 12:00-16:00.

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.

**Only officially accredited coaches and medical personnel of the Federations ACCORDING TO THE ITU LISTS will be given accreditations**

## 8. OTHER USEFUL INFORMATION

Could be and is not limited to:

8.1. LANGUAGE: Macedonian, English.

8.2. POPULATION: Macedonia, 2millions.

8.3. CURRENCY: Denar.

1USD – 52,66 denars

1EUR – 61,59 denars.

8.4. TIME: Central European time.

8.5 ELECTRICITY: 220V.

8.6 WATER: drinkable water.

8.7 TELEPHONE CONNECTIONS: +389 (0)

## 9. COURSE MAPS

### SWIM START



#### SWIM COURSE

Start procedures: pontoon.

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1 lap for Elite, Juniors and Age athletes, 1 lap shorten for Youth, 1 lap shorten for Kids.

Average water temperature is 22-23 degrees Celsius.

### 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



#### BIKE COURSE

Number of laps: 4 for Elite, Juniors and Age athletes; 2 for Youth; 1 for kids race.

Almost flat road with 1-2% of steepness on a way to the first turning point to the runabout and the same downhill of 1-2% coming back, the road is completely closed for traffic. We are using two line motor way in two directions.

### TRANSITION 2

After finishing the bike segment on the dismount line, athletes turn left in to Transition, rack their bike despite their helmet in the box and prepare for the run course.

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



#### RUN COURSE

Number of laps: 2 laps for Elite, Juniors and Age athletes, 1 lap for Youth, 1 lap shorten for kids.

Description: flat asphalt and tiles.

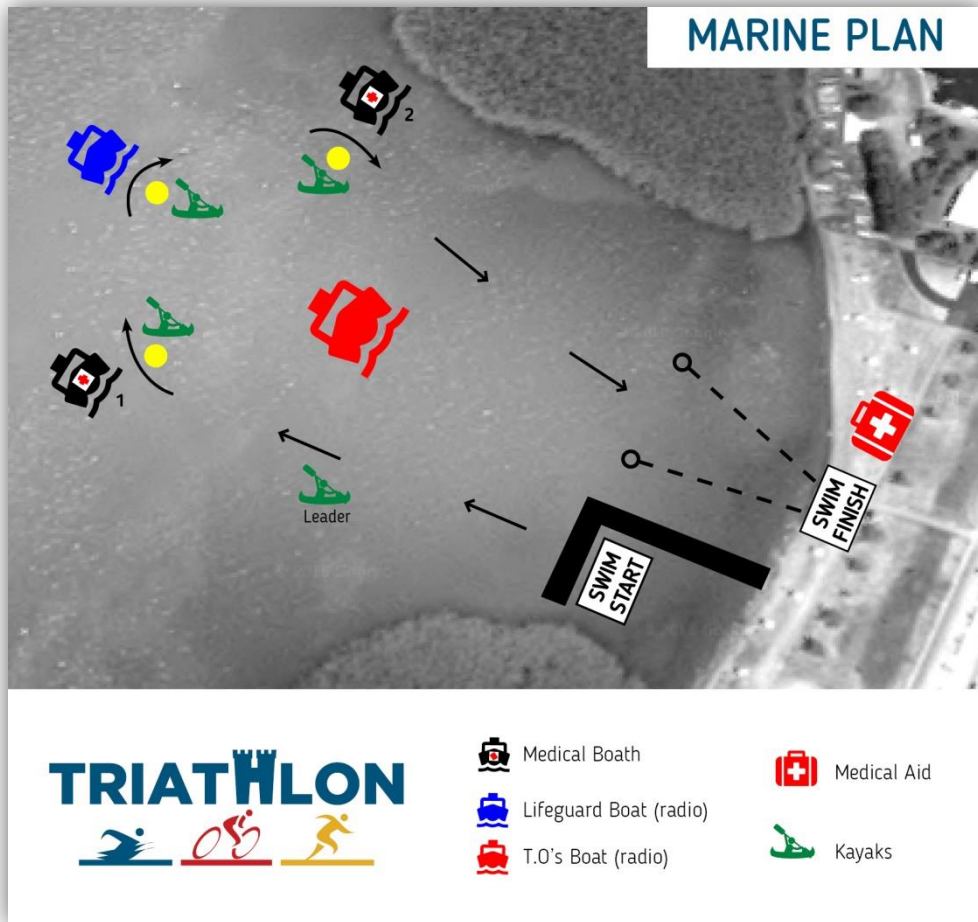
Number of aid stations 2,

First aid station 200m from the Transition on the run course and littering area after mark with signs.

Second aid station placed on 2,5km from the transition and littering area after.

Penalty box clearly marked and visible 100m before the turning point and the lap counter.

COURSE MAPS BY SEKTIONS:





**GOOD LUCK**



ETU Triathlon Balkan Championship  
2018 OHRID