



Multisport  
World Championships

**SAMORIN-BRATISLAVA**  
2022



# Athlete Guide

2022 World Triathlon Multisport Championships Šamorín  
&  
PTO Tour





Multisport  
World Championships  
SAMORIN-BRATISLAVA  
2022



**18/8/2022**

World Triathlon Aquathlon Championships

**21/8/2022**

World Triathlon Long Distance Championships

World Triathlon Long Distance Aquabike Championships

PTO Tour - Open Category 

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# Welcome



**Marisol Casado**

President, World Triathlon

Greetings and a very warm welcome to the 2022 World Triathlon Multisport Championships Samorin.

World Triathlon is delighted to be able to bring its 2022 Long Distance Triathlon, Aquathlon and Aquabike World Championships to this beautiful region of Slovakia. The impressive facilities of the x-bionic sphere sports complex will provide the athletes and those watching around the world with the perfect backdrop to what is sure to be a weekend of outstanding racing as we crown our new World Champions.

The Long Distance World Championships date back to Nice 1994, the Aquathlon Championships to 1998 and Aquathlon made its full Multisport World Championships debut in Penticton, in 2017. Bringing great events like these together is something that was pioneered in that unforgettable week in Penticton, and it is wonderful to be able to do so once again in another exciting new location for World Triathlon.

Over the years, the World Triathlon Multisport Championships have seen great champions like Javier Gomez and Lionel Sanders, Alistair Brownlee and Helle Fredriksen top the podiums along with superb Para triathletes as well as thousands of Age-Groupers pursuing their personal goals, and we look forward to seeing new legends written and careers forged over the coming days in Samorin.

I would like to thank the Professional Triathletes Organisation and Local Organising Committee, the Slovakian Triathlon Union and the local government and people of Samorin as well as all the officials, sponsors and volunteers for their tireless effort. It is only with the support and hard work of all these great partners that we are able to put together such events and such impressive stages for our athletes to perform on.

I wish you all the best of luck in reaching your goals, whatever they may be, and I hope that you can take the time to enjoy the beautiful setting and spectacle of these World Championships.

Yours in sport,

Marisol Casado  
President, World Triathlon  
IOC Member

# Welcome



## Sam Renouf

CEO, Professional Triathletes  
Organisation

Welcome and Good Luck!

The PTO mission to 'elevate professional triathlon onto the global sporting stage' was inspired by our appreciation and respect for professional triathletes' fearless determination and pursuit of excellence.

They deserved more. More high profile platforms on which to display their superhuman skills. More prize money to compete for and feel valued through.

But we also recognise the close bonds which exist within the triathlon community, which reach across both elites and age groupers.

Following a successful start to the new PTO Tour at the PTO Canadian Open in the wonderful city of Edmonton, Canada, last month, where we saw the world's best female and male triathletes compete alongside amateurs from 18 to 65+, I wanted to wish each competitor taking part in Šamorín this week well.

All uniting to push our great sport forward and showing the resilience which reflects the PTO's motto of 'Dum Spiro, Spero' - 'Whilst I breathe, I hope'.

Thank you for your support of the new PTO Tour and 2022 Multisport World Championships – and good luck in your race.

Sam Renouf,  
CEO of the Professional Triathletes Organisation



# Welcome



**Michal Kraus**

CEO, x-bionic@ sphere

Welcome to the ultimate triathlon week!

It is a great honour to host such an important combination of events - Collins Cup and World Triathlon Multisport Championships 2022 in our official Olympic training centre. Coming back in history, Slovakia had the opportunity to organize such a prestigious event as World Championship in triathlon only once. This celebration of the triathlon took place at the iconic mountain location Štrbské Pleso in 2005.

The past two years prevailed to challenge our lives in so many ways so we are even happier to meet yet again for another remarkable week full of triathlons. Together with the teams of CHALLENGEFAMILY and PTO - we are trying to create professional conditions for triathletes of all levels and an exciting atmosphere for their families and teams, to enjoy these amazing events as much as possible.

As you all know the importance of each and every practice in your sports preparation, so is the importance of each member of the x-bionic@ sphere in providing the best possible experience for you while being inspired by your performances. Our dedication to striving for excellence has been inspired by the virtues that sport represents in societies all over the world.

We are genuinely excited that The Collins Cup is returning again to our premises. We can guarantee to all top athletes in both PTO and WT ranking, every single participating age-group athlete as well as all the spectators that we will raise the bar of expectations a little higher to celebrate all performances in this beautiful sport that triathlon is.

Michal Kraus,  
CEO, x-bionic@ sphere



# General Information

## Introduction:

The purpose of the Athlete's Guide is to ensure all athletes, coaches and team leaders are well informed about all procedures concerning the event. The LOC ensures 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 or official website regarding any changes in information included in this guide.

## Key Days:

Please always check the current schedule on the website as details are subject to change.

### Thursday 18 August 2022

16:00	Parade of Nations	Finish Area (under grandstands)
17:00	World Championship Opening Ceremony	Atrium Apani (x-bionic® hotel)
18:00	Collins Cup Opening Ceremony	Victory Room <i>Free entry, doors closing 30 minutes before</i>
18:30 to 22:00	Pasta Party	Olympick Restaurant

## Aquathlon Registration

Location: Energy Congress Room

Category	Date	Time
AGE-GROUP	Wednesday 17 August	14:00 to 19:00
ELITE/U23, JUNIORS, PARA	Wednesday 17 August	16:00 to 17:00

## Long Distance and PTO Tour Registration

Location: Energy Congress Room

Category	Date	Time
AGE-GROUP	Wednesday 17 August	14:00 to 19:00
	Thursday 18 August	09:00 to 18:00
	Friday 19 August	09:00 to 18:00
	Saturday 20 August	09:00 to 11:30
ELITE/U23, JUNIORS, PARA	Saturday 20 August	11:00 to 12:00

# Key Contact

World Triathlon	Name	E-mail
Team Leader	Stefane Mauris	stefane.mauris@triathlon.org
Technical Delegate	Duncan Hough	duncan@kweenb.co.uk
Assistant TD	Thomas Klingler	thomas.klingler@swisstriathlon.ch
Medical Delegate	Casandra Man	casandra_man@yahoo.com
Media Delegate	Courtney Akrigg	courtney.akrigg@triathlon.org
<b>LOC</b>		
Race Director	Tomas Vrzak	wtinfo@protriathlets.org
General Information & Athletes Queries	Debby van Dongen	wtinfo@protriathletes.org
Head of Communication	Anthony Scammell	anthony.scammell@protriathlets.com
Head of Registration Office	Richard Belderok	wtinfo@protriathlets.org
<b>EMERGENCY CONTACTS</b>		
EU Emergency Number	112	
Police	158	
Ambulance	155	
Firefighters	150	
Emergency numbers in case of any emergency on the race day ENGLISH	+421 901 971 122	
Emergency numbers in case of any emergency on the race day SLOVAK	+421 911 011 697	

# Schedule

For the full event schedule please visit:

<https://protriathletes.org/2022-world-triathlon-long-distance-championships-samorin/>



## Covid-19

Currently, there are no restrictions or regulations regarding border entry requirements, vaccination status or face mask rules in Slovakia. (updated 7/8/2022).

Please do not attend the event if you feel unwell or have any Covid-19 symptoms. Please wear a face covering in crowded places if you are a vulnerable person. Follow the advice of the LOC and local authorities for your and others' safety. You can find more details and updated information on [the official website](#).

If are already in Slovakia and if you have a positive test (laboratory proof) then have to stay at self-isolation for 5 days and inform the local healthcare authority. You can be released after 5 days if you feel well and you will be obligated to wear an FFP2 mask for several more days.

Athletes have to cover costs related to their treatment themselves or with their travel insurance.

# Competition

## Registration & Race Pack Distribution

### Aquathlon

Location: Energy Congress Room

Category	Date	Time
AGE-GROUP	Wednesday 17 August	14:00 to 19:00
ELITE/U23, JUNIORS, PARA	Wednesday 17 August	16:00 to 17:00

### Long Distance, Aquabike and PTO Tour

Location: Energy Congress Room

Category	Date	Time
AGE-GROUP	Wednesday 17 August	14:00 to 19:00
	Thursday 18 August	09:00 to 18:00
	Friday 19 August	09:00 to 18:00
	Saturday 20 August	09:00 to 11:30
ELITE/U23, JUNIORS, PARA	Saturday 20 August	11:00 to 12:00

Don't forget to bring your personal Photo identification (driver's licence or passport) for validation purposes. It will not be possible to pick up your race package without an ID. Athletes participating in the PTO Tour will also need to present their triathlon federation licence.

Only the person registered can pick up their race package at registration. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name.

#### Age-Group Athlete Waiver:

All athletes need to personally sign both Athlete waivers and have their race wristbands fitted. We recommend that all athletes print and sign the Athlete waivers and bring them to the race package pick-up to save some time.

- [Waiver 1](#)
- [Waiver 2](#)

#### Elite/U23, Juniors, Para Athlete Agreement:

Please make sure to sign the online World Triathlon athlete agreement before coming to the race pack distribution.

The registration process takes place according to the following steps:  
Your entry and personal information will be checked.

# Competition

## Registration & Race Pack Distribution

### Age-Group Race Pack

The registration process takes place according to the following steps:

Your ID card and both signed waivers ([Waiver 1](#), [Waiver 2](#)) will be checked.

At registration, you will be given your personal race pack. This will include

- ID wristband (3 pcs for relay teams)
- Race bib number (mandatory for running only - to be worn on the front for running)
- Body decals
  - Age-Group
    - 2 pieces with your race number to be placed on both arms
    - 1 piece with your age-group category to be placed at the back of your calf
  - Elite/U23, Juniors, Para
    - 4 pieces for both arms and both legs
- Swim cap\*\*
- Decals for swim cap (1 piece to be placed on the clean side of swim cap) [except PTO Tour]
- Timing chip and strap (to be worn on left ankle) \*\*
- Transition and after-race bags + stickers for numbering those bags (Aquathlon will receive a green bag only)\*
- Bike number sticker\*
- Helmet number stickers\*

\* For triathlon and aquabike only.

\*\* For Elite/U23, Juniors, and Para, numbered swim caps and timing chips will be delivered on race day at the athlete lounge (in front of Farries restaurant near the transition area)

During registration, you will receive three differently coloured Transition Area bags. These should be used as follows:



#### BLUE Bag

Include the clothes to be used during the bike segment and add the swim gear after finishing the swim segment. Loose gear around your bike is not allowed. (only for LD, AQB, PTO)



#### RED Bag

Include the clothes to be used during the run segment and add the bike gear after finishing the bike segment. (only for LD, AQB, PTO)



#### GREEN Bag

Include your clean, dry clothes and materials that you need after the race.

This bag must be handed over just before the start (location: next to the swim entrance) and is NOT allowed on the rack in the transition area.

After the race, the green bags will be available to you in the chill-out zone after the finish. The red and blue bags can be retrieved from the transition area where you've initially stored them. (incl. Aquathlon)

*A White bag to include any equipment/nutrition to be used during the run segment and/or an Orange bag to include any equipment/nutrition to be used during the bike segment will be available at the registration desk upon request.*

# Where to place your decals/stickers

## Body Decals

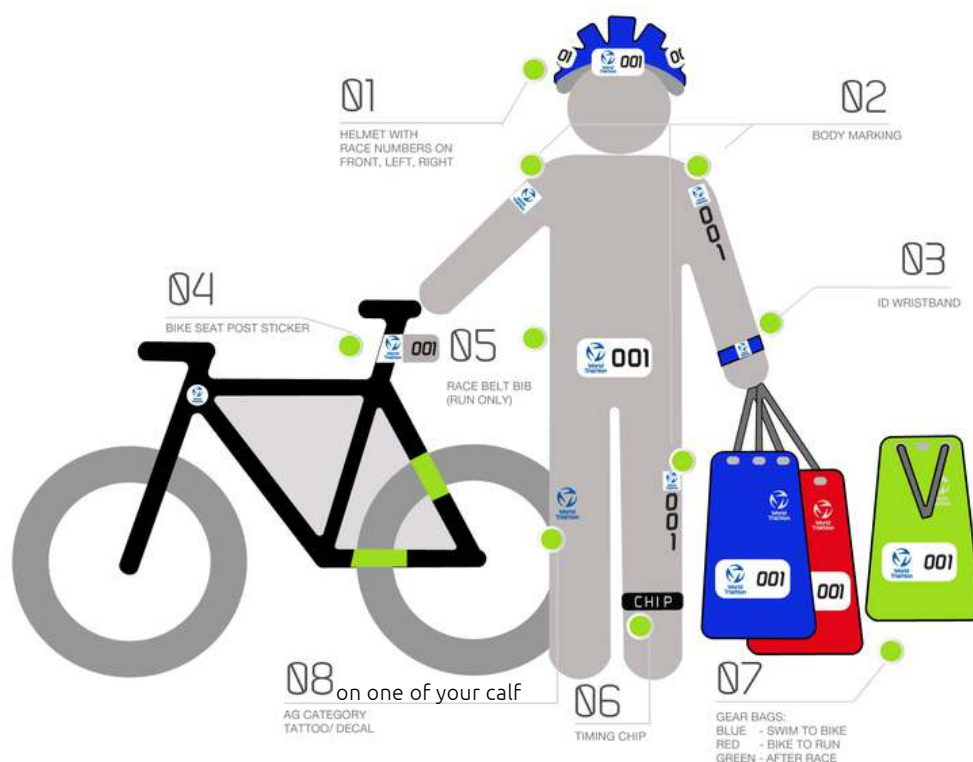
**Age-Group - The race pack will include three body decals.**

- 2 pieces with your race number to be placed on both arms
- 1 piece with your age-group category to be placed at the back of one of your calf

## Elite

- 4 pieces for both arms and both legs.

Please ensure you have them on before entering the transition area on race day morning.



## Bike stickers

Attach them to your bike around the seat post as shown above. Please **DO NOT REMOVE** UNTIL YOU HAVE CHECKED YOUR BIKE OUT OF TRANSITION.

## Helmet stickers

To be worn on the front left and right of your helmet.

## Race Numbers

In your race pack, you will be issued with a pack of race numbers; these must not be altered. Your bib number should be worn facing forwards on the run (age-group and PTO Tour only). The bib number does not need to be worn during the bike and swim. Failure to display your number correctly could lead to disqualification. Please fill in the medical details on the reverse of your bib number so volunteers and medical staff have this information if necessary.

# Bike Check-in

Mandatory (only for long-distance triathlon and aquabike events)

Category	Date	Time
Age-Group + PTO Tour	Saturday 20 August	09:00 to 12:00
Elite	Saturday 20 August	15:30 to 16:30



Please note there is **NO BIKE CHECK-IN ON RACE DAY** and all bikes must be within the time above due to Collins Cup taking place on the same day.

You will need the wristband given at registration to check-in your bike and access the transition. All races use the same transition area.

Your bike and helmet must have your race number stickers clearly visible on them and your wristband will be checked. Helmets must be worn and fastened whenever you are handling your bike within the transition area.

## Before checking-in your bike, make sure you have checked the following things:

1. Your bike is fully functional, e.g. your brakes are working and all extremities of your handlebar or clip-on must be plugged.
2. A sticker with your bib number is placed under your saddle.
3. Helmets must be fastened and have all three stickers in place.
4. You carry your own bib number.
5. Red and blue bags must be placed in the transition zone. Please check the schedule and make sure you are in time for check-in.
6. There is no loose gear allowed on the ground in the transition area. Make sure everything is placed in the designated red or blue bag. Helmets have to be placed in the bag or attached to the bike by one strap to make sure the helmet doesn't fall off. Materials which are attached to your bike (shoes attached / nutrition) are allowed.



# Athlete Lounge & Transition Area Check-In

**Reminder: there is no bike check-in on race day**

Category	Date	Time
<b>Aquathlon - Elite/U23, Juniors, Para</b>		
Athlete Lounge check-in	Thursday 18 August	09:00 to 10:00
<i>Uniform check, distribution timing chips and swim caps</i>		
Transition Area	Thursday 18 August	09:00 to 10:15
<b>Aquathlon - Age-Group</b>		
Transition Area	Thursday 18 August	08:00 to 10:00
<i>Uniform, decals, and equipment check</i>		
<b>Long distance Triathlon - Elite</b>		
Athlete Lounge check-in	Sunday 21 August	06:30 to 08:00
Transition Area check-in	Sunday 21 August	06:30 to 08:45
<i>Uniform check, distribution timing chips and swim caps</i>		
<b>Long distance Triathlon/Aquabike + PTO Tour - Age-Group</b>		
Transition Area opened	Sunday 21 August	06:30 to 08:45
<i>Uniform (World Triathlon Championships only), decals, and equipment check</i>		

**Athlete Lounge Location: in front of the Farries Restaurant next to the transition area (Aquathlon - 1st floor, LD Tri outside).**

## Reminder:

With the exception of the PTO Tour, all athletes must wear the approved uniform of their National Federation (the latest approved NF Elite multisport and Age-group catalogues can be viewed [here](#))

# Race Briefing

ACTIVITIES	TIME	DATE	REGISTRATION
Elite/U23, Juniors, Para Aquathlon World Championships	12:00	Wednesday, 17 August 2022	<a href="#">Registration Link</a>
Age-Group Aquathlon World Championships	13:00	Wednesday, 17 August 2022	<a href="#">Registration Link</a>
Elite Long Distance Triathlon World Championships	09:00	Friday, 19 August 2022	<a href="#">Registration Link</a>
Age-Group, Para Long Distance Triathlon and Aquabike World Championships + PTO Tour	08:00	Friday, 19 August 2022	<a href="#">Registration Link</a>

All presentations and recordings of the briefing will be available online at [triathlon.org](https://triathlon.org/about/downloads/category/race_briefings) ([https://triathlon.org/about/downloads/category/race\\_briefings](https://triathlon.org/about/downloads/category/race_briefings)) and on the event website at the beginning of race week (to be confirmed).

If you have other questions, Technical Officials will be available at the rear area of the Legend's Bar, inside the X-bionic hotel during the TO's Q&A sessions to answer any questions athletes may have about the course, equipment or any technical questions.

- Aquathlon: Wed 17 August - 16:00-17:00
- Long distance Triathlon and Aquabike: Fri 19 August - 14:00-15:00

## Familiarisation and training

### Swim Familiarisation

You will be able to train on the swim course in the Danube river on the days and time mentioned in the schedule.

**Please note that outside these official dates/time, swimming on the course is strictly forbidden.**

### Swimming pool

For information about swimming pool access, please see the section about Athlete's Services

### Bike and run familiarisation

There is no official bike/run familiarisation. However, the bike course is accessible to everyone. The run course is also easily accessible except for the secured parts in the resort. Please make sure you respect the rules of the road, respect the other users, and the local communities and do not take any risks as we want you on the start line on the race day.

# Course Map & Field of Play Facilities

## Cut-Off Times

### Long-distance triathlon and aquabike

Swim	Age-group: 1h40min from the start of your wave (World Triathlon Competition Rules)
Swim + Bike	5h30min from the start of your wave
Swim + Bike + Run	8h00min from the start of your wave

### Aquathlon

Swim (World Triathlon Competition Rules)

Elite, U23, Juniors: 30min

Praha, Age Group: 1h10min from your own wave

Swim + Run: 2h30min from the start of the last wave

# Aquathlon World Championships



## Start Time and Swim Cap Colours:

You will be issued with a coloured swim cap in your race pack at registration which must be worn as this identifies your swim wave to our water safety team. You will need to place the swim cap tattoo by yourself. If you are wearing an extra swim cap, ensure your official cap is on the outside. The extra swim cap must be unbranded.

Make sure you check your start time and don't just follow other hats of the same colour. There will be several other waves with your colour swim hat.

Wave	Current	Start	Swim cap
1	10:30	Elite M	TRI
		U23 M	TRI
		Juniors M	TRI
2	10:35	Elite W	TRI
		U23 W	TRI
		Juniors W	TRI
3	10:37	Para	TRI/LOC
4	10:55	16-19 Male AG	
		20-24 Male AG	
		25-29 Male AG	
		30-34 Male AG	
		35-39 Male AG	
		40-44 Male AG	
		45-49 Male AG	
5	11:00	50-54 Male AG	
		55-59 Male AG	
		60-64 Male AG	
		65-69 Male AG	
		70-74 Male AG	
		75-79 Male AG	
		80-84 Male AG	
6	11:05	16-19 Female AG	
		20-24 Female AG	
		25-29 Female AG	
		30-34 Female AG	
		35-39 Female AG	
		40-44 Female AG	
		45-49 Female AG	
7	11:10	50-54 Female AG	
		55-59 Female AG	
		60-64 Female AG	
		65-69 Female AG	
		70-74 Female AG	
		75-79 Female AG	

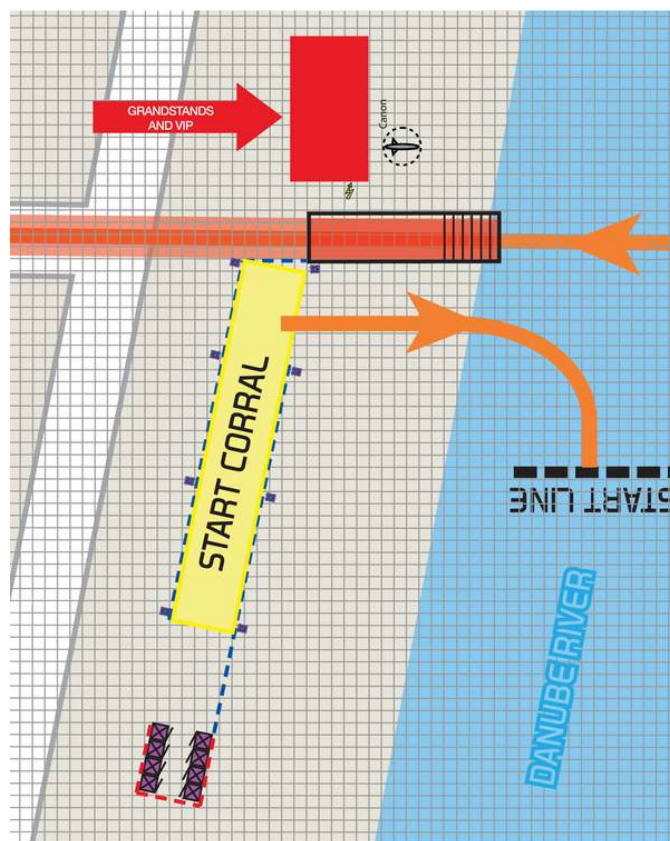
# Aquathlon World Championships



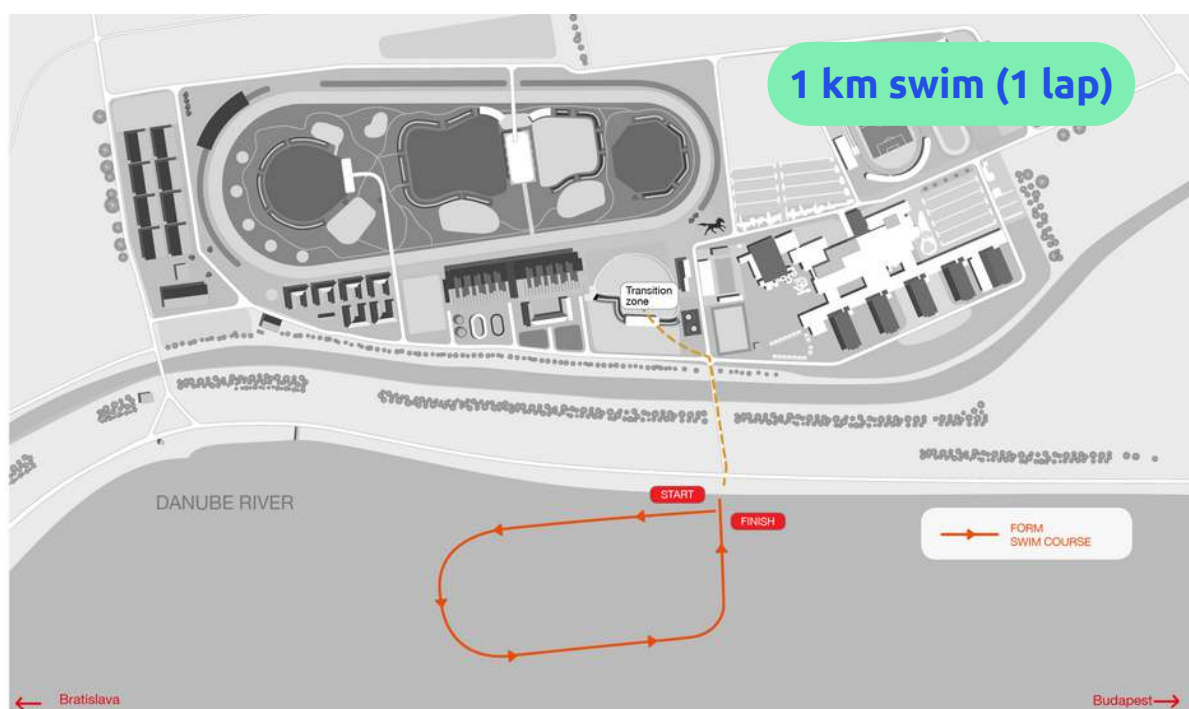
## Start area:

## Swim Course Procedure:

1. Swim start is located on the Danube River bank. Waves will start from the water for both Elite and Age-Group athletes and will be organised by waves.
2. Before entering the water, all athletes must pass a timing mat.
3. All Elite athletes are called to enter the water first; one by one in order of their race number.
4. After the Elite start, Age-Group waves will be called to the start line or the corral.
5. Start will be signalled by a horn.



## Swim course:





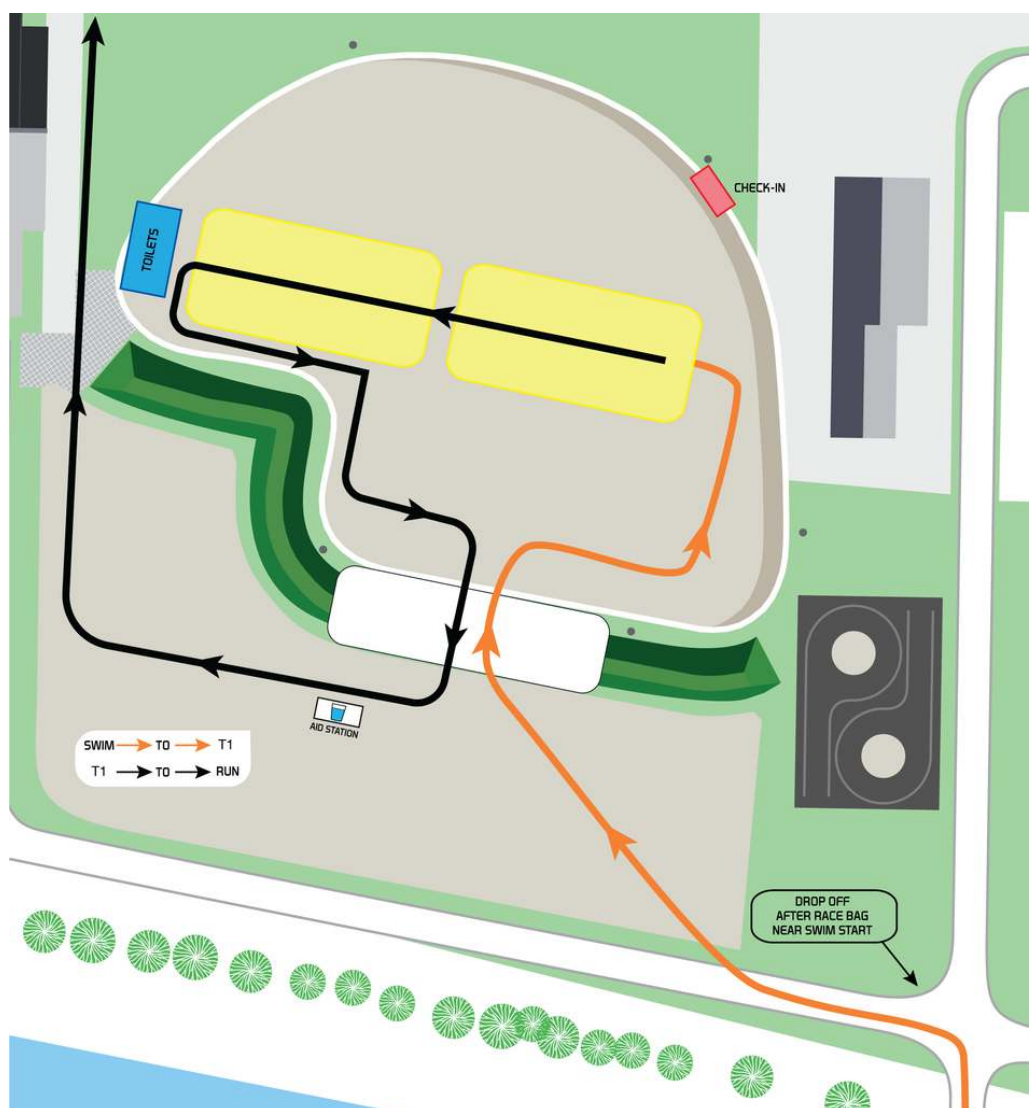
# Aquathlon World Championships



## TRANSITION: Swim to Run

Once out of the swim, follow the carpeted route to transition where you can change into your running gear. Make sure you familiarise yourself with the transition area, so you know where to direct yourself on race day. Using markers (flags, t-shirts, etc) as reference points are forbidden.

Be careful when running as there are stairs on the way down to the transition area. Also, be careful as the carpet can become slippery when wet. You may begin to roll down your wetsuit as soon as you leave the water, ensuring not to impede other competitors. Please remember, however, that nudity is not permitted in transition or at any point on the course.



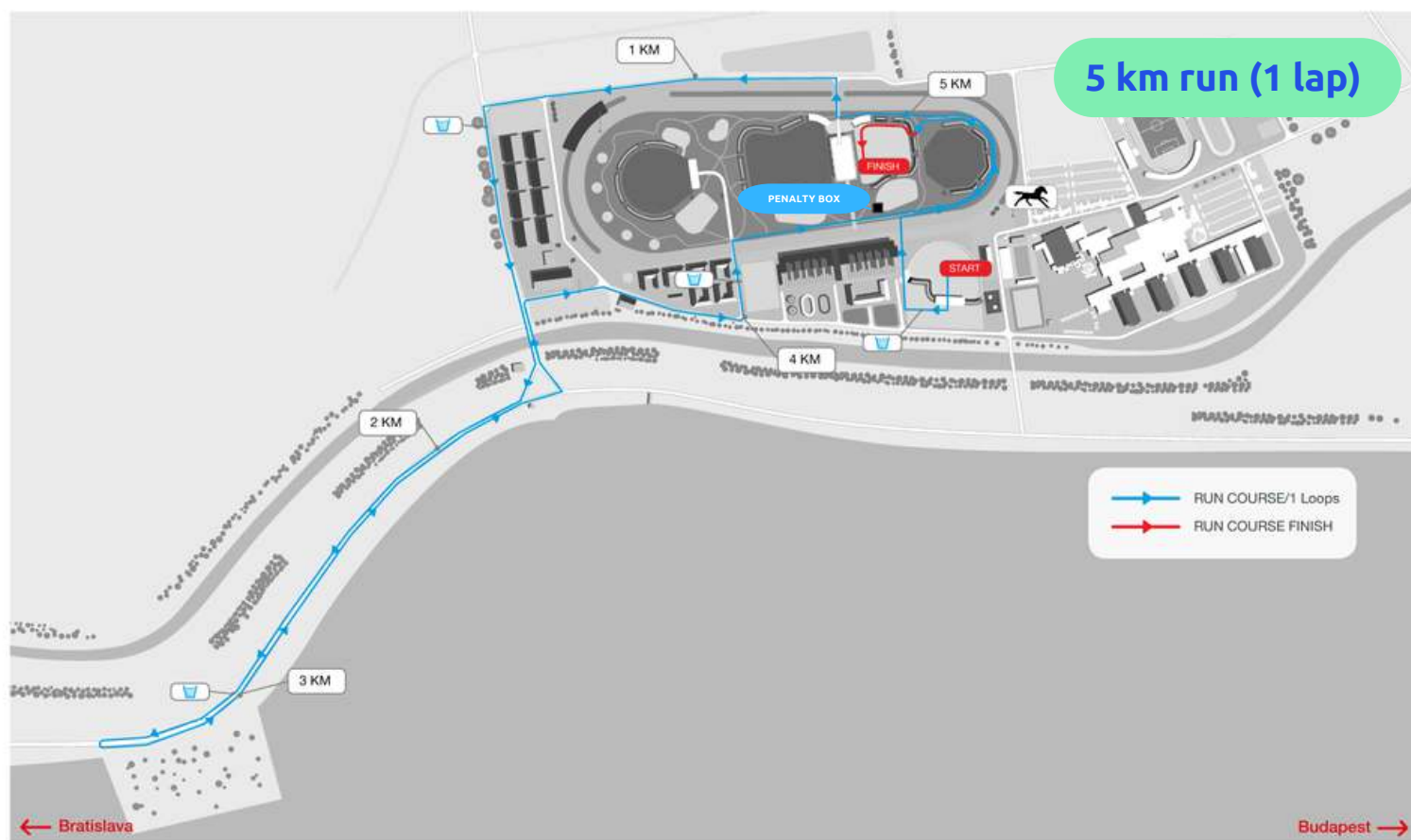
# Aquathlon World Championships



## Run course:

Bib number is mandatory for Age-Group

All courses are available on GoogleMaps: [AQUATHLON](#)

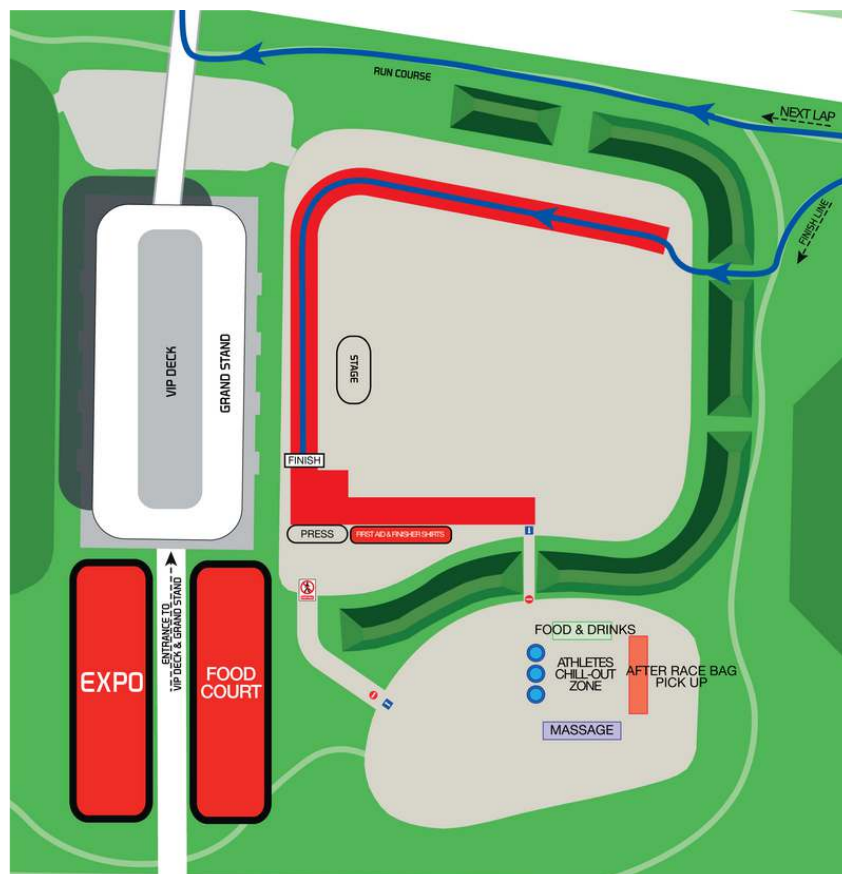




# Aquathlon World Championships



## Finish area:



## Finish Line/Recovery Area

After you have finished your lap, you will head into the finish chute. Medical support is available at the finish line if needed.

At the finish line, you will be able to collect your hard-earned medal and t-shirt, plus grab a drink of water. At the recovery area, you will get different drinks and dishes. There will be also a massage service that works on a first-come-first-served basis.

## Transition Check-Out

Once you have finished, don't forget to head back to transition to pick up your gear. You will need your race number, and security wristband to re-enter the transition area after your race. Bring the timing chip as this is your swim gear ticket out. Check-out time is from 12:30 to 15:30.

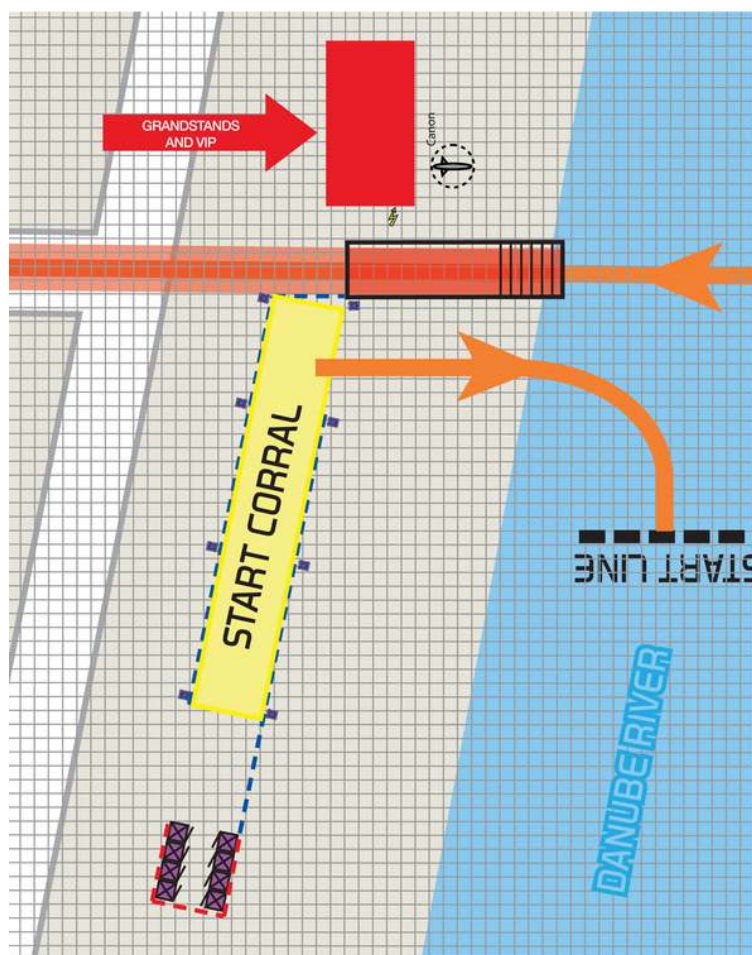
Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your designated space, tidy your area and leave the transition as soon as you can.

**Note: For rules and regulations, please refer to the information below.**

# Long Distance and Aquabike World Championships & PTO Tour



## Start area:



## Start Time and Swim Cap Colours:

You will be issued with a coloured swim cap in your race pack at registration which must be worn as this identifies your swim wave to our water safety team. You will need to place the swim cap tattoo by yourself. If you are wearing an extra swim cap, ensure your official cap is on the outside. The extra swim cap must be unbranded.

Make sure you check your start time and don't just follow other hats of the same colour. There will be several other waves with your colour swim hat.

\*Please check details in the table (next page)

# Long Distance and Aquabike World Championships & PTO Tour



## Start Time and Swim Cap Colours:

Race	Wave	Current	Start	Swim cap color
World Triathlon Long Distance Championships	1	9:00	Elite M	TRI
	2	9:10	Elite W	TRI
	3	9:12	Para	TRI/LOC
	4	9:30	18-19 Male AG	
			20-24 Male AG	
			25-29 Male AG	
			30-34 Male AG	
			35-39 Male AG	
			40-44 Male AG	
			45-49 Male AG	
	5	9:40	20-24 Female AG	
			25-29 Female AG	
			30-34 Female AG	
			35-39 Female AG	
			40-44 Female AG	
			45-49 Female AG	
			50-54 Female AG	
			55-59 Female AG	
	6	9:50	60-64 Female AG	
			65-69 Female AG	
			50-54 Male AG	
			55-59 Male AG	
			60-64 Male AG	
			65-69 Male AG	
World Triathlon Long Distance Aquabike Championships	7	10:20	70-74 Male AG	
			75-79 Male AG	
			18-19 Male AG	
			20-24 Male AG	
			25-29 Male AG	
			30-34 Male AG	
			35-39 Male AG	
			40-44 Male AG	
			45-49 Male AG	
			50-54 Male AG	
			55-59 Male AG	
			60-64 Male AG	
			65-69 Male AG	

# Long Distance and Aquabike World Championships & PTO Tour



## Start Time and Swim Cap Colours:

Race	Wave	Current	Start	Swim cap color
World Triathlon Long Distance Aquabike Championships	8	10:30	25-29 Female AG	
			30-34 Female AG	
			35-39 Female AG	
			40-44 Female AG	
			45-49 Female AG	
			50-54 Female AG	
			55-59 Female AG	
			60-64 Female AG	
			65-69 Female AG	
			70-74 Female AG	
			75-79 Female AG	
PTO Tour Age-Group	9	10:40	18-19 Male AG	
			20-24 Male AG	
			25-29 Male AG	
			30-34 Male AG	
			35-39 Male AG	
			40-44 Male AG	
			45-49 Male AG	
			50-54 Male AG	
			55-59 Male AG	
			60-64 Male AG	
			65-69 Male AG	
			70-74 Male AG	
	10	10:50	20-24 Female AG	
			25-29 Female AG	
			30-34 Female AG	
			35-39 Female AG	
			40-44 Female AG	
			45-49 Female AG	
			50-54 Female AG	
			55-59 Female AG	
			60-64 Female AG	
			65-69 Female AG	
			70-74 Female AG	
			Relay - Male	
			Relay - Mixed	

# Long Distance and Aquabike World Championships & PTO Tour



## Swim Course Procedure:

1. Swim start is located on the Danube River bank. Waves will start from the water for both Elite and Age-Group athletes and will be organised by waves.
2. Before entering the water, all athletes must pass a timing mat.
3. All Elite athletes are called to enter the water first; one by one in order of their race number.
4. After the Elite start, Age-Group waves will be called to the start line or the corral.
5. Start will be signalled by a horn.

## Warm-Up:

Warm-up swim is allowed for everyone but only before the race starts. Every athlete has to be out of the water 15 minutes before the start of the first wave.

## Wetsuit Rules:

Wetsuit rules are, as per World Triathlon Competition Rules, dependent on water temperature:

	Swim Length	Forbidden	Mandatory*
<b>Elite, U23, Junior and Youth athletes:</b>			
	Up to 1500m	20 °C and above	15.9 °C and below
	1501m and longer	22 °C and above	15.9 °C and below
<b>Age-Group from the youngest to 55-59 category:</b>			
	Up to 1500m	22 °C and above	15.9 °C and below
	1501m and longer	24.6 °C and above	15.9 °C and below
<b>Age-Group from 60-64 category to the oldest:</b>			
	All distances	24.6 °C and above	15.9 °C and below



# Long Distance and Aquabike World Championships & PTO Tour



## Clothing Rules:

- Athletes cannot wear calf guards if wetsuits are not permitted for the event.
- Athletes can wear calf guards if wetsuits are permitted for the event, regardless of whether they are wearing a wetsuit or not.
- Athletes can wear socks during the swim if the water is below 15.9°C.
- Athletes cannot wear gloves during the swim.

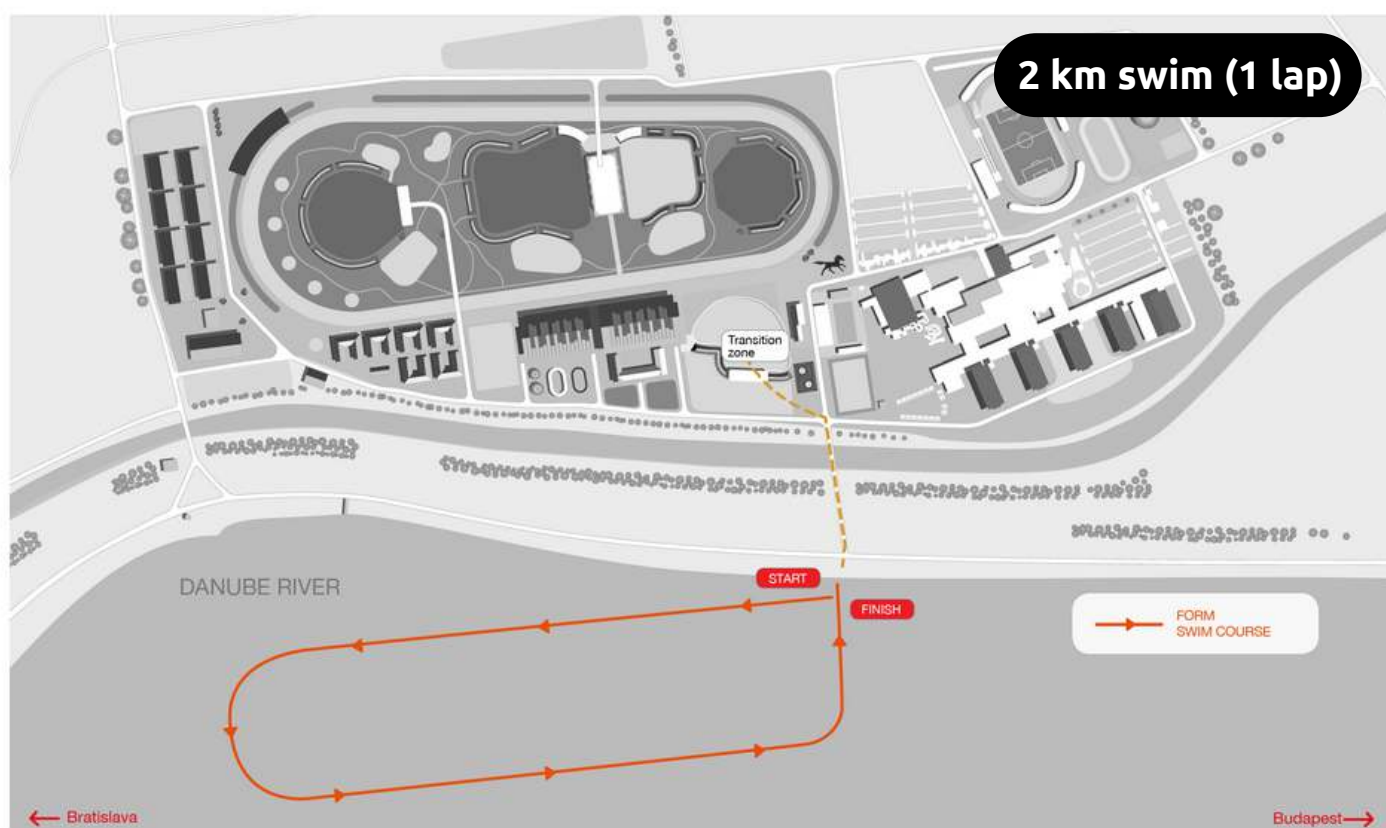
## Swim Safety:

On the swim course, there will be a large swim safety team to support competitors.

Should you require any assistance or want to pull out of the race during the swim, lie on your back and raise your arm in the air and a kayak will come to assist you. Don't panic, your wetsuit will help aid your buoyancy.

If you withdraw during the swim, it is vital you report to a marshal immediately to let us know that you're safe.

## Swim Course:



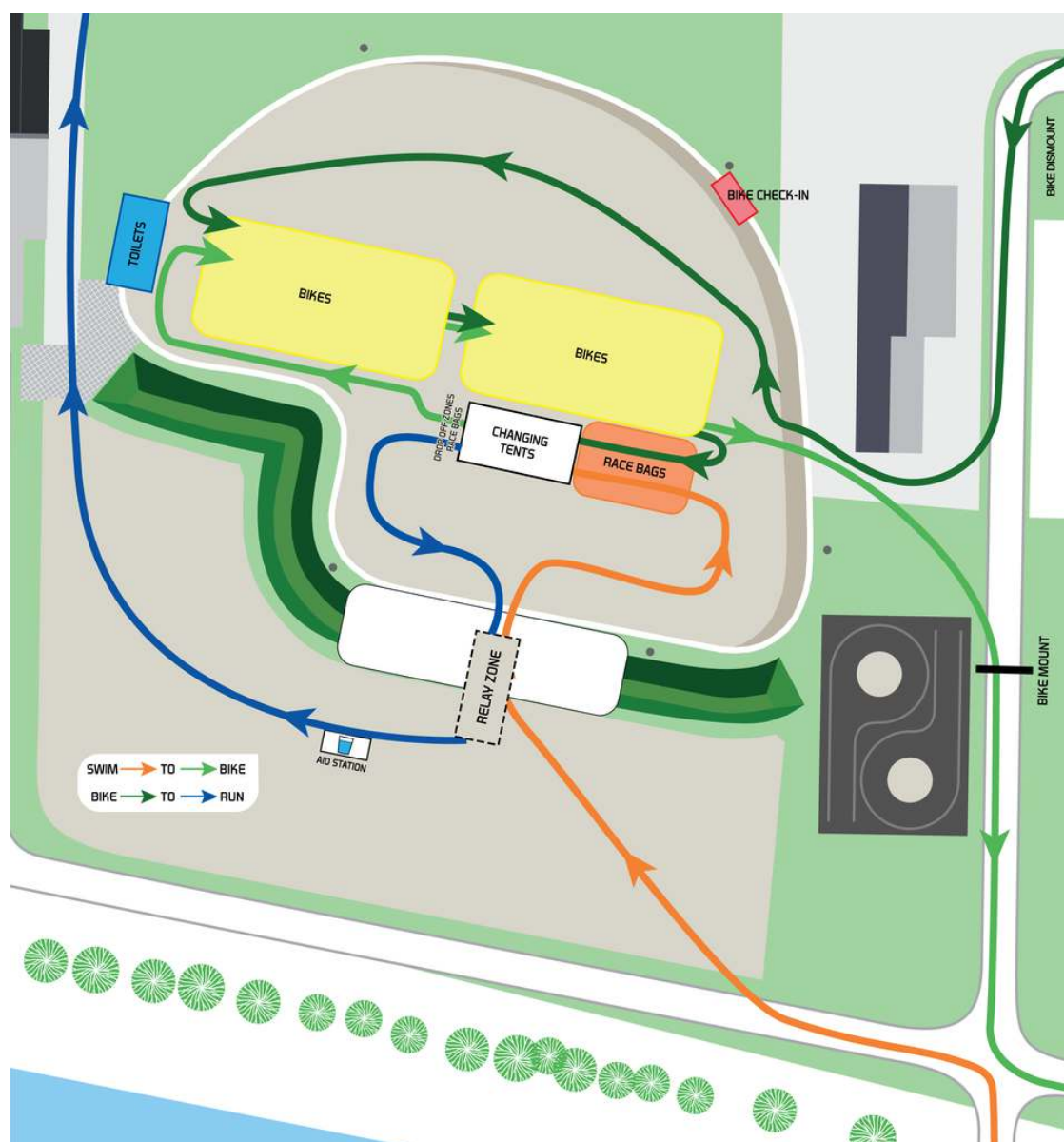
# Long Distance and Aquabike World Championships & PTO Tour



## T1: Transition Swim to Bike

Be careful when running as there are stairs on the way down to the transition area. Also, be careful as the carpet can become slippery when wet. You may begin to roll down your wetsuit as soon as you leave the water, ensuring not to impede other competitors. Please remember, however, that nudity is not permitted in transition or at any point on the course.

REMEMBER: First, put your helmet on before touching your bike.





# Long Distance and Aquabike World Championships & PTO Tour



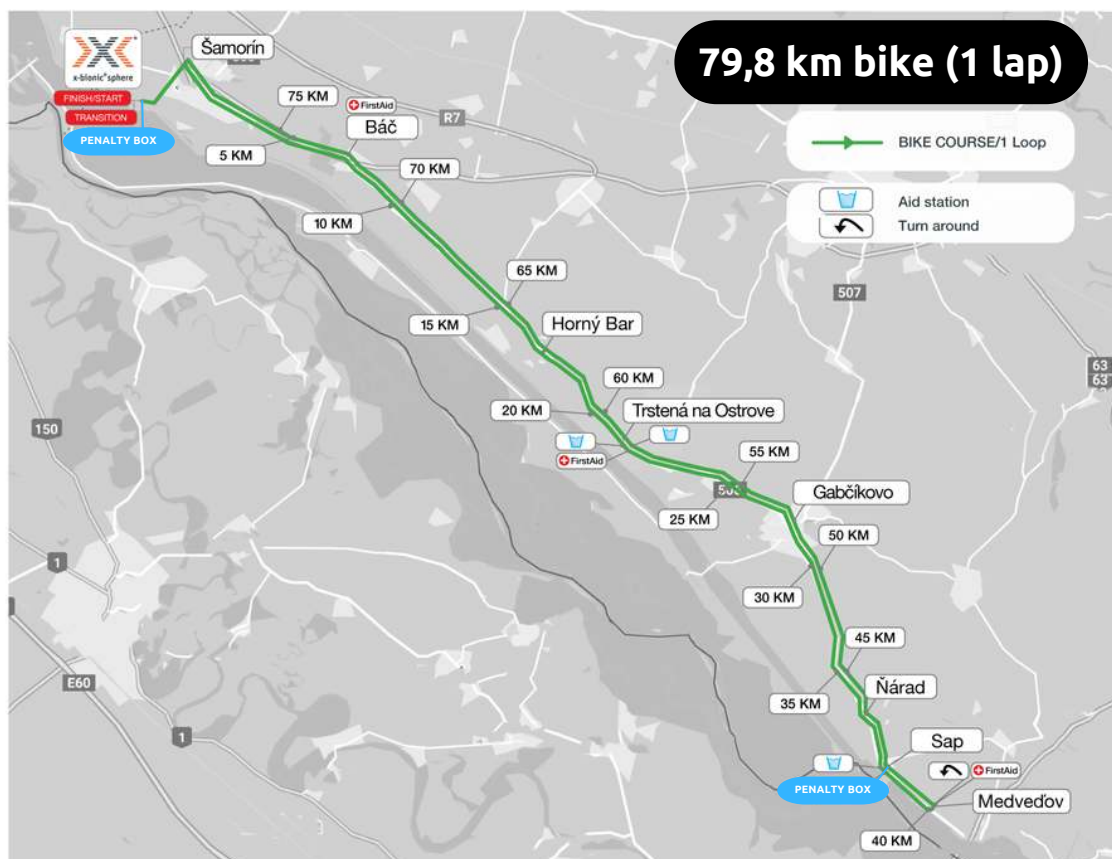
## Things to Remember:

- Please cycle on the right-hand side of the lane at all times, and overtake on the left.
- When approaching dead turns, please be aware of other riders around you. Do not try and overtake someone near a dead turn as it is highly dangerous.
- The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to casualty and be aware of potential cars alongside the course. Crossing the central middle line is not allowed.
- Competitors are responsible for riding in a safe and responsible manner to ensure the safety of themselves, other athletes and the public.
- Any dangerous riding will result in a penalty or even disqualification. Motorcycle officials will be monitoring the course throughout.
- Helmets are mandatory and must be worn and clipped up at all times during the bike stage.
- Helmets must be put on in transition before you touch your bike, and only taken off once your bike has been racked again in transition.
- Smart helmets are not permitted.

REMEMBER: When setting up your bike in transition before the race, make sure you take time to familiarise yourself with its position on the racks. This will massively speed up the transition when you come in from the swim.

## Bike course:

All courses are available on GoogleMaps: [LD TRI + PTO TOUR HERE](#) and [AQUABIKE HERE](#)



# Long Distance and Aquabike World Championships & PTO Tour



## Mount Line:

Always follow the signage and marshal instructions to bike out and to the 'mount line'. You may only mount your bike AFTER you have crossed the 'mount line', which will be clearly marked with tape and marshalled by technical officials. Bikes must be pushed until you are over this line.

## Dismount Line:

After completing your final lap, head back into transition where you will be instructed to dismount BEFORE the line. Again, this will be marked on the floor in tape and marshalled by technical officials. Bikes must be returned to the same racking position and helmets may only be removed once your bike is racked.

## Medical Support:

There will be medical support at strategic points along the bike course, please inform the nearest volunteer if you require medical attention.

If you need to withdraw, please, inform the nearest official.

## Drafting



Drafting is cycling close to the bike in front and thereby gaining an advantage. All races are non-drafting. The bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel.

An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement.

# Long Distance and Aquabike World Championships & PTO Tour



## Penalties:

### Drafting.

Technical officials will notify the athletes caught for drafting that they are subject to a time penalty by getting their attention (e.g whistle), showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty box".

**The athlete sanctioned has to stop in the NEXT penalty box and must stay there for five minutes.**

It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in disqualification. The third drafting offence will lead to disqualification. Drafting violations cannot be appealed.

### Blocking:

Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course.

Technical officials will notify the athletes who are that they are subject to a time penalty by getting their attention (e.g whistle), showing a yellow card, calling in English the athlete's number and saying "Blocking penalty, you have to stop at the next penalty box".

**The athlete sanctioned has to stop in the NEXT penalty box and must stay there for 30 seconds.**

### Littering:

There are designated littering areas before and after each aid station, as well as at Penalty Boxes. Littering outside these areas will lead to a time penalty if it cannot be corrected.

# Long Distance and Aquabike World Championships & PTO Tour



## PRECISION FUEL & HYDRATION



### Aid Stations:

The bike course has three aid stations. They are located every 20 kilometres at roughly the 20, 40 and 60 kilometre mark.

Our partner Precision Fuel and Hydration will be your best companion to make sure you stay hydrated and perform your best. Products to be served at aid stations: PH 1000 electrolyte, PF 30 Energy Gels and PF 30 Energy Chews (Original and Mint&Lemon) so they are easy for athletes to pick up on the move (each serving delivers 30g of carbohydrate). All products are all-natural and vegan-friendly and tested for anti-doping.



### Distance Markers:

The bike segment will have distance markers on the course every 10 kilometres.

### Gear Restrictions:

Illegal equipment includes, but is not limited to:

- Headphones, headsets, technical earplugs or smart helmets which are inserted or covering the ears.
- Glass containers
- Mirrors.
- Bike or parts of the bike not complying with these rules.
- Uniform not complying with the applicable guidelines regarding authorised identifications.
- Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the head referee before the competition and must be securely mounted, not endanger any athlete or give an unfair advantage.
- For cameras and video cameras, in addition to requiring approval from the head referee, all the images and footage taken will be copied by World Triathlon. The use of those images for commercial purposes is subject to approval by World Triathlon.

# Long Distance and Aquabike World Championships & PTO Tour

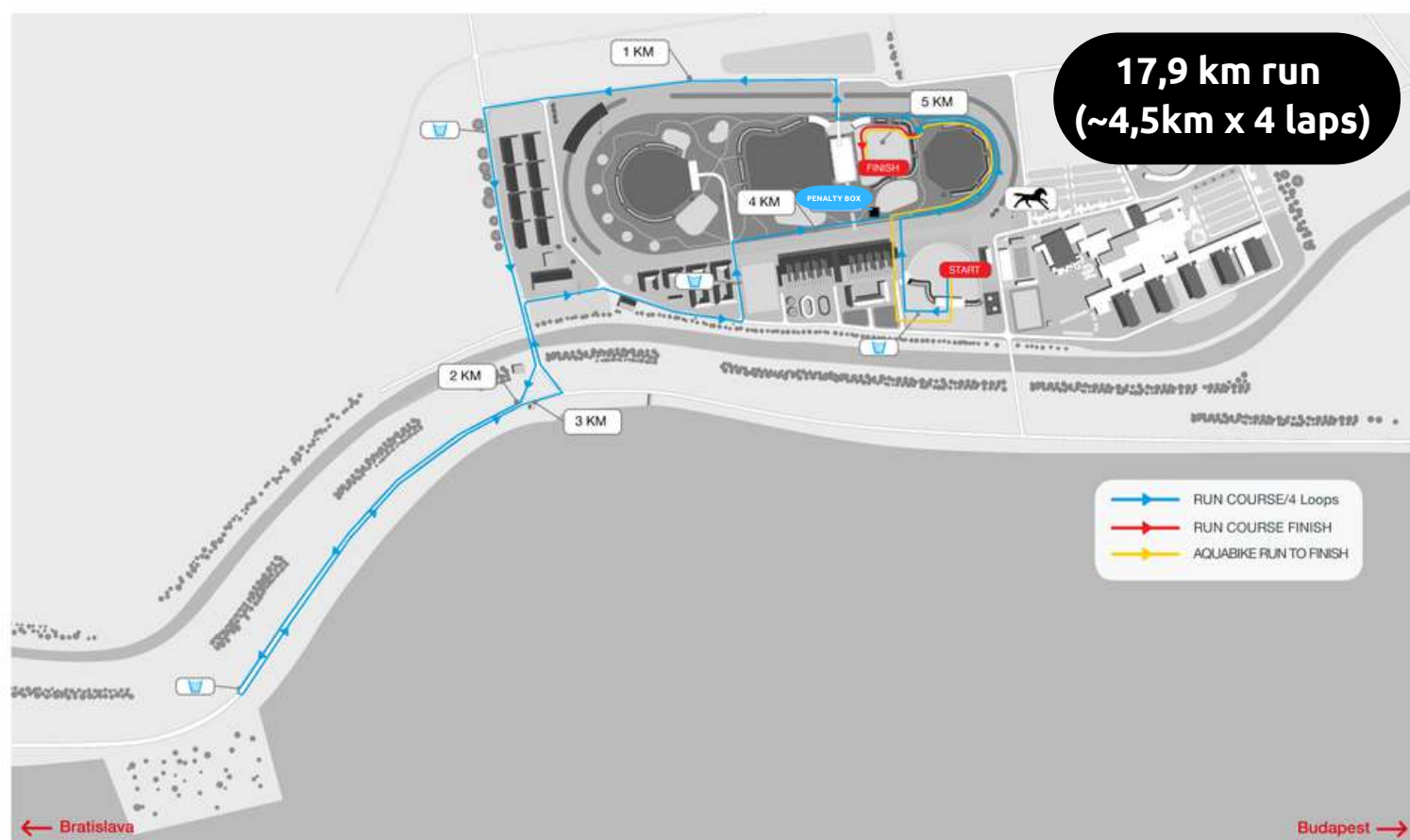


## T2: Transition Bike to Run

Keep your helmet fastened until your bike is racked. Direct yourself towards the bag rack and then into the changing tent. Leave all the extra gear in the bag and hand it to a volunteer.

## Run course:

All courses are available on GoogleMaps: [LD TRI AND + TOUR HERE](#) and [AQUABIKE HERE](#)





# Long Distance and Aquabike World Championships & PTO Tour



## Finish area:

Athletes are NOT allowed to wait in the finish area and must progress to the Chill out zone to wait for other athletes.



## Rules:

- While running, your race number must be worn on your front.
- No personal music and communication devices are permitted, this includes bone conducting headphones.
- Please be courteous to other people. Where possible, marshals and signage will be in a position to advise the public of the event in progress.
- Not run with a bare torso (Front fastening tops can be undone to the sternum, but must be closed at least 200m before the finish line)
- Not run with a bike helmet on
- Not use posts, trees or other fixed elements to assist in manoeuvring curves
- Not be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course
- Not run together and/or take pace from other athlete/s who is/are one or more laps ahead (Applicable only to Elite, U23, Junior, Youth athletes and Para triathletes)

# Long Distance and Aquabike World Championships & PTO Tour



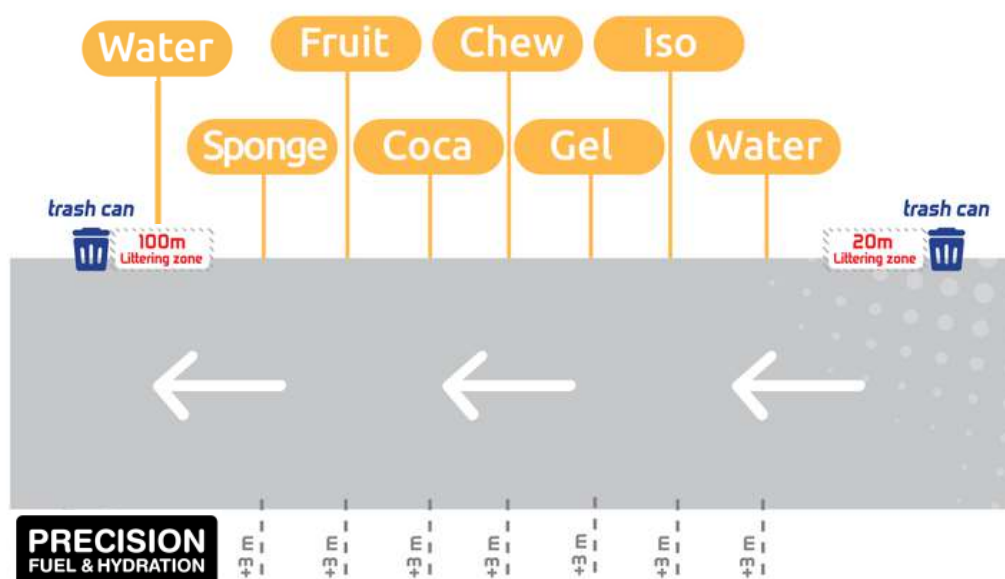
## Aid Stations:

The run course has four aid stations. They are located every 1.5 kilometres.

Our partner Precision Fuel and Hydration will be your best companion to make sure you stay hydrated and perform your best. Products to be served at aid stations: PH 1000 electrolyte, PF 30 Energy Gels and PF 30 Energy Chews (Original and Mint&Lemon) so they are easy for athletes to pick up on the move (each serving delivers 30g of carbohydrate). All products are all-natural and vegan-friendly and tested for anti-doping.

**Coach/Team Managers can provide nutrition to the athlete at the 4th aid station located in the resort (at ~3.5 km of each lap).**

## PRECISION FUEL & HYDRATION



## Precision Fuel and Hydration Tip:

To help prepare for your race, our Fuel and Hydration Partners, [Precision Fuel & Hydration](#) have created this [78-second briefing video](#) covering what's on course to keep you fuelled & hydrated as performing at your best.

## Run Safety:

There will be medical support at strategic points along the run course, please inform the nearest volunteer or technical officials if you require medical attention.  
It is important that if you withdraw you tell us; we want to know you're safe!

## Distance Markers:

The run segment will have a distance marker in one place on the course every lap (approx. every 4.5km).



# Long Distance and Aquabike World Championships & PTO Tour

## Penalty Box

Bike - there will be 2 penalty boxes on the bike course. The 1st will be located around 40th KM in village Sap. The 2nd will be located shortly before the dismount line about 500m before the bike course end.

Run (Elite only) - there will be 1 penalty box on the run course. It will be located about 500m before the finish on the grass part of the course (available in every loop in case of multiple loops course).

## Relay Team [PTO Tour only]

A relay team can consist of two or three participants. Only two participants can be in the transition area at any one time. The relay tag point is at the designated relay zone, before entering T1 and after exiting T2. The swimmer should take the chip off their ankle and place it on the cyclist. The cyclist should rack their bike and then remove their timing chip and place it on the ankle of the runner.

The relay team tent will be positioned before the transition area for a swim to bike. And after the transition area for a bike to run. The cyclist must proceed with bike check-in according to the same rules as individual athletes.

# Race Rules and Penalties

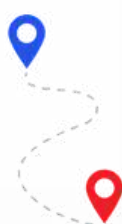
The World Triathlon Multisport Championships and PTO Tour will be conducted in accordance with the [latest published](#) Competitions Rules of the World Triathlon.

Q&A with the most frequently asked questions here: [https://www.triathlon.org/agegroup/about\\_ag/faq](https://www.triathlon.org/agegroup/about_ag/faq)

To clarify any rules, come to the Q&A sessions or contact the head referees (see name and email earlier in this document).

## KNOW THE COURSE

Make sure you know which route to take – check out course maps. If unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!



## OUTSIDE ASSISTANCE

Athletes may not provide essential race equipment to other athletes in the same competition, while the competition is in progress. Specifically, items that may not be provided to other athletes includes but is not limited to complete bicycles, bicycle frames, wheels and helmets. The penalty for this will be disqualification of both athletes. Athletes may provide to other

athletes competing in the same competition other items of equipment provided that the donor is able to continue with their own competition.

An athlete cannot physically assist the forward progress of another athlete.

Any assistance beside the event personnel or Technical Officials is strictly forbidden.

## BEHAVIOUR

Everyone involved in your race is there to ensure you have a safe and enjoyable experience. Please respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

## CLEAN SPORT

World Triathlon fights for a clean sport. All athletes are responsible for familiarising themselves with the World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods.

## LITTERING

Dispose properly all litter/equipment within clearly identified areas such as aid stations or rubbish disposal points set by the Event Organiser.



## UNIFORM

Athletes uniforms must comply with the guidelines regarding authorized identification.

Uniforms must be worn during the entire competition.



## RACE BIB NUMBER

Race bib numbers are mandatory during the run leg only. They must be visible from the front.

Take care not to fold or damage your number!



## HEALTH CONDITIONS

World Triathlon encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport.



## ILLEGAL EQUIPMENT

Any device distracting the athlete from paying full attention to the surroundings is forbidden (e.g. MP3 players, mobile phones and personal video recording devices.) Leave these outside transition.



# Race Rules and Penalties

## WETSUIT USE TEMPERATURE

Swim Length	Forbidden	Mandatory
< 1500m	22°C and above	15.9°C and below
> 1500m	24.6°C and above	15.9°C and below

For 60+ Age-Group, the rule for distance above 1500m is valid for all distance

## DRAFT ILLEGAL BIKE

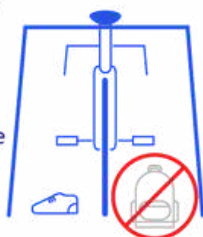


## DRAFT LEGAL BIKE



## TRANSITION

Competitors should only bring into transition what is needed for the competition. Personal bags and belongings must be deposited at the bag drop off area.



## PROTEST & APPEAL

Athletes can protest against the conduct of an athlete, Technical Official, or the conditions of the competition. They can appeal a decision made by the Head Referee.



## FINISH

Athletes cannot be accompanied by any non-competing person in the finish chute.



## HELMET

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



## OTHER TIME PENALTIES THAN DRAFTING

There are two types of infringement penalized with time penalties.

**Drafting:** see specific poster

**Other infringements**

1 min. in long distance events;  
30 sec. in middle distance events;  
15 sec. in standard distance events;  
10 sec. in sprint and shorter distance.

They will be served at the following locations:

Infringement	Where
Start	T1
Swim	T1
Transition 1	Warning at T1
Bike	Bike Penalty Box
Transition 2	Warning at T2
Run	Warning/Time Penalty on the spot





# Race Rules and Penalties

## WHAT IS DRAFTING and BLOCKING?

Drafting is taking shelter behind another athlete or motor vehicle during the bike leg to gain a competitive advantage.

Blocking is holding a position on the course which prevents an athlete behind from passing you.

Technical Officials do not have to provide a warning about drafting before issuing a time penalty.

Both infractions are sanctioned by a time penalty to be served in the next penalty box.

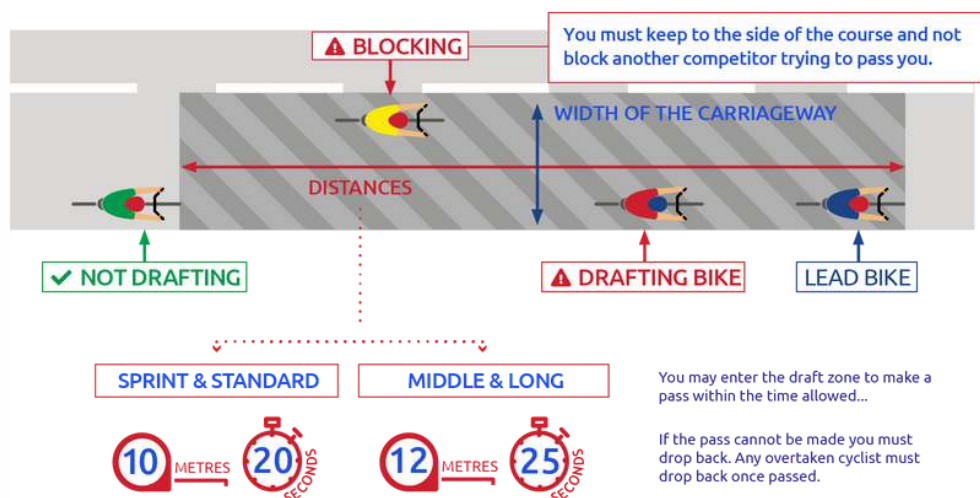


BLUE card



YELLOW card

## DRAFTING vs NOT DRAFTING vs BLOCKING



## PENALTIES

	DRAFTING			BLOCKING
	1st offence	2nd offence	3rd offence	
SPRINT	1 min*	DSQ*	n/a	10 sec
STANDARD	2 min	DSQ	n/a	15 sec
MIDDLE	5 min	5 min	DSQ	30 sec
LONG	5 min	5 min	DSQ	1 min

Time penalties must be served in the **next** penalty box.

\* If the sprint event is draft legal, there are no drafting penalties.

## OTHER VEHICLES



15 METRES



35 METRES

You must remain 15 m behind motorcycles and 35 m behind other vehicles to prevent drafting.

# Race Rules and Penalties

## Competition rules

It is the competitor's responsibility to know and abide by the rules; ignorance is not a defence against a penalty or disqualification.

Technical officials will be present at the event to enforce these rules. A penalty board will be located in the finish area to advise you of any penalties accrued.

It is your responsibility to check for any penalties awarded.

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, and may not pass food or other items to an athlete.
- No phones, iPods, listening or recording devices are allowed on the course.
- Athletes who abuse technical officials or volunteers will be disqualified.
- Athletes who fail to follow the instructions of a technical official will be disqualified.
- If in the view of the technical officials, an athlete is unable to complete a section of the course before the cut-off time, they may be withdrawn from the race immediately.

## Uniform Rules

At the Multisport World Championships, all athletes should comply with the approved National Federation uniform colour/format.

The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the [World Triathlon Competition Rule Book](#).

Please note the following amendment of the rules:

[https://www.triathlon.org/news/article/change\\_in\\_the\\_age\\_group\\_uniform\\_rule](https://www.triathlon.org/news/article/change_in_the_age_group_uniform_rule)

Check the approved Multisport national uniform

- Elite: click [HERE](#)
- Age-Group: Click [HERE](#)

# Pre & Post-Competition

## Opening Ceremony and Parade of Nations

The meeting point for the Parade of Nations will be at the Finish line inside of the building (under grandstands).

All delegations are asked to meet no later than 15:30 so that the parade can begin at 16:00. We ask each delegation to nominate a flag bearer who will be responsible for carrying their country's flag to the opening ceremonies. Flags and their flag poles, and boards with the country's name will be loaned by the LOC.

## Pasta party

Voucher in the race package.

If family members would like to join- they can pay directly at Olympick restaurant entry.

## Finish Line/ Recovery Area

After you have finished your last lap, you will head into the finish chute. Medical support is available at the finish line if needed. Note that Tthletes are NOT allowed to wait in the finish area and must progress to the Chill out zone to wait for other athletes.

At the finish line, you will be able to collect your hard-earned medal and finisher t-shirt, plus grab a drink or food from the catering. There will be a massage service and pools for cooling down in the recovery area. And they work on a first come first served basis.

## Transition Check Out

Once you have finished, don't forget to head back to transition to check your bike out. You will need your race number, and security wristband to re-enter the transition area after your race. Bring the timing chip as this is your bike's ticket out.

Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

Bike check-out dates and times for Long Distance World Championship and PTO Tour:  
Sunday 21 August from 16:45 to 19:00.

## Awards Ceremony

### Aquathlon World Championships

Elite, U23, Junior: Thursday 18 August 2022, 12:30-13:00 at the Finish

Age-Group: Thursday 18 August 2022, 15:00-15:30 at the Finish

### Long Distance, Aquabike World Championships & PTO Tour:

Elite: Sunday 21 August 2022, 12:45 (Men) and 13:15 (Women) at Finish

Age-Group and PARA: Sunday 21 August 2022, 19:00- 21:00 at Victory congress room

Guidelines for Award Ceremony of Aquathlon, Long Distance Triathlon and Aquabike World Championships:

The top 3 athletes/teams in each Age Group (male and female) will be called to the podium and presented with their awards.

We will honour our oldest age groups first by beginning with their presentations and awards. If you are to receive a medal, please be aware of the following rules and regulations regarding medal ceremonies (As per the World Triathlon Competition rules, section 2.8): - 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony; Additionally Children are not allowed on the podium.

You have to be present to receive your medal. If you cannot attend the medal ceremony, your Team Manager or one of your teammates can pick up your medal after the ceremony.

For PTO Tour: contact us within 3 days at [wtinfo@protriathletes.org](mailto:wtinfo@protriathletes.org) for further instructions in case you are unable to attend the award ceremony.

# Pre & Post-Competition

## Medal Engraving

Finisher medal engraving will be available at the expo zone near the finish area for 15 EUR at these times:

- Thursday 11:00 to 14:00
- Sunday 12:00 to 17:00

## Lost and Found

Lost or misplaced items will be taken to X-Bionic Sphere reception by the organisation once the event has finished.

In case of a suspected stolen item, you have to report this to the police and get a police report. Without a properly filed police report, the insurance will not be able to cover it.

## Results

Results will be timed by Sportstats and together with RTRT App (Real-Time Race Tracking®) will provide live tracking at the following websites:

- MULTISPORT WORLD CHAMPIONSHIPS: [CLICK HERE](#)
- PTO TOUR - OPEN CATEGORY AND THE COLLINS CUP: [CLICK HERE](#)

We encourage spectators to visit [www.triathlonlive.tv](http://www.triathlonlive.tv)

Official results will be posted on a board near the recovery area and will be published on <https://www.triathlon.org/results>.

In case of questions or mistakes with your result, please contact your team manager, if you don't have a team manager on-site, please look for the head referee in the finish area. After the race, you will be able to download your race certificate here: <https://triathlon.org/results/certificates>

## Photos

You can find your professional pictures here <https://www.finisherpix.com/>. There will be several photographers taking pictures of the athletes during the competition during the day.

You will receive an email with a link to your photograph package where you are able to see them and buy the package.

## Showers

After the events, you are able to use the swimming pool Aquatic Sphere showers free of cost.

The swimming pool is located next to the transition area. The entrance is located close to the horse statue.

## Time Penalties and Appeals

All penalties will be posted, during the race, in the finish area by the technical officials. It is the competitor's responsibility to check the penalty board.

Appeals against these penalties must be declared within 15 minutes of the posting of the penalty or finishing time, whichever is later and made in writing to the Head referee within 30 mins of the appeal being declared accompanied by €50 which is refundable if the appeal is upheld. Please note that to overturn a penalty you must be able to provide proof that the penalty was incorrectly awarded.



# Post-Competition

## Anti-doping

The organisation responsible for doping control: Drug-Free Sport <https://www.drugfreesport.com/>

The doping control room is located after the finish line on the 1st floor of the finish line grandstand next to the VIP area.

As a World Triathlon Age Group athlete going to a World Championships, you are subject to Doping Control.

If you get selected for Doping Control someone will approach you and notify you that you have been selected for Doping Control. This could be done even before your race. For example, after you pick up your registration package or check your bicycle into the transition area. The Doping Control Chaperone and/or Officer will explain the procedure to you, but you should be aware that you have certain rights and responsibilities.

### YOU HAVE THE RIGHT TO:

- Nominate a representative of your choice to accompany you to Doping Control.
- Arrange an interpreter (if required).
- Request additional information about the Doping Control procedure.
- Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical attention, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone).
- Request necessary modifications if you have a disability.
- Note any concerns with the Doping Control Process on the Doping Control Form.
- Request part 'B' of your sample be analysed to confirm a positive result.
- A fair hearing in accordance with the World Anti-Doping Code.

### YOUR RESPONSIBILITIES INCLUDE:

- Be aware of, and comply with, the World Anti-Doping Code and the World Triathlon AntiDoping Rules.
- Be aware of which substances are not allowed as they are on the Prohibited List.
- Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance on the Prohibited List if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check those out before the event. As an Age Group athlete, you may apply for a retroactive TUE, but it is not guaranteed so you may want to request one no later than 30 days prior to racing.
- Report to the Doping Control Station immediately or within the required time specified by the Doping Control Chaperone.
- Control your sample until it is sealed in the sample collection kit.
- Ensure the sealed sample collection kit is secure and identified.
- Ensure all appropriate documentation is accurate.
- You must have photo identification to take with you to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let them know that you have been selected for Doping Control.

If you have any questions about anti-doping, you should visit our booth at the expo where there are volunteers who can answer any of your questions. You can also check out the Age Group Anti-Doping section on [https://triathlon.org/agegroup/anti\\_doping](https://triathlon.org/agegroup/anti_doping)

# Venue

## Facilities and Services

The x-bionic® sphere hotel is a multifunctional resort for sport and relaxation, offering different restaurants, training and leisure facilities in Šamorín, Slovakia. For more information please check the x-bionic® sphere website at the following link  
<https://www.x-bionicsphere.com/>

## Venue Map



## Expo

The expo will be located from Wednesday to Friday inside the x-bionic sphere hotel (close to registration desk) and from Saturday to Sunday near the finish area. Here you can find event merchandise, and well-known brands represented at the world championship weekend with a booth. You can visit and interact with all the brands and ask questions about the latest products, which you can of course also test or purchase during the expo.

## Toilets

There are toilets within the event village and at the swim, bike and run for competitors as well as spectators. There will be toilets within transition too.

## Littering

We are privileged to have been given permission to close many roads to stage the Long Distance World Triathlon World Championship Šamorín 2022.

As well as waste management being a key part of our sustainability efforts, it is not acceptable for residents to find, after the event, that their streets and gardens have been fouled with litter from athletes participating in the event or graffiti on the roads from spectators.

There are opportunities to discard litter at water stations on the run course. On the bike course, you should carry your used litter with you, not discard it on the roads. You will also find a large number of bins spread throughout the event to dispose of litter before and after your event.

As per World Triathlon Competition Rules, the penalty for littering is a time penalty. Please help by playing your part in preventing litter on site.

# Travel Information

## Official Headquarters

The official headquarters are located in the x-bionic® sphere sports complex, located in Šamorín, Slovakia.

## Official Hotels Transfer and Transport

The official hotel of the World Championship is located in the x-bionic® sphere sports complex. All the events are conveniently located within the complex. From the swim start, transition area and run course, to the finish line, expo, registration and ceremonies.

The hotel provides free parking spaces for participants.

Our official travel partner is Nirvana. They will take care of all the logistics so you can race without worries. [Here](#) you can find Nirvana's travel package for the event.

We recommend flying to Vienna Airport and transferring from Vienna to Šamorín. For any transfer enquiries, please visit our hotel reception or visit [Carsen](#) or [connect to transfer](#) to book your transfer. Don't forget to inform them that you need to transport your bike.

There is a public bus that goes from Bratislava to Šamorín, but bikes are not allowed.

Bolt is a "taxi" service available in Slovakia, the cost is around 30-40 euros. ([bolt.eu](#))

There are car rentals at both Vienna and Bratislava airport, 1-hour drive from Vienna and 40 minutes from Bratislava airport to the x-bionic® sphere.

## Bike and Bike Case Storage

There is no designated area in the hotel for bike or bike case storage. But it is possible to store your bike in your room in the x-bionic® sphere hotel.

# Athlete's Service

## Training

The x-bionic® sphere is the official Olympic training centre - a sports resort with ideal conditions for the practice of triathlon. The resort has swimming pools, a running track and a gym. The complex is located next to the Danube River where swimming is possible with adjacent paths and roads ideal for cycling and running.

The 50 m swimming pool and reserved lanes will be available for those athletes who are accommodated at the X-bionic sphere hotel free of charge at designated times. Time table will be announced later. The price for everyone else who is not accommodated at the X-bionic sphere is 6 EUR/1.5 hrs

Age-group athletes can check the time slots and availability on the following links, or ask at the hotel reception.

You can check the availability in the following links.

- Swim - <https://www.x-bionicsphere.com/en/sport/swimming/>
- Bike - <https://www.x-bionicsphere.com/en/sport/cycling/>
- Run - <https://www.x-bionicsphere.com/en/sport/athletics/>
- Wellness - <https://www.x-bionicsphere.com/en/entertainment-and-relaxation/wellness/>
- Gym - <https://www.x-bionicsphere.com/en/sport/gym/>

## Bike Mechanic Service



Professional bike service with pro senior mechanics from Cyklo spital will be available.

The bike mechanic service will be located at the hotel entrance and will be available for all the participants:

- Wednesday to Friday 08:00 - 12:00

Then the bike mechanic service will be available near the transition area:

- Saturday and Sunday 8:00 - 18:00

A price list of services will be provided at the service tent.

## Medical Services

During the event our medical team will take the best care of our athletes. If you have special medical needs, please inform our head medic before you start the race. For all medical inquiries contact our medical team.

AP- RESCUE:

- Name: Peter Lakomý
- Phone: +421 910 976 134
- Email: [peter.lakomy@aprescue.sk](mailto:peter.lakomy@aprescue.sk)

In case you need medical assistance in the days before or after the race, please contact the reception of the x-bionic® sphere.

In case of urgency or emergency always call emergency medical service dial: 112

## Weather

Average weather conditions during the month of August.

- Expected water temperature: 18-22 degrees Celsius.
- Expected air temperature: 25-30 degrees Celsius

Min Temperature	15 °C	Precipitation	64mm
Max Temperature	27 °C	Rainy Days	10
Chance of Rain	33%	Sunshine Hours	269

# Timing Chips

Sportstats will be our official timing chip provider.

Elite, U23, Juniors, Para Athletes will receive their chips on race day at the athlete's lounge check-in.

The timing chip is to be worn on the left ankle and it has to be handed back to volunteers the moment you check out with your bike at the transition area.

## Withdrawal:

If you drop out of the race, please inform one of the technical officials on the course, transition area, or at the finish line as soon as possible, and definitely before you leave the venue, so we know you are safe. After the race, you have to bring the timing chip to the bike check out to receive your bike.

# Other useful information

## Language:

The official language of Slovakia is Slovak. But English is the most widely spoken foreign language.

## Currency:

Local currency is Euros.

1 Euro= 1.06 USD

## Time:

Time zone in Slovakia is (GMT+2).

## Telephone:

Slovakian country code is +421

## Electricity:

For Slovakia, there are two associated plug types, types C and E. Plug type C is the plug which has two round pins and plug type E is the plug which has two round pins and a hole for the socket's male earthing pin.





# Prize Money Distribution

Prize money (Elite only) for the World Triathlon events is distributed equally between Elite men and Elite women in both amount and depth.

The Multisport Championships will offer a total prize purse for the elites of USD100,000: USD90,000 for the Long Distance and USD10,000 for the Aquathlon, with men and women having the same prize money, as with all World Triathlon events.

## Long Distance Triathlon

Elite Men and Women

Rank	Men	Women
1st	11,250 USD	11,250 USD
2nd	9,000 USD	9,000 USD
3rd	6,750 USD	6,750 USD
4th	4,500 USD	4,500 USD
5th	3,150 USD	3,150 USD
6th	2,700 USD	2,700 USD
7th	2,250 USD	2,250 USD
8th	1,350 USD	1,350 USD
9th	1,015 USD	1,015 USD
10th	785 USD	785 USD
11th	675 USD	675 USD
12th	565 USD	565 USD
13th	450 USD	450 USD
14th	335 USD	335 USD
15th	225 USD	225 USD
<b>TOTAL</b>	<b>45,000 USD</b>	<b>45,000 USD</b>
	<b>90,000 USD</b>	

## Aquathlon

Elite Men and Women

Rank	Men	Women
1st	1,500 USD	1,500 USD
2nd	1,250 USD	1,250 USD
3rd	1,000 USD	1,000 USD
4th	750 USD	750 USD
5th	500 USD	500 USD
<b>TOTAL</b>	<b>5,000 USD</b>	<b>5,000 USD</b>
	<b>10,000 USD</b>	

# Additional Information

## Spectator Information

Competitors will be able to watch the remainder of the events on the day they are competing. There are a variety of spectating areas in the venue, including spots to watch the action live and coverage on big screens. Toilets are also available within the event village.

## Big screens

There will be big screens, showing live coverage of the World Championship Series Races, which will be located in the transition area and finish area. The live stream is via <https://www.triathlonlive.tv/>

## Social Media

There will be live updates during race weekend on our social media. Please ensure you “like” the pages for the most up-to-date information and pass it on to your friends and family who may not be on site watching you. Post about your journey before and after the event and we’ll share some of the best posts.

## PTO TriTalks



### BE INSPIRED BY THE BEST

PTO TriTalks brings you a series of inspirational and educational seminars where we present you with some of the greatest athletes past and present as well as industry experts. The aim of TriTalks is to give you an exclusive opportunity to be privy to and part of thought-provoking insights and discussions that you can translate to your own performances, whether that be sporting, business or personal.PTO

TriTalks will take inspiration from and lean on the PTO’s core values of :

- FEARLESS RESOLVE
- CHAMPIONING EQUALITY
- PURSUING EXCELLENCE



We are relentless in our pursuit of excellence and want to inspire and equip you to be able to do the same in your lives.

The lineup of speakers for the inaugural TriTalks is yet to be announced but you can sign up now for free to make sure you don’t miss out (tickets are limited) on this fantastic opportunity to learn from the very best in our sport and industry.

**All Collins Cup and World Triathlon event attendees are welcome. You just need to register via the QR code above or visit our website [HERE](#).**

## Partners



Triathlonlive.tv



**FORM**



**CANYON**

## Supporters



