Dear athletes,

As the core team of the HAMBURG WASSER WORLD TRIATHLON, we are pleased to meet you all in Hamburg and hope you will enjoy racing to the fullest! We look forward to race day with pure excitement and anticipation, and we are crossing fingers that each of you will achieve his/her personal goals. Especially in these challenging times and despite all the obstacles that we as organizers have been facing in the last couple of months, our team gave its very best to offer you the opportunity to race. Circumstances might be different, nevertheless we`d like to thank all the volunteers and partners who stand with us and make this high-quality event possible. With a grown partnership over the last years, Hamburg Wasser as our title sponsor also supports us now and emphasizes its commitment to endurance sports.

Finally, we would like to ask all of you to take care of yourselves and listen to your bodies` signals. Health is the most important thing!
We are really looking forward to experiencing a great event weekend together with you and we wish you lots of success, fun and top weather conditions.

Yours in Sport,

Christin Ellefsen
Race Director
IRONMAN Germany GmbH

Konrad Straube
Operations Director
IRONMAN Germany GmbH
Your Value Partner
# EVENT SCHEDULE

## THURSDAY 03 SEPTEMBER

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 – 12:00</td>
<td>Swim Practice Lake Stadtpark</td>
<td>Lake Stadtpark</td>
</tr>
<tr>
<td>14:00 – 16:00</td>
<td>Swim Practice Lake Stadtpark</td>
<td>Lake Stadtpark</td>
</tr>
<tr>
<td>17:00 – 18:00</td>
<td>Online Athletes Briefing - Click here</td>
<td>Click here</td>
</tr>
<tr>
<td>18:00 – 19:30</td>
<td>Official Accreditation Athletes &amp; Coaches &amp; Race Package Distribution</td>
<td>ITU Office</td>
</tr>
<tr>
<td></td>
<td>Please come according to the following times for race package distribution:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18:00 - AUS/AUT/BEL/BER/BRA/CZE/CHI</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18:15 - DEN/ESP/EST/FRA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18:30 - GBR/ GER/ HUN</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18:45 - IRL/ ISR/ ITA/ JPN/ NED</td>
<td></td>
</tr>
<tr>
<td></td>
<td>19:00 - LUX/ MEX/ NOR/ POL/ POR/ RSA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>19:15 - RUS/ SRB/ SVK/ SUI/ UKR/ USA/ OTHER</td>
<td></td>
</tr>
</tbody>
</table>

## FRIDAY 04 SEPTEMBER

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 – 12:00</td>
<td>Swim Practice Lake Stadtpark</td>
<td>Lake Stadtpark</td>
</tr>
<tr>
<td>14:00 – 16:00</td>
<td>Swim Practice Lake Stadtpark</td>
<td>Lake Stadtpark</td>
</tr>
</tbody>
</table>

## SATURDAY 05 SEPTEMBER

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 – 11:00</td>
<td>Swim Practice Lake Stadtpark</td>
<td>Lake Stadtpark</td>
</tr>
<tr>
<td>10:00 – 11:00</td>
<td>Bike Course Familiarization</td>
<td>Transition Area / Bike Course</td>
</tr>
<tr>
<td>14:30 – 15:30</td>
<td>Athletes’ Lounge Check-In MEN</td>
<td>Athletes’ Lounge</td>
</tr>
<tr>
<td>15:10 – 15:40</td>
<td>Transition Area Open MEN</td>
<td>Transition Area</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td>Location</td>
</tr>
<tr>
<td>------------</td>
<td>---------------------------------------------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>15:10 – 15:40</td>
<td>Swim Warm-Up MEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>15:50</td>
<td>Pre-Start Line-Up &amp; Athletes Presentation MEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>16:00</td>
<td>Race Start Sprint Distance World Championships MEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>16:30 – 17:30</td>
<td>Athletes ´ Lounge Check-In WOMEN</td>
<td>Athletes ´ Lounge</td>
</tr>
<tr>
<td>17:00 – 17:30</td>
<td>Coaches ´ Run course measurement</td>
<td>Transition Area</td>
</tr>
<tr>
<td>17:05</td>
<td>Medal ceremony MEN</td>
<td>Finish Area</td>
</tr>
<tr>
<td>17:10 – 17:40</td>
<td>Transition Area Open WOMEN</td>
<td>Transition Area</td>
</tr>
<tr>
<td>17:10 – 17:40</td>
<td>Swim Warm-Up WOMEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>17:50</td>
<td>Pre-Start Line-Up &amp; Athletes Presentation WOMEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>18:00</td>
<td>Race Start Sprint Distance World Championships WOMEN</td>
<td>Start Area</td>
</tr>
<tr>
<td>19:10</td>
<td>Medal ceremony WOMEN</td>
<td>Finish Area</td>
</tr>
<tr>
<td>19:30 – 20:00</td>
<td>Submission MTR Team Composition</td>
<td>Athletes ´ Lounge</td>
</tr>
</tbody>
</table>

**SUNDAY, 06 SEPTEMBER**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 – 11:45</td>
<td>Declaration of final team composition</td>
<td>Athletes ´ Lounge</td>
</tr>
<tr>
<td>11:45 – 12:15</td>
<td>Bike Course Familiarization (if weather conditions require)</td>
<td>Transition Area / Bike Course</td>
</tr>
<tr>
<td>12:15 – 13:00</td>
<td>Athletes ´ Lounge Check-In Mixed Teams</td>
<td>Athletes ´ Lounge</td>
</tr>
<tr>
<td>12:45 – 13:20</td>
<td>Transition Area Open Mixed Teams</td>
<td>Transition Area</td>
</tr>
<tr>
<td>12:45 – 13:20</td>
<td>Swim Warm-Up Mixed Teams</td>
<td>Start Area</td>
</tr>
<tr>
<td>13:25</td>
<td>Team introduction</td>
<td>Start Area</td>
</tr>
<tr>
<td>13:31</td>
<td>Race Start Mixed Team Relay World Championships</td>
<td>Start Area</td>
</tr>
<tr>
<td>15:00</td>
<td>Medal ceremony Mixed Teams</td>
<td>Finish Area</td>
</tr>
</tbody>
</table>
GENERAL INFORMATION

KEY CONTACTS

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITU Team Leader</td>
<td>Thanos Nikopoulos</td>
<td><a href="mailto:thanos.nikopoulos@triathlon.org">thanos.nikopoulos@triathlon.org</a></td>
<td>+41 78 8279779</td>
</tr>
<tr>
<td>ITU Technical Delegate</td>
<td>Dr. Béla Varga</td>
<td><a href="mailto:belagabor.varga@gmail.com">belagabor.varga@gmail.com</a></td>
<td>+49 173 7529513</td>
</tr>
<tr>
<td>ITU Head Referees</td>
<td>Dirk Bogaert</td>
<td><a href="mailto:dirk.bogaert58@gmail.com">dirk.bogaert58@gmail.com</a></td>
<td>+32 474 36 31 23</td>
</tr>
<tr>
<td>ITU Assistant TD</td>
<td>Jan Philipp Krawczyk</td>
<td><a href="mailto:jpkrawczyk@t-online.de">jpkrawczyk@t-online.de</a></td>
<td>+49 175 416 61 78</td>
</tr>
<tr>
<td>ITU Medical Delegate</td>
<td>Dr. András Gályász</td>
<td><a href="mailto:andrisgalyasz@yahoo.com">andrisgalyasz@yahoo.com</a></td>
<td>+49 152 535 69 518</td>
</tr>
<tr>
<td>Chief Race Official</td>
<td>Holger Wackerhage</td>
<td><a href="mailto:wackerhage@gmx.de">wackerhage@gmx.de</a></td>
<td>+49 175 2954847</td>
</tr>
<tr>
<td>LOC Race Director</td>
<td>Christin Ellefsen</td>
<td><a href="mailto:Christin.Ellefsen@ironman.com">Christin.Ellefsen@ironman.com</a></td>
<td>+49 160 6313668</td>
</tr>
<tr>
<td>LOC Operations Director</td>
<td>Konrad Straube</td>
<td><a href="mailto:Konrad.Straube@ironman.com">Konrad.Straube@ironman.com</a></td>
<td>+49 171 3552054</td>
</tr>
</tbody>
</table>

EVENT ORGANIZER

IRONMAN Germany GmbH - Friesenweg 5g, 22763 Hamburg, Germany
Phone: +49 40 88 18 00 - 17Christin.Ellefsen@ironman.com

TV COVERAGE

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite Sprint Distance Race – Men</td>
<td>05th September</td>
<td>16:00 – 17:00 h</td>
</tr>
<tr>
<td><a href="http://www.ard.de">www.ard.de</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elite Sprint Distance Race – Women</td>
<td>05th September</td>
<td>17:30 – 19:05 h</td>
</tr>
<tr>
<td>ARD Sportscbau live</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elite Mixed Team Relay Triathlon World Championships</td>
<td>06th September</td>
<td>14:00 – 15:00 h</td>
</tr>
<tr>
<td>Sportstudio live</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Additionally, all races will be covered live and
And on demand via www.triathlonlive.tv
COVID-19 REGULATIONS

Due to the very dynamic situation we are not able to include all up-to-date details in this Athlete’s Guide. For current COVID-19 regulations and arrival info please check our website, where we will post any relevant update for the race.

TRAVEL
For travelling to Germany, please check information of the German Federal Ministry of Health for latest updates.

https://www.bundesgesundheitsministerium.de/coronavirus-infos-reisende/faq-tests-entering-germany.html

SHUTTLE SERVICE
Anyone using the shuttles provided by the LOC by NIRVANA must be informed that the use of masks and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

ACCOMMODATION
Please inform yourself prior to arrival about Corona-regulations in your respective Hotel.

TRAINING SITES
Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times. The use of public swimming pools is possible but only with personal registration before. For registration please follow the link (only available in German) here.
PRE-EVENT QUESTIONNAIRE / MEDICAL CERTIFICATE

On race week (not earlier than Monday and not later than Thursday before race package pickup) all athletes, coaches and team medical must fill in the pre-event questionnaire: Please follow the following Link here.

Only for Athletes: In addition to this, you need to submit a medical certificate signed by a medical doctor along with the negative PCR test. The sample of certificate can be found here (Appendix 1, page 28).

RACE BRIEFING

Athletes` Briefing will be virtual and it will take place on Thursday 03rd September at 17:00 local time. Please register for the Athletes` Briefing under the following link here.

The recording of the briefing and the presentation will be available after the session under the following Link here.

It is not mandatory for the athletes or coaches to attend this online briefing, but it is strongly recommended due to the important information that will be shared.

ACCREDITATIONS

LOC will provide everybody except coaches and team medicals with an official accreditation card according to ITU Event Operational Manual and ITU Covid Guidelines. Coaches and team medicals will receive specific wristbands that allow access to the venue and designated areas. Each team will only receive accreditation for one coach and one team medical.

RACE PACKAGE DISTRIBUTION

Accreditation cards for athletes and race packages as well as accreditations for coaches and team medicals will be handed out during the official registration at the ITU office (address: SIH Seminarraum, Mexikoring 15, 22297 Hamburg) on Thursday, 03rd September.
Please pick up your package according to the time slots provided in the schedule below. The use of masks and social distancing is mandatory. All athletes will receive their race package after submitting the medical certificate and the PCR test results and confirming that they have filled in the pre-event questionnaire. Coaches and team medical will receive their accreditations after confirming that they have filled in the pre-event questionnaire.

18:00 - AUS/AUT/BEL/BER/BRA/CZE/CHI
18:15 - DEN/ESP/EST/FRA
18:30 - GBR/ GER/ HUN
18:45 - IRL/ ISR/ ITA/ JPN/ NED
19:00 - LUX/ MEX/ NOR/ POL/ POR/ RSA
19:15 - RUS/ SRB/ SVK/ SUI/ UKR/ USA/ OTHER

To receive the accreditation and the race package, the athlete must:
- Submit the medical certificate signed by his/her medical doctor along with the negative PCR test
- Have submitted already the pre-event questionnaire https://forms.gle/SgNGUogaLx5BHWYMA

To receive the accreditation the coach or team medical must:
- Have submitted already the pre-event questionnaire https://forms.gle/SgNGUogaLx5BHWYMA

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition area. All accredited persons are always requested to carry their accreditation with them and to show them upon request.

**COURSE MEASURING**

Any coach can measure the run course (don't need to be accredited). A TO will meet the specific coaches outside the venue, perform a body temperature check and escort them to the course to perform the measurements. These coaches will need to fill in the pre-event questionnaire and register with ITU during the race-package distribution. The use of masks is mandatory.
ACCESS TO TRAINING FACILITIES

Also for training, accredited persons are always requested to carry their accreditation cards with them and to show them upon request.

ACCREDITATION CARD REQUEST

National Federation representatives apply for accreditation by sending their request to ITU. An application on the ITU Online Entry System must be on hand. Otherwise, no accreditation cards may be distributed.

HEALTH SCREENING

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches/team medical are on site including at the times of the athletes’ package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

GENERAL RULES AT COMPETITION SITE

It is obligated to use face masks and keep distance due to organizers and ITU’s hygienic concept at all time during competition days at the venue. The only exception for athletes is the immediate competition time starting with the access to the start pontoon, ending with the access to Athletes Lounge after finish.

IN ADDITION TO THIS THERE ARE THE FOLLOWING SPECIFICATIONS:

Wheel stations:
- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete. In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves.
Finish Area:

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Medallist photo at the post-finish area is not allowed.
- All recovery stations will be self-served.
- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- Masks will be distributed to the athletes to wear at their earliest convenience.

Swim Warm-Up

Masks must be worn until accessing the water. After warming up, masks will be provided to wear until the start of competition.

Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers.

COURSE FAMILIARIZATIONS

Bike course familiarization will be performed on Saturday 05\textsuperscript{th} September between 10:00 – 11:00 local time (and potentially on Sunday 06\textsuperscript{th} September between 11:45 – 12:15) at Main Entrance Finish Area Stadtpark. With entering the venue, wearing a face mask and keeping distance is mandatory. During the bike familiarization, the athlete is allowed to drop the mask, but athletes have to spread out managed by ITU officials.
SPECTATOR ACCESS

There are no spectators allowed at all during the event. The event area as well as the race course is completely fenced. Nevertheless, there will be crossing points and designated paths for public to still access the public areas of Stadtpark.

CLEANING PROTOCOLS ON SITE

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

VISA PROCEDURE

Please mail all the required information (Visa Support Letter Information), if required for your entrance to the country of Germany, to the ITU:

ituhdq@triathlon.org
COVID-19 MEDICAL PROTOCOL

By advice of the German government and due to the health concept of Hamburg Wasser World Triathlon, please stick to the following orders in case of symptoms:

▪ inform ITU medical delegate Dr. András Gályász: +4915253569518

▪ find yourself the quickest way back to your accommodation and stay under self-quarantine without personal contact to others (please don`t use public transport and wear your face mask at all time) – if you are not at the venue yet, please stay at your accommodation.

▪ in case of heavy symptoms on site you will be guided by red cross to a quarantine area and be treated there.

▪ call the German “amtsärztlicher Notdienst” under the following number: +49 40 42811 - 1775 or +49 40 42811 - 2073 and follow the instructions.

▪ write an email to infektionsschutz@hamburg-nord.hamburg.de to register yourself at the health authority as a potential corona-case. Add to this mail your name, nationality, contact number and your address where you stay in self-quarantine.

▪ while staying in self quarantine call number 116 117 to arrange testing immediately.
TRIATHLON LIVE

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ITU WORLD TRIATHLON SERIES

ITU DIGITAL PARTNER

TEXACO
RACE VENUE  HAMBURG STADTPARK
ELITE ATHLETES LOUNGE

Facilities including Athletes` Lounge and toilets are provided to the athletes at the Finish Area at “Rondeel” in Stadtpark. Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes` lounge.

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Doping Control will be located near the finish area.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on 05th September and 06th September before and during the competition hours to everyone requiring medical assistance.
Medical and paramedical personnel from Red Cross will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on site at the finish area.

Potential medical assistance at the venue is free of charge. Any ambulance transport to or treatment in clinics must be paid by participants.
Athletes / teams should ensure that they have appropriate medical insurance.

Please note that the organizer`s event insurance does not include any coverage for COVID-19 cases.

BIKE MECHANIC SERVICE

Our bike service partner will offer a comprehensive bike mechanic service at the Athlete`s Lounge.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite Athlete`s check-in</td>
<td>Saturday, 05 September</td>
<td>14:30 – 17:45h</td>
</tr>
<tr>
<td></td>
<td>Sunday, 06 September</td>
<td>12:10 – 13:30h</td>
</tr>
</tbody>
</table>
ITU Office

The ITU Office is located at SIH Seminarraum, Mexikoring 15, 22297 Hamburg.

LOC Office

The LOC Office is located at Leonardo Hotel Hamburg City Nord, 1st floor and is open daily from Thursday, 03rd September until Sunday, 06th September 2020.

Address: Leonardo Hotel Hamburg City Nord, Mexikoring 1, 22297 Hamburg
Room: “Heidelberg” / 1st floor

<table>
<thead>
<tr>
<th>Opening hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>03rd September</td>
</tr>
<tr>
<td>04th – 06th September</td>
</tr>
</tbody>
</table>
SHUTTLE SERVICE
& ACCOMMODATION

SHUTTLE SERVICE

The LOC will provide free transportation for all elite athletes and their team officials from airport - hotel – airport from Wednesday 02nd September to Monday 07th September 2020. Please check the availability for your hotel.

You must register online for the shuttle service until 28th August 2020. Only the hotels on the registration page’s list will be served. No exceptions!
Please provide NIRVANA directly with detailed flight information via mail: mail@nirvaneurope.com

Please note: Athletes which are not registered for the shuttle service will not be transferred and have to take a taxi or train (S-Bahn S1) on their own costs. The LOC will NOT cover any costs for using taxi or train.

If there are any questions, please do not hesitate to contact our shuttle service partner NIRVANA Europe directly via mail@nirvaneurope.com.

OFFICIAL HOTEL & FURTHER HOTEL RECOMMENDATIONS

We are pleased to offer special room rates for all elite athletes in our long-term partner hotel Hamburg Marriott Hotel in the city center (6.5km to Stadtpark). If you are interested in bookings, you are welcome to book here: Hamburg Marriott Hotel booking link

Furthermore, we can recommend some other hotels close to the new event location at Stadtpark:

<table>
<thead>
<tr>
<th>Hotel (click for direct link to hotel)</th>
<th>Distance to venue &quot;Stadtpark&quot;</th>
</tr>
</thead>
</table>


Heikotel - Hotel City Nord  
Holiday Inn City Nord  
Heikotel - Hotel am Stadtpark  
Intercity Hotel Hamburg Barmbek  
Novotel City Alster  

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heikotel - Hotel City Nord</td>
<td>1000m</td>
</tr>
<tr>
<td>Holiday Inn City Nord</td>
<td>1500m</td>
</tr>
<tr>
<td>Heikotel - Hotel am Stadtpark</td>
<td>1700m</td>
</tr>
<tr>
<td>Intercity Hotel Hamburg Barmbek</td>
<td>1700m</td>
</tr>
<tr>
<td>Novotel City Alster</td>
<td>4200m</td>
</tr>
</tbody>
</table>

**TRAINING**

**SWIM TRAINING - TRAINING SESSIONS IN THE SWIMMING POOL**

Unfortunately, the popular Alsterschwimmhalle is not available due to major reconstructions for the next three years. If you like to train indoors, we recommend the “Familienbad Ohlsdorf” with a 50m indoor-pool (4.5 km from venue Stadtpark. Adress: Im Grünen Grunde 1, 22335 Hamburg-Ohlsdorf)

**Please note:** Due to current COVID-19 regulations, all visitors must book the time slot for swim training online in advance. No access without a valid online ticket! Please use the registration website from Bäderland (only in German, max. 5 persons can be registered per booking): https://www.baederland-shop.de/online-tickets.html

Athletes can practice in the swimming pool at their own risk.

**SWIM PRACTICE IN LAKE STADTPARK**

<table>
<thead>
<tr>
<th>Training sessions in Lake Stadtpark</th>
<th></th>
</tr>
</thead>
</table>
| Thursday 03rd and Friday 04th September | 10:00 – 12:00 h  
                                          | 14:00 – 16:00 h |
| Saturday, 05th September             | 09:00 – 11:00 h |

**Location:** Lake Stadtpark

You are swimming at your own risk. **No water safety personnel!** Please don’t jump in the water due to low water level parts. Please bring your accreditation with you (only Friday & Saturday).

**Please note:** It is forbidden to swim outside the swim practice area (marked with two lines) at any time – because of safety reasons and boat traffic!
Swim course familiarization is not possible to be provided the day before the race. Athletes will have the chance to access the pontoon and the swim course during their warm-up on race day.

**RUN TRAINING**

You will find a various number of run courses around and inside Stadtpark as well as a famous 7.4 km circular course along the Outer Alster lake.

→ The route is not closed to traffic, but mainly used by pedestrians and cyclists.
BIKE COURSE FAMILIARIZATION

On SATURDAY, 05th SEPTEMBER 10:00 – 11:00 will be an organized bike familiarization on the actual competition`s bike course. For that period, the route is closed to traffic. Due to anti-Covid measures riding in packs is not allowed! If you wish to participate in the bike familiarization, please be in the transition area at the indicated time.
FIELD OF PLAY (FOP)

COURSE SPRINT DISTANCE WORLD CHAMPIONSHIPS
SATURDAY 05th SEPTEMBER 2020

START
The start area is at the Lake Stadtpark on a small island ("Liebesinsel"). Athletes will start from a start pontoon and stand in a starting position approximately 0.75m wide. The Head Referee, assisted by ITU Technical Officials, will start each race.
SWIM COURSE
There is one lap to swim. The first turn is located after 260m distance. The athletes are required to leave their last-minute gear at the swim start inside a dedicated box, the LOC will carry those bags back to the Athletes` Lounge.

The average water temperature in the Lake Stadtpark in the beginning of September is 22 C, but may vary between 15 C and 25 C. You will find recent information about water quality and temperature on the website: Water Quality report 2020

BIKE COURSE
Generally flat profile without noteworthy climbs. There are six laps of 3.1km in total plus a short part of each 0.15km from and back to transition. The route is technically demanding due to tight turns (two 180° turns and a narrow 90° turn to/from TA). Riding on the left side, clockwise flow. Good surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by ITU Technical Officials according to ITU Rules. Any athlete lapped will be removed from the race.

WHEEL STATIONS
Team Wheel Station will be located 150m after transition, after a 90° turn to Südring. Team wheels need to be checked during the bike check-in beforehand. The Neutral Wheel Station will be located in the western section of the bike leg at Otto-Wels-Str., a few meters after a 180° turn.

Team Wheel Station: Please bring your own/team wheels!
Neutral Wheel Station: Wheels will be provided by LOC

RUN COURSE
Generally flat 5km run course. Including a first section of 900m leading into two loops of 2.0 km and finishing with a 100m stretch towards the finish line. Two 180° turns per lap. Hard gravel surface.

AID STATIONS
Two Aid stations are located on the run course at 1.0km, 2.3km, 3.0km and 4.3km. Sealed 0.5l bottles of water will be handed out.
LITTERING ZONE
Please note that we have installed a littering zone near the aid stations where you must dispose your used bottles and waste (20m before and 80m behind the aid station)! Same location for bike and run.

PENALTY BOX
The Penalty Box is located left-hand side around 2.8km and 4.8km into the run part.

TRANSITION AREA FLOW
START
The start area is at the Lake Stadtpark on a small island (“Liebesinsel”). Athletes will start from a pontoon and stand in a starting position approximately 0.75m wide. The Head Referee, assisted by ITU Technical Officials, will start the race.

SWIM COURSE
For all athletes, there is one lap to swim. Swimming is anti-clockwise. Athletes have to leave their last-minute gear in the Athletes’ Lounge (650m away from swim start, 750m from relay zone).
The 1st athlete starts from Liebesinsel. The first turn is located after 115m. 2nd - 4th athlete starts from Relay Zone, which is located near Swim Exit. **They have a different swim setup!** Distance to first buoy is 135m.

The average water temperature in the Lake Stadtpark in the beginning of September is 22°C, but may vary between 15°C and 25°C. You will find recent information about water quality and temperature on the homepage: [Results water quality analysis](#).

**BIKE COURSE**
Generally flat profile without noteworthy climbs. There are two laps of 3.1km in total plus a short part of each 0.15km from and back to transition. The route is technically demanding due to tight turns (two 180° turns and a narrow 90° turn to/from TA). Riding on the left side, clockwise flow. **Good surface.** Any athlete lapped will be removed along with the rest of the team.

**WHEEL STATIONS**
Team Wheel Station will be located 150m after transition, after a 90° turn to Südring. Team wheels need to be checked during the bike check-in beforehand. The Neutral Wheel Station will be located in the western section of the bike leg at Otto-Wels-Str., a few meters after a 180° turn.

Team Wheel Station: Please bring your own/team wheels! Neutral Wheel Station: Wheels will be provided by LOC.

**RUN COURSE**
Generally flat course. There is one leg of 1.7km to run for the 1st, 2nd and 3rd athlete from TA to the Relay Zone. The 4th athlete will take a 180° right turn on Südring after 1.25km and then run 450m towards the finish line. **Hard gravel surface.**

**AID STATION**
There is one aid station located 750m after transition area. Sealed 0.5l bottles of water will be handed out.
LITTERING ZONE
Please note that we have installed a littering zone in close proximity to the aid station where you have to dispose your used bottles and waste (20m before and 80m behind the aid station)!

PENALTY BOX
The Penalty Box is located right-hand side 1.0km from TA for the first three athletes per team. The 4th athlete will find it on the left-hand side 200m before the Finish line.

RELAY ZONE
The relay zone is located between TA and swim exit.

TEAM COMPOSITION
A team composition (with the reserves) will be accepted only if every athlete has filled in the pre-event questionnaire and a medical certificate/ PCR test results exist for all athletes. For the participants that haven`t been at the race package distribution of the individual race, the coach must bring the medical certificate/ PCR test result when declaring the athletes.
WATER QUALITY & WEATHER

WATER QUALITY ANALYSIS

In preparation to the Hamburg Wasser World Triathlon, the water quality of the swim course is regularly monitored by the independent institute of hygiene and environment and must be accordingly to the official specifications of ITU.

Until the event weekend the measurements will be regularly published on the website. All measurements are due to be published two days after the water was tested. The water temperature is taken at three measuring stations at Lake Stadtpark: Results water quality analysis.

Latest results (14th August 2020):

Water temperature

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<th>measuring points Ø</th>
<th>ITU - Reference Values</th>
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<tr>
<td>14.08.2020</td>
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Faecal coliforms (E.coli) [in 100ml]

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Intestinal Enterococci [in 100ml]

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<td>&lt;15</td>
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pH-Figure
**WEATHER CONDITIONS**

Thanks to maritime influence, the climate in Hamburg is moister and milder than Germany’s inland regions. Average daily high in September is around 18 C, low around 11 C.

**COMPETITION RULES**

The Hamburg Wasser World Triathlon 2020 will follow the latest published Competitions Rules of the International Triathlon Union.

http://www.triathlon.org/about/downloads/category/rules

**RACE RESULTS**

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

**PROTEST & APPEALS**

Standard procedures will be followed according to the ITU Competition Rules.