



HAMBURG WASSER  
**World Triathlon  
Championship Series**  
Sprint & Relay  
**HAMBURG 2023**  
powered by **SUZUKI**



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# Elite Athletes

**Event Guide | 13-16 July 2023**

For more information and to register, visit [triathlon.org](https://triathlon.org)



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**Version 2 - 05 July 2023**

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the website <https://hamburg.triathlon.org/>.

Any updated version of this Guide will be identified by the version number on the cover page.

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# 1. WELCOME TO HAMBURG

## WELCOME LETTER – CITY OF HAMBURG

Dear Athletes,

You have come to the “Global Active City Hamburg” from all over the world, so that you can celebrate a festival of triathlon sports with us. In the name of the Senate of the Free and Hanseatic City of Hamburg, I would like to extend a warm welcome to you to the triathlon stronghold here in Hamburg.

The fact that triathlon sports have become so popular here in recent years is largely due to the athletes, men and women, who come to Hamburg again and again to participate in competitions. After all, you and your achievements are thrilling to the spectators and motivate them to become active themselves. The figures speak for themselves. When it was founded in 1984, the Hamburg Triathlon Federation had seven clubs and 120 members. Today there are some 50 clubs and over 2,500 members.

This positive development did not happen by accident. Hamburg’s geographical situation and its proximity to water play an important role for triathlon sports. In addition, there is great enthusiasm for sports all along the route: swimming in the Alster, cycling along the Elbe, and running along the Aussenalster. You should see the enthusiasm shown by spectators on the sidelines not only as support and motivation, but also as thanks for your contribution to one of the greatest and most exciting events in the Hamburg 2023 sports year.

I am certain that you will remember the days from July 13th until the 16th for a long time to come. Enjoy the emotional moments and encounters that will occur. Keep the fond memories of our city you will have. And come again!

I wish you all of you the success you have earned.



Andy Grote  
Senator in the Ministry of Interior and Sports

## WELCOME LETTER - WORLD TRIATHLON

Greetings and a very warm welcome to the 2023 World Triathlon Sprint and Relay Championships Hamburg.

I am so happy to be back in this incredible city, one that has been a huge supporter of our sport and an exceptional partner to World Triathlon over the years, for this special long weekend of racing, as we get ready to crown our first ever Super Sprint World Champions, as well as our Junior, Mixed Relay and Age Group Sprint world champions.

As our fifth Series stop in what has already been an exhilarating season, Hamburg will already be a massive moment for the elite athletes chasing the year's biggest prize of becoming the 2023 World Triathlon Champion, but with a world title on the line too, the stakes are raised even higher.

The Eliminator format tests the athletes in different ways, provides a new experience for fans on site and watching around the world, and we cannot wait for it to make its debut here in Hamburg.

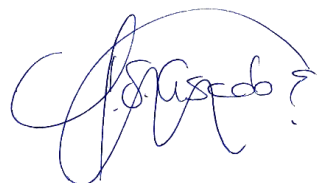
Over the years, Hamburg has been a central part of top-tier World Triathlon racing as well as the very best in Age-Group competition, where legends have been written and dramatic finishes are almost to be expected in both the individual and mixed relay events.

It is precisely these kinds of venues and enduring partnerships that have helped triathlon to grow so widely and I want to thank everyone involved for the dedication and passion they bring to their work and playing their parts in that success.

The Local Organising Committee in Hamburg have done another amazing job, and my gratitude goes to everyone at the LOC, the city and its people, the officials and the German Triathlon Union for their hard work, as well as the hundreds of volunteers that are so relied upon all around the course.

I wish everyone the very best of luck in achieving whatever goals they set themselves and I hope that you all have a safe and memorable experience in this magnificent city.

Yours in sport,

A handwritten signature in blue ink, appearing to read 'Marisol Casado', with a large, stylized flourish at the end.

Marisol Casado  
World Triathlon President  
IOC Member

## WELCOME LETTER - GERMAN TRIATHLON UNION

It is a great honour and pleasure for me to welcome you all to this year's HAMBURG WASSER World Triathlon powered by SUZUKI. Since 2002, the stop of the World Triathlon Championship Series has been very important for the international triathlon calendar. And I am profoundly convinced that the world's biggest tri will be given even more importance this year.

This year's races are not only part of the World Triathlon Championship Series, but also of the World Triathlon Sprint & Relay Championships. Thus, you will not only fight for points in the ranking, but also for gold, silver and bronze; as individual starters as well as part of the mixed relay.

As in the years before, you will do your best to meet your own standards and make your country proud. For this you have trained hard, prepared yourselves with discipline for the competitions. You have accepted hardships in order to be fit at the start. Because of this determination and perseverance, you are role models for all triathletes who emulate you. But you are also role models for all of us, because you show that you can achieve your goals with will and dedication.

In Hamburg you can once again expect a spectacular scenery along the course and a worldwide unique atmosphere, which is carried by the enthusiasm of the spectators. You will benefit from the energy, encouragement and cheers of the crowds as you give it everything you have whilst fighting for top finishes.

But the WTCS stop in Hamburg is more than just a sporting highlight of the season. By integrating the Sprint World Championships for age groupers as well as the Open Races and in combination with numerous side events, professionals, ambitious amateur athletes as well as triathlon newcomers transform the whole city into the hotspot of our sport. Therefore, our event is also a chance to meet and share experiences with like-minded people from all over the world. Let's use this unique opportunity to build bridges between cultures and honour sport as a universal language of peace and fairness.

I would also like to thank our partners and sponsors, as well as all those who have worked tirelessly in the background, put countless hours into the preparation and made the HAMBURG WASSER World Triathlon Sprint & Relay World Championships possible with their support and commitment.

Dear triathletes, I wish you all the best for the upcoming races from the bottom of my heart. Enjoy every moment, be proud of your accomplishments, and let the spirit of fair play and camaraderie accompany your competitions. Good luck and all the best!

With sporting regards,



Prof. Dr. Martin Engelhardt  
President of the German Triathlon Union

## WELCOME LETTER - LOC / IRONMAN GERMANY GMBH

Dear athletes,

Welcome to Hamburg! 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. We are really looking forward to celebrating the Sprint & Relay World Championships this year with a lot of elite, junior, age group and open race athletes as well as spectators at Hamburg Rathausmarkt.

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 strongly 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 weekend together with you and we wish you lots of success, fun and top weather conditions.

Yours in Sport,



Christin Ellefsen  
Senior Race Director  
IRONMAN Germany GmbH



Oliver Schiek  
Managing Director  
IRONMAN Germany GmbH

## 2. EVENT SCHEDULE

WEDNESDAY, 12 JULY		
09:00 – 12:00	Outdoor swim training – <a href="#">please register online</a>	Poseidon Bad
09:00 - 20:00	LOC information Office	Scandic Hotel / "Alster"
12:30 – 13:30	Press Conference	Scandic Hotel / „Planten & Blomen“
17:30 – 18:30	Elite Coaches briefing	Chamber of Commerce / "Commerzsaal"
18:30 – 19:30	Elite Athletes Briefing	Chamber of Commerce / "Commerzsaal"
19:30 – 20:00	Official Accreditation Elite Athletes & Coaches / Race Package Distribution	Chamber of Commerce / "Commerzsaal"
19:30 – 20:00	Elite / Juniors team medical meeting	Chamber of Commerce / "Commerzsaal"

THURSDAY, 13 JULY		
09:00 – 12:00	Outdoor swim training – <a href="#">please register online</a>	Poseidon Bad
09:00 – 20:00	LOC Information Office	Scandic Hotel / "Alster"
14:30 – 15:30	Elite Swim Familiarization	Jungfernstieg Swim Start
15:00 – 16:30	Opening Ceremony and Parade of Nations	Jungfernstieg / "SUZUKI Eventstage"
15:00 – 20:00	Triathlon Expo	Jungfernstieg
20:00 - 22:00	Open Air - World Championships "Official Opening Party Act United4"	Jungfernstieg / "SUZUKI Eventstage"
20:30 – 21:30	Bike Course Familiarization	Rathausmarkt / Bike Course

FRIDAY, 14 JULY		
06:45 – 07:45	Elite Men Qualifiers Athlete Lounge Check-In (all) & B. O. C. Bike Mechanic Service	Athletes' Lounge
07:15 – 07:45	Elite Men Qualifiers Transition zone Check-In (all)	Transition Area
07:25 – 07:50	Elite Men Qualifiers Swim Warm Up (all)	Start Area Kl. Alster
07:55	Elite Men Qualifiers Introduction (wave 1)	Start Area Kl. Alster
08:00 – 08:25	Start: Elite Men – Super Sprint Qualifiers (wave 1)	Kleine Alster
08:05 – 08:25	Elite Men Qualifier Swim Warm Up (wave 2)	Start Area Kl. Alster
08:30	Elite Men Qualifiers Introduction (wave 2)	Start Area Kl. Alster
08:35 – 09:00	Start: Elite Men – Super Sprint Qualifiers (wave 2)	Kleine Alster

08:45 – 09:25	Elite Men Qualifier Swim Recovery (all)	
08:45 – 09:45	Elite Women Qualifiers Athlete Lounge Check-In (all) & B. O. C. Bike Mechanic Service	Athletes' Lounge
09:00 – 20:00	Triathlon Expo	Jungfernstieg
09:15 – 09:45	Transition Area Open WOMEN	Transition Area
09:30 – 09:50	Swim Warm-Up WOMEN (Qualifiers)	Start Area
09:55	Elite Women Qualifiers Introduction Wave 1	
10:00 - 12:00	LOC Information Office	Scandic Hotel / "Alster"
10:00 – 10:25	Start: Elite Women – Super Sprint Qualifiers (wave 1)	Kleine Alster
10:30	Elite Women Qualifiers Introduction Wave 2	
10:35 – 11:00	Start: Elite Women – Super Sprint Qualifiers (wave 2)	Kleine Alster
16:00 - 18:00	LOC Information Office	Scandic Hotel / "Alster"
17:45 – 18:30	B. O. C. Bike Mechanic Service	Check-In/ Athletes' Lounge
17:45 - 18:30	Athletes' Lounge Check-In ALL (Repechage)	Athletes' Lounge
18:15 – 18.45	Transition Area Open ALL (Repechage)	Transition Area
18:30 – 18:50	Swim Warm-Up ALL (Repechage)	Start Area
18:55	Elite Men Repechage Introduction Wave 1	
19:00 – 19:25	Start. Elite Men – Repechage Wave 1	Kleine Alster
19:05 – 19:25	Elite Men Repechage Swim Warm Up (Wave 1)	
19:30	Elite Men Repechage Introduction Wave 2	
19:35 – 20:00	Start: Elite Men – Repechage Wave 2	Kleine Alster
19:40 – 20:05	Elite Women Repechage Swim Warm Up (Wave 1)	
20:10	Elite Women Repechage Introduction Wave 1	
20:15 – 20:40	Start: Elite Women – Repechage Wave 1	Kleine Alster
20:20 – 20.40	Elite Women Repechage Swim Warm Up (Wave 2)	
20:45	Elite Women Repechage Introduction Wave 2	
20:50 – 21:15	Start: Elite Women – Repechage Wave 2	Kleine Alster
21:30	Elite Transition/ Athletes Lounge check-Out (all)	
21:30 - 23:00	Open Air - World Championships "Act Atomic Playboys"	Jungfernstieg / "SUZUKI Eventstage"

## SATURDAY, 15 JULY

09:00 – 12:00	Outdoor swim training - <a href="#">please register online</a>	Poseidon Bad
09:00 – 20:00	Triathlon Expo	Jungfernstieg
10:00 - 12:00	LOC Information Office	Scandic Hotel / "Alster"
11:00 - 12:30	All Races Swim Familiarization	Lombardsbrücke/ Ballindamm



15:00 – 15:45	Athletes' Lounge Check-In WOMEN/MEN (Championships)	Athletes' Lounge
15:00 – 15:45	B. O. C. Bike Mechanic Service	Check-In/
15:15 – 16:05	Transition Area Open WOMEN/MEN (Championships)	Transition Area
15:30 – 16:10	Swim Warm-Up WOMEN/MEN (Championships)	Start Area
16:15	Elite Men Final Introduction (Stage 1)	
16:20	Start: Elite Men Sprint World Championship Final Stage 1	Kleine Alster
16:25 – 16:45	Elite Women/ Men Swim Warm Up	
16:50	Elite Women Final Introduction (Stage 1)	
16:55	Start: Elite Women Sprint Championships Final Stage 1	Kleine Alster
17:00 – 17:20	Elite Women/ Men Swim Warm Up	
17:25	Elite Men Final Introduction (Stage 2)	
17.30	Start: Elite Men Sprint World Championship Final Stage 2	Kleine Alster
17.35 – 17.55	Elite Women/ Men Swim Warm Up	
18:00	Elite Women Final Introduction (Stage 2)	
18:05	Start: Elite Women Sprint World Championship Final Stage 2	Kleine Alster
18:10 – 18.30	Elite Women/ Men Swim Warm Up	
18:35	Elite Men Final Introduction (Stage 3)	
18.40	Start: Elite Men Sprint World Championship Final Stage 3	Kleine Alster
18:45 – 19.05	Elite Women/ Men Swim Warm Up	
19:10	Elite Women Final Introduction (Stage 3)	
19:15	Start: Elite Women Sprint World Championship Final Stage 3	Kleine Alster
19.40 – 19:50	Supersprint Awards Ceremony	Rathausmarkt
20:15 - 20:45	Elite Mixed Relay Team Managers' meeting	Athletes' lounge
20:00 - 23:00	Open Air - "Official World Championships Party Act Cosmopauli"	Jungfernstieg / "SUZUKI Eventstage"

## SUNDAY, 16 JULY

09:00 – 12:00	Outdoor swim training – please register online	Poseidon Bad
10:00 – 12:00	LOC Information Office	Scandic Hotel / "Alster
12:00 – 12:15	Elite MR Team Declaration	Athletes' Lounge
12:30 – 13:30	B.O.C Bike Mechanic Service:	Check-In/ Rathausmarkt
12:30 – 13:30	Athletes' Lounge Check-In Mixed Teams	Athletes' Lounge
13:15 – 14:00	Transition Area Open Mixed Teams	Transition Area
13:30 – 14:00	Swim Warm-Up Mixed Teams	Start Area
14:05	Walk-in of nations / Pre-Start Line-Up & Athletes Presentation Mixed Teams	Start-Area

14:15 – 15:35	Start: Mixed Team Relay	Kleine Alster
15:45 - 16:00	Elite Mixed Team Relay Awards Ceremony	Rathausmarkt
19:30 - 20:30	Start Open Air - "Official World Championships Closing Party" (Volunteers, Age Grouper, etc.) "Act Denise Modjallal & DJ"	Jungfernstieg / "SUZUKI Eventstage"
21:00 - 21:20	Closing Ceremony (Presidents World Triathlon, City of Hamburg & DTU)	Jungfernstieg / "SUZUKI Eventstage"
21:20 – 22:00	Official World Championships Closing Party "Act Denise Modjallal & DJ"	Jungfernstieg / "SUZUKI Eventstage"

# 3. GENERAL INFORMATION

## KEY CONTACTS

World Triathlon Team Leader	Kris Gemmell	<a href="mailto:kris.gemmell@triathlon.org">kris.gemmell@triathlon.org</a>
World Triathlon Technical Delegate	Thanos Nikopoulos	<a href="mailto:thanos.nikopoulos@triathlon.org">thanos.nikopoulos@triathlon.org</a>
World Triathlon Technical Delegate	Daniel Martin	
World Triathlon Technical Delegate	Holger Wackerhage	
World Triathlon Technical Delegate	Terry Race	
World Triathlon Technical Delegate	Gyorgyi Bodnar	
World Triathlon Medical Delegate	Dr. András Gályász	<a href="mailto:andrisgalyasz@yahoo.com">andrisgalyasz@yahoo.com</a> +49 152 535 69 518
LOC Race Director / Project Lead	Christin Ellefsen	<a href="mailto:Christin.Ellefsen@ironman.com">Christin.Ellefsen@ironman.com</a> +49 160 6313668
LOC Race Director / Operations Lead	Konrad Straube	<a href="mailto:Konrad.Straube@ironman.com">Konrad.Straube@ironman.com</a> +49 171 3552054
DTU Project Orga Lead	Rüdiger Sauer	<a href="mailto:sauer@triathlondeutschland.de">sauer@triathlondeutschland.de</a> +49 176 84457669

## EVENT ORGANIZER

IRONMAN Germany GmbH - Friesenweg 5g, 22763 Hamburg, Germany

## TV COVERAGE

Race	Date	Time
Elite Super Sprint Qualification – ARD Livestream	14 <sup>th</sup> July	19:00 – 21:00 h
Elite Super Sprint Finals - ARD Livestream	15 <sup>th</sup> July	16:20 – 18:00 h
Elite Super Sprint Finals - ARD Live TV	15 <sup>th</sup> July	18:00 – 19.50 h
Elite Mixed Team Relay Triathlon - ZDF Live TV	16 <sup>th</sup> July	14:10 - 15:45 h

## RACE BRIEFING

Elite athletes' briefing will take place on Wednesday July 12<sup>th</sup> at 18:30 local time in the Chamber of Commerce / "Commerzsaal"

**It is mandatory for all athletes to attend the briefing.**

The recording of the briefing and the presentation will be available after the session under the following Link [here](#).

## RACE PACKAGE DISTRIBUTION

Race package distribution will take place on Wednesday July 12<sup>th</sup> directly after the briefing in the Chamber of Commerce.

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.**

## ACCREDITATIONS

LOC will provide everybody except coaches and team medicals with an official **accreditation card** according to World Triathlon Event Operational Manual. Coaches and team medicals will receive specific wristbands that allow access to the venue and designated areas.

## COURSE MEASURING

The run course measurement for Coaches takes place directly after the races. Any coach can measure the run course but needs to register at the race package distribution on Wednesday, 12 July 2023.

## COURSE FAMILIARIZATIONS

Bike course familiarization will take place on Thursday, 13 July from 20:30 - 21:30. Start of bike course familiarization is at the transition area on Rathausmarkt.

The swim course familiarization will take place in the swim start area at Jungfernstieg on Thursday, 13 July from 14:30 - 15:30.

## 4. HAMBURG RACE VENUE



### **ELITE ATHLETES LOUNGE**

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area "Rathausmarkt". 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 TRI/WADA rules. Doping Control will be in the St. Petri church parish hall on the 2nd floor (address: Bei der Petrikirche 3a | 20095 Hamburg)

## MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue from July 13<sup>th</sup> until July 16<sup>th</sup> before and during the competition hours to everyone requiring medical assistance.

Medical and paramedical personnel from the 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.

## B.O.C. BIKE MECHANIC SERVICE

Our Bike Service Partner B.O.C. will offer a comprehensive bike mechanic service at the elite athlete's lounge.

Location	Date	Times
Elite athlete's check-in (Rathausmarkt)	Friday, July 14 <sup>th</sup>	6:45-7:45 8:45-9:45 17:45-18:30
	Saturday, July 15 <sup>th</sup>	15:00-15:45
	Sunday, July 16 <sup>th</sup>	12:30-13:30

Prior race day you can contact B.O.C. bike service here:

B.O.C. Hamburg Altona / Stresemannstr. 342 / 22761 Hamburg

Service: +49 40 - 85419990 / Work Shop: +49 40 - 85419992

## INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the official hotel **Scandic Hamburg Emporio Hotel, Dammtorwall 19, 20355 Hamburg** and is open daily from Wednesday, July 12<sup>th</sup> until Sunday, July 16<sup>th</sup> 2023.

Room: "Alster" on 7<sup>th</sup> floor

Contact: Barbara Krawczyk, Gesine Minners



Opening hours LOC Office	
Wednesday, July 12 <sup>th</sup>	9:00 – 18:00 h
Thursday, July 13 <sup>th</sup>	9:00 – 18:00 h
Friday, July 14 <sup>th</sup>	10:00 – 12:00 h / 16:00 – 18:00 h
Saturday, July 15 <sup>th</sup>	10:00 – 12:00 h
Sunday, July 16 <sup>th</sup>	10:00 – 12:00 h

# 5. SHUTTLE SERVICE & HOTEL

## SHUTTLE SERVICE

The LOC will provide free transportation for all elite athletes and their team officials from airport - hotel – airport from Tuesday July 11<sup>th</sup> to Monday July 17<sup>th</sup>, 2023. Please check the availability for your hotel.

You must register for the shuttle service until July 1<sup>st</sup>, 2023. Please provide NIRVANA directly with detailed flight information via mail: [worldtriathlon@nirvanaeurope.com](mailto:worldtriathlon@nirvanaeurope.com)

Please note: Athletes which are not registered for the shuttle service will not be transferred and must take a taxi or use 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 [worldtriathlon@nirvanaeurope.com](mailto:worldtriathlon@nirvanaeurope.com).

## OFFICIAL RACE HOTEL

We are pleased to offer special room rates for all elite athletes in our official race hotel Scandic Hamburg Emporio Hotel in the city center. If you are interested in bookings, you are welcome to book here: [Scandic Hamburg Emporio Hotel booking link](#)



Scandic Hamburg Emporio Hotel  
Dammtorwall 19 - 20355 Hamburg



# 6. TRAINING

## SWIM TRAINING - OUTDOOR

### POSEIDON BAD

For **outdoor swim training** two lanes are reserved for elite & juniors athletes training (max. 20 athletes per time slot) at Poseidon Bad Hamburg (8.4km drive from city center):



Freibad Poseidon Hamburg / Poseidon Bad,  
Olloweg 51, 22527 Hamburg

No entrance fee for athletes! Please register online [here](#) *from 1<sup>st</sup> June onwards*. If you have any questions about the outdoor swim training, please contact [gesine.minners@ironman.com](mailto:gesine.minners@ironman.com) directly.

Tuesday, 11 <sup>th</sup> July	09.00 – 12.00 h
Wednesday, 12 <sup>th</sup> July	09.00 – 12.00 h
Thursday, 13 <sup>th</sup> July	09.00 – 12.00 h
Friday, 14 <sup>th</sup> July	09.00 – 12.00 h
Saturday, 15 <sup>th</sup> July	09.00 – 12.00 h
Sunday, 16 <sup>th</sup> July	09.00 – 12.00 h

## SWIM TRAINING – INDOOR

Unfortunately, the popular Alsterschwimmhalle is still not available due to major reconstructions until the end of 2023. If you like to train **indoors**, we recommend the Bäderland indoor pools in Hamburg. Please find the locations here: <https://www.baederland.de/baeder/standorte/>

## FITNESS TRAINING

### OFFICIAL FITNESS CLUB “KAIFU LODGE”

Our partner KAIFU LODGE offers all elite & junior athletes free training possibilities in the fitness club within the event week. If you train in the KAIFU LODGE you are also allowed

to use the public swimming pool (outdoor, 50m, no reserved lanes!) in the KAIFU-Bad too (access only via KAIFU LODGE fitness club).



KAIFU LODGE - Bundesstraße 107 - 20144 Hamburg

Fon: +49 40 401281 [www.kaifu-lodge.de](http://www.kaifu-lodge.de)

If you are interested, you must **register online** : [Register for Kaifu-Lodge training.](#)

## **BIKE TRAINING**

A 45 km training route will be signposted by Monday 10<sup>th</sup> July. Starting point is at the Scandic Hamburg Emporio Hotel. [Please download a gpx-track or a kml-file here.](#)

-> The route is not closed to traffic. You are cycling at your own risk.



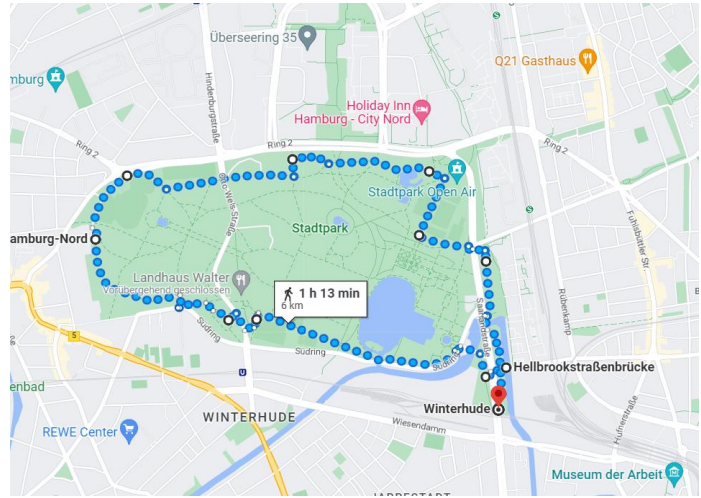
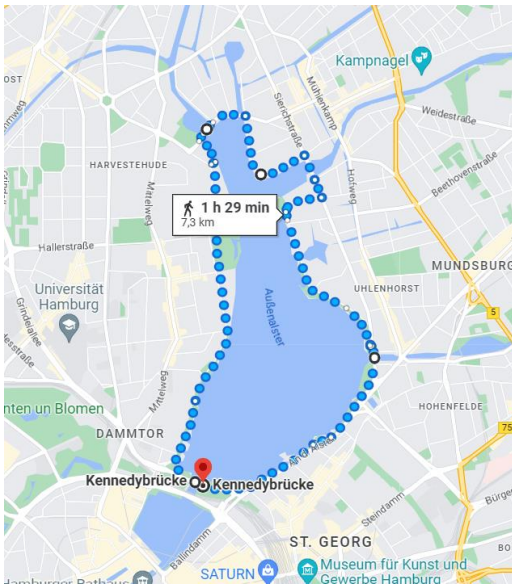
## **RUN TRAINING**

**OUTER ALSTER** The 7.3km lap offers a great view over the Outer Alster Lake.

- *The route is not closed to traffic, but mainly used by pedestrians and cyclists.*

**HAMBURG STADTPARK** The lap around the town park offers a 6.5km long trainings route via a forest path.

- *The route is not closed to traffic, but only used by pedestrians and cyclists*



# 7. FIELD OF PLAY (FOP)

## ELITE SUPER SPRINT DISTANCE

FRIDAY July 14<sup>th</sup>, 2023 & SATURDAY July 15<sup>th</sup>, 2023



### Start

The start area is at "Kleine Alster". Athletes will start from a pontoon at "Kleine Alster" and stand in a starting position approximately 75cm wide. The Head Referee, assisted by Technical Officials, will start the race.

### Swim Course

There is one lap to swim. The turn is located after 140m distance. There is a rather dark tunnel of about 40m in length and 6m in width, which must be swum through twice. The athletes are required to leave their last minute gear at the Athletes' Lounge.



The average water temperature in the “Alster” in mid-July vary between 18°C and 25°C. You will find recent information about water quality and temperature on the homepage: [Water quality report 2023](#)

## Bike Course

Generally flat profile without noteworthy climbs. There are three laps of 2.5km, 7.5km in total. The route is technically demanding due to many changes of direction and tight turns (two 180° turns). Very good tarmac surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by WT Technical Officials according to WT Rules.

## Wheel Stations

One wheel station will be located on the bike course – shortly after the exit transition area on “Mönckebergstrasse”. The second wheel station will be located at the bus stop “Gänsemarkt” – at the 180° turn. Team wheels need to be checked during the bike check-in beforehand.

- Wheel station “Mönckebergstrasse”: Please bring your own/team wheels!
- Wheel station “Gänsemarkt”: The following wheels will be provided by LOC:
  - 2x 700c Front wheels, rim brake
  - 2x 700c Front wheels, 160mm rotor disc brake
  - 2x 700c Front wheels, 140mm rotor disc brake
  - 2x 700c Rear wheels with 11speed cassette, rim brake
  - 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
  - 2x 700c Rear wheels with 11speed cassette, 140mm rotor disc brake
  - 2x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
  - 2x 700c Rear wheels with 12speed cassette, 140mm rotor disc brake

## Run Course

Generally flat course. There are two laps of 0.9km and 0.85km to run for a total of 1.75km. Two 180° turns per lap. Very good tarmac surface.

## Aid Stations

There is one aid station located 200m after transition area. It will be passed twice. Sealed 0.5l bottles of water are ready to take.

## 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)!

## Penalty Box

Penalty Box is located left-hand side around 50m before Transition Area.

## ELITE MIXED RELAY

### SUNDAY July 16<sup>th</sup>, 2023



## Team Declaration

The Team Manager's Meeting will take place on Saturday, 15th July from 20:15 - 20:45 in the Elite Athletes Area.

The final team declaration will take place on Sunday, 16th July from 12:00 – 12:15 in the Elite Athletes Lounge.

## Start

The start area is at "Kleine Alster". Athletes will start from a pontoon at "Kleine Alster" and stand in a starting position approximately 75cm wide. The Head Referee, assisted by WT Technical Officials, will start the race.

## Swim Course

There is one lap to swim. The turn is located after 140m. There is a rather dark tunnel of about 40m in length and 6m in width, which has to be swum through twice. Swim exit is at "Kleine Alster", too.

The athletes are required to leave their last minute gear at the Athletes' Lounge.

The average water temperature in the "Alster" in mid-July vary between 18°C and 25°C. You will find recent information about water quality and temperature on the homepage: [Water quality report 2023](#)

## Bike Course

Generally flat profile without noteworthy climbs. There are two laps of 3.5km to ride for a total of 7km. The route is technically demanding due to many changes of direction and tight turns (two 180° turns). Very good tarmac surface. Any athlete lapped will be removed along with the rest of the team.

## Wheel Stations

One wheel station will be located on the bike course – shortly after the exit transition area on "Mönckebergstrasse". The second wheel station will be located at the bus stop "Gänsemarkt" – at the 180° turn. Team wheels need to be checked during the bike check-in beforehand.

- Wheel station "Mönckebergstrasse": Please bring your own/team wheels!
- Wheel station "Gänsemarkt": The following wheels will be provided by LOC:
  - 2x 700c Front wheels, rim brake
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  - 2x 700c Front wheels, 140mm rotor disc brake
  - 2x 700c Rear wheels with 11speed cassette, rim brake
  - 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
  - 2x 700c Rear wheels with 11speed cassette, 140mm rotor disc brake
  - 2x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
  - 2x 700c Rear wheels with 12speed cassette, 140mm rotor disc brake

## Run Course

Generally flat course. There are two laps to run; 1<sup>st</sup> lap: 0.9km & 2<sup>nd</sup> lap: 0.85km, for a total of 1.75km; one 180° turn in the 1<sup>st</sup> lap. Very good tarmac surface.

## Aid Stations

There is one aid station located 200m after transition area. It will be passed twice. Sealed 0.5l bottles of water are ready to take.

## Littering Zone

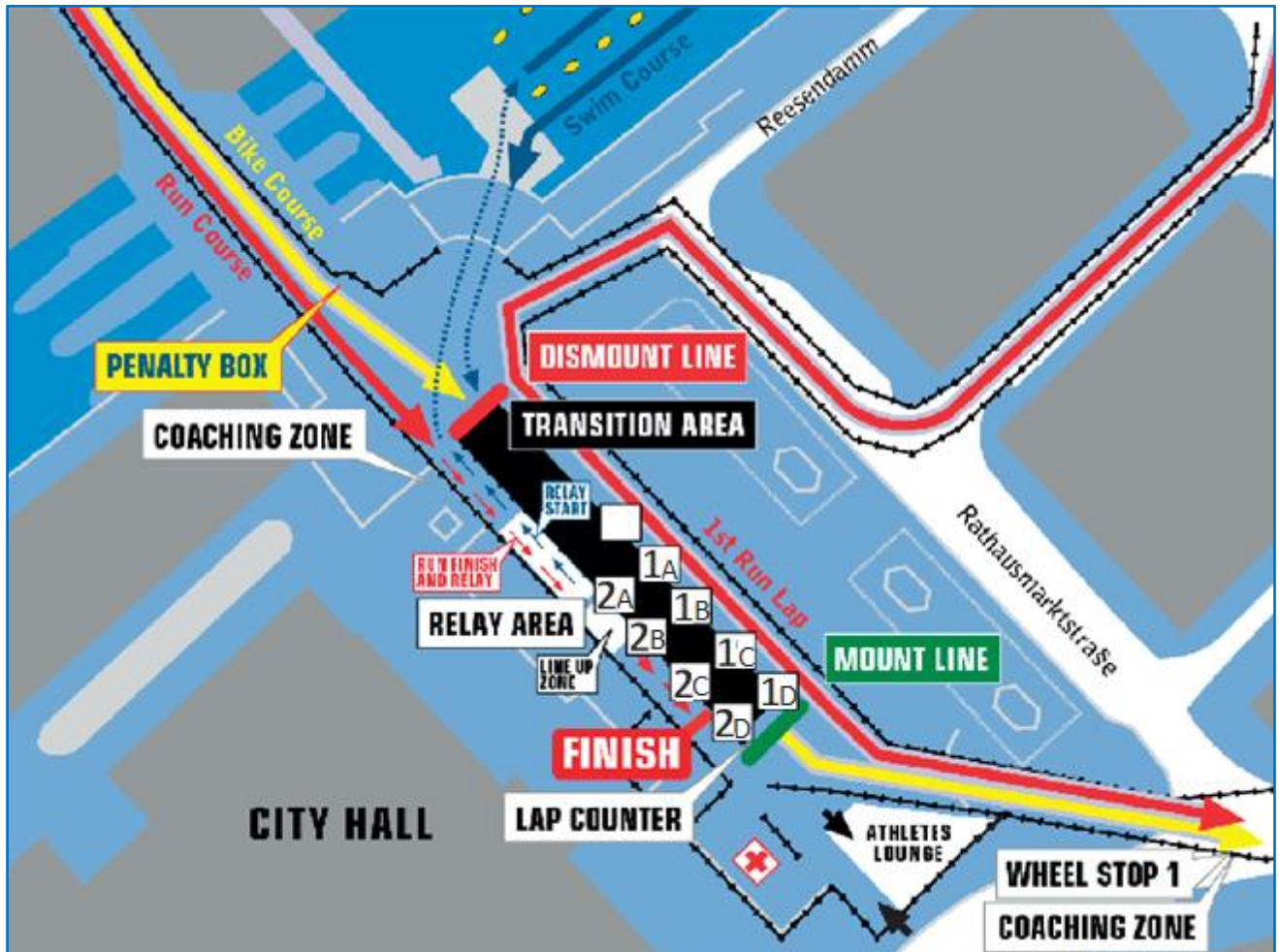
Please note that we have installed a littering zone near the aid stations where you must dispose your used bottles and waste (20m before and 80m behind the aid station)!

## Penalty Box

Penalty Box is located left-hand side around 50m before Transition Area.

## Relay Zone

The relay zone is located at the finish chute. Flows at the relay zone:





# 8. 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 World Triathlon.

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 the measuring station "Lombardsbrücke" where the temperature is constantly measured:

[Water quality report 2023](#)

### Latest results (31.05.2023):

#### Water temperature

date of measurement	measuring points Ø	WT - Reference Values
31.05.2023	19.2 °C	-

#### Faecal coliforms (E.coli) [in 100ml]

Date of measurement	Ka20	BI10	BI20	BI30	AU19	WT - Reference Values
31.05.2023	15	15	15	15	45	500 [1/100 ml]

#### Intestinal Enterococci [in 100ml]

Date of measurement	Ka20	BI10	BI20	BI30	AU19	WT - Reference Values
31.05.2023	<15	<15	<15	<15	<15	200 [1/100 ml]

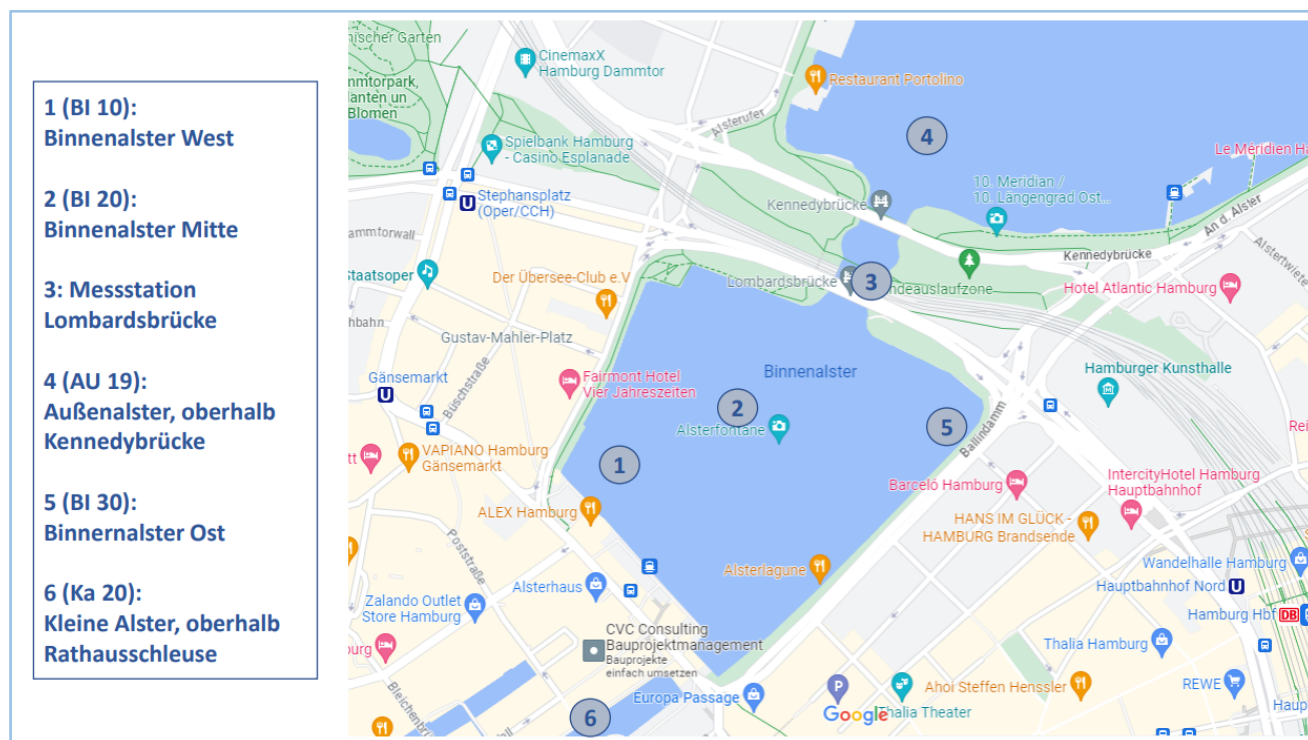
#### pH-Figure

Date of measurement	Ka20	BI10	BI20	BI30	AU19	WT- Reference Values
31.05.2023	8.25	8.38	8.41	8.47	8.53	6 - 9

## Blue Algae[in µg/l]

Date of measurement	Ka20	BI10	BI20	BI30	AU19	WT - Reference Values
31.05.2023	<0.5	<0.5	<0.5	<0.5	<0.5	50 µg/l

Please note: The figures will be updated prior to the event.



Measuring stations at Binnen- and Außenalster

## WEATHER CONDITIONS

Thanks to maritime influence, the climate in Hamburg is moister and milder than Germany's inland regions. Average daily high in July is around 23°C, low around 13°C.

# 9. COMPETITION RULES

## COMPETITION RULES

The Hamburg Wasser World Triathlon Championships 2023 will follow the latest published Competitions Rules of World Triathlon:

[https://triathlon.org/about/downloads/category/competition\\_rules](https://triathlon.org/about/downloads/category/competition_rules)

## RACE RESULTS

Results will be uploaded live at the World Triathlon's official website:

<https://triathlon.org/results>

## PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

# 10. ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical, Technical Officials, Journalists, etc. with an official **accreditation card** according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration in the Chamber of Commerce.

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 requested to always carry their accreditation cards with them and to show them upon request.**

## ACCESS TO TRAINING FACILITIES

Please register online for all relevant training facilities (Poseidon, Kaifu Lodge). You do not need to show your accreditations in Poseidon and Kaifu Lodge after registering online before.

## **ACCREDITATION CARD REQUEST**

All accreditation requests must be entered into the World Triathlon entry system by Sunday prior to race week. National Federation representatives and observers apply for accreditation by sending their request to World Triathlon. An application on the World Triathlon Online Entry System must be on hand. Otherwise, no accreditation cards may be distributed.

# **11. VISA PROCEDURE**

Please mail all the required information (Visa Support Letter Information), if required for your entrance to the country of Germany, to German Triathlon Federation: Rüdiger Sauer / [sauer@triathlondeutschland.de](mailto:sauer@triathlondeutschland.de)

# 12. SIDE EVENTS

## **Parade of Nations 13<sup>th</sup> July 2023 14:30 Start: Rathausmarkt / Mö**

The Parade of Nations as part of the Triathlon World Championships promises to be a spectacular and colorful event. It will lead along a breathtaking route from the magnificent Rathausmarkt to the beautiful Jungfernstieg and finally culminate on the big event stage.

As the nations make their way, the streets will be filled with a vibrant energy. The parade will be accompanied by a rousing samba group, whose lively rhythms will create an electrifying atmosphere. The sounds of the drums and the pulsating beats will make the hearts of participants and spectators alike beat faster.

While the athletes proudly wave their national flags and shine in their unique team outfits, they are cheered on by cheering crowds on the roadside. Spectators will enthusiastically admire the different cultures and traditions that unite the world of triathlon.

All delegations are asked to meet (Meetingpoint Rathausmarkt corner Mönckebergstraße) no later than 14:30 so that the parade can begin at 15:00. We ask each delegation to nominate a flag bearer who will be responsible for carrying their country's flag to the opening ceremonies. Each country is responsible for bringing their flag. Signs with the country's name will be loaned by the LOC.

## **Opening Ceremony 13<sup>th</sup> July 2023 15:00 - 16:30 SUZUKI Event Stage**

The opening ceremony of the Triathlon World Championships in Hamburg promises to be a grand spectacle that will captivate athletes and visitors. The event stage on the picturesque Jungfernstieg will become the center of attention as athletes, officials and enthusiastic spectators gather to celebrate this special moment.

The opening ceremony of the Triathlon World Championships in Hamburg is a truly magical moment that celebrates the enthusiasm and spirit of the sport. The combination of tradition and modernity, the musical performance of a Hanseatic shanty choir and an impressive daytime fireworks display create an unforgettable atmosphere that heightens the anticipation of the upcoming competitions and makes the hearts of the visitors beat faster.

The opening ceremony is not only a prelude to the Triathlon World Championships, but also a tribute to the host city of Hamburg and its unique maritime culture. It symbolizes the cohesion of athletes from all over the world and unites people in their enthusiasm for triathlon.

## Closing Ceremony and Party 16<sup>th</sup> July 2023 21:00 SUZUKI Event Stage

The Closing Party of the Triathlon World Championships in Hamburg promises to be an unforgettable night of emotion and celebration. The closing ceremony on the event stage at Jungfernstieg will be tinged with a touch of melancholy as athletes, officials and enthusiastic spectators gather to relive this special moment.

To round off the Closing Party in grand style, a small fireworks display will light up the sky above the Jungfernstieg. Spectators watch the spectacle with fascination and get carried away by the energy and magic of the night.

The transition from the Closing Ceremony to the Closing Party on the stage at Jungfernstieg is a moment of celebration. It is a moment when athletes, officials and spectators join together to celebrate the conclusion of an outstanding Triathlon World Championships. The party will be an unforgettable event that will keep the enthusiasm and spirit of the sport in the memory for a long time.

## SUZUKI Event Stage 13<sup>th</sup> – 16<sup>th</sup> July 2023 Jungfernstieg



The SUZUKI Event Stage is the pulsating center of the Triathlon World Championship in Hamburg. During the day, it offers visitors the opportunity to watch the exciting races on a large screen in a live stream or to relax on the plaza in a relaxed atmosphere with delicious food and refreshing drinks.

For those who need a break from the racing action, the plaza around the stage offers an oasis of relaxation. Here, visitors can take a seat on comfortable lounge furniture



and enjoy the sunny atmosphere. The range of delicious food and refreshing drinks leaves nothing to be desired.

When the sun slowly sets and night falls, the area around the stage transforms into a rousing celebration location. Various bands take the stage and provide an unforgettable musical atmosphere. With energetic live performances and a diverse mix of music, the mood is lifted to a new level.

The SUZUKI Event Stage is the place where sports and entertainment merge in an impressive way. During the day, it offers visitors the opportunity to experience the races up close and feel the pulse of the Triathlon World Championship. In the evening, it becomes the stage of an unforgettable party, where music, dance and joy duly celebrate the end of an eventful day.

## TRI-Challenge



Welcome to the TRI-Challenge at Gerhart Hauptmann Platz! Here you have the unique opportunity to experience the world of triathlon for yourself. The specially built swimming facility, ergometer bikes and treadmills offer everyone the opportunity to immerse themselves in the atmosphere of a triathlon.

Whether you are an experienced athlete or want to get a taste of the world of triathlon for the first time, there is something for everyone here. Different competitions have been specifically designed for different target groups to ensure that everyone finds the right challenge. From beginners to experienced triathletes, there are exciting competitions where you can give your best.

The TRI-Challenge is done in a team format, where you team up with two other people to form a team of three. Together you can motivate and support each other to achieve your individual goals. The team format promotes team spirit and creates an inspiring and supportive environment for all participants.

The TRI-Challenge at Gerhart Hauptmann Platz is more than just a sporting event. It is a platform where people of all fitness levels come together to push their limits, make new friends and share a passion for triathlon. Here you can experience the energy and excitement of the sport of triathlon up close and be swept away by the captivating atmosphere.





**OUR TEAM IS LOOKING FORWARD TO  
SEEING YOU IN HAMBURG ON  
13-16 JULY 2023!**

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the website <https://hamburg.triathlon.org/>.

Any updated version of this Guide will be identified by the version number on the cover page.