

A blurred background image showing triathletes swimming in a body of water with a city skyline in the distance.

**TRIATHLON  
EUROPEAN  
CHAMPIONSHIPS  
:DÜSSELDORF  
2017**



## ETU Triathlon Sprint European Championships 2017 in Düsseldorf

This guide provides athletes and team managers with key information required to compete in the ETU Triathlon Sprint European Championships Düsseldorf 2017, which will take place from 24<sup>th</sup> to 25<sup>th</sup> June 2017. There will be an information stand situated on the lawn in front of the Landtag NRW.

Information can be found on our website and our Facebook page. Final information will be given during the athletes' briefing on Thursday, 22<sup>nd</sup> June 2017, 6:00 PM in the Courtyard by Marriott Düsseldorf Hafen.

Website: <http://www.competition.com>

Facebook: <https://www.facebook.com/T3TriathlonDuesseldorf/>

During the event the information on our homepage and Facebook page are updated on a daily basis.



## WELCOME MESSAGE FROM THE EUROPEAN TRIATHLON UNION

Triathlon is big and triathlon here in Europe is getting bigger. We have seen record numbers attending our championships over recent years and now, with the chance to separate the two distances that attract most participants, I am delighted that we will see the Standard Distance and Sprint Distance medals decided at different venues and in different countries.

This year, the Standard Distance Championships will be held in Kitzbühel and the Sprint Distance in Düsseldorf. The German Rhineland city will certainly be the focus of sporting activity this summer and we hope that the presence of hundreds of athletes (Elite and Age Group), wearing their national uniform and racing the 750m, 20k, 5k course will inspire those watching and set the stage for the Grand Départ of the Tour De France on 1<sup>st</sup> July, the very weekend after our races finish.



Triathlon is hugely popular in Germany and I hope that the chance for so many German athletes to race on home soil, with families and friends cheering them on, will inspire them to further and future participation on the international stage. For the hundreds of visiting athletes and their families and supporters I know that the welcome will be enthusiastic and that the hospitality will be warm.

I know that with the backing of the Deutsche Triathlon Union (DTU) and under the watchful eye of our Technical Delegates, Dirk Bogaert (BEL) and Dag Oliver (NOR), the athletes will be assured a safe, fair and exciting race. It will be a busy weekend and the technical course will make it a true test for all those racing. I find the promotional material very striking and as the LOC have said, “The pain goes. The pride arrives. The enthusiasm stays.”

Have a great race everyone. Mach's gut!

Renato Bertrandi  
President of the European Triathlon Union



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## WELCOME MESSAGE FROM THE GERMAN TRIATHLON UNION

Dear athletes, dear visitors,

Welcome to the ETU Sprint Triathlon European Championships 2017 in Düsseldorf.

Ten years after the spectacular world championships in the hanseatic city of Hamburg 2007

Germany is once again host of an international triathlon-championship. We are looking forward to welcome athletes from 20 different European countries who will take part in the competitions in Düsseldorf.

Not only are the exciting and top-class competitions of the elite and age group athletes an important part of the championship, the focus is also on the sport as a connecting tool for integration and peace building. The German Triathlon Federation alone will participate with more than 200 athletes with her 16 state associations.

The sensational MedienHafen and the city of Düsseldorf will create together with the 60.000 expected visitors the perfect setting for each athlete, member of their families and supporters.

We would like to thank the city of Düsseldorf and the Düsseldorf Congress Sport & Event GmbH for the organization!

Best regards,



Prof. Dr. med. Martin Engelhardt

President German Triathlon Federation



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## WELCOME MESSAGE FROM THE CITY OF DÜSSELDORF

Dear sports friends,

2017 is going to be an extraordinary year for sports in Düsseldorf with lots of high-class sports events. The “Top-3” events are the Liebherr World Table Tennis Championships, the ETU Sprint Triathlon European Championships and the Grand Départ of the Tour de France. These three events are going to bring Düsseldorf the “hottest summer” of the decade.



The 2.000 elite- and agegroup-athletes participating in the ETU Sprint Triathlon European Championships in the MedienHafen Düsseldorf on June 24<sup>th</sup> and 25<sup>th</sup> will face ideal conditions.

The MedienHafen is proven event venue of the T<sup>3</sup> Triathlon, which has been continuously developed since 2011.

The continental and national federations have been impressed by the positive resonance of the athletes and spectators to the inner-city T<sup>3</sup> Triathlon, which will be integrated in the European Championships as an “open race”. For this reason the federations have been convinced that Düsseldorf is the ultimate choice for the host city of the ETU Sprint Triathlon European Championships. I’m very proud about this decision and I’m quite sure that the 60.000 expected visitors of this top-event are pleased as well.

I was very happy to assume patronage of the ETU Sprint Triathlon European Championships.

I would like to welcome each athlete with their supporters, each sports official and as well the fantastic audience to the North-Rhine-Westphalian capital city Düsseldorf!

Have a great race everyone!

Yours sincerely,

Thomas Geisel  
city of Düsseldorf

Mayor of the



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## 1 COMPETITION CALENDAR

### SATURDAY 24<sup>th</sup> JUNE 2017

12:00 PM Elite Women

2:30 PM Elite Men

### SUNDAY 25<sup>th</sup> JUNE 2017

8:00 AM - 13:00 PM Age Groups

## 2 GENERAL INFORMATION

Welcome to Düsseldorf!

The elegant, life-affirming city on the Rhine stands for fashion, shopping, culture and extraordinary events. From Königsallee- fondly known as the “Kö”, one of Europe’s most luxurious shopping avenues- it is just a short walk to the historical Altstadt (Old Town) with its 260 bars and restaurants.

Its flair is world-famous, its narrow streets are vibrant and the multifaceted cultural scene produces spectacular events and exhibitions.

With around 85,000 companies based in the Düsseldorf economic area, almost 40,000 of these in the city itself, Düsseldorf is the heart of the Rhine-Ruhr region. The state capital is one of the leading internationally orientated trade, service and communication centres in Germany and Europe.

In addition to suitable venues, a good location and a hospitable infrastructure, event planners are increasingly focusing on industry competencies when looking for event destinations. As the meeting and event barometer 2012 shows, 82 percent of the organizers are convinced that their networking with the specific industry competence centered at the venue is becoming ever more important. Düsseldorf, the capital of North Rhine-Westphalia and one of the most important event metropolis in Germany, is well positioned in many areas.



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## 3 USEFUL INFORMATION

### 3.1 CONTACT INFORMATION

#### RACE DIRECTOR & OPERATOR:

Dammann Absperrung GmbH

Zum Fruchthof 4

21614 Buxtehude

[info@t3-duesseldorf.de](mailto:info@t3-duesseldorf.de)

#### HOST AND MARKETER:

Düsseldorf Congress Sport & Event GmbH

Stockumer Kirchstr.61

40474 Düsseldorf

Telephone: +49(0) 211 / 15 98 – 16 22

E-Mail: [info@sportstadt-duesseldorf.de](mailto:info@sportstadt-duesseldorf.de)

[www.sportstadt-duesseldorf.de](http://www.sportstadt-duesseldorf.de)



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## LOCAL ORGANISING COMMITTEE:

**Dammann Absperrung GmbH**

Sonja Oberem

[info@t3-duesseldorf.de](mailto:info@t3-duesseldorf.de)

**Düsseldorf Congress Sport & Event GmbH**

Alina Walde

[info@sportstadt-duesseldorf.de](mailto:info@sportstadt-duesseldorf.de)

**Deutsche Triathlon Union e.V.**

Prof. Dr. Martin Engelhardt

[mail@dtu-info.de](mailto:mail@dtu-info.de)

LOC Office:

It is located on the expo village on the lawn in front of the Landtag NRW.

Website:

<http://www.triathlon-duesseldorf2017.de>

Facebook:

<https://www.facebook.com/T3TriathlonDuesseldorf/>



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## ETU TECHNICAL DELEGATES (TD)

Dirk Bogaert

Mail: [dirk.bogaert58@gmail.com](mailto:dirk.bogaert58@gmail.com)

Dag Oliver

Mail: [dag@nxtri.com](mailto:dag@nxtri.com)

## ETU MEDICAL DELEGATE:

Carsten Damm

Mail: [casicom@hotmail.com](mailto:casicom@hotmail.com)

## 3.2 WEATHER

The average temperature in Düsseldorf in June is at approximately 17°C. The days can be warm with average high temperatures reaching 21°C. Overnight temperatures are generally mild with an average low of 12°C. Additionally June is one of the rainiest months of the year.



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## 3.3 COMPETITION VENUE

The European Championships will take place in the heart of Düsseldorf, at the MedienHafen, Landtag and Rheinufer.

The T<sup>3</sup> Triathlon Düsseldorf will be integrated into the event meaning that hobbytriathletes have the opportunity to compete on the EC courses on Sunday. The three-day triathlon fair, the opening ceremony, the test swimming, the Pasta Party, and the attractive family-friendly side program on the Landtagswiese will round off this extraordinary triathlon weekend in Düsseldorf.

## 3.4 DOPING CONTROL

The goal is to monitor doping controls during the European Championships in Düsseldorf.

The purpose is to check the proper conduct of the doping control by randomly observations of the control procedures.

## 3.5 TRAVEL AND ACCOMODATION

### Hotel and travel offers during the 2017 Düsseldorf ETU Sprint Triathlon European Championships

As the Service Partner of the 2017 Düsseldorf ETU Sprint Triathlon European Championships, we have put together some special accommodation and travel offers for you. Naturally, we will be happy to advise you personally and prepare a package that suits you and your needs.

We'll be seeing you – in Düsseldorf.

Your Service Team of the 2017 Düsseldorf ETU Sprint Triathlon European Championships

Trusted partner the 2017 Düsseldorf ETU Sprint Triathlon European Championships

Telephone +49 211 17 202-839

Fax +49 211 17 202-3221

[sport@duesseldorf-tourismus.de](mailto:sport@duesseldorf-tourismus.de)



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**The Courtyard by Marriott Düsseldorf Hafen is the official athletes' hotel hosting the athletes' briefing.**

Please find below the link of the hotel's homepage for any information you may need.

<http://www.marriott.de/hotels/travel/dushf-courtyard-duesseldorf-hafen/>

## 3.6 VISAS

If you require an invitation letter to support your visa request, please contact Alina Walde: [waldea@d-cse.de](mailto:waldea@d-cse.de) with the following information: name as indicated in your passport, date of birth, passport number and expiry date, arrival and departure dates.

## 3.7 ARRIVING BY PLANE

Düsseldorf International Airport – Germany's third-largest airport – is located right on the outskirts of the city. Let us book your flight from 180 destinations and 77 airlines, so you can fully concentrate on your business.

**An offer of our partner**

**RMK nurflug.de GmbH**

Vilbeler Landstraße 203

D-60388 Frankfurt

**Service-Tel.: +49 (6109) 505 45848**

Business hours: Mon - Fri: 09:00 AM - 7:00 PM

Sat, Sun and public holiday: 10:00 AM - 2:00 PM



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## 3.8 TRANSFERS FROM THE AIRPORT

There are many ways to leave the airport to the town center and to the race venue. You can go by bus, taxi and also by subway.

You can directly purchase your bus and subway tickets at the airport.

Please find the link below with all the information you need:

<http://www.duesseldorf-flughafen-shuttle.de/Default.aspx>

## 3.9.1 ARRIVING BY TRAIN

The train station to the race venue is the central station, situated about 4,4km away from Düsseldorf MedienHafen. Here you can find train and subway stops that can lead you to almost everywhere in town.

### Düsseldorf Hauptbahnhof

**Address: Konrad-Adenauer-Platz 14, 40210 Düsseldorf**

**Telephone: +49 211 36801888**

Directions from Düsseldorf Hbf to the Medienhafen:

S-Bahn route S 11, direction Bergisch Gladbach to stop D-Hamm S. Then continue by bus line 725

Tram route 719 direction D-Medienhafen to stop Kesselstraße

Please find an overview of the public transport to the event site on our [homepage](#).



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## 3.9.2 ARRIVING BY CAR

The competitions take place in the Düsseldorf MedienHafen, Landtag and Rheinufer.

Please find the link below with all the information you need:

<http://www.triathlon-duesseldorf2017.de/event-informationen/anreise/>

Please be aware that we recommend to use public transportation to the race venue due to road closures. However please find an overview of parking spaces on our [homepage](#).

## 3.9.3 CURRENCY USED IN GERMANY

The official currency in Germany is the Euro (EUR).

Please find the daily updated exchange rates [here](#).



## 4 ATHLETES SERVICES

### 4.1 INFORMATION DESK

You will find an information stand at the race venue.

It is situated in the expo village on the lawn in front of the Landtag NRW.

#### OPENING HOURS

Friday, 23<sup>th</sup> June: 10:00 AM – 6:00 PM

Saturday, 24<sup>th</sup> June: 11:00 AM – 6:00 PM

Sunday, 25<sup>th</sup> June: 7:00 AM – 6:00 PM

However if you have further questions or requests, please contact the information stand during the indicated hours.

### 4.2 LOST AND FOUND

The information stand next to the athlete lounge will also serve as the collection point for lost and found objects. Items will be collected during the event. In the aftermath of the event you can send an email to: [info@t3-duesseldorf.de](mailto:info@t3-duesseldorf.de)

### 4.3 BIKE MECHANIC SERVICES

Mechanical assistance will be available at the expo village. Please come and see **Georg Potrebtsch (KANN-SPORT)** if you have any question regarding your bike. If you need any help in the days before the race, please find [this list](#) with local bike mechanic support.



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## 4.4 MEDICAL ASSISTANCE

First aid and medical assistance will be available at all times during the competition hours. If required, emergency transfers to the hospital will be possible. There will also be a medical tent near the finish line.

Please note the emergency telephone number in Germany is the following: GENERAL EMERGENCY CALLS **112**

The nearest hospital to the venue is the St. Martinus Krankenhaus.

St. Martinus Krankenhaus  
 Gladbacherstr. 26  
 40219 Düsseldorf  
 Tel.: 0211-9170  
[www.martinus-duesseldorf.de](http://www.martinus-duesseldorf.de)

If you need any medical support in the days before the race please find [this list](#) with all useful contact information.

## 5 MASSAGE

A massage service is available free of charge in the athletes' lounge on the parking area of the Rheinturm. If you need physiotherapeutic treatment before the race we recommend our partner re.ac.me.

re.ac.me  
 Schiessstraße 68  
 D- 40549 Düsseldorf  
 Fon +49 (0)211.507 38 8-80  
 Mail: [info@reacme.de](mailto:info@reacme.de)  
[www.reacme.de](http://www.reacme.de)



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## 6 TRAINING

### 6.1 FAMILIARIZATIONS

FRIDAY, 23<sup>TH</sup> JUNE

12:00 – 13:00 AM Bike familiarization - Meetingpoint: Gehry-Bauten Düsseldorf, Zollhof 3 **(Elite)**

13:15 – 14:15 PM Swim familiarization MedienHafen **(Elite)**

SATURDAY, 24<sup>TH</sup> JUNE

3:30 – 5:00 PM Swim familiarization MedienHafen **(AG athletes)**

### 6.2 TRAINING OPTIONS

#### SWIMMING POOL

Rheinbad Hallenbad + Freibad  
Sportpark Nord / Europaplatz  
Europaplatz 1  
40474 Düsseldorf

<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeder/rheinbad-freibad/>



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Lanes are available for **all athletes (Elite & AG)** as follows:

- Wednesday, 21<sup>th</sup> June 2017, 5:00 PM – 7:00 PM – 2 lanes
- Thursday, 22<sup>th</sup> June 2017, 10:00 AM – 12:00 AM – 2 lanes
- Thursday, 22<sup>th</sup> June 2017, 3:00 PM – 5:00 PM – 2 lanes
- Friday, 23<sup>th</sup> June 2017, 11:00 AM – 1:00 PM – 2 lanes
- Friday, 23<sup>th</sup> June 2017, 3:00 PM – 5:00 PM – 2 lanes

**They are based on a first come first serve basis.**

**You will have to pay an entry fee of 4,60 €.** If extra training sessions are required, please contact the Rheinbad.

Aside from the reserved lanes, you can train at 2 swimming pools in the area.

Schwimm´in Bilk  
Bachstraße 145, 40217 Düsseldorf  
Telephone +49 211 95745840

<https://www.baeder-duesseldorf.de/baeder-und-saunen/hallenbaeder/schwimm-in-bilk/>

Allwetterbad Flingern  
Flinger Broich 91, 40235 Düsseldorf  
Telephone +49 211 95745-920

<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeeder/allwetterbad-flingern/anfahrt-und-kontakt/>

## **Bike and run training**

Additional bike and run training has to be done by the athletes independently.



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## 7 RACE REGISTRATION

### 7.1 REGISTRATION FOR THE RACE

The german participants for the Elite races can register via DTU

<http://www.dtu-kalender.de/event/international/list>

The other Elite athletes should register via their national federation.

<http://europe.competitions.org/federations>

To participate in the 2017 Triathlon European Championships, all athletes are asked to take part in the training and to register themselves in person. The admission and starting documents are distributed after the briefing.

Important information regarding the registration process:

For the elite races, you also must register your athletes on the LOC registration system to finalize the registration process.

All the information are available here:

<https://portal.mikatiming.de/event/t3-duesseldorf/2017/group/de/>

### 7.2 REGISTRATION CHECKLIST

Prior to registration, you must present a photo identification document to a registration official, otherwise you will not be able to register.

The following IDs are permitted:

- Passport, Driver's license (if photo included), National Identity Card
- Triathlon license with photo



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PLEASE NOTE THAT YOU MUST REGISTER IN PERSON. If you are unable to attend briefing, you must inform the ETU TECHNICAL DELEGATES.

After registering, each athlete must check that he/she has the following racing items:

- Accreditation (including coupons for opening and closing ceremonies)
- Body decals (both arms and both legs)
- Stickers (3 for helmet, 1 for bike, 1 for sports bag)
- Souvenir
- Bag
- Athletes Guide

## 7.3 RACE BRIEFING

The race briefing will take place on the 22 June at 6 pm in the Courtyard by Marriott Düsseldorf Hafen.

You will be able to download the briefing afterwards from the event and ETU website.

## 7.4 STARTING DOCUMENTS – RACE PACKAGE

The race packages with all starting documents will be handed out on Thursday, 22.06.2017 in the Courtyard by Marriott Hotel Düsseldorf Hafen after the briefing.

## 8 ATHLETES LOUNGE ZONE CHECK-IN/CHECK-OUT

### 8.1 CHECK-IN ELITE SPRINT

**Saturday 24<sup>th</sup> June**

Elite Women Athletes Lounge Check In

10:30 AM – 11:30 AM

12:00 PM Race start

The medal ceremony will be right after the race

Elite Men Athletes Lounge Check-In

1:00 PM – 2:00 PM

2:30 PM race start

The medal ceremony will be right after the race

### 8.2 CHECK-OUT ELITE SPRINT

Check-out will be immediately after each race.



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## 8.3 NUMBER MARKING ON BODY AND SWIM CAP

Allocated start numbers must be visibly attached to the bicycle and helmet before check-in.

At check-in, the bicycle and helmet will be checked. Both must correspond to ETU Competition Rules, otherwise you will not be allowed to enter.



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## 9 ELITE INDIVIDUAL COMPETITION

### 9.1 COURSE DESCRIPTION AND MAPS

After a 750m swim in the MedienHafen, athletes will cycle 4 laps á 5,2km. The run course contains 2 laps of 2,5km each.



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Getördert durch:  
Bundesministerium  
des Innern  
aufgrund eines Beschlusses  
des Deutschen Bundestages



# ETU SPRINT TRIATHLON EUROPEAN CHAMPIONSHIPS 2017 IN DÜSSELDORF



TRIATHLON  
EUROPEAN  
CHAMPIONSHIPS  
:DÜSSELDORF  
2017



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Bundesministerium des Innern  
aufgrund eines Beschlusses des Deutschen Bundestages



# ETU SPRINT TRIATHLON EUROPEAN CHAMPIONSHIPS 2017 IN DÜSSELDORF



TRIATHLON  
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Getördert durch:  
Bundesministerium  
des Innern  
aufgrund eines Beschlusses  
des Deutschen Bundestages





**Danger spots on the route - !** The steep bridging slopes create a high speed!

Caution should be supplied at the following locations:

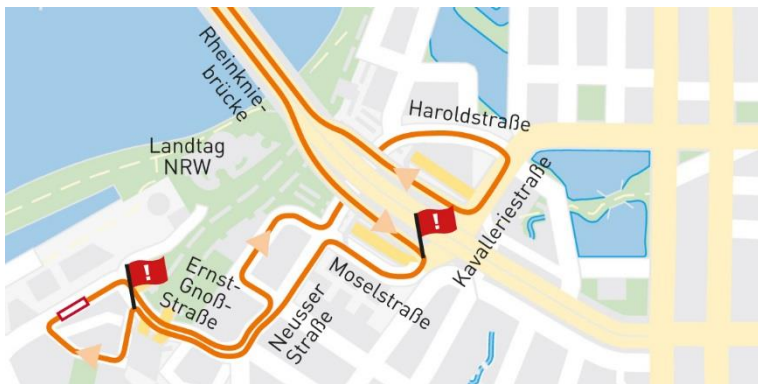
- **Exit and enter Rheinkniebrücke**

After the exit of the Rheinkniebrücke a 180 ° left turn follows to enter the bridge again.



- **Exit Rheinkniebrücke towards Kavalleriestrasse**

After the exit of the Rheinkniebrücke a 90 ° right turn follows to Moselstraße.



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- **Turning into the second running-lap**

Narrow curve into the second running lap/ finish lane  
High speed causes extra care!



## 10 RESULTS

Results will be broadcasted live on the Championships official website. They will also be available at the recovery area as well as in the athletes lounge. Our official timing partner is mika:timing, who will be providing live timekeeping for all races.



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## 11 RULES AND APPEALS

### 11.1 COMPETITION RULES

The event is subject to the competition regulations of the European Triathlon Union Competition Rules (anti-doping code, judge's regulations, uniforms) as well as legal and procedural regulations and the disciplinary regulations. By registering, the participant accepts that the legal and procedural regulations, and in particular the anti-doping code, are binding. These regulations serve the uniform practice of the sport with equal chances and are not contestable before the courts. Their adherence and recognition is a basic requirement for participation in the event. Each participant is responsible for the technical safety of their equipment and must ensure that it complies with the regulations. The ITU competition rules can be found using the following link:

[http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2017.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf)

### 11.2 APPEALS AND PROTESTS

The Race Referee will post penalties near the finish line.

For both an appeal and a protest, ETU Competition Rules apply.

Appeals must be submitted to the Race Referee. The ETU Competition Jury will then discuss the matter.

Appeal regulations can be found at:

[http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2017.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf)



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## 12 OPENING - AND CLOSING CEREMONY

### 12.1 OPENING CEREMONY

All athletes and team officials are invited to attend the Opening Ceremony of ETU Triathlon Sprint European Championships Düsseldorf 2017 on Friday, 23<sup>th</sup> June at 6:00 PM

The opening ceremony will mark the grand opening of the ETU Triathlon Sprint European Championships Düsseldorf 2017. There will be an official moment welcoming all athletes and a parade of nations where all athletes are requested to participate. This parade will run around Düsseldorf MedienHafen. Subsequently to the parade there will be a pasta party for all athletes.

The meeting point will be at the Expo Village on Friday, 23<sup>th</sup> June at 5:45 PM.

This is a great opportunity for athletes to meet each other before the exciting days of competition. All persons with accreditation will be allowed to participate in the pasta party starting subsequently after the parade next to the Athletes lounge. All friends, family members and other companions are welcome to buy a ticket and join the pasta party as well. The tickets are available at the information stand at the expo village or at the entrance of the pasta party.

### 12.2 CLOSING AND MEDAL CEREMONY

All athletes and team officials are also invited to attend the closing ceremony on Sunday, 25<sup>th</sup> June starting from 2:30 PM – 3:00 PM.

The meeting point will be at the Expo Village on Sunday, 25<sup>th</sup> June at 2:00 PM.

There will be a final speech to say goodbye to all athletes, team officials and all spectators.



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