



איגוד הטריאתלון הישראלי  
Israeli Triathlon Association



טבריה  
עיר הכנרת



# Maccabiah Athletes and Team Officials Guide



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## 1.GENERAL INFORMATION

### Introduction

The Athletes Information Guide will ensure that all athletes are well informed about all procedures concerning the Tiberias Maccabiah Triathlon. This Guide contains all information for this event.

The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. **However, Team Leaders are advised to check inside the Maccabiah web site regarding any changes in information included in this guide.**

### 1.1 Key Dates

Athletes Briefings	Thursday, 21 <sup>st</sup> July
Swim Familiarization	Thursday, 21 <sup>st</sup> July
Athletes Packet distribution	Thursday, 21 <sup>st</sup> July
Check in	Friday, 22 <sup>nd</sup> July
Starts	Friday, 22 <sup>nd</sup> July

### 1.2 Key Contacts

Head LOC	Yossi Solnik	Tel:972 528 082224
Race Director	Michael Katz	Tel:972 522 781356
Technical Delegates	Yuval Raiz	
Head Race Referee	Uri Tzalach	

### 1.3 Contact Details

**Michael Katz – Race Director**  
**Israeli Triathlon Association**  
**Shalem 3 Ramat Gan**  
**Tel: 972- 3 6764008**  
**E mail: triraces@gmail.com**

## 2. VENUE

### 2.1 Venue

The venue is located at the Gai Beach Hotel in Tiberias. The swimming will take place at the Hotel shore line. The water quality is excellent and the area will have all the necessary facilities.

### 2.2 Athletes Finish line Lounge

Facilities, including Athletes' lounge and toilets are provided for the Athletes in the Main Race Complex. Sealed bottles of water, Gu Jel, Gu Isotonic drinks and snacks will be offered to the Athletes and to the team officials, after the race in the Athletes' lounge including emergency ice baths.

### 2.3 Doping Control

Doping Control may be performed according to the World Triathlon/WADA rules.

### 2.4 Medical Services

First Aid and Emergency Medical Services will be available at the Venue from 22<sup>nd</sup> July .

Medical and paramedical personnel will be available throughout competition times. The Poriya Hospital (15 minute from the venue) will be on standby to cover the needs during the race. Three (3) ambulances will be available to provide emergency transfer to hospital. One Medical Tent will be located on site at the recovery zone/Finish Gantry. Teams should ensure that they have appropriate medical insurance. Medical Emergency number in Israel 101.

### 2.5 Bike Mechanic Centre

Contact Local Shop Imperial 04-6726775 at Tiberias 300m south of Sofia hotel.

### 2.6 Information Centre

Information Center will be available at the Sofia competition Hotel Main Lobby.

### 2.7 Security

An Maccabiah official security company will be responsible for the venue security, the Community Police and Field of Play (FOP) Marshals will patrol around the Field of Play. Police and a certified Traffic Management Company will manage the Road Closures and the traffic around the course.

### 3. TRAINING

Pre-competition course training is on athlete's discretion only  
We will hold a swim Familiarization on Thursday 16:00 to 18:00 only

#### 3.1 Course Familiarization

**Swimming course familiarization** will take place on Thursday July 21<sup>st</sup> from 17:00 to 18:00 at the Gai Beach Hotel. During the swimming course familiarization there will be lifeguards service available.

### 4. COMPETITION INFORMATION

- Competition Schedule**

DATE/ACTIVITY	TIME	PLACE
<b>Thursday, July 21<sup>st</sup></b>		
Packets distribution and race numbers Sofia otel	18:00 - 20:00	Sofia hotel
Swim course familiarization	17:00 - 18:00	Gai Beach hotel
Age Group Team Managers Briefing	15:00	Sofia hotel
Race briefing	18:30	Sofia hotel
<b>Friday, July 22<sup>nd</sup></b>		
Transition area opens	04:10 - 05:20	Gai Beach hotel
Men Start	05:30	Gai Beach hotel
Women Start	05:35	Gai Beach hotel
Paratriathlon Start	05:40	Gai Beach Hotel

#### Competition Rules

The Tiberias Maccabiah Triathlom will follow the latest published Competitions Rules of the World Triathlon and the Maccabiah regulations. Maccabiah regulation for the event are on last page annex of this guide book.

- Insurance**

The LOC has insurance with a reputable insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event and the related events. The policy of insurance have named, as insured, LOC, Staff, Officials, and the respective LOC directors, officers, agents, volunteers, employees and contractors.

All Athletes and team support personal must carry their own medical insurance.

**Covid 19** limitation may vary and apply on social gathering. As for June 6<sup>th</sup> no current limitation are applicable. It is recommended to wear masks inside confined areas.

- **Warm up**

The LOC will provide the swim course for warm-up, under the best secure conditions, as follows:

**Friday July 22 05:00 – 05:20 at Gai Beach**

- **Athletes Race Packets**

Athletes' race packets, including Timing Chips, Swim caps , Bib numbers, Race bracelets and care package will be distributed:

- **Thursday July 21st** From 18:00 to 20:00 at the Sofia Hotel
- **Friday July 22nd** From 04:00 to 05:00 at the entrance to the Transition Area.

- **Timing Bands**

Timing chips and bands will be issued for all Maccabi Men/Women event. Israel Athletes will use the personal Timing chips and Bib numbers

- **Information About the FOP**

#### **4.7.1 Start**

The start is a "in water" start, Standing in the water, along a line of small floats. The Race Referee will start each race. The Start procedure will be " On your Marks... Followed by a Horn blast. In case of a false start 3 consecutive blasts will sound and escorting Kayaks will block the swim course.

#### **4.7.2 The Swim Course**

**The swim course is square type , clockwise with 2 yellow Buoys. 350 m out, 50 m cross and 350 m back.** This is a none wetsuit swim due to high water temp estimated 32 Cell.

*Please check **Map No3** in the Maps Section page 11*

#### **4.7.3 The Transition area**

**5 lines of bike racks, each holding 5** bike , 2/3 on each side. Race BIB numbers will designate each athlete's location.

*Please check **Map No 2** in the Maps Section page 10*

#### **4.7.4 The Bike Course**

This is a right side cycling course composed of 2 laps, each lap is 10KM (4 legs of 5 KM). South turn point is 500m before Zinbari traffic circle. North turn point is at the bike exit point from transition. Cut off time 07:30. The event is a none Drafting event (Bike configuration according to these limitations per World Triathlon competition rules).

*Please check **Map No 3** in the Maps Section PAGE 12 .*

#### **4.7.5 Wheel Station.**

There will be one (1) Team wheel statio., located in front of Guy Beach hotel after the start of the lap heading south on the right side. Natural wheel station will not be provided by LOC. Athletes or Countries are allowed to place their spare sets until 05:15 race day. The LOC will appoint a referee to control the station. Wheel station will be marked on the bike course map by Wheel stop, marked **W** on map.

*Please check **Map No 4** in the Maps Section page 12*

#### 4.7.6 The Run Course

The run course is 4 laps, 8 legs of 540 m, clockwise, from the transition Area on HWY 90 until the archaeological park and back. The course is flat, and the Athletes will run on asphalt. Cones will divide the course for outgoing and incoming athletes. Cut off 08:00

Please check **Map No 5** in the Maps Section page 13

#### 4.7.7 Aid Stations

Three (3) aid stations will be located on the course. One at the swim exit, one on the run course in front of the Galei Kinneret Hotel and one at the finish Gantry. Water will be served in 500ml bottles.

#### 4.8 Weather Conditions

Please find below the average Weather Conditions for July:

Maximum Temp	40 c
Minimum Temp	19 c
Mean	35 c
Sunrise	06:03
Sunset	19:13
Rel.Humidity (%)	45
Wind Speed(km/h)	15
Wind Direction	N
Rain	0

#### 4.9 Results

Results will be uploaded live on 4Sport Application and web site (<https://www.4sport-live.com/>) and on board near the finish gantry.

#### 4.10 Protest & Appeals

Standard procedures will be followed according to the World Triathlon Competition Rules. Forms will be available on the official notice board near the finish gantry.

### 5. ACCREDITATION

All athletes and staff will be accredited by the Maccabiah .  
Only accredited persons will be allowed to access certain venue areas.

## 6. USEFUL INFORMATION

### 6.1 Language

The official languages of Israel are Hebrew and English. Most of the citizens speak English.

### 6.2 Population

45,000 people live in Tiberias

### 6.3 Currency

The currency of Israel is the New Shekel NIS. The exchange rate on June 6<sup>th</sup> was:

**1USD= 3.3 NIS      1 Euro= 3.6 Nis**

Most major currencies may be exchanged at banks (open Sunday to Thursday 09:00-16:00). Outside these hours, exchange bureau and travel agencies may provide currency exchange facilities. Rates at Hotels tend to be more expensive than at banks and currency exchanges.

### 6.4 Time

Israel time (GMT + 2:00).

### 6.5 Electricity

The electric current is 220 volts.

### 6.6 Water

Tap Water is appropriate for drinking.

### 6.7 Post

The main post office is in the Center of Tiberias Tel: 04-672-2266 Al Hadif st corner of Ha Yarden st. South of Sofia Hotel 400m.

### 6.8 Hospital

Poriya Hospital is located 20 min out from the Race Venue on the ridge west of Tiberias. On race days they will remain on high alert, in order to cover the Athletes and team official's needs.

### 6.9 Telephone Connections

There is direct phone access from Israel available to all countries in the world. 014 is the international prefix used to dial somewhere outside of Israel, followed by the country code, area code and phone number.

Mobile phone networks in Israel are compatible with all system including video support.

### 6.10 Getting Around

Tiberias is a small city especially the Hotel area. Taxi service around Tiberias should not exceed 30-60 NIS.



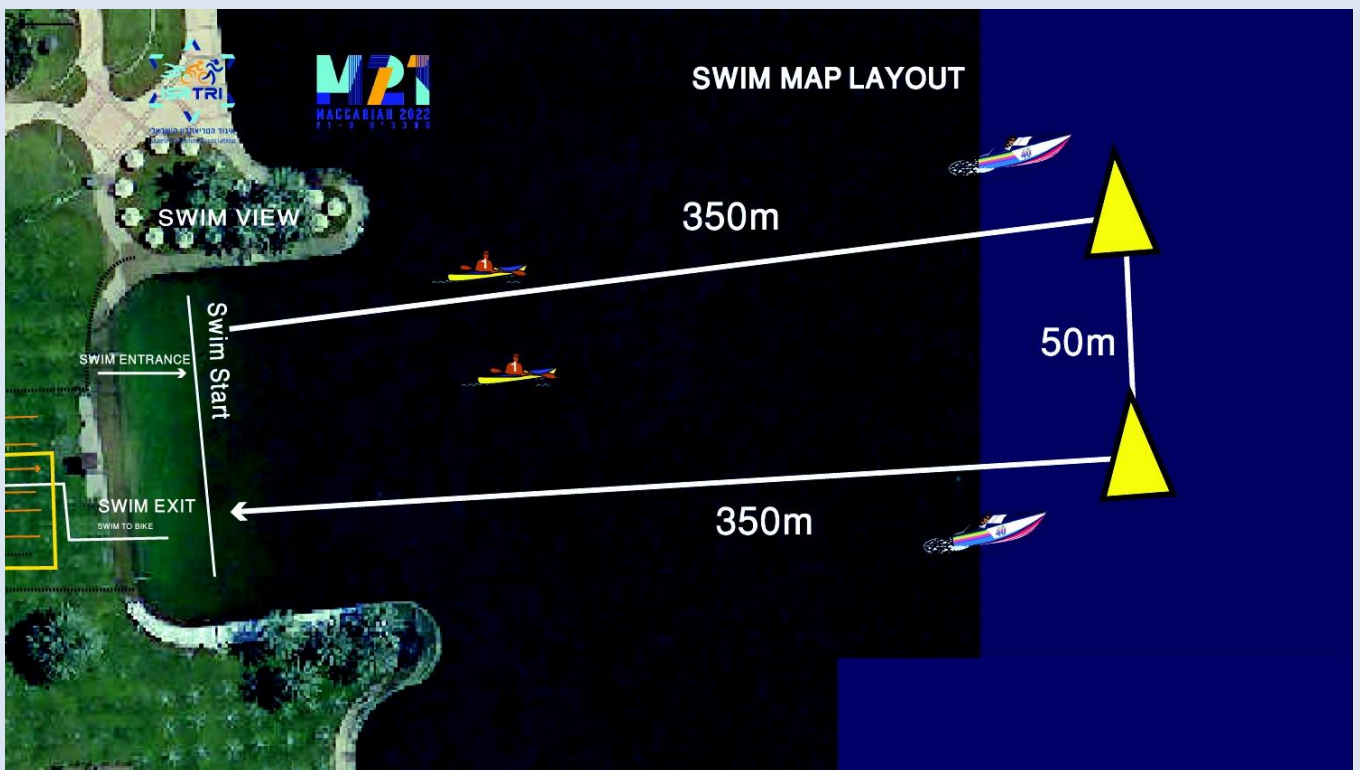
**7. FIELD OF PLAY MAPS**

- Map No1: General Locations Map**





- **Map No 3: Swim course Map**







• **App No 6: Maccabiah Maccabiman/woman regulations**



**MACCABIMAN / MACCABIWOMAN REGULATIONS**

Last Update 01.04.2022

**1. Organization**

- a. The Maccabiah Sport Department will be responsible for the MACCABIMAN/MACCABIWOMAN competitions of the 21st Maccabiah.
- b. The competitions will be conducted according to the individual regulations of each competition which are based on the rules of the International Associations: Triathlon, Cycling, Open Water Swim and Half Marathon.
- c. Participation in the competition is open to any athlete who is in possession of a Participant Card, issued by the Organizing Committee of the 21st Maccabiah
- d. In order to be considered a participant in the MACCABIMAN / MACCABIWOMAN competition, an athlete must pre-register in the MACCABIMAN / MACCABIWOMAN competition.
- e. Each country may enter a maximum of 8 athletes per age division of the official MACCABIMAN / MACCABIWOMAN competition
- f. The MACCABIMAN / MACCABIWOMAN competition is based on the aggregate total of the official times recorded by each individual competitor in each of Four (4) Official Maccabiah competitions:  
The 21st Maccabiah Cycling Individual Time Trial competition (30kms);  
The 21st Maccabiah Open Water Swim (5 kms.);  
The 21st Maccabiah Half Marathon, (21.1 km.); and  
The 21st Maccabiah Sprint Triathlon which is 750 Meter Swimming, 20 Km Cycling and 5 Km Running.
- g. Athletes wishing to be taken into account in the MACCABIMAN / MACCABIWOMAN Endurance Challenge must register to participate in the event and complete all four events.
- h. The organizing committee may need to shorten the length of the open water swim due to the heat condition at site on the day of the competition. That decision will be final.

**2. Venues and times**

The Sport Department will determine the venues and times of the competitions and athletes will be notified accordingly. The competitor is the only person responsible to be on time at the start line for each competition.

**3. Age groups**

- Female Open 18-29
- Female Masters 30-39
- Female Masters 40-49
- Female Masters 50-59
- Female Masters 60+
- Male Open 18-29
- Male Masters 30-34
- Male Masters 35-39
- Male Masters 40-44
- Male Masters 45-49
- Male Masters 50-54
- Male Masters 55-59
- Male Masters 60+

**REMARK:** When there are less than 4 competitors or not at least 3 countries in an age group the group will be merged with the group immediately below. (Example: if age group 40- 44 only has 2 competitors they will race in the 35- 39 age group)

**4. Awards**

- a. Finisher's medal and a Diploma shall be presented to each of the individuals in any group: Open (Male or Female) and masters (Male or Female) that finishes all 4 events satisfactorily as a "MACCABIMAN / MACCABIWOMAN FINISHER.
- b. Medals of Gold, Silver and Bronze shall be presented to each of the individuals winning the first three positions in each of the age groups events. The final ranking will be determined by adding the total times in all four events. The lowest total aggregated time will receive the Gold Medal, the second lowest total aggregated time will get the Silver Medal and Third lowest total aggregated time will get the Bronze Medal.

**5. Referees**

The Maccabiah Sport Department will select a Referees' Committee, which in turn will appoint the Marshals of the competition.

**6. General**

- a. These regulations are but one part of the complete 21st Maccabiah regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding.



WWW.MACCABIAH.COM

T +972-3-6715733/22 | F +972-3-6772426 | Kfar Maccabiah, 7 Peretz Beronstein st. Ramat Gan, 5224771, רמת גן, פרוץ ברונשטיין 7, ומת 7, 5224771

