

**SARDEGNA**

Orosei - TNatura Sardegna   
**cross triathlon**  
ITU World Championship 2015

**EVENT GUIDE**  
edition 1

26<sup>th</sup>-27<sup>th</sup> September 2015



TNatura Events



ITALY  
Orosei  
SARDEGNA

NATURA

ITA  
SARDE

European  
Triathlon  
Union

European  
Triathlon  
Union

Sardinia  
European Cross Triathlon  
Championships

CODDENS  
BEL

02

European  
Triathlon  
Union

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## INTRODUCTION

The competition rules for TNATURA SARDEGNA are those set out and approved by ITU.

Athletes are required to comply with the ITU regulations, as well as with the competition rules set out in the TNATURA SARDEGNA Event Guide.

If it is necessary to make changes or modifications to technical or logistical aspects of the event, for the safety of the event, the ITU Technical Delegate and the Managing Director of the race will communicate these changes during the briefing the day before the race.

## WELCOME

Italy and Sardinia are proud to present the official ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS.

Since 2007, Orosei and its beautiful gulf have been hosting one of the most famous cross triathlon events in the world, where elite and age group athletes can challenge themselves against athletes from around the world.

This year's event will witness the magnificent occasion in which nature and passion for sport will provide emotions and unforgettable memories, for athletes as well as spectators.

## ABOUT ETU TNATURA

**ETU TNATURA** gives the opportunity for amateur and professional athletes of all ages to compete in spectacular places and it offers a new way of understanding sports combining competition and adventure with the growing importance of natural resources and health.

**ETU TNATURA** Cross Triathlon aims to become a lifestyle as well as a reference brand of the European and international Off-Road triathlon.

**ETU TNATURA** makes the difference with its choice to play the race in sea or lake locations known for their particular environmental worth. The competition encourages athletes to confront their limits accepting the challenge with hard and amazing off-road routes.

# VENUE

## OROSEI TERRITORY

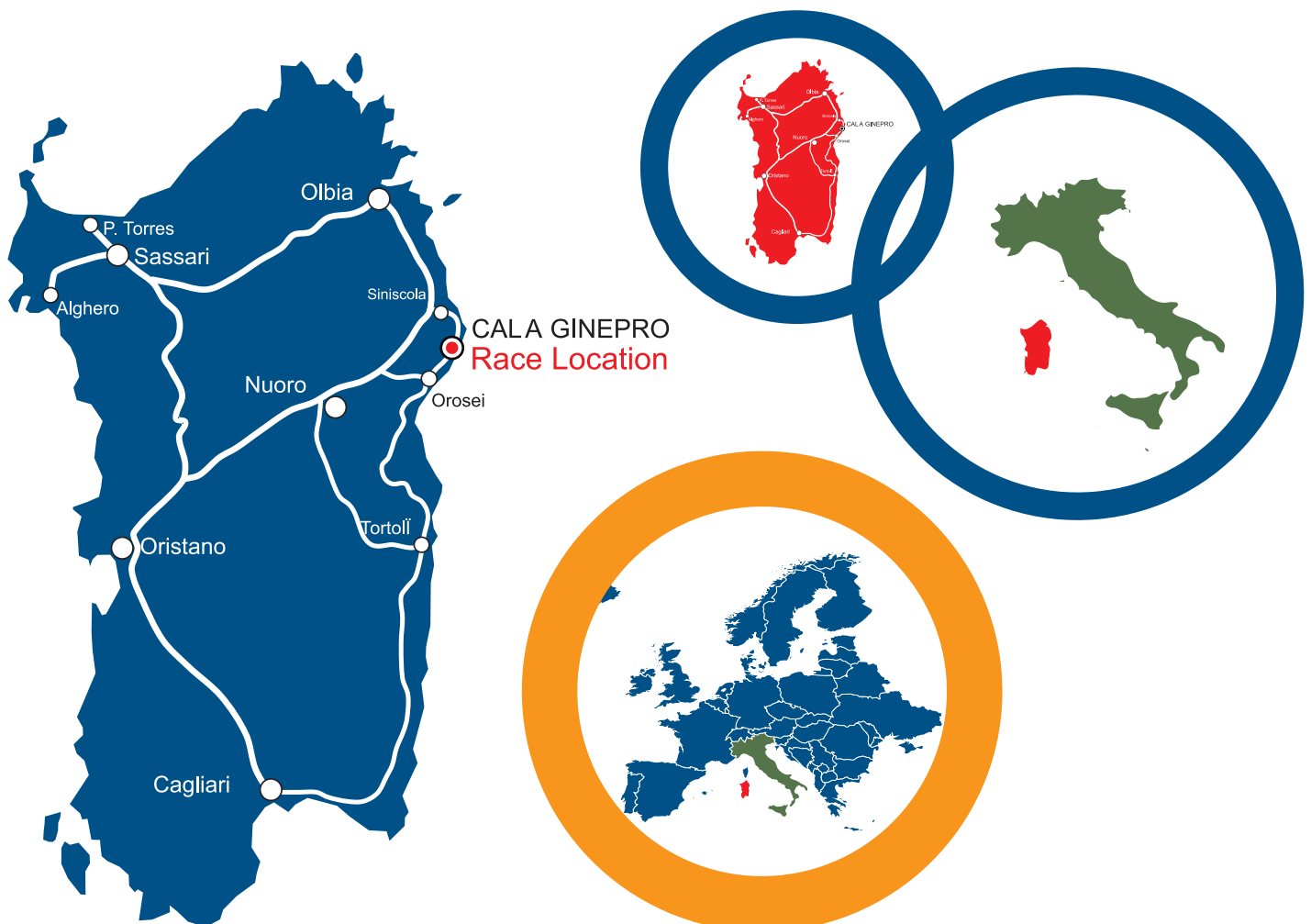
Orosei is one of the most prestigious seaside resorts in Italy. Due to the numerous tourist facilities, services and accommodation systems in place, capable of meeting the needs and requirements of all visitors, Orosei has been chosen as the base for TNATURA SARDEGNA.

## CALA GINEPRO

The golden-sanded beach and transparent shimmering sea of Cala Ginepro will host the swim and finish line for TNATURA SARDEGNA.

## BIDEROSA OASIS

A natural oasis paradise! Biderosa covers around 530 hectares, consisting of Mediterranean vegetation such as juniper, mastic, myrtle and pine trees. Inside the park are 5 unique beaches, with crystal clear waters and rocks ranging from pink to red.



## TRAVEL-ACCOMMODATION

For more information visit the TRAVEL section on [www.tnaturasardegna.com](http://www.tnaturasardegna.com)

## HOW TO ARRIVE

**From Cagliari:** it is around 220 km; take the SS 131 towards Sassari until you reach the Abbasanta junction. Thereafter follow directions to Nuoro, then Olbia. When you reach the Dorgali-Orosei junction, take the SP 25 towards Orosei. From Orosei continue on the SS 125 direction Sos Alinos-Cala Ginepro.

**From Sassari:** it is around 150 km; take the SS 131 towards Cagliari until the Macomer junction. Thereafter follow directions to Nuoro, then Olbia. When you reach the Dorgali-Orosei junction, take the SP 25 towards Orosei. From Orosei continue on the SS 125 direction Sos Alinos-Cala Ginepro.

**From Olbia:** it is around 80 km; take the SS 131DCN towards Nuoro, pass Siniscola and continue until you arrive at the Dorgali-Orosei junction, where you will take the SP 25 towards Orosei. From Orosei continue on the SS 125 direction Sos Alinos-Cala Ginepro.

## AIRPORTS

### OLBIA

Costa Smeralda Airport  
07026 OLBIA  
Office Information Tel. +39 0789 563444  
E.Mail: [info@geasar.it](mailto:info@geasar.it)  
Web: [www.geasar.it](http://www.geasar.it)

### CAGLIARI

Cagliari - Elmas Airport  
Office Information Tel. +39 070 211211  
E.Mail: [info@aeroportodicagliari.com](mailto:info@aeroportodicagliari.com)  
Web: [www.aeroportodicagliari.com](http://www.aeroportodicagliari.com)

### ALGHERO

Alghero-Fertilia Airport  
Office Information Tel. +39 079 935011  
E.Mail: [info@aeroportodialghero.com](mailto:info@aeroportodialghero.com)  
Web: [www.aeroportodialghero.com](http://www.aeroportodialghero.com)





# CLIMATE

Average climate and weather forecast for the event day

<b>Maximum Temperature:</b>	26 °C
<b>Minimum Temperature:</b>	16 °C
<b>Average Temperature:</b>	21 °C
<b>Rain:</b>	18 mm
<b>Humidity:</b>	65%

# TIME ZONES

GMT 0 :	London, Lisbon, Casablanca, Las Palmas, Dakar, Abidjan
GMT +1 :	Oslo, Stockholm, Berlin, Paris, Madrid, Rome, Lagos, Kinshasa
GMT +2 :	Cape Town, Johannesburg
GMT +3 :	Moscow, Riyadh, Addis Abeba, Mogadishu, Nairobi, Antananarivo
GMT +4 :	Teheran
GMT +5 :	Karachi
GMT +6 :	New Dehli, Calcutta, Bombay, Madras
GMT +7 :	Dacca, Yangon, Bangkok, Kualalumpur, Singapore, Jakarta
GMT +8 :	Ulranbator, Beijing, Hong Kong, Taipei, Manila
GMT +10 :	Port Moresbi, Brisbane, Sydney, Melbourne, Adelaide
GMT +11 :	Okhotsk, Kamchatka Pen., Sakahalin I., Solomon Is.
GMT +12 :	Wellington, Fiji, Tunga, Marshall Is
GMT -11 :	Midway Is., Samoa Is., Phoenix Is.
GMT -10 :	Anchorage, Honolulu, Taiti Is.
GMT -8 :	Vancouver, Seattle, San Fransico, L.A.
GMT -7 :	Denver
GMT -6 :	Chicago, Dallas, Houston, Mexico City, San Jose
GMT -5 :	Montreal, New York, Detroit, Havana, Bogota, Lima
GMT -4 :	Caracas, La Paz, Santiago
GMT -3 :	Brasilia, Sao Paulo, Rio De Janeiro, Montevideo, Buenos Aires
GMT -2 :	South Geogia Island.

# GENERAL REGISTRATION INFORMATION

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## ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS

### Elite/U23

€ 150,00 until 16<sup>TH</sup> August 2015

### Junior/ParaTri

€ 120,00 until 16<sup>TH</sup> August 2015

### Age Group

€ 110,00 until 31<sup>ST</sup> May 2015

€ 120,00 until 16<sup>TH</sup> August 2015

The entry fee includes: race entry, Fourth Stage Sardegna Party on Sunday evening, swim-cap, event T-shirt, gadgets.

Registrations will close 16 August 2015, no exceptions

The registration for a championship standing must be done according to the „ITU Cross Triathlon World Championships Qualification Criteria“ and “ITU Online Entry System“ on the respective national organization.

An overview of the national organizations is listed under [www.competitions.org/federations/](http://www.competitions.org/federations/)

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## TNATURA SARDEGNA CROSS TRIATHLON

€ 110,00 until 31<sup>ST</sup> May 2015

€ 120,00 until 12<sup>TH</sup> September 2015

The entry fee includes: race entry, Fourth Stage Sardegna Party on Sunday evening, swim-cap, event T-shirt, gadgets.

Registrations will close 12 September 2015, no exceptions

The athletes can register directly on TNatura Registration system.

The registration allows to participate in the open race TNatura Sardegna Cross Triathlon.

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### **TNATURA SARDEGNA CROSS TRIATHLON LITE**

**€ 70,00 until 31<sup>ST</sup> May 2015**  
**€ 80,00 until 12<sup>TH</sup> September 2015**

The entry fee includes: race entry, Pasta Party on Saturday evening, swim-cap, event T-shirt, gadgets.

Registrations will close 12 September 2015, no exceptions

The athletes can register directly on TNatura Registration system.

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### **TNATURA SARDEGNA CROSS TRIATHLON TEAM**

**€ 150,00 until 31<sup>ST</sup> May 2015**  
**€ 180,00 until 12<sup>TH</sup> September 2015**

The entry fee includes: race entry, Pasta Party on Saturday evening, swim-cap, event T-shirt, gadgets.

Registrations will close 12 September 2015, no exceptions

The athletes can register directly on TNatura Registration system.

# TNATURA SARDEGNA

## Race Rules





# 1 GENERAL INFORMATION

## Introduction

The purpose of this 'Event Guide' is to ensure that all athletes and Team Leaders are familiar with event procedures. The Local Organizing Committee (LOC) has made every effort to guarantee that the information provided in this guide is correct and up to date, however, Team Leaders are invited to verify with the race secretary regarding possible variations to information provided in this manual.

### 1.1 KEY DATES

**ITU Cross Triathlon World Championships  
Junior**

Saturday 26<sup>TH</sup> September

**ITU Cross Triathlon World Championships  
Elite/U23**

Saturday 26<sup>TH</sup> September

**ITU Cross Triathlon World Championships  
ParaTri**

Saturday 26<sup>TH</sup> September

**TNatura Sardegna Cross Triathlon Team**

Saturday 26<sup>TH</sup> September

**TNatura Sardegna Cross Triathlon Lite**

Saturday 26<sup>TH</sup> September

**ITU Cross Triathlon World Championships  
Age Group athletes**

Sunday 27<sup>TH</sup> September

**TNatura Sardegna Cross Triathlon**

Sunday 27<sup>TH</sup> September

## 1.2 KEY CONTACTS

### **RACE ORGANIZER:**

#### **TNatura Events S.r.l.**

Galleria Emanuela Loi, 8  
08100 Nuoro - Sardinia - Italy  
Tel. +39 0784 30483 Fax: +39 0784 208885

### **TECHNICAL ORGANIZER:**

#### **Island Team ASD**

Galleria Emanuela Loi, 8  
08100 Nuoro - Sardinia - Italy  
Tel. +39 0784 30483 Fax: +39 0784 208885

### **General Manager:**

#### **Sandro Salerno**

Tel.Mob.: +39 393 3340717  
Email:sandro.salerno@tnaturaevents.com

### **Race Director:**

#### **Sergio Oppo**

Tel. Mob.: +39 335 6845869  
Email: sergio.oppo@tnaturaevents.com

### **Assistant Manager:**

#### **Gabriella Lai**

Email: info@tnaturaevents.com

### **Logistics Manager**

#### **Marina Clerici**

Tel.Mob. +39 393 0642678

### **Press Office:**

press@tnaturaevents.com

## 1.3 TNATURA CONTACTS

### **TNatura Sardegna Secretary**

Email: info@tnaturaevents.com  
Tel: +39 0784 30483 (until Wednesday 23<sup>RD</sup> September)  
Mobile: +39 393 064 2678

### **Website:**

[www.tnaturasardegna.com](http://www.tnaturasardegna.com)  
[www.tnaturaevents.com](http://www.tnaturaevents.com)

### **Social Media:**

Facebook: [www.facebook.com/tnatura](http://www.facebook.com/tnatura)  
Youtube: [www.youtube.com/TNaturaEvents](http://www.youtube.com/TNaturaEvents)  
Twitter: [www.twitter.com/TNATURAEVENTS](http://www.twitter.com/TNATURAEVENTS)  
Google Plus: [www.plus.google.com/111064838500429453704/posts](http://www.plus.google.com/111064838500429453704/posts)  
Indoona: [www.indoona.com/user/tnatura\\_events](http://www.indoona.com/user/tnatura_events)



#### **1.4 LOCATION**

Orosei is one of the most prestigious seaside resorts in Italy. Thanks to its well-structured tourist facilities and services, comprising of many hotels, campsites, B&Bs and holiday homes, Orosei has been chosen as the race headquarters for TNATURA SARDEGNA. In terms of services, accommodation and holiday destination, Orosei can meet the needs and requirements of all the athletes', as well as those of family and supporters who come along. Cala Ginepro beach is where the swim and the finish line of the TNATURA SARDEGNA race will be located. The setting is on a golden-sanded beach accompanied by a transparent shimmering sea, due to the play of light between the splendid sun reflecting off the stones on the seabed. A natural oasis paradise! The bike and run course will be held within with Nature Park, an area of around 530 hectares, made up of Mediterranean vegetation such as juniper, mastic, myrtle and pine trees. Inside the park, there are 5 unique beaches, with crystal clear water and rocks ranging from pink to red.

#### **1.5 ELITEATHLETE'S LOUNGE**

Adjacent to the Transition Area is the Athlete's Lounge reserved only for Elite, U23, Junior e ParaTri athletes. The Athlete's Lounge will open Saturday morning at 7:00.

#### **1.6 DOPING CONTROL**

Doping control will be carried out in accordance with the ITU/WADA rules.

#### **1.7 RESPECTING THE ENVIRONMENT**

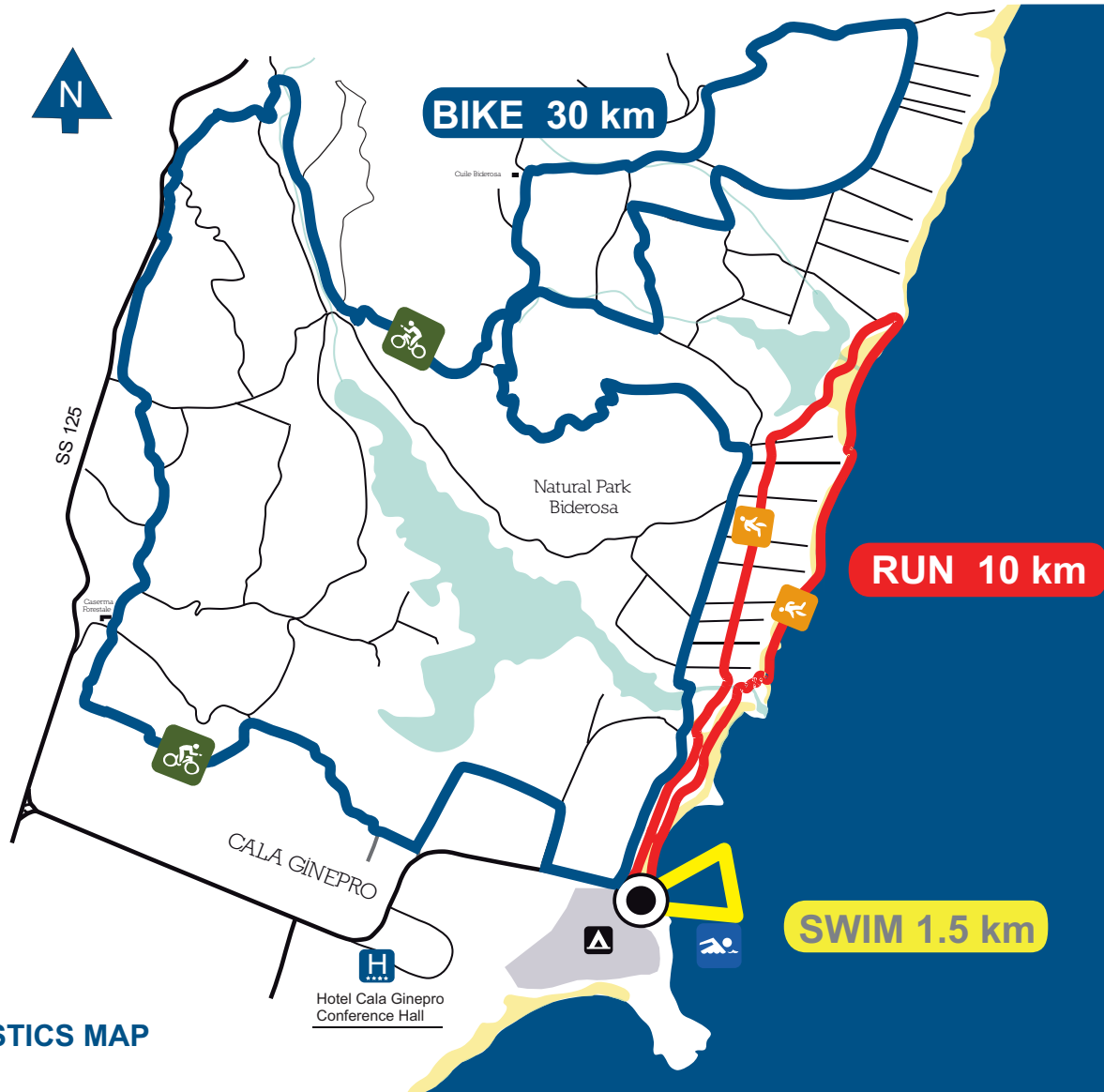
During the race, participants must respect the environment. Athletes must carry their rubbish (gel wrappers, bottles etc...) which can be dropped in the designated areas, near the aid stations, on the bike and run courses.

Violation of this rule will lead to disqualification.

#### **1.8 SAFETY**

The LOC, in accordance with the rules set out by the public safety authority and ITU International Triathlon Union rules, have designed a safety and first aid plan. The safety and first aid plans will be given to all those responsible in the organization of the race; race directors, race marshals, radio operators and the timekeepers.

**1.9 GENERAL MAP**



**1.10 LOGISTICS MAP**



## 2 MEDICAL SERVICES

First aid and emergency medical assistance will be available throughout the race. Doctors and paramedics will be present on the race course and medical tents will be set up in the recovery zone. Along the race course there will be ambulances, as well as off-road 4x4 ambulances carrying Emergency physicians, first aiders, and medical equipment.

### 2.1 TRANSITION AREA:

- N°1 L.C.U Vehicle (Local crisis Unit) In the transition area there will be a L.C.U. vehicle used as crisis unit. The staff of the Fire Department and the Race Director will coordinate all relief activities and emergency.
- N°1 Ambulance
- N°2 Emergency physicians
- N°4 Paramedics
- N°20 General Assistants to control spectator areas

### 2.2 SWIM COURSE

- N°2 Boats - Arbatax Sea Rescue Association- 6 Emergency Assistants
- N°2 Emergency physicians
- N°2 Boats - Nuoro Fire Department - 2 Emergency Assistants
- N°1 Jet-Ski - Nuoro Fire Department - 2 Emergency Assistants
- N°10 Life Guard
- N°2 Underwater Emergency Assistants
- N°4 Kayak
- N°10 General Assistants to control spectator areas.

### 2.3 BIKE COURSE

- N°3 Off-road 4x4 ambulances with 3 paramedics in each
- N°2 Emergency physicians
- N°30 General Assistants to control spectator areas

### 2.4 RUN COURSE

- N°1 Off-road 4x4 ambulances with 3 paramedics in each
- N°1 Emergency physicians
- N°15 General Assistants to control spectator areas

### 2.5 FINISH LINE

- N° 1 Ambulance
- N° 3 Paramedics
- N°15 General Assistants to control spectator areas

At the finish line there will be an Field Hospital of Civil Protection  
FIELD HOSPITAL -ADVANCED MEDICAL SITE

N° 1 Emergency physicians

N° 4 Paramedics

MULTI-PARAMETER PATIENT MONITORS - (SpO2, P.A. ECG) DAE

## **2.6 EMERGENCY HELICOPTER**

An emergency helicopter, based in Alghero, when given warning can reach the race location in 20 minutes.

## **2.7 VHF RADIO COMMUNICATION**

The race course will be set up with a VHF communication system, composed of 20 radios positioned in key points along the course, which will be in constant contact with the race director. This will enable him to enforce the necessary actions and to ensure the safety of the athletes and the public promptly.

## **2.8 HOSPITAL - MEDICAL AND HEALTH-CARE SERVICES:**

### **NUORO:**

#### **SAN FRANCESCO HOSPITAL**

Via Mannironi

Tel. +39 0784.240237

### **OLBIA:**

#### **GIOVANNI PAOLO II HOSPITAL**

Località Tannaule, 07026 Olbia

Tel. +39 0789.552410 - 428

# **3 TRAINING**

## **3.1 SWIM COURSE**

Swimming is permitted at all times, to allow athletes to train when best suits them.

## **3.2 MOUNTAIN BIKE COURSE**

The mountain bike course is accessible from the morning of Thursday 24th September, until the evening of Friday 25th September. It is marked with BLUE arrows. The course will not be marshalled pre-race and there will be no guided familiarization sessions.

## **3.3 RUN COURSE**

The run course will be accessible from the morning of Thursday 24th September, until the evening of Friday 25th September. The course is marked with RED arrows. The course will not be marshalled pre-race and there will be no guided familiarization sessions.

**Nb: On Thursday and Friday there will be a 4x4 off-road ambulance, at the Cala Ginepro Campsite, available to those who require medical assistance.**

**The emergency number is +39 393 064 2678.**

## **4 INFORMATION**

### **4.1 COMPETITION SCHEDULE**

#### **4.1.1 ITU Cross Triathlon World Championships - Elite/U23 Athletes**

##### **Thursday 24<sup>TH</sup> September**

**11:00 Press Conference**

##### **Friday 25<sup>TH</sup> September**

**18:00 Athetes Briefing**  
Hotel Cala Ginepro - Conference Hall  
**Collect Race Pack/Uniform check** (after the Briefing)

##### **Saturday 26<sup>TH</sup> September**

**07:00 Transition Area Opens**  
**07:00 Athlete's Lounge Opens**  
**08:45 Final Entry in to Transition Area**  
**08:50 Transition Area Closes**  
**07:00-08:50 Warm-Up**  
**08:40 Call Junior Men/Women**  
**08:50 Call Elite/U23 Women**  
**09:10 Call Elite/U23 Men**  
**09:30 Call ParaTri Men/Women**

**09:00 Start -Junior Men/Women**

**09:10 Start -Elite/U23 Women**

**09:30 Start -Elite/U23 Men**

**09:50 Start -ParaTri Men/Women**

**13:00 ITU Cross Triathlon World Championships Awards**  
**Elite/U23/Junior/ParaTri**

##### **Sunday 27<sup>TH</sup> September**

**20:00 TNatura Sardegna Fourth Stage Party**  
Hotel I Giardini di Cala Ginepro

#### 4.1.2 ITU Cross Triathlon World Championships - Age Group Athletes

##### Thursday 24<sup>TH</sup> September

11:00 Press Conference

##### Friday 25<sup>TH</sup> September

10:00-12:00 Collect Race Pack

15:00-17:30 Race Secretary - Hotel Cala Ginepro - Conference Hall

##### Saturday 26<sup>TH</sup> September

10:00-12:00 Collect Race Pack

15:00-17:30 Race Secretary - Hotel Cala Ginepro - Conference Hall

18:00

**Briefing**

Hotel Cala Ginepro - Conference Hall

##### Sunday 27<sup>TH</sup> September

07:00 Transition Area Opens

08:45 Final Entry in to Transition Area

08:50 Transition Area Closes

07:00-08:50 Warm-Up

08:40 Call Age Group Women

09:00 Call Age Group Men

09:00 Start -Age Group Women

09:20 Start -Age Group Men

20:00 TNatura Sardegna Fourth Stage Party

Hotel I Giardini di Cala Ginepro

21:30

**Awards Cerimony**

Hotel I Giardini di Cala Ginepro



#### 4.1.3 TNatura Sardegna Cross Triathlon

##### Thursday 24<sup>TH</sup> September

11:00 Press Conference

##### Friday 25<sup>TH</sup> September

10:00-12:00 Collect Race Pack

15:00-17:30 Race Secretary - Hotel Cala Ginepro - Conference Hall

##### Saturday 26<sup>TH</sup> September

10:00-12:00 Collect Race Pack

15:00-17:30 Race Secretary - Hotel Cala Ginepro - Conference Hall

18:30

**Briefing**

Hotel Cala Ginepro - Conference Hall

##### Sunday 27<sup>TH</sup> September

07:00 Transition Area Opens

08:45 Final Entry in to Transition Area

08:50 Transition Area Closes

07:00-08:50 Warm-Up

09:10 Call Age Group Women

09:30 Call Age Group Men

09:30 Start -Age Group Women

09:50 Start -Age Group Men

20:00 TNatura Sardegna Fourth Stage Party

Hotel I Giardini di Cala Ginepro

21:30

**Awards Cerimony**

Hotel I Giardini di Cala Ginepro

**4.1.4 TNatura Cross Triathlon Lite  
TNatura Cross Triathlon Team**

**Thursday 24<sup>TH</sup> September**

**11:00 Press Conference**

**Friday 25<sup>TH</sup> September**

**10:00-12:00 Collect Race Pack**

**15:00-17:30 Race Secretary - Hotel Cala Ginepro - Conference Hall**

**Saturday 26<sup>TH</sup> September**

**10:00-12:00 Collect Race Pack**

**Race Secretary - Hotel Cala Ginepro - Conference Hall**

**12:15 Briefing  
Camping Cala Ginepro**

**12:30 Transition Area Opens  
13:30 Final Entry in to Transition Area  
13:45 Transition Area Closes  
13:00-13:50 Warm-Up  
13:45 Call Triathlon Lite  
13:55 Call Triathlon Team**

**14:00 Start -Cross Triathlon Lite**

**14:10 Start - Cross Triathlon Team**

**18:00 Awards Cerimony  
Hotel I Giardini di Cala Ginepro**

#### 4.2 RACE RULES

The ITU Cross Triathlon World Championships will comply with the rules and regulations set out by the International Triathlon Union (ITU).

#### 4.3 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 related events. The insurance policy has named, as insurance, LOC, ITU, the Global Partners, Global Sponsors, the ITU Executive Board and Staff, the ITU International Officials, and the respective LOC directors, officers, agents, volunteers, employees and contractors.

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

#### 4.4 BRIEFINGS

**Elite/U23/Junior/ParaTri (ITU WC):** The briefing will be held in the Conference Hall at Hotel Cala Ginepro on Friday 25th September at 18:00. Attendance at the briefing is compulsory.

**Age Group (ITU WC):** The briefing will be held in the Conference Hall at Hotel Cala Ginepro on Saturday 26th September at 18:00. Only Team Managers and Approved NF Coaches can attend the briefing. It will last around 30 minutes, reviewing each section of the race course and highlighting any changes to the course and rules.

**TNatura Sardegna/Lite/Team:** Briefings will be held at the times and locations indicated in the race programmes.

#### 4.5 RACE PACKS

**Elite/U23/Junior/ParaTri (ITU WC):** Race packs will be handed out after the compulsory race briefing. In the race packs you will find: an athlete Identification wristband, four race number tattoos and a ticket to the "TNatura Sardegna Fourth Stage Party".

**Age Group (ITU WC):** Race packs are to be collected from the Conference Hall of the Cala Ginepro Hotel, at the times indicated within the race programme. In the race packs you will find: a swim cap, race number for your bike, race number for the run, an athlete identification wristband, a timing chip, two tattoos of your race number and two of your race category, and a ticket to the "TNatura Sardegna Fourth Stage Party"

**TNatura Sardegna/Lite/Team:** Race packs are to be collected from the Conference Hall of the Cala Ginepro Hotel, at the times indicated within the race programme. In the race packs you will find: a swim cap, race number for your bike, race number for the run, an athlete identification wristband, a timing chip, tattoos and a ticket to either the 'TNatura Sardegna Fourth Stage Party' or the 'Pasta Party'

#### 4.6 ATHLETE IDENTIFICATION

When athletes collect their race packs, they must bring a valid form of identification (passport, driving license) and their National Federation Triathlon race license; otherwise they will not be able to compete in the race.

#### 4.7 UNIFORM

To participate in the ITU CROSS TRIATHLON WORLD CHAMPIONSHIPS, all athletes must wear the uniform of their National Federation according to the ITU rules available on this link: [www.triathlon.org/about/downloads/category/uniform\\_rules](http://www.triathlon.org/about/downloads/category/uniform_rules).

For the other races in the programme, athletes can wear their own tri-suit, according to the technical rules set out by the Italian Triathlon Federation (Fitri).

#### 4.8 UNIFORM CHECK

**TElite/U23/Junior/ParaTri (ITU WC):** Uniforms will be checked when collecting race packs. And again the morning of the race in the Athlete's Lounge.

**Age Group (ITU WC):** Uniforms will be checked on the morning of the race at the entrance to the Transition Area.

#### 4.9 TIMING CHIP

The race timing will be carried out by Sport Data Management srl (SDAM), Italian partner of MYLAPS Sport Timing and they will be using 'ChampionChip Timing System' technology.

**Elite/U23/Junior/ParaTri (ITU WC):** Timing chips and swim caps will be given out Saturday morning at the Athlete's Lounge

**Age Group (ITU WC) / TNatura Sardegna / Lite / Team:** Timing chips will given out with the race packs.

Timing chips must be worn on their ankle for the duration of the race. Athletes must hand back their timing chip to one of the volunteers before leaving the finish line zone.

#### 4.10 ATHLETE IDENTIFICATION WRISTBAND

Each athlete will receive an identification wristband when they collect their race pack. The wristband must be worn for the duration of the race and until the end of the awards ceremony. The wristband will give you access to restricted areas, including the transition zones, and you will not be allowed to compete without it.

#### **4.11 TATTOOS**

In the race pack athletes will have the tattoos of their race number (see art. 4.5). They must be applied before checking in to the Transition Area.

#### **4.12 RACE NUMBERS (Age Group Athletes)**

Race numbers must be visible throughout the event. Numbers must not be altered in any way. For the run section, race numbers must be worn on your front.

#### **4.13 OUTSIDE HELP**

Athletes will be disqualified for receiving any outside assistance or equipment (race nutrition, drinks, clothing and equipment) from unauthorized race personnel, i.e. spectators, family, friends or coaches. Athletes will be disqualified if they hide items along the race course, and collect them during the race.

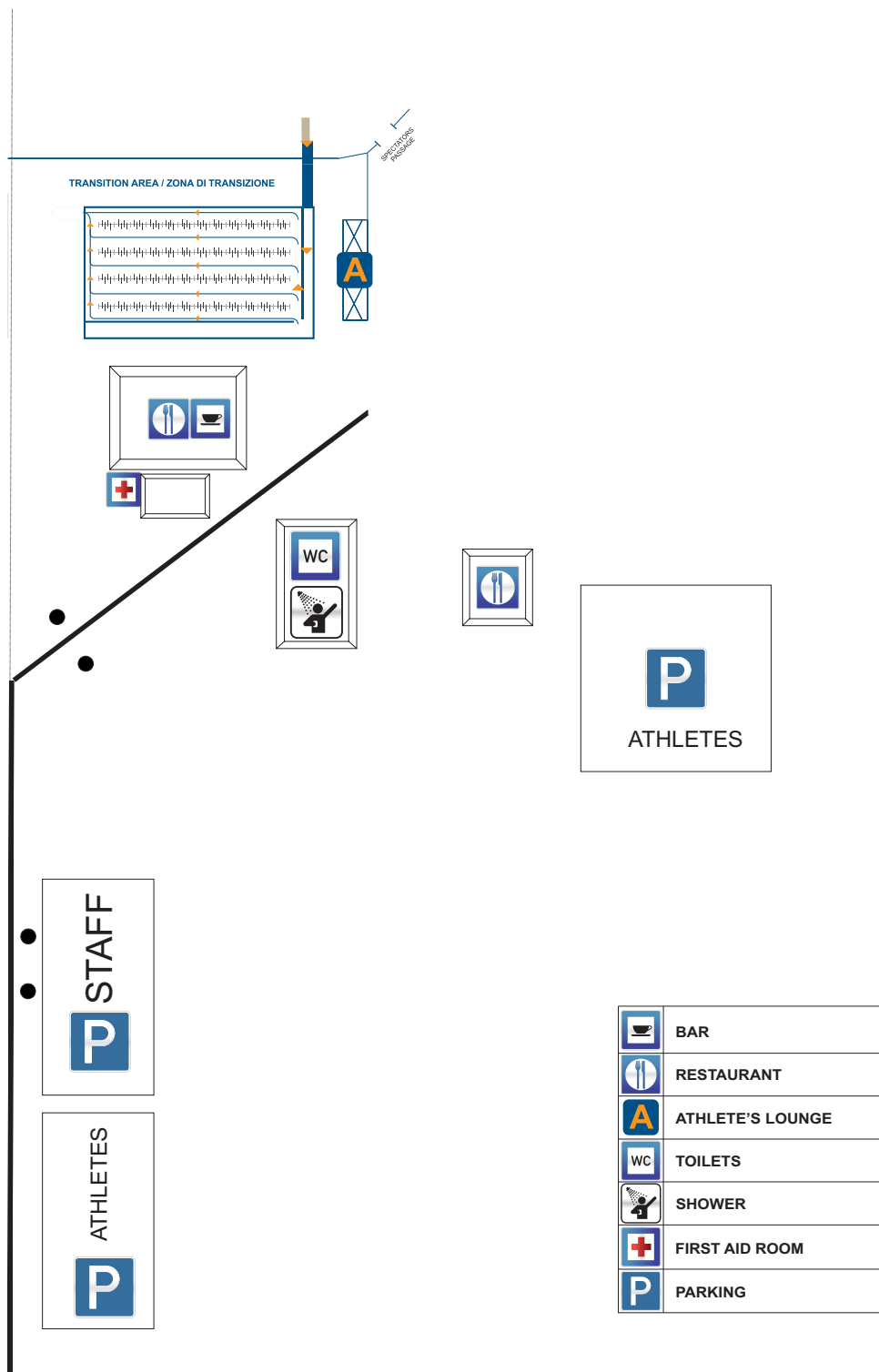
#### **4.14 MOUNTAIN BIKE MECHANICAL ASSISTANCE**

There will be a bike mechanic and shop at the race location within the 'Cala Ginepro Camping'. They will be available on:

- Thursday 24<sup>TH</sup> September 13:00-20:00
- Friday 25<sup>TH</sup> September 08:00-20:00
- Saturday 26<sup>TH</sup> September 08:00-20:00
- Sunday 27<sup>TH</sup> September 07:00-09:00

#### 4.15 SERVICES

The race is located within the 'Cala Ginepro Camping'. It is a fantastic location as there are a wide range of facilities and services, which logistically are able to meet the needs and requirements of all athletes, friends, family and spectators.





## 5 PRIZE MONEY

### 5.1 PRIZE MONEY - ITU Cross Triathlon World Championships

The first 10 athletes in the Elite/U23 category of the ITU Cross Triathlon World Championships will receive prize money which will be distributed as outlined in the table below.

Pos	Men	Women
1	\$ 5,625.00	\$ 5,625.00
2	\$ 4,500.00	\$ 4,500.00
3	\$ 3,375.00	\$ 3,375.00
4	\$ 2,250.00	\$ 2,250.00
5	\$ 1,800.00	\$ 1,800.00
6	\$ 1,575.00	\$ 1,575.00
7	\$ 1,350.00	\$ 1,350.00
8	\$ 900.00	\$ 900.00
9	\$ 675.00	\$ 675.00
10	\$ 450.00	\$ 450.00
<b>TOT</b>	<b>\$ 45.000,00</b>	

## 6 RACE INFORMATION

### 6.1 DISTANCES

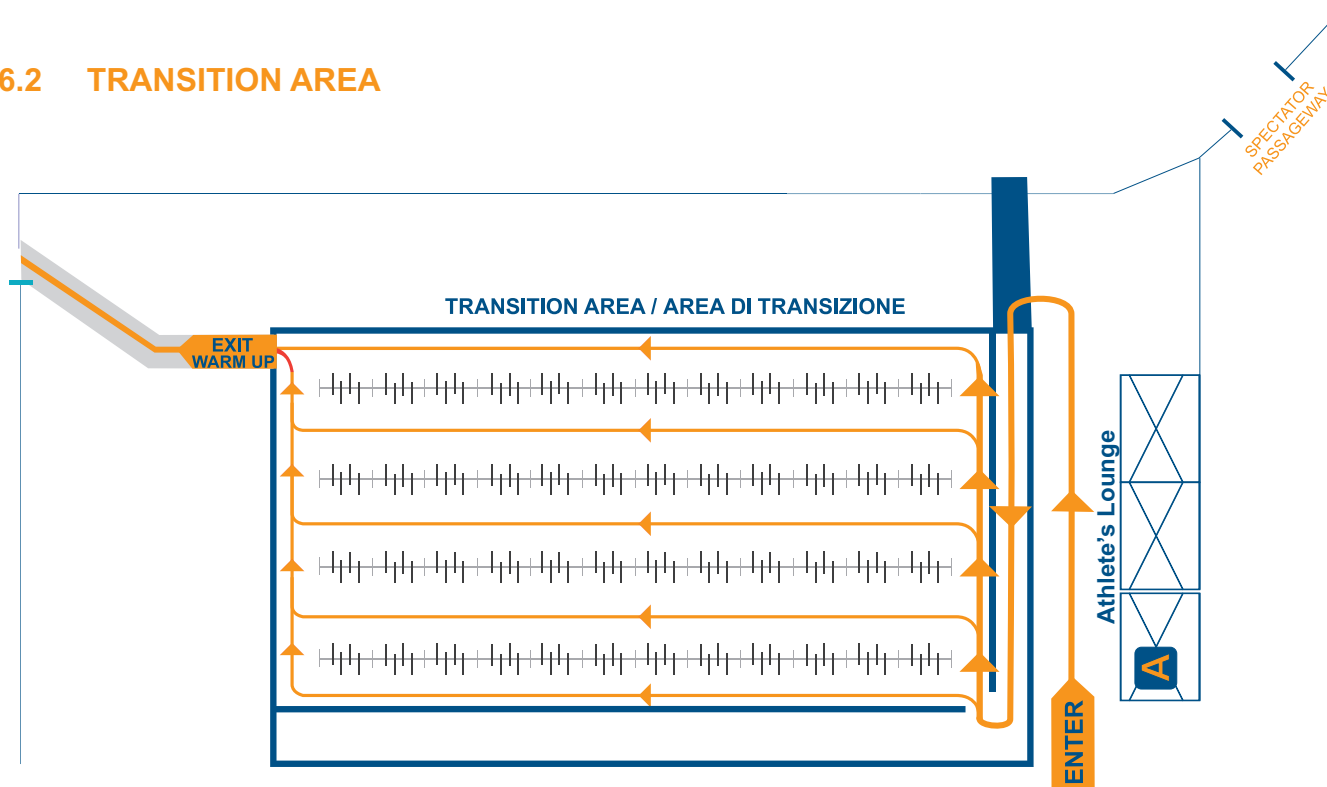
#### 6.1.1 ITU CROSS TRIATHLON WORLD CHAMPIONSHIP

Category	Swim	Mountain Bike	Run
Elite	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
U23	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
Junior	750 m: 1 lap	15 km: 1 lap	5 km: 1 lap
Age Group	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
Para Tri	750 m: 1 lap	15 km: 1 lap	5 km: 1 lap

#### 6.1.2 TNATURA SARDEGNA / LITE / TEAM

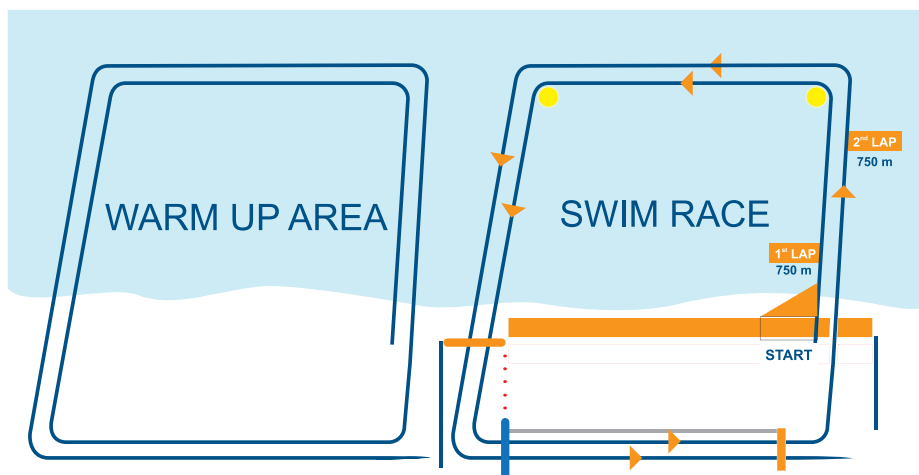
Category	Swim	Mountain Bike	Run
TNatura	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
Lite	750 m: 1 lap	15 km: 1 lap	5 km: 1 lap
Team	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km

### 6.2 TRANSITION AREA



### 6.3 WARM UP

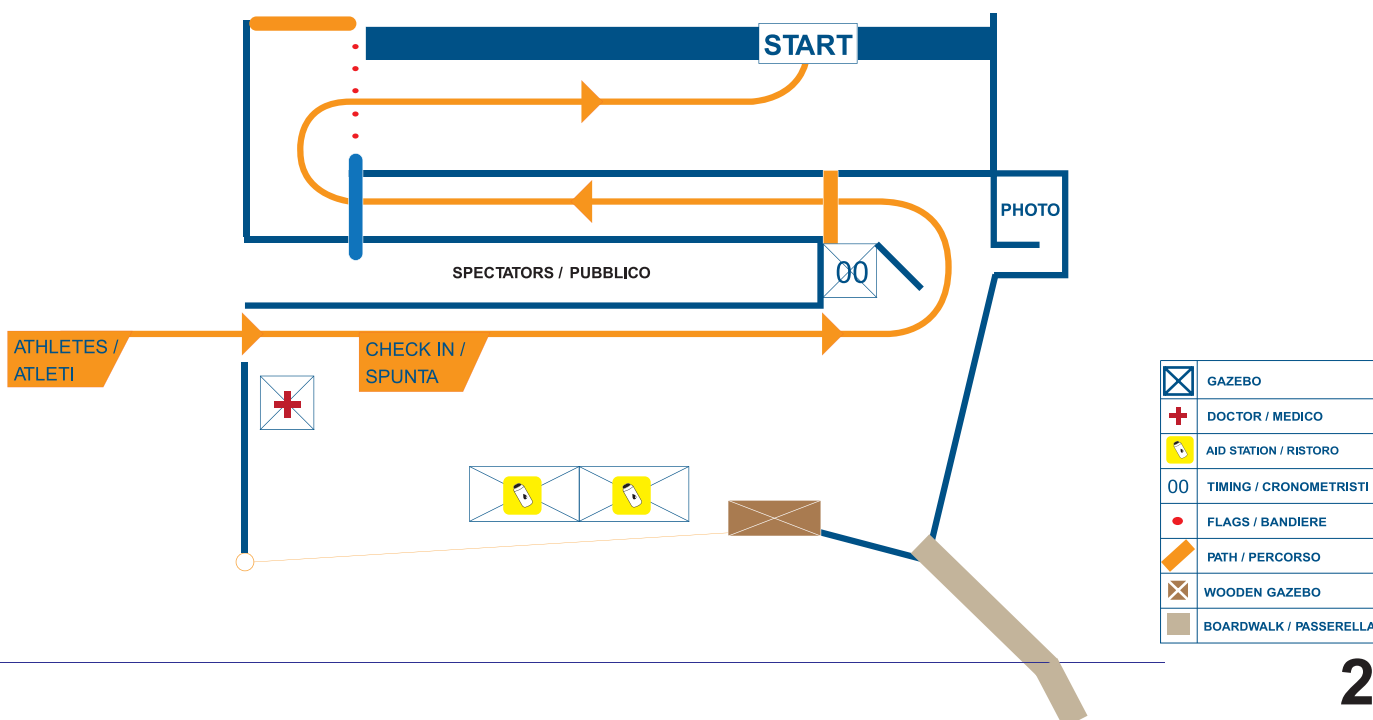
From 7:00 to 8:50 athletes will have the opportunity to warm up in the sea, to the left of the race course. Athletes will not be able to use the area within the buoys to warm up.



### 6.4 RACE START

The race will start on Cala Ginepro beach, close to the transition area.

## START AREA



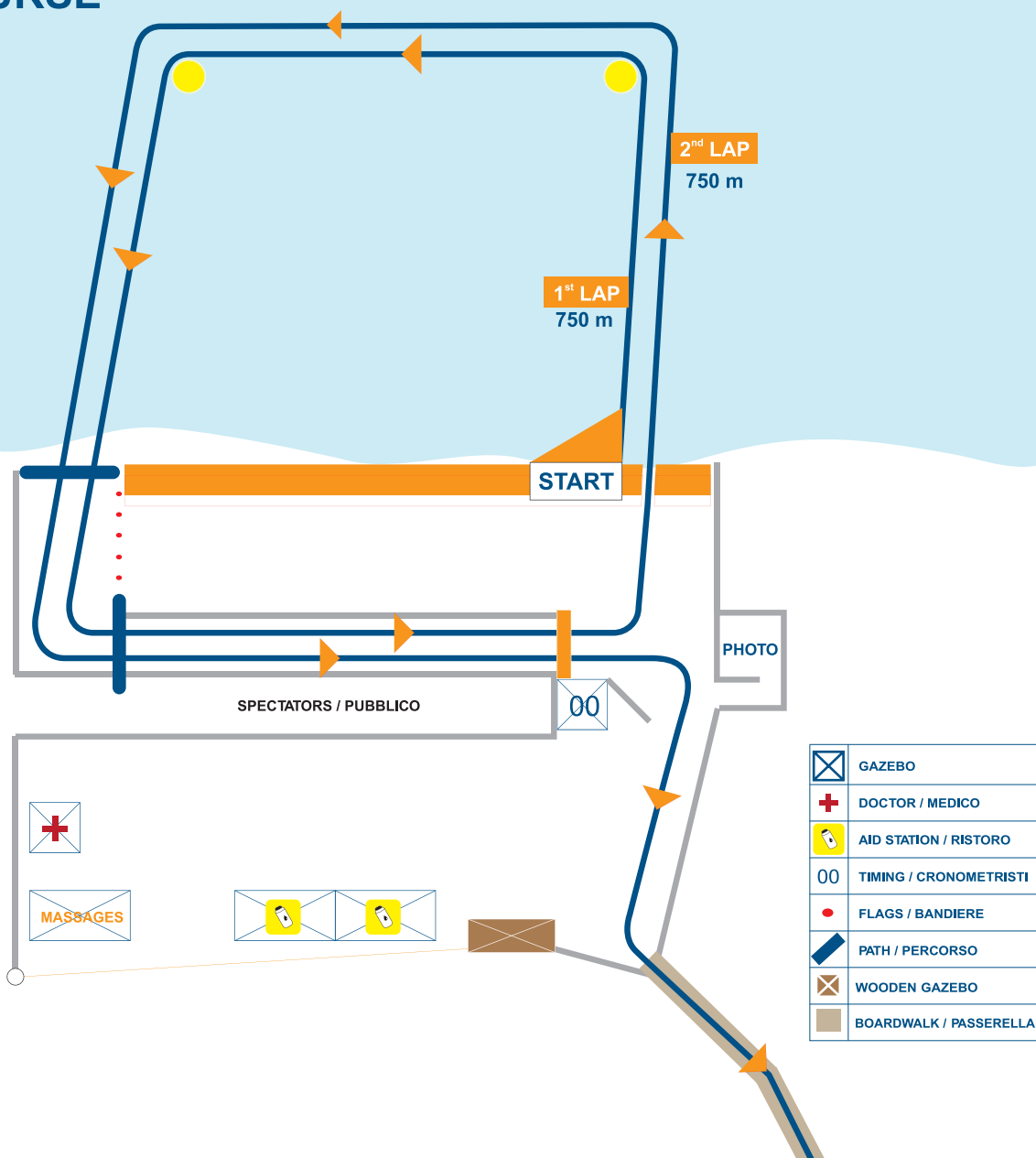
# 7 SWIM COURSE

**SWIM: 2 laps of 750 m - 1,5 km TOTAL**

## 7.1 SWIM COURSE

The swim course is made of up of two 750m laps. It will be swam in anti-clockwise and the distance to the first buoy is 300 m and the turns are marked by yellow buoys. After the first lap, athletes will exit the water, complete a 50m stretch on the beach, then reenter the water to complete the second lap. Junior and Paratriathletes will only swim one lap.

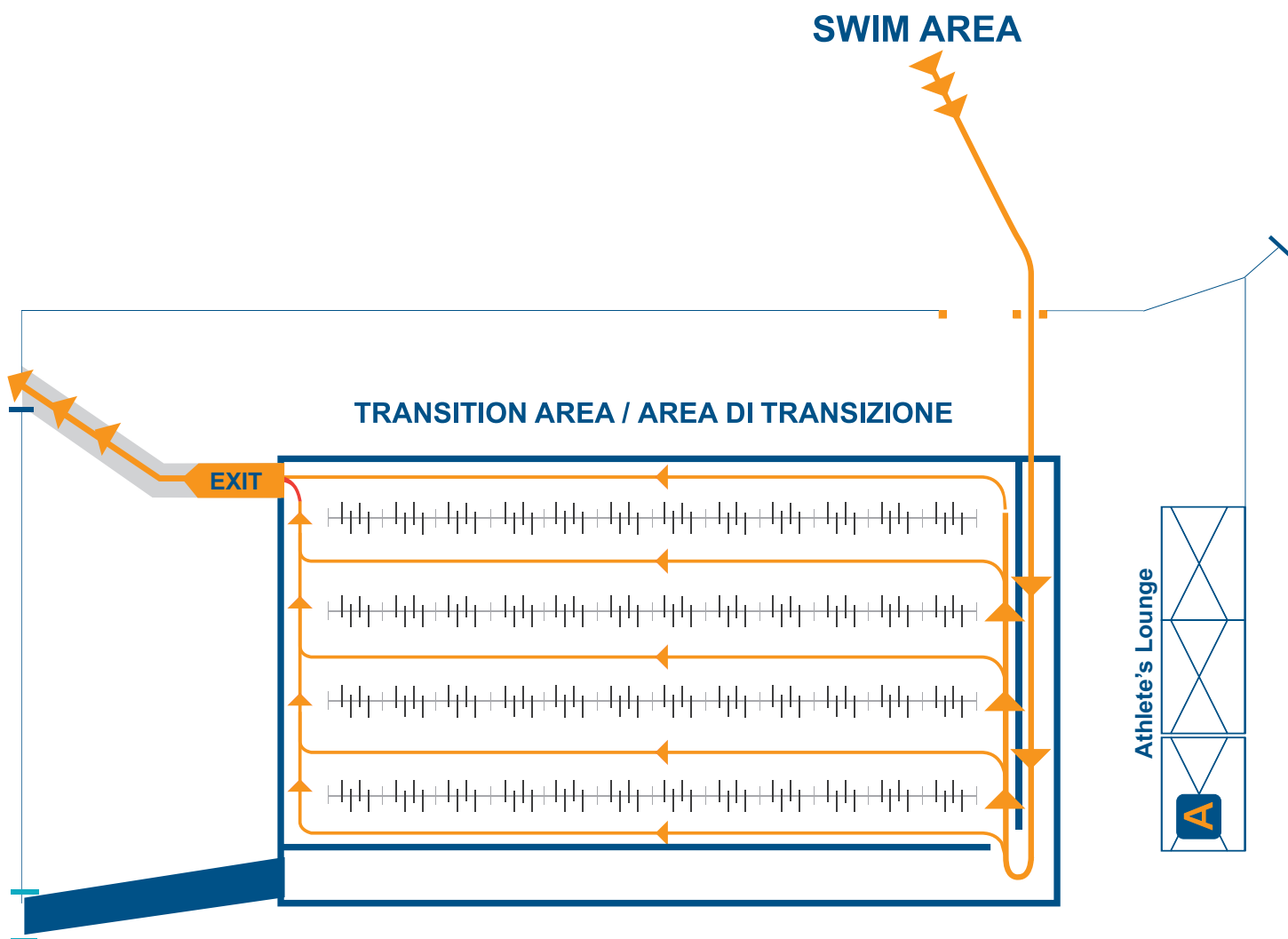
### SWIM COURSE



## 8 TRANSITION T1

### 8.1 TRANSITION T1

There is a passageway from the swim leading athletes to transition area. When athletes reach T1, they must place all their swim equipment next to their bike. In T1 bikes must be facing the direction of exit. Once athletes have securely fastened their helmets, they can unrack their bikes. Athletes will then wheel their bikes towards the bike exit, only mounting their bikes once they have reached the "mount line".

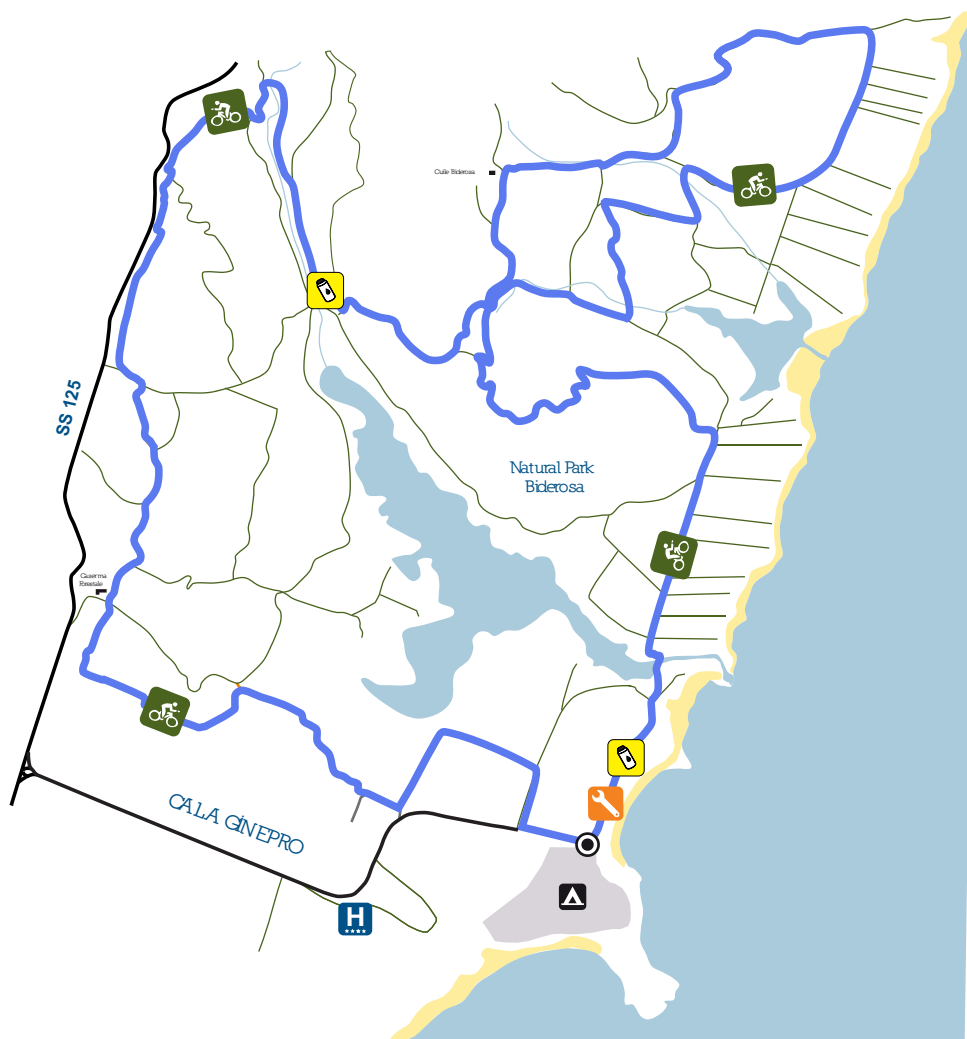








# 9 MOUNTAIN BIKE COURSE

**MTB: 2 laps of 15 Km - 30 Km TOTAL**

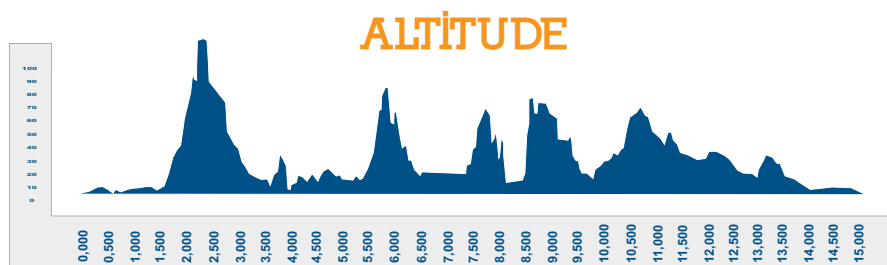
## 9.1 MTB COURSE

The MTB course consists of two 15km laps for Elite, U23 and Age Group athletes. Junior and Paratriathletes will complete one lap. This is a challenging course; offering technical sections, sandy sections and off road tracks. These are all set within the Biderosa Nature park, an area of natural beauty, where the race course will take athletes along paths overlooking the gulf of Orosei offering breathtaking scenery.



-  Arrival zone
-  Race Headquarters  
Hotel Cala Ginepro  
Conference Hall
-  Camping "Cala Ginepro"
-  Aid station
-  Wheel Station
-  Race

**BIKE 30 km**

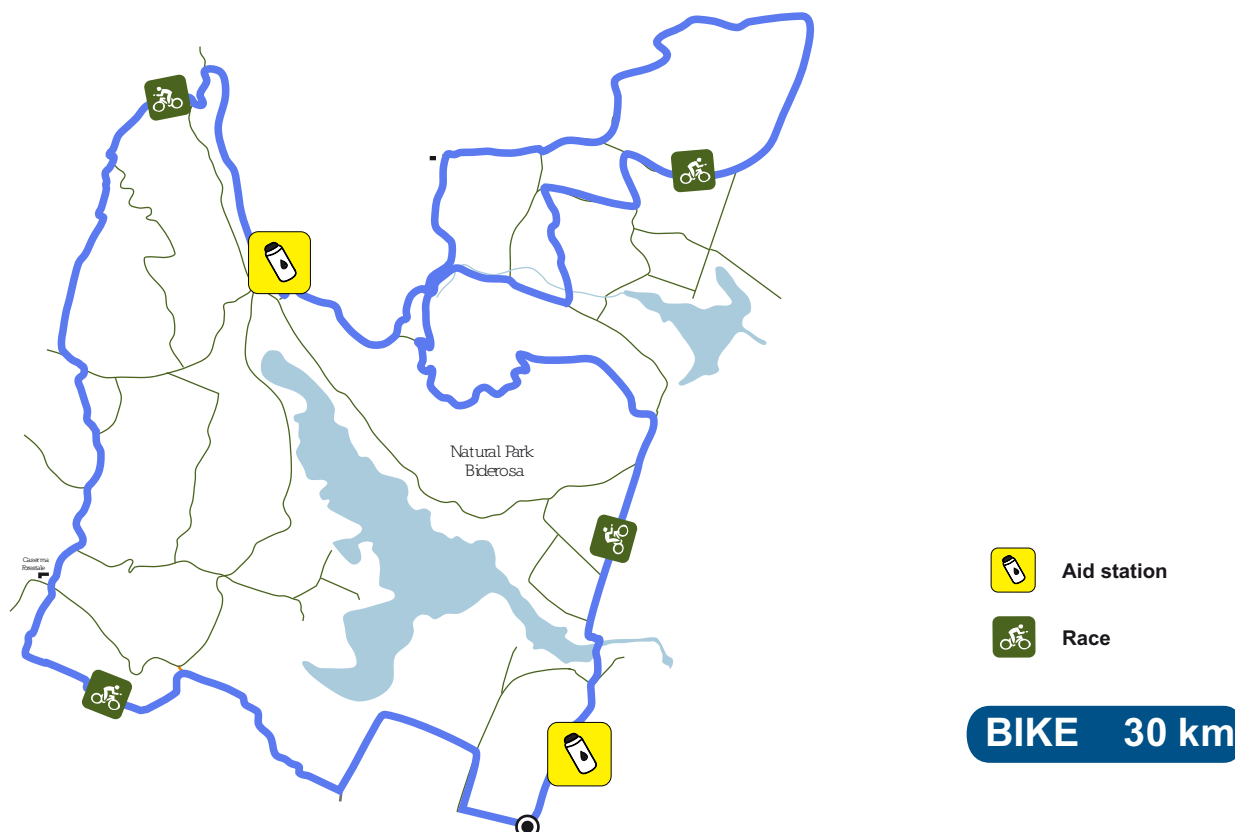


# 10 AID STATIONS ON MTB

**MTB: 2 laps of 15 Km - 30 Km TOTAL**

## 10.1 AID STATIONS - MTB

On the MTB course there will be two aid stations, the first will be on the right-hand side of the road upon exiting T1 (0.2km on lap 1, and at 15,2 km on lap 2), the second aid station will be inside Biderosa Park (at 8km on lap 1, and at 23km on lap 2). A sign will be placed 100 metres before the aid station. Aid stations will have bottles of water, and only the station upon exit of T1 will have energy drinks. Bottles will be of 500ml capacity; therefore, athletes should have compatible bottle cages. Full bottles will be distributed only to those athletes who discard empty bottles. Athletes who drop bottles along the course instead of in the allocated 'drop zone' will be penalized. When approaching the aid stations, athletes must state whether they want water or an energy drink. When approaching the aid stations athletes are reminded to pay maximum attention to volunteers and to other athletes around them. It is the athletes responsibility to slow down and take hold of the bottle. Athletes can stop at aid stations, however they should pass the station by about 10 metres before doing so. If the athlete decides to stop, they must ensure they are not obstructing other athletes.





# 11 COACH ZONE & BIKE WHEEL STATION

**MTB: 2 laps of 15 Km - 30 Km TOTAL**

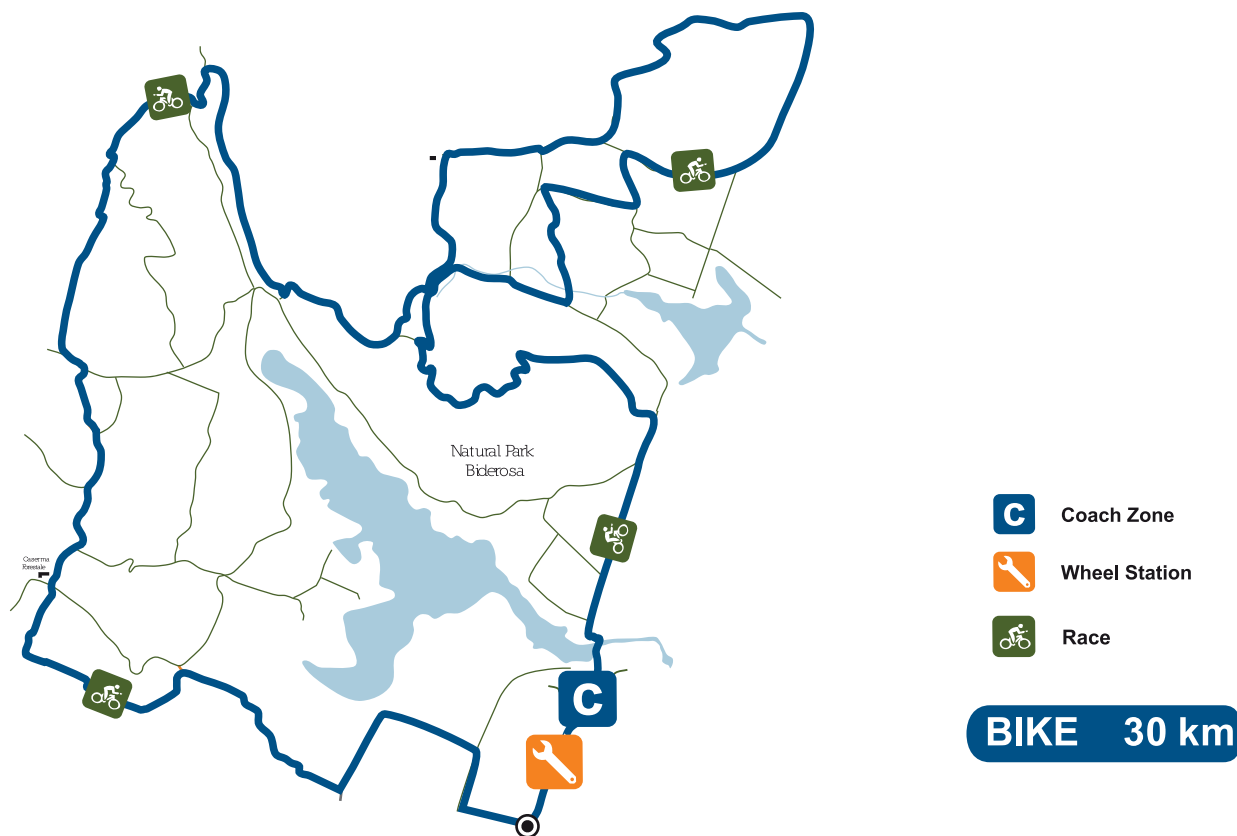
## 11.1 COACH ZONE (Elite/U23/Junior/Para Tri)

There will be a 'Coach Zone' located shortly after the first aid station (after exiting T1).

## 11.2 WHEEL STATION

A 'Wheel Station' will be located on the right hand side after exiting T1, which will be accessible on the first and second lap of the course. The 'Wheel Station' will only supply wheels which athletes have provided themselves.

The LOC will not supply any wheels. Wheels must be in the 'Wheel Station' at least 30 minutes before the start of the race, and must be marked with the athlete's race number and the country that they are racing for. It is the athletes/ their coach's responsibility to collect their wheels after the race.



# 12 TRANSITION T2

## 12.1 TRANSITION T2

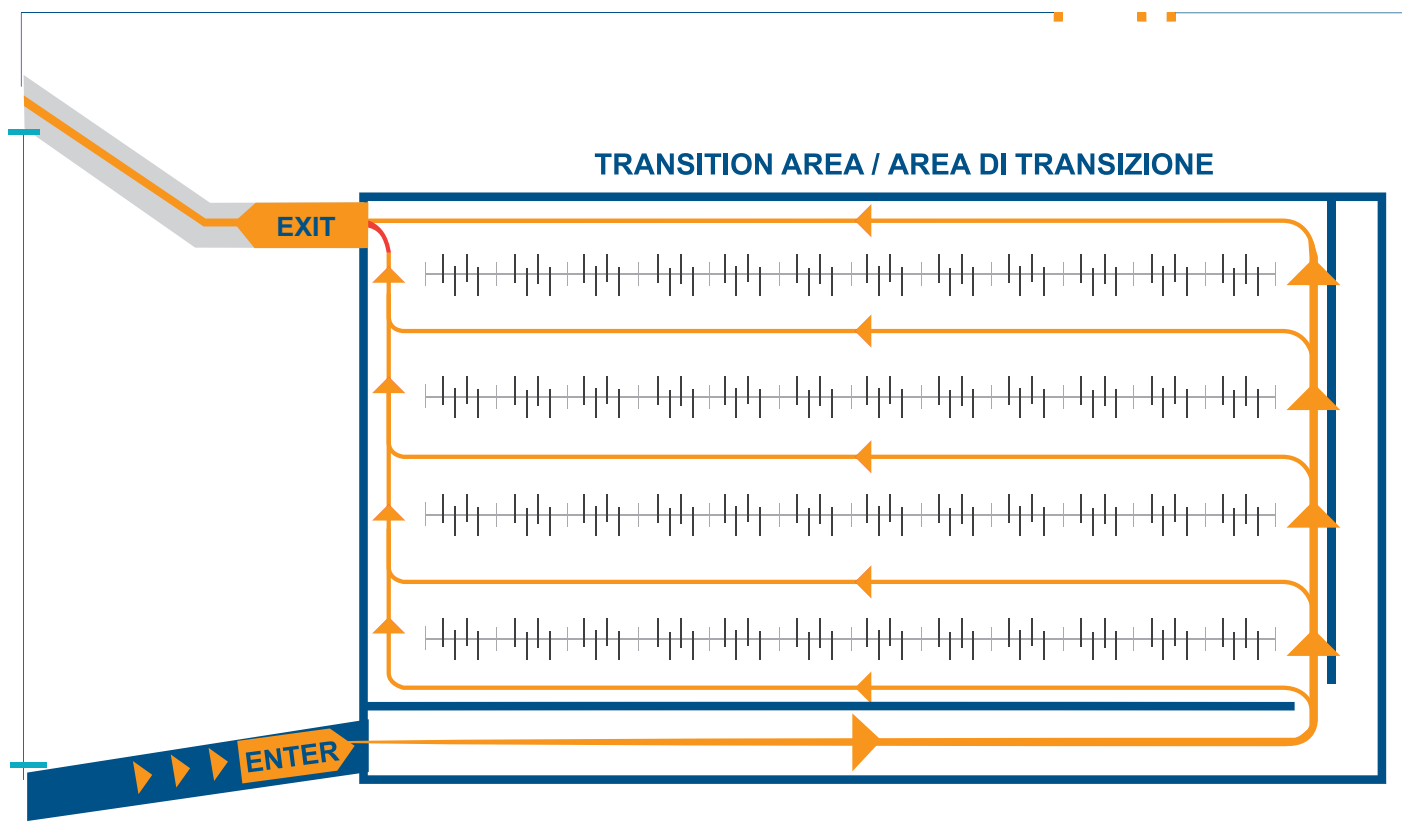
Athletes must dismount their bikes at the 'Dismount line'. Once dismounted they must wheel their bikes back to their racking position. Shoes must be placed next to their bike. Once athletes have their shoes on they can make their way to the run exit.

## 12.2 AGE GROUP CUT-OFF

To guarantee athlete and staff safety cut off will be enforced:

Swim + T1 + MTB + T2 (exit from T2): Total 3 hours and 40 minutes

Overall cut-off = 5 hours

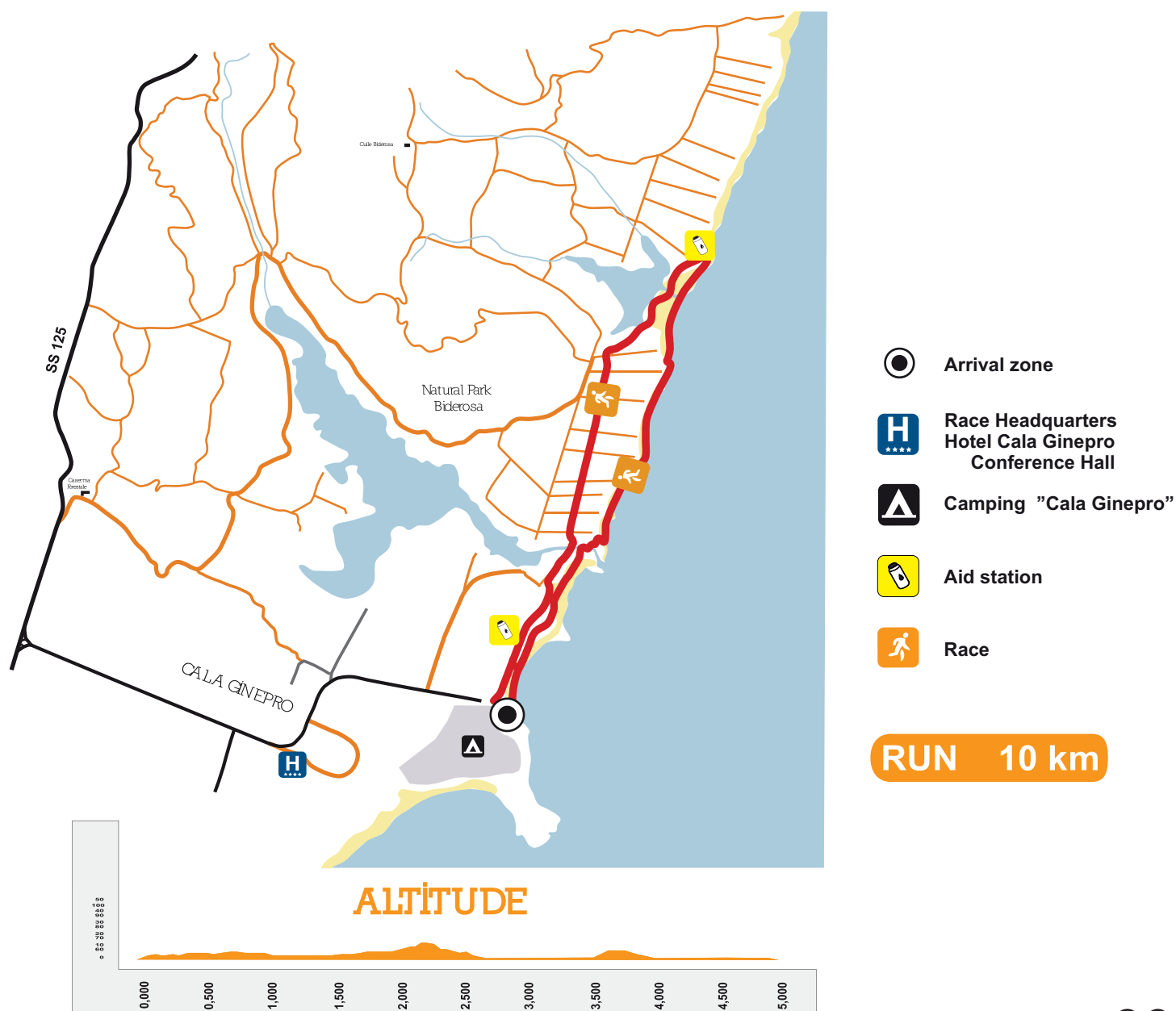


# 13 RUN COURSE

**RUN: 2 laps of 5 Km - 10 Km TOTAL**

## 13.1 RUN COURSE

The run course for Elite, U23 and Age Group athletes is made of two 5km laps, while Junior and Paratriathletes will run a single 5km lap. This section will take place predominantly on Cala Ginepro and Biderosa's white sand beaches as well as sections on off road trails. The smells and colours of the Mediterranean will accompany athletes to the finish line.



# 14 AID STATIONS & COACH ZONE

**RUN: 2 laps of 5 Km - 10 Km TOTAL**

## 14.1 AID STATIONS - RUN

On the run course there will be two aid stations, the first will be soon after exiting T2 near the bridge (at 0,2km on lap 1, and at 5,2km on lap 2). The second will be at the turn point (at 2,5km on lap 1 and 7,5km on lap 2). A sign will be placed 100 metres before the aid station. Aid stations will be handing out 500ml water bottles, coca cola, fruit, and the aid station upon exiting T2 will also be giving out energy drinks. When approaching the aid stations athletes state what they would like. Bottles can only be disposed of in the 'drop zone', athletes can keep the bottle with them whilst running, however, they must not be dropped along the course. Athletes found littering will be penalized.

## 14.2 COACH ZONE - RUN (Elite/U23/Junior/Para Tri)

There will be a 'Coach Zone' located shortly after the first aid station (after exiting T2).



# 15 FINISH LINE

## 15.1 TIMING CHIP

Athletes are required to hand back their timing chips to volunteers at the finish line.

## 15.2 MESSAGE SERVICE

There will be a message service available for athletes. This service is only available for those who have booked in advance. Athletes who have booked a message will be given a wristband which must be worn when they arrive for their message.

## 15.3 MEDICAL TREATMENT

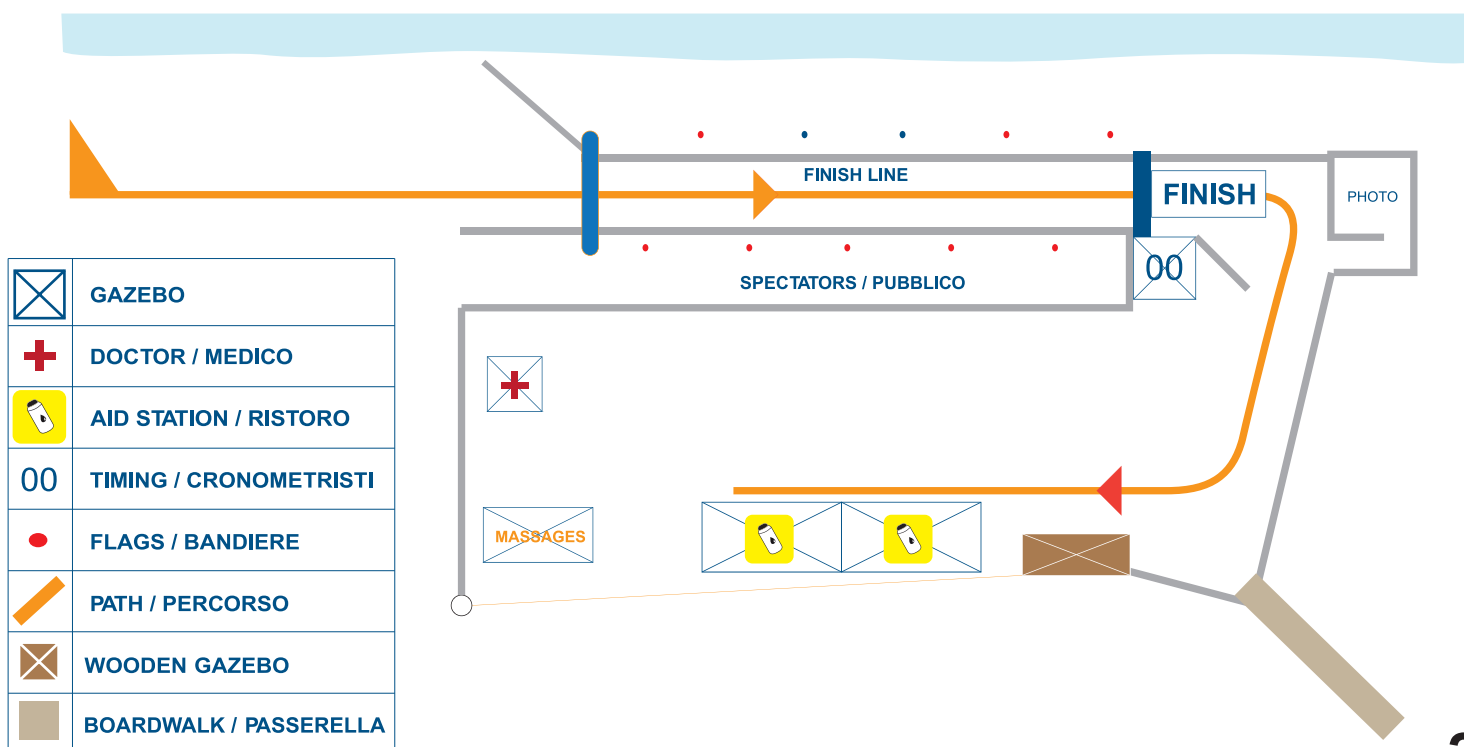
Staff will see that all athletes receive the appropriate medical treatment.

## 15.4 COLLECTING BIKES

Athletes can collect their own bikes from the transition area when the last athlete has left T2. Bikes which have not been collected will be held until 30 minutes after the arrival of the last athlete. To ensure bikes are given back to the correct owner, athletes are reminded to wear their wristband and race number.

## 15.5 RESULTS

Results will be posted in the "Race Information Office" shortly after the completion of the race, and will subsequently be available on the TNatura events website and the ITU websites.



# 16 PHOTOS & PRIVACY

## 16.1 PHOTOGRAPHS

On the course, there will be six official TNatura photographers. They will be positioned on the swim exit, at points along the bike and run course and at the finish line. Photographs will be identified using athletes race numbers, therefore please ensure race belts are visible and worn on your fronts for the run section.

## 16.2 IMAGE COPYRIGHTS

When registering for TNatura Sardegna 2015, athletes will be giving authorization to; TNatura Events S.r.l., Island Group S.a.s, Island Team A.s.d and their associated third parties, as well as sponsorship and media partners. This authorization gives photographers the rights to use photographs of the athletes on all visual aids, on promotional material, advertising, and on products that may be made available across the world for the maximum time stated by the law, the regulations and the treaties in force, including any extensions to the time period.

Athletes allow TNatura Events S.r.l., Island Group S.a.s, Island Team A.s.d and their associated third parties' full and unlimited use of their images, without making any claims, including financial.

## 16.3 RESPONSIBILITY AND PRIVACY

When registering for TNatura Sardegna 2015, it is the athletes responsibility to read and accept the current race rules and regulations. As stated in Italian legislation n°196 of 30/6/2003, before registering for the event, it is the athletes responsibility to read the information regarding privacy protection and consent to the use of personal data.

## 16.4 OTHER

For all other information not provided in this 'Event Guide' you can refer to the specific laws in force. The race organisers reserve the rights to change the rules, at any moment, for reasons due to force majeure.

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