

# Aquece Rio

TEST EVENTS

## TRIATHLON TEST EVENT

1<sup>ST</sup> & 2<sup>ND</sup> August 2015

Athletes' Event Guide



# 1 | GENERAL INFORMATION

## 1.1 KEY DATES

### FRIDAY 31ST JULY

Activity	Times	Location
Paratriathlon bike course familiarization (reduced course)	08:30 - 09:30	Fort Copacabana
Paratriathlon swim course familiarization	10:00 - 11:00	Fort Copacabana
Paratriathlon coaches & team managers meeting	11:00 - 12:00	Rio Othon Hotel
Paratriathlon athletes & personal handlers briefing	12:00 - 13:30	Rio Othon Hotel
Triathlon test event press conference	14:00 - 15:00	Rio Othon Hotel
Elite athletes swim course familiarization (men & women)	16:15 - 17:15	Fort Copacabana
Elite coaches & team managers meeting	17:00 - 18:00	Rio Othon Hotel
Elite athletes briefing	18:00 - 19:00	Rio Othon Hotel

### SATURDAY 1<sup>ST</sup> AUGUST

Activity	Times	Location
Elite athletes bike course familiarization (men & women) - (escorted / full course)	07:00 - 07:30	Fort Copacabana
Paratriathlon bike course familiarization (men & women) - (full course)	07:30 - 08:30	Fort Copacabana
Paratriathlon PT4 / PT2 (men & women) competition start	09:30	Fort Copacabana
Paratriathlon PT1 (men & women) competition start	12:45	Fort Copacabana
Paratriathlon PT3 / PT5 B1 (men & women) competition start	14:15	Fort Copacabana
Paratriathlon PT5 B2/B3 (men) competition start	14:18:18	Fort Copacabana
Paratriathlon PT5 B2/B3 (women) competition start	14:18:48	Fort Copacabana

### SUNDAY 2<sup>ND</sup> AUGUST

Activity	Times	Location
Elite Women competition start	09:00	Fort Copacabana
Elite Men competition start	12:30	Fort Copacabana

All the briefings will be held at the Rio Othon Hotel, Copacabana.

**Rio Othon Hotel**

Av. Atlântica, 3.264 - Copacabana

<http://www.othon.com.br/en/hoteis/hotel-em-copacabana/rio-othon-palace#o-hotel>

## 1.2 KEY CONTACTS

Function	Name	Contact Number
LOC Sport Manager	Rychard Hryniewicz	+ 55 21 99419 8474
LOC Service Manager	Thalles Laranjo	+ 55 21 97555 9439
LOC Technical Operations Manager	Paulo Dantas	+ 55 13 99794 2922
ITU co- TD (Triathlon)	Juliet Fahey	
ITU co- TD (Triathlon)	Enrique Quesada	
ITU TD (Paratriathlon)	Thanos Nikopoulos	
ITU Medical Delegate	Dr. Doug Hiller	

## 1.3 EVENT WEBSITE

Here is the link to the Aquece Rio Triathlon's website:

<http://www.aquecerio.com/en/triathlon2015/>

## 1.4 EVENT ORGANISER

*RIO 2016 Olympic & Paralympic Games Organizing Committee*

R. Ulysses Guimarães, 2016 - Cidade Nova - Rio de Janeiro - RJ, 20211-225

Website: <http://www.rio2016.com>

## 1.5 HOST NATIONAL FEDERATION

*Confederação Brasileira de Triathlon*

Rua Henrique Laranja, 547 - Centro - Vila Velha- ES, 29.100-350

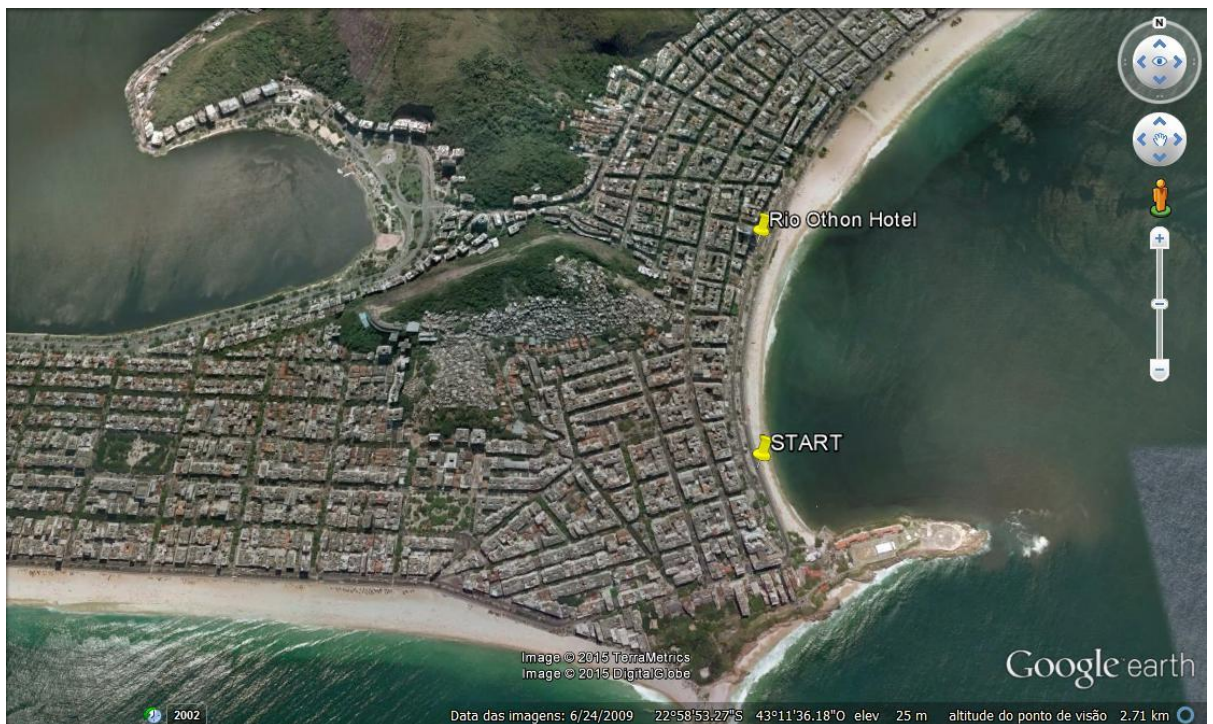
Website: <http://www.cbtri.org.br>

## 2 | VENUES

### 2.1 VENUE

The venue is the astonishing and well-known Copacabana beach, one of the most recognizable beaches in the world.

The short and very pleasant walk from the official hotel *Rio Othon* will take approximately 15 min.



### 2.2 ATHLETES' LOUNGE

Facilities including an athletes' lounge and toilets are provided for the athletes and coaches/ team managers only within the main venue close to the finish area as well as toilet and changing facilities within the lounge itself.

Sealed bottles of water and fruit will be offered to the athletes before and after the race, in the athletes' lounge.

Athletes' lounge check in times:

Activity	Day	Opening hours
Paratriathlon PT4/PT2 (men & women)	1 <sup>st</sup> August	07:15 - 08:30
Paratriathlon PT1/PT3/PT5 (men & women)	1 <sup>st</sup> August	10:30 - 11:45
Elite women	2 <sup>nd</sup> August	07:00 - 08:30
Elite men	2 <sup>nd</sup> August	10:15 - 11:45

## 2.3 DOPING CONTROL

Doping control will be performed according to the international anti doping rules and standards. The doping control facilities are located at the main venue, next to the athletes' lounge.

## 2.4 MEDICAL SERVICES

Medical services will be provided at the venue during each official activity (course familiarizations/competitions)

### DESIGNATED HOSPITAL

There will be a designated hospital for this event which will be prepared to receive any patient necessary and with which Rio 2016 has an agreement.

The designated hospital for this event is:

#### Hospital Samaritano

Rua Bambina, 98, Botafogo, Rio de Janeiro - RJ

The Hospital Samaritano is about 30 min drive from both the Rio Othon Hotel and the event venue: Fort Copacabana.

## 2.5 BIKE MECHANIC SERVICE

Bike Mechanic Support will be available in the athletes lounge area during course familiarizations and competitions.

If you need help outside these hours please contact the LOC Office.

## 2.6 INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at *Fort Copacabana*.

Opening hours LOC Office:

Day	Opening hours
Friday 31 <sup>st</sup> July	06:00 - 18:00
Saturday 1 <sup>st</sup> July	06:00 - 18:00
Sunday 2 <sup>nd</sup> July	06:00 - 18:00

For assistance outside these hours, please contact Mr. Thalles Laranja, LOC Services Manager (tel.: + 55 21 97555 9439)

## 3 | ACCOMODATION

### 3.1 OFFICIAL HOTEL

#### Rio Othon

Av. Atlântica, 3.264 - Copacabana

<http://www.othon.com.br/en/hoteis/hotel-em-copacabana/rio-othon-palace#o-hotel>

#### DISTANCE HOTEL-VENUE

15 minutes' walk to Fort Copacabana

#### PRICES

Superior Room - R\$ 450 + 15% - accessible rooms

Superior premium room partial view - R\$ 495 + 15%

Deluxe room partial view - R\$ 537 + 15%

Includes breakfast and Internet access.

Athletes allowed to take the bikes to the room.

All accommodation costs will be invoiced in Brazilian Reais.

#### BOOKINGS

Rooms must be booked directly and paid to the hotel (see contacts below). Please inform when contacting the hotel that you are Test Event Participants.

Room availability and prices subject to change.

Tel: + 55 21 2106 0200

E-mail: [central.reservas@othon.com.br](mailto:central.reservas@othon.com.br)

### 3.2 ADDITIONAL OPTION

#### Hotel South American

Rua Francisco Sá, 90 - Copacabana

<http://www.southamericanhotel.com.br>

#### DISTANCE HOTEL-VENUE

10 minutes walk to Fort Copacabana

#### PRICES

Superior - R\$ 413 + 5% Iss

Includes breakfast and Internet access.

Athletes allowed to take the bikes into the room.

All accommodation costs will be invoiced in Brazilian Reais.

#### BOOKINGS

Rooms must be booked directly and paid to the hotel (see contacts below), before the 29th of June. Please inform when contacting the hotel that you are Test Event Participants and inform of the code 3207.

After this date, room availability and prices cannot be guaranteed.

Fátima Maidano: Tel.: + 55 21 2227 9161  
E-mail [fatima@southamericanhotel.com.br](mailto:fatima@southamericanhotel.com.br)

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**Hotel Copa Sul**  
Av. NS de Copacabana, 1.284 (Posto 6) - Copacabana  
<http://www.copasul.com.br/en/>

### **DISTANCE HOTEL-VENUE**

5 minutes walk to Fort Copacabana

### **PRICES**

Standard - Single R\$ 360 / Twins R\$ 370 + 5%

Superior - Single R\$ 415 / Twins R\$ 425 + 5%

Includes breakfast and Internet access.

Athletes allowed to take the bikes into the room.

All accommodation costs will be invoiced in Brazilian Reais.

### **BOOKINGS**

Rooms must be booked directly and paid to the hotel (see contacts below). Please inform when contacting the hotel that you are Test Event Participants.

Room availability and prices subject to change.

Tel.: + 55 21 3202 9450

E-mail: [copasul@copasul.com.br](mailto:copasul@copasul.com.br)

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**Windsor Leme**  
Av. Atlântica, 656 - Copacabana  
<http://windsorhoteis.com/hotel/windsor-leme-hotel/apresentacao/>

### **DISTANCE HOTEL-VENUE**

3.9 km - Not a Walking distance, transport required.

### **PRICES**

Single or Twins Friendly accessible room - R\$ 450 + 15%

Includes breakfast and Internet access.

Athletes allowed to take the bikes into the room.

All accommodation costs will be invoiced in Brazilian Reais.

### **BOOKINGS**

Rooms must be booked directly and paid to the hotel (see contacts below). Please inform when contacting the hotel that you are Test Event Participants.

Room availability and prices subject to change.

Nathália Pires

Tel: +55 21 2195 7800

E-mail: [centraldereservas@windsorhoteis.com.br](mailto:centraldereservas@windsorhoteis.com.br)

## 4 | AIRPORT TRANSFERS

The LOC will not provide transportation for athletes and officials, and recommend the team delegations to contact ALATUR Agency to arrange the airport transfers of their athletes.

**ALATUR Agency**

Tel: +55 11 3217 9041 or +55 11 3217 4329 E-mail: [test-events@alatur.com](mailto:test-events@alatur.com)

## 5 | TRAINING

### 5.1 TRAINING SESSIONS IN THE SWIMMING POOL

Pre-competition training is possible at the *Botafogo Futebol e Regatas Clube* (one 25m indoor pool & one 50m outdoor pool) and at the *Fluminense Football Club* (one 25m outdoor pool).

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#### **Botafogo Futebol e Regatas clube**

Mourisco Mar - Av. Repórter Nestor Moreira, s/n, Botafogo, Rio de Janeiro

Tel: + 55 21 2295 3247

[www.botafogo.com.br/](http://www.botafogo.com.br/)

#### **DESCRIPTION OF THE POOLS**

There are two pools available (one indoor: 25m and one outdoor: 50m)

Accessibility: Accessed by ramps. Do not have elevators.

#### **RESERVATION & ENTRY FEE**

The entry fee is not covered by the LOC.

Type of rental (hour/lane/person): To be discussed with Mr. Luiz Claudio.

#### **CONTACT FOR RESERVATION**

Name: Luiz Cláudio "Ique" - Director of Aquatics Sports

Phone: +55 21 2295-3247

E-mail: [ique@botafogo.com.br](mailto:ique@botafogo.com.br)



## HOW TO GET TO BOTAFOGO FUTEBOL E REGATAS CLUBE

The LOC recommend to take a taxi to go to the swimming pool as the club is not easy to access by public transport.

The swimming pool is approximately 20 min from the Rio Othon Hotel (depending on traffic conditions) - see map below.

It will cost about R\$ 30 (depending on traffic conditions).

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### *Fluminense Football Club*

Rua Alvaro Chaves, 41 - Laranjeiras - Rio de Janeiro,  
Tel: +55 21 2554-5199 / +55 21 97461-2342

<http://www.fluminense.com.br/>

## DESCRIPTION OF THE POOLS

There is one 25m outdoor swimming pool available with 8 lanes available from 10:00 to 14:00 and 4 lanes available from 19:00 to 22:00.

The pool is wheelchair accessible.

## RESERVATION & ENTRY FEE

The entry fee is not covered by the LOC.

Type of rental (hour/lane/person): To be discussed with Mr. Frederico Castro

## CONTACT FOR RESERVATION

Name: Frederico Castro

Phone: + 55 21 2554-5199 / + 55 21 97461-2342

E-mail: [frederico.castro@fluminense.com.br](mailto:frederico.castro@fluminense.com.br)

## HOW TO GET TO BOTAFOGO FUTEBOL E REGATAS CLUBE

The LOC recommend to take a taxi to go to the swimming pool as the club is not easy to access by public transport.

The swimming pool is approximately 35 min from the Rio Othon Hotel (depending on traffic conditions) - see map below.

It will cost about R\$ 45 (depending on traffic conditions).

## 5.2 BIKE TRAINING

The suggested area for cycling is known as Circuito Pedro Nikolay or just *Aterro do Flamengo* as the locals say.

It is a 7km course for bicycles and hand cycles only.

The area is isolated from cars, motorcycles and buses from Tuesday to Thursday from 4:00 AM until 5:30AM. The full closure happens from the Avenida Don Henrique happens in the area between Estudante Edson Luiz de Lima Souto, Avenida General Justo and Avenida Infante Dom Henrique.

At 5:30AM, the area is dismantled and open for regular traffic.

The operation has the support and assistance of CET-Rio, Police and the City. Although, we do remind you, you are cycling at your own risk.

## 5.3 RUN TRAINING

The preferred places for running in Rio are the scenic areas of Copacabana beach, Ipanema/Leblon and the Lagoa Rodrigo de Freitas area, all of them in the extended Copacabana area. The area along the beach is over 10km in extension and the loop around the Lagoa is about 7,5km.

## 5.4 COURSE FAMILIARIZATIONS

### SWIM

Swim course familiarization will take place at the *Fort Copacabana* at the following times on Friday 31<sup>st</sup> July:

**Paratriathlon swim course familiarization: 10:00 to 11:00**

**Elite athletes swim course familiarization: 16:15 to 17:15**

Athletes must report to the athletes lounge in order to register for swim course familiarization.

During the swimming course familiarization there will be lifeguards and medical service available.

### BIKE

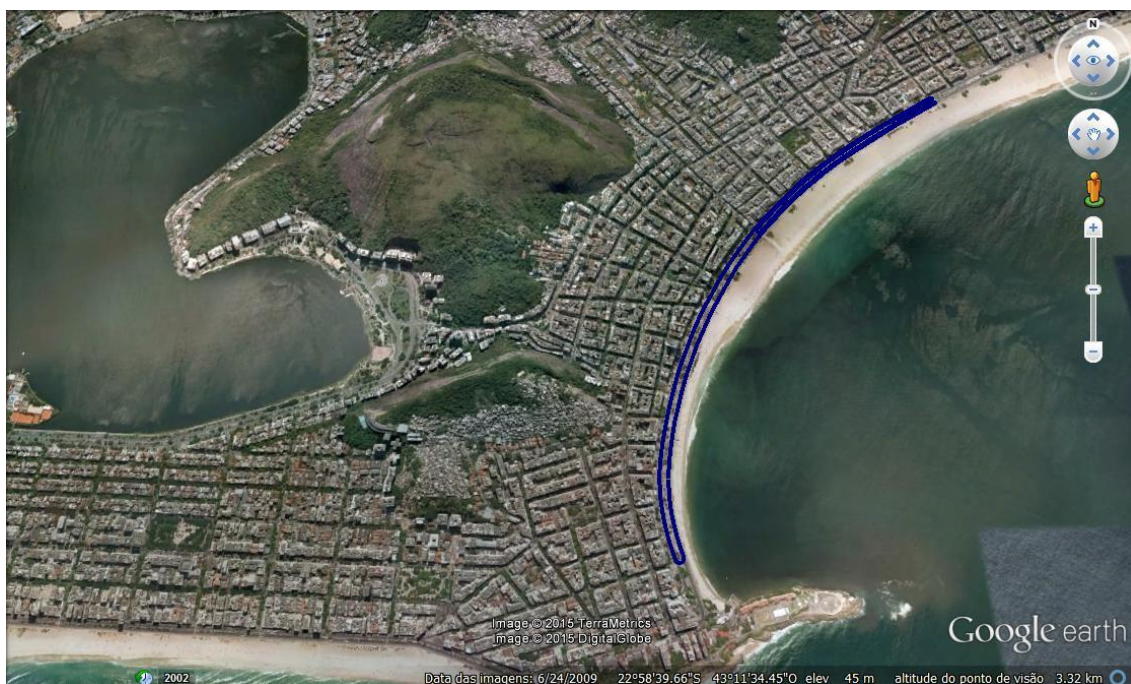
Bike course familiarization will take place on the Av. Atlântica, Copacabana, from *rua Almirante Gonçalves* to *rua Siqueira Campos*.

**Paratriathlon bike course familiarization (reduced course)**

**Friday 31<sup>st</sup> July - 08:30 to 09:30**

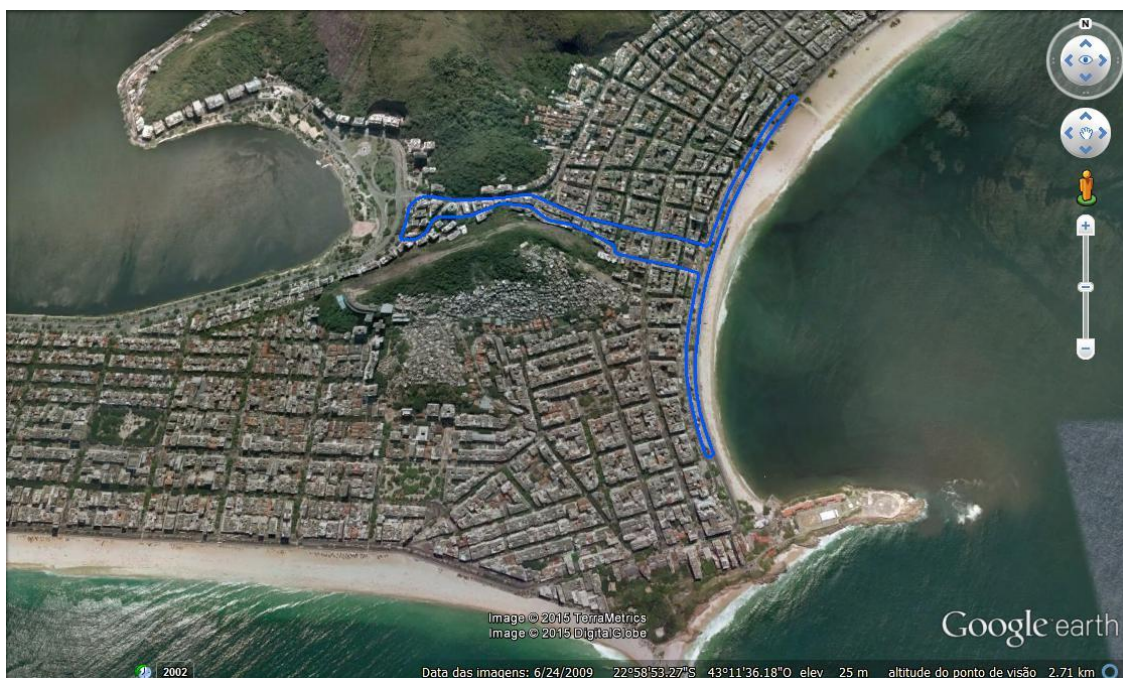
**Paratriathlon bike course familiarization (full course - see map below)**

**Saturday 1<sup>st</sup> August - 07:30 to 08:30**



Elite athletes' bike course familiarization (escorted / full course - see map below)

Saturday 1<sup>st</sup> August - 07:00 to 07:30



# 6 | COMPETITION INFORMATION

## 6.1 COMPETITION SCHEDULE

### ELITE ATHLETES' SCHEDULE

#### FRIDAY 31<sup>ST</sup> JULY

Times	Action	Location
06:00 - 18:00	LOC office open	Fort Copacabana
14:00 - 15:00	Press conference	Rio Othon
16:15 - 17:15	Elite athletes swim course familiarization (men & women) – reduced course	Fort Copacabana
17:00 - 18:00	Elite coaches & team managers meeting	Rio Othon
18:00 - 19:00	Elite athletes briefing	Rio Othon

#### SATURDAY 1<sup>ST</sup> AUGUST

Times	Action	Location
06:00 – 18:00	LOC office open	Fort Copacabana
07:00 – 07:30	Elite athletes' bike course familiarization (men & women)	Av. Atlântica, Copacabana

#### SUNDAY 2<sup>ND</sup> AUGUST

Times	Action	Location
06:00 – 18:00	LOC office open	Fort Copacabana
07:00 - 08:30	Elite women athlete lounge check in	Athletes' Lounge
08:00 - 08:45	Elite women transition check in	Transition area
08:00 - 08:30	Elite women swim warm up	Swim Course
08:50	Elite women athlete presentation	Transition area
<b>09:00</b>	<b>Elite women– Competition start</b>	<b>Fort Copacabana</b>
10:15 - 11:45	Elite men athlete lounge check in	Athletes' Lounge
11:15 - 11:25	Elite women - Award ceremony	Transition area
11:30 - 12:15	Elite men transition check in	Transition area
11:30 - 12:15	Elite men swim warm up	Swim Course
12:20	Elite men athlete presentation	Transition area
<b>12:30</b>	<b>Elite men– Competition start</b>	<b>Fort Copacabana</b>
14:45 – 15:00	Elite men athletes - Award ceremony	Transition area

## PARATRIATHLON ATHLETES' SCHEDULE

### FRIDAY 31<sup>ST</sup> JULY

Times	Action	Location
06:00 - 18:00	LOC office open	Fort Copacabana
08:30 - 09:30	Paratriathlon bike course familiarization (reduced course)	Av. Atlântica, Copacabana
10:00 - 11:00	Paratriathlon swim course familiarization	Fort Copacabana
11:00 - 12:00	Paratriathlon coaches and team managers meeting	Rio Othon
12:00 - 13:30	Paratriathlon athletes and handlers briefing	Rio Othon
13:30 - 14:00	Paratriathlon PT1 race wheelchair & handcycle check	Fort Copacabana
14:00 - 15:00	Press Conference	Rio Othon

### SATURDAY 1<sup>ST</sup> AUGUST

Times	Action	Location
06:00 - 18:00	LOC office open	Fort Copacabana
07:15 - 08:30	Paratriathlon PT4/PT2 (Men & Women) athlete lounge check-in	Athletes' Lounge
08:00 - 08:45	Paratriathlon PT4/PT2 (Men & Women) transition zone check-in	Transition Area
08:00 - 08:45	Paratriathlon PT4/PT2 (Men & Women) swim warm up	Fort Copacabana
08:55	Paratriathlon PT4/PT2 (Men & Women) athlete presentation	Fort Copacabana
09:00	Paratriathlon PT4/PT2 (M&W) transition from the beach to the start area	Fort Copacabana
<b>09:30</b>	<b>Paratriathlon PT4/PT2 (Men &amp; Women) athletes – Competition start</b>	<b>Fort Copacabana</b>
10:30 - 11:45	Paratriathlon PT1/PT3/PT5 (Men & Women) athlete lounge check-in	Athletes' Lounge
10:45	Paratriathlon PT4/PT2 (Men & Women) bike check out	Fort Copacabana
11:15 - 12:00	Paratriathlon PT1/PT3/PT5 (Men & Women) transition zone check-in	Transition Area
11:15 - 12:00	Paratriathlon PT1/PT3/PT5 (Men & Women) swim warm up	Fort Copacabana
12:10	Paratriathlon PT1/PT3/PT5 (Men & Women) athlete presentation	Fort Copacabana
12:15	Paratriathlon PT1 (M&W) athlete transition from the beach to the start area	Fort Copacabana
<b>12:45</b>	<b>Paratriathlon PT1 (Men &amp; Women) athletes – Competition start</b>	<b>Fort Copacabana</b>
13:45	Paratriathlon PT3/PT5 (M&W) athlete transition from beach to start area	Fort Copacabana
<b>14:15</b>	<b>Paratriathlon PT3/PT5 <u>B1</u> (Men &amp; Women) athlete – Competition start</b>	<b>Fort Copacabana</b>
<b>14:18:18</b>	<b>Paratriathlon PT5 <u>B2/B3</u> men athletes – Competition start</b>	<b>Fort Copacabana</b>
<b>14:18:48</b>	<b>Paratriathlon PT5 <u>B2/B3</u> women athletes – Competition start</b>	<b>Fort Copacabana</b>
16:30 - 17:00	Paratriathlon athletes - Medal ceremonies	Fort Copacabana

## 6.2 COMPETITION RULES

The *AqueceRio Olympic & Paralympic Triathlon* will follow the latest published Competition Rules from the International Triathlon Union ([www.triathlon.org/about/downloads/category/rules](http://www.triathlon.org/about/downloads/category/rules)).

## 6.3 INFORMATION ABOUT THE FIELD OF PLAY (FOP)

### ELITE ATHLETES' TRIATHLON COURSE (SWIM 1500M / BIKE 40KM / 10KM)

The Triathlon competition will be held in Copacabana, starting and ending at the beach. The event will consist of the following elements:

- There will be a beach start
- A one-lap (1,500m) swim in Copacabana Beach.
- Eight (8) laps (41.6km total) on a 5.2km cycling course taking a short segment of Atlântica Avenue, turning on Djalma Ulrich Street, going up on Prof. Gastão Bahiana Street, quickly through Eptácio Pessoa Street, up Henrique Dodsworth Avenue, Miguel Lemos Street and back to Atlântica Avenue for the longest segment.
- Four (4) laps (10km total) of a 2.5km running course in the seaside Atlântica Avenue.

### Wheel Stations

There will be 6 wheel stations along the course.

The LOC will provide neutral wheels at the wheel stations.

Here is the list of wheel types that will be available at the wheel stations:

- Back wheels campagnolo 700c + 11speed campagnolo compatibly casetted  
Complete wheel set (Includes Wheel, Tube, Tyre, Facarola, Mechanical Parts)
- Back wheels 700c + 10 speed campagnolo compatibly casetted  
Complete wheel set
- Back wheels 700c+ 10 speed Shimano casetted  
Complete wheel set
- Back wheels Shimano 700c + 11 speed Shimano casetted I

#### Complete wheel set

- Front wheels Shimano 700c

#### Complete wheel set

- Front wheels 650c (26"") with a 10 speed 11/28 cluster. 19mm tyre.
- Front wheels 700c with a 10 speed 11/28 cluster. 19mm tyre.
- Rear wheels for hand cycle Shimano 650c (26"") with a 1 1/4 inch hub. 19mm tyres
- Rear wheels for hand cycle Shimano 700c with a 1 1/4 inch hub. 19mm tyres
- Rear Rear wheels - 700c Zipp 909 with 19mm tyres with 15 inch pushrim
- Front wheel 20" with hub to mount on a racing wheel chair 20" Corima carbon

The teams are allowed to leave their team wheels only to the first wheel station.

#### Aid Stations

There will be 4 aid stations along the course.

#### Littering zones

Clearly marked littering zones will exist on both the bike and the run courses. More information will be provided at the race briefing.

#### Run Penalty box

There will be 1 run penalty box. It will be located before the transition zone.

#### Coaches areas

There will be 3 coaches areas (on the top of the hill, next to the penalty box and half way Av. Atlantica)

Transfer will be provided for the coaches area at the top of the hill. More information will be provided at the race briefing.

### **PARATRIATHLON COURSE (SWIM 750M / BIKE 20KM / 5KM)**

The competition format is the same for the men's and women's events, the specifics and distances for which are explained below:

- All the athletes will start from a floating pontoon. Athletes will be transfer to the start area with boats (no coaches or handlers are allowed in that area).  
More information will be provided at the race briefing
- Swim: 750m - one (1) lap
- Bike: 20.64km - three (3) laps of a 6.88km course
- Run: 5km - two (2) laps of a 2.5km course

#### Wheel Stations

There will be 2 wheel stations along the course.

Here is the list of wheel types that will be available at the wheel stations:

- Back wheels campagnolo 700c + 11speed campagnolo compatibly cassetted Complete wheel set (Includes Wheel, Tube, Tyre, Facarola, Mechanical Parts)

- Back wheels 700c + 10 speed campagnolo compatibly cassetted Complete wheel set

- Back wheels 700c+ 10 speed Shimano cassetted Complete wheel set

- Back wheels Shimano 700c + 11 speed Shimano cassetted I Complete wheel set

- Front wheels Shimano 700c Complete wheel set

- Front wheels 650c (26"") with a 10 speed 11/28 cluster. 19mm tyre.
- Front wheels 700c with a 10 speed 11/28 cluster. 19mm tyre.
- Rear wheels for hand cycle Shimano 650c (26"") with a 1 1/4 inch hub. 19mm tyres
- Rear wheels for hand cycle Shimano 700c with a 1 1/4 inch hub. 19mm tyres
- Rear Rear wheels - 700c Zipp 909 with 19mm tyres with 15 inch pushrim
- Front wheel 20" with hub to mount on a racing wheel chair 20" Corima carbon

The teams are allowed to leave their team wheels only to the first wheel station.

### **Aid Stations**

There will be 2 aid stations along the course.

### **Penalty boxes**

There will be 2 bike penalty boxes and 1 run penalty box along the course.

### **Coaches**

There will be 2 coaches' areas along the course : one half way on the Av. Atlantica course and a second one next to the run penalty box.

### **Littering zones**

There will be clearly marked littering zones along the bike and the run course. More information will be provided at the race briefing.

### **VI Free leading zones**



A number of VI free leading zones have been identified and will be clearly marked during the Paratriathlon PT5 competition. More information will be provided at the race briefing.

## 6.4 WEATHER CONDITIONS

In Rio de Janeiro, the months of July and August are characterized by essentially constant daily high temperatures, with daily highs around 27°C throughout this two months, exceeding 32°C or dropping below 21°C only one day in ten.

For weather forecasts go to <http://www.timeanddate.com/worldclock/brazil/rio-de-janeiro>

During July/ August, the water temperature is usual about 20°C to 24°C.

## 6.5 RESULTS

Results will be uploaded live at the ITU's official website: [www.triathlon.org](http://www.triathlon.org)

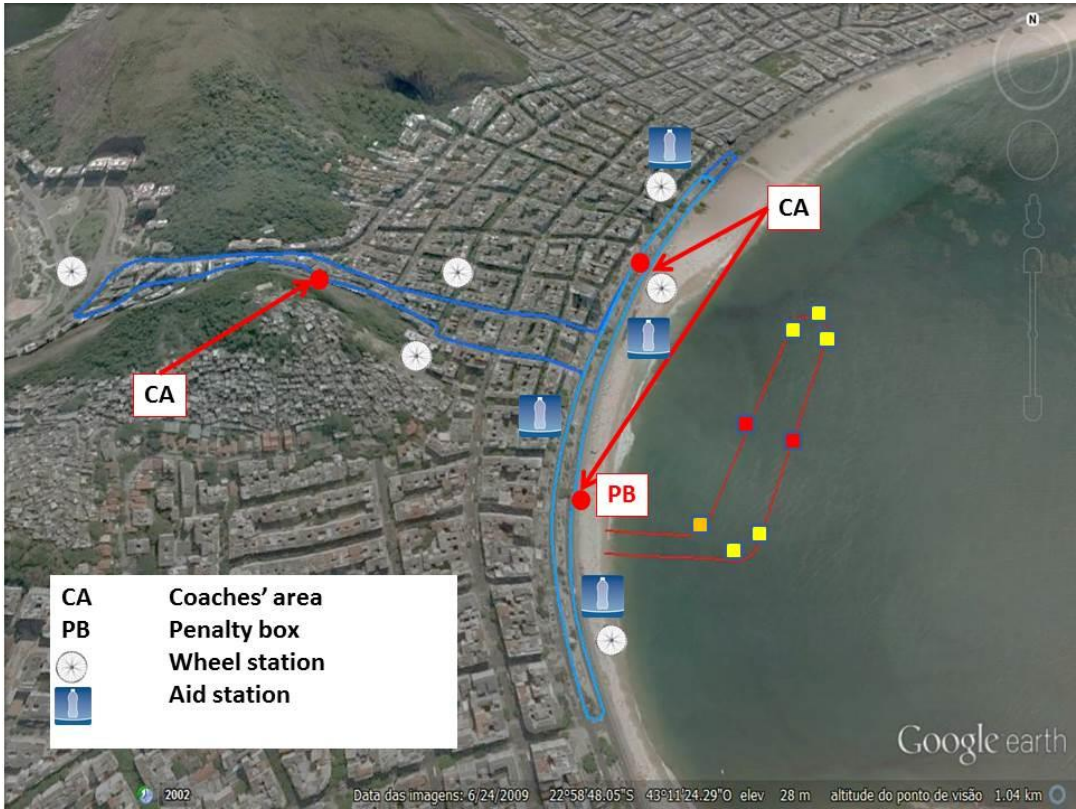
All the results information will be distributed to the team leaders at the LOC Information Office.

## 6.6 PROTESTS & APPEALS

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

## 6.7 PARATRIATHLON AND ELITE ATHLETES TRIATHLON COURSE MAPS

### ELITE ATHLETES' TRIATHLON COURSE MAP



## PARATRIATHLON COURSE MAP



## 7 | ACCREDITATION

LOC will provide to all the athletes and team support an official accreditation card.

Accreditation cards for paratriathletes can be collected at:

- Hotel Rio Othon (from 07:30 to 08:30) for the paratriathletes and their supporting team attending the course familiarizations;
- Accreditation cards for the rest of the athletes can be collected at the race briefings.

Note that coaches, medical teams need to register via their NF on the ITU online registration.

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

## 8 | PUBLIC TRANSPORT

The subway, called *MetrôRio*, is normally the quickest and easiest way to get around Rio de Janeiro.

It opens daily from Monday to Saturday from 5 am to midnight; Sundays and holidays, from 7 am to 11 pm.

There are two metro lines available as shown on the map below:

- Line 1 (orange line): General Ozorio - Uruguai
- Line 2 (green line): Botafogo - Pavuna

From Central up to Botafogo station, lines 1 and 2 overlap and trains depart at intervals, so pay attention to make sure you are getting on the right train.

Bicycles are allowed on trains during workdays after 9pm and on Saturdays, Sundays and holidays, in all stations of lines 1 and 2. Bicycle boarding must be done on the last car of each train set.

However, access to most subway stations is via numerous steps and the system usually becomes very crowded at peak times.



The easiest way to pay for single journeys on the *MetrôRio* is to buy cards called “Unitário” (Single Ticket). You can buy it at the entrance of every subway station. It is a single ride card and has a three-day validity.



For further information,  
<https://www.metrorio.com.br>

