



# ATHLETE'S GUIDE

ITU WORLD PARATRIATHLON EVENT | 08:30 h

PRESENTING SPONSOR



EVENT ORGANISER



MAY 10<sup>TH</sup> | CASA DE CAMPO | MADRID



**POWERADE.**  
bebida para deportistas





## TABLE OF CONTENTS

|      |                                      |    |
|------|--------------------------------------|----|
| 1.   | GENERAL INFORMATION .....            | 3  |
| 1.1. | INTRODUCTION .....                   | 3  |
| 1.2. | KEY DATES.....                       | 3  |
| 1.3. | KEY CONTACTS.....                    | 3  |
| 1.4. | CONTACT DETAILS.....                 | 3  |
| 2.   | VENUE .....                          | 4  |
| 2.1. | VENUE.....                           | 4  |
| 2.2. | ATHLETE'S LOUNGE .....               | 4  |
| 2.3. | ELITE ATHLETES' RACE PACKETS.....    | 4  |
| 2.4. | DOPING CONTROL .....                 | 4  |
| 2.5. | MEDICAL SERVICES.....                | 4  |
| 2.6. | SECURITY.....                        | 5  |
| 2.7. | SPORT INFORMATION CENTRE.....        | 5  |
| 2.8. | BIKE MECHANIC CENTRE.....            | 5  |
| 3.   | ACCOMMODATION & TRANSPORTATION ..... | 6  |
| 4.   | ATHELETE'S SERVICES.....             | 7  |
| 4.1. | SWIM TRAINING SESSIONS.....          | 7  |
| 4.2. | COURSE FAMILIARIZATION.....          | 7  |
| 5.   | COMPETITION SCHEDULE .....           | 8  |
| 5.1. | SCHEDULE .....                       | 8  |
| 5.2. | COMPETITION RULES .....              | 8  |
| 5.3. | ATHLETE'S BRIEFING.....              | 8  |
| 5.4. | TIMING CHIPS .....                   | 8  |
| 5.5. | INFORMATION ABOUT THE FOP .....      | 8  |
| 5.6. | RESULTS .....                        | 9  |
| 5.7. | PROTEST & APPEALS .....              | 9  |
| 6.   | ACCREDITATION .....                  | 10 |
| 7.   | USEFUL INFORMATION .....             | 11 |
| 7.1. | LANGUAGE .....                       | 11 |
| 7.2. | POPULATION.....                      | 11 |
| 7.3. | CURRENCY.....                        | 11 |
| 7.4. | TIME .....                           | 11 |
| 7.5. | ELECTRICITY.....                     | 11 |
| 7.6. | WATER.....                           | 11 |
| 7.7. | TELEPHONE CONNECTIONS.....           | 11 |
| 8.   | COURSE MAPS .....                    | 12 |

## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Coaches are informed about all procedures concerning the Event.

The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production day. However, Team Leaders are advised to check with the Sport Info Center during the Championship's week, regarding any changes on information included in this guide.

### 1.2. KEY DATES

|                                  |       |          |
|----------------------------------|-------|----------|
| Athletes Briefing                | 18:00 | May 9th  |
| Madrid World Paratriathlon Event | 08:30 | May 10th |

### 1.3. KEY CONTACTS

|                        |                  |  |
|------------------------|------------------|--|
| Executive Director     | Alicia García    | <a href="mailto:alicia.garcia@triatlon.org">alicia.garcia@triatlon.org</a>     |
| Technical Director     | Jorge García     | <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>       |
| Director of Operations | Jose Juan Ayet   | <a href="mailto:joseayet@laetus.es">joseayet@laetus.es</a>                     |
| Technical Delegate     | Andreas Galanos  | <a href="mailto:andreas.galanos@gmail.com">andreas.galanos@gmail.com</a>       |
| Media Manager          | Vanessa González | <a href="mailto:comunicacion@triatlon.org">comunicacion@triatlon.org</a>       |
| Athletes Services      | Raquel González  | <a href="mailto:raquel.gonzalez@triatlon.org">raquel.gonzalez@triatlon.org</a> |

### 1.4. CONTACT DETAILS

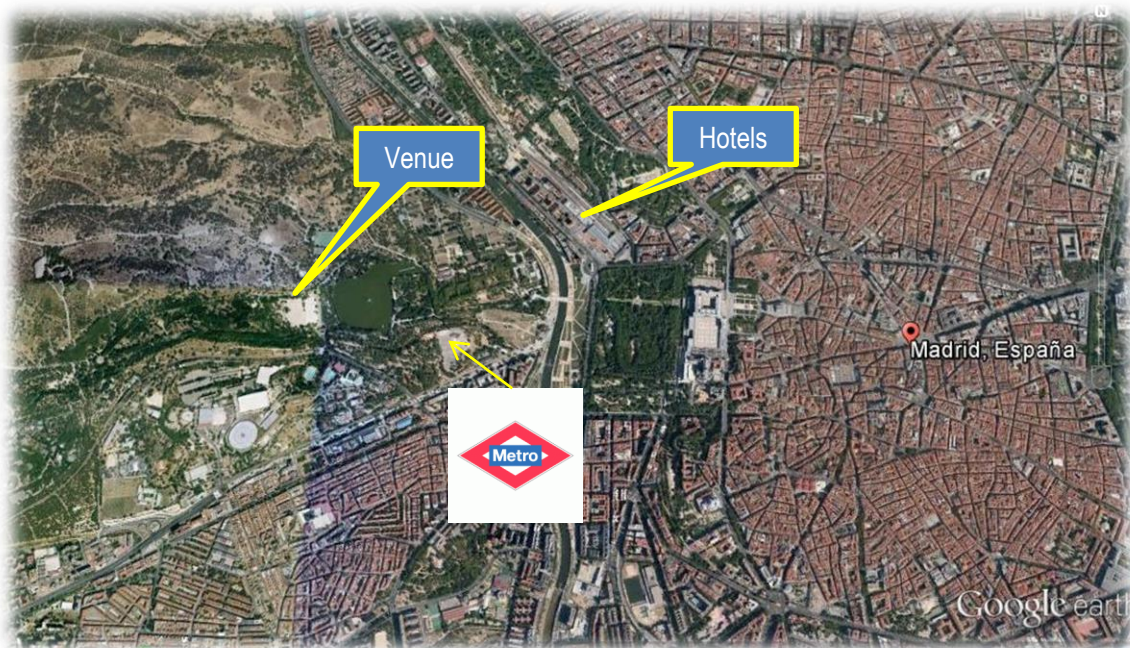
Spanish Federation:

Alicia Garcia

Tel: +34 915 59 93 05

[alicia.garcia@triatlon.org](mailto:alicia.garcia@triatlon.org)

## 2. VENUE



### 2.1. VENUE

The venue is located in “Casa de Campo”, close to the city center of Madrid, and easy accessible by metro to the station called LAGO; 1 metro station from Principe Pio, where the main hotels are located

<http://www.metromadrid.es/es/index.html>

### 2.2. ATHLETE’S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Athletes' Village, inside the stadium.

### 2.3. ELITE ATHLETES’ RACE PACKETS

Athletes' race packets will be distributed after the Athletes' Briefing.

### 2.4. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

### 2.5. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the official familiarization and competition hours to anyone requiring medical assistance.

Medical Tents will be provided on site at the recovery zone.

All the athletes and team support personal should ensure that they have appropriate medical insurance.

## 2.6. SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

## 2.7. SPORT INFORMATION CENTRE

The Information Center/LOC OFFICE will be located close to the lake at “Casa de Campo” venue from Thursday 7<sup>th</sup>.

## 2.8. BIKE MECHANIC CENTRE

There will be bike mechanical service during the familiarizations and race days, in the Athlete’s Village



### 3. ACCOMMODATION & TRANSPORTATION

For transportation and accommodation, contact Viajes El Corte Ingles  
triathlon@viajeseci.es

<http://www.divisioneventosdeportivos.com/deportes/cgi.hrb?idexp=Y828S&main=alojamientos&idsubexp=V1D6W>

All the hotels are really closed to the venue

## 4. ATHELETE'S SERVICES

### 4.1. SWIM TRAINING SESSIONS

TBC

### 4.2. COURSE FAMILIARIZATION

During the swim course familiarization, there will be lifeguards and medical services available.

During the bike course familiarization, Police and LOC will escort the athletes round the course.

|                             |          |               |
|-----------------------------|----------|---------------|
| Bike Course Familiarization | Saturday | 13:15 – 13:45 |
| Swim Course Familiarization | Saturday | 13:45 – 14:30 |

## 5. COMPETITION SCHEDULE

### 5.1. SCHEDULE

| DAY | START   | END   | ACTIVITY                       | PLACE |
|-----|---------|-------|--------------------------------|-------|
| SAT | 13:15   | 13:45 | Bike Course Familiarization    | Venue |
| SAT | 13:45   | 14:30 | Swim Course Familiarization    | Venue |
| SAT | 18:00   |       | Athletes Briefing              | Venue |
| SUN | 08:30   |       | Paratriathlon Event            | Venue |
| SUN | 8:30    |       | PT5 B1 Start                   | Venue |
| SUN | 8:33:18 |       | PT5 B2 B3 Men Start            | Venue |
| SUN | 8:33:48 |       | PT5 B2 B3 Women Start          | Venue |
| SUN | 8:37    |       | PT4 Men and Women Start        | Venue |
| SUN | 8:41    |       | PT2 / PT3 Men and Women Start  | Venue |
| SUN | 8:45    |       | PT1 Men and Women Start        | Venue |
| SUN | 11:00   |       | ParaTriathlon Medal Ceremonies | Venue |

### 5.2. COMPETITION RULES

The ITU World ParaTriathlon Event will follow the latest published Competitions Rules of the International Triathlon Union.

### 5.3. ATHLETE'S BRIEFING

Athletes' briefing will take place on Saturday 9<sup>th</sup> of August at the venue (Athletes' Village)

### 5.4. TIMING CHIPS

On the race day, athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### 5.5. INFORMATION ABOUT THE FOP

#### 5.5.1. START

The start will take place at the Casa de Campo Lake; and will be a water start.

#### 5.5.2. SWIM COURSE

It is located at Casa de Campo Lake.

The swim course is one lap anticlockwise, of 750m each. At each turn there will be orange buoys.

#### 5.5.3. TRANSITION T1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.



#### 5.5.4. BIKE COURSE

The bike course is 3 laps of 7,8 km. The course is hilly and technical; with a total distance of 23,4 km.

#### 5.5.5. WHEEL STATION

One (1) wheel station will be located on the bike course. The LOC will provide a number of wheels at the wheel station at middle of the course, before turning down. These wheels are:

- 3 x 700cc front wheels
- 3 x 700cc mavic rear wheels

#### 5.5.6. TRANSITION T2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

#### 5.5.7. RUN COURSE

The run course is 2 laps with a total distance of 5 km. The athletes will run on asphalt.

#### 5.5.8. AID STATION

Two (2) aid stations will be located on the run course.

### 5.6. RESULTS

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

Also live coverage of the race will be displayed through the web page.

All the Results information will be distributed to the Team Leaders at the Information Centre.

### 5.7. PROTEST & APPEALS

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

## 6. ACCREDITATION

Organizers will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, journalist, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed at the Race Briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are color-coded and provided access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

For this event, the LOC is NOT providing Personal Handlers

## 7. USEFUL INFORMATION

### 7.1. LANGUAGE

The official language in Madrid is Spanish. A lot of citizens speak English in Spain.

### 7.2. POPULATION

More than 3.2 million people live in Madrid.

### 7.3. CURRENCY

The Spain's currency is Euro. Most major currencies may be exchanged at banks (open Monday to Friday 8:30 – 13:30). Otherwise, exchange bureau and travel agencies may provide currency exchange facilities. Rates at hotels tend to be more expensive than at banks and currency exchanges.

### 7.4. TIME

Madrid time is (GMT +01:00).

### 7.5. ELECTRICITY

The electric current is 220 volts.

### 7.6. WATER

Tap water is suitable for drinking.

### 7.7. TELEPHONE CONNECTIONS

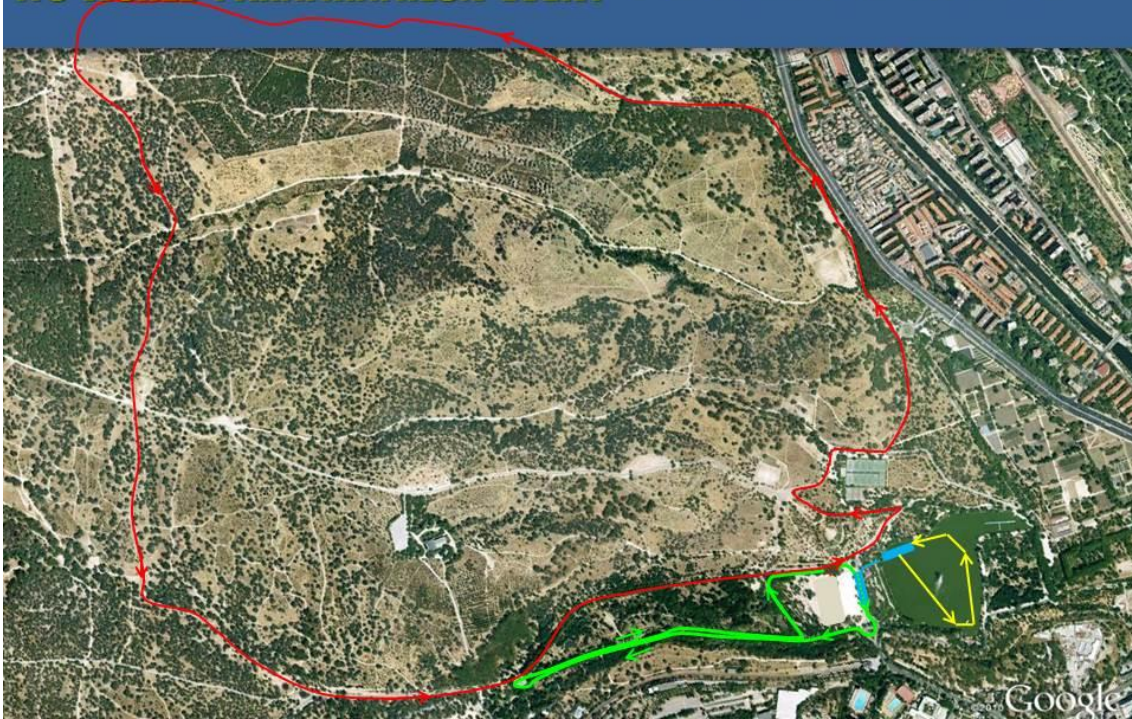
If calling from abroad to Spain dial +34, and the phone directly chosen (9 digits).

To call abroad from Spain telephones must dial the prefix 00, the country code the phone selected.

Vodafone, Movistar and Orange are the major mobile phone service providers in Spain. Check with your home service provider to find out if Roaming Service is available for you – but be aware that a “local” call will then be routed internationally and will turn out to be very expensive.

8. COURSE MAPS

**MADRID**  
**ITU WORLD PARATRIATHLON EVENT** **GENERAL VIEW**



# MADRID ITU WORLD PARATRIATHLON EVENT

# SWIM

1 lap of 750 mts = 750 mts



# MADRID ITU WORLD PARATRIATHLON EVENT

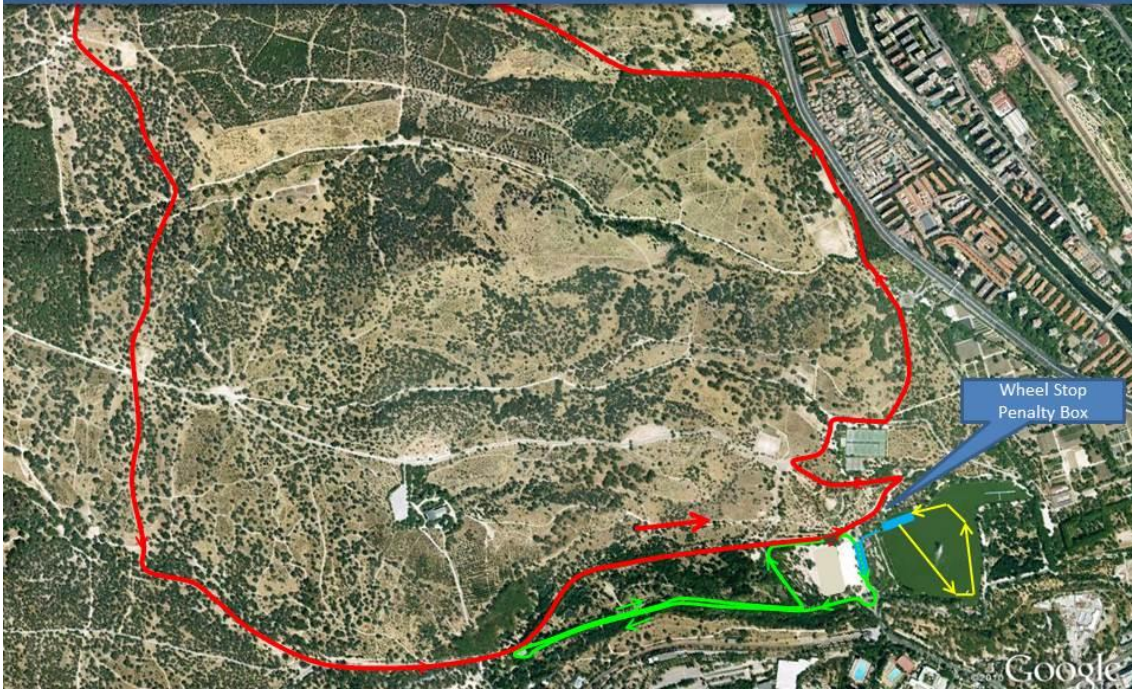
# TRANSITION 1



**MADRID**  
**ITU WORLD PARATRIATHLON EVENT**

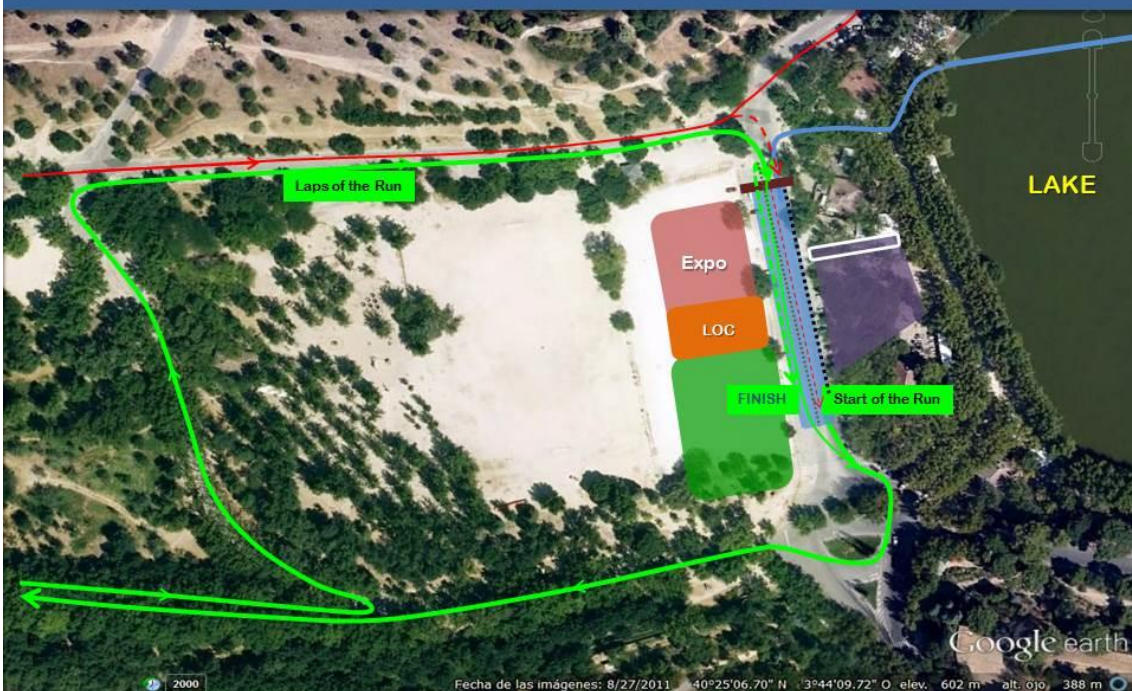
**BIKE**

3 laps of 7,8 km = 23,4 km



**MADRID**  
**ITU WORLD PARATRIATHLON EVENT**

**TRANSITION 2**



**MADRID**  
**ITU WORLD PARATRIATHLON EVENT**

**RUN**

2 laps of 2,5 km = 5 km

