



MADRID

FEDERACIÓN ESPAÑOLA DE
TRIATLÓN

ITU
triathlon
World Cup Madrid

ATHLETE'S AND TEAM OFFICIALS' GUIDE

Greetings and welcome to the 2019 Madrid ITU Triathlon World Cup,

It is with great pleasure that I welcome the ITU World Cup circuit back to my home city as the 2019 season reaches its fourth stop here in Madrid. The Spanish capital has an enormously strong link with our sport reaching even further back than 2003 when the first ever Madrid World Cup was held. Since then, we have regularly witnessed the world's best triathletes in action here, be it in World Championship Series, European Cup, Long Distance, Duathlon, World Championship Series or Paratriathlon races.

It is now two years since the last World Cup to be held in the city saw New Zealand's Ryan Sissons and Great Britain's Georgia Taylor Brown deliver the golds with two superb performances that have catapulted them on to even greater success since.

This time around, the Casa de Campo will host a testing sprint-distance race, starting in the park's iconic lake that has once again become a swimmer's paradise thanks to a full renovation finished earlier this year, and including a bike course that sees four steep, challenging climbs.

I would like to express my thanks to the Local Organising Committee and the Spanish Triathlon Federation for their hard work in bringing Madrid back to the World Cup circuit. We are privileged to partner with great cities and organisations that are able to put together world-class stages on which our athletes can perform at the very highest levels.

I encourage all athletes, volunteers, organisers, media and supporters to enjoy this

magnificent city to the fullest as it hosts the spectacle of ITU triathlon. Good luck to all the competitors, enjoy the weekend and good luck for the race and the rest of the 2019 season.

Sincerely,

Marisol Casado

President, International Triathlon Union

IOC Member

TABLE OF CONTENTS

1. GENERAL INFORMATION 4

 1.1. INTRODUCTION 4

 1.2. KEY DATES 4

 1.3. KEY CONTACTS 4

 1.4. CONTACT DETAILS 4

2. VENUE 5

 2.1. VENUE 5

 2.2. ATHLETE'S LOUNGE 5

 2.3. ELITE ATHLETES' RACE PACKETS 5

 2.4. DOPING CONTROL 5

 2.5. MEDICAL SERVICES 5

 2.6. SECURITY 6

 2.7. SPORT INFORMATION CENTRE 6

 2.8. BIKE MECHANIC CENTRE 6

3. ACCOMMODATION & TRANSPORTATION 7

4. ATHLETE'S SERVICES 8

 4.1. SWIM TRAINING SESSIONS 8

 4.2. COURSE FAMILIARIZATION 8

5. COMPETITION SCHEDULE 9

 5.1. SCHEDULE 9

 5.2. COMPETITION RULES 9

 5.3. ATHLETE'S BRIEFING 9

 5.4. TIMING CHIPS 9

 5.5. INFORMATION ABOUT THE FOP 9

 5.6. RESULTS 10

 5.7. PROTEST & APPEALS 10

6. ACCREDITATION 11

7. USEFUL INFORMATION 12

 7.1. LANGUAGE 12

 7.2. POPULATION 12



7.3. CURRENCY 12

7.4. TIME 12

7.5. ELECTRICITY 12

7.6. WATER..... 12

7.7. TELEPHONE CONNECTIONS 12

8. COURSE MAPS 13

9. WATER QUALITY TEST 18



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 3 th
Madrid Elite Women Event	11:30	May 5 th
Madrid Elite Men Event	13:15	May 5 th

1.3. KEY CONTACTS

Executive Director	Alicia García	alicia.garcia@triatlon.org
Technical Director	Jorge García	jorge.garcia@triatlon.org
Director of Operations	Jose Juan Ayet	joseayet@laetus.es
Technical Delegate	Dominique Frizza	fridom@libertysurf.fr
Media Manager	Daniel Márquez	daniel.marquez@triatlon.org
Athletes Services	Auri Amaya	Auri.amaya@triatlon.org

1.4. CONTACT DETAILS

Spanish Federation:

Alicia Garcia

Tel: +34 915 59 93 05

+34650645490

alicia.garcia@triatlon.org



2. VENUE**2.1. VENUE**

As in 2017, there will be two venues; the start venue is located in “Casa de Campo”, close to the city center of Madrid, and easy accessible by metro to the station called LAGO; and the finish venue located in front of the Royal Palace, easy accessible by metro to the station called OPERA

2.2. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Athletes' Village, in Casa de Campo and in the Royal Palace Area.

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. The doping control area will be next to the recovery area.

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 Services 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 at the Spanish Triathlon Federation, Ferraz 16 3º St.

2.8. BIKE MECHANIC CENTRE

There will be bike mechanical service during the familiarizations and race days, in the Casa De campo Athlete's Village.



3. ACCOMMODATION & TRANSPORTATION

For transportation and accomodation, contact Globalia Eventos (Lorena Martín)

lmartin@globalia.com



Copa del Mundo de Triatlón Madrid
MADRID 03-05 MAYO

BOOKING MAIL lmartin@globalia.com

HOTEL	DISTANCE TO EVENT SITE	LOCATION	CAT.	AD		
				DBL	DUI	TRIPLE
Catalonia Atocha		MADRID	4*	164 €	144 €	206
Mercure Madrid Plaza de España		MADRID	4*	180 €	170 €	

Precios por habitación y noche

4. ATHLETE'S SERVICES

4.1. SWIM TRAINING SESSIONS

During the week before the race, High performance center facilities will be available for competitors, using the FETRI schedule for trainings:

10:00 to 15:00

18:30 to 21:00

Adress: c/ Martin Fierro nº 5

4.2. COURSE FAMILIARIZATION

During the swimming 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	8:30 – 9:15
Swim Course Familiarization	Saturday	9:30 – 10:30



5. COMPETITION SCHEDULE

5.1. SCHEDULE

DAY	START	END	ACTIVITY	PLACE
FRI	18:00		Athletes' Briefing	INEF Madrid
SAT	8:30	9:15	Bike Course Familiarization	Venue
SAT	9:30	10:30	Swim Course Familiarization	Venue
SUN	11:30		Elite Women Event	Venue
SUN	13:15		Elite Men Event	Venue

5.2. COMPETITION RULES

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

5.3. ATHLETE'S BRIEFING

Athletes' briefing will take place on Friday 3th of May in the INEF Madrid Auditorium, Martin Fierro Street. There will be NO transportation from hotels to Briefing.

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 in a pontoon start.

The start platform is 70m long and each athlete will stand in a starting position approximately every 75cm. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

5.5.2. SWIM COURSE

It is located at Casa de Campo Lake.

The swim course is one lap anticlockwise of 750m. 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 a connection of 3 km to T2 + 3 laps of 5,7 km, with a total of 20 km. The course is anticlockwise. The course is hilly and technical.

There are a critical point passing the tunnel in each lap, please, don't forget to take care and to follow the race volunteers and personal instructions for security

5.5.5. WHEEL STATION

There will be team and neutral wheel station. Neutral wheel station will leave in a van behind the last athlete from T1 and will stay at Virgen del Puerto St.

Team wheel station will be located after T2

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 of 5 km, totally flat. 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.

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

All the Results information will be distributed to the Team Leaders in the T2 Athletes' village venue

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 Performance Center before the briefing. In order to access to the briefing, security personal control will have hard copies of the start list of athletes and accredited coaches list.

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.



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

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GENERAL



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SWIM

1 lap x 750 m.



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BIKE #1

1 lap x 3,08 km



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RUN

2 laps x 2,500 km



MADRID

9. WATER QUALITY TEST

Water Quality Assessment

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (NMP/100mL)
19/03/19	14	27	0	<200

Water Quality Analysis - E.coli

Date of Sample	Location A	Location B	Location C	E.Coli limit (NMP/100mL)
19/03/19	26	26	24	<500

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	PH limit
19/03/19	8,4	8,3	8,5	6 to 9

Presence of Blue Green Algal Blooms/Scum

Date of Sample	Location A	Location B	Location C	Limit (100.000 cells/ml.)
19/03/19	197	115	320	<100.000 cells/ml.

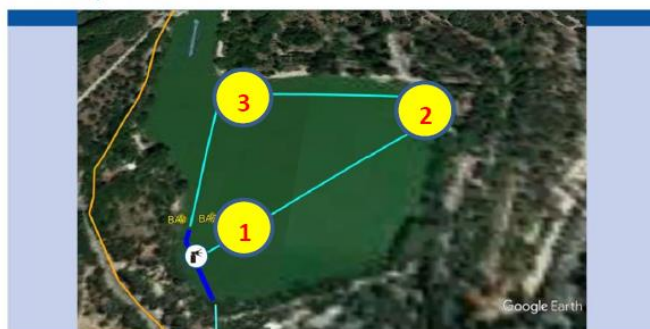
Weather report (on sample collection day and previous 2 days)

Day	Weather
19/03/19	Sunny
18/03/19	Sunny
17/03/19	Sunny

Summary: The WQT meets ITU standards



SWIM
1 lap x 750 m.



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