











## **Athletes Guide**















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## 1. GENERAL INFORMATION

### 1.1 INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well 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 date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes.

Considering that the regulatory situation, especially linked to travel is constantly and rapidly evolving, Athletes and Coaches are invited to periodically check the information reported in the Athletes' Guide.

### **1.2 KEY DATES**

The Race Venue will be located in Largo Portesin 5, Porto Santa Margherita, Caorle (VE). All services are easily reachable on foot.

are easily reachable on root.						
Thursday	Fhursday, May 12 <sup>th</sup>					
17:00	19:00	Race package distribution				
16:00		Junior Briefing (pre-recorded)				
Friday, M	lay 13 <sup>th</sup>					
09:00	09:30	Bike fam for junior and elite (2 escorted laps)				
09:30	10:30	Swim fam for junior and elite				
13:30	16:30	Athletes Lounge and Transition opening time for Junior Men				
14.30	14.50	Bike fam for elite (2 escorted laps)				
15:00		Junior Men - First wave				
17:00	17:45	Athletes Lounge and Transition opening time for Junior Women				
18:00		Junior Women - First wave				
17:30	19:00	Race package distribution Elite				
16:00		Elite Briefing (pre-recorded)				
Saturday	, May 14 <sup>th</sup>					
12:00	13:45	Athletes Lounge and Transition opening time for Junior Final				
14:00		Junior Women Final				
15:00		Junior Men Final				
15:15	16:15	Athletes Lounge and Transition opening time for Elite Women				
16:30		Elite Women Start				
17:30	18:15	Athletes Lounge and Transition opening time for Elite Men				
18:30		Elite Men Start				
16:00		Mixed Team Relay Briefing (pre-recorded)				
Sunday, N	May 15 <sup>th</sup>					
8:00	9:15	Athletes Lounge and Transition opening time for Mixed Team Relay				
9:05	9:20	Swim warm up				
09:30		Mixed Team Relay Start				
11:30		Mixed Team Relay Prize Ceremony				

### **1.3 KEY CONTACTS**

	Name	Email	Phone	
LOC Event Manager	Francesco Fissore	etccaorle@silcaultralite.it	+39.3927930248	
LOC Race Director	Mauro Miani	eventi@trevisomarathon.com	+39.3934339472	
LOC Office Manager	Nicola Zanetti	etccaorle@silcaultralite.it	+39.3401628156	
Techical Delegate	Marco Van Oostende	marco@oostende.nl	+31.630481542	
LOC Media Manager	Francesca Dal Bo	francesca.dalbo@silca.it		
LOC Chairman	Aldo Zanetti	aldo.zanetti@silca.it		
Europe Triathlon Office		etu_hq@etu.triathlon.org	+32.478825456	







### **1.4 CONTACT DETAILS**

Silca Ultralite Triathlon ASD Mail: etccaorle@silcaultralite.it

Phone: +39.0438.1918104

Mob + 39.3927930248 / +39.3401628156

## 2. VENUE











### 2.1 COURSE FAMILIARIZATION

**Bike familiarization for elite and junior** will take place on **Friday 13th at 09:00**. Meeting point at Transition Area (Largo Portesin 5, Caorle). Athletes will be escorted for two laps.

A second **bike familitarization only for elite** athletes will take place on **Friday 13th at 14:30**. Meeting point at Transition Area (Largo Portesin 5, Caorle). Athletes will be escorted for two laps.

**Swim familiarization** will take place on Friday 14th at 09:30. Meeting point at Transition Area (Largo Portesin 5, Caorle).

### 2.2 ATHLETE'S LOUNGE

The Athlete's Lounge will be located in Corso Venezia, 100m from the Transition Area. It will provide toilets, water and energy drinks. Bike mechanic service will be also provided, during opening hours. Massage service will not be provided.

A recovery zone will be placed close to the finish area.

### 2.3 ELITE AND JUNIOR ATHLETE'S RACE PACKAGE

Race package will be distributed Thursday 12th from 17.00 to 19.00 (Junior) and Friday 13th from 17:30 till 19:00 (Elite). Location: Piazzale Darsena, Porto Santa Margherita, Caorle (VE) at 150m from the Finish Area.

### 2.4 DOPING CONTROL

Doping Control Office will be located beside the Race Office in Condominium Holiday B, Corso Amalfi 36 (first floor), just beside the Finish Area.

Doping tests will be conducted according to WT/WADA rules. Athletes must carry their ID documents to the doping control facilities.

### 2.5 SECURITY

Security Service will be provided during the competition in the Athletes Lounge, Transition Area and FOP.

### 2.6 LOC OFFICE

LOC Office will be located in Condominium Holiday B, Corso Amalfi 36 (first floor) just beside the Finish Area.

## 3. ACCOMMODATION

The LOC has agreed some special rates at some identified hotels and apartments (from 2 to 4 stars). If you need information about accommodation please write at etccaorle@silcaultralite.it and we will support you to find the best offer.

Local transfer and transport from and to the airport will be guaranteed only from and to the official hotels.







## 4. TRANSFER AND TRANSPORT

The main airports to reach Caorle are:

- Aeroporto Marco Polo, Venice (VCE), 52Km
- Aeroporto Antonio Canova, Treviso (TSF), 61Km
- Aeroporto Friuli Venezia Giulia, Trieste (TRS), 90Km

Transfer service will be organised for athletes, NFs, coaches and staff from Aeroporto Marco Polo, Venice, Thursday 12<sup>th</sup> and Friday 13<sup>th</sup> before the race, and Sunday 15<sup>th</sup> and Monday 16<sup>th</sup> after the race. The price for one ticket is 15€ (per person/one way, 20€ per person/round trip).

Transfer before Thursday 12<sup>th</sup> and after Monday 16<sup>th</sup> can be organised but could have different rates.

Trasfer payment can be done by cash before getting on the bus or in advance (within Wednesday 4<sup>th</sup>) via bank transfer to:

Silca Ultralite Vittorio Veneto ASD IBAN: IT33N0585661622203573003711

IMPORTANT: if the payment will be done togheter with the entry fee please specify it in the bank transfer description.

Athletes and NFs who are planning to use transfer service are kindly invited to write to <a href="mailto:etc.aorle@silcaultralite.it">etc.aorle@silcaultralite.it</a> no later than Friday, April 29<sup>th</sup>. NFs or groups who want to have a private shuttle please write to <a href="mailto:etc.aorle@silcaultralite.it">etc.aorle@silcaultralite.it</a>

Public Local Transportation connects Venezia and Treviso Airports to Caorle (https://www.atvo.it/it-servizio-aeroporti.html) by bus.

Local transfer (from hotels to race venue and viceversa) and transport from and to the airport will be guaranteed only from and to official hotels.

## **5. ATHELETE'S SERVICES**

### **5.1 TRAINING FACILITIES**

#### **SWIM**

Swimming pool lines will be available free of charge for training by Caorle Nuoto & Wellness (Via delle Rondini, 20N 1, Caorle) according to the following timetable (first in first served):

- Wednesday 11<sup>th</sup> from 2:00pm to 4:00pm (4 lines, max 8 persons per line);
- Thursday 12<sup>th</sup> from 2:00pm to 4:00pm (4 lines, max 8 persons per line);
- Friday 13<sup>th</sup> from 2:00pm to 4:00pm (4 lines, max 8 persons per line);

In the following hours Athletes and Teams can book their individual ticket (5€) or their line (25€ per line per hour, 8 persons max) writing an email to info@caorlenuoto.it:

- Monday 9 and Thursday 12<sup>th</sup> from 7:30am to 4:00pm;
- Tuesday 10<sup>th</sup>, Wednesday 11<sup>th</sup> and Friday 13<sup>th</sup> from 9:00am to 4:00pm;
- Saturday 14<sup>th</sup> from 9:00am to 6:00pm;
- Sunday 15<sup>th</sup> from 9:00am to 1:00pm;







#### **BIKE**

Safe bike locations.

Bike 40Km course (click here to download .gpx file).

Bike 31Km course (click here to download .gpx file).

#### **RUN**

Athletics track is available free of charge, to make your reservation please write an email to etccaorle@silcaultralite.it.

10Km course (click here to download .gpx file).

5Km course (click here to download .gpx file).

### **5.2 MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions, before, during and after (1h) the race.

There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital.

A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should have their appropriate medical insurance.

### Reparto di pronto soccorso Caorle (First Aid)

Address: via Riva dei Bragozzi 138, 30021 Caorle (Venezia). Phone: 0421 219815

### Azienda Unità Locale Socio Sanitaria N.10 Veneto Orientale

Address: viale M. Buonarroti 2, 30021 Caorle (Venezia). Phone: 0421 81708

### San Donà di Piave Hospital - ULSS4 Veneto Orientale

Address: via Nazario Sauro 25, 30027 San Donà di Piave (Venezia). Phone: 0421 227111

### **5.3 BIKE MECHANICAL SERVICE**

In the race venue from Friday, May 13<sup>th</sup> from 13.30.







## **6. COMPETITION SCHEDULE**

	, May 12 <sup>th</sup>	ETITION SCHEDULE
	19:00	Page package distribution
17:00	19:00	Race package distribution
16:00 Friday, M	law 12th	Junior Briefing (pre-recorded)
09:00	09:30	Bike fam for junior and elite (2 escorted laps)
09:30	10:30	Swim fam for junior and elite
13:30	16:30	Athletes Lounge and Transition opening time for Junior Men
14:20	14:40	Swim warm up
14:45	14.40	Transition Area closure
14.30	14.50	Bike fam for elite (2 escorted laps)
14:50	14.50	Line up & Athlete's introduction *(always 10' before each start)
15:00		Junior Men - First wave
15:40		Junior Men - Second wave
16:20		Junior Men - Third wave
17:00		Junior Men - Fourth wave
17:00	17:45	Athletes Lounge and Transition opening time for Junior Women
17:20	17:40	Swim warm up
17:30	19:00	Race package distribution Elite
17:45		Transition Area closure
18:00		Junior Women - First wave
18:40		Junior Women - Second wave
19:20		Junior Women - Third wave
20:00		End of competition day
16:00		Elite Briefing (pre-recorded)
Saturday	, May 14 <sup>th</sup>	
12:00	13:45	Athletes Lounge and Transition opening time for Junior Final
13:20	13:40	Swim warm up
13:50		Line up & Athlete's introduction
14:00		Junior Women Final
14:50		Line up & Athlete's introduction
15:00		Junior Men Final
15:30		Junior Prize Ceremony
15:15	16:15	Athletes Lounge and Transition opening time for Elite Women
15:50	16:10	Swim Warm Up
16:20		Line up & Athlete's introduction
16:30		Elite Women Start
17:30	18:15	Athletes Lounge and Transition opening time for Elite Men
17:50	18:10	Swim warm up
18:20		Line up & Athlete's introduction
18:30		Elite Men Start
19:45		Elite Prize Ceremony
19:00	20:00	Mixed Team Relay package distribution
16:00		Mixed Team Relay Briefing (online via zoom)
Sunday, N	1	
8:00	9:15	Athletes Lounge and Transition opening time for Mixed Team Relay
9:20	9:20	Swim warm up
9:20	1	Line up & Athlete's introduction
		Mixed Team Relay Start
9:30		W: 17 B1 B: 6
11:30		Mixed Team Relay Prize Ceremony
		Mixed Team Relay Prize Ceremony  Open Sprint Race - Women Start  Open Sprint Race - Men first wave Start







### **6.1 COMPETITION RULES**

The event follows the <u>latest published</u> Competitions Rules of World Triathlon.

### **6.2 ATHLETE'S BRIEFING**

At current date the briefing will be pre-recorded and made available from the day before the race (from 16.00) at the following URLs:

- Elite races (link: https://briefings.triathlon.org/caorle)
- Junior races (link: https://briefings.triathlon.org/caorle-junior)
- Mixed Team Relay (link: https://briefings.triathlon.org/caorle-relay)

### **6.3 TIMING CHIPS**

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

### **6.4 RESULTS**

Results will be uploaded live at the World Triathlon official website www.triathlon.org. Live streaming will be available on LOC's official <u>Youtube channel</u>. All the Results information will be distributed to the Team Leaders at the Information Centre.

### **6.5 PROTEST & APPEALS**

Standard procedures will be followed according to the World Triathlon Competition Rules.

### 7. ACCREDITATION

The LOC will provide all the Organising Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditation will be distributed during the Race Package distribution.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

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.

## 8. ENTRY FEES

The entry fees are:

- Junior 65,00€
- Elite 85,00€
- Mixed Team Relay 125,00€ (per team)

Please note that an extra 20,00€ could be added in case of mandatory pre-race Covid19 test. Entry fee payment should be done in advance (within Wednesday 4<sup>th</sup>) via bank transfer to: Silca Ultralite Vittorio Veneto ASD - IBAN: IT33N0585661622203573003711

IMPORTANT: all payment on site can be done exclusively by cash.

Payment status (entry fee, transfer) will be double checked before the race package distribution. If the payment will be done togheter with the airport transfer fee please specify it in the bank transfer description.







## 9. COURSE MAPS









### **SWIM COURSE**

Start procedures: beach start.

Number of laps: 1 (SuperSprint and Mixed Team Relay 300m, Sprint 750m)

Average water temperature: 18°/19°C in May





### **TRANSITION 1**

**SuperSprint and Mixed Team Relay:** metal tube racks will be used for individual qualification and MTR. individual racks for the Finals.

**Sprint:** individual racks.

Athletes will run approximately 120m from the swim exit to the TA.







### **BIKE COURSE**

Bike course will be on asphalt, completely flat, turning and roundabout will create technical sections, a u-turn at the end of each lap.

### Number of laps

- Mixed Team Relay: 2 laps (6,2Km total)
- SuperSprint: 3 laps (9,5Km total)
- Sprint: 6 laps (19,2Km total)



### **TRANSITION 2**

From the dismount line, athletes will run straight into Transition Area. Running shoes may be placed beside the rack or in the bin.







### **RUN COURSE**

Running course will be flat, on asphalt.

### Number of laps

- Mixed Team Relay: 1 lap (1,5Km)

- SuperSprint: 1 lap (1,9Km)

- Sprint: 2 laps



















## 10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

### **10.1 TRAVEL**

For arrival into <a href="ITALY">ITALY</a> please check the most up to date information here: <a href="https://www.salute.gov.it/travellers">https://www.salute.gov.it/travellers</a>

If you require additional help please contact etccaorole@silcaultralite.com.

### **10.2 AIRPORT TRANSFER**

Anyone using the shuttles provided by the LOC must be informed that the use of a mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

### **10.3 TRAINING SITES**

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool.

### 10.4 TESTING PROTOCOL AND HEALTH SCREENING

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:

• Fill in the online pre-event questionnaire through the World Triathlon website (link).

### **10.7 SPECTATORS ACCESS**

The event will be open to spectators. Non-accredited persons can watch the event from the spectator's areas.

We would like to thank you for participating and wish you all good luck for the race. LOC