

ATHLETE'S GUIDE

VALENCIA TRIATHLON WORLD CUP
V5 – 24/08



**World Triathlon
Cup**
VALÈNCIA
2022



*For further information, please see the FAQs section on the website (https://triathlon.org/events/event/2022_world_triathlon_cup_valencia), visit the Information Booth at the Expo area or send an email to juancarlos.diez@triatlon.org

Rev. 24.08



Contenido

Useful Contact Information	4
Key Contact Details.....	4
Athlete’s Guide Updates.....	5
General Info	6
Schedule	8
Live Coverage	9
Further Services	9
Training.....	10
Mechanical Assistance.....	10
Volunteers/Technical Officials (TOs).....	12
We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!	12
Transport.....	13
How to get to Valencia?	13
Accommodation.....	13
Transfers.....	13
Parking	15
Information for Spectators.....	16
Anti-Doping Policy.....	16
All athletes must ensure they carry their official identification (Photo ID)	16
Race Rules & Penalties.....	17
Weather Conditions	17
Bad Weather	17
Briefings.....	17
Event Details ELITE	18
TOILETS.....	18
Post-Race Information	18
Lost and Found.....	19



Useful Contact Information

*The Information Booth will be located at the [Expo](#) at the venue (Marina Real de Valencia). For general queries, please visit the Expo Booth.

Key Contact Details

Executive Directors

Alicia García – Alicia.garcia@triatlon.org

Arturo Navarro –

arturo.navarro@triatlocv.org **Jorge García** -

jorge.garcia@triatlon.org

Project Manager and Athletes' Services

Juan Carlos Díez – juancarlos.diez@triatlon.org

Media Managers

Daniel Márquez - daniel.marquez@triatlon.org

Paloma Redondo – paloma.redondo@triatlocv.org

Accommodation and transfers

BCDE Sports – reservas.bcdsports@bcdme.es

World Triathlon Team

Technical Delegate

Jane Vine –

jane.vine@waitrose.com Head

Referees

World Triathlon Representative



Athlete's Guide Updates

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the Info Booth (located at the [Expo](#)). Any updated version of this Guide will be identified by the version number on the cover page (EX. V1, V2, V3...etc.).

Updates V5:

- **Updates on complimentary transportation schedule**
- **Updates on the Neutral Wheel Station**

For latest updates you can also visit https://triathlon.org/events/event/2022_world_triathlon_cup_valencia



General Info

Schedule of Events

The Organizer of the **2022 Valencia Triathlon World Cup** is pleased to introduce the event schedule: 3 days in the city of Valencia with a full programme of sport and related activities.

There will be **ONE MAIN AREA - MARINA REAL DE VALENCIA**

- a) Main venue
- b) Registration
- c) Expo
- a) Transition Area
- b) Finish

Area Main

Locations

The venue is located at the Marina de València.

Marina de València Street

<https://goo.gl/maps/zV1bGuTjqacQ6SZv8>
<https://w3w.co/islotes.baúl.tinte>

Located between the commercial port of the city and its promenade is La Marina de Valencia, leading area of the city with big spaces to walk, ride a bike, enjoy local cuisine and practice nautical and sports activities.

As a result of the modernization of the Port to host the 32nd America's Cup, Valencia has this space where culture, training and entertainment are combined with sports, tourism and gastronomy.

The most emblematic building is the Veles e Vents, a symbol of contemporary architecture in Valencia and a cultural container, where there are exhibitions, live music, theatre, conferences and dance.

In the area there are many restaurants, first class hotels and the Marina Beach Club.

In addition, it has become a regular venue for sporting events such as Valencia Triathlon, which in 2022 hosts the World Triathlon Cup.



World Triathlon
Cup
VALÈNCIA
2022





Schedule

Day	Time start	Time ends	Activity	Event	Place
Thursday	18:00		Athletes Briefing		Virtual
Friday	16:00	16:30	Bike Course Familiarization		Venue
Friday	16:30	17:30	Swim Course Familiarization		Venue
Friday	17:30	18:30	Race Package Distribution		Venue
Saturday	15:15:00	16:15:00	Elite Women athletes lounge check in	Elite Women	Venue
Saturday	15:45:00	16:30:00	Elite Women transition zone check in	Elite Women	Venue
Saturday	16:00:00	16:30:00	Elite Women warm up	Elite Women	Venue
Saturday	16:30:00		Elite Women calling area	Elite Women	Venue
Saturday	16:35:00		Elite Women athletes introduction	Elite Women	Venue
Saturday	16:45:00		Elite Women ECH	Elite Women	Venue
Saturday	18:00:00		Elite Women medal ceremonies	Elite Women	Venue
Saturday	17:15:00	18:15:00	Elite Men athletes lounge check in	Elite Men	Venue
Saturday	17:45:00	18:30:00	Elite Men transition zone check in	Elite Men	Venue
Saturday	18:00:00	18:30:00	Elite Men warm up	Elite Men	Venue
Saturday	18:30:00		Elite Men calling area	Elite Men	Venue
Saturday	18:35:00		Elite Men athletes introduction	Elite Men	Venue
Saturday	18:45:00		Elite Men ECH	Elite Men	Venue
Saturday	20:00:00		Elite Men medal ceremonies	Elite Men	Venue



Live Coverage

There will be Live Streaming of Elite events, via Triathlon Live and La Liga TV; you can find the APP in Google Play and Apple Store.

For updates, stay social and connect: Facebook (@triatlonsp), Instagram (@triatlonsp) and Twitter (@triatlonsp).

All events will have live timing through the official APP (Valencia Triatlon).

Further Services

Valencia has many interesting places to visit. The city and the province offers visitors a wide range of cultural and leisure activities. For further information:

<https://www.visitvalencia.com/>

Training

Piscina Cubierta Pabellón Fuente de San Luis

Official website: [HERE](#)

Location: [HERE](#)

Tel: +34 96 367 79 48

August 31th, 31th and 31th to September 4th

- From 8:00 to 21:30
- 2 lanes – 10 athletes per lane

September 1st and 2nd

- From 10:00 to 13:00 and from 16:00 to 17:00

Saturday afternoon and Sunday, is closed

Id or Passport will be required to access

Pista Atletismo Estudio Turia – polideportivo Tramo III

Official website: [HERE](#)

Location: [HERE](#)

Tel: +34 96 348 50 00

From August 29th to September 4th

From 8:00 to 21:30

Id or Passport will be required to access

Mechanical Assistance

Bike Mechanical Assistance will be provided during the following days:

Monday to Thursday

Bicimecanica Kibike

Address: Avenida Peris y Valero nº 77 bajo-izq

46006 València

Phone: +34659961578

0034963144715



Friday to Sunday:

- During Expo time
- During check in at the transition area for Age Group Races
- During athletes lounge and check in times for Elite and ParaTriathlon races



Volunteers/Technical Officials (TOs)

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Volunteers will help with different aspects of the event's organisation such as supporting administration tasks and TOs, helping with protocol issues, access control and management, athletes' and spectators' support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to our World Cup!

We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!

Transport

Arriving to Valencia: Spain is a member of the European Union. Travel to and from Spain is governed by EU legislations framework. Therefore, different entry requirements may apply depending on where you're travelling from and your nationality. EU citizens do not need a visa; citizens from other countries may require a visa. If you travel to Spain from outside the Schengen Area, you may also require a visa.

How to get to Valencia?

By plane: Valencia is the closest airport. Also there are connections to Alicante.

By train: there are many daily and frequent connections from Madrid, Barcelona and Alicante to Valencia. Further info here: www.renfe.es.

By bus: there are daily connections from Madrid, Barcelona and Alicante to Valencia.

By car: you can drive to Valencia from the:

- Northwest: A6 and A3 highway.
- Northeast: A7 highway
- Centre: coming from and through Madrid.
- Southeast: A7 highway.

Accommodation

Globalia is the official travel agency of the event for accommodation requests, please

contact: BCD Sports – reservas.bcdsports@bcdme.es

Transfers

Transvia Sport is the official company for transfers. For request, please contact:

Company: www.transviasport.com

Mari Carmen Martos - maricarmen.martos@transviasport.com

There will be a regular bus service at specific times on Thursday and return on Sunday; out of this Schedule, transfers have to be requested



Regular complimentary bus service will work on specific schedule

Wednesday 31: Buses will leave from Valencia airport only to the Official Hotels at: 12:00 and 19:00

Thursday 1: Buses will leave from Valencia airport only to the Official Hotels at: 12:00

Sunday 4: Buses will leave from the official hotels to Valencia airport at:

- 8:45 Oceanic Hotel
- 9:00 Eurostars Acteon Hotel
- 14:45 Oceanic Hotel
- 15:00 Eurostars Hotel

Requests have to be submitted by email to #Company: www.transviasport.com - Mari Carmen Martos - maricarmen.martos@transviasport.com. The deadline is the 26th of July. In the email write "Transfer request Valencia Triathlon WC", and specify name, surname, flight details, phone number, email, and bike or not

Transfer services for NON accredited people on that schedule, has a cost of 60 €

Transfer services out of those dates and schedule have to be requested to the official travel agency and they will submit a quotation and budget

Option 1: independent services for each transfer

Tourism: in the case that the transfer is for 1 or 2 people. Price per transfer: €75 (In the trunk, a maximum of 2 trolley + 1 bike could be folded in its bag)

Minivan 7 people: Price per transfer: Minivan €115 + van for Bikes €115. If the number of bikes is 1 or 2, the van will not be necessary.

Bus: For a maximum of 15/18 people with suitcase and bicycle. Price per transfer: €195; (bicycles could go in the trunk folded in their bag). In this case, if the services are performed at night (from 10 pm to 6 am) or on holidays /Sundays, they would carry an increase of €80.

Option 2: available for various transfers, depending on flight schedules permitting.
Minivan 7 people + Van

Available 4 hours: Minivan: €235 + Van:

€210* Available 6 hours: Minivan: €320 +

Van: €295

* If the number of bikes is 1 or 2, the van will not be necessary.

In this case, if the services are performed at night (from 10 pm to 6 am) or on Sunday, they would lead to an increase of 20 %.

Parking

It is easy to park in Valencia next to the venue; there are free parking areas and there is parking under the venue.

Please, avoid parking in areas within the bike and run courses as the police will remove your car.

Information for Spectators

Race courses will be closed to traffic. However, there are many roads that will take you to junctions to cheer on your athlete. In general, spectators will be able to cheer on their athletes along the running course.

Anti-Doping Policy

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

****All athletes must ensure they carry their official identification (Photo ID)****

Further info on Anti-Doping Rules can be found [HERE](#).

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race. The Doping Control Chaperone and/or Officer will explain the procedure to you, but you need to be aware that you have certain rights and responsibilities.

You must carry with you an ID/passport with photo when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti- Doping Stand at the Expo where our volunteers will clarify your doubts and answer your questions. You can also check the Age Group Anti-Doping section on www.triathlon.org.

Race Rules & Penalties

- a) To check World Triathlon Rules, please click [**HERE**](#).
- b) To clarify any rules, please contact the Head Referees.

Weather Conditions

In September, average temperatures are between 27 °C during the day and 19 °C in the evening. Valencia is a perfect tourist destination to enjoy the beaches and visit the main tourist attractions of the province of Valencia. There are a few probabilities of rain and wind is not expected.

Bad Weather

The Race Organizers and the World Triathlon reserve the right to cancel or change the race profile for safety reasons. This could be any combination of events that we deem safe and fair. In the slim chance that the event must be cancelled or postponed due to bad weather, there will be no refunds or deferrals. A large amount of your race fee will already have been allocated to resources before the day of the race! Thanks for your understanding!

Pre-Race Information

Bike Familiarization

Friday from 16.00 to

16.30 **Swim**

Familiarization Friday

from 16.30 to 17.30

ELITE Package Pick Up:

Friday from 17.30 to

18.30

Briefings

Thursday from 18.00 to 18.30

Event Details

ELITE

SWIM – 750 m	1 lap
BIKE - 19 km	4 laps
RUN- 5 km	2 laps

Run Course

There will be 3 Aid Stations per lap delivering water:

- a) Aid Station 1 (simple)
- b) Aid Station 2 and 3 (double)

TOILETS

There will be toilets at the following spots:

- a) Post Finish Area.
- b) Athletes Lounge

Post-Race Information

Awards

The Awards Ceremony will take place at the venue. You must be present to receive your medal. If you cannot attend the Medal Ceremony, your Team Manager or one of your teammates can pick it up on your behalf at the end of ceremony.

- Ambush marketing rules apply.
- As per World Triathlon Competition rules:
 - Athletes must wear the uniform during the whole competition and award ceremony. Long sleeves and long pants are allowed for the Medal Ceremony.
 - Elite/Paratriathlon athletes are not allowed to carry their country flag when they step up to receive their medals; flag-raising ceremony and national anthem of the winner.

Medal Ceremonies / Schedule

Elite: Immediately after each race.

Lost and Found

Have you lost anything? Should you lose any item, please go to the Lost & Found Office at the Expo, next to the place where you will pick up your welcoming package with your bib numbers, at the Venue. LOCATION [HERE](#).

IMPORTANT COVID-19 REQUIREMENT

All elite athletes along with the support staff applying for accreditation must respect the following pre-event Covid-19 screening conditions:

Fill in the online pre-event questionnaire. World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents:

<https://triathlon.org/pre-event-covid-19-screening-guide>

We will continue to respect the decisions/rules of the local public health of the host country.



World Triathlon
Cup
VALÈNCIA
2022

GENERAL | ÉLITE

Swim 1 lap | 750 m Bike 4 laps | 19,5 km Run 2 laps | 5 km



World Triathlon
Cup
VALÈNCIA
2022





ÀREAS | ÉLITE



- 1. Finish Area
- 2. Transition

- 3. Recovery Área
- 4. Starts
- 5. Antidoping

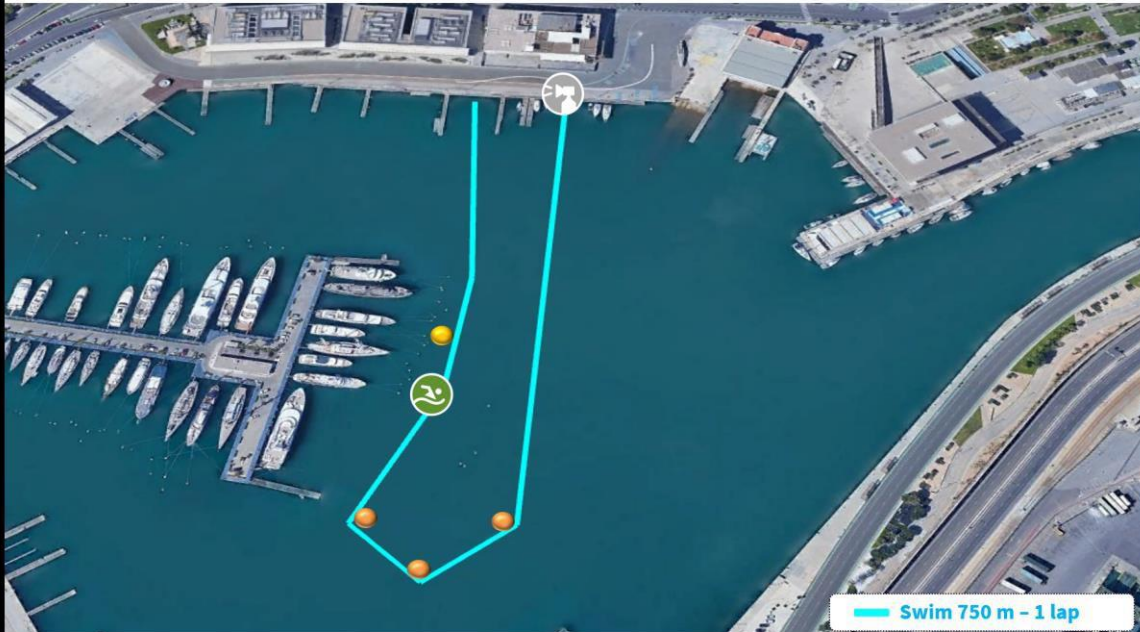
- 6. Registration
- 7. Medical service





SWIM | ÉLITE

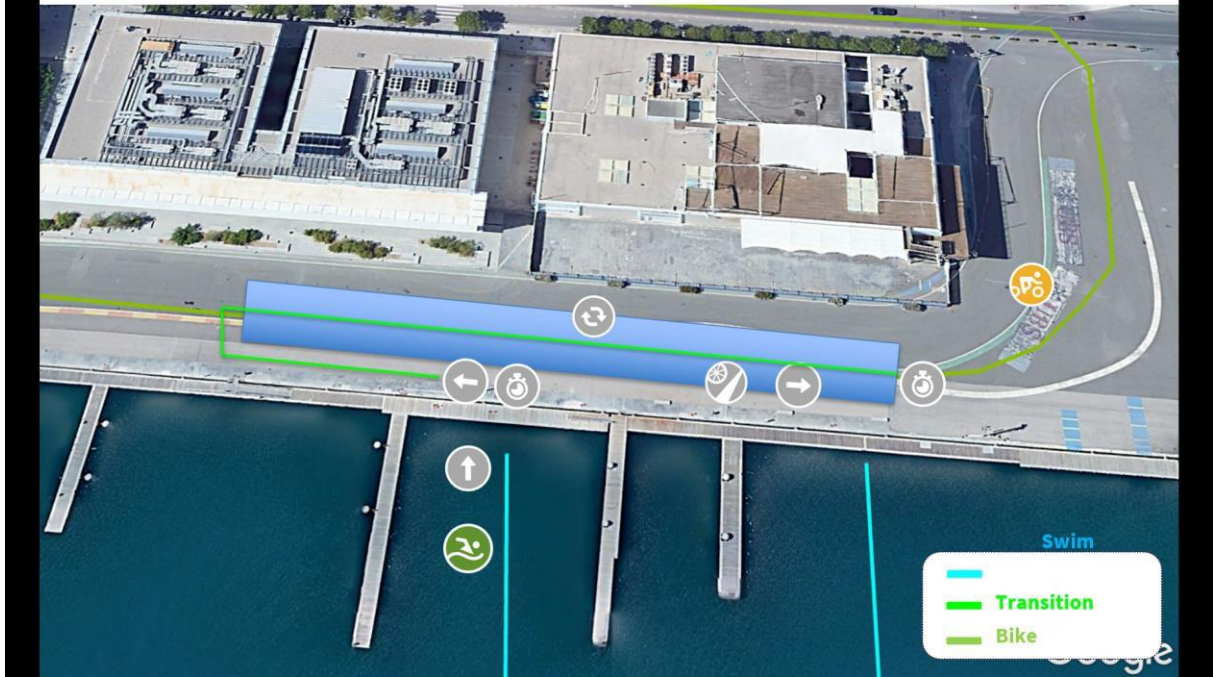
1 lap | 750 m





TRANSITION 1 | ÉLITE

T1





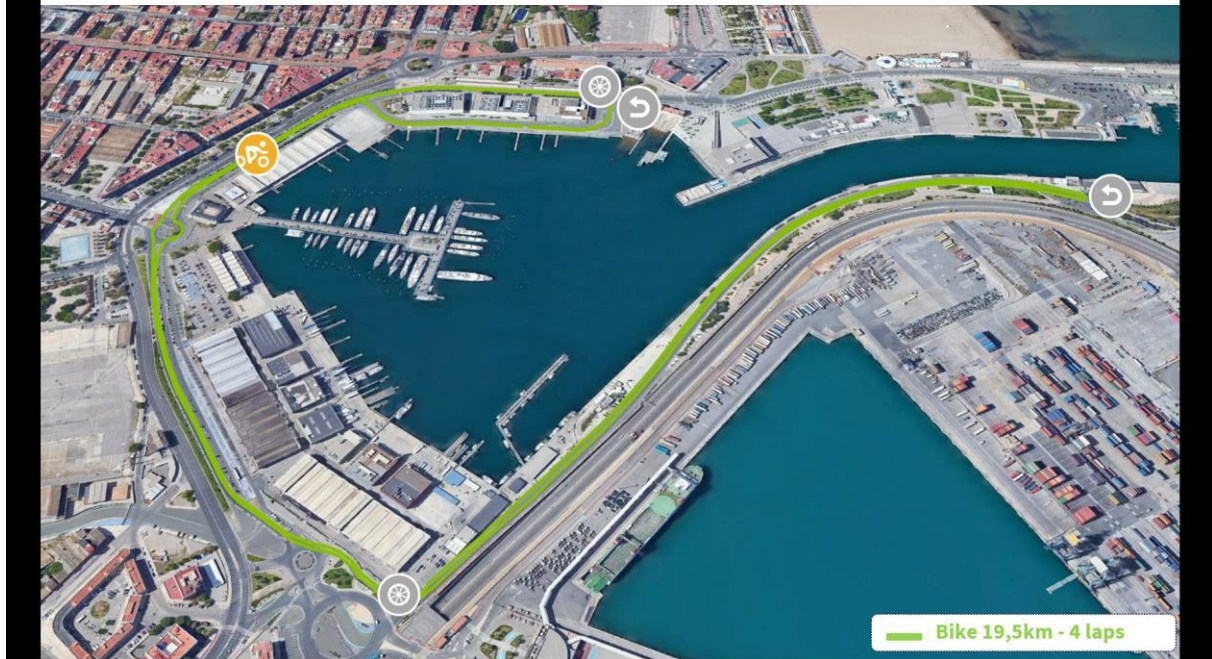
World Triathlon
Cup
VALÈNCIA
2022

BIKE | ÉLITE

4 laps | 19,5 km



World Triathlon
Cup
VALÈNCIA
2022



Due to the actual circumstances of the Bike components manufacturers, it has been impossible to get Neutral Wheels; so the Teams will be allowed to use the second wheel station as Team Wheels as well. LOC will transfer the wheels to the second Wheel Station



TRANSITION 2 | ÉLITE

T2





World Triathlon
Cup
VALÈNCIA
2022

RUN | ÉLITE

2 laps | 5 km



World Triathlon
Cup
VALÈNCIA
2022

