



ATHLETE'S GUIDE ELITE

Santo Domingo, Dom. Rep.

November 11, 2018

COUNTRY INFORMATION

Upon arrival you will be only required to show your passport and to buy a tourist card for US\$10.00 cash

Currency Dominican Peso
Exchange US\$1.00 = RD\$ 49.50
Spoken Language = Spanish

REGISTRATION & BRIEFINGS

Renaissance Jaragua Hotel
Av. George Washington 367
Santo Domingo, Dom. Rep.
Saturday, November 11th.

EVENT START
Naval Officers Club, San Soucí
Sunday, November 11th.

WEATHER FORECAST



32°/21°

Sunrise 6:45 Sunset 18:03

2018 SANTO DOMINGO CAMTRI SPRINT TRIATHLON AMERICAN CUP AND IBEROAMERICAN CHAMPIONSHIPS

EVENT INFO

	750 M	SWIM	- 1 LAP
	20 KM	BIKE	- 3 LAPS
	5 KM	RUN	- 2 LAPS

SWIM COURSE (1LAP)
To take place in a rectangular circuit of 750 meters in the Marina of San Soucí's Naval Officers Club

BIKE COURSE (1 LINK + 3 LAPS)
Leaving the transition zone to the left northwards on Avenida España, crossing the Floating Bridge to stay in a circuit between Avenida del Puerto and Malecón until reaching the Obelisk, making a right you'll be bordering the Parque Eugenio María de Hostos, then making a U turn back into the Malecón until reaching Jaragua Hotel then making a U turn back to the Obelisk again and into T2 located at Plaza Juan Baron.

RUN COURSE (2 LAPS)
Running over the Malecón you'll enjoy a nice view of the Caribbean while completing a loop of 2.5 that will be repeated three times. This is a flat asphalt course.

All the event and courses information will be explained at the briefing

Competition rules will be according to the ITU Competition rules.

For protests and appeals proceed according to the ITU competition rules procedure

ATHLETES BRIEFING

November 10th.	18:00	Elite Athletes Briefing	Salón Sol de Oro
November 10th.	18:30	Elite Race Package Distribution	Cascades
November 10th.	19:30 -21P:00	Pasta Party by HSS (Hospital for Special Surgery)	Pool Area

EVENT SCHEDULE

SATURDAY, NOVEMBER 10th.

10:00 - 10:45	Elite Swim Familiarization	San Souci
10:45 - 12:00	Elite Bike Familiarization Start in San Souci 1 link + 1Lap	San Souci
18:00 - 18:30	Elite Athletes Briefing	Salón Sol De Oro
18:30 - 19:00	Elite Race Package Distribution	Salón Las Cascadas
19:30 - 21:00	Pasta Party by HSS (Hospital of Special Surgery)	Pool Area

SUNDAY, NOVEMBER 11th.

7:30	Age Group Olympic Event Start	San Souci
7:35	Age Group Sprint Event Start	San Souci
7:50	Super Sprint National Federation Talents Start	San Souci
7:52	Age Group Super Sprint Event Start	San Souci
8:15 - 8:45	Elite Women Transition 2 Opens	Plaza Juan Baron
8:40 - 9:40	Elite Women Athletes Lounge Opens	San Souci
9:20 - 9:50	Elite Women Transition 1 Opens	San Souci
9:40 - 10:00	Elite Women Warm Up Opens	San Souci
10:10	Elite Women Presentation	San Souci
10:15	Elite Women Start	San Souci

EVENT SCHEDULE

SUNDAY, NOVEMBER 11th.

9:45 - 10:15	Elite Men Transition 2 Opens	Plaza Juan Baron
10:10 - 11:10	Elite Men Athletes Lounge Opens	San Souci
10:50 - 11:20	Elite Men Transition 1 Opens	San Souci
11:10 - 11:30	Elite Men Warm Up Opens	San Souci
11:40	Elite Men Presentation	San Souci
11:45	Elite Men Start	San Souci
13:00	Medal Ceremony	Plaza Juan Baron
19:30 - 24:00	Closing Party	Lulú Restaurant

VERY IMPORTANT

The race day you must bring with you your Government ID for doping, this will be required at the end of the race.

HOTEL ACOMMODATIONS

For our host hotel Renaissance Jaragua accommodations please visit www.marriott.com then enter Renaissance Santo Domingo Jaragua Hotel & Casino

There is a special rate per night room with breakfast included for the Event competitors and family / friends

AIRPORT TRANSPORTATION

Please send your travel itinerary and hotel confirmation to fedotri@hotmail.com this information needs to be received by Monday, November 5th.

Airport Taxi Services charge around US\$30.00 -US\$40.00 depending on the location. UBER service also available.



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NOVEMBER 10th. SWIM & BIKE FAMILIARIZATION TRANSPORTATION

There is transportation available for coaches and family for the familiarization of the bike and swim course on Saturday, November 10th departing from our host hotel Renaissance Jaragua at 9:45

You can proceed to ride your bike thru the Malecon, crossing the river thru the floating bridge, making a right on Avenida España (about 5 Kms. distance)

Taking the closed roads we encourage athletes to ride in groups and to take all the safety measures regarding cars, motorcycles and pedestrians.

EVENT DAY COACHES & FAMILY TRANSPORTATION

We will also have transportation on the day of the event for family and coaches departing from the Renaissance Jaragua back parking lot at 6:30, 9:30 and 10:30 going directly to T1 - San Souci

Then departing from T1 - San Souci to T2 Plaza Juan Baron they will be leave at Parque Eugenio María de Hostos (200 mts. walking distance) at 8:30, 10:30 an 12:00

EVENT DAY ATHLETES PROCEDURE

Athletes should go to T2- Plaza Juan Baron on their bikes. To leave their running gear and then continue to T1 - San Souci taking the closed roads with all attention.

You can proceed to ride your bike thru the Malecon, crossing the river thru the floating bridge, making a right on Avenida España (about 5 Kms. distance)

Taking the closed roads we encourage athletes to ride in groups and to take all the safety measures regarding cars, motorcycles and pedestrians.

On the race day, belongings left at T1 will be taken to T2, please make sure to leave all your belongings inside your race kit, there will also be a LOST & FOUND box where missing items will be collected

WHERE TO RIDE IN SANTO DOMINGO

We do not recommend you to ride your bike on the streets! Parque Mirador has 5 Kms closed to traffic from 5:00 to 9:30 and in the evening from 17:00 to 21:00

We strongly recommend you to follow our suggestions at this matter.

WHERE TO RUN IN SANTO DOMINGO

Our Malecón bay side with an extention of approximately 5 Kms. is a very beautiful and fair secure place to run during daylight and avoiding the use of cellphone or visible electronic or jewels. For competitors staying at our host hotel is at crossing street distance.



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MECHANICAL SERVICES AVAILABLE

At the Jaragua Renaissance Hotel there will be a Mechanical Service available to assist you on November 10th. from 15:00 to 19:00 outside Salón Flor de Oro

The Event day it will also be available on Transition Area 1 from 6:00 to 12:00

MEDICAL SERVICES & INFORMATION

In the event of any emergency, there is a private clinic "Clinica Abreu" at approximately 1 Km. distance. You will always be required to show your Medical Insurance ID along with a passport or an official identification (copy or picture). The day of the Event we will have two Medical Stations (at Plaza Juan Baron and at San Soucí) equipped to provide proper service to our competitors.

Medical Areas will be under the supervision of our Medical Delegate

Md. Francisco Bentz Brugal 1.829.875-9101
Sports Medicine Physician
Physical Medicine and Rehabilitation (Physiatrist)
American Academy of Physical Medicine and Rehabilitation member
www.aapmr.com

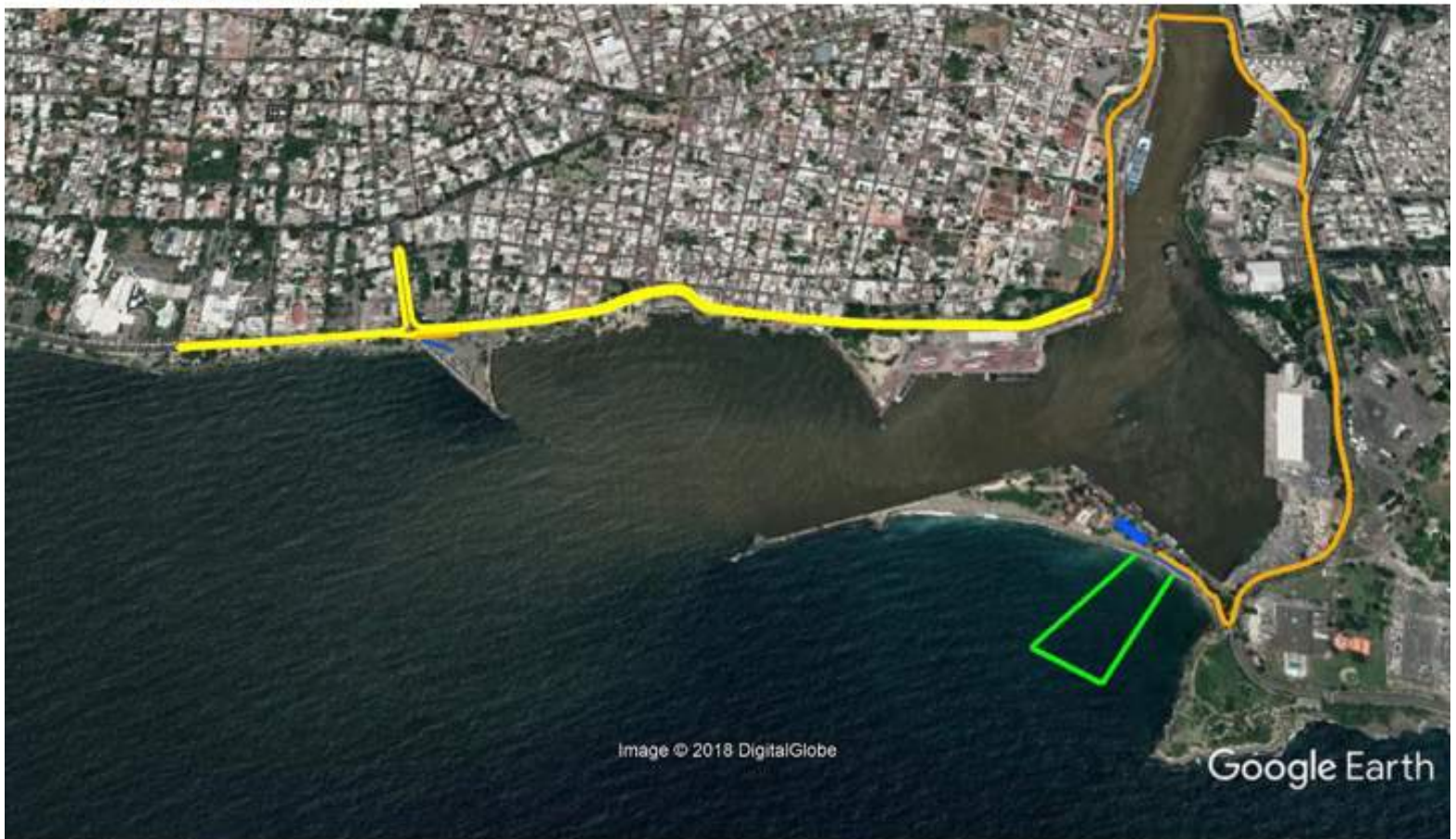
We will have doping control at the finish of the Event, provided by WADA

EVENT CONTACTS INFORMATION

LOC infotriatlonsd@gmail.com	Fernando Peña	1.809.222-3896
ITU TECHNICAL DELEGATE irving@triatlon.com.mx	Irving Zavala	1.829.392-9199
ITU TECHNICAL DELEGATE ASSISTANTE	Winston Crooke	1.829.393-5034
NATIONAL FEDERATION FEDOTRI fedotri@hotmail.com	Isay Ramos	1.809.567-0104

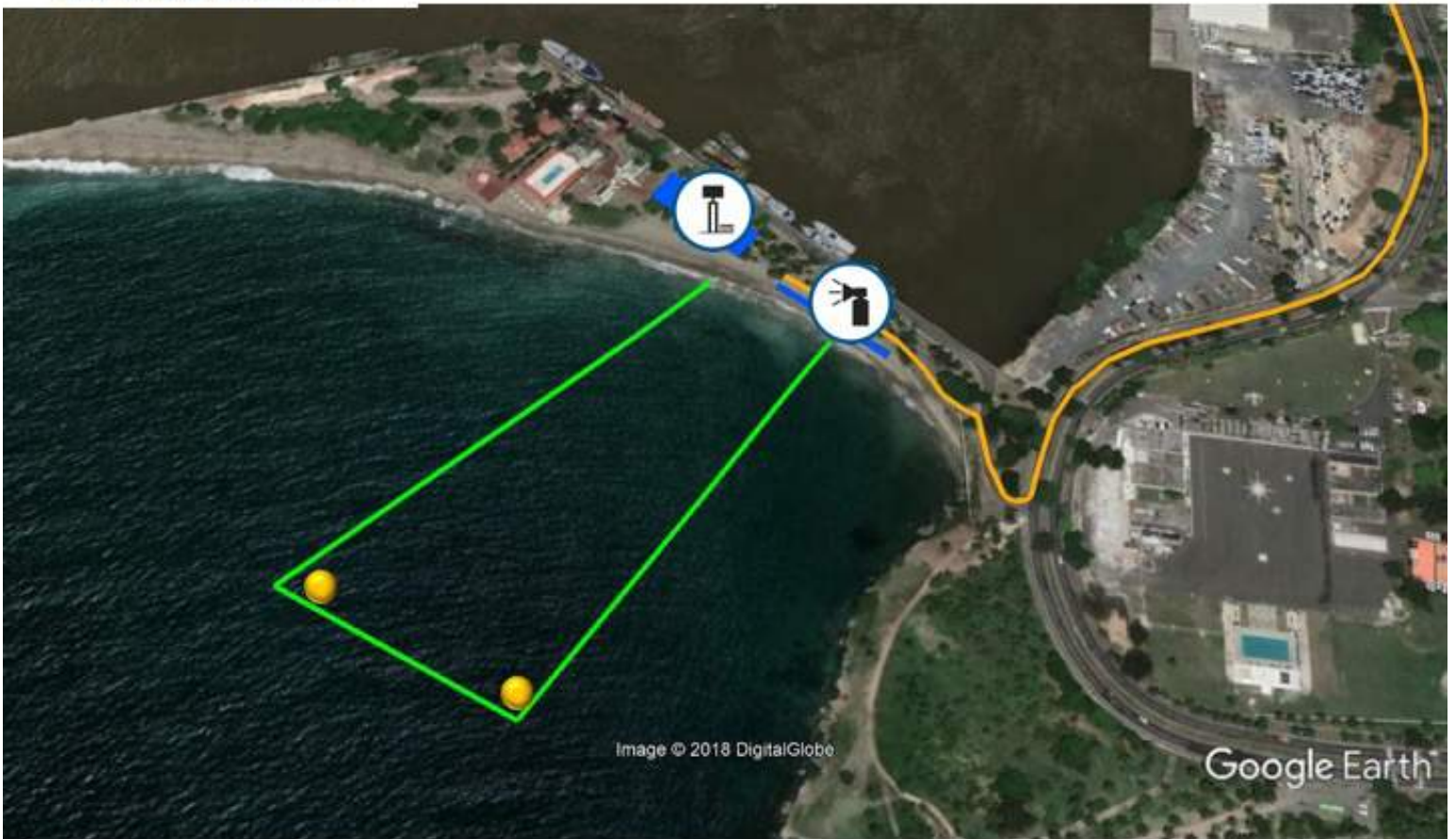


GENERAL VIEW





SWIM 1 LAP X 750 M





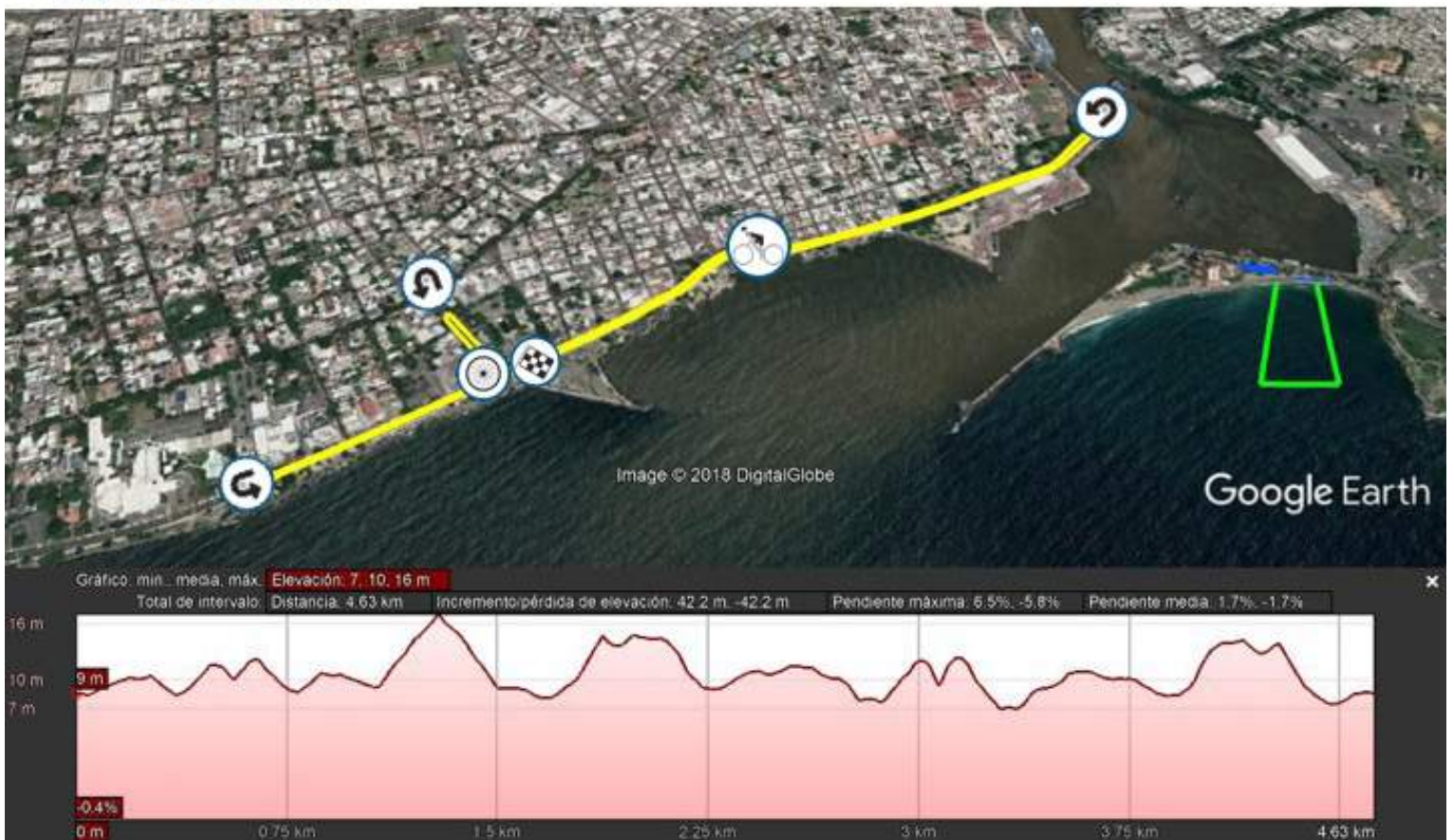
FIRST LAP OF THE BIKE

6,12 KM





BIKE 3 LAPS X 4,6 KM





RUN 2 LAPS X 2,5 KM

