



# TRIATHLON AMERICAS

2024 VISTACANA



## ATHLETE GUIDE

*“Swim like you are being chased by a shark, bike like you stole it and run like Forrest Gump”*





## GENERAL INFORMATION

The purpose of the Athletes Info Guide is to ensure that Elite Athletes and Team Leaders are well informed about all procedures concerning the 2024 Americas Triathlon Cup and Central American and Caribbean Championships at Vista Cana.



**Friday 21st - Sunday 23rd  
June 2024**

## OFFICIAL VENUE



Vistacana homage to the art of active living, an ode that embraces the extraordinary potential of the human body and the world of physical expression. From conquering golf courses to thrilling SUP sessions, serene hikes, or beachfront morning yoga, we understand the importance of movement in fostering connections and making memories. At Vistacana, every day is an invitation to awaken body, mind and spirit in a continuous celebration of vitality.

## KEY CONTACTS



- Reg Whatley - World Triathlon Technical Delegate / [rwhatley@gmail.com](mailto:rwhatley@gmail.com)
- Rosanna Peláez - Team Leader / [info@moverd.do](mailto:info@moverd.do)
- Catalina Peláez - Team Director / [moverdeventos@gmail.com](mailto:moverdeventos@gmail.com) /
- Cristian Marte - Race Director / [cristian\\_marte@hotmail.com](mailto:cristian_marte@hotmail.com)
- Technical Support Line / WhatsApp 829-766-1688







# WELCOME TO PUNTA CANA

The sophisticated East Coast of Dominican Republic attracts vacationers from around the world who come to explore and savor the natural treasures and luxuries of Punta Cana. Nestled across 100 miles (160 kilometers) of the world's best beaches lapped by turquoise waters and dotted with swaying palm trees, Punta Cana is Dominican Republic's most lavish and popular destination. Your inspiration begins at touchdown, where the picture-perfect coastline beckons with a seemingly endless strip of frost-white sand shelving into reef-protected lagoons of irresistible peacock blues and greens. These silvery sands stretch virtually unbroken for 40 miles (64 kilometers) and are the reason for Dominican Republic's astonishing assemblage of all-inclusive hotels and convention centers.

Punta Cana's beaches and resorts may be its biggest draw, but its world-renowned golf courses and entertainment, like swimming with dolphins, explore caves, refresh in natural springs and zip lining through the exotic vegetation, promise to capture your imagination and refresh your soul. To the north of Punta Cana is the equally luxe resort area of Bávaro. Together, Bávaro and Punta Cana feature Dominican Republic's largest hotel and resort infrastructure. Year after year, this region, where the Atlantic meets the Caribbean Sea, has been the venue for international fishing competitions and has also become the number one golf destination in the Caribbean, among the top in the world. The following guide to Punta Cana includes descriptions of the amazing attractions, golf courses, beaches and more that await you.

## DOCUMENTATION:

Most visitors arriving in the Dominican Republic—including those from the United States, Canada, United Kingdom, the European Union, Mexico, many South American countries and Central America (see the full list of countries on our website)—only need a passport with a minimum validity equivalent to the duration of their stay to enter the country. The cost of the 30-day tourist card, paid separately in the past, is now included in the airline ticket for all visitors. **VISAS:** Any person, regardless of their nationality, can visit Dominican Republic if they are a legal resident of, or if they have one of the following valid visas in their passport: United States, Canada, United Kingdom or Schengen. Travelers who do not have a passport or visa from countries listed above will need to apply for a visa. To issue a visa, the passport needs to have a validity of at least six (6) months. If you need to apply for a Tourist visa, please visit this website to find your Dominican consulate abroad: [www.consuladord.com](http://www.consuladord.com)





# ITINERARY 2024

**8:30 am - 9:00 am**  
**9:30 am - 10:00 am**  
**5:00 pm - 6:00 pm**  
**6:00pm - 8:30pm**

Swimming Familiarization.  
Bike familiarization (one guided tour only)  
Elites, Under 23 and Junior Congress.  
Elite, Under 23 and Junior  
package pick-up.



**FRIDAY,  
AUGUST 9TH 2024**

**5:00 am**  
**5:15 am**  
**5:45 am - 6:00 am**  
**6:05 am**  
**6:30 am**  
**7:00 am**  
**7:30 am - 7:40 am**  
**7:45 am**  
**8:00 am**  
**9:00 am**  
**9:30 am - 9:40 am**  
**9:40 am**  
**9:45 am**  
**10:25 am**  
**10:30 am - 10:40 am**  
**10:50 am**  
**11:00 am**  
**1:30pm - 3:00pm**  
**5:00 pm**

Open Athletes' Hall  
Open Transition for Junior Women  
Junior Women's Swim Warm-Up  
Junior Women's Presentations  
Junior Women's Career Start  
Open Transition Junior Men  
Junior Men's Swim Warm-Up  
Junior Men's Presentations  
Race Start Junior Men  
Transitional Open for Elite Men and Under 23  
Men's Elite & Under 23 Swim Warm-Up  
Elite and Under 23 Men Presentations  
Start of the Elite Men and Under 23 Race  
Open Transition Women Elites and Under 23  
Women's Elite & U23 Swim Warm-Up  
Elite and Under 23 Women's Presentations  
Start of the Elite and Under 23 Women's Race  
Awards  
Age Group Virtual Information Meeting



**SATURDAY  
AUGUST 10TH 2024**

**05:00 am**  
**06:00 am**  
**06:15 am**  
**06:30 am**  
**06:45 am**  
  
**10:00 am**  
  
**12:00 am**

Transition zone opens  
Transition zone closure  
Official technical remarks  
Olympic Distance Starts  
Sprint Distance Starts (or after the last  
Olympian to complete their first lap)  
Opening of Transition Zone for  
bicycle pick-up  
Awards



**SUNDAY  
AUGUST 11TH 2024**





Vistacana is a gated complex that has its own private security, with full right to close all the roads that are necessary. However, we will have the civil defense, general practitioner and anesthesiologist and paramedics and two (2) ambulances, INTRANT, DIGESETT and the National Police, representatives of the city council, volunteers from VistaCana and MOVE, race supervisors, repair technicians from BC, workshop to repair bicycles etc.

A private security company will be responsible for the security of the venue and the commissioner's Field of Playing Fields (FOPs) will patrol around the playing field on race day. The Police will manage road closures and traffic around the field.



# ON YOUR MARK



## ACCREDITATION

The LOC will provide all Elite Athletes (White Armband), Technical Officials, Journalists, an official bracelet according to the Event Organizers Handbook Triathlon World Championships.

Accreditation wristbands will be handed out during kit pick up on August 9th at the briefing.

Bracelets provide access to specific areas of competition. Athletes are requested to wear their bracelets at all times and to show them when requested.



## BIKE TRANSITION AREA

The transition area is located next to the swimming finish line in the parking lot and it is equipped with traditional bicycle racks.

The positions on the bike racks are labeled with the athletes' name, number and country.

The position of the athlete in transition is based on the athlete's current ranking, and the athlete with the highest ranking receives a position closest to the assembly line.

Bike mechanical services will be provided



## START LINE

The starting area will be located in Vistacana, in Punta Cana. This will be a beach outing and each athlete will be allowed 0.75 m for their starting position. The race referee with the assistance from World Triathlon Technical Officials, will indicate the beginning of each race.



# GET SET



## REFRESHMENT STATIONS

There will be four stations at the race that which will serve bottled water and sports drinks. Weather conditions at Punta Cana enjoys a beautiful warm climate all year round with morning temperatures average of 33.2° C and at night time 27.3° C



## DOPING CONTROL

Doping control will be carried out in accordance with the rules of World Triathlon/WADA.



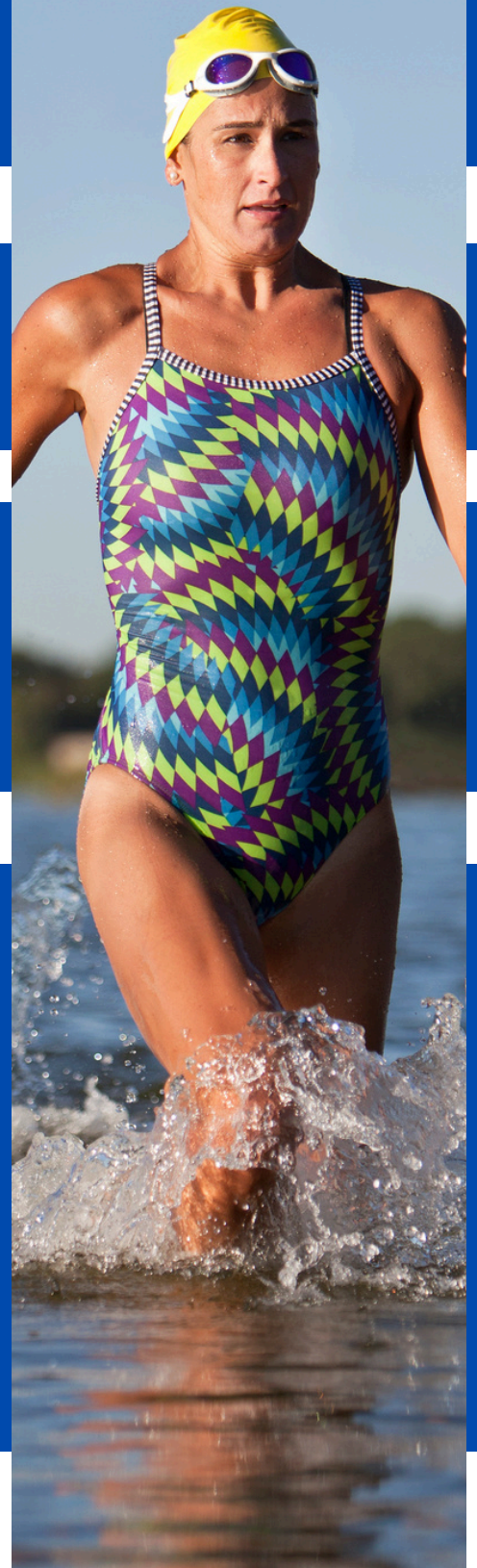
## JURISDICTION PROTESTS AND APPEALS

Standard procedures will be followed in accordance with the World Competition Rules Triathlon.



## MEDICAL SERVICES

Medical and paramedical personnel will be available throughout the competition schedule. Two ambulances will be available to provide emergency transport to closest hospitals. The medical tent will be located at the Main Headquarters/Finish Area. Please note: Possible on-site medical services are free of charge. Any transport ambulance or treatment in hospitals, clinics and doctor's offices will be covered by the participants. Athletes/teams must ensure they have adequate health insurance.





**GO!**  
**“THE COURSES”**



# SWIM COURSE



There are 2 laps of 750 m for swimming clockwise. Every spin will be clearly marked with a yellow and orange buoy. Athletes must get out of the water, go around a buoy on the beach and re-enter the water for the second round. The average water temperature in Vistacana (Punta Cana) in the month of August is 27°C approximately. Technical officials will announce the use of the wetsuit for one hour before the start of the race, but it will be unlikely.

# BIKE COURSE



The total cycling route of 19,890 meters consists of 2 long laps and 1 short lap. The surfaces of the roads are for the most part in good condition. Athletes will experience freshly paved surfaces when entering and exiting the transition area.



# RUN COURSE



There are 2 laps of 2.5 km, which will take the athletes along the way, offering a good surface to run.





## HOTEL VENUE

Modern and spacious spaces prevail at AC Punta Cana. This hotel offers a wide variety of technology state-of-the-art amenities, as well as a perfect location near Downtown Punta Cana and within walking distance of the incredible Caribbean beaches.

### SPECIAL RATES FOR OUR ATHLETES

AC Deluxe 1 King Bed, Garden View - Single  
One (1) adults / US\$99 per room

AC Deluxe 1 King Bed, Pool View - Single  
One (1) adults / US\$109 per Room

AC Deluxe 2 Queen, Pool View - Double  
Two (2) adults / US\$119 por habitación

AC Executive 1 King, Sofa bed, Garden View - Double  
Two (2) adults / US\$129 por habitación

For reservations

[reservations@acpuntacana.com](mailto:reservations@acpuntacana.com)

[amata@acpuntacana.com](mailto:amata@acpuntacana.com)



2024 VISTA CANA  
**TRIAmericas**





# OTHER LODGING OPTIONS

## ALL INCLUSIVE HOTELS / RATE PER PERSON



## GRAND PALLADIUM

PUNTA CANA RESORT & SPA

Single Room: US\$212.63  
Double Room: US\$141.75  
Extra person: US\$113.40  
1 Children: Free  
Second Child: US\$70.88

For Reservations

[maryelba.sosa@palladiumhotelgroup.com](mailto:maryelba.sosa@palladiumhotelgroup.com)



## Sports Illustrated RESORTS

MARINA & VILLAS CAP CANA

### The Home Room

Single room: US\$275.00  
Double room: US\$185.00  
Extra person: US\$130.00  
Children (3-12): US\$89.00

### The Deuce (Two Bedroom Suite)

Quadruple: US\$198.00  
Extra person: US\$139.00  
Children (3-12): US\$95.00

For Reservations

[Reservations@siresortscapcana.com](mailto:Reservations@siresortscapcana.com)  
[gnavarro@siresortscapcana.com](mailto:gnavarro@siresortscapcana.com)







We remind all our athletes of the importance of fostering an environment of good practices by incorporating environmental sustainability. It is clear that our planet Earth is experiencing a climate change unprecedented in its entire history.

For this reason, we as the MOVERD team have as our main pillar to assume a commitment to contribute our grain of sand to change our life and consumption habits, with the collaboration of everyone! It will always be less... than the price of doing nothing!

**Just a change of behavior, transform climate change, help us!**