



TRIATLÓN

PUNTA CANA 2023



Central America
& Caribbeans

Athletes Guide



ELITE GUIDE

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 2023 Americas Triathlon Cup and Central American and Caribbean Championships Punta Cana.

The LOC has made every effort to ensure that the information published in this guide is correct and up-to-date. Nevertheless, the LOC advises all Team Leaders and Elite Athletes to check for any updates in the LOC Office.

Key Dates

Friday May 12, 2023

08:30 – 09:00 hrs **Elite Swim Familiarization. (VistaCana, VistaCana Blvd)** 09:30 - 10:00 hrs
Bike Familiarization 17:00 -17:30hrs **Elite/U23 Briefing Blue Mall Punta Cana -**
Mandatory 17:30-17:45hrs **Elite/U23 Packet Pickup Immediately after briefing** 17:45 -
18:15hrs **Juniors Briefing Blue Mall Punta Cana - Mandatory** 18:15-18:30hrs
Juniors Packet Pickup immediately after briefing

Saturday May 13, 2023

05:00 Athletes lounge open Female Juniors
05:45-06: Transition open Female Juniors
06:20-06:45 Swim Warmup Female Juniors
06:50 Introduction Female Juniors

07:00 Start Female Juniors

07:15 Athletes lounge open Male Juniors

07:30-07: Transition open/closes Male Juniors

08:00-08:20 Swim Warmup Male Juniors

08:25 Introduction Male Juniors

08:30 Start Male Juniors

09:00 Athletes Lounge open Elite/U23 Men

09:15-25 Transition opens Elite/U23 Men

09:20-09:35 Swim warmup Elite/U23 Men

09:40 Introduction Elite/U23 Men

09:45 Start Elite/23 Men

10:15 Athletes Lounge open Elite/U23 Women

10:25-10:45 Transition opens/closes Elite/U23 Women

10:35-10:50 Swim warmup Elite/U23 Women

10:50 Introduction Elite/U23 Women

11:00 Start Elite/U23 Women
Award Ceremony

13:30 Awards Juniors

13:45 Awards Elite/U23

Key Contacts

| | | |
|---------|---------|---|
| Reg | Whatley | World Triathlon Technical Delegate rwhatley@gmail.com |
| Eduardo | Briceño | Race Director ebriceno@makingwavesacademia.com |

Elite Briefing & Race Packet Pick Up

Race briefings are mandatory and athletes must be on time. Contact Technical Delegate for any travel delays into Punta Cana.

COURSE

Transition Area

Transition area is located next to the finish line area in front of the grandstands and equipped with traditional bike racks. The positions on the bike racks are labelled with athletes' name, number and country. The athlete position in transition is based on the current ranking of the athlete, with the highest ranking athlete receiving a position closest to the mount line. See maps below.

Start Area

The start area will be located at Vista Cana, in Punta Cana. This will be a beach start with each athlete being allowed .75m for their start position. The Race Referee with the assistance of World Triathlon Technical Officials, will start each race.

Swim Course Elite/U23 Saturday

There are 2 laps of 375m each total 7500m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy. Athletes must exit the water, round a buoy on beach and reenter the water that is clearly marked.

The average water temperature in Vista Cana (Punta Cana) in May is approximately 25° C. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely.

Swim Course Junior Saturday

There is 2 lap of 750 m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy. Athletes must exit the water, round a buoy on beach and reenter the water for second lap.

The average water temperature in Vista Cana (Punta Cana) in May is approximately 25°C. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely. (Maps will be end of this guide)

BIKE COURSE

Bike Course Standard

The **19,890** meters bike course consists of **2 long laps and 1 short lap**. The route is slightly technical with a few tight turns and round-about. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area. See Maps below

Bike Course Sprint

The **19,890** meters total bike course consists of **2 long laps and 1 short lap**. The route is slightly technical with a few tight turns and one U-Turn. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.

RUN COURSE

Run Course Standard

There is **2 laps of 2.5 km**, which will take athletes along the , offering good running surface.

Run Course Sprint

There is **2 laps of 2.5 km** each, which will take athletes, offering good running surface.

Aid Stations

There will be **four stations** on the race serving bottled water and sports drink.



Weather Conditions

Punta Cana enjoys hot beautiful weather year round with average daily temperatures of 31° C.

Training

Swimming Familiarization, Friday, Vista Cana Beach.

COMPETITION

Protests and Appeals

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

Accreditation

The LOC will provide all Elite Athletes (White Bracelet), Technical Officials, Journalists, etc with an official bracelet according to the World Triathlon Event Organizers Manual.

Accreditation bracelets will be handed out during the packet pickup on May 12, at the briefing.

Only persons with bracelets will be allowed to access certain venue areas. Bracelets provide access to specific competition areas. Athletes are requested to wear their bracelets at all times and to show them upon request

Elites Athletes Lounge

Be respectful of your permitted times for athletes lounge opening as we have four different races on Saturday.

Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules.

Medical Services

First Aid and Emergency Medical Services will be available during familiarization session and during the competition hours to anyone requiring medical assistance.

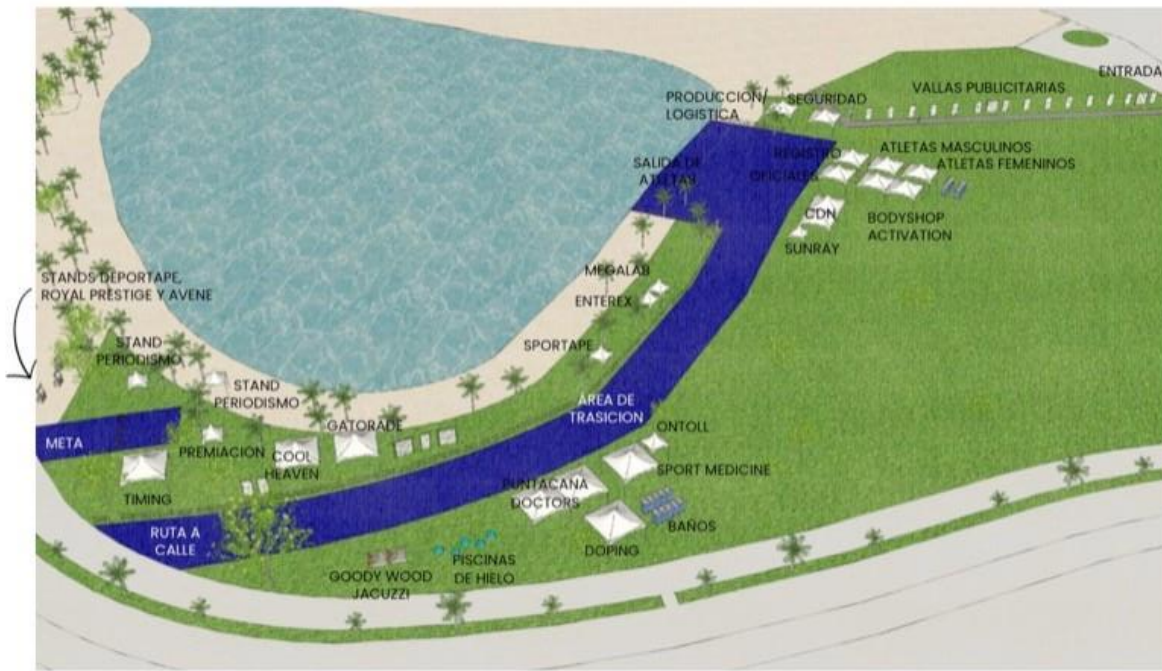
Medical and paramedical personnel will be available throughout the competition hours. Several ambulances will be available to provide emergency transfer to nearby hospitals. The medical tent will be located in the Main Venue / Finish Area.

Please note: Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in hospitals, clinics and practices are to be paid by the participants. Athletes / teams need to ensure that they have appropriate medical insurance.

Security

A private security company will be responsible for the venue security and Field of Play (FOP) Marshals will patrol around the Field of Play on race day. Police will manage the road closures and the traffic around the course.

Good luck, enjoy your Punta Cana, Republic of Dominica Experience !!



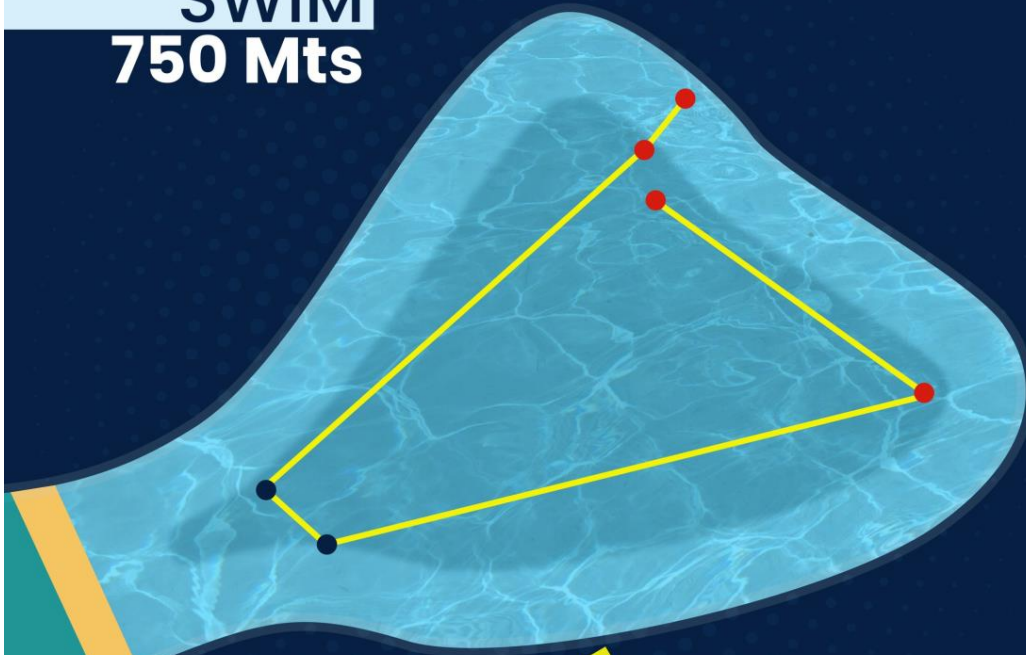
ZONA DEPORTIVA
PERSPECTIVA SEMI-AEREA

Swim Course



TRIATLÓN
PUNTA CANA 2023

SWIM
750 Mts



2 LAPS

Bike Course



Run Course



