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1. WELCOME

WELCOME LETTER – WORLD TRIATHLON



Marisol Casado

World Triathlon President
IOC Member

Greetings and a very warm welcome to the 2024 World Triathlon Cup Rome.

I am delighted that we are able to return to Italy's magical capital after it made a glittering debut on the World Cup circuit in 2023, and to once again be bringing some of the greatest triathletes on the planet to one of the world's truly iconic cities.

And this part of Rome is among the most exciting and innovative districts in Europe, one that has its roots in the Rome 1960 Olympic Games. Now, we return with the Paris 2024 Olympic Games still fresh in the hearts and minds of everyone who raced or was witness to the racing there. Many of those athletes earned precious Olympic points on this very course 12 months ago, when it was the magnificence of Portugal's Vasco Vilaca and Germany's Nina Eim that saw them win the very first Rome World Cup golds.

The country and people of Italy have enjoyed a long and close relationship with our sport, and it is one that continues to grow as it opens its doors to hosting more and more races. Our thanks go to the Local Organising Committee and the Italian Triathlon Federation and of course to all the volunteers and officials for their hard work in bringing together this magnificent occasion, as well as to the city and its residents for their warm welcome and enthusiastic support.

I wish the best of luck to all the athletes and their teams, and hope that everyone will be able to enjoy this stunning city to the fullest as it hosts the spectacle of World Triathlon Cup racing. Have a wonderful weekend and enjoy the rest of the season.

Yours in Sport



World Triathlon
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WELCOME LETTER – CONI



Giovanni Malago'

Coni President

Triathlon is at center of the stage again, thanks to another important event to be held in the Italian capital. The second edition of the World Triathlon Cup Rome 2024 represents a great opportunity to promote this discipline and to experience new emotions, after those experienced at the Paris 2024 Olympic Games.

We are very proud to host this event in Italy, a great result for our country but also for the Italian Federation and its role within the universal movement. FITRI works with the young generations and towards an ambitious project to train integral operators.

On a personal level and on behalf of the Italian National Olympic Committee, I would like to express my thanks to the Italian Triathlon Federation, to its President Riccardo Giubilei, and to all the institutions that worked for the organization of this edition of the Triathlon

World Cup in Rome, and — at the same time — I want to send my personal support to all the athletes who will donate another page of entertainment in the name of this sport.



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WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Riccardo Giubilei

Italian Triathlon Federation

President

"On behalf of the Italian Triathlon Federation, I would like to extend my warmest welcome to all the athletes, technicians, managers and fans who will be coming to Rome for the second edition of the World Triathlon Cup. We are happy and honoured to be able to host, once again, in our wonderful city this competition of absolute international importance that not by chance attracts enthusiasts from all over the world and great champions for the very high competitive value but also for the suggestive scenery along which the race course winds. A unique event that only a city like Rome can offer.

We are facing a dream that is renewed thanks to the hard work and teamwork of a federation that aims to project the Italian triathlon to the highest peaks in growth ambitions, sporting results and the organisation of major international events.

After the success of the WTCS in Cagliari in May, which saw Olympic champions battle it out at Poetto, the World Triathlon Cup Rome promises to be yet another demonstration of a new vision and serious planning that has been put into action over the last three years.

I would like to thank the Presidency of the Council of Ministers, the Lazio Region, the Municipality of Rome, Eur SPA, the sponsors who are close to us and the federal offices for an event that I am sure will provide very strong emotions.

Ad Maiora!".



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WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Valerio Toniolo

Italian Triathlon Federation

General Secretary

"We are happy and proud to welcome athletes, coaches and fans of this sport for the second edition of the Triathlon World Cup in Rome.

An event of absolute international prestige – entirely organized in-house by Fitri – which proved to be a success at its debut last year with the lake, skyscrapers and historic buildings of the Eur district as a backdrop along the route, just a few kilometers from wonders of the ancient world such as the Colosseum and the Circus Maximus.

In respect of this delicate ecosystem, we have once again committed ourselves to ensuring that the competition has the lowest possible environmental impact by implementing all the necessary precautions: from the use, where possible, of renewable energy to careful waste management.

Transparency, seriousness and a fruitful spirit of collaboration have therefore allowed us to repeat this year an important event that demonstrates how the Italian triathlon has once again won the challenge of organizing major international events.

I would therefore like to take this opportunity to thank the federal offices and all those who, in various capacities, have worked with great dedication and commitment to the creation of the 2024 edition of the World Triathlon Cup Rome".



2. SCHEDULE

TUESDAY, OCTOBER 1st

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1

WEDNESDAY, OCTOBER 2nd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1

THURSDAY, OCTOBER 3rd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1
18:00 – 18:30	Athlete's Briefing	Auditorium del Massimo, Via Massimiliano Massimo 1, 00144 Roma
18:30 – 19:00	Accreditation Elite Athletes & Coaches / Race Pack Distribution	

FRIDAY, OCTOBER 4th

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1
10:30	Press Conference	Viale America 201
10:00 - 16:00	Mechanic Service	Viale America 201
11:30 – 12:30	Swim Familiarisation	Viale America 201
13:00 – 13:30	Bike Familiarisation	Viale America 201



SATURDAY, OCTOBER 5th

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
08:00 - 13:00	Mechanic Service	ATHLETE'S LOUNGE
08:00 - 09:00	Elite Women Athlete's Lounge Check-In	ATHLETE'S LOUNGE
08:45 - 09:15	Elite Women Transition Area Check-In	TRANSITION AREA
08:45 - 09:15	Elite Women Swim warm-up	SWIM COURSE
09:20	Elite Women line-up	START AREA
09:30	Start Elite Women Race	START AREA
10:50	Elite Women Medal Ceremony	CEREMONY STAGE
10:30 - 11:30	Elite Men Athlete's Lounge Check-In	ATHLETE'S LOUNGE
11:00 - 11:45	Elite Men Transition Area Check-In	TRANSITION AREA
11:00 - 11:45	Elite Men Swim warm-up	SWIM COURSE
11:50	Elite Men line-up	START AREA
12:00	Start Elite Men Race	START AREA
13:20	Elite Men Medal Ceremony	CEREMONY STAGE



3. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2024 World Triathlon Cup Rome.

3.1 KEY CONTACTS

NAME	POSITION	EMAIL
Paola Turconi	World Triathlon Team Leader	paola.turconi@triathlon.org
Monica Flores	World Triathlon Technical Delegate	mofloresferreiro@yahoo.es
Giovanni Trivellone	World Triathlon Assistant Technical Delegate	giovanni.trivellone.66@gmail.com
Sergio Migliorini	World Triathlon Medical Delegate	sermigliorini@gmail.com

LOC AREA	EMAIL
LOC Operations	organisation.wtcroma@fitri.it
LOC Administration	admin.wtcroma@fitri.it
LOC Services	services.wtcroma@fitri.it
LOC Communication	media.wtcroma@fitri.it
LOC Logistics	logistics.wtcroma@fitri.it

3.2 LOCAL ORGANIZING COMMITTEE

FITRI - Italian Triathlon Federation - Stadio Olimpico, Curva Sud - 00135 Roma, Italy

Contact email: info.wtcroma@fitri.it

Website: <https://www.fitri.it>

Facebook: <https://www.facebook.com/Federtriathlon>

YouTube: <https://www.youtube.com/c/federazioneitalianatriathlon>



3.3 LOC INFORMATION CENTRE

An information desk will be available on site from 3 to 5 October for enquiries and logistic assistance:

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
Thursday 3rd Oct	10:00 - 17:00	MIMIT - Viale America 201
Friday 4th Oct	10:00 - 12:00 /14:00 – 18:00	MIMIT - Viale America 201
Saturday 5th Oct	10:00 - 12:00 /14:00 – 18:00	MIMIT - Viale America 201

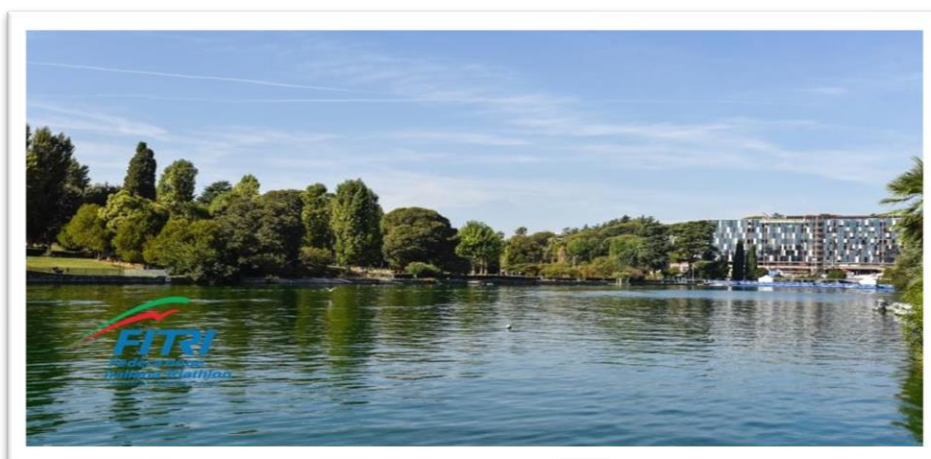
4. VENUE

4.1 VENUE

The venue is located in Laghetto dell'EUR, Viale America 201, 00144 Roma.

The Eur is one of the most original and innovative districts in the city. Completed in the 1960 on the occasion of the Rome Olympics, the Eur nowadays is a modern, congressural, and residential district, and an extraordinary creativity and experimenting laboratory, well connected to the city center. Not only architecture: parks, recreation, and entertainment is offered by the the Eur Central Park, characterized by its artificial lake, surrounded by a big green oasis, rich in oaks, poplars, magnolias, olive trees and maples, and some rare specimens of cherry laurel, ligustrum, pittosporum and conifers belonging to the most important species and varieties.

The Central Lake Park is located a few kilometers from the magnificent Colosseum and Circus Maximus: a unique and suggestive scenario for the Triathlon sport discipline, first edition, acrossing the historical places of the Eternal City.





4.2 HOW TO REACH ROME

By Train

Termini Station (Piazza dei Cinquecento) and **Tiburtina Station** (Piazza della Stazione Tiburtina), are the two main stations in Rome.

- **Termini Station**, in the heart of Rome, offers various services, such as a tourist information point, car rental, a luggage storage, a bank and exchange, toilets, a lost property office, as well as a large Shopping & Food area. Termini station is the interchange station between the two underground lines: Metro A (red line) and Metro B (blue line). The Metro B is the connection to reach the race venue: "direction Laurentina, stop EUR Palasport».
- **Tiburtina Station** is the second main station in the capital, located in the east of Rome. Metro B (blue line) connects it to different areas of the city. Both stations are connected to the underground and to numerous buses for all directions, whose stop is on the squares in front of the stations together with Roma Capitale white taxis with the word TAXI on their roof and the symbol of Roma Capitale on the front doors. Timetable, train ticket costs and online purchase are available on the website of the State Railways.

By Plane

- The main airport is **Leonardo da Vinci International Airport** (Fiumicino – FCO): far from the race venue 23km
- **Giovan Battista Pastine International Airport** (Ciampino – CIA) : far from the race venue 17km

From and to Fiumicino airport by train:

At the airport's railway station the Shuttle-Train Leonardo Express direct service (without calling at other stations) takes just 32 minutes to get to Termini Station (intersecting with the Metro Lines A & B) and leaves every half hour from 6.23 a.m. to 11.23p.m. (every 15 minutes during the time slots with higher traffic). To get to Fiumicino from Termini Station, the Shuttle-Train Leonardo Express direct service leaves every half hour, from 5.35 a.m. until 22.35 p.m (every 15 minutes during the time slots with higher traffic). The €14 ticket may be purchased at ticket office, from self-service machines, travel agents', authorized vendors, Trenitalia counters near platforms and at www.trenitalia.com



By car

If you decide to arrive by car, for those arriving from the North, the best way to reach the capital is via the Milan-Rome A1 motorway. Those coming from the West of the country should instead take the Aurelia State Road and then the Civitavecchia-Rome A12 motorway. From the Adriatic Coast, the best route is via the Aquila-Rome A24 motorway. Finally from the South, the Naples-Rome A1 motorway should be taken. Every motorway joins up with the “Grande Raccordo Anulare” (or G.R.A.-Rome Ring Road) with all exits for the centre and Rome’s suburbs. Further information on www.autostrade.it Infomobilità Roma (information about transports in Rome), real-time traffic updates and ZTL (traffic limited area): <http://roma.luceverde.it/> - www.muoversiaroma.it Roma Mobilità, the official app of romamobilita.it, informs and updates, in real-time, citizens, tourists, commuters, and city users on public and private mobility. The app is available on App Store and Google Play.

4.3 RACE BRIEFING / RACE PACKAGE DISTRIBUTION

The Athletes’ briefing for the 2024 World Cup Rome will take place on Thursday 3rd October at 18:00 local time at **Auditorium del Massimo**, Via Massimiliano Massimo 1, 00144 Roma.

It is mandatory for all athletes to attend the briefing.

The recording of the briefing and the presentation will be available after the session under the following link here:

https://triathlon.org/about/downloads/category/race_briefings

RACE PACKAGE DISTRIBUTION

Race package distribution will take place directly after the respective briefing at **Auditorium del Massimo**, Via Massimiliano Massimo 1, 00144 Roma.

- Coaches' and team's medical accreditations will be distributed at the same time.
- ID document mandatory to be shown
- Timing Chip will be delivered at the athletes lounge registration on the race day

4.4 ATHLETE LOUNGE

Facilities, including the Athlete Lounge, are located on the venue at, Viale America 201, 00144 Roma, 150 meters away from the finish line. Sealed bottles of water are available for elite athletes prior to the race in the Athlete Lounge.

4.5 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue from Friday 4th October until Saturday 5th October before and during the competition hours to everyone requiring medical assistance. A Medical Tent will also be provided on site near the finish area



- Medical and paramedical personnel will be available throughout the competitions.
- Ambulances will be available to provide emergency transfer to hospitals.
- Medical services at the venue are free of charge.
- Only Team Medical Doctors with accreditations will be able to access these areas.
- Accreditations for Team Medical Doctors are given after the Athletes' Briefing by the World Triathlon Medical Delegate to those who have registered with World Triathlon and have been approved in advance.
- Athletes/teams should ensure they have appropriate medical insurance documentation with them at the race venue.
- In a medical emergency, dial 118 and ask for ambulance service. This number is free of charge from any telephone.

Proper medical care can be received at:

Hospital Sant'Eugenio,
Piazza dell'Umanesimo 10

Emergency department: Open 24 hours
Phone: 0039.06. 51001

4.6 [MEDICATIONS](#)

Athletes are advised to bring enough medications for personal use. It is wise to bring a letter from your personal doctor confirming your medical history and medication in case of emergency. If you have been prescribed a medication that is for restricted use in the WADA code, please ensure that you have submitted a TUE with your triathlon federation.

4.7 [DOPING CONTROL](#)

Doping Control will be performed in compliance with the World Triathlon Anti-Doping rules and WADA International Standard for Testing by the Italian Anti-Doping Organization (NADO Italia) and analyzed by Acquacetosa laboratory in Rome. Doping Control will be in the Mimit building, Viale America, 201 (location of the LOC

Information Centre)

Anti-Doping Control will take place in all categories. **Make sure to have a photo ID with you.**



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4.8 [BIKE MECHANIC](#)

Our partner Ferri Bike will offer a complete bicycle mechanics service near the elite athletes' lounge.

Friday, 6th October 10:00 – 16:00

Saturday, 7th October 08:00 – 13:00

4.9 [SECURITY](#)

A private security company will be responsible for the venue security, and community police and field of play marshals will patrol around the field of play. Police will manage the road closures and the traffic around the course.

4.10 [INSURANCE](#)

The LOC has a standard public liability and property damage insurance policy covering the risks of insurable nature under the staging of the event.

All athletes competing in a World Triathlon event must have personal insurance coverage guaranteed by their National Federation.



5. ACCOMMODATIONS & TRANSFER SERVICES

5.1 ACCOMMODATIONS

The Logistics Department will support Individual Athletes and Sport Delegations in the accommodation booking through the following link:

https://www.booking.com/searchresults.en.html?district=17411&aid=7907800&checkin_monthday=30&checkin_month=9&checkin_year=2024&checkout_monthday=6&checkout_month=10&checkout_year=2024&no_rooms=1&group_adults=2

For any further inquiries please contact: logistics.wtcroma@fitri.it

5.2 TRANSFER SERVICES

The LOC will provide free transportation for all elite athletes and to the staff accredited from the airport of Fiumicino (FCO) to their hotel and vice versa, from Tuesday October 1st to Sunday October 6th, 2024, bike transportation included, in the following slot time:

ARRIVALS

Date:	1 oct - 2 oct - 3 oct - 4 oct
Hours: departures every two hours	10:00 - 12:00 - 14:00 - 16:00 - 18:00 - 20:00

DEPARTURES

Date:	5 oct - 6 oct
Hours: departures every two hours	05:00 - 06:30 - 09:00 - 11:00 - 13:00 - 15:00
	17:00 - 19:00 - 21:00

The transfer service will be provided with shared minibus and it will be guaranteed for the accommodations located within a distance of 15km far from the race venue

Private transfer service can be provided, upon availability to be required within the fixed deadline. The private transfer service will be on their own costs, to be paid on site

The airport transfer service registration is mandatory until Friday September 20th, 2024 to the following link: <https://forms.gle/jid4HXMyNs53zw3G6>

Athletes which are not registered for the shuttle service will not be transferred and have to provide individually on their own costs. The LOC will not cover any costs for using taxi or train.

The return travel details will be communicated by a short message 24h before departure.

For any further information or assistance please do not hesitate to contact the Logistics Service to the e-mail contact: logistics.wtcroma@fitri.it



6. TRAINING

6.1 SWIM TRAINING

Location	Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba" Largo dei Portabandiera n.1 – 00143 Roma
Swimming Pool	5 lanes of 25 metres in indoor swimming pool– max 5 pax for lane Slot available: 09:00 – 10:00 10:00 – 11:00 11:00 – 12:00
Procedure	MANDATORY RESERVATION a. indicate the pax number and the main preference b. indicate the pax number and the reserve preference, if the first choice cannot be guaranteed LINK: https://forms.gle/ZZHEnyV3ZgVdeUzR7
Availability	confirmation subject to availability that will follow the date of receipt of the online form. The booking will be confirmed by email at the deadline of Monday September 23th
Access (free)	military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form. ID Document required (copy or scan accepted) No access allowed to persons unregistered previously within the deadline of Monday September 23th
Public transport	from the race venue: Metro (EUR Fermi) 1 stop towards Laurentina – 1min walk to the Bus n.72 towards Laurentina/Cecchignola – walking 300mt till Largo dei Portabandiera n.1
Facility	Changing rooms - NO lockers Bicycle rack inside the military complex

6.2 RUN TRAINING

Location	Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba" Largo dei Portabandiera n.1 – 00143 Roma
Procedure	MANDATORY RESERVATION a. indicate the pax number and the main preference b. indicate the pax number and the reserve preference, if the first choice cannot be guaranteed LINK: https://forms.gle/ZZHEnyV3ZgVdeUzR7



Availability	confirmation subject to availability that will follow the date of receipt of the online form. The booking will be confirmed by email at the deadline of Monday September 23th Slot available: 09:00 – 12:00
Access (free)	military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form. ID Document required (copy or scan accepted) No access allowed to persons unregistered previously within the deadline of Monday September 23th
Public transport	from the race venue: Metro (EUR Fermi) 1 stop towards Laurentina – 1min walk to the Bus n.72 towards Laurentina/Cecchignola – walking 300mt till Largo dei Portabandiera n.1
Facility	Changing rooms - NO lockers Bicycle rack inside the military complex

TUESDAY, OCTOBER 1st

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1

WEDNESDAY, OCTOBER 2nd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1

THURSDAY, OCTOBER 3rd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1

FRIDAY, OCTOBER 4th

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
09:00 - 12:00	Athletes Training – Athletics Track & Swim	Army Olympic Sports Centre: Largo dei Portabandiera, 1



6.3 COURSES FAMILIARIZATION

The athlete familiarization sessions will be held on Friday 4th October at the following times:

11:30 – 12:30	Swim Familiarisation	Viale America 201
13:00 – 13:30	Bike Familiarisation (1 lap escorted by local police)	Viale America 201

Athletes must bring their accreditation pass and report to the athlete's lounge in order to participate in the familiarization session. During the swimming course familiarization there will be lifeguards and medical service available

Athletes will receive a briefing prior to departure on the cycle course.

Athletes will have the chance to preview the elite individual course for **1 lap**.

During the Bike Familiarisation athletes will be escorted by the police to ensure their safety. Please be sure to show up on time, as you will not be able to participate in the familiarization otherwise. After the Bike Familiarisation, the roads will be reopened. If you try to get on the course on your own, it should be noted that you are cycling at your own responsibility and in accordance with the Italian road traffic laws. If you do not respect the Italian Highway Code, you can be fined.

The main information to know is as follows:

- By law, cyclists must ride on the right.
- Under any circumstances, it is prohibited to ride a bicycle on the sidewalk.
- In a group (two or more cyclists), you ride in a line.
- Cyclists must obey the signs, as other road users.

6.4 BIKE/RUN TRAININGS

Bike Routes

Cycling through the streets of Rome is quite dangerous and unsafe, therefore we recommend the use of bike paths. A few kilometers from "Laghetto dell'Eur" (Riva di Pian Due Torri, 00146 Roma RM) there is access to one of the most important bike paths in Rome that runs along the Tiber river through the city center in safety. At the following link you will find the maps of the network of bike paths in Rome: <https://romamobilita.it/it/muoversiaroma/ciclabilita> . The route is not closed to traffic. You are cycling at your own risk and traffic rules are to be followed.

Run Training

Eur Central Park has an 2,3 km lap that offers a great view over the EUR Lake and it's good path for run training. The lap is mainly used by pedestrians and cyclists and it's inside of the Race Venue.



7. ACCREDITATION

- LOC will provide the official Accreditation Card to athletes, coaches, guides, team medical, technical officials, all the organizing committee members, VIPs, media, and volunteers, in accordance with World Triathlon Event Organizers' Manual (EOM) and World Triathlon Competition Rules.
- Athletes Accreditations will be included in the race pack that is going to be just after the athlete's briefing.
- Accreditation Cards are color-coded and provide access to specific areas of the competition venue.
- All the other accreditations will be issued by the LOC at the LOC Office Thursday 3th from 16.00 to 19.00.
- If an athlete is not present and there is a waiting list, the athlete must be replaced according to standard procedures. The problem should be reported to World Triathlon Entries entries@triathlon.org
- All accredited persons are always requested to carry their accreditation with them and to show them upon request

7.1 MEDIA ACCREDITATION

Media Accreditation will be provided:

Friday, 4th October from 14:00 to 18:00 Race Office, Viale America 201 – Roma

Saturday, 5th October from 08:00 to 09:00 Race Office, Viale America 201 – Roma

Mandatory accreditation link: <https://forms.gle/dUbbF39EEhBUPQG98>

Deadline: Friday September 27th

Documents: a valid press certificate or editor certification is required to be showed on the place

The Organizing Committee has the right (in a justified situation) to refuse the accreditation.

Media contact: media.wtcroma@fitri.it



8. GENERAL COMPETITION INFORMATION

<u>Start</u>	The start area is located at the north side of «Laghetto dell’Eur» approximately 300m away from Athlete Lounge. The swim will start from a pontoon located 550mt far from the athletes lounge and transition area. Loc will provide specific boxes in the start area where athletes can leave all their material (an additional pair of shoes is recommended); once the races started, the Loc will bring the boxes in the Athlete Lounge . The Head Referee, assisted by Technical Officials, will start the race.
<u>Swim Course</u>	There is one lap anticlockwise to swim. The first buoy is located at 300m distance from. The turn of the swim course is marked by three buoys with a “triangular area” before the bridge. The swim exit is located after «Chalet del Lago» . The distance between the swim exit and the transition area is about 300m with a short climb (5/6%). The average water temperature at “Laghetto dell’Eur” in october vary between 22°C and 24°C.
<u>Bike Course</u>	Generally flat with 400m (5%) climb in the middle of the lap . There are 5 laps of 4km, 20km in total. The route is technically demanding due to many changes of direction, tight turns (two 180° turns) and a small climb. Elevation gain: + 67m/lap. Good tarmac surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by WT Technical Officials according to WT Rules.
<u>Run Course</u>	Generally flat course with a short climb (the same of the swim exit - 6%) at the end of every lap . There are two laps of 2,5 km for a total of 5km. Two 180° turns per lap. Very good tarmac surface.
<u>Aid Stations</u>	The first aid station located 300m after transition area at the right-hand side. Sealed 0.5l bottles of water are ready to take. It will be passed twice. The second aid station is located 1.4km after transition area at the right-hand side. Sealed 0.5l bottles of water are ready to take. It will be passed twice
<u>Littering zone</u>	Please note that we have installed a littering zone near the aid stations where you must dispose your used bottles and waste (20m before and 80m behind the aid station)!
<u>Penalty Box</u>	Penalty Box is located left-hand side around 50m before Transition Area.



<p><u>Award Ceremonies</u></p>	<p>As per the World Triathlon Competition rules 2.8 c.) (i), athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony. Athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.</p>
<p><u>Wheel station</u></p>	<p>Team wheel station will be located on the bike course – shortly after the exit transition area on the right side of the road. Team wheels need to be checked during the bike check-in beforehand</p> <p>Neutral wheel station will be located shortly after the climb section of the bike course and LOC will provided the following wheels:</p> <p>2 x</p> <ul style="list-style-type: none">• 700c Front wheels, rim brake• 700c Front wheels, 160mm rotor disc brake• 700c Front wheels, 140mm rotor disc brake <p>2x</p> <ul style="list-style-type: none">• 700c Rear wheels with 11 speed cassette, rim brake• 700c Rear wheels with 11 speed cassette, 160mm rotor disc brake• 700c Rear wheels with 11 speed cassette, 140mm rotor disc brake <p>2x</p> <ul style="list-style-type: none">• 700c Rear wheels with 12 speed cassette, 160mm rotor disc brake• 700c Rear wheels with 12 speed cassette, 140mm rotor disc brake

8.1 [COMPETITION RULES](#)

The 2024 World Triathlon Cup Rome will follow the latest published [Competition Rules of the World Triathlon](#).

8.2 [WEATHER CONDITION](#)

Italian Air Force Meteorological Service, Ministry of Defence:
<https://www.meteoam.it/it/home>

8.3 [PROTEST AND APPEALS](#)

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



9. COURSES MAPS

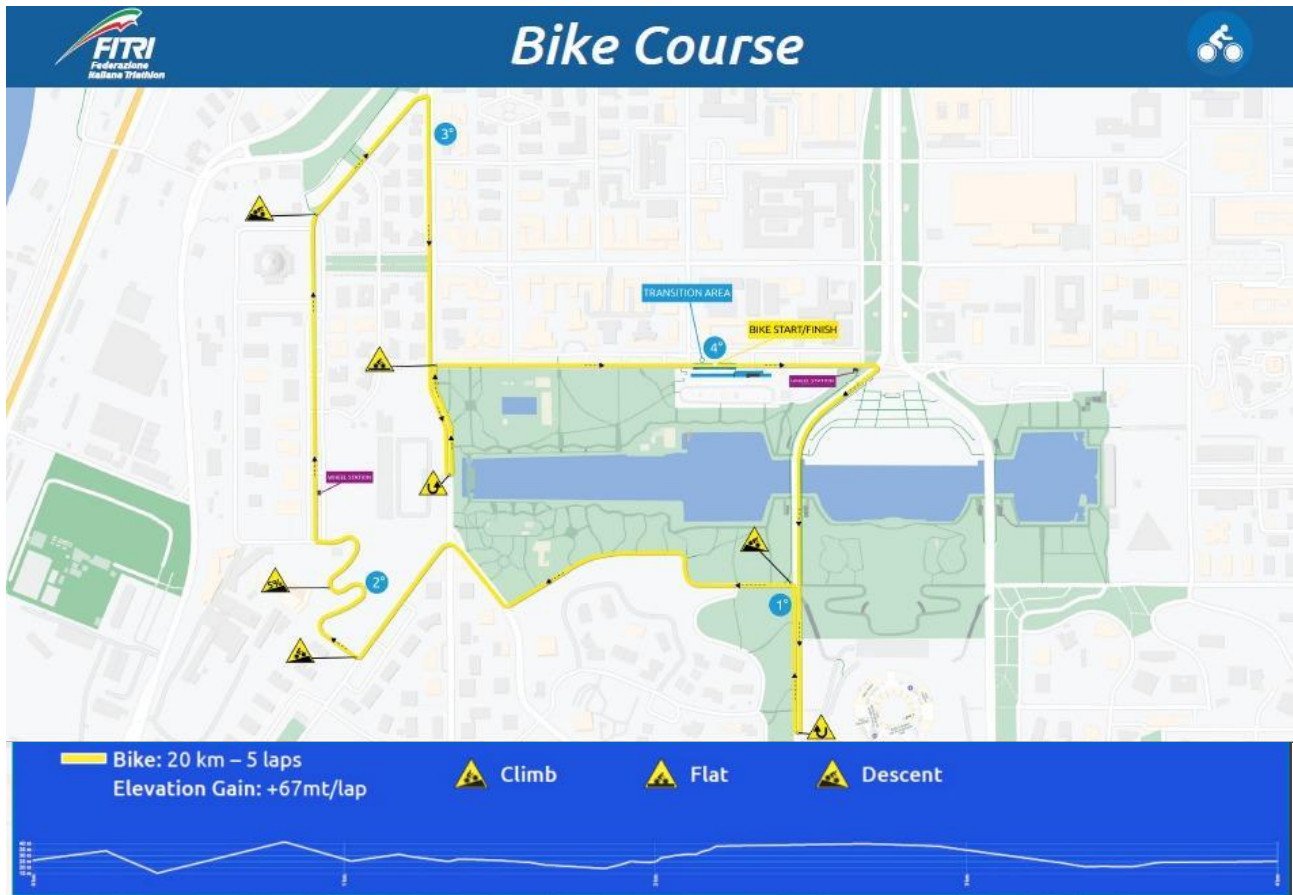
SWIM COURSE



There is one lap anticlockwise to swim. The first buoy is located at 300m distance from start. The turn of the swim course is marked by three buoys with a “triangular area” before the bridge. The swim exit is located after «Chalet del Lago». The distance between the swim exit and the transition area is about 250 m with a short climb (5/6%). The average water temperature at “Laghetto dell’Eur” in October varies between 22°C and 24°C.



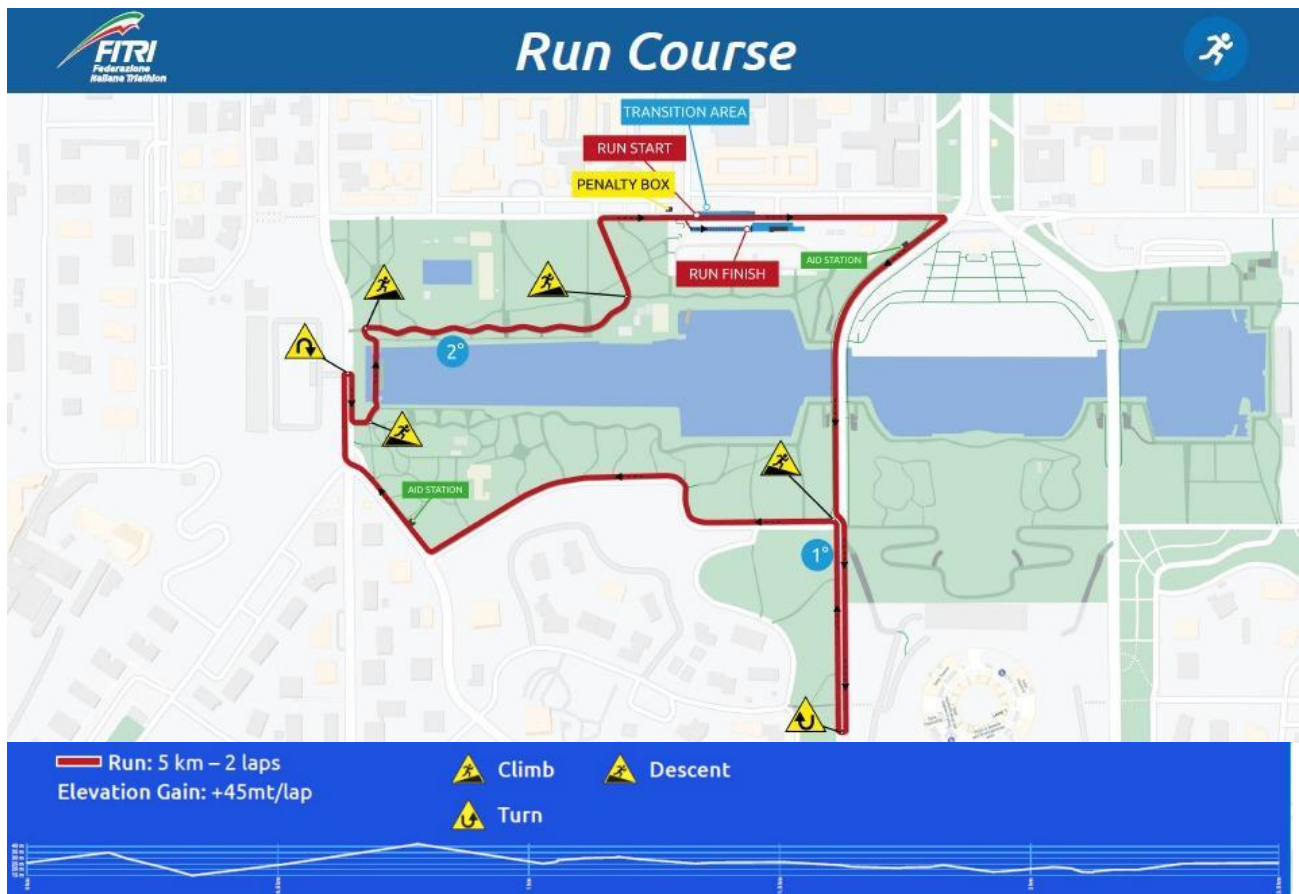
BIKE COURSE



Generally flat with 400m (5%) climb in the middle of the lap. There are 5 laps of 4km, 20km in total. The route is technically demanding due to many changes of direction, tight turns (two 180° turns) and a small climb. Elevation gain: + 67m/lap. Good tarmac surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by WT Technical Officials according to WT Rules.



RUN COURSE



Generally flat course with a short climb (the same of the swim exit - 6%) at the end of every lap. There are two laps of 2,5 km for a total of 5km. Two 180° turns per lap. Very good tarmac surface.



10. WEBSITE AND LIVE COVERAGE

10.1 EVENT WEBSITE

Additional information, detailed course maps, start lists and final results are available online: https://triathlon.org/events/event/2024_world_triathlon_cup_rome

10.2 LIVE COVERAGE

Follow @TriathlonLive on Twitter for live coverage

11. USEFUL INFORMATIONS

Emergency Number	112 113 Polizia di Stato 118 Pronto Soccorso
Hospital	Hospital Sant'Eugenio, Piazza dell'Umanesimo 10 00144 Roma RM
Pharmacies	https://www.federfarma.it/Farmaci-e-farmacie/Cerca-una-farmacia.aspx
Language	The official language is Italian
Currency	The currency of Italy is the Euro.
Time	GMT +01:00
Electricity	The electric current is 220 volts
Water	Tap water is safe to drink
Telephone	If calling Italy from abroad, dial +39 To call abroad dial the prefix 00, the country code the phone selected. Vodafone, Tim, Wind and Tre are the major mobile phone service providers in Italy.



12. VISA DOCUMENTS

Before flying to Italy please be aware of the protocols and Visa requirements applicable to different countries. You can find all the information in <https://vistoperitalia.esteri.it/home/en>

- All the European Union Countries and Schengen Area Citizens can enter Italy with their valid national ID card or passport. No Visa is required.
- All the NON-European Union Countries and NON Schengen Area Citizens needs:
 - an invitation letter for the event;
 - a declaration from their national Federation stating you will be representing your country in the 2024 World Triathlon Cup Rome.

The invitation letter will be issued ONLY for athletes, coaches, sport delegations, technical officials, media, technical staff ACCREDITED for the Sport Event.

To receive the certificate required for your travel, please send your request to info.wtcroma@fitri.it completed of the following mandatory information:

Name and Surname as it appears on your passport
Date of birth
Sex
Passport number
Passport expiration date
Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system
Name and address of your hotel while in Rome
Date of arrival in Rome
Date of departure from Rome

If you need a direct support with the Consular Authorities please send the above information to info.wtcroma@fitri.it by specifying the references of the Embassy in order to manage the consular protocol through the Italian National Olympic Committee, together with the above information, passport scan and request letter from the legal representative of your sports federation.