

Athletes Guide 3

English



REGIONE AUTONOMA DE SARDIGNA
REGIONE AUTONOMA DELLA SARDEGNA
ASSESSORADU DE SU TURISMU, ARTESANIA E CUMMERTZIU
ASSESSORATO DEL TURISMO, ARTIGIANATO E COMMERCIO

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ITU
triathlon
World Cup **Cagliari**

18 May **2019**

www.wtcsardegna.com

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1. GENERAL INFORMATION

a) WELCOME MESSAGES

WELCOME TO 2019 CAGLIARI ITU TRIATHLON WORLD CUP.

We are very pleased to be hosting the fourth World Cup event in Italy, and especially honoured that it is being held here in Cagliari, Sardinia.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the 2019 Cagliari ITU World Cup.

Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

Sandro Salerno

General Manager, Local Organizing Committee

info@wtcsardegna.com

WELCOME TO ITU TRIATHLON WORLD CUP CAGLIARI SARDEGNA 2019



Greetings and a very warm welcome to the 2019 Cagliari ITU Triathlon World Cup,

We are delighted to be returning to Italy for the fourth year in a row and the beautiful island of Sardinia, where the capital Cagliari has become such a popular fixture on the ITU World Cup circuit. The magnificent local scenery has been the backdrop for some remarkable stories, unforgettable action and inspirational performances over the years, and I am in no doubt that we will once again witness that and much more as the athletes tackle a brand new sprint-distance course.

Last year's women's race will be hard to top, however. Austria's Lisa Perterer edged the gold by the tightest of margins ahead of Taylor Spivey and India Lee, while home crowd hero Delian Stateff delivered the men's gold for Italy and teammate Davide Uccellari the bronze, Hayden Wilde splitting the pair.

The new course along the Spiaggia del Poetto will mean a beach start for the athletes, and the tough climbs and fast descents of last year will be swapped for a flat and fast course along the waterfront and surrounding roads this time around, conditions suiting an altogether different tactical approach.

The World Cup continues to be the key development platform for our elite athletes, hosting some of the biggest names and emerging talents in the sport, and it is thanks to the support of our host cities that we are able to continue providing these great stages for them to perform on at their very highest level.

As such I would like to once again extend my gratitude to the local organizing committee, the city of Cagliari and the Italian Triathlon Federation for helping to stage what I'm sure will be another fantastic ITU World Cup.

I encourage all of the athletes, volunteers, organisers, media and supporters to enjoy this beautiful setting as it welcomes the spectacle of ITU triathlon. Good luck, have a wonderful weekend and enjoy the rest of the season.

Sincerely,

Marisol Casado

President, International Triathlon Union
IOC Member



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We have reached the fourth edition of the World Cup in Cagliari: if we look back, we can appreciate how far the exciting first edition has gone to today. At the same time, we want to grow and provide the international triathlon with a competition that becomes increasingly coveted and interesting for the protagonists of our sport.

The athletes will compete again on sprint distance in a new location for the Italian stage of the World Cup: the race, in fact, will move to Poetto for organizational reasons and will unfold in a suggestive area, the heart of Cagliari's seaside tourism, keeping unchanged the technical issues and the organizational standard that will continue to be very high as it was in the previous editions.

The Cagliari World Cup, which has become a classic of the circuit, will have an added value this year, being listed in a timeframe during which athletes will be able to score points for the Olympic qualification, an aspect that will surely ignite it both from a purely competitive point of view and in terms of media attention, an important factor for the Italian triathlon and for Sardinia, which will send the world a postcard of its beauties.

I take this opportunity to thank the Sardinia Region, the Municipality of Cagliari, the Organizers, the Army and Police which will be committed to ensuring the smooth running of the races together with the many volunteers for the irreplaceable and invaluable work. See you on May 18th for the eagerly awaited competition: I invite everyone to the competition field to experience the live fascination of this magnificent sport.

Luigi Bianchi

Presidente, Federazione Italiana Triathlon



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triathlon
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b) KEY DATES

Thursday 16th May 2019

18:00	Race Briefing
18:30	Collect Race Pack

Friday 17th May 2019

11:00 - 11:45	Swim Familiarisation
12:00 - 12:30	Bike Familiarisation

Saturday 18th May 2019

10:30	Women's start
11:45	Award Ceremony Women
12:30	Men's start
13:45	Award Ceremony Men

c) KEY CONTACTS:

SPORTLAB S.S.D. A R.L.

Via Lucio Apuleio, 18
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Tel. +39 393 0642678
info@wtcsardegna.com
www.wtcsardegna.com

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stefanomondello@fitri.it

d) INFORMATION CENTRE / LOC Office / ITU Office

The LOC / ITU office is located at the «Hotel Regina Margherita», and is open from Wednesday 15th May to Saturday 18th May from 10:00 – 13:00 and 15:00 – 18:00

2. CAGLIARI CITY INFORMATION

a) PHONE INFORMATION:

Italian Calling Code +39. Dial the rest of the telephone number removing the first 0.

b) EMERGENCY NUMBERS:

Polizia di Stato 113
Pronto Soccorso 118

c) HOSPITAL:

Hospital San Giovanni di Dio

Via Ospedale, 46 09124 Cagliari
tel. 070 663237; fax 070 6092344

Hospital Marino

Via Poetto 09126 Cagliari
tel. 070 6094430; fax 070 6094461

Hospital SS. Trinità

Via Is Mirrionis, 92 09121 Cagliari
tel. 070 6095768; fax 070 6095903

Hospital San Michele (Brotzu)

Piazzale Ricchi 09134 Cagliari
Centralino 070 6095772

d) PHARMACY:

Closest Pharmacy to the Race Venue:

Farmacia Corongiu

Via Montecristo 5, Cagliari tel. 070 373111

Opening hours:

Monday – Friday: 08:30 – 13:30

16:30 – 20:00

Saturday: 09:00 – 13:00

Open Saturday 18th and Sunday 19th

www.ordinefarmacisticagliari.it/ita/farmacie-in-turno-provincia-di-cagliari

e) POST OFFICE:

Poste Italiane (ufficio Cagliari 4)

Viale Poetto 18, Cagliari

Opening hours: Monday – Friday: 08:20 – 13:35

Saturday: 08:20 – 12:35

f) BANK:

Unicredit

Via Scirocco 20, Cagliari

Opening hours: Monday – Friday: 08:20 – 12:45

14:35 – 16:35

3. GETTING TO CAGLIARI

a) AIRPORT TRANSFERS

The LOC will provide transfers for Elite Athletes, Coaches, ITU Staff and Technical Officials from the Cagliari airport to their hotel, and from their hotel to the Cagliari airport, with provision for bike transportation.

All transfers must be registered by Saturday 11th May 2019. Unfortunately, bookings cannot be accepted after this date.

ITU Accredited Elite Athletes and their Coaches can book their airport transfers [here](#).

ITU Staff and Technical Officials can book their airport transfers [here](#).

This LOC is only offering a free transfer service from Cagliari-Elmas Airport. The LOC will not cover the costs of transfer from other airports. Please do not hesitate to contact us if you require a quote for a transfer from another airport.

b) AIRPORT

Aeroporto Cagliari - Elmas

Info: +39 070 211211

Email: info@aeroportodicagliari.com

Web: www.aeroportodicagliari.com

c) FROM CAGLIARI-ELMAS AIRPORT TO POETTO BEACH:

By Car:

Exit the airport and follow the directions for Cagliari's Port. Once in town, follow the signs for Via Roma, keep your way on Viale Colombo and then follow the directions for «Poetto» beach.

By Public Transportation:

Airport to Cagliari

A train service connects the airport to the train station located in the city center in just 6 minutes. The fare costs 1.30 € (one way) and the ticket can be purchased at the airport at the arrivals terminal or at the station.

The train leaves approximately every 20 minutes from shortly after 5:00 am till shortly after 9:00 pm.

Cagliari to Poetto Beach

The connection from Cagliari centre to the «Poetto» beach, is operated by the CTM bus company across the station. To get to the race venue you will have to take the PF or PQ line and get off at the «Poetto - Lido Esercito» bus stop.

The ticket costs 1.30 € (90 minutes validity).

4. RACE LOCATION

a) VENUE

Cagliari, the capital city of Sardinia, is situated at the south of the island. The race venue is located in the «Lungomare Poetto», which is just a 10-minute drive from city centre.

Poetto beach is located in southern Sardinia. It is considered one of the most beautiful beaches of the island and also the favourite beach for the inhabitants of Cagliari, and not only for them. Poetto Beach faces the Gulf of the Angels, in the southern coast of the island.

Even though the white sand dunes and the multi coloured casotti (wooden constructions near the sea) belong to the past, the sandy shore preserves an incredible charm, enriched by the Promontory of the Devil's Saddle which dominates the port of Marina Piccola. These elements, together with the closeness to the city and the entertainment offered by traditional baretti(wooden kiosks where it is possible to eat and drink something), make Poetto the favourite place for the inhabitants of Cagliari during summer season and also in any other sunny day in the rest of the year. The beachfront area offers also different kinds of services, as bed&breakfast, guesthouses, beach resorts, diving centres and surf schools.

b) RACE BRIEFING

The mandatory race briefing will be held on Thursday 16th May at 18:00, in the meeting hall of the «Hotel Regina Margherita».

c) ATHLETES LOUNGE

The Athletes Lounge is located in the «Lungomare Poetto».

Toilets, seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race.

d) RACE CHECK-IN

Athletes must check-in at the Athlete's Lounge prior to racking their bikes. During check-in athletes will be given their race swim cap and timing chip and uniforms will be checked. Bikes and spare wheels will be checked on entry to the transition area. Spare wheels must be taken to Wheel Station 1 at least 30 minutes before the race start.

e) DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Testing will take place inside the Doping Area - Lungomare Poetto.

f) MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on 18th May before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfers to hospital. A medical tent will be provided on site at the finish area.

Possible medical services at the venue are free of charge.

Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

g) ACCOMMODATION:

HOST HOTEL :

Hotel Regina Margherita

Viale Regina Margherita, 44

09126 Cagliari

www.hotelreginamargherita.com

OTHER ACCOMMODATION:

Cagliari has numerous accommodation systems in place, able to meet the requirements and needs of all visitors.

For more accommodation options please visit

www.cagliariturismo.it/en/where-to-sleep

5. ATHLETE SERVICES INFORMATION

a) UNIFORM PRINTING SERVICE

LA FOTOCOPIA di Gianluca Collu

via Carmine n° 45 - 09032 - Assemini (CA)

Mail: info@lafotocopia.it - Tel. 070 943444

OPENING TIMES: Monday to Friday from 9.00-13.00 and from 16.00-18.00

b) PHYSIOTHERAPIST / MASSAGE

Massages will be available at the end of the race.

If you require an additional massage you can book an appointment:

-ASD Fisiofun - Dott. Giovanni Pretta tel.: +39 328 346 9413

c) BIKE MECHANIC

Bike Mechanic Support will be available near the race headquarters.

This will be available 10:00–13:00 and 15:00–18:00 from Thursday 16th May to Friday 17th May.

Saturday 18th May 08:00-12:00.

Contact the LOC Office if you need help outside these hours.

6. TRAINING COURSES

a) SWIM TRAINING

Cagliari is located by the sea, therefore there are many beaches to choose from, the most popular being «Poetto Beach» where you can swim in Sardinia's crystal clear sea.

Training sessions in the swimming pool are possible at:

«Piscina Comunale», via degli Sport - Cagliari

Wednesday 15 th May	2 lanes 09:30 - 11:10
	2 lanes 15:00 - 16:40

Thursday 16 th May	2 lanes 10:20 - 12:00
	2 lanes 15:00 - 16:40

Friday 17 th June	2 lanes 15:00 - 16:40
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Please note: There is no booking service – it is based on a first come first serve basis

b) BIKE TRAINING

Cagliari has lots of cycle routes once you are out of the city centre, going towards «Poetto Beach» along the coast. We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

c) RUN TRAINING

Several running routes are present along the coast and close to the field race point.

7. COURSE FAMILIARISATION

a) SWIM COURSE FAMILIARISATION

There will be a swim course familiarisation session on Friday 17th June at 11:00 – 11:45.

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

We remind you that you are swimming at your own risk.

b) BIKE FAMILIARISATION

There will be a bike course familiarisation session on Friday 17th June at 12:00 – 12:30

Athletes must bring their accreditation pass and report to the athlete's lounge in order to participate in the familiarisation session.

c) RUN FAMILIARISATION

Run familiarisation is not provided.

8. RACE PROGRAMME

Thursday 16th May

18:00	Race briefing
18:30	Collect race packs

Friday 17th May

11:00 - 11:45	Swim familiarisation
12:00 - 12:30	Bike familiarisation

Saturday 18th May

Women's Race

09:00 - 10:00	Athlete's Lounge Check-in
09:30 - 10:15	Transition Check-in
09:30 - 10:15	Swim Warm up
10:20	Athlete line up
10:30	Women's start
11:45	Women's Award Ceremony

Men's Race

11:00 - 12:00	Athlete's Lounge Check-in
11:30 - 12:15	Transition Check-in
11:30 - 12:15	Swim Warm up
12:20	Athlete line up
12:30	Men's start
13:45	Men's Award Ceremony

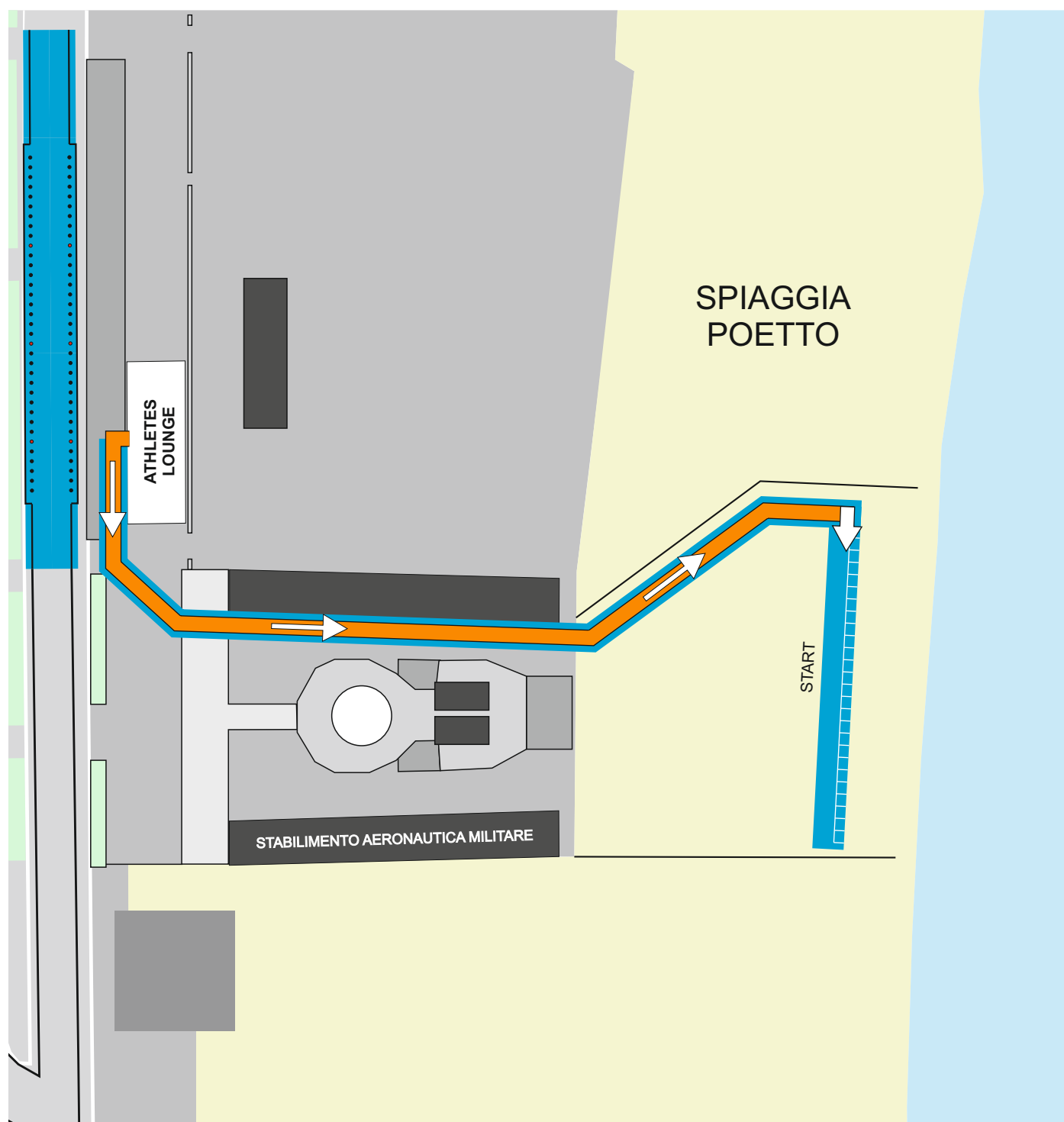
9. RACE COURSES AND LOGISTICS

a) GENERAL MAP



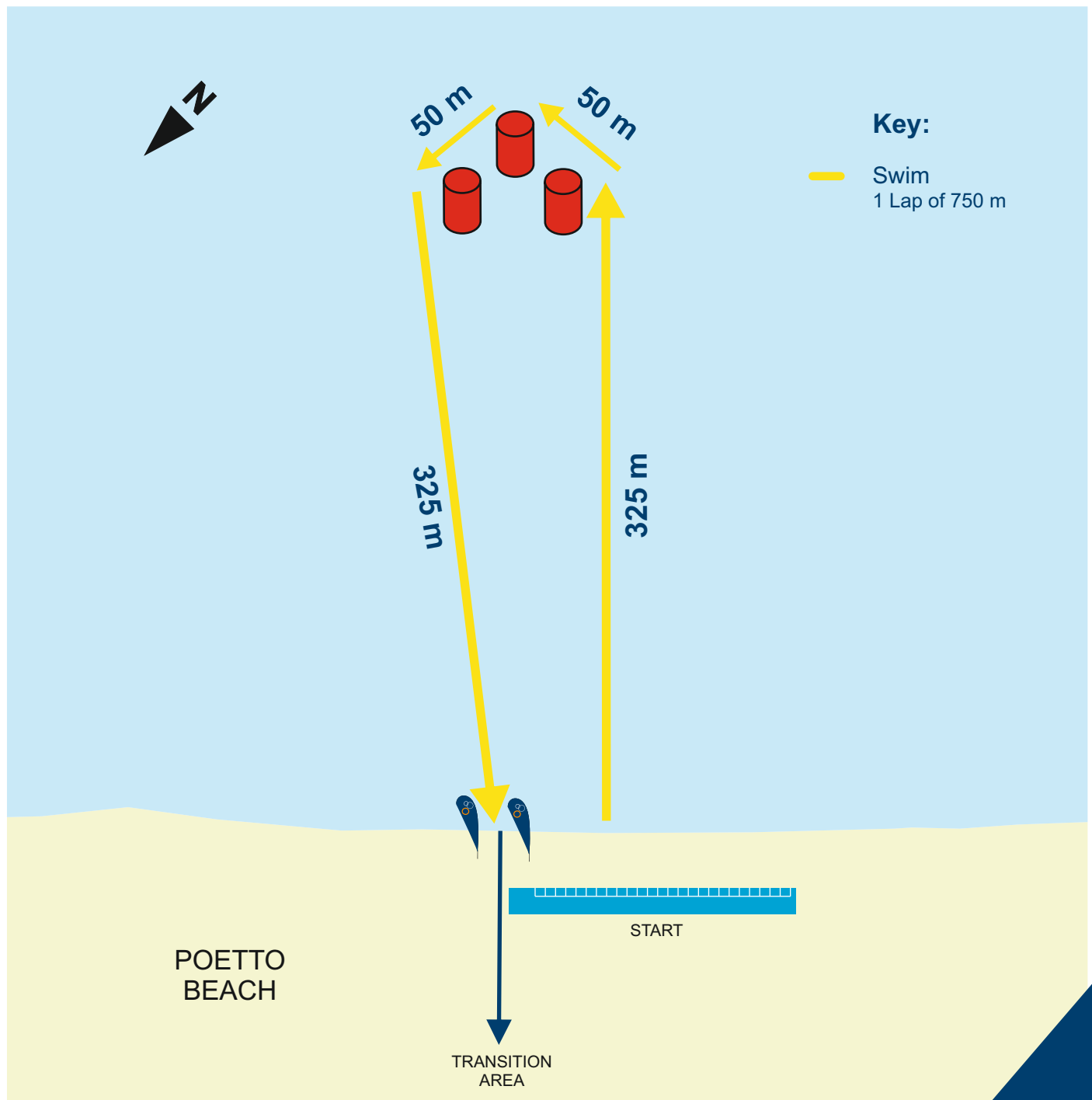
b) ATHLETES CALL

Following the call, athletes will follow the blue carpet taking them to the swim start.



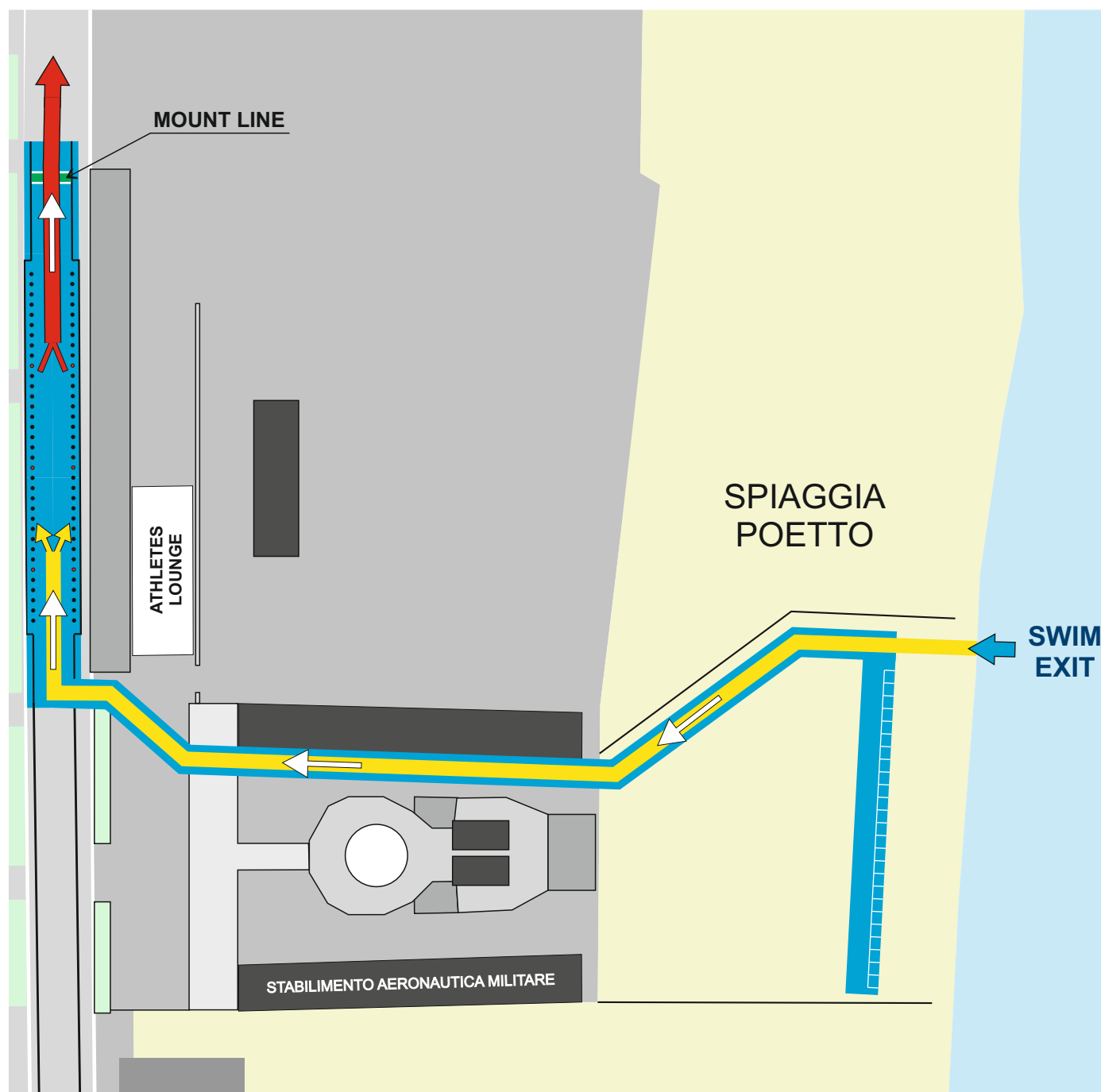
c) SWIM COURSE

The swim will be a beach start. It is a one lap course of 750m, to be swam anticlockwise. The first buoy is at 325m, this is followed by a slight left hand turn towards the second buoy, another slight left hand turn towards the third buoy and then a straight 325m back to the exit. When exiting the water to return to the transition area follow the course, about 140 meters long. Water temperature should be between 18 - 22°C.



d) T1 ENTRANCE & EXIT

See the map below for the entrance into T1 and exit from T1, and the Mount Line.
Place all your swim equipment into the box provided.



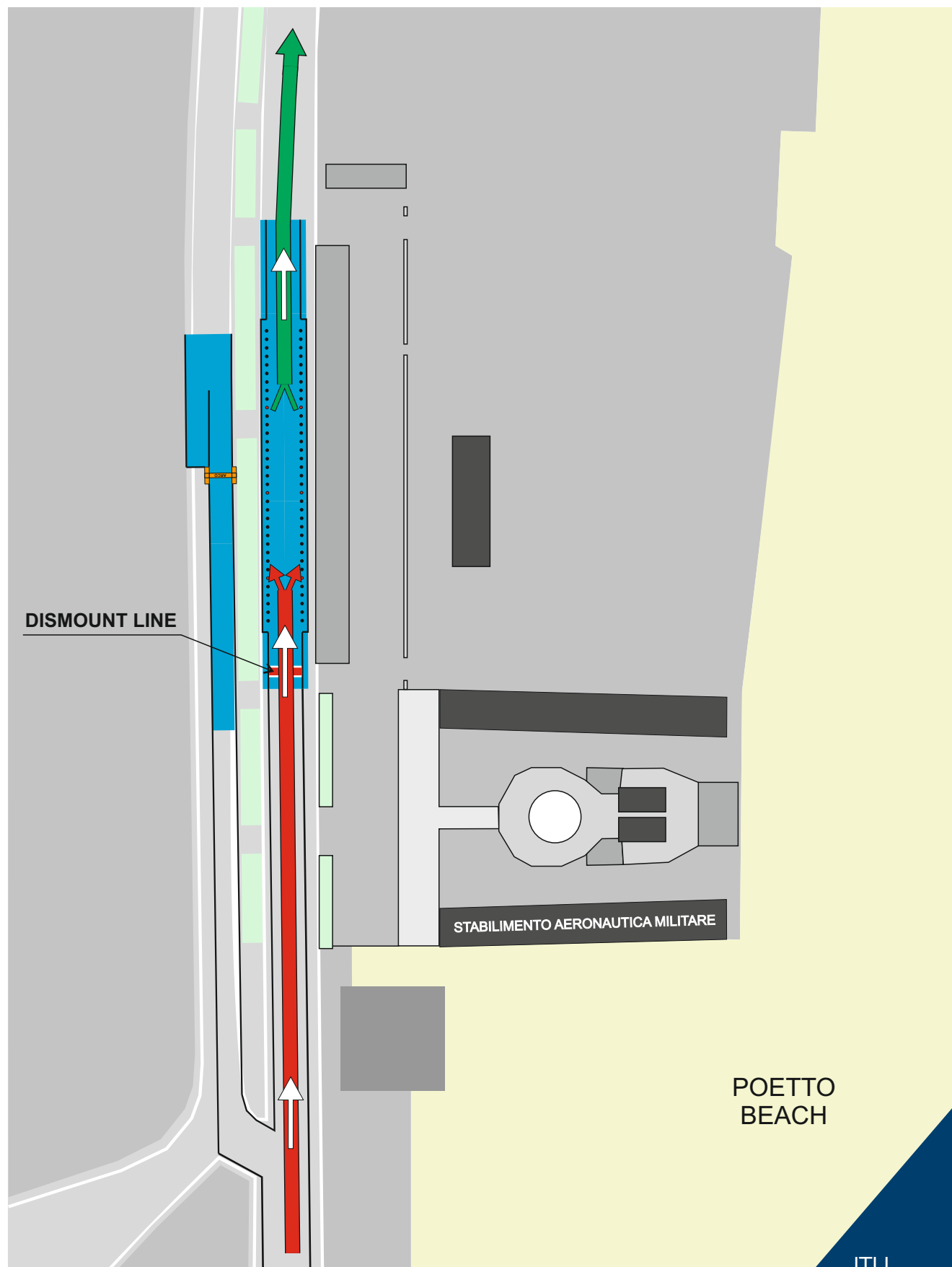
e) BIKE COURSE

The Cycling race is run in 5 equal turns from 3.8 km. It is a fast track interspersed with technical curves, challenging in windy conditions. The path in the Poetto area, looks like a real circuit, with a scenario of particular environmental and landscape value located in a beautiful seaside tourist context.



g) T2 ENTRANCE & EXIT

See the map below for the entrance into T2 and exit from T2, and the Dismount Line.



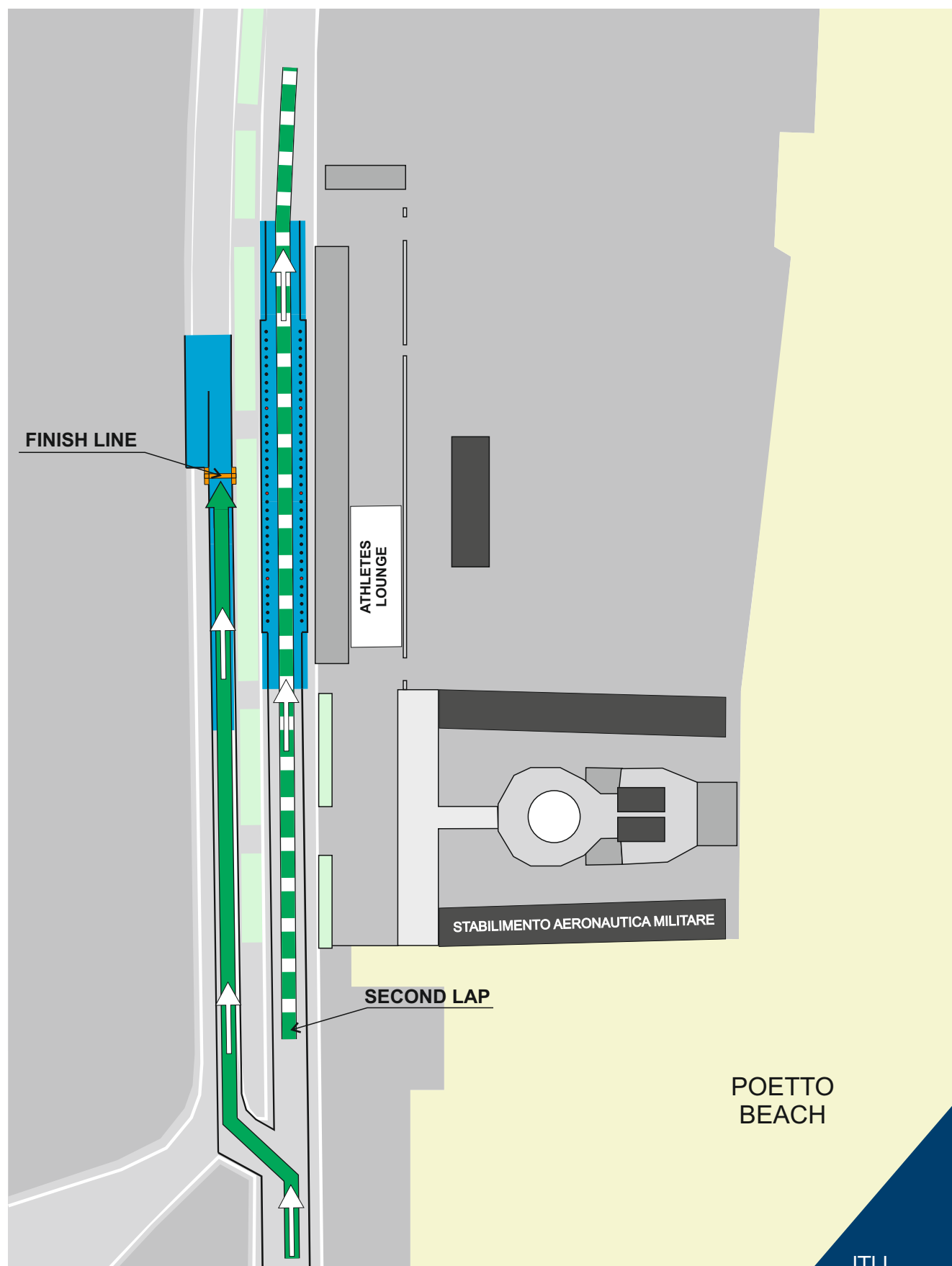
h) RUN COURSE

The Run fraction takes place on the Poetto seafront on a circuit of 2.50 km for a total of 5 km of race.



j) FINISH LINE

See the map below for the path to take for the finish line.
On the last lap pass turn left to the finish line.



k) WHEEL STATION



There will be 2 wheel stations on the course.

- 1) - Team Wheel Station - : will be placed shortly after exiting T1 on the left hand side of the road. The teams will provide their own wheels to this wheel station.
- 2) - Neutral Wheel Station - : At approximately halfway lap on the bike course on the left hand side. The LOC will provide the wheels to this wheel station and they will be available according to ITU rules.

The wheels that will be available are:

4x 700c front wheel

4x 700c 11 cassette Shimano rear wheels

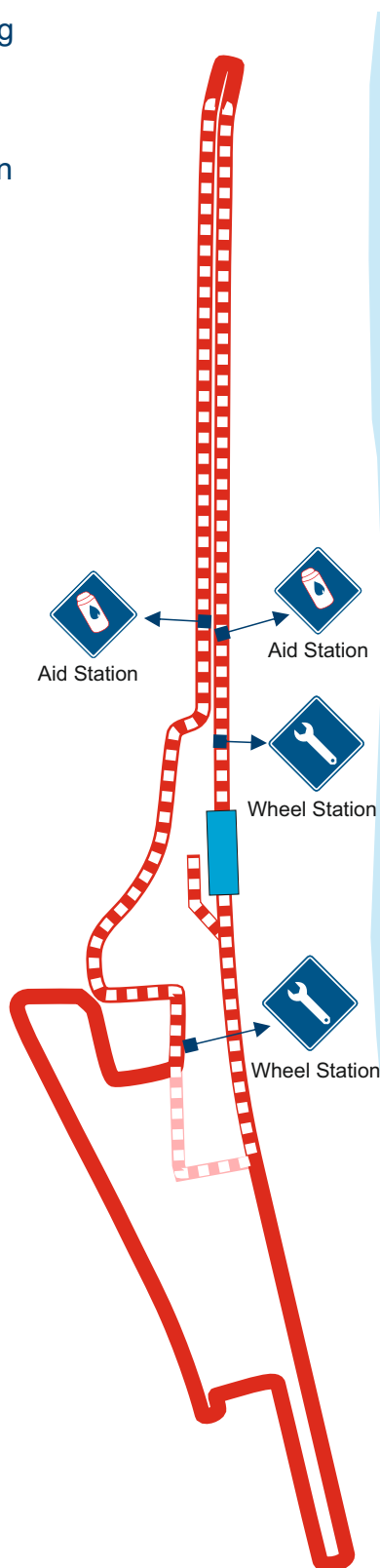
2x 700c 10 cassette Shimano rear wheels

2x 700c 10 cassette Campagnolo rear wheels

l) AID STATION



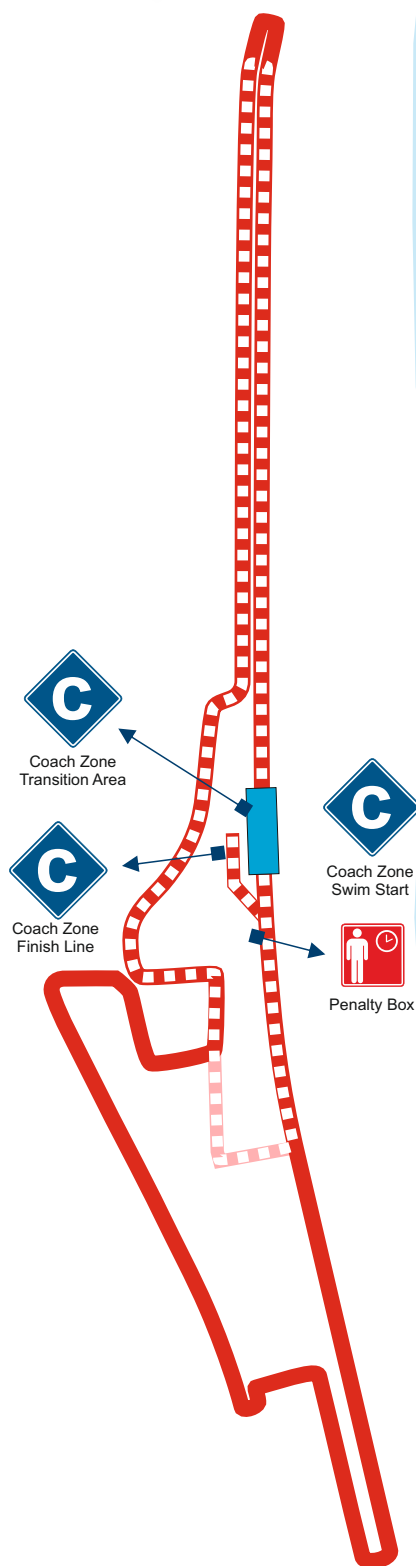
On the run course there will be 2 aid station. The 1st positioned at 200 m from the T2 exit , on the left hand of the course. The 2nd is positioned at half course, always on the left hand of the course. The athletes will be provided with water bottles sealed, as regulation. Bottles can only be disposed of in the 'littering zone'.



m) PENALTY BOX



The Penalty Box will be found at the end of each run lap.



n) COACH ZONE



Coach zone will be found at the following points:
Start area, Swim exit area, Transition Zone, Penalty Box, Bike and Run Course

Coaches require their accreditation pass in order to enter these zones.

o) REMOVAL OF WOMEN'S BIKES FROM THE TRANSITION AREA

Once women have completed the bike section of the race their bikes and equipment will be removed from the transition area, by the LOC, to a safe and secure area, in order for the Men to be able to start racking their bikes.

10. RACE INFORMATION

a) COMPETITION RULES

The competition rules for the 2019 Cagliari ITU Triathlon World Cup are those published by the ITU. They can be found at the following webpage:

www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf

b) WEATHER CONDITIONS

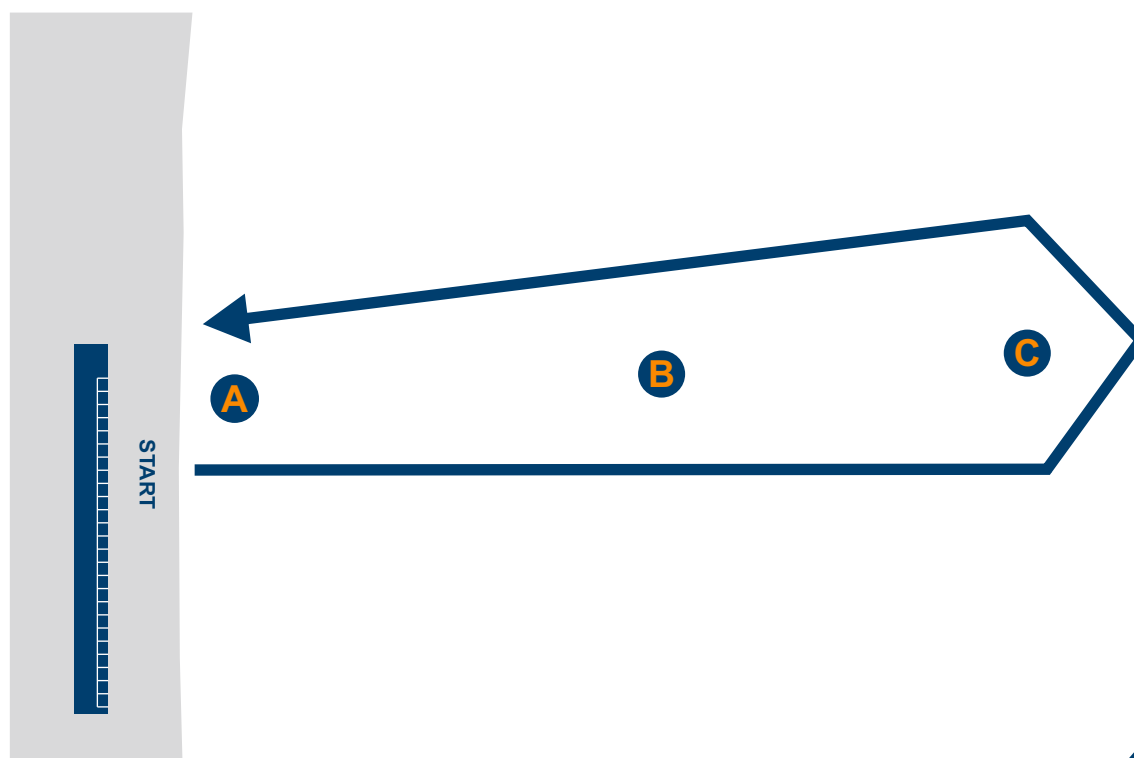
Temperature: Min 12°C – Max 22°C

c) WATER QUALITY TEST

Data del Test : 19/04/2019

Laboratorio di analisi: MGS TecLab srl

Parametro Analitico	Unità	punto A	punto B	punto C	Limiti D.Lgs. 116/2008	Limiti ITU	Metodo Analitico
Escherichia Coli	UFC/100ml	< 1	< 1	< 3	500	250	UNI EN ISO 9308-1:2002
Enterococchi Fetali	UFC/100ml	< 1	< 1	< 1	200	100	UNI EN ISO 7899-2:2003
pH	Unità	7,69	7,83	8,09		6 - 9	APAT CNR IRSA 2060



d) RESULTS

Results will be uploaded live to the ITU's official website: www.triathlon.org

All the results information will be distributed to the Team Managers at the LOC Information Office.

e) PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

f) ACCREDITATION

LOC will provide all athletes, coaches, technical officials, journalists, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration on Thursday 16th May after the Race Briefing.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas.

All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

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