

SARDEGNA
triathlon
World Cup Arzachena

Cannigione 10 Ottobre 2020

ATHLETES GUIDE

English

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WELCOME IN SARDINIA



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SARDEGNA



COMUNE DI ARZACHENA



ARZACHENA
turismo



MATER OLBIA
HOSPITAL



WELCOME



Greetings and a very warm welcome to the 2020 ITU Triathlon World Cup Arzachena.

We are delighted to be returning to beautiful Sardinia for the fifth year in a row and the all-new race location of Cannigione in the Arzachena municipality to the north of the island. It was further south in the town of Cagliari that we have enjoyed some excellent World Cup racing over the years, but we are excited to unveil a brand new venue for our Elite athletes to tackle this season.

The stunning sprint-distance course begins with a 750m swim off the idyllic beaches of the main town before the bike course heads north on a loop out and around the streets and country roads for three laps. The run course then takes in two laps of a 2.5km section of coastal pathways.

As we gradually continue our return to racing after a difficult year for us all, it is important that everybody continues to pay close attention to the advice and guidance provided by the LOC so that we can hold the safest World Cup possible for all involved. It is, of course, imperative that we are all fully alert to the threat that remains from the pandemic and that we do everything we can to prevent any cases arising.

The World Cup circuit 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 such great stages for them to perform on at the very highest level.

As such I would like to once again extend my gratitude to the Local Organising Committee, the Italian Triathlon Federation and the people of Arzachena for helping to stage what I'm sure will be another fantastic ITU World Cup. My thanks to the volunteers who help give our races their unique atmosphere in cities all around the world.

Best of luck to the athletes in achieving their goals, and I encourage you all to enjoy this beautiful setting as it welcomes the spectacle of ITU triathlon. Have a safe and enjoyable weekend of racing.



Sincerely,

Marisol Casado

President, International Triathlon Union
IOC Member

WELCOME



Now, it's a classical appointment of national and international calendar.

Although the health emergency has revolutionized the sport season not only within national borders, but throughout the globe, the Italian stage of ITU Triathlon World Cup is ready to celebrate the fifth birthday in the name of renovation: after four years in Cagliari, between the city center and Poetto, the World Cup moves to Costa Smeralda, in the municipality from Arzachena.

Cannigione is the place that opens its doors to the world triathlon and is preparing to host a spectacular competition scheduled for Saturday 10 October, an important test for athletes on the world scene who will be able to compete in one of the few opportunities left this season.

The multisport weekend will be set up, once again, by the team coordinated by Sandro Salerno, a guarantee as regards the organizational quality, the welcome of the athletes, and the competence of managing all aspects that ensure that this event could become an unforgettable event.

In full compliance with safety rules, we are preparing to dive in an unusual but engaging day of great triathlon in the fascinating landscape of Costa Smeralda: the naturalistic context, the characteristics of the courses and the high level of the participants will make this World Cup unforgettable, confirming the uniqueness and beauty of the Italian leg of the world circuit.

Finally, I take this opportunity to thank the Region of Sardinia, the Municipality of Arzachena, the Organizers, the Armed Forces and the Law Enforcement Agents and numerous volunteers who will be committed to ensuring the perfect success of the event. See you in the transition area!

WELCOME



Athletes, amateurs, organizers, supporters and every Triathlon fan are welcome in Arzachena, one of the most important tourist destinations of the Mediterranean that boasts an extraordinary territory and the primacy in Sardinia in terms of visitor attendance and reception capacity.

Arzachena invests in prestigious events such as the Triathlon World Cup and the Costa Smeralda Triathlon, in collaboration with the National Federation, the International Federation and the Region, to meet the expectations of competitors and to convey its naturalistic and historical heritage worldwide.

The town of Cannigione and the Costa Smeralda will be the center of attention being the venue of the events on October 10.

The race course has been organized through rural, hilly landscapes and along the coast, giving highlight to panoramic views over the sea, surrounded by granite rocks and Mediterranean vegetation. It will amaze the athletes, the public on site and the spectators at home who will follow the race from the about 40 countries participating in the race.

It is a project that binds our municipality with pride to the world of Triathlon over the next three years, until spring 2022.

With this initiative the municipal administration celebrates the role of sport in our community, its potential for the development of the psychophysical well-being of the citizens, and its value as an engine that stimulates the growth of Arzachena and places it as a privileged destination in the active and sustainable tourism.

I would like to thank those who will share this experience with us today and in future editions.



COMUNE DI ARZACHENA

Roberto Ragnedda

Mayor of Arzachena

WELCOME

Welcome to the ITU TRIATHLON WORLD CUP ARZACHENA 2020

For the fifth consecutive year Sardinia is hosting a stage of the prestigious World Cup circuit of the ITU “International Triathlon Union” international federation.

The ITU Triathlon World Cup Arzachena race will be disputed on sprint distance with a demanding cycling section, on both, the technical profile and the elevation profile, while the entirely flat running track will take place along Cannigione’s promenade always facing the crystal clear waters of the Costa Smeralda. Another peculiarity of this race will be the transition area, which is located between the beach and the Riva Azzurra Park, a natural stage that will allow the public to follow the athletes throughout the race.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the 2020 Arzachena 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

ORGANIZZAZIONE

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

Via Lucio Apuleio, 18

08100 Nuoro – Sardegna – Italia

info@wtcsardegna.com

www.triathloncostasmeralda.org



SARDEGNA



www.sardegnaturismo.it

KEY CONTACTS

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

Via Lucio Apuleio, 18
08100 Nuoro – Sardegna - Italia
info@wtcsardegna.com
www.triathloncostasmeralda.org

LOC GENERAL MANAGER

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ITU TECHNICAL DELEGATE

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ITU ASSISTANT TECNICAL DELEGATE

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info@wtcsardegna.com

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logistics@tnaturaevents.com

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LOC ASSISTANT MANAGER

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ITU TEAM LEADER

Eriketti Margari
eriketti.margari@triathlon.org

LOC RACE DIRECTOR

Sergio Oppo
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ITU MEDICAL DELEGATE

Dr. Sergio Migliorini
sermigliorini@alice.it

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gabriellalorenzi@fitri.it

PRESS OFFICE

Gianluca Nonnis
press@tnaturaevents.com

MEDIA & TV RESPONSABLE

Alberto Fumi
albertofumi@fitri.it

ADMINISTRATION OFFICE

Stefano Mondello
stefanomondello@fitri.it

ITU Office:

The ITU office is located at the **Blu Hotel Laconia**

LOC Office:

The LOC office is located at the **"Parco Riva Azzurra"**, and is open from Wednesday 7th October to Saturday 10th October



LOCATION

EVENT LOCATION

CANNIGIONE

One of the most highly-frequented beaches on the Costa Smeralda, this is a wide expanse of golden sand with transparent waters and, behind it, one of the best-equipped tourist centres in the northeastern part of Sardinia

CLIMATE	OCTOBER
Lowest temperature	14,5 °C
Average temperature	17,8 °C
Highest temperature	21,1 °C
Precipitation	70 mm
Lowest sea temperature	19,1 °C
Average sea temperature	20,3 °C
Highest sea temperature	21,6 °C



EVENT LOCATION

CANNIGIONE and ARZACHENA

It is located on the western side of the largest and deepest ria, that is an inlet created by a river mouth, in the northeastern part of Sardinia. Cannigione, a district of Arzachena, originally a fishing village, is a renowned tourist village. Its promenade is made up of the docks of a large, modern port. Next to it, is the 'city' beach: light, large grained sand leading into the sea with its infinite shades of blue. The seabed slopes gently and is very popular with those who like scuba diving and snorkelling. In fact, it has become one of Sardinia's diving centres par excellence: the banks of seagrass in various diving areas should not be missed, particularly at the Scoglio di Mortoriotto. Near the sandy shore there is also a car park, equipment and boat rentals, bar, restaurant and accommodation facilities.

Near the village, there are many other beaches, from the Gulf of Arzachena to the Salt Pans of Palau: La Conca, Tanca Manna, Mannena, Barca Bruciata and Isuledda. The shoreline is ideal for young families and provides you the possibility to choose nearby, exclusive locations every day: Porto Cervo, Baia Sardinia, Poltu Quatu. Along the 55 kilometres of Arzachena coastline, don't miss out on a visit to the little coves of Lu Multiccioni and Li Capanni, the long beach of Tanca Manna and the Caribbean feel of Cala Capriccioli.

Arzachena, less than ten kilometres from the village, embodies the style of the Costa Smeralda: pink granite and white stones characterize the architecture of the houses. There are green spaces, establishments, clubs and boutiques everywhere. The typical artisan products and Sardinian delicacies combine with luxury shopping. Boat trips depart from Cannigione and head to the Maddalena Archipelago National Park. To the south, there is the Stagno di Padula Saloni, a pond area in which, between the reeds, rushes and tamarisks, bird species nest, including the purple heron, the black stork, the osprey and the western swamphen, a species that lives exclusively in the island's lagoons. Also populating the brackish waters are coots, moorhens, egrets, mallards and sometimes the greater flamingo. The bushes in the pond area have a reddish colour in the summer, creating extraordinary scenic effects at sunrise and sunset. To the north of the village stands Punta Occhione, covered by a carpet of Mediterranean scrub: from the top you will enjoy the view over the entire gulf, as far as the Roccia dell'Orso (Bear Rock).



EVENT LOCATION

THE COSTA SMERALDA

Luxury hotels and villas, sparkling nightlife, exclusive boutiques, elegant aperitifs and fine dining. The Costa Smeralda is Sardinia's most glamorous vacation resort. Two boulders bearing its name welcome you on arrival, one at the southern end on the road that goes from Olbia to the most famous places, and one at the north, on the road leading to the brilliant blue of Baja Sardinia. The Costa Smeralda was born from the consortium founded by the Ishmaelite prince Karim Aga Khan in 1962, and it invites you to enjoy the fine cuisine, great shopping and the suave and luxurious lifestyle that distinguishes the heart of Porto Cervo, between Golfo Pevero, Pantogia and Capriccioli.

Its gracious architecture is characteristic: small, low, white buildings with soft lines that blend in beautifully with the surrounding Mediterranean vegetation, like the church of Stella Maris, designed by Michele Busiri Vici.

The Costa Smeralda's fame is due in large part also to some of its invaluable nearby natural attractions, like Cala di Volpe, an exclusive natural port where some scenes for the James Bond film *The Spy Who Loved Me* were filmed.

Other celebrated places include Grande Pevero, Liscia di Vacca, surrounded by Mediterranean brush and blessed with turquoise waters, Liscia Ruja, with its inlets framed by fragrant juniper bushes, Romazzino, with its transparent sea and white beaches, and Pitrizza.

The lovely bays with white sails draw your eyes to beaches and small islands, like the isola dei Cappuccini, Bisce island, south of Caprera, Li Nibani, Mortorio island, the little delle Camere islands and isola di Soffi. Along the coast is the Bottlenose Dolphin Research Institute, an international institute set up to study and safeguard these special dolphins.





SARDEGNA



www.sardegnaturismo.it

EVENT LOCATION



HOW TO ARRIVE



Air

Olbia Costa Smeralda Airport is connected with the main Italian and European locations with comfortable direct flights.

Connections:

<https://www.geasar.it/en/flights/network>

We recommend to plan your itineraries having connecting flights through Rome Fiumicino or Milano Linate airports.



Ferry

The port of Olbia, considered the main port of the Costa Smeralda, as well as representing one of the most important passenger ports in the Mediterranean, with over three million visitors every year.

Connections:

Civitavecchia

Genova

Livorno

Piombino

www.adspmaredisardegna.it/olbia/



Car

Port and Airport are about 25 km from Arzachena and 30 km from Cannigione, can be reached along the SS 125.

ACCENDI LA TV, ASCOLTA RDS.

Canale 265 del digitale terrestre



La nuova RDS Social TV sbarca sul nuovo digitale terrestre (DVB T2) al canale 265. Non solo uno schermo da guardare ma una tv interattiva e crossmediale, dove ascoltare la radio, scoprire curiosità sui profili social di conduttori RDS ed artisti, interagire con la diretta con i tuoi messaggi, mettere like al brano che sta passando, conoscere il meteo della tua città, vedere a tutto schermo il video della canzone on air e restare sempre aggiornato sulle ultime notizie.

INFO

PHONE INFORMATION:

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

EMERGENCY NUMBERS:

Polizia di Stato 113

Pronto Soccorso 118

HOSPITAL:

Hospital Giovanni Paolo II

Via Bazzoni - Sircana, località Tannaule

07026 OLBIA

tel. 0789 552200

Hospital Paolo Dettori

Via Grazia Deledda 19

07029 TEMPIO PAUSANIA

tel. 079 678200

EMERGENCY DOCTOR:

Guardia Medica di Arzachena

Via G. di Scanu

07021 Arzachena

tel. 0789 552600

PHARMACY:

Closest Pharmacy to the Race Venue:

Farmacia Cogoni Dr. Giuseppe

Via Nazionale,7

07021 Cannigione

tel. 0789 88035

Open Saturday 10th and Sunday 11st

link: www.ordinefarmacisti.ss.it/turni

POST OFFICE:

Poste Italiane

Piazza Ferdinando Magellano,10

07021 Cannigione

Orari d'apertura:

lunedì-venerdì 08:20 – 13:45

sabato: 08:20 – 12:45

BANK:

Unicredit

Viale Costa Smeralda,65

07021 Arzachena

Orari d'apertura:

lunedì-venerdì: 08:20-13:20 / 14:30-16:00

ATM / Bancomat Banco di Sardegna

Via L. Orecchioni,16

07021 Cannigione

AIRPORT TRANSFER

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

All transfers must be registered by Saturday 3th October 2020. 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 Olbia-Costa Smeralda 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.

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 8th October after the Race Online 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.

NB: Coaches and doctors will have to register through their national federation using the ITU online registration system. Accreditations will not be handed out to anyone who is not registered in the ITU registration system.

HOTEL

HOST HOTEL

Blu Hotel Laconia Village

Loc. La Conia

07021 Cannigione (SS)

Tel.+39 0789 86007

PARTNERS HOTELS

Isuledda Holiday Centre

<https://www.isuledda.it/en/>

Residence Riva Azzurra

<http://www.residencerivaazzurra.com/en/index.html>

TOURIST INFORMATION

Arzachena Tourism

<https://arzachenaturismo.com/?lang=en>

<https://www.sardegnaturismo.it/en/explore/cannigione>



TRAVEL & PARTICIPATION COVID-19

MEASURES ON THE ITALIAN TERRITORY - Covid-19

Travel & Participation in international sporting events, after 15 september.

- A. EU COUNTRIES, SCHENGEN, United Kingdom and Northern Ireland, Andorra, Principality of Monaco (except Croatia, Greece, Malta, Spain, Romania and Bulgaria):** may enter Italy for any reason and without obligation of quarantine on arrival and return, travel to / from EU countries. It remains the obligation to fill in 2 declarations, one to enter Italy [Self-Declaration ITALY](#) and one to enter Sardinia* [Sardinia Self- Declaration](#).
- B. Athletes who come from countries not included in point (A) and athletes who arrive or transit through Croatia, Greece, Malta, Spain, Romania and Bulgaria:** may enter Italy with the obligation to present to the carrier at the time of boarding, and to any person responsible for carrying out checks, a certificate of having undergone a molecular or antigenic test, carried out by means of a swab, within 72 hours prior to entry.
In addition to the swab, it is compulsory to fill in 2 declarations, one to enter Italy [Self-Declaration ITALY](#) and one to enter Sardinia* [Sardinia Self- Declaration](#).

At the end you will receive an e-mail with an attached QR code to show to the boarding staff.

Travel restrictions and measurements are changing constantly, please check back before traveling.

For any information, please contact a:

Gabriella Lorenzi
gabriellalorenzi@fitri.it
Sport Operations
FITRI - Italian Triathlon Federation

PRE-EVENT MEDICAL CERTIFICATE FOR PARTICIPATING

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes to submit a pre-event medical certificate for participating in the event:

- The medical certificate must be issued in English by the National Federations' medical staff or a personal doctor and submitted to the responsible person assigned by World Triathlon at the time of the race package distribution. Alternative, the medical certificate can be submitted electronically to World Triathlon at (sport@triathlon.org);
- The certificate must declare that the athlete has been examined and he/she has not tested positive to PCR nasopharyngeal swab test and/or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
- The certificate must be signed by a doctor and the athlete and should be produced no later than 72hs before the person's travel day to the event;
- In case of previous positive PCR nasopharyngeal test, the athlete must provide two negative PCR tests:
 - One must take place prior to the medical examination in order for the doctor to take in consideration for signing the certificate;
 - The second must be issued as close as possible to the event's date;
 - Please note that we are requiring the athletes to submit PCR test results, **ONLY in the case of a previous positive PCR test. In all the other cases, the athlete must submit only the medical certificate;**
- A sample of the Pre-Travel Medical Certificate can be found in Appendix 1 of the [World Triathlon COVID-19 guidelines](#);
- In cases where this certificate is not provided, the athlete will not be allowed to compete.

PRE-EVENT QUESTIONNAIRE

On the race week all athletes, coaches and team medical should fill in the pre-event questionnaire at:

https://docs.google.com/forms/d/1gkxqQZi_82DJ2VNey4xh9b-eALjRlxUJblxqfquBVF8/viewform?edit_requested=true

AIRPORT TRANSFERS

Anyone using the shuttles provided by the LOC must be informed that the use of mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

HOTEL & ACCOMODATION

In the common areas keep the distance of one meter from other people, it is mandatory to always wear face masks and always sanitize your hands.

TRAINING SITES

Athletes are recommended to keep distance during running sessions and during their session at the beach. There are no swimming pool facilities at the area.

RACE BRIEFING

Athletes briefing will be virtual and it will take place on Thursday 8th October at 17:00 local time. Please register for the athletes' briefing in the link that will be available at a later date in the ITU web site:

https://triathlon.org/events/event/2020_arzachena_itu_triathlon_world_cup

The recording of the briefing and the presentation will be available after the session [here](#) .

RACEPACKAGE DISTRIBUTION

Race package to be collected between 18:00 – 20:00 local time on Thursday 8th October at **Blu Hotel Laconia Village** by the athlete. The use of mask and social distancing is mandatory.

The athletes/ coaches must ARRIVE according to the time slot below:

18:00: AUS, AUT, AZE, BEL, BER, BRA, CHI

18:15: CZE, DEN, ESP

18:30: EST, FRA

18:45: GBR, GER, HUN, IRL

19:00: ISL, ISR, ITA

19:15: JPN, LUX, MEX, NED, NOR

19:30: POL, ROU, RSA, SRB, SUI, SWE, UKR

19:45: URU, USA, Other

All athletes and coaches must fill in the pre-event questionnaire prior to the race package distribution.

HEALTH SCREENING

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches/team medical are on site including at the times of the athletes' package distribution and familiarizations.

Saturation levels lower than 95% and a temperature above 37,5°C (Italian rules) will be reported to the RMD/MD.

COURSE FAMILIARIZATIONS

Swim course familiarization will be performed on Friday 9 of October between 11:30- 12:30 local time.

Bike course familiarization is cancelled.

COMPETITION ACTIVITIES

It is obligated to use face masks and keep distance at all time during competition days at the venue. The only exception for athletes is the immediate competition time starting with the access to the start carpet, ending with the access to Athletes Lounge after finish.

Please make sure that you will wear your mask after the warm-up.

Wheel stations:

- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves.

Finish Area:

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- All recovery stations will be self-served.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). Any non-accredited persons can watch the event from the spectator's areas.

- A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- Masks will be distributed to the athletes to wear at their earliest convenience.

Swim Warm-Up:

- Masks must be worn until accessing the water. After warming up, masks will be provided to wear until the start of competition.

Medal Ceremonies:

- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers.

SPECTATORS' ACCESS

The event will be open to spectators. There will be public areas where the distance between people according to the size of the area is guaranteed.

ACCREDITATIONS

Only one accreditation to coach and team medical per team.

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 area. All accredited persons are always requested to carry their accreditation with them and to show them upon request.

CLEANING ON SITE

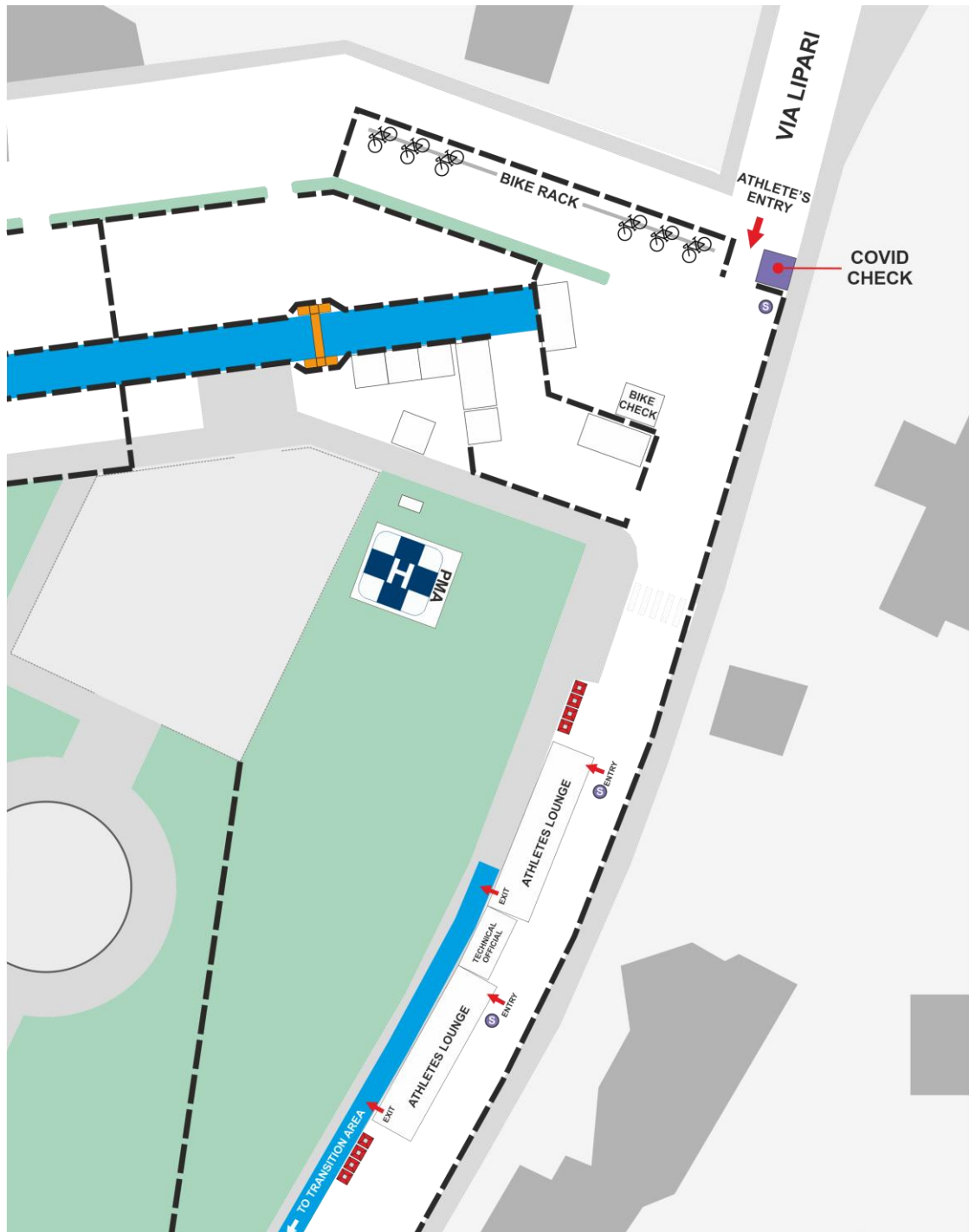
All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

COVID-19 MEDICAL PROTOCOLS

- a. COVID-19 emergency contact details:
Please contact +39 342 598 9030 in case of COVID-19 symptoms
- b. In case of positive case the procedure will be implemented in agreement with the Local Health Authority

ACCESS IN THE RACE AREA - Covid-19

All athletes will be checked for temperature and oxygen levels upon arrivals to the FOP. If cleared, a sticker will be placed on their accreditation to validate their presence.





RULES

PROGRAMME AND RULES

RACE PROGRAMME

THURSDAY 8th OCTOBER

17:00 Race online briefing
18:00- 20:00 Collect race packs

FRIDAY 9th OCTOBER

11:30 - 12:30 Swim familiarisation

SATURDAY 10th OCTOBER

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

14:00 - 15:00 Athlete's Lounge check-in
14:30 - 15:15 Transition check-in
14:30 - 15:15 Swim warm up
15:20 Athlete line up
15:30 Men's start
16:45 Men's award ceremony

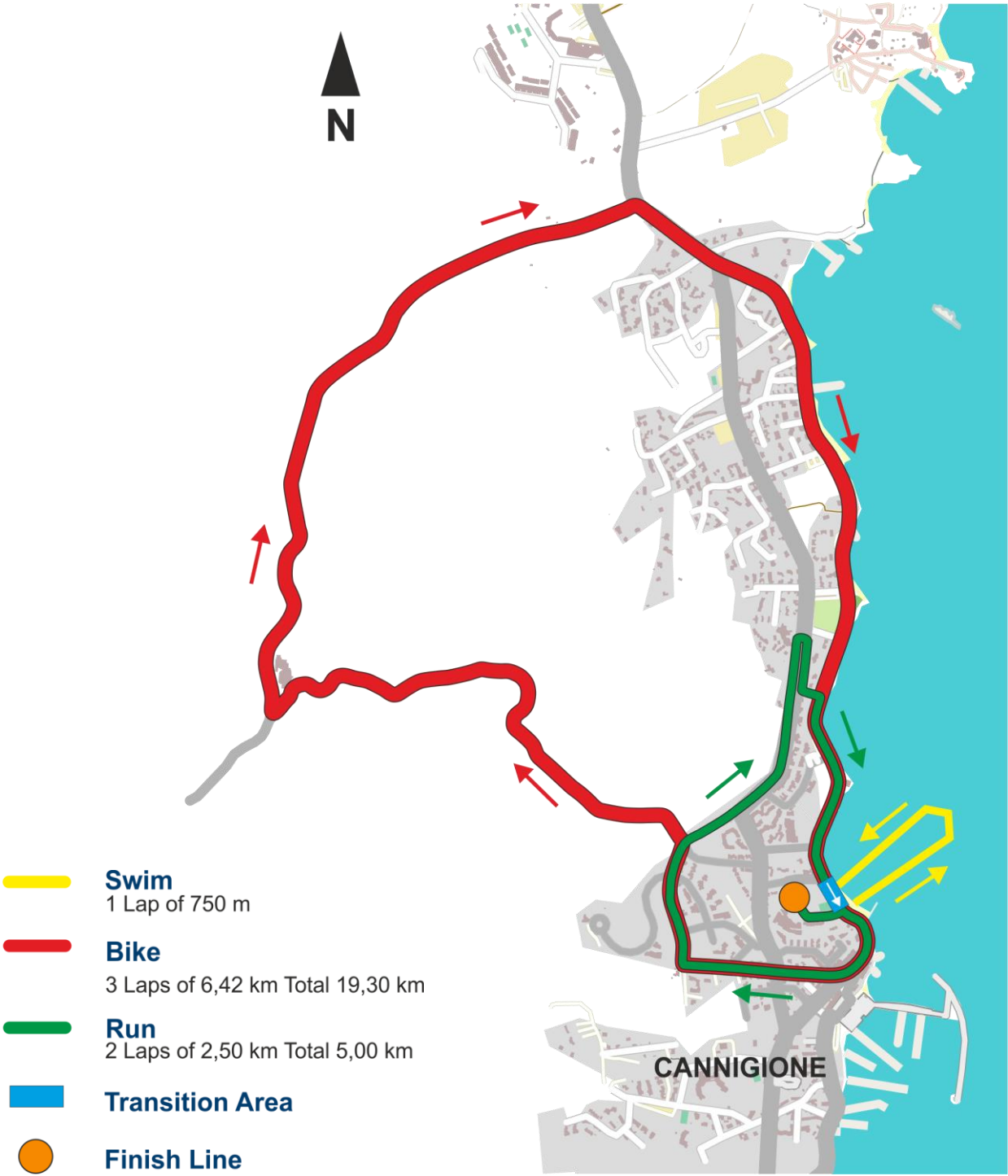
COMPETITION RULES

The competition rules for the 2020 Arzachena ITU Triathlon World Cup are those published by the ITU. They can be found at the following webpage:

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

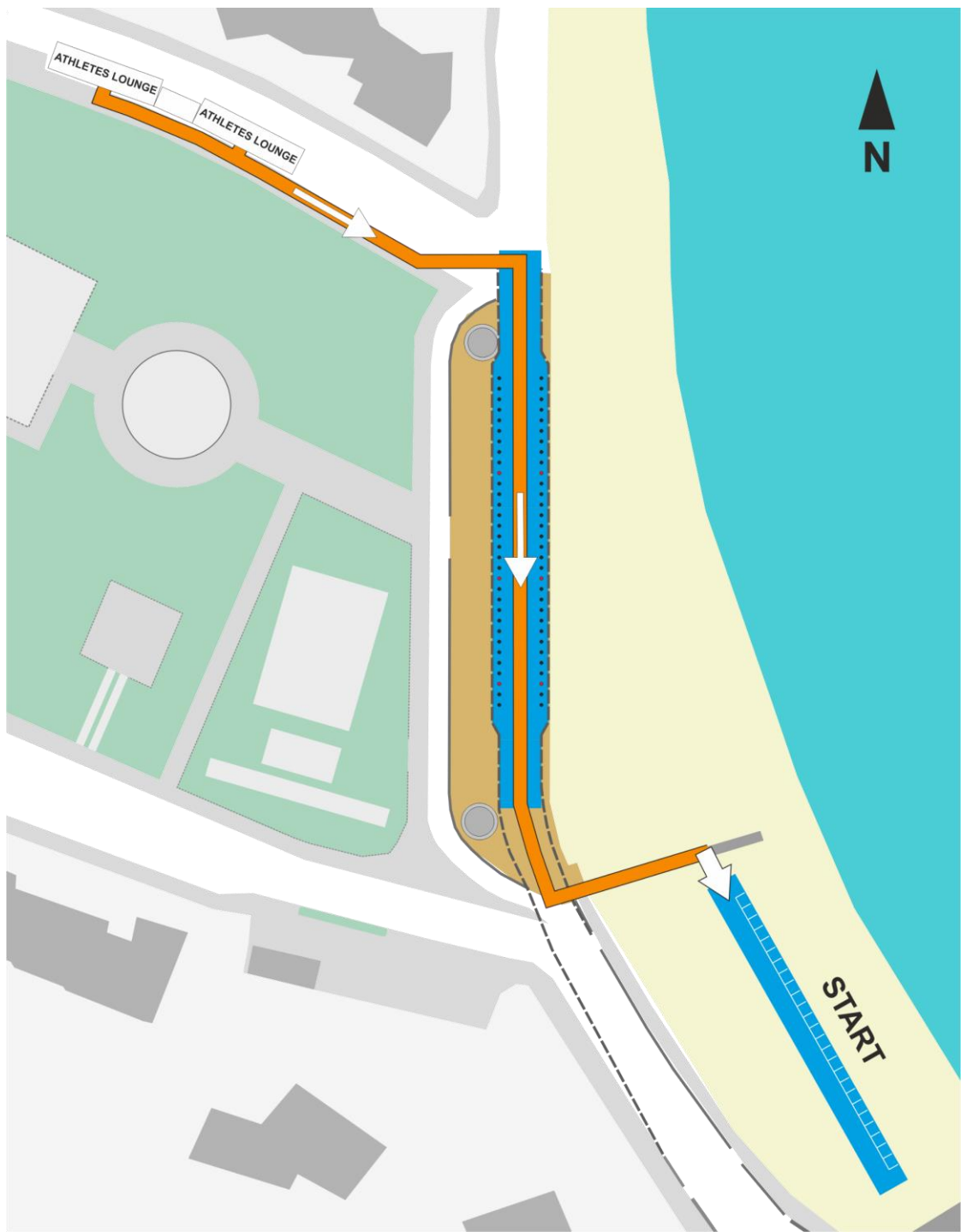
RACE COURSES AND LOGISTICS

GENERAL MAP



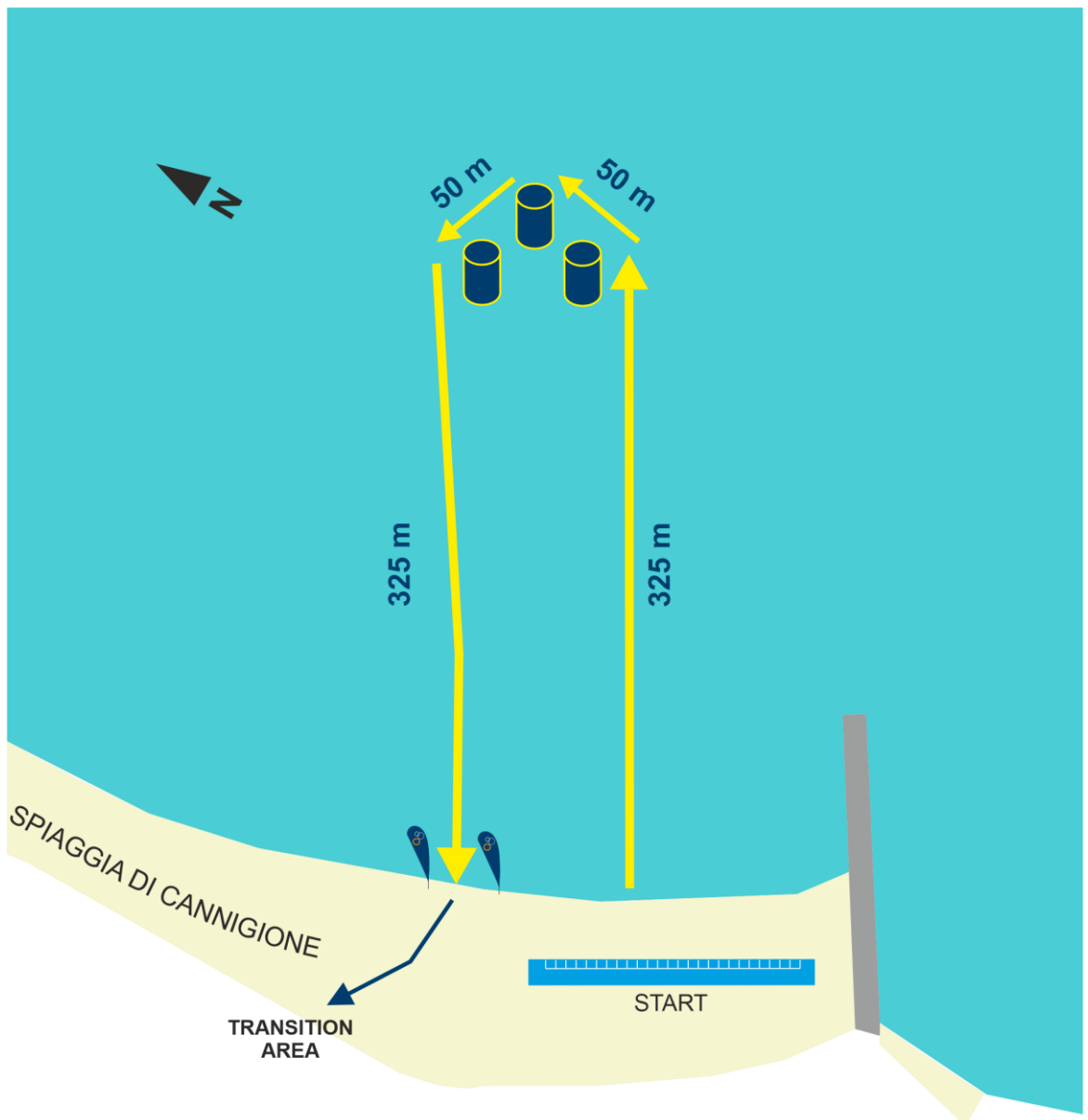
ATHLETES CALL

Following the call, athletes will follow the indicated course taking them to the swim start.



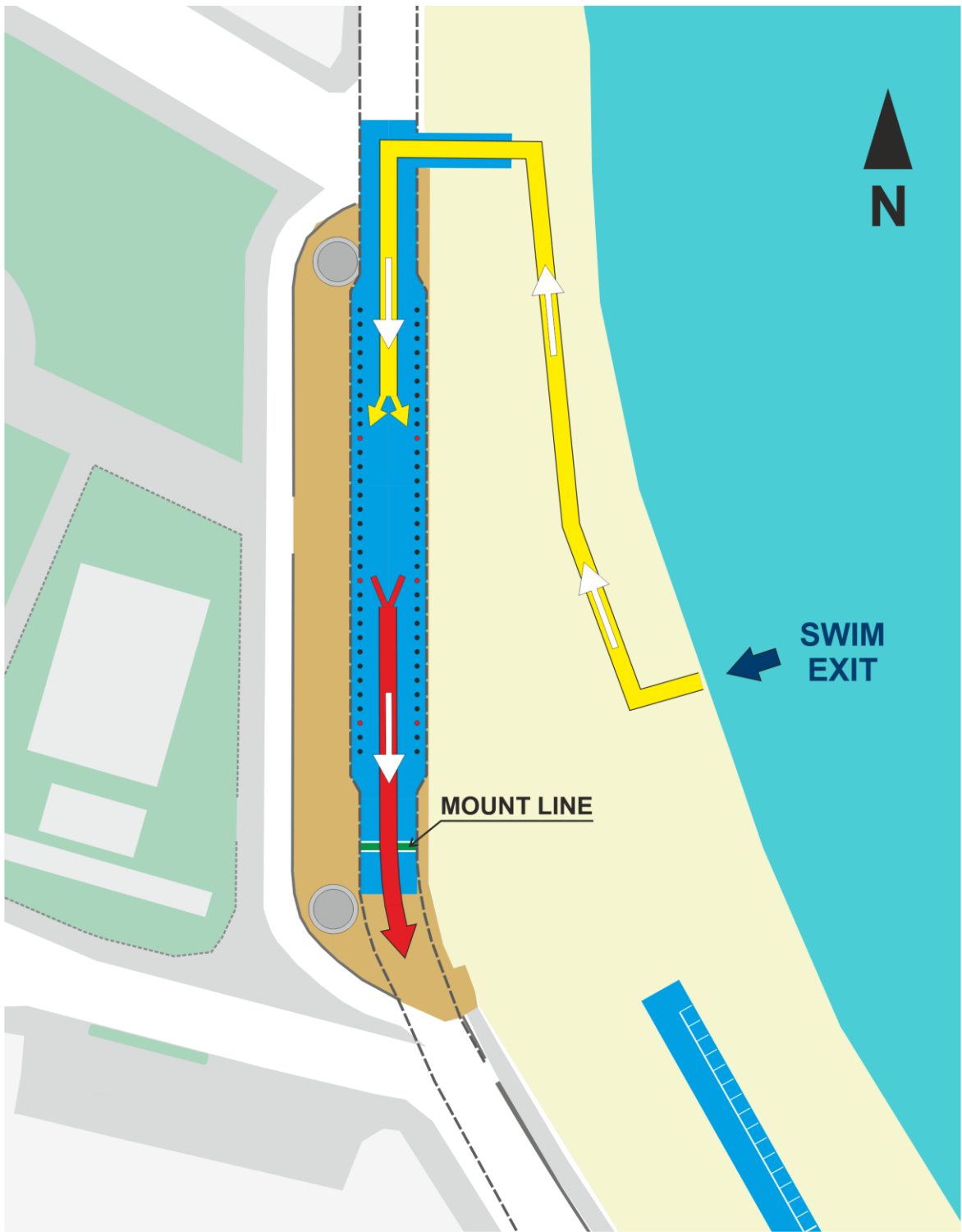
SWIM COURSE

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. Water temperature should be between 19 - 22°C.



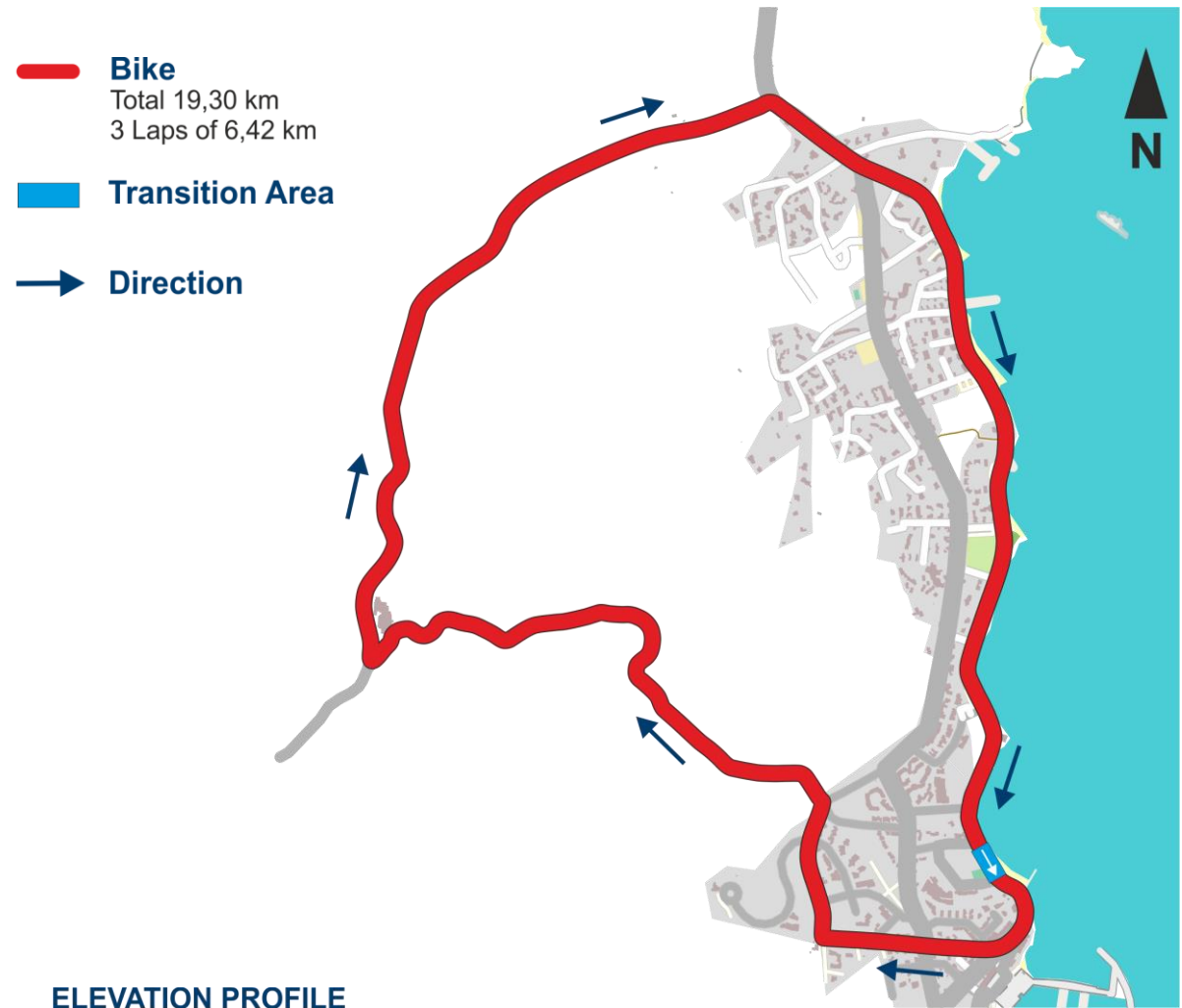
T1 ENTRANCE & EXIT

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.



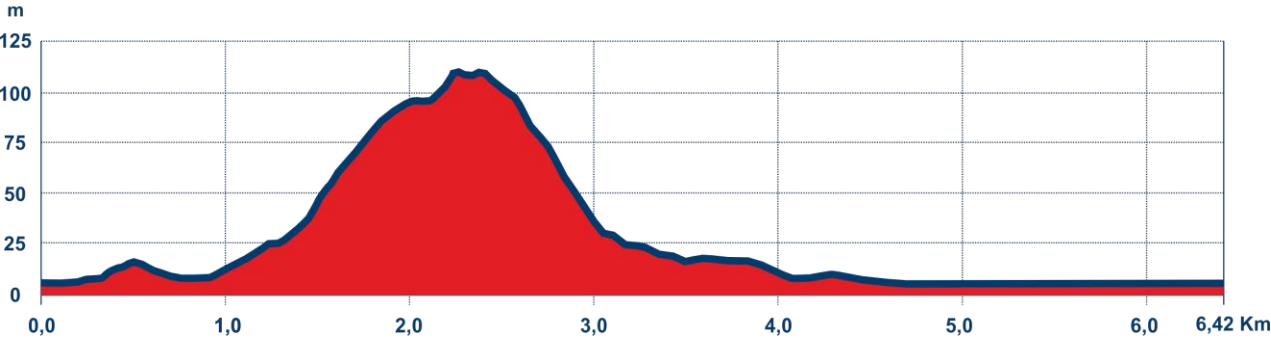
BIKE COURSE

The bike course consists in 3 identical laps of 6,42km each, riding clockwise. After the first kilometer through the streets of Cannigione, continue outside town and face the demanding climb that leads to Micalosu at a height of 112 meters. Start the descent towards Cannigione from here and ride the last two kilometers along Cannigione’s seaside. Proceed until you reach the transition area and keep on for the next 2 laps.



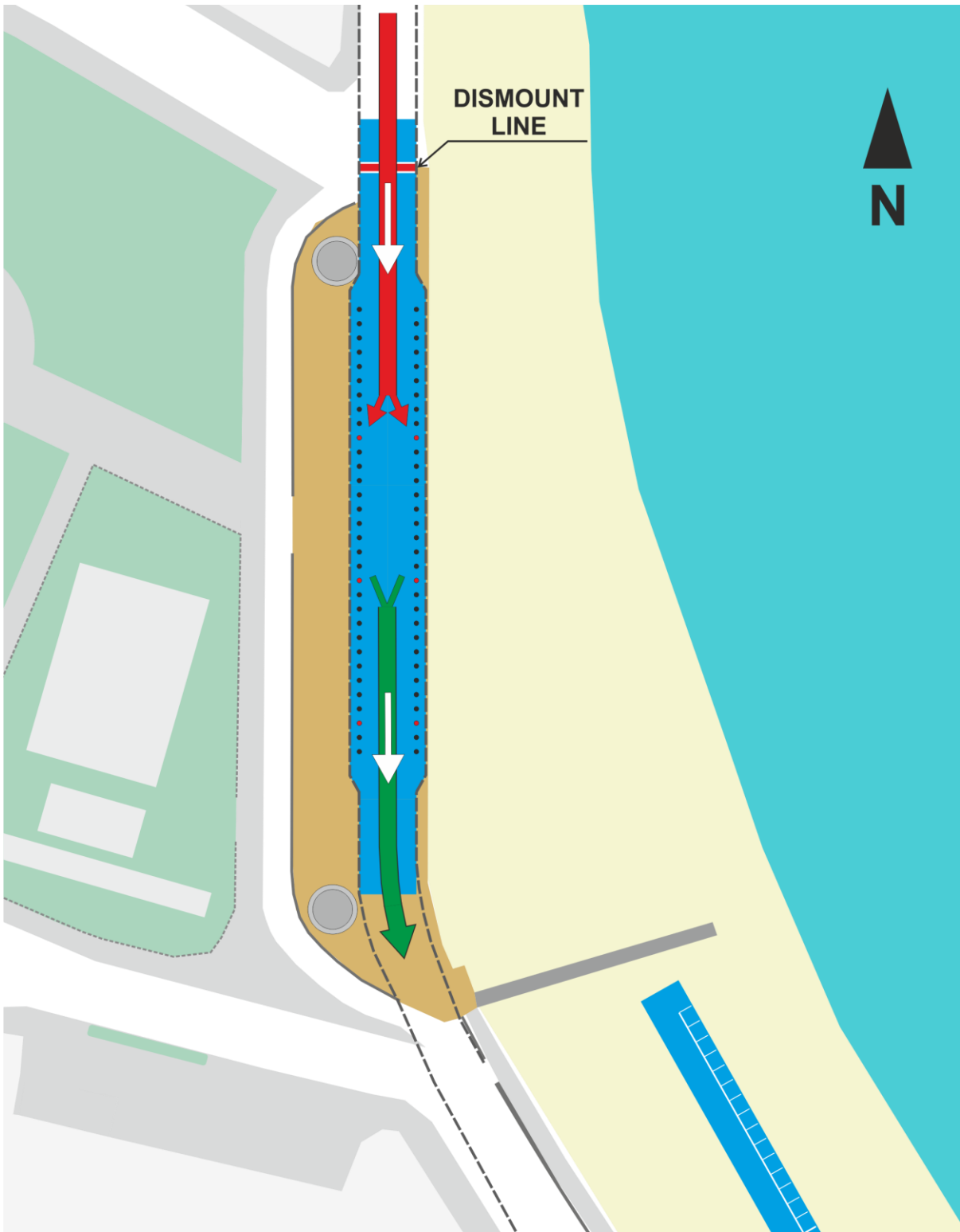
ELEVATION PROFILE

Total Ascent: 132 m x 3 laps Max Elevation: 112 m



T2 ENTRANCE & EXIT

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



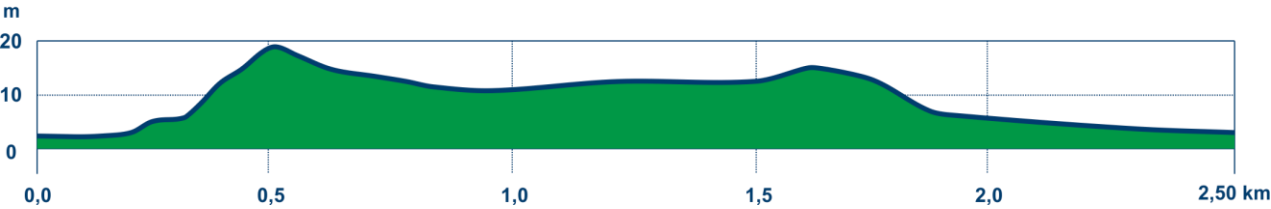
RUN COURSE

The running course consists in 2 identical laps of a 2.50 km loop each, to be performed clockwise. Exit T2, run until you cross a section already traversed during the bike course, keep running along Cannigione’s seaside until you reach the transition area again and start the second lap. At the end of the second lap, after passing the transition area, turn right onto the finish line.



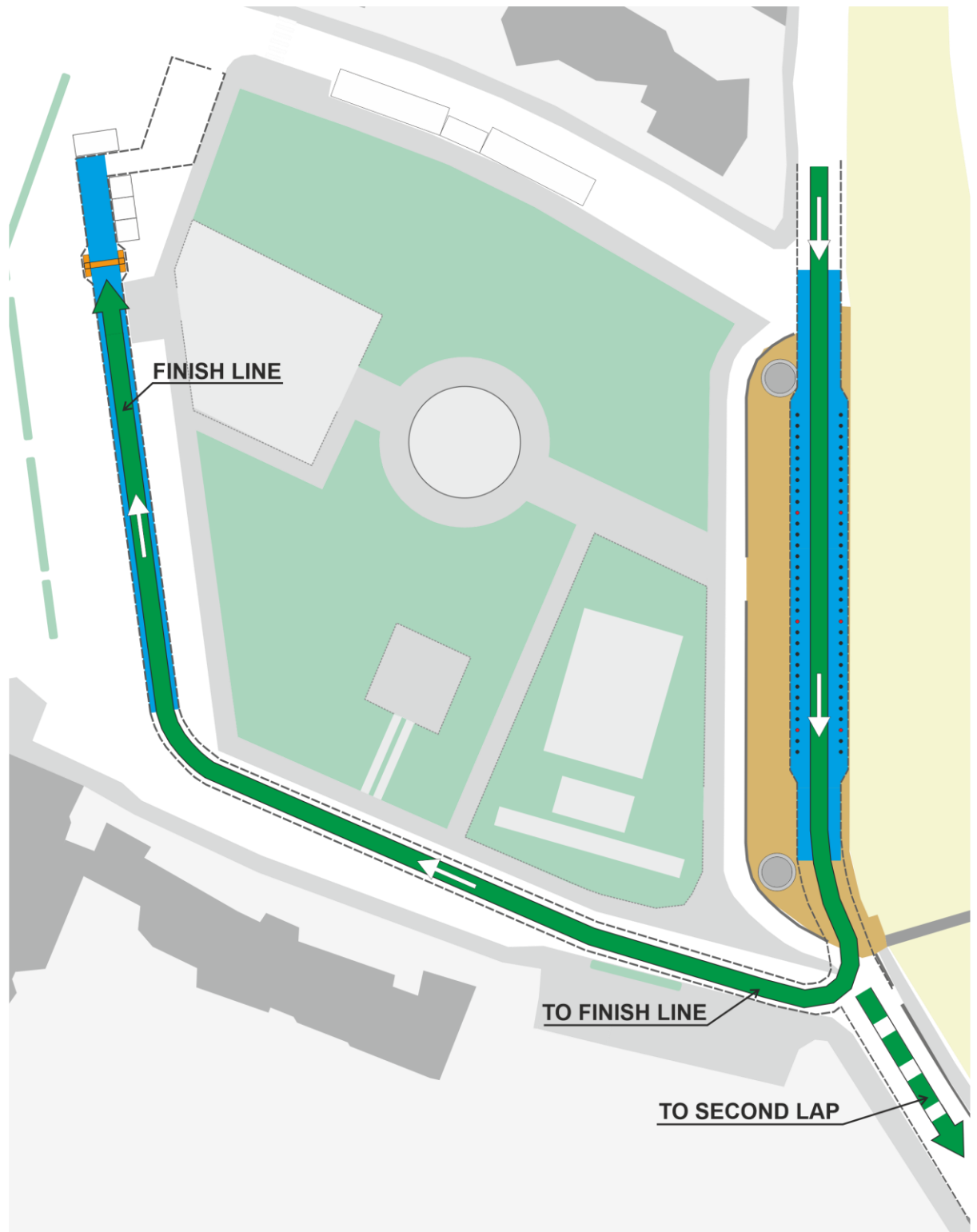
ELEVATION PROFILE

Total Ascent: 22 m x 2 laps Max Elevation: 20 m



FINISH LINE

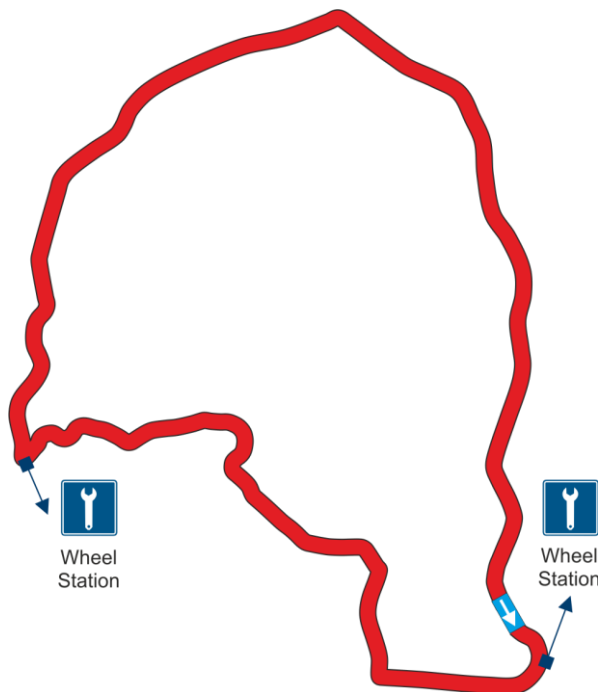
See the map below for the path to take for the finish line. On the last lap pass turn right to the finish line.



WHEEL STATION

There will be 2 wheel stations on the bike 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 (30' before start).
- 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:
 - 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



AID STATION

On the run course there will be 2 aid station. The 1st is positioned at 150m from the T2 exit, on the left hand of the course. The 2nd is positioned at half course, always on the right 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".



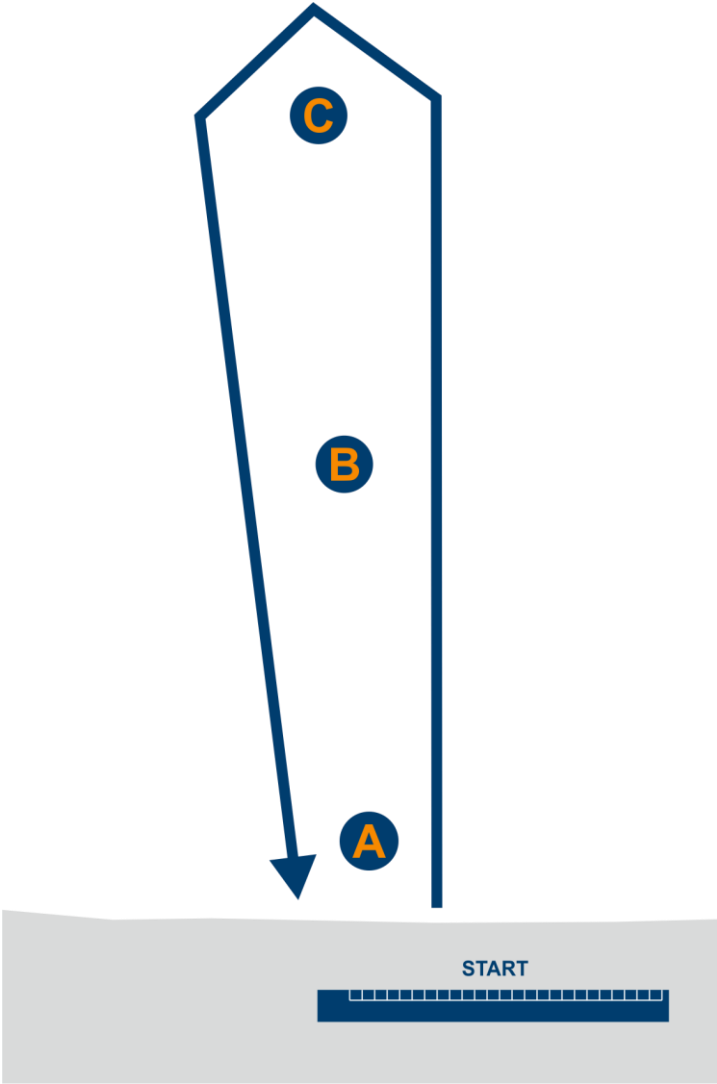
PENALTY BOX

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

TEST

Test date: 18/08/2020
Analysis lab: ARPAS Regione Sardegna

Parametro Analitico	Unità	punto A	punto B	punto C	Limiti D.Lgs. 116/2008	Limiti ITU	Metodo Analitico
Escherichia Coli	UFC/100ml	—	31	—	500	250	UNI EN ISO 9308-1:2002
Enterococchi Fetali	UFC/100ml	—	10	—	200	100	UNI EN ISO 7899-2:2003
pH	Unità	—	—	—		6 - 9	APAT CNR IRSA 2060



TRAINING & FAMILIARISATION COURSES

TRAINING

SWIM

Cannigione is located by the sea, therefore there are many beaches to choose from where you can swim in "Costa Smeralda" crystal clear sea.

Training sessions in the swimming pool are possible at "CENTRO NUOTO DEL GEOVILLAGE SPORT & WELLNESS RESORT" to Olbia.

Info: <https://sport.geovillage.it/centro-nuoto-olbia/>

Contacts: <https://sport.geovillage.it/contatti/>

BIKE

Several bike routes are usable, especially those that follow the coast.

We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

RUN

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

FAMILIARISATION

SWIM

There will be a swim course familiarisation session on Friday 9th October at 11:30 - 12:30. 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.

BIKE

Bike familiarisation is not provided.

RUN

Run familiarisation is not provided.

GENERAL RULES & INFO

RACE BRIEFING

The race online briefing will be held on Thursday 8th October at 17:00.

ATHLETE'S LOUNGE

The Athletes Lounge is located between Transition area and Finish line. Toilets, seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race.

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.

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.

GENERAL RULES & INFO

DOPING CONTROL

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

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on 10th October 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.

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.

PROTEST & APPEALS

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

OTHER INFO

UNIFORM PRINTING SERVICE

RS SERVIZI

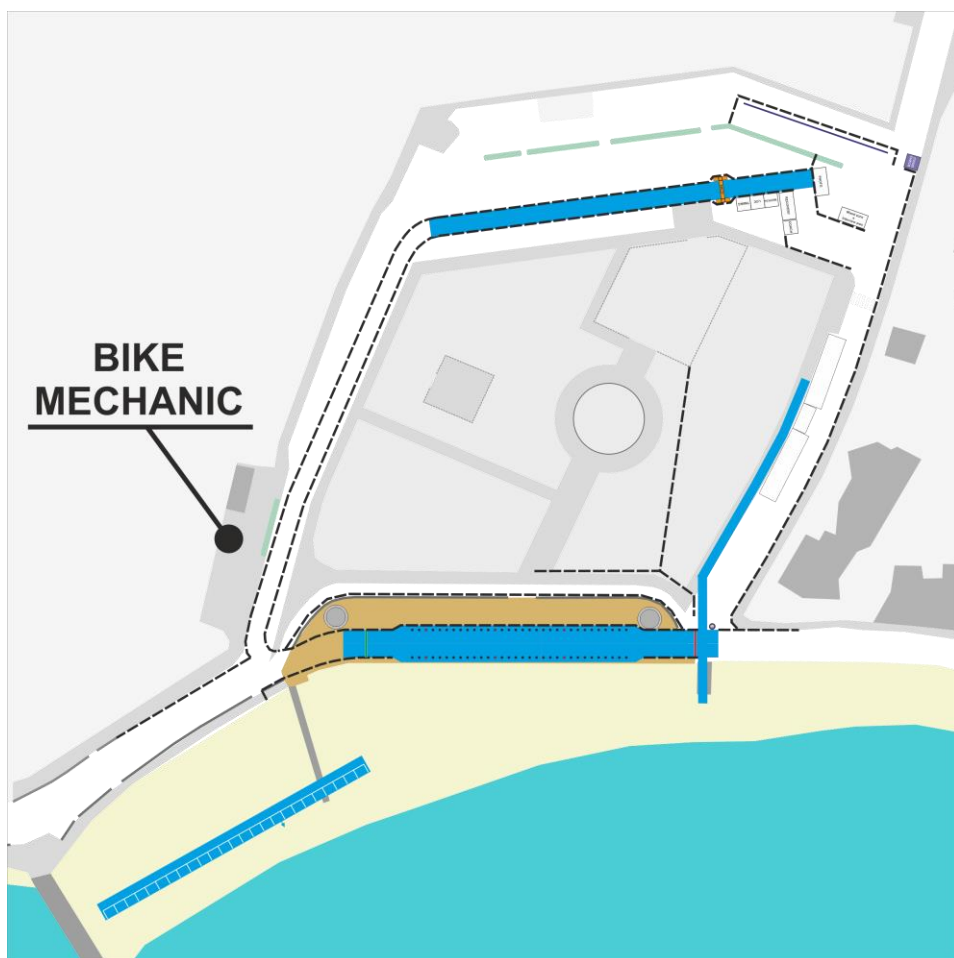
Viale Costa Smeralda, 73 B - Arzachena (SS)

+39 0789 83456 - info@rsservizi.it

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

BIKE MECHANIC

Bike Mechanic Support will be available near the race headquarters (see map below). This will be available 10:00-18:00 from Thursday 8th October to Friday 9th October. Saturday 10th October 07:00-09:00 and 12:00-14:00. Contact the LOC Office if you need help outside these hours.





PRIVACY

PRIVACY POLICY

1) Controller and categories of processed data

Participation in the Event and the provision of the services linked with it entail the processing of personal data such as: personal data and those of the participant's involvement with sports companies/events; pictures and videos containing the participant's likeness; times of transit at control points and/or timing; geolocation data of the participants who employ a geolocation device and the services linked with it.

The participant's health data may be processed (such as those concerning pathologies disclosed by the participant and included in medical reports) if strictly necessary for entering and participating in the Event (such as entering a special competition category for special needs athletes and/or requesting special assistance) and only with the explicit consent of the data subject. In these cases, the consent of the data subject is required to participate in the Event and the failure to grant it shall prevent the participant to complete the registration.

The Organizer acts as the controller.

2. Aims and purposes of the data processing

The use of the aforementioned personal data is inherent in the nature of the sports Event, in its organizational needs, and in the offer of services to the participants.

The Organizer uses and processes the data, also through his/her technical and service partners and the companies linked to them, for: checking participation requirements; timing and tracking; medical assistance; photography and videos (paid too) for media and participants; communications with sport and public authorities; documenting the Event; the Event's promotion and commercial operations.

Therefore the purposes of the data processing are:

- i. providing services linked with the participants' registration to the Event and the smooth conduct of the Event (e.g. management of the registrations, the timing of recognizing and publication of the results, i.e. making available to the participants the photos and videos of the Event);
- ii. consent of the subject (e.g. processing health data for marketing purposes as specified in the following);
- iii. the legitimate interest of the Organizer and his/her commercial partners (e.g. publishing images and results to document the Event);

- iv. complying with legal obligations (e.g., in the case of communications with public authorities);
- v. safeguarding the interests of the participant or of another person (e.g. when medical assistance is required during the Event). The

The Organizer would like to call the participants' attention to the fact that photographs and videos of the participants, either in movement or still, will be taken during the Event; according to the purposes stated above (in particular, i and iii) the Organizer shall be at liberty to use them, i.e. allow the sponsors and service and technical partners of the Event to use such images for a) documenting the Event; b) selling

videos and photo shoots of the Event with the aim of offering free or paid photos and videos, exclusively for private use, to all the participants and the persons authorized by them. The authorization of filming one's likeness during the Event is a necessary prerequisite to participate in the Event since the rules of the Event include video and photo reporting of the competition for documentation and to offer all the participants the chance to buy photos and videos of it. Therefore any failure to authorize the use of one's likeness for such purposes, and the Waiver, determine the exclusion from the Event.

3. Data traffic and dissemination

The Organizer informs the participant that the Event is organized and managed also by technical and commercial partners and with the support of the sponsors. The services provided by such partners may include registration, tracking, timing, live-action photography and video, and other services. Some of these may require that the participant registers on the partner's platform or processing by the partner as an autonomous controller. In such cases, the participant is invited to read the partner's privacy policy. The participant can email the Organizer at any time to request the list of the partners and sponsors.

Given the public nature and purposes of the Event, the participants acknowledge and accept that the data concerning their likeness, timing and results, i.e. their position in real time wherever tracking services are active, can be made publicly accessible on the Organizer's, sponsors' and partners' websites and/or transmitted to third parties for the purposes of reporting, documentation, promotion of the Event, of providing specific services linked to the Event, such as the sale of videos and photo shoots, for complying with legal or regulatory obligations and for safeguarding the vital interests of the participants (such as communicating with the competent authorities and staff during rescue operations and/or providing medical assistance during the Event).

4. Authorization for publicity usage of the participant's likeness

The participant's authorization gives permission to the Organizer to use the shootings and images that include his/her likeness to promote the Event and other events organized by the Organizer. The participant can withdraw his/her consent at any time by writing to the Organizer.

5. Treatment for marketing purposes

If the participant uses his/her email address to register for the Event the Organizer may use such address even via his/her service partners, without obtaining a previous consent by the participant, to send him/her commercial emails on his/her products and services linked with the Event or any other such events and initiatives. The participant may unsubscribe from this service at any time following the instructions included in every email. Notwithstanding the above and with the free and specific authorization of the participant that can be withdrawn at any time, the Organizer, via his/her service partners, may:

- a) use the participant's personal data (email, address, and phone number) for commercial purposes, market research, surveys, offers of products and services of his/her commercial and service partners by traditional forms of communication (i.e. snail mail, phone calls, etc...) and automated forms of communication (i.e. prerecorded calls, e-mail, fax, SMS, MMS, apps, etc...);
- b) transmit to some categories of third parties (in particular, the Event's sponsors and other companies providing the Organizer with products and services for the Event and more generally sports activities) the participants' personal data (email, address and phone number) for purposes of commercial communication, market research, surveys, offers of products and services made via traditional means of communication (i.e. snail mail, phone calls, etc...) and automated means of communication (i.e. prerecorded calls, e-mail, fax, SMS, MMS, apps, etc...). Such parties will act as independent controllers and will be required to communicate their privacy policy to the participant.

6. Data retention and controllers

The participants' data will be retained in the digital archives of the Organizer and subjected to the protection measures set out in art. 32 of EU Regulations 2016/679. The information shall be retained for the time needed by the purposes for which it was gathered and possibly for a longer time if data retention is deemed necessary to protect the rights of the Organizer or third parties (i.e. the data linked to the Event registration will be retained for ten years, also in light of potential complaints by the participant within the regular ten-year time of prescription).

The data relating to the results of the Event will be retained as long as there is an interest in documenting the same Event. The personal data used to send commercial emails will be retained as long as the participant exercises his/her right to withdraw the consent accorded previously. The image data of the participants shall be retained for as long as the Organizer may legitimately dispose of the Event's footage. For the purposes of data retention and treatment, the Organizer may use third parties under his/her responsibility. The Organizer will name such parties as Controllers pursuant to art. 28 of EU Regulation 679/2016. The data subject can at any time request the list of the Controllers named by the Organizer at the address provided in art. 9.

7. Data transfer outside the EU

In the case of data transfer outside of the European Economic Area (EEA), the participant's data may be transferred following a vetting by the European Commission which will ascertain that the non-EEA country is able to guarantee adequate data protection. In the case of transfers to non-EEA countries whose level of data protection has not been acknowledged by the European Commission, the Organizer shall use a Waiver applicable to the specific situation, i.e. he/she will implement one of the following measures to guarantee data protection:

- standard contract terms approved by the European Commission; or
- binding corporate rules, if applicable.

The data subject may submit a written request as per the instructions contained in the following to obtain a copy of one of these details and measures, if available.

8. Rights of the participant

The data subject can at any time exercise his/her data protection rights pursuant to articles 15-22 of the GDPR 2016/679. These rights include:

- a) Access: the data subject can obtain information relating to the treatment of his/her data and a copy of such data.
- b) Rectification: the data subject can request rectification of his/her data when such data is inaccurate or incomplete.
- c) Erasure: the data subject can request the erasure of his/her data by withdrawing his/her consent and if there is no other legal ground for the processing.
- d) Restriction of processing: the data subject can obtain the restriction of processing in the cases provided by the law (e.i. If he/she contests the accuracy or treatment of the personal data).
- e) Objection: the data subject can object to the processing of data if the processing based on the Organizer's legitimate interest for purposes relating to his/her specific situation, unless mandatory reasons exist that override the interest of the data subject (i.e. when the data processing is needed to defend a right of the Organizer in a court of law).
- f) Withdrawal of consent: the data subject can withdraw the consent previously given for the purposes of data processing.

The data subject may, at any time, object to the processing of his/her data for marketing purposes and revoke the consent previously given by following the instructions included in each commercial email. The participant acknowledges that his/her objection (see abovementioned article), withdrawal of consent (see art. 4) or consent (see Waiver) to using images of his likeness shall have effect as far as possible to stop the publication of such images within reasonable costs and means. The objection and withdrawal shall not affect the lawfulness of the usage that has been made of it in the intervening time. The rights in question may be exercised via written communication to the Organizer. Pursuant to existing law the data subject may also submit a complaint to the Data Protection Authority (Garante per la Protezione dei dati personali), Piazza di Monte Citorio n. 121 – 00186, Rome, Fax: (+39) 06.69677.3785, protocollo@pec.gpdp.it

OFFICIAL WEB
www.triathloncostasmeralda.org

MAIL
info@wtcsardegna.com

ENDU

PEOPLE EVENTS LIFESTYLE