

Cogne

winter triathlon

ITU World Championships

COGNE

22nd-23rd-24th
february 2013

ATHLETES GUIDE

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1. GENERAL INFORMATION

1.1 Introduction

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Team Leaders are advised to check with the Sport Info Center concerning any changes in the information included in this guide.

1.2 Key Dates

Elite, U23, Junior Athletes Briefing	February 22th, 18h00
Course Familiarization	February 22th , 9h00-16h00
Opening Ceremony	February 22th , 17h00
Junior Winter Triathlon World Championship	February 23th , 9h00
Elite, U23 Winter Triathlon World Championship	February 23th , 11h00-13h00
Paratriathlon, Age Group, Mixed Relay Athletes Briefing	February 23th , 18h00
Mixed Team Relay WT World Championship	February 24th , 9h00
Age Group Winter Triathlon World Championship	February 24th , 11h00
Paratriathlon Winter Triathlon World Championship	February 24th , 11h05
Award Ceremony	February 24th , 15h00

1.3 Key Contacts

ITU Technical Delegate	Paul Groves	paul.c.groves@gmail.com
Assistant Technical Delegate	Aldo Basaola	basola.aldo@virgilio.it
ITU Team Leader	Eric Angstadt Torres	eric.angstadt@triathlon.org
Executive Director	Luca Alladio	luca.trisports@gmail.com
Director of Services	Giuliana Lamastra	info@wintertriathlon.vda.it
Athletes's service manager – NF s support	Gabriella Lorenzi	gabriellalorenzi@fitri.it
FITRI Technical Resp.	Marco Saliola	marcosaliola@fitri.it
FITRI Media Resp	Barbara Cardinali	barbaracardinali@fitri.it

1.4 Contact Details

The Information Desk Center, LOC OFFICE is located at the city hall “Maison Comunale”, Piazza Emile Chanoux, Rue Bourgeois n. 38 Cogne

- ▶ Friday february 22th: 15:00 to 17:00
- ▶ Saturday february 23th: 15:00 to 17:00
- ▶ Sunday february 24th: 08:00 to 10:00

Contact details: EVENT OFFICE, Mrs Giuliana Lamastra

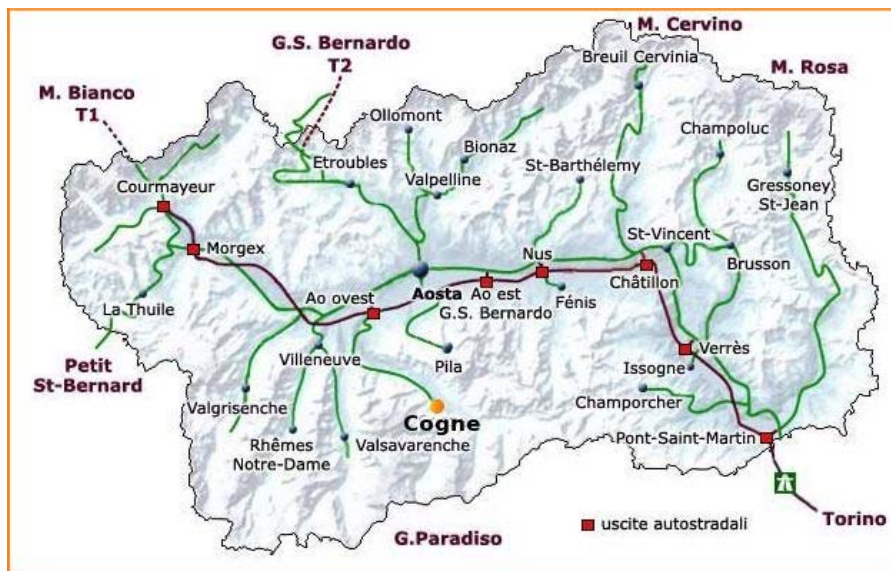
Mobile Phone: 0039.347.4578724

Website: www.wintertriathlon.vda.it - e-mail: info@wintertriathlon.vda.it

2. VENUE

2.1 Venue

The venue is in the city of Cogne in the Aosta Valley



2.2 Elite Athletes Lounge

Facilities including athletes' lounge and toilets are provided for the athletes at the Foyer de Fond "Maison de la Grivola"

2.3 Doping Control

Doping Control will be performed according to the ITU/WADA rules

2.4 Medical Services

First Aid and Emergency Medical Services will be available during the competition hours to anyone requiring medical assistance. Medical Tents will be provided on site at the recovery zone. Teams should ensure that they have appropriate medical insurance.

2.5 Bike Mechanic Centre - Ski Assistance

There will be bike and ski support available in the Foyer du Fond "Maison de la Grivola" from Friday Feb. 22nd to Saturday Feb. 23rd.

2.6 Security

Police will manage the Road Closures and the traffic throughout the course

3. ACCOMODATION

Official Hotel PETIT HOTEL, Via Cavagnet, 19 – Cogne website <http://www.petithotel.net>

Booking Centre contact: info@cogneturismo.it

Please send soon your accommodation request due the high season and complete of the following key-code: Cogne ITU Winter Triathlon World



4. TRASPORTATION

LOC will provide transfer service from the international airports of Milano Malpensa and Torino Caselle following the here enclosed schedule at a price of 60 € per person per each way, bike included.

To reserve your transfer service, please send you request complete of date of arrival/departure, airport and hour selected, name/surname and your flight schedule to the [booking centre contact info@cogneturismo.it](mailto:info@cogneturismo.it)

Airport	Transfer to Cogne	Transfer from Cogne
Milano Malpensa	21th feb. departure at 17h00	23th feb. departure at 19h00
Distance from Cogne: 205km	22th feb. departure at 13h00	24th feb. departure at 09h00
Torino Caselle "Sandro Pertini"	21th feb. departure at 17h00	23th feb. departure at 19h00
Distance from Cogne: 142km	22th feb. departure at 13h00	24th feb. departure at 09h00

5. TRAINING

5.1 Course Familiarization

You will be able to have a course familiarization (run, bike and skiing) on Friday feb.22th february 10:00 – 16:00 for the athletes registered in the LOC Office
 During the course familiarization there will be medical services available.
 During the bike course familiarization LOC will escort the athletes round the course.

5.2 Sport Massage Service

Sports Massage Therapy will be available to the athletes after the race at the Foyer du Fond “Maison de la Grivola

6. COMPETITION INFORMATION

6.1 Competition Schedule

Day	Date	Time	Activity
Friday	22-feb	9:00-16:00	Course Familiarization
Friday	22-feb	18:00	Athletes Briefing (Elite, U23, junior)
Friday	22-feb	17:00	Opening Ceremony
Friday	22-feb	19:00-21:00	Pasta party
Saturday	23-feb	9:00	Start junior race (men + women)
Saturday	23-feb	11:00	Start women race (elite- U23)
Saturday	23-feb	13:00	Start men race (elite - U23)
Saturday	23-feb	17:00	Award Ceremony (junior, elite, U23)
Saturday	23-feb	18:00	Athletes Briefing (Mixed Relay, Age Group, Paratriathlon)
Sunday	24-feb	9:00	Start Mixed Team Relay race
Sunday	24-feb	11:00	Start Age group race
Sunday	24-feb	11:05	Start Paratriathlon race
Sunday	24-feb	13:00	Pasta party
Sunday	24-feb	15:00	Team Relay + age group Award Ceremony

6.2 Competition Rules

The ETU/ITU Event will follow the latest published Competitions Rules of the International Triathlon Union.

6.2.1 ITU Uniform Rules

To compete in ITU events, all the athletes Elite, Junior, U23, Age Group and Mixed Team Relays must comply with the ITU Uniform Rules. Please download the here enclosed to document:

Age Group competitors:

http://www.triathlon.org/images/uploads/ituevents_age_group_uniform_rules_20120215.pdf

Elite, U23, Junior, Paratriathlon competitors:

http://www.triathlon.org/images/uploads/ituevents_elite_u23_junior_uniform_rules_20120215.pdf

Please Remember

- There are not restrictions in terms of colours, but the sponsor's logo must be positioned in the allotted sponsor space
- Family Name, NOC code and ITU logo are mandatory

6.3 Insurance

The LOC has insurance with a reputable insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event and related events. The insurance policy has named, as insured ITU Executive Board Members, ITU Staff, ITU International Officials, the Global Partners, Global Sponsors, the ETU Executive Board and Staff, the respective LOC directors, officers, agents, volunteers, employees and contractors. All athletes and team support personal must carry their own medical insurance.

6.4 Athletes Race Packets

Athletes' race packets will be distributed at the registration and accreditation office.

6.4.1 Registrations

- ▶ Elite, U23, Junior, Paratriathlon, Mixed Team Relays athletes must sign the ITU Athletes' Agreement, which states that any dispute arising from the ITU Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the ITU Athletes' Agreement is valid until the end of the competition year it has been signed.
- ▶ National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org.

- ▶ All questions regarding entries must be submitted via e-mail to entries@triathlon.org.
- ▶ Athletes must provide picture ID at race registration/packet pick-up prior to competition
- ▶ The ITU Winter Triathlon World Championship start list will be produced and published inside the ITU web site www.triathlon.org. No athlete will be included in the start list if the entry has not be processed through ITU on line entry system.
- ▶ The athlete registration at the event will not proceed until payment has been received in full from the LOC within the deadline of **February 15th**:

Bank transfer

Holder of the account: ASD TRISPORTS.IT TEAM
 Bank : Banca di Credito Cooperativo Valdostana
 Filiale di Aosta
 Iban Code: IT59M0858701211000110193082

- ▶ Registration Fees

Elite – Under 23	75,00euro per athlete
Junior	60,00euro per athlete
Age Group	60,00euro per athlete
Paratriathlon	60,00euro per athlete
Mixed Relay	100,00euro per team

REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions here

6.5 Timing Bands

On the race day, athletes will be given a timing chip, to be worn on the athlete’s right ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race.

6.6 Prize Money

INDIVIDUAL	Men	Women
1. 30%	1.200USD	1.200USD
2. 25%	1.000USD	1.000USD
3. 20%	800USD	800USD
4. 15%	600USD	600USD
5. 10%	400USD	400USD

MIXED RELAY	
1. 50%	1.000 USD
2. 30%	600 USD
3. 20%	400 USD

6.7 Information about the FOP

6.7.1 Run Course: Starting near the transition area is flat. After that comes a slight slight slope on the trail that leads to two ascents of the route. There are two snags short (about 50 meters) and dried, separated by a fast descent. Then go into a single track in the woods that leads to the transition area in downhill. The path is completely covered with snow.

6.7.2 Bike course: the first part is all downhill, fast and sudden changes of direction on the trail that leads to the hamlet of Cretaz. At the village, cross a bridge and climb along the river on a snowy road uphill. After crossing the bridge Location Sapinière a last tear on trail back to the transition area. The path is completely covered with snow.

6.7.3 Skiing Course: the track, after a short flat stretch, take the first ascent. The first section is more challenging while the second, longer, long is more simple. Follows, therefore, a long and easy descent. They meet, then, two short ascents and fast leading down to the bridge of the cross-country stadium (near the transition area). Cross the bridge once slight slope down and a sweet finish the tour. The trail allows both technical skating and classic technique.

6.7.4 Technical area: Technical Area will be located on the bike course. In this area is allowed fixing and assistance

Category	Run	Mountain Bike	Cross Country Ski
Elite	6km: 3laps 2km	12km: 3laps 4km	9km: 3 laps 3km
Under 23	6km: 3laps 2km	12km: 3laps 4km	9km: 3 laps 3km
Junior	4km: 2 laps 2km	8km: 2 laps 4km	6km: 2 laps 3km
Paratriathlon: TRI2-TRI3-TRI4-TRI5-TRI6	4km: 2 laps 2km	8km: 2 laps 4km	6km: 2 laps 3km
Age Group	4km: 2 laps 2km	8km: 2 laps 4km	6km: 2 laps 3km
Mixed Team Relay	2km: 1 lap	4km: 1 lap	3km: 1 lap

6.7.5 Aid Station: Aid station will be located at the finish area (beyond the finish line)

6.8 Weather Conditions: Weather Conditions for jan/feb: Maximum Temp: 2° Minimum Temp: -5°

6.9 Results Results will be uploaded live at the ITU official website www.triathlon.org . Also live coverage of the race will be displayed through the web page. All the Results information will be distributed to the Team Leaders at the Information Centre.

6.10 Protest & Appeals: Standard procedures will be followed according to the ITU Competition Rules.

7. ACCREDITATION

The LOC will provide to all the organizing committee members, ITU Technical Officials, athletes, VIPs, media, technical staff, court personnel, volunteers, etc., the official Accreditation Card.

Accreditations will be distributed at the Race Office located in the “Maison Comunale” before the Technical Briefing. Only accredited people will be allowed to access certain venue areas. Accreditation Cards are colour-coded and provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request.

8. ATHLETES SOCIAL EVENTS

8.1 Official Reception

The Mayor of Cogne invites all Athletes and Team officials to the Opening Ceremony on Friday feb.22th at 17:00 followed by the “Welcome Drink”

8.2 Briefings

Elite-U23-Junior	Fri. feb.22th - 18h00	Location: Maison Comunale
Mixed Relay-Age Group-Paratriathlon	Sat. feb. 23th - 18h00	Location: Maison Comunale

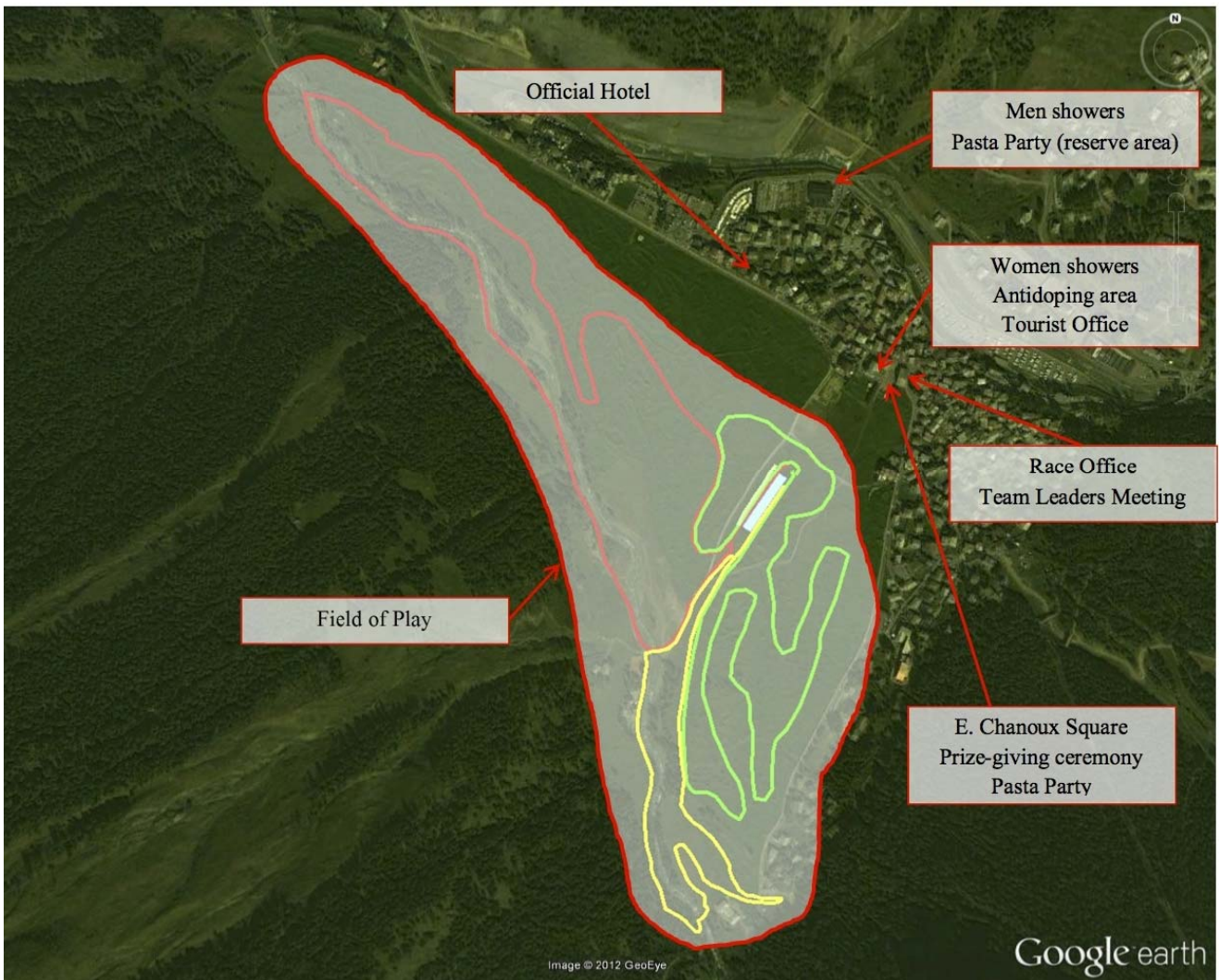
9. USEFUL INFORMATION

- 9.1 Language** The official language in Cogne is Italian
- 9.2 Population** 1.500 people live in the city of Cogne
- 9.3 Currency** The currency of Italy is the Euro. Most major currencies may be exchanged at banks
- 9.4 Time** Cogne time is (GMT +01:00)
- 9.5 Electricity** The electric current is 220 volts
- 9.4 Water** Running water is appropriate for drinking
- 9.5 Telephone** If calling from abroad to Italy dial +39
To call abroad from fixed telephones in Italy must dial the prefix 00, the country code and the phone selected. Vodafone, Tim, Wind and Tre are the major mobile phone service providers in Italy.

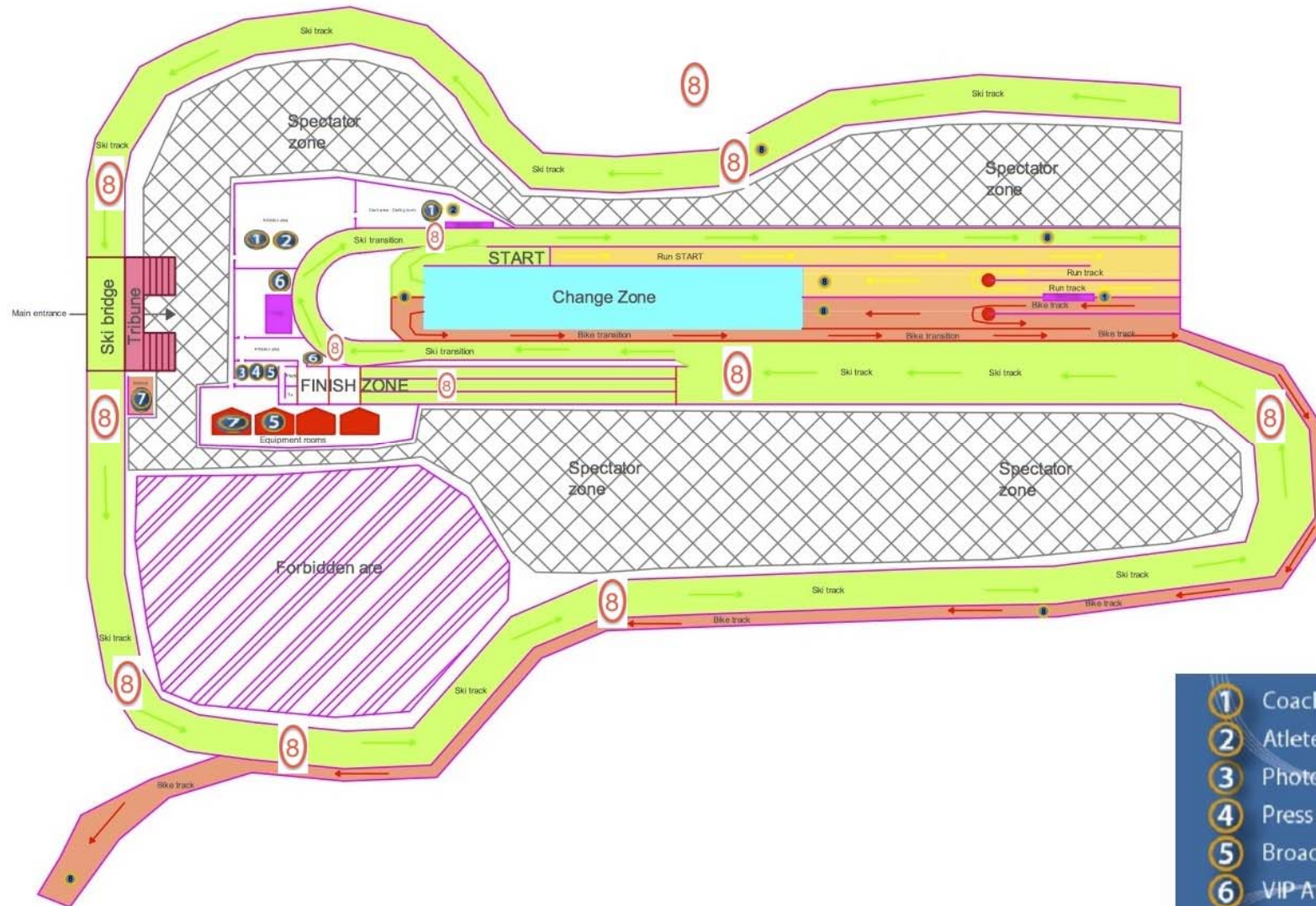
10. MAPS

10.1 General Overview

WINTER TRIATHLON WORLD CHAMPIONSHIP - COGNE, 22 -24 FEBRUARY 2013



10.3 Transition area



10.2 Race Map

WINTER TRIATHLON WORLD CHAMPIONSHIP - COGNE, 22 -24 FEBRUARY 2013

Global map:

Tracks (Run = yellow, Mtb = red, XC Ski = Green)

Change Zone = Cyan

