



Triathlon
FEDERAZIONE ITALIANA

Winter Triathlon



30th January 2011



Event and contact Information

Name of Event: ITU Winter Triathlon European Cup
Italian Winter Triathlon Age Group Individual National Championships
Italian Winter Triathlon Junior-Elite Individual National Championships
Team Relay: race open

Race Date: 30th January 2011

Event Organizer: Sandro Dallago
Mobile Phone: +39.333.3456152
E-mail: sandrodallago@teletu.it
Internet: www.triathlonaltoadige.it

National Federation: Italian Triathlon Federation
Contact: Gabriella Lorenzi
International Technical Area – Athletes/Nfs Team Support
E-mail: gabriellalorenzi@fitri.it
Web site: www.fitri.it
Phone: +39.6.36856734
Fax: +39.6.36856744

National Technical Delegate: Marco Saliola – for the Italian National Championship

Event regulations: ITU Triathlon Competition Rules apply

Official Results: published after the race on the official web-sites:
www.triathlon.org
www.fitri.it
www.triathlonaltoadige.it
www.truppealpine.eu/casta/

Race Location: SAN CANDIDO (BZ)

San Candido is a comune (municipality) in the Province of Bolzano-Bozen in the Italian region Trentino-Alto Adige/Südtirol. It is located in the Puster Valley on the Drava river, about 120 km northeast of Trento and about 80 km northeast of Bolzano (Bozen), on Italy's border with Austria. San Candido borders the municipalities of Toblach, Innervillgraten (Austria), Sexten, and Sillian (Austria).

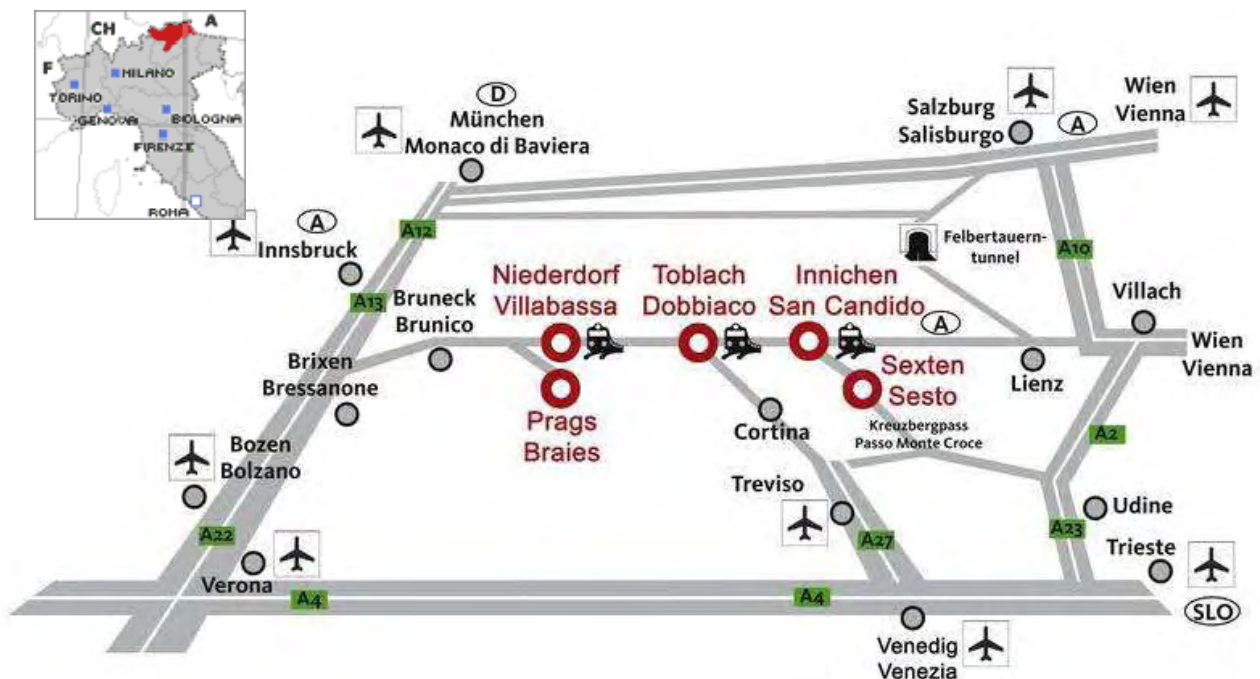


San Candido

In the middle of the fascinatingly beautiful natural preserve Dolomiti di Sesto lies the enchanting village *San Candido*, called Innichen in German. Surrounded by an impressive massif and embedded in lush meadows, colourful fields and dense spruce forests this popular place in Alta Pusteria offers its guests pure joy. In this myth-eaten world of arduous rock faces **and majestic mountain peaks**, hiking becomes a unique experience. Explore the natural beauty of this landscape on well-marked hiking trails. Explore this area and go walking, climbing, hiking or Nordic Walking, and experience magic moments and indescribable hours in an idyllic atmosphere – in summer as well as in winter. During the colder time of the year, when the surrounding mountain tops are covered in snow, the Alta Pusteria turns into a winter sports paradise. A broad range of attractive ski resorts combined with fabulous snow-covered landscapes make the hearts of skiers, lugers, snowboarders and cross-country skiers beat faster. But not only sport is of great importance in this area. The history charged village San Candido also holds many surprises in store for its culturally interested visitors. One of the main sights is the collegiate church which is daily open to the public. San Candido's pedestrian zone invites guests to go shopping and strolling and to explore the village's exclusive stores. Rustic inns, top-class hotels and holiday flats and numerous excellent bars are great places to take a rest and to spoil your palate with one or two delicacies of the Val Pusteria; this truly is a paradise for shoppers and real sensualists. Incorporated villages of San Candido: Versciaco, Prato alla Drava.

The 3 famous peaks of the Dolomites mountain, the "Tre Cime" and the natural park Dolomites of the Sesto make up the imposing scenery found in Alta Val Pusteria. The skiresorts of the tourist area Alta Val Pusteria extend around the localities of Sesto, San Candido, Dobbiaco, Villabassa and Braies. There are hardly ever queues for lifts, no crowds on the slopes, gentle slopes for families and also downhill and ski touring for the professionals. Those of you who love cross country skiing have 200 km of routes - really a true paradise for fans.

How to reach San Candido



How to reach San Candido

BY CAR

from the North:

Munic – Rosenheim – Kufstein – Innsbruck – motorway Brennero – motorway-exit Bressanone – Val-Pusteria-Road to Brunico – Valdaora – Alta Pusteria.

from the West:

Passo Resia, Bolzano, Bressanone and on the Val-Pusteria-Road.

from the East:

motorway Tauern (A) or via Felbertauern (A) to Lienz and then to Alta Pusteria

from the South:

Verona – Trento – Bolzano – motorway Brennero – motorway-exit Bressanone – Val-Pusteria-Road to Brunico – Valdaora – to Alta Pusteria and
from Venice – Treviso – motorway-exit Longarone – Calalzo – Cortina – Dobbiaco – Alta Pusteria.

BY TRAIN

The most important train-connection is the "Brennero-line" (Innsbruck - Bolzano).

From Swiss via Zürich to Innsbruck; also from Vienna you have to go via Salzburg to Innsbruck then to Fortezza (change) and with local-trains to San Candido.

From East-Tyrol (A) you have to go via Lienz to San Candido.

From the South you go to Milano – Bolzano – Fortezza (change) then with local-trains to San Candido.

From Venice to Calalzo (Cadore) and then you have to take the buses to Cortina (change) to San Candido.

Italian railway

Austrian railway

German railway

BY BUS

There are daily bus-connections via Val Pusteria.

From Trieste the bus-company "SAF" goes daily to Alta Pusteria via Monfalcone, Udine, Tolmezzo, Sappada and starts at Trieste on 6.40 am

Bus service South Tyrol

Autostradale: Milan - San Candido

ATVO: Venice - Cortina

BY PLANE

The national and international airports are:

Bolzano/Airport Dolomiti distance 120 km

Verona/Villafranca distance 250 km

Venezia/Marco Polo distance 190 km

Treviso/S. Angelo distance 180 km

Milano/Linate und Malpensa distance 435 km

Innsbruck distance 140 km

Munich distance 300 km



Event Schedule

SATURDAY 29th January

15h00 - 22h00	Sala RESCH San Candido - race office: Athletes Registrations
18h00	Sala RESCH San Candido Technical Briefing

SUNDAY 30th January

08h00 – 09h30	Sala RESCH San Candido - race office: Athletes Registrations
08h30	Opening Transition Area Check in: 15minutes before the start the TA will be closed
10h00	RACE START: men ITU Winter Triathlon European Cup Italian Winter Triathlon Elite-Age Group Individual National Championships
10h03	RACE START: women ITU Winter Triathlon European Cup Italian Winter Triathlon Elite-Age Group Individual National Championships
10h30	RACE START: men Italian Winter Triathlon Junior Individual National Championships Team Relay
10h33	RACE START: women Italian Winter Triathlon Junior Individual National Championships Team Relay
13h00	Medal Ceremony
14h00	Pasta Party

Event Details

Itu Winter Triathlon European Up

Elite-Age Group	Run	Mountain Bike	Cross Country Ski
Distances	6,6km	11,5 km	9,4km

Italian Winter Triathlon Elite-Age Group Individual National Championships

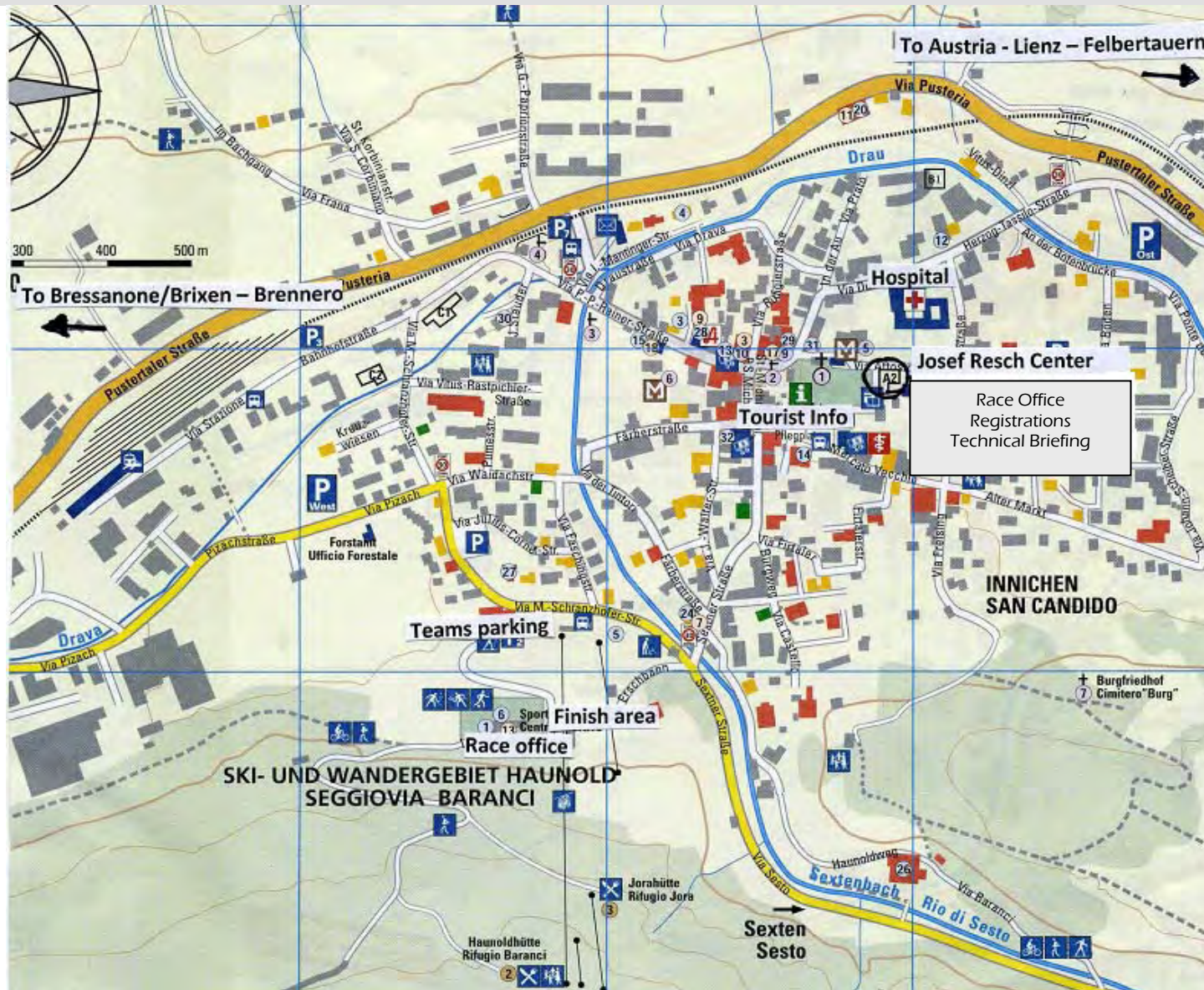
Elite-Age Group	Run	Mountain Bike	Cross Country Ski
Distances	6,6km	11,5 km	9,4km

Italian Winter Triathlon Junior Individual National Championships

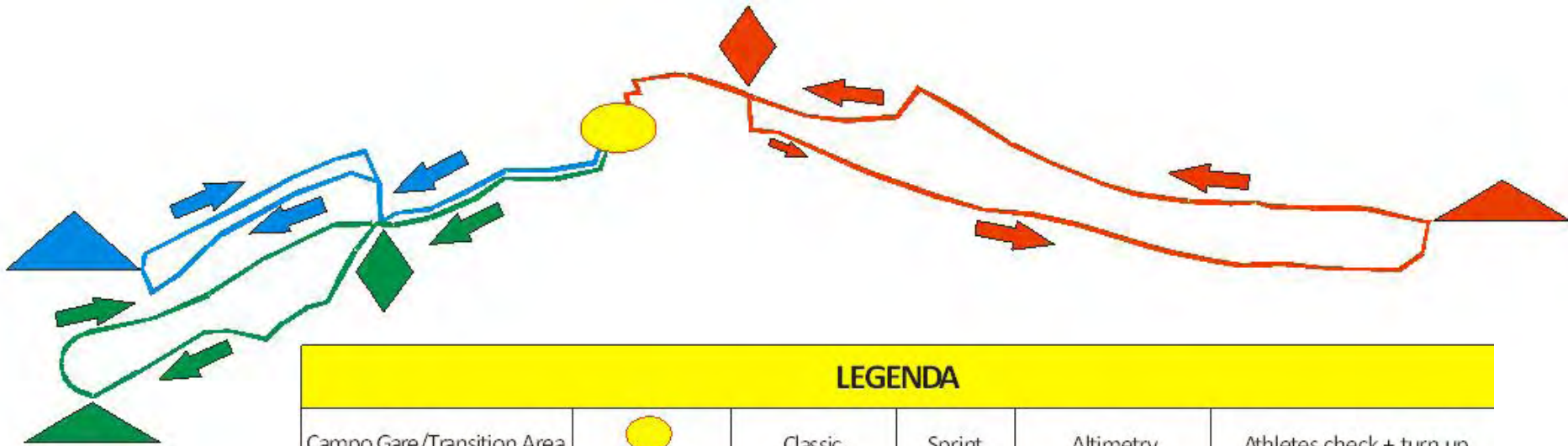
Junior	Run	Mountain Bike	Cross Country Ski
Distances	3,3km	6 km	5km

RUN Course:	2 laps of 3,3km - 90% run course on snow with minimal slopes towards Dobbiaco.
MTB Course	1 lap + minilap - asphalted and snowy to enter in forest and cycle roads with a drop of 50mt. Good driving technique required along the downhill. Flat course both northward direction Versciaco and San Candido. Intersections supervised by police, 36 alpines
Ski Course:	1 lap + minilap with minimal slopes – race course wide 4mt

Race Venue



The Course



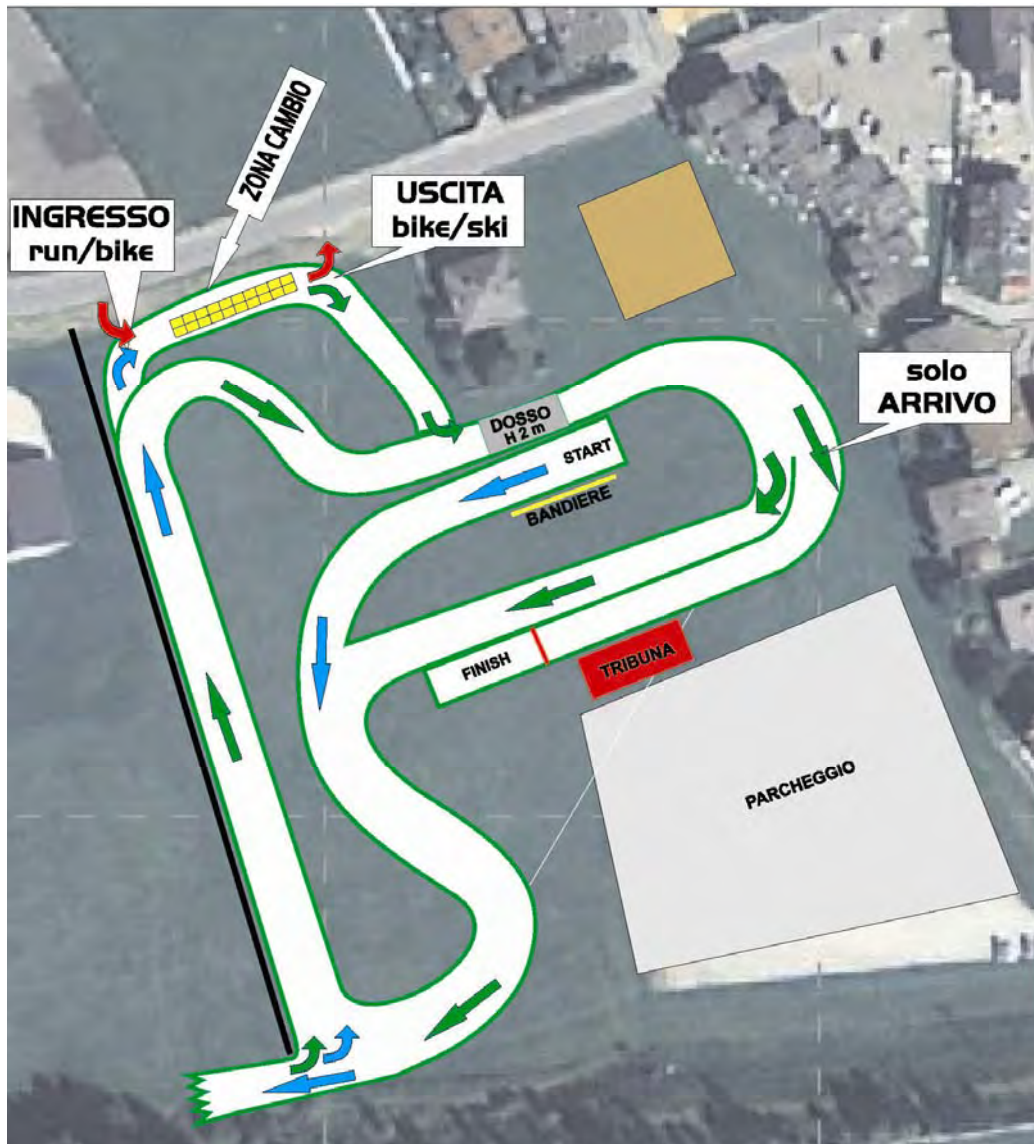
LEGENDA					
Campo Gare/Transition Area		Classic	Sprint	Altimetry	Athletes check + turn up
Percorso PODISTICO/RUN		2 lap of 3,3 km total 6,6 km	1 lap (3,3 km)	± 10 mt.	SPRINT/CLASSIC 
Percorso MOUNTAIN BIKE		1 lap + mini lap (km total 11,5)	1 lap (km 6)	± 40 mt. (2x ±20mt.) see altimetry	SPRINT/CLASSIC  turn up/passage mini LAP CLASSIC 
Percorso SCI di FONDO/SKI		1 lap + mini lap (km total 9,4)	1 lap (km 5)	± 20-25 mt.	SPRINT/CLASSIC  turn up/passage mini LAP CLASSIC 

Run Course

- 2 laps of 3,3km (total distance of 6,600 km)
- 90% run course on snow with minimal slopes towards Dobbiaco.
- Aid station at the end of the run.
- Use your left
- Pacing is not allowed



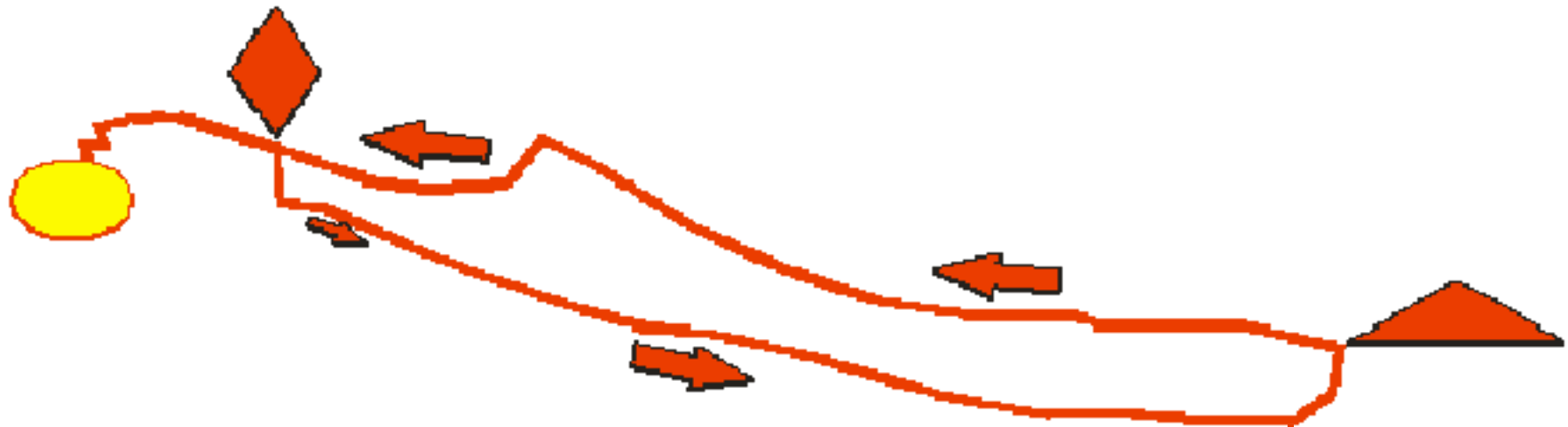
Transition Area



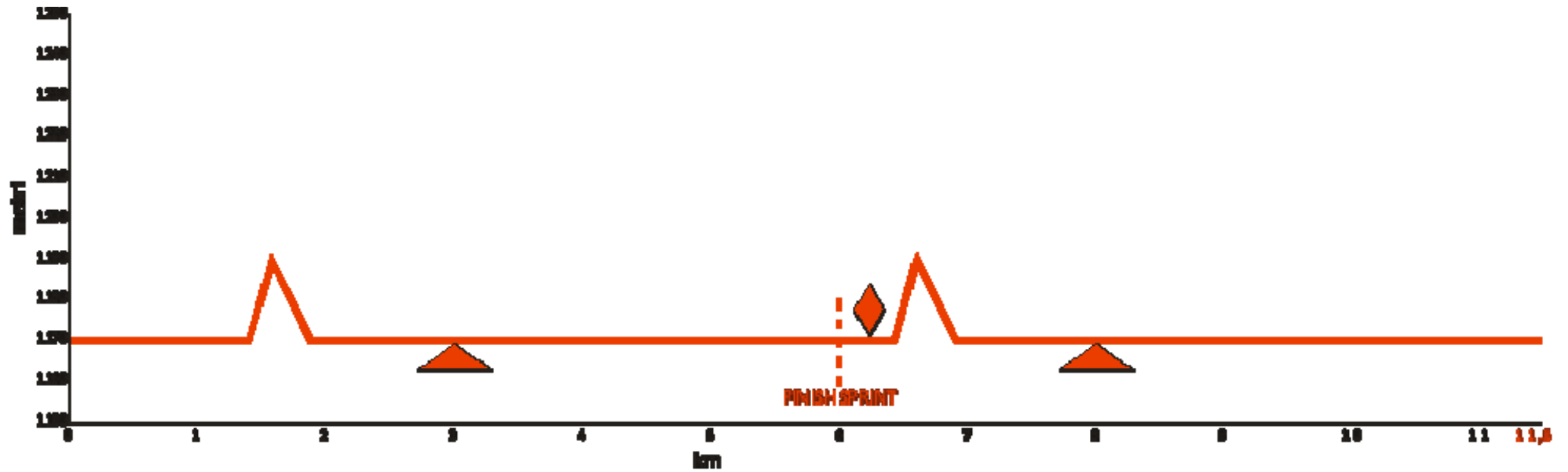
- Traditional Bike Racks
- Helmet on the bike
- No bags or backpacks
- Bags to the Athletes Lounge
- Mount line at the end of the TA
- Bike on the rack
- Skis and poles on the floor

Bike Course

- 1 lap + mini lap (total distance of 11,5 km)
- asphalted and snowy to enter in forest and cycle roads with a drop of 50mt. Good driving technique required along the downhill. Flat course both northward direction Versciaco and San Candido. Intersections supervised by police, 36 alpinas
- Coaches' Zone: coaches can feed their athletes from this spot.: At the parking



Bike Course Altimetry



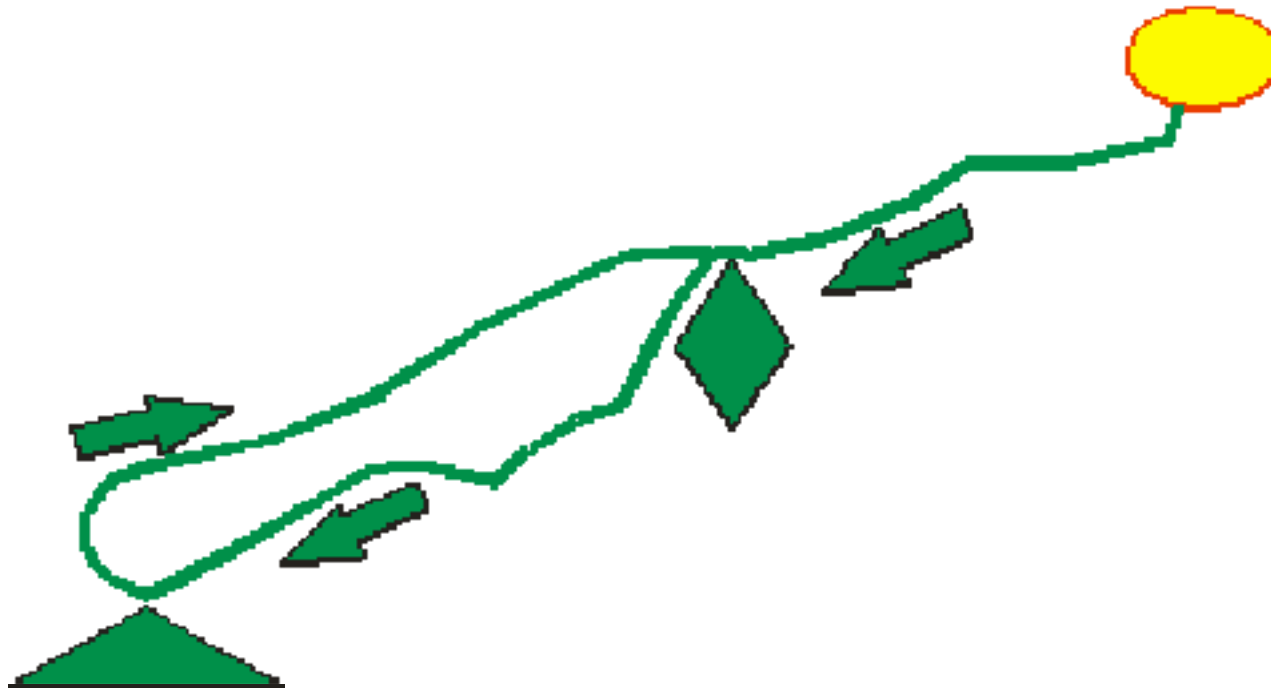
NOTE

Finish line SPRINT km 6 In Transition Area.

Turn up/Passage CLASSIC NOT In Transition Area

Cross country skiing course

- 1 lap + mini lap (total distance of 9,4km)
- Almost flat and easy
- Coaches' Zone: coaches can feed their athletes from this spot besides the transition area
- Congestion in finish area:
 - Go to mixed zone / recovery area



Competition Conduct

ITU Competition Rules: Art.17 "WINTER TRIATHLON":

17.1. Definition:

a.) Winter Triathlon consists of running, mountain biking and cross country skiing. All segments of the race will be on snow depending on the natural conditions.

17.2. Official Training and Familiarisation:

a.) Official training and familiarisation sessions will be conducted by the Technical Delegate and the LOC. Athletes and coaches may attend these official training and familiarisation sessions.

b.) Conduct on race days: Athletes are not allowed to warm up or do any familiarization on the course while a race is in progress.

17.3. Running Conduct:

a.) Running shoes are mandatory on the running segment. This rule is not applicable to age groupers;

b.) Running shoes with spikes are allowed.

17.4. Mountain Biking Conduct:

a.) The minimal tyre dimension is 26x1.5 inches (599-40), which means that the smallest part of the tyre should not be less than 40mm;

b.) Cleated and/or slick tyres are allowed;

c.) The bike segment of the Winter Triathlon Competitions is laid out as a cross-country course over snow, and may follow normal roads or paths;

d.) Athletes are allowed to push or carry the bike over the course;

e.) Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the Transition Area. Lapped athletes will be not removed from the race;

f.) Athletes must bring their own tools and parts, and must carry out their own repairs;

g.) Bike shoes are mandatory in the bike segment. This rule is not applicable to age group athletes;

17.6. Skiing Conduct:

a.) Testing of equipment (skis) is allowed prior to the race on specially marked tracks, or on the race-course, if announced by the Technical Officials;

b.) During the race, athletes cannot be accompanied by team members, team managers or other pacemakers on the course;

c.) Athletes are allowed to change one ski and both poles;

d.) Athletes may ski using their preferred technique;

e.) Certain zones may have restrictions to classic style or double poling;

f.) Wearing the bike helmet during the ski segment is not allowed. Due to the effect of cold temperatures on mobility, wearing a helmet could be authorised by the TD;

g.) Once a request to pass is made by a athlete, the athlete being passed must move to the side as soon as possible;

h.) In the finish chute (30-50m), skiing freestyle may be forbidden. Double poling may be required. Prepared tracks must then be used;

i.) Athletes cannot remove their skis until at least 10 metres past the finish line. The last ski check will take place after this line;

j.) Ski shoes are mandatory in the cross country ski segment. This rule is not applicable to age group athletes.

17.7. Transition Area Conduct:

a.) Skiing inside the transition area is forbidden;

b.) In the Transition Area, Technical Officials may assist athletes by receiving and placing their bikes and handing out their equipment. This service must be the same for all athletes.

17.8. Finish Definition:

a.) A athlete will be judged as "finished," the moment the tip of the front ski boot crosses the finish line.

Check-in procedures

Transition Area

- All athletes have to be ready for check-in in time
- Check of Timing Chip- placement on the leg
- Equipment check in: Stickers for Helmet and Skis
- Helmet check
- Bike check
- 1 pair of skis is allowed per athlete

Start Procedure

Athletes in position:

- The start can be given any time after the TD announces "On your mark"
- Air horn blasts
- The race starts

Pre-start Procedure

Athlete Introduction:

- 5 minutes before start - line-up behind the start gantry
- Checking all the athletes
- Select your position and stay behind the line!

False Start Procedures

False start Example :

- Several air horn blasts
- Everyone goes back to her/his spot

Important Updates

- Helmet in transition
- No helmet during run or ski
- No congestion at transition exit
- Athletes are responsible to count their laps
- Reparations in transition area
- No pacing anywhere
- Feed in the feeding areas only
- Time penalties will apply.

Registrations

REGISTRATION-PAYMENT DEADLINE: 24th January 2011

REGISTRATION FEES:	€uro
ITU Winter Triathlon European Cup :	40,00€uro
Italian Winter Triathlon Age Group Indiv. National Championships	30,00 €uro
Italian Winter Triathlon Elite Individual National Championships	35,00 €uro
Italian Winter Triathlon Junior Individual National Championships	15,00 €uro
Team Relay Open Race:	40,00 €uro

PAYMENT conditions:

Bank transfer which copy has to be sent – with your request of registration to the LOC – by fax number or e-mailed to sandrodallago@teletu.it

Holder Of The Account::	TRIATHLON ALTO ADIGE SUDTIROL Via Thuille 26, 39100 BOLZANO
Bank Name	BANCA DI TRENTO E BOLZANO
Iban Code:	It25 V032 4011 6170 0000 0121 243
Swift Code:	BAT BIT 2T

ONLY FOR THE ITU WINTER TRIATHLON EUROPEAN CUP REGISTRATION:

The entries have to be submitted to the ITU on line entries system. Only the National Federations can enter the athletes, therefore the athletes have to enter the races via their National Federation. The entries questions have to be directed to entries@triathlon.org. No athlete will be included in the start list if the entry has not be processed through ITU on line entry system.

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.

Award ceremony: sunday 30th January – 14h00

ITU Winter Triathlon European Cup

- 🏅 Official Medals: Top 3 men – Top 3 women
- 🏅 Prize-money 1.200,00€uro paid - net of all taxes – paid after the race in €uro cash

<u>Top 3</u>	<u>MEN</u>	<u>WOMEN</u>
1 50.00%	€ 300,00	€ 300,00
2 30.00%	€ 180,00	€ 180,00
3 20.00%	€ 120,00	€ 120,00
100.00%	€ 600,00	€ 600,00

Italian Winter Triathlon Age Group Individual National Championships

- 🏅 Official Medals and technical gadgets: Top 3 men – Top 3 women of each category

Italian Winter Triathlon Elite Individual National Championships

- 🏅 Official Medals: Top 5 men – Top 5 women
- 🏅 Prize-money 3.000,00 €uro paid - net of all taxes – paid after the race by check

<u>Top 5</u>	<u>MEN</u>	<u>WOMEN</u>
1. 36%	€540,00	€540,00
2. 28%	€420,00	€420,00
3. 20%	€300,00	€300,00
4. 12%	€180,00	€180,00
5. 4%	€ 60,00	€ 60,00
100 %	€1500,00	€1500,00

Italian Winter Triathlon Junior Individual National Championships

- 🏅 Official Medals: Top 3 men – Top 3 women
- 🏅 Technical Gadgets: Top 5 men – Top 5 women

Team Relay: race open

- 🏅 Technical Gadgets: Top 3 Teams

Accommodation & Local Transfers: airport/hotel/airport

Event Organizer: Sandro Dallago
Mobile Phone: +39. 333. 3456152
E-mail: sandrodallago@teletu.it

Medical Area

Medical services will be available on-site on race day.

The medical area is located inside the skiing track building

There will be volunteers stationed along the course and the ambulance service will transport injured athletes to hospital if required.

PRE-RACE: If athletes may require treatment before race day, please contact the LOC

RACE-DAY: Medical Area on the race field managed by 3 doctors
n° 3 ambulances
n° 1 snowmobile with stretcher-bearer

HOSPITAL: Via Freisinger Strasse, 2 39038 San Candido Bolzano - 0474 917111

PHARMACY: Farmacia Apotheke Hockpustertal di Slaviero Roberto e C. Sas San Candido

GENERAL EMERGENCY: Tel. 118

REGULAR MEDICATION: Athletes are advised to bring sufficient quantities of 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.

Competitor social events

🚩 REGISTRATION TIMES

Date: Saturday 29th January

Time: 15h00 - 22h00

Venue: Sala Resch San Candido – in Via Atto n. 4 (ingresso principale).

Date: Sunday 30th January

Time: 8.00 – 9h30

Venue: Sala Resch San Candido – in Via Atto n. 4 (ingresso principale).

All Competitors are required to attend registration at the times listed below and are required to bring document (i.e. passport) and NF license to confirm date of birth and nationality. Accreditation passes will be issued to all athletes at registration. It is essential that athletes personally attend registration. No registration, no pass, no race!

ATHLETE KITS: At registration, each competitor will receive his or her accreditation, race bib, bike/ski and helmet numbers, sticker for bag storage on race day, commemorative race souvenir, timing chips, technical gadget,

THE USE OF YOUR CHIP: At the registration when you pick up your race bag you will also receive your timing chip and a velcro ankle band. PLEASE NOTICE very carefully that your given chip must be attached in the ankle band and worn around your right ankle for the complete duration of the event. Incorrect use of the timing chip will affect the production of correct results. Please ALSO NOTICE that this chip MUST BE RETURNED at bike checkout after you have finished the race. If you experience an accident during the cycling it is your responsibility to return the chip to the event officials. It is your responsibility entirely that the chip is worn correct and returned to the event officials when checking out your bike. Athletes not returning their timing chip will be liable for the chip cost before checking out their bike.

ATHLETE'S AREA

After crossing the finish line, please keep walking straight and follow the volunteers instructions until to reach the skiing track building where you will find:

- Dressing room for the bag storage and uniform change. The organizing committee have not responsibility for any items left in this area
- Recovery area: restricted access area where athletes can obtain food an water
- Toilets and showers

BIKE ASSISTANCE

Bike assistance available along the Transition Area

PASTA PARTY

Date: Sunday 30th january
Time: 14h00
Venue: Race Venue

FREE PARKING :

“Parking Area” reserved for the delegation at 100mt from the transition area
Free parking for the not accredited people on the TA surrounding.