

**ITU World Paratriathlon Events**  
**Iseo-Franciocorta (BS)**

**18th july 2015**

## TABLE OF CONTENTS

<b>1. GENERAL INFORMATION</b>	.....
1.1 Introduction	.....
1.2 Key Dates	.....
1.3 Key Contacts	.....
1.4 Contact Details	.....
<b>2. VENUE</b>	.....
2.1 Venue	.....
2.2 Elite Athletes Lounge	.....
2.3 Doping Control	.....
2.4 Medical Services	.....
2.5 Bike Mechanic Centre	.....
2.6 Security	.....
<b>3. ACCOMODATION &amp; TRANSFER SERVICE</b>	.....
<b>4. GETTING TO ISEO</b>	.....
<b>5. TRAINING</b>	.....
5.1 Course Familiarization	.....
5.2 Training Sessions in the Swimming Pool	.....
<b>6. COMPETITION INFORMATION</b>	.....
6.1 Competition Schedule	.....
6.2 Athletes Race Packets	.....
6.2.1 Registrations	.....
6.3 Timing Bands	.....
6.4 Competition Rules	.....
6.4.1 ITU Uniform Rules	.....
6.5 Insurance	.....
6.6 Medical Services at the venue	.....
6.7 Medications	.....
6.8 Information about the FOP	.....
6.8.1 Swim Course	.....
6.8.2 Bike course	.....
6.8.3 Run Course	.....
6.8.4 Technical area	.....
6.8.5 Distances	.....
6.8.6 Team Relay Rule	.....
6.8.7 Aid Station	.....
6.8.8 Weather Conditions	.....
6.8.9 Results	.....
6.8.10 Protest & Appeals	.....
6.8.11 Sport Massage Service	.....
<b>7. ACCREDITATION</b>	.....
<b>8. ATHLETES SOCIAL EVENTS</b>	.....
8.1 Briefings	.....
<b>9. USEFUL INFORMATION</b>	.....
9.1 Language	.....
9.2 Population	.....
9.3 Currency	.....
9.4 Time	.....
9.5 Electricity	.....
9.6 Water	.....
9.7 Telephone	.....
<b>10. USEFUL NUMBERS</b>	.....

## 1. GENERAL INFORMATION

### 1.1 Introduction

The purpose of the Athletes Info Guide is to ensure that all Paratriathlon 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

Athletes Briefing: Hotel Iseolago, Via Colombera 2, Iseo	Friday July 17th, 18h00
Athletes Registration and Race Packet distribution: Via Colombera 2, Iseo	Friday July 17th, 19h00
Welcome Party: Hotel Iseo Lago Via Colombera 2, Iseo	Friday July 17th, 20h00
Start ITU World Paratriathlon Event: Port Gabriele Rosa	Saturday July 18th, 16h30
Award Ceremony: Via Largo Zanardelli, Iseo	Saturday July 18th, 19h30

### 1.3 Key Contacts

ITU Technical Delegate	Jorge Garcia	jorge.garcia@triatlon.org
Executive Director	Luca Lamera	lucalamera@mac.com
LOC Paratriathlon Coordinator	Neil Mac Leod	neilaml@hotmail.com
Technical Director	Matteo Annovazzi	matteoanno@inwind.it
Race Office - Athletes Services – Accreditation	Laura Bendoricchio	triathloniseo@ecorace.net
Italian Triathlon Federation: NFs support	Gabriella Lorenzi	gabriellalorenzi@fitri.it

### 1.4 Contact Details

Executive Director                      Luca Lamera              lucalamera@mac.com

Paratriathlon Coordinator              Neil Mac Leod              neilaml@hotmail.com

Website: [www.ecorace.net](http://www.ecorace.net)



<https://www.facebook.com/pages/ECO-RACE-Events/158210297627622>



<https://www.flickr.com/photos/121168214@N04/>



<https://twitter.com/EcoRaceSrl>



<https://www.youtube.com/channel/UCXlenz8Da5wA17OHYApEJQ>

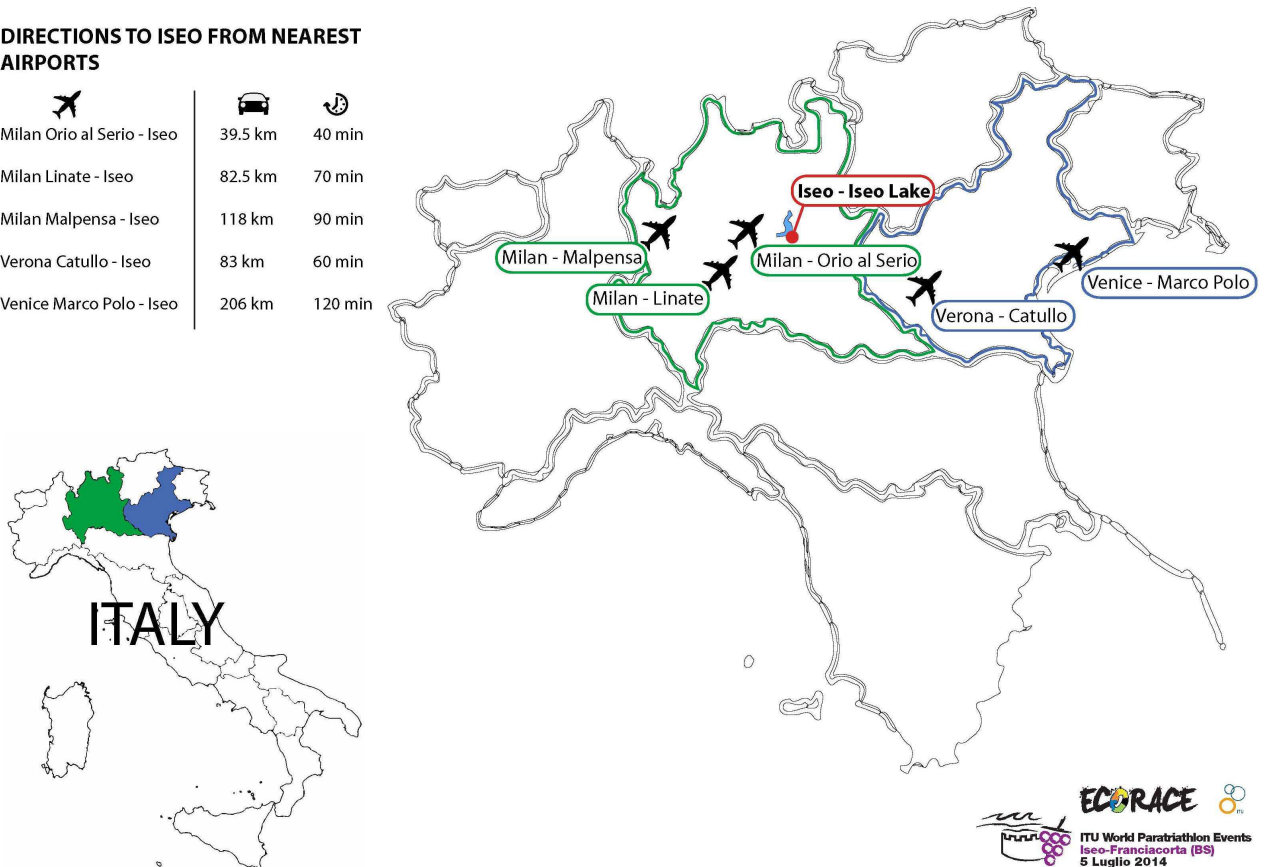
## 2. VENUE

### 2.1 Venue

The venue is in the city of Iseo, Lombardy, northern Italian region

#### DIRECTIONS TO ISEO FROM NEAREST AIRPORTS

		
Milan Orio al Serio - Iseo	39.5 km	40 min
Milan Linate - Iseo	82.5 km	70 min
Milan Malpensa - Iseo	118 km	90 min
Verona Catullo - Iseo	83 km	60 min
Venice Marco Polo - Iseo	206 km	120 min



### 2.2 Elite Athletes Lounge

Facilities including athletes' lounge and toilets are provided for the athletes in Via Porto (see the logistic map)

### 2.3 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.

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

### 2.4 Bike Mechanic Centre

There will be bike support available at 200mt far from the transition area, nearest the parking on Via Repubblica Saturday from 14h00 to 16h30

### 2.5 Security

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

### 3. ACCOMODATION & TRANSFER SERVICE

To reserve your accommodation and transfer service, please send a request complete of date of arrival/departure, airport and hour selected, name/surname and your flight schedule to the official travel agency “Riga di Vele”



#### CONTACT:

Emanuela Redaelli

e-mail: [info@rigadivele.it](mailto:info@rigadivele.it)

mobile phone: +39 340 999 2923

Phone number: +39 02 25137710

### 4. GETTING TO ISEO

By Car: Motorway: A4 Milano/Venezia: exits Palazzolo sull'Oglio, Rovato.

By Train: Brescia – Edolo (Iseo Station)

By Plain: Bergamo 40 km (Bus Bergamo-airport, Sarnico-bus station, Bus to Iseo)

### 5. TRAINING

#### 5.1 Course Familiarization

You will be able to have the following course familiarizations for the athletes registered in the LOC Office:

- ▶ Thursday, from 19h00 to 20h00 Swim course Familiarization: Lido Belvedere Via Rovato 28
- ▶ Saturday, from 9h00 to 10h00 Bike course Familiarization: start area
- ▶ Saturday, from 10h00 to 11h00 Swim course Familiarization: start area

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 Training Sessions in the Swimming Pool

Pre-competition swimming training is possible in the following 25m pools:

##### **PISCINA SASSABANEK - Outdoor Swimming Pool: 25 mt**

Location: Via Colombera 2 – Iseo

Distance from the race venue: 500mt

The lanes in the 25m pools will be available without pre-reservation during the following hours:

Friday July 17<sup>th</sup>: 09:00 – 18:00

Saturday July 18<sup>th</sup>: 09:00 – 12:00

There are no secure bike storage facilities. **Free entrance athletes/coaches accredited in the official start list ID document mandatory.** Athletes can practise in the swimming pool at their own risk.

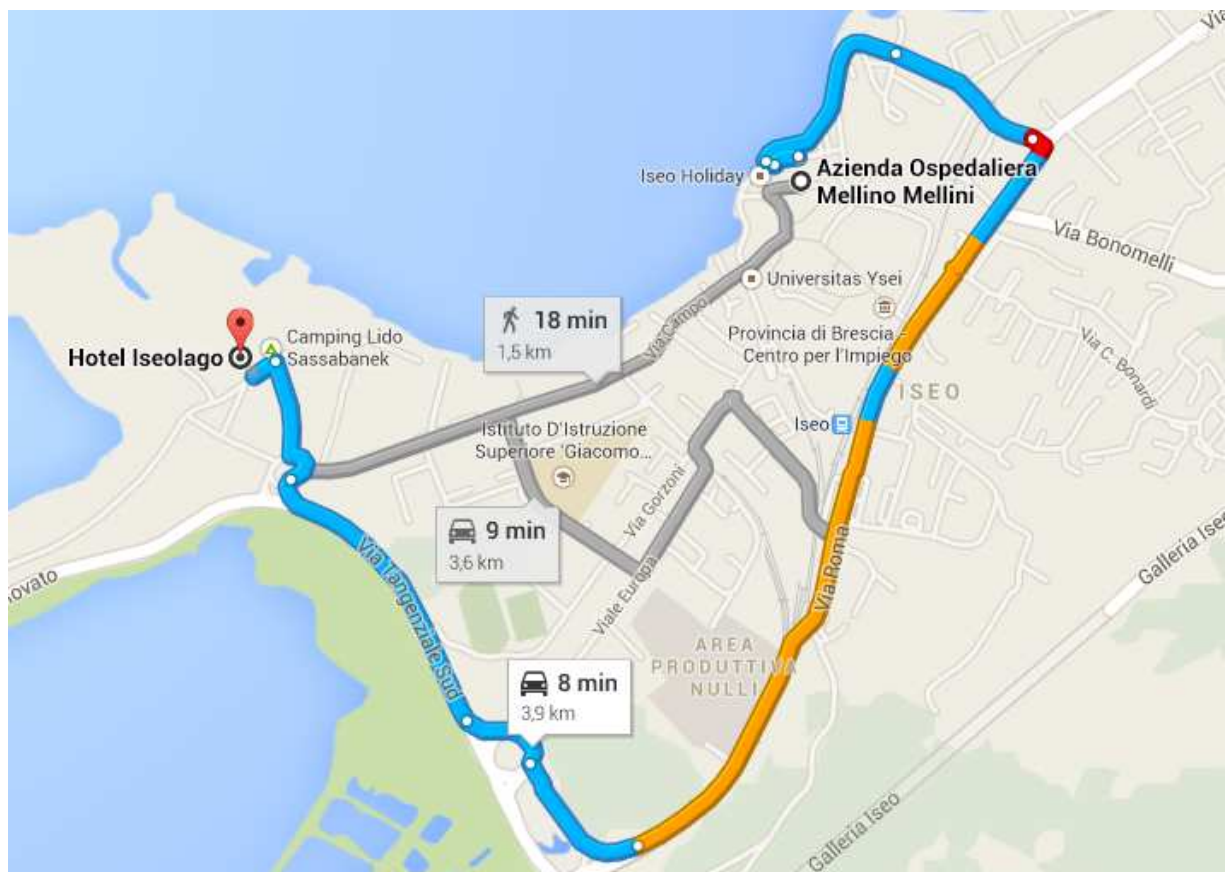
## 6. COMPETITION INFORMATION

### 6.1 Competition Schedule

Thursday 16 <sup>th</sup> July 19h00	Swim course Familiarization: Lido Belvedere Via Rovato 28
Friday 17 <sup>th</sup> July 18h00	Athletes Briefing: Hotel Iseo Lago Via Colombera 2, Iseo
Friday 17 <sup>th</sup> July 19h00	Athletes Registration and Race Packet distribution: Via Colombera 2, Iseo
Friday 17 <sup>th</sup> July 20h00	Welcome Party: Hotel Iseo Lago Via Colombera 2, Iseo
Saturday 18 <sup>th</sup> July 9h00-10h00	Bike course Familiarization: start area
Saturday 18 <sup>th</sup> July 10h00-11h00	Swim course Familiarization: start area
Saturday 18 <sup>th</sup> July 13h45-15h45	Athlete's Lounge: Port Gabriele Rosa
Saturday 18 <sup>th</sup> July 14h45-16h00	Check in Transition Area: Port Gabriele Rosa
Saturday 18 <sup>th</sup> July 16h30	Start ITU World Paratriathlon Event: Port Gabriele Rosa
Saturday 18 <sup>th</sup> July 19h30	Award Ceremony: Via Largo Zanardelli, Iseo
Sunday 19 <sup>th</sup> July	Olympic Triathlon National Event

### 6.2 Athletes Race Packets

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



## 6. COMPETITION INFORMATION

### 6.2.1 Registrations

- 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](http://www.triathlon.org).
- All questions regarding entries must be submitted via e-mail to [entries@triathlon.org](mailto:entries@triathlon.org).
- Athletes must provide picture ID at race registration/packet pick-up prior to competition
- The official start list will be produced and published inside the ITU web site [www.triathlon.org](http://www.triathlon.org). No athlete will be included in the start list if the entry has not been processed through ITU on line entry system.
- The athlete registration at the event will not proceed until payment by bank transfer has been received in full from the LOC within the **deadline of july 4st** :

Holder: Sport & Wellness srl ssd  
Bank: BCC agenzia Romano di Lombardia bg  
IBAN: IT 27 M 08514 53420 0000 0002 7144  
swift: ICRAITRREA0 (ultimo numero è zero)

*Important: copy of the bank transfer joined to the here enclosed registration form has to be sent to the email: [triathloniseo@ecorace.net](mailto:triathloniseo@ecorace.net)*

**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**

### 6.3 Timing Bands

On the race day, athletes will be given a timing chip. 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.

### 6.4 Competition Rules

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

**6.4.1 ITU Uniform Rules:** to compete in ITU events, all the athletes must comply with the ITU Uniform Rules.

Please download the here enclosed to document:

[http://www.triathlon.org/uploads/docs/PARATRIATHLON\\_UNIFORM\\_RULES\\_AND\\_APPROVAL\\_PROCESS\\_2014.pdf](http://www.triathlon.org/uploads/docs/PARATRIATHLON_UNIFORM_RULES_AND_APPROVAL_PROCESS_2014.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. COMPETITION INFORMATION

### 6.5 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.

### 6.6 Medical Services at the Venue:

First Aid and Emergency Medical Services, 3 Ambulances will be available to anyone requiring medical assistance at the venue, on Saturday July 5th. Medical and paramedic personnel will be available throughout competition times. A Medical Tent will also be provided on site at the finish area.

The person in charge for the Medical Area, Dott. Stefanini, mobile 0039.333.8406244 (only Saturday July 5<sup>th</sup>)

**HOSPITAL:** AZIENDA OSPEDALIERA MELLINO MELLINI – OSPEDALE CIVILE DI ISEO  
Giardini Giuseppe Garibaldi, 7 - 25049 Iseo - telefono 0039.030 98871

### 6.7 Medications:

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

### 6.8 Information about the FOP

- 6.8.1 Swim Course:** One lap of 750 metres in the Lake of Iseo, one of the most astonishing small lakes of the world
- 6.8.2 Bike course:** 3laps x 6,5km, almost completely flat with a breathtaking view over the lake and a peculiar passage in the old city center of Iseo, under the fifth century Church Pieve di Sant'Andrea
- 6.8.3 Run Course:** 3laps x 1,5km + 300m in the center of Iseo with the finish line located in the main square of Iseo
- 6.8.4 Technical area:** Technical Area will be located on the bike course. In this area is allowed fixing and assistance



## 6. COMPETITION INFORMATION

### 6.8.5 Distances:

Category	Swim	Bike	Run
Paratriathlon: PT1-PT2-PT3-PT4-PT5	750m – 1 lap	19,5km: 3laps x 6,5km	4,800km: 3laps x 1,5km + 300m

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

**6.8.8 Weather Conditions:** Weather Conditions for July: Maximum Temp: 28C° Minimum Temp: 17C°

**6.8.9 Results** Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org). Also live coverage of the race will be displayed through the web page.

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

**6.8.11 Sport Massage Service** available to the athletes after the race at the transition area

## 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 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 Briefings

Date: Friday 17<sup>th</sup> July 18h00

Briefing location: **Hotel Iseolago**, Via Colombera, 2 - 25049 Iseo (Bs) - [www.iseolagohotel.it](http://www.iseolagohotel.it)

## 9. USEFUL INFORMATION

- 9.1 Language** The official language in Iseo is the Italian
- 9.2 Population** 9.094 people live in the city of Iseo
- 9.3 Currency** The currency of Italy is the Euro. Most major currencies may be exchanged at banks
- 9.4 Time** Iseo time is (GMT +01:00)
- 9.5 Electricity** The electric current is 220 volts
- 9.6 Water** Running water is appropriate for drinking
- 9.7 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. USEFUL NUMBERS

### MEDICAL EMERGENCY

#### AZIENDA OSPEDALIERA MELLINO MELLINI – OSPEDALE CIVILE DI ISEO

Giardini Giuseppe Garibaldi, 7 - 25049 Iseo - telefono 0039.030 98871

#### CROCE ROSSA ITALIANA

Via per Rovato, 13 - 25049 Iseo - telefono 0039.030.9840769 - numero emergenza 118 - [www.cri.it](http://www.cri.it)

#### GUARDIA MEDICA SERVIZIO DI CONTINUITÀ ASSISTENZIALE

Giardini Giuseppe Garibaldi, 2 - 25049 Iseo - telefono 0039.030 9868757

### PHARMACIES

#### FARMACIA COMUNALE

via Roma, 84 - 25049 Iseo - telefono 0039.030 980322 - [www.farmacia@comune.iseo.bs.it](http://www.farmacia@comune.iseo.bs.it)

#### FARMACIA GANDOSI

piazza Giuseppe Garibaldi, 38 - 25049 Iseo - telefono 0039.030 980630 - [www.farmaciagandossi.it](http://www.farmaciagandossi.it)

#### FARMACIA MACULOTTI PAOLA

via Risorgimento, 91 - 25049 Clusane - telefono 0039.030 989029 - [www.farmaciamaculotti.it](http://www.farmaciamaculotti.it)



## 10. USEFUL NUMBERS

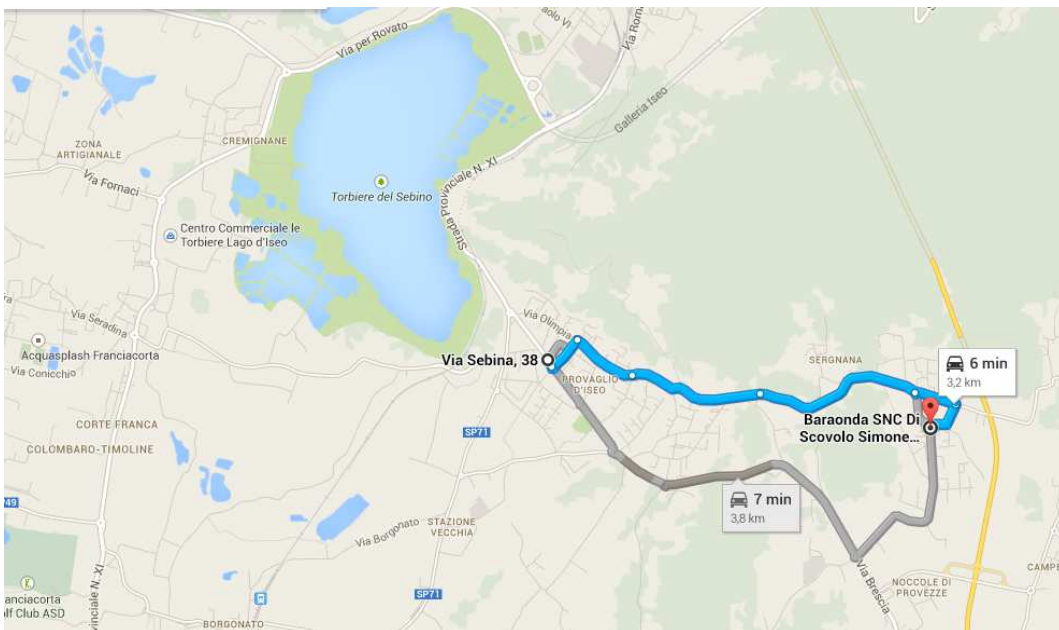
### PHARMACIES

#### ANTICA FARMACIA CUCCIA DR. ROBERTO

Via Sebina, 38 25050 Provaglio D'iseo (BS)

#### PARAFARMACIA DOTT. GHEZA

Via Montegrappa, snc 25050 Provaglio D'iseo (BS)



### EMERGENCY

#### POLIZIA

Via Mirolte, 78 - 25049 Iseo - telefono 030 980093

orari: Lunedì chiuso - Martedì 8-12 - Mercoledì 8-12 - Giovedì chiuso - Venerdì 8-12 - Sabato 8-12

#### CARABINIERI

Via Roma, 53 - 25049 Iseo - telefono 030 9822262 - numero emergenza 112