

ITU  
**triathlon**  
World Cup **Madrid**

# ATHLETE'S GUIDE



**MADRID**

FEDERACIÓN ESPAÑOLA DE  
**TRIATLÓN**

**28 de MAYO de 2017 | LAGO CASA DE CAMPO**

**Élite Femenino | 10:55 h**



**Élite Masculino | 13:05 h**



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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 Coaches are informed about all procedures concerning the Event.

The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production day. However, Team Leaders are advised to check with the Sport Info Center during the Championship's week, regarding any changes on information included in this guide

### 1.2. KEY DATES

Athletes Briefing	18:00	May 26th
Madrid Elite Women Event	10:55	May 28th
Madrid Elite Men Event	13:15	May 28th

### 1.3. KEY CONTACTS

Executive Director	Alicia García	<a href="mailto:alicia.garcia@triathlon.org">alicia.garcia@triathlon.org</a>
Technical Director	Jorge García	<a href="mailto:jorge.garcia@triathlon.org">jorge.garcia@triathlon.org</a>
Director of Operations	Jose Juan Ayet	<a href="mailto:joseayet@laetus.es">joseayet@laetus.es</a>
Technical Delegate	Dominique Frizza	<a href="mailto:fridom@libertysurf.fr">fridom@libertysurf.fr</a>
Media Manager	Daniel Márquez	<a href="mailto:comunicacion@triathlon.org">comunicacion@triathlon.org</a>
Athletes Services	Fernando Martín	<a href="mailto:direcciontecnica@triathlon.org">direcciontecnica@triathlon.org</a>
Responsible of Registration	Raquel González	<a href="mailto:raquel.gonzalez@triathlon.org">raquel.gonzalez@triathlon.org</a>

### 1.4. CONTACT DETAILS

Spanish Federation:

Alicia Garcia

Tel: +34 915 59 93 05

+34650645490

[alicia.garcia@triathlon.org](mailto:alicia.garcia@triathlon.org)



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## 2. VENUE



### 2.1. VENUE

As in 2016, there will be two venues; the start venue is located in “Casa de Campo”, close to the city center of Madrid, and easy accessible by metro to the station called LAGO; and the finish venue located in front of the Royal Palace, easy accessible by metro to the station called OPERA

### 2.2. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Athletes' Village, in Casa de Campo and in the Royal Palace Area.

### 2.3. ELITE ATHLETES' RACE PACKETS

Athletes' race packets will be distributed after the Athletes' Briefing.

### 2.4. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. The doping control area will be in Spanish Triathlon Federation, Ferraz street num 16, 3º dcha. Athletes will be guided to the place, about 700 mts distance (close to the race turn point) after notification.

### 2.5. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the official familiarization and competition hours to anyone requiring medical assistance.

Medical Services will be provided on site at the recovery zone.



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All the athletes and team support personal should ensure that they have appropriate medical insurance.

## 2.6. SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

## 2.7. SPORT INFORMATION CENTRE

The Information Center/LOC OFFICE will be located close to the lake in "Casa de Campo" from Friday 26<sup>th</sup>.

## 2.8. BIKE MECHANIC CENTRE

There will be bike mechanical service during the familiarizations and race days, in the Casa De campo Athlete's Village.



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## 3. ACCOMMODATION & TRANSPORTATION

For transportation and accommodation, contact Viajes El Corte Inglés

[triathlon@viajeseci.es](mailto:triathlon@viajeseci.es)

<http://www.divisioneventosdeportivos.com/deportes/cgi.hrb?idexp=Y828S&main=alojamientos&idsubexp=MJG5J>

All the hotels are really closed to the venue



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## 4. ATHLETE'S SERVICES

### 4.1. SWIM TRAINING SESSIONS

During the week before the race, High performance center facilities will be available for competitors, using the FETRI schedule for trainings:

10:00 to 15:00

18:30 to 21:00

### 4.2. COURSE FAMILIARIZATION

During the swimming course familiarization, there will be lifeguards and medical services available.

During the bike course familiarization, Police and LOC will escort the athletes round the course.

Bike Course Familiarization	Saturday	8:00 – 8:45
Swim Course Familiarization	Saturday	12:00-13:00



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## 5. COMPETITION SCHEDULE

### 5.1. SCHEDULE

DAY	START	END	ACTIVITY	PLACE
FRI	18:00		Athletes' Briefing	INEF Madrid
SAT	8:00	8:45	Bike Course Familiarization	Venue
SAT	12:00	13:00	Swim Course Familiarization	Venue
SUN	10:55		Elite Women Event	Venue
SUN	13:15		Elite Men Event	Venue

### 5.2. COMPETITION RULES

The ITU Triathlon World Cup will follow the latest published Competitions Rules of the International Triathlon Union.

### 5.3. ATHLETE'S BRIEFING

Athletes' briefing will take place on Friday 26<sup>th</sup> of May in the INEF Madrid, Martin Fierro Street. There will be NO transportation from hotels to Briefing. Bike distance is about 3 km.

### 5.4. TIMING CHIPS

On the race day, athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### 5.5. INFORMATION ABOUT THE FOP

#### 5.5.1. START

The start will take place at the Casa de Campo Lake in a pontoon start.

The start platform is 70m long and each athlete will stand in a starting position approximately every 75cm. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

#### 5.5.2. SWIM COURSE

It is located at Casa de Campo Lake.

The swim course is two laps anticlockwise of 750m each, exiting the water and start the lap again. At each turn there will be orange buoys.

#### 5.5.3. TRANSITION T1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.



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#### 5.5.4. BIKE COURSE

The bike course is a connection of 5 km to T2 + 6 laps of 5,7 km, with a total of 39 km. The course is anticlockwise. The course is hilly and technical.

**There are a critical point passing the tunnel in each lap, please, don't forget to take care and to follow the race volunteers and personal instructions for security**

#### 5.5.5. WHEEL STATION

There will be team and neutral wheel station. Team wheel station will leave in a van behind the last athlete from T1 and will stay at the Royal palace area.

Neutral wheel station will be located in km 2,5 bike course

#### 5.5.6. TRANSITION T2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

#### 5.5.7. RUN COURSE

The run course is 4 laps with a total of 10 km, totally flat. The athletes will run on asphalt.

#### 5.5.8. AID STATION

Two (2) aid stations will be located on the run course

### 5.6. 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.

All the Results information will be distributed to the Team Leaders in the T2 Athletes' village venue

### 5.7. PROTEST & APPEALS

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



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## 6. ACCREDITATION

Organizers will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, journalist, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed at the Performance Center before the briefing. In order to access to the briefing, security personal control will have hard copies of the start list of athletes and accredited coaches list.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are color-coded and provided 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. Accreditation Cards are mandatory to enter the venue.



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## 7. USEFUL INFORMATION

### 7.1. LANGUAGE

The official language in Madrid is Spanish. A lot of citizens speak English in Spain.

### 7.2. POPULATION

More than 3.2 million people live in Madrid.

### 7.3. CURRENCY

The Spain's currency is Euro. Most major currencies may be exchanged at banks (open Monday to Friday 8:30 – 13:30). Otherwise, exchange bureau and travel agencies may provide currency exchange facilities. Rates at hotels tend to be more expensive than at banks and currency exchanges.

### 7.4. TIME

Madrid time is (GMT +01:00).

### 7.5. ELECTRICITY

The electric current is 220 volts.

### 7.6. WATER

Tap water is suitable for drinking.

### 7.7. TELEPHONE CONNECTIONS

If calling from abroad to Spain dial +34, and the phone directly chosen (9 digits).

To call abroad from Spain telephones must dial the prefix 00, the country code the phone selected.

Vodafone, Movistar and Orange are the major mobile phone service providers in Spain. Check with your home service provider to find out if Roaming Service is available for you – but be aware that a “local” call will then be routed internationally and will turn out to be very expensive.



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## 8. COURSE MAPS



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SWIM | 2 laps x 750 m.



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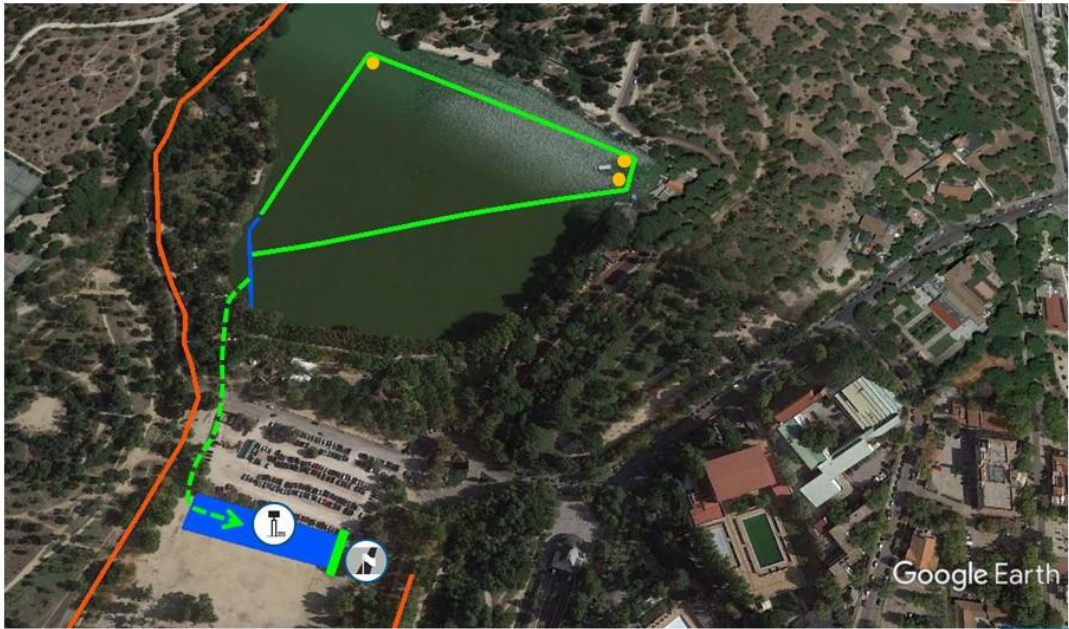
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TRANSITION 1



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BIKE | START | 4,95 km



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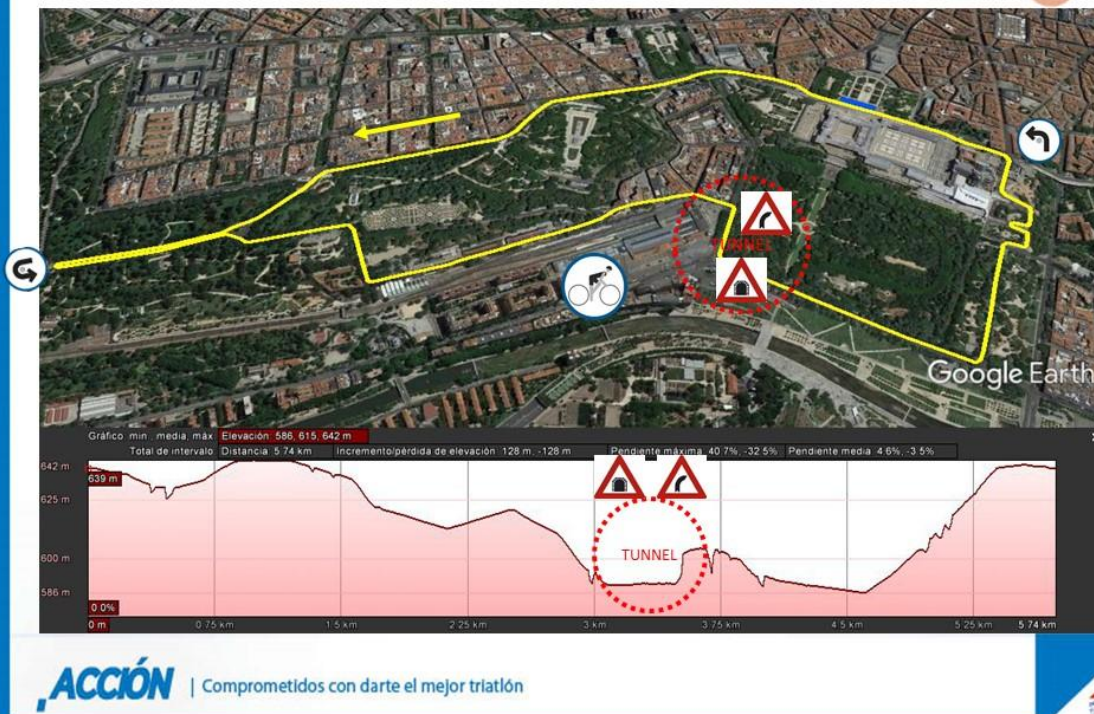


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**BIKE | 6 laps x 5,75 km = 34,5 km**



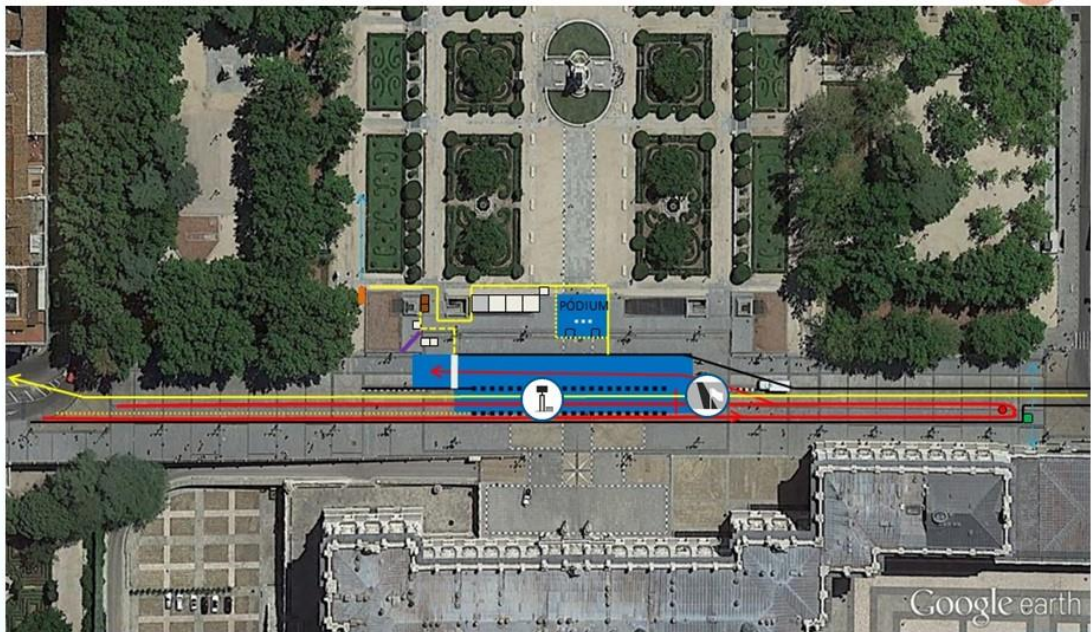
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TRANSITION 2



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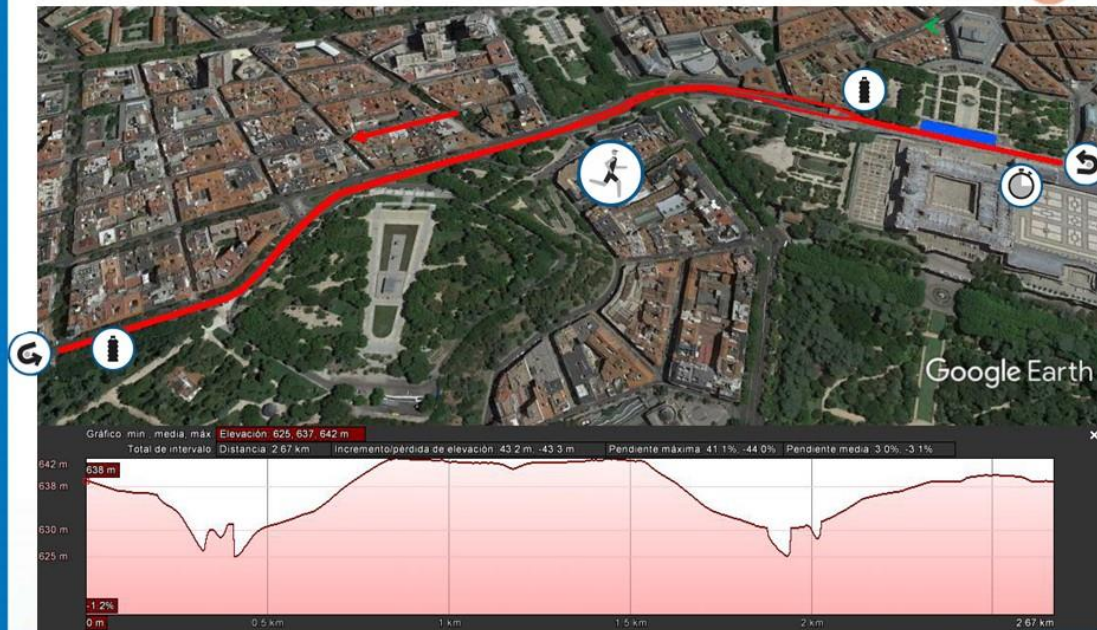
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**RUN | 4 laps x 2,5 Km = 10 Km**



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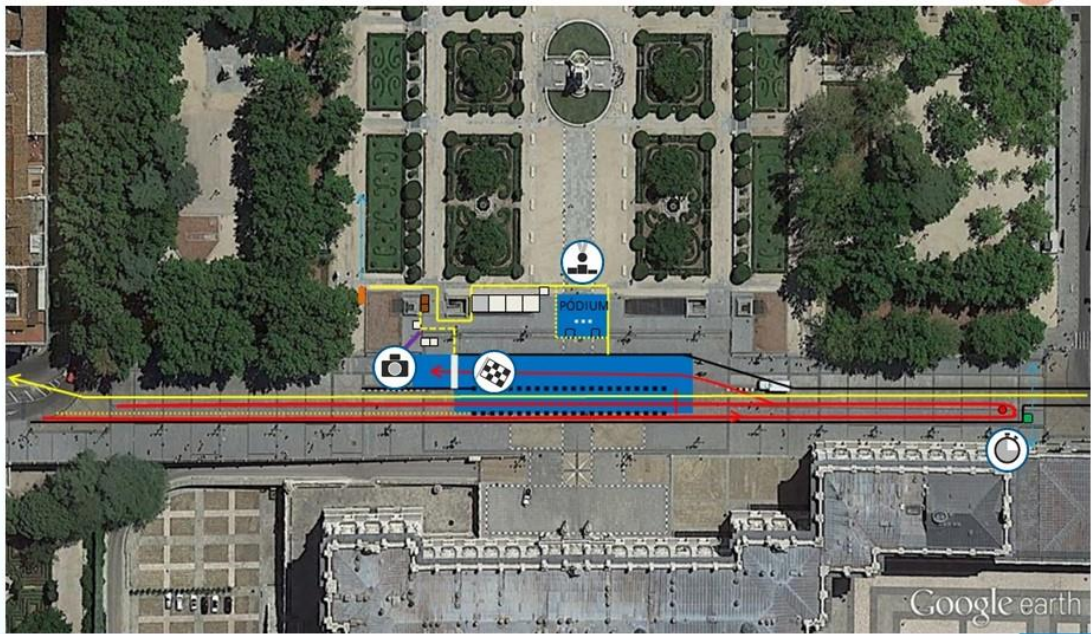


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FINISH



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