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1. GENERAL INFORMATION

a) WELCOME MESSAGES

WELCOME TO 2018 CAGLIARI ITU TRIATHLON WORLD CUP.

We are very pleased to be hosting the third World Cup event in Italy, and especially honoured that it is being held here in Cagliari, Sardinia. The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the 2018 Cagliari 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, Local Organizing Committee
info@wtcsardegna.com
Greetings and a very warm welcome to the 2018 Cagliari ITU Triathlon World Cup,

I am delighted to be returning to Italy for a third successive year and to the beautiful island of Sardinia, where the capital Cagliari has established itself as a firm fixture on the ITU World Cup circuit. The magnificent local scenery has already inspired the athletes to some remarkable performances in its short tenure as a host city, and we look forward to witnessing another thrilling weekend of racing.

During last year’s race it was the Swiss team that delivered a pair of hard-earned gold medals, first through Jolanda Annen and then Adrien Briffod held off the challenge of South Africa’s Henri Schoeman. It was a first World Cup win for Briffod, repeating the feat of GB’s India Lee and Norway’s Kristian Blummenfelt in 2016, highlighting the fact that while this tough sprint course provides plenty of challenges, there are plenty of opportunities for all our athletes to shine.

The World Cup is the key development platform for our elite athletes, and hosting some of the biggest names in the sport will give Italian triathlon another massive boost as it continues to grow and its popularity broaden. Italy and ITU have always enjoyed a strong relationship; Sardinia hosted the 2015 ITU Cross Triathlon World Championships, 2008 saw the ITU Duathlon World Championships in Rimini and the 2014 and 2015 ITU Winter Triathlon World Championships were held in Cogne.

As such I would like to once again extend my gratitude, and that of the whole ITU, to the local organizing committee, the city of Cagliari and the Italian Triathlon Federation for helping to stage what I’m sure will be another fantastic ITU World Cup.

I encourage all of the athletes, volunteers, organisers, media and supporters to enjoy the beautiful setting and the spectacle of an ITU triathlon. Have a wonderful weekend and enjoy the rest of the season.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member
The third edition of the World Cup of Cagliari is reason of great pride for me and for the Federation that I preside: after bringing triathlon in Italy, we confirmed the appointment last year and then gave further strength to the Italian stage of World Cup thanks to the strategic chronological positioning in the international calendar.

The Cagliari race has become a classic of the circuit, but we do not want to stop here, on the contrary, the ambition is to go towards a higher level. Compared to the previous edition, the sprint distance test that will have many of the world's strongest specialists at the start, has undergone some minor changes to the route due to some construction sites, but will maintain its characteristics unaltered: it will be hard, selective, spectacular, and characterized by the intense challenge among the participants of the highest level that will guarantee the event an important international echo, a fundamental aspect for our triathlon but also a way to let tourists discover Sardinia with its beauties and the tourist-accommodation opportunities that it can offer.

In this regard, I would like to thank the Sardinia Region, the Municipality of Cagliari, the Organizers, the Police Forces who will be committed to ensure the smooth running of the competitions along with the many volunteers for the unique work.

We therefore have to wait with trepidation on June 2: I wish all the participants, the professionals and the spectators to live a day of great sport immersed in a truly unique scenario.

Luigi Bianchi
Presidente, Federazione Italiana Triathlon
Cagliari is proud to host, for the third consecutive year, the Italian leg of the Triathlon World Cup.

Our most warm welcome to the athletes, the technicians and their supporters.

The city, with its routes and its views, will offer a challenging and beautiful track at the same time. The enthusiasm of the public will accompany the athletes in every moment of the race.

Massimo Zedda
Mayor of Cagliari

Athletes Guide

www.wtcsardegna.com
b) **KEY DATES**

**Thursday 31st May 2018**
- 18:00 Race Briefing
- 18:30 Collect Race Pack
- 20:00 Welcome Drink

**Friday 1st June 2018**
- 11:00 - 12:00 Swim Familiarisation

**Saturday 2nd June 2018**
- 12:30 Women’s start
- 13:45 Award Ceremony Women
- 14:30 Men’s start
- 15:45 Award Ceremony Men
c) KEY CONTACTS:

Island Team ASD
Via Lucio Apuleio, 18
08100 Nuoro – Sardegna - Italia
Tel. +39 393 0642678
info@wtcsardegna.com
www.wtcsardegna.com

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eric.angstadt@triathlon.org

LOC RACE DIRECTOR
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ITU MEDICAL DELEGATE
Dr. Sergio Migliorini
sermigliorini@alice.it

ACCREDITATION RESPONSABLE
Gabriella Lorenzi
gabriellalorenzi@fitri.it

PRESS OFFICE
Gianluca Nonnis
press@tnaturaevents.com

ADMINISTRATION OFFICE
Stefano Mondello
stefanomondello@fitri.it

d) INFORMATION CENTRE / LOC Office / ITU Office
The LOC / ITU office is located at the «Hotel Regina Margherita», and is open from Wednesday 30th May to Saturday 2nd June from 10:00 – 13:00 and 15:00 – 18:00
2. **CAGLIARI CITY INFORMATION**

a) **PHONE INFORMATION:**
   Italian Calling Code +39. Dial the rest of the telephone number removing the first 0.

b) **EMERGENCY NUMBERS:**
   - Polizia di Stato 113
   - Pronto Soccorso 118

c) **HOSPITAL:**
   - Hospital San Giovanni di Dio
     Via Ospedale, 46 09124 Cagliari
tel. 070 663237; fax 070 6092344
   - Hospital Marino
     Via Poetto 09126 Cagliari
tel. 070 6094430; fax 070 6094461
   - Hospital SS. Trinità
     Via Is Mirrionis, 92 09121 Cagliari
tel. 070 6095768; fax 070 6095903
   - Hospital San Michele (Brotzu)
     Piazzale Ricchi 09134 Cagliari
     Centralino 070 6095772

d) **PHARMACY:**
   Closest Pharmacy to the Race Venue:
   **Farmacia Schlich Enrico**
   Viale Bonaria 24, Cagliari tel. 070 651480
   Opening hours:
   Monday – Friday: 08:30 – 13:30
   16:30 – 20:00
   Saturday: 09:00 – 13:00
   **Open Saturday 3rd and Sunday 4th**
   [website link]

e) **POST OFFICE:**
   **Poste Italiane**
   Via Roma 25, Cagliari
   Opening hours: Monday – Friday: 08:20 – 13:35
   14:15 – 18:30
   Saturday: 08:20 – 12:35

f) **BANK:**
   **Intesa Sanpaolo**
   Piazza Deffenu 4, Cagliari
   Opening hours: Monday – Friday: 08:05 – 13:00
   14:15 – 18:30
   Saturday: 09:00 – 13:00
3. GETTING TO CAGLIARI

a) AIRPORT TRANSFERS

The LOC will provide transfers for Elite Athletes, Coaches, ITU Staff and Technical Officials from the Cagliari airport to their hotel, and from their hotel to the Cagliari airport, with provision for bike transportation. All transfers must be registered by Saturday 26th May 2018. 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 Cagliari-Elmas 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.

b) AIRPORT

Aeroporto Cagliari - Elmas
Ufficio Information: +39 070 211211
Email: info@aeroportodicagliari.com
Web: www.aeroportodicagliari.com

c) FROM CAGLIARI-ELMAS AIRPORT TO CAGLIARI CITY CENTRE:

By Car:
Exit the airport following signs for Cagliari Porto. Once in the city follow signs for Via Roma, then for Molo Ichnusa.

By Train:
A train service connects Elmas Airport to the city centre, in just 6 minutes. Leaving you just a 10-minute walk from the race venue.
4. **RACE LOCATION**

a) **VENUE**

Cagliari, the capital city of Sardinia, is situated at the south of the island. The race venue is located in the centre of Cagliari at the «Molo Ichnusa», which is just a 15-minute drive or a 5-minute train journey from Cagliari-Elmas Airport.

The city centre will meet the requirements and interests of all visitors. Athletes will find crystal-clear seas for swimming, climbs and descents for cycling and flat paths along the coast for running. While accompanying friends and family can relax on one of the many golden sanded beaches, enjoy the history, culture, entertainment and try out the countless restaurants and cafes on offer. Cagliari’s year-round Mediterranean climate, reaching up to 40°C in the summer and rarely dropping below 10°C in the winter, makes it a perfect location to host a stage of the ITU World Cup.
b) **RACE BRIEFING**

The obligatory race briefing will be held on Thursday 31st May at 18:00, in the main hall of the «Hotel Regina Margherita».

c) **ATHLETES LOUNGE**

The Athletes Lounge is located in the Molo Ichnusa. Toilets, seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race.

d) **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.

e) **DOPING CONTROL**

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

f) **MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available at the venue on 02nd June 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.

g) **ACCOMODATION:**

**HOST HOTEL :**

**Hotel Regina Margherita**

Viale Regina Margherita, 44

09126 Cagliari

[www.hotelreginamargherita.com](http://www.hotelreginamargherita.com)

**OTHER ACCOMMODATION:**

Cagliari has numerous accommodation systems in place, able to meet the requirements and needs of all visitors. For more accommodation options please visit [www.cagliariturismo.it/en/where-to-sleep](http://www.cagliariturismo.it/en/where-to-sleep)
5. **ATHLETE SERVICES INFORMATION**

a) **UNIFORM PRINTING SERVICE**

LA FOTOCOPIA di Gianluca Collu  
via Carmine n° 45 - 09032 - Assemini (CA)  
Mail: info@lafotocopia.it - Tel. 070 943444  
OPENING TIMES: Monday to Friday from 9.00-13.00 and from 16.00-18.00

b) **PHYSIOTHERAPIST / MASSAGE**

Massages will be available at the end of the race.  
If you require an additional massage you can book an appointment:  
- ASD Fisiofun - Dott. Giovanni Pretta  
tel.: +39 328 346 9413

c) **BIKE MECHANIC**

Bike Mechanic Support will be available near the race headquarters. This will be available from 10:00–13:00 and 15:00–18:00 from Thursday 31st May – Saturday 2nd June. If you need help outside these hours, please contact the LOC Office.

6. **TRAINING COURSES**

a) **SWIM TRAINING**

Cagliari is located by the sea, therefore there are many beaches to choose from, the most popular being «Poetto Beach» where you can swim in Sardinia's crystal clear sea.

Training sessions in the swimming pool are possible at:  
«Centro Sportivo Tribune», via dei Salinieri, 7  
Cagliari  
Tuesday 29th May  2 lanes 10:30 - 12:30  
Wednesday 30th May  2 lanes 09:00 - 11:00  
2 lanes 15:00 - 17:00  
Thursday 31st May  2 lanes 10:30 - 12:30  
Friday 1st June  2 lanes 09:00 - 11:00  
2 lanes 15:00 - 17:00

Please note: There is no booking service – it is based on a first come first serve basis

b) **BIKE TRAINING**

Cagliari has lots of cycle routes once you are out of the city centre, going towards «Poetto Beach» along the coast. We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

c) **RUN TRAINING**

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

Thursday 31st May
18:00     Race briefing
18:30     Collect race packs
20:00     Welcome Drink

Friday 1st June
12:00 - 13:00 Swim familiarisation

Saturday 2nd June

Women's Race
11:00 - 12:00 Athlete's Lounge Check-in
11:30 - 12:15 Transition Check-in
11:30 - 12:15 Swim Warm up
12:20     Athlete line up
12:30     **Women's start**
13:45     Women's Award Ceremony

Men's Race
13:00 - 14:00 Athlete's Lounge Check-in
13:30 - 14:15 Transition Check-in
13:30 - 14:15 Swim Warm up
14:20     Athlete line up
14:30     **Men's start**
15:45     Men's Award Ceremony
7. COURSE FAMILIARISATION

a) SWIM COURSE FAMILIARISATION

There will be a swim course familiarisation session on Friday 1st June at 12:00 – 13:00.

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.
We remind you that you are swimming at your own risk.

Please note: For safety reasons it is forbidden to swim in this area outside the swim familiarisation times.

b) BIKE FAMILIARISATION

The bike course is held within the city centre with heavy traffic; therefore, we are unable to close the roads to traffic prior in the days leading up to the race.

c) RUN FAMILIARISATION

The run course is held within the city centre with heavy traffic; therefore, we are unable to close the roads to traffic prior in the days leading up to the race.
We remind you to comply with the rules of the highway code and that you are running at your own risk.
9. RACE COURSES AND LOGISTICS

a) GENERAL MAP

Key:
- **Swim**: 1 Lap of 750 m
- **Bike**: 5 Laps of 3,80 km
- **Run**: 2 Laps of 2,50 km
- **Transition Area**
- **Finish Line**
- **Headquarters**
- **Hotel Regina Margherita**

Run
2 Laps of 2,50 km

Transition Area
Finish Line

Headquarters
Hotel Regina Margherita
b) **ATHLETES CALL**

Following the call, athletes will follow the blue carpet taking them to the swim start.
c) **SWIM COURSE**

The swim will be a diving start from the pontoon. 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 steps. When exiting the water to return to the transition area, you will find a few steps taking you up from the pontoon to the dock. Water temperature should be between 18 - 22°C.
d) **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.
The bike course consists in 5 identical laps of 3.8 km each, riding clockwise. It is a challenging and very technical track that will take the athletes to the heart of the city of Cagliari. After exiting T1, you will face almost immediately Viale Regina Margherita, a climb of about 500 meters with a difference in altitude of 35 meters in. Once you arrive in Piazza Costituzione, head back and start a technical and fast descent of about 400 meters that will lead you towards the flattest stretch of the race in Viale Diaz and Viale Colombo. Proceed until you reach the transition area and keep on for the next 4 laps.
f) BIKE LAPS

At the end of each lap of the bike course, the transition area is crossed throughout its length.
g) T2 ENTRANCE & EXIT

See the map below for the entrance into T2 and exit from T2, and the Dismount Line.
The running course consists in 2 identical laps of a 2.50 km loop each, to be performed clockwise. Exit T2, run along the first stretch of Viale Regina Margherita, a section already traversed during the bike course. Keep running downhill until you reach Viale Colombo, make a U-turn and run back 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 left onto the finish line.
i) RUN LAPS

At the end of each lap of the run course, the transition area is crossed throughout its length.
j) FINISH LINE

See the map below for the path to take for the finish line. On the third lap pass through the transition area and turn left to the finish line.
k) **WHEEL STATION**

There will be 2 wheel stations on the 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.

2) - **Neutral Wheel Station** - At approximately halfway of the bike lap on the bike course. The LOC will provide the wheels to this wheel station and they will be available according to ITU rules.

The wheels that will be available are:
- 2x 700c 11 cassette Campagnolo speed wheels
- 2x 700c 10 cassette Campagnolo speed wheels
- 4x 700c front wheel
- 2x 700c 11 cassette Shimano rear wheels
- 2x 700c 10 cassette Shimano rear wheels

i) **AID STATION**

On the run course there will be 2 aid station. The 1st posizioned at 200 m from the T2 exit, on the right hand of the course. The 2nd is posizioned 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 'drop zone'.
m) PENALTY BOX

The Penalty Box will be found at the end of each run lap, before entering the transition area.

n) COACH ZONE

Coach zone will be found at the following points:
Grand Stands, Start area, Swim exit area, Transition Zone, Penalty Box, Bike and Run Course

Coaches require their accreditation pass in order to enter these zones.
o) REMOVAL OF WOMEN'S BIKES FROM THE TRANSITION AREA
Once women have completed the bike section of the race their bikes and equipment will be removed from the transition area, by the LOC, to a safe and secure area, in order for the Men to be able to start racking their bikes.

10. RACE INFORMATION

a) COMPETITION RULES
The competition rules for the 2018 Cagliari ITU Triathlon World Cup are those published by the ITU. They can be found at the following webpage:

b) WEATHER CONDITIONS
Temperature: Min 12°C – Max 22°C

c) 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.

d) PROTEST & APPEALS
Standard procedures will be followed according to the ITU Competition Rules.

e) 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 31st May after the Race 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.
Athletes Guide
www.wtcsardegna.com
info@wtcsardegna.com