Athletes Guide 2019

ITU

paratriathlon

World Series Milano

27th April 2019
# TABLE OF CONTENTS

1. **GENERAL INFORMATION**
   1.1 Introduction
   1.2 Contact Details
   1.3 Key Dates
   1.5 Key Contacts

2. **VENUE**
   2.1 Venue
   2.2 Facilities
   2.3 Doping Control
   2.4 Medical Services
      2.4.1 Medications
   2.5 Insurance
   2.6 Bike Mechanic Centre
   2.7 Security

3. **ACCOMMODATION & TRANSFERS**
   3.1 Accommodation
   3.2 Transfer Service

4. **TRAINING**
   4.1 Course Familiarization
   4.2 Training Sessions

5. **COMPETITION INFORMATION**
   5.1 Event Schedule
   5.2 Competition Rules
   5.3 ITU Uniform Rules
   5.4 Field of Play (FOP)
   5.5 Distances and Courses Maps
   5.6 Weather Conditions
   5.7 Results
   5.8 Protests & Appeals
   5.9 Timing chip

6. **REGISTRATION**
   6.1 Athletes Race Packets

7. **ACCREDITATION**

8. **USEFUL INFORMATION**

9. **WATER QUALITY ANALYSIS**
1. GENERAL INFORMATION

1.1 Introduction

The purpose of the Athletes’ 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 are correct and up-to-date. However, Team Leaders are advised to check with the Sport Information Center for updates and any changes in the information included in this guide.

1.2 Contact Details

| Event: | 2019 Milan ITU World Paratriathlon Series |
| Location: | Milan Idroscalo Linate, Italy |
| Date: | 27th April 2019 |
| LOC Technical Director: | Matteo Annovazzi |
| e-mail: | info@ecorace.net |
| website: | www.ecorace.net |
| Address: | Via Pascoli, 2, 24050 Cortenuova (BG) |
| Phone: | 0039.335.7256699 |
| Facebook: | https://www.facebook.com/pages/ECO-RACE-Events/158210297627622?fref=ts |
| Twitter: | https://twitter.com/EcoRaceSrl |
| Youtube: | https://www.youtube.com/channel/UCXlendz8Da5wA17OHYApEJQ |
| Flickr: | https://www.flickr.com/photos/121168214@N04/ |

1.3 Key Dates

**Thursday - April 25th**

| Event: Bike course Familiarization | Time: 11:30 – 12:15 |
| Starting area behind the grand |

**Friday - April 26th**

| Event: Swim Familiarization (swim course open for familiarization) | Time: 16:00-17:00 |
| Start area |
| Event: Elite Athletes Briefing | Time: 18:00 |
| Idroscalo, Milano |
| Event: Registration/Race Package Pick-Up | Time: 18:45 |
| Idroscalo, Milano |

**Saturday, 27.04.2019**

| Event: Start ITU World Paratriathlon Series | Time: 13:30 |
| Idroscalo, Milano |
| Event: Award Ceremony | Time: 16:30 |
| Idroscalo, Milano |
| Event: Start Open Paratriathlon Super Sprint national event | Time: 16:30 |
| Idroscalo, Milano |

“This is a prospective schedule. Hours and days may be modified due to weather conditions”

1.4 Key Contacts

| ITU Team Leader: Eric Angstadt (ESP) | eric.angstadt@triathlon.org |
| ITU Technical Delegate: Jane Vine (GBR) | jane.vine@waitrose.com |
| ITU Assistant Technical Delegate: Aldo Basola (ITA) | aldobasola@gmail.com |
| LOC Executive Director: Luca Lamera | lucalamera@mac.com |
| LOC Paratriathlon Coordinator: Neil Mac Leod | neilaml@hotmail.com |
| LOC Technical Director: Matteo Annovazzi | matteoanno@inwind.it |
| ITA NF Liaison Officer: Gabriella Lorenzi | gabriellalorenzi@fitri.it |
| Press Office: Micol Ramundo | micol.ramundo@get-s.it |
| Athletes Services – Accreditation: Ambra Agazzi | info@ecorace.net |
2. VENUE

2.1 Venue

The venue is in the
Idroscalo of Segrate (Milano)
Lombardia Region.

The Idroscalo is an artificial lake.

The place hosts many recreational activities and is now sometimes known as the "Sea of Milan". The province manages the park and the social and sporting activities within it like water-skiing, free climbing, mountain bike track and running paths. The Idroscalo is located on east of Milan, on the side of Linate Airport between the towns of Segrate and Peschiera Borromeo.

HOW TO REACH US

By car:
- Motorway: A4 Milano/Venezia or A35 Brescia –Bergamo- Milano
- From the Tangenziale Est of Milan (A51) take the Linate exit and continue along Viale Forlanini. At the airport, turn left into Novegro Idroscalo. Crossed the exit "Riva Nord - Isola", the access will be at the exit Tribuna Zona sportiva" n ° 3.

By train:
- Segrate Railway station– distance from Idroscalo 5km. Shuttle bus guaranteed upon request.
- Lambrate Railway station– distance from Idroscalo 8,7km. Shuttle bus guaranteed upon request.

By plane:
- Milano Linate airport - distance from Idroscalo 1,5km. The hotel will provide shuttle service free of charge
- Milano Malpensa airport - distance from Idroscalo 75km. Shuttle bus guaranteed upon request.
2.2 Facilities

Facilities including athletes’ lounge and toilets are provided for the athletes at the race venue in the Idroscalo (see the logistic map).

At the race venue the athletes’ lounge provides water, fruit, energy bars and energy drinks.

Sports massage will be available to the athletes after the race at the recovery area.

2.3 Doping Control

Doping Control will be performed according to the ITU/WADA regulations. Information about the Doping control venue will be updated at a later stage.

2.4 Medical Services

First Aid, Emergency Medical Services, n°3 ambulances will be available during the competition hours to anyone requiring medical assistance at the race venue, on Saturday April 27th. Medical and paramedic personnel will be available throughout competition times.

A Medical Tent will be provided on site at the finish area. Teams should ensure that they have appropriate medical insurance. In a medical emergency, dial 118 and ask for ambulance service.

This number is free of charge from any telephone. Further resources can be found below:

**HOSPITAL:**
Ospedale San Raffaele, Via Olgettina Milano, 60, 20132 Segrate MI
11 km far from the race venue
Phone +39.02.26431

**EMERGENCY:**
Police
First Aid – Emergency Department
Carabinieri, Via Papa Giovanni XXIII, 2, 20090 Segrate M
Phone: 112
Phone: 118
Phone: +39.02. 2133721

**PHARMACIES**

[Farmacia Comunale n.3](Via Residenza Ponti, 2 - Phone +39.02.215 4348)
[Farmacia Comunale n. 4](Via Borioli, 1 - Phone +39.02.2692 6475)
[Farmacia Comunale n.2 - Villaggio Ambrosiano](Via S. Carlo, 8 - Phone +39.02.2692 3360)
[Farmacia Zucca - Valore Salute](Via Roma, 8 - Phone +39.02.213 3181)
[Farmacia Cuccia](Via Cassanese, 170 - Phone +39.02.213 1424)
[Farmacia Comunale 1 – Redecesio](Via delle Regioni, 36 - Phone +39.02.2692 3350)
[Farmacia · Aeroporto di Milano Linate](Viale Enrico Forlanini - Phone +39.02.756 0486)
[Farmacia Airoldi – Segré](25 Piazza Centro Commerciale - Phone +39.02.753 0660)
[Farmacia dell’Idroscalo](Via Rivolta, 31 - Phone +39.02.7020 0553)
[Farmacia Airoldi](Piazza Centro Commerciale, 25 - Phone +39.02.2366 3724)

2.4.1 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.
2.5 Insurance

The LOC has insurance, a standard public liability and property damage insurance policy covers the risks of insurable nature under this agreement and staging of the event. 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.

All athletes competing in an ITU event must have personal insurance coverage guaranteed by their National Federation. This insurance has to cover:

(i) Any accident occurring before, during and after any competition;
(ii) Any sickness that an athlete could suffer during a trip to a competition or event;
(iii) Liability caused by an athlete during the competition.

The athlete’s National Federation guarantees the existence of this insurance by entering an athlete in an event.

2.6 Bike Mechanic Centre

There will be bike support available at 200mt far from the transition area, nearest the parking of Idroscalo

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>April 25th</td>
<td>from 10:00 to 17:00</td>
<td>Race Venue</td>
</tr>
<tr>
<td>Saturday</td>
<td>April 27th</td>
<td>from 10:00 to 17:00</td>
<td>Race Venue</td>
</tr>
</tbody>
</table>

Further assistance will be available in the following specialized center:
“La Lombarda” Skm far from the race venue
Address: Via Venezia Giulia 7 - Segrate
Phone: 0039. 02 26921544
Opening: from Monday to Friday from 8:00 to 12:00 - from 13:00 to 17:00
Saturday from 8:00 to 12:00

2.7 Security

Police will manage the Road Closures and the traffic throughout the course
3. ACCOMODATION & TRANSFERS

3.1 Accommodation

**Official Race Hotel:** HOTEL HOLIDAY INN
**Address:** Via Buozzi, 2
20068 Peschiera Borromeo (MI)
**Phone:** +39 02 553601
**Reservation contact:** holidayinn.iline@alliancealberghi.com
**Code – for athlete’s rate reserved:** WPS
**Distance race venue:** 1.5Km far from the Idroscalo

**Official Race Hotel:** AIR HOTEL MILANO LINATE
**Address:** Via Francesco Baracca, 2
20090 Novegro di Segrate Milano
**Phone:** +39 02 94436500
**Reservation contact:** commerciale@airhotel.it
**Code – for athlete’s rate reserved:** WPS
**Web site:** [http://www.airhotel.it/](http://www.airhotel.it/)
**Distance race venue:** 1,5Km far from the Idroscalo

*SPECIAL OFFER:
Booking your stay in one of our partner hotels will allow you to enjoy the free transfer service only from/to Linate airport*

3.2 Transfer Service

LOC will provide special price for the rental car and private transfer service from the international airports of Milano Linate, Milano Malpensa, Bergamo through the “Air Car Service Company”.

To reserve your transfer service, please send a request complete of date of arrival/departure, airport and hour selected, name/surname and your flight schedule to the booking centre contact airport@aircarservice.com

**Contact:** Paola Lorenzi
**Booking Code:** 2019 Milan ITU World Paratriathlon Series
**Phone:** +39.035.38.44.411
**Fax:** +39.035.38.44.412
**e-mail:** airport@aircarservice.com
**Web site:** www.aircarservice.com

**PRICE PER CAR (BERLINA) ONE WAY** | **PRICE**
--- | ---
From Milano Linate airport to Segrate | € 52,00
From Milano Malpensa to Segrate | € 113,00
From Bergamo airport to Segrate | € 102,00
Extra charge - Minibus 6 pax: | 33,00 €uro
Minibus 8 pax (price per person): | 44,00 €uro

**Payment:** cash or credit card (VISA or Mastercard)

*SPECIAL OFFER:
Booking your stay in one of our partner hotels will allow you to enjoy the free transfer service only from/to Linate airport*
4. TRAINING

4.1 Course Familiarization:

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

**PARKING DETAILS**

Parco Idroscalo
Idrofly Parking
Ingresso Porta Maggiore
Via Circonvallazione Idroscalo, Riva Ovest
20090, Segrate (MI)

Please, download the coupon in order to benefit of the parking free of charge


We ask you to pay attention: the parking is not supervised so we recommend that you do not leave your luggage unattended
4.1 Course Familiarization:
You will be able to have the following course familiarizations for the athletes registered in the LOC Office:

Swim course Familiarization
Date: Friday, April 26th
Hour: from 16h00 to 17h00
Where: start area

During the course familiarization there will be medical services available.

4.2 Training Sessions
Pre-competition swimming training is possible in the following swimming pools:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Info &amp; Reservation</th>
<th>Services</th>
<th>Distance from the race venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Lloyd Club Malaspina</td>
<td>Via dello Sport, n.1 - Peschiera Borromeo San Felice</td>
<td>0039.02.7530075</td>
<td><a href="mailto:member.malaspina@davidlloyd.it">member.malaspina@davidlloyd.it</a> - <a href="mailto:admin.malaspina@davidlloyd.it">admin.malaspina@davidlloyd.it</a></td>
<td>fitness center, swimming pools: 25mt indoor – 50mt outdoor</td>
<td>3km</td>
</tr>
<tr>
<td>Piscina Insport Segrate</td>
<td>Via Roma, 37 – Segrate</td>
<td>0039.02. 21872090</td>
<td><a href="mailto:segrate@insportsrl.it">segrate@insportsrl.it</a></td>
<td>swimming pools: 25mt indoor</td>
<td>5km</td>
</tr>
</tbody>
</table>

- There are no secure bike storage facilities.
- ID document mandatory.
- Athletes can practice in the swimming pool at their own risk.
5. COMPETITION INFORMATION

5.1 Event Schedule

“This is a prospective schedule. Hours and days may be modified due to weather conditions. This also refers to the familiarization times on Friday and Saturday”.

Thursday - April 25th
- Bike course Familiarization: 11:30 – 12:15
  Starting area behind the grand stands

Friday - April 26th
- Swim Familiarization: 16:00-17:00
  Start area
- Athletes’ Briefing: 18:00-19:00
  Idroscalo Milano
- Race Package Pick- after the briefing
  Party: 19:30
  Idroscalo Milano
  TBD

Saturday - April 27th
- Athletes’ lounge open: 11:00-13:30
  Idroscalo Milano
- TA open - Check in Transition Area: 11:15 13:15
  Idroscalo Milano

Start ITU World Paratriathlon Series: 13:30
  Idroscalo Milano
- PTWC1-M/W: 13:30:00
- PTWC2-M: 13:33:08
- PTWC2-W: 13:34:04
- PTS5-M: 14:10
- PTVI1-M/W: 14:15:00
- PTVI2/3-M: 14:18:21
- PTVI2/3-W: 14:18:48
- PTS2/3/4-M: 14:25
- PTS3/4/5-W: 14:35
- PTS2-W: 14:40
- Award Ceremony: 16:30
  Idroscalo Milano

5.2 Competition Rules

2019 Milan ITU World Paratriathlon Series will follow the latest published Competition Rules.

5.3 ITU Uniform Rules

To compete in ITU events, all the athletes must comply with the ITU Uniform Rules.

5.4 Field of Play (FOP)

Swim Course: 1 lap of 750 meters in the Idroscalo of Milano
Bike course: 3 laps x 6.6km, completely flat
Run Course: 3 laps of 1,63 K +100mt
Technical area: Technical Area will be located on the bike course. In this area is allowed fixing and assistance
Aid Station: Aid station will be located at the finish area (beyond the finish line)
Sport Massage Service: available to the athletes after the race at the building of athletes’ lounge
5.5 Distances and Course Maps

<table>
<thead>
<tr>
<th>Category: 6 sport classes</th>
<th>Swim</th>
<th>Bike</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTWC</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
<tr>
<td>PTS2</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
<tr>
<td>PTS3</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
<tr>
<td>PTS4</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
<tr>
<td>PTS5</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
<tr>
<td>PTVI</td>
<td>750m – 1 lap</td>
<td>20km- 3 laps</td>
<td>5km - 3 laps</td>
</tr>
</tbody>
</table>

These are the prospective distances. They can be modified due to weather conditions.

5.6 Weather Conditions

Weather Conditions for April: Maximum Temp: 25°C Minimum Temp: 17°C

5.7 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.

5.8 Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules

5.9 Timing chip

On the race day, athletes will be given 2 timing chips. Athletes will pick up the timing chips before the competition, 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. If a timing chip is not returned, a fee of €10,00 will be charged.
6. REGISTRATIONS

6.1 Athletes’ Race Packets

- Entry Fee: not required
- Athletes’ race packets will be distributed at the Registration Office
- The race package includes bike and helmet stickers, accreditation and gift.
- Athletes and guides must provide picture ID at race registration/packet pick-up.
- National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org. No athlete will be included in the start list if the entry has not been processed through the ITU online system.
- All questions regarding entries must be submitted via e-mail to entries@triathlon.org.
- The official start list will be produced and published inside the ITU web site www.triathlon.org

**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

7. ACCREDITATION

- The LOC will provide to all the organizing committee members, ITU Technical Officials, Coaches, Athletes, VIPs, media, technical staff, Field of Play personnel, volunteers, etc., the official Accreditation Card, according to the quotas indicated in the ITU Competition Rules;
- Accreditations will be distributed at the Race Office before the Elite Technical Briefing.
- Only accredited people will be allowed to access in the 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. USEFUL INFORMATION

<table>
<thead>
<tr>
<th>Language</th>
<th>The official language is Italian.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currency</td>
<td>The currency of Italy is the Euro. Most major currencies may be exchanged at banks</td>
</tr>
<tr>
<td>Time</td>
<td>GMT +01:00</td>
</tr>
<tr>
<td>Electricity</td>
<td>The electric current is 220 volts</td>
</tr>
<tr>
<td>Water</td>
<td>Running water is appropriate for drinking</td>
</tr>
<tr>
<td>Telephone</td>
<td>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.</td>
</tr>
</tbody>
</table>
WATER QUALITY ANALYSIS

WATER QUALITY ANALYSIS - E.COLI

<table>
<thead>
<tr>
<th>Date of Sample</th>
<th>Location A</th>
<th>E.Coli limit (NMP/100mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th march</td>
<td>130</td>
<td>&lt;250</td>
</tr>
</tbody>
</table>

WATER QUALITY ANALYSIS - ENTEROCOCCI

<table>
<thead>
<tr>
<th>Date of Sample</th>
<th>Location A</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th march</td>
<td>Not detected</td>
</tr>
</tbody>
</table>

WATER QUALITY ANALYSIS – PH

<table>
<thead>
<tr>
<th>Date of Sample</th>
<th>Location A</th>
<th>PH</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th march</td>
<td>7,90</td>
<td>6 to 9</td>
</tr>
</tbody>
</table>

SUMMARY

The water quality tests meet the ITU standards