



# ATHLETE'S GUIDE

**6<sup>th</sup> Edition Havana Triathlon**

- 2020 Havana PATCO Triathlon Panamerican Cup
- 2020 Havana PATCO Middle Distance Triathlon Iberoamerican Championships
- 2020 Havana Popular Sprint Triathlon

Version 3 – 3rd February



1	GENERAL INFORMATION .....	4
1.1	INTRODUCTION.....	4
1.2	KEY CONTACTS.....	4
1.3	KEY SITES.....	4
2	VENUE .....	5
2.1	NATIONAL HOTEL OF CUBA .....	5
2.2	MARINA HEMINGWAY .....	5
2.3	SPORT INFORMATION CENTRE.....	6
3	OFFICIAL AGENCY .....	7
4	ATHLETE'S SERVICES .....	8
4.1	ATHLETES' REGISTRATION .....	8
4.2	ATHLETES' RACE PACKETS .....	8
4.3	FINISHER PACK.....	9
4.4	BAGS .....	9
4.5	COURSE FAMILIARIZATION .....	10
4.6	BIKE MECHANICAL SERVICE .....	10
4.7	DOPING CONTROL.....	11
4.8	COMPETITION RULES.....	11
4.9	PHYSIOTHERAPY SERVICE .....	11
4.10	MEDICAL SERVICES.....	11
4.11	RESULTS.....	11
4.12	PROTEST AND APPEALS.....	11
4.13	NEOPRENE .....	11
4.14	AWARDS .....	11
5	COMPETITION .....	12
5.1	SCHEDULE .....	12
5.2	TIMING CHIPS .....	12
5.3	AID STATION.....	12
5.4	CUT-OFF TIMES.....	13
5.5	TRANSITION 2.....	13
6	ACCREDITATION .....	14
7	USEFUL INFORMATION.....	15
7.1	LANGUAGE .....	15
7.2	MEDICAL INSURANCE .....	15
7.3	VISA.....	15
7.4	POPULATION .....	15

7.5	TIME .....	15
7.6	EMERGENCY NUMBER .....	15
7.7	ELECTRICITY.....	15
7.8	WATER.....	15
7.9	TELEPHONE AND INTERNET CONNECTIONS .....	15
7.10	CURRENCY.....	16
7.11	WEATHER CONDITIONS.....	16
7.12	TURIST INFORMATION .....	16
7.13	DRIVE IN CUBA.....	17
7.14	PHOTOGRAPHY .....	17
7.15	SECURITY.....	17
8	SPRINT COURSES .....	18
8.1	SWIM.....	18
8.2	BIKE .....	18
8.3	RUN.....	19
9	MIDDLE DISTANCE COURSES.....	20
9.1	SWIM.....	20
9.2	BIKE .....	20
9.3	RUN.....	21
10	AMERICAN CUP COURSES .....	22
10.1	SWIM.....	22
10.2	BIKE .....	22
10.3	RUN.....	23

## 1 GENERAL INFORMATION

### 1.1 INTRODUCTION

The purpose of the Athletes Info Guide is to ensure that all 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 on the website [www.triatlonhabana.com](http://www.triatlonhabana.com) or [www.triathlonhabana.org](http://www.triathlonhabana.org) and with the Sport Info Center Operations during the Championship's week, regarding any changes on information included in this guide.

### 1.2 KEY CONTACTS

- ITU Technical Delegate Martha E. Yeo Solana [martha@triatlon.com.mx](mailto:martha@triatlon.com.mx)
- ITU Assistant TD
  
- Executive Director José Carrasco [direccion@triatlonhabana.com](mailto:direccion@triatlonhabana.com)
- General Director Yasleidis Acosta [info@triatlonhabana.com](mailto:info@triatlonhabana.com)
- Race Director Rolando Herrera [triatloncuba@inder.cu](mailto:triatloncuba@inder.cu)
- Cuban Triathlon Federation Alejandro Puerto [alejandro.puerto@inder.gob.cu](mailto:alejandro.puerto@inder.gob.cu)
- General Services Director Pedro Urquía [pedro@cubadeportes.cu](mailto:pedro@cubadeportes.cu)

### 1.3 KEY SITES

ITU WEBSITE: [www.triatlonhabana.org](http://www.triatlonhabana.org)

LOC WEBSITE: [www.triatlonhabana.org](http://www.triatlonhabana.org) (ENG); [www.triathlonhabana.com](http://www.triathlonhabana.com) (SPA)

FACEBOOK: [www.facebook.com/triatlondelahabana](https://www.facebook.com/triatlondelahabana)

TWITTER: [@Triber226Habana](https://twitter.com/Triber226Habana)

## 2 VENUE

### 2.1 NATIONAL HOTEL OF CUBA



89 years of history, give prestige to the classic by distinction of the hotel group Gran Caribe; THE NATIONAL HOTEL OF CUBA, constituting symbol of history, culture and cubanía. The cannons that integrated the old Battery of Santa Clara and that today are exhibited in the garden were declared Patrimony of the Humanity, in addition, the Hotel is National Monument and was inscribed in the Memory of the World Register.

The National Hotel of Cuba has a privileged location in the heart of Vedado, the most central area of Havana, on a hill located a few meters from the sea. Its unique views offer a beautiful and varied panorama of the city, among which you can admire, the bay of Havana with its classic boardwalk and the ancestral fortress of El Morro.

The magnificence of the National Hotel of Cuba, over these years, has caught hundreds of celebrities from the arts, sciences and politics as Winston Churchill, British Prime Minister, the artists Frank Sinatra, Ava Gardner, Johnny Weismuller, Maria Felix, Jorge Negrete, Marlon Brandon, Robert Redford, Michael Keaton, Danny Glover, Robert de Niro; film directors Steven Spielberg, Oliver Stone, Francis Ford Coppola, Roman Polanski; scientists as the discoverer of the penicillin Alexander Flemming.

The National Hotel of Cuba will be an essential part of our event, sheltering the previous days the information center, technical meetings and secretariat and ending all the events inside their gardens.

### 2.2 MARINA HEMINGWAY



The event will be located at the Marina Hemingway.

Marina Hemingway is the most traditional and emblematic port of Cuba.

The variety of activities, water shows and places of interests that are provide, are enough reasons to decide visit and enjoy this space at its best.

Built between 1956 and 1957, it consists of about 600,000 square meters gained to the sea, thanks to the deepening of 4 navigation channels and the filling of 5 inter-channels that are limited by retaining walls, which were designed for the development of the hotel and tourism activity.

If we are talking about nautical activities in Cuba, we cannot fail to highlight the influence of the Marina Hemingway, since there are numerous nautical events and tournaments throughout the year. Many of them are related to fishing, as the most emblematic and popular of all that receives the name "Ernest Hemingway", this is a world-known tournament that brings together participants from different latitudes.

Marina Hemingway will be the sixth swimming scenario for all distances of the Havana Triathlon in 2019.

**Address:**

Street 248 and 5th Avenue  
Santa Fé, La Habana, Cuba

**Coordinates:**

23° 05' 20" N 82° 29' 38" W

## **2.3 SPORT INFORMATION CENTRE**

The Information Center/LOC OFFICE of Havana Triathlon will be located at Hotel Nacional of Cuba from Friday 21<sup>st</sup> February.

### 3 OFFICIAL AGENCY



#### ***Cubadeportes s.a.***

Muestra el camino del triunfo porque cuenta para ello con

#### ***LA EXPERIENCIA DE LOS CAMPEONES***

The Official Agency of **HAVANA TRIATHLON 2020** is **Cubadeportes S.A.**, the company with the exclusive rights to market the products and services related to Cuban sport whose prestige and successes are recognized worldwide.

To guarantee your stay you will be offered packages in hotels from 2 to 5 stars plus options on beaches, city tours, visits to historical sites, night clubs and others.

Cubadeportes S.A (official agency of the event) and EnjoyCuba (collaborating agency) are pleased to give you all the advice for your trip.

**Contact:** Sergio Pimentel

**E-mail:** [eventos@skediotravel.com](mailto:eventos@skediotravel.com)

## 4 ATHLETE'S SERVICES

### 4.1 ATHLETES' REGISTRATION

<http://www.triatlonhabana.com/inscripcion.php>

<http://triatlonhabana.org/>

**Age Group registration until 1<sup>st</sup> February 2020.**

#### **2020 Havana PATCO Triathlon American Cup**

Registration for the elite will be made through the National Federations in the ITU online system.

#### **2020 Havana PATCO MD Triathlon Iberoamerican Championships**

Distances: Swim 1,9km – Bike 90km – Run 21km

Limit: 800 athletes

#### **2020 Havana Popular Sprint Triathlon**

Distances: Swim 750m – Bike 20km – Run 5km

Limit: 400 athletes

***As part of the security policy of the country, it is important that all the athletes fill the form "ATHLETE INFORMATION" (you can find the document in our website), you must send it no later than February 10<sup>th</sup>, 2020 to:***

***Yasleidis Acosta, e-mail: [info@triatlonhabana.com](mailto:info@triatlonhabana.com)***

So the organization can organize your welcome and airport reception and facilitate you all procedure.

#### **IMPORTANT**

**All the athletes must identify their luggage with the event logo.**

### 4.2 ATHLETES' RACE PACKETS

Athletes' race packets will be distributed on February 21<sup>st</sup> and 22<sup>nd</sup> at the Hotel Nacional. To collect race pack, the athlete must show an identification to which we can get a copy.

All the athletes must sign the responsibility waiver before pick up the race pack.

The triathlete will receive an identification bracelet that he will have to wear during the days of the event to be able to access all the areas of the event.

***On race days there not will be registration.***

Your race pack will contain:

1. Event guide with all the info
2. Race number
3. Swim cap
4. Identification bracelet
5. Stickers (bike (1), helmet(3))
6. 3 bags (bike, run, after race)
7. Backpack



### 4.3 FINISHER PACK

1. Certificate with the race time
2. T-shirt
3. Finisher medal



### 4.4 BAGS

#### 4.4.1 WHITE BAG (BIKE)



White bag must contain the kit that you need for the bike segment and will be delivered in T1 with your bike the day before the event. Please tie the bag securely.

#### 4.4.2 RED BAG (RUN)



Red bag must contain the kit you need for the run segment. It will be delivered at La Marina Hemingway the day before the event, near T1. Please tie the bag securely.

#### 4.4.3 BLUE BAG (AFTER RACE)



Blue bag must contain the kit you need once the event is over (dry clothes, hotel room key, medications, sealed recovery devices, etc.). The day of the event will be delivered near the start. **NO backpacks or inflation pumps will be accepted.** Only the material that fits inside the bag tied securely.

***Please make sure your bags are correctly marked with your bib number and have the appropriate material inside.***

Please do not put valuables in the bags (mobile phones, Ipods, cameras, watches, sunglasses). The Organizing Committee is not responsible for the loss or breakage of these.

All bags that are not picked up at the end of the competition on Saturday, will be available on Sunday in the warehouse area located in Marina Hemingway, to pick it up, you must show identification. When the competition ends on Sunday, the bags that have not been collected will be declared abandoned and will be in possession of the Cuban Triathlon Federation.

## 4.5 COURSE FAMILIARIZATION

### 4.5.1 ELITE ATHLETES

#### **Swim familiarization:**

Saturday 22<sup>nd</sup> February, 9.00h

Channel 2 (Marina Hemingway)

#### **Bike Familiarization:**

Saturday 22<sup>nd</sup> February, 10.00h

In front of the entrance to Channel 1

### 4.5.2 AGE GROUP ATHLETES

Age group athletes are able to train, keeping in mind that the traffic will be open and there will not be police to escort you.

During your training, please ensure you are at least with another person (especially in open water). During the cycling, ride in line, respect the traffic rules, take with you your ID and don't forget to be polite.

The channel 4 in Marina Hemingway is available to train on Saturday 22<sup>nd</sup>.

## 4.6 BIKE MECHANICAL SERVICE

We will offer bike mechanic support and will be available from Friday 21<sup>st</sup> in the National Hotel of Cuba and y T1 in the Marina Hemingway.

T1 has a limited number of air pumps. If you bring your own, you should give it to a friend or assistant before the competition starts. **PUMPS ARE NOT ALLOWED INSIDE YOUR TRANSITION BAG.**

#### 4.7 DOPING CONTROL

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

#### 4.8 COMPETITION RULES

The Havana Triathlon will follow the latest published Competitions Rules of the International Triathlon Union.

#### 4.9 PHYSIOTHERAPY SERVICE

Sport physiotherapy and massage services will be available to all athletes after the races in the recovery area.

#### 4.10 MEDICAL SERVICES

Emergency medical services will be available to anyone who requires medical assistance during all hours of competition.

#### 4.11 RESULTS

Results will be uploaded at the ITU official website [www.triathlon.org](http://www.triathlon.org).

#### 4.12 PROTEST AND APPEALS

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

#### 4.13 NEOPRENE

The use of neoprene is optional for age categories, depending on the temperature of the water on that date, and its use may be prohibited.

#### 4.14 AWARDS

The Middle Distance and Popular Sprint awards ceremony will take place on February 23<sup>rd</sup> at the end of each competition, in the Hotel Nacional.

The America's Cup Triathlon awards ceremony will take place on February 23<sup>rd</sup> at the end of the competition, in the Hotel Nacional.

The Elite will have the prizes established by the ITU regulation.

The American Cup will have the prizes established by the ITU regulation, which will be delivered in the organization's office immediately after the awards ceremony. If they are not picked up on race day the athletes will lose their right to receive it.

***Age groups athletes, who for some reason, cannot pick up their prize during the award ceremony, may do so they can do it on Sunday 10.00 am - 12.00 am at the Hotel Nacional. After this time they will pass to the Cuban Triathlon Federation where the athletes can collect them later.***

***The organization is not responsible for sending trophies or prizes to athlete's homes.***

***The prizes will be in works of art managed by the José Martí Cultural Society.***

The first three of each age group and gender will receive a trophy during the awards ceremony.

The classification of the male and female age groups will be made according to the following relationship, taking into account that the age group to which it belongs corresponds to the age of the participant on December 31<sup>st</sup> of the year in which the competition is disputed (2020):

AG15-19; AG 20-24; AG 25-29; AG 30-34; AG 35-39; AG 40-44 and successive.

## 5 COMPETITION

### 5.1 SCHEDULE

DAY	START	END	ACTIVITY	PLACE
FRIDAY	10:00	17:00	Athletes' registration	Hotel Nacional
FRIDAY	14:00		Middle Distance Briefing	Hotel Nacional Vedado Lounge
FRIDAY	14:30		Sprint Briefing	Hotel Nacional Vedado Lounge
FRIDAY	18:00		Elite Briefing	Hotel Nacional Vedado Lounge
SATURDAY	10:00	17:00	Athletes' registration	Hotel Nacional
SATURDAY	10:00	17:00	Red bag delivery	Transition 2
SATURDAY	09:00	17:00	Bike check in & white bag delivery	Marina Hemingway
SUNDAY	07:00		<b>Sprint Popular Male (AG 15-34)</b>	<b>Channel 3 Marina Hemingway</b>
SUNDAY	07:05		<b>Sprint Popular Male (AG 35-75)</b>	<b>Channel 3 Marina Hemingway</b>
SUNDAY	07:09		<b>Sprint Popular Female</b>	<b>Channel 3 Marina Hemingway</b>
SUNDAY	07:30		<b>MD Elite Male</b>	<b>Channel 2 Marina Hemingway</b>
SUNDAY	07:35		<b>MD Elite Female</b>	<b>Channel 2 Marina Hemingway</b>
SUNDAY	07:40		<b>MD AG Male</b>	<b>Channel 2 Marina Hemingway</b>
SUNDAY	07:43		<b>MD AG Female</b>	<b>Channel 2 Marina Hemingway</b>
SUNDAY	At the end		Sprint & Middle Distance Awards Ceremony	Hotel Nacional
SUNDAY	14:00		<b>PATCO Elite Female</b>	<b>Marina Hemingway</b>
SUNDAY	15:30		<b>PATCO Elite Male</b>	<b>Marina Hemingway</b>
SUNDAY	18:00		PATCO Awards Ceremony	Hotel Nacional

### 5.2 TIMING CHIPS

Athletes will pick up the timing chips in T1, during their check-in procedure.

Timing chip must be worn on the athletes' left ankle.

They must return the chip in the T2 during the check-out.

### 5.3 AID STATION

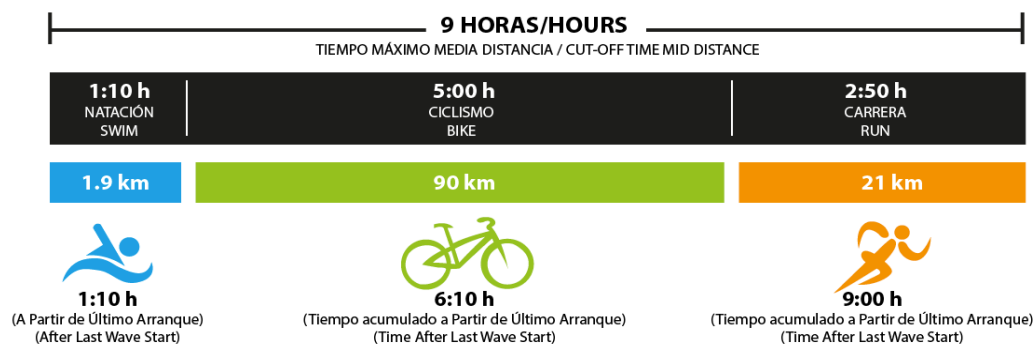
We will offer the athletes water, energy drink, fruits, gels and bars.

- 1 at the swim exit
- 5 at the MD bike course.
- 5 at the MD run course. 3 at the sprint run course.

## 5.4 CUT-OFF TIMES

**SPRINT DISTANCE:** Maximum time to complete the race is 3 hours.

**MIDDLE DISTANCE:**



## 5.5 TRANSITION 2

Sprint athletes must place their bike in the stands without outside help.

The athletes of the Half Distance will have a volunteer who will be in charge of placing the bike in the stands.



## 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 Race Office.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are mandatory to enter the venue.

Race Office will be open from Thursday at the Hotel Nacional.

## 7 USEFUL INFORMATION

### 7.1 LANGUAGE

The official language in Cuba is Spanish.

### 7.2 MEDICAL INSURANCE

Travelers must present travel insurance with medical expenses coverage.

To comply with this requirement, the traveler must have travel insurance that includes medical expenses or a medical expenses policy, with coverage within Cuba.

The policy must be acquired at the point of origin. Those travelers, who exceptionally do not carry the insurance at the time of arrival, may purchase a policy with insurance coverage and assistance subscribed by Cuban insurers, at the airport, port or marina.

The traveler, who upon arrival in the country is subject to control, must show a policy, insurance certificate or travel assistance card, valid during his stay in Cuba.

### 7.3 VISA

To travel to Cuba you must have your passport in force as well as a visa, which you can obtain with travel agencies.

### 7.4 POPULATION

2,125,000 people live in La Havana.

### 7.5 TIME

La Havana time is (UTC -5:00).

### 7.6 EMERGENCY NUMBER

The emergency phone number in Cuba is: 106.

### 7.7 ELECTRICITY

The electric current in Cuba is 110 V 60 Hz. In some installations it is possible to use 220v current. Electrical equipment equipped with round pins must be brought with a flat plug adapter.

### 7.8 WATER

Tap water is suitable for drinking, but it is recommended to drink bottled water.

### 7.9 TELEPHONE AND INTERNET CONNECTIONS

#### 7.9.1 TELEPHONE

**To call Cuba directly from any country:**

Dial the code for international calls: 00

Dial the country code of Cuba: +53

Mark the code of the area where you want to communicate or

Dial the telephone number of the person with whom you wish to communicate.

Direct call codes within Cuba:

Area Code Havana ..... .. 7

### 7.9.2 MOBILE PHONES

There are "roaming" agreements with most international mobile phone companies.

If your phone operates with GSM in the 900 MHz band (European standard) or with TDMA in the 800 MHz band (American standard) it is very likely that you can use your own phone in Cuba.

You may need to activate your phone with a local company: C\_COM for GSM or CUBACEL for TDMA.

You can also rent a cell phone in Cuba.

### 7.9.3 INTERNET

You can access the internet in the hotels and in the wifi points.

To connect, you must buy a "Nauta Navigation Card" whose amount is 1.50 cuc and sold at the offices of ETECSA, navigation sites and hotels.

### 7.10 CURRENCY

The Cuba's currency is the CUC (Cuban Convertible Pesos)

For the exchange rate please check the official site:

[http://www.bc.gob.cu/Espanol/tipo\\_cambio\\_METROPOLITANO.asp](http://www.bc.gob.cu/Espanol/tipo_cambio_METROPOLITANO.asp)

### 7.11 WEATHER CONDITIONS

Cuba has a moderate subtropical climate with two distinct seasons.

From November to April the dry season is given, which is less humid and somewhat cooler, with a high average temperature of between 21 and 28 °C and an average of low temperatures of between 18 and 24 °C.

In the summer months, the average temperature oscillates around 30°C, with a slightly higher humidity.

In Cuba the sea water temperatures range from 24 °C (in February and March) to 28 °C (from June to October).

Average weather behaviour in February:

Air Temperature (°C)	22,9
Water Temperature (°C)	24,3
Sun hours	11,4
Rains (mm)	38
Days of rain	4
% of relative humidity	77

### 7.12 TURIST INFORMATION

There are 27 Tourist Information Centers (INFOTUR) distributed throughout the country, which provide free information.



### **7.13 DRIVE IN CUBA**

You must be 21 years old and have a valid driver's license that gives you one year of experience.

There are several companies that rent cars.

Although we recommend that you do not drive.

### **7.14 PHOTOGRAPHY**

You can take photos and videos freely, except in restricted areas, such as military zones.

Museums also have specific regulations.

### **7.15 SECURITY**

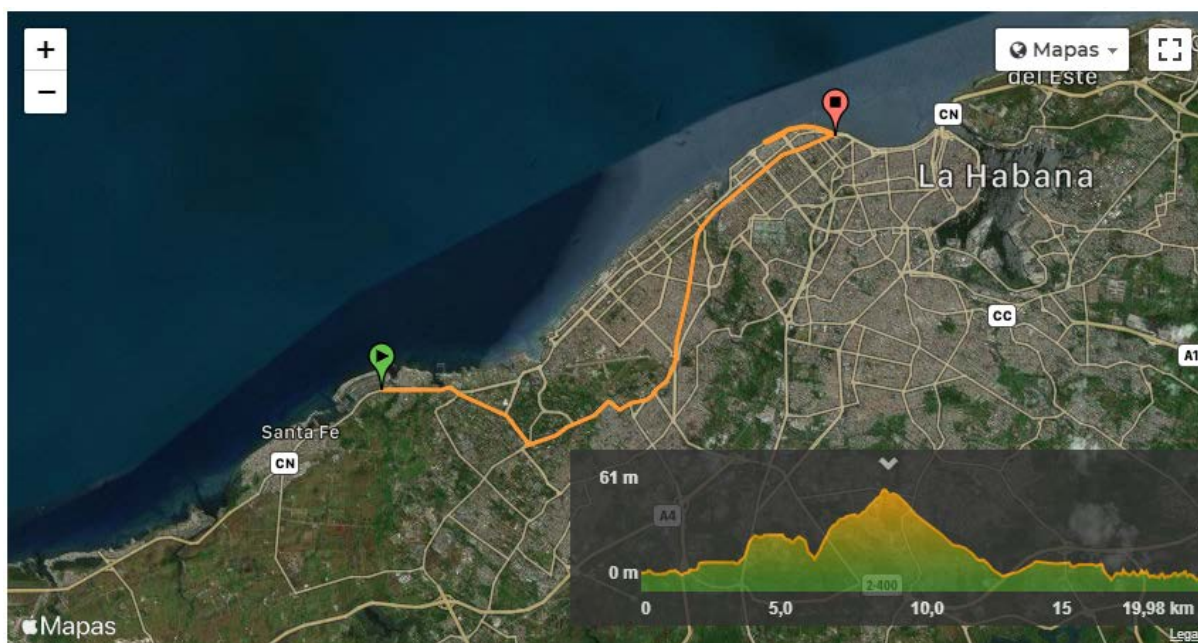
Cuba is a safe place. The country warmly welcomes the whole family and children are welcome almost everywhere. Logically, some precautions should be taken to protect valuable belongings: do not leave cameras or other valuables unattended in public areas.

## 8 SPRINT COURSES

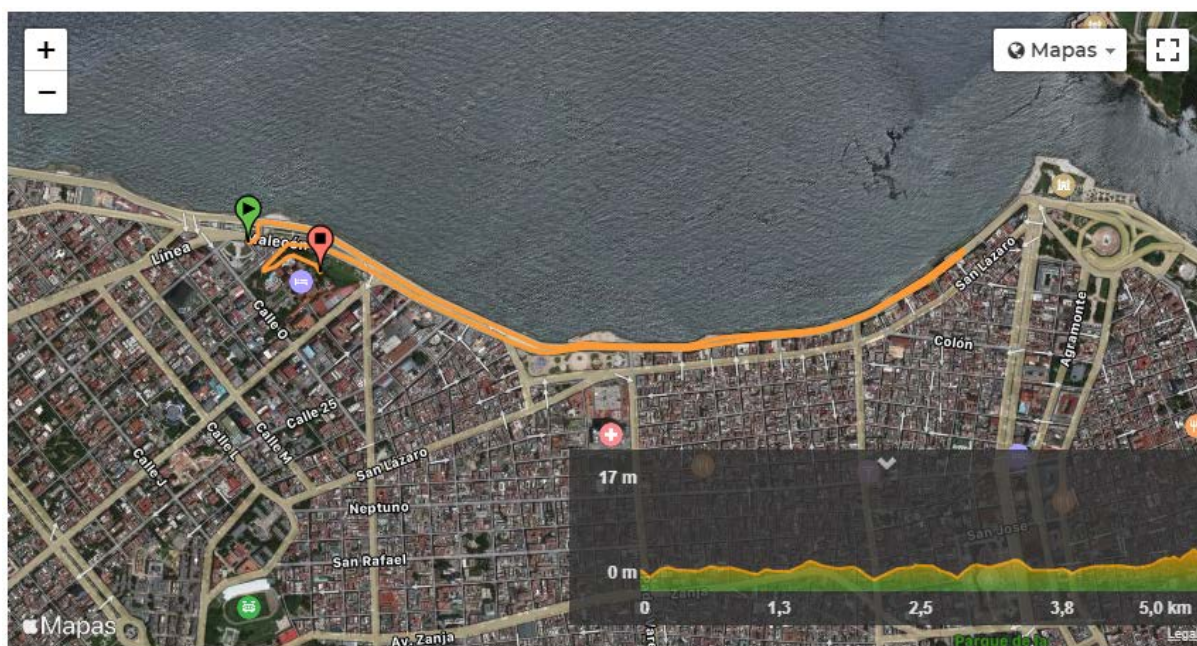
### 8.1 SWIM



### 8.2 BIKE



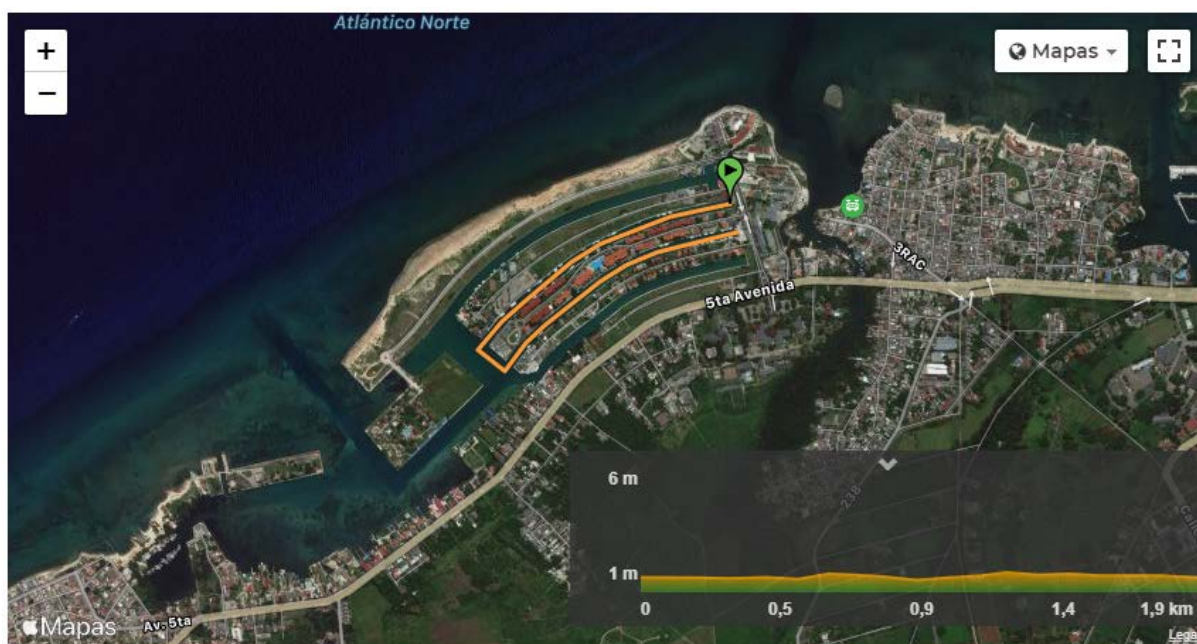
### 8.3 RUN



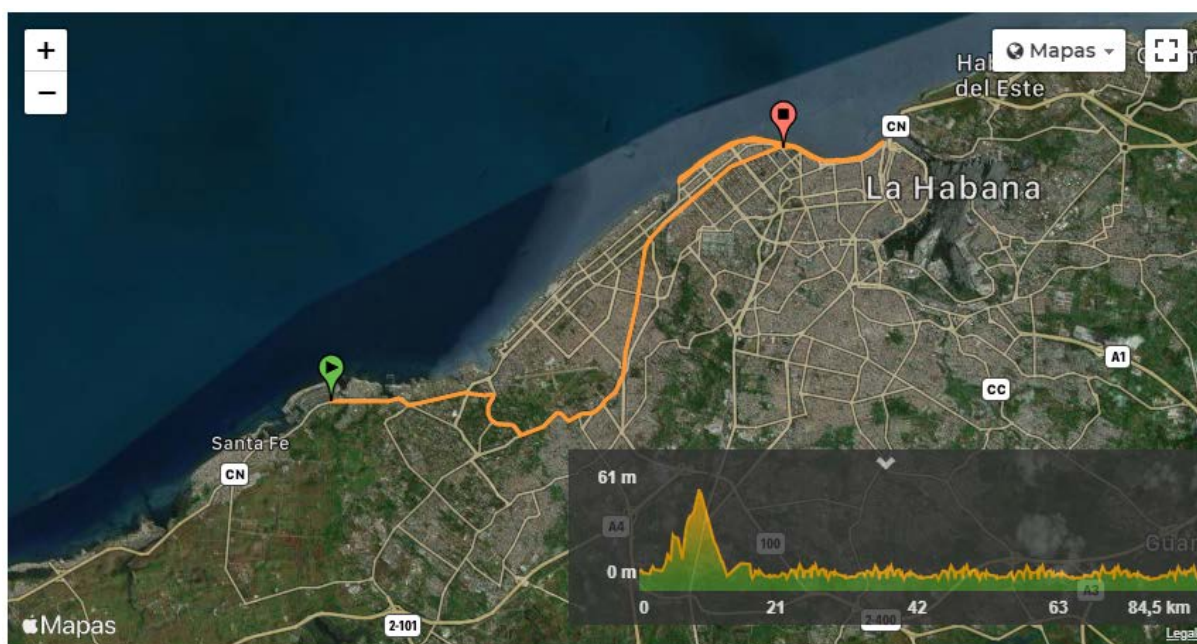


## 9 MIDDLE DISTANCE COURSES

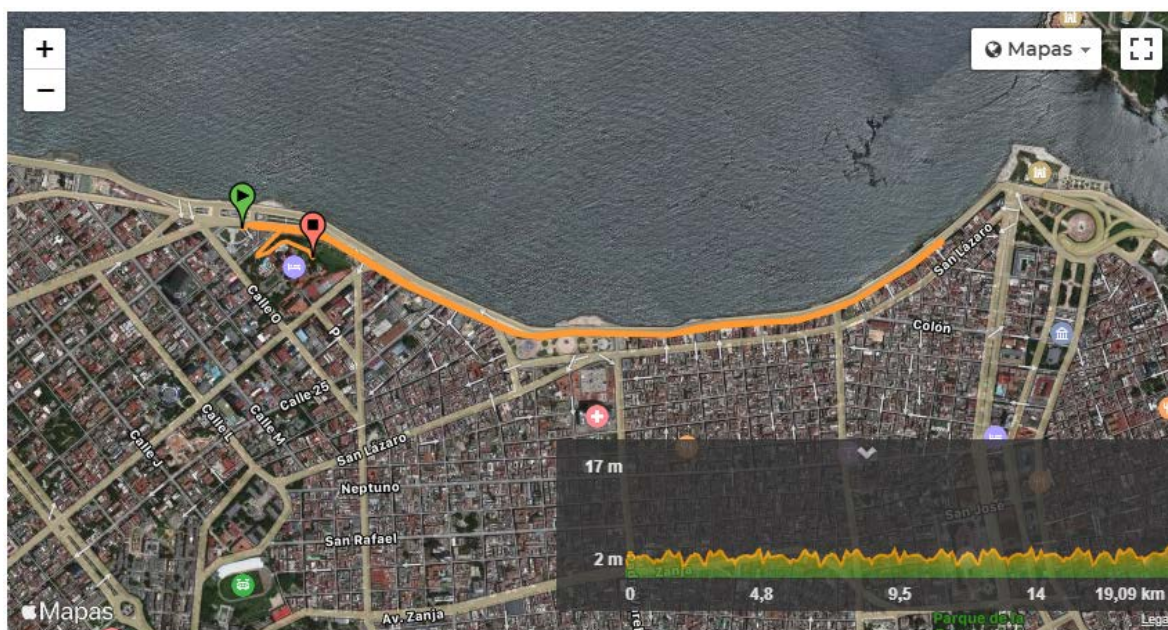
### 9.1 SWIM



### 9.2 BIKE



### 9.3 RUN



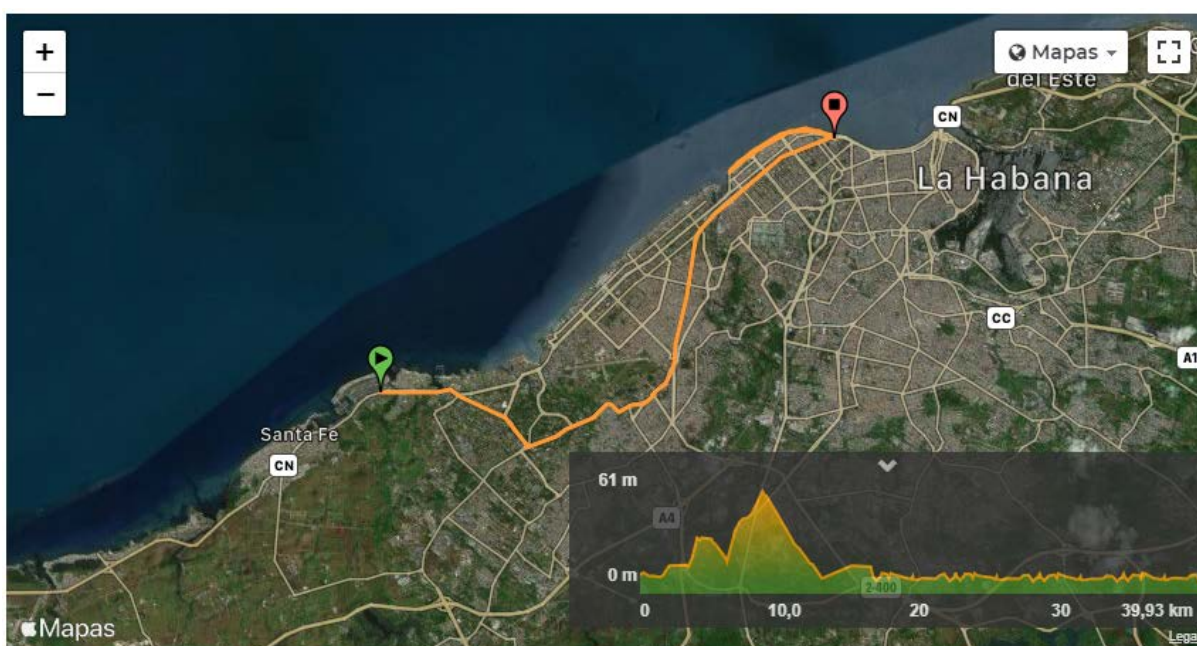


## 10 AMERICAN CUP COURSES

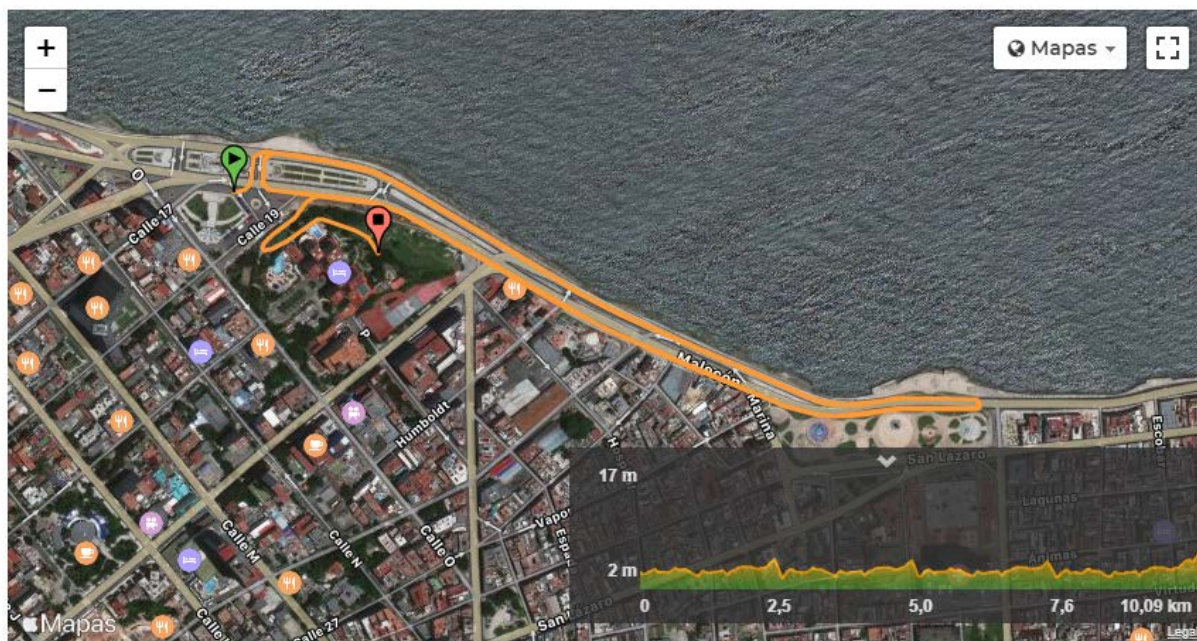
### 10.1 SWIM



### 10.2 BIKE



### 10.3 RUN





## ORGANIZERS



## SPONSORS



## COLLABORATORS



## VIDEO SUMMARY EVENT 2019

<https://www.youtube.com/watch?v=N4IWgixYSYA&t=3s>