



SARDEGNA

World Triathlon Cup

ARZACHENA
2022

ATHLETES GUIDE

English

1.6

Version of 09/05/2022

A scenic view of a rocky coastline. In the foreground, white foam from a wave washes onto a sandy beach. To the left, large, rounded, light-brown rocks are partially submerged in the water. The water is a vibrant turquoise color, transitioning to a deeper blue further out. The sky is a clear, bright blue with a few wispy white clouds near the horizon. The overall atmosphere is bright and sunny.

WELCOME IN SARDINIA

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SARDEGNA
World Triathlon
Cup
ARZACHENA
2022

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Greetings and a very warm welcome to the 2022 World Triathlon Cup Arzachena. We are delighted to be returning to beautiful Sardinia and stunning Cannigione, in the Arzachena municipality, where this impressive and challenging course made a star-studded debut in 2020.

It was thanks to the tireless efforts and collaboration of the Local Organising Committee and Italian Triathlon Federation alongside World Triathlon that we were able to stage the first Arzachena race that difficult year and then again in 2021, for a crucial Olympic qualifier here in the Sardinian hills. Now in 2022, we continue the Paris Olympic cycle and the start lists are set to be stacked once more.

The stunning coastal sprint-distance course begins with a sand-start swim off the idyllic beaches of the main town before the bike course heads north on a long and demanding climb out into the surrounding hills before the race concludes with two laps of a road and coastal pathway run. For the past two years, the best in the world have come to do battle here, and have left each time with renewed respect and appreciation for the unique tests the World Triathlon Cup Arzachena offers.

These World Cups continue to be the key development platform for our Elite athletes, hosting some of the biggest names and emerging talents in the sport. The support of our host cities and partners in providing such great stages for the athletes to perform on at the very highest level is essential to keep the sport thriving.

As such, I would like to extend my gratitude once more to the Local Organising Committee and the people of Sardinia, the Italian Triathlon Federation and all the volunteers for holding what I'm sure will be another fantastic World Triathlon Cup.

The best of luck to the athletes and teams in achieving their goals. I encourage you all to enjoy this beautiful setting as it welcomes the spectacle of World Triathlon racing, while adhering to the important guidelines as we continue to hold safe and secure racing. Have a wonderful weekend and enjoy the rest of the season.

Yours in sport,
Marisol Casado

World Triathlon President
IOC Member



As President of the Italian Triathlon Federation, it is a real pleasure to welcome you all to the World Cup in Arzachena and to host you again in Italy for such a prestigious event.

As well as being a feather in the cap of the Italian calendar, over the years the event scheduled for the 28th of May has been able to gain a prominent place on the international scene: it will be exciting to see the world's best athletes in Arzachena chasing first points for the new Olympic qualification, and to see them compete on a technical and challenging course that will enhance their values.

The breathtaking views, the scenery of the Costa Smeralda and the beautiful village of Cannigione will once again make this intense day of great sport unique, projecting us towards the Olympic Games in Paris 2024.

I would like to take this opportunity to thank the Region of Sardinia, the Municipality of Arzachena, the Organising Committee, the Armed Forces, the Police Forces and the medical staff who will be involved in the event during this particular time, as well as the many volunteers who will be committed to ensure the perfect outcome of the event.

We are looking forward to experience this event with all of you, following the rules of teamwork. See you at the changeover area!

Riccardo Giubilei

Presidente, Federazione Italiana Triathlon



COMUNE DI ARZACHENA

Arzachena is pleased to host the elite athletes of the Triathlon World Cup for the third year in a row. Again, the seaside village of Cannigione is ready to be the stage of the exciting swimming, biking and running competitions that have included and moved the Sardinian and international audience with their spectacular show.

Straight from the city of Osaka, the Triathlon world champions are gathering in Arzachena with great expectations and we are sure that, here, they will find the best conditions for carrying out the three disciplines and the warm welcome typical of Sardinia and the Sardinians. The race course designed and set up in an impeccable way by the organizers, then, received excellent feedback from the hundreds of participants who came to the island from over 40 countries in the previous editions.

We are confident that the success of the event will also be confirmed in 2022.

Investing in prestigious events such as the Triathlon World Cup and, in general, in outdoors sports, has brought excellent results in terms of tourist numbers and increased the notoriety of our territory. The collaboration born in 2020 with the National Federation, the International Federation and the Sardinia Regional Government forms the added value thanks to which the destination can win ever greater credit in the active and sustainable tourism market.

My gratitude goes to all the athletes, together with my best wishes for the extraordinary experience they will be living in Arzachena.

Roberto Ragnedda

Sindaco del Comune di Arzachena

Welcome to the WORLD TRIATHLON CUP ARZACHENA 2022

For the sixth consecutive year Sardinia will host a stage of the prestigious World Cup circuit of the international federation WORLD TRIATHLON.

The World Triathlon Cup Arzachena will be held over a sprint distance with a challenging cycling section, both in terms of technical and altimetric profile, while the running route will take place in the town centre and on the seafront of Cannigione, always facing the crystal clear waters of the Costa Smeralda. Another special feature of this race will be the transition zone, located between the beach and the Riva Azzurra Park, a natural stage that will allow the public to follow the athletes throughout the race.

The purpose of this guide is to ensure that all athletes, officials and stakeholders are well informed about all procedures regarding the Arzachena Triathlon World Cup 2022.

Please note that this information may change and final race information will be provided to athletes and team managers at the athletes' briefing.

Sandro Salerno

General Manager

ORGANIZZAZIONE

SPORTLAB S.S.D. A R.L.

Via Lucio Apuleio, 18

08100 Nuoro – Sardegna – Italia

info@wtcsardegna.com

www.triathlonarzachena.com

World Triathlon Office:

The WORLD TRIATHLON office is located at the **Blu Hotel Laconia**

Local Organiser Committee Office:

The LOC office is located at the **"Parco Riva Azzurra"**, and is open from Wednesday 25th May to Saturday 28th May



SARDEGNA



www.sardegnaturismo.it



SPORTLAB S.S.D. A R.L.

Via Lucio Apuleio, 18
08100 Nuoro – Sardegna - Italia
www.triathlonarzachena.com

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World Triathlon Technical Delegate

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World Triathlon Assistant Technical Delegate

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FITRI Media & TV Responsible

Marco Torricelli
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FITRI Administration Office

Stefano Mondello
stefanomondello@fitri.it

A blue-tinted photograph of swimmers starting a race. The swimmers are wearing dark wetsuits with white patterns and swim caps with numbers. They are splashing water as they start. In the background, spectators are visible on a bench. The word "LOCATION" is overlaid in white text.

LOCATION

CANNIGIONE

One of the most highly-frequented beaches of Arzachena, this is a wide expanse of golden sand with transparent waters and, behind it, one of the best-equipped tourist centres in the northeastern part of Sardinia

CLIMATE	MAY
Lowest temperature	14,4 °C
Average temperature	17,7 °C
Highest temperature	21,2 °C
Precipitation	40 mm
Lowest sea temperature	15.2 °C
Average sea temperature	17,6 °C
Highest sea temperature	21,2 °C



CANNIGIONE and ARZACHENA

It is located on the western side of the largest and deepest ria, that is an inlet created by a river mouth, in the northeastern part of Sardinia. Cannigione, a district of Arzachena, originally a fishing village, is a renowned tourist village. Its promenade is made up of the docks of a large, modern port. Next to it, is the 'city' beach: light, large grained sand leading into the sea with its infinite shades of blue. The seabed slopes gently and is very popular with those who like scuba diving and snorkelling. In fact, it has become one of Sardinia's diving centres par excellence: the banks of seagrass in various diving areas should not be missed, particularly at the Scoglio di Mortoriotto. Near the sandy shore there is also a car park, equipment and boat rentals, bar, restaurant and accommodation facilities.

Near the village, there are many other beaches, from the Gulf of Arzachena to the Salt Pans of Palau: La Conca, Tanca Manna, Mannena, Barca Bruciata and Isuledda. The shoreline is ideal for young families and provides you the possibility to choose nearby, exclusive locations every day: Porto Cervo, Baia Sardinia, Poltu Quatu. Along the 55 kilometres of Arzachena coastline, don't miss out on a visit to the little coves of Lu Multiccioni and Li Capanni, the long beach of Tanca Manna and the Caribbean feel of Cala Capriccioli.

Arzachena, less than ten kilometres from the village, embodies the style of the Costa Smeralda: pink granite and white stones characterize the architecture of the houses. There are green spaces, establishments, clubs and boutiques everywhere. The typical artisan products and Sardinian delicacies combine with luxury shopping. Boat trips depart from Cannigione and head to the Maddalena Archipelago National Park. To the south, there is the Stagno di Padula Saloni, a pond area in which, between the reeds, rushes and tamarisks, bird species nest, including the purple heron, the black stork, the osprey and the western swamphen, a species that lives exclusively in the island's lagoons. Also populating the brackish waters are coots, moorhens, egrets, mallards and sometimes the greater flamingo. The bushes in the pond area have a reddish colour in the summer, creating extraordinary scenic effects at sunrise and sunset. To the north of the village stands Punta Occhione, covered by a carpet of Mediterranean scrub: from the top you will enjoy the view over the entire gulf, as far as the Roccia dell'Orso (Bear Rock).



THE COSTA SMERALDA

Luxury hotels and villas, sparkling nightlife, exclusive boutiques, elegant aperitifs and fine dining. The Costa Smeralda is Sardinia's most glamorous vacation resort. Two boulders bearing its name welcome you on arrival, one at the southern end on the road that goes from Olbia to the most famous places, and one at the north, on the road leading to the brilliant blue of Baja Sardinia. The Costa Smeralda was born from the consortium founded by the Ishmaelite prince Karim Aga Khan in 1962, and it invites you to enjoy the fine cuisine, great shopping and the suave and luxurious lifestyle that distinguishes the heart of Porto Cervo, between Golfo Pevero, Pantogia and Capriccioli.

Its gracious architecture is characteristic: small, low, white buildings with soft lines that blend in beautifully with the surrounding Mediterranean vegetation, like the church of Stella Maris, designed by Michele Busiri Vici.

The Costa Smeralda's fame is due in large part also to some of its invaluable nearby natural attractions, like Cala di Volpe, an exclusive natural port where some scenes for the James Bond film *The Spy Who Loved Me* were filmed.

Other celebrated places include Grande Pevero, Liscia di Vacca, surrounded by Mediterranean brush and blessed with turquoise waters, Liscia Ruja, with its inlets framed by fragrant juniper bushes, Romazzino, with its transparent sea and white beaches, and Pitrizza.

The lovely bays with white sails draw your eyes to beaches and small islands, like the isola dei Cappuccini, Bisce island, south of Caprera, Li Nibani, Mortorio island, the little delle Camere islands and isola di Soffi. Along the coast is the Bottlenose Dolphin Research Institute, an international institute set up to study and safeguard these special dolphins.





SARDEGNA



www.sardegnaturismo.it

HOW TO ARRIVE



Air

Olbia Costa Smeralda Airport is connected with the main Italian and European locations with comfortable direct flights.

Connections:

<https://www.geasar.it/en/flights/network>

We recommend to plan your itineraries having connecting flights through Rome Fiumicino or Milano Linate airports.



Ferry

The port of Olbia, considered the main port of the Costa Smeralda, as well as representing one of the most important passenger ports in the Mediterranean, with over three million visitors every year.

Connections:

Civitavecchia

Genova

Livorno

Piombino

www.adspmaredisardegna.it/olbia/



Car

Port and Airport are about 25 km from Arzachena and 30 km from Cannigione, can be reached along the SS 125.

PHONE INFORMATION:

Italian Calling Code +39. Dial the rest of the telephone number removing the first 0.

EMERGENCY NUMBERS:

Polizia di Stato 113

Pronto Soccorso 118

HOSPITAL:

Hospital Giovanni Paolo II

Via Bazzoni - Sircana, località Tannaule

07026 OLBIA

tel. 0789 552200

Hospital Paolo Dettori

Via Grazia Deledda 19

07029 TEMPIO PAUSANIA

tel. 079 678200

EMERGENCY DOCTOR:

Guardia Medica di Arzachena

Via G. di Scanu

07021 Arzachena

tel. 0789 552600

PHARMACY:

Closest Pharmacy to the Race Venue:

Farmacia Cogoni Dr. Giuseppe

Via Nazionale,7

07021 Cannigione

tel. 0789 88035

Open Saturday 28 may and Sunday 29 may

link: <https://www.ordinefarmacisti.ss.it/>

POST OFFICE:

Poste Italiane

Piazza Ferdinando Magellano,10

07021 Cannigione

Orari d'apertura:

lunedì-venerdì 08:20 – 13:45

sabato: 08:20 – 12:45

BANK:

Unicredit

Viale Costa Smeralda,65

07021 Arzachena

Orari d'apertura:

lunedì-venerdì: 08:20-13:20 / 14:30-16:00

ATM / Bancomat Banco di Sardegna

Via L. Orecchioni,16

07021 Cannigione

AIRPORT TRANSFER

The LOC will provide transfers for Elite Athletes, Coaches, World Triathlon Staff and Technical Officials from the Olbia-Costa Smeralda airport to their hotel, and from their hotel to the Olbia-Costa Smeralda airport, with provision for bike transportation.

All transfers must be registered by Saturday 21st May 2022. Unfortunately, bookings cannot be accepted after this date.

World Triathlon Accredited Elite Athletes and their Coaches can book their airport transfers [here](#).

World Triathlon Staff and Technical Officials can book their airport transfers [here](#).

This LOC is only offering a free transfer service from Olbia-Costa Smeralda 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.

ACCREDITATION

LOC will provide all athletes, coaches, technical officials, journalists, etc. with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration on Thursday 26th May after the Race Online 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.

A sticker will be added on the accreditation of each person following the daily health check. The sticker will be different coloraturas for each day.

NB: Coaches and doctors will have to register through their national federation using the World Triathlon online registration system. Accreditations will not be handed out to anyone who is not registered in the World Triathlon registration system.

HOST HOTEL

Blu Hotel Laconia Village

Loc. La Conia

07021 Cannigione (SS)

Tel.+39 0789 86007

PARTNERS HOTELS

Residence Riva Azzurra

<http://www.residencerivaazzurra.com/en/index.html>

One-room apartment for 2 people without sea view € 65,00;

One-room apartment for 2 people with sea view € 73,00;

Two-room apartment for 2 people with sea view € 91,00.

Final cleaning of the flat euro 35, any additional person in the flat euro 8 per day (in one-room apartment max 1 extra bed, in two-room apartment max 2 extra beds).

TOURIST INFORMATION

Arzachena Tourism

<https://arzachenaturismo.com/?lang=en>

Sardegna Tourism

<https://www.sardegnaturismo.it/en/explore/cannigione>

TRAVEL & PARTICIPATION COVID-19



DOCUMENTATION REQUIRED FOR ENTRY/RETURN TO ITALY

For entry into Italy, it is necessary to present:

- a. Full vaccination with EMA-authorised vaccine, carried out less than 9 months ago (EU Digital Certification or equivalent certification for Italian authorities)
- b. Full vaccination with EMA-authorised vaccine and booster dose, in EU Digital Certification format or equivalent certification for Italian authorities
- c. Healing from COVID-19, since less than 6 months (EU Digital Certification format or equivalent certification for Italian authorities)
- d. Negative result of molecular swab test within seventy-two (72) hours prior to entry into Italy or antigenic swab test within forty-eight (48) hours prior to entry into Italy.

Certifications (a) to (d) may be produced in digital or paper form.

OTHER USEFUL INFORMATION

In Italy, there is no longer an obligation to show the so-called 'Green Pass' for access to transport, catering or hotel services, nor for access to other commercial establishments.

As of 1 May, it is compulsory to wear FFP2 type respiratory protective equipment in the following cases:

(a) for access to and use of the following means of transport:

- 1) aircraft used for commercial passenger transport services;
- 2) ships and ferries engaged in interregional transport services;
- 3) trains used in interregional, Intercity, Intercity Night and High Speed passenger rail transport services;
- 4) Buses and coaches engaged in passenger transport services, of an undifferentiated nature, operated on a continuous or periodic basis by road on routes linking more than two regions and having fixed routes, timetables, frequencies and prices;
- 5) buses used for rental services with driver;
- 6) vehicles used in local or regional public transport services.

b) for shows open to the public that take place indoors in theatres, concert halls, cinemas, entertainment and live music venues and other assimilated premises, as well as for sports events and competitions that take place indoors.

In addition, it is mandatory for workers, users and visitors of health, social and health care facilities to wear respiratory protection devices.

In case of symptoms compatible with COVID-19, it is compulsory to report the situation promptly to the Health Authority through the specially dedicated telephone numbers and to stay in isolation, waiting for the decisions of the Health Authority.

For information call the ATS toll-free number 800311377



COMPETITION ACTIVITIES



TRAINING SITES

Athletes are recommended to keep distance during running sessions and during their session at the beach.

- **SWIM**

Cannigione is located by the sea, therefore there are many beaches to choose from where you can swim in "Costa Smeralda" crystal clear sea.

Training sessions in 25 meter outdoor swimming pool are possible at "Villaggio Golfo Arzachena - ASD Gio.Ca.Sport Sardegna" in Cannigione, 1 km far on the road to Arzachena (SP13), starting on May 21st.

Two lanes available from 9:00 to 19:00

- € 10 person/hour

- € 15 lane/hour for 2 persons

Contact for reservation: Massimo +39 348 3306209

- **BIKE**

Several bike routes are usable, especially those that follow the coast.

We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

- **RUN**

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



RACE BRIEFING

Athletes briefing will be virtual and it will take place on Thursday 26th May at 17:00 local time. Please register for the athletes' briefing in the link:

https://us02web.zoom.us/webinar/register/WN_Gt2e2ERaaKuPz3zymW6g

The recording of the briefing and the presentation will be available after the session [here](#).

RACE PACKAGE DISTRIBUTION

Race package to be collected between 18:00 - 20:00 local time on Thursday 26th May at **Blu Hotel Laconia Village** by the athlete. The use of mask and social distancing is mandatory.

The athletes/coaches must ARRIVE according to the time slot below:

18:00: AUS, AUT
18:15: BEL, BRA, CAN, CHI
18:30: CZE, ESP, FRA
18:45: DEN, ECU, EST, GBR, GER
19:00: HUN, IRL, ISL, ISR, KAZ, LUX
19:15: ITA, MAR, MEX, NED
19:30: NOR, NZL, POR, RSA
19:45: SUI, SVK, SWE, TRI, USA, Other

All athletes and coaches must fill in the pre-event questionnaire prior to the race package distribution.

COURSE FAMILIARIZATIONS

Swim course familiarization will be performed on Friday 27th at 11:30 - 12:30 local time.

Bike course familiarization be performed on Friday 27th at 15:00 local time, for a total of 2 laps.

COMPETITION ACTIVITIES

It is mandatory to use face masks and maintain distance in all indoor venues, including the Athletes Lounge, the Race Package Distribution and Antidoping room.

Wheel stations:

- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.

Finish Area:

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- All recovery stations will be self-served.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). Any non-accredited persons can watch the event from the spectator's areas.
- A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

Medal Ceremonies:

- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers.

SPECTATORS' ACCESS

Spectators can access the event in the areas and in the manner indicated by the organisers

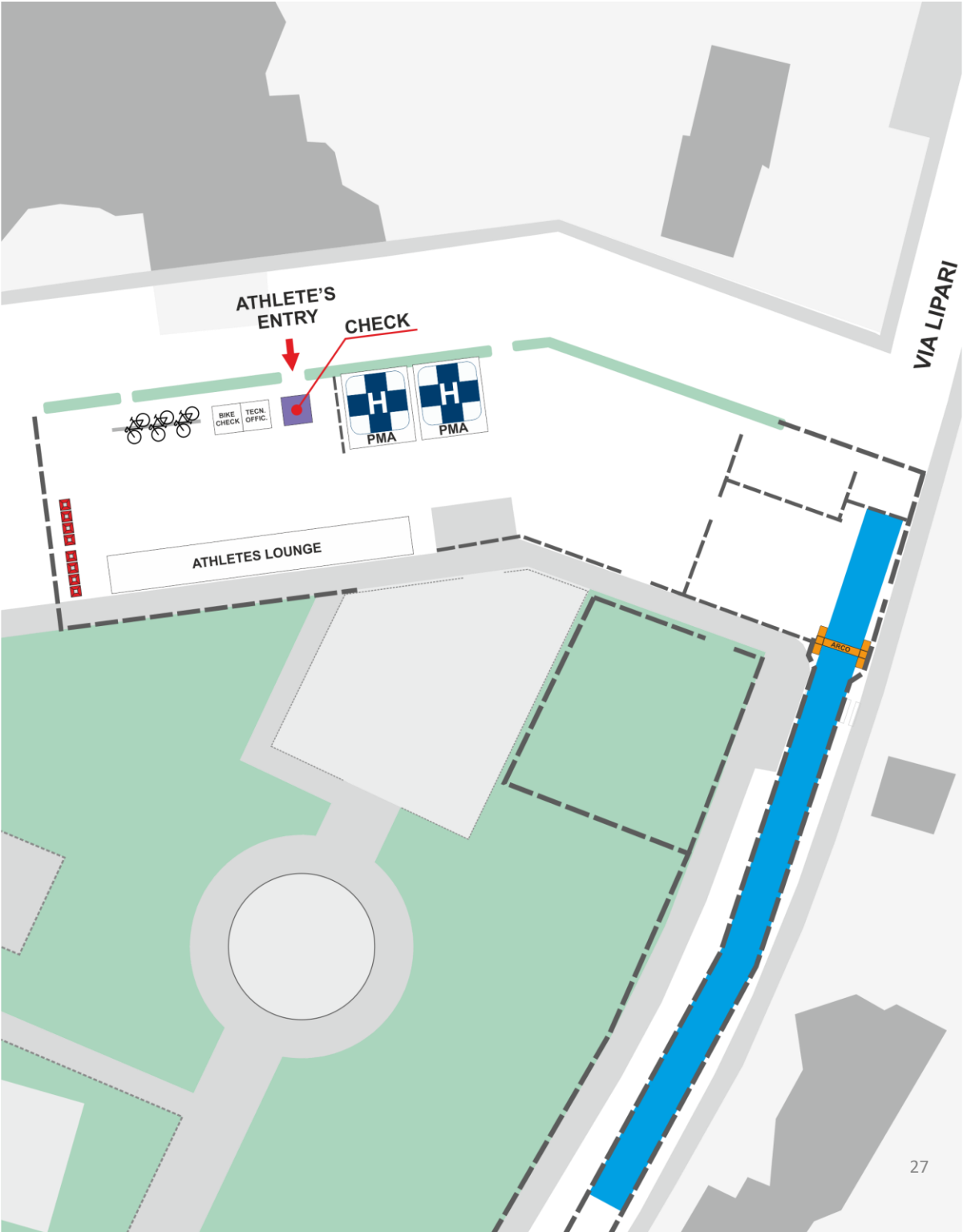
CLEANING ON SITE

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

COVID-19 MEDICAL PROTOCOL

- a. COVID-19 emergency contact details:
Please contact +39 3425989030 in case of COVID-19 symptoms
- b. In case of positive case the procedure will be implemented in agreement with the Local Health Authority

ACCESS IN THE RACE AREA





RULES

RACE PROGRAMME

THURSDAY 26th MAY

- 17:00 Race online briefing
- 18:00- 20:00 Collect race packs

FRIDAY 27th MAY

- 11:30 - 12:30 Swim familiarisation
- 12.45 - 13:15 World Triathlon Coaches' committee rep meeting with TD
- 15:00 Bike familiarisation

SATURDAY 28th MAY

Women's Race

- 09:00 - 10:00 Athlete's Lounge check-in
- 09:30 - 10:15 Transition check-in
- 09:30 - 10:15 Swim warm up
- 10:20 Athlete line up
- 10:30 Women's start**
- 11:45 Women's award ceremony

- 11:45 Run course measurement for Coaches

Men's Race

- 14:00 - 15:00 Athlete's Lounge check-in
- 14:30 - 15:15 Transition check-in
- 14:30 - 15:15 Swim warm up
- 15:20 Athlete line up
- 15:30 Men's start**
- 16:45 Men's award ceremony

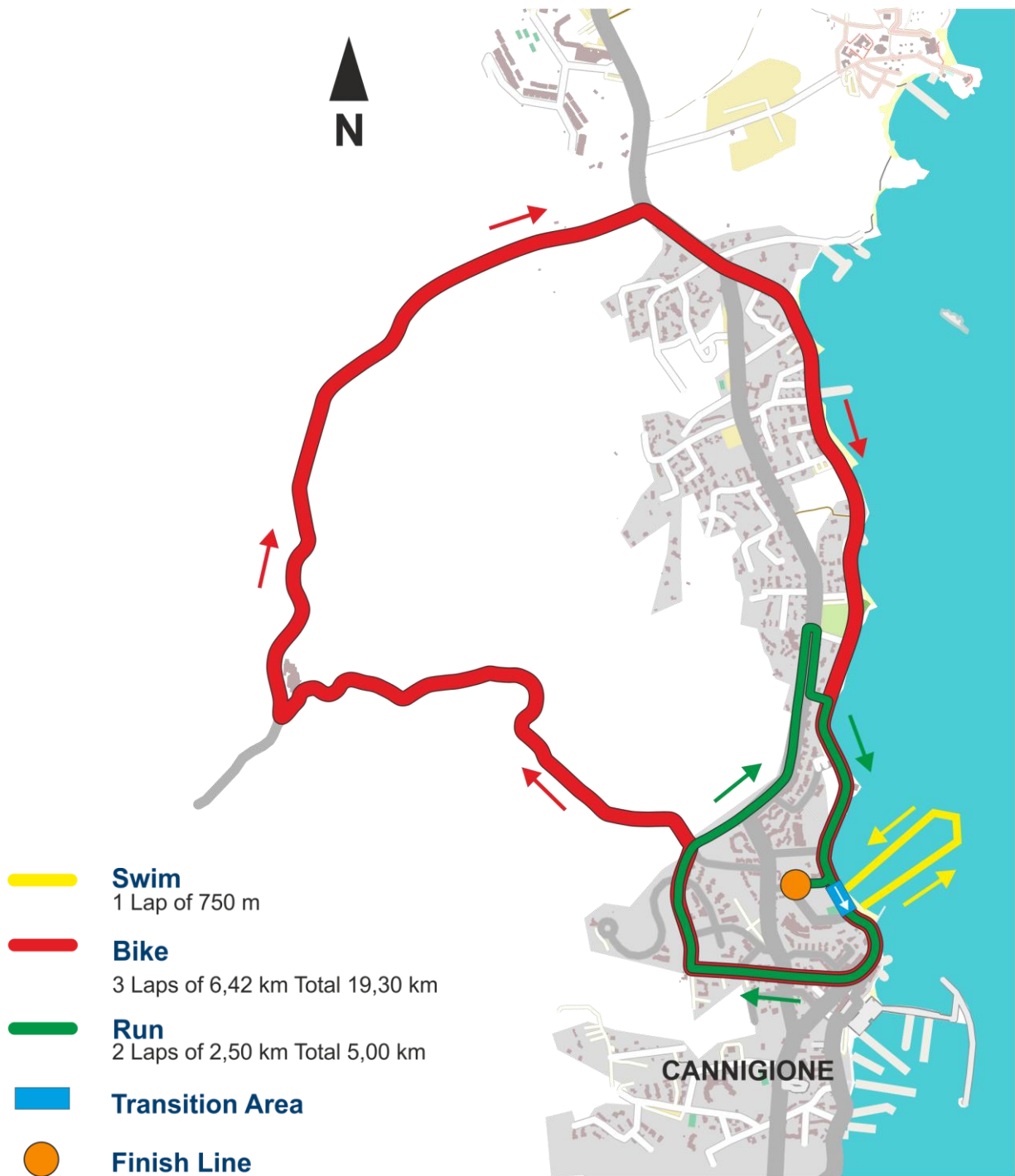
COMPETITION RULES

The competition rules for World Triathlon Cup Arzachena are those published by the World Triathlon Official Web Site. They can be found at the following webpage:

https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf

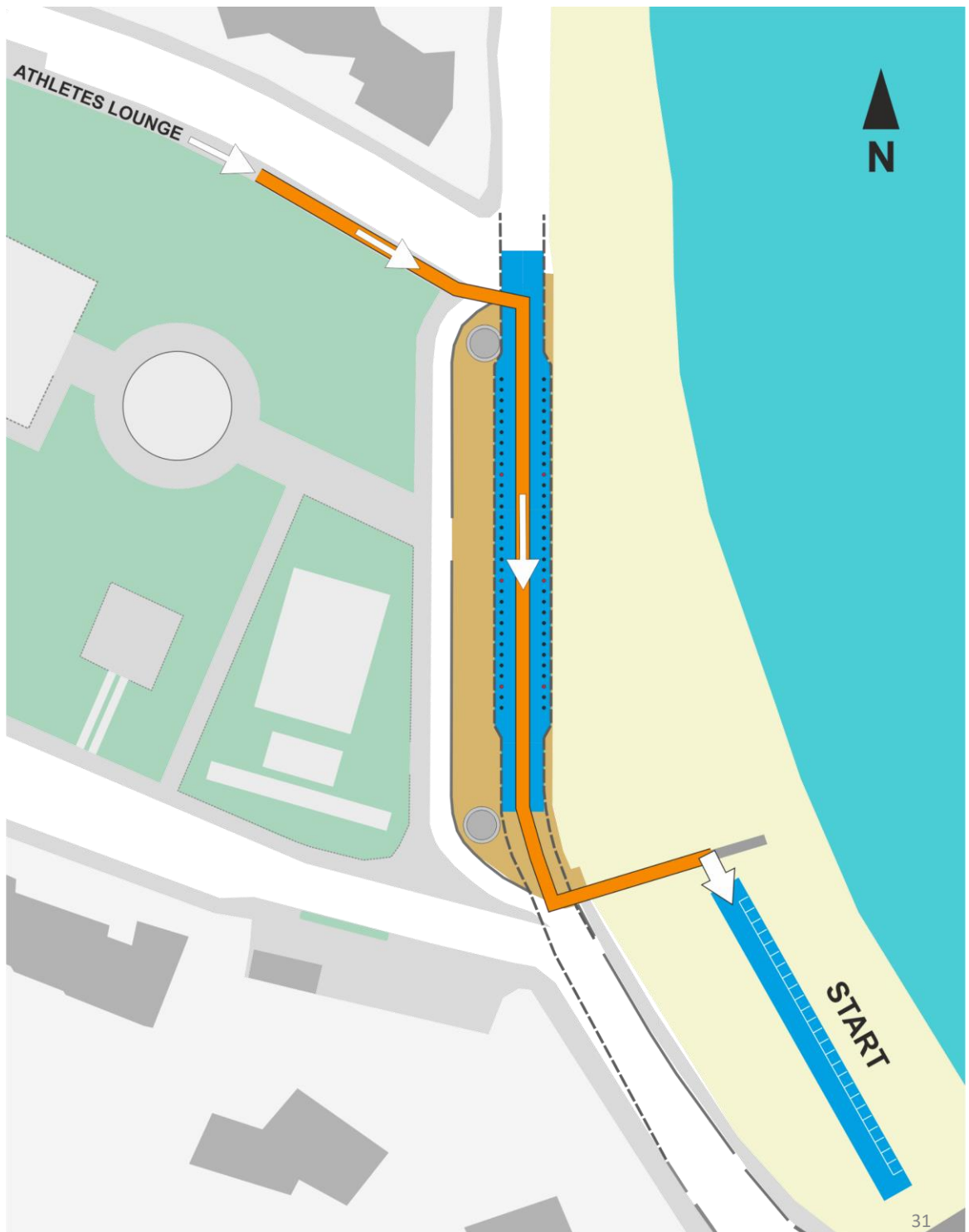


GENERAL MAP



ATHLETES CALL

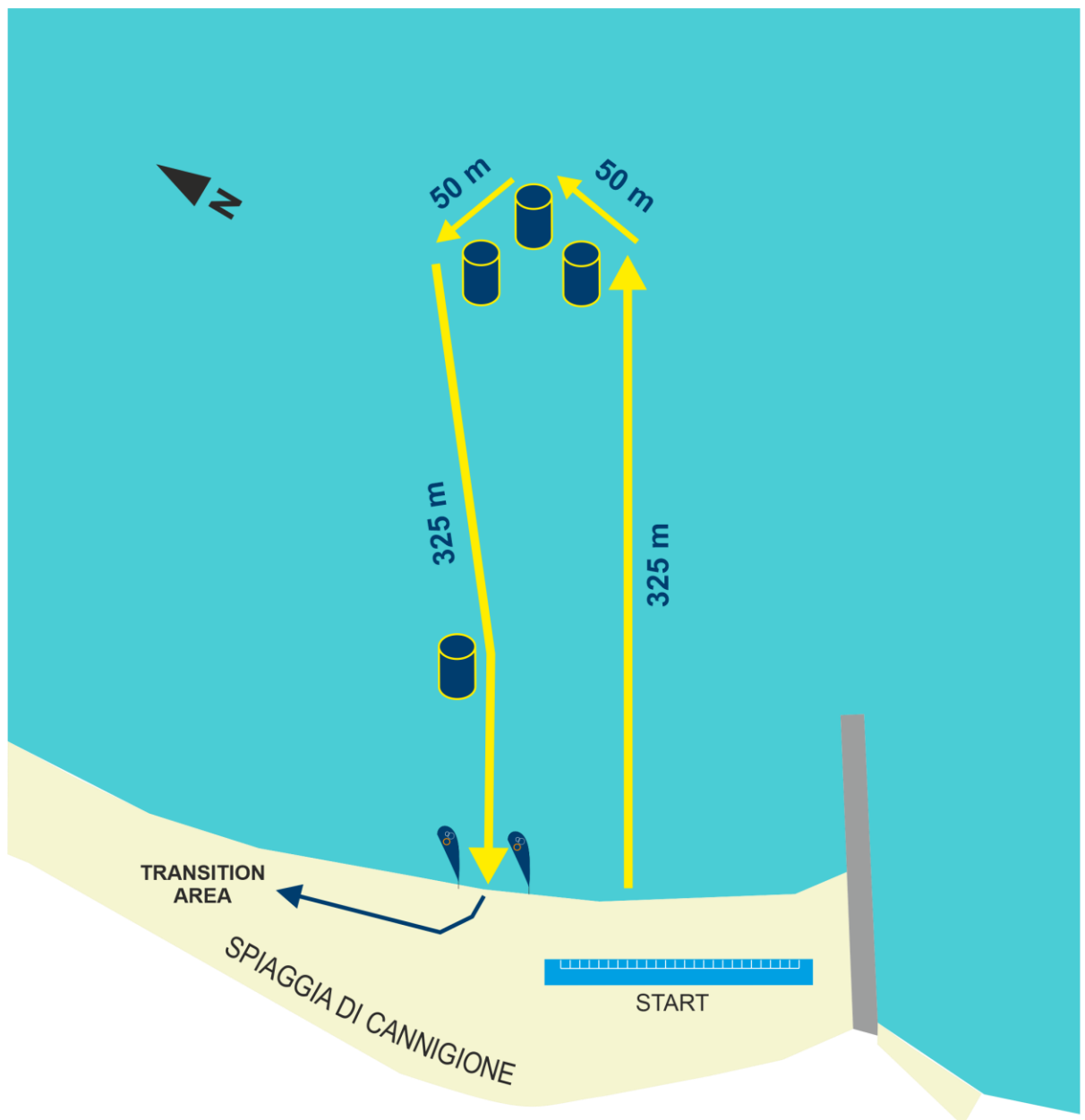
Following the call, athletes will follow the indicated course taking them to the swim start.



SWIM COURSE

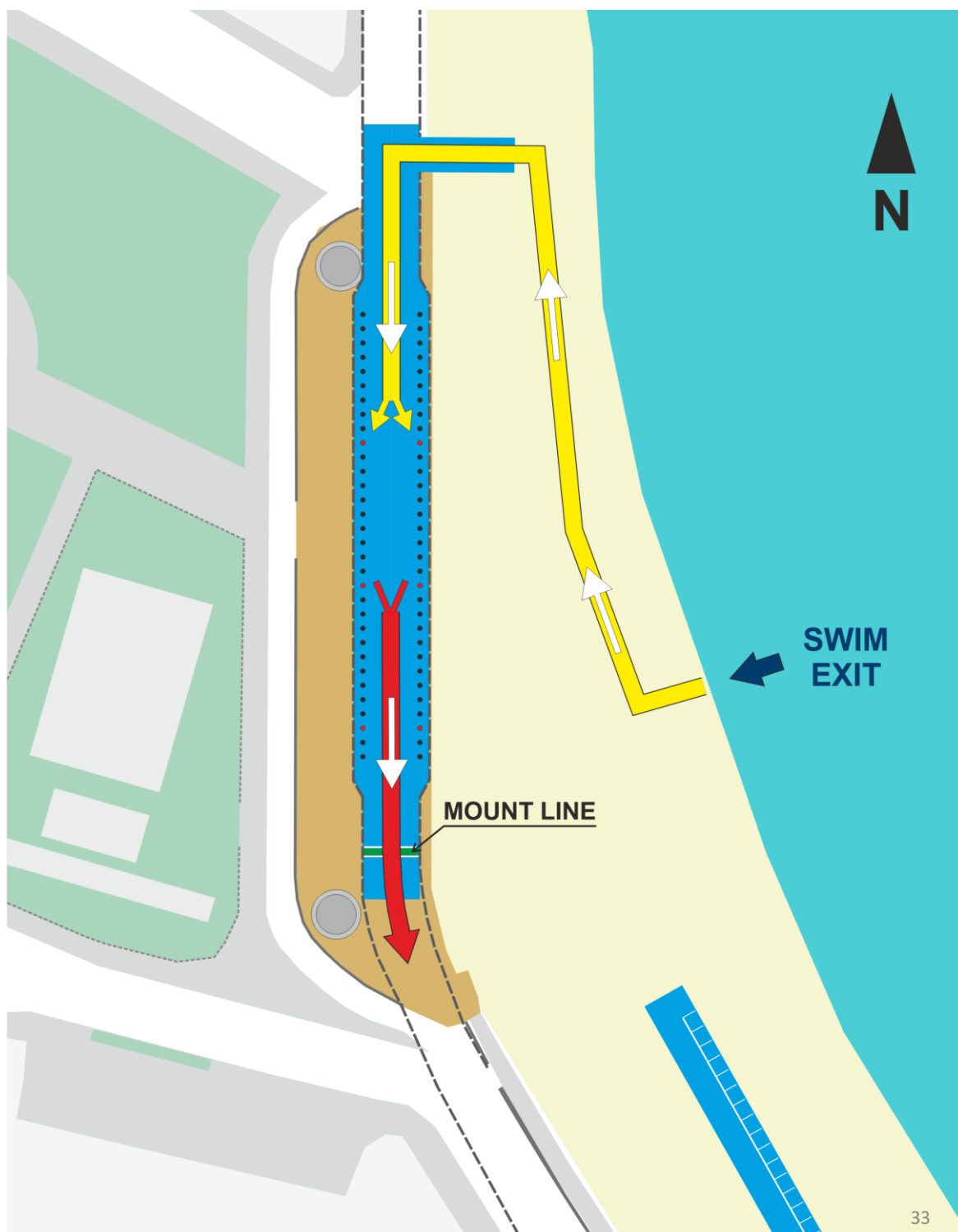
The swim will be a beach start. It is a one lap course of 750m, to be swam anticlockwise. The first buoy is at 325m, this is followed by a slight left hand turn towards the second buoy, another slight left hand turn towards the third buoy and then a straight 325m back to the exit. When exiting the water to return to the transition area follow the course.

Water temperature should be between 15,2 °C - 21,2 °C.



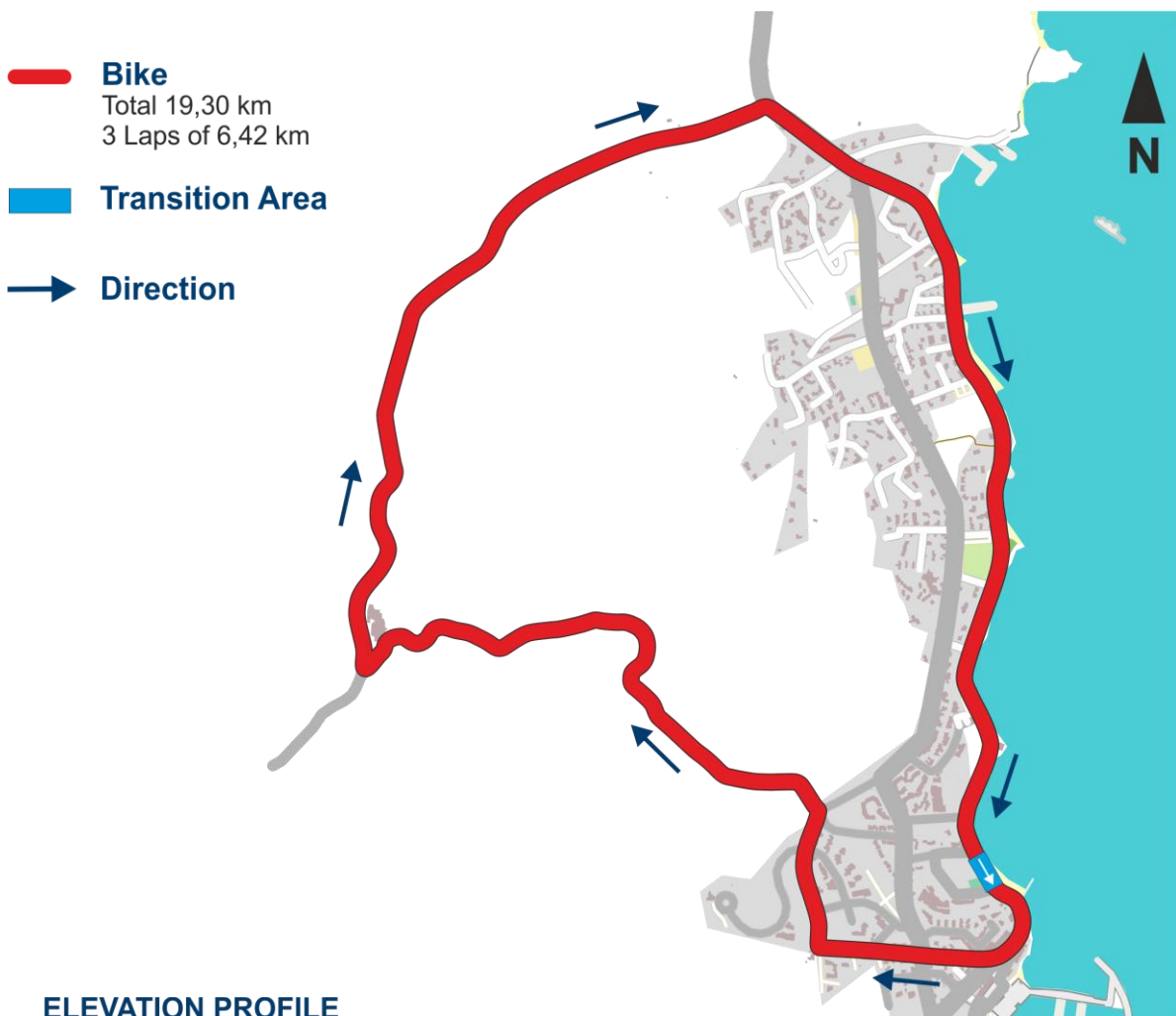
T1 ENTRANCE & EXIT

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.



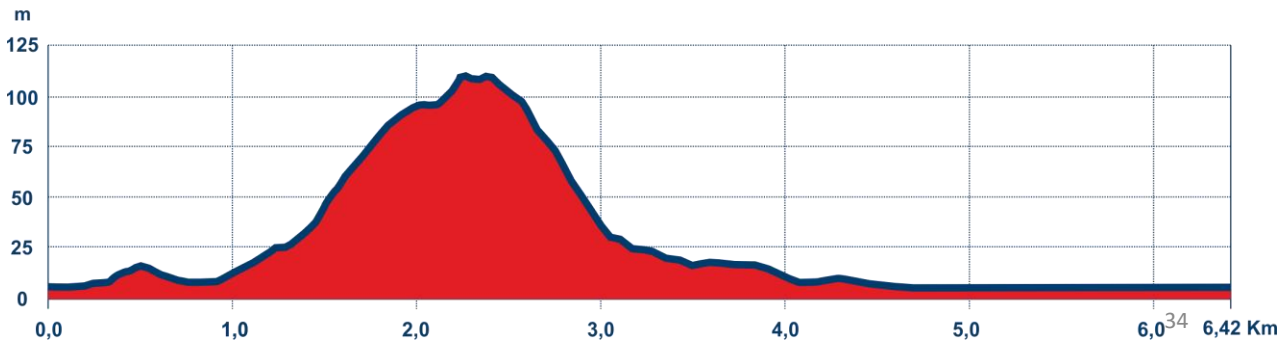
BIKE COURSE

The bike course consists in 3 identical laps of 6,42km each, riding clockwise. After the first kilometer through the streets of Cannigione, continue outside town and face the demanding climb that leads to Micalosu at a height of 112 meters. Start the descent towards Cannigione from here and ride the last two kilometers along Cannigione's seaside. Proceed until you reach the transition area and keep on for the next 2 laps.



ELEVATION PROFILE

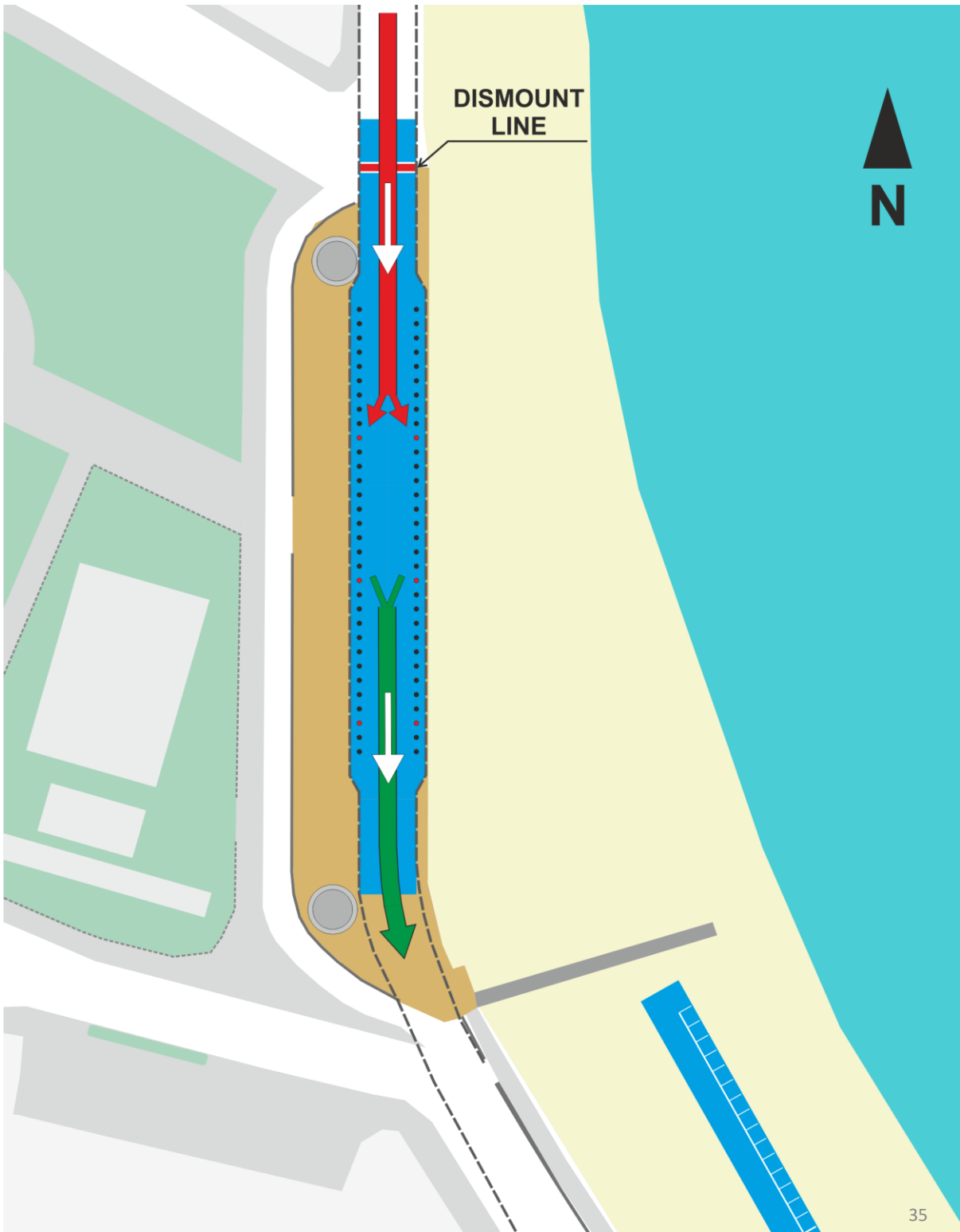
Total Ascent: 132 m x 3 laps Max Elevation: 112 m





T2 ENTRANCE & EXIT

See the map below for the entrance into T2 and exit from T2, and the Dismount Line.



RUN COURSE

The running course consists in 2 identical laps of a 2.50 km loop each, to be performed clockwise. Exit T2, run until you cross a section already traversed during the bike course, keep running along Cannigione's seaside 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 right onto the finish line.



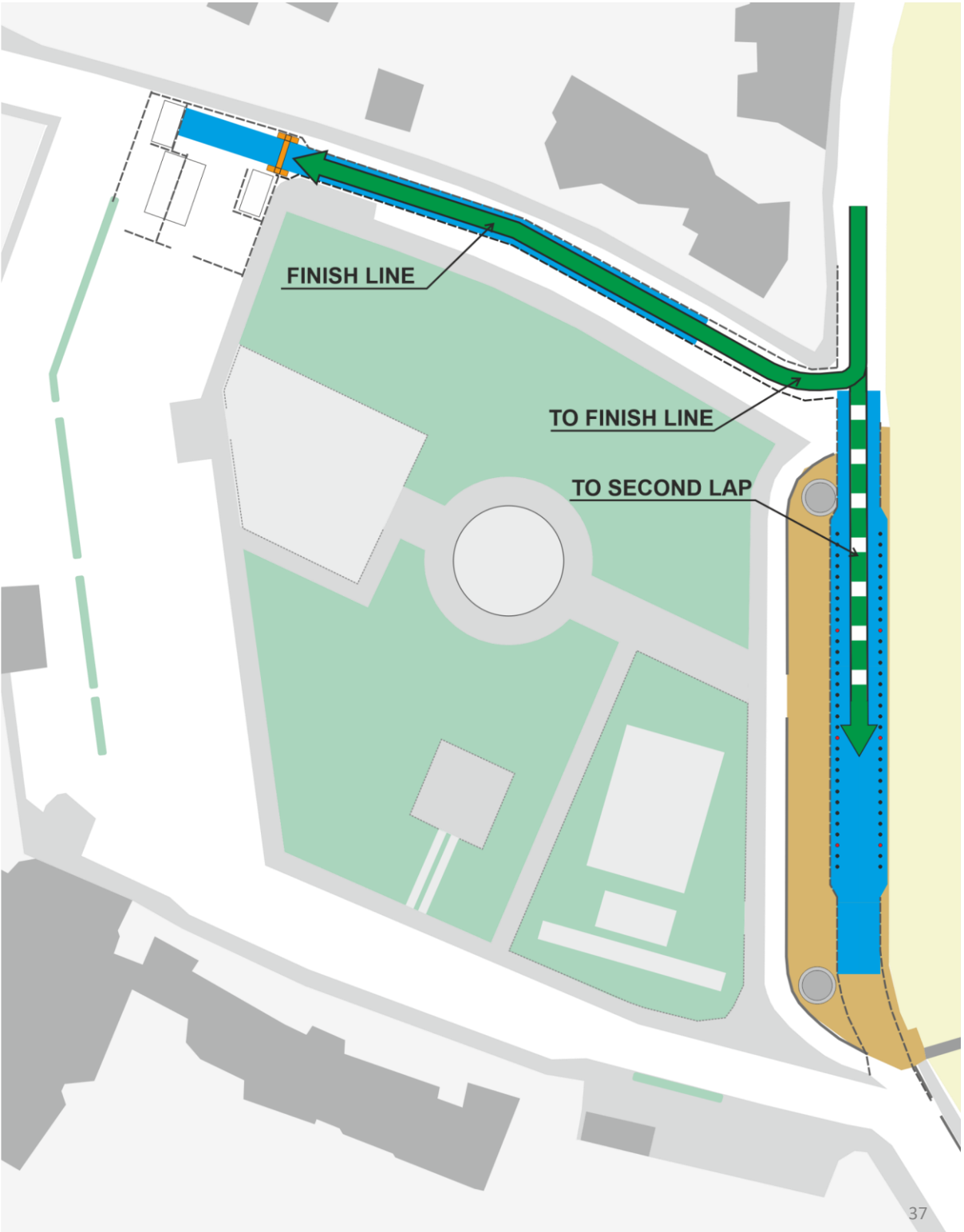
ELEVATION PROFILE

Total Ascent: 22 m x 2 laps Max Elevation: 20 m



FINISH LINE

See the map below for the path to take for the finish line. On the last lap pass turn right to the finish line.



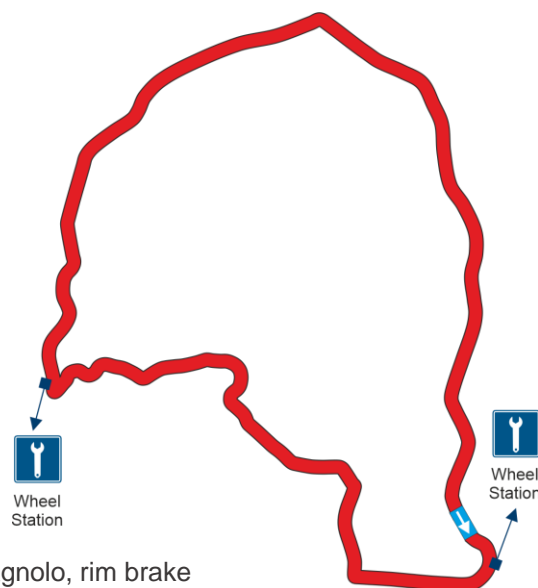
WHEEL STATION

There will be 2 wheel stations on the bike 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 (30' before start).

2) Neutral Wheel Station: at approximately halfway lap on the bike course on the left hand side. The LOC will provide the wheels to this wheel station and these will be available:

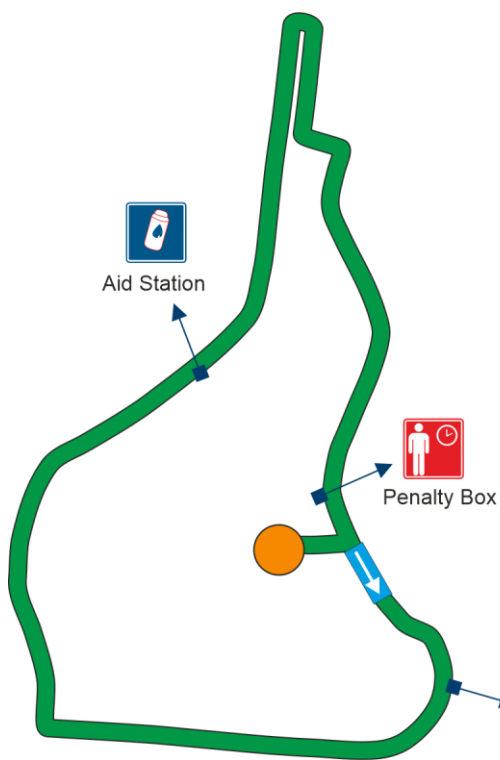
- 3 x 700c Front wheels, rim brake
- 3 x 700c Front wheels, 160mm rotor disc brake
- 1 x 700c Front wheels, 140mm rotor disc brake
- 1 x 700c Rear wheels with 10speed cassette Campagnolo, rim brake
- 1 x 700c Rear wheels with 11speed cassette Campagnolo, rim brake
- 2 x 700c Rear wheels with 11speed cassette Shimano, rim brake
- 2 x 700c Rear wheels with 11speed cassette Shimano, 140mm rotor disc brake
- 2 x 700c Rear wheels with 12speed cassette Shimano/Sram, 140mm rotor disc brake



AID STATION

On the run course there will be 2 aid station. The 1st is positioned at 150m from the T2 exit, on the left hand of the course. The 2nd is positioned 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 "littering zone".



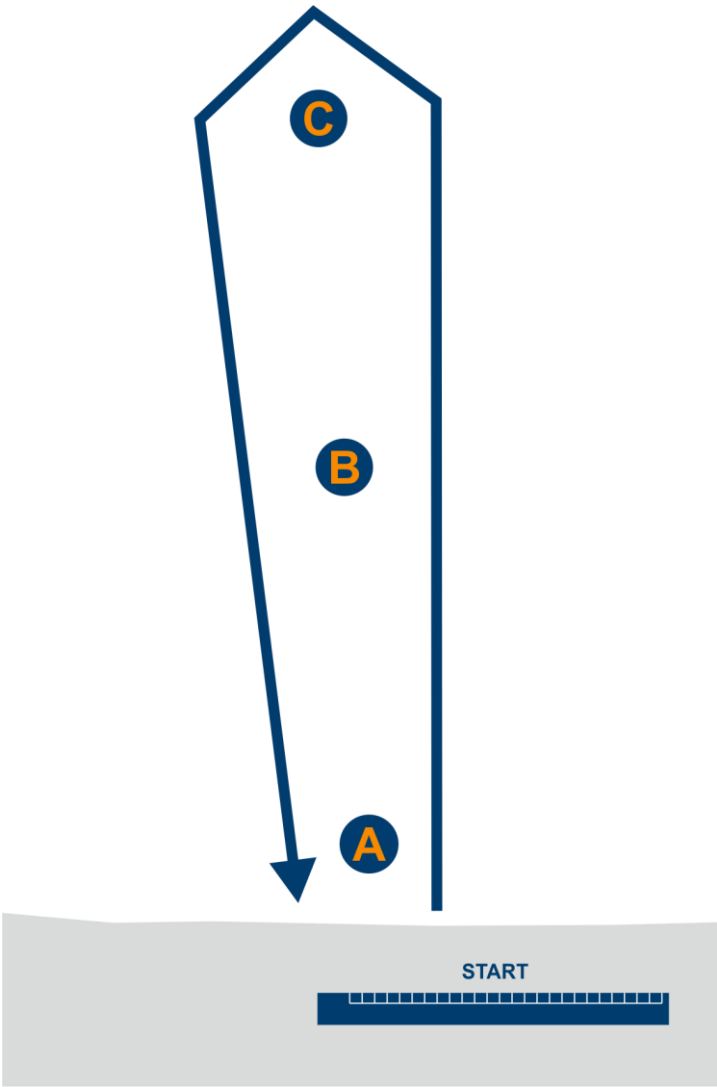
PENALTY BOX

The Penalty Box will be found at the end of each run lap.

TEST

Test date: 29/03/2022
Analysis lab: BIOLAB di PATRIZIA MILILLO - OLBIA

Parametro Analitico	Unità	punto A	punto B	punto C	Limiti D.Lgs. 116/2008	Limiti ITU	Metodo Analitico
Escherichia Coli	UFC/100ml	<1	<1	3	500	250	UNI EN ISO 9308-1:2002
Enterococchi Fetali	UFC/100ml	1	<1	1	200	100	UNI EN ISO 7899-2:2003
pH	Unità	8,03	8,12	8,14		6 - 9	APAT CNR IRSA 2060



FAMILIARISATION

- **SWIM**

Swim course familiarisation be performed on Friday 27th May at 11:30 - 12:30 local time.

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.

- **BIKE**

Bike course familiarization be performed on Friday 27th at 15:00 local time, for a total of 2 laps.

- **RUN**

Run familiarisation is not provided.

RUN COURSE MEASUREMENT

There will be an official run course measurement opportunity for Coaches on race day at 11.45. Coaches will meet at the Mount line with the Technical Official and must register at the race package distribution.

ATHLETE'S LOUNGE

The Athletes Lounge is located between Transition area and Finish line. Toilets, seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race.

COACH ZONE

Coach zone will be found at the following points: Start area, Swim exit area, Transition Zone, Penalty Box, Bike and Run Course. Coaches require their accreditation pass in order to enter these zones.

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.

DOPING CONTROL

Doping Control will be performed according to the WORLD TRIATHLON/WADA rules. Testing will take place inside the Doping Area.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on 10th October 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.

RESULTS

Results will be uploaded live to the WORLD TRIATHLON official website: www.triathlon.org

All the results information will be distributed to the Team Managers at the LOC Information Office.

PROTEST & APPEALS

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

UNIFORM PRINTING SERVICE

RS SERVIZI

Viale Costa Smeralda, 73 B - Arzachena (SS)

+39 0789 83456 - info@rsservizi.it

Opening times: Monday to Friday from 9.00-13.00 and from 16.00-18.00

BIKE MECHANIC

Bike Mechanic Support will be available near the race headquarters (see map below), at the following times:

Wednesday 25th may 15:00-19:00

Thursday 26th may 09:00-13:00 and 15:00-19:00

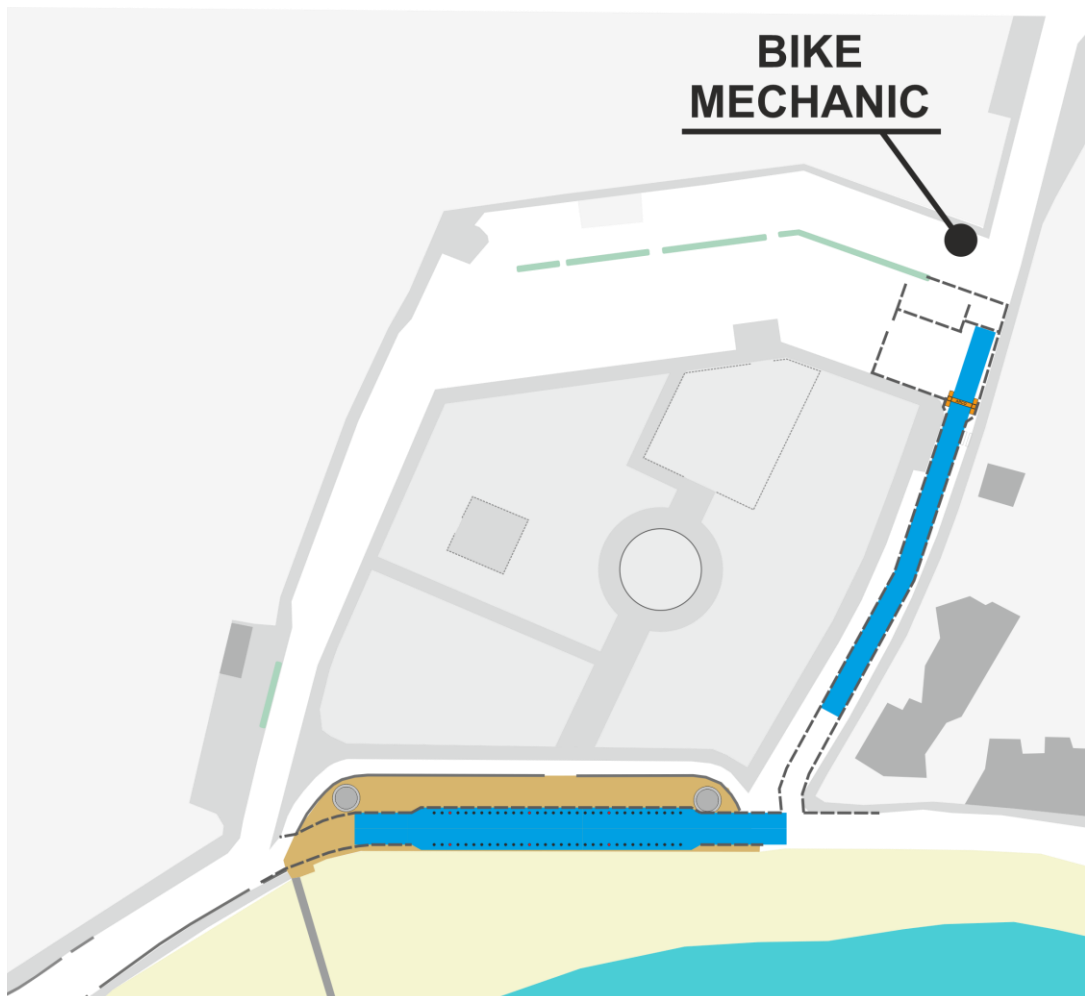
Friday 27th may 09:00-13:00 and 15:00-19:00

Saturday 28th May 07:00-09:00 and 12:00-14:00

Contact the LOC Office if you need help outside these hours.

Days before the race: Bike e Fitness Arzachena:

Viale Costa Smeralda, 54, 07021 Arzachena SS - +39 0789 396397





PRIVACY

PRIVACY POLICY

1) Controller and categories of processed data

Participation in the Event and the provision of the services linked with it entail the processing of personal data such as: personal data and those of the participant's involvement with sports companies/events; pictures and videos containing the participant's likeness; times of transit at control points and/or timing; geolocation data of the participants who employ a geolocation device and the services linked with it.

The participant's health data may be processed (such as those concerning pathologies disclosed by the participant and included in medical reports) if strictly necessary for entering and participating in the Event (such as entering a special competition category for special needs athletes and/or requesting special assistance) and only with the explicit consent of the data subject. In these cases, the consent of the data subject is required to participate in the Event and the failure to grant it shall prevent the participant to complete the registration.

The Organizer acts as the controller.

2. Aims and purposes of the data processing

The use of the aforementioned personal data is inherent in the nature of the sports Event, in its organizational needs, and in the offer of services to the participants.

The Organizer uses and processes the data, also through his/her technical and service partners and the companies linked to them, for: checking participation requirements; timing and tracking; medical assistance; photography and videos (paid too) for media and participants; communications with sport and public authorities; documenting the Event; the Event's promotion and commercial operations.

Therefore the purposes of the data processing are:

- i. providing services linked with the participants' registration to the Event and the smooth conduct of the Event (e.g. management of the registrations, the timing of recognizing and publication of the results, i.e. making available to the participants the photos and videos of the Event);
- ii. consent of the subject (e.g. processing health data for marketing purposes as specified in the following);
- iii. the legitimate interest of the Organizer and his/her commercial partners (e.g. publishing images and results to document the Event);

- iv. complying with legal obligations (e.g., in the case of communications with public authorities);
- v. safeguarding the interests of the participant or of another person (e.g. when medical assistance is required during the Event). The

The Organizer would like to call the participants' attention to the fact that photographs and videos of the participants, either in movement or still, will be taken during the Event; according to the purposes stated above (in particular, i and iii) the Organizer shall be at liberty to use them, i.e. allow the sponsors and service and technical partners of the Event to use such images for a) documenting the Event; b) selling

videos and photo shoots of the Event with the aim of offering free or paid photos and videos, exclusively for private use, to all the participants and the persons authorized by them. The authorization of filming one's likeness during the Event is a necessary prerequisite to participate in the Event since the rules of the Event include video and photo reporting of the competition for documentation and to offer all the participants the chance to buy photos and videos of it. Therefore any failure to authorize the use of one's likeness for such purposes, and the Waiver, determine the exclusion from the Event.

3. Data traffic and dissemination

The Organizer informs the participant that the Event is organized and managed also by technical and commercial partners and with the support of the sponsors. The services provided by such partners may include registration, tracking, timing, live-action photography and video, and other services. Some of these may require that the participant registers on the partner's platform or processing by the partner as an autonomous controller. In such cases, the participant is invited to read the partner's privacy policy. The participant can email the Organizer at any time to request the list of the partners and sponsors.

Given the public nature and purposes of the Event, the participants acknowledge and accept that the data concerning their likeness, timing and results, i.e. their position in real time wherever tracking services are active, can be made publicly accessible on the Organizer's, sponsors' and partners' websites and/or transmitted to third parties for the purposes of reporting, documentation, promotion of the Event, of providing specific services linked to the Event, such as the sale of videos and photo shoots, for complying with legal or regulatory obligations and for safeguarding the vital interests of the participants (such as communicating with the competent authorities and staff during rescue operations and/or providing medical assistance during the Event).

4. Authorization for publicity usage of the participant's likeness

The participant's authorization gives permission to the Organizer to use the shootings and images that include his/her likeness to promote the Event and other events organized by the Organizer. The participant can withdraw his/her consent at any time by writing to the Organizer.

5. Treatment for marketing purposes

If the participant uses his/her email address to register for the Event the Organizer may use such address even via his/her service partners, without obtaining a previous consent by the participant, to send him/her commercial emails on his/her products and services linked with the Event or any other such events and initiatives. The participant may unsubscribe from this service at any time following the instructions included in every email. Notwithstanding the above and with the free and specific authorization of the participant that can be withdrawn at any time, the Organizer, via his/her service partners, may:

- a) use the participant's personal data (email, address, and phone number) for commercial purposes, market research, surveys, offers of products and services of his/her commercial and service partners by traditional forms of communication (i.e. snail mail, phone calls, etc...) and automated forms of communication (i.e. prerecorded calls, e-mail, fax, SMS, MMS, apps, etc...);
- b) transmit to some categories of third parties (in particular, the Event's sponsors and other companies providing the Organizer with products and services for the Event and more generally sports activities) the participants' personal data (email, address and phone number) for purposes of commercial communication, market research, surveys, offers of products and services made via traditional means of communication (i.e. snail mail, phone calls, etc...) and automated means of communication (i.e. prerecorded calls, e-mail, fax, SMS, MMS, apps, etc...). Such parties will act as independent controllers and will be required to communicate their privacy policy to the participant.

6. Data retention and controllers

The participants' data will be retained in the digital archives of the Organizer and subjected to the protection measures set out in art. 32 of EU Regulations 2016/679. The information shall be retained for the time needed by the purposes for which it was gathered and possibly for a longer time if data retention is deemed necessary to protect the rights of the Organizer or third parties (i.e. the data linked to the Event registration will be retained for ten years, also in light of potential complaints by the participant within the regular ten-year time of prescription).

The data relating to the results of the Event will be retained as long as there is an interest in documenting the same Event. The personal data used to send commercial emails will be retained as long as the participant exercises his/her right to withdraw the consent accorded previously. The image data of the participants shall be retained for as long as the Organizer may legitimately dispose of the Event's footage. For the purposes of data retention and treatment, the Organizer may use third parties under his/her responsibility. The Organizer will name such parties as Controllers pursuant to art. 28 of EU Regulation 679/2016. The data subject can at any time request the list of the Controllers named by the Organizer at the address provided in art. 9.

7. Data transfer outside the EU

In the case of data transfer outside of the European Economic Area (EEA), the participant's data may be transferred following a vetting by the European Commission which will ascertain that the non-EEA country is able to guarantee adequate data protection. In the case of transfers to non-EEA countries whose level of data protection has not been acknowledged by the European Commission, the Organizer shall use a Waiver applicable to the specific situation, i.e. he/she will implement one of the following measures to guarantee data protection:

- standard contract terms approved by the European Commission; or
- binding corporate rules, if applicable.

The data subject may submit a written request as per the instructions contained in the following to obtain a copy of one of these details and measures, if available.

8. Rights of the participant

The data subject can at any time exercise his/her data protection rights pursuant to articles 15-22 of the GDPR 2016/679. These rights include:

- a) Access: the data subject can obtain information relating to the treatment of his/her data and a copy of such data.
- b) Rectification: the data subject can request rectification of his/her data when such data is inaccurate or incomplete.
- c) Erasure: the data subject can request the erasure of his/her data by withdrawing his/her consent and if there is no other legal ground for the processing.
- d) Restriction of processing: the data subject can obtain the restriction of processing in the cases provided by the law (e.i. If he/she contests the accuracy or treatment of the personal data).
- e) Objection: the data subject can object to the processing of data if the processing based on the Organizer's legitimate interest for purposes relating to his/her specific situation, unless mandatory reasons exist that override the interest of the data subject (i.e. when the data processing is needed to defend a right of the Organizer in a court of law).
- f) Withdrawal of consent: the data subject can withdraw the consent previously given for the purposes of data processing.

The data subject may, at any time, object to the processing of his/her data for marketing purposes and revoke the consent previously given by following the instructions included in each commercial email. The participant acknowledges that his/her objection (see abovementioned article), withdrawal of consent (see art. 4) or consent (see Waiver) to using images of his likeness shall have effect as far as possible to stop the publication of such images within reasonable costs and means. The objection and withdrawal shall not affect the lawfulness of the usage that has been made of it in the intervening time. The rights in question may be exercised via written communication to the Organizer. Pursuant to existing law the data subject may also submit a complaint to the Data Protection Authority (Garante per la Protezione dei dati personali), Piazza di Monte Citorio n. 121 – 00186, Rome, Fax: (+39) 06.69677.3785, protocollo@pec.gdpd.it

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