2022 AMERICAS TRIATHLON CUP LONG BEACH

ATHLETE GUIDE

5825 Delmonico Drive
Colorado Springs, CO 80919-2401
719. 597. 9090
usatriathlon.org

JUNE 27, 2022

WELCOME!

Dear Athletes,

On behalf of USA Triathlon, I'd like to welcome you to Long Beach, California, for the 2022 Americas Triathlon Cup Long Beach, held as part of the second annual Legacy Triathlon weekend. We're thrilled to celebrate the return of racing in California, and to experience all the excitement and energy of a world-class multisport event. While we're here, I'd like you to take a moment to reflect on what it means to race at Alamitos Beach, the proposed site of the triathlon competitions for the Olympic and Paralympic Games Los Angeles 2028. By toeing the line at this event, you are leaving your own legacy on triathlon's Olympic history.

The Legacy Triathlon was born from an idea to give back to the local multisport community in Southern California — the birthplace of triathlon — while contributing to the region's rich Olympic traditions. In addition to the Americas Triathlon Cup Long Beach, we have several other events for all ages and abilities planned for this weekend — including the Age-Group Legacy Triathlon, Toyota USA Paratriathlon National Championships, and Open Water Swim Competition. I encourage you to spend time at the venue not only during your own race, but also to spectate and cheer for your fellow multisport athletes of all ages and abilities.

The USA Triathlon staff has worked diligently over the past year to create a safe, smooth, and memorable race weekend. Still, events of this nature would not be possible without the full backing and enthusiasm of the local community and key national partners. Toyota and the Challenged Athletes Foundation have once again gone above and beyond in their support of the USA Paratriathlon National Championships, which includes a professional prize purse for the second time in history. The USA Triathlon Foundation is leading our community giveback efforts, partnering with LA Sports Council and youth sports program Ready, Set, Gold! to put on a youth multisport clinic as part of event weekend.

In addition, we would like to thank the following individuals and groups in the Long Beach/Los Angeles area that have helped to make Legacy Triathlon weekend a success: Leah Solorzano and Tasha Day with the City of Long Beach; Omar Naranjo and the Long Beach Fire Department; Long Beach Police Department; Michele and Brent Ward with Max Out Events; TRIBE — The Triathlon Club of Long Beach; Deb Carabet, Rosalind Jarrett Sepulveda and the LA Tri Club; Challenged Athlete Foundation, SportStats USA; Kelly Twichel with Access Trax and JCL Traffic.

Finally, USA Triathlon's corporate partners and local sponsors have worked hard to make the Legacy Triathlon a showcase event for our organization. We are grateful for their support, and for their ongoing commitment to our multisport community.

Sincerely,

Rocky Harris
Chief Executive Officer
USA Triathlon

1. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure all athletes and team officials are well-informed of all procedures concerning the 2022 AMERICAS TRIATHLON CUP LONG BEACH taking place on JULY 17, 2022.

1.1 KEY DATES

EVENT	DATE	TIME	LOCATION
Athlete Briefing	July 15, 2022	17:00	Virtual
Athlete Package Pick Up	July 16, 2022	12:00-14:00	Athlete Lounge, Venue
Swim Familiarization	July 16, 2022	8:15-8:45	Swim Start, Venue
Bike Familiarization	July 16, 2022	9:20-9:50	Bike Start - Linden Ave and Shoreline Drive adjacent to Transition Area

1.2 KEY CONTACTS

Andrew Armstrong	Technical Delegate	Andrewjarmstrong00@gmail.com
Eric Davidson	Assistant Technical Delegate	edavidson4@gmail.com
Brad Hildebrandt	Event Race Director/Event Coordinator	brad.hildebrandt@usatriathlon.org 402-578-7039

2. COVID-19 OPERATIONS

The following Covid-19 mitigation plans will be implemented at the event.

2.1 Pre-Event

- Complete the online event survey which will be distributed inside of seven days of the event.
- Participants are only required to show vaccination status when entering the United States. See link below for further CDC guidance.
- https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html

2.2 Arrival in Long Beach, CA

- All in attendance must comply with CDC guidance.
- In case of COVID-19 symptoms do not travel to the venue and report to the Director and Medical Lead

2.3 Race Day

- All participants must complete the online event survey, by (July 16).

2.4 Covid-19 Testing

All participants are responsible for their own COVID testing, costs associated, and a negative test prior to arrival. A list of local testing locations is available in Appendix A.

2.5 Personal Protective Equipment (PPE)

Although the event will have an ample supply of personal protective equipment, all participants should have sufficient face coverings, gloves, hand sanitizer and other PPE for their personal use if applicable.

3. VENUE

3.1 Venue: The venue is located at Alamitos Beach, 700 E Shoreline Drive, Long Beach, CA 90803.

3.2 Parking: All spectators and athletes must park at the Long Beach Convention Center adjacent to Alamitos Beach. Road closures begin at 5:00am but access to parking will be available for competitors from Ocean Blvd north of the Convention Center.

3.3 Elite Athlete Lounge: The Athlete Lounge is located north of the transition area adjacent to the athlete transition area. Sealed bottled water will be offered to athletes before the race as well as bike racks.

3.4 Anti-Doping Control: Anti-doping Control will be performed according to the World Triathlon/WADA rules and protocols. In-competition tests will be conducted adjacent to Medical Tent at finish line.

3.5 Medical Services: First aid and emergency medical services will be available to those requiring medical assistance at the venue on the competition day, from the time the Athlete Lounge opens until the 30 minutes after the last finisher. The Medical Tent is located near the Finish Line. Only team physicians with accreditation will be able to access this area. Accreditation for team physicians will be given at the Package Pick Up on Saturday, July 16, 2022.

Medical services at the venue are free of charge. Any ambulance transport to or treatment in clinics and practices are to be paid by the athlete. Athletes/teams should ensure they have appropriate medical insurance.

Athletes will be transported to the nearest trauma center depending on nature of injury.

3.6 Bike Mechanic Services: Playtri will provide bike services in southeast corner of the transition area. A tent will be in place with services provided on: July 15 11:00-19:30, July 16 8:00-12:00, and July 17 5:30 until race start.

3.7 Information Center: The main information center for the event is located at the Athlete Lounge.

- Saturday, July 16, 2022 – 12:00 to 14:00
- Sunday, July 17, 2022 - 6:00 to 11:00

3.8 Security: A private security company will be responsible for venue security, and community police, volunteers and technical officials will patrol the field of play. Police and volunteers will manage road closures and the traffic around the course.

3.9 Massage Services: Massage services will be provided at Toyota Recovery Zone following the race.

4. ACCOMMODATIONS

4.1 Hotels:

- Hilton Long Beach> 701 W Ocean Blvd - Host Hotel
- Hyatt Regency> 200 S. Pine Ave
- The Belmont Shore> 3946 E. Ocean Blvd

- Residence Inn> 600 Queensway Dr
- Courtyard by Marriott> 500 E 1st St
- The Westin Long Beach> 333 E Ocean Blvd
- Hyatt Centric the Pike Long Beach> 285 Bay St

4.2 Banks:

- Banc of California> 1 World Trade Center
- California Bank and Trust> 444 W. Ocean Blvd Suite 100
- Wells Fargo> 111 W. Ocean Blvd Suite 100
- Pacific Premier Bank> 211 E. Ocean Blvd Suite 110
- International City Bank> 249 E. Ocean Blvd
- U.S. Bank Branch> 555 E. Ocean Blvd

4.3 Supermarkets/Restaurants/Pharmacy:

There are a number of supermarkets and restaurants at the following locations. Many provide delivery services.

- Vons> 600 E Broadway
- Vons> 3900 Ocean Blvd
- Biway Market> 954 E 4th St
- Rite Aid Pharmacy> 211 Cherry Ave
- CVS> 596 Long Beach Blvd
- Walgreens> 600 Long Beach Blvd

Restaurants:

The Breakfast Bar> 70 Atlantic Ave

Ellie's> 204 Orange Ave

Shoreline Village> 429 Village Drive

Has a wide variety of restaurants and entertainment choices

The Pike Outlets> 95 S Pine Ave

Has a wide variety of restaurants and entertainment choices

5. TRANSPORTATION

Transportation to and from the event is the responsibility of each individual athlete. There are many car rental companies located at both the LAX and Long Beach airports.

6. TRAINING

6.1 Swimming: Pre-competition swimming training will not be available at this event outside swim familiarization.

6.2 Biking: Training can be conducted at the athlete risk in and around the downtown Long Beach and the Alamitos Beach area. Great care should be taken while biking on public roads.

6.3 Run Training: A high-quality paved path adjacent to the ocean at Alamitos Beach/Venue for run training extending several miles east and west of the venue.

6.4 Organized Course Familiarization

- Swim: See detailed schedule. Swimming in the ocean is designated swim area at Alamitos Beach is at your own risk
- Bike: See detailed schedule in previous information
- Run: There is no official run familiarization.

7. ACCREDITATION

The local organizing committee will provide all athletes, coaches, medical team, and technical officials with an official event accreditation badge. Accreditation badges will be distributed during the official athlete Package Pick Up on Saturday, July 16 (see detailed schedule).

Only accredited persons will be allowed to access the Athlete Lounge, Field of Play, Medical, etc. on race day.

8. GENERAL COMPETITION INFORMATION

8.1 Competition Rules: The 2022 Americas Triathlon Cup Long Beach will follow the latest published Rules of Competition of the World Triathlon.

8.2 Timing Chips: Timing chips will be provided in the athlete package along with the individual race ID system. Swim caps will be distributed on race morning in the Athlete Lounge.

8.3 Weather Conditions: The climate in Long Beach, CA, in July is an average of 70.8 F/22 C during the day. Average relative humidity is 68%. The heat stress index will be monitored during the competition days.

8.4 Results: Online race results will be provided live on the World Triathlon website for the event. Results will not be printed or posted at the race site.

8.5 Protests & Appeals: Standard procedures will be followed according to the World Triathlon Rules of Competition.

9. SCHEDULE

Saturday, July 16, 2022			
8:15-8:45am	Swim Familiarization Americas Cup and Paratriathlon Nationals		Alamitos Beach (Long Beach) - Swim Start
9:20-9:50am	Americas Cup/Paranationals Bike Familiarization		Bike Course- 1 lap escorted
Sunday, July 17, 2022			
5:00am	Roads Closed		Triathlon Course
4:55am	Elite Men TA-All Elite athlete lounge open		Alamitos Beach- Circle
5:35-5:55am	Elite Men Swim Warm Up		Alamitos Beach-Swim Start
5:55am	National Anthem		Alamitos Beach- Swim Start
5:59-6:09am	Elite Men Introductions		Alamitos Beach- Swim Start
6:10am	Elite Men Race Start		Alamitos Beach
6:25am	Elite Women Transition Open		Marina Green Parking Lot
6:55-7:15am	Elite Women swim warm up		Alamitos Beach- Swim Start
7:15-7:25am	Elite Women Introductions		Alamitos Beach (Long Beach) - Swim Start
7:25am	Elite Women Race Start		Alamitos Beach (Long Beach) - Swim Start
10:40am	Roads Re-open Race cut off 10:40am		Alamitos Beach
10:45am	Awards Ceremony all races		Marina Green Parking Lot
11:00am	All Bikes out of transition		Snack Shack

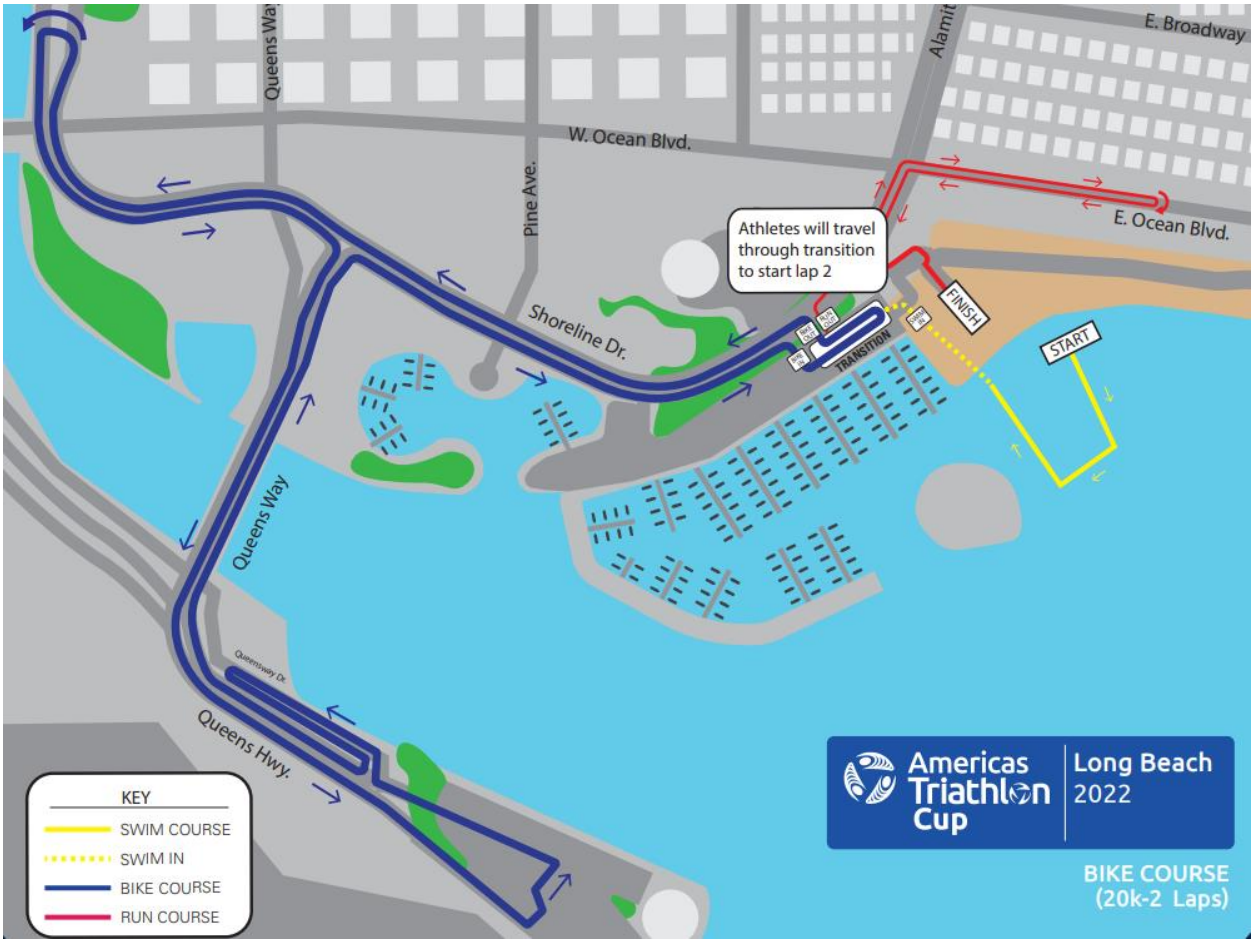
10. COURSE MAPS

Venue

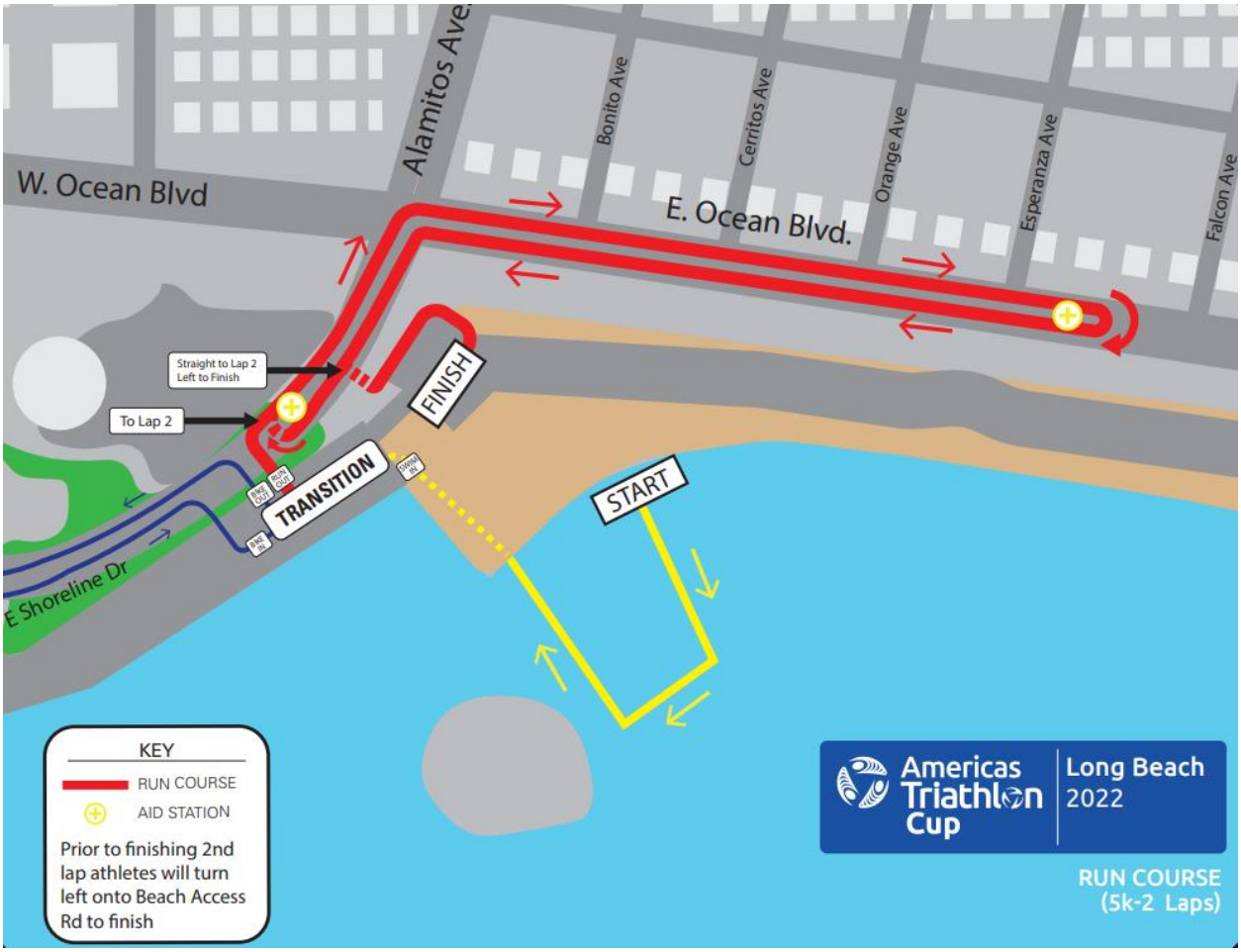
Swim

Ocean Blvd.
KEY
SWIM COURSE
SWIM IN
BIKE COURSE
RUN COURSE
Straight to Lap 2
Left to Finish
To Lap 2
FINISH
TRANSITION
START
SWIM IN
BIKE OUT
RUN OUT
BIKE IN
Grissom Island
Americas Triathlon Cup
Long Beach 2022
SWIM COURSE
(750M-1 LAP)

Bike


E. Broadway
W. Ocean Blvd.
Pine Ave.
E. Ocean Blvd.
Athletes will travel through transition to start lap 2
FINISH
START
Shoreline Dr.
TRANSITION
Queens Way
Queensway Dr.
Queens Hwy.
KEY
SWIM COURSE
SWIM IN
BIKE COURSE
RUN COURSE
Americas Triathlon Cup
Long Beach 2022
BIKE COURSE
(20k-2 Laps)

Run


W. Ocean Blvd
Alamitos Ave
Bonito Ave
Cerritos Ave
Orange Ave
Esperanza Ave
Falcon Ave
E. Ocean Blvd.
Straight to Lap 2
Left to Finish
To Lap 2
FINISH
TRANSITION
START
E Shoreline Dr
KEY
RUN COURSE
AID STATION
Prior to finishing 2nd lap athletes will turn left onto Beach Access Rd to finish
Americas Triathlon Cup
Long Beach 2022
RUN COURSE
(5k-2 Laps)

10. Appendix A

Covid-19 Mitigation & Protocols

This plan is subject to change as the coronavirus pandemic continues to evolve.

USA Triathlon has developed the following plan to execute a safe and successful Toyota Legacy Triathlon, Toyota Paratriathlon National Championships, Aquathlon National Championships and Americas Triathlon Cup on July 15-17, 2022, in Long Beach, factoring in significant precautions and adjustments to mitigate the transmission of COVID-19. For the safety and enjoyment of all involved, USA Triathlon asks all athletes, spectators, staff, volunteers, contractors and vendors for their cooperation in abiding by this plan. **USA Triathlon fully expects the Legacy Triathlon and all events to occur as scheduled** and everyone will play a role in conducting a safe, fair and memorable event.

Some of the largest adjustments to the event include:

- Pre-event screening questionnaire via email.

Non-compliance with this event's required safety measures will result in disqualification without refund and removal from the race venue. USA Triathlon thanks you for your compliance and willingness to contribute to the safety of our community.

Detailed plan

Venue Access

Spectators and other members of the public will NOT be restricted from entering the venue. Spectators are not permitted inside the finish line area, medical tent, transition area, stage or other restricted zones. Outside of the event venue, including along the race courses, there is no restriction on where spectators may view the event. Spectators are asked to be aware of their surroundings, including athletes currently racing, and not enter the bike or run courses while the race is in progress.

- USA Triathlon strongly encourages all to receive the vaccine and supports vaccination efforts. However, being vaccinated IS NOT a requirement for this event and you are not required to tell us your status.

Face Coverings are NOT Required

Event Schedule

Click here to view the latest event schedule. The event schedule has been adjusted to promote physical distancing and reduce the number of people entering the venue at the same time. It has also been adjusted to mitigate some passing on the course, although passing by different age groups is ultimately inevitable. Each race is a chip start – your time will not start until you cross the start line.

COVID-19 Symptom Screening Pre-event: USA Triathlon will send a brief survey in the week prior to the event via email that everybody will be asked to complete. The survey will ask

brief questions about symptoms and recent COVID-19 exposures. This survey is for USA Triathlon's informational purposes only and will not disqualify somebody from participating. However, anybody who has experienced a recent exposure, had a positive test in the last 10-14 days, or is experiencing symptoms of COVID-19 should not attend. Click here to view the CDC's recommendations on being around other people after having recently been exposed or testing positive.

Pre-Race Briefings

- The pre-race briefing will be conducted virtually**.** Attendees will be able to ask questions of the race director and head officials. The briefing will be recorded for all to view on-demand afterward. There will not be any in-person rules briefings.

Rack numbering and spacing

- There will be up to eight (8) total bikes per rack, four per side. Each aisle between racks is approximately 13 feet wide (rack-to-rack). For Female Athlete Wave
- There will be 75 Olympic Style individual racks for Male Athlete Wave
- Racks will be numbered consecutively by bib number in a snake fashion.

Swim Start:

- Swim start will occur on the beach.

Finish Line

- Post-finish area will be expanded to have a wider finish zone and exit path.
- Finishing athletes will be handed a bottled water and/or a Gatorade from volunteers.
- Vocal volunteers will be present encouraging athletes to keep moving and exit the area quickly.
- Athletes must remove their own chip and return it before leaving the finish zone. Volunteers will be present at the finish zone exit to watch for remaining chips. If athletes are not medically able to remove their chip, medical personnel will assist.
- Athletes are not permitted to re-enter the finish zone once exiting.

Post-Race Food

- Post-race food will be distributed in the post-race food tent/concession area in grab and go.

Questions

If you have questions on this plan, please email nationalevents@usatriathlon.org**.** Thank you for your cooperation in helping us execute a safe and fair event.