



# ATHLETE'S GUIDE

AMERICAS TRIATHLON DUATHLON CHAMPIONSHIPS

RUDE SERIES

TOCANCIPÁ - COLOMBIA

## TABLE OF CONTENTS

### 1. GENERAL INFORMATION

page

1.1. INTRODUCTION

1.2. KEY DATES

1.3. KEY CONTACTS

1.4. CONTACT DETAILS

### 2. VENUE

2.1. RACE VENUE

2.2. ATHLETE'S LOUNGE

2.3. ELITE ATHLETES' RACE PACKAGE

2.4. DOPING CONTROL

2.5. LOC OFFICE

### 3. ACCOMMODATION

### 4. TRANSFER AND TRANSPORT

### 5. ATHLETE'S SERVICES

5.1. SWIM AND BIKE TRAINING

5.2. MEDICAL SERVICES

5.3. BIKE MECHANICAL SERVICE

### 6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

6.2. ELITE MEN

6.3. COMPETITION RULES

6.4. ATHLETE'S BRIEFING

6.5. TIMING CHIPS

6.6. RESULTS

6.7. PROTEST & APPEALS

### 7. ACCREDITATION

### 8. COURSE MAPS

### 9. COVID-19 Measures for Athletes and Coaches

## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well 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 date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

### 1.2. KEY DATES

Registration: Karen's Pizza Restaurant  
Thursday 24 February – BRIEFING ON LINE  
Friday 25 February – REGISTRATION PACKET PICK UP  
10:00 a.m. Karen's Pizza Restaurant. Bogotá  
5:00 p.m. Hotel IBIS Chía. Cundinamarca  
Saturday 26 February - Race Start: 10:45 a.m. Saturday 25 February

### 1.3. KEY CONTACTS

- Race Director: Janos Kapitany
- Technical Delegate: Martha Yeo
- Athlete Services Manager: Sofía Montoya

### 1.4. CONTACT DETAILS

Xportiva (Eventos Deportivos de Alto Nivel SAS) – Antrooms Cajicá No. 15-340 / Camino Ventorrillo  
Janos Kapitany – General Director  
Email: [kapi@xportiva.com](mailto:kapi@xportiva.com)  
Cel phone: 3123820914

## 2. VENUE

### 2.1. RACE VENUE

Tocancipá Speedway – Km 24 North Highway – Vereda Verganzo / Tocancipá Cundinamarca



## 2.2. ATHLETE'S LOUNGE

Location: Venue Tocancipá Speedway

## 2.3. ELITE ATHLETES' RACE PACKAGE

Friday 25 February –

10:00 a.m. Karen's Pizza Restaurante. Bogotá

5:00 p.m. Hotel IBIS Chía. Cundinamarca

## 2.4. DOPING CONTROL

Location of the doping control site: Manager's office – Tocancipá Speedway

## 2.5. LOC OFFICE

Tocancipá Speedway – Km 24 North Highway – Vereda Verganzo / Tocancipá Cundinamarca.

## 3. ACCOMMODATION

Official Agency: TWU Sports

Contact: Luis Fernando Harb – Cel: +57 3002489649

Host Hotel: IBIS Chía – Km 2 vía Cajicá – Chía

## 4. TRANSFER AND TRANSPORT

Airport: El Dorado – Bogotá.

Distance to Tocancipá Speedway: 30 km

Transport available: Taxi, UBER, transport regional, private transport.

Aproximate Costs: Uber: Usd \$ 70

Taxi: Usd \$ 45

Regional T: Usd \$ 10

TWU Sports

Contact: Luis Fernando Harb – Cel +57 3002489649

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES



SWIM

Pools:

Bodytech 106 Bogotá – Calle 106 No. 19-40

Compensar Cajicá – Km 4 Cajicá – Zipaquirá



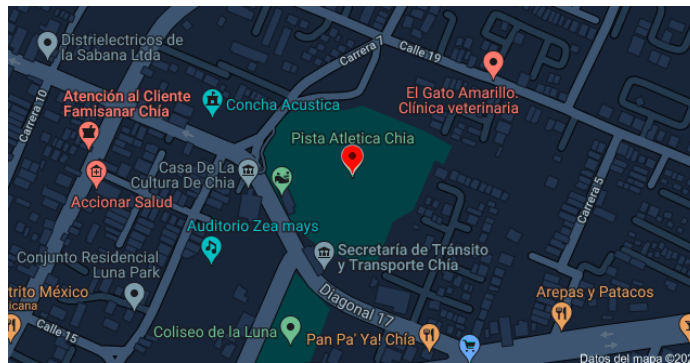
BIKE

Not recommended



RUN

Chía Sports Unit – Carrera 7 – Diagonal 17



Simón Bolívar Park – Bogotá – Av. Calle 53 and Av. Esperanza



### 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance. The Medical Service will be provided by Vital Rescue Foundation – Dr. William Pérez / Cel. +57 301 2296620

### 5.3. BIKE MECHANICAL SERVICE

Bike partner: El Grupetto / Corsa Street 94 No. 11A-94 Bogotá

## 6. COMPETITION SCHEDULE

### 6.1. ELITE MEN & WOMEN

DAY	START	END	ACTIVITY	LOCATION
Thursday 24 Feb			Online Athlete's briefing	
Friday 25 Feb	10:00 a.m. 5:00 pm	11:00 a.m. 6:00 p.m.	Registration and Race package distribution	Karen's Pizza – Bogotá
Saturday 26 Feb	9:30 a.m.	10:25 a.m.	Athlete Lounge check in	Hotel IBIS Chía Tocancipá Speedway athletes village
	9:30 a.m.	10:25 a.m.	TA check in	Transition Area
	10:35 a.m.		Calling area	Start Line
	10:40 a.m.		Athletes introduction	Start Line
	10:45 a.m.		Start Elite Men	
	10:48 a.m.		Start Elite Women	
Saturday 26 Feb	2:15 p.m.		Award Ceremony	Tocancipá Speedway Podium

### 6.2. JUNIOR MEN & WOMEN

DAY	START	END	ACTIVITY	LOCATION
Thursday 24 Feb			Online Athlete's briefing	
Friday 25 Feb	10:00 a.m. 5:00 p.m.	11:00 a.m. 6:00 p.m.	Race package distribution	Karen's Pizza – Bogotá
				Hotel IBIS Chía - Cundinamarca

Saturday 26 Feb	11:30 a.m.	12:25 p.m.	Athlete Lounge check in	Tocancipá Speedway athletes village
	11:30 a.m.	12:25 p.m.	TA check in	Transition Area
	12:35 p.m.		Calling area	Start Line
	12:40 p.m.		Athletes introduction	Start Line
	12:45 p.m.		Start Junior Men	Start Line
	12:48 p.m.		Start Junio Women	Start Line
Saturday 26 Feb	2:15 p.m.		Award Ceremony	Tocancipá Speedway Podium

### 6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

### 6.4. ATHLETE'S BRIEFING

Thursday ON LINE (link TDA)

### 6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### 6.6. RESULTS

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

Live coverage – Instagram RUDE SERIES and Xportiva.

All the Results information will be distributed to the Team Leaders at the Information Centre in the Cronotrack tent in the venue. Also, in the following link:

<https://results.chronotrack.com/event/results/event/event-65875>

### 6.7. PROTEST & APPEALS

Standard procedures will be followed according to the WT Competition Rules

## 7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

The accreditations will be distributed on registration days (24 and 25 february).

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

## 8. COURSE MAPS

### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit your equipment in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line



### BIKE COURSE

Laps: 8

Distance for lap: 5 Km

2022



# RECORRIDO ELITES / JUNIOR





**DUATLÓN PANAMERICANO  
ESTÁNDAR**  
 10Km (4 giros) – 40Km (8 giros) –  
 5 Km (2 giros)

Circuito Atletismo de 2,5 Km  
 Circuito Ciclismo de 5 Km

- Zona de Transición
- Zona de asistencia médica
- Meta
- Puntos de Hidratación
- Carril y sentido atletismo
- Carril y sentido ciclismo
- Giro en U a la izquierda ciclismo





TRANSITION 2



 RUN COURSE

Description: flat circuit. Asphalt. Two hydration points on the track, and one point at the finish line.



## 10. COVID-19 Measures for Athletes and Coaches

### 1. Travel

For arrival into Colombia please check the most up to date information here:

<https://www.migracioncolombia.gov.co/>

If you require additional help please contact:

Luis F Harb +57 300 2489649

Janos Kapitany +57 312 3820914

Sofía Montoya +57 312 5366567

Santiago Mejía +57 310 2161350

Leonardo Chaparro R +57 317 4307527

### 2. Airport transfers

Anyone using the shuttles must be informed that the use of mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus/taxi.

### 3. Accommodation

Use of mask and face covering is mandatory. Also, vaccination document.

### 4. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

### 5. Testing protocol and health screening.

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
  - Respect the travel regulations set by the host country
  - Fill in the online pre-event questionnaire through the link that is provided by the LOC
  - No medical certificate is required unless the local authorities, World Triathlon or the National Federation asks for it
  - All Elite/U23, Juniors, Para triathletes and guides, coaches, TOs in close contact with the athletes, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC. For the junior athletes, a parent consensus form is required. A sample can be found at Appendix 5.

### 6. Athletes' Briefing

ON LINE (link TBA)

### 7. Race Package distribution

Race package Friday 25 February –

10:00 a.m. to 11:00 a.m. – Karen's Pizza.

5:00 p.m. to 6:00 p.m. – Hotel IBIS Chía

The use of mask and social distancing is mandatory.

## 8. Health Screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

## 9. Competition activities

a. The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

b. 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.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

c. 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). 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.
- Masks will be distributed to the athletes to wear at their earliest convenience.

d. 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](#).

## 10. Spectators' access

The event will be open to spectators. Any non-accredited persons can watch the event from the spectator's areas.

11. Accreditations

Only one accreditation to coach and team medical per team.

9. Cleaning protocols on site

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

10. COVID-19 medical protocols

COVID-19 emergency contact details: Please contact Vital Rescue Foundation – Dr. William Pérez / Cel. +57 301 2296620

- a. in case of COVID-19 symptoms.
- b. Protocols to be followed in case of a positive case:
  1. Vital Rescue Foundation
  2. Process for Vital Rescue Foundation

Good luck.