



TRIATLÓN

PUNTA CANA 2022



Americas
Triathlon Cup
PUNTA CANA
2022

Central America
& Caribbeans
CHAMPIONSHIPS
Punta Cana

Athletes Guide

ELITE GUIDE

General Information

The purpose of the Athletes Info Guide is to ensure that Elite Athletes and Team Leaders are well informed about all procedures concerning the 2022 Americas Triathlon Cup and Central American and Caribbean Championships Punta Cana.

The LOC has made every effort to ensure that the information published in this guide is correct and up-to-date. Nevertheless, the LOC advises all Team Leaders and Elite Athletes to check for any updates in the LOC Office.

Key Dates

Friday May 13, 2022

08:30 – 09:00 hrs.	Elite Swim Familiarization. (Westin Punta Cana Beach)
09:30 - 10:00 hrs.	Bike Familiarization
13:00 - 16:00 hrs.	Packet Pickup Blue Mall Punta Cana
Any time before 17:00	Elite Briefing Online www.triathlon.org - Mandatory

Saturday May 14, 2022

05:00	Athlete Lounge Open.
05:45 hrs.	Transition Open Male Elite
06:10-06:45 hrs.	Swim warm-up Male Elite
06:50	Introduction Male Elite
07:00	Start Male Elite

08:15	Athletes lounge open Female Elite
08:30	Transition open Female Elite
08:50-09:15	Swim warm-up Female Elite
09:20	Introduction Female Elite
09:30	Start Female Elite

Awards Presentation

12:00 hrs. **Elite Awards Ceremony @ Finish line**

Cocktail Ceremony / Playa Blanca 'Cocotero'

15:00 hrs - 18:00 hrs **Making Waves & Punta Cana Group**

Key Contacts

Reg	Whatley	World Triathlon Technical Delegate rwhatley@gmail.com
Eduardo	Briceño	Race Director ebriceno@makingwavesacademia.com

Elite Briefing & Race Packet Pick Up

The race packet pick up will take place Friday 13, at 13:00-16:00 hrs at the Blue Mall Punta Cana. Elite briefing will be online www.triathlon.org events Punta Cana page. Age group briefing will

COURSE

Start Area

The start area will be located at Playa Blanca / Westin Beach. This will be a beach start with each athlete being allowed .75m for their start position. The Race Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

Swim Course Elite/U23 Saturday

There are two laps of 750 m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy. The average water temperature in Punta Cana in May is approximately 25 degrees Celsius. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely.

Swim Course Junior Sunday

There is one lap of 750 m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy. The average water temperature in Punta Cana in May is approximately 25 degrees Celsius. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely. (Maps will be end of this guide)

08:15	Athletes lounge open Female Junior
08:30	Transition open Female Junior
09:25-09:35	Swim warm-up Female Junior
09:40	Introduction Female Junior
09:45	Start Female Junior
10:00	Athletes lounge open Male Junior
10:30	Transition open Male Junior
10:45-11:05	Swim warm-up Male Junior
11:00	Introduction Male Junior
11:10	Start Male Junior

Transition Area

Transition area is located next to the finish line area in front of the grandstands and equipped with traditional bike racks. The positions on the bike racks are labelled with athletes' name, number and country. The athlete position in transition is based on the current ranking of the athlete, with the highest ranking athlete receiving a position closest to the mount line.

Bike Course Standard

The 40km bike course consists of **5 laps** through **Av. El Recorrido**. The route is slightly technical with a few tight turns and one U-Turn. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.

Bike Course Sprint

The 20km total bike course consists of **3 laps** through **Av. El Recorrido**. The route is slightly technical with a few tight turns and one U-Turn. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.

Run Course Standard

There is 4 laps of 2.5 km each, which will take athletes along the **Av. La Hacienda**, offering good running surface.

Run Course Sprint

There is 2 laps of 2.5 km each, which will take athletes along the **Av. La Hacienda**, offering good running surface.

Aid Stations

There will be **three stations** on the race serving bottled water and sports drink.



Weather Conditions

Punta Cana enjoys hot beautiful weather year round with average daily temperatures of 31 Celsius.

Training

Swimming Familiarization, Friday, on Westin Punta Cana beach, after registration on the T1.

Protests and Appeals

Standard procedures will be followed according to the World Triathlon Competition Rules.

Accreditation

The LOC will provide all Elite Athletes (Yellow Bracelet), Technical Officials (Black bracelet) Journalists and staff (Red Bracelet), Coaches (Orange Bracelet), Medical Staff, and logistic (White bracelet) with an official bracelet according to the World Triathlon Event Organizers Manual.



Accreditation bracelets will be handed out during the official registration and packet pickup on May 13, at the briefing in Blue Mall Punta Cana.

Only persons with bracelets will be allowed to access certain venue areas. Bracelets provide access to specific competition areas. Athletes are requested to wear their bracelets at all times and to show them upon request

Elites Athletes Lounge

Will open at 05:00hrs (Elite Male) 08:15hrs (Elite Female) Saturday May 14 and 08:15hrs (Junior Female) 10:00hrs (Junior Male) Sunday May 15 at transition area. At the lounge the athlete will have a place to change and stow their personal items, we will also provide the athlete with water "Cool Heaven", "Gatorade" and fruit.

Doping Control

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

Medical Services

First Aid and Emergency Medical Services will be available during familiarization session and during the competition hours to anyone requiring medical assistance.

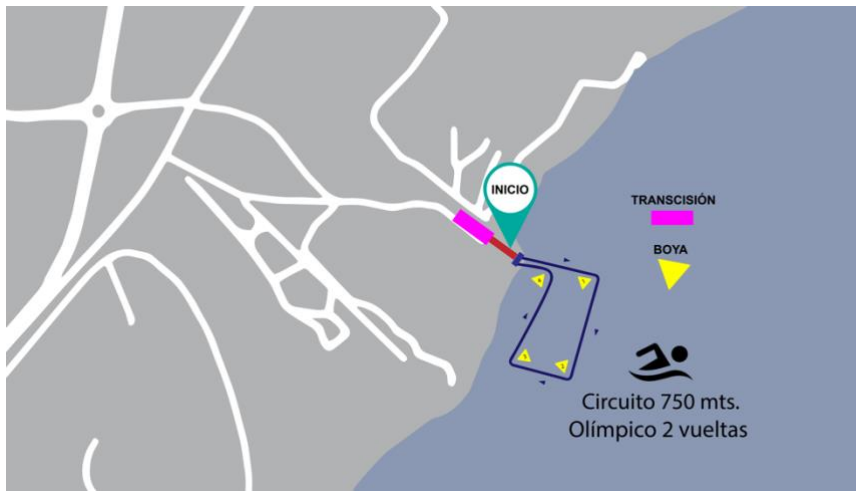
Medical and paramedical personnel will be available throughout the competition hours. Several ambulances will be available to provide emergency transfer to nearby hospitals. The medical tent will be located in the Main Venue / Finish Area.

Please note: Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in hospitals, clinics and practices are to be paid by the participants. Athletes / teams need to ensure that they have appropriate medical insurance.

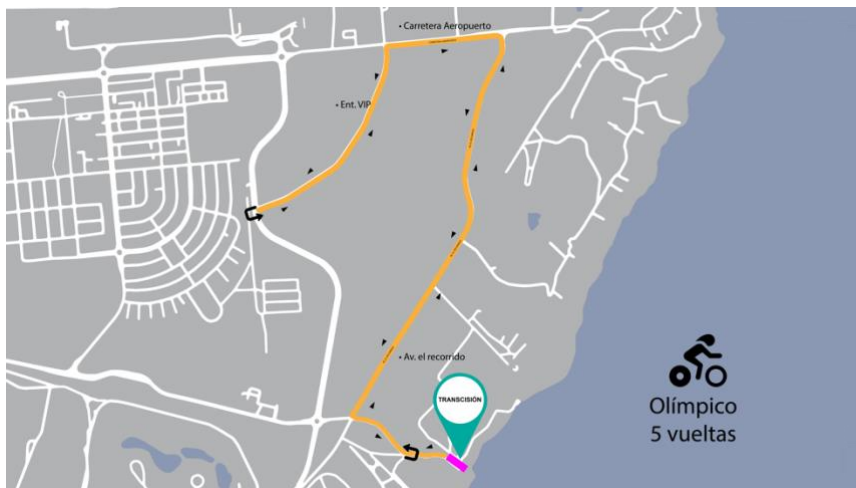
Security

A private security company of Punta Cana Group will be responsible for the venue security and Field of Play (FOP) Marshals will patrol around the Field of Play on race day. Police will manage the road closures and the traffic around the course.

Start Area, Playa Blanca / Westin Beach



Bike Course, Av. El Recorrido

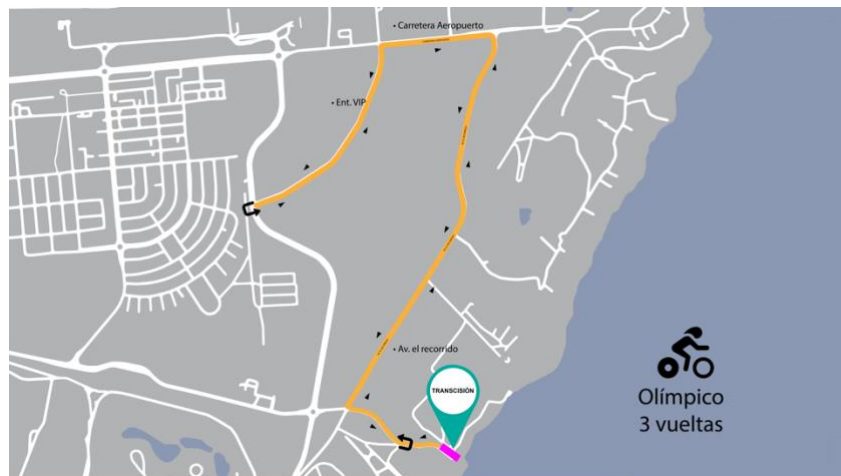


Run Course, Av. Hacienda





Start Area SPRINT, Playa Blanca / Westin Beach



Bike Course SPRINT, Av. El Recorrido



Run Course SPRINT, Av. Hacienda



Map for all events Saturday May 14 and Sunday May 15

Good luck you everyone and enjoy your experience