



**Americas  
Triathlon  
Cup**

**Long Beach  
2023**

# **ATHLETE GUIDE**

Dear Athletes,

On behalf of USA Triathlon, I'd like to welcome you to Long Beach, California, for the 2023 Americas Triathlon Cup Long Beach and 2023 World Triathlon Para Cup Long Beach, held as part of the fourth annual Legacy Triathlon weekend. We're thrilled you are here in Southern California, as an elite triathlete or elite paratriathlete 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 & Paralympic 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 on Sunday, a Youth Splash & Dash race and youth clinic introducing the sport to kids. 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. As elite athletes, you are an inspiration for fellow athletes to chase their dreams!

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. We would like to thank the following groups and individuals in the Long Beach and Los Angeles area that have helped to make Legacy Triathlon weekend a success including but not limited to the City of Long Beach; the Long Beach Fire Department; Long Beach Police Department; and more!

USA Triathlon's corporate partners and local sponsors have also 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.

Good luck racing – we can't wait to cheer for each of you!

Sincerely,

Victoria Brumfield  
CEO  
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 2023 AMERICAS TRIATHLON CUP LONG BEACH taking place on JULY 15, 2023.

1. KEY DATES

EVENT	DATE	TIME	LOCATION
Athlete Briefing	July 14, 2023	18:00	Renaissance Hotel, 111 E Ocean Blvd, Long Beach, CA
Athlete Package Pick Up	July 14, 2023	18:00	Renaissance Hotel, 111 E Ocean Blvd, Long Beach, CA
Swim Familiarization	July 14, 2023	0830-0915	Swim Start, Venue
Bike Familiarization	July 14, 2023	0945-1015	Bike Start - Linden Ave and Shoreline Drive adjacent to Transition Area

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. VENUE

1. Venue: The venue is located at Alamitos Beach, 700 E Shoreline Drive, Long Beach, CA 90803.
2. Parking: Athletes, team support, World Triathlon officials and delegates will park in Marina Green Parking Lot on grass behind race production compound. See attached parking plan for entry time and parking flow map. Access to the parking area will be indicated on a credential provided by the Local Organizing Committee.
3. Elite Athlete Lounge: The Athlete Lounge is located west of the race production compound area. Sealed bottled water will be offered to athletes before the race as well as bike racks.
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 the Medical Tent at the finish line. Please bring identification to the race.
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 Friday, July 14 at the in-person race briefing.

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

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

6. Bike Mechanic Services: Playtri will provide bike services in the southeast corner of the transition area. A tent will be in place with services provided on: July 14, 0530-1100, July 15 0530 until the race starts.

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

- Thursday, July 13- 1100-1230
- Friday, July 14- 0445-0630
- Friday, July 14- 1800-1900 Race Briefing

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. ACCOMMODATIONS**

1. Hotels:

- Hilton Long Beach> 701 W Ocean Blvd - Host Hotel
- The Renaissance Hotel> 111 East Ocean Blvd
- Hyatt Regency> 200 S. Pine Ave
- The Belmont Shore> 3946 E. Ocean Blvd
- Residence Inn> 600 Queensway Dr
- Courtyard by Marriott> 500 E 1<sup>st</sup> St
- The Westin Long Beach> 333 E Ocean Blvd
- Hyatt Centric the Pike Long Beach> 285 Bay St

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

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 4<sup>th</sup> St
- Rite Aid Pharmacy> 211 Cherry Ave
- CVS> 596 Long Beach Blvd
- Walgreens> 600 Long Beach Blvd
  
- 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

#### 4. **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.

#### 5. **TRAINING**

1. Swimming: Pre-competition swimming training will not be available at this event outside swim familiarization. Alamitos Beach is an open public beach and athletes can swim when beach access is open. Athletes must follow local beach and swimming rules while swimming during open public times.
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. Recommended roads and trail information can be found on the event webpage.
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. Recommended roads and trail information can be found on the event webpage.
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.

#### 6. **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 briefing Friday, July 14, 6:00pm Renaissance Hotel (see detailed schedule).

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

## **7. GENERAL COMPETITION INFORMATION**

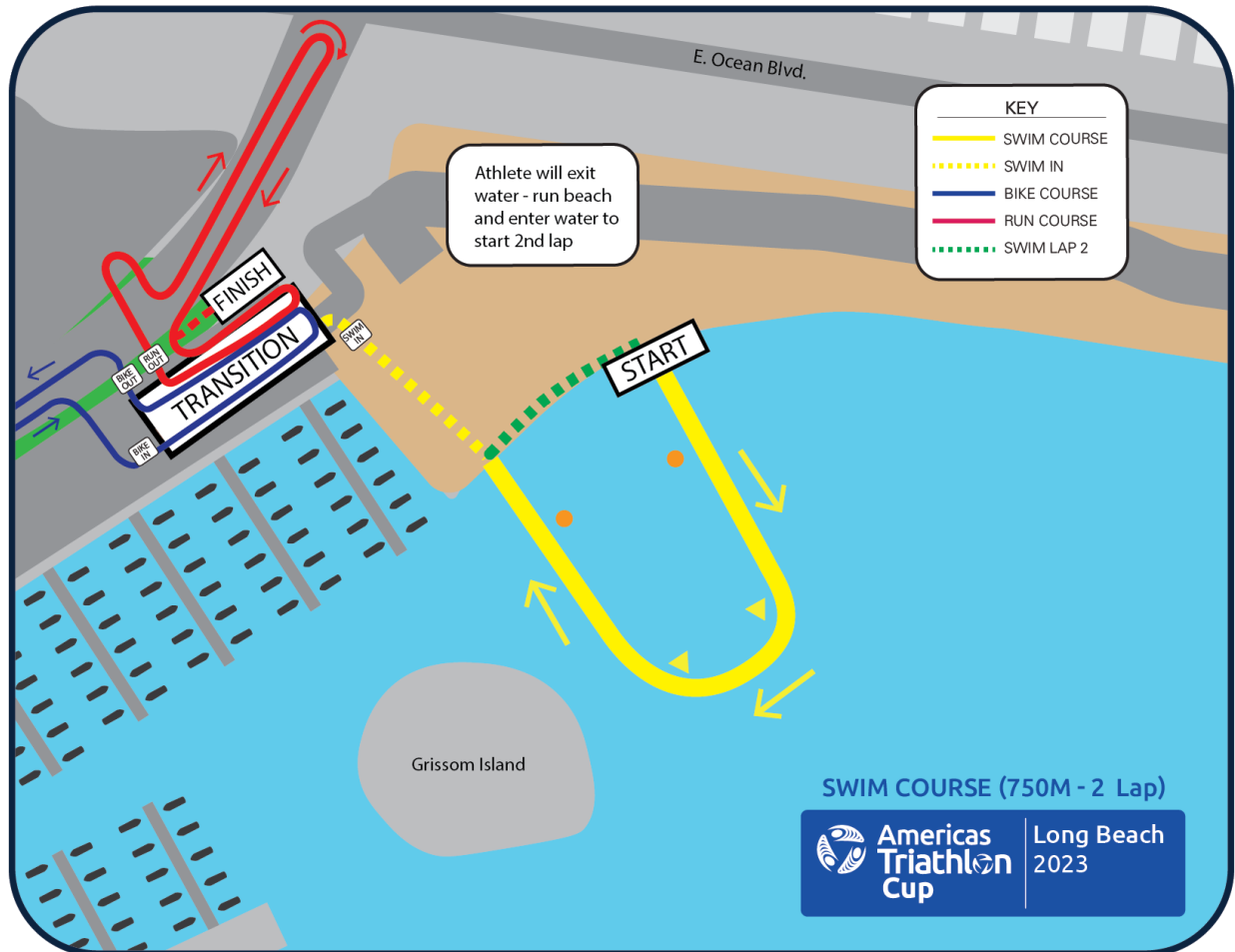
1. Competition Rules: The 2023 World Triathlon Para Cup Long Beach will follow the latest published Rules of Competition of the World Triathlon.
2. Timing Chips: Timing chips will be provided in the athlete package along with the individual race ID system. Swim caps will be distributed on race morning in the Athlete Lounge.
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.
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.
5. Protests & Appeals: Standard procedures will be followed according to the World Triathlon Rules of Competition.

## **8. SCHEDULE**

Friday, July 14, 2023		
4:00am	Parking Access Open	Assorted Parking
4:30am	Athletes Lounge Open	
4:45am	Para TZ Open	
5:00am	World Triathlon Para Cup Roads Close	Marina Green Parking Lot
6:15-6:35am	World Triathlon Para Cup Swim Warm up	Alamitos Beach (Long Beach) - Swim Start
6:35-6:40am	World Triathlon Para Cup Introductions	Alamitos Beach (Long Beach) - Swim Start
6:41am	National Anthem	Alamitos Beach (Long Beach) - Swim Start
6:45:00am	World Triathlon Para Cup PTS5-Men	Alamitos Beach (Long Beach) - Swim Start
6:50:00am	World Triathlon Para Cup PTV11-Men	Alamitos Beach (Long Beach) - Swim Start
6:52:41am	World Triathlon Para Cup PTV12/3- Men	Alamitos Beach (Long Beach) - Swim Start
6:54:00am	World Triathlon Para CupS PTVI 1-Women	Alamitos Beach (Long Beach) - Swim Start
6:57:11am	World Triathlon Para Cup PTVI 2/3-Women	Alamitos Beach (Long Beach) - Swim Start
7:00:00am	World Triathlon Para Cup PTS5- Women	Alamitos Beach (Long Beach) - Swim Start
7:01:00am	World Triathlon Para Cup PTS 2/3/4- Women	Alamitos Beach (Long Beach) - Swim Start
7:10:00am	World Triathlon Para Cup PTS4- Men	Alamitos Beach (Long Beach) - Swim Start
7:11:00am	World Triathlon Para Cup PTS 2/3 Men	Alamitos Beach (Long Beach) - Swim Start
7:55:00am	World Triathlon Para Cup PTWC1- Men	Alamitos Beach (Long Beach) - Swim Start
7:57:00am	World Triathlon Para Cup PTWC2- Men	Alamitos Beach (Long Beach) - Swim Start
8:05:00am	World Triathlon Para Cup PTWC1-Women	Alamitos Beach (Long Beach)-Swim
8:08:38am	World Triathlon Para Cup PTWC2-Women	Alamitos Beach (Long Beach)- Swim
8:30am - 9:15am	Americas Cup Elite Men and Women Swim Familiarization	Alamitos Beach (Long Beach) - Swim Start
9:45-10:15am	Americas Cup Elite Men and Women Bike	Shoreline Drive
10:30am	Course closed, all roads re-open	Race Course Venue
10:45am	World Triathlon Para Cup Awards Ceremony	Alamitos Beach (Long Beach)- Finish
11:15am	All bikes/equipment out of Transtion	Marina Green parking lot
6:00-7:00pm	PATCO Americas Cup Race Briefing	Renaissance Hotel- 111 E Ocean Blvd, Long Beach, CA
Saturday, July 15, 2023		
6:00am	Roads Closed	Triathlon Course
5:45am	Parking Access Open	Assorted Parking
5:30am	Elite Men- Elite Men athlete lounge open	Alamitos Beach- Circle
5:40am	Elite Men- TZ Open	
6:15-6:45am	Elite Men Swim Warm Up	Alamitos Beach-Swim Start
6:45am	National Anthem	Alamitos Beach- Swim Start
6:49-6:59am	Elite Men Introductions	Alamitos Beach- Swim Start
7:00am	Elite Men Race Start	Alamitos Beach
8:15am	Elite Men Course Closed	Marina Green Parking Lot
6:45am	Elite Women athlete lounge open	
6:55am	Elite Women TZ Open	Marina Green Parking Lot
7:40-8:00am	Elite Women Swim Warm Up	Alamitos Beach- Swim Start
8:04-8:14am	Elite Women Introductions	Alamitos Beach (Long Beach) - Swim Start
8:15am	Elite Women Race Start	Alamitos Beach (Long Beach) - Swim Start
8:00am-2:00pm	Legacy Age Group Packet Pick up No Bike Check In!!	Marina Green Parking Lot
9:30am	Elite Women Course Closed	Marina Green Parking Lot
9:30am	Kids Clinic and Olympian and Clinic	Alamitos Beach- Swim Start
9:50am	Americas Cup Awards Ceremony	Marina Green Parking Lot Expo Area
10:30am	All bikes/equipment out of Transtion	Marina Green Parking Lot
10:45am	Kids Splash and Dash Swim Warm Up	Alamitos Beach (Long Beach) - Swim Start
11:00am	Kids Splash and Dash Start- time trial start	Alamitos Beach- Swim Start
11:00am	Course closed-Roads Reopen	Marina Green Parking Lot

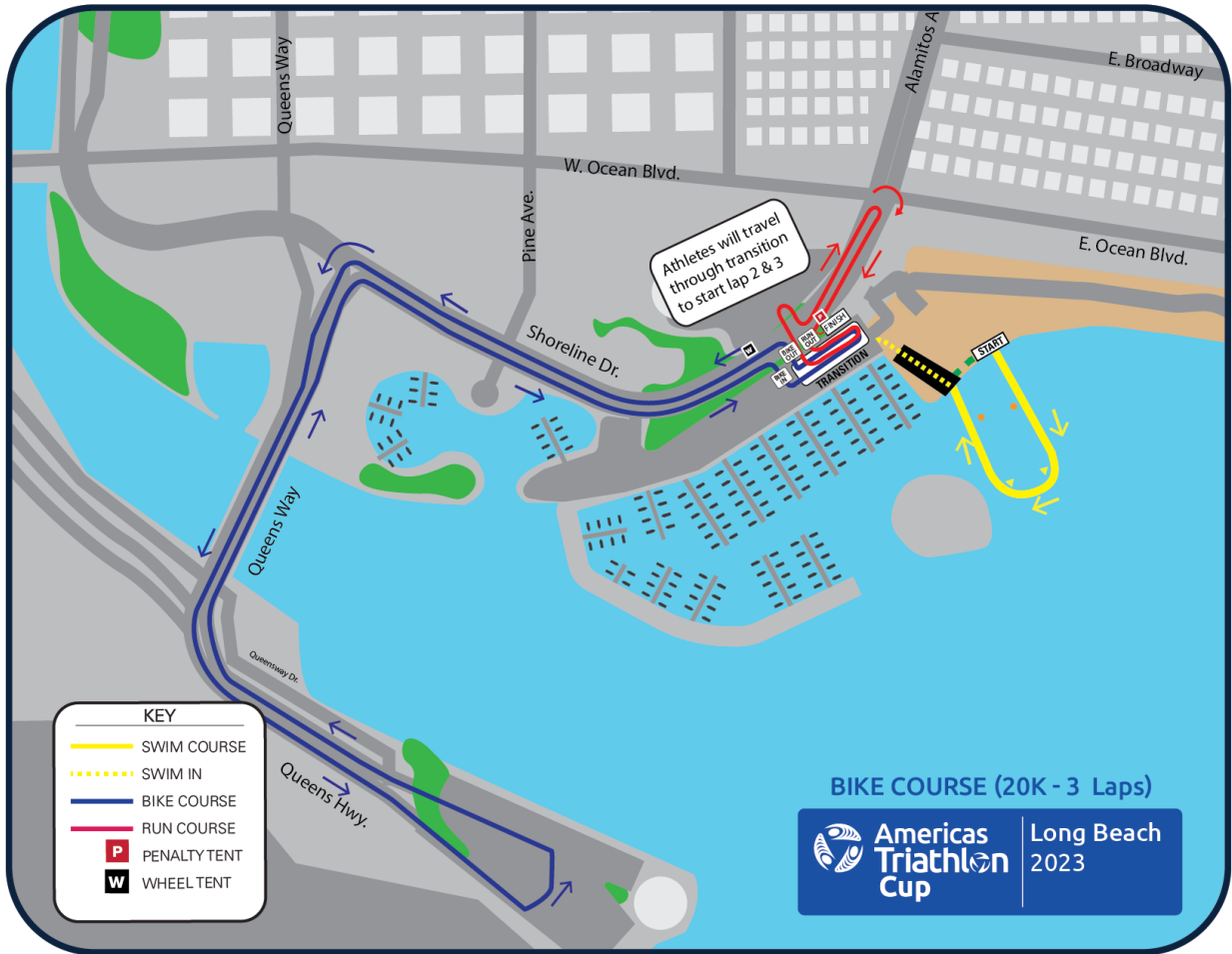
## 9. COURSE MAPS

# Swim

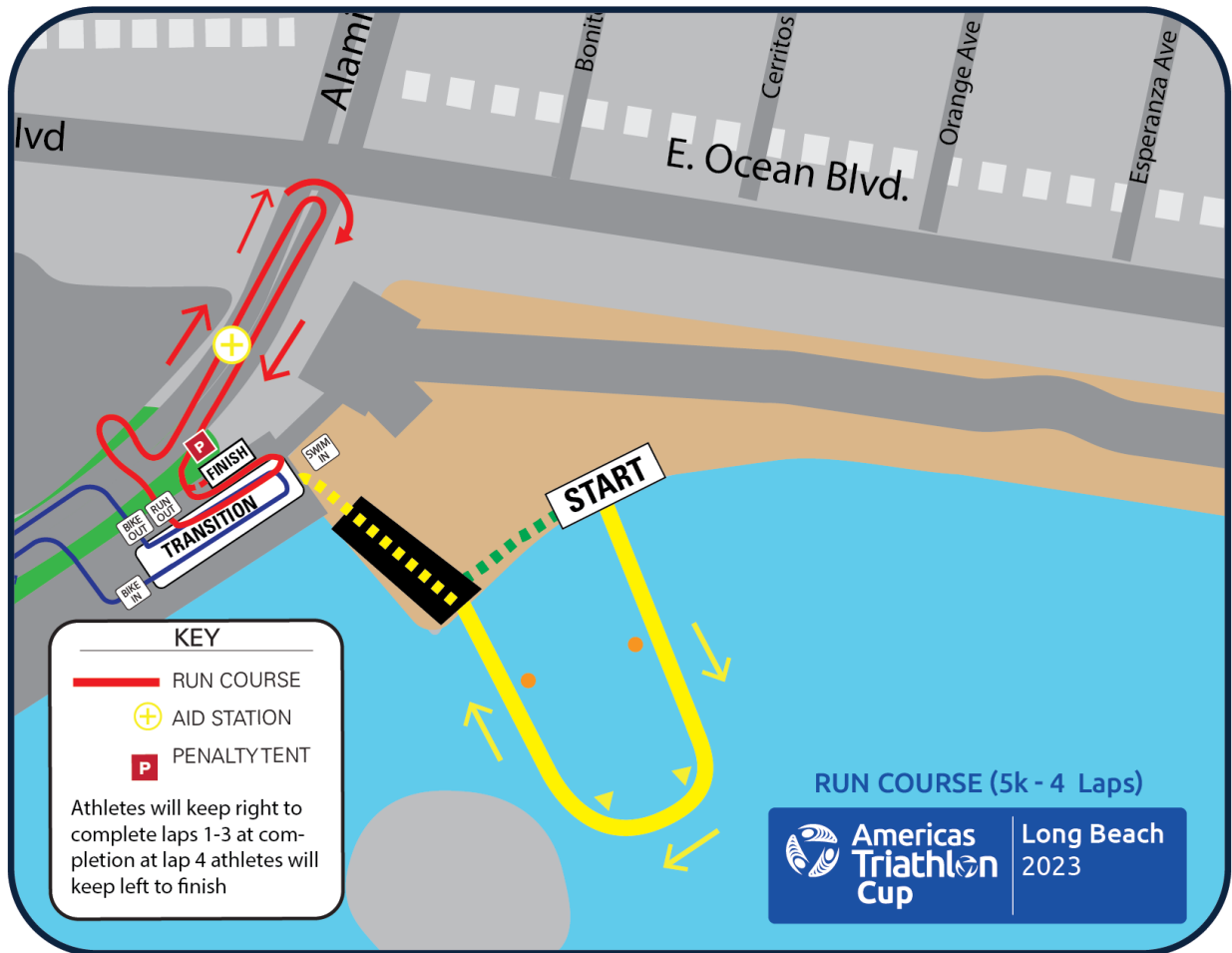


# Bike





Run



## 9. Appendix A

**Water Quality Data link:** [Long Beach Water Quality](#)

Water Testing site locations within Swim Course

- B-5 5<sup>th</sup> Place off Beach
- B-56 10th Place off Beach

Water Quality has been within World Triathlon water quality standards for the last 10 years.

## 10. Appendix B

## Parking and Venue Maps





**FRIDAY & SATURDAY PARKING**

-  ROAD CLOSURE BARRICADE
-  **ADDITIONAL EVENT PARKING GARAGE**  
• Daily rate of \$15
-  **FRIDAY AND SATURDAY EVENT PARKING**  
• Follow direction of police  
• Parking is on the grass  
• Accessible Parking
-  **ACCESS POINT**  
• Friday: Access to parking opens at 4:45 a.m.  
• Saturday: Access to parking opens at 5:45 a.m.  
• Must enter before 6:30 a.m.

**ELITE ATHLETES, STAFF, OFFICIALS ONLY**



World Triathlon  
Para Cup  
LONG BEACH  
2023



Americas  
Triathlon  
Cup

Long Beach  
2023



**EVENT PARKING MAP**