



World Triathlon Para Cup

LONG BEACH
2023

ATHLETE GUIDE

Greetings and a very warm welcome to the 2023 World Triathlon Para Cup Long Beach.

This will be the first time that World Triathlon has held a Para event here in Long Beach, California, and it is always an exciting time to see our sport in a new venue, working with new partners and attracting and engaging new fans. Of course, California is one of the original birthplaces of our sport, and it is a thrill to see Para racing being held here and think back to those formative events of the 1970s.

It is precisely these kinds of occasions and great partners that are helping to grow our sport every year, evidenced, too, by the level of competition that continues to increase so rapidly. These athletes are outstanding individuals and each is part of a remarkable team that has worked so hard to get them here, and no doubt they will inspire the next generations with their racing this Friday.

The action gets underway on Alamitos Beach, where a sheltered 750m Pacific Ocean swim will transition to a 3-lap 20km bike along the shoreline and close out with a 5km run of two laps to the tape, all in this most iconic of West Coast settings.

My thanks go to our friends and partners of the Local Organising Committee and USA Triathlon for all their hard work and collaboration on putting together such a brilliant stage for the racing. Thanks to all the staff, volunteers and the officials on whose skill and expertise we rely, and to the people of Long Beach for their warm welcome.

I hope that you all get to enjoy this great city as it hosts the spectacle of World Triathlon racing, and good luck in achieving your goals, whatever they may be!

Yours in Sport,

Marisol Casado

World Triathlon President

IOC Member

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 WORLD TRIATHLON PARA CUP LONG BEACH taking place on JULY 14, 2023.

1. KEY DATES

EVENT	DATE	TIME	LOCATION
Athlete Briefing	July 13, 2023	18:00	Renaissance Hotel, 111 E Ocean Blvd, Long Beach, CA
Athlete Package Pick Up	July 13, 2023	18:00	Renaissance Hotel, 111 E Ocean Blvd, Long Beach, CA
Swim Familiarization	July 13, 2023	1000-1030	Swim Start, Venue
Bike Familiarization	July 13, 2023	0900-0925	Bike Start - Linden Ave and Shoreline Drive adjacent to Transition Area
Bike and Equipment check	July 13, 2023	1130	Athletes Lounge

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 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 finish line. Please bring identification with you on race day.
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 13 at 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 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
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 1st 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 4th 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 Thursday, July 13, 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

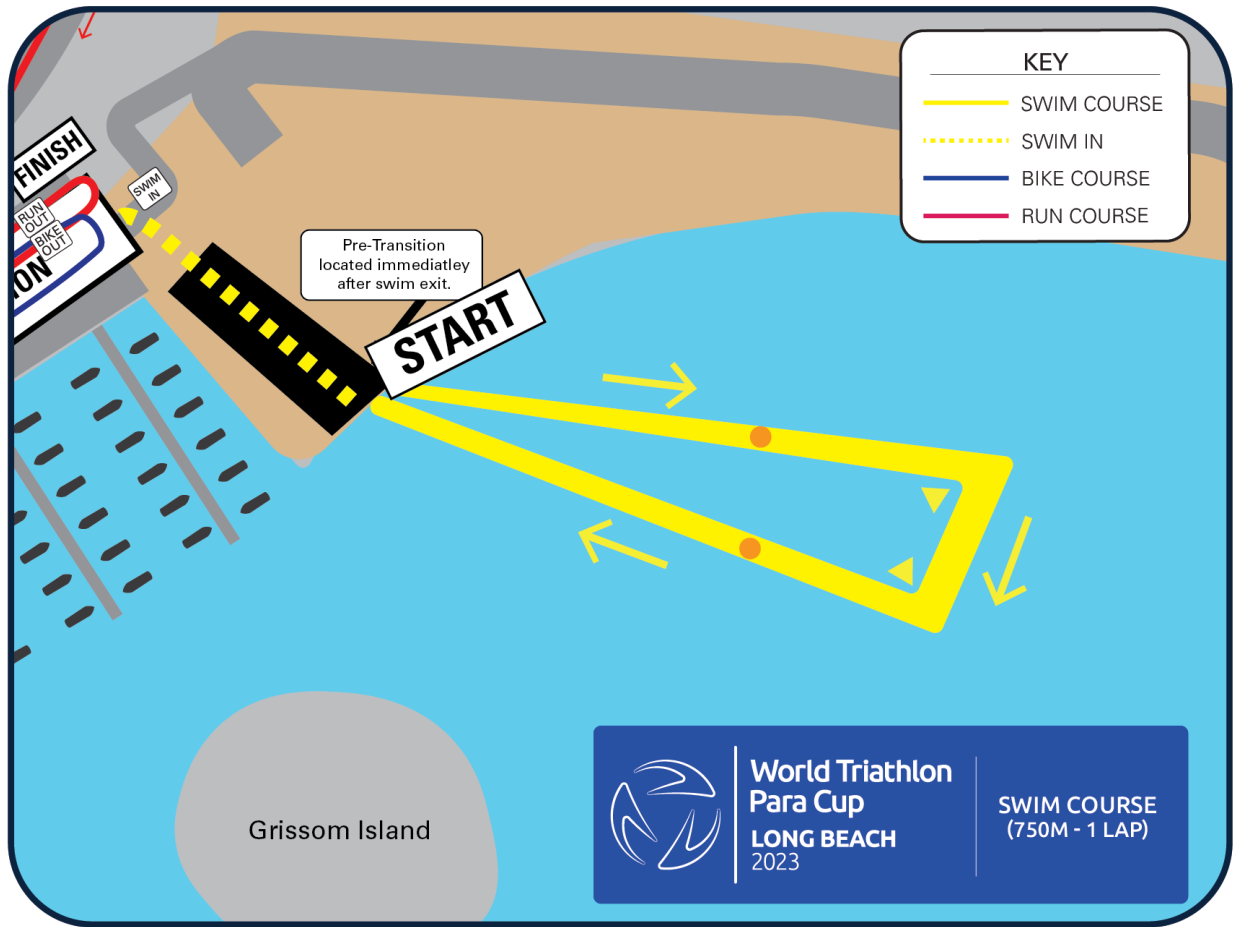
1. Competition Rules: The 2023 World Triathlon Para Cup Long Beach will follow the latest published Rules of Competition of the World Triathlon.
2. Timing Chips: Timing chips will be provided in the athlete package along with the individual race ID system. Swim caps will be distributed on race morning 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

2023 Legacy Triathlon Event Schedule			
Date/Time	Activity	Cap Color	Location
<i>Sunrise: 5:53am Sunset: 8:03pm</i>			
<i>*Schedule Subject to Change*</i>			
Thursday, July 13, 2023			
9:00-9:25am	World Triathlon Para Bike Familiarization		Shoreline Drive and Linden
10:00-10:30am	World Triathlon Para Swim Familiarization		Alamitos Beach (Long Beach) - Swim Start
11:00am	World Triathlon Para Registration and Bike Equipment Check		Marina Green Parking Athlete Lounge
6:00-7:00pm	Para World Cup Race Briefing		Renaissance Hotel- 111 E Ocean Blvd, Long Beach, CA
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 PTVI1-Men		Alamitos Beach (Long Beach) - Swim Start
6:52:41am	World Triathlon Para Cup PTVI2/3- 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 Transition		Marina Green parking lot
6:00-7:00pm	PATCO Americas Cup Race Briefing		Renaissance Hotel- 111 E Ocean Blvd, Long Beach, CA

9. COURSE MAPS

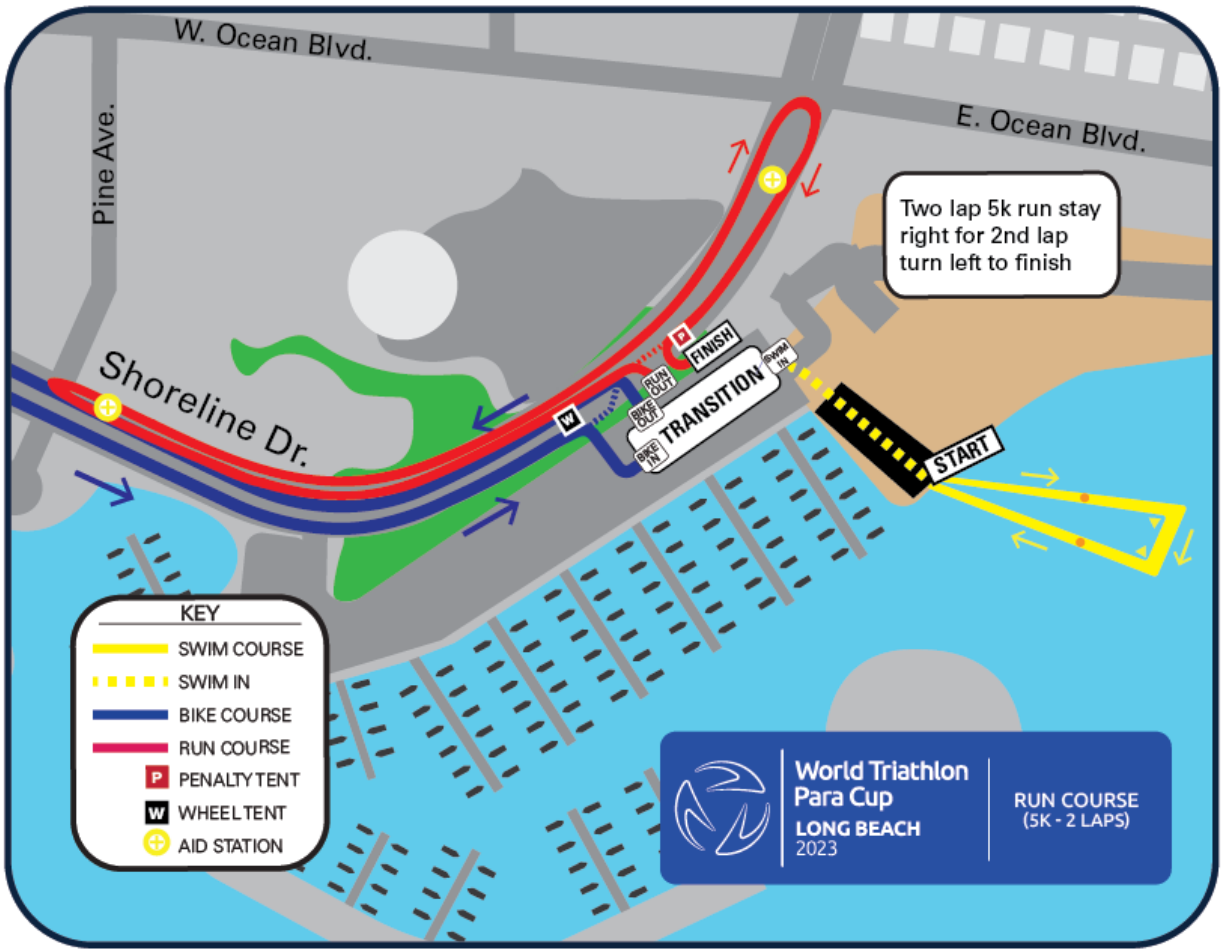
Swim



Bike



Run



9. Appendix A

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

Water Testing site locations within Swim Course

- B-5 5th Place off Beach
- B-56 10th Place off Beach

Water Quality has been within World Triathlon standards for past 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**



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Americas
Triathlon
Cup

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EVENT PARKING MAP