

# World Triathlon Cup Tangier

## ATHLETE GUIDE

SUNDAY OCT 01st



World Triathlon  
Cup

TANGIER  
2023

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## 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.

*Version, Sep 28*

Any late information or last-minute changes during the race week will be communicated on the event website and via email to all athletes and coaches.

[https://triathlon.org/events/event/2023\\_world\\_triathlon\\_cup\\_tanger](https://triathlon.org/events/event/2023_world_triathlon_cup_tanger)

### 1.2 Key Dates

DAY	START	END	ACTIVITY	LOCATION
29 <sup>st</sup>	17:00	17:59	Athletes' Registration	Hilton Tanger
29 <sup>st</sup>	18:00	18:30	Athletes' Briefing	Hilton Tanger
29 <sup>st</sup>	20:00	-	Dinner Party	Royal Yacht Club
29 <sup>st</sup>	18:30	-	Race Package Collection	Hilton Tanger
30 <sup>nd</sup>	10:00	10:30	Bike Course Familiarization	(Venue)
30 <sup>nd</sup>	11:00	12:00	Swim Course Familiarization	(Venue)
30 <sup>nd</sup>	18:00	19:00	Press Conference	Hilton Tanger
01 <sup>rd</sup>	11:00	-	Elite Women Event	Beach Start Race (Venue)
01 <sup>rd</sup>	13:30	-	Elite Men Event	Beach Start Race (Venue)
01 <sup>rd</sup>	15:05	-	Award Ceremony	(Venue)

### 1.3 Key Contacts

ROLE	NAME	MAIL	PHONE
<b>WT TEAM LEADER</b>	ENRIQUE QUESADA	enrique.quesada@triathlon.org	+34648075813
<b>TECHNICAL DELEGATE</b>	Rick Fulton	rick.fulton@africa.triathlon.org	+263772573534
<b>TECHNICAL DELEGATE</b>	Mohamed Lahfid	simohafid@hotmail.com	+212665740881
<b>MEDICAL DELEGATE</b>	Dr.Yahya Sadik	sadikyahya@gmail.com	+212662134704
<b>NF PRESIDENT</b>	MAJID AMAHROQ	amahroq.m@hotmail.fr	+212661148903
<b>EVENT DIRECTOR</b>	ABDENNOUR RAHMUNI	dilucento@gmail.com	+212688276358
<b>RACE DIRECTOR</b>	MOUNIR BENYARMAK	mounirbenyarmak@gmail.com	+212611381513
<b>ATHLETES SERVICES</b>	MOUNIR BENYARMAK	mounirbenyarmak@gmail.com	+212611381513

### 1.4 Contact Details

Royal Moroccan Federation of Triathlon.

Post Box 182

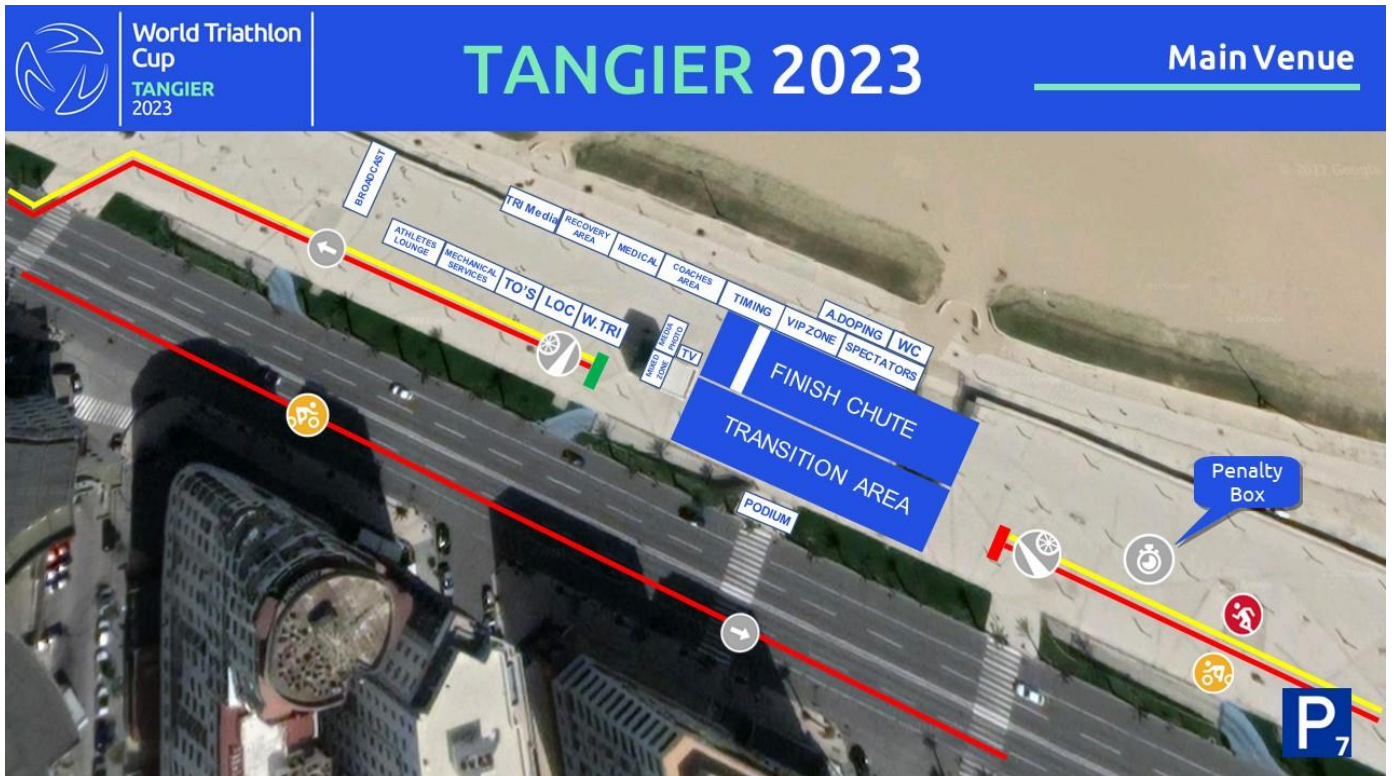
92000 – Larache, Morocco

[www.frmtri.org](http://www.frmtri.org)

[frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)

## 2. VENUE

# The Venue



## 2.1. Race Venue

In the north of Morocco, on the coasts of Tangier where the Mediterranean and Atlantic waters converge, you'll discover a unique city bearing a multicultural heritage.

Stroll the streets of « the White » Tangier, they are lined with lime-coated houses. Just like Delacroix or Matisse did upon their arrival, let yourself be carried away by the dreamy atmosphere that covers the city. At the foot of the high walls of the "Kasbah", roam through the alleys of the great "Socco", and admire the fortress that dominates the medina. A little far away, explore the "Sultan's Palace" which is nowadays dedicated to the arts of Morocco. Tangier is also renowned for the Spanish influence on its culture, starting with the arena that stands on the "Plaza de Torros", not to mention the "Cervantes" theatre built in 1913.



*More Information:* <https://www.visitmorocco.com/en/travel/tangier>



## *2.2 Course Familiarization*

Bike course familiarization, will take place on Saturday at 10:00 Venue, one lap escorted by the police.

Swim course familiarization on Saturday at 11:00.

## *2.3. Athlete's Lounge*

Will be allocated next to Venue (Tangier seafront)

## *2.4. Elite Athletes' Race Package*

Race packets will be distributed after the Athletes' Briefing, at 18:30, Hotel Hilton Tanger.

## *2.5. Doping Control*

**Doping Control will be performed according to the WT/WADA rules.**

## *2.6. Security*

Security will be providing by the government of the city. During the race, the athletes will be accompanied by the traffic police and technical officials. The event venue will be secured and protected by the police will be guarded by police forces. On the field of play there will be medical support. On the water there will be water police, Water Police and Lifeguards will manage the swim course. The police will guarantee the closure of roads and the safety of athletes.

## *2.7. LOC Office*

Hotel Hilton Tangier

Country Morocco.

Operating time: 10:00 - 19:00

[mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com)

[frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)

[www.frmtri.org](http://www.frmtri.org)

Phone: [+212 611 381 513](tel:+212611381513)

### 3. ACCOMMODATION

Hotel: Hilton Garden Inn & Hilton Tanger City Centre.

Reservation: [emna.bencherifa@hilton.com](mailto:emna.bencherifa@hilton.com)

Event Code: 23WorldCup-TangierTriathlon

Phone: +212 539 309 700

Adrees: Tanger City Centre Place du Maghreb Arabe Tanger - 90 000 Morocco

<https://cutt.ly/kwIDTH9C>

### 4. TRANSFER AND TRANSPORT

Closest Airport: Ibn Battouta (TNG) 13 km from Venue.

The LOC will provide free transportation from Sep 28 to Oct 02, for the Elite Athletes and World Triathlon accredited Coaches from the airport to the hotel and return to the airport.

Please Contact: ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))

Phone & WhatsApp: [+212 611 381 513](tel:+212611381513)

**Request for Visa invitation letter, please contact: FRMTRI**  
([frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)) & ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))

For the transfer services, please ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))  
with the following data:

- Arrival date
- Arrival time
- Airline and flight number
- Number of person
- Number of bikes
- Hotel name
- Departure date
- Departure time

All the transfer requests, need to be confirmed to ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))  
latest Sep 26th.



## 5. ATHELETE'S SERVICES

### 5.1. Training Facilities

Swimming pool training.

Friday and Saturday the swimming pool will not be the same as today's. There will be buses taking you from the host hotel (Hilton) to the pool. The bus schedule is as follows.

**Friday:** Hotel to pool 8:30 AM / Pool to hotel 11:00 AM.

**Saturday:** Hotel to pool 16:30 / Pool to hotel 19:00

The swimming pool is not available for us at any other time. If you do not like to use the bus, the pool location: <https://cutt.ly/kwbhTCIu>

### 5.2. Medical Services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Venue 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.

Closest hospital: **MOHAMED V.**

<https://cutt.ly/owjOwLiU>

### 5.3. Bike Mechanical Service

#### Otman Trik

Available from Sep 30 – Oct 01.

Phone & WhatsApp: +212 668 706 166

Mail: [serrokh2017@gmail.com](mailto:serrokh2017@gmail.com)

## 6. COMPETITION SCHEDULE

### 6.2. Elite Women

DAY	START	END	ACTIVITY	LOCATION
01-Oct	09:30	10:30	Athlete Lounge Check In	(Venue)
01-Oct	10:00	10:45	TA Check In	(Venue)
01-Oct	10:00	10:45	Swim Warm-Up	Beach Start Race
01-Oct	10:45	-	Athletes' introduction	TA
01-Oct	11:00	-	Start Elite Women	Beach Start Race (Venue)
01-Oct	15:05	-	Award Ceremony	(Venue)

### 6.2. Elite Men

DAY	START	END	ACTIVITY	LOCATION
01-Oct	12:00	13:00	Athlete Lounge Check In	(Venue)
01-Oct	12:30	13:15	TA Check In	(Venue)
01-Oct	12:30	13:15	Swim Warm Up	Beach Start Race
01-Oct	13:15		Athletes' introduction	TA
01-Oct	13:30		Start Elite Men	Beach Start Race (Venue)
01-Oct	15:05		Award Ceremony	(Venue)

### ***6.3. Competition Rules***

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

### ***6.4. Athlete's Briefing***

The athlete's briefing will take place on Friday 29 Sep at 18:00 Hotel Hilton Tanger.

### ***6.5. Timing Chips***

On race day athletes will be given a timing chip, to be worn on the athletes' A swim cap will also be issued that must be worn in the race Athletes will pick up the timing chips before the competitions, during their check-in at the Athletes Lounge.

### ***6.6. Results***

Results will be uploaded live at the World Triathlon official website [www.competitions.com](http://www.competitions.com). All the Results will be posted in the Athletes Lounge and at the Information Centre, located at the venue.

### ***6.7. Protest & Appeals***

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

## 7. ACCREDITATION

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

Athletes and Coaches will receive the accreditations at the athletes briefing.

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 both venues.

## 8. USEFUL INFORMATION

**8.1. Languages:** Arabic, French, Spanish.

**8.2. Population:** 1.314.000 inhabitants (2023).

**8.3. Currency:** Moroccan Dirham. (Aprox.1EUR =11Dirhams)

**8.4. Bank:** Withdraw money (BMCE) bank

**8.5. Time Zone:** Standard time GMT+1 (-1 Lisbon -1 London)

**8.6. Hoteles:** Kenzi Solazur - Barcelo - Hilton - Marina Bay

**8.7. Electricity:** 220v. Plugs type C/E

**8.8. Telephone Connections:** International prefix +212  
Telephone information:16  
Police telephone number: 19  
Firefighters telephone number:15

**8.9. Weather:** Min 17 °C Max 30 °C

# 9. COURSE MAPS

## GENERAL VIEW

World Triathlon Cup  
TANGIER  
2023

# TANGIER 2023

General Course

- SWIM 750M X 1 LAP
- BIKE 20KM X 4 LAPS
- RUN 5KM X 2 LAPS

Main Hotel (Hilton Tanger)





## SWIM START

Start procedures: Beach Start  
The Head Referee, will start each race.



## SWIM COURSE

750m  
Number of laps: 1 x 750m  
Swim Exit 210m to the Transition Zone  
Average Water temperature – Minimum 19C-maximum 26C degrees Celsius.  
Average AIR temperature – minimum 20C – maximum 29C degrees Celsius.

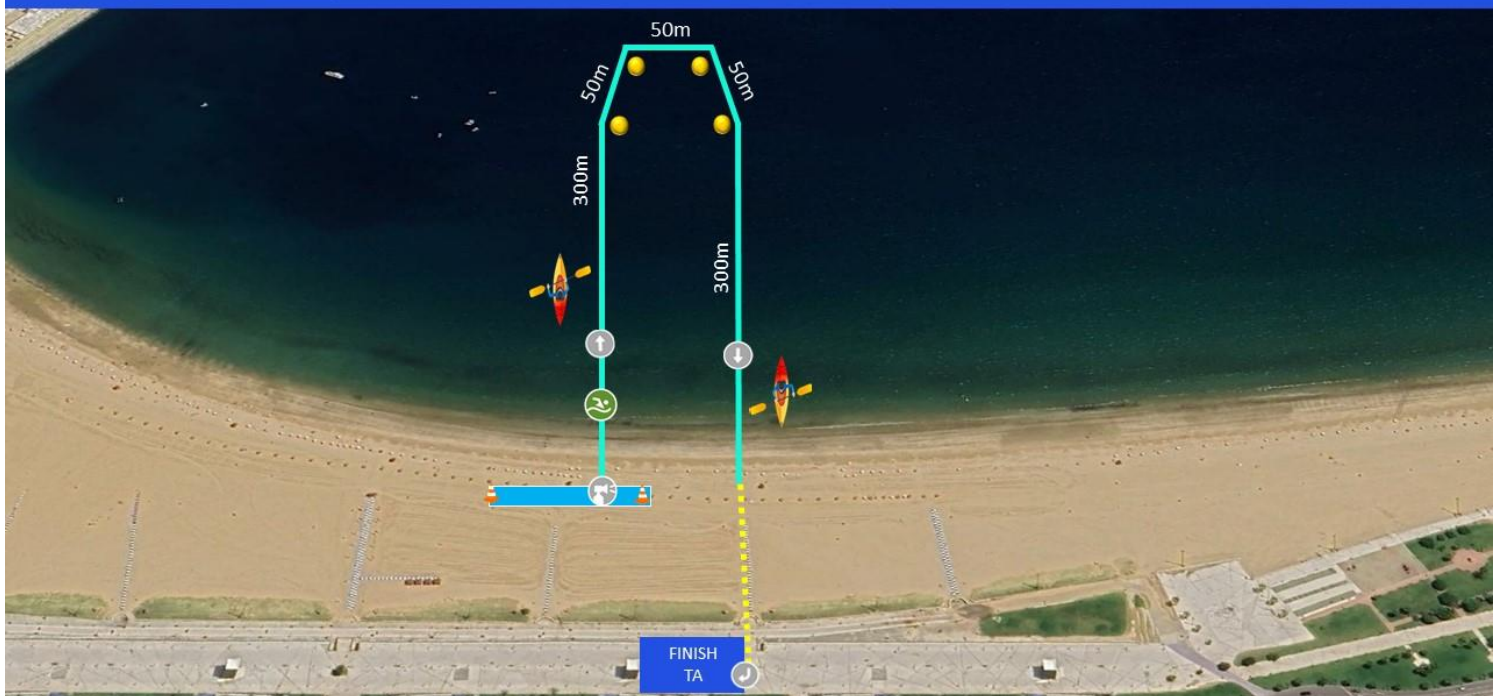


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# TANGIER 2023

## Swim Course

750m x 1 Lap

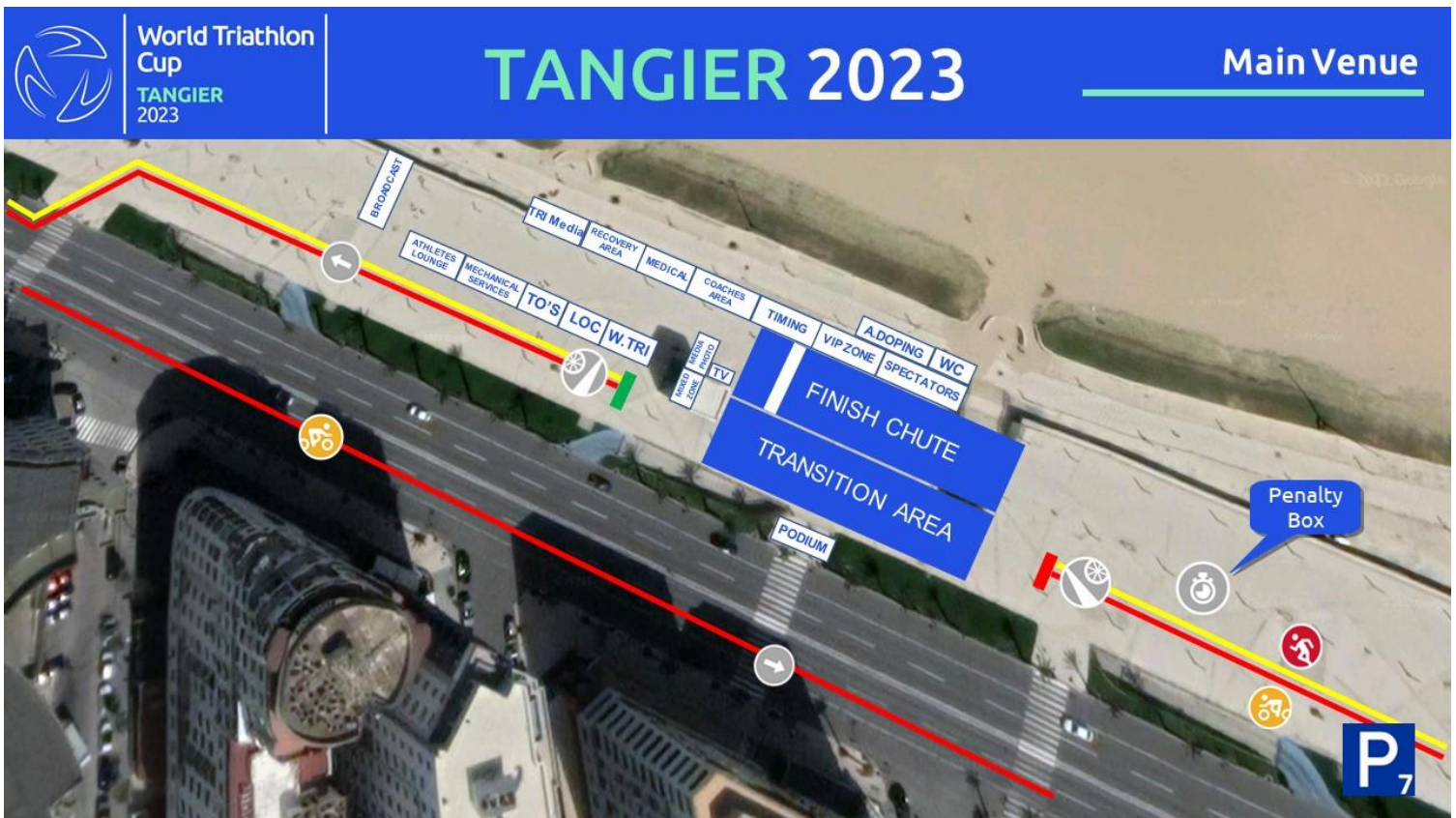






## TRANSITION

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes push their bikes by moving forward into the center lane and towards the mount line. The Transition zone has individual bike racks in two rows.





## BIKE COURSE

20km

Number of laps: 4 x 5km laps = 20km

Description: flat and technical



## WHEEL STATION

Two (2) wheel stations will be located on the bike course.





## RUN COURSE

5km

Number of laps: 2 x 2,5km laps = 5km

Description: Flat course on pavement



## AID STATION

Two (2) aid stations will be located on the run course.



## PENALTY BOX

A penalty box will be located on the run course, (100m before the finish) and at the end of the transition on your right hand.

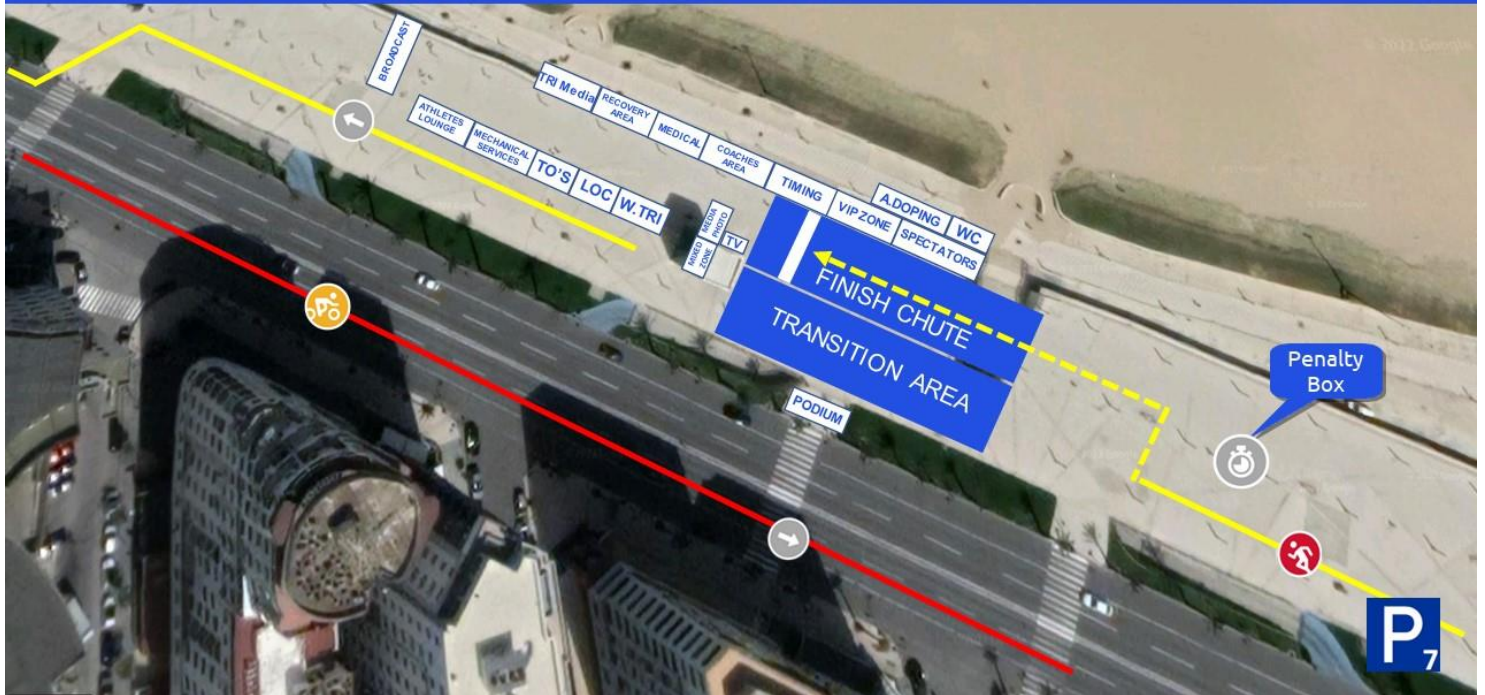


Finish Line

Venue

# TANGIER 2023

Finish Line



# Good Luck