



# TRIATLÓN A CORUÑA

CTO. DE ESPAÑA DISTANCIA OLÍMPICA

COPA DEL MUNDO PARATRIATLÓN

01-02 JULIO 2023

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## 2023 World Triathlon Para Cup A Coruña

ATHLETES GUIDE v\_26.06

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## 1. GENERAL INFORMATION

### INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes and coaches are well informed about all procedures concerning the Event. The Local Organising Committee (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.

### KEY DATES PARATRIATHLON WORLD CUP

DAY	START	END	ACTIVITY	LOCATION
30/06	15:30	16:30	PWC Swim Course Familiarization	Venue
30/06	16:30	17:30	PWC RunCourse Familiarization	Venue
30/06	18:00	18:45	PWC Athlete's briefing	NH Hotel Collection
30/06	18:45	19:30	Race Package Distribution	Official Hotel
1/07	15:00	18:23	PWC Race	Venue
1/07	18:30		PWC Medal Ceremonies	Venue

### 2.3. KEY CONTACTS

Event Director:	Jorge García <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
Race Director	Miguel Fernández <a href="mailto:Mijelalejandro@yahoo.es">Mijelalejandro@yahoo.es</a>
Technical Delegate:	Kale Jensen <a href="mailto:kalle.jensen@gmail.com">kalle.jensen@gmail.com</a>
Athlete's Services Manager:	Milena González <a href="mailto:aux.competiciones@triatlon.org">aux.competiciones@triatlon.org</a>

### 2.4. CONTACT DETAILS

Spanish Triathlon Federation  
 Ferraz 16 3ºDcha  
 28008 Madrid  
 Jorge García - [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)  
 +34 650 64 63 62

## 2. VENUE

### RACE VENUE

The World Triathlon Coruña Paratriathlon World Cup has one venue, located in the historical city center of Coruña.

### COURSE FAMILIARIZATION

There will be a swim familiarization, according to the schedule written in this guide.

### ATHLETE'S LOUNGE

Will be allocated at Marina Parrote.

There will be a bike mechanical service, drinks.

### ELITE ATHLETES' RACE PACKAGE

Athletes' race packages will be distributed on Friday 30th June at 18:45 after the briefing at the Official Hotel - Eurostar Atlántico.

### DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their accreditation and ID card to the doping control facilities.

### SECURITY

Local Police from Coruña and 112 emergencies service, will provide the security for the event.

### LOC OFFICE

LOC office will be allocated at the Venue from Friday 30th till Saturday 1st.



General View



### 3. ACCOMODATION

All bookings can go through the official travel agency as follows:

Globalia

Carlos Cuadrado - [dpto.tecnico@bcdme.es](mailto:dpto.tecnico@bcdme.es)

#### **Official Hotel**

Eurostar Atlántico (4\*)

<https://g.page/eurostars-atlantico-a-coruna?share>

Distance to the venue 600 m.

#### **TRAVEL AND TRANSFERS**

For Visa requests, you must contact:

Lourdes López

Spanish Triathlon Federation

[lourdes.lopez@triatlon.org](mailto:lourdes.lopez@triatlon.org)

The closest airport is Coruña (LCG); also, you can travel to Santiago (SCQ)

For transfers, you must contact Globalia Travel Agency;

Carlos Cuadrado - [dpto.tecnico@bcdme.es](mailto:dpto.tecnico@bcdme.es)

## 4. ATHLETES SERVICES

**PLACE: TERMARIA (Swimming Pool)**

GOOGLE LINK: <https://goo.gl/maps/3cWLNcK7PFJkwTmc8>

Website Info: <https://termaria.es/>

DAYS	EVERYDAY
TIME	FROM 9:00 to 21:00
LANES	No limit
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service



### 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 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 is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

## 5. COMPETITION SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
30/06/2023	15:30	16:30	Swim Familiarization	Venue
30/06/2023	16:30	17:30	Run Familiarization	Venue
30/06/2023	18:00	18:45	Athlete's Briefing	NH Finisterre
01/07/2023	18:45	19:30	Athlete's Registration	NH Finisterre
01/07/2023	13:00	14:55	Athlete's Lounge	Venue
01/07/2023	13:15	14:55	Transition Check-in	Venue
01/07/2023	14:00	14:45	Swim Warm up	Venue
01/07/2023	14:45	15:10	Bike Warm up	Venue
01/07/2023	15:40:00		Paratriathlon PTS5-M Start	Venue
01/07/2023	15:42:00		Paratriathlon PTVI1-M/W Start	Venue
01/07/2023	15:44:41		Paratriathlon PTVI2/3-M Start	Venue
01/07/2023	15:45:11		Paratriathlon PTVI2/3-W Start	Venue
01/07/2023	15:55:00		Paratriathlon PTS5-W Start	Venue
01/07/2023	15:56:00		Paratriathlon PTS4-M Start	Venue
01/07/2023	16:01:00		Paratriathlon PTS2/3-M Start	Venue
01/07/2023	16:02:00		Paratriathlon PTS2/3/4/-W Start	Venue
01/07/2023	16:20:00		Paratriathlon PTWC1-M/W Start	Venue
01/07/2023	16:23:00		Paratriathlon PTWC2-M Start	Venue
01/07/2023	16:23:38		Paratriathlon PTWC2-W Start	Venue
01/07/2023	18:30:00		Medal ceremonies	Venue

### COMPETITION RULES

The event will follow the World Triathlon Competition Rules

[https://www.triathlon.org/uploads/docs/World-Triathlon\\_Competition-Rules\\_2023\\_20230208.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2023_20230208.pdf)

### ATHLETE'S BRIEFING

The athlete's briefing, will take place at 18:00h (NH Collection Finisterre Hotel)

<https://goo.gl/maps/JZWqFtoyjCrFEyLp9>

### TIMING CHIPS

On race day athletes will be given two timing chips. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### RESULTS

Results will be uploaded live on the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

### PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition rules:

[https://www.triathlon.org/uploads/docs/World-Triathlon\\_Competition-Rules\\_2023\\_20230208.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2023_20230208.pdf)

## 6. 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, according to the actual regulations.

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 always carry their Accreditation Cards with them, and to show them upon request. Accreditation Cards are mandatory to access the venue.

## 7. OTHER USEFUL INFORMATION

LANGUAGE: Spanish and Galician

POPULATION: 1,2 million inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34



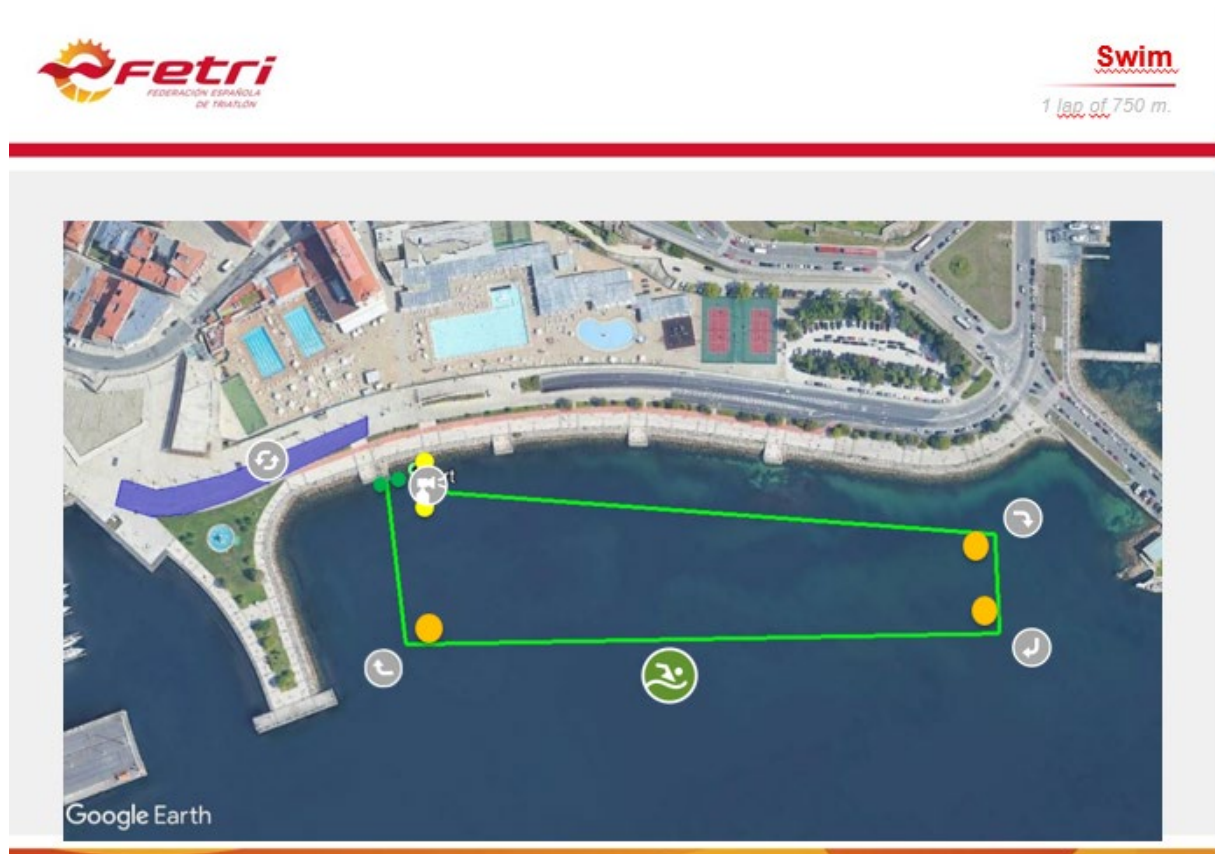
## 8. COURSE MAPS

Please refer to WORLD TRIATHLON website for the most updated courses maps and info

### SWIM COURSE

The start will be a deep-water start.

The Swim will take place at Marina Parrote. One lap in a counterclockwise course. The average water temperature at this time of the year is approximately 19 degrees.

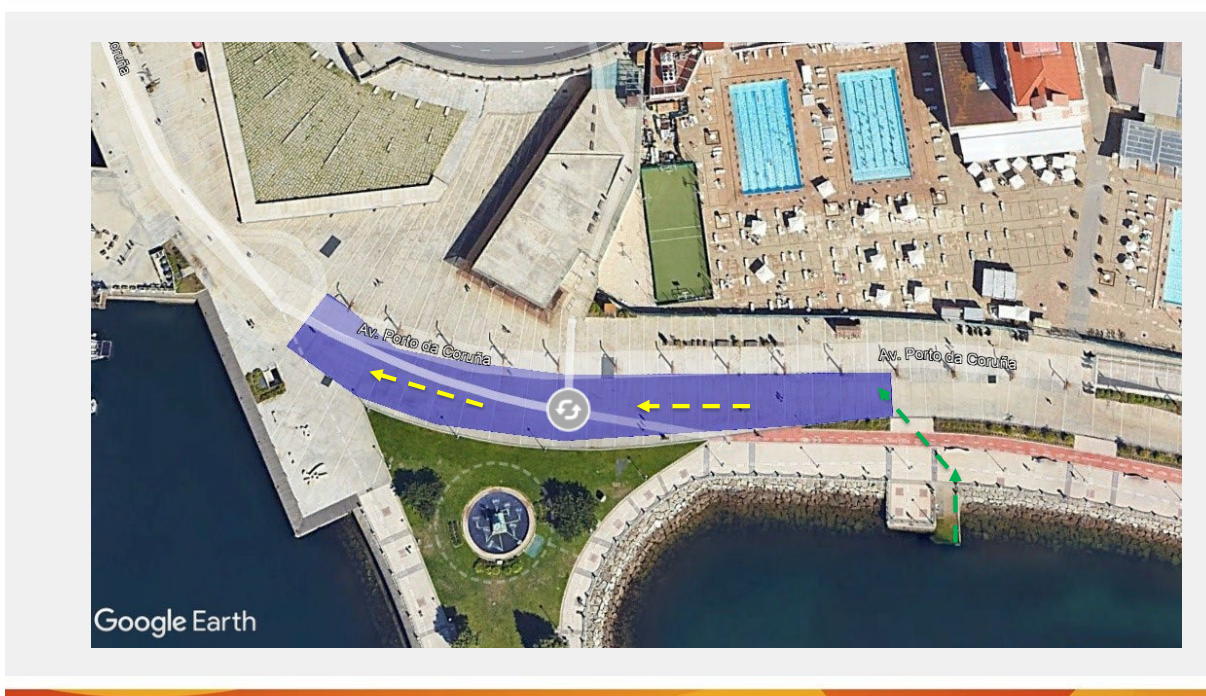


## TRANSITION 1

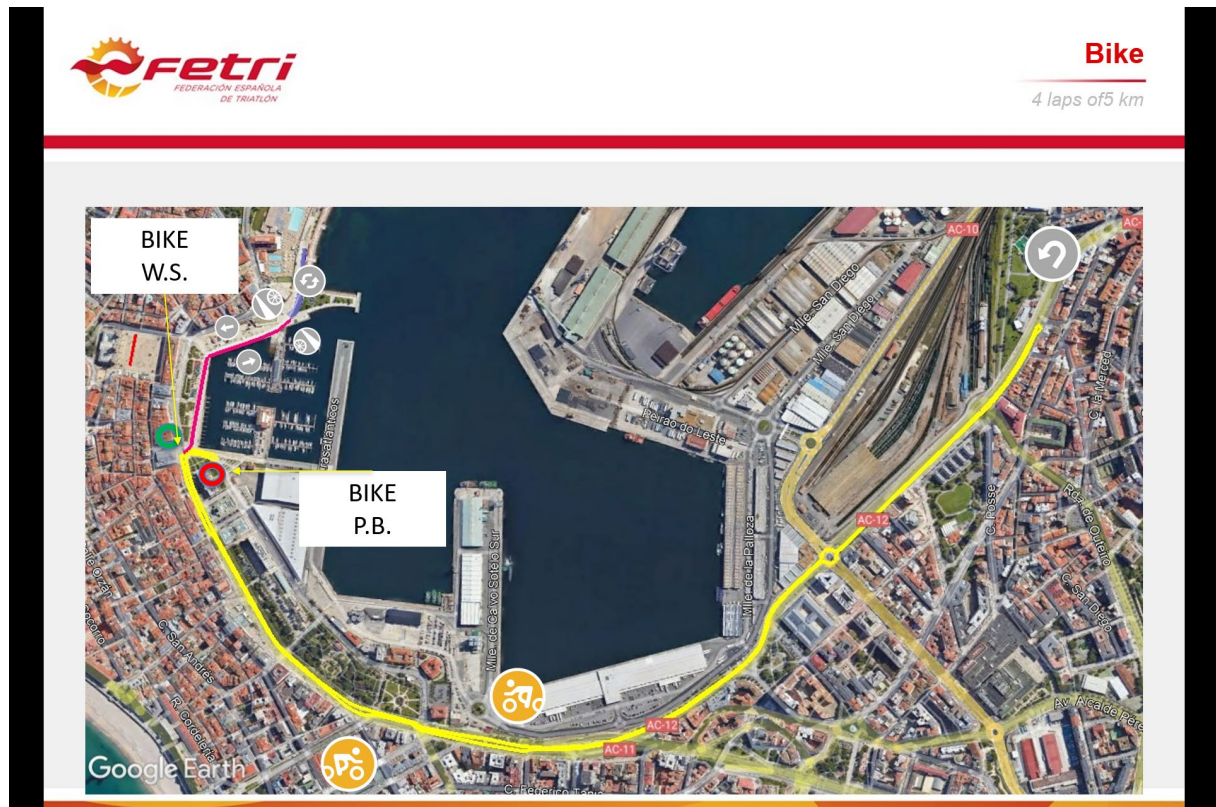
A flow through transition has been developed to keep athletes moving forward.



### Transition 1



BIKE COURSE



The bike course will comprise a link section and 4 laps, with each lap passing next to the main venue. The total bike course includes 4 laps of 5 kms each one.

WHEEL STATION

(1) wheel station will be located on the bike course; team wheel station, will be located at bike laps start

Bike Penalty Box will be allocated at the end of the laps.

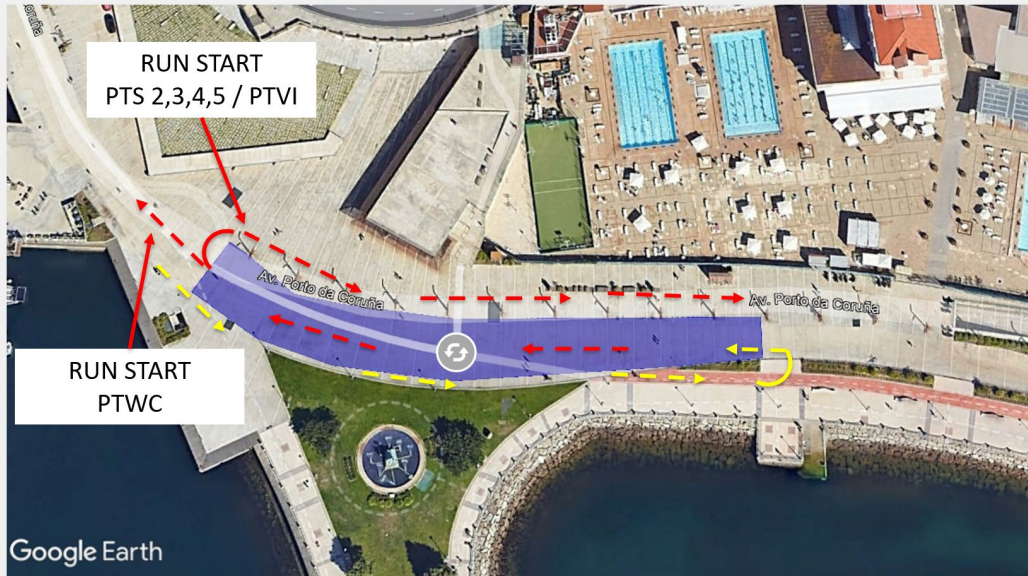
Bike penalty box  and Wheel Station 

## TRANSITION 2

From the dismount line, athletes run in the right corridor entering TA same point as T1 taking the bikes towards their bike rack.



### Transition 2



## RUN COURSE

PTS 2,3,4,5 and PTVI run course will be 3 laps with a total of 5 km.  
First lap is 1,1 Km, second and third are 1,95 km.  
The athletes will run on asphalt

There will be 1 aid station along the run course; that will allow the athletes to have the opportunity to take water 2 times per lap.

The Penalty Box will be allocated at the venue before the end of the laps.

PTWC run course will be 1 lap with a total of 5 km.  
The athletes will run on asphalt

There will be 2 aid station along the run course; that will allow the athletes to have the opportunity to take water 3 times per lap.

The Penalty Box will be allocated at the venue before the end of the lap.

Wheel station for PTWC athletes on the run will (see the map).





**Run course PTS 2,3,4,5 / PTVI laps 2 & 3**

2 laps of 1,95 km



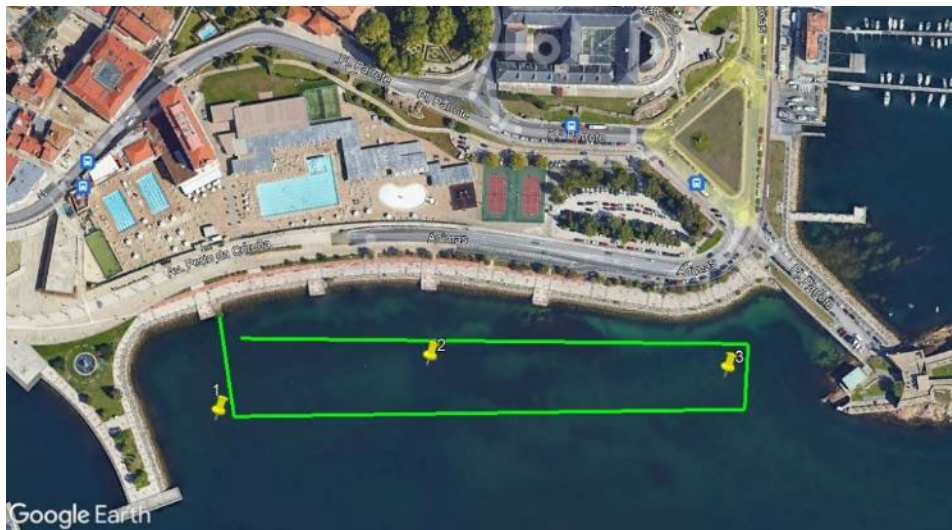
**Run course PTWC**

1 lap of 5 km



## 9. QUALITY TEST

Location of collection of samples 23rd May 2023:



**Analysis Report:**

Date of report: 23 May 2023  
 Sample(s) description: ZONA 1  
 Report n°: 36412040

**Physical/ Chemical Test Report:**

Physical/Chemical parameters	Results	Criteria
Ph	8,5	6-9
Escherichia coli	7 UFC/100ml	<250 UFC/100ml
Enterococci	6 UFC/100ml	<100 UFC/100ml

**Conclusion:** The sample complies with the preset parameters.