



**World Triathlon  
Para Cup**  
**MÁLAGA**  
**2023**



# **2023 World Triathlon Para Cup Malaga**

## **ATHLETES GUIDE v\_12.10**

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## GENERAL INFORMATION

### INTRODUCTION

The Athlete's Guide aims to ensure that all athletes and coaches are well-informed about all procedures concerning the Event. The Local Organising Committee (LOC) provides that the information 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 information changes in this guide.

### KEY DATES PARATRIATHLON WORLD CUP

DAY	START	END	ACTIVITY	LOCATION
20/10	16:00	16:30	Bike Familiarization (PTWC) / Run Familiarization (PTVI/PTS)	Venue
20/10	16:30	17:00	Run Familiarization (PTWC)/ Bike Familiarization (PTVI/PTS)	Venue
20/10	17:00	17:30	Swim Familiarization	Venue
20/10	18:00	18:45	Athlete's briefing	Real Club Mediterraneo
20/10	18:45	19:30	Race Package Distribution	Real Club Mediterraneo
20/10	19:00	19:45	PTWC bike check/ equipment storage at the venue overnight	Venue
21/10	14:00		PWC Race	Venue
21/10	19:30		PWC Medal Ceremonies	Venue

### 2.3. KEY CONTACTS

Event Director:	Jorge García <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
Technical Delegate:	Thanos Nikopoulos <a href="mailto:Thanos.nikopoulos@triathlon.org">Thanos.nikopoulos@triathlon.org</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

## VENUE

### RACE VENUE

The World Triathlon Málaga Para triathlon World Cup has one venue at the main port of Málaga.

<https://maps.app.goo.gl/jiwJPTcc2BcJAePL8>

### COURSE FAMILIARIZATION

According to the schedule written in this guide, there will be a familiarization of a swim, bike, and run course.

### ATHLETE'S LOUNGE

It will be allocated at the venue.

There will be a bike mechanical service and drinks.

### ELITE ATHLETES' RACE PACKAGE

Athletes' race packages will be distributed on Friday, 20 October, at 18:45 after the briefing at the Real Club Mediterráneo.

### DOPING CONTROL

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

### SECURITY

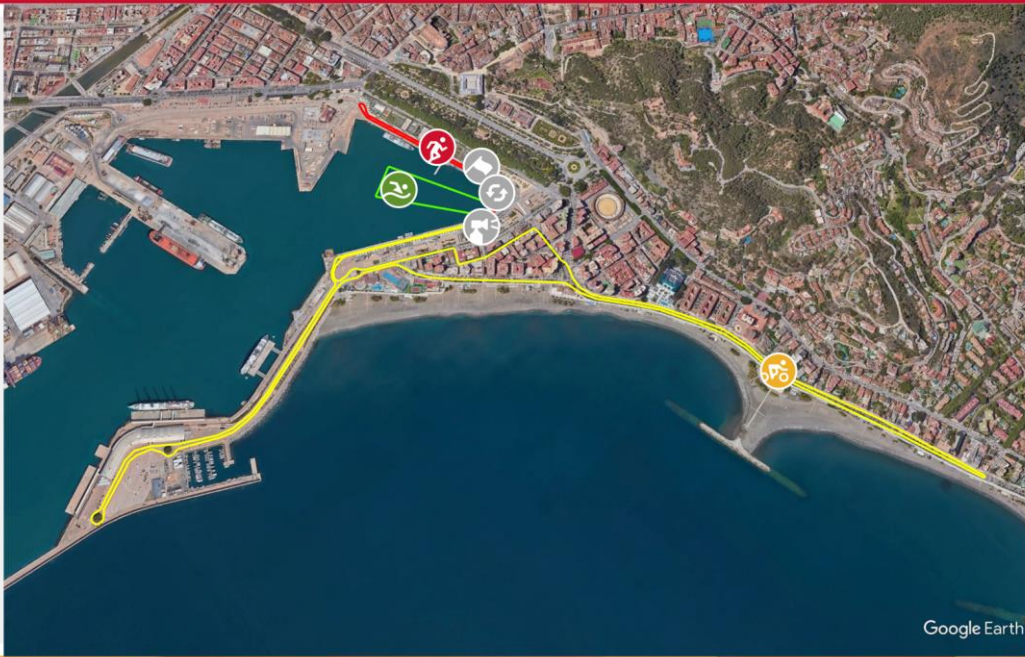
Local Police from Málaga and 112 emergency services will provide security for the event.

### LOC OFFICE

LOC office will be allocated at the Venue from Friday 20th till Saturday 21st.



General Map



## ACCOMMODATION

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

BCDE Events

Carmen G. Lendinez

[triathlon@bcdme.es](mailto:triathlon@bcdme.es)

[Carmen.glendinez@bcdme.es](mailto:Carmen.glendinez@bcdme.es)

### 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 Málaga (AGP), and the easiest and cheapest to take a taxi to the city center (costs around 20 €)

In case you need a dedicated transfer, you must contact BCDE Travel Agency;

Carmen G. Lendinez

[triathlon@bcdme.es](mailto:triathlon@bcdme.es)

[Carmen.glendinez@bcdme.es](mailto:Carmen.glendinez@bcdme.es)

### PARKING

A Public Parking (Muelle 1), <https://maps.app.goo.gl/S6HoyqJp2VJaZeVU6>, is next to the venue.

Schedule and Rates can be checked here: <https://www.muelleuno.com/en/parking/>

## ATHLETES SERVICES

### TRAINING SESSIONS

Thursday and Friday, two lanes, from 9 to 11, at Real Club Mediterráneo

<https://realclubmediterraneo.com/>

Outdoor 50 m swimming pool

<https://realclubmediterraneo.com/piscinas/>

### MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and the race. First Aid and Emergency Medical Services will be 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 for by participants. Athletes/teams should make sure that they have appropriate medical insurance.

### MECHANICAL SERVICE

There will be mechanical service at the Athletes Lounge on Saturday during the whole day.

During the week, athletes can go to the official bike mechanic shop.

Bikephilosophy Málaga

951 21 55 51

<https://g.co/kgs/7QUMPj>

## COMPETITION SCHEDULE

### COMPETITION SCHEDULE

12:30:00	13:30:00	Athletes' lounge check in (TOs)
12:45:00	13:30:00	Transition zone check in
12:45:00	13:30:00	Bike & Run courses warm up
13:15:00	13:45:00	Swim course warm up
13:40:00	14:00:00	PTWC Warm up in TZ (no equipment movements)
13:50:00		PTS5M/ PTVI Athletes' presentation
<b>14:00:00</b>	<b>Start</b>	<b>PTS5-M</b>
<b>14:05:00</b>	<b>Start</b>	<b>PTVI1-M</b>
<b>14:07:41</b>	<b>Start</b>	<b>PTVI2/3-M</b>
<b>14:09:00</b>	<b>Start</b>	<b>PTVI1-W</b>
<b>14:12:11</b>	<b>Start</b>	<b>PTVI2/3-W</b>
14:13:00		PTS Athletes' presentation
<b>14:20:00</b>	<b>Start</b>	<b>PTS5-W</b>
<b>14:21:00</b>	<b>Start</b>	<b>PTS2/3/4-W</b>
<b>14:30:00</b>	<b>Start</b>	<b>PTS4-M</b>
<b>14:31:00</b>	<b>Start</b>	<b>PTS2/3-M</b>
14:45:00	15:05:00	PTWC Swim warm up
15:10:00		PTWC Athletes' presentation
<b>15:20:00</b>	<b>Start</b>	<b>PTWC1-M</b>
<b>15:23:00</b>	<b>Start</b>	<b>PTWC2-M</b>
<b>15:25:00</b>	<b>Start</b>	<b>PTWC1-W</b>
<b>15:28:38</b>	<b>Start</b>	<b>PTWC2-W</b>
16:45:00	17:30:00	Para Run course measurement by coaches
19:30:00		Ceremonies at the Finish Line

### COMPETITION RULES

The event will follow the World Triathlon Competition Rules

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

### ATHLETE'S BRIEFING

The athlete's briefing will take place at 18:00h (Real Club Mediterráneo)

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

### TIMING CHIPS

On race day, athletes will be given three timing chips to the PTWC athletes and two to the rest. Athletes will pick up the timing chips before the competitions during their check-in procedure, according to the instructions of the technical officials.



#### 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)

## ACCREDITATION

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

Athletes and Coaches will receive the accreditations at the athlete's 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 always requested to carry their Accreditation Cards and to show them upon request. Accreditation Cards are mandatory to access the venue.

## OTHER USEFUL INFORMATION

LANGUAGE: Spanish

POPULATION: 240,000 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

## COURSE MAPS

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



## SWIM COURSE

The start will be a deep-water start.

The Swim will take place at Malaga Port / Muelle 1. One lap in a counterclockwise course. The average water temperature at this time of the year is approximately 22 degrees.

The pre-transition zone will be located at the swim exit.



## TRANSITION 1

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

Bike racks will be horizontal.

## BIKE COURSE





**Bike**

600 m + 3 laps x 6,2 km + 600 m



**Bike**

600 m to T2



The bike course will comprise a link section and three laps, totally flat except for a small portion of the technical part before coming to finish the lap.

## WHEEL STATION

There will be two-wheel stations:

- (1) wheel station (team) will be located at the bike laps start ;
- (1) A neutral wheel station will be at the bike u-turn point.

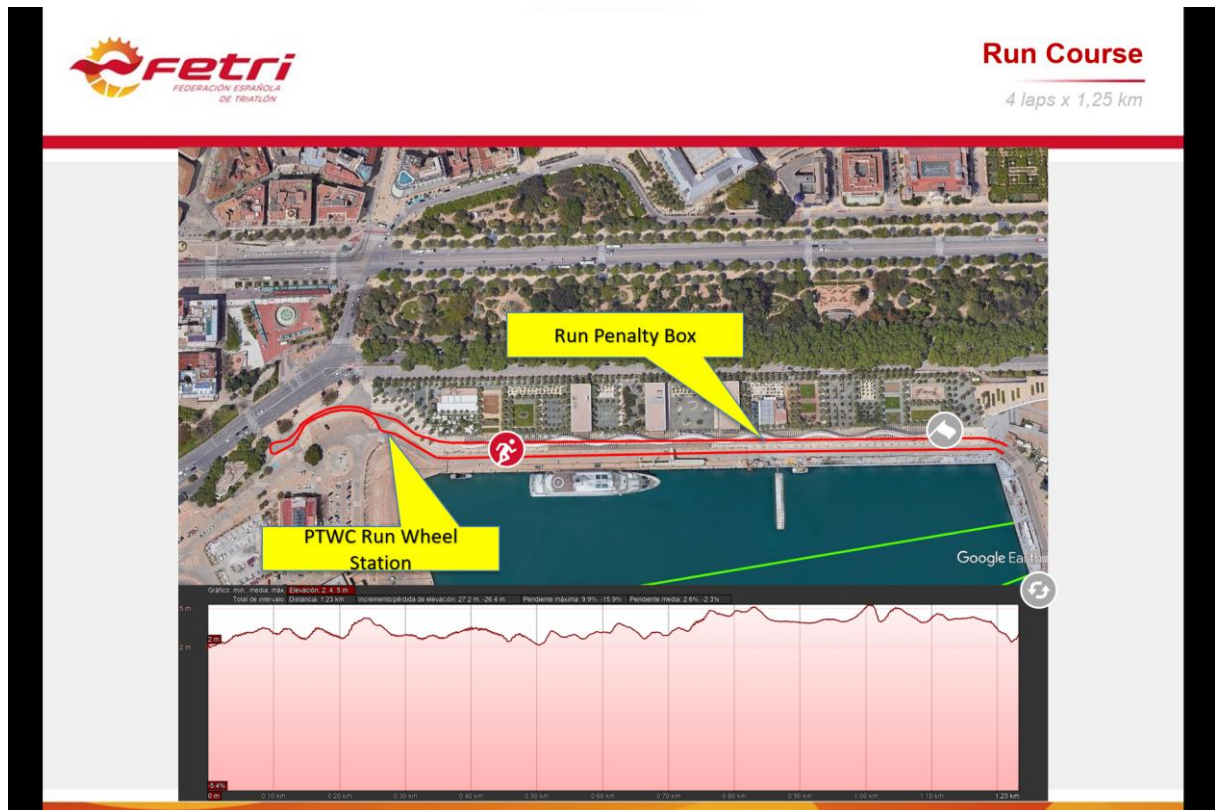
A Bike Penalty Box will be allocated at the end of the bike laps.



## TRANSITION 2

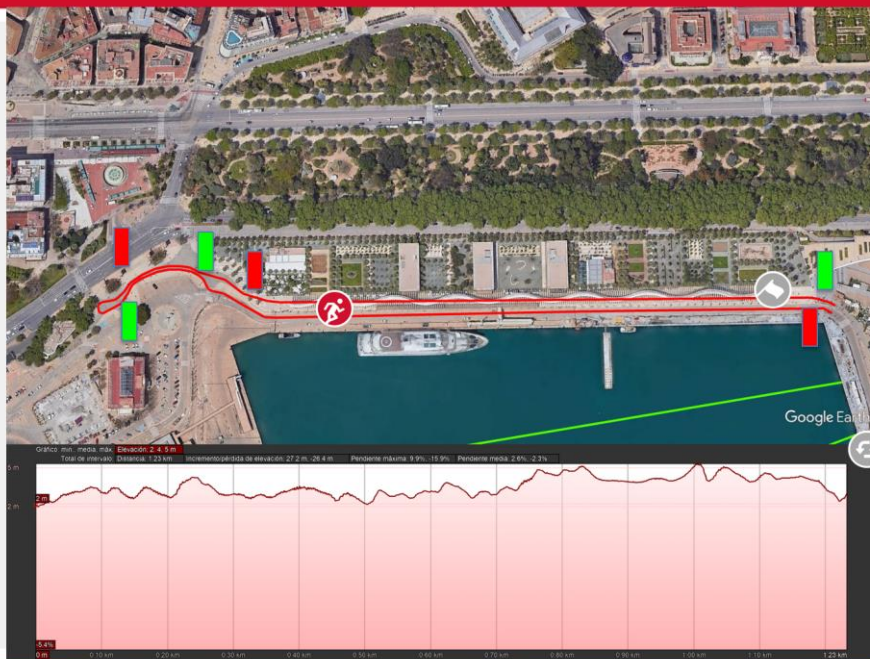
From the dismount line, athletes run in the right corridor, entering TA at the same point as T1 and taking the bikes toward their bike racks. The transition zone 2 is a mirror of transition zone 1.

## RUN COURSE





## VI Free Leading Zones



The run course will have four laps, and it will be flat.

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).

## QUALITY TEST



Neointegra XXI S.L.  
Laboratorio certificado en UNE-EN-ISO 9001 y UNE-EN-ISO 14001  
Laboratorio autorizado por la Consejería de Agricultura y Pesca A-288-AU

## INFORME DE ANÁLISIS

Informe Nº N / 68014



Tipo de muestra: AGUA

Recogida por: Técnico del laboratorio

Tipo de Envase: Microbiología: Envase estéril con neutralizante (24mg tiosulfato).  
Físico-Químico: Envase sin neutralizante.

Procedimiento de toma de muestra: IT-08

Cliente:

FEDERACION ESPAÑOLA DE TRIATLON  
C/ Ferraz, nº 16, 3º derecha  
28008 Madrid (Madrid)

Fecha y hora de toma de muestra: 03/10/2023 08:20

Fecha y hora de recepción: 03/10/2023 11:15

Fecha inicio ensayo: 03/10/2023

Fecha finalización ensayo: 06/10/2023

Detalles/Referencias de la muestra:

PUNTO 1 SALIDA-ENTRADA TRIATLETAS

## RESULTADOS

Parámetros	Resultados	Unidades	Valor Paramétrico	Método
pH	8,17	udes. pH		Potenciometría
Enterococos intestinales	1	UFC/100 mL		UNE ISO 7899-2
Escherichia coli	2	UFC/100 mL		UNE ISO 9308-1:2014
Algas de marea roja	Ausencia			Observación



Cristina Urbano Navarro  
Responsable Laboratorio

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integralab.es | info@integralab.es | 951 014 698 | Av. Juan López Peñalver, 8 - P.T.A. 29590 Málaga



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## INFORME DE ANÁLISIS

Informe Nº N / 68015



**Tipo de muestra:** AGUA  
**Recogida por:** Técnico del laboratorio  
**Tipo de Envase:** Microbiología: Envase estéril con neutralizante (24mg tiosulfato).  
Físico-Químico: Envase sin neutralizante.

**Procedimiento de toma de muestra:** IT-08

**Detalles/Referencias de la muestra:**  
PUNTO 2 ZONA INTERMEDIA ESPIGON

**Cliente:**

**FEDERACION ESPAÑOLA DE TRIATLON**  
C/ Ferraz, nº 16, 3º derecha  
28008 Madrid (Madrid)

Fecha y hora de toma de muestra: 03/10/2023 08:20  
Fecha y hora de recepción: 03/10/2023 11:15  
Fecha inicio ensayo: 03/10/2023  
Fecha finalización ensayo: 06/10/2023

## RESULTADOS

Parámetros	Resultados	Unidades	Valor Paramétrico	Método
pH	8,17	udes. pH		Potenciometría
Enterococos intestinales	4	UFC/100 mL		UNE ISO 7899-2
Escherichia coli	4	UFC/100 mL		UNE ISO 9308-1:2014
Algas de marea roja	Ausencia			Observación



**Cristina Urbano Navarro**  
Responsable Laboratorio

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Laboratorio autorizado por la Consejería de Agricultura y Pesca A-288-AU

## INFORME DE ANÁLISIS

Informe Nº N / 68016



**Tipo de muestra:** AGUA  
**Recogida por:** Técnico del laboratorio  
**Tipo de Envase:** Microbiología: Envase estéril con neutralizante (24mg tiosulfato).  
Físico-Químico: Envase sin neutralizante.

**Cliente:**

**FEDERACION ESPAÑOLA DE TRIATLON**  
C/ Ferraz, nº 16, 3ª derecha  
28008 Madrid (Madrid)

**Procedimiento de toma de muestra:** IT-08

Fecha y hora de toma de muestra: 03/10/2023 08:20  
Fecha y hora de recepción: 03/10/2023 11:15  
Fecha inicio ensayo: 03/10/2023  
Fecha finalización ensayo: 06/10/2023

**Detalles/Referencias de la muestra:**  
PUNTO 3 FINAL Y RETORNO

## RESULTADOS

Parámetros	Resultados	Unidades	Valor Paramétrico	Método
pH	8,19	udes. pH		Potenciometría
Enterococos intestinales	5	UFC/100 mL		UNE ISO 7899-2
Escherichia coli	8	UFC/100 mL		UNE ISO 9308-1:2014
Algas de marea roja	Ausencia			Observación



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integralab.es | info@integralab.es | 951 014 698 | Av. Juan López Peñalver, 8 - P.T.A. 29590 Málaga

# CONTINGENCY PLAN

## DUATHLON

### Run Course

2 laps x 1,25 km

PTWC Run Wheel Station

Google Earth

Orbits: min, media, max. Elevación: 2,4 - 24,5 m  
Total de máximos: Distancia: 1,23 km. Incremento/pérdida de elevación: 27,2 m. 26,4 m. Pendiente máxima: 9,9%. Pendiente media: 1,6%. -2,3%

0 m 0,10 km 0,20 km 0,30 km 0,40 km 0,50 km 0,60 km 0,70 km 0,80 km 0,90 km 1,00 km 1,10 km 1,20 km

### Bike

600 m to the Course

Post-Transition

Start of the Laps

Google Earth

Orbits: min, media, max. Elevación: 2,4 - 24,5 m  
Total de máximos: Distancia: 1,23 km. Incremento/pérdida de elevación: 27,2 m. 26,4 m. Pendiente máxima: 9,9%. Pendiente media: 1,6%. -2,3%

0 m 0,10 km 0,20 km 0,30 km 0,40 km 0,50 km 0,60 km 0,70 km 0,80 km 0,90 km 1,00 km 1,10 km 1,20 km



**Bike**

600 m + 3 laps x 6,2 km + 600 m



**Bike**

600 m to T2





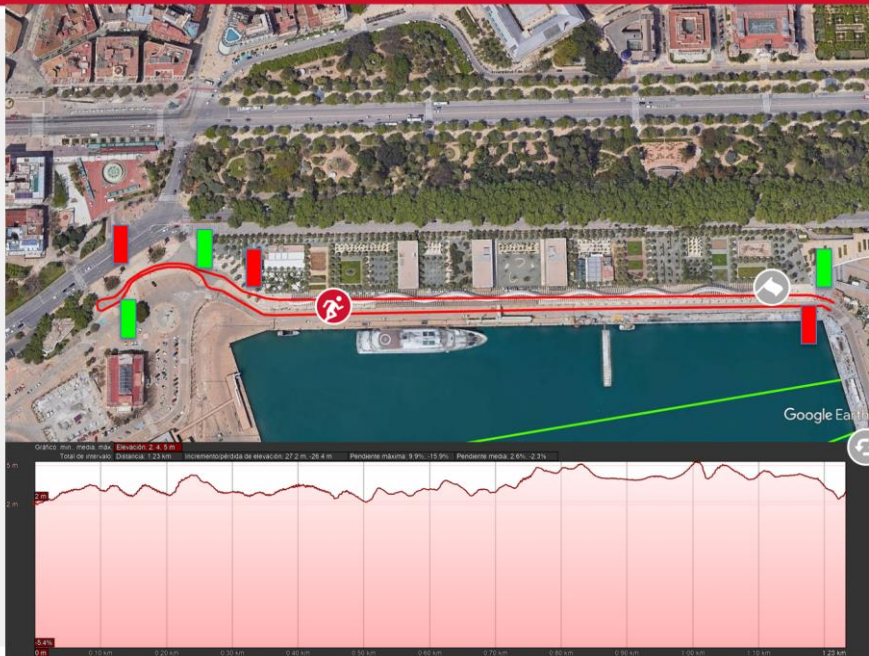


### Run Course

4 laps x 1,25 km



### VI Free Leading Zones



## SCHEDULE IN CASE OF CONTINGENCY

<b>2:00:00 pm</b>	<b>PTS5-M</b>
<b>2:05:00 pm</b>	<b>PTVI1-M</b>
<b>2:07:28 pm</b>	<b>PTVI2/3-M</b>
<b>2:09:00 pm</b>	<b>PTVI1-W</b>
<b>2:11:55 pm</b>	<b>PTVI2/3-W</b>
<b>2:30:00 pm</b>	<b>PTS5-W</b>
<b>2:31:00 pm</b>	<b>PTS2/3/4-W</b>
<b>2:35:00 pm</b>	<b>PTS4-M</b>
<b>2:40:00 pm</b>	<b>PTS2/3-M</b>
<b>4:00:00 pm</b>	<b>PTWC1-M</b>
<b>4:02:40 pm</b>	<b>PTWC2-M</b>
<b>4:05:00 pm</b>	<b>PTWC1-W</b>
<b>4:08:13 pm</b>	<b>PTWC2-W</b>