



World Triathlon
Cup
ROMA
2023



Athletes Guide

Event Guide | 7 October 2023

For more information and to register, visit triathlon.org



Version 2- 15th september 2023

Information in this Athlete's Guide is subject to change without prior notice.
Updates will be posted at the website
<https://triathlon.org>

Any update version of this Guide will be identify by the version number
on the cover page.



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1. WELCOME TO ROMA

WELCOME LETTER – WORLD TRIATHLON



Marisol Casado
World Triathlon President
IOC Member

Greetings and a very warm welcome to the 2023 World Triathlon Cup Rome.

I am delighted that we are able to return to Italy for the second time this year, and on this occasion for the first ever World Triathlon Cup Rome, bringing the greatest triathletes on the planet to one of the most iconic capitals in the world. Staging a World Triathlon Cup here in the Eur brings our racing to one of the most exciting and innovative districts in Europe, one that was borne out of the historic moment of the Rome 1960 Olympic Games.

It is therefore fitting that the pursuit for precious Olympic points continues here for our athletes as they seek a path to Paris 2024 and the region will now have the magic of swim-bike-run written into its story.

The country and people of Italy enjoy a long and close relationship with our sport, and to bring triathlon to the citizens of Rome for the first time is a precious opportunity. My thanks go to the city and its residents, to the Local Organising Committee, the Italian Triathlon Federation and to all the volunteers and officials for their hard work in bringing together this magnificent occasion.

I wish the best of luck to all the athletes and their teams, and hope that everyone will be able to enjoy this stunning city to the fullest as it hosts the spectacle of World Triathlon Cup racing. Have a wonderful weekend and enjoy the rest of the season.

Yours in Sport,

Marisol Casado
World Triathlon President
IOC Member



1. WELCOME TO ROMA

WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Riccardo Giubilei
President,
Italian Triathlon Federation

It is a great honor and a great joy to be able to present the first World Triathlon Cup in Rome.

A dream that comes true thanks to the teamwork and the skills of a Federation that, step by step, has carved out the role it deserves in the Italian and international sports scene. The latest milestone reached by a Federation that has definitely changed gear: after winning the first WTCS in Italy and the success of Cagliari, it will be the eternal city to host the best triathletes in the world who will battle along a technical and evocative route, designed for the Olympics that were supposed to take place in Rome.

The emotion of being able to present, in the unique setting of the Italian capital, a race that will conquer everyone is therefore great.

On behalf of the Italian Triathlon Federation and Italian sport, I welcome all the athletes who will come to Rome to win precious points for the Paris 2024 qualifications, as well as all the technicians, managers and fans who, from all over the world, will come to enjoy a unique show.

A first appointment with history for which I would like to thank the Presidency of the Council of Ministers, the Lazio Region, the Municipality of Rome, Eur SPA, the sponsors who are close to us and the federal offices for the fantastic teamwork that led us to obtain this fantastic race.

We look forward to welcoming you to experience a unique experience in *Rome, caput mundi*



1. WELCOME TO ROMA

WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Valerio Toniolo
Secretary General,
Italian Triathlon Federation

We are happy and proud to welcome athletes, coaches, and all fans to the 2023 World Triathlon Cup in Rome.

For the first time, the Eternal City hosts a World Triathlon event in an exceptional location: the EUR Lake, a charming place surrounded by nature, a few steps from historic buildings of the Capital such as the Palazzo della Civiltà Italiana and a few kilometers from the Colosseum and the Circus Maximus.

The courses, originally designed to host the Rome 2024 Olympics, feature a 750 meter swimming segment in the EUR Lake, made swimmable for the race and already used during the Rome 1960 Olympics; a cycling segment that takes place on a multilap of 5 laps of 4 km each in the areas around the Lake up to the EUR Obelisk; and finally a running segment that takes place on 2 laps of 2.5 km on the streets adjacent to the Lake.

The entire event takes place in the EUR area, one of the most original and innovative districts of the city, today a modern residential and congress district, as well as an extraordinary laboratory of creativity and experimentation in constant evolution.

An essential aspect is also that of the sustainability of the sporting event, which the Italian Triathlon Federation has promoted with careful waste management, the choice of local suppliers that use renewable or low-impact energy, and by encouraging mobility and reaching the race areas by public transport.



2. EVENT SCHEDULE

Tuesday 3 October		
08:30 - 11:00	Athletes Training: Swim & Athletics Track	Army Olympic Sports Centre : Largo dei Portabandiera,1
14:00 - 15:30	Athletes Training: Swim & Athletics Track	
Wednesday 4 October		
08:30 - 11:00	Athletes Training: Swim & Athletics Track	Army Olympic Sports Centre : Largo dei Portabandiera,1
14:00 - 15:30	Athletes Training: Swim & Athletics Track	
Thursday 5 October		
08:30 - 11:00	Athletes Training: Swim & Athletics Track	Army Olympic Sports Centre : Largo dei Portabandiera,1
14:00 - 15:30	Athletes Training: Swim & Athletics Track	
12:00	Press Conference	Viale America, 201
18:00 – 18:30	Elite Athletes Briefing	Chalet de Lago Passeggiata del Giappone, Roma Eur
18:30 – 19:00	Accreditation Elite Athletes & Coaches	
	Race Package Distribution	
Friday 6 October		
08:30 - 11:00	Athletes Training: Swim & Athletics Track	Army Olympic Sports Centre : Largo dei Portabandiera,1
14:00 - 15:30	Athletes Training: Swim & Athletics Track	
10:00 – 16:00	Mechanic Service	Viale America 201
11:30 – 12:30	Swim Familiarisation	
13:00 – 13:30	Bike Familiarisation	
14:00 – 18:00	Media Accreditation	Mimit V.le America, 201
15:00 – 18:00	Youth activities Lazio Regional FITRI Committee	Chalet de Lago Passeggiata del Giappone, Roma Eur
19:30 – 20:30	DJ Set Don Cash - Radio Dimensione Suono Roma	Finish Line Viale America
20:30 – 21:30	Event Presentation «Videocittà show»	« Laghetto dell'EUR» Passeggiata del Giappone



2. EVENT SCHEDULE

Saturday 7 October		
07:00 – 08:00	Media Accreditation	Mimit Viale America, 201
07:00 – 14:00	Mechanic Service	Viale America 201
07:30 – 08:30	Elite Women Lounge Check-In	
08:00 – 08:45	Elite Women Transition Check-In	
08:00 – 08:45	Elite Women Swim Warm Up	
08:50	Elite Women Athletes Line Up	
09:00	Elite Women Race	
10:20	Elite Women Medal Ceremony	
10:30 – 11:30	Elite Men Lounge Check-In	
11:00 – 11:45	Elite Men Transition Check-In	
11:00 – 11:45	Elite Men Swim Warm Up	
11:50	Elite Men Athletes Line Up	
12:00	Elite Men Race	
13:20	Elite Men Medal Ceremony	

LOC INFORMATION CENTRE:

An information desk will be available on site from 5 to 7 October for enquiries and logistic assistance:

Day	Hour	Location
Thursday 5 October	10:00 - 12:00 / 14:00 - 18:00	Mimit Viale America, 201
Friday 6 October	10:00 - 12:00 / 14:00 - 16:00	Mimit Viale America, 201
Saturday 7 October	07:00 - 12:00 / 14:00 - 18:00	Mimit Viale America, 201



3. GENERAL INFORMATION

INTRODUCTION

The purpose of this Guide is to ensure that all athletes and their support team are well informed about all aspects of the 2023 World Triathlon Cup Roma.

Please keep in mind that this information may change, and the final race information will be communicated to the athletes and team managers at the athletes' briefing.

KEY CONTACTS

Position	Name	Surname	Email
World Triathlon Team Leader	Paola	Turconi	paola.turconi@triathlon.org
World Triathlon Technical Delegate	Monica	Flores Ferreiro	mofloresferreiro@yahoo.es
World Triathlon Medical Delegate	Dr Sergio	Migliorini	sermigliorini@gmail.com
LOC Race Director	Fabrizio	Cutela	organisation.wtcroma@fitri.it
LOC Operations Manager	Marco	Saliola	
LOC Administration Manager	Stefano	Mondello	admin.wtcroma@fitri.it
LOC Event Manager	Eleonora	Lozza	event.wtcroma@fitri.it
LOC Communication Manager	Dario	Nardone	media.wtcroma@fitri.it
LOC Support Services Manager	Gabriella	Lorenzi	services.wtcroma@fitri.it
LOC Logistics Manager	Melisa	Echeveste	logistics.wtcroma@fitri.it

EVENT ORGANIZER

FITRI - Italian Triathlon Federation - Stadio Olimpico, Curva Sud - 00135 Roma, Italy



4. SHUTTLE SERVICE & ACCOMMODATION

SHUTTLE SERVICE

The LOC will provide free transportation for all elite athletes and to the staff accredited from the airport (Ciampino /CIA or Fiumicino / FCO) to their hotel and vice versa from Monday October 2nd to Sunday October 8th, 2023 with provision for bike transportation.

The service will be provided with shared minibus.

The airport transfer service registration is mandatory until Monday September 18th, 2023 to the following link <https://forms.gle/mPekh8NHj12YAHSc8>

Bookings will not be accepted after this date.

Athletes which are not registered for the shuttle service will not be transferred and have to provide on their own costs. The LOC will not cover any costs for using taxi or train.

Private shuttle service upon request at the e-mail contact: logistics.wtcroma@fitri.it

The return travel details will be communicated by a short message 24h before departure.

For any further information or assistance please do not hesitate to contact the Logistics Service to the e-mail contact: logistics.wtcroma@fitri.it

ACCOMMODATION

The Logistics Department will support Individual Athletes and Sport Delegations in the accommodation booking through the following link:

<https://forms.gle/NDbc8vUNzNfApLfn7>

For any further inquires and informations please contact: logistics.wtcroma@fitri.it



4. HOW TO REACH ROMA

By Train

Termini Station (Piazza dei Cinquecento) and Tiburtina Station (Piazza della Stazione Tiburtina), are the two main stations in Rome.

Termini Station, in the heart of Rome, offers various services, such as a tourist information point, car rental, a luggage storage, a bank and exchange, toilets, a lost property office, as well as a large Shopping & Food area. Termini station is the interchange station between the two underground lines: Metro A (red line) and Metro B (blue line). The Metro B is the connection to reach the race venue: “direction Laurentina, stop EUR Palasport».

Tiburtina Station is the second main station in the capital, located in the east of Rome. Metro B (blue line) connects it to different areas of the city.

Both stations are connected to the underground and to numerous buses for all directions, whose stop is on the squares in front of the stations together with Roma Capitale white taxis with the word TAXI on their roof and the symbol of Roma Capitale on the front doors.

Timetable, train ticket costs and online purchase are available on the website of the State Railways.

By plane

- Giovan Battista Pastine International Airport (Ciampino – CIA) : far from the race venue 17km
- The main airport is Leonardo da Vinci International Airport (Fiumicino – FCO): far from the race venue 23km

From and to Fiumicino airport by train:

At the airport’s railway station the Shuttle-Train Leonardo Express direct service (without calling at other stations) takes just 32 minutes to get to Termini Station (intersecting with the Metro Lines A & B) and leaves every half hour from 6.23 a.m. to 11.23p.m. (every 15 minutes during the time slots with higher traffic). To get to Fiumicino from Termini Station, the Shuttle-Train Leonardo Express direct service leaves every half hour, from 5.35 a.m. until 22.35 p.m (every 15 minutes during the time slots with higher traffic).

The €14 ticket may be purchased at ticket office, from self-service machines, travel agents’, authorized vendors, Trenitalia counters near platforms and at www.trenitalia.com



4. HOW TO REACH ROMA

By Car

If you decide to arrive by car, for those arriving from the North, the best way to reach the capital is via the Milan-Rome A1 motorway.

Those coming from the West of the country should instead take the Aurelia State Road and then the Civitavecchia-Rome A12 motorway.

From the Adriatic Coast, the best route is via the Aquila-Rome A24 motorway.

Finally from the South, the Naples-Rome A1 motorway should be taken.

Every motorway joins up with the “Grande Raccordo Anulare” (or G.R.A.-Rome Ring Road) with all exits for the centre and Rome’s suburbs.

Further information on www.autostrade.it

Infomobilità Roma (information about transports in Rome), real-time traffic updates and ZTL (traffic limited area): <http://roma.luceverde.it/> - www.muoversiaroma.it

Roma Mobilità, the official app of romamobilita.it, informs and updates, in real-time, citizens, tourists, commuters, and city users on public and private mobility. The app is available on [App Store](#) and [Google Play](#).



5. RACE BRIEFING

Elite athletes' briefing will take place on Thursday October 5th at 18:00 local time in the Chalet de Lago, Passeggiata del Giappone, Roma Eur

It is mandatory for all athletes to attend the briefing.

The recording of the briefing and the presentation will be available after the session under the following Link https://triathlon.org/about/downloads/category/race_briefings

6. RACE PACKAGE DISTRIBUTION

The Race Package pick up will take place just after the athlete briefing, at the Chalet de Lago, Passeggiata del Giappone, Roma Eur on Thursday, October 5th between 18:30-19:00.

All Elite athletes must pick up their own race kit at registration, following the Elite Athletes' Briefing, and are handed out by the World Triathlon Officials.

Coaches' and team's medical accreditations will be distributed at the same time.

ID document mandatory to be shown

The Race Kit includes:

Three (3) helmet numbers

One (1) bike number

Body decals for both arms and legs

Accreditation pass

Welcome gift

Timing Chip will be delivered at the athletes lounge registration on the race day



7. ACCREDITATION

LOC will provide everybody - except Coaches and Medical Team - the official accreditation card according to the World Triathlon Event Operational Manual and World Triathlon Competition Rules.

Coaches and Medical Teams registered via their National Federation on the World Triathlon online registration, will receive specific wristbands that allow access to the venue and designated areas.

No accreditation will be handed over if the names are not on the World Triathlon list.

Only accredited persons will be allowed to access certain venue areas.

Accreditation cards are number coded and provide access to specific areas of the competition venues.

All accredited persons are requested to always carry their accreditation cards with them and to show them upon request.

Athletes' Accreditation will be issued at registration either at Chalet de Lago, Passeggiata del Giappone, Roma Eur during the athlete briefing or at LOC Information Centre in Viale America 201 if picked up prior for training purposes.



8. MEDIA ACCREDITATION

Media Accreditation will be provide:

Friday, 6th October from 14:00 to 18:00 Race Office, Viale America 201 – Roma

Saturday, 7th October from 07:00 to 08:00 Race Office, Viale America 201 – Roma

Registration: mandatory

Form: <https://forms.gle/1nAopGtY2gdxocWy9>

Deadline Monday September 18th

Documents: a valid press certificate or editor certification is required to be showed on the place

The Organizing Committee has the right (in a justified situation) to refuse the accreditation.

Media contact: media.wtcroma@fitri.it

Position	Name	Surname	Phone
Communication Manager	Dario	Nardone	+39.392.5855628
Media Office	Giuseppe	Lobascio	+39.349.2890235



9. TRAININGS & FAMILIARISATION

SWIM TRAINING

- Location:** Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba"
Address: Largo dei Portabandiera n.1 – 00143 Roma
- Swimming Pool:** 3 lanes of 25 metres in indoor swimming pool– max 6 pax for lane
Reservation: mandatory
- Procedure:**
 a. indicate the pax number and the main preference
 b. indicate the pax number and the reserve preference, if the first choice cannot be guaranteed
- Availability:** confirmation subject to availability that will follow the date of receipt of the online form [link](#)
 The booking will be confirmed by email at the deadline of Monday september 25th
- Access (free):** military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form.
 ID Document required (copy or scan accepted)
 No access allowed to persons unregistered previously within the deadline of Monday september 25th
- Public transport:** from the race venue: Metro (EUR Fermi) 1 stop towards Laurentina – 1min walk to the Bus n.72 towards Laurentina/Cecchignola – walking 300mt till Largo dei Portabandiera n.1
- Facility:** Changing rooms - NO lockers
 Bicycle rack inside the military complex

Swim Training: slots available

		08:30 09:20	09:20 10:10	10:10 11:00	14:00 14:45	14:45 15:30
03/10/2023	Lane1					
	Lane2					
	Lane3					
04/10/2023	Lane1					
	Lane2					
	Lane3					
05/10/2023	Lane1					
	Lane2					
	Lane3					
06/10/2023	Lane1					
	Lane2					
	Lane3					



9. TRAININGS & FAMILIARISATION

ATHLETICS TRACK

- Location:** Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba"
Address: Via degli Arditi n. 1 – 00143 Roma
- Reservation:** mandatory
- Procedure:** indicate the pax number in the preferred hour slot space
- Booking:** confirmation subject to availability that will follow the date of receipt of the online form [link](#)
The booking will be confirmed by email at the deadline of Monday september 25th
- Access (free):** military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form.
ID Document required (copy or scan accepted)
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- Facility:** Changing rooms - NO lockers
Bicycle rack inside the military complex

Athletics Track slots available

	08:30 / 12:00	14:00 / 15:30
03/10/2023		
04/10/2023		
05/10/2023		
06/10/2023		



9. TRAININGS & FAMILIARISATION

TRAINING VENUES

Bike Routes

Cycling through the streets of Rome is quite dangerous and unsafe, therefore we recommend the use of bike paths. A few kilometers from “Laghetto dell’Eur” (Riva di Pian Due Torri, 00146 Roma RM) there is access to one of the most important bike paths in Rome that runs along the Tiber river through the city center in safety.

At the following link you will find the maps of the network of bike paths in Rome:

<https://romamobilita.it/it/muoversiaroma/ciclabilita>

The route is not closed to traffic.

You are cycling at your own risk and traffic rules are to be followed.

Run Training

Eur Central Park has an 2,3 km lap that offers a great view over the EUR Lake and it’s good path for run training. The lap is mainly used by pedestrians and cyclists and it’s inside of the Race Venue.



9. TRAININGS & FAMILIARIZATION

COURSE FAMILIARISATION

The athlete familiarisation sessions will be held on Friday 6 October at the following times:

11:30 - 12:30	Swim Familiarisation
13:00 - 13:30	Bike Familiarisation

Athletes must bring their accreditation pass and report to the athlete's lounge in order to participate in the familiarisation session.

During the swimming course familiarisation there will be lifeguards and medical service available

Athletes will receive a briefing prior to departure on the cycle course.

Athletes will have the chance to preview the elite individual course for 1 laps.

During the Bike Familiarisation athletes will be escorted by the police to ensure their safety. Please be sure to show up on time, as you will not be able to participate in the familiarization otherwise.

After the Bike Familiarisation, the roads will be reopened.

If you try to get on the course on your own, it should be noted that you are cycling at your own responsibility and in accordance with the Italian road traffic laws.

If you do not respect the Italian Highway Code, you can be fined.

The main information to know is as follows:

- By law, cyclists must ride on the right.
- Under any circumstances, it is prohibited to ride a bicycle on the sidewalk.
- In a group (two or more cyclists), you ride in a line.
- Cyclists must obey the signs, as must other road users.



10. ROMA RACE VENUE

Roma « Laghetto dell'EUR », exclusive venue

The Eur is one of the most original and innovative districts in the city.

Completed in the 1960 on the occasion of the Rome Olympics, the Eur nowadays is a modern, congressional, and residential district, and an extraordinary creativity and experimenting laboratory, well connected to the city centre.

Not only architecture: parks, recreation, and entertainment is offered by the the Eur Central Park, carachterized by its artificial lake, surrounded by a big green oasis, rich in oaks, poplars, magnolias, olive trees and maples, and some rare specimens of cherry laurel, ligustrum, pittosporum and conifers belonging to the most important species and varieties.

The Central Lake Park is located a few kilometers from the magnificent Colosseum and Circus Maximus:

a unique and suggestive scenario for the Triathlon sport discipline, first edition, acrossing the historical places of the Eternal City

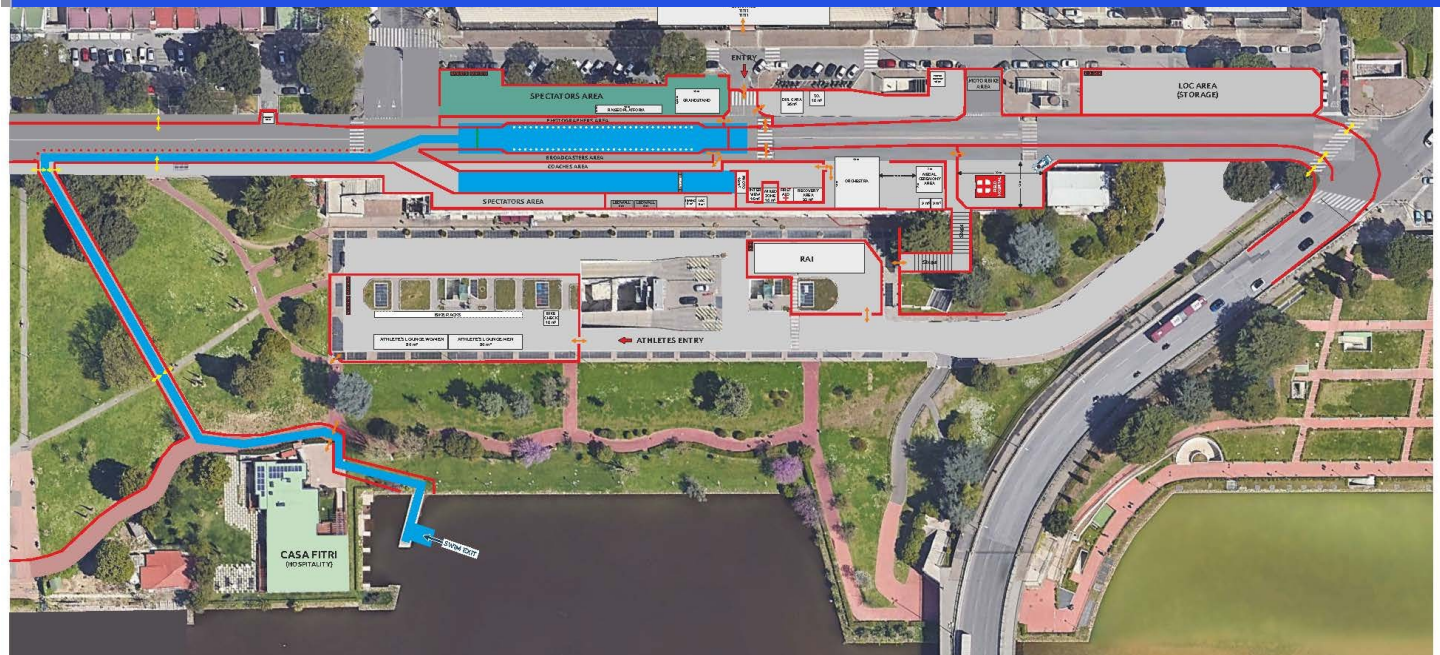




11. FIELD OF PLAY (FOP) – Venue Map



- Swim: 750 mt – 1 lap
- Bike: 20 km – 4km x 5 laps
- Run: 5 km – 2,5km x 2 laps
- Transition Area
- Finish Line





11. FIELD OF PLAY – SWIM COURSE

SWIM START

The start area is located at the north side of «Laghetto dell’Eur» approximately 300m away from Athlete Lounge.

The swim will start from a pontoon located 550mt far from the athletes lounge and transition area.

Loc will provide specific boxes in the start area where athletes can leave all their material (an additional pair of shoes is recommended); once the races started, the Loc will bring the boxes in the Athlete Lounge .

The Head Referee, assisted by Technical Officials, will start the race.





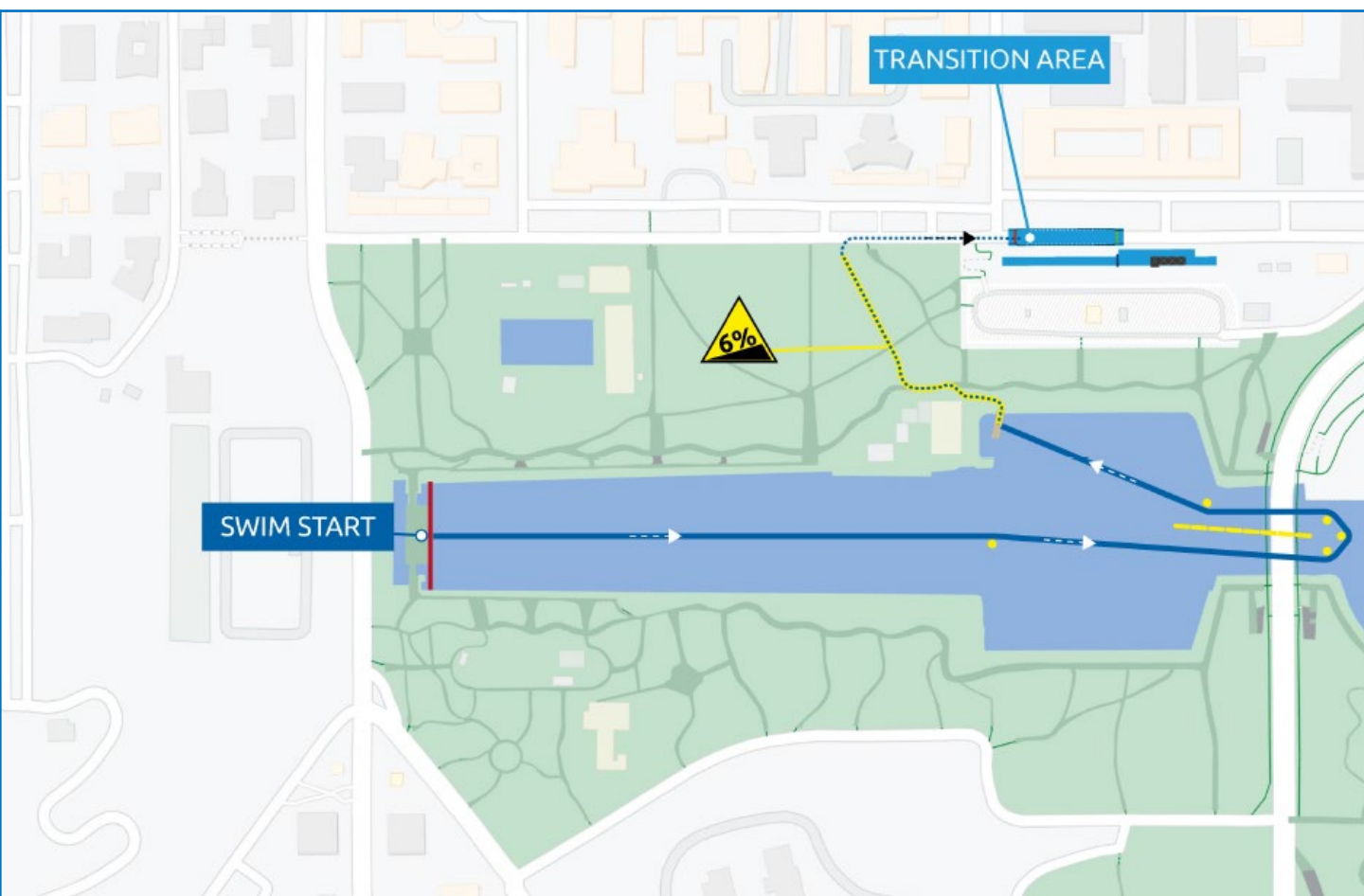
11. FIELD OF PLAY – SWIM COURSE


SWIM COURSE

There is one lap anticlockwise to swim. The first buoy is located at 300m distance from. The turn of the swim course is marked by three buoys after a passage under a narrow bridge. The swim exit is located near «Chalet del Lago» .

The distance between the swim exit and the transition area is about 250m with a short climb (5/6%).

The average water temperature at “Laghetto dell’Eur” in october vary between 22°C and 24°C.



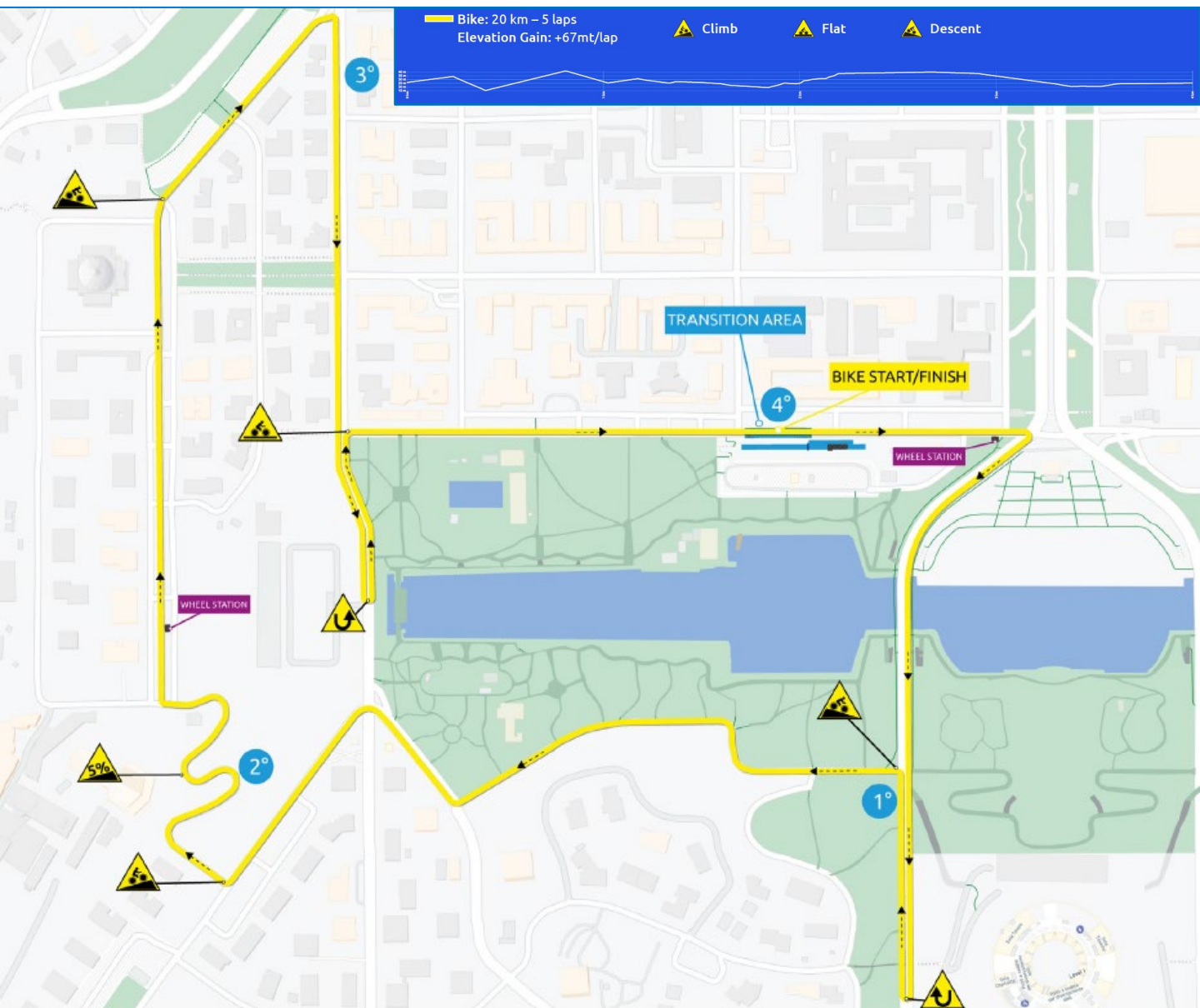
- Swim: 750 mt – 1 lap
- Distance to T1: 250mt
-  Elevation Gain: +10mt



11. FIELD OF PLAY – BIKE COURSE

BIKE COURSE

Generally flat with 400m (5%) climb in the middle of the lap . There are 5 laps of 4km, 20km in total. The route is technically demanding due to many changes of direction, tight turns (two 180° turns) and a small climb. Elevation gain: + 67m/lap. Good tarmac surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by WT Technical Officials according to WT Rules.

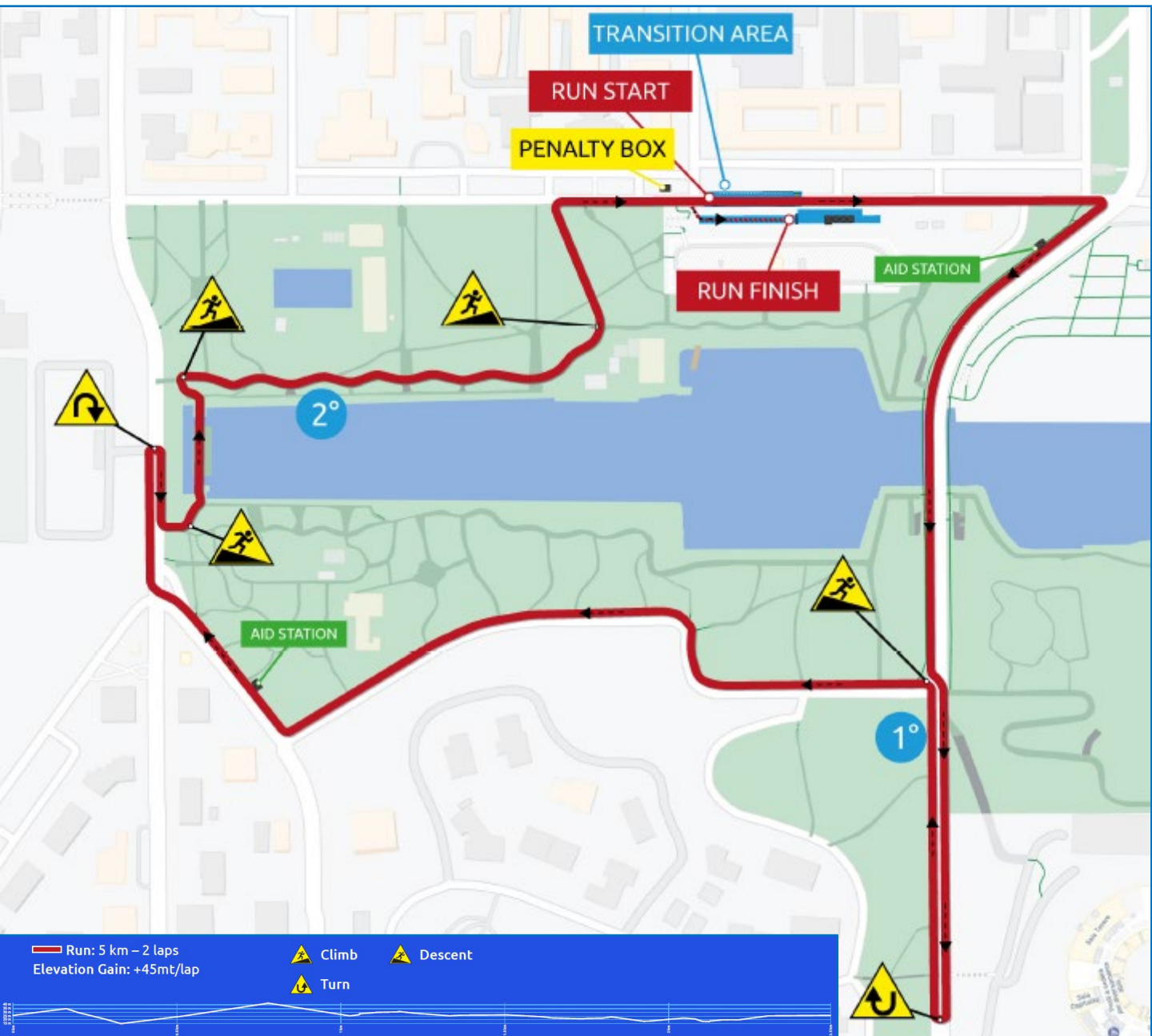




11. FIELD OF PLAY – RUN COURSE

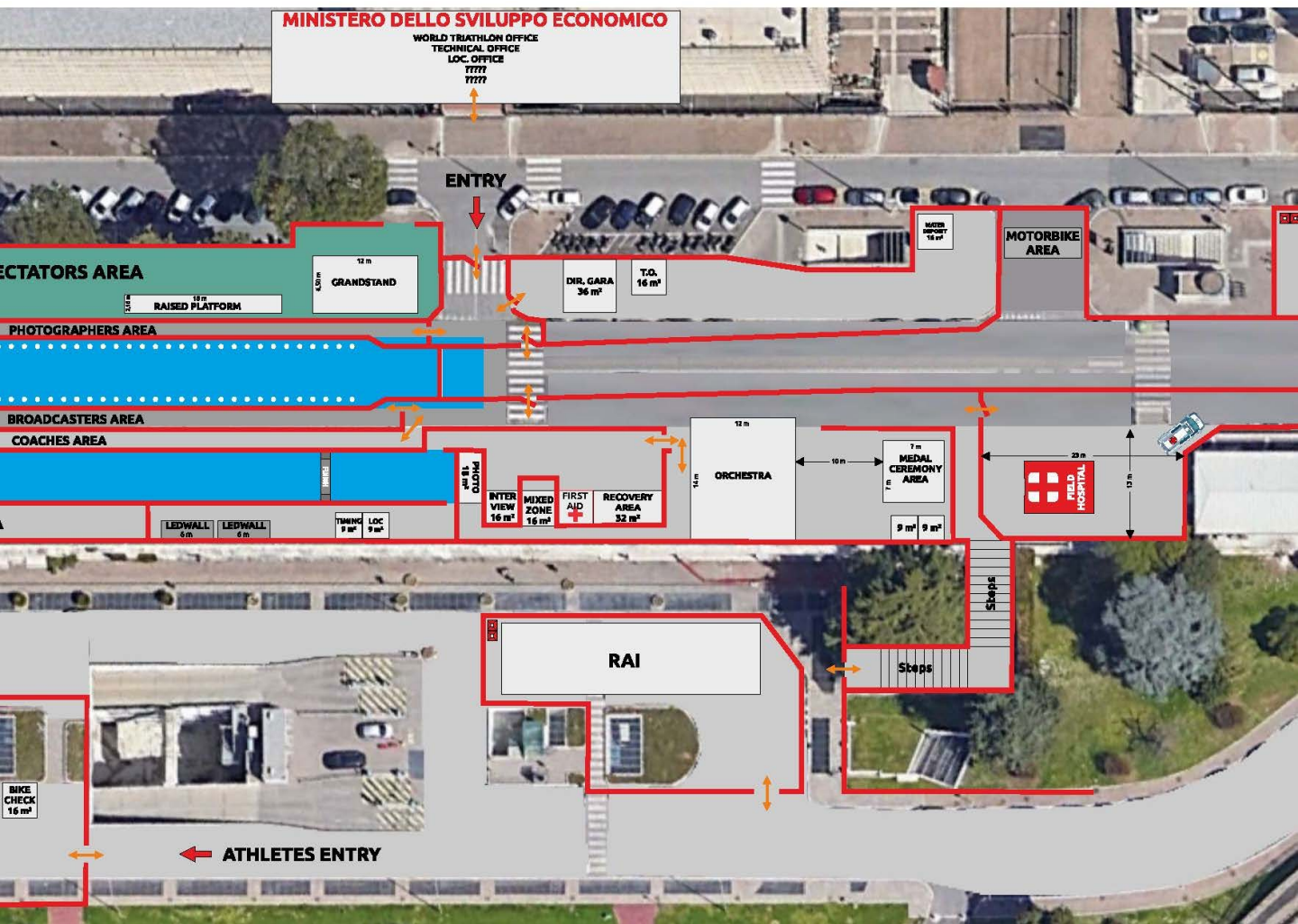
RUN COURSE

Generally flat course with a short climb (the same of the swim exit - 6%) at the end of every lap . There are two laps of 2,5 km for a total of 5km. Two 180° turns per lap. Very good tarmac surface.





11. FIELD OF PLAY – FINISH AREA





10. FIELD OF PLAY – GENERAL RULES & INFO

ELITE ATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area.

Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes' lounge.

DOPING CONTROL

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

Doping Control will be in the Mimit building, Viale America, 201 (location of the LOC Information Centre)

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue from Friday 6th October until Saturday 7th October before and during the competition hours to everyone requiring medical assistance.

Medical and paramedical personnel from the Red Cross will be available throughout competition times.

Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on site at the finish area.

Potential medical assistance at the venue is free of charge.

Any ambulance transport to or treatment in clinics must be paid by participants.

Athletes / teams should ensure that they have appropriate medical insurance.

In a medical emergency, dial 118 and ask for ambulance service. This number is free of charge from any telephone.

MEDICATIONS

If you have been prescribed medications included in the Prohibited List of the World Anti-doping Agency (WADA), make sure you have received a Therapeutic Use Exemption (TUE) from your National Anti-doping Agency and bring a copy with you.

EMERGENCY

Hospital Sant'Eugenio, Piazza dell'Umanesimo 10

Emergency department: Open 24 hours Phone: 0039.06. 51001



10. FIELD OF PLAY – GENERAL RULES & INFO

INSURANCE

The LOC has a standard public liability and property damage insurance policy covering the risks of insurable nature under the staging of the event.

All athletes competing in a World Triathlon event must have personal insurance coverage guaranteed by their National Federation.

AID STATION

The first aid station located 300m after transition area at the right-hand side. Sealed 0.5l bottles of water are ready to take. It will be passed twice. The second aid station is located 1.4km after transition area at the right-hand side. Sealed 0.5l bottles of water are ready to take. It will be passed twice.

LITTERING ZONE

Please note that we have installed a littering zone near the aid stations where you must dispose your used bottles and waste (20m before and 80m behind the aid station)!

PENALTY BOX

Penalty Box is located left-hand side around 50m before Transition Area.

BIKE MECHANIC SERVICE

Our partner Ferri Bike will offer a complete bicycle mechanics service near the elite athletes' lounge.

Friday, 6 th October	10:00 – 16:00
Saturday, 7 th October	07:00 – 14:00



11. FIELD OF PLAY – GENERAL RULES & INFO

UNIFORM PRINTING SERVICE

The uniform printing service will be available near the elite athletes' lounge.

Thursday, 5th october	16:00 – 20:00
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WHEEL STATION

Team wheel station will be located on the bike course – shortly after the exit transition area on the right side of the road. Team wheels need to be checked during the bike check-in beforehand.

Neutral wheel station will be located shortly after the climb section of the bike course and LOC will provide the following wheels:

2 x

- 700c Front wheels, rim brake
- 700c Front wheels, 160mm rotor disc brake
- 700c Front wheels, 140mm rotor disc brake

2x

- 700c Rear wheels with 11speed cassette, rim brake
- 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
- 700c Rear wheels with 11speed cassette, 140mm rotor disc brake

2x

- 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
- 700c Rear wheels with 12speed cassette, 140mm rotor disc brake



12. WATER QUALITY & WEATHER

WATER QUALITY TEST

Test date: 11/07/2023 - Next Test fixed nearest the event week

Analysis lab: Laboratorio Alimentazione Ambiente - Via dei Marsi, 46 - Roma

* Ammonio <i>Hach Method 8038</i>	0,22	mg/l	12/07	12/07
* Cloruri <i>Hach LCK 311</i>	3	mg/l	12/07	12/07
Conducibilità elettrica <i>APAT CNR IRSA 2030 Man 29 2003</i>	606	µS/cm -1	12/07	12/07
Conta di Escherichia coli <i>APAT CNR IRSA 7030 C Man 29 2003</i>	20	UFC/100ml	12/07	13/07
Conta di Streptococchi fecali <i>APAT CNR IRSA 7040 (Appendice) A Man 29 2003</i>	< 1	UFC/100ml	12/07	14/07
* Durezza Totale <i>APAT CNR IRSA 2040 Man 29 2003</i>	18	°F	12/07	13/07
* Nitrati <i>Hach LCK 340</i>	< 5	mg/l	12/07	12/07
* Nitriti <i>Hach LCK 341</i>	0,101	mg/l	12/07	12/07
pH <i>UNI EN ISO 10523:2012</i>	8,7 a 23,5 ° C		12/07	12/07
* Solfati <i>Hach Method 8051</i>	24	mg/l	12/07	12/07
Conta di Escherichia coli <i>APAT CNR IRSA 7030 C Man 29 2003</i>	16	UFC/100ml	12/07	13/07
Conta di Streptococchi fecali <i>APAT CNR IRSA 7040 (Appendice) A Man 29 2003</i>	Presenti: < 3	UFC/100ml	12/07	14/07
Conta di Escherichia coli <i>APAT CNR IRSA 7030 C Man 29 2003</i>	42	UFC/100ml	12/07	13/07
Conta di Streptococchi fecali <i>APAT CNR IRSA 7040 (Appendice) A Man 29 2003</i>	Numero stimato: 5	UFC/100ml	12/07	14/07

WEATHER

Italian Air Force Meteorological Service, Ministry of Defence:

<https://www.meteoam.it/it/home>



13. COMPETITION RULES

COMPETITION RULES

The 2023 World Triathlon Cup Roma will follow the latest published Competitions Rules of World Triathlon: https://triathlon.org/about/downloads/category/competition_rules

RACE RESULTS

Results will be uploaded live at the World Triathlon's official website:
<https://triathlon.org/results>

PROTEST & APPEALS

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



14. VISA PROCEDURE

Before flying to Italy please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in <https://vistoperitalia.esteri.it/home/en>

If you need a direct support with the Consular Authorities, under the new provisions of the Ministry of Foreign Affairs and International Cooperation, the request has to be sent 45 days before the start of the event – within august 21st – by sending the following informations to gabriellalorenzi@fitri.it:

- Name and Surname as it appears on your passport
- Date of birth
- Passport scan
- Passport number
- Passport expiration date
- Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system
- Name and address of your hotel while in Roma
- Date of arrival in Roma
- Date of departure from Roma
- References of the Embassy in order to manage the consular protocol through the Italian National Olympic Committee Visa department:



15. USEFUL INFORMATIONS

EMERGENCY NUMBERS

Polizia di Stato 113

Pronto Soccorso 118

HOSPITAL

Ospedale Sant'Eugenio, Piazza dell'Umanesimo 10

Emergency department: Open 24 hours Phone: 0039.06. 51001

Telephone

If calling Italy from abroad, dial +39.

To call abroad from fixed telephones in Italy you must dial the prefix 00, the country code and the phone selected.

Vodafone, Tim, Wind and Tre are the major mobile phone service providers in Italy.

Language

The official language is Italian.

Currency

The currency of Italy is the Euro.

Time

GMT +01:00

Electricity

The electric current is 220 volts

Official Map of the City of Rome

https://www.turismoroma.it/sites/default/files/zetema_mappa_2022_0.pdf



16. THE APPS OF ROME

Here are the applications you can download to experience Rome in a smart and interactive way!

Rome's Museum System apps

Engaging narrations, detailed information, itineraries, maps for the visits, and accurate selections of images are at your disposal, thanks to a comprehensive offer of Apps for iPhone and Android smartphones.

The MiC Roma application allows you to consult real-time official and updated information on all the activities, exhibitions, events, and teaching (in progress and scheduled) of the 20 civic museums of Rome's Museum System in Italian and English. The app is easy to use and has a good level of content depth accompanied by attractive graphics. Available on [App Store](#) and [Google Play](#).

The following apps are also available for download:

Capitoline Museums, on [App Store](#) and [Google Play](#)

Ara Pacis Museum, on [App Store](#) and [Google Play](#)

Trajan's Markets, on [App Store](#) and [Google Play](#)

More info on: www.museiincomuneroma.it

Rome Airports

Rome Airports is the official application of Leonardo da Vinci International Airport (Fiumicino Airport) and Giovan Battista Pastine International Airport (Ciampino Airport). Thanks to Rome Airports, you can check the real-time status of your flight directly on your iPhone/smartphone and get helpful details. Available on the [App Store](#) and [Google Play](#).

Chiama Taxi

The Chiama Taxi app reduces waiting times and service costs. You can call the taxi from your smartphone or tablet, communicate your location via touch, GPS, or voice recognition, and talk to the nearest driver. The app can estimate the arrival time as well as the waiting time. Available on [App Store](#) and [Google Play](#).

BIPiù: ticket and subscription on your smartphone

ATAC offers a new payment method for travel tickets via smartphone. The new system is added to traditional payment methods and allows you to buy and validate the BIT100 minutes titles and the Personal Monthly subscription directly from your mobile phone. You only have to download the [myCicero app](#), register, choose your payment method and purchase the travel documents, which you must validate before making your trip.



17. SUSTAINABILITY

SUSTAINABLE MOBILITY

The city of Rome offers an important network of local public transport; in particular are present three metro lines and vast number of bus lines. In the direction of the Laghetto Eur, there are two metro station (EUR Palasport and EUR Fermi) and some bus lines: on the "Atac" company website it is possible to check in real time the best solution for reaching the various locations in Rome by public transport. (<https://www.atac.roma.it>)

WASTE MANAGEMENT

To ensure the best waste disposal process, sufficient number of containers will be prepared for each sensitive area of the competition (start, finish, athlete lounge..); for every area there will be the correct number of container with conventional colours and acronyms to identify the specific type of waste.

ENVIRONMENT FRIENDLY

WTC Rome respects the environment that hosts the event, the existing structures are used and the minimum removable structures are used for the correct functioning of the event. Moreover FITRI, in order to improve the environment in which the event takes place, thanks to the support of a partner such as ENI, sensitive to sustainability issue, will carry out an important intervention of reclamation of the Laghetto Eur to make it swimming for the population in the next years.

ENERGY CONSUMPTION

To minimize energy consumption, the event will use all energy sources already present on site and a single additional last generation generator with very low environmental impact. All electronic devices and energy sources will be used in working hours to better ensure all services for the success of the event.



18. SIDE EVENT

YOUTH ACTIVITIES LAZIO REGIONAL FITRI COMMITTEE

Day: Friday 6 October 2023

Hour: 15:00 – 18:00

Location: Chalet de Lago, Passeggiata del Giappone, Roma Eur

The 2023 World Triathlon Cup Rome represents an event of extraordinary importance for our Federation and the regional triathlon community.

The event, thanks to its own protagonists “the athletes” represents a flywheel to spread the knowledge of this sport.

Through the playing sports promotion, the youth athletes of the territory will have the chance to breathe live the emotions of their idols, by participating in technical exercises of miniduathlon, until to become spectators of an event which represents the dream for their future.

The activity is open for the free participation of licensed athlete and all the interested youth welcomed in a fun environment.

Friday, October 6, at the end of the technical activities, will take place the Awards Ceremony of the Regional Youth Championship 2023.

DJ SET DON CASH - RADIO DIMENSIONE SUONO ROMA

Day: Friday 6 October 2023

Hour: 19:30 – 20:30

Location: Finish Line, Viale America

From the youth parterre, the race venue will be the theatre of a special DJ Set Live. Directly from Radio Dimensione Suono Roma, the coolest radio of the capital, the «voice» of Don Cash will heat the engines of Viale America, upon the Metro stop of EUR Palasport, with a special show, an exciting artistic and musical entertainment supported by a dance duo. Free event until capacity is reached.

EVENT PRESENTATION «VIDEOCITTÀ SHOW»

Day: Friday 6 October 2023

Hour: 20:30 – 21:30

Location: «Laghetto dell'EUR», Passeggiata del Giappone

At the end of a wild DJ set, Don Cash will announce the beginning of the visual show.

A game of lights projected in the lake waters will introduce a surprise for all those spectators who will live a unique moment, edited by Videocittà, as official welcome in the Capital of Italy of the next 2023 World Triathlon Cup Rome .

OUR TEAM IS LOOKING FORWARD
TO SEEING YOU IN ROME ON
7 OCTOBER 2023!



World Triathlon
Cup
ROMA
2023



Information in this Athlete's Guide is subject to change without prior notice.
Updates will be posted at the website
<https://triathlon.org>

Any update version of this Guide will be identify by the version number
on the cover page.