

**World Triathlon  
Para Cup**

**VIGO  
2024**

# 2024 World Triathlon Para Cup Vigo

**ATHLETES GUIDE v\_16.05**

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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 managers are advised to check with the event office regarding any changes in information included in this guide.

## 1.2. Key dates

Information about the registration, briefing, course familiarization and race start

DAY	START	END	ACTIVITY	LOCATION
31 <sup>st</sup> May	9:00	10:00	Swim Course Familiarization	Venue
31 <sup>st</sup> May	10:30	11:00	PTS/PTVI Bike Course Familiarization	Venue
31 <sup>st</sup> May	11:00	11:30	PTWC Bike Course Familiarization	Venue
31 <sup>st</sup> May	11:30	12:00	PTS/PTVI Run Course Familiarization	Venue
31 <sup>st</sup> May	12:00	12:30	PTWC Run Course Familiarization	Venue
31 <sup>st</sup> May	16:00	16:30	Para Athletes Briefing	Venue
31 <sup>st</sup> May	16:30	17:00	Para Athletes Package Pick Up	Venue



1st Jun	9:00	11:00	PTS5 - M World Cup
1st Jun	9:05	11:05	PTVI1 - M World Cup
1st Jun	9:07:41	11:07	PTVI2/3 - M World Cup
1st Jun	9:09	11:09	PTVI1-W World Cup
1st Jun	9:12:11	11:12	PTVI2/3 - M World Cup
1st Jun	9:15	11:15	PTS5 - W World Cup
1st Jun	9:16	11:16	PTS2/3/4 – W World Cup
1st Jun	9:25	11:25	PTS4 - M World Cup
1st Jun	9:26	11:26	PTS2/3 - M World Cup
1st Jun	10:30	12:30	PTWC1 - M World Cup
1st Jun	10:33	12:33	PTWC2 - M World Cup
1st Jun	10:40	12:40	PTWC1 - W World Cup
1st Jun	10:43:38	12:43	PTWC2 - W World Cup



## 1.3. Key contacts

Name and contact details of:

- Event Director: Jorge García  
[jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)
- Race director: Miguel Fernández  
[lodeco@lodeco.es](mailto:lodeco@lodeco.es)
- Technical delegate: Duncan Hough  
[duncan@kweenb.co.uk](mailto:duncan@kweenb.co.uk)
- Athletes' services manager: Javier Rodriguez  
[javier.rodriguez@triatlon.org](mailto:javier.rodriguez@triatlon.org)

Europe Triathlon Office: [hq@europe.triatlon.org](mailto:hq@europe.triatlon.org). Phone number: +32478825456.

## 1.4. Contacts details

Spanish Triathlon Federation  
Ferraz 16 3ºDcha  
28008 Madrid  
+34 91 559 93 05 ext. 2011  
[javier.rodriguez@triatlon.org](mailto:javier.rodriguez@triatlon.org)



## 2. VENUE

### 2.1. Race venue.

- Swim: Playa de Samil, Vigo
- T1: Plaza de Samil
- Bike: Avenida Europa y Avenida Samil
- T2: Playa de Samil
- Run: Avenida Europa

#### GENERAL VIEW:



#### General View

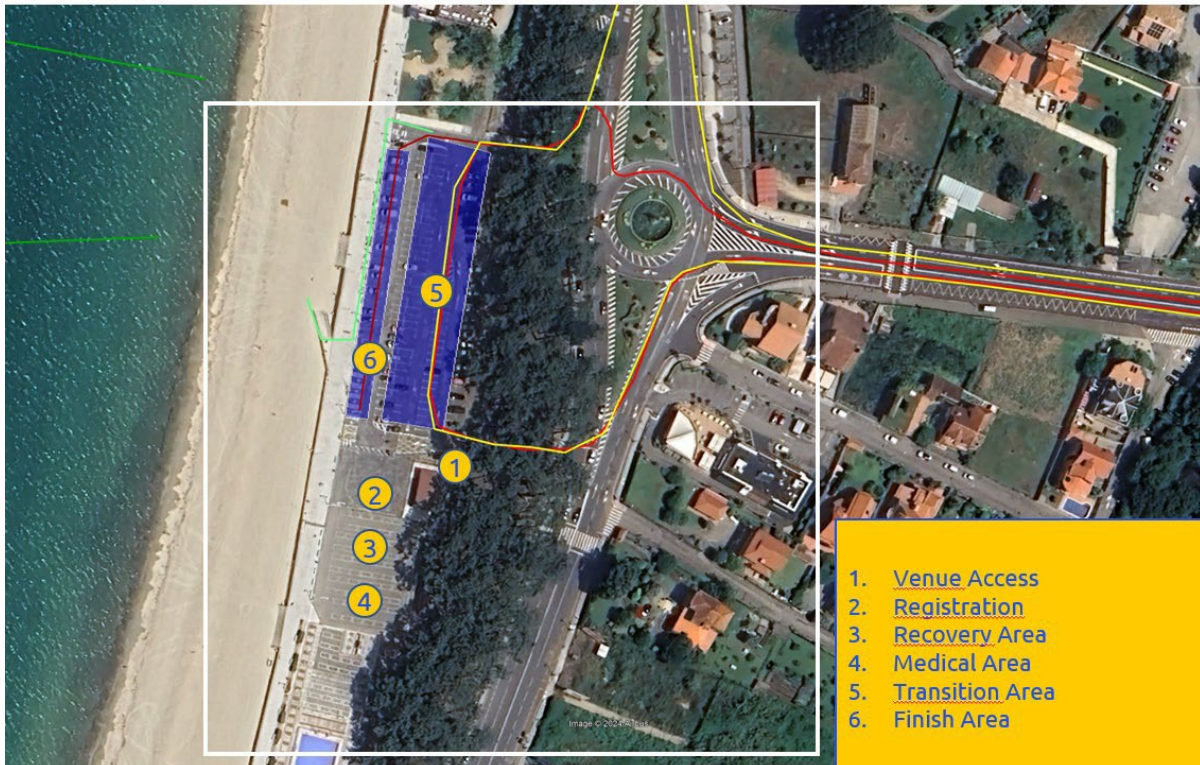




## VENUE:



## Venue



## 2.2 Course familiarization

- Swim course familiarization will take place on Friday morning from 9:00 to 10:00; although the quality of the beaches, allow to swim at any time.
- Run course and bike course familiarization will be split in two groups (PTWC and PTS) between 10:30 and 12:30 as it is written in the schedule

## 2.3. Athletes' lounge

Will be allocated in the venue next to the recovery area.  
There will be a mechanical service, drinks, fruit.

## 2.4. Elite athletes' race package

Athletes' race package will be distributed after the Briefing, on Friday, May 31<sup>st</sup>:

- 16:00h – 16:30h: Para Athletes Briefing

### **Payment Information:**

Please be informed that payments must be completed by 14:00h (local time) on Friday, May 31<sup>st</sup>. No further transactions will be accepted after this deadline. Ensure your payment is made before the specified date and time to confirm your participation.

Payments in advance can be processed through the following [link](#)

## 2.5. Doping control

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities. The test will take place at the Official Hotel.

## 2.6. Security

Local Police from Vigo, Nacional Police and emergencies services will provide the security for the event.

## 2.7. LOC office

LOC office will be allocated at Official Hotel Attica 21.

It will be opened from Thursday till Friday, from 10:00 to 14:00 and from 16:00 to 20:00.

Contact details: [javier.rodriquez@triatlon.org](mailto:javier.rodriquez@triatlon.org)



### 3. ACCOMODATION

For information and booking, contact:

#### ÚBICO

Alvaro Abeytua Delgado

[triatlon@ubicosport.com](mailto:triatlon@ubicosport.com)

+34 91 943 29 38

- Monday - Thursday: 08:00h – 17:00h
- Friday: 08:00h – 15:00h

### 4. TRANSFERS AND TRANSPORTATION

For Visa requests, you must contact:

Lourdes López

Spanish Triathlon Federation

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

For transfers information, contact:

#### ÚBICO

Alvaro Abeytua Delgado

[triatlon@ubicosport.com](mailto:triatlon@ubicosport.com)

+34 91 943 29 38

- Monday - Thursday: 08:00h – 17:00h
- Friday: 08:00h – 15:00h



## 5. TRAINING FACILITIES

### 5.1. Swim, Bike and Run Training

#### SWIM

- The beach is open for swimming under personal responsibility.
- **Swimming pool: TBC**

#### BIKE

Ride the bike in Vigo is possible, but due to the dimension of the city, it is important to avoid the city centre. We recommend to go along the coast direction to Portugal

#### RUN

The best place to run is the promenade.

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

Emergency telephone number: **112**

### 5.3. Bike mechanic service

There will be bike mechanical service at the venue on race day.

## 6. SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
31/05/2024	9:00	10:00	Swim Familiarization	Venue
31/05/2024	10:30	11:00	PTS / PTVI Bike Course Familiarization	Venue
31/05/2024	11:00	11:30	PTWC Bike Course Familiarization	Venue
31/05/2024	11:30	12:00	PTS Run Course Familiarization	Venue
31/05/2024	12:00	12:30	PTWC Run Course Familiarization	Venue
31/05/2024	16:00	16:30	Athlete's Briefing	Venue
31/05/2024	16:30	17:00	Athlete's Registration	Venue
01/06/2024	7:30		Athlete's Lounge	Venue
01/06/2024	8:00		Transition Check-in	Venue
<b>01/06/2024</b>	<b>9:00:00</b>		<b>Paratriathlon PTS5-M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:05:00</b>		<b>Paratriathlon PTVI1-M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:07:41</b>		<b>Paratriathlon PTVI2/3-M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:09:00</b>		<b>Paratriathlon PTVI1-W Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:12:11</b>		<b>Paratriathlon PTVI2/3-W Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:15:00</b>		<b>Paratriathlon PTS5-W Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:16:00</b>		<b>Paratriathlon PTS2/3/4-W Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:25:00</b>		<b>Paratriathlon PTS4 M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>9:26:00</b>		<b>Paratriathlon PTS2/3 M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>10:30:00</b>		<b>Paratriathlon PTWC1-M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>10:33:00</b>		<b>Paratriathlon PTWC2-M Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>10:40:00</b>		<b>Paratriathlon PTWC1-W Start</b>	<b>Venue</b>
<b>01/06/2024</b>	<b>10:43:38</b>		<b>Paratriathlon PTWC2-W Start</b>	<b>Venue</b>
01/06/2024	13:00		Medal ceremonies	Venue

### COMPETITION RULES

The event will follow the World Triathlon Competition Rules

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

### ATHLETE'S BRIEFING

The athlete's briefing, will take place at 16:00h at Venue

<https://maps.app.goo.gl/GJ8V6M9ZzUr22dYV8>

### 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.competitions.com](http://www.competitions.com).

#### PROTEST & APPEALS

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

[https://www.competitions.com/uploads/docs/World-Triathlon\\_Compition-Rules\\_2024\\_20240416.pdf](https://www.competitions.com/uploads/docs/World-Triathlon_Compition-Rules_2024_20240416.pdf)

## 7. 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.

## 8. OTHER USEFUL INFORMATION

LANGUAGE: Spanish and Galician

POPULATION: 293.642 million inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

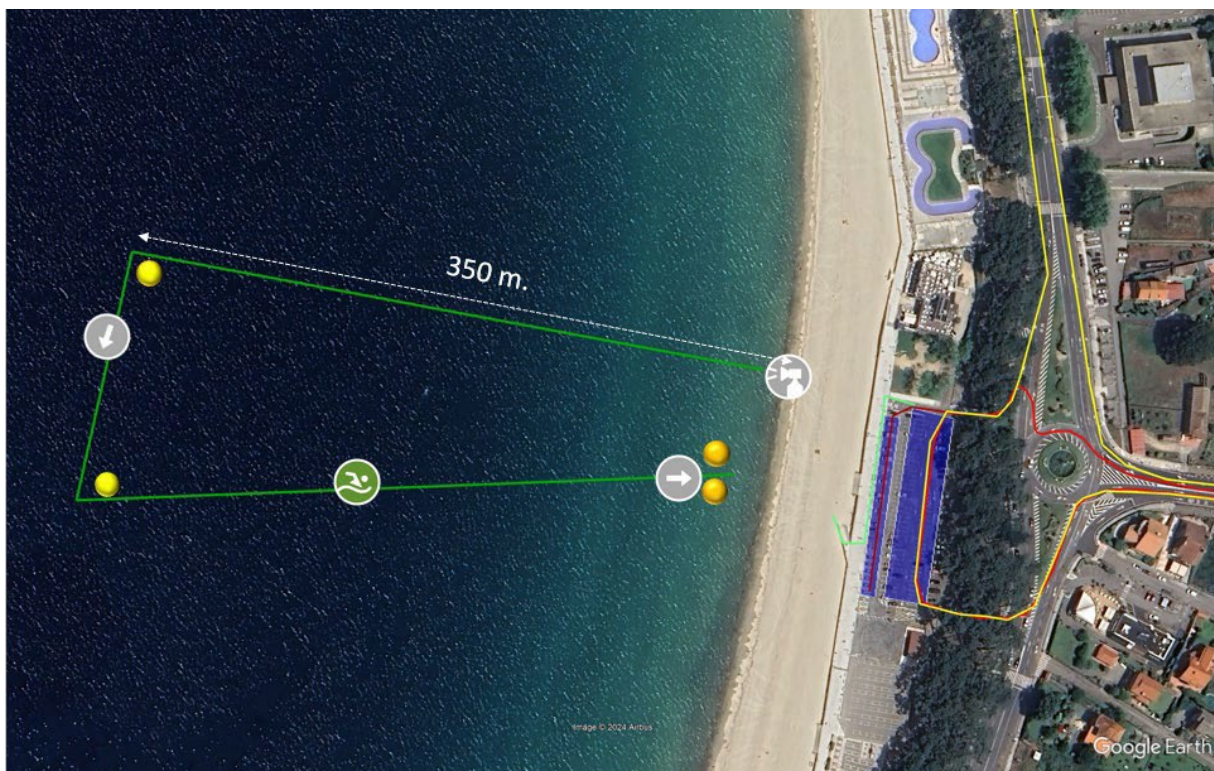
TELEPHONE CONNECTIONS: International prefix +34

## 9. COURSE MAPS

[Please refer to WORLD TRIATHLON website for the most updated courses maps and info](#)

### SWIM COURSE

- Start procedures: deep water start.
- The Head Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
- 1 lap of 750 m.; anticlockwise course
- Average water temperature: 18°C



### TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 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 unrack the bike by moving forward into the centre lane and towards the mount line. The racks will be horizontal.



## BIKE COURSE

- 4 laps of 5 km.
- The course is a little bit hilly.
- There will be one team wheel station, located before entering the venue.



## Bike Course

4 laps x 5 km.



## TRANSITION 2/2

After the bike leg is completed, athletes rack their bikes and move on the running course.



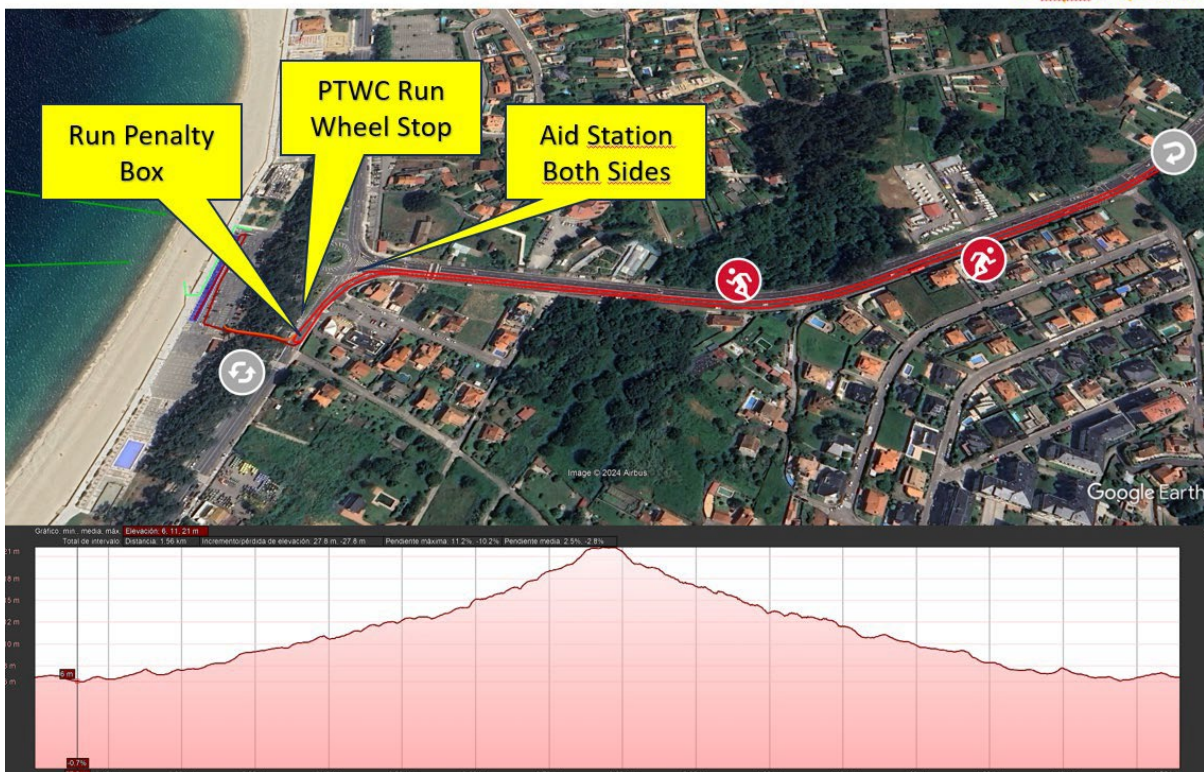
## RUN COURSE

- 3 laps of 1,6 km.
- The course is hilly
- There will be 2 Aid Stations per lap
- The Run Penalty Box will be At the end of the run lap just before the venue



## Run Course

3 laps x 1,6 km.







## Finish

