

**World Triathlon
Para Cup**

**VIGO
2024**

2024 World Triathlon Para Cup Vigo

ATHLETES GUIDE v_27.05

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Greetings and a very warm welcome to the 2024 World Triathlon Para Cup Vigo.

It is my great pleasure to also welcome the city of Vigo onto the Para Cup circuit for the first time, because it is always hugely gratifying to see a new host venue stepping up to welcome triathlon onto its streets.

And these races will assume even greater importance as the athletes zero in on their Paralympic goals and form, chasing not just the medals but the ranking points that could help make their Paris 2024 dreams come true on 1-2 August.

This excellent venue on the Galician coast is ready to welcome elite Para racing for the first time, in a period with so much on the line for the athletes. We know that for many of them, the Paralympic Games has been the driving force behind reaching the pinnacle of the sport, and I wish them all the very best of luck over the coming months.

I would like to thank the Local Organising Committee and the Spanish Triathlon Federation for their enormous effort and hard work in bringing this race together. It is precisely this kind of ambition and dedication that has helped grow triathlon in all its wonderful forms and formats.

I would also like to extend my gratitude to our excellent officials and the volunteers on whom we always rely for the safe staging of our races. Your presence is invaluable, and I know I can speak on behalf of all the athletes and teams when I say that your commitment to our sport means the world to us.

So, I wish everyone the best of luck in achieving their goals this weekend and I look forward to seeing the athletes rising to the challenge once more as we continue preparations for the Paris 2024 Paralympic Games.

Yours in Sport,

Marisol Casado
World Triathlon President
IOC member

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 st May	9:00	10:00	Swim Course Familiarization	Venue
31 st May	10:30	11:00	PTS/PTVI Bike Course Familiarization	Venue
31 st May	11:00	11:30	PTWC Bike Course Familiarization	Venue
31 st May	11:30	12:00	PTS/PTVI Run Course Familiarization	Venue
31 st May	12:00	12:30	PTWC Run Course Familiarization	Venue
31 st May	16:00	16:30	Para Athletes Briefing	Venue
31 st 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	9:40	11:40	PTS5 - W World Cup
1st Jun	9:42	11:42	PTS2/3/4 – W World Cup
1st Jun	9:50	11:50	PTS4 - M World Cup
1st Jun	9:52	11:52	PTS2/3 - M World Cup
1st Jun	10:50	12:50	PTWC1 - M World Cup
1st Jun	10:53	12:53	PTWC2 - M World Cup
1st Jun	11:00	13:00	PTWC1 - W World Cup
1st Jun	11:03:38	13:03	PTWC2 - W World Cup



1.3. Key contacts

Name and contact details of:

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

Europe Triathlon Office: 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



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

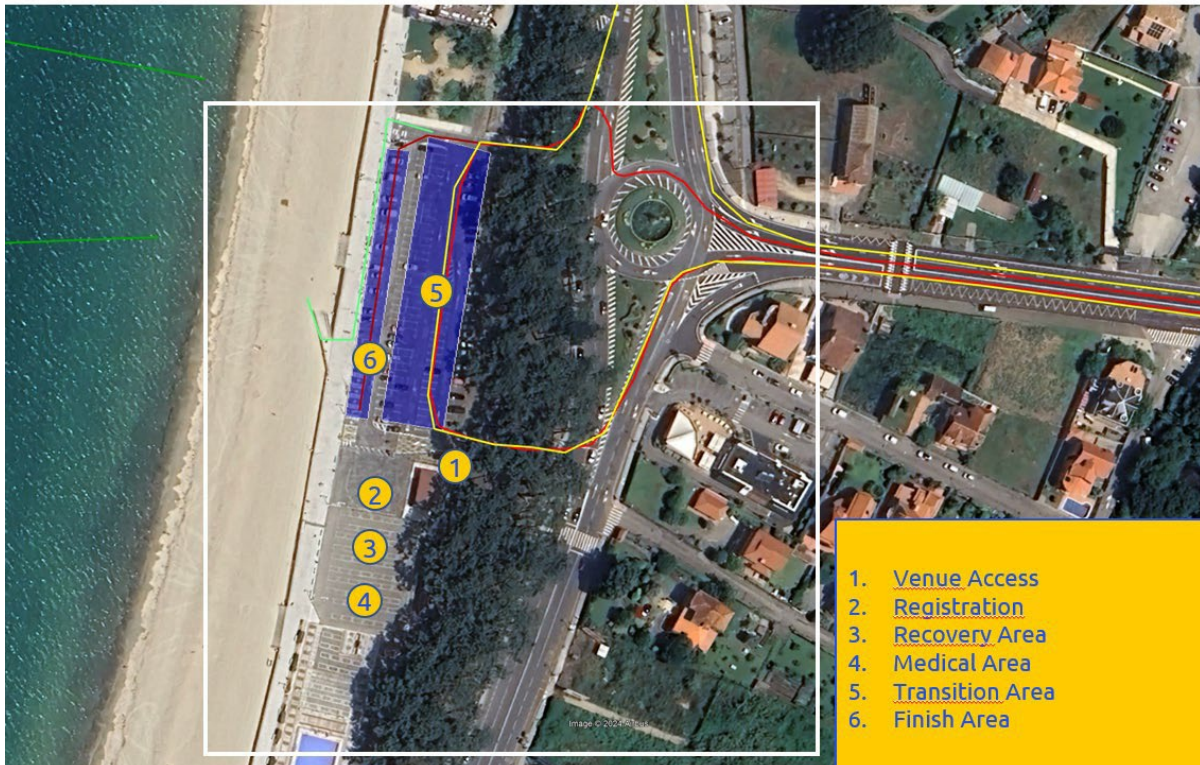




VENUE:



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 31st:

- 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 31st. 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

3. ACCOMODATION

For information and booking, contact:

ÚBICO

Alvaro Abeytua Delgado

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

For transfers information, contact the following email: aux.competiciones@triatlon.org



5. TRAINING FACILITIES

5.1. Swim, Bike and Run Training

SWIM

The beach is open for swimming under personal responsibility.

Traviesas Swimming Pool

2 lanes Thursday from 14.00 to 17.00 and Friday from 12.00 to 15.00

<https://maps.app.goo.gl/NFRkKNop1DAwk9L88>

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.

Traviesas Swimming Pool

2 lanes Thursday from 14.00 to 17.00 and Friday from 12.00 to 15.00

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



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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
01/06/2024	9:00:00		Paratriathlon PTS5-M Start	Venue
01/06/2024	9:05:00		Paratriathlon PTVI1-M Start	Venue
01/06/2024	9:07:41		Paratriathlon PTVI2/3-M Start	Venue
01/06/2024	9:09:00		Paratriathlon PTVI1-W Start	Venue
01/06/2024	9:12:11		Paratriathlon PTVI2/3-W Start	Venue
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01/06/2024	9:42:00		Paratriathlon PTS2/3/4-W Start	Venue
01/06/2024	9:50:00		Paratriathlon PTS4 M Start	Venue
01/06/2024	9:52:00		Paratriathlon PTS2/3 M Start	Venue
01/06/2024	10:50:00		Paratriathlon PTWC1-M Start	Venue
01/06/2024	10:53:00		Paratriathlon PTWC2-M Start	Venue
01/06/2024	11:00:00		Paratriathlon PTWC1-W Start	Venue
01/06/2024	11:03:38		Paratriathlon PTWC2-W Start	Venue
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

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.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_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

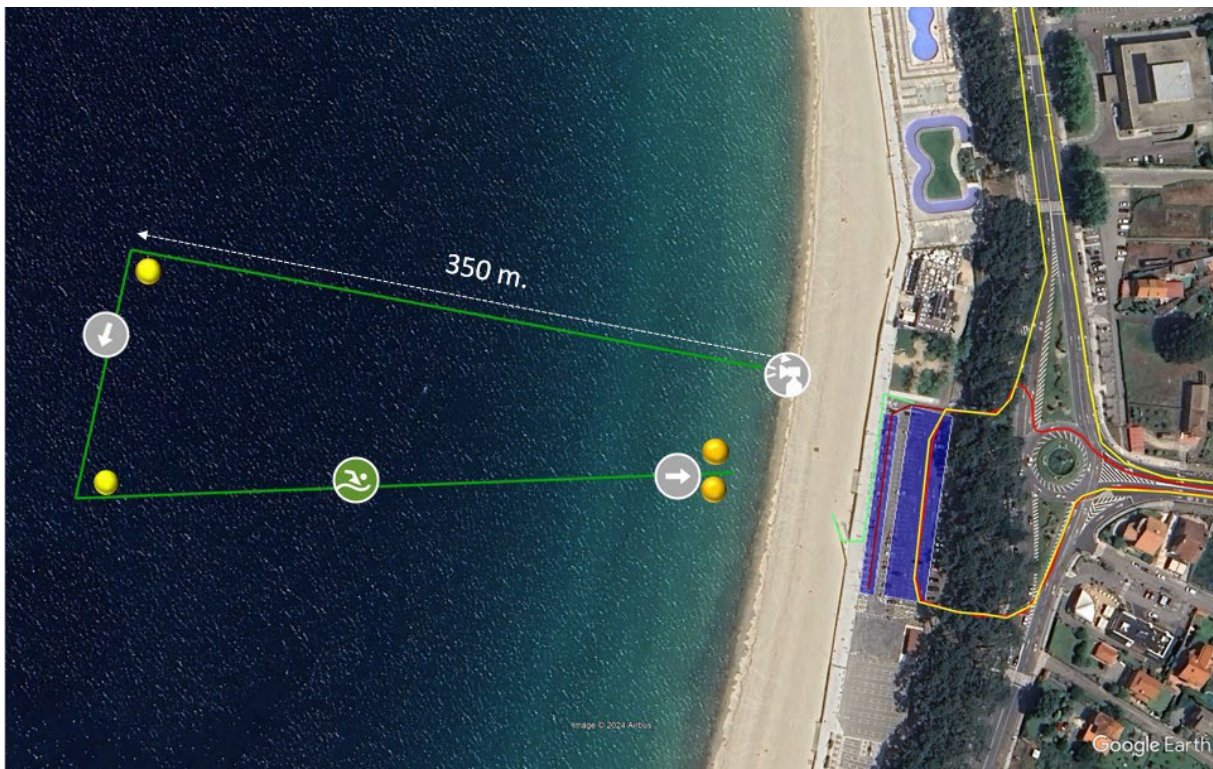
TELEPHONE CONNECTIONS: International prefix +34

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.



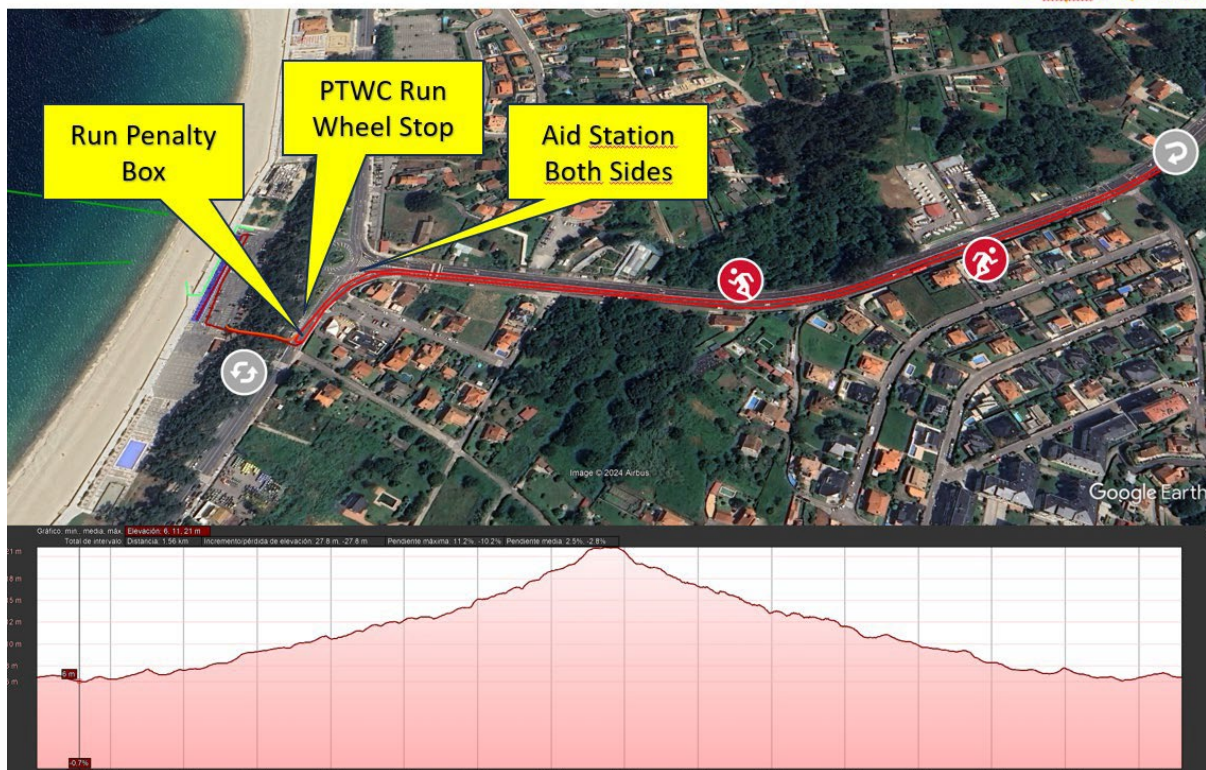
RUN COURSE

- 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

