



World Triathlon  
Cup

SAMARKAND  
2024

18 MAY  
SAMARKAND, UZBEKISTAN  
**ATHLETE GUIDE**



[https://triathlon.org/events/event/2024\\_world\\_triathlon\\_cup\\_samarkand](https://triathlon.org/events/event/2024_world_triathlon_cup_samarkand)

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## KEY DATES

16 May, THU		
18:00 – 18:30	Elite Athlete Briefing	Ayvon Hall
18:30 – 18:45	Elite Athlete Race Package Distribution	Ayvon Hall
19:00	Elite Athlete Welcome Party	Ayvon Hall
17 May, FRI		
11:30 – 12:00	Elite Bike Familiarization	TZ Exit
12:00 – 13:00	Elite Swim Familiarization	Pontoon
18 May, SAT		
10:30	Elite Women Competition	Race Course
13:30	Elite Men Competition	Race Course
15:40 – 15:54	Elite Men/Women Medal Ceremony	Podium

## KEY CONTACTS

World Triathlon Team Leader	Eriketti Margari (GRE)	<a href="mailto:eriketti.margari@triathlon.org">eriketti.margari@triathlon.org</a>
World Triathlon Technical Delegate	Kim Kyung Sook (KOR)	<a href="mailto:srudtnr@gmail.com">srudtnr@gmail.com</a>
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World Triathlon Head Referee	Eero Raudsepp (EST)	<a href="mailto:eeroraudsepp@gmail.com">eeroraudsepp@gmail.com</a>
World Triathlon Medical Delegate	Natalyia Kazantseva (UZB)	<a href="mailto:n.kazantseva@medion.uz">n.kazantseva@medion.uz</a>
Domestic National Federation	Yelena Kun (UZB)	<a href="mailto:yelena.kun@triathlon.org.uz">yelena.kun@triathlon.org.uz</a>
LOC Race Director	Ruslan Kuliev (UZB)	<a href="mailto:ruslan.kuliev@triathlon.org.uz">ruslan.kuliev@triathlon.org.uz</a>
Transportation & Accommodation	Yelena Kudinova (UZB)	<a href="mailto:info@triathlon.org.uz">info@triathlon.org.uz</a>
LOC office	Location: Silk-Road Samarkand	<a href="tel:+39658559347949655">(+39.658559347949655, 67.06129783681324)</a>



# ***ENTERING UZBEKISTAN***

## ***VISA***

Please refer to the following website  
for the outline of visa application procedure in Uzbekistan:

<https://mfa.uz/ru/pages/visa-republic-uzb>

If you require a letter to assist with your visa application to enter Uzbekistan for the purpose of participating in the Samarkand event (or other assistance from the LOC), please contact the Visa support manager:

- Mamakhanov Muzaffar Rakhimberdievich:  
[mamahanovmuzaffar@gmail.com](mailto:mamahanovmuzaffar@gmail.com)  
+998998911080

## ***AIRPORT TRANSFERS***

The LOC organize transfer from Samarkand International Airport or Samarkand railway station directly to the hotel and back after the event.

You can also get to the capital of Uzbekistan - Tashkent and then travel to Samarkand by plane, train or car (cab, car rental, commercial public transportation). In case you arrive at the airport or train station in Samarkand city, we provide transfer to the hotel.

- For any questions  
Contact: [uztriathlon@gmail.com](mailto:uztriathlon@gmail.com)  
+998994445565 (What's App)

## ***WEATHER CONDITIONS***


The weather conditions in May in Samarkand are very pleasant with temperatures remaining around 18 C - 24.5 C



# OFFICIAL HOTEL

The event has official hotels, located within easy access to the Venue.

Contact details:

Silk-Road Samarkand: 8 55 705 55 55 <https://www.silkroad-samarkand.com/>  
[reservations@silkroad-samarkand.com](mailto:reservations@silkroad-samarkand.com)

Use the promo code TRIATP0524 to receive a 25% discount on accommodation.

*Please note: Each room will have a special place for storing (parking) a bicycle. Hotel service will conduct inspections of the public areas of the hotel and view CCTV footage in case of property damage. Also, before check-out, the room will be checked.*

## BANKING

Banks and ATM's can be found at all official hotels at Silkroad.

Money exchange 24/7 can be found at Hilton Samarkand Regency





# SCHEDULE

13 May, MON		
09:00 – 18:00	LOC Office	LOC Office
10:00 – 12:00	Swim Training	Dolphin Aquatic Complex
14:00 – 16:00	Swim Training	Dolphin Aquatic Complex
14 May, TUE		
09:00 – 18:00	LOC Office	LOC Office
10:00 – 12:00	Swim Training	Dolphin Aquatic Complex
14:00 – 16:00	Swim Training	Dolphin Aquatic Complex
15 May, WED		
09:00 – 18:00	LOC Office	LOC Office
10:00 – 12:00	Swim Training	Dolphin Aquatic Complex
14:00 – 16:00	Swim Training	Dolphin Aquatic Complex

16 May, THU		
09:00 – 18:00	LOC Office	LOC Office
10:00 – 18:00	Bike Mechanic Service	EXPO
10:00 – 12:00	Swim Training	Dolphin Aquatic Complex
14:00 – 16:00	Swim Training	Dolphin Aquatic Complex
17:30 – 18:00	Elite Athlete Registration	Ayvon Hall
18:00 – 18:30	Elite Athlete Briefing	Ayvon Hall
18:30 – 18:45	Elite Athlete Race Package Distribution	Ayvon Hall
19:00	Elite Athlete Welcome Party	Ayvon Hall



# SCHEDULE

17 May, FRI		
05:00 – 18:00	LOC Office	LOC Office
10:00 – 18:00	Bike Mechanic Service	EXPO
11:30 –12:00	Elite Bike Familiarization	TZ Exit
12:00 – 13:00	Elite Swim Familiarization	Pontoon
18 May, SAT		
05:00 – 18:00	LOC Office	LOC Office
05:25 – 13:30	Bike Mechanic Service	Athlete Lounge
08:45 - 09:45	Elite Women Athlete Lounge Check-in	Athlete Lounge
09:30 - 10:15	Elite Women Transition Check-in	Transition Area
09:30 - 10:15	Elite Women Swim Course Warm-up	Swim Course
10:20	Elite Women Introduction	Start Area
10:30	Elite Women Competition	Race Course
11:45-12:45	Elite Men Athlete Lounge Check-in	Athlete Lounge
12:30-13:15	Elite Men Transition Check-in	Transition Area
12:30-13:15	Elite Men Swim Course Warm-up	Swim Course
13:20	Elite Men Introduction	Start Area
13:30	Elite Men Competition	Race Course
15:40 – 15:54	Elite Men/Women Medal Ceremony	Podium







## **DOPING CONTROL**

Doping Control will be performed according to the World Triathlon / WADA rules. Doping Control will be located at the Finish area.

## **MEDICAL SERVICES**

There will be First Aid and Emergency Medical Services at the Race Village on competition days. Medical and Paramedical personnel will be available throughout the competition times. Several ambulances will be available to provide emergency transfers to the hospital. A medical area will be provided on site at the Finish area within the stadium.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should make sure that they have appropriate medical insurance.

## **SWIM TRAINING**

### *Dolphin Aquatic Complex.*

Address: Samarkand city,  
Buyuk Ipak Yuli str., 23.  
It is possible to get there  
by yandex taxi. Available in the  
"Yandex Go" mobile app.  
The cost is about \$ 5.

The distance from the venue  
is 15.9 km.

The average travel time by car is 33-35 minutes  
Cost Free

Location: <https://yandex.uz/maps/org/243700447513/?ll=66.924309%2C39.655932&z=16>

After the event: swimming pool available 08:00-20:00.  
Cost per hour 35 UZS - \$ 3 USD



Time	Activity
10:00 - 12:00	25 m. pool - 4 Lanes 50 m. pool - 3 Lanes
14:00 - 16:00	25 m. pool - 4 Lanes 50 m. pool - 3 Lanes

Bus Shuttle Time table 13-16 May		
BUS (Hotel -> Swimming Pool)	SWIM	BUS (Swimming Pool -> Hotel)
09:20	10:00 - 12:00	12:20
13:20	14:00 - 16:00	16:20



### Swim

#### Hilton Samarkand Regency Pool

Whilst the Hilton Samarkand Regency Pool has in the past been utilized by Elites for swim training, please note that this is not an official swim training facility for the World Triathlon Samarkand. Should you choose to use this pool for your training you will need to take note of the following:

1. If you are a guest at the Hilton Samarkand Regency hotel you will be allowed to use the pool at no charge.
2. If you are not a guest at the Hilton Samarkand Regency, you will need to go to the reception at the Hilton Samarkand Regency to request a ticket to swim in the pool, there will be a charge of 400.000 SUM at weekdays and 600.000 SUM at weekends for the use of the pool per athlete.
3. It is advisable to avoid peak periods to avoid congestion in the pool from other guests, but please note that the pool closes at 11 pm every day.

### Bike

Silk Road 6 km loop. Helmets must be worn on the circuit

Please note: traffic in the city of Samarkand is heavy and the LOC strongly discourages cycling training/rides in the city

### ***Bike Familiarization***

Meeting Point: Transition Exit

### ***Swim Familiarization***

Meeting Point: Pontoon



**COMPETITION RULES**

The race will follow the latest published competition rules of the World Triathlon and Para Triathlon World Championships.

# RACE COURSE

**ELITE / Standard Distance**

**Swim: 1.5km (750m 2laps)**

**Bike: 40km (6.6km 6laps)**

**Run: 10km (2.2km 4.5laps)**



**START**

Athletes will start from a pontoon (45 cm) and stand in a starting position approximately 75cm wide.

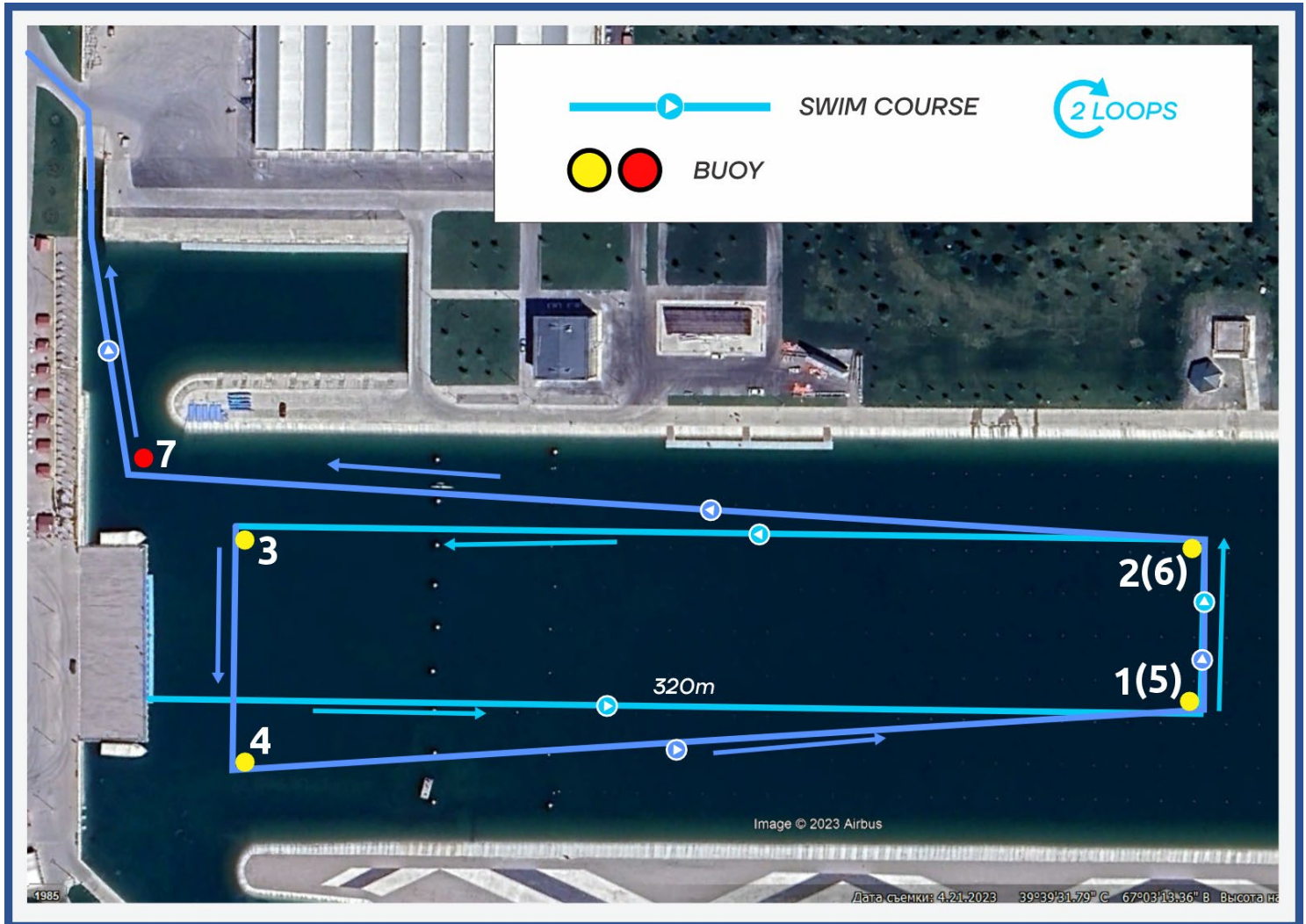
The Head Referee with the assistance of World Triathlon Technical Officials will start the Swim Course.

# SWIM COURSE

## 1.5 km



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The swim start will be a dive start off the pontoon.

The course will comprise 2 laps of 750m in an anti-clockwise direction.

The course will be marked with buoys. Athletes will pass buoys #1,2,3,4,5,6 on their LEFT side, and buoy #7 on their RIGHT side

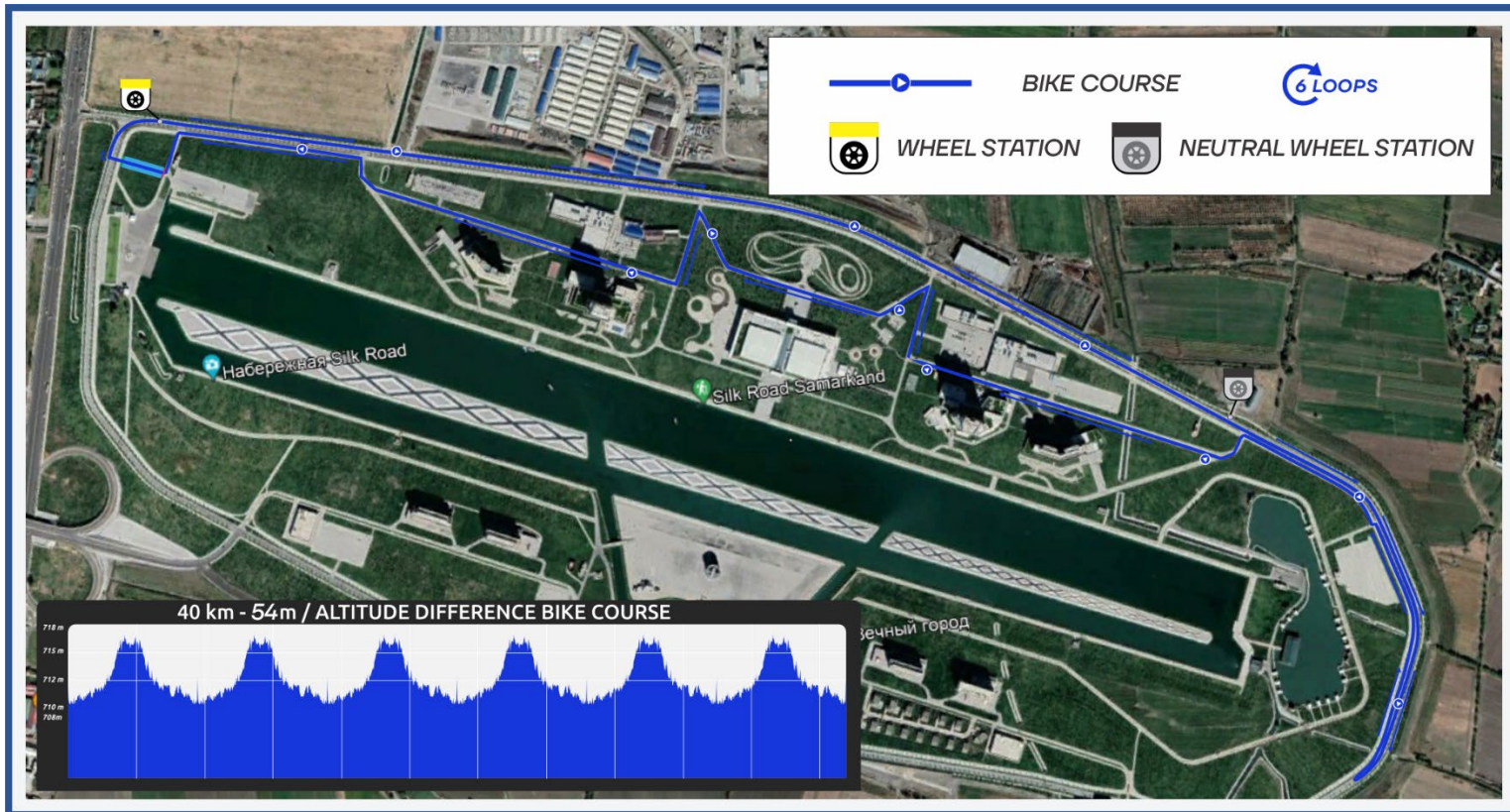
The exit ramp will take the athletes up to transition.

# BIKE COURSE

## 40 km



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Clockwise - 6 laps

On exiting Transition athletes will turn right and into the bike course. Bike route is 6 Laps in a clockwise direction.

### Wheel Stations

There are two wheel stations on the bike course.

Two-wheel stations will be provided,

“ Team Wheel Station “ will be for Team, and “ Neutral Wheel Station “ will be for Neutral.

The following wheels will be at “Neutral Wheel Station” by LOC.

#### • Front:

- Shimano 700c Rim brake × 2
- Shimano 700c 140mm rotor disc brake × 1
- Shimano 700c 160mm rotor disc brake × 1

#### • Rear:

- 10 cassette Shimano 700c rim disc brake × 1
- 11 cassette Shimano 700c rim disc brake × 2
- 11 cassette Shimano 700c 140mm rotor disc brake × 1
- 11 cassette Shimano 700c 160mm rotor disc brake × 1
- 12 cassette Shimano 700c 140mm rotor disc brake × 1

# RUN COURSE

## 10 km



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Anti-clockwise – 4.5 laps

The athletes will exit the Transition zone, turn left and enter the Run Course. The Run course flows in an anti-clockwise direction. Each lap goes through the transition.

After the 4 laps the athlete will go at the Finish line.

### Run Penalty Box

The penalty box is situated 200 meters before the entrance to the Finish area.

### Aid Stations

There are two aid stations on the run course.

2 aid stations are located on the run course, we will be providing sealed bottles of water.



## PROTESTS AND APPEALS

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

## RESULTS

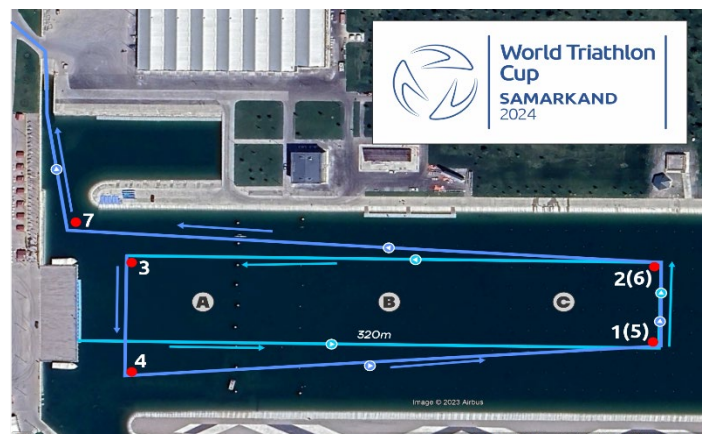
Results will be uploaded live to the World Triathlon's official website: [www.competitions.org](http://www.competitions.org).  
All the results information will be at the LOC Information Office.

## WATER QUALITY ANALYSIS

As of 12 March	World Triathlon Criteria	Location A	Location B	Location C
<i>PH</i>	6-9	6,88	6,85	6,9
<i>Enterococci (cfu/100ml)</i>	Within 100	not detected	not detected	not detected
<i>Escherichia coli (cfu/100ml)</i>	Within 250	not detected	not detected	not detected

## SUMMARY

The water quality tests meet World Triathlon standards.



# GOOD LUCK!