

ATHLETES GUIDE

8th Edition of the Havana Triathlon

- 2024 Havana PATCO Triathlon America's Cup
- 2024 Havana Popular Sprint Triathlon
- 2024 Havana Popular Olympic Triathlon



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1. GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of the Athlete Guide is to ensure that all athletes and coaches are informed about everything that pertains to the event.

The organization ensures that all the information contained in this guide is correct and updated as of the date of publication. In any case, Team Delegates must check the website www.triatlonhabana.com and at the event Information Point during the championship week for any changes or additional information in this guide.

1.2 KEY CONTACTS

- ITU Technical Delegate JOSE ISRAEL VERA HERRERA israve_83@hotmail.com
- ITU Assistant Technical Delegate: TANIA TORRES TORRES taniarj2020@gmail.com
- Executive Director José Carrasco address@triatlonhabana.com
- General Secretary Yasleidis Acosta info@triatlonhabana.com
- Race Director Rolando Herrera rolandotriatlon@gmail.com
- President of the Federation

Cuban Triathlon Alejandro Puerto tripuerto116@gmail.com

1.3 KEY SITES

LOC: www.triatlonhabana.com

Facebook: www.facebook.com/triatlondelahabana

Twitter: @Triber226Havana

@Triber226Havana

2 HEADQUARTERS

2.1 NATIONAL HOTEL OF CUBA

90 years of history give prestige to the classic for distinction of the Gran Caribe hotel group; THE NATIONAL HOTEL OF CUBA, constituting a symbol of history, culture and Cubanness. The cannons that made up the old Santa Clara Battery and that are now displayed in the garden were declared a World Heritage Site. In addition, the Hotel is a National Monument and was registered in the Memory of the World Registry.

The Hotel Nacional de Cuba has a privileged location in the heart of Vedado, the most central area of Havana, on a hill located a few meters from the sea. Its unique views offer a beautiful

and varied panorama of the city, among which you can admire the Havana bay with its classic boardwalk and the ancient Morro fortress.

The magnificence of the Hotel Nacional de Cuba, throughout these years, has captured hundreds of celebrities from the arts, sciences and politics such as Winston Churchill, British Prime Minister, the artists Frank Sinatra, Ava Gardner, Johnny Weismuller, María Félix, Jorge Negrete, Marlon Brandon, Robert Redford, Michael Keaton, Danny Glover, Robert de Niro; film directors Steven Spielberg, Oliver Stone, Francis Ford Coppola, Roman Polanski; scientists such as the discoverer of penicillin Alexander Fleming.

The Hotel Nacional de Cuba will be an essential part of our event, hosting the previous days: the information center, technical meetings and secretariat and ending all the events inside its gardens.

2.2 MARINA HEMINGWAY

The Marina Hemingway is the most traditional and emblematic port in Cuba.

The variety of activities, nautical shows and spaces of interest offered there are more than enough reason to decide to pay a visit and enjoy this space in all its splendor.

Built between 1956 and 1957, it consists of about 600,000 square meters reclaimed from the sea, thanks to the deepening of 4 navigation channels and the filling of about 4 interchannels that are limited by retaining walls, which were designed for the development of hotel and tourism activity.

If we are talking about nautical activities in Cuba, we cannot fail to highlight the influence of the Hemingway Marina, since numerous nautical events and tournaments take place there throughout the year. Many of them are related to fishing, like the most emblematic and popular one of all, which is called “Ernest Hemingway”, this is a world-famous tournament that brings together participants from different latitudes.

For the sixth time, La Marina will be the venue for swimming of all distances of the Havana Triathlon.

Address:

248th Street and 5th Avenue. Santa Fe, Havana, Cuba

Coordinates:

23° 05' 20" N 82° 29' 38" W

2.3 INFORMATION CENTER

The information center and office of the Havana Triathlon organization will be located at the Hotel Nacional de Cuba from Friday, February 23.

3 OFFICIAL AGENCY

The Official Agency of the Havana 2024 Triathlon is Cubadeportes S.A., the entity with the exclusive rights to market products and services related to Cuban sport whose prestige and successes are recognized worldwide.

Cubadeportes S.A (Official Agency of the event) and EnjoyCuba (Collaborating Agency) are pleased to provide you with all the advice for your trip.

Contact: Marylis Méndez

Email: marilys.m@enjoytravelgroup.travel

3.1 ATHLETE REGISTRATION

<http://www.triatlonhabana.com/inscripcion.php>

The registration period for Age Groups (Popular) closes on February 1, 2024.

2024 Havana PATCO Triathlon American Cup **(NO Drafting)**

Elite registration must be done through the National Federations through the World Triathlon online system.

2024 Havana Popular Sprint Triathlon

Distances: Swimming 750m – Cycling 16.5km – Running 5km

Limit: 400 athletes

As part of the country's security policy, it is important that all athletes fill out the "ATHLETE INFORMATION" that is published on the website and must be sent before February 10, 2024.

Yasleidis Acosta, e-mail: info@triatlonhabana.com

This way the organization will be able to organize your welcome and reception at the airport and facilitate all the procedures.

IMPORTANT

All athletes must bring their luggage identified with the event logo.

3.2 RACE PACK (SPRINT DISTANCE)

The race pack for athletes will be distributed on February 23 at the Hotel Nacional. To collect the pack, the athlete must show identification of which a copy can be made.

All athletes must sign the liability release form before collecting the pack.

On competition days, bibs will not be delivered.

The race pack contains:

1. Event guide with all the information
2. Dorsal
3. Swimming cap
4. Identification bracelet – Athletes must wear it during the event to have access to all areas.
5. Stickers (bike (1), helmet (3))
6. 3 bags (bike, race, after race)
7. Backpack

3.3 FINISHER PACK

1. Certificate with career time
2. Finisher medal

3.4 BACKPACKS

3.4.1 WHITE BACKPACK (CYCLING)

The white backpack must contain everything necessary for the cycling segment. It must be left at T1 with the bicycle the day before the event. Please tie the bag securely.

3.4.2 RED BACKPACK (RUN)

The red backpack must contain everything necessary for the running segment. It will need to be dropped off at Marina Hemingway the day before the event near T1. Please tie the bag securely.

3.4.3 BLUE BACKPACK (AFTER RACE)

The blue backpack should contain everything you need once the event is over (dry clothes, hotel keys, medicines, etc.). It must be left on the day of the event at a point near the exit.

Backpacks or inflation pumps will NOT be accepted. Only the material that remains safely inside the well-tied backpack.

Please make sure your bag is tied securely, correctly marked with your bib number and that it contains the correct material.

Please do not leave valuables in the bags (mobile phones, iPods, cameras, watches, solar gas...). **The organization will not be responsible** for breakages or losses.

All bags that are not collected at the end of the competition on Saturday will be available on Sunday in the storage area located at the Hemingway Marina. To pick them up you must show

identification. When the competition ends on Sunday, the bags that have not been collected will be declared abandoned and will become the possession of the Cuban Triathlon Federation.

3.5 FAMILIARIZATION OF THE CIRCUITS

3.5.1 ELITE

Swimming familiarization:

Saturday February 24, 9:00 a.m.

Channel 1 (Marina Hemingway)

Cycling familiarization:

Saturday February 24, 10:00 a.m.

In front of the entrance to Channel 1 (Marina Hemingway)

3.5.2 AGE GROUPS

Triathletes in the age group category can train, taking into account that traffic will be open and will not be escorted.

During training, make sure you don't go alone (especially if you train in open water). During cycling you must ride in a line respecting traffic rules, always carry identification and don't forget to be respectful.

Channel 4 at the Marina Hemingway will be available on Saturday the 24th for training.

3.6 MECHANICAL SERVICE

There will be mechanical service available on Saturday, February 24 at the Hotel Nacional and on Sunday, February 25, in transition zone 1 at the Marina Hemingway.

The T1 will have a limited number of air pumps. If you bring yours, don't forget to give it to a friend or family member before the competitions start. **AIR PUMPS WILL NOT BE ALLOWED INSIDE THE TRANSITION BAGS.**

3.7 ANTI-DOPING CONTROL

Anti-doping control will be carried out in accordance with WT/WADA rules.

3.8 COMPETITION RULES

The Havana Triathlon will be governed by the latest World Triathlon competition regulations.

3.9 PHYSIOTHERAPY SERVICE

Physiotherapy and massage services will be offered to all athletes after the race in the recovery area, completely free of charge.

3.10 MEDICAL SERVICES

Emergency medical services will be available to anyone requiring medical assistance during all hours of competition.

3.11 RESULTS

The results will be published on the official WT website www.triathlon.org.

3.12 CLAIMS AND APPEALS

The standard procedure according to the WT Competition Regulations will be followed.

3.13 NEOPRENE

The use of neoprene is optional for age categories, depending on the water temperature on that date, and its use may be prohibited.

3.14 AWARDS

The Sprint/Olympic Popular awards will take place on February 25 at the end of each of the competitions, at the Hotel Nacional.

The America Cup Triathlon awards ceremony will take place on February 25 at the end of the competition, at the Hotel Nacional.

The America Cup will have the awards established by the WT regulations, which will be delivered to the organization's office immediately after the awards ceremony. If they are not collected on the day of the race, they will lose their right to receive it.

*The prizes will be for works of art managed by the José Martí Cultural Society.

Age group participants who for some reason cannot collect their prize during the distance awards ceremony will be able to do so on Monday from 10:00 am – 12:00 am at the Hotel Nacional. After this time they will go to the Cuban Triathlon Federation where they can be picked up later.

The organization is not responsible for sending trophies or prizes to their homes.

The first three men and women in each age group will receive a trophy during the awards ceremony.

The classification of the male and female age groups will be carried out according to the following relationship, taking into account that the age group to which one belongs corresponds to the age of the participant on December 31 of the year in which the test is held (2024):

GE15-19; GE20-24; GE25-29; GE30-34; GE35-39; GE40-44 and subsequent.

4 COMPETITION

4.1 SCHEDULES

DAY	START	END	ACTIVITY	LOCATION
SATURDAY	10:00	17:00	Delivery of numbers	National Hotel
SATURDAY	17:00		Popular Sprint-Olympic Technical Meeting	National Hotel Vedado Saloon
SATURDAY	18:00		Elite Technical Meeting	National Hotel Vedado Saloon
SUNDAY	07:00		América Cup Triathlon Élite Male	Canal 2 Marina Hemingway
SUNDAY	08:30		América Cup Triathlon Élite Female	Canal 2 Marina Hemingway
SUNDAY	10:00		Popular Sprint Male	Canal 3 Marina Hemingway
SUNDAY	10:02		Popular Sprint Female	Canal 3 Marina Hemingway
SUNDAY	10:10		Popular Olympic Male	Canal 2 Marina Hemingway
SUNDAY	10:12		Popular Olympic Female	Canal 2 Marina Hemingway
SUNDAY	At the end of each competition		Awards Ceremony	National Hotel

4.2 TIMING CHIPS

Triathletes will receive the timing chip at T1 when they go to put on their bike and race equipment.

It will need to be worn on the left ankle for race day.

Your return will be made close to the T2 area when the material is collected.

4.3 PROVISIONING

Water will be offered.

- 1 refreshment point at the start of the swim.
- 2 double points (round trip) in the Foot Race circuit.

4.4 CUTTING TIMES

SPRINT DISTANCE: The maximum time to complete the triathlon will be 2 hours.

4.5 TRANSITION 2

Sprint athletes must place their bike on the stands without outside help.

IMPORTANT NOTE: In the sprint and popular Olympic distances they will be WITHOUT Drafting.

5 ACCREDITATION

The organization will provide the members of the organizational committee, the WT Technical Officials, athletes, press, VIPs, staff, volunteers, etc. an official accreditation.

Accreditations will be delivered to the Career Office.

Only accredited personnel will be allowed access to certain areas. Accreditation will be mandatory to enter the headquarters.

The Career Office will be open from Saturday the 24th at the Hotel Nacional de Cuba.

6 USEFUL INFORMATION

6.1 LANGUAGE

The official language in Cuba is Spanish.

6.2 MEDICAL INSURANCE

Travelers must present a travel insurance policy with medical expense coverage.

To meet this requirement, the traveler must have travel insurance that includes medical expenses or a medical expenses policy, with coverage within Cuba.

The policy must be acquired at the point of origin. Those travelers who, exceptionally, do not have insurance at the time of arrival, may purchase a policy with insurance coverage and assistance underwritten by Cuban insurers, at the airport, port or marina itself.

The traveler who, upon arriving in the country, is subject to control, must show a policy, insurance certificate or travel assistance card, valid during their stay in Cuba.

6.3 VISA

To travel to Cuba you must have a valid passport as well as a visa, which you can obtain through travel agencies.

6.4 POPULATION

2,125,000 people live in Havana.

6.5 HOUR

Havana time is (UTC -5:00).

6.6 EMERGENCY NUMBER

The emergency telephone number in Cuba is: 106.

6.7 ELECTRICITY

The electric current in Cuba is 110 V 60 Hz. In some installations it is possible to use 220v current. Electrical equipment equipped with round plugs must be brought with a flat plug adapter.

6.8 WATER

Tap water is safe to drink, but bottled water is recommended.

6.9 TELEPHONE AND INTERNET ACCESS

6.9.1 PHONE:

To call Cuba directly from any country:

Dial the code for international calls: 00

Dial the country code of Cuba: +53

Dial the code of the area where you wish to communicate or

Dial the phone number of the person you want to contact.

Direct calling codes within Cuba:

Havana Code Area 7

6.9.2 MOBILE PHONES:

There are roaming agreements with most international mobile phone companies.

If your phone operates with GSM in the 900 MHz band (European standard) or with TDMA in the 800 MHz band (American standard) it is very likely that you can use your own phone in Cuba.

You may need to activate your phone with a local company: C_COM for GSM or CUBACEL for TDMA.

You can also rent a cell phone in Cuba.

6.9.3 INTERNET CONNECTION AND SERVICE:

You can have internet access in hotels and at Wi-Fi points.

6.10 CURRENCY

The currency in Cuba is the Cuban Peso.

To find out the exchange rates, please consult the official website:

http://www.bc.gob.cu/Espanol/tipo_cambio_METROPOLITANO.asp

6.11 CLIMATIC CONDITIONS

Cuba has a moderate subtropical climate with two distinct seasons.

From November to April there is the dry season, which is less humid and somewhat cooler, with an average high temperature of between 21 and 28 °C and an average low temperature of between 18 and 24 °C. In the summer months, the average temperature ranges around 30°C, with slightly higher humidity.

In Cuba you can swim on the beaches all year round as water temperatures range from 24°C (in the months of February and March) to 28°C (from June to October).

The average behavior of the weather in February:

Air temperature (°C) 22.9

Water temperature (°C) 24.3

Sunshine hours 11.4

Rain (mm) 38

Rainy days 4

Relative humidity (%) 77

6.12 TOURIST INFORMATION

There are 27 Tourist Information centers (INFOTUR) distributed throughout the country, which provide free information.

6.13 DRIVING IN CUBA

You must be 21 years old and have a valid driver's license with one year of experience.

There are several companies that rent cars.

6.14 PHOTOGRAPHY

You can take photos and videos freely, except in restricted areas, such as military zones. Museums also have specific regulations.

6.15 SECURITY

Cuba is a safe place. The country warmly welcomes the whole family and children are welcome practically everywhere. Logically, some precautions should be taken to protect valuable belongings: do not leave cameras or other valuables unattended in public areas.

1 SPRINT CIRCUITS

SWIMMING

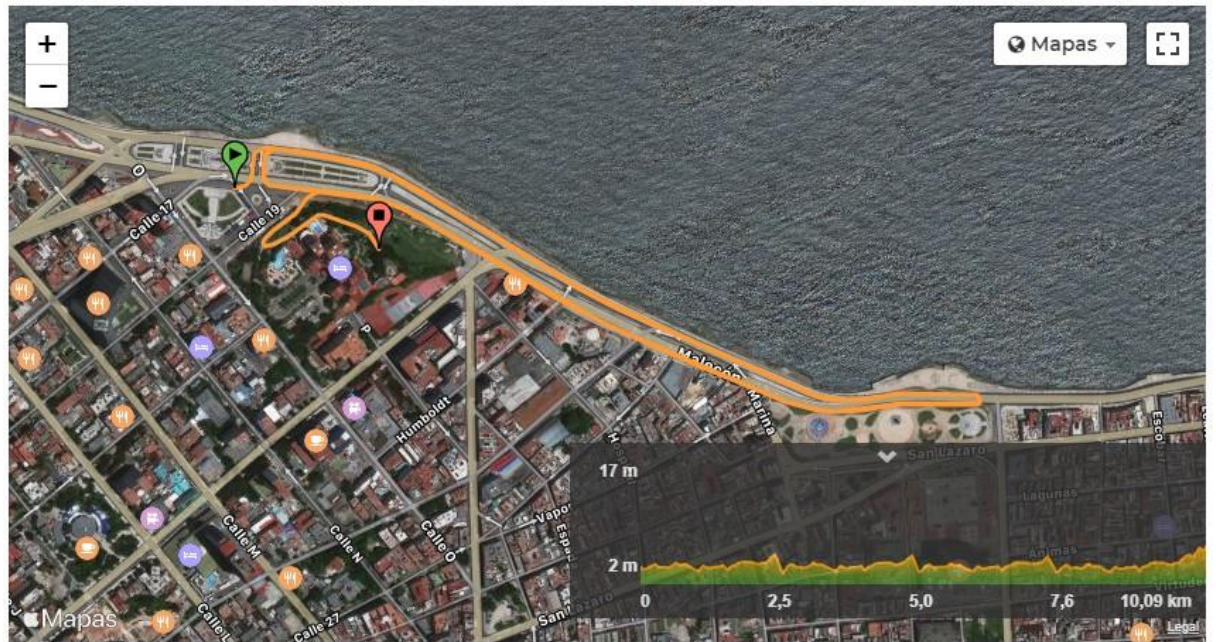
1.1



1.2 CICLYNG



1.3 FOOT RACE



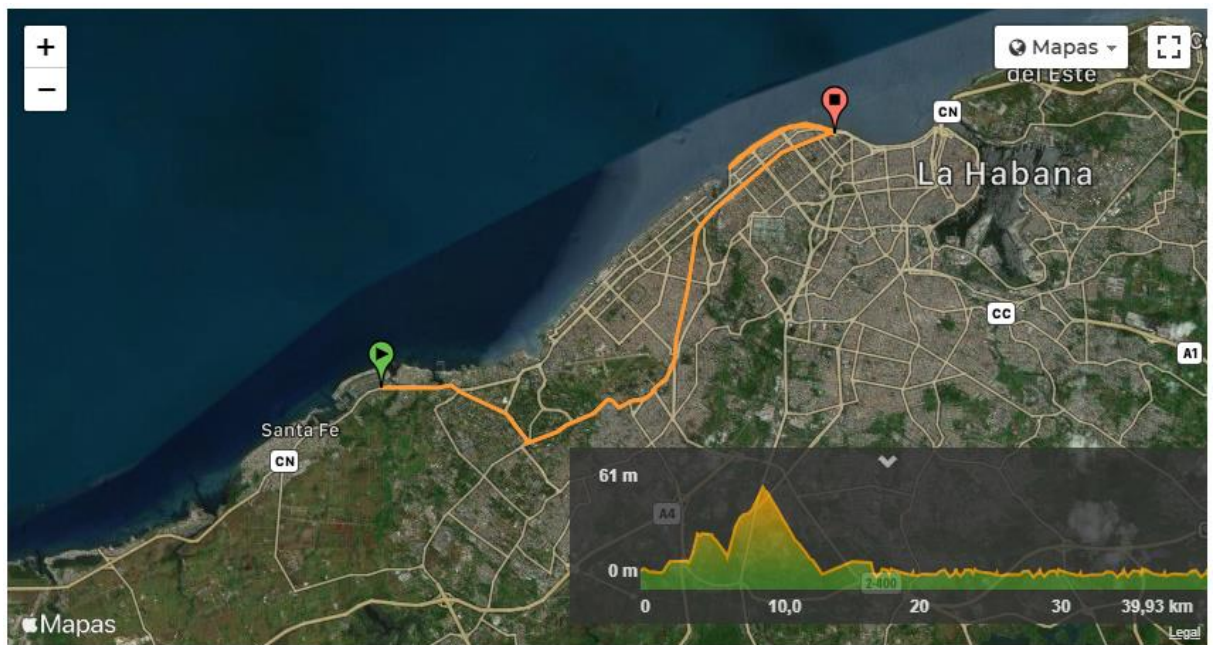
2 2 AMERICAN CUP ELITE TRIATHLON CIRCUITS – OLYMPIC POPULAR

SWIMMING

2.1



2.2 CICLYNG



2.3 FOOT RACE

