



World Triathlon
Cup

SAMARKAND
2024

18 MAY
SAMARKAND, UZBEKISTAN
ATHLETE GUIDE



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) | eriketti.margari@triathlon.org |
| World Triathlon Technical Delegate | Kim Kyung Sook (KOR) | srudtnr@gmail.com |
| World Triathlon assistant Technical Delegate | Kamilya Syzdykova (KGZ) | kamiltai@gmail.com |
| World Triathlon Head Referee | Alexey Kalinin (KGZ) | alexei@trendonline.ru |
| World Triathlon Head Referee | Eero Raudsepp (EST) | eeroraudsepp@gmail.com |
| World Triathlon Medical Delegate | Natalyia Kazantseva (UZB) | n.kazantseva@medion.uz |
| Domestic National Federation | Yelena Kun (UZB) | yelena.kun@triathlon.org.uz |
| LOC Race Director | Ruslan Kuliev (UZB) | ruslan.kuliev@triathlon.org.uz |
| Transportation & Accommodation | Yelena Kudinova (UZB) | info@triathlon.org.uz |

LOC office

Location: Silk-Road Samarkand (39.658559347949655, 67.06129783681324)



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
+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
+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

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 |



- | | | | |
|-----------------------|-------------------------|---------------------------|-----------------------|
| 1 Pantoon | 7 EXPO | 13 Photo Stand | 19 Ambulance |
| 2 Finish | 8 TV Center | 14 Athletes Lounge | 20 LED (Scene) |
| 3 Coaches Area | 9 Timing | 15 Storage Area | |
| 4 Finish Line | 10 Medical | 16 Doping Area | |
| 5 VIP Lounge | 11 Recovery Tent | 17 Toilet | |
| 6 Scene | 12 Media | 18 Para Scene | |



ACCREDITATION

The LOC will provide all athletes, coaches, technical officials, etc. with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for the athletes and coaches will need to be collected in person before the race briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.



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 |
| 14:00 - 16:00 | 14:00 - 16:00 | 16:20 |

Unofficial Training Facility



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.

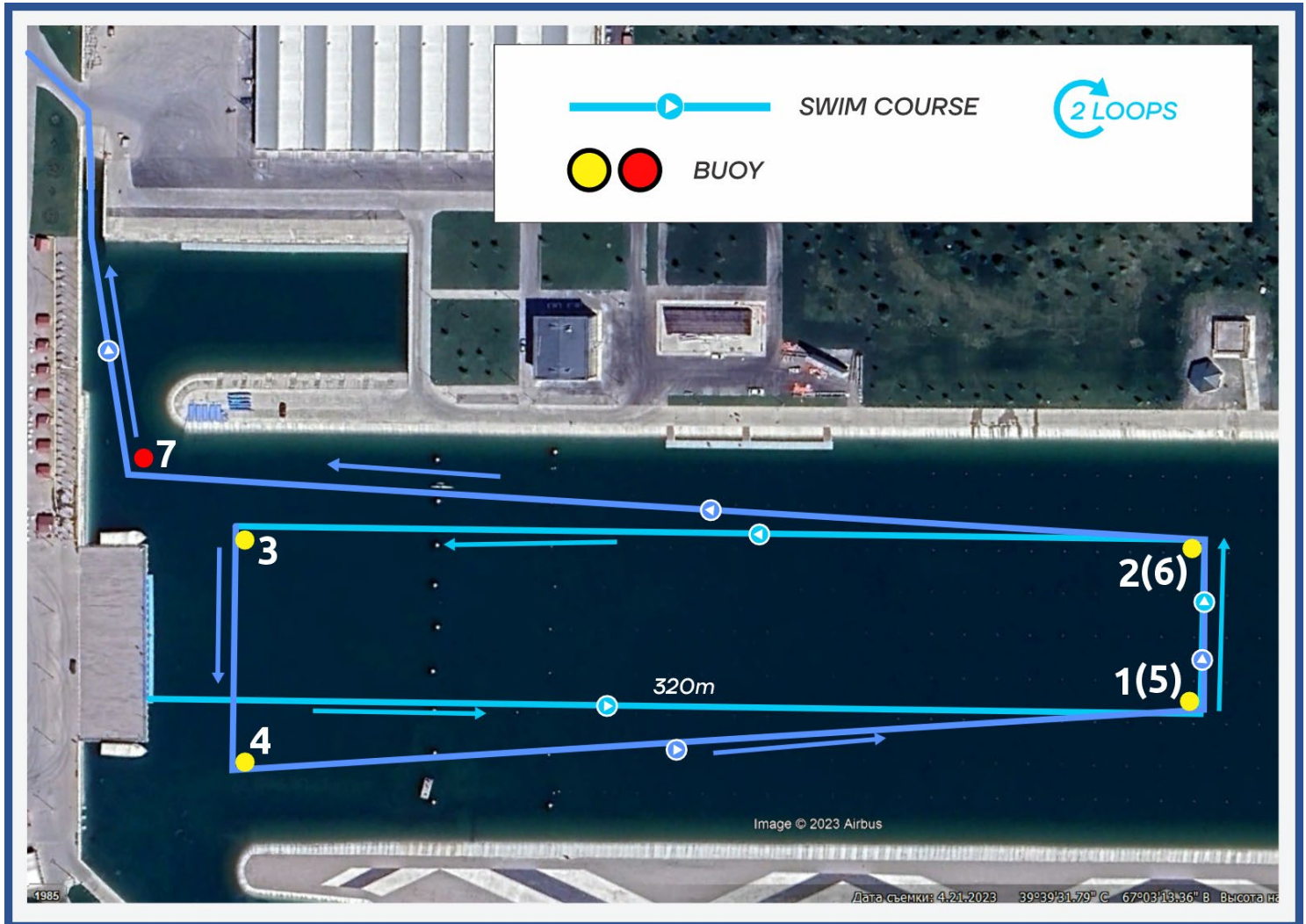
The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start the Swim Course.

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

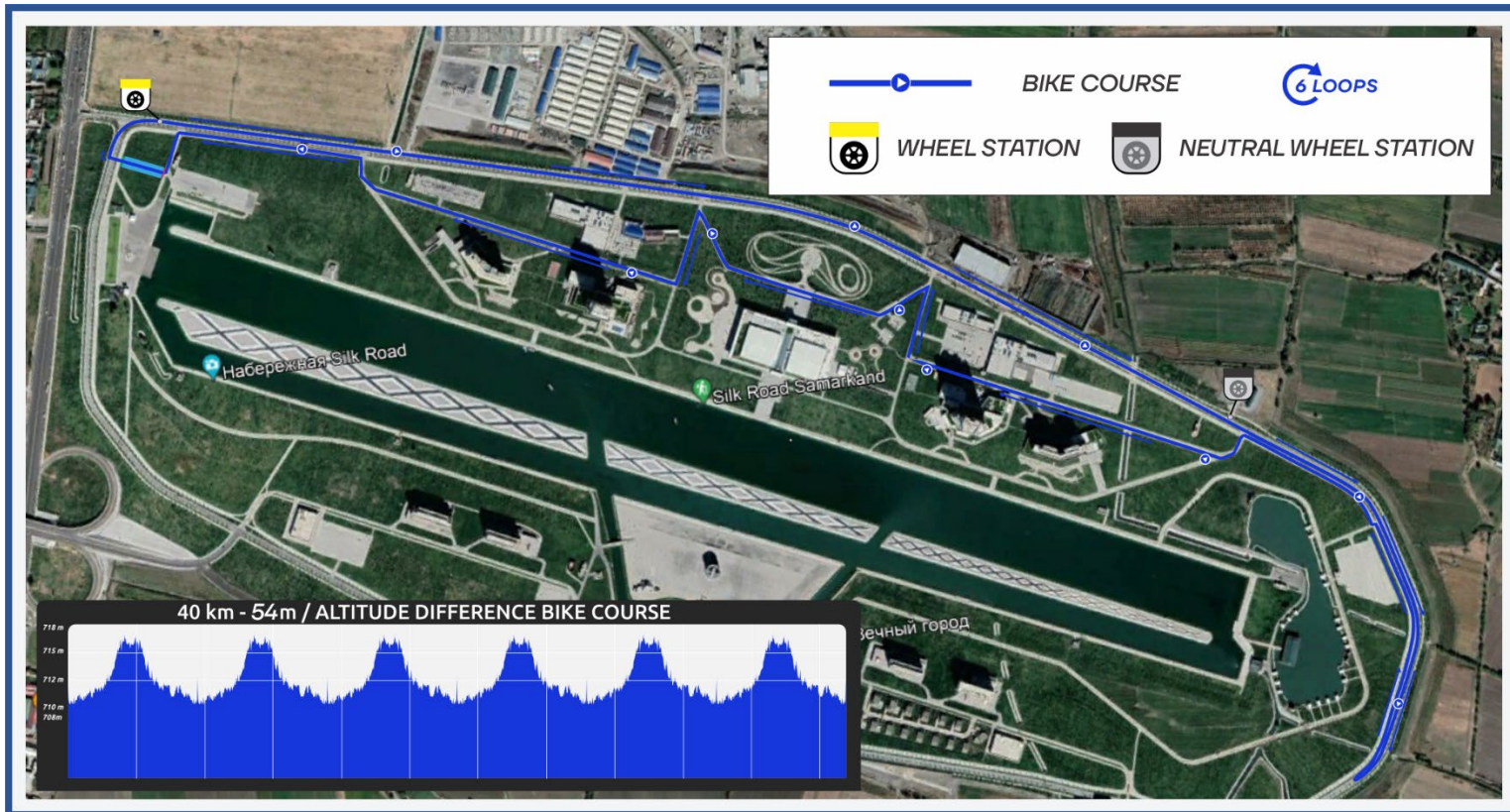
The exit ramp will take the athletes up to transition.

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

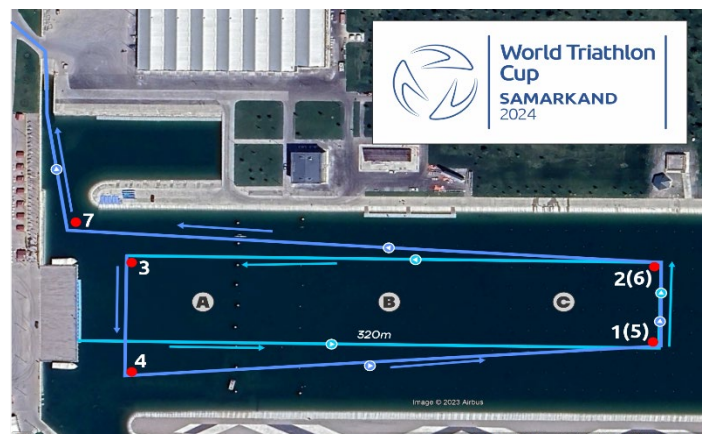
Results will be uploaded live to the World Triathlon's official website: www.triathlon.org. All the results information will be at the LOC Information Office.

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!