





Be your extraordinary



Key dates

Friday March 3 2023

14:00 - 14:45 hrs. Elite Swim Familiarization.Beach infront of IMSS Hospital,

Heroes del 47 Street

18:00 - 18:45hrs Elite Briefing - Mandatory: City Express hotel

Adress: Carretera Escénica, Paseo Alvaro Obregon Km. 2.5,

Policentro Ó Marina Palmira, 23010 La Paz, B.C.S.

18:45 - 19:30 hrs. Open Packet Pick Up Elites : City Express Hotel

Saturday March 4 202

12:05 hrs.	Athlete Lounge Open at Elite Transition Area.
12.03 1113.	Active Louise Open at Like Hallskion Area.

12:20 hrs. Elite Transition open

14:30 hrs. Elite Men Start, Beach infront of IMSS Hospital, Heroes del 47 Street

14:34 hrs. Elite Women Start. Beach infront of IMSS Hospital , Heroes del 47

Street

17:00 hrs. Elite Awards Ceremony @ Finish line

Key Contacts

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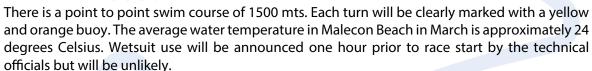
Course

Start Area

The start area will be located at Beach infront of IMSS Hospital, Heroes del 47 Street. This will be water start with each athlete being allowed .75m for their start position. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.



Swim Course







Transition Area



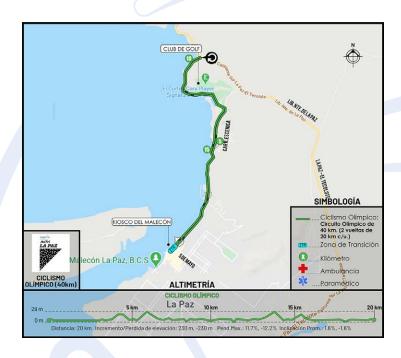
Transition area is located next to the finish line area in front of the grandstands and equipped with traditional World Triathlon style bike racks. The positions on the bike racks are labelled with athletes' name, number, and country. The athlete position in transition is based on the current ranking of the athlete, with the highest-ranking athlete receiving a position closest to the mount line.



Bike Course C



The 40 kms bike course consists of 1 lap through La Paz-Pichilingue Road. The route is slightly technical with a few tight turns, and elevation in some areas. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.







There are 4 laps of 2.5 km, which will take athletes along Alvaro Obregon Road, offering good running surface.



Aid Stations

There will be four stations on the race serving bottled water and Gatorade, and ice bags for all athletes.

Weather Conditions

La Paz enjoys hot beautiful weather year-round with average daily temperatures of 31 Celsius.

Host Hotels

www.golapaz.com

Training

Swimming Practice, Friday March 3, 14:00 - 14:45 hrs on Beach infront of IMSS Hospital, Heroes del 47 Street.

Protests and Appeals

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



New Rules for World Triathlon that we want to bring to your attention:

- 1. All athletes must provide picture ID at registration/packet pickup prior to competition. All support team accredited must provide picture ID to receive their accreditation.
- 2. New letters have been added to the Penalty box. **B** for Bike Behaviour and **R** for Run Behaivour.
- 3. Dangerous Behavior on bike-

Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.

Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.

Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

- 4. Clip on bars no longer allowed.
- 5. Rule 5.8 Riding Positions Images in rules must be reviewed.
- 6. Dangerous Behavior on run -

Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.

Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.

Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

7. Rule 7.1.c All athletes' equipment must be in the bin after T2 (with exceptions, examples are shoes clipped onto the bike).

Note: These are just some of the rule changes for 2023. Please review the whole set of rules prior to the competition.



Elites Athletes Lounge (Saturday)

Will open at 12:05 hrs, at transition area. At the lounge the athlete will have a place to stow their personal items, we will also provide the athlete with water, Gatorade, and fruit.

Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules.

Medical Services

First Aid and Emergency Medical Services will be available during familiarization session and during the competition hours to anyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the competition hours. Several ambulances will be available to provide emergency transfer to nearby hospitals. The medical tent will be in the Main Venue / Finish Area.

Please note: Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in hospitals, clinics and practices are to be paid by the participants. Athletes / teams need to ensure that they have appropriate medical insurance.

Price:

\$440 pesos \$20 USD

After the race you can do a post race test at the La Paz airport

Security

A private security company will be responsible for the venue security and Field of Play (FOP) Marshals will patrol around the Field of Play on race day. Police will manage the road closures and the traffic around the course.

Good luck, enjoy your competence!!



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