



Americas
Triathlon
Cup

LA PAZ
2023



ATHLETE'S GUIDE



World
Triathlon

Be your
extraordinary

Key dates

Friday March 3 2023

- 14:00 - 14:45 hrs.** Elite Swim Familiarization. Beach in front 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.
- 12:20 hrs.** Elite Transition open
- 14:30 hrs.** Elite Men Start, Beach in front of IMSS Hospital , Heroes del 47 Street
- 14:34 hrs.** Elite Women Start. Beach in front of IMSS Hospital , Heroes del 47 Street
- 17:00 hrs.** Elite Awards Ceremony @ Finish line

Key Contacts

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Race Director



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Run Course

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 in front 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 Behaviour.

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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www.asdeporte.com

