



World Triathlon
Para Cup
SAMARKAND
2024

18 MAY
SAMARKAND, UZBEKISTAN
ATHLETE GUIDE



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https://triathlon.org/events/event/2024_world_triathlon_para_cup_samarkand

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KEY DATES

16 May, THU		
19:00	Para Athlete Welcome Party	Ayvon Hall
17 May, FRI		
09:40 –10:00	Para Bike Familiarization (PTWC)	TZ Exit
10:00 –10:20	Para Bike Familiarization	TZ Exit
10:10 –10:30	Para Run Familiarization (PTWC)	TZ Exit
10:30 –11:00	Para Run Familiarization	TZ Exit
10:30 – 11:30	Para Swim Familiarization	Swim Exit
11:40 –12:00	Para PTWC Handcycle & Wheelchair check-in	Athlete Lounge
17:00	Para Registration	Ayvon Hall
18:00	Para Briefing	Ayvon Hall
18:30	Para Race package distribution	Ayvon Hall
18 May, SAT		
06:30	Para Triathlon Competition	Race Course
15:55	Para 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
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World Triathlon Head Referee	Eero Raudsepp (EST)	eeroraudsepp@gmail.com
World Triathlon Head Referee	Alexey Kalinin (KGZ)	alexei@trendonline.ru
World Triathlon Medical Delegate	Natalya 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
19:00	Para Athlete Welcome Party	Ayvon Hall

SCHEDULE



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17:00	Para Registration	Ayvon Hall
18:00	Para Briefing	Ayvon Hall
18:30	Para Race package distribution	Ayvon Hall
18 May, SAT		
05:00 – 18:00	LOC Office	LOC Office
06:30	Para Triathlon Competition	Race Course
6:30	PTS5-M	Swim Course
6:35	PTVI 1-M	Swim Course
6:37:41	PTVI 2/3-M	Swim Course
6:39	PTVI 1-W	Swim Course
6:42:11	PTVI 2/3-W	Swim Course
6:50	PTS5-W	Swim Course
6:51	PTS2/3/4-W	Swim Course
7:00	PTS4-M	Swim Course
7:01	PTS2/3-M	Swim Course
8:00	PTWC1-M	Swim Course
8:03	PTWC2-M	Swim Course
15:55	Para 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

UNOFFICIAL TRAINING FACILITY



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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: Swim Exit

HANDCYCLE AND RACE WHEELCHAIR CHECK

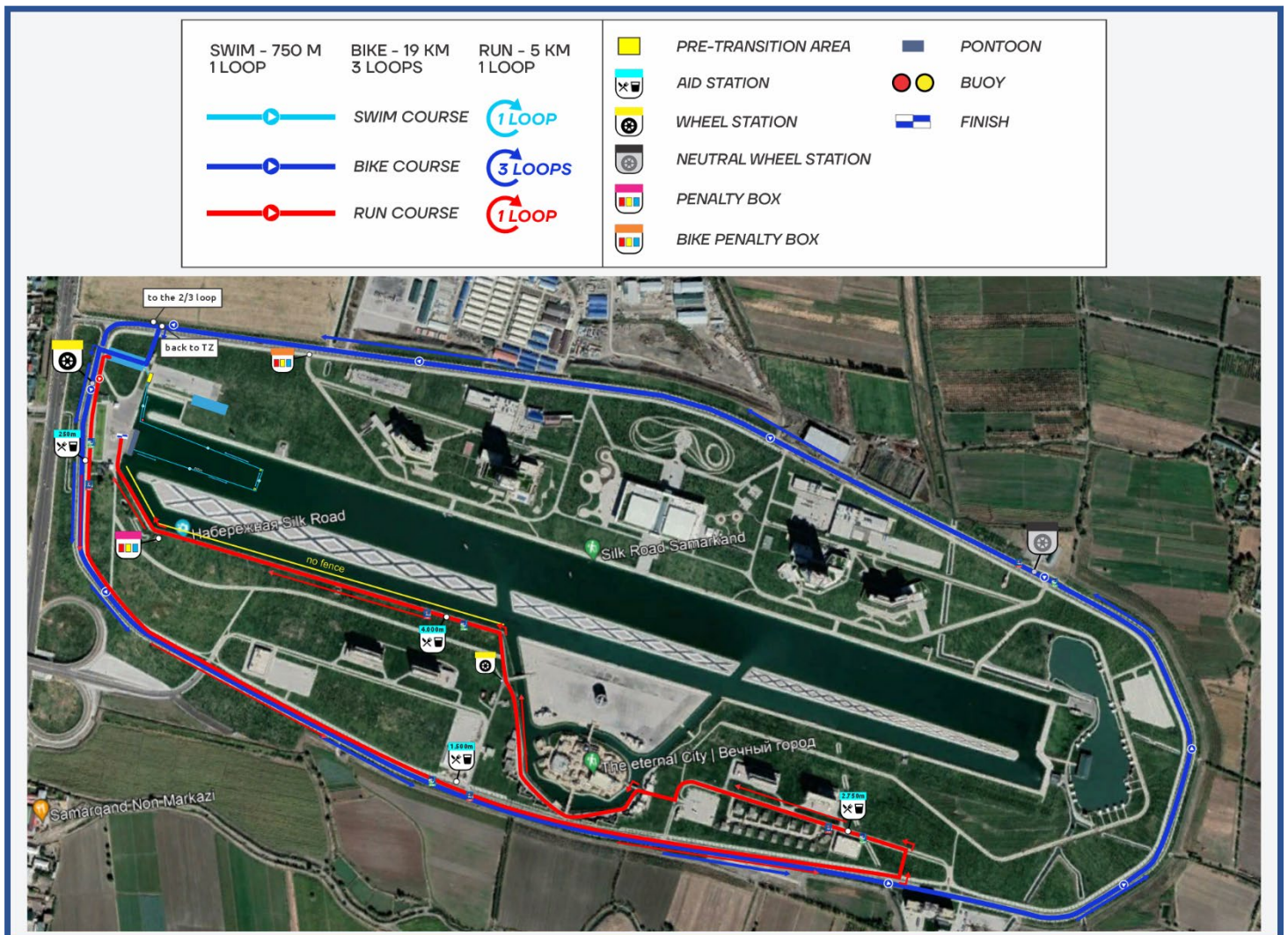
Handcycles and race wheel chairs will be checked by the technical officials on Friday 17 March from 11:40 - 12:00 in front of the athlete lounge. The equipment will be stored at the venue overnight.



COMPETITION RULES

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

RACE COURSE



START

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

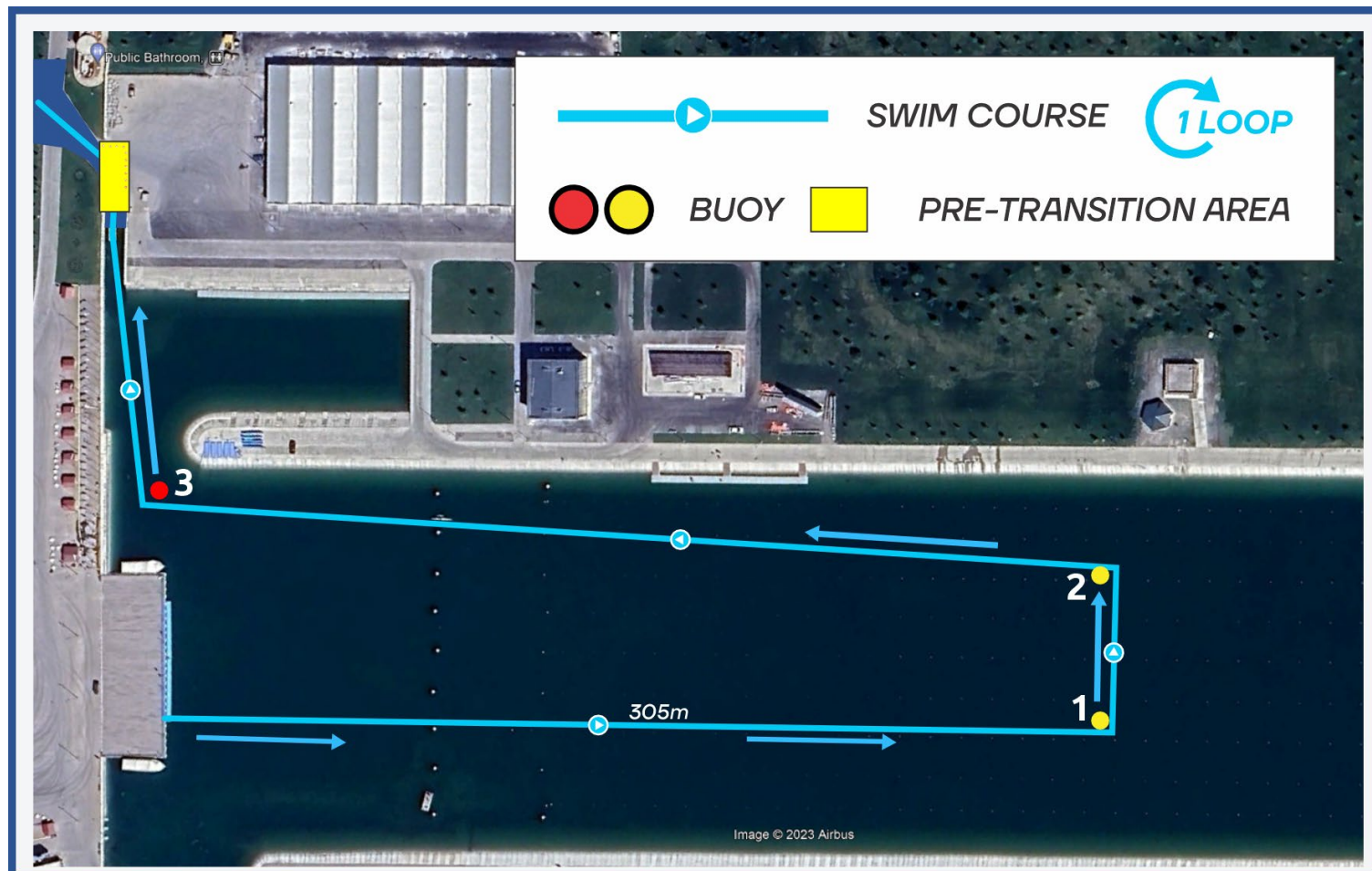
The Head Referee with the assistance of World Triathlon Technical Officials will start the Swim Course.

SWIM COURSE

750 m



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The swim starts in front of the pontoon (water start).

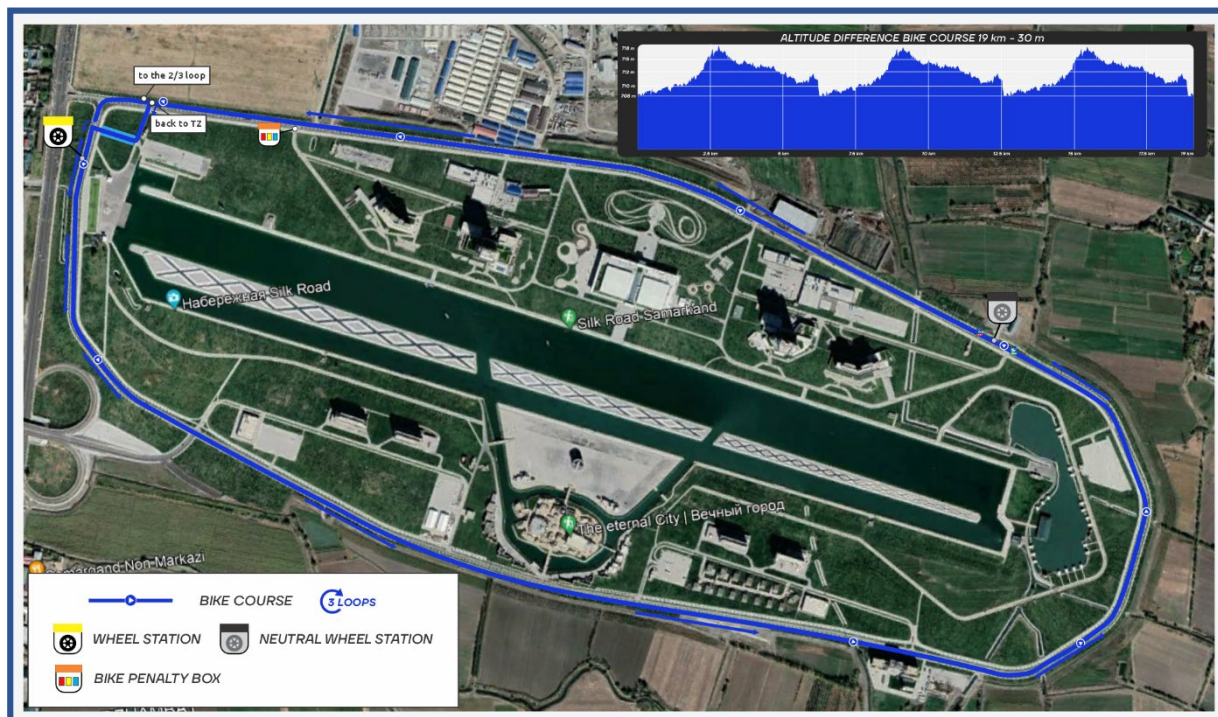
The course will comprise 1 lap of 750m in an anticlockwise direction. The course will be marked with buoys. Athletes will pass buoys #1,2 on their LEFT side, and buoy #3 on their RIGHT.

The exit ramp will take the athletes up to the pre-transition.

BIKE COURSE 19 km



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Anti – clockwise - 3 laps

On exiting Transition athletes will turn left and onto the bike course. Bike route is 3 Laps in an anti - clockwise direction. At the end of the third lap, athletes turn left into the Transition Zone

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

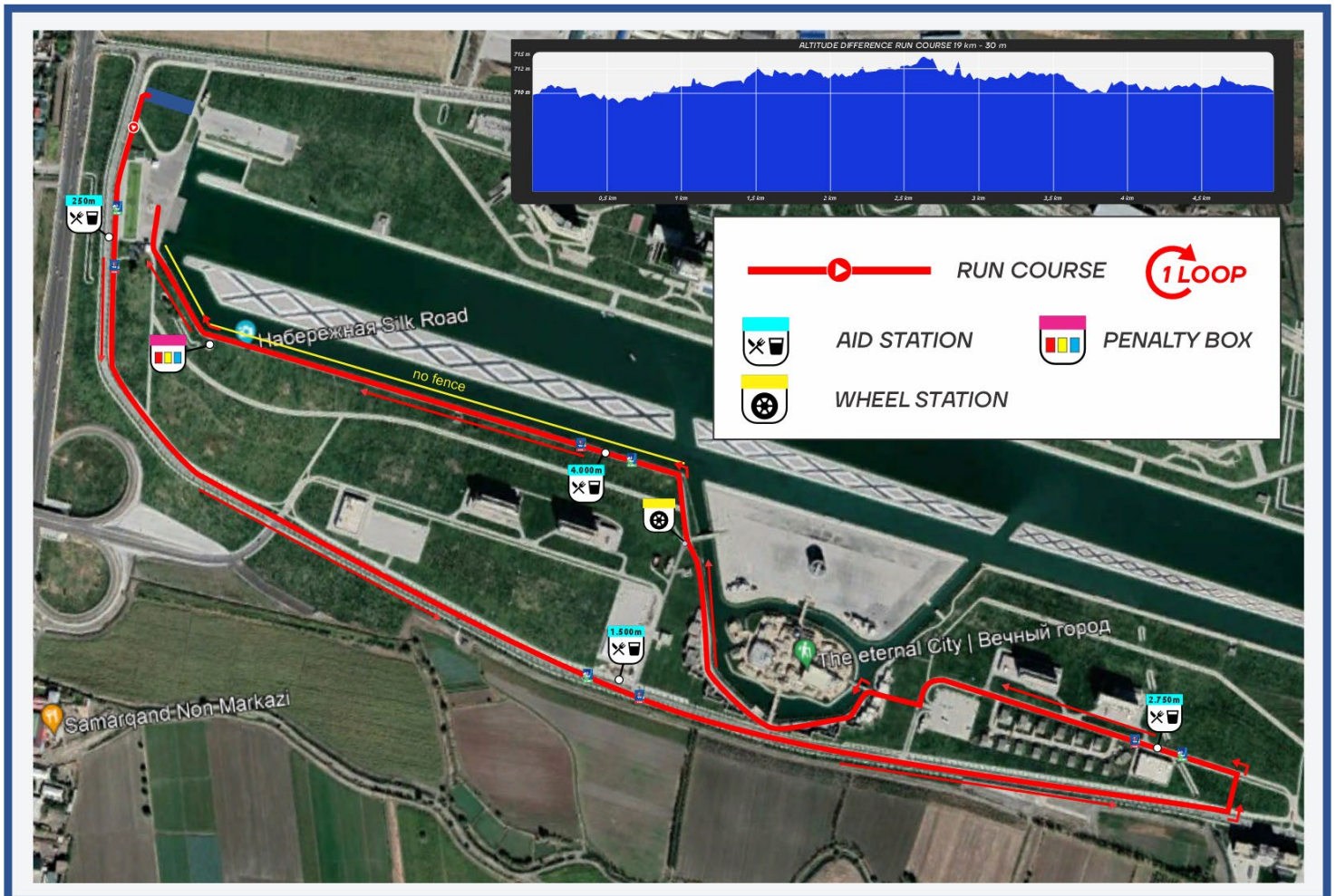
Bike Penalty Box

The penalty box is situated 350 meters before the entrance to the Transition zone.



RUN COURSE

5 km



Anti-clockwise – 1 lap

The athletes will exit the Transition turn left and enter the Run Course.

Wheel Stations

There are one wheel stations on the bike course at 1.2km before Finish line

Aid Stations

There are 4 Aid stations on the run course

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

Run Penalty Box

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



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 distributed to the Team Leaders 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!