



ATHLETE'S GUIDE

2023



1-SANTO DOMINGO, REPÚBLICA DOMINICANA HOST CITY

Santo Domingo, the capital of the Dominican Republic, is also the most modern and dynamic metropolis in the Caribbean. The Capital, as it is affectionately called, transmits the pulse of Dominican culture, where the old and the new converge seamlessly, from centuries-old architecture and history to large shopping malls, art galleries, an active and exciting nightlife, and an irresistible food scene.

Exploring the Colonial City, the first European settlement in the Americas and declared a World Heritage Site by UNESCO in 1990, is a recommended experience for all travelers. This historic neighborhood consists of a labyrinth of narrow streets filled with architectural marvels dating from the 16th to the early 20th century. Its streets will take you to colonial buildings converted into museums, shops, hotels, restaurants, and sidewalk cafes.

City Info

Foundation City: 1496

Area: 2.770 km²

Elevation: 14 m

Weather: 32 °C

Distance from the Airport: 31.5 km

San Souci Beach:

<https://goo.gl/maps/1pRQxDatMq&yxD3Y9>





2-GENERAL INFORMATION

The Athlete Guide aims to ensure that all Athletes and Team Leaders are well informed about all procedures related to the National Triathlon Championship and World Triathlon Development Santo Domingo 2023. Please note that this information may change and the information end of the race will be provided to athletes and team managers on the event page. Information in this athlete guide is subject to change without notice. Updates will be posted in the athlete's packed pickup.

3-SCHEDULE

DATE	EVENT	ACTIVITY	START	FINISH	PLACE
11/8/2023	U-23 / U-19 / YOUTH DRC	Bike course familiarization	10:00:00	11:00:00	España Ave.
11/8/2023	U-23 / U-19 / YOUTH DRC	Run course familiarization	11:30:00	12:00:00	España Ave.
11/8/2023	U-23 / U-19 / YOUTH DRC	Swim course familiarization	12:30:00	13:00:00	San Souci Beach
11/8/2023	U-23 / U-19 / YOUTH DRC	Registration and uniform check	17:30:00	18:00:00	Olympic Center
11/8/2023	U-23 / U-19 / YOUTH DRC	Briefing	18:00:00	19:00:00	Olympic Center
11/8/2023	U-23 / U-19 / YOUTH DRC	Race packages pick-up	19:00:00	19:30:00	Olympic Center
12/8/2023	U-23 / U-19/ YOUTH DRC	Registration (M/F)	4:50:00	6:05:00	Athletes Lounge
12/8/2023	U-23 / U-19/ YOUTH DRC	Transition open (M/F)	5:00:00	6:15:00	Transition
12/8/2023	U-23 / U-19/ YOUTH DRC	Swim course open for Warm-up (F)	6:05:00	6:45:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	All athletes assembled (FEMALE)	6:45:00		San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	TOs introduction ceremony	6:45:00	6:47:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	Athletes' introduction ceremony (FEMALE)	6:47:00	6:59:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	RACE START (FEMALE)	7:00:00		San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	Swim course open for Warm-up (MALE)	7:50:00	8:30:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	All athletes assembled (MALE)	8:30:00		San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	TOs introduction ceremony	8:30:00	8:32:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	Athletes' introduction ceremony (MALE)	8:32:00	8:44:00	San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	RACE START (MALE)	8:45:00		San Souci Beach
12/8/2023	U-23 / U-19/ YOUTH DRC	Results posting (M/F)	10:28:00		Athletes Lounge
12/8/2023	U-23 / U-19 / YOUTH DRC	Award ceremony (M/F)	12:30:00		Field of Play

Notes: DRC= Development Regional Cup Event

4-KEY CONTACTS

- WT TECHNICAL DELEGATE: Keven Santamaria-Guzmán / +50650121347 / kevensant@gmail.com
- DELEGATED TECHNICAL ASSISTANT: Fanny Marte / +18294500312 / fedotri01@gmail.com
- ATHLETE SERVICES MANAGER: Juan Francisco Eusebio / +18097561856 / fedotri01@gmail.com





- DOMINICAN TRIATHLON FEDERATION PRESIDENT: Franklin De La Cruz / +18094584596 / fedotri01@gmail.com
- DOMINICAN TRIATHLON FEDERATION OFFICES: +18095670104 / +18097323007
- MEDICAL DELEGATE: Dr. Francis Reyes Betances / +18292047771

5-ACCOMODATIONS

HOST HOTEL

APARTAHOTEL DRAKE

www.apartahoteldrake.com

Contact: Solangel Alcantara

Tel. +18096820033

Location: <https://goo.gl/maps/hPPCeKFQq29a4FXn9>

APARTAHOTEL DRAKE BOLIVAR

www.apartahoteldrake.com

Contact: Solangel Alcantara

Tel. +18096820033

Location: <https://goo.gl/maps/s2DKqJVSsanDKLCYo8>

6-FIELD OF PLAY

Dominican Republic Navy Officers Club

The headquarters and the transition area are located in the parking lots of the Club for officers of the Navy of the Dominican Republic on the beach of San Souci, in the City of Santo Domingo Este, there will also be the Athlete's Services and Athlete's Lounge, this area will be open for swimming from Friday 11th August in the morning. Athletes go for swim practice.

Start Area

The starting area is located on the beach of San Souci, in the Club of Officers of the Navy of the Dominican Republic.





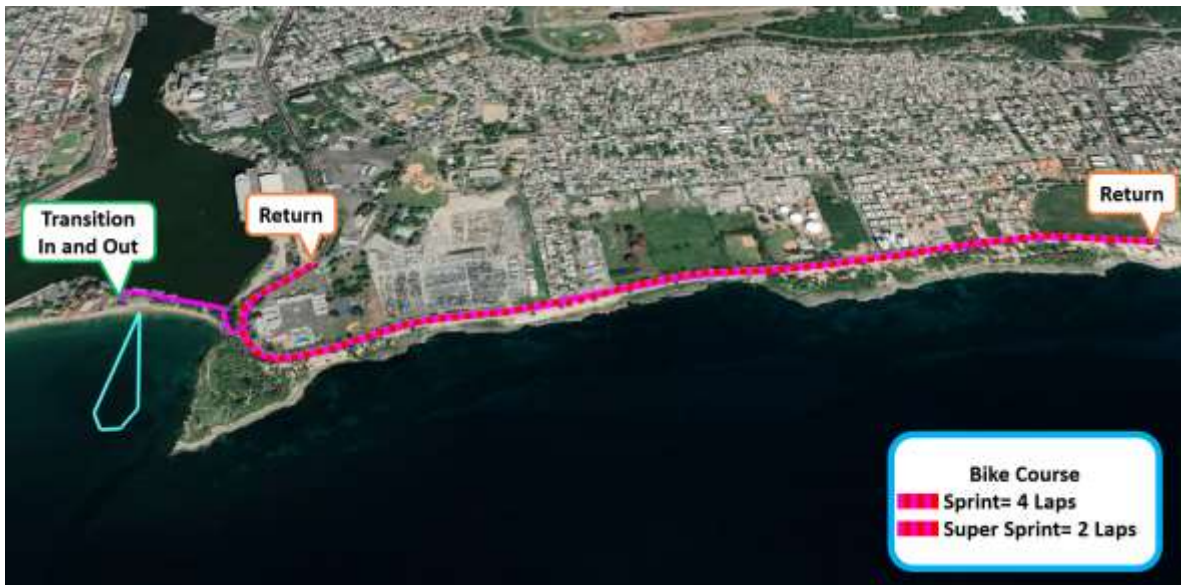
Swim Course

The course consists of 1 lap of a 750-meter sprint distance and a 400-meter super sprint distance in a diamond shape. The water temperature during the first few weeks is expected to be between 24 and 28 C. with winds of 13 to 15 km/h.



Bike Course

Generally flat. There are 4 laps of 5 km each and 2 laps of 5km distance super sprint, Athletes who are lapped are removed from the Competition. The "First rider, last rider" scenario is possible for this event.



Wheel Station

One-wheel station for Teams will be available. Spare team wheels will be dropped off in the properly marked athlete lounge. The Team Wheel station will be located at the midpoint of the bike segment.

Run Course

Completely flat, with 2 laps for the sprint distance and 1 lap for the super sprint distance. It begins on the street open with a steep climb at the Club de la Armada de la Republic Dominican exit gate that joins Av. España, the first return located at the Tropigas gas pump, and the second return for the sprint distance. opposite the transition zone.



Aid Stations

There are 2 aid stations, only one will be located at the midpoint of the course. Sealed water will be provided at each station. Please note the garbage areas that penalties will be applied according to the World Triathlon regulations.

Penalty Box

The penalty box will be located near the exit of the transition zone (approximately 500 meters).

7-METEOROLOGICAL CONDITIONS

Expected weather conditions for mid-October are in the range generally around 23 to 32 degrees Celsius, with water temperatures of 23 to 28 degrees.

8-PROTESTS AND APPEALS

Standard procedures will be followed by the WT competition rules.

9-ACCREDITATIONS

LOC will provide all athletes, coaches, technical officials, and journalists with an official accreditation card by the WT Event Technical and Operational Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration on Saturday 10th September after the collection of the race package at the Host Hotel. Only accredited people will be able to access certain areas of the site.

All accredited persons are requested to carry their accreditation cards.



10-MEDICAL SERVICES

First Aid and Emergency Medical Services will be available on-site on August 12 and 13 before and during competition hours.

Medical and paramedical personnel from the 911 Health Services will be available throughout the competitions. Two ambulances and 01 motorcycle ambulance will be available to provide emergency transportation to the nearest hospitals. A medical tent will be provided in the back area at the end. Medical services at the Site are free. Treatment in private hospitals must be paid for by the participants. Athletes/teams must ensure that they have adequate medical insurance.

Emergency number: 911

11-OTHER USEFUL INFORMATION

Language: Spanish

Currency: Dominican Peso.

12-CONTINGENCY PLAN

In the event of swimming being canceled, duathlon racing will be adopted.

13-SPONSORS

