

# ATHLETE'S GUIDE

**ASTC**  
**ParaTriathlon**  
ASIAN CHAMPIONSHIPS 2018  
LEGAZPI CITY, PHILIPPINES

**IBALONG FESTIVAL presents**



**MT. MAYON**

**TRIATHLON**

**ASIAN CUP 2018**

**Legazpi City PH**

**12 August 2018**

# 1. GENERAL INFORMATION

The purpose of the Athlete's Guide is to ensure that all Athletes and Team Officials are well informed about all procedures concerning the 2018 Mt. Mayon ASTC Paratriathlon Asian Championships and the 2018 Mt. Mayon ASTC Triathlon Asian Cup.

## 1.1 KEY DATES

What	Date	Time
<b>2018 Mt. Mayon ASTC Paratriathlon Asian Championships</b>	Friday, 10 August 2018	06:10
<b>2018 Mt. Mayon ASTC Triathlon Asian Cup – Elite Jr.</b>	Friday, 10 August 2018	08:15
<b>2018 Mt. Mayon ASTC Triathlon Asian Cup – Elite Open and U23</b>	Sunday, 12 August 2018	06:10

## 1.2 KEY CONTACTS

### INTERNATIONAL TRIATHLON UNION

Technical Delegate	Alan Ma	mathalan@macau.ctm.net
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### LOCAL ORGANIZING COMMITTEE

Chair of the LOC	Tin Paulino	cyborg.entertainment@gmail.com
Event Director	Sarita Zafra	saritazafra@gmail.com
Race Director	Fr. Jay Jacinto	Frjacinto2016@gmail.com
Transfer	Sarita Zafra	saritazafra@gmail.com
Accommodation	Sarita Zafra	saritazafra@gmail.com
Athletes' Services	Sarita Zafra	saritazafra@gmail.com

## 1.3 CONTACT DETAILS

### **Triathlon Association of the Philippines**

**Tom Carrasco Jr. – President**

Email: [tomcarr27@gmail.com](mailto:tomcarr27@gmail.com)

### **Sarita T. Zafra – Event Director**

Room 405 Building B Philsports Arena, Meralco Avenue

Pasig, City Philippines

Mobile: +63-9178135027

Email: [saritazafra@gmail.com](mailto:saritazafra@gmail.com)

## 2. VENUE

### 2.1 OFFICIAL HOTEL

The official hotel is the Oriental Hotel Legazpi

Taysan Hill, Sto. Niño Village

Legazpi City, Albay

4500, Philippines

Landline: (052) 480 0383 to 85

Mobile: 0917 430 5915

Email: [legazpi-roomsreservation@theorientalhotels.com](mailto:legazpi-roomsreservation@theorientalhotels.com)

### 2.2 RACE VENUE

The venue is located at the Legazpi Boulevard. It is a coastal road network extending from the city's central business district and port area to the southern barangays. The boulevard is one of the most picturesque seaside roads in the Philippines, with a spectacular view of the Mayon Volcano and the Kapuntukan hill to the north, the Albay Gulf and its islands to the east, and the mountains of Sorsogon to the south.

The swim will start at the Albay Gulf along the Legazpi Boulevard and will end at the Legazpi Boulevard.

## **2.3 ELITE ATHLETES' LOUNGE**

The athletes' lounge is located at the pier near the swim start area. Toilets are provided to the athletes near the Transition Area. Sealed bottles of water will be offered to the elite athletes before the race in the athletes' lounge.

## **2.4 ANTI DOPING CONTROL**

Anti-Doping Control will be performed according to the ITU/WADA rules. Location of the tests will be at C-Front Resto/Bar located at Puro, Legazpi Boulevard.

## **2.5 MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available to everyone requiring medical assistance at the venue on the competition days, from the time of the Transition Area opening till the last bikes are checked out after the competitions as well as during the open water swim training.

Medical and paramedical personnel from Red Cross Albay Chapter will be available throughout competition times. Ambulances will be available to provide emergency transfer to the Legazpi City Hospital. Medical Tent will be provided on site at the swim exit and at the finish area. Only Team Medical Doctors with accreditations will be able to access these tents. Accreditations for Medical Doctors are given after the Athletes Briefing.

Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in the hospital is to be paid by the participants. Athletes / teams should ensure that they have appropriate medical insurance.

## **2.6 BIKE MECHANIC SERVICE**

Our Bike Partner "GREEN PLANET" will offer bike check-up on the following dates:

August 9, Thursday 09:00 – 18:00 Oriental Hotel

August 10, Friday 04:30-08:30 Athletes Lounge

August 11, Saturday 09:00 – 18:00 Embarcadero

August 12, Sunday 04:30-08:00 – Athlete's Lounge

## 2.7 INFORMATION CENTER/LOC OFFICE

The LOC office in Legazpi City is located at the groundfloor of Oriental Hotel.

Address: Taysan Hill, Sto. Niño Village  
Legazpi City, Albay  
4500,Philippines

Contact: Sarita Zafra

Email: [saritazafra@gmail.com](mailto:saritazafra@gmail.com)

## 2.8 SECURITY

The Legazpi City Police will be responsible for the venue security. Field of Play (FOP) Marshals will patrol around the Field of Play. The Legazpi City Police will manage the road closures and traffic around the course.

## 2.9 COMPETITION UNIFORM PRINTING

In case a printing is needed (name/country code) on competition uniform, please contact the LOC office till 18:00 two days prior to the competition day.

## 2.10 MASSAGE SERVICES

Massage therapists are available on call from August 7-12,2018. For more information, please contact the Information center/LOC Office.

## 3. ACCOMMODATION

The booking at the official hotel Oriental Hotel is via the LOC Sarita Zafra – [saritazafra@gmail.com](mailto:saritazafra@gmail.com)

Oriental Hotel

Taysan Hills, Sto. Niño Village, Legazpi City

Tel. No.: 052-4800383 to 85

Email:

[legazpiroomsreservation@theorientalhotels.com](mailto:legazpiroomsreservation@theorientalhotels.com)

Website: [www.legazpi.theorientalhotels.com](http://www.legazpi.theorientalhotels.com)

The hotel partners where information boards will be updated during the whole week are the following hotels:

- a. Embarcadero Hotel                      Embarcadero Mall, Legazpi City  
Tel. No.: 052-4804088  
Email: [frontoffice@embarcaderohotel.com](mailto:frontoffice@embarcaderohotel.com)  
Website: [www.embarcaderohotel.com](http://www.embarcaderohotel.com)
- b. Lotus Blu Hotel                              Yashano Mall, Terminal Road, Brgy. Bitano Legazpi City,  
Albay 4500  
Tel No. : +63 (52) 742 6632 Mobile : +63 (917) 113 3328  
/ +63 (919) 9542686  
Email : [reservations@lotusbluhotel.com](mailto:reservations@lotusbluhotel.com)  
Website: <http://lotusbluhotel.com/>
- c. Venezia Hotel                                Renaissance Gardens, Washington Drive Legazpi, Albay  
Tel. No. Call (052) 742 1341 or +63 917 836 0667  
Email: [sales@hotelvenezia.com.ph](mailto:sales@hotelvenezia.com.ph)
- d. Ninong's Hotel                                East Washington, Legazpi City  
Tel. No.: 052-4800575  
Email: [sales@ninongshotel.com.ph](mailto:sales@ninongshotel.com.ph)  
Website: [www.ninongshotel.com.ph](http://www.ninongshotel.com.ph)

### **3.1 POST OFFICE**

Address:    Albay Capitol Bldg., Balintawak Street Brgy: 20, Old  
Albay District, Legazpi City

Albay Philippines  
Contact Number: (02) 854 0086 / (02) 854 5257  
Open: Monday to Friday 08:00am - 05:00pm / Saturday  
& Sunday Closed

## 3.2 BANKS

**BDO**  
Address: Legazpi City-Rizal St.  
Rizal cor Gov. Imperial St, City of Legazpi, Albay,  
Philippines  
Telephone: (052) 481-4481  
Fax: (052) 481-4481  
Website: <https://www.bdo.com.ph>

**Chinabank**  
Address: Legazpi City, Albay  
G/F Emma Chan Building F. Imperial Street, Legazpi City,  
Albay  
Telephone: (052) 480-6048 / (052) 480-6519

**BPI**  
Address: Legazpi Albay  
Rizal Street, Corner Msgr. Reyes Street, Old Albay  
Legazpi City, Philippines  
Telephone: (052) 481-1770 / 284-6262/ 0917-5423747

## 3.3 SUPERMARKETS

a. Ayala Malls Legazpi  
Corner Quezon Ave., Rizal St, Capantawan (208.62 mi)  
Legazpi, Albay 4500  
Business hours: 10:00 AM - 9:00 PM

b. LCC Mall Legazpi City  
Jose P. Rizal St.  
Legazpi, Albay 4500  
Business hours: 10:00 AM - 9:00 PM

c. Pacific Mall  
Landco Business Park, F. Imperial St  
Legazpi Port District,  
Legazpi City, Albay 4500  
Business hours: 10:00 AM - 9:00 PM

## 4. TRANSPORTATION

Hotels Oriental, St. Ellis, Lotus Blu will provide free hotel transfer for guests only. The LOC will provide transportation for all bikes from airport – hotel –airport at a fixed rate as follows: \$60 for 1-2 bikes, \$100 for 3-4 bikes.

## 5. TRAINING

### 5.1 SWIM TRAINING

#### **Training in Legazpi Boulevard**

Pre-competition swimming training will take place as per detailed schedule.

#### **Swimming pool**

25m outdoor pool

Andamar Citihomes Resort

Andamar Citihomes, Legazpi Diversion Rd Legaspi City

Entrance fee: P100 per head per.

Operating hours: 7:00 am -7:00 pm daily





## 5.2 BIKE TRAINING

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling on their own risk and traffic rules are to be followed.

Paratriathletes can cycle along Legazpi Boulevard on August 9, 2018 from 09:00-10:00 with the assistance of the local police who will partially close the road for this purpose. Police assistance for cycle training along Legazpi Boulevard can be requested from the LOC with two (2) weeks notice.



## 5.3 RUN TRAINING

Bicol University Albay Sports Complex  
Legazpi City, Albay, Philippines 4500  
Telefax No.: (052) 480-0167



Paratriathletes can do their run training along Legazpi Boulevard on August 9,2018 from 10:00-11:00. Police assistance for run training along Legazpi Boulevard can be requested from the LOC with two (2) weeks notice.

## **5.4 COURSE FAMILIARIZATION**

### **SWIM**

Please refer to detailed schedule. Swimming in Albay Gulf at any other times are strictly forbidden.

### **BIKE**

Please refer to detailed schedule.

## **6. ACCREDITATION**

LOC will provide all Athletes, Coaches, Medical Team and Technical Officials with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards will be handed out during the official registration after the Race Briefings.

Only accredited persons will be allowed to access certain areas at the venue.

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.

## **7. GENERAL COMPETITION RULES**

### **7.1 COMPETITION RULES**

The 2018 Mt. Mayon Paratriathlon Asian Championships and the 2018 Mt. Mayon ASTC Triathlon Asian Cup will follow the latest published Competitions Rules of the International Triathlon Union.

([http://www.triathlon.org/about/downloads/category/competition\\_rules](http://www.triathlon.org/about/downloads/category/competition_rules))

## 7.2 WEATHER CONDITIONS

The climate in Legazpi City, Albay in August can rise above 30°C with cloudy sky and a few showers. The heat stress index will be monitored during the competition days.

## 7.3 RESULTS

Race results will be provided on the ITU website from all events. All the results information will be posted on the information board at the Oriental Hotel.

## 7.4 PROTEST AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

## 7.5 COURSE INFORMATION ABOUT THE PARATRIATHLON ASIAN CHAMPS AND THE ASIAN CUP

Category	Swim	Bike	Run
All except PTWC	750m/1 lap	20km/4laps	5k/3 laps
PTWC	750m/1 lap	20km/4laps	5k/1 lap
Elite Junior	750m/1 lap	20km/4laps	5k/3 laps
Elite	1500m/1 lap	40km/2 laps	10k/3 laps

**WARM-UP** Swim warm-up at the specific area next to the field of play available at any time for the athletes before the competition. Run warm-up along Legazpi Blvd. but off the field of play. Athletes need to be at the line-up area 10 minutes before their start.

**START** The start area is at the pier of Legazpi Blvd. Asian Cup Elite Athletes will start from a pontoon and stand in a starting position 70cm wide. Paratriathlon will be in water start. The Head Referee with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

**SWIM COURSE** The swim loop is 750m long. The first turn is in 375m of distance. There's 1 lap of 750m for the Para Elites and Elite Juniors and 1 lap of 1,500m for the Elites. The average water temperature in the Albay Gulf in August is 29°C. You will find actual

information about the water temperature on the information board in the official hotels.

**BIKE COURSE** Generally flat profile. There are 4 laps of 5 km for the Para Elite and Elite Juniors and 2 laps of 10 km for the Elites. The route is technically demanding at certain areas, due to changes of direction and tight turns. **WHEEL STATIONS** Two wheel stations will be located on the bike course – one before the entrance of the transition area for the team wheels and one on the cycle course for the neutral wheels (to be confirmed). Team wheels need to be checked-in/out directly to the Wheel Station.

**RUN COURSE** Generally flat course. There are 3 laps of 1,66km for the Para ambulant athletes and Elite Juniors, 1 lap of 5km on the bike course for the PTWC athletes and 3 laps of 1,66km for the Elites. **AID STATIONS** Two aid stations are located on the run course in each lap at km 0,1 and km 0.8. Sealed water bottles will be handed out to all athletes. Please note that littering zones will be applicable on the run course.

**PENALTY BOX** Penalty Box is located right-hand side of the run course 200 m before Finish line.

## 9. COMPETITION SCHEDULE

### 2018 Mt. Mayon Paratriathlon Asian Championships

Date/Day	Time	Activity	Location
9 August Thursday	08:00-09:00	Para Swim Familiarization	Venue
	09:00-10:00	Para Bike Familiarization	Venue
	09:00-18:00	Bike Mechanic Service	Oriental Hotel
	10:00-11:00	Para Run Familiarization	Venue
	14:00-16:00	PTWC Handcycle and Race Wheelchair Check and Check-in	Oriental Hotel VIP Hall
	16:00-17:00	Press Con	Oriental Hotel VIP Hall
	17:00-18:00	Paratriathlon Registration	Oriental Hotel VIP Hall
	18:00-18:30	Paratriathlon Race Briefing	Oriental Hotel VIP Hall

	18:30-19:30	Welcome Dinner	Oriental Hotel VIP Hall
10 August Friday	04:30-05:35	Athlete's Lounge Open for Registration	Athlete's Lounge
	04:30-05:35	Bike Check	Athlete's Lounge
	04:30-08:30	Bike Mechanic Service	Athlete's Lounge
	05:00-05:45	Opening of Transition; Check in, Body marking	Transition
	05:45	Closing of Transition Area	
	05:30-05:55	Swim Warm-Up	Swim Course
	06:00-06:10	Athlete's Line-up and Introduction	Swim Start
	06:10	6:10 PTS5 M 6:11 PTS5 W 6:13 PTVI 1 M/W 6:16:16 PTVI2- PTVI3 M 6:16:42 PTVI2- PTVI3 W 6:18 PTS4 M 6:19 PTS4 W Start 6:20 PTS2-3 M Start 6:21 PTS2-3 W Start 6:40 PTWC1 M/W Start 6:43:00 PTWC2 M Start 6:43:58 PTWC2 W Start	
	10:00	Awarding Ceremony	Legazpi Blvd.

**2018 Mt. Mayon ASTC Triathlon Asian Cup  
For Elite Junior (Sprint Distance)**

Date/Day	Time	Activity	Location
9 August Thursday	09:00-18:00	Bike Mechanic Service	Oriental Hotel
	09:00	Elite Jr. Swim Familiarization	Venue
	10:00	Elite Jr. Bike Familiarization	Venue
	14:00-16:30	Elite Jr. Bike/Helmet/Uniform Check	Oriental Hotel

			VIP Hall
	16:00-17:00	Elite Jr. Registration + Uniform Check	Oriental Hotel VIP Hall
	17:00-17:30	Elite Jr. Race Briefing	Oriental Hotel VIP Hall
	18:30-19:30	Welcome Dinner	Oriental Hotel VIP Hall
10 August Friday	04:30-08:30	Bike Mechanic Service	Athlete's Lounge
	06:30-07:35	Athlete's Lounge Open	Athlete's Lounge
	06:30-07:35	Bike Check	Athlete's Lounge
	07:00-07:50	Opening of Transition; Check in, Body marking	Transition
	07:00-07:45	Swim Warm-Up	Swim Course
	07:50-08:00	Elite Jr. Men Athletes Line-up and Introduction	
	08:00	Elite Jr. Men Start	Legazpi Blvd.
	08:15-08:25	Elite Jr. Women Athletes Line-up and Introduction	
	08:25	Elite Jr. Women Start	
	10:00	Awarding Ceremony for Elite Jr.	Legazpi Blvd.
		<b><u>For Elite, Elite Open, U23 and Age Group (Standard Distance)</u></b>	
11 August Saturday	08:00-09:00	Elite Swim Familiarization	Venue
	09:00-10:00	Elite Bike Familiarization	Venue
	09:00-18:00	Bike Mechanic Service	Embarcadero
	14:00-17:30	Bike/Helmet/Uniform Check	Embarcadero Function Room
	17:00-18:00	Elite Open & U23 Registration	Embarcadero Function Room

	18:00-19:00	Elite Race Briefing	Embarcadero Function Room
	19:00-20:00	Welcome Dinner	Embarcadero
12 August Sunday	04:30-08:00	Bike Mechanic Service	Athlete's Lounge
	04:40-05:45	Athlete's Lounge Open for registration	Athlete's Lounge
	04:40-05:45	Bike Check	Athlete's Lounge
	05:10-06:00	Transition open for check-in	Transition
	06:00-06:10	Elite Open & U23 Men Athletes Line-up and Introduction	Swim Start Area
	06:10	Elite Men and U23 Men	
	06:15-06:20	Elite Open & U23 Women Athletes Line-up and Introduction	Swim Start Area
	06:20	Elite Women and U23 Women	
	11:00	Awarding Ceremony for Elite	Legazpi Blvd.