

# Athletes Guide 2

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**SARDEGNA**

  
**CAGLIARI**



**SARDEGNA**  
isola senza fine

  
**CAGLIARI**  
**triathlon**  
ITU World Cup  
08 maggio 2016



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## 1. GENERAL INFORMATION

### a) WELCOME MESSAGES

#### WELCOME TO 2016 CAGLIARI ITU TRIATHLON WORLD CUP.

We are very pleased to be hosting the first ever World Cup event in Italy, and especially honoured that it is being held here in Cagliari, Sardinia.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the 2016 Cagliari ITU World Cup.

Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

**Sandro Salerno**

*General Manager, Local Organizing Committee*

[info@wtcsardegna.com](mailto:info@wtcsardegna.com)

## WELCOME TO 2016 CAGLIARI ITU TRIATHLON WORLD CUP.



Greetings and welcome to the 2016 Cagliari ITU Triathlon World Cup,

It's always exciting to welcome a new World Cup host to our calendar. While the ITU World Triathlon Series is the premier level of triathlon in the world, we will always remain committed to the series that was our first, and helped to catapult triathlon to where it is today. It's a privilege to welcome Cagliari to the ITU World Cup family.

Italy and ITU have always had a strong relationship, having just recently hosted the 2015 ITU Cross Triathlon World Championships in Sardinia. There is still massive potential to grow the sport of triathlon in Italy, and I hope this World Cup is just the start of many more races to come.

This World Cup is also a crucial time for all of our athletes, with the 2016 Rio de Janeiro Olympic Games just around the corner. Along with the Huatulco World Cup, occurring the same weekend in Mexico, Cagliari is the last big World Cup chance for athletes to get critical qualifying points for Rio.

ITU would like to thank the local organising committee, the city of Cagliari and the Italian Triathlon Federation for helping to stage what I'm sure will be another fantastic ITU World Cup.

Overall, I encourage all athletes, volunteers, organisers, media and supporters to enjoy the beautiful city of Cagliari and the spectacle of ITU triathlon. Have a wonderful weekend and enjoy the season.

Sincerely,

### **Marisol Casado**

President, International Triathlon Union  
IOC Member



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## WELCOME TO 2016 CAGLIARI ITU TRIATHLON WORLD CUP.



The triathlon World Cup event will be hosted in Sardinia, in the city of Cagliari, constitutes for our Federation and for myself as President a moment of pride having achieved two aims of considerable prestige : the first time that an event in the panorama of world triathlon is staged in Italy and the first time that Italy is a protagonist in an event that is directly involved in the Olympic Games as it will be the last competition in Europe as an Olympic qualifier.

This forms an important part in the history of the Italian Triathlon Federation and its progress : this World Cup is recognition by the International Triathlon Union ( ITU ) as a reward to the Italian Triathlon Federation, flanked by the National Olympic Committee (CONI), for all the work involved including that of local and regional sectors who believed so strongly from the start in this project.

I would like to wish to all the athletes and everyone who will be there in Cagliari on the week-end of 7th and 8th May 2016 to live this great sporting emotion in such a splendid setting as Sardinia - also chosen by the organizers for Rome 2024 as the venue for the Olympic Sailing competitions

### Luigi Bianchi

Presidente, Federazione Italiana Triathlon



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## WELCOME TO 2016 CAGLIARI ITU TRIATHLON WORLD CUP.



Cagliari is proud to host a high-profile event which is being held in Italy for the first time. One more reason to be proud is that this race of the Triathlon World Cup is the last competition valid for qualification to the Rio de Janeiro Olympics, and so will be an even greater sports show.

Our warmest welcome to the athletes, officials and accompanying persons to a city which will host the sailing competitions if Rome is selected to stage the 2024 Olympics and which is a candidate to become European City of Sport 2017.

We see Cagliari as a vast outdoor gym, a place where everyone – from professional athletes to recreational sportspersons – can find space to practice their favourite sport. And the local fans are sure to give their support to the athletes: we hope their enthusiasm will help competitors step on the Olympic podium in Brazil.

### Massimo Zedda

Mayor of Cagliari



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## **b) KEY DATES**

### **Friday 06th May 2016 –**

18:00 - Race Briefing

18:30 - Collect Race Pack

20:00 - Welcome Dinner

### **Saturday 07th May 2016 –**

11:00 - 12:00 – Swim familiarisation

### **Sunday 08th May 2016 –**

10:30 - Women's start

11:45 - Award Ceremony Women

12:30 - Men's start

13:45 - Award Ceremony Men



### **c) KEY CONTACTS:**

#### **Island Team ASD**

Galleria Emanuela Loi, 8  
08100 Nuoro – Sardegna - Italia  
Tel. +39 0784 30483

#### **LOC GENERAL MANAGER**

**Sandro Salerno**  
[sandro.salerno@tnaturaevents.com](mailto:sandro.salerno@tnaturaevents.com)

#### **ITU TECHNICAL DELEGATE**

**Andreas Galanos**  
[andreas.galanos@gmail.com](mailto:andreas.galanos@gmail.com)

#### **ITU ASSISTANT TECHNICAL DELEGATE**

**Aldo Basola**  
[aldobasola@gmail.com](mailto:aldobasola@gmail.com)

#### **LOC MEDICAL RESPONSABLE**

**Salvatore Farci**  
[info@wtcsardegna.com](mailto:info@wtcsardegna.com)

#### **MEDIA & TV RESPONSABLE**

**Barbara Cardinali**  
[barbaracardinali@fitri.it](mailto:barbaracardinali@fitri.it)

#### **LOC LOGISTICS MANAGER**

**Marina Clerici**  
[logistics@tnaturaevents.com](mailto:logistics@tnaturaevents.com)

#### **LOC ASSISTANT MANAGER**

**Gabriella Lai**  
[info@tnaturaevents.com](mailto:info@tnaturaevents.com)

#### **ITU TEAM LEADER**

**Eric Angstadt**  
[eric.angstadt@triathlon.org](mailto:eric.angstadt@triathlon.org)

#### **LOC RACE DIRECTOR**

**Sergio Oppo**  
[sergio.oppo@tnaturaevents.com](mailto:sergio.oppo@tnaturaevents.com)

#### **ITU MEDICAL DELEGATE**

**Dr. Sergio Migliorini**  
[sermigliorini@alice.it](mailto:sermigliorini@alice.it)

#### **ACCREDITATION RESPONSABLE**

**Gabriella Lorenzi**  
[gabriellalorenzi@fitri.it](mailto:gabriellalorenzi@fitri.it)

#### **PRESS OFFICE**

**Vanessa Usai**  
[press@tnaturaevents.com](mailto:press@tnaturaevents.com)

#### **ASSISTANT SECRETARY**

**Stefano Mondello**  
[stefanomondello@fitri.it](mailto:stefanomondello@fitri.it)

#### **LOC ASSISTANT MANAGER**

**Luca Lapia**  
[office@tnaturaevents.com](mailto:office@tnaturaevents.com)

### **d) INFORMATION CENTRE / LOC Office / ITU Office**

The LOC office is located at the Race Headquarters – Cruise Terminal Molo Ichnusa, and is open from Thursday 5th May to Sunday 8th May from 10:00 – 13:00 and 15:00 – 18:00.

## 2. CAGLIARI CITY INFORMATION

### a) PHONE INFORMATION:

Italian Calling Code +39. Dial the rest of the telephone number removing the first 0.

### b) EMERGENCY NUMBERS:

Polizia di Stato 113  
Pronto Soccorso 118

### c) HOSPITAL:

#### **Hospital San Giovanni di Dio**

Via Ospedale, 46 09124 Cagliari  
tel. 070 6092215; fax 070 6092344

#### **Hospital Marino**

Via Poetto 09126 Cagliari  
tel. 070 6094412; fax 070 6094461

#### **Hospital SS. Trinità**

Via Is Mirrionis, 92 09121 Cagliari  
tel. 070 6095768; fax 070 6095903

#### **Hospital San Michele (Brotzu)**

Piazzale Ricchi 09134 Cagliari  
Centralino 070 5391

### d) PHARMACY:

Closest Pharmacy to the Race Venue:

#### **Farmacia Schlich Enrico**

Viale Bonaria 24, Cagliari tel. 070 656650

Opening hours:

Monday – Friday: 08:30 – 13:30

16:30 – 20:00

Saturday: 09:00 – 13:00

#### **Open Saturday 7th and Sunday 8th until 20:30**

#### **Farmacia Podda**

Via Garibaldi 109, Cagliari  
Tel. 070 658946

### e) POST OFFICE:

#### **Poste Italiane**

Via Roma 25, Cagliari

Opening hours: Monday – Friday: 08:20 – 13:35

14:15 – 18:30

Saturday: 08:20 – 12:35

### f) BANK:

#### **Intesa Sanpaolo**

Piazza Deffenu 4, Cagliari

Opening hours: Monday – Friday: 08:05 – 13:00

14:15 – 18:30

Saturday: 09:00 – 13:00

### 3. GETTING TO CAGLIARI

#### a) AIRPORT TRANSFERS

The LOC will provide transfers for Elite Athletes and Team Officials from the Cagliari airport to their hotel, and from their hotel to the Cagliari airport, with provision for bike transportation. All transfers must be registered by Sunday 01st May 2016. Unfortunately, bookings cannot be accepted after this date.

All ITU Accredited Elite Athletes and Team Officials can [book their airport transfers here](#).

This LOC is only offering a free transfer service from Cagliari-Elmas Airport. The LOC will not cover the costs of transfer from other airports. Please do not hesitate to contact us if you require a quote for a transfer from another airport.

#### b) AIRPORT

Aeroporto Cagliari - Elmas  
Office Information: +39 070 211211  
Email: [info@aeroportodicagliari.com](mailto:info@aeroportodicagliari.com)  
Web: [www.aeroportodicagliari.com](http://www.aeroportodicagliari.com)

#### a) FROM CAGLIARI-ELMAS AIRPORT TO CAGLIARI CITY CENTRE:

##### By Car:

Exit the airport following signs for Cagliari Porto. Once in the city follow signs for Via Roma, then for Molo Ichnusa.

##### By Train:

A train service connects Elmas Airport to the city centre, in just 6 minutes. Leaving you just a 10-minute walk from the race venue.

## 4. RACE LOCATION

### a) VENUE

Cagliari, the capital city of Sardinia, is situated at the south of the island. The race venue is located in the centre of Cagliari at the Cruise Terminal - Molo Ichnusa, which is just a 15-minute drive or a 5-minute train journey from Cagliari-Elmas Airport.

The city centre will meet the requirements and interests of all visitors. Athletes will find crystal-clear seas for swimming, climbs and descents for cycling and flat paths along the coast for running. While accompanying friends and family can relax on one of the many golden sanded beaches, enjoy the history, culture, entertainment and try out the countless restaurants and cafes on offer. Cagliari's year-round Mediterranean climate, reaching up to 40°C in the summer and rarely dropping below 10°C in the winter, makes it a perfect location to host a stage of the ITU World Cup.

**b) RACE BRIEFING**

The obligatory race briefing will be held on Friday 6th May at 18:00, in the main hall of the Cruise Terminal- Molo Ichnusa.

**c) ATHLETES LOUNGE**

The Athletes Lounge is located inside the Cruise Terminal – Molo Ichnusa. Toilets, seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race.

**d) RACE CHECK-IN**

Athletes must check-in at the Athlete's Lounge prior to racking their bikes.

During check-in athletes will be given their race swim cap and timing chip and uniforms will be checked. Bikes and spare wheels will be checked on entry to the transition area.

Spare wheels must be taken to Wheel Station 1 at least 30 minutes before the race start.

**e) DOPING CONTROL**

Doping Control will be performed according to the ITU/WADA rules. Testing will take place inside the Cruise Terminal - Molo Ichnusa.

**f) MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available at the venue on 08th May before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfers to hospital. A medical tent will be provided on site at the finish area.

Possible medical services at the venue are free of charge.

Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

**g) ACCOMODATION:**

**HOST HOTEL :**

**Hotel Panorama**

Viale Diaz, 231

09126 Cagliari

<http://www.hotelpanorama.it/>

Elite Athletes and Team Officials can receive a discount code for the host hotel by sending an email to [info@wtcsardegna.com](mailto:info@wtcsardegna.com)

**OTHER ACCOMMODATION:**

Cagliari has numerous accommodation systems in place, able to meet the requirements and needs of all visitors. For more accommodation options please visit

<http://www.cagliariturismo.it/en/where-to-sleep>

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## 5. ATHLETE SERVICES INFORMATION

### a) UNIFORM PRINTING SERVICE

#### **MIACROM di Gianluigi Cocco**

via Del Colle n° 22/A - 09134 - Pirri (CA)

Mail: [info@miacrom.it](mailto:info@miacrom.it) - Tel. 070 4510428

OPENING TIMES: Monday to Friday from 9.00-13.00 and from 16.00-18.00

### b) PHYSIOTHERAPIST / MASSAGE

Massages will be available at the end of the race.

If you require an additional massage you can book an appointment on this number Mr. Fabrizio Fedriani +39 3387515025

### c) BIKE MECHANIC

Bike Mechanic Support will be available near the race headquarters. This will be available from 10:00 – 13:00 and 15:00 – 18:00 from Thursday 5th May – Sunday 8th May. If you need help outside these hours, please contact the LOC Office.

## 6. TRAINING COURSES

### a) SWIM TRAINING

Cagliari is located by the sea, therefore there are many beaches to choose from, the most popular being 'Poetto Beach' where you can swim in Sardinia's crystal clear sea.

Training sessions in the swimming pool are possible at: Piscina Comunale,  
Via Degli Sport, 1, Cagliari

Thursday 5th May    2 lanes from 10:20 - 11:10  
                             2 lanes from 11:10 - 12:00  
                             2 lanes from 15:00 - 15:50  
                             2 lanes from 15:50 - 16:40

Friday 6th May       2 lanes from 10:20 - 11:10  
                             2 lanes from 11:10 - 12:00  
                             2 lanes from 15:50 - 16:40

Saturday 7th May    2 lanes from 14:10 - 15:00  
                             2 lanes from 15:00 - 15:50

Please note: There is no booking service – it is based on a first come first serve basis

### b) BIKE TRAINING

Cagliari has lots of cycle routes once you are out of the city centre, going towards 'Poetto Beach' along the coast.

We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

### c) RUN TRAINING

Along the seafront you will find a pedestrianized path. This is where the run section of the race is held, making it perfect training.

## 7. COURSE FAMILIARISATION

### a) SWIM COURSE FAMILIARISATION

There will be a swim course familiarisation session on Saturday 7th May at 11:00 – 12:00.

Athletes must bring their accreditation pass and report to the athlete's lounge in order to participate in the familiarisation session. During the swimming course familiarisation there will be lifeguards and medical service available.

We remind you that you are swimming at your own risk.

Please note: For safety reasons it is forbidden to swim in this area outside the swim familiarisation times.

### b) BIKE FAMILIARISATION

The bike course is held within the city centre; therefore, we are unable to close the roads to traffic prior in the days leading up to the race.

The majority and most fundamental section of the bike course can be used for familiarization. The sections unsuitable for an exact race course simulation are: the road leading into and out of transition, as well as Via Roma. This is due to local traffic rotation and in compliance with the highway code (one-way systems, rights of way etc.)

We remind you to comply with the rules of the highway code and that you are cycling at your own risk.

### c) RUN FAMILIARISATION

The run course is on a pedestrianised path along the seafront, which can be used for familiarisation and training at all times.

## 8. RACE PROGRAMME

### Friday 06th May

- 18:00 – Race briefing
- 18:30 – Collect race packs
- 20:00 – Welcome dinner

### Saturday 07th May

- 11:00 – 12:00 – Swim familiarisation

### Sunday 08th May

#### Women's Race

- 09:00 – 10:00 – Athlete's Lounge Check-in
- 09:30 – 10:15 – Transition Check-in
- 09:30 – 10:15 – Swim Warm up
- 10:20 – Athlete line up
- 10:30 – Women's start
- 11:45 – Women's Award Ceremony

#### Men's Race

- 11:00 – 12:00 – Athlete's Lounge Check-in
- 11:30 – 12:15 – Transition Check-in
- 11:30 – 12:15 – Swim Warm up
- 12:20 – Athlete line up
- 12:30 – Men's start
- 13:45 – Men's Award Ceremony

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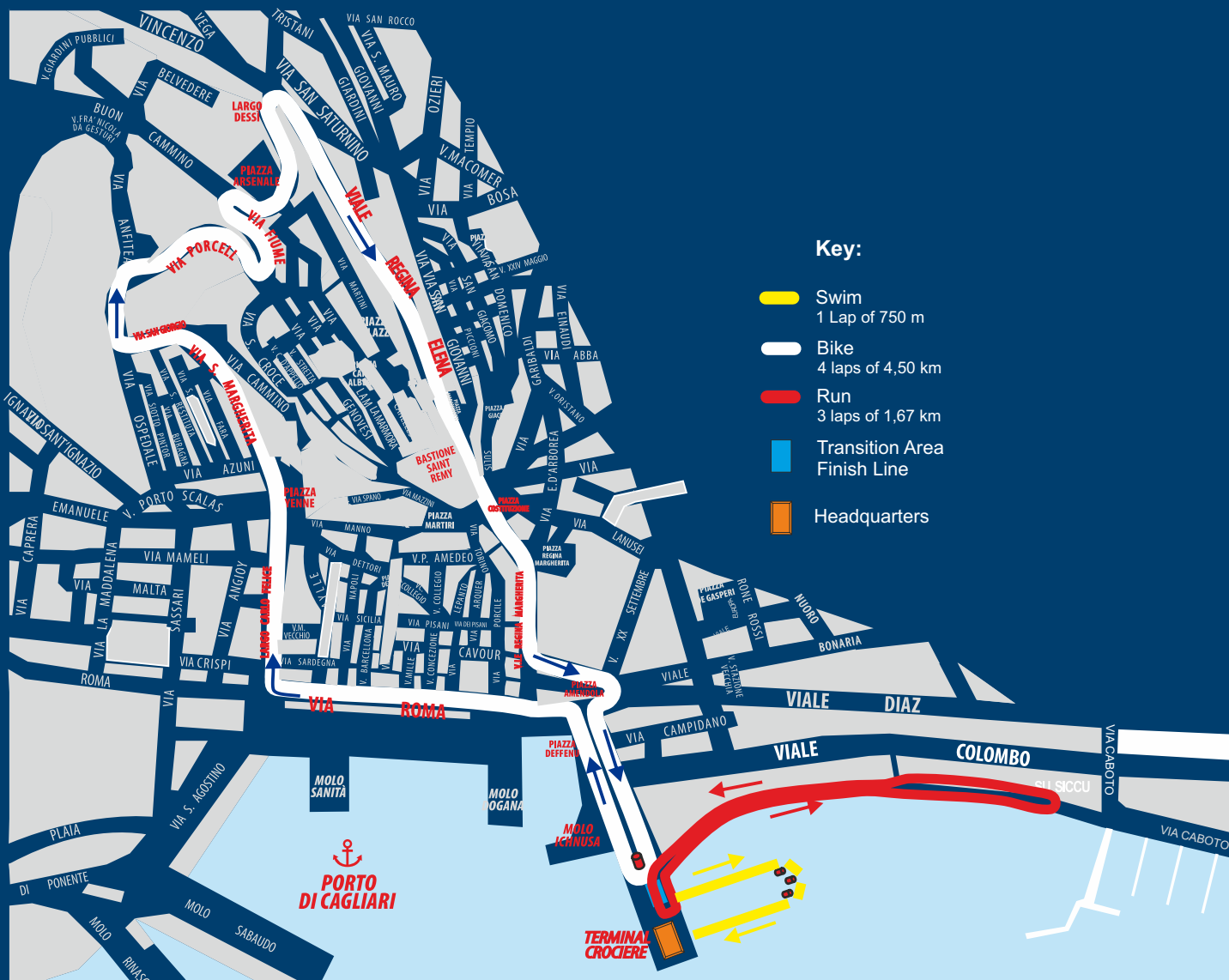


## RACE COURSES AND LOGISTICS GENERAL MAP

**SWIM:** 750M (1 LAP)

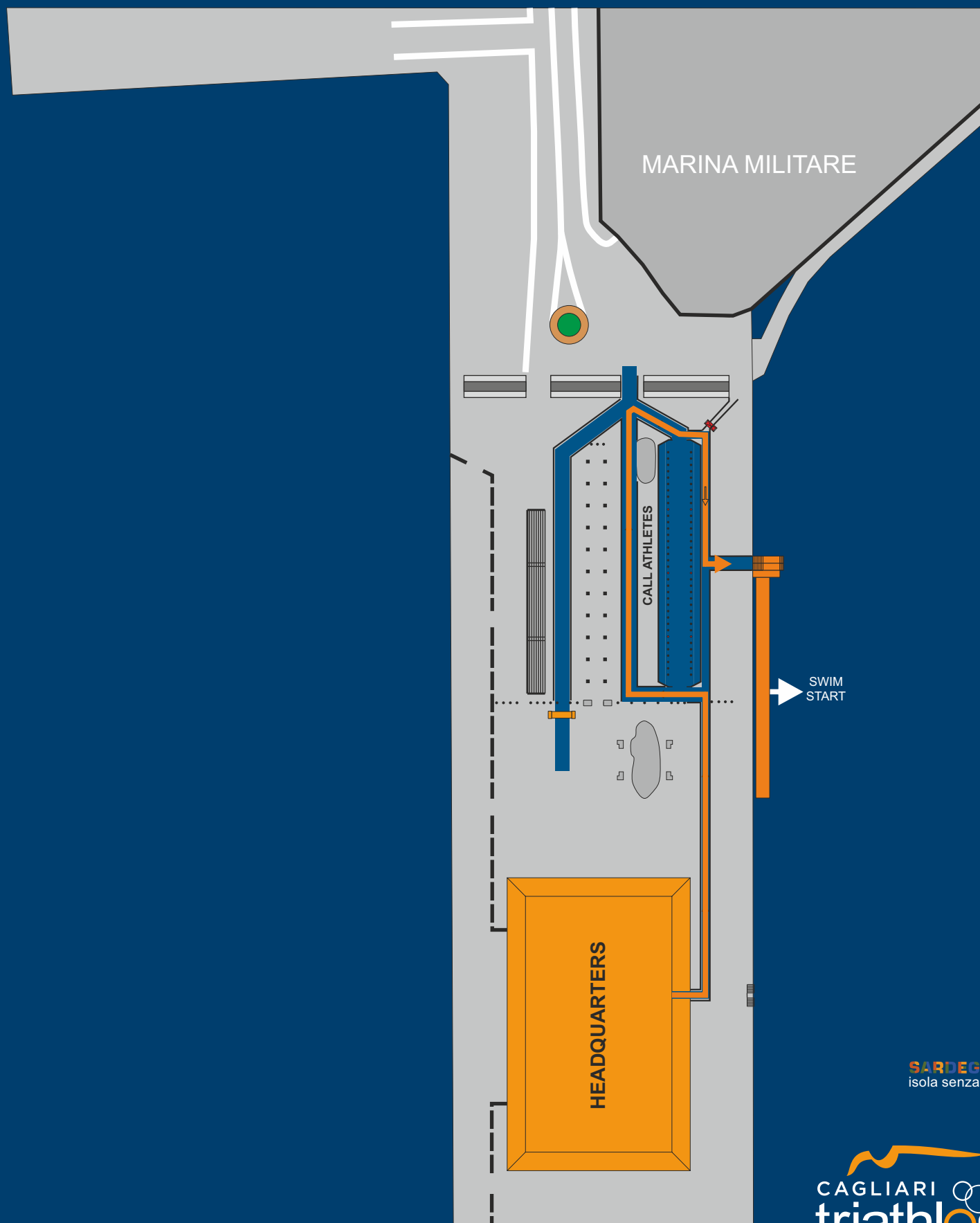
**BIKE:** TOTAL 18.00 - 4 LAPS OF 4.50KM

**RUN:** TOTAL 5.00KM - 3 LAPS OF 1.67KM



### a) **ATHLETES LOUNGE EXIT - ATHLETES CALL**

The athletes call will take place in front of the grandstand. Following the call, athletes will follow the blue carpet taking them to the swim start.

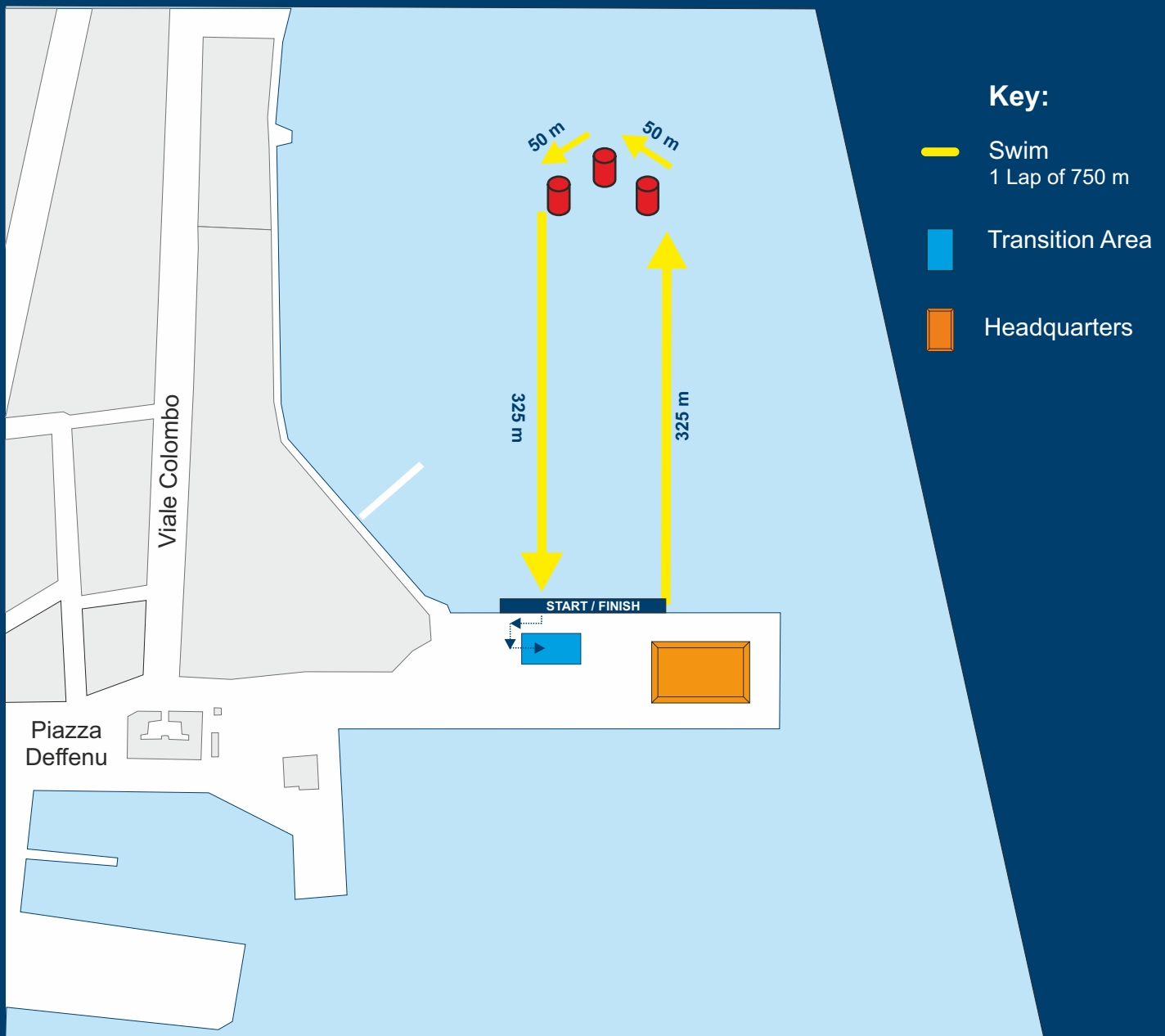


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## b) SWIM COURSE

The swim will be a diving start from the pontoon. It is a one lap course of 750m, to be swam anticlockwise. The first buoy is at 325m, this is followed by a slight left hand turn towards the second buoy, another slight left hand turn towards the third buoy and then a straight 325m back to the exit steps. When exiting the water to return to the transition area, you will find a few steps taking you up from the pontoon to the dock. Water temperature should be between 18 - 22°C.

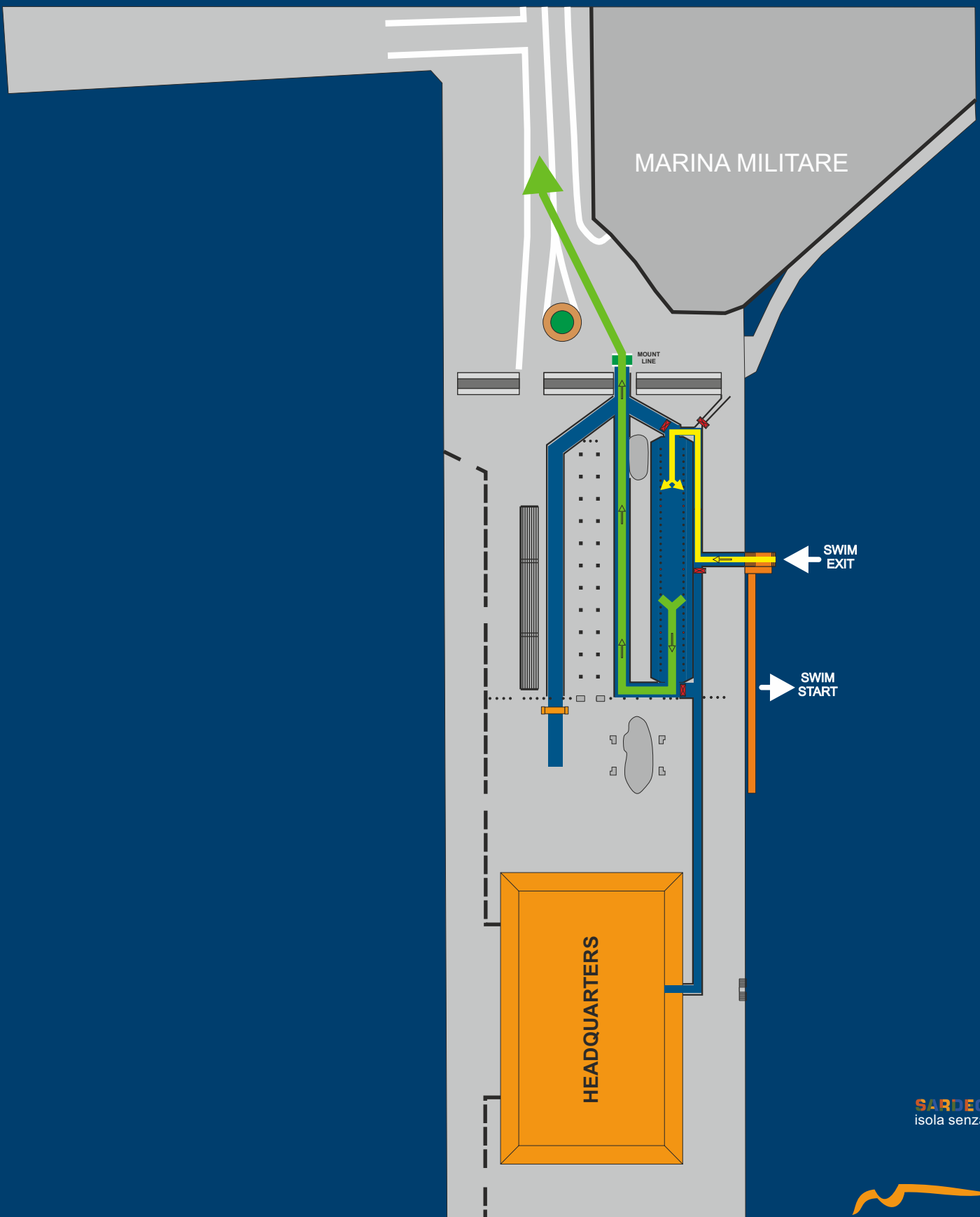


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### c) T1 ENTRANCE & EXIT

See the map below for the entrance into T1 and exit from T1, and the Mount Line  
Place all your swim equipment into the box provided.



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## d) BIKE COURSE

The bike course is a 4 laps of 4.50km each, in a clockwise direction. It is a technical course with flat, uphill and downhill sections, taking athletes through the city of Cagliari.

Exit T1, turn left at the end of the road and cycle along the central tarmacked lanes of Via Roma (bus lanes). Once you reach the end of the bus lane turn right onto Largo Carlo Felice, where the 1.4km uphill section starts. Starting with a gentle climb and becoming steeper as you get closer to the peak on Viale Buoncammino, at around 100m elevation. After passing through Porta Cristina you will begin the fast and technical downhill section, which is around 1.5km, leading you to the roundabout where you will begin another lap, and back into T2 on the final lap.



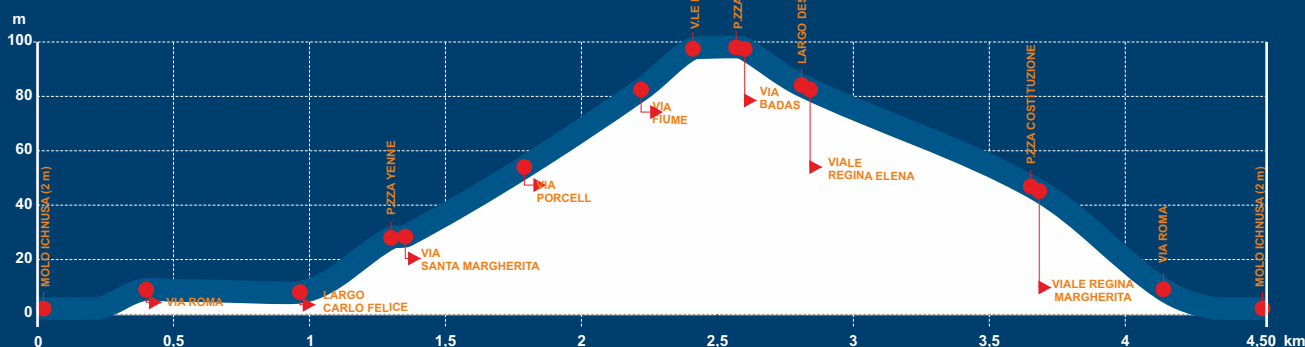
### Key:

-  Bike  
4 laps of 4,50 km
-  Transition Area  
Finish Line
-  Headquarters

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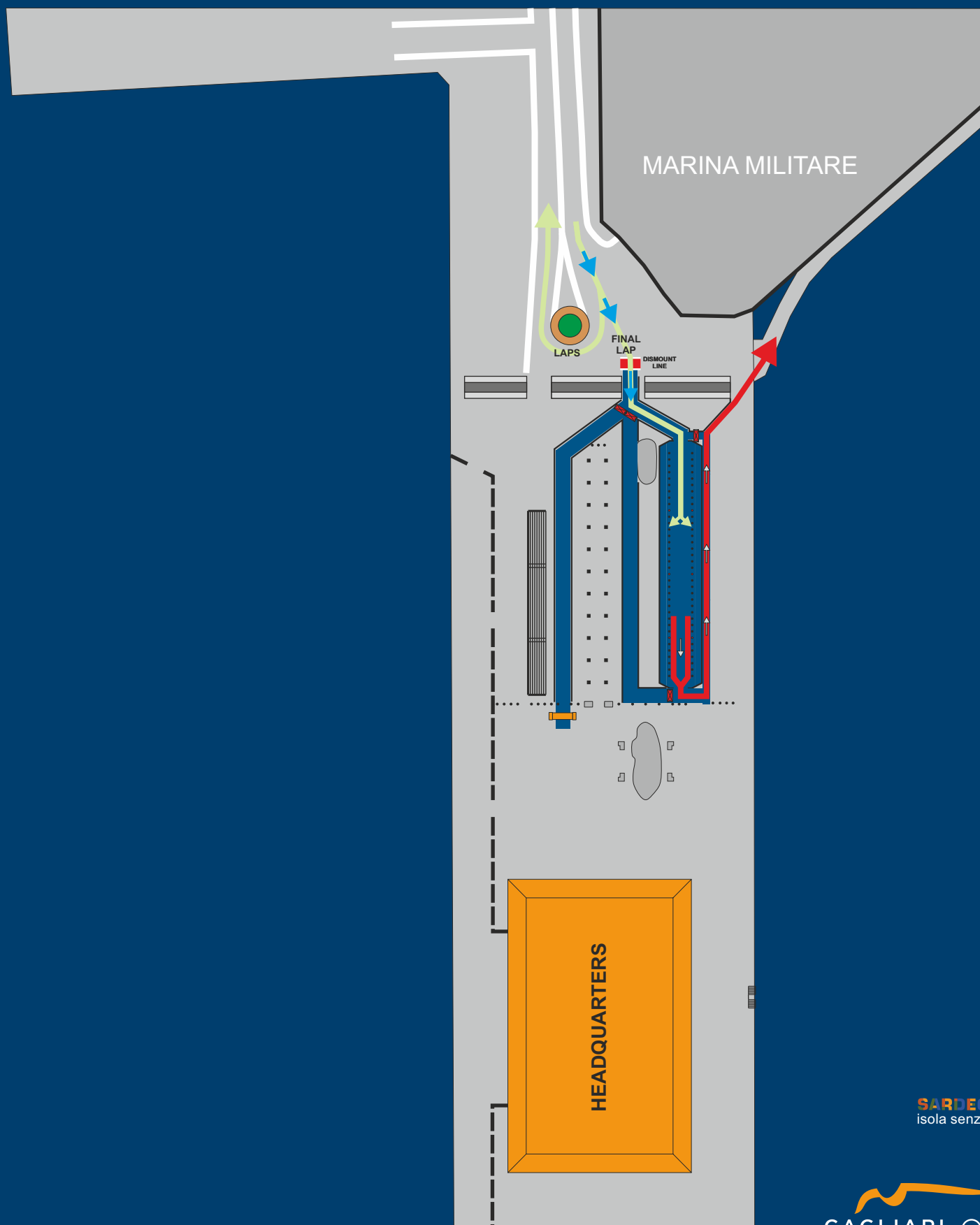
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## E) T2 ENTRANCE & EXIT

See the map below for the entrance into T2 and exit from T2, and the Dismount Line



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## f) RUN COURSE

The run course is 3 laps of 1.67km each, in an anti-clockwise direction. Exit T2, and follow the pedestrianized wooden path along the sea front up to the turn around buoy at 800m. After the turn buoy take the cycle track, which will rejoin the pedestrianized path, leading you back to the transition area. Run through the transition area to begin the next lap. On the third lap, do not run through transition, but turn right just before it, to cross the finish line.

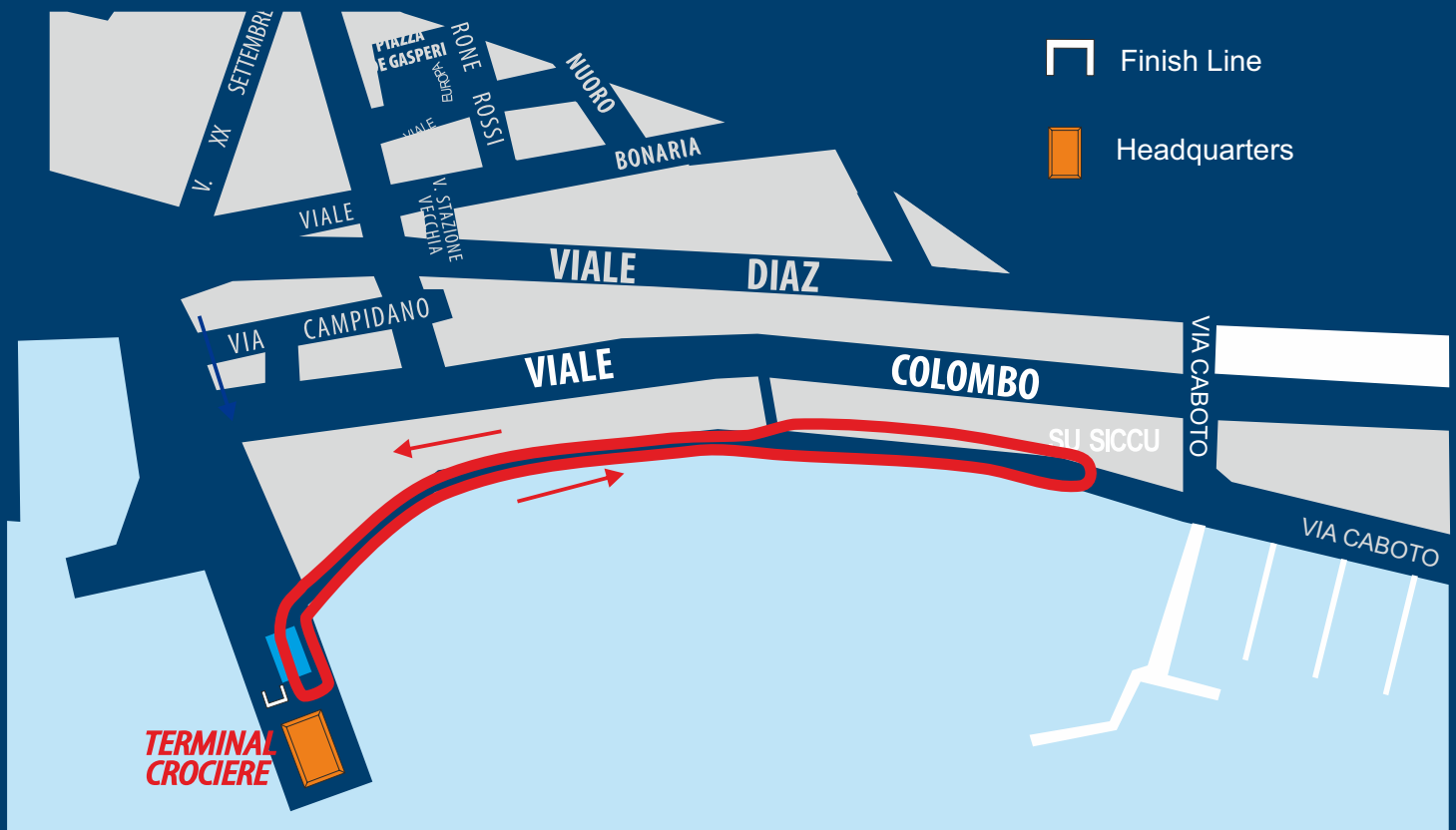
### Key:

 Run  
3 laps of 1,67 km

 Transition Area

 Finish Line

 Headquarters



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## g) FINISH LINE

See the map below for the path to take for the finish line.

On the third lap do not pass through the transition area but take the right-hand path to the finish line.



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## h) WHEEL STATION



There will be 2 wheel stations on the course.

Wheel Station 1 (team wheel station): will be placed shortly after exiting T1 on the left hand side of the road. The teams will provide their own wheels to this wheel station.

Wheel station 2 (neutral wheel station): At approximately halfway of the bike lap on the bike course. The LOC will provide the wheels to this wheel station and they will be available according to ITU rules.

The wheels that will be available are:

2x 700c 11 cassette Campagnolo speed wheels

2x 700c 10 cassette Campagnolo speed wheels

4x 700c front wheel

2x 700c 11 cassette Shimano rear wheels

2x 700c 10 cassette Shimano rear wheels

Wheel Station



## i) AID STATION



There will be 1 aid station on the run course. This will be found 500m after exiting T2, and is accessible on each lap. Sealed bottles of water will be handed out to athletes.

Wheel Station  
Exit T1 & Bike Laps



Aid Station

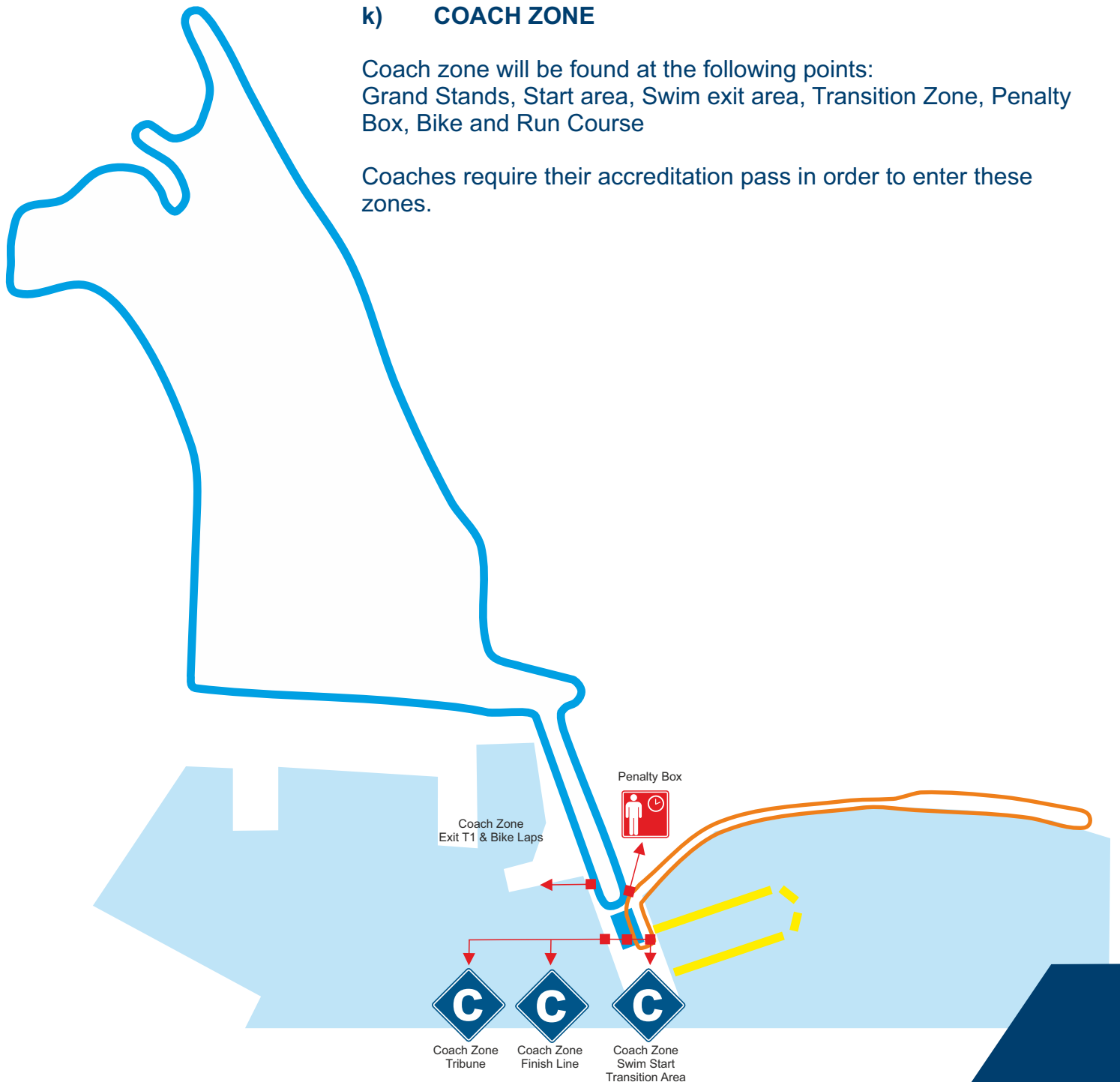
## j) PENALTY BOX

The Penalty Box will be found at the end of each run lap, before entering the transition area

## k) COACH ZONE

Coach zone will be found at the following points:  
Grand Stands, Start area, Swim exit area, Transition Zone, Penalty Box, Bike and Run Course

Coaches require their accreditation pass in order to enter these zones.



## **I) REMOVAL OF WOMEN'S BIKES FROM THE TRANSITION AREA**

Once women have completed the bike section of the race their bikes and equipment will be removed from the transition area, by the LOC, to a safe and secure area, in order for the Men to be able to start racking their bikes.

## **10. RACE INFORMATION**

### **a) COMPETITION RULES**

The competition rules for the 2016 Cagliari ITU Triathlon World Cup are those published by the ITU. They can be found at the following webpage:

[http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_november2015.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_november2015.pdf)

### **b) WEATHER CONDITIONS**

Temperature: Min 12°C – Max 22°C

### **c) RESULTS**

Results will be uploaded live to the ITU's official website: [www.triathlon.org](http://www.triathlon.org)

All the results information will be distributed to the Team Managers at the LOC Information Office.

### **d) PROTEST & APPEALS**

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

### **e) ACCREDITATION**

LOC will provide all athletes, coaches, technical officials, journalists, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements. Accreditation cards for athletes and coaches will be handed out during the official registration on Friday 6th May after the Race Briefing.

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

# Athletes Guide

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ITU World Cup  
08 maggio 2016