

Last Update: 06.09.2023 22.31

Athletes Guide



 World
Triathlon
Janos M. Schmidt


FITRI
Federazione
Italiana Triathlon

 Europe
Triathlon


World
Triathlon

1. GENERAL INFORMATIONS	3
1.1. INTRODUCTION	3
1.2. KEY CONTACTS	4
2. VENUE LOCATIONS	4
3. SCHEDULE OF COMPETITIONS	5
4. SCHEDULE OF REGISTRATIONS COURSE TESTS AND BRIEFINGS	7
5. UNIFORM RULES	8
6. TRAVEL, ACCOMMODATION AND TRANSFERS	8
VISA PROCEDURE	9
7. BIKE SHOPS AND BIKE MECHANIC	9
8. SWIMMING POOLS AND SPORT CENTRES	9
9. LOCAL WEATHER INFORMATION	10
10. ANTI DOPING POLICY	11
11. RESULTS	12
12. COMPETITION RULES / PROTEST	12
13. MEDIA ACCREDITATION	13
14. CROSS DUATHLON WAVES / START TIMES	14
15. WHERE TO PARK ON RACE DAY	15
16. CROSS DUATHLON LOCATION	15
17. CHECK-IN PROCEDURES	15
18. CROSS DUATHLON COURSES (Junior)	16
19. CROSS DUATHLON COURSES (Elite, U23 and Age Group)	18
20. AID STATIONS	20
20.1. CROSS DUATHLON AID STATIONS (Junior)	20
20.2. CROSS DUATHLON AID STATIONS (Elite, U23 and Age Group)	20
21. PENALTY BOX (Elite, U23, Junior)	21
22. ACCREDITED COACH AREA	21
23. CUT OFF TIMES	21
24. ATHLETES SERVICES ON RACE DAY	21
25. CHANGING ROOMS ON RACE DAY	21
26. BIKE AND GEAR CHECK OUT	21
27. CROSS TRIATHLON WAVES / START TIMES	22
28. WHERE TO PARK ON RACE DAY	23
29. CROSS TRITHLON LOCATION	23
30. CHECK-IN PROCEDURES	23
31. CROSS TRIATHLON COURSES (Junior)	24
32. CROSS TRIATHLON COURSES (Elite, U23 and Age Group)	26
33. AID STATIONS	28
33.1. CROSS TRIATHLON AID STATIONS (Junior)	28
33.2. CROSS TRIATHLON AID STATIONS (Elite, U23 and Age Group)	28
34. PENALTY BOX (Elite, U23, Junior)	29
35. ACCREDITED COACH AREA	29

<u>36. CUT OFF TIMES</u>	<u>29</u>
<u>37. ATHLETES SERVICES ON RACE DAY</u>	<u>29</u>
<u>38. CHANGING ROOMS ON RACE DAY</u>	<u>29</u>
<u>39. BIKE AND GEAR CHECK OUT</u>	<u>29</u>

1. GENERAL INFORMATIONS

1.1. INTRODUCTION

The event will take place in Riva del Garda the Italian Trentino province.

The events will follow the World Triathlon/Europe Triathlon standards, rules and regulations for all categories (Elites, U23, Junior, AG and Paratriathlon).

Entry fees Cross Triathlon and Cross Duathlon, according to bid guidelines:

Elite-U23-Age Group: €uro 90,00

Junior: €uro 85,00

Paratriathlon: €uro 85,00

Spectacular Mediterranean scenery rises from the waters and up over steep mountain slopes to the blue heavens, all with a promise of the great outdoors. Sporting adventures and pleasurable experiences here vie for the favour of guests, as Bella Italia can always produce culinary delights in villages that bear witness to a lively culture.

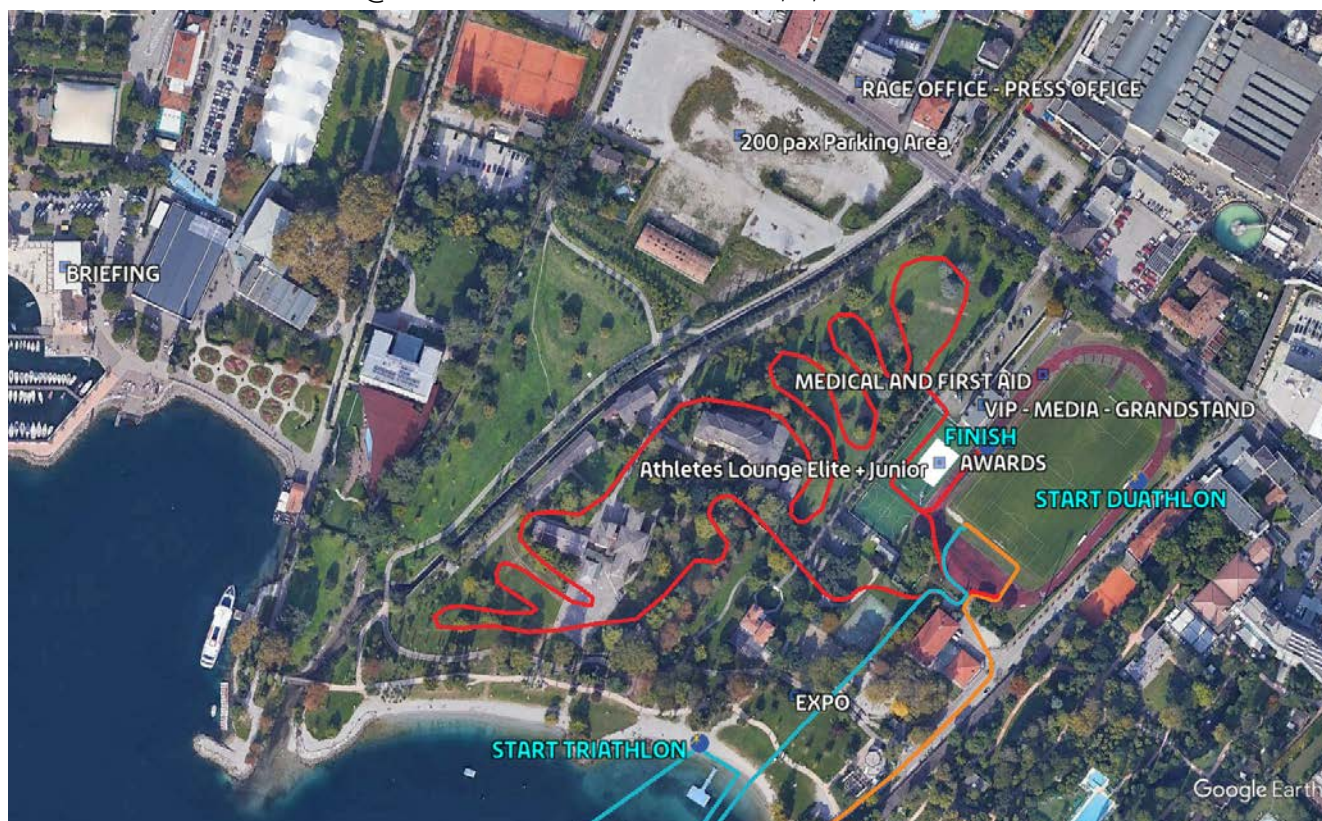
Welcome to Garda Trentino!

1.2. KEY CONTACTS

ROLE	NAME	EMAIL	MAIN DUTIES
Chairman	Gianluca Tasin	info@triswimgardatrentino.it	PR Local Authorities
Race Director	Ezio Amatucci	flippertriathlon@gmail.com	Reports to the Event Manager
Event Manager	Fabrizio Cutela	me@fabriziocutela.com	Reports to the ETU Management
Media Manager	FITRI		Coordinates Media

2. VENUE LOCATIONS

The race office is settled @ Hotel Luise Viale Rovereto, 9, 38066 Riva del Garda TN



3. SCHEDULE OF COMPETITIONS

CROSS DUATHLON - FRIDAY 08 SEPTEMBER 2023

7:30 Check-in Junior

8:30 Start Europe Triathlon Cross Duathlon Junior M

8:35 Start Europe Triathlon Cross Duathlon Junior F

10:30 Check-in Elite – under 23 M-F - AG

12:00 Start Europe Triathlon Cross Duathlon Elite – Under 23 M

12:30 - 13:50 Check-in Elite – Under 23 F

14:00 Start Europe Triathlon Cross Duathlon Elite - Under 23 F

16:00 Flower Ceremony

16:30 Start Europe Triathlon Cross Duathlon Age group M

16:35 Start Europe Triathlon Cross Duathlon Age Group F

19:00 Awards Europe Triathlon Cross Duathlon

CROSS TRIATHLON - SUNDAY 10 SEPTEMBER 2023

7:30 Check-in Junior

8:30 Start Europe Triathlon Cross Triathlon Junior M

8:35 Start Europe Triathlon Cross Triathlon Junior F

10:30 Check-in Elite – under 23 M - AG

12:00 Start Europe Triathlon Cross Triathlon Elite – Under 23 M

12:30 - 13:50 Check-in Elite – Under 23 F

14:00 Start Europe Triathlon Cross Triathlon Elite - Under 23 F

16:00 Flower Ceremony

16:30 Start Europe Triathlon cross Triathlon Age group M

16:35 Start Europe Triathlon cross Triathlon Age Group F

19:00 Awards Europe Triathlon Cross

4. SCHEDULE OF REGISTRATIONS, COURSE FAMILIARISATIONS AND BRIEFINGS

CROSS DUATHLON - THURSDAY 07 SEPTEMBER 2023

10:00 – 18:00 Registration for Age Group - and media accreditation *Address: Hotel Luise, Viale Rovereto 9, Riva del Garda*

10:00 Bike & run course familiarisation Elite -Junior

12:00 Bike & run course familiarisation Age Group

17:00 Athletes Check-in for Elite - Junior

18:00 Race Briefings - *Address: Circolo Fraglia Vela Riva - Via Giancarlo Maroni, 2, 38066 Riva del Garda*

19.00 Race pack pick-up for Elite - Junior - *Address: Circolo Fraglia Vela Riva - Via Giancarlo Maroni, 2, 38066 Riva del Garda*

CROSS TRIATHLON - SATURDAY 09 SEPTEMBER 2023

10:00 – 18:00 Registration - and media accreditation *Address: Hotel Luise, Viale Rovereto 9, Riva del Garda*

08:30 - 17:30 FINALE CIRCUITO NORD-EST CATEGORIE GIOVANILI FEDERAZIONE ITALIANA TRIATHLON - side event

7:30 - 8:30 Bike course familiarisation Age Group

8:30 - 9:30 Swim course familiarisation Age Group

12:30 - 13:30 Bike course familiarisation Elite -Junior

13:45 - 14:45 Swim course familiarisation Elite -Junior

17:00 Athletes Check-in for Elite - Junior

18:00 Race Briefings - *Address: Circolo Fraglia Vela Riva - Via Giancarlo Maroni, 2, 38066 Riva del Garda*

19.00 Race pack pick-up for Elite - Junior - *Address: Circolo Fraglia Vela Riva - Via Giancarlo Maroni, 2, 38066 Riva del Garda*

5. UNIFORM RULES

At the European Championships, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed.

For further information, please see the World Triathlon Competition Rule Book.

Elite, U23, Junior - Click [HERE](#) to check the Approved National Federation Elite Multisport Uniforms

Age-Group - Click [HERE](#) to check the Approved National Federation Age-Group Uniforms.

Note that as of this year, front zippers are allowed in all aquabike, aquathlon, cross duathlon/triathlon, long distance triathlon regardless of the category. The zip can be undone to the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run when it needs to be zipped up.

6. TRAVEL, ACCOMMODATION AND TRANSFERS

Tre Emme Sport of Travel Market srl, a sport event management company which today manages 24 National Sport Olympics Federation and 5 International Sport Olympic Federations, confirms that it will be the reference incoming Tour Operator for the next : 2023 Europe Triathlon Cross Duathlon Championships Riva del Garda-Trentino. For booking your Transfer and/or your Accommodation, please fill the following forms links:

TRANSFER SERVICE BOOKING

ACCOMMODATION BOOKING

For any further info: info@treemmesport.com

VISA PROCEDURE

Before flying to Italy please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in <https://vistoperitalia.esteri.it/home/en>

If you need a direct support with the Consular Authorities, under the new provisions of the Ministry of Foreign Affairs and International Cooperation, the request has to be sent 45 days before the start of the event – within July 24th – by sending the following informations to gabriellalorenzi@fitri.it:

- Name and Surname as it appears on your passport
- Date of birth
- Passport scan
- Passport number
- Passport expiration date
- Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system
- Name and address of your hotel while in Roma
- Date of arrival in Riva del Garda
- Date of departure from Riva del Garda
- References of the Embassy in order to manage the consular protocol through the Italian National Olympic Committee Visa department

7. BIKE SHOPS AND BIKE MECHANIC

On the main road (Viale Rovereto - ss.240) close to the Race Office are available several Bike Shops able to rent bikes, sell various technical materials and gears and make the mechanical checks anyone needs.

8. SWIMMING POOLS AND SPORT CENTRES

You can find updated informations about all the local training facilities by contacting the local tourism office:

WWW: https://www.gardatrentino.it/it/info/info-point-riva-del-garda_4191

ADDRESS: Largo Medaglie d'Oro al Valor Militare 5 - 38066 Riva del Garda

PHONE: +39 0464 554444

9. LOCAL WEATHER INFORMATION

AVERAGE AIR TEMPERATURE IN SEPTEMBER: 18°C/20°C AVERAGE WATER
TEMPERATURE IN SEPTEMBER: 18.5°C

Weather in September

The first month of the autumn, September, is still a comfortable month in Riva del Garda, Italy, with an average temperature varying between 10.4°C (50.7°F) and 18.3°C (64.9°F).

Temperature

In September, the average high-temperature marginally drops from a pleasant 22.4°C (72.3°F) in August to an enjoyable 18.3°C (64.9°F). In September, in Riva del Garda, the average low-temperature is 10.4°C (50.7°F).

Humidity

The average relative humidity in September in Riva del Garda is 80%.

Rainfall

In Riva del Garda, during September, the rain falls for 20.6 days and regularly aggregates up to 98mm (3.86") of precipitation. In Riva del Garda, during the entire year, the rain falls for 210.8 days and collects up to 1353mm (53.27") of precipitation.

Daylight

In Riva del Garda, the average length of the day in September is 12h and 32min.

On the first day of September in Riva del Garda, Italy, sunrise is at 06:37 and sunset at 19:55. On the last day of the month, sunrise is at 07:13 and sunset at 18:59 CEST.

Sunshine

The average sunshine in September in Riva del Garda is 9.5h.

UV index

In Riva del Garda, the average daily maximum UV index in September is 4. A UV Index value of 3 to 5 symbolizes a medium vulnerability from exposure to the Sun's UV rays for the average person.

Note: The daily maximum UV index of 4 in September interpret into the following advice:

Take precautions. Light skin individuals may get burned in less than 30 minutes. The Sun's most intense and consequently most harmful UV radiation during midday hours should be

decreased by minimizing exposure and seeking shade. Sun-protective clothing, a long-sleeved shirt and pants, a wide-brimmed hat, and UVA and UVB-blocking sunglasses are particularly helpful in blocking UV radiation's harmful effects.

10. ANTI DOPING POLICY

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

****All athletes must ensure they carry their official identification (Photo ID)****

Further info on Anti-Doping Rules can be found here: <https://triathlon.org/anti-doping>

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race, for example, after picking up your Registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain the procedure to you but you need to be aware that you have certain rights and responsibilities.

You have the right to:

- a) Appoint a representative of your choice to accompany you to Doping Control.
- b) Request the services of an interpreter in case you do not have a good command of English (if required).
- c) Request additional information about the Doping Control procedure.
- d) Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)
- e) Request necessary modifications if you have a disability.
- f) Note any concerns with the Doping Control process on the Doping Control Form. g) Request part "B" of your sample be analysed to confirm a positive result.
- g) A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

- a) Be aware of, and comply with, the World Anti-Doping Code and the ITU Anti-Doping Rules.
- b) Be aware of which substances are not allowed and are included in the Prohibited List.

- c) Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check them before the event. As an Age Group athlete you may apply for a retroactive TUE but it is not guaranteed, so you may want to request one no later than 30 days prior to racing.
- d) Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
- e) Control your sample until it is sealed in the sample collection kit.
- f) Ensure the sealed sample collection kit is secure and identified.
- g) Ensure all documentation is accurate.

You must carry with you an ID/passport with photo when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti-Doping Stand at the Expo where our volunteers will clarify your doubts and answer your questions. You can also check the Age Group Anti-Doping section on www.triathlon.org

An Anti-Doping Age Group Q&A is available:

https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa

11. RESULTS

Results will be uploaded live (asap after each race) at the World Triathlon official website:

https://www.triathlon.org/events/event/2023_europe_triathlon_cross_duathlon_championships_riva_del_garda

12. COMPETITION RULES / PROTEST

Standard procedures will be followed according to the [World Triathlon Competition Rules](#).

To check World Triathlon Rules FAQ, please click [HERE](#).

Check the rule poster [HERE](#).

To clarify any rules, please contact the Head Referees (see name and email earlier in this document).

13. MEDIA ACCREDITATION

Visit the “Media” section on the website <https://trentinocross-europetriathlon.it>

CROSS DUATHLON KEY DATES AND TIMES

14. CROSS DUATHLON WAVES / START TIMES

7:30 - 8:20 Check-in Junior

8:30 Start Europe Triathlon Cross Duathlon Junior M

8:35 Start Europe Triathlon Cross Duathlon Junior F

10:30 - 11:50 Check-in Elite – Under 23 M – AG

12:00 Start Europe Triathlon Cross Duathlon Elite – Under 23 M

12:30 - 13:50 Check-in Elite – Under 23 F

14:00 Start Europe Triathlon Cross Duathlon Elite - Under 23 F

16:00 Flower Ceremony

16:30 Start Europe Triathlon Cross Duathlon Age group M

16:35 Start Europe Triathlon Cross Duathlon Age Group F

19:00 Awards Europe Triathlon Cross Duathlon

15. WHERE TO PARK ON RACE DAY

The suggested parking area name is “Area Ex-Cattoi” and it is located few hundreds meters from the race area. Address: **Viale Rovereto, 31, 38066 Riva del Garda TN**

16. CROSS DUATHLON LOCATION

The race area, start, transition and finish arch are located inside the city stadium. Address: **Via Cristoph Hartung Von Hartungen, 1, 38066 Riva del Garda TN**

17. CHECK-IN PROCEDURES

Junior

Athlete Lounge: 07:30 – 08:10

Transition Area: 07:45 – 08:20

Elite M, U23 M

Athlete Lounge: 10:30 – 11:40

Transition Area: 10:45 – 11:50

Elite, U23 F

Athlete Lounge: 12:30 – 13:40

Transition Area: 12:45 – 13:50

Age Group

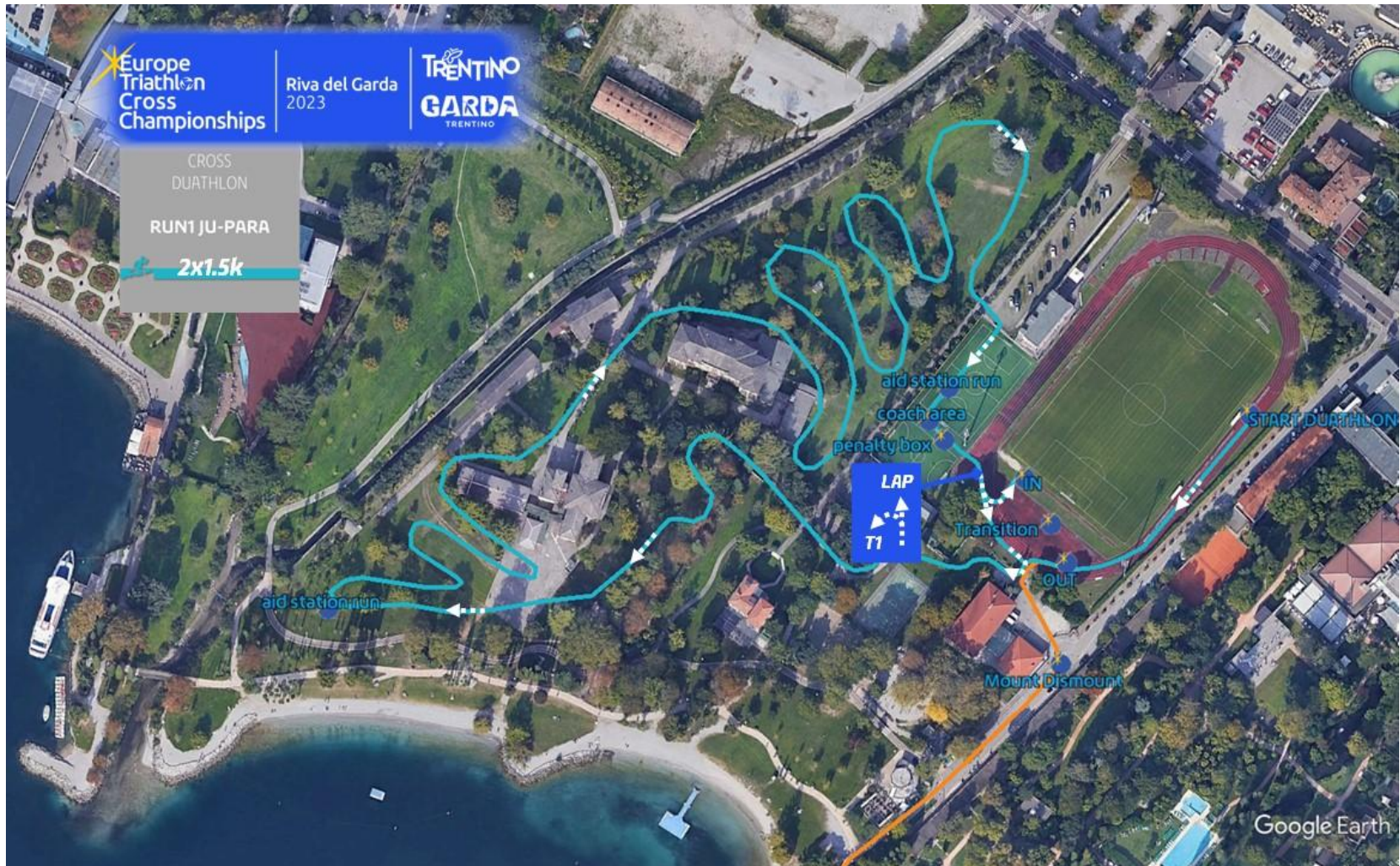
Transition Area: 10:45 – 11:50

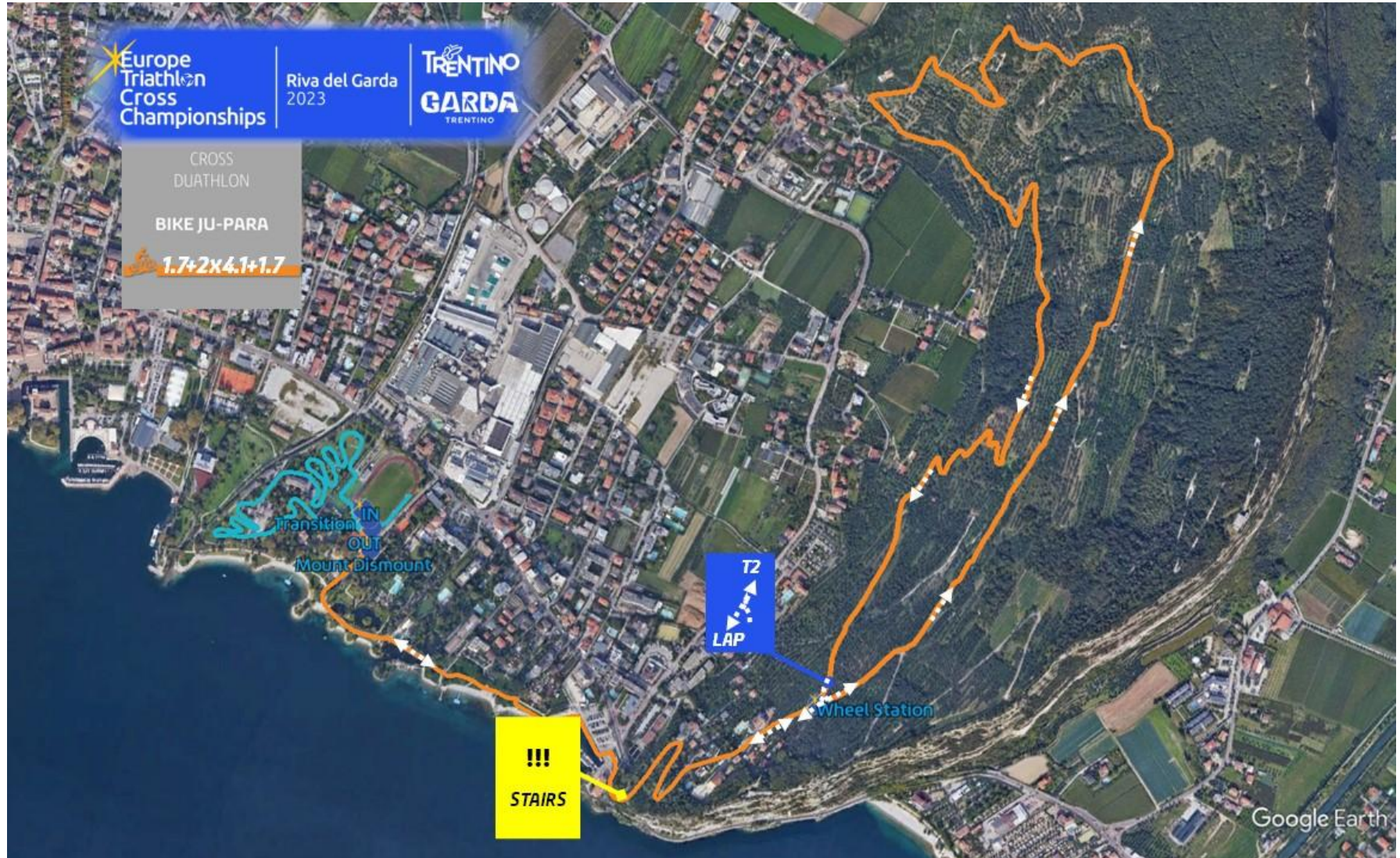
What to bring

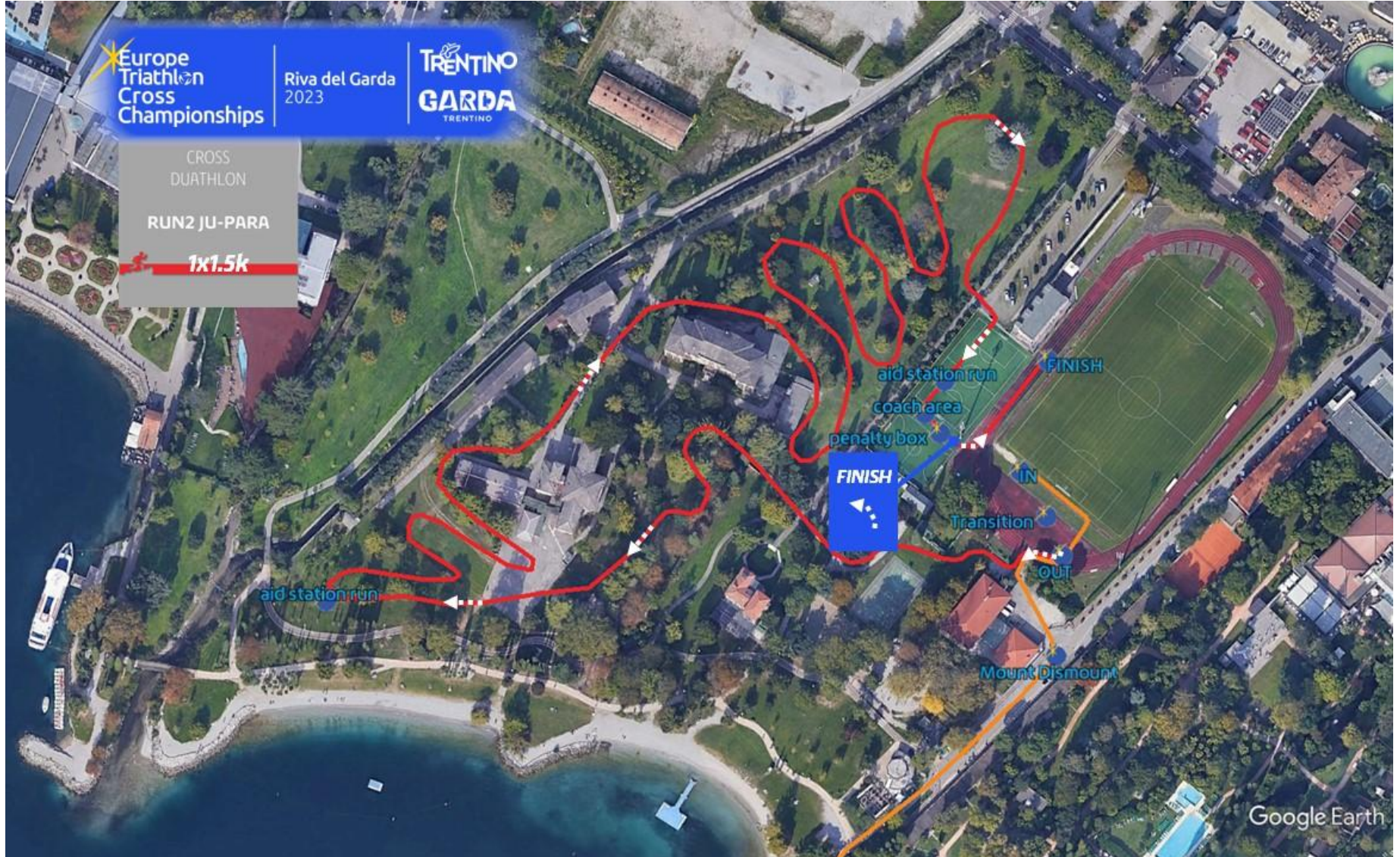
- Uniform and body decals check
- Helmet check – with stickers
- Bicycle check – with stickers and MTB plated mounted
- Any nutrition/liquid that you want to leave on your bike

As you enter the Transition Area to check in, ensure your bike is in safe-working conditions. Make sure that stickers, body decals, MTB plates are placed before the check-in to smooth the process. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

18. CROSS DUATHLON COURSES (Junior)

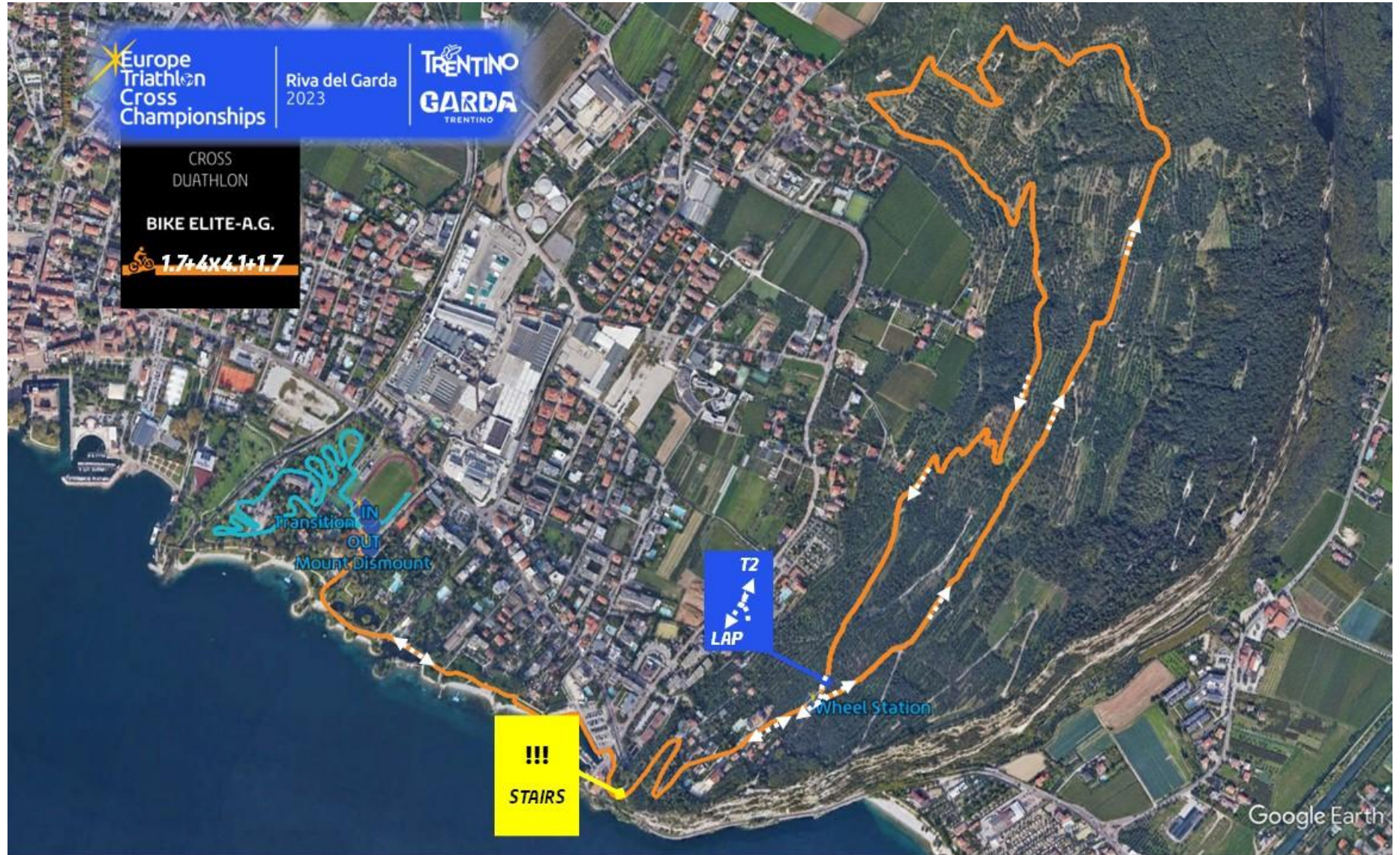






19. CROSS DUATHLON COURSES (Elite, U23 and Age Group)







20. AID STATIONS

20.1. CROSS DUATHLON AID STATIONS (Junior)



20.2. CROSS DUATHLON AID STATIONS (Elite, U23 and Age Group)



21. PENALTY BOX (Elite, U23, Junior)

Penalty Box is positioned at the km 1.3 each running lap beside the coach area and the Aid Station 2

22. ACCREDITED COACH AREA

2 Accredited coach area:

1 is positioned close to the start line

2 is positioned at the km 1.3 each running lap beside the penalty box and the Aid Station 2

23. CUT OFF TIMES

JUNIOR Duathlon Championships: RUN1 **20'**; RUN1+BIKE **70'**; FINISH **80'**

Elite Duathlon Championships: RUN1 **35'**; RUN1+BIKE **120'**; FINISH **140'**

Age Group Duathlon Championships: RUN1 **50'**; RUN1+BIKE **160'**; FINISH **180'**

24. CHANGING ROOMS ON RACE DAY

A comfortable and full of shower services changing area is provided by the stadium facility under the grandstands and directly accessible from the finish line.

25. BIKE AND GEAR CHECK OUT

The checkout bike has to be done immediately after the race finish and not later than 1/2 hour post race cutoffs

CROSS TRIATHLON KEY DATES AND TIMES

26. CROSS TRIATHLON WAVES / START TIMES

7:30 - 8:20 Check-in Junior

8:30 Start Europe Triathlon Cross Triathlon Junior M

8:35 Start Europe Triathlon Cross Triathlon Junior F

10:30 - 11:50 Check-in Elite – Under 23 M- AG

12:00 Start Europe Triathlon Cross Triathlon Elite – Under 23 M

12:30 - 13:50 Check-in Elite – Under 23 F

14:00 Start Europe Triathlon Cross Triathlon Elite - Under 23 F

16:00 Flower Ceremony

16:30 Start Europe Triathlon Cross Triathlon Age Group M

16:35 Start Europe Triathlon Cross Triathlon Age Group F

19:00 Awards Europe Triathlon Cross Triathlon

27. WHERE TO PARK ON RACE DAY

The suggested parking area name is “Area Ex-Cattoi” and it is located few hundreds meters from the race area. Address: **Viale Rovereto, 31, 38066 Riva del Garda TN**

28. CROSS TRITHLON LOCATION

The race area, transition and finish arch are located inside the city stadium. Address: **Via Cristoph Hartung Von Hartungen, 1, 38066 Riva del Garda TN**

The start area is immediately close to the stadium on the lake riverside

29. CHECK-IN PROCEDURES

Junior

Athlete Lounge: 07:30 – 08:10

Transition Area: 07:45 – 08:20

Elite M, U23 M

Athlete Lounge: 10:30 – 11:40

Transition Area: 10:45 – 11:50

Elite, U23 F

Athlete Lounge: 12:30 – 13:40

Transition Area: 12:45 – 13:50

Age Group

Transition Area: 10:45 – 11:50

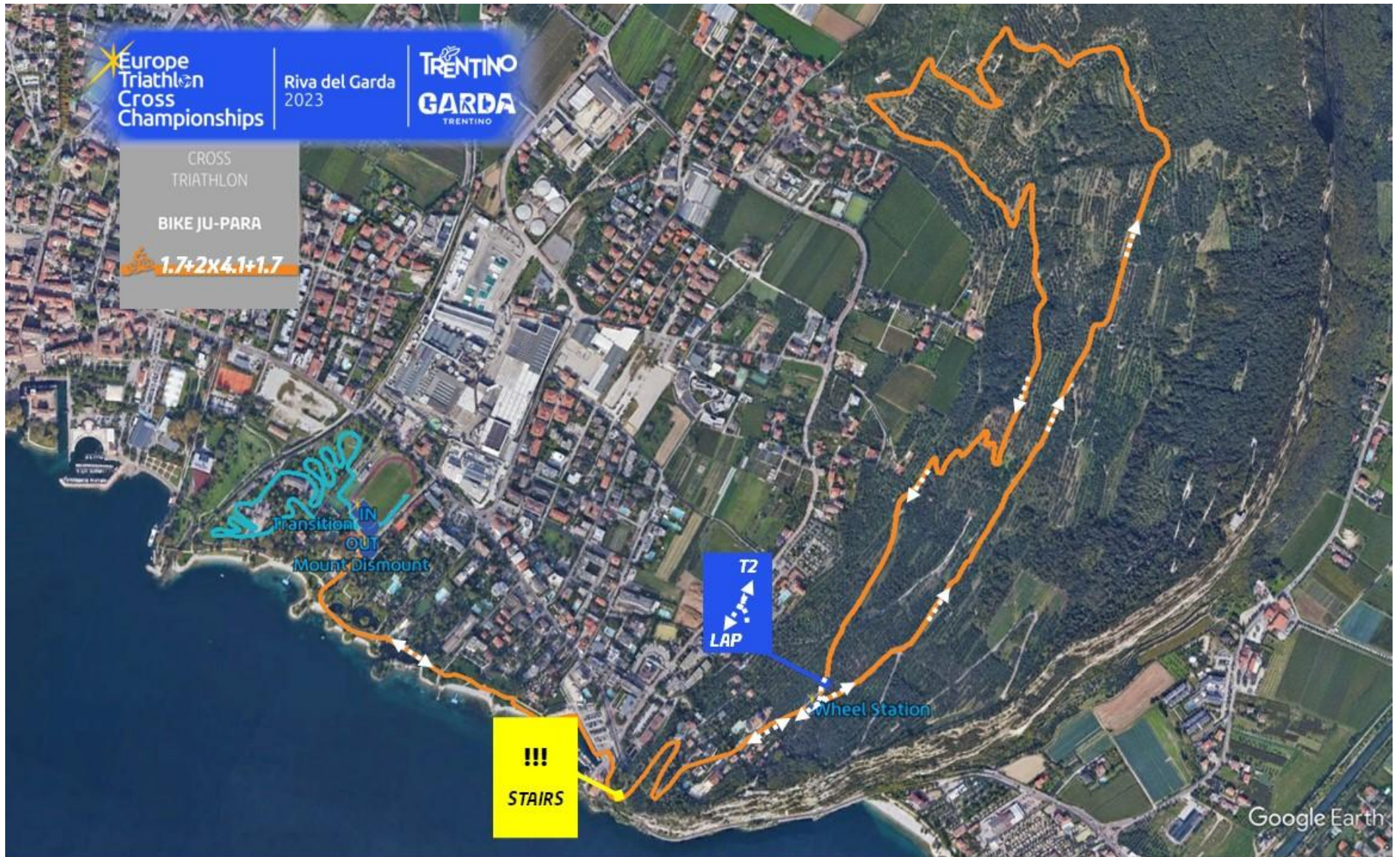
What to bring

- Uniform and body decals check
- Helmet check – with stickers
- Bicycle check – with stickers and MTB plated mounted
- Any nutrition/liquid that you want to leave on your bike

As you enter the Transition Area to check in, ensure your bike is in safe-working conditions. Make sure that stickers, body decals, MTB plates are placed before the check-in to smooth the process. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

30. CROSS TRIATHLON COURSES (Junior)

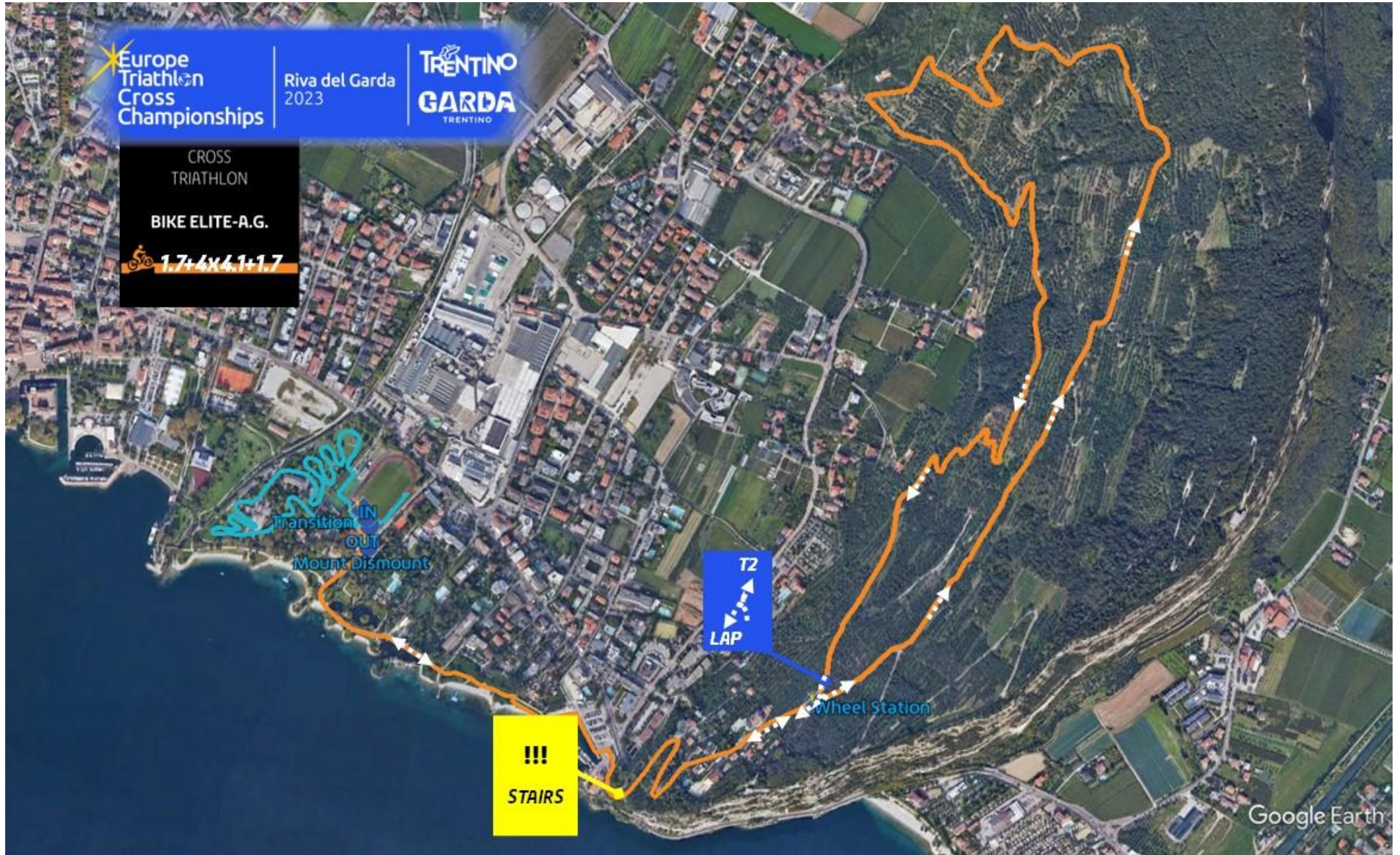






31. CROSS TRIATHLON COURSES (Elite, U23 and Age Group)







32. AID STATIONS

32.1. CROSS TRIATHLON AID STATIONS (Junior)



32.2. CROSS TRIATHLON AID STATIONS (Elite, U23 and Age Group)



33. PENALTY BOX (Elite, U23, Junior)

Penalty Box is positioned at the km 1.3 each running lap beside the coach area and the Aid Station 2

34. ACCREDITED COACH AREA

2 Accredited coach area:

1 is positioned close to the start line

2 is positioned at the km 1.3 each running lap beside the penalty box and the Aid Station 2

35. CUT OFF TIMES

JUNIOR Triathlon Championships: SWIM **20'**; SWIM+BIKE **70'**; FINISH **80'**

Elite Triathlon Championships: SWIM **35'**; SWIM+BIKE **120'**; FINISH **140'**

Age Group Triathlon Championships: SWIM **50'**; SWIM+BIKE **160'**; FINISH **180'**

36. CHANGING ROOMS ON RACE DAY

A comfortable and full of shower services changing area is provided by the stadium facility under the grandstands and directly accessible from the finish line.

37. BIKE AND GEAR CHECK OUT

The checkout bike has to be done immediately after the race finish and not later than 1/2 hour post race cutoffs