



elite guide



Be your
extraordinary

Key Dates

Friday March 15 2024

14:00 - 14:45 hrs. Elite Swim Familiarization.

Beach in front of IMSS Hospital,
Heroes del 47 Street.

18:00 hrs. Elite Briefing - Mandatory

City Express Hotel

Address: Carretera Escenica, Paseo Alvaro
Obregon, KM 2.5 Policentro O Marina
Palmira, 23019, La Paz, B.C.S Mexico

Saturday March 16 2024

**13:00 - 14:00 hrs Athlete Lounge Open at Elite
Transition Area.**

13:05 - 14:10 hrs Elite Transition Open.

**14:25 hrs Shuttle leaves transition to race
start.**

14:45 hrs. Elite Men Start

Beach in front of IMSS Hospital,
Heroes del 47

14:48 hrs. Elite Women Start

Beach in front of IMSS Hospital,
Heroes del 47

17:00 hrs. Elite Awards Ceremony

@ Finish line

Key Contacts

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Race Director

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Elites Athletes Lounge (Saturday)

Will open at 12:05 hrs, at transition area. There will be room for athletes to store their personal items. Water, Gatorade, and fruit will be available.



Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules. Please have photo ID with you, in the event you are chosen for testing.



Medical Services

First Aid and Emergency Medical Services will be available during the familiarization session and during the competition hours to anyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the competition hours. Several ambulances will be available to provide emergency transfer to nearby hospitals.

The medical tent will be in the Main Venue / Finish Area.

Please note: Possible medical services at the venue are free of charge. Any ambulance transport to or treatment in hospitals, clinics and practices are to be paid by the participants. Athletes / teams need to ensure that they have appropriate medical insurance. The Hospital will be the IMSS

Price for enter the Hospital

\$440 pesos

\$20 USD



Security

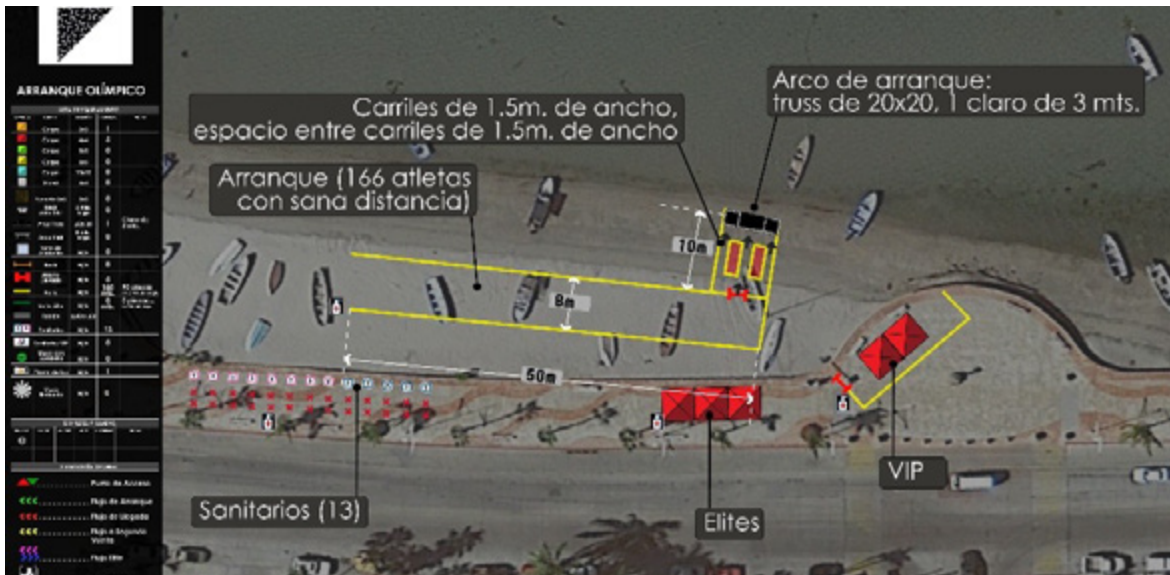
A private security company will be responsible for the venue security and Field of Play (FOP) Marshals will patrol around the Field of Play on race day. Police will manage the road closures and the traffic around the course.

Course

Start Area

The start area will be located at the Beach in front of IMSS Hospital, Heroes del 47 Street.

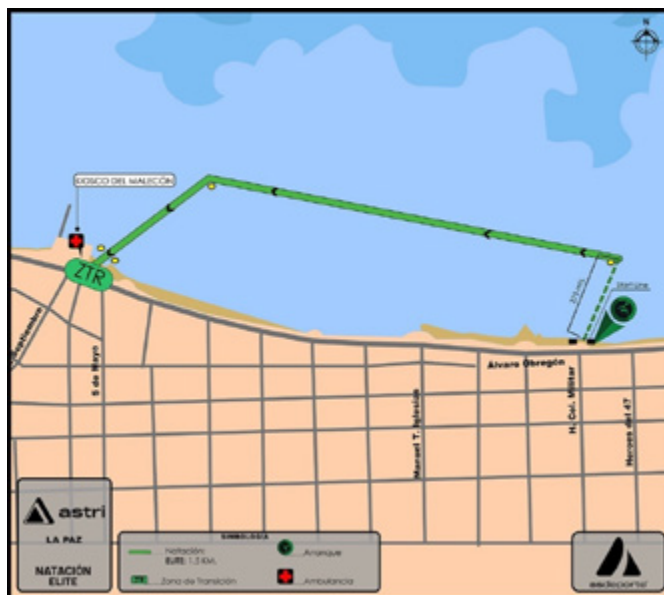
Athletes will meet at the swim start area 15 minutes before the start of their race and be marshalled towards the swim start area. The men and the women will have their names announced before the start of the men's race. This will be an IN WATER start, with each athlete being allowed .75m for their start position. If the Tide is low, the start line will be moved forward.



Swim Course

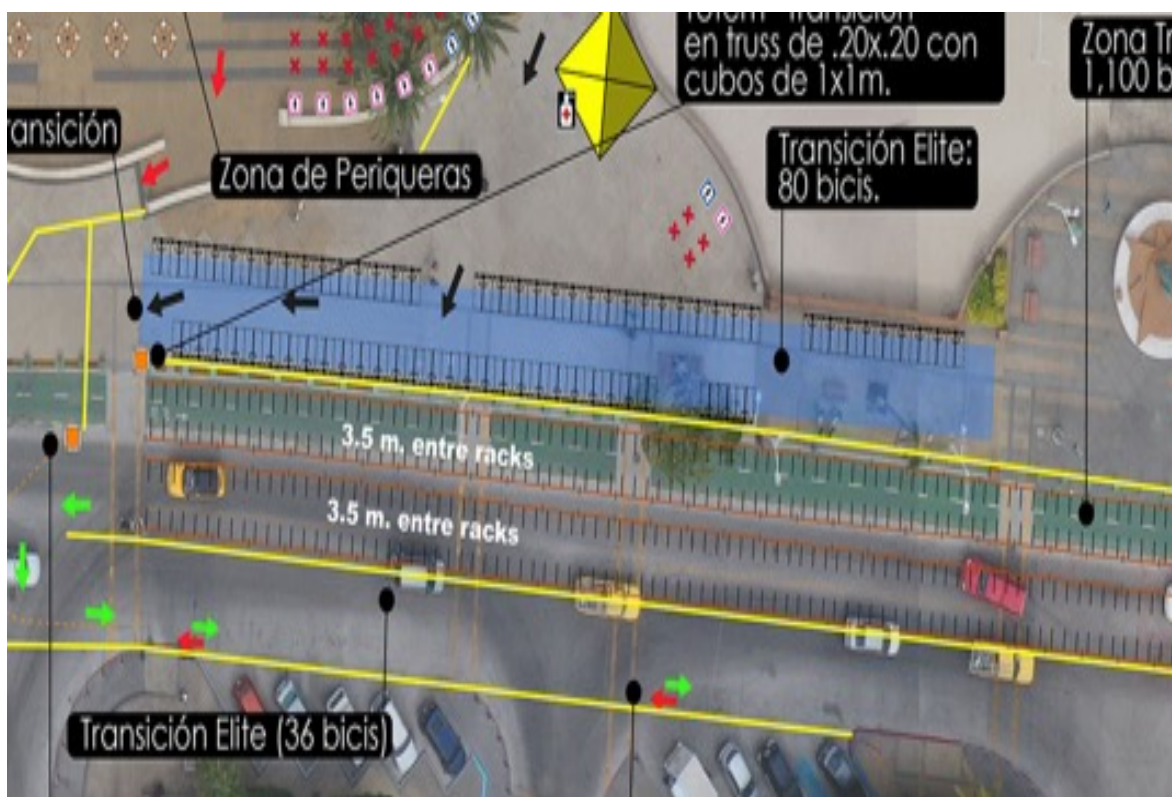
The swim is a point to point swim of 1500 meters. Each turn will be clearly marked with a yellow and orange buoy. The average water temperature in Malecon Beach in March is approximately 24 degrees Celsius. Wetsuit use will be announced one hour prior to race.

The distance to the first turn may change depending on the tide.



Transition Area

Transition area is located next to the finish line area in front of the grandstands and equipped with traditional World Triathlon style bike racks. The positions on the bike racks are labelled with athletes' name, number, and country. The athlete position in transition is based on the current ranking of the athlete, with the highest-ranking athlete receiving a position closest to the mount line.



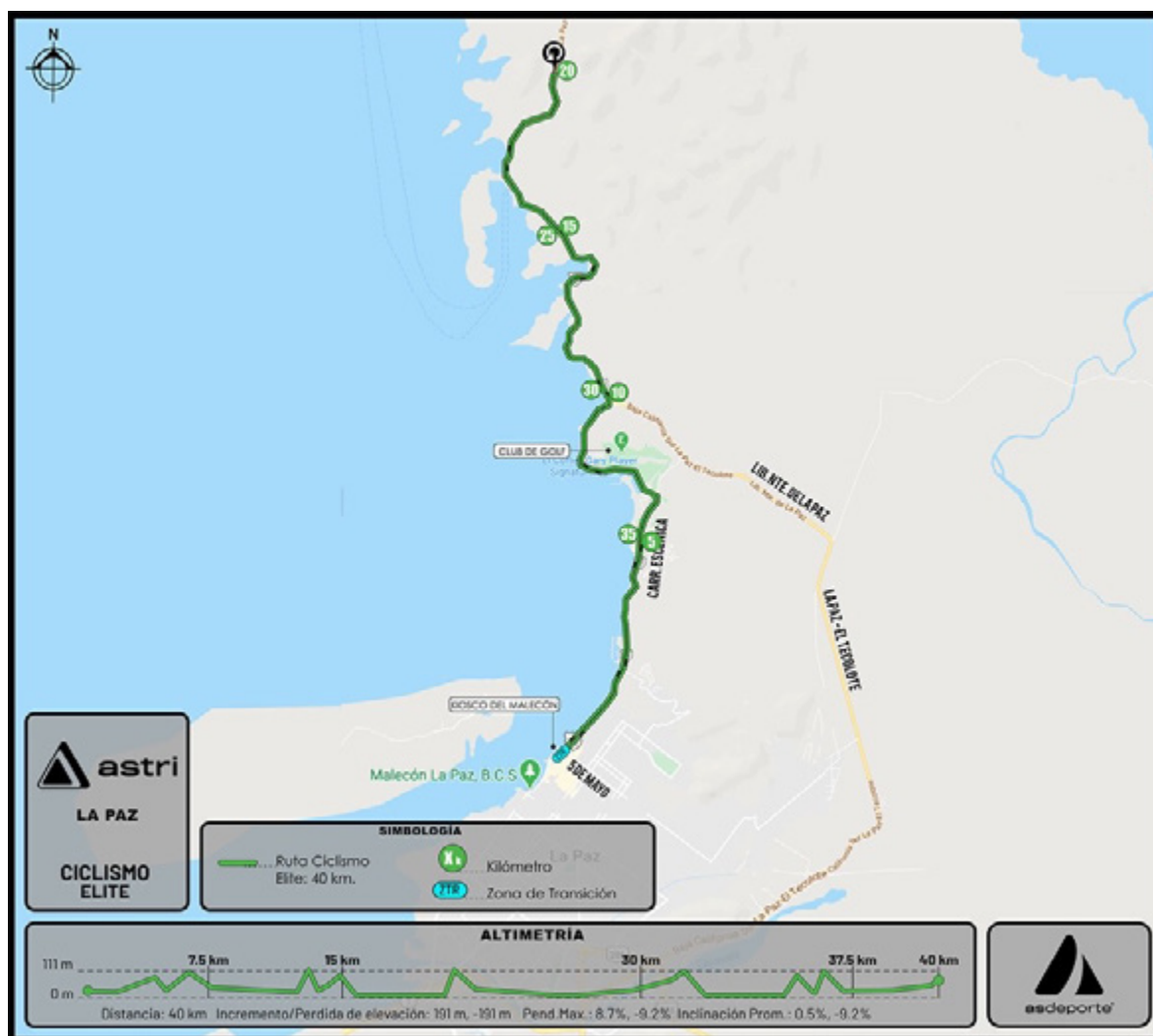
Bike Course

The 37 kms bike course consists of an out and back course along La Paz-Pichilingue Road. The route is slightly technical with a few tight turns, and elevation in some areas. Turn around is at pichilingue road near Balandra Bech. The road surfaces are for the most part in good condition. Athletes will experience newly paved surfaces as they enter and leave the transition area.

Team Wheel Station

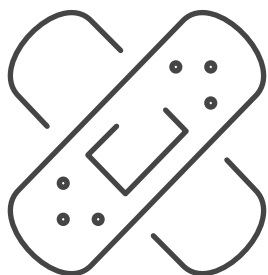
Team Wheel's will be checked in at registration/bike check and transported to team wheel station located in the map

There is NO Neutral Wheel Station at this event.



Run Course

There are 4 laps of 2.5 km, which will take athletes along Alvaro Obregon Road, offering good running surface. The last lap, the athletes will go toward the left to the finish area.

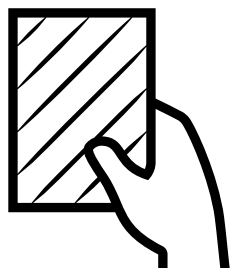


Aid Stations

There will be two double aid stations on the course with bottled water, and ice bags for all athletes. Each will be accessed from both sides.

Station 1 near the beginning of the run course

Station 2 near the turn around at the far end of the run course



Run penalty box

Will be on the Ocean side of the run course heading toward finish. It can be accessed on each lap of the run course.



Things to Know:

It is the Athletes responsibility to know the course and the rules. Please review the World Triathlon Competition Rules prior to your race.

[Link World riathlon Competition Rules 2024](#)

La Paz enjoys hot beautiful weather year-round with average daily temperatures of 19 to 31 Celsius.

Water Temperature for March is usually between 18-23 degrees Celsius.

Currency: Mexican Peso

For Hotel information and area attractions go to:
www.golapaz.com



Americas
Triathlon
Cup

la paz
2024

Be Safe,
Play Fair and Have FUN

We look forward to seeing
you in La Paz

by



asdeporte

OFFICIAL WEB
www.asdeporte.com