



World Triathlon Cup

HUATULCO 2023



Americas
Triathlon
Cup

GMC

WE ARE PROFESSIONAL GRADE



A S T R I

HUATULCO



OAXACA
GOBIERNO DEL ESTADO

ATHLETE'S GUIDE



World
Triathlon

Be your
extraordinary

TABLE OF CONTENTS

1. GENERAL INFORMATION

- 1.1. INTRODUCTION
- 1.2. KEY DATES
- 1.3. KEY CONTACTS
- 1.4. CONTACT DETAILS

2. VENUE

- 2.1. RACE VENUE
- 2.2. COURSE FAMILIARIZATION
- 2.3. ATHLETE'S LOUNGE
- 2.4. ELITE ATHLETES' RACE PACKAGE
- 2.5. DOPING CONTROL
- 2.6. SECURITY
- 2.7. LOC OFFICE

3. ACCOMMODATION

4. TRANSFER AND TRANSPORT

5. ATHLETE'S SERVICES

- 5.1. SWIM AND BIKE TRAINING
- 5.2. MEDICAL SERVICES
- 5.3. BIKE MECHANICAL SERVICE

6. COMPETITION SCHEDULE

- 6.1. ELITE WOMEN
- 6.2. ELITE MEN
- 6.3. COMPETITION RULES
- 6.4. ATHLETE'S BRIEFING
- 6.5. TIMING CHIPS
- 6.6. RESULTS
- 6.7. PROTEST & APPEALS

7. ACCREDITATION

8. USEFUL INFORMATION

Could be and is not limited to:

- 8.1. LANGUAGE
- 8.2. POPULATION
- 8.3. CURRENCY
- 8.4. TIME
- 8.5. ELECTRICITY
- 8.6. WATER
- 8.7. TELEPHONE CONNECTIONS

9. COURSE MAPS

1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches, and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up to date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

Thursday June 15

18:00	Athlete Briefing - Word Cup, Hotel Biniguenda
19:00 Elite	Elite Athletes Packet Pick up , Hotel Biniguenda

Friday June 16

18:00	Athlete Briefing - Mixed Relay, Biniguenda
13:00 to 19:00	Age Group Packet pick up at Santa Cruz
19:00	Mixed Relay Athletes Packet Pick Up

Saturday June 17

6:30	Age Group Event Starts
13:45-14:45	Elite Female Athletes Lounge Opens
13:55-15:00	Transition Area Check Inn Elite Women
14:30-15:00	Swim Warmup
15:05	Athletes' Introduction
15:15	Elite Female Starts
15:45-16:45	Elite Male Athletes Lounge Opens
15:55 -16:00	Transition Area Check Inn Elite Male
16:30 -17:00	Swim Warm- up
17:05	Athletes' Introduction
17:15	Elite Male Start
18:30	Award Ceremony
19:00-19:30	Mixed Relay Team Nominations Turned in at the Athlete Lounge



Sunday June 18

6:30-7:00	Mixed Team Relay Change Declarations Turned in at the Athlete Lounge
6:30	Age Group Mix Relay Stars
7:45	Elite Mix Relay Athletes Lounge Opens
9:00	Elite Mix Relay Starts
11:00	Elite Mix Relay Award Ceremony

1.3. KEY CONTACTS

Mauricio Alvarez
Race Director



malvarez@asdeporte.com

Paul Brandt
Technical Delegate



paul.brandt@usatriathlon.org

Diana Cortes
Athlete Services Manager



dcortes@asdeporte.com

Humberto Aguilar
Medical Delegate



drhumbertoaguilar@me.com

Laura Blackwell
Team Leader



laura.blackwell@triathlon.org

1.4. CONTACT DETAILS

AsDeporte

Av. San Jeronimo 424 PB1
Col. Jardines del Pedregal
Ciudad de México
Cp. 01900



Mauricio Alvarez
malvarez@asdeporte.com

2. VENUE

2.1. RACE VENUE



2.2 COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, June 16th from 10:15 to 11:00. The location will be the same as the start of the race, "Santa Cruz". Please note: It is forbidden to swim outside the test swimming zone at any time because of safety reasons and marine traffic!

BIKE

You will be able to familiarize yourself with the bike course on Friday, June 16th at 09.00 (Starting at the transition area). 3 laps (30 min aprox) its going to be escorted by local pólíce so the roads will not be fully closed so use caution

2.3. ATHLETE'S LOUNGE

Beside the transition zone, 2500 m2 open area fence delimited. Inside you find a 10x10 changing tent / cloakroom, bike racks, bathrooms, resting area and chairs, snacks, water, Gatorade, registration tent, natural shaded.

Saturday

13:45-14:45

Elite Female Athletes Lounge Opens

15:45-16:45

Elite Male Athletes Lounge Opens

2.4. ELITE ATHLETES' RACE PACKAGE

Friday June 16th, 2023

19:00

Hotel Biniguenda

2.5. DOPING CONTROL

Hotel Castillo Huatulco

Blvd. Santa Cruz S/N, Bahía de Santa Cruz, Bahías de Huatulco, 70989 México
CONADE Doctor is Yadhira Cuevas

2.6. SECURITY

Accreditation must be visible to access the following areas

Head Of Security , Jose Mercado: 6242466777





2.7. WT OFFICE

Holiday Inn Huatulco
Blvd. Benito Juárez 604-Sector "A, 70987 Oax.
Phone number: 958 583 0433

Thursday 15 and Friday 16

10:00 - 13:00

15:00 - 19:00

Saturday 12

10:00 - 13:00

3. ACCOMMODATION

Denisse Hernandez

huatulcohotel@prodigy.net.mx

Tel. +52 (958) 581 0486 / 581 0487

LADA. 01-800 224 4279

TOLL FREE USA. 1-866 416 0555

<http://www.hoteleshuatulco.com.mx>

4. TRANSFER AND TRANSPORT

Huatulco Airport

VISA:

Those athletes who need an invitation letter in order to obtain a visa to enter into Mexico, must contact Miss Erika Gomez at the Mexican National Federation:
afiliaciones@triatlon.com.mx

Local Transportation from Airport to Hotel

Please contact directly LOC ,

Diana Cortes dcortes@asdeporte.com

You will have until Friday 9th to send your flight itinerary

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

Sta Cruz Bay , Public Beach in Huatulco the athletes can practice at own risk.

BIKE

The LOC will not close the course for practice, the athletes can practice at own risk.

RUN

The LOC will not close the course for practice, the athletes can practice at own risk.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Address:

Clínica IMSS 41 HUATULCO - Seguro Social IMSS

Boulevard chahue lote 49 manz 5; sector R "Las Palmas", 77989 Santa Cruz

Emergency telephone number

(958) 587-11-82

5.3. BIKE MECHANICAL SERVICE

Friday 16th, 2023

12:00 – 19:00

Parque Santa Cruz



6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
Thursday 16	18:00	19:00	Mandatory Athlete's briefing	Hotel Biniguenda
Thursday 16	19:00	19:30	Race package distribution	Hotel Biniguenda

Friday June 16

13:00 to 19:00

Age Group Packet pick up at Santa Cruz

13:00 to 19:00

Bike Mechanical free service Age Group Packet pick up at Santa Cruz Bay

Saturday June 17

6:30

Age Group Event Start

13:45-14:45

Elite Female Athletes Lounge Opens

13:55-15:00

Transition Area Check Inn Elite Women

14:30-15:00

Swim Warmup

15:05

Athletes' Introduction

15:15

Elite Female Starts



6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
Thursday 16	18:00	19:00	Mandatory Athlete's briefing	Hotel Biniguenda
Thursday 16	19:00	19:30	Race package distribution	Hotel Biniguenda

Friday June 16

13:00 to 19:00

Age Group Packet pick up at Santa Cruz

13:00 to 19:00

Bike Mechanical free service Age Group Packet pick up at Santa Cruz Bay

Saturday June 17

6:30

Age Group Event Start

Saturday June 17

15:45-16:45

Elite Male Athletes Lounge Opens

13:55-16:00

Transition Area Check Inn Elite Male

16:00-17:00

Swim Warm- up

17:05

Athletes' Introduction

17:15

Elite Male Start

18:30

Elite Award Ceremony

19:00-19:30

Mixed Relay Team Nominations Turned in at the Athlete Lounge

Sunday June 18

6:30-7:00

Mixed Team Relay Change Declarations Turned in at the Athlete Lounge

6:30

Age Group Mix Relay Stars

7:30

Elite Mix Relay Athletes Lounge Opens

7:45-8:45

Transition area Check-in Mixed Relay

8:00-8:45

Swim Warm-up Mixed Relay

8:50

Athletes' Introduction

9:00

Elite Mix Relay Starts

11:00

Elite Mix Relay Award Ceremony

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

6.4. ATHLETE'S BRIEFING

Thursday June 15

18:00 (GMT-5)

Mandatory Athletes Briefing

6.5. ATHLETE'S CHECK IN UNIFORM

During the athletes lounge check in

6.6. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.7. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

All the Results information will be distributed to the Team Leaders at the Information Centre (Holiday Inn Hotel)

6.8. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Thursday June 15

18:00 (GMT-5)

Mandatory Athletes Briefing

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition venue.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. ACTIVITIES

<https://www.explorehuatulco.com/101-things-to-do-in-huatulco>

8.2. LANGUAGE

Spanish, most hotels also speak English

8.3. CURRENCY

MXN Mexican Peso

8.4. TIME

GMT -5

8.5. ELECTRICITY

127 volts

American Style A/B

8.6. WATER

Just drink bottled water

8.7. TELEPHONE CONNECTIONS

From other countries use +52

8.8. WEATHER

Min 23 °C Max 35°C

9. COURSE MAPS

SWIM START

SWIM COURSE

Start procedures: beach start 60 m wide

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1

Average water temperature 26 C

Map of the swim course

MAP OF THE SWIM COURSE

<https://apps1.semarnat.gob.mx:8443/dgeia/gob-mx/playas/destinos/huatulco.html>



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward in one direction. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' name, numbers and country code are displayed on the top of each bike rack. After the helmet is secure, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

BIKE COURSE

Number of laps: 4

Map of the bike course



<https://youtu.be/0VYf77uxGTc>

TRANSITION 2

The dismount line will be placed 10 meters before the entrance of the transition zone, forward. Athletes enter the transition and must deposit helmet in a bin placed beside the bike racks. Athletes' names, numbers and country code are displayed on the top of each bike rack. After the helmet is in the bin and running shoes are on, athletes exit by moving forward into the centre lane and towards run start line.

RUN COURSE

Number of laps: 4

Description: flat

Number of laps: 2

Run penalty box will be near the bike dismount line

Map of the run course.



TRANSITION 2

The dismount line will be placed 10 meters before the entrance of the transition zone, forward. Athletes enter the transition and must deposit helmet in a bin placed beside the bike racks. Athletes' names, numbers and country code are displayed on the top of each bike rack. After the helmet is in the bin and running shoes are on, athletes exit by moving forward into the centre lane and towards run start line.



2023 AMERICAS TRIATHLON MIXED RELAY CHAMPIONSHIPS HUATULCO

COURSE & DISTANCE

SWIM

300 m

Number of laps: 1

Ocean Beach start

BIKE

6.8 km

Number of laps: 1

Flat, with a minor hill in the start of each lap

RUN

2 km

Number of laps: 2

Almost Flat with a minor hill in the start

Schedule

Friday June 16

18:00

Mandatory Meeting (whole team four athletes), Hotel Biniguenda

Saturday June 17

19:00-19:30

Mixed Relay Team Nominations Turned in at the Athlete Lounge

Sunday June 18

6:30

Age Group Mix Relay Stars

7:30

Elite Mix Relay Athletes Lounge Opens

7:45-8:45

Transition area Check-in Mixed Relay

8:00-8:45

Swim Warm-up Mixed Relay

8:50

Athletes' Introduction

9:00

Elite Mix Relay Starts

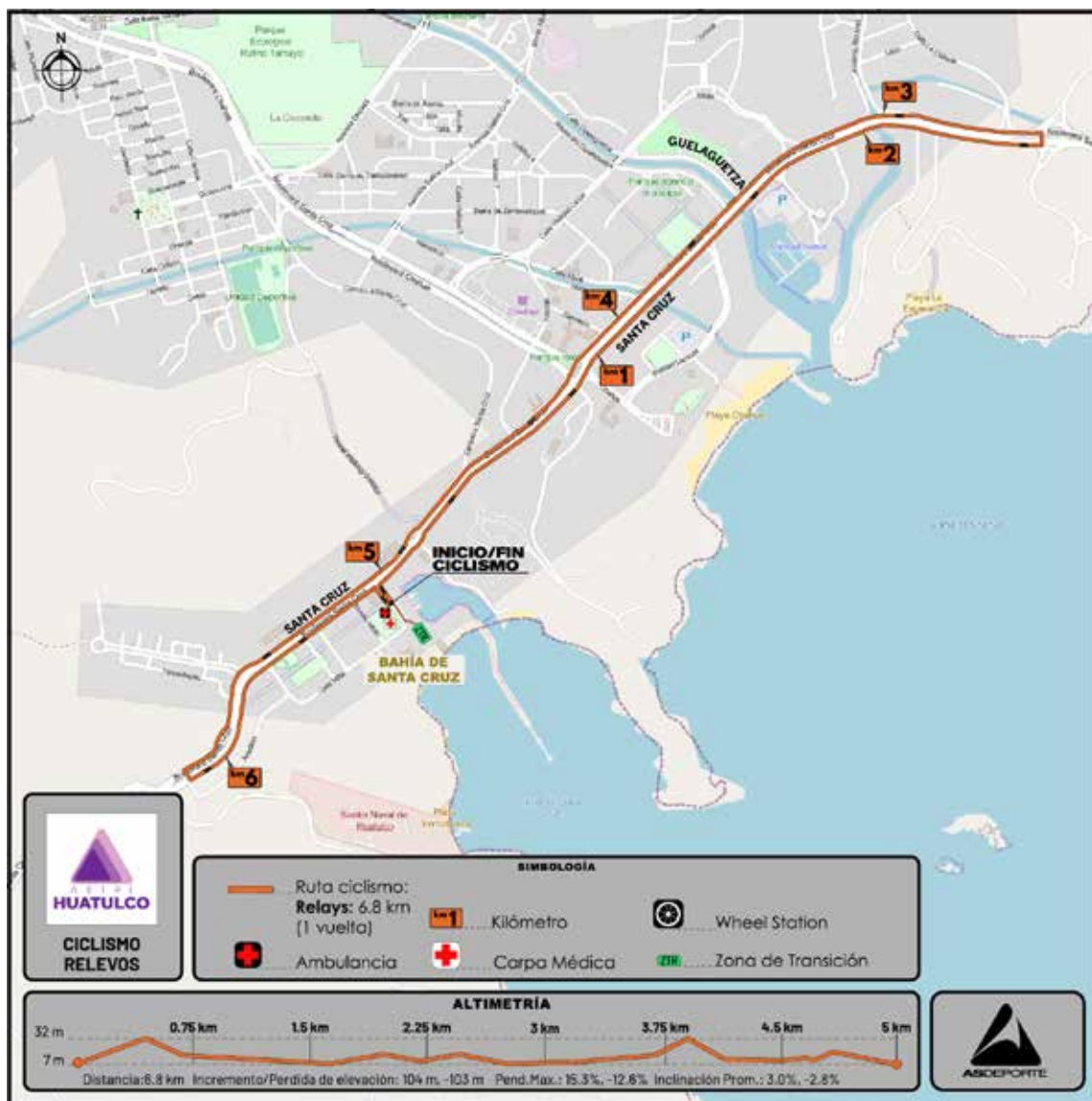
11:00

Elite Mix Relay Award Ceremony

MAPS:







SIMBOLOGÍA

	Ruta ciclismo: Relays: 6.8 km (1 vuelta)		Kilómetro		Wheel Station
	Ambulancia		Carpa Médica		Zona de Transición





GOOD LUCK.



OFFICIAL WEB
www.asdeporte.com

