



Americas  
Triathlon  
Cup

IXTAPA  
ZIHUATANEJO  
2023



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**ATHLETE'S GUIDE**



World  
Triathlon

Be your  
extraordinary

## 2023 AMERICAS TRIATHLON CUP IXTAPA

Practically since triathlons began in Mexico, Ixtapa Zihuatanejo has been one of the favorite venues for triathletes and is one of the oldest triathlons in our country. The first Ixtapa Zihuatanejo Triathlon was held in December 1987, and since then only the year of the pandemic has it been suspended.

Ixtapa Zihuatanejo is also one of the most attractive tourist destinations in our country, highlighted by its beautiful beaches, swimming with dolphins, aquatic and sports activities such as golf, tennis, fishing, diving, triathlon and an incredible sunset on all its beaches.

The local organizing committee ensures that the information contained in the guide is correct as of the production date. However, athletes, coaches and team leaders are advised to check with the local organizing committee regarding any changes in information contained herein. Updates will also be posted to the event web page on the World Triathlon site:

[https://triathlon.org/events/event/2023\\_americas\\_triathlon\\_cup\\_ixtapa](https://triathlon.org/events/event/2023_americas_triathlon_cup_ixtapa)





## Key Contacts

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## Key dates

### Friday, May 19, 2023

**1100-1130**

Elite Swim Familiarization – Playa El Palmar

**1800-1900**

Elite Athlete Briefing and Packet Pickup (Mandatory) - Hotel Gamma Plaza

### Saturday, May 20, 2023

**0900**

Elite Athlete Lounge opens

**0930**

Transition opens

**1110**

Elite Men Introductions – Playa El Palmar

**1120**

Elite Men Start, followed by Elite Women Introductions – Playa El Palmar

**1130**

Elite Women Start – Playa El Palmar

**1300**

Elite Awards Ceremony – Finish venue

## VENUE and RACE COURSE

### Venue

Boulevard Paseo Ixtapa in front of the Hotel Fontán, 40880 Ixtapa Zihuatanejo. This is the location of the transition area, finish zone, elite athlete lounge and award stage. It is a short walk along Paseo del Palmar to the Hotel Gamma Plaza where the elite athlete briefing and packet pickup will be located.

### Swim



The swim begins with a beach start at the south end of Playa El Palmar, adjacent to the Pacifica Resort. It is a point-to-point course of 750m with two right turns. The expected water temperature is 28C. There is a 500m transit to the transition area over beach sand and carpet.



## Transition



There is a 500m transit from the swim exit to the transition area over beach sand and carpet. Transition is at the central point of Ixtapa visible to many spectators. There will be a single-direction flow with athletes entering from the south and departing toward the north. Athletes of the same gender will be on the same side (left or right) of the transition lane.



## Bike

The bike course is one lap of 20km. There are multiple short climbs and multiple speed bumps. A team wheel station will be placed on Blvd. Playa Linda that is accessible from both directions.



## Run

The run course is 2 laps for a total distance of 5km. There is a small rise in elevation outbound on each lap. Three aid stations are located on each lap. The expected air temperature is 30C.



## COMPETITION RULES

The event will be governed by the 2023 World Triathlon Competition Rules. Doping Control will be performed in accordance with World Triathlon and WADA procedures.

New World Triathlon rules that we want to bring to your attention:

All athletes must provide a picture identification at packet pickup. All support team (coaches, medical representatives) must register through World Triathlon and provide picture identification to receive their accreditation.

New letters have been added to the Penalty Box. B for Bike Behavior and R for Run Behavior.

Dangerous Behavior on the Bike and Run: Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike or run, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.

Where an athlete deliberately targets another athlete during the bike or run and impedes their progress, gains an unfair advantage, potentially causes harm or a crash/fall, the athlete will be disqualified.

Clip-on bars are no longer allowed. The riding position requires that the only points of support are the feet on the pedals, the hands on the handlebars and the seat on the saddle.

By the end of the last transition, the ground must be clean of all equipment, regardless whether used or not. Equipment must be taken onto the run or deposited in the corresponding numbered bin provided. However, bike shoes may remain fixed on the pedals and bike equipment placed on the bike previously (except the helmet and glasses) may remain on the bike.

## ATHLETE SERVICES

**Bike Support:** Free bike mechanical support will be provided at the Gamma Hotel proximate to the elite athlete briefing, and near the transition area on race morning.

**Medical services:** First aid and emergency medical services will be available during the swim familiarization session and during the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be established behind the finish line. Medical services at the venue are free of charge. Treatment in private hospitals are to be paid for by the participant. Athletes and teams should ensure that they have appropriate medical insurance.

The local hospital closest to the venue is Hospital Naval Ixtapa, Paseo del Palmar S/N, Centro, 48280 Ixtapa. Open 24 hours. Telephone 755.553.0553.

## USEFUL INFORMATION ABOUT IXTAPA, MEXICO

### International Travel

Athletes from most countries do not require a visa to enter Mexico for visits less than 180 days. A passport is required, valid at the time of entry and during the period you wish to be in Mexico.

With respect to COVID-19, at this time there are no entry restrictions in Mexico and no obligation to quarantine, provide proof of COVID-19 vaccination, or carry results of a COVID-19 test. The Mexican government continues to encourage people to practice measures to prevent and limit the spread of COVID-19.

Ixtapa/Zihuatanejo International Airport (ZIH) has daily flights to and from Mexico City (MEX), periodic flights to and from Tijuana (TIJ), Los Angeles (LAX), Phoenix (PHX), Dallas (DFW), Houston (IAH) and seasonal service from additional USA and Canadian cities.

### Local Time

In October 2022, Ixtapa and Mexico City changed to GMT-6 hours, year round. This is the equivalent to "Central Standard Time" in the rest of North America.

### Currency

The Mexican Peso can be obtained at ATMs and currency exchanges. It is useful for taxi fares and local shopping in Ixtapa.

### Electricity

127v/60Hz with Type A & B plugs

### Local Transportation

Taxis are plentiful at large hotels and businesses and one of the best ways to travel around. At the airport, authorized taxi and van services are available; buy tickets at the taxi kiosk. Ask for the rate before getting in, as the taxis do not have meters and fares within/between zones are fixed. Cab fares are per taxi (not per person) and a reasonable fare within Ixtapa is around \$40MXN (40 pesos) and \$75MXN to downtown Zihuatanejo, though fares will be higher after midnight, or to/from the airport, or to/from outlying areas (e.g. Playa Linda). Microbuses are less expensive though more heavily used by locals.



## Lodging and Host Hotel

The Gamma Plaza Ixtapa will host the pre-race elite athlete meeting, though there are plentiful hotels and resorts in the Ixtapa zona hotelera within walking distance of the race venue.

Hotel Gamma Plaza: Av. Paseo del Palmar and Paseo Agua de Correa. Located behind the finish area.

## Food and Drink

Numerous restaurants and a grocery (Merza) are located within walking distance of the race venue.

Tap water is not potable. Bottled water and beverages are safe. Be aware that ice for drinks might be made using tap water.

## Communications

Cellular telephone services are available.

The phone number for emergency services is 911. For other calls to/within Mexico, dial +52 (The country code for Mexico) and the local number you are calling. The local area code for Ixtapa/Zihuatanejo is 755. For example, to call the Naval Hospital, dial +52.755.553.0553. (On many cellular phones, to dial the "+", hold down the "0" key for two seconds.)

To call from Mexico to another country, dial the country code + number. For example, to call the USA (Country code is 1) from Mexico, dial +1 and the 10-digit number.

Wifi internet access is available at many resorts and restaurants in Ixtapa.

## Places to visit

Ixtapa is a modern developed tourist zone with hotels, restaurants and shopping in a concentrated area, while Zihuatanejo has the charm of authentic Mexican culture.

El Palmar Beach is the race's swim venue, fronted by modern all-inclusive resorts.

Playa Linda is where the bicycle course turns around. This beach is popular with locals and has many beach restaurants. Cocodrilario is the crocodile farm at the edge of Playa Linda, home to several crocodiles, iguanas and bird species.

Isla Ixtapa is accessible by boat or kayak from Playa Linda, where you can find calm waters, beaches and restaurants.

A ciclopista (paved bicycle path) runs 8km from the center of Ixtapa, through the marina, through Aztlan Park nature reserve to the Cocodrilario. In the opposite direction, the ciclopista runs from Paseo de los Viveros (along the run course), parallels Highway 200 and leads 4km to central Zihuatanejo.



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