



Welcome to the 2019 Lima ITU Triathlon World Cup,

This year, the World Cup season makes its penultimate stop here in Lima, the first time that the ITU circuit has reached the Peru capital. This race marks an important legacy event from the Pan-American Games held here in July, and ITU is proud to work again with this great city and the Peru Triathlon Federation as they continue to provide opportunities for world-class sporting events to be held here.

The sprint distance course comprises a Pacific Ocean swim off Playa Agua Dulce to the south of the metropolis, with the 20km bike including a significant hill climb to challenge those seeking a breakaway, before the fast and flat 5km run seals the race.

We are excited to bring World Cup racing to another South American venue as we continue to seek to develop our sport around the world. There is no doubt that hosting such prestigious events provides huge opportunities for the National Federations to grow and open up to new audiences, as well as the important experience that staging the world's best athletes brings. It is occasions such as these that make the ITU World Cup so exciting, and I wish everybody the best of luck for what is sure to be another action-packed weekend.

I would like to extend my thanks to the Peruvian Triathlon Federation, the event organisers, volunteers and the city of Lima for hosting this leg of the ITU World Cup. I hope that you all enjoy a successful time and get to experience the very best that this fine city has to offer.

A handwritten signature in blue ink, which appears to read 'Marisol Casado'.

Marisol Casado

President, International Triathlon Union

IOC Member

ATHLETES GUIDE LIMA WORLD CUP 2019





Welcome to the Lima 2019 World Cup, to take place in the beach of Agua Dulce in Chorrillos, a municipality of the great city of Lima, Peru. Chorrillos is one of the local beaches in Lima where the locals like to enjoy some beach time on their time off. The venue is mostly the same venue as the Pan American Games, with a few modifications in distance and flow. We hope you will have a great race, that you can take some time to enjoy the famous Peruvian food, and visit some of the sites in Lima, a capital city on the shores of the Pacific Ocean.

Please be mindful that there might be minor changes made to this guide as we get closer to the event. Please always check this site for the latest version.

ITU Technical Team

Project Manager	Alpar Naggy (HUN)
Team Leader	Felix Molina (MEX)
Technical Delegate	Leslie Poujol Brown (HON)
Medical Delegate	Dr. Humberto Aguilar (MEX)
Assistant Technical Delegate	Roberto Segura (PER)
Head Referee	TBD

Event Schedule

DATE	TIME	EVENT
FRIDAY, NOVEMBER 1 st	18:00	Elite Athletes Briefing – Host Hotel – Hotel Casa Andina
SATURDAY, NOVEMBER 2 nd	12:45 13:30	Bike Familiarization Swim Familiarization
SUNDAY NOVEMBER 3 rd	09:00 11:00	Female Race Starts Male Race Starts

RACE DAY SCHEDULE

DATE	EVENT
SUNDAY NOVEMBER 3 rd	07:15 - 08:30 - Female's Athlete Lounge Open/Close 08:00 - 08:45 - Transition Area Open/Close 08:15 - 08:45 - Swim Warm Up 08:50 - Athlete's Line Up and Presentation 09:00 - Women's Elite Sprint Race STARTS 09:15 - 10:30 - Male's Athlete Lounge 10:00 - 10:45 - Transition Area Open/Close 10:15 - 10:45 - Swim Warm Up 10:50 - Athlete's Line Up and Presentation 11:00 - Men's Elite Sprint Race STARTS 12:30 - Awards Ceremony

Race Venue

The Beach of Agua Dulce in the municipality of Chorrillos will be the venue for this event. WE STRONGLY DISCOURAGE RIDING YOUR BIKE IN LIMA, as traffic is very heavy and no room for bikes on roads. Please make use of the transportation provided to athletes on race day, and a police-escorted Group Ride to the venue on the day of our familiarization. If you decide to go to the venue on your own, please take a taxi from your hotel. Taxi rides are an inexpensive means of transportation in Lima.

Weather

Lima will be enjoying their spring season, and as such days are mild with air temperatures ranging from 21°C to 23°C. Water temperatures will range from 17°C to 20°C.

Athletes Services

Closest Airport - Lima enjoys direct flights from many cities around the world. The Jorge Chavez International Airport (LIM), is right in the city and about 45 minute drive to the host hotel.

Airport transfers for athletes and coaches will be provided by the organization. In order to ensure a timely pick-up, please contact Diego Campos with your arrival and departure itinerary no later than October 25th. Transportation is provided during the week of the event, up to November 5th. Hotels served are the host hotel, and any hotel located within 3-4 Km of the Host Hotel. Please Email: diego.campos@triatlonperu.pe
Phone: +51-972 254 342

Host Hotel to Venue on Saturday, November 2nd for familiarizations – A police-escorted group ride will be organized on Saturday leaving from the Host Hotel Casa Andina and Hotel Nobility at **12:00**. **Please DO NOT RIDE on your own to the venue.**

Host Hotel to Venue on Sunday, November 3rd – A police-escorted group ride will be organized on Saturday leaving from the Host Hotel Casa Andina and Hotel Nobility at **06:50 FEMALE ELITE ATHLETE, & 08:25 for ELITE MALE ATHLETES**. **Please DO NOT RIDE on your own to the venue.**

Bike Services – Specialized of Lima will be providing bike services at the venue on race day.

Pool Training Facility – For swim training prior to the event, the organization has reserved the following times and lanes at “Aqualab” – San Borja – Ave. Malachowsky 560, Polideportivo Limatambo, San Borja.

Wednesday October 30th from 15:00 to 17:00. 3 lanes.

Thursday October 31st from 15:00 to 17:00. 4 lanes.

Friday November 1st from 11:00 to 13:00. 5 lanes.

Athlete's Lounge Check-in

All athletes will have their uniforms and body number decals checked upon entering the Elite Athletes' Lounge. Uniforms will be checked for:

- Athlete's Name
- Country
- ITU Logo
- Sponsor Logos
- Zippers

Transition and Bike Check

All athletes will have their helmet, bike, uniform, and race numbers checked by a technical official upon entering the transition area from the Elite Athletes' Lounge. All helmets and bikes must be marked with the decals that were distributed in the race package. Athletes are reminded that baggage CANNOT be left in transition. Any non-competitive equipment left in transition will be removed by a technical official.

Athletes' bikes must adhere to section 5.2 of the ITU competition rules. All pre-approved exceptions are available on the [ITU website](http://www.itu.org). Additional approvals for any equipment modifications MUST be obtained from the race referee at the end of the athletes' briefing.

Start Procedure

The athletes will gather in transition 15 minutes before the start and will be presented there to the public. Athletes will then walk about 80 meters towards the beach for a beach start swim.

CURRENCY

The SOL is the official currency of Peru. Most people use the ATMs readily available throughout the city. You can also use the exchange offices at the airport with higher service charges. Hotels have limited ability to exchange Dollars or Euros.

**GOOD LUCK TO ALL! HAVE A SAFE RACE, AND THANK YOU FOR CHOOSING
THE LIMA WORLD CUP 2019 AS YOUR STOP TOWARDS TOKYO 2020**

