

Discovery
triathlon
World Cup
Cape Town



2017

ELITE

ATHLETES GUIDE

DISCOVERY TRIATHLON WORLD CUP CAPE TOWN | 11 FEBRUARY 2017

Official Title Partner



Host City



CITY OF CAPE TOWN

Host Venue



Host Federations



Greetings and welcome to the 2017 Discovery Triathlon World Cup Cape Town.

I'm thrilled to see ITU racing return to Cape Town. This South African city has been an integral part of our World Triathlon Series for the past three years, so it is a pleasure to be returning to the picturesque race host city.

When we debuted in Cape Town in 2014, it marked the first time that a WTS event was ever hosted on the continent of Africa. This year, Cape Town will open the World Cup season as the first stop on its 17-city tour. It also marks the first race for the elites to open the 2017 season.

The triathlon races will not end with elites, however, as the weekend includes something for triathlon enthusiasts of all ages and speeds. Age group racers will have the chance to tackle both the Sprint and Standard distance events that provide everyone with the perfect challenge. There will also be a lot of fun activities and events that will take place to ensure the whole family has something to enjoy.

As the glorious Table Mountain towers over the horizon, the vibrant city of Cape Town provides a scenic backdrop for these events during an excellent weekend of family-friendly sports action for its citizens. After all, triathlon is a sport anyone can do regardless of age or gender.

I would like to thank Triathlon South Africa, the Local Organising Committee and the City of Cape Town for helping to put together this weekend, and to Discovery, the title sponsor, for their continued support.

Overall, enjoy the beautiful city of Cape Town and the spectacle of ITU triathlon. Have a wonderful weekend.

Sincerely,

Marisol Casado

President, International Triathlon Union
IOC Member

GENERAL INFORMATION

KEY DATES

THURSDAY 9TH FEBRUARY

Times	Action	Location
11:00 - 13:00	Press Conference	V&A Waterfront Amphitheatre
17:30 - 18:00	Elites Athlete Registration	Southern Sun Cape Sun 23 Strand St, Cape Town City Centre Conference Room
18:00 - 19:00	Elites Athletes Briefing	Southern Sun Cape Sun 23 Strand St, Cape Town City Centre Conference Room

FRIDAY 10TH FEBRUARY

Times	Action	Location
06:15 - 07:15	Elite Bike Course Familiarisation	Quay 6, V&A Waterfront
07:45 - 08:45	Elite Swim Familiarisation	Quay 6, V&A Waterfront

SATURDAY 11TH FEBRUARY

Times	Action	Location
ELITE WOMEN		
07:30 - 12:30	Age Group Standard/Sprint distance individual and team	Quay 6, V&A Waterfront & Green Point Stadium Forecourt
12:00 - 12:30	Elite Women TZ2 Check-in	Green Point Stadium Forecourt
12:15 - 13:15	Elite Women Athletes Lounge Check-in	Quay 6, V&A Waterfront
12:45 - 13:35	Elite Women TZ1 Check-in	Quay 6, V&A Waterfront
12:45 - 13:35	Elite Women Swim Warm-up	Quay 6, V&A Waterfront
13:40	Elite Women Presentation	Quay 6, V&A Waterfront
13:45 - 14:45	Elite Women Sprint distance	Quay 6, V&A Waterfront & Green Point Stadium Forecourt

ELITE MEN		
13:45 - 14:15	Elite Men TZ2 Check-in	Green Point Stadium Forecourt
14:00 - 15:00	Elite Men Athletes Lounge Check-in	Quay 6, V&A Waterfront
14:30 - 15:20	Elite Men TZ1 Check-in	Quay 6, V&A Waterfront
14:30 - 15:20	Elite Men Swim Warm-up	Quay 6, V&A Waterfront
15:25	Elite Men Presentation	Quay 6, V&A Waterfront
15:30 - 16:30	Elite Men Sprint distance	Quay 6, V&A Waterfront & Green Point Stadium Forecourt
16:45	Award Ceremony Men and Women	Green Point Stadium Forecourt

ELITE ATHLETES BRIEFING

The Elite Athletes Briefing will take place in the Conference Venue of the Southern Sun Cape Sun

Date: Thursday 9th February
Time: 18:00 - 19:00
Address: Southern Sun Cape Sun
23 Strand St
Cape Town City Centre
Conference Room

KEY CONTACTS

ITU Team Leader	Eriketti Margari	
ITU Technical Delegate	Rick Fulton	+27 (0) 72 899 0577
ITU Medical Delegate	Dr Marijke Kirstein	+27 (0) 82 497 5720
LOC Event Director	Gary Marescia	+27 (0) 82 556 8039
LOC Travel Management	Manue Marescia	+27 (0) 82 820 0617

EVENT ORGANISER

Worldsport South Africa Pty (Ltd)

Address: Unit 1, 35 On-Rose, Rose Street, Cape Town, 8001

Tel: +27 (0) 21 426 5775

Email: info@triathlon.capetown

Website: <http://triathlon.capetown>

HOST NATIONAL FEDERATION

Triathlon South Africa

Address: L19 Sport Centre University of Pretoria
c/o George Storrar Drive & Leyds Street,
Groenkloof, Pretoria, 0181

Tel: +27 (0) 12 420-5796

E-mail: office@triathlonsa.co.za

Website: <http://www.triathlonsa.co.za>

TV COVERAGE

Magazine Show - Timetable TBC by ITU

VENUE

The race venue is spread across the V&A Waterfront and Green Point precinct. The swimming will take place off Quay 6 and the finish area is at the Green Point Stadium Forecourt.

A regular shuttle service will be provided from hotels to the Race Village and V&A Waterfront. Shuttles will be available from Monday 6th February to Sunday 12th February between the hours of 08:00 and 22:00 during the week and from 05:00 to 22:00 on Race Day.



ELITE ATHLETES LOUNGE

Facilities including the Athletes Lounge Area and toilets are provided for the athletes at the start (Quay 6) and a recovery area is available at the finish area (Green Point Stadium Forecourt). Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes Lounges and recovery areas.

ATHLETE LOUNGE OPENING TIMES

Course Familiarisation: Friday 10th February 06:15 - 08:45

Elite Women's Race: Saturday 11th February 12:15 - 13:15

Elite Men's Race: Saturday 11th February 14:00 - 15:00

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Doping control will be located at the Finish area within the Green Point Stadium Forecourt next to the medical and recovery areas. ID/passport must be produced by athletes selected for doping control.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration venue at the Clock Tower in the Victoria and Alfred Waterfront, 9th-12th February, before and during the training sessions and competition schedule. There will be First Aid and Emergency Medical Services at the Green Point Stadium Forecourt on competition days.

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on-site at the finish area.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes/teams should ensure that they have appropriate medical insurance.

If you require medical assistance during your stay in Cape Town but away from the venue, contact the Emergency Medical Services. In a medical emergency, dial 112 from a mobile phone or 10177 from a landline and ask for ambulance service. These numbers are free of charge from any telephone.

The hospitals nearest to the Venue and official hotels are:

- Private hospital:
Cape Town MediClinic
21 Hof Street, Gardens, Cape Town
021 464 5500
- Public hospital if no medical insurance:
New Somerset Hospital
Cnr Beach and Lower Portswood Road, Green Point, Cape Town
021 402 6911

PHYSIOTHERAPIST	ADDRESS	CONTACT NUMBER
Julia Gane	Suite C103, 1st Floor, Old Cape Quarter 72 Waterkant Street, Green Point	+ 27 (0) 21 421 297
Francie Bührmann Physio Active	4 Milner Road Tamboerskloof	+27 (0) 21 423 5776
Martine Cohen	Shop 9A, Piazza da Luz 94 Regent Road, Sea Point	+27 (0) 21 434 7131
Andrew Seymour	2nd Floor, The Adelphi Centre 127 Sea Point Main Road, Church Square House Spin Street, Sea Point	+27 (0) 21 439 6742 +27 (0) 73 1926 500
Lisa Radomsky	9 Gorleston Road, Sea Point	+27 (0) 21 439 6051 +27 (0) 21 439 3558

DENTISTS	ADDRESS	CONTACT NUMBER
Dr George Botha	De Waterkant Health 1st Floor, Chiappini House, 13 Hudson Street, Green Point	+ 27 (0) 21 418 2048
Dr Nicolaas Botha	Dental Studio @ De Waterkant Suite C103, 1st Floor Old Cape Quarter 72 Waterkant Street, Green Point	+27 (0) 21 421 2971

BIKE MECHANIC SERVICE

Our official bike supplier, Freewheel Cycology, will have a bike mechanic available at the following times:

FRIDAY 10TH FEBRUARY

Times	Action	Location
06:15 - 07:15	Start of Elite Cycle Route familiarisation	Athletes Lounge, Quay 6, V&A Waterfront

SATURDAY 11TH FEBRUARY

Times	Action	Location
12:00 - 16:30	Elite Races	Athletes Lounge, Quay 6, V&A Waterfront

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Green Point Stadium Forecourt, and is open daily, 9th-12th February 2017.

Local Organising Committee	LOC OFFICE	Contact details provided closer to event
ITU Officials	ITU OFFICE	
Venue Operational Centre	VOC OFFICE	

OPENING HOURS

Thursday, 9th February: 08:00 - 18:00

Friday, 10th February: 08:00 - 18:00

Saturday, 11th February: 08:00 - 18:00

Sunday, 12th February: 08:00 - 15:00

SECURITY

The V&A Waterfront security will be responsible for the security of the Venue and Field of Play (FoP) inside the V&A Waterfront. Marshals will assist and patrol around the FoP on race days and TTraffic Management Services will be provided by the City of Cape Town Traffic Department with regards to road closures and traffic control around the course.

BANKING

Banks can be found in the Victoria & Alfred Waterfront Mall as well as within a 5-minute walk from the official hotels.

BANK OPERATING HOURS

Monday - Friday: 08:30/09:00 - 15:30/16:00

Saturday: 08:00/09:00 - 11:00/11:30/12:00

POST OFFICE

The nearest post office to the race venue is in the V&A Waterfront:

Shop 263

Victoria Wharf Shopping Centre,

Waterfront Pier Road

021 4214551

OPENING HOURS

Monday - Friday: 09:00 - 16:00

Saturday: 09:00 - 16:00

ACCOMMODATION

Tsogo Sun has a range of accommodation options available in Cape Town. The Cullinan Hotel, The Waterfront Hotel as well as the Southern Sun Cape Sun Hotel, are all in close proximity to the V&A Waterfront, making these ideal options for your stay.

For all your accommodation and travel enquiries, please see our website: <http://triathlon.capetown/accommodation>

Alternatively, email: manue@worldsport.co.za

Please contact Manue Marescia for more information: +27 (0) 82 820 0617

- THE CULLINAN HOTEL
1 Cullinan Street, Cape Town City Centre, Cape Town
- THE WATERFRONT HOTEL
1 Lower Buitengracht Road, Cape Town
- SOUTHERN SUN CAPE SUN HOTEL
Southern Sun Cape Sun, 23 Strand St, Cape Town City

AIRPORT TRANSFERS

The LOC will provide free transportation for the Elite Athletes and their Team Officials from the airport to the hotel and back to the airport.

This service must be booked by email: manue@worldsport.co.za

This airport-to-hotel service will be available from Monday 6th February to Friday 10th February.

For the hotel-to-airport, this service is available from Sunday 12th February to Thursday 16th February

FOR BOOKINGS AND QUERIES

Online bookings:

<http://triathlon.capetown/airports>

Email: manue@worldsport.co.za

Phone: +27 (0) 82 820 0617

TRAINING

SWIM TRAINING

VIRGIN ACTIVE: GREEN POINT

Bill Peters Dr, Green Point +27 (0) 21 434 0750

25m heated indoor pool

Single Entry R200

OPENING HOURS

Monday - Thursday: 05:00 - 22:00
Friday: 05:00 - 21:00
Saturday: 06:00 - 21:00
Sunday: 06:00 - 21:00
Public Holidays: 06:00 - 21:00

VIRGIN ACTIVE: FORESHORE

17 Rua Bartholemue Dias Plain, Foreshore, Cape Town +27 (0) 21 418 5704

20m and 25m heated indoor lap pool

Single Entry R200

OPENING HOURS

Monday - Thursday: 05:00 - 22:00
Friday: 05:00 - 21:00
Saturday: 06:00 - 21:00
Sunday: 06:00 - 21:00
Public Holidays: 06:00 - 21:00

IMPORTANT

Please note: There are no pre-reservations available at Virgin Active Gyms. We suggest training in off-peak hours to gain access to available lanes in the swimming pool.

SEA POINT SWIMMING POOL

Lower Beach Road, Sea Point +27 (0) 21 434 3341

50m pool

Single Entry R22

OPENING HOURS

Monday - Sunday: 07:00 - 19:00

LONG STREET BATHS

Long Street, Cape Town +27 (0) 21 422 0100

25m pool

Single Entry R22

OPENING HOURS

Monday - Sunday: 07:00 - 19:00

BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around Green Point, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

RUN TRAINING

Green Point Urban Park and Sea Point Promenade are suitable areas to train – there are many pedestrian paths, which are good for run training.

COURSE FAMILIARISATION

BIKE

You will be able to familiarise yourself with the bike course on Friday, 10th February, 06:30-07:15. Athletes are to gather at the swim course and T1 start area at Quay 6 in the V&A Waterfront. You will be escorted by the Traffic Police for two laps on the bike course, returning to the TZ1 start area on completion.

IMPORTANT

Please note: The official race courses are otherwise not open for training before the races. The race courses are generally NOT suitable for training.

SWIM

You will be able to familiarise yourself with the swimming course on Friday, 10th February, 07:45 - 08:45. The location will be the same as the start of the race, Quay 6, V&A Waterfront.

IMPORTANT

Please note: It is forbidden to swim outside the test swimming zone at any time because of safety reasons and shipping traffic.

COMPETITION INFORMATION

COMPETITION SCHEDULE

THURSDAY 9TH FEBRUARY

Times	Action	Location
08:00 - 18:00	LOC Information Office	Green Point Stadium Forecourt
18:00 - 19:00	Elite Athletes Briefing	Southern Sun Cape Sun, 23 Strand St, Cape Town City Centre Conference Room

FRIDAY 10TH FEBRUARY

Times	Action	Location
08:00 - 19:00	LOC Information Office	Green Point Stadium Forecourt
06:15 - 08:45	Bike Mechanic Services	Green Point Stadium Forecourt
06:15 - 07:15	Bike Course Familiarisation	Quay 6, V&A Waterfront
07:45 - 08:45	Swim Course Familiarisation	Quay 6, V&A Waterfront

SATURDAY 11TH FEBRUARY

Times	Action	Location
08:00 - 19:00	LOC Information Office	Green Point Stadium Forecourt
12:00 - 12:30	Transition 2 Zone Check-in (Women)	Green Point Stadium Forecourt
12:00 - 16:00	Bike Mechanic Services	Quay 6, V&A Waterfront
12:15 - 13:15	Athletes Lounge opens	Quay 6, V&A Waterfront
12:45 - 13:35	Transition 1 Zone Check-in	Quay 6, V&A Waterfront
12:45 - 13:35	Athletes Warm-up	Quay 6, V&A Waterfront
13:40	Athletes Introduction	Quay 6, V&A Waterfront

13:45	Elite Women Competition Start	Quay 6, V&A Waterfront & Green Point Stadium Forecourt
Times	Action	Location
13:45 - 14:15	Transition 2 Zone Check-in (Men)	Green Point Stadium Forecourt
14:00 - 15:00	Athletes Lounge opens	Quay 6, V&A Waterfront
14:30 - 15:20	Transition 1 Zone Check-in	Quay 6, V&A Waterfront
14:30 - 15:20	Athletes Warm-up	Quay 6, V&A Waterfront
15:25	Athletes Introduction	Quay 6, V&A Waterfront
15:30	Elite Men Competition Start	Quay 6, V&A Waterfront & Green Point Stadium Forecourt
16:45	Men & Women Medal Ceremonies	Green Point Stadium Forecourt

COMPETITION RULES

The race will follow the latest published competition rules of the International Triathlon Union.

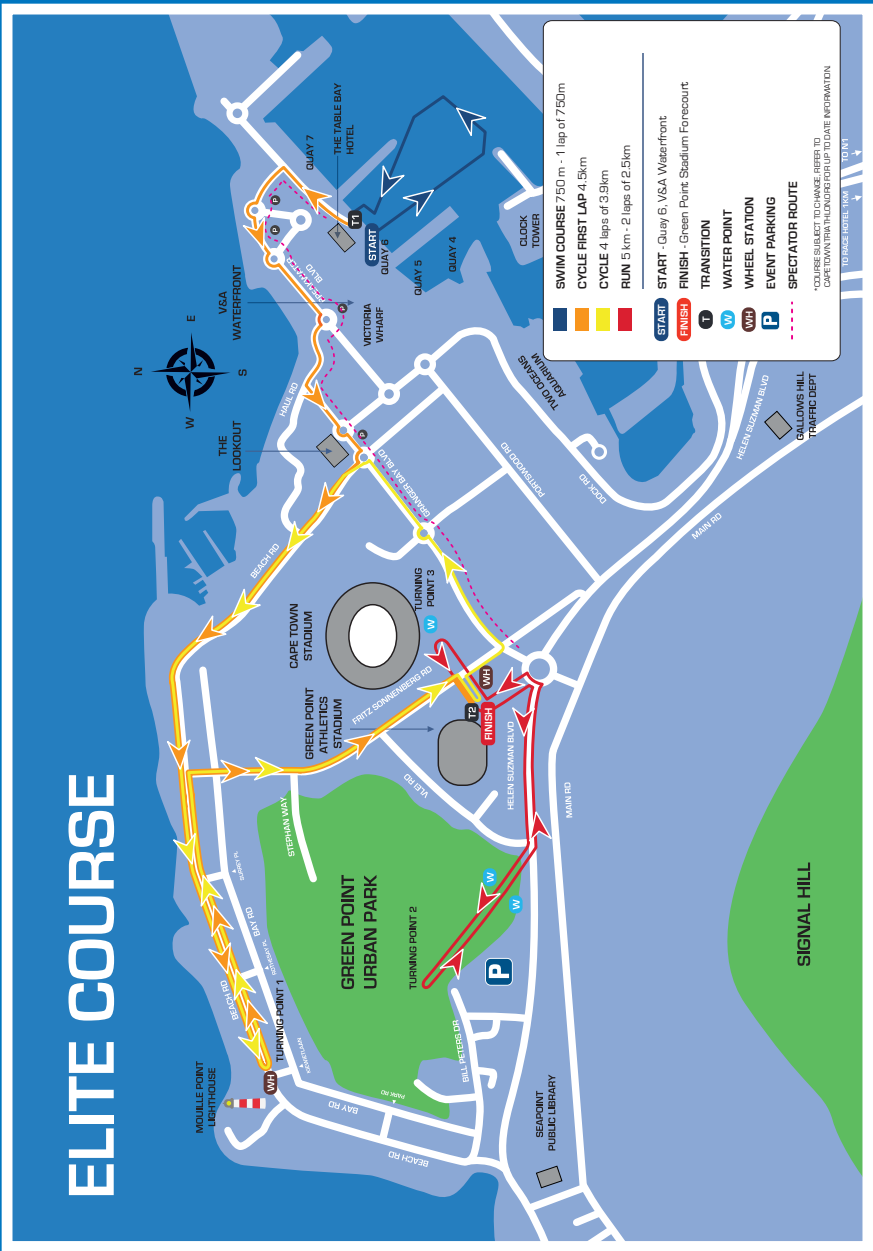
INFORMATION ABOUT THE FIELD OF PLAY (FOP)

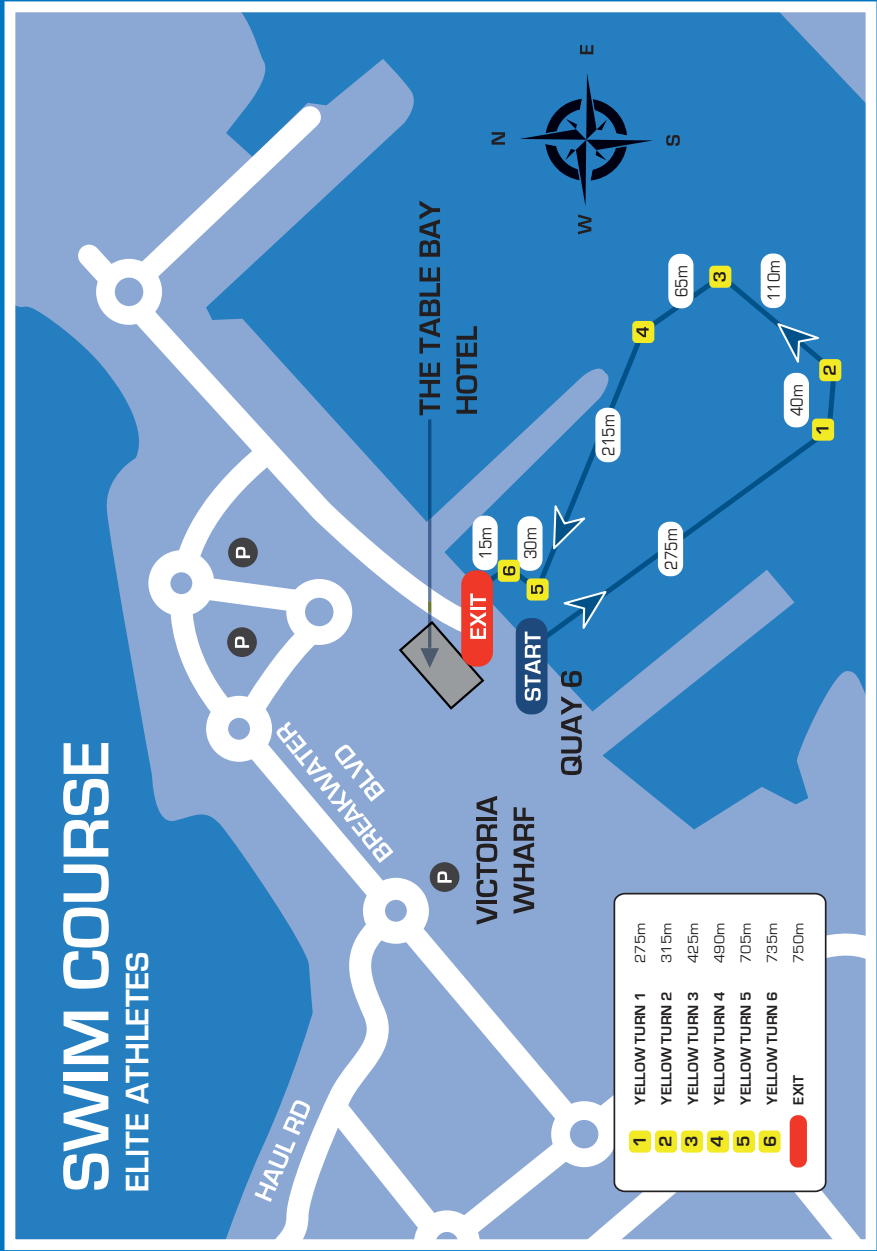
START

The start area is at Quay 6 in the V & A Waterfront. Athletes will start from a pontoon (0.6m high) and stand in a starting position approximately 70cm wide. The Race Referee, with the assistance of ITU Technical Officials, who are assigned to the start, will start each Swim.

The athletes are required to leave their last-minute equipment inside a dedicated box at the Swim start and the LOC will carry those bags back to the Athletes’ Lounge at Quay 6. This equipment will be transported by the LOC from Quay 6 to the finish area.

ELITE COURSE





SWIM COURSE

The Swim course will be one anti-clockwise lap of 750m. The first turn buoy is at 275m, the second turn buoy is at 315m, the third turn buoy is at 425m. The fourth turn buoy is at 490m, the fifth turn buoy is at 705m and the last turn buoy is at 735m. The exit is via carpeted steps to the pontoon. On exiting the water the entry to TZ1 is from the pontoon by a gangway. There the change takes place from Swim to Cycle.

The water temperature in the Waterfront harbour in mid-February is expected to be roughly 15-18°C.

BIKE COURSE

The bike course is mostly flat with a slight incline on Lap 1. There is one lap of 4.5km followed by 4 laps of 3.9km to make up the 20km. The route is technically demanding owing to the tight turns and changes in direction. The road surface is good tarmac with one paved section through TZ2. Athletes who are lapped are taken out of the race. The “first runner – last cyclist” scenario is applicable for this event. In this case the cyclist will be taken off the course.

WHEEL STATIONS

There are two wheel stations on the Bike course, with the first being at turn point 1, this is a neutral wheel stop with wheels supplied by the LOC. The second wheel stop will be at the exit of TZ2 and this will be a team wheel stop with your own dedicated wheels.

PENALTY BOX

The penalty box is situated before the entrance to TZ2, before the start of Lap 2 of the Run, and the finish.

RUN COURSE

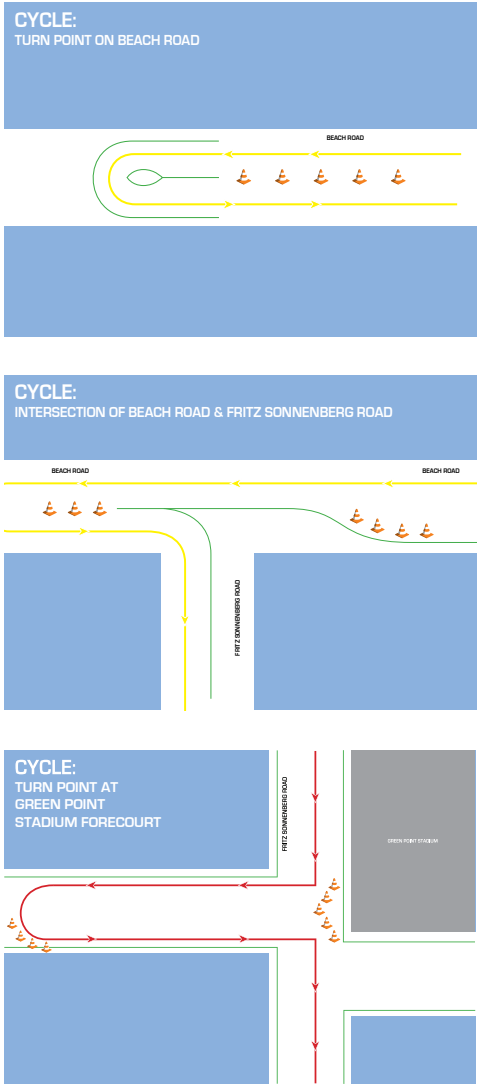
The Run is anti-clockwise and consists of two laps of 2.5km each. It is a flat run that starts at TZ2 and the first turn point is in the Urban Park. The run then goes back through the stadium precinct to turn point 2, which is a dog leg next to the football stadium. The second lap run is through TZ2 and the finish is parallel to TZ2 in the stadium forecourt.

AID STATIONS

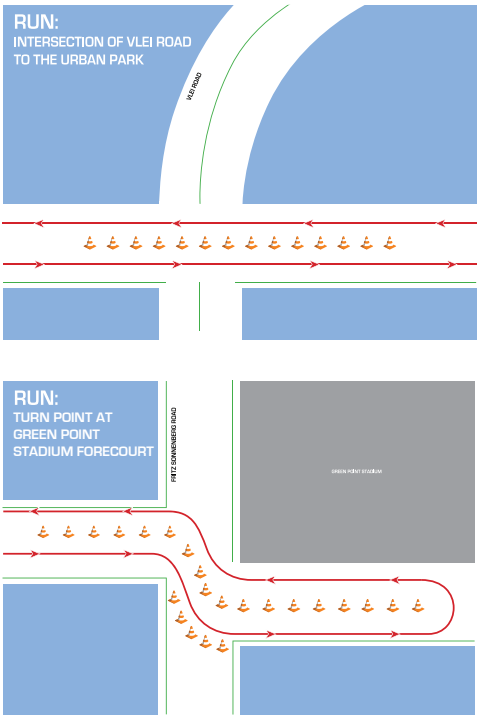
There are three aid stations per lap, the first two are located in the urban park to and from turn point 1, and the third is located after turn point 2. Closed 0.5 litre bottles of sealed water will be handed out at each aid station.

ELITE ATHLETE COURSE SPECIFICATIONS

BIKE



RUN



WEATHER CONDITIONS

Nothing is as changeable as the weather in Cape Town; you may encounter four seasons in one day. Average temperature highs in February are 27°C with lows of 16°C.

For weather forecasts, go to: <http://www.weathersa.co.za/home/weather>

Average Water Temperature	16.3°C
Average Air Temperature (High)	27°C
Daylight Hours	13.5 hours
Average Precipitation	15%

RESULTS

Results will be uploaded live on the ITU's official website: www.triathlon.org
All the results information will be distributed to the Team Leaders at the LOC Information Office.

PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

ACCREDITATION

The LOC will provide all athletes, coaches and any team medical staff with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Only accredited persons that have been registered through the ITU system in advance will be given accreditation and allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

All accreditation cards will be issued during the official registration on 9th February after the Race Briefing at the Southern Sun Cape Sun:

- SOUTHERN SUN CAPE SUN
23 Strand St
Cape Town City Centre
Conference Room

PUBLIC TRANSPORTATION

With the exception of the routes to and from the airport, you'll need a myconnect card to travel aboard the MyCiTi bus. These are available from appointed kiosks and participating retailers (for more info, visit the MyCiTi website or call +27 (0) 800 65 64 63); after purchasing, it's necessary to begin loading money onto the card to travel (fares are calculated on a distance-travelled basis). Children under four years of age can ride the MyCiti for free.

Bicycles are welcome on the MyCiti system and can be carried free of charge, as long as they are stored safely and securely and do not cause inconvenience to other passengers. All bicycles must be kept in the space designated for them on the bus, next to the wheelchair area. If there isn't enough space in this area, you will need to wait for another bus.

CLOSEST STATIONS & KIOSK TO OFFICIAL HOTELS

Thibault Square, near the intersection of Lower Long Street and Hans Strijdom Avenue.

CLOSEST STATION & KIOSK TO VENUE

Waterfront Station, Opposite Entrance 1 of V&A Waterfront Victoria Wharf Shopping Centre.