

2015  
IXTAPA  
ZIHUATANEJO

americas  
triathlon  
Pan American Cup



**23** DE MAYO  
inscripciones abiertas  
[www.asdeporte.com](http://www.asdeporte.com)

ELITE ATHLETE  
INFORMATION

**Ixtapa**  
Zihuatanejo 2015

EL TRIATLÓN MÁS FAMILIAR  
DE MÉXICO...

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# GENERAL INFORMATION

The purpose of the Athletes Info Guide is to ensure that Elite Athletes and Team Leaders are well informed about all procedures concerning the ITU Pan American Cup Triathlon event in Ixtapa Zihuatanejo.



EL TRIATLÓN MÁS FAMILIAR  
DE MÉXICO...

The LOC has made every effort to ensure that the information published in this guide is correct and up-to-date. Nevertheless, the LOC advises all Team Leaders and Elite Athletes to check for any updates in the LOC Office.

# KEY DATES

## FRIDAY MAY 22, 2015

**11:00 AM**

**Elite Swim Familiarization.** (Pacifica Beach).

**11:30 AM**

**Elite bike familiarization** (Transition area).

**11:15 – 8:30 PM**

**Bike Mechanical Services**

Transition (11:00-2:00) Krystal Saloon, Krystal Hotel (12:00-8:30)

**6:00 PM**

**Elite Briefing & Race Packet Pick Up - Mandatory**

Ixtapa Saloon President Intercontinental Hotel

## SATURDAY MAY 23, 2015

**8:00 – 9:45 AM**

**Athlete Lounge Open at Elite Transition Area**

**10:00 AM**

**Elite Men Start** (Pacifica Beach).

**10:10 AM**

**Elite Women Start** (Pacifica Beach)

**12:20 PM**

**Elite Awards Ceremony** (Finish line)

## KEY CONTACTS

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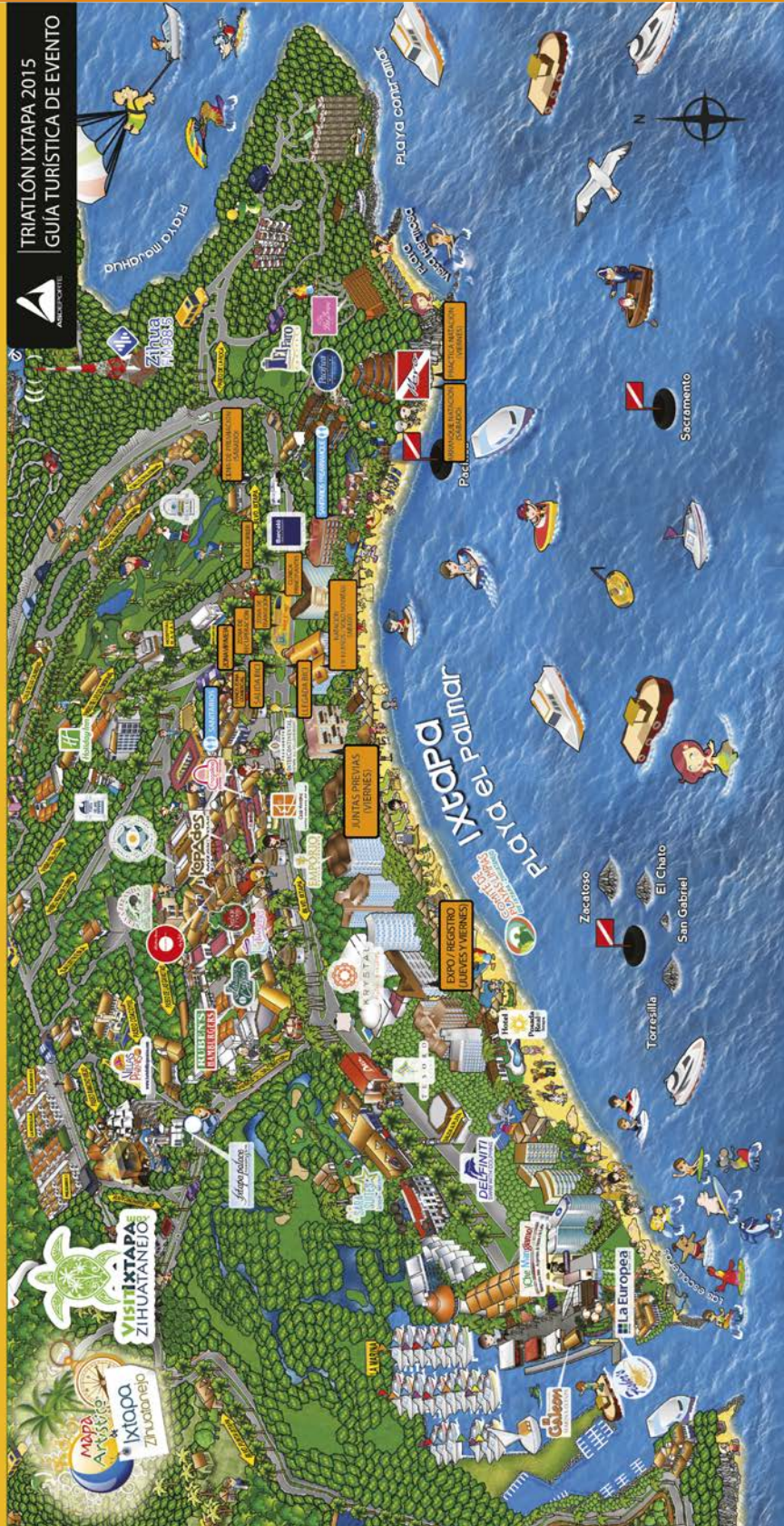
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# TOURIST MAP



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# VENUE

The Ixtapa ITU Triathlon Pan American Cup will take place at Pacifica Beach.

## ELITES ATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to elite athletes at the main venue. Sealed bottles of water and Gatorade will be offered to the athletes before and after the race in the athletes' lounge.

## DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

## MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during familiarization sessions 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 located 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.

## BIKE MECHANICAL SERVICES

Bike mechanic support is offered through Zona de Transición (Juan Segura), located in the Krystal Hotel on Friday 23 from 12:00pm to 8:30pm.

## 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.

# TRAINING

**Swim Practice** Friday May 22 10:00am Pacifica Beach.

**Bike Practice** Friday May 23 at 10:30am – departure from transition area (main venue). Familiarization provides athletes with a safe route, opportunities to test equipment and opportunities for interval and repeat training.

**Run Practice** - there not will be Run Practice

Please note that the official race course is not open for training or familiarization before the races. The race course in general is NOT suitable for training as some areas go against the flow of traffic. Ride at your own risk!

# COMPETITION RULES

The ITU Pan American Cup Triathlon in Ixtapa, Guerrero will follow the latest published Competitions Rules of the International Triathlon Union found at [triathlon.org](http://triathlon.org).

# START AREA

The start area will be located at Pacifica Beach. This will be a beach start with each athlete being allowed .75m for their start position. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

# SWIM COURSE

There is one lap of 1,500m to swim clockwise. Each turn will be clearly marked with a yellow and orange buoy with the Arena logo on it. The average water temperature in Pacifica Beach in May is approximately 24 degrees Celsius. Wetsuit use will be announced one hour prior to race start by the technical officials but will be unlikely.



# TRANSITION AREA

Transition area is located next to the finish line area in front of the grandstands and equipped with traditional ITU-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.

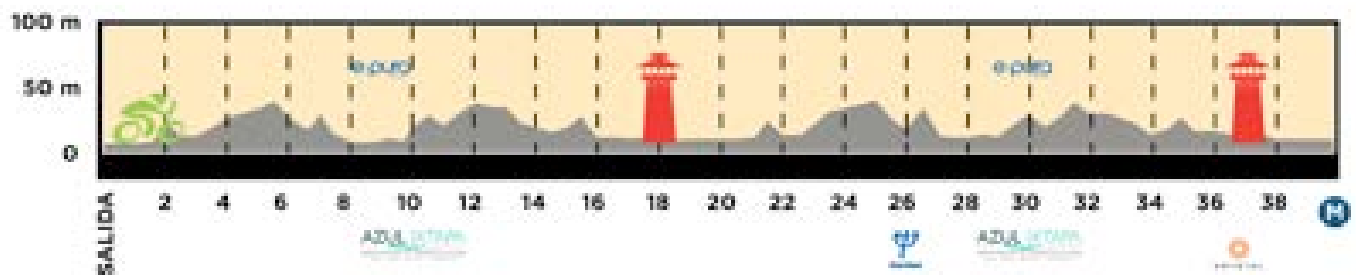


# BIKE COURSE

The 39,700 meters bike course consists of 2 lap through Paseo de las Garzas and Paseo Ixtapa Boulevard. The route is slightly technical with a few tight turns and one U-Turn. 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



## ALTIMETRÍA CICLISMO

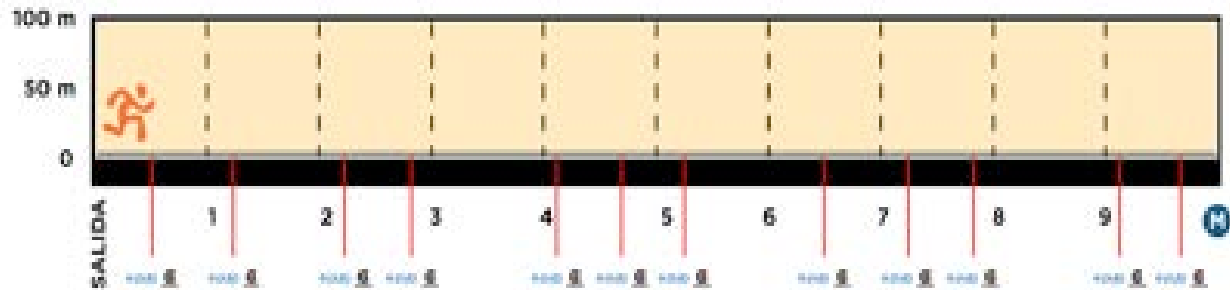




# RUN COURSE

There is four laps of 2.5 km, which will take athletes along the Paseo del Palmar, offering good running surface.

## ALTIMETRÍA CARRERA



## AID STATIONS

There will be four stations on the race serving bottled water and sports drink.



## WEATHER CONDITIONS

Ixtapa enjoys hot beautiful weather year round with average daily temperatures of 31 Celsius.

## RESULTS

All results will be uploaded live onto the ITU's official website: [www.triathlon.org](http://www.triathlon.org) The race will be covered live online through the official website of ITU. All results information will be distributed to the Team Leaders at the LOC Information Office.

## PROTESTS AND APPEALS

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

## ACCREDITATION

The LOC will provide all Elite Athletes (White Bracelet), Technical Officials, Journalists, etc with an official bracelet according to the ITU Event Organizers Manual.

Accreditation bracelets will be handed out during the official registration on May 22rd.

Only persons with bracelets will be allowed to access certain venue areas. Bracelets provide access to specific competition areas. Athletes are requested to wear their bracelets at all times and to show them upon request.



# AGRADECIMIENTOS



SECRETARIA DE  
FOMENTO TURÍSTICO



IXTAPA ZIHUATANEJO



Hotel Krystal, Ixtapa Zihuatanejo  
Hotel Presidente Intercontinental, Ixtapa Zihuatanejo  
Visita Ixtapa Zihuatanejo

**Y EN GENERAL A TODOS AQUELLOS QUE APOYAN LA REALIZACIÓN DE ESTE  
EVENTO, YA QUE SIN SU PARTICIPACIÓN, NO SERÍA POSIBLE.**