

# 2019 Santo Domingo ITU World Cup

## ELITE ATHLETE'S GUIDE

Santo Domingo, Dominican Rep.

November 10th, 2019

### COUNTRY INFORMATION

Upon arrival you will be only required to show your passport and to buy a tourist card for US\$10.00 cash.

Currency Dominican:  
Peso Exchange US\$1.00 = RD\$ 50.90

Spoken Language = Spanish

### REGISTRATION & BRIEFINGS

Hotel Crowne Plaza  
Address 218 George Washington Ave, 10208 Santo Domingo  
Phone 1+809-221-0000  
Santo Domingo, Dom. Rep.  
Friday, November 8th. 18hs

### EVENT START

Naval Officers Club, Sans Souci  
Sunday, November 10th.

### WEATHER FORECAST

Sunrise 6:45 Sunset 18:03  
Temperature: 32°/21°

## EVENT INFO

1500 M SWIM - 2 laps

40 KM BIKE - 5 laps

10 KM RUN - 3 laps

**SWIM:** To take place in a rectangular circuit of 750 meters in two laps, in the Marina of San Souci's Naval Officers Club.

**BIKE:** Leaving the transition zone to the right at West on España Ave., until the turning point in front of Aquarium. Back on the opposite way until a turning point in front of Navy Academy. Then turn and back to Marina of Sans Souci, passing thru the transition.

**RUN:** Running over the España Ave. until a turning point. Then back to the Marina of Sans Souci, passing thru transition zone. You'll enjoy a nice view of the Caribbean while completing a loop of 2.50 that will be repeated four times. This is a flat asphalt course.

**FINISH:** It will be inside the Marina, at the end of the run course.

All the event and courses information will be explained at the briefing

Competition rules will be according to the ITU Competition rules.

For protests and appeals proceed according to the ITU competition rules procedure.

## ATHLETES BRIEFING

### Friday, November 8th.

18:00 Elite Athletes Briefing – Crowne Plaza

18:30 Elite Race Package Distribution Cascades – Crowne Plaza

19:30 -21:00 Pasta Party – Crowne Plaza

## EVENT SCHEDULE

### Saturday, November 9th

7:30 – 10:30 Age Group event

11:00 - 11:45 Elite Swim Familiarization San Souci

11:45 - 13:00 Elite Bike Familiarization San Souci

### Sunday, November 10<sup>th</sup>

7:40 - 8:40 Elite Women Athletes Lounge Opens San Souci

8:20 - 8:45 Elite Women Transition Opens San Souci

8:30 - 8:45 Elite Women Warm Up Opens San Souci

8:50 Elite Women Presentation San Souci

### 9:00 Elite Women Start San Souci

10:40 - 11:40 Elite Men Athletes Lounge Opens San Souci

11:20 - 11:45 Elite Men Transition Opens San Souci

11:30 - 11:45 Elite Men Warm Up Opens San Souci

11:50 Elite Men Presentation San Souci

### 12:00 Elite Men Start San Souci

14:00 Medal Ceremony

19:30 - 24:00 Closing Party

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### VERY IMPORTANT

The race day you must bring with you your ID for doping, this will be required at the end of the race.

### HOTEL ACCOMODATIONS

For our host hotel Crowne Plaza accommodations please visit

<https://www.ihg.com/crowneplaza/hotels/us/es/reservation>.

Address 218 George Washington Ave, 10208 Santo Domingo

Phone: 1+809-221-0000

Contact: Fausto Mendoza.

There is a special rate per night room with breakfast included for the Event competitors and family.

### AIRPORT TRANSPORTATION

Please send your travel itinerary and hotel confirmation to [fedotri@hotmail.com](mailto:fedotri@hotmail.com) this information needs to be received by Monday, November 4th.

Airport Taxi Services charge around US\$30.00 -US\$40.00 depending on the location. UBER service also available.

### SWIM AND BIKE FAMILIARIZATION

There is transportation available for coaches and family for the familiarization of the bike and swim course on Saturday, November 10th departing from our host hotel Crowne Plaza at 9:45.

You can proceed to ride your bike thru the George Washington Ave., crossing the river thru the floating bridge, making a right on España Ave. (about 5 Kms. distance).

Taking the closed roads we encourage athletes to ride in groups and to take all the safety measures regarding cars, motorcycles and pedestrians.

Transportation contact: Juan Francisco Pérez 1.829.214.0660

[francixcopg@hotmail.com](mailto:francixcopg@hotmail.com)

### EVENT DAY COACHES AND FAMILY TRANSPORTATION

We will also have transportation on the day of the event for family and coaches departing from the Crowne Plaza Hotel back parking lot at 6:30, 9:30 and 10:30 going directly to T1 - San Souci

### EVENT DAY ATHLETES TRANSPORTATION

You can proceed to ride your bike thru the Malecon, crossing the river thru the floating bridge, making a right on España Ave. (about 5 Kms. distance)

Taking the closed roads we encourage athletes to ride in groups and to take all the safety measures regarding cars, motorcycles and pedestrians.

### WHERE TO RIDE IN SANTO DOMINGO

We do not recommend you to ride your bike on the streets! Parque Mirador has 5 Kms closed to traffic from 5:00 to 9:30 and in the evening from 17:00 to 21:00

We strongly recommend you to follow our suggestions at this matter.

### WHERE TO RIDE IN SANTO DOMINGO

Our Malecón bay side with an extension of approximately 5 Kms. is a very beautiful and fair secure place to run during daylight. For competitors staying at our host hotel is at crossing street distance.

### MECHANICAL SERVICES AVAILABLE

At the Crowne Plaza Hotel there will be a Mechanical Service available to assist you on November 9th. At 11am.

The Event day it will also be available on Transition Area from 6:00 to 12:00.

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### MEDICAL SERVICES & INFORMATION

In the event of any emergency, there is a private clinic Centro Medico Integral III at approximately 1 Km. distance, and Navy Clinic at 500m of the venue.

You will always be required to show your Medical Insurance ID along with a passport or an official identification (copy or picture). The day of the Event we will have one Medical Stations (at San Soucí) equipped to provide proper service to our competitors.

Medical Areas will be under the supervision of our Medical Delegate **Francis Alberto Reyes Betances** 1.829.204.7771  
Sports Medicine Physician

### DOPING CONTROL

We will have doping control at the finish of the Event, provided by WADA.

### EVENT CONTACT INFORMATION

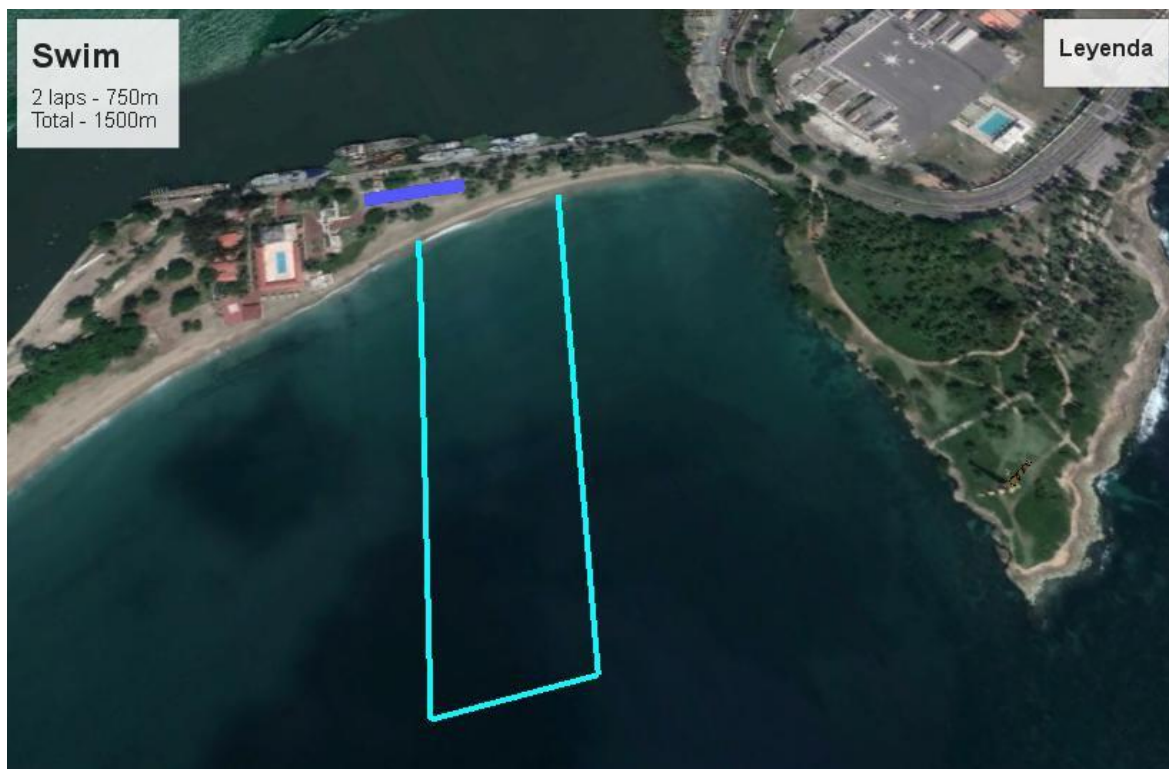
LOC: Eugenio Contreras -1.829.914.7783 - [eugenio1326@hotmail.com](mailto:eugenio1326@hotmail.com)

José Cambero - 1.809.846-2090 - [jtoribiocambero@gmail.com](mailto:jtoribiocambero@gmail.com)

ITU TECHNICAL DELEGATE: Gustavo Svane - 54.9223.505-7063 - [gs@triatlon.org.ar](mailto:gs@triatlon.org.ar)

NATIONAL FEDERATION FEDOTRI: Franklin de la Cruz - 1.809.458-4596 - [fedotri@hotmail.com](mailto:fedotri@hotmail.com)

### CIRCUIT MAPS



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