



ATHLETE'S GUIDE



February 17th - 18th, 2018

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1. GENERAL INFORMATION

1.1 Introduction

The purpose of the Athletes' Guide is to ensure that all Athletes and Team Managers are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Team Managers are advised to check with the Sport Information Center for up-to-date information and any last-minute changes.

1.2 Event Organizer

Event:	Etna Winter Triathlon Championship
Location:	Etna, Nicolosi (Italy)
Date:	17 th february 2018
Local Organizing Committee:	ASD Sport Extreme Catania
LOC Contact:	Mario Lombardo
e-mail:	sport.extremect@inwind.it - info@etnawintertriathlon.org
website:	www.etnawintertriathlon.org - https://www.facebook.com/EtnaWinterTriathlon/

1.3 Host National Federation

Address:	Italian Triathlon Federation Stadio Olimpico, Curva Sud 00135 Roma - Italy
e-mail:	areatecnica@fitri.it

1.4 Key Dates

Friday February 16 th	
15:00 – 17:00	Opening Ceremony
19:00 – 20:00	Elite, U23, Junior, Paratriathlon, Age Group Athletes Briefing Registration
Saturday February 17 th	
08:00	Start Elite, U23, Junior Men/Women Winter Triathlon European Championship
10:00	Start Paratriathlon, Age Group Winter Triathlon European Championship
18:30	Award Ceremony
20:00	Pasta Party

1.3 Key Contacts

ITU Technical Delegate: Enrique Quesada	enrique.quesada@triathlon.org
LOC Event Manager: Mario Lombardo	sport.extremect@inwind.it
LOC Race Director: Marco Zaffaroni	info@friesianteam.com
LOC Race Office: Tommaso Paxia	tommaso.paxia@gmail.com
LOC Travel Management: Maurizio Ciancio	ciancio@pianetavacanze.com

2. VENUE

2.1 Venue

The venue is in the "Piano Vetore" locality, Etna: 1725mt height – 16 km far from Nicolosi

HOW TO REACH US

The only public transport to reach the Summit of Etna is the bus company AST. It starts from Catania, in piazza Papa Giovanni XXIII and reaches Piazzale Roadman.

By car from Nicolosi: once in Nicolosi, Nicolosi tourist Station North (Etna South) can be reached in about 20 minutes. Take the Via Etnea (the main street) and follow the Road SP 92 until you reach the Cantoniera Place which lies at an altitude of 1,900 m.

From Catania airport: follow the signs to Gravina di Catania Mascalucia Nicolosi first and then crossing; Upon reaching Nicolosi, take the Via Etnea (the main street) and continue along the SP92 until you reach the Piazzale Roadman (altitude of 1,910 m).

From Messina o Taormina: take the A18 ME-CT motorway and exit at Acireale, follow the road to Lavinaio, Pedara, Trecastagni, Monterosso until Nicolosi; from here continue along the SP 92 until an altitude of 1900. Alternatively, take the motorway A18 ME-CT and once past the toll, continue on the tangenziale di Catania. Take exit Gravina di Catania and continue towards Mascalucia and Nicolosi then. From here continue along Via Etnea (the main street) and continue along the SP 92 until you reach the Cantoniera Place at an altitude of 1,910 m.

From Palermo: A19 PA-CT reached the junction with the tangenziale di Catania continue direction Messina and exit at "Gravina of Catania". From here, follow the directions for Nicolosi (or Etna) crossing first Gravina and then Mascalucia.

2.2 Race Area



2.3 Facilities

Facilities including athletes' lounge and toilets are provided for the athletes at the race venue in the Piano Vetore. At the race venue the athletes' lounge provides water, fruit, energy bars and energy drinks. Sports massages will be available to the athletes after the race at the recovery area. For bikes and cross-country skiing renting please contact 0039.320.2997814

2.4 Doping Control

Doping Control will be performed according to the ITU/WADA regulations. Information about the Doping control venue will be updated at a later stage.

2.5 Medical Services

First Aid, Emergency Medical Services, n°2 ambulances will be available during the competition hours to anyone requiring medical assistance. Medical Tents will be provided on site at the recovery zone. Teams should ensure that they have appropriate medical insurance.

In a medical emergency, dial 118 and ask for ambulance service.

This number is free of charge from any telephone.

Further resources can be found below:

HOSPITAL
Presidio Ospedaliero Santa Marta e Santa Venera Acireale 18km far from the race venue Phone +39.095 7677146
MEDICAL EMERGENCY
Croce Rossa Italiana - www.cri.it Piazza Francesco Patanè 3/5 Acireale (Catania) Phone + 39.095 6683701
Guardia Medica Servizio Di Continuità Assistenziale Via Firenze 13 Nicolosi (Catania) Phone: +39.095.914757
EMERGENCY telephone number (police) 112
Carabinieri Via Giovanni Pascoli, Nicolosi (Catania) Phone: +39.095.914921
Soccorso Alpino Guardia Di Finanza Viale della Regione 25 Nicolosi (Catania)
PHARMACY
Farmacia Bonaccorso Largo dei Vespri 3 Nicolosi (Catania) Phone: +39.095 911191



2.5.1 Medications

Athletes are advised to bring sufficient quantities of medications for personal use. It is wise to bring a letter from your personal doctor confirming your medical history and medication in case of emergency. If you have been prescribed a medication that is for restricted use in the WADA code, please ensure that you have submitted a TUE with your triathlon federation.

2.6 Insurance

It is recommended that all the athletes arrange a medical insurance prior to their arrival in Sicily. Any medical expenses are their own responsibility.

2.7 Bike Mechanic Centre - Ski Assistance

There will be bike and ski mechanic service in the EXPO at the venue which will be open from Friday February 16th to Sunday February 18th.

If you need help outside these hours please contact the LOC Office.

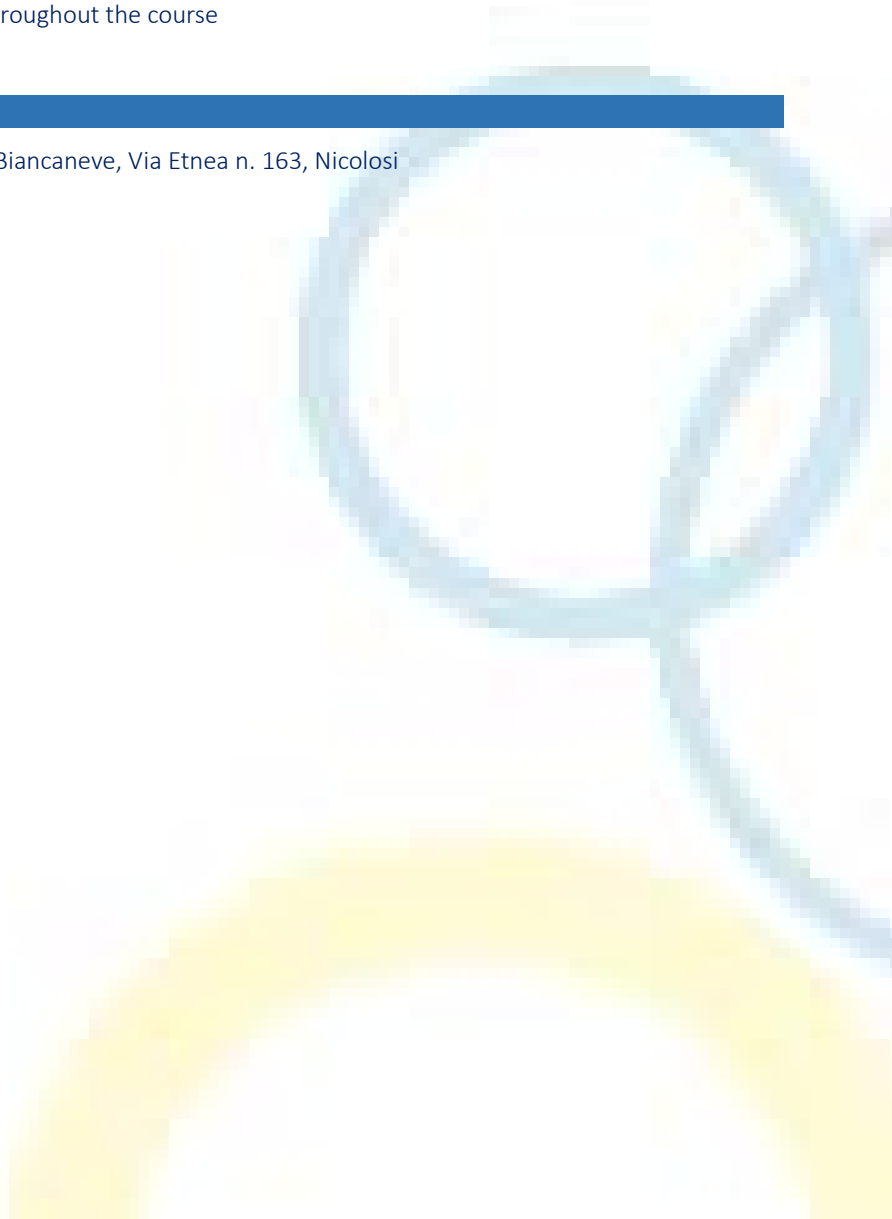
2.8 Security

Police will manage the Road Closures and the traffic throughout the course

2.9 Race Office

The race office is located at the main located at Hotel Biancaneve, Via Etna n. 163, Nicolosi

Friday, February 16th from 17:00 to 20:30



3. ACCOMODATION

Booking contact: Pianeta Vacanze Consulting in Viale Ulisse N° 15 Catania
Contact: Maurizio Ciancio
e-mail: ciancio@pianetavacanze.com
Phone: 0039.095.223661
Mobile: 0039.333.6648525

Hotel Biancaneve: Via Etna, 163 - Nicolosi (Catania)			
Price per person per night	Single Room	Twin - Double Room	Triple Room
Bed and breakfast	€58,00	€43,00	reduction of 10% on the third bed
Half Board (drinks not included)	€72,00	€57,00	
Full Board (drinks not included)	€75,00	€70,00	

Hotel Michelangelo Via Oasi San Bernardo, 8 - Nicolosi (Catania)				
Price per person per night	Single Room	Twin - Double Room	Triple Room	4person Room
Bed and breakfast	€51,00	€37,00	€34,00	€30,00
Half Board (water incl.)	€71,00	€57,00	€54,00	€50,00
Full Board (water incl.)	€86,00	€72,00	€69,00	€65,00

4. AIRPORT TRANSFERS

Transportation to and from airports can be arranged by the LOC from the international airport of Catania Fontanarossa (distance from the hotels Biancaneve and Michelangelo: 35 km) at a price of 40,00€ per person per each way, bike and ski included.

This service must be booked by submitting to the e-mail ciancio@pianetavacanze.com you request complete of:

- Date of arrival/departure
- Airport and hour selected
- name/surname
- Flight schedule

You will receive an invoice after a reservation has been made. The transport will only be confirmed after payment is received by bank transfer.

5. TRAINING

5.1 Course Familiarization

Because of the current weather conditions, we have to preserve the track so the Course Familiarization will not be possible.

6. BRIEFING

6.1 Athletes Briefing

The athletes briefing will take place at Hotel Biancaneve, Via Etna n. 163, Nicolosi

- Elite-U23-Junior – Paratriathlon - Age Group Friday, February 16th 19.00 – 20.00

7. COMPETITION INFORMATION

7.1 Event Schedule

Friday February 16 th	
15.00 – 17:00	Opening Ceremony
19:00 – 20:00	Elite, U23, Junior Paratriathlon, Age Group Athletes Briefing Athletes Registration and Equipment Delivery
20:00	Pasta Party
Saturday February 17 th	
06:00	Transfer from Hotel Biancaneve to the Race Area
08:00	Start Elite, U23, Junior Men/Women Winter Triathlon European Championship
10:00	Start Paratriathlon, Age Group Winter triathlon European Championship
14:00	Pasta Party
18:30	Award Ceremony Elite, U23, Junior, Paratriathlon, Age Group

Today 14/02/2018 the Course condition is good and, if the weather conditions do not change, the program will not have any other update. If there will be some update in the program all the athletes will be informed during the briefing.

The Transfer service from the Hotel Biancaneve to the Race Area will be offered to athletes at 6:00am

The Transfer service from the Race Area to the Hotel Biancaneve will be offered to athletes starting from 11:00 and will continue after the end of the Age Group Race.

7.2 Opening Ceremony

Meeting point: Piazza Vittorio Emanuele, Nicolosi

The opening ceremony starts at 15h00, athletes and coaches will be assembled by 15.00 and the ceremony will conclude at 17.00. Media are welcome to shoot photographs and TV footage. All National Teams should be present with their country uniforms. Team managers will be responsible for assembling all Elite, Junior, U23, Paratriathlon and AG competitors. After the final delegation arrives the formal opening ceremony will take place, followed by a short program of folk exhibitions, the local authority welcome and typical local products.

7.3 Competition Rules

Etna ETU Winter Triathlon European Championships will follow the latest published Competition Rules

7.4 ITU Uniform Rules

to compete in ITU events, all the athletes must comply with the ITU Uniform Rules.

Please Remember

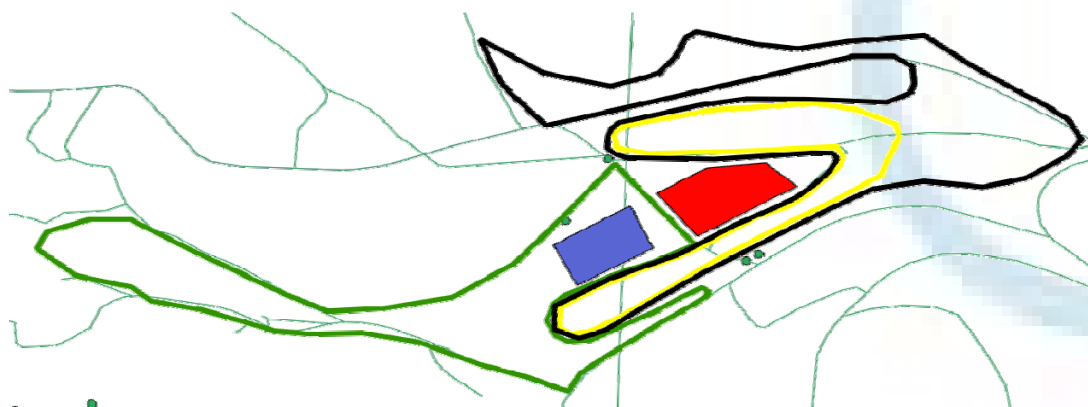
- There are not restrictions in terms of colours, but the sponsor's logo must be positioned in the allotted sponsor space
- Family Name, NOC code and ITU logo are mandatory

7.5 Insurance

The LOC has insurance with the company “Reale Mutua Assicurazioni”, a standard public liability and property damage insurance policy covers the risks of insurable nature under this agreement and staging of the event.

The insurance policy has named, as insured ITU Executive Board Members, ITU Staff, ITU International Officials, the Global Partners, Global Sponsors, the ETU Executive Board and Staff, the respective LOC directors, officers, agents, volunteers, employees and contractors. All athletes and team support personal must carry their own medical insurance.

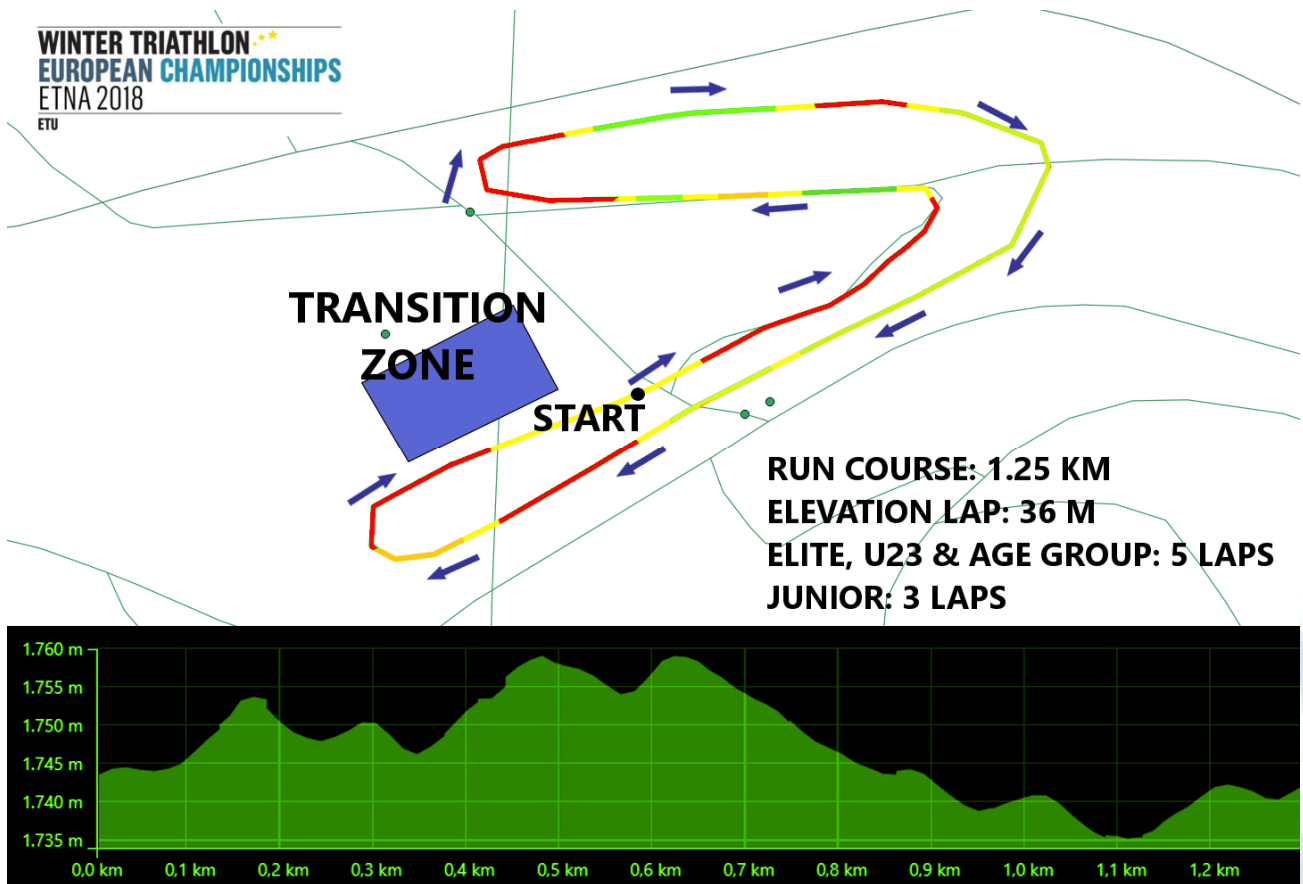
7.6 Field of Play (FOP)



LEGEND

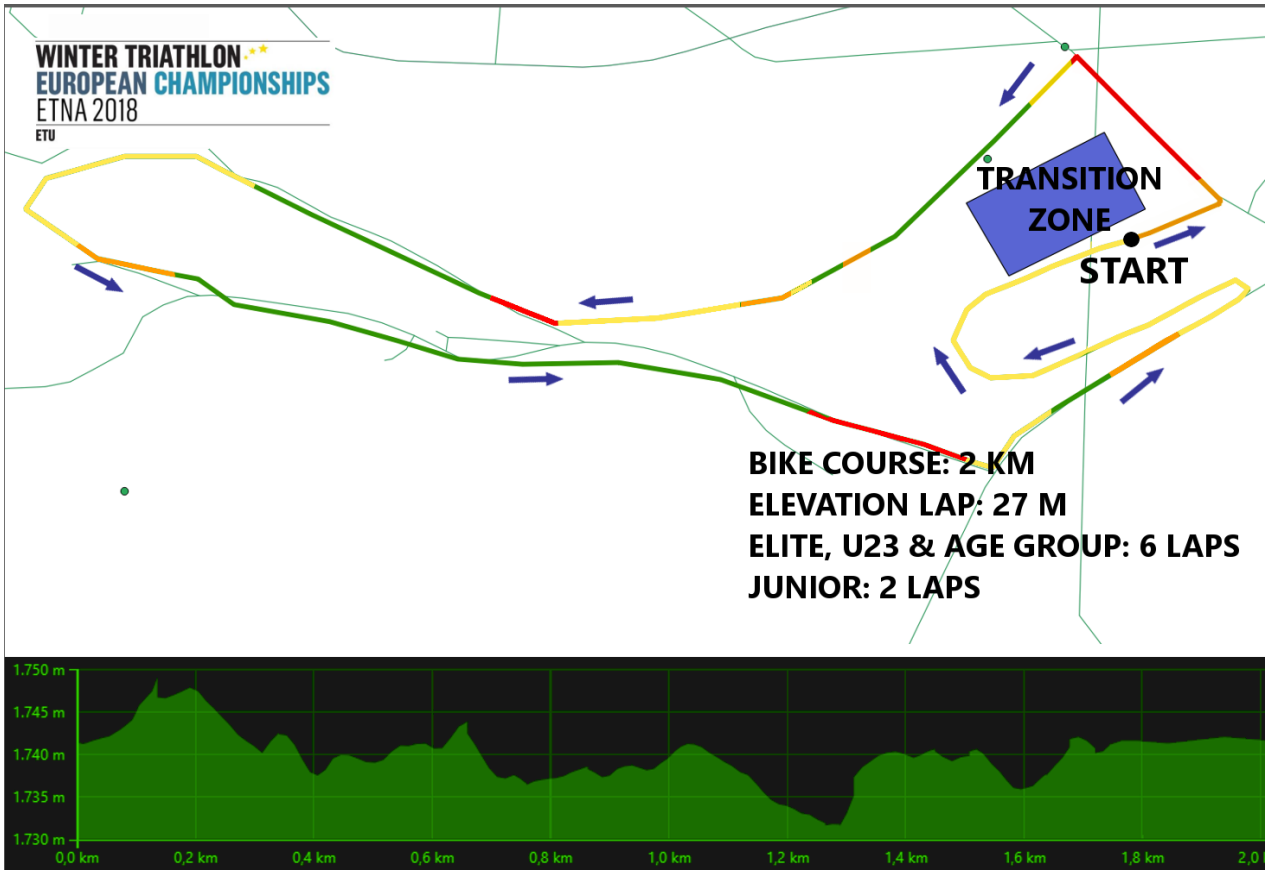
	Transition Area: 5.500 square meters
	Arrival / Medical / Expo Area: 7.500 square meters
	Run Course https://www.strava.com/routes/10961365
	Mountain Bike Course https://www.strava.com/routes/10981232
	Cross Country Ski Course https://www.strava.com/routes/10961342

7.6.1 Run Course



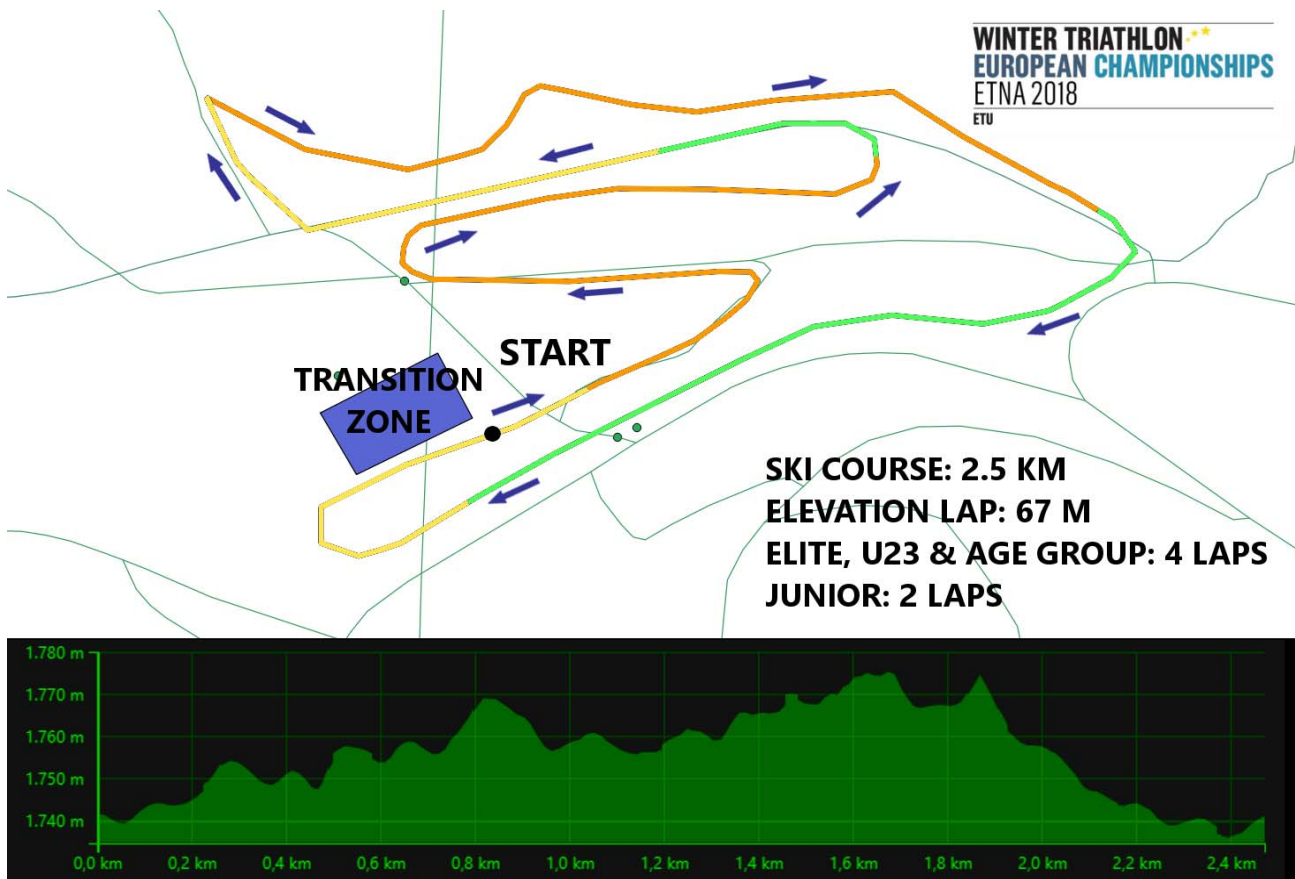
Category	Run	Laps
Elite	6.250 mt	5 laps 1.250 mt
Under 23	6.250 mt	5 laps 1.250 mt
Junior	3.750 mt	3 laps 1.250 mt
Paratriathlon,	6.250 mt	5 laps 1.250 mt
Age Group	6.250 mt	5 laps 1.250 mt
Open Race	6.250 mt	5 laps 1.250 mt

7.6.2 Mountain Bike Course



Category	Mountain Bike	Laps
Elite	12 km	6 laps 2 km
Under 23	12 km	6 laps 2 km
Junior	6 km	3 laps 2 km
Paratriathlon	12 km	6 laps 2 km
Age Group	12 km	6 laps 2 km
Open Race	12 km	6 laps 2 km

7.6.3 Cross Country Ski Course



Category	CrossCountry Ski	Laps
Elite	10 km	4 laps 2.5 km
Under 23	10 km	4 laps 2.5 km
Junior	5 km	2 laps 2.5 km
Paratriathlon	10 km	4 laps 2.5 km
Age Group	10 km	4 laps 2.5 km
Open Race	7.5km	3 laps 2.5 km

7.6.4 Aid Station

Aid station will be located at the finish area (beyond the finish line)

7.7 Distances

Category	Run	Laps	Mountain Bike	Laps	CrossCountry Ski	Laps
Elite	6.250 mt	5 laps 1.250 mt	12 km	6 laps 2 km	10 km	4 laps 2.5 km
Under 23	6.250 mt	5 laps 1.250 mt	12 km	6 laps 2 km	10 km	4 laps 2.5 km
Junior	3.750 mt	3 laps 1.250 mt	6 km	3 laps 2 km	5 km	2 laps 2.5 km
Paratriathlon PTS2, PTS3, PTS4 and PTS5	6.250 mt	5 laps 1.250 mt	12 km	6 laps 2 km	10 km	4 laps 2.5 km
Age Group	6.250 mt	5 laps 1.250 mt	12 km	6 laps 2 km	10 km	4 laps 2.5 km
Open Race	6.250 mt	5 laps 1.250 mt	12 km	6 laps 2 km	10 km	4 laps 2.5 km

7.8 Weather Conditions

Weather Conditions for jan/feb: Maximum Temp: 2° Minimum Temp: -5°

7.9 Results

Results will be uploaded live at the ITU official website www.triathlon.org

7.10 Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules

7.11 Timing chip

On the race day, athletes will be given a timing chip, to be worn on the left ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race. In the event that a timing chip is not returned, a fee of €10,00 will be charged.

8. REGISTRATIONS

8.1 Athletes Race Packets

- Athletes' race packets will be distributed at the Registration Office: Hotel Biancaneve, Via Etna n.163 Nicolosi (Catania), after the Briefing.
- Athletes must sign the ITU Athletes' Agreement, which states that any dispute arising from the ITU Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the ITU Athletes' Agreement is valid until the end of the competition year it has been signed;
- Athletes must provide picture ID at race registration/packet pick-up prior to competition
- Athletes must provide copy of the bank transfer issued for the entry fee payment otherwise must to pay cash (not credit card and checks allowed):

Entry Fees	
Elite – Under 23 - Paratriathlon	75,00euro per athlete
Junior	50,00euro per athlete
Age Group	50,00euro per athlete
Open Race	50,00euro per athlete

- Athletes must bring their race uniform for photograph and logo check
- The race package includes bike, ski and helmet stickers, event t-shirt, wristband
- A Transfer Service from Hotel Biancaneve to the Race Area is provided. The transfer starts at 06:00 of **Saturday February 17th**. All the athletes that want to use the transfer must deliver the bikes to the organizer right after the registration. The bikes will be available at the Race Area from 7.00am Race Day.

9. PRIZE MONEY

net of all taxes

INDIVIDUAL RACE

Place	%	Elite Male	Elite Female
1.	30%	1.200 €	1.200 €
2.	25%	1000 €	1000 €
3.	20%	800 €	800 €
4.	15%	600 €	600 €
5.	10%	400 €	400 €

Elite athletes entitled to prize-money should download the claim form from the ETU Website:

https://etu.com/uploads/2017_ETU_Athlete_Prize_Money_claim_form.doc

in order to claim prize money from the European Triathlon Union (E.T.U.).

The athlete has to give his/her full and correct address and bank details in clear and legible writing. If incorrect information is provided, a bank transfer of prize money will not be possible

10. ACCREDITATION

The LOC will provide to all the organizing committee members, ITU Technical Officials, athletes, VIPs, media, technical staff, court personnel, volunteers, etc., the official Accreditation Card.

Accreditations will be distributed at the Race Office located in the Hotel Biancaneve, Via Etna n.163 Nicolosi (Catania) before the Technical Briefing.

Only accredited people will be allowed to access in the venue areas.

Accreditation Cards are colour-coded and provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request.

11. USEFUL INFORMATIONS

Language The official language is Italian

Currency The currency of Italy is the Euro. Most major currencies may be exchanged at banks

Time GMT +01:00

Electricity The electric current is 220 volts

Telephone If calling from abroad to Italy dial +39

To call abroad from fixed telephones in Italy must dial the prefix 00, the country code and the phone selected. Vodafone, Tim, Wind and Tre are the major mobile phone service providers in Italy.