



# ATHLETE'S GUIDE



February 17th - 18th, 2018

## **TABLE OF CONTENTS**

### **1. GENERAL INFORMATION**

### **2. VENUE**

- 2.1 Venue
- 2.2 Race Area
- 2.3 Facilities
- 2.4 Doping Control
- 2.5 Medical Services
  - 2.5.1. Medications
- 2.6 Insurance
- 2.7 Bike Mechanic Centre – Ski Assistance
- 2.8 Security
- 2.9 Race Office

### **3. ACCOMMODATION**

### **4. AIRPORT TRANSFERS**

### **5. TRAINING**

- 5.1 Course Familiarisation

### **6. BRIEFING**

- 6.1 Athletes briefing

### **7. COMPETITION INFORMATION**

- 7.1 Competition Schedule
- 7.2 Competition Rules
- 7.3 ITU Uniform Rules
- 7.4 Insurance
- 7.5 Field of Play (FOP)
  - 7.5.1 Run Course
  - 7.5.2 Mountain Bike Course
  - 7.5.3 Cross Country Ski Course
  - 7.5.4 Aid Stations
- 7.6 Distances
- 7.7 Team Relay Rule
- 7.8 Weather Conditions
- 7.9 Results
- 7.10 Protests & Appeals
- 7.11 Timing chip

### **8. REGISTRATION PROCEDURES**

- 8.1 Registration
- 8.2 Athletes Race Packets

### **9. PRIZE MONEY**

### **10. ACCREDITATION**

### **11. USEFUL INFORMATIONS**

## 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

<b>Event:</b>	Etna Winter Triathlon Championship
<b>Location:</b>	Etna, Nicolosi (Italy)
<b>Date:</b>	17-18 <sup>th</sup> february 2018
<b>Local Organizing Committee:</b>	ASD Sport Extreme Catania
<b>LOC Contact:</b>	Mario Lombardo
<b>e-mail:</b>	sport.extremect@inwind.it - info@etnawintertriathlon.org
<b>website:</b>	<a href="http://www.etnawintertriathlon.org">www.etnawintertriathlon.org</a> - <a href="https://www.facebook.com/EtnaWinterTriathlon/">https://www.facebook.com/EtnaWinterTriathlon/</a>

### 1.3 Host National Federation

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

### 1.4 Key Dates

Friday February 16 <sup>th</sup>	
18.00	Elite, U23, Junior Athletes Briefing
Saturday February 17 <sup>th</sup>	
8.00	Start Elite, U23 Men Winter Triathlon European Championship
9.30	Start Elite, U23 Women Winter Triathlon European Championship
11.00	Start Junior Women/Men Winter triathlon European Championship
17.00	Award Ceremony Junior, Elite, U23
19.00	Age Group, Mixed Relay Athletes Briefing
Sunday February 18 <sup>th</sup>	
8.00	Start Mixed Team Relay Winter triathlon European Championship
9.30	Age Group Women/Men, Open Race Women/Men Winter Triathlon European Championship
13.00	Award Ceremony: Team Relay, Age group, Open race

### 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@planetavacanze.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 Centro Congressi Via Calvario 48 Nicolosi. 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:

<b>HOSPITAL</b>
Presidio Ospedaliero Santa Marta e Santa Venera Acireale 18km far from the race venue Phone +39.095 7677146
<b>MEDICAL EMERGENCY</b>
Croce Rossa Italiana - <a href="http://www.cri.it">www.cri.it</a> 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
<b>EMERGENCY telephone number (police) 112</b>
Carabinieri Via Giovanni Pascoli, Nicolosi (Catania) Phone: +39.095.914921
Soccorso Alpino Guardia Di Finanza Viale della Regione 25 Nicolosi (Catania)
<b>PHARMACY</b>
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.

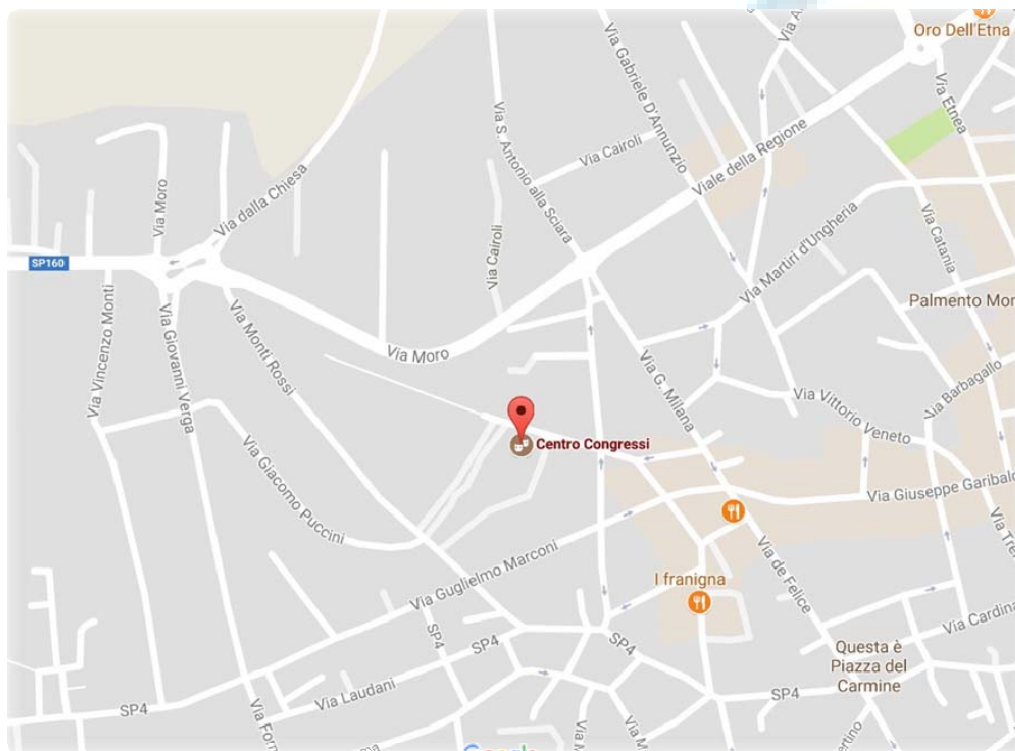
### 2.8 Security

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 Centro Congressi Via Calvario, 48 - Nicolosi ( Catania )

Friday,	February 16 <sup>th</sup>	10:00 to 12:00 at 15:00 to 18:00
Saturday	February 17 <sup>th</sup>	15:00 to 18:00
Sunday	February 18 <sup>th</sup>	08:00 to 10:00



<https://goo.gl/maps/Yd4bPVz8BsL2>

### 3. ACCOMODATION

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

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

<b>Hotel Michelangelo Via Oasi San Bernardo, 8 - Nicolosi ( Catania )</b>				
Price per person per night	Single Room	Twin - Double Room	Triple Room	4person Room
<b>Bed and breakfast</b>	€51,00	€37,00	€34,00	€30,00
<b>Half Board</b> (water incl.)	€71,00	€57,00	€54,00	€50,00
<b>Full Board</b> (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](mailto: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

The course familiarisation (run, bike and ski) will take place February 15th, 8.00-14.00  
 Athletes must report to the race office in order to register for the familiarisation.  
 During the course familiarization there will be medical services available.  
 During the bike course familiarization LOC will escort the athletes round the course.

## 6. BRIEFING

### 6.1 Athletes Briefing

The athletes briefing will take place at Centro Congressi Via Calvario 48 - Nicolosi

- Elite-U23-Junior                      Friday - February 16<sup>th</sup>      18.00
- Mixed Relay - Age Group           Saturday -February 17<sup>th</sup>    19.00

## 7. COMPETITION INFORMATION

### 7.1 Competition Schedule

Thursday February 15 <sup>th</sup>	
8.00-14.00	Course Familiarization
Friday February 16 <sup>th</sup>	
15.00	Opening Ceremony
18.00	Elite, U23, Junior Athletes Briefing
20.00	Pasta Party
Saturday February 17 <sup>th</sup>	
8.00	Start Elite, U23 Men Winter Triathlon European Championship
9.30	Start Elite, U23 Women Winter Triathlon European Championship
11.00	Start Junior Women/Men Winter triathlon European Championship
14.00	Pasta Party
17.00	Award Ceremony Junior, Elite, U23
19.00	Age Group, Mixed Relay Athletes Briefing
Sunday February 18 <sup>th</sup>	
8.00	Start Mixed Team Relay Winter triathlon European Championship
9.30	Age Group Women/Men, Open Race Women/Men Winter Triathlon European Championship
12.00	Pasta party
13.00	Award Ceremony: Team Relay, Age group, Open race

\*\* The award ceremony for the Relays will take place as soon after the event as possible to allow any teams who need to leave time to catch their planes



**7.2 Competition Rules**

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

**7.3 ITU Uniform Rules**

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

Please Remember

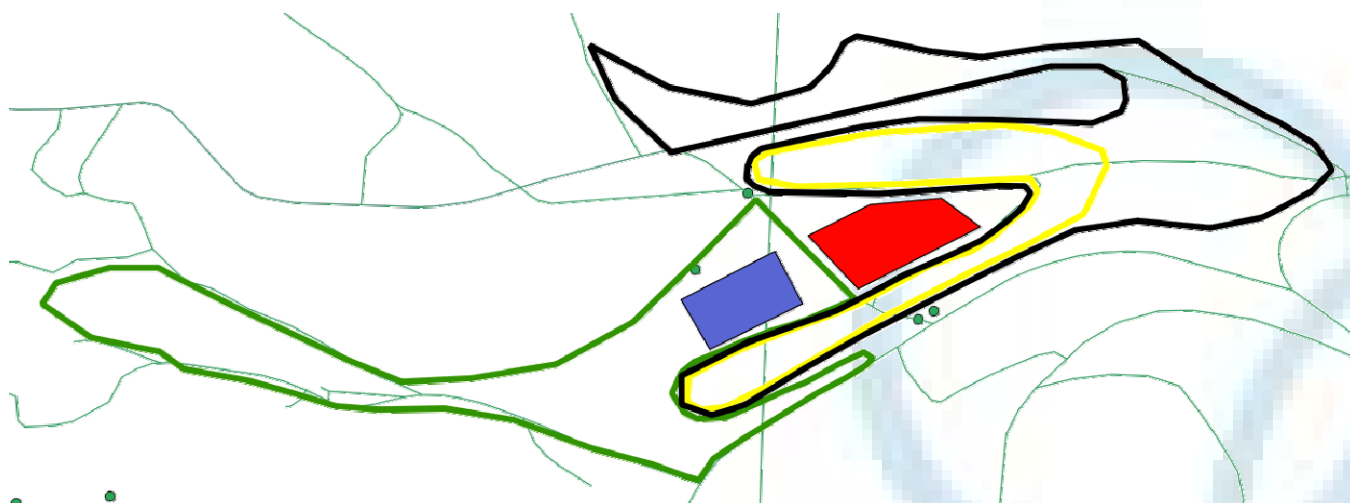
- There are not restrictions in terms of colours, but the sponsor's logo must be positioned in the allotted sponsor space
- Family Name, NOC code and ITU logo are mandatory

**7.4 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.

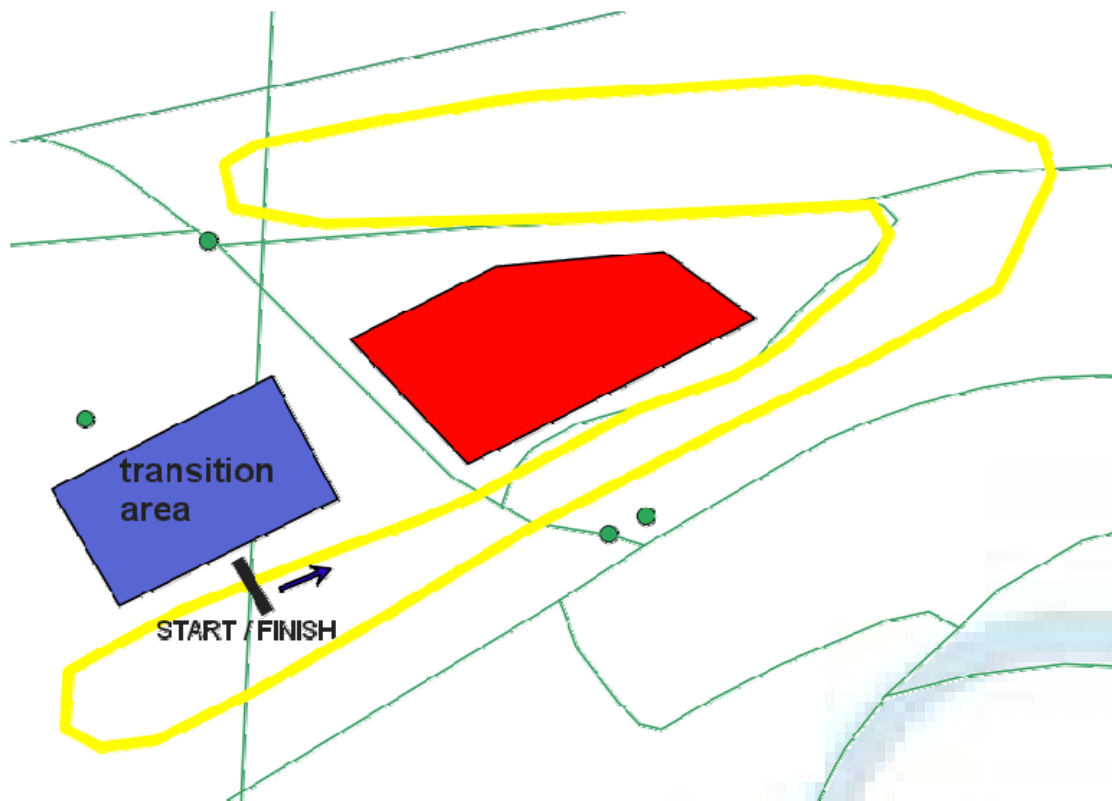
**7.5 Field of Play (FOP)**



**LEGEND**

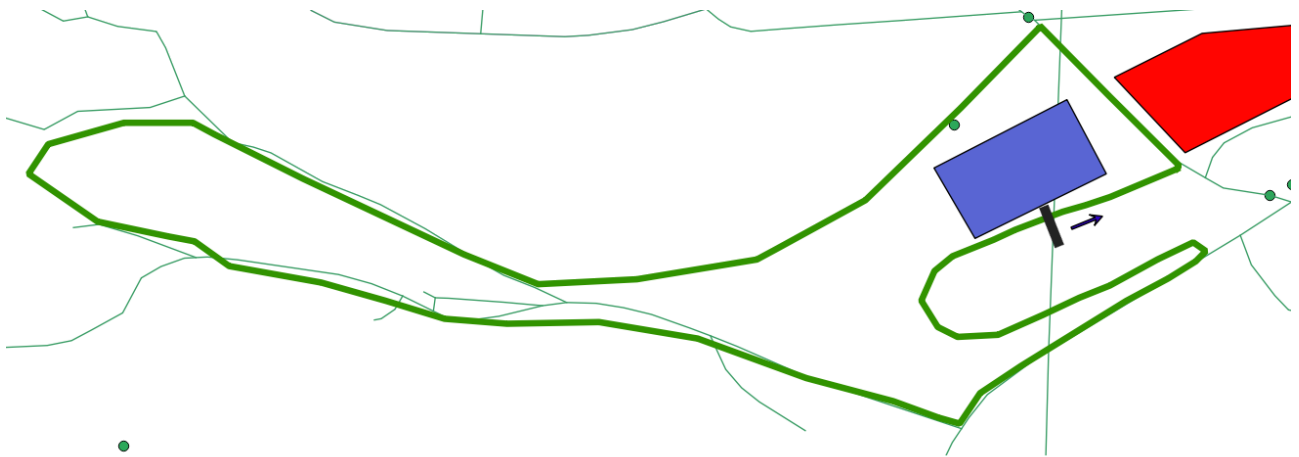
	Transition Area: 5.500 square meters
	Arrival / Medical / Expo Area: 7.500 square meters
	<b>Run Course</b> <a href="https://www.strava.com/routes/10961365">https://www.strava.com/routes/10961365</a>
	<b>Mountain Bike Course</b> <a href="https://www.strava.com/routes/10981232">https://www.strava.com/routes/10981232</a>
	<b>Cross Country Ski Course</b> <a href="https://www.strava.com/routes/10961342">https://www.strava.com/routes/10961342</a>

7.5.1 Run Course



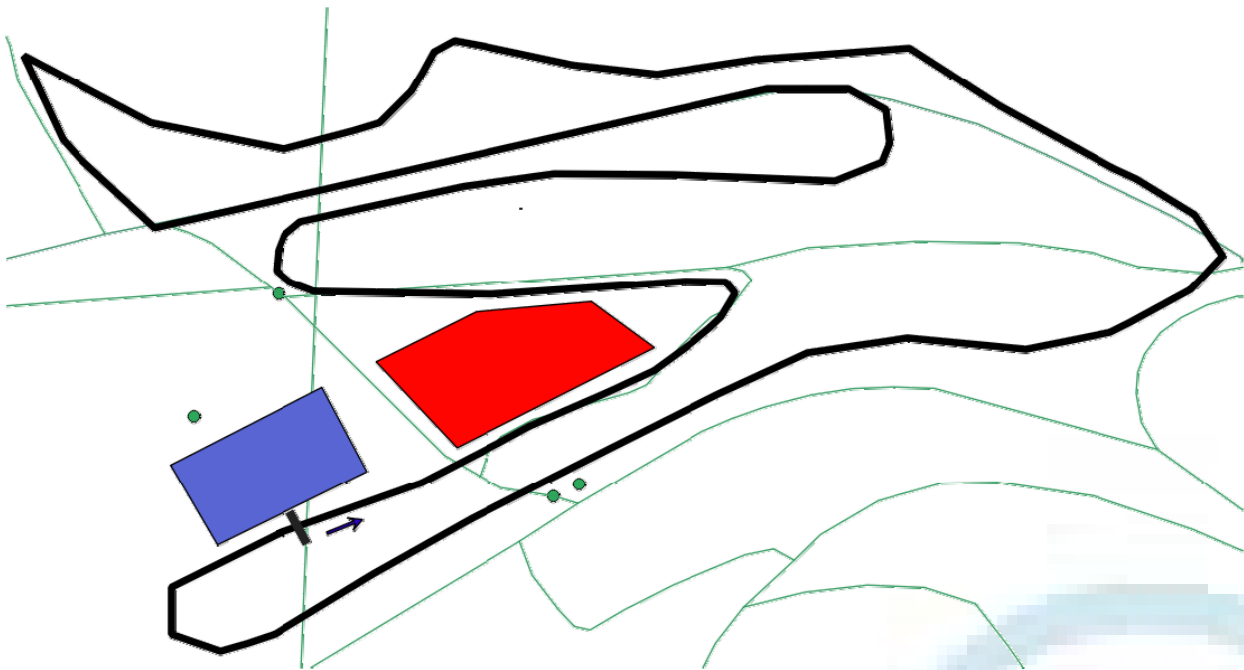
Category	Run	Laps
Elite	6.250 mt	5 laps 1.250 mt
Under 23	6.250 mt	5 laps 1.250 mt
Junior	3.750 mt	3 laps 1.250 mt
Age Group	6.250 mt	5 laps 1.250 mt
Open Race	6.250 mt	5 laps 1.250 mt
Mixed Team Relay	1.250 mt	1 lap

**7.5.2 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
Age Group	12 km	6 laps 2 km
Open Race	12 km	6 laps 2 km
Mixed Team Relay	2 km	1 lap

**7.5.3 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
Age Group	10 km	4 laps 2.5 km
Open Race	7.5km	3 laps 2.5 km
Mixed Team Relay	2.5 km	1 lap

#### 7.5.4 Aid Station

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

#### 7.6 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
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
Mixed Team Relay	1.250 mt	1 lap	2 km	1 lap	2.5 km	1 lap

#### 7.7 Team Relay Rule

A team is composed of 4 athletes: 2 men and 2 women, who will compete in the order woman, man, woman, man. Each of them will cover a complete triathlon/duathlon/winter

#### 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](http://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 PROCEDURES

### 8.1 Registrations

- 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;
- National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on [www.triathlon.org](http://www.triathlon.org).
- All questions regarding entries must be submitted via e-mail to [entries@triathlon.org](mailto:entries@triathlon.org).
- Athletes must provide picture ID at race registration/packet pick-up prior to competition
- The ETU Winter Triathlon European Championship start list will be produced and published inside the ITU web site [www.triathlon.org](http://www.triathlon.org). No athlete will be included in the start list if the entry has not be processed through ITU on line entry system.
- The athlete registration at the event will not proceed until payment by bank transfer has been received in full from the Local Organizing Committee. Payment confirmation must be e-mailed to: [info@etnawintertriathlon.org](mailto:info@etnawintertriathlon.org)
- The athlete registration at the event will not proceed until payment has been received in full from the LOC within the deadline of **February 5<sup>th</sup> 2018** and filled out the online entry form: <http://www.etnawintertriathlon.org/registration>

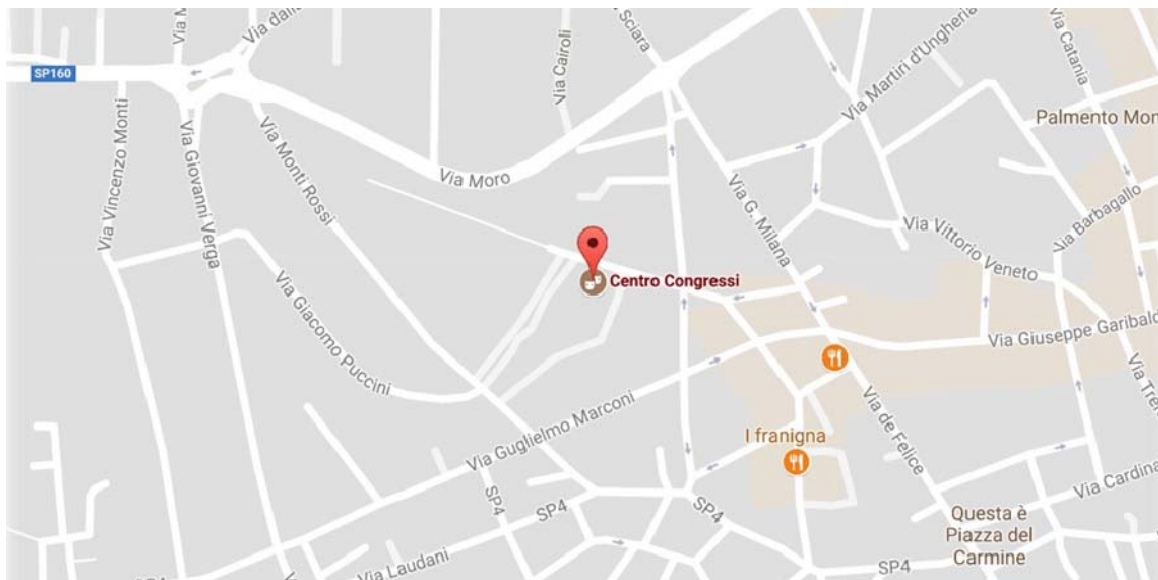
Entry Fees	
Elite – Under 23	75,00euro per athlete
Junior	50,00euro per athlete
Age Group	50,00euro per athlete
Mixed Relay	100,00euro per team
Open Race	50,00euro per athlete

Payment: Bank Transfer	
Holder Name:	ASD Sport Extreme Catania
Bank:	Banca Popolare di Milano Agenzia di Valverde ( Catania )
Iban code:	IT24P0503484300000000012260
Swift code:	BAPPIT21295

**REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions here**

**8.2 Athletes Race Packets**

Athletes' race packets will be distributed at the Registration Office: Centro Congressi Via Calvario 48 Nicolosi (Catania)



Athletes must bring their race uniform for photograph and logo check  
 The race package includes bike, ski and helmet stickers, event t-shirt, wristband

**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 €

**MIXED RELAY**

Place	%	Team
1.	50%	1.000 €
2.	30%	600 €
3.	20%	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](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 Centro Congressi Via Calvario 48 Nicolosi (Catania) before the Technical Briefing.

Only accredited people will be allowed 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.