

ITU
winter triathlon
World Championships **Asiago**

9/10th February **2019**

ATHLETE'S GUIDE Version 24th November 2018



TABLE OF CONTENTS

1. GENERAL INFORMATION

- Foreword ITU President
- Foreword FiTri President
- Foreword Major of Asiago
- Foreword Major of Rotzo
- 1.1 Introduction
- 1.2 Event Organizer
- 1.3 Host National Federation
- 1.4 Key Dates
- 1.5 Key Contacts

2. VENUE

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

3. ACCOMMODATION & TRANSFERS

4. COMPETITION INFORMATION

- 4.1 Event Schedule
- 4.2 Opening Ceremony
- 4.3 Competition Rules
- 4.4 ITU Uniform Rules
- 4.5 Insurance
- 4.6 Field of Play (FOP)
- 4.7 Distances
- 4.8 Team Relay Rules
- 4.9 Weather Conditions
- 4.10 Results
- 4.11 Protests & Appeals
- 4.12 Timing chip

5. REGISTRATION

- 5.1 Athletes Race Packets

6. PRIZE MONEY

7. ACCREDITATION

8. USEFUL INFORMATION

Foreword President of the International Triathlon Union (ITU)

A very warm welcome to the 2019 ITU Winter Triathlon World Championships in Asiago, Italy.

Here in the Centro di Fondo Campolongo, right in the heart of the Alps, is as good a location as one could wish for to hold this prestigious annual event. The excellent facilities, easy access and an abundance of snow will make this the perfect setting for our new Winter World Champions to be crowned.

In addition to the Elite World Championships, we will also see racing at the U23, Junior, Paratriathlon and Age Group levels, providing a true festival of sport over the weekend for all to enjoy and take part in.

As ever, I would like to thank the Italian Triathlon Federation for all of their hard work in putting together this superb venue. We once again are hugely grateful to the Local Organising Committee and all of the volunteers who will make this event possible, and to the local community for welcoming us all to what will be another superb edition of these World Championships.

Finally, I would like to wish all of the athletes the very best of luck, and I urge everybody to try and explore this beautiful and historic region of the Alps as much as they can as they enjoy the spectacle of ITU racing.

Yours Sincerely,

Marisol Casado (ITU President)



Foreword President of the Italian National Triathlon Federation

I am very glad and proud to welcome the Winter Triathlon World Championship back to Italy. As President of the Italian National Federation, I warmly greet all the delegations, that will take part in the event and wish to grant my personal support to the Italian athletes competing in our own country.

The international event, after two successful editions in Cogne - Valle d'Aosta, will take place in Asiago, Veneto, a wonderful land, where Nordic skiing has always been widely practiced and where a winter multi-sport like this finds its ideal location.

Thanks to the local team Triathlon 7C's hard work and scrupulous organisation we may enlarge the list of international events carried out in our country so far, thus enhancing our National Federation's prestige.



The Event of February 8th to 10th will surely be a success and we hopely expect a positive response from the athletes competing on the Plateau of Asiago and its 7 Comuni. I really hope the participation in the event will be big, so that the Campolongo competition grounds may become a stage on snow for a big sport celebration, which will crown the new world champions of this fascinating discipline.

Luigi Bianchi
(President of the Italian National Triathlon Federation)

Foreword Major of Asiago

It is with great pleasure that I, on behalf of the Asiago township, welcome the guests of the 2019 Winter Triathlon World Championship that will take place on our plateau from the 8th to the 10th of February.

Our city and our Altopiano boast a great historical tradition in organising international sport events and various prestigious competitions.

The 2019 World Championship will further enhance our prestige on the World scene.



Asiago is renowned both for its history as per the several sports that can be practiced on the territory.

A warm greeting to all of you that will take part in this important event. This competition will offer all enthusiasts the occasion to share in this discipline made both of physical strength and mental determination.

To all athletes a heartily recommendation for sportsmanship and fair play.

I would like to thank the Local Organising Committee for its passion and enthusiasm that honour this sport and our territory.

In wishing the best for a positive outcome of the event, I would also like to wish personal success and satisfaction to all, accompanied by the encouragement of a numerous public.

Roberto Rigoni Stern
Mayor of Asiago

Foreword Major of Rotzo

I'm very pleased to welcome all guests to the Winter Triathlon World Championship. For us it is a great honour to host this event.

The Centro Fondo of Campolongo has always been an important landmark for winter sports and competitions both for Rotzo as for the entire Plateau of Asiago.

Now this important event will add a new discipline which will surely arouse our curiosity and grant us deep emotions as always happens with sports.

We have recently planned to invest on developing new structures and more versatile facilities in the Campolongo's Centro Fondo, therefore the Winter Triathlon event becomes the best starting point to revive our ski area.

I wish all athletes and their families to find the warmth of our people's welcome, and I mostly thank all volunteers, especially those who have organised this event together with the International Federation.

I wish a good competition to all!

***The Major of Rotzo
Aldo Pellizzari***



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 are 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: 2019 ITU Winter Triathlon World Championships
Location: Asiago – Centro Fondo Campolongo
Date: 9/10th February 2019
Local Organizing Committee: Triathlon 7C asd
LOC Contact: Leonardo Franco - +39 347 6898418
e-mail: triathlon7c@gmail.com
website: www.triathlon7c.it

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

Activity	Date	Hour	Location
Opening Ceremony	Friday, 8.2.2019	15:00 – 16:00	Piazza del Municipio - Asiago
Athletes Registration AG	Friday, 8.2.2019	16:30 – 19:00	Teatro Millepini – Asiago
Athletes Registration AG	Saturday, 9.2.2019	17:00 – 19:00	Teatro Millepini - Asiago
Briefing: Elite/Junior	Friday, 8.2.2019	18:00	Teatro Millepini – Asiago
Start Elite Women	Saturday, 9.2.2019	09:00	Centro Fondo Campolongo
Start Elite Men	Saturday, 9.2.2019	11:00	Centro Fondo Campolongo
Start Junior Men/Women	Saturday, 9.2.2019	13:00 – 13:05	Centro Fondo Campolongo
Award Ceremony Elite/Junior	Saturday, 9.2.2019	17:00	Teatro Millepini - Asiago
Briefing: Mixed Relay/Age Group/Para	Saturday, 9.2.2019	19:00 – 20:00	Teatro Millepini - Asiago
Start Mixed Relay	Sunday, 10.2.2019	09:30	Centro Fondo Campolongo
Start Age Group/Para	Sunday, 10.2.2019	11:30/11:35	Centro Fondo Campolongo
Award Ceremony Mixed Relay/Age Group/Para	Sunday, 10.2.2019	15:30	Teatro Millepini - Asiago

“This is a prospective schedule. Hours and days may be modified due to weather conditions”

1.5 Key Contacts

ITU Technical Delegate: Oliver Laaber (AUT)	o.laaber@triathlon-austria.at
ITU Medical Delegate: Dr. Casandra Luca (ROU)	casandra_man@yahoo.com
LOC Event Manager: Leonardo Franco	triathlon7c@gmail.com
LOC Race Director: Leonardo Franco	triathlon7c@gmail.com
LOC Race Office: Fabrizio Cunico	triathlon7c@gmail.com
LOC Travel Management: Angelo Roffo	info@roanaservizi.it

2. VENUE

2.1 Venue

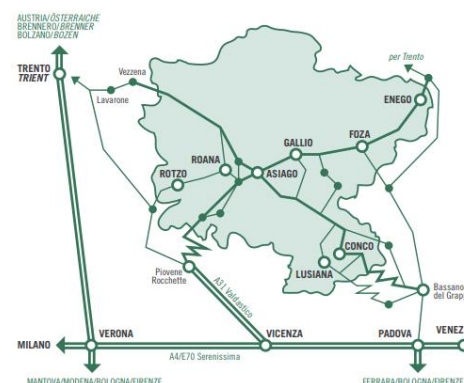
The venue is in the “Centro Fondo Campolongo” - Altopiano di Asiago



Distance from Centro Fondo Campolongo to Asiago: 17,5km

HOW TO REACH US

- By car:** take the motorway A4 Serenissima (Milan-Venice). When you are approaching the Vicenza Est exit, take the motorway A31 Valdastico until the Piovene Rocchette exit. From here take the Costo SP 349 and proceed where you get to Asiago. If you arrive from Austria, take the motorway A22 Brennero in the direction of Bolzano and Trento, passing through Lavarone and the Vezzena Plateau.
- By train:** there are trains leaving from Milan and from Venice going to Vicenza; otherwise, you can reach Thiene or Bassano del Grappa by train and then take the bus from there.
- By bus:** there are daily bus connections from Vicenza, Padova, Bassano del Grappa and Thiene. There are also daily connections from Milan by motorway, but only during high season; in this case a minimum number of passengers is required.
- By plane:** the nearest airports are: Venice (110 km), Treviso (130 km) and Verona (105 km). On request, a shuttle service from the airports to Asiago is available. In Asiago there is also a tourist airport with a concrete runway for light aircrafts.



PER INFORMAZIONI
 For further information

I.A.T. ALTOPIANO DI ASIAGO - PROVINCIA DI VICENZA
 Tel. +39 0424 462221 - +39 0424 462445 - iat.asiago@provincia.vicenza.it

Tel. +39 0424 464081 - info@asiago.to - www.asiago.to

CONSORZIO TURISTICO ASIAGO 7 COMUNI
 Tel. +39 0424 464137 - info@asiago7comuni.to - www.asiago7comuni.to

2.2 Facilities

Facilities including athletes' lounge and toilets are provided for the athletes at the race venue in Centro Fondo Campolongo. At the race venue the athletes' lounge provides water, fruit, energy bars and energy drinks.

Sports massage will be available to the athletes after the race at the recovery area

For bikes and cross-country skiing renting please contact: Angelo Roffo – Gestione Impianti Sportivi – info@roanaservizi.it - +39 0424 450154

2.3 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.

2.4 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:	Asiago Hospital, via Martiri di Granezza, 42 22 km far from the race venue	Phone +39 0424 604111
EMERGENCY:	Police	Phone 112
	Soccorso Alpino CAI Asiago	Phone 118
	Carabinieri Via Bettinadi n. 2, Canove di Roana	Phone: +39 0424 692034
PHARMACY	Farmacia Dott.ssa Bottura Via Roma n. 9, Rotzo (VI)	Phone: +39 0424 691272

2.4.1 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.

2.5 Insurance

All athletes competing in an ITU event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:

- (i) Any accident occurring before, during and after any competition;
- (ii) Any sickness that an athlete could suffer during a trip to a competition or event;
- (iii) Liability caused by an athlete during the competition.

The athlete's National Federation guarantees the existence of this insurance by entering an athlete in an event.

2.6 Bike Mechanic Centre - Ski Assistance

Friday	February 8 th	from 10:30 to 17:00	Race Area
Saturday	February 9 th	from 07:15 to 16:30	Race Area
Sunday	February 10 th	from 07:45 to 14:30	Race Area

For the renting, in order to guarantee a proper service, the request is required in advance and not during the event days, to the following contact: info@advancedeurope.com

Company: Advanced Europe di Emilio Gherpelli & C
 Address: Via Emilia Ovest, 174/I - 42048 Rubiera (MO)
 Phone: +39 0522 627083 - Fax +39 0522 621463
 e-mail: info@advancedeurope.com

2.7 Race Office

The race office is located at Teatro Millepini Asiago – Via Millepini 1, 36012 Asiago

3. ACCOMODATION & TRANSFERS

Official Race Hotel:

Garni Rendola, Via Rendola 41, 36012 Asiago, Italia

<http://albergorendola.it/>

For all your accommodation and travel enquiries, please contact Angelo Roffo.

Booking contact: Angelo Roffo

e-mail: info@roanaservizi.it

Phone: +39 0424 450154

Website: www.roanaroller.com

Booking your stay in one of our partner Hotels (www.roanaroller.com) will allow you to enjoy the following special FREE services:

- Swimming pool in Canove: Indoor swimming pool, SPA (Turkish bath, Sauna and relax area), Equipped gym
- Ice rink (Arena) in Asiago: Ice skating (evening from 9 to 11 PM)

TRANSFER SERVICE

- Hotel Reservations made through our Organisation (www.roanaroller.com) will receive:

- Free transfer service from the hotels to the race venue
- Special prices for the airport transfer

From Venezia, Treviso, Verona	60,00 Euro	per single trip
From Bergamo	140,00 Euro	per single trip
From Milano Malpensa/Linate	180,00 Euro	per single trip

- Transfer Service: individual rates (without accommodation)

From the Venezia airport:	140,00 Euro	per single trip
From Vicenza railway station:	60,00 Euro	per single trip
From hotel to race venue:	5,00 Euro	per single trip

4. COMPETITION INFORMATION

4.1 Official Event Schedule

Event Schedule

"This is a prospective schedule. Hours and days may be modified due to weather conditions. This also refers to the familiarization times on Friday and Saturday".

Training:

Run & Ski Training; The course will be marked out from Tuesday, 5.2.2019. It will be possible to train on the race course every day, except when we have races going on between 08:00 and 18:00. Bike Training open Friday @ familiarization times only! Please respect these timings in regards of fair play to all the athletes. Note, in case of bad weather conditions, the course may be closed.

Friday, 8.2.2019		
ITU office open	08:00	Centro Fondo Campolongo
Bike Mechanic Centre/Ski assistance	10:30 – 17:00	Centro Fondo Campolongo
Bike Familiarization Elite/Juniors (bike course open for familiarization)	11:00 – 13:15	Centro Fondo Campolongo
Ski Familiarization Elite/Juniors (ski course open for familiarization)	11:00 – 13:15	Centro Fondo Campolongo
Opening Ceremony	15:00 – 16:00	Piazza del Municipio - Asiago
AG Athletes' Registration/Race Package Pick-Up AG	16:30 – 19:00	Teatro Millepini – Asiago
Athletes' Briefing Elite/Junior	18:00	Teatro Millepini – Asiago
Race Package Pick-Up Elite/Junior after the briefing		

Saturday, 9.2.2018		
ITU office Open	07:00	Centro Fondo Campolongo
Bike Mechanic Centre/Ski assistance	07:15 – 16:30	Centro Fondo Campolongo
Athletes' lounge open Elite Women/Men	07:30 – 10:45	Centro Fondo Campolongo
TA open Elite Women/Men	08:00 – 08:45	Centro Fondo Campolongo
Start Elite Women Winter Triathlon World Championships	09:00	Centro Fondo Campolongo
Start Elite Men Winter Triathlon World Championships	11:00	Centro Fondo Campolongo
Athletes' lounge open Junior Women/Men	11:30 – 12:45	Centro Fondo Campolongo
TA open Junior Women/Men	12:00 – 12:45	Centro Fondo Campolongo
Start Junior Men Winter Triathlon World Championships	13:00	Centro Fondo Campolongo
Start Junior Women Winter Triathlon World Championships	13:05	Centro Fondo Campolongo
Bike Familiarization AG/Paras (bike course open for familiarization)	14:30 – 16:30	Centro Fondo Campolongo
Ski Familiarization AG/Paras (ski course open for familiarization)	14:30 – 16:30	Centro Fondo Campolongo
AG Athletes' Registration and Race Package Pick-Up	17:00 – 19:00	Teatro Millepini - Asiago
Award Ceremony Elite/Junior	17:00	Teatro Millepini - Asiago
Coaches' Briefing Mixed Relay	19:00	Teatro Millepini - Asiago
Athletes' Briefing Age Group/Para	19:30	Teatro Millepini - Asiago

Sunday, 10.2.2018		
ITU office open	07:00	Centro Fondo Campolongo
Bike Mechanic Centre/Ski assistance	07:45 – 14:30	Centro Fondo Campolongo
Athletes' lounge open Mixed Relay	08:00 – 09:15	Centro Fondo Campolongo
TA open Mixed Relay	08:30 – 09:15	Centro Fondo Campolongo
Start Mixed Relay Winter Triathlon World Championships	09:30	Centro Fondo Campolongo
Award Ceremony Mixed Relay	10:45	Centro Fondo Campolongo
Athletes' lounge open Paratriathlon	09:45 – 11:15	Centro Fondo Campolongo
TA open Age Group/Paratriathlon	10:15 – 11:15	Centro Fondo Campolongo
Start Age Group Winter Triathlon World Championships	11:30	Centro Fondo Campolongo
Start Para Winter Triathlon World Championships	11:35	Centro Fondo Campolongo
Award Ceremony AG/Paratriathlon	15:30	Teatro Millepini - Asiago

4.2 Opening Ceremony

Meeting point: Piazza del Municipio - Asiago

The opening ceremony starts at 15h00, athletes and coaches will be assembled by 15.00 and the ceremony will conclude at 16.00. 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's arrival the formal opening ceremony will take place, followed by the local authorities' welcome and local typical products' exhibition.

4.3 Competition Rules

ITU Winter Triathlon World Championships will follow the latest published Competition Rules.

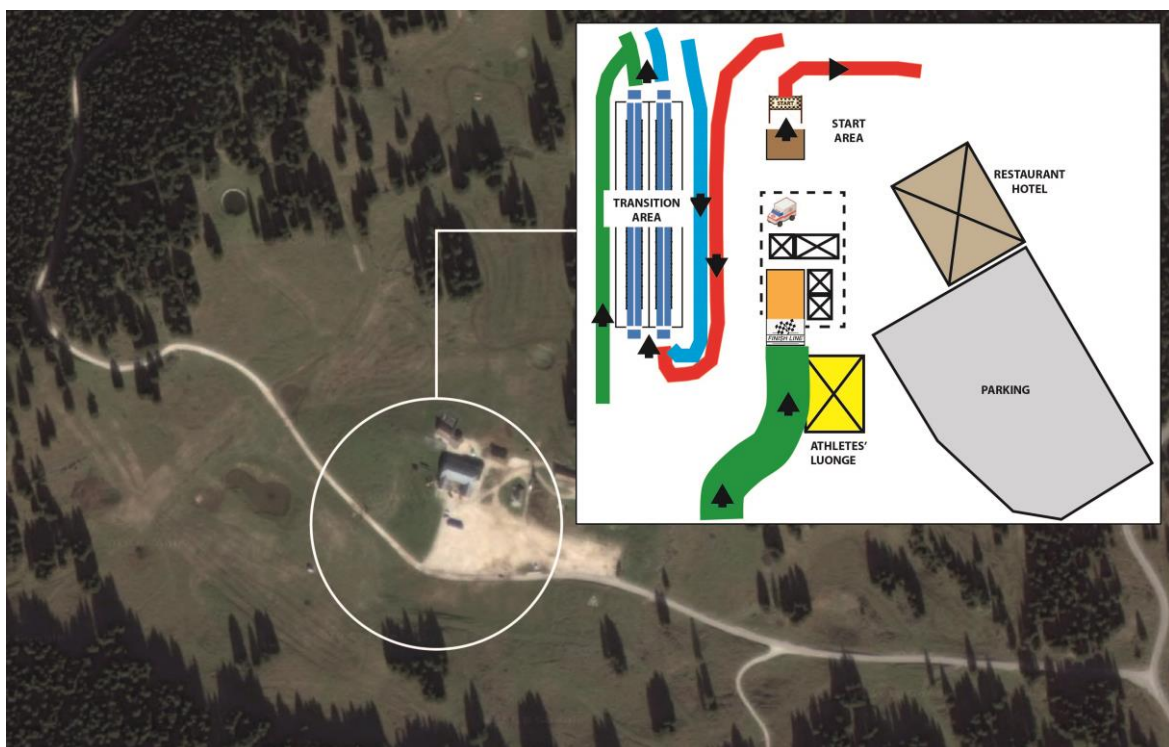
4.4 ITU Uniform Rules

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

4.5 Insurance

The LOC has insurance, 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.



4.6 Field of Play (FOP)

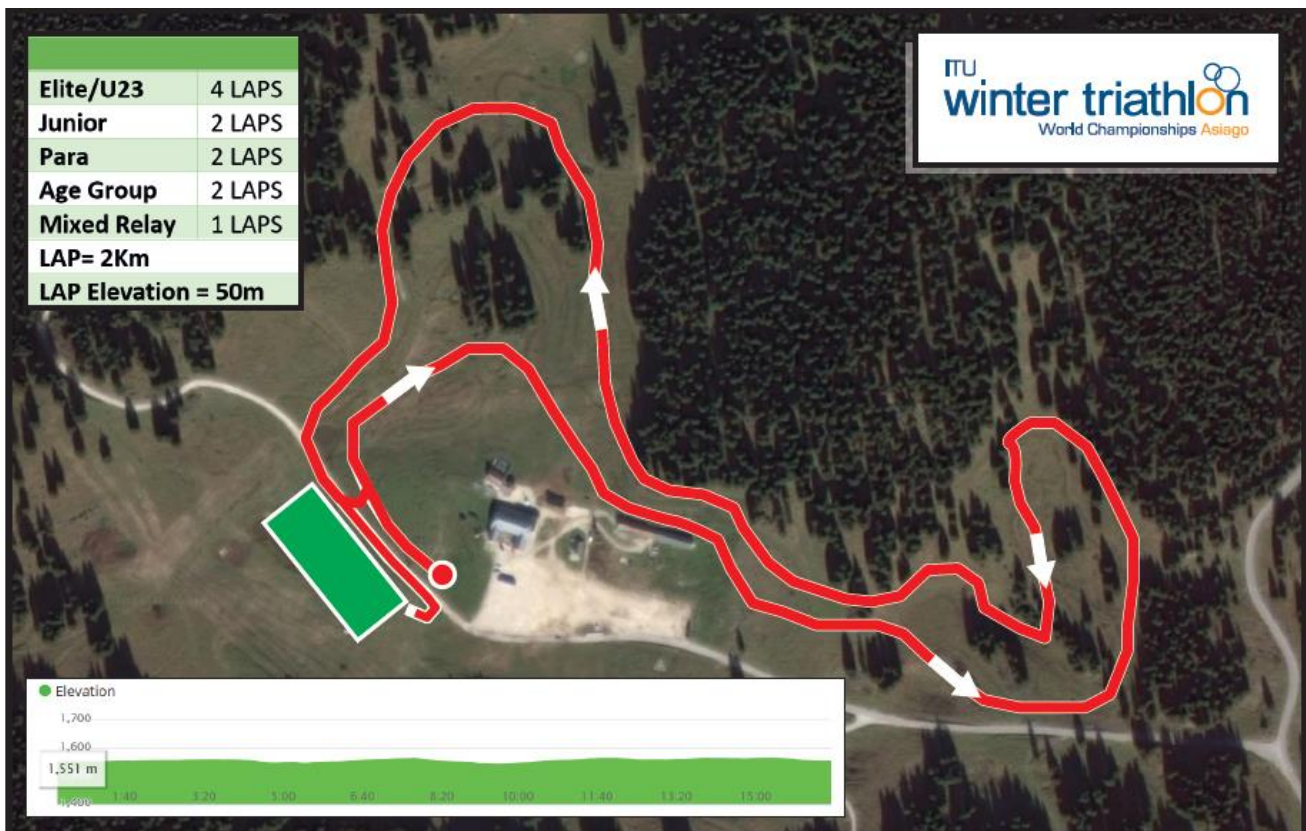
4.7 Distances and Course Maps

- Elite and Under 23 events will be hold in Standard Distance
- Age Group, Junior and Paratriathlon events will be hold under Sprint distance.

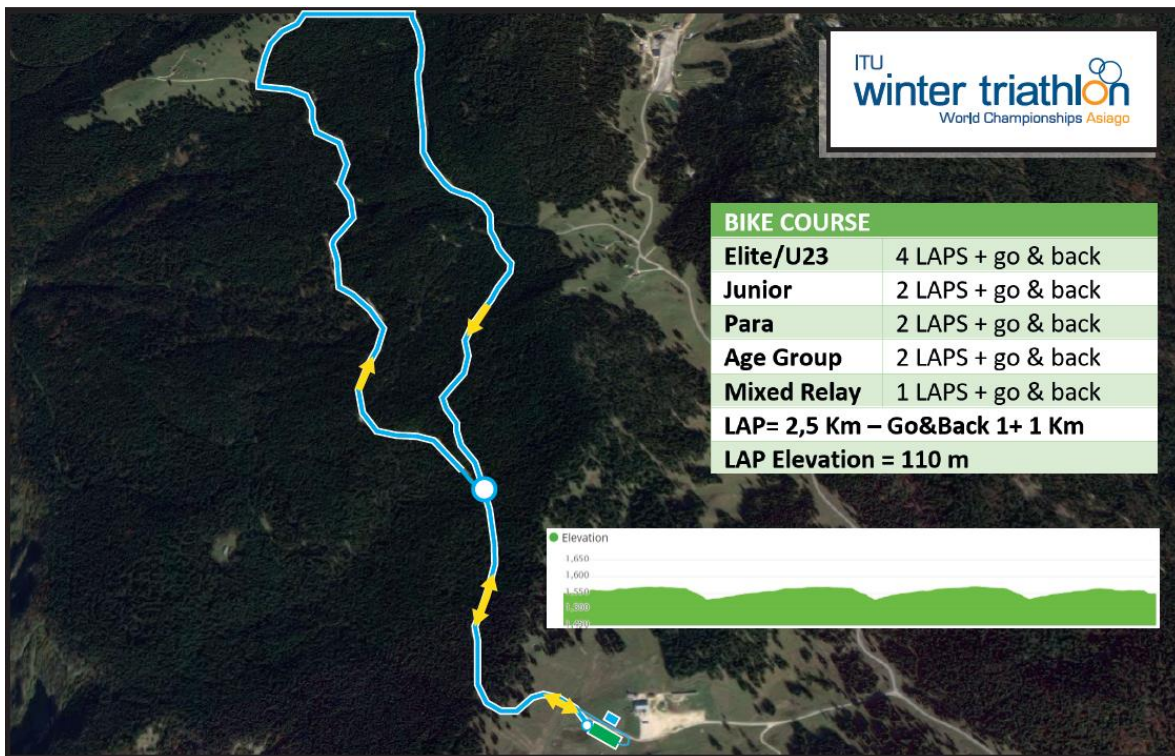
Category	Run	Mountain Bike	CrossCountry Ski
Elite - Under 23	7-9km	12-14km	10-12km
Junior	3-4km	5-6km	5-6km
Paratriathlon PTS2, PTS3, PTS4, PTS5	3-4km	5-6km	5-6km
Age Group	3-4km	5-6km	5-6km
Mixed Team Relay 4x	2-3km	4-5km	3-4km

These are the prospective distances. They can be modified due to weather conditions”

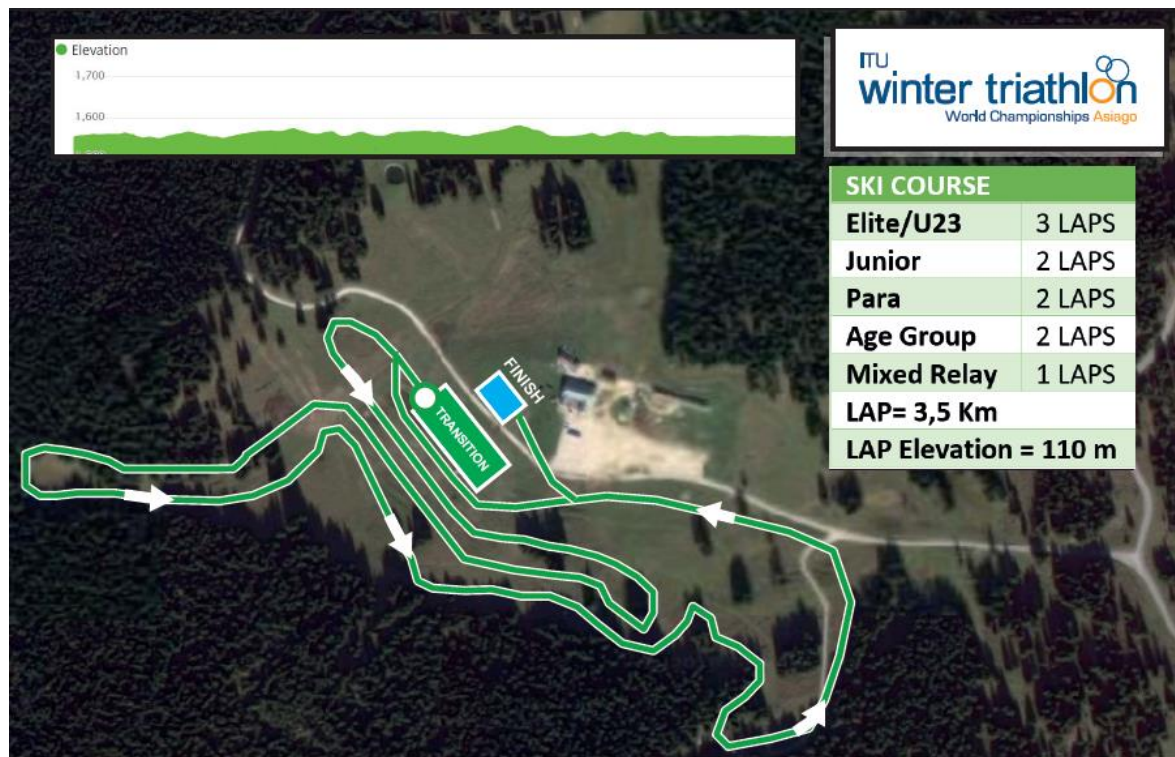
Detailed Run Course:



Detailed Bike Course:



Detailed Cross Country Ski Course:



4.8 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

4.9 Weather Conditions

In Asiago the month of February is characterized by a mountain winter temperature; morning and evening -5 to – 15 degrees centigrade and -5 to +5 degrees centigrade in day time.

4.10 Results

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

4.11 Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules

4.12 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.

5. REGISTRATIONS

5.1 Athletes' Race Packets

- Athletes' race packets will be distributed at the Registration Office: Teatro Millepini.
- The race package includes bike, ski and helmet stickers, gift, wristband.
- Athletes must provide picture ID at race registration/packet pick-up.
- Athletes must provide copy of the bank transfer issued for the entry fee payment otherwise have to pay cash (credit cards and checks not allowed):

Entry Fees	
Elite – Under 23 - Paratriathlon	€ 100,00 per athlete
Junior	€ 40,00 per athlete
Age Group	€ 100,00 per athlete
Team	€ 100,00 per team

- Payment: bank transfer
 Holder Name: Triathlon 7C ASD
 Bank: Banca Altovicentino, Agenzia di Asiago
 Viale della Vittoria, n.2
 Iban code: IT 12 J 08669 60130 01900 4007773
 Swift code: CCRTIT2TF01

Payment confirmation must be e-mailed to Triathlon7c@gmail.com

- National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on www.triathlon.org.
- All questions regarding entries must be submitted via e-mail to entries@triathlon.org.
- The official start list will be produced and published inside the ITU web site 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

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

6. PRIZE MONEY

net of all taxes

INDIVIDUAL RACE: USD 8.000,00

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

MIXED RELAY: USD 2.000,00

Place	%	Team
1.	50%	1.000 USD
2.	30%	600 USD
3.	20%	400 USD

Elite athletes and Teams entitled to prize-money should download the claim form from the ITU Website: in order to claim prize money from the International Triathlon Union 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.

7. ACCREDITATION

- The LOC will provide to all the organizing committee members, ITU Technical Officials, Coaches, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc., the official Accreditation Card, *according to the quotas indicated in the ITU Competition Rules*;
- Accreditations will be distributed at the Race Office located @ Teatro Millepini in Asiago.
- 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.

8. USEFUL INFORMATION

Language The official language is Italian.

Currency The currency of Italy is the Euro.

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.