

ATHLETES GUIDE

ZEROBARRIERE
S.C.S.



Europe Triathlon Para Cup

BARI – ITALY

18 SEPTEMBER 2022

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1. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2022 Europe Triathlon Para Cup BARI.

1.1 KEY DATES

EVENT	DATE	TIME	LOCATION
Press Conference	Friday, Sept. 16	10:00	Sala Consiliare, Corso Vittorio Emanuele II 84 - Bari
Paratriathlon Run Familiarization	Saturday, Sept. 17	13:30-14:00	Transition Area, Pane e Pomodoro beach, Corso Trieste - Bari
Paratriathlon Bike Familiarization	Saturday, Sept. 17	14:30-15:15	Transition Area, Pane e Pomodoro beach, Corso Trieste - Bari
Paratriathlon Swim Familiarization	Saturday, Sept. 17	15:30-16:30	Swim Start, Pane e Pomodoro beach, Corso Trieste - Bari
Online Athletes Briefing	17:00	18:00	Please register under this link
Race Pack Collection	18:30	19:15	Pane e Pomodoro beach, Corso Trieste - Bari
Europe Triathlon Para Cup Bari	Sunday, Sept. 18	08:45	Swim Start
Award Ceremony	Sunday, Sept. 18	14:30	Pane e Pomodoro beach, Corso Trieste - Bari

1.2 KEY CONTACTS

Pascal Godel	Technical Delegate	pgodel@fftri.com +33 613412736
Giovanni Trivellone	Assistant Technical Delegate	giovanni.trivellone.66@gmail.com +39 3476874058
Simona Grazia Divittorio	Medical Delegate	+393297768895
Nicola Intini	Race Director	nicolaintini@fitri.it +393494701355
AVSAS Ass. Giovanni Paolo II	Athlete Transportation	giovannipaolosas@gmail.com +393456518673
Marco Livrea	Athlete Accomodations	m.livrea@zerobarriere.net +39337833400
Mino Dell'Orco	Media Contact	mino.dellorco@libero.it +393491697033
Gianluca Cacciamano	Athlete Services	gianlucacacciamano@fitri.it +393292114364

1.3 LOCAL ORGANIZING COMMITTEE

Event:	Europe Triathlon Para Cup
Location:	Bari (Italy)
Date:	16 th – 18 th September 2022
Local Organizing Committee:	Otrè triathlon Team A.S.D.
Contact:	Nicola Intini – mobile +39 3494701355
E-mail:	nicolaintini@fitri.it
Website:	https://www.zerobarriere.net/public/
Facebook:	https://www.facebook.com/BariZerobarriere/
Youtube:	https://www.youtube.com/channel/UCxIMJFaTIPQ9Mex-VHqiB6Q

2. VENUE

2.1 VENUE

The venue is located in
Corso Trieste, Bari
“Pane e Pomodoro” beach



2.2 PARKING

Parking available in “Pane e Pomodoro” beach (free parking on Sundays).
In the paid parking lots in the city of Bari, the MUVT application is used.

2.3 PARATRIATHLETE LOUNGE

Facilities including the Athlete Lounge and restrooms are located “Pane e Pomodoro” beach, Corso Trieste, Bari (see the logistic map), near the parking lot. Sealed bottles of water are available for elite athletes prior to the race in the Athlete Lounge.

2.4 MEDICAL SERVICES

- First Aid, Emergency Medical Services, 3 Ambulances will be available to anyone requiring medical assistance at the venue, on Sunday September 18th.
- Medical and paramedic personnel will be available throughout competition times.
- A Medical Tent will also be provided on site at the finish area.
- Medical and paramedical personnel will be available throughout the competitions.
- Ambulances will be available to provide emergency transfer to hospitals.
- The Medical Tent will be located on-site near the Athlete Lounge
- Medical services at the venue are free of charge.
- Only Team Medical Doctors with accreditations will be able to access these areas.
- Accreditations for Team Medical Doctors are given after the Athlete Briefing by the World Triathlon Medical Delegate to those who have registered with ITU and have been approved in advance.
- Athletes/teams should ensure they have appropriate medical insurance documentation with them at the race venue.

Proper medical care can be received at:

Azienda Ospedaliero Universitaria Consorziale Policlinico

Piazza Giulio Cesare, 11 – 70124 Bari (BA)

Phone: 0039.080 5591111

2.5 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 BIKE MECHANIC CENTRE

A basic bike support service will be available at 100mt far from the transition area in Corso Trieste ("Pane e Pomodoro" beach) during the following dates/time:

Saturday, Sept. 17 from 14h30 to 16h30
Sunday, Sept. 18 from 07h00 to 12h00

For service outside these hours or comprehensive needs, please visit

Decathlon Bari

local shop at Viale Francesco De Blasio 1, 70132, Bari

(<https://www.decathlon.it/store-view/negozio-sport-bari-0070030300303>).

Store Hours: Monday-Saturday 09.00-20.30

2.7 INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the at the following addresses

Contact: Nicola Intini, +39 3494701355

Hours:

Thursday, Sept. 15	10:00-13:00	CUS Bari (University Sport Center) Lungomare Starita, 1B, 70132 Bari
Friday, Sept. 16	10:00-13:00	CUS Bari (University Sport Center) Lungomare Starita, 1B, 70132 Bari
Saturday, Sept. 17	10:00-19:00	Pane e Pomodoro beach Corso Trieste, 70121 Bari
Sunday, Sept. 18	10:00-13:00	Pane e Pomodoro beach Corso Trieste, 70121 Bari

2.8 SECURITY

A private security company will be responsible for the venue security, and community police and field of play marshals will patrol around the field of play. Police will manage the road closures and the traffic around the course.

2.9 MASSAGE SERVICES

Massage therapists are available on call during the whole week.

Athletes may reserve a 30-60 minute session with the therapist at their own costs.

Services include medi-cupping, mps, myofascial release, acupressure, active isolated stretching, structural energetic therapies and more.

For more information, please contact:

Health Academy

mobile +39 339 371 7176 (available from 4 to 9 p.m.)

infohealthacademy@gmail.com.

3. ACCOMMODATIONS

The official hotels, where information boards will be updated throughout the week, are as follows:

Hotel	Address	Distance race venue
Grande Albergo delle Nazioni	Lungomare Nazario Sauro 7, 70121, Bari	600 mt
Mercure Villa Romanazzi Carducci	Via Di Tullio 82, 70124, Bari	2500mt
The Nicolaus Hotel	Via Cardinale Agostino Ciasca, 27, 70124, Bari	5500 mt
Bari Oriente	Corso Cavour, 32, 70121, Bari	1000 mt
Hotel Boston	Via Niccolò Piccinni, 155, 70122, Bari	2500 mt
Hotel Excelsior Bari	Via Giulio Petroni 15, 70124, Bari	1900mt
Hotel Majestic	Via Giovanni Gentile 97/B, 70126, Bari	5500 m
Hotel Bari	Via Don Guanella 15/L, 70124, Bari	3500 mt
Hotel City	Via De Rossi, 186, 70122, Bari	3000 m
Adria Hotel Bari	Via Luigi Zuppetta 10, 70121, Bari	1500 mt

For more information about hotel accommodation, write to: info@zerobarriere.net
If you have any questions and / or special requests, please contact the hotels.

4. TRANSFER SERVICE

The organization provides athletes registered for the competition with a **free transfer** service from Bari international airport or train station through the AVSAS "Giovanni Paolo II" association.

To book your transfer service in good time, send a request complete with arrival / departure date, airport and time, name / surname, mobile phone and number of your flight to the booking center:

Contact: giovannipaolosas@gmail.com
Phone: 0039.345.6518673

	DISTANCE	TIME
From Bari airport to Bari	10,5km	20 min.

If you are coming from other destinations, please write to info@zerobarriere.net for further suggestions

5. TRAINING

5.1 SWIM COURSE FAMILIARIZATION

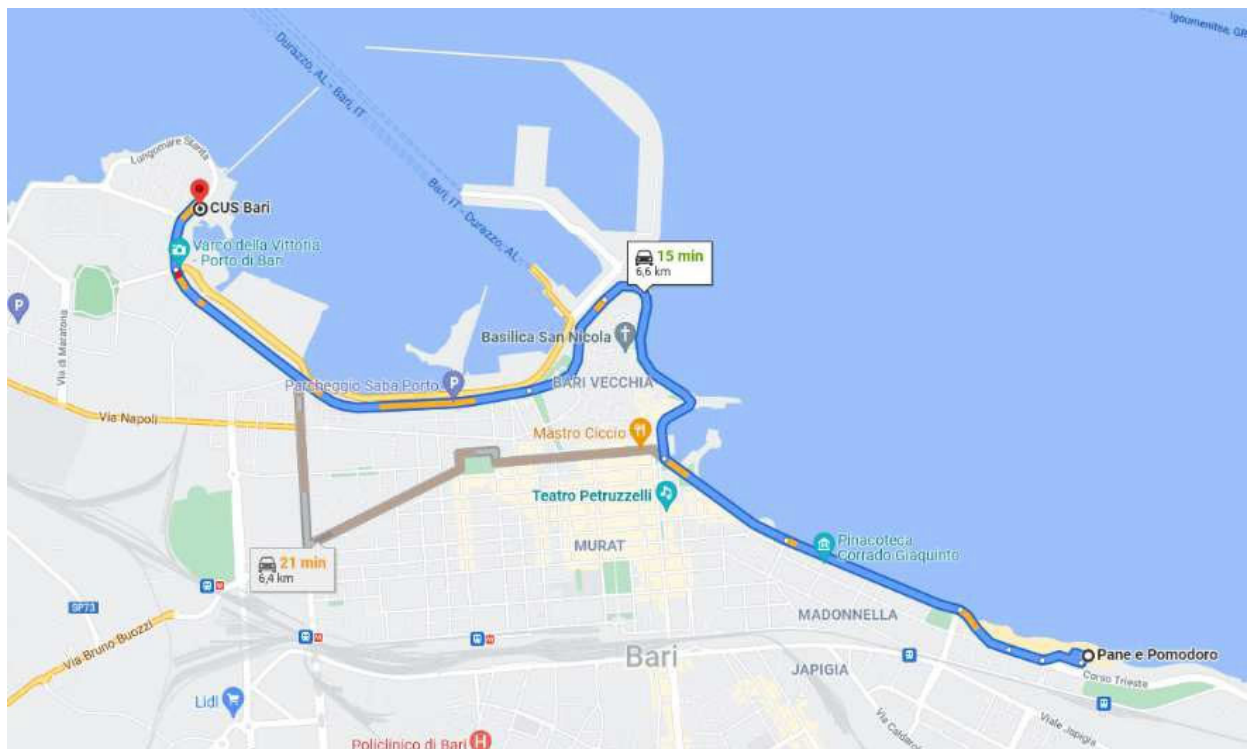
Swim familiarization for paratriathletes will take place from 15h30 – 16h30 on Saturday, Sept. 17 at the Pane e Pomodoro beach, Corso Trieste, Bari

During the course familiarization there will be medical services available.

5.2 SWIM TRAINING

POOL LOCATION

- | | |
|------------------------|---|
| Swimming Pool: | CUS Bari (University Sport Center)-(50m Indoor Pool– 25m Outdoor Pool) |
| • Location: | Lungomare Starita, 1B, 70132 Bari BA |
| • Operation hours: | Friday-Saturday 09.00-12.00 |
| • Distance race venue: | 6,5km |
| • Entrance fee: | Free entrance athletes/coaches accredited in the official start list
ID document mandatory |
| • Reservation: | It is necessary to book because a maximum number of athletes can access the structure at the same time:
otretriathlon@gmail.com |
| • Note | no secure bike storage facilities |



5.3 BIKE COURSE FAMILIARIZATION

Bike course familiarization for paratriathletes will take place from 14h30 to 15h15 on Saturday, Sept. 17 at the Pane e Pomodoro beach, Corso Trieste, Bari

Athletes should meet at the parking lot.

During the bike course familiarization LOC will escort the athletes round the course.

5.4 BIKE TRAINING

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling at their own risk, and traffic rules are to be followed.

5.5 RUN COURSE FAMILIARIZATION

Run course familiarization for paratriathletes will take place from 13h30 to 14h00 on Saturday, Sept. 17 at the Pane e Pomodoro beach, Corso Trieste, Bari

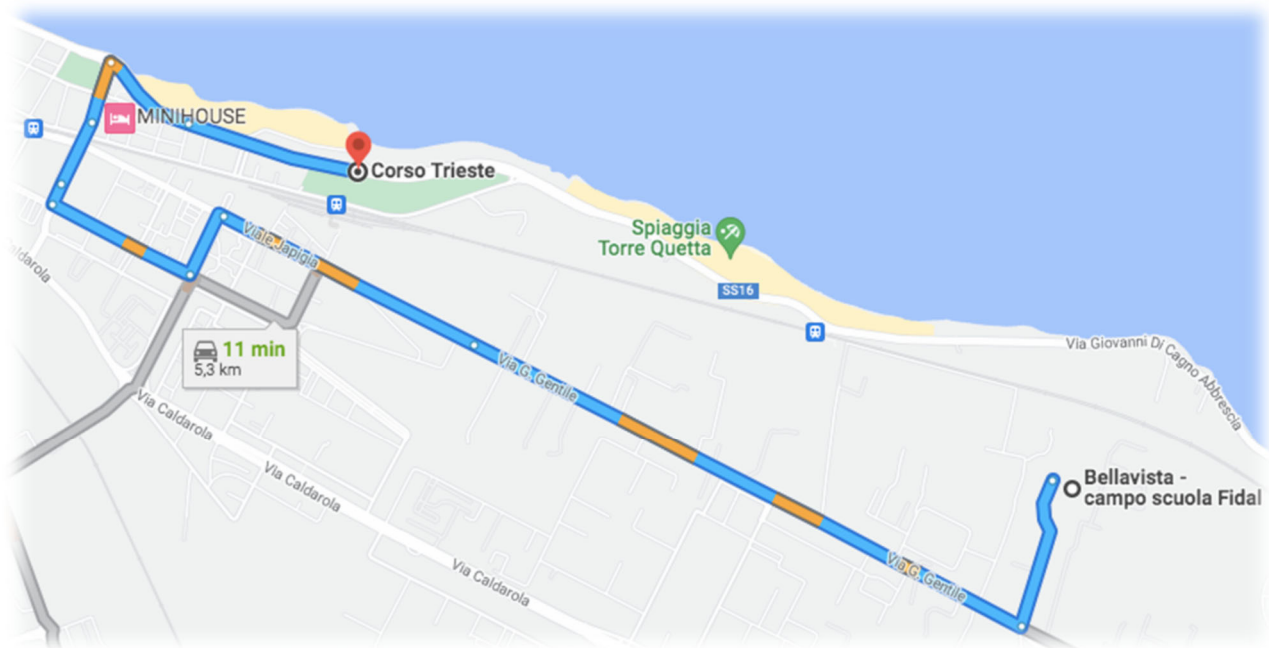
Athletes should meet at the parking lot.

During the familiarization phase of the race course, the LOC will accompany the athletes along the course. The path is "stick" on the "Nazario Sauro" seafront and vehicular traffic will be open, but controlled.

5.6 RUN TRAINING

The Bari seafront can be used to train running; extends around the venue for several kilometers.

On the mornings of Thursday 15 and Friday 16 September (9:30 am – 1:00 pm), athletes will be able to train on the athletics track, having free access to the "Bellavista athletics field", via Giovanni Gentile, 78, 70126 – Bari. It is not necessary the reservation.



6. ACCREDITATION

- The LOC will provide the official Accreditation Card to athletes, coaches, guides, team medical, technical officials, all the organizing committee members, VIPs, media and volunteers, in accordance to the World Triathlon Event Organisers' Manual (EOM) and World Triathlon Competition Rules.
- Accreditations will be distributed after the Bike course familiarization.
- Accreditation Cards are colour-coded and provide access to specific areas of the competition areas.
- All accredited persons must carry their accreditation card with them at all times and show it upon request.
- The accreditations for athletes and coaches will be distributed in a time window established by the organizer. The registration and accreditation timing will be communicated in race week through the www.triathlon.org website.
- Athletes and their accredited coach/support team must fill in the pre-event questionnaire prior to the race package distribution.
- If an athlete is not present and there is a waiting list, the athlete must be replaced according to standard procedures. The problem should be reported to World Triathlon Entries entries@triathlon.org
- The regulations in force in Italy at the time of the tender will be applied against the spread of the covid-19 virus. Notice will be given in race week through the www.triathlon.org website.

7. GENERAL COMPETITION INFORMATION



7.1 COURSE INFORMATION

Warm-Up	Athletes may not warm up on the course on competition days due to use by other events. However, you can swim, off the race course, on the rest of the stretch of water serving the beach of Pane e Pomodoro.
Start	Athletes will start from a floating structure and stand in a 70cm deep starting position. The Race Referee, with the assistance of ITU Technical Officials who are assigned to the start, will start each race.
Swim Course	The swim loop is 750m long, and athletes will complete one lap. The first turn is set at a distance of 280m. The average water temperature will be between 20-26°C The official water temperature will be taken one hour before each race start and posted in the Athlete Lounge.
Bike Course	Generally flat profile. There are four laps of 5km each. Road surfaces are paved and of high quality.
Wheel Stations	One wheel station will be located on the left side of Via Anastasio Ballestrero (near Perotti Park). Wheels must be checked-in and out at the Athlete Lounge.
Run Course	Generally flat course, with 3 laps of 1,65km crossing the city center of Bari.
Aid Stations	One Aid station will be located at the second turning point (towards the finish line) and one beyond the finish line the finish area (beyond the finish line) Sealed water bottles will be given.
Penalty Box	The penalty box for the transition area and the bike is on the right before returning to the transition area. The run penalty box is located before reaching the finish line.

7.2 DISTANCES

Medal Events	Swim	Bike	Run
PTWC-PTVI-PTS2-PTS3-PTS4-PTS5	750 mt 1 lap	20 km 4laps x 5 km	5 km 3laps x 1,65 km

7.3 COMPETITION RULES

The Europe Triathlon Para Cup BARI 2022 will follow the latest published Competition Rules of the World Triathlon.

7.3.1 Starting procedure

The athletes will be lined up in the water using a floating structure which they can lean on before the start.

7.4 WEATHER CONDITIONS

The climate in Bari in September is between 22-27°C (71-81°F) and low precipitation. The heat stress index will be monitored during the competition days.

7.5 RESULTS

Online results will be provided live on triathlon.org/results.

7.6 PROTEST AND APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

8. COMPETITION SCHEDULE

Friday, Sept. 16

TIME	EVENT	LOCATION
10:00	Press Conference	Sala consiliare Comune di Bari – Corso V. Emanuele II 84

Saturday, Sept. 17

TIME	EVENT	LOCATION
13:30-14:00	Run Familiarization	Parking “Pane e Pomodoro beach”, Corso Trieste – Bari
14:30-15:15	Bike Familiarization	Parking “Pane e Pomodoro beach”, Corso Trieste – Bari
15:30-16:30	Swim Familiarization	Swim Start “Pane e Pomodoro beach”, Corso Trieste – Bari
17:00 – 18:00	Athletes Briefing	Please register under this link
18:30 – 19:15	Registration & Race Packages	“Pane e Pomodoro beach”, Corso Trieste – Bari
19:00	Welcome Party	“Pane e Pomodoro beach”, Corso Trieste – Bari
20:00	Guided tour of Bari	For reservation: otretriathlonteam@gmail.com

Sunday, Sept. 18

TIME	EVENT	LOCATION
07:30-08:30	Check in TA	“Pane e Pomodoro beach”, Corso Trieste – Bari
08:45	Start Europe Triathlon Para Cup	“Pane e Pomodoro beach”, Corso Trieste – Bari
08:45:00	PTS5-M	
08:50:00	PTVI1-M	
08:52:46	PTVI2/3-M	
08:54:00	PTVI1-W	
08:57:19	PTVI2/3-W	
09:00:00	PTS5-W	
09:01:00	PTS2/3/4-W	
09:10:00	PTS4-M	
09:11:00	PTS2/3-M	
10:00:00	PTWC1-M	
10:02:59	PTWC2-M	
10:05:00	PTWC1-W	
10:08:42	PTWC2-W	
14:30	Award Ceremony	“Pane e Pomodoro beach”, Corso Trieste - Bari

9. WEBSITE AND LIVE COVERAGE

9.1 EVENT WEBSITE

Additional information, detailed course maps, start lists and final results are available online at triathlon.org/events/.....

9.2 LIVE COVERAGE

Follow [@TriathlonLive](https://twitter.com/TriathlonLive) on Twitter for live coverage

10. USEFUL INFORMATIONS

Language	The official language in Bari is the Italian
Population	324.198 people live in the city of Bari
Currency	The currency of Italy is the Euro. Most major currencies may be exchanged at banks
Time	Bari time is (GMT +01:00)
Electricity	The electric current is 220 volts
Water	Running water is appropriate to drink
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.

11. USEFUL NUMBERS

11.1 MEDICAL EMERGENCY

AZIENDA OSPEDALIERO UNIVERSITARIA POLICLINICO DI BARI
Piazza Giulio Cesare, 11, 70124 Bari BA - telefono 0039.080 5591111

11.2 PHARMACIES

FARMACIA RAGONE
Viale Japigia, 38/B, 70126 Bari - telefono 0039.080 553 7430 (OPEN 24H)

FARMACIA JAPIGIA DI BALDUCCI
Viale Japigia, 166, 70126 Bari - telefono 0039. 080 558 3280

FARMACIA SANTORO
Via Melo da Bari, 5, 70122 Bari BA- telefono 0039. 080 567 8110 <https://www.farmaciasantoro.it/>

if you need to get tested for COVID-19, contact the following pharmacy (open 24 hours, except Sunday from 1pm to 8pm):

FARMACIA SAN NICOLA
via Corso Camillo Benso Cavour, 53/a, 70121 Bari BA – telefono 0039. 080 5212615

To book the service, you can send an email to the following email address: farmacia.berrino@gmail.com

11.3 EMERGENCY

POLIZIA DI STATO
Via Gioacchino Murat, 4, 70122 Bari - telefono 0039.080 5291111 – emergency number 113

CARABINIERI
Lungomare Nazario Sauro, 43, 70121 Bari - telefono 0039.080 545111 - emergency number 112

LOCAL POLICE
Via Paolo Aquino, 1, 70126 Bari - telefono 0039.080 5491331

12. VISA DOCUMENTS

Before flying to Italy please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in <https://vistoperitalia.esteri.it/home/en>

- If you are a citizen from the European Union, the Schengen Space associates countries you can enter Italy with a normal Short Stay Visa and it is enough a declaration from your national Federation stating you will be representing your Country in the 2022 Europe Triathlon Para Cup Bari.
- If you are not from one of the above countries, please remind this:
 - You need an invitation letter for the event;
 - You need a declaration from your national Federation stating you will be representing your country in the 2022 Europe Triathlon Para Cup Bari.

The invitation letter will be issued ONLY for athletes, coaches, sport delegations, technical officials, media, technical staff ACCREDITED for the Sport Event.

To receive the certificate required for your travel, please send your request to nicolaintini@fitri.it completed of the following mandatory informations:

Name and Surname as it appears on your passport	
Date of birth	
Sex	
Passport number	
Passport expiration date	
Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system	
Name and address of your hotel while in Bari	
Date of arrival in Bari	
Date of departure from Bari	

If you need a direct support with the Consular Authorities please send the above informations to nicolaintini@fitri.it by specifying the references of the Embassy in order to manage the consular protocol through the Italian National Olympic Committee, together with the above informations, passport scan and request letter from the legal representative of your sports federation

2022 Europe Triathlon Para Cup Bari





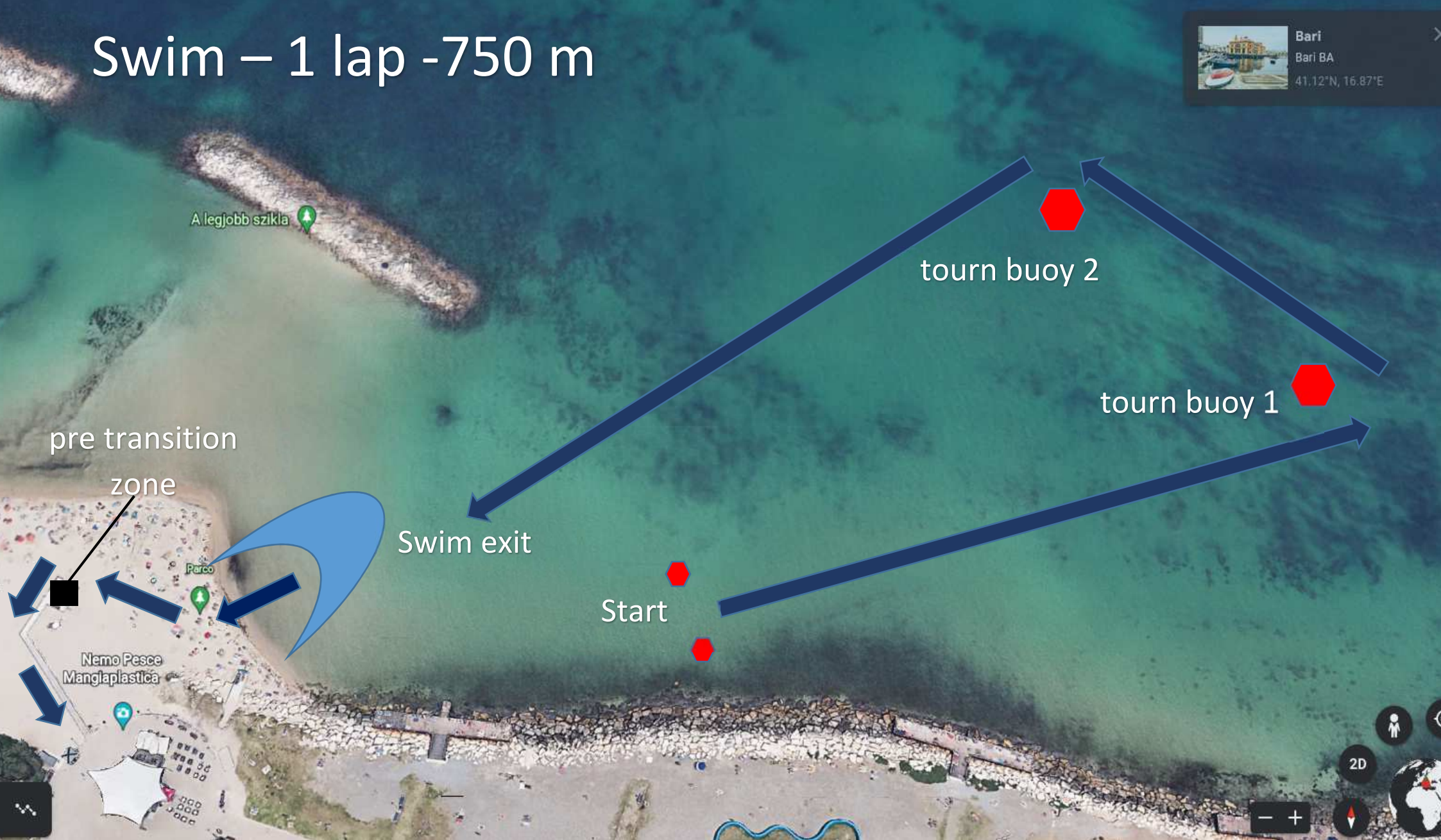
Swim Course - 1 lap - 750 m

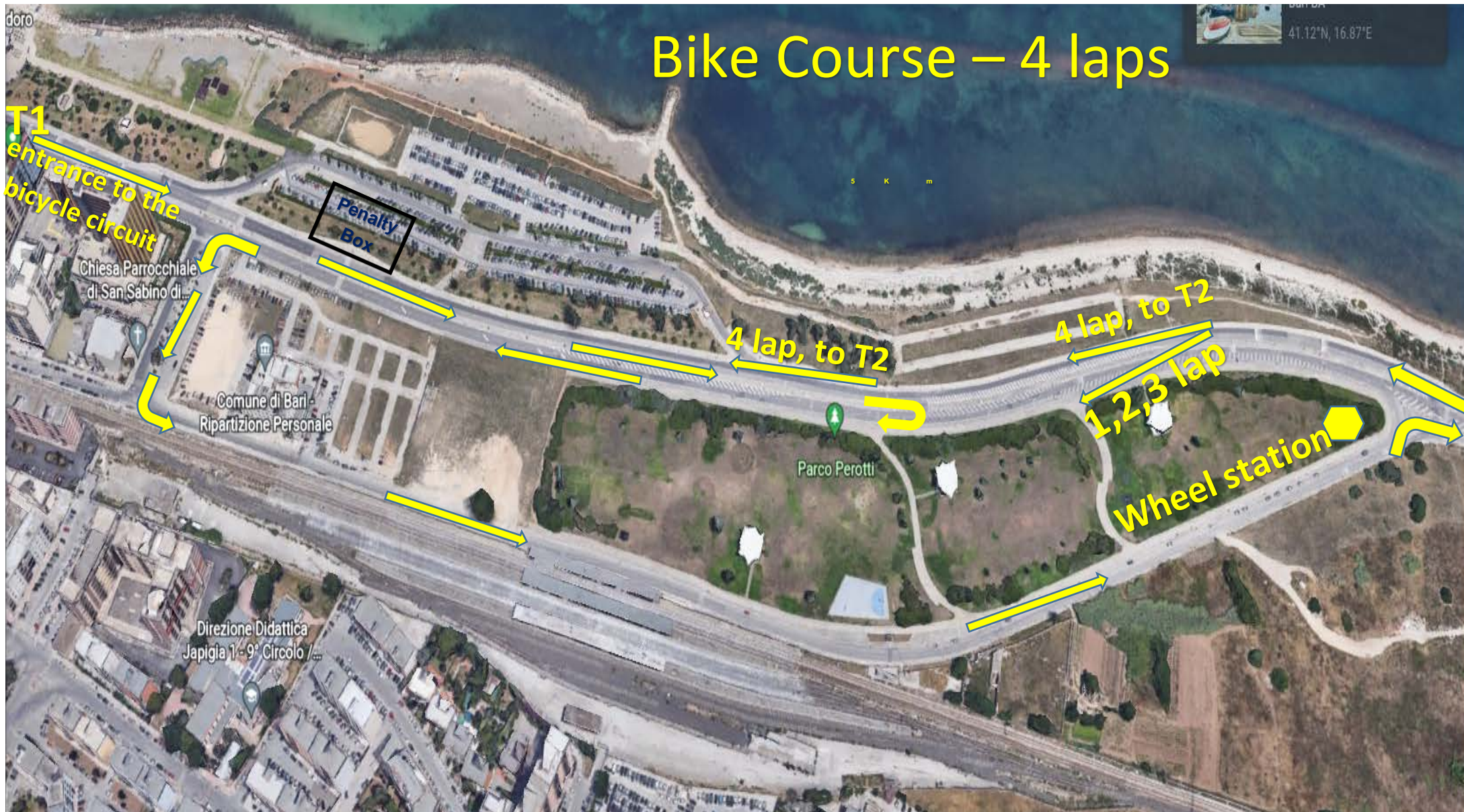
Bike Course - 4 laps - 5 km

Run Course - 3 laps - 1,65 km

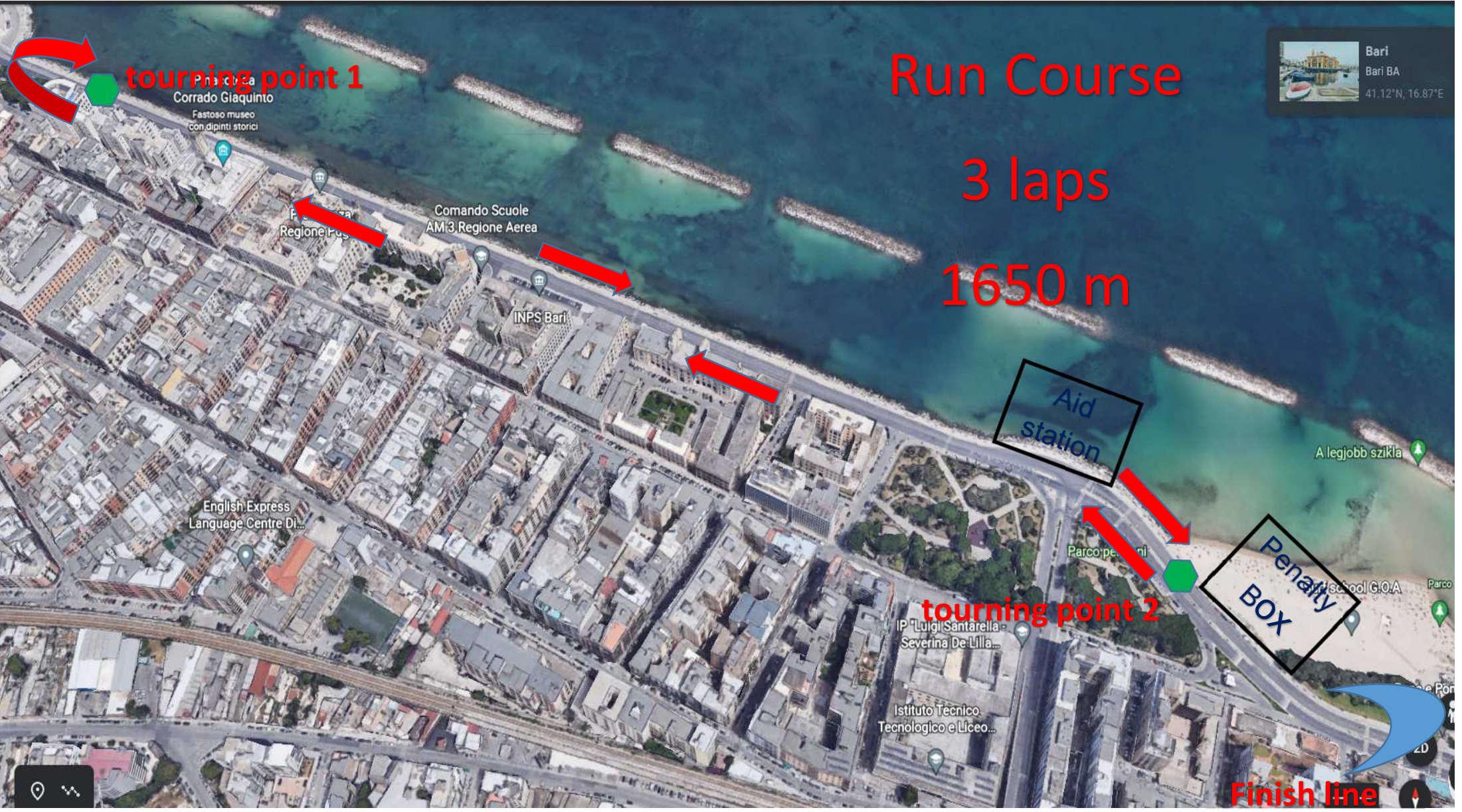


Swim – 1 lap -750 m









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