



World Triathlon Championship Series

CAGLIARI
2023

ATHLETES GUIDE 2.0

Version of 24/04/2023

Welcome to Cagliari





WELCOME

EVENT LOCATION

- Cagliari
- How to Arrive

GENERAL INFORMATION

- Key Contacts
- Schedule
- Race Schedule

RACE COURSES AND LOGISTICS

- Logistic Map
- Venue Map
- Field of Play (FOP)

TRAVEL SERVICES

Transfer Service
Accommodation

TRAINING

- Tribune - Official Fitness Club - Swimming Pool & Gym
- Training Swimming Pool only
- Training Schedule

GENERAL RULES & INFO

Race Briefing
Accreditations
Visa Procedure
Race Package Distribution
Event Presentation
Bike Familiarization
Run Familiarization
Athlete's Lounge
Course Measurement
Medical Service
Bike Mechanic Service
Wheel Station
Doping Control
Water Quality Test
Aid Station
Littering Zone
Penalty Box
Protests and appeals
Contingency plan



We are glad to welcome athletes, technical staff and fans to the second edition of the World Triathlon Championship Series in Cagliari.

An appointment that has already reached the hearts of those around the world who love our wonderful sport.

Teamwork and daily commitment are the basis of success of this event, and for this I want to thank the Presidency of the Council of Ministers, the Region of Sardinia, the Municipality of Cagliari, Suzuki Italy, the local staff, and the offices of the Federation, who have been working tirelessly to offer the world of triathlon an event of the highest level. The confirmation of Cagliari and Sardinia as the location of the Italian stage of the WTCS is the certification of the growth of our Federation, which has demonstrated reliability, organizational skills, vision and courage.

This is the success of an entire community that gives its dedication to a fantastic sport with passion and spirit of sacrifice. A choral success, which I like to share with my colleagues and friends of the Federal Council and with all those who, day after day, have believed in a dream that we managed to realise in a very short time. On the 27 of May, Cagliari will host the best triathletes on the world circuit who will go in search of qualification points for the Paris 2024 Olympic Games and, the moment they dive into the limpid waters of the Poetto, all of them will know they are living a fantastic experience in a unique setting.

Riccardo Giubilei

Presidente, Federazione Italiana Triathlon



Greetings and a very warm welcome to the 2023 World Triathlon Championship Series Cagliari.

Following a hugely successful debut on the World Triathlon Championship Series circuit last year, I am delighted that we are back in Cagliari and ready to witness the world's finest triathletes tackle this beautiful course once again.

This is the third Series event of what will be another hugely exciting year for our sport, where once again World Championship as well as Olympic points will be on the line. In 2022, it was Georgia Taylor-Brown and Alex Yee who took the inaugural golds at the end of two brilliant contests, and we are looking forward to even more first-class swim-bike-run entertainment this time around.

World Triathlon racing enjoys a rich history with the island of Sardinia, and it was gratifying to see Cagliari take the step up to hosting the Series in true style last October. This island and its people, the Local Organising Committee and the Italian Triathlon Federation have been great partners over the years, so we are thrilled to be able to rekindle that strong relationship this weekend.

My thanks go to them, the fans that come out in their thousands to watch and all the wonderful volunteers on whom we also rely. An enormous amount of work goes into staging WTCS races and broadcasting them to triathlon fans all around the world, and producing events of this quality is what keep triathlon so exciting, and keeps it reaching new audiences.

The best of luck to all of the athletes, the teams and the officials. I hope you are able to enjoy this remarkable part of Italy to the fullest as it hosts the spectacle of World Triathlon Championship Series racing. Have a wonderful weekend and enjoy the rest of the season.

Yours in Sport,
and enjoy the rest of the season.

Yours in Sport,

Marisol Casado
World Triathlon President
IOC Member



Cagliari is the perfect city for such an important round of the World Triathlon Championship.

It is a tough and fascinating discipline that can rely on truly fruitful conditions: an ideal climate, outdoor spaces that can be used all year round, and breathtaking sceneries.

We are really proud to host the athletes with their respective teams and all the media: Cagliari confirms itself as a city of international sport, equipped and welcoming.

Paolo Truzzu

Mayor of Cagliari



World Triathlon
Championship Series

2023 Event Schedule

ABU DHABI

United Arab Emirates

YOKOHAMA

Japan

CAGLIARI

Italy

MONTREAL

Canada

HAMBURG

Germany

SUNDERLAND

Great Britain

PONTEVEDRA

Spain



NTT



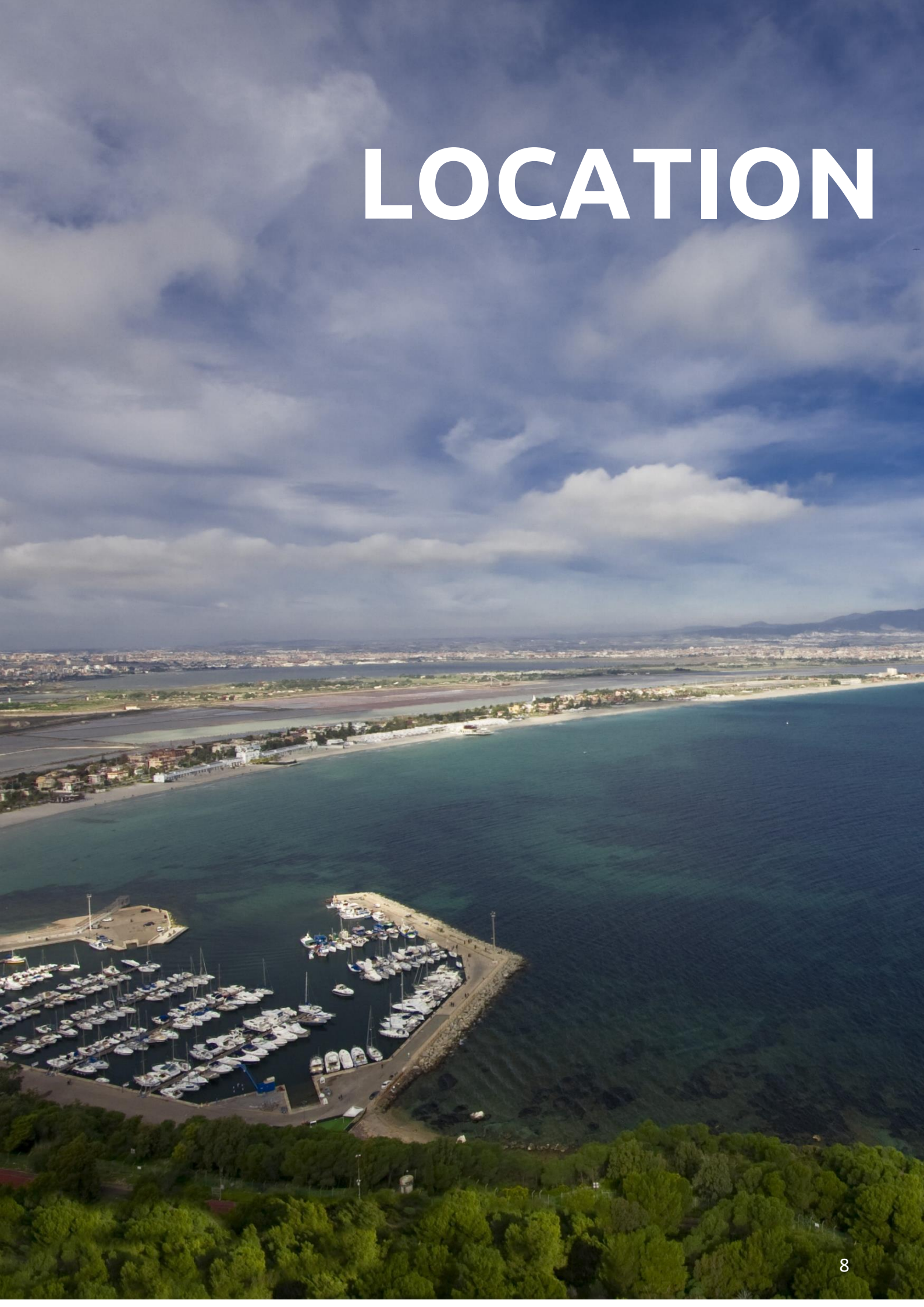
World
Triathlon

World Triathlon Global Partner



<https://wtcs.com>

LOCATION



CAGLIARI

Cagliari has a way of making you feel instantly at ease. Maybe it's the sparkling clear sea, framed by long strips of sand and green headlands. Or it's the beautiful November days when you can go out in just a t-shirt. Or the casual walk through its streets that reveals a stunning jewel of remote or recent history. Perhaps it is the flamingos' chorus in flight above the rooftops in summertime, seeming like the most natural thing in the world. Maybe what makes you feel at home is the mouth-watering cuisine, with so many recipes, from bread to lobster, inspiring every time the pleasure of a relaxed meal. Maybe it is because you experience its culture as a European capital, where young people have opened up the city to the world, while their parents and grandparents have taken care to preserve its traditions. This is Cagliari: one and many, depending on your point of view. A lively city, that not only enriches any visit but also makes you think that it would be a nice place to live too.



HOW TO ARRIVE

THE AIRPORT

Cagliari is connected to the most important European cities thanks to the Elmas - Mario Mameli international airport. A shuttle bus connects the airport to the city center in Piazza Matteotti, situated between the port and the train station. Moreover, also taxis and rent-a-car services connect the airport to downtown.

We recommend to plan your itineraries having connecting flights through Rome Fiumicino or Milano Linate airports.

PORT AND TRAIN STATION

The port of Cagliari is situated in the centre of the city and faces directly the famous via Roma. It's connected with the mainland via daily ferry trips, and is also an important landing place to several ships cruising the Mediterranean.

Nearby the port, there are the train station as well as the main terminals for local and regional bus lines.

TRANSPORTATION

Moving around in Cagliari is quite easy: the public transportation network consists of the metro, local and extra-urban buses. It's also possible to use cabs or rent a car in the city centre or at the airport.

GENERAL INFORMATION



KEY CONTACTS

Position	Name	Surname	Email
TRI Team Leader	Kris	Gemmell	kris.gemmell@triathlon.org
TRI Technical Delegate	Dag	Oliver	dag.oliver@gmail.com
TRI Assistant Technical Delegate	Aldo	Basola	aldobasola@gmail.com
TRI Assistant Technical Delegate	Angeliki	Thoma	aggelo007@gmail.com
TRI Medical Delegate	Sergio	Migliorini	sermigliorini@alice.it
LOC Manager	Sandro	Salerno	gmanager.wtcs@fitri.it
LOC Race Director	Sergio	Oppo	event.wtcs@fitri.it
LOC Event Manager	Eleonora	Lozza	eventi@fitri.it
LOC Chief Medical Officer	Salvatore	Farci	salvatorefarci555@gmail.com
LOC Operation Manager	Gabriella	Lorenzi	gabriellalorenzi@fitri.it
LOC Logistics Manager	Cristina	Kuster	logistics.wtcs@fitri.it

EVENT ORGANIZER

FITRI - Italian Triathlon Federation
Stadio Olimpico, Curva Sud - 00135 Roma
Partita Iva 04515431007



WTCS CAGLIARI 2023 - SCHEDULE

Monday May 22

10:00 – 13:00	Athletes Training - Gym & Swim	Sport Center Tribune
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9:30 – 12:30	Athletes Training - Swim	Rarinantes
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Tuesday May 23

10:00 – 13:00	Athletes Training - Gym & Swim	Sport Center Tribune
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9:30 – 12:30	Athletes Training - Swim	Rarinantes
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Wednesday May 24

10:00 – 13:00	Athletes Training - Gym & Swim	Sport Center Tribune
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9:30 – 12:30	Athletes Training - Swim	Rarinantes
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Thursday May 25

10:00 – 13:00	Athletes Training - Gym & Swim	Sport Center Tribune
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9:30 – 12:30	Athletes Training - Swim	Rarinantes
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12:00	Press Conference	Palazzo Doglio
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18:00	Athletes Briefing	Palazzo Doglio
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18:30	Race Pack Distribution	Palazzo Doglio
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19:00	Team Medical Meeting	Palazzo Doglio
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Friday May 26

9:30 – 10:30	Athletes Training - Swim	Rarinantes
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10:30 – 11:30	Bike Familiarization	
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11:45 – 12:45	Swim Familiarization	
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19:00	Event Presentation	Bastione
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RACE SCHEDULE

Saturday May 27		
WOMEN'S RACE		
09:30	Athlete's Lounge Check-in	
10:00	Transition Check-in	
10:00	Swim Warm up	
10:50	Athlete line up	
11:00	Women's Start	
13:10	Women's Award Ceremony	

MEN'S RACE		
13:45	Athlete's Lounge Check-in	
14:15	Transition Check-in	
14:15	Swim Warm up	
15:05	Athlete line up	
15:15	Men's Start	
17:20	Men's Award Ceremony	

INFORMATION CENTER / LOC OFFICE

The LOC Office is open daily from Thursday, May 25th until Sunday, May 28th at T HOTEL.

Thursday, May 25	10:00 – 20:00	T Hotel
Friday, May 26	10:00 – 12:00 / 18:00 – 19:00	T Hotel
Saturday, May 27	10:00 – 12:00 / 14:00 – 19:00	Poetto
Sunday, May 28	10:00 – 12:00 / 14:00 – 19:00	T Hotel

RACE COURSES AND LOGISTICS



LOGISTIC MAP

The logistics of the event are located in the city centre and at Poetto. All competition points are easily accessible by public transport



HOST HOTEL / HEADQUARTERS

T HOTEL

Via Dei Giudicati, 66 | 09131 Cagliari

WT Office
Loc Office
Accreditation
To's Office
Media Room
Meeting Room



EVENT PRESENTATION

RACE PACKAGE DISTRIBUTION

TEATRO PALAZZO DOGLIO

Via Logudoro, 32



WTCS RACE LOCATION

POETTO BEACH



SPORT TRAINING

CENTER &

SWIMMING POOL

TRIBUNE



VENUE MAP

The venue and the entire WTCS Cagliari race takes place at Poetto. Poetto is Cagliari's main beach. It extends for approximately seven and a half kilometers between the territories of Cagliari and Quartu Sant 'Elena. Poetto is an important tourist location and one of the main summer nightlife venues in the city and the wider area.



- START** Start Area
- TA** Transition Area
- FINISH** Finish Area
- 1** Athletes Lounge
- 2** Bike Check
- 3** Hospitality Area
- 4** Media Center
- 5** Medal Ceremony
- 6** Race Office
- 7** Medical
- 8** To's Lounge
- 9** Spectator

START

Departure will be from Poetto beach.

The athletes will be placed on a platform of approximately 60 metres. The exit from the swim will be at the same point, to arrive at the transition area they will run on a footplate about 70m long.

SWIM COURSE

The swimming course is 1500m over two laps. The first buoy is located after 325 m. The average water temperature at Poetto in early May ranges from 15,7°C to 22°C.

BIKE COURSE

The Bike race of 38 km is completely flat and to be completed in 10 laps. The route is technically demanding due to several changes of direction.

RUN COURSE

The Run course of 10 km is completely flat over 4 laps.



TRANSFER SERVICE

The LOC will provide free transportation for all elite athletes and their team officials from the airport to their hotel and vice versa from Monday May 22nd to Monday May 29th, 2023, with provision for bike transportation. You must register for the shuttle service until May 20th, 2023 at the following link

TRANSFER BOOKING

Please note: Athletes which are not registered for the shuttle service will not be transferred and have to provide on their own costs. The LOC will NOT cover any costs for using taxi or train. For any questions, please do not hesitate to contact our Logistics Service: logistics.wtcs@fitri.it

ACCOMMODATION

The organisation created an offer of hotels and residences with preferential rates. The hotels have been carefully chosen to offer you the best possible stay. You can consult the list and book your hotel via the personalized system

ACCOMMODATION BOOKING



TRIBUNE - OFFICIAL FITNESS CLUB – TRAINING SWIMMING POOL & GYM

The Tribune Sports Centre is located in the centre of Cagliari. Inside you will find a 25-metre swimming pool, a well-equipped gymnastics room, an athletics rink and a bar/restaurant. A maximum of 20 people have access to the pool per hour. **Book Now**

Location

Via dei Salinieri, 7, 09126 Cagliari
<https://www.tribunecagliari.it/>

TRAINING SWIMMING POOL ONLY

The Rari Nantes swimming pool is also located in the centre of Cagliari and will provide you with three 25 m lanes that are not fully covered . A maximum of 20 people have access to the pool per hour. **Book Now**

Location

Calata dei Trinitari, 09125, Cagliari

Monday May 22		
10.00 - 13.00	Athletes Training - Gym & Swim	Sport Center Tribune
9.30 - 12.30	Athletes Training - Swim	Rarinantes
Tuesday May 23		
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10.00 - 13.00	Athletes Training - Gym & Swim	Sport Center Tribune
9.30 - 12.30	Athletes Training - Swim	Rarinantes
Thursday May 25		
10.00 - 13.00	Athletes Training - Gym & Swim	Sport Center Tribune
9.30 - 12.30	Athletes Training - Swim	Rarinantes
Friday May 26		
9.30 - 10:30	Athletes Training - Swim	Rarinantes

RACE BRIEFING

The athletes' briefing will be held on Thursday, 25th May at 18:00 local time at Teatro Palazzo Doglio, via Logudoro, 32 Cagliari.

Please register for the athletes' briefing at the following [link](#).

The briefing is mandatory due to the important information that will be shared.

The Medical Team Briefing will follow the Race Pack distribution at the same location.

ACCREDITATIONS

LOC will provide everybody - Athletes, Technical Officials, Journalists, VIPs, etc. - except Coaches and Team medical - with an official accreditation card according to the World Triathlon Event Operational Manual.

Coaches and Team Medical will receive specific wristbands that allow access to the venue and designated areas.

Accreditation cards for athletes, coaches and team medical will be handed out during the official registration in the Theatre Palazzo Doglio. Only accredited persons will be allowed to access certain venue areas.

Accreditation cards are number-coded and provide access to specific areas of the competition area.

ACCESS TO TRAINING FACILITIES

All accredited persons are requested to always carry their accreditation cards with them and to show them upon request.

ACCREDITATION CARD REQUEST

All accreditation requests must be entered into the World Triathlon entry system by Sunday prior to race week.

National Federation representatives and observers apply for accreditation by sending their request to World Triathlon.



RACE PACKAGE DISTRIBUTION

The distribution of race packs will take place in the Palazzo Doglio Theatre.

Only accredited persons will have access to specific areas of the race venue.

Accreditation cards are numbered and allow access to specific areas of the competition area. All accredited persons are always requested to bring their accreditation with them and show it upon request.

At registration all Elite athletes must pick up their own race kit, handed out by the World Triathlon Officials after the Elite Athletes' Briefing.

VISA PROCEDURE

If a Visa is required for your entrance to Italy, please mail all the required informations (Visa Support Letter Information) to the Italian Triathlon Federation at the following contact:

Gabriella Lorenzi gabriellalorenzi@fitri.it

EVENT PRESENTATION

The Event Presentation will take place on the prestigious Bastione of Cagliari

All athletes, support staff and staff of the federations attending are invited to the presentation

Friday May 26

19.00

Event Presentation

Bastione di Saint Remy





BIKE FAMILIARIZATIONS

The Bike Familiarization will take place on Friday, 26th May at 10.30 a.m. Meeting point is at the transition area 15 min before the start.

SWIM FAMILIARIZATIONS

The Swim Familiarization will take place on Friday, 26th May at 11.45 a.m.

ELITE ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area at the Poetto Promenade. Sealed bottles of water and fruit will be offered to the athletes before and after the race in the athletes' lounge.

COURSE MEASURING

The run course measurement for Coaches takes place on Saturday, 27th May 1.15 p.m. Any coach can measure the run course but needs to register at the race package distribution on Thursday.

MEDICAL SERVICE

First Aid and Emergency Medical Services will be available at the venue on May 26th and May 27th before and during the competition hours to everyone requiring medical assistance.

MEDICAL EMERGENCY

Guardia medica di Cagliari

via Talete 09131 Cagliari

tel. 070 522458

cell. 3669336016

PRONTO SOCCORSO OSPEDALE BROTZU

Azienda Ospedaliera Brotzu

Piazzale Ricchi 1, 09134 Cagliari

Centralino 070 5391

PRONTO SOCCORSO SS.TRINITA'

Via Is Mirrionis, 280, 09121 Cagliari CA

Pronto Soccorso 070 281925

COVID 19

As of 1 June 2022, the Green Pass or equivalent certificate is no longer required to enter Italy. The Green Pass is no longer required to access transport, catering or hotel services, nor to access commercial establishments in Italy.

In cases of Covid 19 symptoms, you can take a test at all pharmacies and contact us at info.wtcs@fitri.it for any information you may need.

BIKE MECHANIC SERVICE

Our partner B.O.C. will offer a complete bicycle mechanics service near the elite athletes' lounge.

Wednesday 24th May 09:00 - 13:00 and 15:00 - 19:00

Thursday 25th May 09:00 - 13:00 and 15:00 - 19:00

Friday 26th May 09:00 - 13:00 and 15:00 - 19:00

Saturday 27th May 07:00 - 14:00

WHEEL STATION

The Team wheel station will be located on the bike route, shortly after the exit from the transition area.

The neutral wheel station will be at km 1,8 of the course.

Wheel station "Team":

The team's wheels must be checked first during the bike check-in. Please bring your own wheels to the wheel station!

Wheel station "Neutral":

The following wheels will be provided by the LOC:

Front:

- n. 2 x 700c rim brake
- n. 2 x 700c 160mm rotor disc brake
- n. 2 x 700c 140mm rotor disc brake

Rear 11 cassette Shimano:

- n. 2 x 700c rim brake
- n. 2 x 700c 160mm rotor disc brake
- n. 2 x 700c 140mm rotor disc brake

Rear 12 cassette Shimano :

- n. 2 x 700c 160mm rotor disc brake
- n. 2 x 700c 140mm rotor disc brake

DOPING CONTROL

Doping Control will be performed according to the TRI/WADA rules. Doping Control will be located near the Race Office.

AID STATIONS

Aid stations are located on the run course at 0.2 km, 0.8 km and 1.70 km. Sealed 0.5l bottles of water are ready to take.

LITTERING ZONE

Please note that we have installed a litter zone at the aid stations, where used bottles must be disposed of.

PENALTY BOX

Penalty Box is located right-hand side around 70m after Transition Area.

PROTESTS & APPEALS

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

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented athletes will be notified by the World Triathlon Technical Delegates. A short briefing will be held online if necessary.

In addition to this, it will be communicated by the announcers on site and on social media.

WATER QUALITY TEST

Test date: 12/04/2023

Analysis lab: MGS TECLAB S.R.L.

Parametro Analitico	Unità	punto A 60 m dalla spiaggia	punto B 200 m dalla spiaggia	punto C 300 m dalla spiaggia	Limiti D.Lgs. 116/2008	Limiti ITU	Metodo Analitico
Escherichia Coli	UFC/100ml	0	0	0	500	250	UNI EN ISO 9308-1:2017
Enterococchi Fetali	UFC/100ml	0	0	0	200	100	UNI EN ISO 7899-2:2003
pH	Unità	7,03	7,06	7,08		6 - 9	APAT CNR IRSA 2060

