



Winter
World Championships

PRAGELATO - SESTRIERE
2024

Athletes' Guide

Age-Group, Para | February 23 – 25, 2024

For more information and to register, visit [triathlon.org](https://www.triathlon.org)

Version 1 – January 31



Winter
World Championships
PRAGELATO - SESTRIERE
2024

PARTNERSHIP:



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1. WELCOME

WELCOME LETTER – WORLD TRIATHLON



Marisol Casado

World Triathlon President
IOC Member

“Welcome to the 2024 World Triathlon Winter Championships Pragelato-Sestriere

We are delighted to be back in Italy for another Winter Triathlon World Championships, this time in the stunning setting of Pragelato-Sestriere in Italy’s western Alps.

This year marks the 26th edition of our Winter World Championships, a prestigious occasion that has evolved over the years to now include Mixed Relay, Duathlon, Para and Age-Group events and bring more run-bike-ski action than ever to winter sports fans.

To be holding this year’s championships in the home of the 2006 Winter Olympics cross country skiing will once again raise the bar in terms of the course and infrastructure for athletes and fans alike. We are all hugely excited to see our athletes compete on such an impressive stage over these three days of action.

Over the years, Italian athletes have always been among the medal contenders, and I have no doubt that the likes of current men’s world number one and two Franco Pesavento and Alessandro Saravalle and defending women’s champion Sandra Mairhofer will be among those giving the crowds here plenty to cheer over the coming days.

My thanks go to the outstanding Local Organising Committee for their work in putting together this impressive stage for the athletes, to the Italian Triathlon Federation and to the volunteers for their invaluable contribution to the running of the event.

Our very best wishes to all the athletes taking part and good luck in achieving your goals. These are the occasions that truly put triathlon on the map among the other major winter sports, and the amount of hard work and collaboration behind the scenes has been incredible”.

Yours in Sport

WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Riccardo Giubilei

Italian Triathlon Federation President

"I am pleased to present the global event that will open the 2024 Italian international season: from 23 to 25 February Pragelato, in Piedmont, will host the Winter Triathlon and Winter Duathlon World Championships.

Italy will thus return to awarding the titles of the winter multidisciplinary specialty with the World Triathlon Winter Duathlon Championships and the World Triathlon Winter Championships Pragelato - Sestriere 2024.

On 23, 24 and 25 February the marvelous setting will be that of the cross-country track which hosted the Turin 2006 Winter Olympic Games: on the occasion of the world championship event the individual, mixed, Partriathlon and Age Group specialty titles will be awarded in the Triathlon and individual, Paraduathlon and category in Duathlon.

On behalf of the Italian Triathlon Federation and Italian sport I welcome all the athletes who will come to Pragelato to win, as well as all the technicians, managers and enthusiasts who, from all over the world, will come to enjoy a unique show.

I would also like to thank the Piedmont Region, CONI and the federal offices for the fantastic team work."

WELCOME LETTER – CONI



Giovanni Malago'

Coni President

"Another great international showcase to consolidate the credibility acquired by the Italian triathlon in the world firmament thanks to the organizational successes achieved in recent years and to reiterate the preeminent role played thanks to the important feedback obtained.

The World Triathlon Winter Championships in Pragelato represent one more time a signal of ability and foresight, thanks to the increased appeal of the discipline and the consideration obtained globally.

We are happy that the Italian National Olympic Committee contributed to the valorization of this fascinating competitive dimension, recognizing its importance through its introduction – as a demonstration event – within the program of CONI Winter Trophy, held in Pragelato in December. A confirmation of consideration gained in the multidisciplinary context that follows the other recent initiatives already strategically promoted in this direction by the Federation, including the Suzuki Winter Triathlon Circuit. Together with the Winter Triathlon Championships, on the cross-country track which hosted the Turin 2006 Olympic Winter Games, will also be held the World Triathlon Winter Duathlon Championships: over 200 Elite/U23 athletes, Junior, Para and Age Group in the classic distance, sprint and relay, will enliven this great sports page, destined to create the premises for an increasingly satisfying future.

On behalf of myself and CONI I address the sincerest congratulations to the Italian Triathlon Federation, chaired by Riccardo Giubilei, for the great work done and for the ambitious projects developed, and heartfelt thanks to the Piedmont Region and others anyone, in various capacities, was a protagonist in the organization of this event.

The occasion allows me to extend particular encouragement to the aspirant champions who will compete in search of the result consign to history."

Long live to the Winter Triathlon, long live to sport, long live to Italy!

WELCOME LETTER – PRAGELATO



Giorgio Merlo

Mayor of Pragelato

“Every international event that takes place in the community of Pragelato is, for the whole country, a pride and honor.

And this initiative too can only be welcomed with great joy.

We will work alongside the organizers to ensure that this event is successful and,

Above all, that satisfies all those who will visit Pragelato in those days.

I greet all the participants of this important international initiative and Pragelato, as always, will welcome you “with enthusiasm and friendship.”

2. SCHEDULE

THURSDAY, FEBRUARY 22nd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
15:00 - 18:00	Winter Duathlon Age-Group Registration	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)

FRIDAY, FEBRUARY 23rd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 – 18.00	Winter Duathlon/Triathlon Age-Group Registration Open	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
15:45 - 16:45	Age-Group Team Managers Briefing Winter Duathlon World Championships (only registered Team Managers can attend)	BRIEFING ROOM - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
19:00	Athlete's Briefing Para Winter Duathlon World Championships (mandatory)	BRIEFING ROOM - Centro Fondo Pragelato, via Roorbach 7, Pragelato Plan (TO)

SATURDAY, FEBRUARY 24TH

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 – 12:00	Winter Duathlon Age-Group Registration Open	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
07:30 – 18:00	Winter Triathlon Age-Group Registration Open	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
13:30 - 15:00	Transition Check-In Age Group and Para	TRANSITION AREA
15:30	Start Age-Group M Winter Duathlon World Championships	START AREA
15:35	Start Age-Group F Winter Duathlon World Championships	START AREA
15:40	Start Para Winter Duathlon World Championships	START AREA
18:10	Race Cut-Off	
18:30	Ceremonies Age-Group/Para Winter Duathlon World Championships	CEREMONY STAGE
19:30	Age-Group Team Managers Briefing Winter Triathlon World Championships (only registered Team Managers can attend)	BRIEFING ROOM - Centro Fondo Pragelato, via Roorbach 7, Pragelato Plan (TO)
20:00	Athlete's Briefing Para Winter Triathlon World Championships (mandatory)	BRIEFING ROOM - Centro Fondo Pragelato, via Roorbach 7, Pragelato Plan (TO)

SUNDAY, FEBRUARY 25TH

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 – 10:00	Winter Triathlon Age-Group Registration Open	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
10:50 - 12:30	Transition Check-In Age Group	TRANSITION AREA
12:45	Start Age-Group M Winter Triathlon World Championships	START AREA
12:50	Start Age-Group F Winter Triathlon World Championships	START AREA
12:55	Start Para Winter Triathlon World Championships	START AREA
16:30	Race Cut-Off	
16:30	Ceremonies Age-Group/Para Winter Triathlon World Championships	CEREMONY STAGE

3. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2024 World Triathlon Winter Championships Pragelato – Sestriere.

3.1 KEY CONTACTS

Enrique Quesada	World Triathlon Team Leader	enrique.quesada@triathlon.org
Daniel Martin	World Triathlon Technical Delegate	dmbike@gmail.com
Amerigo Zanetti	World Triathlon Assistant Technical Delegate	amerigo.zanetti@gmail.com
Sergio Migliorini	World Triathlon Medical Delegate	sermigliorini@gmail.com
Luca Alladio	Race Director	luca.trisports@gmail.com
Carlo Rista	LOC Manager	presidente@piemonte.fitri.it
Emilia Borrello	Service Manager	info.winterpragelato@fitri.it
Federico Pagotto	Operations	info.winterpragelato@fitri.it
Viar Viaggi	Accomodation/Transfer Service	info@viarviaggi.it

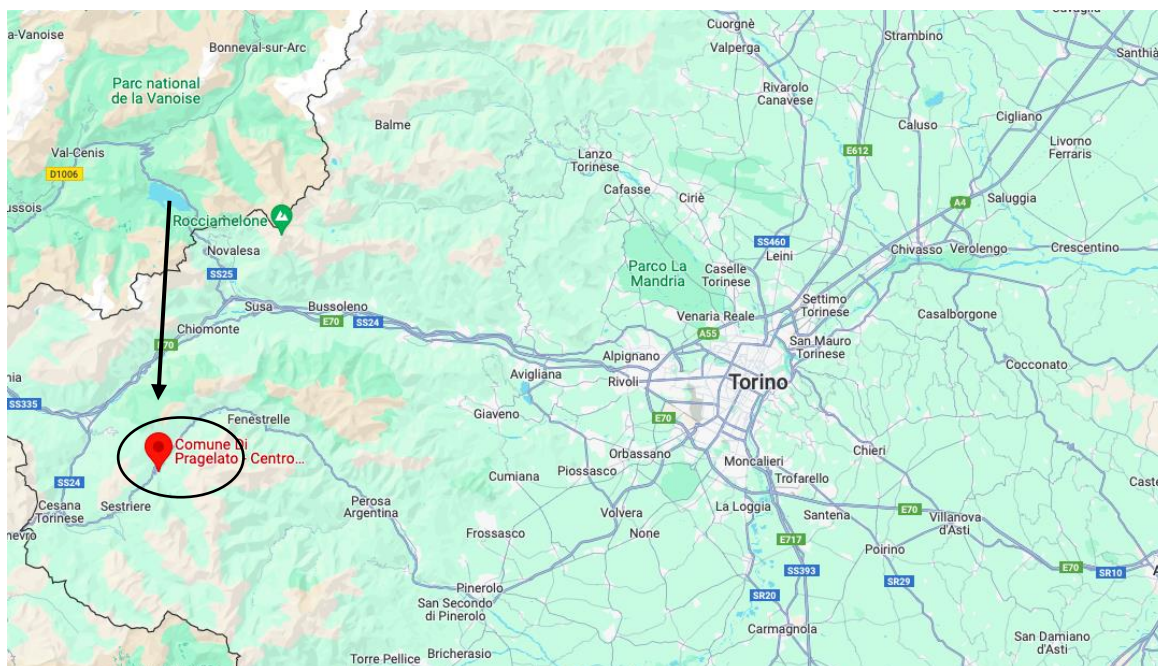
3.2 LOCAL ORGANIZING COMMITTEE

Event	World Triathlon Winter Championships
Location:	Pragelato – Sestriere (Italy)
Date:	23rd – 25th February 2024
Local Organizing Committee Contact:	Italian Triathlon Federation Carlo Rista - presidente@piemonte.fitri.it
E-mail:	info.winterpragelato@fitri.it
Website:	https://www.fitri.it
Facebook:	https://www.facebook.com/Federtriathlon
YouTube:	https://www.youtube.com/c/federazioneitalianatriathlon

4. VENUE: Pragelato-Sestriere Italy

4.1 VENUE

The venue is located in Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO).
<https://www.scinordicopragelato.it>



Car: from Caselle Airport (Turin), head southwest on Via Francesco Baracca, merging onto A55 and then A32/E70 towards Pinerolo. Continue SS23 through Pinerolo, then onto SP172 towards Pragelato. Follow SP172 to reach Centro Fondo in Pragelato. From Turin there are 100 km.

Starting from France, head southeast on D994 towards Briançon. Cross the Italian border and continue on SS24 towards Cesana Torinese. Follow signs to Sestriere and then take SP23 towards Oulx. Merge onto SS24 and continue towards Cesana Torinese/Pragelato. Finally, take SP172 towards Pragelato and follow the signs to Centro Fondo.

Train: From Turin's Porta Nuova station, take a train to Pinerolo. Once in Pinerolo, transfer to a bus heading to Pragelato. Centro Fondo is reachable from the Pragelato bus station.

4.2 [PARKING](#)

Free parking are available near the race venue at Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO). (one parking at 150 m, second parking 300 m also for camper)

4.3 [BRIEFING/RACE PACKAGE DISTRIBUTION](#)

Age Group

The Age-Group Team Managers Briefing for the Winter Duathlon World Championships will take place on Friday February 23rd at 15:45 local time at Centro Fondo Pragelato. The Age-Group Team Managers Briefing for the Winter Triathlon World Championships will take place on Saturday February 24th at 15:45 local time at Centro Fondo Pragelato.

Only Team managers accredited by their National Federation can attend.

An online briefing for both races will be available to all Age Group athletes here.

Para Athletes

The Athletes' briefing for the Para Winter Duathlon World Championships will take place on Friday February 23rd at 19:00 local time at Centro Fondo Pragelato.

The Athletes' briefing for the Para Winter Triathlon World Championships will take place on Saturday February 24th at 20:15 local time at Centro Fondo Pragelato.

It is mandatory for all athletes to attend the briefing.

The recording of the briefing and the presentation will be available after the session under the following Link here.

RACE PACKAGE DISTRIBUTION

Race package distribution will take place directly after the respective briefing at Centro Fondo Pragelato.

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

4.4 ATHLETE WAIVER

Age-Group: In order to receive your race package, you will need to fill PRIOR TO PACKAGE PICK UP your Athlete's Waiver online:

https://triathlon.org/athlete_waivers

Elite, U23, Junior, Para: Please make sure to sign the World Triathlon athlete agreement before coming to the briefing.

4.5 AGE-GROUP ATHLETE LOUNGE

Facilities, including the Athlete Lounge and restrooms, are located on the venue at Centro Fondo Pragelato, via Roorbach 7, Pragelato Plan (TO) 150 meters away from the transition area.

4.6 OPENING CEREMONY

The Opening Ceremony will take place on Friday afternoon. More details will be communicated at later stage.

4.7 MEDICAL SERVICES

- First Aid, Emergency Medical Services, 2 Ambulances will be available to anyone requiring medical assistance at the venue, on competition's race days
- A Medical Tent will also be provided on site near the finish area
- Medical and paramedical personnel will be available throughout the competitions.
- Ambulances will be available to provide emergency transfer to hospitals.
- 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 World Triathlon 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:
Ospedale "Edoardo Agnelli"
via Brigata Cagliari, 39 – 10064 Pinerolo
(TO) Phone: +39 0121 2331

4.8 MEDICATIONS

Athletes are advised to bring enough 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.

4.9 ANTI-DOPING INFORMATION

Doping Control will be performed in compliance with the World Triathlon Anti-Doping rules and WADA International Standard for Testing by the Italian Anti-Doping Organization (NADO Italia) and analyzed by Acquacetosa laboratory in Rome. Doping Control will be located in Centro Fondo Pragelato via Rohrbach 7, Pragelato Plan (TO).

Anti-Doping Control will take place in all categories. **Make sure to have a photo ID with you.**

As a World Triathlon Age Group athlete going to a World Championships, you are subject to Doping Control.

If you get selected for Doping Control someone will approach you and notify you that you have been selected for Doping Control. This could be done even before your race. For example, after you pick up your registration package or check your bicycle into the transition area. The Doping Control Chaperone and/or Officer will explain the procedure to you, but you should be aware that you have certain rights and responsibilities.

YOU HAVE THE RIGHT TO:

- Nominate a representative of your choice to accompany you to Doping Control.
- Arrange an interpreter (if required).
- Request additional information about the Doping Control procedure.
- Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical attention, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone).
- Request necessary modifications if you have a disability.

- Note any concerns with the Doping Control Process on the Doping Control Form.
- Request part 'B' of your sample be analysed to confirm a positive result.
- A fair hearing in accordance with the World Anti-Doping Code.

YOUR RESPONSIBILITIES INCLUDE:

- Be aware of, and comply with, the World Anti-Doping Code and the World Triathlon Anti-Doping Rules.
- Be aware of which substances are not allowed as they are on the Prohibited List.
- Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance on the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check those out before the event. As an Age Group athlete you may apply for a retroactive TUE, but it is not guaranteed so you may want to request one no later than 30 days prior to racing.
- Report to the Doping Control Station immediately or within the required time specified by the Doping Control Chaperone.
- Control your sample until it is sealed in the sample collection kit.

- Ensure the sealed sample collection kit is secure and identified.
- Ensure all appropriate documentation is accurate.
- You must have photo identification to take with you to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let them know that you have been selected for Doping Control. If you have any questions about anti-doping, you should visit our booth at the expo where there are volunteers who can answer any of your questions. You can also check out the Age Group Anti-Doping section on https://triathlon.org/agegroup/anti_doping

Further info on Anti-Doping Rules can be found [HERE](#).

An Anti-Doping Age-Group Q&A is available:

https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1

4.10 [BIKE MECHANIC CENTRE](#)

A basic bike support service will be available near the transition area in in Centro Fondo Pragelato, via Roorbach 7, Pragelato Plan (TO), during the following dates/time:

Friday, February 23th from 09h30 to 14h00

Saturday, February 24th from 09h00 to 17h00

Sunday, February 25th from 07h30 to 12h00

For service outside these hours or comprehensive needs, please visit:

G2 Sport Sestriere

strada Provinciale 23 del Colle di Sestriere 10058 Sestriere TO
mail: g2sport.sestriere@virgilio.it

4.11 WAXING SERVICE

At Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO) will be available waxing service (10 € cost).

4.12 INFORMATION CENTER / WORLD TRIATHLON OFFICE/LOC OFFICE

Thursday, February 22 th	15.00/18.00	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
Friday, February 23th	07.30/18.00	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
Saturday, February 24th	07.30/18.00	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)
Sunday, February 25th	08.00/12.00	LOC OFFICE - Centro Fondo Pragelato, via Rohrbach 7, Pragelato Plan (TO)

4.13 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.

5. ACCOMMODATIONS & TRANSFER SERVICES

5.1 ACCOMMODATIONS

For further details about accommodations please contact “Viar Viaggi” that is the agency in charge for accommodations request.

VIAR VIAGGI: info@viarviaggi.it

5.2 TRANSFER SERVICES

For further details about transfer services please contact “Viar Viaggi” that is the agency in charge for transfer request.

VIAR VIAGGI: info@viarviaggi.it

6. TRAINING

6.1 COURSES FAMILIARIZATION

Age Group athletes will have a chance to test all the courses on Friday, February 23rd. The bike course will be open from 8:45 to 11:00 (only the section on the other side of the river). Run and ski course will be accessible from 17:00 to 18:00.

6.2 TRAINING

During the days before the event, the cross-country ski runs at the venue, are available for athletes training paying the tickets at the entry of Centro Fondo Pragelato.

7. ACCREDITATION

- LOC will provide the official wristbands to Age-Group athletes and Team Managers, in accordance with World Triathlon Event Organizers' Manual (EOM) and World Triathlon Competition Rules.
- Athletes' wristbands will be included in the race pack.
- Athletes' wristbands are color-coded and provide access to specific areas of the competition venue.
- All the other accreditations will be issued by the LOC at the LOC Office Thursday the 22th from 16.00 to 19.00.
- Para athletes will receive their accreditation after their race briefing

8. GENERAL COMPETITION INFORMATION

<u>Warm-Up</u>	Athletes may not warm up on the course on competition days due to use by other events
<u>Start</u>	The starting straight is very long and does not involve changes of direction in the immediate vicinity.
<u>Run Course</u>	Course with the first half on a gentle uphill slope along the river and back.

<u>Bike Course</u>	The course immediately crosses the river to develop entirely on the opposite bank, first heading upstream and then downstream. It crosses the river again to return to the field of play. There are some short uphill stretches.
<u>Ski Course</u>	The course, descending along the river, unfolds in the central part on a sloping lawn before returning towards the field of play.
<u>Repair zone</u>	One repair zone will be located 300 m from the start of the bike lap
<u>Aid Stations</u>	One Aid station will be located at the second turning point (towards the finish line) and one beyond the finish line.
<u>Penalty Box</u>	The ski penalty box is located just before the finish line.
<u>Award Ceremonies</u>	As per the World Triathlon Competition rules 2.8 c.) (i), athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony. Para athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.

[8.1 COMPETITION RULES](#)

The World Triathlon Winter Championships Pragelato-Sestriere 2024 will follow the latest published [Competition Rules of the World Triathlon](#).

[8.2 WEATHER CONDITION](#)

In late February in Pragelato, it's typically winter weather with low temperatures. Daytime highs may range from 0°C to 5°C, while nighttime temperatures could drop below freezing, especially during the night

[8.3 RESULTS](#)

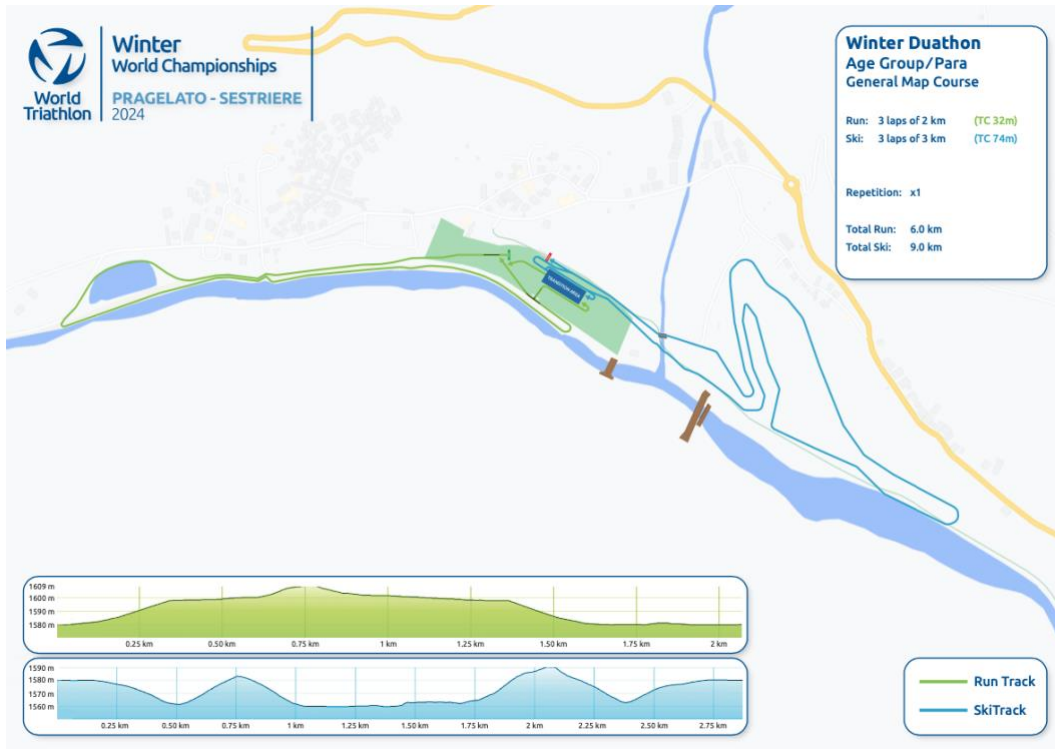
Online results will be provided live on [triathlon.org/results](https://www.triathlon.org/results) and will be available live results on <https://www.icron.it/newgo/#/>

[8.4 PROTEST AND APPEALS](#)

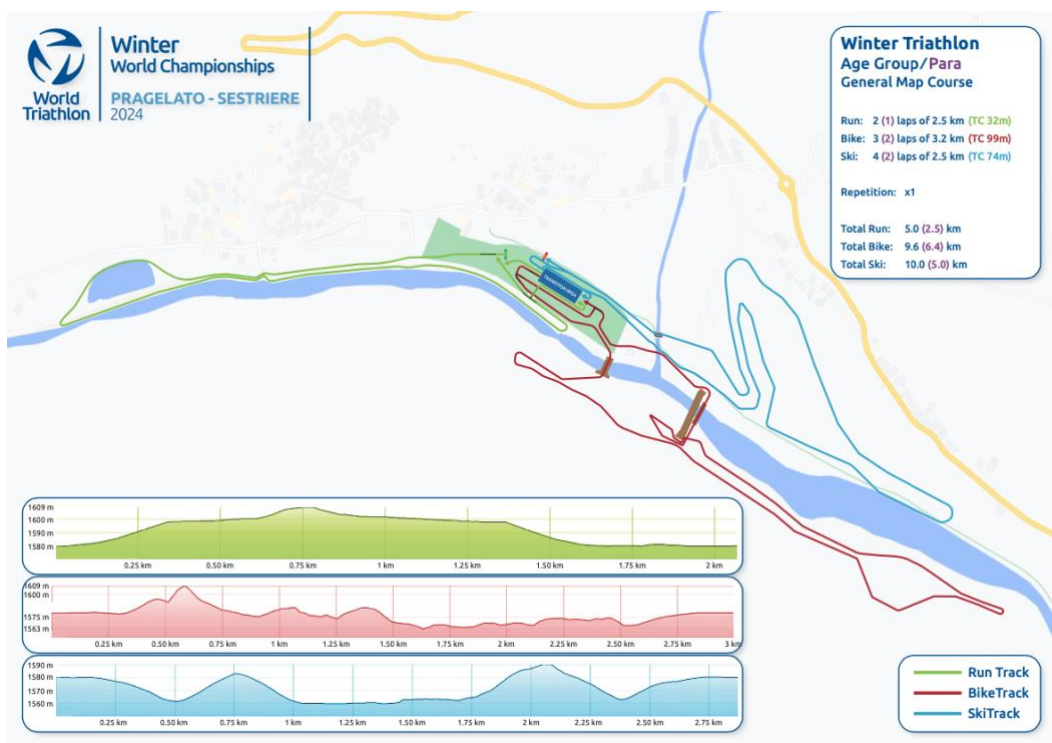
Standard procedures will be followed according to the World Triathlon Competition Rules

9. COURSES MAPS

9.1 WINTER DUATHLON CHAMPIONSHIPS AGE-GROUP/PARA



9.2 WINTER TRIATHLON CHAMPIONSHIPS AGE GROUP/PARATRIATHLON



10. WEBSITE AND LIVE COVERAGE

10.1 EVENT WEBSITE

Additional information, detailed course maps, start lists and final results are available online

Winter Duathlon: [HERE](#)

Winter Triathlon: [HERE](#)

10.2 LIVE COVERAGE

Follow @TriathlonLive on Twitter for live coverage

11. USEFUL INFORMATIONS

Emergency Number	112
Hospital	Ospedale "Edoardo Agnelli" via Brigata Cagliari, 39 – 10064 Pinerolo (TO) Phone: +39 0121 2331
Pharmacies	Farmacia dei Borghi di Lantelme Antonella Via Nazionale, 146 - 10060 Prigelato-Ruà (TO) 0122.78030 - farmaciadeiborghi.70@libero.it
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
Water	Tap water is safe to drink
Telephone	If calling Italy from abroad, dial +39 To call abroad dial the prefix 00, the country code the phone selected. Vodafone, Tim, Wind and Tre are the major mobile phone service providers in Italy.

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>

- All the European Union Countries and Schengen Area Citizens can enter Italy with their valid national ID card or passport. No Visa is required.
- All the NON-European Union Countries and NON Schengen Area Citizens needs:
 - an invitation letter for the event;
 - a declaration from their national Federation stating you will be representing your country in the 2023 World Triathlon Para Cup Taranto.

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 info.winterpragelato@fitri.it completed of the following mandatory information:

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 Pragelato
Date of arrival in Pragelato
Date of departure from Pragelato

If you need a direct support with the Consular Authorities please send the above information to info.winterpragelato@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 information, passport scan and request letter from the legal representative of your sports federation.



Winter
World Championships

PRAGELATO - SESTRIERE
2024

OUR TEAM IS LOOKING
FORWARD TO SEEING YOU IN
PRAGELATO ON 23-25 FEBRAURY
2024!

