



Winter
World Championships

COGNE
2025

Athletes' Guide

Age-group, Para | February 21 – 23, 2025

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

Version 1 – February 6

PARTNERSHIP:



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1. WELCOME

WELCOME LETTER – WORLD TRIATHLON



Antonio F. Arimany

World Triathlon President

Welcome to the 2025 World Triathlon Winter Championships Cogne,

It is with huge pleasure and anticipation that we return to Italy for the 2025 World Triathlon Winter Championships, this time in the beautiful Cogne valley.

After last hosting here back in 2014, the region now welcomes the 27th edition of our Winter World Championships, an event that showcases the remarkable versatility of our sport and its athletes and that has evolved over the years to include, alongside Triathlon, the Duathlon, 2X2 Mixed Relay, Para and Age-Group racing, bringing more run-bike-ski racing than ever to winter sports fans.

To be holding this year's championships in such a reference for international cross-country skiing will showcase the best of this great sport, as well as bringing the best out of the athletes. We are hugely excited to see them compete on such an impressive stage over these coming days of action in the mountains.

My thanks go to the Italian Triathlon Federation and the Local Organising Committee for once again being such valued partners for World Triathlon and for all the work that goes in to putting together this event. Our thanks, too, to all the officials and volunteers for their invaluable contributions to the safe running of these Championships.

The very best of luck to all athletes taking part. These are the occasions that help put triathlon on the map among our fellow winter sports, and we continue to build a strong future for this great format of racing.

Yours in Sport

WELCOME LETTER – ITALIAN TRIATHLON FEDERATION



Riccardo Giubilei

Italian Triathlon Federation President

It is with great enthusiasm that our country returns to welcome the most important event in the world of our beloved Winter Triathlon, in this 2025 edition in the beautiful Alpine panorama of Cogne which in the past had already become the ideal location for its prestigious tradition linked to cross-country skiing.

We are faced with an authoritative certificate of esteem, for our sport and for Italy, by the International Federation that fills us with pride.

We are certain that the best athletes and enthusiasts of the discipline will arrive in Val d'Aosta from all over the world, just as happened last year in Pragelato which gave us the enormous satisfaction of seeing two of our great champions triumph, such as Sandra Mairhofer and Franco Pesavento.

I can only be proud of all those who will get involved – with a special thought for the paratriathletes who this year, for the first time, will take part in the world championship – and will hold high the colors of Italy by demonstrating all the value of those who practice a tough and challenging sport like the Winter Triathlon.

I would therefore like to express sincere thanks to all those who contributed to the organization of this event: the local authorities, the institutions, the sponsors, the volunteers, the federal offices, who with their commitment and dedication are fundamental to the success of events of this caliber.

Finally, I wish all the athletes to live an unforgettable and exciting experience that goes beyond the simple sporting result.

WELCOME LETTER – CONI



Giovanni Malago'

Coni President

“A weekend of great emotions to consolidate the credibility of the Italian Triathlon Federation in the international firmament and give prestige to the whole country, thanks to two important competitive events. The World Triathlon and Duathlon Winter Championships, that will be held in Cogne from February 21 to 23, renew the contents of the events hosted last year in Pragelato, confirming the goodness of the FITRI’s programming that gives further impetus to the movement and projects it towards an increasingly ambitious future, also at the level of world recognition.

Over 300 athletes from the Elite, Under 23, Junior, Para and Age-Group categories will be compete in the classic distance, in the sprint and in the relay, giving emotions and entertainment, 11 years after the last occasion in which the event was held in Cogne, a town that boasts a great cross-country skiing tradition.

I am sure that the World Championships will represent a fantastic opportunity to promote and grow the disciplines by giving importance to the values that make sport great, including inclusion. It is a special showcase to give continuity to the feedback obtained in recent years and ensure an ever-increasing spread of the entire winter sector.

The occasion allows me to extend congratulations to the Federation and President Giubilei for the organizational effort and the strength of the bid, which was once again winner, and to extend heartfelt encouragement to those whose talents will honor the stage by writing another unforgettable page of sports.

Have fun everyone!

WELCOME LETTER – COGNE



Mayor of Cogne

Franco Allera

I welcome coaches and athletes who have come to Valle d'Aosta to participate in the World Triathlon Winter Championships and World Triathlon Winter Duathlon Championships Cogne 2025.

Cogne, after organizing the Nordic Ski World Cup races on January 31 and February 1 and 2, 2025, is proud to host the Winter Triathlon and Duathlon World Championship competitions, returning to be an international protagonist of these multidisciplinary winter sports that it had already welcomed in 2013 and 2014.

Once again, our country, with the valuable support of the Valle d'Aosta Region, demonstrates its belief in sport as a vehicle for promoting tourism and is happy to make its race tracks available for this World Championship event.

Running, mountain biking and Nordic skiing represent, together with nature and the Gran Paradiso National Park, the summer and winter calling card of our community.

I wish all athletes and support teams to spend unforgettable days in Cogne dedicated to sport and nature in the certainty that they will become ambassadors in the world of our proverbial hospitality and the quality of our food and wine culture.

WELCOME LETTER – VALLE D'AOSTA



Giulio Grosjacques

Councillor for Tourism, Sport
and Commerce

Regione autonoma Valle d'Aosta

With great pleasure I welcome the athletes who have come to Valle d'Aosta to participate in the World Triathlon Winter Championships and the World Triathlon Winter Duathlon Championships Cogne 2025.

Cogne and its beautiful valley are once again hosting a World Championship of Winter Triathlon and Duathlon and Valle d'Aosta is once again a protagonist of the major world events of the two multidisciplinary sports. Our region has a great tradition in winter multi-discipline sports and the athletes of the past and present have been our best ambassadors.

The territory offers ideal trails for running and mountain biking on snow, combined with cross-country skiing trails, a discipline that in Cogne represents the identity sport of the entire community. I would like to point out that the Municipality of Cogne was hit hard last June by a tragic flood and that the entire community, together with the regional administration, has demonstrated great ability to react, returning to host major sporting events such as these World Triathlon and Duathlon Championships.

I wish all athletes, coaches and their support teams to spend this period of stay in Valle d'Aosta in the name of sport and fun, where they will be able to appreciate the warmth of the hospitality of our people and the delicacies of our food and wine combined with a unique and unrepeatable tourist offer.

2. SCHEDULE

THURSDAY, FEBRUARY 20th

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
15:00 - 18:00	Winter Duathlon Age-Group Registration	LOC OFFICE - COGNE Cross Country Stadium

FRIDAY, FEBRUARY 21st

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 - 18:00	Winter Duathlon/Triathlon Age-Group Registration	LOC OFFICE - COGNE Cross Country Stadium
14:15 - 16:30	AG/Para Course Familiarisation all courses	VENUE
14:30 - 15:00	Age-Group Team Managers Briefing Winter Duathlon World Championships (only registered Team Managers can attend)	BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne - Aosta
17:00	Opening Ceremony and Nations Parade	CEREMONY STAGE – Cogne square
18:00	Athlete's Briefing Para Winter Duathlon World Championships (mandatory)	BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne - Aosta

SATURDAY, FEBRUARY 22nd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 - 18:00	Winter Duathlon/Triathlon Age-Group Registration	LOC OFFICE - COGNE Cross Country Stadium
12:45 - 14:15	Transition Check-In Age-Group and Para	TRANSITION AREA
14:00	Start Age-Group M 60+ Winter Duathlon World Championships	START AREA
14:03	Start Age-Group F 60+ Winter Duathlon World Championships	START AREA
14:45	Start Age-Group M Winter Duathlon World Championships	START AREA
14:50	Start Age-Group F Winter Duathlon World Championships	START AREA
14:55	Start Para Winter Duathlon World Championships	START AREA

17:35	Race Cut-off	
18:00	Ceremonies Age-Group/Para Winter Duathlon World Championships	CEREMONY STAGE – Cogne square
19:00	Age-Group Team Managers Briefing Winter Triathlon World Championships (only registered Team Managers can attend)	BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne - Aosta
19:30	Athlete's Briefing Para Winter Triathlon World Championships (mandatory)	BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne - Aosta

SUNDAY, FEBRUARY 23rd

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
07:30 - 10:00	Winter Triathlon Age-Group Registration	LOC OFFICE - COGNE Cross Country Stadium
10:00 - 11:30	Transition Check-In Age-Group/Para	TRANSITION AREA
11:15	Start Age-Group M 60+ Winter Duathlon World Championships	START AREA
11:20	Start Age-Group F 60+ Winter Duathlon World Championships	START AREA
12:00	Start Age-Group M Winter Duathlon World Championships	START AREA
12:05	Start Age-Group F Winter Duathlon World Championships	START AREA
12:10	Start Para Winter Duathlon World Championships	START AREA
15:00	Race Cut-off	
15:00	Ceremonies Age-Group/Para Winter Duathlon World Championships	CEREMONY STAGE – Cogne square

3. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2025 World Triathlon Winter Championships Cogne.

3.1 KEY CONTACTS

Stefane Mauris	World Triathlon Team Leader	stefane.mauris@triathlon.org
Daniel Martin	World Triathlon Technical Delegate	dmbike@gmail.com
Luisa De Fabritiis	World Triathlon Assistant Technical Delegate	l.defabritiis@gmail.com
Sergio Migliorini	World Triathlon Medical Delegate	sermigliorini@gmail.com
Luca Alladio	LOC Manager	luca.trisports@gmail.com
Federico Pagotto	Sport Operations	formazione@fitri.it
	Accommodation/Transfer Service	info@cogneturismo.it

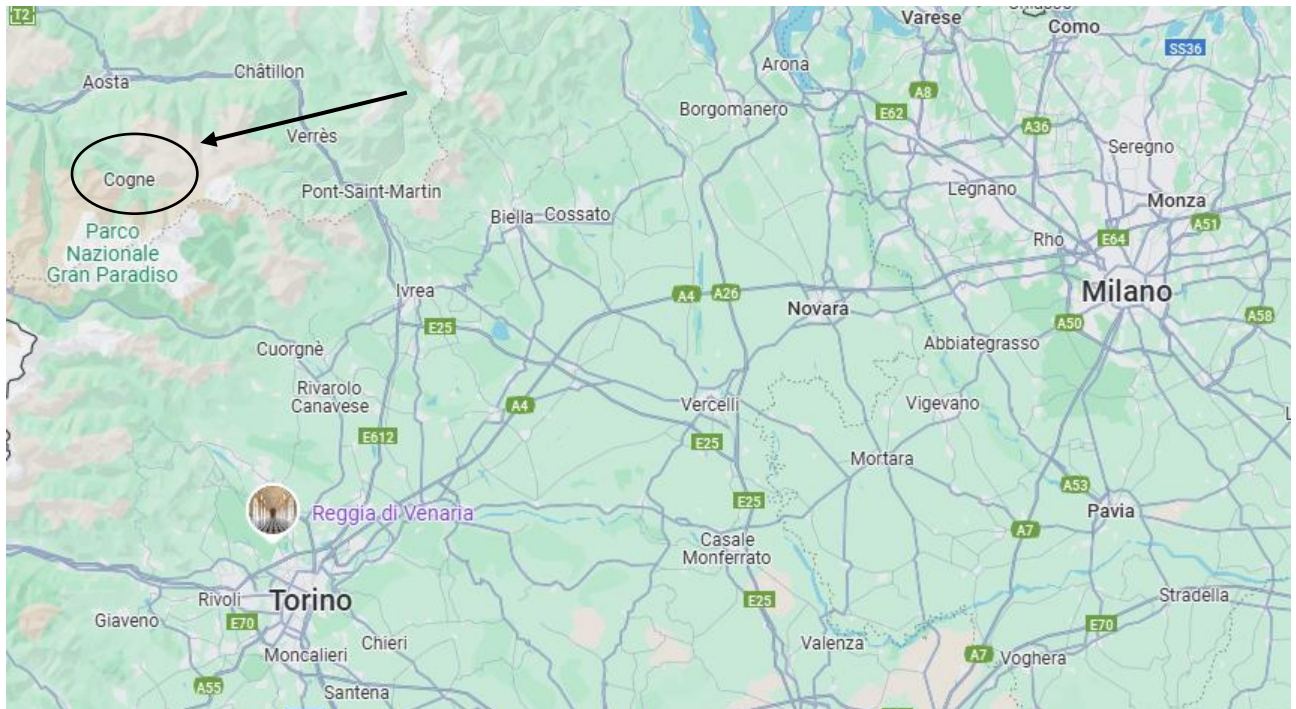
3.2 LOCAL ORGANIZING COMMITTEE

Event	2025 World Triathlon Winter Championships
Location:	Cogne (Italy)
Date:	21st – 23rd February 2025
Local Organizing Committee Contact:	Trisports.it team Luca Alladio - luca.trisports@gmail.com
E-mail:	wintertriathloncogne@gmail.com
Website:	https://triathlon.org/events/2025-world-triathlon-winter-championships-cogne
Facebook:	https://www.facebook.com/search/top?q=winter%20triathlon%20cogne%202025
Instagram:	https://www.instagram.com/wintertriathloncogne2025/

4. VENUE: Cogne (Italy)

4.1 HOW TO GET THERE

The venue is located in Cogne cross-country stadium.



- By plane from Milano Malpensa airport (200 km.), Torino Caselle airport (145 km), Geneva airports (170 km.)
- By car from Italy Torino or Milano From the A5 motorway: near Aosta do not take the first Aosta exit (Aosta est) but continue in the direction of Mont Blanc. Exit at the second Aosta exit: WEST AOSTA - SAINT PIERRE Turn right: SR47 following the signs for Cogne. A5.
- By car From the Mont Blanc tunnel(France): In Courmayeur take the E25 motorway in the direction of: AOSTA-TORINO A4; MILAN A26 GENOA. Exit at the first exit: AOSTA OVEST - AOSTA CENTRO. Turn right: SR47 following the signs for Cogne.
- By car From the Gran San Bernardo tunnel (Switzerland): Take the SS27 state road in the direction of Aosta. Follow signs for Aosta center (no motorway). At the end of the descent, at the hospital roundabout, turn right, towards Courmayeur, Mont Blanc, Cogne. Leaving Aosta, near Sarre, turn left onto the SR47 towards Cogne. Continue for 24 km.

[4.2 VENUE MAP](#)

Venue map will be published soon.

[4.3 PARKING](#)

Free parking is available near the race venue at SR 47 arriving in Cogne, Rue Dottor Grappein and piazzale Revettaz in direction Lillaz with area camper for a fee.

[4.4 RACE BRIEFING / RACE PACKAGE DISTRIBUTION](#)

AGE-GROUP

The Age-Group Team Managers Briefing for the Winter Duathlon World Championships will take place on Friday February 21st at 14:30 local time at BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne – Aosta.

The Age-Group Team Managers Briefing for the Winter Triathlon World Championships will take place on Saturday February 22nd at 19:00 local time at BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne – Aosta.

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: https://triathlon.org/about/downloads/category/race_briefings

PARA ATHLETES

The Athletes' briefing for the Para Winter Duathlon World Championships will take place on Friday February 21st at 18:00 local time at BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne – Aosta.

The Athletes' briefing for the Para Winter Triathlon World Championships will take place on Saturday February 22nd at 19:30 local time at BRIEFING ROOM - Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne – Aosta. It is mandatory for all athletes to attend the briefings of the events they will participate in.

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 for Para athletes will take place directly after the respective briefing at Municipality house of Cogne in Rue Bourgeois n. 38, 11012 Cogne – Aosta.

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.

[4.5 TO'S Q&A SESSION](#)

For technical questions regarding your race, you are encouraged to ask Technical Officials (TO) who will be available during the following times near the entrance to the Age Group Transition:

Duathlon: Friday, February, 21st, 14:00 - 15:00

Triathlon: Saturday, February 22nd, 17:00 - 18:00

4.6 ATHLETE WAIVER / AGREEMENT

Age-Group: To receive your race package, you will need to fill PRIOR TO PACKAGE PICK UP your Athlete's Waiver online: [Athlete's Waiver online](#)

Select the event you are participating in. If you are racing both the Winter Triathlon and Winter Duathlon, you have to submit two waivers.

Para athletes: Please make sure to sign the 2025 World Triathlon athlete agreement before coming to the briefing.

4.7 AG CHANGING / PARA ATHLETE'S LOUNGE

AG: Facilities, including the changing area for AG athletes and restrooms, are located on the venue at Cogne cross-country stadium in two container 3x10 m/q (one for man and one for woman).

PARA: The Para Athlete's Lounge is located on the venue at Cogne cross-country stadium in one container 3x10 m/q. Sealed bottles of water are available for Para athletes prior to the race in the Athlete Lounge.].

4.8 PARADE OF NATIONS AND OPENING CEREMONY

The Parade of Nations and the Opening Ceremony will take place on Friday afternoon from 17:00 at the Cogne central square.

For the Parade of Nations all athletes need to be at the church of Cogne in Rue Dottor Grappein 47 Cogne at 16:50 in order to organize the grouping by country.

4.9 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 "Umberto Parini
Via Ginevra 3
11100 Aosta (AO)
Phone 112

4.10 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.

4.11 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 Cogne cross-country stadium.

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

4.12 BIKE MECHANIC CENTRE/BIKE RENTAL

A basic bike support service will be available in the main square of Cogne, during the following dates/time:

Friday, February 21st	from 14h00 to 17h00
Saturday, February 22nd	from 08h00 to 17h00
Sunday, February 23rd	from 07h30 to 12h00

Bike rental:

[The Place](#) Via Ruelle des Fermes 9, 11100 Aosta - info@theplace.bike

4.13 WAXING SERVICE/SKI RENTAL

At Gal Sport Cogne in via Grappein 6 Cogne or Le Paradis de sport in via Avenue Cavagnet 51 Cogne.

Cogne | Le Paradis Des Sport Via G. F. Cavagnet 51 -11012 Cogne
leparadisdessport@mountain-shop.com

4.14 INFORMATION CENTER / WORLD TRIATHLON OFFICE/LOC OFFICE

Thursday, February 20th	15.00/18.00	LOC OFFICE - Cogne cross-country stadium
Friday, February 21st	07.30/18.00	LOC OFFICE - Cogne cross-country stadium
Saturday, February 22nd	07.30/18.00	LOC OFFICE - Cogne cross-country stadium
Sunday, February 23rd	08.00/12.00	LOC OFFICE - Cogne cross-country stadium

4.15 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 "Cogne Turismo" that is the agency in charge for accommodations requests.

info@cogneturismo.it

5.2 TRANSFER SERVICES

For further details about transfer services please contact “Pela Transfer” that is the agency in charge for transfer requests.

PELA TRANSFER: info@pelatransfer.com +39 329 2158645

6. TRAINING

6.1 COURSES FAMILIARIZATION

Courses familiarization for all parts of the Winter Duathlon/Triathlon course will take place on Friday, February 23rd from 14:15 to 16:30. During the course familiarization there will be medical services available.

6.2 TRAINING

During the days before the event, the cross-country ski runs at the venue, are available for free for Para athletes training.

During the days before the event, the cross-country ski runs at the venue, are available for Age Group athletes training paying the tickets at the entry.

7. ACCREDITATION

- 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 with World Triathlon Event Organizers' Manual (EOM) and World Triathlon Competition Rules.
- Athletes Accreditations will be included in the race pack that is going to be just after the athlete's briefing.
- Accreditation Cards 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 20th from 16.00 to 19.00.
- 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

8. GENERAL COMPETITION INFORMATION

Warm-Up	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>	The start near the transition area is flat. Then you face a slight slight slope to descend into the cross-country track which leads to the halfway point. Then take the climb that leads back to the halfway point and the transition area. The route is totally snow-covered.
<u>Bike Course</u>	The first stretch is flat, up to the Croce dei Prati di Sant'Orso. From here you start to climb towards Son le Pra with continuous changes in pace. Once you reach the halfway point, you begin a rapid descent, linear at first and then more manageable. In the final part, a change in slope takes you back towards the flat stretch that leads to the conclusion of the tour.
<u>Ski Course</u>	The route, after a flat start, takes the first descent. A climb then follows which leads to the bridge of the cross-country stadium. You then encounter two short ascents and a quick descent. Beaten track for both the skating pace and the classic pace (tracks).
<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 at the start of the run lap, one at the start of the ski lap.
<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. 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 2025 World Triathlon Winter Championships Cogne will follow the latest published [Competition Rules of the World Triathlon](#).

8.2 WEATHER CONDITION

February in Cogne generally includes very low temperatures and moderate snowfall. February is known for being in the winter season. Daytime temperatures are expected to be around **-2°C**, cooling off to about **-11°C** at night. With the arrival of this cold month, make sure you are dressed in warm clothing. It's important to be ready for the chill.

8.3 RESULTS

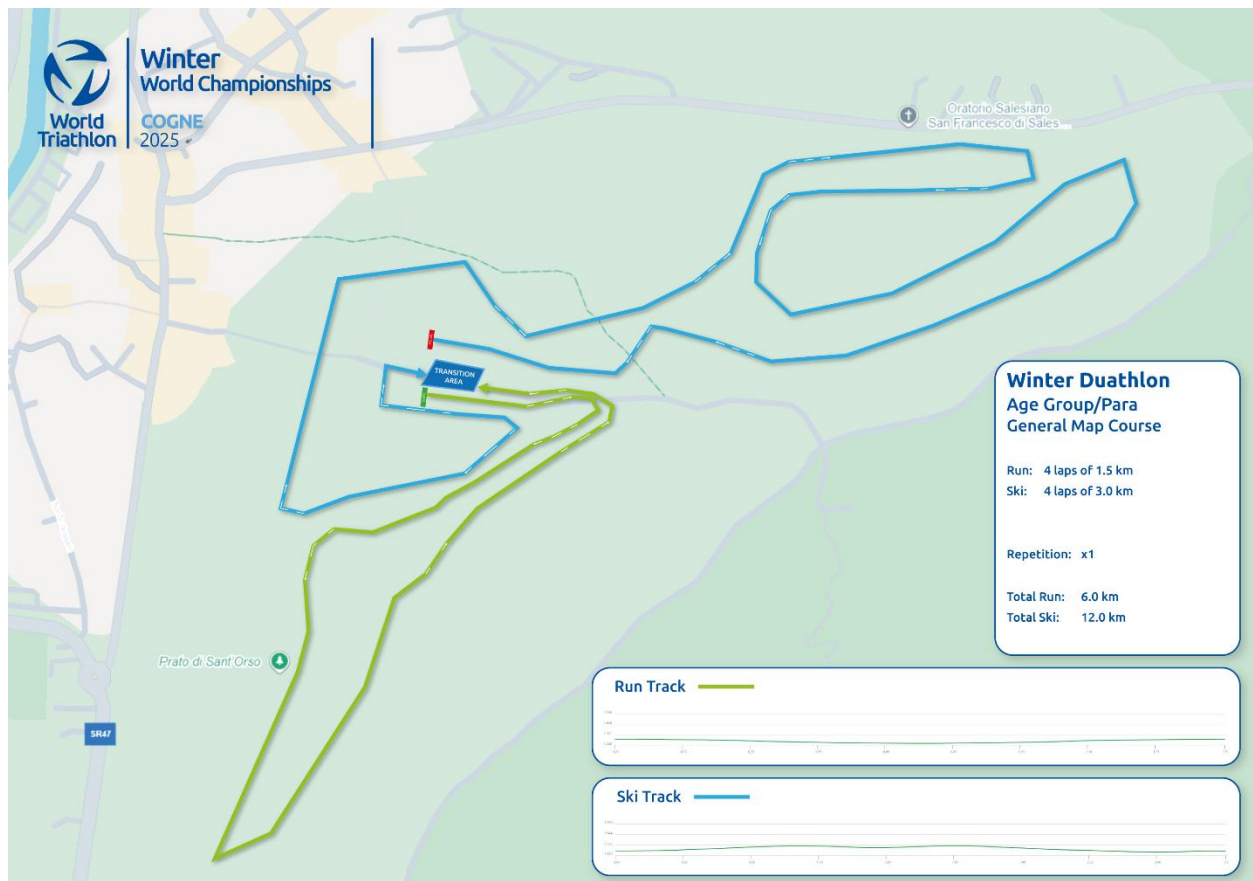
Online results will be provided live on [triathlon.org/results](https://www.competitions.com) and will be available live results on <https://www.icron.it/newqo/#/>

8.4 PROTEST AND APPEALS

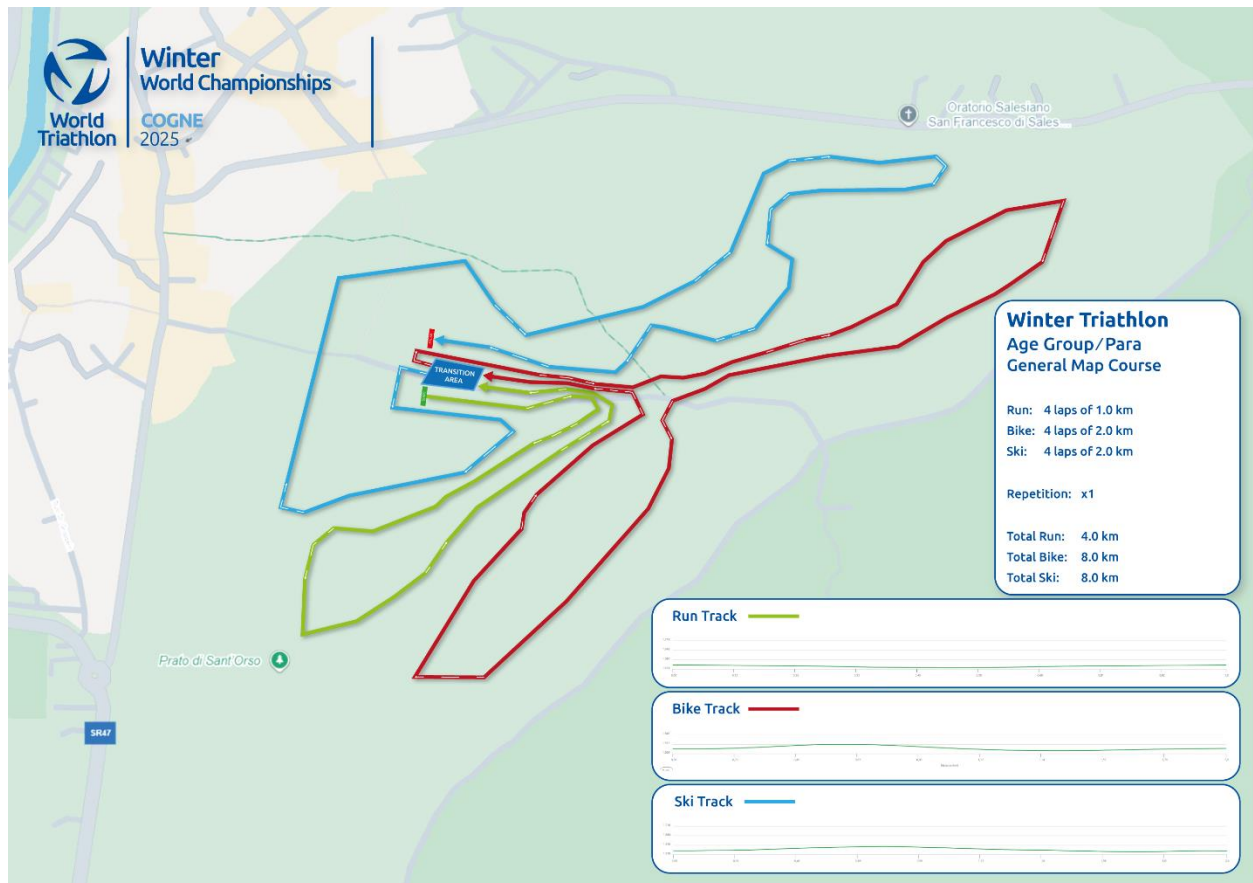
Standard procedures will be followed according to the World Triathlon Competition Rules.

9. COURSES MAPS

9.1 WINTER DUATHLON CHAMPIONSHIPS AGE-GROUP / PARA



9.2 WINTER TRIATHLON CHAMPIONSHIPS AGE-GROUP / PARA



10. WEBSITE AND LIVE COVERAGE

10.1 [EVENT WEBSITE](#)

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

Winter Duathlon: [2025 World Triathlon Winter Duathlon Championships Cogne | World Triathlon Events - Discover and Join Triathlon Competitions Worldwide](#)

Winter Triathlon: [2025 World Triathlon Winter Championships Cogne | World Triathlon Events - Discover and Join Triathlon Competitions Worldwide](#)

10.2 [LIVE COVERAGE](#)

Follow @TriathlonLive on Twitter for live coverage

11. [USEFUL INFORMATIONS](#)

Emergency Number	112
Hospital	Ospedale “Umberto Parini Via Ginevra 3 11100 Aosta (Ao)
Pharmacies	Farmacia di Cogne Frisone e Ruffier Rue Bourgeois 40, 11012 Cogne (Ao) 0165 74401 - info@farmaciadicogne.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 2025 World Triathlon Winter Championships Cogne.

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 eventi@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 Cogne
Date of arrival in Cogne
Date of departure from Cogne

If you need a direct support with the Consular Authorities please send the above information to eventi@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.

13. ANTI-DOPING POLICIES

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

****All athletes must ensure they carry their official identification (Photo ID) ****

Further info on Anti-Doping Rules can be found here: <https://triathlon.org/anti-doping>

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race, for example, after picking up your Registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain the procedure to you, but you need to be aware that you have certain rights and responsibilities.

You have the right to:

1. Appoint a representative of your choice to accompany you to Doping Control.
2. Request the services of an interpreter in case you do not have a good command of English (if required).
3. Request additional information about the Doping Control procedure.
4. Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfill a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)
5. Request necessary modifications if you have a disability.
6. Note any concerns with the Doping Control process on the Doping Control Form.
7. Request part "B" of your sample be analysed to confirm a positive result.
8. A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

1. Be aware of, and comply with, the World Anti-Doping Code and the TRI Anti-Doping Rules.
2. Be aware of which substances are not allowed and are included in the Prohibited List.
3. Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in 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 them 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. If you want to apply for a TUE, please contact your National Anti-Doping Agency (NADO). If approved by your NADO, your TUE will be recognized by World Triathlon.
4. After being notified for a doping test, to report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
5. Control your sample until it is sealed in the sample collection kit.
6. Ensure the sealed sample collection kit is secure and identified.

7. Ensure all documentation is accurate.

You must carry with you an ID/passport with photo when proceeding 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 him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti-Doping Stand at the Expo where our volunteers and staff will clarify your doubts and answer your questions. You can also check the Age-Group Anti-Doping section on <https://triathlon.org/anti-doping>.

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

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

You can also check out the Age-Group Anti-Doping section on https://triathlon.org/agegroup/anti_doping or ask any questions at jeanne.courbe@triathlon.org



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