

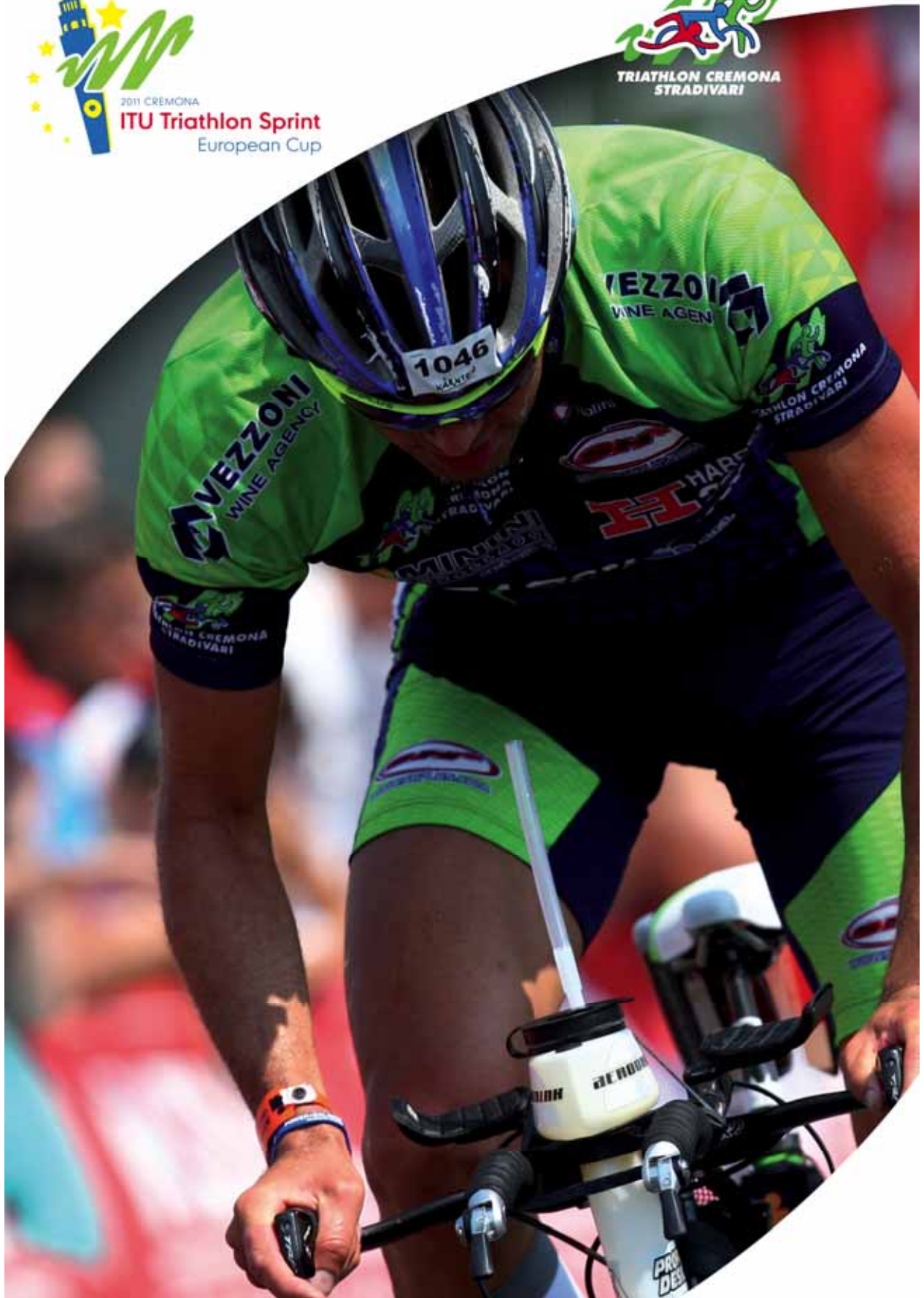
# Athletes' Guide



2011 CREMONA  
**ITU Triathlon Sprint**  
European Cup



**TRIATHLON CREMONA**  
STRADIVARI



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# 1. General Information

## 1.1 Introduction

The purpose of the Info Guide is to ensure that all Athletes and Team Leaders are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Athletes and Team Leaders are advised to check with the Information Desk regarding any changes in information included in this guide.

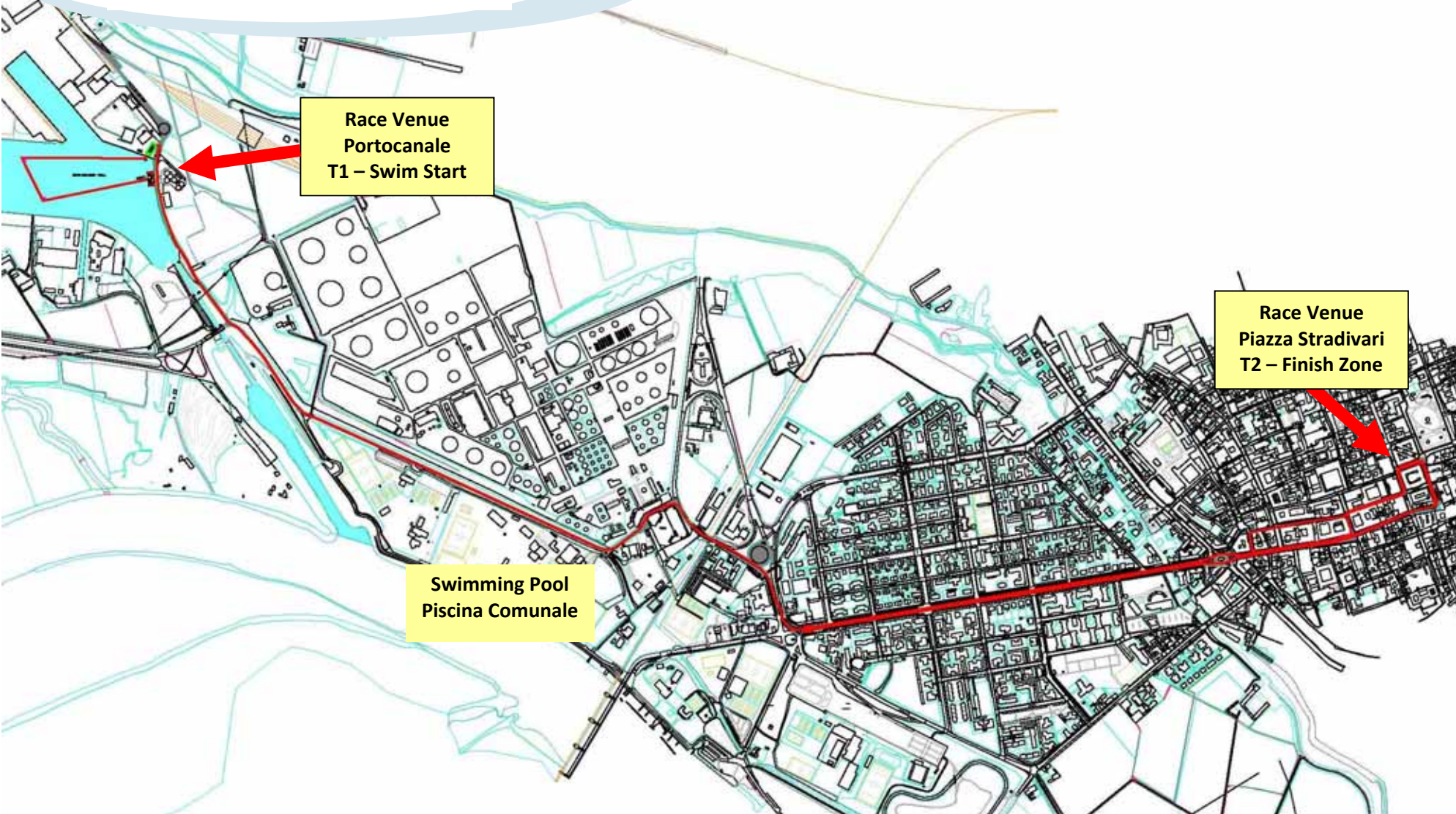
## 1.2 Key Dates

Meeting	Date	Hour and Location	Location
Race Package Pick-Up	Saturday 11 <sup>th</sup> June	15h00-19h00	Piazza Stradivari
	Sunday 12 <sup>th</sup> June	07h30-09h00	
Team Managers / Coaches Accreditation	Saturday 11 <sup>th</sup> June	09h00 – 19h00	Piazza Stradivari
Swim course familiarization	Saturday 11 <sup>th</sup> June	10h00 – 11h30	Portocanale
Bike course familiarization	Saturday 11 <sup>th</sup> June	15h00 – 16h00	Piazza Stradivari
Race Briefing	Saturday 11 <sup>th</sup> June	18h00	Piazza Stradivari
Transition Zone 1 Check-In	Sunday 12 <sup>th</sup> June	08h00 – 09h15	Portocanale
Elite Women Start	Sunday 12 <sup>th</sup> June	09h30	Portocanale
Transition Zone 1 Check-In	Sunday 12 <sup>th</sup> June	10h00 – 11h15	Portocanale
Elite Men Start	Sunday 12 <sup>th</sup> June	11h30	Portocanale
Athletes' Pasta Party	Sunday 12 <sup>th</sup> June	13h00	Piazza Stradivari
Prize Giving Ceremony	Sunday 12 <sup>th</sup> June	13h30	Piazza Stradivari
Final Party	Sunday 12 <sup>th</sup> June	TBD	TBD

## 1.3 Contact Details

LOC Event Manager	Massimo Ghezzi	<a href="mailto:ghezzimassimo@libero.it">ghezzimassimo@libero.it</a>
LOC Race Director	Oscar Petroboni	<a href="mailto:rwrw60@hotmail.com">rwrw60@hotmail.com</a>
LOC Office and Athletes' Services Manager	Gabriella Lorenzi	<a href="mailto:cremonaetucup@hotmail.com">cremonaetucup@hotmail.com</a>
ITU Technical Delegate	Lynda Chase	<a href="mailto:ISCON60@argos.co.uk">ISCON60@argos.co.uk</a>
Assistant ITU Technical Delegate	Aldo Basola	<a href="mailto:basola.aldo@virgilio.it">basola.aldo@virgilio.it</a>

**2. Venue**



**Race Venue  
Portocanale  
T1 – Swim Start**

**Swimming Pool  
Piscina Comunale**

**Race Venue  
Piazza Stradivari  
T2 – Finish Zone**



## 2. Venue

### 2.1 Race Venue

The Race Venue is located in Portocanale for the T1 and Swim Start – Piazza Stradivari for the T2 Finish Zone

### 2.2 Athletes' Area

Water, fruit and power bars, energy drinks, toilets will be offered to the athletes, after the race in the Athletes' Area located acrossing the finish zone

### 2.3 Bike Mechanic Service

There will be Bike Mechanic Support available from 11<sup>th</sup> june until 12<sup>th</sup> june. "RASCHIANI" will be our partner regarding the Mechanic Support. The schedule will be:

June 11 <sup>th</sup>	Sport Expo	15h30 – 19h00
June 12 <sup>th</sup>	Transition Area 2	08h00 – 12h00

### 2.4 Race Office

Saturday 11<sup>th</sup> june the Race Office is located at the "Camera di Commercio" in Piazza Stradivari and is open from from 15h00 to 19h00

Sunday 12<sup>th</sup> june the Race Office will be located in the T2 in Piazza Stradivari from 7h30 to 9h30.

### 3. Official Hotel

#### 3.1 Hotel Information

The Official Hotels of the “2011 Cremona Sprint Triathlon European Cup” are located nearest the race venue (see the race venue map)

<b>Hotel Delle Arti Design</b> Via Bonomelli, 8 - Cremona Tel. +39 0372 23131 - Fax. +39 0372 21654 www.dellearti.com	<b>Hotel Impero</b> Piazza della Pace, 21 - 26100 Cremona Tel. +39 0372 413013 - FAX +39 0372 457295 www.hotelimpero.cr.it
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The LOC will provide 2 (two) nights accommodation and meal services for the top 3 male and top 3 female on a shared room basis according to ITU Point List.



#### 3.2 Hotel Reservation

For informations and reservations please contact the Staff of CremonaHotels  
Phone: +39 (0)372 23131, Fax+39 (0)372 21654 or send your e-mail to [info@dellearti.com](mailto:info@dellearti.com) and remember to specify:

**Hotel :** specify if Hotel delle Arti or Hotel Impero  
**Check In date:** \_\_\_\_\_  
**Check Out date:** \_\_\_\_\_  
**Room type:** twin, double, single  
**Treatment request:** bed and breakfast, half board, full board  
**Number of Guests:** \_\_\_\_\_  
**Guest Names:** \_\_\_\_\_  
**Contact:** phone and e-mail contact

**Important information:** the reservations will be confirmed only if you will send your credit card details as guarantee.

## 4. Airport Transfers

### AIRPORTS: distance from Cremona

Parma Km 50

Milano Linate: Km 70

Milano Orio al Serio (Bg): Km 90

Milano Malpensa: Km 140

Verona: Km 90

The LOC will provide free transfer services only for the arrivals/departures at the Parma Airport

The LOC will provide 2 shuttle services transportation from Milano Linate for the athletes and their Team Officials

The shuttle service will follow the following schedule:

Day	Shuttle 1	Shuttle 2	Price
10 <sup>th</sup> june	Departure 13h00	Departure 19h00	25euro each person bike included
11 <sup>th</sup> june	Departure 12h00	Departure 17h00	25euro each person bike included

If you want reserve the above shuttle service please send your complete flight schedule to [gabriellalorenzi@fitri.it](mailto:gabriellalorenzi@fitri.it)

## 5. Accreditation

### 5.1 Team Managers – Coaches Accreditation

LOC will provide to all the Athletes, Coaches and Technical the wristband in the Registration Office during the Race Package pick up. Only accredited persons will be allowed to access in the venue areas and pasta party. All accredited persons are requested to carry their wristband with them at all times and to show them upon request.

### 5.2 Briefing

The Technical Briefing will take place on Saturday 11<sup>th</sup> june at 18h00. Meeting point: Camera di Commercio, Piazza Stardivari. All important information concerning the race will be provided

## 6. Race Package

### 6.1 Race Package Distribution

Race Package distribution will take place prior to the Briefing, on Camera di Commercio, Saturday 11<sup>th</sup> june from 15h00 to 19h00 and in the TA2 Sunday 12<sup>th</sup> june from 7h30 to 9h30.

All athletes are required to sign the Athlete's Waiver before receiving their race package which includes: starter bag, start number, bike and helmet stickers, event tshirt, wristband, timing chip, swimming caps. Please note: Timing bands will be collected at the finish line by sport volunteers. In the event that a timing band is not returned, a fee of €uro10,00 will be charged

## 7. MEDICAL

### 7.1 Medical Services at the Venue

First Aid and Emergency Medical Services, 2 Ambulances will be available to anyone requiring medical assistance at the venue, on June 12<sup>th</sup>, before & during competition hours. Medical and paramedic personnel will be available throughout competition times. A Medical Tent will also be provided on site at the finish area.

### 7.2 Doping Control

Doping control will take place in the Camera di Commercio and according to the ITU Anti-doping rules. The athletes must carry their identification to the doping control facilities.

### 7.3 Emergency Telephone Numbers

General Emergency n°113 - Police n°112 - Ambulance – Medical Emergencies n° 118

Ospedale di Cremona: Viale Concordia 1 - distance 5.km far from the transition area - Phone: 0039.0372.405111

#### Pharmacies di Cremona

Azienda Farmaceutica Municipale SPA Via Geromini Felice 5 Telefono 0372/458088	Comunale 11 Via Giuseppina 27 Telefono 0372/434784	Comunale 4 Via Monteverdi 12 Telefono 0372/21450	Farmacia Sant'Ambrogio via Filzi 40/E Telefono 0372/22327
Farmacia Galli dr. Rosanna Via Bissolati Stefano Leonida 78 Telefono 0372/30293	Comunale 10 Via Ghinaglia 97 Telefono 0372/23534	Comunale 3 Piazza Cadorna 7 Telefono 0372/458024	Farmacia Zamboni Via Oglio 5 Telefono 0372/25347 -460502
Farmacia comunale Admenta italia Via Castelleone 108 Telefono 0372/24909	Comunale 9 Via Brescia 167 Telefono 0372/434136	Comunale 2 Via Guarnieri del Gesù 2 Telefono 0372/27581	Parafarmacia Insieme srl Via Mazzini 28 Telefono 0372/461034
Parafarmacia ipercoop Via Castelleone 108 Telefono 0372/59861	Comunale 8 Piazza Sorgente 7 Telefono 0372/491118	Comunale 1 Corso Garibaldi 87 Telefono 0372/21468	Parafarmacia San Francesco Via Bixio 24 Telefono 0372/438019
Comunale 14 Largo Priori 1/b Telefono 0372/431983	Comunale 7 Via Dante 104 Telefono 0372/460135	Farmacia Dr. Guido Ziliotti Piazza Libertà 4 Telefono 0372/22181	
Comunale 13 Via Castelleone Telefono 0372/560041	Comunale 6 Piazza IV Novembre Telefono 0372/433017	Farmacia Guarneri omeopata Corso Garibaldi 191 Telefono 0372/21335	
Comunale 12 Via Giordano 125 Telefono 0372/29724	Comunale 5 Corso Mazzini 57 Telefono 0372/21471	Farmacia Leggeri Giuseppe Corso Matteotti 20 tel: 0372/22210 - 412551	

### 7.4 Insurance

It is recommended that all athletes arrange a medical insurance prior to their arrival in Cremona. Any medical expenses are your own responsibility.

### 7.5 Regular Medication

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.

### 7.6 Sport Massage Service

Sports Massage Therapy will be available to the athletes at the Recovery Area, after the finish line, Piazza Stradivari, provided by Registered Massage Therapists.





## 8. TRAINING

### 8.1 Training Sessions in Swimming Pool

#### **SWIMMING POOL: Piscina Comunale di Cremona**

The Piscina Comunale di Cremona welcome all athletes competing in 2011 Cremona ITU Triathlon Sprint Cup. Presenting the wristband all athletes will receive a discount and will pay an entry fee of 5euro. Please note, there will not be secured bike storage at these facilities during public swim hours; you are responsible for your property.

### 8.2 Bike Training

Here enclosed the proposed routes for your bike training. Cremona is a safe city with beautiful natural landscapes, and a population socialized to show respect towards cyclists. Please remember to always be aware of the Traffic Rules and Regulations. Training in an unsafe manner is not encouraged and each individual can train at his or her own risk. The route is not closed to traffic and you are cycling at your own risk.

### 8.3 Run Training

Athletes may train at many locations around Cremona, including the race venue.

### 8.4 Course Familiarization

**Swim course familiarization** on saturday 11<sup>th</sup> june from 10h00 to 11h30 In the Race Venue. During the swimming course familiarization there will be lifeguards and medical service available.

**Bike course familiarization** on saturday 11<sup>th</sup> june from 15h00 to 16h00 In the Race Venue  
It will be scheduled 1 number of laps on the bike course. You will go round the marshaled by policemen in motorbikes. Assembly point is in the transition area. **Please note:** After the end of the lap the police will open the roads for traffic and the athletes that want to continue training will be on their own risk.

## 9. COMPETITION INFORMATION

### 9.1 Competition Schedule

#### SATURDAY 11th june 2011

15h00 – 19h00	Race Office: race packages pick up	Piazza Stradivari
09h00 – 19h00	Media Centre	Piazza Stradivari
09h00 – 19h00	Accreditation Office	Piazza Stradivari
<b>09h00 – 19h00</b>	<b>Athletes Registration</b>	Piazza Stradivari
10h00 – 11h30	Swim course familiarization	Portocanale
15h00 – 16h00	Bike course familiarization	Piazza Stradivari
15h30 – 19h00	Bike Mechanic Service	Piazza Stradivari: Sport Expo
<b>18h00</b>	<b>Elite Technical Briefing</b>	Piazza Stradivari
19h00	Happy Hour Welcome Drink	Piazza Stradivari

#### SUNDAY 12th june 2011

07h30 – 09h30	Race Office	Piazza Stradivari
08h00 – 12h00	Bike Mechanic Service	Piazza Stradivari: TA2
08h00 – 19h00	Media Centre	Piazza Stradivari
08h00 – 09h15	Elite Women bike check-in	Porto Canale
08h50 – 09h10	Elite Women Swim Warm up	Porto Canale
<b>09h30</b>	<b>ELITE WOMEN START</b>	Porto Canale
10h00 – 11h15	Elite Men bike check-in	Porto Canale
10h50 – 11h10	Elite Men Swim Warm up	Porto Canale
<b>11h30</b>	<b>ELITE MEN START</b>	Porto Canale
13h00	Pasta Party	Piazza Stradivari
13h30	Award - Closing Ceremony	Piazza Stradivari
15h00	Elite bike check-out	Piazza Stradivari

## **9.2 Competition Rules**

The Cremona ITU Sprint Triathlon Cup will follow the latest published Competition Rules of the International Triathlon Union.

## **9.3 Check in procedure**

Elite women will check-in on Sunday 12<sup>th</sup> June from 08h00 to 09h15 at the Portocanale Venue.

Elite men will check-in at the same location on Sunday 12<sup>th</sup> June from 10h00 to 11h15

## **9.4 Warm Up**

Swim Warm up for Elite women will be on Sunday 12<sup>th</sup> June from 08h50 to 09h10

Swim Warm up for Elite men will be on Sunday 12<sup>th</sup> June from 10h50 to 11h10

## **9.5 Course Maps**

Attached

## **9.6 Information about the FOP**

### **9.6.1 Start**

The start is a pontoon start. The platform is 70m long and each athlete will stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race. Make sure that you will be at the Start Area, 15 minutes before your wave start. You can leave your last minute gear at the Athletes' Lounge which is located at the Start Area.

### **9.6.2 Swim Course**

The swim course is located at Portocanale. The swim course is a 1 lap anticlockwise of 750m. The athletes are required to leave their last minute gear in the T1 inside the dedicated bag received with the Race Pack, and the LOC will carry those bags back to Athletes' Lounge.

### **9.6.3 Transition T1**

Distance from the swim start to the transition area: 40m, flat, with carpet. Athletes enter the transition on the outside run lanes and must deposit swim gear in a bin placed beside the individual's bike rack. For T1 the bike is racked by the rear wheel in a slot in a single bike rack with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack. After the helmets are secured, athletes will un-rack their bikes, moving forward into the centre lane and towards the mount line.

### **9.6.4 Bike Course**

The bike course is 4 laps with a total of 20km. The course is flat and anti-clockwise.

### **9.6.5 Wheel Station**

N°1 wheel stations will be located on the bike course.

### **9.6.6 Transition T2**

T2 located in Piazza Stradivari. From the dismount line, athletes run in the centre lane with the bike towards their bike rack and rack the front wheel of the bike in the slot facing entry to transition. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward in the outer run lane. Both sides of the run track join at the end of transition.

### **9.6.7 Run Course**

The run course is 4 laps of 1.250m, with a total of 5km. The course is flat and the athletes will run on asphalt.

### **9.6.8 Aid Station and Wheel stop**

1 aid stations and 1 wheel stop located along the course

### 9.7 Weather Conditions

Please find below the average Weather Conditions for June:

Maximum Temp	29C°
Minimum Temp	20C°
Sunshine	sunny without rain
Minimum Humidity (%)	49%
Wind Speed(km/h)	23km/h

### 9.8 Results – Protest and Appeals

Results will be uploaded live on the ITU's official website. Standard procedures will be followed according to the ITU Competition Rules.

### 9.9 Insurance

The LOC has insurance with the "Reale Mutua Assicurazioni" insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event.

### 9.10 Prize-money

Prize-money Euro 12.000,00 paid - net of all taxes

		<b>ELITE MEN</b>	<b>ELITE WOMEN</b>
<b>1.</b>	25%	€ 1.500,00	€ 1.500,00
<b>2.</b>	20%	€ 1.200,00	€ 1.200,00
<b>3.</b>	15%	€ 900,00	€ 900,00
<b>4.</b>	10%	€ 600,00	€ 600,00
<b>5.</b>	8%	€ 480,00	€ 480,00
<b>6.</b>	7%	€ 420,00	€ 420,00
<b>7.</b>	6%	€ 360,00	€ 360,00
<b>8.</b>	4%	€ 240,00	€ 240,00
<b>9.</b>	3%	€ 180,00	€ 180,00
<b>10.</b>	2%	€ 120,00	€ 120,00
	100%	€6.000,00	€6.000,00

After the medal ceremony the top 10 athletes will receive the "2011 Prize Money Claim Form", in order to claim prize money from the European Triathlon Union (ETU). The athlete has to give his/her full and correct address and bank details in clear and legible writing. If incorrect information is provided, a bank transfer of prize money will not be possible.



## 11. ITU RANKING CRITERIA

**For the 2011 Cremona Sprint Triathlon European Cup the ITU points will be awarded on the same basis as standard distance Triathlon European Cup.**

### 11.1. ITU Triathlon Continental Cup events:

a) The National Federations must enter the athletes into the wait list via the ITU online entry system no less than 30 days before the first competition day.

b) 32 days before the first competition day, the men's and women's start lists will be published on [www.triathlon.org](http://www.triathlon.org) and adds athletes from the waitlist in the following order:

- Athletes with the most points from the current ITU Points List.
- Athletes with the best ranking from the current ITU Continental Ranking (the continent where the event is held), excluding those already on the start list.
- The remaining athletes will be placed on the wait list will be ordered by their position on the current ITU Points List.
- Athletes on the wait list not present on the current ITU Points List will be ordered by their position on the current ITU Continental Ranking (the continent where the event is held).
- Athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held) will be ordered at the bottom of the wait list according to the time of their entry.

c) National Federation quota in each of the men's and women's event:

- Maximum per National Federation is 10 athletes.
- Maximum per host National Federation is 15 athletes.
- Maximum per National Federation and host National Federation may be increased if by step 1.1. b) (2nd bullet) the number of athletes on the start list is less than 70.

d) Late Entries: If there were free spots on the start list, entries received from National Federations with athletes ranked in the ITU Points List or in the Continental Rankings (the continent where the event is held) between 32 and 25 days before the first competition day, they will be accepted in the start list. Athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held) will be ordered at the bottom of the wait list according to the time of their entry.

e) Invitations: 25 days before the first competition day, ITU will award invitations based on the requests emailed by respective National Federations to [entries@triathlon.org](mailto:entries@triathlon.org) and they will be put on the start list. The National Federation quota may be increased by awarding invitations.

f) Roll-down: 25 days before the first competition day, if there are still spots free in the start list, the athletes on the wait list not present on the current ITU Points List and not present on the current ITU Continental Ranking (the continent where the event is held), will be moved to the start list until full, according to the following criteria:

- First athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
- Second athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
- Third athlete per nation, starting with the host National Federation, and followed by the National Federations in alphabetical order;
- Continue with the same principles.

g) Substitutions: Each National Federation will be allowed to substitute three athletes per event per gender. The names of both athletes involved in the substitution must be emailed to [entries@triathlon.org](mailto:entries@triathlon.org).

h) Withdrawals: An athlete withdrawn from the start list will be replaced by the next athlete on the wait list.

i) National Federations withdrawing athletes from the start list after the Monday at 13:00 GMT prior to the event, the athlete will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

j) Athlete not personally present at the Athletes' Briefing and who have not provided prior notification to the Technical Delegate by email or by phone will be removed from all start lists and wait lists of all ITU events for the next 30 days and will not be reinstated in any of the races on the same weekend as the race from which they were withdrawn.

k) Athletes present at the Athletes' Briefing but are forced to withdraw from the competition due to last minute illness or injury, as proven by a certificate from a medical doctor, will remain on future start lists and wait lists of all ITU events.

## 12. ITU UNIFORM RULES

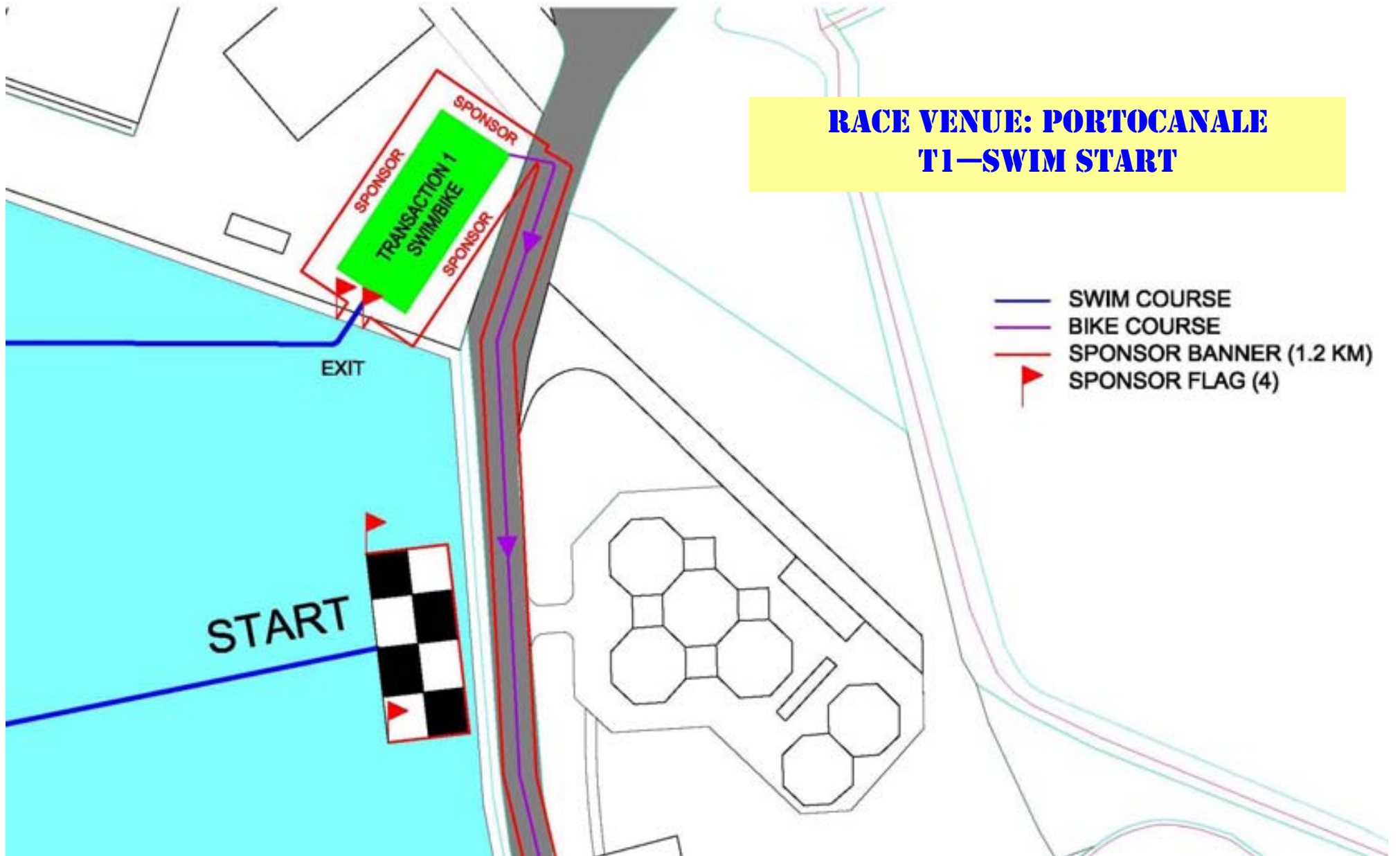
a) To compete in ITU events, athletes must comply with the ITU Uniform Rules

[http://www.triathlon.org/images/uploads/itusport\\_uniform-rules-elite-junior-u23\\_09-11-2010-clean-vf.pdf](http://www.triathlon.org/images/uploads/itusport_uniform-rules-elite-junior-u23_09-11-2010-clean-vf.pdf)

b) There is no restriction in terms of colours, but the sponsor have to be positioned in the sponsors fixed spaces.

c) Family Name, NOC code and ITU logo are mandatory

## RACE VENUE: PORTOCANALE T1-SWIM START





# RACE VENUE T2—ARRIVAL AREA



**RACE VENUE**  
**ARRIVAL AREA: PIAZZA STRADIVARI**

