

# RULES AND REGULATIONS MANUAL TRIATHLON





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GOVERNOR OF PUERTO RICO  
HONORABLE  
LUIS FORTUÑO**

**HOST OF THE GAMES  
MAYOR OF MAYAGÜEZ CITY  
HONORABLE  
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MAYAGÜEZ 2010**

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MAYAGÜEZ 2010**

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## A Panoramic View of Mayagüez

Population	100,000 inhabitants
Country	Puerto Rico
Area	201.1 km <sup>2</sup>
Longitude	18° N
Latitude	67° O
Local Time	GMT -4 hours
Average Temperature June- September	82° F / 28° C
Average Humidity June-September	80%

The XXI Central American and Caribbean Sports Games will be held mainly in the city of Mayagüez and in other cities of the *Porta del Sol* region that includes 17 municipalities in the west. The city of Mayagüez is located in the center of the west coast of the island of Puerto Rico. It covers 201.1 km<sup>2</sup> of land. It is contiguous to the municipalities of Hormigueros, San Germán, and Cabo Rojo on the south, Añasco on the north, Las Marías, and Maricao on the east and the Mona Canal on the west. Mayagüez is divided in 25 wards with a population of approximately 100,000 inhabitants according to the 2000 census. Fortunately, it has a tropical climate and an average temperature of 82° F/28° C year round.



The town was founded by don Faustino Martínez de Matos y Vélez Borrero. The land was donated by don Juan de Aponte, don Juan de Silva, and don Esteban Irizarry, among others. The town was called Mayagüez in honor of the Yagüez River; body of water of great importance, since it crosses a considerable part of the city. This word

(Mayagüez) is of indigenous origin and means Great Water Site. By then, Mayagüez was synonym of the Yagüez River and Chief Urayoán.

*La Cuna de Hostos*, name by which it is also known, in honor of the national hero Eugenio María de Hostos, holds another center of great importance; the Mayagüez Campus of the University of Puerto Rico. "El Colegio", like it has been known for decades, has served as an encounter place between Puerto Ricans and foreigners worldwide. This prestigious institution at a national and international level has been a great legacy to this city and Puerto Rico; this, thanks to its valuable contributions.



Today, Mayagüez is one of the cities of *Porta del Sol, Puerto Rico*. This ambitious project intends that its inhabitants as well as their visitors and tourists appreciate the natural resources, gastronomy, art and all the culture of this region. Thus, Mayagüez offers their citizenship great possibilities, taking advantage of the great potential that its people can offer. This city is a unique destination in the area with its accommodations, businesses, artisans, and artists that with their performance help with the progress of the economy of the west region of Puerto Rico.

The city of Mayagüez is ready to continue with the entrusted work, facing with great optimism the arrival of the XXI Central American and the Caribbean Sports Games that will be held in 2010.



## **INTERNATIONAL TRIATHLON UNION- ITU**

Ms. Marisol Casado                      President

## **PAN AMERICAN TRIATHLON CONFEDERATION**

Mr. Alberto Fonollosa                      President

## **CENTRAL AMERICAN AND CARIBBEAN TRIATHLON UNION - UCECATRI**

Dr. Mario Rodríguez                      President

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## **TECHNICAL DELEGATE**

Mr. Esteban Benítez



## SPORTS DIRECTOR

Dr. Luis Del Río

### Contents

1. SITE AND DATE.....	10
2. PARTICIPANTS.....	10
3. ENTRIES.....	10
3.1. Long list entry.....	11
3.2. Numerical Entries.....	11
3.3. Nominal Entries.....	11
3.4. Address.....	11
4. REGULATIONS.....	12
5. EVENTS AND COMPETITION SYSTEM.....	12
6. COMPETITION CALENDAR.....	13
7. TRAINING PROGRAM.....	13
8. AWARDS.....	13
9. COMPETITION OFFICIALS AND JURY OF APPEAL.....	14
10. FACILITIES AND IMPLEMENTS.....	14
11. UNIFORMS.....	15
12. TECHNICAL MEETING.....	15
13. MEDICAL CONTROL.....	15
13.1 Medical Control and Examinations.....	15
13.2 Anti-doping Control.....	15



## **TRIATHLON**

### **RULES AND REGULATIONS MANUAL**

#### **1. SITE AND DATE**

The Triathlon competitions for the XXI Central American and Caribbean Sports Games will be held at the Rincón Bay and streets on July 24, 2010 (individual) and July 25, 2010 (Teams Mix Relay).

#### **2. PARTICIPANTS**

**2.1.** Athletes from countries whose Olympic Committees are affiliated to CACSO and whose National Federations belong to the International Triathlon Union will be allowed to participate.

**2.2.** Each National team will consist of a maximum of six (6) athletes, three (3) women and three (3) men for the Individual Olympic Distance. For the Teams Olympic Distance, the two (2) athletes with the lowest times, in both genders, will be selected. For the teams mix relay event each country will be represented by four (4) athletes, two (2) females and two (2) males. The competitors for the three (3) events have to be selected from the six (6) competitors allowed for each country. Each athlete has to meet the ITU, the Central American and Caribbean Triathlon Confederation and CACSO's regulations.

**2.3.** For the awards in the Individual Olympic Distance, the three (3) time results will be considered; for the Teams Olympic Distance the best two (2) times will be considered, and for the Teams (relay), the relays with the best times will be awarded.

**2.4.** Each country will be permitted to present two (2) coaches and one (1) delegate whom will represent the Federation by submitting the certificate from his National Olympic Committee. The inclusion of one mechanic will be allowed.

#### **3. ENTRIES**

The Organizing Committee will send the official registration forms six (6) months prior to the opening of the Games.



All qualified countries must submit their registrations in the official form that will be posted in the official website of the XXI Central American and Caribbean Sports Games: [www.mayaguez2010.com](http://www.mayaguez2010.com)

These forms must be printed, have all the respective signatures, and submitted to the Organizing Committee on or before the deadlines stipulated.

### **3.1. Long list entry**

The long list entry must contain the names and functions of all potential participants in the Games. This list must be received at the Mayagüez 2010 Headquarters by midnight of February 17, 2010. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before February 24, 2010.

### **3.2. Numerical Entries**

The numerical entries must be submitted by the respective NOC and must be received at the Mayagüez 2010 Headquarters by midnight of April 17, 2010. It must indicate the number of athletes in each team. The entries can be sent via fax or email to meet the deadline, in which case they must be confirmed in writing before April 24, 2010.

#### **3.2.1. Insufficient Participants**

In the event that the sport and/or any of its disciplines cannot be executed due to a lack of entries, the Organizing Committee must communicate this immediately, via fax or email, to the National Olympic Committees that has made the corresponding numerical entries.

### **3.3. Nominal Entries**

All nominal entries must be at Mayagüez 2010 Headquarters by midnight on June 17, 2010. No changes or additions to entries will be accepted after this date. The nominal registrations can be sent via fax or email to meet the deadline, in which case they will have to be confirmed in writing, on the official forms, at the time of arrival of the delegation in Mayagüez.

Nominal entries should not contain more participants or officials than the numerical entries.

### **3.4. Address**

Any information regarding the entries or another nature, can be sent to the following address:

**XXI JUEGOS DEPORTIVOS CENTROAMERICANOS Y DEL CARIBE 2010**

**P.O. Box 3248**

**Mayagüez, Puerto Rico 00681-3248**

**PHONE: (787) 832-2010 FAX: (787) 805-2011**

**EMAIL: [divisiontecnica@mayaguez2010.com](mailto:divisiontecnica@mayaguez2010.com)**



## 4. REGULATIONS

The Triathlon competition will be disputed according to the current International Triathlon Union ITU regulations in force on the date of the competitions.

**4.1.** Cases not covered by these regulations will be solved by the following matter:

**4.1.1.** Cases of Technical nature will be solved by the Technical Commission composed by one (1) delegate from the Central American and Caribbean Triathlon Confederation, two (2) members of the National Federation and one (1) member of the Technical Direction of Mayagüez 2010.

**4.1.2.** Cases of general nature will be solved in accordance to CACSO's regulations.

## 5. EVENTS AND COMPETITION SYSTEM

### 5.1. Events

ITEM	EVENT	GENDER	SPORT
1	Individual Olympic Distance	M/W	Swimming: 1500 m Cycling: 40 km Athletics: 10 km
2	Teams Olympic Distance	M/W	Swimming: 1500 m Cycling: 40 km Athletics: 10 km
3	Teams Mixed Relay	M/W	Swimming: 300 m Cycling: 8 km Athletics: 2 km

For an event to be considered official, a minimum of five (5) competitors or teams from an equal number of NOCs must compete. If after the Technical Meeting one or more competitors or teams withdraw due to reasons beyond their control (after CACSO's verification), the event could be celebrated with a minimum of four (4) competitors from an equal number of NOCs.

### 5.2. Competition System.

The competition system will be in accordance to the rules set forth by the International Triathlon Union (ITU).

**5.2.1. Timing.** The timing will be subject to ITU regulations, as determined; electronic chronometer (Radio Frequency) based on Chips technology will be used, registering the partial times of Swimming, transition I, Cycling, transition II, running, and total time.

**5.2.2. Teams Mix Relay Competition.** Each country will be represented by four (4) athletes, two (2) females and two (2) males, selected among the same athletes that participate in the individual competition. The order of participation will be: female-male-

female-male. This sequence cannot be altered. Each athlete will cover the three (3) disciplines of the event before the next participant. The distances to be cover will be: three hundred (300) meters in swimming, eight (8) kilometers in cycling and two (2) kilometers in athletics.

## 6. COMPETITION CALENDAR

<b>JULY 23, 2010</b>		
HOUR	EVENT	GENDER
15:00-17:00	DELIVERY OF MATERIALS	M/W
18:00	TECHNICAL MEETING	M/W
19:00	PASTA SUPPER	M/W
<b>JULY 24, 2010</b>		
05:45-06:30	ATHLETE MARKING, IMPLEMENTS VERIFICATION AND BICYCLE PARK OPENING	M
06:30-06:50	WARM UP	M
06:55-07:00	ATHLETES INTRODUCTION	W
07:00-09:00	TRIATHLON COMPETITION	M
07:25-08:15	ATHLETE MARKING, IMPLEMENTS VERIFICATION AND BICYCLE PARK OPENING	W
08:15-08:50	WARM UP	W
09:05-09:10	ATHLETES INTRODUCTION	M
09:00-11:15	TRIATHLON COMPETITION	W
11:15-12:00	AWARDS AND CLOSING CEREMONY	M/W
<b>JULY 25, 2010</b>		
06:45-07:30	ATHLETE MARKING, IMPLEMENTS VERIFICATION AND BICYCLE PARK OPENING	M/W
07:30-08:50	WARM UP	M/W
08:55-09:00	ATHLETES INTRODUCTION	M/W
09:00-11:00	TRIATHLON COMPETITION	M/W
11:15-12:00	AWARDS AND CLOSING CEREMONY	TEAMS

\*Program is subject to changes

## 7. TRAINING PROGRAM

**7.1.** The training program and schedule will be set once the numerical entries are received and will be confirmed on the arrival of the delegations in Mayagüez. The trainings will be held in the assigned competition venues and other designated places.

**7.2.** The facilities can only be used during the time designated by the Organizing Committee. The rotation of countries among the training facilities will be used to guarantee fair conditions.

## 8. AWARDS

According to CACSO's regulations, the awards will be distributed in the following manner:



## 8.1. Individual Events

**First Place:** Gold Medal and Diploma  
**Second Place:** Silver Medal and Diploma  
**Third Place:** Bronze Medal and Diploma

Only two (2) athletes from the same country will be awarded with medals within the same event.

## 8.2. Teams Events

**First Place:** Gold Medal and Diploma to each member of the team  
**Second Place:** Silver Medal and Diploma to each member of the team  
**Third Place:** Bronze Medal and Diploma to each member of the team

## 8.3. Teams Mix Relay. The relay is composed of 4 athletes.

**First Place:** Gold Medal and Diploma to each member of the team  
**Second Place:** Silver Medal and Diploma to each member of the team  
**Third Place:** Bronze Medal and Diploma to each member of the team

For the award ceremony, athletes must wear the official uniform representing their country.

## 9. COMPETITION OFFICIALS AND JURY OF APPEAL

**9.1. Authorities.** International Delegates.

**9.2. Technical Organization.** A delegate of the Central American and Caribbean Triathlon Union, two (2) members of the National Federation, and one (1) member of the Direction of the 2010 Organizing Committee of the XXI Central American and Caribbean Sports Games will be in charge of the Technical Organization.

**9.3. Judges and Officials.** For the Triathlon competition there will be judges and officials duly accredited before the UCECATRI. The Officials Coordinator and Judge Referee will be appointed by the Technical Commission and will be in charge of appointing Race Officials, the International and the ones proposed by the Puerto Rico Triathlon Federation.

**9.4. Jury of Appeals.** In case of protest, a written statement should be submitted to the Committee of Appeal composed of by the Technical Delegate, the Judge Referee, one (1) member of the Medical Commission, one (1) member of Mayaguez 2010 and one (1) member of the Puerto Rican Triathlon Federation, within the fifteen (15) minutes after the finishing time of the athlete, previous deposit of US \$50.00 (Fifty Dollars)

## 10. FACILITIES AND IMPLEMENTS

**10.1. Swimming.** 750 m triangular circuit designed in the Rincón Bay.

**10.2. Cycling.** Circuit in the streets of Rincón.



**10.3. Running.** Circuit in the streets in proximity of the Rincón Bay.

**10.4. Training.** Competition Site.

## **11. UNIFORMS**

**11.1.** Each athlete will wear the uniform according to his NOC regulations. Any kind of advertising on the uniforms will not be permitted.

**Uniforms:** Athletes will wear the uniform of their country as established by the ITU regulations.

## **12. TECHNICAL MEETING**

The Technical Meeting will take place on July 23, 2010 at 18:00 hours, at the assigned place by the Organizing Committee.

## **13. MEDICAL CONTROL**

### **13.1 Medical Control and Examinations**

All athletes refusing to undergo any medical control or examination or found guilty of doping, will get their accreditation(s) withdrawn and will be expelled from the Games and possibly from future international competitions according to the penalties established by the CACSO and the ITU regulations.

### **13.2 Anti-doping Control**

The Anti-Doping control tests will be executed by the Medical Division of the Organizing Committee. The regulations in force will be the ones of Medical Commissions of the International Olympic Committee, WADA (World Anti-doping Agency), and CACSO. The selection of the athletes for the sample taking will be carried out by the CACSO's Medical Commission in coordination with the delegate of the Central American and Caribbean Triathlon Union.

## **14. REGULATIONS REGARDING ADVERTISING AND PUBLICITY-RULE 51 OF THE OLYMPIC CHARTER**

Everything related to the application of the regulations regarding advertising and publicity of sports materials and equipment, and sports clothes will be in force by Rule 51 of the Olympic Charter. For consultation of the Olympic Charter, access the following link: ([http://multimedia.olympic.org/pdf/en\\_report\\_122.pdf](http://multimedia.olympic.org/pdf/en_report_122.pdf))