



VOLVO
World Triathlon
Para Series
ABERTAWE | SWANSEA
2022

V O L V O

ATHLETE GUIDE

WORLD TRIATHLON PARA SERIES
6 AUGUST 2022

V O L V O

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Figures shown are for comparability purposes; only compare equivalent electric range figures with other cars tested to the same technical procedures. The Volvo C40 Recharge requires mains electricity for charging. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load.

Welcome

Welcome from Volvo 2022 World Triathlon Para Series Swansea

Welcome to the inaugural Volvo 2022 World Triathlon Para Series Swansea. We are delighted that you will be joining us in Swansea on 6th August for Britain's first-ever standalone World Triathlon Para Series event. Volvo 2022 World Triathlon Para Series Swansea headlines a week-long festival of high quality, competitive para sport events and is the perfect platform for the highest standard of competition as well as personal endeavour and we look forward to you joining us for an exciting afternoon of swim, bike, run action.

As an organising team, we've worked hard to ensure that our courses and entire event process have been designed to give you the best physical challenge and transform the city of Swansea into the perfect setting for swim, bike and run.

There have been so many people from British Triathlon, Welsh Triathlon, Welsh Government, Swansea City Council, World Triathlon and UK Sport involved in helping to make this year's event possible, and there will be even more volunteers and officials on hand across the weekend to support you.

Thank you to everyone who has been and will be involved in making this year's event such an incredible experience.

I hope you have a great race and enjoy the SA1 Waterfront!

Sam Allen

Event Director, Volvo 2022 World Triathlon Para Series Swansea

Welcome from British Triathlon

Volvo 2022 World Triathlon Para Series Swansea marks the start of a three-year campaign of hosting this exciting event, and I'm delighted to welcome you as you join us for our very first one.

This is not only a first for the event to be here, but the first standalone paratriathlon international event that's been hosted in the UK and we are thrilled to be raising the profile of our sport in this country.

The swim, bike, run community will be on full show in Swansea, part of a festival of sport the city is hosting, raising the profile of para sport together.

Good luck with the rest of your training, and whatever you're aiming to get out of the event, I hope you're able to enjoy it and to achieve your personal goals.

Bill James

Chair, British Triathlon

Welcome

Welcome from Welsh Government

I'm delighted that we're able to support British Triathlon in bringing this event to Swansea and that the city will, once again, get a chance to demonstrate its expertise in successfully hosting a major para sport event - following on from the city's successful hosting of the 2014 IPC Athletics European Championship.

This reaffirms our commitment to the development of disability sport with the event and the parasport festival providing a further platform to promote sporting opportunities for disabled people.

The event also makes the most of the city's fantastic waterfront location - and we look forward to welcoming the athletes to Wales and Swansea.

Dawn Bowden

Welsh Government Deputy Minister for Arts and Sport

Welcome from Volvo

Volvo Car UK is delighted to welcome all participants to this year's Volvo 2022 World Triathlon Para Series in Swansea.

Volvo shares many values with triathlon, including putting equality and accessibility at the heart of everything we do. We're delighted to play a part in the monumental growth of the sport and witness first-hand how triathlon continues to break boundaries. Having the first standalone World Triathlon Para Series race in Britain shows the strides being made to achieve equality in sport and we are proud to be part of the journey.

Our commitment to paratriathlon goes beyond this weekend. We've supported paratriathletes Lauren Steadman, Claire Cashmore and Dave Ellis for several years, and we were proud to be Presenting Partner of the World Triathlon Para Series Leeds in 2021. Helping drive forward the Volvo 2022 World Triathlon Para Series in Swansea is a natural progression for our partnership.

On behalf of Volvo Car UK, I'd like to wish all the participants taking part a safe and enjoyable weekend. Good luck!

Kristian Elvefors

Managing Director, Volvo Car UK

Welcome

Greetings and a very warm welcome to Volvo 2022 World Triathlon Para Series Swansea

It is my great pleasure to welcome you to beautiful Wales and the city of Swansea as it hosts World Triathlon racing for the first time, and the 2022 Para Series makes its third stop of the year following on from WTPS Yokohama and WTPS Montreal.

It is always exciting to touch down in a new location, and this stunning venue on the Swansea Waterfront will provide a magnificent, challenging stage for the best para triathletes in the world to compete on, just as Leeds did last year.

This week we will also see the first-ever International Para Triathlon Conference, a key part of the schedule in Swansea bringing experts and discussions on innovation and development within the sport across three days of sessions and workshops. We are now two Games on from our Paralympic debut at Rio 2016, during which time we have seen great progress in many areas, and now is the time to consolidate and build on that presence. This is therefore a perfect opportunity for our National Federations to come together to share ideas and conversations about how best we can do exactly that, and I am excited to see what comes out of the occasion.

As ever, I would like to thank the Local Organising Committee and British Triathlon for their enormous effort and hard work in staging this landmark occasion for our sport. It is precisely this kind of forward thinking that has helped make triathlon in all its wonderful forms and formats one of the fastest growing sports on the planet. I would also like to extend my gratitude to our excellent officials and the volunteers on whom we always rely for the safe staging of our races.

I wish everyone the best of luck in achieving their goals this weekend whatever they may be, and look forward to hearing the ideas and plans that can help us shape another brilliant decade and beyond for Para Triathlon.

Yours in Sport,

Marisol Casado

World Triathlon President

IOC member

Contents

Welcome	3	Bike mechanic service.....	18
General information	7	Medical services	19
Before you travel and Covid-19.....	7	Competition	20
Host National Federation & Organiser	8	Rules	20
Key Contacts	8	Warm Up	20
Sustainability	9	Start	20
Venue	10	Swim course	20
Competition	10	Bike course.....	20
Athlete Lounge	10	Wheel stations	21
Doping Control.....	10	Run course	21
Athlete Briefing	10	Aid stations and littering zones.....	21
Registration and Race Packet Pick Up	11	VI free leading zones.....	21
LOC Office	12	Finish	22
World Triathlon Office.....	12	Penalties.....	22
Official Accommodation	12	Weather conditions.....	22
Event schedule	13	Coaches areas	22
Pre-event	14	Water quality.....	23
Travel and accommodation	14	Post-competition	24
Accreditation	15	Results.....	24
Training.....	16	Protests and appeals.....	24
Course familiarisation	18	Medal ceremonies	24
		Maps	25

VERSION 3 – updated 3 August 2022

General information

Before you travel and Covid-19

- All Covid-19 restrictions have been removed in the UK, however there will still be hand sanitiser available at all high touch point locations, and you can choose to wear face covering should you wish. Although it is no longer a legal requirement to isolate in the UK with a positive Covid-19 test, we will remove your accreditation and ask that you self-isolate until you return a negative lateral flow test.
- If team members require additional medical treatment, this should be requested through the LOC.
- If a team member needs to be transferred to hospital, the LOC will call 999 and summon an emergency vehicle.
- There are no Covid-19 restrictions in the UK. However, if an athlete or team member tests positive for Covid-19 and their destination requires them to return a negative test, the cost of testing and any accommodation while staying in the UK will not be covered by the LOC.

Antigenic tests in Swansea can be booked at the following location:

[DAM Health >](#)

- If you have any queries, please email swansea@britishtriathlon.org.

General information

Host National Federation & Organiser

Volvo 2022 World Triathlon Para Series Swansea is organised and hosted by British Triathlon.

British Triathlon

Michael Pearson East
1 Oakwood Drive
Loughborough
LE11 3QF

swansea@britishtriathlon.org

+44 (0)1509 226161

<https://www.britishtriathlon.org/events/major-events/world-triathlon-para-series-swansea/elite>

Key Contacts

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National Federation Liaison

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General information

Sustainability

Triathlon is a sport that benefits from having natural environments to swim, bike and run in, with lakes, parks and open countryside often forming the backdrop to events. British Triathlon are proud to be working towards delivering a sustainable event in partnership with World Triathlon. Volvo 2022 World Triathlon Para Series Swansea includes a wide range of sustainability initiatives, some of which you will see and some you won't.

Behind the scenes

As well as changes for participants and event visitors, there are a number of sustainable initiatives behind the scenes, including:

- Using electric and hybrid vehicles for event staff.
- Sourcing ethical and sustainable suppliers.
- Recycling and selecting more environmentally friendly event signage materials.
- Raising awareness to all visitors to the Volvo 2022 World Triathlon Para Series Swansea of ways to be more sustainable and make healthy lifestyle choices.
- Being the first ever paratriathlon event Local Organising Committee to submit its application for World Triathlon Sustainability Certification.
- Waste management processes to collect all event waste and sort it accordingly to ensure recycling opportunities are maximised.

What you'll see

- Shared transport to and from airports, hotels and SA1 Waterfront, and options for athletes to cycle to the event venue.
- Working with our catering suppliers, single use plastics are restricted such as straws, cutlery, and food packaging. Sealed water bottles for elite athletes will be made from plants and are biodegradable and compostable.
- Elite Athlete Portal to cut down on the amount of single use printing, minimise environmental impact and to make information easily available to you such as:
 - Athlete guide
 - Route maps
 - Schedules
 - Accommodation & Travel Information

ELITE ATHLETE PORTAL

Venue

Competition

The venue for the Volvo 2022 World Triathlon Para Series Swansea is in and around the SA1 Waterfront and city centre. Race HQ is Kings Road, Swansea, SA1 8AL.

More information about the course can be found in the Competition section of this guide and on the course maps at the end of this guide.

Athlete Lounge

The athlete lounge is located in rooms 001 and 002 of University of Wales Trinity St David IQ Building.

The recovery area is located within the athlete lounge. There is also a small recovery area immediately after the finish line.

Toilets and accessible toilets, and sealed bottles of water will be provided.

Doping Control

Doping Control will be performed in compliance with World Triathlon Anti-Doping rules and WADA International Standard for Testing.

The Doping Control rooms will be in rooms 117 and 118 of the IQ Building, accessible by both stairs and lift. Doping Control will be signposted from the athlete lounge.

All athletes must bring photographic ID with them in case of being tested.

Athlete Briefing

The Elite Athlete Briefing will take place virtually on Thursday 4 August, 18:00-19:00.

Please register for the athlete briefing using the link below:

https://us02web.zoom.us/webinar/register/WN_v9Epdil0SfGLbnb1CYj04g

The recording of the briefing and presentation will be available after the session here:

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

Registration and Race Packet Pick Up

Athlete registration and race packet pick up will take place on Friday 5 August, 10:30-12:00, immediately after the run course familiarisation and before the start of the swim course familiarisation at 12:00. Packet pickup will take place in the athlete lounge.

Race packets can only be picked up if the athletes' agreement has been signed and the online pre-event questionnaire completed.

All athletes, athlete guides, coaches and support personnel must have completed the pre-event questionnaire in advance of attending athlete registration. The link can be found in your personal World Triathlon account.

Link for the pre-event questionnaire:

https://www.triathlon.org/pre_event_covid_19_screening_guide

National Federations are requested to adhere to the following specific race packet pick up times:

Time slot	National Federations
10:30-10:45	AUS, AUT, BEL, BRA, CAN, CUB, CYP
10:45-11:00	ESP
11:00-11:15	FIN, FRA, GER
11:15-11:30	GBR, GRE, HUN, IRL
11:30-11:45	ISR, ITA, JPN, KOR, LTU, NED, POR, RSA, SUI
11:45-12:00	TUR, UKR, USA

Venue

LOC Office

The LOC Office is located in Room 002 of University of Wales Trinity St David Fforwm Building, and is open between Thursday 4 and Saturday 6 August.

Phone: +44 (0)7898 871 312

Opening Hours:

- Thursday 4 August 07:00-19:00
- Friday 5 August 07:00-19:00
- Saturday 6 August 06:00-20:00

World Triathlon Office

The World Triathlon Office is located in Room 003 of University of Wales Trinity St David Fforwm Building.

Official Accommodation

The official accommodation of Volvo 2022 World Triathlon Para Series Swansea will be at Swansea University Singleton Park Campus (SA2 8PP), with a small number of additional rooms (if required) at Swansea University Bay Campus (SA1 8EN). The nearest railway station is Swansea.

Swansea University Singleton Park Campus

Singleton Park, Swansea, SA2 8PP

Swansea University Bay Campus

Fabian Way, Crymlyn Burrows, Swansea, SA1 8EN

Event schedule

Thursday 4 August 2022		
1800-1900	Athlete briefing	Virtual, via Zoom
Friday 5 August 2022		
0800-0830	Athlete transfer from accommodation to venue	Singleton Park
0930-1000	Bike course familiarisation	Transition Area
1000-1030	Run course familiarisation	Transition Area
1030-1200	Athlete registration and packet pickup	Athlete Lounge
1200-1300	Swim course familiarisation	Prince of Wales Dock
1300-1330	Athlete transfer from venue to accommodation	Athlete Lounge
Saturday 6 August 2022		
1030-1100	Athlete transfer from accommodation to venue – PTWC & PTVI	Singleton Park
1100-1215	Athlete Lounge check in – PTWC & PTVI	Athlete Lounge
1115-1230	Transition check in – PTWC & PTVI	Transition Area
1200	Run course measurement	Run course
1200-1230	Athlete swim warm up – PTVI	Prince of Wales Dock
1250	Athlete introductions – PTVI	Start
13:00:00	Race start – PTVI1 M	Prince of Wales Dock
13:02:46	Race start – PTVI2/3 M	Prince of Wales Dock
13:04:00	Race start – PTVI1 F	Prince of Wales Dock
13:07:19	Race start – PTVI2/3 F	Prince of Wales Dock
1315-1345	Athlete transfer from accommodation to venue – PTS2-5	Singleton Park
1320-1350	Athlete swim warm up – PTWC	Prince of Wales Dock
1345-1500	Athlete Lounge check in – PTS2-5	Athlete Lounge
1400-1515	Transition check in – PTS2-5	Transition Area
1410	Athlete introductions – PTWC	Start
14:20:00	Race start – PWTC1 M	Prince of Wales Dock
14:22:59	Race start – PTWC2 M	Prince of Wales Dock
14:25:00	Race start – PTWC1 F	Prince of Wales Dock
14:28:42	Race start – PTWC2 F	Prince of Wales Dock
1445-1515	Athlete swim warm up – PTS2-5	Prince of Wales Dock
1530	Athlete introductions – PTS2-5	Start
15:45:00	Race start – PTS5 M	Prince of Wales Dock
15:50:00	Race start – PTS5 F	Prince of Wales Dock
15:55:00	Race start – PTS2, PTS3, PTS4 F	Prince of Wales Dock
16:00:00	Race start – PTS4 M	Prince of Wales Dock
16:05:00	Race start – PTS2, PTS3 M	Prince of Wales Dock
1745-1815	Medal ceremonies	Finish Area
1830-1900	Athlete transfer from venue to accommodation	Athlete Lounge

Pre-event

Travel and accommodation

Key Travel & Accommodation Locations

Swansea: Swansea University Park Campus

Airport: CWL Cardiff, BRS Bristol, BHX Birmingham

The LOC of Volvo 2022 World Triathlon Series Swansea are pleased to partner with Nirvana Europe as official travel and accommodation supplier.

The official accommodation for the event is **Swansea University Singleton Park Campus** with all transport to and from SA1 Waterfront for familiarisation and competition departing from and arriving back to this location.

Nirvana Europe have negotiated the following package prices, including accommodation, catering and airport transfers, and are inclusive of VAT:

- Two-night package - £335.00 per person
- Three-night package - £449.00 per person
- Four-night package - £565.00 per person

For more information, and to book your travel and accommodation, please visit <https://www.nirvanaeurope.com/en/events/world-triathlon/world-triathlon-para-series-2022-swansea-wales> or if you have any queries, please email contactus@nirvanaeurope.com.

When?

Hotel accommodation across Swansea is already over 90% full across the weekend of the event, due to other major events happening in the city at the same time. Swansea University Singleton Park Campus (and a small amount of overflow at Bay Campus if required) is the only accommodation being held by the LOC.

Due to the commitment the LOC needs to make with the official accommodation, the subsidy for the top athletes can only be used in case of staying at Swansea University Singleton Park Campus and will be deducted from the room charges.

The deadline for booking accommodation is 9:00am on Monday 18 July 2022.

Booking

For all reservation enquiries, please email contactus@nirvanaeurope.com.

Airport Transfers

Airport transfers from and to Cardiff, Bristol and Birmingham Airports are included in the packages detailed above. Transfers to and from London Heathrow can be arranged for an additional supplement.

Transport Booking

Shuttle buses will be in place to transport athletes, guides, personal handlers, coaches and equipment between Swansea University Singleton Park Campus and SA1 Waterfront. Only venue-accredited personnel will be allowed to access the transport. Below you will find the shuttle bus schedule and maps of the pickup/drop off locations, which can be found at the end of this guide.

Transport between Swansea University Singleton Park Campus and SA1 Waterfront is included in the packages offered by Nirvana Europe, detailed above. However, we would request that National Federations pre-book places on the shuttles.

This is part of wider efforts by the LOC to deliver a more sustainable event and reducing the carbon footprint and environmental impact of attending the event.

We are aware that some athletes and coaches prefer to cycle to the event venue and both campuses are approximately 3 miles/5km from SA1 Waterfront, linked by predominantly traffic-free cycle paths, so by pre-booking transport you will be helping the LOC to ensure the transport provided matches demand and is not excessive.

To pre-book transport between Swansea University Singleton Park Campus and SA1 Waterfront, please complete this form here:

https://britishtriathlon.formstack.com/forms/wtps_swansea_2022_transport

The deadline for submitting this form is 9:00am on Monday 25 July 2022.

Friday 5 August 2022		
0800-0830	Athlete transfer from accommodation to venue	Singleton Park
1330-1400	Athlete transfer from venue to accommodation	Athlete Lounge
Saturday 6 August 2022		
1030-1100	Athlete transfer from accommodation to venue – PTWC & PTVI	Singleton Park
1315-1345	Athlete transfer from accommodation to venue – PTS2-5	Singleton Park
1830-1900	Athlete transfer from venue to accommodation	Athlete Lounge

Accreditation

All Elite Athletes and Guides will be provided with official event accreditation to facilitate access to certain venue areas. Accreditation cards are number coded and provide access to specific areas of the competition venue.

All accredited persons are required to carry their accreditation cards with them at all times and to show them upon request. This includes the accommodation.

NOTE:

Coaches, personal handlers and medical teams need to register via their National Federation on the World Triathlon online portal. No accreditation will be provided if names are not on the World Triathlon list.

Accreditation will be issued at the LOC Office.

Training

Training venues have been booked at Wales National Pool (swim) and Swansea Bay Sports Park (run).

Swim Training:

Wales National Pool

Sketty Lane, Swansea, SA2 8QG

Run Training:

Swansea Bay Sports Park

Sketty Lane, Swansea, SA2 8QG

NOTE:

For all training sessions, athletes will need to sign in at the reception of the venue in order to gain access. No booking is required. Both training venues are located across the road from Swansea University Singleton Park Campus.

Thursday 4 August 2022		
0600-0730	Swim training	Wales National Pool
0800-1700	Run training	Indoor track
0800-1700	Run training	Outdoor track
Friday 5 August 2022		
0600-0730	Swim training	Wales National Pool
0800-2000	Run training	Indoor track
0800-2000	Run training	Outdoor track
Saturday 6 August 2022		
0600-0730	Swim training	Wales National Pool

Cycle Training

The cycle course takes place on roads which will be open to traffic, with the exception of during the bike familiarisation and the race itself.

Whilst it is not possible to train on the entire route, as one section goes on the wrong side of the road, athletes may choose to cycle those parts that can be accessed – though it must be noted that athletes do so at their own risk. Oystermouth Road is the main thoroughfare through the city of Swansea and is very busy, so caution is to be advised.

The [highway code](#) must be adhered to at all times, specifically:

- You must cycle on the left-hand side of the highway.
- You must not cycle on the pavement (sidewalk) unless it is a shared space which cyclists and pedestrians can both use.
- You should be considerate of the needs of other road users when riding in groups. You can ride two abreast and it can be safer to do so, particularly in larger groups or when accompanying children or less experienced riders. Be aware of drivers behind you and

allow them to overtake (for example, by moving into single file or stopping) when you feel it is safe to let them do so.

No specific cycle training is provided by the LOC, however the below are suggested:

- **National Cycle Network 4 – Swansea Bike Path**

<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/swansea-bike-path/>

This path follows the coastline of Swansea Bay and as a result, can often be covered with sand. This is a shared path with pedestrians and can get very busy, so using in the early morning is recommended. The path is accessible from either Singleton Campus or from the event venue.

- **Pembrey National Closed Road Circuit**

<https://www.britishcycling.org.uk/news/article/20180723-National-Closed-Road-Circuit--Carmarthenshire-0?c=WA>

This is a purpose-built closed road circuit, built to British Cycling standards. Approximately an hour's drive away, the circuit is accessible and free of charge when there is no booked session. Should National Federations or athletes wish to book the circuit, please email crccarmarthenshire@welshcycling.co.uk.

Course familiarisation

Cycle familiarisation

This will take place on Friday 5 August between 09:30-10:00. Athletes will need to use the provided event transport (see table below) or are welcome to cycle directly to SA1 Waterfront. A prompt start time is necessary due to the traffic management and police escort through the city centre.

Run familiarisation

This will take place for on Friday 5 August between 10:00-10:30, immediately following the bike familiarisation.

Swim familiarisation

The swim course familiarisation will take place on Friday 5 August between 12:00-13:00, in the Prince of Wales Dock, SA1 Waterfront.

Athletes must report to the athlete lounge to register for swim familiarisation. Only accredited people will be granted access to the athlete lounge.

During the swim course familiarisation, there will be water safety provision in place.

Please note: swimming in the Prince of Wales Dock outside of the swim course familiarisation is strictly forbidden.

Friday 5 August 2022		
0800-0830	Athlete transfer from accommodation to venue	Singleton Park
0930-1000	Bike course familiarisation	Transition Area
1000-1030	Run course familiarisation	Transition Area
1030-1200	Athlete registration and packet pickup	Athlete Lounge
1200-1300	Swim course familiarisation	Prince of Wales Dock
1330-1400	Athlete transfer from venue to accommodation	Athlete Lounge

Bike mechanic service

A bike mechanic will be present outside the athlete lounge either side of the bike familiarisation, and during open hours on competition day.

If you need help outside of these times, please contact the LOC Office.

Medical services

First Aid and emergency medical services will be available to anyone requiring medical assistance at either the accommodation or venue for the duration of your stay, before and during competition hours.

Medical and paramedic personnel will be available throughout competition hours. Several ambulances will be available to provide emergency transfer to hospital. A medical tent will also be provided on site at the finish area.

If you require medical assistance during your stay in Swansea outside of competition hours, please contact the LOC Office.

Hospital

FOR ALL EMERGENCIES, DIAL 999

Morrison Hospital

Heol Maes Eglwys, Morrison, Swansea, SA6 6NL

Telephone: 01792 702 222

Dentist

Parkway Clinic

Lamberts Road, Waterfront, Swansea, SA1 8EL

Telephone: 01792 823 662

Pharmacy

Lloyds Pharmacy

Quay Parade, Swansea, SA1 8JA

Telephone: 01792 456 837

Pre-Departure Covid-19 Testing

Should you be required to carry out a pre-departure Covid-19 test as part of country entry requirements, these are to be arranged privately – unfortunately the LOC is unable to book these for you. Antigenic tests in Swansea can be booked in advance at the following location:

DAM Health

Address: 96-97 Mansel Street, Swansea, SA1 5UE

Opening hours: Monday to Saturday: 08:00 – 17:20

Cost: between £49 for results within 24 hours to £89 for results within 3 hours.

<https://dam-health.com/swansea/>

Information correct at time of publication. The LOC cannot accept responsibility for, or costs incurred, due to changes to this information.

Competition

Rules

Volvo 2022 World Triathlon Para Series Swansea will follow the latest published World Triathlon Competition Rules.

Warm Up

An area adjacent to the athlete lounge will be available for athletes to use bike trainers to warm up. Approximately 300m of footpaths to the south of the athlete lounge will be available for athletes to use as run warm up.

Start

The start area is on the southern side of the Prince of Wales Dock in SA1 Waterfront. The start process will be a deep water start from a pontoon, with athletes being asked to hold onto the pontoon until the race start.

The Head Referee, with the assistance of World Triathlon Technical Officials, will start each race.

Swim course

Athletes will swim one lap of the course which totals 750m in a clockwise direction. You can see the course map at the end of this guide.

Swim exit handlers will be provided by the LOC and will be available to rehearse during the swim course familiarisation.

The run from pre-transition at swim exit to transition is 80m.

During August, the water temperature in the Prince of Wales Dock is expected to be 16°C - 20°C.

Bike course

Athletes will cycle from transition on the out-and-back section along the seafront promenade, before completing four laps of the city centre and returning to transition, a total of 19.5.

The course is largely flat but contains a number of technical sections. The out-and-back sections along the seafront promenade will only ever be one-way – either heading towards the city centre lap or back towards transition.

Wheel stations

The neutral wheel station on the cycle course will be located on Oystermouth Road, at the mid-point of each lap, and accessible from both directions.

The team wheel station on the cycle course will be located on Adelaide Street, near the Sail Bridge connecting the event venue with the bike course. Wheels can be dropped here during the opening of the transition check-in.

The wheel station for the run course will be located on the south east corner of the Kings Road roundabout, towards the end of each lap, and adjacent to the run course penalty box.

Wheel List:

- 700c Front wheels, rim brake
- 700c Front wheels, 160mm rotor disc brake
- 700c Front wheels, 140mm rotor disc brake
- 700c Rear wheels with 11speed cassette, rim brake
- 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
- 700c Rear wheels with 11speed cassette, 140mm rotor disc brake

Run course

The run course exits the bottom of transition, taking two right hand turns before a sharp left turn onto Kings Road. From here, the course then joins the three-lap circuit including Kings Road, the bike path adjacent to Fabian Way, and Langdon Road. At the end of the third lap, the course returns down Kings Road to the finish chute, a total of 5km.

Aid stations and littering zones

There is one aid station on the run course, located on the north east side of the Kings Road roundabout, towards the end of each run lap.

A littering zone will be attached to the aid station.

There are no aid stations or littering zones on the bike course.

VI free leading zones

VI free leading zones will be in place at all aid stations and wheel stations, through transition areas and pre-transition areas, and in certain sections of the run course. VI free leading zones will be clearly marked with signage and green / red marks on the floor.

Finish

Timing chip removal must be done by the athlete or guide, who must deposit the timing chip into a specific bin close to the end of the post-finish area.

- All recovery stations will be self-service
- Massage facilities will not be provided
- Athletes must avoid laying or sitting down on the blue carpet (without any medical need/problems). Any non-accredited persons can watch the event from the spectator areas.

Penalties

The bike course penalty box on the bike course is located on Oystermouth Road towards the end of each bike lap.

The run course penalty box is located on the south east corner of the Kings Road roundabout, towards the end of each run lap.

Weather conditions

The weather in Swansea during August can be unpredictable, and given its proximity to the sea can often be windy. The average temperature is 16.5°C, but temperatures vary and rain is possible in August. Come prepared for all eventualities.

For weather forecasts, go to www.metoffice.gov.uk.

Coaches areas

There are coaches areas in the following locations:

- Athlete lounge
- Swim start
- Athlete preparation area and adjacent to transition
- Bike course at the team wheel station
- Run course at the wheel station
- Run course prior to the penalty box

Water quality

Test Results

Sampling date: Tuesday 7 June 2022

Sample collection point	1	2	3
pH	8.3	8.3	8.3
Escherichiacoli E. Coli	1	0	1
Enterococci	0	0	0

Sampling date: Friday 29 July 2022

Sample collection point	1	2	3
pH	7.4	8.0	7.0
Escherichiacoli E. Coli	2	1	14
Enterococci	2	0	7

Sampling date: Saturday 6 August 2022

Sample collection point	1	2	3
pH			
Escherichiacoli E. Coli			
Enterococci			

Sampling Locations



Post-competition

Results

Results will be uploaded live on the World Triathlon website: www.triathlon.org.

Protests and appeals

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

Medal ceremonies

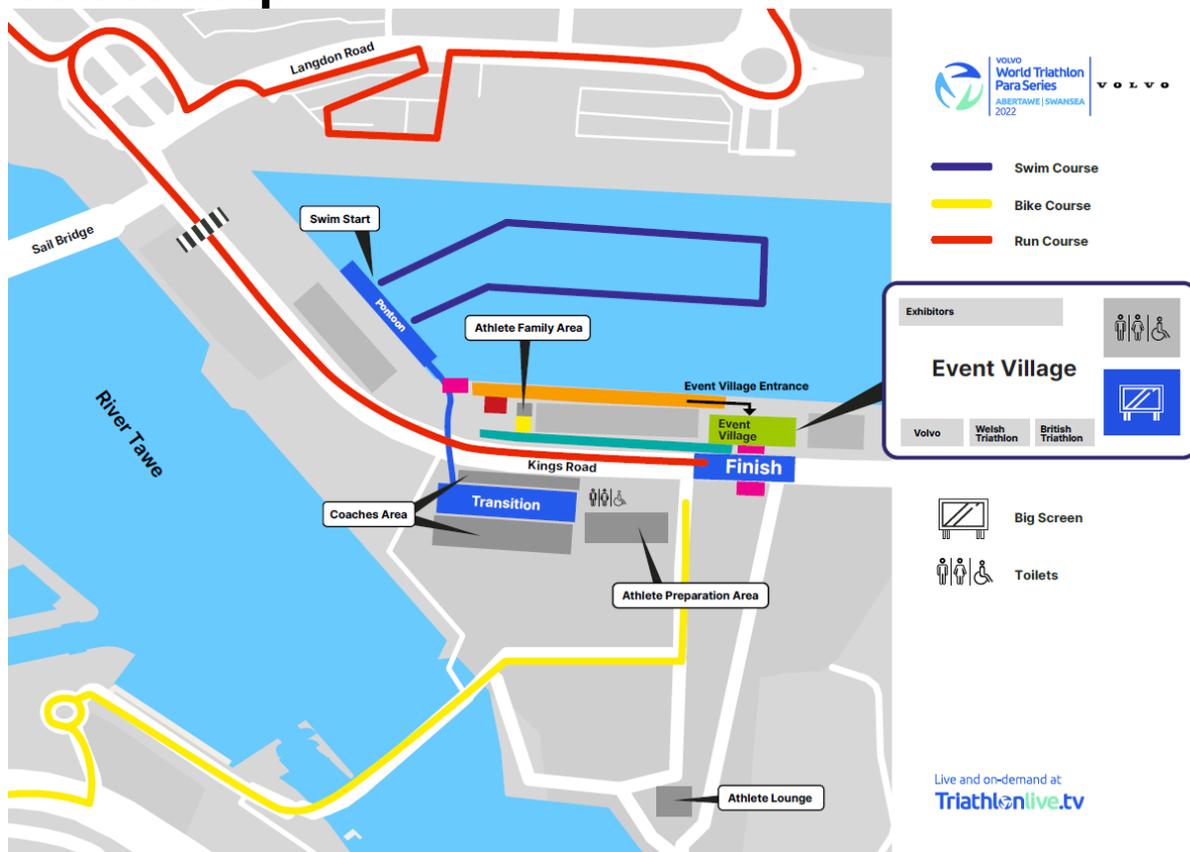
One medal ceremony will be held immediately after the last finisher of the final race. Required athletes will be escorted via staff to where they need to be for ceremonies.

Medal Ceremony

Saturday 6 August, 17:45

Maps

Venue Map



Maps

Course Map



World Triathlon Para Series Route - Llwybr

750m = 1 lap

19km = 4 laps - 4 Lapiau

5km = 3 laps - 3 Lapiau

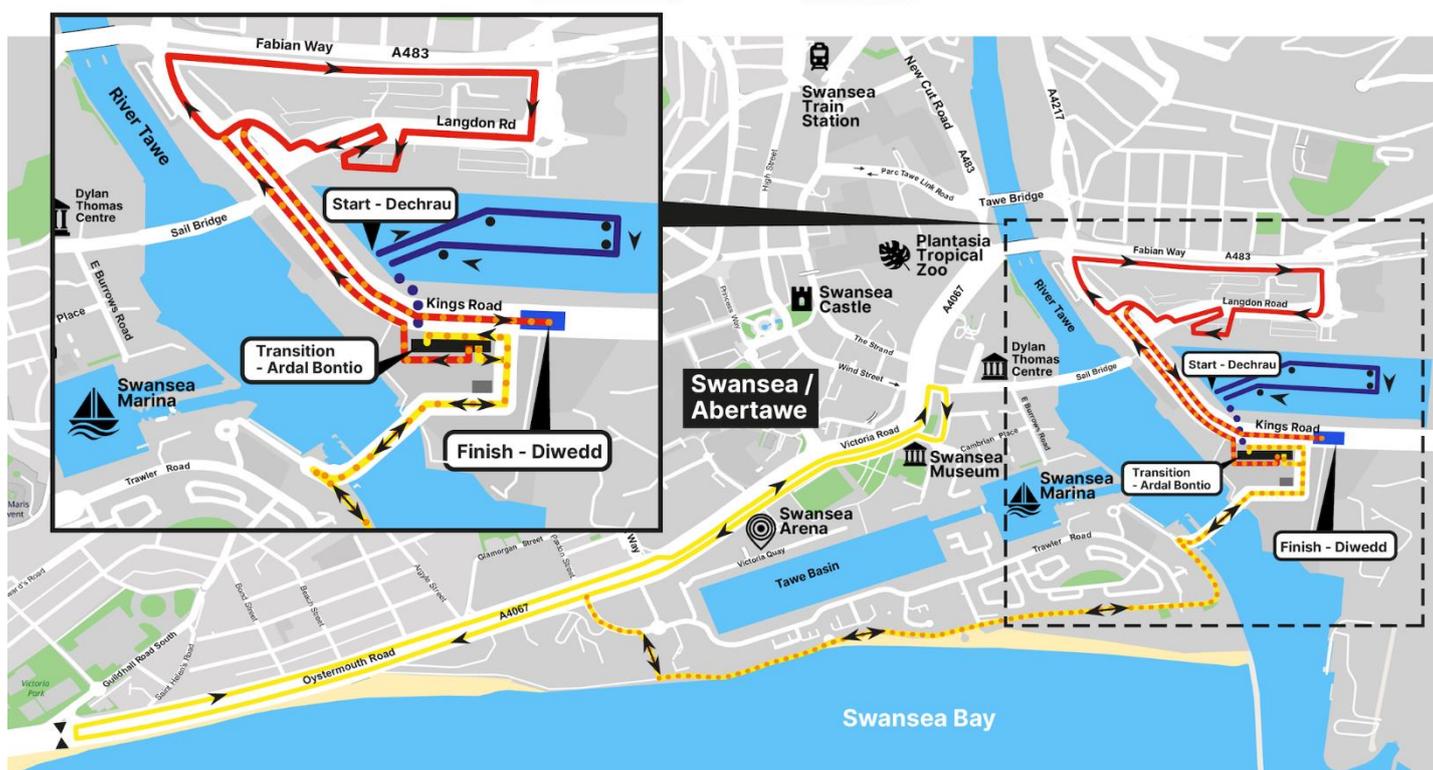
Swim Out - Nofio Allan

Bike Out/In - Beic Allan/Beic Mewn

Run Out/In - Rhedeg Allan/Rhedeg Mewn

Turning Point - Man Troi

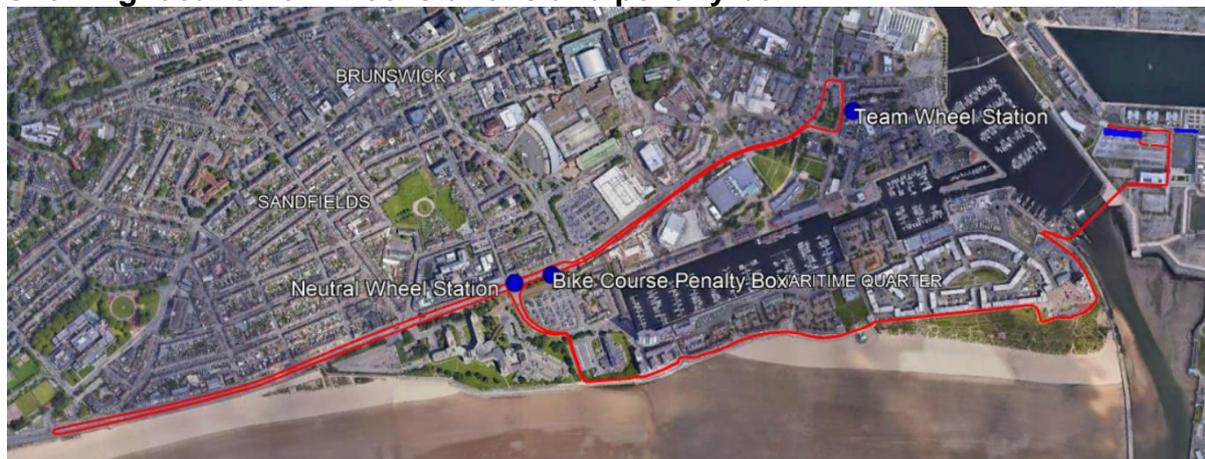
Directional Arrows - Arwyddion Cyfarwyddo



Maps

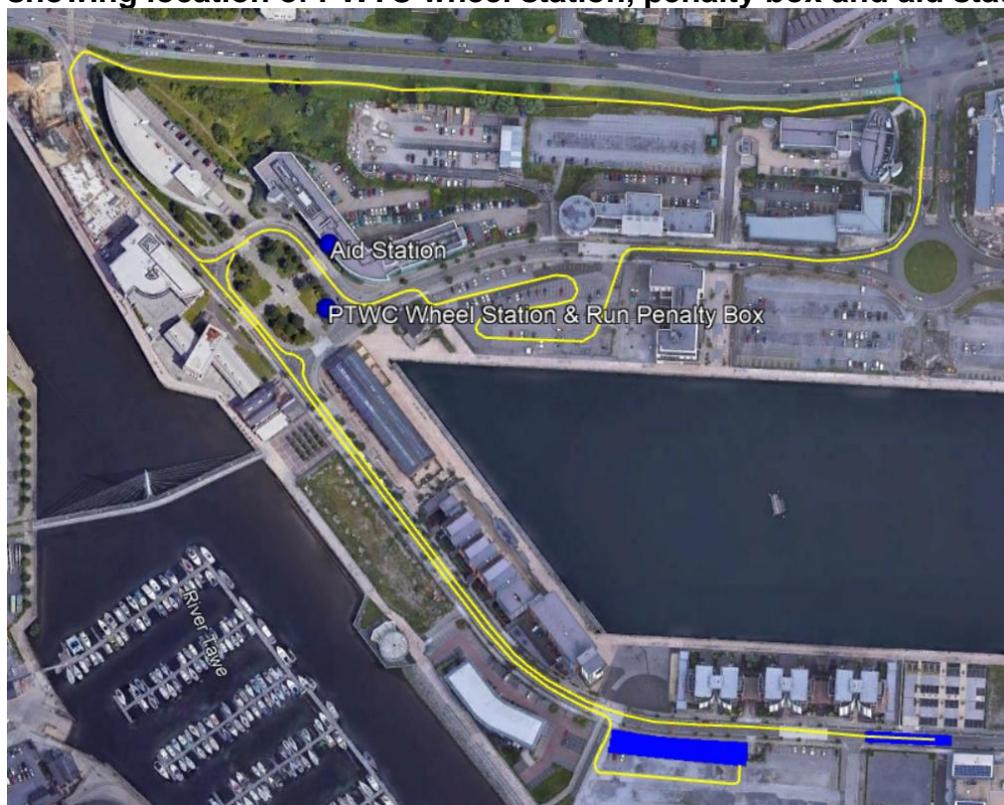
Bike Course

showing location of wheel stations and penalty box



Run Course

showing location of PWTC wheel station, penalty box and aid station





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World Triathlon
Para Series
ABERTAWE | SWANSEA
2022

V O L V O

Thank you to our event partners

V O L V O



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



Cyngor **Abertawe**
Swansea Council



Llywodraeth Cymru
Welsh Government



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Live and on-demand at

Triathlonlive.tv