

SAN SALVADOR 2023

XXIV CENTRAL AMERICAN AND
CARIBBEAN GAMES





TRIATHLON



MANUAL UPDATES



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1. ABOUT THIS MANUAL

Published in 2022, the Sports Technical Manuals provide detailed information on each sports competition and discipline at XXIV Central American and Caribbean Games San Salvador 2023, as well as operational information that may be of interest to participating teams.

Each manual includes:

- An introduction to San Salvador and Games 2023.
- Sport-specific information, such competition schedule and format, training and qualification criteria.
- Operational information on accreditation.

While this information is correct as of the date of publication, it may vary according to the updates provided by the Organizing Committee (COSSAN), the International Federation (IF), The World Baseball Softball Confederation (WBSC) or Centro Caribe Sports (CCS). Therefore, National Olympic Committees (NOCs) should visit the official website: www.sansalvador2023.com for updated information.

2. ABOUT SAN SALVADOR

San Salvador is the capital and largest city of the Republic of El Salvador and one of the most populous cities in Central America. Located in one of the fourteen departments of the nation, specifically in the department of San Salvador, it houses the headquarters of the three branches of government, the main companies of economy, development, telecommunications, embassies, hotels, Presidential House of El Salvador, the most important museums in the country, residential, economic and commercial areas, monuments and main headquarters of economic, political, fashion, art and development services of El Salvador.

San Salvador is located at 670 meters above sea level. It is bordered on the north by the municipalities of Nejapa, Mejicanos, Cuscatancingo, and Ciudad Delgado, on the east by Soyapango, on the south by Panchimalco and by San Marcos, and on the west by Antiguo Cuscatlán and Santa Tecla.

The geography of the Salvadoran capital is dominated by two great orographic prominences, which make the landscape of the capital unmistakable, since from any point of the city these can be observed: the Volcano of San Salvador and Cerro San Jacinto. The first consists of two large formations: El Picacho, with a height of 1959.97 meters above sea level; and the other, El Boquerón, the most voluptuous formation, of 1839.39 meters above sea level, which has a huge crater of 1.5 km in diameter. This volcano is representative of the city, to the point that it basically forms its skyline (horizon), piling to any other structure built by human hand in the city, perhaps that is why despite some real estate takeoff that the town has experienced since the late 1990s, no structure has become icon of the same, except for the historic buildings. The second most representative orographic structure of this municipality is the Mount San Jacinto, which has a height of 1100 masl and that until some years had a cable car at its top. The aforementioned San Salvador Volcano is located to the west of the city, while Mount San Jacinto at its southeast end. These two natural watchtowers frame the valley in which San Salvador sits.

The city has a warm climate all year round, with December, January and February being cool. Temperatures remain between 18 °C and 33 °C. The hottest are March, April and May. From May to October is the rainy season in which floods usually occur.

The temperature varies between noon and midnight due to changes in humidity levels. The highest temperature recorded in San Salvador has been 38.5 °C, the lowest of 4.0 °C.

3. XXIV CENTRAL AMERICAN AND CARIBBEAN GAMES SAN SALVADOR 2023

EVENTS	DATE	TIME	PLACE
Opening Ceremony	Friday, June 23 rd	19:00 (El Salvador Time)	Jorge González "Mágico" National Stadium
Closing Ceremony	Saturday, July 8 th	19.00 (El Salvador Time)	Jorge González "Mágico" National Stadium

COMPETITION	SPORTS PROGRAM
Friday 23 rd June to Saturday 8 th July	Sports: 38 Disciplines: 54

4. SPORTS AUTHORITIES CENTRO CARIBE SPORTS

EXECUTIVE COMMITTEE

NAME	POSITION	COUNTRY
Mr. Luis Mejía Oviedo	President	Dominican Republic
Ms. Jimena Saldaña Gutiérrez	1. er vice president	Mexico
Mr. Ciro Solano Hurtado	2nd vicepresident	Colombia
Ms. Sara Rosario	3rd Vice-Presidentto	Puerto Rico
Mr. Eduardo Álvarez	Secretary-general	Venezuela
Mr. Camilo Amado	Treasurer	Panama
Ms. Judy Simons	First Member	Bermuda
Mr. Ruperto Herrera Tabio	Second Member	Cuba
Mr Christopher Samuda	Third Member	Jamaica
Mr. Ángel Morales	Fourth Member	U.S. Virgin Islands
Mr. Hans Larsen	Fifth Member	Haiti

TECHNICAL COMMISSION

NAME	POSITION	COUNTRY
Mr. Bernardo Mesa	Member	Dominican Republic
Mr. Víctor Vargas	Member	Venezuela
Mr. Francis Conrad	Member	Bahamas
Mr. Julio Gómez	Member	Colombia
Mr. Ryan Foster	Member	Jamaica
Mr. Rene Romero	Member	Cuba
Ms. Karla Lecona	Member	Mexico

NATIONAL OLYMPIC COMMITTEE'S MEMBERS OF CENTRO CARIBE SPORTS AND ASSOCIATE MEMBERS

Antigua ANT			GUY Guayana
Aruba ARU			HAI Haití
Bahamas BAH			HON Honduras
Barbados BAR			ISV Islas Virgenes
Belice BLZ			IVB Islas Viergenes GB
Bermuda BER			JAM Jamaica
Costa Rica CRC			LCA Santa Lucia
Cuba CUB			NCA Nicaragua
Islas Caimán CAY			PAN Panamá
Dominica DMA			PUR Puerto Rico
República Dominicana DOM			SKN San Cristóbal y Nieves
Colombia COL			SUR Surinam
Granada GRN			TTO Trinidad y Tobago
Guatemala GUA			VEN Venezuela
México MEX			VIN San Vicente y las Granadinas
PAIS SEDE EL SALVADOR			

MIEMBROS ASOCIADOS

Martinica (MTQ)			Guadalupe (GLP)
San Marten (SXM)			Guyana Francesa (GUY)
Turk and caicos			Curazao (CUW)

COSSAN 2023

XXIV Central American Games and the Caribbean San Salvador 2023.

Organizing Committee.

Address: Calle Los Abetos # 16A Colonia San Francisco,
San Salvador, El Salvador.

Phone: +(503) 2339-0200

Website: www.sansalvador2023.com.

COSSAN 2023 ®

COSSAN 2023 ORGANIZING COMMITTEE

NAME	POSITION
Yamil Alejandro Bukele Pérez	President
Rodolfo Mena Gómez	Deputy President
Mónica María Fuentes Velásquez	Vice president
Francisco José Ávalos Alfaro	Deputy Vice President
José Armando Bruni Ochoa	Vice-president
Roberto Eduardo Calderón Barahona	Deputy Vice President
Carmen Aída Granillo Barrera	Secretary
Dorys Stefany Rascón Calles	Deputy Secretary
Yanira Elena Salvador Blanco	Treasurer
Juan José Roberto Gómez Urrutia	Deputy Treasure
Morena Ileana Valdés Vigil	First Director
Graciela Alejandra Durán de Cristales	Deputy Firts Director
Álvaro Ernesto O'Byrne Cevallos	Second Director
Alberto Benjamín Revelo Olmedo	Deputy Second Director
Gloria Ramos de Henríquez	Third Director
Jorge Alberto Cabrera Martínez	Deputy Third Director
Dinora Elizabeth Acevedo Maravilla	Director General
Lucrecia Argentina Mónico de Calderón	Secretary
Paola Carolina Alvarenga de Vargas	Planning Director

COSSAN 2023 TECHNICAL DIRECTION

NAME	POSITION
Douglas Bladimir Gamero Menjívar	Technical Operational Coordinator
Stewar Franco Velasco Hidalgo	Administrative Technical Coordinator
Marvin Omar Sánchez Hernández	Sports Technical Assistant
Carlos Eduardo Hernández Crespín	Sports Technical Assistant
Fátima Guadalupe Mejía Cornejo	Administrative Assistant

COSSAN 2023 SUPPORT STAFF

NAME	POSITION
Fatima Isabel Quezada Benitez	Translation Assistant
Marilyn Abigail Hernández Ortiz	Translation Assistant
Guillermo Donato Alas Henríquez	Process Assistant

KEY PERSONNEL

SPORTS ENTITY	NAME	EMAIL
President of the World Triathlon Federation World Triathlon	Marisol Married	ituhdq@triathlon.org
President of the Central American and Caribbean Triathlon Confederation UCECATRI	Karen Araujo	karenaraujotto@gmail.com
International Technical Delegate	Irving Isaac Zavala Romo	irving@triatlon.com.mx
President of the Salvadoran Triathlon Federation	Adonai Osmin Mancía Aguirre	festri@hotmail.com
National Technical Delegate	Gilberto Mendez Barton	gilm.barton@gmail.com

SUB SEDE ORGANIZING COMMITTEE DOMINICAN REPUBLIC

NAME	POSITION
José Monegro	President
Francisco J. Camacho	Secretary
Felipe Vicini, Primer	Vice President
Antonio Acosta Corletto	2nd Vice-President
José Manuel Ramos	3rd Vice President
Mercedes Canalda,	Treasurer
Deligne Alberto Ascención,	Minister of Public Works
Carolina Mejía	Mayores
Fernando Langa,	First Member
Frank Elías Rainieri,	Second Member
Carlos Iglesias,	Third Member
Aristides Fernandez Zucco	Organizing Committee Coordinator Dominican Republic
Nelson Ramirez, Director	Technical Director Sub Venue Dominican Republic

5. PLACE AND DATE OF COMPETITION

The Triathlon competition of the XXIV Central American and Caribbean Games San Salvador 2023, will be held from 05 to 07 June 2023, in Costa del Sol, La Paz, El Salvador.

6. ELIGIBILITY

To participate in the XXIV Central American and Caribbean Games San Salvador 2023, the athlete must be subject to the provisions of the Rules of the Games, the rules of the Central American and Caribbean Swimming Union (UCECATRI) and the rules of the International Triathlon Federation; They must also be registered by their National Olympic Committee (CON) in accordance with the provisions of the Statutes of Centro Caribe Sports (CCS).

MINIMUM PARTICIPATION

For an event or event to be considered official, five (5) athletes and an equal number of National Olympic Committees must participate.

In case of one or more representations after the Technical Meeting are held, they are unable to participate for reasons of force majeure, corroborated and verified by (CCS) who is the only one empowered to authorize the realization of the event.

The combination of athletes from different countries will not be allowed for the modalities and tests that are convened in the Central American and Caribbean Games San Salvador 2023.

NATIONALITY

Athletes participating in the XXIV Central American and Caribbean Games San Salvador 2023, must have the nationality of the country (NOC) that registered them. The nationality of the competitor is determined according to the Regulations of the (CCS).

7. REGISTRATION

Only the National Olympic Committee (NOC), recognized by Centro Caribe Sports, whose National Federations are affiliated to the International Triathlon Federation and the Central American and Caribbean Triathlon Union (UCECATRI), may register. Associate members recognized by Centro Caribe Sports may also participate in the XXIV Central American and Caribbean Games San Salvador 2023.

All countries through the respective National Olympic Committee (NOC) must send their application for athletes in the official format to the Comité Organizador no later than 23:59 hours (El Salvador time) on May 23, 2023. The format must indicate the sports in which the National Olympic Committee (NOC) will participate. The forms will be published on the official website of San Salvador 2023.

NUMERICAL REGISTRATION

The Numerical Registration forms, which indicate the number of participants in each individual and team event, must be sent to the Organizing Committee of the XXIV Central American and Caribbean Games San Salvador 2023 no later than February 23, 2023 before 23:59 (El Salvador time), in accordance with the provisions of the Regulations of Centro Caribe Sports (CCS).

NOMINAL REGISTRATION - LONG LIST

Administrative and auxiliary personnel must be sent by each of the National Olympic Committees (NOCs) no later than 23:59:59 (El Salvador time) on March 23, 2023. The "Nominal List - Long List": of athletes, Team Officers, technical bodies.

They can register up to double the quota established for each sport. The Long List must be registered in the manner established by the Organization to comply with the Closing Date, for any doubt or clarification in this regard, the Organizing Committee makes available the email: inscripciones@sansalvador2023.org.

NOMINAL REGISTRATION

In order for each eligible athlete to participate in the XXIV Central American and Caribbean Games San Salvador 2023, it is required to fill out a Nominal Registration form that must be contemplated by the National Olympic Committee (NOC) and received by the Organizing Committee no later than May 23, 2023 at 23:59 (El Salvador time), in accordance with the provisions of the Regulations of Centro Caribe Sports (CCS).

Each NOC must send its official Numerical Registration and Nominal Registration forms provided by the Organizing Committee and which will be sent 6 months before the Games.

For any questions or clarification in this regard, the Organizing Committee puts at your disposal the email: inscripciones@sansalvador2023.org.

8. IMPORTANT DATES

Sending the calculator to the CONS	October 23, 2022
Envío of the CONS registration information package (long list dates, numerical and nominal registration)	November 25, 2022
Receiving the calculator	December 23, 2022
Deadline for numerical registration	23 Of Febrero 2023
Deadline for receipt long list	23 March 2023
Deadline for nominal sports registrations	M 23 of 2023
Start of delegation registration meetings	17 to 21 June2023
Opening ceremony of the Games	23 June2023

9. PARTICIPATION SYSTEM

ANNOUNCED VENTS, ATHLETE QUOTAS AND MEDALS.

The events and medals for the Triathlon competition of the XXIV Central American and Caribbean Games San Salvador 2023 are:

EVENTS	MEDALS		
	GOLD	SILVER	BRONZE
WOMEN'S SINGLES	1	1	1
WOMEN'S TEAM	1	1	1
MEN'S SINGLES	1	1	1
MEN'S TEAM	1	1	1
MIXED RELAYS	1	1	1
TOTAL MEDALS	5	5	5

MAXIMUM NUMBER OF COMPETITORS

According to the quota established by Centro Caribe Sports , Triathlon competitions will have a maximum of sixty (60) athletes: thirty (30) women and thirty (30) men.

The maximum number of competitors per country will be up to three (3) female athletes and up to three (3) male athletes in the individual events.

10. COMPETITION FORMAT

All Triathlon events will be carried out observing the World Triathlon (WT) Competition Rules that apply, within the assigned days.

For individual events the official time is the accumulated from the beginning of the competition, swimming, transition 1, cycling, transition 2 and running, does not stop during the changes between one discipline and another.

There are no ties, the winner will be the one who crosses the finish line, and the parameter that is used to assign the winner is who crosses first with the torso, so it is necessary to have Photo finish.

Timing system: The measurement of time in the competition will be subject according to the regulations for times and results of the World Triathlon (WT) as established: electronic timing will be used.

Radio Frequency Technology: Based on the technology of Chips placed on the ankle of the competitor and recording the partial times of Swimming, Transition I, Cycling, Transition II, Foot Race, and total time.

For the mixed relays the teams will be composed of four (4) athletes from the same country; two (2) female competitors and two (2) male competitors, selected from among the same registered in the Individual Triathlon.

The order of participation will be: man-woman-man-woman. This sequence may not be altered. Each athlete will cover all three (3) modalities before moving on to the next participant. The distances to be covered will be: three hundred and 300 meters in swimming; eight kilometers in cycling and two kilometers of foot race

The official time will be the sum of the final times of each of the 4 members of the mixed relay.

DISTANCES

INDIVIDUAL TRIATHLON (FEMALE AND MALE)	MIXED RELAY TRIATHLON
1,500 Swimming	300 m Swimming
40 km Cycling	8 km Cycling
10 km Race	2 km Race

11. COMPETITION SCHEDULE

DATE	TIME	EVENT	TECHNICAL	CATEGORY	STAGE
JULY 4	18:00	INDIVIDUAL CONGRESS	TECHNICAL	F AND M	INDIVIDUAL
JULY 5	00:00	MEN'S SINGLES		M	INDIVIDUAL
	00:00	WOMEN'S SINGLES		F	INDIVIDUAL
JULY 6	18:00	MIXED RELAY CONGRESS	TECHNICAL	F AND M	MIXED
JULY 7	00:00	MIXED RELAY		F AND M	MIXED

TBD

12. TRAINING FACILITIES

VENUE: Costa del Sol and Polideportivo of the University of El Salvador.

The training program and schedule will be established once the nominal registrations are received and the arrivals of the delegations to San Salvador are confirmed. Trainings will be held at the Competition venue and other assigned venues. The facilities may only be used at the times designated by the Organizing Committee.

Access will be allowed only to accredited team members. The public will not be allowed to enter. The equipment will meet the requirements of the corresponding International Federation

13. GENERAL RULES

The competitions of the XXIV Central American and Caribbean Games San Salvador 2023 will be held in accordance with the Statute of Centro Caribe Sports (CCS) and the Regulations of the corresponding International Federation in force during the Games. World Triathlon Competition Rules.

Cases not provided for in the aforementioned regulations shall be resolved as follows:

- c) Cases of a general nature will be resolved in accordance with the Statute of CCS and the Regulations of the Central American and Caribbean Games.
- d) Cases of a technical nature will be resolved according to the procedures of the Pan American Confederation or Continental Organization.

14. TECHNICAL OFFICIALS

JUDGES AND REFEREES

The technical officers will be proposed by the Technical Delegate, to the Central American and Caribbean Triathlon Union (UCECATRI) to send to the National Federations.

15. PROTESTS AND APPEALS

It will be made up of 3 members: (1) delegate Technician (Head of the Competition Jury), (2) Member of the Executive Committee of the International, Continental or Confederation Federation, (3) Representative of the National Federation.

The Competition Jury will give possible resolution to any protest or appeal received, as long as it has been presented in accordance with the provisions of the regulations. The Competition Jury will meet to review the cases in a private location. You could

request a session with the Protester and/or appellant, as well as involved parties or witnesses for more information.

16. AWARD CEREMONY

The awards will be made in accordance with the regulations of Centro Caribe Sports (CCS).

INDIVIDUALS

First Place: Gold Medal.

Second Place: Silver Medal.

Third Place: Bronze Medal.

TEAMS

First Place: Gold Medal.

Second Place: Silver Medal.

Third Place: Bronze Medal.

MIXED RELAYS

First Place: Gold Medal.

Second Place: Silver Medal.

Third Place: Bronze Medal.

17. TECHNICAL ORGANIZATION

It will be in charge of the International Technical Delegate appointed by the Central American and Caribbean Triathlon Union (UCECATRI).

The technical officers will be proposed by the Technical Delegate, to the UCECATRI to send to the national Federations.

18. TECHNICAL MEETING

- The Technical Meeting will be held on July 4 at a place and time to be defined.

- Up to two representatives of each NOC may attend this Technical Meeting
- The invitation card for the Technical Meeting will be available to the Team Leaders, at the Sports Information Center of villa Cari, from the day of their arrival.
- The Technical Delegate and the Director of Open Water Swimming Competition of the Organizing Committee will chair the meeting, which will be in Spanish with English translation.

19. UNIFORMS

Competitors will wear their country's uniforms and will be governed by the regulations of the World Triathlon.

They must comply with the Regulations of the Central American and Caribbean Games San Salvador 2023, and the International Triathlon Federation, as well as IOC Rule 51, according to the rules established for National Olympic Committees (NOCs) in the guidelines for the Use of Trademarks of Manufacturers.

20. SPORTS EQUIPMENT

The Organizing Committee will supply the equipment for the competition, warm-up and training. All equipment will meet the specifications of the Central American and Caribbean Triathlon Union (UCECATRI) and the International Triathlon Federation (WT).

21. DOPING CONTROL

The tests for Doping Control will be carried out by the Medical Division of the Organizing Committee. The regulations in force will be those of the Medical Commissions of the International Olympic Committee, the World Anti-Doping Agency (WADA), the International Triathlon Federation (WT) and Centro Caribe Sports (CCS).

22. QUALIFICATION SYSTEM TO SAN SALVADOR 2023

According to the Pan American Ranking as of January 31, 2023, and the results of the Central American and Caribbean Games of previous editions, the places corresponding to each country are the following:

COUNTRY	WOMAN	MEN
Mexico (MEX)	3	3
Colombia (COL)	3	3
Guatemala (GUA)	3	3
Cuba (CUB)	3	3
Costa Rica (CRC)	2	3
Puerto Rico (PUR)	2	2
Venezuela (VEN)	2	2
Dominican Republic (DOM)	2	2
Bermuda (BER)	2	1
Barbados (BAR)	1	2
Panama (PAN)	1	2
Aruba (ARU)	0	1
Nicaragua (NCA)	0	1
Jamaica (JAM)	1	1
Saint Vincent and the Grenadines (VIN)	0	1
TOTAL	25	30

PLACES BY INVITATION

In case of not completing the places established in the maximum number of competitors, UCECATRI may assign extra places by Invitation, to the Federations that request it in order of order of orders received, up to a maximum per country established by the quota assigned by Centro Caribe Sports.

Priority will be given to countries that do not have places obtained according to the criterion "According to the quota established by Centro Caribe Sports, Triathlon competitions will have a maximum of sixty (60) athletes: thirty (30) women and thirty (30) men".

Places by Invitation must be requested from UCECATRI before Tuesday, March 21, 2023.

Places by invitation will be confirmed by UCECATRI, on Monday, April 24, 2023.

KEY DATES

DETAIL	DATES
Sports Registration	21/3/2023
Places by Invitation	21/3/2023
Numerical Registration	23/2/2023
Confirmation of Places by Invitation	24/4/2023
Nominal Registration	23/5/2023

23. QUALIFICATION TO SANTIAGO 2023

Direct place to the first place of the Mixed Relays of the XXIV Central American and Caribbean Games San Salvador 2023.

In case the winning team is already qualified, the place will be traveled to the first country that would not have classified athletes by the two previous criteria.

24. GENERAL PROVISIONS

The Executive Committee of Centro Caribe Sports (CCS) is broadly empowered to resolve any problem not covered by this Regulation, in coordination with the COSSAN Games Organizing Committee. Everything related to the applicable regulations, the promotion and advertising of equipment, materials and sportswear will be governed by the Promotion and Advertising Regulations of Centro Caribe Sports (CCS) and Rule 51 of the Olympic Charter.