

**2020  
CARIFTA  
TRIATHLON, AQUATHLON & MIXED RELAY CHAMPIONSHIPS**

**DATES Saturday 26 and Sunday 27 September 2020  
LOCATION – CLEARWATER BEACH, SOUTHSIDE, BERMUDA**

**BERMUDA PROPOSAL**



**Contacts:**

**Ian Pilgrim**

Chair, Local Organising Committee  
Vice President, Bermuda Triathlon Association  
[ipilgrim@mayflower.bm](mailto:ipilgrim@mayflower.bm)

**Steven Petty**

President, Bermuda Triathlon Association  
[spetty@logic.bm](mailto:spetty@logic.bm)

TBA  
Race Director



**1. EVENTS, LOCATIONS & SCHEDULE:**

<b><u>Event</u></b>	<b><u>Date(s) &amp; Times</u></b>	<b><u>Location</u></b>
Arrival	Wednesday & Thursday 23 & 24 Sept 2020	L.F. Wade International Airport
Course familiarisation (swim, bike and run courses)	Friday 25 Sept 2020 Morning	Clearwater Beach, Southside
Technical Meetings & Race Briefings	Friday 25 Sept 2020 Afternoon	Grotto Bay Beach Hotel
Opening Ceremony & Pasta Dinner (all team members and official delegations)	Friday 25 Sept 2020 Early evening	Heritage Centre, St. George's
Triathlon (16-19, 13-15 & 11-12)	Saturday 26 Sept 2020 Starting from 8.00 am	Clearwater Beach, Southside
CARIFTA Triathlon Congress	Saturday 26 Sept 2020 Mid afternoon	Grotto Bay Beach Hotel
Mixed Team Relay Selection Meeting	Saturday 26 Sept 2020 After Congress	Grotto Bay Beach Hotel
Aquathlon (16-19, 13-15 & 11-12)	Sunday 27 Sept, 2020 Starting from 8.00 am	Clearwater Beach, Southside
Open Triathlon Sprint Distance	Sunday 27 Sept 2020 Start mid-morning (10.30 am)	Clearwater Beach, Southside
Mixed Team Relay Triathlon	Sunday 27 Sept 2020 Start early afternoon	Clearwater Beach, Southside
Awards and BBQ	Sunday 27 Sept 2020 After completion of Relay	Clearwater Beach, Southside
Departure	Monday 28 Sept 2020 various	LF Wade International Airport

## 2. COMPETITION SCHEDULE & ORDER OF EVENTS:

<b>Session 1 (Saturday 26 Sept, 2020)</b>	<b>Age Group</b>	<b>Distances</b>
Event 1 – Triathlon 8.00 am start	16-19 Males & Females	Sprint 750m swim/20K bike/5K run
Event 2 – Triathlon 10.00 am start	13-15 Males & Females	Super Sprint 375m swim/10k bike/2.5K run
Event 3 – Triathlon 10.45 am start	11-12 Males & Females	200m swim/10k bike/2K run
<b>Session 2 (Sunday 27 Sept, 2020)</b>	<b>Age Group</b>	<b>Distances</b>
Event 4 – Aquathlon 8.00 am start	16-19 Males & Females	1,000m swim/5K run
Event 5 – Aquathlon 9.00 am start	13-15 Males & Females	500m swim/2.5K run
Event 6 – Aquathlon 9.30 am start	11-12 Males & Females	250m swim/2K run
Event 7 – Open Triathlon 10.30 am start	Open – Individuals and Teams (minimum age 15 as of 31 December 2020)	Sprint 750m swim/20K bike/5K run
Event 8 – Mixed Team Relay Triathlon 12.30 pm start	11-12,13-15 & 16-19	200m swim/5K bike/1K run

### Notes:

- Athletes' ages for determination for which event they are eligible shall be age as of midnight on 31 December 2020.
- Each mixed relay team in Event 8 (Mixed Team Relays) will comprise **2 females** and **2 males** and must include at least 1 participant from each age group (11-12, 13-15 and 16-19) with the 4<sup>th</sup> team member being from any age group.
- Countries having sufficient athletes of the relevant genders and ages to make up relay teams may enter the National Mixed Team Relay competition. For those countries which do not have sufficient athletes to make up a relay team or those who have entered National teams but have additional athletes who wish to compete, countries may get together to form open teams to enter the Mixed Team Relay event.
- Results from the National Mixed Team Relay event will count towards the overall National competition.

### **3. INVITED FEDERATIONS**

1. Antigua & Barbuda
2. Aruba
3. Bahamas
4. Barbados
5. Belize
6. Bermuda
7. Cayman Islands
8. Cuba
9. Curacao
10. Dominica
11. Dominican Republic
12. French Guiana
13. Grenada
14. Guadeloupe
15. Guyana
16. Haiti
17. Jamaica
18. Martinique
19. Puerto Rico
20. St. Kitts & Nevis
21. St. Lucia
22. St. Maarten/St. Martin
23. St Vincent & The Grenadines
23. Suriname
24. Trinidad & Tobago
25. Turks & Caicos Islands
26. The British Virgin Islands
27. The US Virgin Islands

### **4. INTRODUCTION**

Bermuda has a long history of organising and hosting major international triathlons including the 2018 and 2019 World Triathlon Series events, The Small Island Games, CAMTRI Continental Cup Sprint in 2017, The Escape to Bermuda Triathlon promoted by sports marketing giants IMG and the all-female Sherox Triathlons. In addition, Bermuda has hosted many international sporting events, including the Americas Cup 2017, various international golf competitions, CARIFTA Track and Field and other international events.

Bermuda is pleased to submit this proposal to host CARIFTA Triathlon 2020. All competition events will take place at Clearwater Beach at Southside in St. David's. This area is a designated sports and tourism area with very limited vehicular traffic. All roads will be closed for the duration of each cycle leg of the triathlon events, and will be marshalled by Police and volunteers.

#### Average temperatures in Bermuda in September

Air temperature: High - 85F (29C); Low – 76F (24C)

Sea temperature: 82F (27C)

## 5. COMPETITION LOCATION

All events (Triathlon, Aquathlon and Mixed Team Relay (MTR)) will take place at Clearwater Beach, Southside, St. Davids.

Clearwater Beach is located approximately 10 minutes' drive from the two recommended event hotels, the Grotto Bay Beach Resort & Spa (8 km away), and The St. George's Club and Resort (7 km away). Transport will be provided to and from the hotels to the event location on Friday 25 September (for the course familiarisation), and on Saturday 26 and Sunday 27 September for the events.

On the days of the events (Saturday and Sunday), transportation will be provided to get all team members to the event site at Clearwater at the same time. As a result, all team members will be transported to the event in sufficient time for those competing in the first event of the day to set up and warm up. This means that the younger competitors (11-12 and 13-15) will arrive at the same time as the 16-19 competitors and will have to spend some time at the event site waiting for their races. Dedicated tents with tables and chairs, as well as bike racks, will be provided for each team. Toilet facilities are also available at the event site.

A bike mechanic will also be present to assist with any mechanical issues at the event site on Saturday 26 and Sunday 27 September. In addition, Bermuda has 3 well stocked bicycle shops:

Bicycle Works	<a href="http://www.bicycleworks.bm">www.bicycleworks.bm</a>	+1 441 297 8356
Winners Edge	<a href="http://www.winnersedge.bm">www.winnersedge.bm</a>	+1 441 295 6012
Social Cycles Bermuda	<a href="http://www.socialcyclesbda.com">www.socialcyclesbda.com</a>	+1 441 292 5813

These bike shops each have a limited number of road bikes (both carbon and aluminium frames) for rent in various sizes. It is recommended that any competitor wishing to rent a bike for the event make contact with the bike shops as soon as possible to check sizes and availability.



The swim for the Triathlon and Aquathlon events will take place in the sheltered bay at Clearwater Beach, with beach starts running into the water. The bay is well sheltered and all appropriate lifeguard and safety plans will be implemented, including lifeguards on kayaks. Based on average September sea temperatures, the swim leg of each event will be a wetsuit prohibited.

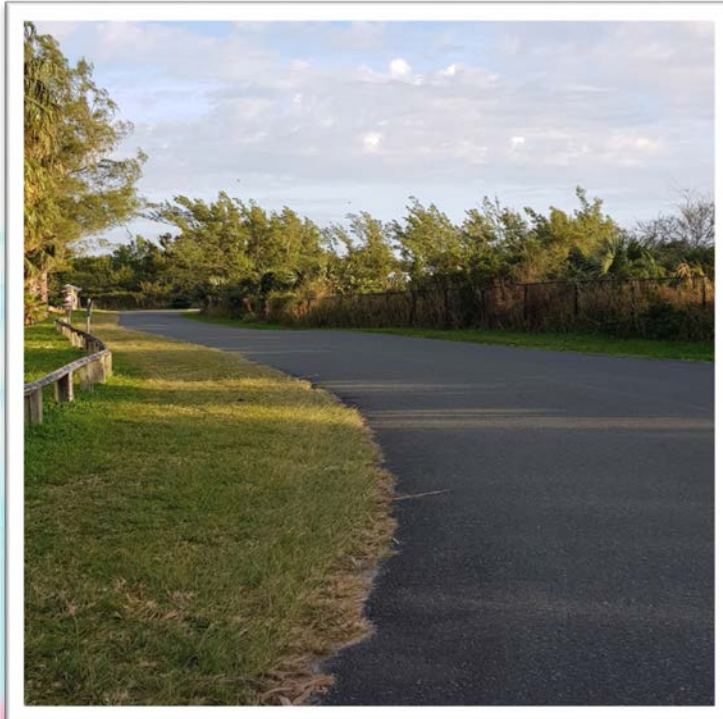


The cycle leg of the triathlon events (including the mixed team relay) will be draft legal for all age groups, and will take place on closed roads over a 5K lap (4 laps for the 16-19 Age Group, 2 laps for the 13-15 and 11-12 age groups, and 1 lap for each team member in the Mixed Team Relay), providing a safe and well marshalled cycling course for all participants. The majority of the cycle course will be on dual lane roads with a separating median between each lane.





The run legs for Triathlon, Aquathlon and Mixed Team Relay events will take place on a combination of closed roads and the nature reserve at Coopers Island.



Transition will be located in the large car park adjoining Clearwater Beach, a very short run (approximately 50 meters) from the swim exit on Clearwater Beach. Bike racks will be 9' aluminium racks with 4 bikes per rack. Athletes will be allocated bike rack positions.



Course familiarisation of the swim, bike and run courses will be available during the morning of Friday 25 September 2020.

Course maps are attached at Appendix A

## **6. ELIGIBILITY**

- 5.1 All competitors must be citizens of the Country they represent whether by birth or naturalisation. In addition, non-citizens may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline.
- 5.2 All competitors must be entered by their National Federation.
- 5.3 In the absence of a National Federation, an athlete may apply directly to the LOC to participate. The CARIFTA Organizing Committee and the LOC will jointly decide whether the athlete(s) can participate.

## **7. PRELIMINARY ENTRIES**

Preliminary Entries in each discipline must be made using the Preliminary Entry forms which will be circulated as soon as possible and must reach the Chairperson of the Local Organizing Committee by **31 July 2020** - C/O Ian Pilgrim, Vice President, Bermuda Triathlon Association, e-mail: [ipilgrim@mayflower.bm](mailto:ipilgrim@mayflower.bm).

## **8. FINAL ENTRIES**

- 8.1. Final entries must be submitted to the LOC by **11 September 2020**. Final Entries must in the first instance be made online using the online registration system, details of which will be circulated as soon as possible after the Preliminary Entry deadline. Entry Fees will be payable on the online entry system. In addition, a Final Entry Form will also be circulated for completion and return to the LOC by **11 September 2020**. Team Officials will also be required to be entered on the online registration system and the Final Entry Form, which will require various details regarding competitors and Team Officials.
- 8.2. The following will also be required:
  - 8.2.1. Passport size photographs of each athlete, team official and technical official (if any).
  - 8.2.2. Photographs must be submitted in electronic format as .jpg file. Each picture (.jpg file) must specify the full name and Country of the athlete, team official or technical official (as the case may be). Photographs should be a size to allow for efficient email transmission, i.e. maximize 5 MB.
  - 8.2.3. Details of arrival and departure of all athletes, team officials and technical officials.

## **9. TEAM OFFICIALS**

Each Country may include in its delegation Team Officials up to a maximum number depending on the number of athletes in that Country's team. Examples of team officials are managers, coaches, chaperones, doctors, masseurs, physiotherapists, bike mechanics etc. The capacity in which a person is attending as a team official must be stated both online and

in the Final Entry Form. In addition, each Country may include in its official delegation **one (1)** qualified Technical Official in accordance with Paragraph 10. The applicable entry fee will be payable in respect of each Team Official in accordance with paragraph 9.

<b>Number of Athletes in Team</b>	<b>Max # of Team Officials</b>
Five (5) athletes or less	2
Six (6) to fifteen (15) athletes	3
Sixteen (16) or more athletes	4

## **10. ENTRY FEES**

Fees for the event, which will be payable on the online entry system when Final Entries are made online, are as follows:

Athlete General Entry Fee	US\$50
Athlete Triathlon Entry Fee	US\$50
Athlete Aquathlon Entry Fee	US\$30
Athlete Mixed Team Relay Entry Fee	US\$30
Team Official Fee	US\$50

There will be no fee payable in respect of any Technical Official included in a Country's official delegation.

## **11. TECHNICAL OFFICIALS**

11.1. **A Level 2 ITU Official** will be selected to serve as the Technical Delegate for the event, and will work with the LOC, officials and volunteers to ensure the event is properly officiated. In addition, Bermuda currently has 26 Level 1 TOs, many of whom will be available to serve as technical officials for the event.

11.2. Each Country may nominate one Qualified individual who may apply to the LOC to act as a Technical Official in the Triathlon, Aquathlon and Mixed Relay competitions.

11.3. The application form to serve as a Technical Official for the event should be completed by the Technical Official, signed by the National Federation President or Secretary to which that technical official is affiliated/registered and submitted to the Local Organizing Committee's Chairperson not later than 31 July 2020.

11.4. Each Technical Official who is accepted will form part of the official delegation of the country which he/she is affiliated to; there will be no fee payable in respect of any Technical Official accepted by the LOC for each Country.



11.5. Technical Officials who are selected will be notified by 14 August 2020.

## **12. ACCOMMODATION AND MEALS**

12.1. Teams will be responsible for arranging, booking and paying their own accommodation.

12.2. The official event hotels will be:

- The Grotto Bay Beach Resort & Spa, 11 Blue Hole Hill, Hamilton Parish CR04, Bermuda - [www.grottobay.com](http://www.grottobay.com); and
- The St. George's Club & Resort, 6 Rose Hill, St. George's, GE05, Bermuda – [www.stgeorgesclub.com](http://www.stgeorgesclub.com)

Delegations will be responsible for booking their own accommodation. A booking code for block booking rooms, and a contact at the event hotels will be made available in due course.

12.3. The following hotel accommodation and meal plan rates will apply:

### The Grotto Bay Beach Resort & Spa:

- Single occupancy: US\$195 per room per night;
- Double occupancy: US\$195 per room per night (\$97.50 per person per night);
- Triple occupancy: US\$215 per room per night (\$71.67 per person per night);
- Quadruple occupancy: US\$230 per room per night (\$57.50 per person per night).

In addition to the above, there would be a 11.75% government tax plus \$12.50 per person per day service charge.

The Hotel also offers a meal plan for competitors and team members' official delegations which will include all meals (breakfast, lunch and dinner) at a cost of \$80 per person, per day (plus a gratuity of 17%), which will include one soft beverage with every lunch and dinner. Additional soft beverages will be charged at \$3.50 ea. Meals will be buffet style and include a 3 course meal consisting of 1 Salad, 2 Starch, 1 Meat, 1 Fish, 1 Vegetables, 1 Dessert, 1 Fruit Salad.

### The St. George's Club & Resort:

As of the date of this proposal we are still awaiting the accommodation and meal plan rates for this hotel.

12.4. **NOTE:** The rates indicated above are valid only for the period 23 September to 27 September 2020 (i.e. checking in on 23 September and checking out on 28 September, 2020). If a team arrives earlier or departs later than these dates higher rates may apply.



Please check with the relevant hotel.

12.5. The LOC will provide on a best efforts basis homestays for a limited number of athletes. National Federations should contact the LOC to request homestays for their athletes. The LOC will allocate the homestays fairly and objectively, but priority will be given to athletes aged between 16-19 who are travelling to the event without a parent.

12.6. There are a number of AirBnB properties available for rent in Bermuda – see [www.airbnb.com](http://www.airbnb.com)

### **13. TRANSPORTATION**

13.1. Teams are responsible for arranging their own transportation to and from their own country to Bermuda and the cost thereof.

13.2. All team members (athletes, Official team delegations and approved Technical officials) will be transported from the airport to the relevant event hotel on the day of arrival, and from the relevant event hotel to the airport on the day of departure.

13.3. All team members (athletes, Official team delegations and approved Technical Officials) who are not staying in the event hotel will be transported (if applicable) to the event hotel for the Technical Meetings and Race Briefings.

13.4. All team members (athletes, Official team delegations and approved Technical Officials) will be transported from the event hotel to the Competition Venue.

13.5. Persons who are not registered as part of a team's official delegation may be charged a separate fee for transportation as determined by LOC.

13.6. While it is not possible to rent cars in Bermuda, it is possible to rent 2 seater electric vehicles ([www.currentvehicles.com](http://www.currentvehicles.com) or [www.bermudarentalcar.com](http://www.bermudarentalcar.com) or [www.ruggedrentalsbda.com](http://www.ruggedrentalsbda.com) (based in St. Georges)).

### **14. OTHER INFORMATION**

14.1. Course maps – Appendix A

14.2. Timing system: Bermuda Timing Systems (BTS) ([www.bermudatiming.bm](http://www.bermudatiming.bm)) will be engaged to provide electronic timing of all events. BTA has provided professional timing services in Bermuda for running, triathlon, open water swimming and cycling events for 20 years. BTS was the official timing services provider for the 2018 and 2019 ITU WTS events held in Bermuda. BTS has all requisite personnel and equipment to provide

electronic timing as required for an ITU WTS event. All events will be timed using ankle timing chips. For the triathlon events, splits will be recorded for each athlete as follows:

- Swim
- T1
- Bike
- T2
- Run
- Total time

Splits for each lap of the bike or run for events with multi-laps for these disciplines will not be recorded.

Results will be available real time via an app, and results will be posted online.

BTS will use video on the finish line. Lap counting for multiple laps on the bike and run segments of the triathlons will be manual by Technical Officials. Video will be used on the start line to monitor false starts.

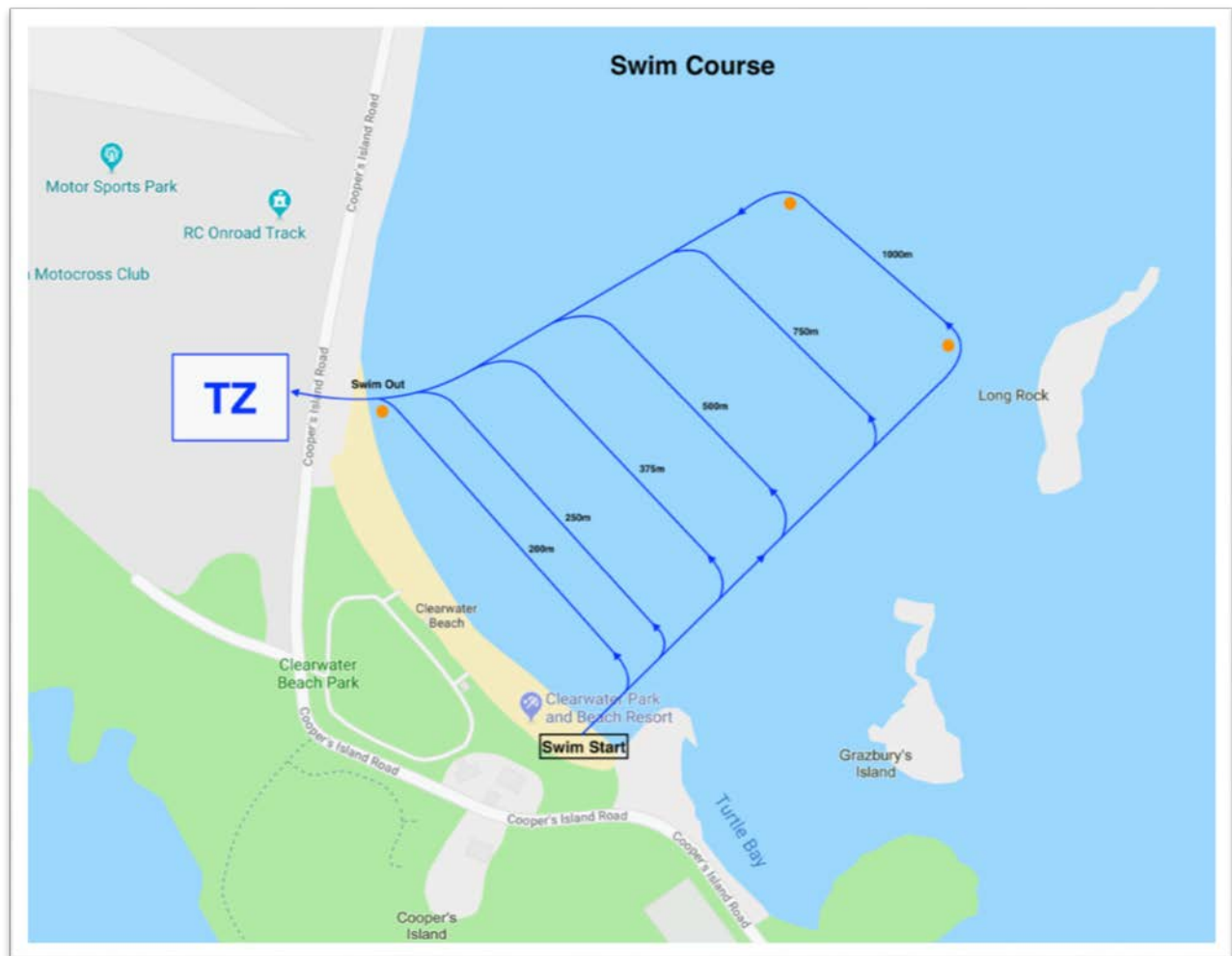
14.3. Bermuda has air services from the following US gateway cities on the East Coast and Canada:

- Miami (nonstop daily flights on American Airlines)
- Atlanta (nonstop daily flights on Delta)
- New York (nonstop daily flights on American Airlines, Delta and Jet Blue)
- Philadelphia (nonstop daily flights on American Airlines)
- Boston (nonstop daily flights on Delta and Jet Blue)
- Toronto (nonstop daily flights on Air Canada)

## **15. CONTACT INFORMATION**

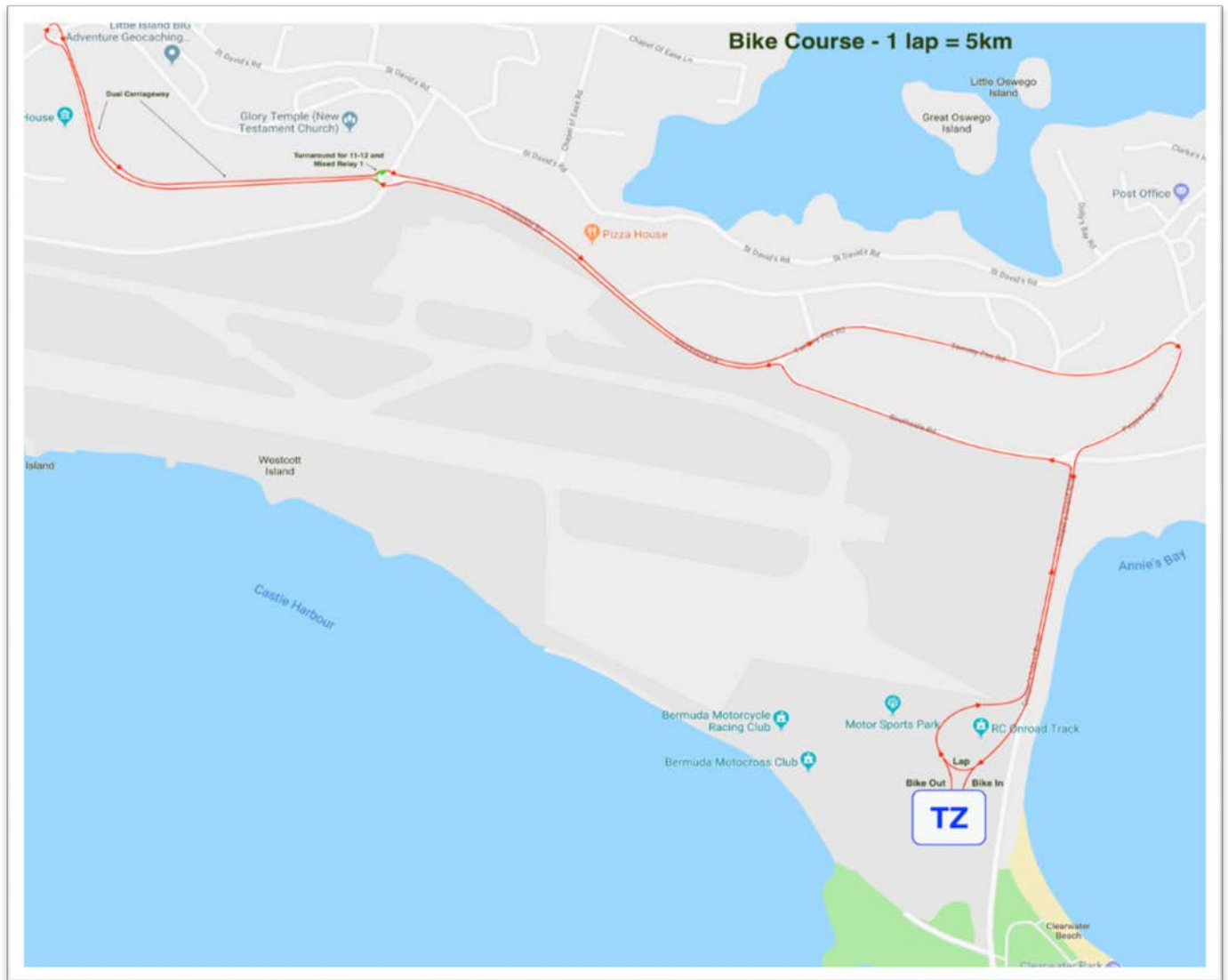
Ian Pilgrim  
Bermuda Triathlon Association  
ipilgrim@mayflower.bm

**Appendix**  
**Course Maps**  
**SWIM**



- 11-12 Triathlon swim: 200m
- 13-15 Triathlon swim: 375m
- 16-19 Triathlon swim: 750m
- 11-12 Aquathlon swim: 250m
- 13-15 Aquathlon swim: 500m
- 16-19 Aquathlon swim: 1,000m
- Mixed Team Relay swim: 200m

## BIKE



11-12 Triathlon bike: 10K (2 laps)

13-15 Triathlon bike: 10K (2 laps)

16-19 Triathlon bike: 20K (4 laps)

Mixed Team Relay bike: 5K (1 lap)

## RUN



<u>11-12 Triathlon run:</u>	2K (out and back)
<u>13-15 Triathlon run:</u>	2.5K (1 lap 2.5K loop)
<u>16-19 Triathlon run:</u>	5K (2 laps 2.5K loop)
<u>11-12 Aquathlon run:</u>	2K (out and back)
<u>13-15 Aquathlon run:</u>	2.5K (1 lap 2.5K loop)
<u>16-19 Aquathlon run:</u>	5K (2 laps 2.5K loop)
<u>Mixed Team Relay run:</u>	1K (out and back)



