



## WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



# Triathlon

## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- This **Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

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## LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

The first documented triathlon took place in San Diego, California (USA), in September 1974. The event, held in Mission Bay, consisted of 5.63km of running, 8km of cycling and 548m of swimming in the bay. Since then, the sport has grown rapidly and was officially included in the Olympic programme from a decision ratified during the Congress of the International Olympic Committee (IOC) in 1994, in Paris. Its debut was six years later, at Sydney 2000.

The first World Triathlon Championship for athletes with an impairment sanctioned by the International Triathlon Union (ITU) was held in 1996, in Cleveland (USA). The first Paralympic Games triathlon competition is scheduled for Rio 2016, reproducing the Olympic event, but with adjustments made to the distances: 750m of swimming, 20km of cycling and 5km of running for athletes with different types of impairment. Because of the short distances, the event is known as sprint triathlon.

### ABOUT THE COMPETITION

As in the Olympic triathlon, the time spent in transition is included in the overall race time.

They are fundamental and can directly affect the outcome of the competition, whose winner is the first athlete to complete the circuit. There are helpers who must be properly identified during each transition. Helpers are chosen by the competitors themselves.

There are five classes in Paralympic triathlon: at the Rio 2016 Games, there will be three classes of events for men (PT1, PT2, and PT4) and three classes for women (PT2, PT4, and PT5).

### DID YOU KNOW?

Drafting is a cycling technique whereby competitors ride closely behind each other to take advantage of the slipstream. This technique is prohibited in the Paralympic triathlon competition.



### PROGRAMME\*

SEPTEMBER	SESSIONS	
07 WED		
08 THU		
09 FRI		
<b>10 SAT</b>	 <b>10:00</b>	<b>13:30</b>
<b>11 SUN</b>	 <b>10:00</b>	<b>13:45</b>
12 MON		
13 TUE		
14 WED		
15 THU		
16 FRI		
17 SAT		
18 SUN		

\* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

### EVENTS

 Individual PT1
 Individual PT2
 Individual PT4
 Individual PT2
 Individual PT4
 Individual PT5

 Male  Female



### PLANNING YOUR TRIP

#### ARRIVING AT THE VENUE

Fort Copacabana, located at Copacabana Beach, one of the most famous in the world and one of the must-see sights of the city, is the stage of a few of the competitions at the Rio 2016 Games. Check out how to get there:

**METRO - LINE 1 OR 4 > GENERAL OSÓRIO STATION**  
**POSTO 6 ENTRY - 13min walk/950m**

**METRO - LINE 1 > CANTAGALO STATION**  
**POSTO 5 ENTRY - 15min walk/1,050m**

**Accessible station** - Accesses A of General Osório and Cantagalo stations are accessible. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

#### ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Triathlon is a street competition and there will be restrictions to cross the course
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s

-  Fort Copacabana
-  Entry and exit
- POSTO** Entry
-  Spectator way
-  Metro station
-  Accessible station



DISCOVERING THE VENUE

- POSTO** Entry
- Entry and exit
- Stands
- Spectator way
- Ticket box office
- Ticket resolution office
- Public information
- Spectator medical post
- Toilets
- Accessible toilet
- Extra accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- Crossing point
- Start
- Finish
- Swim/1 lap/750m
- Cycle/4 laps/20km
- Run/2 laps/5km



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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