



Lima  
2019  
PAN AMERICAN GAMES

# MOUNTAIN BIKE

Technical Manual



# Introduction

**O**n behalf of the Organizing Committee of the Lima 2019 XVIII Pan American Games and Sixth Parapan American Games, I would like to thank all the Pan American family, especially the National Olympic Committees, for their work in favor of sports in the continent.

I am pleased to introduce the competition technical manuals of each sport, which will be used during the Lima 2019 Pan American Games.

Each manual has been developed by the functional areas of the Lima 2019 Organizing Committee with the help of technical delegates from the different international federations and Panam Sports experts. This document will contribute to the success of the biggest sports event that has ever taken place in Peru.

In this document there is relevant information about every sport and discipline on the activity calendar of the XVIII Pan American Games.

You will also find the competition schedule, competition format and system, qualification system, information about delegation training sessions, accreditation, the Athletes' Village (accommodation venue), medical services, among others. This will be the best guide for competing in the Lima 2019 Games, where we are waiting for you with open arms.

Lima 2019 is an opportunity to transform and forge a better country based on sports' values (excellency, friendship, respect, courage, determination, equality and inspiration). Lima and all of Peru are getting ready to welcome you with the affection and hospitality we are known for.

We are sure that you will take home the best memories of your stay in our country during the largest sports event in the continent, which will be held in Peru for the first time.

Lima is ready to welcome you!

We are waiting for you!

**CARLOS NEUHAUS**

**President of the Lima 2019 Pan American Games and Parapan American Games  
Organizing Committee**



# Table of Contents

1	<b>ABOUT THIS MANUAL</b>	4
2	<b>ABOUT LIMA AND PERU</b>	4
	2.1 The City of Lima	4
	2.2 Lima's Cuisine	5
	2.3 Information about Peru	5
	2.4 Peru as Host of Major Events	6
	2.5 Currency	7
	2.6 Language	7
3	<b>LIMA 2019</b>	8
	3.1 Milco, Lima 2019 Official Mascot	8
4	<b>KEY PERSONNEL</b>	9
5	<b>COMPETITION</b>	10
	5.1 Date	10
	5.2 Venue	10
	5.2.1 Address	10
	5.2.2 Overview	10
	5.2.3 Services	10
	5.3 Competition Format	11
	5.4 Technical Meetings	11
	5.4.1 Participation Confirmation	11
	5.4.2 Technical Meeting	11
	5.4.3 Distribution of riders' numbers	11
	5.5 Competition Schedule	12
	5.6 Training Schedule and Venue	12
	5.7 Qualification System	12
	5.7.1 Quota	12
	5.7.2 Eligibility	13
	5.7.3 Qualification System	13
	5.7.4 Quota Places Confirmation	13
	5.7.5 Unused Quota Places Reallocation	13
	5.8 Regulations, Uniforms and Equipment	14
	5.8.1 Rules	14
	5.8.2 Uniforms and Equipment	14
	5.9 Technical Officials, Judges and Jury	14
	5.10 Medals and Diplomas	14

6	<b>ACCREDITATION</b>	15
	6.1 Accreditation Card Validation	15
	6.2 Eligibility Condition Forms	15
7	<b>TICKETING AND ACCREDITED SEATING</b>	16
	7.1 Games-time Ticket Sales	16
	7.2 Same- and Different-discipline Spectating Athletes	16
8	<b>ATHLETES' VILLAGE</b>	16
	8.1 Dates of Operation	17
	8.2 Village Overview	17
	8.3 Residences	17
	8.4 Resident Services	17
	8.5 Catering	18
	8.6 Dining Hall	19
	8.7 Meals for Athletes at Competition Venues	19
	8.8 NOC Services Center	19
	8.9 Resident Entertainment and Recreation Zones	19
	8.9.1 Gymnasium	20
	8.10 Village Plaza	20
	8.10.1 Village Plaza Cafe	20
	8.10.2 Peruvian Restaurant	20
	8.10.3 Laundry	20
9	<b>MEDICAL SERVICES</b>	21
	9.1 Athletes' Village Polyclinic	21
	9.2 Medical Services at Satellite Accommodations	21
	9.3 Medical Services at Venues	21
10	<b>TRANSPORTATION</b>	22
	10.1 Transportation System for Athletes and Team Officials	22
	10.2 Training and Competition Venue Services	22
	10.3 Athlete Transport Mall to Competition Venues	23
	10.4 Athlete Transport Mall to Training Venues	23
	10.5 Team Sport Vehicles	23
11	<b>ACKNOWLEDGEMENTS</b>	23

# 1. ABOUT THIS MANUAL

Published in 2018, the sports technical manuals provide detailed information on each sports competition and discipline at the Lima 2019 Pan American Games as well as operational information that may be of interest to participating teams. Each manual includes:

- An introduction to Lima and the Games.
- Sport-specific information, such as competition schedule and format, training and qualification criteria.
- Operational information on accreditation, ticketing, transportation, accommodation and medical services.

While this information is correct as of the date of publication, it may vary according to the updates provided by the Organizing Committee, the International Federation or Panam Sports. Therefore, National Olympic Committees (NOCs) should visit the official website [extranet.lima2019.pe](http://extranet.lima2019.pe) for updated information.

## 2. ABOUT LIMA AND PERU

### 2.1 The City of Lima

Before becoming a colonial capital, Lima was formerly populated by the Lima and Wari cultures. Later on, it became the capital of the Viceroyalty of Peru. The huacas and colonial houses of the city are an example of its historical greatness. Today, Lima is a cosmopolitan center that offers a variety of cultural and artistic options.

It overlooks the Pacific Ocean from a natural balcony that holds nearly 10 million people with thousands of stories and origins. Lima is a city with a past and a future, with innovators and entrepreneurs, and of art, craftsmanship and industry. A glorious city that knows how to celebrate life.

This city full of opportunities is located on the central coast of South America. It gathers all of Peru's diversity and complexity in a vibrant and captivating metropolis. Also, it is the only city in America that stretches from the Andes to the ocean. It has the privilege of being the only capital city of South America located on the shores of the Pacific Ocean.

Lima can refer to a region, a province and a city (Lima Metropolitan Area) as well as a district. It comprises 43 districts (divided into Northern, Southern, Eastern and Central Lima), in addition to the other seven districts that are a part of the province of Callao.

Throughout its history, Lima has been bolstered by immigrants from other provinces of the country and other regions of the world. It has the largest ethnic Chinese

community and the second largest *Nikkei* community in Latin America. It is safe to say it is a diverse city and that multiculturalism is its main resource.

When walking the streets of Lima, you can admire its churches, archaeological sites and colonial houses coexisting with modern buildings. Lima also offers a wide variety of cultural events and is recognized worldwide as the gastronomical capital of Latin America.

## 2.2 Lima's Cuisine

Lima is Peru's meeting point and, as such, it is a melting pot of cuisines enriched by the historic influx of migrants and products from other regions of Peru and the world. It is a huge pantry of fresh products, some of which are impossible to get elsewhere. This wide range of products is the secret to success of the current Gastronomical Capital of the Americas.

Lima gathers all of Peru's rich biodiversity in an exquisite metropolis: limes from the north that are used in cebiche, corn from Cuzco as a side dish for anticuchos and countless native potatoes of every color and texture. Also, Peru's main sources of flavor are its chili peppers; its popular and highly nutritious grains, like quinoa and kiwicha; and its coffee and cacao, which make city life sweeter and more enjoyable. Lastly, Peru is also known for its exotic Amazonian fruits, its aromatic spices from the Andes and its delicious pisco.

And, of course, its seafood. What would Lima's cuisine be without fish and traditional fishermen? But, also, what would Peru's cuisine be without its chefs, the guardians and creators of taste? They are the greatest collectors of historical and ancestral culinary knowledge, creators of new trends and flavors, innovative revolutionaries capable of bringing everyone together at the same table. Thus, Lima combines the knowledge and flavor of an entire country.

There are approximately 220 thousand restaurants in Lima, with several options inspired by the world's flavors and expertise.

Peruvian cuisine was declared "Cultural Heritage of the Americas" by the Organization of American States (OAS) in 2011.

Peru loves fusion cuisine, the abundance of its fields and the fruits of the sea. Its gastronomy is a fascinating combination of splendid climate, exotic —and sometimes spicy— products and a generation of chefs that are the best ambassadors of their cuisine around the world.

Peru has ten products with protected designation of origin such as pisco, Villa Rica coffee, Cuzco's giant white corn and Ica's lima bean. Moreover, it has over 3000 varieties of domesticated potato.

## 2.3 Information about Peru

Peru is located on the west side of South America and covers 1,285,215 km<sup>2</sup> of land and 200 nautical miles of the Pacific Ocean. With over 10 thousand years of history, it boasts great cultural richness, a delicious and award-winning cuisine, impressive archaeological sites, UNESCO World Heritage sites and vast nature reserves.

Peru has more than 31.5 million inhabitants. It can be divided into three major regions: coast, highlands and jungle, giving the country an immense multiplicity of landscapes. These regions comprise 11 ecoregions and 84 life zones of 117 that exist in the world. Due to its diverse geography, Peru has a wide variety of natural resources.

It has abundant forests, generous distances and ancient cultures. It is the third most megadiverse country on the planet thanks to its wide variety of orchids, birds and butterflies, and a lush Amazon, which has been recognized and awarded as one of the Seven Natural Wonders of the World.

Peru is also home to one of the seven wonders of the modern world: the citadel of Machu Picchu. In the region of Puno, over 3800 meters above sea level, you can visit the enchanting islands of Titicaca, the highest navigable lake in the world.

Peru has 12 World Heritage Sites and eight Intangible Cultural Heritage sites, awarded by UNESCO.

More than sixty native languages are spoken in the country, such as Aymara and Quechua. Also, it still preserves a musical scenery with native instruments like the quena and siku, melodies that feature joyful Afro-Peruvian beats and Andean music such as huayno and harawi.

Furthermore, it placed 9th in global entrepreneurship according to the 2015 Global Entrepreneurship Monitor report (GEM). Finally, it also won the World's Leading Meetings & Conference Destination in 2015 at the World Travel Awards (WTA).

Ancient Peruvians were skilled metalsmiths who turned silver and gold into precious jewels over 3000 years ago. They were also amazing craftsmen, who showed their vision of the world in clay pots and carved gourds. Their ancestral techniques were inherited by local entrepreneurs who now sell their products in the most demanding international markets.

Peru is a destination that shares its customs. Close to 3000 traditional festivals are celebrated nationally every year. Peruvian cities such as Lima, Cuzco and Arequipa were listed as UNESCO World Cultural Heritage Sites. Also, Peru was the home of ancient civilizations that grew cherishing the sand of the desert, the heavy rains of the Andes or the humid forests of the mountains.

Peru currently produces 80% of the world's alpaca clothing, an excellent Andean fiber that has become a symbol of elegance and exclusivity. Over 120 thousand families are involved in the supply chain of this valuable camelid fiber.

## 2.4 Peru as Host of Major Events

Peru has organized several sports events and international sports meetings over the years. The 2012, 2013 and 2018 editions of the Rally Dakar and the 131st International Olympic Committee (IOC) Session in 2017 are some examples that it is ready to house world-class events, considering it has both infrastructure and security.

Hosting the 2019 Pan American and Parapan American Games is very important for a city that is committed to promoting sports among its citizens. Lima is getting ready to welcome 6680 athletes from 41 countries of the Americas during the Pan American Games.

The Peruvian capital hosted the I Beach Bolivarian Games (from November 1 to 11 in 2012). A year later, the XVII Bolivarian Games took place in Lima and Trujillo between November 16 and 30, featuring close to 5000 athletes from 11 countries.

Peru has also hosted the "Copa América" on six occasions: 1927, 1935, 1939, 1953, 1957 and 2004. It was also the official venue of the FIFA U-17 World Cup in 2005 and the final was held at the National Stadium of Lima.

Furthermore, Peru had the privilege of hosting the FIVB Volleyball World Championship at the Coliseo Amauta (Lima), the Coliseo Gran Chimú (Trujillo) and the Coliseo Cerrado de Ica (Ica), between September 12 and 25, 1982. Additionally, the FIVB Volleyball Women's U-20 World Championship took place in Lima and Trujillo in 2011.

The South American Games were also held in Lima (from December 1 to 10, 1990). Later on, our country hosted the I South American Youth Games from September 20 to 29, 2013.

As mentioned previously, Peru was part of the Dakar Rally in 2012, 2013 and 2018. Four stages took place during the first year and the race ended in Lima. In 2013, five stages of the world's largest rally were contested in the Peruvian capital. In 2018, six and a half stages of the competition were contested in Peru, starting in Lima and passing through Puno to its final stop in Bolivia.

Moreover, the 131st IOC Session was held in September 2017 at the Lima Convention Center in Peru, with the presence of leaders of the National Olympic Committees. During this meeting, Paris and Los Angeles were chosen as host cities of the 2024 and 2028 Olympic Games, respectively.

In 2011, the 3rd FINA World Junior Swimming Championships was held in Peru. The competition venue was Campo de Marte.

A variety of sports events can be hosted in Peru due to its natural areas and its infrastructure. Off-road races across dunes and mountains, ultramarathons through the desert, triathlons on the shores of the Pacific Ocean and multi-sports games on different sports stages are some examples that show that Peru is an attractive place to organize high-impact competitions.

## 2.5 Currency

The national currency is the sol (PEN), but the American dollar (USD) and the euro (EUR) are also accepted.

## 2.6 Language

Spanish, the official language of Peru, is spoken by 84% of the population. In addition, 47 indigenous languages, including Quechua and Aymara, are spoken in the country.



# 3. LIMA 2019

Peru will be the host of the Lima 2019 Pan American and Parapan American Games for the first time in its history.

- **Opening Ceremony:**  
Friday, July 26, 2019
- **Competitions:**  
From Friday, July 26 to Sunday, August 11, 2019
- **Closing Ceremony:**  
Sunday, August 11, 2019
- **Location:**  
Lima, Peru
- **Participants:**  
6680 athletes

<b>Clusters:</b> - 5 competition - 1 training	<b>Venues:</b> - 39 competition - 14 training	<b>Sports program:</b> - 39 sports - 62 disciplines
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## 3.1 Milco, Lima 2019 Official Mascot

Milco is a very cheerful, optimistic and friendly mascot, whose arms are always open, ready to welcome all visitors who arrive to the Lima 2019 Games.

Lima has a cultural background that makes us proud, and that is what our mascot highlights. One of Milco's favorite colors is red —also the color of our flag— because it represents passion! He wants to transmit this passion to all Lima 2019 participants, so that they give their best in each competition.

Milco is based on *cuchimilcos*, statuettes from the pre-Hispanic cultures of mid-western Peru such as Lima, Chancay and Chincha. This mascot was chosen by popular vote, when he obtained 19,895 votes. He beat two other candidates: Amantis, which represents the amancaes flower, and Wayqi, a gecko from the huacas of Lima.

A total of 44,514 people from Peru and abroad participated in selecting the Pan American and Parapan American Games mascot. With this number a new voting record was set, breaking that of Guadalajara 2011 and Toronto 2015.

Initially, over 1000 design proposals from across the country were submitted. From there, a specialized jury selected three finalists. They then entered an online popular vote on the Games' official website ([www.lima2019.pe](http://www.lima2019.pe)).

## 4. KEY PERSONNEL

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President of the Pan American Cycling Federation	José Manuel Peláez Rodríguez	panaci@enet.cu
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International Technical Delegate	Ricardo Flores Contreras	director@cccm.co
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# 5. COMPETITION

Events	
MOUNTAIN BIKE	
Men (1)	Women (1)
Cross-country Olympic	Cross-country Olympic

## 5.1 Date

July 28, 2019.

## 5.2 Venue

Morro Solar circuit.

### 5.2.1 Address

Morro Solar, Chorrillos.

### 5.2.2 Overview

The Morro Solar competition venue is a temporary structure that will be built for the Lima 2019 Pan American Games. The undulating competition circuit with steep slopes will enable athletes to give an impressive demonstration of strength and precision. There will be temporary grandstands with capacity for 1000 spectators.

### 5.2.3 Services

The competition venue includes:

- Dressing rooms and showers.
- Lounges for technical officials and athletes.
- Catering *services*.
- Wi-Fi access.
- A mixed zone where accredited media may conduct interviews after the competition and a press room.
- Sports information desk.
- Medical facilities.
- Doping control facilities.

## 5.3 Competition Format

Twenty men and 14 women will compete in the mountain bike events, which will take place at Morro Solar during the Lima 2019 Pan American Games. The riders' start positions for the cross country Olympic (XCO) event will be based on the current Union Cycliste Internationale (UCI) ranking. Riders will must complete a specific number of laps. The first rider to cross the finish line will be declared the winner.

## 5.4 Technical Meetings

### 5.4.1 Participation Confirmation

Confirmation of starter athletes and license control.

**Date:** Saturday, July 27, 2019  
**Time:** 9:30 - 11:30  
**Location:** Athletes' Village (room to be confirmed)

Each NOC sports director will present licenses for entered riders and confirm rider entries.

They will also present an example of the race clothing that must be worn by riders in order to ensure it complies with the manufacturers' identification guidelines established by the International Olympic Committee.

### 5.4.2 Technical Meeting

**Date:** Saturday, July 27, 2019  
**Time:** 14:30 - 15:30  
**Location:** Athletes' Village (room to be confirmed)

The team sports directors' meeting will be conducted in compliance with UCI regulations and in the presence of the UCI technical delegate, national and international technical officials, the Lima 2019 sports manager and anti-doping officials. All team sports directors must attend. During the meeting, riders will be provided with important information needed for the competition, including information regarding regulations, track center operations and protocols.

Up to two NOC representatives may attend the technical meeting and, if necessary, an interpreter or attaché.

The invitation for the technical meeting will be available for the team leaders at the Sports Information Center in the Athlete's Village upon their arrival.

### 5.4.3 Distribution of Riders' Numbers

**Date:** Saturday, July 27, 2019  
**Time:** 15:30 (after the technical meeting)  
**Location:** Athletes' Village (room to be confirmed)

## 5.5 Competition Schedule

Date	Session	Time	Event	Gender	Details
July 28	S1: 09:00 - 10:45	09:00 - 10:45	Final	Women	Cross-country Olympic
	S2: 11:00 - 11:15	11:00 - 11:15	Ceremony	Women	Awards Ceremony
	S3: 11:30 - 13:15	11:30 - 13:15	Final	Men	Cross-country Olympic
	S4: 13:15 - 13:30	13:15 - 13:30	Ceremony	Men	Awards Ceremony

## 5.6 Training Schedule and Venue

Morro Solar

Thursday, July 25, 2019	
Time	Circuit
14:00 - 17:30	Training for both genders

Friday, July 26, 2019	
Time	Circuit
09:00 - 12:00	Training for both genders
14:30 - 17:30	Training for both genders

Saturday, July 27, 2019	
Time	Circuit
09:00 - 12:00	Training for both genders
14:30 - 17:30	Training for both genders

## 5.7 Qualification System

### 5.7.1 Quota

Quota			
	Qualification	Host NOC	Total
Men	18	2	20
Women	12	2	14
<b>Total</b>	<b>30</b>	<b>4</b>	<b>34</b>

Quota place per NOC		
	Quota per NOC	Maximum quota per NOC per event
Men	2	Maximum two athletes
Women	2	Maximum two athletes
<b>Total</b>	<b>4</b>	

## 5.7.2 Eligibility

Athletes must have signed and submitted the Athlete Eligibility Condition Form.

All athletes must have been born no later than December 31, 2001, and must have a valid UCI license issued by their corresponding National Federation.

## 5.7.3 Qualification System

Date	Competition	Men	Women	Total
2018	Host NOC (Peru)	2	2	4
April 4 – 8, 2018	Pan American MTB Championship (XCO Elite)	16	10	26
May 28 – June 8, 2018	ODESUR Games, Cochabamba, Bolivia	1	1	2
July 21 – 29, 2018	Central American and Caribbean Games, Barranquilla, Colombia	1	1	2
<b>TOTAL</b>		<b>20</b>	<b>14</b>	<b>34</b>

## 5.7.4 Quota Places Confirmation

The Continental Federation (CF), Pan American Cycling Confederation (COPACI), will confirm with Panam Sports and NOCs the places they have qualified, by January 15, 2019.

NOCs will confirm with the CF by email to [panaci@enet.cu](mailto:panaci@enet.cu) the places they will use, by January 30, 2019.

## 5.7.5 Unused Quota Places Reallocation

If the NOC does not confirm by the deadline, the CF will reallocate any unused places to the next highest-ranked NOC that has not yet qualified.

This process will be completed by February 15, 2019.

Schedule	
Date	Key Event
April 4 to 8, 2018	Pan American MTB Championship (XCO Elite)
May 28 to June 8, 2018	ODESUR Games
July 21 to 29, 2018	Central American and Caribbean Games
January 15, 2019	The CF will confirm with Panam Sports and NOCs the places they have qualified
January 30, 2019	NOCs will confirm with CF the places they will use
February 15, 2019	If necessary, the CF will reallocate any unused places
April 26, 2019	Lima 2019 entry by number deadline
June 26, 2019	Lima 2019 entry by name deadline

## 5.8 Regulations, Uniforms and Equipment

### 5.8.1 Rules

The Lima 2019 cycling competitions will be held in accordance with UCI Rules and the UCI Penalties Table, Title XII: Discipline and Sanctions. Both are the only ones applicable during the competition.

### 5.8.2 Uniforms and Equipment

Uniforms and equipment for the mountain bike competition must comply with the requirements detailed in the following documents, which will be in force during the Games:

- UCI Rules available at [www.uci.ch](http://www.uci.ch)
- Panam Sports Regulations

## 5.9 Technical Officials, Judges and Jury

UCI and COPACI will appoint the international commissaires for the mountain bike competition. The Peruvian Cycling Federation will appoint the local commissaires and judges for the mountain biking competitions.

For the 2019 Pan American Games, Technical Officials (TO) will include:

JUDGING STRUCTURE MOUNTAIN BIKE	ITO	NTO
International Commissaire	2	
National Commissaire		15
Marshall		15
Secretary	2	
	4	31

## 5.10 Medals and Diplomas

Gold, silver and bronze medals will be awarded in all events of the Lima 2019 Pan American Games cycling competition. In accordance with Panam Sports regulations, diplomas will be given to the top eight athletes.

# 6. ACCREDITATION

Accreditation is the process of identifying individuals and their roles at the Pan American and Parapan American Games. It also ensures that they are granted appropriate access to fulfill their roles. The role of the NOC is to register, as appropriate, every potential athlete, official, dignitary and journalist from its territory.

Lima 2019 must receive accreditation applications no later than April 26, 2019.

## 6.1 Accreditation Card Validation

The following table lists the level of accreditation services that will be provided at the various venues:

Venue	Location	Population	Service
Athletes' Village	Lima	NOC	Full service
Venue Accreditation Offices (VAO)	Competition venues	Workforce and Games Family	Validation
Uniform and Accreditation Center (UAC)	TBC	Workforce	Full service
Accreditation Center in Games Family Hotel	TBC	Games Family (Panam Sports)	Full service
Media Accreditation Center (IBC   MPC)	MPC   IBC	Media (press and broadcast)	Full service
Validation Counters (Airport)	Jorge Chávez International Airport	Games Family	Validation

Full service: card validation, card production, image capture, problem resolution, reissuing of lost or stolen cards, guest passes, day passes.

During the Lima 2019 Pan American Games, the official Accreditation Center in the Athletes' Village will be the only one to have full service for NOC delegations. Venue Accreditation Offices (VAO) in the competition venues will provide validation services.

## 6.2 Eligibility Condition Forms

As required by the Panam Sports statute, each athlete and team official must complete an Eligibility Condition Form acknowledging their participation in the Games and compliance with Games objectives. The form is mandatory and must be signed by participating athletes and officials before their arrival at the Games.



# 7. TICKETING AND ACCREDITED SEATING

## 7.1 Games-time Ticket Sales

During Games-time, available tickets can be purchased through the official Lima 2019 website or at any of these locations:

- Athletes' Village.
- Games Family Hotel.
- Competition venues.

## 7.2 Same- and Different-discipline Spectating Athletes

Athletes and officials may access the athletes' stands during their own discipline's competitions. However, in order to watch competitions at venues in disciplines other than their own, athletes and officials must request an additional complimentary ticket at the NOC Services Center.

NOC Services will implement a request process to order and assign complimentary tickets.

# 8. ATHLETES' VILLAGE

The Athletes' Village is located south of Lima, in the Parque Zonal Biotecnológico N° 26, in the district of Villa el Salvador. This area is currently enjoying extensive growth, with many new proposals that will benefit the district.

It should be noted that, after the Games, the Athletes' Village will become a public legacy that will benefit this district's population, making 1096 apartments available to citizens.

Lima 2019 aims to provide a safe, comfortable and inviting residential environment for athletes and NOC team officials, allowing them to relax and focus on training and competing in order to perform at their best. At the same time, they will be able to enjoy the Games experience and engage in cultural exchanges with participants from other countries.

## 8.1 Dates of Operation

Date	Event
From July 16 to 21, 2019	Pre-opening access to the Athletes' Village
July 21, 2019	Opening of the Athletes' Village
July 26, 2019	Opening Ceremony of the Lima 2019 Pan American Games
August 11, 2019	Closing Ceremony of the Lima 2019 Pan American Games
August 13, 2019	Closing of the Athletes' Village

## 8.2 Village Overview

The Athletes' Village will consist of three different zones: Village Plaza, residential zone and operations zone. The Village Plaza will have a retail and ceremony area available to residents and guests.

The residential zone will be a restricted area for residents and guests. Only authorized persons will have access, which will be authenticated with their Pan Am Identity and Accreditation Card (PIAC). The residential zone will include seven accommodation buildings, as well as recreation areas, dining hall, medical facilities, green areas and access to transportation links to competition and training venues.

The operations zone will include workforce entry, logistics warehouse, facilities services area, support services operation center and waste collection center. These areas will be located close to the northeastern limit of the Village to minimize any possible discomfort to residents.

## 8.3 Residences

Athletes and NOC team officials will stay in the residential towers of the Athletes' Village. These towers have between 19 and 20 stories with six-bed apartments.

The rooms are furnished and provide a comfortable stay, complying with past Games practices. All rooms will have free Wi-Fi access.

## 8.4 Resident Services

The Athletes' Village has seven resident centers located in each of the residential towers. The resident centers will cater to all the accommodation needs of the NOCs and Village residents from 06:00 to 21:00. There is also a 24-hour security guard service.

Each resident center will provide a hotel-like front desk service, which will assist with the resolution of issues relating to Village accommodation services, as described below:

<b>Sports Information Desk</b>	The Athletes' Village will provide a physical space where athletes and team leaders can ask for information about services related to various sports competition schedules.
<b>Accommodation-related Requests</b>	Cleaning requests and maintenance issues are to be received by resident centers and managed by the trained personnel of Lima 2019. Both requests and issues will be documented and the pertinent functional areas will do a follow-up (cleaning, maintenance, logistics, etc.).
<b>Concierge Service</b>	Each resident center will also serve as a concierge service desk. Resident center personnel and volunteers will be trained to provide useful information to residents about the Athletes' Village, Lima and areas of interest.
<b>Lost Keys/ Replacements</b>	If the resident requests assistance to access their room due to a lost key or a door lock problem, resident center personnel will solve the problem once the pertinent NOC Chef de Mission or Finance Agent has granted their authorization.
<b>Internet Access</b>	Wi-Fi access is available in each of the resident centers.
<b>Lounge and Meeting Rooms</b>	All resident centers will have comfortable lounge facilities with televisions broadcasting the Games and will be available to all residents.
<b>Beverages</b>	Vending machines with a variety of beverages will be available free of charge to residents.
<b>Linen Exchange</b>	Linen will be exchanged every four days. Residents will also be able to request linen exchange before the four-day period at the reception desk.
<b>Ice Supply</b>	There is free ice available for NOCs at each resident center.
<b>Laundry Service</b>	The laundry center will be open from 07:00 to 23:00 and it will be located between the dining hall and the residences. There will be personnel available to assist residents, as required.
<b>Multi-faith Center</b>	Lima 2019 will set up a Multi-faith Center for worship and meditation for all faiths. It will be managed by Lima 2019.

## 8.5 Catering

Athletes, Chefs de Mission and team officials will have unlimited access to the dining hall. Additional team officials and alternative athletes may acquire this benefit at an additional cost as part of their accreditation. However, they can also purchase individual meal vouchers through the Finance Center at the NOC Services Center.

Visitors with a guest pass will be able to purchase food and drinks at the Village Plaza Cafe or purchase a meal voucher for the dining hall, as established previously.

Keep in mind that Guest Pass holders will have to be accompanied by an authorized resident, which will be authenticated with their Pan Am Identity and Accreditation Card (PIAC).

## 8.6 Dining Hall

The dining hall will be located adjacent to the transport mall in the residential zone and will be operational from 05:00 to 23:00. A diverse range of ethnic and cultural food options will be available. Menus will be developed in consultation with caterers and sports nutritionists and will be published early 2019.

During Games-time, menus will vary and a new one will be offered every day. People entering the dining hall will have their accreditation checked to ensure they are entitled to eat there or, alternatively, they will be required to present a meal voucher from the Finance Center at the NOC Services Center.

For health reasons, dining hall users may only retrieve one beverage, one fruit and any finger food they are eating at the time. A polyclinic certificate signed by the NOC team physician and countersigned by a physician from the precinct will be required for any resident who wants to take food from the dining hall due to being ill or unable to eat there.

## 8.7 Meals for Athletes at Competition Venues

A catering service will be available at competition venues through a Lunch Box system, which must be requested 48 hours in advance and for which each team leader will be responsible. This service will only be available for sports that, according to the competition schedule, will not enable athletes to return to the Athletes' Village dining hall.

## 8.8 NOC Services Center

The NOC Services Center will be located in the residential zone of the Athletes' Village. It will be in the center of the Village to facilitate communication and to coordinate issue resolution between Lima 2019 and NOCs.

The services available at reception will include mail distribution, bookable meeting room requests and distribution of participation certificates and medal boxes. The NOC Services Center will also have desks for arrivals and departures, transportation, logistics and rate card.

## 8.9 Resident Entertainment and Recreation Zones

The Entertainment Center in the Athletes' Village will have the following areas available for residents to relax in:

- Athletes' lounge
- Music area
- Video games room
- Board games area
- Outdoors activity area
- TV rooms

From July 16 to August 11, all recreational facilities will be open from 09:00 to 23:00.

The Athletes' Village and satellite accommodations will offer cultural and musical activities, which will take place in the afternoon so that the majority of athletes can participate. The Athletes' Village will have basketball courts and football fields. The area in charge of entertainment will also provide sports equipment.

### **8.9.1 Gymnasium**

The Athletes' Village gymnasium will be open 24 hours a day and will have a wide array of cardiovascular equipment, resistance machines and free weights as well as space to stretch and warm up before and after working out. This service will be supervised from 06:00 to 22:00.

## **8.10 Village Plaza**

The Village Plaza is the place where athletes, officials, guests and the press can interact. The main activities available are:

- Purchase of memorabilia and merchandising.
- Purchase of everyday items.
- Meetings between resident athletes and accredited guests.

### **8.10.1 Village Plaza Cafe**

The cafe will be the main place to meet and relax. Residents will be able to enjoy hot and cold food as well as beverages. Products must be purchased by users.

### **8.10.2 Peruvian Restaurant**

Typical Peruvian food and beverages will be sold at this restaurant.

### **8.10.3 Laundry**

Teams requiring special clothing treatment such as dry cleaning and team uniform ironing will be able to use the delivery and collection service. This service will be paid at the Village Plaza.

## 9. MEDICAL SERVICES

Medical services during the Lima 2019 Games will be provided at all competition and training venues and non-competition venues, such as the Athletes' Village, satellite accommodations, the Games Family Hotel, the International Broadcast Center and the Main Press Center.

Medical services will be available for athletes, judges, referees and Games Family members for severe and aggravated conditions that require diagnosis and treatment.

### 9.1 Athletes' Village Polyclinic

The Polyclinic will be located in the residential zone of the Athletes' Village and will be available from July 16 to August 13, between 07:00 and 23:00. It will provide the following services:

- General and/or family medicine.
- Sports and orthopedic medicine.
- Physical therapy.
- Diagnostic imaging.
- Laboratory.
- Pharmacy.
- Specialty services such as cardiology, otorhinolaryngology, nutrition and psychology, by appointment.

Emergency services will be available 24 hours a day and, if necessary, patients will be referred to hospitals or clinics with better problem resolution capabilities.

### 9.2 Medical Services at Satellite Accommodations

Satellite accommodations will have a medical clinic that will provide general medical consultations, orthopedics and physical therapy services from 07:00 to 23:00. Emergency services will be available 24 hours a day and, if necessary, patients will be referred to hospitals or clinics with better problem resolution capabilities.

### 9.3 Medical Services at Venues

There will be medical facilities at competition, training and other official venues. Athlete and spectator services will have the appropriate equipment, supplies and medication, and will be staffed with experienced medical personnel. Ambulances will be available at competition venues and some non-competition venues.

### ***Competition and Training Venues***

Emergency services and sports therapy will be available at each competition and training facility. These services will be provided by physicians and therapists, who will be available two hours before the competition and up to one hour after.

### ***Field-of-play Response***

Physicians and health professionals will be available at the FOP to provide emergency and first-aid services to all active athletes and officials. If necessary, they will be evacuated from the field of play and transported to the athlete medical room, polyclinic or hospital, as appropriate. Field-of-play response will abide by International Federation rules.

## **10. TRANSPORTATION**

### **10.1 Transportation System for Athletes and Team Officials**

The bus system will provide the following transportation services for athletes and accredited team officials, including their accompanying baggage and sports equipment:

- Arrival and departure services between the Jorge Chávez International Airport and Lima 2019 accommodation sites.
- Training and competition services between Lima 2019 official accommodation sites and official competition and training venues.
- Services for ceremonies.
- Connectivity between the Athletes' Village and satellite accommodation sites.

### **10.2 Training and Competition Venue Services**

Athlete and team official training and competition transportation services are being planned and developed in consultation with Pan American Sports Confederations/ International Federations (IFs). Service is planned to enable:

- Arrivals at the venue for warm-up and preparation pre-session.
- Transfers to and from the venue and the Athletes' Village during the session time.
- Departures immediately after the session.

## 10.3 Athlete Transport Mall to Competition Venues

Venue transportation services will depart from the Athletes' Village with a 30-minute frequency in order for athletes to arrive two hours prior to the competition start time. The last vehicle will leave the venue two hours after the competition.

## 10.4 Athlete Transport Mall to Training Venues

Regular transportation services will be scheduled with a 60-minute frequency to transfer athletes to designated training venues. Leaving the Athletes Village from the transport mall, the service will enable athletes and team officials to be at the venue one hour prior to training and leave up to one hour after.

The service will begin according to the training schedule, a maximum of five days prior to the first day of competition, and will continue until the conclusion of each sport's individual training session.

## 10.5 Team Sport Vehicles

Each team will be assigned one bus with driver(s) on a pre-arranged schedule for use during training and competition periods and it will conclude upon returning to the Athletes' Village after the team's final competition. Team sports for which a bus will be provided include baseball, basketball, hockey, football, handball, rugby-7, softball, volleyball and water polo.

These buses will be available to assist training and competition movements only. Team buses will be equipped with a vehicle access and parking permit, which will allow them to access the Athletes' Village and the respective sport's training and competition venues.

Teams will first meet their bus at the athlete transport mall. Bus services will be arranged through the team's host, and all schedule changes must be communicated to the transport desk in the NOC Services Center by 16:00 for the following day's requirements.

# 11. ACKNOWLEDGEMENTS

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