

CHANGES CONTROL

DATE	CHANGES	REASON
02/24/2026	Content 6: Competition Program and Medals	Complete Competition Program Appendix
	Content 11: Equipment - Uniform - Facilities	Link to Manual for the use of the Manufacturer Trademarks

TRIATHLON



TECHNICAL MANUAL

TRIATHLON

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1. WELCOME

On behalf of the National Government of the Republic of Panama, the Panamanian Sports Institute, and the Panamanian Olympic Committee, we extend a warm welcome to the IV South American Youth Games Panama 2026.

It is an honor for our country to host this sporting event, which celebrates the talent, discipline, and passion of the new generation of athletes in our region. These Games are an opportunity to reaffirm the values that unite us: excellence, friendship, unity, and the Olympic spirit that inspires every participant.

The organizing committee reaffirms its commitment to providing an event that promotes youth sports development, cultural exchange, and integration among the ODESUR member countries. We are working with enthusiasm and dedication to ensure that every detail reflects the pride and hospitality of the Panamanian people.

To all participating delegations, we wish you great success. May this experience in Panama be an opportunity to compete with dedication, learn with humility, and share with joy, in an atmosphere of respect and camaraderie.

Welcome to Panama 2026, where South American youth unite, inspire, and leave their mark in sports history!

Anamae Orillac
General Director
IV South American Youth Games Panama 2026

2. GENERAL INFORMATION ABOUT PANAMA

Panama City is the capital of Panama, an amazing country located in Central America, known for its rich cultural diversity, geography, and strategic role in international trade. Panama City is the only capital city in the world that has a protected rainforest within its city limits. It is a city of contrasts, where the modern blends with the traditional, offering a unique experience for visitors and residents alike. It has impressive skyscrapers, reflecting the economic growth and urban development of recent decades

a. Number of inhabitants

Panama City is the largest and most populous city in the country with 1,439,575 inhabitants in 2023, according to the National Institute of Statistics and Census. It is home to a population rich in ethnicities and traditions. It is a place where you can find a large number of immigrants of different nationalities from all over the world.

b. Location

The Republic of Panama is located in the central part of the American continent, bordered by the Caribbean Sea to the north, The Pacific Ocean to the south, Colombia to the east, and Costa Rica to the west.

c. Altitude

The altitude of Panama City rises to an average of 30 meters above sea level, covering an average area of 100 km². Its highest point is Cerro Ancon, where the Panamanian flag flies at the summit, which can be seen from the city

d. Climate

Panama has a tropical climate, characterized by warm and humid temperatures:

No.	CLIMATE	PANAMA RANGE
1	Temperature:	30/25°C
2	Relative Humidity:	82.40%
3	Precipitation:	223 mm
4	Altitude above sea level:	15 m
5	Sunrise:	6:15
6	Sunset:	18:28
7	Solar noon:	11 a.m.

Source: Instituto de Meteorología e Hidrología de Panamá

e. Currency of Panama

The official currency is the Balboa, which has the same value as the US Dollar and, according to Panamanian law, circulates freely and is used without restrictions in commercial and financial transactions.

3. SPORTS ORGANIZATIONS AND LEADERS

a. National Olympic Committees

The fifteen (15) Olympic Committees that are part of ODESUR come from the following countries:

ARGENTINA	ARG		COLOMBIA	COL		PARAGUAY	PAR	
ARUBA	ARU		CURAZAO	CUR		PERU	PER	
BOLIVIA	BOL		ECUADOR	ECU		SURINAM	SUR	
BRASIL	BRA		GUYANA	GUY		URUGUAY	URU	
CHILE	CHI		PANAMA	PAN		VENEZUELA	VEN	

b. Organización Deportiva Suramericana (ODESUR)

Phone number: 595 (21) 649 650 - Email: info@odesur.org

Executive Committee 2022 - 2026

NAME	ROLE	COUNTRY
Camilo Pérez López Moreira	President	Paraguay
Mario Moccia	1st Vice President	Argentina
Paulo Wanderley	2nd Vice president	Brasil
Miguel Angel Mujica	Secretary General	Chile
Marco Arze Mendoza	Treasurer	Bolivia
Damaris Young	Vocal	Panamá
Wanda Broeksema	Vocal	Aruba
Jose Luis Echeverry	Vocal	Colombia
Inés Remersaro	Chair of the Athlete's Commission	Uruguay

Technical Commission

NAME	ROLE	COUNTRY
Mario Moccia	President	Argentina
Jorge Delgado	Member	Ecuador
María Delgado	Member	Venezuela
Juan Carlos Orihuela	Member	Paraguay
Rodrigo Moreno	Member	Chile
Francisco Barreto	Member	Brasil
Victor Groupierre	ACODESU Member	Argentina
Fabio Ramírez García	Technical and Development Director	Colombia

Medical Commission

NAME	ROLE	COUNTRY
Dr. José Veloso	President	Uruguay
Dr. Hugo Rodríguez Papini	Member	Argentina
Juan Diego Parraga	Member	Colombia
Victor Carpio	Member	Perú
Luciano Rezende	Member	Brasil
Gerardo Acosta	Legal Adviser	Paraguay

Follow-up Committee for the IV South American Youth Games 2026

NAME	ROLE	COUNTRY
Marco Arce Mendoza	President	Bolivia
Wanda Broeksema	Member	Aruba
María Soto	Member	Venezuela
Benjamín Hockin	Member	Paraguay
Mario Cilenti	ODESUR Executive Director	Argentina
Fabio Ramírez	ODESUR Technical and Development Director	Colombia

c. INTERINSTITUTIONAL TECHNICAL COMMITTEE

ENTITY	ROLE	NAME
Director of Pandeportes	President	Mr. Miguel Angel Ordoñez
President of Panamenian Olympic Committee	Executive Secretary	Mrs. Damaris Young
Minister of Presidency	Member	Juan Carlos Orillac
Panama City Municipal Government	Member	Mayer Mizrachi
Minister of Culture	Member	Maruja Herrera
Minister de Economy and Finance	Member	Felipe Chapman
Panama Tourism Authority	Member	Gloria María de León
Promptur	Member	Salomón Shamah
Athlete's Representative	Member	Mrs. Daniela Rodríguez

Organizing Committee of the IV South American Youth Games Panamá 2026

General Director
 Anamae Orillac
 E-mail: anamae.orillac@jsjpanama2026.com

Technical Director
 Emilio Wong
 Email: emilio.wong@jsjpanama2026.com

d. Confederación Sudamericana de Triatlón

President: Orlando Eugenia Arauz
 Phone number: +5491125099157
 E-mail: oea@triatlon.org.ar

e. Unión de Triatlón de Panamá

President: Elise Ediltrudis de León Gutierrez
 Phone Number: +50769492825
 E-mail: info@triathlonpanama.com ; fn-triatlon@copanama.com

f. International Technical Officials

The Confederación Sudamericana de Triatlón will appoint the international technical officials.

International Technical Delegate (ITD): Eugenia Arauz
 E-mail: arauzmariaeugeniam@gmail.com Phone Number: +595972347578

4. IV SOUTH AMERICAN YOUTH GAMES PANAMÁ 2026, IN NUMBERS

- 15 countries
- 22 sports – one guest sport (Chess)
- + 1.500 participating athletes
- 13 days of competition
- 20 sporting venues

5. INFORMATION ABOUT COMPETITION

The triathlon competition for the IV South American Youth Games Panama 2026 will be held from **April 17th and April 19th 2026** in the venue Causeway Amador.

a. Competition format

It will be carried out in accordance with the regulations of World Triathlon (WT) and the Confederación Suramericana de Triatlón (COSUTRI).

6. COMPETITION PROGRAM AND MEDALS

Date	Sessions	Time	Event	Gender	Stage
apr-16		TBD	Technical Meeting		
apr-17	S1	07:00 - 08:30	Individual	Women	Final
		09:00 - 10:30	Individual	Men	Final
		11:00 - 11:30	Medal Ceremony		
apr-19	S2	08:00 - 09:30	Relay	Mixed	Final
		10:00 - 10:15	Medal Ceremony		

CATEGORIES SUMMONED				MEDALS TO BE AWARDED								
EVENTS	MALE	FEMALE	MIXED	MALE			FEMALE			MIXED		
				GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
INDIVIDUAL SPRINT	1	1		1	1	1	1	1	1			
MIXED RELAY			1							1	1	1
TOTAL				1	1	1	1	1	1	1	1	1

The training schedule will be established by the Organizing Committee after receiving all numerical registrations and will be confirmed upon the arrival of the delegations.

For a category to be held, a minimum of four (4) athletes from four (4) different NOCs must participate.

Individual Events

Participants must complete the following distances:

- Swimming: approximately 750 meters
- Cycling: 20,000 meters
- Running: 5,000 meters

Mixed Relays

Each team is composed of four athletes from the same country: two men and two women, competing in the following order: woman, man, woman, man.

Each athlete will complete a super-sprint triathlon according to the World Triathlon (WT) competition rules.

The team's total time is measured from the start of the first athlete to the finish of the fourth. Timing is continuous and does not stop between athletes.

Relay Event Distances

Each athlete must complete the following:

- Swimming: 300 meters
- Cycling: 6,000 meters
- Running: 1,500 meters

In accordance with ODESUR regulations, the prizes will be awarded as follows:

- First place: gold medal.
- Second place: silver medal.
- Third place: bronze medal

All competitors will receive a certificate of participation.

The prizes will be awarded once the competition is over, following the protocol rules of ODESUR, and the official uniform representing their country must be worn.

7. PARTICIPANTS

All athletes from countries whose Olympic Committees are affiliated with ODESUR and whose National Federations are affiliated with the World Triathlon as of the date of the competition are eligible to participate.

Each NOC may compete with two (2) male athletes and two (2) female athletes.

The number of team officials in a delegation may not exceed 40% of the total number of athletes.

8. ELEGIBILITY

To be eligible and participate in the IV South American Youth Games Panama 2026, the athlete must comply with the ODESUR statutes and the rules of World Triathlon (WT)

a. Competitors' Nationality

Any competitor participating in the IV South American Youth Games Panama 2026 must have the nationality of the country of the NOC that registered them, which will be responsible for that registration. The nationality and eligibility of the competitor is determined in accordance with ODESUR regulations.

b. Age of Competitors

All athletes born between **January 1st 2009 and December 31st 2010** (16 – 17 y/o) will be allowed to participate in.

9. REGISTRATION

a. Intention to Participate

All National Olympic Committees' must submit their intention to participate by **October 1st 2025**, at 11:59:59 p.m. (Panama Time), using the official forms that the Organizing Committee will send out in due course. They must indicate the sports in which they will participate for the IV South American Youth Games Panama 2026. Forms will be published on the official website.

b. Numerical Registration

Numerical Registration Forms (individual and team) will indicate, without specifying names, the number of officials, technical staff, competitors, and support personnel that will make up the delegation. These forms must be submitted through the respective National Olympic Committee (NOC) and received by the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **November 30th 2025**, at 11:59:59 PM (Panama time).

c. Long List Registration

The long list of athletes, team officials, technical staff, administrative, and auxiliary personnel must be sent to the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **January 20th 2026**, at 23:59:59 (Panama Time). The long list may be submitted by email in order to meet the deadline.

d. Final Nominal Registration

The nominal list for triathlon must be submitted no later than **March 12th 2026**, at 23:59:59 (Panama time).

The final list of athletes, team officials, technical staff , administrative and support personnel will be reviewed by the Head of Mission or a representative authorized by the NOC and representative of the Organizing Committee (Registrations – Accreditations - Technical, etc.) during the “Delegation Registration (PRE DRM DRM) ” meetings, which will be held virtually on the following dates: February 20th, 2026, and March 20th, 2026, and an in-person DRM starting on April 6th, 2026 which will take place at the organizing Committee’s office.

At the time of Final Registration, no new registrations may be included; registration will be limited to the names listed in the Nominal List – Long List and may not exceed the number of athletes indicated in the Technical Instructions (Technical Manual) for each sport.

The number of team officials in delegations may not exceed 40% of the total number of athletes confirmed in the DRM. Once the DRM is complete, the registration and accreditation process for the delegation will be finished, and it will not be possible to accredit any other participants, except in exceptional circumstances duly authorized by ODESUR.

e. Sending Information

Any information regarding registrations or other matters may be sent to the email: direcciontecnicapanama2026@jsjpanama2026.com

10. TRIATHLON RULES

a. General Rules

The competitions will be conducted in accordance with the current regulations of World Triathlon (WT), supervised by the Organización Deportiva Suramericana (ODESUR), and organized by the Organizing Committee.

Unforeseen cases will be resolved as follows:

- General matters will be decided by the Organizing Committee in accordance with ODESUR regulations.
- Technical matters will be resolved according to the rules established by the World Triathlon (WT) and Confederación Suramericana de Triatlón.

b. COMPETITION STAFF: (JUDGES, JURORS AND TECHNICAL OFFICIALS)

Confederación Suramericana de Triatlón will appoint the necessary number of judges and referees required for the execution of the competition program.

The control and development of the competitions will be under the responsibility of the referees, judges, officials, and other administrative personnel designated by the Confederación Suramericana de Triatlón.

World Triathlon (WT) will propose to the Confederación Suramericana de Triatlón a complete panel of personnel, including judges, secretariat staff, results control, and other technical personnel required for the proper execution of the competition program.

The international judges nominated by the Confederación Suramericana de Triatlón will receive international and domestic air transportation, accommodation, meals, and per diem allowances provided by the Organizing Committee

Note: All the above shall be in accordance with a resolution of the Confederación Sudamericana de Triatlón.

No referee, judge, and/or commissaire may serve as a delegate for their team or stay with their delegation.

c. PROTESTS AND APPEALS

Protests or claims shall be made in accordance with the procedures established in the current World Triathlon (WT) Rules.

The TDI will appoint an Honor Tribunal composed of three authorities to resolve any claim from participating countries, disputes, or incidents that may affect the normal development of the competition.

Members of the Appeals Jury whose teams are involved in a claim may not participate and must be replaced by alternate members.

The decisions of the Jury are final.

Any technical protest must be announced to the Chief Referee by the athlete or by an accredited representative of their National Federation within five (5) minutes after the end of the competition.

In addition, a protest form must be submitted to the Chief Referee within the following 15 minutes and must be accompanied by a deposit of one hundred dollars (USD 100).

The decisions of the Appeals Jury are final. Once the established deadlines have passed, no further claims will be accepted.

The monetary guarantees required will be returned to the claimant if the protest is deemed justified. Otherwise, these funds will be transferred to the Organizing Committee of the IV South American Youth Games Panama 2026.

11. EQUIPMENT - UNIFORMS – FACILITIES

The uniforms and sports equipment used by athletes and other participants in the competition of the IV South American Youth Games Panama 2026 must comply with the regulations of World Triathlon (WT) and ODESUR.

[ODESUR - Manual for the use of manufacturer trademarks](#)

In accordance with ODESUR Regulations, no advertising will be permitted on the uniforms of the delegations for the IV South American Youth Games Panama 2026.

For the Medal Ceremony, athletes must wear their country's representative uniforms, in accordance with the standards established by ODESUR.

12. TECHNICAL MEETING

The Delegates' Technical Meeting will be held on a date to be confirmed at the Games Organizing Committee headquarters.

Up to two (2) representatives from each NOC may attend the Final Registration Verification, one with voting rights, along with an interpreter or assistant, if necessary.

The Final Registration Verification will include confirmation of the final participant registrations by category, confirmation of totals, the drawing to determine the order of competing countries, as well as the verification of passports and competition uniforms in accordance with World Triathlon and ODESUR regulations.

Individual events:

It is mandatory for athletes to attend the technical meeting.

At every event, the Technical Delegate will hold an athletes' meeting. Attendance is compulsory for all athletes, and accredited coaches may also attend.

The following penalties apply to athletes who fail to attend the meeting:

- Athletes who do not attend and fail to notify the Technical Delegate will be removed from the start list.
- Athletes who arrive late or have informed of their absence will receive a time penalty applied in Transition 1.

- Penalties for athletes who miss the meeting due to force majeure and have informed the Technical Delegate may be waived if the Chief Referee and the Competition Jury agree.

Mixed relays:

An athlete, a coach, or any other accredited support team member from each delegation must attend the mixed relay technical meeting.

If a team does not have at least one accredited representative present at the session, the following sanctions will apply:

- Teams that do not attend the briefing session and fail to inform the Technical Delegate of their absence will be removed from the start list.
- Team representatives who enter the briefing room after the session has started, or who do not attend but have informed the Technical Delegate of their absence, will receive a 10-second penalty to be served in Transition 1 of the first leg.

13. MEDICAL INFORMATION

a. Doping Control

Doping control tests will be conducted by the Medical Commission of the Organizing Committee of the IV South American Youth Games Panama 2026, under the regulations of the ODESUR Medical Commission and in accordance with its Anti-Doping Rules approved by WADA.

ODESUR reaffirms its policy of rejecting, sanctioning, and discouraging, by all means, the use of doping substances and prohibited methods to ensure the healthiest, safest, fairest, and most ethical environment in sports competitions during the IV South American Youth Games Panama 2026.

The selection of athletes for sample collection, according to the ODESUR Anti-Doping Regulations, will be carried out by the ODESUR Medical Commission. The analysis of the samples will be conducted by a laboratory accredited by the World Anti-Doping Agency (WADA).

Any competitor who refuses to undergo a doping control test will be committing an Anti-Doping Rule Violation and may be immediately removed from the IV South American Youth Games Panama 2026 and have their accreditation withdrawn.

b. Medical services at competition and training sites

A medical station will be available to provide first aid to athletes and officials at each

competition and training site, equipped with all necessary safety equipment for Sporting activities. Ambulances will always be available in cases where a member of the IV South American Youth Games Panama 2026 needs to be transferred to a hospital.

14. POST- COMPETITION PROCEDURES

a. Mixed Zone

At the end of each event, athletes will be instructed to leave the Competition Area by passing through the Mixed Zone, which is an area where accredited media may conduct brief interviews after the competition.

Athletes must pass through the Mixed Zone where they will be asked to cooperate and talk with media representatives.

15. SPORTS SCHEDULE APPENDIX

Schedule

EVENT	ABRIL															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
TRIATHLON								■		■						

TECHNICAL MANUAL

TRIATHLON



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

ARGENTINA
ARUBA
BOLIVIA
BRASIL
CHILE
COLOMBIA
CURAZAO
ECUADOR
GUYANA
PANAMÁ
PARAGUAY
PERÚ
SURINAM
URUGUAY
VENEZUELA

A OTRO
NIVEL

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