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**TRIATHLON**   
**EUROPEAN CUP**  
**VALENCIA 2018**

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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

### 1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
	TBC		Bike Course Familiarization	
7 <sup>th</sup>	15:15	16:00	Swim Course Familiarization	Main venue
7 <sup>th</sup>	16:30		Press Conference	TBC
7 <sup>th</sup>	18:00	18:30	Elite Briefing	TBC
8 <sup>th</sup>	15:30	17:30	Elite Women Event	Main venue
8 <sup>th</sup>	18:15	20:15	Elite Men Event	Main venue

### 1.3. KEY CONTACTS

Event Director:	Arturo Navarro <a href="mailto:arturo@triatlocv.org">arturo@triatlocv.org</a>
Race Director:	Jorge García <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
Technical Delegate:	Mario Carvalho <a href="mailto:Jcsupermario@gmail.com">Jcsupermario@gmail.com</a>
Athletes Services Manager:	Armando Rodríguez <a href="mailto:armando.rodriguez@triatlon.org">armando.rodriguez@triatlon.org</a>
Transportation Services:	Araceli García <a href="mailto:araceligarcia@globalia.com">araceligarcia@globalia.com</a>

### 1.4. CONTACT DETAILS

Spanish Triathlon Federation  
 Ferraz 16 3ºDcha  
 28008 Madrid  
 Jorge García – [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)  
 +34 650 64 63 62

## 2. VENUE

### 2.1. RACE VENUE

The venue is located at the Marina Real Valencia.

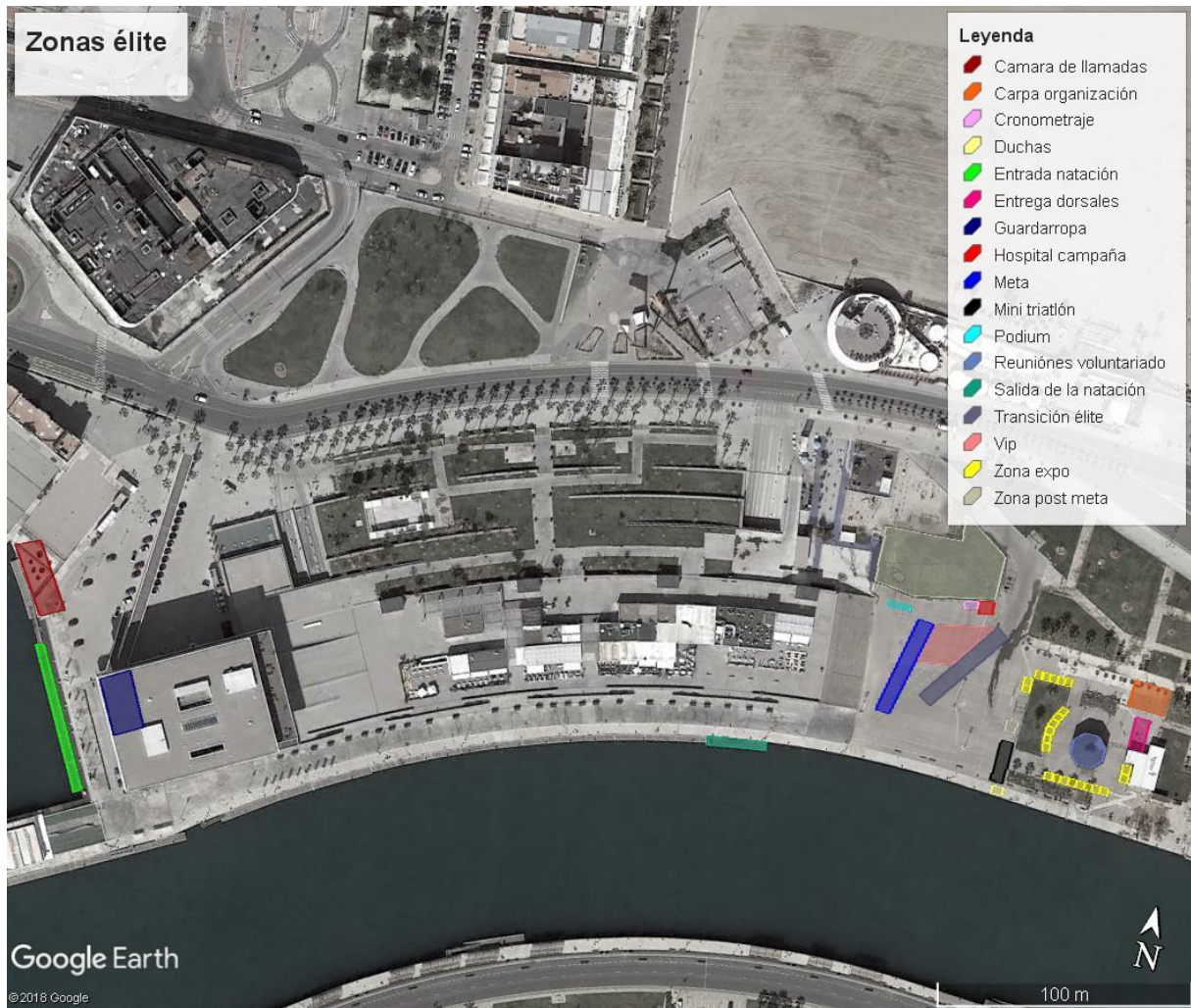
Located between the commercial port of the city and its promenade is La Marina de Valencia, leading area of the city with big spaces to walk, ride a bike, enjoy local cuisine and practice nautical and sports activities.

As a result of the modernization of the Port to host the 32nd America's Cup, Valencia has this space where culture, training and entertainment are combined with sports, tourism and gastronomy.

The most emblematic building is the Veles e Vents, a symbol of contemporary architecture in Valencia and a cultural container, where there are exhibitions, live music, theatre, conferences and dance.

In the area there are many restaurants, first class hotels and the Marina Beach Club, where the party is postponed until late hours.

In addition, it has become a regular venue for sporting events such as Valencia Triathlon, which in 2018 hosts the Triathlon European Cup.



## 2.2 COURSE FAMILIARIZATION

The swim course familiarization, will take place on Friday at 15:15

Bike course familiarization, will take place on Saturday (aprox. 11.30; time to be confirmed).

## 2.3. ATHLETE'S LOUNGE

Will be allocated at the recovery area. There will be a mechanical service, drinks, fruit.

## 2.4. ELITE ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed after the briefing, on Saturday afternoon.

## 2.5. DOPING CONTROL

Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

#### 2.6. SECURITY

Local Police from Valencia, Policía Nacional and emergencies service, will provide the security for the event.

#### 2.7. LOC OFFICE

LOC office will be allocated at the main venue and will be opened from Thursday till Saturday, from 10:00 to 14:00 and from 16:00 to 20:00.

### 3. ACCOMMODATION

For information and booking, contact:

Araceli García  
Halcon Viajes Travel Agency  
[arceligarcia@globalia.com](mailto:arceligarcia@globalia.com)  
+34 91 399 01 79



#### 4. TRANSFER AND TRANSPORT

For Visa requests, you have to contact:

Lourdes López  
Spanish Triathlon Federation  
[Lourdes.lopez@triatlon.org](mailto:Lourdes.lopez@triatlon.org)

For transfer services, please write, Araceli García ([araceligarcia@globalia.com](mailto:araceligarcia@globalia.com)), with the following data:

- Arrival time
- Arrival Airport / Station
- Flight / Train number
- Number of persons
- Number of bikes
- Departure time
- Departure Airport / Station
- Flight / Train number

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES

#### SWIM

Athletes and coaches can go and swim from Thursday to Saturday, with ID card or passport, to the next sports center

<http://www.fdmvalencia.es/instalaciones/polideportivo-nazaret/>

#### RUN

Polideportivo Tramo III <http://www.fdmvalencia.es/instalaciones/instal%C2%B7lacions-riu-turia-estadi-del-turia-tram-iii/>

### 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

## 6. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
7 <sup>th</sup>			Press Conference	TBC
7 <sup>th</sup>	18:00	18:30	Elite Briefing	TBC
7 <sup>th</sup>	18:30	19:00	Athetes' registration	Recovery Area
8 <sup>th</sup>	14:00	15:00	Athlete Lounge check in	Recovery Area
8 <sup>th</sup>	14:30	15:15	TA Check In	Venue
8 <sup>th</sup>	14:30	15:15	Swim Warm Up	Venue
8 <sup>th</sup>	15:15		Calling area	Start Area
8 <sup>th</sup>	15:20		Athletes introduction	Start Area
8 <sup>th</sup>	15:30		Start	Venue
8 <sup>th</sup>	20:15		Award Ceremony	Venue

### 6.2 ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
7 <sup>th</sup>			Press Conference	TBC
7 <sup>th</sup>	18:00	18:30	Elite Briefing	TBC
7 <sup>th</sup>	18:30	19:00	Athetes' registration	Recovery Area
8 <sup>th</sup>	16:45	17:45	Athlete Lounge check in	Recovery Area
8 <sup>th</sup>	17:15	18:00	TA Check In	Venue
8 <sup>th</sup>	17:15	18:00	Swim Warm Up	Venue
8 <sup>th</sup>	18:00		Calling area	Start Area
8 <sup>th</sup>	18:05		Athletes introduction	Start Area
8 <sup>th</sup>	18:15		Start	Venue
8 <sup>th</sup>	20:15		Award Ceremony	Venue

### 6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

[https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2018.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf)

### 6.4. ATHLETE'S BRIEFING

The athletes briefing will take place on Saturday (place TBC)

### 6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### 6.6. RESULTS

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org).

All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at Official Hotel Tryp Melilla.

### 6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

## 7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times, and to show them upon request. Accreditation Cards are mandatory to enter both venues.

## 8. OTHER USEFUL INFORMATION

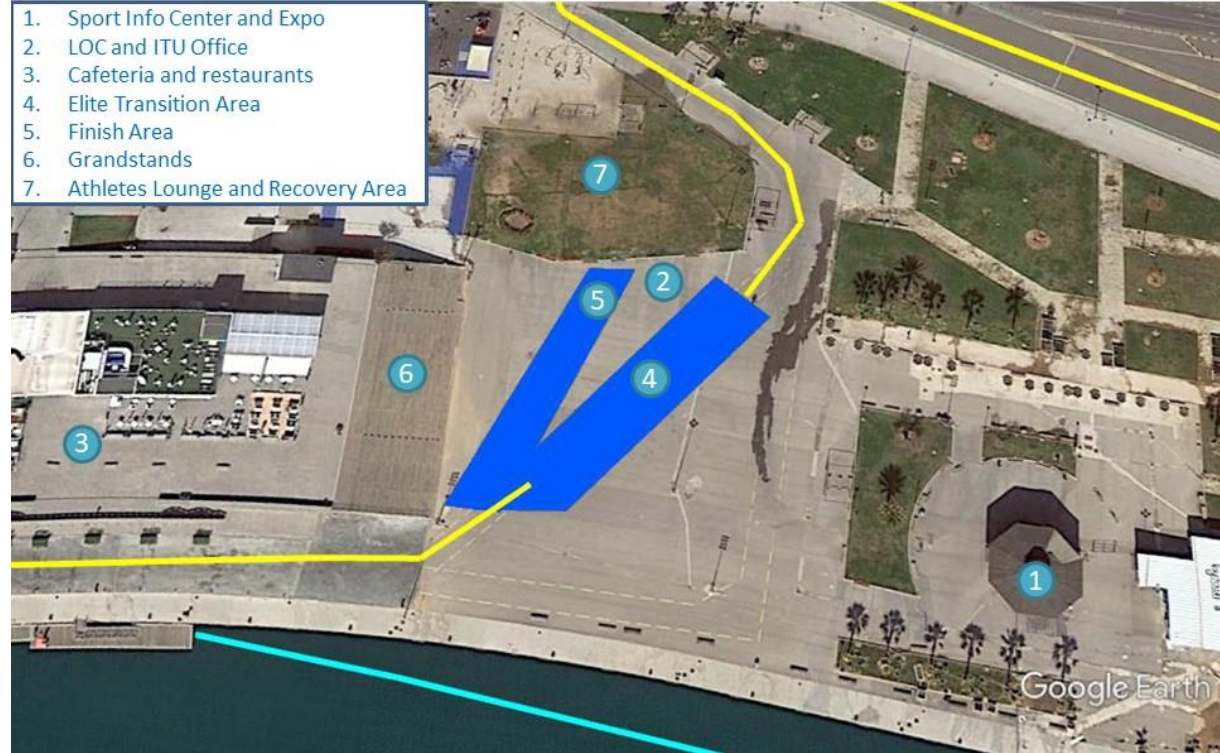
- 8.1. LANGUAGE: Spanish
- 8.2. POPULATION: 790.201 inhabitants
- 8.3. CURRENCY: Euro (€)
- 8.4. TIME: Standard time GMT+1 (summer time)
- 8.5. ELECTRICITY: 220 v
- 8.6. WATER: Drinking water, urban network
- 8.7. TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

# GENERAL VIEW



# DOT MAP





### SWIM COURSE

Start procedures: The start, will be a pontoon start. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

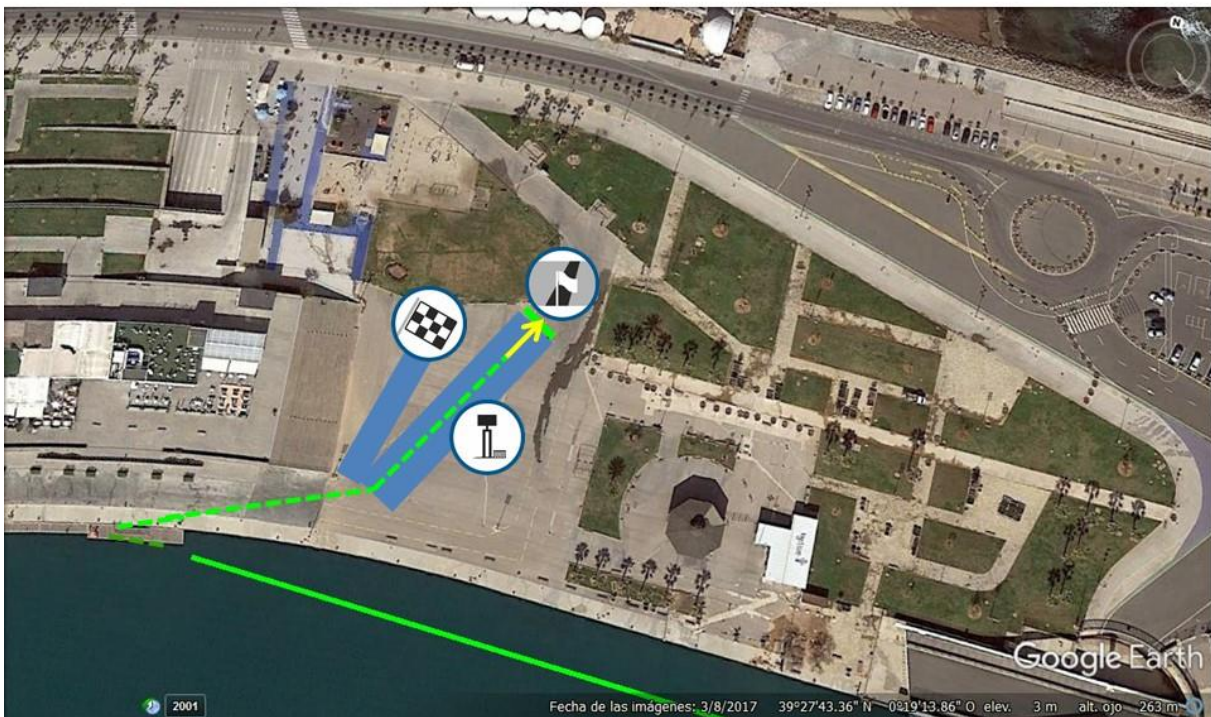
The Elite swim course has one lap of 1.500 m.

The course is anticlockwise and the average water temperature for September is 21°C.

### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack their bike by moving forward into the centre lane and towards the mount line. The transition zone has individual bike racks.

## FIRST TRANSITION



### BIKE COURSE

The bike course is totally flat

## BIKE 6 LAPS X 6,7 KM



### TRANSITION 2

From the dismount line, run through T2 and rack the bike. These racks will be individual.

Running shoes may be placed beside the rack or in the bin.



# SECOND TRANSITION



## RUN COURSE

The course is totally flat

## RUN 3 LAPS X 3,3 KM



There will be 2 aid station along the run course; that will allow the athletes to have the opportunity to take water 2 times per lap.

The Penalty Box will be allocated before the end of the lap.



**FINISH**



Good luck.