



7-8 marzo
2020
Punta Umbria (Huelva)

EUROPA DE CAMPEONATO DE DUATLÓN

2020



COPA DE EUROPA DE TRIATLÓN

15 marzo
2020
Huelva



@triatlionsp #SomosTriatlon



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1. GENERAL INFORMATION

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.

KEY DATES

DAY	START	END	ACTIVITY	LOCATION
14 th	10:30	11:30	Swim course familiarization	Punta Umbría
14 th	16:30	17:00	Bike course familiarization	Casa Colón (Huelva)
14 th	17:00	17:30	Press Conference	Casa Colón (Huelva)
14 th	18:00	18:30	Athlete's briefing	Casa Colón (Huelva)
14 th	18:30	19:00	Athlete registration	Casa Colón (Huelva)
14 th	19:00	20:00	Official reception	Casa Colón (Huelva)
15 th	9:00	11:15	Elite Women Event	Punta Umbría - Huelva
15 th	12:15	14:20	Elite Men Event	Punta Umbría - Huelva

2.3. KEY CONTACTS

Event Directors: Javier Aznar and Jorge García
jaznar@diphuelva.es - jorge.garcia@triatlon.org

Technical Delegate: Tom Roberts
rocketmantom@talktalk.net

Athlete Services Manager: Spanish Triathlon Federation
inscripciones@triatlon.org

2.4. CONTACT DETAILS

Spanish Triathlon Federation
 Ferraz 16 3ºDcha
 28008 Madrid

Jorge García - jorge.garcia@triatlon.org
 +34 650 64 63 62



2. VENUE

RACE VENUE

The ETU Huelva Triathlon European Cup, has two different venues; these are the cities of Huelva and Punta Umbría.

Punta Umbría will host the Swim and Transition 1; and Huelva will host half of the Bike, Transition 2, Run and Finish.



Venue



COURSE FAMILIARIZATION

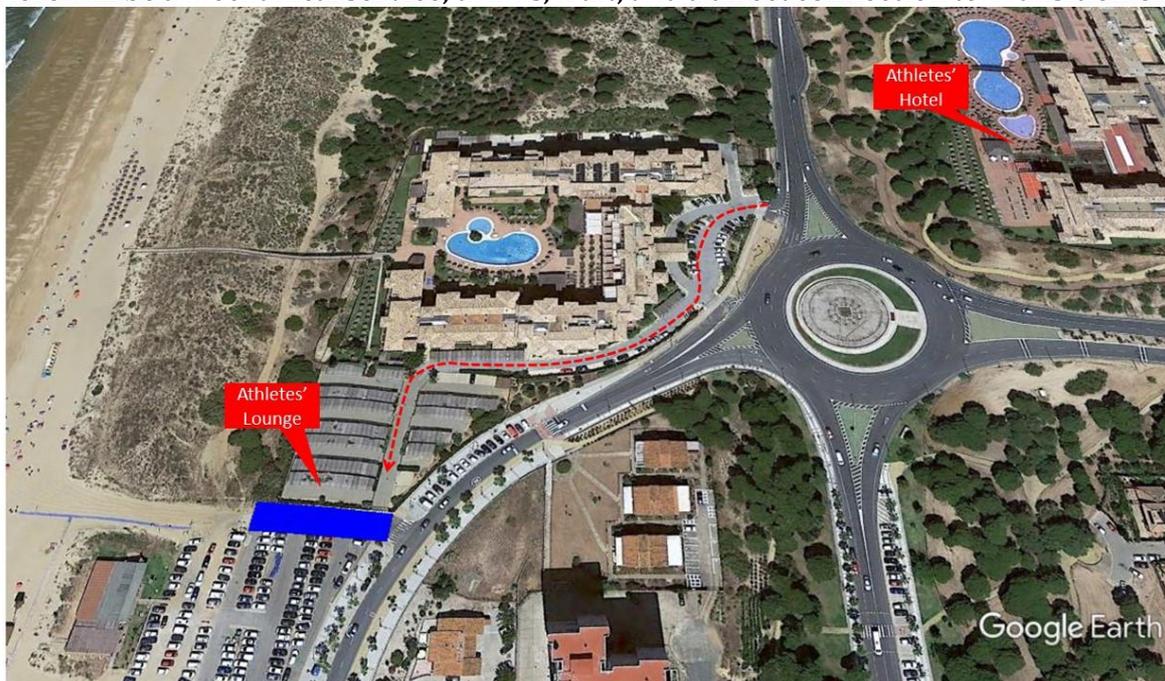
The swim course familiarization, will take place from 10.30 to 11.30 on Saturday morning; although the quality of the beaches, allow to swim at any time.

Bike course familiarization, will take place on Saturday from 16:30 to 17:00, only on the part of the bike that is inside Huelva (km20 to km40), one lap, escorted by the police.

ATHLETE'S LOUNGE

Will be allocated at hotel Barcelo Punta Umbría Mar, in front of the host hotel. Athletes will get into the parking area, from the hotel, and the lounge will be allocated there, next to the transition one.

There will be a mechanical service, drinks, fruit; and a direct connection to Transition One.



ELITE ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed after the briefing, at Casa de Colon, on Saturday afternoon



DOPING CONTROL

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

SECURITY

Local Police from Huelva and Punta Umbría, Guardia Civil de Tráfico, Policía Nacional and 112 emergencies service, will provide the security for the event.

LOC OFFICE

LOC office will be allocated at Casa de Colon and will be opened from Thursday 12th till Saturday 14th, from 10:00 to 14:00 and from 16:00 to 20:00.



3. ACCOMODATION

There are two official hotels, according where you prefer to stay; Huelva or Punta Umbría.

Punta Umbría (Athletes Official Hotel)

Hotel Punta Umbría Mar (****)

<https://www.barcelo.com/es/hoteles/espana/andalucia/huelva/barcelo-punta-umbria-beach-resort/>

5 minutes walking to the Athletes Village and T1

Huelva

Hotel NH Luz Huelva

<https://www.nh-hoteles.es/hotel/nh-luz-huelva>

5 minutes walking to LOC Office (Casa Colón), 10 minutes walking to Transition 2 and Finish

For information and booking, contact:

Lorena Martín

Halcon Viajes Travel Agency

lmartin@globalia.com

+34 91 399 01 79



4. TRAVEL AND TRANSFERS

For Visa requests, you have to contact:

Lourdes López
 Spanish Triathlon Federation
Lourdes.lopez@triatlon.org

If you travel to Huelva by plane, you can find the following options

- Travel to Sevilla: If you decide to travel to Sevilla, and your schedule works to take any of the complimentary services that the LOC is offering, you just have to email us, in order to book the transfer. In case not, our recommendation is to rent a car.
- Travel to Faro: There are many companies flying to Faro in Portugal. If you decide this, the best is to rent a car to drive to Huelva or Punta Umbria. It takes approximately 1h 15'.

If you travel to Huelva by train, you can find the following options

- Travel to Sevilla by Ave (High Speed Train), and your schedule works to take any of the complimentary services that the LOC is offering, you just have to email us, in order to book the transfer. In case not, our recommendation is to rent a car.

Complimentary transfer service will be offered to the athletes and coaches that have made the reservations through the official travel agency and getting the accommodation at the official hotels, and at the specific times according to the following schedule:

Thursday 12th

18:00	Sevilla International Airport
18:45	Sevilla Santa Justa Railway Station
20:00	Arrival in Huelva
20:30	Arrival in Punta Umbría

Friday 13th

12:00	Sevilla International Airport
12:45	Sevilla Santa Justa Railway Station
14:00	Arrival in Huelva
14:30	Arrival in Punta Umbría

Departure transfers on Monday 16th, will be posted at the official hotels and race office, once we have all the information from athletes and coaches.



If any athlete requires a specific service outside of the schedule the price is 75 € per person, both ways; from and to, Sevilla international airport, or Sevilla Santa Justa railway station.

For transfer services, please write, Bárbara González (barabara.gonzalez@triatlon.org), 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

All the transfer requests, need to be confirmed to Bárbara González (barabara.gonzalez@triatlon.org); latest march 6th. After that date, transfer services, will have a cost.

Regular transfer for the official activities will be offered, to the athletes that have booked through the official travel agency

Saturday 14th

15:45	Punta Umbría official hotel to Huelva
20:00	Huelva to Punta Umbría official hotel

Provisional buses schedule on race day, for athletes and coaches. Any update will be posted at the official hotels

Sunday 15th

7:00	Official Hotel in Huelva to Punta Umbría venue
9:25	Punta Umbría Venue to Huelva venue (behind last athlete)
11:15	Huelva venue to Punta Umbría venue
12:40	Punta Umbría Venue to Huelva venue (behind last athlete)
14:45	Huelva venue to Punta Umbría venue



Second transition equipment for race day



On Saturday, from 14:30 to 15:30, the following service will be provided:

- In Punta Umbria, at the Official Hotel; athletes and coaches are welcome to drop their material for the run course. It will be secured by Technical Officials and ready to be placed in front of the baskets on the day of the race. Women's bags will be white; men's bags will be orange.

On Saturday, from 18:30 to 19:30, the following service will be provided:

- In Huelva, at Casa Colón; athletes and coaches are welcome to drop their material for the run course. It will be secured by Technical Officials and ready to be placed in front of the baskets on the day of the race. Women's bags will be white; men's bags will be white.

For the athletes that are staying in Huelva, at the Official Hotel in Punta Umbría, the bike can be checked in and will be locked, so the athletes can pick it up directly on race day. The Officials will be present at the Hotel from 13:30 to 14:30.

Alternative to this, and in case any athlete or NF need any additional transportation service; this is the info to take into consideration

Autocares RG is the official Transfer company, and services will be provided from Sevilla (Spain) and Faro (Portugal) Airports

The prices are as follows

Persons	Price per person	Price per person	Mínimum of persons
	1 way	Return	
2 to 4	100 €	175 €	2 pax
5 to 8	75 €	125 €	5 pax
9 to 15	50 €	85 €	9 pax
16 to 24	35 €	60 €	16 pax

To book transfer services, please get in contact at the following email info@autocaresrg.com



5. ATHLETES SERVICES

TRAINING FACILITIES

SWIM

Athletes and coaches can access to the swimming pool in Huelva and Punta Umbría, from Wednesday to Monday and from 12.00 to 14.00. There is free admission for athletes if you show your ID or passport at the entrance, which will be checked according to the start lists. The addresses of the swimming pools are:

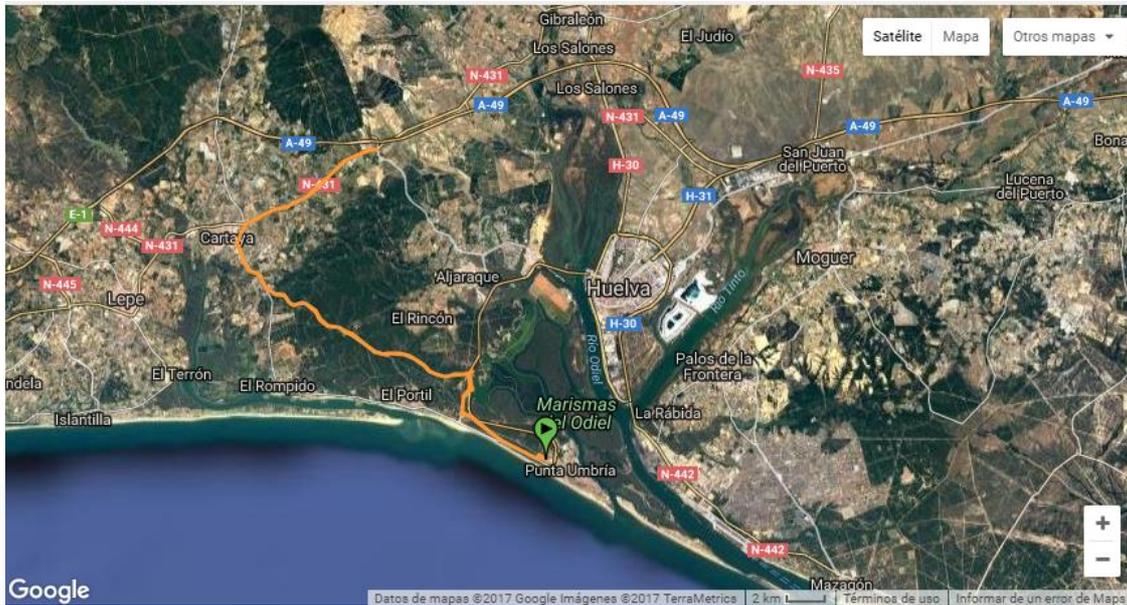
Swimming pool in Huelva
Polideportivo Andrés Estrada
Avda. Pio XII número 11
21004 Huelva

Swimming pool in Punta Umbría
C/ Miguel Hernández s/n
21100 Punta Umbría

BIKE

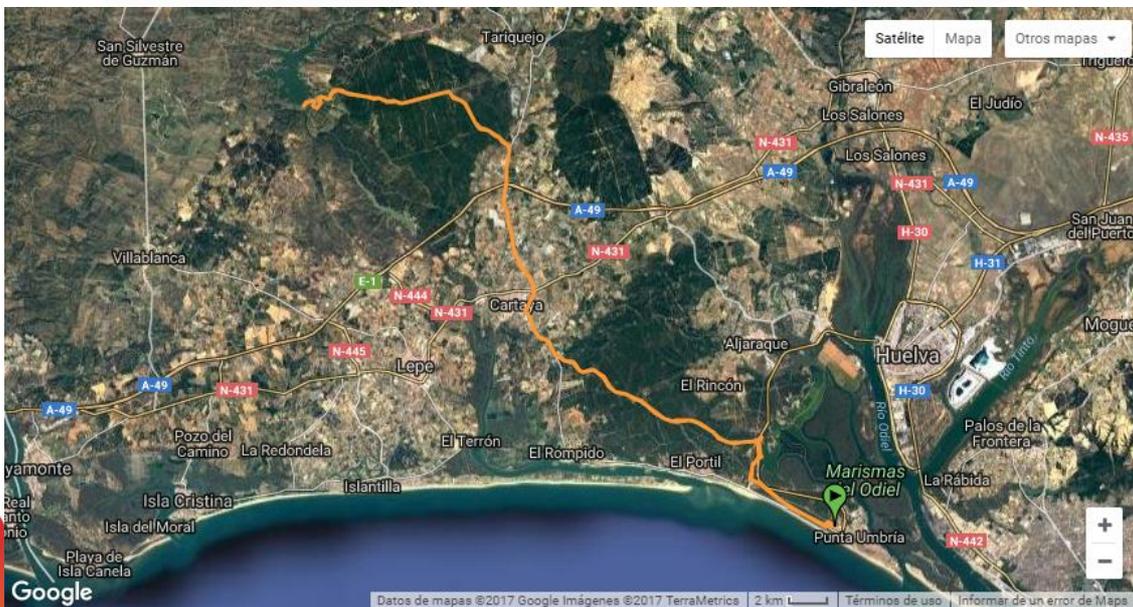
Punta Umbría – Malpica - Cartalla
<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18965890>





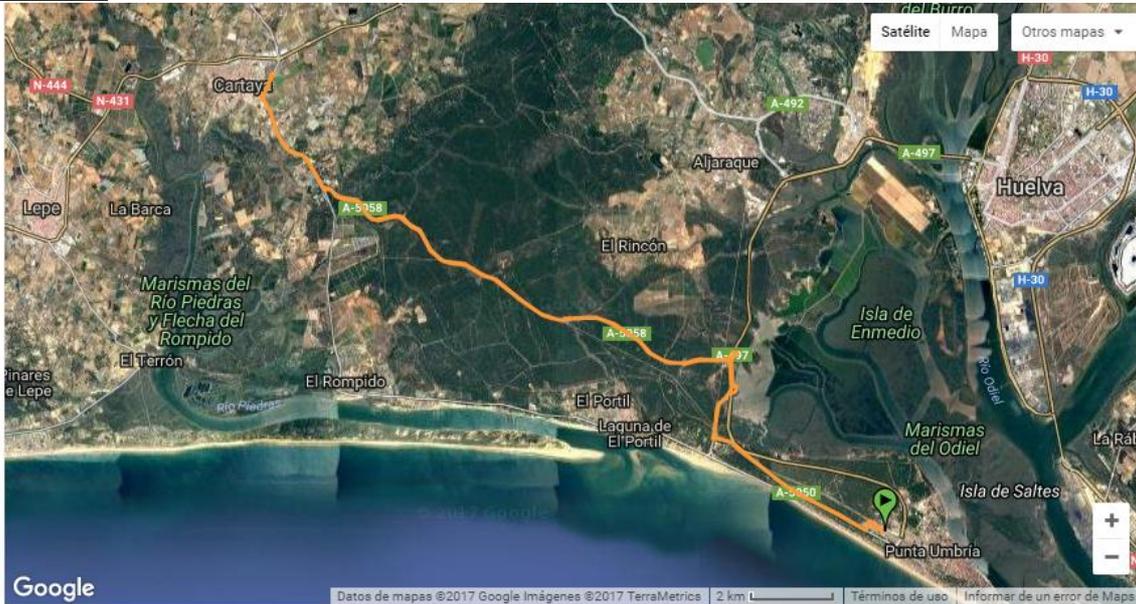
Punta Umbría – Malpica – Cartalla – Embalse Piedras

<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18965962>



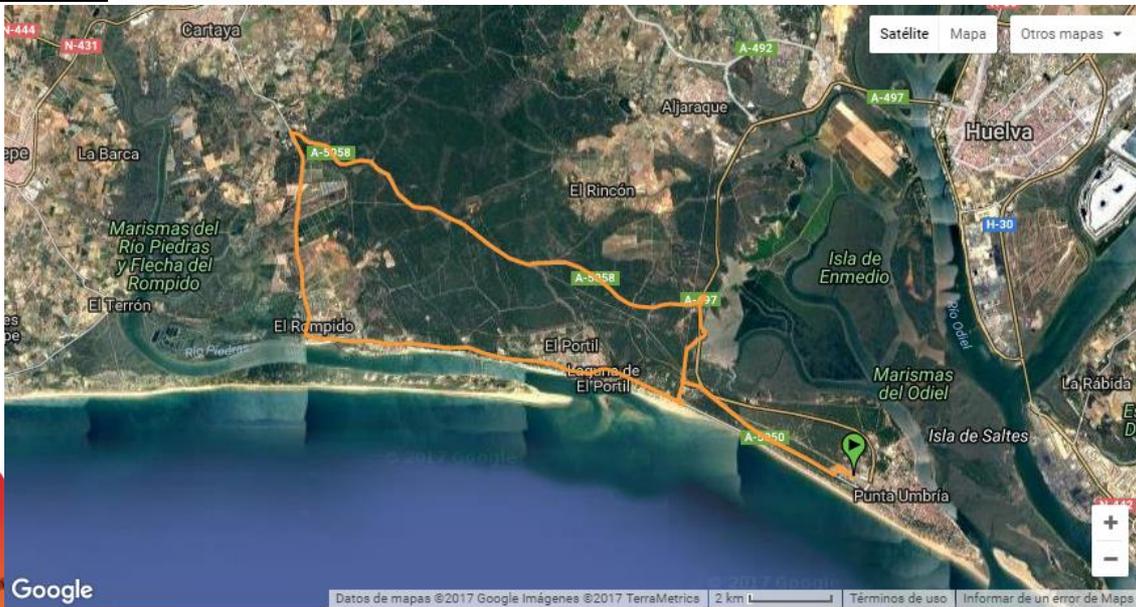
Punta Umbría – Malpica – Cartalla

<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18965985>



Punta Umbría – Malpica – El Rompido

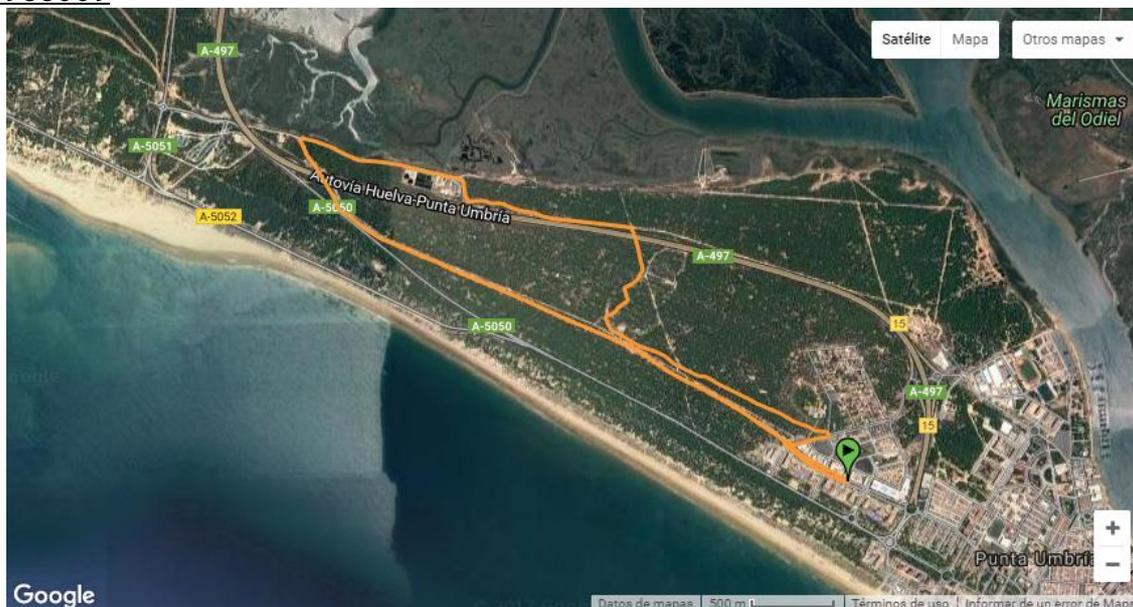
<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18965996>



RUN

Barcelo Hotel – Camino de la Romería – Pinos del Mar

<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18966009>



Hotel Barceló - Marismas

<https://es.wikiloc.com/wikiloc/spatialArtifacts.do?event=setCurrentSpatialArtifact&id=18966032>

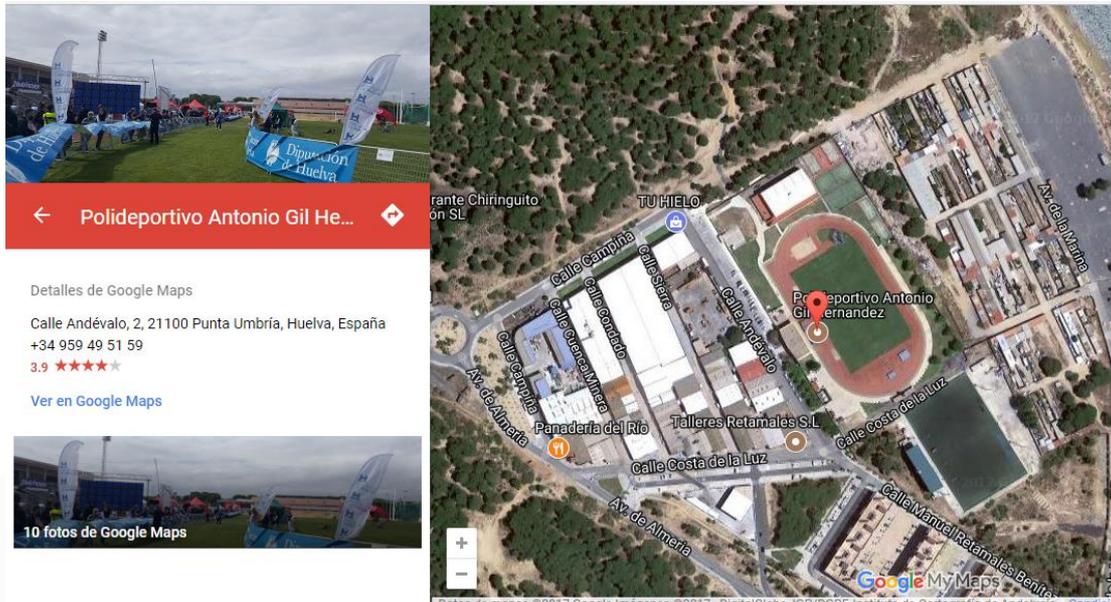


Is it possible to use the city sports facilities, with the athletics tracks, at the following direction.

Poliderpotivo Municipal Antonio Gil Hernández
C/ Andévalos s/n
21100 Punta Umbría
Tel. +34 959 49 51 59

https://www.google.com/maps/d/u/0/viewer?mid=1Tw63mMD5qE8gTPwO_bVvCavqARo&hl=es&ll=37.1950495992329%2C-6.970293799583487&z=17





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

ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
14 th	16:30	17:00	Bike course familiarization	Huelva (venue)
14 th	17:00	17:30	Press Conference	Casa Colón (Huelva)
14 th	18:00	18:30	Athlete's briefing	Casa Colón (Huelva)
14 th	18:30	19:00	Athlete registration	Casa Colón (Huelva)
14 th	19:00	20:00	Official reception	Casa Colón (Huelva)
14 th	7:30	8:30	Athlete Lounge check in	Barceló Hotel (Punta Umbría)
14 th	8:00	8:45	TA check in	Barceló Hotel (Punta Umbría)
14 th	8:00	8:45	Swim warm-up	Punta Umbría
14 th	8:45		Calling area	Punta Umbría
14 th	8:50		Athletes introduction	Punta Umbría
15 th	9:00		Start	Punta Umbría
15 th	14:30		Award Ceremony	Huelva

ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
14 th	16:30	17:00	Bike course familiarization	Huelva (venue)
14 th	17:00	17:30	Press Conference	Casa Colón (Huelva)
14 th	18:00	18:30	Athlete's briefing	Casa Colón (Huelva)
14 th	18:30	19:00	Athlete registration	Casa Colón (Huelva)
14 th	19:00	20:00	Official reception	Casa Colón (Huelva)
14 th	10:45	11:45	Athlete Lounge check in	Barceló Hotel (Punta Umbría)
14 th	11:15	12:00	TA check in	Barceló Hotel (Punta Umbría)
14 th	11:15	12:00	Swim warm-up	Punta Umbría
14 th	12:00		Calling area	Punta Umbría
14 th	12:05		Athletes introduction	Punta Umbría
15 th	12:15		Start	Punta Umbría
15 th	14:30		Award Ceremony	Huelva



COMPETITION RULES

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

ATHLETE'S BRIEFING

The athlete's briefing, will take place at 18:00 the 14th of March at Casa de Colón

https://es.wikipedia.org/wiki/Casa_Col%C3%B3n_de_Huelva

Plaza del Punto 0
21003 Huelva

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.

RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org.
All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at Casa Colón.

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

One third of Huelva is a **protected natural area**, which speaks to the many opportunities to encounter one-of-a-kind landscapes with a unique story here.

On the Huelva coast, the meeting of the Atlantic Ocean with the mouths of rivers such as the Guadiana and Guadalquivir creates an environment where **endless beaches** of golden dunes mingle with meandering waterways that crisscross the vast grassy plains of the marshes.

The **mountainous area** to the North offers a rugged landscape populated by ancient trees, trails and riverside forests where trees grow to the sound of streams and springs. The gently undulating meadow of Central Province have allowed local dwellers to establish an extensive kingdom of bountiful farmlands and to penetrate the bowels of the earth through a strong **mingling tradition** that has lived through the generations and altered the topography of the landscape, creating a surreal, almost otherworldly setting.

Meanwhile, the **city of Huelva**, with centuries of history behind it, mixes and matches the sepia charm of its former colonial neighbourhood with the red of the sunsets on the dock and the metallic almost science-fiction like hues of the lofty chimneys that rise in the industrial part of the capital.

Its light, its colours, its spectacular landscapes, culture and unspoilt nature make a Huelva a filmmakers' paradise.

Huelva offers a wide range of facilities to carry out all kinds of audiovisual productions. Locations are easily accessible, since there are no insurmountable obstacles, neither geographical nor administrative. Administrative processes are facilitated by the **Provincial Tourist Board of Huelva**, which aids the process of accessing the unique settings of the region.

Embark on the **caravels** that discovered the New World. Meander down the Guadiana river towards the sea of the explorers. Explore the Rio Tinto landscapes that will transport you to Mars. Experience the magic of **Sierra de Aracena** and **Picos de Aroche**, where the best ham in the world is produced. Find out why **Doñana** is Europe's greatest nature reserve. Come see for yourself that the **virgin beaches** of your dreams do exist.



Surprise yourself with the unique flavour of **Bluefin tuna** and freshly caught **cuttlefish**, as well as delicate Huelva **rose shrimp** washed down with wines from Huelva County. From the exquisite **Huelva ham** and chacinas (cold cuts) to the traditional **Andévalo** sweets.

In Huelva you will discoverer your inner explorer.

LANGUAGE: Spanish

POPULATION: 145.000 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34



9. COURSE MAPS

SWIM COURSE

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

The swim course has two laps of 750 metres., and the athletes will exit the beach at the end of the lap.

The course is clockwise and the average water temperature for March is 18



Swim
2 laps x 750 m.

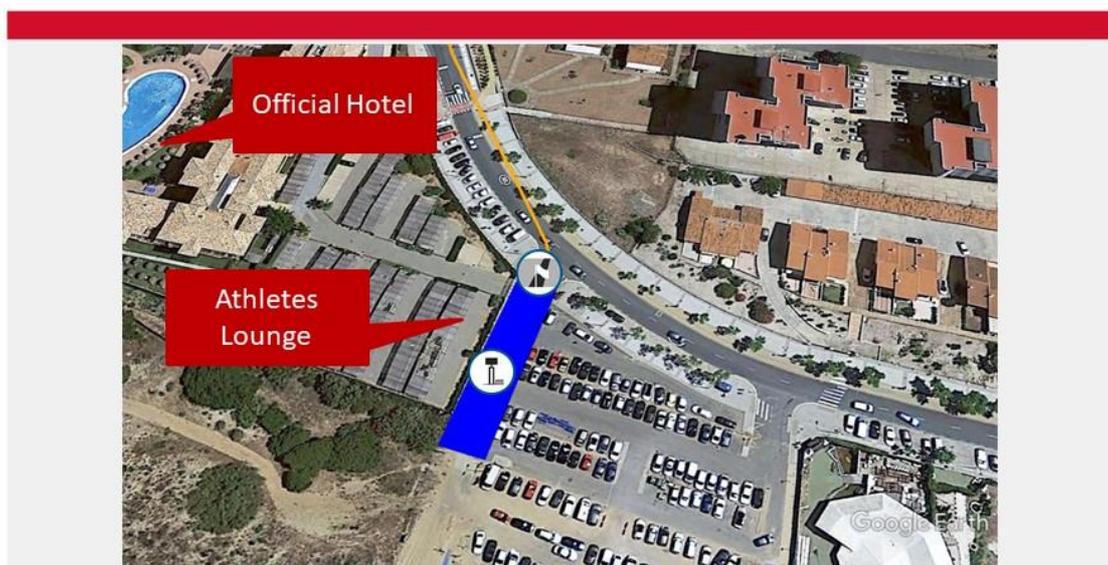


TRANSITION 1

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 T1 has horizontal bike racks.



Transition #1



BIKE COURSE

The first part of the bike course is 20,5 km before arriving in Huelva and passing for the first time through T2. This first part is totally flat, and not technical. A van with team wheels will go behind the last athlete. Once in Huelva the van will be in a position before the end of the lap.

The remaining 4 laps are technical and hilly, especially the street called “Cuesta de las Tres Caidas”.

There are 2 scenarios of overlapping:

- All the athletes must pass Plaza Punto 0 before passing Transition 2 for the first time, before the leading athletes are nearly to complete lap 1 (4 laps to go) in Huelva.
- All the athletes must pass Plaza Punto 0 (transition 2) before completing the last lap of the bike, before the leading athletes on the run are turning at that point.





Bike #1

1 lap x 20 km





Arriving to Huelva





Bike

4 laps x 5,1 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.



Transition #2



RUN COURSE

The first part of the course, the one that is shared with the bike, is a little bit hilly until the turning point. Once the athletes turn into "Plaza de las Monjas", is totally flat along Martín Alonso Pinzón Avenue.





Run

4 laps x 2,5 km.



There will be 2 aid stations 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 on the right side before turning into Transition 2 to finish the laps.



Good luck.

