



The cover features a blue background with a geometric pattern. On the left, a vertical strip shows a triathlete in a red and white jersey with 'PEREZ ESP GO fit' on it, and a circular inset above showing a swimmer. The text 'EUROPE TRIATHLON CUP' is written vertically on the left. The main title 'melilla' is in a large, white, stylized font, with 'TRIATLÓN' and '18 de ABRIL de 2021' below it. The 'CIUDAD AUTÓNOMA MELILLA' logo is to the left of the title, and the 'MELILLA SPORT CAPITAL' logo is to the right. Below the title, it says 'COPA DE EUROPA DE TRIATLÓN - Élite'. Further down, it lists 'Prueba de Selección para Campeonato de España - Cadete / Juvenil / Júnior' and 'Prueba popular / Tridiver'. A row of logos follows, including Europe Triathlon, the Government of Melilla, the Ministry of Culture and Sports, Fetri, FMEI, and various sponsors like Iberdrola, LaLiga Sports, GO fit, Halcon viajes, and austral. At the bottom, there are three flags: Spain, Melilla, and the European Union.

CIUDAD AUTÓNOMA  
MELILLA

**melilla**

TRIATLÓN 18 de ABRIL de 2021

MELILLA  
SPORT  
CAPITAL

COPA DE EUROPA DE TRIATLÓN - Élite

Prueba de Selección para Campeonato de España - Cadete / Juvenil / Júnior  
Prueba popular / Tridiver

Europe Triathlon

GOBIERNO DE MELILLA

MINISTERIO DE CULTURA Y DEPORTE

Fetri

FMEI

IBERDROLA

LaLiga Sports

GO fit

Halcon viajes

austral

SPAIN

MELILLA

EUROPEAN UNION

# ATHLETE'S GUIDE

## Contenido

1. GENERAL INFORMATION .....	3
1.1. INTRODUCTION .....	3
1.2. KEY DATES .....	3
1.3. KEY CONTACTS.....	3
1.4. CONTACT DETAILS .....	3
2. VENUE.....	4
2.1. RACE VENUE.....	4
2.2 COURSE FAMILIARIZATION.....	4
2.3. ATHLETE'S LOUNGE.....	4
2.4. ELITE ATHLETES' RACE PACKAGE .....	5
2.5. DOPING CONTROL.....	5
2.6. SECURITY .....	5
2.7. LOC OFFICE .....	5
3. ACCOMMODATION .....	6
4. TRANSFER AND TRANSPORT .....	7
5. ATHELETE'S SERVICES.....	8
5.1. TRAINING FACILITIES .....	8
5.2. MEDICAL SERVICES.....	8
5.3. BIKE MECHANICAL SERVICE.....	8
6. COMPETITION SCHEDULE .....	9
6.1. ELITE WOMEN .....	9
6.2. ELITE MEN.....	9
6.3. COMPETITION RULES.....	9
6.4. ATHLETE'S BRIEFING.....	10
6.5. TIMING CHIPS .....	10
6.6. RESULTS .....	10
6.7. PROTEST & APPEALS.....	10
7. ACCREDITATION .....	11
8. OTHER USEFUL INFORMATION.....	12
9. COURSE MAPS .....	13
10. COVID-19 Measures for Athletes and Coaches.....	16

## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes and coaches 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
17 <sup>th</sup>	9:00	11:00	Antigenic Tests	TBC
17 <sup>th</sup>	11:00	12:00	Swim Course Familiarization	Start Area
17 <sup>th</sup>	12:30	13:00	Elite Briefing	Virtual
17 <sup>th</sup>	17:00	19:00	Registration	Tryp Hotel
18 <sup>th</sup>	16:30	18:00	Elite Women Event	Venue
18 <sup>th</sup>	19:00	20:30	Elite Men Event	Venue

### 1.3. KEY CONTACTS

Event Director:	Jorge García <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
Race Director:	Javier Guillot <a href="mailto:triatlonmelilla@hotmail.com">triatlonmelilla@hotmail.com</a>
Technical Delegate:	Aldo Basola <a href="mailto:Aldobasola@gmail.com">Aldobasola@gmail.com</a>
Europe Triathlon Office:	Kathleen Semet <a href="mailto:etu_hq@etu.triathlon.org">etu_hq@etu.triathlon.org</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

#### General View



### 2.2 COURSE FAMILIARIZATION

Swim course familiarization will take place on Saturday morning from 11:00 to 12:00; although the quality of the beaches, allow to swim at any time.

There is not going to be bike course familiarization, due to the current circumstances. The bike course will be presented virtually

### 2.3. ATHLETE'S LOUNGE

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

## 2.4. ELITE ATHLETES' RACE PACKAGE

Athletes' race package will be distributed at the LOC Office (Tryp Hotel), on Saturday from 17:00 to 19:00.

A more detailed schedule will be communicated to the NF's the week of the event

## 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. The test will take place at the Official Hotel

## 2.6. SECURITY

Local Police from Melilla, Policía Nacional and emergencies services will provide the security for the event.

## 2.7. LOC OFFICE

LOC office will be allocated at Official Hotel Tryp Melilla 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  
Globalia Travel Agency  
[araceligarcia@globalia.com](mailto:araceligarcia@globalia.com)  
+34 91 399 01 79

## 4. TRANSFER AND TRANSPORT

For Visa requests, you must contact:

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

As the distance from the airport to the hotels in Melilla is short and taking a taxi is cheap, the LOC, due to the current situation, is not going to plan any transfer from the airport to the hotels and return.



## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES

Due to the current situation, there are not specific training facilities planned.



The beach is open for swimming under personal responsibility.



Ride the bike in Melilla is possible, but due to the dimension of the city, it is important to avoid the city centre.



The best place to run is the promenade and the stadium

Estadio Municipal Alvarez Caro  
C/ Explanada de Camellas

### 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 must be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

### 5.3. BIKE MECHANICAL SERVICE

There will be bike mechanical service at the venue on race day



## 6. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
17 <sup>th</sup>	12:30	13:00	Online Athlete's briefing	
17 <sup>th</sup>	17:00	19:00	Race package distribution	Tryp Melilla Hotel
18 <sup>th</sup>	15:00	16:00	Athlete Lounge check in	Venue
18 <sup>th</sup>	15:30	16:15	TA check in	Venue
18 <sup>th</sup>	15:45	16:15	Swim warm-up	Venue
18 <sup>th</sup>	16:20		Calling area	Venue
18 <sup>th</sup>	16:25		Athletes introduction	Venue
18 <sup>th</sup>	16:30	17:45	<b>Start</b>	Venue
18 <sup>th</sup>	18:00	18:10	Award Ceremony	Venue

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
17 <sup>th</sup>	12:30	13:00	Online Athlete's briefing	
17 <sup>th</sup>	17:00	19:00	Race package distribution	Tryp Melilla Hotel
18 <sup>th</sup>	17:30	18:30	Athlete Lounge check in	Venue
18 <sup>th</sup>	18:00	18:45	TA check in	Venue
18 <sup>th</sup>	18:15	18:45	Swim warm-up	Venue
18 <sup>th</sup>	18:45		Calling area	Venue
18 <sup>th</sup>	18:55		Athletes introduction	Venue
18 <sup>th</sup>	19:00	20:15	<b>Start</b>	Venue
18 <sup>th</sup>	20:15	20:20	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/World Triathlon Sport Competition Rules 2020 201811253.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Sport_Competition_Rules_2020_201811253.pdf)

#### 6.4. ATHLETE'S BRIEFING

The athletes briefing will take place virtual

#### 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).

There will be live results of the event (information to be updated in a later stage).

#### 6.7. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

## 7. ACCREDITATION

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

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

All accredited people are requested to always carry their accreditation with them and to show them upon request. Accreditations are mandatory to enter the venue.

## 8. OTHER USEFUL INFORMATION

LANGUAGE: Spanish

POPULATION: 86.026 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

## 9. COURSE MAPS

### SWIM START

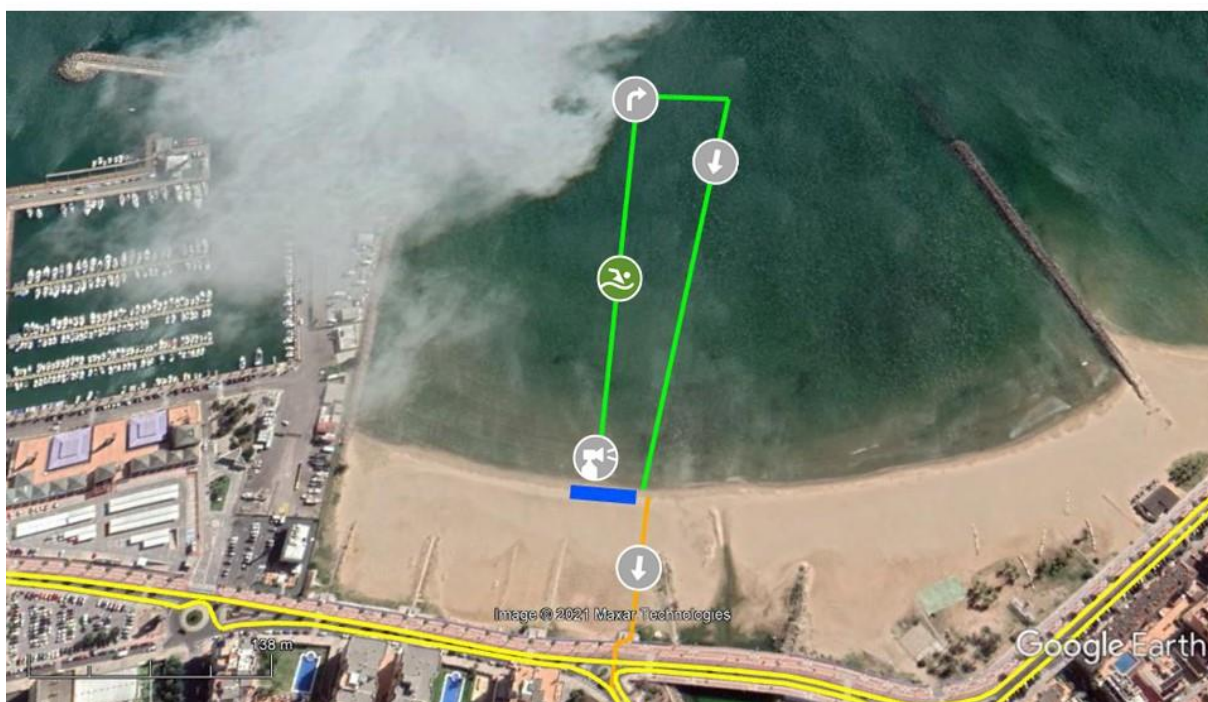


### SWIM COURSE

- Start procedures: beach start.
- The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
- 1 lap of 750 m.; clockwise course
- Average water temperature: 18°C

### Swim Course

1 lap 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/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. The racks will be horizontal.



## BIKE COURSE

- 4 laps of 4,7 km.
- The course is totally flat.
- There will be one team wheel station, located inside the venue.

## Bike Course

4 laps x 4,7 km.



## TRANSITION 2

The second transition will be the same as the first one. Running shoes may be placed beside the rack or in the bin.



## RUN COURSE

- 2 laps of 2,5 km.
- Totally flat.
- One aid station in the middle of the course that serves both sides of the course.
- The penalty box will be located inside the venue



## Run Course

2 laps x 2,5 km.





## 10. COVID-19 Measures for Athletes and Coaches

### Travel

For arrival into Spain please check the most up to date information here

<https://www.spth.gob.es>

It is important to take into consideration, that to travel to Melilla, is only possible through Spain. Morocco border is closed.

If you require additional help, please contact Alicia García (Alicia.garcia@triatlon.org)

### Airport transfers

As the distance from the airport to the hotels in Melilla is short and taking a taxi is cheap, the LOC, due to the current situation, is not going to plan any transfer from the airport to the hotels and return.

### Accommodation

We strongly recommend booking at the official Hotel (Tryp Melilla Puerto). All the official activities and LOC office will be located there, and is walking distance to the venue

### Training sites

Please check the information written in this guide.

### Testing protocol and health screening

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes to submit a pre-event medical certificate for participating in the event:

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation must respect the following conditions:
  - Fill in the online pre-event questionnaire through the link that is provided by the LOC
  - Perform an Antigenic or PCR swap pre- travel test 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests
- Additionally, to this, all elite/u23/junior/youth and para triathletes must submit a pre-travel medical certificate according to the requirements above
- Finally all elite/u23, para triathletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC.
- We will continue to respect the decision/rules of the local public health of the host country
- All the specific measures can be found in the table below:

	Pre-event questionnaire	COVID-19 test before travelling	Medical certificate	COVID-19 test at event	Daily health screening
<b>Elite athletes</b>	Yes	Yes	Yes	Yes	Yes
<b>Coaches/team medical/support NF personnel</b>	Yes	Yes	Follow public health request	Yes	Yes
<b>TDs / ITOs / NtOs</b>	Yes	Yes	Follow public health request	Follow public health request	Yes
<b>IF Staff</b>	Yes	Yes	Follow public health request	Follow public health request	Yes
<b>LOC / Contractos</b>	Follow public health request	Follow public health request	Follow public health request	Follow public health request	Yes

### Athletes' Briefing

Athletes' briefing will be pre-recorded and available at [www.triathlon.org](http://www.triathlon.org).

### Race Package distribution

Race package to be collected between 17:00 and 19:00 on Saturday at the Tryp Melilla Hotel. The use of mask and social distancing is mandatory.

### Health Screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 37.5°C will be reported to the RMD/MD.

### Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

### Wheel stations

At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the Technical Officials to the proper wheel which can be picked up by the athlete.

In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.

Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

### Finish Area

Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

Medallists photo at the post-finish area is not allowed.

All recovery stations will be self-served.

There is not going to be food provided.

Massage facilities will not be provided.

Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

Masks will be distributed to the athletes to wear at their earliest convenience.

### **Medal Ceremonies**

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#).

### **Spectators' access**

The event will be open to spectators. Any non-accredited persons can watch the event from the spectator's areas, but the venue will be closed to spectators.

### **Accreditations**

Only one accreditation to coach and team medical per team.

### **Cleaning protocols on site**

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

### **COVID-19 medical protocols**

COVID-19 emergency contact details: Please contact 112 in case of COVID-19 symptoms.

Good luck.