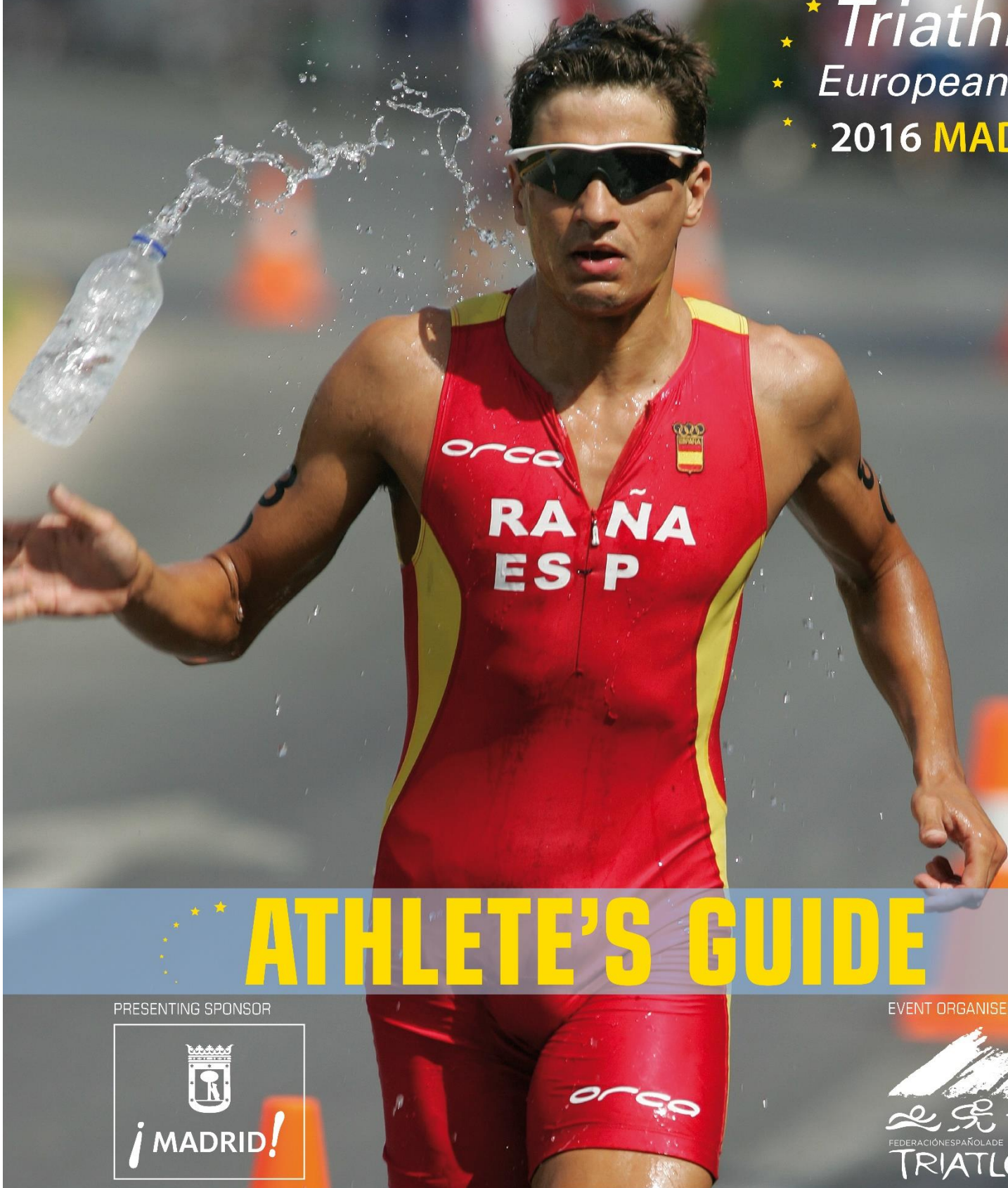


★ ★ ★ ★ ★
Triathlon
European Cup
2016 MADRID



★ ★ ★ ★ ★
ATHLETE'S GUIDE
★ ★ ★ ★ ★

PRESENTING SPONSOR



EVENT ORGANISER



MAY 1ST | LAGO CASA DE CAMPO | MADRID

ETU Élite Femenino | 10:50 h



ETU Élite Masculino | 13:05 h



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TABLE OF CONTENTS

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.	VENUE.....	4
2.2.	ATHLETE'S LOUNGE	4
2.3.	ELITE ATHLETES' RACE PACKETS.....	4
2.4.	DOPING CONTROL	4
2.5.	MEDICAL SERVICES.....	4
2.6.	SECURITY.....	4
2.7.	SPORT INFORMATION CENTRE.....	5
2.8.	BIKE MECHANIC CENTRE.....	5
3.	ACCOMMODATION & TRANSPORTATION	6
4.	ATHELETE'S SERVICES.....	7
4.1.	SWIM TRAINING SESSIONS.....	7
4.2.	COURSE FAMILIARIZATION.....	7
5.	COMPETITION SCHEDULE	8
5.1.	SCHEDULE	8
5.2.	COMPETITION RULES	8
5.3.	ATHLETE'S BRIEFING.....	8
5.4.	TIMING CHIPS	8
5.5.	INFORMATION ABOUT THE FOP	8
5.6.	RESULTS	9
5.7.	PROTEST & APPEALS	9
6.	ACCREDITATION	10
7.	USEFUL INFORMATION	11
7.1.	LANGUAGE	11
7.2.	POPULATION.....	11
7.3.	CURRENCY.....	11
7.4.	TIME	11
7.5.	ELECTRICITY.....	11
7.6.	WATER.....	11
7.7.	TELEPHONE CONNECTIONS.....	11
8.	COURSE MAPS	12

1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Coaches are 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 day. However, Team Leaders are advised to check with the Sport Info Center during the Championship's week, regarding any changes on information included in this guide.

1.2. KEY DATES

Athletes Briefing	18:00	April 29th
Madrid Elite Women Event	10:50	May 1st
Madrid Elite Men Event	13:05	May 1st

1.3. KEY CONTACTS

Executive Director	Alicia García	alicia.garcia@triatlon.org
Technical Director	Jorge García	jorge.garcia@triatlon.org
Director of Operations	Jose Juan Ayet	joseayet@laetus.es
Technical Delegate	Dominique Frizza	fridom@libertysurf.fr
Media Manager	Vanessa González	comunicacion@triatlon.org
Athletes Services	Raquel González	raquel.gonzalez@triatlon.org
Responsible of Registration	Susi López	susi.lopez@triatlon.org

1.4. CONTACT DETAILS

Spanish Federation:

Alicia Garcia

Tel: +34 915 59 93 05

alicia.garcia@triatlon.org

2. VENUE



2.1. VENUE

In 2016, there will be two venues; the start venue is located in “Casa de Campo”, close to the city center of Madrid, and easy accessible by metro to the station called LAGO; and the finish venue located in front of the Royal Palace, easy accessible by metro to the station called OPERA

2.2. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Athletes' Village, in Casa de Campo.

2.3. ELITE ATHLETES' RACE PACKETS

Athletes' race packets will be distributed after the Athletes' Briefing, and only in case the entry fees have been paid.

2.4. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. The doping control area will be in Spanish Triathlon Federation, Ferraz street num 16, 3º dcha. Athletes will be guided to the place, about 700 mts distance (close to the race turn point) after notification.

2.5. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available during the official familiarization and competition hours to anyone requiring medical assistance.

Medical Services will be provided on site at the recovery zone.

All the athletes and team support personal should ensure that they have appropriate medical insurance.

2.6. SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic throughout the course.

Emergency services telephone number: 112

2.7. SPORT INFORMATION CENTRE

The Information Center/LOC OFFICE will be located close to the lake in "Casa de Campo" from Friday 29th.

2.8. BIKE MECHANIC CENTRE

There will be bike mechanical service during the familiarizations and race days, in the Casa De campo Athlete's Village.

3. ACCOMMODATION & TRANSPORTATION

For transportation and accomodation, contact Viajes El Corte Ingles

triathlon@viajeseci.es

<http://www.divisioneventosdeportivos.com/deportes/cgi.hrb?idexp=Y828S&main=alojamientos&idsubexp=WRV8N>

All the hotels are really closed to the venue

4. ATHELETE'S SERVICES

4.1. SWIM TRAINING SESSIONS

TBC

4.2. COURSE FAMILIARIZATION

During the swimming course familiarization, there will be lifeguards and medical services available.

During the bike course familiarization, Police and LOC will escort the athletes round the course.

Bike Course Familiarization	Saturday	8:15 – 8:45 (tbc)
Swim Course Familiarization	Saturday	10:05-10:55 (tbc)

5. COMPETITION SCHEDULE

5.1. SCHEDULE

DAY	START	END	ACTIVITY	PLACE
FRI	18:00		Athletes' Briefing	INEF Madrid
SAT	8:15 (tbc)	8:45	Bike Course Familiarization	Casa de Campo
SAT	10:05 (tbc)	10:55	Swim Course Familiarization	Casa de Campo
SUN	8:30	9:00	T2 Check In Elite W	Palacio Real
SUN	9:20	10:20	Athletes Lounge Opens Elite W	Casa de Campo
SUN	9:50	10:35	T1 Check In Elite W	Casa de Campo
SUN	10:05	10:35	Swim warm up Elite W	Casa de Campo
SUN	10:35		Elite Women line up	Casa de Campo
SUN	10:50		Elite Women Event	Venue
SUN	11:00	11:30	T2 Check In Elite M	Palacio Real
SUN	11:35	12:35	Athletes Lounge Opens Elite M	Casa de Campo
SUN	12:05	12:50	T1 Check In Elite M	Casa de Campo
SUN	12:20	12:50	Swim warm up Elite M	Casa de Campo
SUN	12:50		Elite Men line up	Casa de Campo
SUN	13:05		Elite Men Event	Venue

5.2. COMPETITION RULES

The ETU Triathlon European Cup will follow the latest published Competitions Rules of the International Triathlon Union.

5.3. ATHLETE'S BRIEFING

Athletes' briefing will take place on Friday 29th of April in the INEF Madrid, Martin Fierro Street. There will be NO transportation from hotels to Briefing. Bike distance is about 3 km.

5.4. TIMING CHIPS

On the 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.

5.5. INFORMATION ABOUT THE FOP

5.5.1. START

The start will take place at the Casa de Campo Lake in a pontoon start.

The start platform is 70m long and each athlete will stand in a starting position approximately every 75cm. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

5.5.2. SWIM COURSE

It is located at Casa de Campo Lake.

The swim course is two laps anticlockwise of 750m each, exiting the water and start the lap again. At each turn there will be orange buoys.

5.5.3. TRANSITION T1

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. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.

5.5.4. BIKE COURSE

The bike course is a connection of 3 km to T2 + 6 laps of 6,3 km, with a total of 40.8 km. The course is anticlockwise. The course is hilly and technical.

5.5.5. WHEEL STATION

There will be only team wheel station, that will leave in a van behind the last athlete, and stop in front of the Transition 2 at the turning point of the bike

5.5.6. TRANSITION T2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

5.5.7. RUN COURSE

The run course is 4 laps with a total of 10 km, totally flat. The athletes will run on asphalt.

5.5.8. AID STATION

Two (2) aid stations will be located on the run course

5.6. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org.

Also live coverage of the race will be displayed through the web page.

All the Results information will be distributed to the Team Leaders in the T2 Athletes' village venue

5.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

6. ACCREDITATION

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

Accreditations will be distributed at the Performance Center before the briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are color-coded and provided 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 the venue.

7. USEFUL INFORMATION

7.1. LANGUAGE

The official language in Madrid is Spanish. A lot of citizens speak English in Spain.

7.2. POPULATION

More than 3.2 million people live in Madrid.

7.3. CURRENCY

The Spain's currency is Euro. Most major currencies may be exchanged at banks (open Monday to Friday 8:30 – 13:30). Otherwise, exchange bureau and travel agencies may provide currency exchange facilities. Rates at hotels tend to be more expensive than at banks and currency exchanges.

7.4. TIME

Madrid time is (GMT +01:00).

7.5. ELECTRICITY

The electric current is 220 volts.

7.6. WATER

Tap water is suitable for drinking.

7.7. TELEPHONE CONNECTIONS

If calling from abroad to Spain dial +34, and the phone directly chosen (9 digits).

To call abroad from Spain telephones must dial the prefix 00, the country code the phone selected.

Vodafone, Movistar and Orange are the major mobile phone service providers in Spain. Check with your home service provider to find out if Roaming Service is available for you – but be aware that a “local” call will then be routed internationally and will turn out to be very expensive.

8. COURSE MAPS





ELITE RUN COURSE

4 LAPS x 2,5 KM.

