

# ATHLETE'S GUIDE



Gran Canaria  
**triathlon**

European Sport Island ETU European Cup

Version 1.0 9th of march

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## 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 Operations (Elder Museum) during the Championship's week, regarding any changes on information included in this guide.

### 1.2. KEY DATES

<b>Elite Athletes Briefing</b>	18:00	March 25 <sup>th</sup>
<b>Elite Women Event</b>	10:45	March 26 <sup>th</sup>
<b>Elite Men Event</b>	13:30	March 26 <sup>th</sup>

### 1.3. KEY CONTACTS

- Technical Director     Jorge García – [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)
- Technical Delegate     Aggeliki Thoma – [aggelo07@gmail.com](mailto:aggelo07@gmail.com)
- Media Manager     Daniel Márquez – [comunicacion@triatlon.org](mailto:comunicacion@triatlon.org)
- Athletes Services     Raquel González – [raquel.gonzalez@triatlon.org](mailto:raquel.gonzalez@triatlon.org)

### 1.4. CONTACT DETAILS

Spanish Federation:

Jorge García

Tel: +34 915 59 93 05

Mob: +34 650 64 63 62

[jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)

## 2. VENUE



### 2.1. VENUE

Gran Canaria Island – Santa Catalina Park

Santa Catalina Park is the gateway to the city for travellers arriving by sea to Puerto de La Luz. This is the first picture cruise guests see when reaching the pier.

Its location, between the Port and Las Canteras Beach, is privileged. In the park, life unfolds around kiosks and terraces. There is also a playground, and two emblematic buildings that have witnessed the British port trade, the Elder and the Miller buildings. The Elder building, today a Science Museum, and the Miller building, a multifunctional space destined to culture and the busy headquarters during carnival.

Santa Catalina Park has always been a reference in the daily life of locals and a tourist meeting point. It homes the Tourist Info Centre, a city's heritage building designed by Néstor Martín Fernández de la Torre and his brother, architect Miguel Martín Fernández de la Torre.

**Address:** Parque Santa Catalina s/n

35007 Las Palmas de Gran Canaria

Map: <https://goo.gl/maps/BkTLcjVJHCE2>



## 2.2. ATHLETE'S LOUNGE

Facilities including the Athletes' Lounge and toilets are provided for the athletes close to the start area and a recovery zone is available in the finish area. There will be four physiotherapists available in the athletes lounge to take care of athletes during opening hours (10-15 min per Athlete).

## 2.3. ELITE ATHLETES' RACE PACKETS

Athletes' race packets will be distributed after the Athletes' Briefing.

## 2.4. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

## 2.5. 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 in the Stadium.

Medical services at the venue are free of charge. Treatment in private clinics are to be paid by participants.

Athletes / teams should make sure 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 at “Elder Museum” from Thursday 23<sup>th</sup>.

## 2.8. BIKE MECHANICAL SERVICE

Our bike partner will offer bike mechanic support and will be available from Friday 24<sup>th</sup> of March until Sunday 26th March. Location: Expo Area.

The Bike Mechanic will be available during athlete Check-in on race days and during course familiarization sessions at the athletes' lounge.

### 3. ACCOMMODATION

Reservations through Halcon Viajes Travel Agency:



Halcon Viajes Travel Agency

Araceli Garcia

[araceligarcia@halconviajes.com](mailto:araceligarcia@halconviajes.com)

[www.halcondeportes.halconviajes.com](http://www.halcondeportes.halconviajes.com)

+34 91 399 01 79



## 4. TRANSFER AND TRANSPORT

The Event closest airport is Las Palmas, with regular flights connecting from Madrid and Barcelona

Free transportation will be provided from the Airport to the Official Hotel

Halcon Viajes Travel Agency

Araceli Garcia

araceligarcia@halconviajes.com

www.halcondeportes.halconviajes.com

+34 91 399 01 79

### BUS

Route 60: Las Palmas de Gran Canaria-Gran Canaria Airport

- Bus route 60 connects the **island's capital** with the airport.
- Information telephone: 902 381 110 / 928 252 630
- Fares
  - Las Palmas de Gran Canaria (San Telmo station)-Airport: €2.30
  - Las Palmas de Gran Canaria (Santa Catalina interchange)-Airport: €2.95.

Opening hours

- **To the Airport:**
  - First departure: 5:45.
  - Last departures: 21:40 and 22:40.
  - From 6:00 to 20:00: two buses per hour (6:00, 6:45, 7:00, 7:45, etc).
- **To Las Palmas de Gran Canaria:**
  - Last departures: 21:15, 22:15 and 23:15.
  - 6:15 to 20:15: two buses per hour (6:50, 7:15, 7:50, etc).

### TAXI

It is highly recommended to take a taxi from the signed taxi rank at the terminal and avoid taxi drivers offering services from other points. Ask for a receipt in case you want to file a complaint.

**Email addresses to booking taxis:**

- Airport: **apuntadores@hotmail.es**
- Socomtaxi: **socomtaxi.reservas@telefonica.net**
- Stops at the airport. Flor 0. Arrivals.

#### Fares\*

Type	Opening times	Minimum charge	Price/km	Waiting time	Price for every 15 minutes.
Fare 1	Weekdays from 6:00 to 22.00	€3.15	€0.55	€15.05	€3.76
Fare 2	Weekdays from 22:00 to 6:00, Sundays and holidays	€3.45	€0.63	€15.05	€3.76

#### Supplements

Item	Price
Trips originating or ending at the airport	€1.70
Journeys beginning or ending at the port	€1.70
Radio Taxi Service	€0.50
Service provided on 24 <sup>th</sup> and 31 <sup>st</sup> of December and 5 <sup>th</sup> of January, from 10 pm to 10 pm of the following day	€3

All taxi services contracted from the airport are intercity. The fare to apply for one-way trips is number 3. For round trips, it is number 2.

\* Rates approved in the Official Gazette of the Canary Islands no.155, dated 13 December 2013.

#### RENT A CAR

At terminal you can find the following car rental companies

- **Top Car AutoReisen**
- **AutoReisen**
- **Goldcar**
- **Avis**
- **Hertz**
- **Cicar**
- **Europcar**
- **Sixt**

How to get to Santa Catalina from Airport :<https://goo.gl/maps/cF9eixuK4F52>

## 5. ATHELETE'S SERVICES

### 5.1. SWIM AND BIKE TRAINING

#### NORTH GRAN CANARIA



RUN

##### Parque Romano

- ☐ DISTANCE: 500 m (1km)
- ☐ ELEVATION: 0 metres
- ☐ TERRAIN: Trail surface
- ☐ UBICATION:  
<https://goo.gl/maps/dGL2CypBKdQ2>

##### Avenida Marítima

- ☐ DISTANCE: 9,3 km (18,6 km)
- ☐ ELEVATION: 0 metres
- ☐ TERRAIN: Firm
- ☐ UBICATION:  
<https://goo.gl/maps/xhYrNPSP7cz>

##### Paseo de Las Canteras

- ☐ DISTANCE: 4 km (8km)
- ☐ ELEVATION: 10 metres
- ☐ TERRAIN: Firm
- ☐ UBICATION:  
<https://goo.gl/maps/RXeW6WvJQWs>  
<https://www.strava.com/routes/7752190>



BIKE

##### Route Las Palmas – San Felipe

- ☐ DISTANCE: 49 km
- ☐ ELEVATION: 366 metres
- ☐ TERRAIN: Asphalt
- ☐ UBICATION:  
<https://connect.garmin.com/modern/activity/1120765004>



## SWIM

### SWIMMING POOLS

#### Julio Navarro (CN Las Palmas)

- ☐ POOL: 50 m / 25 m
- ☐ OPENING TIMES: 7:00 – 16:00
- ☐ PRICE: necessary accreditation, get it in Municipal Stadium  
<https://goo.gl/maps/QedJb2VGwcq>
- ☐ UBICATION:  
<https://goo.gl/maps/qBHsLgMwtf82>

#### Club Natación Metropole

- ☐ POOL: 50 m / 25 m
- ☐ OPENING TIMES: 7:00 – 16:00
- ☐ PRICE: necessary accreditation, get it in Municipal Stadium  
<https://goo.gl/maps/QedJb2VGwcq>
- ☐ UBICATION:  
<https://goo.gl/maps/WsQPPyzdjLP2>

#### Ciudad Deportiva GC

- ☐ POOL: 50 m
- ☐ OPENING TIMES: 7:00 – 16:00
- ☐ PRICE: necessary accreditation, get it in Municipal Stadium  
<https://goo.gl/maps/QedJb2VGwcq>
- ☐ UBICATION:  
<https://goo.gl/maps/1ZGtQuU3VJv>

### OPEN WATERS

#### Playa de Las Canteras

- ☐ DISTANCE: 2km Aprox
- ☐ UBICATION: <https://goo.gl/maps/ftGud2hQcLw>
- ☐

#### Playa de Las Alcaravaneras

- ☐ DISTANCE: 600 metres
- ☐ UBICATION: <https://goo.gl/maps/gk35o4Hnkqm>

#### ➤ SOUTH GRAN CANARIA



## SWIM

### OPEN WATERS

### Playa de Amadores

☐ DISTANCE: 600 metres

☐ UBICATION:

<https://goo.gl/maps/9ET9itPRGMk>

### SWIMMING POOLS

#### Piscina Municipal Maspalomas

☐ POOL: 25 m

☐ OPENING TIMES: 7:00 – 16:00

☐ PRICE: necessary accreditation, get it in Municipal Stadium

<https://goo.gl/maps/QedJb2VGwcq>

☐ UBICATION: <https://goo.gl/maps/m44hwLHyRCF2>



RUN

#### Parque Urbano Sur de Maspalomas

☐ DISTANCE: 1 km

☐ ELEVATION: 0 metros

☐ TERRAIN: Trail surface

☐ UBICATION:

<https://goo.gl/maps/5Qeig4pUVgz>



BIKE

#### Route Maspalomas – Cercados Espino

☐ DISTANCE: 42 km

☐ ELEVATION: 770 metres

☐ TERRAIN: Asphalt

☐ UBICATION:

<https://es.wikiloc.com/wikiloc/view.do?id=7579063>

#### Route Maspalomas – Mogán

☐ DISTANCE: 62 km

☐ ELEVATION: 637 metres

☐ TERRAIN: Asphalt

☐ UBICACIÓN: <https://es.wikiloc.com/wikiloc/view.do?id=3983073>

## 5.2. COURSE FAMILIARIZATION

### **BIKE**

You will be able to familiarize yourself with the bike course on Saturday 25<sup>th</sup> of March 11:00. Athletes should meet at Museo Elder.

### **SWIM**

You will be able to familiarize yourself with the swim course on Saturday 25<sup>th</sup> of March 12:00 to 12:45. Athletes should meet at Museo Elder.

The location will be the same as the start of the race, in front of CC El Muelle.

Please note: it is forbidden to swim outside the test swimming zone at any time due to safety restrictions.

## 6. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	PLACE
SAT	10:30	11:00	Press Conference	Elder Museum
SAT	11:00	11:30	Bike Familiarization	Venue
<b>SAT</b>	<b>12:00</b>	<b>12:45</b>	<b>Swim Familiarization</b>	<b>Venue</b>
SAT	18:00		Athletes Briefing	Elder Museum
SAT	19:00		Press Conference	Elder Museum
SAT	19:00		Athletes Registration	Elder Museum
SUN	9:15	10:15	Athletes Lounge Check In	Venue
SUN	9:45	10:30	TA 2 Check In	Venue
SUN	10:00	10:30	TA 1 Check In	Venue
SUN	10:00	10:30	Swim Warm Up	Venue
SUN	10:35		Calling Area	Venue
SUN	10:40		Athletes Introduction	Venue
<b>SUN</b>	<b>10:45</b>		<b>Elite Women Event</b>	<b>Venue</b>
SUN	15:30		Award Ceremony	Venue

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	PLACE
SAT	10:30	11:00	Press Conference	Elder Museum
SAT	11:00	11:30	Bike Familiarization	Venue
<b>SAT</b>	<b>12:00</b>	<b>12:45</b>	<b>Swim Familiarization</b>	<b>Venue</b>
SAT	18:00		Athletes Briefing	Elder Museum
SAT	19:00		Press Conference	Elder Museum
SAT	19:00		Athletes Registration	Elder Museum
SUN	12:00	13:00	Athletes Lounge Check In	Venue
SUN	12:30	13:15	TA 2 Check In	Venue
SUN	12:45	13:15	TA 1 Check In	Venue
SUN	12:45	13:15	Swim Warm Up	Venue
SUN	13:20		Calling Area	Venue
SUN	13:25		Athletes Introduction	Venue
<b>SUN</b>	<b>13:30</b>		<b>Elite Men Event</b>	<b>Venue</b>
SUN	15:30		Award Ceremony	Venue

### 6.3. COMPETITION RULES

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

### 6.4. ATHLETE'S BRIEFING

Athletes' briefing will take on Saturday 25<sup>th</sup> of March, at the Elder Museum.

### 6.5. 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.

## 6.6. INFORMATION ABOUT THE FOP

### 6.6.1. START

The start will be pontoon start

The start area is 50m 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.

### 6.6.2. SWIM COURSE

The swim will take place in front of the CC El Muelle, a short walk from the Transition Area. The swim start will be a dry start off the pontoon. The course will comprise two laps in an anti-clockwise direction. The first lap and the second lap will be 750m. The exit ramp will take the athletes the Transition Area. The average water temperature at this time of year is approximately 19 degrees.

### 6.6.3. 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. 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.

### 6.6.4. BIKE COURSE

The bike course will comprise multiple laps, with each lap passing through the race village and directly in front of Museo Elder. On exiting the race village, riders will go along the main street, Mesa y López, and then they will bike to Paseo Chile and, before heading back, they climb up a hill. On their way back they will head to the Transition Area. The total bike course includes 6 laps of 6,6 kms each one.

### 6.6.5. WHEEL STATION

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams.

### 6.6.6. 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.

### 6.6.7. RUN COURSE

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

### 6.6.8. AID STATION

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



## **6.7. RESULTS**

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

## **6.8. PROTEST & APPEALS**

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

## 7. 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 Race Office 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.

Race Office, will be open, from Thursday 16.00 until the event, at the Museo Elder

## 8. USEFUL INFORMATION

### 8.1. LANGUAGE

The official language in Gran Canaria is Spanish.

### 8.2. POPULATION

382,000 people live in Las Palmas.

### 8.3. 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.

### 8.4. TIME

Gran Canaria time is (GMT +0:00).

### 8.5. ELECTRICITY

The electric current is 220 volts.

### 8.6. WATER

Tap water is suitable for drinking.

### 8.7. 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.

## 9. COURSE MAPS







