



ATHLETE'S GUIDE

Cross Duathlon – October 23rd, 2018





































































ATHLETE'S GUIDE

TABLE OF CONTENTS

Multisport

Useful Contact Information

Local Organizing Committee

Athlete's Guide Updates

General

- 1. Schedule of Events
- 2. Important Venues























































3. Additional Event Information

Parade of Nations (PoN) and Opening Ceremony Open Air Concerts and Parties **VIP** Experience Live Coverage Multisport Legend Transfer **Further Services**

- 4. Personal Safety
- 5. Training
- 6. Bike Shops and Mechanical Assistance
- 7. Parking























































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CHAMPIONSHIPS 2018



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- 8. Volunteers
- 9. Transport & Accommodation
- 10. Merchandising
- 11. Spectator Information
- 12. Anti-Doping Policy
- 13. Race Rules & Penalties
- 14. Bad Weather

Pre-Race Information

15. Athletes' Registration & Kit Pick Up



























































- 16. Bike and Gear Check In
- 17. Bike and Gear Check Out applicable only to AG, Paratriathletes and Open Races)
- 18. Briefing
- 19. Timing Information / Tracking

Race information

- 20. Start times
- 21. The Event in Detail
- 22. Course Information























































Post Race Information

- 23. Post Race Recovery Area
- 24. Bike and Gear Pick Up
- 25. Results
- 26. Photo Service
- 27. Awards
- 28. Closing Ceremony and Farewell Party
- 29. Lost and Found

























































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Useful Contact Information

*The Info Stand will be in Fairgrounds, on the main venue. For any general question or doubt, please go to the Info Stand. For technical questions regarding your race, you are invited to attend the Age Group/Open Race Athletes Q&A (schedule below) where the Technical Officials and the Race Director will help you out.

Contact:

info@ibizamultisport2018.com

Local Organizing Committee

LOC Executive Director: Jorge García























































LOC Director of Operations: Juanjo Serra

LOC Race Director: **Amancio del Castillo**

Athletes' Services:

Armando Rodríguez armando.rodriguez@triatlon.org

Aida Rebollo info@ibizamultisport2018.com



























































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ETU Team

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ETU Technical Delegate **Alpar Nagy** alpar.nagy@triathlon.org

ETU Assistant Technical Delegate **Peter Klosz** Vicente Sánchez

ETU Head Referee **John Petrides**

Athlete's Guide Updates

Information in this athlete's guide is subject to change without notice. The latest information will be posted at the Info Stand (Ibiza Fairgrounds). An updated



























































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version of this guide will be identified by the version number on the cover page (EX. V1, V2, V3...etc.). For the latest updates you can also visit www.ibizamultisport2018.com

























































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GENERAL

Schedule of Events

The 2018 Ibiza Multisport European Championships is pleased to introduce the event schedule: 10 days on the isle of Ibiza full of action and activities. 6 European Championships: Elite, Paratriathlon, U23, Junior and Age Groups. There will also be Open formats to welcome other athletes. The races will take place in different venues: Santa Eulalia (Duathlon), San Miguel Port (Cross Duathlon), San Antoni de Portmany (Aquathlon), Cala Bassa (Cross Triathlon) and Ibiza (Middle distance Triathlon and Aquabike). The Organizing Committee has prepared an agenda with plenty of activities for athletes, accompanying guests and all those who wish to join us in this Triathlon Festival.

For detailed information, please click **HERE!**























































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Important Venues

The races will be hosted by different municipalities on the isle of Ibiza: Santa Eulalia (Duathlon), San Miguel Port (Cross Duathlon), San Antoni de Portmany (Aquathlon), Cala Bassa (Cross Triathlon) and Ibiza (Middle Distance Triathlon and Aquabike).

The Recinto Ferial de Ibiza (Ibiza Fairgrounds) will be the main hot spot (briefings, registration, etc.).

The medal ceremony for Cross Duathlon will be held in San Miguel Port. The finish line will also be in San Miguel Port.























































VENUE	WHAT?	WHERE	
<u>Ibiza Fairgrounds</u> (Recinto Ferial de Ibiza)	Main Venue, Expo Area, Registration and Kit Pick Up, Info Stand, Official Merchandising, Briefings and Q&A	Carretera San Antonio, s/n, 07800 Ibiza	
Santa Eulalia City Hall	Opening Ceremony and Parade of Nations (PoN)	Plaza de España, 1, 07840 Santa Eulalia del Río	
Santa Eulalia City Center	Opening Party 'Street TRI FEST'	Sant Vicent Street 07840 Santa Eulalia del Río	
San Miguel Venue	Award Ceremonies	Av. Balanzat, 2, 07815 Sant Joan de Labritja, Illes Balears	





























































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Additional Event Information

The Parade of Nations (PoN) and the Opening Ceremony will take place on October 19th, starting at Plaza del Cañon, Sta Eulalia.

Athletes should assemble with their country's team at 18:30 for the PoN start at 19:00. The Parade of Nations will go through downtown Santa Eulalia. the Opening Ceremony will start with all athletes present at the end of the PoN.



























































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Parade of Nations (PoN)























































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Invisa Hotel Cal **PARADE OF NATIONS FINISH** Ayuntamiento de Santa Eulària des Riu 5 min CITY HALL START O Plaza del Cañón Santa Eulalia Bankia Eroski 😡 Guarana Cli Correos Gasolinera Pachá Shop Santa Eulalia

Open Air Concerts and Parties

























































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Street Tri Fest. Santa Eularia des Ríu

Friday, 19th of October

The most dazzling street of Santa Eulalia del Río dresses up for the official opening: restaurants offering the best local and international gastronomy "tapas" bars and live music. Free drinks and "tapas" for athletes at official bars and restaurants.



























































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Rock Concerts. Santa Eularia des Ríu

Saturday 20th and Sunday 21st of October

Swing Fest. Sant Antoni

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Wednesday, 24th of October

Flower Power Party. Recinto Ferial Ibiza (Ibiza Fairgrounds)

Saturday, 27th of October

Let the hippie Ibiza weave its magic: paella tasting and free drinks for all the participants, food trucks and the best music of the 60s, 70s and 80s.

VIP Experience

























































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Purchase your VIP pack to enjoy a Multisport VIP Experience: the best locations to follow athletes, exclusive gifts, free entrance to parties, etc. For further information please click HERE.

Live Coverage

Live streaming will be available on La Liga4Sports. Timing will be available on the Official Web and the App Trackingsport. For updates, follow us on Social Media platforms: Twitter (@ISport2018), Facebook (@IbizaMultiSport2018), Instagram (@ibizamultisport2018)

Multisport Legend

The European Multisport Championship Ibiza 2018 offers you the opportunity to obtain a unique souvenir: the Multisport Legend Trophy. It is only for those athletes who have raced in at least 4 of the 6 events: DUATHLON, CROSS

























































DUATHLON, CROSS TRIATHLON, AQUATHLON, MIDDLE DISTANCE TRIATHLON and/or AQUABIKE.

It is up to you! Choose your races (at least 4 and remember that Middle Distance Triathlon and Aquabike will take place simultaneously) and become a finisher to complete your medal (the medal will gradually incorporate all your finisher medals corresponding to the different competitions). Break a leg! Yes, you can!

























































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Bus Shuttle

There will be a bus shuttle from Ibiza Faigrounds to San Miguel Port from 9 am to 8 pm.

Ticket price:

Athlete + bike: 10€ Non-athlete: 10€

You can buy it by clicking on the following links or in the information booth located in the Expo (Ibiza Fairground) during the opening hours.

SHUTTLE CROSS DUATHLON

SHUTTLE CROSS TRIATHLON





















































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Other Services

Cultural offer: HERE. Bike Transport: **HERE**.

Personal Safety

Prior to departing for Ibiza, make sure your closest back home know where you are and what to do if something bad happens (hopefully not!). As for those who come with you to Ibiza, friends and relatives, they should also know what to do and who to contact back home in case of an accident, for example.

Cycling Ibiza: on the road, please always in single lines. Cyclists must abide by traffic regulations and rules on the road. Be aware! Your cycling training is at your own risk.























































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Drive the course: we recommend you to drive the competition course (when possible) to become more familiar with it!

Medical issues: during the races, injured or ill athletes will be assessed and admitted to the Medical Tent should the medical staff deem it appropriate. If an athlete was sent to the Rosario's Clinic, the related medical costs will be paid directly by the athlete. The medical staff will do their best to get you back on your feet as soon as possible.

Training

If you are going to race in the European Multisport Championships IBIZA 2018 and you need to train your swimming, there are some facilities on the isle you can use. Some of them also have gyms and athletics tracks. To access the swimming pools you will have to pay just 4€ or 5€. Here goes the list of the facilities available. We hope it is useful! Should you need further information, just give them a call! Check the options **HERE**.























































Bike Shops and Maintenance

BIKE STORE	CITY	ADDRESS	TELEPHONE	WEB
KANDANI	SANTA EULARIA	Calle Sant Jaume, 114, 07840 Santa Eulària	34 971 33 92 64	https://www.kandani.es
TOT PEDAL	IBIZA	Calle Bisbe Huix, 9, 07800, Ibiza	34 971 19 92 96	http://www.atotpedal.es/
BOUTIQUE DE LA BICI	IBIZA	Calle de l'Historiador Josep Clapés, 2 ,07800, Ibiza	34 971 30 00 52	https://www.trekbikes.co m/es/es_ES/store/31894/
CICLOS JUAN FERRER	IBIZA	Calle d'Atzaró, 14, 07800, Ibiza	34 971 39 14 01	



























































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LA CICLOTECA	IBIZA	Calle de Madrid, 37, 07800 Ibiza	34 971 96 70 09	http://lacicloteca.com/
CICLO-FITNESS	IBIZA	Avenida d'Ignasi Wallis, 52, 07800 Ibiza	34 971 31 22 15	
CASA MANOLO BIKES	IBIZA	Calle de Gaspar Puig, 5, 07800, Ibiza	34 971 31 27 78	http://canmanolobikes.co m/
PILOT BIKES	SAN RAFAEL	Calle Joan Castelló, 1, 07816 San Rafael	34 971 19 86 53	http://www.pilotbikes.es/
IBIZA SPORT	SAN ANTONIO	Calle de la Soledat, 32, 07820 Sant Antoni	34 971 34 89 49	http://www.ibizabtt.com/

Parking





























































Parking options on the day of the race: If you are getting to us by car, you will find convenient parking HERE.

Please be familiar with the race courses as some roads will be closed on the day of the race. Do NOT park along the course or your car will be towed. We highly encourage athletes to walk, carpool or get dropped off near the transition areas..

Please give yourself enough time on the day of the race. Roads can be congested as athletes and spectators converge on the area in a short period of time.

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Parking at the Expo: parking spots available next to the Ibiza Fairgrounds. Free of charge. Find the location **HERE**.



























































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Volunteers

If you or one of your supporters are interested in volunteering (no matter how long or how many days, any help is welcome!), please contact the volunteer team coordinator, Marga Santos at coordinacionvoluntarios@ibizamultisport2018.com

Transportation& Accommodation

Arriving on the isle of Ibiza: Spain is a member of the European Union. Travel to and from Spain is governed by EU law. Therefore, different entry requirements may apply depending on where you're travelling from and your nationality. EU citizens can travel freely to Spain; citizens from other countries may require a

























































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visa. If you travel to Spain from outside the Schengen area, you may also require a visa.

Airport Pick Up: If you book your accommodation with our travel partner "Halcón Viajes" (Globalia), you will get a free transfer from/to the airport.

Car Rentals: to move around Ibiza and discover the magic of this island, we recommend you renting a car to make your stay more pleasant and independent. Visit the official website and contact Class Rent a Car, official partner. You can rent it in the following link: **HERE.**

Accommodation

If you book your accommodation with our travel partner "Halcón Viajes", you will get a free transfer from/to the airport. BOOK IT HERE.

























































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Official Merchandising Stand

You can find it on the Main Venue of Ibiza Fairgrounds and it will be open during the EXPO opening hours. You can have a look at the products and order HERE.

Spectator Information

The race course is closed to spectator traffic. However, there are many roads that can take you to junctions to cheer up your athlete. In general, spectators will be able to cheer up their athletes along the running course.

Crossing the finish line with your beloved athlete is FORBIDDEN. This is a European Championship event and spectators are not allowed to interfere with the race. Spectators will not be allowed into the Medical Tent as it is a highly congested area. The athlete's Emergency Contact Person will be notified. If you want to know more about it check it **HERE**.























































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Anti-Doping Policy

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the ETU, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

All athletes must ensure they carry their official identification (Photo ID)

Further info on Anti-Doping Rules can be found HERE.























































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Race Rules & Penalties

To check ITU Rules, please click HERE.

To check ETU Uniform Rules, please click **HERE.**

To check the event FAQ, please click HERE.

To clarify any rules, please contact the race referees.

Uniform Rules

At the Multisport European Championships, an athlete should comply with the approved National Federation uniform colour. The uniform must follow the ITU uniform rules. Hats, helmets and race belts with logos are allowed. For more information, please see the ITU Competition Rulebook.





















































Click **HERE** to check the approved national uniforms.

Click **HERE** to check the competition rules.

Bad Weather

In the event of bad weather, several contingency plans may be implemented, for example:

- -Light to Moderate Rain: race will proceed as planned once we determine the course is safe.
- -Lightning: the race will be placed on hold until we determine that it has passed over and the course is safe.

The Race Organizers and the ETU reserve the right to cancel or change the race profile for safety reasons. This could be any combination of events that we deem safe and fair. In the unlikely event that the event must be cancelled or postponed























































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due to bad weather, there will be no refunds or deferrals. A large proportion of your race fee will already have been allocated to resources before the day of the race! Thanks for your understanding!

PRE RACE INFORMATION

Athletes' Registration & Kit Pick Up

All Athletes: Registration & Kit Pick Up will not be open on the day of the race. If you do not arrive during the designated registration hours, please contact info@ibizamultisport2018.com. Only registered athletes are allowed to pick up their kits at the designated time. If you cannot make it, you are allowed to authorize someone bringing the next authorization form **HERE**.

























































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Elite, U23, Juniors & Paratriathletes: Kit pick up will take place after your Briefing. You must attend your Briefing in order to pick up your kit. The Briefing will take place at Ibiza Fairgrounds.

The schedule for Elite, U23, Junior & Para athletes is as follows:

Date: Monday, 22nd

Elite & U23: from 12:00 h to 12:30 h

Junior & Para: from 12:30 h to 13:00 h

Age Group + Open Race: Package Pick-up will be open the following hours in the Main Venue at Ibiza Fairgrounds:

Monday, 22nd from 10:00 h to 18:00 h























































Registration Procedure (AG):

- 1. Register and confirm BIB number
- 2. Kit Pick up. It will include:
 - a. BIB number (inside an envelope design below)
 - b. Race number stickers (design below)
 - i. Bike Frame x1
 - ii. Helmet x3
 - iii. Cloakroom bag x1
- c. Athlete's wristband x1(design below)
- i. For participants in multiple events: Only one wristband per event. Each wristband must be worn until the specific event has finished.
 - d. Tattoos
- 3. Pick up race bag
 - a. Each athlete will receive one European Championship bag, NOT per event.























































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Helmet stickers should be placed as shown on the image. One on the front and one on each side. There must be a clearance around the official helmet number sticker of 1.5 cm to ensure the number is clearly visible.



























































Wristbands must be worn during your event. Each event has a different wristband and will only grant access to transition during the specific event.



























































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Wristbands design:



Athletes are welcome to check their bib numbers, names, surnames, prior nationalities, etc. on the website the event: http://ibizamultisport2018.com. lf mistakes, please contact info@ibizamultisport2018.com

Stickers desing:

















































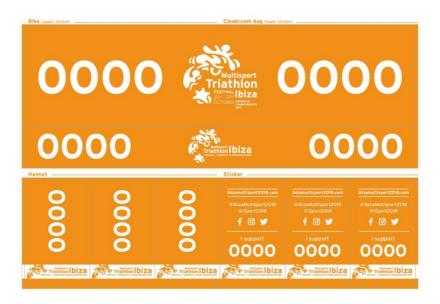
















Multisport Triathlon

























































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- Accreditation
- Bib number
- Swim cap

- Timing chip | Race day
- Stickers
- Tattoos

TATTOOS

A: Duathlon, Cross Duathlon, Paratriathlon, Elite, U23 and Junior:

- · 2 tattoos for the arms.
- · 2 tattoos for the legs.
- **B:** Aquathlon, Aquabike, Elite, Cross Triathlon, Middle Distance Triathlon, U23 and Junior:
- 2 tattoos for the arms. · 2 tattoos for the legs.
- ·1 tattoo on the swim cap.

C: Age Groupers will receive an aditional tattoo to be placed on the left calf.





Multisport Triathíon

STICKERS



Bike sticker to be placed on your seat post as shown.

Do not remove this sticker until you have checked your bike out of the transition area.

♣ 盖 ₩ # #

BIB NUMBER



Three helmet stickers to be worn on the front and on both sides of the helmet.



Sticker to be placed on your bag as







TIMING CHIP

- Please, do secure timing chip tightly around your left leg.
- Timing chips MUST be returned at check out!!!
- If you lose it, you will have to pay 10€.







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Bike and Gear Check In

Age Group / Open Race: mandatory Bike check in at the transition area. Please, proceed with your identity document (passport, etc.) and make sure you have everything you need for the competition.

You MUST check in the following items during mandatory check in hours:

Bike + helmet +shoes

Helmets and cycling shoes must be placed in the transition space and in the transition bins once used (supplied by the organizer). Athletes will also have the option to start with their shoes attached to their bike as well as to leave their shoes attached to their bike upon arrival at the transition zone. No loose gear will be allowed on the ground next to the bicycles following transition 2.



























































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Please label all of your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk located at the Information Stand in Ibiza Fairgrounds.

There will be signs and volunteers at the transition check in to help you check your gear and rack your bike in the right area.

As you enter transition to check your bike in, you will pass through a MANDATORY bike check. Please ensure your bike is in safe-working condition. Securely fasten all equipment you may carry with you on the day of your race. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks

The check in will take place on the following days and times:

JUNIOR & PARA

Place: Transition area.

























































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Date and time: Tuesday, 23rd from 09:45 h to 10:45 h

ELITE & U23

Place: Transition area.

Date and time: Tuesday, 23rd from 11:30 h to 12:45 h

AG & OPEN

Place: Transition area.

Date and time: Tuesday, 23rd from 14:00 h to 15:30 h



























































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Athlete Briefing

The Athlete Briefings will take place at different times according to the following schedule:

Place: Ibiza Fairgrounds (LOCATION HERE.)

Date: Monday, 22nd

Elite/U23/Junior/Para Duathlon Briefing (mandatory):

Schedule:

























































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- -Elite and U23: from 12:00 h to 12:30 h
- -Junior and Paratriathlon: from 12:30 h to 13:00 h

Age Group: Athlete briefings will take place with your National Federation's Age Group Team Manager:

AG Team Managers Briefing: from 13:00 h to 13:30 h.

Briefing/Q&A will be provided for Age Group and Open Race. Technical Officials, ETU Officials and Race Director will be available for questions from athletes: from 17:00 h to 18:00 h

Timing Information / Tracking

Results will be done by Trackingsport and will be posted live on























































www.trackingsport.com on the day of the race. We encourage spectators to download the Trackinsport app for basic live tracking such as split times, laps, transitions, etc.

Important chip information:

- -The timing chip must be picked up on the day of the race at the check in area.
- -The timing chip is attached to the band. It must be worn around the ankle.
- -Athletes must wear their timing chip to take part in the event.
- -Be sure to wear the chip provided to you. Be careful not to swop it with a friend by mistake as this will affect the results.
- -If you lose your chip during the event, please contact a Technical Official when you reach transition.
- -The timing chip must be returned. There will be volunteers to remove your chip at the Finish Line.
- -There is a 10€ fee for lost chips.

Correct use of timing chip:





















































TIMING CHIP

- · Please, do secure timing chip tightly around your left leg.
- · Timing chips MUST be returned at check out!!!
- . If you lose it, you will have to pay 10€.



Body marking: tattoos will be provided in your race kit. Please have them on prior to entering the transition area on the morning of the race.























































TATTOOS

A: Duathlon, Cross Duathlon, Paratriathlon, Elite, U23 and

- · 2 tattoos for the arms.
- · 2 tattoos for the legs.
- B: Aquathlon, Aquabike, Elite, Cross Triathlon, Middle Distance Triathlon, U23 and Junior:
 - · 2 tattoos for the arms.
 - · 2 tattoos for the legs.
 - •1 tattoo on the swim cap.

C: Age Groupers will receive an aditional tattoo to be placed on the left calf.

Only registered athletes with ID wristbands may enter the transition zone.

Bike technicians and bike pumps will be available in the transition area on the day of the race. Athletes will be allowed to bring their own pumps into transition. Marking of your transition spot is not permitted. All marks will be removed by Technical Officials, including towels. Portable toilets will be available near the transition area before and after race.





























































Morning gear that you do not need for the race CAN NOT BE LEFT IN THE TRANSITION AREA. Please take all morning clothes and gear to the cloakroom.

RACE INFORMATION

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Start times

CROSS DUATHLON: JUNIOR, PARA, ELITE/U23, AG/OPEN		
Start times: Tuesday, 23rd		
11:15	JUNIOR MEN	
11:15	JUNIOR WOMEN	
11:15	PARA CROSS DUATHLON	
13:00	ELITE & U23 MEN	
13:15	ELITE & U23 WOMEN	

























































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15:30	AG M18-39
15:45	AG M>40
16:00	AG F
16:05	OPEN

Event Breakdown

Cross Duathlon European Championships and Open Races are being hosted for the following:

Tuesday, October 23rd

Junior & Para Cross Duathlon: Men and Women























































Run 1 (2 laps): 4,2 km Bike (2 lap): 12 km Run 2 (1 laps): 2,1 km

Elite, U23, AG & Open Cross Duathlon: Men and Women

Run 1 (3 laps): 6,3 km Bike (3 laps): 18 km Run 2 (2 laps): 4,2 km























































Course Information

Junior and Para Cross Duathlon





























































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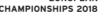




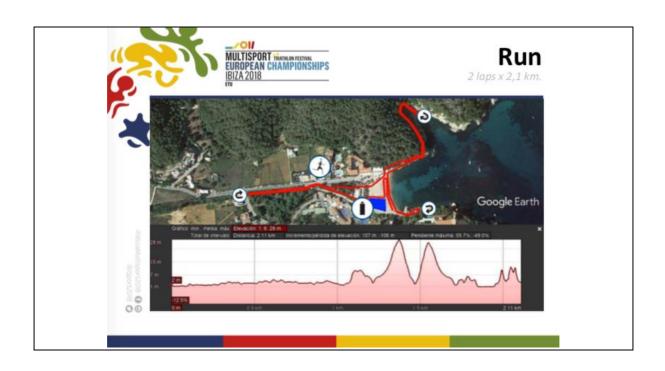












































































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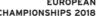












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Aid Stations

There will be 1 aid stations on the run course and one on the bike course.

Run aid stations will have:

-Water (bottles)

Elite, U23, AG & Open Cross Duathlon

























































































































20th - 27th OCTOBER

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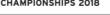






























































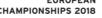










































































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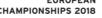






































































































































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Aid Stations

There will be 1 aid stations on the run course and one on the bike course.

Run aid stations will have:

-Water (bottles)

























































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Post Race Information

Post Race Food

Athlete Post Race Food will be available at Recovery Area in the finish area of Sant Miguel Port

Bike and Gear Pick-Up

After you have completed the race, please pick up your bike and gear from the transition zone as well as your morning gear from the after race zone. The Ibiza Multisport European Championships Festival is not responsible for gear that is not picked up.



























































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Cross Duathlon will be able to start checking out:

Junior and Paratriathlon: from 12:30 to 13:30

Elite and U23: from 14:30 to 15:30 AG and Open: from 18:00 to 19:30

Double check your gear to be sure you have your own belongings. Our volunteers do their best to check that each athlete's bib number matches the number on their bike and gear when they leave transition.

Results

Results will be done by Trackingsport and will be posted live on www.trackingsport.com on the day of the race. We encourage spectators to























































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OCTOBER

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download the Trackingsport app for basic live tracking such as split times, laps, transitions etc.

Official results will be posted on a board by the Recovery Area and will be published on www.ibizamultisport2018.com

Should you have any query, please go to the timing tent near the finish area.

Photo service

You can get your photos **HERE**.

Awards

The Awards Ceremony will take place in San Miguel Port. You have to be present to receive your medal. If you can't attend the medal ceremony, your Team Manager or one of your Team mates can pick it up on your behalf.























































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Junior and Para: Tuesday, October 23rd at 14:00 h Elite and U23: Tuesday, October 23rd at 16:15 h

AG: Tuesday, October 23rd at 19:30 h

Closing Ceremony and After Party

The Closing Ceremony will take place on Saturday, October 27th, starting at 23:00 at the Ibiza Fairgrounds. LOCATION HERE.

Everyone is welcome join us to celebrate the end of a magical festival after 10 intensive days. Let the hippie Ibiza weave its magic: paella tasting and free drinks for all the participants, food trucks and the best music of the 60s, 70s and 80s.

























































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Lost and Found

Have you lost anything? Go to the Lost and Found desk at Ibiza Fairgrounds during the race week. It is advisable to mark your gear with your race number. The Information Stand and the Registration Desk will open daily. LOCATION HERE.





















































