



18 MARZO

2018

Gran Canaria triathlon

ETU European Cup



@gctriathlon

#SomosTriathlon

www.triatlongrancanaria.com



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.....	4
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.....	9
5.1. TRAINING FACILITIES	9
5.2. MEDICAL SERVICES.....	11
6. COMPETITION SCHEDULE	13
6.1. ELITE WOMEN	13
6.2. ELITE MEN	13
6.5. COMPETITION RULES	13
6.6. ATHLETE’S BRIEFING	13
6.7. TIMING CHIPS.....	13
6.8. RESULTS.....	13
6.9. PROTEST & APPEALS	14
7. ACCREDITATION	15
8. OTHER USEFUL INFORMATION	16
8.1. LANGUAGE	16
8.2. POPULATION	16
8.3. CURRENCY	16
8.4. TIME	16
8.5 ELECTRICITY.....	16
8.6 WATER.....	16
8.7 TELEPHONE CONNECTIONS.....	16
9. COURSE MAPS.....	17

1. GENERAL INFORMATION

1.1. 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.

1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
17 th	12:00	12:30	Bike Course Familiarization	Transition 2
17 th	15:00	16:00	Swim Course Familiarization	Las Canteras Beach
17 th	18:00	18:30	Elite Briefing	AC Gran Canaria Hotel
17 th	18:30	19:00	Press Conference	AC Gran Canaria Hotel
18 th	13:15	14:15	Elite Women Event	Las Canteras and Santa Catalina
18 th	14:45	15:45	Elite Men Event	Las Canteras and Santa Catalina

1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director:	Amancio del Castillo amancio.delcastillo@triatlon.org
Technical Delegate:	Peter Klosz klosz.peter@frtri.ro
Athletes Services Manager:	Aida Rebollo info@grancanariatriatlon.com
Transportation Services:	Araceli García araceligarcia@halconviajes.com

1.4. CONTACT DETAILS

Spanish Triathlon Federation
 Ferraz 16 3ºDcha
 28008 Madrid
 Jorge García – jorge.garcia@triatlon.org
 +34 650 64 63 62

2. VENUE

2.1. RACE 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.

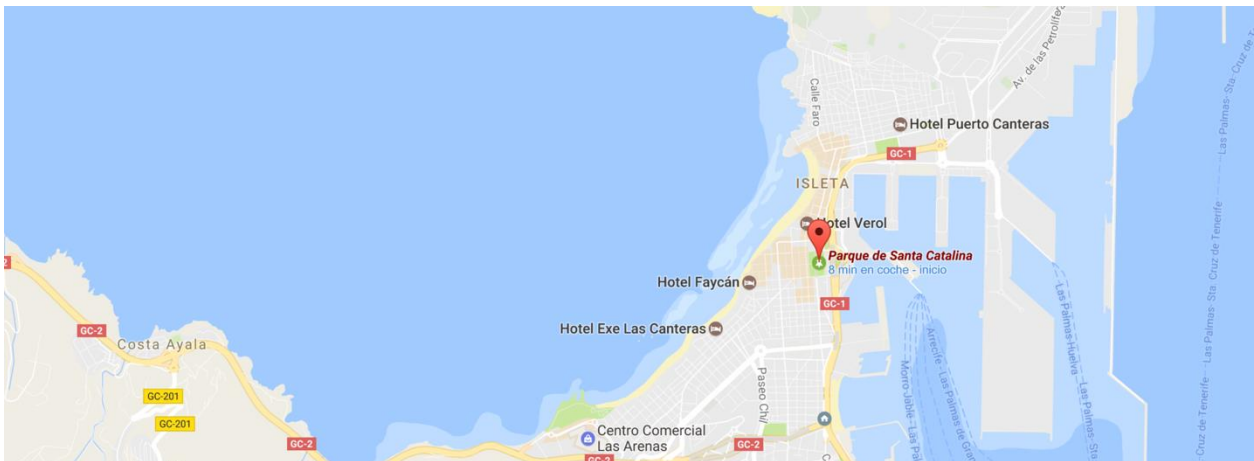
Its location, between the Port and Las Canteras Beach, is privileged. In the park, life unfolds around kiosks and terraces. There is also a playground, and two emblematic buildings that have witnessed the British port trade, the Elder and the Miller buildings. The Elder building, today a Science Museum, 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 COURSE FAMILIARIZATION

The swim course familiarization, will take place on Saturday morning (time TBC).

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

Bike course familiarization, will take place on Saturday 9:00, one lap escorted by the police.

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 after the briefing, at the LOC Office (Tryp Hotel), on Saturday afternoon.

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.

2.6. SECURITY

Local Police from Las Palmas de Gran Canaria, Policía Nacional and emergencies service, will provide the security for the event.

2.7. LOC OFFICE

LOC office will be allocated at the venue 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
Halcon Viajes Travel Agency
arceligarcia@halconviajes.com
+34 91 399 01 79

4. TRANSFER AND TRANSPORT

For Visa requests, you have to contact:

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

For transfer services, please write, Araceli Rodríguez (araceligarcia@halconviajes.com), 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

The airport is Las Palmas de Gran Canaria International Airport; located 20 minutes from the venue

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 th and 31 st of December and 5 th 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. TRAINING FACILITIES

SWIM AND BIKE

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
- UBICATION:

<https://goo.gl/maps/qBHsLgMwtf82>

Club Natación Metropole

- POOL: 50 m / 25 m
- OPENING TIMES: 7:00 – 16:00
- PRICE: necessary accreditation
- UBICATION:

<https://goo.gl/maps/WsQPPyzdjLP2>

Ciudad Deportiva GC

- POOL: 50 m
- OPENING TIMES: 7:00 – 16:00
- PRICE: necessary accreditation
- 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>

➤ SOUHT 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

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



RUN

Parque Urbano Sur de Maspalomas

DISTANCE: 1 km

ELEVATION: 0 metres

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>

RUN

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

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
17 th	17:15	17:45	Press Conference	AC Gran Canaria Hotel
17 th	18:00	18:30	Elite Briefing	AC Gran Canaria Hotel
17 th	18:30	19:00	Athetes' registration	AC Gran Canaria Hotel
18 th	11:45	12:45	Athlete Lounge check in	Santa Catalina
18 th	12:00	12:30	TA2 Check In	Santa Catalina
18 th	12:15	13:00	TA1 Check In	Las Canteras
18 th	12:30	13:00	Swim Warm Up	Las Canteras
18 th	13:00		Calling area	Las Canteras
18 th	13:05		Athletes introduction	Las Canteras
18 th	13:15		Start	Las Canteras
18 th	14:00		Award Ceremony	Santa Catalina

6.2 ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
17 th	17:15	17:45	Press Conference	AC Gran Canaria Hotel
17 th	18:00	18:30	Elite Briefing	AC Gran Canaria Hotel
17 th	18:30	19:00	Athetes' registration	AC Gran Canaria Hotel
18 th	13:15	14:15	Athlete Lounge check in	Santa Catalina
18 th	13:30	14:00	TA2 Check In	Santa Catalina
18 th	13:45	14:30	TA1 Check In	Las Canteras
18 th	14:00	14:30	Swim Warm Up	Las Canteras
18 th	14:30		Calling area	Las Canteras
18 th	14:35		Athletes introduction	Las Canteras
18 th	14:45		Start	Las Canteras
18 th	15:50		Award Ceremony	Santa Catalina

6.5. COMPETITION RULES

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

https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf

6.6. ATHLETE'S BRIEFING

The athletes briefing will take place on Saturday at 18:00 at the AC Gran Canaria Hotel

6.7. 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.

6.8. 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 the LOC Office located at Santa Catalina.

6.9. 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

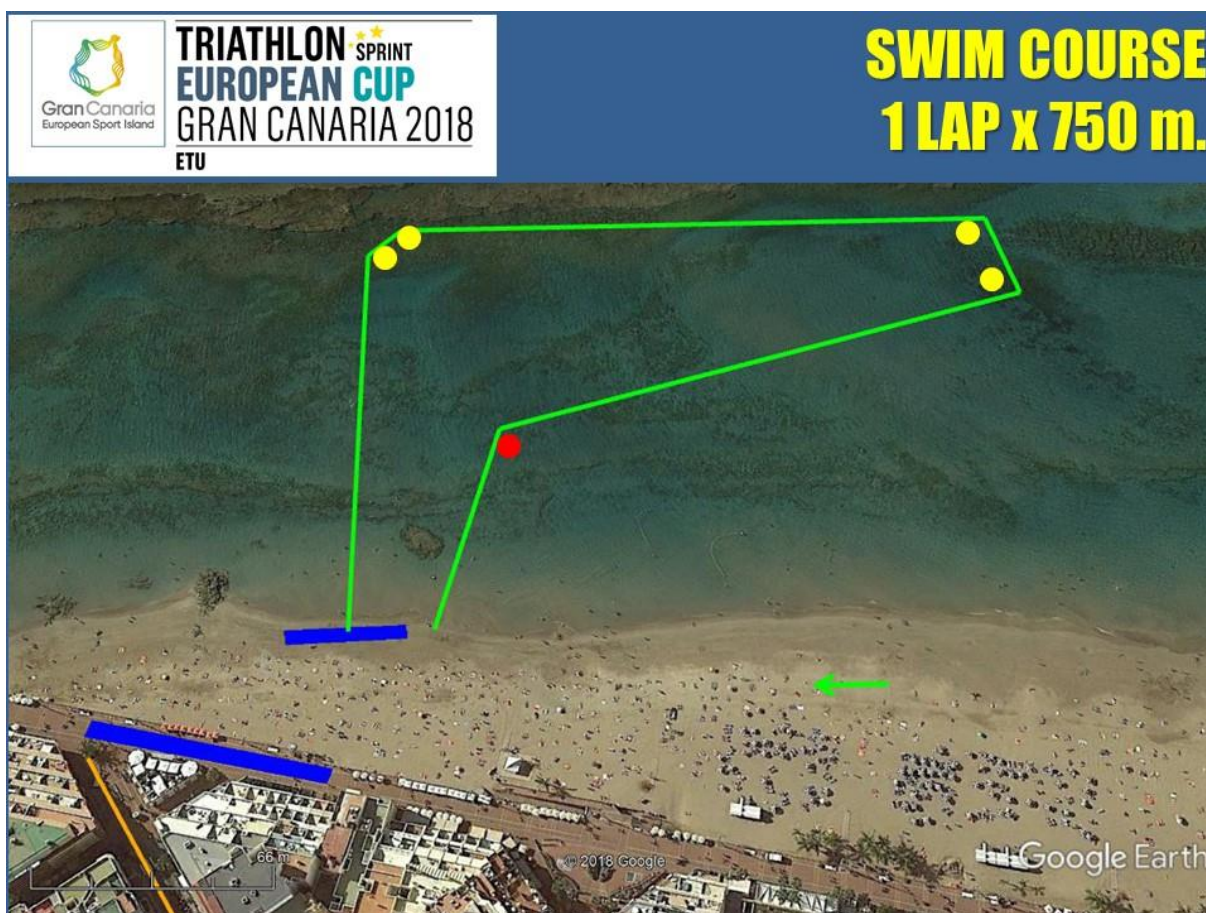
- 8.1. LANGUAGE: Spanish
- 8.2. POPULATION: 382.000 inhabitants
- 8.3. CURRENCY: Euro (€)
- 8.4. TIME: Standard time GMT+0 (summer time)
- 8.5. ELECTRICITY: 220 v
- 8.6. WATER: Drinking water, urban network
- 8.7. TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

SWIM COURSE

The start will be a beach 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.



The Swim Will take place at Las Canteras beach. One lap in a clockwise course. The average water temperature at this time of the year is approximately 22 degrees.

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 the bike by moving forward into the center lane and towards the mount line.

BIKE COURSE

The bike course will comprise four 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 3 laps of 6,6 kms each one.



WHEEL STATION

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

TRANSITION 2

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

RUN COURSE

The run course is 2 laps with a total of 5 km. The athletes will run on asphalt

There will be 2 aid station 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 at the venue before the end of the lap.

RUN COURSE

2 LAPS X 2,5 KM = 5 KM



Good luck.