

2019 BANYOLES TRIATLO SWIM BIKE RUN

7 i 8 de SETEMBRE

ATHLETE'S AND TEAM OFFICIALS' GUIDE

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1. GENERAL INFORMATION

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.

KEY DATES TRIATHLON WORLD CUP

DAY	START	END	ACTIVITY	LOCATION
5/9	17:00	17:30	WC Press Conference	Auditorium
5/9	18:00	18:30	WC Athlete's briefing	Auditorium
5/9	19:00	20:00	WC Athlete's reception	Auditorium
6/9	16:30	16:50	WC Bike Course Familiarization	Venue
6/9	17:00	18:00	WC Swim Course Familiarization	Venue
7/9	17:00		WC Elite Women Race	Venue
7/9	19:00		WC Elite Men Race	Venue
7/9	20:15		WC Medal Ceremonies	Venue

KEY DATES PARATRIATHLON WORLD CUP

DAY	START	END	ACTIVITY	LOCATION
6/9	15:00	15:45	PWC Bike Course Familiarization	Venue
6/9	16:00	16:45	PWC Swim Course Familiarization	Venue
7/9	11:00		PWC Press Conference	Auditorium
7/9	12:00		PWC Athlete's briefing	Auditorium
7/9	13:00		PWC Athlete's reception	Auditorium
8/9	8:30		PWC Race	Venue
8/9	11:30		PWC Medal Ceremonies	

2.3. KEY CONTACTS

Event Directors:	Jorge García jorge.garcia@triatlon.org
Technical Delegate:	Anabela Santos anabela.d.santos@gmail.com
Athlete's Services Manager:	Pepe Pujol gerencia@cebanyoles.cat

2.4. CONTACT DETAILS

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

2. VENUE

RACE VENUE

The ITU Banyoles Triathlon World Cup and Paratriathlon World Cup has one venue, located in front of Banyoles Lake.

COURSE FAMILIARIZATION

There will be different bike and swim familiarization, for WC and PWC athletes according to the schedule written in this guide

ATHLETE'S LOUNGE

Will be allocated at Banyoles Football Field, next to the venue.

There will be a mechanical service, drinks, fruit; and a direct connection to Transition One.

ELITE ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed after the briefings, at the Auditorium.

DOPING CONTROL

Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

SECURITY

Local Police from Banyoles, Mossos de Squadra and 112 emergencies service, will provide the security for the event.

LOC OFFICE

LOC office will be allocated at La Carpa Restaurant and will be opened from Thursday 5th till Saturday 7th.

3. ACCOMODATION

The LOC have booked several rooms in these two hotels in Girona city near Girona / Costa Brava Airport and Girona Train Station

Bookings must be through the LOC.

Pepe Pujol: gerencia@cebanyoles.cat

Hotels will contact you with details (proforma invoice, etc...)

- **HOTEL B&B Girona 2****

Double room for single use: 56€/night.

Double room two beds: 61€/night.

Triple room: 80€/night.

C/ Miquel Martí i Pol n°11

17190 Salt (Girona), Spain

+34 972 439 487

hotel.girona2@hotelbb.com

<https://www.hotel-bb.com/en/hotel/girona>

- **HOTEL B&B Girona 3*****

Double room for single use: 61€/night.

Double room two beds: 66€/night.

Triple room: 85€/night.

Camí dels Carlins n°10

17190 Salt (Girona), Spain

+34 972 439009

hotel.girona3@hotelbb.com

<https://www.hotel-bb.com/en/hotel/girona-3>

In these price, there is included the breakfast buffet.

*The tourist tax is 0,50€/person and day.

The Girona Hotels are located 2 km from the entrance of the Girona South motorway on the AP7 northbound and 20 minutes by car from the competition headquarters.

They are located 15 minutes by car from the Girona/Costa Brava Airport and 10 minutes by car from the Girona AVE (High Speed Train) train station.

4. TRAVEL AND TRANSFERS

For Visa requests, you have to contact:

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

You can travel to Girona (by train or plane), or to Barcelona:

Travel to Girona

The LOC is offering complimentary transfer services for athletes and coaches, according to the following schedule:

DAY	GIRONA AIRPORT	GIRONA TRAIN	GIRONA HOTELS	BANYOLES HOTEL
04/09/2019	10:30	11:00	11:15	11:45
04/09/2019	12:30	13:00	13:15	13:45
04/09/2019	14:30	15:00	15:15	15:45
04/09/2019	16:30	17:00	17:15	17:45
04/09/2019	18:30	19:00	19:15	19:45
04/09/2019	20:30	21:00	21:15	21:45
04/09/2019	22:30	23:00	23:15	23:45
05/09/2019	10:30	11:00	11:15	11:45
05/09/2019	12:30	13:00	13:15	13:45
05/09/2019	14:30	15:00	15:15	15:45
05/09/2019	16:30	17:00	17:15	17:45
05/09/2019	18:30	19:00	19:15	19:45
05/09/2019	20:30	21:00	21:15	21:45
05/09/2019	22:30	23:00	23:15	23:45
06/09/2019	10:30	11:00	11:15	11:45
06/09/2019	12:30	13:00	13:15	13:45
06/09/2019	14:30	15:00	15:15	15:45
06/09/2019	16:30	17:00	17:15	17:45
06/09/2019	18:30	19:00	19:15	19:45
06/09/2019	20:30	21:00	21:15	21:45
06/09/2019	22:30	23:00	23:15	23:45

DAY	BANYOLES HOTEL	GIRONA HOTELS	TRAIN GIRONA	GIRONA AIRPORT
08/09/2019	06:00	06:30	06:45	07:15
08/09/2019	08:00	08:30	08:45	09:15
08/09/2019	08:00	08:30		

08/09/2019	10:00	10:30	10:45	11:15
08/09/2019	12:00	12:30	12:45	13:15
08/09/2019	14:00	14:30	14:45	15:15
08/09/2019	14:00	14:30		
08/09/2019	16:00	16:30	16:45	17:15
08/09/2019	18:00	18:30	18:45	19:15
08/09/2019	20:00	20:30	20:45	21:15

Booking process:

Send the following information to Pepe Pujol (gerencia@cebanyoles.cat)

Cost	0 €
Destination	Official Hotels and Banyoles Center
Deadline for applications	25/08/2019
Name	
Surname	
National Federation	
Email	
Phone	
Destination (Airport or Railway Station)	
Date of arrival	
Time of arrival	
Flight/Train of arrival	
Date of departure	
Time of departure	
Flight/Train of departure	
Bike (yes/no)	
Hotel	

Travel to Barcelona

The LOC is offering alternative transfer services for athletes and coaches, according to the following schedule:

DAY	BCN T1 AIRPORT	GIRONA HOTELS	BANYOLES HOTEL
04/09/2019	12:00	13:45	14:15
04/09/2019	19:00	21:15	21:45
05/09/2019	12:00	13:45	14:15

DAY	BANYOLES HOTEL	GIRONA HOTELS	BCN T1 AIRPORT
08/09/2019	08:00	08:30	10:15
08/09/2019	14:00	14:30	16:15

Booking process:

Send the following information to Pepe Pujol (gerencia@cebanyoles.cat)

Cost	60 € per person / return included
Destination	Official Hotels and Banyoles Center
Deadline for applications	25/08/2019
Name	
Surname	
National Federation	
Email	
Phone	
Destination (Airport or Railway Station)	
Date of arrival	
Time of arrival	
Flight/Train of arrival	
Date of departure	
Time of departure	
Flight/Train of departure	
Bike (yes/no)	
Hotel	

Official Transfer Services for official activities

OFFICIAL ACTIVITIES TRANSFERS				
DAY	BANYOLES	GIRONA HOTELS	BANYOLES	Activity
05/09/2019		09:00	09:30	
05/09/2019	13:00	13:30		
05/09/2019		17:00	17:30	Elite Athletes Briefing
05/09/2019	19:30	20:00		
06/09/2019		09:00	09:30	
06/09/2019	13:00	13:30		
06/09/2019		14:00	14:30	Paratriathlon Bike Course Familiarization
06/09/2019		15:00	15:30	Elite Bike Course Familiarization
06/09/2019	18:00	18:30		
06/09/2019	20:00	20:30		
07/09/2019		09:00	09:30	
07/09/2019		11:00	11:30	Paratriathlon Briefing
07/09/2019	13:30	14:00		
07/09/2019		14:30	15:00	Elite Women
07/09/2019		16:30	17:00	Elite Men
07/09/2019	19:00	19:30		Elite Women
07/09/2019	21:00	21:30		Elite Men
08/09/2019		06:00	06:30	Paratriathlon
08/09/2019	12:30	13:00		

5. ATHLETES SERVICES

PLACE: CLUB NATACIÓ BANYOLES

GOOGLE LINK: <https://goo.gl/maps/6hmG7quCAEQA7PyD8>

OUTDOOR SWIMMING POOL:

DAYS	FROM 3 to 6 of September
TIME	FROM 10:00 to 20:00
LANES	2
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service



OUTDOOR SWIMMING POOL:

DAYS	EVERYDAY
TIME	FROM 8:00 to 21:00
LANES	No limit
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service



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

WC ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
5 th	17:00	17:30	WC Press Conference	Auditorium
5 th	18:00	18:30	WC Athlete's briefing	Auditorium
5 th	18:30	19:00	WC Athlete's registration	Auditorium
5 th	19:00	20:00	WC Welcome reception	Auditorium
6 th	16:30	16:50	WC Bike course familiarization	Venue
6 th	17:00	18:00	WC Swim course familiarization	Venue
7 th	15:30	16:30	Elite Women registration	Venue
7 th	16:00	16:45	Elite Women transition check in	Venue
7 th	16:15	16:45	Elite Women swim warm up	Venue
7 th	16:50		Elite Women athlete's introduction	Venue
7 th	17:00		Elite Women start	Venue
7 th	20:15		Medal Ceremonies	Venue

WC ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
5 th	17:00	17:30	WC Press Conference	Auditorium
5 th	18:00	18:30	WC Athlete's briefing	Auditorium
5 th	18:30	19:00	WC Athlete's registration	Auditorium
5 th	19:00	20:00	WC Welcome reception	Auditorium
6 th	16:30	16:50	WC Bike course familiarization	Venue
6 th	17:00	18:00	WC Swim course familiarization	Venue
7 th	17:30	18:30	Elite Men registration	Venue
7 th	18:00	18:45	Elite Men transition check in	Venue
7 th	18:15	18:45	Elite Men swim warm up	Venue
7 th	18:50		Elite Men athlete's introduction	Venue
7 th	18:00		Elite Men start	Venue
7 th	20:15		Medal Ceremonies	Venue

DAY	START	END	ACTIVITY	LOCATION
6 th	15:00	15:45	PWC Bike course familiarization	Venue
6 th	16:00	16:45	PWC Swim course familiarization	Venue
7 th	11:00	11:30	PWC Press Conference	Auditorium
7 th	12:00	12:30	PWC Athlete's briefing	Auditorium
7 th	12:30	13:00	PWC Athlete's registration	Auditorium
7 th	13:00	14:00	PWC Welcome reception	Auditorium
7 th	14:30	15:30	PWC handbikes and handcycle bike check	Venue
8 th	7:00	8:00	PWC Athlete's registration	Venue
8 th	7:15	8:15	PWC Transition check in	Venue
8 th	7:30	8:15	PWC Swim warm up	Venue
8 th	8:20		PWC Athlete's introduction	Venue
8 th	8:30:00		PTS5 Men	Venue
8 th	8:31:00		PTVI B1 Men / Women	Venue

8 th	8:34:21		PTVI B2/B3 Men	Venue
8 th	8:34:48		PTVI B2/B3 Women	Venue
8 th	8:40:00		PTS3/4/5 Women	Venue
8 th	8:43:00		PTS2/3/4 Men	Venue
8 th	8:44:00		PTS2 Women	Venue
8 th	9:05:00		PTWC1 Men / Women	Venue
8 th	9:08:08		PTWC2 Men	Venue
8 th	9:09:04		PTWC2 Women	Venue
8 th	11:30		PWC Medal ceremonies	Venue

COMPETITION RULES

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

ATHLETE'S BRIEFING

The athlete's briefing, will take place as written in the schedule at Banyoles Auditorium

<https://ateneu.banyoles.cat/>

<https://goo.gl/maps/kAYNYei2SsbkB9U7A>

Plaça Major 40
Banyoles

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.

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 Casa Colón.

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

LANGUAGE: Catalán and Spanish

POPULATION: 19.239 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

WORLD CUP



SWIM COURSE

The start will be a beach start.

The start area is a 50m pontoon 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 Banyoles Lake. One lap in a anticlockwise 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 3 laps, with each lap passing through the main venue. On exiting the race village, riders will go around the lake. 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

Two (2) wheel stations will be located on the bike course. Neutral wheel station will be located by km3; team wheel station, will be located before entering at the transition area

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

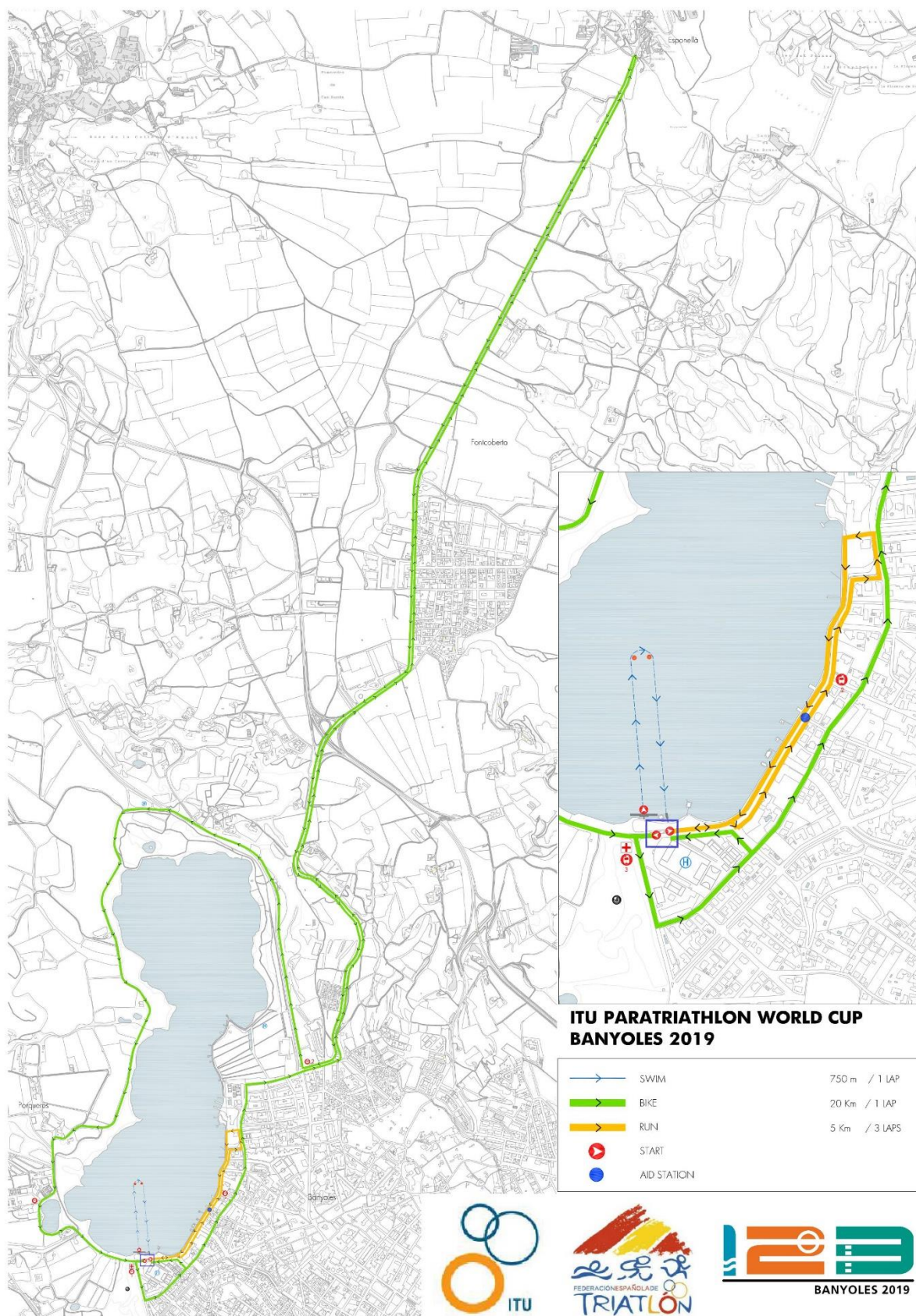
RUN COURSE

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.

PARATRIATHLON WORLD CUP



The start will be a beach start.

The start area is a 50m pontoon long. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

The Swim Will take place at Banyoles Lake. One lap in a anticlockwise 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 1 lap. The course is mostly flat

WHEEL STATION

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

TRANSITION 2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack.

RUN COURSE

The run course is 3 laps with a total of 1,66 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.

10. WATER QUALITY TEST

	1	2	3
Ph (6 -9)	7,9	7,9	7,8
E. Coli (500 per 100)	28	9	96
Enterococci (200 per 100)	54	24	43

Date: 17/7
Time: 11:10
Weather Conditions: Without rain



Good luck.