ATHLETE’S GUIDE
ETU DUATHLON EUROPEAN CHAMPIONSHIPS
v.04/03
*For further information, please see the FAQs section on the website (http://puntaumbria-huelva.triatlon.org/), visit the Information Booth at the Expo area or send an email to jorge.garcia@triatlon.org.

Rev. 20.02
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Useful Contact Information

*The Information Booth will be located at the Expo in Barceló Punta Umbría Beach Resort (Av. Del Decano s/n). For general queries, please visit the Expo Booth.

For technical questions regarding your race, you are encouraged to attend the Athletes’ Briefing (see schedule below) where the Technical Officials (TOs) and the Race Director (RD) can answer questions.

**Key Contact Details**

Executive Director  
**Jorge García** - jorge.garcia@triatlon.org

Athletes’ Services  
**Juan Carlos Díez** – juancarlos.diez@triatlon.org

Media Manager  
**Daniel Márquez** - daniel.marquez@triatlon.org

Barceló Resort Bookings  
**Isabel García** - comercial.huelva@barcelo.com

Transfers  
**Evaristo Rodríguez** - info@autocaresrg.com
ETU Team

Technical Delegate
Maisie Bancewicz

Assistant Technical Delegate
Vicente Sanchez Ros

Head Referee
Eero Raudsepp

ETU Representative
Martin Breedijk
Athlete's Guide Updates

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the Info Booth (located in the Expo). Any updated version of this Guide will be identified by the version number on the cover page (EX. V1, V2, V3...etc.).

For latest updates you can also visit http://puntaumbria-huelva.triatlon.org/.
GENERAL INFO

Schedule of Events

The Organizer of the 2020 Punta Umbría Duathlon European Championships is pleased to introduce the event schedule: 3 days in the city of Punta Umbría with a full programme of sport and related activities.

There will be **TWO DIFFERENT KEY AREAS:**

1) **BARCELÓ PUNTA UMBRÍA BEACH RESORT**
   a) Registration / Briefings
   b) Expo
   c) Official Hotel

2) **AVENIDA DE ANDALUCÍA**
   a) Opening Ceremony
   b) Transition Area
   c) Finish Area
   d) Expo
Main Locations

1. Official Hotel
2. Registration
3. Briefings
4. Opening Ceremony
5. Transition Area
6. Finish Area
7. Expo
How to get to the hotel from the venue

Punta Bus

The City of Punta Umbria has ARRANGED urban bus service with Puntabus, with two lines connecting the north to the south of the coastal town.

The urban service is priced at **1.20 €** the ticket. Approximate time passing between cars is 15-20 minutes, with departures from 10.00 to 14.00 hours and from 18.30 to 00.30 hours on line 1 and from 18.00 to 23.30 on line 2, Monday through Sunday.

Stops line 1 range from the hotel zone to the center of the town. Meanwhile, two line connecting the center with the Avenue of the ocean and the Church of Lourdes, also reaching the hotel zone

**Line 1** passes Apartments Leo Deluxe, Hotel Barceló Enebrales, Hotel Barceló Beach, Shopping Center, Boulevard Water, Liberty Avenue, Street Vulcano, Mercadona, Market, Market, Calle Ancha, Antigua Casa de Cultura, Town Hall, Apeadores bus, Altair, Snack Shark, Hotel Pato Amarillo, Third Block Everluz, Hotel Pato Rojo, Puntamar, Hotel Barceló Mar, Mall Apartments Leo Apartments Leo 1 and 3

**Line 2** is to tour Broad Street, former home of Culture, Guildhall, Market, Broad Street Muelle de las Canoas, Lourdes Church, chains, Youth Hostel, Altair, Snack Shark, Hotel Pato Amarillo, third block Everluz, Hotel Pato Rojo, Puntamar, Hotel Barceló Mar, Mall Apartments Leo 1, Apartments Leo 3 Apartments Leo Deluxe, Pines Sea, Hotel Barceló Enebrales, Hotel Barceló Beach, Shopping Center, Boulevard of the water, ancient Mercadona, Avenida Freedom, Mercadona, Market and Market
LINEA 1-AZUL: Horario de Lunes a Domingo de 10 a 14 horas y de 18:30 a 00:30

LINEA 2-AMARILLA: Horario de Lunes a Domingo de 10 a 14 horas y de 18:00 a 23:30
The detailed schedule of the whole event is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Start</th>
<th>Finish</th>
<th>Activity</th>
<th>Categories</th>
<th>Location</th>
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<tbody>
<tr>
<td>Friday, 6th of March</td>
<td>10:00</td>
<td>10:45</td>
<td>Briefings</td>
<td>Age Groups</td>
<td>Hotel Barceló Punta Umbría</td>
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<td>March 2020</td>
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<td>Friday, 6th of March</td>
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<td>Briefings</td>
<td>Elite / U23 / Junior</td>
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<td>Friday, 6th of March</td>
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<td>13:00</td>
<td>Press Conference</td>
<td>Elite / U23 / Junior</td>
<td>Hotel Barceló Punta Umbría</td>
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<td>ParaTriathlon</td>
<td>Hotel Barceló Punta Umbría</td>
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<td>Opening Ceremony</td>
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<td>Avenida de Andalucía</td>
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<td>9:00</td>
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<td>European Championship</td>
<td>Sprint-Age Groups</td>
<td>Avenida de Andalucía</td>
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<td>European Championship</td>
<td>Female Junior</td>
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<td>16:00</td>
<td>European Championship</td>
<td>Male Junior</td>
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<td>Medal Ceremony</td>
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<td>11:00</td>
<td>European Championship</td>
<td>ParaTriathlon</td>
<td>Avenida de Andalucía</td>
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<td>9:20</td>
<td>14:00</td>
<td>European Championship</td>
<td>Standard-Age Groups</td>
<td>Avenida de Andalucía</td>
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<td>Closing Ceremony</td>
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<td>Hotel Barceló Punta Umbría</td>
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<tr>
<td>Sunday, 8th of March</td>
<td>19:30</td>
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<td>Medal Ceremony</td>
<td>Age Groups</td>
<td>Hotel Barceló Punta Umbría</td>
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<tr>
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Additional Event Information

Opening Ceremony

The Opening Ceremony will be held on the 6th of March at 19.00 h.

All athletes are requested to be at 18.30 h at the Opening Ceremony Meeting Point (please see the map).

The Parade of Nations (PoN) will start at 19.00 h. All athletes will march along Punta Umbría High Street, Avenida de Andalucía.
Live Coverage

There will be Live Streaming of Elite events, via La Liga TV; you can find the APP in Google Play and Apple Store.

For updates, stay social and connect: Facebook (@multisportspain), Instagram (@multisportspain) and Twitter (@multisportspain).

All events will have live timing through the official APP (FETRI).

Further Services

Punta Umbría and Huelva have many interesting places to visit. The province offers visitors a wide range of cultural and leisure activities. For further information: http://puntaumbria-huelva.triatlon.org/en/tourism/.
Training

SWIMMING

ELITE, U23 and JUNIOR

Athletes and coaches can access Punta Umbría swimming pool from Wednesday to Monday (12.00-14.00). There is a free admission for athletes if you show your ID (with photo) or passport at the entrance. They will check it according to the start lists provided by the organization. The pool's address is:

AGE GROUP

Athletes can enter at any time, any day, with a fee of 4 €, to be paid at the swimming pool

Swimming pool in Punta Umbría
C/ Miguel Hernández s/n
21100 Punta Umbría

CYCLING

Punta Umbría – Malpica - Cartalla
Punta Umbría – Malpica – Cartalla – Embalse Piedras
Punta Umbría – Malpica – Cartalla
Punta Umbría – Malpica – El Rompido
RUNNING

Barceló Resort – Camino de la Romería – Pinos del Mar
Barceló Resort - Marismas

You can also use the municipal sports facilities with running tracks. Address:

Polideportivo Municipal Antonio Gil Hernández
C/ Andévalos s/n
21100 Punta Umbría
Tel. +34 959 49 51 59

https://www.google.com/maps/d/u/0/viewer?mid=1Tw63mMD5qE8gTPwO_bVvCavqARo&hl=es&ll=37.1950495992329%2C-6.970293799583487&z=17
**Mechanical Assistance**

Bike Mechanical Assistance will be provided during the following days:

a) **Friday**: Barceló Resort.

b) **Saturday and Sunday**: Expo at the venue, in front of the City Town Hall.
Volunteers/Technical Officials (TOs)

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Volunteers will help with different aspects of the event’s organisation such as supporting administration tasks and TOs, helping with protocol issues, access control and management, athletes’ and spectators’ support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to our European Championships!

Join us to organize the most important sporting event in recent years in Punta Umbría. Anyone over the age of 16 who wishes to be part of this great team is welcome! We only ask you to give us some of your time and to be willing to help out! To apply, simply fill out the application form (16-17 year olds will need their parents’ or guardian’s consent).

Be part of an unbeatable experience!

We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!
Transport & Accommodation

Arriving to Punta Umbría: Spain is a member of the European Union. Travel to and from Spain is governed by EU legislations framework. Therefore, different entry requirements may apply depending on where you're travelling from and your nationality. EU citizens do not need a visa; citizens from other countries may require a visa. If you travel to Spain from outside the Schengen Area, you may also require a visa.

How to get to Punta Umbría?

**By plane:** Seville and Faro are the closest airports. We will inform you shortly about transfers.

**By train:** there are many daily and frequent connections from Madrid to Seville and Huelva. Further info here: [www.renfe.es](http://www.renfe.es).

**By bus:** there are daily connections from Madrid to Seville and Huelva.

**By car:** you can drive to Huelva and Punta Umbría from the:
- Northwest: A66 highway.
- Centre: coming from and through Madrid.
- Southeast: to Andalucía and then straight forward to Huelva and Punta Umbría.
- Southwest: from Portugal.
Transfer

Autocares RG is the official Transfer Company. Transfers will be provided from Seville (Spain) and Faro (Portugal) Airports.

Price list:

<table>
<thead>
<tr>
<th>Nº of Persons</th>
<th>Price per person 1 Way</th>
<th>Price per person Return</th>
<th>Minimum Nº of Persons</th>
</tr>
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<tbody>
<tr>
<td>2 to 4</td>
<td>100 €</td>
<td>175 €</td>
<td>2 pax</td>
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<tr>
<td>5 to 8</td>
<td>75 €</td>
<td>125 €</td>
<td>5 pax</td>
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<tr>
<td>9 to 15</td>
<td>50 €</td>
<td>85 €</td>
<td>9 pax</td>
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<td>16 to 24</td>
<td>35 €</td>
<td>60 €</td>
<td>16 pax</td>
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To book transfers, please send your request to: info@autocaresrg.com
Accommodation

The official hotel, Barceló Resort, will offer special rates during the event (a 15 % discount). Booking: Isabel García - comercial.huelva@barcelo.com.

Parking

It is easy to park in Punta Umbría; if you are staying at the official hotel, it is best to park the car there and walk to the venue.

Please, avoid to park in areas within the bike and run courses as the police will remove your car.
Official Merchandising
Information for Spectators

Race courses will be closed to traffic. However, there are many roads that will 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 clinical area with access medical personnel only. The athlete’s Emergency Contact Person will be notified ASAP.

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 in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the ITU, 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](#).

If you are selected for Doping Control, someone will approach you to notify it. You may be asked to go for Doping Control even before the race, for example, after picking up your registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain you the procedure but you should be aware that you have certain rights and responsibilities.
You have the right to:

a) Appoint a representative of your choice to accompany you to Doping Control.

b) Request the services of an interpreter in case you do not have a good command of English (if required).

c) Request additional information about the Doping Control procedure.

d) Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)

e) Request necessary modifications if you have a disability.

f) Note any concerns with the Doping Control process on the Doping Control Form.

g) Request part “B” of your sample be analysed to confirm a positive result.

h) A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

a) Be aware of, and comply with, the World Anti-Doping Code and the ITU Anti-Doping Rules.

b) Be aware of which substances are not allowed and are included in the Prohibited List.

c) Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check them before the event. As an Age Group athlete you may apply for a retroactive TUE but it is not guaranteed, so you may want to request one no sooner than 30 days prior to racing.

d) Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.

e) Control your sample until it is sealed in the sample collection kit.

f) Ensure the sealed sample collection kit is secure and identified.

g) Ensure all documentation is accurate.

You must carry with you an ID/passport with photo when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager’s phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the ITU Anti-Doping Stand at the Expo where our volunteers will clarify your doubts and answer your questions. You can also check the Age Group Anti-Doping section on www.triathlon.org.

An Anti-Doping Age Group Q&A is available:

Race Rules & Penalties

a) To check ITU Rules, please click HERE.
b) To check ITU Rules FAQ, please click HERE.
c) To check the event FAQ, please click HERE.
d) To clarify any rules, please contact the Head Referees (Eero Raudsepp eero.raudsepp@triathlon.ee).

Uniform Rules

At the European Championships, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow ITU uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the ITU Competition Rule Book.

Please note the following amendment of the rules: https://www.triathlon.org/news/article/change_in_the_age_group_uniform_rule.

Due to weather statistics, the Technical Delegates have approved Age Group athletes and Paratriathletes to wear short sleeve National Federation uniforms for all events.

Click HERE to check the approved national uniforms.
Weather Conditions

In March, average temperatures are between 12 ºC at night and 18 ºC in daytime. Punta Umbría is a perfect tourist destination in March to enjoy the beaches and visit the main tourist attractions of the province of Huelva. There are few probabilities of rain and wind is not expected.

Bad Weather

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 slim chance that the event must be cancelled or postponed due to bad weather, there will be no refunds or deferrals. A large amount of your race fee will already have been allocated to resources before the day of the race! Thanks for your understanding!
PRE-RACE INFORMATION

**Bike Familiarisation**

There will be only official bike familiarization for Elite/U23/Junior athletes.

**Athletes’ Registration & Package Pick Up**

**AGE GROUP:** Registration will be opened as the following schedule and. There is no specific time for each NF.
- Thursday 5; from 17:00 to 20:00
- Friday 6; from 10:00 to 18:00
- Saturday 7; from 10:00 to 14:00

It is mandatory to come at any of these specific times; if for some reasons, you can not come during these times, you have to email inscripciones@triatlon.org

**ELITE, U23 AND JUNIOR:** Package Pick Up will take place after the Briefing. You must attend your Briefing to pick up your kit. Briefing is compulsory! The Briefing will take place at Barceló Punta Umbría Beach Resort (Av. Del Decano s/n).

Date: Friday, March 6th - Briefing at 11:30 h.

**PARATRIATHLON:** Package Pick Up will take place after the Briefing. You must attend your Briefing to pick up your kit. Briefing is compulsory! The Briefing will take place at Barceló Punta Umbría Beach Resort (Av. Del Decano s/n).

Date: Friday, March 6th – Briefing at 13:30 h.

**AGE GROUP**

Registration will be opened on Thursday. You can come at any time during opening hours. There is no specific time assigned to each National Federation (NF).
Registration Procedure

1. Register and confirm your BIB number.
2. Once data have been verified, you will be given:
   a) a wristband;
   b) an opening ceremony voucher;
   c) a closing ceremony voucher;
   d) a welcoming package (only 1 per athlete, even if you register for two events!!!).

(*) Spanish Athletes, they have their own registration package according to what they have ordered

Additionally, you will receive an envelope including the following items:
   a) your bib number;
   b) stickers; helmet (x3), bike (x1), cloakroom (x1);
   c) a tattoo (1), with the race number for the right arm;
   d) a tattoo (1), with the race number for the left leg;
   e) a tattoo (1), with the age group category for the calf.

3. Backpack Pick Up
   a) Each athlete will be given ONE European Championship backpack, and NOT one per event!!!

(*) Spanish Athletes, they have their own registration package according to what they have ordered

Wristbands must be worn during the whole event and until it has finished. Each event has a different wristband and will only grant access to Transition Area during the specific event.

Wristband design:
Athletes are welcome to check the Start Lists with their bib numbers, names, surnames, nationalities, etc. on the website prior to the event: HERE.

Should you spot any mistake, please contact your National Federation.
Briefings

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

Place: Barceló Punta Umbría Beach Resort (LOCATION HERE.)

**Team Managers Age Group Briefing** (Sprint and Standard): Friday, 6th March from 10:00 h to 10:45 h.

**Elite, U23 and Junior athletes** (compulsory): Friday, 6th March from 11:30 h to 12:15 h.

**Para athletes** (compulsory): Friday, 6th March from 13:30 h to 14:15 h.

Athletes' briefings will be held at Barceló Punta Umbría Beach Resort (Av. Del Decano s/n).

You can check the location [HERE](#).

The recorded video briefings will be uploaded onto the official website.
The Check In will take place on the following days and times:

**BIKE CHECK IN FOR AGE GROUP ATHLETES**

**Place:** Transition Area

**Date and time:**
- b) Sprint: 7th of March from 7:00 am to 9:00 am.
- c) Standard: 8th of March from 7:00 am to 9:00 am.
What to bring:
   a) Helmet.
   b) Bicycle.
   c) Uniform and body decals check.
   d) Any nutrition/liquid that you want to leave on your bike (optional).

Bike mechanical will be available at the Expo Area and bike pumps will be available in the Transition Area on race morning. Athletes are allowed to bring their own pump into transition but, like any other piece of equipment that is not to be used during the race, they should NOT remain in the Transition Area during the event.

Uniform and body decals check will take place upon arrival to the Transition Area. You will have access to your bike to drop your equipment and nutrition at your designated area.

Marking your transition spot is FORBIDDEN. All marks will be removed by Technical Officials, including towels, without prior notice. Portable toilets will be available near the Transition Area before and after race.

Morning gear that you do not need for the race CANNOT BE LEFT IN THE TRANSITION AREA. Please take everything you do not need for your race to the cloakroom.

ATHLETES’ LOUNGE and TRANSITION CHECK IN for Elite / U23 / Junior / Paratriathlon

Bike and equipment check will take place at the Athletes’ Lounge on race day.

JUNIOR

Athletes' Lounge Check In

Date: 7th of March
Time:
   • Female: From 11:45 to 12:45
   • Male: From 13:30 to 14:30
Place: Main Venue
Transition Check In

Date: 7th of March
Time:
  - Female: From 12:15 to 13:00
  - Male: From 14:00 to 14:45
Place: Transition Area

ELITE AND U23

Athletes' Lounge Check In

Date: 7th of March
Time:
  - Female: From 15:15 to 16:15
  - Male: From 17:00 to 18:00
Place: Main Venue

Transition Check In

Date: 7th of March
Time:
  - Female: From 15:45 to 16:30
  - Female: From 17:30 to 18:15
Place: Transition Area
PARATRIATHLON

Date: 8th of March

Athlete's Lounge Check In

Time: From 7:30 to 8:30
Place: Venue

Transition Check In

Time: From 8:00 to 8:45
Place: Age Group Transition Area
Timing Information / Tracking

All events will have live timing through the official APP. Further information shortly.

Important chip information for Age Group athletes:

a) The timing chip must be picked up during the race package pick up.
b) The timing chip is attached to the neoprene velcro strap. It must be worn around the ankle during the race.
c) Athletes must wear their timing chip to take part in the event.
d) Be sure to wear the chip provided to you. Be careful not to swap it with a friend by mistake as this will affect the results.
e) If you lose your chip during the event, please contact a Technical Official when you get to the Transition Area.
f) The timing chip must be returned at the Finish Area.
g) There is a 10 € penalty fee if you lose your timing chip.
RACE INFORMATION

Start times

<table>
<thead>
<tr>
<th>AG SPRINT DUATHLON, JUNIOR, ELITE &amp; U23</th>
<th>SATURDAY, 7th</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 h</td>
<td>AG SPRINT</td>
</tr>
<tr>
<td>13:15 h</td>
<td>JUNIOR FEMALE</td>
</tr>
<tr>
<td>15:00 h</td>
<td>JUNIOR MALE</td>
</tr>
<tr>
<td>16:45 h</td>
<td>ELITE &amp; U23 FEMALE</td>
</tr>
<tr>
<td>18:30 h</td>
<td>ELITE &amp; U23 MALE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AG STANDARD DUATHLON &amp; PARATRIATHLON</th>
<th>SUNDAY, 8th</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 h</td>
<td>PARATRIATHLON</td>
</tr>
<tr>
<td>9:20 h</td>
<td>AGE GROUP STANDARD</td>
</tr>
</tbody>
</table>

Event Details

Duathlon European Championships

SPRINT DUATHLON (Drafting Race) (Elite, U23, Junior, ParaTriathlon and AG)

RUN - 5 km
BIKE - 20 km
RUN- 2.5 km
STANDARD DUATHLON (NON Drafting Race) (AG)

RUN - 10 km
BIKE - 40 km
RUN - 5 km
Course Information

AG SPRINT

2020
Punta Umbria

ETU Duathlon European Championships

Age Group Sprint

C/ Ferraz 16, 3º dcha. 28008 Madrid - España • +34 915 599 305 • www.triation.org
2020 Punta Umbria
EUROPEAN CHAMPIONSHIPS
ETU Duathlon European Championships

1. Official Hotel
2. Registration
3. Briefing
4. Opening Ceremony
5. Transition Area
6. Finish Area
7. Expo
Run Course #1

First Lap: 2.2 km
2020 Punta Umbria
ETU Duathlon European Championships

Point: Lap / Transition

Google Earth
Bike Course

2 laps x 10.2 km
Lap of the Bike / Transition 2
Transition 2

2020 Punta Umbria
ETU Duathlon European Championships
Run Course #2

Going to the Finish x 0.28km
ELITE, U23 & JUNIOR

2020
Punta Umbria
ETU Duathlon
European Championships

Elite, U23 and Junior

C/ Ferraz 16, 3º dcha. 28008 Madrid - España • +34 915 599 305 • www.triatlon.org
1. Registration / Briefings
2. Opening Ceremony
3. Transition Area
4. Finish Area
5. Expo
6. Official Hotel
2020 Punta Umbria
ETU Duathlon European Championships

1. Official Hotel
2. Registration
3. Expo
4. #TRIArmadaHospitality
5. Bike Mechanical Service
6. Briefings
7. ETU Office
8. LOC Office
9. Press Conference
10. Closing Ceremony

To the venue
Run Course #2

1 lap - 2.5 km
1. Official Hotel
2. Registration
3. Briefing
4. Opening Ceremony
5. Transition Area
6. Finish Area
7. Expo
Run Course #1
Second and Third Lap: 2.44 km
2020 PUNTA UMBRIA
ETU Duathlon European Championships

Run Course #1
Fourth Lap x 2.50 km
2020 Punta Umbria
ETU Duathlon European Championships

Bike Course Aid Station and Penalty Box 1
Bike Course Penalty Box 2
Lap of the Bike / Transition 2
2020 Duathlon European Championships
Punta Umbria

Transition 2
Run Course #2

Start lap x 2.37 km
Run Course #1

2020 Punta Umbria

ETU Duathlon European Championships

Google Earth

Start of the 3km 4th lap
Run Course #2

Going to the Finish x 0.18 km
1. Official Hotel
2. Registration
3. Expo
4. #TRIArmada Hospitality
5. Bike Mechanical Service
6. Briefings
7. ETU Office
8. LOC Office
9. Press Conference
10. Closing Ceremony
Run Course #1
Second Lap x 2.33 km

Transition Left
Run Course #2

Punta Umbria

ETU Duathlon European Championships
2020 Punta Umbria
ETU Duathlon European Championships

Run Course #2
Going to the Finish x 0.25 km
Aid Stations

SPRINT

Run Course

There will be 2 Aid Stations per lap delivering water:

a) Aid Station 1
b) Aid Station 2

STANDARD

Run Course

There will be 2 Aid Stations per lap delivering water:

a) Aid Station 1
b) Aid Station 2
Bike Course

There will be 1 Aid Station per lap providing isotonic drink (in 600 ml bike bottles):

a) Aid Station 1

https://nutrisport.es/endurance/140-sport-drink-powder.html
ELITE, U23, JUNIOR AND PARATHRIATHLON

Run Course

There will be 2 Aid Stations per lap delivering water:

a) Aid Station 1
b) Aid Station 2
TOILETS

There will be toilets at the following spots:
- Post Finish Area (School)
- Age Group Transition Area
- Age Group Aid Station Run Course

Cut-off times

AG Sprint  2 hours from the time the athlete starts the race
AG Standard  4 hours from the time the athlete starts the race

Post-Race Information

Finisher Gift

All finisher athletes will receive:

- Sprint Duathlon: medal and t-shirt.
- Standard Duathlon: medal and t-shirt.
Post-Race Recovery Area

The Recovery Area will be located near the Finish Area.

Bike and Gear Pick Up

Congratulations! You are a Finisher! Now you have to pick up your bike and gear from the Transition Area. Do remember to pick up your bag from the cloakroom. The Punta Umbría European Championships is not responsible for the gear left behind.

Sprint Duathlon athletes can start to Check Out at 11:00 h (approximately).

Standard Duathlon athletes can start to Check Out at 13:00 h (approximately).
Double check your gear to be sure you have all your belongings with you. Our volunteers will do their best to check that each athlete’s bib number matches the number on his/her bike and gear when he/she leaves the Transition Area.

**Post-Race Massage and Physiotherapy Services**

A great massage, free of charge, for all athletes at the Recovery Area.

Additionally and during the week of the event, massage services will also be provided (further info shortly).

**Showers**

There will be showers at the Sports Center

C/ Miguel Hernández

**Results**

Results will be posted at the Recovery Area (School). They will also be uploaded up onto the Official Event APP (FETRI).

**Photo Service**

An official photographer will be at the Finish Line and photos will be posted on Facebook.

**Medal Engraving**

Commemorate your achievement! Engrave your FINISHER time on your medal! You can book this service online, just go [HERE](https://competiciones.triatlon.org/es/evento/2020-grabacion-de-la-medalla) and pay 10 € until 1st of march. Or also, after crossing the Finish Line go to the Recovery Area and pay 15 €.
Awards

The Awards Ceremony will take place at Avenida de Andalucía for Elite, U23, Junior and at Barceló Resort for the Para and AG athletes. You have to be present to receive your medal. If you cannot attend the Medal Ceremony, your Team Manager or one of your team mates can pick it up on your behalf at the end of ceremony.

Elite/U23/Junior

• Ambush marketing rules apply.
• As per ITU Competition rules:
  • Athletes must wear the uniform during the whole competition and award ceremony. Long sleeves and long pants are allowed for the Medal Ceremony.
  • Elite/U23/Junior athletes are not allowed to carry their country flag when they step up to receive their medals; flag-raising ceremony and national anthem of the winner.

Age Group

• Please dress up according to ITU Competition rules:
  • Athletes must wear the uniform during the whole competition and award ceremony. Long sleeves and long pants are allowed for the Medal Ceremony.
  • Children are not allowed on the podium.
  • If you cannot attend the Medal Ceremony, your Team Manager or one of your team mates can pick up your medal at the end of the ceremony.

Prize Money (Elite - male and female)

Prize Money will be awarded according to the Elite Finish Line crossing order.
Medal Ceremonies / Schedule

**Elite, U23 & Junior:** Saturday, 7th of March, at 19:45 h. (Avenida de Andalucía).
**Age Groups and ParaTriathlon:** Sunday, 8th of March, at 19:00 h. (Barceló Resort).

Closing Ceremony

The Closing Ceremony will take place on Sunday, 8th of March, starting at 19:00 h at Barceló Resort. LOCATION [HERE](#).

Lost and Found

Have you lost anything? Should you lose any item, please go to the Lost & Found Office at the Expo, next to the place where you will pick up your welcoming package with your bib numbers, at the Barceló Resort. LOCATION [HERE](#).

(DON'T) BREAK A LEG!!!! ENJOY THE EXPERIENCE!!!