

BANYOLES JUNIOR EUROPEAN CUP

ATHLETES GUIDE

v.02-09

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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

DAY	START	END	ACTIVITY	LOCATION
3/9	17:00	18:00	Swim course familiarization	Venue
4/9	12:00	12:30	Athlete's briefing	Virtual
4/9	12:30	14:00	Mandatory Antigen Test	Club Natació
5/9	8:15		Junior Men Race	Venue
5/9	9:10		Junior Women Race	Venue
5/9	10:30		Medal Ceremonies	Venue

2.3. KEY CONTACTS

Event Directors: Jorge García
jorge.garcia@triatlon.org

Technical Delegate:
Athlete's Services Manager: Marià Clavell
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 ETU Banyoles Triathlon Junior European has one venue, located in front of Banyoles Lake.

COURSE FAMILIARIZATION

There won't be familiarizations

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.

ELITE ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed at the LOC Office from 15:15 to 16:45 on Saturday.

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 Friday to Saturday.

3. ACCOMODATION

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

You can contact with the LOC for bookings.

Marià Clavell: gerencia@cebanyoles.cat

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

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

5. ATHLETES SERVICES

There are no pre-event training places due to the COVID-19 outbreak

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

ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
4 th	12:00	12:30	Athlete's briefing	Virtual
4 th	15:15	16:45	Athlete's registration	Venue
5 th	7:00	8:00	Men registration	Venue
5 th	7:30	8:15	Men transition check in	Venue
5 th	7:45	8:15	Men swim warm up	Venue
5 th	8:25		Men athlete's introduction	Venue
5 th	8:30		Men start	Venue
5 th	10:30		Medal Ceremonies	Venue

ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
4 th	12:00	12:30	Athlete's briefing	Virtual
4 th	15:15	16:45	Athlete's registration	Venue
5 th	7:30	8:30	Women registration	Venue
5 th	7:45	8:30	Women transition check in	Venue
5 th	7:45	8:30	Women swim warm up	Venue
5 th	9:10		Women athlete's introduction	Venue
5 th	9:15		Women start	Venue
5 th	10:30		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 virtual (more information to come)

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)

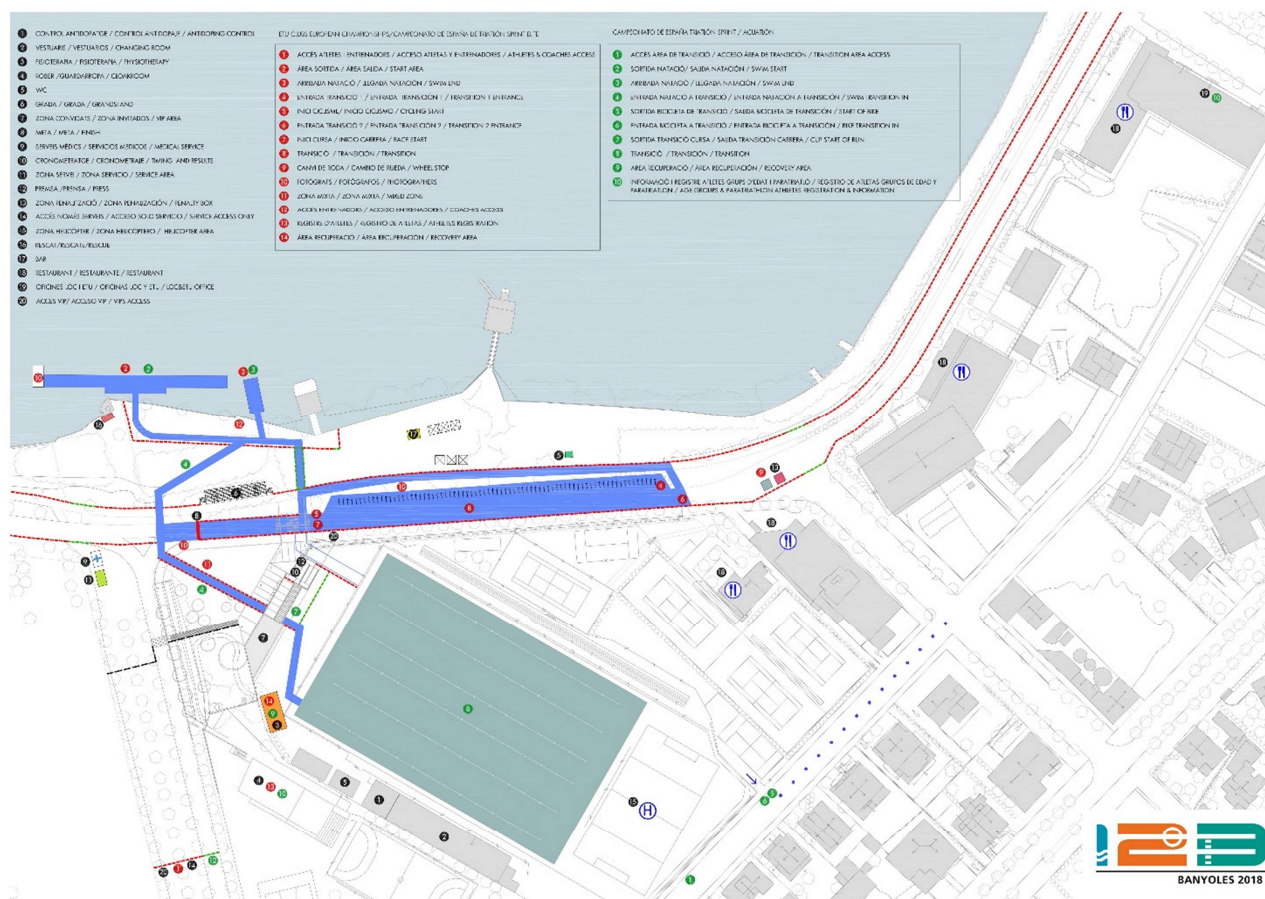
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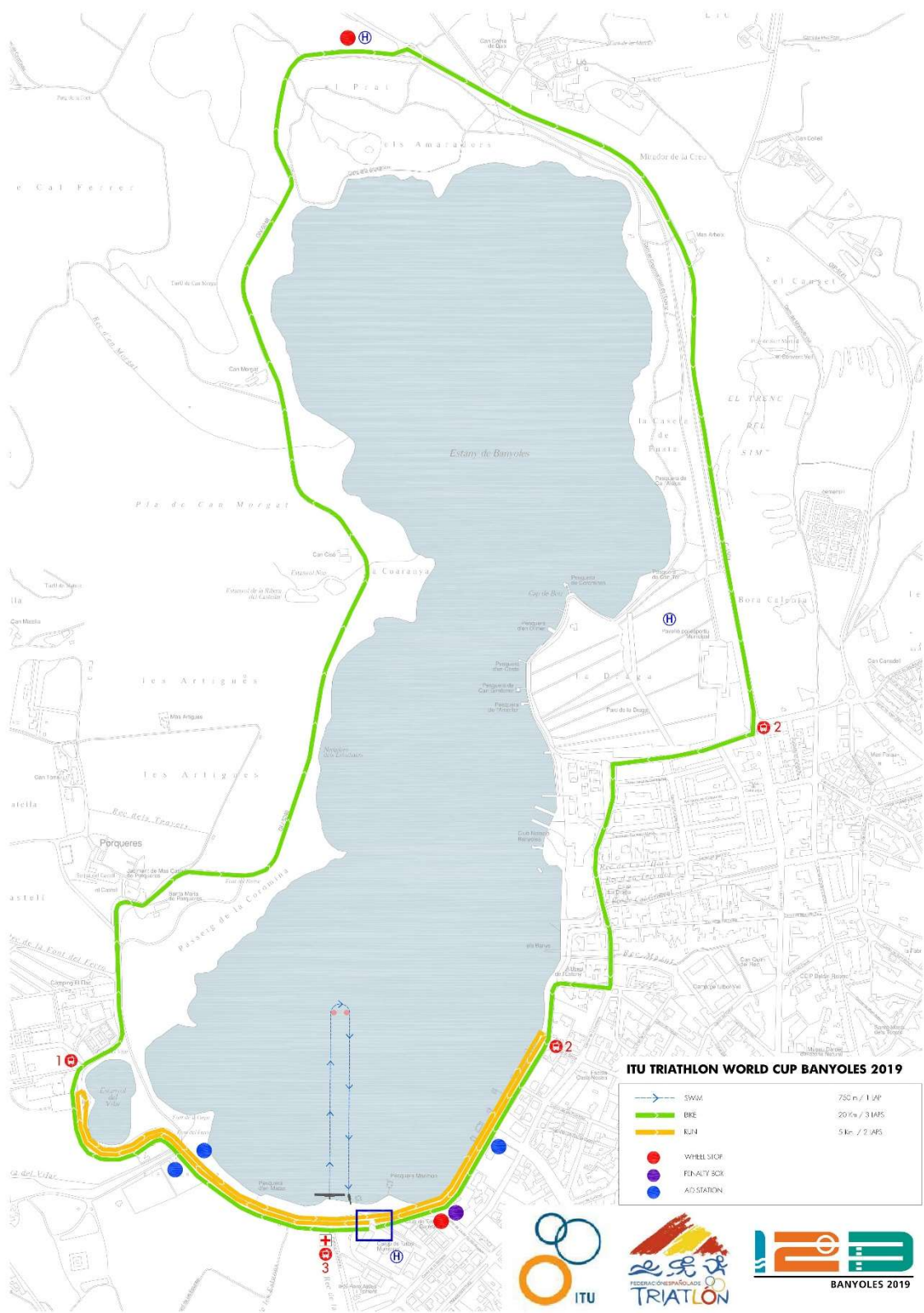
WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

VENUE





SWIM COURSE

The start will be a beach start.

The start area is a 60m pontoon long and each athlete will stand in a starting position approximately every 1,5m. 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 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 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

One (1) team wheel station will be located before entering at the transition area. Coaches are responsible to leave the wheels at the wheel station, and collect them after the event from the same point.

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.

