

ATHLETE'S GUIDE



Cross and Aquathlon
World Championships

EXTREMADURA
2021



2021 WORLD TRIATHLON CROSS AND AQUATHLON WORLD CHAMPIONSHIPS EL ANILLO / EXTREMADURA

v.2 - 22 Octobre 2021



*For further information, please see the FAQs section on the event web page

Cross Triathlon -

(https://www.triathlon.org/uploads/events/2021_El_Anillo_Tri_Cross_WCH_FAQs_ENG_v20210822_1.pdf)

Aquathlon -

https://www.triathlon.org/uploads/events/2021.El_Anillo_Aquathlon_WCH_FAQs_ENG_20211012.pdf

Visit the Information Booth at the Expo area or send an email to juancarlos.diez@triatlon.org

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Useful Contact Information

*The Information Booth will be located at the Centro Internacional de Innovación Deportiva "El Anillo". For general queries, please visit the Info Booth.

Key Contact Details

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Daniel Marquez - Daniel.marquez@triatlon.org

Accommodation and transfers

Araceli García - Araceli.garcia@bdcme.es

World Triathlon Team

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Stefane Mauris (SUI)

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Angel Otálora (ESP) - Angel_otalora@hotmail.com



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. Any updated version of this Guide will be identified by the version number on the cover page (EX. V1, V2, V3...etc.)

V2 - updated start time for Aquathlon and Cross Triathlon due to unexpected participation at Spanish Championships.

For latest updates you can also visit

https://triathlon.org/events/event/2021_world_triathlon_cross_triathlon_world_championships_extremadura

https://triathlon.org/events/event/2021_world_triathlon_aquathlon_championships_el_anillo_extremadura1

COVID-19

INDIVIDUAL RESPONSIBILITY

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the World Triathlon.

Also, the event, is under the regulations of the autonomous community of Extremadura, that is the authority with competences in terms of health <https://saludextremadura.ses.es/web/>

Procedures to enter in Spain

1. For **ALL** travelers: The Government of Spain has implemented a series of measures to protect the general public's health, including health control of passengers upon arrival in Spain. From this website you can fill out the health control form and obtain your QR Code, to show it at the checking points in the airport before to flight to Spain, <https://www.spth.gob.es/>. By default, this page is in Spanish but you can select French, English or German by clicking in the box "Elija Idioma".
2. Restrictions may change quickly, so you need to check the restrictions from your country to enter in Spain. The event is considered "High level event" for the Spanish Government. All people vaccinated will be able to enter in Spain, despite the restrictions in place in each moment.

COVID Coordinator: For any question related with COVID restrictions and travel details please contact Alicia Garcia alicia.garcia@triatlon.org

PARTICIPANTS' HEALTH SCREENING

Athletes must continuously monitor their health status (including temperature detection and monitoring of any symptoms) from 14 days before and during the event.

For information about travelling to Spain, see the "TRAVEL" chapter of this guide.

Temperature check will be carried out every day at the entrance of the venue.

Temperature higher than 37.5°C will be reported to the Medical Director and Medical Staff of the event.

A health coordinator will be appointed within the medical team. He will be responsible for coordinating and monitoring compliance and enforcement of health safety regulations.

Registration procedure: Athletes, coaches, and technical officials, will follow World Triathlon procedures.

Due to the current situation of the COVID-19, the World Triathlon requires for this event:

- All athletes, coaches, technical officials, volunteers, staff, media **must** follow the requirements to enter the host country.
- No additional test is expected unless required by the local authority.
- Wearing a mask is mandatory on site until the start and after the end of the competition for all athletes, coaches, NF support team, TOs, World Triathlon Staff, LOC Staff and Volunteers
- We will continue to respect the decision/rules of the local public health of the host country.
- All the specific measures can be found in the table next page:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before traveling	COVID-19 test at event	Daily health screening
Elite athletes					yes
U23 athletes					yes
Junior athletes	In case of stand alone event only			In case of stand alone event only	yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a			yes follow public health request	yes
AG athletes					yes
Coaches/team medical/ support NF personnel	In case of stand alone event only	Respect the travel regulations set by the host country	follow public health or World Triathlon request	In case of stand alone event only	yes
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes in case of a stand alone event; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only				yes
LOC/ Contractors	follow public health request			follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only			In case of stand alone event only	yes

TEST COVID 19 TO RETURN

HOW TO PROCEED IN CASE AN ATHLETE NEEDS A TEST TO RETURN TO HIS/HER COUNTRY

In this clinic you will be able to make reservations for the test. To book, you must go in a group.

The group must be at least 5 people.

You must call this number, and indicate when you want to take the test.

Telephone: +34 927 42 41 23

www.saludsavia.com

https://www.saludsavia.com/servicio/pcr-covid-19_pb-60525_eurofins-megalab-analisis-clinicos-adame?utm_source=cx_exp-lab&utm_medium=email&utm_campaign=exp-lab_testcovid_202010

PCR (cost, 110 €)

Results are produced in 36 hours.

Booking in advance is needed;

General Info

About Extremadura and El Anillo

Main Locations

The venue is located at the **Centro Internacional de Innovación Deportiva "El Anillo"**.

Main venue will be El Anillo, <https://www.facebook.com/elanilloinnova/>
You can find the location here, <https://goo.gl/maps/tmWBQJaPn8Rqug4L6>

Where to go and visit

Extremadura is a big region in the west side of Spain, and next to Portugal border. The biggest city next to El Anillo is Plasencia, and the capital is Cáceres

AMBROZ VALLEY AND TIERRAS DE GRANADILLA

Cultural heritage, natural beauty spots and ornithology come together in these two regions of the province of Cáceres.

Located in the north of Cáceres province, between the region of Las Hurdes and the Valley, you will find the Valley of Ambroz. The landscape, which is comprised of a mountainous area full of holm-oaks, chestnut trees and pine groves, changes, as one moves from Plasencia towards Baños de Montemayor or Hervás, from meadow and pasture land to high mountain scenery.

This region will definitely appeal to you if you like fishing and water sports. Also, if you consider yourself an experienced mountaineer, take advantage of the winter to climb up the snowy mountain sides.

Birdwatchers come to the Ambroz Valley to spot all kinds of fowl: those that inhabit the forest, mountains, brush, meadow, crops and aquatic birds.

In this region, you will also find some emblematic trees, of the many that are scattered around Extremadura. Do not miss the birch wood of Puerto de Honduras, the enormous chestnut trees of Casas del Monte and Segura de Toro, and the La Fresneda cork-oak in Aldeanueva del Camino.

With regard to the region's wealth of monuments, the highlights are the Jewish quarter of Hervás, and the palace of Sotofermoso, located in Abadía, both of which have been declared historical and artistic sites, as well as the Baños de Montemayor baths, and Aldeanueva del Camino. The latter two villages are on the Silver Route.

The Ambroz Valley is the venue for two highly relevant events: Los Conversos in Hervás, and the Magical Autumn, declared a Festival of Tourist Interest in Spain.

The heart of the neighbouring district of Tierras de Granadilla lies in the Gabriel y Galán reservoir, construction of which led to the abandonment of the beautiful village of Granadilla. It is now being rehabilitated and can be visited, with its town wall and castle.

In Guijo de Granadilla you can visit the museum-house of the poet Gabriel y Galán. And in the municipality of Oliva de Plasencia, you simply must visit the Roman town of Cáparra.

There is also a district with a monumental tree here: the Romanejo or El Acarreadero Oak, in Cabezabellosa.

The gastronomy of both regions is sure to delight anyone's palate.

More information about Valle del Ambroz: <http://visitambroz.com>

More information about Extremadura: <https://www.turismoextremadura.com/>

Further Services

Cáceres has many interesting places to visit. The city and the province offers visitors a wide range of cultural and leisure activities. For further information:

<https://turismo.caceres.es/>

Venue

The Organizer of the **2021 World Triathlon Cross and Aquathlon Championships** is pleased to introduce the event schedule: 2 days in **the Centro Internacional de Innovación Deportiva "El Anillo"** with a full programme of sport and related activities.

There will be **ONE MAIN AREA - Centro Internacional de Innovación Deportiva "El Anillo"**

- a) Main venue
- b) Registration
- c) Expo
- a) Transition Area
- b) Finish Area

Google map [link](#)

Schedule

Schedule Aquathlon

Day	Start Time	End Time	Activity
28/10/2021	6:00:00 PM	7:00:00 PM	Online Briefing - Elite/U23/Juniors Athlete - Aquathlon WCH
28/10/2021	7:00:00 PM	8:00:00 PM	Online Briefing - AG / Para Athlete - Aquathlon WCH
29/10/2021	1:00:00 PM	2:00:00 PM	Race pack distribution Elite/U23/Juniors Aquathlon WCH
29/10/2021	4:00:00 PM	5:00:00 PM	Swim Familiarisation - Aquathlon and Cross Triathlon WCH
29/10/2021	4:00:00 PM	8:00:00 PM	Age Group Race Package Distribution - Aquathlon / Cross Triathlon WCH
29/10/2021	5:00:00 PM	6:00:00 PM	Online Briefing - Juniors / Para - Cross Triathlon WCH
29/10/2021	6:00:00 PM	7:00:00 PM	Online Briefing - Elite/U23 Athlete - Cross Triathlon WCH
29/10/2021	7:00:00 PM	8:00:00 PM	Online Briefing - Age-Group Athlete - Cross Triathlon WCH
30/10/2021	3:00:00 PM	4:00:00 PM	Aquathlon - Athlete lounge Check in Elite, U23, Juniors and Para World Championships
30/10/2021	3:15:00 PM	4:15:00 PM	Aquathlon - Elite transition Check in Elite, U23, Juniors and Para World Championships & Elite, Para Campeonato de España
30/10/2021	4:30:00 PM		Aquathlon Elite/U23 + Juniors M World Championships
30/10/2021	4:35:00 PM		Aquathlon Elite/U23 + Juniors F World Championships
30/10/2021	5:00:00 PM		Aquathlon ParaTriathlon World Championships
30/10/2021	4:35:00 PM	5:35:00 PM	Aquathlon - transition Check in AG World Championships & AG Campeonato de España
30/10/2021	5:45:00 PM		Aquathlon AG World Championships - Men
30/10/2021	5:50:00 PM		Aquathlon AG World Championships - Women
30/10/2021	6:05:00 PM	7:05:00 PM	Aquathlon - Elite transition Check out Elite, U23, Juniors and Para World Championships & Elite, Para Campeonato de España
30/10/2021	6:35:00 PM	7:35:00 PM	Aquathlon - transition Check out AG World Championships & AG Campeonato de España
30/10/2021	6:45:00 PM		Aquathlon WCH - Medal Ceremonies

Schedule Cross Triathlon

Day	Start Time	End Time	Activity
29/10/2021	4:00:00 PM	5:00:00 PM	Swim Familiarisation - Aquathlon and Cross Triathlon WCH
29/10/2021	4:00:00 PM	8:00:00 PM	Age Group Race Package Distribution - Aquathlon / Cross Triathlon WCH
30/10/2021	10:00:00 AM	4:00:00 PM	Registration/Package Pick Up - AG Cross Triathlon WCH
30/10/2021	12:00:00 PM	1:00:00 PM	Race pack distribution Elite/U23/Juniors/Para Cross Triathlon WCH
31/10/2021	8:00:00 AM	8:35:00 AM	Cross Triathlon - Athlete lounge check in Junior
31/10/2021	8:00:00 AM	8:45:00 AM	Cross Triathlon - Junior WCH and Junior, Juvenil & Cadete Campeonato de España WARM UP
31/10/2021	8:00:00 AM	9:00:00 AM	Cross Triathlon - Transition Check in Juvenil & Cadete Campeonato de España, Para World Championships & Para Campeonato de España
31/10/2021	8:20:00 AM	8:50:00 AM	Cross Triathlon - Transition Check in Junior
31/10/2021	9:00:00 AM		Cross Triathlon Junior M World Championships
31/10/2021	9:02:00 AM		Cross Triathlon Junior F World Championships
31/10/2021	9:30:00 AM		Cross Para Triathlon World Championships
31/10/2021	9:30:00 AM	9:45:00 AM	Cross Triathlon - Elite transition Check out Junior
31/10/2021	9:30:00 AM	10:30:00 AM	Cross Triathlon - Athlete lounge check in Elite World Championships
31/10/2021	9:45:00 AM	10:45:00 AM	Cross Triathlon - Elite transition Check in Elite World Championships & Elite Campeonato de España
31/10/2021	10:00:00 AM	10:45:00 AM	Cross Triathlon - Elite WCH & Elite Campeonato de España WARM UP
31/10/2021	10:30:00 AM	11:10:00 AM	Cross Triathlon - Transition Check out Juvenil & Cadete Campeonato de España, Para World Championships & Para Campeonato de España
31/10/2021	11:00:00 AM		Cross Triathlon Elite Men World Championships
31/10/2021	11:10:00 AM		Cross Triathlon Elite Women World Championships
31/10/2021	1:00:00 PM	2:30:00 PM	Cross Triathlon - Transition Check in AG World Championships & AG Campeonato de España
31/10/2021	1:30:00 PM	2:30:00 PM	Cross Triathlon - Elite transition Check out Elite World Championships & Elite Campeonato de España
31/10/2021	2:00:00 PM		World Triathlon WCH Medal Ceremonies ELITE, U23, JUNIOR, PARA
31/10/2021	2:45:00 PM		Cross Triathlon Age Group World Championships - Men Wave 20-24 to 35-39
31/10/2021	2:50:00 PM		Cross Triathlon Age Group World Championships - Men Wave 40-44 to 45-49
31/10/2021	2:55:00 PM		Cross Triathlon Age Group World Championships - Men Wave 50-54 to 70-74
31/10/2021	3:00:00 PM		Cross Triathlon Age Group World Championships - Women
31/10/2021	5:30:00 PM	7:00:00 PM	Cross Triathlon - Transition Check out AG World Championships & AG Campeonato de España
31/10/2021	6:30:00 PM		World Triathlon WCH Medal Ceremonies AG

Training

Swim course familiarization will be on Friday at 16:00. Also, during the week, you can swim in the 20-meter outdoor pool of the Sports Innovation Center El Anillo.

Training is only available for Elite and Paratriathletes. There will be an identification process at the entrance of the training facilities.

Training will be available at Sports Innovation Center El Anillo.

- Swimming in the outdoor pool.
- Bike course: Will be marked from Tuesday the week of the event

Courses will be published at:

https://triathlon.org/events/event/2021_world_triathlon_cross_triathlon_world_championships_extremadura

https://triathlon.org/events/event/2021_world_triathlon_aquathlon_championships_el_anillo_extremadura1

<https://www.facebook.com/elanilloinnova/>

Athletes are recommended to keep distance during running sessions and during their session at the beach. *It is recommended to call the pool to confirm availability (+34 927442901).

Mechanical Assistance

Bike Mechanical Assistance will be provided during the following days:

- Saturday to Sunday during competitions time

For any other problem, please contact the specialized store:

Gr-100 Brand Store Specialized PLASENCIA
Address: C. Sta. Ana, 14, 10600 Plasencia, Cáceres
Tel: 927 09 90 20

Transport

Due to the place where El Anillo is located, we recommend flying to Madrid or Seville, and from there rent a car. Renting a car will allow the people coming to the event and to discover the province of Extremadura.

From Seville, is connected by highway, and the distance is 350 km

From Madrid, is connected by highway, and the distance is 250 km

If you wish to request a quote for a transfer service, please contact:
Araceli García BCD Meetings and Events - araceligarcia@bcdme.es

Accommodation and transfer

The main cities to El Anillo, are Plasencia and Hervás

For any support for accommodation and transfer requests, please contact:
Araceli Garcia - araceligarcia@bcdme.es

Parking

Parking is easy near the venue. There are some spaces 2 kilometers from the venue where you can park your car without any problem. From there, you can take a bus to get to El Anillo Sports Innovation Center.

Buses are free, and will be at the bus stop every 10 minutes.



In case you are coming with autocaravan, we have a small parking for them.

To book an space, you need to send an email to juancarlos.diez@triatlon.org with the following details:

- Autocaravan plate
- Photo
- Date of arrival
- Date of departure

Official Merchandising

Austral, t-shirt, bike clothes will be available Friday to Sunday

Close to race package distribution

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 World Triathlon, 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 you. 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 the procedure to you but you need to 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 later 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 World Triathlon 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:

https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1.

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 World Championships!

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

Race Rules & Penalties

- a) Check World Triathlon Rules, please click [**HERE**](#).
- b) Check the World Triathlon FAQ, please click [**HERE**](#).
- c) Check the event FAQ, [aquathlon](#) and [cross triathlon](#)
- d) To clarify any rules, please contact the Head Referees.

Uniform Rules

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

Please note the following amendment of the rules:

https://www.triathlon.org/news/article/change_in_the_age_group_uniform_rule.

Click [HERE](#) to check the approved national uniforms.

Weather Conditions

At the end of October, average temperatures are between 17°C y 20°C during the day. Extremadura is the perfect destination in autumn as it is not expected to have cold weather.

Bad Weather

The Race Organizers and the World Triathlon 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

Bike course Will be marked from Tuesday the week of the event. During that week, you will be able to do the circuit for training. There is no access to the bike course on Saturday due to other competition taking place.

Athletes' Registration & Package Pick Up

AGE-GROUP: Registration will be opened as the following schedule. There will be specific slots for NF's to be announced in a later stage.

Aquathlon		Cross Triathlon	
Day	Time	Day	Time
Friday, 29 October 2021	16:00 - 20:00	Friday, 29 October 2021	16:00 - 20:00
		Saturday, 30 October 2021	10:00 - 16:00

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 juancarlos.diez@triatlon.org

ELITE/U23/JUNIORS/PARATRIATHLON:

Aquathlon		Cross Triathlon	
Day	Time	Day	Time
Friday, 29 October 2021	13:00 - 14:00	Saturday, 30 October 2021	12:00 - 13:00

Age-Group registration Procedure

1. Register and confirm your BIB number.

- a) Bring a photo ID
- b) Print and sign the athlete waiver (see waiver at the end of the document)

2. Once data have been verified, you will be given:

- a) a wristband;
- b) bag and t-shirt

Additionally, you will receive an envelope including the following items:

- a) your bib number;
- b) bike plate (only for Cross Triathlon)
- c) swim cap
- d) stickers; helmet (x3), bike (x1), cloakroom (x1)
- e) a tattoo (1), with the race number for the right arm;
- f) a tattoo (1), with the race number for the left leg;
- g) a tattoo (1), with the Age-Group category for the calf.

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

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

Aquathlon: [HERE](#).

Cross Triathlon: [HERE](#)

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

Briefings

Due to the Covid-19 measures, this year's briefings will take place online. During the briefing you will receive the latest information regarding the registration process, weather conditions, the course and regulations.

You are requested to watch the Briefing so that you receive all the necessary information.

Aquathlon

Date	From	To	Event
Thursday 28 Oct 2021	18:00	19:00	Elite/U23, Juniors, Para - Aquathlon World Championships <i>.Including Para Team Manager.</i> Registration link: https://us02web.zoom.us/webinar/register/WN_ravOK0SVSbWsdY-SDeiD0w
Thursday 28 Oct 2021	19:00	20:00	Age-Group - Aquathlon World Championships. <i>Including AG Team Manager.</i> Registration link: https://us02web.zoom.us/webinar/register/WN_YinkSeRWRdac-eo vCnvoQQ

Cross Triathlon

Date	From	To	Event
Friday 29 Oct 2021	17:00	18:00	Juniors, Para - Cross Triathlon World Championships. <i>Including Para Team Manager.</i> Registration link: https://us02web.zoom.us/webinar/register/WN_KG003WK6SBqqTCvYGgAMfw
Friday 29 Oct 2021	18:00	19:00	Elite/U23 - Cross Triathlon World Championships. Registration link: https://us02web.zoom.us/webinar/register/WN_jeLo1i4OR6iAyD5StMQMmw
Friday 29 Oct 2021	19:00	20:00	AG - Cross Triathlon World Championships. <i>Including AG Team Manager.</i> Registration link: https://us02web.zoom.us/webinar/register/WN_-FXfc-w5SHGu_itxDKt65w

The recorded video briefings and presentations will be uploaded onto https://triathlon.org/about/downloads/category/race_briefings

Bike and Gear Check In + Race day Transition Area Check In

Helmets and cycling shoes can be placed in the Transition Area, at your designated spot. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as leaving their shoes attached to their bike upon arrival at the Transition Area. All used equipment must be placed inside the bins/boxes supplied by the organiser. No loose gear will be allowed on the ground next to the bicycles following Transition.

Please label all your clothing and gear (including shoes). You can take your clothes to the cloakroom, which is located right next to the transition area. If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

There will be signs and volunteers at the Transition Check In to help you check in your gear and rack your bike in the right spot.

As you enter the Transition Area to check your bike in, your bike/helmet will be subject to a MANDATORY bike/helmet check. Please ensure your bike is in safe working conditions. Securely fasten all equipment you may carry with you. 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:

BIKE CHECK IN FOR AGE-GROUP ATHLETES (Cross Triathlon only)

Place: Transition Area

Date and time:

- a) Cross Triathlon : 31 October - tbc.

Specific slots time per bib number, will be assigned in order to do the check in, in order to prevent groups and long queues during this process.

What to bring:

- a) Helmet with stickers.
- b) Bicycle with sticker and bike plate.
- c) Uniform and body decals check.
- d) Any nutrition/liquid that you want to leave on your bike (optional).

Come to check-in with stickers and body decals in position and ready to be checked

Bike mechanics will be available 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 the 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. The cloakroom will be next to the transition area.

ATHLETES' LOUNGE and TRANSITION CHECK IN for ELITE/U23, JUNIORS, PARA TRIATHLON

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

AQUATHLON

ELITE/U23/JUNIORS

Athletes' Lounge Check In

Date: Saturday 30 October 2021

Time: From 15:00 to 16:00

Place: Athlete Lounge

Transition Check In

Date: Saturday 30 October 2021

Time: From 15:15 to 16:15

Place: Elite Transition Area

PARA

Athletes' Lounge Check In

Date: Saturday 30 October 2021

Time: From 15:00 to 16:00

Place: Athlete Lounge

Transition Check In

Date: Saturday 30 October 2021

Time: From 15:15 to 16:15

Place: Elite Transition Area

AGE-GROUP

Transition Check In

Date: Saturday 30 October 2021

Time: From 16:35 to 17:35

Place: Transition Area

CROSS TRIATHLON

ELITE/U23

Athletes' Lounge Check In

Date: Sunday 31 October 2021

Time: From 09:30 to 10:30

Place: Athlete lounge

Transition Check In

Date: Sunday 31 October 2021

Time: From 09:45 to 10:45

Place: Elite Transition Area

JUNIORS

Athletes' Lounge Check In

Date: Sunday 31 October 2021

Time: From 08:00 to 08:35

Place: Athletes' Lounge

Transition Check In

Date: Sunday 31 October 2021

Time: From 08:20 to 08:50

Place: Elite Transition Area

PARA

Athletes' Lounge Check In

Date: Sunday 31 October 2021

Time: From 07:45 to 08:45

Place: Athletes' Lounge

Transition Check In

Date: Sunday 31 October 2021

Time: From 08:00 to 09:00

Place: Transition Area

AGE-GROUP



Transition Check In

Date: Sunday 31 October 2021

Time: 13:00 to 14:30

Place: Transition Area

Timing Information / Tracking

All events will have live timing through the official APP. The name of the application is Sportchip, and you can download it from your phone.

Sportchip for Iphone: <https://apps.apple.com/us/app/sportchip-live/id1420393528>

Sportchip for Android:

https://play.google.com/store/apps/details?id=com.sportmaniac_live_app_android.sportchip&hl=es&gl=US

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 left 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 - Aquathlon

Start Time	Activity
16:30	Aquathlon Elite/U23 + Juniors M WCH
16:35	Aquathlon Elite/U23 + Juniors F WCH
17:00	Aquathlon ParaTriathlon WCH
17:45	Aquathlon AG WCH - MEN
17:50	Aquathlon AG WCH - WOMEN

Start times - Cross Triathlon

Start Time	Activity
9:00	Cross Triathlon Junior M World Championships
9:02	Cross Triathlon Junior F World Championships
9:30	Cross Para Triathlon World Championships
11:00	Cross Triathlon Elite/U23 M World Championships
11:10	Cross Triathlon Elite/U23 F World Championships
14:45	Cross Triathlon Age Group World Championships - Men Wave 20-24 to 35-39
14:50	Cross Triathlon Age Group World Championships - Men Wave 40-44 to 45-49
14:55	Cross Triathlon Age Group World Championships - Men Wave 50-54 to 70-74
15:00	Cross Triathlon Age Group World Championships - Women

Distances / Laps

AQUATHLON	CROSS TRIATHLON
ELITE/U23 - JUNIORS - PARA - AGE-GROUP	ELITE/U23 and AGE-GROUP
SWIM – 1 km	SWIM – 1 km
RUN – 5 km	BIKE – 20 km
	RUN – 6 km
	JUNIORS and PARA
	SWIM – 500 m
	BIKE – 10 km
	RUN – 3 km

Course Maps

Aquathlon



Aid Stations

- Run 2 aid stations per lap delivering water

Cross Triathlon

ELITE/U23, AGE-GROUP



Aid Stations

- Bike 1 refill station + 1 repair station
- Run 2 aid stations per lap delivering water

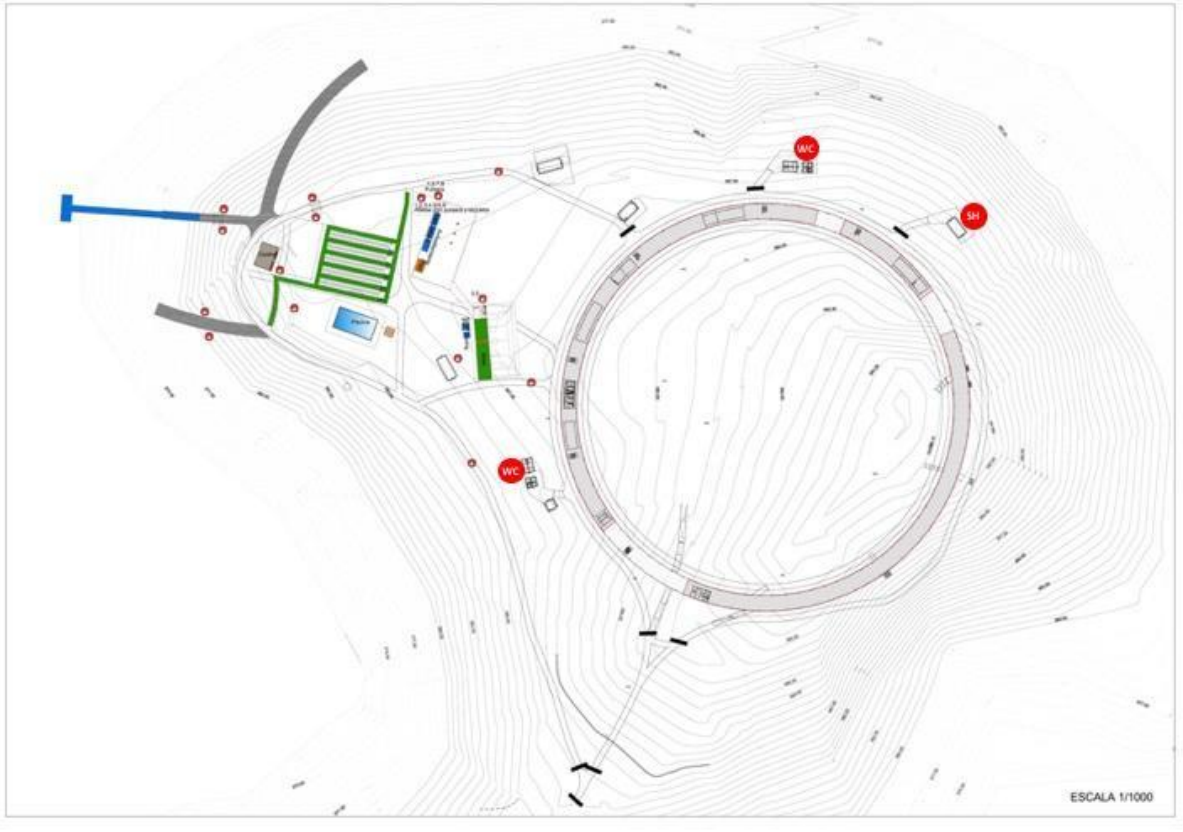
JUNIORS, PARA



TOILETS

There will be toilets at the following spots:

- a) Post Finish Area.
- b) Age-Group Transition Area
- c) Age-Group Run Course
- d) Age-Group Bike Course
- e) Athletes Lounge (only for Elite and Paratriathletes)



CUT OFF TIMES

Age-Group Cross triathlon races

1:30:00 PM End of the bike cut off time
2:00:00 PM End of the race cut off time

Elite/U23 Cross triathlon races

6:30:00 PM End of the bike cut off time

Post-Race Information

Age-Group

All finisher athletes will receive a finisher medal

Post-Race Recovery Area

The Recovery Area will be located near the Finish Area.

Bike and Gear Check-out

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 World Triathlon Cross and Aquathlon World Championships is not responsible for the gear left behind.

Check-out time

Aquathlon

Day	Start Time	End Time	Activity
30/10/2021	6:05:00 PM	7:05:00 PM	Aquathlon - Elite transition Check out Elite, U23, Juniors and Para World Championships & Elite, Para Campeonato de España
30/10/2021	6:35:00 PM	7:35:00 PM	Aquathlon - transition Check out AG World Championships & AG Campeonato de España

Cross Triathlon

Day	Start Time	End Time	Activity
31/10/2021	9:30:00 AM	9:45:00 AM	Cross Triathlon - Elite transition Check out Junior
31/10/2021	10:30:00 AM	11:10:00 AM	Cross Triathlon - Transition Check out Juvenil & Cadete Campeonato de España, Para World Championships & Para Campeonato de España
31/10/2021	1:30:00 PM	2:30:00 PM	Cross Triathlon - Elite transition Check out Elite World Championships & Elite Campeonato de España
31/10/2021	5:30:00 PM	7:00:00 PM	Cross Triathlon - Transition Check out AG World Championships & AG Campeonato de España

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 Recovery Service

Water and Isotonic

Showers

There will be showers at the venue

Bike Cleaning station

Bike cleaning station post finish area in the venue.

Photo Service

Can download at www.tufotografis.com. No costs.

Results

Results will be posted at the Recovery Area.

They will also be uploaded up onto the Official Event APP (FETRI). The name of the application is Sportchip, and you can download it from your phone.

Sportchip for Iphone: <https://apps.apple.com/us/app/sportchip-live/id1420393528>

Sportchip for Android:

https://play.google.com/store/apps/details?id=com.sportmaniac_live_app_android.sportchip&hl=es&gl=US

Medal/Awards ceremony

Date	Start Time	Activity	Event
Saturday, October 30, 2021	19:00	Aquathlon WCH - Medal Ceremonies	Aquathlon WCH
Sunday, October 31, 2021	19:00	World Triathlon Cross Championships - Medal Ceremonies	Cross Triathlon WCH

The Awards Ceremony will take place at the venue. You have to be present to receive your medal. If you cannot attend the Medal Ceremony, your Team Manager or one of your teammates can pick it up on your behalf at the end of the ceremony.

Elite/Junior/Paratriathlon

- Ambush marketing rules apply.
- As per World Triathlon 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/Paratriathlon 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 World Triathlon 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 teammates can pick up your medal at the end of the ceremony.

Prize Money (Elite - male and female)

Prize Money will be distributed according to World Triathlon Competition Rules

Closing Ceremony

The closing ceremony will be on Sunday at 19h30. After the awards ceremony, the Extremaduran rock band "Derrape" will perform a concert of about 120' in front of the finish line of the competition.

Derrape: <https://derrape.es/grupo>

The concert will be free entrance and no accreditation will be needed to enjoy it. During the concert, athletes and accompanying persons will be able to buy refreshments and drinks in the area.

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 Venue. LOCATION [HERE](#).

Age-Group Athlete Waiver



Be your
extraordinary

WAIVER – RELEASE OF LIABILITY

Please read this acknowledgment, waiver and release from liability carefully:

I understand that competing in the 2021 World Triathlon Cross Championships El Anillo-Extremadura or 2021 World Triathlon Aquathlon Championships El Anillo-Extremadura events involves swimming in lake, cycling, running or walking on public roads and property used by the public. I am aware of the risks involved. The risks include but are not limited to vehicle traffic, pedestrians, actions of competitors, spectators, event personnel, weather conditions and my physical and mental state of health. In my judgement I have sufficient competence and experience to participate safely. I certify that I am sufficiently trained for participation in these events. I have not been advised by a qualified medical person against competing in these events. Should I be advised by a qualified medical person against competing in these events, prior to the date of competition, I will notify World Triathlon/LOC and withdraw my entries into these events. I certify I have my own liability, accident and health insurance with the necessary coverage for my participation in the 2021 World Triathlon Cross Triathlon World Championships El Anillo-Extremadura or 2021 World Triathlon Aquathlon Championships El Anillo-Extremadura. The World Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc.

I accept and consent to the World Triathlon Competition Rules and the Athlete's Guide available on World Triathlon's website at www.triathlon.org.

I accept that photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

In consideration of my acceptance of entry into these 2021 World Triathlon Cross Championships El Anillo-Extremadura or 2021 World Triathlon Aquathlon Championships El Anillo-Extremadura sanctioned events, I agree that the LOC and officials, World Triathlon and Federación Española de Triatlón, its directors, employees, subcontractors, volunteers, members and sponsors shall not be liable for injuries or loss I might suffer because of my participation in these events.

The LOC has put enhanced health and safety measures in place due to the potential spread of COVID-19, that are in accordance with World Triathlon COVID-19 rules. I shall follow all instructions while visiting any event-related venue, whether posted or otherwise communicated verbally or in writing. An inherent risk of exposure to COVID-19 exists in any place where people are present and may be contracted from other person(s) (including but not limited to any co-participant; spectator; Organizer staff, representative, volunteer, or contractor; and/or any other person(s)). By visiting any event-related venue, I voluntarily assume all risks related to exposure to covid-19, so I (or my child, if applicable) may participate in the event and the activities.



DATA POLICY

I agree and consent for the following:

- To World Triathlon and the LOC processing and keeping my personal data in any format, including but not limited to my full name, gender, country, year of birth, sport, Sport Class, Sport Class Status, category, email address, phone number **to comply with as a condition of participating in World Triathlon events for as long as this information is useful in accordance with GDPR, LPrD (https://triathlon.org/privacy_notice) and the article 5.3 of the International Standard for the Protection of Privacy and Personal Information (hereinafter “ISPPPI”).**
- World Triathlon publish on World Triathlon’s website my full name, gender, year of birth, country, category, Sport Class and Sport Class Status as well as Anti-Doping results.
- That my name, email address being shared by World Triathlon for commercial purposes with all World Triathlon Globals Sponsors (including but not limited to NTT, Asics, Havoline, Fujitsu), World Triathlon Championship Series, World Cup and World Championships Global Sponsors and Local Competition Organisers Committee.
- That World Triathlon provides all the data collected for these events to the Olympic Channel (IOC) for its development and use.
- That my full name, year of birth, gender, country, category, Sport Class being shared by the LOC to Datasport in order to publish the race results on the website page.
- That photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

As a participant in the 2021 World Triathlon Cross Championships El Anillo-Extremadura or 2021 World Triathlon Aquathlon Championships El Anillo-Extremadura, I verify that I have read and understood the present waiver and policies. **By signing this Waiver, I understand and consent to the DATA POLICY:**

Print Name: _____

Date: _____

Signature: _____

Parent/Guardian Name (for participants under the age of 18): _____

Parent/Guardian Signature: _____

Date: _____