



ATHLETE'S GUIDE

EUROPE TRIATHLON CHAMPIONSHIPS VALENCIA

V(2) - 21/09

*For further information, please see the FAQs section on the website (https://triathlon.org/events/event/2021_europe_triathlon_championships_valencia), visit the Information Booth at the Expo area or send an email to juancarlos.diez@triathlon.org

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Useful Contact Information

*The Information Booth will be located at the [Expo](#) at the venue (Marina Real de Valencia). For general queries, please visit the Expo Booth.

Key Contact Details

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Europe Triathlon Team

Technical Delegate

Duncan Hough (GBR) – Elite

Raquel González (ESP) - Para

Eriketti Margari (GRE) – Age Group

Mónica Zubillaga (ESP) – Elite

Head Referees

Esther Sanchez (ESP) & Sarah Taylor (GBR)

ETU Representative

Renato Bertrandi

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

General Info

Schedule of Events

The Organizer of the **2021 Valencia Triathlon European Championships** is pleased to introduce the event schedule: 3 days in the city of Valencia with a full programme of sport and related activities.

There will be **ONE MAIN AREA - MARINA REAL DE VALENCIA**

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

Main Locations

The venue is located at the Marina de València.

Marina de València Street

<https://goo.gl/maps/zV1bGuTjqacQ6SZv8>
<https://w3w.co/islotes.baúl.tinte>

Located between the commercial port of the city and its promenade is La Marina de Valencia, leading area of the city with big spaces to walk, ride a bike, enjoy local cuisine and practice nautical and sports activities.

As a result of the modernization of the Port to host the 32nd America's Cup, Valencia has this space where culture, training and entertainment are combined with sports, tourism and gastronomy.

The most emblematic building is the Veles e Vents, a symbol of contemporary architecture in Valencia and a cultural container, where there are exhibitions, live music, theatre, conferences and dance.

In the area there are many restaurants, first class hotels and the Marina Beach Club.

In addition, it has become a regular venue for sporting events such as Valencia Triathlon, which in 2021 hosts the Europe Triathlon Championships.



ÁREAS | STANDARD

1. Finish Area
2. Transition

3. Recovery Área
4. Starts
5. Antidoping

6. Registration
7. Medical service



Schedule

Day	Time starts	Time ends	Activity	Event	Place
Thursday	15:00:00	15:45:00	AG Online Briefing	AG Sprint	Online
Thursday	16:30:00	17:00:00	Para Triathlon Online Briefing	Para Triathlon	Online
Thursday	18:00:00	18:30:00	Elite Online Briefing	Elite	Online
Thursday	16:00:00	20:00:00	Expo		Tinglados
Thursday	16:00:00	20:00:00	AG athletes registration		Tinglados
Friday	10:00:00	11:30:00	ParaTriathlon Antigen Test and Race Pack Pick up		La Base Building
Friday	10:00:00	20:00:00	Expo		Tinglados
Friday	10:00:00	20:00:00	AG athletes registration		Tinglados
Friday	11:30:00	13:00:00	Elite Antigen Test and Race Pack Pick up		La Base Building
Friday	13:00:00	13:20:00	ParaTriathlon Bike course Familiarization (only Elite section)		Venue
Friday	13:30:00	13:45:00	Elite Bike course Familiarization		Venue
Friday	13:30:00	14:15:00	ParaTriathlon Swim course familiarization	ParaTriathlon	Venue
Friday	14:15:00	15:00:00	Elite Swim course familiarization	Elite	Venue
Saturday	6:00:00	8:00:00	AG Sprint Transition zone check in	AG Sprint	Venue
Saturday	8:00:00		AG Sprint Triathlon ECH #1 wave	AG Sprint	Venue
Saturday	9:00:00	10:45:00	AG Sprint Triathlon ECH #last wave	AG Sprint	Venue
Saturday	9:00:00	20:00:00	Expo		Tinglados
Saturday	10:00:00	16:00:00	AG Standard athletes registration		Tinglados
Saturday	10:15:00	11:30:00	ParaTriathlon athletes lounge check in	ParaTriathlon	Venue

Saturday	11:00:00	11:45:00	ParaTriathlon transition zone check in	ParaTriathlon	Venue
Saturday	11:15:00	11:45:00	ParaTriathlon warm up	ParaTriathlon	Venue
Saturday	11:45:00		ParaTriathlon calling area	ParaTriathlon	Venue
Saturday	11:50:00		ParaTriathlon athletes introduction	ParaTriathlon	Venue
Saturday	12:00:00		ParaTriathlon ECH PTS5 M	ParaTriathlon	Venue
Saturday	12:01:00		ParaTriathlon ECH PTVI B1 M	ParaTriathlon	Venue
Saturday	12:02:00		ParaTriathlon ECH PTVI B1 W	ParaTriathlon	Venue
Saturday	12:04:21		ParaTriathlon ECH PTVI B2/B3 M	ParaTriathlon	Venue
Saturday	12:05:48		ParaTriathlon ECH PTVI B2/B3 W	ParaTriathlon	Venue
Saturday	12:08:00		ParaTriathlon ECH PTS2 / 3 / 4 M	ParaTriathlon	Venue
Saturday	12:10:00		ParaTriathlon ECH PTS3 / 4 / 5 W	ParaTriathlon	Venue
Saturday	12:12:00		ParaTriathlon ECH PTS2 W	ParaTriathlon	Venue
Saturday	13:00:00		ParaTriathlon ECH PTWC1 M	ParaTriathlon	Venue
Saturday	13:01:00		ParaTriathlon ECH PTWC1 W	ParaTriathlon	Venue
Saturday	13:03:08		ParaTriathlon ECH PTWC2 M	ParaTriathlon	Venue
Saturday	13:05:04		ParaTriathlon ECH PTWC2 W	ParaTriathlon	Venue
Saturday	13:45:00	14:45:00	Elite Women athletes lounge check in	Elite Women	Venue
Saturday	14:15:00	15:00:00	Elite Women transition zone check in	Elite Women	Venue
Saturday	14:15:00		ParaTriathlon medal ceremonies	ParaTriathlon	Venue
Saturday	14:30:00	15:00:00	Elite Women warm up	Elite Women	Venue
Saturday	15:00:00		Elite Women calling area	Elite Women	Venue
Saturday	15:05:00		Elite Women athletes introduction	Elite Women	Venue

Saturday	15:15:00		Elite Women ECH	Elite Women	Venue
Saturday	17:20:00		Elite Women medal ceremonies	Elite Women	Venue
Saturday	16:30:00	17:30:00	Elite Men athletes lounge check in	Elite Men	Venue
Saturday	17:00:00	17:45:00	Elite Men transition zone check in	Elite Men	Venue
Saturday	17:15:00	17:45:00	Elite Men warm up	Elite Men	Venue
Saturday	17:45:00		Elite Men calling area	Elite Men	Venue
Saturday	17:50:00		Elite Men athletes introduction	Elite Men	Venue
Saturday	18:00:00		Elite Men ECH	Elite Men	Venue
Saturday	20:05:00		Elite Men medal ceremonies	Elite Men	Venue
Sunday	6:00:00	8:00:00	AG Sprint Transition zone check in	AG Standard	Venue
Sunday	8:00:00		AG Standard Triathlon ECH #1 wave	AG Standard	Venue
Sunday	9:00:00	12:45:00	AG Standard Triathlon ECH #last wave	AG Standard	Venue
Sunday	9:00:00	20:00:00	Expo		Tinglados
13:00:00	13:00:00		AG Sprint medal ceremonies	AG Sprint	Venue
13:45:00	13:45:00		AG Standard medal ceremonias	AG Standard	Venue

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 (@triatlonsp), Instagram (@triatlonsp) and Twitter (@triatlonsp).

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

Further Services

Valencia 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://www.visitvalencia.com/>

Training

COVID-19 specific

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

Athletes are recommended to keep distance during running sessions and during their session at the beach. ***It is recommended to ring the pool to confirm availability**

Polideportivo Nazaret

Official website: [HERE](#)

Location: [HERE](#)

Tel: +34 96 367 79 48

DAY	HOUR	LANE AVAILABLE
Setember 20	7:00 to 20:00h	1
Setember 21	8:00 to 20:00h	1
Setember 22	7:00 to 20:00h	1
Setember 23	8:00 to 20:00h	1
Setember 24	7:00 to 15:00h	1
Setember 25	9:30 to 14:30h	1
Setember 26	9:30 to 14:30h	2

Pista Atletismo Estudio Turia – polideportivo Tramo III

Official website: [HERE](#)

Location: [HERE](#)

Tel: +34 96 348 50 00

DAY	HOUR
Setember 20	8:30 to 16:00h 19:30 to 23:30h
Setember 21	8:30 to 16:00h 19:30 to 23:30h
Setember 22	8:30 to 16:00h 19:30 to 23:30h
Setember 23	8:30 to 16:00h 19:30 to 23:30h
Setember 24	8:30 to 16:00h 19:30 to 23:30h
Setember 25	NON AVAILABLE
Setember 26	8:30 to 16:00h 19:30 to 23:30h

Mechanical Assistance

Bike Mechanical Assistance will be provided during the following days:

Monday to Thursday

Bicimecanica Kibike

Address: Avenida Peris y Valero n° 77 bajo-izq

46006 València

Phone: +34659961578

0034963144715

Friday to Sunday:

- During Expo time
- During check in at the transition area for Age Group Races
- During athletes lounge and check in times for Elite and ParaTriathlon races

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!

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

Transport

Arriving to Valencia: 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 Valencia?

By plane: Valencia is the closest airport. Also there are connections to Alicante.

By train: there are many daily and frequent connections from Madrid, Barcelona and Alicante to Valencia. Further info here: www.renfe.es.

By bus: there are daily connections from Madrid, Barcelona and Alicante to Valencia.

By car: you can drive to Valencia from the:

- Northwest: A6 and A3 highway.
- Northeast: A7 highway
- Centre: coming from and through Madrid.
- Southeast: A7 highway.

Accommodation and transfer

Globalia is the official travel agency of the event for accommodation requests, please contact:

Carlos Cuadrado – carlos.cuadrado@bcdme.es

Araceli Garcia - araceligarcia@globalia.com

Transvia Sport is the official company for transfers. For request, please contact:

Company: www.transviasport.com

Mari Carmen Martos - maricarmen.martos@transviasport.com

Services:

A) **Option 1:** independent services for each transfer

- Tourism: in the case that the transfer is for 1 or 2 people. Price per transfer: €45 (In the trunk, a maximum of 2 trolley + 1 bike could be folded in its bag)
- Minivan 7 people: Price per transfer: Minivan €100 + van for bikes €100. If the number of bikes is 1 or 2, the van will not be necessary.
- Bus: For a maximum of 15/18 people with suitcase and bicycle. Price per transfer: €180; (bicycles could go in the trunk folded in their bag)

In this case, if the services are performed at night (from 10 pm to 6 am) or on holidays / Sundays, they would carry an increase of €65.

B) **Option 2:** available for various transfers, depending on flight schedules permitting.

Minivan 7 people + Van

- Available 4 hours: Minivan: €200 + Van: €180 *
- Available 6 hours: Minivan: €280 + Van: €260 *

* If the number of bikes is 1 or 2, the van will not be necessary.

In this case, if the services are performed at night (from 10 pm to 6 am) or on Sunday, they would lead to an increase of 20 %.

Parking

It is easy to park in Valencia next to the venue; there are free parking areas and there is parking under the venue.

Please, avoid parking in areas within the bike and run courses as the police will remove your car.

Official Merchandising

Check www.valenciatriathlon.com for more details



PROPUESTA DE DISEÑO: ETU - VALENCIA 2021

OP-02

■ MARINO

■ 285

■ 186

■ YELLOW

■ 300

CIMT019R






CICT013R



ATCM008R

OLYMPIA

Information for Spectators

Race courses will be closed to traffic. However, there are many roads that will take you to junctions to cheer on your athlete. In general, spectators will be able to cheer on 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 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. 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 World Triathlon 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.

Race Rules & Penalties

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

Uniform Rules

At the European 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

In September, average temperatures are between 27 °C during the day and 19 °C in the evening. Valencia is a perfect tourist destination to enjoy the beaches and visit the main tourist attractions of the province of Valencia. There are a few probabilities of rain and wind is not expected.

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

Swim Familiarization

Only, there will be swim course familiarization for Elite and Paratriathlon. The scheduled time will be on Friday, September 24 at 13.30 (Paratriathlon) and 14.15 p.m. (Elite)
There will be NO bike course familiarization for AG.

Bike Familiarization

Only, there will be bike course familiarization for Elite and Paratriathlon. The scheduled time will be on Friday, September 24 at 13.00 (Paratriathlon) and 13.30 p.m. (Elite)
There will be NO bike course familiarization for AG.

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.

- Thursday 23; from 16:00 to 20:00
- Friday 24; from 10:00 to 20:00
- Saturday 25; from 10:00 to 14:00

Thursday

16:00 - 18:00 AUT, BEL, BLR, BUL, CZE, ESP, FIN, FRA, GER, HUN, IRL

18:00 - 20:00 GBR, LUX, ITA, LUX, NED, NOR, POL, POR, SLO, SUI, SWE

Friday

10:00 - 15:00 AUT, BEL, BLR, BUL, CZE, ESP, FIN, FRA, GER, HUN, IRL

15:00 - 20:00 GBR, LUX, ITA, LUX, NED, NOR, POL, POR, SLO, SUI, SWE

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

COVID-19 Health Screening Process for AG athletes and support staff

In our efforts to provide the safest possible environment at all our events this season, we are requiring all Age-Group athletes and their support staff to complete a pre-event Covid-19 screening questionnaire and submit relevant health documents before the event.

Athletes/support team need to:

- Perform an Antigenic or PCR swap pre-travel test within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support. Tests that must currently be taken to gain entry to a country are valid as pretravel tests.
- Complete the pre-event Covid-19 screening questionnaire (and attached the test result above).

- Please make sure to fill in the questionnaire and upload your Covid-19 test result **before** coming to registration/race pack distribution. No race pack/accreditation will be distributed if the above is not duly completed.
- World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process.

Please connect here to fill the questionnaire and upload your test result:
<https://survey.alchemer-ca.com/s3/50098105/Covid-Pre-Screener>

COVID-19 Health Screening Process for Elite and Paratriathletes

Please see the section below on this document or the concept paper at www.triathlon.org

In our efforts to provide the safest possible environment at all our events this season, we are

ELITE: Package Pick Up will take place after the COVID-19 pre-event test.

Date: Friday 24, from 11:30 – 13:00h at the venue.

11:30 - 11:45	AUT, AZE, BEL, BLR, CRO, CZE, DEN
11:45 - 12:00	ESP, EST, FRA, GBR
12:00 - 12:15	GER, HUN, IRL, ISR
12:15 - 12:30	ITA, LTU, LUX, NED
12:30 - 12:45	NOR, POL, POR
12:45 - 13:00	RUS, SRB, SUI, SVK, SWE, TUR, UKR

PARATRIATHLON: Package Pick Up will take place after the COVID-19 pre-event test.

Date: Friday 24, from 10:00 – 11:30h at the venue

10:00 - 10:15	AUT, BEL, ESP, FIN
10:15 - 10:30	FRA, GBR
10:30 - 10:45	GER, HUN, IRL, ITA, LUX
10:45 - 11:00	NED, POL, POR, ROU
11:00 - 11:15	RUS
11:15 - 11:30	SWE, UKR

AG registration Procedure

1. Register and confirm your BIB number.

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

- a) a wristband;
- b) a welcoming package (only 1 per athlete, even if you register for two events!!!).

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!!!

Wristbands must be worn during the whole event until it has finished. Each event has a different wristband and will only grant access to 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: [HERE](#).

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

Briefings

Due to the COVID-19 outbreak, all the briefings will be virtual.

Please register for your briefing at the below link:

Elite: Thursday 23 September at 18:00. Register here:

https://us02web.zoom.us/webinar/register/WN_LmSln2K3RvOj1oJ3yfiNQA

Para Triathlon: Thursday 23 September at 16:30. Register here:

https://us02web.zoom.us/webinar/register/WN_8XXs4zcQR7CsYXNA8u9_5A

Age Group: Thursday 23 September at 15:00. Register here:

https://us02web.zoom.us/webinar/register/WN_3StzF5a5Tv69tkabZdA0lw

The recorded video briefings will be uploaded on Friday 24th, onto https://triathlon.org/events/event/2021_europe_triathlon_championships_valencia

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 2.

Please label all your clothing and gear (including shoes). 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 Transition Area to check in your bike, 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.

Your bike shoes can be placed on your bike.

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: 25th September 6:00 am to 8:00 am.
- c) Standard: 26th September from 6:00 am to 8:00 am.

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

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, and 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.

ATHLETES' LOUNGE and TRANSITION CHECK IN for Elite / Paratriathlon

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

ELITE

Athletes' Lounge Check In

Date: 25th of September

Time:

- **Female:** From 13:45 to 14:45
- **Male:** From 16:30 to 17:30

Place: Main Venue

Transition Check In

Date: 25th of September

Time:

- **Female:** From 14:15 to 15:00
- **Male:** From 17:00 to 17:45

Place: Elite Transition Area

PARATRIATHLON

Date: 25th of September

Athlete's Lounge Check In

Time: From 10:15 to 11:30

Place: Venue

Transition Check In

Time: From 11:00 to 11:45

Place: Elite 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

AG SPRINT TRIATHLON, PARATRIATHLON, ELITE	
SATURDAY, 25 th	
8:00 h	AG SPRINT
12:15 h	PARATRIATHLON
15:15 h	ELITE FEMALE
18:00 h	ELITE MALE

AG STANDARD TRIATHLON	
SUNDAY, 26 th	
8:00 h	AGE GROUP STANDARD

Event Details

Triathlon European Championships

AG SPRINT TRIATHLON (non drafting race)

SWIM – 750 m 1 lap
 BIKE - 20 km 2 laps
 RUN- 5 km 2 laps

Wave	Event	Total	Wave Total	Start Time	First Number	Last Number	Swim Cap Colour	Check in Times
1	AG Sprint 16-19 M	20	97	8:00	1001	1020	60	6:00 to 6:30
	AG Sprint 20-24 M	20			1023	1042	20	
	AG Sprint 25-29 M	29			1045	1073	30	
	AG Sprint 30-34 M	28			1077	1104	40	
2	AG Sprint 16-19 F	8	57	8:05	1107	1114	60	6:10 to 6:40
	AG Sprint 20-24 F	14			1116	1129	30	
	AG Sprint 25-29 F	16			1131	1146	20	
	AG Sprint 30-34 F	19			1149	1167	40	
3	AG Sprint 35-39 M	27	96	8:10	1170	1196	10	6:20 to 6:50
	AG Sprint 40-44 M	32			1199	1230	70	
	AG Sprint 45-49 M	37			1233	1269	90	
4	AG Sprint 35-39 F	17	66	8:15	1273	1289	50	6:30 to 7:00
	AG Sprint 40-44 F	24			1292	1315	70	
	AG Sprint 45-49 F	25			1318	1342	90	
5	AG Sprint 80-84 M	4	79	8:20	1345	1348	81	6:40 to 7:10
	AG Sprint 75-79 M	7			1349	1355	71	
	AG Sprint 70-74 M	12			1357	1368	86	
	AG Sprint 65-69 M	23			1370	1392	61	
	AG Sprint 60-64 M	33			1395	1427	50	
6	AG Sprint 75-79 F	2	66	8:25	1430	1431	81	6:50 to 7:20
	AG Sprint 70-74 F	5			1432	1436	71	
	AG Sprint 65-69 F	6			1438	1443	61	
	AG Sprint 60-64 F	10			1445	1454	86	
	AG Sprint 55-59 F	14			1456	1469	85	
	AG Sprint 50-54 F	29			1471	1499	10	
7	AG Sprint 50-54 M	36	68	8:30	1502	1537	70	7:00 to 7:30
	AG Sprint 55-59 M	32			1541	1572	90	

Last minute check in to review and check equipment; the 8:00; all the athletes have to be outside the Transition Zone

AG Start: There will be a Rolling start system, with 2 athletes every 3 seconds. Athletes will be lined up and stopped before the starting timing mat. After they pass the timing mat, they would have two choices, on the first point either to do a dive start or to move to the second point after two meters, get into the water and to make a deep water start.

Check out times: From 10:30 to 11:45

PARATRIATHLON

SWIM – 750 m	1 lap
BIKE - 20 km	3 laps
RUN- 5 km	3 laps

ELITE

SWIM – 1500 m	2 laps
BIKE - 38 km	8 laps
RUN- 10 km	2 laps

AG STANDARD TRIATHLON (non drafting race)

SWIM – 1500 m	1 lap
BIKE - 40 km	3 laps
RUN- 10 km	3 laps

Wave	Event	Total	Wave Total	Start Time	First Number	Last Number	Swim Cap Colour	Check in Times
1	AG Standard 18-19 M	3	97	8:00:00	3001	3003	60	6:00 to 6:30
	AG Standard 20-24 M	7			3005	3011	20	
	AG Standard 25-29 M	29			3014	3042	30	
	AG Standard 30-34 M	30			3046	3075	40	
	AG Standard 35-39 M	28			3079	3106	50	
2	AG Standard 18-19 F	1	44	8:05:00	3110	3110	60	6:10 to 6:40
	AG Standard 20-24 F	5			3112	3116	20	
	AG Standard 25-29 F	17			3118	3134	30	
	AG Standard 30-34 F	21			3137	3157	40	
3	AG Standard 40-44 M	44	80	8:15:00	3160	3203	85	6:20 to 6:50
	AG Standard 45-49 M	36			3208	3243	86	
4	AG Standard 35-39 F	11	55	8:20:00	3248	3258	71	6:30 to 7:00
	AG Standard 40-44 F	22			3261	3282	90	
	AG Standard 45-49 F	22			3285	3306	10	
5	AG Standard 80-84 M	3	57	8:25:00	3308	3310	89	6:40 to 7:10
	AG Standard 75-79 M	1			3312	3312	50	
	AG Standard 70-74 M	6			3314	3319	61	
	AG Standard 65-69 M	15			3321	3335	70	
	AG Standard 60-64 M	32			3338	3369	86	
6	AG Standard 70-74 F	1	46	8:35:00	3373	3373	89	6:50 to 7:20
	AG Standard 65-69 F	3			3374	3376	50	
	AG Standard 60-64 F	12			3378	3389	70	
	AG Standard 55-59 F	10			3392	3401	61	
	AG Standard 50-54 F	20			3403	3422	20	
7	AG Standard 55-59 M	30	72	8:45:00	3425	3454	85	7:00 to 7:30
	AG Standard 50-54 M	42			3458	3499	10	

Last minute check in to review and check equipment; the 8:00; all the athletes have to be outside the Transition Zone

Check out times: From 11:30 to 13:00

AG Standard Start: There will be a Rolling start system, with 2 athletes every 3 seconds. Athletes will be lined up and stopped before the starting timing mat. After they pass the timing mat, they would have two choices, on the first point either to do a dive start or to move to the second point after two meters, get into the water and to make a deep water start.

Course Information

AG SPRINT

GENERAL | SPRINT

Swim 1 lap | 750 m Bike 2 laps | 19,5 km Run 2 laps | 5 km





ÁREAS | SPRINT

1. Finish Area
2. Transition

3. Recovery Área
4. Starts
5. Antidoping

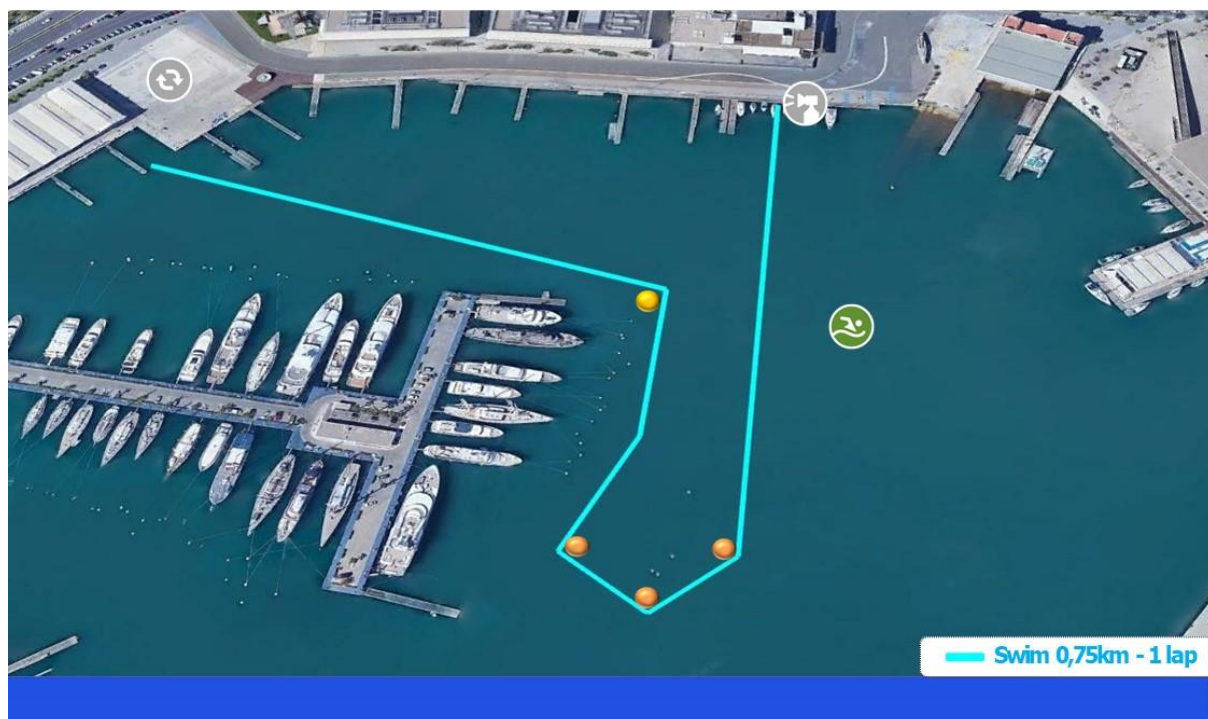
6. Registration
7. Medical service



[Click here for map details](#)

SWIM | SPRINT

1 lap | 750 m



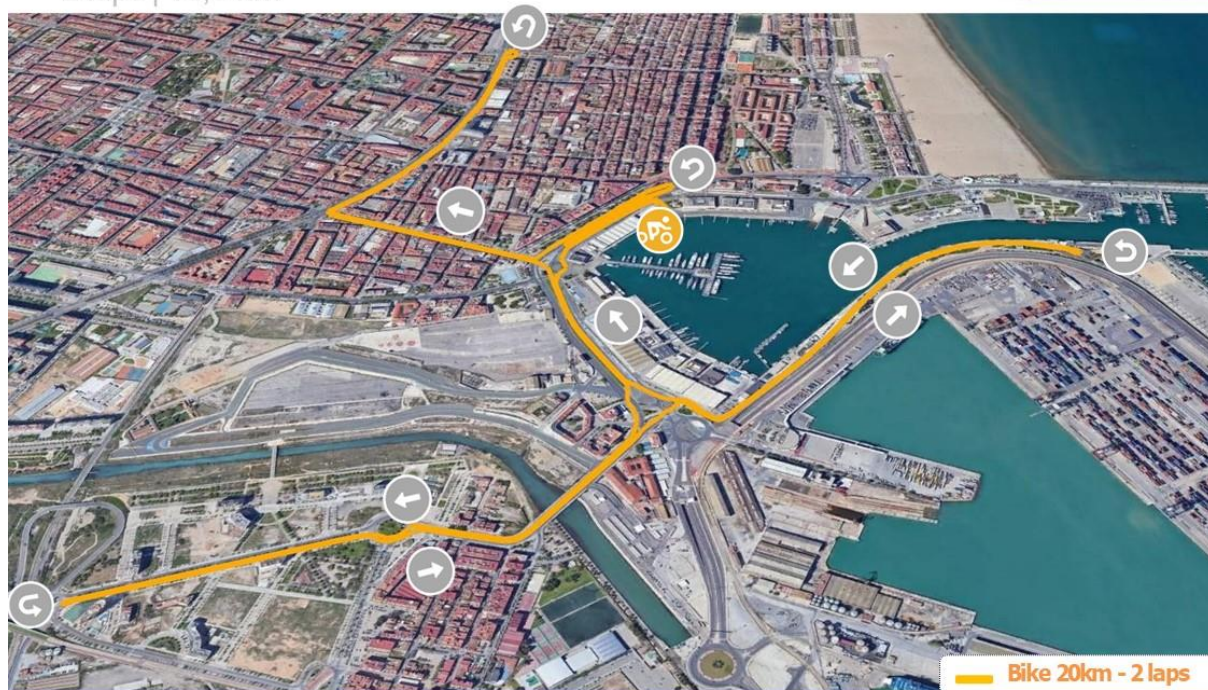
TRANSITION 1 | SPRINT

T1



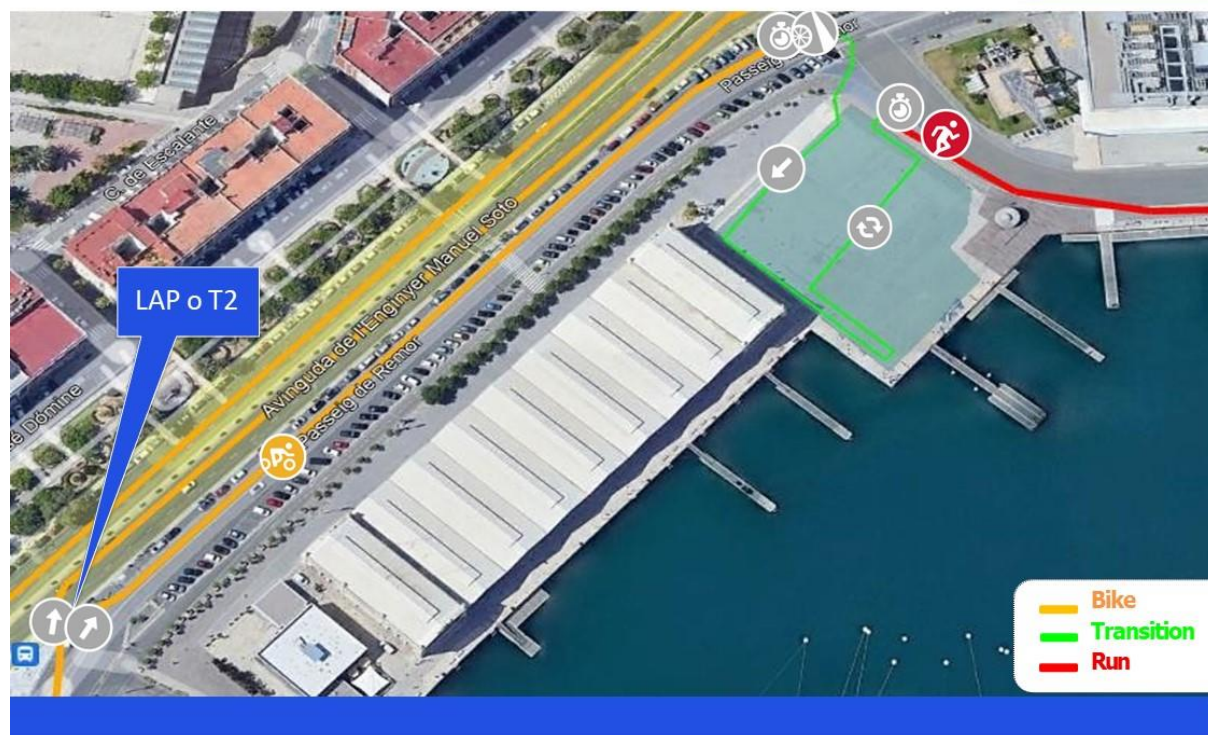
BIKE | SPRINT

2 laps | 19,5 km



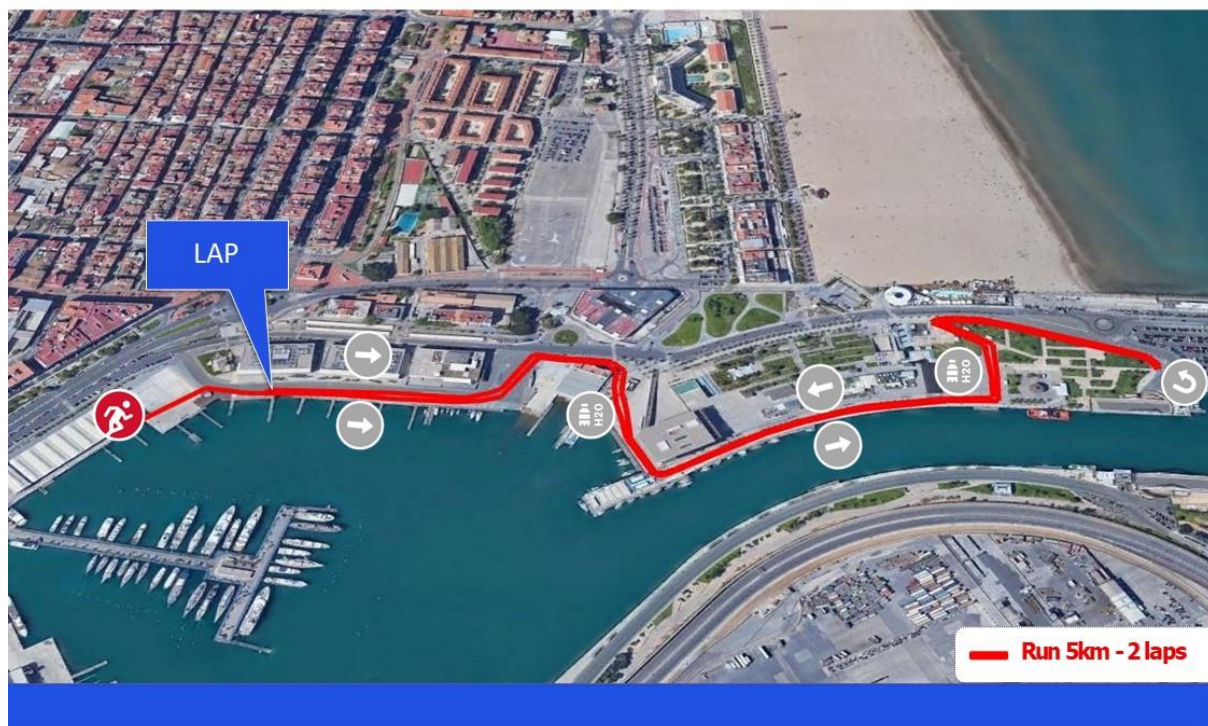
TRANSITION 2 | SPRINT

T2

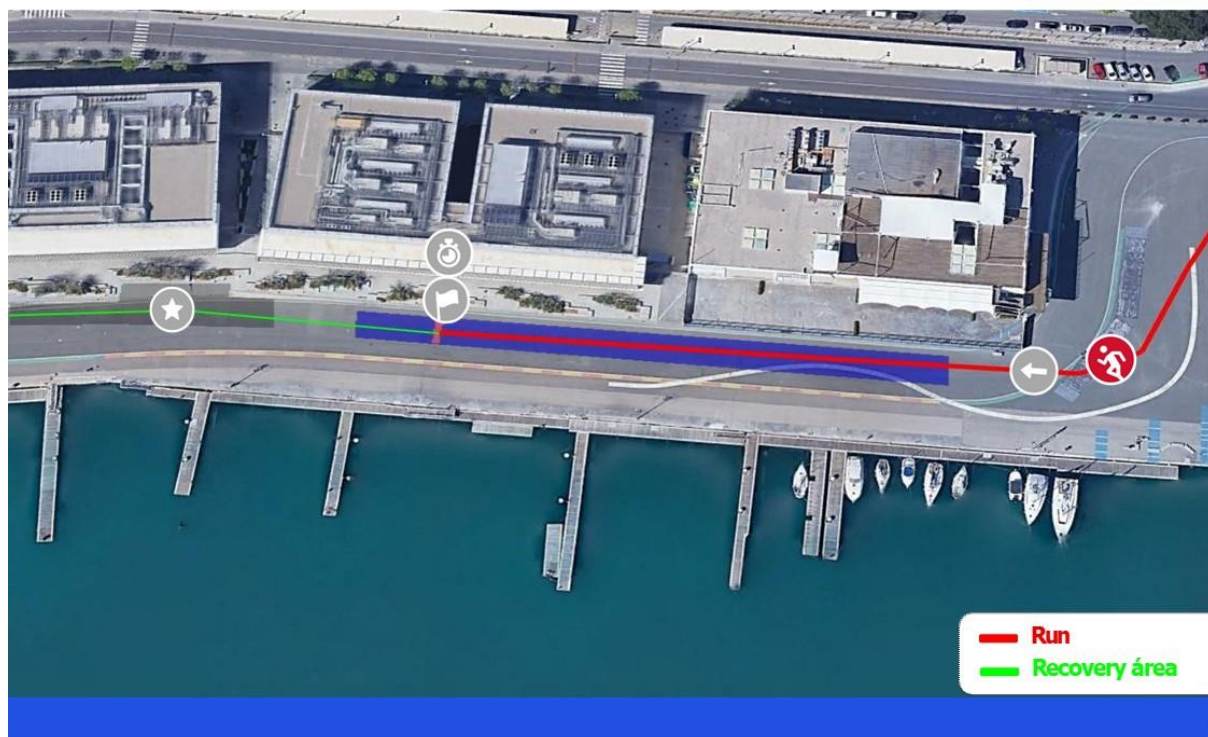


RUN | SPRINT

2 laps | 5 km



FINISH | SPRINT





PARATRIATHLON

GENERAL | PARATRIATHLÓN

Swim 1 lap | 750 m Bike 3 laps | 20 km Run 3 laps | 5 km

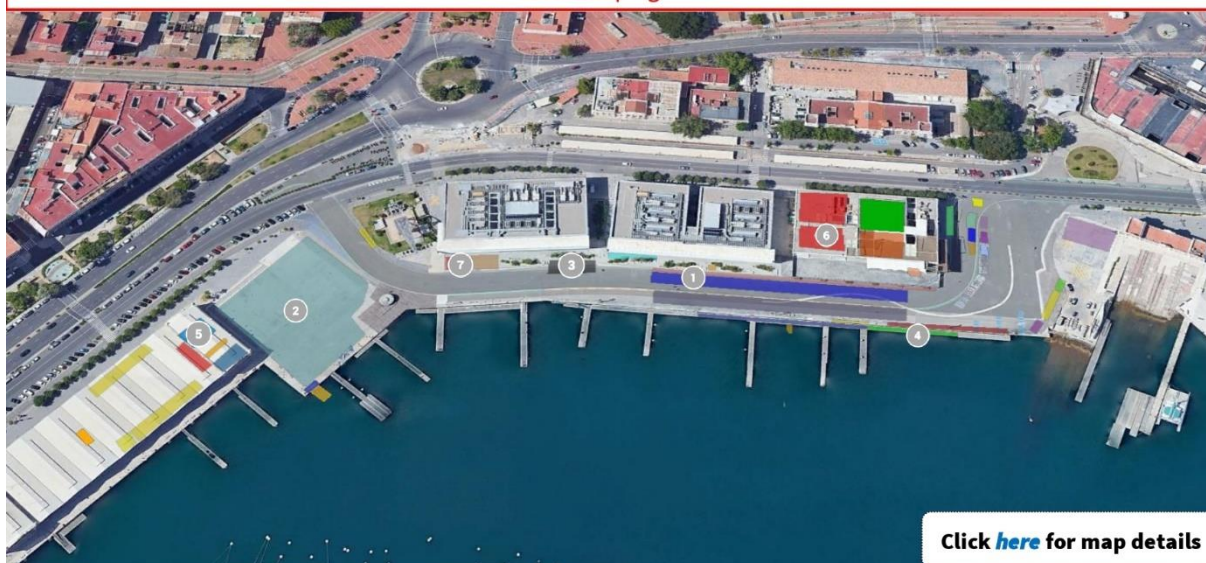


ÀREAS | PARATRIATHLON

1. Finish Area
2. Transition

3. Recovery Área
4. Starts
5. Antidoping

6. Registration
7. Medical service



SWIM | PARATRIATHLÓN

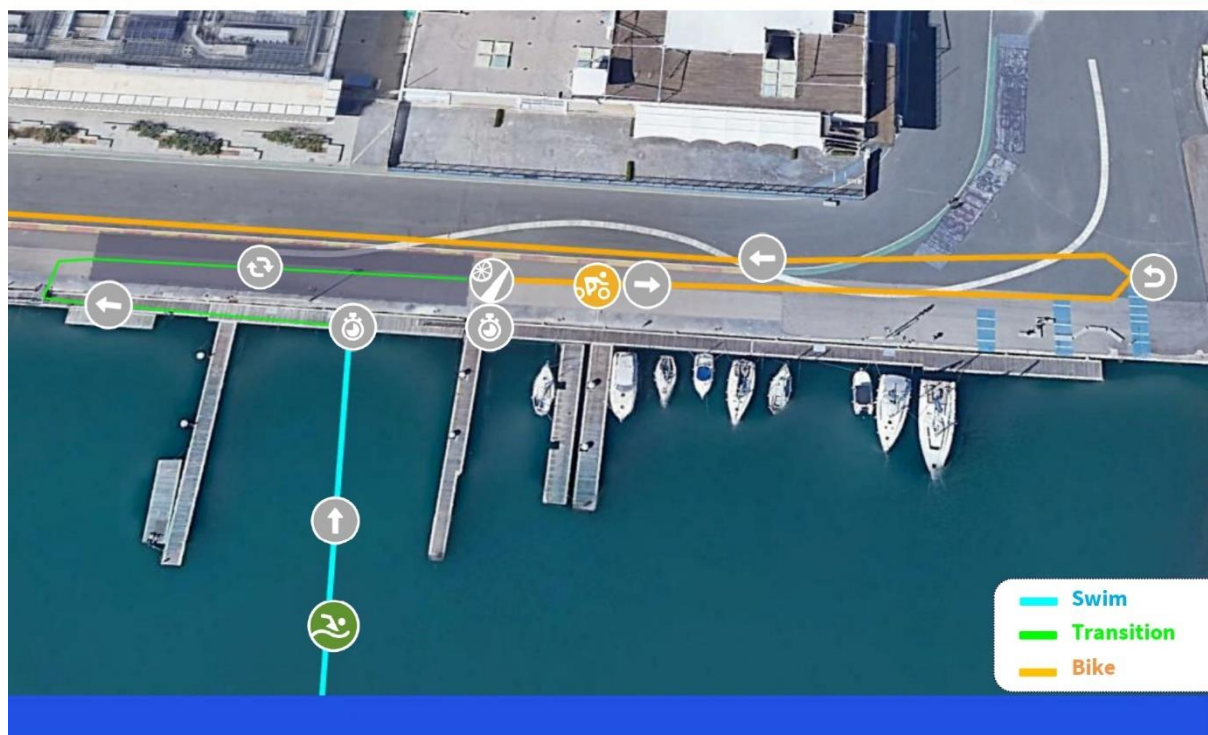
1 lap | 750 m



Swim 0,75km - 1 lap

TRANSITION 1 | PARATRIATHLÓN

T1



BIKE | PARATRIATHLÓN

3 laps | 20 km



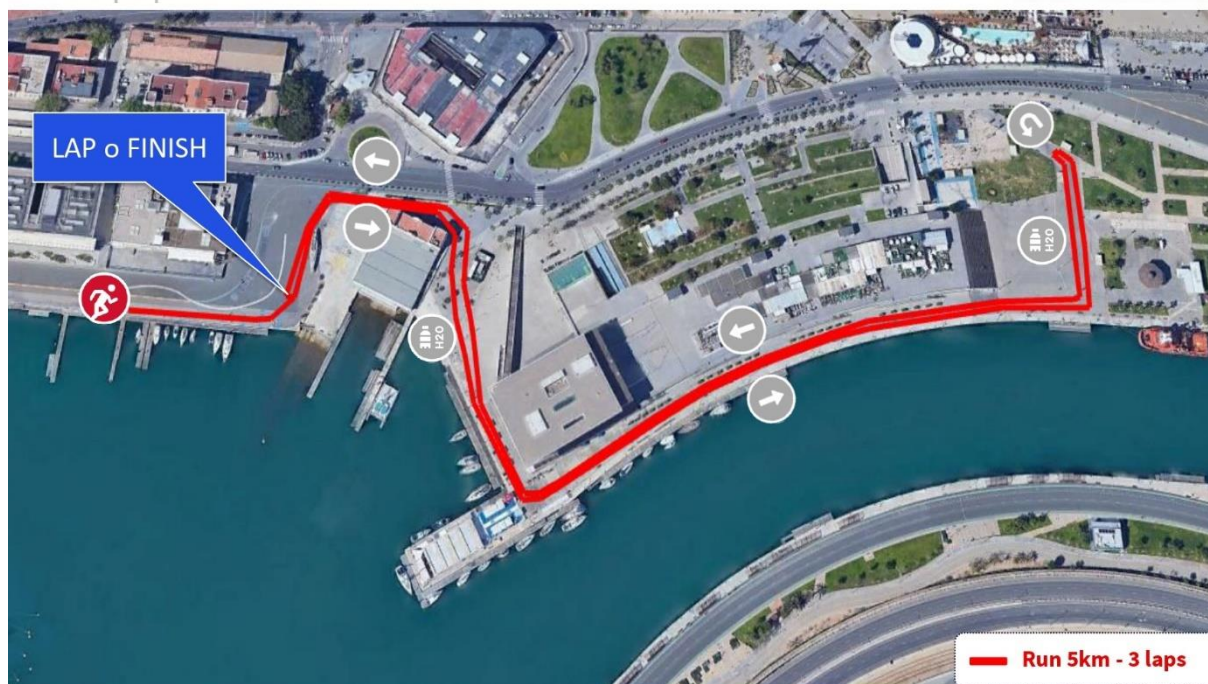
TRANSITION 2 | PARATRIATHLÓN

T2

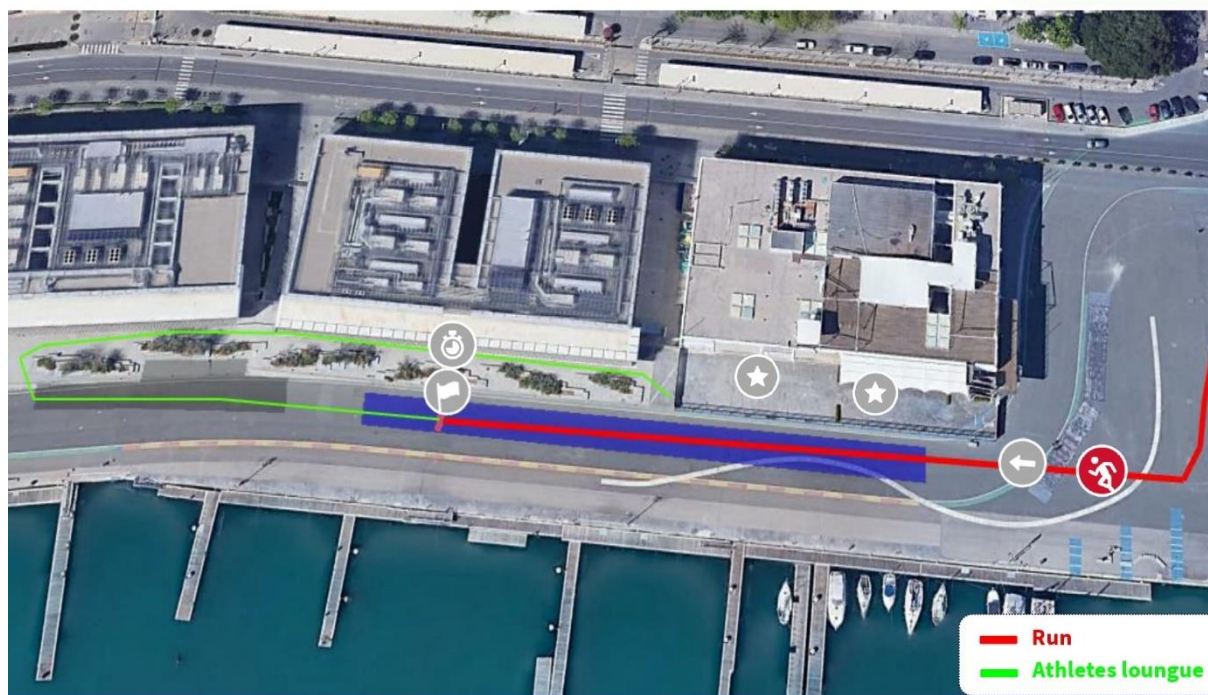


RUN | PARATRIATHLÓN

3 laps | 5 km



FINISH | PARATRIATHLÓN



ELITE

GENERAL | ÉLITE

Swim 2 laps | 1500 m

Bike 8 laps | 38 km

Run 2 laps | 10 km

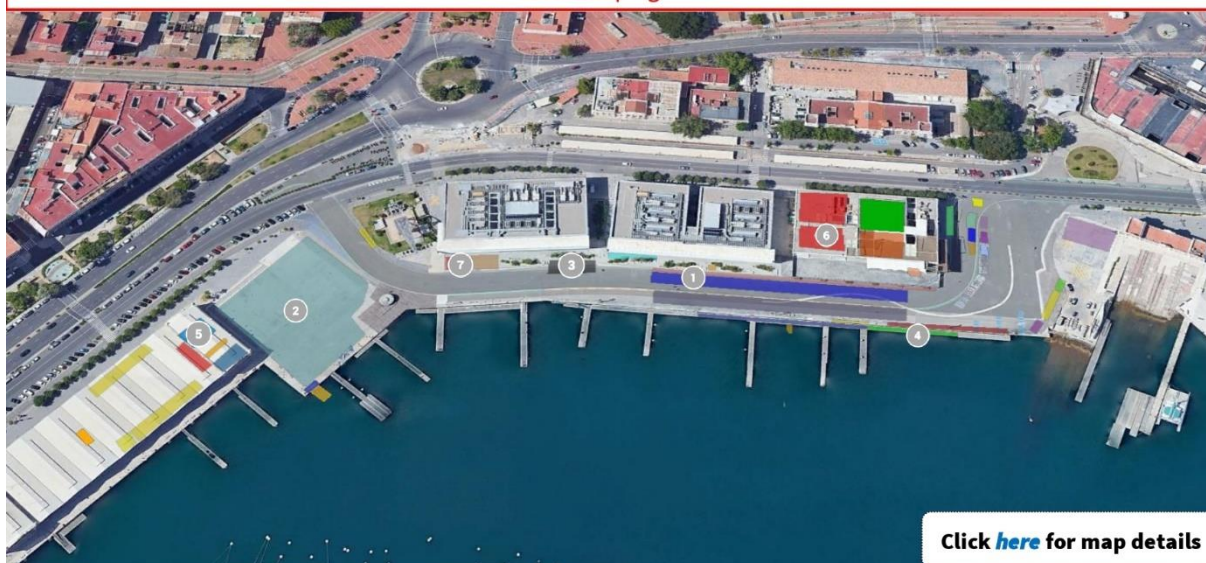


ÁREAS | ÉLITE

1. Finish Area
2. Transition

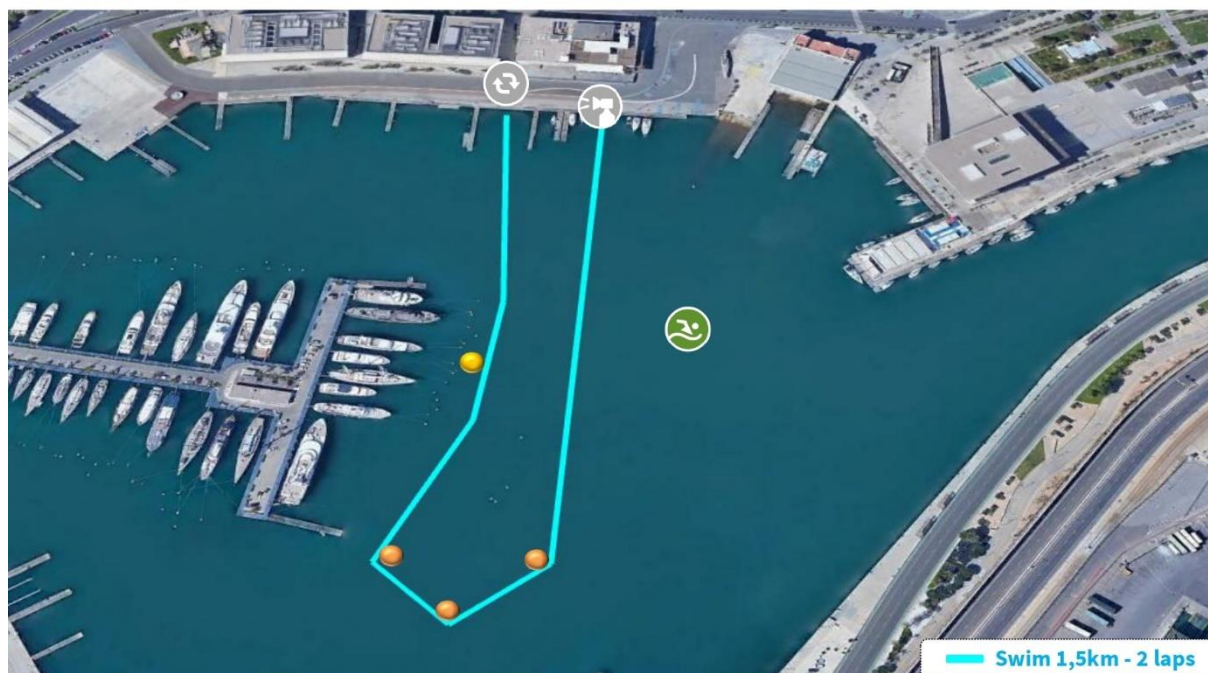
3. Recovery Área
4. Starts
5. Antidoping

6. Registration
7. Medical service



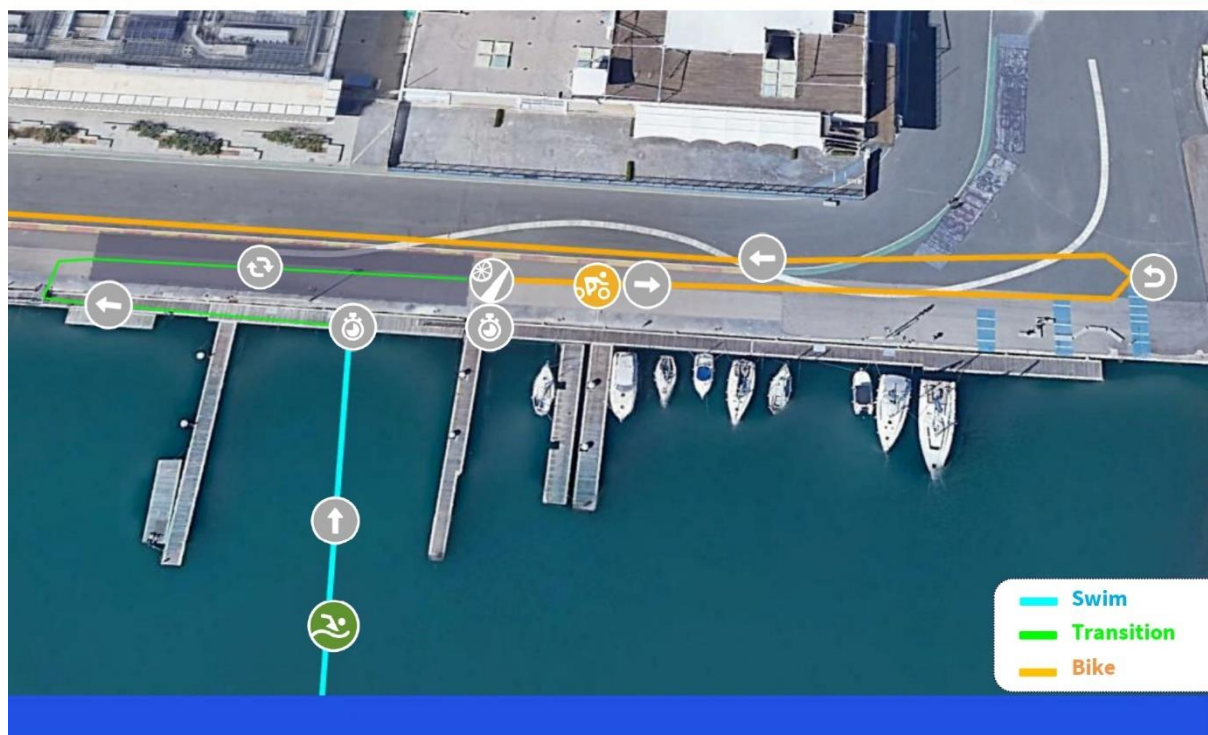
SWIM | ÉLITE

2 laps | 1500 m



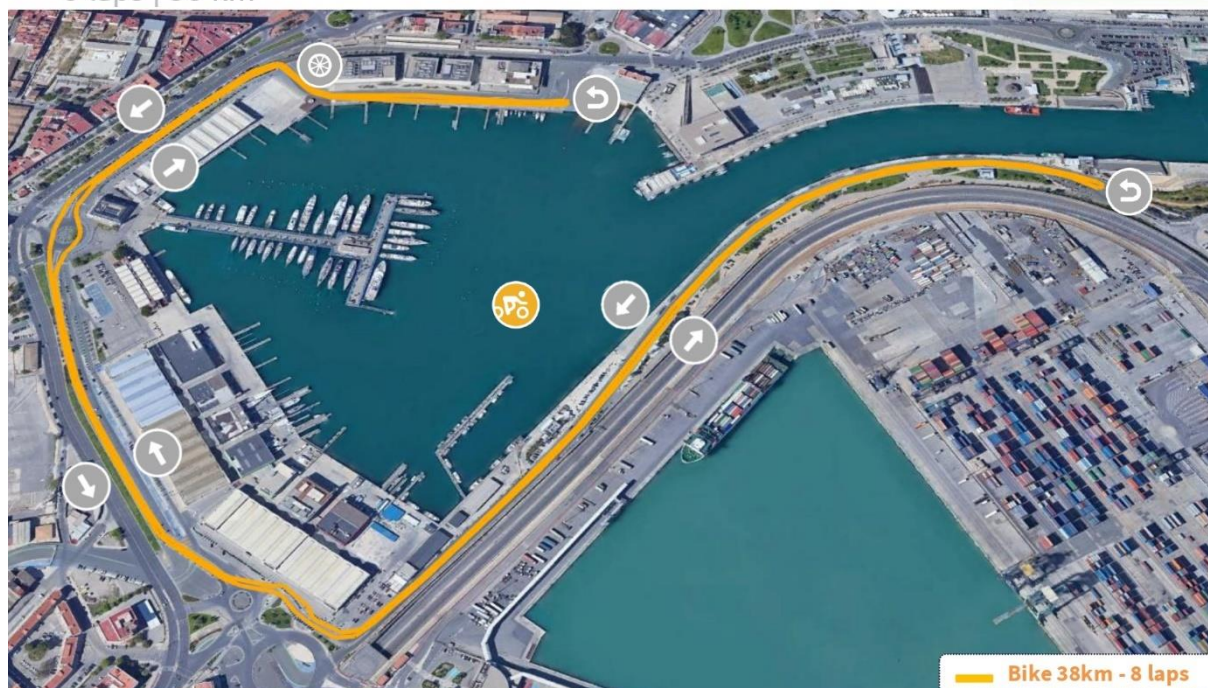
TRANSITION 1 | ÉLITE

T1



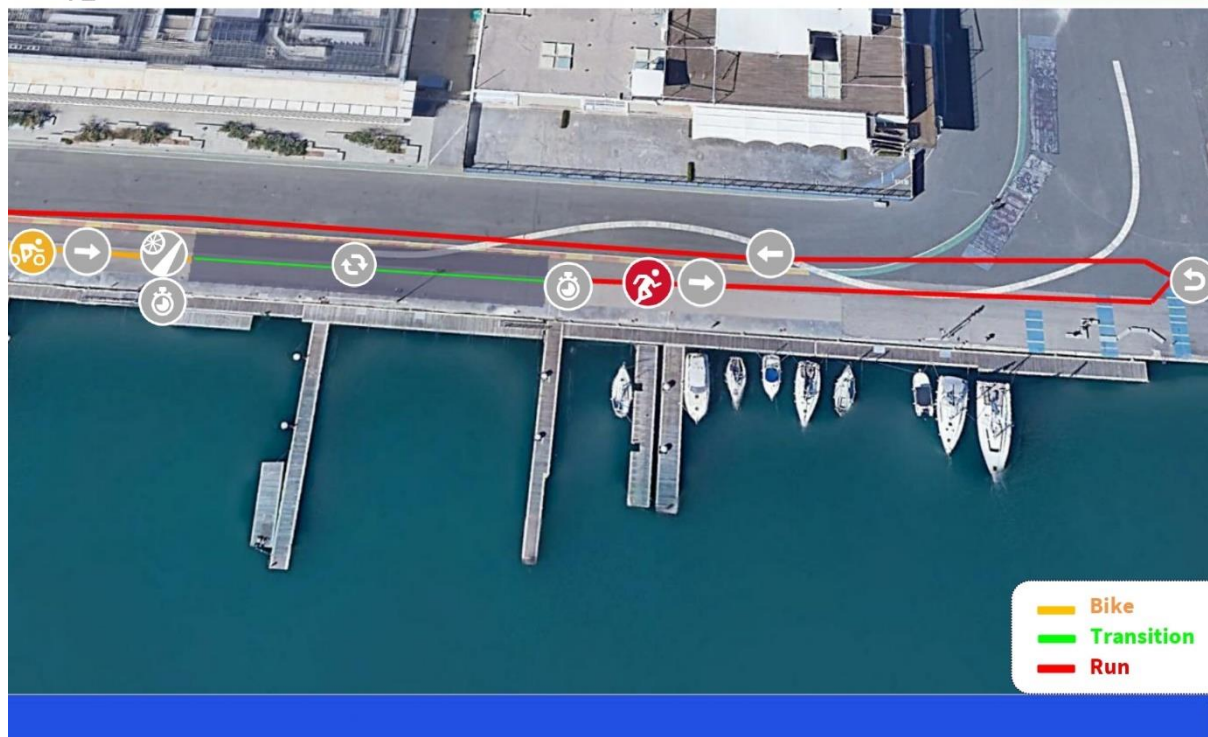
BIKE | ÉLITE

8 laps | 38 km



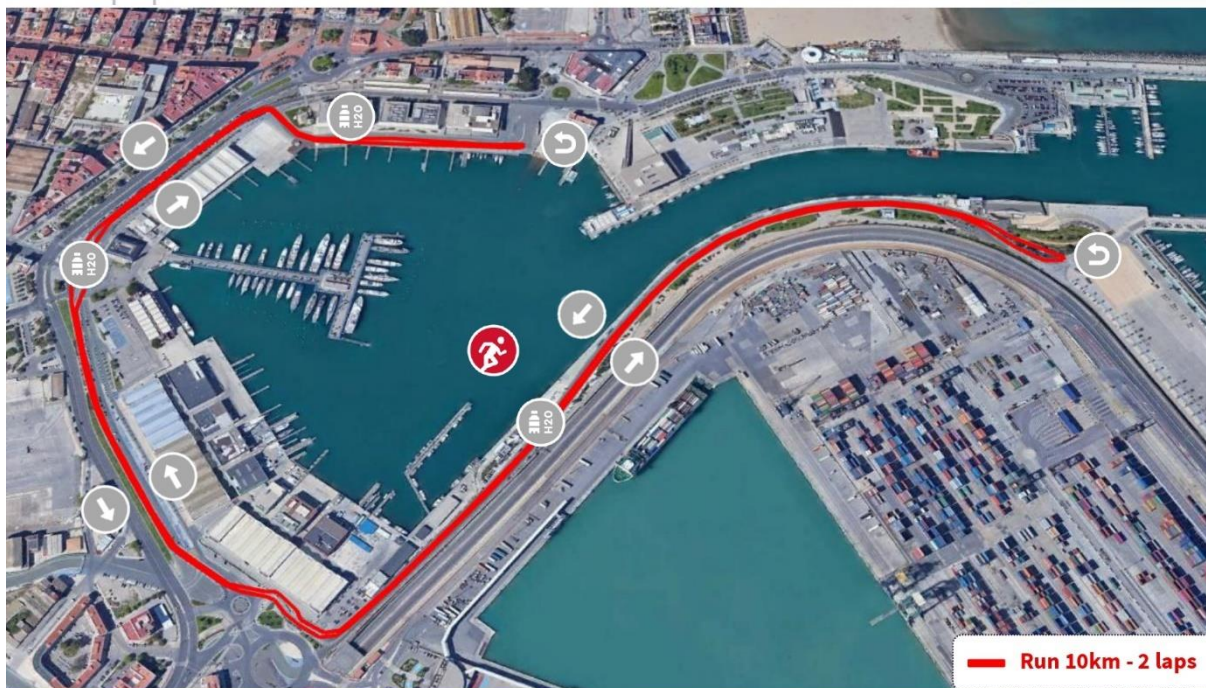
TRANSITION 2 | ÉLITE

T2



RUN | ÉLITE

2 laps | 10 km



FINISH | ÉLITE



AG STANDARD

GENERAL | OLÍMPIC

Swim 1 lap | 1500 m

Bike 3 laps | 38,5 km

Run 3 laps | 10 km





ÁREAS | STANDARD

1. Finish Area
2. Transition

3. Recovery Área
4. Starts
5. Antidoping

6. Registration
7. Medical service



SWIM | OLÍMPIC

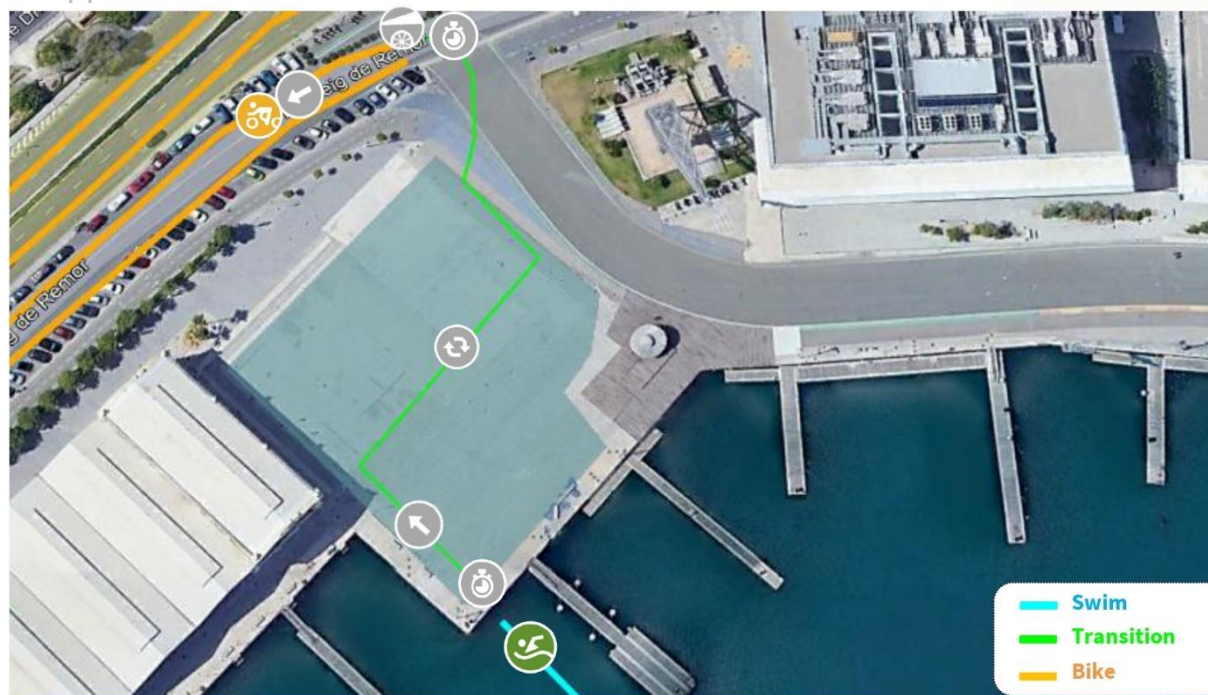
1 lap | 1500 m



Swim 1,5km - 1 lap

TRANSITION 1 | OLÍMPIC

T1



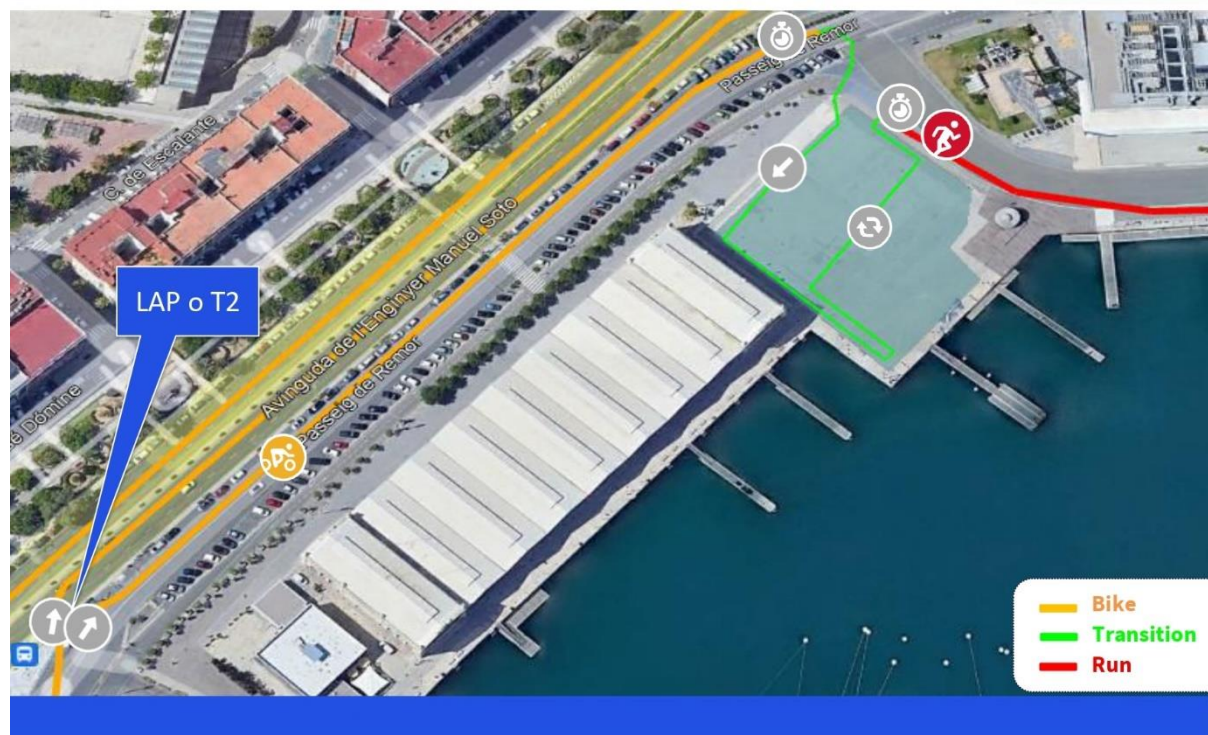
BIKE | OLÍMPIC

3 laps | 38,5 km



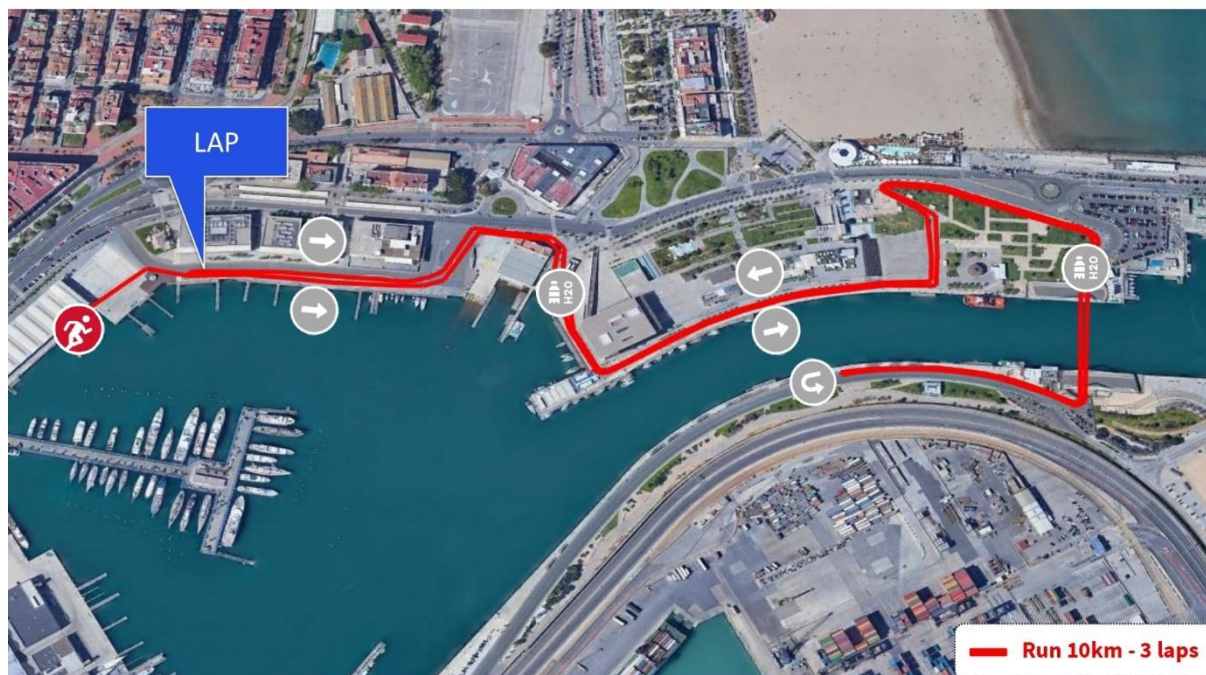
TRANSITION 2 | OLÍMPIC

T2

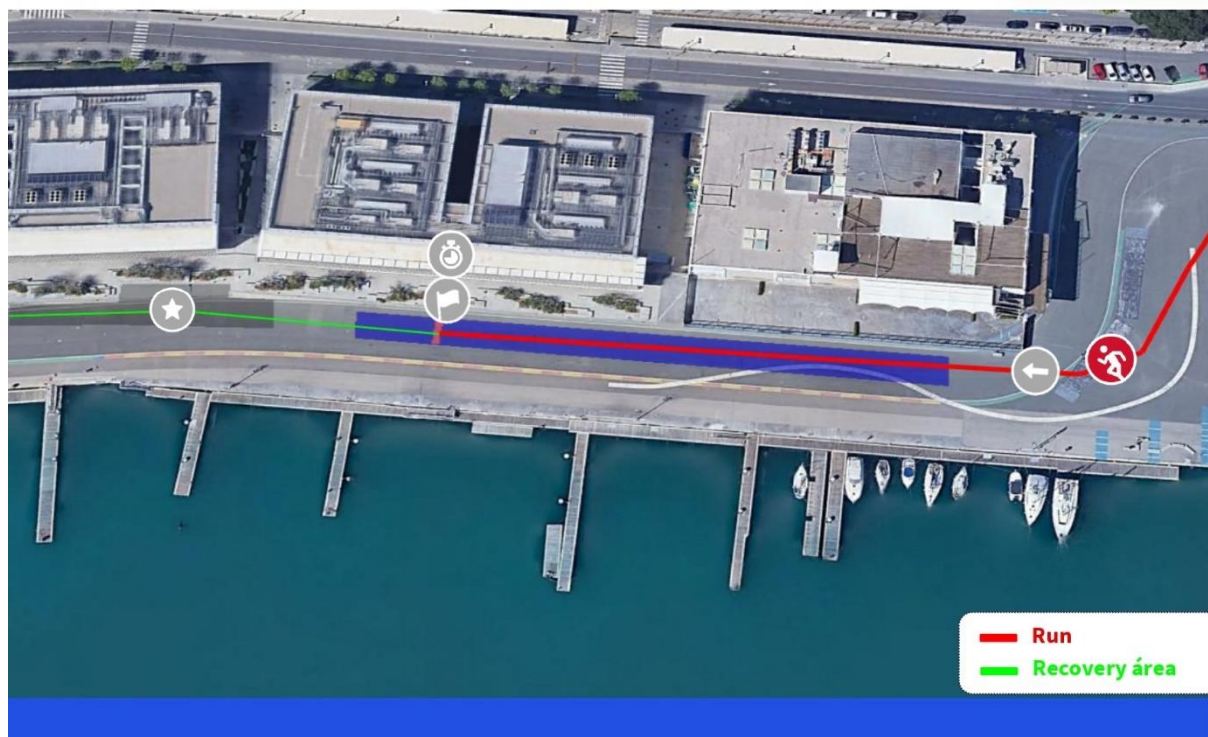


RUN | OLÍMPIC

3 laps | 10 km



FINISH | OLÍMPIC





Aid Stations

Age-Group SPRINT

Run Course

There will be 2 Aid Station per lap delivering water.

Age-Group STANDARD

Run Course

There will be 4 Aid Stations per lap delivering water:

- a) Aid Station 1
- b) Aid Station 2
- c) Aid Station 3
- d) Aid Station 4

ELITE

Run Course

There will be 5 Aid Stations per lap delivering water:

- a) Aid Station 1
- b) Aid Station 2 and 3 (double)
- c) Aid Station 4 and 5 (double)

PARATRIATHLON

Run Course

There will be 2 Aid Station per lap delivering water.

- a) Aid Station 1
- b) Aid Station 2

TOILETS

There will be toilets at the following spots:

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

Cut off times

AG Sprint:

- 10:15 end of the Bike.
- 10:45 end of the race.

AG Standard:

- 11:30 end of the Bike.
- 12:45 end of the race.

Post-Race Information

Age Group Finisher Gift

All finisher athletes will receive:

- a) Sprint Triathlon: finisher medal and finisher t-shirt.
- b) Standard Triathlon: finisher medal and finisher t-shirt.



Post-Race Recovery Area

The Recovery Area will be located near the Finish Area. Once you exit the recovery area, you will exit the venue, and you can go to the Expo Area, go to the cloakroom coming through the Expo, pick up your bag and wait until the check out time.

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 Valencia European Championships is not responsible for the gear left behind.

Sprint Triathlon athletes can start to Check Out **at 10:30-11:30h**

Standard Triathlon athletes can start to Check Out **at 11:30-13:00h**

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

Compex will provide to all athletes a recovery service free of charge

Showers

Due to Covid19 outbreak this service is not provided.

Results

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

Photo Service

An official photographer will be at the Finish Line.

Medal Engraving

Commemorate your achievement! Engrave your FINISHER time on your medal! You can book this service online, just go [HERE](#) and pay € 10 until 24th of September. Or also, after crossing the Finish Line go to the Recovery Area and pay € 15.

Awards

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 team mates can pick it up on your behalf at the end of ceremony.

Elite/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 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: Immediately after each race.

Paratriathlon: Saturday 14:15h

Age Group Sprint: Sunday at 13:00h

Age Group Standard: Sunday at 13:45h

Closing Ceremony

Considering the COVID-19 outbreak, there won't be a closing ceremony

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](#).

COVID-19 Specific

Travel

For arrival into Spain please check the most up to date information here <https://www.spth.gob.es>

If you require additional help, please contact Alicia García (alicia.garcia@triatlon.org)

Airport transfers

We strongly recommend contacting the official travel agency for transfers, as it is written on this guide.

Accommodation

We strongly recommend booking through the official Travel agency, as it is written on this guide.

Training sites

Please check the information written in this guide.

Testing protocol and 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. volunteers, staff, media, and authorities, will be registered online through a specific application.

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes (including Spanish athletes) to submit a pre-event medical certificate for participating in the event:

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - Fill in the online pre-event questionnaire through the link that is provided by the LOC
 - Perform an Antigenic or PCR swap pre- travel test within 72 hours before the athletes' travel to the event or no later than 3 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests
- Additionally to this, all elite/u23, junior, youth, para triathletes and guides must submit a pre-travel medical certificate according to the requirements above
- Finally all elite/u23, juniors, youth, para triathletes and guides, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC. For the youth and junior athletes, a parent consensus form is required.
- 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:

COVID-19 Health Screening Process for AG athletes and support staff

In our efforts to provide the safest possible environment at all our events this season, we are requiring all Age-Group athletes and their support staff to complete a pre-event Covid-19 screening questionnaire and submit relevant health documents before the event.

Athletes/support team need to:

- Perform an Antigenic or PCR swap pre-travel test within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support. Tests that must currently be taken to gain entry to a country are valid as pretravel tests.
- Complete the pre-event Covid-19 screening questionnaire (and attached the test result above).
- Please make sure to fill in the questionnaire and upload your Covid-19 test result **before** coming to registration/race pack distribution. No race pack/accreditation will be distributed if the above is not duly completed.
- World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process.

Please connect here to fill the questionnaire and upload your test result:
<https://survey.alchemer-ca.com/s3/50098105/Covid-Pre-Screener>

	Pre-event questionnaire	COVID-19 test before travelling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	Yes	Yes	Yes	Yes	Yes
U23 athletes	Yes	Yes	Yes	Yes	Yes
Junior athletes	Yes	Yes	Yes	Yes	Yes
Youth athletes	Yes	Yes	Yes	Yes	Yes
Paratriathlon athletes / Personal handlers / guides	Yes	Yes	Yes for athletes / guides	Yes	Yes
AG athletes	Yes	Yes	Follow public health request	Follow public health request	Yes
Coaches/team medical/support NF personnel	Yes	Yes	Follow public health request	Yes	Yes
TDs / ITOs / NtOs / Competition Jury	Yes	Yes	Follow public health request	yes for the ones in close contact with the athletes; the others follow public health request	Yes
IF Staff / Continental Federation Delegation	Yes	Yes	Follow public health request		Yes
LOC / Contractors	Follow public health request	Follow public	Follow public	Follow public	Yes

		health request	health request	health request	
ParaTriathlon Swim exit assistants	Yes	Follow public health request	Follow public health request	Yes	Yes

Athletes' Briefing

Athletes' briefing will be online.

Race Package distribution

The use of mask and social distancing is mandatory.

Health Screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 37.5°C will be reported to the RMD/MD.

Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

Wheel stations

At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the Technical Officials to the proper wheel which can be picked up by the athlete.

In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.

Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

Finish Area

Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

Medallists photo at the post-finish area is not allowed.

At the aid stations, the volunteers will deliver the water bottles to athletes and guides,

There is not going to be food provided.

Massage facilities will not be provided.

Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering. Masks will be distributed to the athletes to wear at their earliest convenience.

Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#).

Spectators' access

The event will be open to spectators. Any non-accredited persons can watch the event from the spectator's areas, but the venue will be closed to spectators.

Accreditations

Only one accreditation to coach and team medical per team.

Cleaning protocols on site

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

COVID-19 medical protocols

COVID-19 emergency contact details: Please contact 112 in case of COVID-19 symptoms.

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