

BANYOLES TRIATLÓ

27 I 28 D'AGOST
DE 2022



2022 EUROPE
TRIATHLON
MIXED RELAY
CLUB
CHAMPIONSHIPS

CAMPEONATO DE
ESPAÑA (OLÍMPICO)
ELITE Y GRUPOS DE EDAD

XXXVI
TRIATLÓ DE CATALUNYA



BANYOLES

ATHLETES GUIDE

v1.10-08

Index

1. GENERAL INFORMATION	4
2. VENUE	5
3. ACCOMODATION	6
4. TRAVEL AND TRANSFERS.....	7
5. ATHLETES SERVICES	7
6. COMPETITION SCHEDULE	10
7. ACCREDITATION.....	11
8. OTHER USEFUL INFORMATION	12
9. COURSE MAPS	13

1. GENERAL INFORMATION

INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

KEY DATES

DAY	START	END	ACTIVITY	LOCATION
26/8	12:00	12:30	Athletes Briefing	Virtual
26/8	16:30	17:00	Bike Course Familiarization	Venue
26/8	17:00	18:00	Swim Course Familiarization	Venue
26/8	18:00	19:00	Athletes Registration	Restaurante La Carpa
27/8	12:15		Elite Triathlon Mixed Relay ECH	Venue
27/8	12:20		Junior Triathlon Mixed Relay ECH	Venue
27/8	14:00		Medal Ceremonies	Venue

2.3. KEY CONTACTS

Event Directors:	Jorge García jorge.garcia@triatlon.org
Technical Delegate:	Mario Carvalho jcsupermario@gmail.com
Athlete's Services Manager:	Marià Clavell gerencia@cebanyoles.cat

2.4. CONTACT DETAILS

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

2. VENUE

RACE VENUE

The 2022 Europe Triathlon Mixed Relay Club Championships Banyoles has one venue, located in front of Banyoles Lake.

COURSE FAMILIARIZATION

Swim and bike familiarizations will take place as announced in the schedule.

ATHLETE'S LOUNGE

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

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

ELITE ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed at the LOC Office (Restaurante la Carpa) from 18:00 to 19:00 on Friday.

DOPING CONTROL

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

SECURITY

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

LOC OFFICE

LOC office will be allocated at La Carpa Restaurant and will be opened from Friday to Saturday.

3. ACCOMODATION

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

You can contact with the LOC for bookings.

Marià Clavell: gerencia@cebanyoles.cat

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

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

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

4. TRAVEL AND TRANSFERS

For Visa requests, you have to contact:

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

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

5. ATHLETES SERVICES

PLACE: CLUB NATACIÓ BANYOLES

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

OUTDOOR SWIMMING POOL:

DAYS	FROM 24 to 26 of September
TIME	FROM 10:00 to 20:00
LANES	2
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service



OUTDOOR SWIMMING POOL:

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



MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

6. COMPETITION SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
26/8	12:00	12:30	Athletes Briefing	Virtual
26/8	16:30	17:00	Bike Course Familiarization	Venue
26/8	17:00	18:00	Swim Course Familiarization	Venue
26/8	18:00	19:00	Athletes Registration	Restaurante La Carpa
27/8	10:45	11:45	Athletes Lounge opens	Football Field
27/8	11:15	12:00	Transition zone check in	Venue
27/8	11:30	12:00	Swim warn up	Venue
27/8	12:05		Athletes Introduction	Venue
27/8	12:15		Elite race	Venue
27/8	12:20		Junior race	Venue
27/8	14:00		Medal ceremonies	

COMPETITION RULES

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

ATHLETE'S BRIEFING

The athlete's briefing, will take place virtual (more information to come)

TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

RESULTS

Results will be uploaded live at the www.triathlon.org.

All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at Casa Colón.

PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times, and to show them upon request. Accreditation Cards are mandatory to enter both venues.

8. OTHER USEFUL INFORMATION

LANGUAGE: Catalán and Spanish

POPULATION: 19.239 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

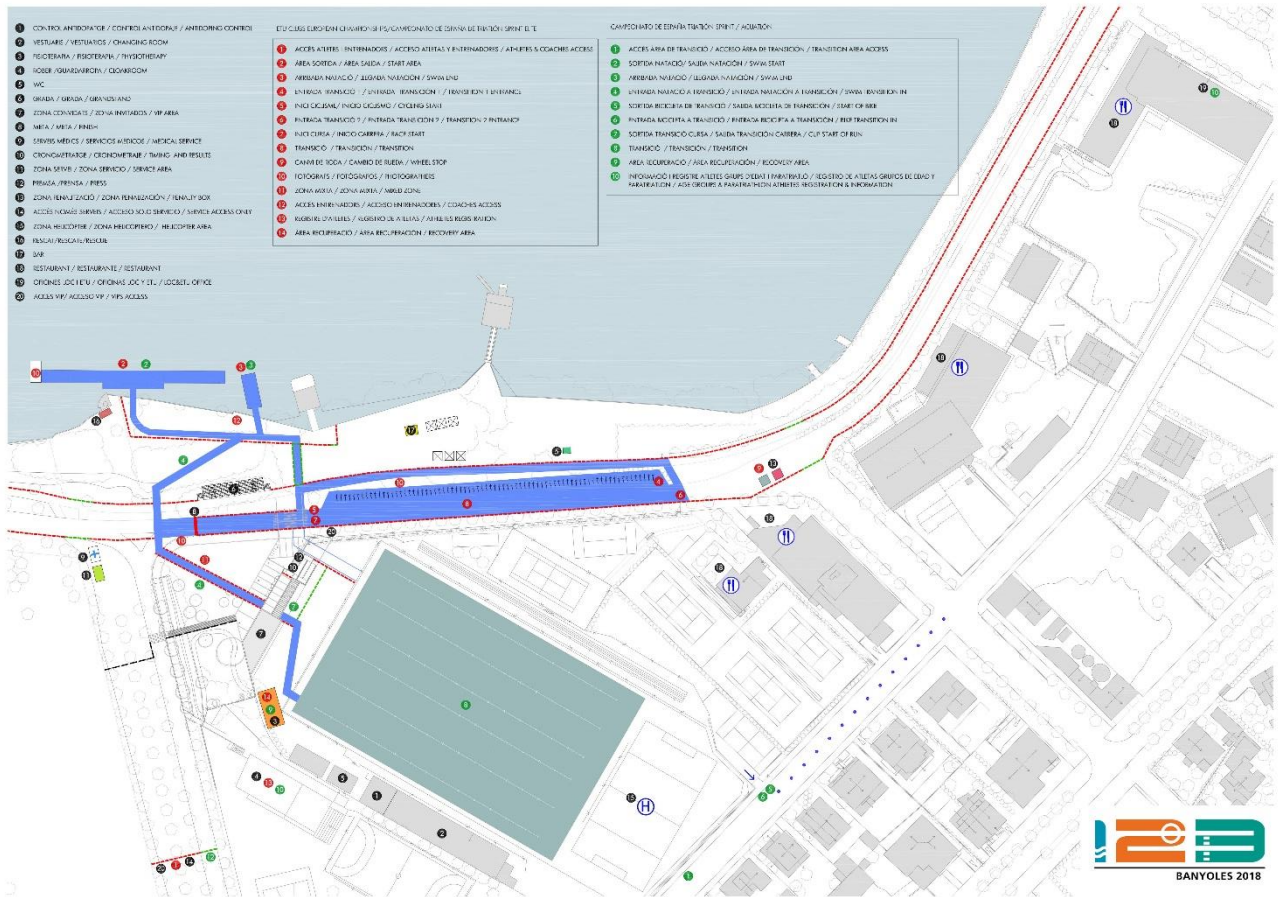
ELECTRICITY: 220 v

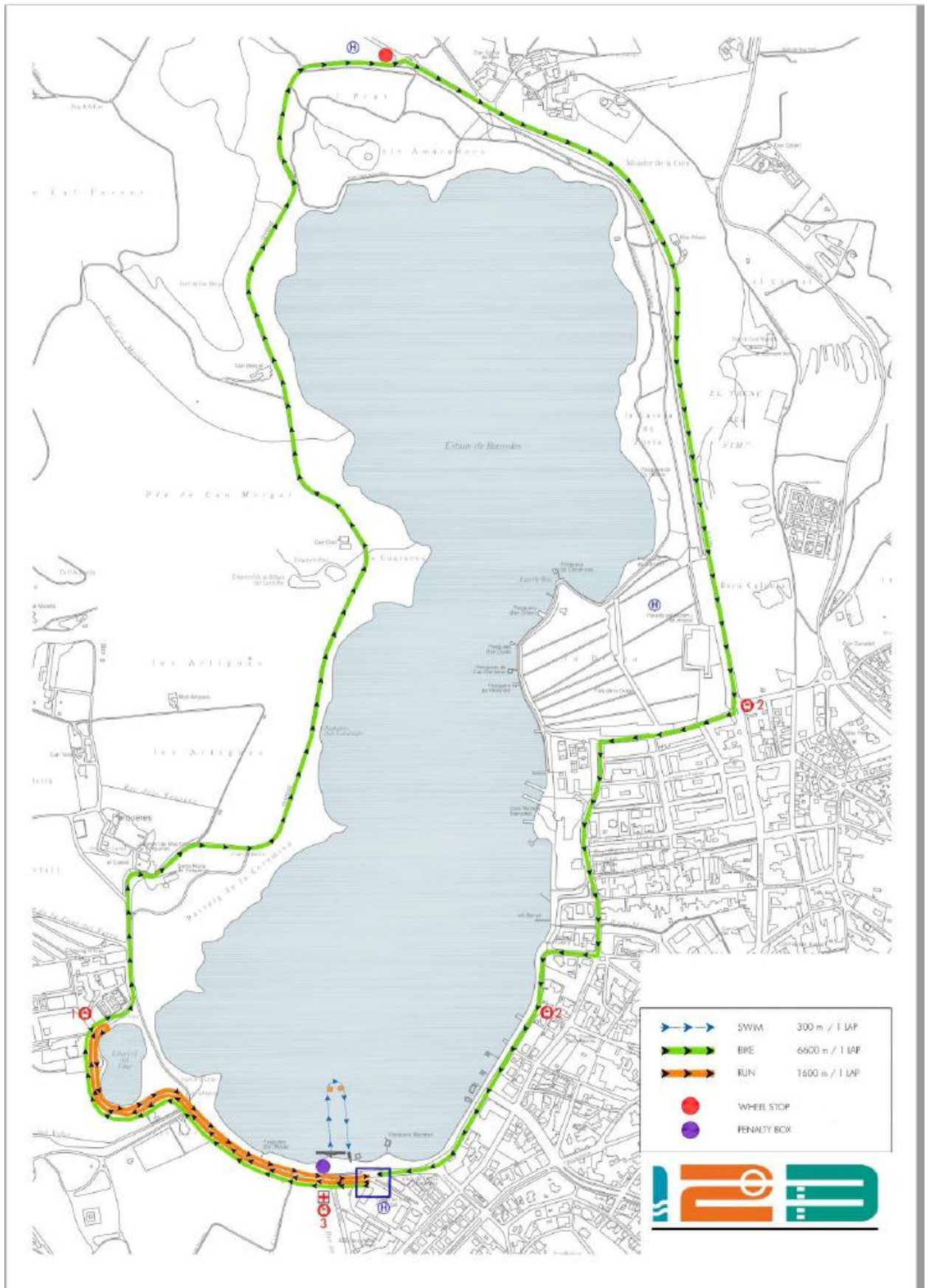
WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

VENUE





SWIM COURSE

The start will be a beach start.

The start area is a 60m pontoon long and each athlete will stand in a starting position approximately every 1,5m. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

The Swim Will take place at Banyoles Lake. One lap in a clockwise course. The average water temperature at this time of the year is approximately 22 degrees.

TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.

BIKE COURSE

The bike course will comprise 1 lap, with each lap passing through the main venue. On exiting the race village, riders will go around the lake. On their way back they will head to the Transition Area. The total bike course includes 1 lap of 6,6 kms each one.

WHEEL STATION

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

TRANSITION 2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

RUN COURSE

The run course is 1 lap with a total of 1,6 km. The athletes will run on asphalt.

The Penalty Box will be allocated at the venue before the end of the run course and the relay zone.