

Athletes Guide

v.4 – 17/07

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GENERAL INFORMATION

1.1. 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.

IMPORTANT INFORMATION – IT IS COMPULSORY FOR ALL ATHLETES AND COACHES TO GO THROUGH THIS FORM TO BOOK THE SPECIFIC SERVICES OF THE EVENT

- Campus
- Lunchs
- Transportation Girona – Banyoles

The deadline is July 14th

Link <https://es.surveymonkey.com/r/DK8BFJ6>

1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
19/7	10:00		Training Camp Day	Banyoles
19/7	19:00		Athletes Briefing	Auditorio
20/7	10:00	10:30	Bike Course Familiarization	Venue
20/7	10:30	11:30	Swim Course Familiarization	Venue
20/7	19:00		Semifinal A / M	Venue
20/7	19:04		Semifinal B / M	Venue
20/7	19:08		Semifinal C / M	Venue
20/7	20:00		Semifinal A / F	Venue
20/7	20:04		Semifinal B / F	Venue
20/7	20:08		Semifinal C / F	Venue
21/7	19:00		Final A / M	Venue
21/7	19:05		Final B / M	Venue
21/7	20:00		Final A / F	Venue
21/7	20:05		Final B / F	Venue
22/7	16:30		Mixed Relay	Venue

1.3. KEY CONTACTS

Event Director:

Jorge García

jorge.garcia@triatlon.org

Technical Delegate:

Mario Carvalho

jcsupermario@gmail.com

Athlete's Services Manager:

Marià Clavell

gerencia@cebanyoles.cat

Europe Triathlon Office:

hq@europe.com. Phone number: +32478825456.

1.4. CONTACT DETAILS

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

VENUE

2.1. RACE VENUE

The 2023 Europe Triathlon Youth Championships Festival has one venue, located in front of Banyoles Lake.

2.2 COURSE FAMILIARISATION

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

2.3. 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.

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed after the briefing; the briefing will take place at the Auditorio.

2.5. DOPING CONTROL

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

2.6. SECURITY

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

2.7. LOC OFFICE

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

ACCOMMODATION

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 Official Travel Agency BCDE Events.

Reservas - carlos.cuadrado@bcdme.es

TRANSFER AND TRANSPORT

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

For transfers requests you can contact with the Official Travel Agency BCDE Events
Reservas.bcdsports@bcdme.com

Campus and Event Transfers

Complimentary Bus Transfers: This service has to be confirmed according to the following form latest the 14th of July, with the form that is at the beginning of this guide

Wednesday 19th

Departure	Place	Arrival	Place
9:00	CMC Girona Hotel	9:10	B&B Girona
9:15	B&B Girona	9:45	Club Natació Banyoles
20:30	Club Natació Banyoles	21:00	B&B Girona
21:05	B&B Girona	21:15	CMC Girona Hotel

Thursday 20th

Departure	Place	Arrival	Place
9:00	CMC Girona Hotel	9:10	B&B Girona
9:15	B&B Girona	9:45	Triathlon Venue
21:15	Triathlon Venue	21:45	B&B Girona
21:50	B&B Girona	22:00	CMC Girona Hotel

Friday 21st

Departure	Place	Arrival	Place
12:15	CMC Girona Hotel	12:25	B&B Girona
12:30	B&B Girona	13:00	Club Natació Banyoles
21:15	Triathlon Venue	21:45	B&B Girona
21:50	B&B Girona	22:00	CMC Girona Hotel

Saturday 22nd

Departure	Place	Arrival	Place
13:45	CMC Girona Hotel	13:55	B&B Girona
14:00	B&B Girona	14:30	Triathlon Venue
19:30	Triathlon Venue	20:00	B&B Girona
20:05	B&B Girona	20:15	CMC Girona Hotel

ATHLETES' SERVICES

5.1. TRAINING FACILITIES



SWIM

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



BIKE

<https://www.turismeiesport.cat/en-us/>



RUN

<https://www.turismeiesport.cat/en-us/>

5.2. 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.

5.3. BIKE MECHANICAL SERVICE

There will be Bike Mechanical Service during competition days

COMPETITION SCHEDULE

There will be transportation free of charge from the Official Hotels at the specific time schedule as it is detailed at the Transfer and Transportation section of this guide; transfers will be only available for the registered athletes and coaches that book on time, before the 14th of July.

DAY	START	END	ACTIVITY	LOCATION
19/7	10:00		Training Camp Day #1	Banyoles
19/7	19:00		Athletes Briefing	Auditorio
20/7	10:00	10:30	Bike Course Familiarization	Venue
20/7	10:30	11:30	Swim Course Familiarization	Venue
20/7	17:15	18:00	Youth M Athletes Village Check In	Venue
20/7	18:00	18:45	Youth F Athletes Village Check In	Venue
20/7	18:00	18:45	Youth M and F Transition Zone Check In	Venue
20/7	18:15	18:45	Youth M Warm Up	Venue
20/7	18:50		Youth M Athletes Introduction	Venue
20/7	19:00		Semifinal A / M	Venue
20/7	19:04		Semifinal B / M	Venue
20/7	19:08		Semifinal C / M	Venue
20/7	19:15	19:45	Youth F Warm Up	Venue
20/7	19:50		Youth F Athletes Introduction	Venue
20/7	20:00		Semifinal A / F	Venue
20/7	20:04		Semifinal B / F	Venue
20/7	20:08		Semifinal C / F	Venue
21/7	18:00	18:45	Youth M Athletes Village Check In	Venue
21/7	18:00	18:45	Youth F Athletes Village Check In	Venue
21/7	18:15	18:45	Youth M and F Transition Zone Check In	Venue
21/7	18:50		Youth M Warm Up	Venue
21/7	19:00		Final A / M	Venue
21/7	19:05		Final B / M	Venue
21/7	19:15	19:45	Youth F Warm Up	Venue
21/7	19:50		Youth F Athletes Introduction	Venue
21/7	20:00		Final A / F	Venue
21/7	20:05		Final B / F	Venue
21/7			Youth M and F Medal Ceremonies	Venue
22/7	15:00	16:00	Mixed Relay Athletes Lounge Check In	Venue
22/7			Mixed Relay Transition Zone Check In	Venue
22/7			Mixed Relay Swim Warm Up	Venue
22/7			Mixed Relay Athletes Introduction	Venue
22/7	16:30		Mixed Relay	Venue
22/7	18:30		Mixed Relay Medal Ceremonies	Venue

6.1. COMPETITION RULES

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

6.2. ATHLETE'S BRIEFING

The athlete's briefing, will take place at 19:00 on the 20th at the Auditorio (Plaça Major)

<https://goo.gl/maps/unbUpKWHvHWTtoVW3A>

6.3. 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.

6.4. 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.

6.5. PROTEST & APPEALS

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

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.

CAMPUS AND PARALEL ACTIVITIES

There will be services offered to athletes and coaches, starting from Wednesday

- Olympic Itinerary
- Games of the world

The program will be;

Time start	Time end	Activity
10:00	14:00	Training sessions
14:00	15:00	Lunch
15:00	18:30	Olympic Itinerary or Games of the world (divided by groups)

OTHER USEFUL INFORMATION

Could be and is not limited to:

LANGUAGE: Catalán and Spanish

POPULATION: 19.239 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

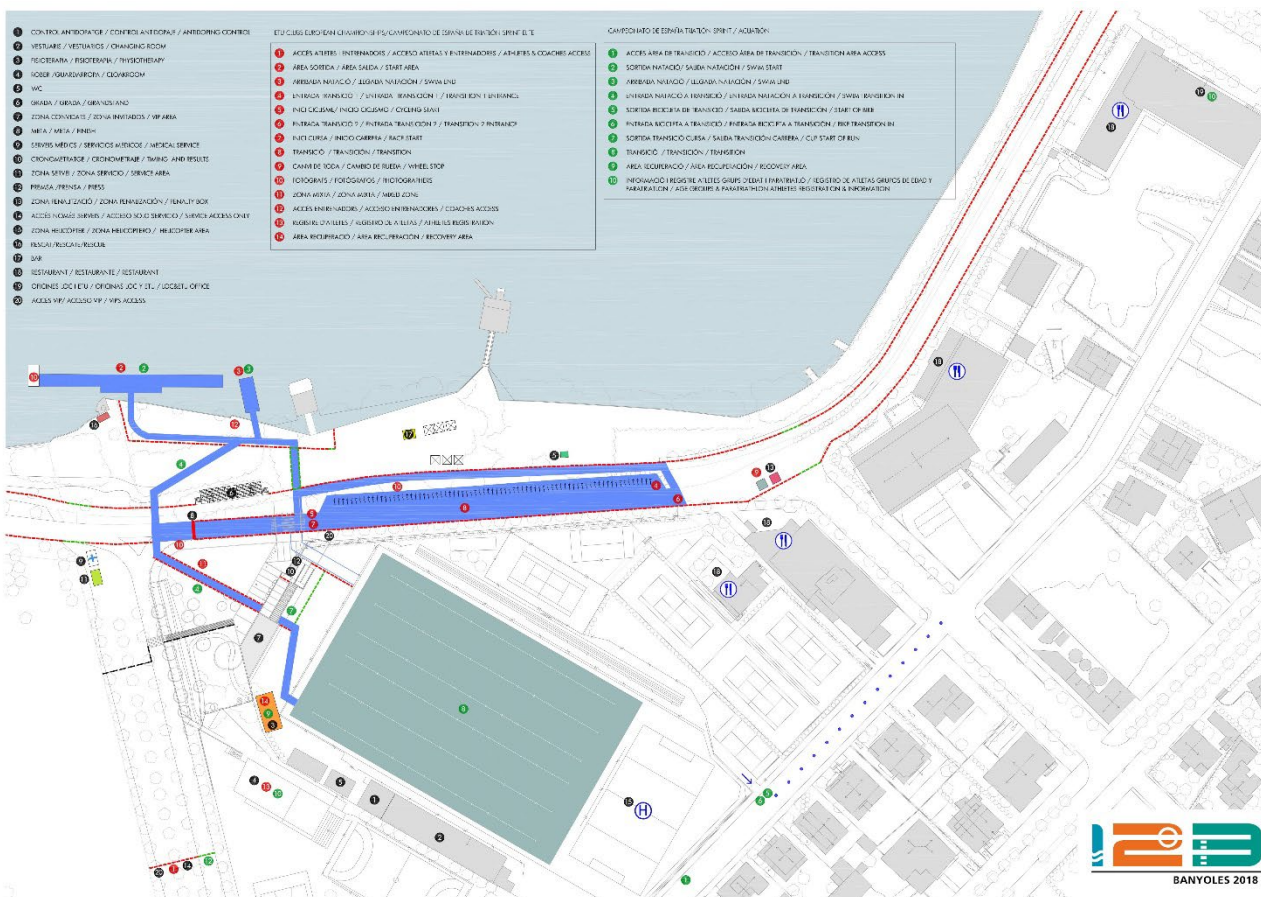
ELECTRICITY: 220 v

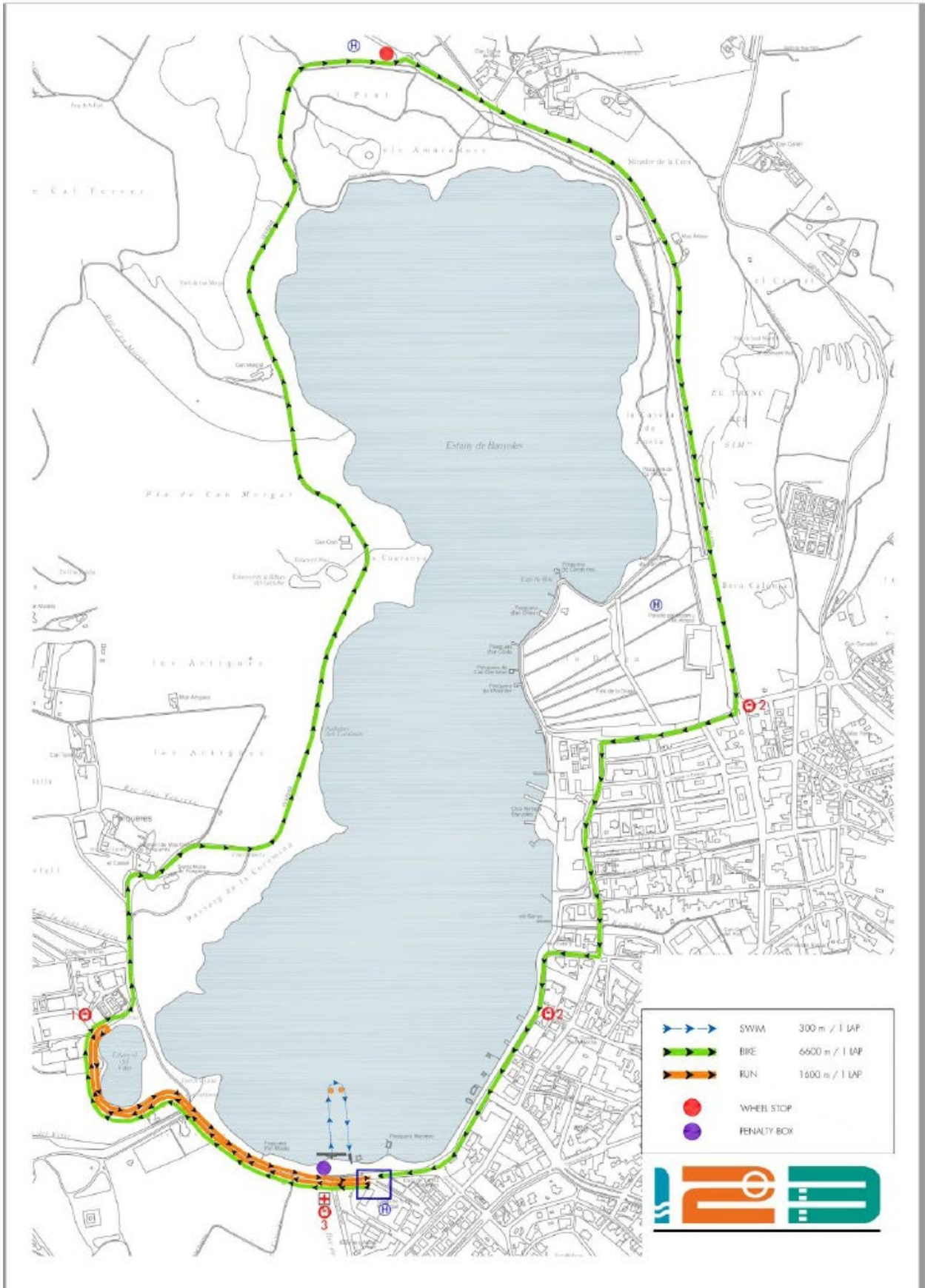
WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

COURSE MAPS

9.1. VENUE and COURSES





9.2. SWIM COURSE

The start will be a pontoon start.

The start area is a 60m pontoon long and each athlete will stand in a starting position approximately every 0,75m. 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.

9.3. 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.

9.4. 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.

9.5. 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.

9.6. 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.

9.7. 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.