



Ceuta
2023

ATHLETE'S GUIDE

V2.29.09

Contenido

1. GENERAL INFORMATION	4
1.1. INTRODUCTION	4
1.2. KEY DATES	4
1.3. KEY CONTACTS.....	4
1.4. CONTACT DETAILS	4
2. VENUE.....	5
2.1. RACE VENUE.....	5
2.2 COURSE FAMILIARIZATION.....	6
2.3. ATHLETE'S LOUNGE.....	6
2.4. ELITE ATHLETES' RACE PACKAGE	6
2.5. DOPING CONTROL.....	6
2.6. SECURITY	6
2.7. LOC OFFICE	6
2.8. LOC OFFICE	6
3. ACCOMMODATION	7
4. TRANSFER AND TRANSPORT	8
5. ATHELETE'S SERVICES.....	10
5.1. TRAINING FACILITIES	10
5.2. MEDICAL SERVICES.....	10
5.3. BIKE MECHANICAL SERVICE.....	10
6. COMPETITION SCHEDULE	11
6.3. ELITE WOMEN	11
6.4. ELITE MEN.....	11
6.5. COMPETITION RULES.....	11
6.4. ATHLETE'S BRIEFING.....	11
6.5. TIMING CHIPS	11
6.6. RESULTS	12
6.7. PROTEST & APPEALS.....	12
7. ACCREDITATION	13
8. OTHER USEFUL INFORMATION.....	14
9. COURSE MAPS	15

Updates v2;

- Training sessions at the Swimming Pool
- Briefing place

1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes and coaches 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.

1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
07 th	10:30	11:00	Bike Course Familiarization	Venue
07 th	11:00	12:00	Swim Course Familiarization	Venue
07 th	18:00	18:30	Athletes Briefing	Puerta de Africa Hotel
07 th	18:30	19:00	Registration	Puerta de Africa Hotel
08 th	11:30		Elite Women Event	Venue
08 th	13:30		Elite Men Event	Venue

1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director:	Javier Rodríguez javier.rodriguez@triatlon.org
Technical Delegate:	Anabela Santos anabela.d.santos@gmail.com
Europe Triathlon Office:	Kathleen Smet hq@europe.triathlon.org

1.4. CONTACT DETAILS

Spanish Triathlon Federation
Ferraz 16 3ºDcha
28008 Madrid

Project Manager
Javier Rodríguez – javier.rodriguez@triatlon.org
+34 91 559 93 05

2. VENUE

2.1. RACE VENUE

General View



2.2 COURSE FAMILIARIZATION

Swim course familiarization will take place on Saturday morning; although the quality of the beaches, allow to swim at any time.

Bike course familiarization will take place on Saturday morning.

2.3. ATHLETE'S LOUNGE

Will be allocated next to the recovery area. There will be a mechanical service, drinks, fruit.

2.4. ELITE ATHLETES' RACE PACKAGE

Athletes' race package will be distributed at the LOC Office (Puerta de Africa Hotel), on Saturday from 18:30 to 19:00.

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. The test will take place at the Official Hotel

2.6. SECURITY


Local Police from Ceuta, Guardia Civil, Nacional Police and emergencies services will provide the security for the event.

2.7. LOC OFFICE

LOC office will be allocated at Official Hotel Puerta de Africa and will be opened from Thursday till Saturday, from 10:00 to 14:00 and from 16:00 to 20:00.

2.8. ENTRY FEES

Entry fee is 90 €

No cash payments will be accepted on site 

<https://www.rockthesport.com/es/evento/2023-copa-de-europa-de-triatlon-ceuta/inscripcion/selecciona-tarifa>

3. ACCOMMODATION

For information and booking, contact:

Carmen G. Lendinez

Globalia Travel Agency

carmen.glendinez@bcdme.es

+34 91 399 01 79

4. TRANSFER AND TRANSPORT

For Visa requests, you must contact:

Lourdes López

Spanish Triathlon Federation

Lourdes.lopez@triatlon.org

As the distance from the airport to the hotels in Ceuta is short and taking a taxi is cheap, the LOC, due to the current situation, is not going to plan any transfer from the airport to the hotels and return.

By Car:

Drive to Algeciras (<https://goo.gl/maps/scL6zpYwNYq2yG2BA>) to take the boat, and pass to Ceuta

You can check the schedule here <http://www.puertodeceuta.com/servicios/lineas-regulares/>

Tickets start from 35 €

By Plane to Málaga:

Rent a car and drive to Algeciras, and follow the plan described above.

Take the official bus that will leave from Málaga Airport at 14:00 on Friday and return from Ceuta to be at Málaga Airport at 19:00 on Sunday. The cost of the bus is free for the athletes and coaches, only the ferry has to be paid. Bookings have to be done through the official travel agency (carlos.cuadrado@bcdme.es) before the 2nd of October.

From Malaga Airport to Algeciras: 90 minutes

From Algeciras to Ceuta: 60 minutes

By Plane to Gibraltar: Take a Taxi from Gibraltar to Algeciras Port, and follow the plan described above

From Gibraltar to Algeciras: 30 minutes

From Algeciras to Ceuta: 60 minutes

By Plan to Tanger: You can book transfer service in cooperation with Morrocco Triathlon Federation through their Official Travel Agency

Contact Nasmatravelagency@gmail.com

Phone +212 0693715348

Estimated cost for 2 persons one way 120 €; return 240 €

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



- The beach is open for swimming under personal responsibility.
- Swimming Pool – Polideportivo Diaz Flor <https://maps.app.goo.gl/taMVrn6XUnUtPCSk6>
 - Thursday 5th from 13:00 to 14:00 – 5 lanes
 - Thursday 5th from 19:00 to 20:00 – 3 lanes
 - Friday 6th from 11:00 to 14:00 – 3 lanes
 - Friday 6th from 19:00 to 20:00 – 3 lanes



Ride the bike in Ceuta is possible, but due to the dimension of the city, it is important to avoid the city centre.



The Stadium will be opened for training <https://goo.gl/maps/KRkMirjZrjTEmn7DA>

- Friday 6th from 15:00 to 17:00 and from 19:00 to 21:00
- Saturday 7th all day

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 must 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 at the venue on race day

6. COMPETITION SCHEDULE

6.3. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
7 th	18:00	18:30	Athletes Briefing	Parador de Ceuta
7 th	18:30	19:00	Race package distribution	Parador de Ceuta
8 th	10:00	11:00	Athlete Lounge check in	Venue
8 th	10:30	11:15	TA check in	Venue
8 th	10:45	11:15	Swim warm-up	Venue
8 th	11:15		Calling area	Venue
8 th	11:20		Athletes' introduction	Venue
8 th	11:30		Start	Venue
8 th	14:30		Award Ceremony	Venue

6.4. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
7 th	18:00	18:30	Athletes Briefing	Parador de Ceuta
7 th	18:30	19:00	Race package distribution	Parador de Ceuta
8 th	12:00	13:00	Athlete Lounge check in	Venue
8 th	12:30	13:15	TA check in	Venue
8 th	12:45	13:15	Swim warm-up	Venue
8 th	13:15		Calling area	Venue
8 th	13:20		Athletes introduction	Venue
8 th	13:30		Start	Venue
8 th	14:30		Award Ceremony	Venue

6.5. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon ([here](#))

6.4. ATHLETE'S BRIEFING

The athletes briefing will take place at the Parador de Ceuta on Saturday at 18:00

6.5. 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.

6.6. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

There will be live results of the event (information to be updated in a later stage).

6.7. 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 wristband.

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

All accredited people are requested to always carry their accreditation with them and to show them upon request. Accreditations are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

Ceuta is a Spanish autonomous city on the north coast of Africa.

Bordered by Morocco, it lies along the boundary between the Mediterranean Sea and the Atlantic Ocean. It is one of several Spanish territories in Africa and, along with Melilla and the Canary Islands, the only one permanently inhabited by a civilian population. It was a regular municipality belonging to the province of Cádiz prior to the passing of its Statute of Autonomy in March 1995, henceforth becoming an autonomous city.

Ceuta, like Melilla and the Canary Islands, was classified as a free port before Spain joined the European Union.[7] Its population consists mainly of Christians and Muslims. There is also a small minority of Sephardic Jews and Sindhi Hindus, the latter of whom originate from current-day Pakistan.[8]

Spanish is the only official language. Darija Arabic is also spoken by 15–20% of the population.

LANGUAGE: Spanish

POPULATION: 84.819 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

SWIM START



SWIM COURSE

- Start procedures: beach start.
- The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
- 1 lap of 750 m.; anticlockwise course
- Average water temperature: 18°C



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/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. The racks will be horizontal.

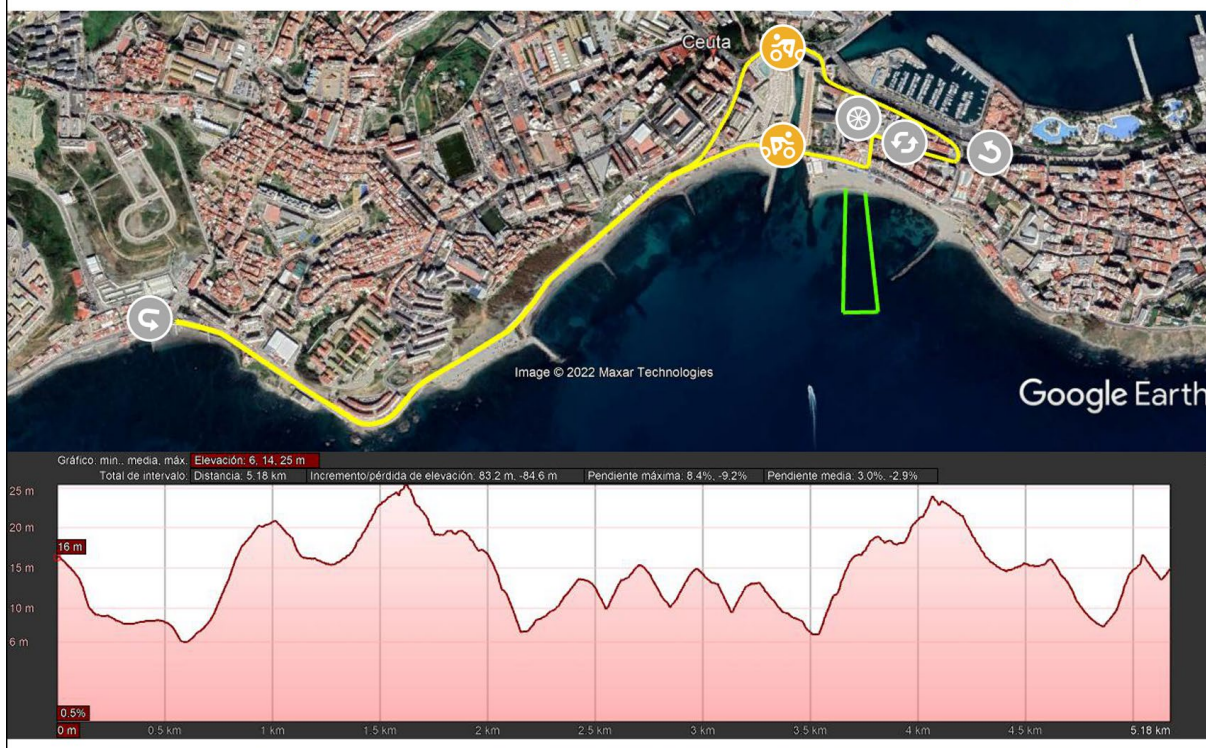


BIKE COURSE

- 4 laps of 5,2 km.
- The course is totally flat.
- There will be one team wheel station, located inside the venue.

Bike Course

4 laps x 5,2 km.



TRANSITION 2

The second transition will be the same as the first one. Running shoes may be placed beside the rack or in the bin.



RUN COURSE

- 2 laps of 2,5 km.
- Totally flat.
- One aid station in the middle of the course that serves both sides of the course.
- The penalty box will be located before the end of the lap

Run Course

2 laps x 2,5 km.

