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# 1/ ¿WHEN WILL THE 2023 EUROPE TRIATHLON CHAMPIONSHIPS MADRID TAKE PLACE?

The 2023 Europe Triathlon Championships Madrid will take place from the  $2^{nd}$ . to the  $4^{th}$  of June 2023 with this schedule:

DATE	ACTIVITY	LOCATION
	Elite / Briefing and race pack distribution.	<mark>INEF.</mark>
	<ul> <li>Paratriathlon / Briefing and race pack distribution.</li> </ul>	<mark>INEF.</mark>
Friday,	<ul> <li>Age Groups Sprint and Standard / Race pack distribution.</li> </ul>	Casa de Campo.
2nd. June	<ul> <li>Age Groups Sprint and Standard / Briefing (Team Managers).</li> </ul>	INEF.
	<ul> <li>Age Groups Sprint and Standard / Athletes Q&amp;A session.</li> </ul>	Casa de Campo.
	Paratriathlon PTS/PTVI / Europe Triathlon Championships.	Casa de Campo.
	<ul> <li>Age Groups Standard / Europe Triathlon Championships.</li> </ul>	Casa de Campo.
Saturday,	<ul> <li>Paratriathlon PTWC/ Europe Triathlon Championships.</li> </ul>	Casa de Campo.
3rd. June	<ul> <li>Paratriathlon / Medal Ceremony.</li> </ul>	Casa de Campo.
	<ul> <li>Age Groups Sprint / Race pack distribution.</li> </ul>	Casa de Campo.
	<ul> <li>Age Groups Sprint / RUN &amp; STREET WEAR bags drop-off in</li> </ul>	Palacio Real.
	<ul> <li>T2 and Recovery Area (COMPULSORY).</li> </ul>	
	<ul> <li>Age Groups Sprint / Europe Triathlon Championships.</li> </ul>	Start Casa de
	<ul> <li>Elite Women / Europe Triathlon Championships.</li> </ul>	Campo / Finish
Sunday,	Elite Men / Europe Triathlon Championships.	line Palacio Real.
4th. June	Elite / Medal Ceremony.	Palacio Real.
	<ul> <li>Age Groups Standard / Medal Ceremony.</li> </ul>	Palacio Real.
	<ul> <li>Age Groups Sprint / Medal Ceremony.</li> </ul>	Palacio Real.

The **complete schedule** can be found in te <u>event website</u>.

# 2/ DISTANCES 2.1/ STANDARD TRIATHLON

AGE GROUPS	Swim	Bike	Run
Distances	1,5 K	39,6 K (Non-Drafting race)	9,9 K
Laps	2	2	3

ELITE	Swim	Bike	Run
Distances	1,5 K	39,5 K	10 K
Laps	2	1+7	4

#### 2.2/ SPRINT TRIATHLON

PARATRIATHLON PTS & PTVI	Swim	Bike	Run
Distances	750 M	20 K	5 K
Laps	1	1	2

PARATRIATHLON PTWC	Swim	Bike	Run
Distances	750 M	20,5 K	4,6 K
Laps	1	4	2

AGE GROUPS	Swim	Bike	Run
Distances	750 M	20,8 K (Drafting race)	5 K



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Laps	1	1	2

# 3/ ABOUT MADRID

#### 3.1/ VENUE AND MAIN AREAS

The 2023 Europe Triathlon Championships Madrid event, will be structured in 2 venues:

- The nature The Casa de Campo
- The historical heritage The Royal Palace

The main venue area with Fan Zone, Expo & Registration and other services will be located in the Casa de Campo area.

#### 3.2/ LOCAL WEATHER

In early june daytime temperatures usually reach 28°C, falling to 16°C at night. Check the local weather at

https://www.accuweather.com/es/es/madrid/308526/hourly-weather-forecast/308526

#### 3.3/ WHERE TO GO AND VISIT

Madrid has many places of tourist interest to visit, as well as leisure, recreational and cultural activities. For more information, visit:

Official Madrid Tourism website
Official Tourism website of the Community of Madrid

Download the tourist map of Madrid here.

# 4/ TRAVEL, TRANSPORT & ACCOMMODATION

The event Official Travel Agency is **BCD Meetings and Events** 

For all issues related to travel, transfers, car rental and accommodation contact: Carlos Cuadrado / carlos.cuadrado@bcdme.es

#### **4.1 OFFICIAL HOTEL AND OTHER OPTIONS**

The official hotel is <u>NH Ribera Manzanares</u>, in <u>Paseo Virgen del Puerto 57, 28005</u> Madrid (913643248).

Aditionally, BCD Meetings and Events is offering these other hotels in Madrid:



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HOTEL		RATE PE	R ROOM B&B		_
		SINGLE	TWIN	TRIPLE	
BARCELÓ	Occidental Castellana Norte 4*	119,00€	139,00€	179,00€	
H10	H10 Puerta de Alcalá	241,57€	263.53		
	HOTEL PRAGA 4*	175,00€	198,00€	220,00€	
	Exe moncloa 4*	170,19€	181,17€		
EUROSTARS	Exe Zarzuela Park 3*	126,27€	137,25€		
	NH NACIONAL 4*	225,70€	242,78€		
NH	NH RIBERA DEL MANZANARES 4*	195,20€	207,40€	237,40€	OFFICIAL HOTEL
	AC ARAVACA	120,78€	129,32 €		
AC	AC LA FINCA	148,23€	159,21€	192,15€	
	ESPAHOTEL PLAZA DE ESPAÑA 3*	126,88€	137,86€	185,44€	

VAT INCLUDED

RATES PER ROOM AND NIGHT

BREAKFAST INCLUDED

#### 4.2/ HOW TO ARRIVE TO MADRID

#### By PLANE

Madrid-Barajas airport (IATA code: MAD, ICAO code: LEMD), is located in the northeast of Madrid, in the district of Barajas, 12 kilometres from the centre of Madrid. More information at: <a href="https://www.aena.es/es/adolfo-suarez-madrid-barajas.html">https://www.aena.es/es/adolfo-suarez-madrid-barajas.html</a> and <a href="ht

To get from the airport to the city, there are 3 options:

- 1. Taxi, with a flat rate to the city centre of €30,00.-
- 2. Metro, line 8.
- 3. Train (only from terminal T4).

#### By TRAIN

Madrid is the main geographical enclave for railway communications in Spain. Thanks to its central location, Madrid is the hub of most of the railway lines that connect the peninsula. The two main stations are <a href="Atocha">Atocha</a> and <a href="Estación de Madrid-Chamartín - Clara Campoamor">Chamartín - Clara Campoamor</a>, as they accommodate Media Distancia, Larga Distancia, Alta Velocidad and Cercanías trains. <a href="Renfe">Renfe</a> is the main railway operator in Spain, although the railway network has been liberalised in recent years and several private companies <a href="OUIGO">OUIGO</a> and <a href="IRYO">IRYO</a> also offer journeys.

#### By BUS

Estación Sur de Madrid (Méndez Alvaro) station is the busiest station in the capital. Its pace is frenetic at almost any time of day. Next to it, Avenida de América station is the first point of reference for many travellers as soon as they set foot in Madrid.

## 1/ Estación Sur de Madrid

Méndez Álvaro, 83. Metro and Cercanías: Méndez Álvaro (L6). Telephone: (+34) 91 468 42 00.

#### Main bus companies:

<u>Alsa</u> (+34 902 42 22 42) <u>Socibus</u> (+34 902 22 92 92)



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Avanza Bus (+34 902 02 09 99)

FlixBus (+34 900 99 87 19)

#### 2/ Estación de Avenida de América

Avenida de América, 9. Metro: Avenida de América (L4, L6, L7, L9). Alsa (+34 902 42 22 42) and several intercity lines linking Madrid and cities nearby.

#### 4.3/TRANSFERS

The event Official Travel Agency **BCD Meetings and Events** offers the following transfers from Madrid Airport:

	APTO MADRID - CITY CENTER	APTO MADRID - CITY CLOSE TO MADRID	FULL BAGGAGE AND BIKE
CAR	80€	100€	3 PEOPLE + 2 BAGGAGE
MINIVAN MAX 8 PEOPLE	95€	130€	3 PEOPLE + 2 BIKE + 2 BAGGAGE
MINIBUS 19 PAX	200€	240€	19 PEOPLE + 4 BIKE + 4 BAGGAGE
AUTOBUS / BUS 50 PAX	260€	320€	40 PEOPLE + 10 BIKES + 10 BAGGAGE
TRANSFERS FROM 23,00H TO 08,00 AM RATE PER WAY VAT INCLUDED	40€		

NOTE: If you don,t need transport a bike, the best option will be get a taxi in the airport. The cost from Madrid Airport to city center will be 30€, final cost.

For additional info or special requests, contact: Carlos Cuadrado / carlos.cuadrado@bcdme.es

#### 4.4/ HOW TO GET AROUND MADRID

#### **BV METRO**

The <u>Metro</u> is the most efficient, fastest and cheapest way to get around Madrid. The city has a very extensive <u>metropolitan network</u>, one of the most complete in Europe, and covers almost all parts of the capital and many of the nearby cities. It is undoubtedly the most practical and economical option for getting from the airport to the city centre and vice versa. Download the Metro Madrid app here: <u>App Store</u> / <u>Google Play</u>

#### **By TAXI**

Madrid's taxi fleet has more than 15,000 vehicles. A fast and safe way to get around the city. Download the Taxis Madrid Apps:

- Free Now (mytaxi): App Store / Google Play
- Join Up Taxi: App Store / Google Play
- Tele Taxi: App Store / Google Play
- PideTaxi: App Store / Google Play
- TxMAD: App Store / Google Play

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#### By VTC (Transport Vehicle with Driver)

Another option for travelling around Madrid are the VTC, Vehicles with Driver, which is the name given to chauffeur-driven cars that can transport one or more passengers to a destination and which must always carry a visible sticker with the distinctive sign of the autonomous region where the service is offered.

The companies that offer this type of service in Madrid are:

Cabify: App Store / Google Play
 Uber: App Store / Google Play

Auro New Transport: App Store / Google Play

• **Bolt**: App Store / Google Play

#### By BUS

Madrid has a large network of city buses belonging to the Empresa Municipal de Transportes (EMT), which covers practically the entire city. Download here the EMT Madrid App (buses): App Store / Google Play

#### 4.5/WHERE TO PARK IN MADRID

In Madrid, as in any big city, it is not advisable to get around by car. It is always preferable to use public transport. In any case, there are numerous car parks in the city, both <u>public</u> (see <u>map</u>) and private, which charge for the time the vehicle remains parked, as well as many <u>park-and-ride lots</u> (most of them free) in the vicinity of Metro or Renfe suburban railway stations. On-street parking is limited at certain times in the most central districts of the city by the <u>Regulated Parking Service</u> (SER). In addition, always bear in mind the <u>measures established when the anti-pollution protocol</u> is activated and that there are zones set by <u>Madrid 360</u> that limit access to private vehicles.

#### 4.6/ COVID INFORMATION

The use of face masks is no longer compulsory on public transport. The mandatory use of face masks is maintained in hospitals, health centres and in pharmacies.

#### 5/ HOW TO ARRIVE TO THE VENUES IN PUBLIC TRANSPORT

5.1/ INEF (Briefings)

#### **By METRO**

<u>Line 6</u>, Ciudad Universitaria station. Line 3, Moncloa station.

#### **By AUTOBÚS**

<u>Línea 46</u> (Moncloa – Sevilla): parada nº 2416 Avda. Juan de Herrera - Martín Fierro <u>Línea U</u> (Paraninfo – Avd. Séneca): parada nº 2415 Avda. Juan de Herrera - Martín Fierro

https://www.inefmadrid.com/la-facultad/como-llegar

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#### 5.2/ CASA DE CAMPO

#### By METRO

Lago station on <u>Line 10</u> will leave you less than 200 metres from the Casa de Campo lake and the transition zone.

#### **By BUS**

Line 31, from Plaza Mayor.

Line 33, from Príncipe Pío.

Line 36, from Atocha.

Line 39, from Ópera.

Line 65, from Plaza Jacinto Benavente.

#### **5.3/ ROYAL PALACE**

#### By METRO

Opera station on <u>Line 2</u> and <u>Line 5</u> will leave you less than 200 metres from the Royal Palace and the finish area.

#### **Bv BUS**

Line 3, line 25, line 39 and line 65.

## 6/ AGE GROUP ATHLETES REGISTRATION PROCESS

All registrations for the 2023 Europe Triathlon Championships Madrid must be made through the National Federation (NF) of the participating countries by a designated Age-Group Team Manager.

For more information on the qualification procedure in your country please go to the <u>event website</u> and/or contact your National Federation. In case you are not able to get in touch with your National Federation, you should contact agegroup@triathlon.org

No individual registrations nor payment are allowed through the Local Organising Committee. NFs are to collect the entry fees from athletes. National Federations will have to submit the delegation by Sunday 30 April 2023.

## **6/ENTRY FEES**

Event	Elite	Paratriathlon	AGE GROUP
Triathlon	€160	€140	Sprint: €140 Standard: €160 Sprint + Standard: €270

Payment must be done in Euros and all rates mentioned include taxes and VAT.

Please note that your NF entry fee may be higher than the one above to cover the national support team provided on site by your NF (team managers, bike



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mechanics, doctors, social functions, etc.). For more details, please contact your National Federation.

#### 7/ CAN I RACE IN MORE THAN ONE EVENTS?

Yes, Age Groups athletes can compete in both Standard and Sprint distances.

## **8/WITHDRAWALS AND CHANGES**

Unfortunately no withdrawalds. If you have registered and you finally cannot race, will not get your money back.

For other changes or modifications in your registration, you should contact you National Federation.

## 9/ COURSES

All courses published in the event website.

#### 10/ VENUES AND SERVICES

Date	Category	Race Start	T1	T2	Finish line / Recovery
Saturday 3rd. June	Paratriathlon PTS y PTVI	Casa de Campo	Casa de Campo	Casa de Campo	Casa de Campo
Saturday 3rd. June	Standard Age Groups	Casa de Campo	Casa de Campo	-	Casa de Campo
Saturday 3rd. June	Paratriathlon PTWC	Casa de Campo	Casa de Campo	Casa de Campo	Casa de Campo
Sunday 4th. June	Sprint Age Groups	Casa de Campo	Casa de Campo	Royal Palace	Royal Palace
Sunday 4th. June	Elite	Casa de Campo	Casa de Campo	Royal Palace	Royal Palace

#### 10.1/ CASA DE CAMPO

Location: https://goo.gl/maps/XFTLLDm9afGzjv5N7

## Athlete Services / Casa de Campo:

Race Pack distribution / Age Groups.	Medal Engraving.
Expo and Fan Zone.	Austral Merchandising shop.
Information point.	Lost and Found.
Cloakroom.	Mechanical Service.
Recovery Area.	Medal Ceremonies (Paratriathlon).

#### **10.2/ ROYAL PALACE**

Location: https://goo.gl/maps/RrQ2ku8vE7TUMKur7

#### Servicios / Royal Palace:

Information point.	Lost and Found.	
Cloakroom.	Medal Engraving.	
Recovery Area.	Medal Ceremonies (Elite and Age Groups).	
Austral Merchandising shop.		

This information will be completed and updated in the next weeks.

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## 11/ WHAT I WILL RECEIVE AT THE REGISTRATION?

Note that package pick up has to be done by the athlete racing. Race pack will be not delivered to Team Managers, friends and/or family. It will be delivered only to the athlete after data verification, please bring with you your passport or ID.

At the registration you will receive one **welcome gift** and – for each event registered - an **envelope** containing:

- Acreditation wristband.
- Bib number (x1).
- Stickers: helmet (x3), bike (x1), cloakroom (x1).
- Body decal (x1), with the race number for the right arm.
- Body decal (x1), with the race number for the left leg.
- Body decal (x1), with the age group category for the calf.
- Swim cap + race number decal.
- STREET WEAR bag (Paratriathlon, Elite and Age Groups Sprint).
- RUN bag (Paratriathlon, Elite and Age Groups Sprint).

**Timing chips** will be delivered on Transition Area Bike Check-in.

#### 12/ AGE GROUP RACE PACK DISTRIBUTION

Day	Hours	Location	Competition
Friday 2 <sup>nd</sup> . June	12:00 - 20:00	Casa de Campo	AG Sprint and AG Standard
Saturday 3 <sup>rd</sup> . June	10:00 - 18:00	Casa de Campo	AG Sprint

#### 12.1/ SPRINT TRIATHLON AGE GROUPS / RUN BAG (red) DROP-OFF

The RUN bag will be provided to the athlete when race pack delivery.

On Saturday 3rd - from 14:00 to 20:00 H. - the athlete must bring it up to TA2 in the Royal Palace and leave it in the place assigned by number bib.

No drop-off bags will be allowed on Sunday 4th.

# 12.2/ SPRINT TRIATHLON AGE GROUPS / STREET WEAR BAG (green) DROP-OFF

The STREET WEAR bag will be provided to the athlete when race pack delivery.

On Saturday 3rd - from 14:00 to 20:00 H. - the athlete must bring it up to the Recovery Area's cloak room in the Royal Palace.

No drop-off bags will be allowed on Sunday 4th.

## 13/ IF I AM FINISHER, WILL I RECEIVE ANY ADDITIONAL GIFT?

All the Finishers will receive a "Finisher" medal.

## 14/ ATHLETES BRIEFINGS (Friday 2n. June)

Both **Age Group Team Managers** briefings and **Elite and Para athletes briefings** (and Elite and Para race pack distribution) will be in the INEF.

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# 15/ MEDAL ENGRAVING

Yes, more information soon.

## **16/ VIRTUAL BIKE COURSES**

More information soon.

## 17/ LOST AND FOUND OFFICES

There will be Lost & Found office in each of the venues and in the Casa de Campo and Royal Palace areas.

## 18/ EXPO AREA

Located in the Casa de Campo area along with the Race Pack Distribution, Lost & Found Office, Event Info...

## 19/ THERE WILL BE LIVE TIMING OF THE EVENT?

More information soon.

## 20/ PROFESSIONAL RACE PHOTOS

FinisherPix is the official photographer of the 2023 Europe Triathlon Championships Madrid and will be there to commemorate your race. Order your photos now and save up to 55%!

Standard Triathlon: <a href="http://www.finisherpix.com/en/event/7043">http://www.finisherpix.com/en/event/7043</a>
Sprint Triathlon: <a href="http://www.finisherpix.com/en/event/7045">http://www.finisherpix.com/en/event/7045</a>

Athlete questions: please contact FinisherPix at <a href="mailto:support@finisherpix.com">support@finisherpix.com</a>

## 21/ BIKE RENTAL SERVICE WITH LISTNRIDE

To rent your bike for Madrid, please contact our partner <u>ListNRide</u>.

# 22/ THERE WILL BE WETSUIT RENTAL SERVICE

More information soon.

## 23/ THERE WILL BE TECHNICAL BIKE SERVICE

More information soon.

Additionally, near each Transition Area we will have a <u>Scandic ONBIZI bike repair</u> <u>station</u> free to use for the athletes.

Note that this technical service is only for emergency cases. All athletes must bring their bikes in perfect racing conditions.

# 24/ BIKE SHOPS

More information soon.

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# 25/ TRAINING FACILITIES 25.1/ ELITE AND PARATRIATHLON

Location: CARD Madrid c/ Martín Fierro 5, 28040 Madrid

Schedule: From May 29th to June 3rd.

Swimming pool of 50 meters

Mornings (2 lanes) - Paratriathletes from 11:00 to 13:30 - Elite 13:30 to 15:00.

Afternoons (4 lanes) - Elite and Paratriathletes from 19:00 to 20:45.

Athletics Track - 15:00 to 20:45 (non-exclusive use, shared with other users).

Only accredited athletes and coaches, bring your accreditation, will be checked with the lists of departure and lists of accredited coaches.

The entrance to the CARD for elite and paratriathlon athletes and accredited coaches is free iof charge.

Paratriathletes PTWC can enter with their vehicle (PTWC ONLY).

How to get there: Bus lines 46, U, 160, 161.

How to get to the CARD from the official hotel NH Madrid Ribera de Manzanares.

It is not possible to go by bike because there is no surveillance for bicycles.

### 25.2/ AGE GROUPS

The nearest sports center is the Centro Deportivo Municipal Casa de Campo.

Paseo Puerta del Ángel 7, 28011 Madrid.

Summer schedule: Monday to Sunday, from 09:30 to 14:00 and from 16:00 to 20:30

(non-exclusive use, shared with other users).

How to get there: Metro: Lago, Puerta del Ángel, Bus: 31, 33, 36, 39, 65, 138.

Admission:  $5 \in (+65 \text{ years } 2 \in) (15-26 \text{ years } 4 \in)$ .

How to get to the Casa de Campo Municipal Sports Center from the official hotel NH Madrid Ribera de Manzanares

## 26/ RACE UNIFORM. CAN I WEAR MY OWN TRISUIT?

For **Age Groups athletes in European Championships** it is compulsory to wear the World Triathlon aproved trisuit of your National Federation, the country you are representing. Contact you NF if necessary, there will be no exceptions.

Check here the **Approved National Federation Age-Group** Uniforms by World Triathlon: <a href="https://triathlon.org/about/downloads/category/uniforms\_catalogues">https://triathlon.org/about/downloads/category/uniforms\_catalogues</a>