



ATHLETES GUIDES

ELITE

[2023 Europe Triathlon Championships Madrid](#)

V31.05

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at FAQ's section of the event website www.ibizamultisport.org. Last minute changes will be communicated during the Athletes' briefing and posted in the Information booth at the EXPO area. Any updated version of this Guide will be identified by the version number on the cover page (Ex. v1, v2, v3, etc.).

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01. GENERAL INFORMATION

01.1. 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: Please review continuously the official website for more info and updates:

https://www.triathlon.org/events/event/2022_europe_triathlon_championships_madrid

01.2. KEY CONTACTS

Event Director:

Jorge García | jorge.garcia@triathlon.org

LOC Event Manager:

Alicia García | alicia.garcia@triathlon.org

LOC Race Director:

Jose Juan Ayet

Europe Triathlon Team Leader:

TBC

Europe Triathlon Technical Delegates:

Duncan Hough | duncan@kweenb.co.uk

Eriketti Margari | eriketti.margari@triathlon.org

Luis Coira | luiscoiranieto@gmail.com

Europe Triathlon Head Referees:

Elite & AG Standard | Kalle Jensen | kalle.jensen@gmail.com

Paratriathlon & AG Sprint | Sarah Taylor | sarah@kweenb.co.uk

Europe Triathlon Medical Delegate:

Pablo Gasque | pgasque@aytoalcobendas.org

Athletes Services Manager:

Raquel González Cascales | services.madrid@triathlon.org

LOC Media Manager:

Angel Rubiano | arubiano@brtunited.com

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Media and Communications Manager (FETRI):

Daniel Marquez | daniel.marquez@triatlon.org

Branding and Marketing Manager (FETRI):

Kika Escobar | kika.escobar@triatlon.org

Anti-Doping Control:

Alicia García | alicia.garcia@triatlon.org

Travel, Accommodation and Transfers:

Carlos Cuadrado | carlos.cuadrado@bcdme.es

02. VENUE LOCATIONS

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.

You can see all the location in the following link:

<https://www.google.com/maps/d/edit?mid=1CArJZveQ9Gxk7nYegcOscjckdbpEdq&usp=sharing>

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](#).

03. SCHEDULE OF COMPETITIONS

The **2023 Europe Triathlon Championships Madrid** will be held from the 2nd to the 4th of June 2023 with this schedule:

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

You can find the complete schedule in the [event website](#).

04. SCHEDULE OF REGISTRATION & RACE PACK DISTRIBUTION

Paratriathlon and Elite: the race pack distribution will be after the briefing

Friday 2 nd June	16:45 – 17:30	Paratriathlon	INEF
Friday 2 nd June	18:30 – 19:00	Elite	INEF

AG Sprint and Standard: For all the age groups in the event we will have a personalized finish gantry, for that we need your collaboration in the registration.

As Age Group just after race pick-up and next to the registration tents, come with your NF official uniform (Jacket and/or T-shirt, **not racing suit**) to the tent with chroma backdrop and get your picture done.

The following schedule is a guide to can give all of you the best service in the registration.

Friday 2 nd June	12:00 – 14:00	IRL, ITA, LAT, LUX, MLT, NOR, POR, POL, SUI
Friday 2 nd June	14:00 – 16:00	AND, AUT, BEL, GER, HUN, FRA, NED, ROU, TUR
Friday 2 nd June	16:00 – 18:00	GBR Standard
Friday 2 nd June	18:00 – 20:00	ESP Standard
Saturday 3 rd June	10:00 – 12:00	Free registration
Saturday 3 rd June	12:00 – 14:00	GBR Sprint

Saturday 3 rd June	14:00 – 16:00	ESP Sprint
Saturday 3 rd June	16:00 – 18:00	Free registration

05. ATHLETE WAIVER

Age-Group athletes: You must cover the athlete's waiver before pick up the race package in the following link: <https://survey.alchemer-ca.com/s3/50193285/Europe-Triathlon-Waiver-2023>

Elite and Para athletes: Please make sure to sign the World Triathlon athlete agreement before coming to the briefing.

06. BRIEFINGS

Elite, Paratriathlon and AG Team Managers briefings (and race pack distribution) will be in the INEF - Facultad de Ciencias de la Actividad Física y del Deporte

Bus: lines 46 and U

Metro: Line 6 (Ciudad Universitaria station) and Lines 3 and 6 (Moncloa station).

Entrance to INEF for the Age Group Team Managers briefings: c/Martín Fierro 7 (see in the venue map link)



Entrance to INEF for the Elite and Para athletes briefing: c/Obispo Trejo 1 (see in the venue map link)



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Elite and Para athletes should report in the entrance, left side. There will be an authorised access list.

Friday 2 nd June	14:00 – 15:00	AG Sprint and Standard Team Managers briefing	INEF
Friday 2 nd June	16:00 – 17:00	Paratriathlon briefing and race pack distribution	INEF
Friday 2 nd June	18:00 – 19:00	Elite briefing and race pack distribution	INEF

All briefing presentations will be uploaded on www.triathlon.org after each briefing.

07. AGE GROUP QUESTION & ANSWER

Age-Group will be able to ask questions related to their event to Technical Officials as per the following schedule.

Friday 2 nd June	16:00	Standard and Sprint Triathlon (ENG)	Casa de Campo
Friday 2 nd June	17:00	Standard and Sprint Triathlon (ESP)	Casa de Campo

08. UNIFORM RULES

At the **2023 Europe Triathlon Championships Madrid**, 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.

Elite, U23, Junior, Para

Click [HERE](#) to check the Approved National Federation Elite Multisport Uniforms

Age-Groups

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

Check here the **Approved National Federation Age-Group** Uniforms by World Triathlon: https://triathlon.org/about/downloads/category/uniforms_catalogues

09. OPENING CEREMONY

- For **NF's representatives**, at the C.O.E. (Spanish Olympic Committee) from 19:00 on Friday.
- For **Age Group Athletes delegations**, at the Expo area in Casa de Campo. Before each delegation's race pack distribution time on Friday, we will celebrate a welcome gathering with a Team group photo and video session with interviews. "Madroño" the 2023 Europe Triathlon Championships Madrid mascot will be with us to celebrate the **Nation Stars Tour** in Madrid.

Check below the timing of your delegation:

ORDER	EXPO ENTRANCE	PHOTOCALL	COUNTRY	
1	12:00	12:10	IRL	IRELAND
2	12:10	12:20	ITA	ITALY
3	12:20	12:30	LAT	LATVIA
4	12:30	12:40	LUX	LUXEMBURG
5	12:40	12:50	MLT	MALTA
6	12:50	13:00	NOR	NORWAY
7	13:05	13:15	POR	PORTUGAL
8	13:20	13:30	POL	POLAND
9	13:35	13:45	SUI	SWITZERLAND
10	13:50	14:00	AND	ANDORRA
11	14:00	14:10	AUT	AUSTRIA
12	14:10	14:20	BEL	BELGIUM
13	14:20	14:30	GER	GERMANY
14	14:30	14:40	HUN	HUNGARY
15	14:40	14:50	FRA	FRANCE
16	14:50	15:00	NED	THE NETHERLANDS
17	15:05	15:15	ROU	ROUMANIA
18	15:20	15:30	TUR	TURKEY
19	16:50	17:00	GBR	GREAT BRITAIN
20	17:50	18:00	ESP	SPAIN

10. TRAVEL, ACCOMMODATION AND TRANSFERS

The 2023 Europe Triathlon Championships Madrid 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

10.1. OFFICIAL HOTEL AND OTHER OPTIONS

The official hotel is [NH Ribera Manzanares](#), in [Paseo Virgen del Puerto 57, 28005 Madrid](#) (913643248).

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

	HOTEL	RATE PER 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 €	
EUROSTARS	Exe moncloa 4*	170,19 €	181,17 €		
	Exe Zarzuela Park 3*	126,27 €	137,25 €		
NH	NH NACIONAL 4*	225,70 €	242,78 €		
	NH RIBERA DEL MANZANARES 4*	195,20 €	207,40 €	237,40 €	OFFICIAL HOTEL
AC	AC ARAVACA	120,78 €	129,32 €		
	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

10.2. 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	40 €		
RATE PER WAY			
VAT INCLUDED			

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.

11. BIKE RENTAL SERVICE WITH LISTNRIDE

To rent your bike for Madrid, please contact our partner [ListNRide](https://listnride.com).

For last minute rentals and additional information, contact Ela García ela@listnride.com.

12. BIKE MECHANIC

There will be a bike mechanical service in the expo during the following days:

Friday 2nd June 09:00 – 20:00

Saturday 3rd June 06:45 – 20:00

Sunday 4th June 06:00 – 13:30

13. TRAINING FACILITIES / SWIMMING POOLS

13.1. ELITE AND PARATRIATHLON

Location: CARD Madrid [c/Obispo Trejo 1](#), 28040 Madrid (see in the venue map link).

Schedule: From May 29th to June 3rd

Swimming pool (50 meters/25 meters):

To not have problems with overbooking in the swimming pool, we have created a simple tool for elite and paratriathlon athletes. **There is no reservation, is first come first serve. We organized the tool for better organization but not as reservation tool.**

In the following link, you can see the free spaces that we have in each session (green ones):
<https://cutt.ly/lwqRsVg1>

If you want to put your name in a space, please sent an email to services.madrid@triatlon.org with the time, day and number of people (only accredited coaches and elite, paratriathlon athletes).

50 m swimming pool (2 lanes) 10:00 – 15:00

18:00 – 20:30

25 m swimming pool (4 lanes) 17:00 – 20:30

25 meters swimming pool has a better access for wheel chairs.

Athletics Track: 15:00 to 20:30 (non-exclusive use, shared with other users)

Only accredited athletes and coaches, you must bring your accreditation, will be checked with the start list and accredited coaches.

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

13.2. AGE GROUPS

The nearest sports center is Centro Deportivo Municipal Casa de Campo (see in the venue map link).

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 € (+65 years 2 €) (15-26 years 4 €).

[How to get to the Casa de Campo Municipal Sports Center from the official hotel NH Madrid Ribera de Manzanares](#)

14. OFFICIAL MERCHANDISING

Find a selection of the 2023 Europe Triathlon Championships Madrid (T-Shirts, sweaters, caps, shorts, bike wear, etc.) from Friday the 2nd. till Sunday the 4th. June, in the [Austral](#) booth at the Expo/Fan Zone area.



15. PROFESSIONAL EVENT PHOTOS WITH FINISHERPIX

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

Standard Triathlon: www.finisherpix.com/en/event/7043

Sprint Triathlon: www.finisherpix.com/en/event/7045

Athlete questions: please contact FinisherPix at support@finisherpix.com

16. LOCAL WEATHER INFORMATION

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>

17. HOW TO GET AROUND MADRID

By METRO

The [Metro](#) is the most efficient, fastest and cheapest way to get around Madrid. The city has a very extensive [metropolitan network](#), 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: [App Store](#) / [Google Play](#)

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](#)

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](#).

18. PUBLIC TRANSPORT – HOW TO ARRIVE TO THE VENUES?

18.1. INEF

By METRO

[Line 6](#), Ciudad Universitaria station.

[Line 3](#), Moncloa station.

By AUTOBÚS

[Línea 46](#) (Moncloa – Sevilla): parada nº 2416 Avda. Juan de Herrera - Martín Fierro

[Línea U](#) (Paraninfo – Avd. Séneca): parada nº 2415 Avda. Juan de Herrera - Martín Fierro

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

18.2. CASA DE CAMPO

By METRO

Lago station on [Line 10](#) 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.

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18.3. ROYAL PALACE

By METRO

Opera station on [Line 2](#) and [Line 5](#) will leave you less than 200 metres from the Royal Palace and the finish area.

By BUS

[Line 3](#), [line 25](#), [line 39](#) and [line 65](#).

19. 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: <https://triathlon.org/anti-doping>

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, for example, after picking up your Registration pack or when you check in your bicycle in the Transition Area. 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:

- Appoint a representative of your choice to accompany you to Doping Control.
- Request the services of an interpreter in case you do not have a good command of English (if required).
- Request additional information about the Doping Control procedure.
- 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.)
- Request necessary modifications if you have a disability.
- 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.
- A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

- Be aware of, and comply with, the World Anti-Doping Code and the ITU 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

20.COVID PROTOCOLS

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.

21.COMPETITION RULES / PROTEST & APPEALS

Standard procedures will be followed according to the [World Triathlon Competition Rules](#).

To check World Triathlon Rules FAQ, please click [HERE](#).

Check the rule poster [HERE](#).

To clarify any rules, please contact the Head Referees.

22.RESULTS

Results will be uploaded live at the World Triathlon official website https://www.triathlon.org/events/event/2022_europe_triathlon_championships_madrid

23. 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 2023 Europe Triathlon Championships Madrid!

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

24. INFORMATION FOR SPECTATORS

Race courses will be closed to traffic. However, there are many roads that will take you to junctions to cheer up your athlete. In general, spectators will be able to cheer up their athletes along the running course.

Crossing the Finish Line with your beloved athlete is FORBIDDEN. This is a Europe Triathlon 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 to medical personnel only. The athlete's Emergency Contact Person will be notified ASAP.

25. MEDIA ACCREDITATION

The process to be registered as a media of the 2023 Europe Triathlon Championships Madrid, contact:

Daniel Márquez / 650646102 / daniel.marquez@triatlon.org

Angel Rubiano / 652389223 / arubiano@brtunited.com

To collect the accreditation, it will be necessary to present DNI, passport and/or the card of the journalist of the media.

26. SUSTAINABILITY

With the clear objective of becoming one of the most sustainable sporting events in Europe, the 2023 Europe Triathlon Championships Madrid will make a firm commitment to sustainability, establishing two pillars of work:

- 0 WASTE IN THE RACES
- ASSESSMENT OF THE EVENT ENVIRONMENTAL IMPACT AND CARBON FOOTPRINT.

Additionally,

- To launch of an awareness-raising campaign before and during the event on sustainability practices for athletes, accompanying persons, staff and volunteers.
- To promote the hiring of local providers or as close as possible.
- To select local, organic or fair-trade products.
- To invite new partners and sponsors who can work hand in hand with the Championships.

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ELITE SPECIFIC RACE INFORMATION

27. ELITE KEY DATES AND TIMES

Friday 2 nd June	12:00 – 20:00	Expo, FanZone and Event information	Casa de Campo
	18:00 – 18:30	Elite briefing	INEF
	18:30 – 19:00	Elite registration	INEF
Saturday 3 rd June	07:30	Bike course familiarization	Casa de Campo
	09:00 – 20:00	Expo, FanZone and Event information	Casa de Campo
	13:00 – 13:45	Swim course familiarization	Casa de Campo
Sunday 4 th June	09:15 – 10:15	Elite Female Transition #2 check-in	Royal Palace
	09:45 – 10:45	Elite Female Athletes Lounge	Casa de Campo
	10:15 – 11:00	Elite Female Transition #1 check-in	Casa de Campo
	10:30 – 11:00	Elite Female Swim warm up	Casa de Campo
	11:05	Elite Female Athletes Introduction	Casa de Campo
	11:15	Elite Female Europe Triathlon Championship	Casa de Campo
	11:30 – 12:30	Elite Male Transition #2 check-in	Royal Palace
	12:00 – 13:00	Elite Male Athletes Lounge	Casa de Campo
	12:30 – 13:15	Elite Male Transition #1 check-in	Casa de Campo
	12:45 – 13:15	Elite Male Swim warm up	Casa de Campo
	13:20	Elite Male Athletes Introduction	Casa de Campo
	13:30	Elite Male Europe Triathlon Championship	Casa de Campo
	15:40 – 16:00	Medal Ceremonies	Royal Palace

The **complete schedule** can be found in the [event website](#).

For Spanish athletes:

<https://live.triatlon.org/championship/1001/Campeonato de Europa de Triatlon>

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28. WHAT WILL I RECEIVE AT THE REGISTRATION?

You will receive your race pack at the post briefing registration with:

- One welcome gift



- One envelope containing:
 - Accreditation card + lanyard
 - Sticker sheet: helmet (x3), bike (x1), backpack (x1)
 - Vertical body decals (x4) with the race number for both arms and legs

PLEASE CHECK YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

Swim cap and Timing chip for Elite, you will receive at the Athletes Lounge on race day.

29. WHERE TO PARK ON RACE DAY

Close to the venue there are these two parking spaces:

1. At 50 metres from Transition Area <https://goo.gl/maps/ss4fMdp48KYCVxDF8>
 - Free / Access 24 hours
 - Maximum height 2.10 metres
 - Not reserved for the event.
 - No security/surveillance
 - **Do not to leave anything of value inside.**
 - Very busy throughout the day
 - **No campervans allowed daytime and/or overnight.**
2. At 400 metres from Transition Area: <https://goo.gl/maps/C2EDTrUokiB5HXo97>

- Free / Access 24 hours
- Not reserved for the event.
- No security/surveillance
- **Do not to leave anything of value inside.**
- Very busy throughout the day

30. ELITE COURSES

Distances: Swim 1,5Km (2 laps) - Bike 39,5Km (1+7 laps) - Run 10Km (4 laps).

Link to the video of the Bike course: <https://www.youtube.com/watch?v=rfASk1lTdF0>





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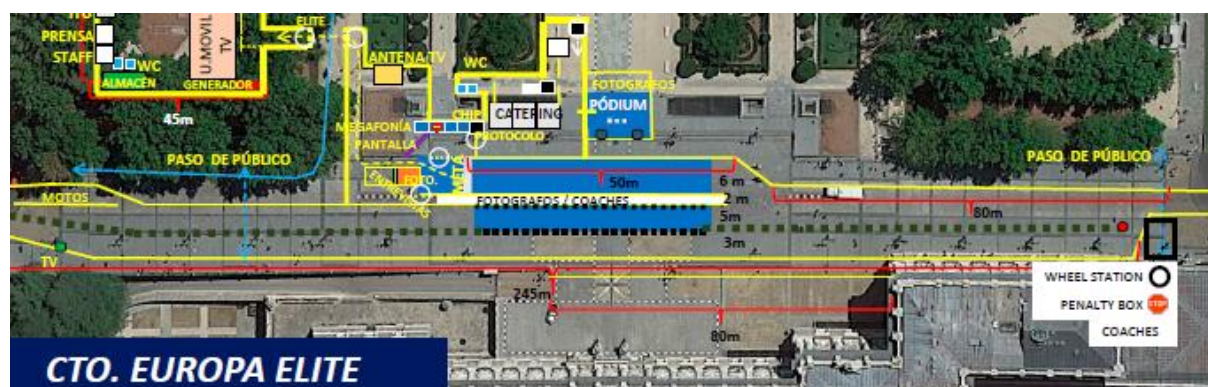
30.1. AID STATIONS

A water aid station serves both sides in the run course (Km0,4 – Km1,8).



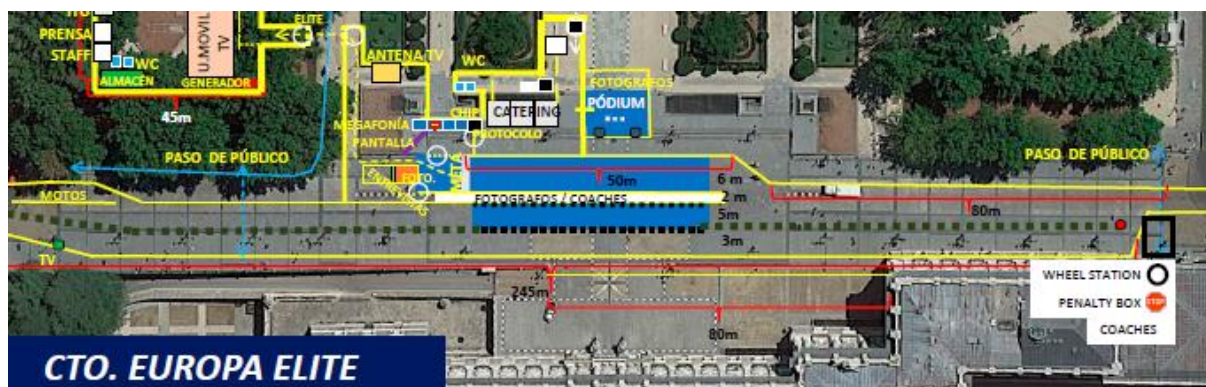
30.2. WHEEL STATION

At the end of each bike lap in the left hand.



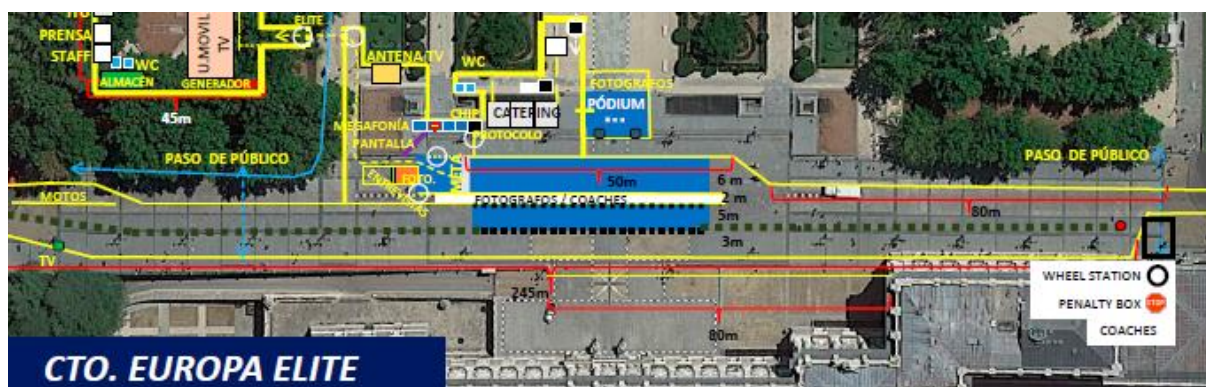
30.3. RUN PENALTY BOX

At the end of each run lap in the left hand.



30.4. COACHES AREA

1. Between the finish gantry and the transition area
2. At the end of each run/bike lap



31. ATHLETES SERVICES ON RACE DAY / ELITE

On race day you will find this services in Casa de Campo, where race start and T1 are located:

- Mechanical services from [ONBIZI](#) (self) bike repair station
- Chemical toilets
- Information point
- Cloackroom

And in Royal Palace where T2 and the finish line are located:

- Chemical toilets
- Information point
- Recovery area
- Lost and found
- Merchandising store
- Cloackroom where you will collect your finish gear bag after the race

32. MEDAL CEREMONIES

Elite Triathlon European Championship medal ceremony will take place on Sunday 4th at the Royal Palace venue from 15:40 to 16:00.

Please be there half an Hour before with your National Federation official uniform.