

Athletes Guide



V17.03

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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
18 th	10:30	11:00	Bike Course Familiarization	Venue
18 th	11:00	12:00	Swim Course Familiarization	Venue
18 th	17:00	17:30	Junior Athletes Briefing	Hotel Tryp Melilla Puerto
18 th	17:30	18:00	Junior Athletes Registration	Hotel Tryp Melilla Puerto
18 th	18:00	18:30	Elite Athletes Briefing	Hotel Tryp Melilla Puerto
18 th	18:30	19:00	Elite Athletes Registratio	Hotel Tryp Melilla Puerto
19 th	12:45		Junior Women Race	Venue
19 th	14:15		Junior Men Race	Venue
19 th	16:15		Elite Women Race	Venue
19 th	18:15		Elite Men Race	Venue

1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director:	Javier Guillot triatlonmelilla@hotmail.com
Technical Delegate:	Andreas Galanos Andreas.galanos@gmail.com
Europe Triathlon Office:	Kathleen Smet etu_hq@etu.triathlon.org

1.4. CONTACT DETAILS

Spanish Triathlon Federation
Ferraz 16 3^oDcha
28008 Madrid

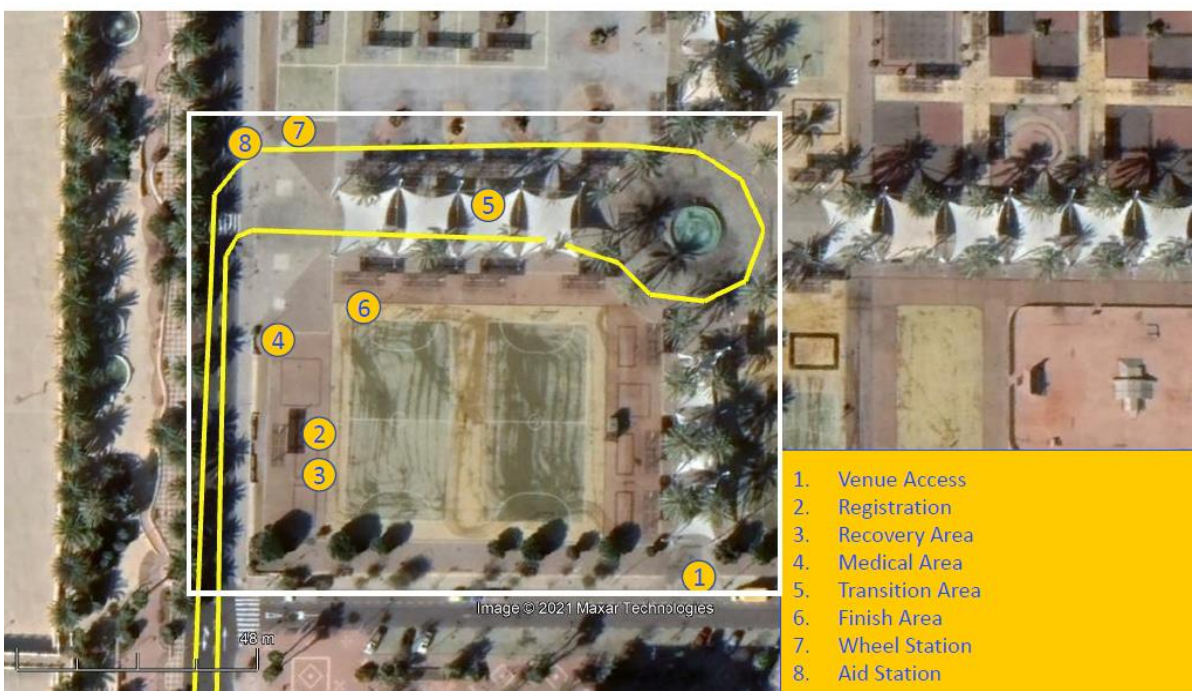
Project Manager
Sonia Miranda Sesmero – miranda.sesmero@triatlon.org
+34 91 559 93 05 ext. 2008

2. VENUE

General View



Venue



2.2 COURSE FAMILIARIZATION

Bike course familiarization will take place on Saturday morning from 10:30 to 11:00.

For the bike familiarization, it will be escorted, without going through the red section



Swim course familiarization will take place on Saturday morning from 11:00 to 12:00; although the quality of the beaches, allow to swim at any time.

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 (Tryp Hotel), on Saturday from 18:30 to 20:00.

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 Melilla, Nacional Police and emergencies services will provide the security for the event.

2.7. LOC OFFICE

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

3. ACCOMMODATION

For information and booking, contact:

Carlos Cuadrado
Globalia Travel Agency
Carlos.cuadrado@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

Arriving to Melilla, the best option is to take a taxi, as this is a cheap option

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



- Swimming pool: Piscina Municipal Estadio Alvarez Claro
Avenida de la Juventud
<https://goo.gl/maps/RUjviSNpeBEqFexP8>

Training schedule (Thursday and Friday):
7:00 to 12:15 and 14:30 to 16:00

Training schedule (Saturday):
8:30 to 10:00 and 10:45 to 16:00

- The beach is open for swimming under personal responsibility.



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



The best place to run is the promenade and the stadium

Estadio Municipal Alvarez Caro
C/ Explanada de Camellas

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

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
18 th	17:00	17:30	Athlete's briefing	Hotel Tryp Melilla Puerto
18 th	17:30	18:00	Race package distribution	Hotel Tryp Melilla Puerto
19 th	11:15	12:15	Athlete Lounge check in	Venue
19 th	11:45	12:30	TA check in	Venue
19 th	12:00	12:30	Swim warm-up	Venue
19 th	12:30		Calling area	Venue
19 th	12:35		Athletes' introduction	Venue
19 th	12:45		Start	Venue
19 th	15:45		Award Ceremony	Venue

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
18 th	17:00	17:30	Athlete's briefing	Hotel Tryp Melilla Puerto
18 th	17:30	18:00	Race package distribution	Hotel Tryp Melilla Puerto
19 th	12:45	13:45	Athlete Lounge check in	Venue
19 th	13:15	14:00	TA check in	Venue
19 th	13:30	14:00	Swim warm-up	Venue
19 th	14:00		Calling area	Venue
19 th	14:05		Athletes' introduction	Venue
19 th	14:15		Start	Venue
19 th	15:45		Award Ceremony	Venue

6.3. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
18 th	18:00	18:30	Athlete's briefing	Hotel Tryp Melilla Puerto
18 th	18:30	19:00	Race package distribution	Hotel Tryp Melilla Puerto
19 th	14:45	15:45	Athlete Lounge check in	Venue
19 th	15:15	16:00	TA check in	Venue
19 th	15:30	16:00	Swim warm-up	Venue
19 th	16:00		Calling area	Venue
19 th	16:05		Athletes' introduction	Venue
19 th	16:15		Start	Venue
19 th	19:30		Award Ceremony	Venue

6.4. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
18 th	18:00	18:30	Athlete's briefing	Hotel Tryp Melilla Puerto
18 th	18:30	19:00	Race package distribution	Hotel Tryp Melilla Puerto
19 th	16:45	17:45	Athlete Lounge check in	Venue
19 th	17:15	18:00	TA check in	Venue
19 th	17:30	18:00	Swim warm-up	Venue
19 th	18:00		Calling area	Venue
19 th	18:05		Athletes' introduction	Venue
19 th	18:15		Start	Venue
19 th	19:30		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

Tryp Melilla Puerto Hotel

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

LANGUAGE: Spanish

POPULATION: 82.810 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 Head Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
- 1 lap of 750 m.; clockwise 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 4,7 km.
- The course is totally flat.
- There will be one team wheel station, located inside the venue.

Bike Course

4 laps x 4,7 km.



RUN COURSE

- 2 laps of 2,5 km.
- The course is totally flat.
- There will be 2 Aid Stations per lap
- The Run Penalty Box will be in the venue

Run Course

2 laps x 2,5 km.

