



Vigo
2024

Athletes' Guide





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1 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 managers are advised to check with the event office regarding any changes in information included in this guide.

1.2. Key dates

Information about the registration, briefing, course familiarization and race start

DAY	START	END	ACTIVITY	LOCATION
31 st May	10:00	11:00	Swim Course Familiarization	Venue
31 st May	11:30	12:00	Bike Course Familiarization	Venue
31 st May	18:00	18:30	Elite Athletes Briefing	Venue
31 st May	18:30	19:00	Elite Athletes Packet Pick Up	Venue
1 st June	17:00		Elite Women Race	Venue
1 st June	19:00		Elite Men Race	Venue

1.3. Key contacts

Name and contact details of:

- Event Director: Jorge García
jorge.garcia@triatlon.org
- Race director: Miguel Fernández
lodeco@lodeco.es
- Technical delegate: Duncan Hough
duncan@kweenb.co.uk
- Athletes' services manager: Javier Rodríguez
javier.rodriquez@triatlon.org

Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456.

1.4. Contacts details

Spanish Triathlon Federation
Ferraz 16 3^oDcha
28008 Madrid
+34 91 559 93 05 ext. 2011
javier.rodriquez@triatlon.org

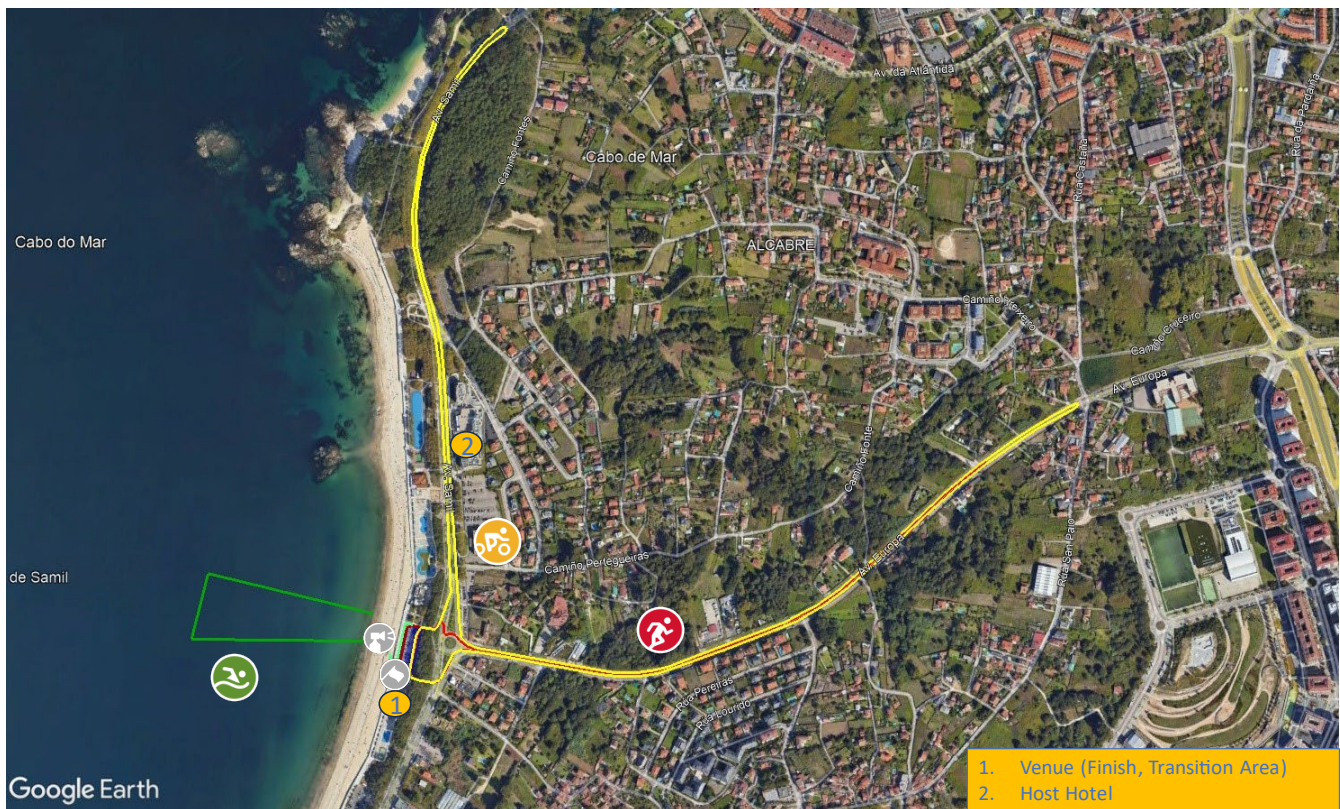


2 Venue

2.1. Race venue.

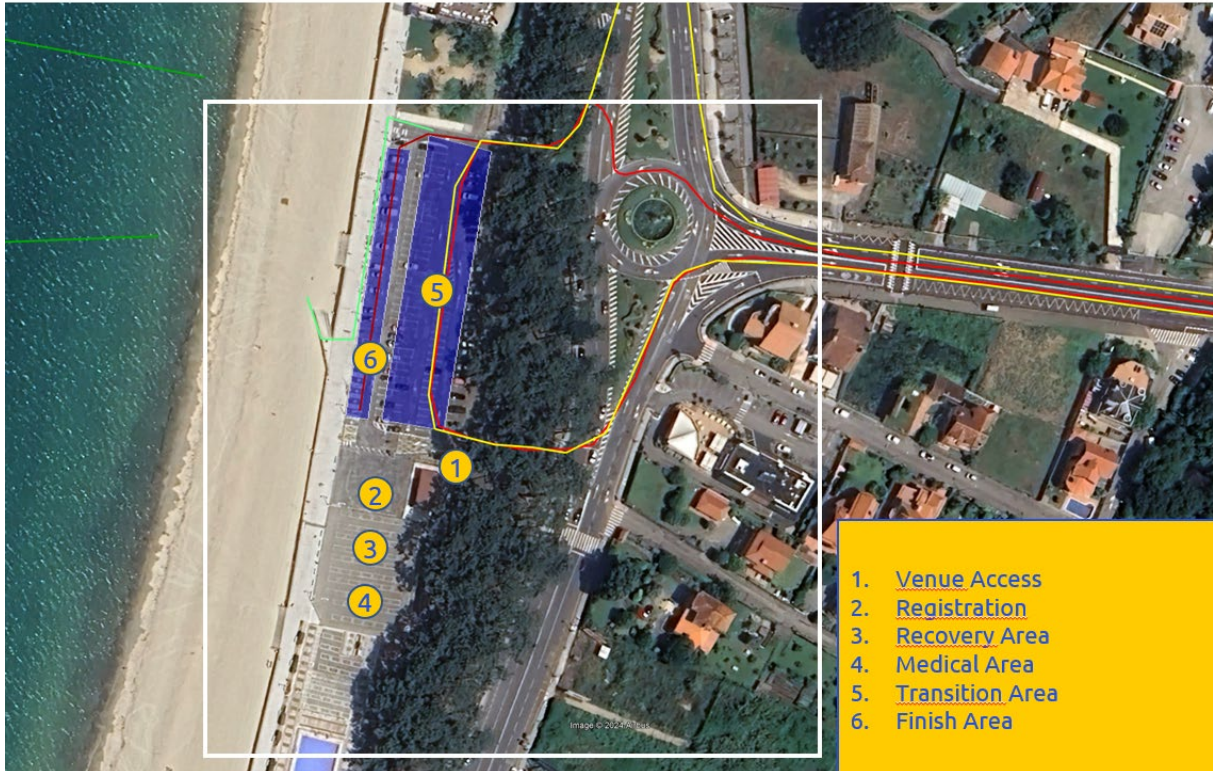
- Swim: Playa de Samil, Vigo
- T1: Plaza de Samil
- Bike: Avenida Europa y Avenida Samil
- T2: Playa de Samil
- Run: Avenida Europa

GENERAL VIEW:





VENUE:



2.2 Course familiarisation

- Swim course familiarization will take place on Friday morning from 10:00 to 11:00; although the quality of the beaches, allow to swim at any time.
- Bike course familiarization will take place on Saturday morning from 11:30 to 12:00. For the bike familiarization, it will be one lap escorted.

2.3. Athletes' 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 Briefing, on Friday, May 31st:

- 18:00h – 19:00h: Elite Women/Men Briefing



Payment Information:

Please be informed that payments must be completed by 16:00h Friday 31st (local time). No further transactions will be accepted after this deadline. Ensure your payment is made before the specified date and time to confirm your participation.

Payments in advance can be processed through the following [link](#)

2.5. Doping control

Doping tests will be conducted according to TRI/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 Vigo, Nacional Police and emergencies services will provide the security for the event.

2.7. LOC office

LOC office will be allocated at Official Hotel Attica 21.

It will be opened from Thursday till Saturday, from 10:00 to 14:00 and from 16:00 to 20:00.

Contact details: javier.rodriquez@triatlon.org



3 Accommodation

For information and booking, contact:

ÚBICO

Alvaro Abeytua Delgado

triatlon@ubicosport.com

+34 91 943 29 38

- Monday - Thursday: 08:00h – 17:00h
- Friday: 08:00h – 15:00h

4 Transfer and Transport

For Visa requests, you must contact:

Lourdes López

Spanish Triathlon Federation

lourdes.lopez@triatlon.org

For transfers information, contact:

ÚBICO

Alvaro Abeytua Delgado

triatlon@ubicosport.com

+34 91 943 29 38

- Monday - Thursday: 08:00h – 17:00h
- Friday: 08:00h – 15:00h

5 Athletes' Services

5.1. Swim, Bike and Run Training

SWIM

- The beach is open for swimming under personal responsibility.
- Swimming pool: TBC

BIKE

Ride the bike in Vigo is possible, but due to the dimension of the city, it is important to avoid the city centre. We recommend to go along the coast direction to Portugal

RUN



The best place to run is the promenade

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.

Emergency telephone number: **112**

Hospital: Concheiro Centro Médico Quirúrgico (Manuel Olivié) [Google Maps](#)

5.3. Bike mechanic service

There will be bike mechanical service at the venue on race day.



6 Competition schedule

6.1 Elite Women

Day	Start	End	Activity	Location
31 st	18:00	18:30	Athletes' briefing	Venue
31 st	18:30	19:00	Athletes' Package Pick Up	Venue
1 st	15:30	16:30	Athletes' Lounge check in	Venue
1 st	16:05	16:30	TA check in	Venue
1 st	16:15	16:45	Swim warm-up	Venue
1 st	16:50		Calling area	Venue
1 st	16:55		Athletes' introduction	Venue
1st	17:00		Start	Venue
1 st	20:15		Award Ceremony	Venue

6.2 Elite Men

Day	Start	End	Activity	Location
31 st	18:00	18:30	Athletes' briefing	Venue
31 st	18:30	19:00	Athletes' Package Pick Up	Venue
1 st	17:30	18:30	Athletes' Lounge check in	Venue
1 st	18:05	18:30	TA check in	Venue
1 st	18:15	18:45	Swim warm-up	Venue
1 st	18:50		Calling area	Venue
1 st	18:55		Athletes' introduction	Venue
1st	19:00		Start	Venue
1 st	20:15		Award Ceremony	Venue

6.3. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI). Approved by the World Triathlon Executive Board in February 2024 ([here](#))

6.4. Athletes' briefing

- At the venue 31st May 18:00h – 18:30h: Elite Women/Men Briefing
- <https://maps.app.goo.gl/GJ8V6M9ZzUr22dYV8>



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 in the athletes' lounge before the competitions, during their check-in procedure.

6.6. Results

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

There will be live results of the event: Spanish Official Website ([here](#)).

6.7. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules. Approved by the World Triathlon Executive Board in February 2024 ([here](#)).



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 Useful information

8.1. Language: Spanish

8.2. Population: 293.642 inhabitants

8.3. Currency: Euro (€)

8.4. Time: Standard time GMT+1 (summertime)

8.5 Electricity: 220 v

8.6 Water: Drinking water, urban network

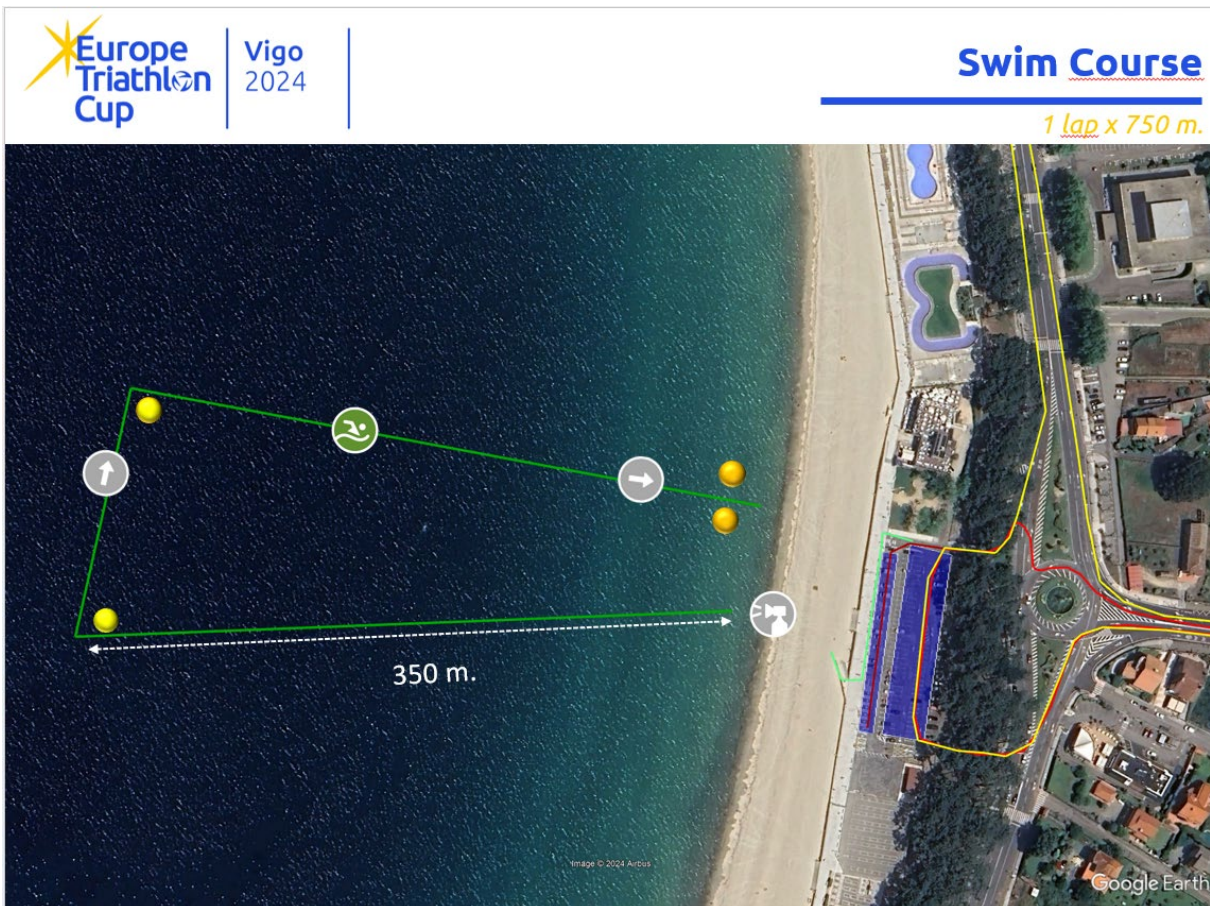
8.7 Telephone connections: International prefix +34



9 Course maps

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 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 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 a little bit hilly.



- There will be one team wheel station, located before entering the venue.



TRANSITION 2/2

After the bike leg is completed, athletes rack their bikes and move on the running course.

RUN COURSE

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

