



Melilla
2024



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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
13 th April	10:30	11:00	Bike Course Familiarization	Venue
13 th April	11:00	12:00	Swim Course Familiarization	Venue
13 th April	17:00	17:30	Junior Athletes Briefing	Hotel Tryp Melilla Puerto
13 th April	17:30	18:00	Junior Athletes Registration	Hotel Tryp Melilla Puerto
13 th April	18:00	18:30	Elite Athletes Briefing	Hotel Tryp Melilla Puerto
13 th April	18:30	19:00	Elite Athletes Registration	Hotel Tryp Melilla Puerto
14 th April	13:00		Junior Women Race	Venue
14 th April	15:00		Junior Men Race	Venue
14 th April	17:00		Elite Women Race	Venue
14 th April	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: Javier Guillot
triatlonmelilla@hotmail.com
- Technical delegate: Kalle Jensen
kallejensen@gmail.com
- Athletes' services manager: Miranda Sesmero
Miranda.sesmero@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
miranda.sesmero@triatlon.org



2 Venue

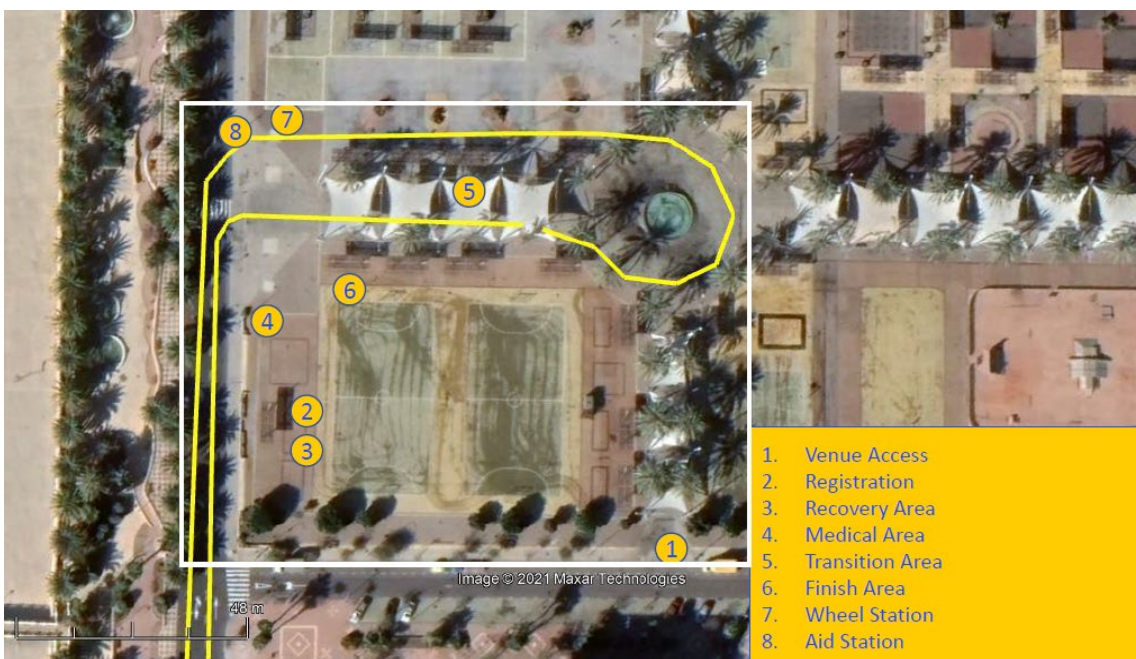
2.1. Race venue.

- Swim: Playa de San Lorenzo, Melilla
- T1: Plaza de San Lorenzo
- Bike: Paseo Marítimo Alcalde Rafael Ginel, Roundabout Plaza de España, Avda. de Juan Carlos I Rey
- T2: Plaza de San Lorenzo
- Run: Paseo Ciudad de Málaga y Paseo Marítimo Alcalde Rafael Ginel

GENERAL VIEW:



VENUE:





2.2 Course familiarisation

- 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. Athletes' lounge

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

2.4. Elite and Junior athletes' race package

Athletes' race package will be distributed at the LOC Office (Hotel Tryp Melilla Puerto), on Saturday, April 13th:

- 17:00h – 18:00h: Junior Women/Men Briefing
- 18:00h – 19:00h: Elite Women/Men Briefing

Payment Information:

Please be informed that payments must be completed by 16:00h (local time) on Saturday, April 13th. No further transactions will be accepted after this deadline. Ensure your payment is made before the specified date and time to confirm your participation.

Payment processing will commence at the Tryp Melilla Puerto Hotel starting from 15:00h.



Payments in advance can be processed through the following link

<https://competiciones.triatlon.org/es/evento/2024-europe-triathlon-cup-melilla/inscripcion/selecciona-tarifa>

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 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.

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

Contact details: miranda.sesmero@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

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

5 Athletes' Services

5.1. Swim, Bike and Run Training

 **SWIM**

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

Piscina Municipal Estadio Alvarez Claro

Avenida de la Juventud: LOCATION

Training schedule:

- Thursday and Friday 7:00 to 12:15 and 14:30 to 16:00
- Saturday 8:30 to 10:00 and 10:45 to 16:00

 **BIKE**

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

 **RUN**

The best place to run is the promenade and the stadium

Estadio Municipal Alvarez Caro: LOCATION

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 are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Hospitals:

1. Hospital Comarcal de Melilla: C. Remonta, 2, 52005 Melilla
2. Hospital Universitario de Melilla: C. Luis de Ostáriz, 12, 52005 Melilla

Emergency telephone number: **112**

5.3. Bike mechanic 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
13 th	17:00	17:30	Athletes' briefing	Hotel Tryp Melilla Puerto
13 th	17:30	18:00	Athletes' registration	Hotel Tryp Melilla Puerto
14 th	11:30	12:30	Athletes' Lounge check in	Venue
14 th	12:05	12:30	TA check in	Venue
14 th	12:30	12:45	Swim warm-up	Venue
14 th	12:50		Calling area	Venue
14 th	12:55		Athletes' introduction	Venue
14th	13:00		Start	Venue
14 th	16:15		Award Ceremony	Venue

6.2 Junior men

Day	Start	End	Activity	Location
13 th	17:00	17:30	Athletes' briefing	Hotel Tryp Melilla Puerto
13 th	17:30	18:00	Athletes' registration	Hotel Tryp Melilla Puerto
14 th	13:30	14:30	Athletes' Lounge check in	Venue
14 th	14:05	14:30	TA check in	Venue
14 th	14:30	14:45	Swim warm-up	Venue
14 th	14:50		Calling area	Venue
14 th	14:55		Athletes' introduction	Venue
14th	15:00		Start	Venue
14 th	16:15		Award Ceremony	Venue

6.3 Elite Women

Day	Start	End	Activity	Location
13 th	18:00	18:30	Athletes' briefing	Hotel Tryp Melilla Puerto
13 th	18:30	19:00	Athletes' registration	Hotel Tryp Melilla Puerto
14 th	15:30	16:30	Athletes' Lounge check in	Venue
14 th	16:05	16:30	TA check in	Venue
14 th	16:30	16:45	Swim warm-up	Venue
14 th	16:50		Calling area	Venue
14 th	16:55		Athletes' introduction	Venue
14th	17:00		Start	Venue
14 th	20:15		Award Ceremony	Venue



6.4 Elite Men

Day	Start	End	Activity	Location
13 th	18:00	18:30	Athletes' briefing	Hotel Tryp Melilla Puerto
13 th	18:30	19:00	Athletes' registration	Hotel Tryp Melilla Puerto
14 th	17:30	18:30	Athletes' Lounge check in	Venue
14 th	18:05	18:30	TA check in	Venue
14 th	18:30	18:45	Swim warm-up	Venue
14 th	18:50		Calling area	Venue
14 th	18:55		Athletes' introduction	Venue
14th	19:00		Start	Venue
14 th	20:15		Award Ceremony	Venue

6.4. 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](#))

6.5. Athletes' briefing

- Hotel Tryp Melilla Puerto 13th April 17:00h – 17:30h: Junior Women/Men Briefing
- Hotel Tryp Melilla Puerto 13th April 18:00h – 18:30h: Elite Women/Men Briefing

6.6. 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.

6.7. 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](#)).

6.8. 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: 85.159 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

Swim Course

1 lap x 750 m.



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 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.



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 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.

