



Andorra
2023

ANDORRA
MULTISPORT
FESTIVAL



Athletes Guide



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0.1 Ministry of Presidency, Economy and Business

For the third consecutive year, Andorra and Sant Julià de Lòria will once again host the Winter Triathlon, on January 28th and 29th. With this new edition, the Principality of Andorra consolidates its position as a world reference, reinforcing the country's position as a privileged destination to host events of global impact in the field of endurance sports. We are incredibly grateful to Europe Triathlon Union for choosing our country as a place to dispute an international competition in this edition the championship of Europe, we will also have a championship of France and an Open Category for competitors from outside Europe and non-federated.

Beyond having again the opportunity to organize this event, we will have the opportunity to be visited by athletes, members of the different delegations, and accompanying persons, who will discover our territory for the first time or who will return from previous editions. All of them will have the opportunity to discover a privileged natural space and a country that has been chosen by many companies and entities linked to the world of sport to establish themselves and carry out their activities and business. Together with the facilities offered by the country, the public-private relationship consolidated through the Andorra Sports Cluster demonstrates our commitment to promoting technological innovation in sport, through the agreement with the Global Sports Innovation Center of Microsoft, making Andorra a very attractive destination for these companies. As a result of this commitment and this successful model that is consolidated year after year, the sports sector currently represents 8% of our GDP. Thus, the Andorra Multisport Festival, presented by Ironman®, is a unique opportunity to promote interaction between practitioners, companies, and sports lovers around an event of global impact.

Last edition, with mountain running, cycling events, both road and mountain, an Ironman 70.3 rated one of the most difficult in the world in the middle distance, and the winter triathlon world championship, Andorra was for a few days, the world epicenter of endurance sports in the mountains. For 2023, we look forward to the start of this edition with the European Championship race, to achieve again organizational and participation success.

Finally, it remains for me to thank the work done by both the organization and the volunteers to make this new edition a success.

Jordi Gallardo Fernàndez

The Sant Julià de Lòria's parish ended 2022 with recognition as the European City of Sport for a city of less than 25.000 population. And 2023 starts with the celebration of an international sports test that is one of the causes that explains this distinction awarded by the European Capitals and Cities of Sports Federation (ACES Europe).

Effectively, the Andorra Triathlon Winter Championships, which this year reaches the third edition, is one of the many top sports quotes that are celebrated in our parish that is by its own right a reference in organizing sporting events of all levels.

In fact, one of our goals is to energize our town by organizing other sport-related activities and wellness. In this way, last autumn we started a conference series given to persons that have been high-level athletes or related to this world, like the mountaineer Eurne Pasaban or the former water polo player, Pedro García Aguado.

The test scenario will be again the activities outdoor center Naturland, which in the last year has incorporated new offers on both heights 1.600 and 2.000 meters and even a little hotel in height 2.000. And on the economic side, will involve a vitality injection, because our intention is that all people that come fill our streets.

Last November, our cultural Center was affected by a fire, and we have done an extra effort to respond to all logistics that a high-level's test like this championship demands. But we are prepared to live overcome all adversities and, in this issue, it will be completely solved.

To finish, I only want to wish good luck to all competition participants and give thanks for the effort of all that makes it possible for this to be a reality again.

Josep Majoral Obiols

Cònsol Major of Sant Julià de Lòria

0

WELCOME

0.3

Europe Triathlon President

It is with great pleasure that I welcome all the Athletes that during this weekend will race here, in Andorra, for the Winter Triathlon 2023 European Championships. It is the first European Championship of the season and it is a great occasion for all the Athletes, Elites and Age Groupers, to earn medals for their Country.

Special thanks go to the organizing Committee that, after last year's World Champs, candidates for the European.

We will witness a great weekend of competitions.

See you in the snow!

Renato Bertrand

Europe Triathlon President



ANDORRA
BUSINESS

www.andorrabusiness.com

+376 81 20 20
info@andorrabusiness.com

C/ Prat de la Creu 68-76, 3er
(Edifici Administratiu Comú Andorra la Vella)
AD500 – Andorra la Vella

Per què invertir a Andorra?

Andorra és un país modern que es beneficia d'un marc polític únic i estable, singular per la seva història, pel seu entorn social i natural, i, per descomptat, per la seva economia dinàmica; tot això el converteix en un Estat desenvolupat i atractiu on invertir.

¿Por qué invertir en Andorra?

Andorra es un país moderno que se beneficia de un marco político único y estable, singular por su historia, por su entorno social y natural, y, por supuesto, por su economía dinámica; todo ello lo convierte en un Estado desarrollado y atractivo donde invertir.

Pourquoi Investir en Andorre ?

L'Andorre est un pays moderne, qui bénéficie d'un cadre politique unique et stable, un pays singulier de par son histoire, son environnement social et naturel et, bien entendu, son économie dynamique, qui en font un Etat développé et attractif pour les investisseurs.

Why invest in Andorra?

Andorra is a modern country, which benefits from a unique and stable political framework, singular thanks to its history, its social and natural environment, and of course its dynamic economy, that make it a developed State and attractive to invest in.



Marc polític, legal i econòmic estable

Marco político, legal y económico estable
Contexte politique, légal et économique stable
Stable political, legal and economic framework



Marc fiscal molt competitiu

Marco fiscal muy competitivo
Cadre fiscal très compétitif
Competitive taxation system



3 sistemes educatius excel·lents i gratuïts

3 sistemas educativos excelentes y gratuitos
3 systèmes d'enseignement excellents et gratuits
3 excellent and free educational systems



PIB per càpita nominal de 39.433 dòlars

PIB per cápita nominal de 39.433 dólares
PIB nominal par habitant de 39.433 dollars
Nominal GDP per capita of \$39.433



Sistema financer públic sòlid i estable

Sistema financiero público sólido y estable
Système financier public solide et stable
Solid and stable public finance system



Baix index de criminalitat

Bajo índice de criminalidad
Un faible taux de criminalité
Low crime rate



8 milions de visitants a l'any (pre-COVID19)

8 millones de visitantes al año (pre-COVID19)
8 millions de visiteurs par an (pre-COVID19)
8 million visitors per year (pre-COVID19)



Un dels millors sistemes sanitaris del món

Uno de los mejores sistemas sanitarios del mundo
L'un des meilleurs systèmes de santé du monde
One of the best healthcare systems in the world



Connexió aèria amb Madrid

Conexión aérea con Madrid
Liaison aérienne avec Madrid
Flight connection with Madrid



Negociant un acord d'associació amb la UE

Negociando un acuerdo de asociación con la UE
Négociations d'un accord d'association avec l'UE
Negotiating an association agreement with the EU



Cobertura de fibra òptica a tot el país

Cobertura de fibra óptica en todo el país
Couverture de fibre optique à tout le pays
Fiber optic coverage in all the country



Tarifes elèctriques molt competitives

Tarifas eléctricas muy competitivas
L'un des plus faibles tarifs d'électricité
Among the lowest electricity rates



Convenis per evitar la doble imposició

Convenios para evitar la doble imposición
Conventions afin d'éviter la double imposition
Double Taxation Agreements



Aposta ferma per la innovació

Apuesta firme por la innovación
Engagement en faveur de l'innovation
Boosting innovation projects



Compromís amb els estàndards internacionals

Compromiso con los estándares internacionales
Compromis avec les standards internationaux
Commitment to international standards

1

GENERAL INFORMATION

1.1

Introduction

The Athletes Guide aims to inform athletes and team managers about all procedures concerning the Event. The LOC has made every effort to ensure that information is correct and up-to-date. However, Team Managers are advised to check up-to-date information and last-minute changes on Europe Triathlon and FETRI websites.

1.2

Event Organization

Event: Europe Triathlon Winter Championships 2023.

Date: January 28- 29, 2023.

Local Organization Committee: The Ironman Group.

E-mail: info@andorrawintertriathlon.com

Website: <https://www.andorrawintertriathlon.com/>

Points of interest map: [click here](#)

1.3

National Host Federation

National Federation: Federació Andorrana de Triatló.

Website: <https://federacioandorranatriatlo.com/>

1.4

Key Contacts

- **Europe Triathlon Technical Delegate:** Aldo Badosa
- **Europe Triathlon Assistant Technical Delegate:** Agueda Soria
- **Europe Triathlon Medical Delegate:** Luis Coira
- **Local Event Manager:** Manuel Alcaine
- **Race Director:** Gerard Riart
- **Services to the athlete:** info@andorrawintertriathlon.com

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GENERAL INFORMATION

1.5

Event Schedule

This is a prospective schedule. Hours and days may be modified due to weather conditions.

START	END	ACTIVITY	LOCATION
FRIDAY 27 / 01			
10:45	11:30	Elite/U23, Juniors, Para - Accreditation Pick Up	Antigua Casa Comunal, Sant Julià
13:00	15:00	Elite/U23, Juniors, Para - Familiarization (Mandatory attendance)	Naturland Cota 2000
16:00	19:00	AG Registration/Race Pack Distribution - Winter Triathlon ECH/SPA-FRA Cup/OPEN	Antigua Casa Comunal, Sant Julià
17:00	18:00	Opening Ceremony	Plaça de la Germandat
18:15	18:45	Athlete Briefing - Elite/U23 + Mixed Relay - Winter Triathlon ECH	Antigua Casa Comunal, Sant Julià
18:45	19:00	Race Pack Distribution - Elite/U23 - Winter Triathlon ECH	Antigua Casa Comunal, Sant Julià
19:00	19:30	Athlete Briefing - Juniors/Para + MR Juniors - Winter Triathlon ECH	Antigua Casa Comunal, Sant Julià
19:30	20:00	Race Pack Distribution - Juniors/Para + MR Juniors - Winter Triathlon ECH	Antigua Casa Comunal, Sant Julià
SATURDAY 28 / 01			
07:30	15:00	Bike Mechanic Centre / Ski assistance	Naturland Cota 2000
07:30	08:30	Athlete Lounge check-in - Elite/U23 Men & Women - Winter Triathlon ECH	Naturland Cota 2000
08:00	08:45	Transition Area check-in - Elite/U23 Men & Women - Winter Triathlon ECH	Naturland Cota 2000
08:50		Elite/U23 Men line up - Winter Triathlon ECH	Naturland Cota 2000
09:00		Start Elite/U23 Men Winter Triathlon ECH	Naturland Cota 2000
09:01		Elite/U23 Women line up - Winter Triathlon ECH	Naturland Cota 2000
09:05		Start Elite/U23 Women Winter Triathlon ECH	Naturland Cota 2000
11:15		Flowers Ceremony Elite/U23 Men & Women Winter Triathlon ECH	Naturland Cota 2000
11:15	12:15	Athlete Lounge check-in - Juniors/Para - Winter Triathlon ECH	Naturland Cota 2000
11:45	12:30	Check-out Elite/U23 Men & Women Winter Triathlon ECH	Naturland Cota 2000
11:45	12:45	Transition Area check-in - Juniors/Para - Winter Triathlon ECH	Naturland Cota 2000
12:50		Juniors/Para line up - Winter Triathlon ECH	Naturland Cota 2000
13:00		Start Junior Men Winter Triathlon ECH	Naturland Cota 2000
13:05		Start Junior Women Winter Triathlon ECH	Naturland Cota 2000
13:10		Start Para Race Winter Triathlon ECH	Naturland Cota 2000
14:30		Flowers Ceremony Junior/Para Men & Women Winter Triathlon ECH	Naturland Cota 2000
14:45	15:30	Check-out Juniors/Para Winter Triathlon ECH	Naturland Cota 2000
15:00	18:00	AG Registration/Race Pack Distribution - Winter Triathlon ECH/SPA-FRA Cup/OPEN	Antigua Casa Comunal, Sant Julià
15:30	16:30	AG - Familiarization	Naturland Cota 2000
17:00		Award Ceremony Elite/U23/Junior/Para	Plaça de la Germandat
18:00	18:30	Age-Group Athlete Briefing - Triathlon ECH	RECORDED/ONLINE
18:45	19:00	2x2 Mixed Team composition by coaches and race pack distribution to coaches	Antigua Casa Comunal, Sant Julià

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GENERAL INFORMATION

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Event Schedule

This is a prospective schedule. Hours and days may be modified due to weather conditions.

START	END	ACTIVITY	LOCATION
SUNDAY 29 / 01			
07:30	15:00	Bike Mechanic Centre / Ski assistance	Naturland Cota 2000
07:30	16:30	AG Bag Drop Area open	Naturland Cota 2000
08:00	08:45	Transition Area check-in - Age Group - Winter Triathlon ECH	Naturland Cota 2000
09:00		Start Age-Group Men - Winter Triathlon ECH/SPA-FRA Cup/OPEN (+18 to 69)	Naturland Cota 2000
09:01		Start Age-Group Men - Winter Triathlon ECH/SPA-FRA Cup/OPEN (+70)	Naturland Cota 2000
09:10		Start Age-Group Women - Winter Triathlon ECH/SPA-FRA Cup/OPEN (+18 to 69)	Naturland Cota 2000
09:11		Start Age-Group Women - Winter Triathlon ECH/SPA-FRA Cup/OPEN (+70)	Naturland Cota 2000
12:00	12:30	2x2 Mixed Relay: Team Modifications by Coaches	Naturland. Athlete Lounge
12:30	13:30	Athlete Lounge check-in - Mixed Relay Winter Triathlon ECH	Naturland Cota 2000
13:00	13:30	Age-Group Transition Check-out	Naturland Cota 2000
13:00	13:45	Transition Area check-in - Mixed Relay - Winter Triathlon ECH	Naturland Cota 2000
13:50		Mixed Relay line up - Winter Triathlon ECH	Naturland Cota 2000
14:00		Start Mixed Relay Winter Triathlon ECH - Elite	Naturland Cota 2000
14:05		Start Mixed Relay Winter Triathlon ECH - Juniors	Naturland Cota 2000
15:45	16:15	Elite/U23/Junior mixed relay Transition Check-out	Naturland Cota 2000
15:45		Award Ceremony 2x2 Mixed Relay Winter Triathlon ECH - Elite	Naturland Cota 2000
16:00		Award Ceremony 2x2 Mixed Relay Winter Triathlon ECH - Juniors	Naturland Cota 2000
17:00		Award Ceremony Age-Group	Plaça de la Germandat

2.1

How to get there ?

➔ By Car

Given Andorra's unique location in the heart of the Pyrenees, all options to cross the border and reach Andorran lands pass by the road. If you prefer to come by car on your own, you should know that, from Spain, you can get it by the N-145 (south of Andorra) and, from France, by the N-22 (east of the Principality). In our country, you will find vehicle rental agencies to help you organize your trip better.

- France:
 - Paris: 862 km
 - Bordeaux: 427 km
 - Toulouse: 185 km
 - Perpignan: 163 km
 - Foix: 100 km
- Spain:
 - Madrid: 613 km
 - Bilbao: 601 km
 - Valencia: 496 km
 - Zaragoza: 300 km
 - Girona: 271 km
 - Barcelona: 208 km
 - Tarragona: 198 km
 - Lleida: 185 km

➔ By Train

The train is a good transport option for those coming from distant cities. The nearest train station is in France, in L'Hospitalet-Près-l'Andorre, and is approximately 11 kilometers (7.8 mi) by road from the border. This station receives trains from other major French cities, especially in the south of the country, such as Toulouse. For those who come from Spain, one interesting solution is Lleida-Pirineus station, where high-speed trains (AVE), mainly Madrid-Puerta de Atocha and Barcelona-Sants arrive. The cities with the closest rail access to the country have a direct bus service to Andorra.

- France:
 - Matabiau station (Toulouse).
 - Ospitalet (Ospitalet) .
- Spain:
 - Sants Station (Barcelona).
 - Lleida Pyrenees Station (Lleida).

➔ By Plane

The Principality does not have its own airport, but nearby is the most important international airports: Andorra-La Seu Airport in La Seu d'Urgell (Spain), Blagnac Airport in Toulouse (France), El Prat Airport in Barcelona (Spain), Girona Airport (Spain) and Alguaire Airport in Lleida (Spain). Except in Girona, from these airports there is a daily direct bus service to Andorra and the duration of the journeys ranges from three to four hours.

➔ By Bus

Bus connections from the main Catalan stations are mainly concentrated in Barcelona, Tarragona and Lleida. In the case of France, Toulouse bus station has regular service to Andorra.

- Spain:
 - Barcelona:
 - Barcelona Est. Nord-Ponts – Andorra la Vella (ALSINA GRAELLS).
 - Barcelona Est. Nord-Túnel del Cadí – Andorra la Vella (ALSINA GRAELLS) .
 - Barcelona Airport (T1/T2) – Andorra la Vella (NOVATEL) .
 - Barcelona Airport (T1/T2) – Barcelona Est. Sants-Andorra la Vella (AUTOCARS NADAL) .
 - Barcelona Est. Nord – Solsona – Andorra la Vella (ALSINA GRAELLS).
 - Lleida:
 - Lleida Est. bus – Lleida RENFE – Escaldes-Engordany (MONTMANTELL).
 - Lleida Est. de BUS – Lleida RENFE – Andorra la Vella (ALSINA GRAELLS).
 - Tarragona:
 - Hospitalet de l'Infant-Andorra la Vella (TRAVEL MONTMANTELL).
 - Reus –Andorra la Vella (LA HISPANO IGUALADINA).
 - Tui:
 - Tui-Escaldes-Engordany – Pas de la Casa (CAMINO BUS).

- France:
 - Ospitalet:
 - The Ospitalet-Andorra la Vella (LA HISPANO ANDORRANA).
 - Toulouse SNCF- Toulouse Airport - Andorra la Vella (NOVATEL).
- Portugal:
 - Valdevez Arches:
 - Arcos de Valdevez- Valença – Escaldes-Engordany (CAMINO BUS).
 - Arcos de Valdevez – V.P. de Ancora – El Pas de la Casa (ANDORRAN INTERURBAN COOPERATIVE).

➔ Transfer from Barcelona Airport to Andorra

Directbus is the easiest way to get to and from Barcelona airport or Andorra terminals at the Andorra Winter Championships, with an excellent customer satisfaction rating.

This is the regular bus line that connects Andorra, Barcelona, and El Prat Airport more times a day in the fastest, most convenient, and safest way.

Directbus: Currently, Directbus offers its customers a wide schedule with 20 fixed daily frequencies from 06:15h to 3:45h with stops at ElPrat Airport (T1 and T2) - Barcelona (Sants Station) and in the center of Andorra La Vella (C/ Dr. Vilanova, 1).

Make sure you organize your transport in advance. Choose your route carefully as last-minute changes are usually difficult.

We recommend booking in advance to avoid disappointment.

BOOK HERE

For group and private services, **please send an email to** dvalle@julia.net

***PLEASE** after completing be sure to include the check box with the option **that includes the transport of the bike.**

2.2

Facilities

Facilities including the athlete's lounge (for all athletes) are located at NATURLAND Cota 2000.

Doping control will be carried out in accordance with the giving of the World Triathlon/World Anti-Doping Agency (WADA) and those in charge of the entire process will be the Andorran Doping Agency.

Anti-Doping Policy

Anti-Doping Rules, like Competition rules, are sports 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](#).

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 fulfill 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.
- Request part “B” of your sample be analyzed 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 World Triathlon Anti-Doping Rules.
- Be aware of which substances are not allowed and are included in the Prohibited List.
- 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.
- Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
- Control your sample until it is sealed in the sample collection kit.
- Ensure the sealed sample collection kit is secure and identified.
- Ensure all documentation is accurate.

You must carry with you an ID/passport with a 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

2.4

Medical Service

First aid, emergency medical services, and two ambulances will be available during competition hours to anyone in need of Medical Assistance. During the races, there will be two snowmobiles to be able to make a first to assist and do the transport to the medical tent. A medical tent will be installed in the recovery area, next to the Finish Line. In case of being hospitalized the main hospital of the competition will be Nostra Senyora de Meritxell.

Nostra Senyora de Meritxell

Carrer dels Escalls, AD700 Escaldes-Engordany, Andorra

24,6 km from the NATURLAND Cota 2000

Tel: +376 871 000

<https://goo.gl/maps/R6U1X7RmxGFqpzKJ8>

➔ Medications

If you are taking prescription drugs that are included in the World Anti-Doping Agency (AMA) Prohibitions List, make sure you have received a Therapeutic Use Authorization from your National Anti-Doping Agency and bring a copy.

2.5

Insurance

The competition has a policy of insurance of civil liability and material damages that occur within the framework of the organization of the event.

All athletes competing in a World Triathlon event must have personal insurance guaranteed by their National Federation. This insurance will cover:

- 1.Any accident occurred before, during, and after any competition.
- 2.Any illness that an athlete may suffer during the trip to a competition or event.
- 3.The athlete's responsibility during the competition.

With their registration for the event, the National Federation guarantees insurance coverage for all athletes.

2.6

Mechanical Service and Ski Assistance

For a suitable service, the rental of mountain biking and cross-country skiing booking must be done in advance, not during the days of the event.

Follow the following contacts:

- For bicycle rental and assistance: [Pic Negre web@picnegre.com](mailto:web@picnegre.com)
- For cross-country ski rental with assistance: [Pic Negre web@picnegre.com](mailto:web@picnegre.com)

Bike mechanics and ski assistance will be available at the venue at the Athlete Lounge - #13 on the Venue map. ([Naturland Cota 2000](#)):

- Saturday 28 Jan – from 7h30 to 15h00.
- Sunday 29 Jan – from 7h30 to 15h00.

In addition, there will be a self-service repair area with tools on the Bike Course.

2.7

Race Office

There will be 3 offices:

1. LOC Office - in Sant Julià de Loria, in the [Antigua Casa Comú Sant Julià](#).
2. World Triathlon Offices in [Naturland Cota 2000](#).
3. World Triathlon Office in Sant Julia de Loria, in the [Antigua Casa Comú Sant Julià](#).

3

ACCOMMODATION SERVICE

Official Hotel

Hotel Magic Andorra ****

Av. Doctor Mitjavila, 3-9., Andorra la Vella –
Andorra

Web Oficial: magicandorrahotel.com

Contact for booking information and groups

Email: booking@hotansa.ad

Phone: +376 875 500

4

TRANSFER SERVICE

There is no official transport to NATURLAND Cota 2000. It is recommended that all athletes go by their own transport.


All athletes will be allowed to park at NATURLAND Cota 2000. For Elite/Juniors teams combined, there are two available parking spots for each National Federation at NATURLAND Cota 2000.


DESCOBREIX L'APP ANDORRA TURISME ACTIU

DESCUBRE LA APP ANDORRA TURISMO ACTIVO
DÉCOUVREZ L'APPLICATION ANDORRA TOURISME ACTIF
DISCOVER THE ANDORRA ACTIVE TOURISM APP



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visitandorra.com

 Download on the
App Store

 GET IT ON
Google Play

5.1 Opening Ceremony

The Opening ceremony will be hosted at Plaça de la Germandat, Sant Julià de Lòria. Andorra.

It will begin at 17:00h on Friday 27th.

5.2 Briefings

European Triathlon Winter Championships

- Fri 27 Jan 2023 - 18:15 CET - Elite/U23 + Mixed Relay - **ATTENDANCE IS MANDATORY**
Location: Antigua Casa Comunal, Sant Julia de Loria.
- Fri 27 Jan 2023 - 19:00 CET - Juniors/Para + MR Juniors - **ATTENDANCE IS MANDATORY**
Location: Antigua Casa Comunal, Sant Julia de Loria.
- Sat 28 Jan 2023 - 18:00 CET - Age-Group Briefing.

RECORDED - www.triathlon.org/about/downloads/category/race_briefings

After the briefings, you can find the recording and presentation here:
www.triathlon.org/about/downloads/category/race_briefings

5.3 Competition Rules

The 2023 European Triathlon Winter Championships in Andorra will follow the latest competition rules published by World Triathlon.

The characteristics of the MTB must comply with UCI MTB regulations. Cyclo-cross or gravel bicycles are not allowed.



**NATUR
LAND**

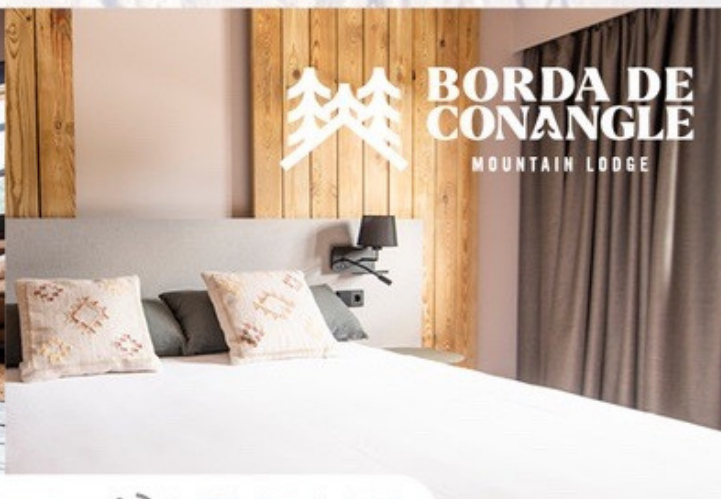
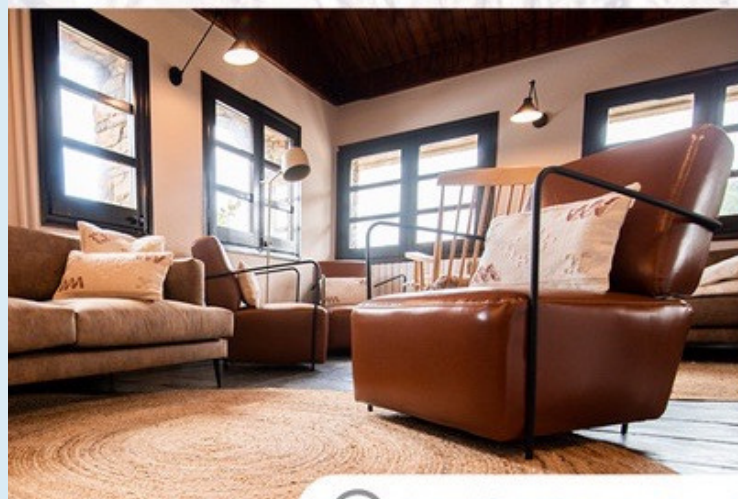
**NORDIC
LA RABASSA**



**LA NEU
AL TEU ESTIL**

**LA NIEVE A TU ESTILO
LA NEIGE À VOTRE STYLE
YOUR SNOW STYLE**

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5.4

Europe Triathlon Uniform Standards

To compete in Europe Triathlon events athletes must comply with Europe Triathlon's uniform regulations. Please check with your National Federation.

5.5

Competition Venue



5.6

Field of Play (FOP). Distance and Courses, maps.

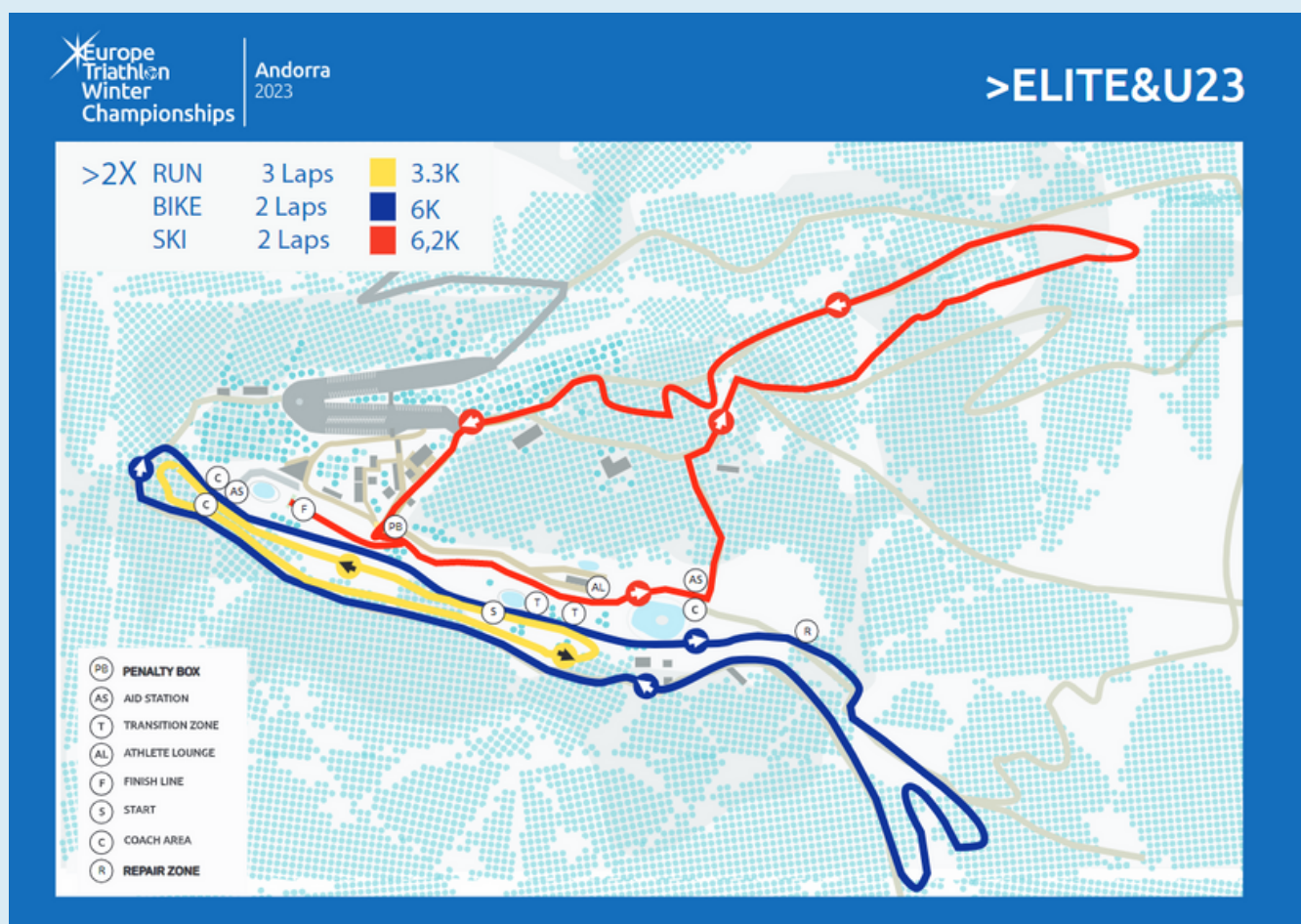
→ **Elite and U23 will be held in the standard distances (x2)**

The athletes will complete each discipline twice:

RUN-BIKE-SKI-RUN-BIKE-SKI

The total distances of the course are:

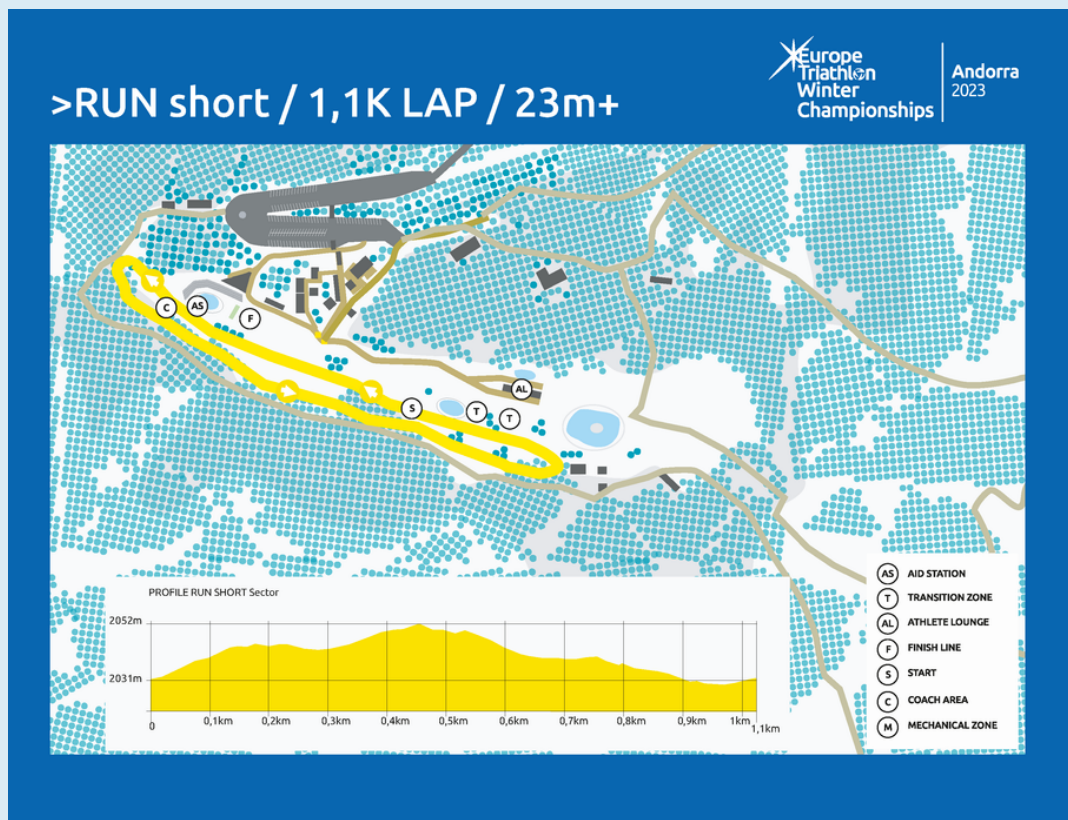
- Run: 6,6km
- Bike: 12km
- Ski: 12,4km



- Run course:

3 laps + transition section x athlete (x2)

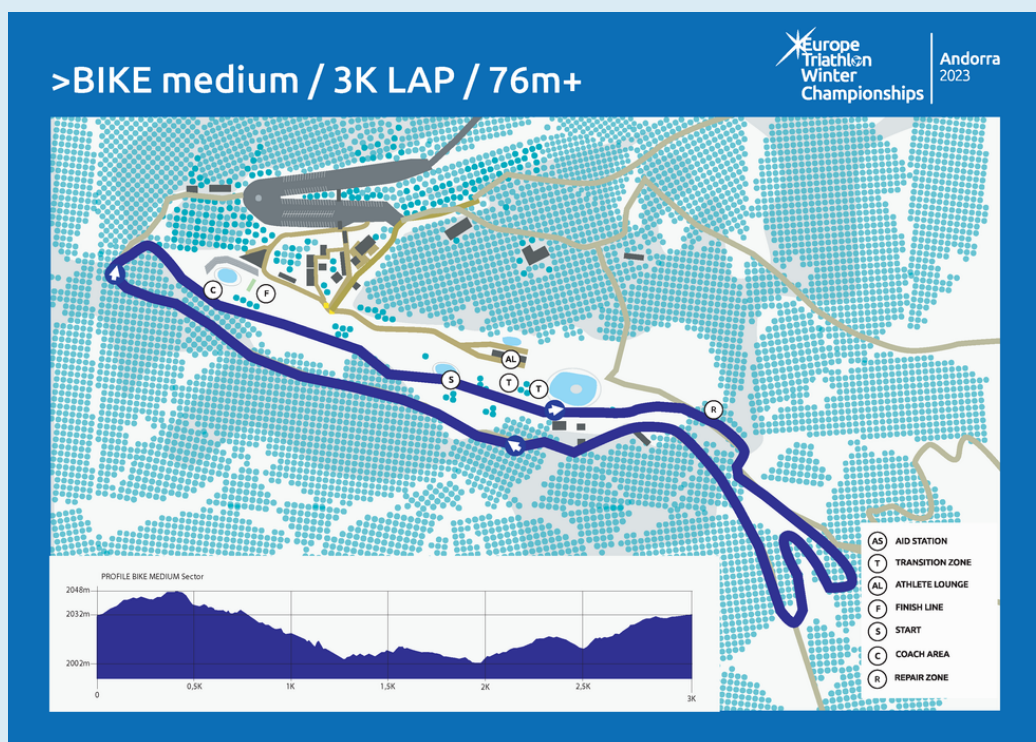
Lap distance: 1.100m



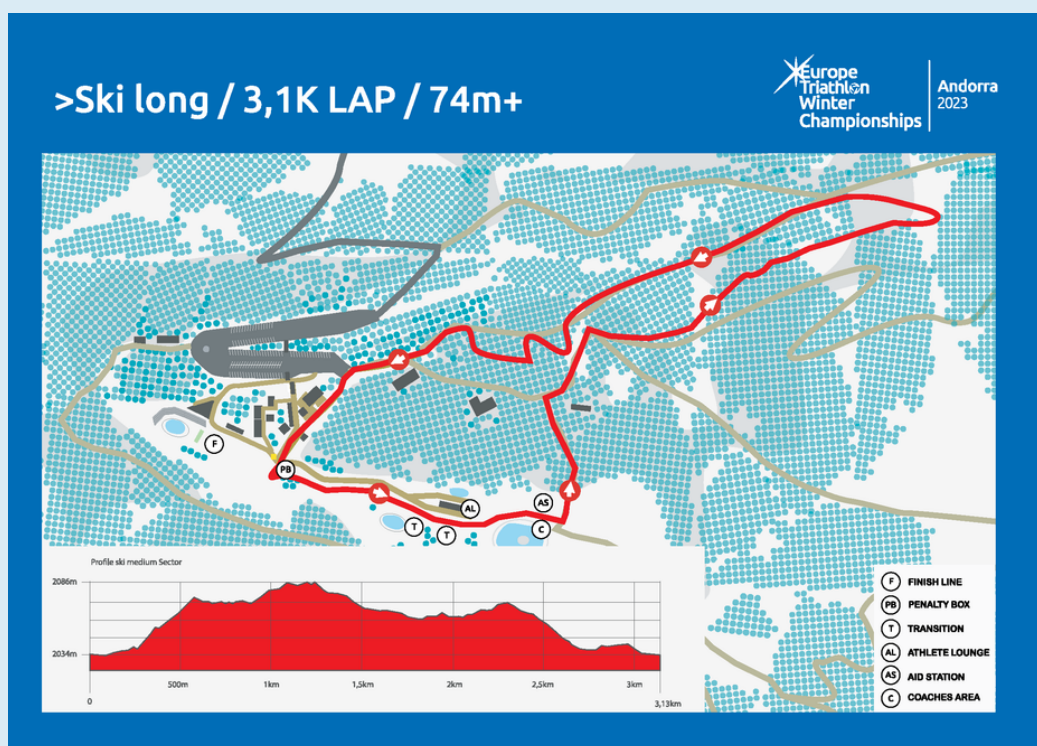
- Bike course:

2 laps + transition section x athlete (x2)

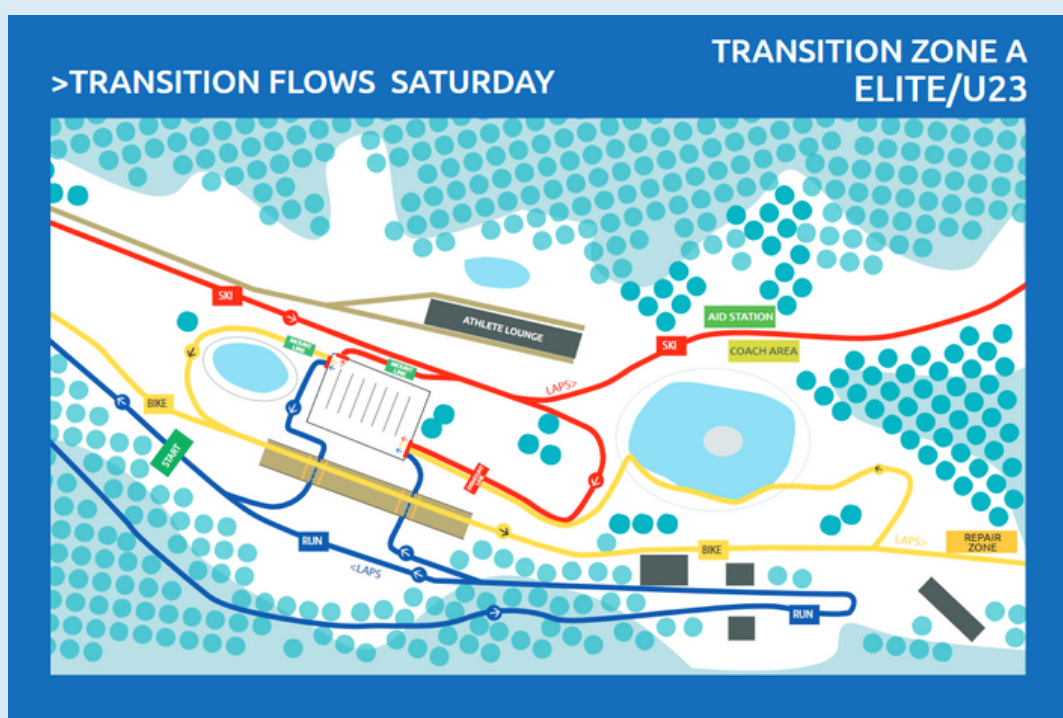
Lap distance: 3.000m



- Ski course:
2 laps + transition section x athlete (x2)
Lap distance: 3.100m



- Transition Flow



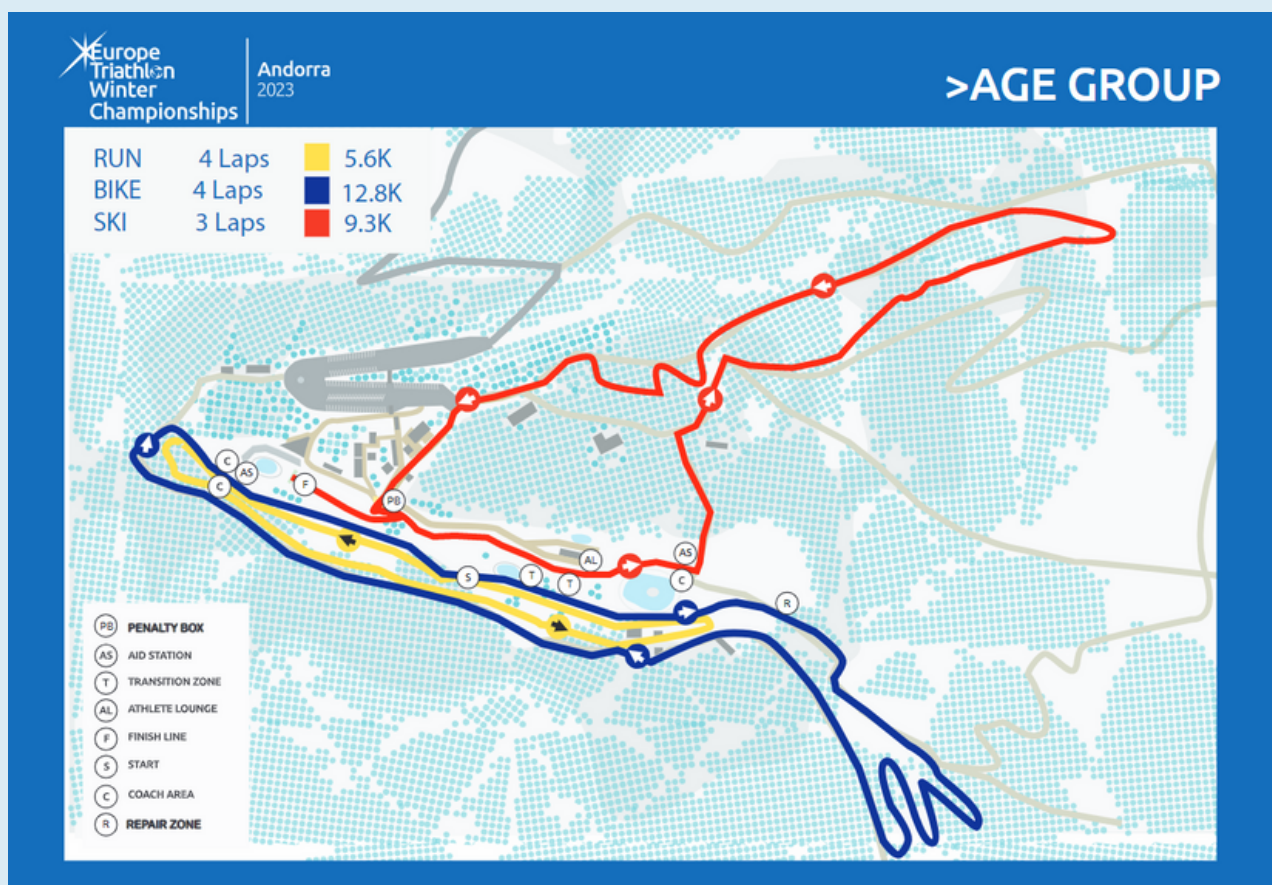
→ **Age groups will be held at Standard distances.**

AGE GROUP:

The athletes will complete each discipline once.

The total distances of the course are:

- Run: 5.6km
- Bike: 12,8km
- Ski: 9,3km

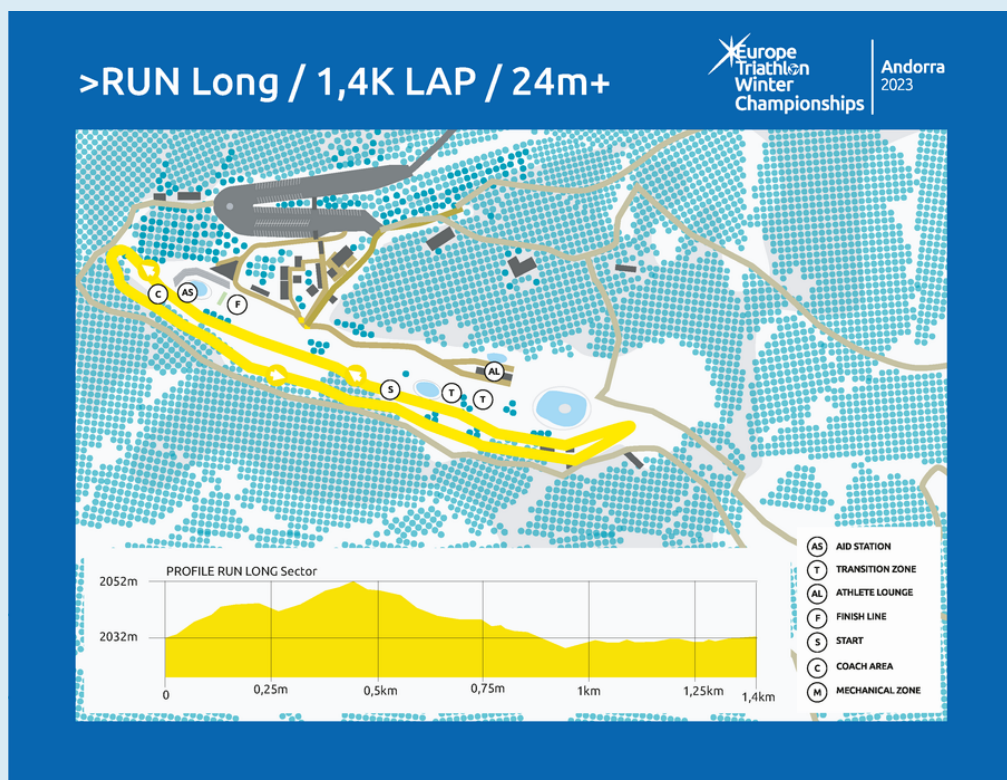


Following the World Triathlon Technical Committee's decision, a **rule exception has been approved for the 70+ age group athletes**. They will complete a shorter distance during the race. New distances are:

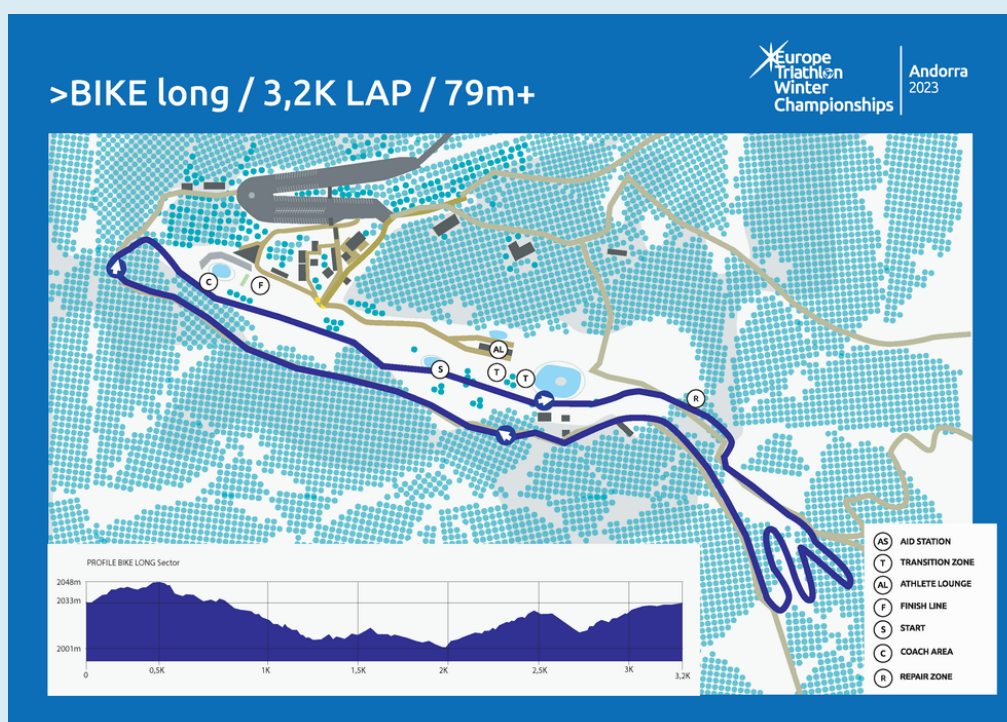
- **RUN:** 3 laps, total distance 4.2 k (instead of 4 laps, 5.6k).
- **BIKE:** 2 laps, total distance 6.4 k (instead of 4 laps, 12.8k).
- **SKI:** 2 laps, total distance 6.2 k (instead of 3 laps, 9.3k).

The start for the 70+ Age Group athletes will be given 1 min after the age group start.

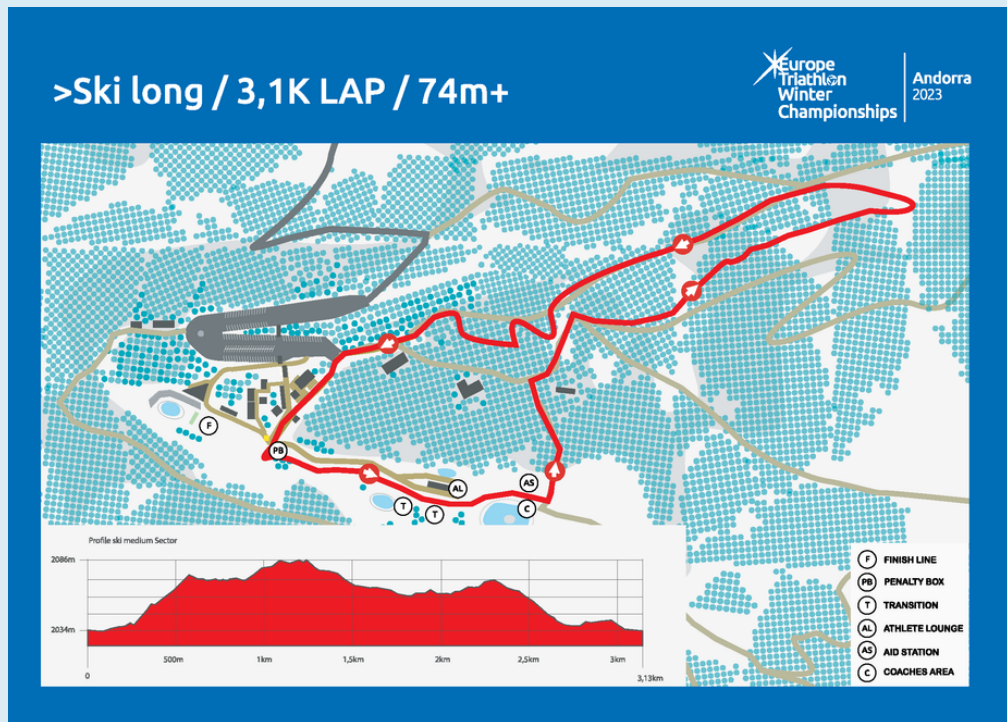
- Run course:
4 laps + transition section x athlete
Lap distance: 1.400m



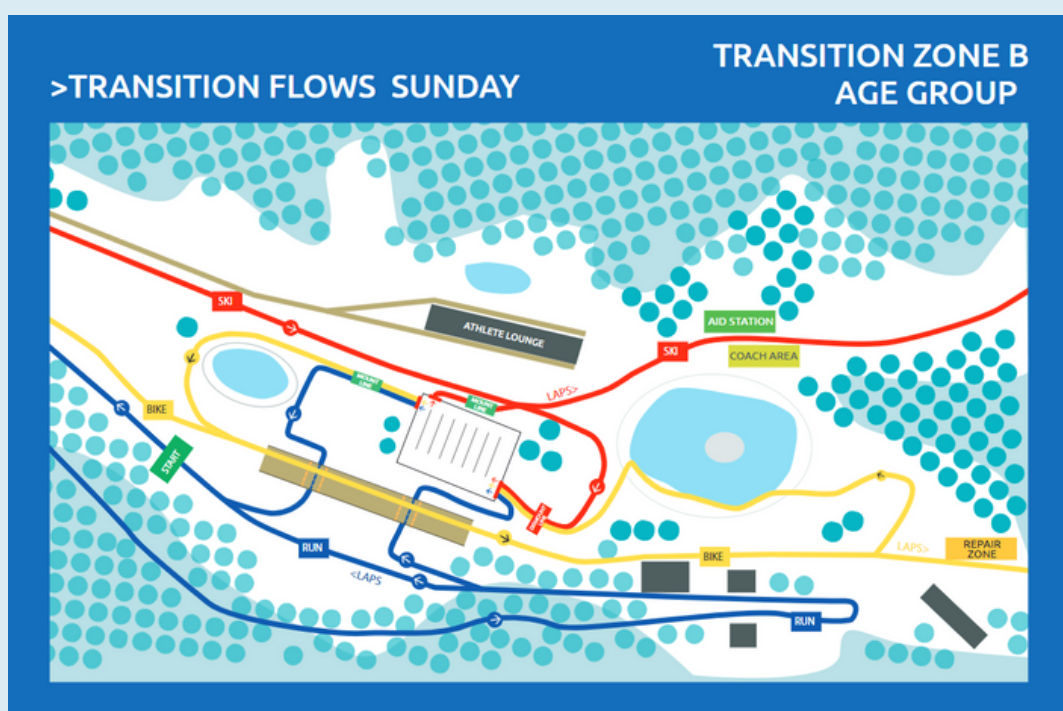
- Bike course:
4 laps + transition section x athlete.
Lap distance: 3.200m



- Ski course:
3 laps + transition section x athlete
Lap distance: 3.100m



- Transition Flow



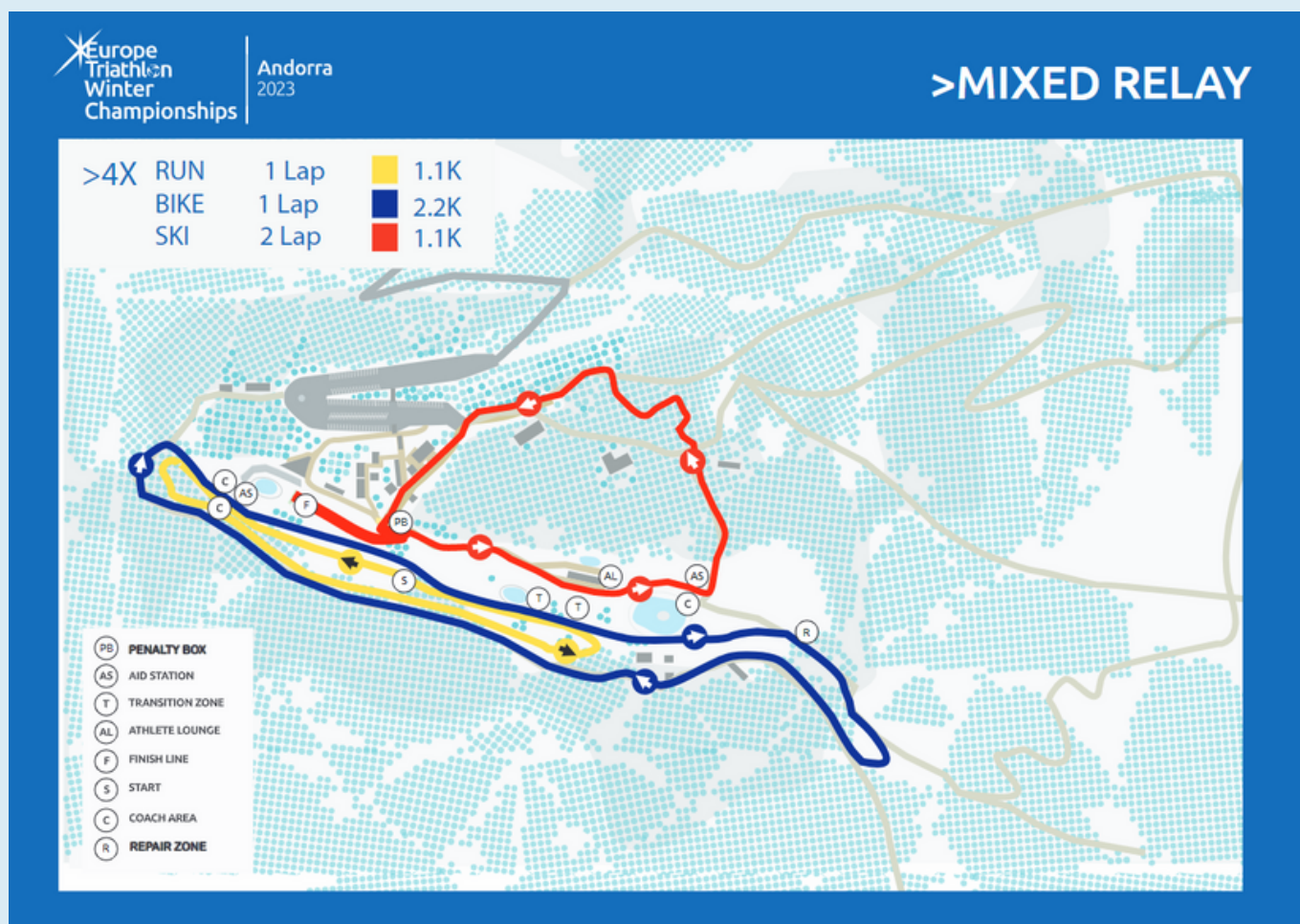
→ **Elite/U23 Mixed relays (2x2) will be held on super sprint distances.**

Each athlete one man, and one woman will complete each discipline twice (2x2) in the following order:

MAN-WOMAN-MAN-WOMAN.

The total distances of the course are:

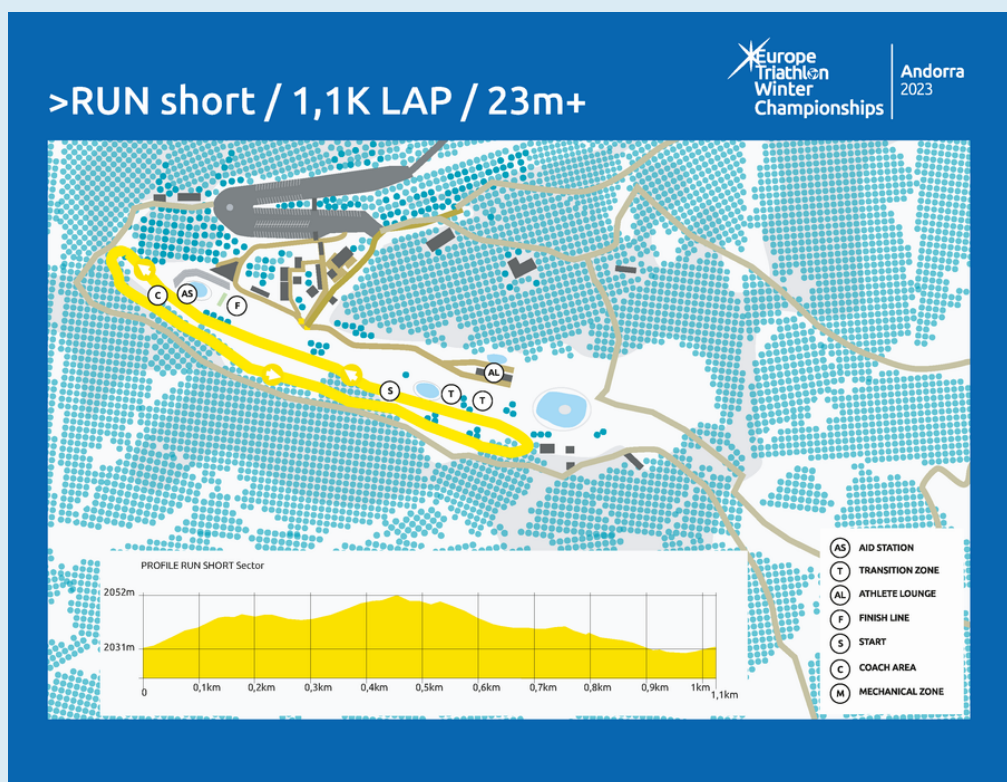
- Run: 4,4km
- Bike: 8,8km
- Ski: 8,8km



- Run course:

1 lap + transition section – 1.100m (2x2)

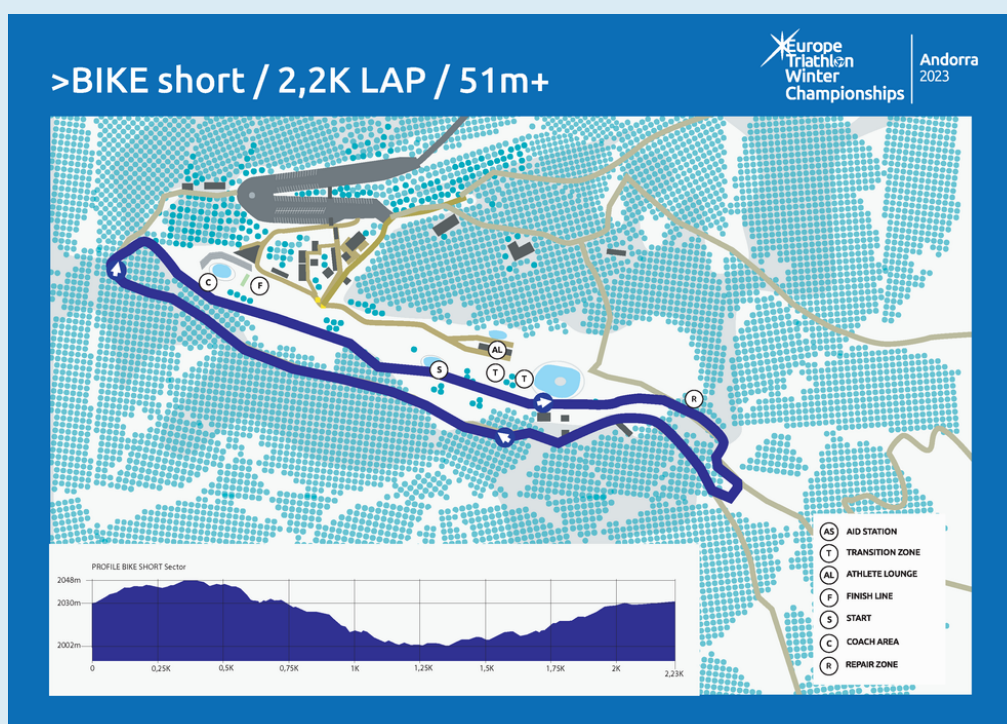
Lap distance: 1.100m



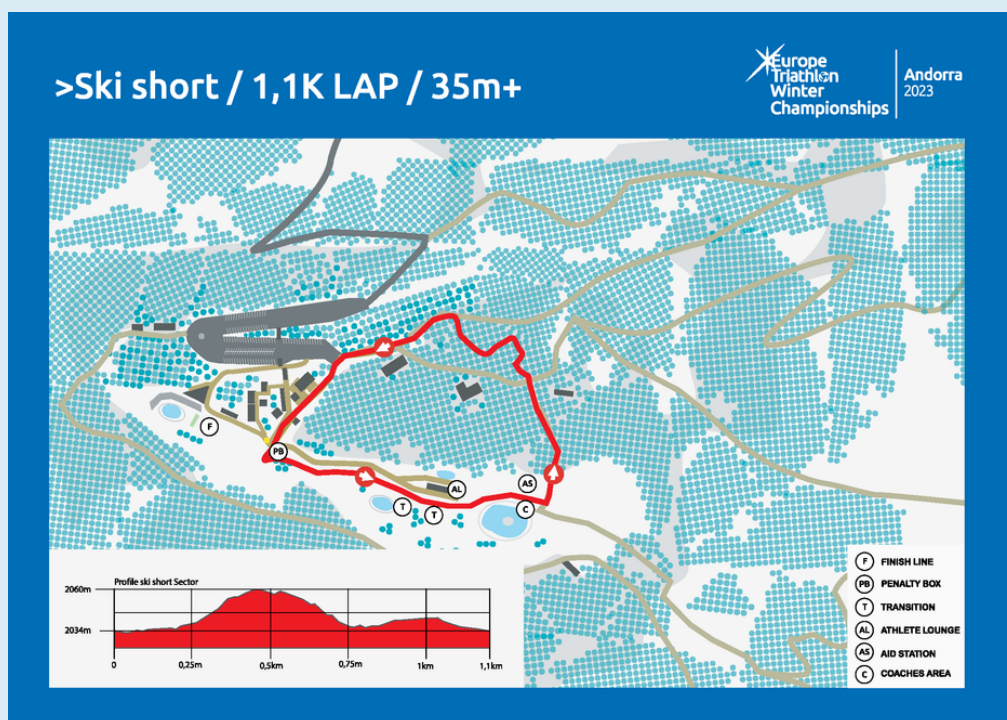
- Bike course:

1 lap + transition section – 2.200m (2x2)

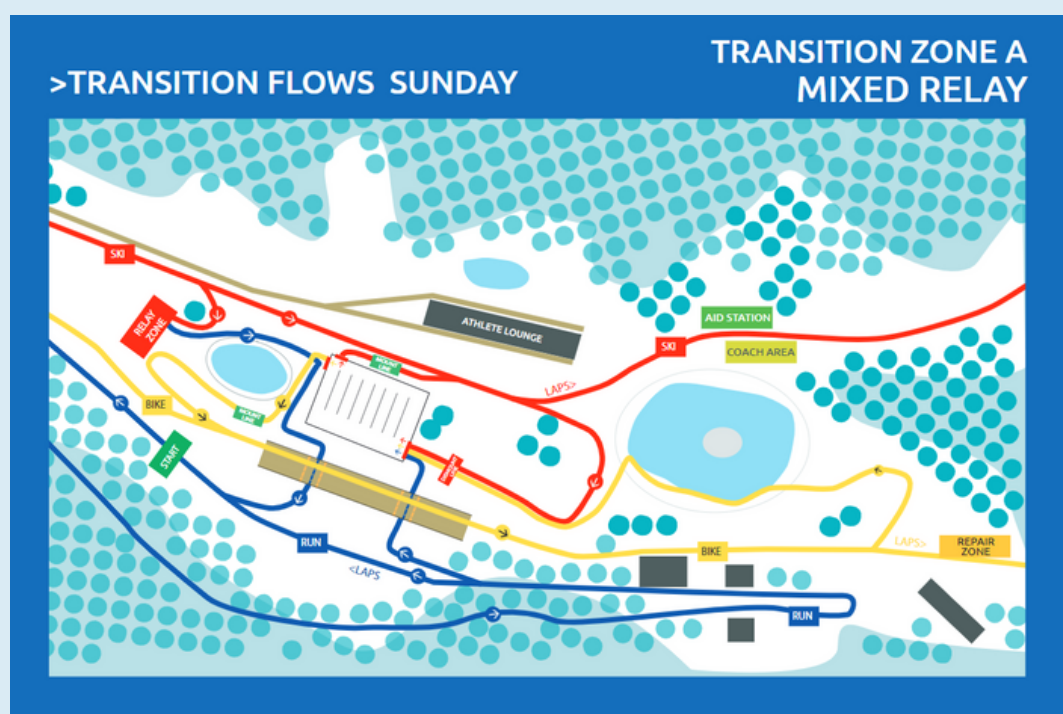
Lap distance: 2.200m



- Ski course:
2 laps + transition section – 2.200m (2x2)
Lap distance: 1.100m



- Transition Flow



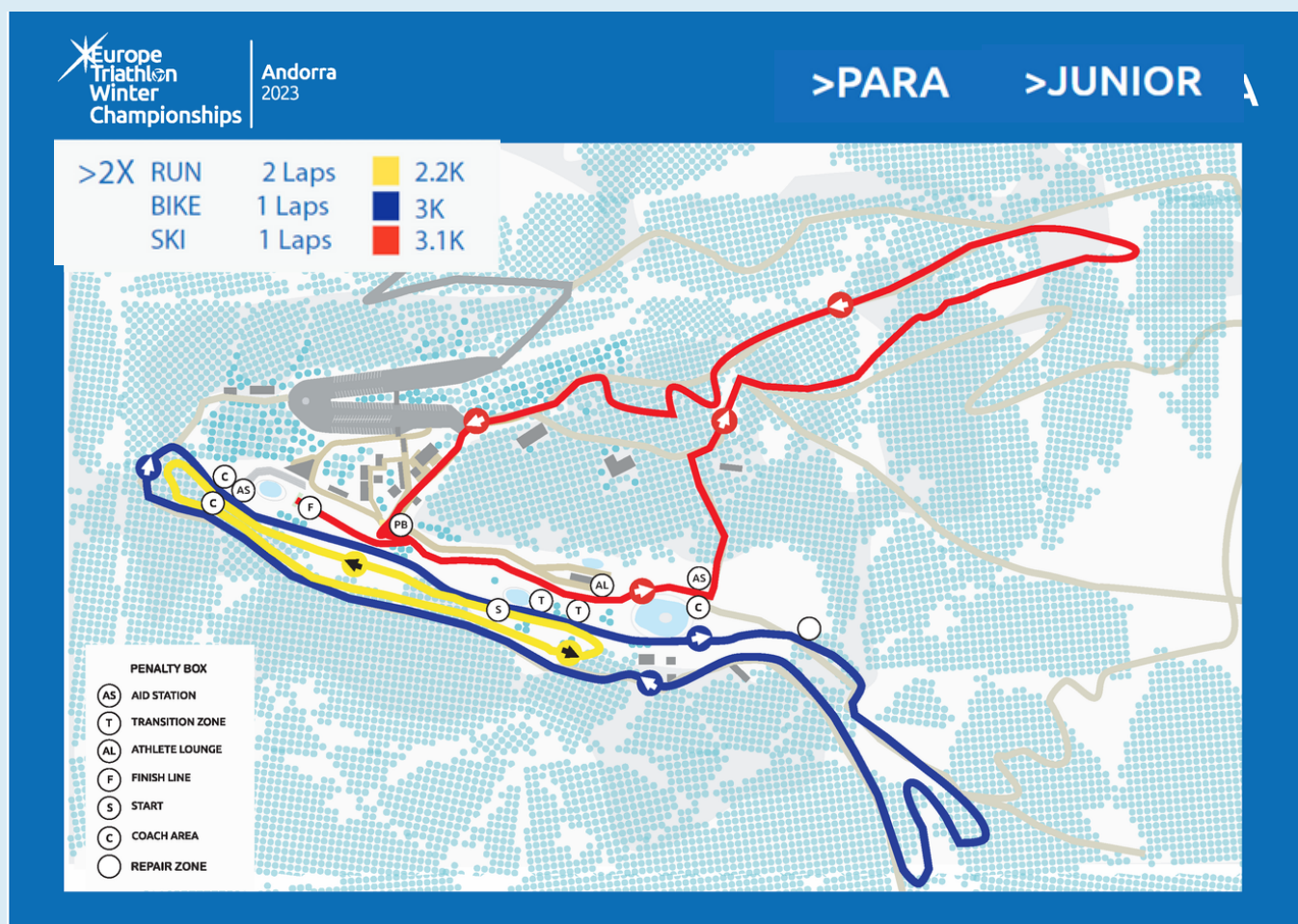
➔ Juniors sprint (x2) and Para will be held on Sprint distances.

The competition format will allow athletes to complete each discipline twice.

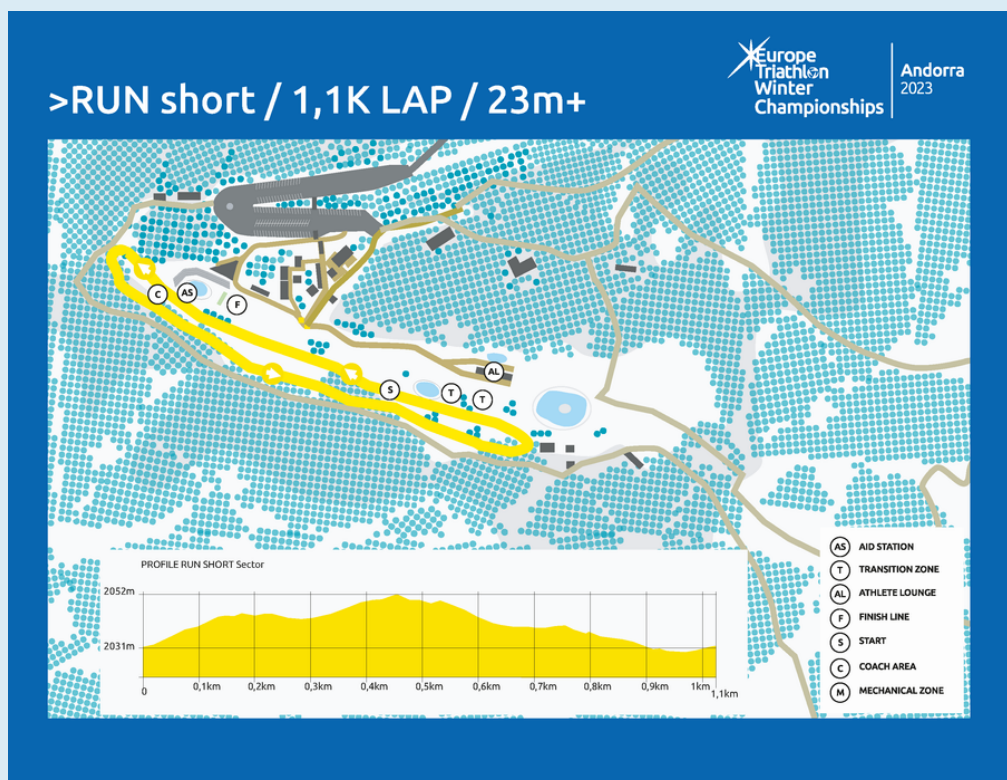
RUN-BIKE-SKI-RUN-BIKE-SKI

The total distances of the course are:

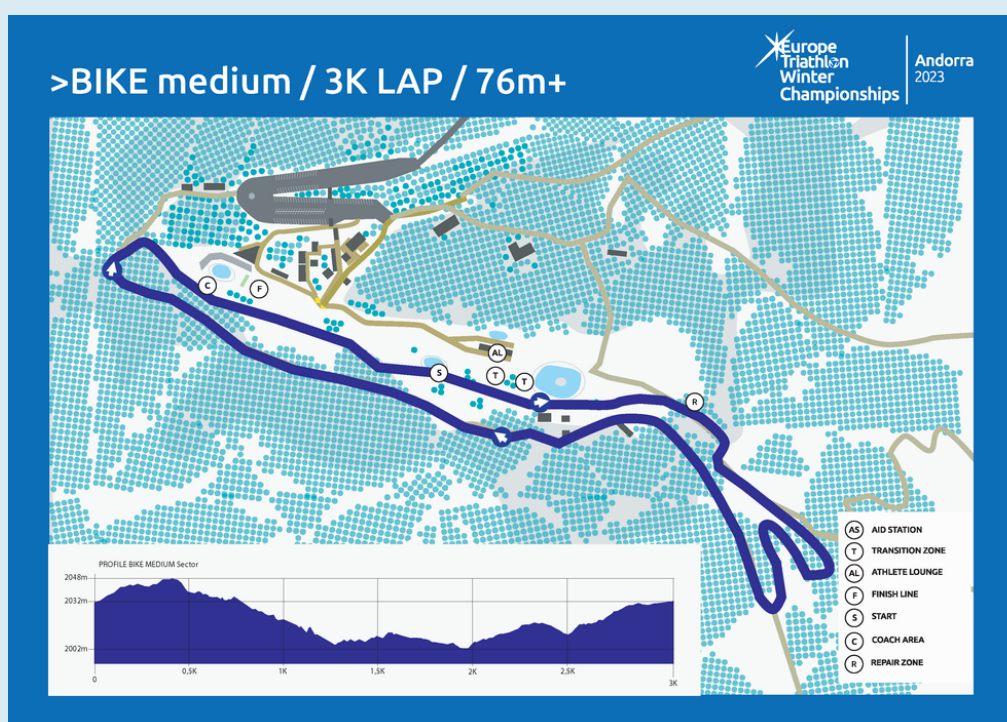
- Run: 4,4km
- Bike: 6km
- Ski: 6,2km



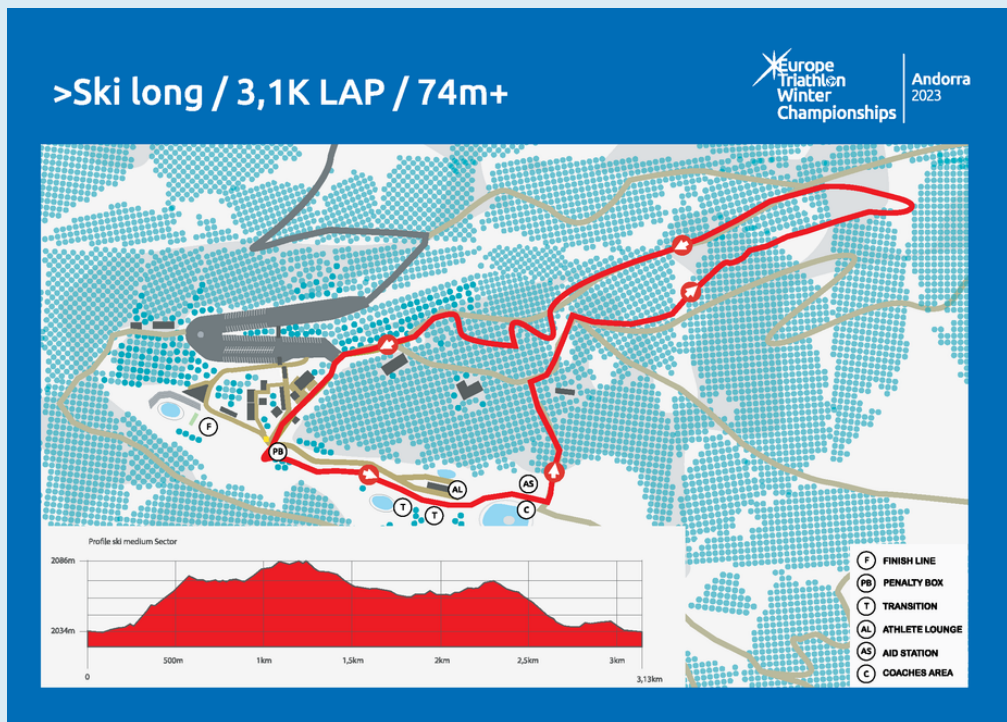
- Run course:
2 laps + transition section – 2.200m (x2)
Lap distance: 1.100m



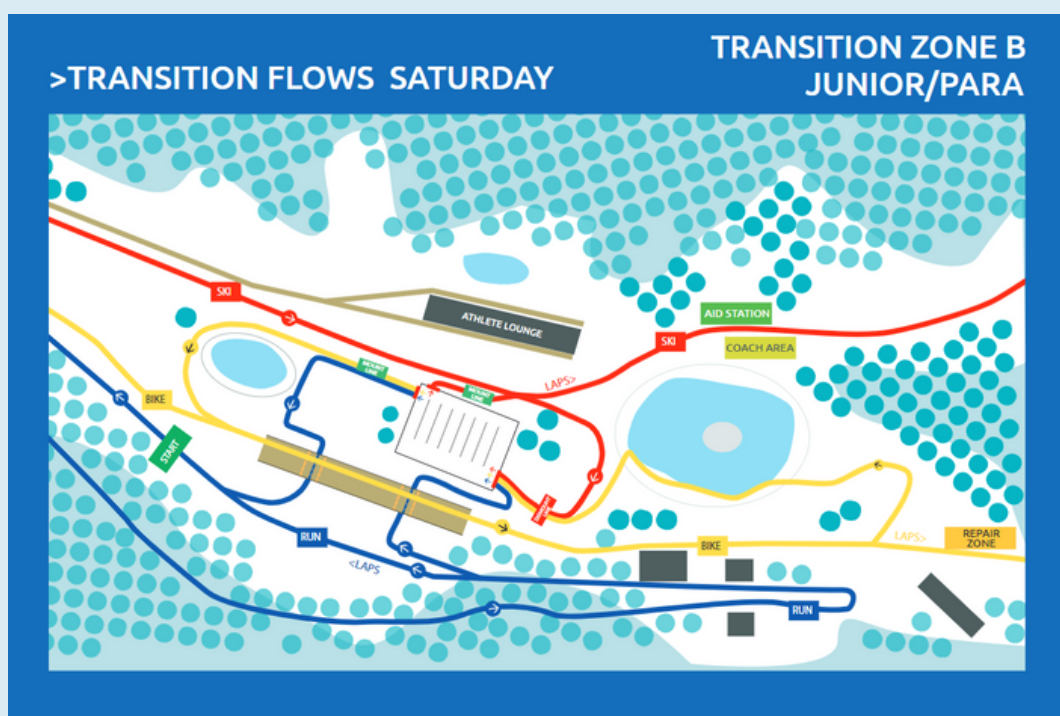
- Bike course:
1 lap + transition section – 3.000m (x2)
Lap distance: 3.000m



- Ski course:
1 lap + transition section – 3.100m (x2)
Lap distance: 3.100m



- Transition Flow



Following the World Triathlon Technical Committee's decision, a **rule exception has been approved for the 70+ age group athletes**. They will complete a shorter distance during the race. New distances are:

- **RUN:** 3 laps, total distance 4.2 k (instead of 4 laps, 5.6k).
- **BIKE:** 2 laps, total distance 6.4 k (instead of 4 laps, 12.8k).
- **SKI:** 2 laps, total distance 6.2 k (instead of 3 laps, 9.3k).

The start for the 70+ Age Group athletes will be given 1 min after the age group start.

5.8

Relay equipment regulations

A team consists of 2 athletes. 1 man and 1 woman, will compete in the following order: man, woman, man, woman. Each of them will perform a complete sprint winter triathlon.

Coaches have to announce the team composition on Saturday 28th January between 18:40-19:00 at the Antigua Casa Comú Sant Julià. There is another opportunity to make changes on Sunday 29th from 12:00 to 12:30h at the Athlete Lounge in Naturland Cota 2000.

5.9

Aid Stations

In the aid stations, all the athletes will find:

Race aid stations

- Bottles of water

Final aid stations

- Bottles of water
- Hot drinks
- Fruit
- Chocolates
- Sandwiches

5.10

Weather conditions

In Andorra, the month of January is characterized by a significant snowfall at the beginning of the month. Average temperatures range from -6 degrees to 1 degree.

5.11

Results

Unofficial results will be posted live on [Andorra Winter Triathlon](#)

The official results will be posted on the official Europe Triathlon website once signed off by the Head Referee: <https://europe.triathlon.org/events/results/>

5.12

Protests & Appeals

Standard procedures will be followed in accordance with World Triathlon's competition regulations.

5.13

Timing Chips

As for the Categories Elite, U23, Junior and Paratriathlon will receive a timing chip at the same time that they receive the competition bib in the Athletes' lounge on the race day.

The athletes will receive the timing chip before the check-in into transition. When competing they will have to wear it on the left ankle. Once the competition is over the athletes will have to return the chip to leave the Finish Area. The athlete will be charged EUR50 for the loss of the timing chip.

5.14

Bag-drop

Wardrobe service will be available at the Elite Athlete Lounge for Triathlon athletes, Elite/U23/Junior/Para, and AG. Before the competition, athletes can go to the Athlete Lounge to leave their bags and pick them back after the competition.

5.15

Lost & Found

Lost & Found will be placed at the LOC office, in Naturland Cota 2000.

5.16

Finish Area

- The timing chip must be removed by the athlete and dropped in a special bin after the finish line.
- Athletes must avoid lying or sitting in the finish area (except athletes with health problems).

Award Ceremony

Flower Ceremony Elite/U23 Women Winter Triathlon WCH - Naturland Cota 2000

- Saturday, January 28th from 11h15

Flower Ceremony Elite/U23 Men Winter Triathlon WCH - Naturland Cota 2000

- Saturday, January 28th from 11h15

Flower Ceremony Juniors / Para - Naturland Cota 2000

- Saturday, January 28th from 14h15

Award Ceremony Elite/U23/ Junior / Para - Plaça de la Germandat, Sant Julia de Loria

- Saturday, January 28th from 17h

Award Ceremony 2x2 Mixed Relay Winter Triathlon WCH – Elite – Naturland Cota 2000

- Sunday, January 29th from 15:45

Award Ceremony 2x2 Mixed Relay Winter Triathlon WCH – Juniors – Naturland Cota 2000

- Sunday, January 29th from 16:00

Award Ceremony Age-Group – Plaça de la Germandat, Sant Julia de Loria

- Sunday, January 29th from 17:00



AHD

ANDORRA HEALTH DESTINATION

Recupera't

Rehabilitació esportiva, Teràpia cel·lular, Fisioteràpia, Osteopatia...

Recupérate

Rehabilitación deportiva, Terapia celular, Fisioterapia, Osteopatía...

Recover

Sport rehabilitation, Stem Cell Therapy, Physiotherapy, Osteopathy...

Rétablissement

Rééducation sportive, Thérapie cellulaire, Physiothérapie, Ostéopathie...



Relaxa't

Teràpia termal, Quiropràxia, Aiurveda...

Relájate

Terapia termal, Quiropraxia, Ayurveda...

Relax

Thermal therapy, Chiropractic care, Ayurveda...

Détente

Thérapie thermique, Chiropractie, Ayurvéd...



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Desconecta

Yoga, Mindfulness, Meditación, Baños de bosque...

Disconnect

Yoga, Mindfulness, Meditation, Forest baths...

Déconnexion

Yoga, Mindfulness, Méditation, Bains de forêt.....



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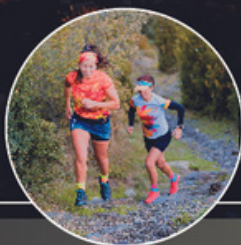
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6

REGISTRATION

6.1

Athlete Race Package

In the race week, the Elite/U23, Juniors, and Para, will receive the race pack on Friday after the briefing (mandatory attendance). The AGs will receive the race pack at the Antigua Casa Comunal, at the established schedule.

The Elite/U23, Juniors, and Para, will have to go on Friday morning from 10:45h to 11:30h to the Antigua Casa Comunal to pick up their accreditations in order to perform the familiarization. Without the accreditation, they will not be able to access the park to perform the familiarization.

Elite/U23, Juniors, and Para athletes: includes skis' and poles' stickers, helmet stickers, bike plate, an accreditation (if not received before the fam), and sponsors' gifts.

Age-grouper: Includes skis' and poles' stickers, helmet stickers, bike plate, bib numbers, an accreditation bracelet, and sponsors' gifts.

To carry out the registration process athletes must show an ID when collecting the pack. Age Group athletes must sign the Athlete waiver to get their package. See 6.2

Athlete Gift



Envelope



Stickers



Bike Plate



Wristband



Please print and sign the waiver and bring it to the race package pick-up.

WAIVER – RELEASE OF LIABILITY

Please read this acknowledgment, waiver, and release from liability carefully:

I understand that competing in the 2023 Europe Triathlon Winter Championships Andorra events involves skiing, cycling, running, or walking on public roads and property used by the public. I am aware of the risks involved. The risks include but are not limited to vehicle traffic, pedestrians, actions of competitors, spectators, event personnel, weather conditions, and my physical and mental state of health. In my judgment, I have sufficient competence and experience to participate safely. I certify that I am sufficiently trained to participate in these events. I have not been advised by a qualified medical person against competing in these events. Should I be advised by a qualified medical person against competing in these events, prior to the date of the competition, I will notify World Triathlon/LOC and withdraw my entries into these events. I certify I have my own liability, accident, and health insurance with the necessary coverage for my participation in the 2023 Europe Triathlon Winter Championships Andorra. The World Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc.

I accept and consent to the World Triathlon Competition Rules and the Athlete's Guide available on World Triathlon's website at www.triathlon.org.

I accept that photos, film footage, interviews, advertisements, and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

In consideration of my acceptance of entry into these the 2023 Europe Triathlon Winter Championships Andorra sanctioned events, I agree that the LOC and officials, World Triathlon and Andorra Triathlon Federation, its directors, employees, subcontractors, volunteers, members, and sponsors shall not be liable for injuries or loss I might suffer because of my participation in these events.

DATA POLICY

I agree and consent to the following:

- To World Triathlon and the LOC processing and keeping my personal data in any format, including but not limited to my full name, gender, country, year of birth, sport, Sport Class, Sport Class Status, category, email address, the phone number to comply with as a condition of participating in World Triathlon events for as long as this information is useful in accordance with GDPR, LPrD (https://triathlon.org/privacy_notice) and the article 5.3 of the International Standard for the Protection of Privacy and Personal Information (hereinafter "ISPPPI").
- World Triathlon publish on World Triathlon's website my full name, gender, year of birth, country, category, Sport Class, and Sport Class Status as well as Anti-Doping results.
- That my name and email address is shared by World Triathlon for commercial purposes with all World Triathlon Globals Sponsors (including but not limited to NTT, Asics, Havoline, Fujitsu), World Triathlon Championship Series, World Cup, and World Championships Global Sponsors, and Local Competition Organisers Committee.
- The World Triathlon provides all the data collected for these events to the Olympic Channel (IOC) for its development and use.
- That my full name, year of birth, gender, country, category, and Sport Class are shared by the LOC with Datasport in order to publish the race results on the website page.
- The photos, film footage, interviews, advertisements, and other promotional tools of World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

As a participant in the 2023 Europe Triathlon Winter Championships Andorra, I verify that I have read and understood the present waiver and policies. By signing this Waiver, I understand and consent to the DATA POLICY:

Print Name: _____ Date: _____

Signature: _____

Parent/Guardian Name (for participants under the age of 18): _____

Parent/Guardian Signature: _____ Date: _____

7

PRIZE MONEY

7.1

Elite Men and Women

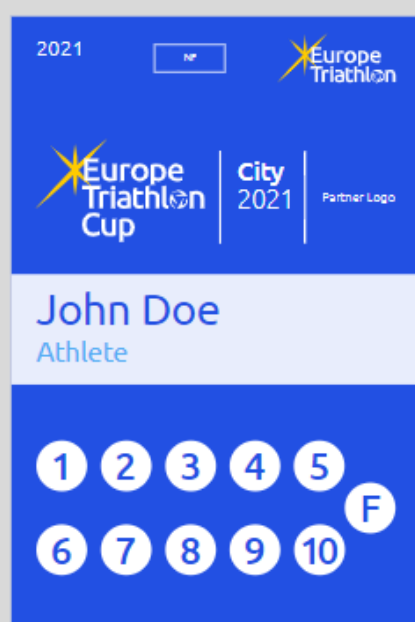
Rank	Men	Women
1st	525€	525€
2nd	437,5€	437,5€
3rd	350€	350€
4th	262,5€	262,5€
5th	175€	175€

The prize will be paid by Europe Triathlon. Athletes will need to upload a prize money claim form here <https://europe.triathlon.org/downloads>

Fill it in and send it to Europe Triathlon HQ
at hq@europe.triathlon.org.

ACCREDITATIONS

- The LOC will provide all the organizing committee members, Europe Triathlon technical officials, athletes, coaches, VIPs, media, technical staff, volunteers, etc., with the official accreditation cards according to the World Triathlon Event Organiser's Manual (EOM) and technical requirements.
- Accreditations for athletes will be distributed before familiarization.
- Accreditations for coaches and medical will be distributed after the briefing together with athletes who didn't get it before the familiarization.
- Only one coach and team medical accreditation per National Team is allowed.
- Only accredited people will be allowed to access certain venue areas.
- Accreditation cards are color-coded and provide access to specific areas of the venue.
- Accredited people are requested to wear their accreditation cards at all times and to show them upon request.
- Coaches and doctors will have to be registered through their National Federation via World Triathlon online registration system. Accreditations will not be handed out to anyone who has not been previously registered.



The accreditation zones should be planned based on the following:

- | | | |
|---------------------------|-------------------------------|---|
| 1 - Coaches' Area | 5 - Broadcasters' Area | 9 - LOC Working Area |
| 2 - Athletes' Area | 6 - VIP Area | 10 - Europe Triathlon Working Area |
| 3 - Photographers | 7 - Medical Area | F - Finish Area |
| 4 - Press Area | 8 - Field of Play | |

USEFUL INFORMATION

Language: The official language is Catalan.

Currency: The currency of Andorra is the Euro.

Time: GMT +01:00

Electricity: The electric current is 230 volts.

Telephone: If calling Andorra from abroad, dial +376. To call abroad from fixed telephones in Andorra you must dial the prefix 00, the country code, and the phone selected.

VOLUNTEERS / TECHNICAL OFFICIALS

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organizational 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 organization 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 organization, to meet athletes from all over the world, and be involved in endless exciting aspects related to our World Championships!

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