



2013 BANYOLES

ITU PREMIUM

EUROPEAN CUP

ATHLETES GUIDE

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1. GENERAL INFORMATION

1.1. Introduction

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Team Leaders are advised to check with the Sport Info Center concerning any changes in the information included in this guide.

1.2. Key Dates

Elite Athletes Briefing	May 4 th
Swim Course Familiarization	May 3 rd
Bike Course Familiarization	May 3 rd
Elite Women Event	May 5 th
Elite Men Event	May 5 th

Sport Info Center Operations (La Carpa Restaurant):

- Thursday: 16:00 to 20:00
- Friday: 10:00 to 20:00
- Saturday: 7:30 to 20:00

1.3. Key Contacts

Executive Director	Barba Belloch	Barbara.belloch@bdream.es
Technical Director	Víctor Martínez	victor@laetus.es
Director of Services	Alejandro Hidalgo	Alejandro.hidalgo@triatlon.org
Director of Operations	Jose Juan Ayet	joseayet@laetus.es
FETRI Sport Director	Jorge García	jorge.garcia@triatlon.org
Responsible of Registration	Susi López	Susi.lopez@triatlon.org
FETRI Media Responsible	Vanessa González	comunicacion@triatlon.org
Technical Delegate	Duncan Hough	duncan@kween.co.uk

1.4. Contact Details

Spanish Federation:

Jorge García

Tel: +34 915 59 93 05

Mob: +34 650 64 63 62

jorge.garcia@triatlon.org

2. VENUE



2.1. Venue

The venue is in the city of Banyoles, close to the lake.

2.2. Elite Athletes Lounge

Facilities including athletes' lounge and toilets are provided for the athletes at the Athlete's Village, between the lake and the Transition Area.

2.3. Doping Control

Doping Control will be performed according to the ITU/WADA rules.

2.4. Medical Services

First Aid and Emergency Medical Services will be available during the official familiarization and competition hours to anyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the familiarization and competitions times.

Medical Tents will be provided on site at the recovery zone.

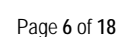
Teams should ensure that they have appropriate medical insurance.

2.5. Bike Mechanic Centre

There will be Bike Mechanic Support available in the Expo Area from May 3rd to May 5th.

2.6. Security

A private security company will be responsible for the venue security. Police will manage the Road Closures and the traffic throughout the course.



3. ACCOMMODATION

The Official Hotels are in Girona.

HOTELES	INDIVIDUAL		DOBLE	
	Alojamiento y Desayuno	Media Pensión	Alojamiento y Desayuno	Media Pensión
MIRALLAC 4**** (BANYOLES)	88,00 €	103,00 €	64,00 €	78,00 €
PALAU GIRONA 4****	59,00 €	77,00 €	37,00 €	53,00 €
NH GIRONA 4****	67,00 €	84,00 €	39,00 €	56,00 €
COSTABELLA 3***	56,00 €	73,00 €	35,00 €	52,00 €
HOLIDAY INN EXPRESS 3***	56,00 €	-	29,00 €	-
SIDORME GIRONA 2**	46,00 €	55,00 €	28,00 €	38,00 €
IBIS GIRONA 1*	56,00 €	70,00 €	30,00 €	44,00 €
IBIS BUDGET 1*	47,00 €	61,00€	25,00 €	39,00 €
ALBERG D'LESTANY (BANYOLES)	1 LITERA (DOS PERSONAS)		2 LITERAS (4 PERSONAS)	
	AD	MP	AD	MP
	33,00 €	42,00 €	33,00 €	42,00 €

Booking is through:

VIAJES EL CORTE INGLÉS S.A., DIVISIÓN DE EVENTOS DEPORTIVOS

Teniente Borges, 5, 41002 – Sevilla

PH: +34 954 506 620

FAX: +34 954 224 245

E-mail: triathlon@viajeseci.es

4. TRANSPORTATION

GIRONA (Trueta Hospital | France Av.) – BANYOLES (Paisos Catalans Av.)

Green – Daily | Yellow – Monday to Saturday | White – Monday to Friday

GIRONA	BANYOLES
07:15	07:45
07:45	08:30
08:15	08:55
08:45	09:25
09:15	09:45
09:45	10:25
10:15	11:00
10:45	11:25
11:15	11:45
11:45	12:25
12:15	13:00
12:45	13:25
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18:15	19:00
18:45	19:25
19:15	19:45
19:45	20:25
20:15	21:00
20:45	21:25
21:30	22:00

BANYOLES	GIRONA
06:30	07:15
07:15	08:00
07:45	08:25
08:15	09:00
08:45	09:25
09:15	10:00
09:45	10:25
10:15	11:00
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16:45	17:25
17:15	18:00
17:45	18:25
18:15	19:00
18:45	19:25
19:15	20:00
19:45	20:25
20:15	21:00



4.1. Friday

From hotels: Holiday Inn Express, Ibis Girona and URG Girona.

10:15 – Arrival in Banyoles

12:30 – Departure to Banyoles

4.2. Saturday

From hotels: Sidorme Girona, Holiday Inn Express, Ibis Girona and URG Girona.

17:45 – Arrival in Banyoles

19:30 – Departure to Banyoles

4.3. Sunday

From hotels: Sidorme Girona, Holiday Inn Express, Ibis Gerona and URG Gerona.

07:15 – Arrival in Banyoles

10:15 – Arrival in Banyoles

11:45 – Departure to Banyoles

13:00 – Departure to Banyoles

14:45 – Departure to Banyoles

5. TRAINING

Pre-competition swimming training will take place at the Club Natació Banyoles. To access the swimming pool, athletes and coaches, need to request the accreditation at the Sport Info Center (La Carpa Restaurant), close to the venue.

If there are any questions or clarifications concerning trainings, please do not hesitate to contact.

A secured area for the bikes will provide at the area.

5.1. Training Sessions in the Swimming Pool

From May 2nd to May 4th

- 10:30 to 12:30

5.2. Course Familiarization

You will be able to have a swimming course familiarization, on Friday.

During the swimming course familiarization there will be lifeguards and medical services available.

During the bike course familiarization, Police and LOC will escort the athletes round the course.

- Friday 3rd
 - Bike: 11:15 to 12:00
 - Swim: 12:00 to 13:00

6. COMPETITION SCHEDULE

6.1. Competition Schedule

Time	EL W	EL M	Event
6:15			Technical Officials Report on Site
6:30			Radio Check
	7:30	10:30	Athlete's Lounge Opens
	8:00	11:00	"Official Time is __:__; 1 hour for the start of _____ race"
	8:00	11:00	"Official Water Temperature is __°C"
	8:00	11:00	TA Check In opens
	8:00	11:00	Swim Course open for Warm Up
	8:45	11:45	"All athletes except # now registered"
	8:45	11:45	TA closes
	8:45	11:45	Swim Warm Up finish
	8:45	11:45	Course lockdown confirmed
	8:45	11:45	Swim & start officials in position, Transition personnel in position, Cycle, Run in position, Lap counters in position, Wheel Stop personnel in position, Aid Station personnel in position, Penalty Box personnel in position
	8:50	11:50	Athletes Presentation
	8:59	11:59	Athletes on the start platform
	9:00	12:00	Start
	9:01	12:01	Status of Start [Clean Start / Not Clean Start / False Start]
	9:10	12:09	First athlete completes first lap on the swim
	9:15	12:15	Transition Officials in position / Mount Line ready
	9:20	12:18	First athlete in TZ 1
	9:21	12:19	First athlete on bike course
	9:23	13:21	Last athlete on bike course
	9:25	13:21	"Athlete's numbers __#, Penalty Box"
	9:31	12:28	"1 lap completed, 5 laps to go"
	9:41	12:37	"2 laps completed, 4 laps to go"
	9:51	12:41	"3 laps completed, 3 laps to go"
	10:01	12:55	"4 laps completed, 2 laps to go"
	10:11	13:04	"5 laps completed, 1 lap to go"
	10:15	13:05	Transition Officials in position / Dismount Line ready
	10:21	13:13	First athlete in TZ 2
	10:22	13:14	First athlete on run course
	10:31	13:23	Last athlete in TZ 2
	10:31	13:23	"Athlete's numbers __#, Penalty Box"
	10:33	13:24	"1 lap completed, 2 laps to go"
	10:44	13:29	"2 laps completed, 1 lap to go"
	10:45	13:35	Finish Officials in position, finish tape ready
		13:35	Top 3 medalists chaperons in position
	10:56	13:44	First athlete in finish
	11:05	13:45	Last athlete in finish
	11:05	13:45	Results signed off
	11:05		TZ Check Out or moving bikes starts
	11:15		TZ Check Out or moving bikes finish
14:00			Medal Ceremony

6.2. Competition Rules

The ITU WCS Event will follow the latest published Competitions Rules of the International Triathlon Union.

6.3. Insurance

The LOC has insurance with a reputable insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event and related events. The insurance policy has named, as insurance, LOC, ITU, the Global Partners, Global Sponsors, the ITU Executive Board and Staff, the ITU International Officials, and the respective LOC directors, officers, agents, volunteers, employees and contractors.

All athletes and team support personal must carry their own medical insurance.

6.4. Warm Up

The LOC can provide the swim course for warm-up, under the best secure conditions, as follows:

Sunday 5th

- Women Athlete's Warm Up

Discipline	Open	Close
Swim	8:00	8:45

- Men Athlete's Warm Up

Discipline	Open	Close
Swim	11:00	11:45

6.5. Elite Athlete's Race Packets

Athletes' race packets will be distributed on after the Athlete's Briefing.

Athlete's Briefing:

- Saturday 4th at 18:00
- Teatro Municipal, Pere Alsius, 12



6.6. Timing Bands

On the race day, athletes will be given a timing chip, to be worn on the athletes's right ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. Athletes have to return the timing band, in order to collect their bike from the Transition Area, after the race.

6.7. Information About the FOP

6.7.1. Start

The start is a pontoon start.

The start platform is 70m long and each athlete will stand in a starting position approximately every 75cm. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.



6.7.2. Swim Course

It is located at Banyoles lake.

The swim course is a two laps anticlockwise course of 750m each, exiting the water and start the lap again. At each turn there will be yellow buoys.

6.7.3. Transition T1

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. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and 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.



6.7.4. Transition T2

From the dismount line, athletes run in the centre lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward in the outer run lane.

6.7.5. Bike Course

The bike course is 6 laps, with a total of 40 km. The course is clockwise. The course is mostly flat.

6.7.6. Wheel Station

Two (2) wheel station will be located on the bike course. The LOC will provide a number of wheels at the 2nd Wheel Station at middle of the course, before turning down. These wheels are:

- 2 x 700cc campagnolo 11 cassette speed wheels
- 2 x 700cc campagnolo 10 cassette speed wheels

- 4 x 700cc front wheels
- 2 x 700cc 10 cassette shimano rear wheels
- 2 x 700cc 11 cassette shimano rear wheels

6.7.7. Run Course

The run course is 3 laps of 3,3 km each, through the park. The athletes will run on asphalt.

6.7.8. Aid Station

Two (2) aid stations will be located on the run course (one in front of the other), and another one at the finish line (beyond the finish line).

6.8. Weather Conditions

Please find below the average Weather Conditions for May:

Maximum Temperature	20 °C
Minimum Temperature	10 °C
Mean	15 °C
Wind Speed (km/h)	15
Rain	0 mm

6.9. Results

Results will be uploaded live at the ITU official website www.triathlon.org.

Also live coverage of the race will be displayed through the web page.

All the Results information will be distributed to the Team Leaders at the Information Centre.

6.10. Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules.

7. ACCREDITATION

Organizers will provide to all the Organizing Committee members, ITU Technical Officials, athletes, VIPs, journalists, technical staff, court personnel, volunteers, etc with an official Accreditation Card.

Accreditations will be distributed at the Performance Center before the briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are colour-coded and provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

7.1. Training Facilities Access

In order to enter the Club Natació Banyoles, athletes and team officials should carry and show their accreditation cards upon arrival to the Club once they have been provided with it, before they will need to show an ID document.

7.2. Accreditation Card Request

The National Federations apply for accreditation for their athletes and team officials, by sending their Arrival and Departure Information.

The Accreditation Cards will be handed to the athletes from Thursday May 4th.

8. ATHLETES SOCIAL EVENTS

8.1. Elite Athlete's Briefing

Will be on Saturday 4th at 18:00 at the Municipal Theatre (Pere Alsius Street, 12).



9. USEFUL INFORMATION

9.1. Population

19.341 people live in the city of Banyoles.

9.2. Currency

The currency of Spain is Euro. Most major currencies may be exchanged at banks (open Monday to Friday 8:30 – 13:30). Outside these hours, exchange bureaus and travel agencies may provide currency exchange facilities. Rates at hotels tend to be more expensive than at banks and currency exchanges.

9.3. Time

Banyoles time is (GMT +01:00).

9.4. Electricity

The electric current is 220 volts.

9.5. Water

Running Water is appropriate for drinking.

9.6. Telephone Connections

If calling from abroad to Spain dial +34, and the phone directly chosen (9 digits).

To call abroad from fixed telephones in Spain must dial the prefix 00, the country code the phone selected.

Vodafone, Movistar and Orange are the major mobile phone service providers in Spain. Check with your home service provider to find out if Roaming Service is available for you – but be aware that a "local" call will then be routed internationally and will turn out to be very expensive.

10. COURSE MAPS

