

1/ ¿WHEN WILL BILBAO BIZKAIA TRIATHLON MULTISPORTS EUROPEAN CHAMPIONSHIPS WILL BE HELD?

The Bilbao Bizkaia Europe Triathlon Multisport Championships will be held from the 16th to the 25th of september 2022.

Bilbao. Friday, September the 16 th .

- Opening ceremony

Bilbao. Saturday, September the 17 th. (morning)

- Age Group Sprint Duathlon European Championships and Open competition.
- Paratriathlon Duathlon European Championships.

Race start from Maritime Muesum.

Bilbao. Saturday, September the 17 th . (afternoon)

- Elite, U23, Junior Duathlon European Championships.

Bilbao. Sunday, September the 18 th .

Age Group Standard Duathlon European Championships and Open competition. Race start from Maritime Muesum.

Enkarterri - Balmaseda. Tuesday, September the 20 th .

- Elite, U23, Junior, Paratriathlon and Age Group Cross Duathlon European Championships and Open competition.

Urdaibai - Bermeo. Thursday, September the 22 th .

- Elite, U23, Junior, Paratriathlon and Age Group Cross Triathlon European Championships and Open competition.

Getxo-Portugalete. Friday, September the 23 rd .

- Elite, U23, Junior, Paratriathlon and Age Group Aquathlon European Championships and Open competition.

Bilbao. Saturday, September the 24 th .

- Elite, Paratriathlon and Age Group Middle Distance Triathlon European Championships and Open competition. Race start from 15:00 h.
- Age Group Aquabike European Championships and Open competition. Race start from 15:20 h. (rolling start).
- Championships party.

Bilbao. Sunday the 25 th.

- Medal ceremonies Aquabike, MD Triathlon.
- Championships closing ceremony.

Check here the full schedule:

<https://www.triatlonbilbaobizkaia2022.eus/servicios/horarios/>

2/ DISTANCES

2.1/ DUATHLON

Sprint Duathlon European championships (Elite, U23, Paratriathlon, Age Groups) and Open category.

- Run 5K - Bike 20K (**Drafting race**) - Run 2,5K

Standard Duathlon European championships (Age Groups) and Open category.

- Run 10K - Bike 40K (**Non drafting race**) - Run 5K

2.2/ CROSS DUATHLON

Cross Duathlon European Championships (Elite, U23, Age Groups) and Open category

- Run 6,9K - Bike 21K - Run 3K

Cross Duathlon European Championships (Paratriathlon, Junior)

- Run 4K - Bike 10K - Run 3K

2.3/ CROSS TRIATHLON

Cross Triathlon European Championships (Elite, U23 and Age Groups) and Open category

- Swim 1K - Bike 24,6K - Run 7,8K

Cross Triathlon European Championships (Paratriathlon, Junior)

- Swim 0,5K - Bike 12,3K - Run 3,9K

2.4/ AQUATHLON

Aquathlon European Championships (Elite, U23, Junior, Paratriathlon, Age Groups) and Open category

- Swim 1K - Run 5K

2.5/ MIDDLE DISTANCE TRIATHLON

MD Triathlon European Championships (Elite, Paratriathlon, Age Groups) and Open category

- Swim 1,9K - Bike 82,5K - Run 21K

2.6/ AQUABIKE

Aquabike European Championships (Age Groups) and Open category

- Swim 1,9K - Bike 82,5K

3/ ABOUT BILBAO-BIZKAIA

3.1/ LOCAL WEATHER

In september, average daily temperatures are between 14°C y 22°C. Risk of rain during the week. Check the local weather at

www.accuweather.com/es/es/bilbao/309382/weather-forecast/309382

3.2/ WHERE TO GO AND VISIT

Bilbao and Bizkaia have many interesting places to visit. There city and the region offers the visitor an endless number of cultural and leisure activities. Check the following links:

- Bizkaia: <https://www.visitbiscay.eus/es/inicio>
- Bilbao: <https://www.bilbaoturismo.net/BilbaoTurismo/es/turistas>
- Getxo: <https://www.getxo.eus/es/turismo>
- Portugalete: <http://www.portugalete.org/es-ES/Turismo/Paginas/default.aspx>
Balmaseda/Enkarterri: <https://www.visitenkarterri.com/>
- Bermeo/Urdaibai: <https://turismourdaibai.com/es/>

Coming soon on the web will be detailed the sports, cultural, gastronomic activities, etc. specially prepared at each venue for the Championships.

3.3/ VENUE AND MAIN AREAS

Bilbao-Bizkaia evento, will be structured in 4 venues, with 4 different key elements

1. The City – Bilbao
2. The Coast – Urdaibai/Bermeo
3. The Estuary – Getxo/Portugalete
4. Inland – Enkarterri/Urdaibai

The main activity area, Fan Zone, Expo & Registration will be located in Bilbao - El Arenal.

4/ TRAVEL, TRANSPORT & ACCOMMODATION

Bilbao Bizkaia 2022 Official Travel Agency: **BCD Meetings and Events**

For all related to travel, transfers and accommodation feel free to contact: Araceli García / araceligarcia@bcdme.es

4.1/ TRAVELLING TO BILBAO

By PLANE

Bilbao Airport (BIO): <https://www.aena.es/es/bilbao.html>

Santander Airport (SDR): <https://www.aena.es/es/seve-ballesteros-santander.html>

San Sebastián Airport (EAS): <https://www.aena.es/es/san-sebastian.html>

Vitoria Airport (VIT): <https://www.aena.es/es/vitoria.html>

Biarritz Airport (BIQ): <https://biarritz.aeroport.fr/es/>

By TRAIN

All trains arrive and leave Bilbao from Abando station: <https://bilbaoabando.eus>.

More information, schedules and ticket booking on the [Renfe](http://www.renfe.es) website: www.renfe.es

By BUS

Bilbao bus station is TermiBus (www.bilbaointermodal.eus), and it is located near San Mamés Stadium, very close to the Nervión estuary.

Check the timetables and fares for the different combinations to get to Bilbao from anywhere in Spain en www.alsa.es

By CAR or MOTORHOME

AP-68 toll motorway, connecting with the north of Burgos, La Rioja and the A-1 motorway.

AP-8 toll motorway, linking Bilbao from Irún or San Sebastián

A-8 motorway, from Santander, Gijón or Ribadeo.

By FERRY

The company Brittany Ferries (www.brittany-ferries.co.uk) operates the Bilbao-Portsmouth route three times a week. Its ships moor 20 minutes from the Bilbao city center, at the Zierbena dock - pier A3 (www.bilbaoport.eus/en/the-port/ferry-service-to-portsmouth/passenger-terminal).

4.2/ ACCOMMODATIONS

Bilbao: www.bilbaoturismo.net/BilbaoTurismo/es/turistas#

Getxo: www.getxo.eus/es/turismo/descubre-getxo/Donde-dormir

Portugalete: www.portugalete.org/es-ES/Turismo/Dondedormir/Paginas/default.aspx

Balmaseda_Enkarterri: www.visitenkarterri.com/planifica-tu-viaje/alojamientos/

Bermeo_Urdaibai: <https://turismourdaibai.com/es/alojamientos/>

More information in the Travel/Accommodation link of the website with additional information on how to travel from Bilbao to the different venues of the Championships: Enkarterri-Balmaseda, Bermeo-Urdaibai and Getxo-Portugalete.

5/ AGE GROUP ATHLETES REGISTRATION PROCESS

- AG athletes will be registered through their National Federation by a designated AG Team Manager.
- AG athletes need to contact their [National Federation](#) for further information.
- In case an athlete is not able to get in touch with his/her National Federation, he/she should contact inscripciones@triatlon.org
- Any athlete who is participating in more than 1 event will need to be registered separately in each event by his/her NF.
- NFs are to collect the entry fees from athletes. No athlete can directly pay the LOC.

Registration process closes on the 31st of August.

6/ AG ENTRY FEES

Duathlon Elite, U23, Junior and Paratriathlon	150 €
Duathlon Age Group Standard	150 €
Duathlon Age Group Sprint	140 €
Cross Duathlon	90 €
Cross Triathlon	100 €
Aquathlon	70 €
Aquabike	180 €
Middle Distance	250 €

7/ OPEN ATHLETES SPECIFIC INFORMATION

There is no participation criteria, it is not necessary to be licensed and can compete with their own tri-suit.

The days and distances of the competitions coincide with those of the Age Groups.

8/ CAN I RACE IN MORE THAN ONE EVENTS?

Yes, as long as you comply with World Triathlon specifications.

There will be a discount if you decide to register for more than one event, as follows:

2 events	5%
3 events	10%
4 events	15%
5 events	20%

9/ WITHDRAWALS AND CHANGES

Unfortunately if you have registered and you cannot race, will not get your money back.

For other changes or modifications in your registration, send a mail to inscripciones@triatlon.org

10/ MY NATIONAL FEDERATION CANNOT HELP ME WITH REGISTRATION, CAN I REGISTER INDIVIDUALLY?

Please, send a mail to juancarlos.diez@triatlon.org and we will do our best to help you!

11/ COURSES

Already published on the web the following 6 courses:

- Duathlon - <https://www.triatlonbilbaobizkaia2022.eus/duatlon/>
- Cross Duathlon - <https://www.triatlonbilbaobizkaia2022.eus/duatlon-cros/>
- Aquathlon - <https://www.triatlonbilbaobizkaia2022.eus/acuatlon/>
- Cross Triathlon- <https://www.triatlonbilbaobizkaia2022.eus/triatlon-cros/>
- Aquabike - <https://www.triatlonbilbaobizkaia2022.eus/aquabike/>
- MD Triathlon - <https://www.triatlonbilbaobizkaia2022.eus/triatlon-media-distancia/>

12/ SERVICES

The main service area will be in Bilbao - Paseo del Arenal with:

- Registration.
- Expo & Fan Zone.
- Information point.
- Cloakroom (for Duathlon, Aquabike & MD Triathlon).
- Recovery area.
- Massage service provided by [Escuela Andra Mari](#) (for MD Triathlon).
- Austral merchandising store.
- Lost and found.
- Mechanical service.
- Opening and closing ceremonies.
- Medal ceremonies.

The following services will be available at the different Events and venues (Enkarterri, Urdaibai and Getxo-Porgugalete):

- Information point.
- Cloackroom.
- Recovery area.
- Merchandising store.
- Lost and found.
- Mechanical services.
- Medal ceremonies.

We will update and complete this information in the following days.

13/ WHAT I WILL RECEIVE AT THE REGISTRATION?

At the registration, you need to show your Passport or ID, and after data verification, you will receive:

- Wristband
- Welcome package (only 1, in case you register for more than one event)

Additional, you will receive an envelope including:

- Bib number
- Stickers: helmet (x3), bike (x1), cloakroom (x1)
- Tattoo (x1), with the race number for the right arm
- Tattoo (x1), with the race number for the left leg
- Tattoo (x1), with the age group category for the calf
- Swim cap (Triathlon cross, Aquathlon, Aquabike and MD Triathlon)
- Bike plate (Duathlon Cross and Triathlon Cross)

14/ REGISTRATION SCHEDULE

Day	Hour	Competition
Friday 16th.	12:00 to 20:00	All events
Saturday 17th.	12:00 to 20:00	All events
Monday 19th.	12:00 to 20:00	All events
Wednesday 21st.	12:00 to 20:00	All events
Thursday 22nd.	12:00 to 20:00	All events
Friday 23rd.	12:00 to 20:00	All events

For all the competitions, the registration will be located in Bilbao-Arenal area.

15/ IF I AM FINISHER, WILL I RECEIVE ANY ADITIONAL GIFT?

All the Finishers will receive a "finisher" medal. All Finisher finishing any 5 of the 6 European Championships will receive the "Multisport Legend" trophy.

16/ WHERE THE ATHLETES BRIEFINGS WILL TAKE PLACE

The athlete's briefings will be available the day before to each event at the below links:

Duathlon Sprint: <https://briefings.competitions.org/bilbao-duathlon>

Duathlon Standard: <https://briefings.competitions.org/bilbao-agegroup>

Cross Duathlon: <https://briefings.competitions.org/bilbao-cross-duathlon>

Cross Triathlon: <https://briefings.competitions.org/bilbao-cross-triathlon>

Aquathlon: <https://briefings.competitions.org/bilbao-aquathlon>

MD Triathlon: <https://briefings.competitions.org/bilbao-middle>

Aquabike: <https://briefings.competitions.org/bilbao-aquabike>

17/ IS THERE GOING TO BE MASSAGE SERVICE?

There will be massage service provided by [Escuela Andra Mari](#) for the MD Triathlon in El Arenal area.

You can also find the collegiate physiotherapy centers in Balmaseda, Bermeo, Bilbao, Getxo and Portugalete in

<https://www.triatlonbilbaobizkaia2022.eus/servicios/fisioterapia/#>

18/ MEDAL ENGRAVING

Commemorate your achievement and engrave your Mane and Finisher time on your medal! You can book this service online at a cost of €10,00.- here: <https://www.triatlonbilbaobizkaia2022.eus/servicios/grabacion-de-medallas/> or directly after crossing the finish line in the recovery area at a cost of €15,00.-

19/ VIRTUAL BIKE COURSES

Yes for some of them, already available here:

<https://www.bkool.com/es/event/RACE/FETRI>

20/ THERE WILL BE CHANGING ROOMS AND SHOWERS?

Yes. On race day - showing your accreditation or race number - there will be free acces for all athletes in the following facilities:

- Duathlon, MD Triathlon and Aquabike: Bilbao. TBC.
- Cross Duathlon: Balmaseda. **Polideportivo Errotarena**. Calle La Calzada 2 / 946038543 / <https://goo.gl/maps/P5MvmMnDaZK15cfD8>
- Cross Triathlon: Bermeo. **Polideportivo Arane**. Arane Auzoa z/g / 946179180 / <https://goo.gl/maps/FgJCBvigx4FgzHAL8>
- Aquathlon: Getxo: **Polideportivo Gobela**. Luis López Osés s/n / 944045151 / <https://goo.gl/maps/c2ydaVLE2guAU2rPA>
- Aquathlon: Portugalete: **Polideportivo Zubi-Alde**. Pedro de Heredia Kalea / 944612600/ <https://goo.gl/maps/SqwWc3PuPnBrSR8o9>

21/ LOST AND FOUND OFFICES

There will be Lost & Found office in each of the venues and in the Bilbao-Arenal area.

22/ EXPO AREA

Located in the Bilbao-Arenal area along with the Fan Zone, Registration, Lost & Found Office, etc. Also there will be a small Expo area in each of the venues.

23/ THERE WILL BE LIVE TIMING OF THE EVENT?

Yes. Results and athlete tracking will be available. We will shortly confirm the app.

24/ THERE WILL BE FREE PHOTOS OF THE EVENT?

Yes. All photos will be available in the Spanish Federation Flickr site:
<https://www.flickr.com/people/156730625@N06/>

25/ THERE WILL BE BIKE RENTAL?

Yes. Visit <https://www.triatlonbilbaobizkaia2022.eus/servicios/alquiler-de-bicicletas/> for reservation.

26/ THERE WILL BE WETSUIT RENTAL

More information to come.

27/ THERE WILL BE TECHNICAL BIKE SERVICE

Yes. More information to come.

28/ WHEN THE COURSES WILL BE MARKED?

We are planning to have the courses marked two days prior each competition. To We will announce the exact date for each venue.

29/ CAN I WEAR MY OWN TRISUIT?

- **Open category athletes:** you can wear your own tri suit.
- **Age Groups athletes in European Championships:** It is compulsory to wear the trisuit of your National Federation, the country you are representing.

Approved National Federation Age-Group Uniforms:

<https://drive.google.com/file/d/174oIFYZAwRM8bsF-y--gmfvDszNNdfZG/view>

30/ CAN BIKES GO ON PUBLIC TRANSPORT?

Check here <https://www.triatlonbilbaobizkaia2022.eus/servicios/transporte-publico/> the conditions for bicycle transport for each venue and means of public transport.

31/ TRAINING FACILITIES

You can find on this link the list of swimming pools and gyms in Balmaseda, Bermeo, Bilbao, Getxo and Portugalete:

<https://www.triatlonbilbaobizkaia2022.eus/servicios/piscinas-y-gimnasios>