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**TRIATHLON** ☆☆  
**YOUTH OLYMPIC GAMES QUALIFIER**  
**BANYOLES 2018** 27

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**ETU**

QUALIFICATION EVENT  
#BUENOSAIRE2018



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

### 1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
6 <sup>th</sup>	15:30	16:00	Bike Course Familiarization	Transition Area
6 <sup>th</sup>	16:00	17:00	Swim Course Familiarization	Swim Course
6 <sup>th</sup>	18:00	18:30	Elite Briefing	TBC
7 <sup>th</sup>	10:45	11:45	Youth Women Event	Venue
7 <sup>th</sup>	12:30	13:30	Youth Men Event	Venue
8 <sup>th</sup>	9:30	11:15	Youth Relay Event	Venue

### 1.3. KEY CONTACTS

Event Director:	Pepe Pujol <a href="mailto:gerencia@cebanyoles.cat">gerencia@cebanyoles.cat</a>
Race Director:	Jorge Garcia <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
Technical Delegate:	Anabela Santos <a href="mailto:anabela.d.santos@gmail.com">anabela.d.santos@gmail.com</a>
Athletes Services Manager:	Armando Rodríguez <a href="mailto:inscripciones@triatlon.org">inscripciones@triatlon.org</a>
Transportation Services:	Araceli García <a href="mailto:araceligarcia@halconviajes.com">araceligarcia@halconviajes.com</a>

### 1.4. CONTACT DETAILS

Spanish Triathlon Federation  
Ferraz 16 3<sup>o</sup>Dcha  
28008 Madrid  
Jorge García – [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)  
+34 650 64 63 62

## 2. VENUE

### 2.1. RACE VENUE

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

The lake represents the origin and main symbolic identity of the town of Banyoles. The lake and its associated lacustrine basin are regarded as the largest karstic stretch on the Iberian Peninsula, and make up an environmental system of enormous value.

Located to the West of the town itself, it was declared part of the Plan for Spaces of National Interest by the Catalonia Generalitat. In 2003, it was included in the Ramsar List of Wetlands of International Importance, and has been put forward for inclusion in the Natura 2000 Network for the Mediterranean region. In addition, the Banyoles Town Council, as well as the local population, is petitioning for it to be declared a Nature Reserve.



### 2.2 COURSE FAMILIARIZATION

The swim course familiarization, will take place on Friday from 16.00 to 17.00.

Please note: it is forbidden to swim outside the test swimming zone at any time due to safety restrictions.

Bike course familiarization, will take place on Friday from 15.30 to 16.00, one lap escorted by the police.

### 2.3. ATHLETE'S 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 after the briefing, at the LOC Office (Restaurante La Carpa), on Friday afternoon.

## 2.5. DOPING CONTROL

Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

## 2.6. SECURITY

Local Police from Banyoles, Mossos de Squadra and emergencies service, will provide the security for the event.

## 2.7. LOC OFFICE

LOC office will be allocated at the venue and will be opened from Thursday till Saturday, from 10:00 to 14:00 and from 16:00 to 20:00.

### 3. ACCOMMODATION

For information and booking, contact:

Araceli García  
Halcon Viajes Travel Agency  
[arceligarcia@halconviajes.com](mailto:arceligarcia@halconviajes.com)  
+34 91 399 01 79

#### 4. TRANSFER AND TRANSPORT

For Visa requests, you have to contact:

Lourdes López  
Spanish Triathlon Federation  
[Lourdes.lopez@triatlon.org](mailto:Lourdes.lopez@triatlon.org)

For transfer services, please write, Araceli Rodríguez ([araceligarcia@halconviajes.com](mailto:araceligarcia@halconviajes.com)), with the following data:

- Arrival time
- Arrival Airport / Station
- Flight / Train number
- Number of persons
- Number of bikes
- Departure time
- Departure Airport / Station
- Flight / Train number

## 5. ATHELETE'S SERVICES

### 5.1. TRAINING FACILITIES

Pre-competition swimming training will take place at the Club Natació Banyoles. To access the swimming pool, athletes and coaches, need to identify themselves with ID or Passport.

### 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.



## 6. COMPETITION SCHEDULE

### 6.1. YOUTH WOMEN

DAY	START	END	ACTIVITY	LOCATION
6 <sup>th</sup>	18:00	18:30	Elite Briefing	Mirallac Hotel
6 <sup>th</sup>	18:30	19:30	Athetes' registration	La Carpa Restaurant
7 <sup>th</sup>	9:15	10:15	Athlete Lounge check in	Venue
7 <sup>th</sup>	10:00	10:30	TA Check In	Venue
7 <sup>th</sup>	10:10	10:30	Swim Warm Up	Venue
7 <sup>th</sup>	10:30		Calling area	Transition Area
7 <sup>th</sup>	10:35		Athletes introduction	Transition Area
7 <sup>th</sup>	10:45		Start	Venue
7 <sup>th</sup>	13:30		Award Ceremony	Venue

### 6.2. YOUTH MEN

DAY	START	END	ACTIVITY	LOCATION
6 <sup>th</sup>	18:00	18:30	Elite Briefing	Mirallac Hotel
6 <sup>th</sup>	18:30	19:30	Athetes' registration	La Carpa Restaurant
7 <sup>th</sup>	11:00	12:00	Athlete Lounge check in	Venue
7 <sup>th</sup>	11:55	12:15	TA Check In	Venue
7 <sup>th</sup>	11:55	12:15	Swim Warm Up	Venue
7 <sup>th</sup>	12:15		Calling area	Transition Area
7 <sup>th</sup>	12:2'		Athletes introduction	Transition Area
7 <sup>th</sup>	12:30		Start	Venue
7 <sup>th</sup>	13:30		Award Ceremony	Venue

### 6.3. RELAY

DAY	START	END	ACTIVITY	LOCATION
6 <sup>th</sup>	18:00	18:30	Elite Briefing	Mirallac Hotel
6 <sup>th</sup>	18:30	19:30	Athetes' registration	La Carpa Restaurant
8 <sup>th</sup>	8:00	9:00	Athlete Lounge check in	Venue
8 <sup>th</sup>	8:45	9:15	TA Check In	Venue
8 <sup>th</sup>	8:45	9:15	Swim Warm Up	Venue
8 <sup>th</sup>	9:15		Calling area	Transition Area
8 <sup>th</sup>	9:20		Athletes introduction	Transition Area
8 <sup>th</sup>	9:30		Start	Venue
8 <sup>th</sup>	11:30		Award Ceremony	Venue

### 6.4. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

[https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2018.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf)

### 6.5. ATHLETE'S BRIEFING

The athletes briefing will take place on Friday at 18:00 (Mirallac Hotel)

#### 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 before the competitions, during their check-in procedure.

#### 6.7. RESULTS

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org).

All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at the LOC Office located at Santa Catalina.

#### 6.8. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

## 7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

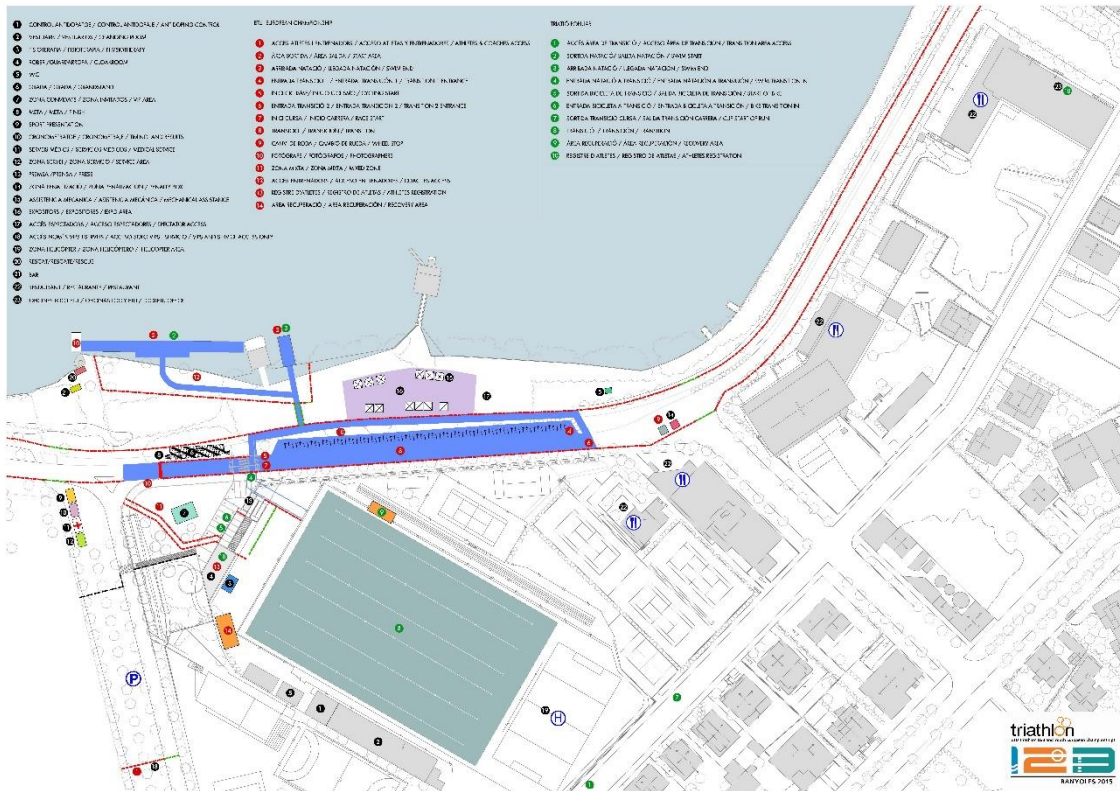
All accredited people are requested to carry their Accreditation Cards with them at all times, and to show them upon request. Accreditation Cards are mandatory to enter both venues.

## 8. OTHER USEFUL INFORMATION

- 8.1. LANGUAGE: Catalán and Spanish
- 8.2. POPULATION: 19.239 inhabitants
- 8.3. CURRENCY: Euro (€)
- 8.4. TIME: Standard time GMT+0 (summer time)
- 8.5. ELECTRICITY: 220 v
- 8.6. WATER: Drinking water, urban network
- 8.7. TELEPHONE CONNECTIONS: International prefix +34

## 9. COURSE MAPS

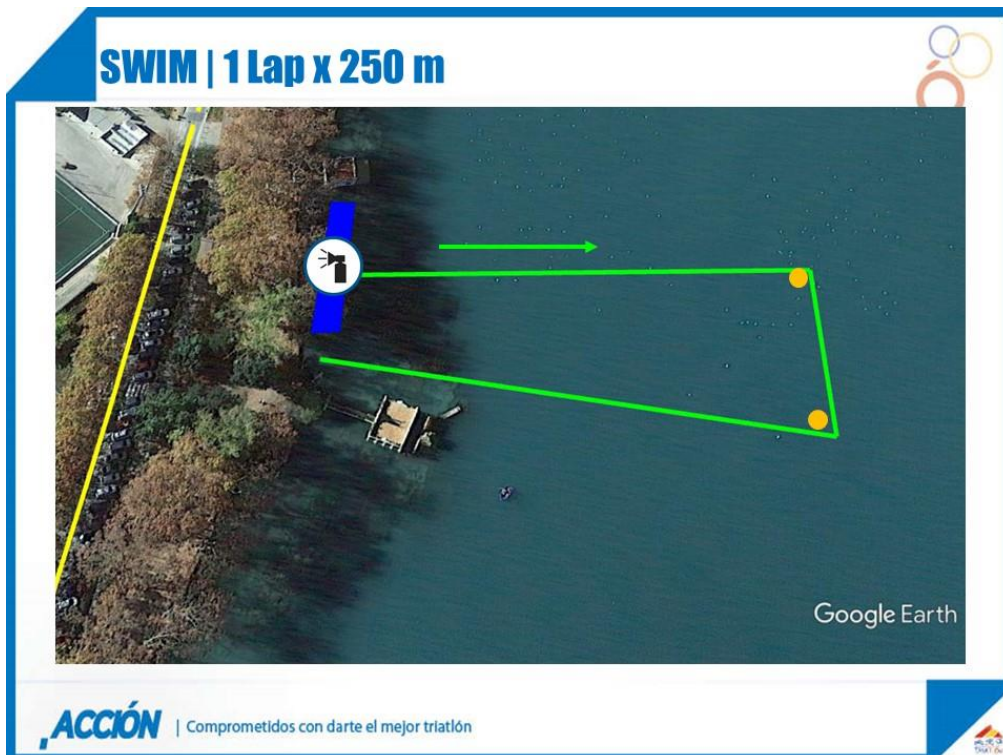
### VENUE



### SWIM COURSE

The start will be a beach start.

The start area is a 50m pontoon long and each athlete will stand in a starting position approximately every 75cm. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



The Swim Will take place at Banyoles Lake. One lap in a anticlockwise course. The average water temperature at this time of the year is approximately 22 degrees.

#### TRANSITION 1

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. 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 center lane and towards the mount line.

## BIKE COURSE

The bike course will comprise 3 laps for the individual events and 1 for the relay, with each lap passing through the main venue. On exiting the race village, riders will go around the lake. On their way back they will head to the Transition Area. The total bike course includes 3 laps of 6,6 kms each one; and 1 for the relay.





## WHEEL STATION

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams. For the individual events, will be allocated before the end of the laps; for the relay events will be at the km3

## TRANSITION 2

From the dismount line, athletes run in the center 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 the outer run lane

## RUN COURSE

The run course is 2 laps with a total of 5 km. The athletes will run on asphalt

There will be 2 aid station along the run course; that will allow the athletes to have the opportunity to take water 2 times per lap.

For the relay event, there is only 1 lap of 1,6 km

The Penalty Box will be allocated at the venue before the end of the lap.



## RUN | 2 Laps x 2,5 Km = 5 Km



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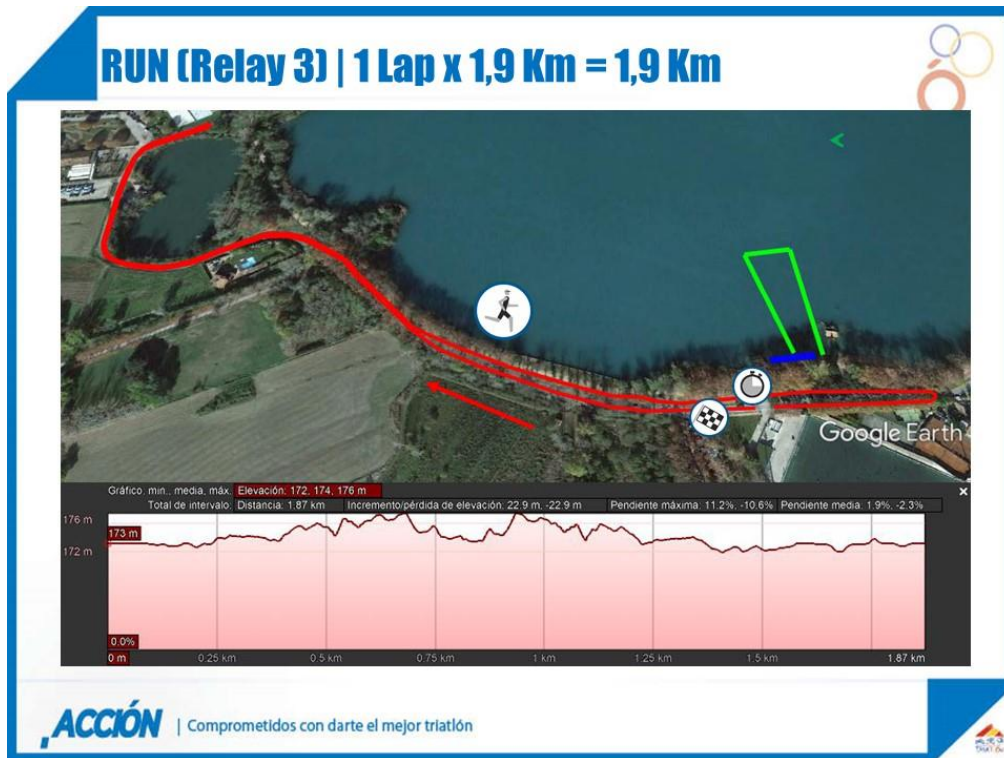


## RUN (Relay 1 and 2) | 1 Lap x 1,6 Km = 1,6 Km



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Good luck.