

15 | ABRIL

ÉLITE
JÚNIOR

TRIATHLON EUROPEAN CUP MELILLA 2018

ETU



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#SomosTriatlón



CIUDAD AUTÓNOMA
MELILLA



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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
14 th	9:00	9:30	Bike Course Familiarization	Transition 1
14 th	10:00	11:00	Swim Course Familiarization	Start Area
15 th	17:00	17:30	Junior Briefing	Hotel Tryp Melilla
15 th	18:00	18:30	Elite Briefing	Hotel Tryp Melilla
15 th	18:30	19:00	Press Conference	Hotel Tryp Melilla
15 th	9:00	10:15	Junior Women Event	Plaza Multifuncional
15 th	10:15	11:30	Junior Men Event	Plaza Multifuncional
15 th	15:00	17:15	Elite Women Event	Plaza Multifuncional
15 th	18:00	20:15	Elite Men Event	Plaza Multifuncional

1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director:	Amancio del Castillo amancio.delcastillo@triatlon.org
Technical Delegate:	Tom Roberts rocketmantom@talktalk.net
Athletes Services Manager:	Armando Rodríguez inscripciones@triatlon.org
Transportation Services:	Araceli García araceligarcia@halconviajes.com

1.4. CONTACT DETAILS

Spanish Triathlon Federation
 Ferraz 16 3rd Dcha
 28008 Madrid
 Jorge García – jorge.garcia@triatlon.org
 +34 650 64 63 62

2. VENUE

2.1. RACE VENUE

The venue is located in the city center of Melilla.

Have you ever considered Melilla as a holiday destination? Sometimes, the most unexpected destinations often include the added pleasure of the unknown. We would like to present you the modern Melilla, a thriving modern city which offers many tourist delights for the visitor.

There is a city that gathers all the mystery of Africa and the history of Spain: a great small city of renown which opens its doors to invite you to the discovery and pleasure. The city of Melilla is a window from which two different continents see each other. An enclave in North Africa for over 500 years, Melilla's shorelines are lapped by the waves of the Mediterranean Sea, where visitors who like the taste of the unexpected may find a holiday full of exoticism, cultural variety and outdoor activities.

From the charm of its ancient Citadel walls to the colourful of the Modernist architecture with over 900 Modernist and Art Deco buildings, Melilla offers the visitor an endless variety while walking along its roads. The proximity to the sea and the influence of the four cultures are reflected in the city's delicious gastronomy and in the variety of its artistic customs and expressions.

Few people are aware of the several attractions that invite the visitor to discover the city of Melilla, which range from local treasures displaying the city's splendour as a historical link between two continents, to the city's fine sand beaches on the Mediterranean Sea.

One of Melilla's greatest appeals are the people themselves, who constantly welcome visitors to discover the city. Four different ethnic and religious communities (Christian, Muslim, Jewish and Hindu) coexist peacefully while maintaining their own particular cultural identities, making of Melilla a city with a mix of surprising contrasts and colours and enriching its landscape as well as its streets.

This cultural blending is also evident in Melilla's cuisine, which tempts the palate with a wide range of dishes and exquisite specialities which are the result of the city's cultural diversity and Mediterranean character.

In addition to dining out, Melilla is also a wonderful place to go shopping, not only due to the city's cultural diversity but also because prices are significantly lower than in mainland Spain, since Melilla enjoys fiscal advantages which allow many products to be sold at tax-free prices. Melilla's shopping area is full of shops owned by Muslims, Jews and Hindus traders. In those shops, visitors can buy Berber jewellery as well as gold and silver products, leather hand-crafted items, tapestry and carpets and local pottery, as well as designer clothing, accessories and footwear. We can also find areas that evoke the colourful atmosphere of the African open-air markets with all the advantages of a Western city.

During the day, Melilla is a happy, cultural, lively and colourful city. Its semi-arid Mediterranean climate guarantees average annual temperatures of around 18°C for the whole year. Any time of the year is a good moment to have a break in Melilla, enjoy longer holidays, or take advantage of its privileged position as a linking point between Europe and Africa. Melilla is an ideal starting point to venture for a journey into Africa, while being, at the same time, in an exceptionally attractive Spanish location.

When night falls, Melilla offers fun for everyone, and the visitor can enjoy an evening at the most modern clubs and discos or relax in traditional bars, where conversation mingles among different rhythms.



2.2 COURSE FAMILIARIZATION

The swim course familiarization, will take place on Saturday morning from 10:00 to 11:00; although the quality of the beaches, allow to swim at any time.

Bike course familiarization, will take place on Saturday 9:00, 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 (Tryp Hotel), on Saturday 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 Melilla, Policía Nacional and emergencies service, will provide the security for the event.

2.7. LOC OFFICE

LOC office will be allocated at Official Hotel Ttyp Melilla 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
araceligarcia@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

Complimentary transfer service will be offered to the athletes and coaches that have made the reservations through the official travel agency and getting the accommodation at the official hotels.

For transfer services, please write, Armando Rodriguez (inscripciones@triatlon.org), 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

All the transfer requests, need to be confirmed to Armando Rodriguez (inscripciones@triatlon.org); latest April 8th.

You can decide to fly to Melilla (ESP) or Nador (MOR). In case you want to travel through Nador, you need to contact us, in order to plan your transfer in coordination with the Morroco Triathlon Federation. This transfer has a fee, that we will let you know according to the number of athletes and bikes.

Transportation by boat; from Málaga or Almería



Option 1: 70 €

- 1 person
- Return trip
- Bed in a 4 persons room
- 1 meal x trip

Option 1: 220 €

- 1 person
- Return trip
- Bed in a 4 persons room
- 1 meal x trip
- 1 car included

For bookings, contact Armando Rodríguez (inscripciones@triathlon.org)

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

Athletes can swim at the swimming pool between 12:00 and 14:00; and between 20:00 to 23:30; from Thursday to Friday; and from

Piscina Ciudad Autónoma de Melilla
Avenida de la Juventud 2

RUN

Estadio Municipal Alvarez Caro
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.

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
14 th	17:00	17:30	Junior Briefing	Hotel Tryp Melilla
14 th	17:30	18:00	Athletes' registration	Hotel Tryp Melilla
14 th	18:30	19:00	Press Conference	Hotel Tryp Melilla
15 th	7:30	8:30	Athlete Lounge check in	Venue
15 th	8:00	8:15	TA2 Check In	Venue
15 th	8:00	8:45	TA1 Check In	Venue
15 th	8:00	8:45	Swim Warm Up	Venue
15 th	8:50		Calling area	Transition Area 1
15 th	8:55		Athletes introduction	Transition Area 1
15 th	9:00		Start	Venue
15 th	11:30		Award Ceremony	Venue

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
14 th	17:00	17:30	Junior Briefing	Hotel Tryp Melilla
14 th	17:30	18:00	Athletes' registration	Hotel Tryp Melilla
14 th	18:30	19:00	Press Conference	Hotel Tryp Melilla
15 th	8:45	9:45	Athlete Lounge check in	Venue
15 th	9:00	9:45	TA2 Check In	Venue
15 th	9:15	10:00	TA1 Check In	Venue
15 th	9:15	10:00	Swim Warm Up	Venue
15 th	10:00		Calling area	Transition Area 1
15 th	10:05		Athletes introduction	Transition Area 1
15 th	10:15		Start	Venue
15 th	11:30		Award Ceremony	Venue

6.3. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
14 th	18:00	18:30	Elite Briefing	Hotel Tryp Melilla
14 th	18:30	19:00	Athletes' registration	Hotel Tryp Melilla
14 th	18:30	19:00	Press Conference	Hotel Tryp Melilla
15 th	13:30	14:30	Athlete Lounge check in	Venue
15 th	13:45	14:30	TA2 Check In	Venue
15 th	14:00	14:45	TA1 Check In	Venue
15 th	14:00	14:45	Swim Warm Up	Venue
15 th	14:50		Calling area	Transition Area 1
15 th	14:55		Athletes introduction	Transition Area 1
15 th	15:00		Start	Venue
15 th	20:15		Award Ceremony	Venue

6.4 ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
14 th	18:00	18:30	Elite Briefing	Hotel Tryp Melilla
14 th	18:30	19:00	Athletes' registration	Hotel Tryp Melilla
14 th	18:30	19:00	Press Conference	Hotel Tryp Melilla
15 th	16:30	17:30	Athlete Lounge check in	Venue
15 th	16:45	17:30	TA2 Check In	Venue
15 th	17:00	17:45	TA1 Check In	Venue
15 th	17:00	17:45	Swim Warm Up	Venue
15 th	17:50		Calling area	Transition Area 1
15 th	17:55		Athletes introduction	Transition Area 1
15 th	18:00		Start	Venue
15 th	20:15		Award Ceremony	Venue

6.5. 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

6.6. ATHLETE'S BRIEFING

The athletes briefing will take place on Saturday at Hotel Tryp Melilla

C/ Muelle de Ribera s/n

6.7. 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.

6.8. RESULTS

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

All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at Official Hotel Tryp Melilla.

6.9. 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: Spanish
- 8.2. POPULATION: 86.026 inhabitants
- 8.3. CURRENCY: Euro (€)
- 8.4. TIME: Standard time GMT+1 (summer time)
- 8.5. ELECTRICITY: 220 v
- 8.6. WATER: Drinking water, urban network
- 8.7. TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

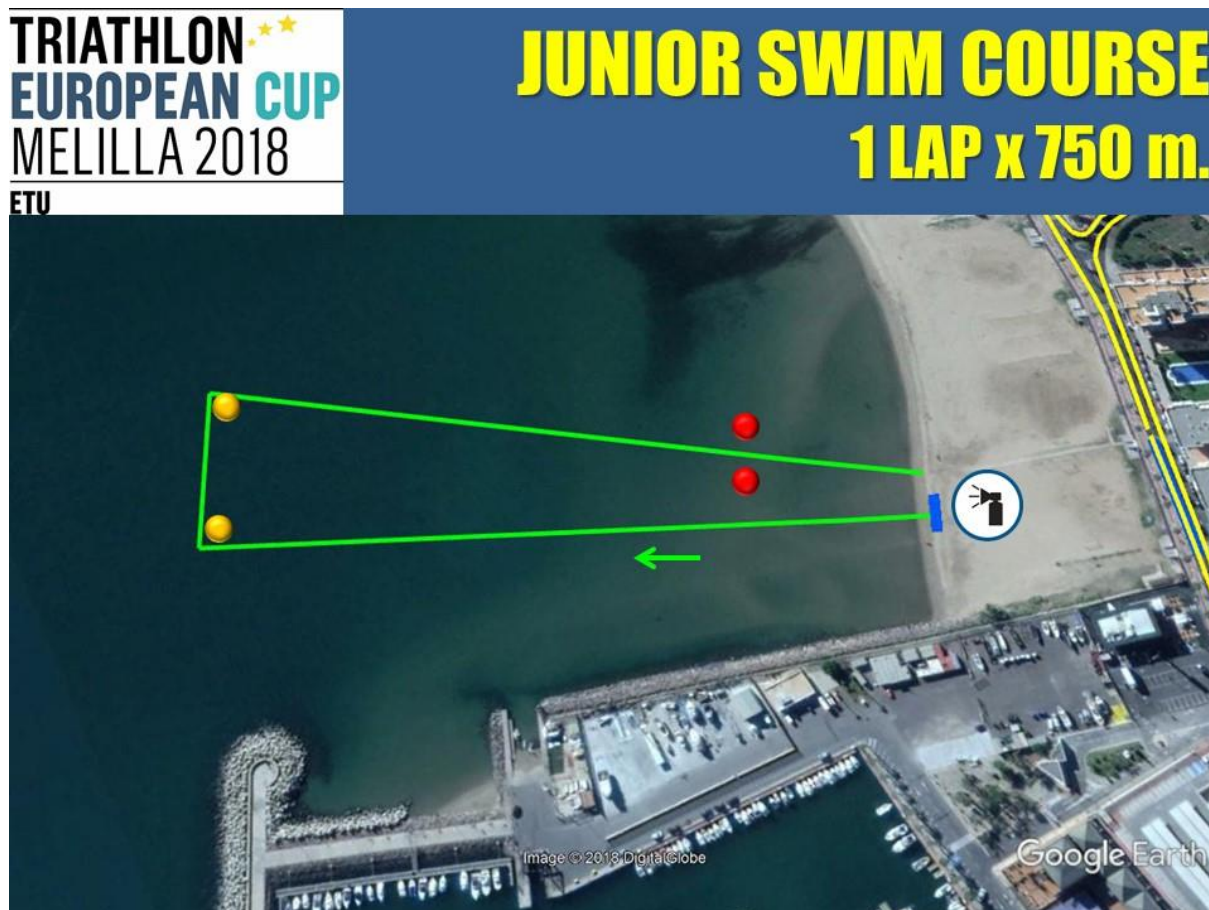
SWIM COURSE

Start procedures: The start, will be from the beach. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

The Junior Swim course has one lap of 750 m.

The Elite swim course has two laps of 750 m., and the athletes will not exit the beach at the end of the lap.

The course is clockwise and the average water temperature for September is 21°C.



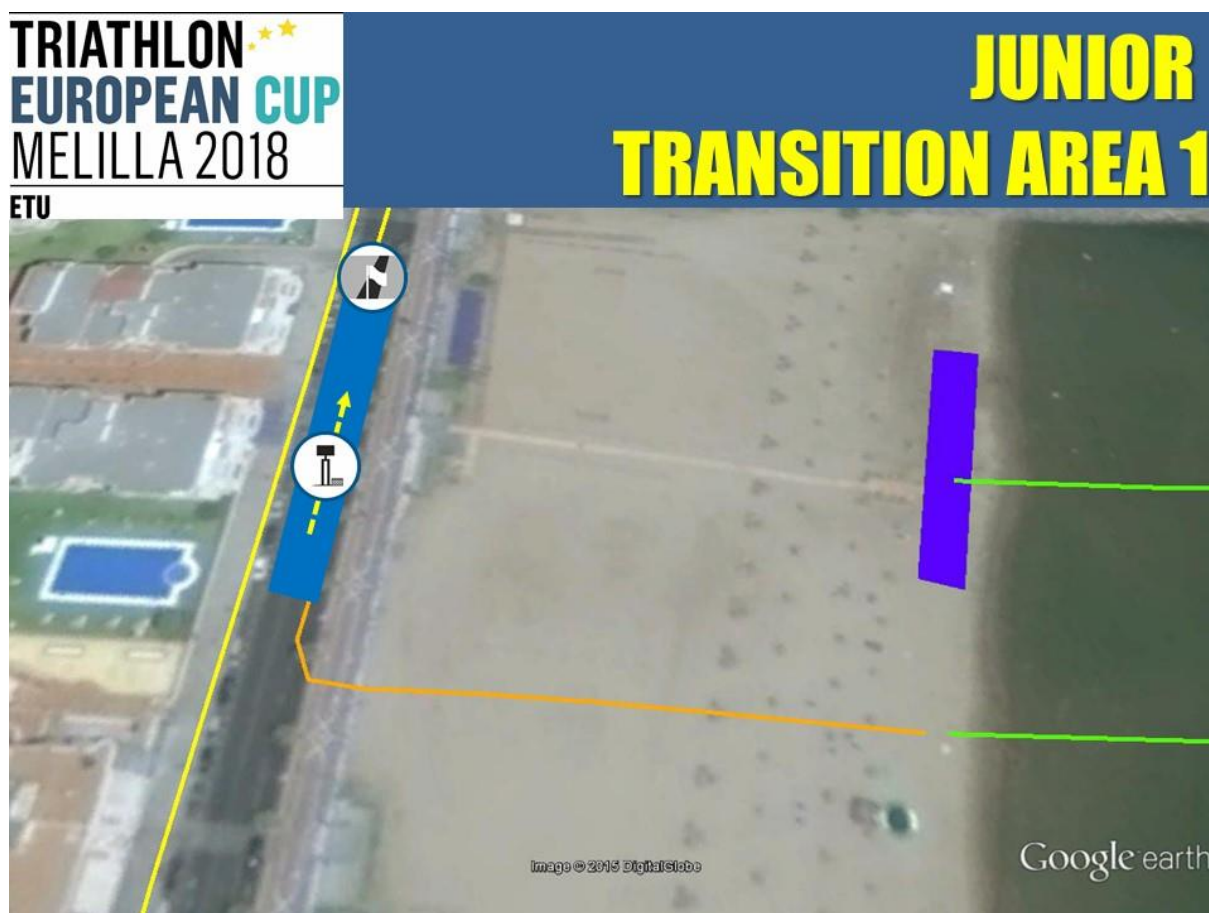
ELITE SWIM COURSE

2 LAPS x 750 m.



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 their bike by moving forward into the centre lane and towards the mount line. The T1 has horizontal bike racks.



BIKE COURSE

The first part of the bike course is 1,5 km before passing through T2 for the first time. This first part is totally flat, and quite technical.

For the Junior, the remaining 4 laps are totally flat

The same for the Elite, with the remaining 8 laps



JUNIOR BIKE COURSE

4 LAPS X 4,4 KM = 20,2 KM



ELITE BIKE COURSE CONNECTION TO TA2 = 2,6 KM.



ELITE BIKE COURSE

8 LAPS X 4,4 KM = 35,2 KM



TRANSITION 2

From the dismount line, run through T2 and rack the bike. These racks will be horizontal.

Running shoes may be placed beside the rack or in the bin.



RUN COURSE

The course is totally flat, except one small section, when the athletes cross the bridge

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.

The Penalty Box will be allocated next to the fountain, in after passing T2.

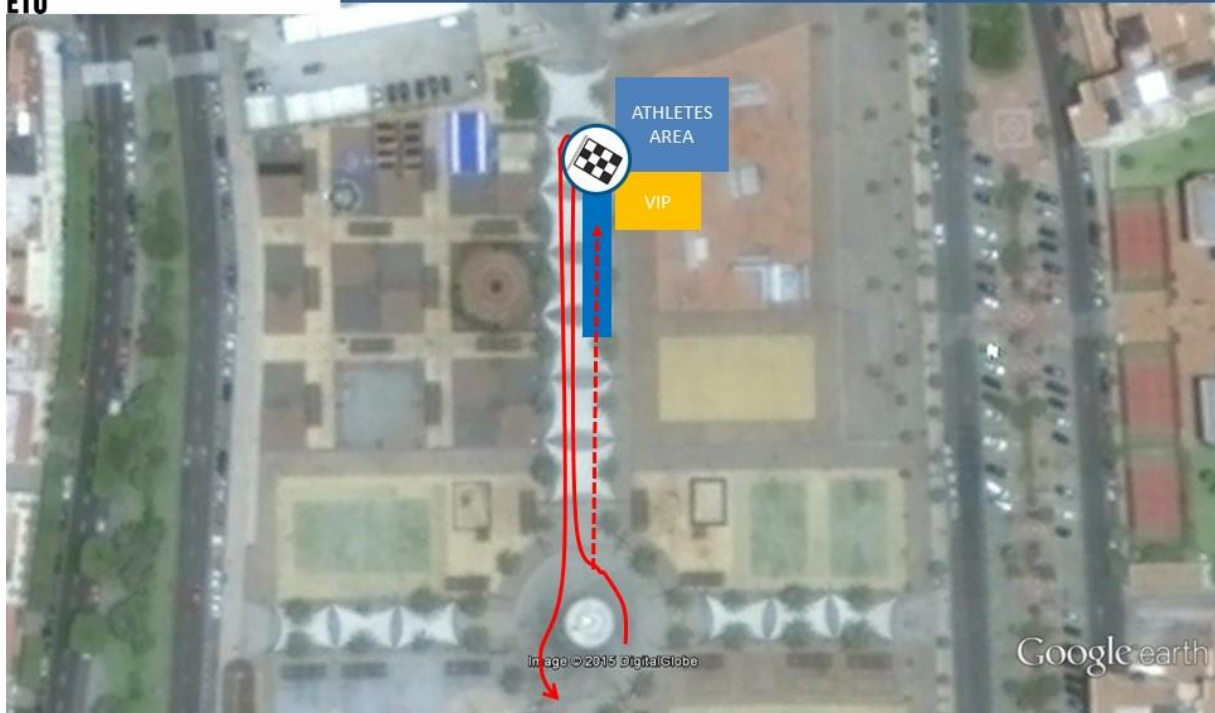


ELITE RUN COURSE

4 LAPS x 2,5 KM.



ELITE LAPS OF THE RUN & FINISH



Good luck.