
TRIATHLON  **SPRINT**
EUROPEAN CUP
BARCELONA 2020

ETU

ATHLETES

GUIDE

Rev. 19-10

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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
24/10	10:00	10:30	Athlete's briefing	Virtual
24/10	17:00	19:00	Athlete's registration	Eurotel Diagonal Port
	17:00	17:15	AUS / AUT / BEL / BER / CHI / COL / EST / FRA	Eurotel Diagonal Port
	17:15	17:30	GBR / HUN / ISR / MEX / NOR / PHI / ROU / RSA	Eurotel Diagonal Port
	17:30	17:45	POL / SVK / SYR / UKR / USA	Eurotel Diagonal Port
	17:45	19:00	ESP	Eurotel Diagonal Port
25/10	9:00		Elite Women Race	Venue
25/10	10:05		Medal Ceremonies Women Race	Venue
25/10	10:30		Elite Men Race	Venue
25/10	11:35		Medal Ceremonies Men Race	Venue

1.3 KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
COVID Coordinator	Alicia García Alicia.garcia@triatlon.org
Technical Delegate:	Esther Sánchez esther@triatlocv.org
Athlete's Services Manager:	Juan Carlos Díez Juancarlos.diez@triatlon.org

1.4 CONTACT DETAILS

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

2. VENUE

RACE VENUE (1)

The 2020 Barcelona ETU Sprint Triathlon European Cup has one venue, located at the Mar Bella area.

COURSE FAMILIARIZATION

There won't be familiarizations

ATHLETE'S LOUNGE

Will be allocated at Agapito Fernández Football Field (venue) (2)

There will be drinks, fruit

ELITE ATHLETES' RACE PACKAGE (3)

Athletes' race package, will be distributed at the Eurotel Diagonal

Race package will include; tattoos for both legs and both arms, stickers and accreditation

DOPING CONTROL

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

SECURITY

Guardia Urbana from Barcelona, Mossos de Squadra and 112 emergencies service, will provide the security for the event.

LOC OFFICE

LOC office will be allocated at Eurotel Diagonal Port and will be opened from Friday to Saturday.

SPECTATOR INFORMATION

Public attendance is not possible due to the COVID-19 outbreak.



ACCOMODATION

EUROHOTEL DIAGONAL PORT

<https://www.eurohotelbarcelona.com/>

Adress: Carrer de Lope de Vega, 4, 08005 Barcelona

+34 932 30 20 00

How to get to de destination: ([here](#))

PRICE

Price x room (only accomodation in individual rooms): 49 €

Other options, contact the hotel directly (reservas@eurohotelbarcelona.com)

The hotel will host the ETU Office and Athletes Registration room on Saturday; is 5 minutes walking to the venue

3. TRAVEL AND TRANSFERS

For Visa requests, you have to contact:

Lourdes López
Spanish Triathlon Federation
lourdes.lopez@triatlon.org
+34 91 559 93 05 – ext. 2000

Barcelona is easy accessible by train and plane;

- The nearest airport is Josep Tarradellas Barcelona-El Prat.
- The nearest train station is Barcelona-Sants.

4. ATHLETES SERVICES

There are no pre-event training places due to the COVID-19 outbreak

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before 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.

BIKE MECHANIC

There will be bike mechanical available at the venue on race day

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5. COMPETITION SCHEDULE

ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
24 th			Athlete's briefing	Virtual
24 th			Athlete's registration	Official Hotel
25 th	7:30	8:30	Women registration	Venue
25 th	8:00	8:45	Women transition check in	Venue
25 th	8:15	8:45	Women swim warm up	Venue
25 th	8:55		Women athlete's introduction	Venue
25 th	9:00		Women start	Venue
25 th	10:05		Medal Ceremonies	Venue

ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
25 th			Athlete's briefing	Virtual
25 th			Athlete's registration	Official Hotel
25 th	9:00	10:00	Men registration	Venue
25 th	9:30	10:15	Men transition check in	Venue
25 th	9:45	10:15	Men swim warm up	Venue
25 th	10:25		Men athlete's introduction	Venue
25 th	10:30		Men start	Venue
25 th	11:35		Medal Ceremonies	Venue

COMPETITION RULES

The event will follow the latest published [Competitions Rules](#) of the International Triathlon Union.

UNIFORM RULES

The event will follow the latest published [Uniform Rules](#) of the International Triathlon Union.

ATHLETE'S BRIEFING

The athlete's briefing, will take place virtual (more information to come)

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.

RESULTS

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

PROTEST & APPEALS

Standard procedures will be followed according to the ITU [Competition Rules](#)

6. 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 at the venue.

7. OTHER USEFUL INFORMATION

LANGUAGE: Catalán and Spanish

POPULATION: 5,57 million inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

8. COURSE MAPS

VENUE



Main Map



SWIM COURSE

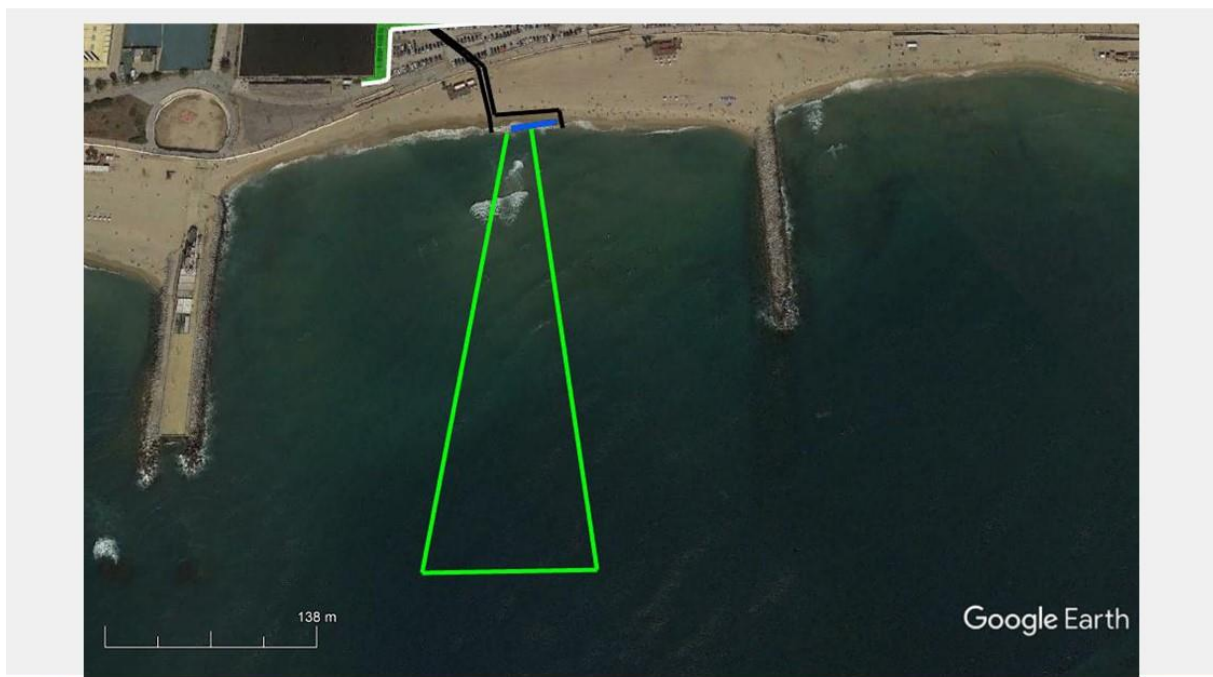
The start will be a beach start.

The start area is a 60m long and each athlete will stand in a starting position approximately every 1m. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

The Swim Will take place at Barcelona Mar Bella beach. One lap in a clockwise course. The average water temperature at this time of the year is approximately 18 degrees.



Swim
1 lap 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 the bike by moving forward into the center lane and towards the mount line.

BIKE COURSE

The bike course will comprise 4 laps, with each lap passing by the main venue. On their way back they will head to the Transition Area. The total bike course includes 4 laps of 5 kms each one.



WHEEL STATION

One (1) team wheel station will be located before entering at the transition area. Coaches are responsible to leave the wheels at the wheel station, and collect them after the event from the same point.

TRANSITION 2

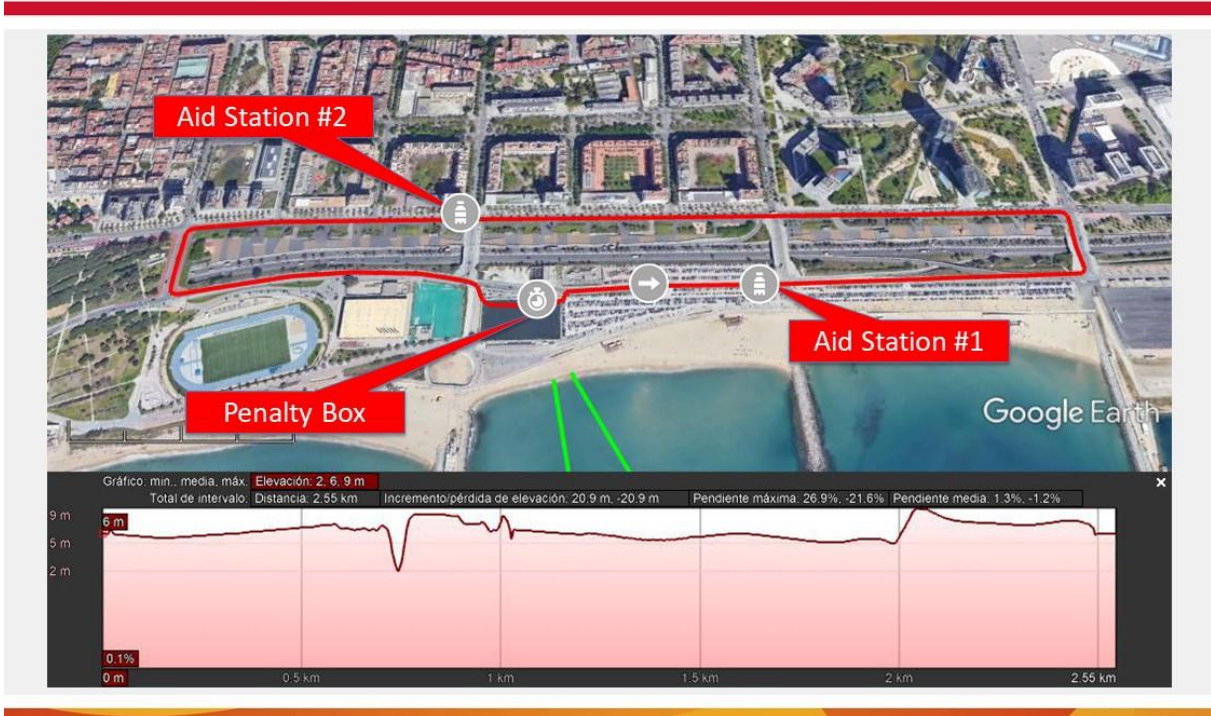
From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

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 stations 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 at the venue before the end of the lap.



9. COVID INFORMATION

Barcelona event has been confirmed by local authorities to Spanish Triathlon Federation. The cancellation of the sport events in Barcelona does not include the International events.

Restaurants are closed, but take away or deliveries are working. Please confirm with your hotel if the hotel restaurant is working.

LOC will provide more information about the availability of dining places around the venue.

Procedures to enter in Spain:

1. For ALL travelers
The Government of Spain has implemented a series of measures to protect the general public's health, including health control of passengers upon arrival in Spain. From this website you can fill out the health control form and obtain your QR Code, to show it at the control points upon arrival in Spain: <https://www.spth.gob.es/> .
By default this page is in Spanish but you can select French, English or German in the box "Elija Idioma"
2. For habitants of the European Union, the Shenghen asociated states, AND, MON, AUS, CAN, GEO, JPN, NZL, RWA, KOR, THA, TUN, URU and CHN the Spanish borders are open.

As addition to all above the following will be required in order to participate on the event

- Fill the COVID Questionnaire (link will be sent on Monday before the event)

Remember that to wear face masks is mandatory in Spain at all times and places except at your own home or hotel rooms

For any question related travel details please write to Alicia Garcia alicia.garcia@triathlon.org

Training sites: There are no familiarizations planned for the event; only the pre-event warms up.

Health Screening: Temperature level check will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Temperature above 37'5°C will be reported to the RMD/MD.

Course familiarizations: There are not swim or bike familiarizations (the beach is open for swimming at any time under athletes responsibility).

Competition activities

- a. The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.
- b. Wheel stations:

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
 - In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
 - Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves
- c. Finish Area
- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area. You will receive a mask at that point, that you have to wear.
 - Medalist photo at the post-finish area is not allowed.
 - All recovery stations will be self-served.
 - Food provided will be individually wrapped.
 - Massage facilities will not be provided.
 - Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- d. Medal Ceremonies
- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#).

Accreditations: Accreditations will be delivered following ITU criteria.

Cleaning protocols on site: All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

10. TIME CHANGE

At 03:00 a.m on Sunday 25 it will again be 02:00 a.m.

