

# ATHLETE'S GUIDE

Reinosa

winter triathlon 

ETU European Championships

Version 3.0 20th of January

## TABLE OF CONTENTS

1. GENERAL INFORMATION.....	4
1.1. INTRODUCTION.....	4
1.2. KEY DATES .....	4
1.3. KEY CONTACTS.....	4
1.4. CONTACT DETAILS .....	4
2. VENUE .....	5
2.1. VENUE .....	5
2.2. ATHLETE'S LOUNGE .....	5
2.3. ELITE ATHLETES' RACE PACKETS .....	5
2.4. DOPING CONTROL.....	5
2.5. MEDICAL SERVICES.....	5
2.6. SECURITY .....	5
2.7. SPORT INFORMATION CENTRE .....	6
3. ACCOMMODATION .....	7
4. TRANSPORTATION.....	8
5. ATHELETE'S SERVICES .....	9
5.1. SWIM TRAINING.....	9
5.2. COURSE FAMILIARIZATION.....	9
6. COMPETITION SCHEDULE .....	10
6.1. ELITE/U23/JUNIOR WOMEN.....	10
6.2. ELITE/U23/JUNIOR MEN.....	10
6.3. PARATRIATHLON.....	10
6.4. AGE GROUP .....	11
6.5. COMPETITION RULES.....	11
6.6. ATHLETE'S BRIEFING .....	11
6.7. TIMING CHIPS .....	12
6.8. INFORMATION ABOUT THE FOP .....	12
6.9. RESULTS.....	13
6.10. PROTEST & APPEALS.....	13
6.11. CONTINGENCY PLAN .....	13
7. ACCREDITATION .....	14
8. USEFUL INFORMATION.....	15
8.1. LANGUAGE.....	15
8.2. POPULATION .....	15
8.3. CURRENCY .....	15
8.4. TIME.....	15

8.5. ELECTRICITY .....	15
8.6. WATER .....	15
8.7. TELEPHONE CONNECTIONS.....	15
9. COURSE MAPS .....	17

# 1. GENERAL INFORMATION

## 1.1. INTRODUCTION

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Coaches are 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 day. However, Team Leaders are advised to check with the Sport Info Center Operations (Municipal Sport Center) during the Championship’s week, regarding any changes on information included in this guide.

## 1.2. KEY DATES

Age Group Athletes’ Briefing English	17:00	January 30th
Elite Athletes’ Briefing	18:00	January 30th
U23 Athletes’ Briefing	18:00	January 30th
Junior Athletes’ Briefing	18:00	January 30th
Paratriathletes’ Briefing	19:00	January 30th
Age Group Athletes’ Briefing Spanish	20:00	January 30th
Elite Men Event	11:00	January 31st
U23 Men Event	11:00	January 31st
Junior Men Event	11:00	January 31st
Elite Women Event	11:02	January 31st
U23 Women Event	11:02	January 31st
Junior Women Event	11:02	January 31st
Paratriathlon Event	11:04	January 31st
Age Group Event	11:06	January 31st

## 1.3. KEY CONTACTS

- Executive Director Sergio Balbontín
- Technical Director Jorge García [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)
- Media Manager Vanessa González [comunicacion@triatlon.org](mailto:comunicacion@triatlon.org)
- Athletes Services Raquel González [raquel.gonzalez@triatlon.org](mailto:raquel.gonzalez@triatlon.org)
- Technical Delegate Edu Lakuntza [edu@lakuntza.com](mailto:edu@lakuntza.com)

## 1.4. CONTACT DETAILS

Spanish Federation:

Jorge García

Tel: +34 915 59 93 05

Mob: +34 650 64 63 62

[jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)

## 2. VENUE

### 2.1. VENUE

The venue is located in the city of Reinosa, region of Cantabria.

#### ROUTES TO REINOSA

##### AIRPORTS

Santander – Reinosa  
Bilbao – Reinosa  
Avilés – Reinosa



74 Km  
169 Km  
238 Km



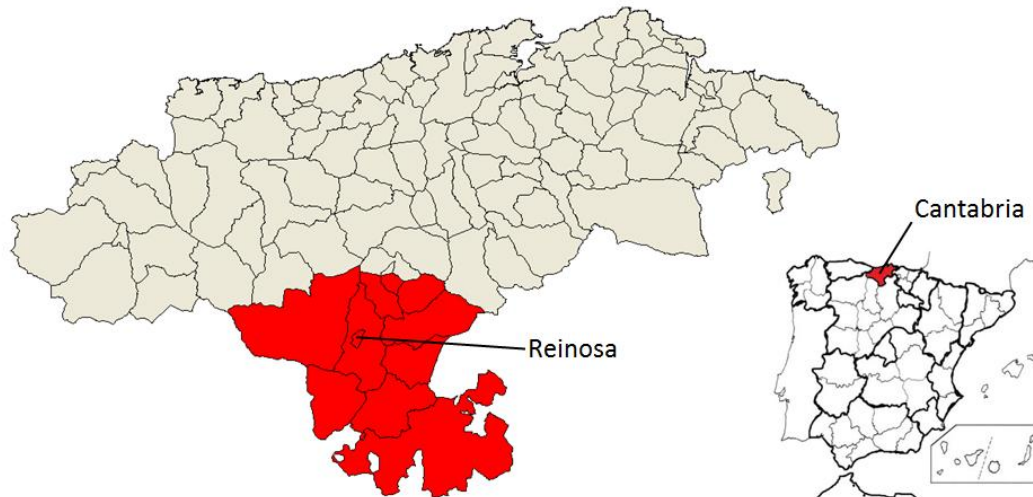
55 min  
2h 09min  
2h 41min

##### TRAIN

Madrid – Reinosa



3h 30min



### 2.2. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the Athletes' Village, in the Municipal Sport Center.

### 2.3. ELITE ATHLETES' RACE PACKETS

Athletes' race packets will be distributed on Friday at the sports center.

### 2.4. DOPING CONTROL

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

### 2.5. 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 courses and competitions times.

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

All the athletes and team support personal should ensure that they have appropriate medical insurance.

### 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.

Emergency services telephone number: 112

## **2.7. SPORT INFORMATION CENTRE**

The Information Center/LOC OFFICE will be located at “Municipal Sport Center” from Thursday 29<sup>th</sup>.

### 3. ACCOMMODATION

Reservations through “Viajes Halcón”:

E-mail: [halconm28@halcon-viajes.es](mailto:halconm28@halcon-viajes.es)

PH: 0034 913 990 179

WHERE	HOTEL	DISTANCE
<b>Reinosa</b>	Hotel Vejo 3* (Oficial Hotel)	1 Km
	Hotel San Roque 3*	280 m
	Hotel el Golobar 2*	1,5 Km
<b>Ormas de Campoo</b>	Posada Ormas de Campoo	10,4 Km
<b>Aguilar de Campoo</b>	Hotel Valentín 3*	33,9 Km
<b>Torrelavega</b>	Hotel Torresport 4*	46,3 Km
	Hotel Torrelavega 4*	49,4 Km
<b>Boo de Guarnizo</b>	Hotel los Ángeles	73 Km
<b>Santander</b>	Hotel Santemar 4*	77,6 Km

## 4. TRANSPORTATION

Reservations through “Viajes Halcón”:

E-mail: [halconm28@halcon-viajes.es](mailto:halconm28@halcon-viajes.es)

PH: 0034 913 990 179

### Getting to Reinosa:

By Car: Motorway A-67 Palencia/Santander – exit: 136 “Reinosa (norte)”

By Train: Chamartín (Madrid) - Reinosa (Cantabria); Reinosa Train Station

DEPARTURE	ROUTE	ARRIVE
15:15	Chamartín (Madrid) – Reinosa	18:45
17:05	Chamartín (Madrid) – Palencia – Reinosa	20:55
17:15	Chamartín (Madrid) – Valladolid – Reinosa	20:55
18:05	Chamartín (Madrid) – Reinosa	21:36

By Plane: Santander airport (SDR) – 70 Km

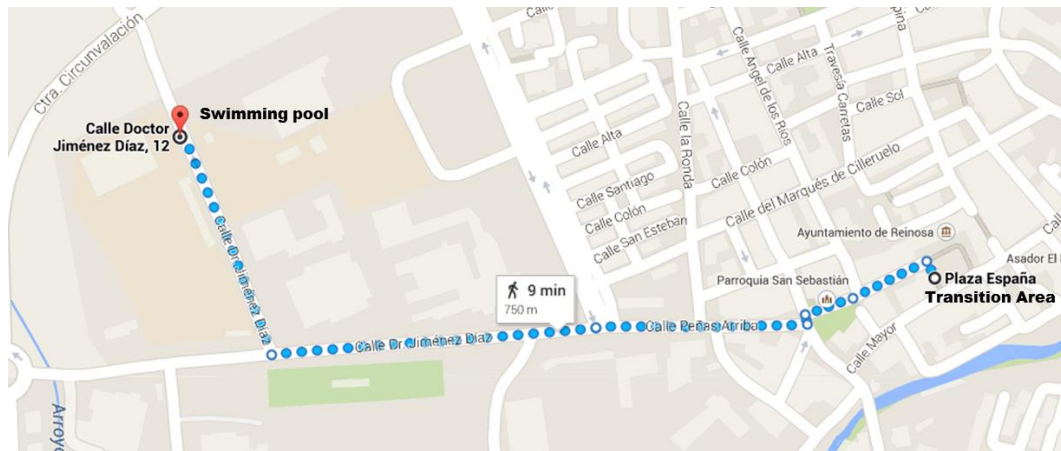
Bilbao airport (BIO) – 169 Km

Avilés airport (OVD) – 238 Km



## 5. ATHELETE'S SERVICES

### 5.1. SWIM TRAINING



Pre-competition swimming training will take place in the swimming pool of the municipal sport center, Doctor Jiménez Díaz Street 12.

### 5.2. COURSE FAMILIARIZATION

There will be a ski course familiarization, during Friday morning, only if the snow conditions allow. Final schedule will be confirmed soon.

## 6. COMPETITION SCHEDULE

### 6.1. ELITE/U23/JUNIOR WOMEN

DAY	START	END	ACTIVITY	PLACE
FRI	10:00	14:00	Athletes Registration	Sport Center
FRI	10:00	14:00	Delivery of Skies	Sport Center
FRI	17:00	21:30	Athletes Registration	Sport Center
FRI	17:00	21:30	Delivery of Skies	Sport Center
FRI	18:00		Athletes' Briefing	I.E.S. Montes Claros
SAT	09:00	10:45	TA Check In	Venue
SAT	10:50		Calling Area	Venue
<b>SAT</b>	<b>11:02</b>		<b>Elite Women Event</b>	<b>Venue</b>
<b>SAT</b>	<b>11:02</b>		<b>U23 Women Event</b>	<b>Venue</b>
<b>SAT</b>	<b>11:02</b>		<b>Junior Women Event</b>	<b>Venue</b>
SAT		17:00	Check Out	Sport Center
SAT	18:00		Award Ceremony	Sport Center

### 6.2. ELITE/U23/JUNIOR MEN

DAY	START	END	ACTIVITY	PLACE
FRI	10:00	14:00	Athletes Registration	Sport Center
FRI	10:00	14:00	Delivery of Skies	Sport Center
FRI	17:00	21:30	Athletes Registration	Sport Center
FRI	17:00	21:30	Delivery of Skies	Sport Center
FRI	18:00		Athletes' Briefing	I.E.S. Montes Claros
SAT	09:00	10:45	TA Check In	Venue
SAT	10:50		Calling Area	Venue
<b>SAT</b>	<b>11:00</b>		<b>Elite Men Event</b>	<b>Venue</b>
<b>SAT</b>	<b>11:00</b>		<b>U23 Men Event</b>	<b>Venue</b>
<b>SAT</b>	<b>11:00</b>		<b>Junior Men Event</b>	<b>Venue</b>
SAT		17:00	Check Out	Sport Center
SAT	18:00		Award Ceremony	Sport Center

### 6.3. PARATRIATHLON

DAY	START	END	ACTIVITY	PLACE
FRI	10:00	14:00	Athletes Registration	Sport Center
FRI	10:00	14:00	Delivery of Skies	Sport Center
FRI	17:00	21:30	Athletes Registration	Sport Center
FRI	17:00	21:30	Delivery of Skies	Sport Center
FRI	19:00		Athletes' Briefing	I.E.S. Montes Claros
SAT	09:00	10:45	TA Check In	Venue
SAT	10:50		Calling Area	Venue
<b>SAT</b>	<b>11:04</b>		<b>Paratriathlon Event</b>	<b>Venue</b>
SAT		17:00	Check Out	Sport Center
SAT	18:00		Award Ceremony	Sport Center

## 6.4. AGE GROUP

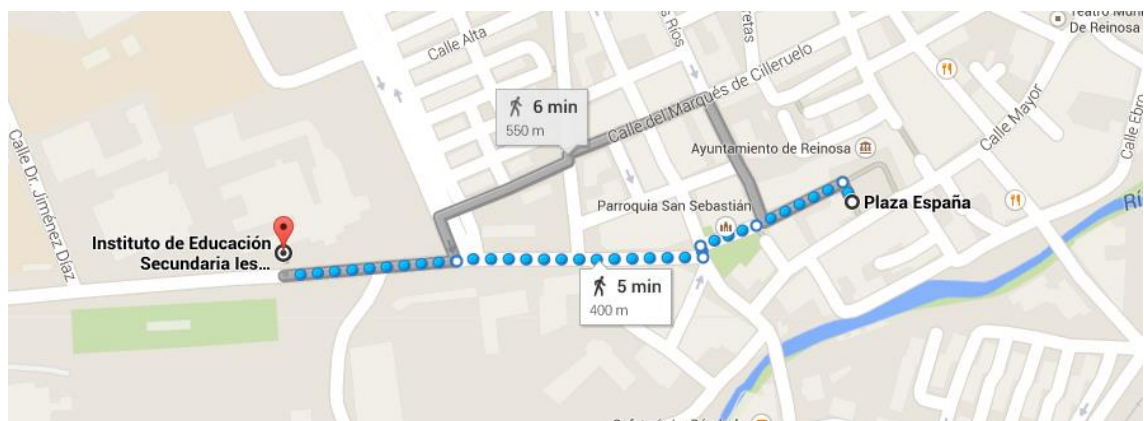
DAY	START	END	ACTIVITY	PLACE
FRI	10:00	14:00	Athletes Registration	Sport Center
FRI	10:00	14:00	Delivery of Skies	Sport Center
FRI	17:00	21:30	Athletes Registration	Sport Center
FRI	17:00	21:30	Delivery of Skies	Sport Center
FRI	17:00		Athletes' Briefing English	I.E.S. Montes Claros
FRI	20:00		Athletes' Briefing Spanish	I.E.S. Montes Claros
SAT	09:00	10:45	TA Check In	Venue
SAT	10:50		Calling Area	Venue
<b>SAT</b>	<b>11:06</b>		<b>Age Group Event</b>	<b>Venue</b>
SAT		17:00	Check Out	Sport Center
SAT	18:00		Award Ceremony	Sport Center

## 6.5. COMPETITION RULES

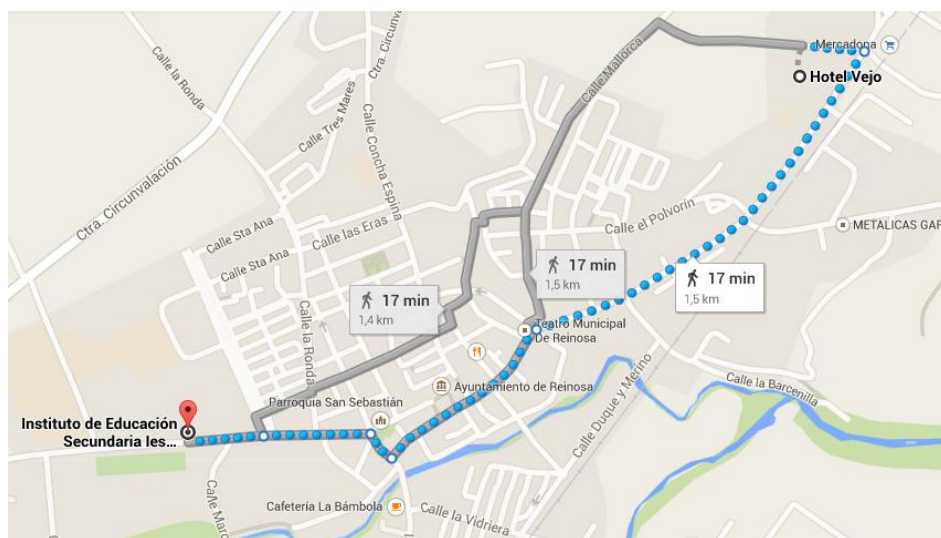
The ETU Triathlon European Cup will follow the latest published Competitions Rules of the International Triathlon Union.

## 6.6. ATHLETE'S BRIEFING

Athletes' briefing will take place at the Municipal High School "I.E.S Montes Claros" (Doctor Jiménez Díaz Street, 6), on Friday 30<sup>th</sup> of January.



**Transition Area to Briefing**



**Official Hotel to Briefing**

## 6.7. TIMING CHIPS

On the 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. INFORMATION ABOUT THE FOP

### 6.8.1. START

The start of the race will take place at the Town Hall's square.

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

### 6.8.2. RUN COURSE

The run course is three (3) laps anticlockwise of 3,3 Km each. Is a course through the streets of the city, mostly flat and very fast. There will be one aid station, where water can be taken, along the run course.

### 6.8.3. TRANSITION T1

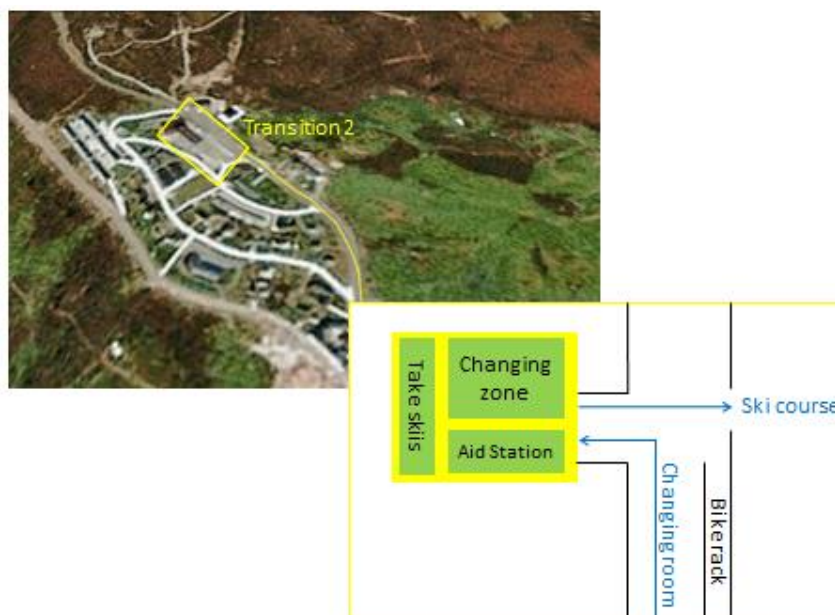
A flow through transition has been developed to keep athletes moving forward. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.

### 6.8.4. BIKE COURSE

The bike course is a demanding circuit of 24 Km, uphill almost entirely, with a cumulative drop of 800 m approx. Circuit by asphalt (road bike). There will be two aid stations, along the bike course.

### 6.8.5. TRANSITION T2

This transition is a dissociated transition. From the dismount line, athletes will run and leave the bike over the racks (without order), to continue to the changing area, where they will take the ski equipment to start the last segment.



#### **6.8.6. SKI COURSE**

There will be two (2) aid stations along the ski course.

#### **6.9. RESULTS**

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

#### **6.11. CONTINGENCY PLAN**

In case of not having enough snow, and the impossibility of making the ski course, this will be reconverted into a run course. In that case, will not forget a second pair of running shoes to take in the second transition.

## 7. ACCREDITATION

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

Accreditations will be distributed to the athletes once they pick up the equipment.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are color-coded and provided 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.





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.

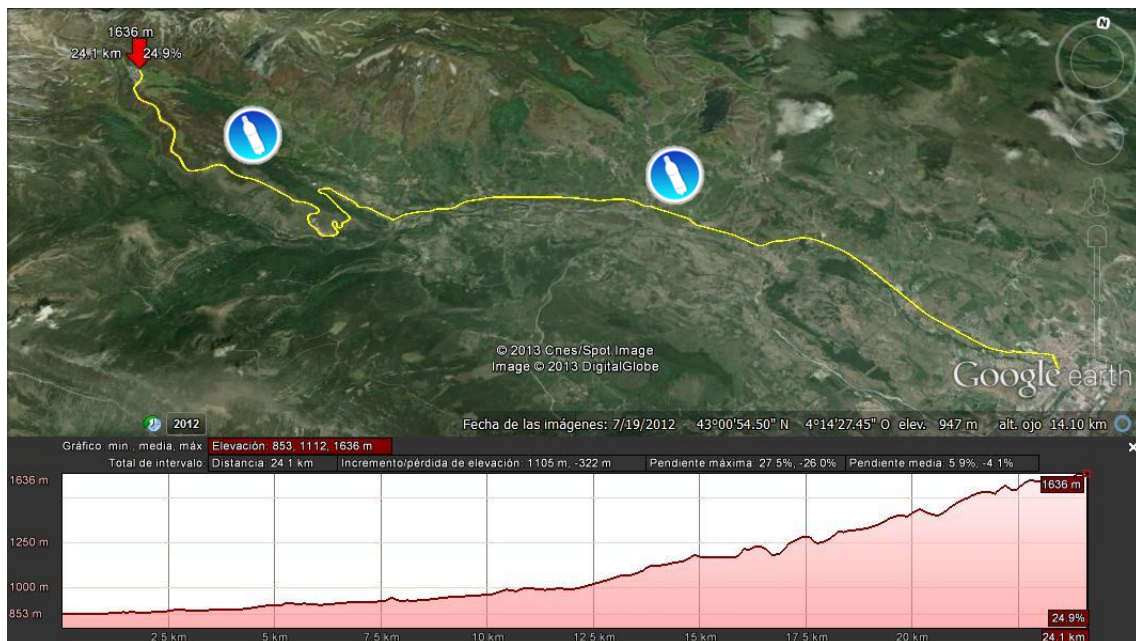


## 9. COURSE MAPS

### RUN COURSE



### BIKE COURSE



Aid Station in Km: 8 and 20

### SKI COURSE

TBC

There will be Penalty Box at the end of each lap, for elite athletes and paratriathletes.