

Europe
Triathlon
Youth
Championships
Festival

Banyoles
2024



Athletes' Guide





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Athlete Guide Updates 19.08.2024

- [Campus Activities Schedule](#)

Athlete Guide Updates 26.08.2024

- [ETU President Welcome Letter](#)



Welcome Message – Banyoles 2024



Dear Athletes,

Welcome to the 2024 Europe Triathlon Youth Championships Festival in the stunning town of Banyoles!

As President of Europe Triathlon, I am delighted to welcome you to this year's Youth Championships, set against the backdrop of the magnificent Lake Banyoles. This iconic location, with its rich ecological heritage and natural beauty, offers the perfect setting for our festival and highlights the harmony between nature and sport.

This year's festival is designed to be more than just a race; it's an immersive experience that celebrates the essence of triathlon. Our aim is to provide young athletes with not only the opportunity to compete but also to gain a deeper understanding of the sport. The festival will also feature opportunities to connect with fellow competitors and celebrate the spirit of triathlon in a dynamic and supportive environment.

Banyoles, known for its excellent facilities and long-standing tradition in endurance sports, is the ideal place for this celebration of youth triathlon. We hope that the combination of competitive racing and exciting atmosphere will inspire you and enhance your love for the sport.

As you prepare for the races, remember that you are part of a broader triathlon community united by a passion for the sport. Embrace the challenges, enjoy the experience, and make the most of every moment.

Thank you for being part of this exciting event. I look forward to witnessing your performances and celebrating the achievements of all our talented young athletes.

Best of luck to each and every one of you!

Warm regards,



Renato Bertrandi
President, Europe Triathlon



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.

IMPORTANT INFORMATION – IT IS COMPULSORY FOR ALL ATHLETES AND COACHES TO GO THROUGH THIS FORM TO BOOK THE SPECIFIC SERVICES OF THE EVENT

- Campus
- Lunches
- Transportation Girona – Banyoles

The deadline is August 30th

Link <https://forms.office.com/e/XuLGZWQrK4>

Campus Contact – Ana Mariblanca

proyectos@triatlon.org



1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
4/9	10:00		Training Camp Day	Banyoles
5/9	10:00		Training Camp Day	Banyoles
5/9	16:30	17:00	Bike Course Familiarization	Venue
5/9	17:00	18:00	Swim Course Familiarization	Venue
5/9	19:00		Athletes Briefing	Auditorio
6/9	18:00		Semifinal A / M	Venue
6/9	18:04		Semifinal B / M	Venue
6/9	18:08		Semifinal C / M	Venue
6/9	19:00		Semifinal A / F	Venue
6/9	19:04		Semifinal B / F	Venue
6/9	19:08		Semifinal C / F	Venue
7/9	12:15		Final A / M	Venue
7/9	12:20		Final B / M	Venue
7/9	13:15		Final A / F	Venue
7/9	13:20		Final B / F	Venue
8/9	8:15		Mixed Relay	Venue



1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Technical Delegate:	Gaenor Coy gaenor74@googlemail.com
Athlete's Services Manager:	Miranda Sesmero miranda.sesmero@triatlon.org

1.4. CONTACT DETAILS

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



VENUE

2.1. RACE VENUE

The 2024 Europe Triathlon Youth Championships Festival has one venue, located in front of Banyoles Lake.

2.2 COURSE FAMILIARISATION

Swim and bike familiarizations will take place as announced in the schedule.

2.3. ATHLETE'S LOUNGE

Will be allocated at Banyoles Football Field, next to the venue. There will be a mechanical service, drinks, fruit; and a direct connection to Transition.

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE

Athletes' race package, will be distributed after the briefing; the briefing will take place at the Auditorio.

<https://maps.app.goo.gl/wpwF4kk7QentG4e47>

2.5. DOPING CONTROL

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



2.6. SECURITY

Local Police from Banyoles, Mossos de Squadra and 112 emergencies service, will provide the security for the event.

2.7. LOC OFFICE

LOC office will be allocated at La Carpa Restaurant and will be opened from Tuesday to Saturday.



ACCOMMODATION

The LOC have booked several rooms in these two hotels in Girona city near Girona / Costa Brava Airport and Girona Train Station

You can contact with the Official Travel Agency BCDE Events.

Booking - triathlon@bcdme.es

TRANSFER AND TRANSPORT

For Visa requests, you have to contact:

Lourdes López
Spanish Triathlon Federation
lourdes.lopez@triatlon.org

You can travel to Girona (by train or plane), or to Barcelona

For transfers requests you can contact with the Official Travel Agency BCDE Events
triathlon@bcdme.es

Campus and Event Transfers

Complimentary Bus Transfers: This service has to be confirmed according to the following form latest the 30th of August, with the form that is at the beginning of this guide



Wednesday 4th

Departure	Place	Arrival	Place
9:00	CMC Girona Hotel	9:10	B&B Girona
9:15	B&B Girona	9:45	Club Natació Banyoles
19:00	Club Natació Banyoles	19:30	B&B Girona
19:35	B&B Girona	19:45	CMC Girona Hotel

Thursday 5th

Departure	Place	Arrival	Place
9:00	CMC Girona Hotel	9:10	B&B Girona
9:15	B&B Girona	9:45	Triathlon Venue
20:15	Triathlon Venue	20:45	B&B Girona
20:50	B&B Girona	21:00	CMC Girona Hotel

Friday 6th

Departure	Place	Arrival	Place
15:15	CMC Girona Hotel	15:25	B&B Girona
15:30	B&B Girona	16:00	Triathlon Venue
20:15	Triathlon Venue	20:45	B&B Girona
20:50	B&B Girona	21:00	CMC Girona Hotel

Saturday 7th

Departure	Place	Arrival	Place
9:30	CMC Girona Hotel	9:40	B&B Girona
9:45	B&B Girona	10:15	Triathlon Venue
14:45	Triathlon Venue	15:15	B&B Girona
15:25	B&B Girona	15:30	CMC Girona Hotel



Sunday 8th

Departure	Place	Arrival	Place
5:45	CMC Girona Hotel	5:50	B&B Girona
6:15	B&B Girona	6:45	Triathlon Venue
10:45	Triathlon Venue	11:15	B&B Girona
11:20	B&B Girona	11:30	CMC Girona Hotel



ATHLETES' SERVICES

5.1. TRAINING FACILITIES



OUTDOOR SWIMMING POOL:

DAYS	EVERYDAY
TIME	FROM 8:00 to 21:00
LANES	No limit
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service



<https://www.turismeiesport.cat/en-us/>



<https://www.turismeiesport.cat/en-us/>

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.

5.3. BIKE MECHANICAL SERVICE

There will be Bike Mechanical Service during competition days



COMPETITION SCHEDULE

There will be transportation free of charge from the Official Hotels at the specific time schedule as it is detailed at the Transfer and Transportation section of this guide; transfers will be only available for the registered athletes and coaches that book on time, before the 14th of July.

DAY	START	END	ACTIVITY	LOCATION
4/9	10:00		Training Camp Day #1	Banyoles
5/9	10:00		Training Camp Day #2	Banyoles
5/9	16:30	17:00	Bike Course Familiarization	Venue
5/9	17:00	18:00	Swim Course Familiarization	Venue
5/9	19:00		Athletes Briefing	Auditorio
6/9	16:30	17:15	Youth M Athletes Village Check In	Venue
6/9	17:00	17:45	Youth F Athletes Village Check In	Venue
6/9	17:00	17:30	Youth M and F Transition Zone Check In	Venue
6/9	17:15	17:45	Youth M Warm Up	Venue
6/9	17:50		Youth M Athletes Introduction	Venue
6/9	18:00		Semifinal A / M	Venue
6/9	18:04		Semifinal B / M	Venue
6/9	18:08		Semifinal C / M	Venue
6/9	18:15	18:45	Youth F Warm Up	Venue
6/9	18:50		Youth F Athletes Introduction	Venue
6/9	19:00		Semifinal A / F	Venue
6/9	19:04		Semifinal B / F	Venue
6/9	19:08		Semifinal C / F	Venue
7/9	10:00	10:45	Youth M Athletes Village Check In	Venue
7/9	10:30	11:15	Youth F Athletes Village Check In	Venue
7/9	11:00	11:45	Youth M and F Transition Zone Check In	Venue
7/9	11:30	12:00	Youth M Warm Up	Venue



7/9	12:15		Final A / M	Venue
7/9	12:20		Final B / M	Venue
7/9	12:30	13:00	Youth F Warm Up	Venue
7/9	13:05		Youth F Athletes Introduction	Venue
7/9	13:15		Final A / F	Venue
7/9	13:20		Final B / F	Venue
7/9	14:00		Youth M and F Medal Ceremonies	Venue
8/9	7:15	8:00	Mixed Relay Athletes Lounge Check In	Venue
8/9	7:30	8:15	Mixed Relay Transition Zone Check In	Venue
8/9	7:45	8:15	Mixed Relay Swim Warm Up	Venue
8/9	8:10		Mixed Relay Athletes Introduction	Venue
8/9	8:15		Mixed Relay	Venue
8/9	10:15		Mixed Relay Medal Ceremonies	Venue

6.1. COMPETITION RULES

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

6.2. ATHLETE'S BRIEFING

The athlete's briefing, will take place at 19:00 on the 20th at the Auditorio (Plaça Major)

<https://goo.gl/maps/unbUpKWHvHWTtoVW3A>

6.3. 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.

6.4. RESULTS



Results will be uploaded live at www.triathlon.org.

All the Results information will be distributed to the Team Leaders at the Information Centre.

6.5. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules



CAMPUS

Wednesday

Time Start	Time End	Activity
10:00	11:15	Open Water Swim Training with international athletes
11:30	13:00	Bike Training with international athletes
13:15	13:45	Discovering Banyoles Olympics
14:00	15:30	Lunch
15:30	17:00	Free Time
17:00	18:00	Run Training with international athletes
18:15	18:45	Cultural Activity

Thursday

Time Start	Time End	Activity
10:00	11:15	Run Training with international athletes
11:30	13:45	Nutrition seminar Medical seminar
13:15	13:45	Discovering Banyoles Olympics
14:00	15:30	Lunch
16:30	17:00	Bike Familiarization
17:00	18:00	Swim Familiarization
19:0	20:00	Athletes Briefing



ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon 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.



CAMPUS AND PARALLEL ACTIVITIES

There will be services offered to athletes and coaches, starting from Wednesday

- Olympic Itinerary
- Games of the world

The program will be;

Time start	Time end	Activity
10:00	14:00	Training sessions
14:00	15:00	Lunch
15:00	18:30	Olympic Itinerary or Games of the world (divided by groups)



OTHER USEFUL INFORMATION

Could be and is not limited to:

LANGUAGE: Catalán and Spanish

POPULATION: 19.239 inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

ELECTRICITY: 220 v

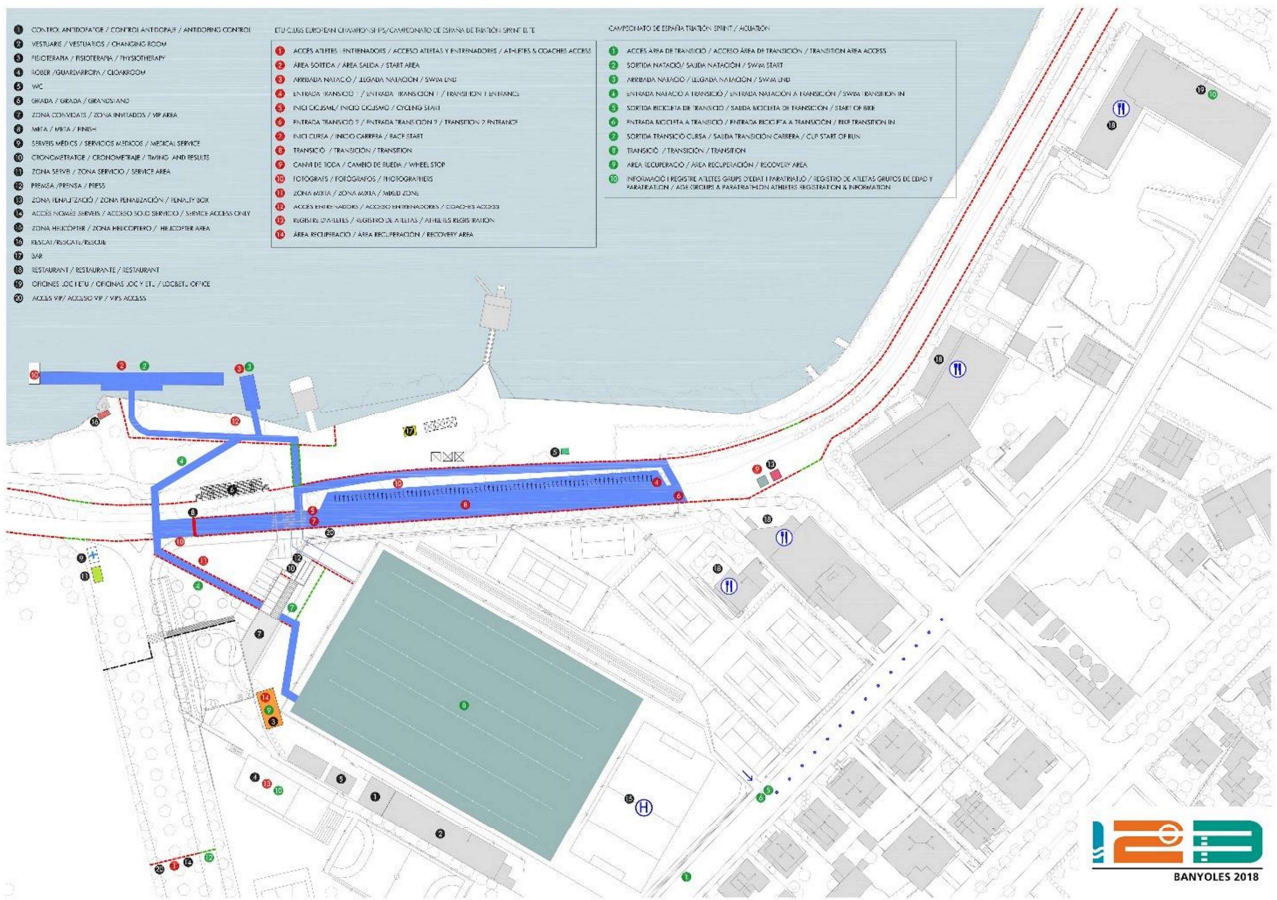
WATER: Drinking water, urban network

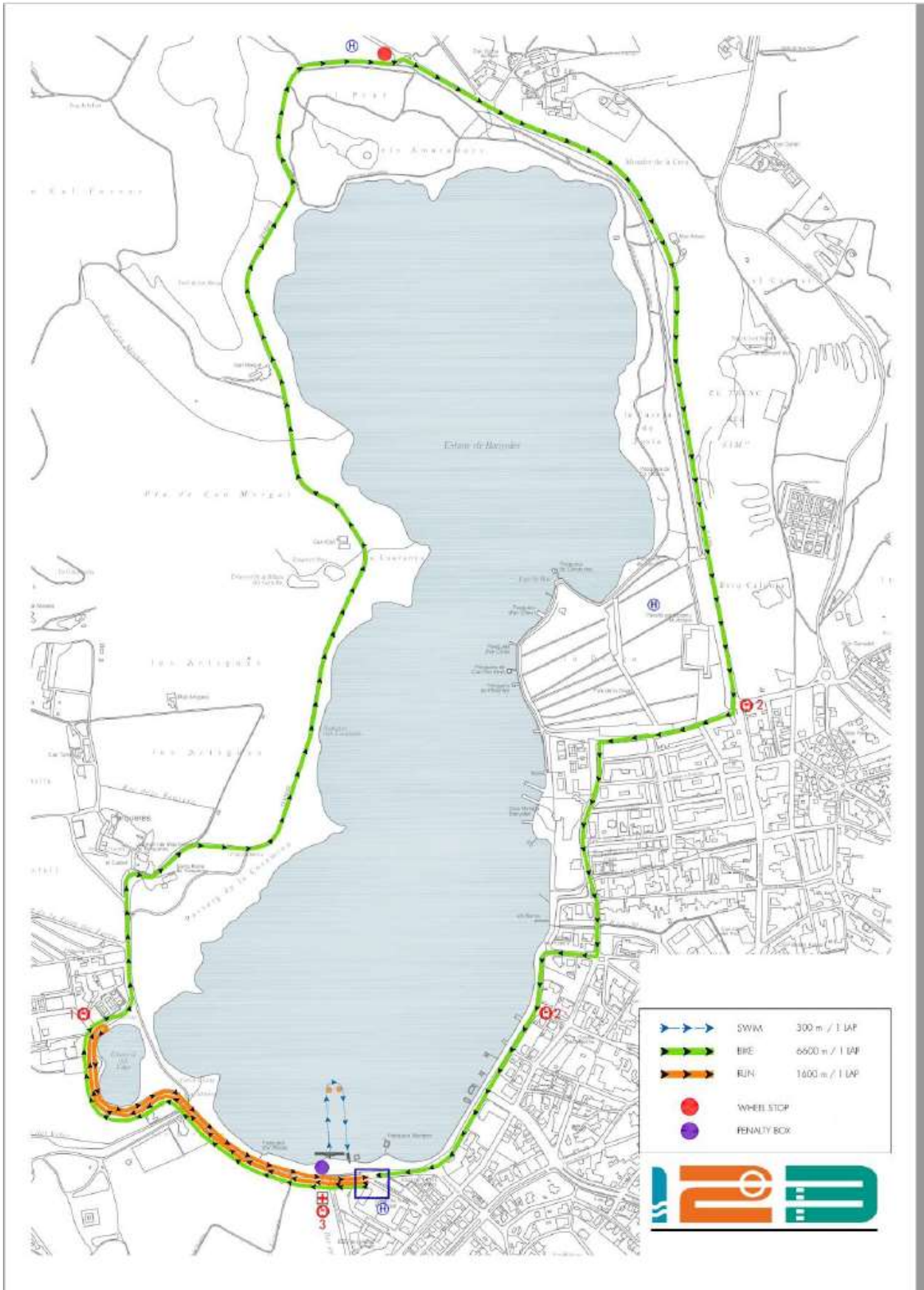
TELEPHONE CONNECTIONS: International prefix +34



COURSE MAPS

9.1. VENUE and COURSES







9.2. SWIM COURSE

The start will be a pontoon start.

The start area is a 60m long pontoon and each athlete will stand in a starting position approximately every 0,75m. 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 clockwise course. The average water temperature at this time of the year is approximately 22 degrees.

9.3. 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 centre lane and towards the mount line.

9.4. BIKE COURSE

The bike course will comprise 1 lap, 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 1 lap of 6,6 kms each one.

9.5. WHEEL STATION

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

9.6. TRANSITION 2

From the dismount line, athletes run in the centre 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 in the outer run lane.



9.7. RUN COURSE

The run course is 1 lap with a total of 1,6 km. The athletes will run on asphalt.

The Penalty Box will be allocated at the venue before the end of the run course and the relay zone.



WATER QUALITY TESTS



AIGÜES
DE BANYOLES, S.A.U.

LABORATORI

Passeig de la Puda, 70
17820 Banyoles (Girona) Tel. 972670101
E-mail: info@aiguesdebanyoles.com
www.aiguesdebanyoles.com

* 240273 *

INFORME DE RESULTATS

Sol·licitant : Ajuntament de Banyoles NIF : P1701800G Adreça : Passeig de la Indústria, 15 Població : 17820 Banyoles Comarca : Pla de l'Estany Contacte : Albert Ciores	Núm. Butlletí : 9773 Núm. Mostra 240273 Data de recepció : 10/07/2024 Inici anàlisi : 10/07/2024 Finalització anàlisi : 11/07/2024
Dades de la mostra: Classificació : AIGUA CONTINENTAL NO TRACTADA Legislació : RD 1341/2007 Punt Mostra : BOIA GGE 750 M Recollida el : 10/07/2024 08:55 Població : Banyoles Mostra presa : Pel client	

Ac Paràmetres	Resultat ± incertesa	Valor param/refer.	Mètodes/Tècniques	C.
pH	8.0 ±0.1 Unitats de pH	6.5-9.5	PNT-MET-QUIM-026	
* Escherichia coli	2 NMP/100 ml	500	PNT-MET-MICRO-012	
* Enterococs intestinals	1 nmp/100 ml	200	PNT-MET-MICRO-013	

L'informe de resultats només fa referència a la mostra analitzada tal com s'ha rebut al Laboratori. Inscrit al Registre de Lab. de Salut Pública i Alimentària de la Generalitat de Catalunya, LSAA-101-96 i al Registre de Lab. Agroalimentaris de Catalunya, 388. Certificat ISO 9001:2015 per SGS.

Aquest informe no es pot reproduir parcialment sense l'aprovació per escrit del Laboratori.

BANYOLES 12 de juliol de 2024

Cap de Laboratori
Firma vàlida

Digitally signed by RAMON
BRUNET CARRERAS - DNI
40298568S
Date: 2024.07.12 13:53:19 CEST
RAMON BRUNET I CARRERAS



L'assaig marcat per (*) no està emparat per l'acreditació d'ENAC.



240274

INFORME DE RESULTATS

Sol·licitant : Ajuntament de Banyoles NIF : P1701800G Adreça : Passeig de la Indústria, 15 Població : 17820 Banyoles Comarca : Pla de l'Estany Contacte : Albert Ciores	Núm. Butlletí : 9774 Núm. Mostra 240274 Data de recepció : 10/07/2024 Inici anàlisi : 10/07/2024 Finalització anàlisi : 11/07/2024
Dades de la mostra: Classificació : AIGUA CONTINENTAL NO TRACTADA Legislació : RD 1341/2007 Punt Mostra : BOIA 150 M Recollida el : 10/07/2024 08:50 Població : Banyoles Mostra presa : Pel client	

Ac Paràmetres	Resultat ± incertesa	Valor param/refer.	Mètodes/Tècniques	C.
pH	8.0 ±0.1 Unitats de pH	6.5-9.5	PNT-MET-QUIM-026	
* Escherichia coli	13 NMP/100 ml	500	PNT-MET-MICRO-012	
* Enterococs intestinals	5 nmp/100 ml	200	PNT-MET-MICRO-013	

L'informe de resultats només fa referència a la mostra analitzada tal com s'ha rebut al Laboratori. Inscrit al Registre de Lab. de Salut Pública i Alimentària de la Generalitat de Catalunya, LSAA-101-96 i al Registre de Lab. Agroalimentaris de Catalunya, 388. Certificat ISO 9001:2015 per SGS.

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BANYOLES 12 de juliol de 2024

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Firma vàlida

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BRUNET CARRERAS - DNI
40298568G
Date: 2024.07.12 13:53:27 CEST
RAMON BRUNET I CARRERAS



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AIGÜES
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LABORATORI

Passeig de la Puda, 70
17820 Banyoles (Girona) Tel. 972570101
E-mail: info@aiguesdebanyoles.com
www.aiguesdebanyoles.com

240275

INFORME DE RESULTATS

Sol·licitant : Ajuntament de Banyoles NIF : P1701800G Adreça : Passeig de la Indústria, 15 Població : 17820 Banyoles Comarca : Pla de l'Estany Contacte : Albert Cicres	Núm. Butlletí : 9775 Núm. Mostra 240275 Data de recepció : 10/07/2024 Inici anàlisi : 10/07/2024 Finalització anàlisi : 11/07/2024
Dades de la mostra: Classificació : AIGUA CONTINENTAL NO TRACTADA Legislació : RD 1341/2007 Punt Mostra : INICI/FINAL Recollida el : 10/07/2024 08:45 Població : Banyoles Mostra presa : Pel client	

Ac Paràmetres	Resultat ± incertesa	Valor param/refer.	Mètodes/Tècniques	C.
pH	8.0 ±0.1 Unitats de pH	6.5-9.5	PNT-MET-QUIM-026	
* Escherichia coli	6 NMP/100 ml	500	PNT-MET-MICRO-012	
* Enterococs intestinals	6 nmp/100 ml	200	PNT-MET-MICRO-013	

L'informe de resultats només fa referència a la mostra analitzada tal com s'ha rebut al Laboratori. Inscrit al Registre de Lab. de Salut Pública i Alimentària de la Generalitat de Catalunya, LSAA-101-98 i al Registre de Lab. Agroalimentaris de Catalunya, 388. Certificat ISO 9001:2015 per SGS.

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BANYOLES 12 de juliol de 2024

Cap de Laboratori
Firma vàlida

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BRUNET CARRERAS - DNI
40298568S
Date: 2024.07.12 13:53:35 CEST
RAMON BRUNET I CARRERAS



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