

 Europe Triathlon Junior Cup	Salini 2024	 VisitMalta
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 Europe Triathlon Mediterranean Championships	Salini 2024	 VisitMalta
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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 managers are advised to check with the event office regarding any changes in information included in this guide

1.2. Key dates

Registration dates

Friday 27th September

6.00pm – Registration & Briefing Junior Cup (Bellavista Hotel)

7.30pm - Registration & Breifing Mediterranean Championships (Bella Vista Hotel)

Course familiarisation:

Friday 27th September

4.00pm– Bike Course Familiarisation

4.30pm– Swim Course Familiarisation

Race starts

Saturday 28th September at 8.00: Junior Cup (Male Super Sprint) Semi Final 1

Saturday 28th September at 8.30: Junior Cup (Male Super Sprint) Semi Final 2

Saturday 28th September at 9.00: Junior Cup (Male Super Sprint) Semi Final 3

Saturday 28th September at 10.00: Junior Cup (Female Super Sprint) Semi Final 1

Saturday 28th September at 10.30: Junior Cup (Female Super Sprint) Semi Final 2

Saturday 28th September at 17.00: Junior Cup (Male Super Sprint) FINAL

Saturday 28th September at 17.30: Junior Cup (Female Super Sprint) FINAL

Sunday 29th September at 8.00: Mediterranean Championships (Male)

Sunday 29th September at 9.30: Mediterranean Championships (Female)

Sunday 29th September at 11.00: Team Mixed Relay

1.3. Key contacts

Name and contact details of:

- Race director – Warren Muscat
- Technical delegate – Luis Coira Nieto
- Athletes' services manager - Andrew Fleri Soler
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456.

1.4. Contacts details

Address: MTF Office,
Tal-Qroqq National Pool Complex,
Triq Madre Tereza Spinelli,
Gżira, GŻR 1711,
MALTA

Email: info@triathlonmalta.org

Responsible person: secretary@triathlonmalta.org, +35699821120

Website : <https://triathlonmalta.org/>

2 Venue

2.1. Race venue



Location Name : Triathlon Malta Race Venue

Address: Triq Tul il-kosta, Tul Il-Kosta, Naxxar

Location : <https://maps.app.goo.gl/o6YLFADosZnmfPwJ6>

2.2 Course familiarisation

Course familiarisation:

Friday 27th September

4.00pm– Bike Course Familiarisation

4.30pm– Swim Course Familiarisation

Note: It is important that all athletes stick to bicycle lanes and remember that in Malta traffic flows to the left.

2.3. Athletes' lounge

Athletes' lounge is marked as Number 11 on the map on the final page of this document.

2.4. Junior, Elite (and/or other categories) athletes' race package

Friday 27th September between 18.00 to 19.00 - Bellavista Hotel

2.5. Doping control

Doping control site is Number 13 on site map on final page.

The athletes must carry their identification to the doping control facilities.

2.6. Security

info@camcsecurity.com

27136293

C.A.M.C. Security Ltd.
281, MAIS 1
St. Albert Street
Gzira

2.7. LOC office

LOC office:
Address: MTF Office,
Tal-Qroqq National Pool Complex,
Triq Madre Tereza Spinelli,
Gżira, GŻR 1711,
MALTA

Opening hours: 8.00 to 13.00

Email: info@triathlonmalta.org, secretary@triathlonmalta.org

Telephone number: +35699821120

3 Accommodation

The official Hotel of the Mediterranean Triathlon Championships 2024 and European Junior Cup 2024 Salini is Bella Vista Hotel (Qawra).

The Partner Hotels are Salini Resort (Salini) and Palazzin Hotel (Qawra).

For more information on booking kindly visit our website at <https://triathlonmalta.org/jcmc-general-information/> or email us at bookings@maltatriathlon.org

4 Transfer and Transport

Malta Airport is MIA (<https://www.malairport.com>). The airport and the hotels listed above are around 35 minutes apart.

Hotels can be reached by public buses (<https://www.publictransport.com.mt>), private taxis,

The official transport for the event is Gino's Taxis. For booking kindly visit our website at <https://triathlonmalta.org/jcmc-general-information/> or email at gnotaxis@gmail.com

5 Athletes' Services

5.1. Training facilities

SWIM

Recommended swimming facilities:

- National Pool Complex Tal-Qroqq (<https://sportmalta.mt/facilities/national-pool-complex-2/>)
- Sirens (<https://sirensasc.mt/>)
- Neptunes (<https://neptuneswpsc.com/facilities/#pool>)

BIKE

Recommended safe bike locations:

- Coastroad (Salini)
- Ta' Qali Park

RUN

Recommended running facilities:

- Matthew Micallef St. John Athletics Stadium, Marsa
- Ta' Qali Park

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.

Malta National Hospital is Mater Dei Hospital (+35625454184, customercare.mdh@gov.mt).

The closest state public clinic is Mosta Health Centre (+356 21411065, [WC6G+225, Trejqa Parrocca, Mosta](#))

5.3. Bike mechanical service

The event bike partner is The Cyclist (<https://q.co/kqs/H5SiddL>) . More details can be found on the website (<https://triathlonmalta.org/icmc-general-information>) or contact info@thecyclistmalta.com

Bike Mechanic will be present t the venue all race weekend.

Competition schedule

6.1. Junior women

6.2 Junior men

6.3. Mediterranean Championships and Mixed Team Relays

Event Schedule
Friday 27th September
4.00pm – Bike Course Familiarisation
4.30pm – Swim Course Familiarisation
6.00pm – Registration & Briefing Junior Cup (BellaVista Hotel)
7.30pm - Registration & Breifing Mediterranean Champinships (Bella Vista Hotel)
Saturday 28th September
6.30am – Athletes Lounge Open
6.30am – 7.30am – Registration and Transition Area Check in Junior Men
7.30am – Warm Up
7.40am – Line up Junior Male Semi Final 1
7.50am - Introduction Male Semi Final 1
8.00am – Junior Cup Male Start (Super Sprint) Semi Final 1
9.30am to 9.45 am – Check out Junior Males
8.00am – Warm Up
8.10am – Line Up Junior Male Semi Final 2
8.20am – Introduction Male Semi Final 2
8.30am – Junior Cup Male Start (Super Sprint) Semi Final 2
9.30am to 9.45 am – Check out Junior Males
8.30am –Warm Up
8.40am – Line Up Junior Male Semi Final 3
8.50am – Introduction Male Semi Final 3
9.00am – Junior Cup Male Start (Super Sprint) Semi Final 3
9.30am to 9.45 am – Check out Junior Males
9.00 – Athletes Lounge Open
8.25am – Registration and Transition Area Check in Junior Female
9.30am – Warm Up
9.40am – Line up Junior Female Semi Final 1
9.50am Introduction Female Semi Final 1

10.00am – Junior Cup Female Start (Super Sprint) Semi Final 1
11.00am to 11.30am – Check out Junior Female
10.00am – Warm Up
10.10am – Line Up Junior Female Semi Final 2
10.20am – Introduction Female Semi Final 2
10.30am – Junior Cup Female Start (Super Sprint) Semi Final 2
11.45am to 11.30am – Check out Junior Female
3.30pm – 4.30pm – Registration and Transition Area Check in Junior Men/Junior Female
4.30pm – Warm Up Male
4.50pm – Line up Junior Male Final
4.55pm – Introduction Male Final
5.00pm – Junior Cup Male Start (Super Sprint) Final
5.00pm – 5.15pm Warm Up Female
5.20pm – Line up Junior Female Final
5.25pm - Introduction Female Final
5.30pm – Junior Cup Female Start (Super Sprint) Final
6.30pm – Presentation Male & Female Junior
7.30pm- Mixed Team Relay briefing (BellaVista Hotel)
Sunday 29th September
6.30am – Athletes Lounge Open
6.30am – Registration and Transition Area Male and Female
7.30am – 7.45am Warm Up
7.50am – Line up Male
7.55am Introduction Male
8.00am – Mediterranean Championships Male
9.00am – 9.15am Warm Up
9.20am – Line up Female
9.25am Introduction Female
9.30am – Mediterranean Championships Female
10.30am – Warm Up
10.50am – Line up Mixed Relay
10.55am Introduction Mixed Relay
11.00am- Team Mixed Relay (Juniors)

12.30am – Presentation

Team declaration

Friday 27th September between 18.00 to 19.00 - Bellavista Hotel. Final team declaration will take place on 28.9.2024 6.30am in the Athletes' Lounge.

6.4. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.5. Athletes' briefing

Friday 27th September

6.00pm – Registration & Briefing Junior Cup (BellaVista Hotel)

7.30pm - Registration & Briefing Mediterranean Championships (Bella Vista Hotel)

Saturday 28th September

7.30pm- Mixed Team Relay briefing (BellaVista 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 in the athletes' lounge before the competitions, during their check-in procedure.

6.7. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

Please inform Europe Triathlon media team at mediateam@europe.triathlon.org if there is any live coverage of the event.

6.8. Protest & appeals

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

6 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed on

Thursday 26th September between 18.00 to 20.00 – Bellavista Hotel

Friday 27th September between 18.00 to 19.00 - Bellavista Hotel

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

always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

7 Other useful information

Could be and is not limited to:

8.1. Language

In Malta there are 2 official languages: Maltese and English.

8.2. Population

The current population of Malta stands to 536.740 people.

8.3. Currency

Maltese currency is the Euro (€).

8.4. Time

(GMT+2)

8.5 Electricity

For Malta the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern. Malta operates on a 230V supply voltage and 50Hz.



8.6 Water

Tap water is normally used for washing and cooking. Bottled water is suggested for drinking.

8.7 Telephone connections

Malta extension/connection number is +356.

8 Course maps

SWIM COURSE

Start procedures: beach start – 25 metres

Average water temperature - 25°C (77°F)

Junior Cup

Number of laps :1 (350m)

Map of the swim course



Mediterranean Championships
Number of laps : 1 (750m)
Map of the swim course



TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' 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. After the bike leg is completed, athletes rack their bikes and move on the running course.





 **BIKE COURSE**

Junior Cup

Number of laps : 2 x 5km loops (10km) (undulated Course)

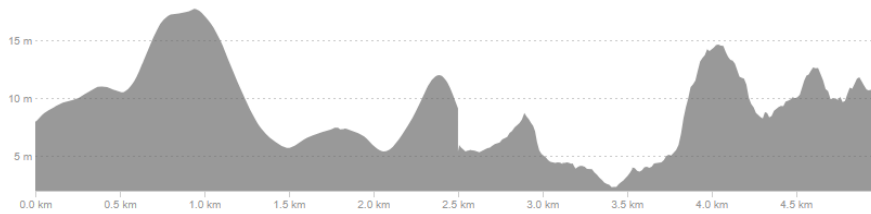
Junior Cup Mixed Relay

Num of laps 2 x 4km (8km) (undulated Course)

Mediterranean Triathlon Championships

Number of laps : 3 x 6.6km loops (19.8km)(undulated Course)

Map of Bike course (<https://www.strava.com/routes/3258011187100608104>)



RUN COURSE

Description: undulated asphalt

Junior Cup

Distance: 1 loop (2.5km)

Description: undulated asphalt

Junior Cup Mixed Team Relay

Distance : 1 Loop (2km)

Mediterranean Championships

Distance: 2 loop (5km)

Description: undulated asphalt

Map of the run course.





Our Partners

