



ATHLETE'S GUIDE

OCTOBER 8, 2023



Ajuntament de
Barcelona

INDEX

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PROGRAM

FRIDAY 6th OCTOBER

TIME	ACTIVITY	LOCATION
15:00 – 19:00	TRI EXPO	CEM La Mar Bella
15:00 – 19:00	Delivery of bibs and participant's gifts	TRI EXPO

SATURDAY 7th OCTOBER

TIME	ACTIVITY	LOCATION
10:00 – 19:00	TRI EXPO	CEM La Mar Bella
10:00 – 19:00	Delivery of bibs and participant's gifts	TRI EXPO
10:00 – 19:00	Check In (Transition Area – Box)	Mar Bella Athletics Tracks
10:00	Recognition of the swimming circuit with Marta Sánchez (Spanish Middle Distance Triathlon Champion) and Roger Manyà (Spanish Long Distance Triathlon Runner-up) and Guillem Rojas	Mar Bella Beach
11:00	Chat with Sara Pérez (The Championship Samorin Champion) and Antonio Benito (Long Distance Triathlon World Runner-up)	TRI EXPO
12:00	Briefing ELITE SHORT	TRI EXPO
17:00	JUNIOR CHALLENGE recognition with the ACCT.	Platja de la Mar Bella

IMPORTANT: On Sunday it will not be possible to pick up the bib number.

PROGRAM

SUNDAY 8th OCTOBER

TIME	ACTIVITY	LOCATION
6:30	Opening Check In (Transition Area – Box)	Mar Bella Athletics Tracks
6:30 – 15:00	Wardrobe	CEM La Mar Bella
7:30 – 14:00	Closure of traffic and vehicular access	
8:00	1ª Start – ELITE Men - Short Distance	Mar Bella Beach
8:02	2ª Start – ELITE Women - Short Distance	Mar Bella Beach
8:26	Completion of swimming segment - Elite Short Distance	
8:45	3ª Start – AQUATHLON	Mar Bella Beach
9:40	4ª Start – Federated + Relays – OLYMPIC Distance	Mar Bella Beach
9:42	5ª Start – Not Federated + Pairs - OLYMPIC Distance - Rolling Start	Mar Bella Beach
10:30	The race leader of the Elite Short Distance finishes the race.	
11:00	Awards - Short + AQUATHLON Distance	Passeig Marítim del Bogatell (META)
11:45	6ª Start – Federated + Relays - SPRINT Distance	Mar Bella Beach
11:47	7ª Start – Not Federated + Pairs - SPRINT Distance - Rolling Start	Mar Bella Beach
12:30	Awards - OLYMPIC Distance	Passeig Marítim del Bogatell (META)
13:15	8ª Start – SUPER SPRINT Distance	Mar Bella Beach
13:20	9ª Start – Junior Challenge (12 to 17 years - 2006 to 2011)	Mar Bella Beach
14:00	Awards - SPRINT + SUPER SPRINT Distance	Passeig Marítim del Bogatell (META)
14:15	Completion of all races – Arrival closure	
11:00 – 15:00	Check Out (Removal of the participant's bike and equipment from the box)	Mar Bella Athletics Tracks

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GENERAL MAP

- Swimming section
- Cycling section
- Running section



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TRI EXPO

WHAT IS IT?

It is the place where you will be able to pick up all your material to participate in the race, as well as the gifts of the race. It is also the space where you will find different stands of the main brands linked to the world of triathlon and endurance sports to learn about the latest developments in the sector and try different material.

In addition, you will find the official Challenge Barcelona Triathlon Store with merchandising of the event. The entrance is free and open to participants, companions and any lover of the sport.

WHAT DO YOU NEED TO PICK UP YOUR BIB?

In order to pick up the material you must show your ID card and if you want to pick up the material of another participant you must present an authorization or the image of the ID card through the phone.

MATERIAL THAT WILL BE GIVEN TO YOU

- Bracelet with the bib number.
- Bib (the Relay teams will have a bib for each member).
- Sticker sheet (one sticker for the bike, 2 stickers for the helmet and one for the backpack of the cloakroom).
- Swim cap (the colour will depend on your start).
- Chip, to be returned at the end of the race (IT IS COMPULSORY).
- Safety pins in case you need them.

IMPORTANT: You will have mechanical service to solve your bike breakdowns.

LOCATION

CEM la Mar Bella, Av. del Litoral, 86-96, de Barcelona


Exit 23 (Poblenou – Bac de Roda) of the Ronda Litoral (B-10 towards Girona)

TIMETABLE

- Friday 6th October 2023 from 15:00 to 19:00
- Saturday 7th October 2023 from 10:00 to 19:00

VERY IMPORTANT

You will not be allowed to pick up your race bib the day of the race



En el temps que tardes a llegir aquest anunci, l'aigua de l'aixeta passa 5 controls de qualitat.

L'aigua de Barcelona i la seva àrea metropolitana és una de les aigües més controlades del món. I ho és gràcies a l'esforç d'un equip de 1.000 persones que gestiona el cicle integral de l'aigua, i que fa més de 30 controls de qualitat cada 5 minuts per garantir la millor aigua per a tu i per al planeta.



**Aigües de
Barcelona**

La gestió responsable

TRANSITION AREA - BOX

WHAT IS IT?

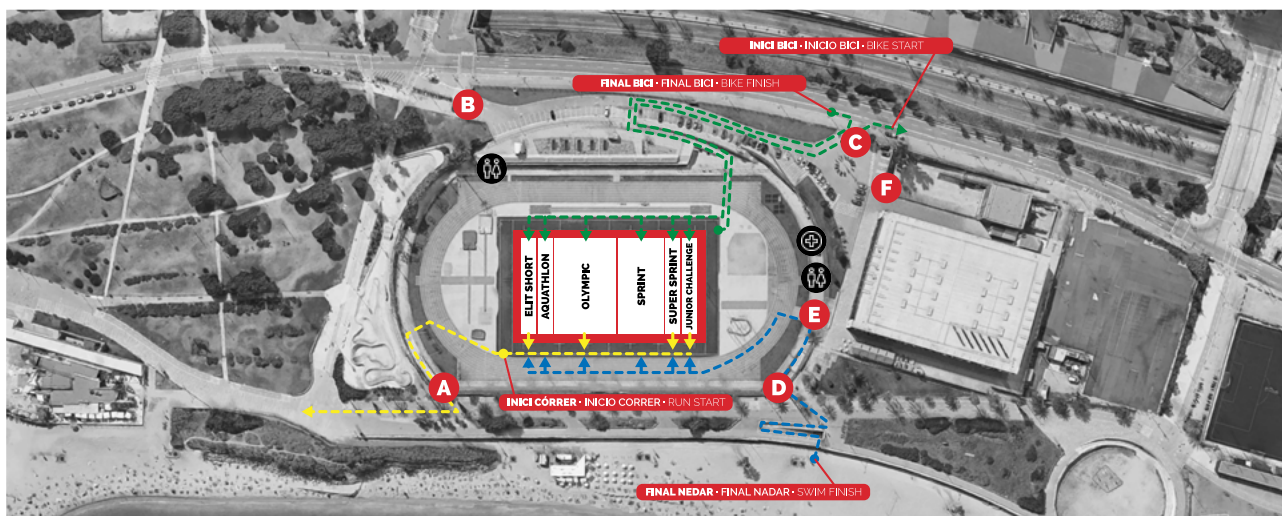
It is the enclosure where you will have all the material you will use during the competition and in which you will have an exclusive place for you, numbered with your bib number.

LOCATION

Mar Bella Athletics Tracks (Av. Litoral 86 - 96, Barcelona)

ASPECTS TO TAKE INTO ACCOUNT

- Access to the BOX – Transition area to **CHECK IN** will be through **DOOR F**.
- Access to the BOX – Transition area to **CHECK OUT**, once your test is finished, will be through **DOOR F**.
- To go to the swimming segment (beach), before starting the race, it will be done through access **DOOR E**.
- It is very important that when you have your bike placed in the box, you take some references to help you guide you during the competition.
- During the race, the participant, whenever he/she is in contact with the bike, will have to wear the helmet properly fastened.
- **VERY IMPORTANT:** no companion can enter the transition area. Only participants who are accredited with the corresponding bracelet will be able to access.
- **IMPORTANT:** be attentive to the established schedules to be able to carry out the **CHECK IN**, entry of the material into the transition area, and the **CHECK OUT**, removal of the competition material from the transition area.





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ASSEGURANCES

Salut! (de l'ā a la z)

CHECK IN

WHAT IS IT?

It is the access to the transition area – box of the participant with the material that you will exclusively use during the race.

TIMETABLE

- Saturday from 10:00 to 19:00 (**HIGHLY RECOMMENDED**)
- Sunday from 06:30 (it is recommended to arrive with enough time to avoid unforeseen events).

IMPORTANT: check the specific schedules of your modality. 10' before the start of the test and until the last participant in that modality finishes the cycling section, access to the transition area will not be possible. Each modality has an independent box.

LOCATION

Mar Bella Athletics Tracks (Av. Litoral 86 - 96, Barcelona)

MATERIAL TO DO THE CHECK IN

- Bracelet, you must wear it on your wrist at all times and it is numbered with the bib number.
- Chip, placed on the ankle.
- Bib with a dorsal ribbon or safety pins. Visible to check it.
- Swim cap, visible to check it.
- Bicycle with the sticker on the seat post, without any grips nor extensions on the handlebars.
- Bike helmet with the sticker in place (on the front).
- Clothing and footwear (only that which you will use during the race).
- Neoprene (we will inform you on the day of the race if it can be used).

IMPORTANT: the box area can only be accessed with the equipment that you will use during the competition. The rest of the material that you won't use during the race must be left in the cloakroom in a backpack and with the sticker that has been given to you. The cloakroom is located inside the pavilion.

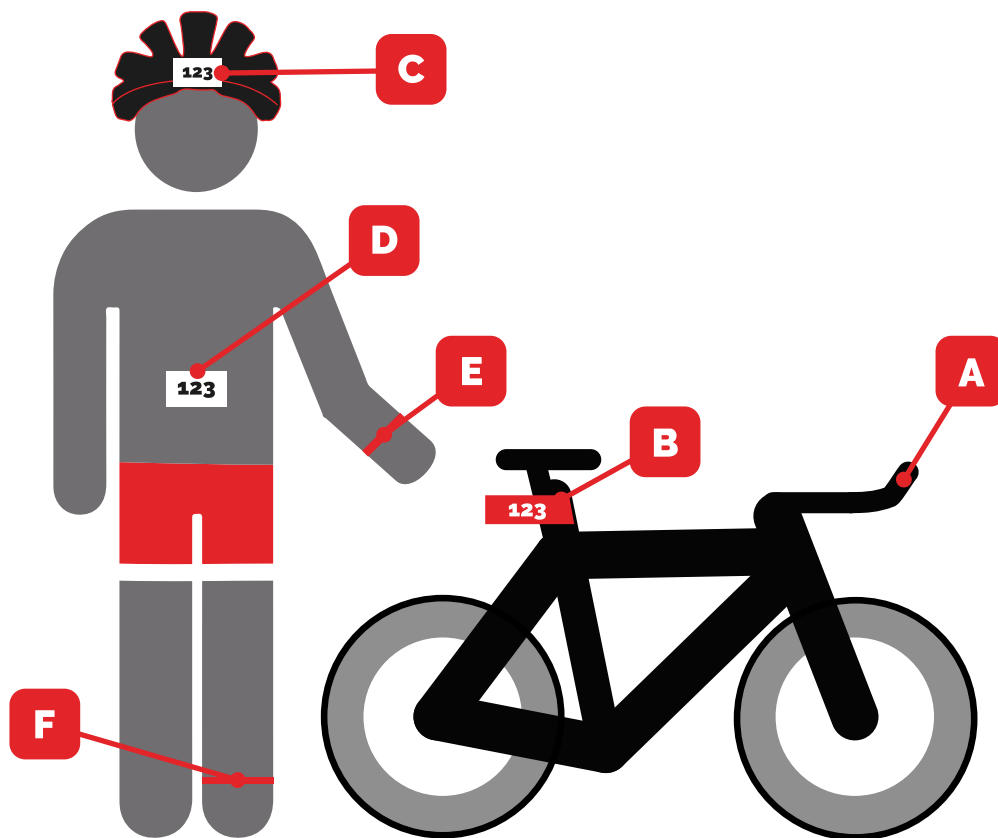
SCHEDULES - CHECK IN

ELITE SHORT	AQUATHLON	OLYMPIC	SPRINT	SUPER SPRINT	JUNIOR CHALLENGE
06:30 – 07:45	06:30 – 08:40	06:30 – 09:30	06:30 – 11:30	06:30 – 13:00	06:30 – 13:00

CHECK IN

HOW TO PLACE THE MATERIAL

- A.** Very important: it is forbidden to wear grips or extensions on the handlebars of the bicycle. It is only allowed in the ELITE SHORT distance.
- B.** The adhesive bib of the bike must be attached to the seat post.
- C.** The adhesive bib on the helmet must be stuck on the front of the helmet.
- D.** Bib number:
It is allowed to swim with the bib, if the neoprene can be used.
On the bike you must wear it on the back.
In the running section on the front (compulsory).
- E.** Bracelet with the bib it is compulsory to wear it before, during and after the competition .
- F.** The chip must be placed on the ankle during the whole race.



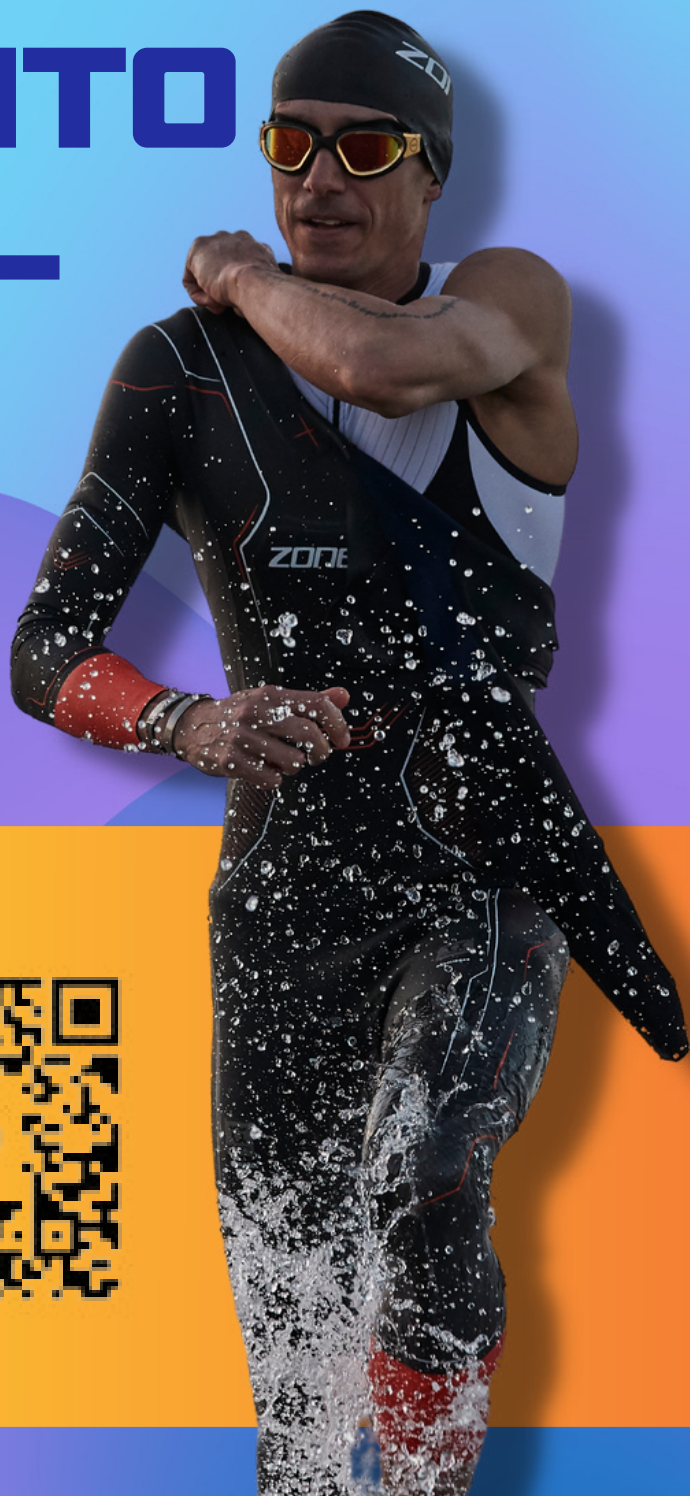
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SWIMMING CIRCUIT

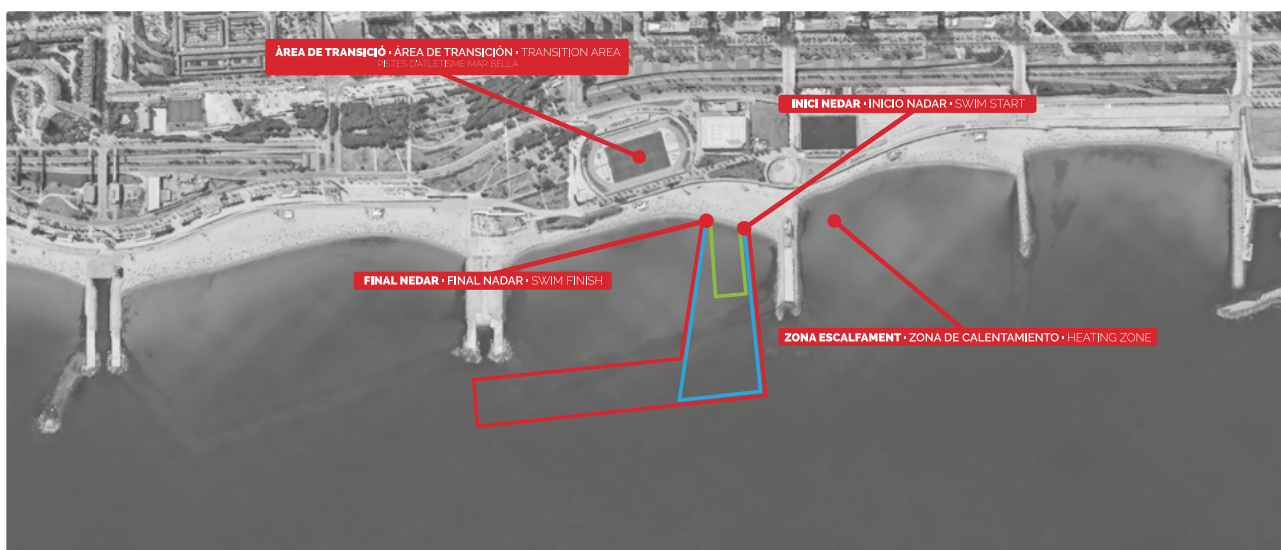
ASPECTS TO TAKE INTO ACCOUNT

- There is a single start area for all participants with a start and pre-start area, located at the Mar Bella beach.
- The warm-up area is located on the Nova Mar Bella beach, as indicated on the map below.
- The final swimming area has visible elements in height, look carefully on the day of the race to guide yourself in the final part of the circuit.
- Participants start in accordance with the order of modality, bib number and swim cap colour.
- At the end of the swimming segment you will have a provisioning point with water.
- **VERY IMPORTANT:** participants must go to the pre-start box 10' before their start in order to check their wristband and swimming cap. First they will go to a pre-start box and then to the start box, with chip control to start the race under the instructions of the Organization staff.
- **ROLLING START:** the participants the OPEN races of the OLYMPIC distance, SPRINT and SuperSPRINT will start the swimming segment in the ROLLING START format, which consist of a staggered departure of participants in groups of 8 people every 5 seconds.

● ELITE SHORT & OLYMPIC: 1.500m (1 lap)

● SPRINT & AQUATHLON: 750m (1 lap)

● SUPER SPRINT: 300m (1 lap)



wahoo



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READY**

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REVOLUTION**



**REAL YOU
CAN FEEL**

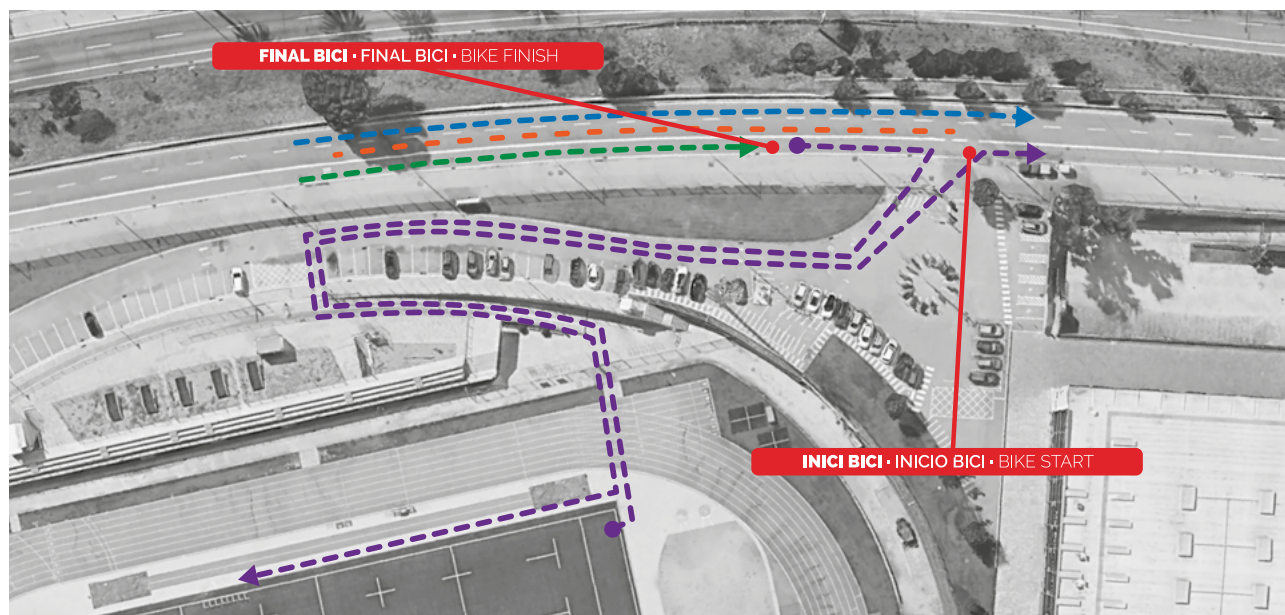


#WAHOOLIGAN

CYCLING CIRCUIT

ASPECTS TO TAKE INTO ACCOUNT

- MTB use is allowed, but it is forbidden to wear grips or extensions on the handlebars.
- It is allowed to ride behind other riders (drafting allowed between riders of different sexes).
- In the ELITE SHORT modality, drafting (wheeling between participants) is not allowed.
- You must always ride on the right side of the road to facilitate overtaking.
- The mounting and dismounting point of the bike will be marked with a line on the ground and judges with a flag and a whistle will indicate you when you can get on or off the bike.
- There will be no provisioning points during the cycling segment for safety reasons. It is recommended to carry a bottle of water or isotonic drink for hydration.
- Be very careful at the point where the road separates into two lanes, one to start the next lap and the other to enter the transition area (cycling finish line). Below you will find an image of this point:

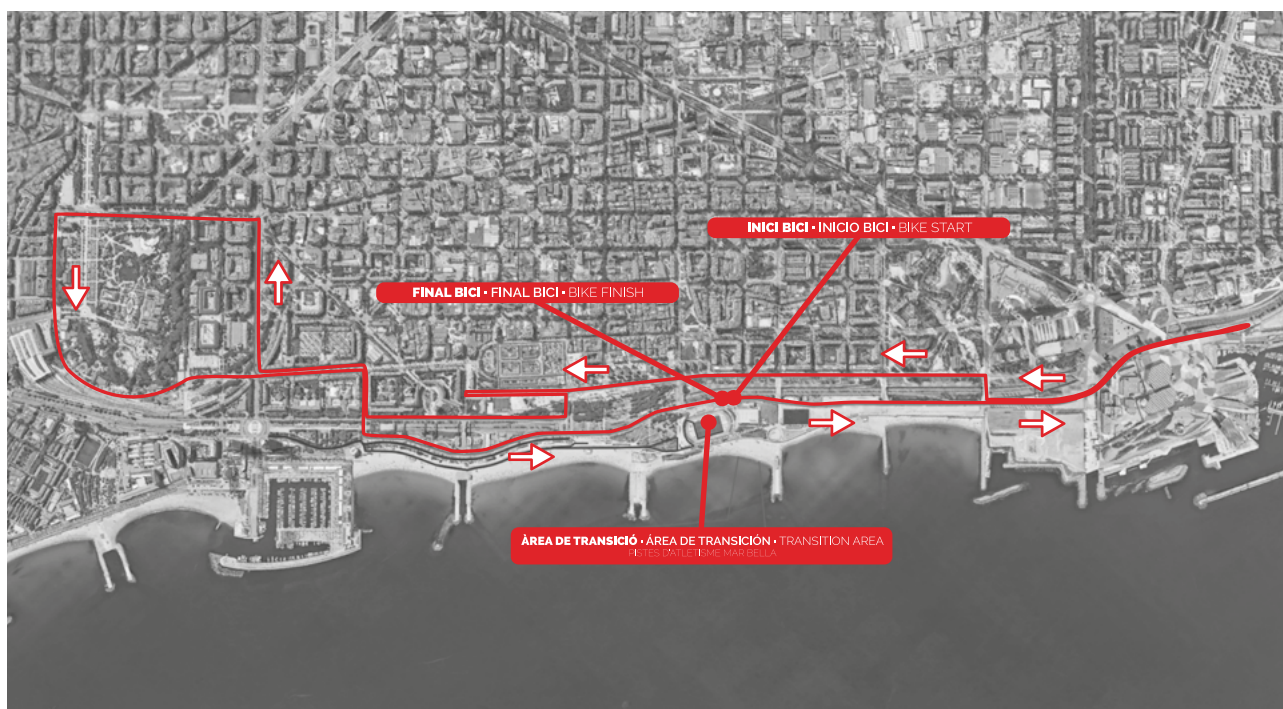


- The **green broken line** (right side or sea side of the road) is the route to be followed by the participants who have already completed all the laps of the cycling segment and have to enter the transition area to start their running segment.
- The **blue broken line** (left side or mountain side of the road) is the route to be followed by the participants who have to start a new lap of the cycling segment.
- The **orange broken line**, is the one of cones that delimit and separate each of the lanes.
- There will also be visible signs indicating the bifurcation and lane separation.
- The **purple broken line** indicates the route to be taken by the participants with the bicycle in hand until they reach their space inside the box – transition area. The helmet must be tied.

CYCLING CIRCUIT

CYCLING SEGMENT – ELITE SHORT

BEGINNING – CEM Mar Bella – Av. Litoral (Direction Besós) – Av. Del Campo de la Bota - 180° turn at exit 25 of the B-10 - Av. Campo de la Bota (Llobregat direction) - Av. Litoral (Llobregat direction) – Turn right – c/ Josep Pla – Turn left – Pg. Garcia Faria – Ps. Calvell – c/ Carmen Amaya – 180° turn – c/ Carmen Amaya (direction Besós – Turn right (roundabout) – c/ Laguna – Turn right – c/ Salvador Espriu – turn right – c/ Arquitecto Sert – Turn left – Av. Nova Icària (mountain side) – Turn right – c/ de la Marina (mountain direction) – Turn left – Pg. Pujades – Turn left – Pg. Picasso (Bus Lane) – c/ Circunvalación (sea side road) – Av. Nova Icària (sea side) – Turn right – c/ Arquitecto Sert – Turn left – Av. Litoral – CEM Mar Bella – **END**

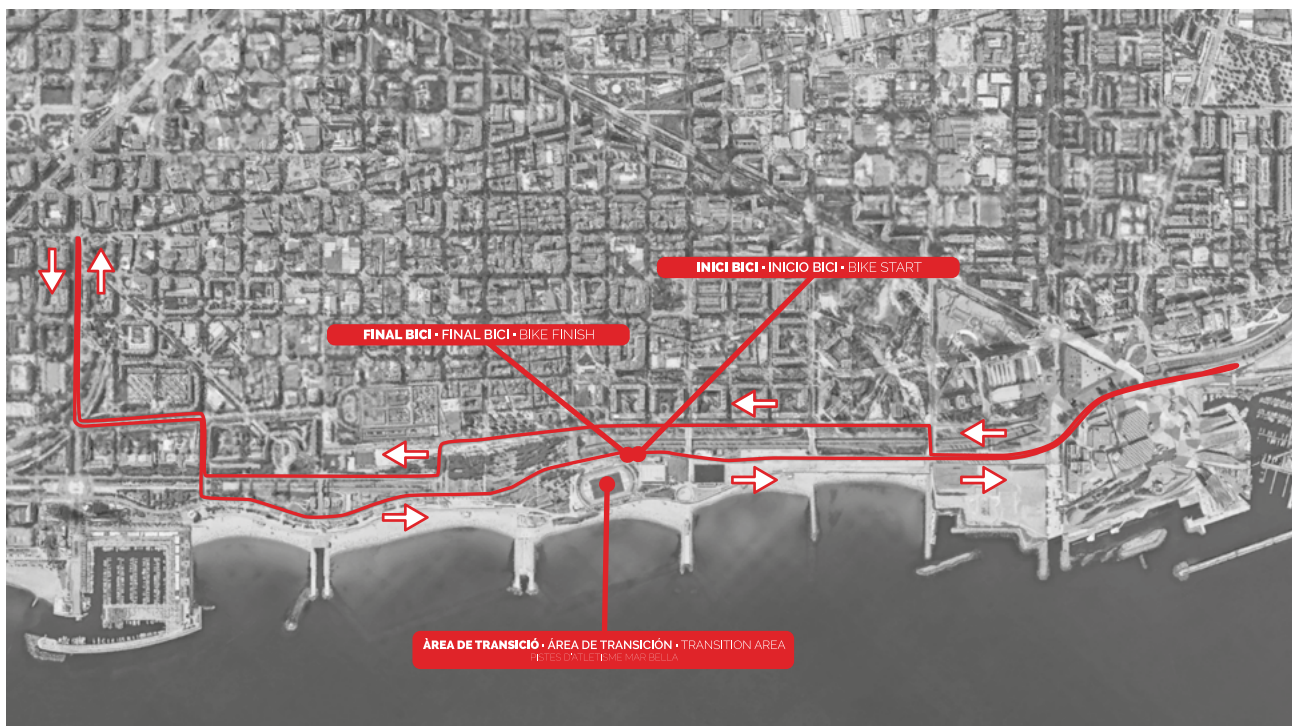


ELITE SHORT: 5 laps of 12 km = 60 km

CYCLING CIRCUIT

CYCLING SEGMENT – OLYMPIC & SPRINT

BEGINNING – CEM Mar Bella – Av. Litoral (Direction Besòs) – Av. Del camp de la Bota - 180° turn at the height of exit 25 of the B-10 – Av. Camp de la Bota (Direction Llobregat) – Av. Litoral (Direction Llobregat) – Right turn – Josep Pla Street – Left turn – Pg. Garcia Faria – Pg. Calvell – Turn left (roundabout) – Llacuna Street – Right turn – Salvador Espriu Street – Right turn – Arquitecte Sert Street – Left turn – Av. Nova Icària (mountain side) – Right turn – Marina Street (mountain direction) – 180° turn (At the height of Pg. Pujades) – Marina Street (Sea direction) – Left turn – Av. Nova Icària (sea side) – Right turn – Arquitecte Sert Street – Left turn – Av. Litoral – CEM Mar Bella – **END**

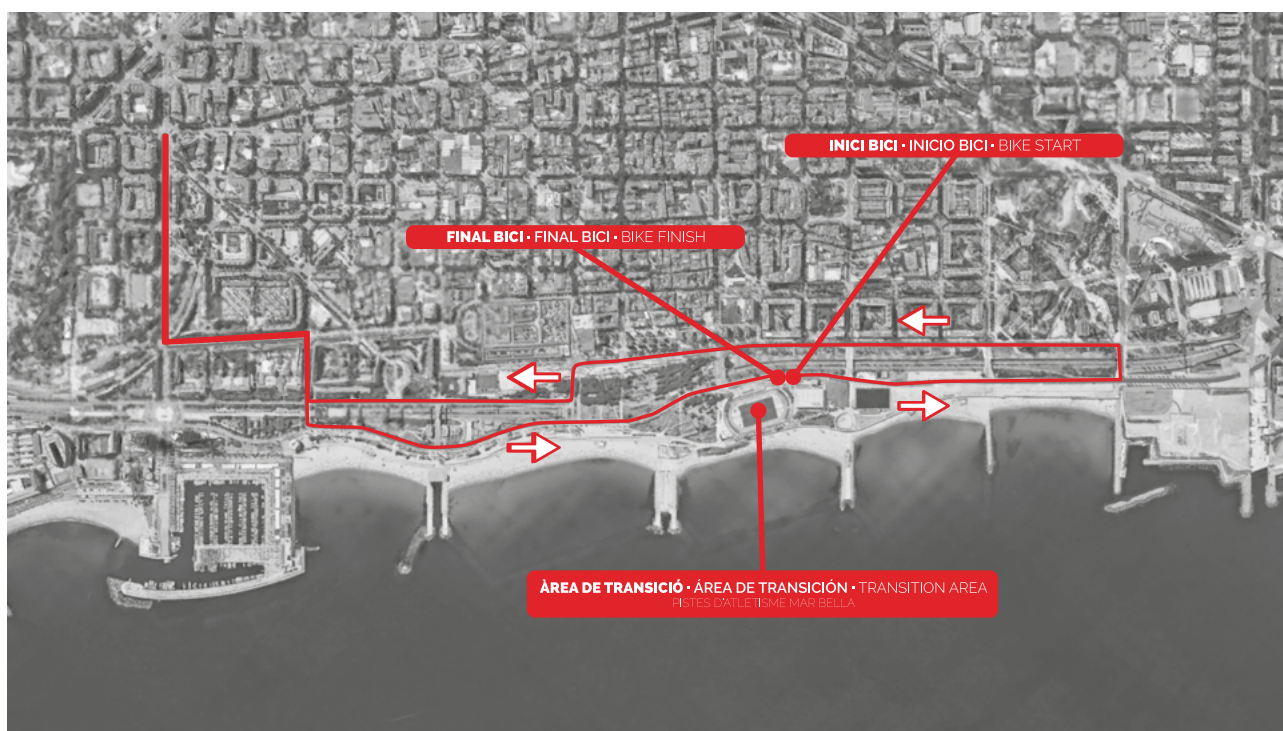


OLYMPIC: 4 laps of 9,5 km = 38 km
SPRINT: 2 laps of 9,5 km = 19 km

CYCLING CIRCUIT

CYCLING SEGMENT – SUPER SPRINT + JUNIOR CHALLENGE

BEGINNING – Av. Litoral (Direction Besòs) – Av. Del camp de la Bota - 180° turn at the height of exit 25 of the B-10 – Av. Camp de la Bota (Direction Llobregat) – Av. Litoral (Direction Llobregat) – Right turn – Josep Pla Street – Left turn – Pg. Garcia Faria – Pg. Calvell – Turn left (roundabout) – Llacuna Street – Right turn – Salvador Espriu Street – Left turn – Arquitecte Sert Street – Left turn – Av. Litoral – CEM Mar Bella – **END**



SUPER SPRINT: 1 lap of 7,5 km
JUNIOR CHALLENGE: 1 lap of 7,5 km



Todo esfuerzo, tiene su recompensa.

**Si cuando compites lo das todo,
cuando descansas
también lo mereces todo.**

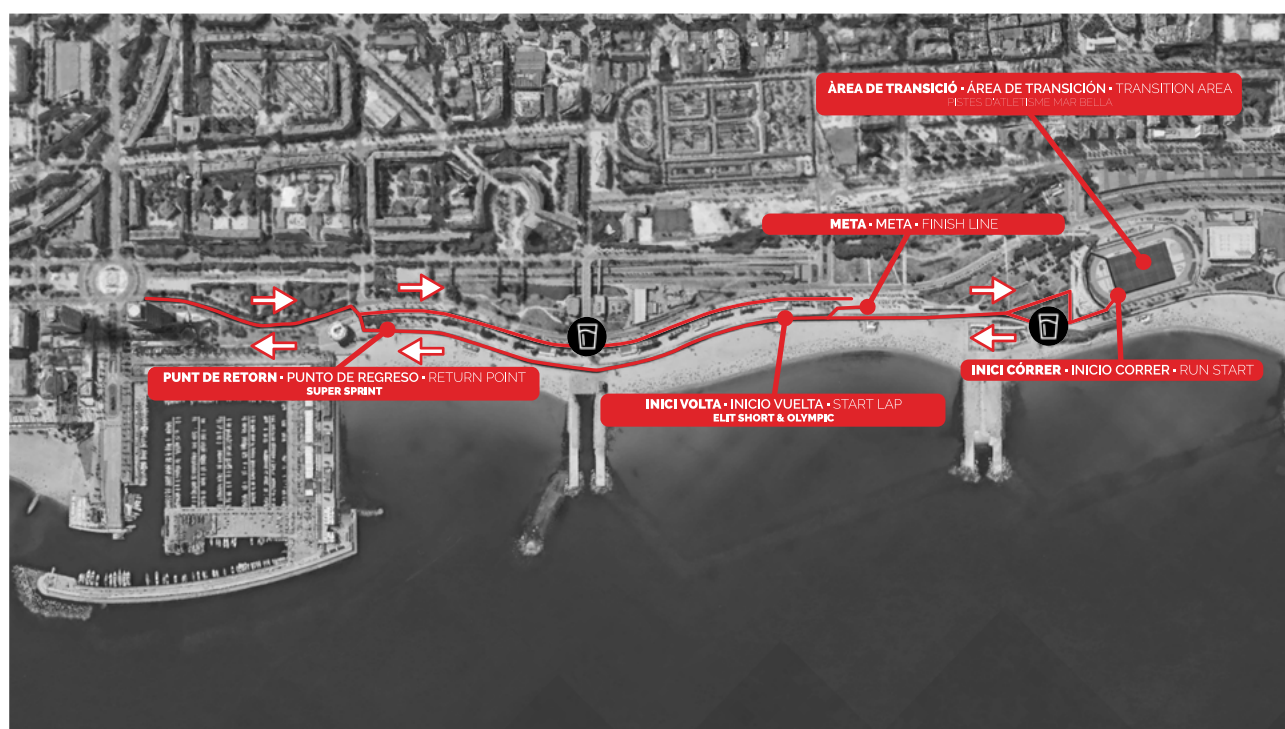
Tanto si es para descansar, como si lo que quieres es seguir entrenando, en www.sercotel.com encontrarás los mejores hoteles, en ubicaciones ideales. Sea como sea te mereces una recompensa.

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RUNNING SEGMENT

ASPECTS TO TAKE INTO ACCOUNT

- For each lap you will have two provisioning points with water, isotonic beverage and gels
- It is forbidden to throw waste outside the areas delimited by the provisioning points. It will be a reason for direct disqualification of the participant who does so.
- The route is counter clockwise, which means that you must always run on the right side.
- Along the route there will be sanitary points to help you in case of need.



ELITE SHORT: 3 laps of 5 km = 15 km

OLYMPIC: 2 laps of 5 km = 10 km

SPRINT & AQUATHLON: 1 lap of 5 km

SUPER SPRINT: 1 lap of 2,5 km

JUNIOR CHALLENGE: 1 lap of 1,5 km



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CHECK OUT

WHAT IS IT?

It is the collection of the competition material that each participant has to do at the end of the race. There will be an access door to the BOX – Transition Area, PORTA F, for participants to enter the venue and collect their material and an exit door, PORTA E to carry out the material verification control. Organization personnel will be located at the exit door of the Box – Transition Area to carry out the control.

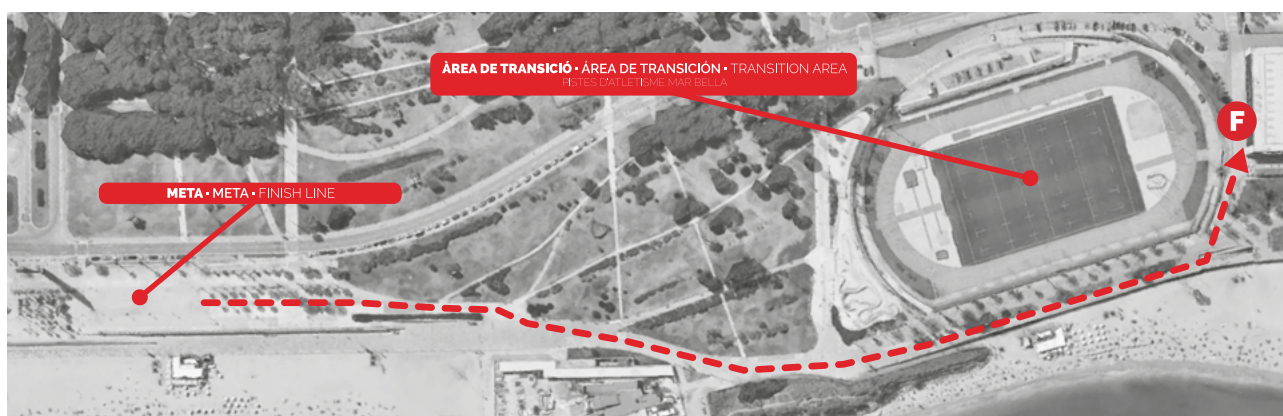
VERY IMPORTANT: until the last cyclist participating in a modality has finished the cycling section, the CHECK OUT of the participants of that modality - distance cannot be carried out. Do not disturb and respect the course of the test to the rest of the participants of other modalities who are still competing.

MATERIAL FOR THE CHECK OUT

- Bike with the numbered sticker on the seat post.
- Bike helmet with the numbered stickers on it.
- Race bib number.
- Numbered bracelet, placed on the ankle.

TIMETABLE

- Sunday, October 8 from 11:00 a.m. to 3:00 p.m.
- Outside these hours, the material will be removed from the Transition Area - Box.



SCHEDULES - CHECK OUT

ELITE SHORT	AQUATHLON	OLYMPIC	SPRINT	SUPER SPRINT	JUNIOR CHALLENGE
10:15 – 15:00	09:30 – 15:00	12:30 – 15:00	13:15 – 15:00	13:45 – 15:00	13:45 – 15:00

CUT-OFF TIMES

The cut-off times for each of the modes and segments of the test are as shown below.

	SWIMMING	CYCLING	RUNNING	TOTAL
ELITE SHORT	25'	1h 45'	1h 10'	3h 15'
AQUATHLON	35'	-	45'	1h 20'
OLYMPIC	1 h	2 h 15'	1h 15'	4 h 30'
SPRINT	35'	1h	45'	2h 20'
SUPER SPRINT	15'	35'	20'	1h 10'
JUNIOR CHALLENGE	15'	35'	20'	1h 10'

All participants who do not achieve these cut-off times will be disqualified and will have to abandon the race. If they wish to continue, they will do so at their own risk and without the support of the security and control staff of the race.

In the case that a participant wishes to withdraw from the competition, and whenever possible, he/she must immediately inform the organization of his/her withdrawal.

The organization will have vehicles available to pick up triathletes who withdraw or are out of the race. The organization will remove the race bib and it will be the participant's option to use the vehicle to transport him/her to the finish area. In case of not using this service, it will be the participant's own responsibility without protection of the organization or police forces.

ELITE SHORT

ASPECTS TO CONSIDER

- On Saturday, October 7 at 12 noon, the technical meeting of the ELITE SHORT test will be held at the TRI EXPO. Your assistance is recommended to resolve doubts.
- The routes of the ELITE SHORT test are 1 lap of 1,500 meters for the swimming segment, 5 laps of 12 km each to complete the 60 km of cycling and 3 laps of 5 km to complete the 15 km of running.
- The routes can be seen in the corresponding section of each segment of the test.
- The CHECK IN of the material can be done on Saturday, October 7 from 10:00 to 19:00 or on Sunday from 06:30 to 07:30.
- In the ELITE SHORT mode it is not allowed to ride the wheel, that is, NO DRAFTING. Failure to comply with the regulations entails a 5' penalty for the participant, which will be notified by a race official and will be visible in the PENALTY BOX tent. If the athlete is warned twice for not complying with the rules, he will be disqualified.
- The fact that DRAFTING is not allowed, participants may carry bicycles with aero handlebars or assemblies, following ITU regulations.
- The PENALTY BOX tent (km 0.3 – 5.3 – 10.6) will be located just before the first refreshment station of the foot race, so that the participant will be able to choose at what point in the race the penalty is taken. .
- The participants of the ELITE SHORT modality will have to be at 07:45 in the starting chamber in order to be presented by the organization. Failure to be there will be grounds for disqualification.
- The cut-off times in the swimming and cycling segment will be carried out rigorously.
- The awards ceremony will be at 11:00 in the arrival area and attendance is mandatory for the top 6 male and female finishers.
- The CHECK OUT can be carried out once the last participant of the ELITE SHORT test has finished the cycling section.
- The participants of the ELITE SHORT modality will have a refreshment station with water in the cycling section.

ELITE SHORT

PRIZE MONEY (ELITE SHORT)

The cash prizes for the Elite Short amount to a total of € 25,000 for the top 6 finishers (men and women). In addition, there is an end-of-season bonus of a total of € 140,000 based on a common ranking for the top 6 classified in that ranking.

The 140,000 € bonus will be for the first classified (men and women) of the ranking with 25,000, 17,000, 13,000, 10,000 and 5,000 € respectively. The ranking will be based on a points system based on the position obtained in the competition. Athletes must add their 6 best results obtained in the CHALLENGEFAMILY test, of which 2 long distance triathlons can be the maximum.

POSITION	CASH PRIZE
1	4.500 €
2	3.000 €
3	2.000 €
4	1.500 €
5	1.000 €
6	500 €

POINTS (ELITE SHORT)

The race is scoring for the [Challenge Family World Bonus](#) and qualifying for the [The Championship](#) in Šamorín (Slovakia).

POST – RACE SERVICES

When crossing the finish line, the organization will provide you:

- Finisher Medal
- Provisioning bag with water, Aquarius, Powerade, Coca-cola, fruit and other products

You will get a recovery service provided by COMPEX Sport

You will have at your disposal a mechanical service to help and assist you in case you need it

Live tracking of the race:

- Check your times and follow your friends in live with the App Wefeeel Crono!
- With the Wefeeel Crono App you will be able to access exclusive contents of the triathlon:
 - Real time results.
 - Updated race information.
 - Live tracking of the runners.
- Ideal for your friends and family, who can follow you in real time and receive notifications every time you pass a new checkpoint.
- You can also tweet your experience in the race directly from the app and upload photos in the collaborative gallery of the event.

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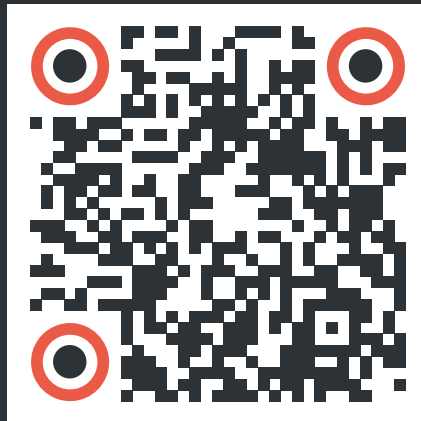
COMPEX 

Challenge Barcelona Triathlon 2023, live on betevé

Sunday, October 8th, at 7.45 am.

On TV, web, app, YouTube, Movistar + (channel 166), La Xarxa+ and 'btv esports' Twitch.

At any time, retrieve the race on the web, app, YouTube and La Xarxa+.



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RELAY TEAMS

Relay teams can be composed of 2 or 3 people, and may be male, female or mixed.

Each component will complete one segment, or in the case of being 2 components, one of them will complete 2 segments, whether or not consecutive, and the other will perform the remaining segment.

Each team will have a bib with the same number, one for the cyclist and one for the runner, and the swimmer will have a swimming cap. The cyclist shall wear the bib on the back and the runner on the front.

Each team will have a delimited space in the boxes where they can only leave the material that will be used during the race.

The relay team is only allowed to enter the box when the previous team member has started the segment after the start of the race.

The relay is executed in the place where the bike is placed in the boxes.

To execute the relay, the chip must be released to the next reliever. The chip must be placed on the ankle of the team member in competition.

All team members may accompany the relay runner in the last 80m of the race to cross the finish line together. The meeting point will be the entrance gate to the finish line.

Once the race is over, all team members will have access to the cloakroom and final provisioning.

IMPORTANT: There will only be a single classification for relay teams, whether male, female and/or mixed.



PAIRS MODALITY

It is the modality in which two people can participate in the race together, which means that during the whole course of the triathlon they will go together to enjoy the experience and challenge as a pair.

It is destined for those people who want to initiate to the triathlon and complete it from start to finish accompanied by a partner with more experience to help them and thus share their challenge. Also for those who want to enjoy the experience with a teammate, work partner, training partner or friend. In summary, the goal is to enjoy a day of triathlon in good company.

Each member of the pair will have their own equipment to compete (race bib, wristband, chip, sticker sheet, etc).

The check in of the material to access the transition area - box will have to be done by each member of the pair separately to verify all the material (bike, helmet, chip, etc.).

In the transition area - box the two members will be placed side by side, they will have correlative bibs, and the start of the race will be the same. They will have to perform together all the different sections of the race, swimming, cycling and running until crossing the finish line.

The check-out of the material will have to be done by each member of the pair separately to remove all the material of the participant from the transition area - box (bike, helmet, shoes, etc)..

In each distance (OLYMPIC, SPRINT and SUPER SPRINT) there will be only one category for couples, either female, male and/or mixed.

HEALTH RECOMMENDATION

Gradually reduce your training

After so much training it is normal to feel tired. Training should be increased gradually so that you don't suffer prolonged exhaustion and as you get closer to the event remember to reduce it so that your body can recover.

Don't overdo it with the breakfast and do not experiment

The most important thing to make sure that you don't feel bad, that you have the strength you need to face the race and that you know what Works for you, is the rule of not experimenting.

Do not try new material

No new shoes, no new clothes, no last minute ideas. Just do what you've been doing for the last few weeks and everything will go smoothly.

Set yourself an approximate and realistic objective

Even if it is your debut in the triathlon, it is advisable to start with an idea of the goal time that you want to achieve from the beginning because it will help you to stay focused and forget about fatigue and tiredness, but without obsessions.

Do not be discouraged if at some point you have to slow down the pace

Each segment is different and your level may not be the same in each of them. That is why, if you have to slow down at some point in the race, do not worry, because you will pick it up again at another point.

It is your race, not someone else's, that's the most important thing

No one but you know how you feel during the race, the idea you had from the beginning, the goal you set yourself, etc. You have to do your own race. If you have to keep a specific pace, stick to it even if there are other participants who overtake you during the race. You have to stay strong and stick to your own pace.

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HEALTH RECOMMENDATION

NUTRITION

First of all, it is important to have enough fluids and carbohydrates to be able to take part in the race without any deficiency. On the other hand, proper nutrition and hydration are essential during the race.

It is very important that throughout the race you hydrate yourself at the aid stations, you have one at the end of the swim course, on the bike you must have your own bottle and in the run you will have 2 aid stations for lap with water and gels. Once at the finish line you will have a complete liquid and solid refreshment to recover your energy.

Remember that if you use your own supplements during the race it is ideal to take them followed by liquid.

Of course, it is very advisable, almost essential, to have tried these protocols and specific products in previous training sessions, in case our body does not adapt or assimilate them.

WHAT TO DO IF I FEEL UNWELL

If you are not feeling well in the swimming section, stop and stretch your arms out towards the boats next to you. There will be boats with lifeguards, jet skis with skippers and lifeguards and boats with skippers and lifeguards distributed along the course, as well as medical staff in the swimming area to guarantee your safety and health.

If you are not feeling well on the cycling or running section, please inform the organization's staff closest to you. There are support staff at all crossroads and pedestrian crossings, medical staff and ambulances located at strategic points along the cycling route as well as points with medical staff along the walking route to attend you quickly.

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ALTERNATIVE PLANS

In the case of adverse weather conditions or any incident that could affect the normal development of the race or any of the segments, the organisers have established the following alternative plans:

SEGMENT TO BE CANCELLED	PLAN
SWIMMING	There would be a DUATHLON with the following distances for the OLYMPIC and SPRINT categories: 5km of running (1 lap) + 20km of cycling (2 laps) + 2,5km of running (1 lap). SUPER SPRINT: 2,5km of running (1 lap) + 10km of cycling (1 lap) + 2,5km of running (1 lap).
CYCLING	There would be an AQUATHLON maintaining the same distances of swimming and running of each modality, in the same planned routes, as well as the same starting order.
SWIMMING + CYCLING	A RUNNING RACE OF 5 o 10km would be held, by taking 1 or 2 laps of 5km on the SUPER SPRINT circuit. All participants would start in a single start.
RUNNING	There would be an AQUABIKE maintaining the same distances of swimming and cycling, in the same planned routes. The start order would remain the same. Once the participants have finished the bike, they leave it at its place in the transition area. They have to run the 200m from the boxes to the finish line. The race does not finish at the BOXES but at the FINISH LINE.
CYCLING + RUNNING	If the cycling and the running section are cancelled, only the SWIMMING segment would take place in the distances established for each modality. The race does not end at the beach but at the finish line, that is to say, once the participants get out of the water they have to walk along the lane that guides them to the finish line.

The final decision on the plan to follow will be decide don the same day of the race at 07:00 in the technical meeting between the different entities that are part of the security, medical and technical staff of the race, in which safety and attention to the participant will be a priority when making the decision.

This decision will be promptly communicated through the race speaker to inform all participants.



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