



**CHALLENGE
BARCELONA**

**ATHLETE'S
GUIDE**

NOVEMBER

03

2024



Ajuntament de
Barcelona



www.competitions.barcelona.com

INDEX

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PROGRAM

FRIDAY 1st NOVEMBER

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 2nd NOVEMBER

TIME	ACTIVITY	LOCATION
10:00 – 18:00	TRI EXPO	CEM la Mar Bella
10:00 – 18:00	Delivery of bibs and participant's gifts	TRI EXPO
10:00 – 19:00	Check In (Transition Area – Box)	Mar Bella Athletics Tracks
10:00 – 11:00	Swimming session (recognition)	Mar Bella Beach
11:30	Briefing PRO (Spanish)	CEM la Mar Bella
12:00	Briefing PRO (English)	CEM la Mar Bella

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

PROGRAM

SUNDAY 3rd NOVEMBER

TIME	ACTIVITY	LOCATION
6:30	Opening Check In (Transition Area – Box)	<u>Mar Bella Athletics Tracks</u>
6:30 – 15:00	Wardrobe	<u>CEM la Mar Bella</u>
7:30 – 14:00	Closure of traffic and vehicular access	
8:00	1st Start – Male Short PRO Distance	<u>Mar Bella Beach</u>
8:02	2nd Start – Female Short PRO Distance	<u>Mar Bella Beach</u>
8:05	3rd Start – Short Open distance	<u>Mar Bella Beach</u>
8:45	4th Start – Aquathlon Distance	<u>Mar Bella Beach</u>
9:45	5th Start – Federated + Relays + Pairs – Olympic Distance	<u>Mar Bella Beach</u>
9:47	6th Start – Non-Federated Individuals – Olympic Distance	<u>Mar Bella Beach</u>
10:20	The race leader of the Short Distance finishes the race.	<u>Passeig Marítim del Bogatell</u>
11:00	Awards – Short + Aquathlon Distance	<u>Passeig Marítim del Bogatell</u>
12:00	7th Start – Federated + Relays + Pairs – Sprint Distance	<u>Mar Bella Beach</u>
12:02	8th Start – Individual Non-Federated – Sprint Distance	<u>Mar Bella Beach</u>
12:30	Awards – Olympic Distance	<u>Passeig Marítim del Bogatell</u>
13:15	9th Start – Junior Challenge Distance	<u>Mar Bella Beach</u>
14:00	Awards – Sprint Distance	<u>Passeig Marítim del Bogatell</u>
11:00 – 15:00	Check Out (Transition Area – Box)	<u>Mar Bella Athletics Tracks</u>

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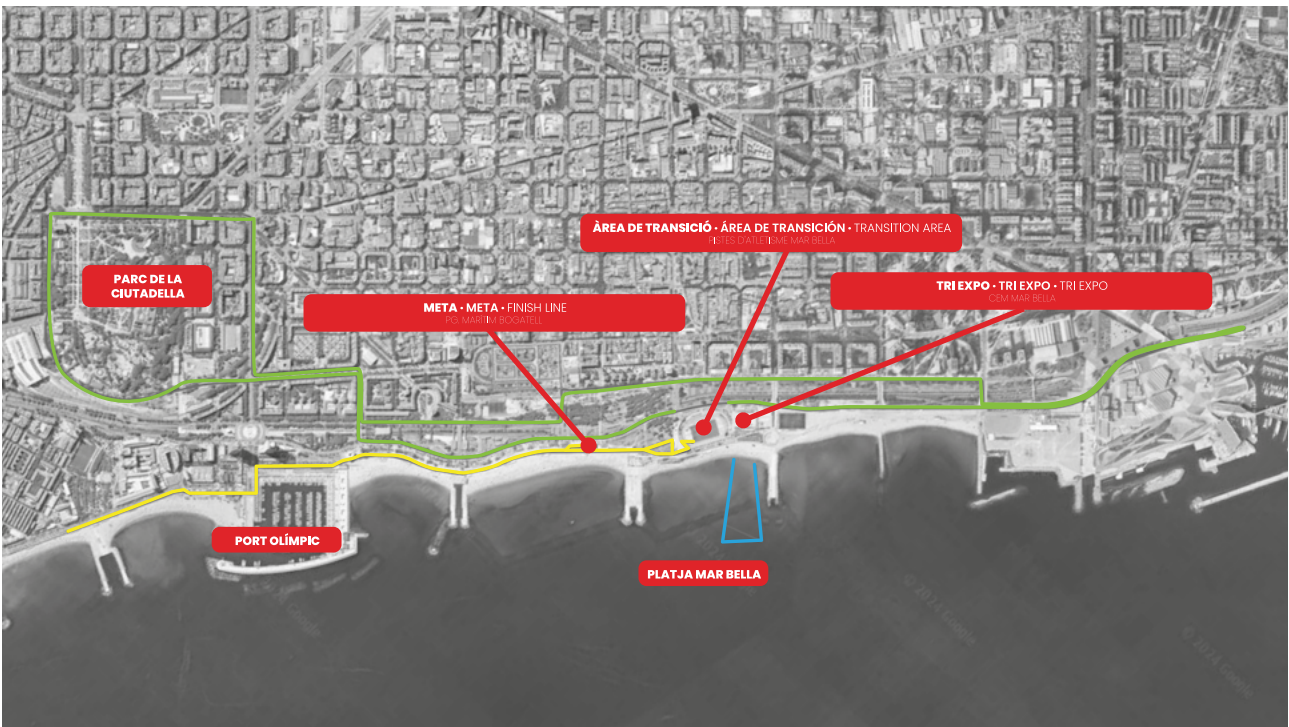


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GENERAL MAP

- 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. Federated triathletes must show their federation license.

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, November 1st, 2024 from 15:00 to 19:00
- Saturday, November 2nd, 2024 from 10:00 to 18:00

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?

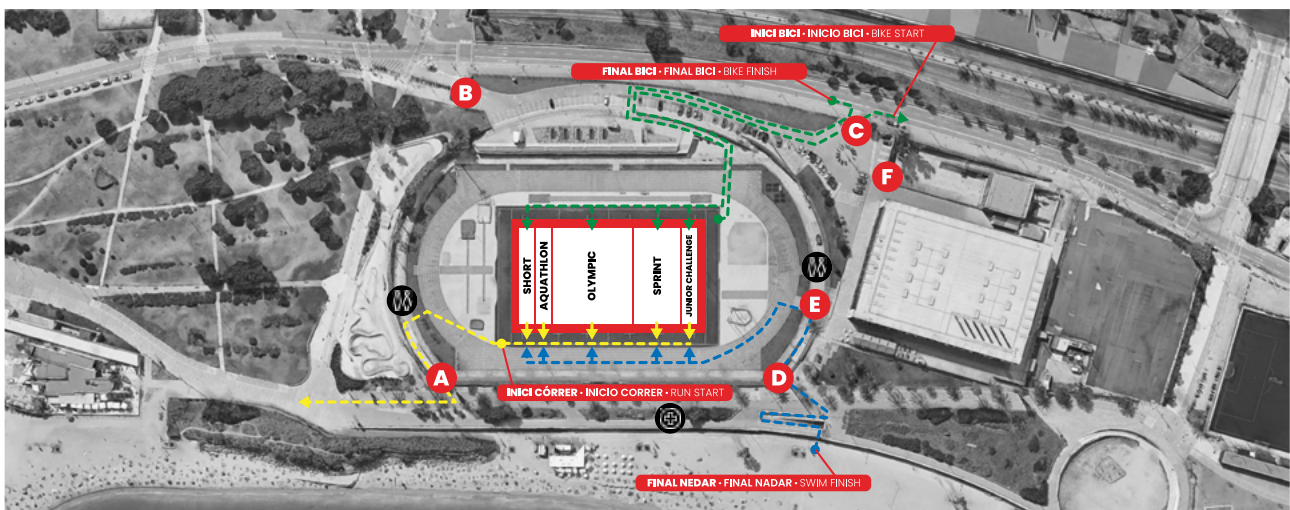
It is the enclosure where you will have all the material you will use during the competition and in which you will have an exclusive place for you, numbered with your bib number.

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 E**, accessing from inside the pavilion.
- Access to the BOX – Transition area to **CHECK OUT**, once your test is finished, will be through **DOOR E**, accessing from inside the pavilion.
- 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.





Salut!

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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. 20' 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

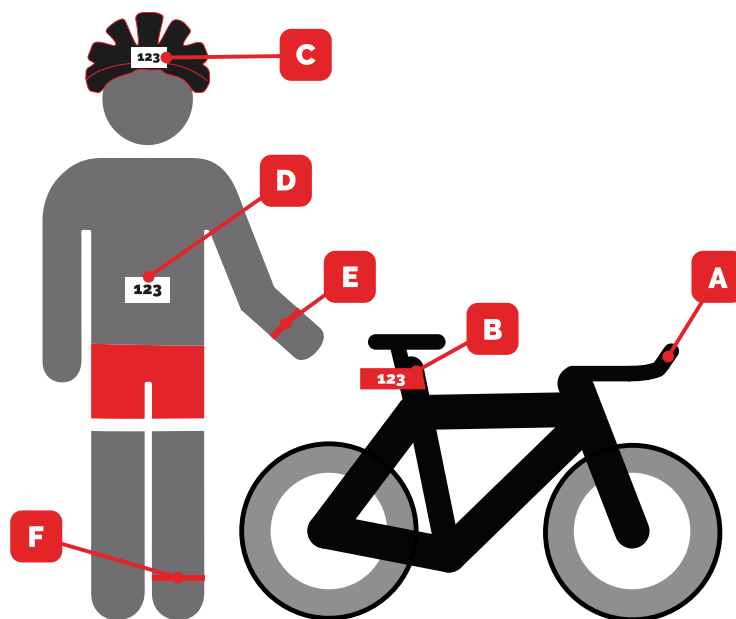
SHORT	AQUATHLON	OLYMPIC	SPRINT	JUNIOR CHALLENGE
06:30 – 07:30	06:30 – 08:25	06:30 – 09:25	06:30 – 11:40	06:30 – 13:00

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 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 and another on the left side.
- 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.

VERY IMPORTANT: It is mandatory to return the chip at the end of the race, just after reaching the finish line. If you do not do so, you will be charged €15 for the lost chip. You have 5 days to notify us and we will tell you where to send it, or you will be charged.



ZONE3

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DESCUENTO ESPECIAL

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SCAN ME

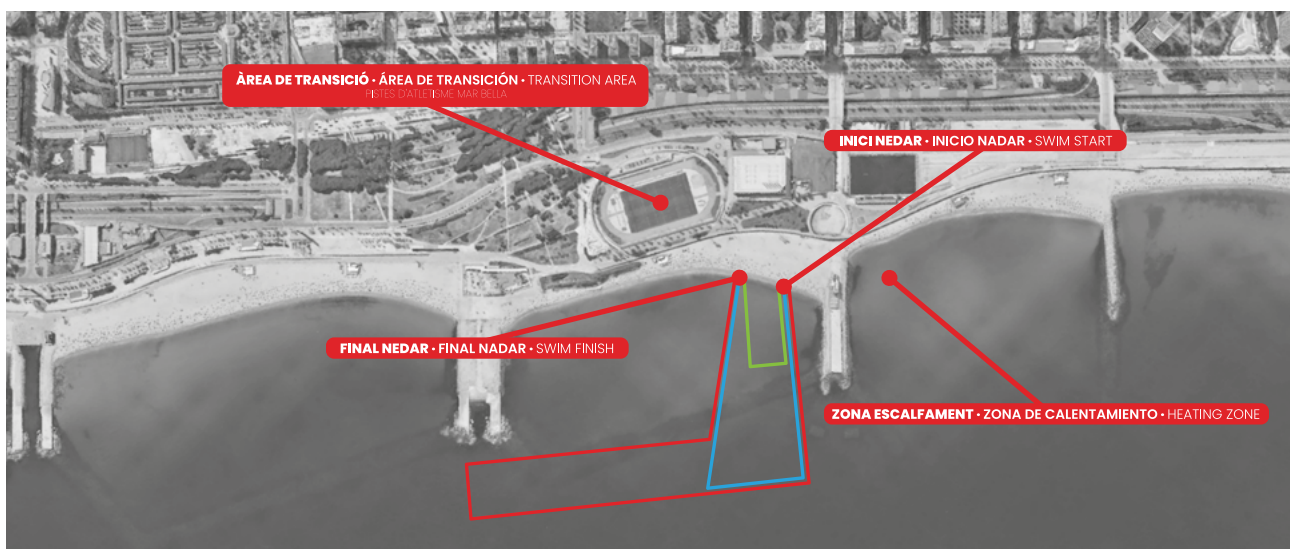


SWIMMING CIRCUIT

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 by Aigües de Barcelona
- **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.

- SHORT: 1.500m (2 laps)
- OLYMPIC: 1.500m (1 lap)
- SPRINT & AQUATHLON: 750m (1 lap)
- JUNIOR CHALLENGE: 300m (1 lap)



ENTRENA DE FORMA BRILLANTE



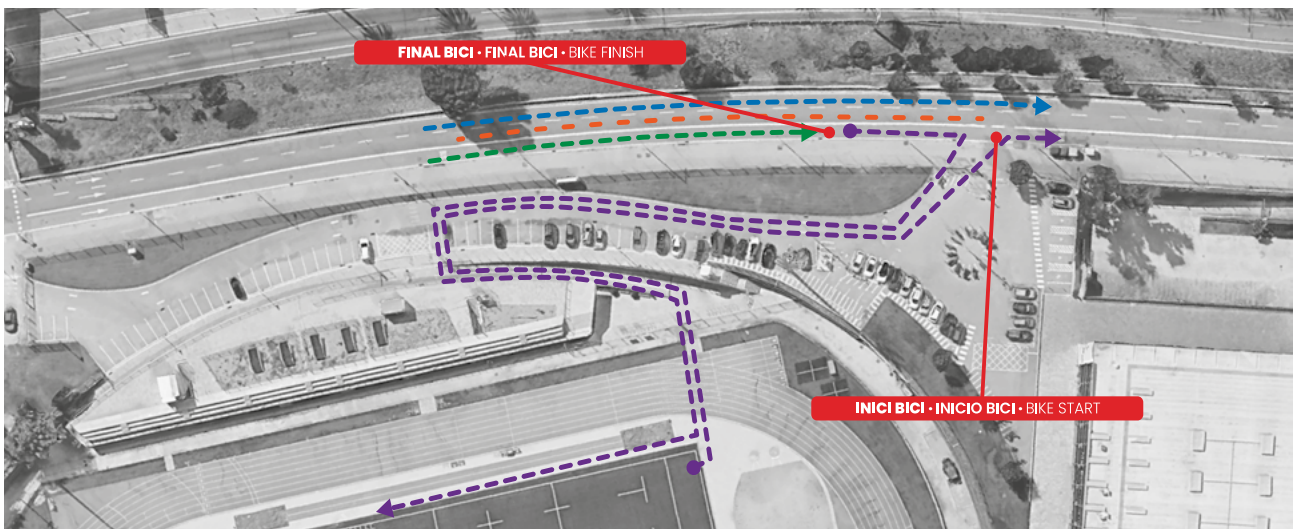
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CYCLING CIRCUIT

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 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:

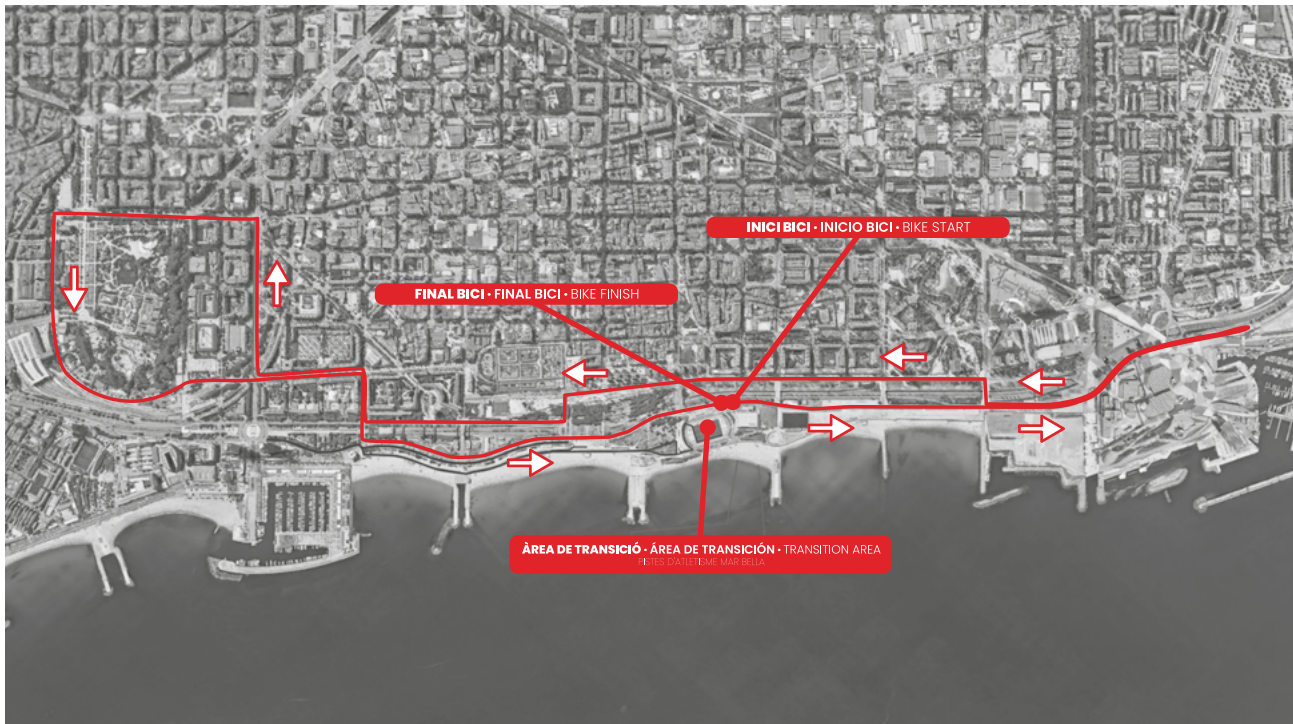


- The **green broken line** (right side or sea side of the road) is the route to be followed by the participants who have already completed all the laps of the cycling segment and have to enter the transition area to start their running segment.
- The **blue broken line** (left side or mountain side 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 – SHORT

BEGINNING – CEM Mar Bella – Av. Litoral (Direction Besós) – Ctra. de la Incineradora – 180° turn at Exit 25 ronda Litoral – Ctra. de la Incineradora (direction Llobregat) – Av. Litoral (Direction Llobregat) – Right turn – c/ Josep Pla – Left turn – Pg. Garcia Faria – Ps. Calvell – Left turn – c/ Laguna – Right turn – c/ Salvador Espriu – Right turn – c/ Arquitecto Sert (carriageway divided into 2 directions) – Left turn – av. Nova Icària (mountain side) – Right turn – c/ de la Marina (direction mountain) – Left turn – Ps. Subidas (direction Llobregat) – Left turn – Ps. Picasso (section along the Bus lane) – av. Ring road (sea side) – Av. Nova Icària (sea side) – Turn right – c/ Arquitecto Sert – Turn left – Av. Litoral – CEM Mar Bella – **END**



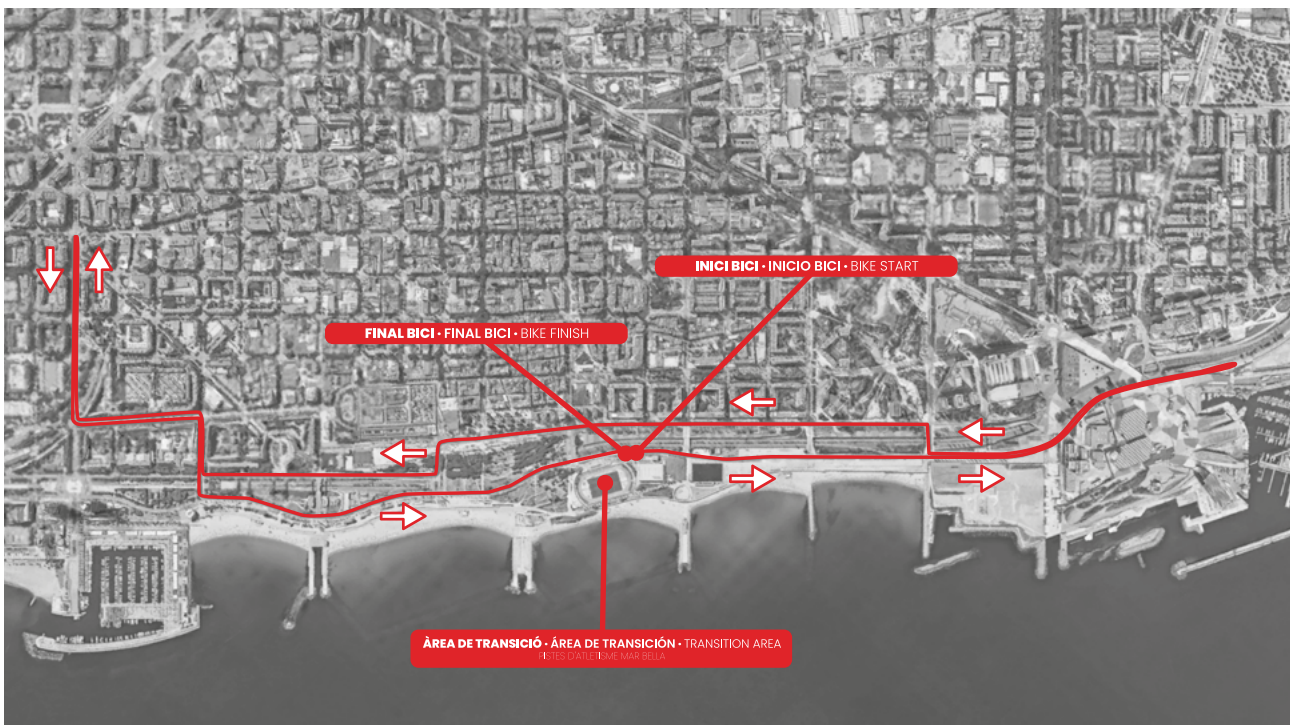
SHORT: 5 laps of 11,2 km = 56 km

IMPORTANT: Participants cannot ride in the wheel during the cycling segment

CYCLING CIRCUIT

CYCLING SEGMENT – OLYMPIC & SPRINT

BEGINNING – CEM Mar Bella – Av. Litoral (Direction Besós) – 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**



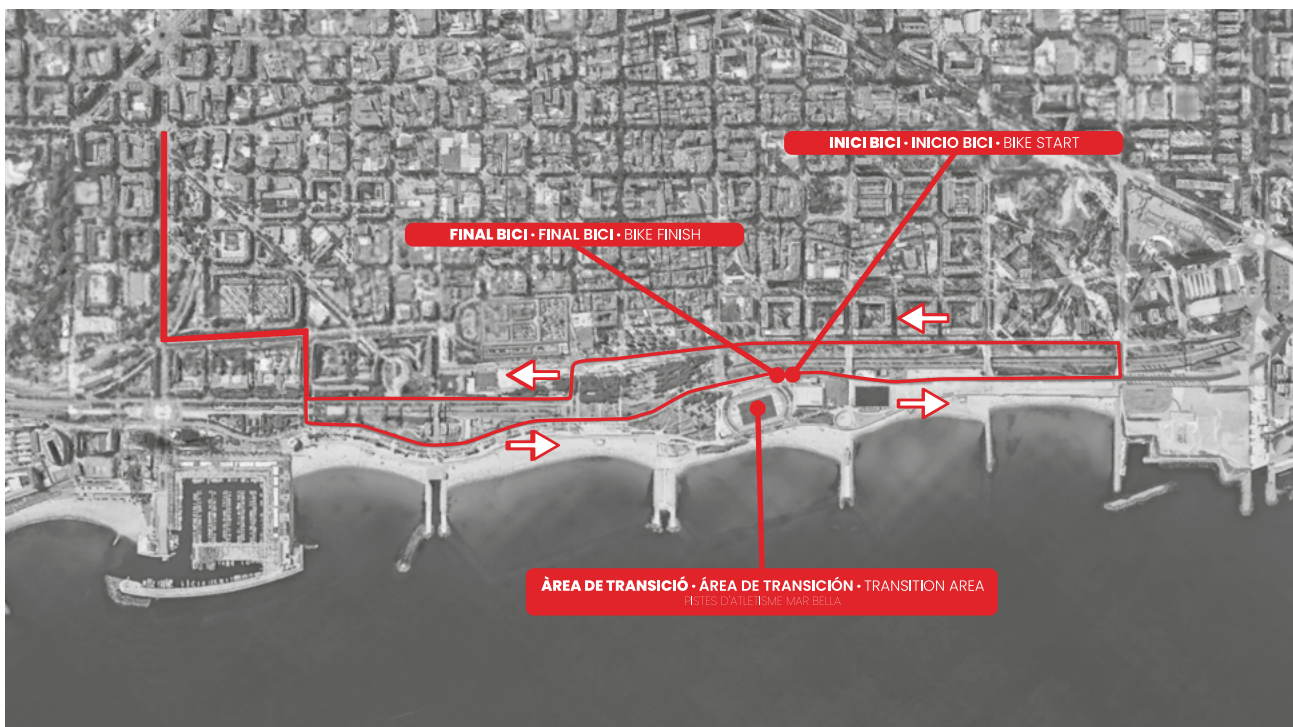
OLYMPIC: 4 laps of 9,5 km = 38 km
SPRINT: 2 laps of 9,5 km = 19 km

IMPORTANT: No assemblies or horns can be carried on the handlebars

CYCLING CIRCUIT

CYCLING SEGMENT – JUNIOR CHALLENGE

BEGINNING – Av. Litoral (Direction Besós) – 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**



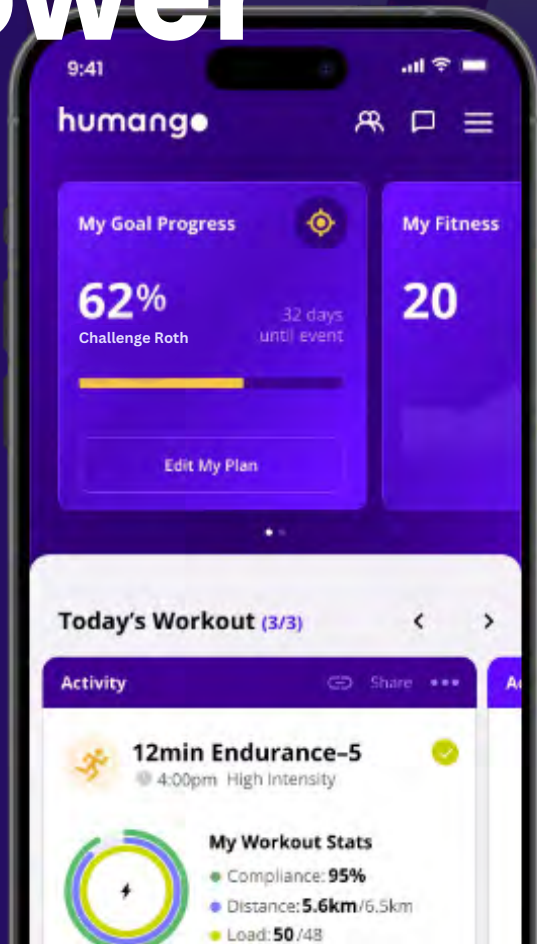
JUNIOR CHALLENGE: 1 lap of 7,5 km

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RUNNING SEGMENT

ASPECTS TO TAKE INTO ACCOUNT

- For each lap you will have two provisioning points with water and a touch of FINISHER 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.



SHORT: 3 laps of 5 km = 15 km
OLYMPIC: 2 laps of 5 km = 10 km
SPRINT & AQUATHLON: 1 lap of 5 km
JUNIOR CHALLENGE: 1 lap of 1,5 km

IMPORTANT: The athlete's circulation is clockwise, English style



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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, November, 3 from 11:00 to 15:00
- Outside these hours, the material will be removed from the Transition Area – Box.



SCHEDULES - CHECK OUT

SHORT	AQUATHLON	OLYMPIC	SPRINT	JUNIOR CHALLENGE
11:00 – 15:00	10:30 – 15:00	12:30 – 15:00	13:15 – 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
SHORT	25'	1h 40'	1h 10'	3h 15'
AQUATHLON	35'	-	45'	1h 20'
OLYMPIC	50'	2 h 15'	1h 15'	4 h 20'
SPRINT	35'	1h	45'	2h 20'
JUNIOR CHALLENGE	15'	30'	15'	1h

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.



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.



CHALLENGE FAMILY

RACE CALENDAR 2024/2025

	CHALLENGE VIEUX BOUCAU FRANCE, 5 OCT 2024	MIDDLE OLYMPIC		CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC 2025	LONG
	CHALLENGE PEGUERA MALLORCA SPAIN, 19 OCT 2024	MIDDLE		CHALLENGE CAGNES-SUR-MER FRANCE, 8 JUN 2025	MIDDLE
	CHALLENGE BARCELONA TRIATHLON SPAIN, 3 NOV 2024	OLYMPIC		LOTTO CHALLENGE GDAŃSK POLAND, 22 JUN 2025	MIDDLE
	CHALLENGE XIAMEN CHINA, 10 NOV 2024	MIDDLE OLYMPIC		CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 29 JUN 2025	MIDDLE
	CHALLENGE CANBERRA AUSTRALIA, 17 NOV 2024	MIDDLE OLYMPIC		DATEV CHALLENGE ROTH GERMANY, 6 JUL 2025	LONG
	CHALLENGE FLORIANÓPOLIS BRAZIL, 24 NOV 2024	MIDDLE		SAIL CHALLENGE CAP QUEBEC CANADA, 20 JUL 2025	MIDDLE OLYMPIC
	CHALLENGE SALINAS ECUADOR, TBC DEC 2024	MIDDLE		CHALLENGE NEW JERSEY STATE USA, 20 JUL 2025	OLYMPIC
	CHALLENGE ISRAMAN ISRAEL, 31 JAN 2025	LONG MIDDLE		CHALLENGE TURKU FINLAND, 27 JUL 2025	MIDDLE
	GALLAGHER INSURANCE CHALLENGE WANAKA NEW ZEALAND, 15 FEB 2025	MIDDLE		CHALLENGE SANDEFJORD NORWAY, TBC AUG 2025	MIDDLE
	CHALLENGE SIR BANI YAS ABU DHABI, 3-7 APRIL 2025	LONG MIDDLE		CHALLENGE MALAYSIA MALAYSIA, 31 AUG 2025	MIDDLE
	CHALLENGE CERRADO BRAZIL, 6 APRIL 2025	MIDDLE		CHALLENGE BEIJING CHINA, TBC SEP 2025	OLYMPIC
	ANFI CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 26 APRIL 2025	MIDDLE		CHALLENGE SAMARKAND UZBEKISTAN, 7 SEP 2025	MIDDLE
	CHALLENGE TAIWAN TAIWAN, 26 APRIL 2025	LONG MIDDLE OLYMPIC		SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 7 SEP 2025	MIDDLE OLYMPIC
	CHALLENGE GALLIPOLI TÜRKIYE, 4 MAY 2025	MIDDLE		CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 13 SEP 2025	LONG MIDDLE
	CHALLENGE CESENATICO ITALY, 11 MAY 2025	MIDDLE		CHALLENGE SANREMO ITALY, 21 SEP 2025	MIDDLE
	OTSO CHALLENGE SALOU SPAIN, 11 MAY 2025	MIDDLE		CHALLENGE ISTANBUL TÜRKIYE, TBC SEP 2025	OLYMPIC
	THE CHAMPIONSHIP SLOVAKIA, 18 MAY 2025	MIDDLE		CHALLENGE ST PÖLTEN AUSTRIA, 25 MAY 2025	MIDDLE



ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

SHORT

PRIZE MONEY (SHORT)

The cash prizes for the 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 (SHORT)

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



NEVER FORGET YOUR RACE



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POST – RACE SERVICES

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

- Finisher Medal
- Provisioning bag with water, Powerade, Red Bull, 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 Wefeel Crono!
- With the Wefeel 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.
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COMPEX 



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Participa en el sorteo de CompeX Sp8.0 a finales de diciembre 2024. Comunicaremos el ganador el día 23 de diciembre de 2024 en **Instagram @compexspain**

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RELAY TEAMS

Relay teams can be made up of 2 or 3 people, and can be male, female or mixed.

Each member will complete a segment, or if there are 2 members, one of them will complete 2 segments, whether consecutive or not, and the other member will complete 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 must wear the bib on the back and the runner on the front.

Only one of the team members will need to CHECK IN.

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

Only the relay member is allowed to enter the boxes when the previous member of the team has started the segment. Once the race has started.

IMPORTANT: Access to the BOX during the race will be through GATE E, accessing through the pavilion.

The relay is carried out at the place where the bicycle is hung in the pits.

To carry out the relay, the next relay rider must be given a chip. The chip must be placed on the ankle of the team member who is competing.

All team members may accompany the relay rider who is running the race on foot in the last 80m of the race to cross the finish line together. The meeting point will be the entrance to the finish area.

Once the race is over, all team members will be able to access the cloakroom and final refreshment area.

IMPORTANT: There will be 3 classification modes for relay teams, one classification for men's relay teams, one for women's and one for mixed teams. If the winning teams do not attend the awards ceremony, they will not be given the trophy.



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 and SPRINT) there will be only one category for couples, either female, male and/or mixed.

IMPORTANT: There will be 3 classification modalities for couples, one classification for male couples, one for female couples and one for mixed couples. If the winning couples do not attend the awards ceremony, they will not be given the trophy.

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.



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 each modality: Short: 5km running (1 lap) + 56km cycling (5 laps) + 15km running (3 laps) Olympic: 5km running (1 lap) + 40km cycling (4 laps) + 10km running (1 lap). The start would be in the same established format. Sprint: 5km running (1 lap) + 20km cycling (2 laps) + 2.5km running (1 lap). The start would be in the same established format.
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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ENVIRONMENTAL MEASURES

The Challenge Barcelona Triathlon Organisation is committed to respecting the environment and for this reason the following measures will be taken to facilitate the recycling of waste and that is why we ask for the help of all participants, as well as their companions.

MEASURES TO BE TAKEN

On the running section you will find 3 refreshment stations, 2 of which will contain water and other FINISHER brand glucose gels. At the water refreshment stations run by Aigües de Barcelona you will be given biodegradable cups and once empty you must throw them into the strategically placed bins. At the glucose gel refreshment station, as they are containers of different types, you will have other bins. In this way, a correct selection of waste can be made in its correct container.

At the refreshment station at the end of the swim we will use the same system.

At the arrival area refreshment area, and on the way to the transition area to collect your material, you will find different containers and bins with signs that will indicate with images what products you can throw away, to facilitate the selective collection of waste.

The participants' T-shirts will be delivered without a plastic bag.

All the signage elements of the race will be reused for future editions.

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