

# ATHLETE'S GUIDE



## DUATHLON WORLD CHAMPIONSHIPS AVILÉS

v.3 - 29/10

\*For further information, please see the FAQs section on the website (<https://aviles.triathlon.org/faq/>), visit the Information Booth at the Expo area or send an email to [juancarlos.diez@triathlon.org](mailto:juancarlos.diez@triathlon.org)

Rev. 26.10

## Updates

- Opening ceremony Schedule
- Expo Schedule updated
- Official Merchandising
- Official Restaurants with Duathlon Menu
- Swimming pool training dates for Elite/U23/Junior/ParaTriathlon
- Swimming pool optional training dates for Age Groupers
- Welcome Packages
- Recovery Area
- COVID-19 test and Registration place for Elite, U23, Junior and ParaTriathletes
- How to proceed if any problema arises during your stay in Avilés
- Athletes' Waiver added at the end of the doc

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## Useful Contact Information

\*The Information Booth will be located at the [Expo](#) at the venue (Niemeyer Center). For general queries, please visit the Expo Booth.

Expo will be opened at the city center during the Registration times, and at the Niemeyer Center during the competition times.

## Key Contact Details

Executive Director

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Athletes' Services

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Accommodation and transfers

**Carlos Cuadrado** - [carlos.cuadrado@bcdme.es](mailto:carlos.cuadrado@bcdme.es)

## World Triathlon Team

Team Leader

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Technical Delegate

**Bex Stubbings (GBR)** - [bex.stubbings@hotmail.com](mailto:bex.stubbings@hotmail.com)

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**Mónica Flores (ESP)**- [monica.flores.ferreiro@gmail.com](mailto:monica.flores.ferreiro@gmail.com)

Head Referee

**Esther Sánchez Arribas (ESP)**

**Mónica Zubillaga Andueza (ESP)**

## Athlete's Guide Updates

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the Info Booth (located in the [Expo](#)). Any updated version of this Guide will be identified by the version number on the cover page (EX. V1, V2, V3...etc.).

For latest updates you can also visit <https://aviles.triathlon.org/faq/>

## General Info

### Schedule of Events

The Organizer of the **2021 Avilés Duathlon World Championships** is pleased to introduce the event schedule: 3 days in the city of Avilés (Principado de Asturias) with a full programme of sport and related activities.

There will be **TWO MAIN AREAS – NIEMEYER CENTER and CITY CENTER**

#### **NIEMEYER CENTER**

- a) Main venue
- b) Expo
- a) Transition Area
- b) Finish Area

#### **CITY CENTER**

- a) Registration
- b) Expo

### Main Locations

The sport venue is located at the Niemeyer Center.

<https://g.page/centro-niemeyer-asturias?share>

Avilés is a mid-sized city in northwest Spain, 10 km away from the Asturias International Airport (OVD). Located in the heart of the Asturian coastline, it is a singular tourist destination in the Asturian Natural Paradise. Noteworthy in Avilés are its picturesque historic quarter, the coastal beaches, the natural areas surrounding the city and the Oscar Niemeyer International Cultural Centre with its outstanding and original architectonic design.

The Historic quarter of Avilés, declared a Historic-Artistic Site, is regarded as the medieval town of Asturias. Strolling along its quiet and peaceful streets garnished with porticoes, squares, churches and palaces, one can walk through its history, from the 12th c. to the present time, among spaces and buildings representing Romanesque, Gothic, Baroque and Modernist architectonic styles.

The Oscar Niemeyer International Cultural Centre, the only work in Spain of the famed Brazilian architect, stands out as an exclusive space between the Avilés estuary (La Ría) and its historic quarter. The four buildings that make up the cultural complex meet at a large square, enveloping visitors in a singular atmosphere with the author's identity signs: human scale of the buildings, the different shapes that the curved line can trace the visual amplitude of the space and the white colour as the horizon roof.

The Niemeyer Centre welcomes all art and cultural manifestations: music, cinema, theatre, dance, exhibitions, gastronomy or “the word”. These cultural and art manifestations play a major role in its multidisciplinary cultural agenda with one common denominator:

**EXCELLENCE!**

Its objective, when created, was to become a benchmark in terms of cultural management in Iberoamerica and a bridge linking all its shores. Therefore, it has been conceived as a magnet to attract talent, knowledge and creativity, but also as a gateway in Asturias to the world. Oscar Niemeyer, the famed Brazilian architect, received the Prince of Asturias Award for Arts in 1989. In 2006, when the Awards were celebrating their first quarter of a century, the Prince of Asturias Foundation contacted all the award winners for them to join in, somehow, with the events to celebrate the 25th anniversary. “I am an architect and, therefore, I am good at designing buildings and that is what I shall do. I am going to design a building”. And he did so. On a white sheet paper he started to draw some curves to offer the best possible present.

Those first strokes, painted with a thick black marker, have become his only work in Spain and qualified by Niemeyer himself as “his most relevant work and the most beloved one abroad (not in Brazil)”.

In 2008, the first stone was placed and, from then on, the Niemeyer Centre started to implement its philosophy by means of different cultural activities with an outstanding global impact. Since 2007, the International Cultural Centre has been offering a wide range of cultural activities at different venues, mainly in Avilés, but also in Brasilia, Shanghai, Cannes, Madrid, Barcelona and Oviedo. Great masters of cinema, music, literature and science like Woody Allen, Kevin Spacey, Brad Pitt, Wim Wenders, Carlos Saura, Paulo Coelho, Nobel prize winner, Wole Soyinka, Vinton Cerf, Paco de Lucía, Yo-Yo Ma, Joan Manuel Serrat or Fernando Arrabal have visited Avilés to participate actively in this dream of education, culture and peace. Welcome to Asturias! Welcome to Avilés! Welcome to the Niemeyer Centre!



## VENUE LOCATIONS





## Schedule

Date	Start Time	End Time	Activity	Event	Location
05/11/2021	19:00		Opening Ceremony		City Town Hall
<b>06/11/2021</b>	<b>9:00</b>		<b>AG Sprint Duathlon WCH #First Start</b>	<b>AG Sprint</b>	<b>Niemeyer Center</b>
<b>06/11/2021</b>	<b>10:00</b>	<b>12:00</b>	<b>AG Sprint Duathlon WCH #Last Start</b>	<b>AG Sprint</b>	<b>Niemeyer Center</b>
<b>06/11/2021</b>	<b>13:15</b>	<b>15:15</b>	<b>Elite/U23 Women Duathlon WCH</b>	<b>Elite/U23 Women</b>	<b>Niemeyer Center</b>
<b>06/11/2021</b>	<b>16:10</b>	<b>18:10</b>	<b>Elite/U23 Men Duathlon WCH</b>	<b>Elite/U23 Men</b>	<b>Niemeyer Center</b>
06/11/2021	19:00		Medal ceremonies	Elite Women	City Town Hall
06/11/2021	19:10		Medal ceremonies	U23 Women	City Town Hall
06/11/2021	19:20		Medal ceremonies	Elite Men	City Town Hall
06/11/2021	19:30		Medal ceremonies	U23 Men	City Town Hall
06/11/2021	19:40		Medal ceremonies	AG Sprint	City Town Hall
<b>07/11/2021</b>	<b>9:00</b>		<b>AG Standard Duathlon WCH #First Start</b>	<b>AG Standard</b>	<b>Niemeyer Center</b>
<b>07/11/2021</b>	<b>9:30</b>	<b>13:00</b>	<b>AG Standard Duathlon WCH #Last Start</b>	<b>AG Standard</b>	<b>Niemeyer Center</b>
<b>07/11/2021</b>	<b>13:15</b>	<b>15:00</b>	<b>Paratriathlon Duathlon WCH</b>	<b>Paratriathlon</b>	<b>Niemeyer Center</b>
<b>07/11/2021</b>	<b>15:25</b>	<b>16:25</b>	<b>Junior Women Duathlon WCH</b>	<b>Junior Women</b>	<b>Niemeyer Center</b>
<b>07/11/2021</b>	<b>17:10</b>	<b>18:10</b>	<b>Junior Men Duathlon WCH</b>	<b>Junior Men</b>	<b>Niemeyer Center</b>
07/11/2021	19:00		Medal ceremonies	Paratriathlon	City Town Hall
07/11/2021	19:20		Medal ceremonies	Junior Women	City Town Hall
07/11/2021	19:30		Medal ceremonies	Junior Men	City Town Hall
07/11/2021	19:40		Medal ceremonies	AG Standard	City Town Hall

## Live Coverage

There will be Live Streaming of Elite events, via La Liga TV and triathlonlive.tv; you can find the APP in Google Play and Apple Store.

For updates, stay social and connect: Facebook (@worldtriathlon) / (@triatlonsp), Instagram (@worldtriathlon) / (@triatlonsp) and Twitter (@worldtriathlon) / (@triatlonsp).

All events will have live timing through the official APP (Sport Chip), that you can download in the following links

Apple Store <https://apps.apple.com/us/app/sportchip-live/id1420393528>

Android

[https://play.google.com/store/apps/details?id=com.sportmaniac\\_live\\_app\\_android.sportchip&hl=es&gl=US](https://play.google.com/store/apps/details?id=com.sportmaniac_live_app_android.sportchip&hl=es&gl=US)

## Further Services

Avilés has many interesting places to visit. The city and the province offers visitors a wide range of cultural and leisure activities. For further information:

<http://aviles.es/web/turismo>  
<https://www.turismoasturias.es/>

## Training

### COVID-19 specific

Training is only available for Elite, U23, Junior and Paratriathletes. There will be an identification process at the entrance of the training facilities.

Training will be available at La Magdalena Sport Complex

- 25 m indoor swimming pool
- Tuesday and Thursday 3 lanes from 10:30 to 15:30
- Wednesday and Friday 3 lanes from 11:45 to 15:45
- <http://aviles.es/web/deportes/centro-deportivo-de-la-magdalena>
- <https://goo.gl/maps/21824qYaRUsnn5kp9>

Age Groupers, they can Access the swimming pool at the specific times with a cost of 2,8 €

Athletes are recommended to keep distance during running sessions and during their session at the pool. **\*It is recommended to ring the pool to confirm availability**

The area offers a great variety of secondary roads, many of them overlooking the ocean. Try the roads from Avilés to Peñas Cape and Luanco village. Very nice and traffic-less!



## Mechanical Assistance

Bike Mechanical Assistance will be provided during the following days:

- Saturday to Sunday from 7 am at the venue

## Volunteers/Technical Officials (TOs)

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Volunteers will help with different aspects of the event's organisation such as supporting administration tasks and TOs, helping with protocol issues, access control and management, athletes' and spectators' support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to our World Championships!

**We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!**

## Transport

Arriving to Avilés/Asturias: Spain is a member of the European Union. Travel to and from Spain is governed by EU legislations framework. Therefore, different entry requirements may apply depending on where you're travelling from and your nationality. EU citizens do not need a visa; citizens from other countries may require a visa. If you travel to Spain from outside the Schengen Area, you may also require a visa.

### How to get to Avilés?

**By plane:** (OVD) Asturias, is the closest airport (15 km from the city). Also Santander and Bilbao are in less than 3 hours driving.

**By train:** there are many daily and frequent connections from Madrid. Further info here: [www.renfe.es](http://www.renfe.es).

**By bus:** there are daily connections from Madrid.

**By car:** you can drive to Avilés from the:

- From Madrid through A6
- From the northwest through A8
- From the northeast and France through A8

## Accommodation and transfer

BCD Meetings and Events is the official travel agency of the event for accommodation and transfer requests, please contact:

Carlos Cuadrado – [carlos.cuadrado@bcdme.es](mailto:carlos.cuadrado@bcdme.es)

Araceli Garcia - [araceligarcia@bcdme.es](mailto:araceligarcia@bcdme.es)

## Parking

It is easy to park in Avilés next to the venue; there are parking areas; the closest ones are:

- <http://www.parkinglaestacion.com/>
- <http://www.ruasa.com/p/ruasa-aparcamientos-aparcamiento-plaza-de-espana>

Also, you need to keep in mind that Avilés has Blue and Orange parking areas, that are free of use Saturday from 14.00 and Sunday all day.

More information here <http://www.oraaviles.com/>

Please, avoid parking in areas within the bike and run courses as the police will remove your car.

In case you are coming with autocaravan, there is a dedicated área with máximum of 5 spots fully equiped and more space available.

<https://goo.gl/maps/vQoxDL8kxFztRQTZ6>

To book an space, you need to send an email to [juancarlos.diez@triatlon.org](mailto:juancarlos.diez@triatlon.org) with the following details:

- Autocaravan plate
- Photo
- Date of arrival
- Date of departure

More information [https://www.areasac.es/aviles/asturias/aviles\\_1603\\_1\\_ap.html](https://www.areasac.es/aviles/asturias/aviles_1603_1_ap.html)

## Official Merchandising





## Information for Spectators

Race courses will be closed to traffic. However, there are many roads that will take you to junctions to cheer on your athlete. In general, spectators will be able to cheer on their athletes along the running course.

Crossing the Finish Line with your beloved athlete is FORBIDDEN. This is a World Championship event and spectators are not allowed to interfere with the race. Spectators will not be allowed into the Medical Tent as it is a clinical area with access medical personnel only. The athlete's Emergency Contact Person will be notified ASAP.

## Parallel Activities

From the 5th to the 7th of November, there will be a dedicated “Duathlon specific menú” at the designated restaurants in the city. This is something special prepared by these restaurants, that will give another experience to athletes and guests;



**LOS MENÚS DEL  
DUATLÓN  
AVILÉS 2021**

Descubre los menús más selectos  
de Avilés del **5 al 7 de Noviembre**

RTE - SIDRERÍA CASA MARIÑA AV DE ALEMANIA, 12	TABERNA EL ADELANTADO CL LA FERRERÍA, 17	THUNDERSGREEN CL PALACIO VALDÉS, 2
RTE - SIDRERÍA CASA LIN AV DE LOS TELARES, 3	L'ALFARERÍA CL LA FERRERÍA, 25	HOSTELERÍA PRESTOSO PZ DE ESPAÑA, 4
PÁSAME LA SAL CL ALFONSO VII, 2	TUERCEBOTAS CL GALIANA, 62	RESTAURANTE CASA TATAGUYO PZ DEL CARBAYEDO, 6
SIDRERÍA CABRUÑANA CL CABRUÑANA, 24	HOTEL 40 NUDOS - LA SERRANA CL LA FRUTA, 9	RTE - SIDRERÍA LA QUINTA ARAÑA PZ DEL CARBAYO, 15
APIÑON CL GALIANA, 30	RESTAURANTE LA DARSENA CL LLANO PONTE, 7	GASTROCHIGRE LA CANTINA DE VILLAGRE CL CAMINO DE LA FUENTE, 3 (VILLAGRE)
PUNTO DE ENCUENTRO - LA MADREÑA CL LA FERRERÍA, 3	RESTAURANTE CASA ALVARÍN CL LOS ALAS, 2	
	RTE - PIZZERÍA IL FOCOLARE CL CABRUÑANA, 42	



RTE.-SIDRERIA CASA MARISA	AV DE ALEMANIA, 12	AVILES
RTE.-SIDRERIA CASA LIN PASAME LA SAL	AV DE LOS TELARES, 3 CL ALFONSO VII, 2	AVILES AVILES
SIDRERIA CABRUÑANA	CL CABRUÑANA, 24	AVILES
RTE.-PIZZERIA IL FOCOLARE APIÑON	CL CABRUÑANA, 42 CL GALIANA, 30	AVILES AVILES
TUERCEBOTAS	CL GALIANA, 62	AVILES
TABERNA EL ADELANTADO	CL LA FERRERIA, 17	AVILES
L'ALFARERIA	CL LA FERRERIA, 25	AVILES
PUNTO DE ENCUENTRO - LA MADREÑA	CL LA FERRERIA, 3	AVILES
HOTEL 40 NUDOS-LA SERRANA	CL LA FRUTA, 9	AVILES
RESTAURANTE LA DARSENA	CL LLANO PONTE, 7	AVILES
RESTAURANTE CASA ALVARIN	CL LOS ALAS, 2	AVILES
THUNDERSGREEN	CL PALACIO VALDES, 2	AVILES
HOSTELERIA PRESTOSO	PZ DE ESPAÑA, 4	AVILES
RESTAURANTE CASA TATAGUYO	PZ DEL CARBAYEDO, 6	AVILES
RTE.-SIDRERIA LA QUINTA ARAÑA	PZ DEL CARBAYO, 15	AVILES
GASTROCHIGRE LA CANTINA DE VILLALEGRE	CL CAMINO DE LA FUENTE, 3	VILLALEGRE-AVILES

## Anti-Doping Policy

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

**\*\*All athletes must ensure they carry their official identification (Photo ID)\*\***

Further info on Anti-Doping Rules can be found [HERE](#).

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race, for example, after picking up your Registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain the procedure to you but you need to be aware that you have certain rights and responsibilities.

You have the right to:

- a) Appoint a representative of your choice to accompany you to Doping Control.
- b) Request the services of an interpreter in case you do not have a good command of English (if required).
- c) Request additional information about the Doping Control procedure.
- d) Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)
- e) Request necessary modifications if you have a disability.
- f) Note any concerns with the Doping Control process on the Doping Control Form.
- g) Request part "B" of your sample be analysed to confirm a positive result.
- h) A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

- a) Be aware of, and comply with, the World Anti-Doping Code and the ITU Anti-Doping Rules.
- b) Be aware of which substances are not allowed and are included in the Prohibited List.
- c) Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check them before the event. As an Age Group athlete you may apply for a retroactive TUE but it is not guaranteed, so you may want to request one no later than 30 days prior to racing.
- d) Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
- e) Control your sample until it is sealed in the sample collection kit.

- f) Ensure the sealed sample collection kit is secure and identified.
- g) Ensure all documentation is accurate.

You must carry with you an ID/passport with photo when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti-Doping Stand at the Expo where our volunteers will clarify your doubts and answer your questions. You can also check the Age Group Anti-Doping section on [www.triathlon.org](http://www.triathlon.org).

An Anti-Doping Age Group Q&A is available:

[https://www.triathlon.org/multimedia/video/age\\_group\\_anti\\_doping\\_qa1](https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1).

## Race Rules & Penalties

- a) To check World Triathlon Rules, please click [HERE](#).
- b) To check World Triathlon FAQ, please click [HERE](#).
- c) To check the event FAQ, please click [HERE](#).
- d) To clarify any rules, please contact the Head Referees.

### Uniform Rules

At the World Championships, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the World Triathlon Competition Rule Book.

Arm covers may be used. The decision rests with Technical Delegate in consultation with the Medical Delegate (if applicable) to allow or make mandatory long sleeves.

Please note the following amendment of the rules:

[https://www.triathlon.org/news/article/change in the age group uniform rule.](https://www.triathlon.org/news/article/change-in-the-age-group-uniform-rule)

Click [HERE](#) to check the approved national uniforms.

## Weather Conditions

In november, average temperatures are between 10°C and 12°C during the day. Avilés is the perfect destination in autumn as it is not expected to have cold weather.

### Bad Weather

The Race Organizers and the World Triathlon reserve the right to cancel or change the race profile for safety reasons. This could be any combination of events that we deem safe and fair. In the slim chance that the event must be cancelled or postponed due to bad weather, there will be no refunds or deferrals. A large amount of your race fee will already have been allocated to resources before the day of the race! Thanks for your understanding!

## Pre-Race Information

### Bike Familiarisation

There will be ParaTriathlon, Junior and Elite bike familiarization on Friday at 16.00, 2 laps escorted by the police.

### Athletes' Registration & Package Pick Up

**AGE GROUP:** Registration will be at Plaza Domingo Alvarez Acebal (next to the city center <https://goo.gl/maps/uUfUDFKadt9cmL9>) and will be opened as the following schedule.



- Thursday 4; from 17:00 to 20:00
- Friday 5; from 10:00 to 19:00
- Saturday 6; from 10:00 to 14:00 (only AG Standard)

It is mandatory to come at any of these specific times; if for some reasons, you can not come during these times, you have to email [juancarlos.diez@triatlon.org](mailto:juancarlos.diez@triatlon.org)

**ELITE:** Package Pick Up will take place from 10.15 to 11.15 at Casa de la Cultura (<https://goo.gl/maps/dxTkCgUqnx1PTZ1bA>).

**JUNIOR:** Package Pick Up will take place from 11.15 to 12.15 at Casa de la Cultura (<https://goo.gl/maps/dxTkCgUqnx1PTZ1bA>).

**PARATRIATHLON:** Package Pick Up will take place from 12.15 to 13.15 at Casa de la Cultura (<https://goo.gl/maps/dxTkCgUqnx1PTZ1bA>).

## AG Registration Procedure

### 1. Register and confirm your BIB number.

### 2. Once data have been verified, you will be given:

- a wristband;
- a welcoming package (only 1 per athlete, even if you register for two events!!!).
  - Bag
  - T-shirt
  - Dedicated and exclusive beer
  - Post card with post value



On Friday, from 11.30 to 13.30; and from 17:00 to 19:00 visit the dedicated Postal Station at the Expo Area (Plaza Domingo Alvarez Acebal) and get your postcard “officially”

stamped with the official Duathlon World Championships Stamp with value of 5th of November



We will put into circulation a special commemorative postmark, as well as a personalized postcard, issued by the Post Office of the Kingdom of Spain at our request.

The personalized stamp is already printed on the card, with rate A (national postage). Anyone who wants to send it to their family, friends, etc., can write it and postmark it on the post office that we will be at the Expo in Alvarez Acebal (Friday from 11.30 to 15.30, and from 15.00 to 19.00) at the dedicated booth. You can also send letters, envelopes and any postal document you want to send through the Post Office.

The special commemorative postmark serves to "commemorate" an important event and will be reflected in the postal history of Avilés. This postmark can only be used on November 5, and after 8 days it will be destroyed.

Additionally, you will receive an envelope including the following items:

- a) your bib number;
- b) stickers; helmet (x3), bike (x1), cloakroom (x1);

### 3. Gift Pick Up

- a) Each athlete will be given ONE World Championship gift NOT one per event!!!

Please make sure you fill in and print out your Waiver form before registering. The form can be found at the end of the document. Wristbands must be worn during the whole event until it has finished. Each event has a different wristband and will only grant access to Transition Area during the specific event.

Athletes are welcome to check the Start Lists with their bib numbers, names, surnames, nationalities, etc. on the website prior to the event: [HERE](#).

Should you spot any mistake, please contact your National Federation.

## Briefings

Due to the COVID-19 outbreak, all the briefings will be virtual.

14:00-14:45pm Thursday - AG online briefing. To register click [HERE](#)

15:00-15:45pm Thursday - Para briefing. To register click [HERE](#)



16:30-17:00pm Thursday - Junior briefing. To register click [HERE](#)

18:00-18:45pm Thursday - Elite and U23 briefing. To register click [HERE](#)

The recorded video briefings will be uploaded onto [www.triathlon.org](http://www.triathlon.org)

## **Bike and Gear Check In + Race day Transition Area Check In**

Helmets and cycling shoes can be placed in the Transition Area, at your designated spot. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as leaving their shoes attached to their bike upon arrival at the Transition Area. All used equipment must be placed inside the bins/boxes supplied by the organiser. No loose gear will be allowed on the ground next to the bicycles following Transition.

Please label all your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

There will be signs and volunteers at the Transition Check In to help you check in your gear and rack your bike in the right spot.

As you enter Transition Area to check in your bike, your bike/helmet will be subject to a MANDATORY bike/helmet check. Please ensure your bike is in safe working conditions. Securely fasten all equipment you may carry with you. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

Your bike shoes can be placed on your bike.

The Check In will take place on the following days and times:

## **BIKE CHECK IN FOR AGE GROUP ATHLETES**

**Place:** Transition Area

**Date and time:**

- b) Sprint: 6<sup>th</sup> November 7:00 am to 9:00 am.
- c) Standard: 7<sup>th</sup> November from 7:00 am to 9:00 am.

**What to bring:**

- a) Helmet.
- b) Bicycle.
- c) Uniform.
- d) Any nutrition/liquid that you want to leave on your bike (optional).

Bike mechanics will be available and bike pumps will be available in the Transition Area on race morning. Athletes are allowed to bring their own pump into transition but, like any other piece of equipment that is not to be used during the race, and they should NOT remain in the Transition Area during the event.

Uniform check will take place upon arrival to the Transition Area. You will have access to your bike to drop your equipment and nutrition at your designated area.

Marking your transition spot is FORBIDDEN. All marks will be removed by Technical Officials, including towels, without prior notice. Portable toilets will be available near the Transition Area before and after the race.

Morning gear that you do not need for the race CANNOT BE LEFT IN THE TRANSITION AREA. Please take everything you do not need for your race to the cloakroom.

Remember that the use of bib number during the run courses is mandatory.

## **ATHLETES' LOUNGE and TRANSITION CHECK IN for Elite / Paratriathlon**

Bike and equipment check will take place at the Athletes' Lounge on race day.

### **ELITE**

#### **Athletes' Lounge Check In**

**Date:** 6<sup>th</sup> of November

**Time:**

- **Female:** From 11:45 to 12:45
- **Male:** From 14:40 to 15:40

**Place:** Niemeyer Center

#### **Transition Check In**

**Date:** 6<sup>th</sup> of November

**Time:**

- **Female:** From 12:15 to 13:00
- **Male:** From 15:20 to 16:00

**Place:** Elite Transition Area

### **PARATRIATHLON**

**Date:** 7<sup>th</sup> of November

#### **Athlete's Lounge Check In**

**Time:** From 11:45 to 12:45

**Place:** Niemeyer Center

#### **Transition Check In**

**Date:** 7<sup>th</sup> of November

**Time:** From 12:15 to 13:00

**Place:** Elite Transition Area

### **JUNIOR**

#### **Athletes' Lounge Check In**

**Date:** 7<sup>th</sup> of November

**Time:**

- **Female:** From 14:00 to 15:00
- **Male:** From 15:40 to 16:40

**Place:** Niemeyer Center

#### **Transition Check In**

**Date:** 7<sup>th</sup> of November

**Time:**

- **Female:** From 14:40 to 15:10
- **Male:** From 16:15 to 16:55

**Place:** Elite Transition Area

## Timing Information / Tracking

All events will have live timing through the official APP. Further information shortly.

### Important chip information for Age Group athletes:

- a) The timing chip must be picked up during the race package pick up.
- b) The timing chip is attached to the neoprene velcro strap. It must be worn around the ankle during the race.
- c) Athletes must wear their timing chip to take part in the event.
- d) Be sure to wear the chip provided to you. Be careful not to swap it with a friend by mistake as this will affect the results.
- e) If you lose your chip during the event, please contact a Technical Official when you get to the Transition Area.
- f) The timing chip must be returned at the Finish Area.
- g) There is a 10 € penalty fee if you lose your timing chip.

## Race Information

### Start times

Start Time	Activity	Event
9:00:00	AG Sprint Duathlon WCH #First Start	AG Sprint
10:00:00	AG Sprint Duathlon WCH #Last Start	AG Sprint
13:15:00	Elite/U23 Women Duathlon WCH	Elite/U23 Women
16:10:00	Elite/U23 Men Duathlon WCH	Elite/U23 Men
9:00:00	AG Standard Duathlon WCH #First Start	AG Standard
9:30:00	AG Standard Duathlon WCH #Last Start	AG Standard
13:15:00	Paratriathlon Duathlon WCH	Paratriathlon
15:25:00	Junior Women Duathlon WCH	Junior Women
17:10:00	Junior Men Duathlon WCH	Junior Men

WCH = World Championships

## Age Group Sprint

Start	Wave#	Format	Category	Bib Number range	Per cat	Per "Wave"
9:00	1	Sprint	16-19 Male AG	1001-1016	14	61
		Sprint	20-24 Male AG	1017- 1038	20	
		Sprint	25-29 Male AG	1039-1067	27	
9:05	2	Sprint	30-34 Male AG	1068-1099	29	68
		Sprint	35-39 Male AG	1100-1141	39	
9:10	3	Sprint	40-44 Male AG	1142-1195	50	50
9:15	4	Sprint	45-49 Male AG	1196-1241	42	42
9:20	5	Sprint	50-54 Male AG	1242-1298	53	53
9:25	6	Sprint	55-59 Male AG	1299-1339	38	69
		Sprint	60-64 Male AG	1340-1373	31	
9:27	7	Sprint	65-69 Male AG	1374-1396	21	48
		Sprint	70-74 Male AG	1397-1409	12	
		Sprint	75-79 Male AG	1410-1422	12	
		Sprint	80-84 Male AG	1423-1426	3	
		Sprint	85+ Male AG		0	
9:35	8	Sprint	16-19 Female AG	1427-1432	5	58
		Sprint	20-24 Female AG	1433-1440	7	
		Sprint	25-29 Female AG	1441-1458	16	
		Sprint	30-34 Female AG	1459-1472	13	
		Sprint	35-39 Female AG	1473-1491	17	
9:40	9	Sprint	40-44 Female AG	1492-1517	24	59
		Sprint	45-49 Female AG	1518-1540	21	
		Sprint	50-54 Female AG	1541-1556	14	
9:45	10	Sprint	55-59 Female AG	1557-1580	22	40
		Sprint	60-64 Female AG	1581-1591	10	
		Sprint	65-69 Female AG	1592-1597	5	
		Sprint	70-74 Female AG	1598-1600	3	
		Sprint	75-79 Female AG		0	
		Sprint	80-84 Female AG		0	
		Sprint	85 + Female AG		0	

## Age Group Standard

Start	Block#	Format	Category	Bib Number range	Per cat	Per "Wave"
9:00	1	Standard	18-19 Male AG	2001-2016	4	82
		Standard	20-24 Male AG	2017-2038	10	
		Standard	25-29 Male AG	2039-2067	12	
		Standard	30-34 Male AG	2068-2099	23	
		Standard	35-39 Male AG	2100-2141	33	
9:05	2	Standard	40-44 Male AG	2142-2195	49	49
9:10	3	Standard	45-49 Male AG	2196-2241	37	37
9:15	4	Standard	50-54 Male AG	2242-2298	44	75
		Standard	55-59 Male AG	2299-2339	31	
9:20	5	Standard	60-64 Male AG	2340-2373	26	57
		Standard	65-69 Male AG	2374-2396	14	
		Standard	70-74 Male AG	2397-2409	9	
		Standard	75-79 Male AG	2410-2422	5	
		Standard	80-84 Male AG	2423-2426	3	
		Standard	85+ Male AG		0	
9:25	6	Standard	18-19 Female AG	2427-2432	0	47
		Standard	20-24 Female AG	2433-2440	3	
		Standard	25-29 Female AG	2441-2458	7	
		Standard	30-34 Female AG	2459-2472	11	
		Standard	35-39 Female AG	2473-2491	9	
		Standard	40-44 Female AG	2492-2517	17	
9:30	7	Standard	45-49 Female AG	2518-2540	21	54
		Standard	50-54 Female AG	2541-2556	9	
		Standard	55-59 Female AG	2557-2580	14	
		Standard	60-64 Female AG	2581-2591	6	
		Standard	65-69 Female AG	2592-2597	2	
		Standard	70-74 Female AG	2598-2600	2	
		Standard	75-79 Female AG		0	
		Standard	80-84 Female AG		0	
		Standard	85 + Female AG		0	

## Event Details

### AG SPRINT DUATHLON

RUN – 5,1 km	1 lap
BIKE – 21,2 km	2 laps
RUN- 2,8 km	1 lap

### ELITE

RUN – 10,4 km	4 laps
BIKE – 39.6 km	6 laps
RUN- 5,2 km	2 laps

### AG STANDARD

RUN – 10 km	2 laps
BIKE – 42 km	2 laps
RUN- 5 km	1 lap

### PARATRIATHLON

RUN – 5,1 km	1 lap
BIKE – 20 km	4 laps
RUN- 2,6 km	1 lap

### JUNIOR

RUN – 5,1 km	2 laps
BIKE - 20 km	3 laps
RUN- 2,6 km	1 lap



## Course Information

### AG SPRINT

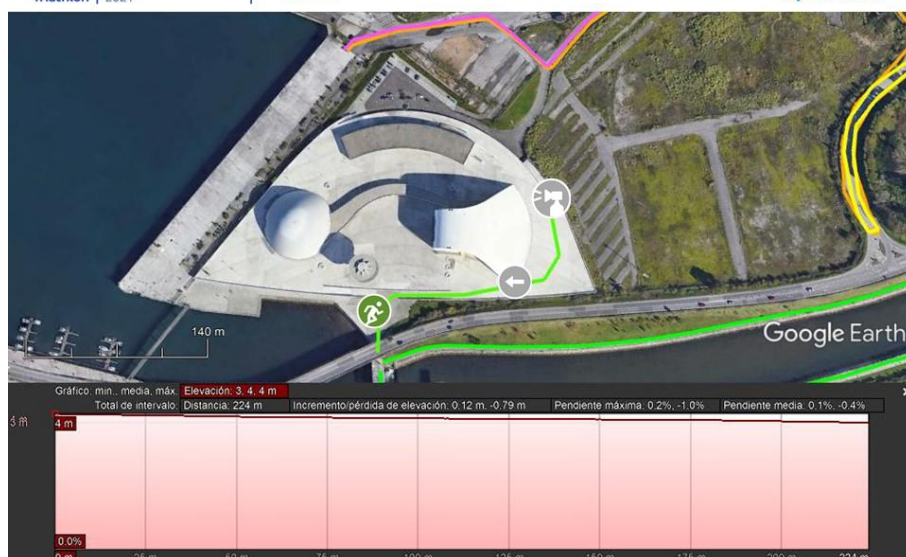
## GENERAL VIEW AG GROUP SPRINT



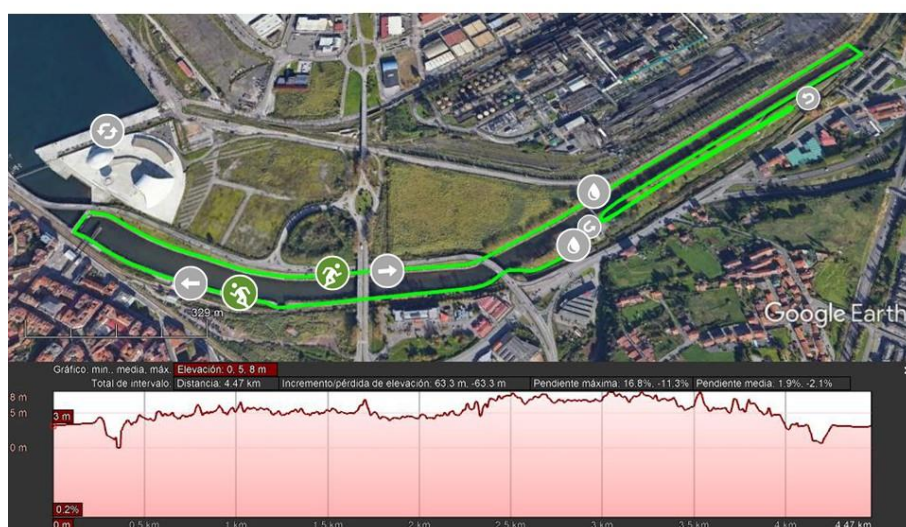
## VENUE LOCATIONS



## START 0,25 km

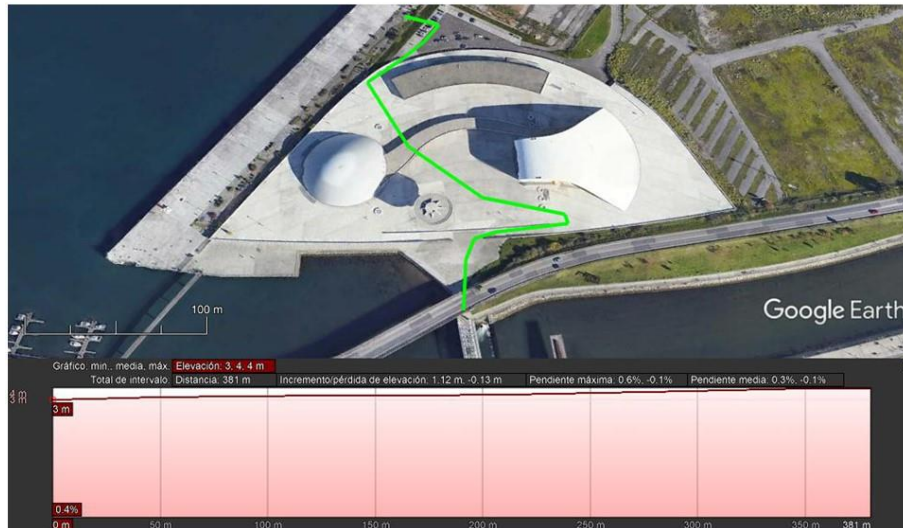


## RUN #1 1 lap x 4,5 km





## RUN #1 (end of the run) 0,4 km



## TRANSITION #1



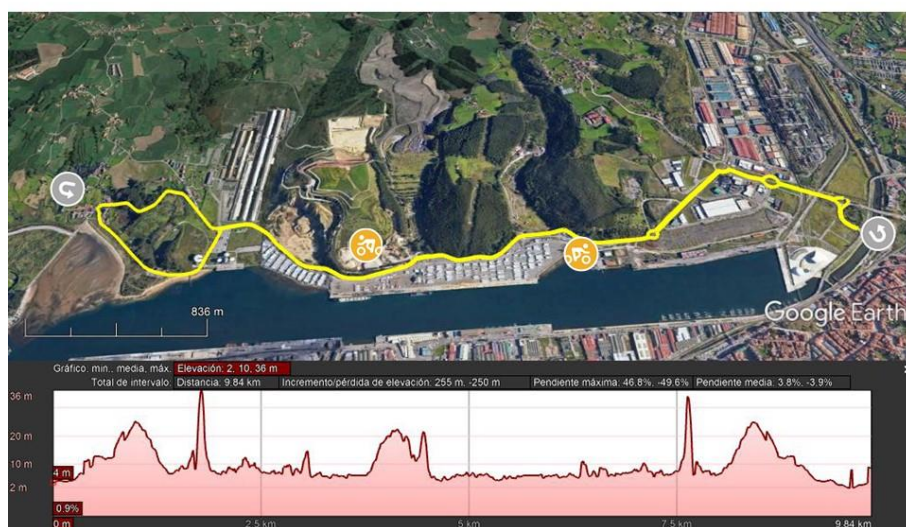
## START OF THE BIKE

1 km



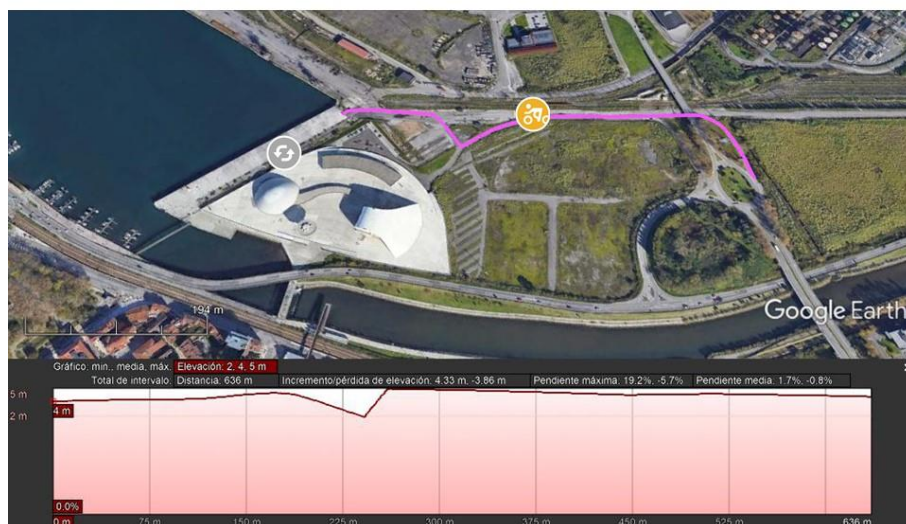
## BIKE

2 laps x 9,8 km

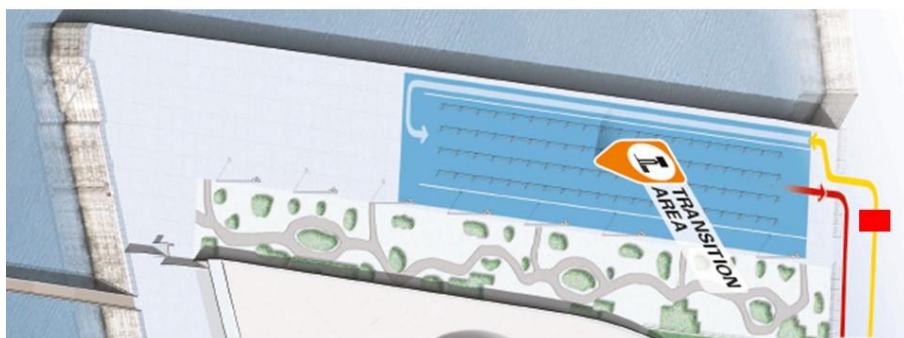


## END OF THE BIKE

0,6 km



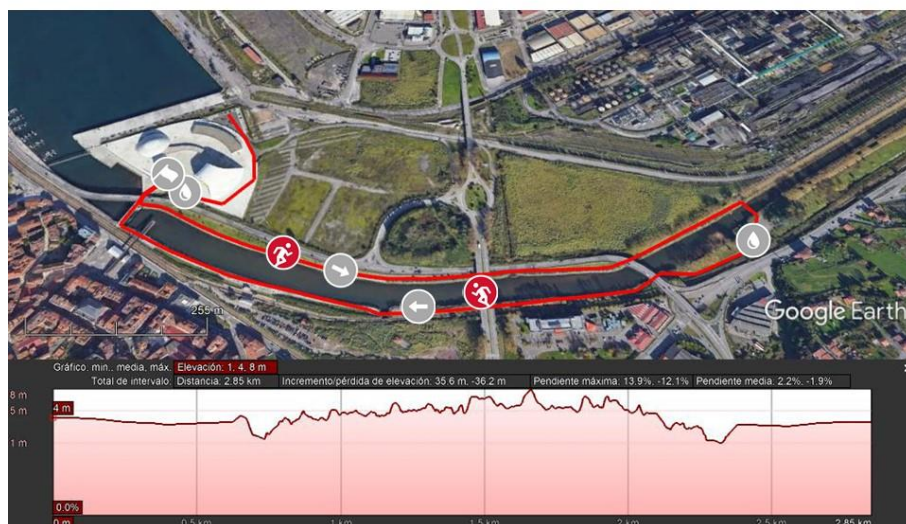
## TRANSITION #2





## RUN #2

1 lap x 2,8 km



## ELITE and U23

### GENERAL VIEW



### START 0,25 km

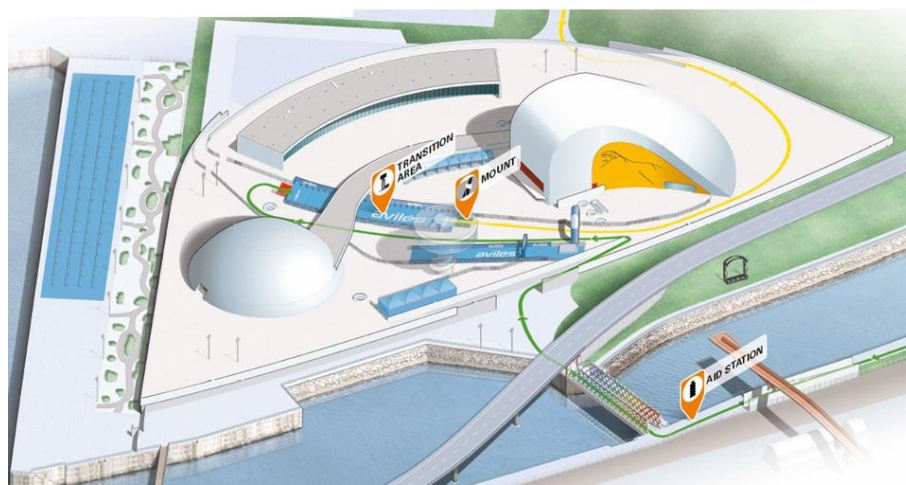


## RUN #1

4 laps x 2,6 km



## TRANSITION #1



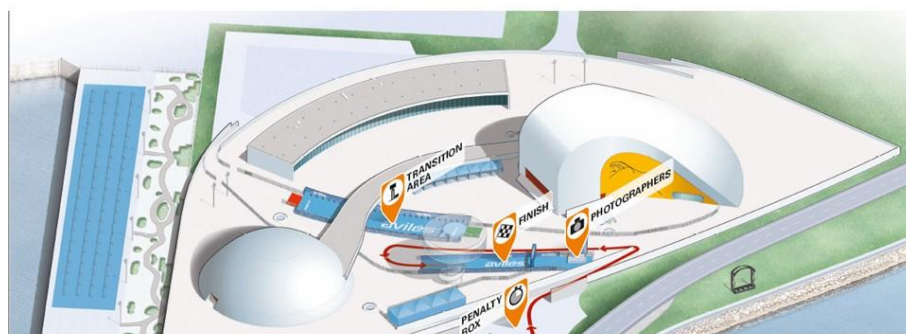


## RUN #2

2 laps x 2,6 km

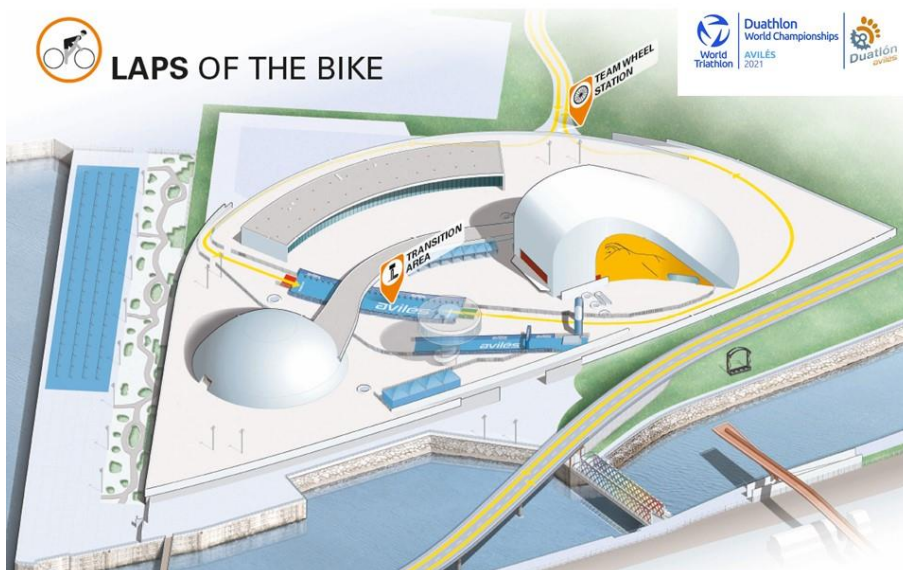


## FINISH



## BIKE

6 laps x 6,6 km



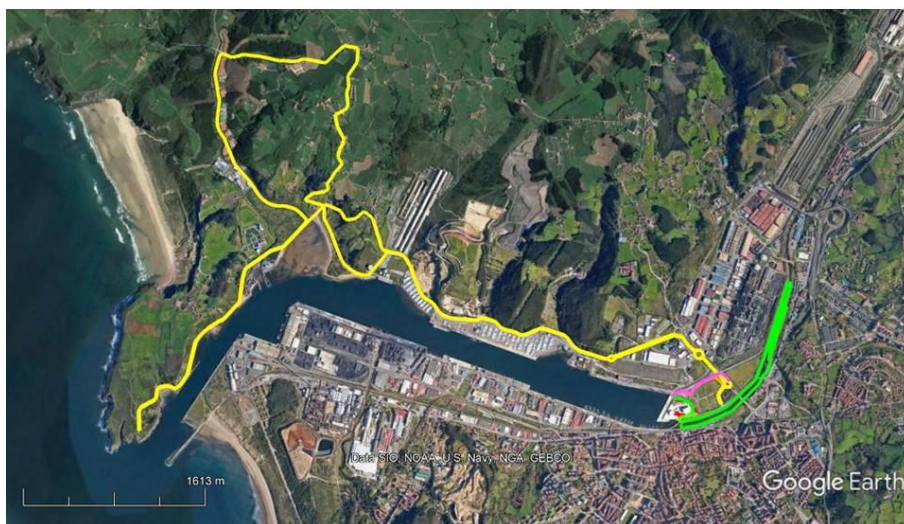
## TRANSITION #2





## AGE GROUP STANDARD

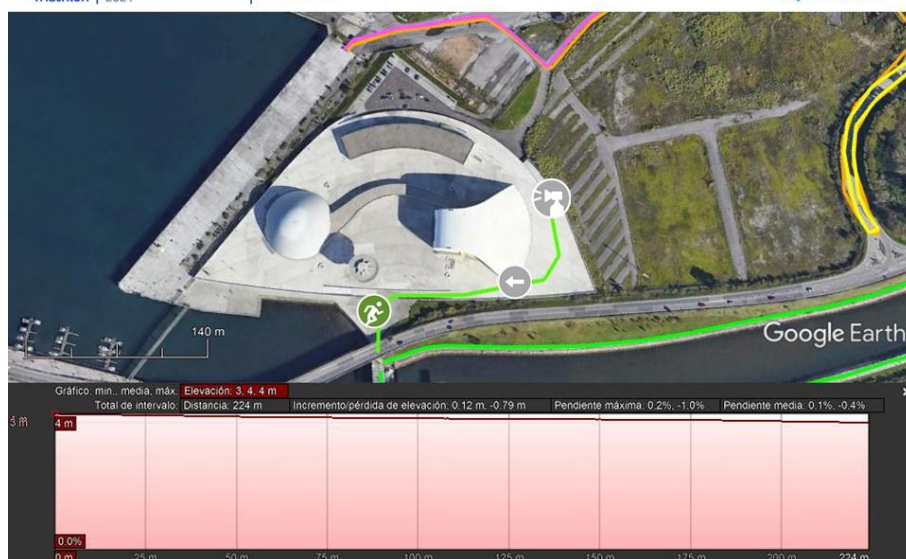
## GENERAL VIEW AG GROUP STANDARD



## VENUE LOCATIONS



## START 0,25 km

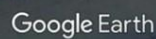


## RUN #1 2 laps x 4,5 km





0,4 km



## TRANSITION #1



## START OF THE BIKE

1 km

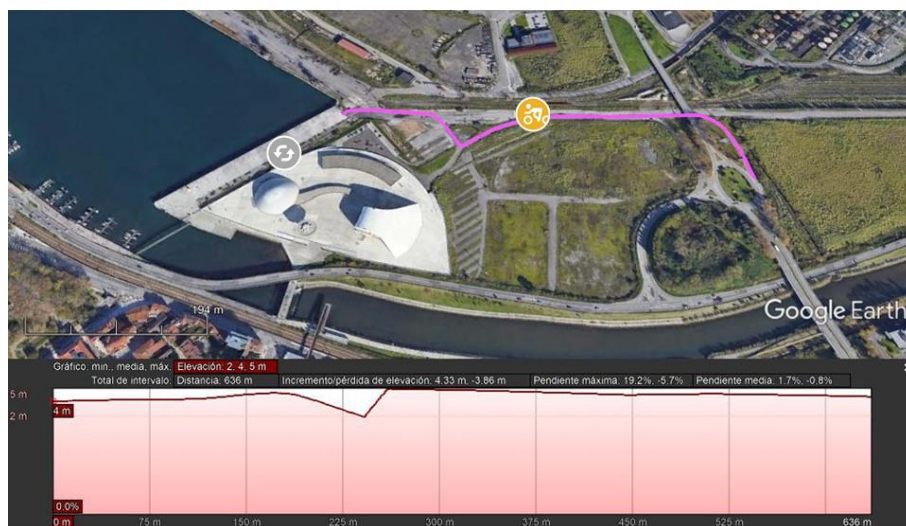


## BIKE

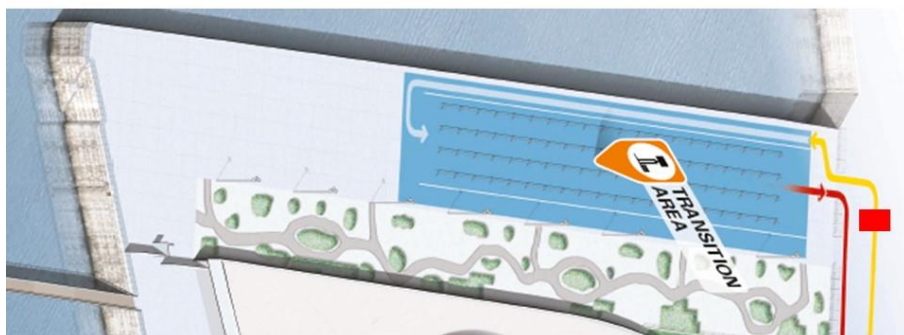
2 laps x 20,2 km



## END OF THE BIKE 0,6 km

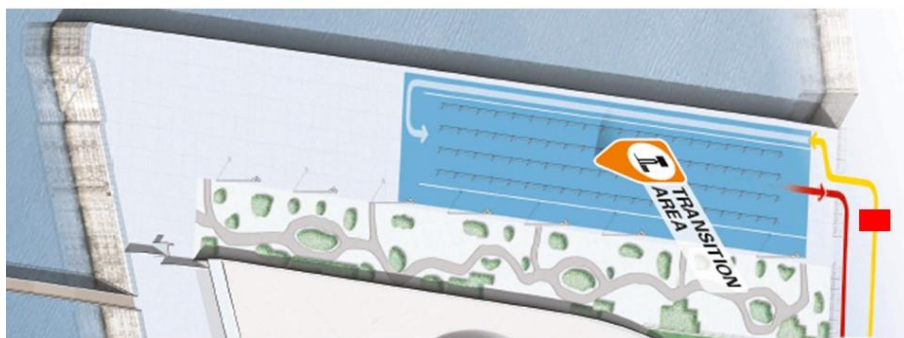


## TRANSITION #2





## TRANSITION #2

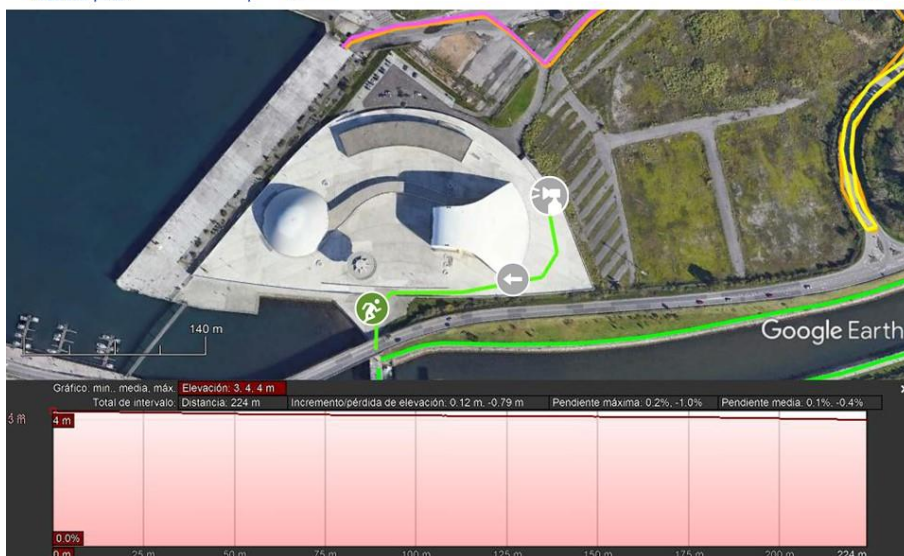


## PARATRIATHLON

### GENERAL VIEW

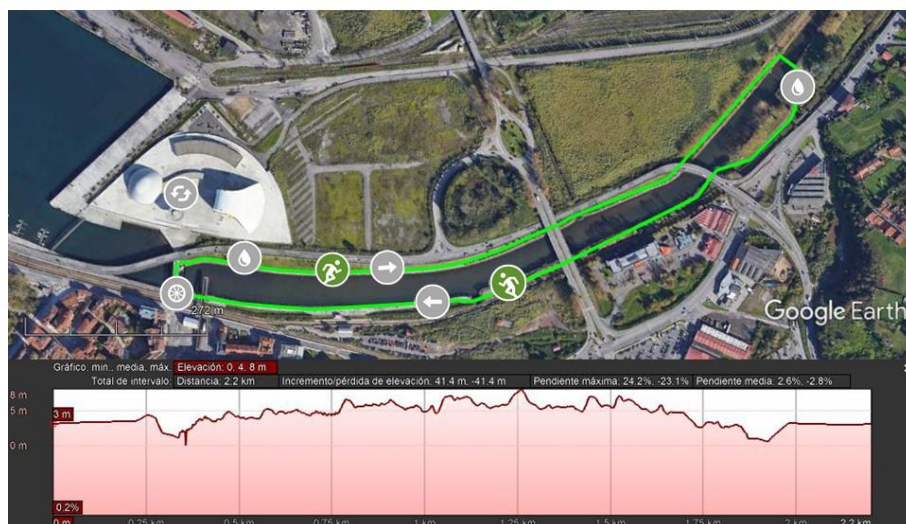


### START 0,25 km



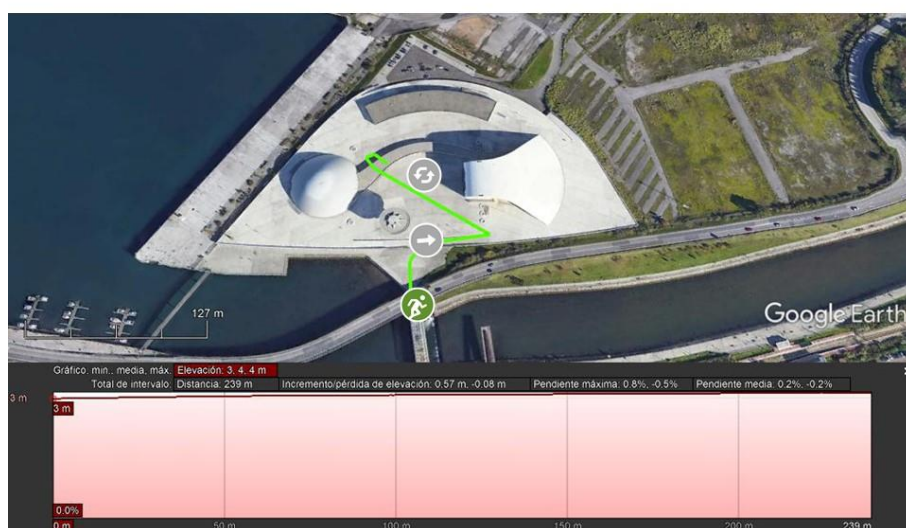
## RUN #1

2 laps x 2,2 km



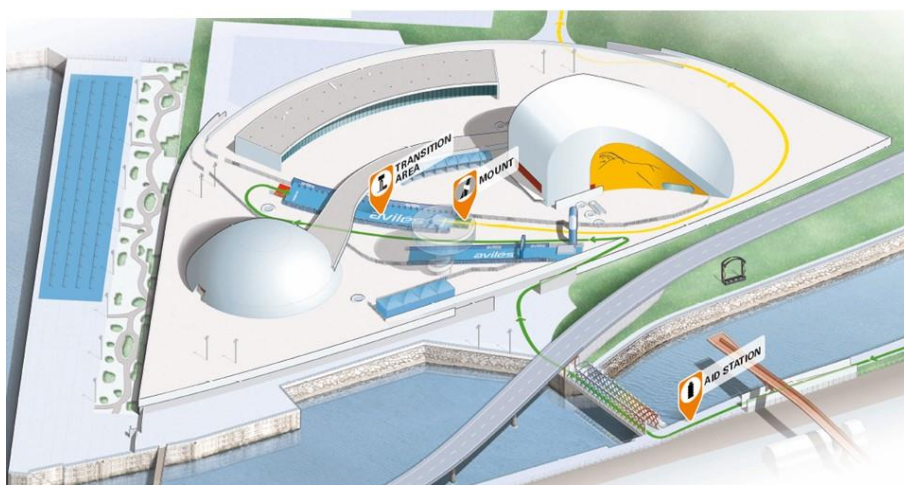
## RUN #1

0,25 km

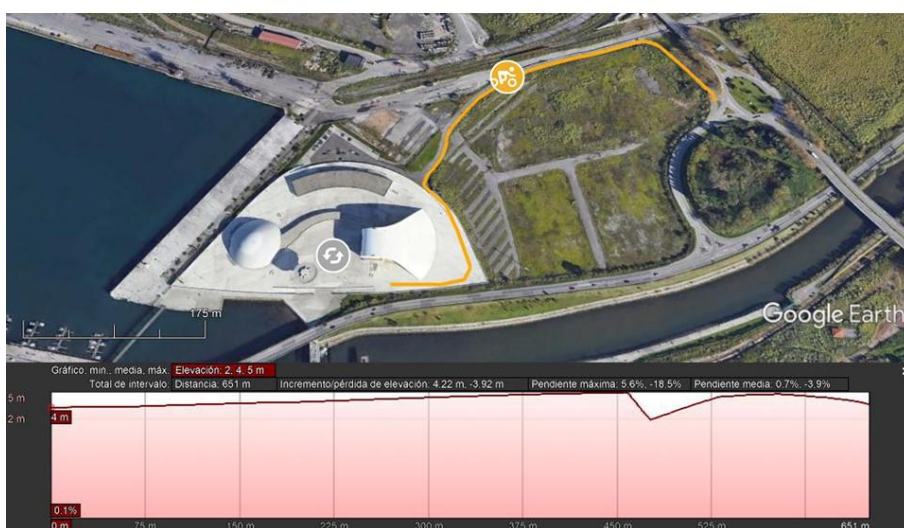




## TRANSITION #1



## START OF THE BIKE 0,65 km

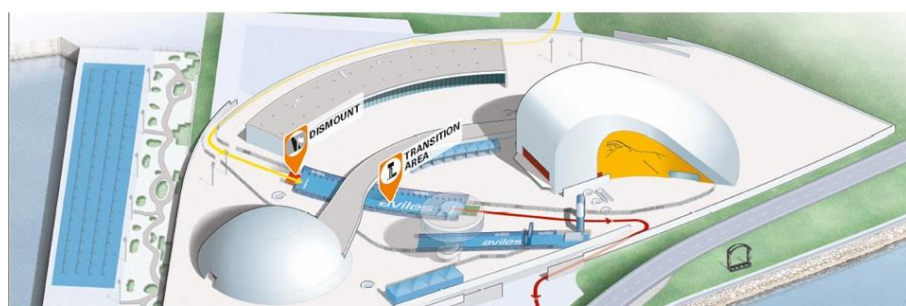


## BIKE

4 laps x 4,5 km

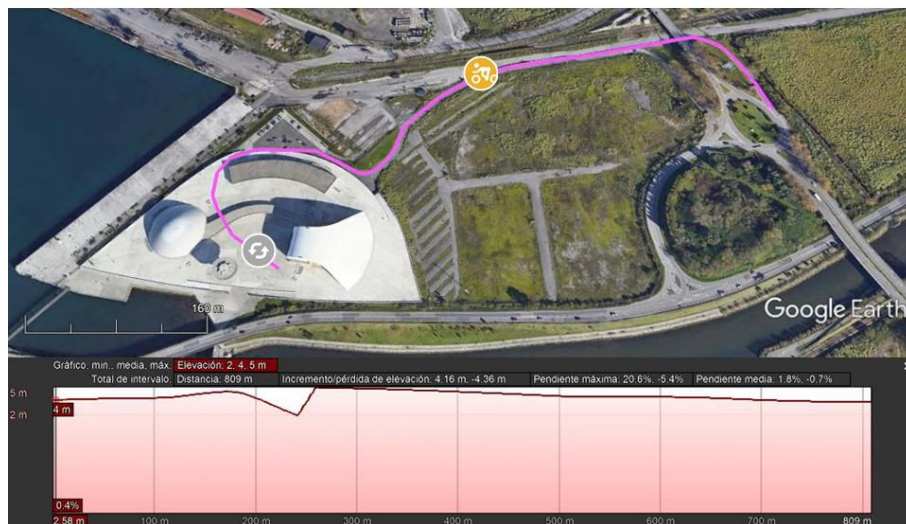


## TRANSITION #2



## END OF THE BIKE

0,8 km

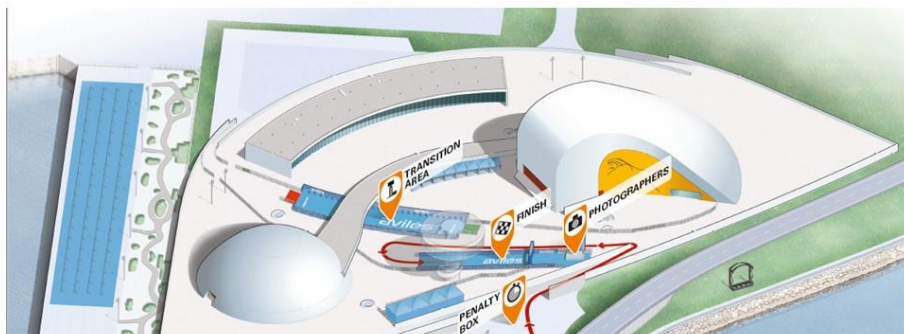


## RUN #2

1 lap x 2,6 km

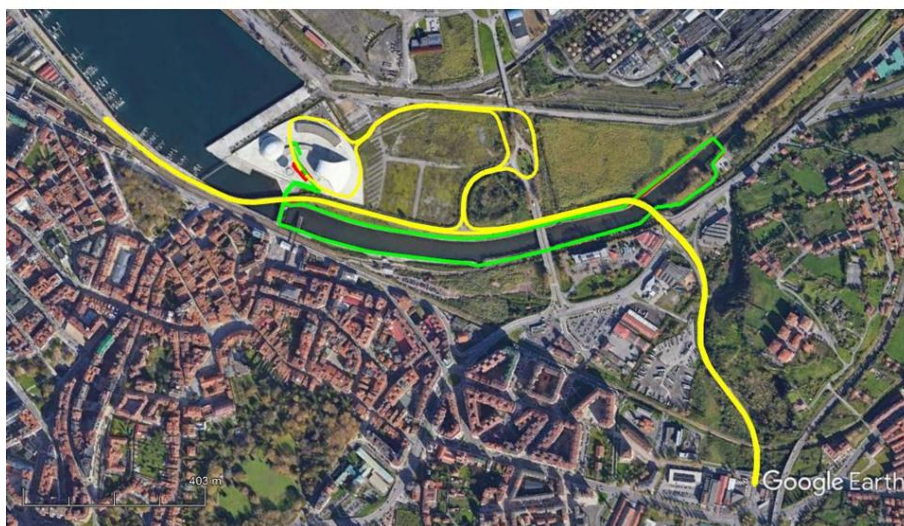




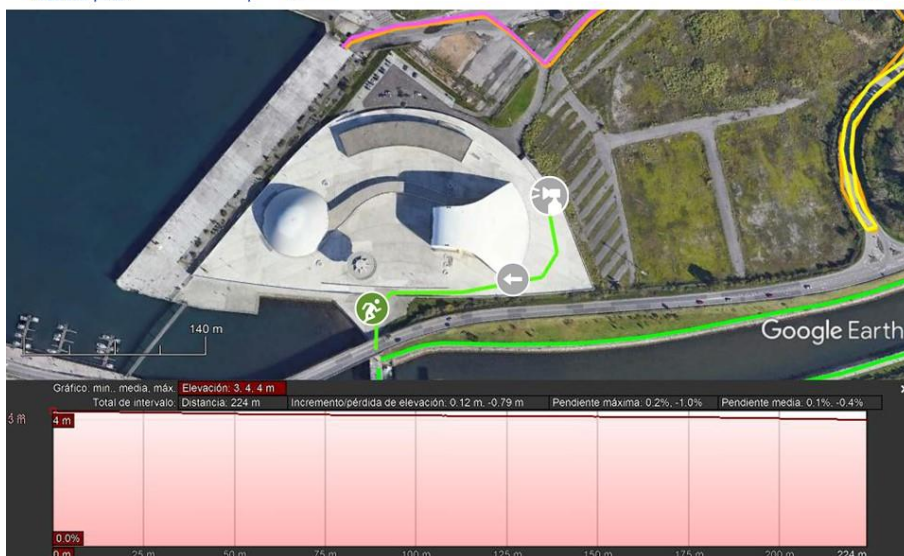


## JUNIOR

### GENERAL VIEW



### START 0,25 km



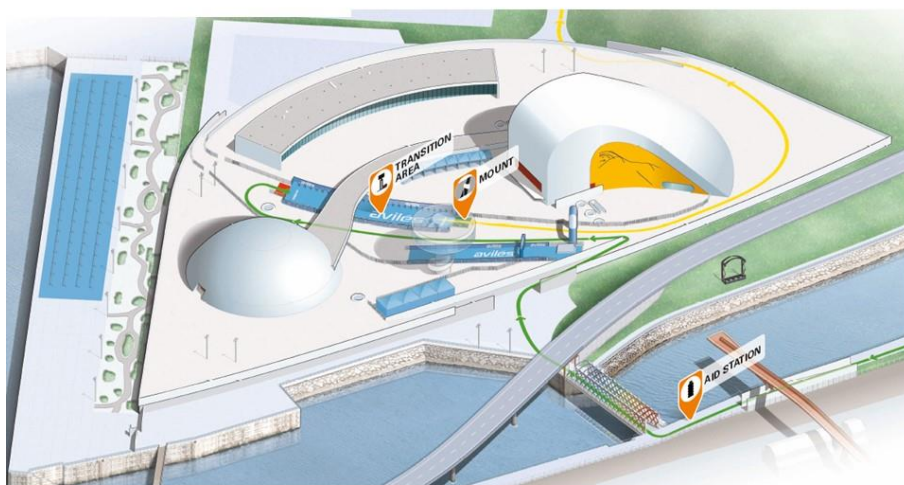


## RUN #1

2 laps x 2,6 km



## TRANSITION #1

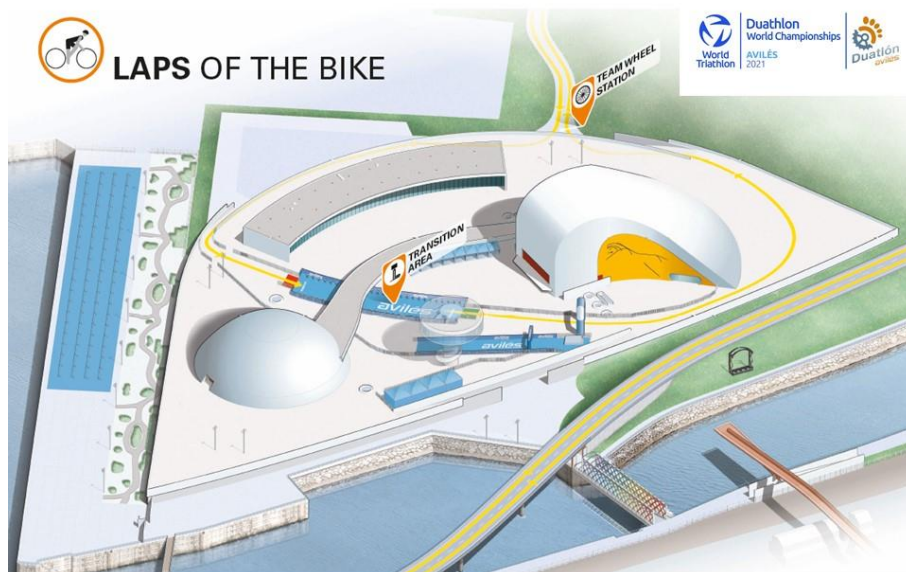


## BIKE

3 laps x 6 km

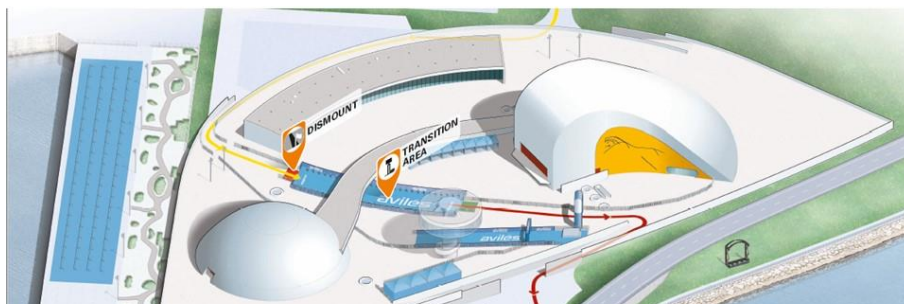


## LAPS OF THE BIKE

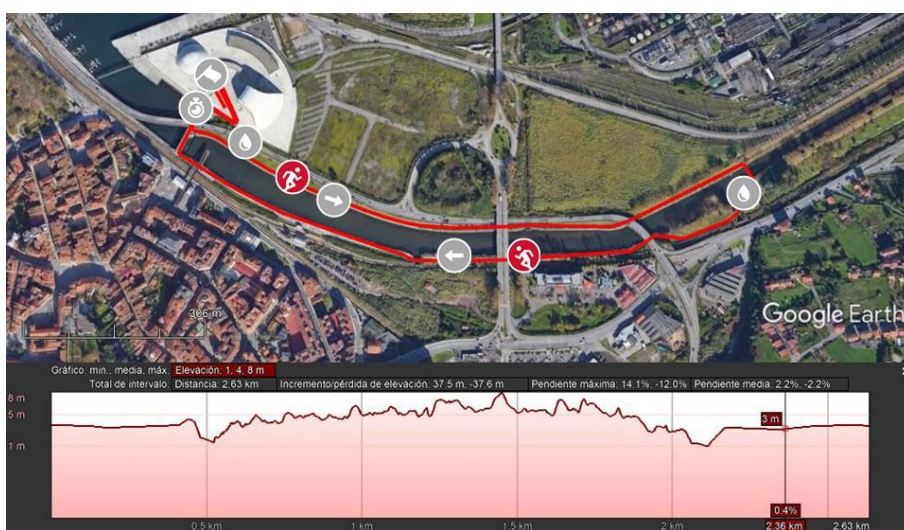


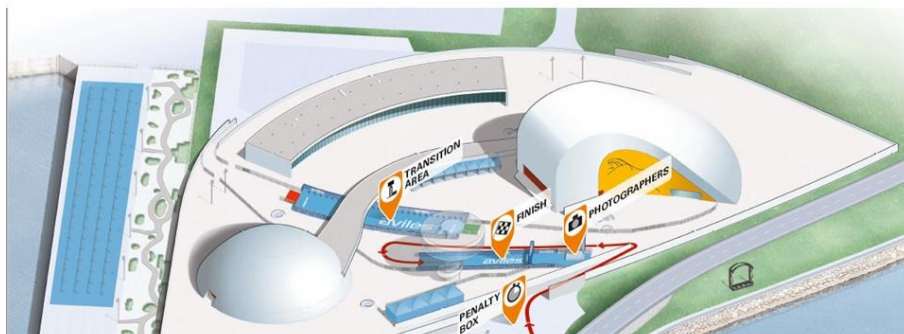


## TRANSITION #2



## RUN #2 1 lap x 2,6 km





## Aid Stations

### AG SPRINT

- Run #1 2 aid stations per lap delivering water
- Run #2 2 aid stations per lap delivering water

### ELITE

- Run #1 2 aid stations per lap delivering water
- Run #2 2 aid stations per lap delivering water

### STANDARD

- Run #1 2 aid stations per lap delivering water
- Bike 1 aid station per lap delivering isotonic drink in bottle
- Bike 1 aid station per lap delivering water
- Run #2 2 aid stations per lap delivering water

### PARATRIATHLON

- Run #1 2 aid stations per lap delivering water
- Run #2 2 aid stations per lap delivering water

### JUNIOR

- Run #1 2 aid stations per lap delivering water
- Run #2 2 aid stations per lap delivering water

## **TOILETS**

There will be toilets at the following spots:

- a) Post Finish Area.
- b) Age Group Transition Area
- c) Age Group Run Course
- d) Age Group Bike Course
- e) Athletes Lounge (only for Elite and Paratriathletes)

## **Cut off times**

AG Sprint:

- 11:15 start second lap of the bike
- 11:45 end of the bike
- 12:15 end of the race

AG Standard:

- 11:30 start second lap of the bike
- 12:30 end of the bike
- 13:00 end of the race

## Post-Race Information

### Age Group Finisher Gift

All finisher athletes will receive:

- a) Sprint Duathlon: medal
- b) Standard Duathlon: medal

## Post-Race Recovery Area

The Recovery Area will be located near the Finish Area, and will be staffed with;

- Water
- Powerade
- Beer
- Juices
- Fresh Cheese
- Chocolate biscuits
- Coffee
- Fruit
- Jelly Beans

## Bike and Gear Pick Up

Congratulations! You are a Finisher! Now you have to pick up your bike and gear from the Transition Area. Do remember to pick up your bag from the cloakroom. The Avilés Duathlon World Championships is not responsible for the gear left behind.

Sprint Duathlon athletes can start to Check Out from **11:45 until 13.00h**

Standard Duathlon athletes can start to Check Out from **12:30 until 14:00h**

Double check your gear to be sure you have all your belongings with you. Our volunteers will do their best to check that each athlete's bib number matches the number on his/her bike and gear when he/she leaves the Transition Area.

## Post-Race Recovery Service

Complex will provide to all athletes a recovery service free of charge

## Showers

Due to Covid19 outbreak this service is not provided.

## Results

Results will be posted at the Recovery Area. They will also be uploaded up onto the Official Event APP (FETRI).

## Photo Service

An official photographer will be at the Finish Line.

## Medal Engraving



Commemorate your achievement! Engrave your FINISHER time on your medal! You can book this service online, just go [HERE](#) and pay € 10 until 4th of November. Or also, after crossing the Finish Line go to the Recovery Area and pay € 15.

## Awards

The Awards Ceremony will take place at the venue. You have to be present to receive your medal. If you cannot attend the Medal Ceremony, your Team Manager or one of your team mates can pick it up on your behalf at the end of ceremony.

### Elite/Junior/Paratriathlon

- Ambush marketing rules apply.
- As per World Triathlon Competition rules:
  - Athletes must wear the uniform during the whole competition and award ceremony. Long sleeves and long pants are allowed for the Medal Ceremony.
  - Elite/Paratriathlon athletes are not allowed to carry their country flag when they step up to receive their medals; flag-raising ceremony and national anthem of the winner.

### Age Group

- Please dress up according to World Triathlon Competition rules:
  - Athletes must wear the uniform during the whole competition and award ceremony. Long sleeves and long pants are allowed for the Medal Ceremony.
  - Children are not allowed on the podium.
  - If you cannot attend the Medal Ceremony, your Team Manager or one of your team mates can pick up your medal at the end of the ceremony.

### Prize Money (Elite - male and female)

Prize Money will be awarded according to the Elite Finish Line crossing order and will be wired by World Triathlon.

### Medal Ceremonies / Schedule

Date	Start Time	Activity	Event
06/11/2021	19:00	Medal ceremonies	Elite Women
06/11/2021	19:10	Medal ceremonies	U23 Women
06/11/2021	19:20	Medal ceremonies	Elite Men
06/11/2021	19:30	Medal ceremonies	U23 Men
06/11/2021	19:40	Medal ceremonies	AG Sprint
07/11/2021	19:00	Medal ceremonies	Paratriathlon
07/11/2021	19:20	Medal ceremonies	Junior Women
07/11/2021	19:30	Medal ceremonies	Junior Men
07/11/2021	19:40	Medal ceremonies	AG Standard

## Closing Ceremony

Considering the COVID-19 outbreak, there won't be a closing ceremony

## Lost and Found

Have you lost anything? Should you lose any item, please go to the Lost & Found Office at the Expo, next to the place where you will pick up your welcoming package with your bib numbers, at the Venue. LOCATION [HERE](#).

## Any issue during you stay at the city?

### SAFETY TIPS

-  When using public transport, keep your handbag in front of you and use the front pockets of your clothes.
-  When withdrawing money from a cash point, be careful nobody is watching.
-  Always keep an eye on your personal belongings even when checking-in at hotels.
-  Do not post your holidays plans on social media.

### CONTACT

This is the National Police emergency telephone number if you want to report a crime, make a complaint or obtain information.

 **POLICIA NACIONAL**

 **091**



ALERTCOPS this is an App that can be used to contact the Police. It allows the Police to receive information on crimes or risky situations in case of you being a victim or a witness.

### WHERE TO MAKE COMPLAINT

-  **AT THE POLICE STATION**
-  **ON LINE**  
[www.policia.es](http://www.policia.es)
-  **SATE**  
TOURIST ATTENTION SERVICE

The SATE is a Police office for attending tourists who have been victims of a crime, police experts offering personalized attention using interpreters in different languages.

### TOURIST TELEPHONE COMPLAINTS SERVICE

 **902 102 112**

Attended by police officers.

*9-21 Horas. C.A.V.*

*10€  
12€  
17€  
19€*



INFO PAPER: 126-21-069-8 INFO EN LINEA: 126-21-070-0  
DEPOSITO LEGAL: M-30988-2021

### CONSEJOS DE SEGURIDAD PARA TURISTAS





### SAFETY TIPS FOR TOURISTS

## POLICIA NACIONAL

## COVID-19 Specific

### **Elite/Elite coaches/TOs/World Triathlon Staff**

to respect the travel regulations by the country

### **Antigen Test done by LOC:**

Friday 5th November (Niemeyer Center)

10:00-11:00 Elites

11:00-12:00 Juniors

12:00-13:00 Para

### **AG**

to respect the travel regulations by the country

Age Groupers as well as persons in close contact to Age Groupers (TOs, LOC staff, coaches, volunteers, etc.) please always wear the MASK ON (covering nose and mouth) and keep the appropriate and mandatory distance. Thanks for your help to ensure a free COVID19 environment!

**(DON'T) BREAK A LEG!!!! ENJOY THE EXPERIENCE!!!**

## WAIVER – RELEASE OF LIABILITY

Please read this acknowledgment, waiver and release from liability carefully:

I understand that competing in the 2021 World Triathlon Duathlon Championships Aviles events involves swimming in lake, cycling, running or walking on public roads and property used by the public. I am aware of the risks involved. The risks include but are not limited to vehicle traffic, pedestrians, actions of competitors, spectators, event personnel, weather conditions and my physical and mental state of health. In my judgement I have sufficient competence and experience to participate safely. I certify that I am sufficiently trained for participation in these events. I have not been advised by a qualified medical person against competing in these events. Should I be advised by a qualified medical person against competing in these events, prior to the date of competition, I will notify World Triathlon/LOC and withdraw my entries into these events. I certify I have my own liability, accident and health insurance with the necessary coverage for my participation in the 2021 World Triathlon Duathlon Championships Aviles. The World Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc.

I accept and consent to the World Triathlon Competition Rules and the Athlete's Guide available on World Triathlon's website at [www.triathlon.org](http://www.triathlon.org).

I accept that photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

In consideration of my acceptance of entry into these 2021 World Triathlon Duathlon Championships Aviles sanctioned events, I agree that the LOC and officials, World Triathlon and Federación Española de Triatlón, its directors, employees, subcontractors, volunteers, members and sponsors shall not be liable for injuries or loss I might suffer because of my participation in these events.

The LOC has put enhanced health and safety measures in place due to the potential spread of COVID-19, that are in accordance with World Triathlon COVID-19 rules. I shall follow all instructions while visiting any event-related venue, whether posted or otherwise communicated verbally or in writing. An inherent risk of exposure to COVID-19 exists in any place where people are present and may be contracted from other person(s) (including but not limited to any co-participant; spectator; Organizer staff, representative, volunteer, or contractor; and/or any other person(s)). By visiting any event-related venue, I voluntarily assume all risks related to exposure to covid-19, so I (or my child, if applicable) may participate in the event and the activities.

### **DATA POLICY**

I agree and consent for the following:

- To World Triathlon and the LOC processing and keeping my personal data in any format, including but not limited to my full name, gender, country, year of birth, sport, Sport Class, Sport Class Status, category, email address, phone number **to comply with as a condition of participating in World Triathlon events for as long as this information is useful in accordance with GDPR, LPrD (<https://triathlon.org/privacy-notice>) and the article 5.3 of the International Standard for the Protection of Privacy and Personal Information (hereinafter "ISPPPI")**.
- World Triathlon publish on World Triathlon's website my full name, gender, year of birth, country, category, Sport Class and Sport Class Status as well as Anti-Doping results.
- That my name, email address being shared by World Triathlon for commercial purposes with all World Triathlon Global Sponsors (including but not limited to NTT, Asics, Havoline, Fujitsu), World Triathlon Championship Series, World Cup and World Championships Global Sponsors and Local Competition Organisers Committee.
- That World Triathlon provides all the data collected for these events to the Olympic Channel (IOC) for its development and use.
- That my full name, year of birth, gender, country, category, Sport Class being shared by the LOC to Datasport in order to publish the race results on the website page.
- That photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

As a participant in the 2021 World Triathlon Duathlon Championships Aviles, I verify that I have read and understood the present waiver and policies. **By signing this Waiver, I understand and consent to the DATA POLICY:**

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Guardian Name (for participants under the age of 18): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_