

BRIEFING

ICAN TRIATHLON GANDIA 2020

OCTOBER 17th, 2020



Ican TRIATHLON

FULL & HALF ICAN GANDIA
October 17, 2020 GANDIA - SPAIN

www.icantriathlon.com

WELCOME TO GANDIA!

INTRODUCTIONS

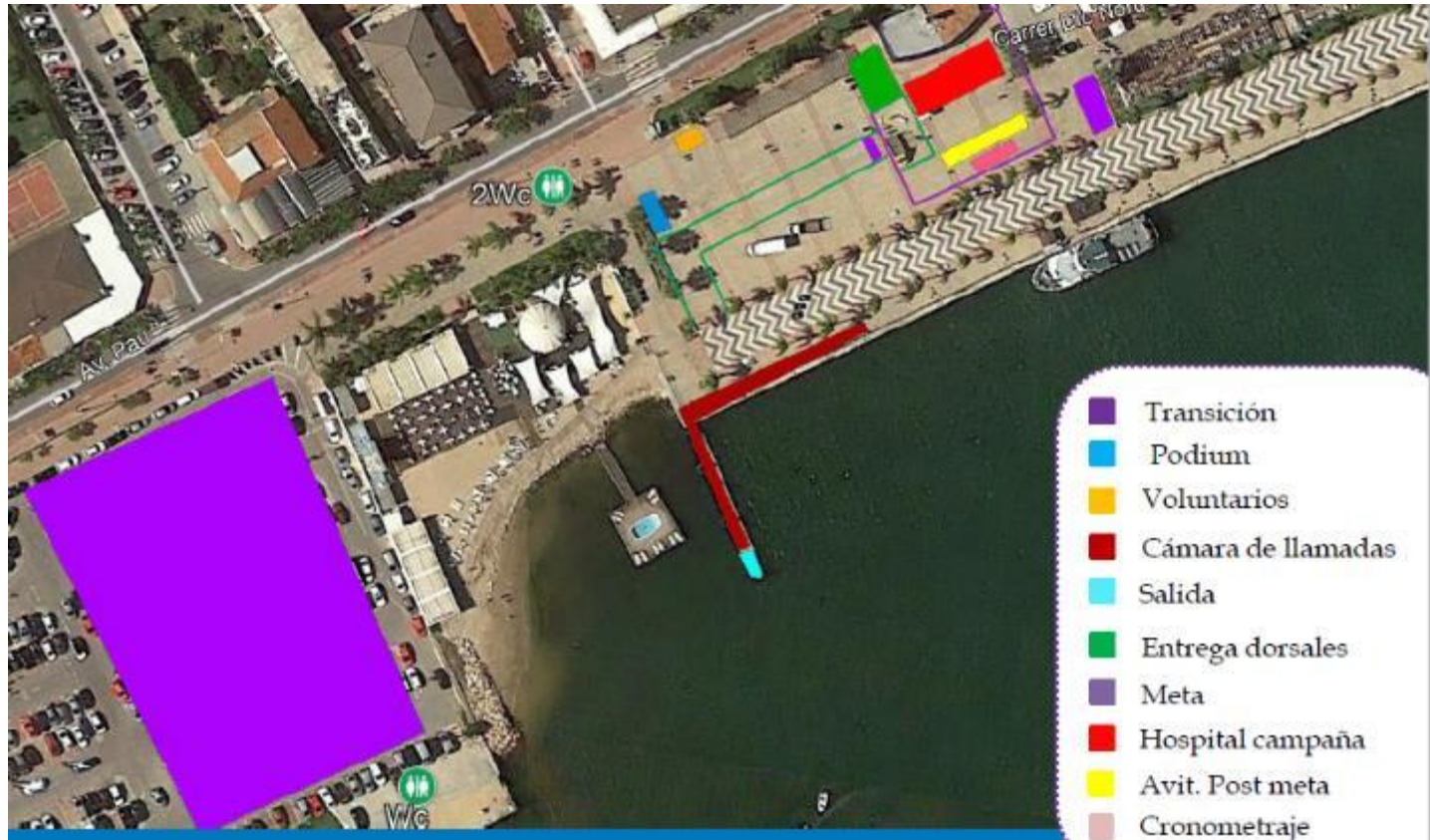
- **Águeda Soria, Technical Delegate**
- **Carolina García, Head Referee**
- **Alejandro Gómez, Race Director**

COMPETITION JURY

- **Águeda Soria, Technical delegate**
- **Arturo Navarro, representative FTCV**
- **José Luis Juan, representative FTCV**

SERVICES

- Cloakroom: not available
- Physiotherapy: not available
- Bike repair service: close to the transition area (pre-event)
- Showers: not available





SCHEDULE

WEDNESDAY, OCTOBER 14th

- 17:30h Briefing in English
- 18:30h Briefing in Spanish

SCHEDULE

FRIDAY, OCTOBER 16th

- 16:00-20:00h collection of race numbers and bags
- 16:00-20:00h Mechanical repair service

SCHEDULE

SATURDAY, OCTOBER 17th

06:30 - 07:45 Collection race numbers

06:45 - 07:45h Open the transition area

06:45 - 07:45h Bike repair service: Transition area (pre-race)

7:45h Opens the waiting zone before HALF swim course

8:00h **START HALF ICAN**

8:10h Opens the waiting zone before FULL swim course

8:20h **START FULL ICAN**

13:00h Award ceremony HALF ICAN GANDIA 2020 (3 first men and women)

SCHEDULE

SATURDAY, OCTOBER 17th

17:00h Close bike control (deadline for bike race)

17:00h Award ceremony for the 3 first man in FULL distance

21:00h Award ceremony for the 3 first women in FULL distance

13:00h - 23:30h Check-out opens

23:45h Close check-out control (deadline for race)

SCHEDULE

SUNDAY, OCTOBER 18th

**10:30 - 12:00h Collection of medals for AGG
(tent close to the finish line)**

RACE NUMBERS AND BAGS

- On Friday and Saturday at the finish area. Paseo Marítimo Gandía (at the seafront)
- Bags should be left at the transition area on Saturday

HALF COURSE



Swim: 1 lap of 1900 m

Bike: 3 laps of 30 km

Run: 3 laps of 7 km

FULL COURSE



Swim: 2 laps of 1900 m

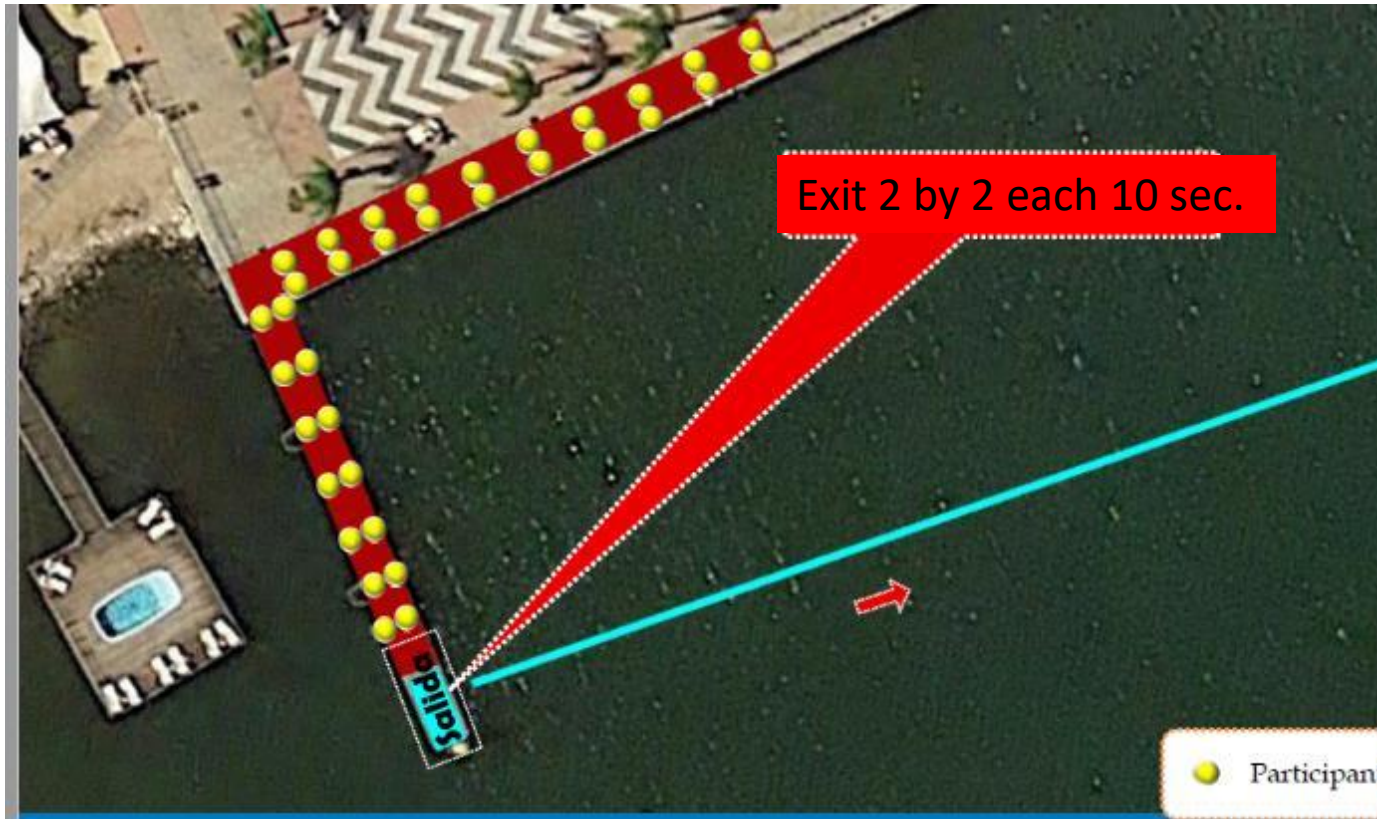
Bike: 6 laps of 30 km

Run: 6 laps of 7 km

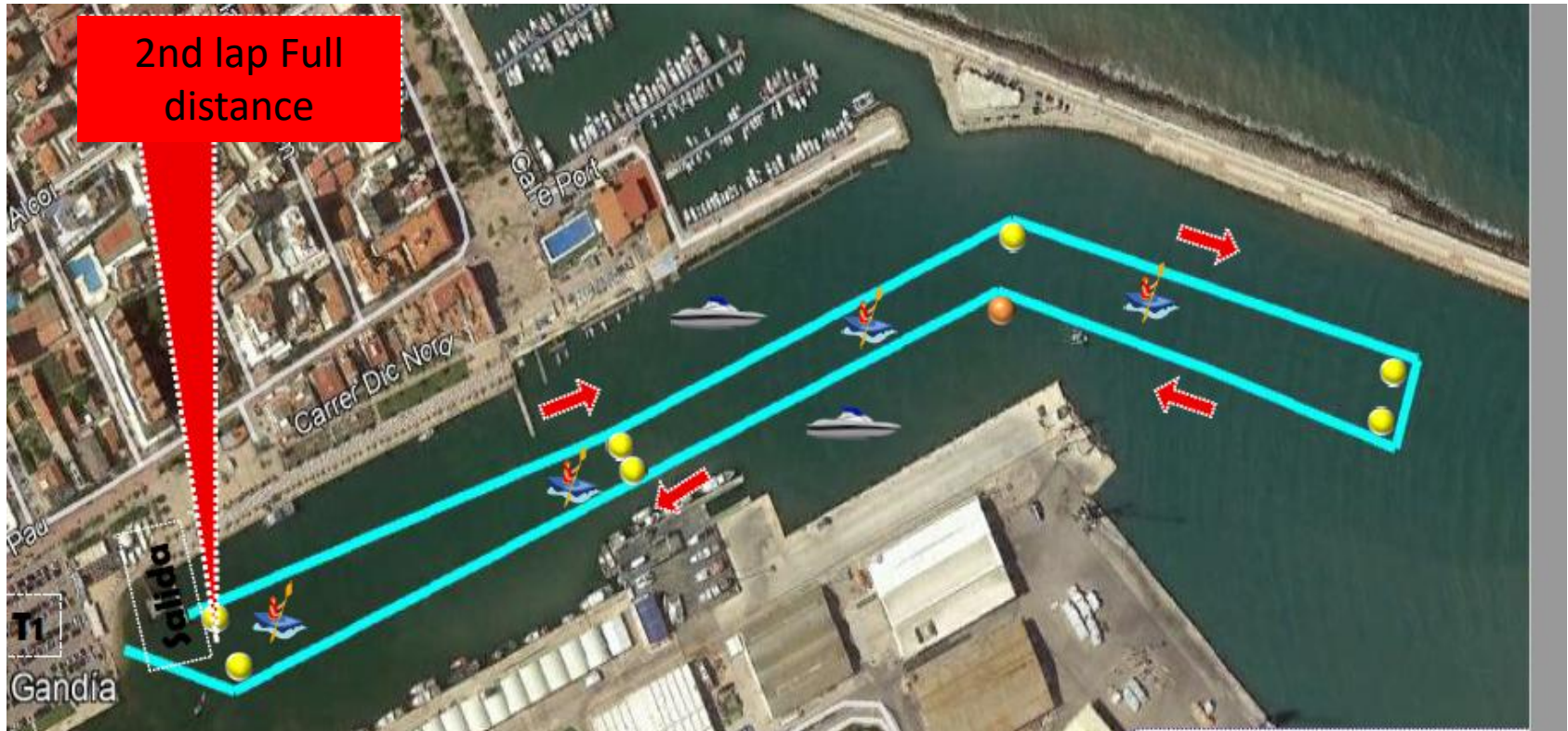
SWIM COURSE ROLLING START

- 1 lap HALF distance
- 2 laps FULL distance
- Water temperature **pdte** °C
- Wetsuit **pdte**
- Start ing sytem: from the pontoon
- Yellow buoy -----→ on the right
- Orange buoy -----→ on the left

SWIM COURSE



SWIM COURSE

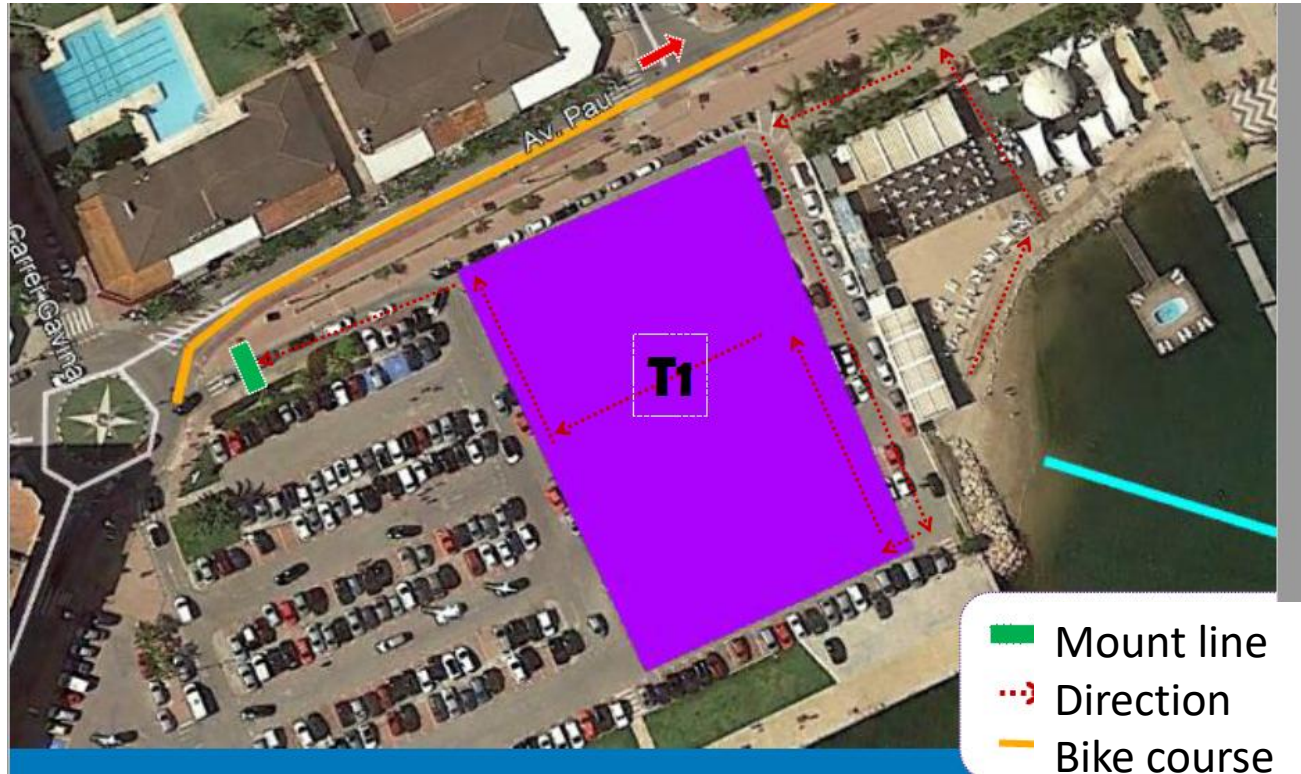


TRANSITION AREA



- **Traditionals racks**
- **Helmet located on BIKE in T1**
- **Mounting line at the end of TA**

TRANSITION 1



BIKE COURSE



- 3 laps HALF
- 6 laps FULL
- Flat and very fast
- Aid station at the end of the lap (after PB)

BIKE COURSE



BIKE COURSE



BIKE COURSE



BIKE COURSE



BIKE COURSE



BIKE COURSE



BIKE COURSE



BIKE AID STATION

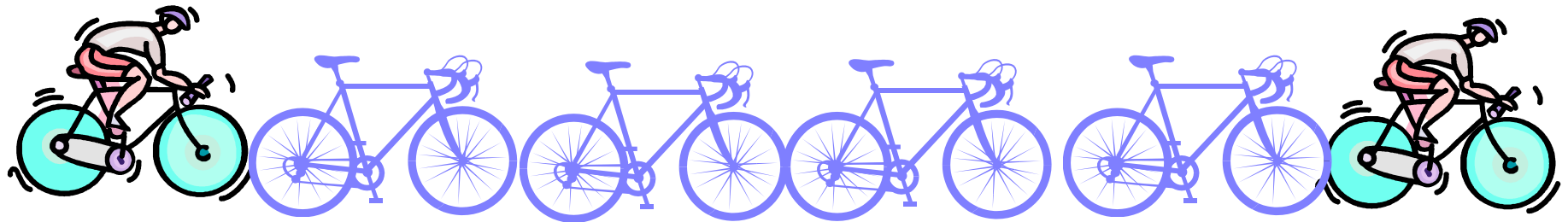
At the end of
the lap

- WATER
- ISO
- COLA
- GELS **226ERS**
- BARS **226ERS**
- BANANA

DRAFTING ZONE

Legal distance:
12m between bikes (HALF & FULL), 25 sec to overtake
from your front wheel to their front wheel

Vehicle Draft Zone: 35 m



- Drafting is not allowed in bike run
- In case a blue card is shown in race, you should stop at the next penalty area

DRAFT ZONES

Diagram 1 Distance of Drafting Zone for ALL Competitors

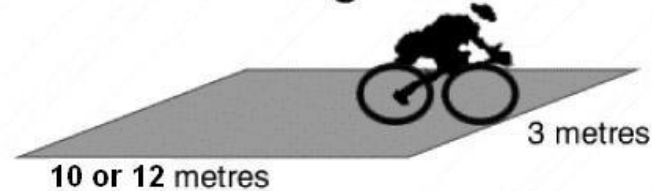
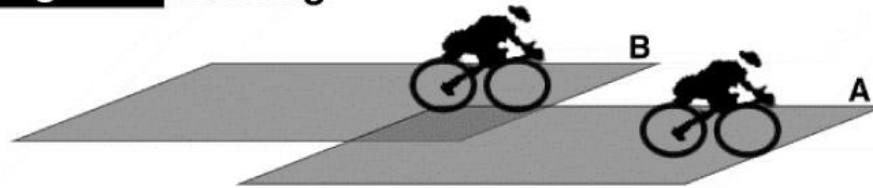
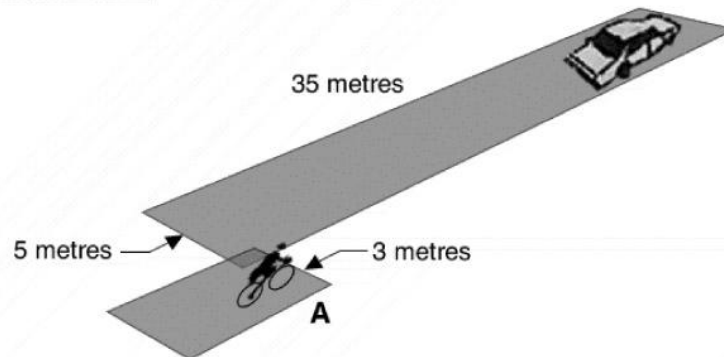


Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to repass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right Hand Side.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. **A** is drafting. **A** must move to the Left Hand Side of the road otherwise **A** can also be called for blocking.

ADVISE FOR PENALTIES

At the end of the lap

- How do you know if you are penalized?

The official will do the following -

- Sound a whistle or horn
 - Show a **BLUE** CARD
 - Call your number
 - Advise you of the **PENALTY**
- If a **RED** CARD is shown, you may be disqualified



PENALTIES

- HALF y FULL distances 5 min

It is an athlete responsibility to stop at the next Penalty area. Failing to do this will result in DSQ.

The penalties are accumulated. A third drafting offence will lead to a DSQ (for FULL distance only)

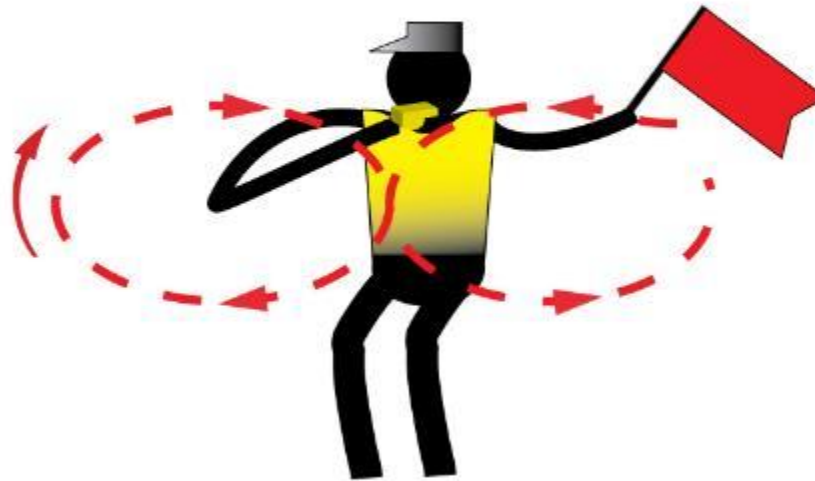
BIKE COURSE - BLOQUING



- Athletes should keep to the right side of the bike course without creating a risk for other athletes.
- The blocking situation appears when an athlete can not overtake another athlete, because one of them is blocking other athletes.
- If an athlete causes blocking, he/she will be sanctioned with a yellow card. He/She must stop at the next penalty area (“stop and go”)

CAUTION

Be careful when you see one volunteer with red flag



TRANSITION 2



RUN COURSE

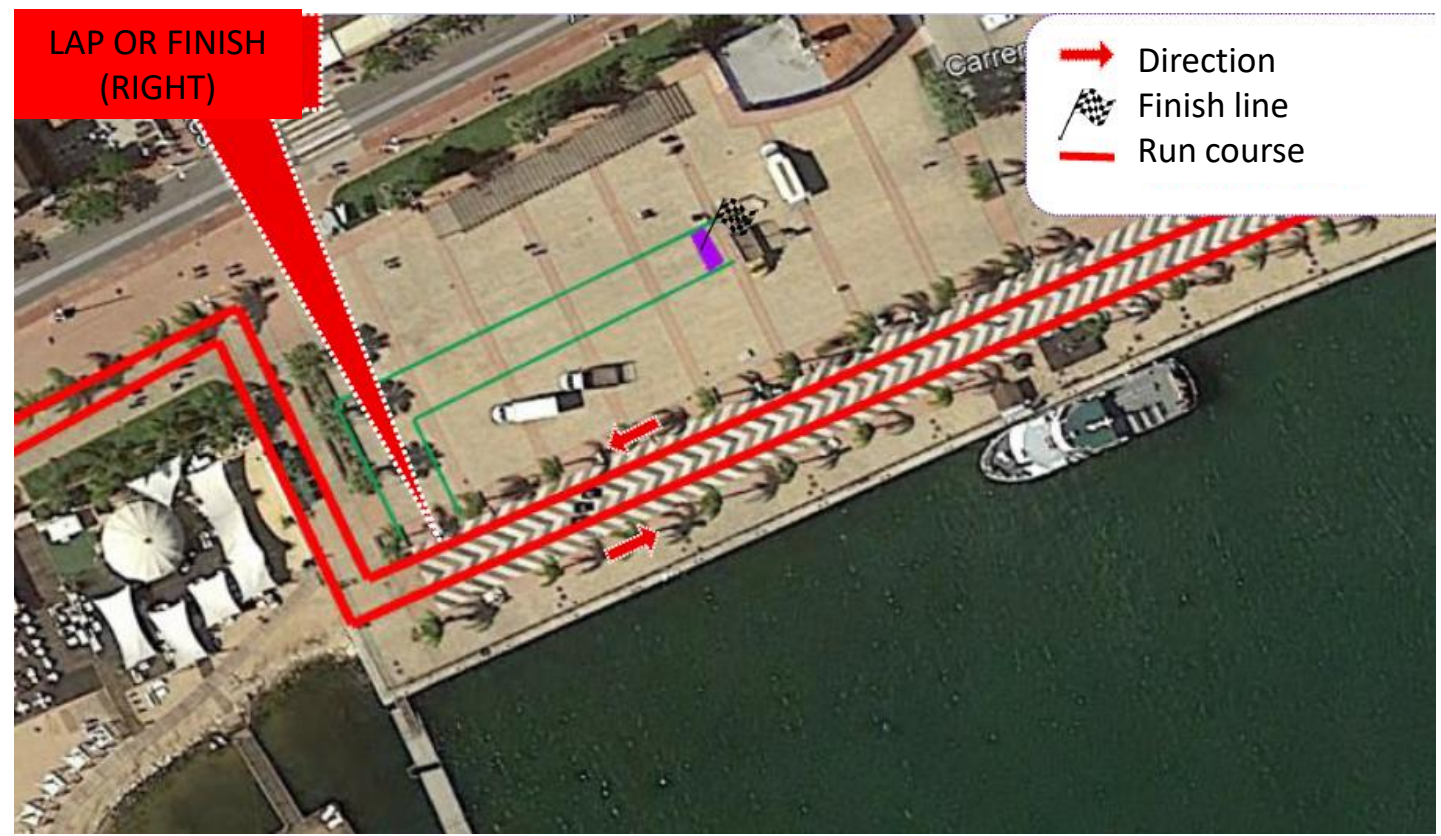


- 3 laps HALF distance
- 6 laps FULL distance
- AID STATION every 3,5 km
2 aid station for HALF & FULL distance

RUN COURSE



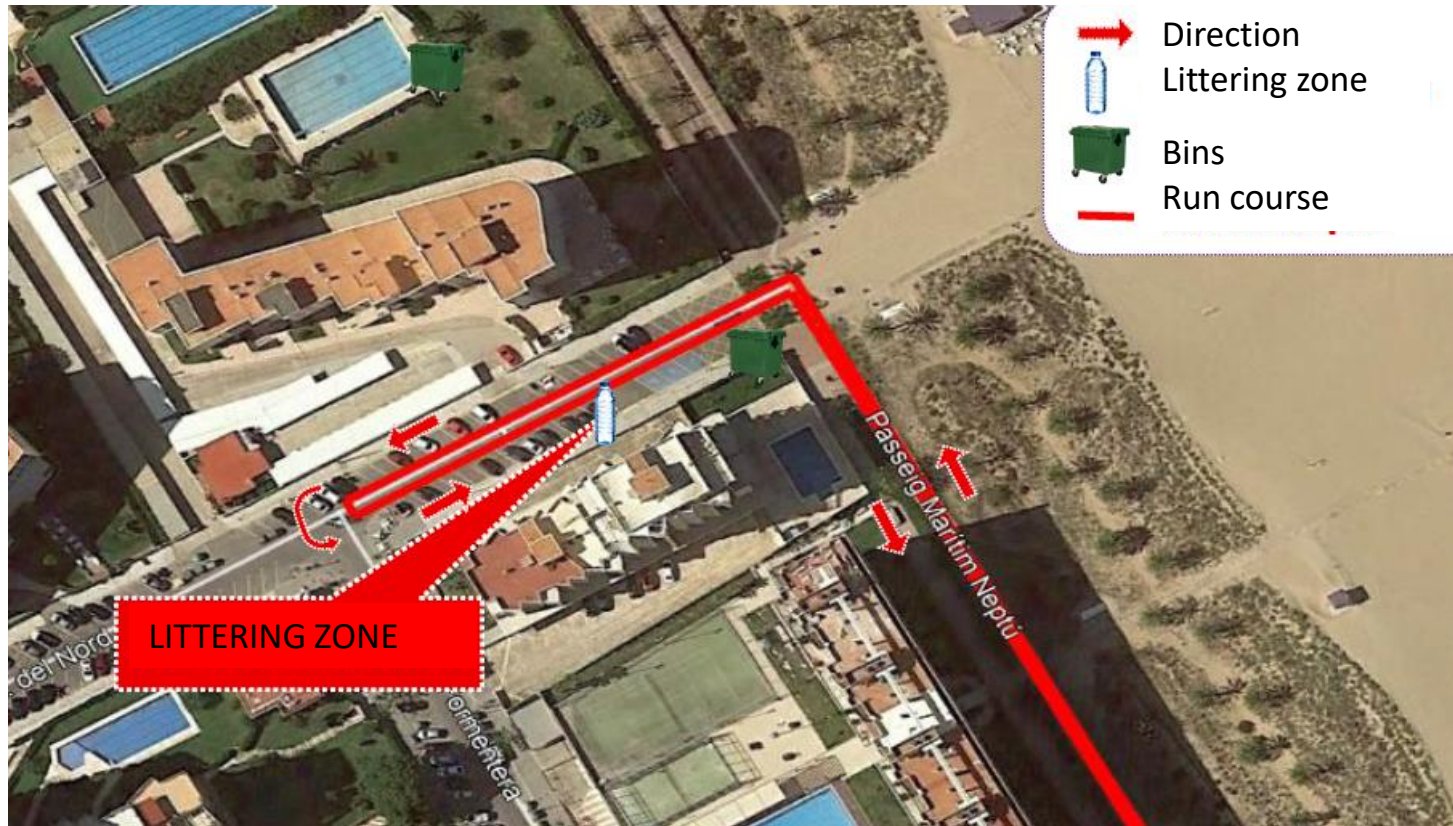
FULL & HALF ICAN GANDIA



RUN COURSE



RUN COURSE

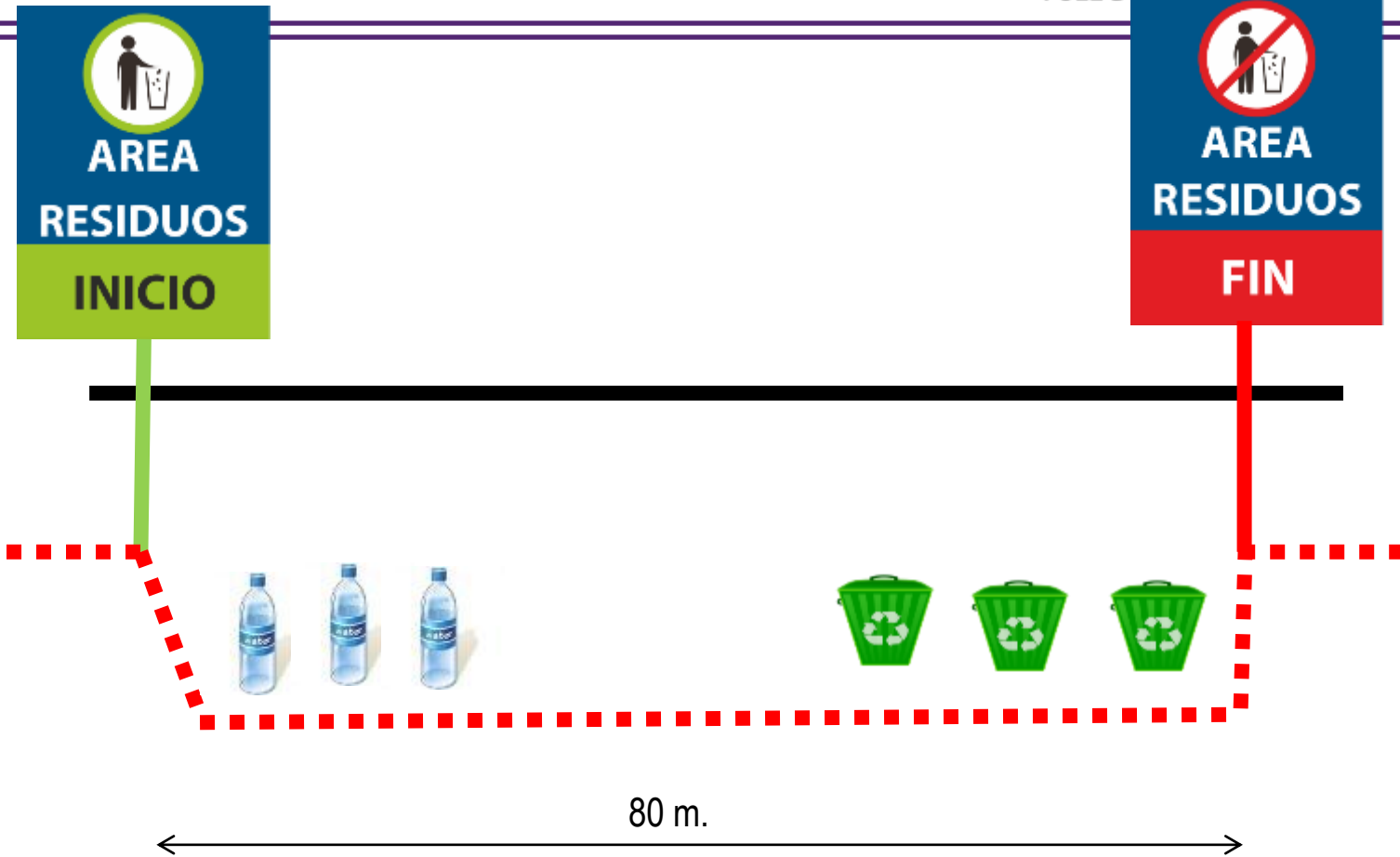


RUN AID STATION

- Every 3,5 kms approx.

- WATER
- ISOTONIC DRINKS
- COLA DRINKS
- BARRITAS
- GELS **226ERS[®]**
226ERS[®]
- BANANA and ORANGE
- FRUIT AND NUTS

LITTERING ZONE



RACE BAGS AND SPECIAL NEEDS - FULL



SPECIAL NEED

CUT-OFF TIMES

HALF:

Swim:	1 H
Swim + bike:	4,5 H
Swim + bike + run:	7,5 H

CUT-OFF FINISH LINE TIME 15:55 H

FULL:

Swim :	2 H
Swim + bike (at the furthest point):	7:30 H
Swim + bike :	8:30 H
Swim + bike + run:	15 H

CUT-OFF FINISH LINE TIME 23:45 H

WITHDRAWAL DURING THE COMPETITION



If you cannot be on the starting line or need to be withdraw at any time during the competition, inform OFFICIALS / JUDGES.

If the emergency protocol is activated for your search, the expenses incurred could be charged to you.

COVID-19 SPECIAL REQUIREMENTS



Race numbers:

- Arrive early
- We'll take the temperature. In case of signs of fever, the health services of the test will determine whether it can compete.

COVID-19 SPECIAL REQUIREMENTS



Transition area

- **Mandatory face mask**
- **Keep 1.5 meters in the queue**
- **5 meters in corridors and 2 participants per rack**
- **Bags close to your bike.**

COVID-19 SPECIAL REQUIREMENTS



Pre-start

- **Mandatory face mask.**
- **Just before the start, throw it into the bin.**
- **Keep safety distance**
- **Start Rolling start from 2 to 2 each 10 seconds**

COVID-19 SPECIAL REQUIREMENTS



Littering zone

- In 200m long. Participant must stop to take food and fill your own glass/bottle
- Bins to refill your bottle. It is possible to carry your own liquid supplies if you do not want to stop.

COVID-19 SPECIAL REQUIREMENTS



Littering zone post-race

- 2 per lap. Participant must stop to take food and fill your own glass/bottle
- Bins to throw away plastic and bottles. It is possible to carry your own liquid supplies if you do not want to stop.

Finish line

- Take your face mask and put disinfectant gel
- You will receive fruit, liquid (1 bag per half and 2 per full)
- It is not possible to remain at the finish line. Please, go to the exit immediately
- Massages and showers are not available

First of all, put your face mask

COVID-19 SPECIAL REQUIREMENTS

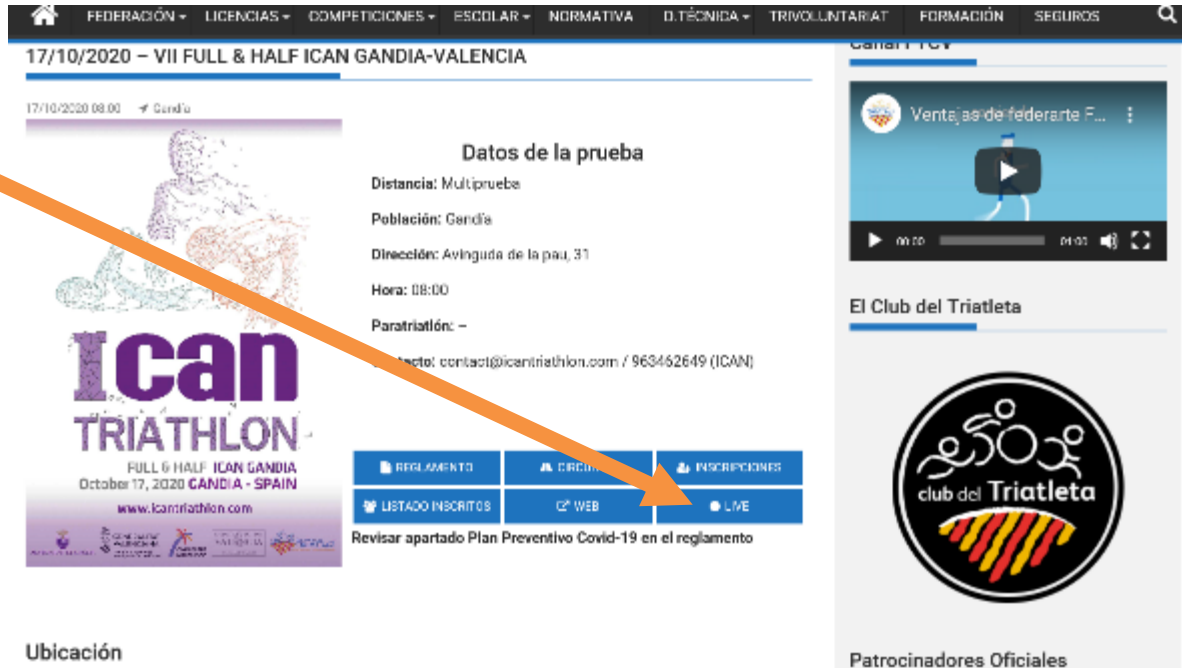


MEDALS

- Trophies for the first 3 mens and women absolutes
- Trophies for the LD Autonomic Champion for 3 men and women (FULL)
- Medals for all participants on Sunday morning

FOLLOW THE EVENT

<https://www.triatlocv.org/>



FEDERACIÓN LICENCIAS COMPETICIONES ESCOLAR NORMATIVA D. TÉCNICA TRIVOLUNTARIAT FORMACIÓN SEGUROS

17/10/2020 – VII FULL & HALF ICAN GANDIA-VALENCIA

17/10/2020 08:00 Gandia

Datos de la prueba

Distancia: Multiprueba
Población: Gandia
Dirección: Avinguda de la pau, 31
Hora: 08:00
Paratriatlón: –
Contact: contact@icantriathlon.com / 963452649 (ICAN)

REGLAMENTO CREMALLERAS INSCRIPCIONES
LISTADO INSCRITOS 2ª WEB LIVE

Revisar apartado Plan Preventivo Covid-19 en el reglamento

Ubicación

Canal TV

Ventajas de federante F...

00:00 01:00

El Club del Triatlón

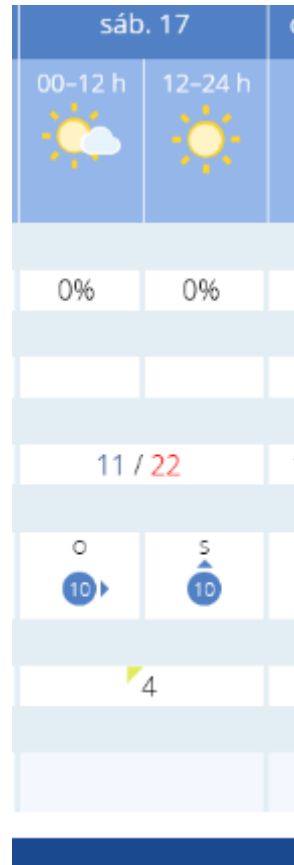
club del Triatlón

Patrocinadores Oficiales

FORECAST



FULL & HALF ICAN GANDIA



GOOD LUCK!!