

 **Europe
Triathlon
Duathlon
Championships**

**Rumia
Pomorskie
2025**

Athletes' Guide

 **Europe
Triathlon**
Follow the Star

 **World
Triathlon**


**POLSKI ZWIĄZEK
TRIATHLONU**



Table of Contents

1. General Information

- 1.1. Introduction
- 1.2. Key Dates
- 1.3. Key Contacts
- 1.4. Contact Details

2. Venue

- 2.1. Race Venue
- 2.2. Course Familiarisation
- 2.3. Athletes' Lounge
- 2.4. Elite Athletes' Race Package distribution
- 2.5. Doping Control
- 2.6. Security

3. Accommodation

4. Transfer and Transport

5. Athletes' Services

- 5.1. Swim, Bike and Run Training
- 5.2. Medical Services
- 5.3. Bike Mechanic Service

6. Competition Schedule

- 6.1. Junior Women
- 6.2. Junior Men
- 6.3. Elite Women
- 6.4. Elite Men
- 6.5. Paraduathlon
- 6.6. Age Group Sprint
- 6.7. Age Group Standard
- 6.8. Exact Schedule
- 6.9. Competition Rules
- 6.10. Athletes' Briefing
- 6.11. Timing Chips
- 6.12. Results
- 6.13. Protest & Appeals

7. Accreditation

8. Useful Information

Could Be and Is Not Limited To:

- 8.1. Language
- 8.2. Population
- 8.3. Currency
- 8.4. Time
- 8.5 Electricity
- 8.6 Water
- 8.7 Telephone Connections
- 8.8 Visa Procedure

9. Course Maps



9.1 Elite / U23 / Junior

9.2 Paraduathlon

9.3 Age Group



1 General Information

1.1. Introduction

Dear Athletes,

On the last weekend of April, Rumia will become the stage for the European Duathlon Championships. Around 700 athletes from across the continent will take part in the event, turning the city into the European hub of duathlon a sport that combines running and cycling at the highest level.

Rumia has a rich tradition in triathlon and duathlon. For many years, duathlon events, including the Polish Championships, have been held here. The city's long-standing commitment to building a strong duathlon tradition has led the European Triathlon Union to grant Rumia the rights to host the European Duathlon Championships, which will take place on April 26-27. The event will feature the Elite/U23 and Junior European Championships in the sprint distance, the Age-Group European Championships in both sprint and standard distances, the European Para-Duathlon Championships in the sprint distance, as well as the Polish Championships for Youth and Junior Youth categories.

The Mayor of Rumia, Michał Pasieczny, expressed his pride in hosting such a prestigious event: "I am extremely pleased that our city will have the honor of welcoming the best athletes from all over Europe. I am convinced that organizing such a prestigious competition will provide fans and athletes with top-level sporting excitement, while also providing an opportunity to promote Rumia and the Pomeranian region throughout the borders of the country."

Piotr Netter, the sports director of the event and president of UKS Tri Rumia the co-organizer of the championships also emphasizes the significance of this event for the city and the local community: "Hosting the European Championships in Rumia is a dream come true and the crowning achievement of many years of work we have undertaken in Rumia, building training programs for children and youth in triathlon and duathlon, as well as organizing the Duathlon Rumia event for many years. Together with the organizing committee, we will do everything to ensure that the event is incredibly attractive for both spectators and participants traveling to Rumia from all over Europe."

Duathlon is a sport that combines running, cycling, and running again. Its dynamic format guarantees excitement for both athletes and spectators. The competition in Rumia will feature standard distance races (10 km running, 40 km cycling, 5 km running) and sprint distance races (5 km running, 20 km cycling, 2.5 km running). We invite all sports enthusiasts to Rumia this will be an unforgettable sports celebration that will remain in memory for a long time!

Local Organizing Committee



1.2. Key dates

Friday, 25.04.2025			
12:00	13:00	Elite Press Conference	Sports Hall MOSIR Rumia - first floor
13:00	14:00	Briefing (Age Group Manager)	Sport Hall MOSIR Rumia - Entresol
13:30	14:30	Entry Fee	Sport Hall MOSIR Rumia - Entresol
14:30	15:00	Briefing (Paraduathlon)	Sport Hall MOSIR Rumia - Entresol
15:30	16:15	Briefing (Junior)	Sport Hall MOSIR Rumia - Entresol
16:45	18:00	Briefing (Elite/U23)	Sport Hall MOSIR Rumia - Entresol
18:15	18:30	Parade of Nations	Scena na Korei - Starowiejski Park
18:30	19:00	Opening Ceremony	Sports Hall MOSIR Rumia
15:00	20:00	Race package distribution (Age Group Sprint and Standard Distance)	Sports Hall MOSIR Rumia
Saturday, 26.04.2025			
07:30	08:00	Bike course familiarization (Paraduathlon/Bus Tour)	Transition Zone
07:30	08:00	Bike course familiarization (Elite/U23, Junior)	Transition Zone
08:30	08:34	Age Group Start - Sprint Distance	Dębogórska Street – Start area
12:00	12:30	Paraduathlon Start	Dębogórska Street – Start area
13:50		Junior Women Start	Dębogórska Street – Start area
15:20		Junior Men Start	Dębogórska Street – Start area
17:00		Elite Women Start	Dębogórska Street – Start area
18:20		Elite Men Start	Dębogórska Street – Start area
20:00	21:00	Medal Ceremony	Sport Hall MOSIR Rumia
12:00	13:00	Elite Press Conference	Sports Hall MOSIR Rumia - first floor
Sunday, 27.04.2025			
08:30	08:34	Start Age Group - Standard Distance	Dębogórska Street – Start area
14:00	14:30	Medal Ceremony	Sport Hall MOSIR Rumia
10:30	17:00	Rumia Duathlon (Polish National Race)	Dębogórska Street – Start area

* [Please find detailed schedule in 6 \(!!!\)](#)



1.3. Key contacts

Event Management | Maryia Charkouskaya-Tarasevich | events@europe.triathlon.org

Delegate | Monica Zubillaga | mzubill@hotmail.com

Technical Delegate | Jaakko Mattila | jaakko.mattila@konua.fi

LOC Race Director | Piotr Netter

LOC Event Manager | Tomasz Kowalski | tomasz.kowalski@labosport.pl

LOC Media Manager | Kamila Kryger | kamila.kryger@labosport.pl

Polish NF Representative | Filip Szolowski | filip.szolowski@triathlon.pl

Europe Triathlon Office | etu_hq@etu.triathlon.org

1.4. Contacts details

Local Organizing Committee (LOC)

Labosport Polska sp. z o.o.

ul. Browarna 86-87

82-300 Elbląg

2 Venue

2.1. Race venue

The venue is located in Rumia, ul. Adama Mickiewicza 49 (Pomorskie Voivodeship, Poland)





2.2 Course familiarization

BIKE FAMILIARIZATION ELITE/U23, JUNIOR

Saturday (25.04) / 07:30 – 08:00 – Bike course familiarization, meeting point – Transition Zone

BIKE FAMILIARIZATION PARADUATHLON (Bus Tour)

Saturday (25.04) / 07:30 – 08:00 – Bike course familiarization, meeting point – Transition Zone

Meeting Point

During bike familiarization please follow technical personnel instructions.

2.3. Athletes' lounge

The Athlete's Lounge will be located in sport hall, MOSIR Rumia ul. Mickiewicza 49, 300m from the Transition Zone and 50m from the Start Area. It will provide toilets and water. Bike mechanic service will be provided in EXPO ZONE which will be located 100m from Athletes Lounge. Athletes Lounge will be available for Elite/U23/Junior Athletes during hours included in the schedule.

Location

Massage service will not be provided.

A recovery zone will be placed near the finish area. It will provide toilets and water.

2.4. Athletes' race package

Race package distribution Schedule (after the Briefings):

PARADUATHLON – Friday / 25.04.2025 / 14:30 - 15:00 / Sport Hall MOSIR Rumia

JUNIORS – Friday / 25.04.2025 / 15:30 - 16:15 / Sport Hall MOSIR Rumia

ELITE/U23 – Friday / 25.04.2025 / 16:45 - 18:00 / Sport Hall MOSIR Rumia

Race package distribution

Location

Composition of race package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs – 3 x sets
- Accreditation pass

Registration fees:

Paraduthlon – 130 €

Junior – 130 €

Elite/U23 – 140 €

Age Group Sprint Distance – 140 €

Age Group Standard Distance – 150 €

The registration fees **MUST** be paid in advance by the bank transfer.

Please send an email with the amount, name of the federation and the athletes, coaches and staff names to biuro@startlist.pl. Please provide the following information in the transfer description: Entry Fee Rumia, Name and Surname, Country, Elite/U23/Junior or Age Category (refers to Age Group Races).



For invoices inquiry please send a mail to biuro@startlist.pl with the amount, name of the federation and the athletes, coaches and staff names and TAX number.

The fee can be booked to:

Bank name: PKO BP

Konto: PL23 1020 1752 0000 0302 0307 7211

Swift: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made on Friday 13:30-14:30 before Briefing and Registration. An extra administration fee of € 20,00 per single athlete will be charged.

2.5. Doping control

Miejski Ośrodek Sportu i Rekreacji, ul. Adama Mickiewicza 49, 84 - 230 Rumia

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. Security

Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible – Tomasz Kowalski (LOC Event Manager) – tomasz.kowalski@labosport.pl

3 Accommodation

NIRVANA TRAVEL - <https://nirvanaeurope.com/>

DETAIL INFORMATION - jonathan.snodin@nirvanaeurope.com

4 Transfer and Transport

LOCAL AIRPORTS:

- Gdańsk Lech Wałęsa Airport (GDN) – 26 km
- Bydgoszcz Ignacy Jan Paderewski Airport (BZG) – 190 km
- Warsaw Chopin Airport (WAW) – 385 km

OFFICIAL TRAVEL PARTNER: TBC



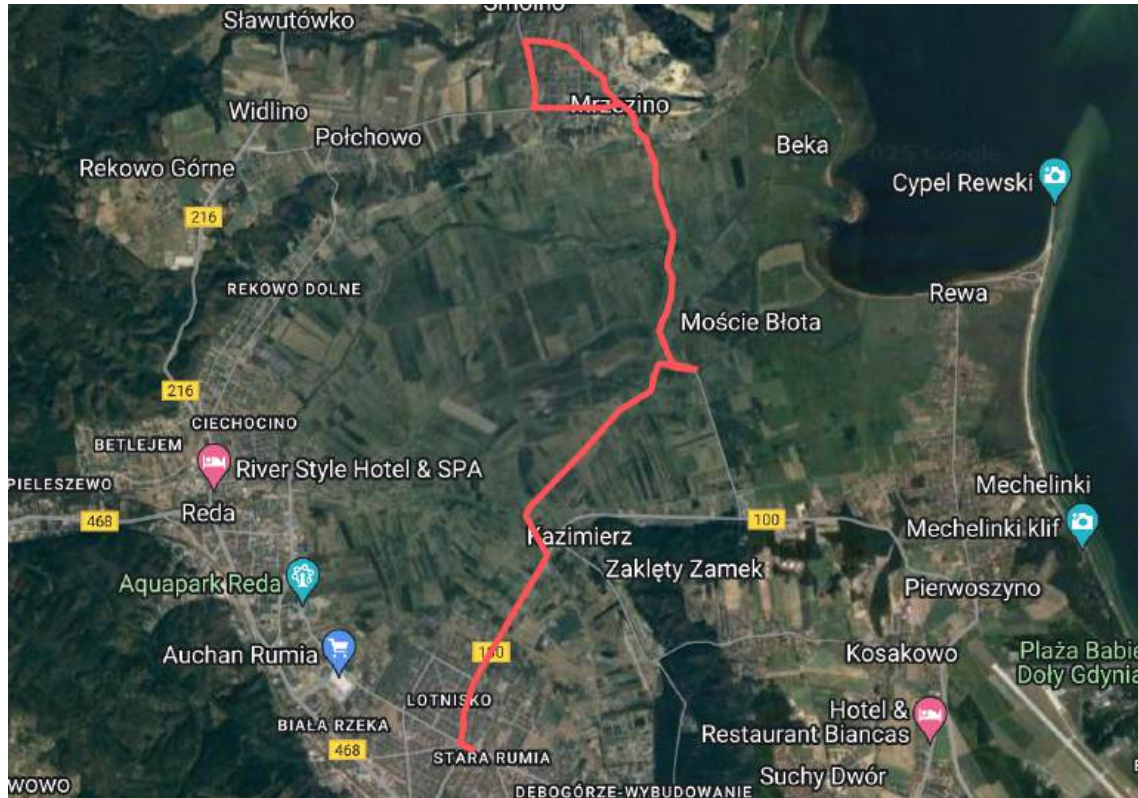
5 Athletes' Services

5.1. Training facilities



Bike

Flat road from Rumia to Mrzezino (20km)



[GPX Download](#)

Dębogórska Street - traffic intensity – medium, road surface quality – good

Żołnierzy Dywizji Wojska Polskiego - traffic intensity – medium, road surface quality – good
warning (!!!) – please use bike path

Bike path - traffic intensity – low, road surface quality – good

Gdyńska Street - traffic intensity – medium, road surface quality – good

Pucka Street - traffic intensity – medium, road surface quality – good

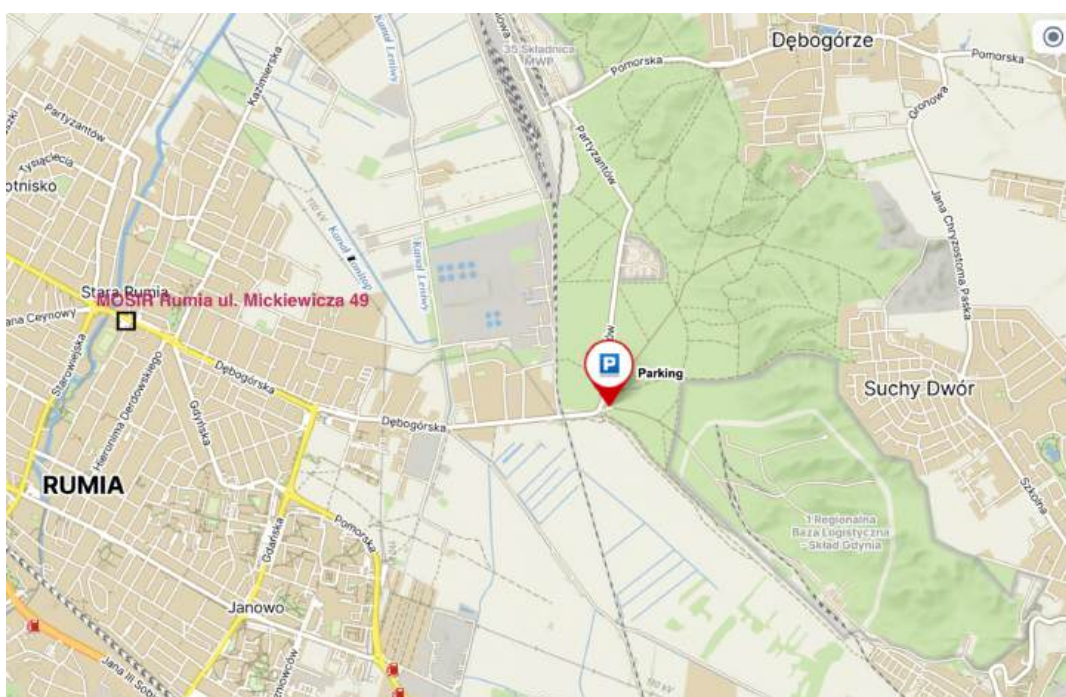
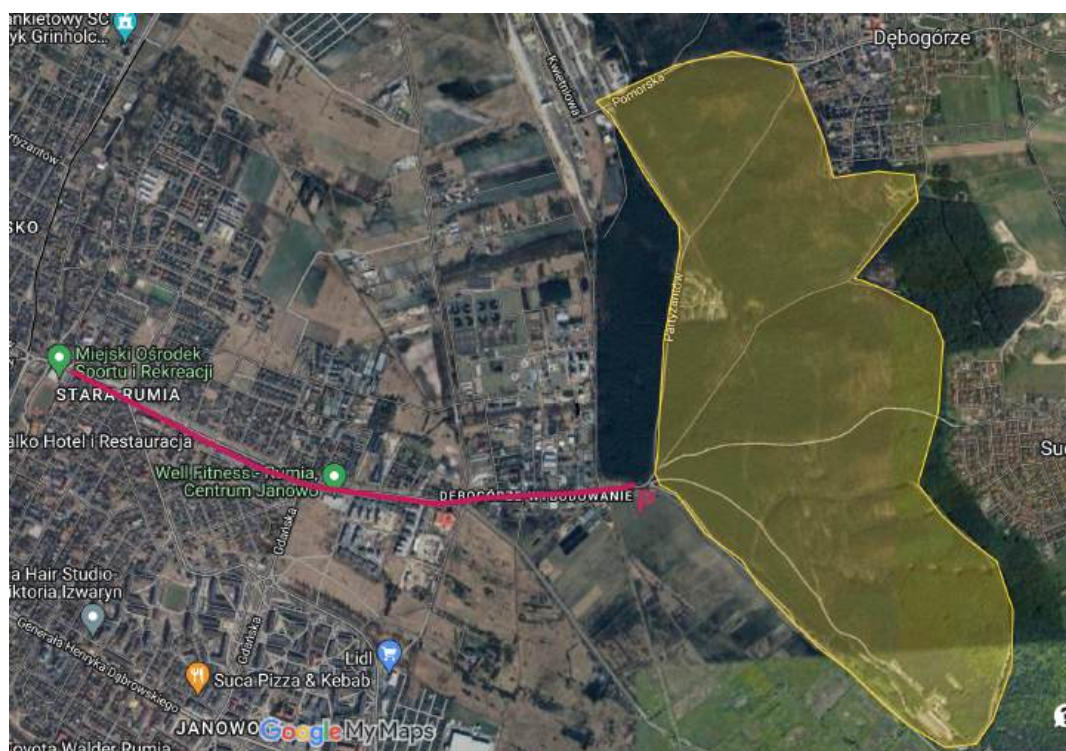
Jana Pawła II - traffic intensity – medium, road surface quality – good

Łąkowa - traffic intensity – medium, road surface quality – good



Run

Pavements at ul. Dębogórska and ul. Partyzantów (2.5 km) and forest tracks located in the yellow area.





5.2. Medical services

First Aid will be available at the Registration area before and during the training sessions. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Hospital – Szpital Specjalistyczny im. F. Ceynowy w Wejherowie, ul. Dr. Alojzego Jagalskiego 10, 84-200 Wejherowo

Emergency telephone number – 112

5.3. Bike mechanical service

Bike partner will provide basic bike service at the EXPO area.



6 Competition schedule

6.1. Junior Women

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	13:30	16:15	Briefing & Race Package Distribution	Sport Hall MOSIR Rumia - Entresol
April 25th	13:30	14:30	Entry Fee	Sport Hall MOSIR Rumia - Entresol
April 25th	18:30		Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	12:30	20:30	Athletes Lounge Open	MOSIR Rumia
April 26th	12:30	13:45	Athletes Check-In	Athletes Lounge
April 26th	13:10	13:35	Bike Check-In	Transition Area
April 26th	13:43	13:48	Call/Introduction	Start Area
April 26th	13:50	-	Start – Junior Women	Start Area
April 26th	16:15	16:45	Bike check-out	Transition Area
April 26th	20:00	-	Medal Ceremony	Sport Hall MOSIR Rumia

6.2. Junior Men

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	13:30	16:15	Briefing & Race Package Distribution	Sport Hall MOSIR Rumia - Entresol
April 25th	13:30	14:30	Entry Fee	Sport Hall MOSIR Rumia - Entresol
April 25th	18:30		Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	12:30	20:30	Athletes Lounge Open	MOSIR Rumia
April 26th	14:15	15:00	Athletes Check-In	Athletes Lounge
April 26th	13:10	13:35	Bike Check-In	Transition Area
April 26th	15:13	15:18	Call/Introduction	Start Area
April 26th	15:20	-	Start – Junior Men	Start Area
April 26th	16:15	16:45	Bike check-out	Transition Area
April 26th	20:00	-	Medal Ceremony	Sport Hall MOSIR Rumia



6.3. Elite/U23 Women

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	16:45	18:00	Briefing & Race Package Distribution	Sport Hall MOSIR Rumia - Entresol
April 25th	18:30	-	Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	07:30	08:00	Bike Course Familiarization	Transition Zone
April 26th	12:30	17:00	Athletes Lounge Open/Closed	MOSIR Rumia
April 26th	16:15	16:45	Athletes Check-In	Athletes Lounge
April 26th	16:15	16:45	Bike Check-In	Transition Zone
April 26th	16:53	16:58	Call/Introduction	Start Area
April 26th	17:00	-	Start – Elite/U23 Women	Start Zone
April 26th	19:00	19:30	Bike check-out	Transition Zone
April 26th	20:00	-	Medal Ceremony	Sport Hall MOSIR Rumia

6.4. Elite/U23 Men

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	16:45	18:00	Briefing & Race Package Distribution	Sport Hall MOSIR Rumia - Entresol
April 25th	18:30	-	Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	07:30	08:00	Bike Course Familiarization	Transition Zone
April 26th	12:30	17:00	Athletes Lounge Open/Closed	MOSIR Rumia
April 26th	18:30	19:00	Athletes Check-In	Athletes Lounge
April 26th	16:15	16:45	Bike Check-In	Transition Zone
April 26th	19:13	19:18	Call/Introduction	Start Area
April 26th	19:20	-	Start – Elite/U23 Men	Start Zone
April 26th	19:00	19:30	Bike check-out	Transition Zone
April 26th	20:00	-	Medal Ceremony	Sport Hall MOSIR Rumia



6.5. Paraduathlon

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	14:30	15:00	Briefing & Race Package Distribution	Sport Hall MOSIR Rumia - Entresol
April 25th	18:30	19:00	Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	07:30	08:00	Bike Course Familiarization	Transition Zone
April 26th	10:30	13:15	Athletes Lounge Open	Sport Hall MOSIR Rumia
April 26th	11:30	12:00	Athletes Check-In	Sport Hall MOSIR Rumia
April 26th	11:15	11:45	Bike check-in	Transition Zone
April 26th	11:53	11:58	Call/Introduction	Start Area
April 26th	12:00	-	Start - Paraduathlon	Start Zone
April 26th	13:10	13:55	Bike check-on	Transition Zone
April 26th	20:00	-	Medal Ceremony	Sport Hall MOSIR Rumia

6.6. Age Group - Sprint Distance

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	13:00	14:00	Briefing Age Groupe Team Manager	MOSIR Rumia
April 25th	15:00	20:00	Race Package Distribution (Sprint and Standard)	Sport Hall MOSIR Rumia
April 25th	18:15	18:30	Parade of Nations	Athletic Stadium
April 25th	18:30	19:00	Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	06:30	07:30	Bike check-in	Transition Zone
April 26th	06:30	12:30	Age Group Deposit	Sport Hall MOSIR Rumia
April 26th	08:30	-	Start - Age Group Sprint Distance	Start Zone
April 26th	08:32	-	Start - Age Group Sprint Distance	Start Zone
April 26th	08:34	-	Start - Age Group Sprint Distance	Start Zone
April 26th	10:00	10:45	Bike Check-out	Transition Zone
April 26th	20:30	-	Medal Ceremony	Sport Hall MOSIR Rumia



6.7. Age Group - Standard distance

DATE	START	END	ACTIVITY	LOCATION
April 25th	12:00	13:00	Press Conference	MOSIR RUMIA – first floor
April 25th	13:00	14:00	Briefing Age Groupe Team Manager	MOSIR Rumia
April 25th	15:00	20:00	Race Package Distribution (Sprint and Standard)	Sport Hall MOSIR Rumia
April 25th	18:15	18:30	Parade of Nations	Athletic Stadium
April 25th	18:30	19:00	Opening Ceremony	Sport Hall MOSIR Rumia
April 26th	10:00	19:00	Race Package Distribution (STANDARD)	Sport Hall MOSIR Rumia
April 27th	07:00	08:00	Bike check-in	Transition Zone
April 27th	07:00	12:30	Age Group Deposit	Sport Hall MOSIR Rumia
April 27th	08:30	-	Start - Age Group Standard Distance	Start Zone
April 27th	08:32	-	Start - Age Group Standard Distance	Start Zone
April 27th	08:34	-	Start - Age Group Standard Distance	Start Zone
April 27th	11:30	13:00	Bike check-out	Transition Zone
April 27th	14:00	-	Medal Ceremony	Sport Hall MOSIR Rumia



6.8. Exact Schedule

FRIDAY, 25.04.2025

- 12:00 – 13:00 Elite/U23 Press Conference
- 13:00 – 14:00 Briefing (Age Group Team Manager)
- 13:30 – 14:30 Entry Fee
- 14:30 – 15:00 Briefing and Registration (Paraduathlon)
- 15:30 – 16:15 Briefing and Registration (Junior)
- 16:45 – 18:00 Briefing and Registration (Elite/U23)
- 18:15 Parade of Nations
- 18:30 Opening Ceremony
- 15:00 – 20:00 Race package distribution (Age Group Sprint and Standard Distance)

SATURDAY, 26.04.2025

- 06:30 – 07:30 Bike check-in (Age Group – Sprint Distance)
- 06:30 – 12:30 Age Group Deposit (Sports Hall – MOSIR Rumia)
- 07:30 – 08:00 Bike Course Familiarization (Paraduathlon / Bus Tour)
- 07:30 – 08:00 Bike Course Familiarization (Elite/U23, Junior)
- 08:30 Start Age Group Wave 1 – Sprint Distance**
- 08:32 Start Age Group Wave 2 – Sprint Distance**
- 08:34 Start Age Group Wave 3 – Sprint Distance**
- 10:00 – 10:45 Bike check – out (Age Group – Sprint Distance)
- 10:30 – 11:45 Athletes Lounge Open/Closes (Paraduathlon)
- 11:15 – 11:45 Bike check – in (Paraduathlon)
- 12:00 – 12:30 Start Paraduathlon – Sprint Distance**
- 12:30 – 20:30 Athletes Lounge Open/Closes for Junior Women, Junior Men, Elite/U23 Women, Elite/U23 Men
- 12:45 – 13:10 Transition rebuild
- 13:10 – 13:35 Bike check – out (Paraduathlon)
- 13:10 – 13:35 Bike check – in (Junior Women and Junior Men)
- 13:50 Start Junior Women – Sprint Distance**
- 15:20 Start Junior Men – Sprint Distance**
- 16:00 – 16:15 Transition rebuild
- 16:15 – 16:45 Bike check – out (Junior)
- 16:15 – 16:45 Bike check – in (Elite/U23)
- 17:00 Start Elite/U23 Women – Sprint Distance**
- 18:20 Start Elite/U23 Men – Sprint Distance**
- 19:00 – 19:30 Bike check – out (Elite/U23)
- 20:00 Medal Ceremony (Elite, U23, Junior and Paraduathlon)
- 20:30 Medal Ceremony Age Group Europe Triathlon Duathlon Championships
- 21:00 Medal Ceremony Age Group Polish National Championships
- 16:00 – 19:00 Race Package Distribution (Age Group Standard)

SUNDAY, 27.04.2025

- 07:00 – 08:00 Bike check – in (Age Group – Standard Distance)
- 07:00 – 12:30 Age Group Deposit
- 08:30 Start Age Group Wave 1 – Standard Distance**
- 08:32 Start Age Group Wave 2 – Standard Distance**
- 08:34 Start Age Group Wave 3 – Standard Distance**
- 11:30 – 13:00 Bike check-out (Age Group – standard distance)
- 14:00 Medal Ceremony Age Group
- 10:30 – 17:00 Duathlon Rumia – National Championship (Młodzik, Junior Młodszy, Żak)



6.9. Competition rules

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

[World Triathlon Rules available here](#)

6.10. Athletes' briefing

Friday, 25..04.2025

13:00-14:00 / Briefing AGE GROUP TEAM MANAGER/ Sport Hall MOSIR Rumia

14:30-15:00 / Briefing PARADUATHLON/ Sport Hall MOSIR Rumia

15:30-16:00 / Briefing and Registration JUNIOR MAN & WOMEN / Sport Hall MOSIR Rumia

16:45-18:00 / Briefing and Registration ELITE MAN & WOMEN / Sport Hall MOSIR Rumia

6.11. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips in the athletes' lounge before the competitions, during their check-in procedure.

6.12. Results

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

Live coverage - **TBC**

6.13. Protest & appeals

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

7 Accreditation

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

Info on when and where the accreditations will be distributed. Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

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



8 Other useful information

Could be and is not limited to:

8.1. Language

Polish

8.2. Population

Poland - 37000000

Rumia - 52000

8.3. Currency

Polish złoty (PLN)

8.4. Time

UTC +2, Central European Summer Time

8.5. Electricity

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

8.6. Telephone connections

Standard

8.7. VISA Procedure

Poland is a member of European Union and Shengen Zone but please check possible visa requirement [by this LINK.](#)



9 Course maps

9.1 ELITE/U23/JUNIOR

COURSE MAP - [LINK](#)



FIRST RUN

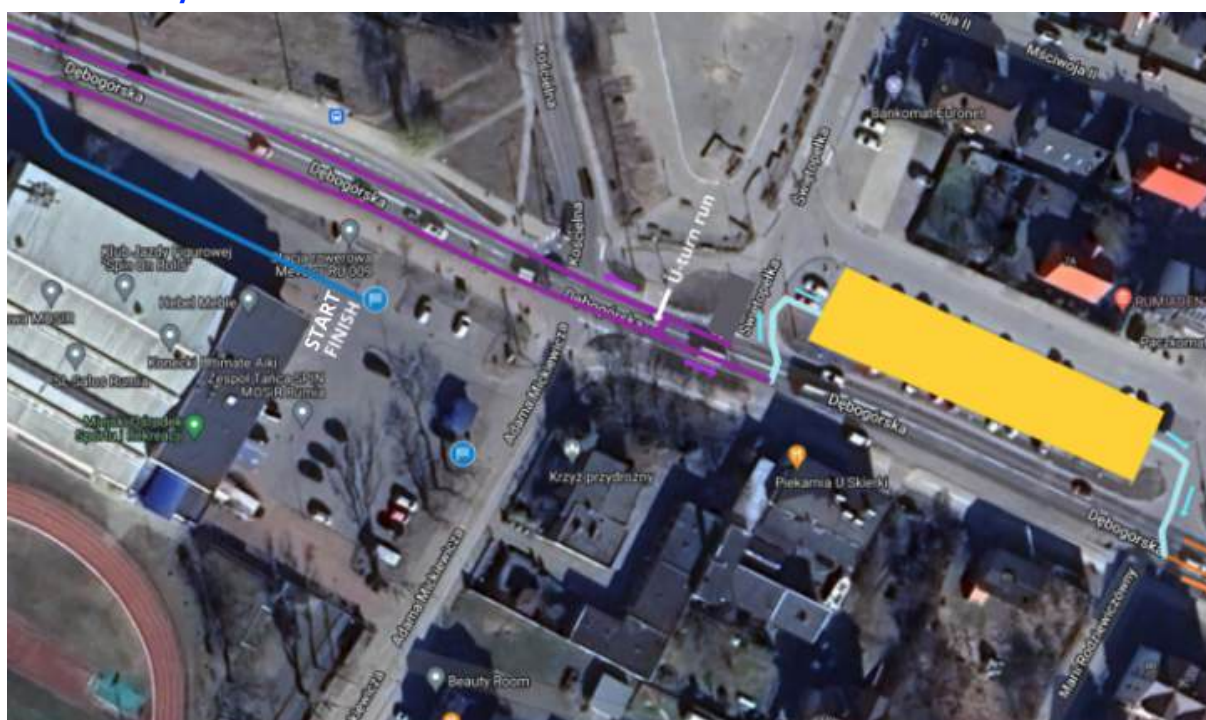
Flat route with asphalt , in which athletes will have to complete two laps of 2.5km each.





Distance	5 km
Number of loops	2
Surface	Asphalt
Quality	Very good
Elevation differences	Mostly Flat
Aid Stations	1 per lap
First runner / Last biker scenario	A first runner/last biker scenario will be activated when needed
Penalty box location	At the end of the run course, 30 m before the roundabout, about 200 m before the finish line.
Aid station	At the beginning of the run course, about 70 m after the roundabout on the right hand. Aid station will contain 0,5 litre bottles of water.

TRANSITION 1/2





BIKE COURSE

Flat route consisting of three big laps and two small laps each for Elite, U23, Junior.



Distance	20 km
Number of loops	3x4,8km (big laps) + 2x2,7km (small laps)
Surface	Asphalt
Quality	Very good
Team Wheel station	One Wheel station at the beginning of the big lap on the bike course, about 500 m from the transition zone
Number of U-turns	3 per each lap



TRANSITION 2/2





SECOND RUN COURSE

Flat route with asphalt , in which athletes will have to complete one lap of 2.5km each.



Distance	2,5 km
Number of laps	1
Surface	Asphalt
Quality	Very good
Aid Stations	1 per lap
First runner / Last biker scenario	A first runner/last biker scenario will be activated when needed
Penalty box location	At the end of the run course, 30 m before the roundabout, about 200 m before the finish line.
Aid station	At the beginning of the run course, paced 300 m after Transition 2, about 70 m after the roundabout on the right hand. Aid station will contain 0,5 litre bottles of water.



9.2 PARADUATHLON

COURSE MAP - [LINK](#)



FIRST RUN COURSE

Flat route with asphalt, in which athletes will have to complete two laps of 2.5km each.







TRANSITION 2/2



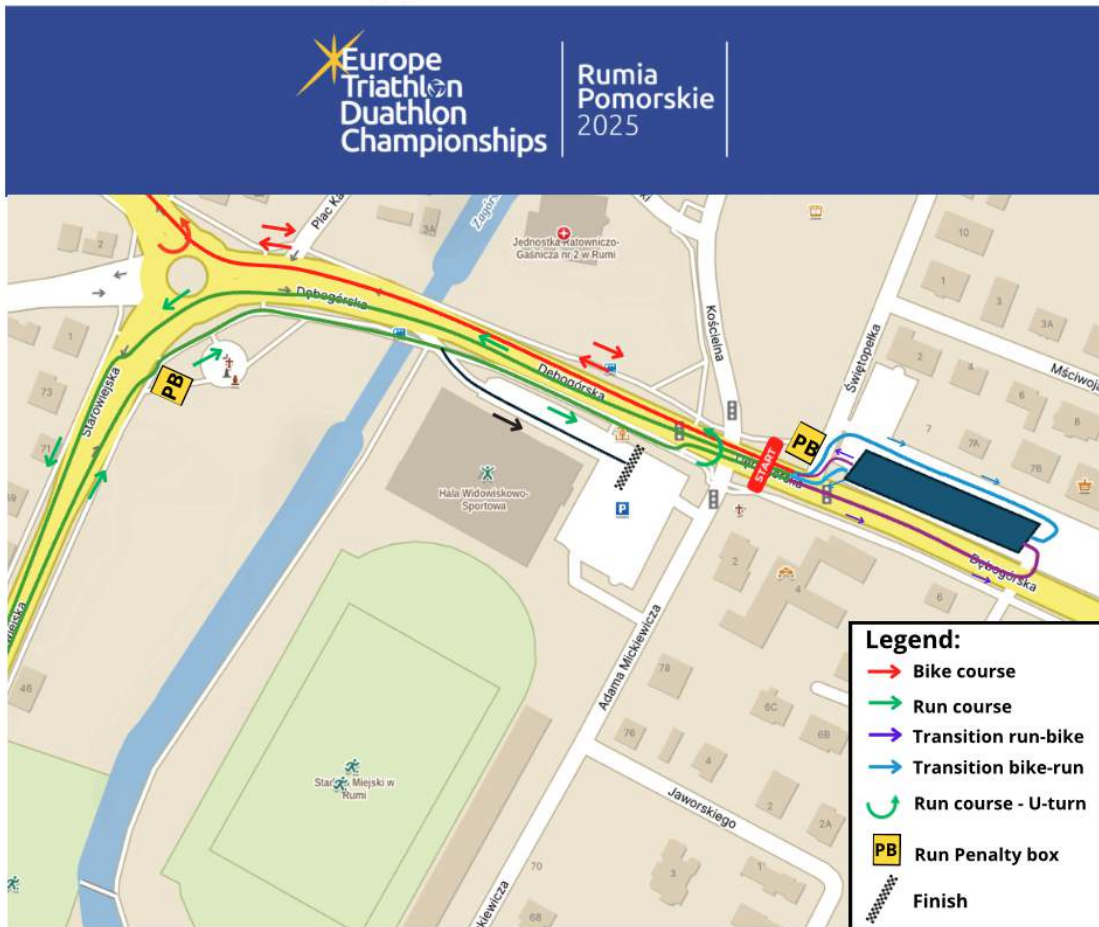
SECOND RUN COURSE

Flat route with asphalt, in which athletes will have to complete one lap of 2.5km.





START/FINISH





9.3 AGE GROUP

COURSE MAP - [LINK](#)

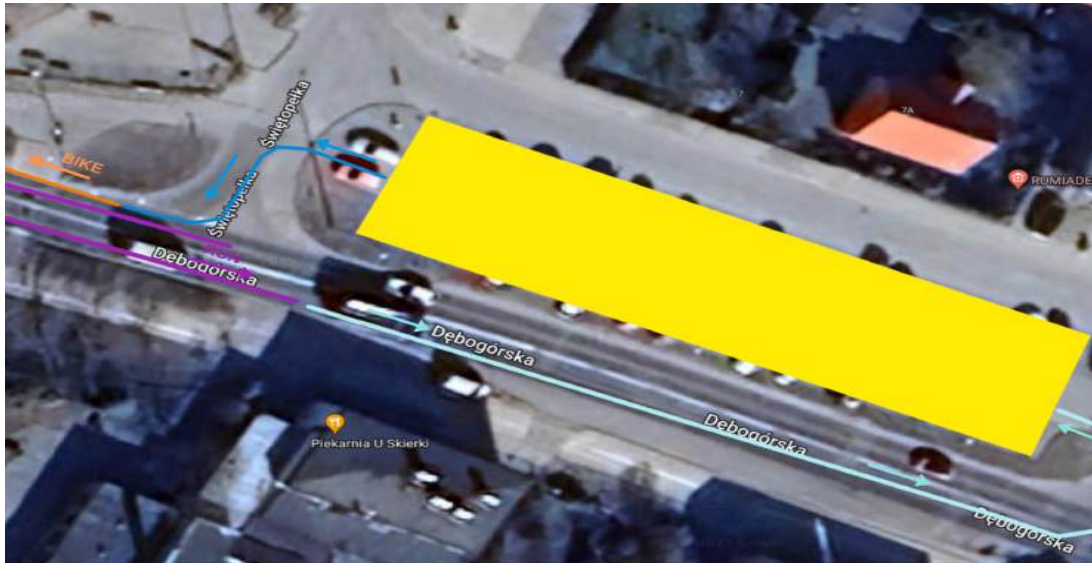


FIRST RUN COURSE

Flat route with asphalt, in which athletes will have to complete two laps (sprint distance) or four laps (standard distance) of 2.5km each.

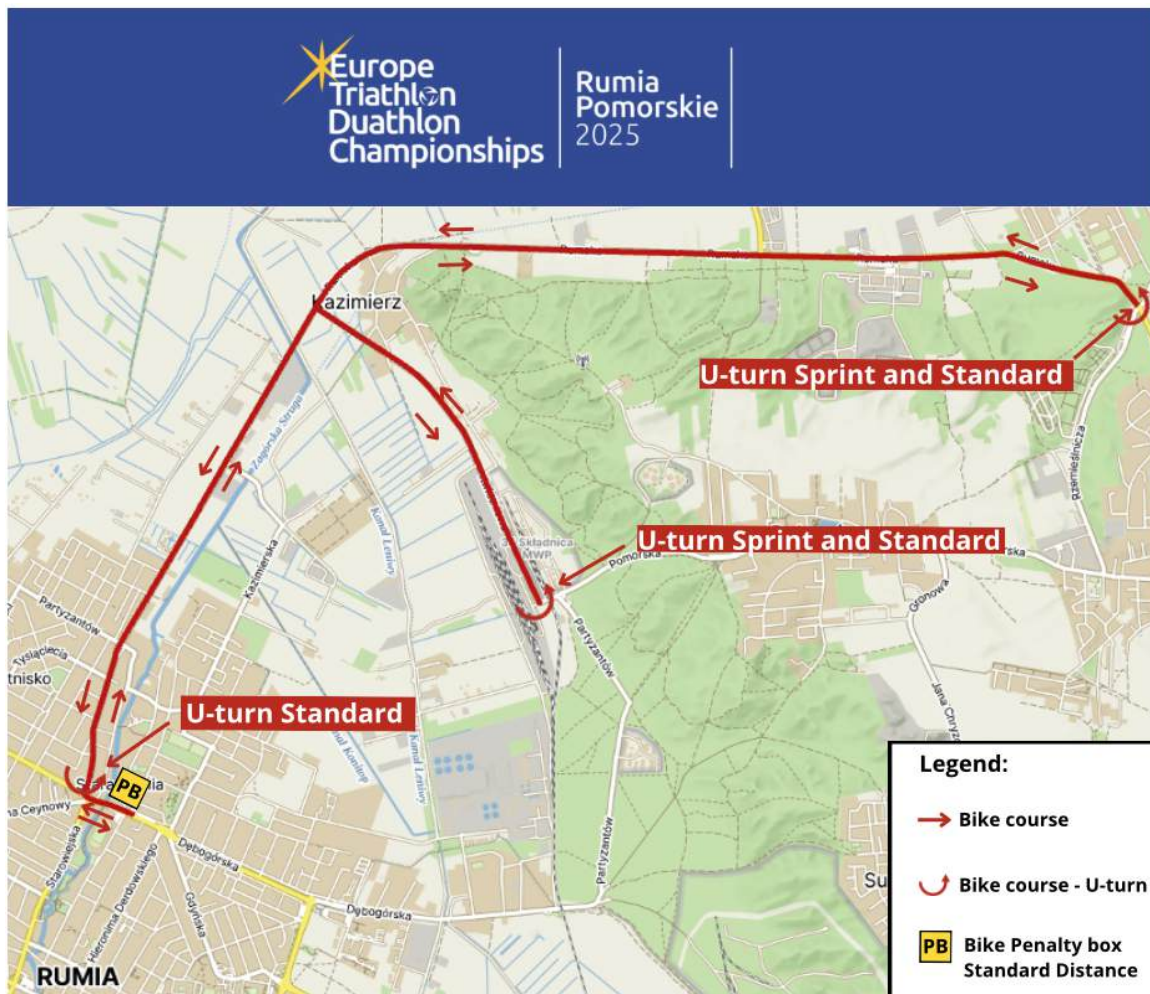


TRANSITION 1/2



BIKE COURSE

Flat route with good quality asphalt consisting of one lap (sprint distance) or two laps (standard distance).





TRANSITION 2/2



SECOND RUN COURSE

Flat route with asphalt, in which athletes will have to complete one lap (sprint distance) or two laps (standard distance) of 2.5km each.





START/FINISH

