



Pamplona
2025



Athletes' Guide



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0 Welcome words

Soon.

1 General Information

1.1 Introduction

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and team managers are advised to check with the event office regarding any changes in information included in this guide.

IMPORTANT: Please review continuously the below official websites for more information and updates.

[2025 Europe Triathlon Aquathlon Championships Pamplona](#)

[2025 Europe Triathlon Middle Distance Championships Pamplona](#)

[2025 Europe Triathlon Aquabike Championships Pamplona](#)

With enthusiasm, affection and a lot of dedication, a group of triathlon fans decided to organize a half-distance race in 2015. A race that in its seven editions has managed to quickly sell out its race numbers and be named the venue for the Spanish Cup in the editions from 2016 to the present and the Spanish Middle Distance Triathlon Championship in 2017, 2022 and 2024 and in 2025 it will be the venue for the European MD Triathlon, MD Aquabike and Aquathlon Championships.

It will be because of the circuits, fast and attractive, although not without notable hardness; or because of the people of Pamplona and its surroundings, who give their all support to the participant every year; or because of the real culprits of this exciting adventure, with extensive experience in the sector.

Whatever the reason, the **Pamplona-Iruña Half Triathlon** is a firm commitment established in the national calendar and that every year is implementing improvements and services. Our aim is to offer a quality event in four senses: for the triathlete, the organisation, the volunteers and the spectator.

Come and enjoy our Autonomous Community of Navarra, Pamplona-Iruña, its culture, its inhabitants and its gastronomy. And, of course, come and be part of an authentic triathlon festival.

An event that triathlon lovers cannot miss. The Pamplona-Iruña Half Triathlon will not disappoint you.

1.2. Key dates

2025 Europe Triathlon Multisport Championships Pamplona will take place **from the 14th to the 17th of May 2025**.

RACES START TIMES

DAY	RACE START	COMPETITION
Thursday 15 May	18:00	Europe Triathlon Aquathlon Championships
Saturday 17 May	13:30	Europe Triathlon Middle Distance Championships
Saturday 17 May	13:50	Europe Triathlon Aquabike Championships

The details of the schedules for each race are presented below and later in this Athlete's Guide (see 6. Competition Schedule).

EXPO - REGISTRATION & RACE PACK DISTRIBUTION TIMES

The EXPO - Registration and Race Pack distribution will be in the Plaza del Castillo with the following schedule:

DAY	START	FINISH	EVENT	ACTIVITY
Wednesday 14 May	18:00	20:30	-	Expo, FanZone and Event Information
Wednesday 14 May	18:00	20:30	Aquathlon	Race pack distribution / Age Group
Thursday 15 May	11:00	19:00	-	Expo, FanZone and Event Information
Thursday 15 May	11:00	14:00	Aquathlon	Race pack distribution / Age Group
Thursday 15 May	11:00	19:00	MD Triathlon	Race pack distribution / Age Group
Thursday 15 May	11:00	19:00	MD Aquabike	Race pack distribution / Age Group
Friday 16 May	11:00	19:00	-	Expo, FanZone and Event Information
Friday 16 May	11:00	21:00	MD Triathlon	Race pack distribution / Age Group
Friday 16 May	11:00	21:00	MD Aquabike	Race pack distribution / Age Group
Saturday 17 May	12:00	20:00	-	Expo, FanZone and Event Information

AWARD CEREMONIES

The Award Ceremonies for all events will take place in the Plaza del Castillo with the following schedule:

DAY	START	FINISH	EVENT	CATEGORY
Friday 16 May	20:00	20:30	Aquathlon	Elite-U23-Junior-Para
Friday 16 May	20:30	-	Aquathlon	Age Groups
Saturday 17 May	18:00	-	MD Triathlon	Elite – Para
Saturday 17 May	20:00	20:30	MD Aquabike	Age Groups
Saturday 17 May	20:30	-	MD Triathlon	Age Groups

1.3. Key contacts

- Race director: Jorge García.
- Technical Delegates: [Anabela Santos](#) & [Fritz Schwarz](#).
- Assistant Technical Delegate: Auri Amaya.
- Europe Triathlon Office: hq@europe.triathlon.org. Phone : +32478825456.

1.4. LOC Contacts details

- Project Manager: Julio Lizaranzu I infopamplona@triatlon.org
- Athletes' services manager: Javier Rodriguez I javier.rodriquez@triatlon.org

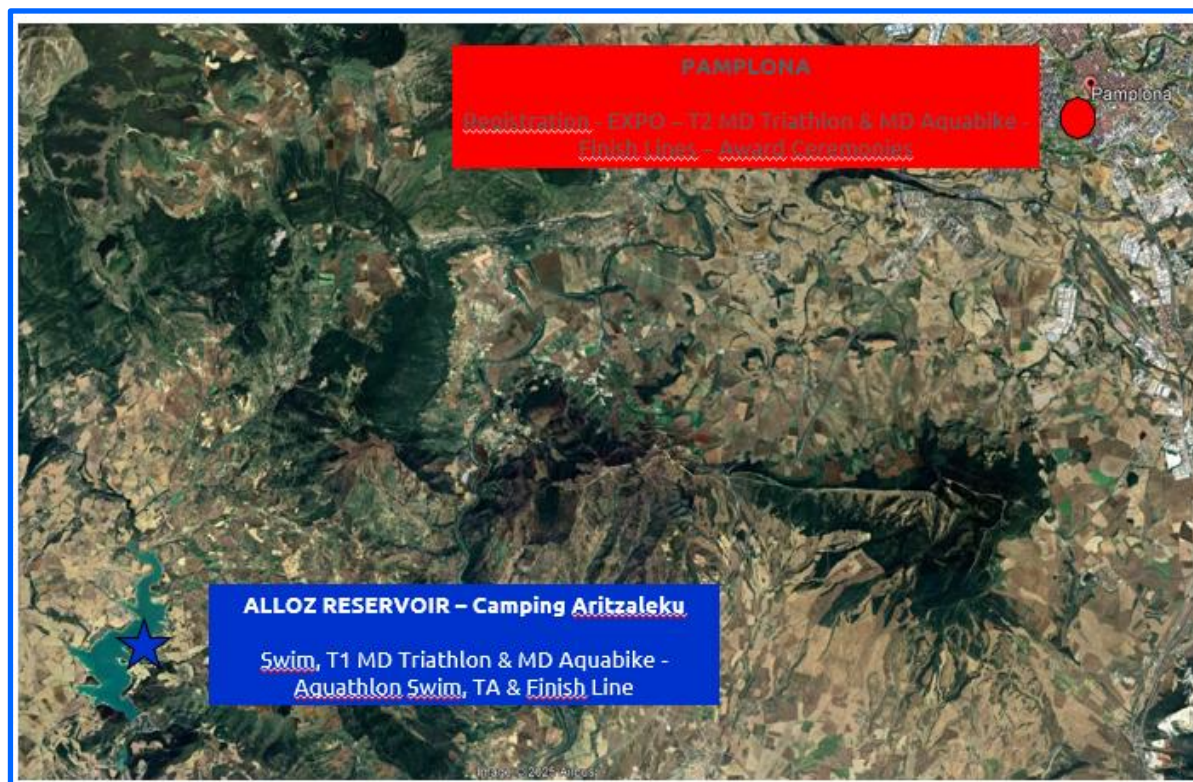
2 Venue

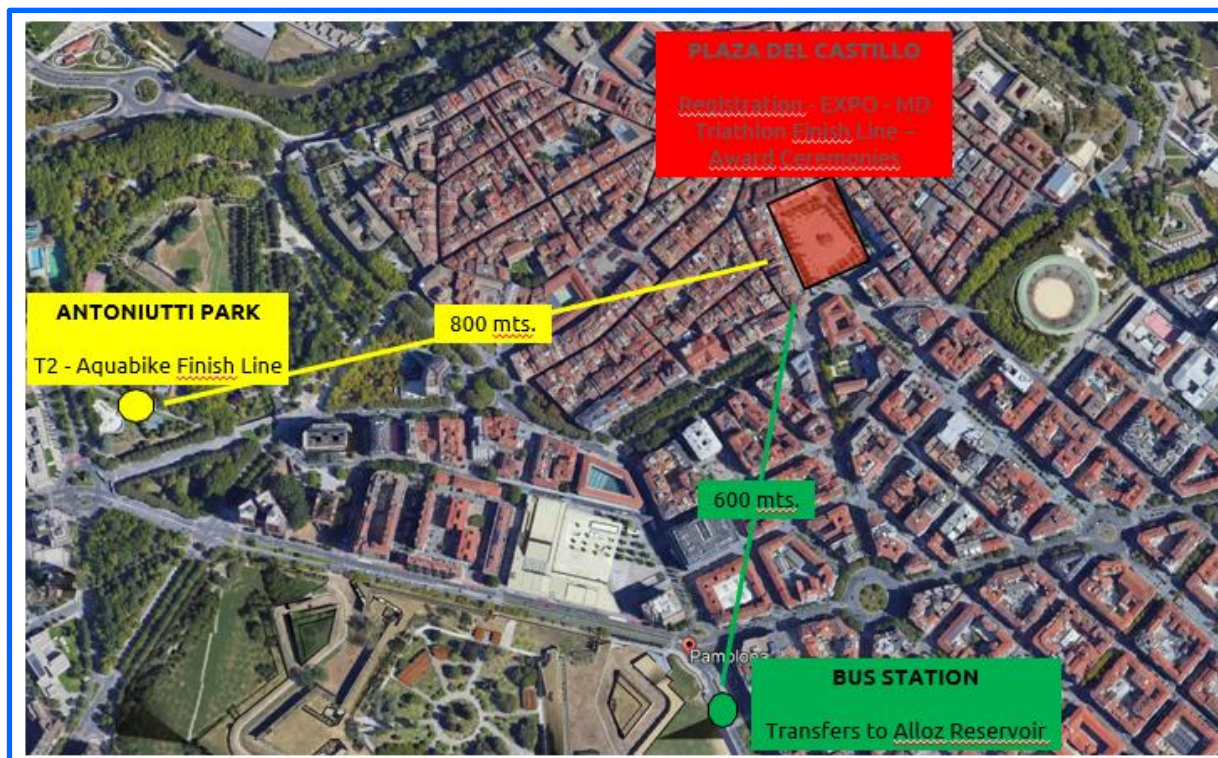
2.1. Race venues

The main competition venues of the **2025 Europe Triathlon Multisport Championships Pamplona** event are:

BY LOCATION

Plaza del Castillo (Pamplona)	All events	Registration, Race pack pick-up & Award Ceremonies
Plaza del Castillo (Pamplona)	2025 Europe Triathlon Middle Distance Championships Pamplona	Finish line
Alloz reservoir-Camping Aritzaleku	2025 Europe Triathlon Aquathlon Championships Pamplona	Race Start & T1 & Finish line
Alloz reservoir-Camping Aritzaleku	2025 Europe Triathlon Middle Distance Championships Pamplona	Race Start & T1
Alloz reservoir-Camping Aritzaleku	2025 Europe Triathlon Aquabike Championships Pamplona	Race Start & T1
Parque Antoniutti (Pamplona)	2025 Europe Triathlon Middle Distance Championships Pamplona	T2
Parque Antoniutti (Pamplona)	2025 Europe Triathlon Aquabike Championships Pamplona	Finish line





BY EVENT

All events	Registration, Race pack pick-up & Award Ceremonies	Plaza del Castillo
2025 Europe Triathlon Aquathlon Championships Pamplona	Race Start & T1 & Finish line	Alloz reservoir-Camping Aritzaleku
2025 Europe Triathlon Middle Distance Championships Pamplona	Race Start & T1	Alloz reservoir-Camping Aritzaleku
2025 Europe Triathlon Middle Distance Championships Pamplona	T2	Parque Antoniutti (Pamplona)
2025 Europe Triathlon Middle Distance Championships Pamplona	Finish line	Plaza del Castillo
2025 Europe Triathlon Aquabike Championships Pamplona	Race Start & T1	Alloz reservoir-Camping Aritzaleku
2025 Europe Triathlon Aquabike Championships Pamplona	Finish line	Parque Antoniutti (Pamplona)

2.2 Courses familiarisation

AQUATHLON

SWIM

There no official swim fam for the Aquathlon since there are no swimming restrictions in Alloz reservoir. The swimming course will be marked on the day of the competition.

RUN

The run course will be marked on the morning of the competition day. It can be easily done with the Google Earth KMZ and Wikiloc files

MD TRIATHLON & MD AQUABIKE

SWIM

There are no swimming restrictions in Alloz reservoir. The swimming course will be marked the day before to the competition.

[LOC will provide security on water on Friday the 16th. from 11:00 to 12:00 H.](#)

BIKE-RUN

Bike & Run courses in the MD Triathlon and MD Aquabike can be easily done with the Google Earth KMZ and Wikiloc files. Beware roads are open to traffic.

2.3. Athletes' lounge

Not applicable.

2.4. Entry fees and athletes' race package distribution

REGISTRATION PROCESS

For all categories, registrations for the 2025 Europe Triathlon Middle Distance Championships Pamplona must be made through the National Federation (NF) of the participating countries.

No individual registrations nor payment are allowed through the Local Organising Committee. National Federations are to collect the entry fees from all athletes.

Registration deadline: 17th. april 2025. National Federations will have to submit the delegation by this date.

For Age Group athletes, registrations must be made by a designated Age-Groups Team Manager.

For more information on the qualification procedure in your country please contact your National Federation. In case you are not able to get in touch with your National Federation, you should contact agegroup@triathlon.org

ENTRY FEES (net price)

Event		ELITE	JUNIOR	PARA	AGE GROUP
MD Triathlon		€250	-	€250	€250
MD Aquabike		-	-	-	€190
Aquathlon		€75	€75	€75	€75

Payment must be done in Euros and all rates mentioned include taxes and VAT.

Please note that your NF entry fee may be higher than the one above to cover the national support team provided on site by your NF (team managers, bike mechanics, doctors, social functions, etc.). For more details, please contact your [National Federation](#).

CANCELLATION/REFUND POLICY

Event	Up to 31/01/2025	From 01/02/2025
MD Triathlon	50% reimbursement	No reimbursement available for whatever reason
MD Aquabike	50% reimbursement	No reimbursement available for whatever reason
Aquathlon	No reimbursement available for whatever reason	

RACE PACKAGE DISTRIBUTION

Elite, U23, Juniors and Para athletes will pick up their race package at the registration just after their briefings (mandatory).

Registration and race package pick up for **Age Group athletes** will be in the registration area, in Plaza del Castillo in the following days/hours:

DAY		COMPETITION	FROM	TO	WHERE
14/05/2025	Wednesday	Aquathlon	18:00:00	20:30:00	Plaza del Castillo
15/05/2024	Thursday	Aquathlon	11:00:00	14:00:00	Plaza del Castillo
15/05/2024	Thursday	MD Triathlon	11:00:00	19:00:00	Plaza del Castillo
15/05/2024	Thursday	Aquabike	11:00:00	19:00:00	Plaza del Castillo
16/05/2025	Friday	MD Triathlon	11:00:00	21:00:00	Plaza del Castillo
16/05/2025	Friday	Aquabike	11:00:00	21:00:00	Plaza del Castillo

The registration is personal, you must pick your own pack. The registration team will give you your pack and a wristband which you must wear from the registration moment.


AGE GROUPS I RACE PACK AQUATHON

In Aquathlon registration-race pack delivery you will get the following:

Welcome Gift – Event T-Shirt (x1)	
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and:


Envelope	1
Accreditation wristband It will be mandatory to put it on your wrist before finishing the registration process. Thanks!	1
Bib number (x1)	1
Bag drop sticker (x1)	1
Vertical body decals (x2) with the race number for arms and legs (left)	1
Vertical body decal (x1) with the Age-Group Category for the left calf.	1
Swim cap + horizontal race number decal.	1

The Timing Chip you will receive it at the Transition Area on race day.	
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PLEASE CHECK YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

AGE GROUPS I RACE PACK MD TRIATHLON

In MD Triathlon registration-race pack delivery you will get the following:

Welcome Gift – Event backpack (x1)	
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and:

Envelope (x1)	1
Accreditation wristband (x1) It will be mandatory to put it on your wrist before finishing the registration process. Thanks!	1
Bib number (x1)	1
Stickers sheet: bike (x1), bag drop (x1), helmet (x3), Pump (x1), extra (x1).	1
Vertical body decals (x2) with the race number for arms and legs (left)	2
Vertical body decal (x1) with the Age-Group Category for the left calf.	1
Swim cap (x1) + horizontal race number decal (x1).	1
Transition SWIM-“CONSIGNA” string bag (+ number card) (x1)	Blue
Transition BIKE string bag (+ number card) (x1)	Red
Transition RUN string bag (+ number card) (x1)	Green
Timing Chip: you will receive it at registration, during race pack pick-up.	


PLEASE CHECK YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

AGE GROUPS I RACE PACK MD AQUABIKE

In MD Aquabike registration-race pack delivery you will get the following:

Welcome Gift – event backpack (x1)	
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and:

Envelope (x1)	1
Accreditation wristband (x1) It will be mandatory to put it on your wrist before finishing the registration process. Thanks!	1
Bib number (x1)	1
Stickers sheet: bike (x1), bag drop (x1), helmet (x3), Pump (1), extra (1).	1
Vertical body decals (x2) with the race number for arms and legs (left)	2
Vertical body decal (x1) with the Age-Group Category for the left calf.	1
Swim cap (x1) + horizontal race number decal (x1).	1
Transition SWIM-"CONSIGNA" string bag (+ number card) (x1)	Orange
Transition BIKE string bag (+ number card) (x1)	Orange
Timing Chip: you will receive it at registration, during race pack pick-up.	

PLEASE CHECK YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

FINISHER GIFT AQUATHLON, MD TRIATHLON & MD AQUABIKE

Finisher Gift – event kerchief, honouring the Pamplona San Fermin fiestas attire	
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Tradition points to the red colour of the kerchief being a symbol of the martyrdom of St. Fermin, who was decapitated in the city of Amiens during the persecutions in the 3rd century. The red symbolises the Saint's blood, although others indicate the similarity with the Navarre flag.



2.4. Doping control

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities. Doping rules do not only apply to Elite, U23, Junior and Para athletes but to Age Group athletes as well.

Location of the doping control site: [TBC](#).

2.5. Security

[TBC](#).

2.7. LOC office

[TBC](#).

3 Accommodation

The event Official Travel Agency is **BCD Meetings and Events**. For all issues related to travel, transfers, car rental and accommodation contact: triathlon@bcdme.es

4 Transfer and Transport

Pamplona has different means of transport. You can arrive by car, bus, train or plane. The new bus station is located in the city centre, in Calle Yanguas y Miranda. The Renfe train station is in the San Jorge neighbourhood, and offers different routes linking Pamplona to numerous cities in Spain. The airport is six kilometres out of the city, in the town of Noáin.

By PLANE

The **Pamplona airport** is located in the **town of Noáin**, at a distance of six kilometres from Pamplona. The airport terminal was built in 2010 and regular flights operate between Pamplona and Madrid, and between Pamplona and Frankfurt (Germany). During the San Fermín festival, the airport also receives numerous charter flights.

The airport services include a shop selling gourmet products, a cafeteria, toilets and a pay-on-exit public car park. Keep in mind that there is **no left luggage service**.

City bus line A connects the train and bus stations with the airport terminal. [Click here](#) for more details.

You can also take a taxi to the airport. For more information about the service, [click here](#).

By TRAIN

A number of train routes link Pamplona to other Spanish cities. If you're taking the train from Madrid to Pamplona, the journey takes around three hours. From Barcelona, the journey can take from four to nine hours, depending on the type of train. For more information on the train routes and bookings, click on the following [link](#).

The Pamplona **train station** is located in the **district of San Jorge**, in the north-eastern part of the city. On foot, it can take about half an hour from the Old Quarter of the city to the train station, but it's also possible to take a bus. The lines connecting the train station to the city centre are number 9 and the special A line linking the train station, bus station and airport. Line 7 connects the station with the Hospital complex.

There's also a taxi stand outside the station. More information [here](#).

The train station services include a bar-cafeteria, toilets, stationery and bookshop, and luggage trolleys. Furthermore, the station is accessible to persons with reduced mobility. What's more Renfe Tren Oficial (Spain's railway operator) increases the number of trains operating during the San Fermín festival. However, it is still advisable to book in advance, due to the fact that demand is high and the seats on some trains may be sold out.

By BUS

Pamplona has a **modern bus station**, inaugurated in 2007, which is the arrival and departure hub for all the lines. This underground station is **centrally-located in street Yanguas y Miranda**, next to the Citadel and the Vuelta de Castillo green belt. The bus station houses a bar-cafeteria, toilets, gift and sweet shops and a gym.

It also offers **self-service left-luggage lockers**, available **from 6.30 am to 23.00 pm**, at a price of 4 euros per day for medium lockers and 5 euros per day for the large lockers. During the San Fermín festival in July, there is a 24-hour attended left-luggage service available at a price of 5 euros per package.

Other places in Pamplona can be easily reached on foot from the bus station, or by taking a city bus or taxi. There are **two different taxi stands**. One taxi stand is located inside the bus station on floor 2, which is only available during the bus station opening times. The other taxi stand is outdoors, on street Yanguas y Miranda. There is also a bus stop on this street, for line 16 and special A line linking the bus station to the train station and airport. [Click here](#) to get more information on urban transport.

By CAR

Pamplona is located in the **centre of the Autonomous Community of Navarre**, in northern Spain, very close to the border with France. By road, the city is within easy reach of a number of different places.

The journey by car from the neighbouring cities of San Sebastian, Vitoria-Gasteiz and Logroño takes approximately one hour. San Sebastian and Vitoria-Gasteiz are connected to Pamplona via the **AP-15 toll motorway**, while Logroño is connected via the **A-12 free expressway**.

Less than two hours away are Bilbao, along the AP-15, and Zaragoza, connected to Pamplona by the **AP-68** and AP-15 motorways.

The car journey from Madrid to Pamplona takes just over four hours. Although there are a number of options, the most common route is via the A-2 expressway to Medinaceli, taking the **N-111** to Soria, followed by the **N-122** to Tudela where it is then possible to take the AP-15 motorway as far as the capital city of Navarre.

From Barcelona, the most popular option is to take the **AP-2** motorway to Zaragoza, then the **AP-68** and, finally, the **AP-15** to Pamplona.

Visitors coming from France generally cross the border at Irun and take the **N-121-A** road to Pamplona in a journey that takes little over one hour.

With MOTORHOME

ORDINANCE ON PARKING AND OVERNIGHT OF MOTORHOMES

If you come to Pamplona by motorhome, you must bear in mind that you can park your vehicle in the city, but you cannot use it as a home. For this purpose there are other authorized areas. One of them is located in the Trinitarios area (next to the fire station) and is permanent. Not reservations allowed.

The service fee is 10 euros per day, plus two euros for the water change, and the maximum authorized stay is 48 hours. During the Sanfermines, the rate rises to 20 euros per day (from July 5 to 15, both included).

Finally, near the centre of Pamplona, you can find other caravan parking options connected with urban buses:

- [Berriozar](#)
- [Ansoain](#)
- [Sarriquiren](#)

PAMPLONA MOTORHOME AREA

Only vehicles approved as home vehicles may park in the reserved areas:

- 3148 Mixed vehicle housing.
- 3200 Motorhome of GVW ≤ 3,500 kg.
- 3248 Mobile home caravan of MMA ≤ 3,500 kg.
- 3300 Motorhome of GVW > 3,500 kg.
- 3348. Mobile home caravan of MMA > 3,500 kg
- 2448 Van vehicle housing.

PRACTICAL INFORMATION

NO RESERVATIONS ALLOWED

Name: Pamplona Motorhome Area

Address: Trinitarios Area

Town: Pamplona-Iruña **Province:** Navarra

LATITUDE: "N 42° 49 '16" / W 01° 39' 25 " **LENGTH:** 42.82111 / -1.65694

Web: How to get there and how to move around the city

E-mail: oficinaturismo@pamplona.es

Phone: (+34) 948 420 700 - 948 420 734

Owner: AYUNTAMIENTO DE PAMPLONA - IRUÑEKO UDALA

Access: Regulated

Services: Overnight, Drinking water, Water / gray water drainage, WC Chemical/Sewage, Plug, Snack, Transport, Accessible wheelchair, Payment, Video surveillance area.

Maximum stay: 48 hours. **No. places:** 33

Price and services included: €10

Comments: Next to the area: gas station with supermarket.

5 Athletes' Services

5.1. Training facilities



SWIM

TRAINING FACILITIES IN PAMPLONA (SWIMMING POOLS)

<https://www.pamplona.es/en/node/5219>

ARANZADI SPORTS COMPLEX

Address: c/Vuelta de Aranzadi s/n (Planta baja)

Telephone – email: 948223002 - complejoaranzadi@pamplona.es

Facilities: 25 mts. indoor pool, gym/fitness, sauna, cafetería.

Day entry: 5,61€

Schedule: Monday to Saturday 09:00-21:00 h. Sundays closed.

AQUAVOX SAN AGUSTIN SPORTS COMPLEX

Address: c/San Agustin 9 (Planta baja)

Telephone – email: 948223213 - info@aquavox.es

Facilities: 25 mts. indoor pool, gym/fitness, spinning, sauna.

Day entry: 5,61€

Schedule: Monday to Friday 08:00-21:00 h. Saturday 08:00-21.00 h. Sundays 09:00-14.00 h.

AQUAVOX SAN JORGE SPORTS COMPLEX

Address: carretera Cementerio s/n (Planta baja)

Telephone – email: 948287778 – complejosanjorge@pamplona.es

Facilities: 25 mts. indoor pool, gym/fitness, sauna, cafeteria.

Day entry: 5,61€

Schedule: Monday to Saturday 09:00-21:00 h. Sundays closed.



BIKE COURSES

Bike of the MD Triathlon and MD Aquabike can be easily done with the Google Earth KMZ and Wikiloc files. Remember the days before competition roads are open to traffic.



RUN COURSES

Run course of the Aquathlon and the MD Triathlon can be easily done with the Google Earth KMZ and Wikiloc files.

5.2. Medical services

TBC.

5.3. Bike mechanical service

There will be a Technical Bike Service in T1 in the Alloz reservoir-Camping Aritzaleku during the days/hours when the transition area is open. This service will be free of charge for the labour but spares and pieces will be charged.

There will be no technical bike service in the Plaza del Castillo.

Additionally, next to the transition area we will have a [Scandic ONBIZI bike repair station](#) free to use for the athletes.

Note that this technical service is only for emergency cases. All athletes must bring their bikes in perfect racing conditions.

5.4. Bike shops in Pamplona

You can find these bike shops in Pamplona:

PEDALIER

Plaza Blanca de Navarra 4, 31004 Pamplona.

Phone: (+34)948 244 662

Email: pedalierpamplona@gmail.com

<https://pedalier.es/>

MUNDORAINTE

c/ Nueva 121, 31001 Pamplona

Phone: (+34) 948 21 30 33

Email: info@mundoraintxe.com

<https://www.mundoraintxe.com/>

GOI-CONTINI

Calle B, 1 (Pol. Ind. Mutilva Baja), 31192 Mutilva

Phone: (+34) 650915627

Email: bicis@goicontini.com

<https://goicontini.com/>

5.5. Official race photos by FINISHER PIX

FinisherPix is the official photographer of the 2025 Europe Triathlon Multisport Championships Pamplona and will be there to commemorate your race.

Pre-order your photos in the following links:

- Aquathlon Europe Championships: <https://www.finisherpix.com/en/event/9441>
- MD Triathlon & MD Aquabike Europe Championships: <https://www.finisherpix.com/en/event/9443>

Athlete questions: please contact FinisherPix at support@finisherpix.com

5.6. Uniform Rules

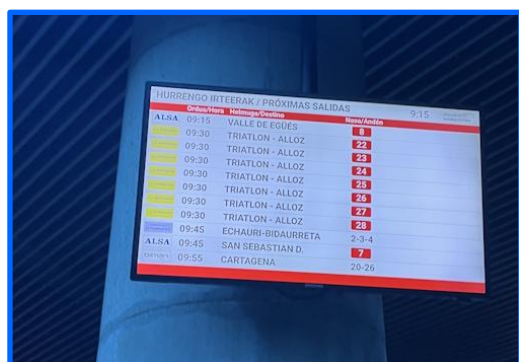
At the **2025 Europe Triathlon Multisport Championships Pamplona**, all athletes registered as Age Group in the European Championships must comply with the approved National Federation uniform colour/format. The uniform must follow [World Triathlon uniform rules](#). For further information, please see the [World Triathlon Competition Rules](#).

Athletes registered in the Half Pamplona or the Open triathlon race can compete with their club or own uniform.

5.7. Transfer Plan Pamplona – Alloz Reservoir-Camping Aritzaleku

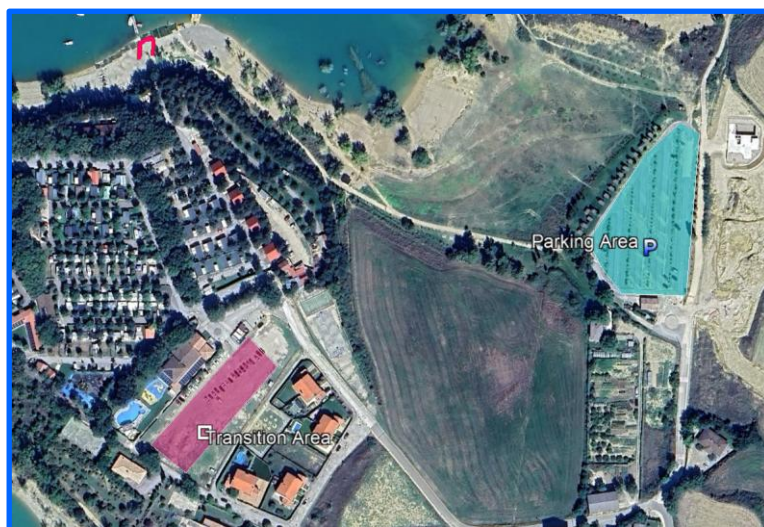
TRANSFER PLAN SCHEDULE

DAY	EVENT / COMPETITION	TRANSFER BUS	BIKE TRANSPORT
Thursday 15 May	Aquathlon (Race day)	Optional	-
Friday 16 May	MD Triathlon (Bike check-in)	Optional	Optional
Friday 16 May	MD Aquabike (Bike check-in)	Optional	Optional
Saturday 17 May	MD Triathlon (Race day)	Mandatory	-
Saturday 17 May	MD Aquabike (Race day)	Mandatory	-



5.7.1. Transfers AQUATHLON – THURSDAY 15th.

On race day access to the Alloz reservoir will be open for all. It will be mandatory to leave the cars in the parking space marked "[Parking Area](#)" close to the TA there. The buses will stop at the Lerate village entrance.



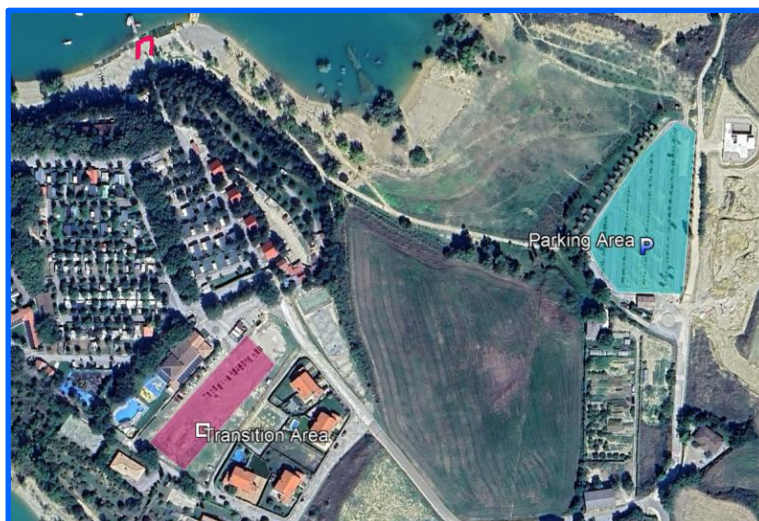
For the **AQUATHLON** the LOC offers an optional bus transfer service for athletes, friends and family as follows:

BUS TRANSFER USE	ATHLETE	FRIENDS & FAMILY
	Optional (cost: 16€)	Optional (cost: 16€)
SERVICE RESERVATION	Mandatory In this link click in " Register " and select your registration form. Deadline: April 17th.	
GROUP 1 (150 seats)	Departure 13:30 H. from Pamplona bus station to Embalse Alloz (Camping Aritzaleku).	
GROUP 2 (150 seats)	Departure 15:30 H. from Pamplona bus station to Embalse Alloz (Camping Aritzaleku).	
ALL	Departure 20:00 - 20:30 H. from Embalse Alloz (Camping Aritzaleku) to Pamplona bus station.	

The trip from Pamplona bus station to Embalse Alloz (Camping Aritzaleku) takes about 35/40 minutes.

5.7.2. Transfers MD TRIATHLON & MD AQUABIKE - BIKE CHECK-IN FRIDAY 16th.

On Friday 16th, access to the Alloz reservoir will be open for all traffic for the Bike Check-in. It will be mandatory to leave the cars in the parking space marked "[Parking Area](#)" close to the TA. The buses will stop at the Lerate village entrance.



For the **MD TRIATHLON & AQUABIKE** (bike check-in) the LOC offers an optional bus transfer for athletes, friends and family as follows (**no bikes allowed on buses**):

BUS TRANSFER USE	ATHLETE Optional (cost 16€)	FRIENDS & FAMILY Optional (cost 16€)
SERVICE RESERVATION	Mandatory In this link click in " Register " and select your registration form. Deadline: April 17th.	
GROUP 1 (150 seats)	Departure 10:00 H from Pamplona bus station to Embalse Alloz (Camping Aritzaleku) Return 13:00 H from Embalse Alloz (Camping Aritzaleku) to Pamplona bus station.	
	Departure 16:00 H from Pamplona bus station to Embalse Alloz (Camping Aritzaleku) Return 19:00 H from Embalse Alloz (Camping Aritzaleku) to Pamplona bus station.	

The trip from Pamplona bus station to Embalse Alloz (Camping Aritzaleku) takes about 35/40 minutes.

For the **MD TRIATHLON & AQUABIKE** Bike check-in, the LOC offers an optional **bike transfer service** for athletes as follows (**no bikes allowed on buses**):

BIKE TRANSFER USE	ATHLETE Optional (cost 35€)
SERVICE RESERVATION	Mandatory In this link click in " Register " and select your registration form. Deadline: April 17th.
BIKE DELIVERY TO TRANSPORT COMPANY	Plaza del Castillo
GROUP 1	Bike deliveries in Plaza Castillo from 09:00 to 13:00 H
GROUP 2	Bike deliveries in Plaza Castillo From 14:00 to 19:00 H

At TA entrance, the transport company will hand out the bikes to the Technical Officials/Volunteers to place them in each athlete numbered rack position.

5.7.2. MD TRIATHLON & MD AQUABIKE - SATURDAY 17th.

On Saturday the 17th. the local road N-7171 will be closed to traffic. There will be no access to Alloz Reservoir in the morning. The road will open when the last athlete leaves on the bike. Mandatory for all athletes to use the bus transfer services (no bikes allowed on buses).

BUS TRANSFER USE	ATHLETE Mandatory (free of charge)	FRIENDS AND FAMILY Optional (cost 16€)
SERVICE RESERVATION	Mandatory In this link click in " Register " and select your registration form. Deadline: April 17th.	
GROUP 1 (500 seats)	Departure 09:00 H from Pamplona bus station	
GROUP 2 (500 seats)	Departure 11:00 H from Pamplona bus station	
RETURN (friends and family)	Departure 15:00 H from Embalse Alloz/Camping Aritzaleku to Pamplona bus station	

The trip from Pamplona bus station to Embalse Alloz (Camping Aritzaleku) takes about 35/40 minutes.

Additional free transfer service **ONLY FOR FRIENDS AND FAMILY** on race day.

From/to [the old petrol station at the exit of the motorway at the Alloz crossroads](#). You will be able to leave your car there (there is no surveillance) and there will be buses going back and forth from the petrol station to the Alloz reservoir from 10:00 to 12:45. The last bus will return to the petrol station when the last athlete leaves and the road is free (no bikes allowed in buses).

BUS TRANSFER USE	FRIENDS AND FAMILY Mandatory (Free of charge)
SERVICE RESERVATION	No
DEPARTURE	From the old petrol station at the exit of the motorway at the Alloz crossroads from 10:00 H. to 12:45 H.
RETURN	From Embalse Alloz at 15:00 H after last athlete exits TA.

6 Competition schedule

6.1. AQUATHLON

DAY	START	END	ACTIVITY	LOCATION
Thursday 15 May	14:30	17:30	Transition Area Check-in	Alloz reservoir-Camping Aritzaleku
Thursday 15 May	17:00	17:45	Swim warm-up	Alloz reservoir-Camping Aritzaleku
Thursday 15 May	18:00	19:30	Start	Alloz reservoir-Camping Aritzaleku
Thursday 15 May	-	-	Swim cut-off time: 1H 10M from the last wave start.	Alloz reservoir-Camping Aritzaleku
Thursday 15 May	-	-	Finish line cut-off time: 2H 05M from the last wave start.	Alloz reservoir-Camping Aritzaleku
Friday 16 May	20:00	20:30	Award Ceremony ELITE-U23-JUNIOR-PARA	Plaza del Castillo

Friday 16 May	20:30	-	Award Ceremony AGE GROUPS	Plaza del Castillo
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6.2. MD TRIATHLON & MD AQUABIKE

DAY	START	END	ACTIVITY	LOCATION
Friday 16 May	11:00	21:00	TA1 Bike Check-in (Mandatory)	Alloz reservoir-Camping Aritzaleku
Friday 16 May	11:00	21:00	TA2 Run gear Check-in (Mandatory)	Antoniutti Park
Saturday 17 May	09:30	13:00	TA1 Opens	Alloz reservoir-Camping Aritzaleku
Saturday 17 May	12:30	13:15	Warm Up	Alloz reservoir-Camping Aritzaleku
Saturday 17 May	13:30	13:50	Start MD Triathlon	Alloz reservoir-Camping Aritzaleku
Saturday 17 May	13:50	-	Start MD Aquabike	Alloz reservoir-Camping Aritzaleku
Saturday 17 May	-	-	Swim cut-off time: 1H from last wave start.	Alloz reservoir-Camping Aritzaleku
Saturday 17 May	18:00	-	Award Ceremonies ELITE-PARA	Plaza del Castillo
Saturday 17 May	18:15	-	Bike Cut-off time	Instituto de La Granja roundabout (Pamplona)
Saturday 17 May	20:00	20:30	Award Ceremonies AG Aquabike	Plaza del Castillo
Saturday 17 May	20:30	-	Award Ceremonies AG MD Triathlon	Plaza del Castillo
Saturday 17 May	21:15	-	Finish line cut-off time	Plaza del Castillo

6.3. Competition rules

The event follows the latest published [Competitions Rules of the World Triathlon \(TRI\)](#).

6.4. Briefings

The Briefings will take place with the following schedule:

DAY	START	FINISH	EVENT	CATEGORY	LOCATION
Wednesday 14 May	16:00	17:00	Aquathlon	Elite-U23-Junior-Para	Plaza del Castillo
Wednesday 14 May	17:00	18:30	Aquathlon	Team Managers Age Groups	Plaza del Castillo
Friday 16 May	10:00	11:00	Press Conference	Elite-Para	City Town Hall
Friday 16 May	11:00	12:00	MD Triathlon	Elite-Para	City Town Hall
Friday 16 May	19:30	20:00	MD Triathlon-MD Aquabike	Team Managers Age Groups	Plaza del Castillo

6.5. Timing chips

AQUATHLON

The timing chip will be delivered on race day in TA.

MD TRIATHLON & MD AQUATHLON

The timing chip for MD Triathlon and MD Aquabike will be delivered on registration when collecting the race bag.

Timing chips must be worn on the athletes' ankle.

6.6. T1 Bike Check-in

For all categories, Bike Check-in in T1 will be mandatory on Friday the 16th. from 11:00 H to 21:00 H.

You can either go directly to the Alloz reservoir before collecting the race pack or after collecting the race pack.

OPTION 1: Bike Check-in before collecting race pack.

An athlete, friend & family can go to T1 with several bikes for bike check-in. In TA, Officials will place seat post stickers and to keep control, they request identification of both the person leaving the bikes and the athletes' owners of the bikes.

OPTION 2: Bike check-in after collecting race pack.

After collecting your race pack, you can go to T1 and bring your bike by your own means or use the bus/bike transfer service. In case you use the bus/bike transfer service you must have collected your race pack previously and placed the seat post sticker before leaving the bike to the transport company.

6.7. T2 Bike Check-out

For bike check-out on T2 you will be requested to have your wristband and race bib with you for identification.

6.8. T2 Run gear drop-off

Just after collecting your race pack put all your running gear in the RUN green bag and give it to the volunteers.



On Friday, LOC will bring all the bags to T2 and place them in each numbered box. Athletes will not be allowed to enter T2. Anything else you need to leave (or remove) should be done by the Officials/Volunteers at the TA entrance (between 11:00 H and 21:00 H. on Friday 16th.) and will be placed in your box.



6.9. Results

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

6.10. Protest & appeals

Standard procedures will be followed according to the current [World Triathlon Competition Rules](#).

7 Accreditation

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

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

8.1. Language

Spanish and Euskera (basque).

8.2. Population

Pamplona has a population of about 205.000 habitants.

8.3. Currency

Euro.

8.4. Time

CET-Central European Time; UTC/GMT +1 hour.

8.5. Electricity

220V, 50 Hz alternating current, which is compatible with UK 220V

8.6. Water

Tap water is perfectly safe to drink in Pamplona.

8.7. Telephone connections

There are three principal mobile networks: [Movistar](#), [Vodafone](#) and [Orange](#). Click in the links for the location of the shops in Pamplona.

8.8. Weather

In May daytime temperatures in Pamplona usually reach 20°C, falling to 10°C at night. Check the local weather details at

<https://www.accuweather.com/es/es/pamplona/308575/weather-forecast/308575>

8.9. Where to Go and Visit

Pamplona and **Navarre** have many places of tourist interest to visit, as well as leisure, recreational and cultural activities.

For more information, visit the official [Pamplona Tourism site](#) (in [Facebook](#) and [Instagram](#)) and the official [Kingdom of Navarre Tourist site](#) (in [Facebook](#) and [Instagram](#)).

 <p>Kingdom of Navarra</p>	https://www.visitnavarra.es/en/
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Ayuntamiento de Pamplona Iruñeko Udala	https://www.pamplona.es/en/tourism
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9 Aquathlon course info & maps

	SWIM	RUN
Distances	1K	5K
Laps	1	2
Lap Elevation	-	+/- 45 mts.
Lap Rotation	Clockwise	AntiClockwise
Race Tracks by Wikiloc	-	https://es.wikiloc.com/rutas-carrera/carrera-a-pie-acuatlon-europe-triathlon-multisport-championships-pamplona-203627248



SWIM COURSE

Description: Swim in the Alloz reservoir with expected calm waters. One 1K lap clockwise with swim start from the concrete shore of the lake.

Water temperature: 16°C – 19°C

Buoys distance: 300 mts. – 600 mts. – 800 mts. aprox. You must leave the buoys on your right.



TRANSITION 1

Swim exit to T1: About 220 meters of concrete/asphalt with 20,2 mts elevation. Average gradient: 10,5%. Maximum gradient 49,2%. Availability of toilets at the start of the ramp. Carpet from the water exit to TA.

Transition flow: Athletes enter the Transition Area and must deposit swim gear in a numbered bin where the run gear has been previously placed. Run starts in the opposite side where you entered TA, along with the finish line.

RUN COURSE

Description: two laps with +/- 45 mts elevation in asphalt/concrete terrain.

Aid Station: One aid station (marked "Avituallamiento" in the image) per lap in km 0,4 and km 2,9.

Penalty Box: There's no Penalty Box on the run section.



10 MD Triathlon course info & maps

	SWIM	BIKE	RUN
Distances	1,9K	84,81K	19,74K
Laps	1	1	3
Lap Elevation	-	+774/-777 mts.	+49/-57 mts.
Lap Rotation	Clockwise	AntiClockwise	AntiClockwise
Race Tracks by Wikiloc	-	https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446	https://es.wikiloc.com/rutas-carrera/carrera-a-pie-tri-iruna-2022-89881667
Race Courses by BKool	-	https://my.bkool.com/profile/detail/13554162 https://my.bkool.com/profile/detail/13554163 https://my.bkool.com/profile/detail/13554165	-

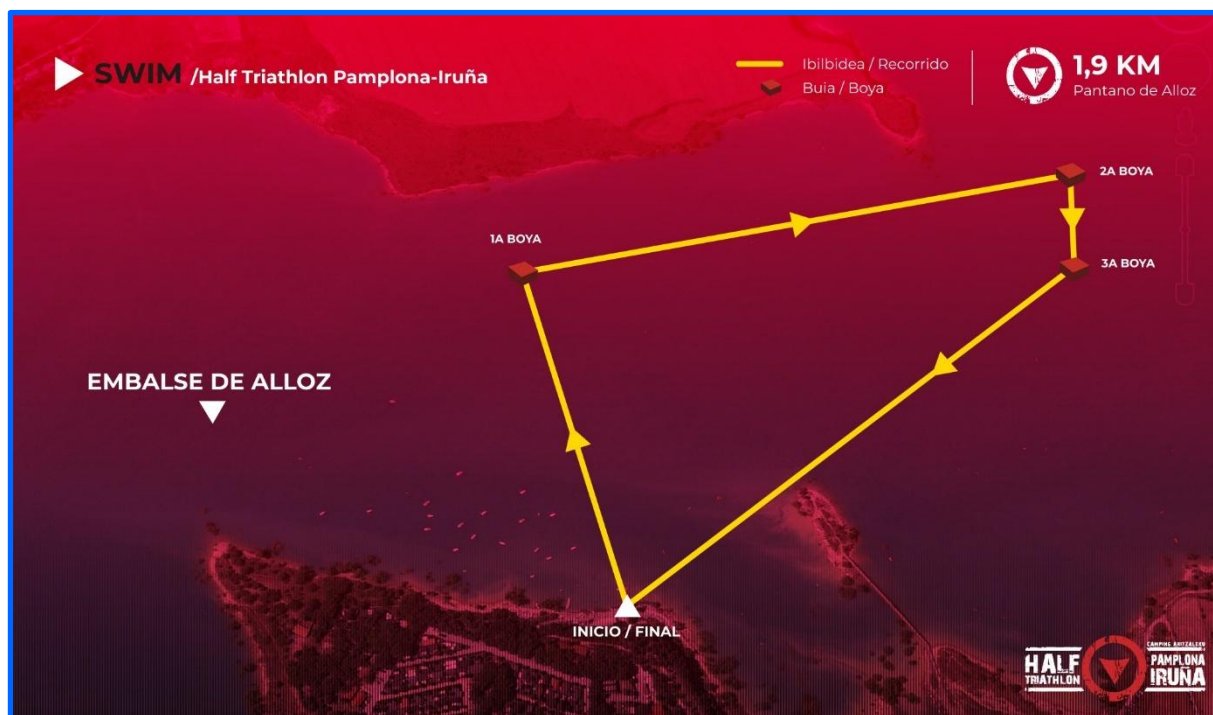


SWIM COURSE

Description: Swim in the Alloz reservoir with expected calm waters. One 1,9K lap clockwise with swim start from the concrete shore of the lake.

Water temperature: 16°C – 19°C

Buoys distance: 350 mts. – 1.000 mts. – 1.200 mts. aprox. You must leave the buoys on your right.



TRANSITION 1

Swim exit to T1: About 220 meters of concrete/asphalt with 20,2 mts elevation. Average gradient: 10,5%. Maximum gradient 49,2%. Availability of toilets at the start of the ramp. Carpet from the water exit to TA.

Transition flow: Enter tent in Transition area 1, go to your numbered place to find your BIKE bag in the rack. Take your bike gear, place all your swim gear in the BIKE bag before leaving the tent and move on to find your bike outside. You will find both the SWIM-CONSIGNA blue and BIKE red bags in the recovery area in Plaza del Castillo.

Bike shoes can be clipped on the bike. Helmet and all other bike gear including bib number must be placed in the BIKE bag.

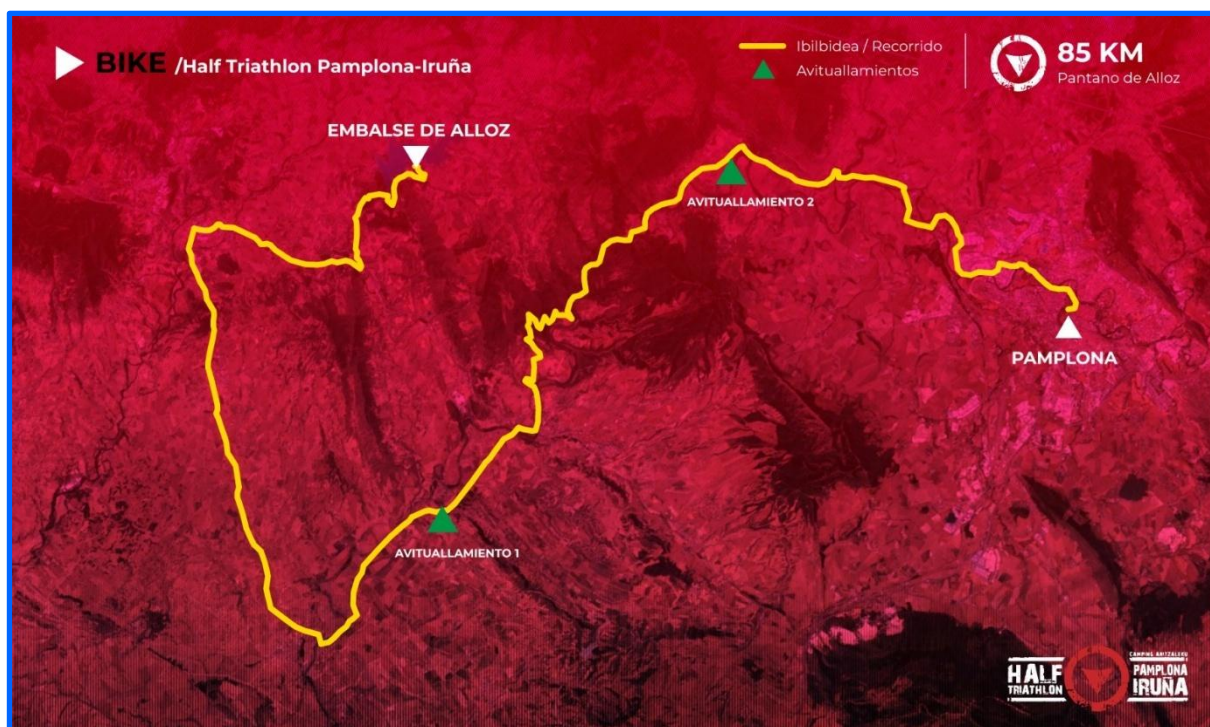


BIKE COURSE

Description: Rolling with good pavement. Average gradient: 2%. Maximum gradient: 7,9% and several sections of +6%. Expect tail/cross wind in the first section and front wind in the second part of the bike.

Bike Aid Stations: Two aid stations (marked "Avituallamiento" in the image) in km 40 and 63,5 with water bottles (and/or bike bottles) with water and 226ERS isotonic drink; 226ERS gels and Coca-Cola.

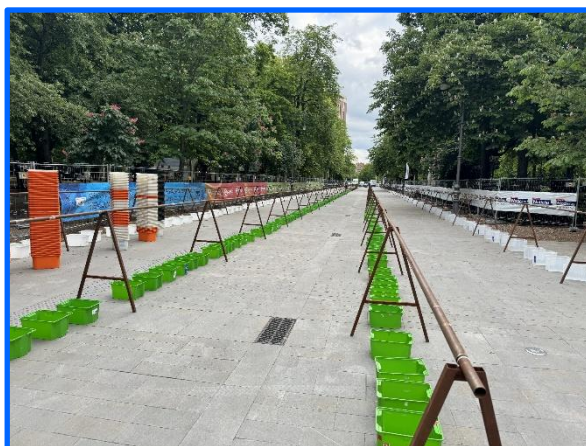
Penalty Boxes: Two penalty boxes in km 39,5 and in Pamplona at about one kilometer before T2 ([exact location TBC](#)).



TRANSITION 2

Transition area 2 is in Parque Antoniutti (flat concrete surface, not carpeted).

Flow: Enter Transition area 2, go to your numbered place and rack the bike. You will find your RUN bag with your run gear in the box. Take your run gear and move on to the running course. All the bike gear must be placed inside the box before leaving TA2.

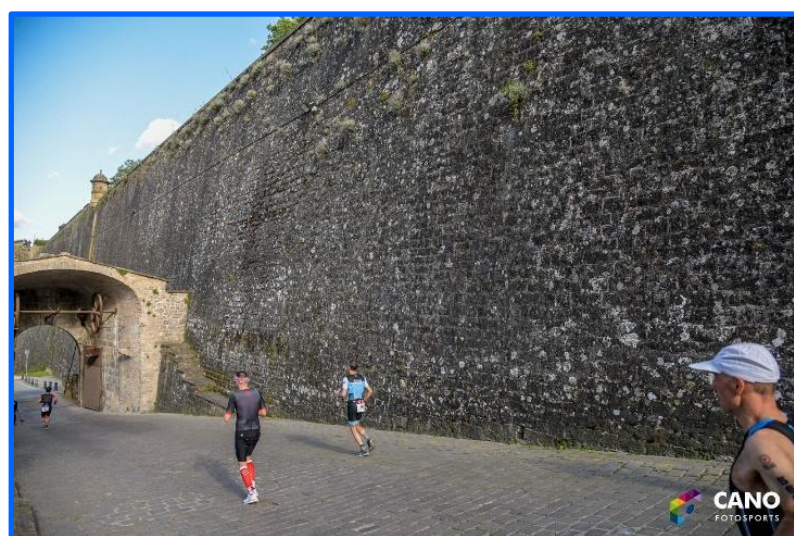
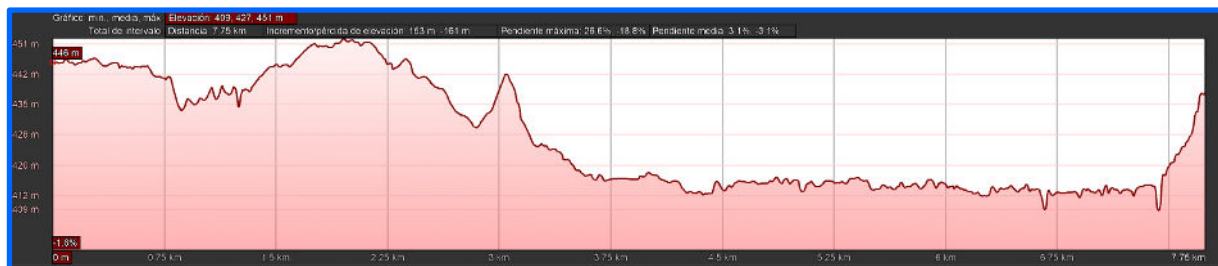
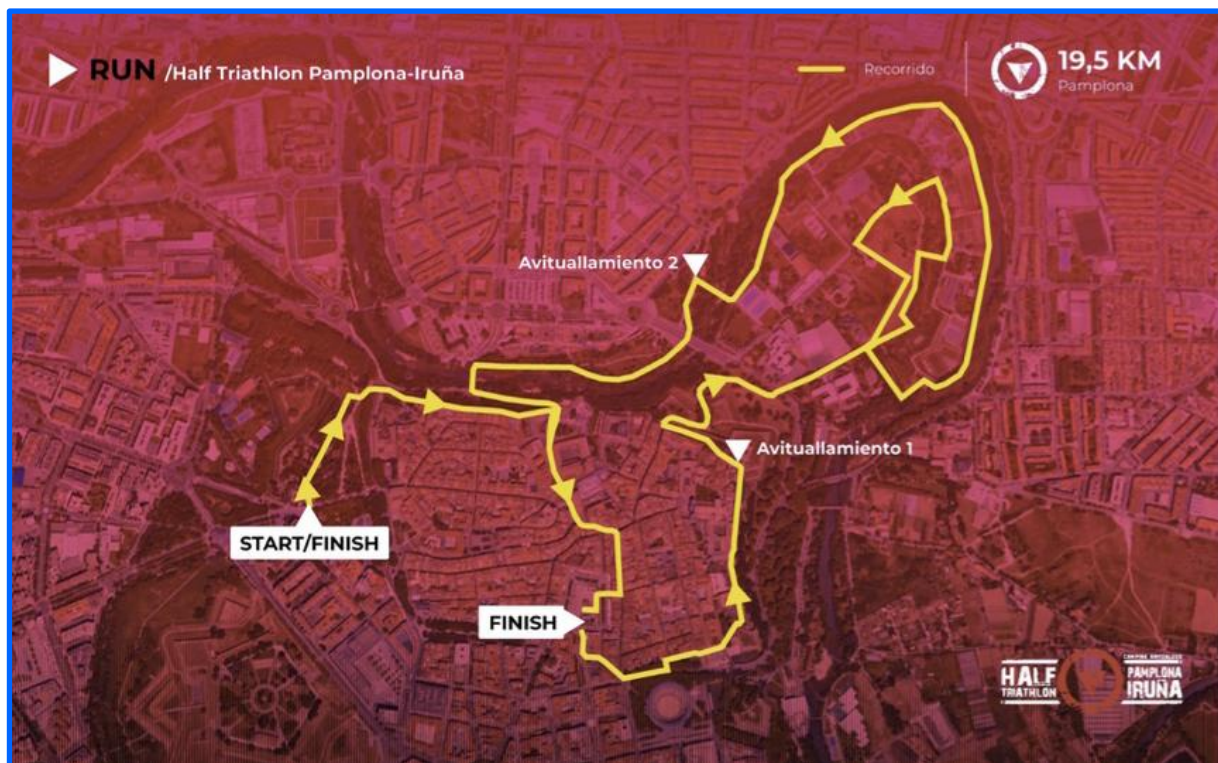


RUN COURSE

Description: Urban, with asphalt, paving stones and stairs. Average gradient: 3,1%. Maximum gradient: 26,6% and several sections of +8%.

Run Aid Stations: One aid station at the start of the run with water and Coca-Cola; and two aid stations per lap in km 2,8/9,8/16,8 and km 6,3/14,3/19,3 aprox. with Coca-Cola, water and 226ERS isotonic drink, 226ERS gels and 226ERS bars; and Hydrazero.

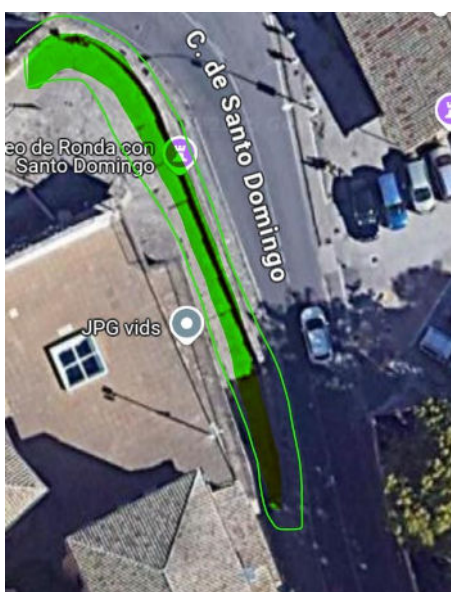
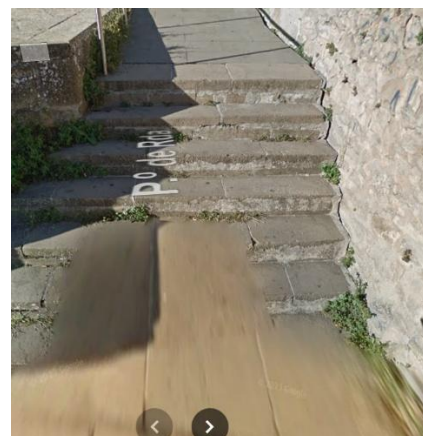
Penalty Box: There's no Penalty Box on the run section.



RUN COURSE ADDITIONAL INFORMATION

1/ LINK TO LAPS

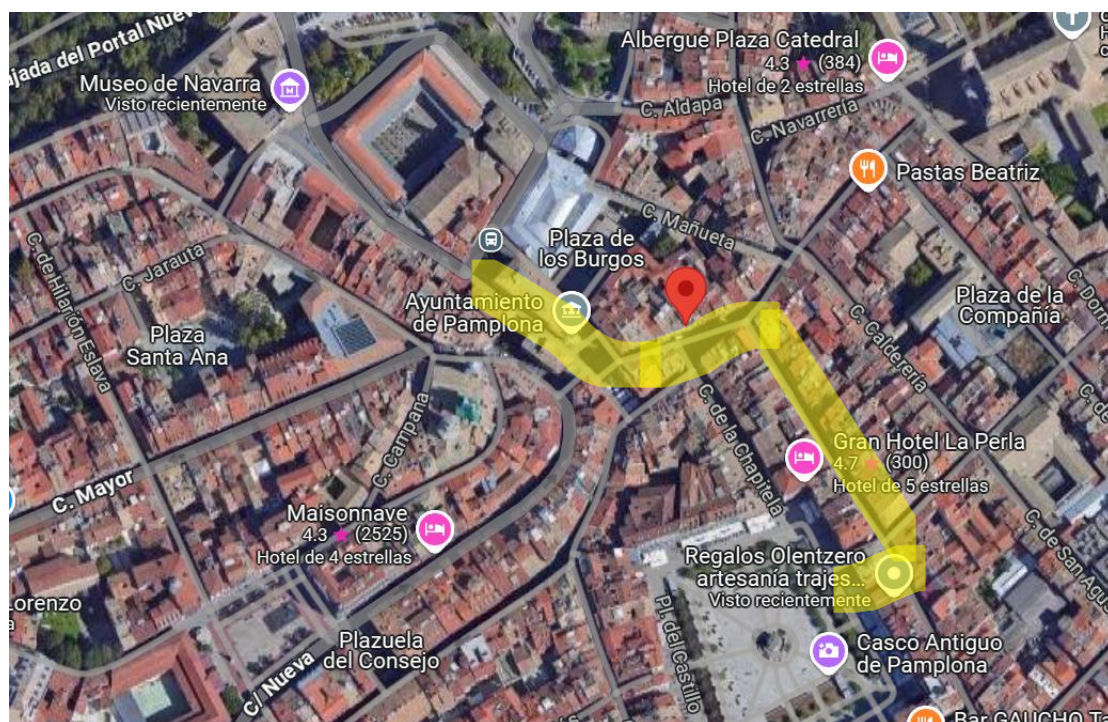
At the end of the first section, just before entering the laps.
8 normal stairs (yellow mark) and 12 long stairs (green mark); downhill.



2/ LAPS

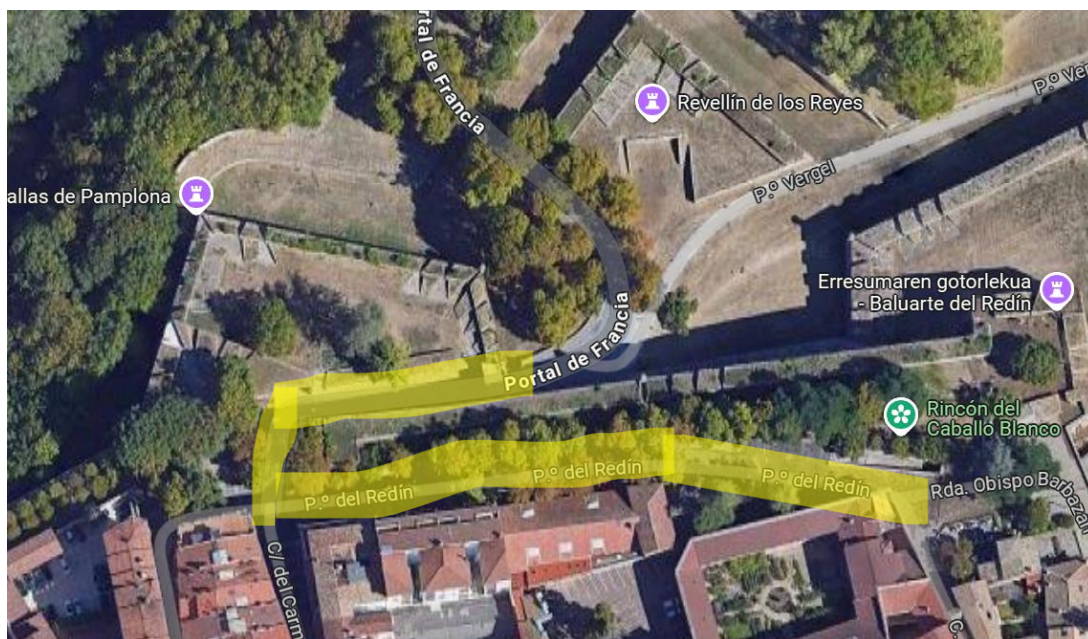
Cobblestones are concentrated in two sections:

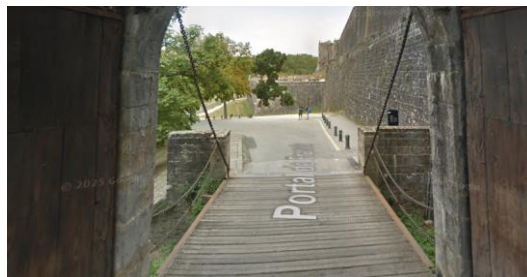
Section 1: At the beginning of each lap in Calle Mercaderes, Calle Estafeta and access to Plaza del Castillo with some (3+10) stairs. Length of the section: 400 mts. uphill.





Section 2: Paseo del Redin and Puerta de Francia section. Length of the section: 300 mts. downhill.





! In total, both sections are approx. 1% of one run-lap!

FINISH LINE

The finish line is in Plaza del Castillo. After crossing the finish line go to the recovery area where you will find food and drinks.

Go afterwards to get your SWIM-CONSIGNA and BIKE bags; and to T2 to get your bike and RUN bag.



11 MD Aquabike course info & maps

	SWIM	BIKE
Distances	1,9K	84,81K
Laps	1	1
Lap Elevation	-	+774/-777 mts.
Lap Rotation	Clockwise	AntiClockwise
Race Tracks by Wikiloc	-	https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446
Race Courses by BKOOL	-	https://my.bkool.com/profile/detail/13554162

		https://my.bkool.com/profile/detail/13554163
		https://my.bkool.com/profile/detail/13554165

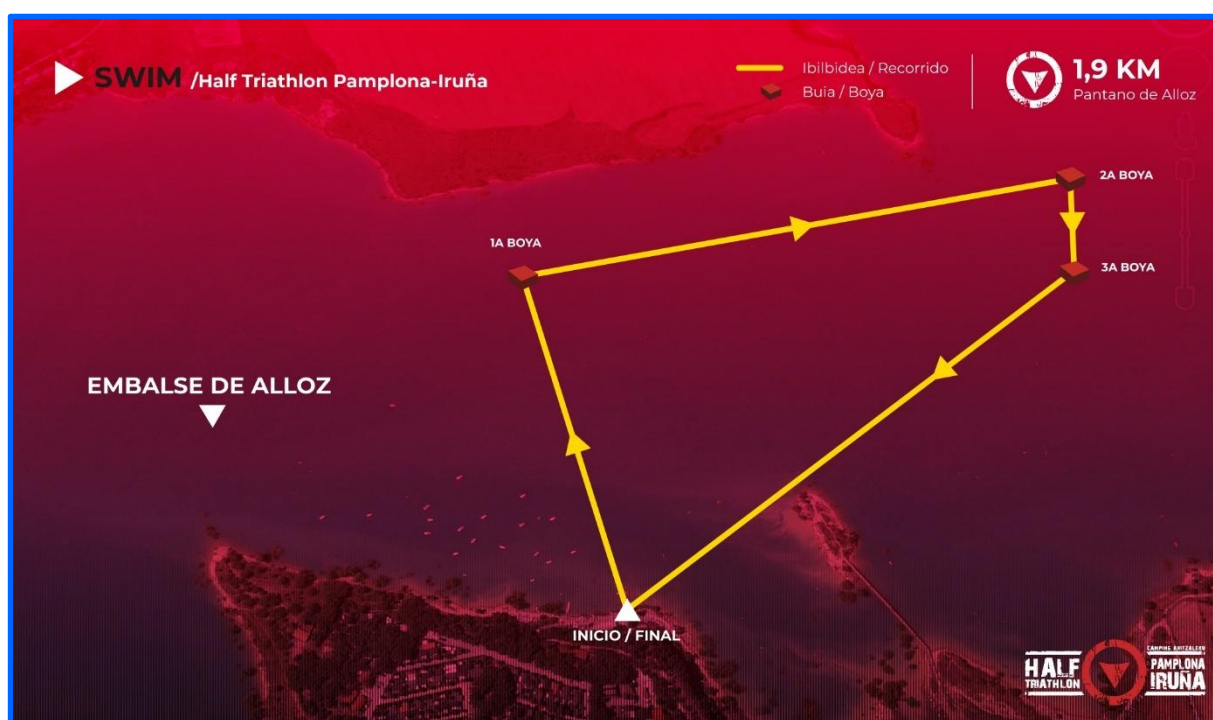


SWIM COURSE

Description: Swim in the Alloz reservoir with calm waters expected. One 1,9K lap clockwise with swim start from the concrete shore of the lake.

Water temperature: 16°C – 19°C

Buoys distance: 350 mts. – 1.000 mts. – 1.200 mts. aprox. You must leave the buoys on your right.



TRANSITION 1

Swim exit to T1: About 220 metres of concrete/asphalt with 20,2 mts elevation. Average gradient: 10,5%. Maximum gradient 49,2%. Availability of toilets at the start of the ramp. Carpet from the water exit to TA.

Transition flow: Enter tent in Transition area 1, go to your numbered place to find your BIKE bag in the rack. Take your bike gear, place all your swim gear in the BIKE bag before leaving the tent and move on to find your bike outside. You will find both the SWIM-CONSIGNA and BIKE bags in the recovery area in Plaza del Castillo.

Bike shoes can be clipped on the bike. Helmet and all other bike gear including bib number must be placed in the BIKE bag.

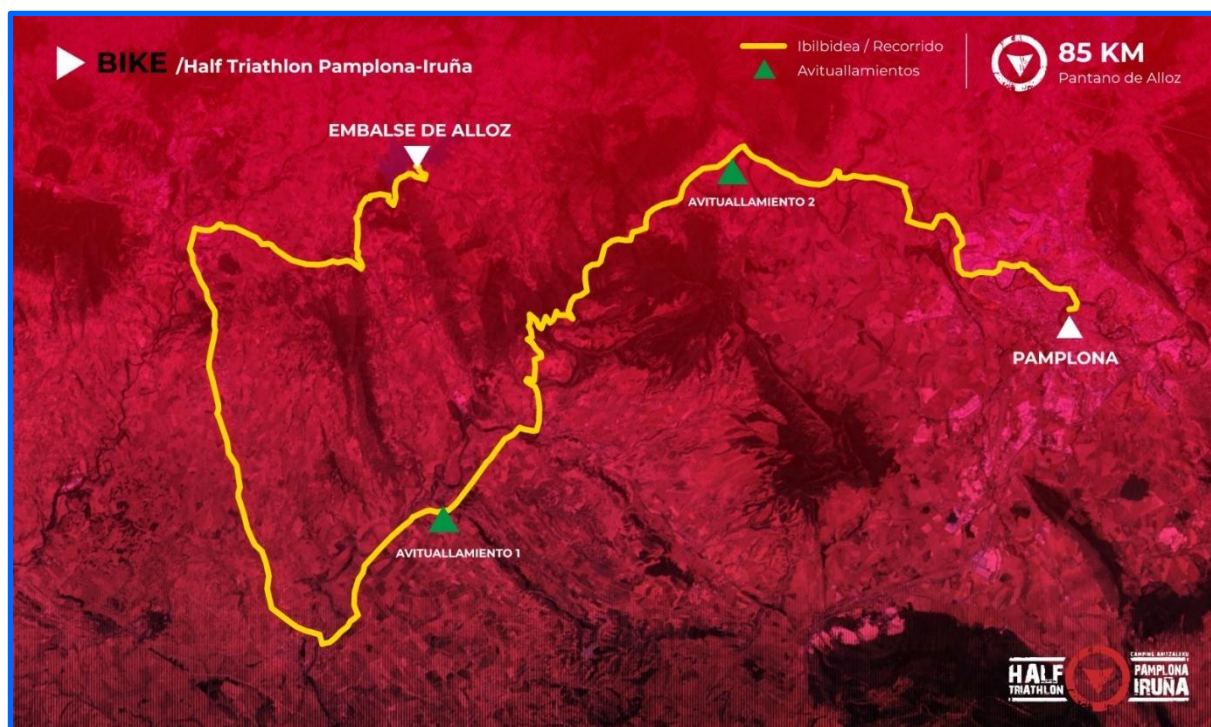


BIKE COURSE

Description: Rolling with good pavement. Average gradient: 2%. Maximum gradient: 7,9% and several sections of +6%. Expect tail/cross wind in the first section and front wind in the second part of the bike.

Bike Aid Stations: Two aid stations (marked “Avituallamiento” in the image) in km 40 and 63,5 with water bottles (and/or bike bottles) with water and 226ERS isotonic drink; 226ERS gels and Coca-Cola.

Penalty Boxes: There will be two penalty boxes. First one in km 39,5 and second one in Pamplona, about one kilometre before T2 ([exact location TBC](#)).



AQUABIKE FINISH LINE

The finish line for the Aquabike will be in Antoniutti park.

Official finish time for the Aquabike will be taken about 50 mts. before dismount line at TA entrance. It will be clearly indicated with an arch and/or fly banners.

13 Cycling Safety in Pamplona

PERSONAL SAFETY

Prior to departure, please make sure your friends and family knows where you are and what to do if something bad happens (hopefully not!). As for those who come with you to Pamplona, friends and relatives, they should also know what to do and who to contact back home in case of an accident, for example.

Cycling in Pamplona: on the road, please ride always in single files. Cyclists must abide by traffic regulations and rules on the road. Be aware! Your cycling training is at your own risk.

These are some aspects to be considered regarding road rules for cyclists:

BEFORE STARTING YOUR RIDE ON THE ROAD

Look backwards to check if there are no other vehicles coming along or that they are far away.

It is also compulsory to signal your future movements to other road users (motorists, pedestrians, etc.) by extending your arm, horizontally, at the level of the shoulder.

WHEN RIDING IN THE CITY

Please, ride as close to the right side of the road as possible to allow other motorists to overtake.

If you cycle in a group, you can cycle two abreast but never more.

In case of bad weather, poor visibility or traffic congestion, ride in single files.

RIGHT OF WAY OF CYCLISTS

If riding along a cycle path, a crossing for cyclists or a properly signalled shoulder, cyclists have the right of way to the detriment of other motorists.

Cyclists also have the right of way when the motor vehicle is about to take a turn, to the right or the left, aims to enter another carriageway and the cyclist is very near or when cyclists are riding in a group, and the leader has initiated the manoeuvre to cross or has entered in a roundabout.

CYCLISTS HAVE TO YIELD THE RIGHT OF WAY

Before a signaled zebra crossing or just before turning to enter another lane and there are pedestrians crossing, even if there is no zebra crossing, cyclists must yield the right of way to pedestrians and oncoming traffic.

WHEN APPROACHING A CROSSING OR A JUNCTION

Right of way will always be verified, respecting the signposting:

A police officer with the arm vertically raised or with the arm or arms extended.

Also, when you see a traffic light sign or signal, for example the red light or the non-flashing yellow light at the traffic lights, unless the cyclist is so close of the place where he/she is meant to stop and, thus, he/she cannot stop safely before the traffic lights. Or also before a stop sign where the cyclist must stop, or before a vertical yield sign if other motorists or pedestrians have right of way.

IF YOU NEED TO STOP OR MAKE A SUDDEN STOP

Hand signals must be used to warn the other road users by lifting your arm, up and down alternatively, making short and fast movements.



RIGHT TURN

Please keep to the right of the carriageway and check whether it is safe to turn right (check the position of other motorists on the road); give an appropriate arm signal when you wish to turn (early enough and with the right arm bent upwards and the palm outstretched), or else, with the right arm horizontally and the palm outstretched downwards.



LEFT TURN

ONE-WAY STREET: keep as close to the left edge of the street as possible and give an appropriate arm signal early enough (the left arm horizontally extended at the level of the shoulder, the hand outstretched downwards or the right arm bent upwards and the palm outstretched).

DOUBLE-WAY STREET: respect the centre line or median, and if there isn't any, bear in mind the axis of the carriageway. Never swerve into the opposite lane (oncoming traffic).

A LANE HAS BEEN ADAPTED FOR THIS TURN: either urban or inter-urban, riders must take this lane, ASAP, and turn when traffic signalling allows it.

THE INTER-URBAN CARRIAGE HAS NO ADAPTED LANE: to take a left turn, riders must keep to the right, outside the carriageway if possible, and from this position take the left turn when it is safe to do so.



WHEN RIDING ALONG INTERCITY/URBAN LANES

Use ALWAYS cycle lanes and cycle paths if they are available. They will mostly be signposted.

If there are no cycle lanes and/or cycle paths, keep to the right side (hard shoulder) of the road when practicable and/or wide enough, otherwise, just cycle on the carriageway but do not take more room than needed.

Cyclists can only leave the hard shoulder in a prolonged descent with curve if it is safe to do so.

OVERTAKING

Before overtaking, please make sure:

- The road is sufficiently clear ahead (no oncoming traffic or too far away);
- There is a suitable gap in front of the road user you plan to overtake.

Overtake only when it is safe and legal to do so. You should:

- Not get too close to the vehicle you intend to overtake.
- Move quickly past the vehicle you are overtaking once you have started to overtake. Allow plenty of room. Move back to the right as soon as you can but do not cut in.
- Give motorcyclists, cyclists and horse riders at least as much room as you would when overtaking a car.

Please, warn other road users early enough and check there is plenty of room to overtake without putting in danger oncoming motorists. The law when overtaking: 1.5m is a minimum safe distance for overtaking in slow moving traffic. If you cannot allow the minimum distance, do not overtake until you can! SAFETY COMES FIRST!

It is not considered "overtaking" when a cyclist overtakes another cyclist when riding in a group.

RIDING ON MOTORWAYS AND/OR HIGHWAYS

As a general rule, cyclists are banned from riding on motorways and/or highways. SAFETY COMES FIRST!

Ride the course: we recommend you ride the competition course (when possible) to become more familiar with it!

Medical issues: during the races, injured or ill athletes will be assessed and admitted to the Medical Tent should the medical staff deem it appropriate. The medical staff will do their best to get the athlete back on his/her feet as soon as possible.

*IMPORTANT. All athletes must have their own insurance policy with international coverage.

<https://www.dgt.es/muevete-con-seguridad/viaja-seguro/en-bicicleta>

<https://www.dgt.es/comunicacion/noticias/20-normas-que-todo-ciclista-debe-conocer/>