

TRIP  **TOUR**
RAMPOSTA

PRESENTATION

The next **8th and 9th June 2024** will take place, in the town of Amposta (Tarragona), the sixth edition of the Amposta Triathlon with the following distances:

DATE	MODALITY	SWIMMING	CYCLING	RUNNING
Saturday 8th of June	SHORT	950m	56 km	10 km
	AQUABIKE	950m	56 km	-
	HALF	1.900	86 km	20 km
Sunday 9th of June	SPRINT	750m	20 km	4,6 km
	OLÍMPIC	1.500	40 km	10 km

This triathlon has as its nerve centre the town of **AMPOSTA**, which belongs to the province of Tarragona, capital of the Montsià region, the southernmost of Catalonia, located 8 meters above sea level near the river Ebro, with a population of more than 20.000 inhabitants.

The race is located in the area of the Ebro Delta, facing the river where the swimming section takes place, which in its passage through the town of Amposta goes down very calmly, being a specialized training area for the rowing lovers. In the bike section, the participants will enjoy a beautiful and quite wide and totally flat roads of the area surrounded by rice fields. Finally, the triathletes will have to make the displacement of the running section crossing a Roman bridge, passing through the Parc de Xiribecs, running and finishing The race next to the river, where the participants will receive the warmth and support of all the attendees and curious onlookers. A very special and beautiful location that makes this race take place in an incomparable setting.



LOCATIONS



PROGRAM

FRIDAY 7TH OF JUNE 2024

Timetable	Activity	Location
17:00 – 20:00	Delivery of bibs	Auditorio Municipal - MAP
19:30	Briefing Short, Aquabike & Half	Auditorio Municipal - MAP

SATURDAY 8TH OF JUNE 2024

Timetable	Activity	Location
06:30 – 07:15	Check In Half	Boxes (Passeig del riu) - MAP
07:15 – 08:00	Check In Short & Aquabike	Boxes (Passeig del riu) - MAP
08:00	Half Triathlon Start	
09:00	Short Triathlon & Aquabike Start	
12:30 – 14:30	Check Out (Collection of the Material)	Boxes
13:00	Prize-giving ceremony	Finish Line
16:00 – 19:00	Delivery of bibs	Auditorio Municipal - MAP
18:00	Sprint & Olympic Briefing	Auditorio Municipal - MAP

SUNDAY 9TH OF JUNE 2024

Timetable	Activity	Location
07:30 – 08:15	Check In Olympic	Boxes (Passeig del riu) - MAP
08:15 – 09:00	Check In Sprint	Boxes (Passeig del riu) - MAP
09:00	Olympic Triathlon Start	
09:45	Sprint Triathlon Start	
11:30 – 13:30	Check Out (Collection of the Material)	Boxes (Passeig del riu)
12:00	Prize-giving ceremony	Finish Line

CHECK IN

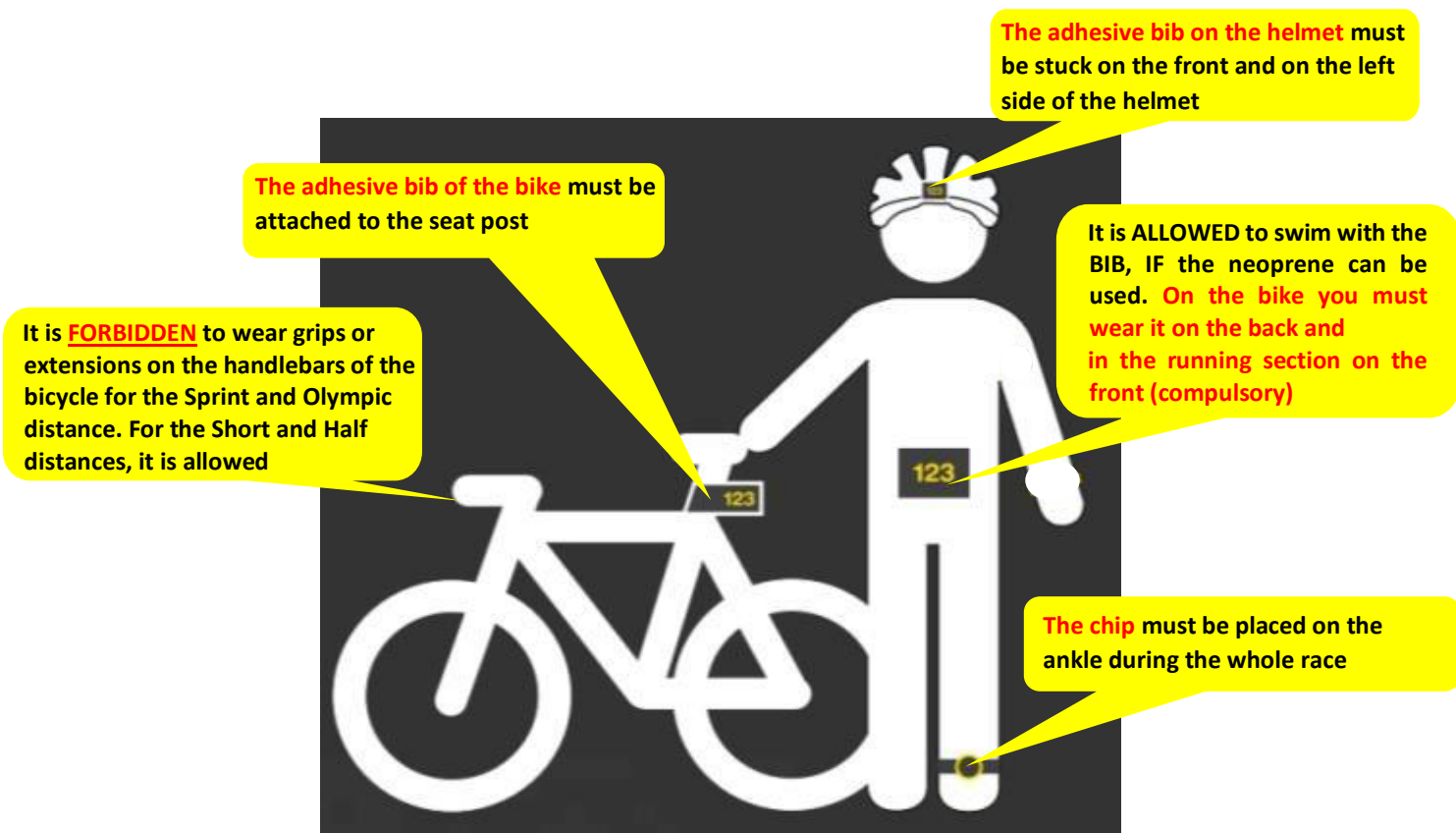
- It is the access of the participant to the transition area – box with the material that you will exclusively use during the race.
- **WHEN?** Short, Aquabike & Half – Saturday from 06:30 to 08:00h
Sprint & Olympic – Sunday from 07:30 to 09:00h
- **WHERE?** Transition Area – Boxes (located on the Passeig del Riu)
- Each participant must do his/her own check in, in no case can a colleague or another participant do it.
- On the following page we specify the material with which you have to access the check in

CHECK OUT

- It is the collection of the competition material that each participant has to do at the end of the race. Staff of the organization will be located at the exit door of the box – transition area to make the verification control.
- **WHEN?** Short, Aquabike & Half – Saturday from 12:30 to 14:30h
Sprint & Olympic – Sunday from 11:30 to 13:30h
- **WHERE?** Transition Area – Boxes (located on the Passeig del Riu)
- Each participant must do his/her own check out, in no case can a colleague or another participant do it.
- When collecting your equipment, you must bring all your equipment without losing your bike, helmet and race bibs for its control.
- **IMPORTANT:** if you lose your bib number, you must bring your ID card and/or your passport for accreditation.

MATERIAL AND BOXES

- Material to do the Check IN:
 - ✓ **Chip**, placed on the ankle.
 - ✓ **Bib** with a dorsal ribbon or safety pins. Visible to check it.
 - ✓ **Swim cap**, visible to check it.
 - ✓ **Bicycle with the sticker** on the seat post.
 - ✓ **Bike helmet** with the sticker in place (on the front and side).
 - ✓ Clothing and footwear (Only that which you will use during the race).
 - ✓ **NEOPRENE** (we will inform you on the day of the race if it can be used).
- The Box Area can **ONLY** be accessed with the equipment that you will use during the competition. The rest of the material that you won't use during the race must be left in the cloakroom in a backpack and with the sticker that has been given to you.
- **IMPORTANT:**
 - **The bib and chip of the Catalan Triathlon Federation are not valid for this race**



SWIMMING – Sprint & Olympic

SPRINT 750m (1 lap of 450m + final stretch)

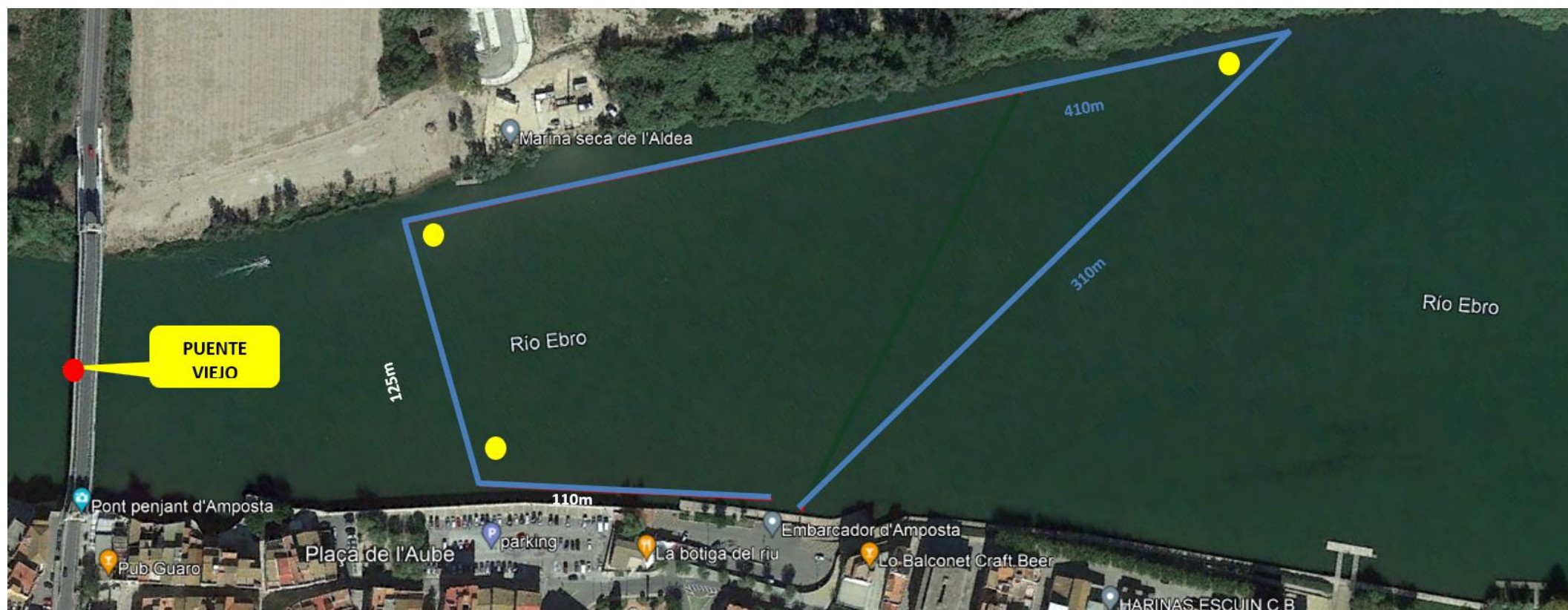
OLÍMPIC 1.500m (2 laps of 600m + final stretch)



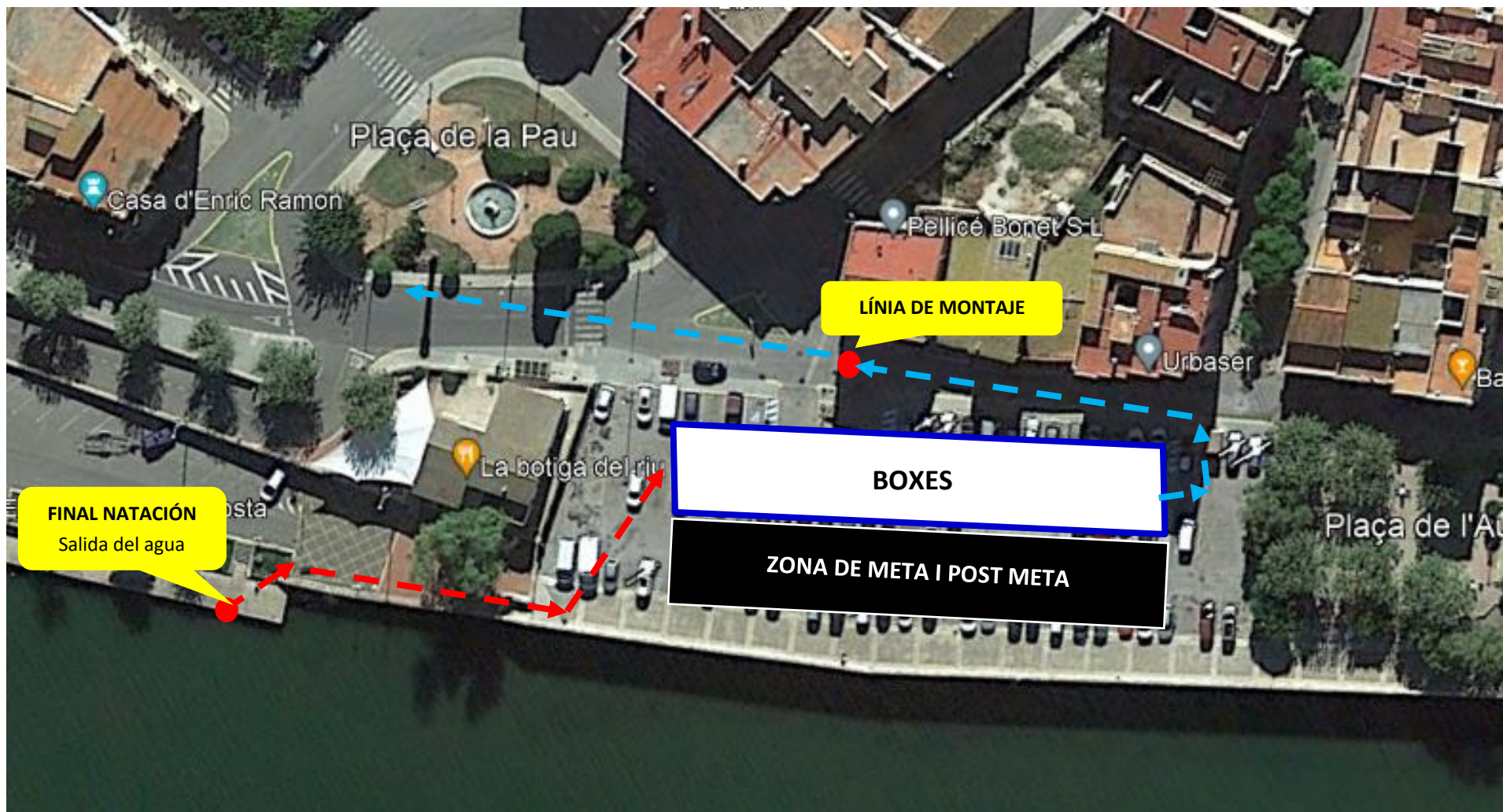
SWIMMING – Half, Aquabike & Short

SHORT & AQUABIKE 950m (1 lap of 650m + final stretch)

HALF 1.900m (2 laps of 800m + final stretch)



TRANSITION AREA 1 – Swimming + Cycling



CYCLING

SPRINT

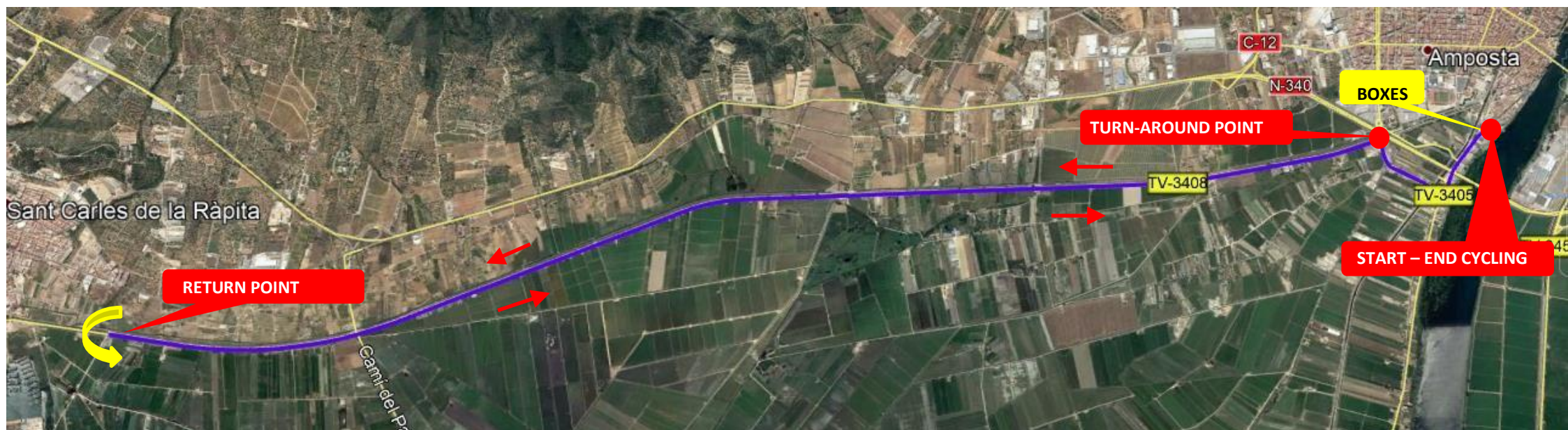
20 km (1 lap)

OLYMPIC

40 km (2 laps of 20 km)

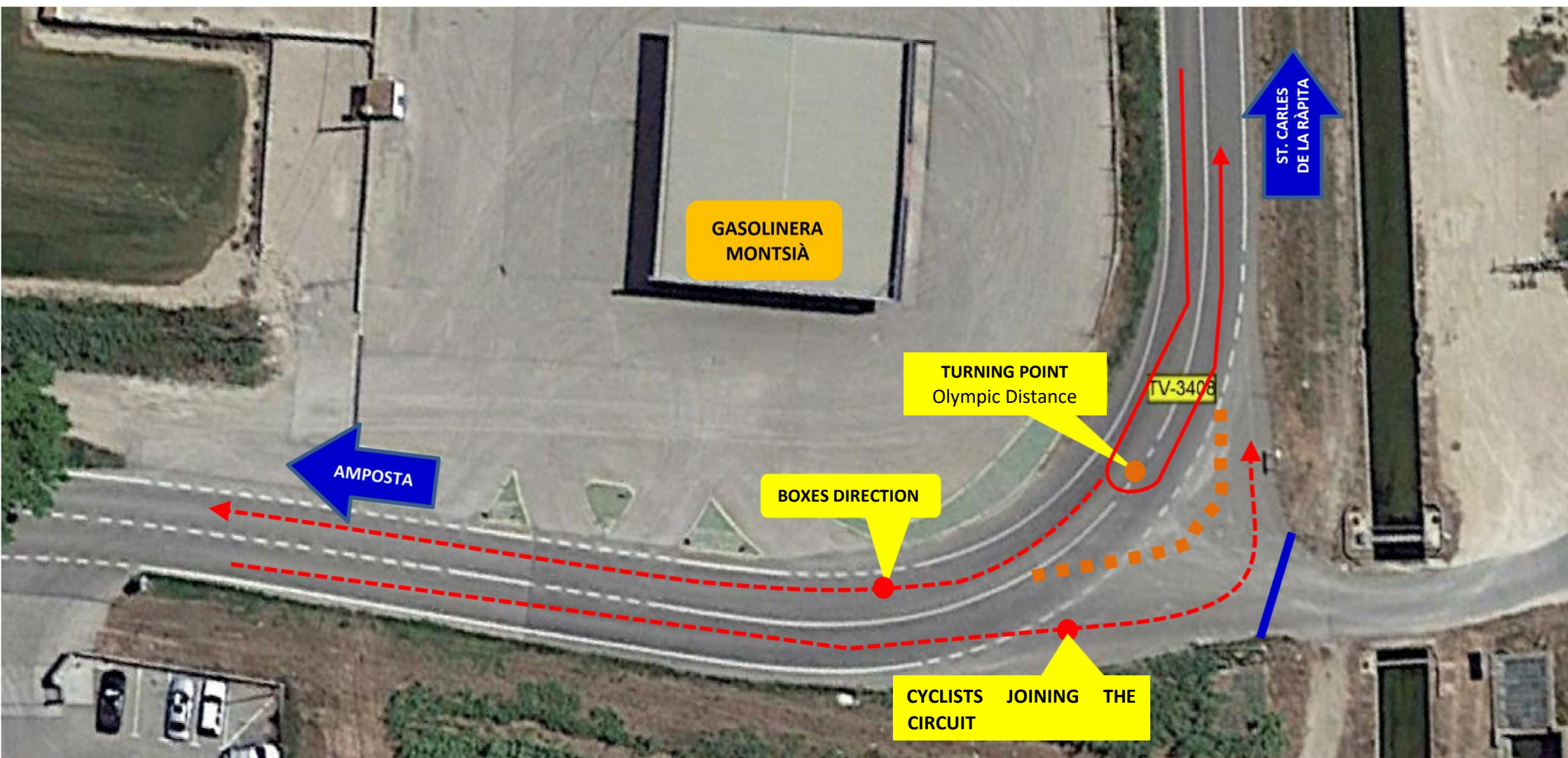
ITINERARY: Passeig del Riu – c/ Sagunt – Left turn – Av. Sant Jaume (TV-3405) – Right turn – Road TV-3408 (direction Sant Carles de la Ràpita) – Turn-around and return point at km. 9,3 of the road TV-3408 – Road TV-3408 (direction Amposta) – Starting point 2nd Lap (PK 0,6 de la TV-3408 – Petrol station Montsià) – Left turn – TV-3405 – Right turn – c/ Francesc Riocabo – **CYCLISM END.**

IMPORTANT: Always drive on the right-hand side of the road, never cross the centre line of the pavement.



IMPORTANT CYCLISM POINT – SPRINT & OLYMPIC

Laps start and circuit entry



CYCLING

[TRACK WIKILOC](#)

SHORT & AQUABIKE 56 km (2 laps)

HALF 86 km (2 laps of 43 km)

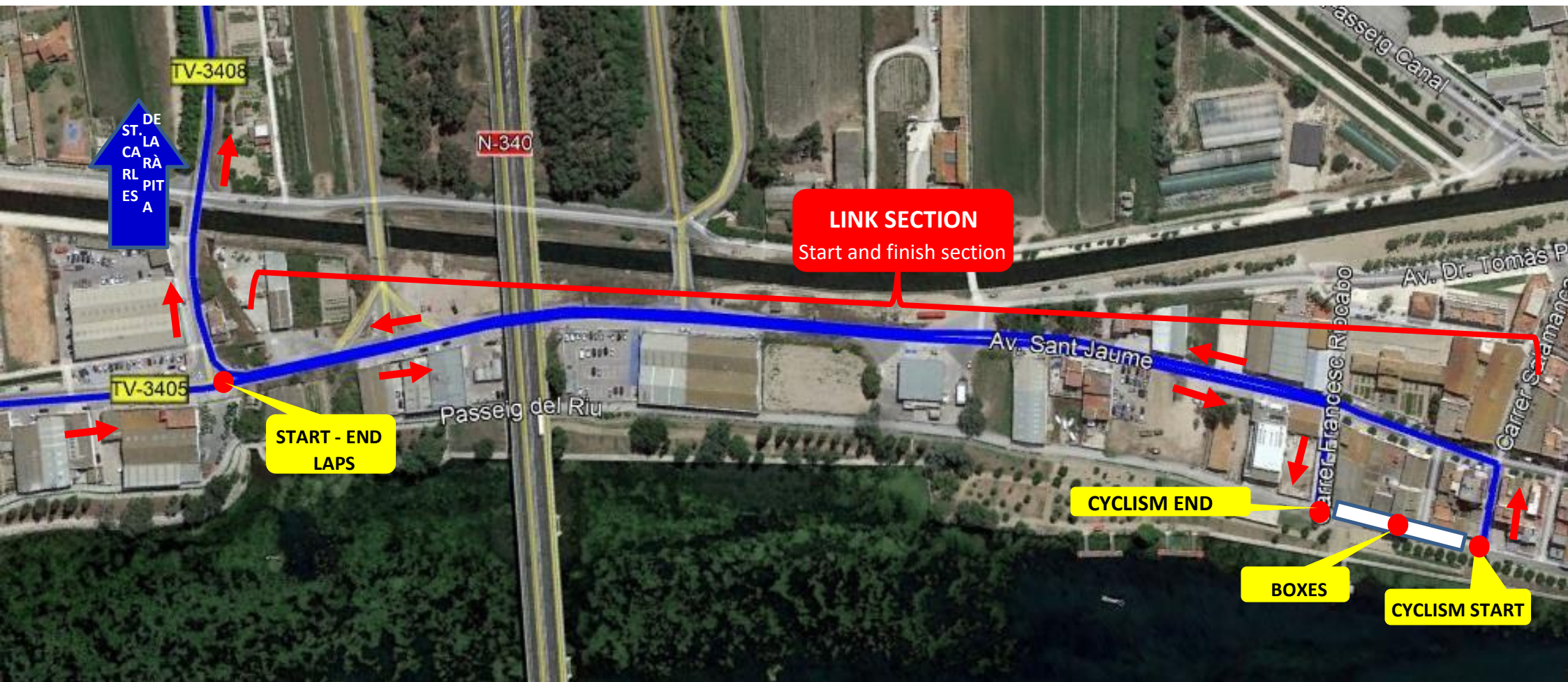
ITINERARY: TV-3405 – TV-3408 – TV-3406 – TV-3405 (Direction Eucaliptus) – TV-3405 (Direction Amputa) – Cyclism Final or Start 2nd lap

IMPORTANT: Always drive on the right-hand side of the road, never cross the centre line of the pavement.



IMPORTANT CYCLING POINT – HALF, AQUABIKE & SHORT

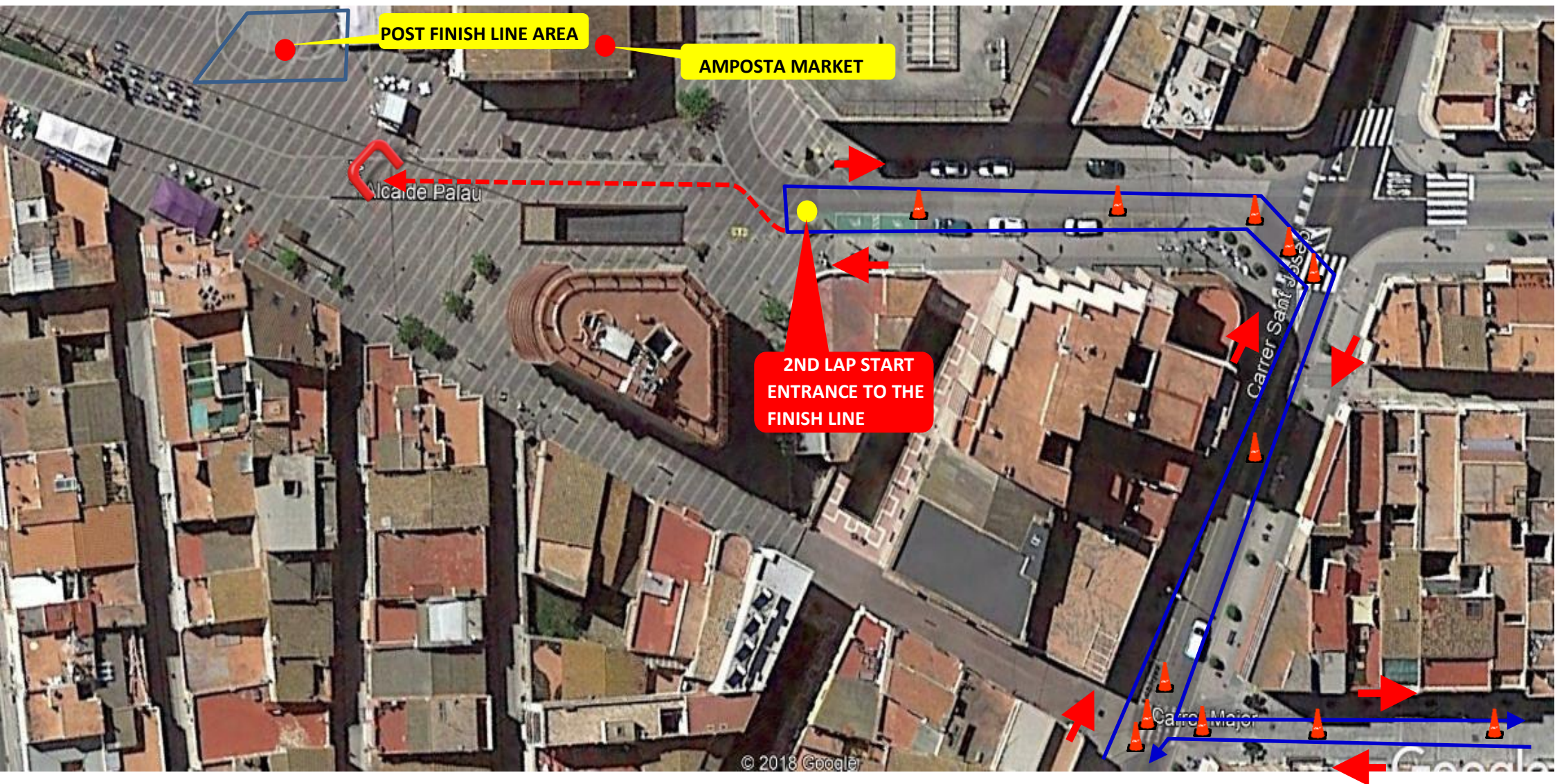
Laps start and circuit entry



TRANSITION AREA 2 – Cycling + Running section (End of the race for the Aquabike modality*)



IMPORTANT RUNNING POINT – Sprint, Olympic, Half & Short
Laps start and circuit entry





RELAY TEAMS

- Relay teams can be **composed of 2 or 3 people**, and may be male, female or mixed.
- Each component will complete one segment, or in the case of being 2 components, one of them will complete 2 segments, whether or not consecutive, and the other will perform the remaining segment.
- **Each team will have a bib** with the same number, one for the cyclist and one for the runner, and the swimmer will have a swimming cap. The cyclist shall wear the bib on the back and the runner on the front.
- Each team will have a **delimited space in the boxes** where they can only leave the material that will be used during the race.
- The relay team is only allowed to enter the box when **the previous team member has started the segment** after the start of the race.
- The relay is executed **in the place where the bike is placed** in the boxes.
- To execute the relay, the chip must be released to the next reliever. The chip must be placed **on the ankle of the team member in competition**.
- All team members may **accompany the relay runner in the last 80m of the race** to cross the finish line together. The meeting point will be the entrance gate to the finish line.
- Once the race is over, all team members will have access to the **cloakroom and final provisioning**.
- **IMPORTANT:** there will ONLY be a single classification for relay teams, whether male, female and/or mixed.



AQUABIKE

1. The distances of this modality will be the same as for the Short modality, with the difference that the running section is removed.
2. The participants of the Aquabike modality will do the start together with the participants of the Short modality.
3. The finish line for the Aquabike is established as follows:
 - The athletes will finish the competition as soon as they cross the finish time box located at the entrance to the boxes (at the end of the cycling section).
 - The time registered at this point will be the time of arrival at the finish line.
 - Once the participant arrives at boxes, and considering that the race is over, the participant must leave his/her equipment in the boxes and go to the finish line area to cross the finish line (without the bike).
 - Smile! We will take a photo of you, you'll receive your participation medal and the final refreshments.

PROVISIONING POINTS

MODALITY	CYCLING	RUNNING
SPRINT	0	2
OLYMPIC	0	4
SHORT	2*	4
AQUABIKE	2*	-
HALF	3*	8

* Km. Points 27,5 and 70,5 of the cycling segment

In the running section the provisioning points are approximately every 2,5 km

CYCLING PRODUCTS:

Water + Glucose gels + Banana

RUNNING PRODUCTS:

SPRINT & OLYMPIC: Water + Isotonic Drink

HALF & SHORT: Water + Isotonic Drink + Coca-cola + Fruit + Sweets

VERY IMPORTANT NOTE:

At the end of the provisioning points there will be an area set up to dispose of all waste. It is important that all competitors take care of the natural environment in order to preserve the area as they have found it.

Throwing wrappers or rubbish along the route will result in DISQUALIFICATION.

IMPORTANT ASPECTS

- **Cut-off times**

MODALITY	SWIMMING	SWIMMING + CYCLING	ARRIVAL
SPRINT	25'	1h 30'	2h 15'
OLYMPIC	45'	2h 30'	3h 40'
SHORT	30'	3h 30'	5h
AQUABIKE	30'	3h 30'	3h 30'
HALF	1h10'	4h 15'	6h 30'

- **How to get there** – See it [here](#)

- **Parking Area** - Adress: c/ Madrid, 24 – 43870 – Amposta
Google Maps: <https://goo.gl/maps/kwpVrvN6cYq>

- **Participant services**

- TriTour T-shirt
- TriTour silicone swimming cap
- Timing chip
- Race bib and material to identify the participant
- Participant's bag with products from collaborators
- Complete and varied provisioning during the tour
- Refreshment in the arrival area
- For the distances Short, Aquabike and Half, rice degustation thanks to Arròs Montsià
- Finisher medal
- Finisher Diploma
- Post-race recovery from Compex
- Photographs along the race
- Cloakroom service (in the box area)
- Changing rooms and showers after the race (Pavelló 3)
- Live results by Wefeel Crono
- Great medical device throughout the entire race



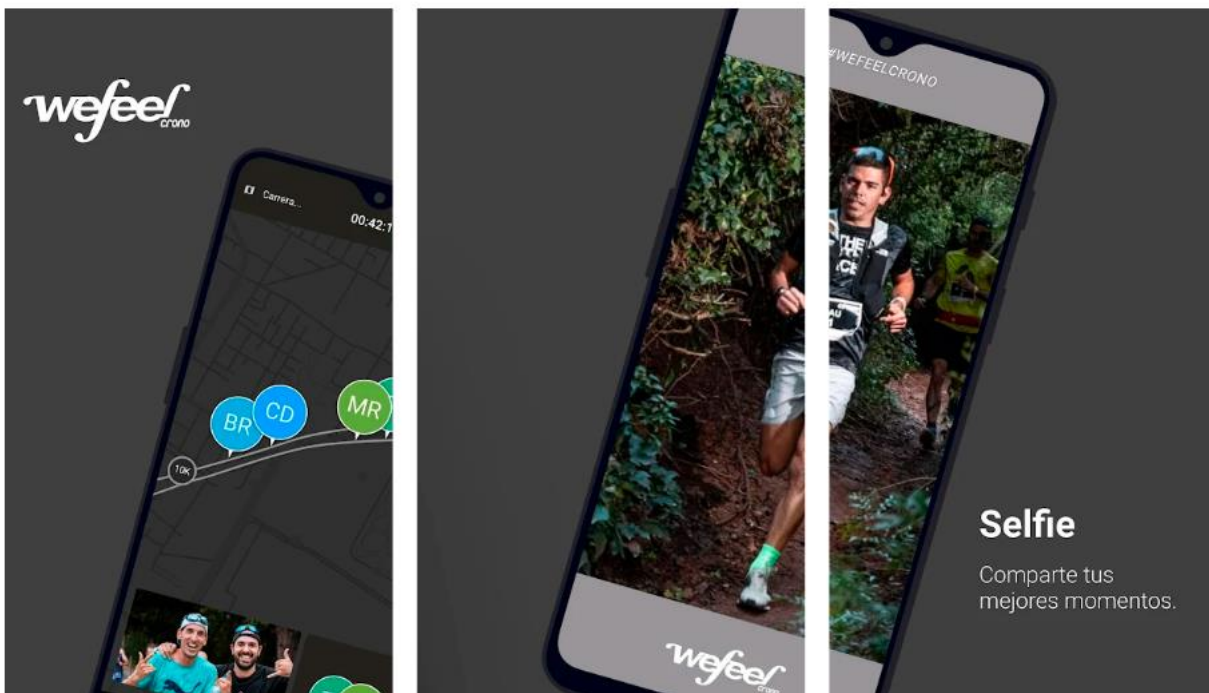
WEFEEL CRONO APP

Check your times and follow your friends live with Wefeel Crono!

With the **Wefeel Crono App** you will be able to access exclusive contents of the Amposta Triathlon and much more. It will also allow you to quickly see the standings and check the prediction of the people you are following.

[DOWNLOAD FOR IOS](#)

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TRITOUR 2024

TRI TOUR
DELTEBRE

6-7 April

TRI TOUR
AMPOSTA

8-9 June

TRI TOUR
PONT DE SUERT

6-7 July

TRI TOUR
TOSSA DE MAR

14 September