

TRIPLE 
TOUR
PONT DE SUERT

wefeel
events



PRESENTATION

The next **6th and 7th of July 2024** will take place, in the town of El Pont de Suert (Lleida) the XVth edition of **EL PONT DE SUERT TRIATHLON** with the following distances:

DATE	HOUR	MODALITY	SWIMMING	CYCLING	RUNNING
Saturday 6th of July	07:30	HALF	1.900m	90 km +1800m	20 km
	07:30	SHORT	950m	60 km +1200m	10 km
	07:30	AQUABIKE	950m	60 km +1200m	-
Sunday 7th of July	08:45	SPRINT	750m	21,2 km	5 km
	09:15	OLYMPIC	1.500	37,4 km	10 km

This Triathlon has as its nerve centre the town of EL PONT DE SUERT, capital of the Alta Ribagorza region and which belongs to the province of Lleida. Located at an altitude of 841 meters above sea level and on the Banks of the river Noguera Ribagorzana, it has a population of 2200 inhabitants.

The swimming section takes place in the Escalles reservoir, a reservoir on the river Noguera Ribagorzana. Its crystal-clear waters are ideal for all kind of water sports and leisure activities. In the cycling section, participants will enjoy the beautiful and quiet roads of the Pyrenees. Passing through the town of Barruera, the outward section tends to go uphill and the return trip tends to go downhill. In the case of the Short, Aquabike and Half distances, the race climbs up to the Col de la Creu de Perves, a first class pass that will not leave anyone indifferent. Finally, the triathletes will have to make the running section following the paths that surround the river Noguera Ribagorzana. In addition, the route allows the public to follow the evolution of the race and the triathletes to feel the warmth and encouragement of all the attendees and onlookers. In short, an idyllic location for the practice of triathlon and an incomparable setting!



LOCATIONS



N-230 direcció
Vielha i França

CENTRE
D'INFORMACIÓ

N-230

ESTACIÓ DE BUS

P

TOWN COUNCIL

FINISH LINE
Prize giving ceremony

P

N-230

N-230 direcció
Lleida - Barcelona
CAMP DE TIR

N-230

PAVELLÓ POLIESPORTIU
Bib numbers
Changing rooms and showers

BOX 2
Cycling - Running

Google Earth



PROGRAM

FRIDAY 5th OF JULY 2024

Timetable	Activity	Location
17:00 – 20:00	Delivery of bib numbers	Sports Centre - MAP
19:30	Briefing Short, Aquabike & Half	Sports Centre - MAP

SATURDAY 6TH OF JULY 2024

Timetable	Activity	Location
06:00 - 06:45	Express Check In BOX 2	Box 2 (Football Pitch) - MAP
06:30 – 07:15	Express Check In BOX 1	Box 1 (Shooting range) - MAP
07:30	Aquabike, Short & Half Triathlon Start	
13:00	Prize-giving ceremony (Aquabike & Short)	Finish line (Football Pitch) - MAP
14:00 – 16:00	Check Out (Collection of the material)	Box (Football Pitch) - MAP
15:30	Prize-giving ceremony (Half)	Finish line (Football Pitch) - MAP
17:00 – 20:00	Delivery of bib numbers	Sports Centre - MAP
18:00	Briefing Sprint & Olympic	Sports Centre - MAP

SUNDAY 7TH OF JULY 2024

Timetable	Activity	Location
06:45 – 08:15	Express Check In BOX 2	Box 2 (Football Pitch) - MAP
07:15 – 08:45	Express Check In BOX 1	Box 1 (Shooting range) - MAP
08:45	Sprint Triathlon Start	
09:15	Olympic Triathlon Start	
11:30 – 13:30	Check Out (Collection of the material)	Box (Football Pitch) - MAP
12:00	Prize-giving ceremony	Finish line (Football Pitch) - MAP



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?**
 - Sprint & Olympic – BOX 2** - (transition cycling - running) – Sunday from 06:45 to 08:15
 - Sprint & Olympic – BOX 1** - (transition swimming - cycling) – Sunday from 07:15 to 08:45
 - Short, Aquabike & Half – BOX 2** - (transition cycling - running) – Saturday from 06:00 to 06:45
 - Short, Aquabike & Half – BOX 1** - (transition swimming - cycling) – Saturday from 06:30 to 07:15
- **WHERE?**
 - BOX 2 – Football Pitch
 - BOX 1 – Shooting range
- 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.

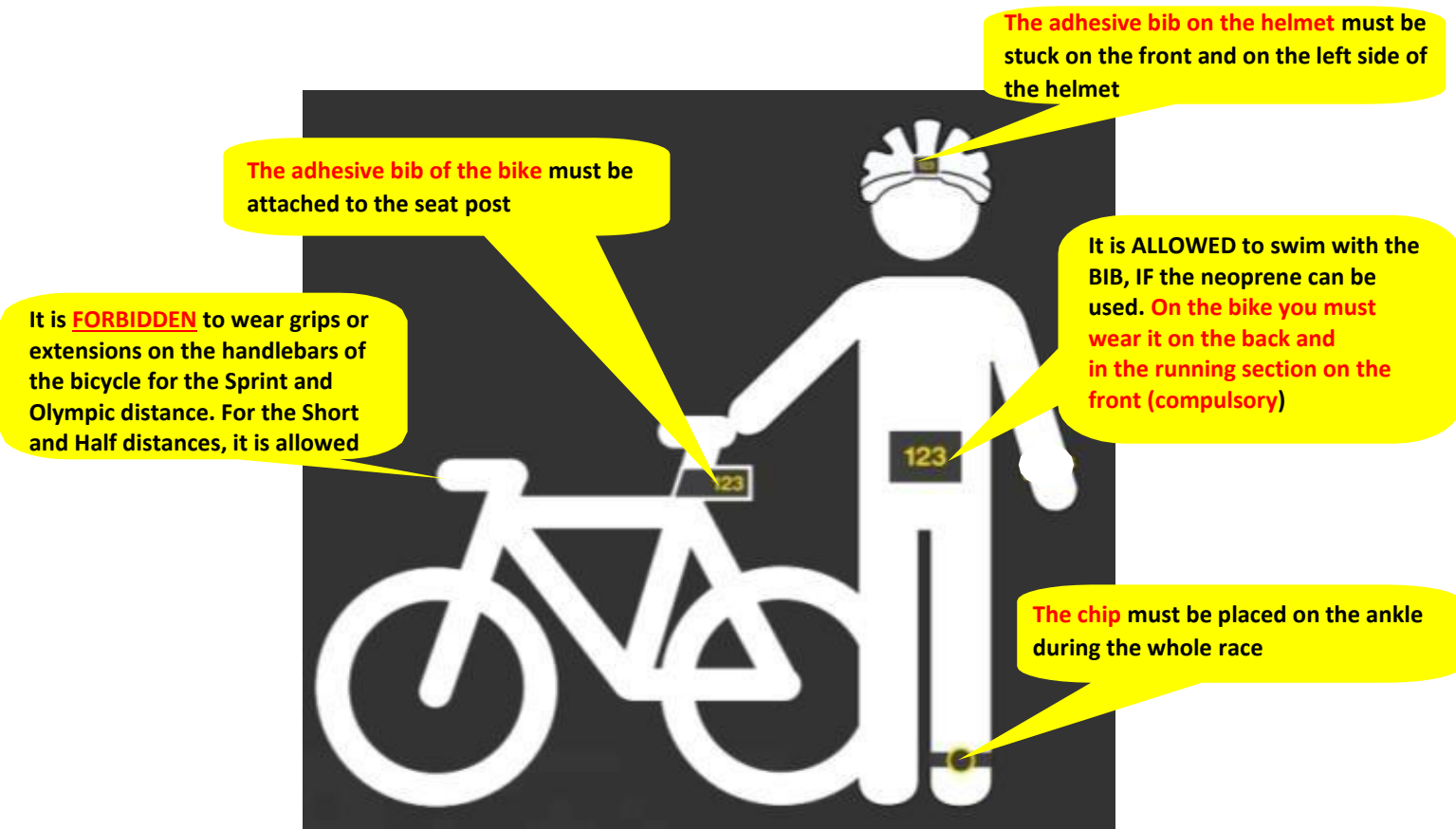
CHECK OUT

- 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?**
 - Sprint & Olympic – Sunday from 11:30 to 13:30h**
 - Short, Aquabike & Half – Saturday from 14:00 to 16:00h**
- **WHERE?** Transition Area – BOX 2 (Football Pitch).
- 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 & 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:**
 - **In your space in BOX 2 you will find a numbered bag with your bib number. Once the swim is over, you will have to put all your material inside and you can pick it up later at the finish area.**
 - **The bib and chip of the Catalan Triathlon Federation are not valid for this race.**





SWIMMING

SPRINT

750m (1 lap of 750m)

OLYMPIC

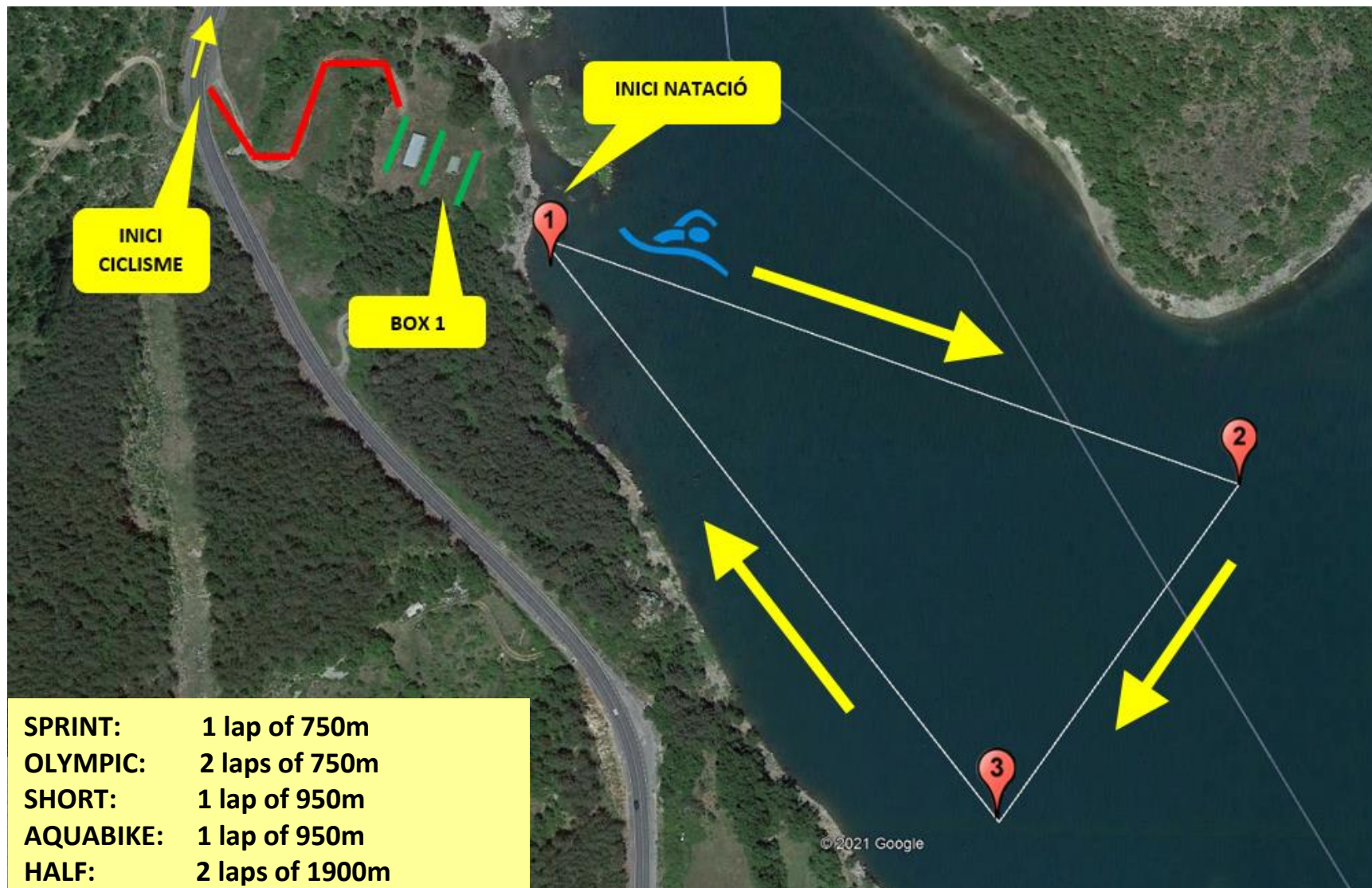
1.500m (2 laps of 750m)

SHORT & AQUABIKE

950M (1 lap of 950m)

HALF

1.900m (2 laps of 950m)





CYCLING

SPRINT

20,2 km (1 lap)

OLYMPIC

37,4 km (1 lap)

TRACK SPRINT TRIATHLON:

<https://es.wikiloc.com/rutas-ciclismo/triatlo-esprint-el-pont-de-suert-bici-22070395>

TRACK OLYMPIC TRIATHLON:

<https://es.wikiloc.com/rutas-ciclismo/triatlo-olimpic-el-pont-de-suert-tram-ciclista-22070191>

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





SHORT & AQUABIKE

60 km (2 laps)

HALF

90 km (3 laps)

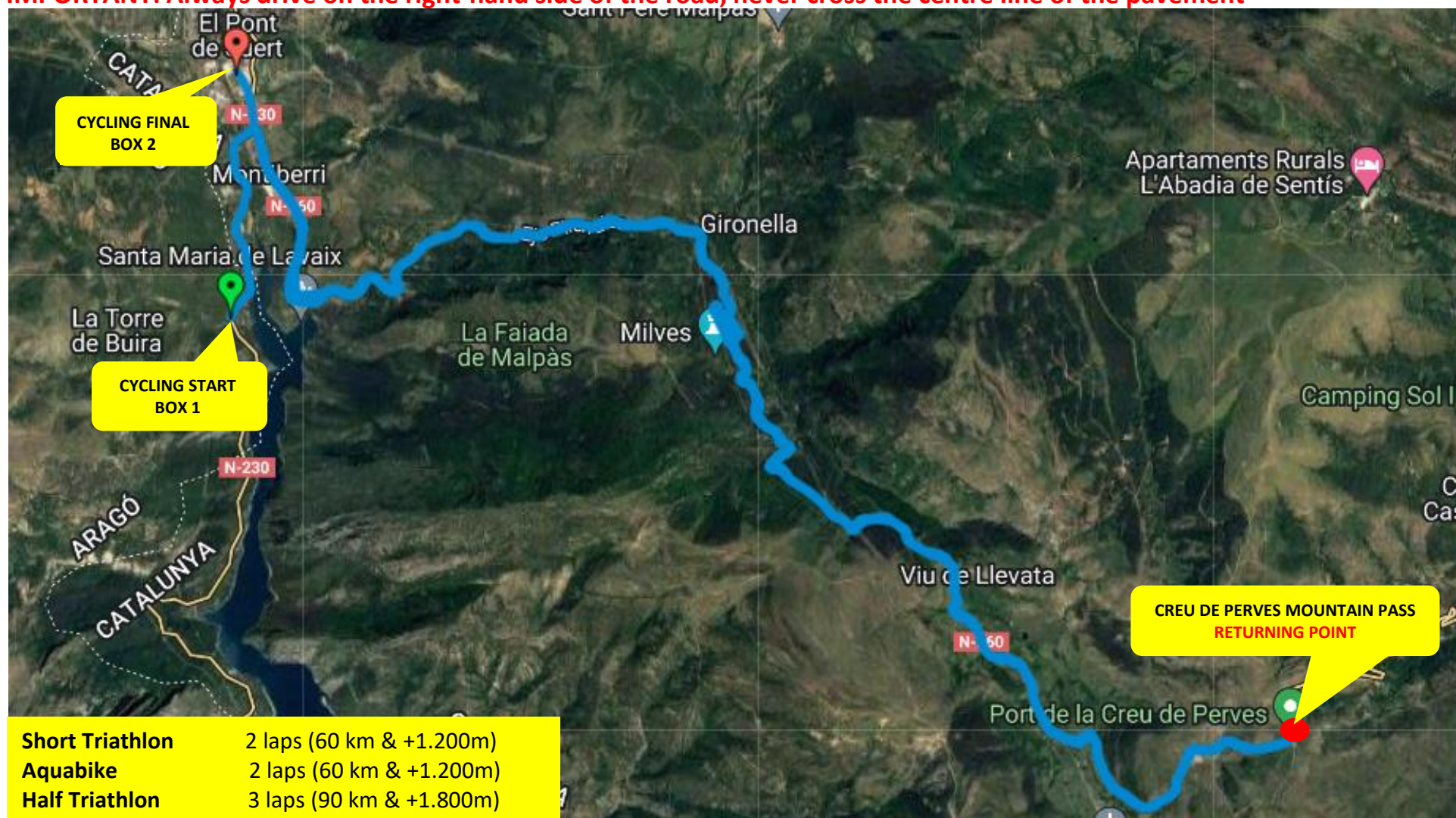
TRACK SHORT TRIATHLON:

<https://www.wikiloc.com/cycling-trails/deporvillage-tritour-el-pont-de-suert-bici-short-104908854>

TRACK HALF TRIATHLON:

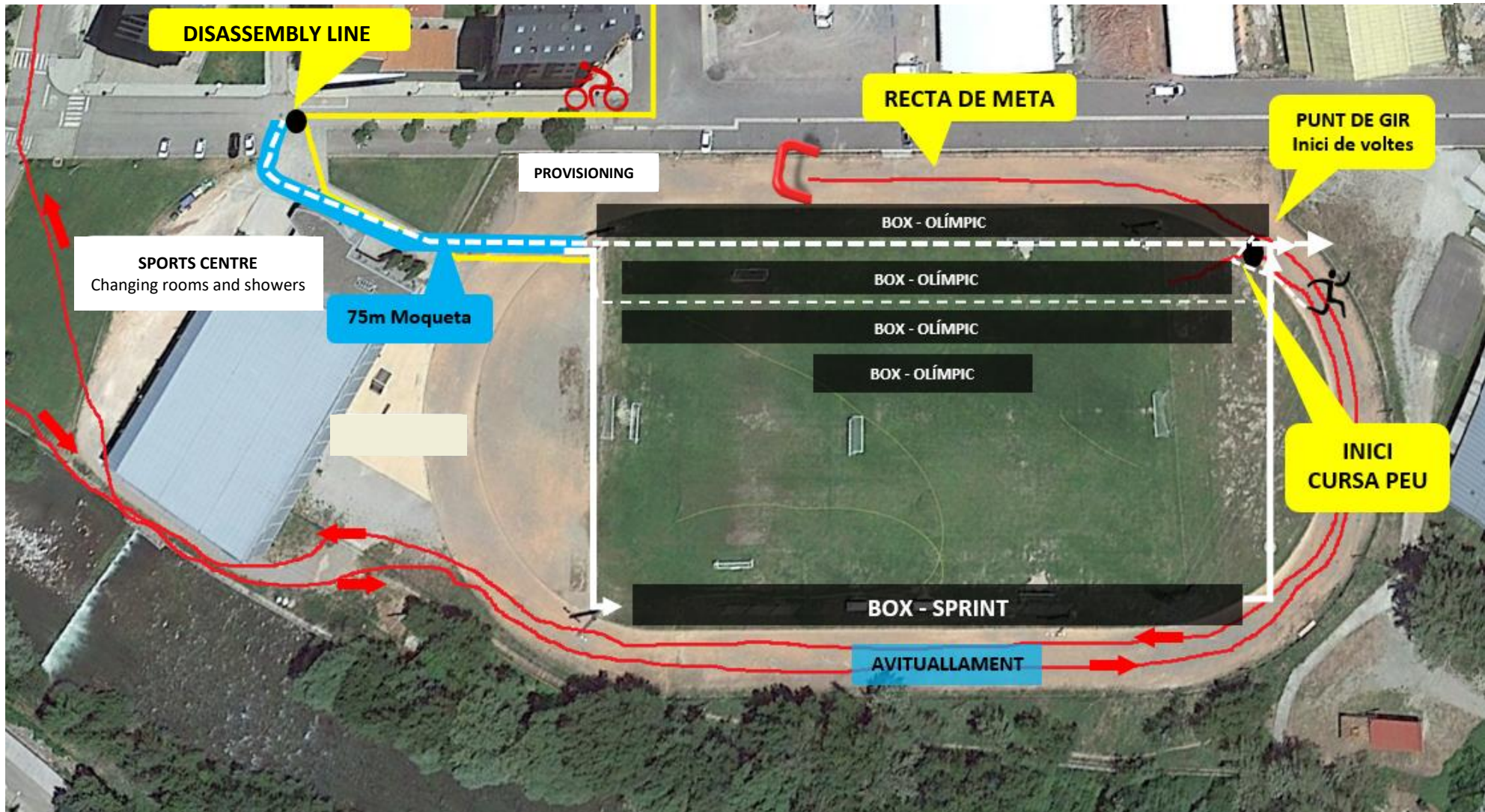
<https://www.wikiloc.com/cycling-trails/deporvillage-tritour-el-pont-de-suert-bici-half-104908757>

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





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



RUNNING

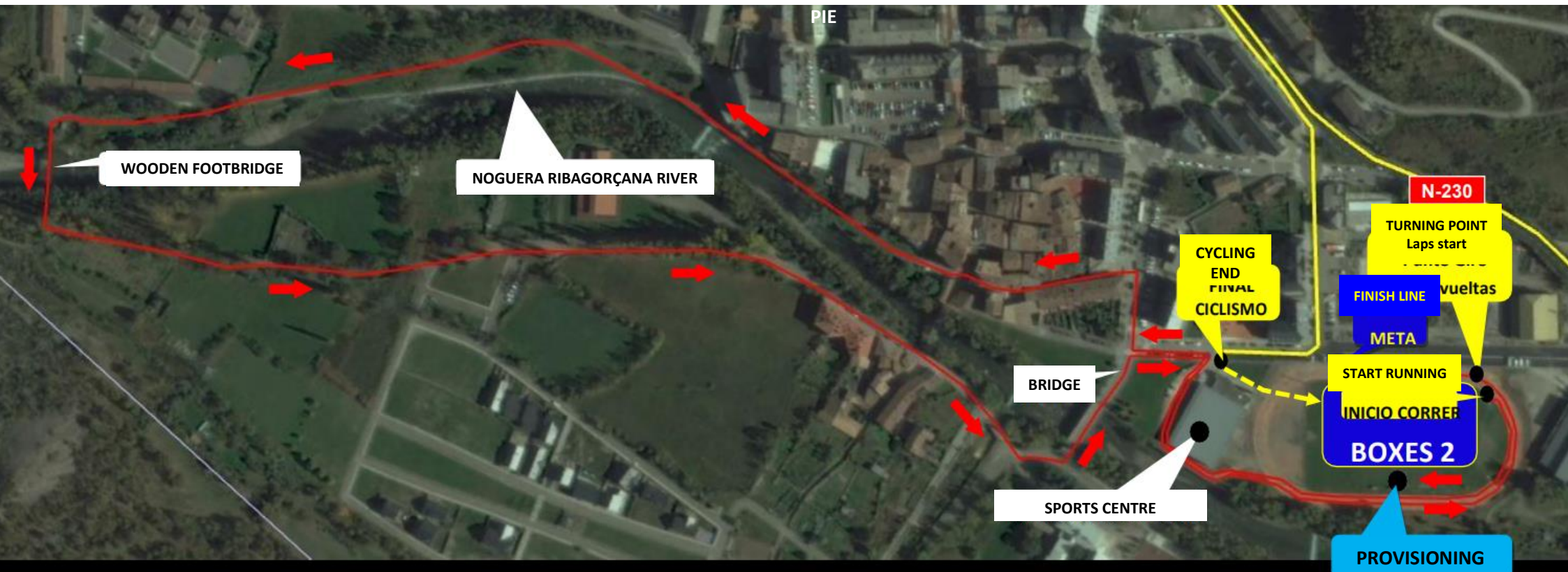


**SPRINT
SHORT**

5 km (2 laps of 2,5 km)
10 km (4 laps of 2,5 km)

**OLYMPIC
HALF**

10 km (4 laps of 2,5 km)
20 km (8 laps of 2,5 km)





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	3	4
AQUABIKE	3	-
HALF	3	8

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

Cycling Short & Aquabike: 11,5km, 30km & 48,5km

Cycling Half: 11,5km, 39km & 66km

CYCLING PRODUCTS:

Water + Isotonic Drink + Glucose gels + Banana

RUNNING PRODUCTS:

Water + FINISHER Isotonic Drink + FINISHER Glucose Gels

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'	4h 30'	5h 40'
AQUABIKE	30'	4h 30'	4h 30'
HALF	57'	6h	8h 20'

➤ **How to get there?**

[Pont de Suert Council](#)

➤ **Parking Area.**

25520 El Pont de Suert, Lleida

Google Maps: [42°24'19.2"N 0°44'28.1"E: Google Maps](#)

➤ **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
- Finisher medal
- Finisher Diploma
- Post-race recovery from Compex
- Photographs along the race
- Cloakroom service. **IMPORTANT:** is delivered to the swimming start point and collected at the finish line.
- Changing rooms and showers after the race (Sports Centre)
- Live results by Wefeel Crono
- Great medical device throughout the entire race



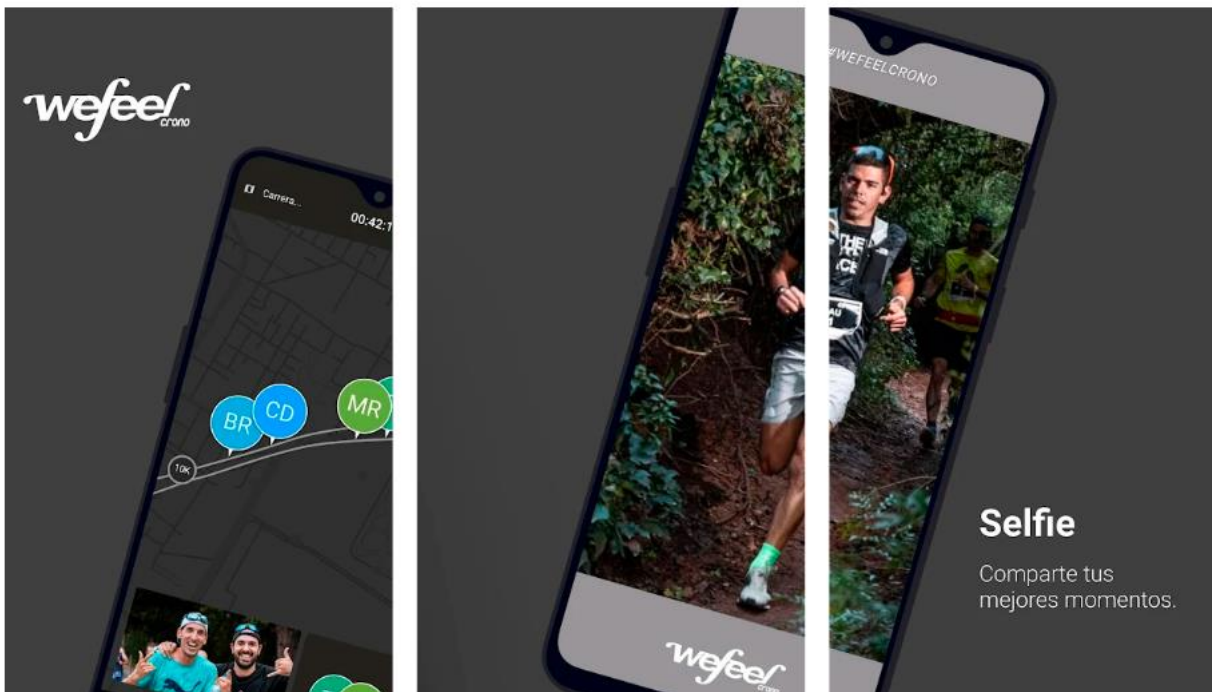
WEFEEL CRONO APP

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 Pont de Suert 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](#)

[DOWNLOAD FOR ANDROID](#)





TRI TOUR **2024**



6-7 April



8-9 June



6-7 July



14 September