

**TRIC**     
**TOUR**  
**DELTEBRE**

## PRESENTATION

The next **6<sup>th</sup> and 7<sup>th</sup> of April 2024** will take place, in the town of Deltebre (Tarragona), the ninth edition of the DELTEBRE TRIATHLON with the following distances:

DATE	HOUR	MODALITY	SWIMMING	CYCLING	RUNNING
Saturday 6 <sup>th</sup> of April	09:00	SHORT	950m	57 km	10 km
	09:00	AQUABIKE	950m	57 km	-
	08:00	HALF	1.900	86 km	20 km
Sunday 7 <sup>th</sup> of April	09:00	OLYMPIC	1.500	38 km	10 km
	09:40	SPRINT	750m	20 km	5 km

This triathlon has as its nerve centre the town of Deltebre, which belongs to the province of Tarragona, in the Baix Ebre region and is the closest town to the mouth of the Ebro River.

The race is located in the area of the Lo Passador bridge and runs along the Ebro River, the beautiful and quite wide and completely flat roads of the area and finally along the bike path that runs parallel to the river to finish under the bridge Lo Passador. A very special and beautiful place that makes this race take place in an incomparable setting.



## PROGRAM

### FRIDAY 5<sup>th</sup> OF APRIL 2024

Timetable	Activity	Location
16:30 – 20:30	Delivery of bib numbers	Lo Passador Bridge
19:30	Short, Aquabike & Half Briefing	Lo Passador Bridge

### SATURDAY 6<sup>th</sup> OF APRIL 2024

Timetable	Activity	Location
06:00 – 07:30	Delivery of bib numbers	Lo Passador Bridge
06:30 – 07:15	Check-in Half	Boxes (Lo Passador Bridge)
07:15 – 08:00	Check-in Short & Aquabike	Boxes (Lo Passador Bridge)
08:00	Half Triathlon Start	
09:00	Short Triathlon & Aquabike Start	
12:30 – 14:30	Check Out (Collection of the Material)	Boxes (Lo Passador Bridge)
13:00	Prize-giving ceremony	Lo Passador Bridge
16:00 – 19:00	Delivery of bib numbers	Lo Passador Bridge
18:00	Sprint & Olympic Briefing	Lo Passador Bridge

### SUNDAY 7<sup>th</sup> OF APRIL 2024

Timetable	Activity	Location
07:00 – 08:30	Delivery of bib numbers	Lo Passador
07:30 – 08:15	Check-in Olympic	Boxes (Lo Passador Bridge)
08:15 – 09:00	Check-in Sprint	Boxes (Lo Passador Bridge)
09:00	Olympic Triathlon Start (Federated)	
09:03	Olympic Triathlon Start (Non federated & Relays)	
09:40	Sprint Triathlon Start (Federated)	
09:43	Sprint Triathlon Start (Non federated & Relays)	
11:30 – 13:30	Check Out (Collection of the Material)	Boxes (Lo Passador Bridge)
12:00	Prize-giving ceremony	Lo Passador Bridge

## 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 under the Lo Passador Bridge (Av. Girona s/n). Bridge linking Deltebre with Sant Jaume.
- 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 under the Lo Passador Bridge (Av. Girona s/n).  
   Bridge linking Deltebre with Sant Jaume.
- 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

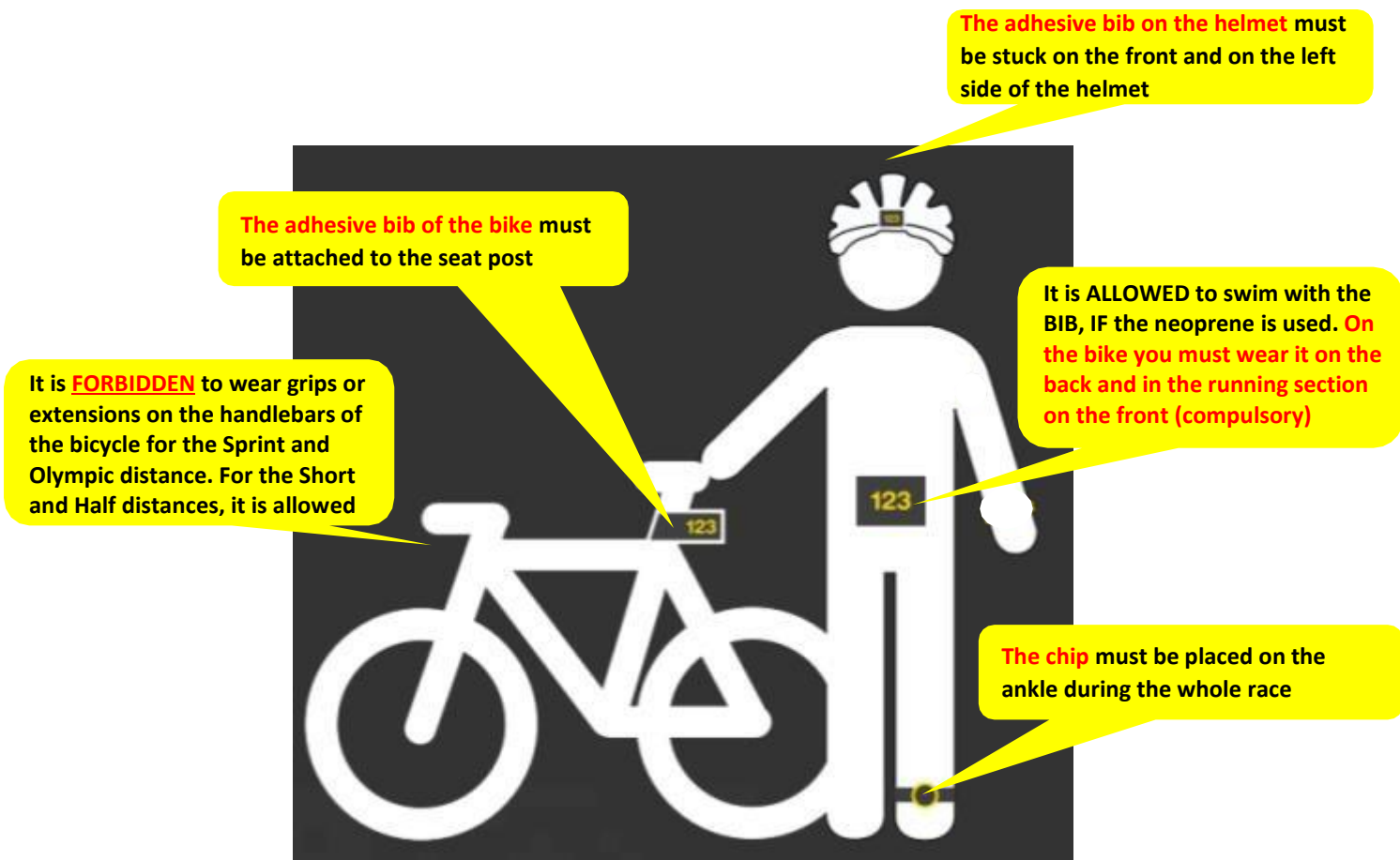
➤ Material to do the Check IN:

- ✓ **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).
- ✓ **The use of NEOPRENE will be compulsory.**

➤ 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**
- **CLOAKROOM: Located at the swimming start point**



## SWIMMING

<i>SPRINT</i>	750m	<i>OLYMPIC</i>	1.500m
<i>SHORT &amp; AQUABIKE</i>	950m	<i>HALF</i>	1.900m

**SWIMMING IN THE EBRO RIVER CURRENT**



### VERY IMPORTANT

1. The cloakroom is located at the starting point of the swim and will be a truck of the organisation
2. It is necessary to go in advance to the starting point of the swimming segment, you have to **walk along the bike path** parallel to the river.

## T1 – SWIMMING TRANSITION - CYCLING

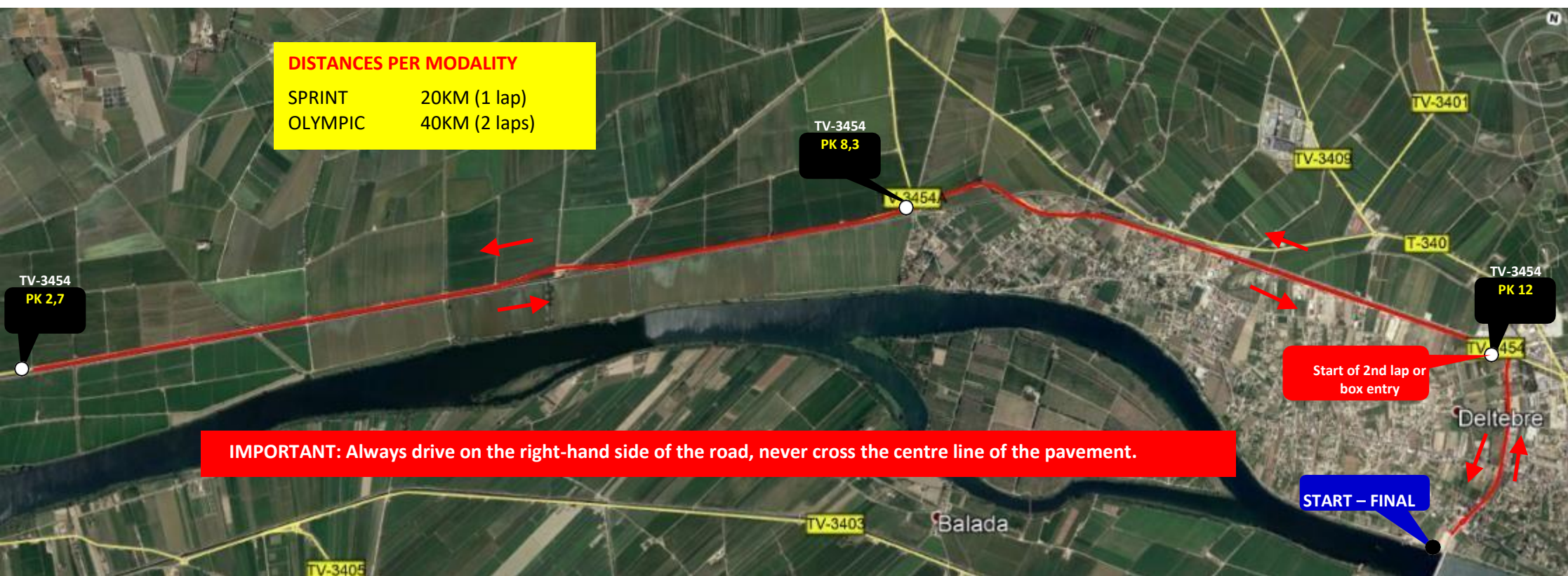




## CYCLING – SPRINT & OLYMPIC

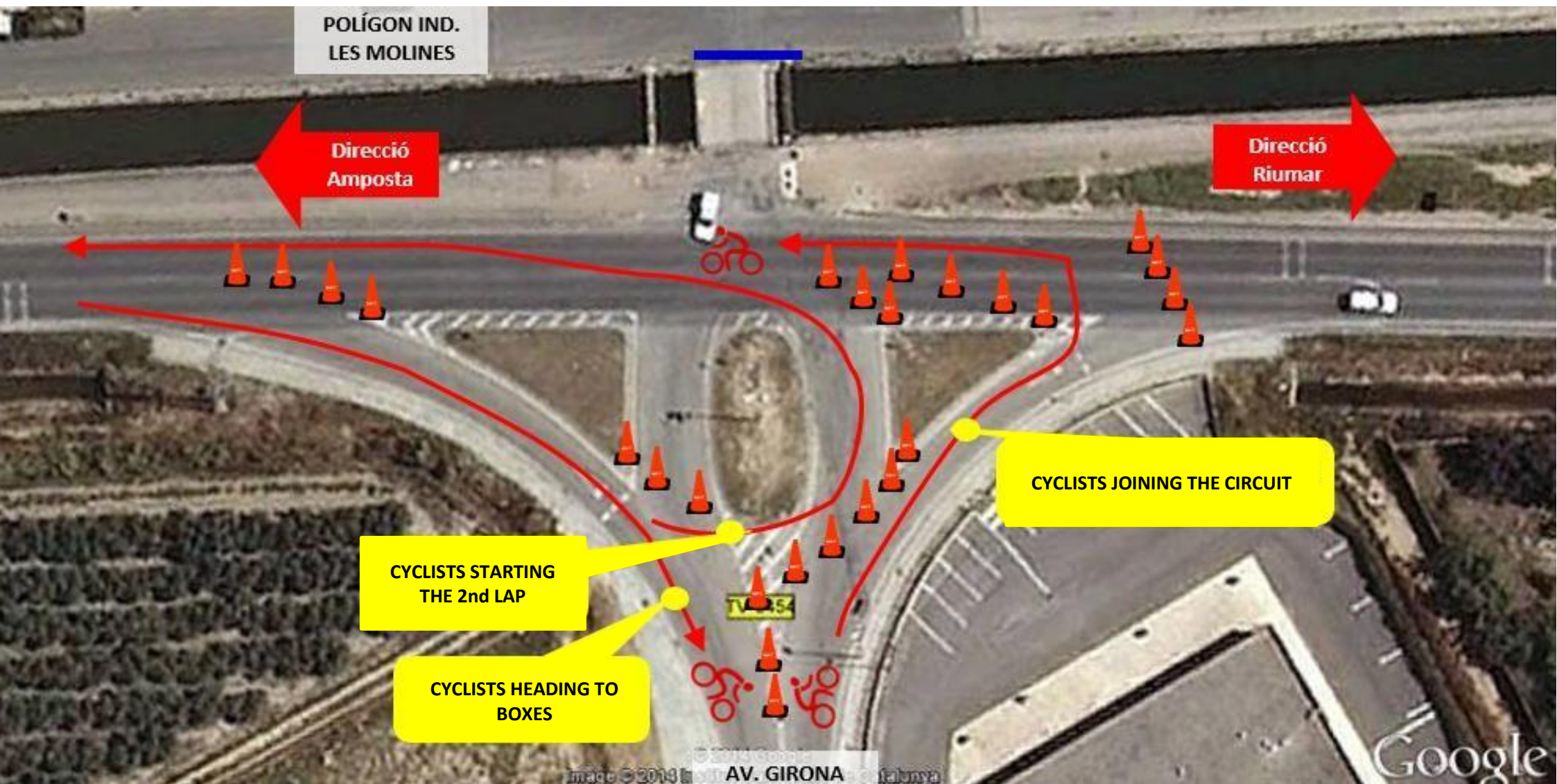
**ITINERARY: START** – Esplanade on the side of the "Lo Passador" bridge (Deltebre) - Av. Girona – Left turn PK 12 of the road TV-3454 (direction Amposta) – Continue along the road TV-3454 – Returning point (PK 2,7 of the road TV-3454) - TV-3454 (direction Riumar) – Right turn PK 12 of the road TV-3454 At this intersection of the TV-3454 with c / Girona the participants of the Olympic in the 1st lap make a 180° turn to return on the TV-3454 towards Amposta and those of the Sprint take Av. Girona towards the Bridge.) - Av. Girona – Boxes – **FINAL**.

**WIKILOK TRACK:** [HERE](#)



## IMPORTANT CYCLISM POINT – SPRINT & OLYMPIC

Laps start and circuit entry



## CYCLISM – HALF, SHORT & AQUABIKE

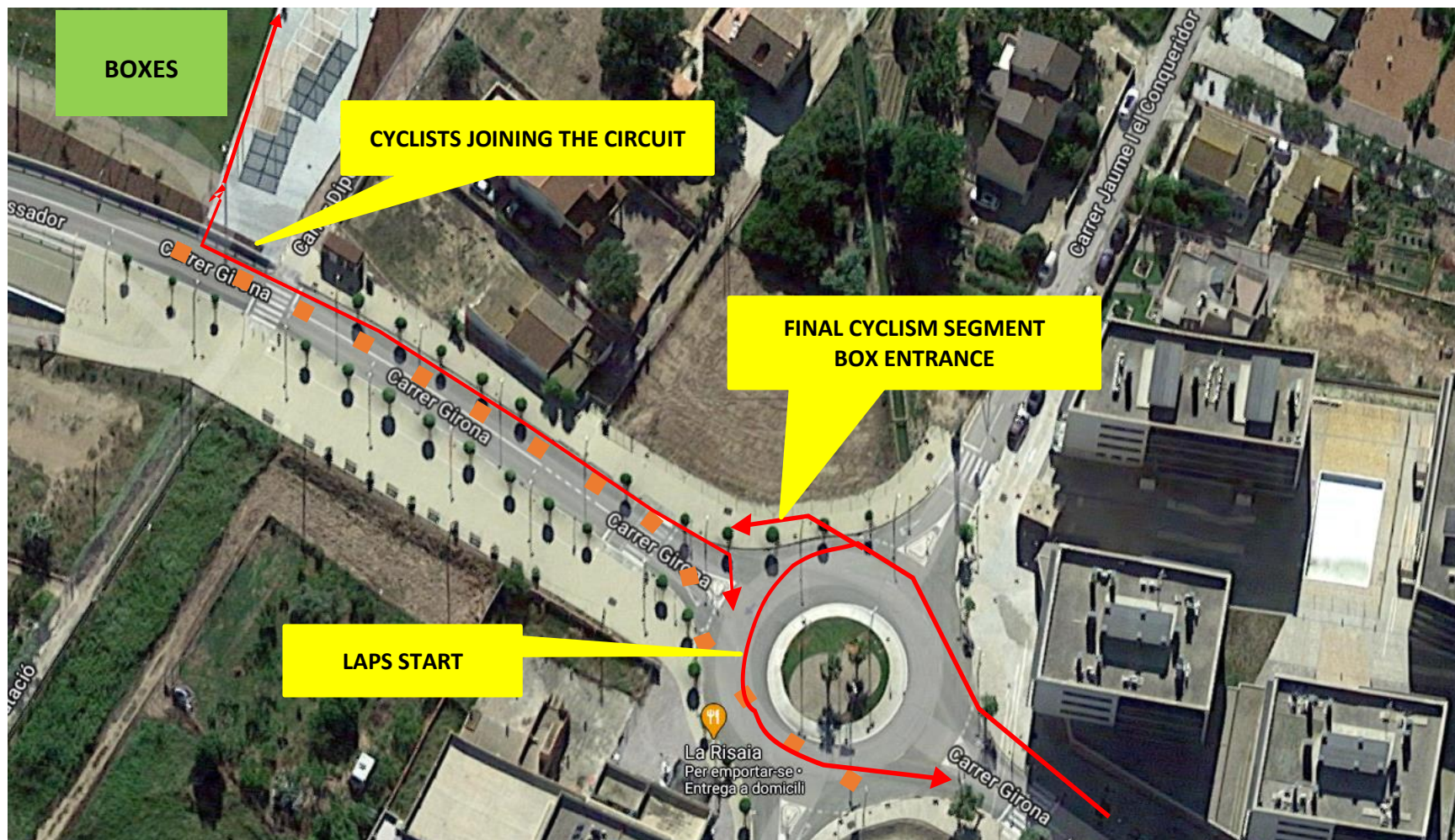
**ITNERARY: START** – Esplanade on the side of the "Lo Passador" bridge (Deltebre) - Av. Girona – Left turn PK 12 of the road TV-3454 (direction Riumar) – Follow through road TV-3454 – Returning point (PK 13 of the road TV-3454) - TV-3454 (direction Amposta) – Right turn PK 8,3 of the road TV-3454 - TV3454a (Direction la Aldea) - Camino del Lligallo de Victoria – Returning point on the PK 4,5 of the road T-340 - Camino del Lligallo de Victoria (direction Jesús y María) - TV-3454 – Right turn on the PK 8,3 of the road TV-3454 - TV-3454 (direction Amposta) – Returning point on the PK 1 of the road TV-3454 - TV-3454 (Direction Riumar) – Right turn on the PK 12 of the road TV-3454 - Av. Girona – Junction of Av. Girona and c / Jaime I el Conquistador (Roundabout) – **LAPS STARTING / FINAL**

**WIKILOC TRACK:** [HERE](#)

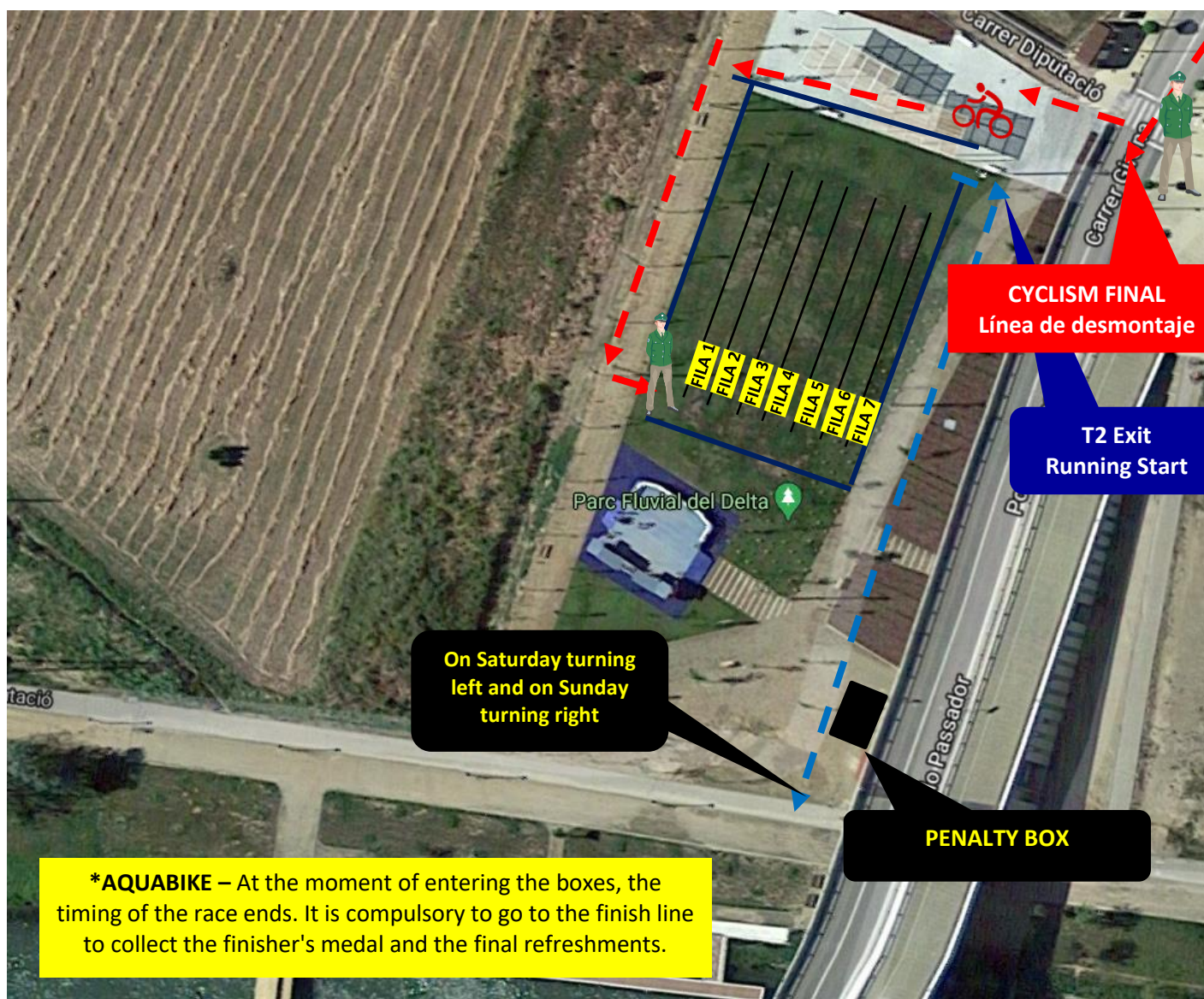


## IMPORTANT CYCLISM POINT – HALF, SHORT & AQUABIKE

Laps start and circuit entry



## T2 – CYCLISM TRANSITION – RUNNING SEGMENT *(End of the race for the Aquabike modality\*)*



## RUNNING SEGMENT – SPRINT & OLYMPIC

*SPRINT*      5 km      (1 lap)

*OLYMPIC*    10 km      (2 laps of 5 km)

### ITINERARY:

The circuit runs entirely along the Ebro River cycle path on the Deltebre side of the river. The route is always in two directions.

WIKILOCC TRACK: [HERE](#)



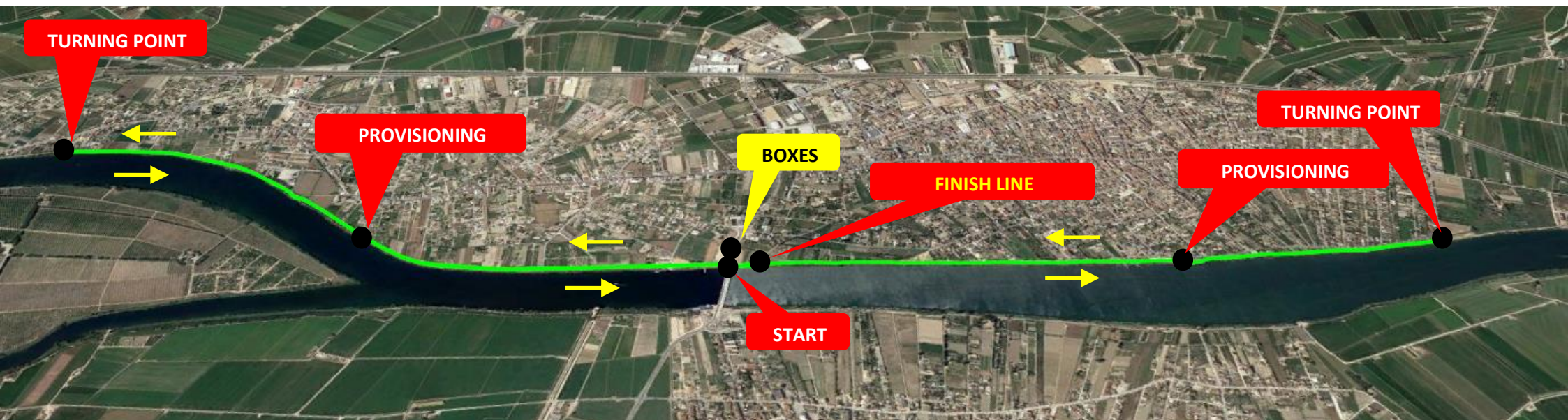
## RUNNING SEGMENT – HALF & SHORT

*SHORT*      10 km      (1 lap)                      *HALF*      20 km      (2 laps of 10km)

### ITINERARY:

The circuit runs entirely along the Ebro River cycle path on the Deltebre side of the river. The route is always in two directions.

WIKILOOC TRACK: [HERE](#)



## 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
OLÍMPICO	0	4
SHORT	2*	4
AQUABIKE	2*	-
HALF	3*	8

\* Km. 16, 44 and 72 of the cycling segment

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

### CYCLING PRODUCTS:

Water + Isotonic Drink + Glucose gels + Banana

### RUNNING PRODUCTS:

SPRINT & OLYMPIC: Water + FINISHER Isotonic Drink + FINISHER Glucose Gels

HALF & SHORT: Water + FINISHER Isotonic Drink + Coca Cola + Fruit + FINISHER Glucose Gels + 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	40'	2h 30'	3h 40'
SHORT	30'	3h 30'	5h
AQUABIKE	30'	3h 30'	3h 30'
HALF	50'	4h 15'	6h 30'

**IMPORTANT NOTE: Swimming in the EBRO river current.**

- How to get there – See it [here](#)
- Parking Area – The parking area is the esplanade in front of the Library of Deltebre, located at Av. Girona s/n. Check it [here](#)
- 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 and Half, rice degustation thanks to Arròs Montsià
  - ✓ 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 (Delta Sports Complex)
  - ✓ Free entrance to the Delta Sports Complex for all participants on Friday, Saturday and Sunday. To enter you must show the proof of registration for the event.
  - ✓ Live results by Wefeel Crono
  - ✓ Great medical device throughout the entire race

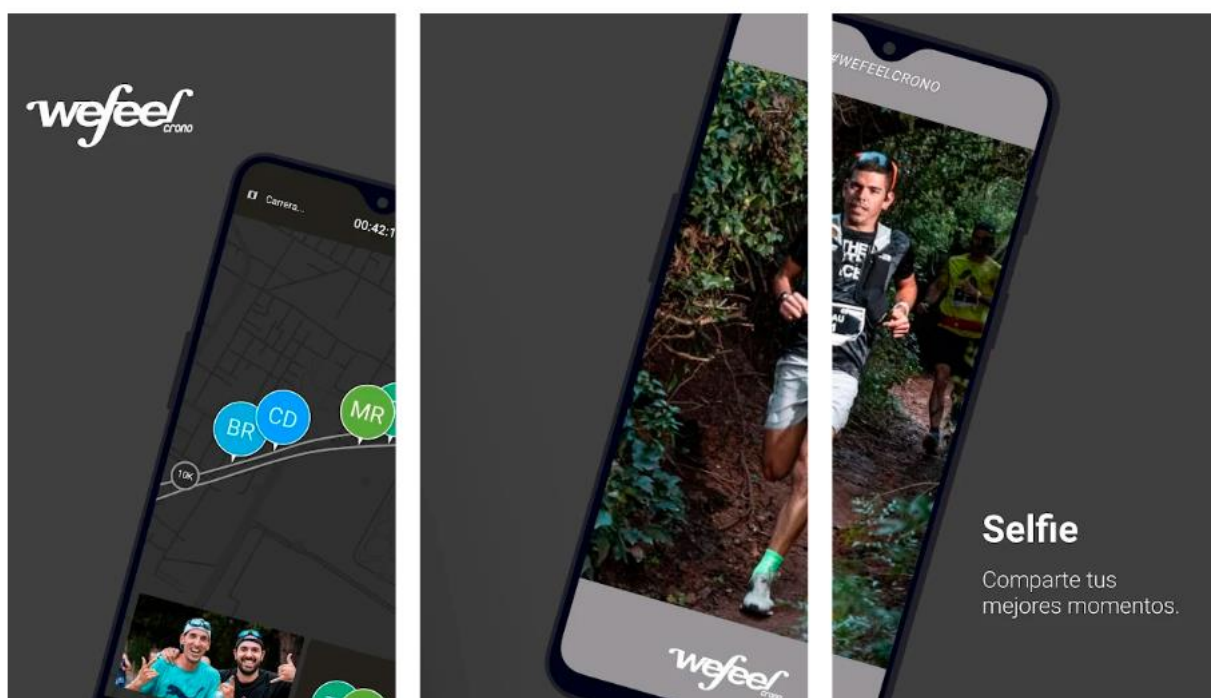
## WEFEEL CRONO APP

### 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 Deltebre 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](#)



**TRITOUR**  
**2024**

**TRI**  
**TOUR**  
DELTEBRE

6-7 Abril

**TRI**  
**TOUR**  
RAMPOSTA

8-9 Juny

**TRI**  
**TOUR**  
PONT DE SUERT

6-7 Juliol

**TRI**  
**TOUR**  
TOSSA DE MAR

14 Setembre