

**TRIE**   
**TOUR**  
**TOSSA DE MAR**



## **PRESENTATION**

The next **14th of September 2024** will take place, in the town of Tossa de Mar (Girona), the XIII edition of the **TOSSA DE MAR TRIATHLON** with the following distances:

| <b>DATE</b>                       | <b>HOUR</b>  | <b>MODALITY</b> | <b>SWIMMING</b> | <b>CYCLING</b> | <b>RUNNING</b> |
|-----------------------------------|--------------|-----------------|-----------------|----------------|----------------|
| <b>Saturday 14th of September</b> | <b>15:00</b> | <b>SPRINT</b>   | 750m            | 19 km          | 5 km           |
|                                   | <b>15:30</b> | <b>OLYMPIC</b>  | 1.500           | 41 km          | 10 km          |

The nerve centre of this triathlon is the town of TOSSA DE MAR, which is part of the province of Girona, on the Costa Brava. Located on the edge of the Mediterranean Sea, it has a population of 5,800 inhabitants.

The swimming section takes place in the Mediterranean Sea, the only TriTour event with swimming in the sea. Swimming in the sea, but cycling in the mountains, enjoying the incredible views of the Costa Brava. Finally, the triathletes will have to complete the running section of the race, a completely flat section that runs through the streets of the town of Tossa de Mar. The spectacular walled area of Tossa de Mar in the background makes thousands of people follow this fantastic triathlon every year. In short, an idyllic location for the practice of triathlon and an incomparable setting!





## PROGRAM

**SATURDAY 14TH OF SEPTEMBER 2024**

| <b>Timetable</b> | <b>Activity</b>                                 | <b>Location</b>                            |
|------------------|---|--|
| 11:00 – 14:30    | Delivery of bib numbers                         | Tossa de Mar Council - <a href="#">MAP</a> |
| 13:30 – 14:50    | Express Check in                                | Boxes - <a href="#">MAP</a>                |
| 15:00            | Sprint Triathlon Start                          |  |
| 15:30            | Cut-off time Sprint Swimming                    |  |
| 15:30            | Olympic Triathlon Start                         |  |
| 16:15            | Cut-off time Olympic swimming                   |  |
| 18:30            | Cut-off time swimming + cycling (all distances) |  |
| 18:30 – 19:30    | Check out (Collection of the material)          | Boxes - <a href="#">MAP</a>                |
| 19:00            | Prize-giving ceremony                           | <a href="#">Pg. Mossèn Cinto Verdaguer</a> |
| 19:30            | Finish line cut-off time                        |  |



## 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?** Saturday from 13:30 to 14:50
- **WHERE?** Transition Area (Box) - Avinguda de la Palma - [MAP](#)
- 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?** Saturday from 18:30 to 19:30h.
- **WHERE?** Transition Area (Box) - Avinguda de la Palma - [MAP](#)
- 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.



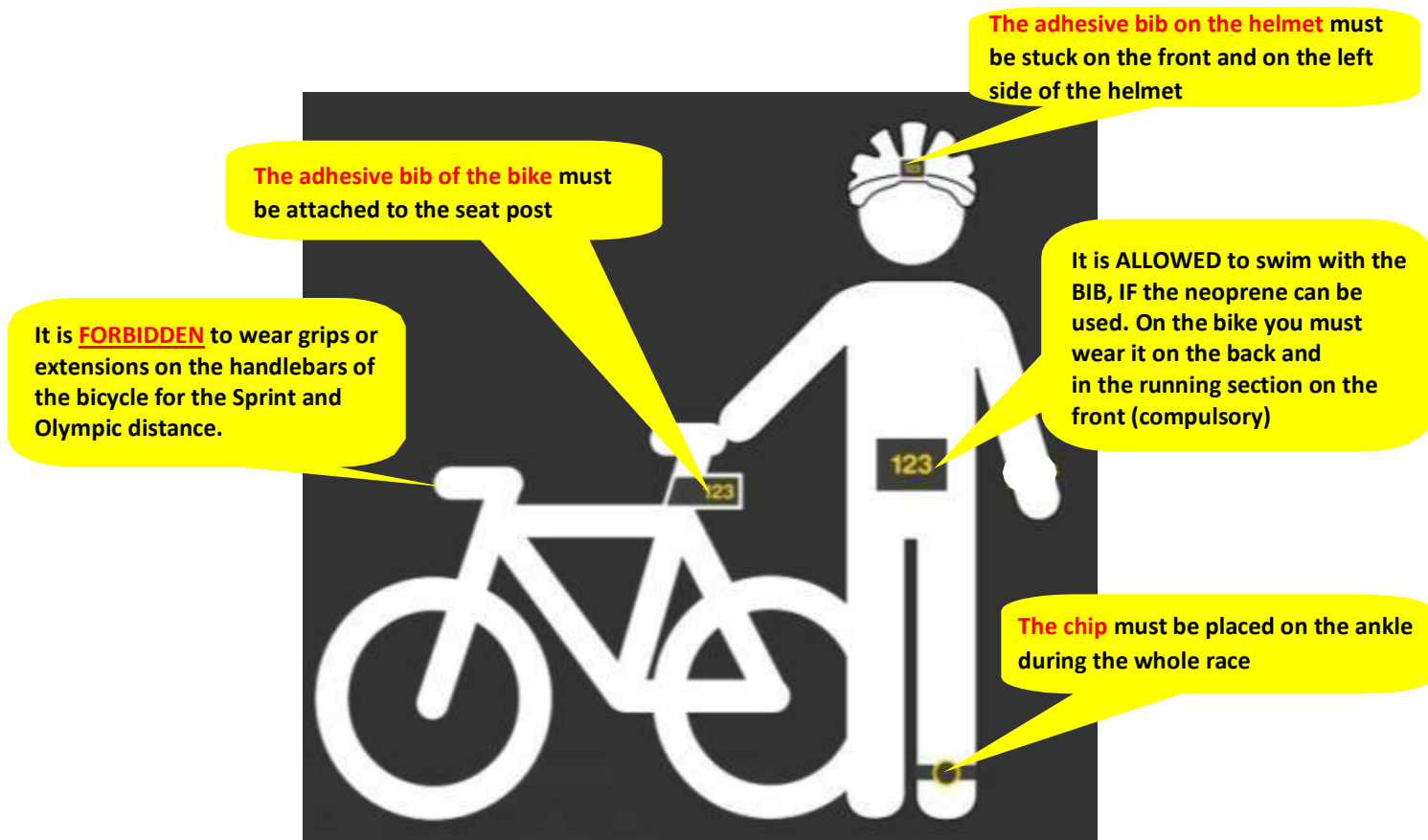
## MATERIAL & BOXES

➤ 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.

**The bib and chip of the Catalan Triathlon Federation are not valid for this race**

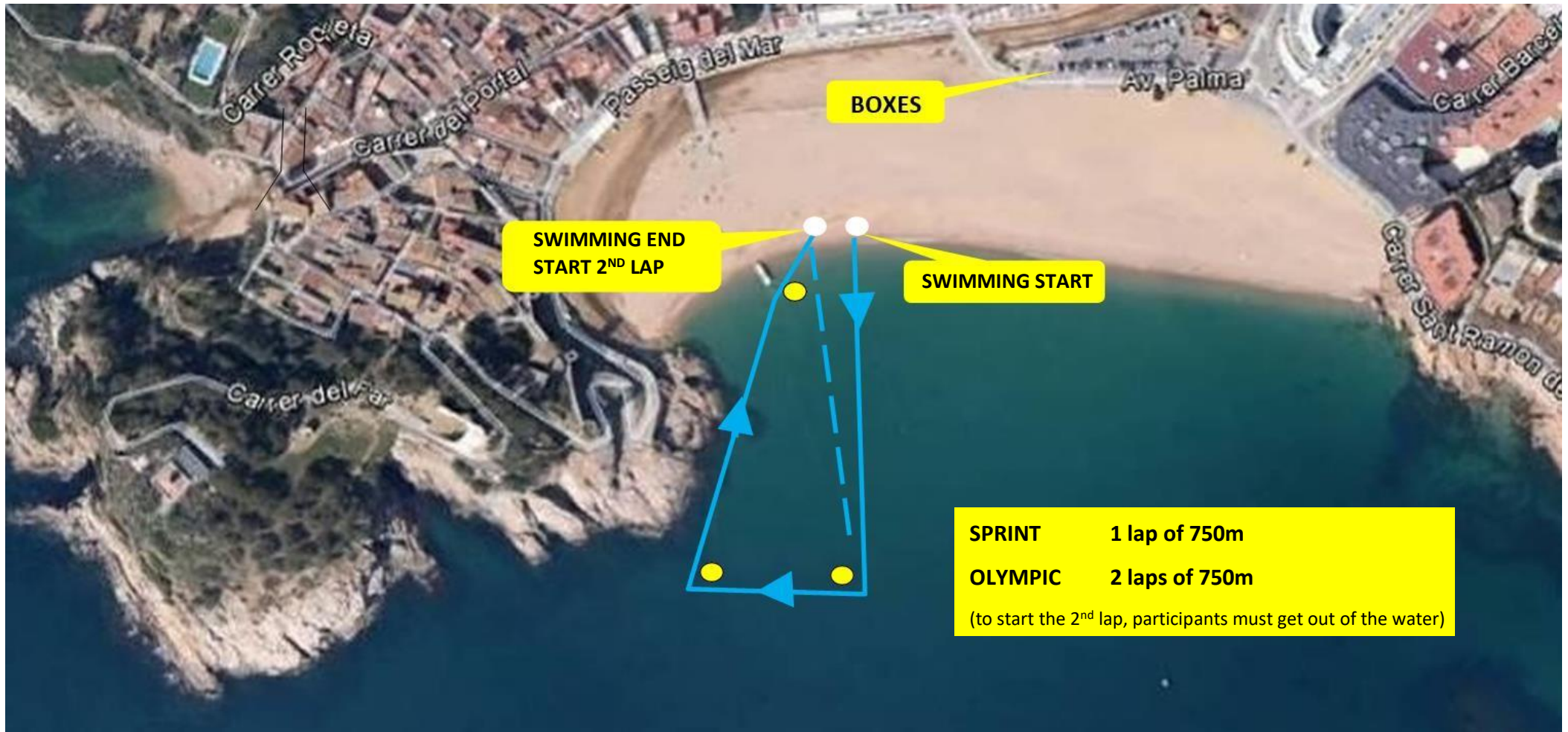




## SWIMMING

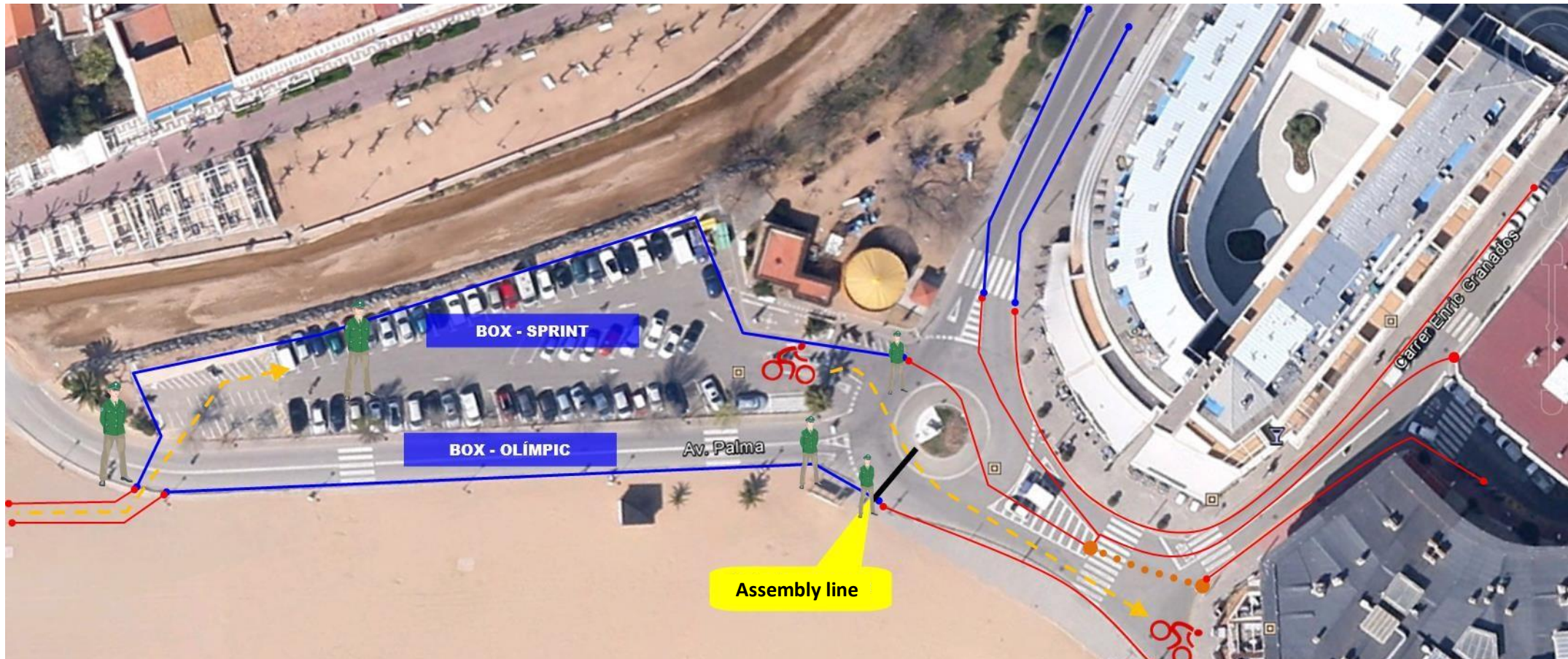
**SPRINT** 750m (1 lap of 750m)

**OLYMPIC** 1.500m (2 laps of 750m)





## TRANSITION AREA 1 - SPRINT







## CYCLING - SPRINT

SPRINT 19 km (1 lap)

TRACK SPRINT TRIATHLON: <https://es.wikiloc.com/rutas-ciclismo/tritour-tossa-de-mar-bici-sprint-2021-39300467>

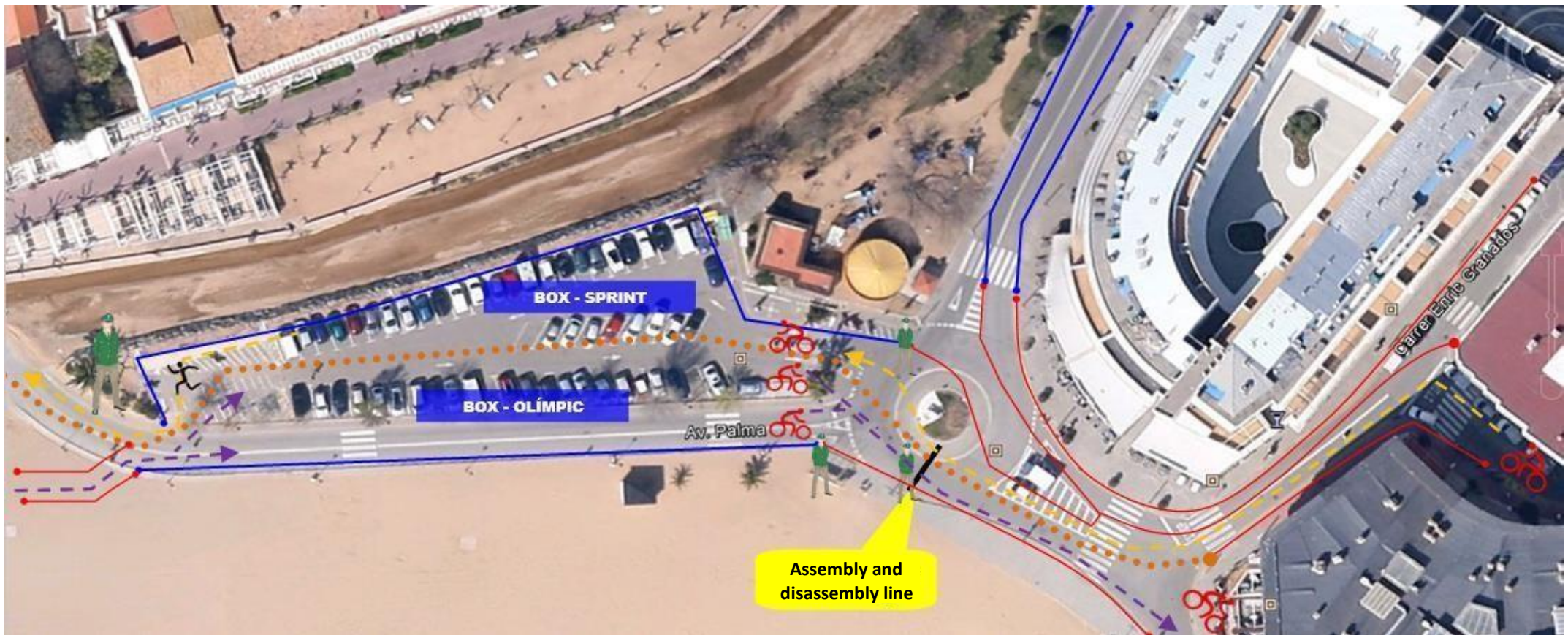
**IMPORTANT:** Always drive on the right-hand side of the road, never cross the centre line of the pavement.





## TRANSITION AREA 1 – OLYMPIC

PURPLE LINE





## CYCLING – OLYMPIC

OLYMPIC 40 km (1 lap)

TRACK OLYMPIC TRIATHLON: <https://es.wikiloc.com/rutas-ciclismo/tritour-tossa-de-mar-bici-olimpic-2021-39051639>

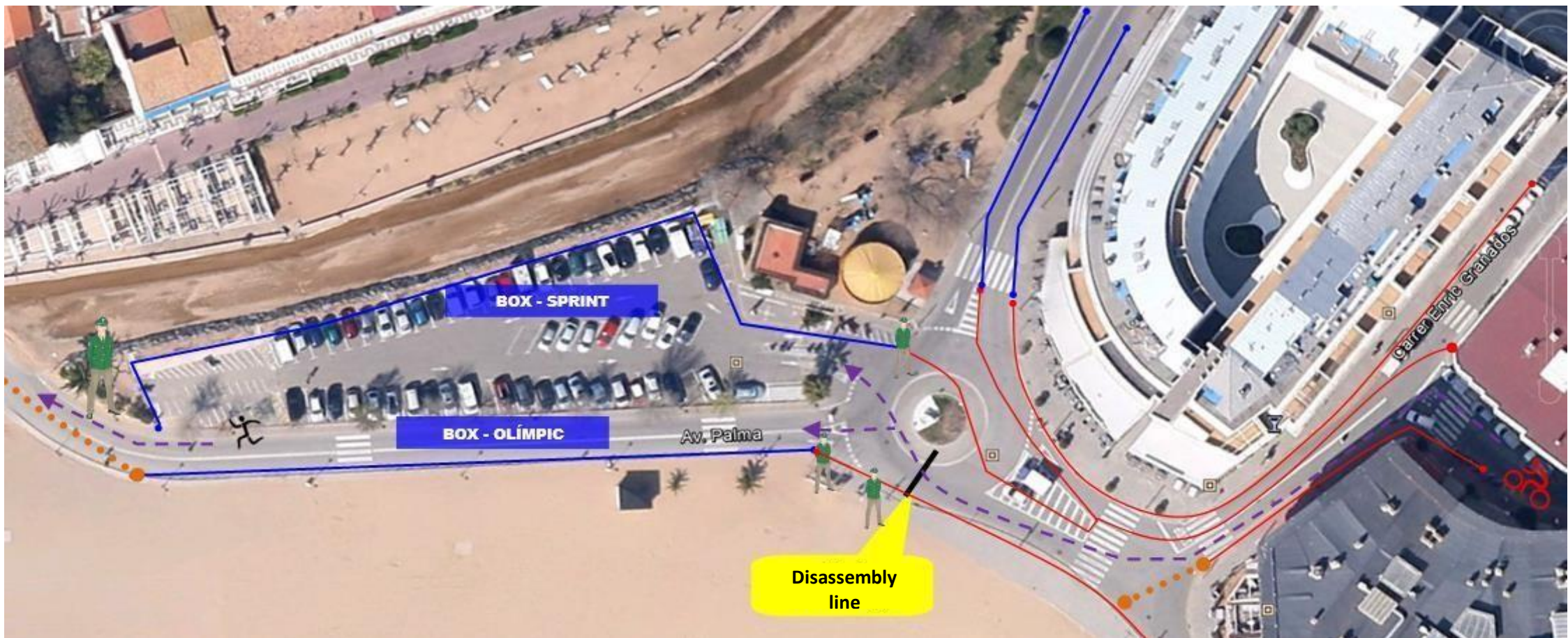
**IMPORTANT: Always drive on the right-hand side of the road, never cross the centre line of the pavement.**







## TRANSITION 2 – OLYMPIC





## RUNNING

**SPRINT**

4,8 km (1 lap)

**OLYMPIC**

9,4 km (2 laps of 4,7 km )



- In the Sprint distance there are refreshment posts at km 1 and 3,8.
- In the Olympic distance, there are refreshment posts at km 1, 3,8, 5,7 y 8,5.
- WIKILOC TRACK: [HERE](#)
- **IMPORTANT: DRIVE ON THE LEFT SIDE (ENGLISH STYLE). DO NOT CROSS THE CENTRE LINE OF THE ROAD**



## TURNING POINT – RUNNING





## 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.





## **PROVISIONING POINTS**

| <b>MODALITY</b> | <b>CYCLISM</b> | <b>RUNNING</b> |
|-----------------|----------------|----------------|
| SPRINT          | 0              | 2              |
| OLYMPIC         | 1              | 4              |

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

### **OLYMPIC CYCLING PRODUCTS:**

Water

### **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'  |

➤ **How to get there?**

[How to get to Tossa de Mar – Infotossa.com](http://Infotossa.com)

➤ **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 EUSES and BEMER
- ✓ 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
- ✓ Live results by Wefeel Crono
- ✓ Great medical device throughout the entire race



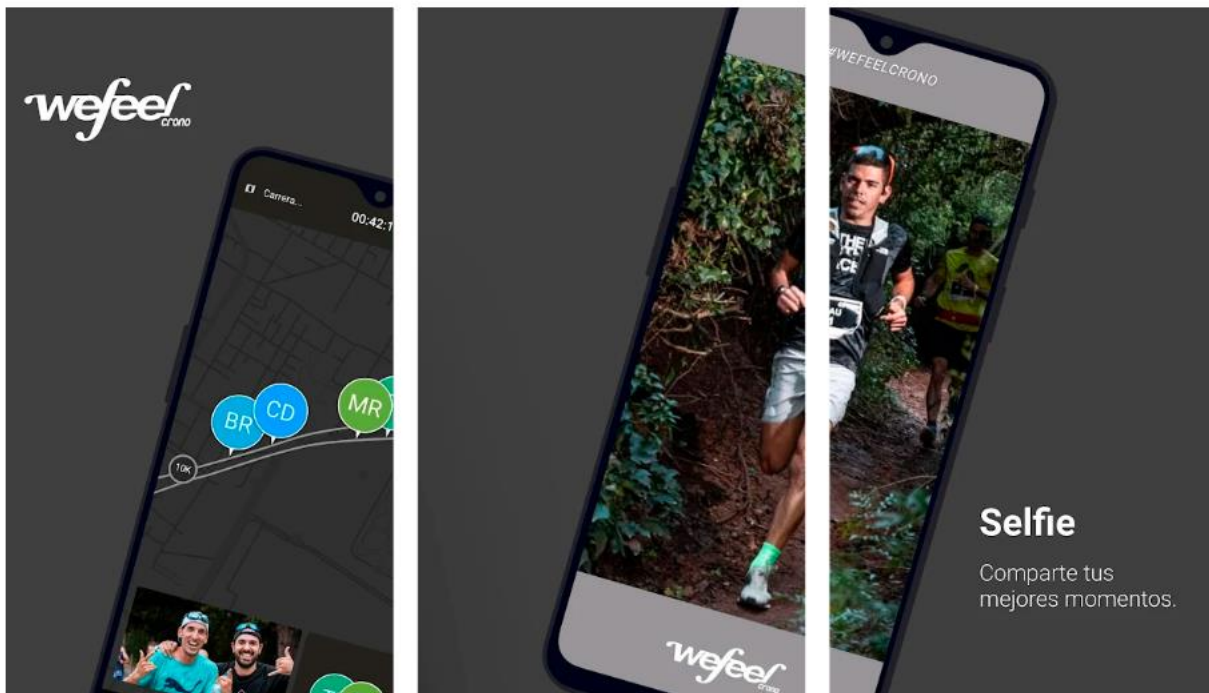
## WEFEEL CRONO APP

**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 Tossa de Mar 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