

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

# ATHLETE'S GUIDE

# 13

SEPTEMBER

# 2025



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events



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# PRESENTATION

The next **13th of September 2025** will take place, in the town of Tossa de Mar (Girona), the XIII edition of the **TOSSA DE MAR TRIATHLON** with the following distances:

DATE	HOUR	DISTANCE	SWIMMING	CYCLING	RUNNING
Saturday 13th September	15:00	SPRINT	750m	20 km	5 km
	15:30	OLYMPIC	1.500m	40 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

## FRIDAY SEPTEMBER 12

TIMETABLE	ACTIVITY	LOCATION
17:00 - 20:00	Delivery of bib numbers	Tossa de Mar Town Hall

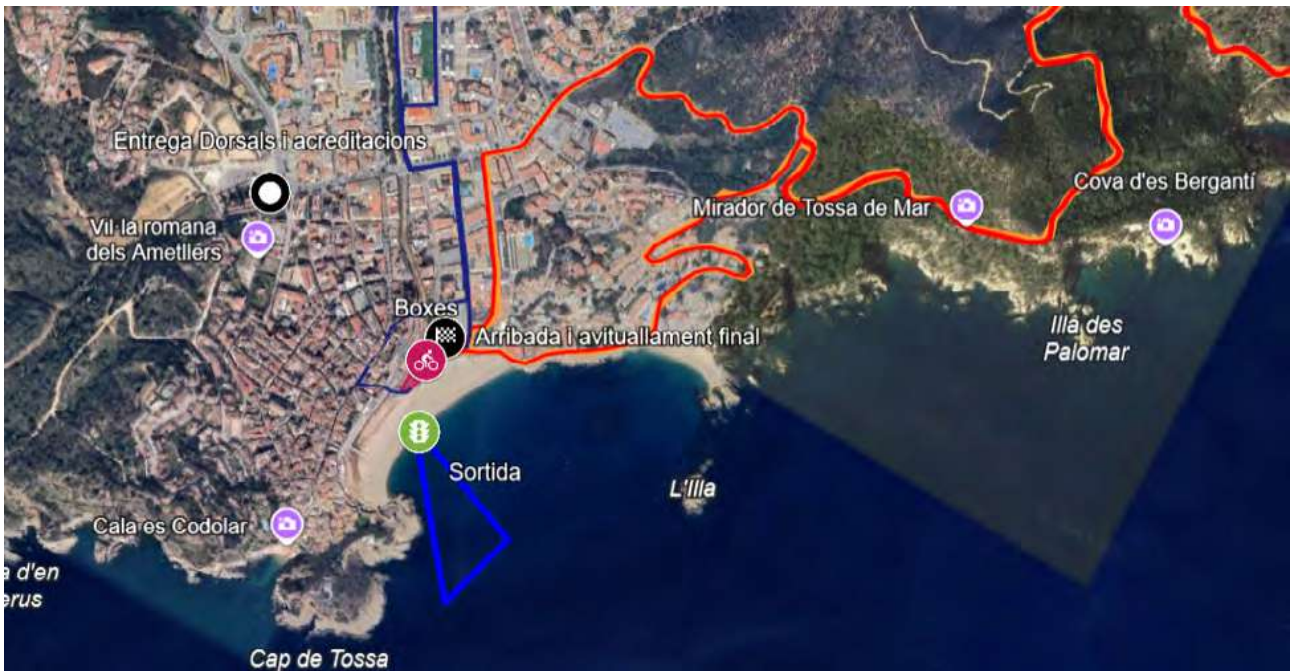
## SATURDAY SEPTEMBER 13

TIMETABLE	ACTIVITY	LOCATION
10:00 - 13:00	Delivery of bib numbers	Tossa de Mar Town Hall
13:30 - 14:50	Check-In	Boxes (Gran de Tossa Beach)
15:00	Sprint Start - Federated and relays	
15:02	Sprint Start - Non federated	
15:30	Olympic Start - Federated men	
15:32	Olympic Start - Federated women	
15:34	Olympic Start - Non federated and relays	
15:30 - 21:30	Shower and changing rooms service	Municipal Sports Center
18:30 - 19:30	Check-Out (Collection of the material)	Boxes (Gran de Tossa Beach)
20:30	Prize giving ceremony and 2025 TriTour League Gala	Tossa de Mar Town Hall



# GENERAL MAP

- Swimming circuit
- Cycling circuit Sprint
- Cycling circuit Olympic
- Running circuit



# TRI EXPO

## WHAT IS IT?

It is the place where you will be able to pick up all your material to participate in the race, as well as the gifts of the race. It is also the space where you will find different stands of the main brands linked to the world of triathlon and endurance sports.

In addition, you will find the official Wefeel & TriTour Store with merchandising of the event. The entrance is free and open to participants, companions and any lover of the sport.

## WHAT DO YOU NEED TO PICK UP YOUR BIB?

In order to pick up the material you must show your ID card and if you want to pick up the material of another participant you must present an authorization or the image of the ID card through the phone.

All members of a triathlon federation must present their accreditation at the time of picking up their race bib. Otherwise, the day insurance will have to be purchased.

## MATERIAL THAT WILL BE GIVEN TO YOU

- Bib (the Relay teams will have a bib for each member).
- Sticker sheet (one sticker for the bike, 2 stickers for the helmet and one for the backpack of the cloakroom).
- Swim cap (the colour will depend on your start).
- Chip, to be returned at the end of the race (IT IS COMPULSORY).
- Safety pins in case you need them.

We recommend to check at the moment that the chip and bib numbering are correct.

## LOCATION

Tossa de Mar City Council. Av. Pelegrí, 25.

## TIMETABLE

- Friday 12th September 2025, from 17:00 to 20:00
- Saturday 13th September 2025, from 10:00 to 13:00



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# CHECK IN

## WHAT IS IT?

It is the access to the transition area – box of the participant with the material that you will exclusively use during the race.

## TIMETABLE

SATURDAY	
SPRINT	OLYMPIC
13:30 – 14:50	13:30 – 14:50

**IMPORTANT:** check the specific schedules of your modality. 10' before the start of the test and until the last participant in that modality finishes the cycling section, access to the transition area will not be possible.

## UBICACIÓN

Lo Passador Bridge, Deltebre

## MATERIAL TO DO THE CHECK IN

- Chip, placed on the ankle.
- Bib with a dorsal ribbon or safety pins. Visible to check in.
- Swim cap, visible to check in.
- Bicycle with the sticker on the seat post, without any grips nor extensions on the handlebars.
- Bike helmet with the sticker in place (on the front).
- 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).

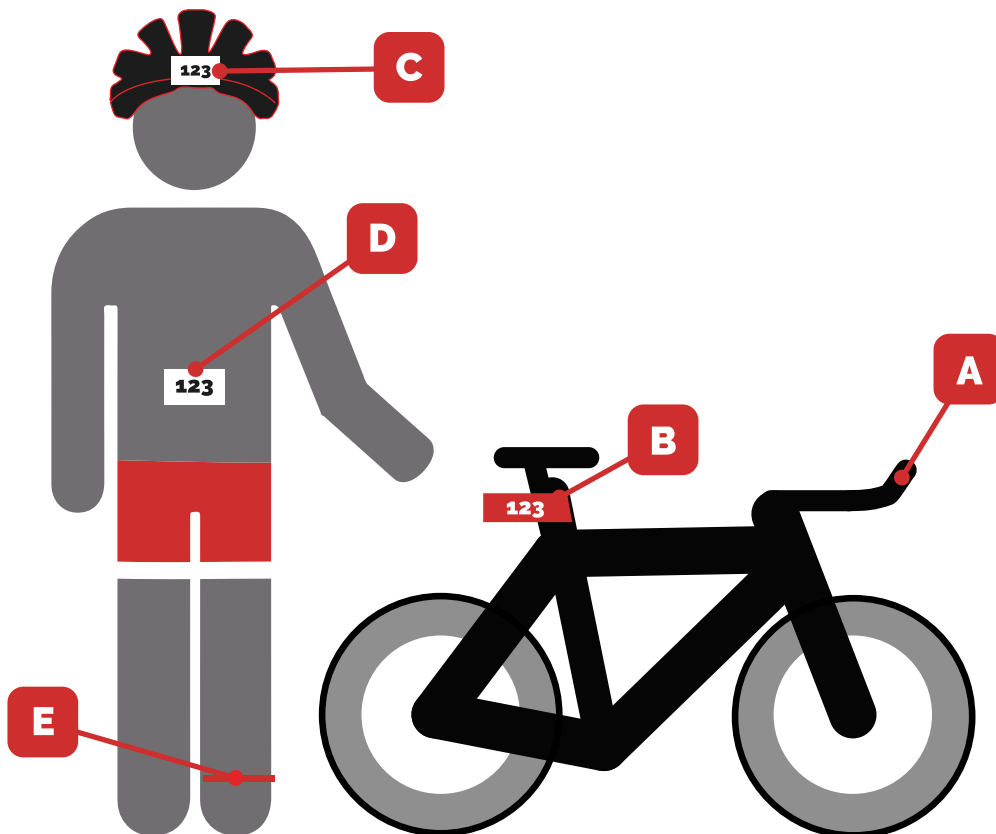
**IMPORTANT:** the box area can only be accessed with the equipment that you will use during the competition. The rest of the material that you won't use during the race must be left in the cloakroom in a backpack and with the sticker that has been given to you. The cloakroom is located at the swim start.



# CHECK IN

## HOW TO PLACE THE MATERIAL

- A. For the Sprint & Olympic distances it is forbidden to use bikes with aerobars.
- B. The adhesive bib of the bike must be attached to the seat post.
- C. The adhesive bib on the helmet must be stuck on the front of the helmet.
- D. Bib number:
  - It is allowed to swim with the bib, if the neoprene can be used.
  - On the bike you must wear it on the back (compulsory).
  - In the running section on the front (compulsory).
- E. The chip must be placed on the ankle during the whole race.



# SWIMMING CIRCUIT

## ASPECTS TO TAKE INTO ACCOUNT

- Swimming is in the sea
- The cloakroom is located in front of the beach.
- Please go to the start point of the swim segment in time.
- To start the second lap (olympic) you must get out of the water

● OLYMPIC: 1.500m (2 laps of 750m)

● SPRINT: 750m (1 volta)



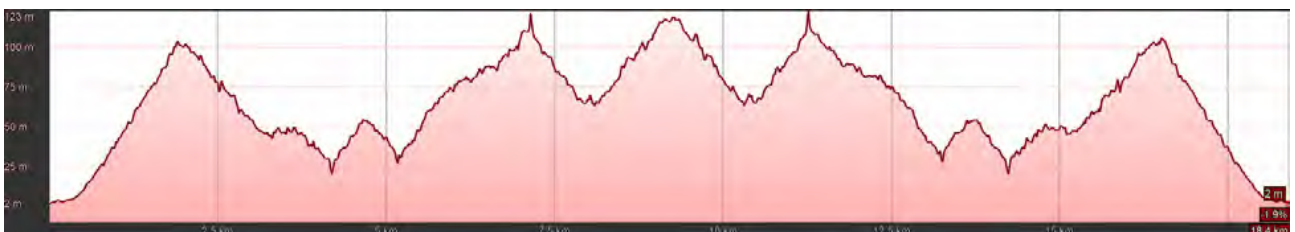


# CYCLING CIRCUIT



## CYCLING SEGMENT - SPRINT

- MTB use is allowed, but it is forbidden to wear grips or extensions on the handlebars
- It is allowed to ride behind other riders (drafting allowed between riders of different sexes).
- You must always ride on the right side of the road to facilitate overtaking.
- The mounting and dismounting point of the bike will be marked with a line on the ground and judge with a flag and a whistle will indicate you when you can get on or off the bike.
- There will be no provisioning points during the cycling segment for safety reasons. It is recommended to carry a bottle of water or isotonic drink for hydration..



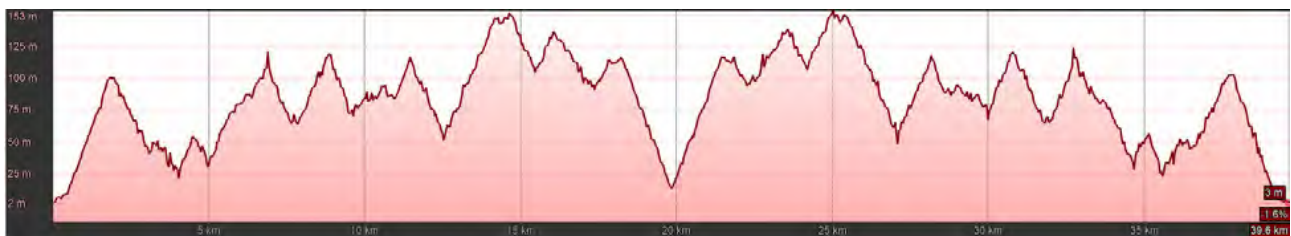
**SPRINT:** 1 lap of 20 km

# CYCLING CIRCUIT



## CYCLING SEGMENT - OLYMPIC

- MTB use is allowed, but it is forbidden to wear grips or extensions on the handlebars
- It is allowed to ride behind other riders (drafting allowed between riders of different sexes).
- You must always ride on the right side of the road to facilitate overtaking.
- The mounting and dismounting point of the bike will be marked with a line on the ground and judge with a flag and a whistle will indicate you when you can get on or off the bike.
- There will be a provisioning points during the cycling segment. It is recommended to carry a bottle of water or isotonic drink for hydration.



**OLYMPIC: 1 lap of 40 km**



# RUNNING CIRCUIT

## ASPECTS TO TAKE INTO ACCOUNT

- Approximately every 2 km you will find a refreshment post with water, isotonic drinks and gels.
- It is forbidden to throw waste outside the areas marked out for refreshment posts. Any participant who does so will be directly disqualified.
- **IMPORTANT! RUN ON THE LEFT (ENGLISH STYLE). UNDER NO CIRCUMSTANCES MAY YOU CROSS THE CENTRE LINE OF THE ROAD.**

## SPRINT & OLYMPIC



## IMPORTANT POINT. LAP START OR ARRIVAL ENTRY:



**SPRINT:** 1 lap of 5 km

**OLYMPIC:** 2 laps of 5 km = 10 km





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# CHECK OUT

## WHAT IS IT?

It is the collection of the competition material that each participant has to do at the end of the race at the Box - Transition Area. Organization personnel will be located at the exit door of the Box - Transition Area to carry out the control.

**VERY IMPORTANT:** until the last cyclist participating in a modality has finished the cycling section, the CHECK OUT of the participants of that modality - distance cannot be carried out. Do not disturb and respect the course of the test to the rest of the participants of other modalities who are still competing.

## MATERIAL FOR THE CHECK OUT

- Bike with the numbered sticker on the seat post.
- Bike helmet with the numbered stickers on it.
- Race bib number. In case you lose it, you will need your ID card and/or passport to identify yourself.

## TIMETABLE

SATURDAY	
SPRINT	OLYMPIC
18:30 – 19:30	18:30 – 19:30

**IMPORTANT!** Outside these hours the material will be removed from the Box - Transition Area.

# CUT-OFF TIMES

The cut-off times for each of the modalities and segments of the race are as shown below.

	SWIMMING	CYCLING	RUNNING	TOTAL
<b>SPRINT</b>	25'	1h 05'	45'	2h 15'
<b>OLYMPIC</b>	45'	1h 45'	1h 10'	3h 40'

All participants who do not achieve these cut-off times will be disqualified and will have to abandon the race. If they wish to continue, they will do so at their own risk and without the support of the security and control staff of the race.

In the case that a participant wishes to withdraw from the competition, and whenever possible, he/she must immediately inform the organization of his/her withdrawal.





# 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.

All team members must enter the box area together for the CHECK IN.

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.

Once the race is over, all team members will have access to the cloakroom and final provisioning.

There will be a classification for mixed relay teams, male teams and female teams. There will be a trophy for the first classified team in each category.

# PARTICIPANT SERVICES

## When you collect your race bibs, you will receive:

- Official TriTour T-shirt
- Participant's bag with local products and collaborators

## When crossing the finish line:

- Finisher medal
- Provisioning bag with drinks and other products
- You will be able to download your diploma digitally
- Changing rooms and showers service after the race at the Complex Esportiu del Delta

## You will get a recovery service provided by AS FISIO and BEMER

## You will have at your disposal a mechanical service to help and assist you in case you need it

## Live tracking of the race:

- Check your times and follow your friends in live with the App Wefeel Crono!
- With the Wefeel Crono App you will be able to access exclusive contents of the triathlon:
  - Real time results
  - Updated race information
  - Live tracking of the runners
- Ideal for your friends and family, who can follow you in real time and receive notifications every time you pass a new checkpoint.
- You can also tweet your experience in the race directly from the app and upload photos in the collaborative gallery of the event.



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# HEALTH RECOMMENDATIONS

### Gradually reduce your training

After so much training it is normal to feel tired. Training should be increased gradually so that you don't suffer prolonged exhaustion and as you get closer to the event remember to reduce it so that your body can recover.

### Don't overdo it with the breakfast and do not experiment

The most important thing to make sure that you don't feel bad, that you have the strength you need to face the race and that you know what Works for you, is the rule of not experimenting

### Do not try new material

No new shoes, no new clothes, no last minute ideas. Just do what you've been doing for the last few weeks and everything will go smoothly.

### Set yourself an approximate and realistic objective

Even if it is your debut in the triathlon, it is advisable to start with an idea of the goal time that you want to achieve from the beginning because it will help you to stay focused and forget about fatigue and tiredness, but without obsessions.

### Do not be discouraged if at some point you have to slow down the pace

Each segment is different and your level may not be the same in each of them. That is why, if you have to slow down at some point in the race, do not worry, because you will pick it up again at another point.

### It is your race, not someone else's, that's the most important thing

No one but you know how you feel during the race, the idea you had from the beginning, the goal you set yourself, etc. You have to do your own race. If you have to keep a specific pace, stick to it even if there are other participants who overtake you during the race. You have to stay strong and stick to your own pace.

### Nutrition

First of all, it is important to have enough fluids and carbohydrates to be able to take part in the race without any deficiency. On the other hand, proper nutrition and hydration are essential during the race.

It is very important that throughout the race you hydrate yourself. Once at the finish line you will have a complete liquid and solid refreshment to recover your energy.

Remember that if you use your own supplements during the race it is ideal to take them followed by liquid. Of course, it is very advisable, almost essential, to have tried these protocols and specific products in previous training sessions, in case our body does not adapt or assimilate them.