



ATHLETE'S GUIDE

5-6
JULY
2025



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events



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INDEX

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PRESENTATION

The next **5th and 6th of July 2025** will take place, in the town of El Pont de Suert (Lleida), the XVIth edition **EL PONT DE SUERT TRIATHLON** with the following distances:

DATE	HOUR	DISTANCE	SWIMMING	CYCLING	RUNNING
Saturday 5th July	07:30	SHORT	950m	60 km (+1200m)	10 km
	07:30	AQUABIKE	950m	60 km (+1200m)	-
	07:30	HALF	1.900m	90 km (+1800m)	20 km
Sunday 6th July	09:15	OLYMPIC	1.500m	38 km	10 km
	08:45	SPRINT	750m	21 km	5 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 watersports 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!

PROGRAM

FRIDAY JULY 4

TIMETABLE	ACTIVITY	LOCATION
17:00 - 20:00	Delivery of bib numbers	Sports Centre
19:30	Half, Short & Aquabike Briefing	Sports Centre

SATURDAY JULY 5

TIMETABLE	ACTIVITY	LOCATION
06:00 - 06:30	Delivery of bib numbers	Sports Centre
06:00 - 06:45	Check In BOX 2	Box 2 (Football Pitch)
06:30 - 07:15	Check In BOX 1	Box 1 (Shooting range)
07:30	Half, Short & Aquabike Triathlon Start	
12:30	Prize-giving ceremony Short & Aquabike	Sports Centre
14:00 - 16:00	Check Out (Collection of the material)	Box 2 (Football Pitch)
14:30	Prize-giving ceremony Half	Sports Centre
17:00 - 20:00	Delivery of bib numbers	Sports Centre
18:00	Sprint & Olympic Briefing	Sports Centre

SUNDAY JULY 6

TIMETABLE	ACTIVITY	LOCATION
06:45 - 08:00	Delivery of bib numbers	Sports Centre
06:45 - 08:15	Check In BOX 2	Box 2 (Football Pitch)
07:15 - 08:45	Check In BOX 1	Box 1 (Shooting range)
08:45	Sprint Triathlon Start	
09:15	Olympic Triathlon Start (Federated Men)	
11:30 - 13:30	Check Out (Collection of the material)	Boxes (Lo Passador Bridge)
12:00	Prize-giving ceremony	Sports Centre

GENERAL MAP

- Swimming circuit
- Sprint & Olympic cycling circuit
- Short, Aquabike & Half cycling circuit
- Running circuit





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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 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.

LOCATION

Sports Centre, El Pont de Suert

TIMETABLE

- Friday 4th July 2025, from 17:00 to 20:00
- Saturday 5th July 2025, from 06:00 to 06:30 and from 17:00 to 20:00
- Sunday 6th July 2025, from 06:45 to 08:00

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			SUNDAY	
BOX 1			BOX 1	
HALF	SHORT	AQUABIKE	OLYMPIC	SPRINT
06:30 – 07:15	06:30 – 07:15	06:30 – 07:15	07:15 – 08:45	07:15 – 08:45
BOX 2			BOX 2	
HALF	SHORT	AQUABIKE	OLYMPIC	SPRINT
06:00 – 06:45	06:00 – 06:45	06:00 – 06:45	06:45 – 08:15	06:45 – 08:15

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

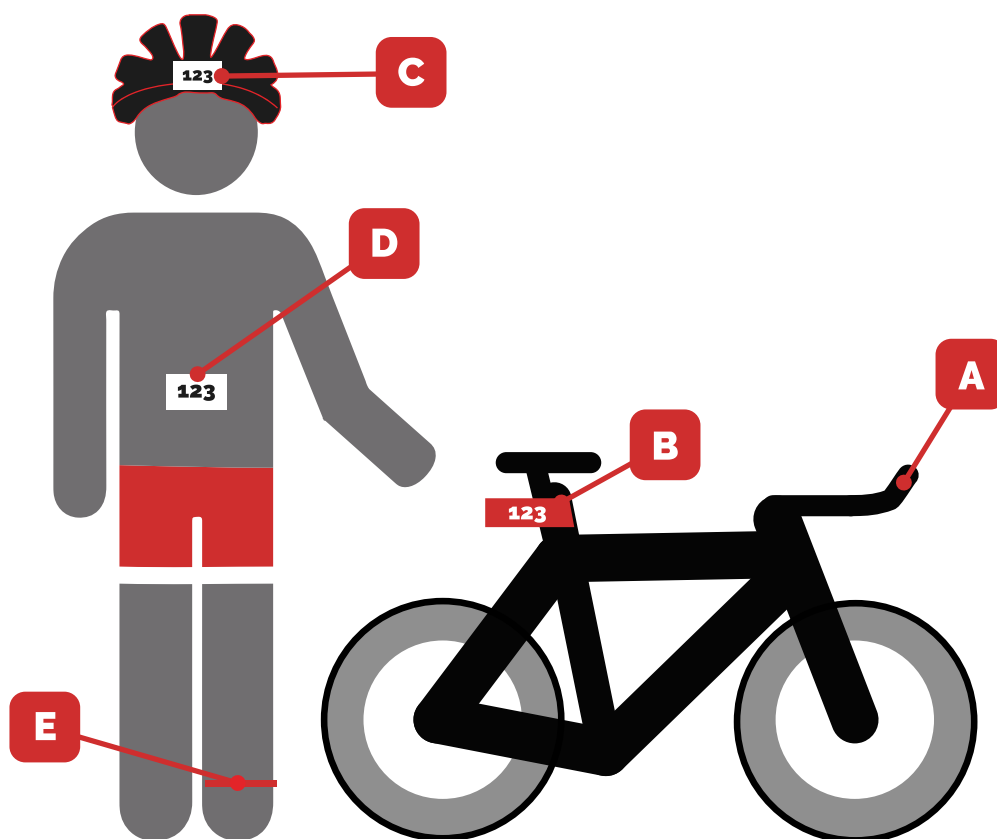
- Chip, placed on the ankle.
- Bib with a dorsal ribbon or safety pins. Visible to check in.
- Swim cap, visible to check in.
- Bicycle with the sticker on the seat post, without any grips nor extensions on the handlebars.
- Bike helmet with the sticker in place (on the front).
- Clothing and footwear (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, in a truck. The collection of the material will be at the Tri Expo once the race is over. For those participants of the relay modality, we recommend leaving the material directly at the BOX 1. At the bib pick-up, you will be given a numbered bag with your bib number. You will need it in BOX 1 and, once the swim is over, you will have to put all your material in it and then pick it up at the Tri Expo.

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

- The cloakroom is located at the starting point of the swim and will be an organiser's truck.
- Please go to the start point of the swim segment in time.

HALF: 1.900m (2 laps of 950m)

SHORT & AQUABIKE: 950m

OLYMPIC: 1.500m (2 laps of 750m)

SPRINT: 750m



CYCLING CIRCUIT

CYCLING SEGMENT - SPRINT & 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 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 segment (20km)



Olympic segment (40km)



SPRINT: 1 lap of 20 km
OLYMPIC: 2 laps of 40 km

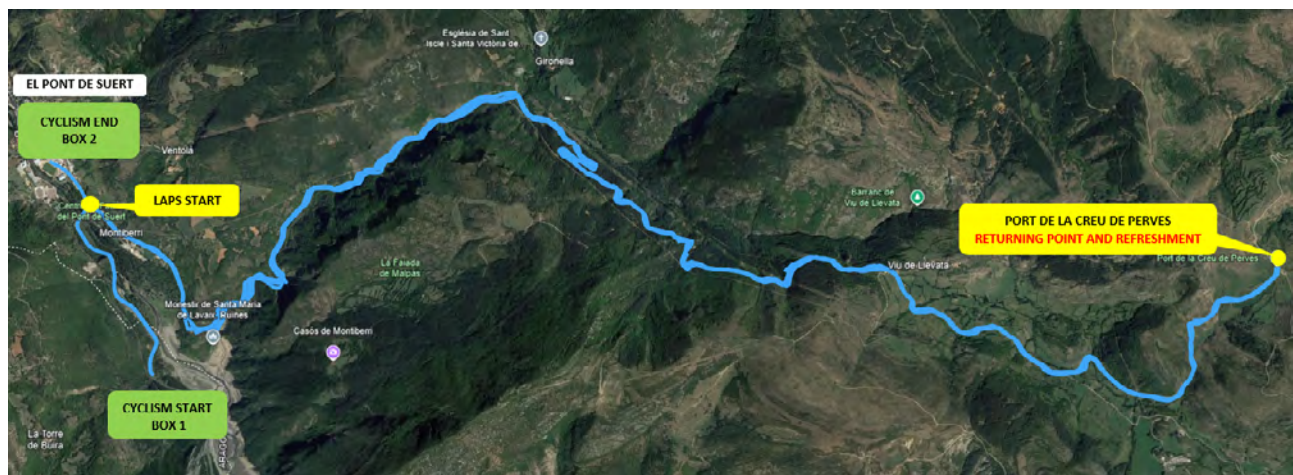
CYCLING CIRCUIT

CYCLING SEGMENT - HALF, SHORT & AQUABIKE

- The use of mountain bikes is forbidden.
- It is allowed to participate with triathlon bicycles and to wear handlebar bars.
- It is not permitted to ride on the wheel of other participants (drafting).
- 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 judges with a flag and whistle will indicate when you can get on or off the bike.
- There will be a refreshment point at km. 16, 44 and 72. It is recommended to carry a water bottle or isotonic drink for hydration.

Short & Aquabike Circuit (2 laps, 60km and +1.200m)

Half Circuit (3 laps, 90km and +1.800m)



SHORT: 2 laps of 28,5 km = 57 km
AQUABIKE: 2 laps of 28,5 km = 57 km
HALF: 3 laps of 28,5 km = 85,5 km

IMPORTANT ASPECTS AQUABIKE

Participants of the Aquabike modality will start together with the participants of the Short modality. Athletes finish the competition when they pass the timing box located at the box entrance (end of the cycling segment). The time recorded at that moment will be the finish time. Once the participant arrives at the boxes, and taking into account that the race has already finished, he/she must leave his/her material in its place in the boxes and go to the finish area to cross the finish line (without the bicycle).

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.
- The route runs along the Noguera Ribagorçana River.



SPRINT: 2 laps of 2,5 km = 5 km
OLYMPIC: 4 laps of 2,5 km = 10 km
SHORT: 4 laps of 2,5 km = 10 km
HALF: 8 laps of 2,5 km = 20 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			SUNDAY	
HALF	SHORT	AQUABIKE	OLYMPIC	SPRINT
14:00 – 16:00	14:00 – 16:00	14:00 – 16:00	11:30 – 13:30	11:30 – 13:30

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
SPRINT	25'	1h 05'	45'	2h 15'
OLYMPIC	45'	1h 45'	1h 10'	3h 40'
SHORT	30'	4h 30'	1h 15'	6h 15'
AQUABIKE	30'	4h 30'	-	5h 00'
HALF	1h	5h 30'	2h 30'	9h 00'

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
- Free entrance to the Delta Sports Complex on Friday, Saturday and Sunday. To access there, you only need to show your registration form

When crossing the finish line:

- Finisher medal
- Provisioning bag with drinks and other products
- For the participants of the Short, Aquabike and Half distances, Delta rice tasting at the final refreshment point thanks to Arròs Montsià
- 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 & 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.