



COSTA BRAVA

# RUNNER'S DOSSIER



# OVERVIEW

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- Circuits

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- Timetable
- Circuits

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# PROGRAM



## **FRIDAY, 02 OF JUNE**

**16.00-19.00h: Athletes bib pick-up**

## **SATURDAY, 03 OF JUNE**

**07:00-08:30h: Sprint Triathlon bibs pick-up**

**08:30-14:30h Full Distance Triathlon bibs pick-up**

**08:30-09:30h Sprint Triathlon transition check-in**

**10:00h Sprint Triathlon start**

**13:00h Sprint Triathlon awards ceremony**

**13:00-14:00h Sprint Triathlon transition check-out**

**14:30-15:30h Full Distance Triathlon transition check-in**

**16:00h Full Distance Triathlon start**

**20:00h Full Distance Triathlon awards ceremony**

**20:00-21:00h Full Distance Triathlon transition check-out**

# THE PARTICIPANT'S BAG

- Bib number
- Chip
- Bag
- Swimming cap
- Bosk bottle
- T-shirt



## PROYECTO BOSK

— DEVUÉLVELE AL BOSQUE TODO LO QUE NOS HA DADO —



# LOCATION OF THE RACE OFFICE AND TRANSITION ZONE



The bib number pick-up will be at the parking of Avinguda Torre Valentina.





# INFORMATION SPRINT DISTANCE



**The short distance triathlon is a race with a swimming, bike and running circuit.**

**Swim: 750m**

**Bike: 15km**

**Run: 5km**

**The participants will have to do one lap of each circuit.**

**Top 3 overall male and female will be awarded.**

**Top 3 male and female from each age group will be awarded.**

# **TIMETABLE (SPRINT DISTANCE)**

## **FRIDAY, 02 OF JUNE**

**16.00-19.00h: Athletes bib pick-up**

## **SATURDAY, 03 OF JUNE**

**07:00-08:30h: Sprint Triathlon bibs pick-up**

**08:30-09:30h Sprint Triathlon transition check-in**

**10:00h Sprint Triathlon start**

**13:00h Sprint Triathlon awards ceremony**

**13:00-14:00h Sprint Triathlon transition check-out**





XTEERRA.

COSTA BRAVA

Sprint  
Triathlon

SWIM 750M

CALONGE | ST. ANTONI

SWIM

1 LAP

OFFICIAL MAPPING  
wikiloc

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Scan the QR Code for  
more information  
concerning the  
circuit:







Xterra.

COSTA BRAVA

Sprint  
Triathlon

BIKE CALONGE | ST. ANTONI 15KM

BIKE

1 LAP

OFFICIAL MAPPING  
wikiloc



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Scan the QR Code for  
more information  
concerning the  
circuit:







XTEERRA.

COSTA BRAVA

Sprint  
Triathlon

TRAIL  
RUN

CALONGE | ST. ANTONI 5KM

1 LAP

OFFICIAL MAPPING  
wikiloc

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circuit:





# INFORMATION FULL DISTANCE



**The long distance triathlon is a race with a swimming, bike and running circuit.**

**Swim: 1,5km**

**Bike: 30km**

**Run: 10km**

**The participants will have to do two laps of each circuit.**

**Top 3 overall male and female will be awarded.**

**Top 3 male and female from each age group will be awarded.**

**No prize money will be given to elite athletes on this race.**

# TIMETABLE (FULL DISTANCE)

## FRIDAY, 02 OF JUNE

16.00-19.00h: Athletes bib pick-up

## SATURDAY, 03 OF JUNE

08:30-14:30h Full Distance Triathlon bibs pick-up

14:30-15:30h Full Distance Triathlon transition check-in

16:00h Full Distance Triathlon start

20:00h Full Distance Triathlon awards ceremony

20:00-21:00h Full Distance Triathlon transition check-out





XTEERRA.

COSTA BRAVA

Full Distance  
Triathlon

1,5KM

CALONGE | ST. ANTONI

SWIM

2 LAPS

OFFICIAL MAPPING  
wikiloc

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concerning the  
circuit:







XTEERRA.

COSTA BRAVA

Full Distance  
Triathlon

BIKE CALONGE | ST. ANTONI 30KM

BIKE

2 LAPS

OFFICIAL MAPPING  
wikiloc



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Scan the QR Code for  
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concerning the  
circuit:







XTEERRA.

COSTA BRAVA

Full Distance  
Triathlon

TRAIL  
RUN

CALONGE | ST. ANTONI 10KM

2 LAPS

OFFICIAL MAPPING  
wikiloc

START

FINISH

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Scan the QR Code for  
more information  
concerning the  
circuit:





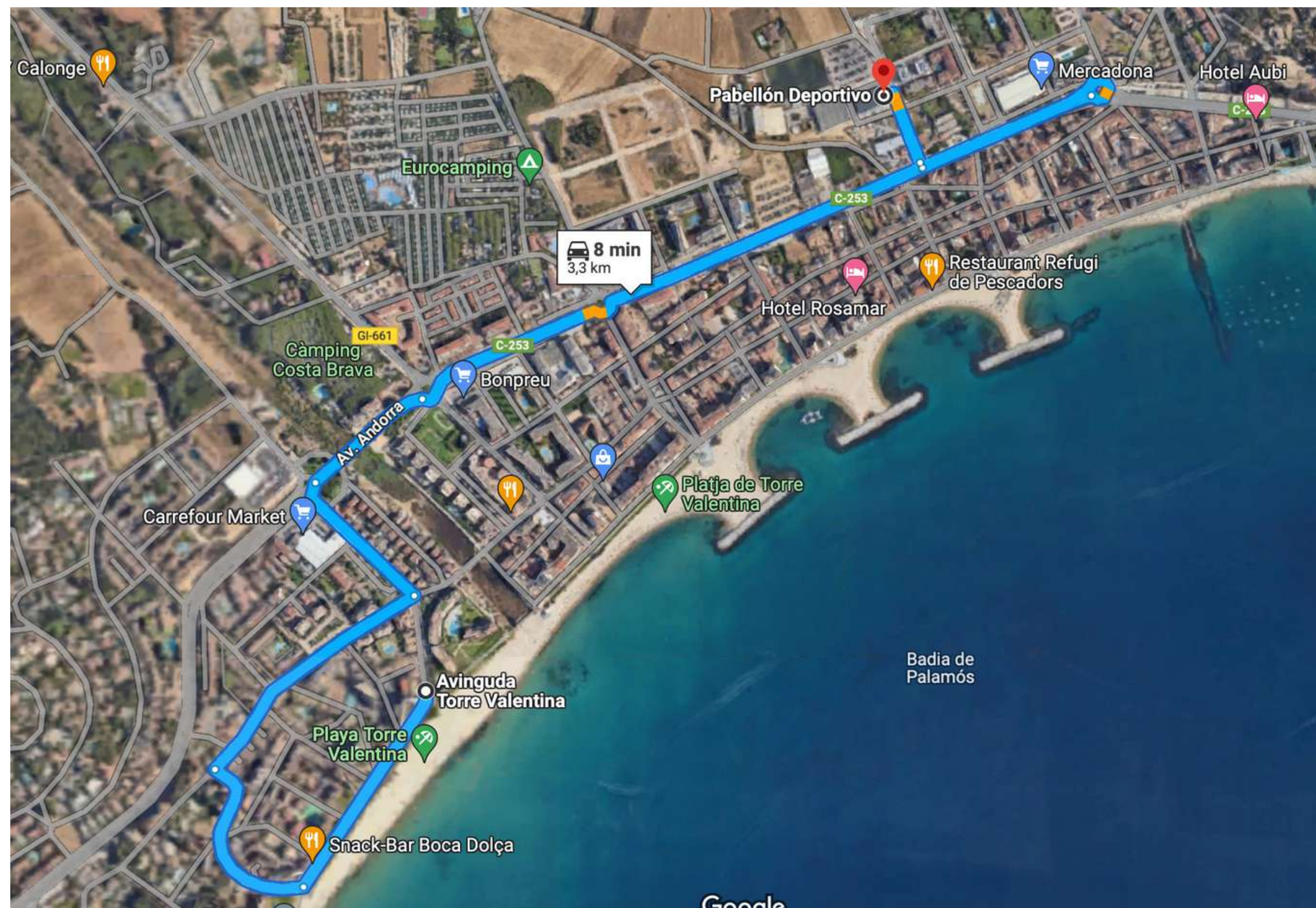
# FEED ZONES



**There will be two feed zones. One on the bike circuit and one on the running circuit  
There will also be a feed zone at the finish line.**



# SHOWER SERVICE





# PARKING VAN







wikiloc

Rutas oficiales de  
**XTERRA Costa Brava**





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COSTA BRAVA

