

Frequent asked questions (FAQ):

1. How can I take part on Sabadell International Triathlon?

- You must be a member of one relay team. If you don't have a team asks the organization if you can get into one of the building teams.

2. How many teams will take part?

-Only 16 teams, 8 male teams and 8 female teams.

3. How many members may be on every team?

-All male teams must be of 8 members and all female teams of 4 members, because every 8 males do 226km (3.8km swim, 180km MTB & 42.2km run) and every 4 females do 113km (1.9km, 90km & 21.1km).

4. Swimming relays.

-Every team mate can do one swimming relay, but it's also possible that just one, two, three or more team mates do all the swimming. The only limit is on the minimal relay distance that must be given every 500m at least.

5. Swimming development.

- At 7 AM male's triathlon will start at CLUB TENNIS SABADELL's 25m long swimming pool. There'll be only 8 swimmers one by team. Officials will control distance and relays (given by touch). At 8h30 AM all male teams must be out of the swimming pool, because there'll take place the female swimming start.

6. Transition from swimming to Mountain Bike.

-When a team finishes their swimming, the last swimmer passes the relay by touching one of their team mates ready to run 500m from swimming pool to boxes. The runner must be equipped with a chip that will be the relay testimony since now and until the end. When he gets to the boxes he'll pass the chip to the first mountain biker.

7. Mountain bike and run relays.

-On every lap of 3km teams can change the relay competitor, but it's also possible to keep on riding and do the change after some laps. There's no limit, it's even possible for one team member to do the entire mountain bike route. Obviously teams will take advantage on doing a balanced number of relays. After last relay on running all team members can go to finish line to meet their last runner, when crossing Meta line.

8. Mountain bike and run route.

- Mountain bike and run will be on the same route, so there's an important advice, if you are ridding your mountain bike, you must take care while advancing a runner.

Runners most run by their right hand side, mountain bikers must advance by the left hand side. In case of difficulty mountain bikers most slow down, they are responsible to avoid accidents.

9. Relay testimonies.

- Chips are the relay testimony during mountain bike and run, they need to be near the floor, so best way to carry the chip is on your foot, organization may provide a useful item to help the fast change.

10. Numbers.

- Every team member must be wearing their team number all the time during competition. There will be 16 teams, so team number one will be given 8 number one "petos" (bests), team number two will receive 8 number two "petos" (bests) and so on.

11. Boxes.

- All 8 or 4 members of every male or female teams must be inside their boxes, so they'll do their warm up inside. Static bike devices are recommended. Every box must be provided by a cover and there'll be access to aid station.

12. Aid station.

- There'll be only one aid station; there you can get cola, water, isotonic drink and solid food. You can also take your own food and drinks to your boxes.

13. Mountain bike specifications.

- Cyclocross or mountain bikes are welcome; it's a fast route with some technical parts, so don't abuse of slime tires. Every team member can bring their own bicycle. Bicycles must be registered before getting them into the boxes on Sunday morning from 6 AM to 6h45 AM.

14. Event services and awards.

- Every official competitor is invited to the pasta party on Saturday night, at CLUB TENNIS SABADELL restaurant, other persons must buy a ticket of 12€ before Wednesday April, 2.

-There's also an instant photo service, powered by bultzsportmedia professional system, so you can see your photos on a TV device and buy a 15x20 cm photo for 5€.

-There'll be live TV on a local channel and DVD at the end of the event.

-Other services are: massage, mechanic help, aid station, WC, results list, chip chronographic system, speaker and music.

-A technical NEW BALANCE T-shirt will be given to all finishers.

- All 8 and 4 members from the first male and female teams to cross the finish line will be awarded with a trip to Canary Islands for a week, thanks to IBERPLAN VIATGES.

15. Hotel facilities.

-Foreign teams may ask organization to help them with free hotel accommodation at the HOTEL CIUTAT DE SABADELL, located next to the finish line.

16. Security advice.

- There'll be a lot of public on PARC CATALUNYA, during the event, so take care. All route must be completely isolated from public by a line of fences or plastic strips, event so it's a fast route and children will be close to you.