



Consell  d'Eivissa



Multisport
World Championships
IBIZA
2023



ATHLETE's GUIDE

2023 World Triathlon Cross Triathlon Championships Ibiza

[2023 World Triathlon Multisport Championships Ibiza](#)

V22.04



Multisport
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IBIZA
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Athlete's Guide

V22.04
P. 2

2023 World Triathlon Cross Triathlon Championships Ibiza

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at FAQ's section of the event website www.ibizamultisport.org. Last minute changes will be communicated during the Athletes' briefing and posted in the Information booth at the EXPO area. Any updated version of this Guide will be identified by the version number on the cover page (Ex. v1, v2, v3, etc.).



INFORMATION FOR ALL EVENTS

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01. GENERAL INFORMATION

01.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up to date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

IMPORTANT: Please review continuously the official website www.ibizamultisport.org for more info and updates.

01.2. KEY CONTACTS

Event Director:

Jorge García | jorge.garcia@triathlon.org

LOC Event Manager:

Juanjo Serra

LOC Race Director:

Jose Juan Ayet

World Triathlon Team Leader:

Thanos Nikopoulos | thanos.nikopoulos@triathlon.org

World Triathlon Technical Delegates:

Stefane Mauris | stefane.mauris@triathlon.org

Ross Capill

Monica Zubillaga

Line Amlund Hagen

Hugh McAtamney

World Triathlon Head Referees:

Dirk Bogaert | dirk.bogaert58@gmail.com

Juliet Fahey | juliet2think@gmail.com

World Triathlon Medical Delegate:

Dr. Angela Pedro | angela.garifo@gmail.com

Athletes Services Manager:

Raquel González Cascales | services@ibizamultisport.org

World Triathlon Athletes Services Manager:

Johanne Suss-Burckel | johanne.sussburckel@triathlon.org

LOC Media Manager:

Angel Rubiano | media@ibizamultisport.org

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Media and Communications Manager (FETRI):

Daniel Marquez | daniel.marquez@triatlon.org

Branding and Marketing Manager (FETRI):

Kika Escobar | kika.escobar@triatlon.org

Anti-Doping Control:

Alicia García | alicia.garcia@triatlon.org

Travel, Accommodation and Transfers:

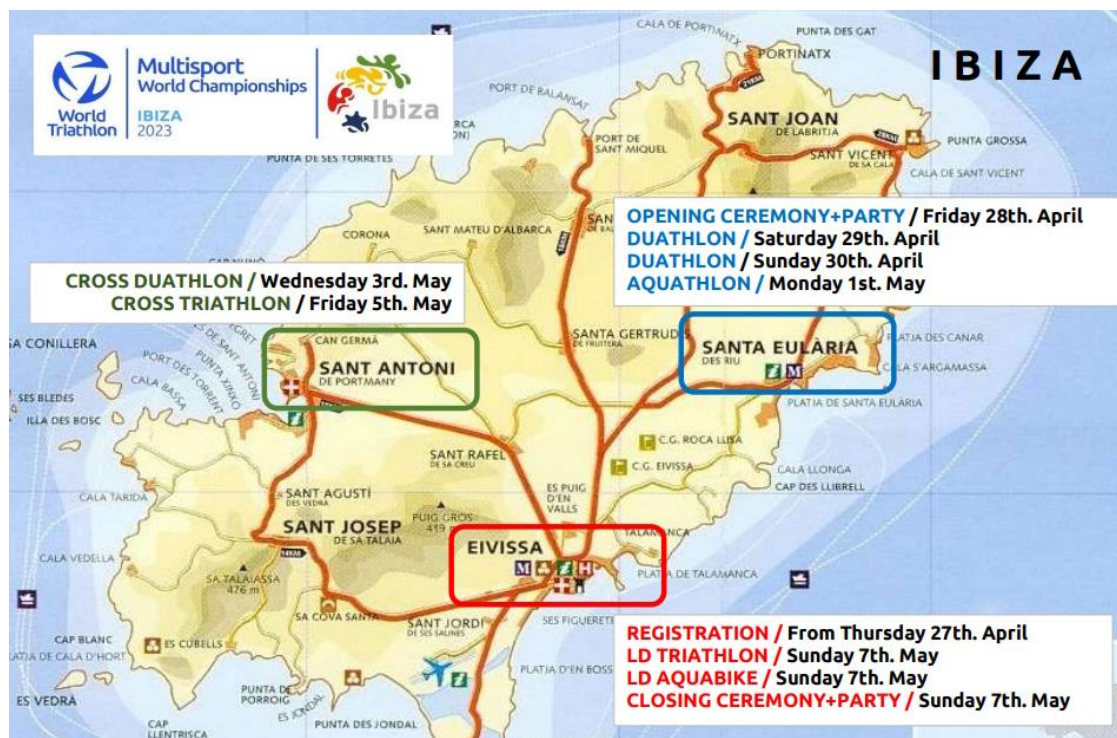
Carlos Cuadrado | carlos.cuadrado@bcdme.es

02. VENUE LOCATIONS

The 2023 World Triathlon Multisport Championships Ibiza, will be structured in 3 venues:

1. The City – Ibiza
2. The Southern Coast – Santa Eulària
3. The Northern Coast – San Antoni

The main venue area with Fan Zone, Expo, Race Packs Distribution & Registration and other services will be located in Ibiza's Port area, next to the LD Triathlon finish line.



Ibiza has many interesting places to visit. Ibiza city and the island offers the visitor an endless number of sports, cultural and leisure activities. Check the following links:

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- Official Tourism site of Ibiza: <https://ibiza.travel/en>
- Official Tourism site of the city of Ibiza: <https://tourism.eivissa.es/>
- Official Tourism site of Santa Eulària: <https://visitsantaeulalia.com/>
- Official Tourism site of San Antoni: <https://visit.santantoni.net/>

On the event [web](#) you can find details about sports, cultural, gastronomic activities, etc. specially prepared by **BeDream** for the Championships.

03. SCHEDULE OF COMPETITIONS

The **2023 World Triathlon Multisport Championships Ibiza** will be held from the 27th. April to the 7th. of May 2023 with this schedule.

Thu 27 th . Apr 2023	Registration Opens	Ibiza
Fri 28 th . Apr 2023	Parade Of Nations and Opening Ceremony	Santa Eulària
Sat 29 th . Apr 2023	Age-Group Sprint Duathlon World Championships Elite/U23 Duathlon World Championships Junior Duathlon World Championships	Santa Eulària Santa Eulària Santa Eulària
Sun 30 th . Apr 2023	Age-Group Standard Duathlon World Championships Para Duathlon World Championships 2x2 Mixed Relay Duathlon World Championships	Santa Eulària Santa Eulària Santa Eulària
Mon 1 st . May 2023	Aquathlon World Championships	Santa Eulària
Wed 3 rd . May 2023	Cross Duathlon World Championships	San Antoni
Fri 5 th . May 2023	Cross Triathlon World Championships	San Antoni
Sat 6 th . May 2023	<i>PTO European Open</i>	<i>Ibiza</i>
Sun 7 th . May 2023	LD Triathlon/Aquabike Closing Ceremony	Ibiza Ibiza

Check here the full schedule:

<https://www.ibizamultisport.org/en/servicios/horarios/>

04. SCHEDULE OF REGISTRATION – AG ONLY

The registration will take place in Ibiza Port:
<https://goo.gl/maps/ELNNZM4iAHiFuxGM9>

DAY	OPENING HOURS	LOCATION	COMPETITION
Thursday 27 th April	17:00 – 20:00	Ibiza	Duathlon / Aquathlon
Friday 28 th April	11:00 – 17:00	Ibiza	Duathlon / Aquathlon
Saturday 29 th April	11:00 – 17:00	Ibiza	Duathlon / Aquathlon

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Sunday 30 th April	11:00 – 20:00	Ibiza	Aquathlon
Monday 1 st May	11:00 – 20:00	Ibiza	Cross Duathlon / Cross Triathlon
Tuesday 1 nd May	11:00 – 20:00	Ibiza	Cross Duathlon / Cross Triathlon
Wednesday 3 rd May	11:00 – 20:00	Ibiza	Cross Duathlon / Cross Triathlon
Thursday 4 th May	11:00 – 20:00	Ibiza	Cross Duathlon / Cross Triathlon
Friday 5 th May	11:00 – 20:00	Ibiza	LD Triathlon / LD Aquabike

05. ATHLETE WAIVER

Age-Group: In order to receive your race package, you will need to fill PRIOR TO PACKAGE PICK UP your Athlete's Waiver online:

https://triathlon.org/athlete_waivers

Elite, U23, Junior, Para: Please make sure to sign the World Triathlon athlete agreement before coming to the briefing.

06. BRIEFINGS

All briefing presentations will be uploaded on www.triathlon.org after each briefing.

Elite, Junior, Para: see competition rules 2.7b

27 April	15:00 – 17:00	Aquathlon	AG Team Managers Briefing	Teatro España (Sta. Eulària)
	15:00 – 17:00	Duathlon	AG Team Managers Briefing	Teatro España (Sta. Eulària)
28 April	12:30 – 13:30	Duathlon	Para Athletes Briefing	Teatro España (Sta. Eulària)
	13:30 – 14:30	Duathlon	Junior Athletes Briefing	Teatro España (Sta. Eulària)
	14:30 – 15:30	Duathlon	Elite/U23 Athletes Briefing	Teatro España (Sta. Eulària)
30 April	13:00 – 14:00	Aquathlon	Elite/U23 Athletes Briefing	Teatro España (Sta. Eulària)
	13:00 – 14:00	Aquathlon	Para Athletes Briefing	Teatro España (Sta. Eulària)
	13:00 – 14:00	Aquathlon	Junior Athletes Briefing	Teatro España (Sta. Eulària)
2 May	09:30 – 11:00	Cross Duathlon	AG Team Managers Briefing	CEPA San Antoni
	09:30 – 11:00	Cross Triathlon	AG Team Managers Briefing	CEPA San Antoni
	11:30 – 12:30	Cross Duathlon	Junior Athletes Briefing	CEPA San Antoni

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	11:30 – 12:30	Cross Duathlon	Para Athletes Briefing	CEPA San Antoni
	13:00 – 13:30	Cross Duathlon	Elite/U23 Athletes Briefing	CEPA San Antoni
4 May	11:30 – 12:30	Cross Triathlon	Junior Athletes Briefing	CEPA San Antoni
	11:30 – 12:30	Cross Triathlon	Para Athletes Briefing	CEPA San Antoni
	13:00 – 14:00	Cross Triathlon	Elite/U23 Athletes Briefing	CEPA San Antoni
6 May	10:00 – 11:00	LD Aquabike	AG Team Managers Briefing	Ibiza, UIB Ibiza University
	10:00 – 11:00	LD Triathlon	AG Team Managers Briefing	Ibiza, UIB Ibiza University
	15:30 – 16:30	LD Triathlon	Elite Athletes Briefing	Ibiza, UIB Ibiza University

07. WATER SUPPLY IN AID STATIONS & RECOVERY AREA

In compliance with the new Balearic Waste Law which bans the single-use plastics we have to replace the single-use plastic bottles with reusable cups. Aqualia will be the partner that will provide water in large reusable tanks with several hoses in order to facilitate rapid filling of the cups by the volunteers.

08. AGE-GROUP QUESTION & ANSWERS

Age-Group will be able to ask questions related to their event to Technical Officials as per the following time and dates.

Event	Date of Q&A	Time	Location
Duathlon	Friday 28 th April	13:00 – 14:00	Sta. Eulària
Aquathlon	Saturday 29 th April	17:00 – 18:00	Sta. Eulària
Cross Duathlon	Tuesday 2 nd May	15:00 – 16:00	San Antoni
Cross Triathlon	Thursday 4 th May	17:00 – 18:00	San Antoni
LD Triathlon LD Aquabike	Saturday 6 th May	16:00 – 17:00	Ibiza

09. UNIFORM RULES

At the Multisport World Championships, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed.

For further information, please see the World Triathlon Competition Rule Book.

Elite, U23, Junior, Para - Click [HERE](#) to check the Approved National Federation Elite Multisport Uniforms

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Age-Group - Click [HERE](#) to check the Approved National Federation Age-Group Uniforms.

Note that as of this year, front zippers are allowed in all aquabike, aquathlon, cross duathlon/triathlon, long distance triathlon regardless of the category. The zip can be undone to the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run when it needs to be zipped up.

The next links show you the rules about the uniform in a World Triathlon event:

- [World Triathlon Competition Uniform Guidelines and Approval Process](#)

- [World Triathlon Competition Uniform Application Timeline](#)

10. OPENING & CLOSING CEREMONY

Parade of Nations and Opening Ceremony

From **18:00 to 19:30** on Friday the 28th.

All athletes, Team Managers, etc. will gather in the Passeig de S'Alamera in Santa Eulària. From there we will walk to Santa Eulària Town Hall (300 mts.) where the official Opening Ceremony will take place.

Volunteers will carry country boards. Flag poles will be provided to each Federation to attach their flags.

Meeting point is at **17:30**: <https://goo.gl/maps/BY15E99b7pKod3W18>



"Pasta" Party

All registered athletes, Team Managers and NF representatives will receive in the Welcome Pack an Opening Ceremony Food and Beverage Voucher. This voucher entitles the athlete to one complimentary beverage (beer, wine or soft drink) and

one complimentary pintxo throughout the day 28 (from 16 to 23 h) in restaurants, bars and cafes in the town centre of Santa Eulària.

Visit www.ibizamultisport.org for detailed and updated information.

Closing Ceremony

The closing ceremony will take place on Sunday 7 from 21:30 to 02:00 in Pachá Ibiza Club.

All athletes, team managers, volunteers, members of the organization, members of the national federations, etc. are invited to the Championships Closing Ceremony and Party.

Prior to this, the following will take place Medal Award Ceremonies for the LD Aquabike and LD Triathlon Age Groups and Para and the Multisport Legends awards.

20:30 Pacha doors opening

21:30 – 22:00 Age-Group LD Aquabike Medal Ceremonies

22:00 – 22:15 Paratriathlon Medal Ceremonies

22:15 – 22:45 Age-Group LD Triathlon Medal Ceremonies

22:45 – 23:00 Multisport Legend Award Ceremony

23:00 – 02:00 Closing Ceremony (speeches, flag handover and music) and Championships Party

**Only drinks will be available for purchase at Pacha, there will be no food service.*

11. MULTISPORT LEGEND

Multisport Legend is the proud title earned by any athlete that races and completes five or more World Championships races at the Multisport World Championships (among Duathlon Sprint, Duathlon Standard, Cross Duathlon, Cross Triathlon, Aquathlon, LD Triathlon or Aquabike). This title was awarded before to any athlete completing four events, but from 2023 it will be awarded only to athletes completing five or more races.

Complete at least five World Championships races from Sprint Duathlon, Standard Duathlon, Cross Duathlon, Cross Triathlon, Aquathlon, LD Triathlon or Aquabike.

Multisport Legends will receive a special recognition at the closing ceremony at the end of the Multisport World Championships.

Additional info: https://www.triathlon.org/agegroup/athletes/multisport_legends

12. TRAVEL, ACCOMMODATION AND TRANSFERS

The Ibiza 2023 Official Travel Agency: **BCD Meetings and Events**

For direct bookings, visit: <https://multisportsibiza.bcdme.es/>

For all issues related to travel, transfers, car rental and accommodation contact:
Carlos Cuadrado / carlos.cuadrado@bcdme.es

12.1. TRANSFERS

You can book personal transfers with the travel agency in the following link:

<https://multisportsibiza.bcdme.es/>

12.2. BUS

Information on how to move around Ibiza and to/from the venues (Ibiza, Santa Eulària, San Antoni) with public bus transport here: <https://eivissa.tib.org/es/>

Or you can download the app **Ibiza Bus** in [Google Play](#) or [Apple Store](#).

Ibiza (Eivissa) Bus Station:

Carrer de Canàries, 35, 07800 Eivissa, Illes Balears

<https://goo.gl/maps/eCr69FNmVpapr8Wt8>

San Antoni Bus Station:

Londres, s/n, 07820 Sant Antoni de Portmany, Balearic Islands

<https://goo.gl/maps/kxEzbNaaPYE188ad8>

Santa Eulària Bus Station:

Spain, Camí de Missa, 29, 07840 Santa Eulària des Riu

<https://goo.gl/maps/qAuJrWe1LVnfiKw86>

- Airport – Ibiza (L10): <https://eivissa.tib.org/es/web/cie/autobus/linia/10>
- Airport – San Antoni (L9): <https://ibizabus.com/ibiza/lineas/?route=10>
- Airport – Sta. Eulària (L24): <https://ibizabus.com/ibiza/lineas/?route=30>
- Ibiza – San Antoni (3): <https://eivissa.tib.org/es/web/cie/autobus/linia/03>
- Ibiza – Sta. Eulària (10): <https://eivissa.tib.org/es/web/cie/autobus/linia/13>

You can check here the [Bus Map](#).

12.3. TAXI

Federación de Taxis de la Isla de Ibiza: 971 33 33 33 | <https://www.taxiibiza.net/>

Radio Taxi Eivissa: 971 39 84 83

Radio Taxi San Antoni: 971 34 37 64

Radio Taxi Santa Eulària: 971 33 33 33

APP: TAXICLICK

13. BIKE SHOPS

In <https://www.ibizamultisport.org/en/servicios/tiendas-de-bicis/> you can find the bike shops in Ibiza, San Antoni, San Rafael and Santa Eulària.

14. BIKE MECHANIC

San Antoni: IBIZA SPORT

C/ Soletat 34, 07820 San Antonio Islas Baleares

<https://goo.gl/maps/gqyNm6qV79ELqJKV8>

15. PHYSIOTHERAPY

Find below the link to the collegiate physiotherapy centres and clinics in the island:

<https://www.ibizamultisport.org/en/servicios/fisioterapia/>

16. SWIMMING POOLS AND SPORT CENTRES

You can find on this link the list of swimming pools, gyms and open water channels in Ibiza, Santa Eulària, Santa Gertrudis and San Antoni:

<https://www.ibizamultisport.org/en/servicios/instalaciones-entrenamientos/>

OFFICIAL CHAMPIONSHIPS SWIMMING POOL: Des Raspallar swimming pool (Ibiza)

Calle Des Raspallar s/n, 07800 Ibiza / 971 310254

Location: <https://goo.gl/maps/Ho5jcmGVVJYRTpVA6>

Facilities: 8 lanes, 25 meters outdoor swimming pool.

Schedule: from Monday 24 April till Saturday 6 May from 10:00 to 18:00.

Free access for registered athletes, coaches and team managers with accreditation.

The expected water temperature is around 20°C, wetsuit recommended.

17. LOCAL WEATHER INFORMATION

In April/May daytime temperatures usually reach 22°C, falling to 13°C at night. Check the local weather at:

https://www.accuweather.com/en/es/eivissa/4-305478_1_al/weather-forecast/4-305478_1_al

18. PARALLEL ACTIVITIES / EXPERIENCE IBIZA WITH BEDREAM

Ibiza is a fascinating city by day and by night; it is colourful, stylish and magical.

The island has a lot to offer, history, culture, nature, leisure, enjoyment, relaxation...

We help you to experience the Championship week of your dreams, with activities organised for all tastes: Culture-Sea-Outdoors-Gastronomy-Wellness.

For more details, contact us and find out how to enjoy the best of Ibiza.

hola@bedreamibiza.com | +34 636270610 | www.bedreamibiza.com/en/

19. PROFESSIONAL EVENT PHOTOS WITH FINISHERPIX

FinisherPix is the official photographer of the 2023 World Triathlon Multisport Championships Ibiza and will be there to commemorate your race. **Order your photos now and save up to 55%!**

Sprint Duathlon: www.finisherpix.com/en/event/7031

Standard Duathlon: www.finisherpix.com/en/event/7033

Aquathlon: www.finisherpix.com/en/event/7035

Cross Duathlon: www.finisherpix.com/en/event/7037

Cross Triathlon: www.finisherpix.com/en/event/7039

Long Distance Triathlon & Aquabike: www.finisherpix.com/en/event/7041

Athlete questions: please contact FinisherPix at support@finisherpix.com

20. ANTI DOPING POLICY

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other persons involved in the event accept these rules as a precondition to compete. All athletes shall be subject to Competition Testing by the World Triathlon, the Athlete's National Federation, Anti-Doping Organizations or any other organization promoting Events in triathlon.

****All athletes must ensure they carry their official identification (Photo ID)****

Further info on Anti-Doping Rules can be found here: <https://triathlon.org/anti-doping>

If you are selected for Doping Control, someone will approach you to notify you. You may be asked to go for Doping Control even before the race, for example, after picking up your Registration pack or when you check in your bicycle in the Transition Area. The Doping Control Chaperone and/or Officer will explain the procedure to you but you need to be aware that you have certain rights and responsibilities.

You have the right to:

- Appoint a representative of your choice to accompany you to Doping Control.
- Request the services of an interpreter in case you do not have a good command of English (if required).

- c) Request additional information about the Doping Control procedure.
- d) Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical care, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone.)
- e) Request necessary modifications if you have a disability.
- f) Note any concerns with the Doping Control process on the Doping Control Form. g) Request part "B" of your sample be analysed to confirm a positive result.
- g) A fair hearing in compliance with the World Anti-Doping Code.

Your responsibilities include:

- a) Be aware of, and comply with, the World Anti-Doping Code and the ITU Anti-Doping Rules.
- b) Be aware of which substances are not allowed and are included in the Prohibited List.
- c) Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance included in the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check them before the event. As an Age Group athlete you may apply for a retroactive TUE but it is not guaranteed, so you may want to request one no later than 30 days prior to racing.
- d) Report to the Doping Control Station immediately or within the required time slot specified by the Doping Control Chaperone.
- e) Control your sample until it is sealed in the sample collection kit.
- f) Ensure the sealed sample collection kit is secure and identified.
- g) Ensure all documentation is accurate.

You must carry with you an ID/passport with photo when proceeding to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let him/her know that you have been selected for Doping Control.

If you have any questions about Anti-Doping procedures, please visit the World Triathlon Anti-Doping Stand at the Expo where our volunteers will clarify your doubts and answer your questions. You can also check the Age Group Anti-Doping section on www.triathlon.org

An Anti-Doping Age Group Q&A is available:

https://www.triathlon.org/multimedia/video/age_group_anti_doping_qa1

21. COVID PROTOCOLS

The use of face masks is no longer compulsory on public transport. The mandatory use of face masks is maintained in hospitals, health centres and in pharmacies.

22. RESULTS

Results will be uploaded live at the World Triathlon official website https://www.triathlon.org/results/result/2023_world_triathlon_multisport_championships_ibiza

23. COMPETITION RULES / PROTEST

Standard procedures will be followed according to the [World Triathlon Competition Rules](#).

To check World Triathlon Rules FAQ, please click [HERE](#).

Check the rule poster [HERE](#).

To clarify any rules, please contact the Head Referees (see name and email earlier in this document).

24. TIMING INFORMATION / TRACKING

The live timing will be available for all races at <https://triathlon.org/timing>

The provisional results will be available at the following links:

- Sprint Duathlon World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaSprDua23Vin>
- Standard Duathlon World Championships:
 - Age Group and Para:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaStaDua23Vin>
 - 2x2 Mixed Relay:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaStDuMr23Vin>
- Aquathlon World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAqua23Vin>
- Cross Duathlon World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaCroDua23Vin>
- Cross Triathlon World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaCroTri23Vin>

- LD Aquabike World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAgBike23Vin>
- LD Triathlon World Championships:
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaLdTri3Vin>

25. OFFICIAL MERCHANDISING

Find a selection of the 2023 World Triathlon Multisport Championships Ibiza merchandising (T-Shirts, sweaters, caps, shorts, bike wear, etc.) from Thursday the 27th. April till Saturday the 6th. May, in the [Austral](#) booth at the Expo/Fan Zone area.

26. VOLUNTEERS / TECHNICAL OFFICIALS (TOs)

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Volunteers will help with different aspects of the event's organisation such as supporting administration tasks and TOs, helping with protocol issues, access control and management, athletes' and spectators' support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to our 2023 World Triathlon Multisport Championships Ibiza!

Join us to organize the most important sporting event in recent years in Ibiza. Anyone over the age of 16 who wishes to be part of this great team is welcome! We only ask you to give us some of your time and to be willing to help out! To apply, simply fill out the application form (16-17 year olds will need their parents' or guardian's consent) in the event website <https://www.ibizamultisport.org/en/voluntariado/>.

Be part of an unforgettable experience! We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!

27. INFORMATION FOR SPECTATORS

Race courses will be closed to traffic. However, there are many roads that will take you to junctions to cheer up your athlete. In general, spectators will be able to cheer up their athletes along the running course.

Detailed information of road affections and cuts during the week of the Championships in the "Guia Ciudadana" (Citizen Guide) [here](#).

Crossing the Finish Line with your beloved athlete is FORBIDDEN. This is a World Triathlon Multisport Championship event and spectators are not allowed to interfere with the race. Spectators will not be allowed into the Medical Tent as it is a clinical area with access to medical personnel only. The athlete's Emergency Contact Person will be notified ASAP.

28. MEDIA ACCREDITATION

The process to be registered as a media of the 2023 World Triathlon Multisport championships must be filling this accreditation form through this link <https://www.ibizamultisport.org/en/acreditaciones/>

Once your accreditation is accepted it can be collected from April the 27th in TBC. If you cannot collect the accreditation card, you should contact with the event communications department to set a meeting:

Daniel Márquez 650646102 | daniel.marquez@triatlon.org

Angel Rubiano 652389223 | media@ibizamultisport.org

To collect the accreditation, it will be necessary to present DNI, passport and/or the card of the journalist of the media.

29. SUSTAINABILITY

With the clear objective of becoming one of the most sustainable sporting events and also strive for the World Triathlon gold certificate on sustainability, the Ibiza Multisport World Championships will make a firm commitment to sustainability, establishing two pillars of work:

- 0 WASTE IN THE RACES
- ASSESSMENT OF THE EVENT ENVIRONMENTAL IMPACT AND CARBON FOOTPRINT.

Additionally,

1. To launch of an awareness-raising campaign before and during the event on sustainability practices for athletes, accompanying persons, staff and volunteers.
2. To promote the hiring of local providers or as close as possible.
3. To select local, organic or fair trade products.
4. To invite new partners and sponsors who can work hand in hand with the Championships to achieve the World Triathlon gold certificate.

PISTACHIO BENEFITS AS A RECOVERY SNACK FOR ATHLETES

PISTACHIOS' POWER NUTRIENTS

The ideal post-exercise snack is one that is tasty, portable, satisfies your hunger, and supplies your body with energy and the important nutrients it needs to refuel. Pistachios are a powerhouse of important vitamins, minerals and nutrients to help support active lifestyles.

The perfect
snack for active
lifestyles.



Magnesium
supports healthy nerve function

Complete Protein
helps build muscle

Fiber
Helps promote healthy digestion

Copper
helps keep skin healthy

Phosphorus
helps support bone health

Lutein
helps protect eyes
from sun damage

Potassium
helps muscle function

Iron
helps supply your body
with oxygen

B vitamins
helps convert food to fuel

Manganese
supports formation
of connective tissue



AMERICAN
PISTACHIO GROWERS

Physical activity is an essential component of a healthy lifestyle but it's a no brainer that post exercise nutrition is key to proper recovery. Here are some examples of how certain nutrients in pistachios can aid triathlon athletes and sports enthusiasts alike.

- Pistachios is a natural food with a high antioxidants capacity that rivals popular antioxidant-containing foods such as blueberries, pomegranates, cherries or beets.
- With 6 grams of protein per serving, pistachios make an ideal post exercise snack.
- Pistachios are filled with hard-to-get nutrients like magnesium and vitamin A and other phytochemicals and they are also a good source of copper, magnesium and potassium.

Thanks to American Pistachio Growers, you will enjoy in all recovery areas of the 2023 World Triathlon Multisport Championships Ibiza the taste and the recovery properties of the pistachios.

2023 World Triathlon Cross Triathlon Championships Ibiza

The [PTO Tour](#) comes to Ibiza on Saturday 6th May. Come along and watch the world's best triathletes race head to head over 100km. of swim/bike/run.

The men's start time is 08:15 (estimated 1st finisher 11:20) & women's start time is 09:45 (estimated 1st finisher 13:05).

Come and be a part of the electric atmosphere!



The ultimate record of your extraordinary achievement.

Get your **free** personalised Race Capsule
from the post-race email.

Certified
Event
Information



Gabriela Torres

TIEMPO TOTAL
01:42:49

POSICIÓN **10** PAÍS **ESP**

PROGRAMA
**2023 WORLD TRIATHLON
MULTISPORT CHAMPIONSHIPS
IBIZA**

GRUPO
AGE GROUP W 16-29

2022-04-29 | DNI DEL ATLETA | NÚMERO
96742 | 7

Multisport World Championships
IBIZA 2023



Gabriela Torres

TIEMPO TOTAL **01:42:49**

HORARIOS

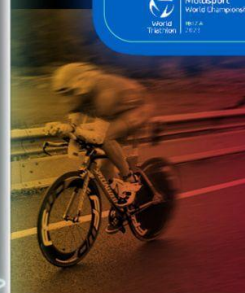
T1 00:18:56 1500m 22 VUELTAS

T2 00:52:32 38km 10 VUELTAS

T3 00:26:47 18km 4 VUELTAS

TEMP. DEL AGUA 22.1°C | TEMP. DEL AIRE 19.9°C | TRÁFICO NO PI

Multisport World Championships
IBIZA 2023



Unique
Performance
Data

Powered by
PODIUM

World
Triathlon

Race
Capsule

CROSS TRIATHLON SPECIFIC RACE INFORMATION

30. CROSS TRIATHLON KEY DATES AND TIMES

Tuesday 2 May	09:30 – 11:00	AG Team Managers Briefing	San Antonio
Wednesday 3 May	11:00 – 20:00	Expo and Age-Group race pack distribution	Ibiza
Thursday 4 May	11:00 - 20:00	Age-Group race pack distribution	Ibiza
	11:30 – 12:30	Para Athletes Briefing and Registration	San Antonio
	11:30 – 12:30	Junior Athletes Briefing and Registration	San Antonio
	13:00 – 14:00	Elite/U23 Athletes Briefing and Registration	San Antonio
	13:00 – 14:00	Age-Group Q&A session	San Antonio
	17:00 - 19:00	Swim course familiarization	San Antonio
Friday 5 May	11:00	Junior Male Competition	San Antonio
	11:05	Junior Female Competition	San Antonio
	11:10	Paratriathlon Competition	San Antonio
	12:15	Elite and U23 Male Competition	San Antonio
	12:20	Elite and U23 Female Competition	San Antonio
	14:15	AG M18-39 Competition	San Antonio
	14:20	AG M40-49 Competition	San Antonio
	14:25	AG M50-59 Competition	San Antonio
	14:30	AG M60+ Competition	San Antonio
	14:30	Junior Medal Ceremonies	San Antonio
	14:40	U23 Medal Ceremonies	San Antonio
	14:50	Elite Medal Ceremonies	San Antonio
	15:00	Paratriathlon Medal Ceremonies	San Antonio
	15:30	AG F18-49 Competition	San Antonio
	15:35	AG F>50 Competition	San Antonio
	15:25 - 16:45	Swim cut-off time - as per World Triathlon Competition Rules 1h10 from the wave	San Antonio
	20:15	Age-Group Medal Ceremonies	San Antonio
	20:15	Finish line cut-off time	San Antonio

Find all events schedules here:

<https://www.ibizamultisport.org/en/servicios/horarios/>

31. CROSS TRIATHLON WAVES / START TIMES

Wave	Current	Start	Swim Cup
1	11:00	Junior Male	
2	11:05	Juniors Female	
3	11:10	Paratriathlon	
4	12:15	Elite / U23 Male	
5	12:20	Elite / U23 Female	
4	14:15	18-19 Male AG	Gold
		20-24 Male AG	
		25-29 Male AG	
		30-34 Male AG	
		35-39 Male AG	
5	14:20	40-44 Male AG	Green
		45-49 Male AG	
6	14:25	50-54 Male AG	Blue
		55-59 Male AG	
7	14:30	60-64 Male AG	Red
		65-69 Male AG	
		70-74 Male AG	
		75-79 Male AG	
		80-84 Male AG	
8	15:30	18-19 Female AG	White
		20-24 Female AG	
		25-29 Female AG	
		30-34 Female AG	
		35-39 Female AG	
		40-44 Female AG	
		45-49 Female AG	
9	15:35	50-54 Female AG	Gold
		55-59 Female AG	
		60-64 Female AG	
		65-69 Female AG	
		70-74 Female AG	
		75-79 Female AG	

32. WHAT WILL I RECEIVE AT THE REGISTRATION?

Reminder: see section 07 for AG athlete waiver and Elite/Juniors/Para Athlete Agreement

At the registration, you need to show your Passport or ID, and after data verification, you will receive:

- Wristband. It will be mandatory to put it on your wrist before finishing the registration process. Thanks!



- Welcome package

Additional, you will receive an envelope

CROSS TRIATHLON 00000

QR

Accreditation

- E / U23 / J / P: Card
- AG: Wristband

Bib number

- E / U23 / J / P: Tattoos
- AG: Bib number

Timing Chip

- E / U23 / J / P: On race day
- AG: On bike check-in day (not on race pack/distribution day) on TA

Stickers

Tattoos

Bike plate

Swim cap

TATTOOS

A: Elite, U23, Junior and Paratriathlon (All the Races):

- 2 tattoos for the arms.
- 2 tattoos for the legs.

B: Age Group:

- 2 tattoos for the arm.
- 1 tattoo with the AG category for the left calf.
- 1 horizontal tattoo on the swim cap.

SWIM CAP

STICKERS

Bike sticker to be placed on your seat post as shown. Do not remove this sticker until you have checked your bike out of the transition area.

Three helmet stickers to be worn on the front and on both sides of the helmet.

Sticker to be placed on your bag as shown.

BIB NUMBER

BIKE PLATE

Bike plate to be placed on the front of the bike.

TIMING CHIP

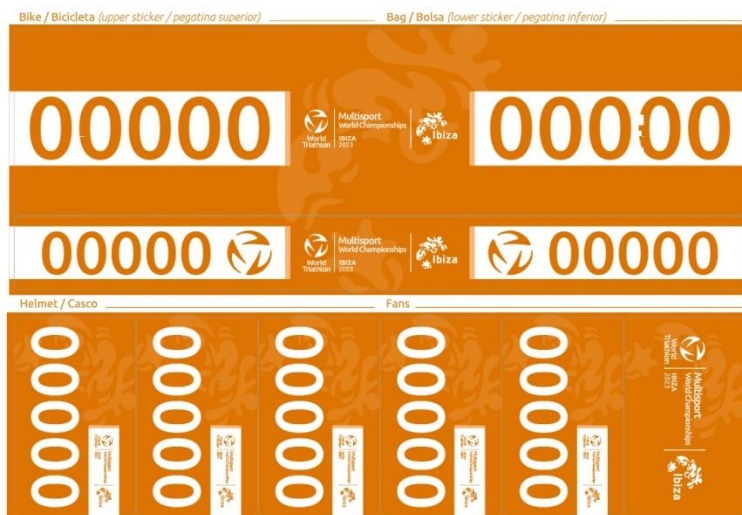
- Please secure the timing chip tightly around your left leg.
- Timing chips have to be returned after the competition.
- 10€ fine in case you do not return the timing chip.

including:

- Bike plate: to be mounted flat on your handlebar



- Stickers: 1x for your bike, 3x for your helmet, and 1x for your bag



- Bib number: mandatory for the Run segment (AG only)



- Tattoo
 - Age Group: x2 vertical, with the race number for both arms

- Elite, U23, Junior, Para: x4 vertical, for both arms and legs
- Tattoo (x1 horizontal) for swim cap*
- Additionally for AG, tattoo (x1, vertical), with the age group category for the back of left calf.
- Swim cap. **Check your swim cap colour**
- EVO Timing Chip: It will be provided on Transition check-in.*

PLEASE CHECK YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

() For Elite, U23, Junior, Para categories, numbered swim caps and timing chips will be distributed at the Athlete Lounge. Stickers, MTB plate will be distributed after the briefing.*

33. WHERE TO PARK ON RACE DAY



P1 – Parking San Antonio Port (payment):

<https://goo.gl/maps/6Ns86Kp7MxWw8udt6>

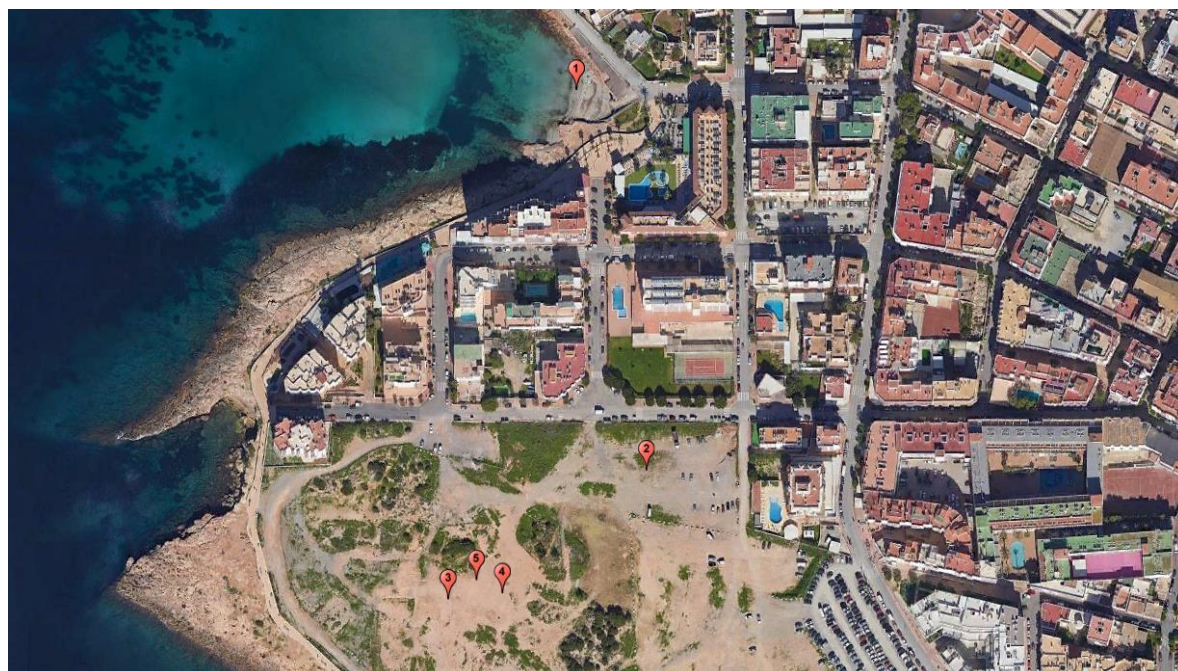
P2 – Parking de Ses Almeres: <https://goo.gl/maps/UPK36VXTc3CZKCSm9>

P3 – Parking nex to Bus Station: <https://goo.gl/maps/rqoBPwUthKcMXcG8A>

P4 – Parking Alicante Street: <https://goo.gl/maps/Ti43GZrvaKciArck7>

P5 – Parking Can Coix Swimming Pool: <https://goo.gl/maps/mA3E7x8nVuCnNDAU9>

34. CROSS TRIATHLON LOCATION



1. Race start: Caló des Moró
2. Transition: Carrer de Cervantes / Carrer Velázquez
3. Finish line: Carrer de Cervantes / Passeig de Ponent
4. AG Recovery Area: After the finish line
5. Medal Award Ceremonies: Next to the Finish

35. CHECK-IN PROCEDURES - FRI 5 MAY 2023

Junior, Para	Athlete Lounge:	09:30 – 10:30
	Transition Area:	10:00 – 10:45
Elite, U23	Athlete Lounge:	10:45 – 11:45
	Transition Area:	11:15 – 12:00
Age Group	Transition Area:	12:30 – 14:30
What to bring		
<ul style="list-style-type: none"> - Uniform and body decals check - Helmet check – with stickers - Bicycle check – with stickers and MTB plated mounted - Any nutrition/liquid that you want to leave on your bike 		

As you enter the Transition Area to check in, ensure your bike is in safe-working conditions. Make sure that stickers, body decals, MTB plates are placed before the check-in to smooth the process. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

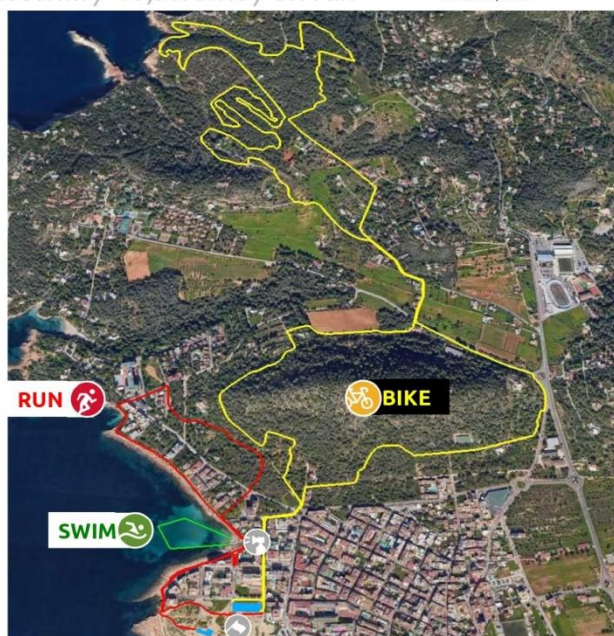
36. CROSS TRIATHLON COURSES (Junior and ParaTriathlon)

Distances: Swim 0,5K (1 lap) – Bike 10,9K (1 lap)– Run 3K (1 lap).

KMZ and GPX files are available [here](#)

CROSS TRIATHLON

General View: 0,5k swim / 10,9k bike / 3k run



SWIM

1 lap x 0,5k



Water Quality San Antonio - 23 March 2023

Location	PH	E. Coli cfu/100ml	Entero-Cocci cfu/100ml
Location A	7.8	nd	nd
Location B	7.8	nd	nd
Location C	7.9	<10	1
World Triathlon rule for Sea and Transition water (10.1.b.i)	[6-9]	< 250	<100

No visual evidence of Red Tide Algae bloom

Very good water quality

TRANSITION

Swim to Bike



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BIKE

1 lap x 10,9k (+337 mts / -337 mts)



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2023

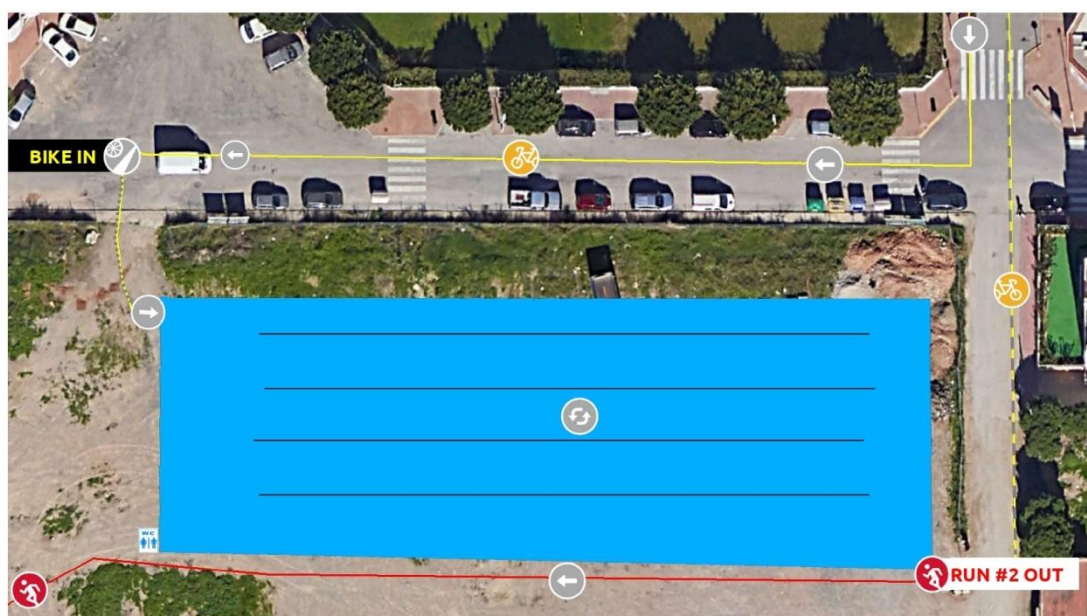


ARTIFICIAL OBSTACLES (2)



TRANSITION

Bike to Run



RUN

1 lap x 3k (+65 mts / -65 mts)



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RUN

To Finish Line



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IBIZA
2023



37. CROSS TRIATHLON COURSES (Elite, U23 and Age Group)

Distances: Swim 1K (1 lap) – Bike 20,9K (2 laps)– Run 6K (1 lap).

KMZ and GPX files are available [here](#)

CROSS TRIATHLON

General View: 1k swim / 20,9k bike / 6k run

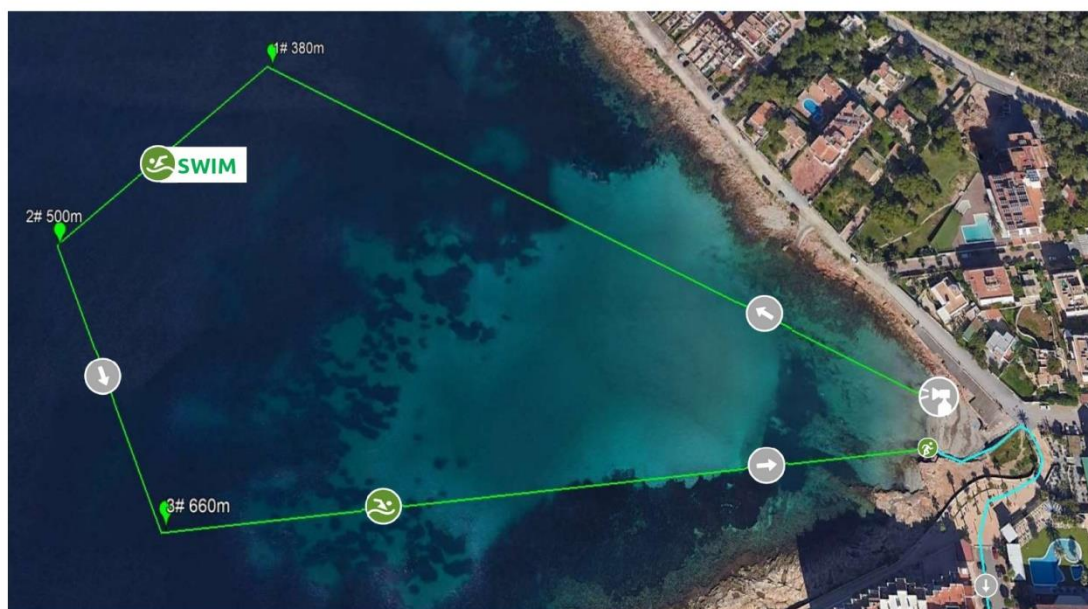


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IBIZA
2023



SWIM

1 lap x 1k



Water Quality San Antonio - 23 March 2023

Location	PH	E. Coli cfu/100ml	Entero-Cocci cfu/100ml
Location A	7.8	nd	nd
Location B	7.8	nd	nd
Location C	7.9	<10	1
World Triathlon rule for Sea and Transition water (10.1.b.i)	[6-9]	< 250	<100

No visual evidence of Red Tide Algae bloom

Very good water quality

TRANSITION

Swim to Bike



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BIKE

bike out (410m) / bike lap / bike in (410m)



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IBIZA
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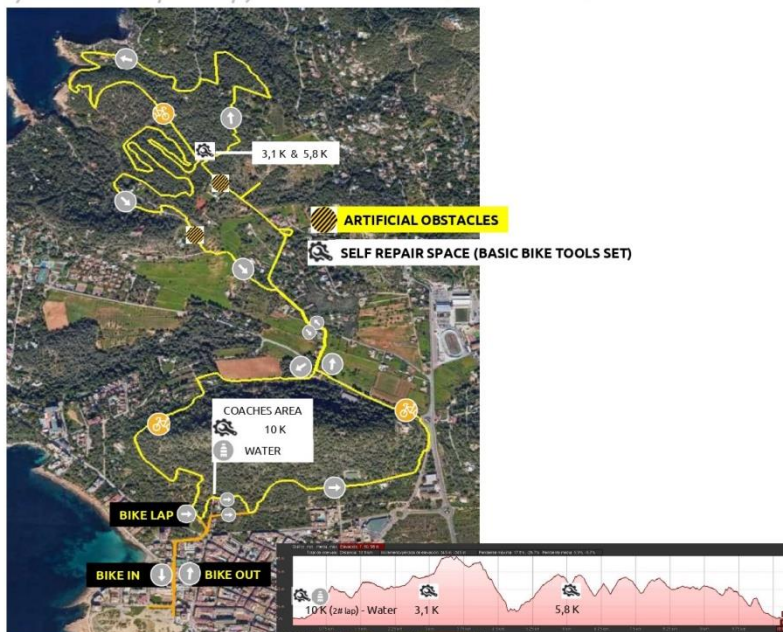


BIKE

2 laps x 10k (+345 mts / -345 mts per lap)



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2023



ARTIFICIAL OBSTACLES (2)



Multisport
World Championships
IBIZA
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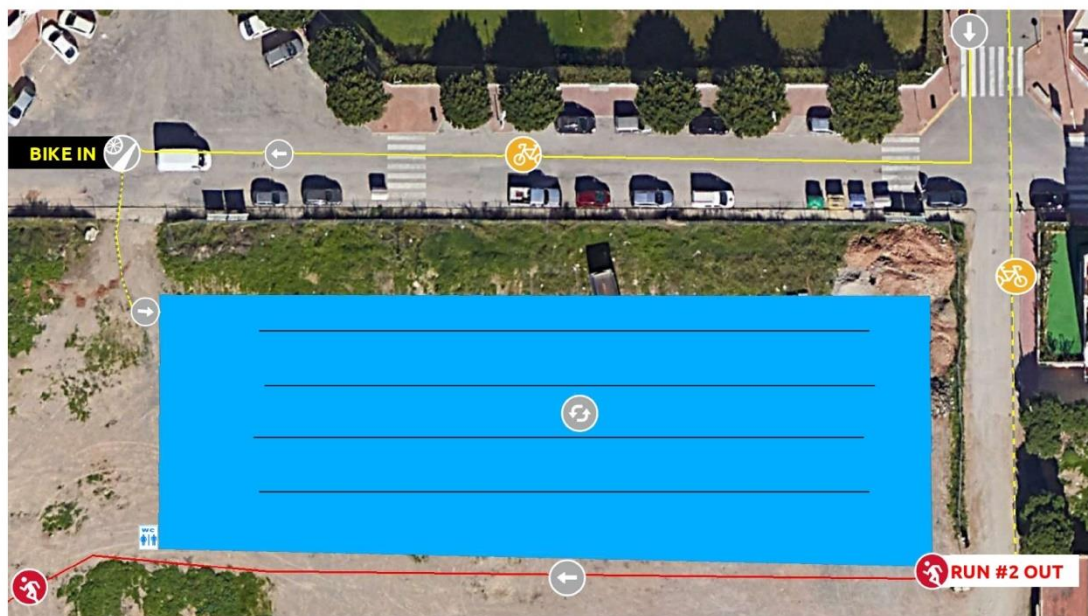


TRANSITION

Bike to Run



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RUN #2

1 lap x 6k (+43 mts / -49 mts)



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2023



RUN

To Finish Line

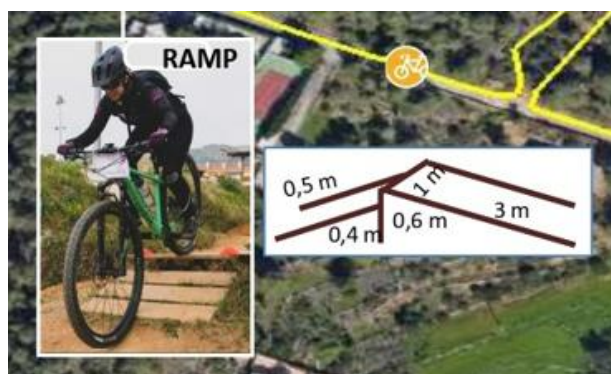


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World Championships
IBIZA
2023



38. BIKE RACE ARTIFICIAL OBSTACLES

38.1. RAMP (Km 3 – Km 13,9)



38.2. ZIG ZAG (Km 8,1 – Km 19)



39. AID STATIONS

39.1. CROSS TRIATHLON AID STATIONS (Junior and ParaTriathlon)

Swim to TA	Water	100m before transition
Run#2	Water	150m after transition
Run#2	Water	Km 1,5

39.2. CROSS TRIATHLON AID STATIONS (Elite, U23 and Age Group)

Swim to TA	Water	100m before transition
Bike	Water	Km 10 Fill in station self service (+ accredited Coach Area)
Run#2	Water	150m after transition
Run#2	Water	Km 1,5
Run#2	Water	Km 3,5

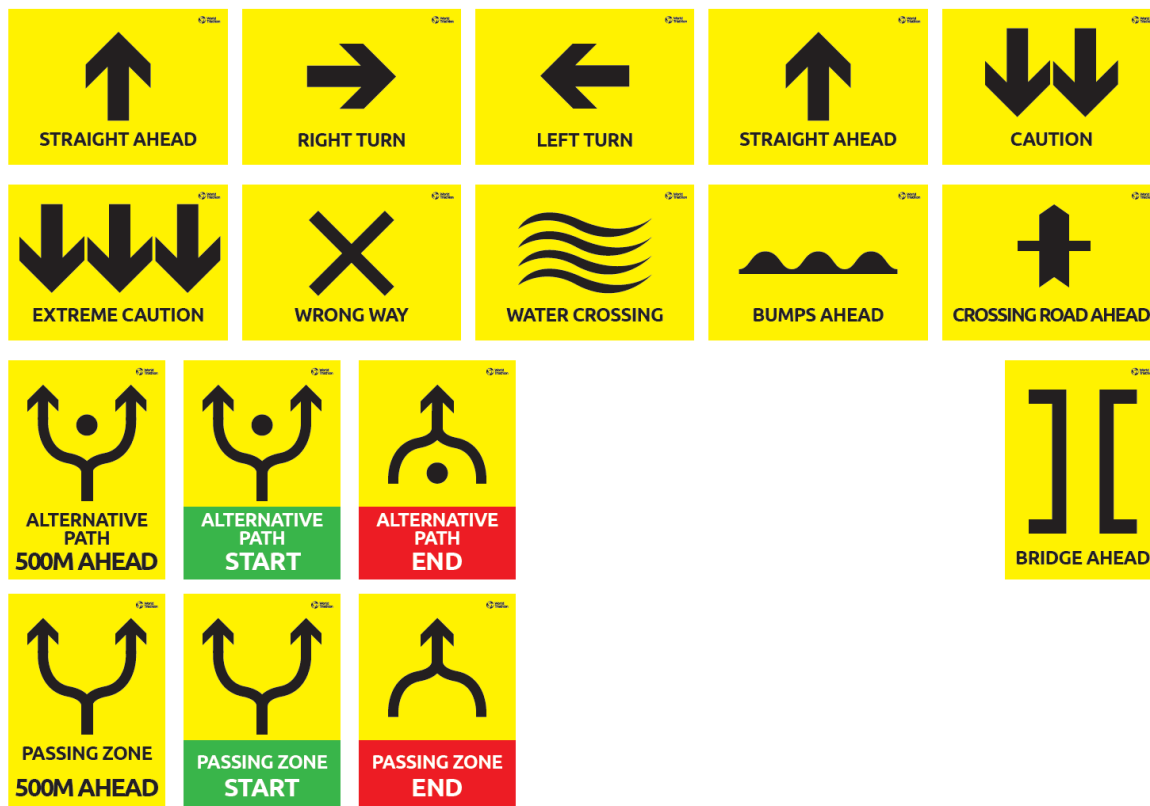
40. MECHANIC STATION

Self-Repair Space (Basic Bike Tools Set)

Km 3,1

Km 5,8

41. COURSE SIGNAGE



42. PENALTY BOX (Elite, U23, Junior and ParaTriathlon)

At the end of Run#2



43. COACH AREA

Bike course K10: <https://goo.gl/maps/nGPFjXwPUraEhKii8>



44. CUT OFF TIMES

Swim: Maximum stay in water according to World Triathlon rules:

- AG: 1h10 from your wave start
- Elite, U23, Juniors: 30min

Finish AG: Finish line cut off time: 20:15

45. ATHLETES SERVICES ON RACE DAY

On race day you will find this services:

- Chemical toilets
- Information point
- Cloakroom
- Recovery area
- Lost and found
- Pumps at Transition Area check-in

46. CHANGING ROOMS ON RACE DAY

Showing your accreditation or race number there will be free access for all athletes to the changing rooms in the transition entrance.

47. BIKE AND GEAR PICK UP

Congratulations! You are a Finisher! Now you have to pick up your bike and gear from the Transition Area. Do remember to pick up your bag from the cloakroom.

It is mandatory to give back the timing chip when exiting the finish area.

Bike Check out will start when the last athlete has reached T2.

Double check your gear to be sure you have all your belongings with you. Our volunteers will check that each athlete's bib number matches the number on his/her bike and gear when he/she leaves the Transition Area.

The World Triathlon Multisport Championships Ibiza LOC is not responsible for the gear left behind.

48. MEDAL CEREMONIES

Time: Junior 14:30

U23 14:40

Elite 14:50

Para 15:00

Age Group 20:15

All medallists need to report to the presentation area 15 minutes before these times

Age-Group: As per the World Triathlon Competition rules 2.8 c.) (i), Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony.

Kids are not allowed on the podium.

If you can not attend the medal ceremony, your Team Manager or one of your teammates should pick up your medal at the end of the ceremony.

Elite: As per the World Triathlon Competition rules 2.8 c.) (i), athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony

Elite athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.