

# TRIATHLON

**Site: Platja de S'Abanell**

17300, Blanes, Gérone, Espagne

GPS: 41°40'00.5"N 2°47'11.3"E

*The following informations can change. Please check the modifications on our website and directly at the Games Center.*

**AGE CATEGORIES:** Reference date 31st December 2025

**A:** Under 35

**C:** From 45 to 54

**E:** From 65 to 69

**G:** More than 75

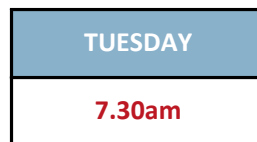
**B:** From 35 to 44

**D:** From 55 to 64

**F:** From 70 to 74

**COMPETITION SCHEDULE:**

Meeting point at 7am



**PRACTICAL INFORMATIONS:**

**2 distances:**

**Olympic:** 1500 m swimming + 40 km cycling + 10 km Running

**Sprint:** 750 m swimming + 20 km cycling + 5 km running

The race organized is a **DRAFT-LEGAL** (drafting) race:

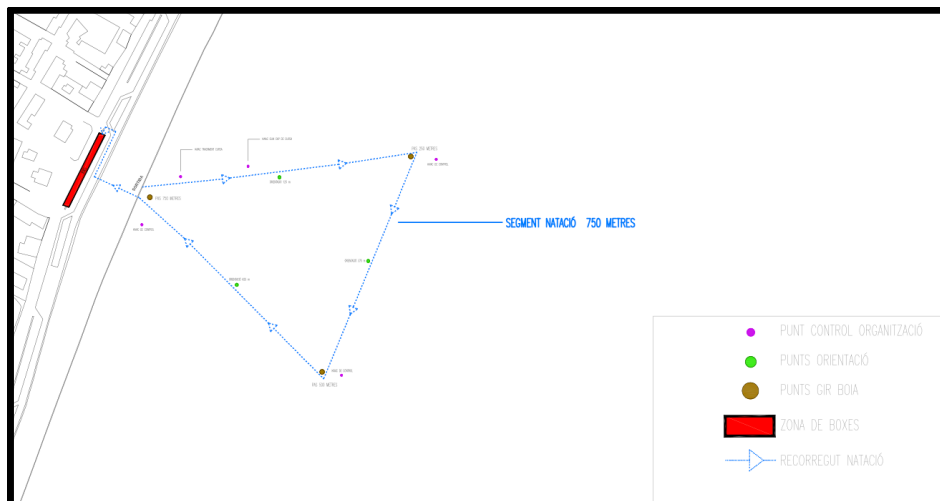
Athletes can draft (stay in a bunch, follow another athlete closely) during the cycling segment. However, it does allow the use of Triathlon bikes, time-trial bikes, disc wheels, tri- spokes, elongated aero helmets and clip on aerobars.

**Accompanying persons are allowed**

**Medals award ceremony directly on site at the end of the event.**

**Circuit**

**Swimming :**



**Distance = 750m**

**Sprint:**

**Lap = 1**

**Total Distance = 750m**

**Olympic:**

**Laps = 2**

**Total Distance = 1.5km**

For the Olympic event, you will have to complete the circuit twice to reach 1.5 km, with an Australian exit.

**GPS Point Departure : 41°40'00.5"N 2°47'11.3"E**

## Cyclism :



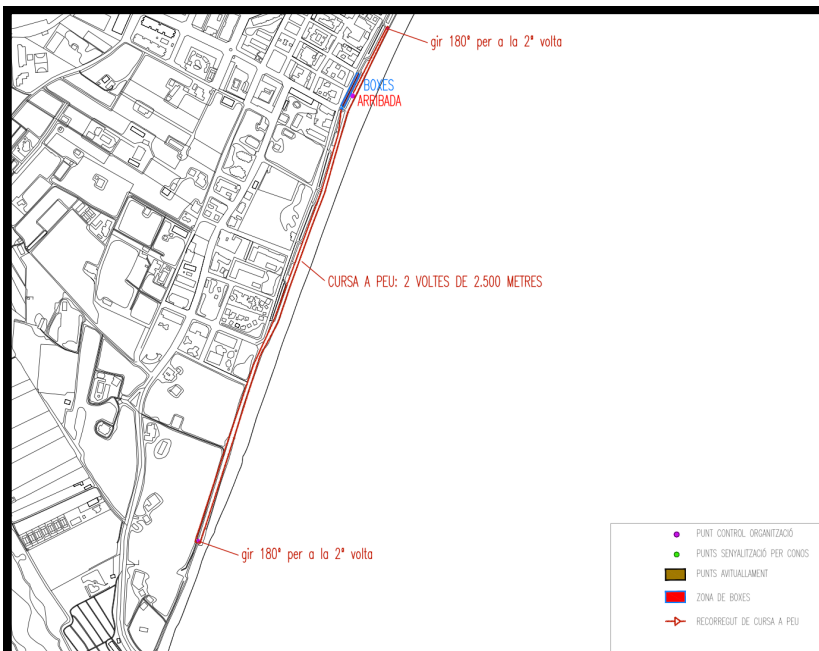
**Distance = 10 km**  
**Total ascent = 42m**  
**Total descent = 39m**

**Sprint:**  
**Laps = 2**  
**Total Distance = 20 km**

**Olympic:**  
**Laps = 4**  
**Total Distance = 40 km**

**GPS Point Departure/Finish : 41°40'00.5"N 2°47'11.3"E**

## Running :



**Distance = 2,5 km**  
**Total ascent = 0m**  
**Total descent = 0m**

**Sprint:**  
**Laps = 2**  
**Total Distance = 5 km**

**Olympic:**  
**Laps = 4**  
**Total Distance = 10 km**

**GPS Point Departure/Finish : 41°40'00.5"N 2°47'11.3"E**