



**ARTIEM
HALF
MENORCA
FORNELLS**



BRIEFING 2023

- RUNNER'S GUIDE -



ARTIEM HALF MENORCA FORNELLS

WE ARE A SUSTAINABLE TRIATHLON.



Artiem Half Menorca is an event with the distinctive Reserva de la Biosfera.

We are doing our best to make the race as respectful as possible with the environment.

- Selective collection of the waste that can be generated.
- Trash bins with waste separation and visible indications.
- Use of returnable and reusable Chips.
- Liquid refreshment stations with reusable elements.
- Local products and suppliers.
- The signaling buoys of the swimming part are not located in posidonia meadow.
- In the refreshment station cardboard cups will be used to remove the use of plastic cups.
- In the Finish line refreshment station, every runner will receive a reusable cup.
- It's **COMPULSORY** to throw away the cups, sport gels and others in the enabled containers and separated according to the type of waste.





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On-line Follow-up – Elitechip



Visit our webside - Our App – Elitechip

Create your user or log in as a guest.

Download APP ELITECHIP

- **LOOK UP YOUR RACE NUMBER.**
- **CHECK YOUR RESULTS.**
- **RACE TRACKING.**
- **SHARE YOUR EXPERIENCE WITH THE RACE.**
- **CHECK THE RACE CALENDAR.**
- **REGISTRATION PLATFORM.**





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EVENT SHEDULE



TIMETABLE	ACTIVITY	LOCATION
SATURDAY, 23rd SEPTEMBER.		
15:00 – 19:00	Register / Info Point	<u>Sports center, Fornells</u>
16:30 – 17:15	Briefing / Info	<u>Sports center, Fornells</u>
17:30 – 19:30	Check In	<u>C/ Gumersind Riera</u>
SUNDAY, 24th SEPTEMBER.		
06:00 – 07:15	Opening Bike Park	<u>C/ Gumersind Riera</u>
07:30	Start HALF male	<u>Swimming start line.</u>
07:40	Start Relay & female	<u>Swimming start line.</u>
08:00	Start SHORT male	Swimming start line.
08:05	Start Relay SHORT & female	Swimming start line.
14:00	Awards	<u>Seafront(Meta)</u>
12:30 – 15:30	Check Out Boxes	<u>C/ Gumersind Riera</u>

It is prohibited to make the check-in the day of the race.



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PARTICIPANT'S PACK



What includes the pack that we will give you in the register?

- Race number for the Bike and the running section + tattoo for the swimming part
- An identification bracelet.
- Stickers pack with your number for: Bike, helmet and wardrobe.
- Swim cap
- Commemorative t-shirt.
- ARTIEM HALF MENORCA backpack.

BIB NUMBER



You must wear the race number in the back during the bike tour and in the running part you must wear it in the front.



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OVERVIEW MAP





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CHECK-IN PROGRESS

Saturday from 17:30 to 19:30h.
C/ Gumersind Riera, in Fornells.



- To have Access to the Check In area, you must bring your identification bracelet and your Passport, race number, helmet, stickers correctly placed and your bicycle. The athletes are responsible to make sure that the bicycle and the helmet are in safe and functional conditions.
- With the bicycle entry you will receive the ProChip (timing system) that you must return in the check-out.
- We will check that the helmet and the bicycle is in good state to participate in the race and that the stickers are correctly glued.
- YOU ONLY CAN LEAVE YOUR BICYCLE DURING THE ESTABLISHED SCHEDULE ON SATURDAY.**



CHECK OUT PROCESS

Sunday from 12:30 to 15:30.

To have Access to the Check Out area, you must show the identification bracelet and the race number, and deliver the Prochip before the collection of your bike.

- NOT DELIVERING THE CHIP WILL BE PENALIZED WITH 50€.**





MECHANICAL ASSISTANCE

Saturday (during Check In) from 17:30 pm to 19:30 pm
Sunday (The day of the race) from 6:00 a. to 07:00 am



WHERE? C/ Gumersind Riera, in Fornells. (Boxes Area)

- To have access to the Check in area, you must show the identification bracelet that we will have given to you in the register.
- We Will check that your bycicle is in good condition before the race.

DURING THE RACE WILL BE NO MECHANICAL ASSISTANCE.

SHOWER SERVICE

SPORTS CENTER OF FORNELLS. DAY OF THE RACE. TIMETABLE: FROM 11 am TO 15pm

- To have access to the shower service area, you must show your identification bracelet that we will have given you in the register.



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REFRESHMENT STATIONS



There will be different refreshment stations distributed throughout the route. We detail below what type of nutrition will offer in each one.



SWIMMING

NO REFRESHMENT STATION

BICYCLE

Half distance: 3 refreshment points.
Short distance: 1 refreshment points.



Each refreshment point will contain:

- Water
- Isotonic drink 
- Sports gel 

RUNNING

HALF distance: 14 refreshment points.
SHORT distance: 6 refreshment points.

Each refreshment point will contain:

- Water
- Isotonic drink 
- Sports gel 
- Fruit: Oranges and bananas



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CUT OFF TIMES

HALF DISTANCE

01:00:00

04:30:00 + T1 +

07:30:00 + T1 + + T2 +

SHORT DISTANCE

00:35:00

02:20:00 + T1 +

03:30:00 + T1 + + T2 +



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COMPETITION IN RELAY TEAMS



- The teams can be made up by 2 or 3 athletes and can be male, female or mixed.
- There is a number race for the runner and the cyclist. The swimmer only wears the swimming cap and the tattoo.
- The person who does the bicycle race is the one who will have to do the Check In transition (boxes).
- During the race, the access into the transition area will be controlled by the judges of the race. To access, you must wear the accrediting bracelet.
- The relay biker will wait in the enabled area located at the **entrance of boxes**.
- To make the relay correctly, the swimmer has to pass the chip to the biker, who has to put it on the ankle. The biker must give this chip to the runner. Since the starting of the race until crossing the finish line, the chip must be worn by the corresponding person in each section.
- All the team participants will be able to accompany the runner the last 100 meters of the race to cross the finish line together.
- It will be a single category to all the relay teams that comprehend female, male and mixed teams.



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SCHEDULE OF ROAD CUT



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SWIMMING SECTION



HALF DISTANCE ROUTE

- 1 lap of 1.900m
- 1h before the start it will be announced the use of neoprene.
- The race starts from inside the water.
- Positioning in a line by themselves.

SHORT DISTANCE ROUTE

- 1 lap of 1.000m
- 1h before the start will be announced the use of neoprene.
- The race starts from inside the water.
- Positioning in a line by themselves.



SWIMMING RULES



- ✗ The use of the bib number in the swimming section is prohibited and will lead to the disqualification.
- ✗ It's not allowed to give your material (swimsuit, swimmer cap, swimming goggles...) to another person in the water exit.
- ✗ You have to remove your swimsuit in the transition area. If you do it in another place you can be penalized.
- ✗ The use of diving fins, swimming gloves, swimming oars, or flotation devices is totally banned.
- ✗ You must bring the swimming cap that the race gives to you.

STANDARDS FOR THE USE OF NEOPRENE

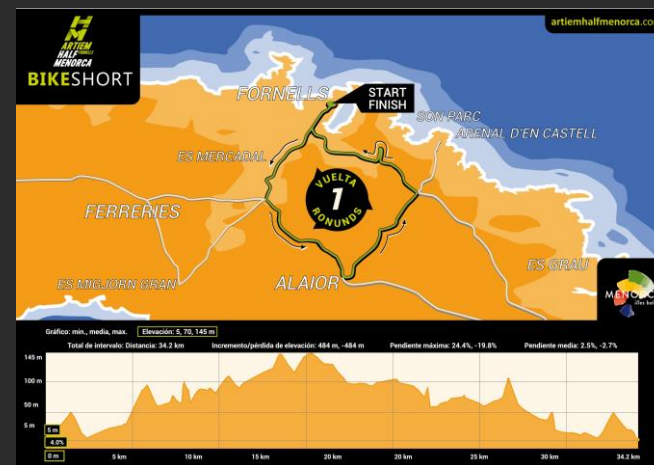
- ✗ It's not allowed to use the neoprene in more than 22°C (SHORT) and 24,6°C (HALF).
- ✓ It will always be allowed in age groups +M50 years.
- ✓ Opcional neoprene with 16°C-21,9°C (SHORT) and 16°C-24,5 (HALF)
- ✓ Compulsory neoprene with 15,9°C or less.

The optional or compulsory use will be published on Saturday in social media and the website of Elitechip.



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CYCLISM SEGMENT



- The route consists in 3 laps of 27km that are perfectly signposted and with one refreshment point in each lap to complete the 90km.
- The bike segment will be completely closed to traffic.
- At all times, the triathlete should respect the traffic rules, driving on their right.

- The route consists in 1 lap of 34km that are perfectly signposted and with one refreshment point in Es Mercadal.
- The bike segment will be completely closed to traffic.
- At all times, the triathlete should respect the traffic rules, driving on their right.



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SECTION IN ROADWORKS!

ATTENTION CYCLISTS!

YOU NEED TO PAY SPECIAL ATTENTION TO THE SECTION WITH ROADWORKS LOCATED ON THE CAMI D'EN KANE, ABOUT 500 METERS WHERE THE ROAD IS CONSIDERABLY NARROWED. AVOID ANY MANEUVER THAT COULD PUT YOUR INTEGRITY AND THE OTHER PARTICIPANTS AT RISK.





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BIKE RULES



- The use of the helmet and the stickers with your race number will be mandatory. The stickers will have to be correctly placed in the bicycle and helmet.
- If you wish it, you will have an enabled space to change your clothes in the boxes area.
- All the material have to be put inside the box (before and after the use of it).
- The cycling sneakers can be fixed in the pedals of the bicycle. The helmet and the bib-holder can be left on the handlebar.
- The triathlete suit is allowed as long as the zipper is closed. If isn't closed, will mean the yellow card.
- It is mandatory the use of the bib number in the cyclism section.
- The breach of this rule can be reason for penalty.



CICLYSM RULES- PENALTIES

- **IMPORTANT:** It is an event without Drafting, so, you can not draft from others participants. There will be judges on the route that will look for it.
- **OVERTAKING:** You will have 25 seconds to make the overtaking maneuver.
- The penalty should perform in the Penalty Box located inside the transition area/boxes. It's forbidden to make adjustments or any type of maintenance during the penalty.

HALF

- 1st BLUE CARD - 5 minute penalty
- 2nd BLUE CARD - 10 minute penalty
- 3d BLUE CARD - Disqualification
- YELLOW CARD - 1 minute penalty.

SHORT

- 1st BLUE CARD – 2 minute penalty
- 2nd BLUE CARD – 4 minute penalty
- 3d BLUE CARD – Disqualification
- YELLOW CARD - 30 SECONDS penalty

Not completing the penalty means an immediate disqualification of the athlete with no right of any claim.



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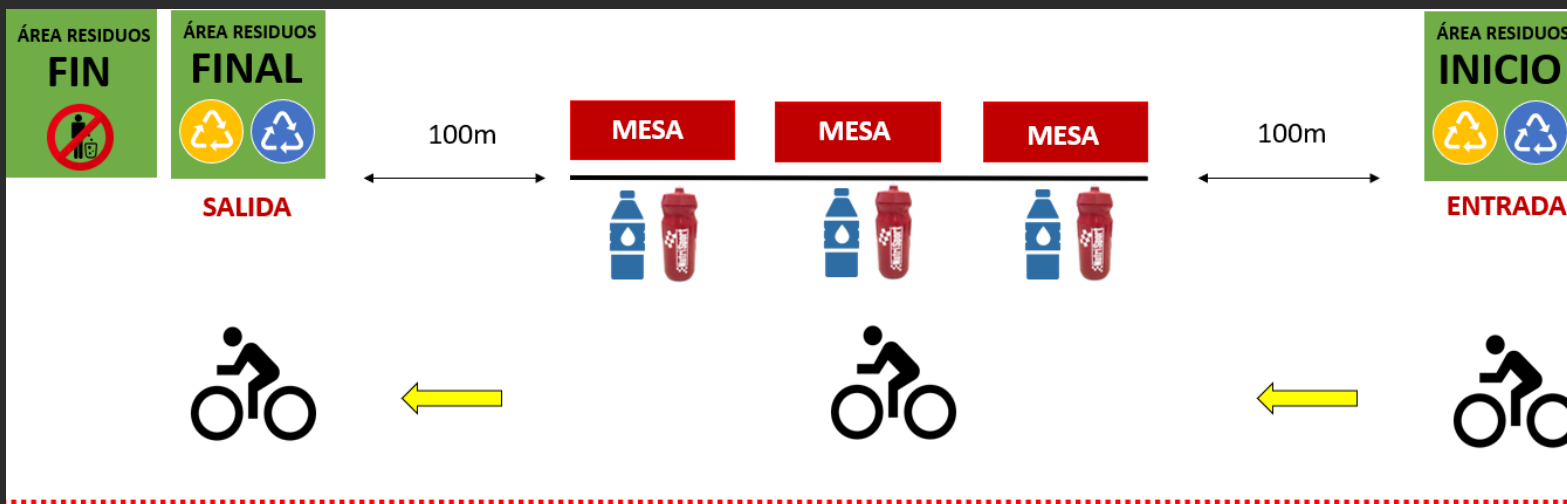
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REFRESHMENT STATION – BIKE SECTION



The water drums and the sport gels should be thrown away in the containers destined for this purpose, and not in the ground. The breach of this rule will lead to a sanction.

IMPORTANT! The areas designed for waste disposal are 100m after and 100m before the refreshment point in es Mercadal. Throwing the residues outside of these areas leads to the disqualification.





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RUNNING SECTION



Coming out of T2, the route of two distances is towards Ses Salines. You have to merge in the right part of the road and to complete 1 lap and half if your are doing the **SHORT** distance.

The participants of the **HALF** distance have to leave toward of Ses Salines and arrive another time to boxes and take the detour of the final line. They should do 3 complete laps, so they have to walk up the tower 3 times.





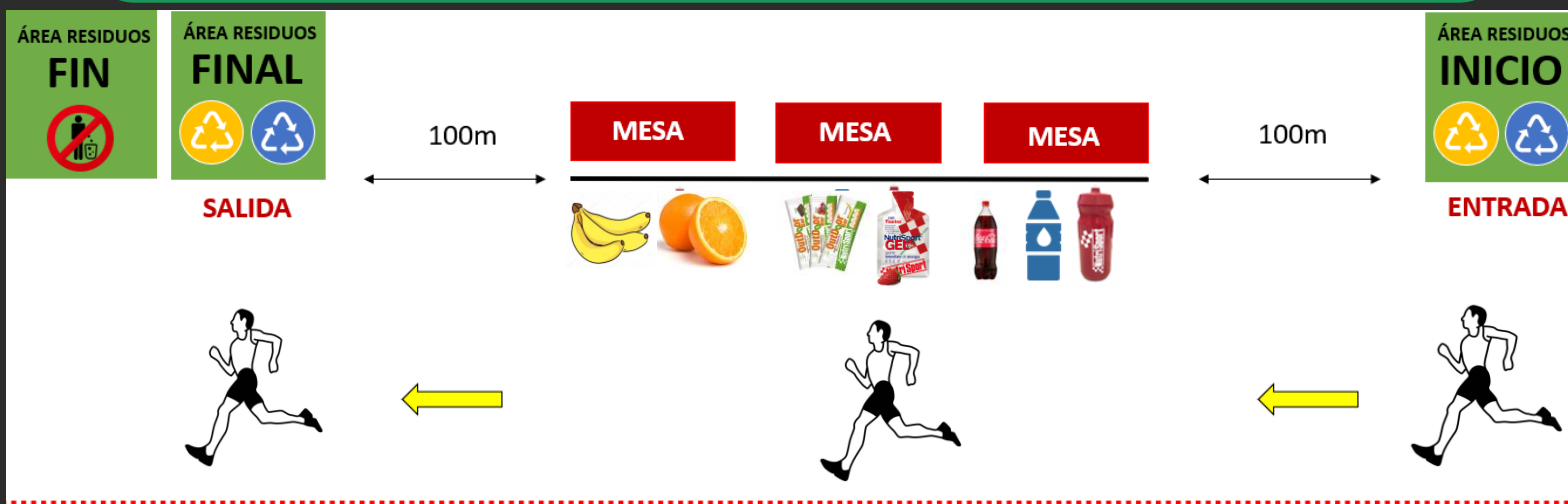
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REFRESHMENT STATION – RUNNING SEGMENT



The waste of fruit, cups and sport gels, should be thrown in the containers designed for this purpose, not on the ground. The breach of this rule means a sanction.

¡IMPORTANT! The areas that are designed for waste disposal are located 100m before and 100m after the refreshment station. Throwing the residues outside this areas leads to the disqualification.





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IMPORTANT!!!

For the safety of all participants and according to FETRI regulations, it is totally forbidden to enter the finish line accompanied by any person (family, friends, etc.) except for athletes who are competing.

If the triathlete does not follow this rule, he/she will be **DIRECTLY DISQUALIFIED**





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RULES FETRI

For the good development of the race, it is important that each triathlete is aware of the rules governing this sport to avoid dangerous situations during the whole event.

RULES FETRI 2023



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ACCESS TO POST FINISH AREA

All triathletes will be able to access the post finish area by showing the identification bracelet (yellow) that is given to them in the runner's bag

Triathletes who wish can purchase access bracelets (orange) for their relatives for €7

(they can be purchased in the pavilion next to the delivery of numbers)





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¡THANK YOU EVERYONE!