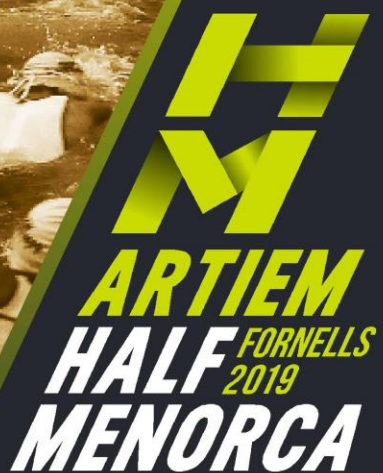


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Artiem Half Menorca

2019



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NutriSport

Coca-Cola



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Event Schedule:

Saturday, Sept 21th, 2019

- | | |
|----------------------------------------|------------------------|
| • 10:00 – 18:30 Athletes Registration. | Sports center Fornells |
| • 10:00 – 19:00 Expo + Info Point. | Sports center Fornells |
| • 13:00 – 14:00 Briefing. | Sports center Fornells |
| • 17:00 – 19:00 Check In Boxes * | C/ Gumersindo Riera |

*(no check-in allowed on race day)



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Event Schedule:

Sunday, Sept 22th, 2019

06:00 – 07:00	Transition Area Open	C/ Gumersindo Riera
06:30 - 7:30	Street wear Open	Finish area
07:20 – 07:25	PRO Athletes presentation	Start area
07:30	Start race HALF	Start area
07:35	Start race Relay - Female	Start area
08:00	Start race SHORT	Start area
14:00	Awards Ceremony	Finish area
09:30 – 16:00	Finisher stage	Recovery area
12:30 – 15:30	Check Out	Transition area
08:00 - 15:00	Showers	Sports center Fornells

* There will be mechanics service at Check-in, and from 6:00 to 7:00 the race day



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The nerves to the surface!!!



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KATAYAK
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Transition area



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Finish area



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FRESHPEOPLE MAKE THE DIFFERENCE

ARTIEM HALF MENORCA
FORNELLS 2019

JOSEP PONS

101

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DORSAL DORSAL
dortsaarenkin igeri egitea debekatuta dago.
Esta PROHIBIDO nadar con el dorsal

BIZIKLETAKO DORSALA DORSAL BICI
zaberen badiari lotuta.
Enganchado en la tija del sillín

PULTSERA PULSERA
beti erabiltzeko moduan.
Siempre en la muñeca

TXIPA CHIP
orokortan lasterketara sartzen zehar.
En el tobillo durante toda la carrera

DORSAL KASKO DORSAL CASCO
frontalean. En el frontal

123

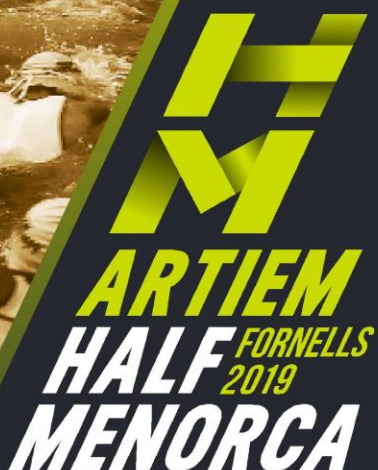


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RELAY COMPETITION

- The teams can be composed of 2 or 3 people and can be male, female or mixed.
- There will only one bib number for the runner. The swimming participant will only wear a hat.
- The check-in in the transition area (boxes) will be carried out by the member of the team that makes the cycling sector.
- Access to boxes during the race for the team components will be controlled by the officials.
- Relievers need to wait in the area enabled at the pit entrance
- To take over, the swimmer must pass the chip to the cyclist, who has to put it on his ankle. The cyclist must pass the chip to the runner. From the beginning until crossing the finish line, the chip has to be carried out by each of the components of the team in its segment.
- All team members may escort the runner in the last 100 meters and cross the finish line all together.
- There will be a single category for all relay participants that will include mixed teams, male and female.



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HALF
MENORCA**
SWIM HALF

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FORNELLS

PORT DE FORNELLS

1900 m

ILLA DE SES SARGANTANES

**VUELTA
1
RONUNDS**

**HALFMENORCATRIATHLON
FORNELLS 119**
SWIM SHORT

www.halfmenorca.com

FORNELLS

PORT DE FORNELLS

1000 m

LA MOLA

ILLA DE SES SARGANTANES

**VUELTA
1
RONUNDS**



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elitechip
SPORTSMEASUREMENTS EXPERTISE

JAMONERIA & DELICATESSEN

BARCELONA

BARCELONA

BARCELONA

BARCELONA

BARCELONA

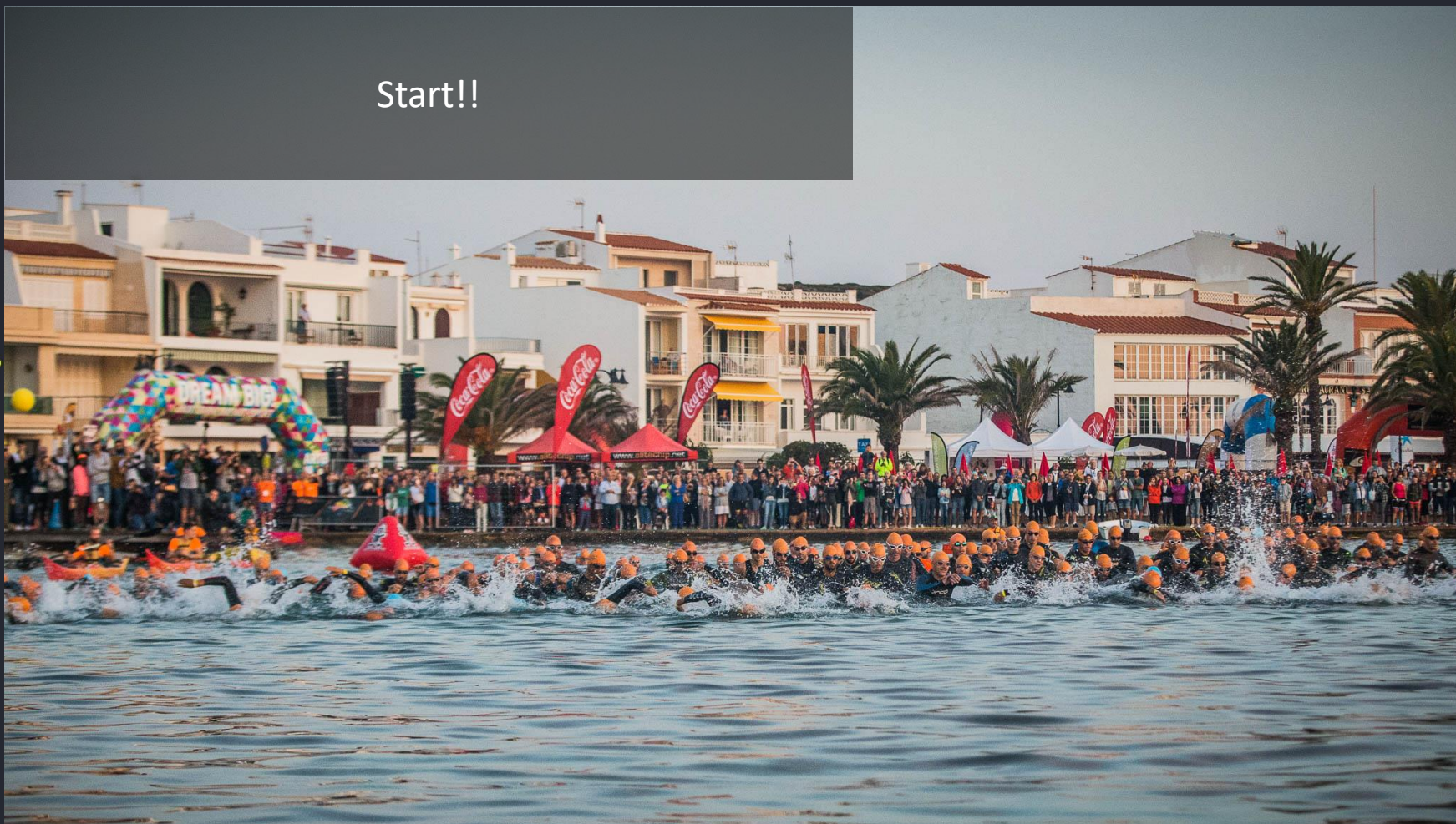


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Start!!

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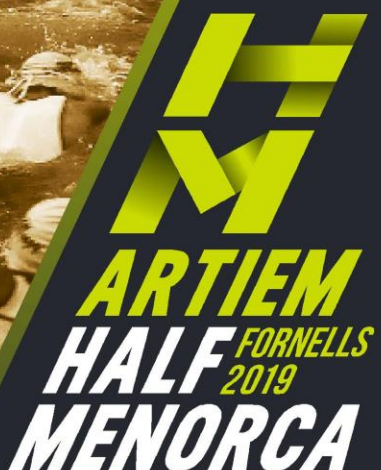


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IMPORTANT:

- Wetsuit is not allowed at more than 22°C (Short) and 24.6 (Half).
- Wetsuit is allowed in age groups + M50 years.
- Optional Wetsuit 16°C-21.9°C (Short) and 16°C-24.5 (Half)
- Mandatory wetsuit 15.9 ° C or less.
- The Short distance will consist of a distance of 1000 meters, and the half distance is 1900 m.
- Mandatory or optional use will be published on networks and web on Saturday



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Boundary Buoys



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Gráfico: min., media, max.

Elevación: 2, 74, 149 m

Total de intervalo: Distancia: 89.3 km

Incremento/pérdida de elevación: 1275 m, -1275 m

Pendiente máxima: 9.6%, -11.0%

Pendiente media: 2.1%, -2.0%



BIKESHORT



Gráfico: min., media, max.

Elevación: 5, 70, 145 m

Total de intervalo: Distancia: 34.2 km

Incremento/pérdida de elevación: 484 m, -484 m

Pendiente máxima: 24.4%, -19.8%

Pendiente media: 2.5%, -2.7%



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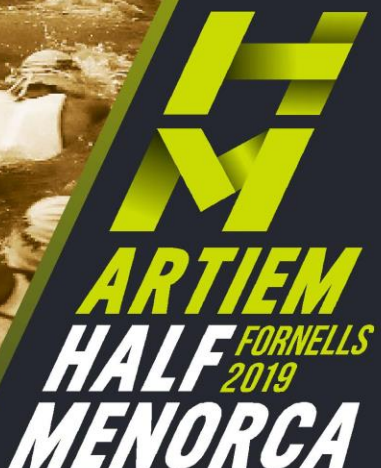
IMPORTANT:

It is a test without Drafting, that is, you cannot go to the wheel of other participants. There will be officials on the bike route who will watch the Drafting with motorcycles, if a triathlete receives a card for Drafting, he must stop 5 MINUTES in the Penalty Box that will be located at the exit of Boxes.

For participants of the Short race, the penalty will be 2 MINUTES.

ADVANCEMENTS: You cannot be less than 12 meters long and 3 meters wide of any cyclist and you will have 25 seconds to do the overtaking maneuver.

Failure to comply with the penalty in case it occurs means the direct DSQ of the participant without the right to any claim.



Turning point – Half (3 laps) – Short (1 lap)



Circuit completely closed to traffic



Aid station bike



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Aid station bike

Placed on Mercadal:

Half distance - 3 Aids station

Short distance - 1 Aid station

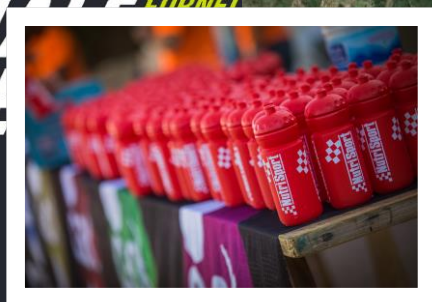
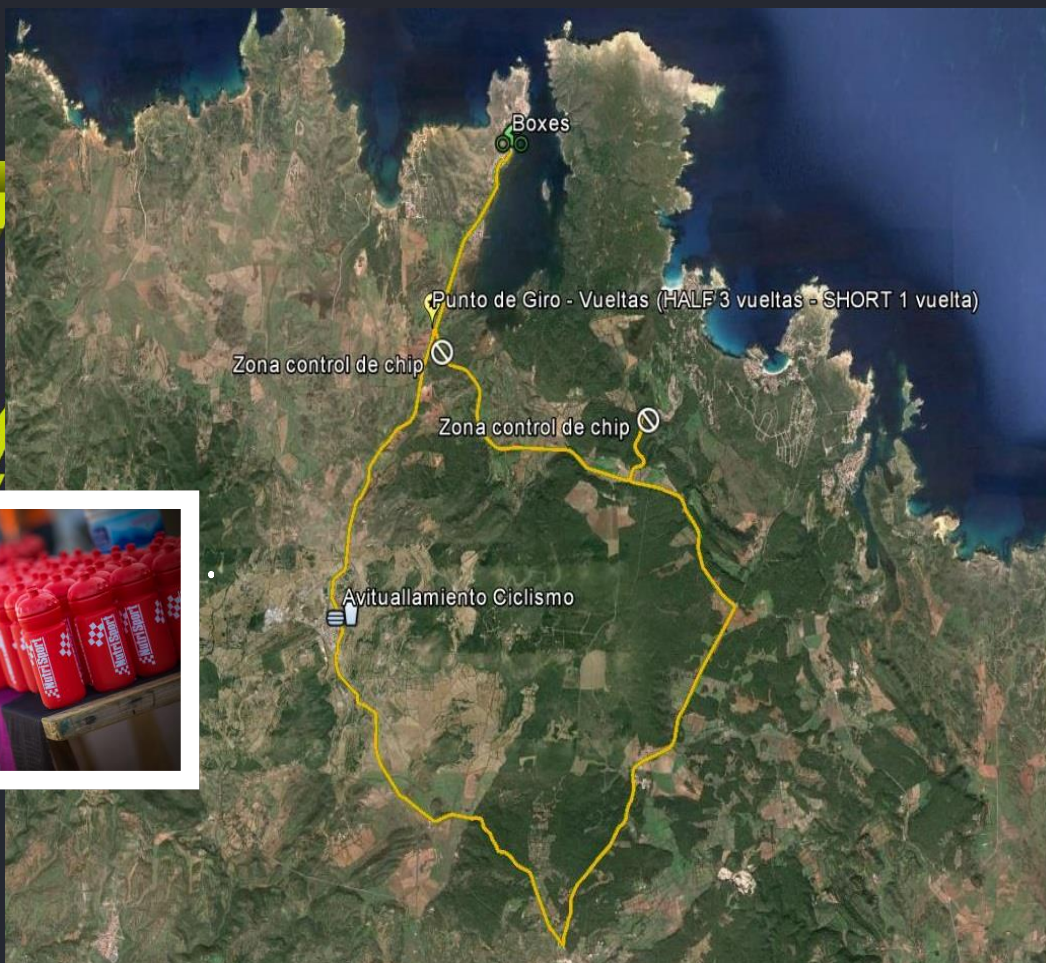
Products

500 ml bottles:

Water



Isotonic



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Gráfico: min., media, max.

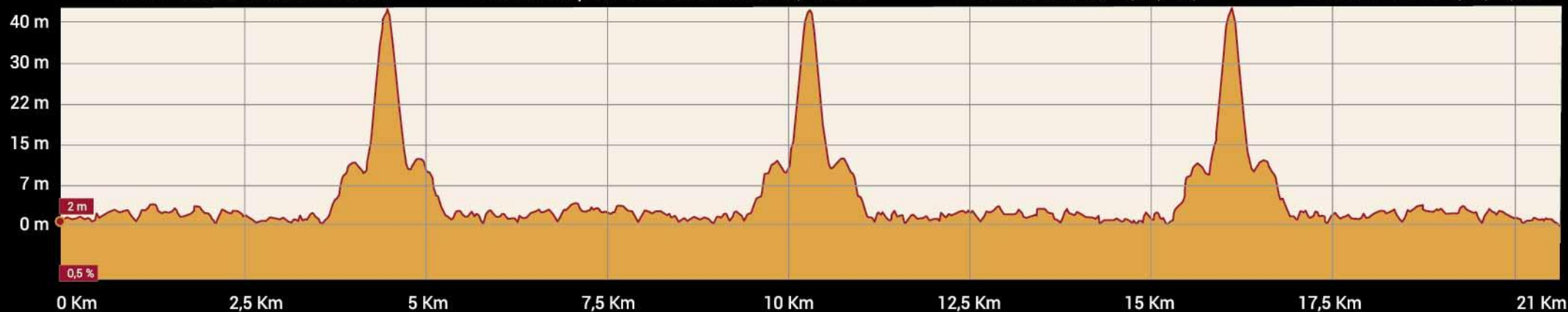
Elevación: 0, 5, 40 m

Total de intervalo: Distancia: 21 Km

Incremento / pérdida de elevación: 234 m, -235 m

Pendiente máxima: 15,8%, -16,3%

Pendiente media: 1,9%, -1,9%



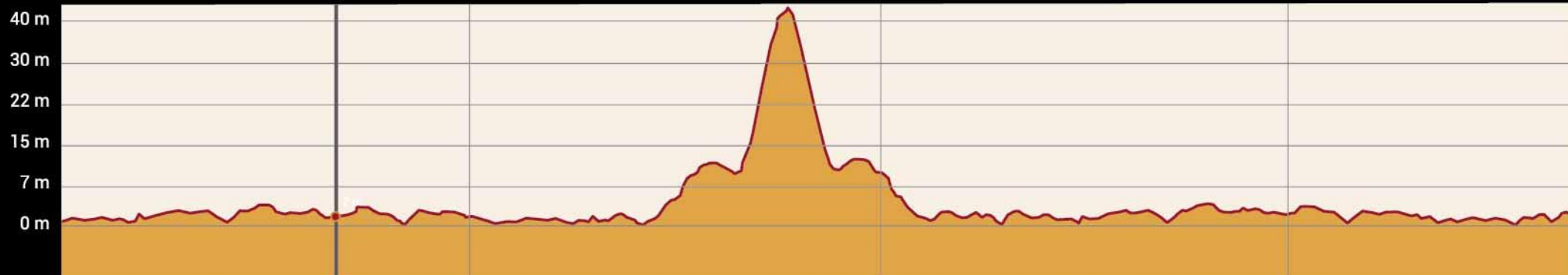


Total de intervalo: Distancia: 9 Km

Incremento / pérdida de elevación: 234 m, -235 m

Pendiente máxima: 15,8%, -16,3%

Pendiente media: 1,9%, -1,9%



Starting point - climb to the Tower





Animation during the effort



Seen!!!! Always on the right



spectacular views !!!!!





Enjoy the moment!!!!

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BALEÀRIA

Collect your medal!!!





Needless to say!! Delicious!!!!





Comment – Enjoy the finisher stage – have fun
and get a massage!!!

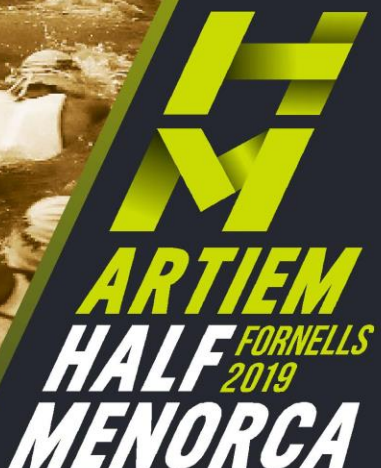


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OTHER PROVISIONS:

- Optionally you can wear specific cycling and athletic clothing, sunglasses, cap, socks, food, ...
- If you wish, you will have a space enabled to be able to change your clothes in boxes.
- The use of the wetsuit will depend on the water temperature according to the regulations of the FETRIB (Federació de Triatló de les Illes Balears).
- All material should be put inside the box (both before and after use)
- Cycling shoes can be fixed on the bicycle pedals
- The helmet and the BIB number can be left on the handlebars of the bicycle
- The front zipper trim will be allowed as long as it has the zipper up, otherwise it will mean yellow card.
- You cannot enter accompanied to the finish line of any other person who is not a participant, proceeding to disqualification.
- The BIB number is optional in the bike circuit, although we recommend that it be used.
- Failure to comply with these regulations will be grounds for penalty.



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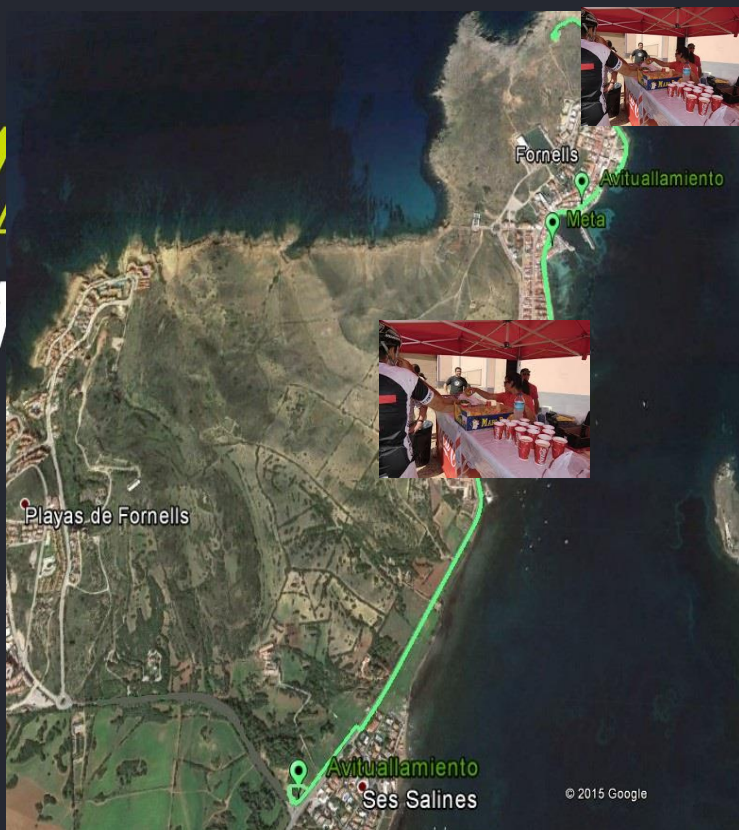


IMPORTANT:

After leaving the T2, the route for the two distances is in the direction of Ses Salines, having to incorporate to the right of the street and once on the circuit complete 1 and a half laps, in the case of the Short.

Half Triathlon participants must also leave towards Ses Salines and when they reach the pit height and the finish line they will have three full laps left, having to climb the Tower three times.

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HALF FORNELL
MENORCA 2019



IMPORTANT: ALWAYS ON THE RIGHT

During the run sector, there will be 2 aid stations. Both ways.

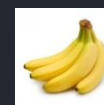
- Short distance triathletes - 6 Aid Station

- Half distance triathletes - 14 Aid Station

Products:



- fruit



- gels.



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THANKS A LOT TO

EVERYONE!!

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