Enjoy your Dream!

Artiem Half Menorca

2019
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)
Event Schedule:

Sunday, Sept 22nd, 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
Enjoy your Dream!
Enjoy your Dream!

The nerves to the surface!!!
Enjoy your Dream!

Finish area
Enjoy your Dream!

JOSEP PONS
101

DORTSAL DORSAL
DORSAL CHICO

DORTSAL KASKO
DORSAL CASCO

PULSERA PULSERA

TXIPA CHIP

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artiemhalfmenorca.com

ARTIEM
HALF FONNELL
2019 MENORCA

MENORCA
illes baleares

ARTIEM

CONSELL INSULAR
DE MENORCA

BALEARIA

Coca-Cola

ESTRELLA

KATAYAK

Torreloa

NutriSport

POWERADE

el Paladar

BALEARIA

el Paladar

BALEARIA
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.
Enjoy your Dream!

Start!!
IMPORTANT:

- Wetsuit is not allowed at more than 22ºC (Short) and 24.6 (Half).
- Wetsuit is allowed in age groups + M50 years.
- Optional Wetsuit 16ºC-21.9ºC (Short) and 16ºC-24.5 (Half)
- Mandatory wetsuit 15.9 ºC 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
Enjoy your Dream!

Boundary Buoys

ARTIEM HALF FORNELLS 2019 MENORCA

CONSELL INSULAR DE MENORCA
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
Enjoy your Dream!

Aid station bike

Placed on Mercadal:
Half distance - 3 Aids station
Short distance - 1 Aid station

Products
500 ml bottles:
Water
Isotonic
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!!!!!
Collect your medal!!!
Needless to say!! Delicious!!!!
Comment – Enjoy the finisher stage – have fun and get a massage!!!
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.
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.

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.
THANKS A LOT TO EVERYONE!!