

## INTRODUCTION

You are about to make your dreams come true and from the organization we want to congratulate you for having chosen and prepared HALF Menorca. Now we want you to enjoy what we have arranged for you:

There are two very important things you should not miss:

In the collection of bib number + bracelet + welcome pack is essential to bring your ID and if you are federated a document accrediting (license or certificate). If you don't bring you must pay € 10, for insurance (athletes who may have not contracted with the inscription).



Do not forget to visit the Expo, and stands ready.

The chip must be placed on the ankle and tied with velcro or something like this. If you don't have, we will provide you some velcro.

**PAY ATTENTION** Those triathletes who have rented a chip must return it after the race to someone about the organization.

## INFORMATION TO THE ACCOMPANYING

**On Sunday you can follow the competition:**

Following the cycling race by bike: Between Me-7 and Me-15 roads there is a place where you can see the cycling race. The triathletes will cross this point three times. It's 3 kilometers away from Fornells and from the finish line. [Katayak Menorca](#) will rent bikes for following the race. You can encourage the participants. The main road will be closed for cars and motorbikes. The organization recommend you to rent a bike for moving between the town and Playas de Fornells, the place where there are most of hotels and apartments during the weekend. There will be a lot of cars during the Half Menorca and also during the previously days. It's gonna be difficult to park in Fornells.

Prices: 1 day 15 € Includes: helmet and lock.



More information in [www.katayak.net](http://www.katayak.net)

## **PROGRAM:**

Saturday 23rd September 2017

- |                                   |                         |
|-----------------------------------|-------------------------|
| • 10:00 – 18:30 Bib collection    | Polideportivo Fornells  |
| • 10:00 – 19:00 Expo + Info Point | Polideportivo Fornells  |
| • 12:00 – 13:00 Briefing          | Polideportivo Fornells  |
| • 17:00 – 19:00 Check In Boxes    | Gumersindo Riera street |

Sunday 24th September 2017

- |                                     |                         |
|-------------------------------------|-------------------------|
| • 06:00 – 07:00 Bike Park Open (*)  | Gumersindo Riera street |
| • 07:20 – 07:25 PRO introduction    | Start zone              |
| • 07:30 Start HALF                  | Start zone              |
| • 07:35 Start Teams                 | Start zone              |
| • 08:00 Start SHORT                 | Start zone              |
| • 14:00 Trophy                      | Finish zone             |
| • 11:00 – 16:30 Finisher Experience | Post-Finish zone        |
| • 12:30 – 16:00 Check Out           | Boxes zone              |

\* There will be mechanical service at boxes zone at the Sunday's Check-in from 6.00 to 7.00.



## **FORNELLS LOCALIZATIONS:**



## **FOLLOWING ON-LINE**

You can follow on-line the race in this lynk. It will show you every step by checkpoint. You can see it on [www.elitechip.net](http://www.elitechip.net) or this link.

<http://www.elitechip.net/index.php?zwwshow=compdet&idcomp=5289068&compsec=clas&ectipoclas=0&ecidrec=5289078>



**CIRCULATION CUTS:**



**ON THE BIKE**

Drafting it's forbidden. It's not allowed at any case. You have to do your own race without any kind of help. [You can read the regulation here.](#)  
Be careful. The road will be closed but the race is so long that can appear some lost car. By the way you have to maximize precautions.

**CUTTING TIME**

The road between bike circuit and boxes will be closed until 9.00 to 12.15. We



**GARBAGE ON THE RACE**

We will offer to you a place to throw your garbage like pappers, bottles or whatever. It will be near each aid station. This place will be signed and you will find some bins for throwing the garbage.

If you throw garbage out of this points you will be punished by judges.

**PARKING AREAS:**

We recommend to you to use one bike to move around Fornells and Playas de Fornells. If you came with car, you can park it in this areas:



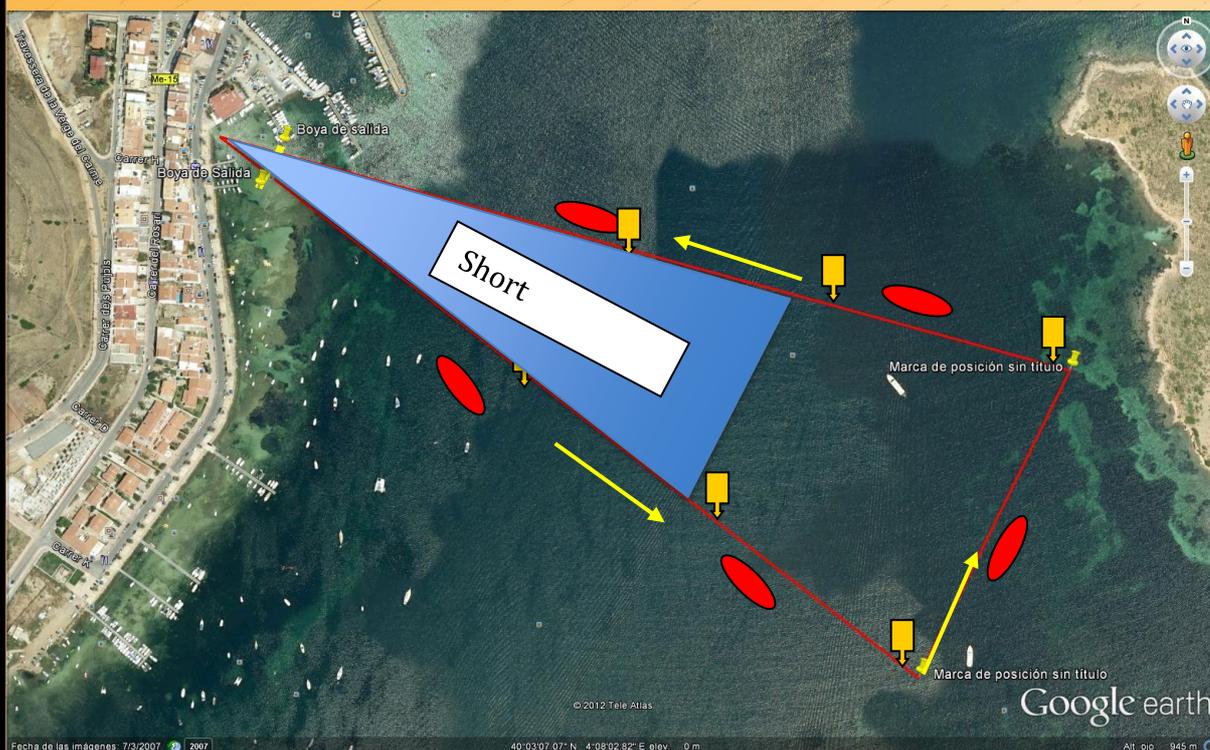
**AID STATIONS:**

On the bike segments, Short triathletes will find only one Aid Station on the road. It will be in Es Mercadal and it will have bottles with 750ml water or isotonic. Half triathletes will do 3 laps on the same road. It means that they will find this aid station 3 times.

On the running segment you will find 2 aid stations in double sense. It means that Short triathletes will find 4 aid stations. Half triathletes will find 10 aid stations. You will find water, isotonic, Coca Cola, oranges, bananas and energy gels.

At the end of the race you will find 'Finisher Experience' a closed zone where you will find typical menorquian food like sobrassada, cold cuts or ensaimada [by EL PALADAR JAMONERIA](#), and peanuts, hazel nut, fruit, candies, Coca Cola, isotonic, beer and ice cream. **If your partner want to entry you will have to buy a ticket on the bib collection.** Also you will find massages, showers and the classifications. Or just a talk about the race with other triathletes. At least, a very good time to share.

**SWIM TRACK:**



Wetsuit not allowed if water is hottest than 22°C (Short) and 24,6° (Half). Even, it is allowed on +M50 ages.

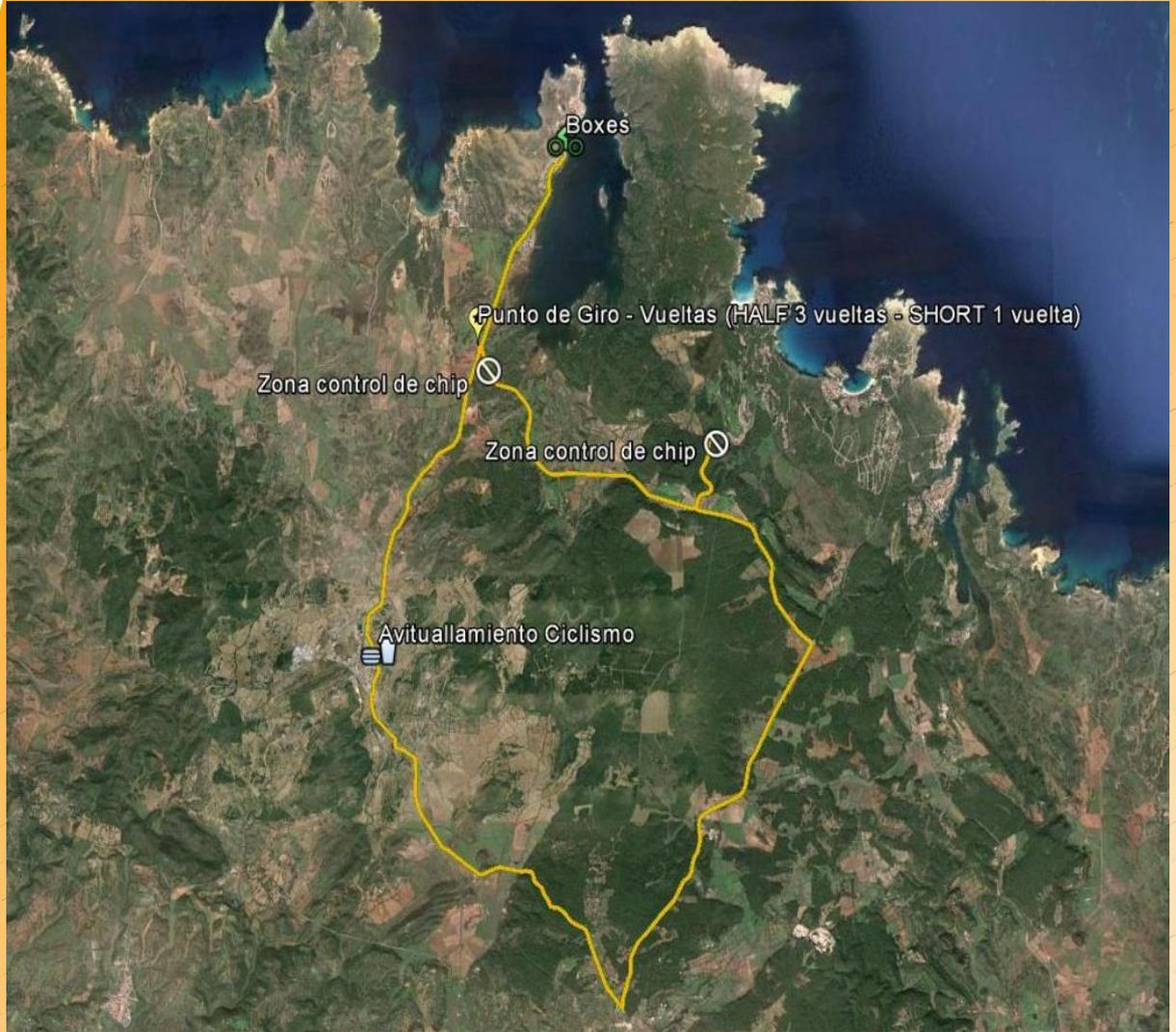
Wetsuit optional if water's temperature is between 16°-21,9° (Short) and 16°-24,5° (Half).

Wetsuit is obligatory if water is coldest than 15,9°

The Short Triathletes will swim 1.000 meters



**BIKE TRACK:**



Half Triathlon - 3 Laps - 90 km

Short Distance - 1 Lap - 34 km

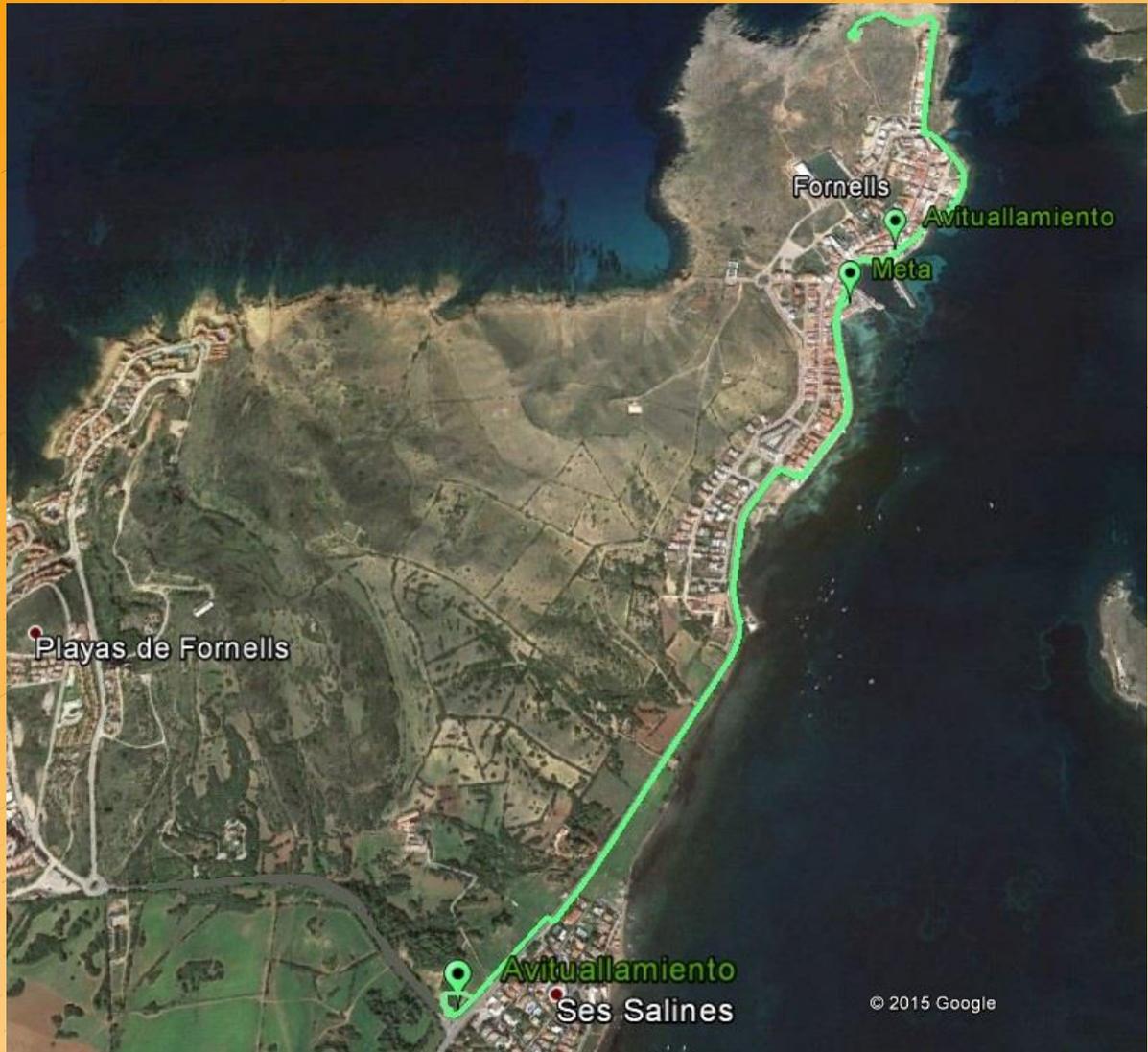
**IMPORTANT:** It's not allowed drafting. You can't ride closed to the wheel of another biker.

There will be judges on motorbikes watching and punishing drafting. If one triathlete is punished by a yellow card, he will have to stop on the Penalty Box next to the boxes out. You will have to pass the other biker with 25 seconds.

If you don't follow the rules you will be disqualified.



**RUNNING TRACK:**



Half Triathlon - 3,5 Laps - 21,1 km

Short Distance - 1,5 Laps - 9 km

**IMPORTANT:** For the Short Distance, when you leave from T2 you have to run to the Ses Salines by the right side. When you arrive at boxes again and you will have to do 1 lap. You have to go to Ses Salines, to The Tower, to Ses Salines and enter in goal.

The Half triathletes must begin to run to Ses Salines. Then you have to come back to the boxes. There you will have to do 3 laps. It means: Ses Salines, The Tower, Ses Salines, The Tower, Ses Salines, The Tower, Ses Salines and then you have to cross the goal.



## RELAY COMPETITION

- The team for the relay competition will be form by 2 or 3 person. They will be male, female or mixed.
- There will be only one bib for bike which will be transferred to the runner at the end of cycling part. The swimmer must wear the swim cap. Even, there will be only one chip for the three parts. You must pass it.
- The cyclist will have to do the Check-In to the boxes.
- The judges will control the entrance to boxes to the rest of the team among the race.
- The relay will have to wait on a specific zone on boxes.
- From the start to the finish, the chip will be always on race. At the end of the T1, the swimmer will have to put the chip on the cyclist's ankle. At the end of T2, the cyclist will have to put the chip on the runner's ankle. Even he will give the bib. The runner will have to cross the finish line with the chip.
- All the team's members can cross the finish line together. They will met at last 100 meters.
- There will be only one category to each team. It will count males team, females team and mixed teams.

## MOREOVER

- If you want, you can wear special clothes for swimming, cycling and running. Even you can bring your own food.
- There will be a specific zone to change your clothes. It will be on boxes.
- Wetsuits will depend on the water temperature. It's following the Federació de Triatló de les Illes Balears rules.
- You must put all what you need and what you use inside a box. You can only leave on the floor running shoes.
- You can leave cycling shoes fixed on bicycle.
- You can leave the helmet on the bicycle handlebar.
- You can wear trisuit with zipper on front but you will be punished on the start with a yellow card.
- You have to follow the rules. If you don't you will be punished.

# Enjoy your Dream!

