
1/ ¿WHEN WILL BILBAO BIZKAIA TRIATHLON MULTISPORTS EUROPEAN CHAMPIONSHIPS WILL BE HELD?

The Bilbao Bizkaia Europe Triathlon Multisport Championships will be held from the 16th to the 25th of september 2022.

Bilbao. Friday, September the 16 th .

- Opening ceremony

Bilbao. Saturday, September the 17 th . (morning)

- Age Group Sprint Duathlon European Championships and Open competition.
- Paratriathlon Duathlon European Championships

Bilbao. Saturday, September the 17 th . (afternoon)

- Elite, U23, Junior Duathlon European Championships
- Elite, U23, Junior medal ceremonies

Bilbao. Sunday, September the 18 th .

- Age Group Standard Duathlon European Championships and Open competition.
- Paratriathlon and Age Group medal ceremonies (Sprint + Standard)

Enkarterri - Balmaseda. Tuesday, September the 20 th .

- Elite, U23, Junior, Paratriathlon and Age Group Cross Duathlon European Championships and Open competition.
- Medal ceremonies

Urdaibai - Bermeo. Thursday, September the 22 th .

- Elite, U23, Junior, Paratriathlon and Age Group Cross Triathlon European Championships and Open competition.
- Medal ceremonies

Getxo-Portugalete. Friday, September the 23 rd .

- Elite, U23, Junior, Paratriathlon and Age Group Aquathlon European Championships and Open competition.
- Medal ceremonies

Bilbao. Saturday, September the 24 th .

- Age Group Aquabike European Championships and Open competition.

Bilbao. Saturday, September the 24 th .

- Elite, Paratriathlon and Age Group Middle Distance Triathlon European Championships and Open competition.

Bilbao. Sunday the 25 th.

- Medal ceremonies Aquabike and MD Triathlon

- Championship closing ceremony

Check here the full schedule:

<https://www.triatlonbilbaobizkaia2022.eus/informacion/horarios/>

2/ DISTANCES

2.1/ DUATHLON

Sprint Duathlon European championships (Elite, U23, Paratriathlon, Age Groups) and Open category.

- Run 5K - Bike 20K (**Drafting race**) - Run 2,5K

Standard Duathlon European championships (Age Groups) and Open category.

- Run 10K - Bike 40K (**Non drafting race**) - Run 5K

2.2/ CROSS DUATHLON

Cross Duathlon European Championships (Elite, U23, Age Groups) and Open category

- Run 6,9K - Bike 21K - Run 3K

Cross Duathlon European Championships (Paratriathlon, Junior)

- Run 4K - Bike 10K - Run 3K

2.3/ CROSS TRIATHLON

Cross Triathlon European Championships (Elite, U23 and Age Groups) and Open category

- Swim 1K - Bike 22K - Run 7,6K

Cross Triathlon European Championships (Paratriathlon, Junior)

- Swim 0,5K - Bike 11K - Run 3,8K

2.4/ AQUATHLON

Aquathlon European Championships (Elite, U23, Junior, Paratriathlon, Age Groups) and Open category

- Swim 1K - Run 5K

2.5/ MIDDLE DISTANCE TRIATHLON

MD Triathlon European Championships (Elite, Paratriathlon, Age Groups) and Open category

- Swim 1,9K - Bike 82K - Run 21K

2.6/ AQUABIKE

Aquabike European Championships (Age Groups) and Open category

- Swim 1,9K - Bike 82K

3/ ABOUT BILBAO-BIZKAIA

3.1/ LOCAL WEATHER

In september, average daily temperatures are between 14°C y 22°C. Risk of rain during the week. Check the local weather at

www.accuweather.com/es/es/bilbao/309382/weather-forecast/309382

3.2/ WHERE TO GO AND VISIT

Bilbao and Bizkaia have many interesting places to visit. There city and the region offers the visitor an endless number of cultural and leisure activities. Check the following links:

- Bizkaia: <https://www.visitbiscay.eus/es/inicio>
- Bilbao: <https://www.bilbaoturismo.net/BilbaoTurismo/es/turistas>
- Getxo: <https://www.getxo.eus/es/turismo>
- Portugalete: <http://www.portugalete.org/es-ES/Turismo/Paginas/default.aspx>
- Balmaseda/Enkarterri: <https://www.visitenkarterri.com/>
- Bermeo/Urdaibai: <https://turismourdaibai.com/es/>

Coming soon on the web will be detailed the sports, cultural, gastronomic activities, etc. specially prepared at each venue for the Championships.

3.3/ VENUE AND MAIN AREAS

Bilbao-Bizkaia evento, will be structured in 4 venues, with 4 different key elements

1. The City – Bilbao
2. The Coast – Urdaibai/Bermeo
3. The Estuary – Getxo/Portugalete
4. Inland – Enkarterri/Urdaibai

The main activity area, Fan Zone, Expo & Registration will be located in Bilbao - El Arenal.

4/ TRAVEL, TRANSPORT & ACCOMMODATION

Event Official Travel Agency:

BCD Meetings and Events / Contact: Araceli García / araceligarcia@bcdme.es

4.1/ TRAVELLING TO BILBAO

By PLANE

Bilbao Airport (BIO): <https://www.aena.es/es/bilbao.html>

Santander Airport (SDR): <https://www.aena.es/es/seve-ballesteros-santander.html>

San Sebastián Airport (EAS): <https://www.aena.es/es/san-sebastian.html>

Vitoria Airport (VIT): <https://www.aena.es/es/vitoria.html>

Biarritz Airport (BIQ): <https://biarritz.aeroport.fr/es/>

By TRAIN

All trains arrive and leave Bilbao from Abando station: <https://bilbaoabando.eus>.
More information, schedules and ticket booking on the [Renfe](http://www.renfe.es) website: www.renfe.es

By BUS

Bilbao bus station is TermiBus (www.bilbaointermodal.eus), and it is located near San Mamés Stadium, very close to the Nervión estuary.
Check the timetables and fares for the different combinations to get to Bilbao from anywhere in Spain en www.alsa.es

By CAR or MOTORHOME

AP-68 toll motorway, connecting with the north of Burgos, La Rioja and the A-1 motorway.
AP-8 toll motorway, linking Bilbao from Irún or San Sebastián
A-8 motorway, from Santander, Gijón or Ribadeo.

By FERRY

The company Brittany Ferries (www.brittany-ferries.co.uk) operates the Bilbao-Portsmouth route three times a week. Its ships moor 20 minutes from the Bilbao city center, at the Zierbena dock - pier A3 (www.bilbaoport.eus/en/the-port/ferry-service-to-portsmouth/passenger-terminal).

4.2/ ACCOMMODATIONS

Bilbao: www.bilbaoturismo.net/BilbaoTurismo/es/turistas#
Getxo: www.getxo.eus/es/turismo/descubre-getxo/Donde-dormir
Portugalete: www.portugalete.org/es-ES/Turismo/Dondedormir/Paginas/default.aspx
Balmaseda_Enkarterri: www.visitenkarterri.com/planifica-tu-viaje/alojamientos/
Bermeo_Urdaibai: <https://turismourdaibai.com/es/alojamientos/>

More information in the Travel/Accommodation link of the website with additional information on how to travel from Bilbao to the different venues of the Championships: Enkarterri-Balmaseda, Bermeo-Urdaibai and Getxo-Portugalete.

5/ AGE GROUP ATHLETES REGISTRATION PROCESS

- AG athletes will be registered through their National Federation by a designated AG Team Manager.
- AG athletes need to contact their [National Federation](#) for further information.
- In case an athlete is not able to get in touch with his/her National Federation, he/she should contact inscripciones@triathlon.org
- Any athlete who is participating in more than 1 event will need to be registered separately in each event by his/her NF.
- NFs are to collect the entry fees from athletes. No athlete can directly pay the LOC.

Registration process closes on the 31st of August.

6/ AG ENTRY FEES

Duathlon Elite, U23, Junior and Paratriathlon	150 €
Duathlon Age Group Standard	150 €
Duathlon Age Group Sprint	140 €
Cross Duathlon	90 €
Cross Triathlon	100 €
Aquathlon	70 €
Aquabike	180 €
Middle Distance	250 €

7/ OPEN ATHLETES SPECIFIC INFORMATION

There is no participation criteria, it is not necessary to be licensed and can compete with their own tri-suit.

The days and distances of the competitions coincide with those of the Age Groups.

8/ CAN I RACE IN MORE THAN ONE EVENTS?

Yes, as long as you comply with World Triathlon specifications.

There will be a discount if you decide to register for more than one event, as follows:

2 events	5%
3 events	10%
4 events	15%
5 events	20%

9/ IF I HAVE REGISTERED AND I CANNOT RACE, WILL I GET MY MONEY BACK?

Sorry, no.

10/ MY NATIONAL FEDERATION CANNOT HELP ME WITH REGISTRATION, CAN I REGISTER INDIVIDUALLY?

Please, send a mail to juancarlos.diez@triatlon.org and we will do our best to help you!

11/ COURSES

Already published on the web the following 6 courses:

- Duathlon
- Cross Duathlon
- Cross Triathlon
- Aquathlon
- MD Triathlon
- Aquabike

12/ SERVICES

The main service area will be in Bilbao - Paseo del Arenal with:

- Registration.
- Expo & Fan Zone.
- Information point.
- Cloakroom (for Duathlon, Aquabike & MD Triathlon).
- Recovery area
- Merchandising store.
- Lost and found.
- Mechanical service.
- Opening and closing ceremonies.
- Medal ceremonies.

The following services will be available at the different Events and venues (Enkarterri, Urdaibai and Getxo-Porgugalete):

- Information point.
- Cloackroom.
- Recovery area.
- Merchandising store.
- Lost and found.
- Mechanical services.
- Medal ceremonies.

We will update and complete this information in the following months.

13/ WHAT I WILL RECEIVE AT THE REGISTRATION?

At the registration, you need to show your Passport or ID, and after data verification, you will receive:

- Wristband
- Welcome package (only 1, in case you register for more than one event)

Additional, you will receive an envelope including:

- Bib number
- Stickers: helmet (x3), bike (x1), cloakroom (x1)
- Tattoo (x1), with the race number for the right arm
- Tattoo (x1), with the race number for the left leg
- Tattoo (x1), with the age group category for the calf
- Swim cap (Triathlon cross, Aquathlon, Aquabike and MD Triathlon)
- Bike plate (Duathlon Cross and Triathlon Cross)

14/ REGISTRATION SCHEDULE

Day	Hour	Competition
Friday 16th.	12:00 to 20:00	All events
Saturday 17th.	12:00 to 20:00	All events
Monday 19th.	12:00 to 20:00	All events
Wednesday 21st.	12:00 to 20:00	All events
Thursday 22nd.	12:00 to 20:00	All events
Friday 23rd.	12:00 to 20:00	All events

For all the competitions, the registration will be located in Bilbao-Arenal area.

15/ IF I AM FINISHER, WILL I RECEIVE ANY ADITIONAL GIFT?

All the Finishers will receive a "finisher" medal. All Finisher finishing any 5 of the 6 European Championships will receive the "Multisport Legend" trophy.

16/ WHERE THE ATHLETES BRIEFINGS WILL TAKE PLACE

More information to come.

17/ IS THERE GOING TO BE MASSAGE SERVICE?

More information to come.

18/ MEDAL ENGRAVING

Commemorate your achievement and engrave your Mane and Finisher time on your medal! You can book this service online at a cost of €10,00.- (we will advice the link to the website) or directly after crossing the finish line in the recovery area at a cost of €15,00.-

19/ BIKE COURSE FAMILIARIZATIONS

Yes. More information to come.

20/ THERE WILL BE CHANGING ROOMS AND SHOWERS?

Yes. More information to come.

21/ LOST AND FOUND OFFICES

There will be Lost & Found office in each of the venues and in the Bilbao-Arenal area.

22/ EXPO AREA

Located in the Bilbao-Arenal area along with the Fan Zone, Registration, Lost & Found Office, etc. Also there will be a small Expo area in each of the venues.

23/ THERE WILL BE LIVE TIMING OF THE EVENT?

Yes. More information to come.

24/ THERE WILL BE FREE PHOTOS OF THE EVENT?

Yes. All photos will be available in the Spanish Federation Flickr site:
<https://www.flickr.com/people/156730625@N06/>

25/ THERE WILL BE BIKE RENTAL?

Yes. <https://www.triatlonbilbaobizkaia2022.eus/servicios/alquiler-de-bicicletas/>

26/ THERE WILL BE WETSUIT RENTAL

More information to come.

27/ THERE WILL BE TECHNICAL BIKE SERVICE

Yes. More information to come.

28/ WHEN THE COURSES WILL BE MARKED?

We are planning to have the courses marked in advance. TBC the exact date.

29/ CAN I WEAR MY OWN TRISUIT?

- **Open category athletes:** you can wear your own tri suit.
- **Age Groups athletes in European Championships:** It is compulsory to wear the trisuit of your National Federation, the country you are representing.

Approved National Federation Age-Group Uniforms:

<https://drive.google.com/file/d/174oIFYZAwRM8bsF-y--gmfvDszNNdfZG/view>

30/ CAN BIKES GO ON TRAINS AND BUSES?

More information to come.

31/ TRAINING FACILITIES

You can find on this link the list of swimming pools and gyms in Balmaseda, Bermeo, Bilbao, Getxo and Portugalete:

<https://www.triatlonbilbaobizkaia2022.eus/servicios/piscinas-y-gimnasios>