

2025
Multisport World
Championships
Pontevedra



Sprint Duathlon

AGE GROUP



- Sprint Duathlon
- Standard Duathlon
- Cross Triathlon
- Cross Duathlon
- Aquathlon
- LD Triathlon
- Aquabike



Multisport
World Championships

PONTEVEDRA
2025

UPDATED INFORMATION

4. SCHEDULES – Time updates

19. AGE-GROUP SPRINT DUATHLON KEY DATES AND TIMES – no bike check in at 6:00

21. REGISTRATION AND RACE PACK DELIVERY – Time update

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the Athletes' briefing. Any updated version of this Guide will be identified by the version date (Vdd.mm).

Version V18.06

Welcome to the 2025 World Triathlon Multisport Festival in Pontevedra!

Dear friends,

It is with immense pleasure and excitement that I extend a warm welcome to you all for the 2025 World Triathlon Multisport Festival in Pontevedra, Spain!

From June 20th to 29th, Pontevedra will once again become the global epicenter of multisport, hosting what promises to be the most spectacular edition of the World Triathlon Multisport Championships to date. Having raised the bar with the memorable event in 2019 and then staging the 2023 World Triathlon Championship Finals, Pontevedra has proven its status as a world-class destination for our sport, and we are delighted to return.

This year, we anticipate a record-breaking event, with more than 3,000 athletes participating across six thrilling disciplines: Duathlon, Cross Triathlon, Cross Duathlon, Aquathlon, Aquabike, and Long-Distance Triathlon. The world-class courses, set against the breathtaking backdrop of Pontevedra, including the iconic Los Tirantes Bridge and the picturesque Lérez River, will provide an unforgettable and challenging race experience for everyone.

The Cross Triathlon and Cross Duathlon events at the Pontillón do Castro reservoir in Verducido, known for its natural beauty and optimal race conditions, will add another layer of excitement to this incredible festival of sport.

But the 2025 World Triathlon Multisport Festival is about more than just competition. Across ten days, Pontevedra will transform into a vibrant celebration of culture, music, and community, featuring live music, including a headline concert by Javier Gómez Noya's rock band, the Pontevedra Art Biennial, outdoor cultural events, guided tours, the Pride & Diversity Festival, a dedicated Championship Expo, and spectacular Opening and Closing Ceremonies.

I would like to express my sincere gratitude to the Spanish Federation, the city of Pontevedra, our dedicated sponsors, the tireless volunteers, and the entire staff whose unwavering commitment and dedication make this event possible. And of course, a heartfelt thank you to all the athletes and coaches, whose passion and dedication inspire us all.

We are confident that the 2025 World Triathlon Multisport Festival in Pontevedra will be an unforgettable experience for everyone involved. Get ready for an incredible ten days of sport, culture, and camaraderie!

Warm regards,

Antonio Arimany

World Triathlon President



Welcome Message from the President of the Spanish Triathlon Federation

Dear triathlon friends,

It is a true honor for me, as President of the Spanish Triathlon Federation, to welcome everyone joining us for this major international event: the 2025 Multisport World Championships in Pontevedra.

Pontevedra is, without a doubt, one of the great global capitals of triathlon. Over the past years, it has hosted top-level national and international events, becoming a benchmark for our sport thanks to its exceptional organizational capacity, strong institutional and community involvement, and a passion for triathlon that can be felt in every street, every volunteer, and every fan.

This city has seen the growth and success of legendary athletes like Javier Gómez Noya, who embodies everything our sport represents: effort, humility, and excellence. His legacy continues to inspire new generations and undoubtedly contributes to Pontevedra remaining a dream venue for athletes from all over the world.

Following the success of the 2023 World Triathlon Championship Finals, we return in 2025 with the Multisport World Championships — a competition that brings together thousands of athletes and supporters from multiple disciplines and corners of the globe. And it won't be the last time: we'll be back in 2026, reaffirming our ongoing commitment to sport, tourism, and the values that make triathlon a powerful tool for social transformation.

Thank you to the Pontevedra City Council, the Provincial Government, the Xunta de Galicia, World Triathlon, all partner institutions, and of course, the people of Pontevedra, who turn each edition into a celebration of sport and community.

To all athletes, coaches, teams, and fans: welcome. May you enjoy this unique experience in a city that has become an inseparable part of triathlon history.

With all my appreciation and gratitude,

José Hidalgo Martín

Spanish Triathlon Federation President



Welcome Message from the President of the FEGATRI (Federación Galega de Tríatlon e Péntatlon Moderno)

Dear friends, athletes and triathlon and sport lovers,

It is an honour for me to address you all on this special occasion and to welcome you once again to Pontevedra, a city committed to triathlon and multisport, and whose experience in organising high-level events will guarantee the success of this edition of the Triathlon Multisport Championships 2025. With its natural beauty, top-level circuits and a firm commitment to sustainability and culture, Pontevedra will be the epicentre of a sporting celebration of the highest level. This championship, which will combine historical and natural areas, will show the world the birthplace of great Galician triathletes and will take Galicia, its culture, its landscapes and its gastronomy to all corners of the world through its visitors.

On behalf of the Galician Triathlon Federation, we would like to thank all the institutions, sponsors, participants and volunteers who make this event possible for their trust and enthusiasm, without their effort, support and dedication it would not be possible. Likewise, we extend our gratitude to the spectators and fans who, with their warmth and enthusiasm will create a great atmosphere that will push our athletes to the top.

I invite you to enjoy this unique experience, where the spirit of competition, community and celebration come together in an incomparable setting. We are confident that this event will not only be a sporting success, but also an opportunity to share, learn and celebrate the passion for sport. Together, we will make this championship an event that inspires future generations and reaffirms our community's commitment to triathlon and sport.

See you in Pontevedra in 2025!

Javier Campos Peña

FEGATRI President



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1 GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event.

The LOC ensures that the information contained in this Guide is correct and up to date as of the production date.

However, athletes, coaches and Team Leaders are advised to check on the event website regarding any changes in information included in this guide.

1.2 KEY CONTACTS

Event Director:

Jorge García – jorge.garcia@triathlon.org

LOC Race Director:

Miguel Fernández

World Triathlon Team Leader:

Johanne Suss-Burckel – johanne.sussburckel@triathlon.org

World Triathlon Technical Delegates:

Carmen Gómez

Dirk Bogaert

Paula Maia

Peter Thygesen

Stéfane Mauris – stefane.mauris@triathlon.org

World Triathlon Head Referees:

Ross Capill

Mónica Flores

World Triathlon Medical Delegate:

Dr. Luis Alfonso Coira Nieto – luiscoiranieto@gmail.com

LOC Services Manager:

Raquel González – services@pontevedrda.triathlon.org

Anti-Doping Control:

Alicia García – alicia.garcia@triathlon.org

Travel, Accommodation and Transfers:

BCD Meetings and Events – triathlon@bcdme.es

2 ABOUT PONTEVEDRA

2.1 MAIN COMPETITION VENUE

The main competition is located close to the river Lérez, in the CGTD - Centro Galego de Tecnificación Deportiva (Galician High-Performance Center) for the Duathlon, Aquathlon, LD Triathlon and LD Aquabike events. [Link to maps](#).

Cross events will take place in the David Cal Sports Center in Verducido.

The EXPO area, along with the Registration and Race Pack delivery, will be at Plaza de España.

Age-Group Medal ceremonies will take place in Plaza de España, close to the EXPO area.

2.2 LOCAL WEATHER

In June daytime temperatures usually reach 20°C, falling to 10°C at night.

Check the local weather details [here](#).

2.3 WHERE TO GO AND VISIT

Pontevedra has numerous places of tourist interest to visit, as well as leisure, recreational and cultural activities.

For more information, visit the [Official Pontevedra Tourism](#) website, and follow the Council's official social networks, such as [Facebook](#) or [Instagram](#).

3 TRAVEL, TRANSPORT & ACCOMMODATION

The event Official Travel Agency is **BCD Meetings and Events**.

For all issues related to travel, transfers, car rental and accommodation contact:

triathlon@bcdme.es

3.1 VISA

If a Visa is required for your entrance to Spain, please mail all the required information to the Spanish Triathlon Federation at the following contact:

Lourdes López lourdes.lopez@triatlon.org

3.2 HOW TO ARRIVE TO PONTEVEDRA

For details and options on how to drive to Pontevedra, please visit our [website here](#).

For more details about airport transfers to Pontevedra, please visit our [website here](#).

3.3 GETTING AROUND PONTEVEDRA

For the inhabitants of Pontevedra, living in a car-free city is a reality. More than 70% of the urban journeys are made on foot or by bicycle and only three out of ten people who move around the city do so by car. Pontevedra is a city to walk around, to explore all its corners and get lost in the midst of its streets and squares. Park the car and walk!

On FOOT with Metrominuto

Pontevedra is the ideal city for walking, not only because of its size, but also because its urban model is designed by and for pedestrians, so attentive to non-motorised mobility that it has freed its main streets from traffic. In addition, the main urban itineraries are completely pedestrian, and most of them, with wide sidewalks. Enjoy the walking city on foot and use your own energy to move around it from one place to another. In Pontevedra they have designed this scheme taking the well-known aesthetics of this transport to make the [Metrominuto](#), or what amounts to a map with the pedestrian distances and the time it takes to travel them.

By BIKE

Pontevedra is mainly a pedestrian city, although vehicles are allowed on almost all streets, but only under certain conditions and depending on whether they are necessary or not.

There are almost no bicycle lanes, as bicycles are just another vehicle and have the right to circulate on the road with full respect for other vehicles such as cars and motorbikes.

Cycling is permitted throughout the city, with no restrictions other than those set out in the municipal regulations, which can be summarised as follows:

- It is forbidden to cycle on sidewalks.
- Bicycles are allowed to circulate on pedestrian streets, but with absolute respect for pedestrian traffic, adapting their speed to the pace of pedestrians and without harassing them or attracting their attention under any circumstances. Bear in mind that a large part of the streets in this city are for coexistence, without the constant presence of cars.
- The city's streets are adapted for bicycle traffic, as motor traffic is calm and the effective maximum speed on all streets is 30 km/h. There are numerous raised pedestrian crossings, allowing vehicles to avoid urban speeds.
- On carriageways/motorways shared with cars, bicycles are not allowed to cycle in the opposite direction.
- On roads, bicycles should not ride on the side of the road: they should occupy the centre of the road; cars should adapt to their speed.
- Cyclists are advised to adopt a positive, friendly and harmonious attitude towards other road users, whether drivers or pedestrians. Everyone, whatever means of transport they use, has the right to public space.

IN VEHICLE

All vehicles can enter the urban area of Pontevedra, regardless of their environmental label, without time restrictions or tolls, as long as they are necessary for the normal operation of the city. Practically the entire urban area of the city has been subject to traffic reduction measures for years, so it is an exception to the restriction on the entry of vehicles that applies to all municipalities with more than 50,000 inhabitants to improve air quality.

By TAXI

The city of Pontevedra has several taxi ranks in its main streets for those who decide to use this method of transport to move around the city and its surroundings. In addition, it has two taxi services you can call to pick you up wherever you are: [RadioTaxi](#), which you can access by the website or calling 986 86 85 85, or Teletaxi Pontevedra, whose number is 986 10 10 10.

All taxis in the city are officially identified, with authorisation from the City Council, and there is no other private transport service (VTC) in Pontevedra as the priority is still to travel on foot.

By BUS

The design of Pontevedra's urban bus is adjusted to the characteristics of the city model and, in this respect, one of the criteria applied is to keep the bus traffic out of the central core of Pontevedra, creating a perimeter from which any point in the centre can be reached without buses crossing the main streets and endangering pedestrian traffic. See [here](#) maps and rates.

3.4 WHERE TO PARK IN PONTEVEDRA

The pedestrian character of the city means that there are plenty of car-free streets.

Free parking is available at [various locations around the city](#), but close to the city centre.

There are also thousands of paid parking spaces scattered throughout the city.

Some central streets allow 15-minute, so-called 'service' stops for limited time. All hotels allow cars to enter - even if they are in pedestrian areas - to unload luggage and then take it to a suitable location.

3.5 LOCAL INFO ABOUT ACCOMMODATION

Pontevedra has an excellent and varied range of hotels for all tastes and price ranges, running from a national inn through to different types of hotels of different categories and ratings, pilgrim inns, hostels or tourist apartments and houses. More info [here](#).

The staff are friendly and always understand the needs of each guest, and you shouldn't have any problems with the language (most of the staff speak or defend themselves well in four languages: Galician, Spanish, Portuguese and English).

The city's inhabitants are used to dealing with visitors, so if you have any doubts, don't be afraid or embarrassed to ask anyone on the street about where to go, what to do or where to eat.

3.6 MOTORHOMES PARKING AREAS

There will be one motorhome parking area next to the CGTD venue. [Location here.](#)

They are free of charge and no booking necessary, the space will be occupied on a first come first served basis.

Motorhome/Caravan area

Calle José Malvar Figueroa, 46 36002 Pontevedra | +34 986 090 890

Services

- | | | |
|-----------------------------------|------------------------------------|---------------------|
| - Public area (urban environment) | - Open 365 days | - Restaurant / cafe |
| - Price: Free | - Overnight stay | - Shopping |
| - Number of places: 20 | - Drinking water | - Playground |
| - Authorised stay 72 hours | - Drainage of black and grey water | - Pets allowed |

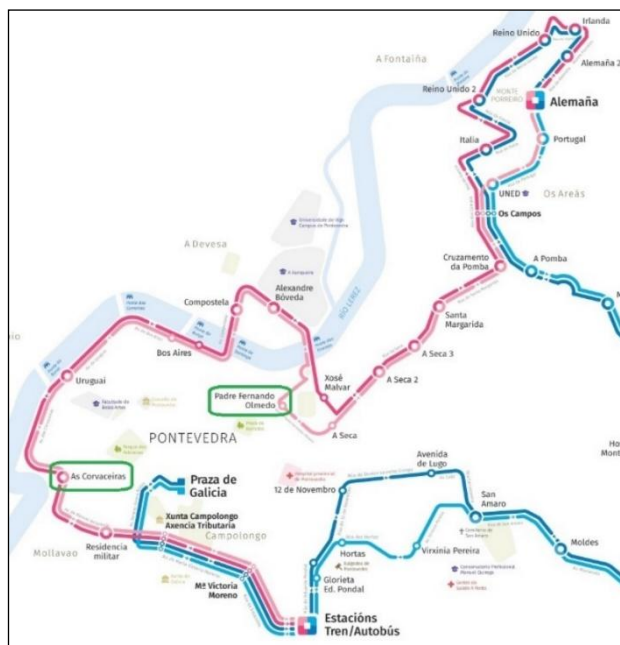
[Here more info and images.](#)

3.7 HOW TO ARRIVE TO THE VENUE IN PUBLIC TRANSPORT

You can reach both the **EXPO** at Plaza de España (stop "As Corvaceiras" and then about 7 minutes' walk) and the **CGTD** in Rúa Padre Fernando Olmedo (stop "Padre Fernando Olmedo") with the **Line 1** of the urban bus. Single ticket is €1,50.

IMPORTANT: On race days, bus schedules and routes can be modified and/or partially cancelled.

Pontevedra public transport website:
<https://pontevedra.gal/transporte-publico/>



3.8 HOW TO ARRIVE TO VERDUCIDO

The David Cal Kayak High Performance Center in Verducido is located about 12 kilometres north of Pontevedra.

The fastest route is via N-550 and PO-224 roads.

You can also arrive via EP-0011 road which, a quieter route which is we recommend if you go with your bike.

[How to arrive.](#)

3.9 WHERE TO PARK ON RACE DAYS?

PONTEVEDRA CGTD VENUE

Only the accredited Elite/U23, Junior and Paratriathlete official **National Teams** vehicles will be allowed to access and park in the competition venue (CGTD and surroundings) during race days.

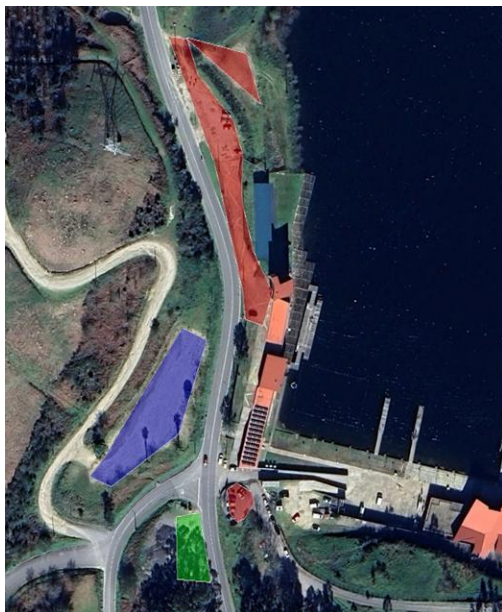
Contact: services@triathlon.pontevedra.org

For all others, please visit

<https://www.visit-pontevedra.com/en/prepare-trip/how-to-get-around/> for free and paid parking zones in Pontevedra city centre, outside the competition area.

Pontevedra is the ideal city for walking, not only because of its size, but also because its urban model is designed by and for pedestrians, so attentive to non-motorised mobility that it has freed its main streets from traffic. Park the car and walk!

FREE PARKING AREAS IN VERDUCIDO



Red Area	Parking is strictly forbidden.
Blue area	Tuesday 24: entry access until 11:30 - exit from 18:10 Thursday 26: entry access until 11:30 - exit from 17:20
Green area	Access until 11:30 – free exit (small space area)

4 SCHEDULES

The **2025 World Triathlon Multisport Championships Pontevedra** will take place from the 20th to the 29th of June 2025 with this [schedule](#).

4.1 RACE START TIMES

You can find all the updated schedule in our [website](#).

4.2 EXPO

The expo will be in next to Los Álamos beach, in the main venue. [Link to maps](#)

Thursday 19 th June	16:00 – 20:00
Friday 20 th June	11:00 – 19:00
Saturday 21 st June	11:00 – 19:00
Sunday 22 nd June	11:00 – 19:00
Monday 23 rd June	11:00 – 19:00
Tuesday 24 th June	11:00 – 19:00
Wednesday 25 th June	11:00 – 19:00
Thursday 26 th June	11:00 – 19:00
Friday 27 th June	11:00 – 19:00
Saturday 28 th June	11:00 – 19:00
Sunday 29 th June	11:00 – 19:00

Services at the Expo:

- Age-Group athletes Registration and Race Pack distribution.
- Lost & Found
- Concello de Pontevedra booth: event and city Information point.
- Booths from World Triathlon Anti-Doping Educational and Sustainability ECO CITY ECO EVENT - GOOD LOOP.
- Official event merchandising by [Austral](#) & official World Triathlon Merchandising.
- Institutional partners booths: Concello de Pontevedra, Diputación de Pontevedra, Xunta de Galicia.
- Booths from future World Triathlon Multisport World Championships host cities: Adu Dhabi 2026 and Edmonton 2027
- Brands/shops booth: TBC

4.3 BRIEFINGS

All the recorded briefings will be available at:

https://triathlon.org/about/downloads/category/race_briefings

5 MULTISPORT LEGEND

Multisport Legend is the proud title earned by any athlete that races and completes **five or more World Championships** races at the Multisport World Championships among Duathlon Sprint, Duathlon Standard, Cross Duathlon, Cross Triathlon, Aquathlon, LD Triathlon or Aquabike.

This title was awarded before to any athlete completing four events, but from 2023 it is awarded only to athletes completing five or more races. Multisport Legend is the proud title earned by any athlete that races and completes five or more World Championships races at the Multisport World Championships.

Train hard and complete at least five world championships races: Duathlon Sprint, Duathlon Standard, Cross Duathlon, Cross Triathlon, Aquathlon, LD Triathlon or Aquabike.

Multisport Legends will receive a special recognition at the closing ceremony at the end of the Multisport World Championships.

More info: <https://triathlon.org/agegroup>

Number of Multisport Legends in the last 5 Championships.

24

2024 Townsville Multisport
World Championship

15

2023 Ibiza Multisport World
Championships

6

2019 Pontevedra Multisport
World Championships

15

2018 Fyn Multisport World
Championships

6 VENUES

In the following link you can find all the locations for our event: [VENUES](#).

Points of interest



WHERE

CGTD - Centro Galego de Tecnificación Deportiva (Galician High-Performance Center)

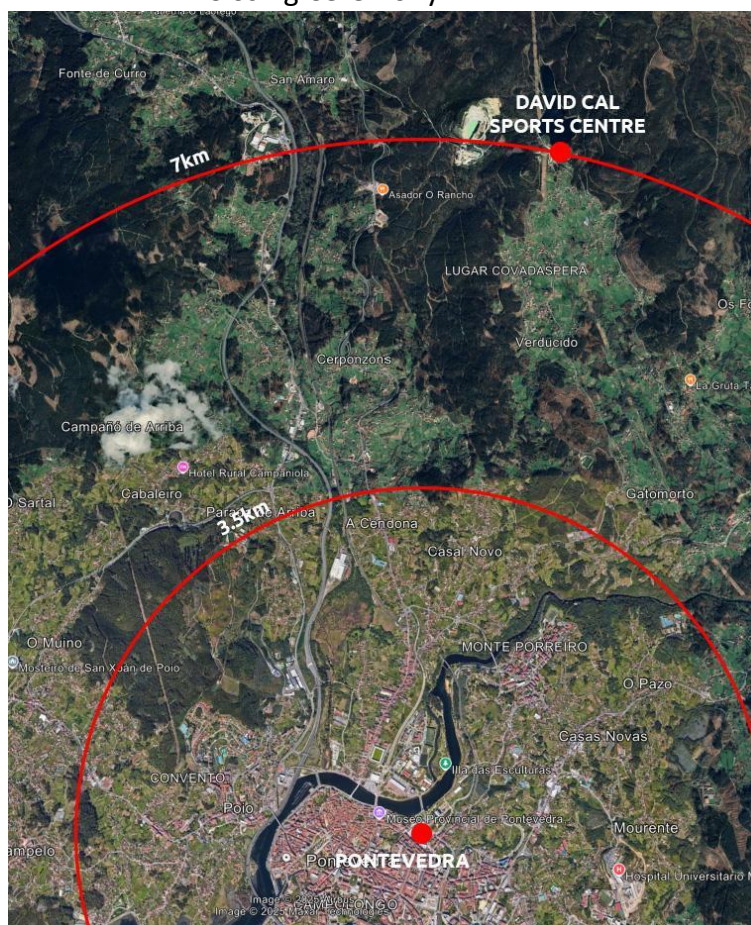
Buenos Aires Avenue, close to Tirantes bridge

WHAT

Competition Venue (Duathlon, Aquathlon and LD Triathlon/LD Aquabike, athletes' lounges, finish line and recovery area).
Transition Area (Age-Groups Duathlon, Aquathlon, LD Triathlon, LD Aquabike)

Swim starts (Aquathlon, LD Triathlon, LD Aquabike)

WHERE	WHAT
University Pavilion	Duathlon, Aquathlon and LD Triathlon/LD Aquabike: Age-groups bag drop-off and recovery area
David Cal Sports Center (Verducido)	Competition Venue (Cross Duathlon, Cross Triathlon, athletes lounges, finish line and recovery area)
Pazo da Cultura	Age-groups Team Manager briefings
Recinto Ferial de Pontevedra	Bike rental collection and drop-off point
Alameda (Plaza de España)	Expo, Fan Zone and Event Information & Beer Party Registration and Race Pack Distribution
Plaza Herrería (meeting point)	Parade of Nations
Plaza de España	Age-Group Award Ceremonies Opening Ceremony Closing Ceremony



6.1 COMPETITION VENUE

You can find all the information in the below links:

[Duathlon Elite](#)

[Cross Triathlon Junior & Para](#)

[Duathlon Junior](#)

[Cross Duathlon Elite & Age-Group](#)

[Elite & Junior 2x2 MR Duathlon](#)

[Cross Duathlon Junior & Para](#)

[Duathlon Para](#)

[Aquathlon](#)

[Sprint Duathlon Age-Group](#)

[Aquathlon Para](#)

[Standard Duathlon Age-Group](#)

[LD Triathlon](#)

[Cross Triathlon Elite & Age-Group](#)

[LD Aquabike](#)

Detailed information in each event Athletes Guide.

Duathlon, Aquathlon and LD Triathlon/Aquabike

The competition venue is located in the CGTD - Centro Galego de Tecnificación Deportiva (Galician High-Performance Center).

Services in the CGTD (Duathlon-Aquathlon-LD Triathlon/Aquabike)

- Athletes Lounges (Elite/U23 & Para)
- Mechanical service (on race day)
- Transition Area 2 (Elite/U23)
- Transition Area (Age-Group Duathlon/Aquathlon)
- Recovery area (Elite/U23, Para athletes)
- Medal ceremonies (Elite/U23, Para Athletes)
- Doping Control
- Finish Line GrandStand
- Lost and found (Elite/U23, Para Athletes)
- Chemical toilets

Services in the University Pavilion (Age-Groups Duathlon-Aquathlon-LD Triathlon/Aquabike)

- Showers
- Cloakroom (Age-Groups bag drop-off)
- Lost and found
- Recovery area
- Toilets

Cross Triathlon and Cross Duathlon

The competition venue will be the David Cal Sports Center in Verducido.

Services in David Cal Sports Center (Verducido)

- Athletes Lounges (Elite/U23 & Para)
- Cloakroom (Age-Groups bag drop-off)
- Mechanical service (on race day)
- Transition Area (Elite/U23)
- Transition Area I Age-Group
- Recovery area (Elite/U23, Para, AG Athletes)
- Doping Control
- Lost and found (Elite/U23, Para, AG Athletes)
- Chemical toilets

6.2 LOST&FOUND

There will be Lost & Found offices in the CGTD, in University Pavilion, David Cal Sports Center (Verducido) and in the Expo-Registration area.

6.3 PARADE OF NATIONS & OPENING CEREMONY

The NF's delegation's meeting point for the Parade of Nations will be Plaza Herreria at 18:00.

At 18:30 we will take a short 350 metres walk to Plaza de España where the Opening Ceremony will take place from 19:30.



The venue for the opening ceremony will be open to the public.

During the Opening Ceremony we will enjoy the performances of [Pablo Mendez](#) and the [Agrupación Folklórica Celme](#).

6.4 CLOSING CEREMONY

The Closing Ceremony will take place in Plaza de España at 21:30 after the Age-Group medal ceremonies.

The venue for the closing ceremony will be open to the public.

During the Opening Ceremony we will enjoy the spectacles of “[Broken Peach](#)” and Javier Gomez Noya’s “[Liorta](#)” band.

Exchange of National Team uniforms

It has always been a tradition that at the end of a European or World Championship, triathletes exchange their uniforms with athletes from other countries.

We retake this tradition in Pontevedra!

Take your National Team uniform to the Age-Group Medal Ceremonies and Closing Ceremony of the 2025 World Triathlon Multisport Championships Pontevedra and exchange it with the one you like from another country.

In addition to being fun, this action encourages cultural diversity and the circular economy (reuse and recycle) in the event, expanding the use of clothes that perhaps you were not going to use anymore.

6.5 PARALLEL ACTIVITIES

Find below the extensive [programme of parallel activities](#) that can be enjoyed by those who come to Pontevedra during the last ten days of June during the 2025 World Triathlon Multisport Championships Pontevedra.




Multisport
World Championships
PONTEVEDRA
2025

Day	Event	Location	Time	Description
Thursday 19th	Expo Open	Av. Montero Ríos	16:00	An exhibition with stands and booths for sales and information. Open daily from 11:00 to 19:00 until Sunday the 29th.
Friday 20th	Flag of Nations Parade	Between Plaza de Ferrería and Plaza de España	18:30	Athletes parade through Rúa Michelena with their Nation's flags, greeting the people of Pontevedra and visitors.
	Pablo Méndez Performances	Praza de España	19:45	A magical, dream-like arial spectacle of dance, music, and movement created exclusively for the 2025 Multisport Opening Ceremony
	Official Opening		20:30	Local and federation authorities officially launch the Multisport event.
	Patrick Warrener & Akazie	Praza da Peregrina	23:30	A music and light show by the French artist and Galician DJ, projected onto the façade of the Peregrina, to inaugurate the International Art Biennial of Pontevedra.
Saturday 21st	Purple concert	Praza da Peregrina	19:00	Pop-rock covers from the 80s and 90s with audience song requests
	Javier Lago concert	Praza de San Xosé	20:30	Emerging local pop music with an electric and vibrant live show.
	Marica Fair	Marescot Garden (Belas Artes)	10 - 21	LGTBIQ+ themed artisan and illustrated products
	Patrick Warrener	Praza da Peregrina	23:30	A music and light show by the French artist, projected onto the façade of the Peregrina.
Sunday 22nd	Green Hot Peppers concert	Praza de España	21:30	Tribute to Red Hot Chili Peppers. Energetic live performance with legendary hits.
	Patrick Warrener	Praza da Peregrina	23:30	A music and light show by the French artist, projected onto the façade of the Peregrina.

Monday 23rd	Zeltia Irevire concert	Parque Amalia Álvarez	20:00	World music in Galician language, where singer-songwriter's music blends with covers of Galician bands from the bravú era to the present day.
	Concert by the Traditional Music Workshop of UVigo	Praza de España	20:30	Nearly 100 performers take the stage to fuse classical music with traditional Galician instruments.
	La Mosca Valiente & El Indecente concert	Parque Amalia Álvarez	21:30	Indie-pop fusion by three Michelin-starred chefs/musicians including chef Pepe Solla
Tuesday 24th	DJ set by Certain People & N. Skillzz	Playground Store. Rúa Michelena, 38	18 h	Elegant electronic music from top local DJs
	DJ set by Arque DJ	Miller Vintage Running Club Rúa Peregrina, 6	18 h	Key figure in Senda, Pontevedra's electronic fest
Wednesday 25th	Cora concert	Praza de Compostela	20 h	Duo with pianos, guitars, synths; energetic singalong show
	Helena Egea concert	Praza de Ourense (Ferraria)	21:30 h	Blues band with covers from the 60s to today, plus original songs
Thursday 26th	Kris K DJ & Carlos Crespo set	Rei Zentolo, Rúa Peregrina, 2	18 h	Non-stop dancing with a fun vibe at Rei Zentolo
Friday 27th	Mondra concert	Praza de España	22 h	The great LGBT icon of the new Galician electronic music scene, inspired by traditional roots.
Saturday 28th	LGBT Pride	As Palmeiras	All afternoon	A diverse programme of music and activism.
Sunday 29th	Official Closing Ceremony		22:00 h	Farewell to a week of sports, festivities, and culture
	Liorta concert	Praza de España	22:30	Rock band of Javier Gómez Noya.
	Broken Peach concert		23:30	Rock-soul band. Covers with a fun and a personal twist
Pontevedra 32nd International Art Biennial		A powerful collective reflection on humanity and compassion through contemporary art. More than 60 artists from around the world present works exploring empathy and the pain of others. Museo de Pontevedra (Edificio Castelao) - Pontevedra Museum. Convento de Santa Clara - Santa Clara Convent. Ruins of Santo Domingo. Fine Arts Faculty. Manuel Moldes Foundation. RAC Foundation. Until 30th September		

Ambienta
Pontevedra
International LGBTQIA+
Film Festival, at the
Teatro Principal

See the program online

7 UNIFORM RULES

At the **2025 World Triathlon Multisport Championships Pontevedra**, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the World Triathlon Competition Rule Book.

Elite, U23, Para athletes click [HERE](#) to check the Approved National Federation Elite Multisport Uniforms. Please contact your NF if necessary.

For **Age-Group athletes** in World Triathlon Championship Finals it is compulsory to wear the trisuit of your National Federation, the country you are representing. Contact your NF if necessary, **there will be no exceptions**. Check [HERE](#) the approved NF's Age Group uniforms by World Triathlon.

If your uniform has a long front zipper, we remind you that the front zipper can be undone any length provided that (1) the zippers should be connected at the bottom of the uniform at all times, and (2) the top of the uniform should cover the shoulders at all times. The uniform should be fully zipped up in the last 100 metres before the finish line.

8 COMPETITION RULES

Standard procedures will be followed according to the [World Triathlon 2025 Competition Rules](#).

Click [HERE](#) to check World Triathlon Rules FAQ.

To clarify the rules, please contact the Head Referees.

KNOW THE RULES

All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

triathlon.org

WHAT IS DRAFTING and BLOCKING?

Drafting is taking shelter behind another athlete or motor vehicle during the bike leg to gain a competitive advantage.



BLUE card

Blocking is holding a position on the course which prevents an athlete behind from passing you.

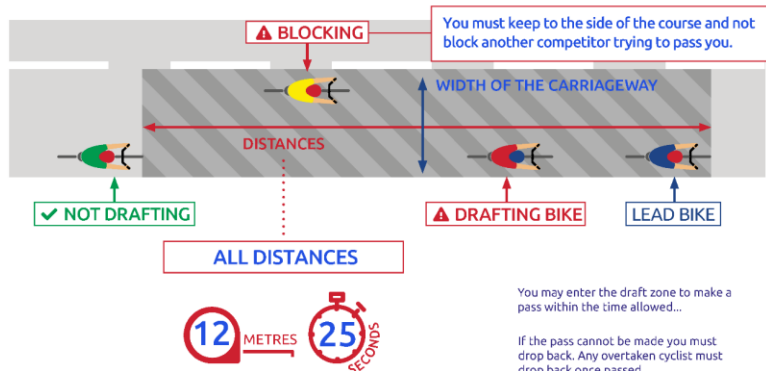


YELLOW card

Technical Officials do not have to provide a warning about drafting before issuing a time penalty.

Both infractions are sanctioned by a time penalty to be served in the next penalty box.

DRAFTING vs NOT DRAFTING vs BLOCKING



PENALTIES

	DRAFTING			BLOCKING
	1st offence	2nd offence	3rd offence	
SHORTER	30 sec*	DSQ*	n/a	5 sec
SPRINT & MIXED RELAY	30 sec*	DSQ*	n/a	10 sec
STANDARD	1 min	DSQ	n/a	15 sec
MIDDLE	2 min	2 min	DSQ	30 sec
LONG	3 min	3 min	DSQ	1 min

Time penalties must be served in the **next penalty box**.

* If the sprint event is draft legal, there are no drafting penalties.

OTHER VEHICLES



15 METRES



35 METRES

You must remain **15 m** behind motorcycles and **35 m** behind other vehicles to prevent drafting.

9 LIVE TIMING

Live results can be found on the following links:

Duathlon Sprint Age-Groups	https://live.event-timing.com/386
Duathlon Para	https://live.event-timing.com/387
Duathlon Junior	https://live.event-timing.com/388
Duathlon Elite/U23	https://live.event-timing.com/389
Duathlon Standard Age-Groups	https://live.event-timing.com/390
Duathlon Mixed Relay	https://live.event-timing.com/391
Triathlon Cross	https://live.event-timing.com/392
Duathlon Cross	https://live.event-timing.com/393
Aquathlon AG	https://live.event-timing.com/394
Aquathlon Elite/U23/Junior/Para	https://live.event-timing.com/395
LD Triathlon / LD Aquabike	https://live.event-timing.com/396

10 TELEVISION BROADCAST

Duathlon and LD Triathlon Elite/U23 Men and Women races will be live on [RTVEPLAY](https://www.rtveplay.es/) and on [Triathlonlive.tv](https://www.triathlonlive.tv/).

11 OFFICIAL RESULTS

Official results can be found on the following links:

Duathlon

<https://triathlon.org/events/2025-world-triathlon-duathlon-championships-pontevedra/results>

Triathlon Cross

<https://triathlon.org/events/2025-world-triathlon-cross-triathlon-championships-pontevedra/results>

Duathlon Cross

<https://triathlon.org/events/2025-world-triathlon-cross-duathlon-championships-pontevedra/results>

Aquathlon

<https://triathlon.org/events/2025-world-triathlon-aquathlon-championships-pontevedra/results>

LD Triathlon

<https://triathlon.org/events/2025-world-triathlon-long-distance-championships-pontevedra/results>

LD Aquabike

<https://triathlon.org/events/2025-world-triathlon-long-distance-aquabike-championships-pontevedra/results>

12 ATHLETES SERVICES

12.1 SWIM TRAINING FACILITIES ELITE-U23-JUNIOR-PARA ATHLETES

Rías do Sur Sports Centre

Address: Rúa dos Matos s/n (Ponte Muiños), 36153 Pontevedra

Telephone: 986 85 21 89

Email: info@fundacionriasdosur.com

Free access for Elite-U23-Junior-Para athletes and NF staff. Control at facility entrance with athletes start lists & team managers-coaches list.

4 lanes in the 25 mts. pool and 2 lanes in the 50 mts. pool. No bookings. The use of the specific lanes for Elite/U23/junior/Para athletes will be on **first come first served basis; and shared with others National Teams**.

Schedule 25 mts. pool: Monday 23 to Friday 27: 06:30-23:00 / Saturday 28: 09:00-20:30

Schedule 50 mts. pool: Monday 23 to Friday 27: 13:00-23:00 / Saturday 28: 09:00-20:30

Transport: Radio Taxi Pontevedra (+34) 986 868 585 or bus from Pontevedra (Plaza de Galicia) towards Marín and stop at Ponte Muiños (500 metres walking distance).

12.2 SWIM TRAINING FACILITIES AGE-GROUP ATHLETES

PONTEVEDRA

Rías do Sur Sports Complex

Address: Rúa Ponte Muiños s/n, 36153 Pontevedra

Telephone: 986 85 21 89

Email: info@fundacionriasdosur.com

Special price for Multisport athletes for the swimming pool: 3,60€ (normal access: 5,50€).

Access only with Multisport Triathlon World Championships wristband- accreditation, bib number or, if not carrying it, proof of registration in the Multisport Championships printed.

25-metre pool (in a 50-metre facility) with the possibility of having 50-metre lanes (depending on the usual sports training), spa and gym. No reserved lanes, shared with other users.

Schedule:

Monday to Friday: 06:30-23:00

Saturdays: 09:00-21:00

Sundays: 09:00-14:00

PONTEVEDRA

Piscina Municipal de Pontevedra (Be One Campolongo)

Address: Praza da Constitución s/n, 36001 Pontevedra

Contact phone: (+34) 986 863 855

Contact email: campolongo@beone.es

Special Multisport prices between from 15th to 30th June (bring your wristband- accreditation, bib number or, if not carrying it, proof of registration in the Multisport Championships printed.):

- Individual day entry for Age-Groups: 6,15€
- Multisport Pass: 20,87€ (unlimited entries)

25 meters indoor swimming pool (6 lanes). No reserved lanes, shared with other users.

Swimming lane rental: 45 minutes (between 11:30 and 16:30): € 20,87 per lane.

Schedule:

Monday to Thursday: 06:45–23:15

Friday: 06:45–22:45

Saturday: 09:00–20:45

Sunday: 09:00–13:45

SANXENXO

Piscina Municipal de Portonovo

Address: Campo de Baltar s/n, 36979 Sanxenxo

Contact phone: (+34) 986 720 100

Contact email: info@sanxenxo.org

Individual day entry: 4,00€ (access to swimming pool and gym)

25 meters indoor swimming pool (6 lanes). No reserved lanes, shared with other users.

Schedule:

Monday to Friday: 07:45–14:30 / 16:00–23:00

Saturday: 09:30–14:00

Sunday: 10:00–14:00

VIGO

Piscina Municipal do Carme

Address: Rúa do Carme, 36210 Vigo

Tel.: (+34) 986 295 444

Individual single ticket: 3,25€

Training facilities: 25 mts. indoor pool (6 lanes). No reserved lanes, shared with other users.

Schedule:

Monday to Friday: 07:00–23:15

Saturday: 08:00–21:00

Sunday: 09:00–20:30

12.3 OFFICIAL MERCHANDISING

Find a selection of the **2025 World Triathlon Multisport Championships Pontevedra** merchandising (T-Shirts, sweaters, caps, shorts, bike wear, etc.) from Thursday the 19th till Sunday the 29th June in the Austral booth at the EXPO.

Check also with TRIBE the official merchandise from World Triathlon.

12.4 PROFESSIONAL RACE PHOTOS

FinisherPix is the official photographer of the **2025 World Triathlon Multisport Championships Pontevedra** and will be there to commemorate your race.

Pre-order your photos now and save up to 40%! Don't forget to smile when you cross the finish line!

Duathlon World Championships (Sprint): www.finisherpix.com/en/event/9446

Duathlon World Championships (Standard): <http://www.finisherpix.com/en/event/9448>

Cross Triathlon World Championships: <http://www.finisherpix.com/en/event/9450>

Cross Duathlon World Championships: <https://www.finisherpix.com/en/event/9452>

Aquathlon World Championships: <https://www.finisherpix.com/en/event/9454>

LD Triathlon & Aquabike World Championships: <https://www.finisherpix.com/en/event/9456>

Athlete questions: please contact FinisherPix at support@finisherpix.com

12.5 AGE GROUPS VIRTUALBIKE COURSES BY BKOOL

BKOOL is the indoor cycling simulator that helps you reach your goals. Take your indoor cycling training to the next level.

Find below the available virtual routes for the 2025 World Triathlon Multisport Championships Pontevedra:

Duathlon ELITE/U23, JUNIOR (3D + Map) 6,0K	https://my.bkool.com/profile/detail/20197360
Duathlon AG Sprint / AG Standard (Map) 19,8K	https://my.bkool.com/profile/detail/20197369
Duathlon PARA (Map) 4,7K	https://my.bkool.com/profile/detail/20197363
Duathlon 2X2 MIXED RELAY (Map) 5,9K	https://my.bkool.com/profile/detail/20197358

Cross Duathlon ELITE, AGE GROUPS / Cross Triathlon JUNIOR, PARA (3D + Map) 11,4K	https://my.bkool.com/profile/detail/20197349
Cross Triathlon ELITE, AGE GROUPS / Cross Duathlon JUNIOR, PARA (Map) 14,5K	https://my.bkool.com/profile/detail/20197350
LD Triathlon / LD Aquabike (Map) 40,2K	https://my.bkool.com/profile/detail/20197367

Special offer for new users!

Get one 1 month FREE and after that, a 20% discount on the annual subscription to BKOOOL by clicking in this link: <https://www.bkool.com/en/promocion/fetri>

12.6 BIKE RENTAL

To rent your bike for Pontevedra, please contact our partners below:

FBR/Premium Bike Rentals

<https://www.francebikerentals.com/event/world-triathlon-multisport-championship-pontevedra/>

Contact: info-reservations@francebikerentals.com

EASY TOURS

<https://www.easy-tours.de/>

Contact: info@easy-tours.de

The **bike rental delivery/return** point will be in Recinto Ferial de Pontevedra next to the Pazo da Cultura.

Also locally:

NEWBIKES Portonovo

Carretera A Lanzada 46, 36970 Portonovo

Phone: +34 986 173 581 / +34 669 847 619

Website: <https://newbikes.es/categoria-producto/alquiler-de-bicicletas/>

Email: info@newbikes.es

TODO BICI SANXENXO

Progreso 98, 36960 Sanxenxo (Pontevedra)

Phone: +34 986 720 916

Website: <https://todobicisanxenxo.com/>

Email: todobicisanxenxo@hotmail.com

MVICO Bike Experience

Av. Atlántida 106, 36208 Vigo

Phone: +34 699 546 913 (English)

Website: <https://mvico.es/en/home/>

Email: info@mvico.es

12.7 OFFICAL BIKE SHOP

The 2025 World Triathlon Multisport Championships Pontevedra official bike shop is **Moto Bike Pontevedra** which is located in Camiño Vello de Castilla 4, 36001 Pontevedra, close to the CGTD venue, here.

Contact phone: (+34) 986 864 419

Contact email: info@motobikepontevedra.com

Opening hours:

Monday: 10:00–13:30 / 17:00–20:30

Tuesday: 10:00–13:30 / 17:00–20:30

Wednesday: 10:00–13:30 / 17:00–20:30

Thursday: 10:00–13:30 / 17:00–20:30

Friday: 10:00–13:30 / 17:00–20:30

Saturday: 10:00–13:30

12.8 BIKE TECHNICAL SERVICE

The official bike shop Moto Bike Pontevedra will provide the bike technical assistance during the event.

Additionally, next to the Transition Area we will have a [Scandic ONBIZI bike repair station](#) free to use for the athletes.

Note that this technical service is only for emergency cases. All athletes must bring their bikes in perfect racing conditions.

Terms for Elite/U23, Junior and Para athletes: will be charged only for parts.

Terms for Age Group athletes: will be charged for parts and labor at store rate.

12.9 PHYSIOTHERAPY

Physiotherapy service for athletes on competition days (Standard Duathlon and Long Distance Triathlon/Aquabike).

In the University Pavilion there will be free, post-competition, physiotherapy assistance service in the Standard Duathlon (4 physiotherapists) and Long Distance Triathlon/Aquabike (6 physiotherapists) competitions.

It will be available on a first-come, first-served basis without prior booking. This recovery service will not be available for the rest of the competitions.

Physiotherapy services in Pontevedra and Vigo areas.

In order to favour the recovery or treatment of pathologies before, during and after the competition, you can find below clinics and collegiate health professionals in Pontevedra area and Vigo.

PONTEVEDRA

Clinicas ON - Santiago Chain (col. member number 2230): +34 680347563

Clinicas ON - Xoan Velazquez (col. member number 2577): +34 618947854

Studio Pilates Fisioterapia: +34 986 869085 (* Home physiotherapy service)

Fisionova Pontevedra: +34 886208765 / +34 698185332 (* Home physiotherapy service) / fisionova@gmail.com

VIGO

Alicia Pérez (col. member number 952): +34 698129762

Pablo Lourido (col. member number 2540): +34 687002426

Saúdesport: +34 662541924 (* Home physiotherapy service)

Saúde Fisioterapia - Alba Gallego Salinas (col. member number 2320): +34 604030071

Fix63 - Alvaro Muzas Fernandez (col. member number 3226): +34 661437104

Fix63 - Eva Cid Guede (col. member number): +34 661437104

* Home physiotherapy service

Service on demand. You need to contact directly with the professional, agree tariff, schedule an appointment with him/her and make the payment and invoicing directly to the professional.

Below, we also leave you the following links where the clinics and physiotherapy centres of the mentioned cities are detailed, for any other need: (the cost will be the one corresponding to the tariff of each centre).

[Pontevedra](#)

[Cangas](#)

[Caldas](#)

[Sanxenxo](#)

[Moaña](#)

[Portonovo](#)

[Vigo](#)

[Marín](#)

[Poio](#)

12.10 MEDICAL SERVICES – INSURANCE

There will be First Aid and Emergency Medical Services for basic medical assistance at the transition areas and finish line on competition days. Medical and Paramedical personnel will be available throughout the racecourses. Several ambulances will be available to provide evacuations to Pontevedra hospitals (*).

IMPORTANT: Foreign Athletes / NF Teams are responsible for their own insurances and should make sure that they have appropriate medical and civil liability insurance.

Emergency telephone number: 112

(*) Reference hospital: Hospital Quironsalud Pontevedra

Emergency vital evacuations: Hospital Universitario Montecelo

12.11 WOMENS' ATHLETES SERVICES

This championship has an integration policy for women and the actions that will be implemented at this moment are the following:

Support and safety

- No tolerance policy for harassment of any kind (includes participants, all event volunteers and staff)
- Penalise aggressive riding -> enforced by Technical Officials
- Support for slower finishers

Facilities

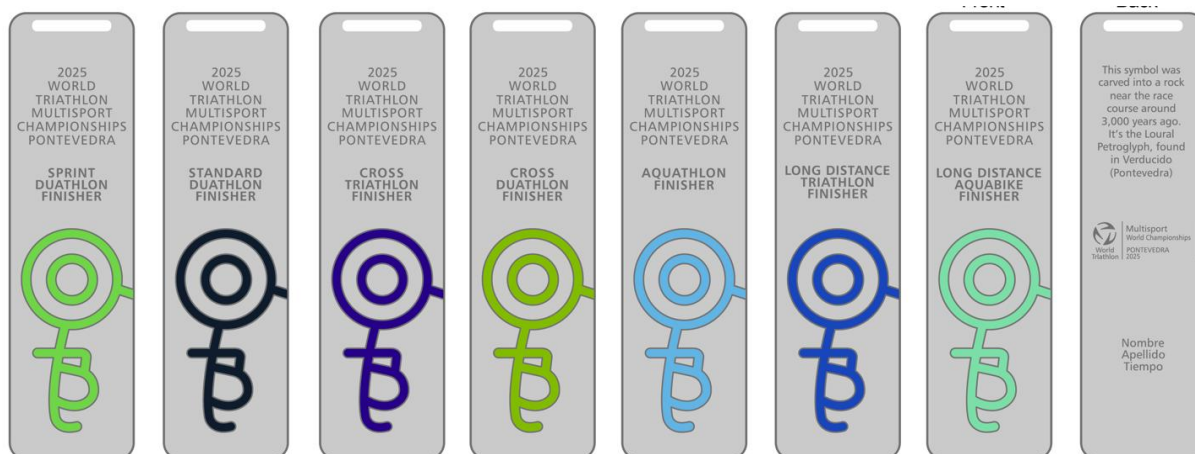
- Breastfeeding rooms are available on the circuit: CGTD and Expo Zone.
- Information on nursery services of private centres.
- Propose private changing rooms and toilets just for women.: CGTD, University Pavilion and Pontillón do Castro.
- If necessary, feminine hygiene products are available: Expo Zone Sustainability Stand, CGTD Information Point.

12.12 FINISHER MEDAL



Perhaps three or four thousand years ago, someone wanted to say something by carving a symbol on a stone in Verducido, close to where this year's Cross Triathlon & Cross Duathlon World Championships will take place. Very close to that stone, dozens of the world's best cross triathletes and cross duathletes will carry among their memories a symbol of the millenary Atlantic civilisation of the Bronze Age.

A symbol created from the shapes of the [Petroglyph do Loural](#), which is still standing on a stone near the circuit, will serve to personalise the 2025 World Triathlon Multisport Championships Pontevedra finisher medal.



13 VOLUNTEERS

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Around 500 volunteers will help with different aspects of the event's organisation such as supporting administration tasks and TOs, helping with protocol issues, access control and management, athletes' and spectators' support etc. This is a unique opportunity to enjoy the sports event from within the organisation, to meet athletes from all over the world and be involved in endless exciting aspects related to our 2023 World Triathlon Championship Finals Pontevedra!

Join us to organise the most important sporting event in recent years in Pontevedra. Anyone over the age of 16 who wishes to be part of this great team is welcome! We only ask you to give us some of your time and to be willing to help out! For more information visit <https://pontevedra.triathlon.org/en/volunteers/>

Be part of an unforgettable experience! We encourage you to say THANK YOU to them (Volunteers and Officials) whenever possible. Without them, this event would not be possible!

14 MEDIA ACCREDITATION

For information or media requests you can contact:

Daniel Márquez (+34) 650646102 – daniel.marquez@triathlon.org

Click on this [link](#) to request registration as accredited Media of the 2025 World Triathlon Multisport Championships Pontevedra.

To collect the accreditation, it will be necessary to present DNI, passport and/or the card of the journalist of the media.

Additionally, Media can access **World Triathlon** imagery and athlete profiles by registering for a World Triathlon Media Centre account by clicking [here](#).

15 DOPING CONTROL

As a World Triathlon Age-Group athlete going to a World Championships, you are subject to Doping Control.

If you get selected for Doping Control someone will approach you and notify you that you have been selected for Doping Control. This could be done even before your race. For example, after you pick up your registration package or check in your bicycle into the transition area. The Doping Control Officer and/or Chaperone will explain the procedure to you, but you should be aware that you have certain rights and responsibilities.

You have the right to:

- Nominate a representative of your choice to accompany you to Doping Control.
- Arrange an interpreter (if required).
- Request additional information about the Doping Control Procedure.
- Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical attention, locate a representative or fulfill a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone).
- Request necessary modifications if you have a disability.
- Note any concerns with the Doping Control Process on the Doping Control Form.
- In case of a positive finding in your Sample A, you have the right to request part 'B' of your sample be analysed to confirm a positive result and a fair hearing in accordance with the World Anti-Doping Code.

Your responsibilities include:

- Be aware of, and comply with, the World Anti-Doping Code and the World Triathlon Anti-Doping Rules.
- Be aware of which substances are not allowed as they are on the Prohibited List.
- Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance on the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check those out before the event. As an Age-Group athlete you may apply for a retroactive TUE but it is not guaranteed so you may want to request one no later than 30 days prior to racing. You can find here the [TUE Form](#). If you want to apply for a TUE, please filled the form and send it to your National Anti-Doping Agency.
- After being notified for a doping test, to report to the Doping Control Station immediately or within the required time specified by the Doping Control Officer or the Chaperone.
- Control your sample until it is sealed in the sample collection kit.
- Ensure the sealed sample collection kit is secure and identified; and
- Ensure all appropriate documentation is accurate.

You must have photo identification to take with you to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation Age-Group Team manager's phone number so that you can let them know that you have been selected for Doping Control.

We encourage you to complete the Anti-Doping Education course on our e-learning platform. You will be able to learn more about the Anti-Doping Rules! Click on this [link](#) to access it.

If you have any questions about anti-doping, you **should visit the World Triathlon Anti-Doping booth at the EXPO** where volunteers will answer any of your questions.

You can check out the Age-Group Anti-Doping section on:

https://triathlon.org/agegroup/anti_doping.

If you have any questions, you can ask at World Triathlon Anti-Doping Manager:

Jeanne.courbe@triathlon.org

16 CYCLING SAFETY

PERSONAL SAFETY

Prior to departure, please make sure your closest back home knows where you are and what to do if something bad happens (hopefully not!). As for those who come with you to Pontevedra, friends and relatives, they should also know what to do and who to contact back home in case of an accident, for example.

Cycling the city: on the road, please ride always in single files. Cyclists must abide by traffic regulations and rules on the road. Be aware! Your cycling training is at your own risk.

These are some aspects to be considered regarding road rules for cyclists:

BEFORE STARTING YOUR RIDE ON THE ROAD

Look backwards to check there are no other vehicles coming along or that they are faraway.

It is also compulsory to signal your future movements to other road users (motorists, pedestrians, etc.) by extending your arm, horizontally, at the level of the shoulder.

WHEN RIDING IN THE CITY

Please, ride as close to the right side of the road as possible to allow other motorists to overtake.

If you cycle in a group, you can cycle two abreast but never more.

In case of bad weather, poor visibility or traffic congestions, ride in single files.

RIGHT OF WAY OF CYCLISTS

If riding along a cycle path, a crossing for cyclists or a properly signalled shoulder, cyclists have right of way in detriment of other motorists.

Cyclists also have right of way when the motor vehicle about to take a turn, to the right or the left, aims to enter another carriageway and the cyclist is very near or when cyclists are riding in a group and the leader has initiated the manoeuvre to cross or has entered in a roundabout.

CYCLISTS HAVE TO YIELD THE RIGHT OF WAY

Before a signalled zebra crossing or just before turning to enter another lane and there are pedestrians crossing, even if there is no zebra crossing, cyclists must yield the right of way to pedestrians and oncoming traffic.

WHEN APPROACHING A CROSSING OR A JUNCTION

Right of way will always be verified, respecting the signposting: a police officer with the arm vertically raised or with the arm or arms extended.

Also, when you see a traffic light sign or signal, for example the red light or the non-flashing yellow light at the traffic lights, unless the cyclist is so close of the place where he/she is meant to stop and, thus, he/she cannot stop safely before the traffic lights. Or also before a stop sign where the cyclist must stop, or before a vertical yield sign if other motorists or pedestrians have right of way.



IF YOU NEED TO STOP OR MAKE A SUDDEN STOP

Hand signals must be used to warn the other road users by lifting your arm, up and down alternatively, making short and fast movements.

RIGHT TURN

Please keep to the right of the carriageway and check whether it is safe to turn right (check the position of other motorists on the road); give an appropriate arm signal when you wish to turn (early enough and with the right arm bent upwards and the palm outstretched), or else, with the right arm horizontally and the palm outstretched downwards.



LEFT TURN

ONE-WAY STREET: keep as close to the left edge of the street as possible and give an appropriate arm signal early enough (the left arm horizontally extended at the level of the shoulder, the hand outstretched downwards, or the right arm bent upwards, and the palm outstretched).



DOUBLE-WAY STREET: respect the centre line or median, and if there isn't any, bear in mind the axis of the carriageway. Never swerve into the opposite lane (oncoming traffic).

A LANE HAS BEEN ADAPTED FOR THIS TURN: either urban or inter-urban, riders must take this lane, ASAP, and turn when traffic signalling allows it.

THE INTER-URBAN CARRIAGE HAS NO ADAPTED LANE: to take a left turn, riders must keep to the right, outside the carriageway if possible, and from this position take the turn left when it is safe to do so.

WHEN RIDING ALONG INTERCITY/URBAN LANES

Use ALWAYS cycle lanes and cycle paths if they are available. They will mostly be signposted.

If there are no cycle lanes and/or cycle paths, keep to the right side (hard shoulder) of the road when practicable and/or wide enough, otherwise, just cycle on the carriageway but do not take more room than needed.

Cyclists can only leave the hard shoulder in a prolonged descent with curve if it is safe to do so.

OVERTAKING

Before overtaking, please make sure:

- The road is sufficiently clear ahead (no oncoming traffic or too far away)
- There is a suitable gap in front of the road user you plan to overtake

Overtake only when it is safe and legal to do so. You should:

- Not get too close to the vehicle you intend to overtake
- Move quickly past the vehicle you are overtaking once you have started to overtake. Allow plenty of room. Move back to the right as soon as you can but do not cut in.
- Give motorcyclists, cyclists and horse riders at least as much room as you would when overtaking a car

Please, warn other road users early enough and check there is plenty of room to overtake without putting in danger oncoming motorists. The law when overtaking: 1.5m is a minimum safe distance for overtaking in slow moving traffic. If you cannot allow the minimum distance, do not overtake until you can! SAFETY COMES FIRST!

It is not considered “overtaking” when a cyclist overtakes another cyclist when riding in a group.

RIDING ON MOTORWAYS AND/OR HIGHWAYS

As a general rule, cyclists are banned from riding on motorways and/or highways. SAFETY COMES FIRST!

Ride the course: we recommend you ride the competition course (when possible) to become more familiar with it!

<https://www.dgt.es/muevete-con-seguridad/viaja-seguro/en-bicicleta>

<https://www.dgt.es/comunicacion/noticias/20-normas-que-todo-ciclista-debe-conocer/>

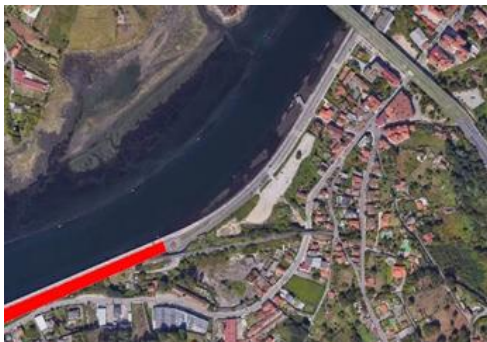
17 ROAD SECTION FORBIDDEN TO CYCLISTS

On non-competition days, on the way to the turnaround in Estribela, there is a section (red line) of the LD Triathlon/Aquabike bike course that is forbidden to cyclists.





From this roundabout you cannot enter the motorway E-1 AP-9 Vigo Santiago.



The fine can be 500,00€.

18 SUSTAINABILITY AND ACCESSIBILITY

The **2025 World Triathlon Multisport Championships Pontevedra 2025** has designed a sustainability strategy, and the main objective is to prevent negative impacts, move towards a more sustainable model and align with the Sustainable Development Goals of the 2030 Agenda.

Other **sustainability objectives** are:

- ✓ Combat climate change.
- ✓ Reduce the water and ecological footprint.
- ✓ Apply circular economy principles: redesign, rethink, reduce, reuse, repair and recycle.
- ✓ Promote responsible consumption and strengthen the local economy.

- ✓ Promote health and social integration through sport.

How can you help? Participate with the following actions:

- Say no to single-use plastic! help us reduce plastics and come with your reusable bottle to drink during your stay and workouts.
- In the race, collaborate with the recycling, throw the bottles into the collection bin, it is signposted!
- Let's reuse cups! Throw the cups into the collection bin, it's signposted!
- Give your equipment a second life! in the Expo Zone there will be a space where you can deposit your unused clothes and sneakers to donate to those who need it most.
- Different countries, different colours! A good memory of these finals can be to exchange your shirt with other athletes of different origins in the Closing Ceremony!
- Have you already listened to any of the songs from the Spotify playlist that has been brewing before and during the event?

Remember that in these finals there are different **breastfeeding areas** adapted to the needs of mothers and fathers with babies who need it, combining sport and maternity and paternity is possible in these finals.

Be sustainable, you can give up the athlete's gift, avoid accumulating products that you are not going to use. You can deliver these products to the sustainability stand in the EXPO ZONE area, there is a collection container for unused sports products for social or sports entities.

Find out more about services for women athletes in the sustainability section of the website.

You can also:

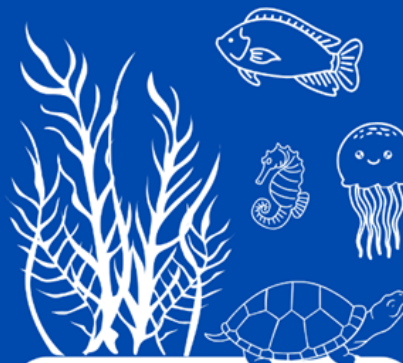
- Let's take care of the **aquatic environment** together! Remember that in these finals we strongly recommend to use the use of water-friendly sunscreen creams.



The greatest
ECOLOGICAL IMPACTS
of sunscreen creams
on the environment
occur when they are
diluted in **WATER**

**EFFECTS OF CHEMICALS
ON AQUATIC BIODIVERSITY**

- They can influence the growth of living beings
- They can cause malformations
- They can reduce fertility and therefore reproduction
- They can accumulate in the tissues and be transferred to offspring
- They can damage the immune and reproductive systems



**AVOID CREAMS
THAT CONTAIN CHEMICALS
THAT CAN BE HARMFUL
FOR AQUATIC LIFE**

3-Benzylidene camphor,
4-Methylbenzylidene camphor, Benzophenone-1,
Benzophenone-8, nano-Titanium dioxide,
nano-Zinc oxide, Oxybenzone, Octinoxate,
Octocrylene, OD-PABA,



PROTECT YOUR SKIN AND THE ENVIRONMENT



- Protect your skin from sunlight every day, even on cloudy days!
- In situations where your skin is directly exposed to the sun, it's best to use a Sun Protection Factor (SPF) of 50 or 50+.
- Apply sunscreen well in advance of sun exposure, at least half an hour beforehand, and repeat this process every two to three hours.
- Take your protection to the next level by always opting for creams that are respectful of the environment and aquatic life!



TOGETHER AGAINST CANCER!



- Smoke-free space! remember that the event is a space where smoking is not allowed, and that cigarette butts contaminate the soil and the species that live in it. Take care of your health and the environment. Smoking causes cancer.

ABOUT CIGARETTE BUTTS...




- They can take more than 25 years to decompose in the natural environment
- They release thousands of microplastics into the water as they deteriorate
- A single one contaminates 10 liters of seawater and 50 liters of freshwater
- They are the most common type of waste on the planet's public roads
- They are one of the direct causes of many forest fires
- They are one of the most common types of waste on beaches
- Wind, rain, and storm drains carry them to the sea



EFFECTS OF CIGARETTES' BUTTIONS ON BIODIVERSITY

- They cause poisoning in earthworms and other soil organisms
- They can bioaccumulate substances in crustaceans, fish, and mollusks
- They can alter the genetic material of aquatic organisms
- They can be transmitted throughout the food chain
- They appear in the stomachs of fish, birds, and turtles




THEY CONTAIN THOUSANDS OF TOXIC AND POLLUTING SUBSTANCES...

Acetic acid, Tar, Ammonia, Arsenic, Benzene, Cadmium, Cyanide, Copper, Ethylbenzene, Methanol, Mercury, Nicotine, Lead, Toluene, Xylene, Zinc...





MORE THAN 5 TRILLION CIGARETTE BUTTS ARE THROWN DIRECTLY ONTO THE GROUND AROUND THE PLANET EVERY YEAR!



PROTECT YOUR HEALTH AND THE ENVIRONMENT




- Did you know that one in three cases of cancer (lung, larynx, bladder, esophagus, stomach, mouth, liver, pancreas, etc.) is related to tobacco? **DON'T SMOKE!**
- Tobacco is responsible for 30% of cancer deaths.
- Tobacco smoke contains more than 70 cancer-causing chemicals.
- Also, say no to cigarette butts on the ground, they take more than 12 years to degrade and, in the meantime, they continue to release toxic substances and pollutants into the environment!



JUNTAS Y JUNTOS CONTRA EL CÁNCER!



Keep your flip-flops walking

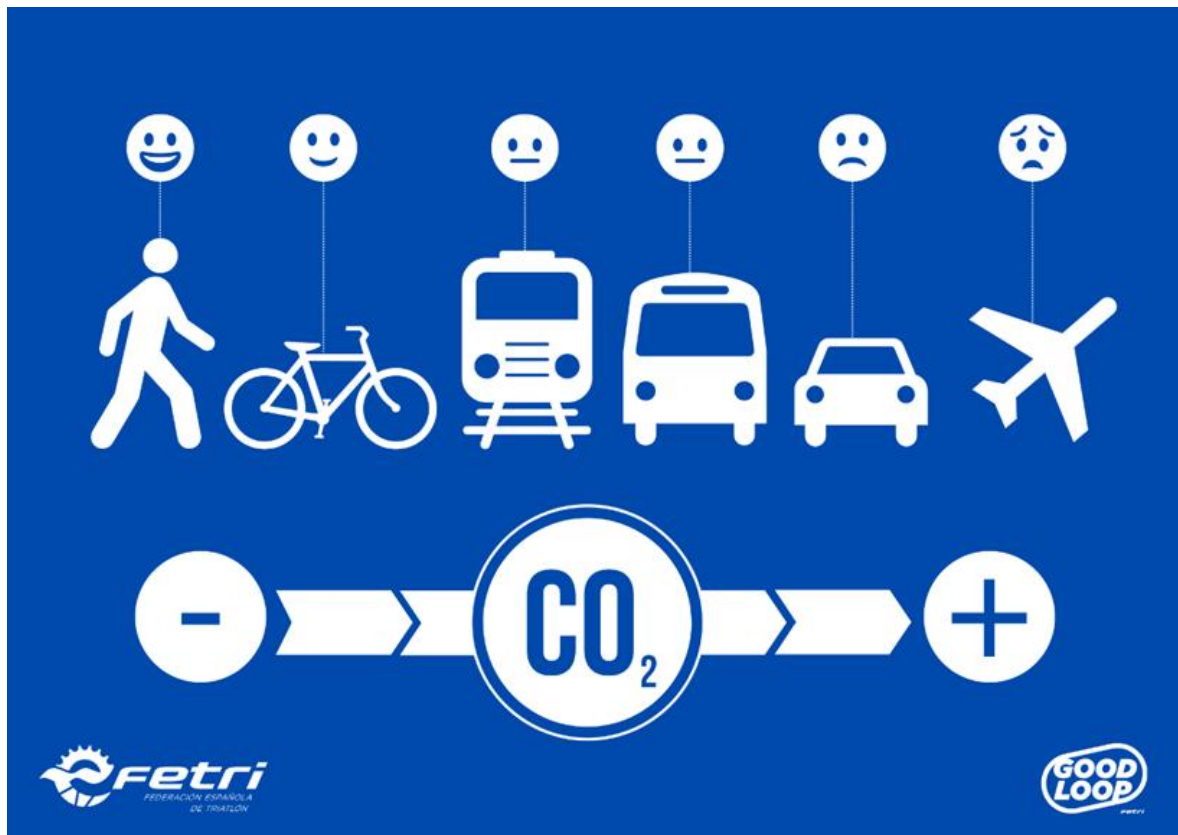
Within the framework of the Sustainability Strategy of the championship, we want to meet the objective of applying the principles of the circular economy and that the products are in the system for as long as possible, which is why we are launching the campaign "Keep your flip-flops walking".

Deposit your flip-flops in the marked container and they will be delivered to a social entity so that other people can continue walking with them.

Participate!



Move sustainably



For additional detailed information, visit the “Sustainability and Integration” menu in the official event website: <https://pontevedra.triathlon.org/>

19 AGE-GROUP SPRINT DUATHLON KEY DATES AND TIMES

THURSDAY 19TH JUNE

16:00 – 20:00	All/Parallel Events	Expo, Fan Zone & Information	Plaza de España
16:00 – 20:00	Age-Group	Race Pack distribution Age-Group Sprint and Standard Duathlon	Plaza de España

FRIDAY 20TH JUNE

11:00 – 19:00	All/Parallel Events	Expo, Fan Zone & Information	Plaza de España
11:00 – 17:00	Age-Group	Race Pack distribution Age-Group Sprint and Standard Duathlon	Plaza de España
11:30 – 12:30	Age-Group	Age-Group Team Managers Briefing Duathlon	Pazo da Cultura
14:30 – 17:30	Age-Group	TA Bike Check-In Age-Group Sprint Duathlon MANDATORY	CGTD
16:30 – 17:30	Age-Group	Q&A session Age-Group Duathlon	CGTD
18:00 – 21:00	All	Parade of Nations & Open Ceremony	Plaza Herrería & Plaza de España

SATURDAY 21ST JUNE

06:00 – 07:45	Age-Group	Race Day TA Check-In Age-Group Sprint Duathlon NO BIKE CHECK-IN	CGTD
07:00 – 14:00	Age-Group	Bag Drop	Pabellón Universitario
08:00	Age-Group	2025 Duathlon World Championships Age-Group Sprint 1st wave DRAFT LEGAL	CGTD
11:00 – 19:00	All/Parallel Events	Expo, Fan Zone & Information	Plaza de España
11:10	Age-Group	Bike cut-off time	CGTD
11:10 – 12:10	Age-Group	Transition Area check-out	CGTD
11:30	Age-Group	Finish line cut-off time	CGTD

SUNDAY 22ND JUNE

20:00	Age-Group	Medal Ceremonies Age-Group Sprint Duathlon	Plaza de España
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SUNDAY 29TH JUNE

21:15 – 22:00	Age-Group	Multisport Legend Award Ceremony	Plaza de España
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21:30	All/Parallel Events	Closing Ceremony and Farewell Party	Plaza de España
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The complete schedule can be found [here](#).

20 AGE-GROUP SPRINT DUATHLON START WAVES

08:00	Wave 1	Open AG 16-29 START Sprint Duathlon World Championships
08:06	Wave 2	Open AG 30-39 START Sprint Duathlon World Championships
08:12	Wave 3	Open AG 40-49 START Sprint Duathlon World Championships
08:18	Wave 4	Open AG 50-59 START Sprint Duathlon World Championships
08:25	Wave 5	Open AG 60-69 START Sprint Duathlon World Championships
08:30	Wave 6	Open AG 70+ START Sprint Duathlon World Championships
08:40	Wave 7	Female AG 60+ START Sprint Duathlon World Championships
08:46	Wave 8	Female AG 16-39 START Sprint Duathlon World Championships
08:52	Wave 9	Female AG 40-54 START Sprint Duathlon World Championships
08:58	Wave 10	Female AG 60-64 START Sprint Duathlon World Championships

Duathlon AG Sprint

Run 1 | 5 km / 2 laps

Bike 19.7 km / 1 lap

Run 2 | 2.5 km / 1 lap

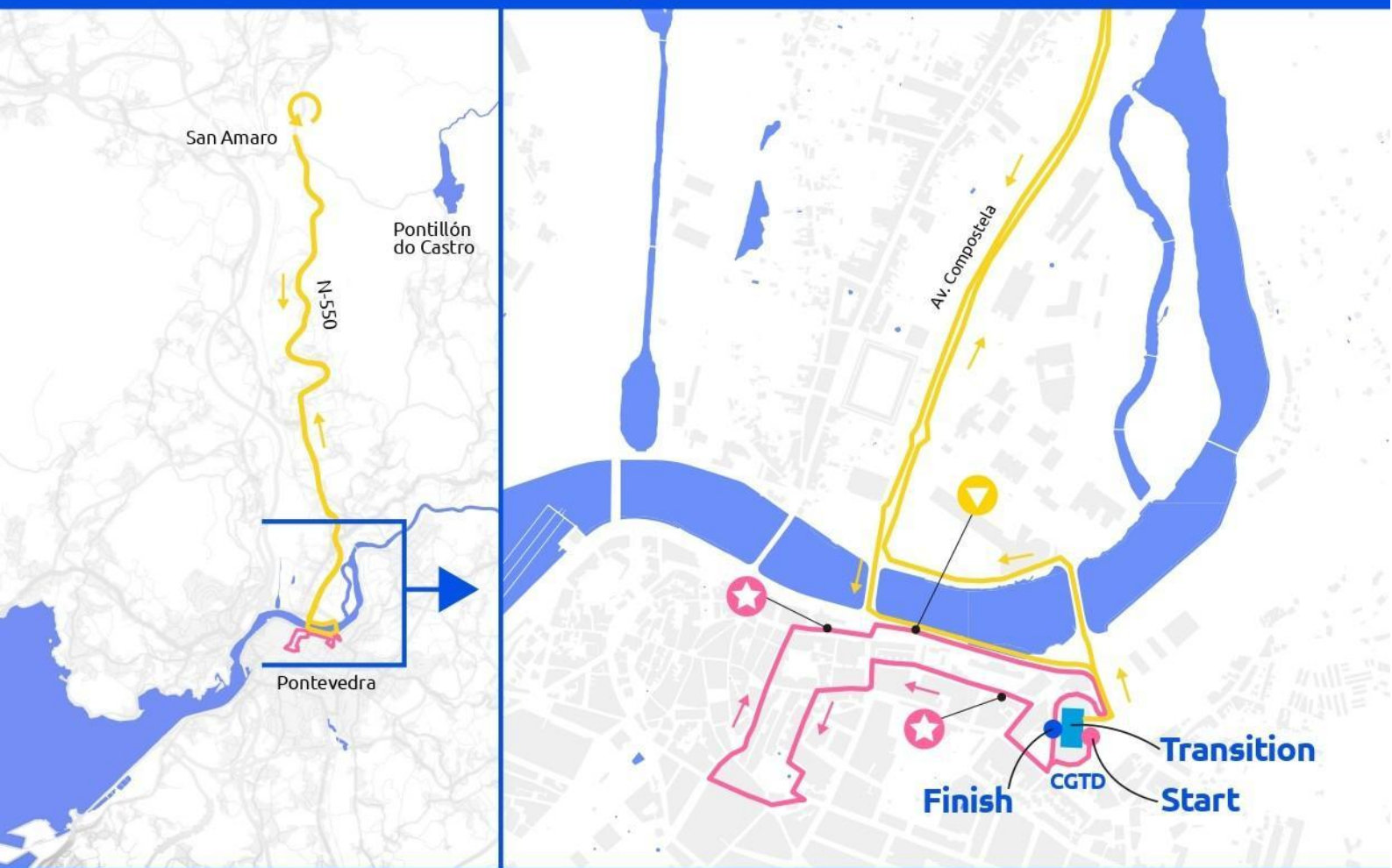
21 June

Start

1st wave 08.00 h

▼ PB

★ Aid Station



Run 1
5 km
2 laps

Bike
19.7 km
1 lap

Run 2
2.5 km
1 lap



21 REGISTRATION AND RACE PACK DELIVERY

Race pack distribution will be in the Expo Area, close to Plaza España (Pontevedra).

Thursday 19th June 16:00 – 20:00

Friday 20th June 11:00 – 17:00

The registration will be separated by language according to the following distribution:

- 2 lines in English
- 1 line in Spanish
- 1 line in French

To pick up it, you will need to show your ID or Passport in the registration.

The registration is personal; you must pick your own pack. The registration team will give you your pack and a **wristband** which **you must wear from the registration** moment.

Each **Race Pack** will contain:

- Multisport Austral Sport Event Cap*



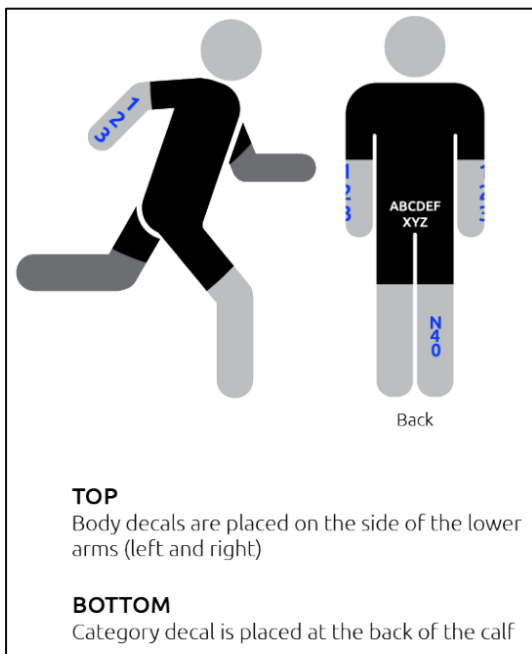
- Multisport Austral Sport Event Backpack*



- Personal accreditation wristband



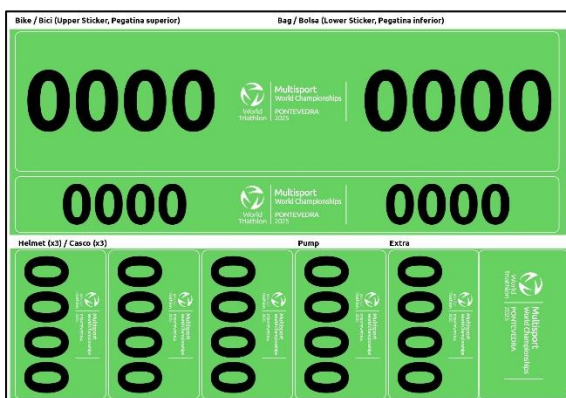
- Vertical Body Decals
 - 2 x arms (race number)
 - 1 x left calf (age group)



- Bib number



- Stickers:



- 1 x bike
- 3 x helmet
- 1 x bag drop
- 1 x pump (if is necessary)
- 1 extra

PLEASE CHECK THAT YOU HAVE EVERYTHING WITH YOU BEFORE LEAVING THE REGISTRATION AREA.

* One cap & backpack per athlete independently of the number of races registered

22 TIMING CHIP



You will receive it on Friday 20th at the Transition Area, after bike check-in.

There will be a 30,00€ fine in case you miss to return the chip.

23 CHECK-IN PROCEDURE

Transition will open at 14:30 on Friday 20th and will close at 17:30.

BIKE CHECK-IN MANDATORY

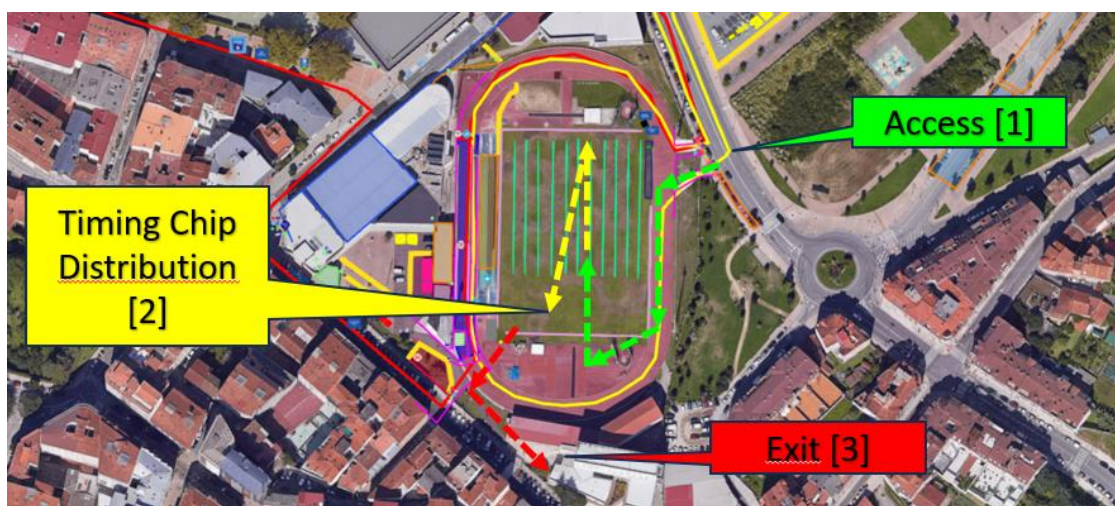
Preferred Check-In Times

14:30–15:00 – GBR

15:00–15:30 – ESP, USA

15:30 onwards – All other athletes

Only registered athletes with ID wristbands or accreditation cards may enter at the transition area zone.



When you arrive at transition on race day, the Technical Officials will conduct the following checks:

1. That you have all the race numbers in position (bib number, stickers and decals).
2. That your helmet fits properly – please have your helmet on and done up when you arrive at check in.

3. That your bike is according to the race rules.
4. That your National Federation Uniform is following the rules.

Once you have been checked in by the Technical Officials you are free to complete the final set up of your bike. Please note the following:

- It is not possible for you to remove your bike from transition to undertake a warmup
- Stationery Trainers and Rollers are not permitted

Please note that pumps will be available in transition and there will be a Bike Mechanic present.

When you have completed the preparation of your transition area, only items you require during the race should be left behind in transition.

Please take all equipment that is not required for the race with you and leave this at the bag drop in the recovery area.

24 ATHLETES CHECK-IN RACE DAY

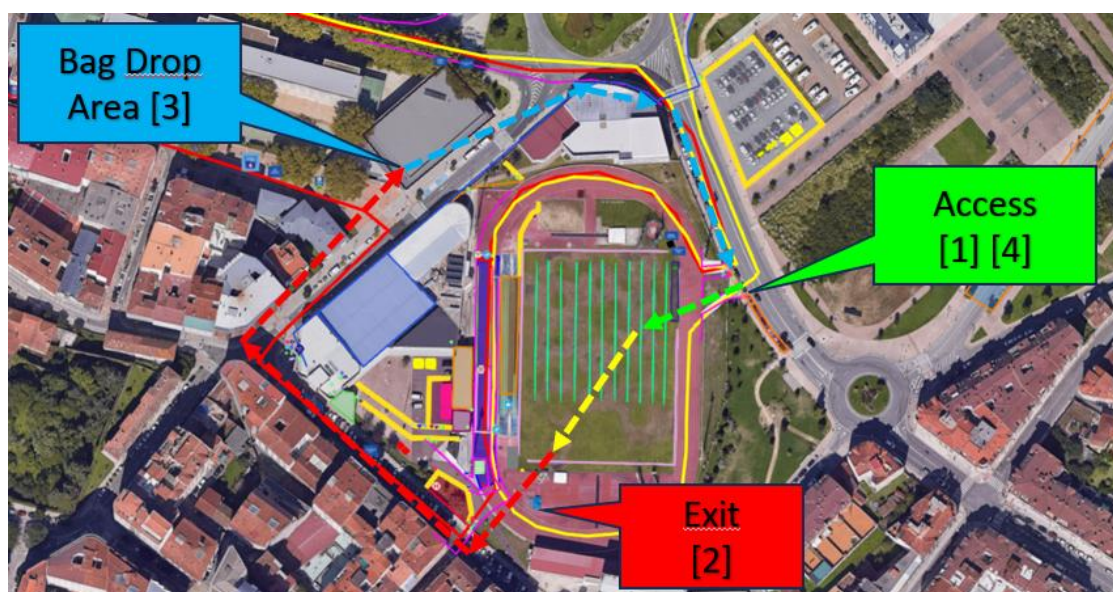
Bicycles will NOT be permitted to enter the transition area on race morning.

Only registered athletes with ID wristbands or accreditation cards may enter at the transition area zone.

You will have access to the transition for last-minute preparation. It is encouraged that you bring any nutrition items you wish to carry with you on race morning.

You will not be allowed to remove your bike from the transition area until the start. Bike mechanic and bike pumps will be available in the transition area on race day morning.

Age-Group athletes must deposit their personal bag at the bag drop area prior to proceeding towards the start area.



25 ATHLETES CHECK-OUT

Transition for check-out will open at 11:30 and will close at 12:10.



26 AGE-GROUP SPRINT DUATHLON COURSES

You can find all the information in this link: [Sprint Duathlon Age-Group](#).

	RUN 1	BIKE	RUN 2
Distances	5 km.	19,7 km. DRAFT-LEGAL	2,5 km.
Laps	2	1	1
Lap Elevation	+/- 41 m.	+/- 328 m.	+/- 41 m.
Lap Rotation	Clockwise	Anticlockwise	Clockwise
Tracks by Wikiloc	RUN1	BIKE	RUN2
Google Earth KMZ	RUN1	BIKE	RUN2

26.1 AID STATIONS

Marked as ★ **Aid Station** in the map.

RUN 1&2 – 2 per lap

CGTD – Frist recovery

University Pavillion – Recovery Area

26.2 PENALTY BOX

It is the responsibility of the athlete to stop at the NEXT penalty box.

The time penalty for bike infringements is 10 seconds.

Bike Course – there is 1 PB per lap marked in the map (▼ PB).

26.3 TOILETS

Transition Area – 12 toilets

Run – 2 toilets at both Aid Stations

Bike – 2 toilets at Penalty Box

University Pavillion – toilets and showers

26.4 SERVICES ON RACE DAY

University Pavillion

- Bag drop-off
- Recovery Area
- Toilets
- Showers
- Medal Engraving

CGTD

- Bike Mechanic at Transition Area
 - Friday 20th June – 14:00 to 17:00
 - Saturday 21st June – 06:40 to 07:45
- Pumps at Transition Area
- Doping control area

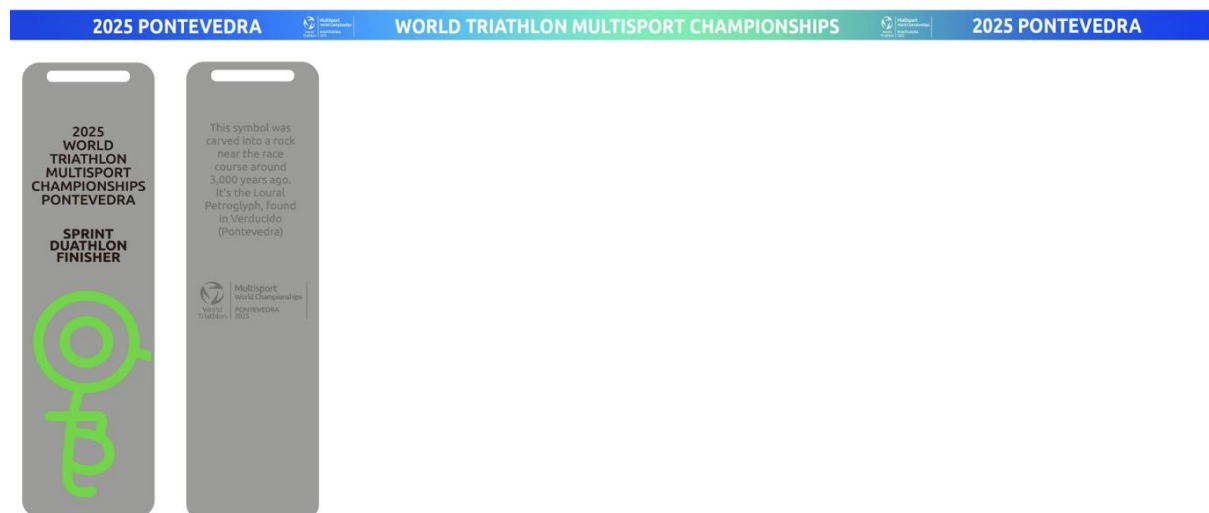
27 CUT-OFF TIMES

For the Sprint Duathlon, the cut-off times are the following:

- Bike – 11:10
- Finish – 11:30

28 FINISHER MEDAL

All the Age-Group athletes will receive a Sprint Duathlon Finisher medal inspired by the Petroglyph do Loural, which is still standing on a stone near the Duathlon and Triathlon Cross bike courses.



28.1 FINISHER MEDAL ENGRAVING

Commemorate your achievement and engrave your Name and Finisher time on your finisher medal from 15,00€ at University Pavillion (recovery area).

29 MEDAL CEREMONY

Sunday 22nd from 20:00 at Plaza de España.

As per the World Triathlon Competition rules 2.8 c.) (i), athletes must wear the uniform during the entire competition and award ceremony.

Long sleeves and long pants are allowed for the award ceremony.

Ambush marketing will be enforced.

Kids are not allowed on the podium.

If you cannot attend the medal ceremony, your Team Manager or one of your teammates should pick up your medal at the end of the ceremony.

-  *Sprint Duathlon*
-  *Standard Duathlon*
-  *CrossTriathlon*
-  *CrossDuathlon*
-  *Aquathlon*
-  *LD Triathlon*
-  *Aquabike*

2025 Multisport World Championships Pontevedra



Multisport
World Championships

PONTEVEDRA
2025