



RACE BRIEFING

(RACE BRIEFING)

Welcome to Empuriabrava, Costa Brava!

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WELCOME

There's no stopping 100x100 Half Empuriabrava!

Empuriabrava will be the inaugural venue of the 100x100 Half 2026, the fashionable triathlon circuit, and one of our favorite venues after more than 14 editions.

A lot has happened since then! ...but we are still obsessed with the sport and giving you the best triathlete experience of your lives.

We encourage you to give it all; and we wait for you at the finish line with our best smile.

JORDI C
CEO 100% Half

ANDREA G
Race Director

EMPURIABRAVA

One of the most beautiful marinas in the world

Empuriabrava is a residential marina located in the **Bay of Roses**, in the heart of the Parc Natural dels Aiguamolls de l'Empordà (Empordà wetlands).



With more than **25 kilometers of** navigable **canals**, the urbanization began to be built in 1975, and thanks to its attractiveness and offer, it has become a genuine marina of cultural, gastronomic and sporting value.

[➔ WHAT TO VISIT](#)

THE RACE

PROGRAM

Saturday, May 16: Olympic competition

Sunday, May 17: Half, Aquabike, Short, Sprint and Relay competitions.

DISTANCES IN COMPETITION

HALF	swim 1,9k		bike 90k		run 21k
AQUABIKE	swim 1,9k		bike 90k		
OLYMPIC	swim 1,5k		bike 40k		run 10k
SHORT	swim 750m		bike 60k		run 10k
SPRINT	swim 750m		bike 20k		run 5k
WATCHES	swim 1,9m		bike 90k		run 21k

**Scoring for the club league*

PROGRAM

SATURDAY, MAY 16

14:30

16:00

17:00

18:00

19:00

20:00

21:00

22:00

14:30 - 17:00h
Race **bibs** and
racebag
Olympic
Promenade

14:30 - 17:00h
Check-In Boxes
Olympic
Promenade

17:30h | OLYMPIC DEPARTURE

18:00 - 19:45h
Half/Sprint racebag and racebag
delivery
Promenade

19:45h
Presentation of
Olympic **trophies**
Promenade

21:30h
OLYMPIC Closure

21:30 - 22:00h
Check-In Boxes Half/Sprint
Promenade

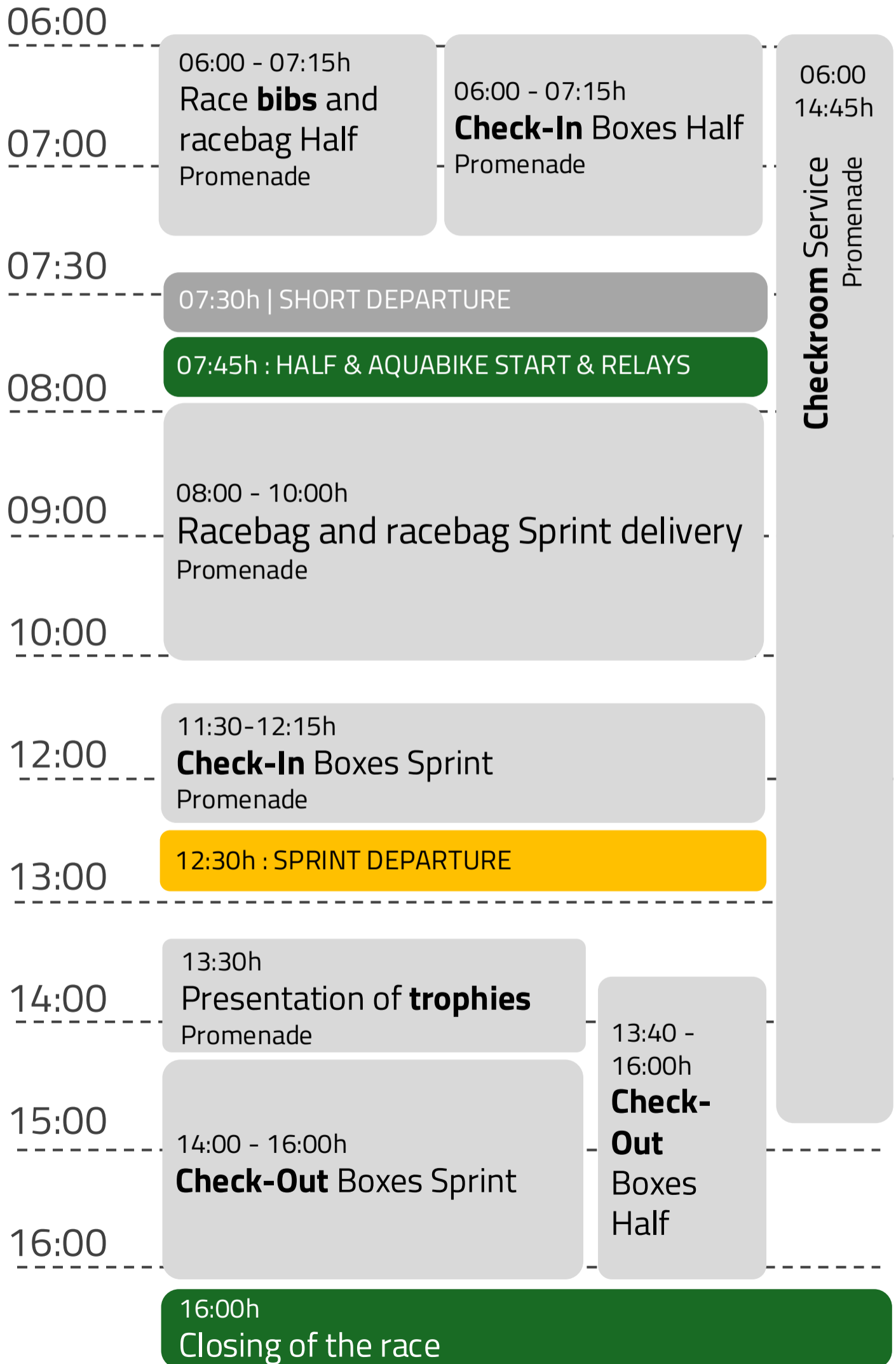
20:00 - 21:30
Check-Out
Boxes Olympic

17:00
21:00h

Checkroom Service
Promenade

PROGRAM

SUNDAY, MAY 17



MAP OF LOCATIONS

Here is a map with the main locations of the triathlete services and segments.



- Swimming segment
- Cycling segment
- Career segment
- - - Transitions
- Locations
- P Parking

PREPARATIONS

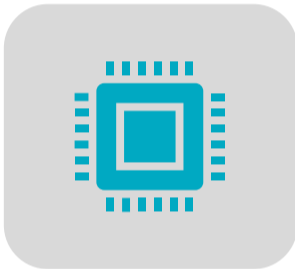
EVERYTHING YOU NEED TO KNOW



Cap: we deliver it to you



Bib number: we will give you the bib number along with the stickers that you must use to identify your bike and helmet. You will have to wear it visibly during the cycling and running sections.



Chip: you will find it the day of competition in the box that you will have inside the box. The chip has the neoprene chip holder that you will have to put on your ankle for swimming.



Backpack (with your equipment): you must leave it in the checkroom at the bib drop-off area.



Access to the box: with identified bicycle, visible bib and helmet with stickers.



Equipment pick-up: in the time slot indicated in the program you will have access to the box to pick up all your equipment.



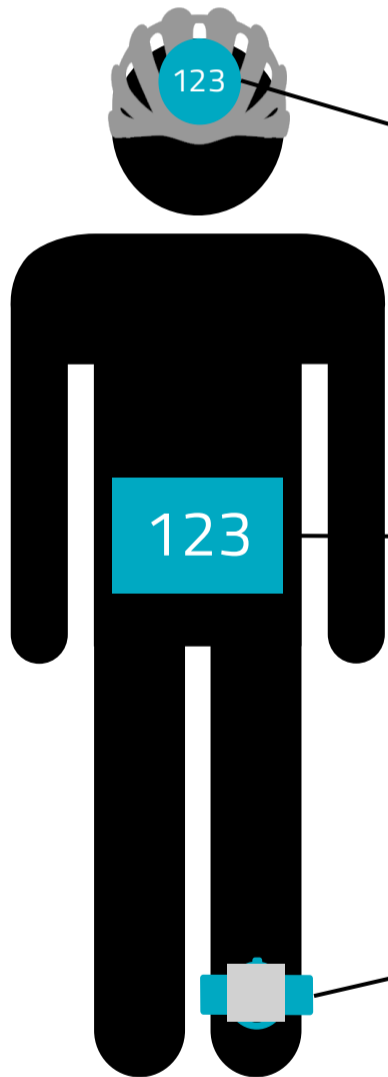
Trophies: do not leave without checking the results on the website, otherwise we will not give you the trophy. The results are instantaneous.

PREPARATIONS

STICKERS

We will give you the bib along with the **stickers** that you will have to place on different parts of the bike, helmet and your equipment. Check the graphics!

SWIMMING CAP: it is mandatory to use the cap provided by the organization.



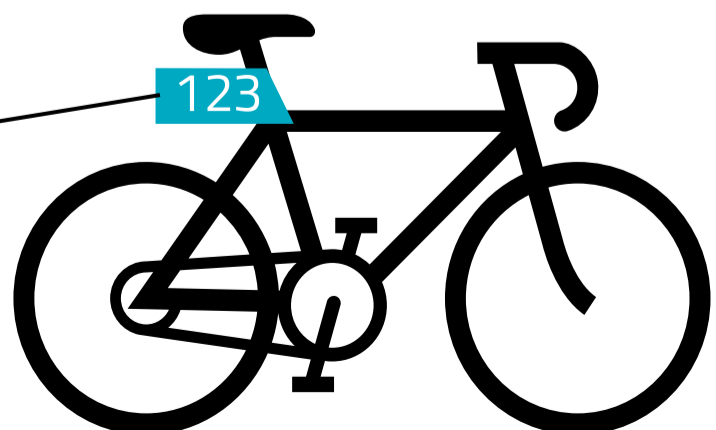
HELMET: hooked on the front and left side of the helmet

DORSAL:

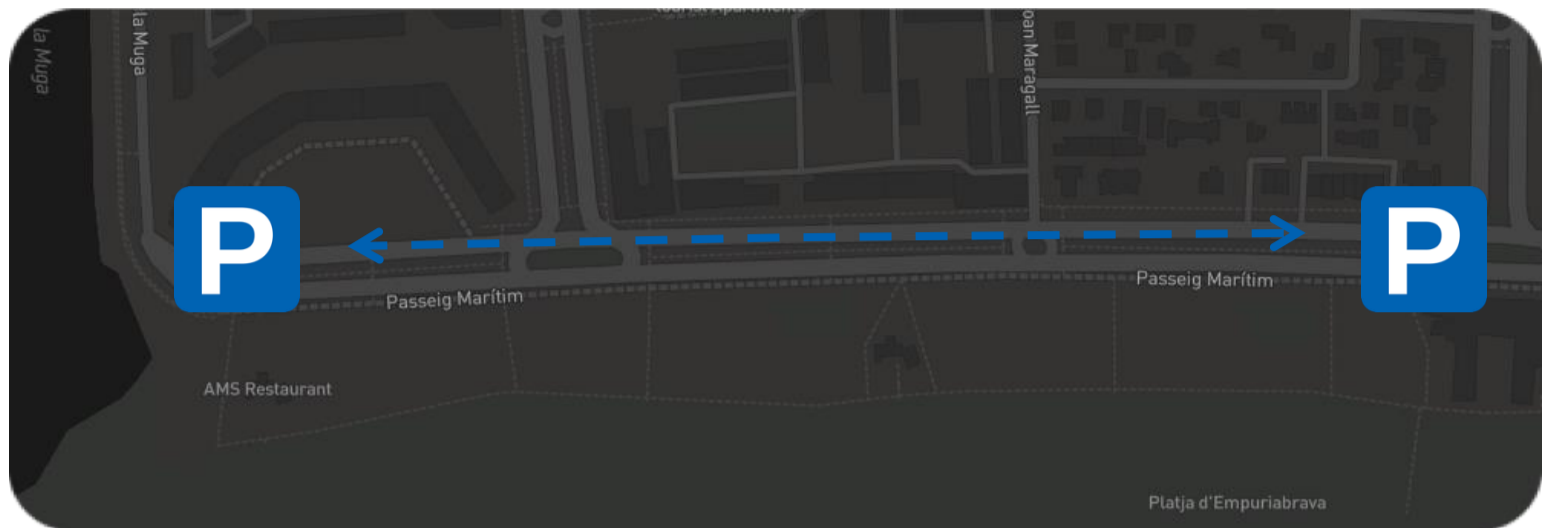
- In **swimming** there is no need, you already have the chip.
- On the **bike** you must wear it on the back (mandatory).
- In the **foot race** you must wear it on the front (mandatory).

CHIP: must be worn on the ankle throughout the race (in swimming, outside the neoprene).

BICYCLE: must be clipped to the seat post



PARKING

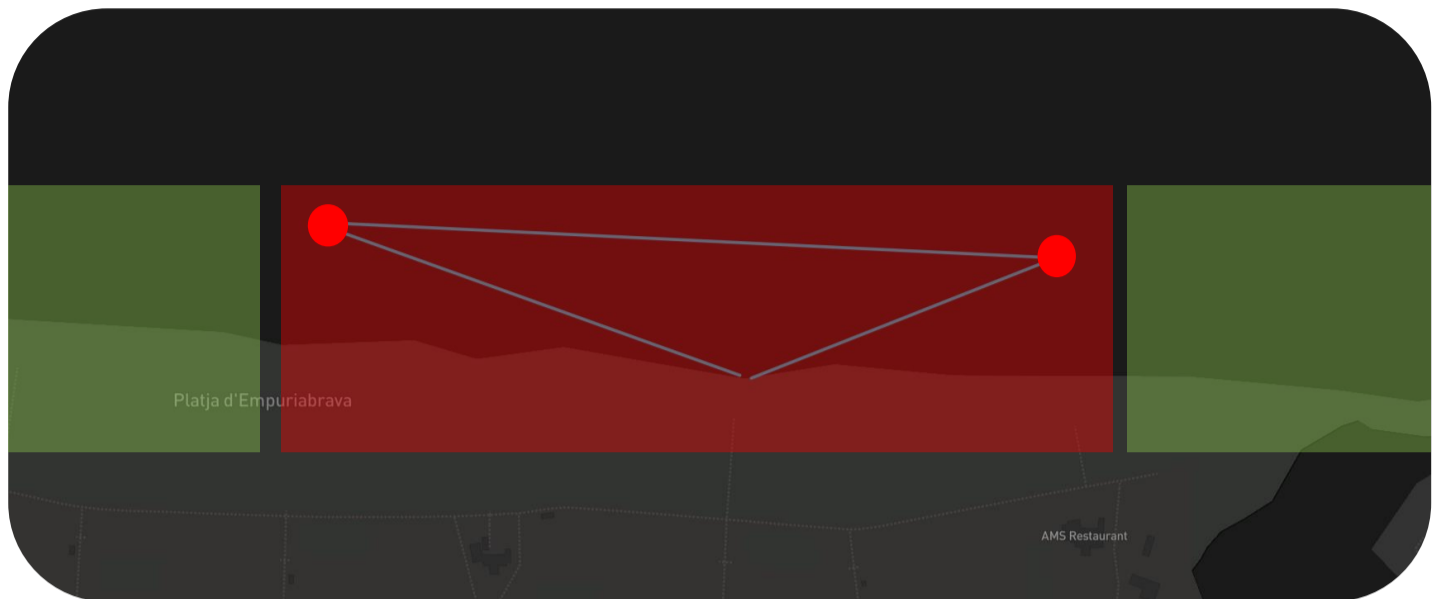


Parking will be in the parking lot along the **SEAFRONT PROMENADE**. One of the two directions of traffic will be closed to traffic for the dispute of the sporting event. The other direction, open to traffic, is the area where parking is allowed.



LOCATION

HEATING



For safety reasons, no **warm-up** is allowed inside the competition area.



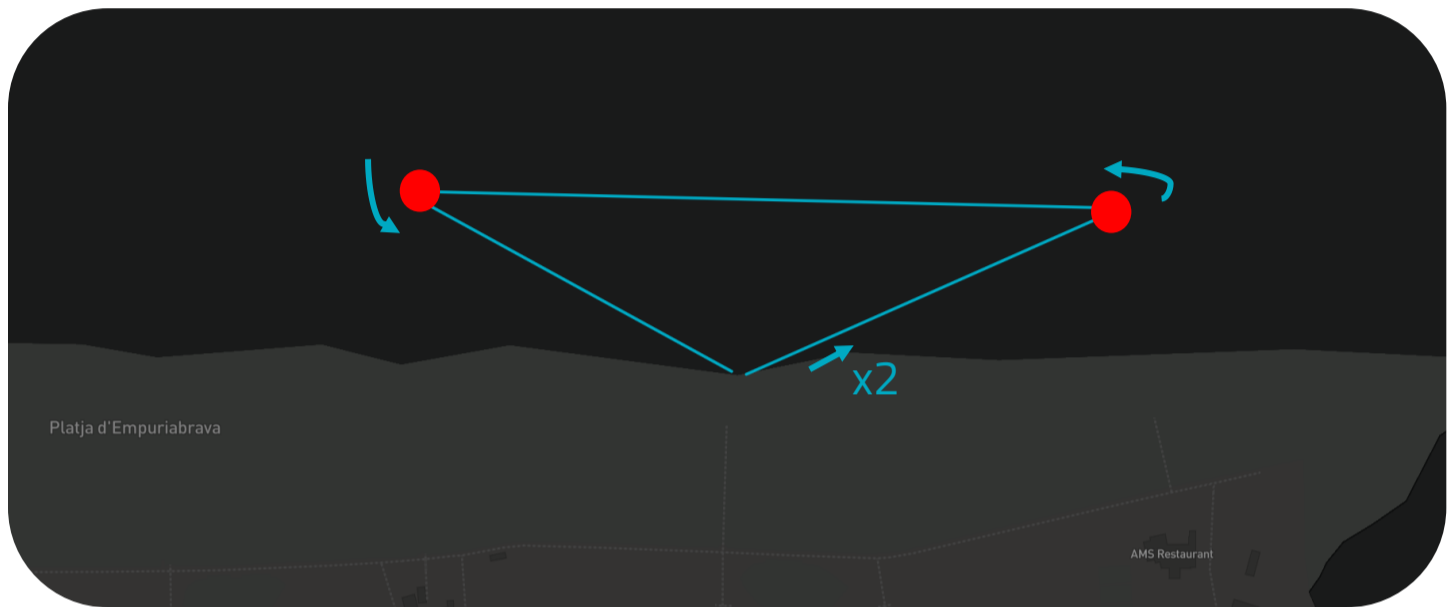
Participants wishing to warm up must do so outside the marked area for the competition, on the **sides** marked in green above.

RECORRIDOS

SWIMMING SEGMENT

OLYMPIC

Saturday, May 16



Return distance: 750 m

Number of laps to complete: 2

Total distance of the swimming segment: 1.5 km

Cutting times

- **OLYMPIC: 00:45:00 (03:00min/100mts)**

Instructions

Marked circuit and conventional exit with acoustic signal. Turns always to the left, leaving the buoys on the left. Counterclockwise course. Failure to completely complete the marked course: DQ*. Exceeding the cut-off time: DNF*.



Use of wetsuit **MANDATORY** in waters below 16°C.

*DQ: Disqualification | *DNF: Not completed

RECORRIDOS

SWIMMING SEGMENT

HALF / AQUABIKE / RELAYS

Sunday, May 17



Return distance: 950 m

Number of laps to complete: 2

Total distance of the swimming segment: 1.9 km

Cutting times

- **HALF:** 01:00:00 (03:00min/100mts)
- **AQUABIKE:** 01:00:00 (03:00min/100mts)
- **RELAYS:** 01:00:00 (03:00min/100mts)

Instructions

Marked circuit and conventional exit with acoustic signal. Turns always to the left, leaving the buoys on the left. Counterclockwise course. Failure to completely complete the marked course: DQ*. Exceeding the cut-off time: DNF*.



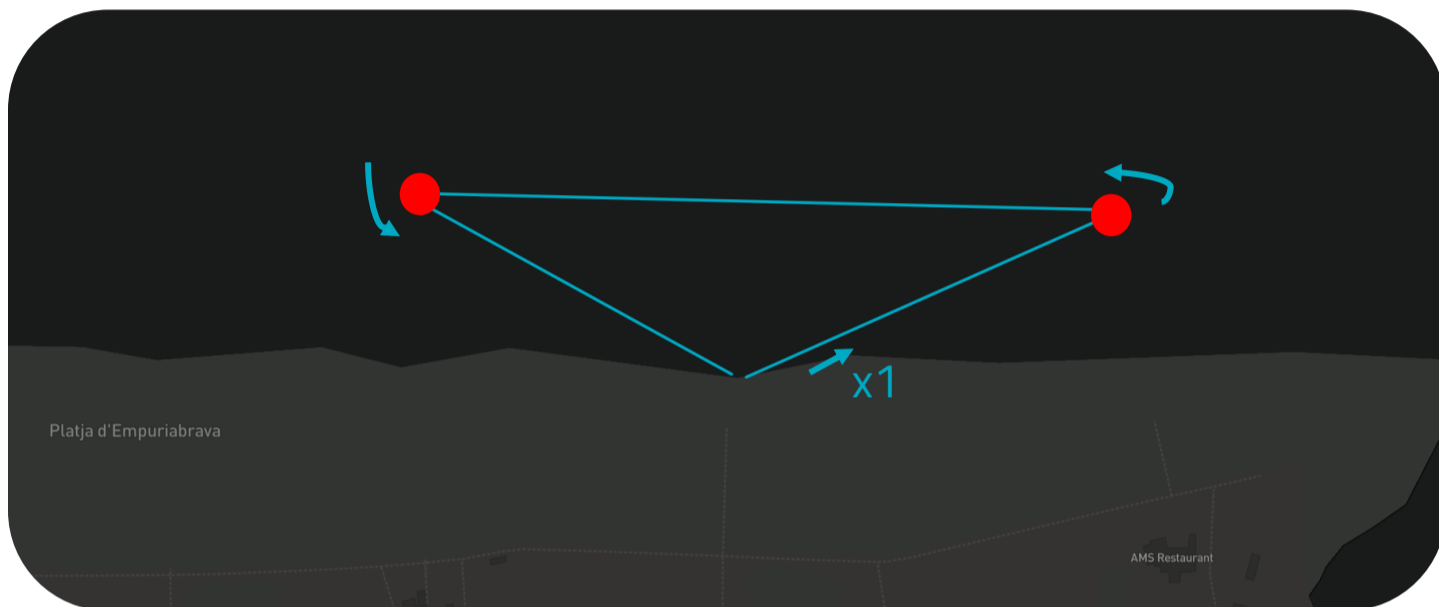
Use of wetsuit **MANDATORY** in waters below 16°C.

RECORRIDOS

SWIMMING SEGMENT

SPRINT / SHORT

Sunday, May 17



Return distance: 750 m

Number of laps to complete: 1

Total distance swimming segment: 750 m

Cutting times

- **SPRINT:** 00:25:00 (03:00min/100mts)
- **SHORT:** 00:30:00 (03:00min/100mts)

Instructions

Marked circuit and conventional exit with acoustic signal. Turns always to the left, leaving the buoys on the left. Counterclockwise course. Failure to completely complete the marked course: DQ*. Exceeding the cut-off time: DNF*.

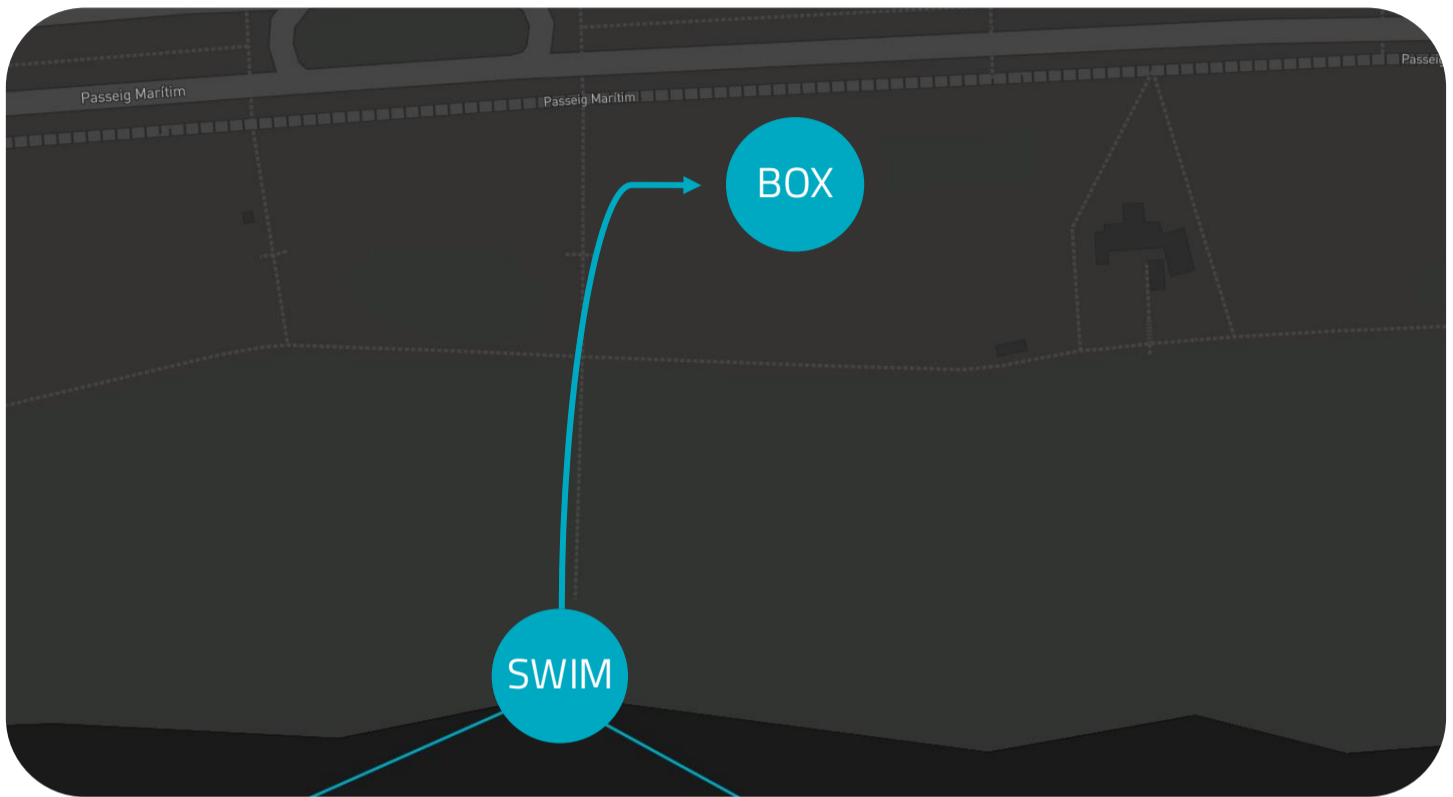


Use of wetsuit **MANDATORY** in waters below 16°C.

*DQ: Disqualification | *DNF: Not completed

RECORRIDOS

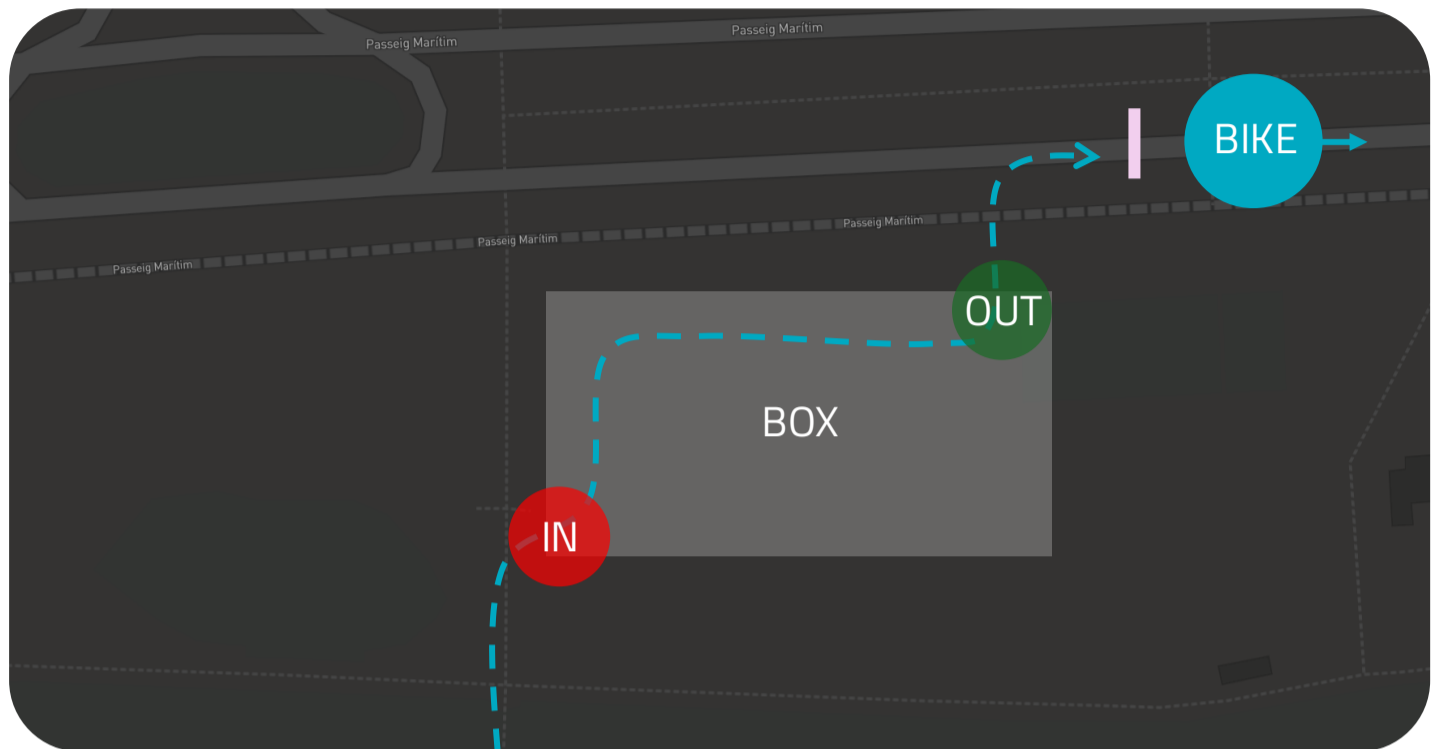
TRANSITION T1 (SWIM → BIKE)



The **distance** between the swim and the box is 100 meters.

RECORRIDOS

INTERNAL CIRCULATION BOX



The **distance** between the swim and the box is 100 meters.

Entry into the box at one end and **exit** at the opposite end to compensate for distances.



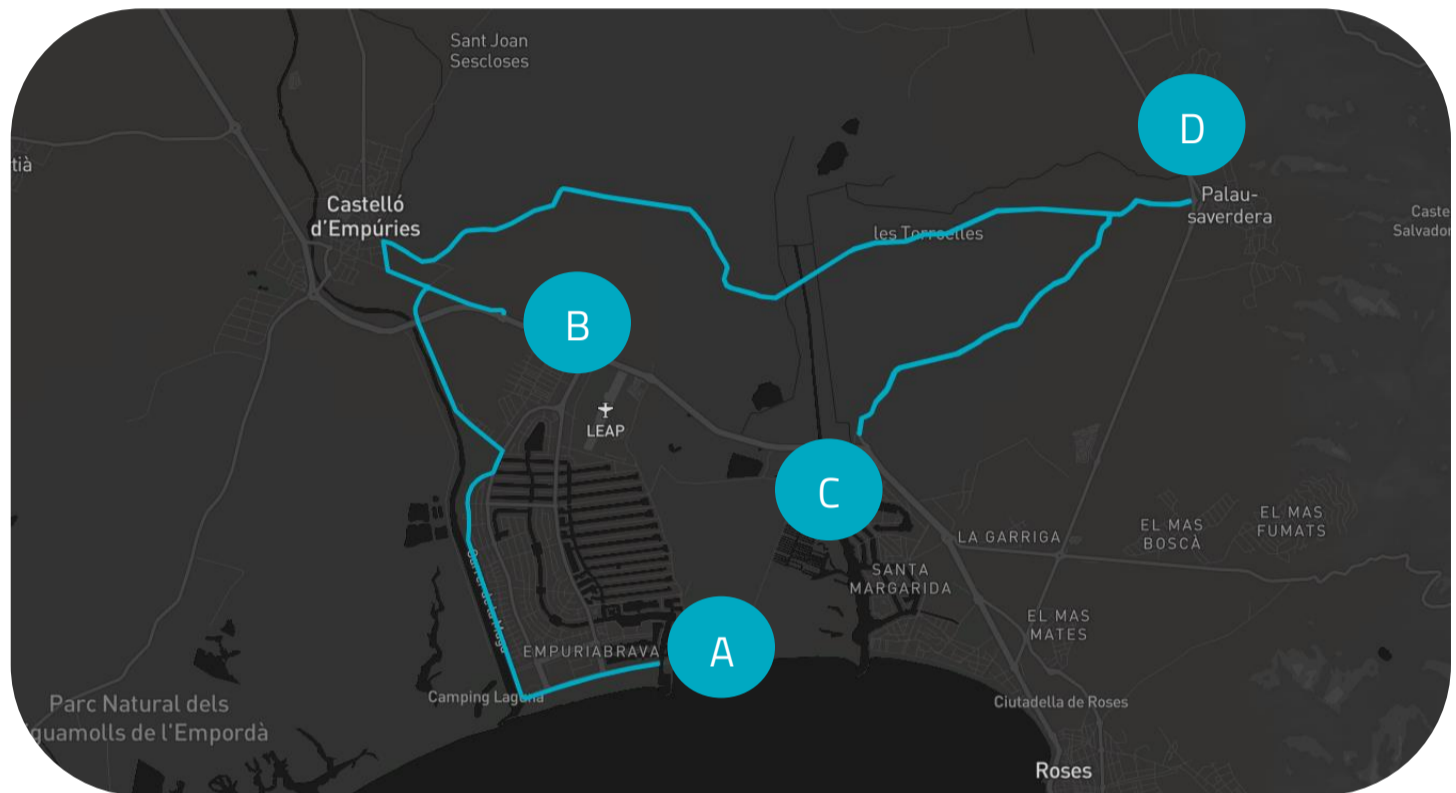
You cannot get on your bike until you cross the **mount line**, which is located outside the box, just before the start of the cycling segment.

RECORRIDOS

CYCLING SEGMENT

OLYMPIC

Saturday, May 16



Return distance: 40 km

Number of laps to complete: 1

Total distance cycling segment: 40 km

Cutting times

- **OLYMPIC: 01:30:00** (pace 26km/h)

Instructions

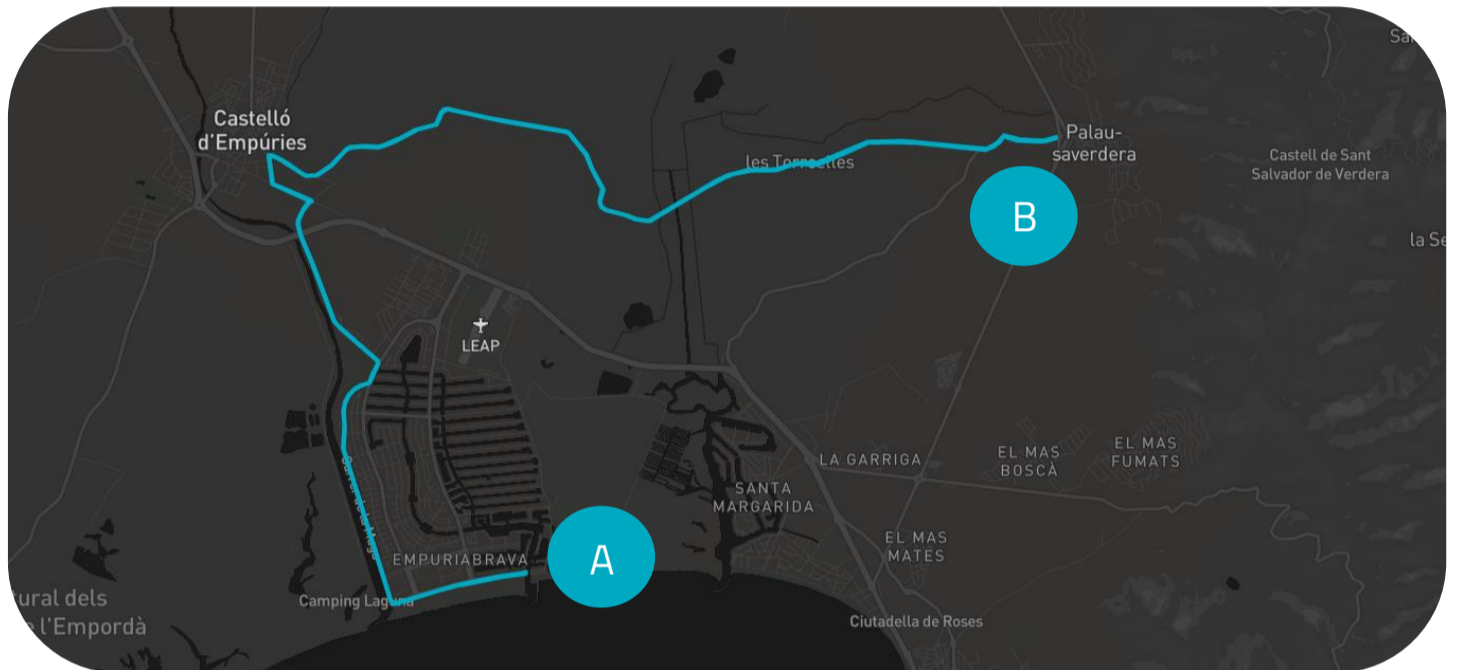
Circuit closed to traffic with a length of 40km. Four 180° turns, (A), (B), (C) and (D). Circulation on the right side of the road. Failure to completely complete the marked route: DQ. Exceeding the cut-off time: DNF.

RECORRIDOS

CYCLING SEGMENT

HALF / AQUABIKE / RELAYS

Sunday, May 17



Return distance: 30 km

Number of laps to complete: 3

Total distance cycling segment: 90 km

Cutting times

- **HALF:** 03:30:00 (pace 26km/h)
- **AQUABIKE:** 03:30:00 (pace 26km/h)
- **RELAYS:** 03:30:00 (pace 26km/h)

Instructions

Circuit closed to traffic for three complete laps. Two 180° turns, (A) and (B). Circulation on the right side of the road. Failure to complete the marked course: DQ. Exceeding the cut-off time: DNF.



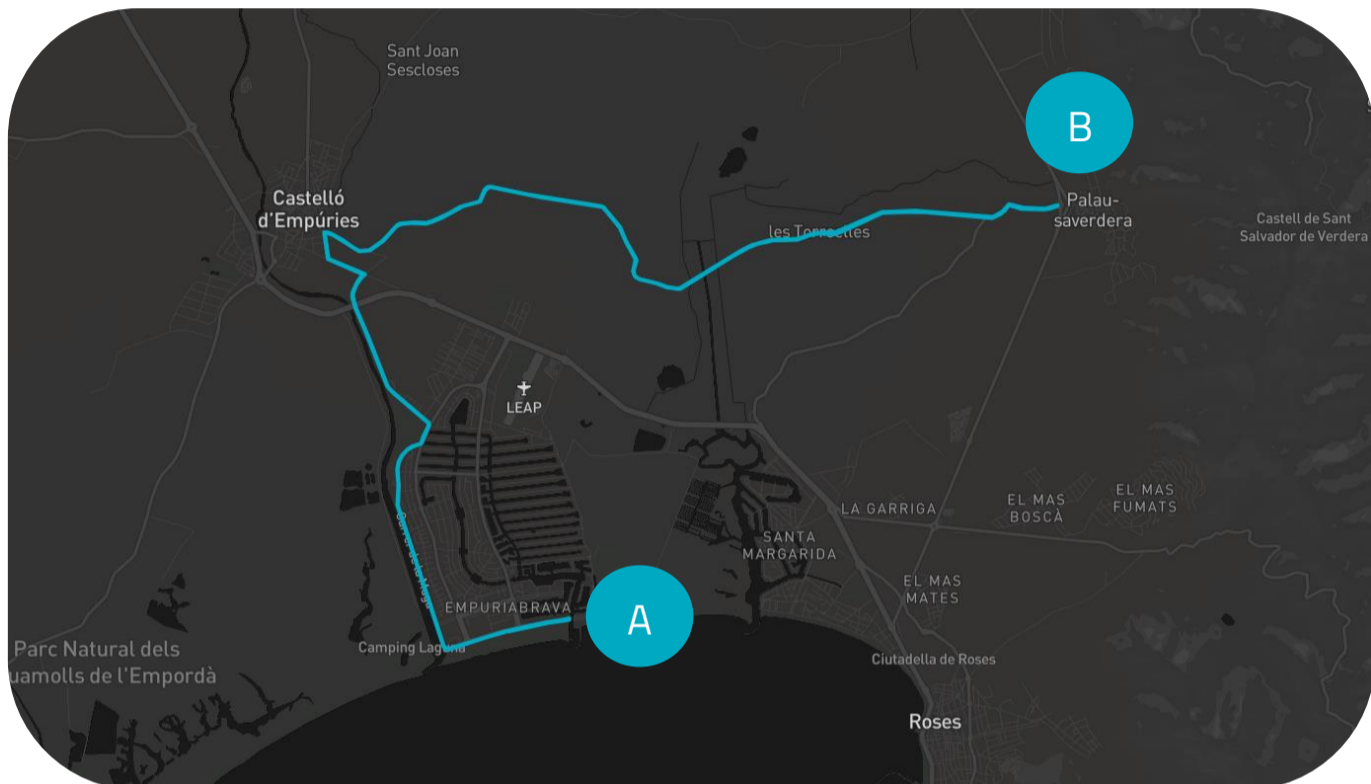
Information on **refreshment points** on page 22

RECORRIDOS

CYCLING SEGMENT

SHORT

Sunday, May 17



Return distance: 30 km

Number of laps to complete: 2

Total distance cycling segment: 60 km

Cutting times

- **SHORT:** 02:15:00 (pace 26km/h)

Instructions

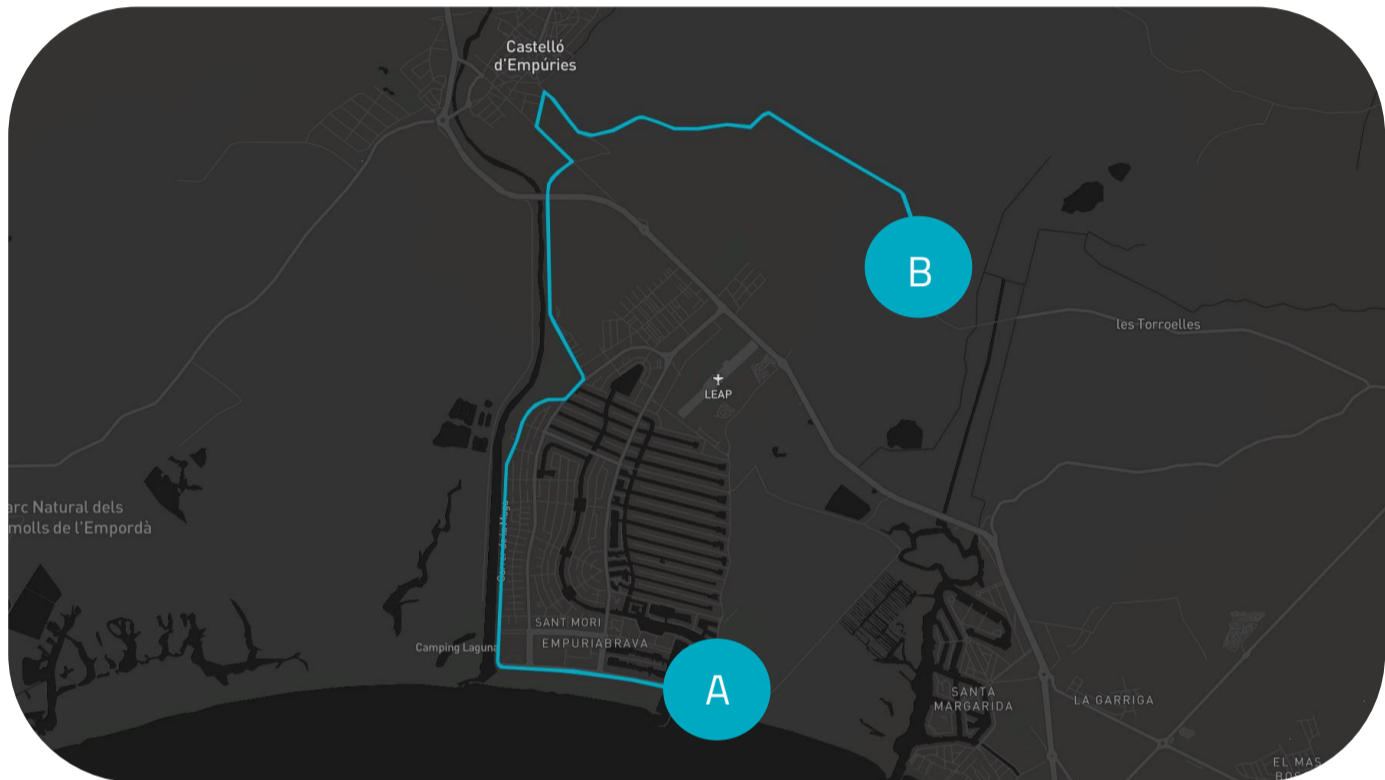
Circuit closed to traffic for two complete laps. Two 180° turns, (A) and (B). Circulation on the right side of the road. Failure to complete the marked course: DQ. Exceeding the cut-off time: DNF.

RECORRIDOS

CYCLING SEGMENT

SPRINT

Sunday, May 17



Return distance: 20 km

Number of laps to complete: 1

Total distance cycling segment: 20 km

Cutting times

- **SPRINT: 00:45:00** (pace 26km/h)

Instructions

Circuit closed to traffic with a length of 20km. Two 180° turns, (A) and (B). Circulation on the right side of the road. Failure to completely complete the marked course: DQ. Exceeding the cut-off time: DNF.

RECORRIDOS CYCLING SEGMENT REFRESHMENTS

Exclusively for **Half**, **Aquabike** and **Relay** participants.



The refreshment point is located at point 1.
The refreshment point is passed 3 times in the **Half** and **Aquabike** distance.

Proceeds from the provisioning



LIQUID:

- Bottle with isotonic *Sport Iso Nutrisport*
- Bottled water



SOLID:

- *Nutrisport Hgel Gel*

RECORRIDOS

CYCLING TRACKS


The race files ("tracks") in .GPX format are available for any of the distances on the web.


OLYMPIC


SWIM BIKE RUN


Ver Plan B

Circuito "volador" en el sector dels Aiguamolls de l'Empordà.

 40 km.

 143 m. Desnivel

 1 Vuelta

 1/5 Dificultad


 Descargar Track


HALF / AQUABIKE / RELAYS

SWIM BIKE RUN


Ver Plan B

Circuito "volador" en el sector dels Aiguamolls de l'Empordà.

 90 km.

 276 m. Desnivel

 3 Vueltas de 30km.

 1/5 Dificultad

 Descargar Track

RECORRIDOS

CYCLING TRACKS

The race files ("tracks") in .GPX format are available for any of the distances on the web.


SHORT

SWIM BIKE RUN

Ver Plan B

Circuito "volador" en el sector dels Aiguamolls de l'Empordà.

 60 km.

 1/5 Dificultad

 2 Vueltas de 30km.

 Descargar Track


SPRINT

SWIM BIKE RUN


Ver Plan B

Circuito "volador" en el sector dels Aiguamolls de l'Empordà.

 20 km.

 75 m. Desnivel

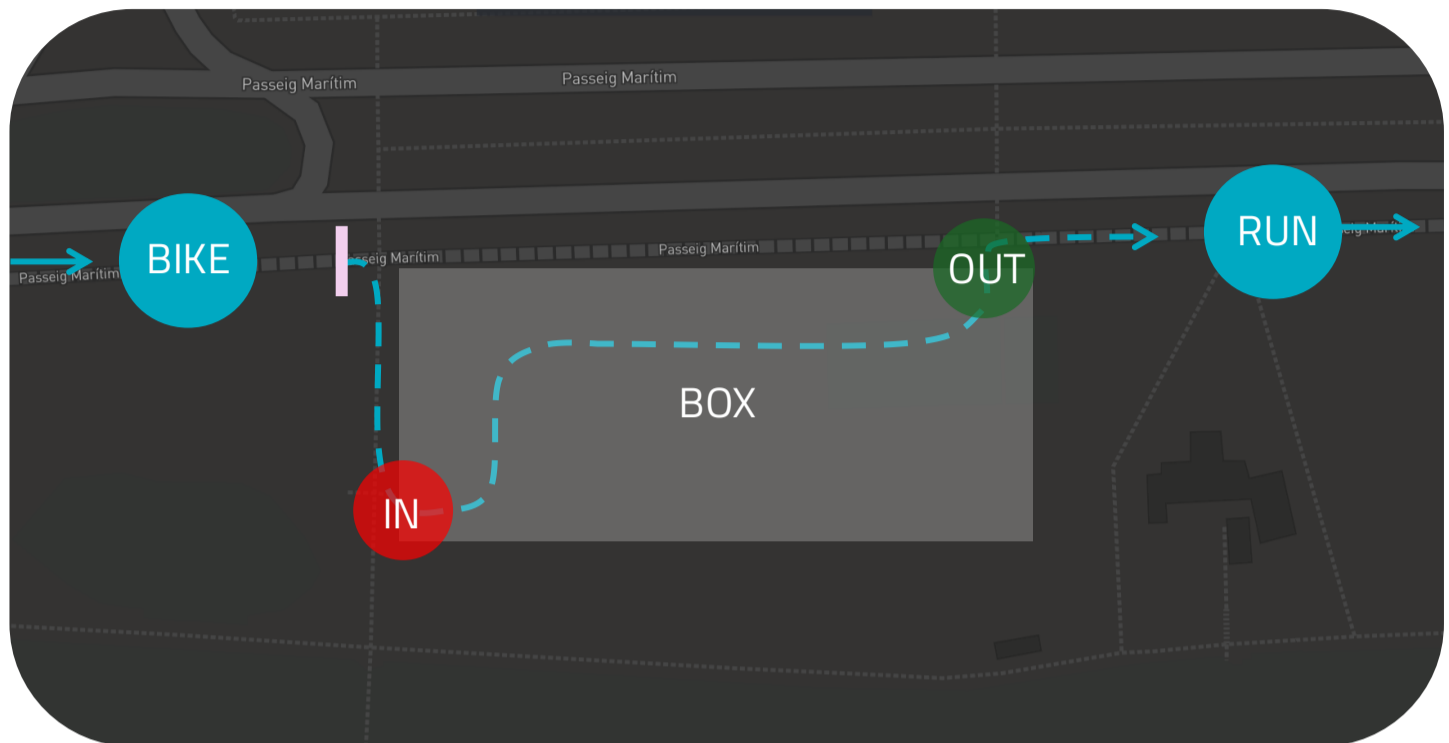
 1 Vuelta

 1/5 Dificultad

 Descargar Track

RECORRIDOS

TRANSITION T2 (BIKE → RUN)



Time control at the pit entrance



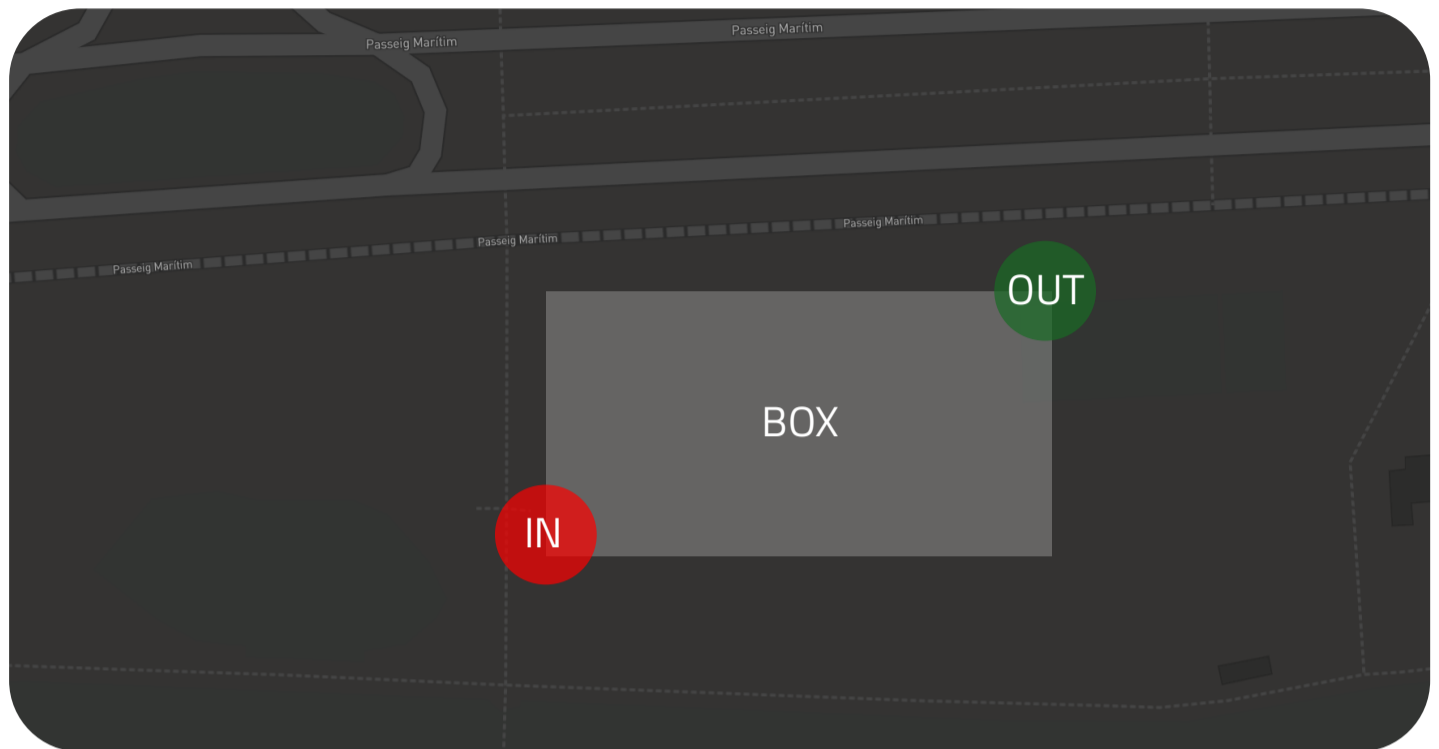
Entry to the box by dismounting the bicycle on the **dismount line**.

What about the Aquabike participants?

The Aquabike ends at the moment of **T2 entry** (official time). The participant leaves his material in the box and goes to the finish line to collect his medal (entering through the finish arch like the rest of the participants).

RECORRIDOS

INTERNAL CIRCULATION BOX



Entry to the box at one end and exit at the opposite end to compensate for distances.

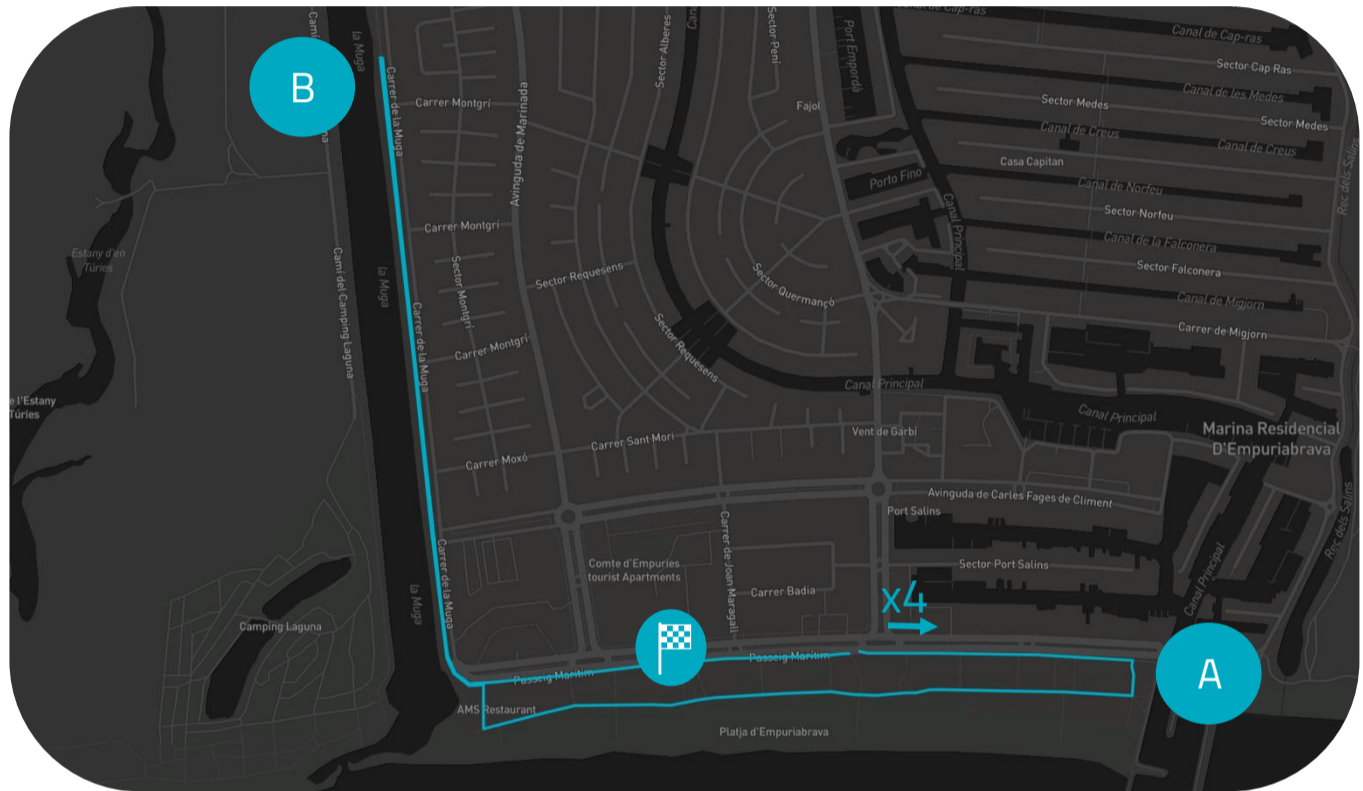
ALWAYS **circulate** in the same direction.

RECORRIDOS

RACE SEGMENT

HALF / RELAYS

Sunday, May 17



Return distance: 5.25 km

Number of laps to complete: 4

Total distance of race segment: 21 km

Cutting times

- **HALF:** 02:30:00 (pace 07:00min/km)
- **RELAYS:** 02:30:00 (pace 07:00min/km)

Instructions

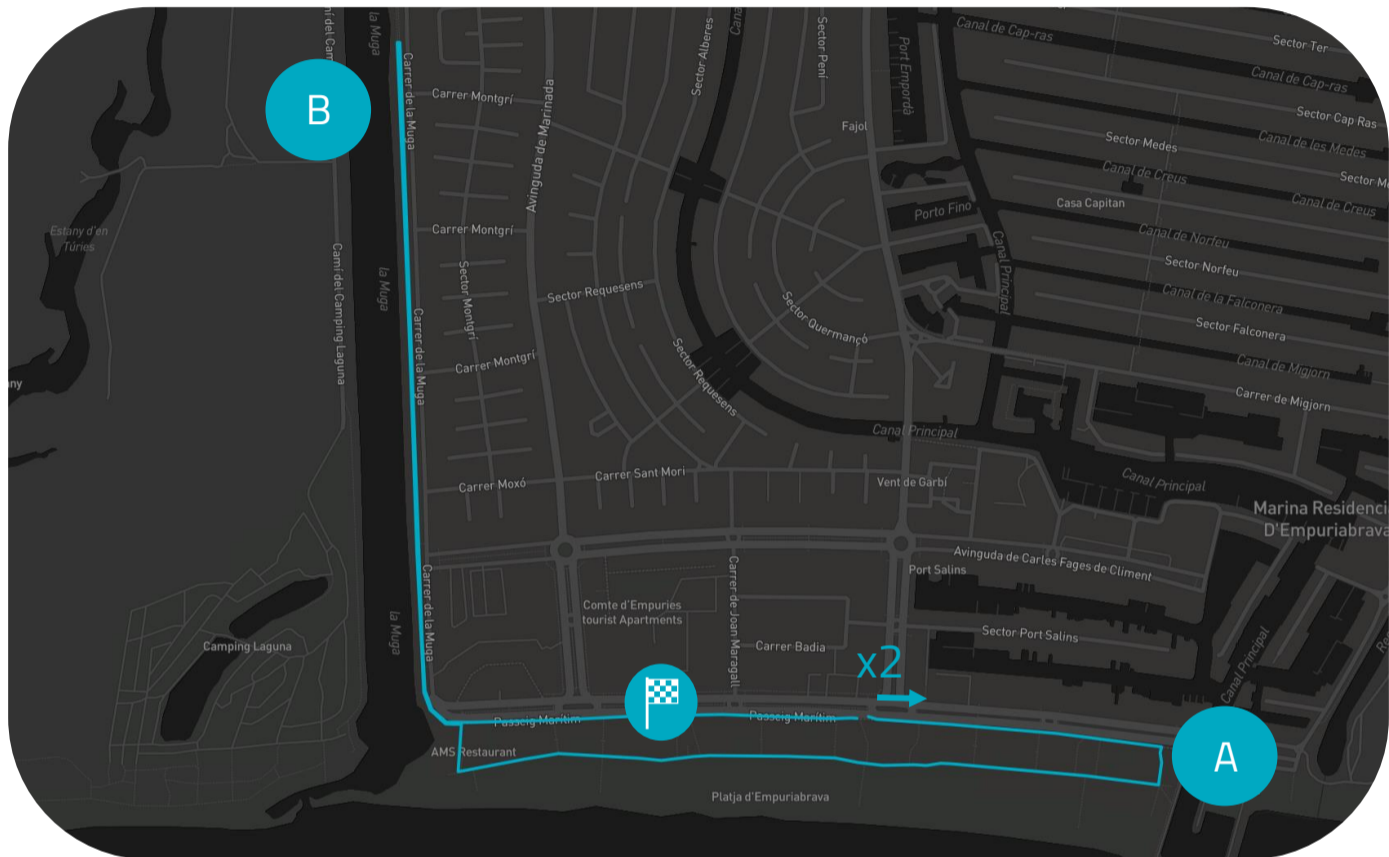
Circuit closed to traffic for four complete laps and marked with cones (starting and finishing directions). Circulation ALWAYS on the left side of the course (running in the opposite direction). Two 180° turns, points (A) and (B). Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

RECORRIDOS

RACE SEGMENT

OLYMPIC - Saturday, May 16

SHORT - Sunday, May 17



Return distance: 5 km

Number of laps to complete: 2

Total distance of race segment: 10 km

Cutting times

- **OLYMPIC:** 01:10:00 (pace 07:00min/km)
- **SHORT:** 01:15:00 (pace 07:00min/km)

Instructions

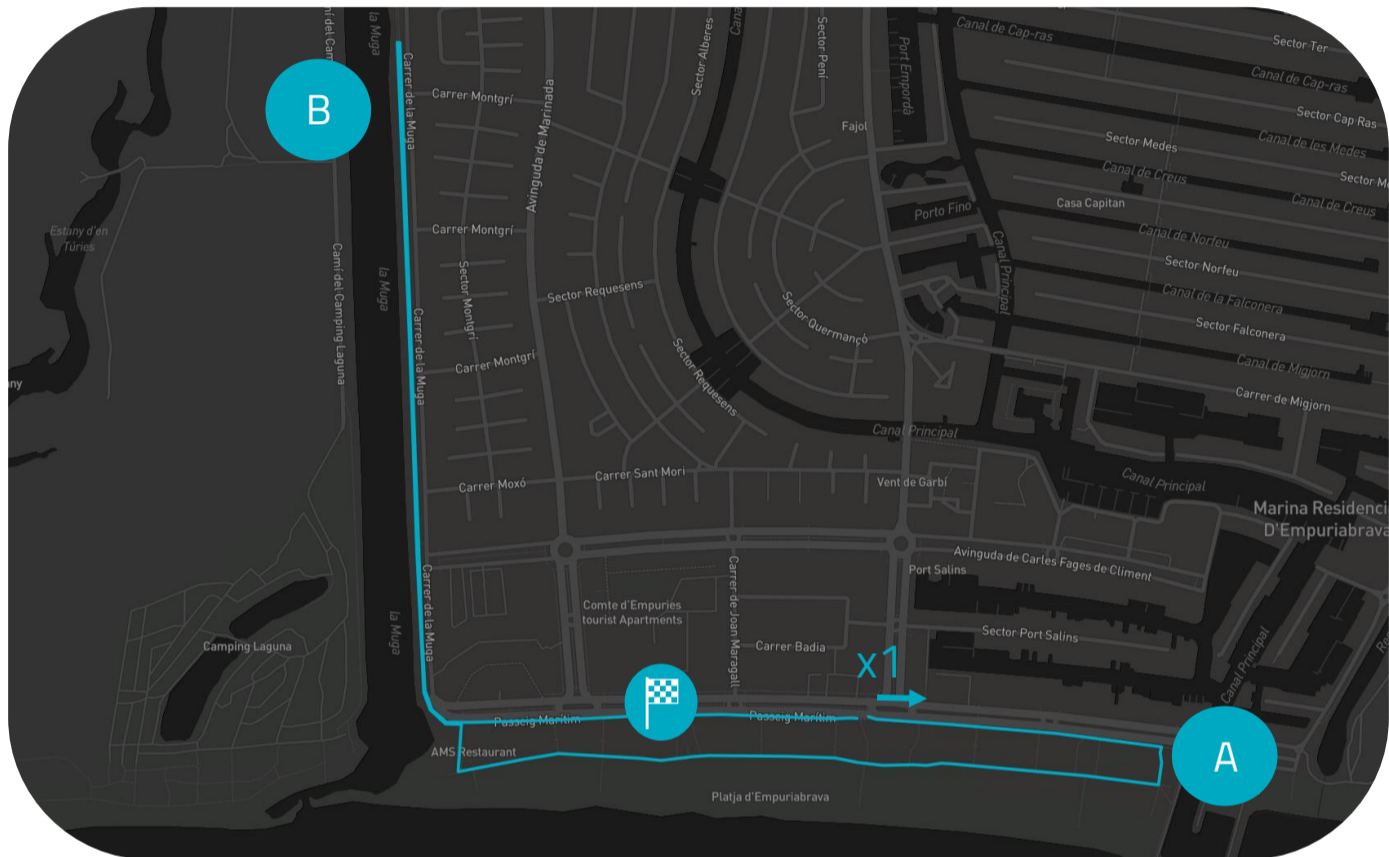
Circuit closed to traffic with two laps and marked with cones (starting from the outward and return directions). Circulation ALWAYS on the left side of the course (running in the opposite direction). Two 180° turns, points (A) and (B). Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

RECORRIDOS

RACE SEGMENT

SPRINT

Sunday, May 17



Return distance: 5 km

Number of laps to complete: 1

Total distance of race segment: 5 km

Cutting times

- **SPRINT: 00:35:00 (07:00 min/km)**

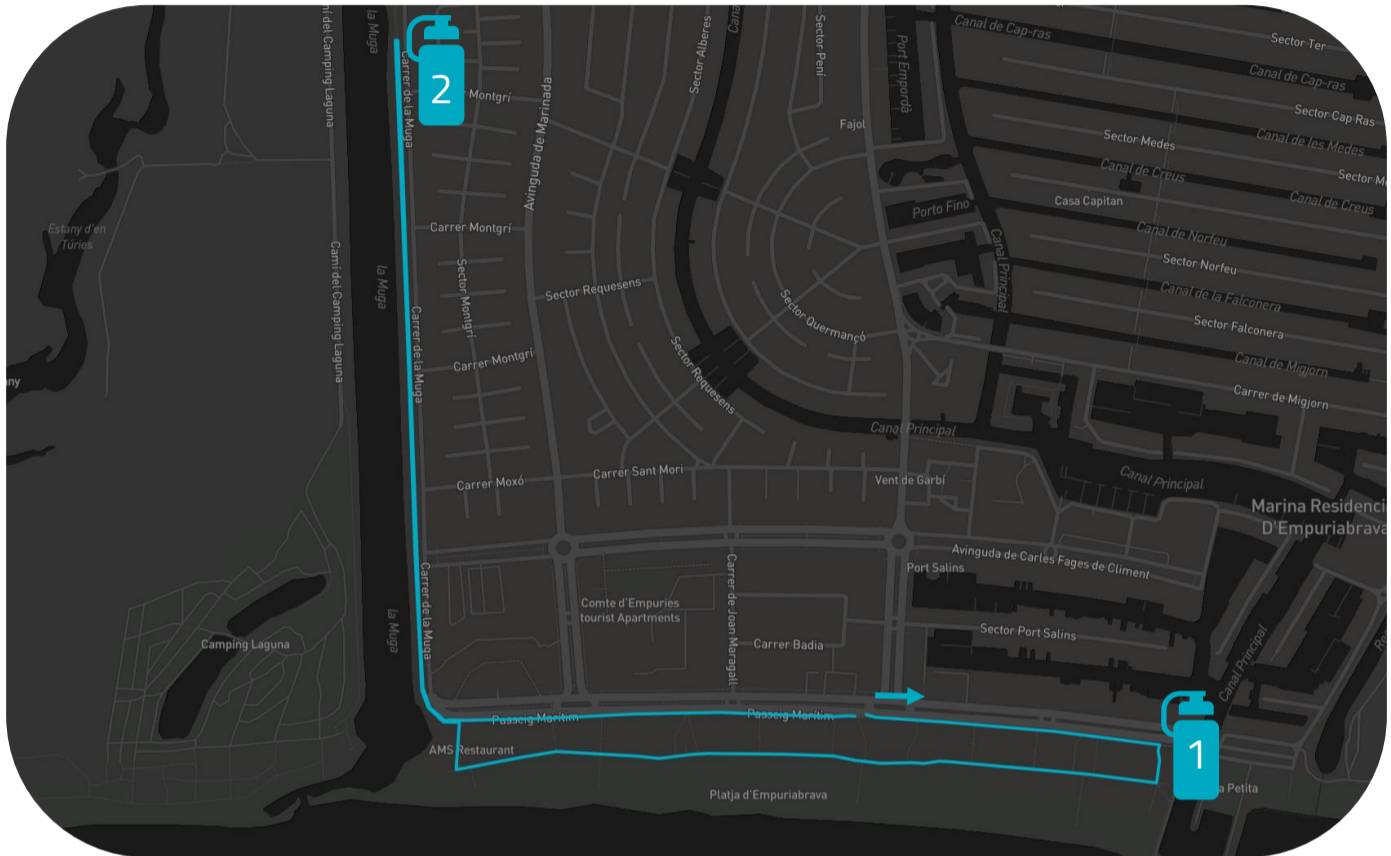
Instructions

Circuit closed to traffic only one lap and marked with cones (starting from the outward and return directions). Circulation ALWAYS on the left side of the course (running in the opposite direction). Two 180° turns, points (A) and (B). Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

RECORRIDOS

RACE SEGMENT

REFRESHMENTS



Refreshment stations are located at **points 1** and **2**.
 The refreshment points are passed 8 times in the **Half** and **Relay** distance, 4 times in the **Olympic** and **Short**, and 2 times in the **Sprint**.

Proceeds from the provisioning



LIQUID:

- Water in glass
- Powerade/Aquarius isotonic

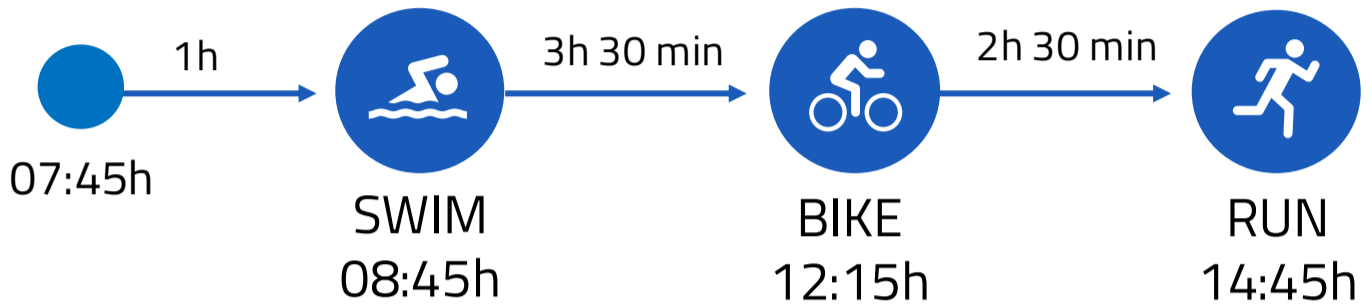


SOLID:

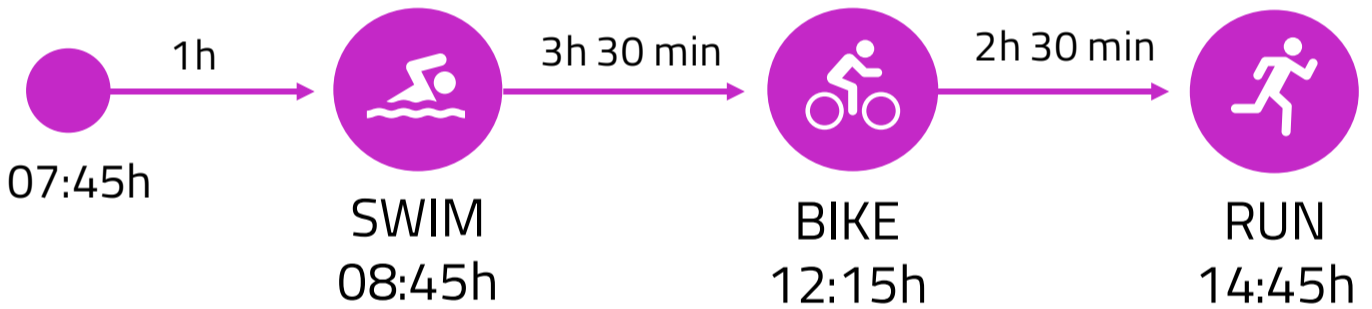
- Fruit
- *Nutrisport Hgel Gel*

RECORRIDOS CUTTING TIMES

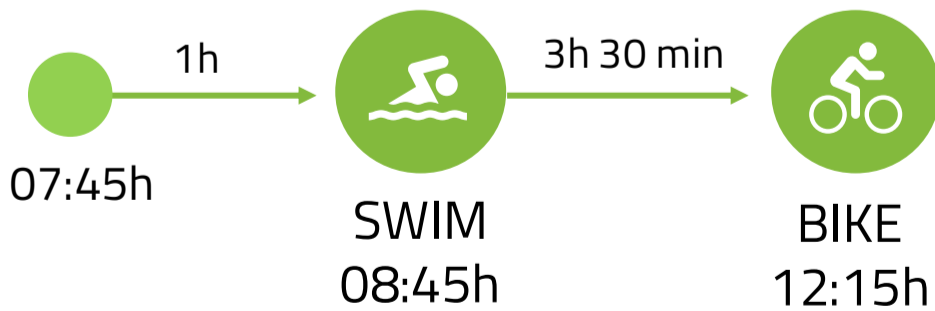
HALF



RELAY

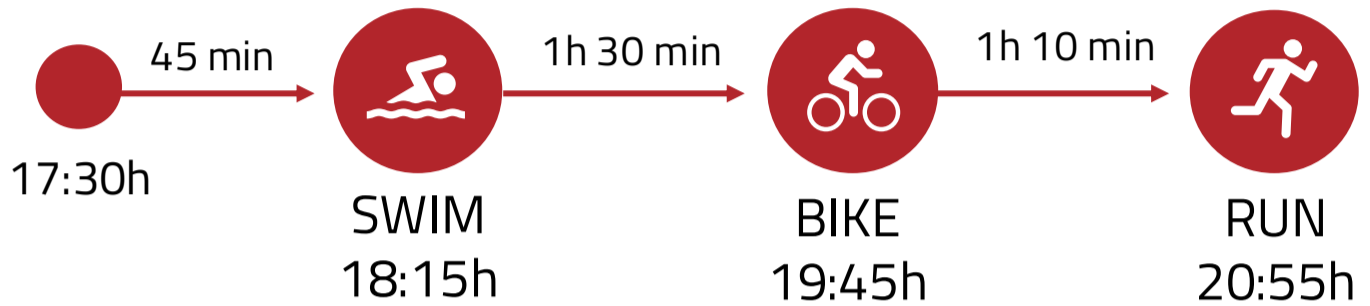


AQUABIKE

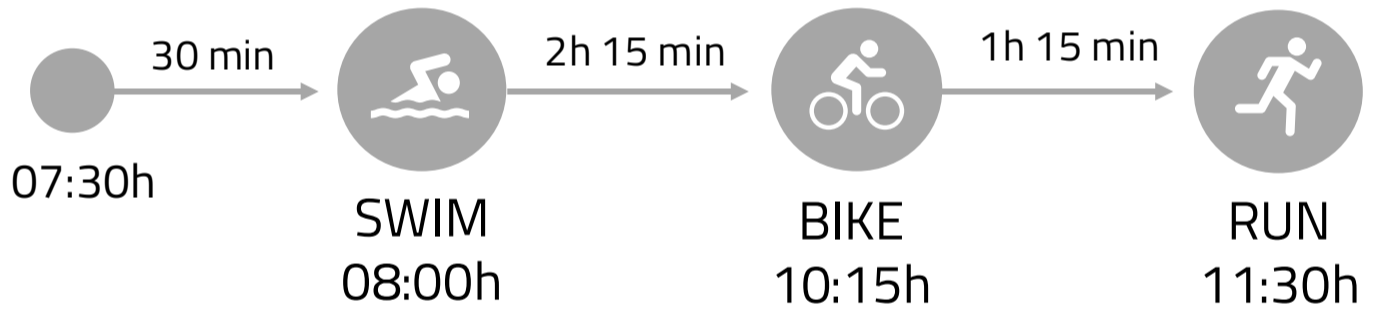


RECORRIDOS CUTTING TIMES

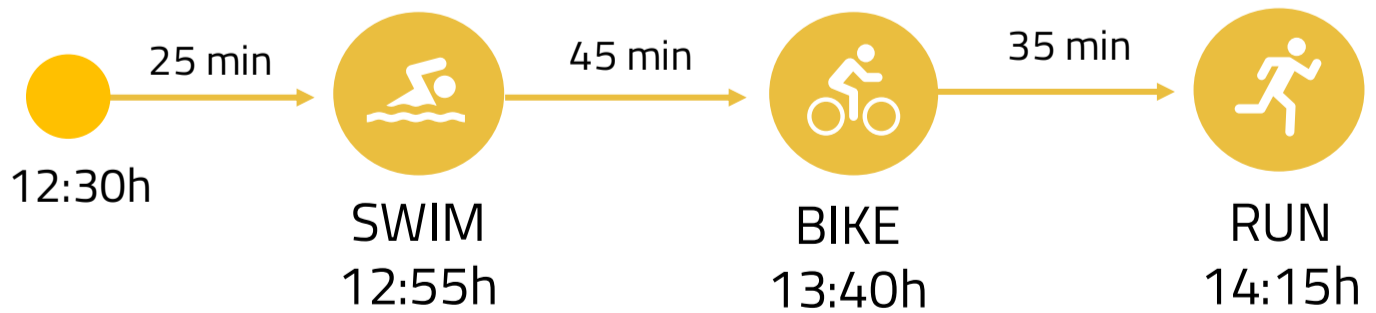
OLYMPIC



SHORT

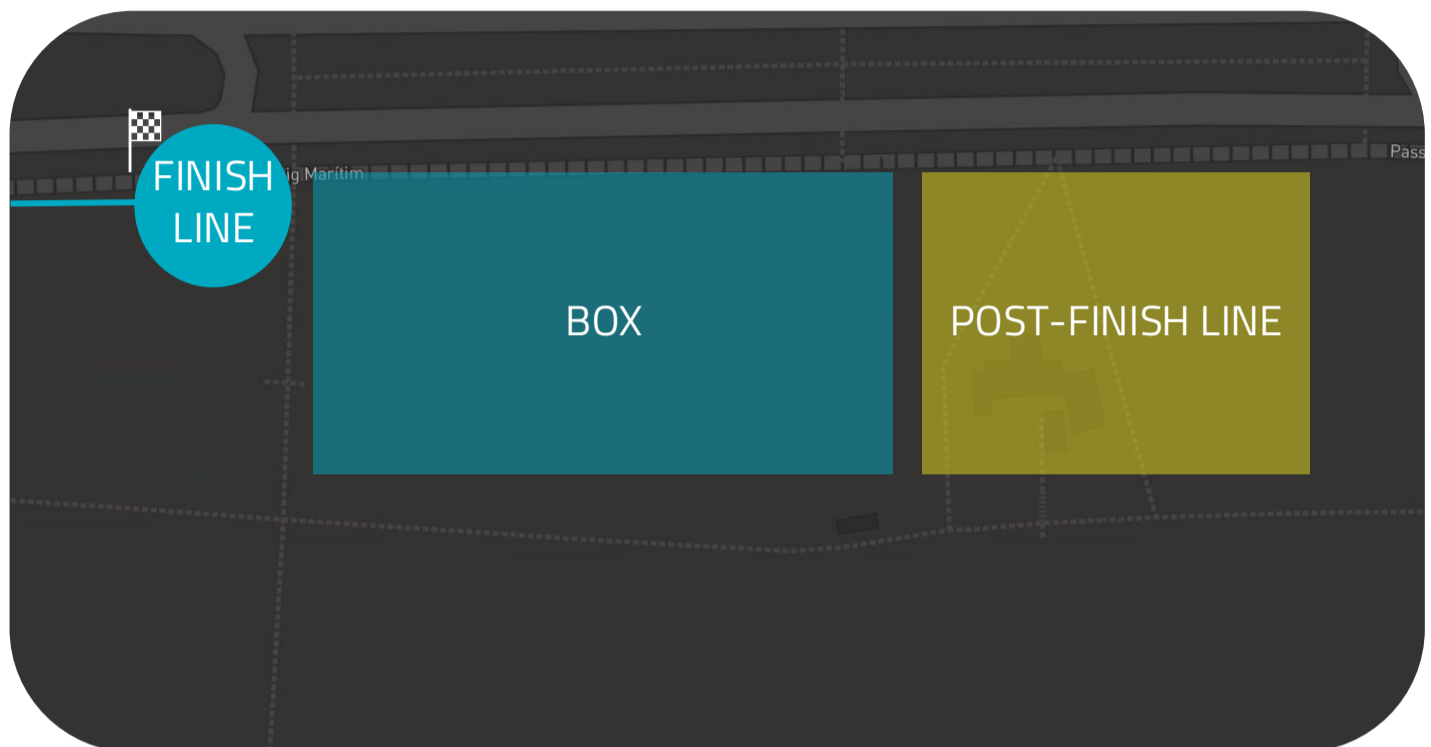


SPRINT



THE ARRIVAL

GOAL AND POST-GOAL ACCESS



Once the laps of the RUN segment have been completed, the triathlete crosses the **finish line** and goes to the recovery area (post-finish), where the trophy ceremony will also take place.



REMEMBER that trophies will not be awarded after the award ceremony. Check your **result** at the following link:
https://100x100half.com/es/clasificaciones/em_puriabrava

Aquabike Instructions

Aquabike participants finish the race by entering the T2 (Box IN), from where they can move to the finish line to collect their medal and advance to the post-finish.

BEHIND THE TARGET

Once you reach the finish line, you just have to **enjoy the moment.**

You will have given your all, and that is why our team will have prepared a final refreshment area with drinks and food for you to recover your strength, as well as an entire *paddock* with massage service, checkroom, WC's...

When can I pick up the material from the box?

During Check-Out.

▪ Saturday:

▪ **OLYMPIC:** from 8:00 pm to 9:30 pm

▪ Sunday:

▪ **HALF** / **AQUABIKE** / **RELAYS** / **SHORT:** from 1:40pm to 4pm

▪ **SPRINT:** from 2:00 pm to 4:00 pm








And the photos? You will have them available at the following link (<https://fotos.100x100half.com/TRI-EBV/2026>) within 48 hours after the end of the race, please tag us @100x100half!






THE TROPHIES

Our **trophy protocol** consists of a complete podium (from first to fifth) of the absolute male and female, as well as a recognition to the first classified of each age group.

ABSOLUTE MALE CATEGORY

ABSOLUTE FEMALE CATEGORY

WATCHES



- Men's team
- Women's team
- Mixed team

MALE AGE GROUPS



- GE 16-24 years
- GE 25-29 years
- GE 30-34 years
- GE 35-39 years
- GE 40-44 years
- GE 45-49 years
- GE 50-54 years
- GE 55-59 years
- GE 60-64 years
- GE +65 years

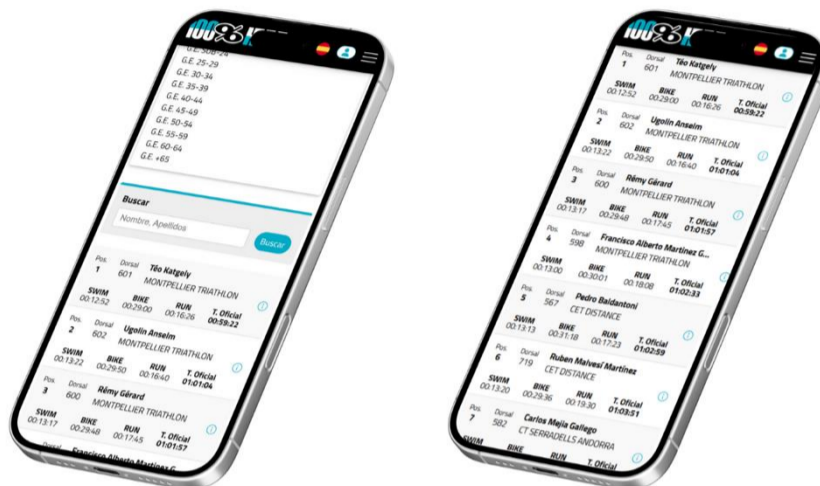
FEMALE AGE GROUPS



- GE 16-24 years
- GE 25-29 years
- GE 30-34 years
- GE 35-39 years
- GE 40-44 years
- GE 45-49 years
- GE 50-54 years
- GE 55-59 years
- GE 60-64 years
- GE +65 years

RESULTS

We upload the results **immediately** on our website, where you can consult all the classifications and categories.



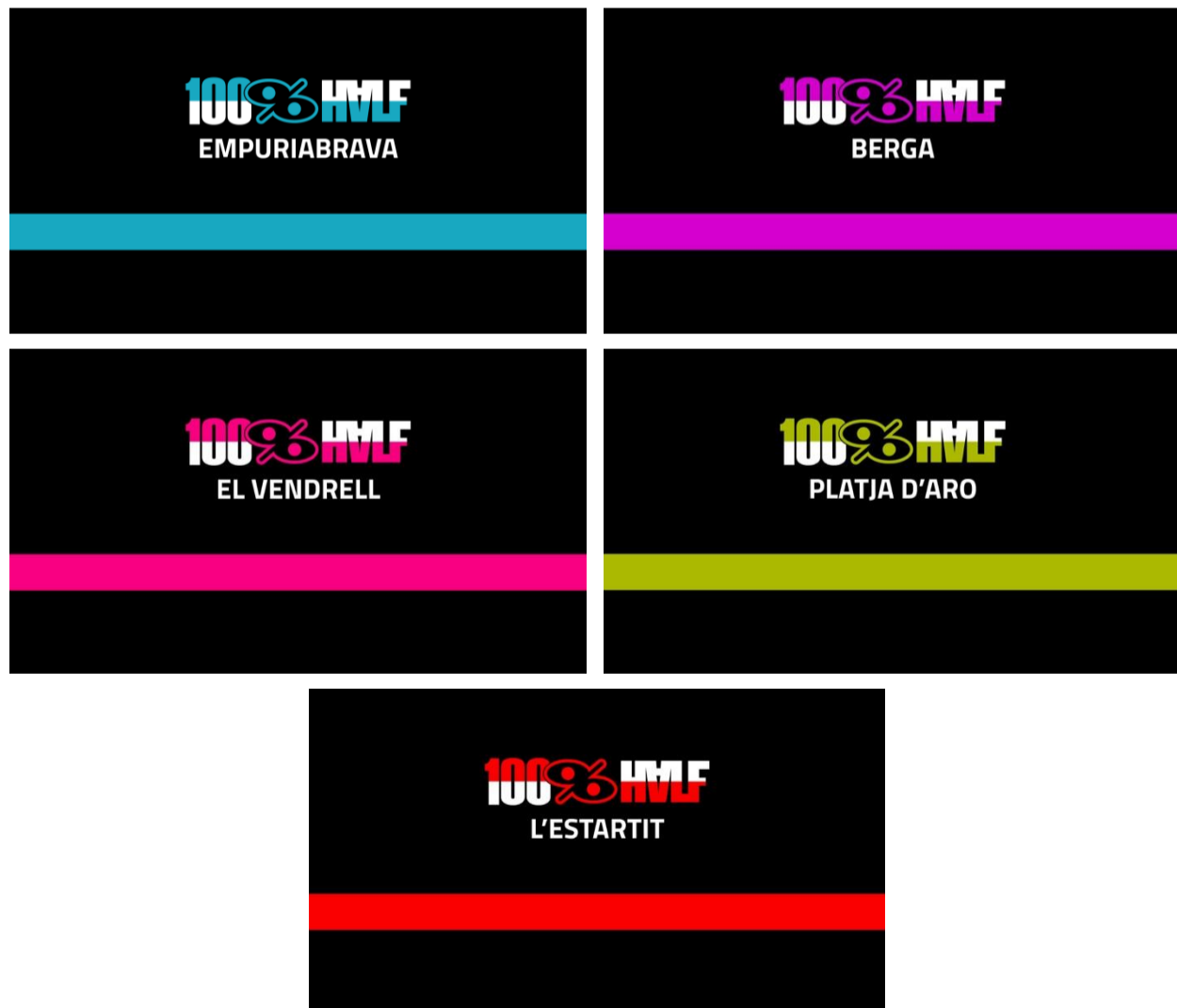
On the results page you will be able to filter until you find your bib number, see the results of the different modalities and categories, consult the podium as well as access the results history of the race.



WE STEAL YOU...

...a minute to tell you that the OLYMPIC club league will award **€16,000 in cash prizes** to the top seven male and female clubs. And **2,000€** in the **SPRINT CUP**. The excitement and competition is on! Empuriabrava is the first venue, the first opportunity of the circuit, which will culminate on October 11 in L'Estartit.

In the rules of the event you will find all the information about the operation and scores.



Thank you for living triathlon as we do!

SHALL WE MAKE A TXOT'S?

Before taking the return trip and with your backpack full of souvenirs, fill your stomach at one of the trendiest restaurants: **Txot's Cider House!**



Located a few meters from the arrival, right on the promenade of Empuriabrava, Txot's is the typical **Spanish cider house** with good product and abundant dishes: from tapas to montaditos through dishes or its famous stone grilled meats.

Live the Txot's experience!



SEE LETTER

ACKNOWLEDGMENTS

A **very special** one **for you**: thank you for coming and for making us enjoy your career.

And also, a:

- Our sponsors and partners
- Castelló d'Empúries City Council
- Palau-Saverdera City Council
- Local Police of Castelló d'Empúries
- Mossos d'Esquadra, Traffic Unit

Official sponsors



Official Timing



Organizer



Belonging to





Stat Sport Club, 2025