



EL VENDRELL

Welcome to El Vendrell, Costa Daurada!

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WELCOME

The 100x100 Half El Vendrell: Back to the sea!

After the great start to the 100x100 Half 2025 circuit in Empuriabrava and the spectacular second stop in Berga, we continue our journey to the Costa Daurada. We're off to El Vendrell!

A triathlon in its purest form awaits you: challenging, vibrant, and with the sea as its backdrop.

They say that El Vendrell is a land of Mediterranean culture and tradition... but in 2025, they have yet to experience the power of the 100x100 Half community.

Ready to continue writing the legend?

JORDI C
CEO 100% Half

ANDREA G
Race Director

WELCOME

El Vendrell is the capital of the Baix Penedès region, located in a privileged spot on the Costa Daurada, surrounded by Mediterranean beaches and unique wine-growing areas of the Penedès Designation of Origin.



The city offers a wide range of cultural and sporting activities and is known for being the birthplace of cellist Pau Casals, as well as for its traditional Festes Majors and its great tradition of casteller human towers, with the emblematic Colla Castellerà Nens del Vendrell filling the squares with excitement and energy every season.



WHAT TO VISIT

THE RACE

PROGRAM

Saturday, September 20: bibs and check-in boxes

Sunday, September 21: Half, Aquabike, Short, Olympic, Sprint, and Supersprint competitions

COMPETITION DISTANCES

HALF

swim
1.9k

bike
80k

run
20k

AQUABIKE

swim
1.9k

bike
80k

OLYMPIC*

swim
1.5k

bike
40k

run
10k

SHORT

swim
750m

bike
60k

run
10k

SPRINT

swim
750m

bike
20k

run
5k

SUPERSPRINT

swim
350m

bike
10k

run
2.5k

**Counts towards the club league*

SCHEDULE

Saturday, September 20

Action

Location

5:30 p.m. to 8:00 p.m. Bib distribution Espai Museu Tabaris, Coma-Ruga
5:30 p.m. to 8:30 p.m. Check-in box Espai Museu Tabaris, Coma-Ruga

Sunday, September 21

Action

Location

6:00 a.m. to 7:15 a.m. Check-in box
6:00 a.m. to 7:15 a.m. Bib distribution
6:00 a.m. to 2:45 p.m. Cloakroom service

Espai Museu Tabaris, Coma-Ruga
Espai Museu Tabaris, Coma-Ruga
Espai Museu Tabaris, Coma-Ruga

07:30 HALF & AQUABIKE L **START**

07:30 SHORT **START**

8:00 a.m. OLYMPIC **START**

08:45 SPRINT **START**

09:00 SUPER-SPRINT **START**

Trophy ceremony around 11:45 (depending on arrivals)

12:30 p.m. to 2:45 p.m. Check OUT box

3:00 PM Race closes

PREPARATIONS

The hat:

We will provide it for you.

The race number:

We will give you the race number, along with the stickers you must use to identify your bike and helmet. You must wear it visibly during the cycling and running sections.

The chip:

You will find the chip on the day of the competition, in the box inside your pit. The chip comes with a neoprene chip holder that you must wear on your ankle.

The backpack:

You must leave the backpack with your equipment in the cloakroom, located in the race number collection area.

Access to the box:

With your bike identified, race number visible, and helmet on with stickers

Collection of equipment:

At the time we have indicated, you will have access to the box to collect your equipment.

Trophies:

Don't leave without checking the results on the website, because we won't give you your trophy if you're not there. The results are instant, so you won't have to wait to find out if you're one of the winners.

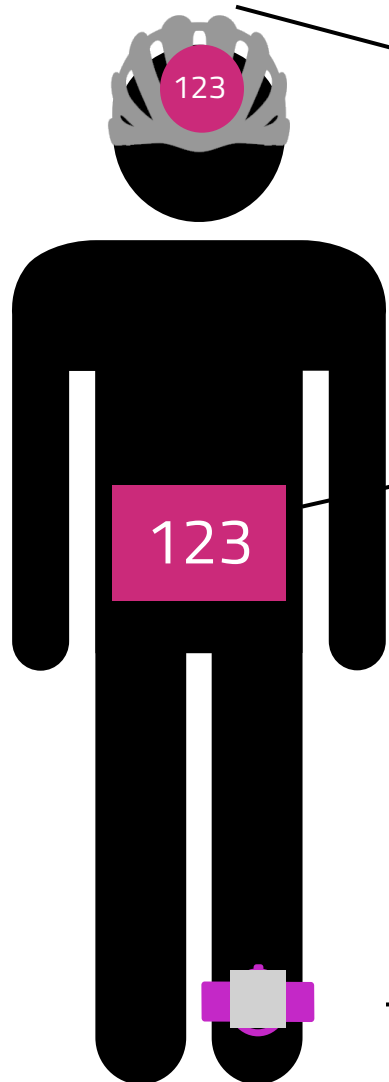
There are 150 trophies in this race. Check your age group.

PREPARATIONS

STICKERS

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

SWIM CAP: You must wear the cap provided by the organizers.



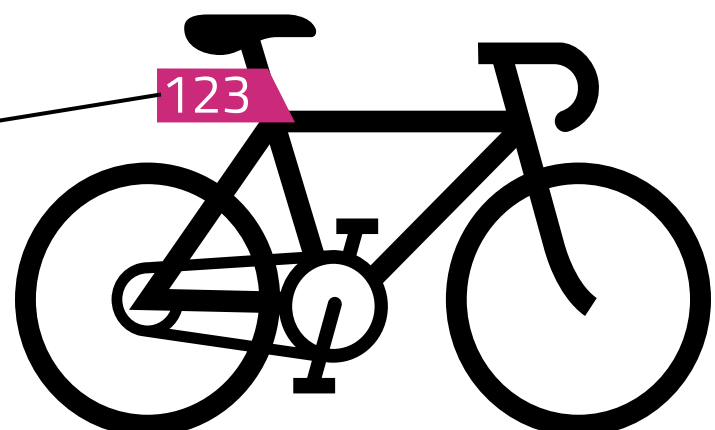
HELMET: attached to the front and left side of the helmet

RACE NUMBER:

- Not required for the **swim**, as you are already wearing the chip!
- During the **cycling** stage, you must wear it on your back (mandatory).
- During the **run**, it must be worn on the front (mandatory).

CHIP: must be placed on your ankle throughout the race (in the swim, outside your wetsuit).

BIKE: must be attached to the seat post



PREPARATIONS

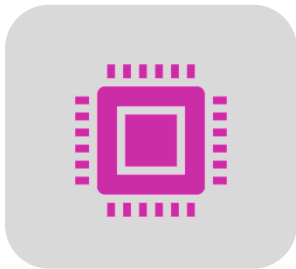
EVERYTHING YOU NEED TO KNOW



Cap: we will provide you with one



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



Chip: You will find it on the day of the competition in the box inside your pit. The chip comes with a neoprene holder that you must wear on your ankle for the swimming event.



Equipment: Please note that you will need some of your equipment in the box.



Access to the box: with your bike identified, race number visible, and helmet on with stickers.



Equipment collection: You can collect your material from the box during the time slot indicated in the program.



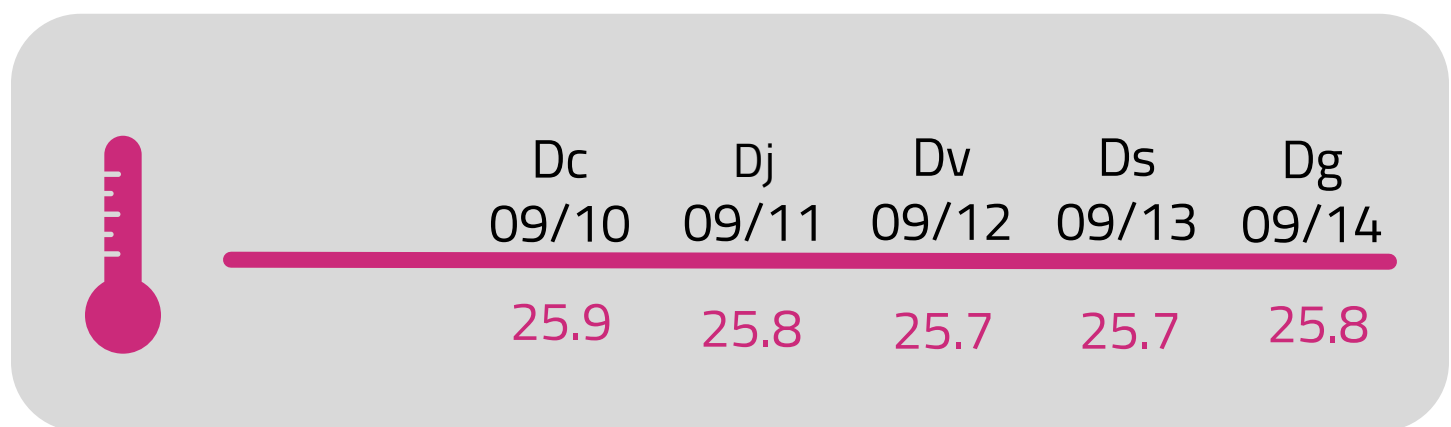
Trophies: don't leave without checking the results on the website, otherwise we won't give you your trophy. The results are instantaneous.

SWIMMING SEGMENT

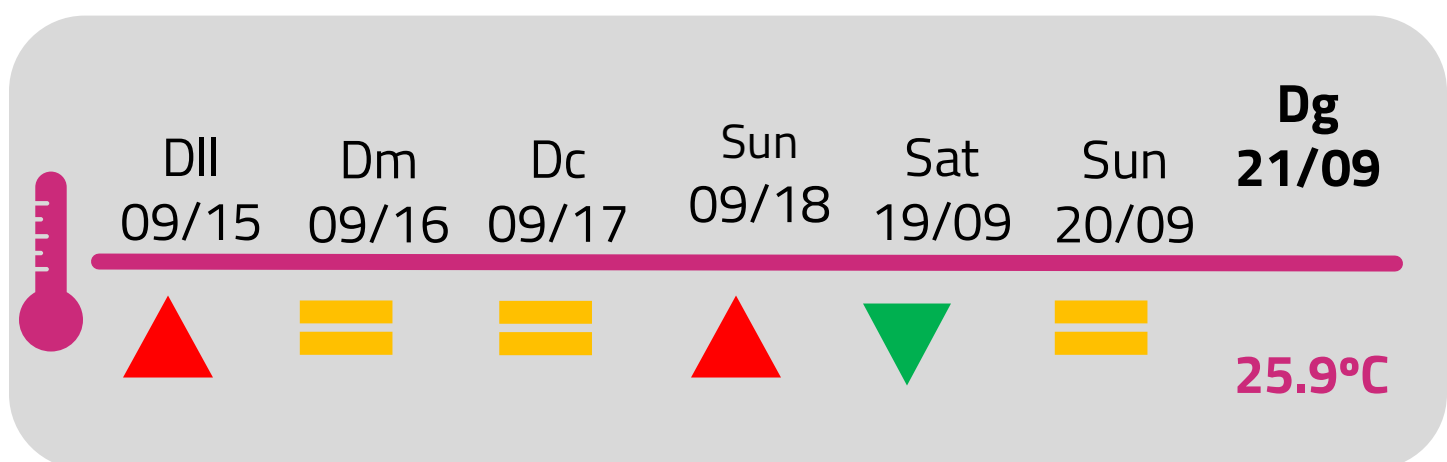
WATER TEMPERATURE

The water temperature forecast is around 26°C.

Recent parameters



Race week forecast



Use of wetsuits

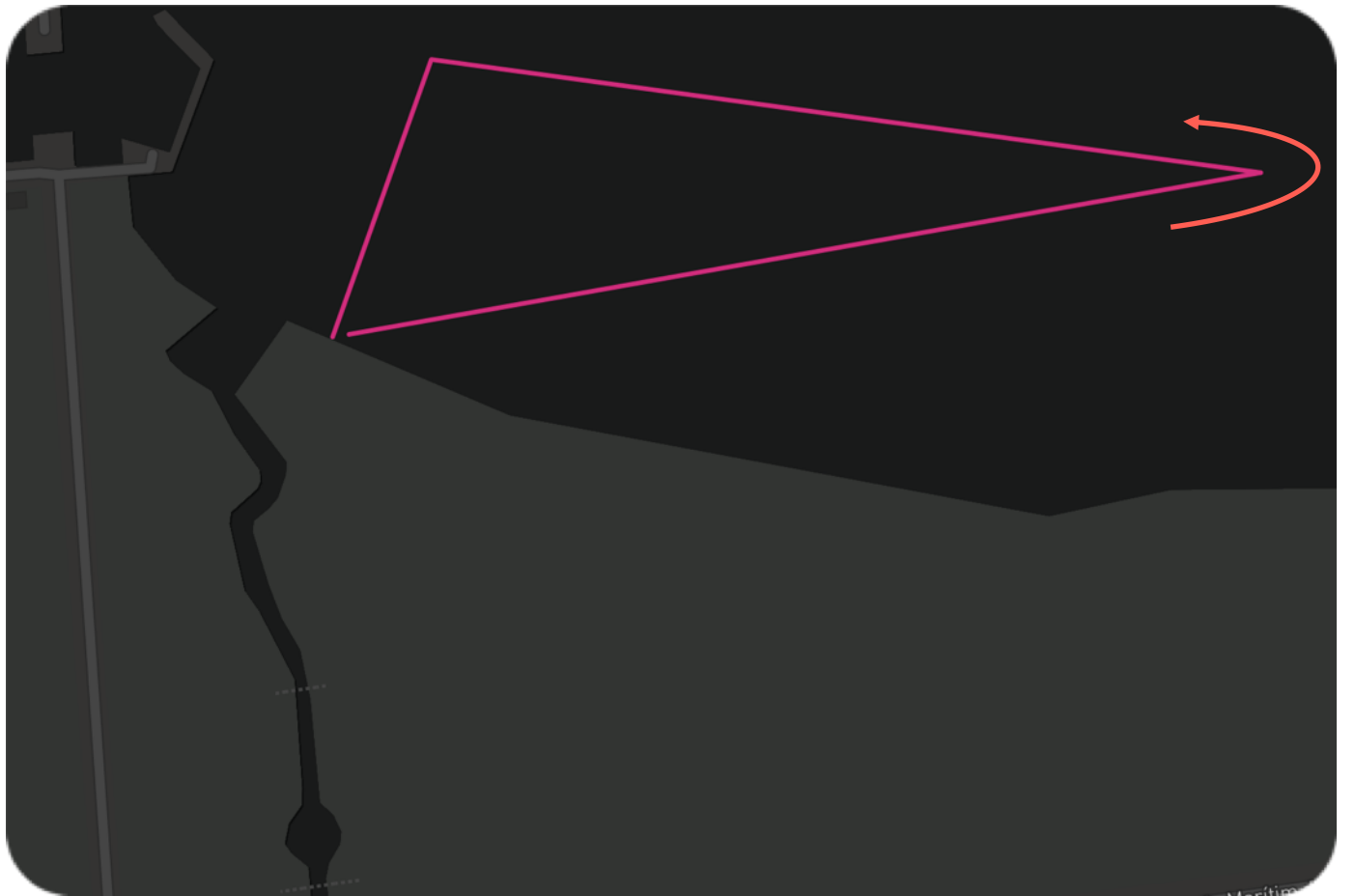
Neoprene is prohibited if the water reaches these limits:

- Half/Aquabike: prohibited above 24°C.
- Short/Sprint: prohibited above 22°C.

Those over 60 years of age are not subject to this regulation.

ROUTES

SWIMMING (SPRINT AND SHORT)



Distance: 750 meters - 1LAP

Conventional start with acoustic signal.

Marked circuit (yellow).

First buoy: turn right. Last buoy: turn left.

Counterclockwise route

Cut-off time: 25 min (3 min/100 m)

Failure to complete the marked route: DQ*

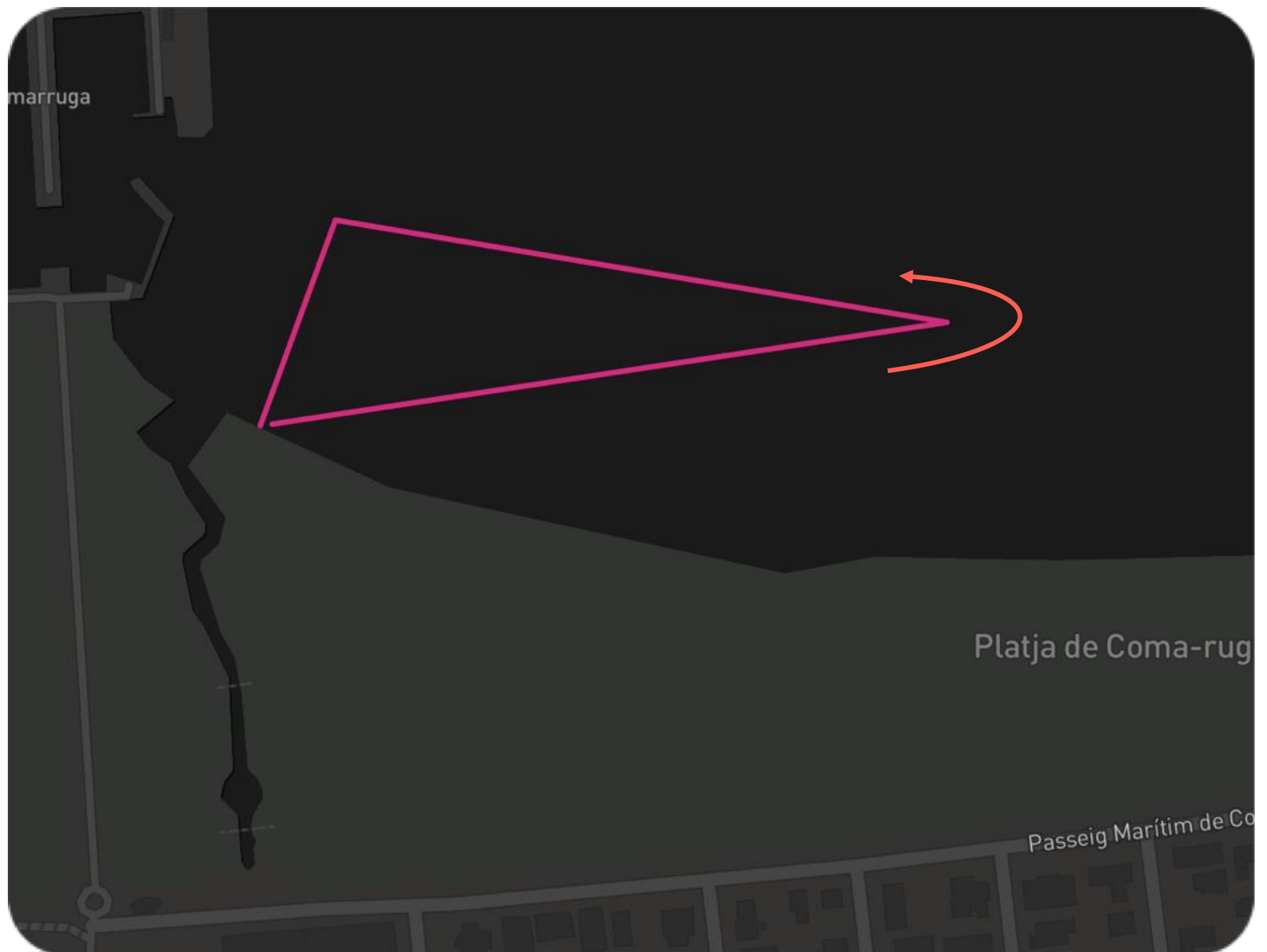
Exceeding the time limit: DNF*

**DQ = Disqualified*

**DNF = Did not finish*

ROUTES

SWIMMING (OLYMPIC)



Distance: 1.5 meters (2 LAPS)

Conventional start with acoustic signal.

Marked circuit

First buoy: turn right. Last buoy: turn left.

Counterclockwise route

Cut-off time: 45 min (3 min/100 m)

Failure to complete the entire marked route: DQ*

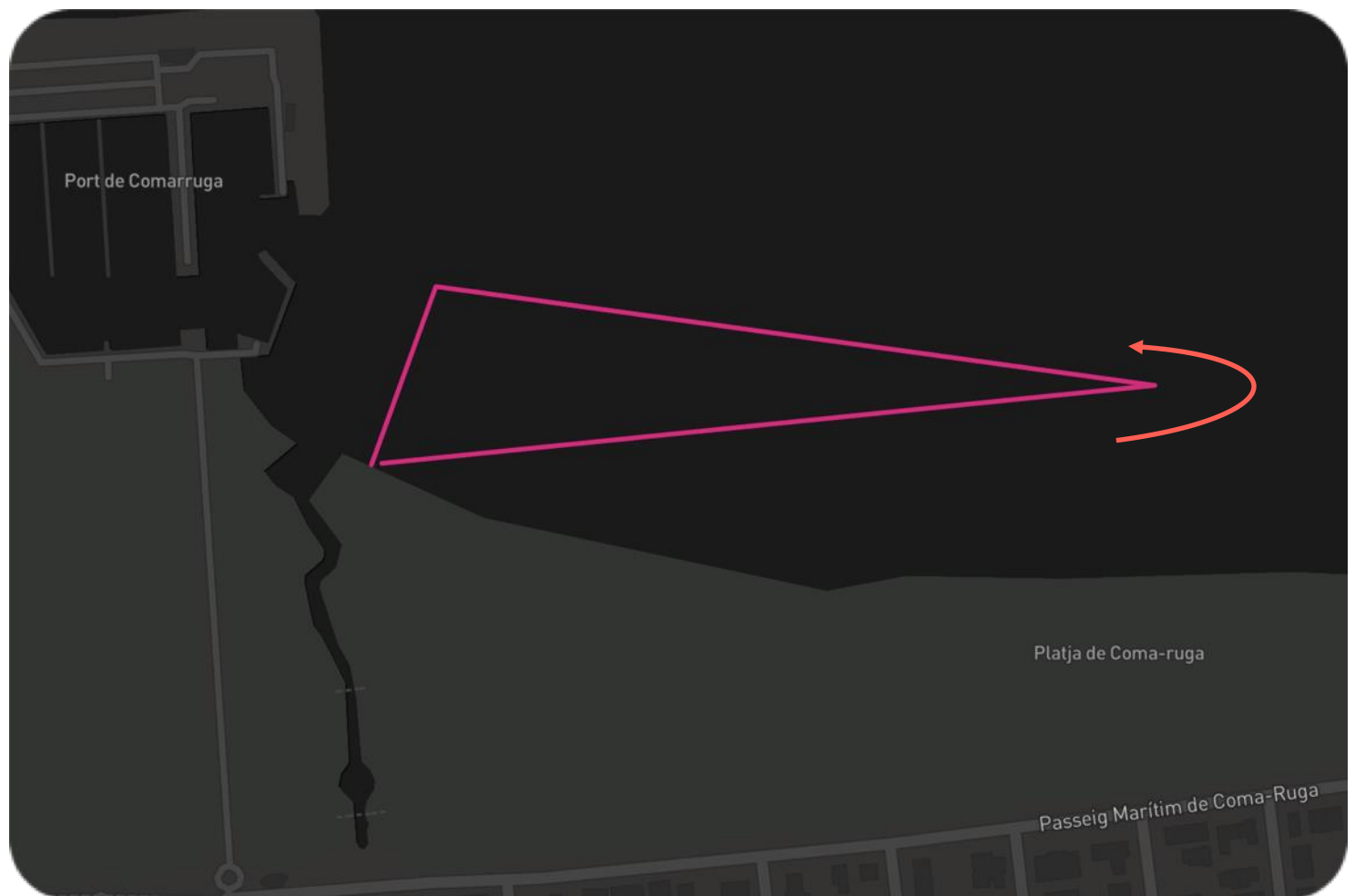
Exceeding the cut-off time: DNF*

**DQ = Disqualified*

**DNF = Did Not Finish*

ROUTES

SWIMMING (HALF I AQUABIKE L)



Distance: 1.9 meters – 2 LAPS

Conventional start with acoustic signal.

Marked circuit (yellow).

First buoy: turn right. Last buoy: turn left.

Counterclockwise route

Cut-off time: 1 hour (3 min/100 m)

Failure to complete the entire marked route:
DQ*

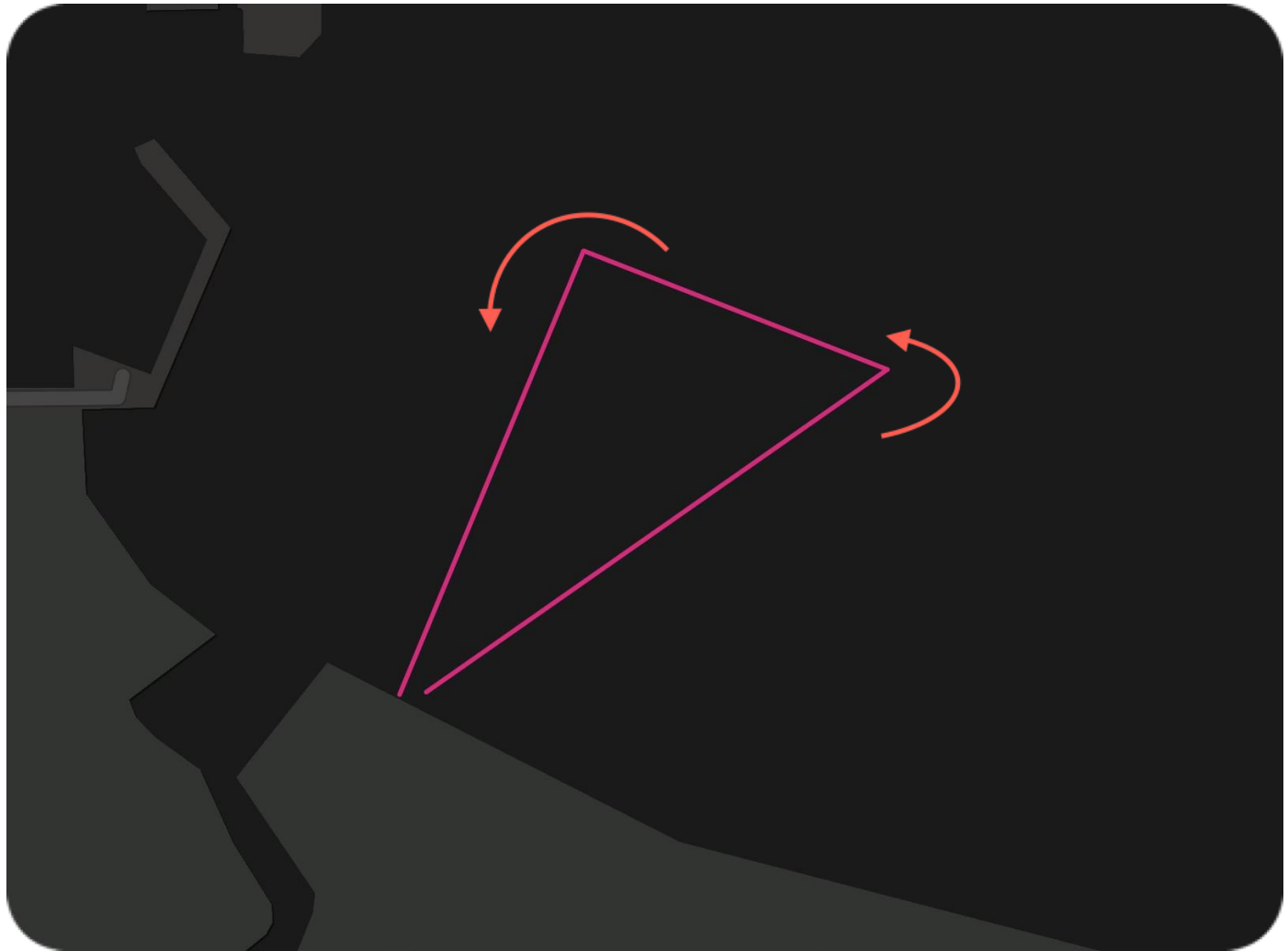
Exceeding the time limit: DNF*

**DQ = Disqualified*

**DNF = Did not finish*

ROUTES

SWIMMING (SUPERSPRINT)



Distance: 300 meters – 1 LAP

Conventional start with acoustic signal.

Marked circuit (yellow).

First marker: turn left. Last marker: turn left.

Counter clockwise course.

Cut-off time: 15 min (3 min/100 m).

Failure to complete the marked course: DQ*.

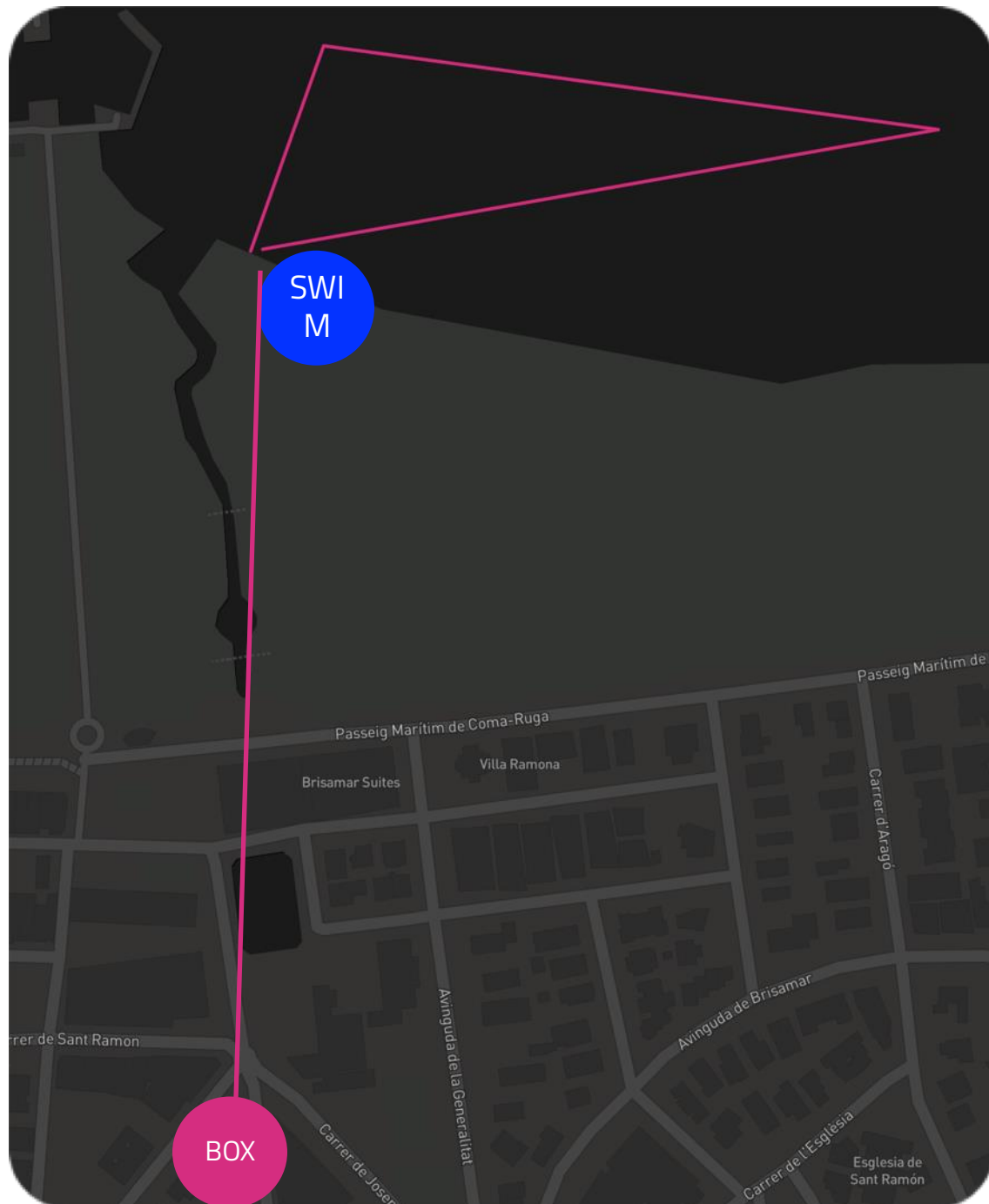
Exceeding the cut-off time: DNF*.

**DQ = Disqualified*

**DNF = Did not finish*

ROUTES

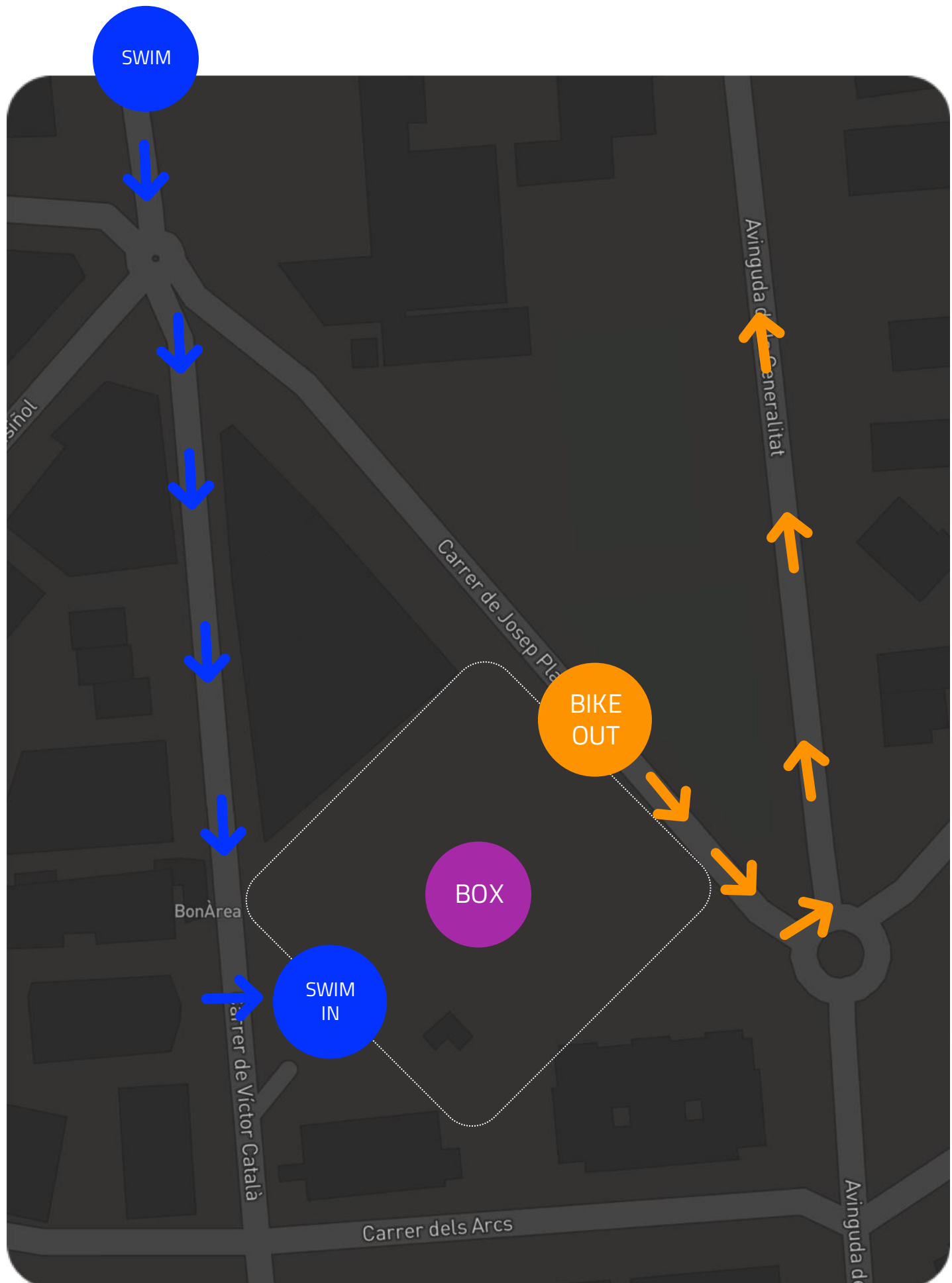
T1 (from SWIM to BIKE)



Distance between SWIM and box: 480 meters
Time control at box entrance.

ROUTES

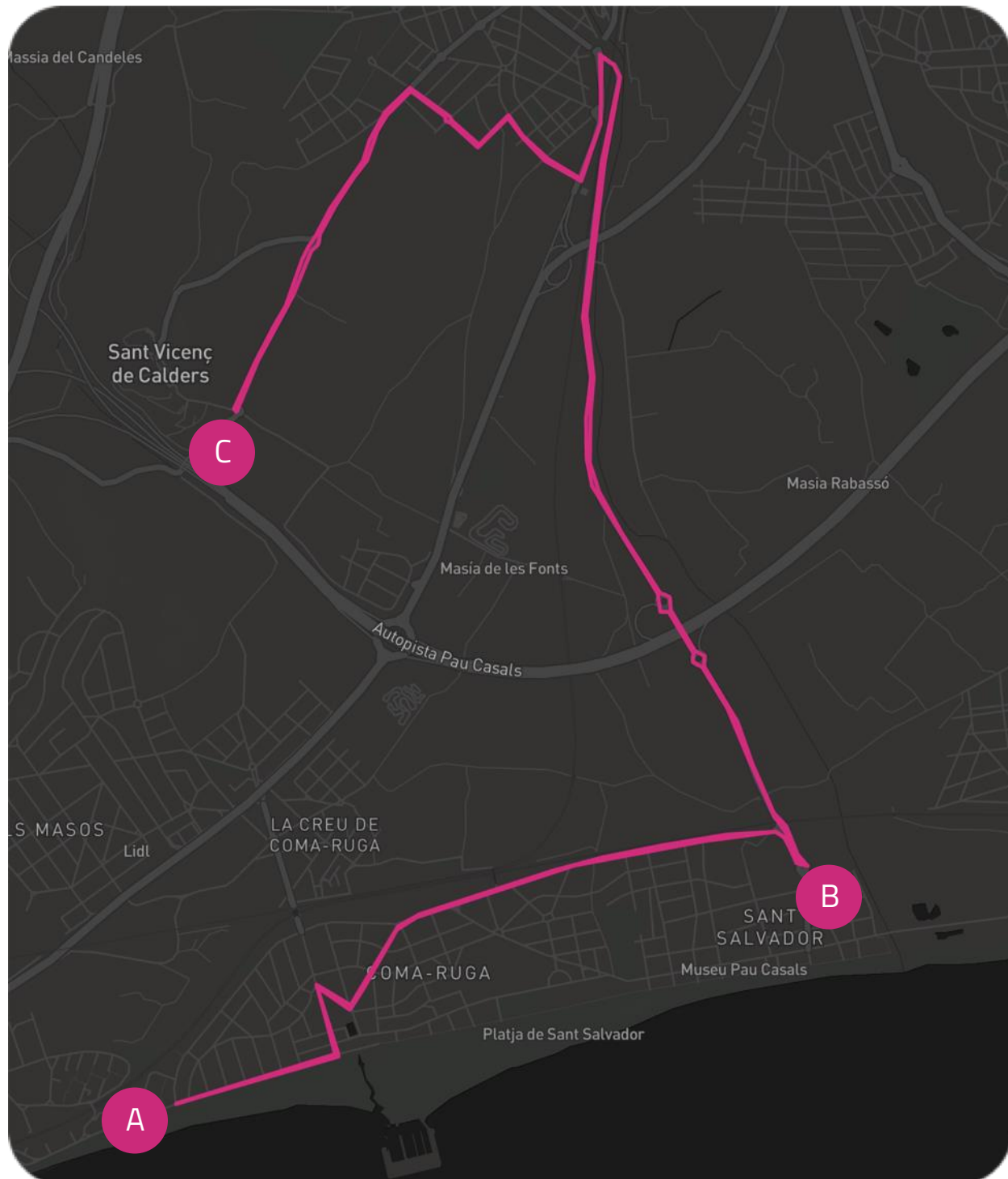
INTERIOR CIRCULATION BOX



Entrance to the box at one end and exit at the opposite end.

ROUTES

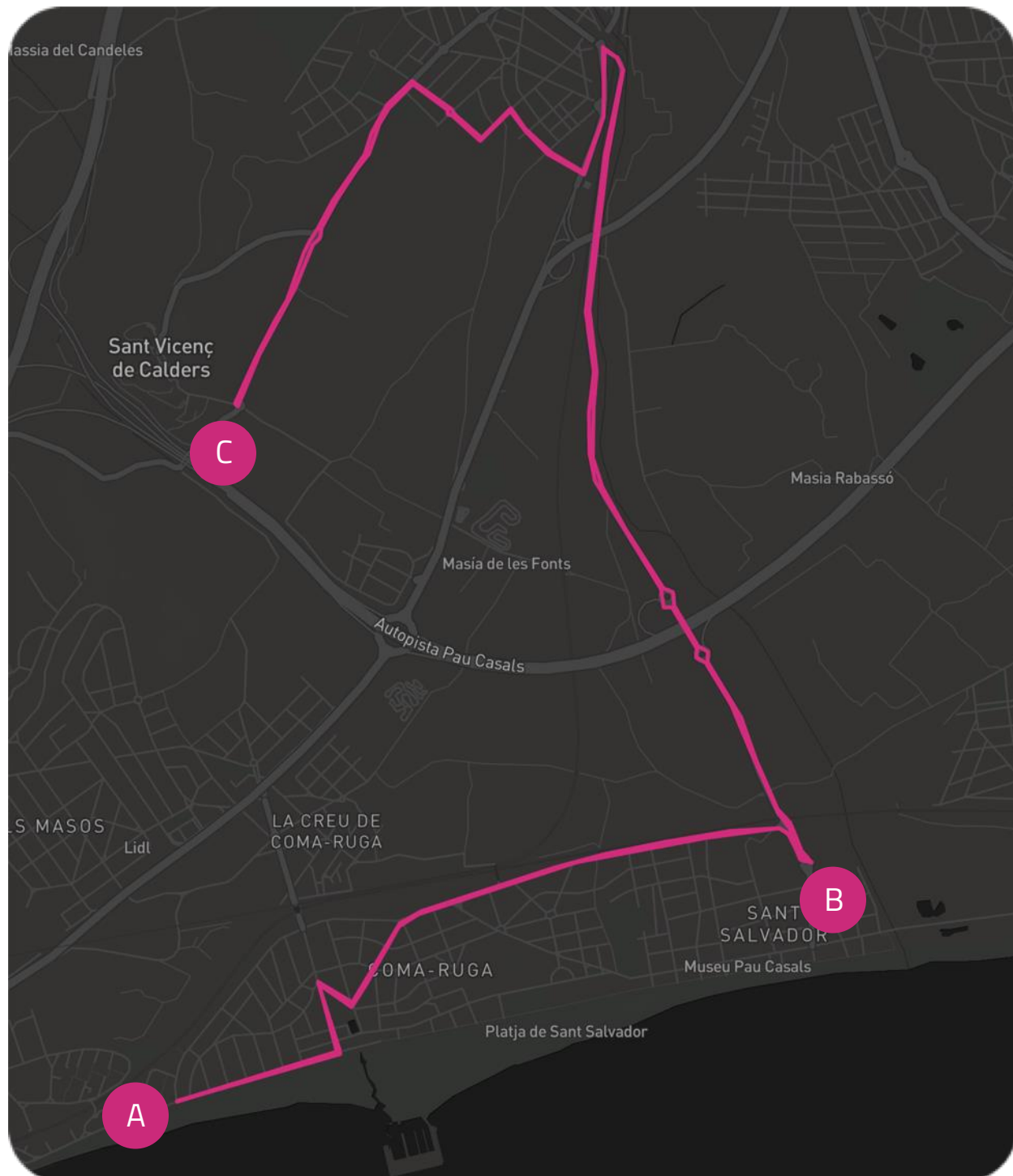
CYCLING HALF - AQUA L



- Circuit closed to traffic with a length of 20 km.
- Ride on the right side of the road.
- HALF AND AQUABIKE - 4 LAPS (80 KM)
- Round trip.
- Three 180° turns (A, B, C).
- Failure to complete the course: DQ
- Exceeding the time limit: DNF

ROUTES

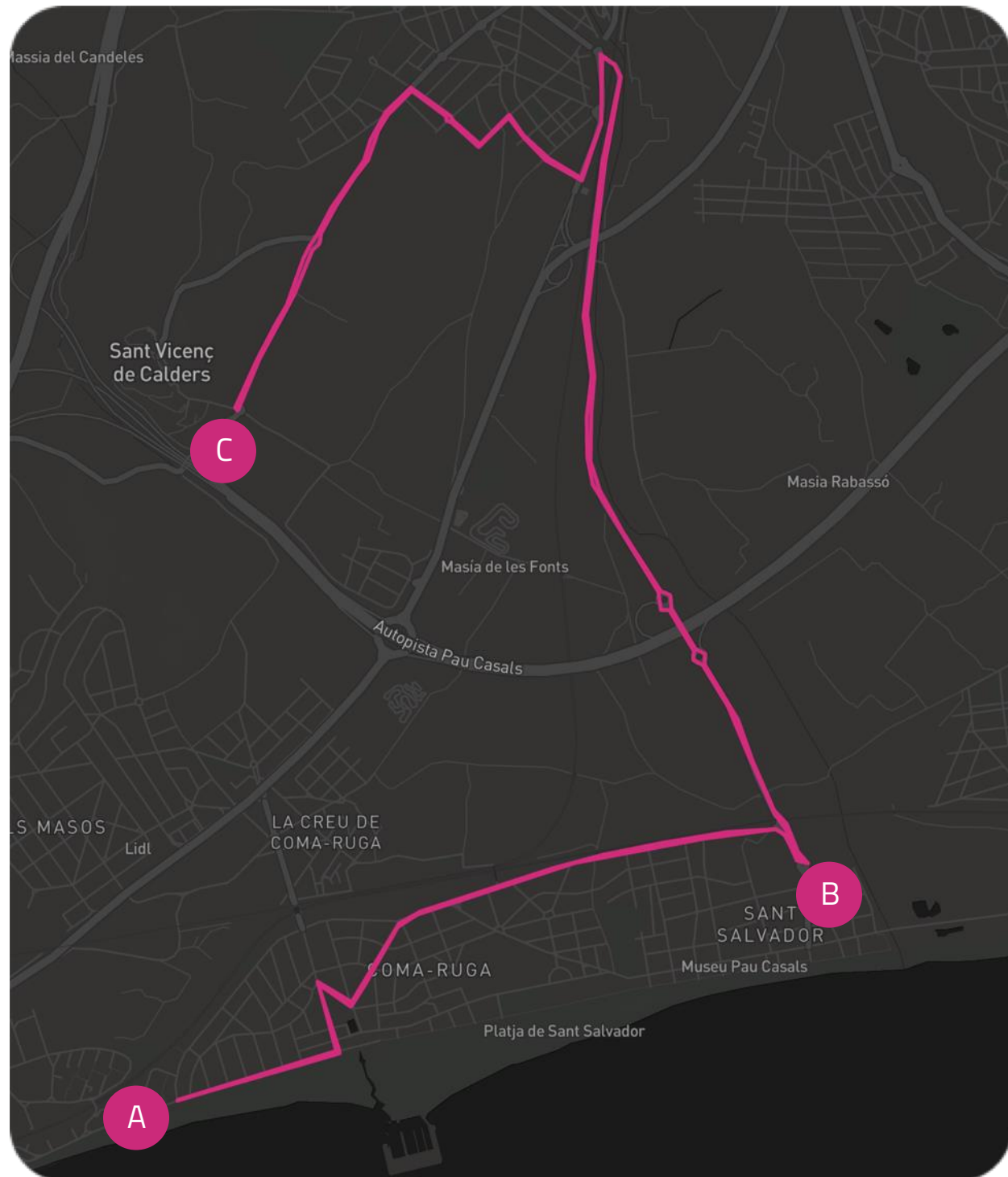
CYCLING SHORT



- Circuit closed to traffic with a length of 20 km.
- Ride on the right side of the road.
- SHORT - 3 LAPS (60KM)
- Round trip.
- Three 180° turns (A, B, C).
- Failure to complete the course: DQ
- Exceeding the time limit: DNF

ROUTES

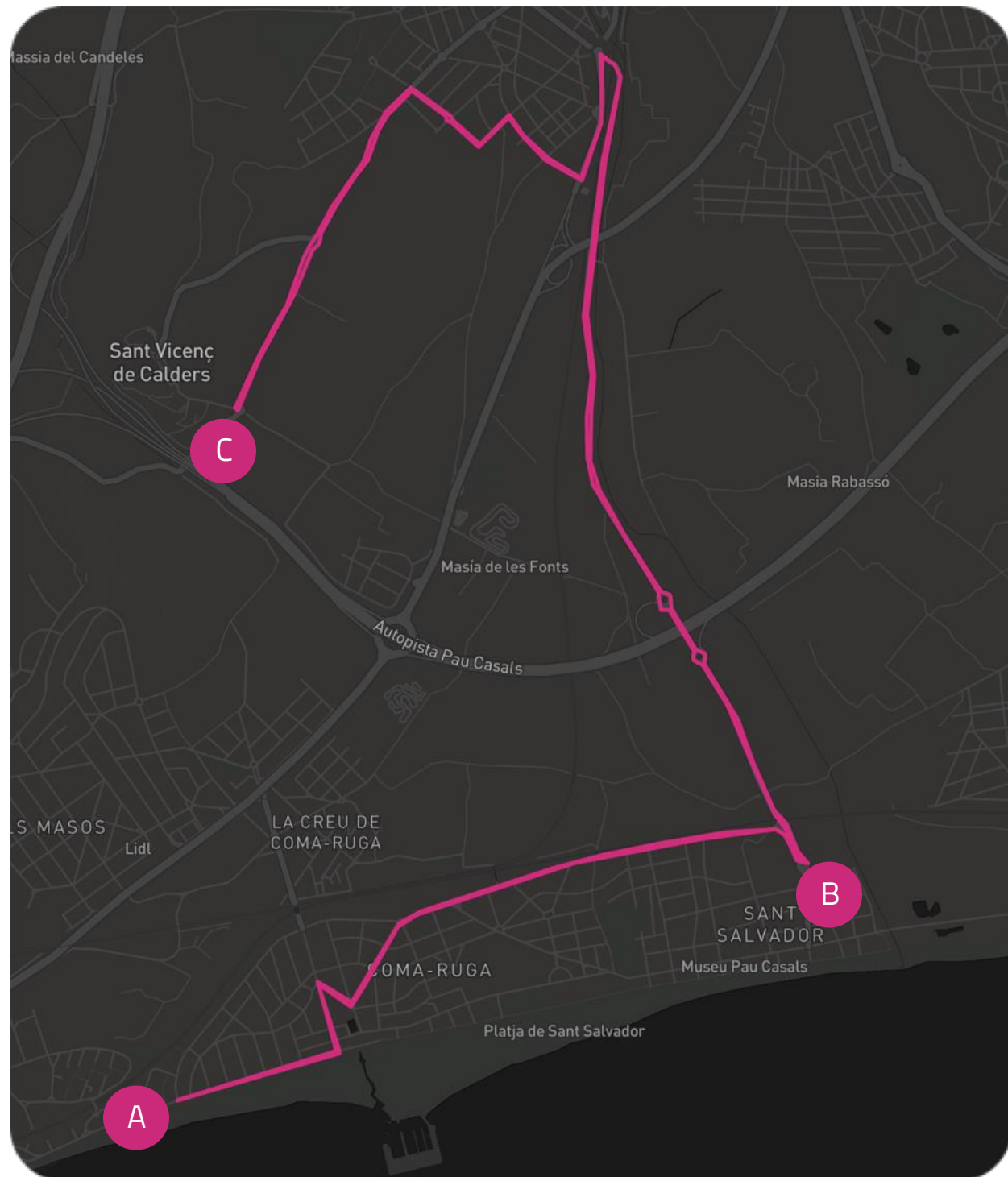
CYCLING OLYMPIC



- Circuit closed to traffic with a length of 20 km.
- Ride on the right side of the road.
- OLYMPIC - 2 LAPS (40KM)
- Round trip.
- Three 180° turns (A, B, C).
- Failure to complete the course: DQ
- Exceeding the time limit: DNF

ROUTES

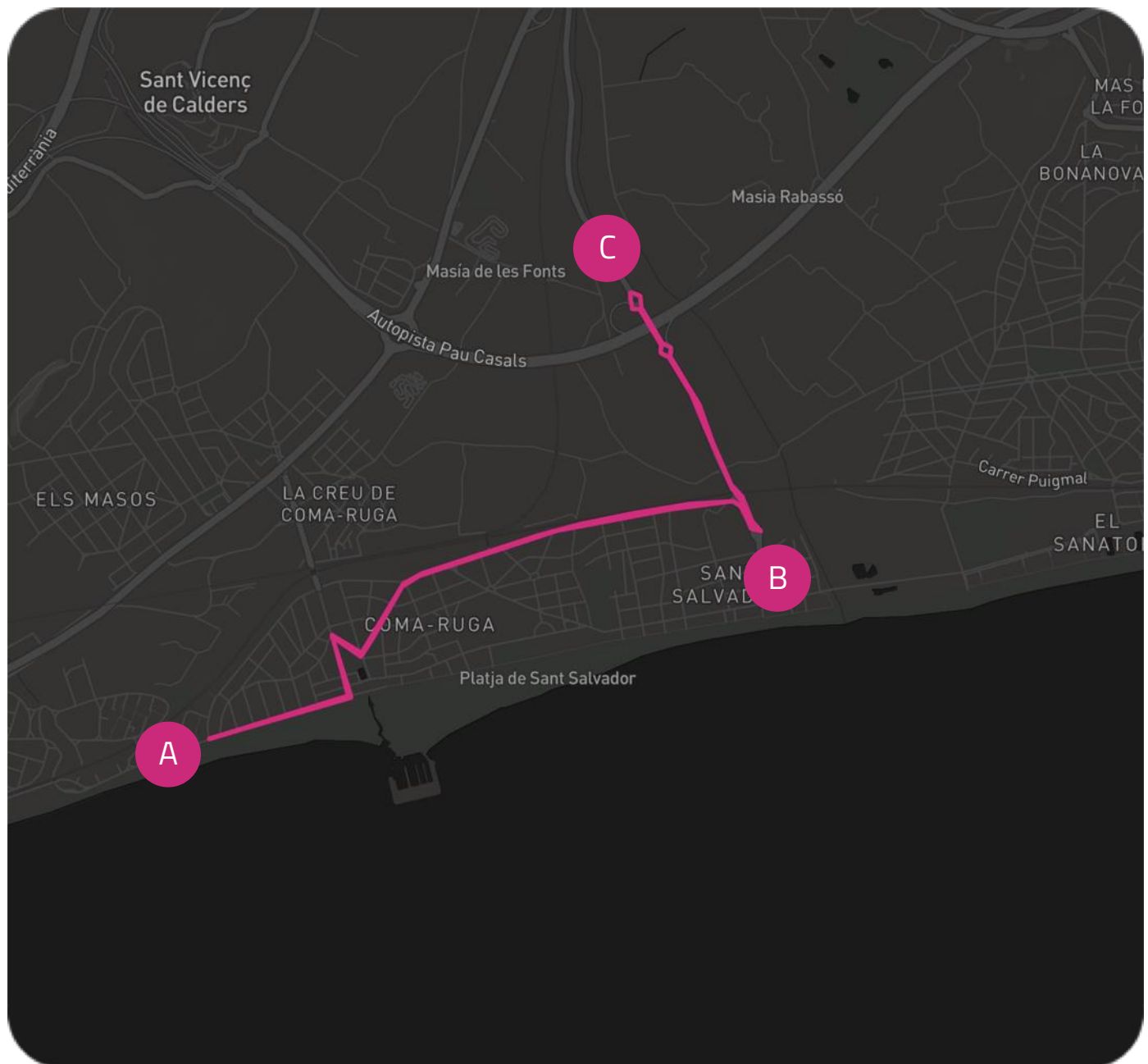
CYCLING SPRINT



- Circuit closed to traffic with a length of 20 km.
- Ride on the right-hand side of the road.
- SPRINT - 1 LAP (20KM)
- Round trip.
- Three 180° turns (A, B, C).
- Failure to complete the course: DQ
- Exceeding the time limit: DNF

ROUTES

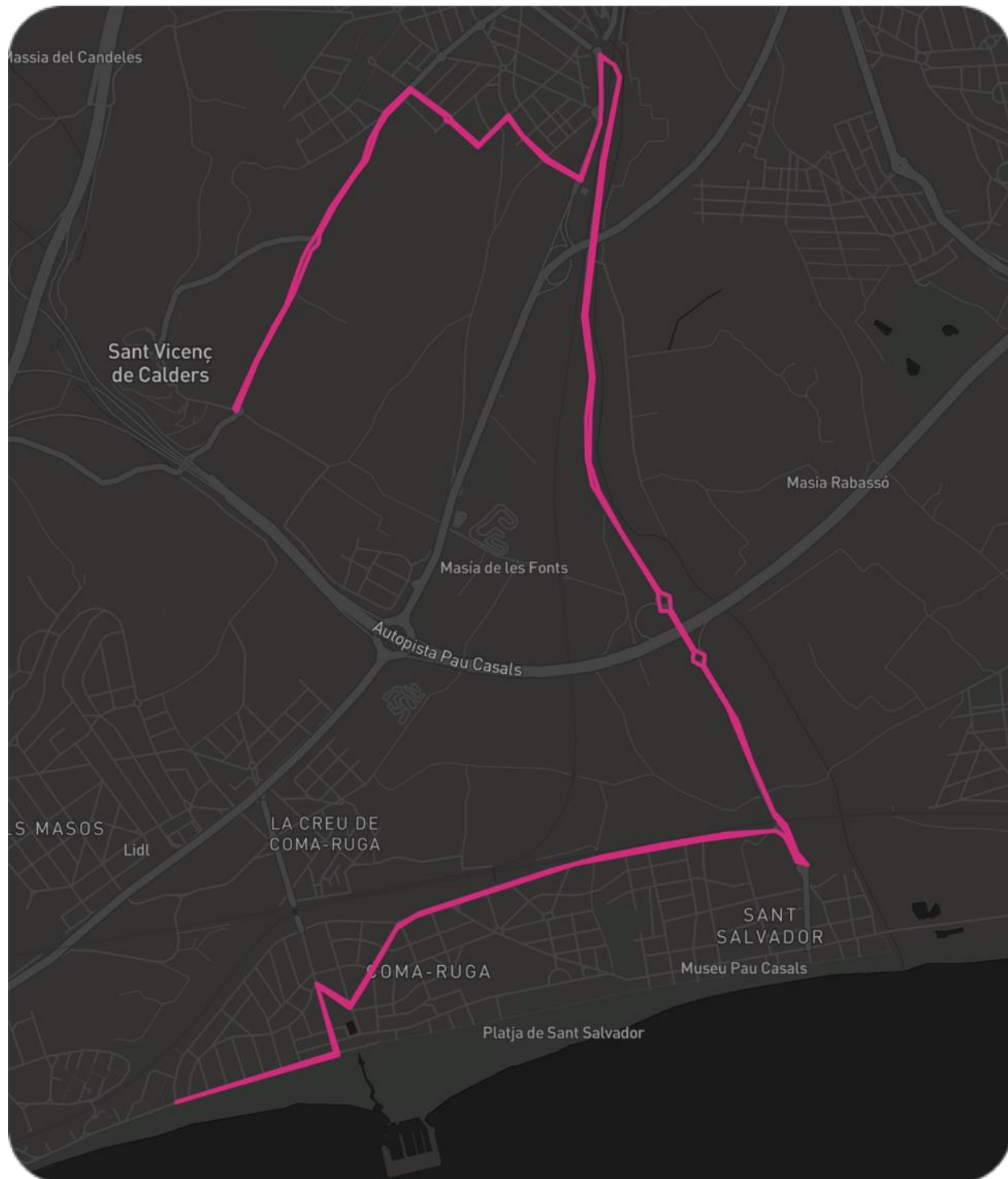
SUPERSPRINT CYCLING



- Circuit closed to traffic with a length of 10 km.
- Ride on the right-hand side of the road.
- SUPERSPRINT - 1 LAP (10KM)
- Round trip.
- Three 180° turns (A, B, C).
- Failure to complete the course: DQ
- Exceeding the time limit: DNF

ROUTES

CYCLING. CUT-OFF TIMES



Cut-off time

SUPERSPRINT 09:45 (0h 30 min from the start)

SPRINT 09:55 (0h 45 min from the start)

OLYMPIC 10:15 (1h 30 min from the start)

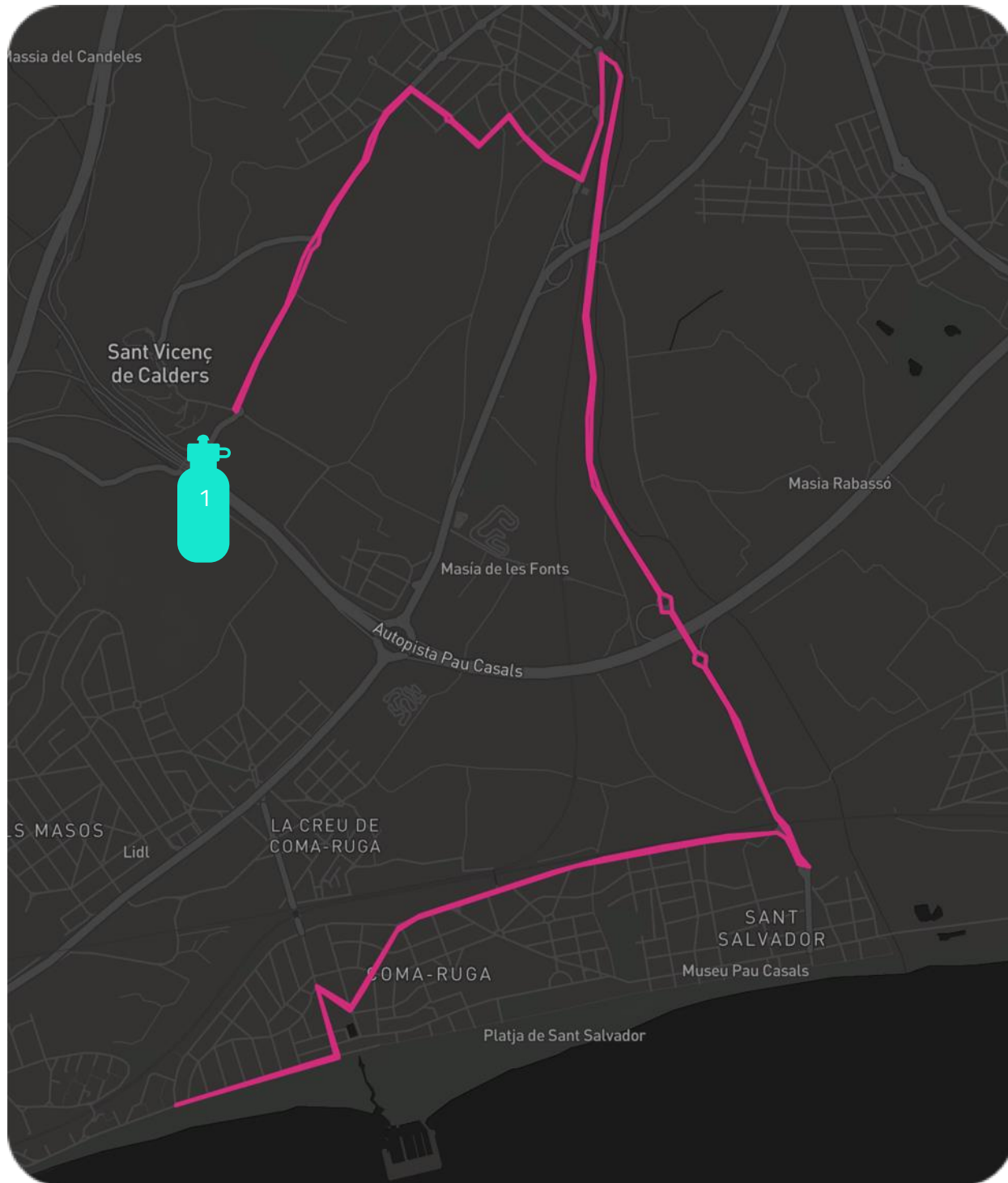
SHORT 10:15 (2h 15 min from the start)

HALF 11:30 (3h 00 min from the start) *Start of LAP2
10:12

AQUA L 11:30 (3h 00 min from start) *Start LAP2 10:12

ROUTES

SPECIAL FEATURES CYCLING



BIKE REFRESHMENT STATION

The refreshment point is located at point 1.

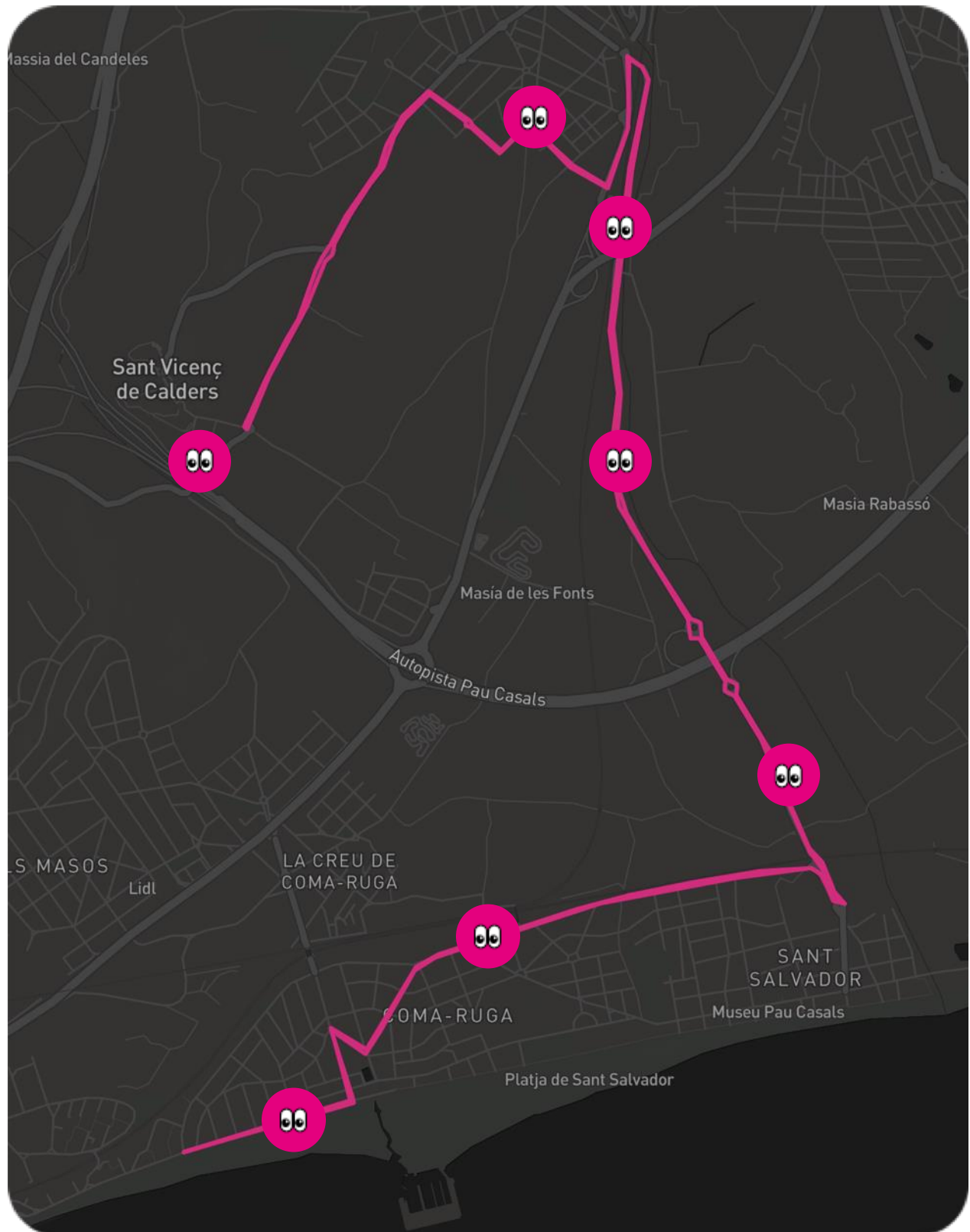
The refreshments are liquids.

Liquid refreshments are provided in bottles containing Sport Iso Nutrisport isotonic drink.

Water is provided in bottles.

ROUTES

SPECIAL FEATURES CYCLING



DRAFTING

Drafting is not permitted at any distance.

Drafting: DQ

There are no cards or penalty boxes.

Pay close attention to the areas indicated on the map.

TOURS

SPECIAL FEATURES CYCLING



...No further explanation needed.

TOURS

SPECIAL FEATURES CYCLING

SWIM BIKE RUN

Ver Plan B

Circuito rápido entre Coma-ruga y El Vendrell sin apenas desnivel



80 km.



648 m. Desnivel



4 Vueltas de **20**km.



1/5 Dificultad



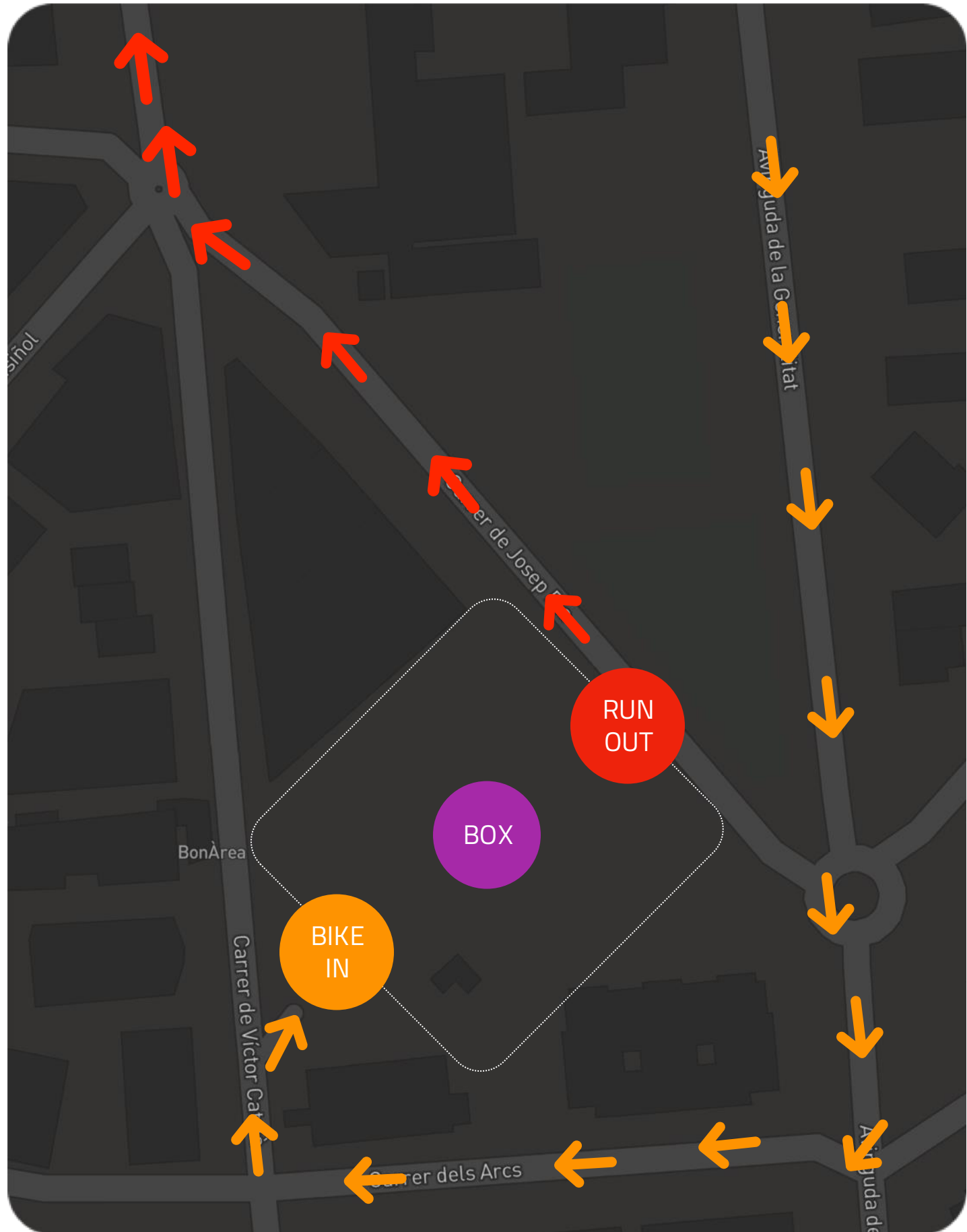
Descargar Track

FILES

Files in .GPX format are available for any of the distances on the website.

ROUTES

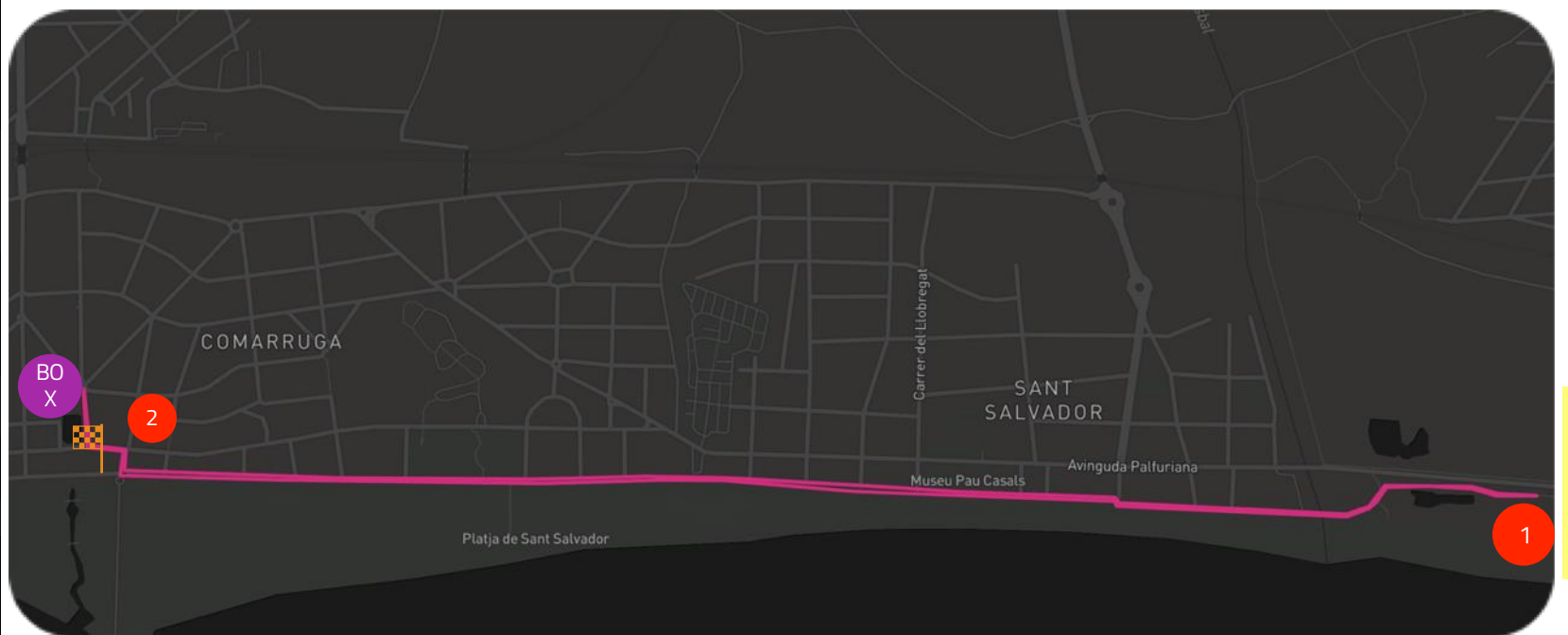
T2 (from BIKE to RUN)



Enter the box at one end and exit at the opposite end.

ROUTES

RUNNING



5 km circuit closed to traffic

Keep to the left.

Two 180° turns (points 1 and 2)

Number of laps to complete:

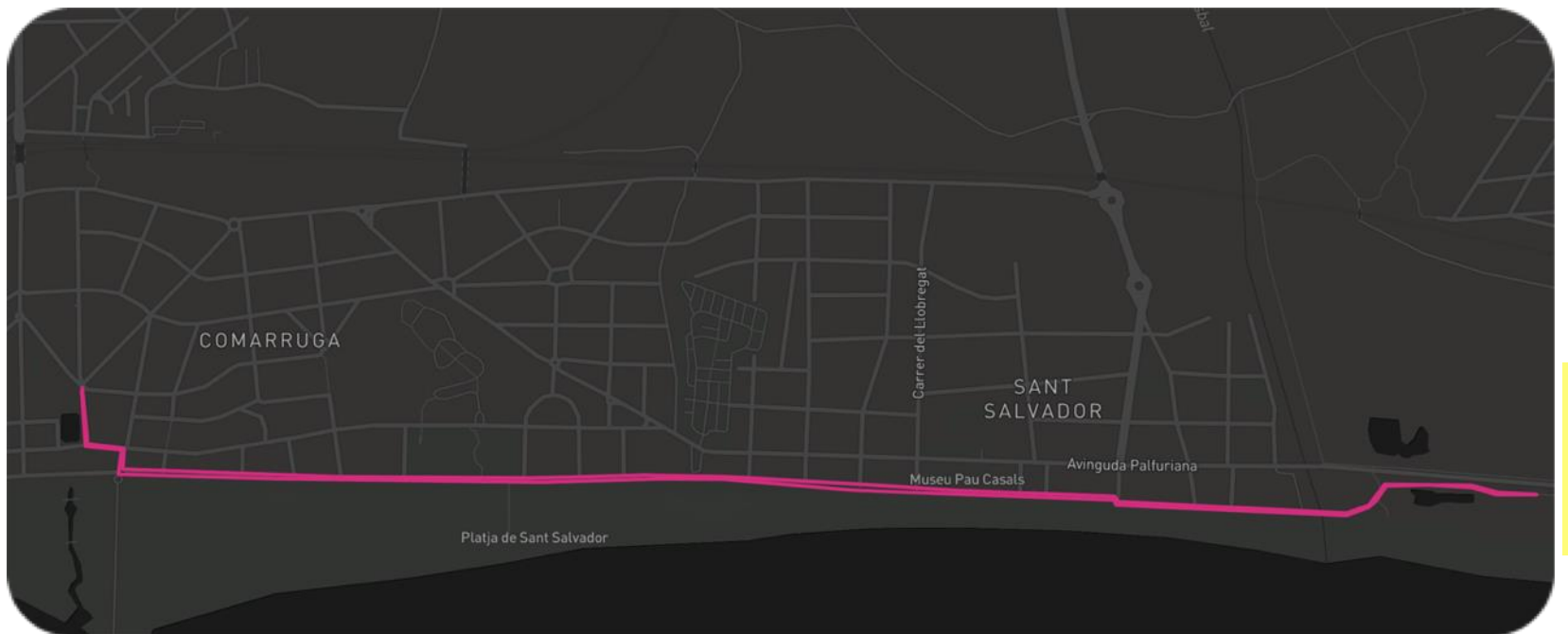
- HALF 4 laps
- OLYMPIC 2 laps
- SHORT 2 laps
- SPRINT 1 lap
- SUPERSPRINT 1 lap (2.5 km)

Failure to complete the course: DQ

Exceeding the time limit: DNF

ROUTES

RUNNING. CUT-OFF TIMES



Cut-off time

SPRINT 10:30 (1 hour 45 min from the start)

SUPERSPRINT 10:30 (1h 45 min from the start)

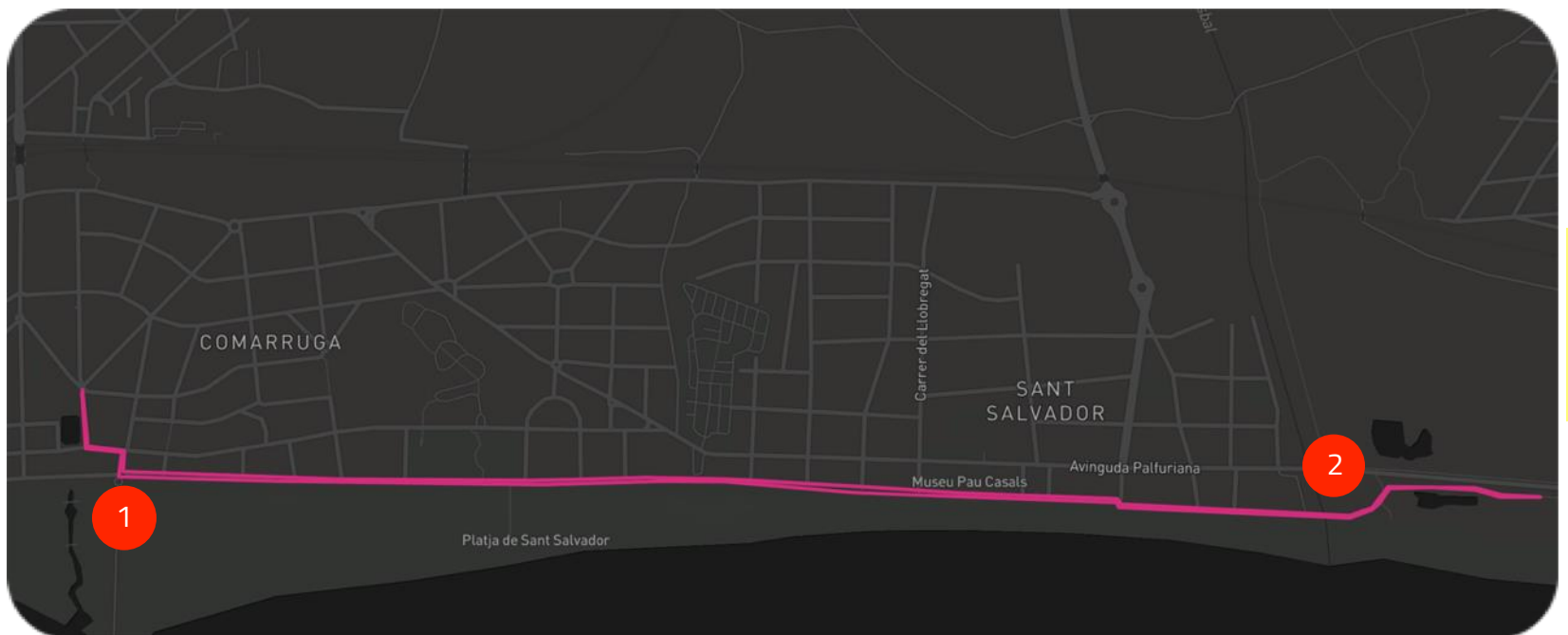
OLYMPIC 11:25 (3h 25 min from the start)

SHORT 11:15 (3h 50 min from the start)

HALF 2:30 p.m. (7 hours 00 min from the start)

ROUTES

SPECIAL FEATURES OF THE RUNNING RACE

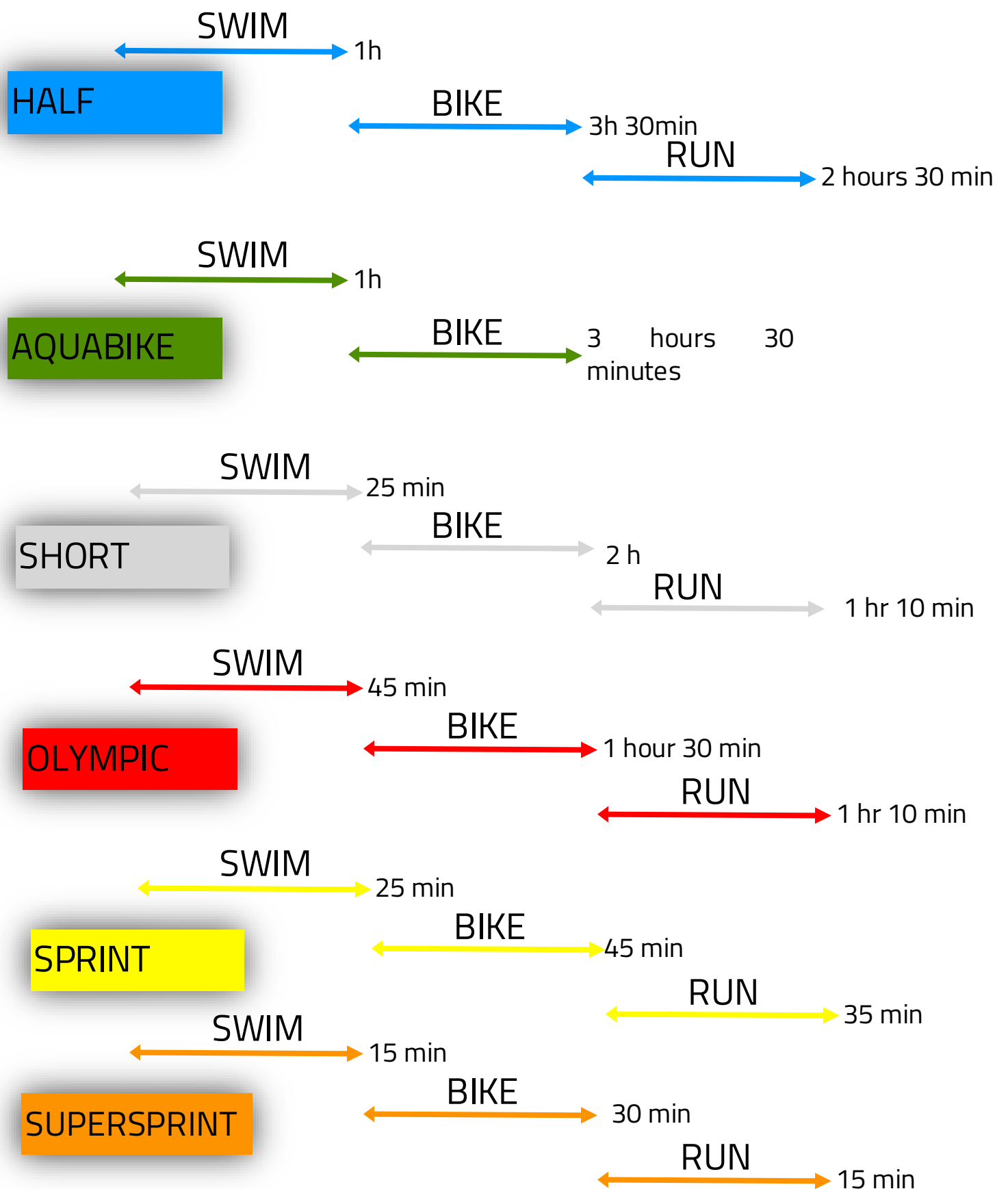


REFRESHMENT STATIONS

- The refreshment points are located at points 1 and 2.
- Refreshments include both food and drink.
- Liquid refreshments are served in cups.
- The cups contain Powerade/Aquarius isotonic drinks and water.
- Solid refreshments consist of fruit and HGel Nutrisport gel.
- The refreshment points are passed 8 times in the HALF distance, 4 times in the OLYMPIC distance, and 2 times in the SPRINT distance.
- No accompanying persons are allowed on the running circuit.

ROUTES

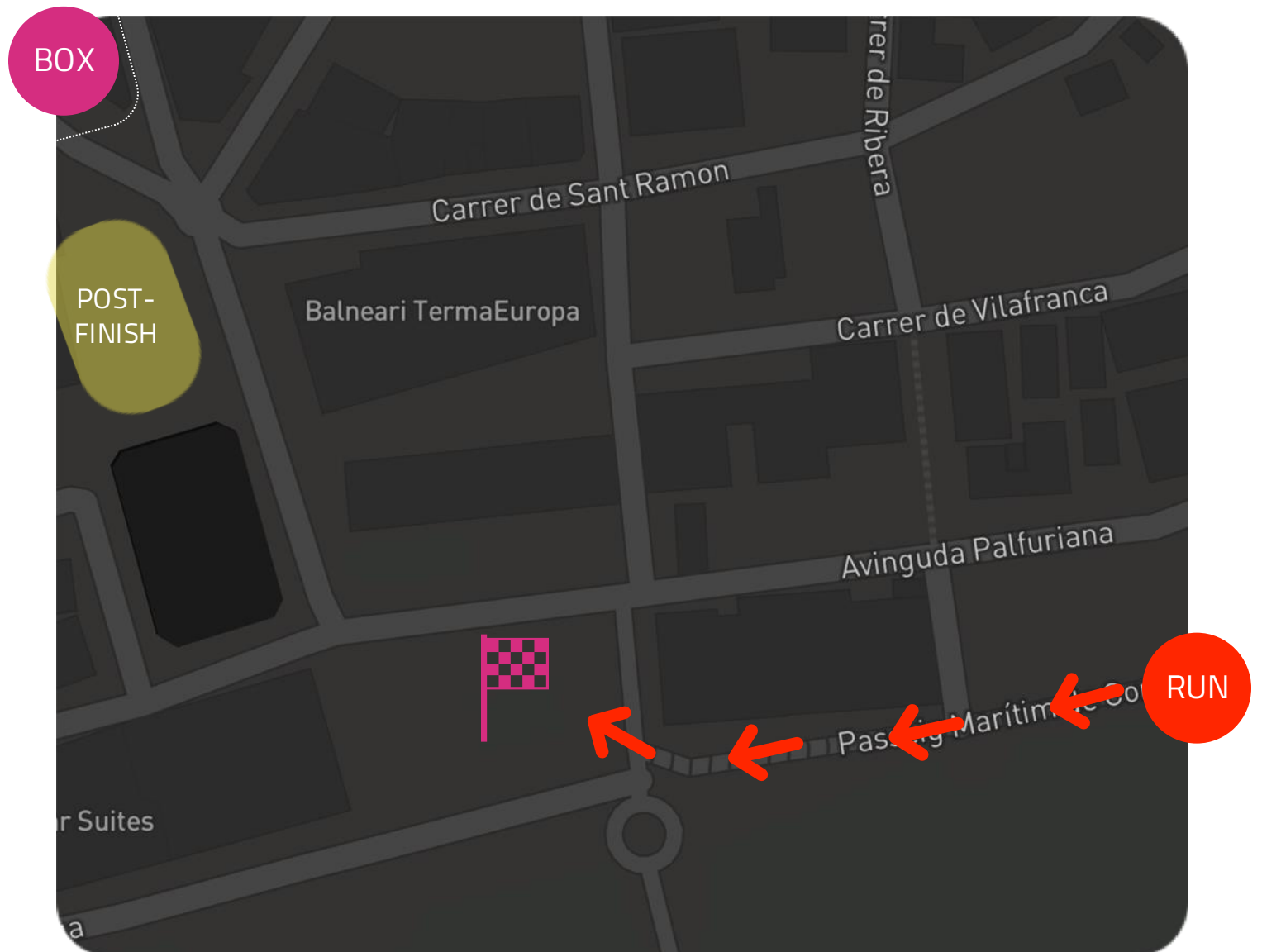
CUT-OFF TIMES



Cut-off times are not calculated based on the athlete's net time. Total times are calculated.
An athlete may NOT exceed 60 minutes of swimming. If they exceed this time, cut-off minutes are added to the next sector. E.g.: SWIM 30 min; BIKE cut-off: 4h00min

THE FINISH

Access to the finish line and post-finish line



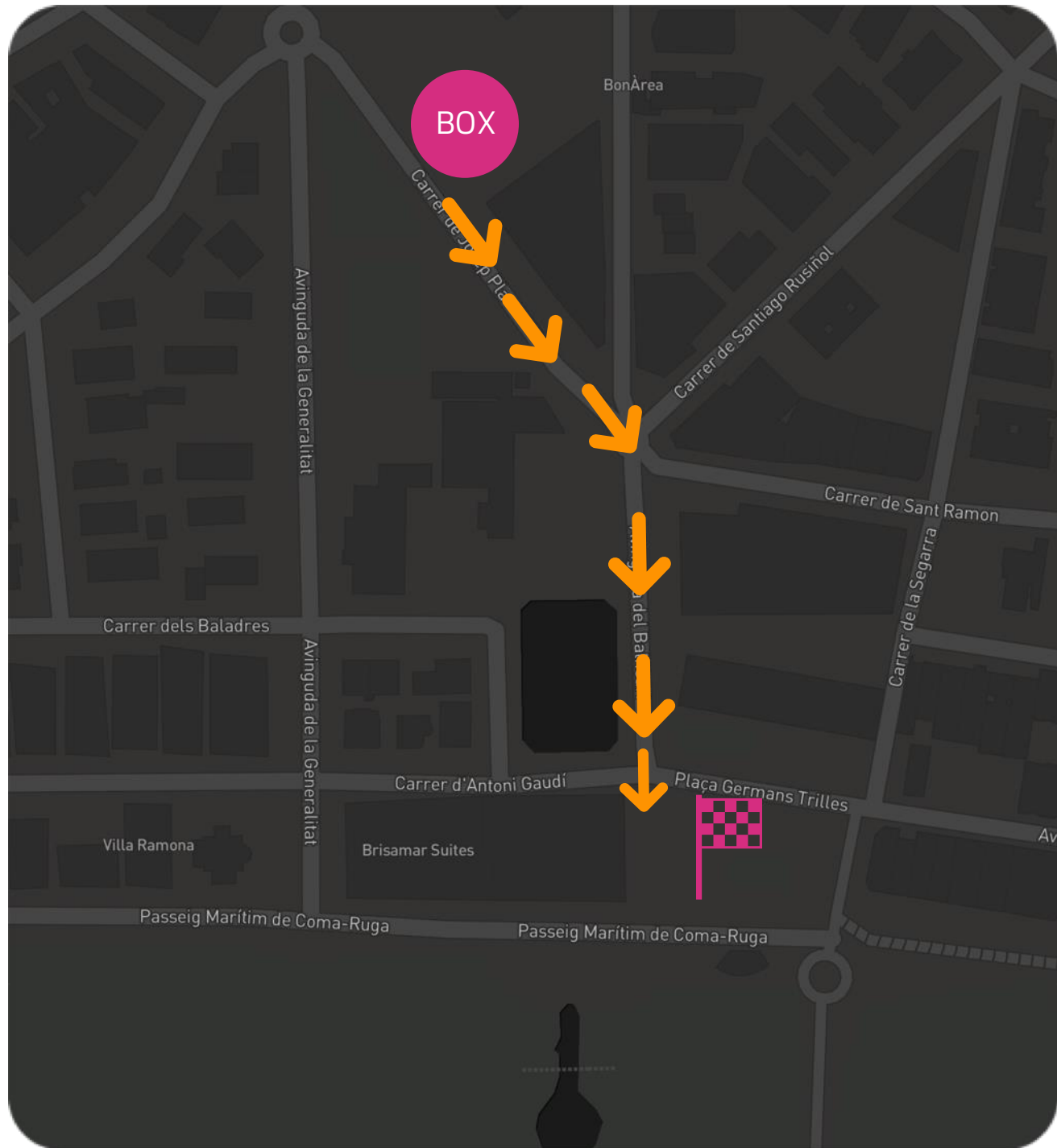
Once the laps of the RUN segment have been completed according to the modality, the triathlete crosses the **finish line** and heads to the recovery area (post-finish), where the trophy presentation will also take place.



PLEASE NOTE that trophies will not be awarded after the ceremony. Check your **results** at the following link:
<https://100x100half.com/es/clasificaciones/berga>

THE FINISH

AQUABIKE instructions



Time control at the entrance to the box.

The AQUABIKE ends at the entrance to T2 (official time). Participants leave their equipment in the box and head to the finish line to collect their medal (entering through the finish arch like the rest of the participants).

ER THE FINISH LINE

Once you reach the finish line, it's time to **enjoy the moment**.

You will have given it your all, which is why our team will have a final refreshment area ready with drinks and food to help you recover your strength, as well as an entire *paddock* with refreshments, cloakroom, toilets, etc.



What about the photos? They will be available at the following link (<https://fotos.100x100half.com/>) within 48 hours of the end of the race. Tag us @100x100half!

CHECK-OUT

When can I collect the equipment from the box?

During check-out at the following times:

12:30 p.m. to 2:45 p.m.

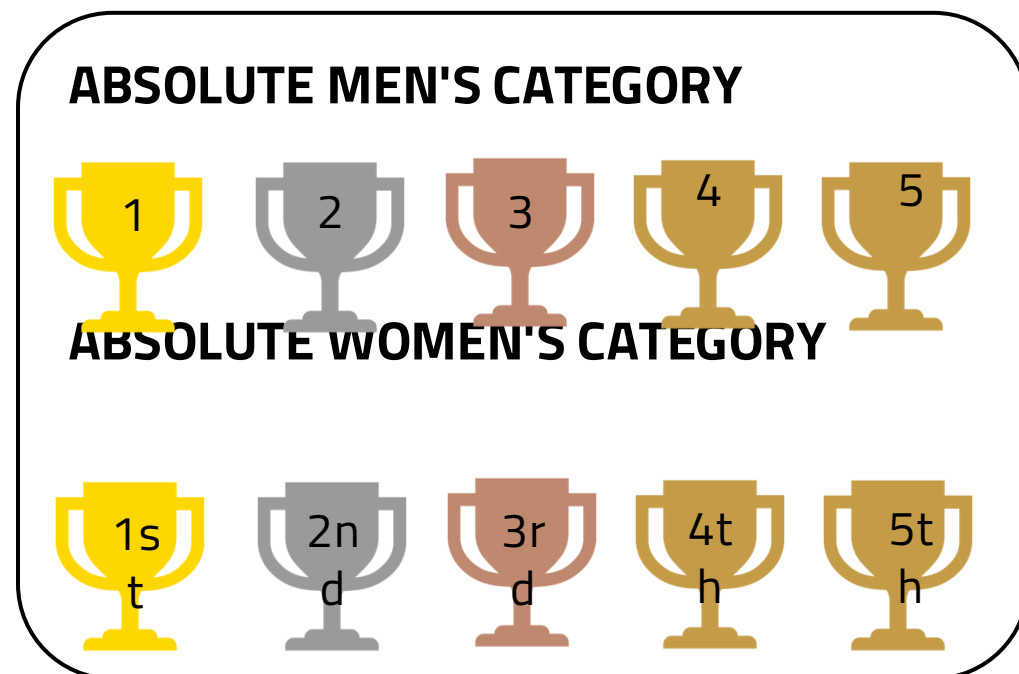


VERY IMPORTANT. Before the stipulated check-out time (12:30 p.m.), equipment will NOT be handed out and nothing can be picked up.



THE TROPHIES

Our **trophy presentation protocol** consists of a full podium (first to fifth place) for the men's and women's absolute categories, as well as recognition for the first place finisher in each age group.



MALE AGE GROUPS



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

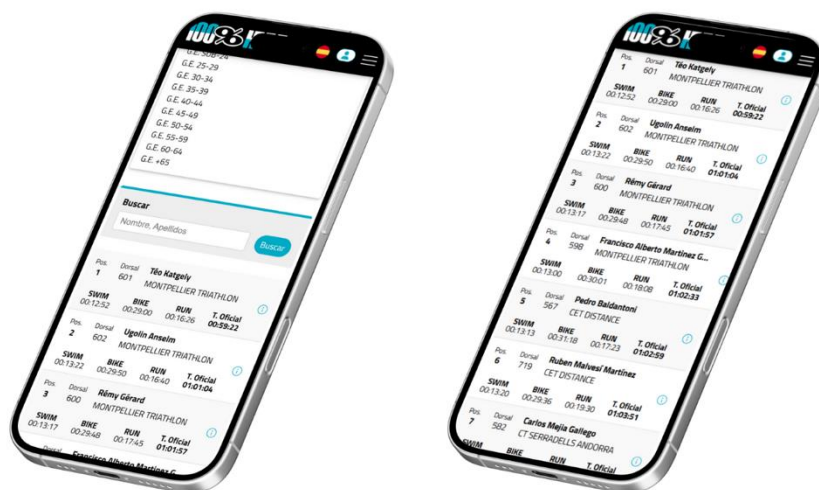
FEMALE AGE GROUPS



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

RESULTS

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



On the results page, you can filter until you find your race number, view the results for the different events and categories, see the podium finishers, and access the race's historical results.



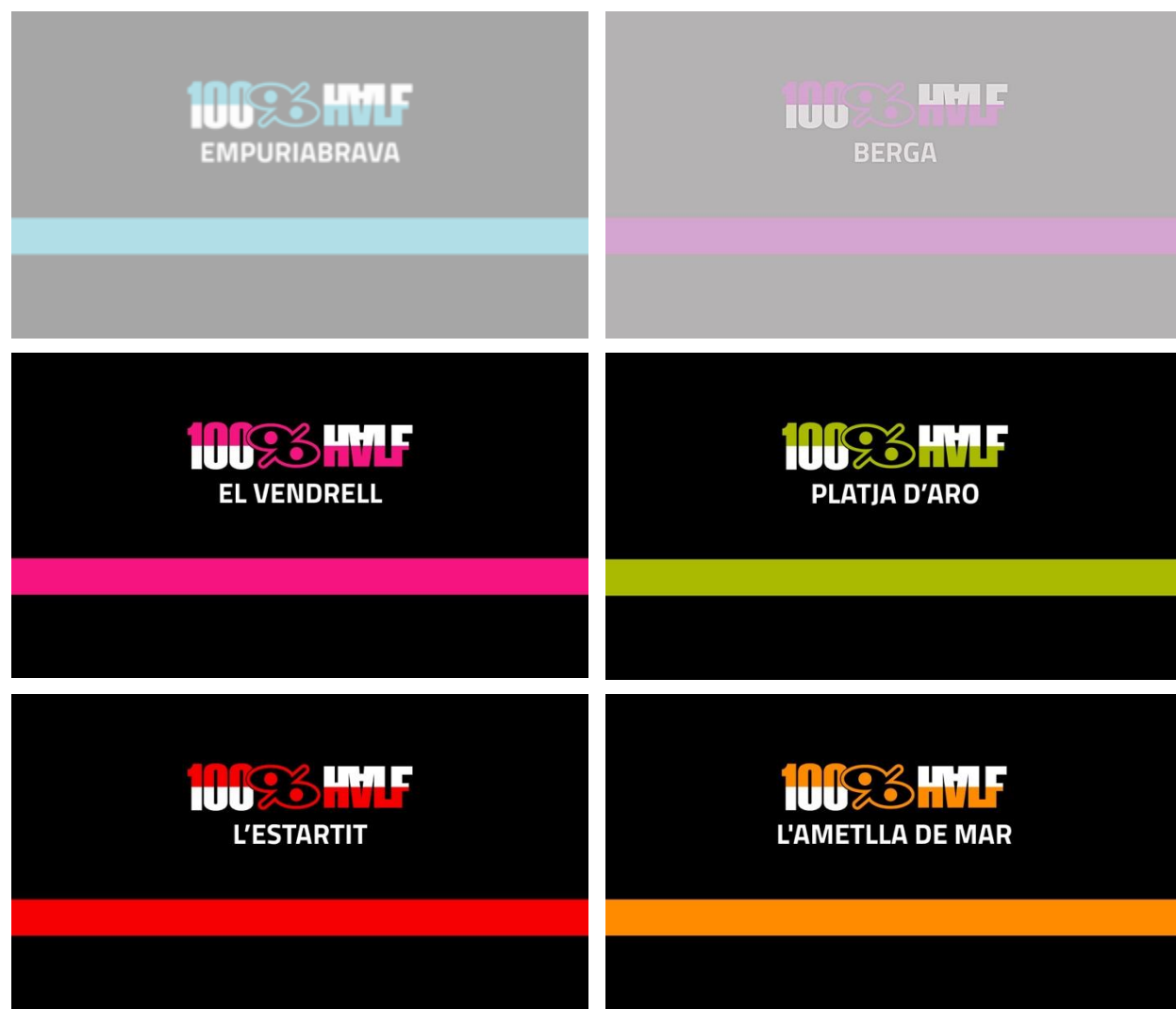
RESULTS

TELL YOU IN A MINUTE...

...one minute and we'll tell you: the **100x100 HALF club league** is offering **€15,600 in cash prizes**, which will be distributed among the top five clubs in both the men's and women's categories. Competitiveness and excitement guaranteed!

The **third event will be in El Vendrell**, a new opportunity on the circuit, which will conclude on **October 26 in L'Ametlla de Mar**.

All the details about how the competition works and the scoring system are available in the **official rules of the event**.



ACKNOWLEDGEMENTS

A **very special** one **for you**: thank you for coming and for letting us enjoy your race.

And also to:

- Our sponsors and partners
- El Vendrell Town Council
- El Vendrell Local Police
- Mossos d'Esquadra, Traffic Unit

Official sponsors



Official Timing



Organizer



Belonging to

