



# RACE INFORMATION

## (RACE BRIEFING)

Welcome to El Vendrell, Costa Daurada!

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- Welcome
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# WELCOME

## **The 100x100 Half El Vendrell: We're heading back to the sea!**

After the great kickoff of the 100x100 Half 2026 circuit in Empuriabrava and the spectacular second stop in Berga, we continue our journey to the Costa Daurada. We're heading to El Vendrell!

A triathlon in its purest form awaits you: challenging, vibrant, and set against the magnificent backdrop of the sea.

They say El Vendrell is a land of Mediterranean culture and tradition... but in 2026, they haven't yet experienced the power of the 100x100 Half community.

Ready to keep writing the legend?

**JORDI C**

CEO, 100% Half

**ANDREA G**

Race Director

# WELCOME

El Vendrell, the capital of the Baix Penedès region, combines the Mediterranean charm of the Costa Daurada with a setting shaped by the Penedès landscape and winemaking tradition. Its beaches, cultural heritage, and wide range of activities make it a destination with a personality all its own.

The town maintains strong ties to Catalan culture and traditions. It is the birthplace of the renowned cellist Pau Casals and boasts a deep-rooted tradition of human towers, represented by the Nens del Vendrell.



In 2026, El Vendrell will host the European City of Sport 2026, a major sports event after being recognized as the European City of Sport 2026 by ACES Europe—a distinction that highlights its commitment to physical activity, its facilities, its sports programs, and the involvement of local organizations.



WHAT TO VISIT

# THE RACE

## SCHEDULE

Saturday, September 19: Bib pickup

Sunday, September 20: Bib pickup and check-in at the boxes. Half, Aquabike, Short, Olympic, and Sprint races

## COMPETITION DISTANCES

|          |              |  |             |  |            |
|----------|--------------|--|-------------|--|------------|
| HALF     | swim<br>1.9k |  | Bike<br>80k |  | run<br>20k |
| AQUABIKE | swim<br>1.9k |  | bike<br>80k |  |            |
| OLYMPIC* | swim<br>1.5k |  | bike<br>40k |  | run<br>10k |
| SHORT    | swim<br>750m |  | bike<br>60k |  | run<br>10k |
| SPRINT   | swim<br>750m |  | bike<br>20k |  | run<br>5k  |

*\*Counts toward the club league*

# SCHEDULE

## Saturday, September 19

| Event                             | Location                                                         |
|-----------------------------------|------------------------------------------------------------------|
| 5:30 p.m. to 8:00 p.m. Bib pickup | Espai Museu Tabaris, Coma-Ruga<br>Espai Museu Tabaris, Coma-Ruga |

## Sunday, September 21

| Event                                                                                           | Location                       |
|-------------------------------------------------------------------------------------------------|--------------------------------|
| 6:00 a.m. to 7:30 a.m. Check-in                                                                 | Espai Museu Tabaris, Coma-Ruga |
| 6:00 a.m. to 7:15 a.m. Bib pickup                                                               | Espai Museu Tabaris, Coma-Ruga |
| 6:00 a.m. to 2:45 p.m. Coat check service                                                       | Espai Museu Tabaris, Coma-Ruga |
| 7:30 a.m. HALF & AQUABIKE START                                                                 |                                |
| 7:30 a.m. SHORT START                                                                           |                                |
| 8:00 a.m. OLYMPIC START                                                                         |                                |
| 8:45 a.m. SPRINT START                                                                          |                                |
| Awards ceremony around 11:45 a.m. (depending on finish times) 12:30 p.m. to 2:45 p.m. Check-out |                                |
| 3:00 PM Race closes                                                                             |                                |

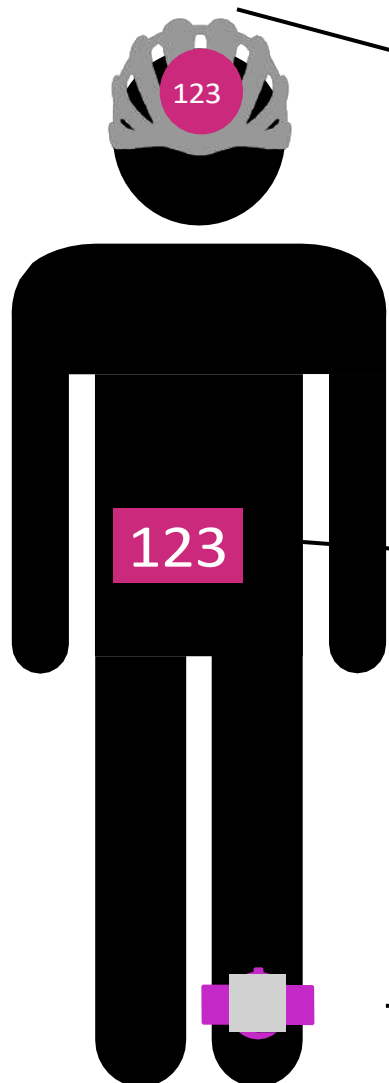
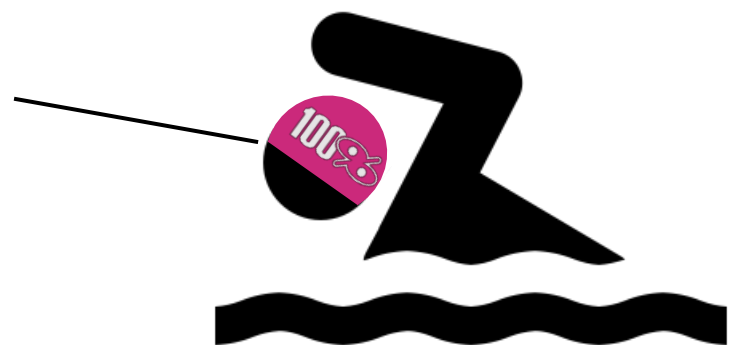
# PREPARATIONS STICKERS

We'll give you your race number along with the **stickers** that you'll need to place on different parts of your bike, helmet, and gear. Check out the diagrams!

You'll find the timing chip when you check in at the Check-In Box, in

your box.

**SWIM CAP:** It is mandatory to wear the cap provided by the organizers



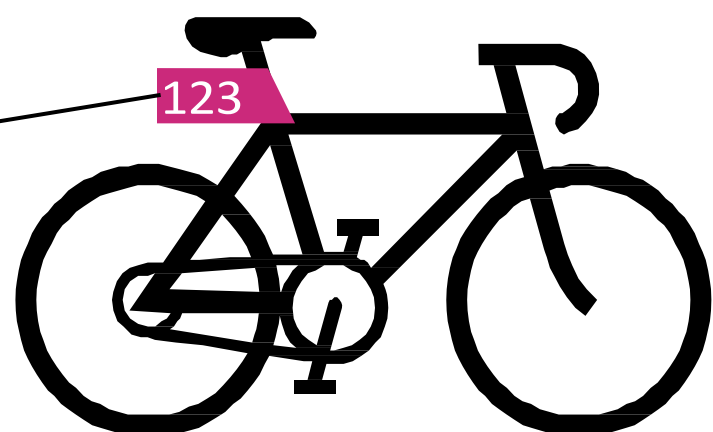
**HELMET:** attached to the front and left side of the helmet

**RACE NUMBER:**

- You don't need one for the **swim**—you're already wearing the chip!
- In the **bike** you must wear it on the back (required)
- During the **run**, you must wear it on the front (mandatory)

**CHIP:** It must be worn on your ankle throughout the entire race (during the swim, on the outside of the wetsuit)

**BIKE:** It must be clipped onto the saddle rail



# PREPARATIONS

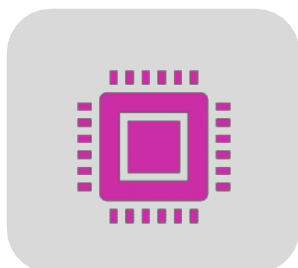
## EVERYTHING YOU NEED TO KNOW



**Cap:** We'll provide it



**Race number:** We'll give you your race number along with the stickers you'll need to use to identify your bike and helmet. You must wear it visibly during the cycling and running segments.



**Timing Chip:** You'll find it on race day in the box inside your transition area. The chip comes with a neoprene chip holder that you must wear on your ankle during the swim.



**Equipment:** Keep in mind that you'll need some of your equipment in the transition area.



**Access to the transition area:** with your bike identified, race number visible, and helmet worn with stickers.



**Equipment pickup:** You can pick up your equipment from the transition area during the time slot indicated in the program.



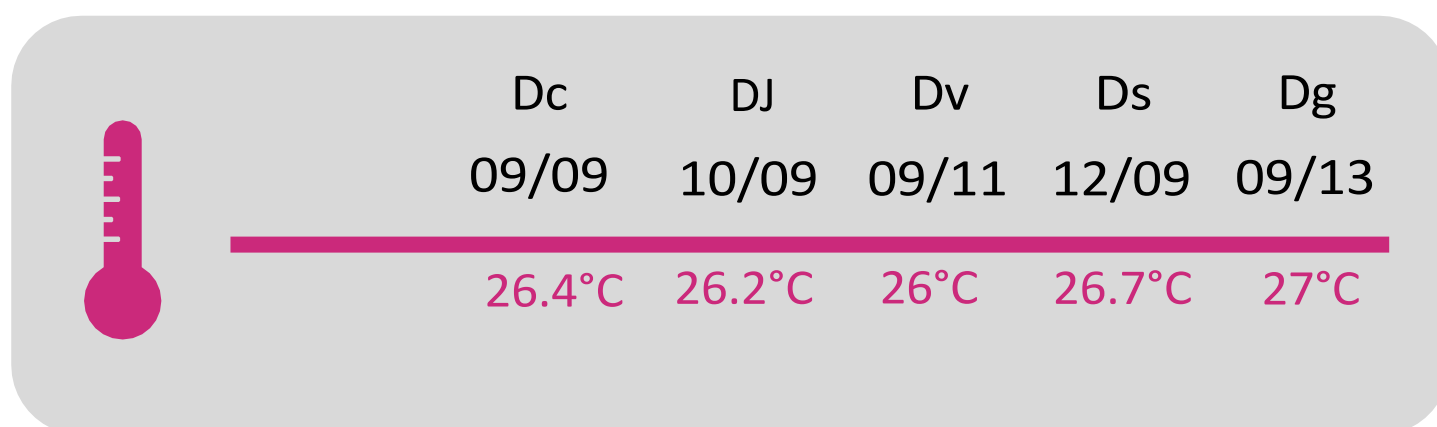
**Trophies:** Don't leave without checking the results on the website; otherwise, we won't award you your trophy. Results are posted instantly.

# SWIM SEGMENT

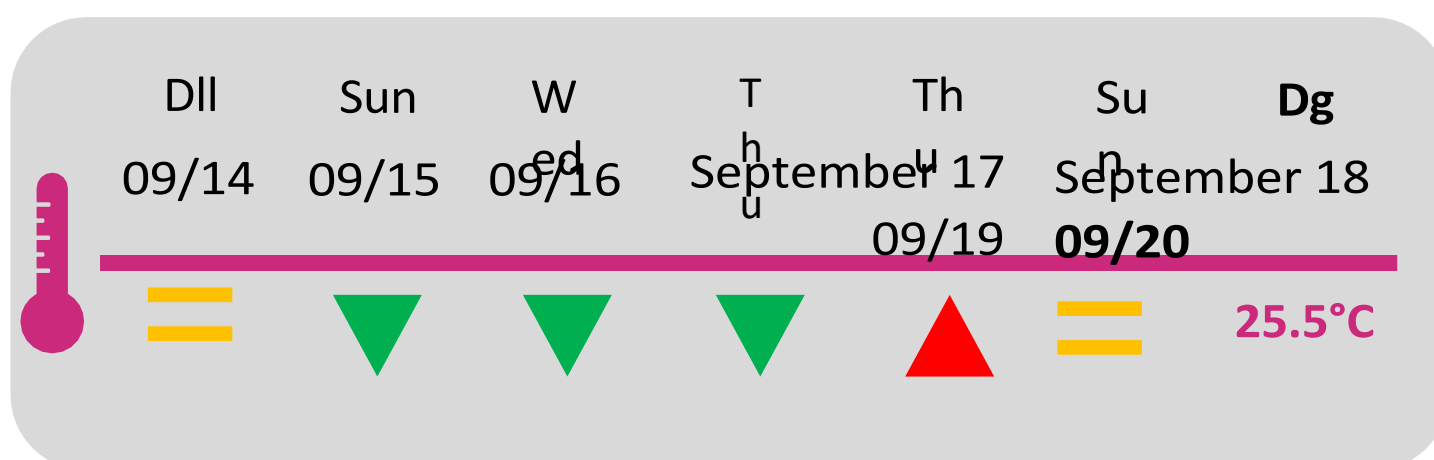
## WATER TEMPERATURE

The water temperature is forecast to be around 25°C.

### Recent Data



### Race Week Forecast



### Use of wetsuits

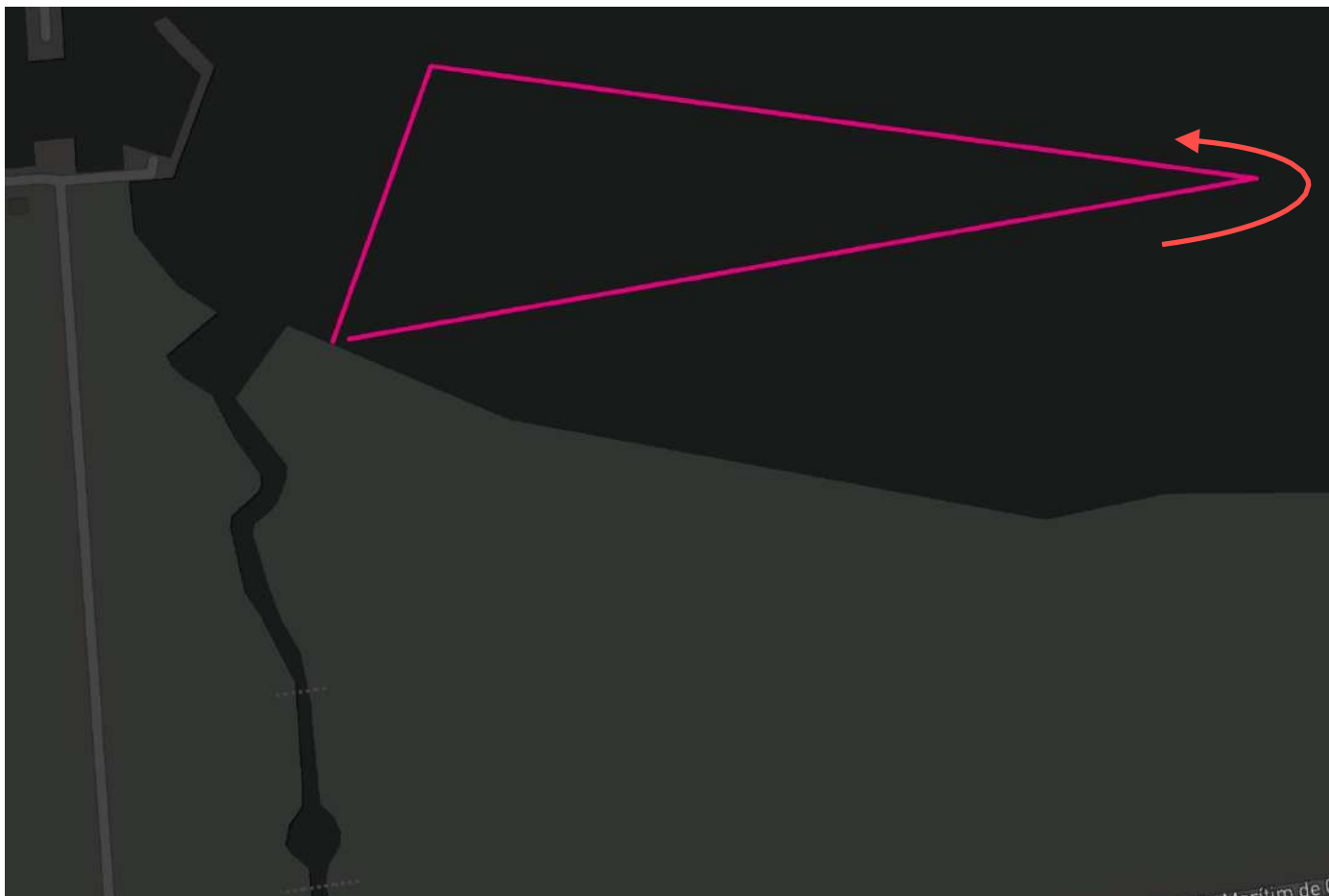
Wetsuits are **prohibited** if the water temperature reaches these limits:

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

**Participants over the age of 60 are not subject to this regulation.**

# TOURS

## SWIM (SPRINT OR SHORT)



Distance: 750 meters

Conventional start with an acoustic signal.

Marked course (yellow).

First marker turn at the left. Last beacon turn left.

Course runs counterclockwise

Time limit: 25 min (3 min/100 m)

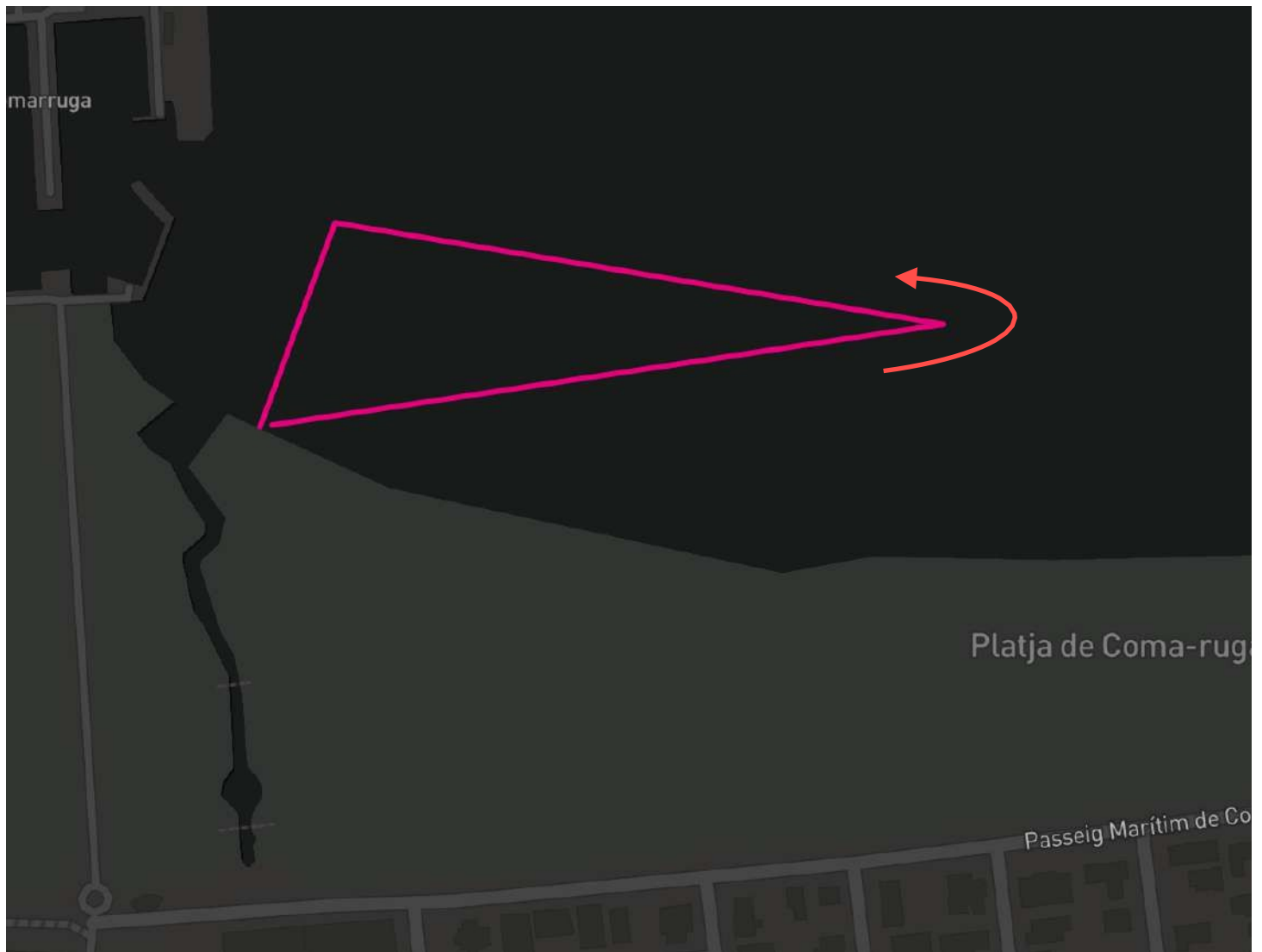
Failure to complete the entire marked course: DQ\* Exceeding the cutoff time: DNF\*

*\*DQ = Disqualified*

*\*DNF = Did Not Finish*

# TOURS

## SWIM (OLYMPIC)



Distance: 1.5 meters

Conventional start with an acoustic signal.

Marked course (yellow).

Turn left at the first buoy. Turn left at the last buoy. Course runs counterclockwise.

Time limit: 45 min (3 min/100 m)

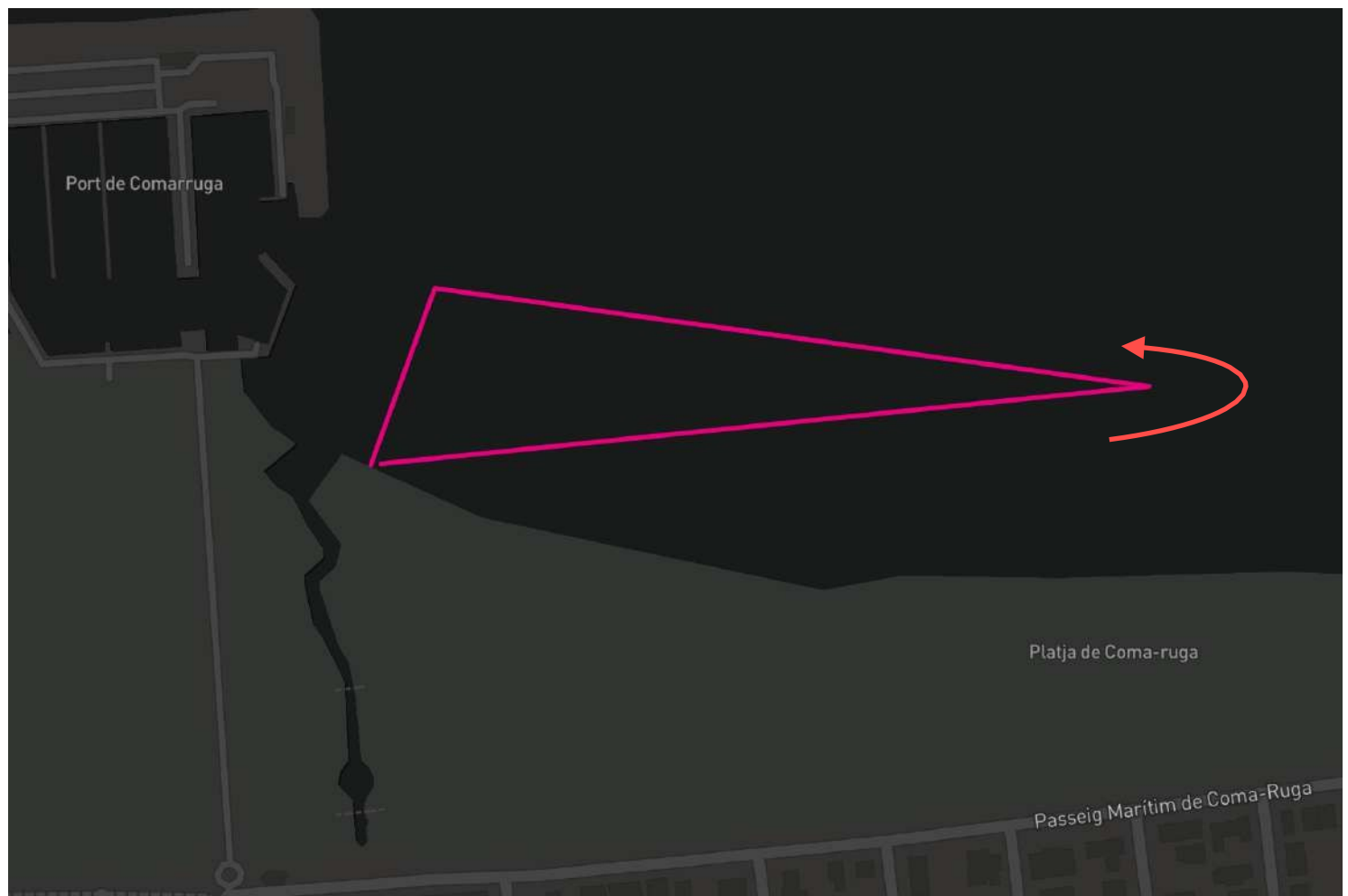
Failure to complete the entire marked course: DQ\* Exceeding the cutoff time: DNF\*

*\*DQ = Disqualified*

*\*DNF = Did not finish*

# TOURS

## SWIM (HALF I AQUABIKE)



Distance: 1.9 meters

Conventional start with an acoustic signal.

Marked course (yellow).

Turn left at the first marker. Turn left at the last marker. Course runs counterclockwise

Time limit: 1 hour (3 min/100 m)

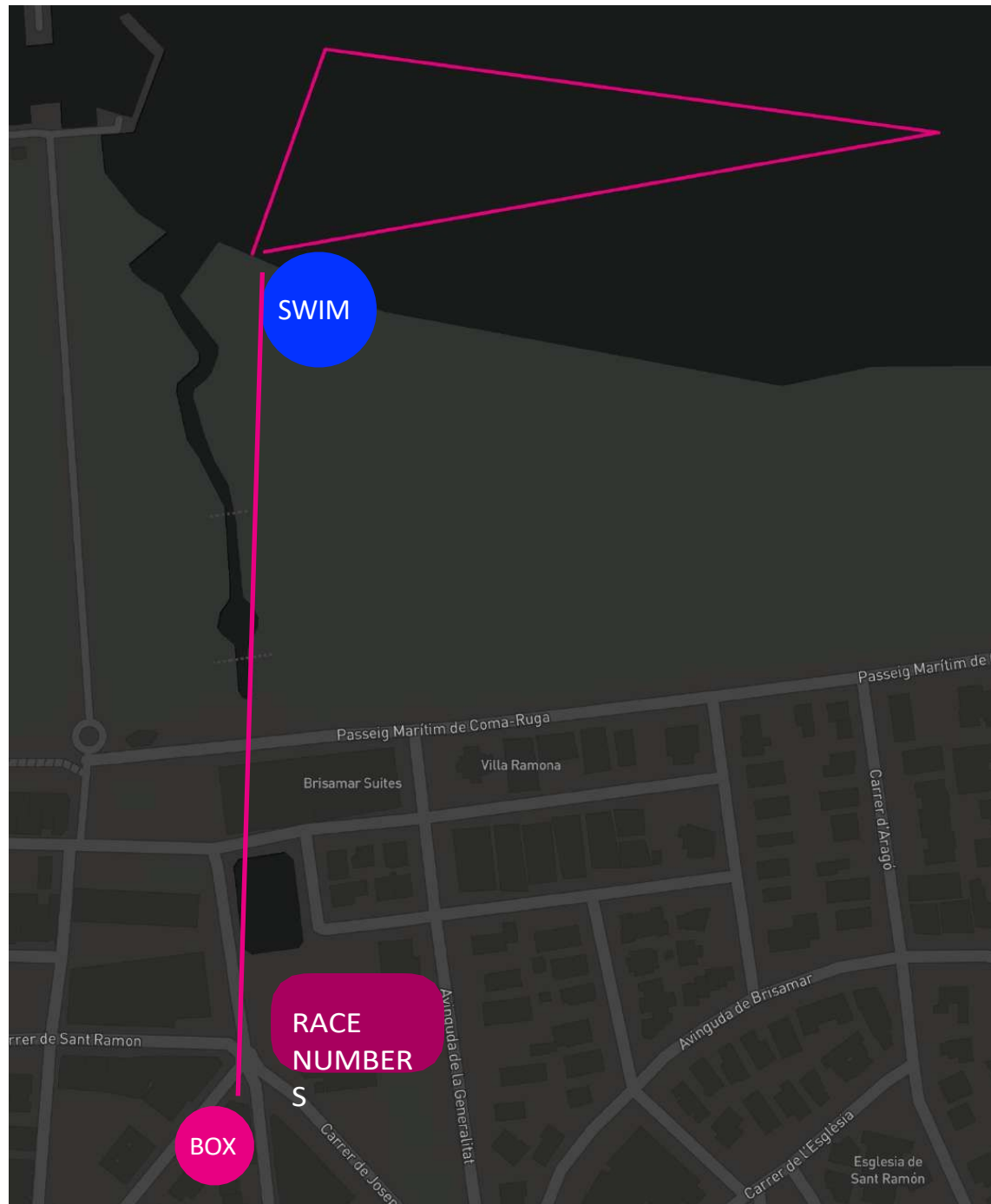
Failure to complete the entire marked course: DQ\* Exceeding the cutoff time: DNF\*

*\*DQ = Disqualified*

*\*DNF = Did not finish*

# TOURS

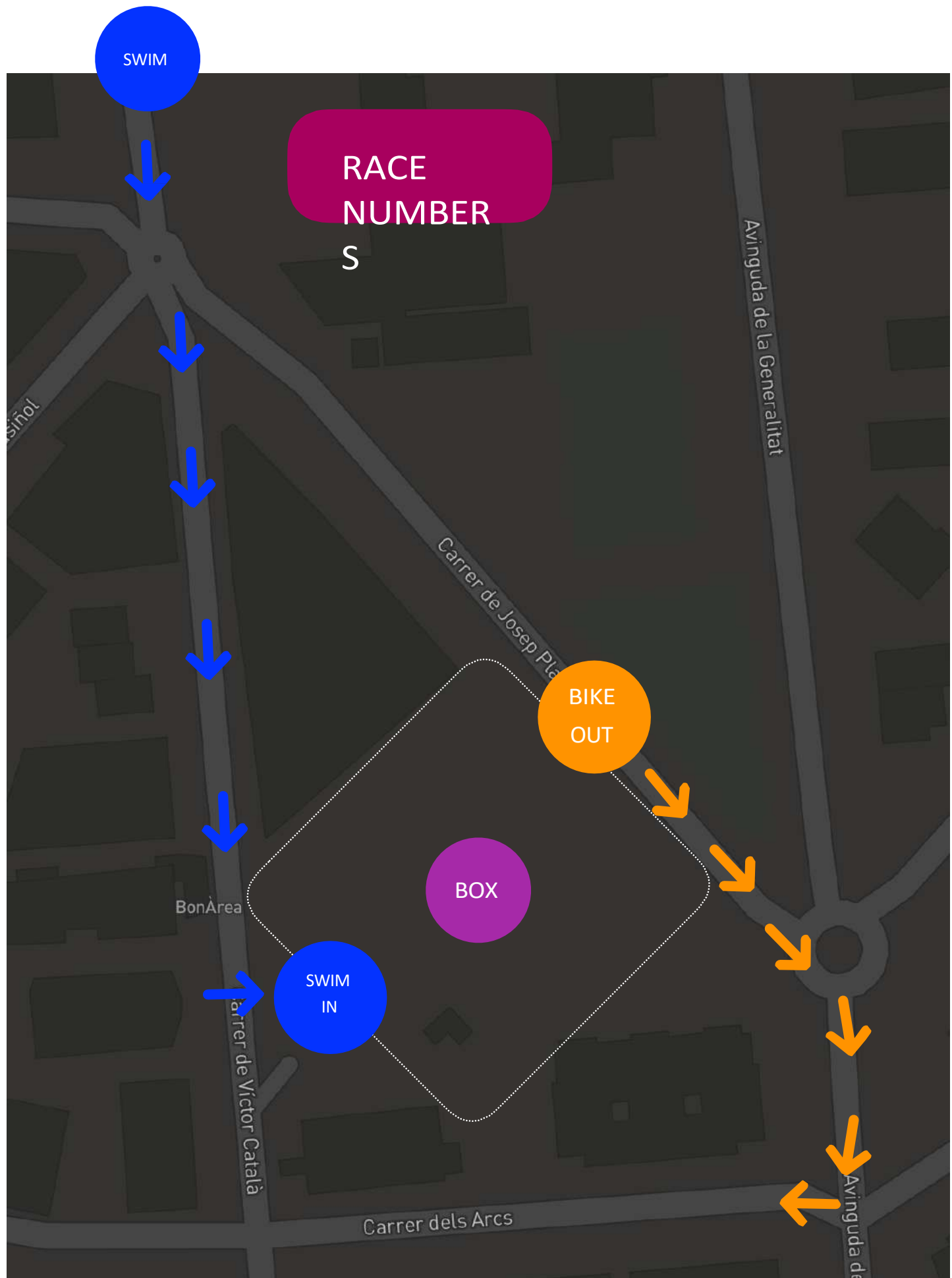
## T1 (from SWIM to BIKE)



Distance between the SWIM and the box:  
480 meters. Timing at the box entrance.

# TOURS

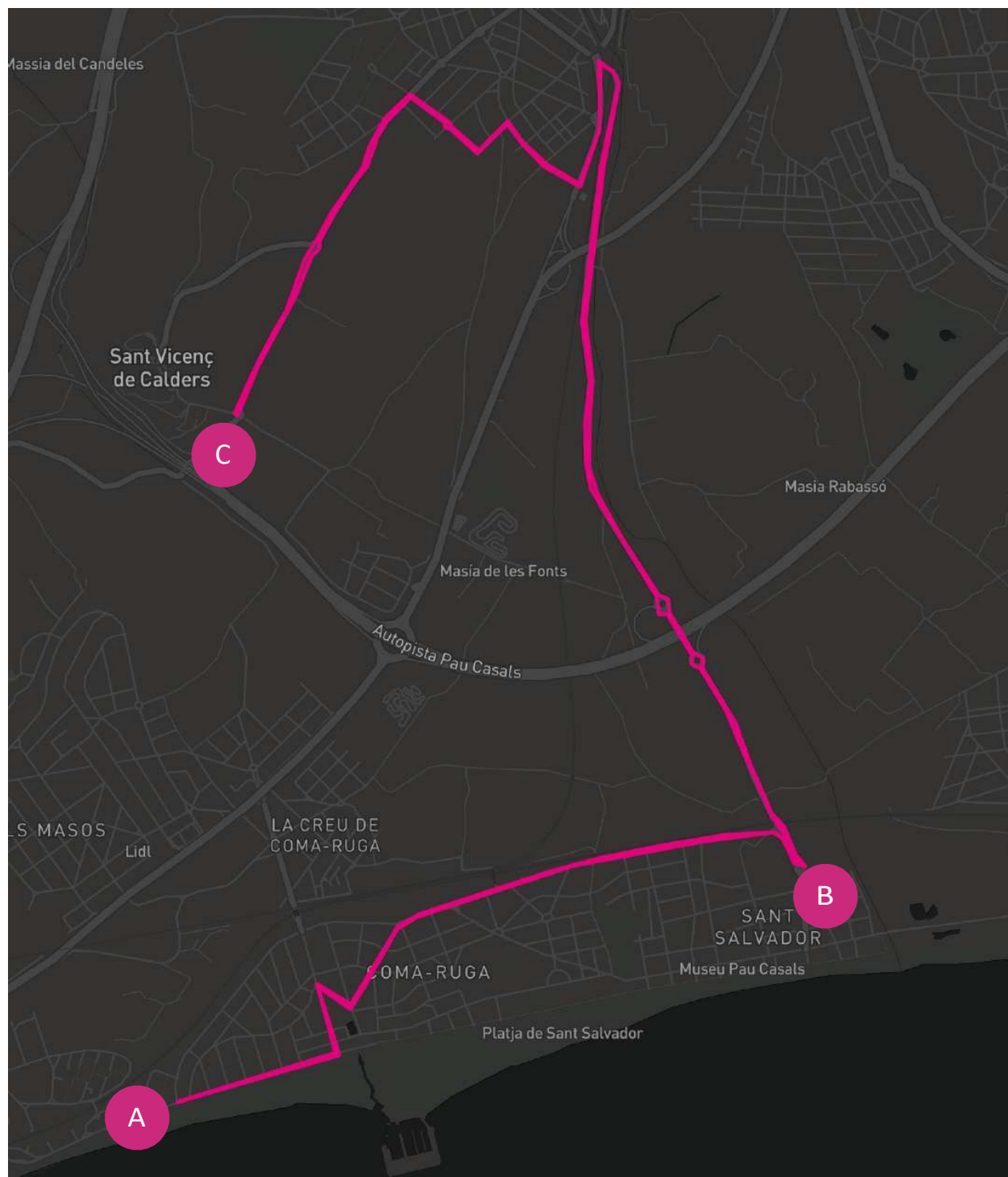
## INSIDE THE BOX



Enter the transition area at one end and exit at the opposite end.

# TOURS

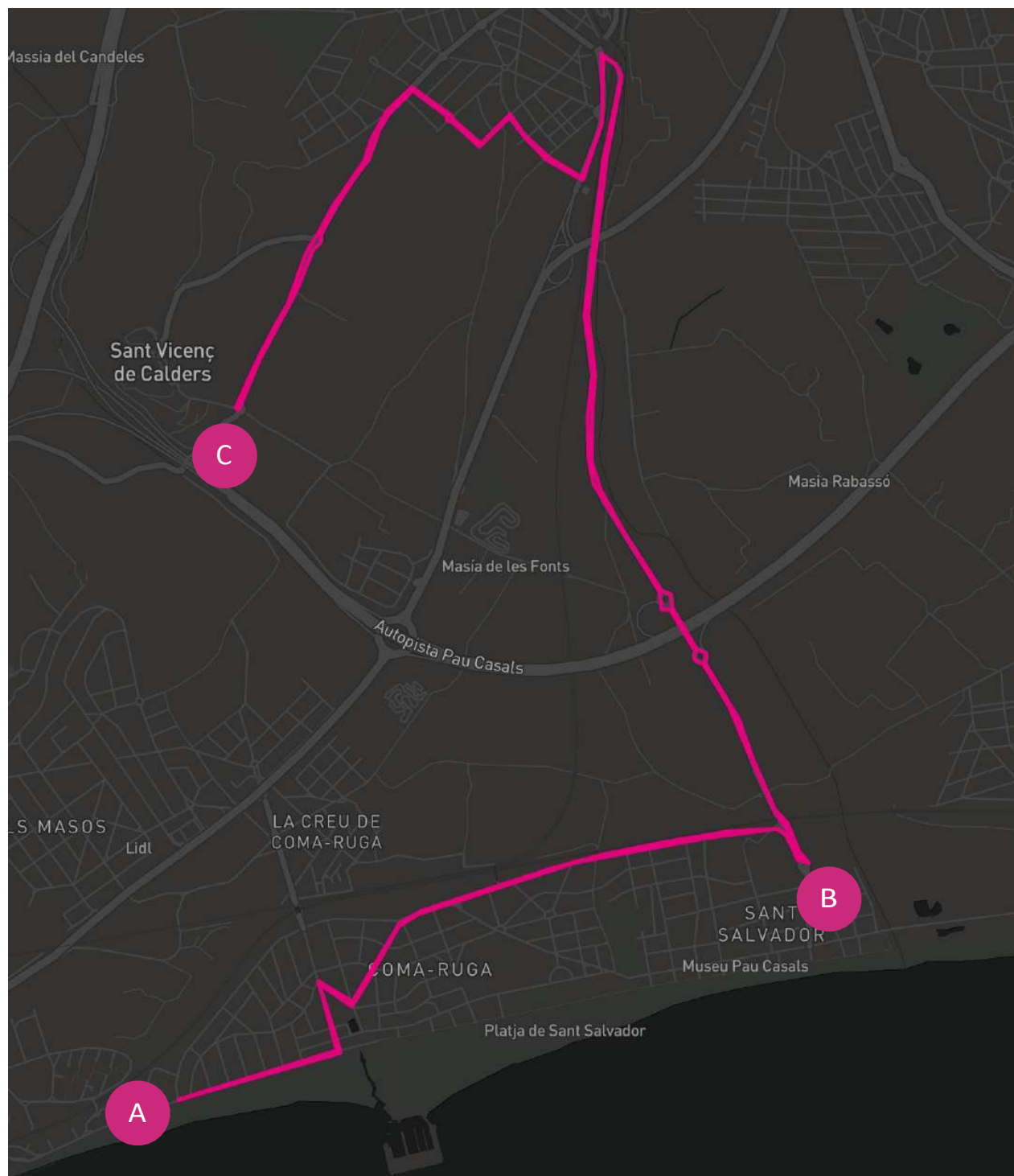
## HALF CYCLING - AQUA L



- A 20-km-long circuit closed to traffic.
- Riders must stay on the right side of the road.
- HALF AND AQUABIKE - 4 LAPS (80 KM)
- Out-and-back course.
- Three 180° turns (A, B, C).
- Failure to complete the entire course: DQ
- Exceeding the cutoff time: DNF

# TOURS

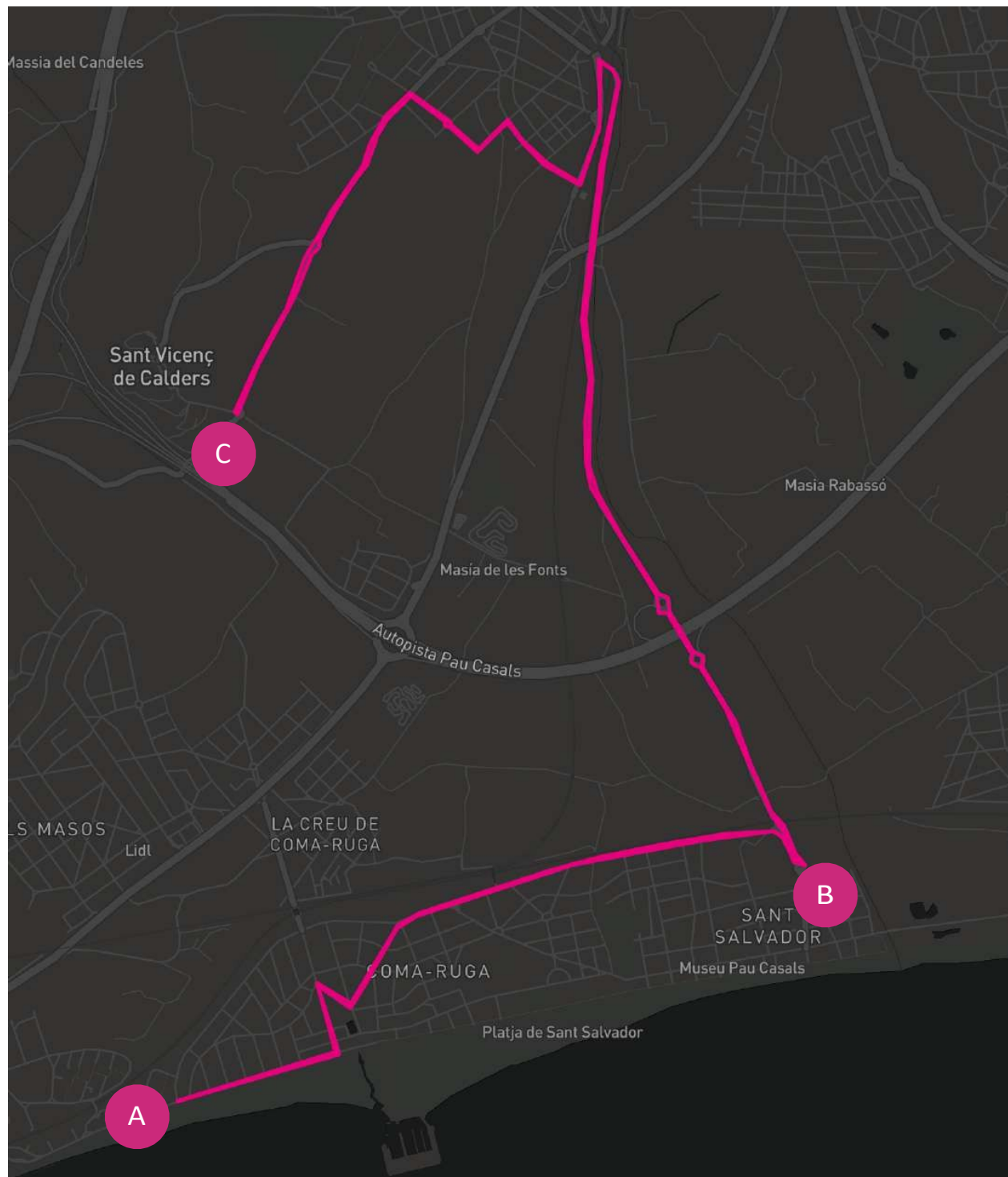
## SHORT CYCLING



- A 20-km-long circuit closed to traffic.
- Ride on the right side of the road.
- SHORT - 3 LAPS (60 KM)
- Out-and-back course.
- Three 180° turns (A, B, C).
- Failure to complete the entire course: DQ
- Exceeding the cutoff time: DNF

# TOURS

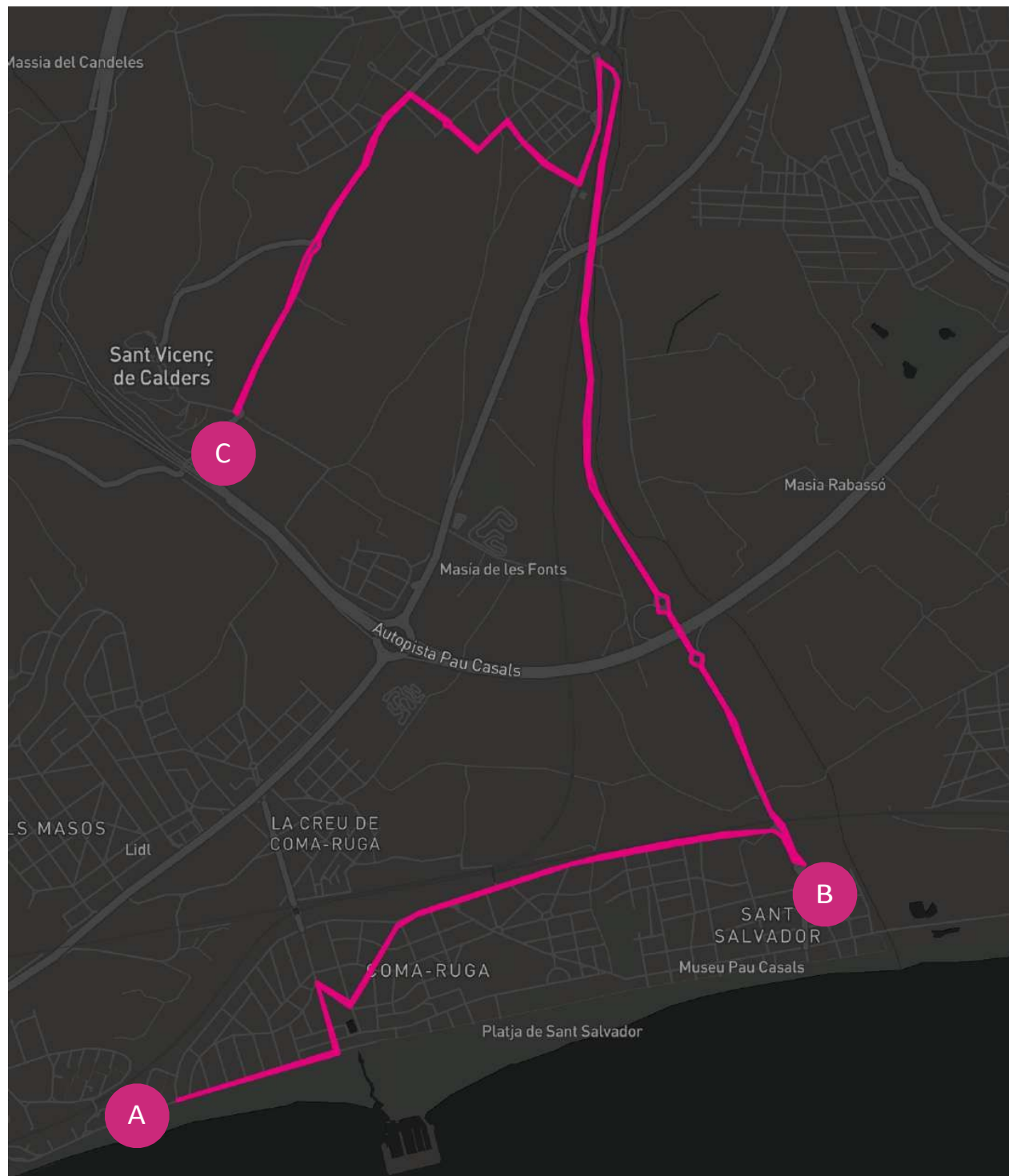
## OLYMPIC CYCLING



- A 20-km-long circuit closed to traffic.
- Ride on the right side of the road.
- OLYMPIC - 2 LAPS (40 KM)
- Round-trip route.
- Three 180° turns (A, B, C).
- Failure to complete the entire course: DQ
- Exceeding the cutoff time: DNF

# TOURS

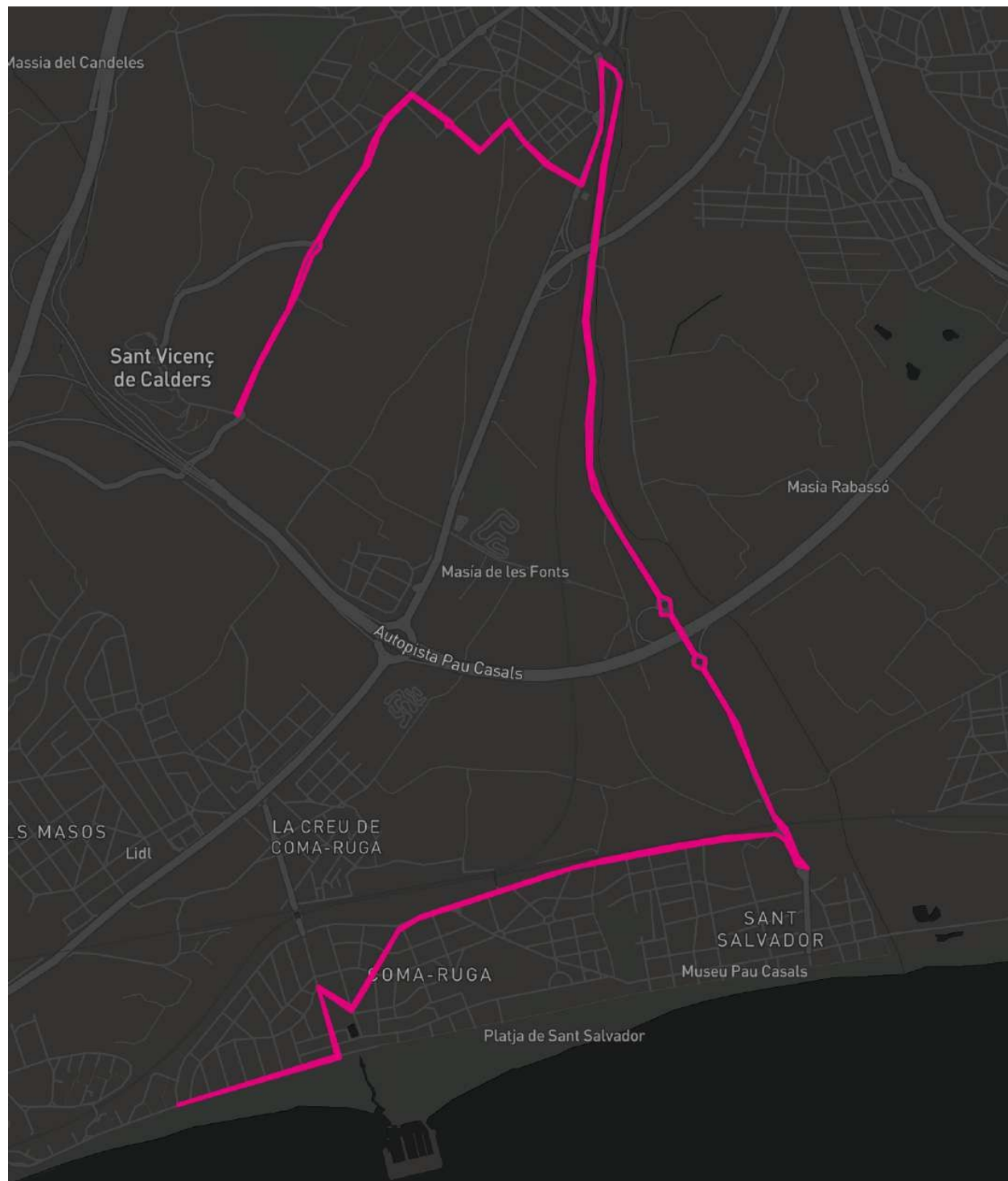
## SPRINT CYCLING



- A 20-km-long circuit closed to traffic.
- Ride on the right side of the road.
- SPRINT - 1 LAP (20 KM)
- Round-trip course.
- Three 180° turns (A, B, C).
- Failure to complete the entire course: DQ
- Exceeding the cutoff time: DNF

# TOURS

## CYCLING. CUT-OFF TIMES



Cut-off time

**SPRINT** 9:55 a.m. (0h 45 min from the start)

**OLYMPIC** 10:15 a.m. (1h 30 min from the start) **SHORT** 10:15 a.m. (2h 15 min from the start)

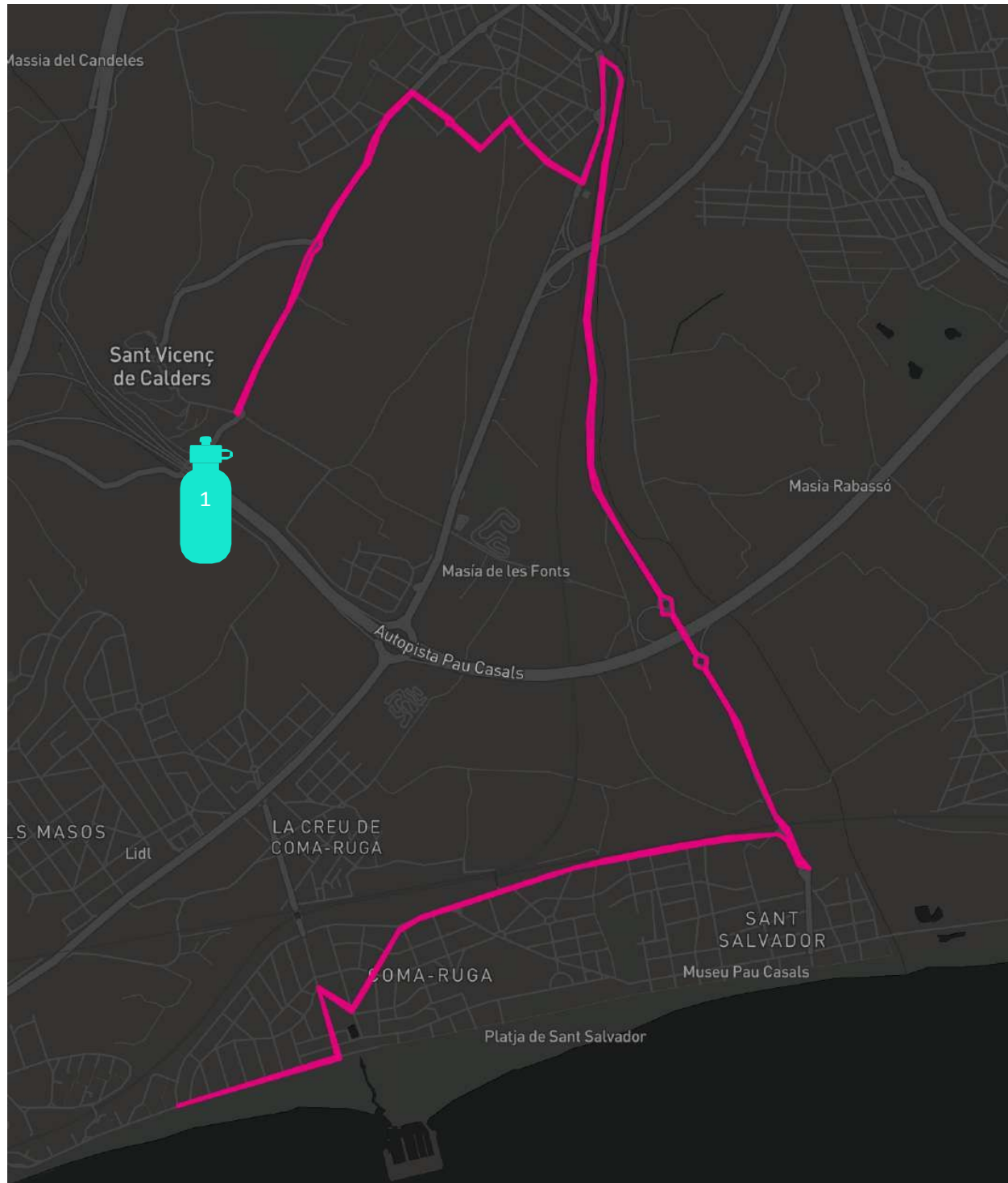
**HALF** 11:30 a.m. (3 hours 00 minutes from the start) \*Start of LAP 2 10:12 a.m.

# TOURS

**AQUA L** 11:30 a.m. (3 hours 00 minutes from the start) \*Start of  
LAP 2 10:12 a.m.

# TOURS

## CYCLING HIGHLIGHTS



### BIKE AID STATION

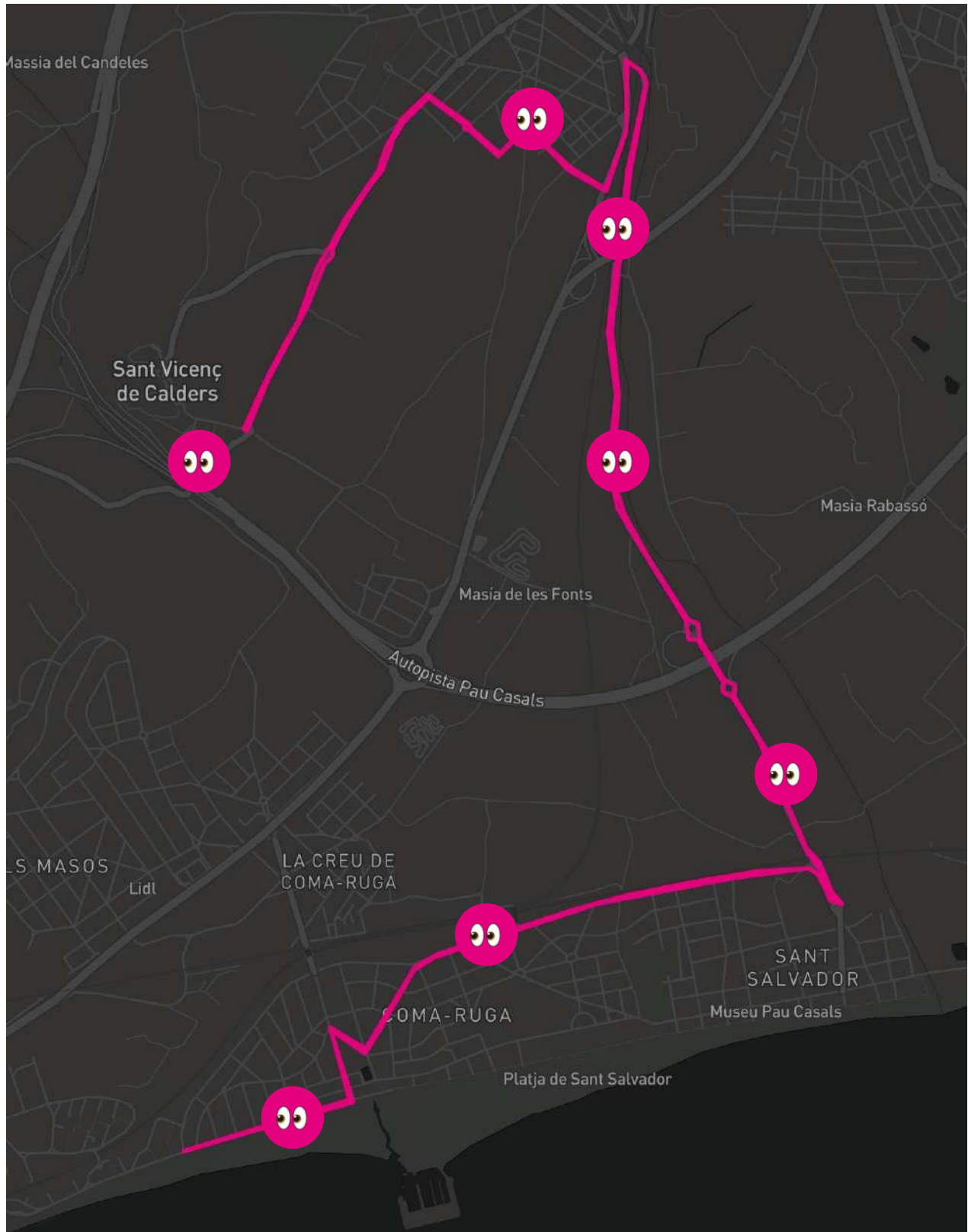
The aid station is located at point 1. Refreshments consist of beverages.

The liquid refreshments are provided in water bottles containing the isotonic drink Sport Iso Nutrisport.

Water is provided in bottles.

# TOURS

## CYCLING HIGHLIGHTS



### DRAFTING

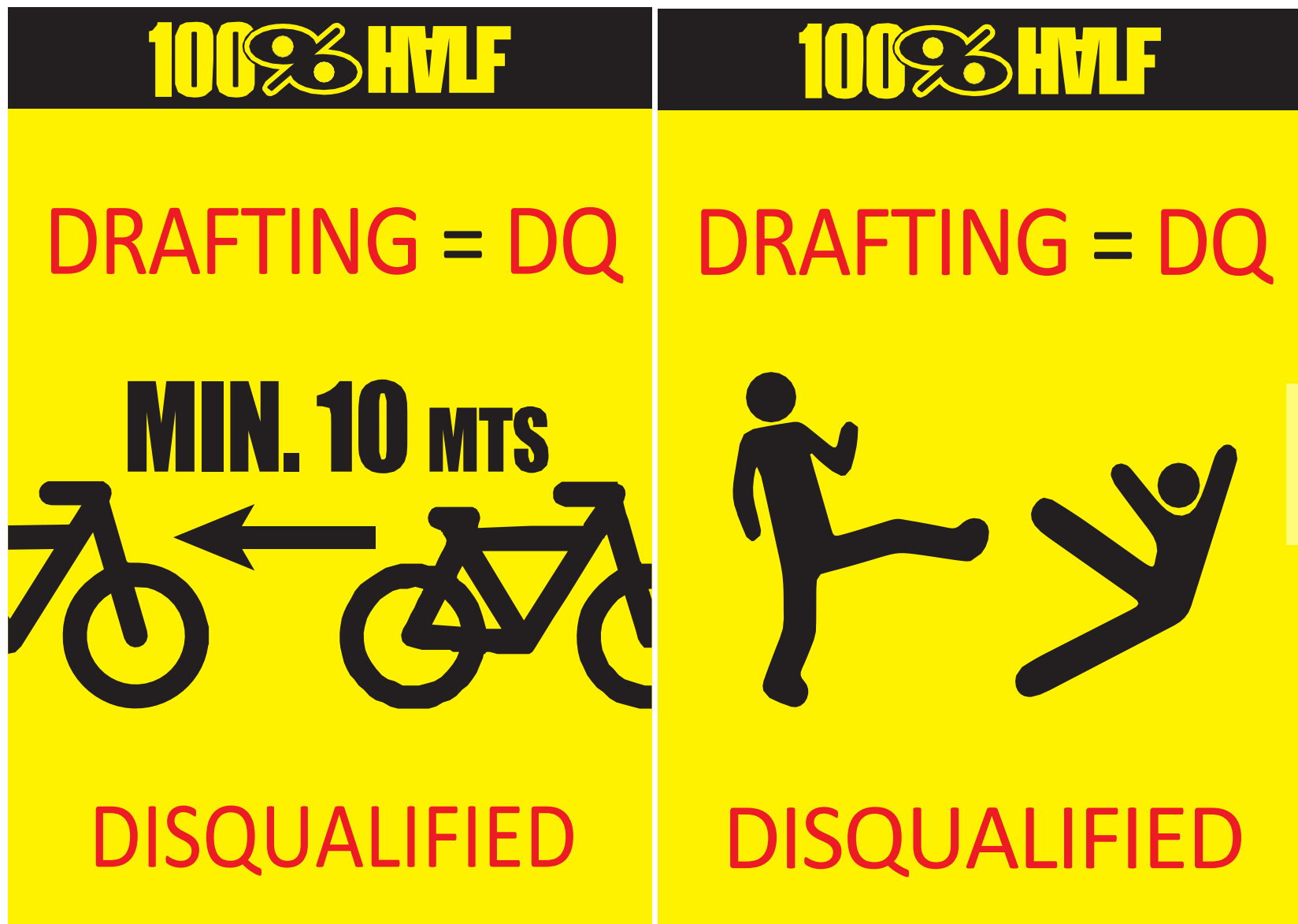
Drafting is not permitted in **any** of the race distances. Drafting:  
DQ

There are no cards or penalty boxes.

Pay close attention to the areas indicated on the map.

# TOURS

## CYCLING HIGHLIGHTS



...No further explanation is needed.

# TOURS

## CYCLING HIGHLIGHTS

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



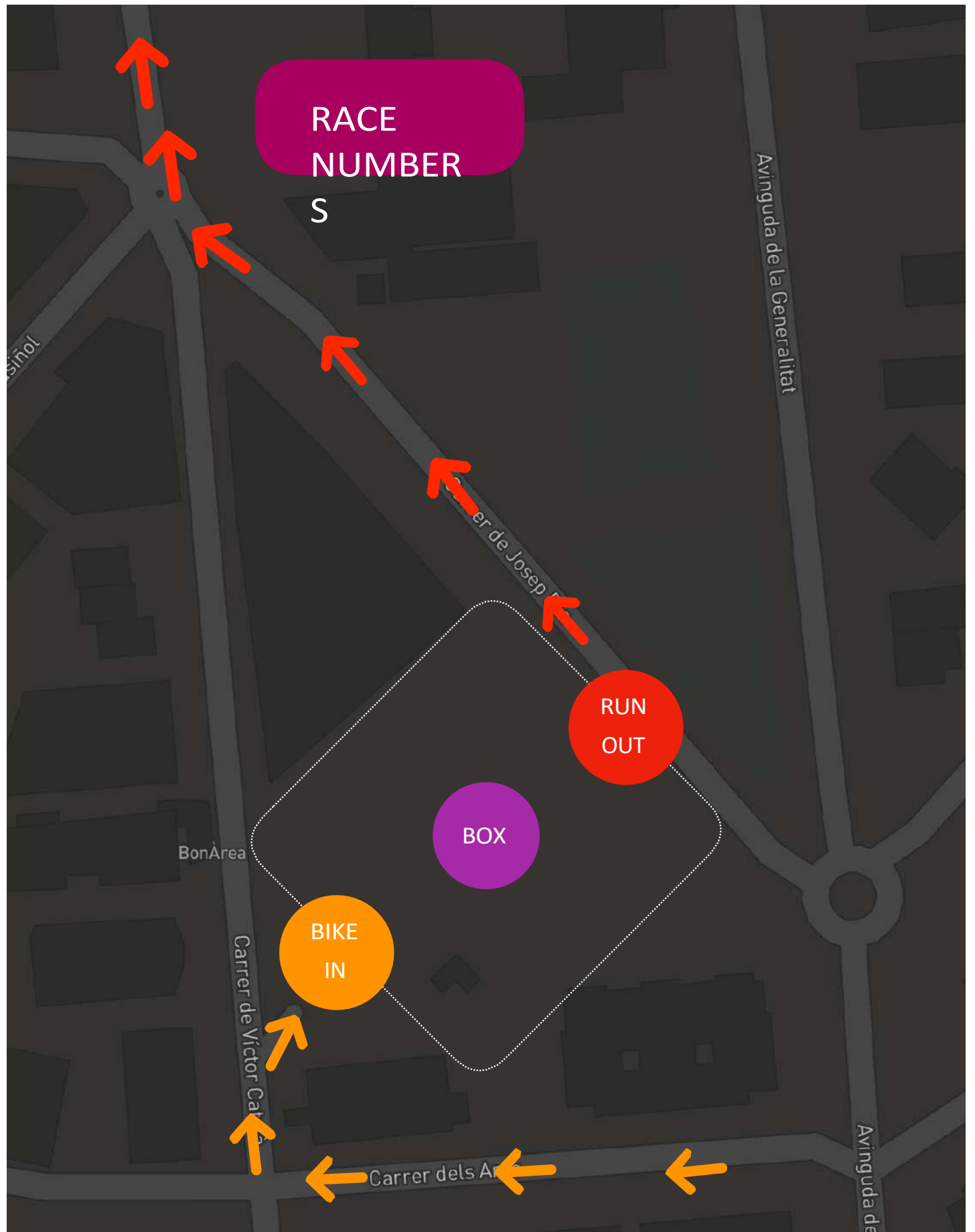
Descargar Track

### FILES

.GPX files are available for all distances on the website.

# TOURS

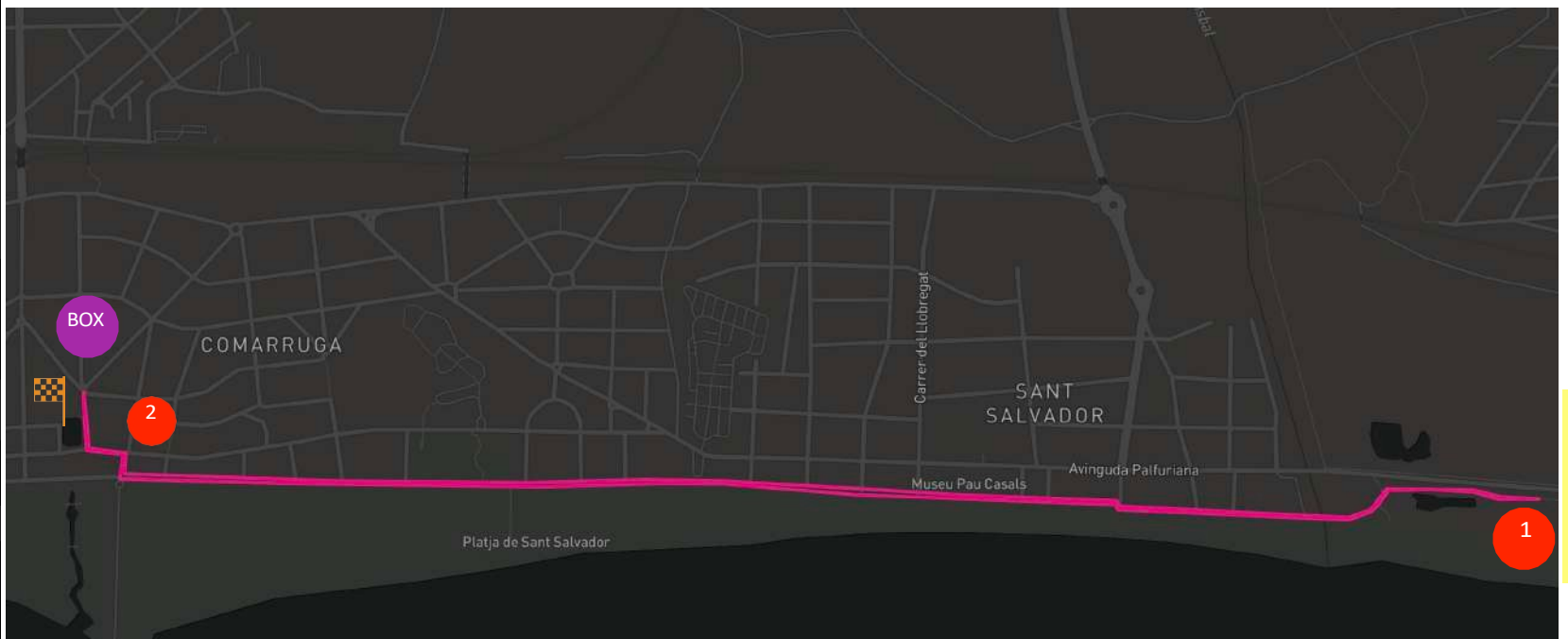
## T2 (from BIKE to RUN)



Enter the pit from one end and exit from the opposite end.

# TOURS

## RUNNING SECTION



5-km circuit closed to traffic. Run on the left side.

Two 180° turns (points 1 and 2)

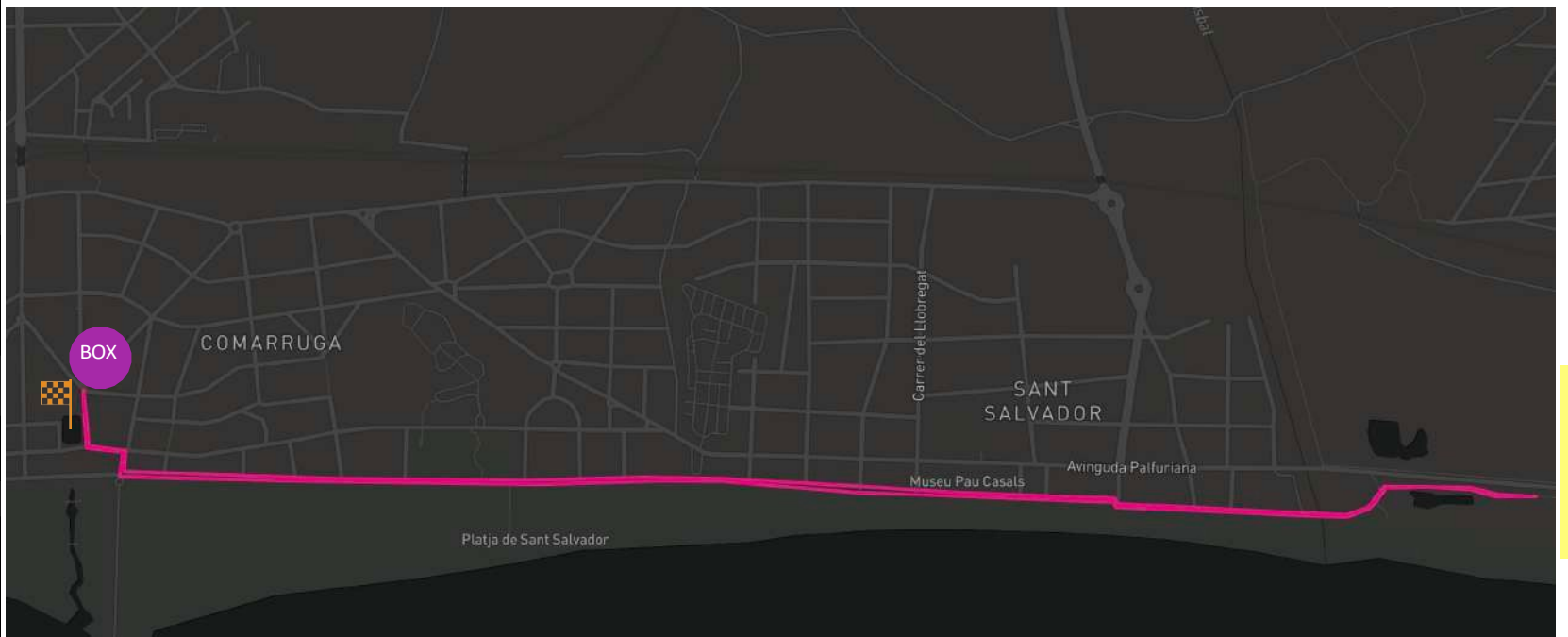
Number of laps to complete:

- HALF 4 laps
- OLYMPIC: 2 laps
- SHORT: 2 laps
- SPRINT: 1 lap

Failure to complete the course: DQ Exceeding the time limit: DNF

# TOURS

## RUNNING RACE. CUT-OFF TIMES



Cut-off time

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

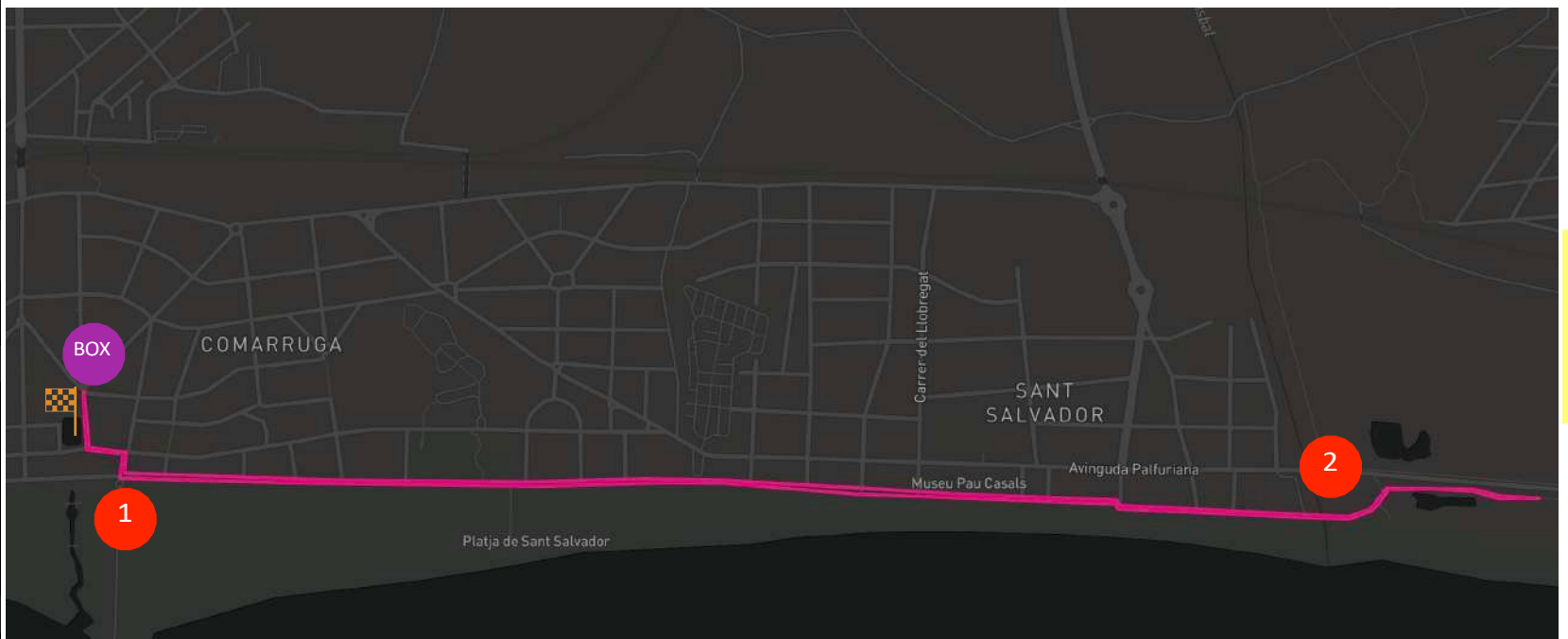
**OLYMPIC** 11:25 (3 hr 25 min from the start)

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

**HALF** 14:30 (7 hr 00 min from the start)

# TOURS

## RUN SPECIFICATIONS

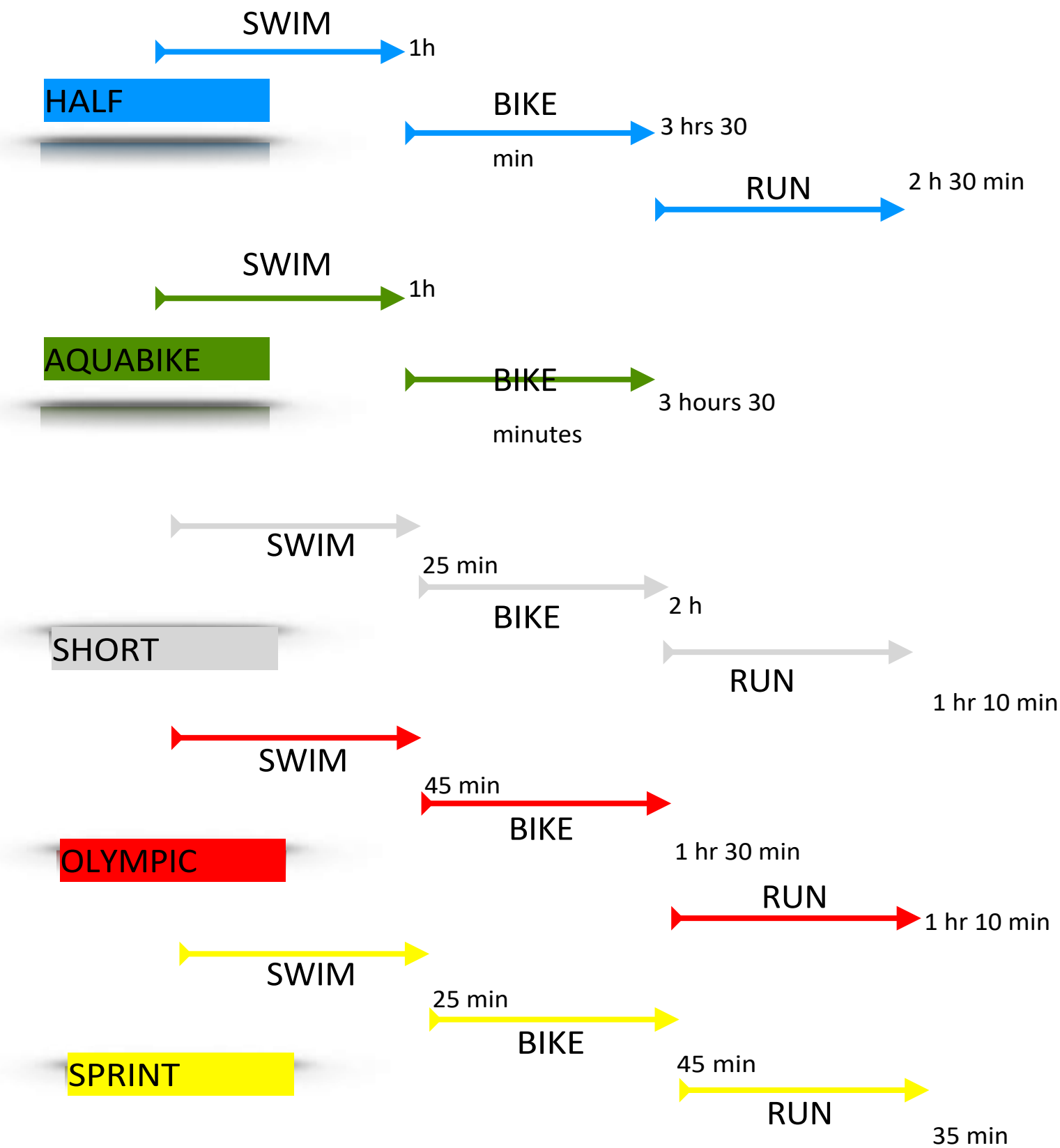


### REFRESHMENT STOPS

- Refreshment stations are located at points 1 and 2.
- Refreshments include both food and drinks.
- Liquid refreshments are served in cups.
- The cups contain Powerade/Aquarius isotonic drinks and water.
- Solid refreshments consist of fruit and Nutrisport HGel.
- Runners pass through the aid stations 8 times in the HALF distance, 4 times in the OLYMPIC, and 2 times in the SPRINT.
- Accompanying runners on the running course is not permitted.

# TOURS

## CUT-OFF TIMES

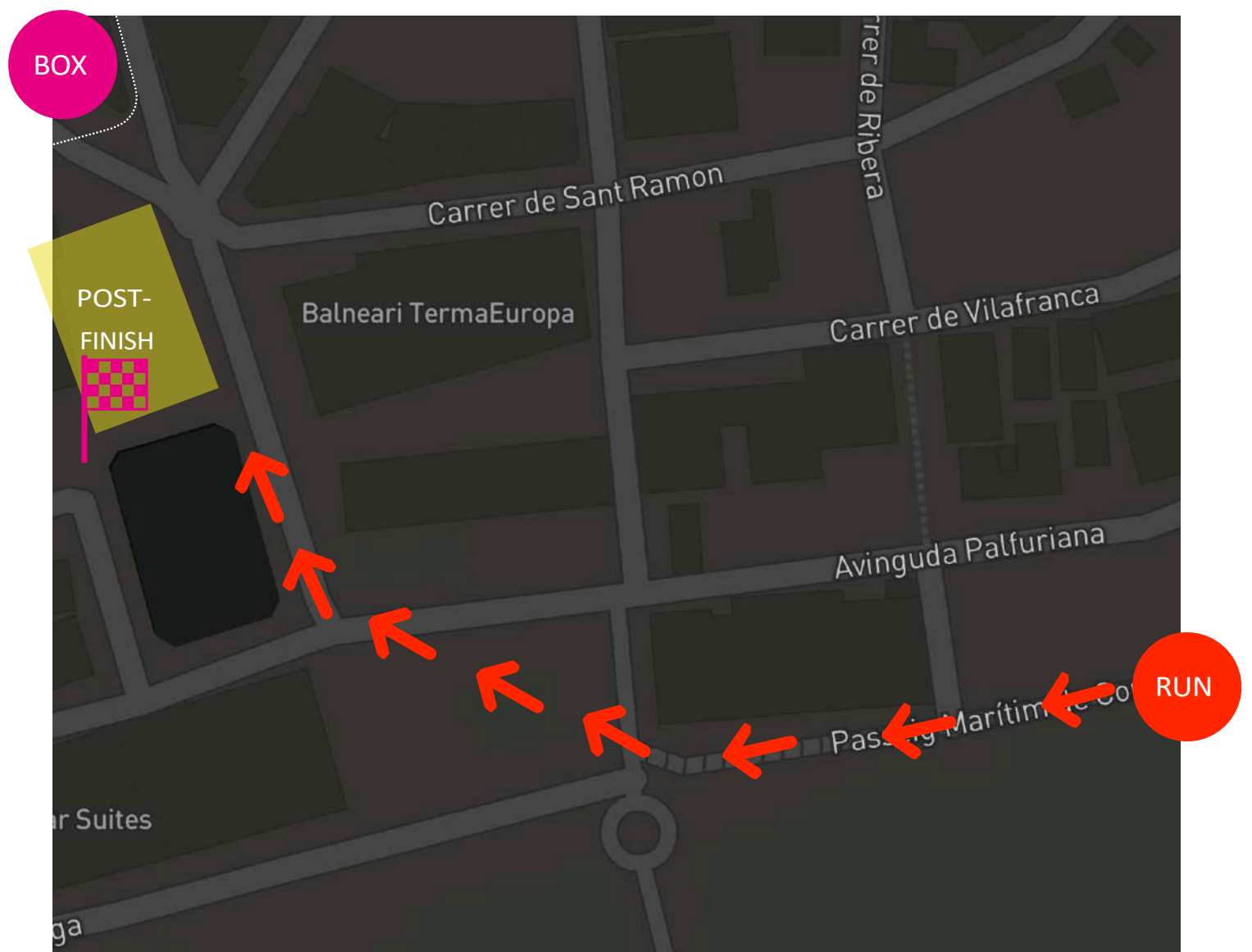


Cut-off times are not based on the athlete’s net time. Total times are used.  
 An athlete may NOT exceed 60 minutes in the swim. If they finish in less time, the cut-off time is carried over to the next segment.

# TOURS

# THE ARRIVAL

## Access to the Finish Line and Post-Finish Area



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



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



# AFTER THE FINISH LINE

Once you reach the finish line, it's time **to enjoy the moment**. You've given it your all, which is why our team will have a final refreshment area set up with drinks and food to help you regain your strength, as well as an entire *paddock* with refreshments, a coat check, restrooms...

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**What about the photos?** They'll be available at the following link (<https://fotos.100x100half.com/>) within 48 hours after the race ends. Tag us @100x100half!

# CHECK-OUT

**When can I pick up my race kit from the box?**

During check-out at the following times: 12:30 p.m. to 2:45 p.m.



**VERY IMPORTANT.** Before the scheduled time for the check-out (12:30 p.m.), DO NOT will any  
, nor will you be able to pick up anything.



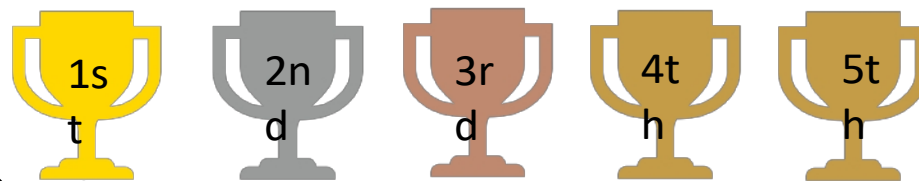
# TROPHIES

Our **trophy presentation protocol** includes a full podium (first through fifth place) for the men's and women's open divisions, as well as an award for the first-place finisher in each age group.

## MEN'S OPEN CATEGORY



## WOMEN'S OPEN CATEGORY



## BOYS' AGE GROUPS



- Age Group 16–24
- Age Group 25–29
- AGE GROUP 30–34
- 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+

## FEMALE AGE GROUPS



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

# RESULTS

We post the results **immediately** on our website, where you can view all the rankings and categories.



On the results page, you can filter the list to find your bib number, view the results for the different events and categories, check the podium, and access the race's results history.



RESULTS

# WE'LL STEAL A MINUTE OF YOUR TIME...

... just a minute—here's the scoop: the **100x100 HALF club league** is offering **€16,000 in cash prizes**, which will be distributed among the top five clubs in both the men's and women's categories.

Competition and excitement guaranteed!

The **third event will be held in El Vendrell**, another opportunity on the circuit that will conclude **on October 11 in L'Estartit**, where we'll wrap up the league with a check presentation ceremony at the **Sala Polivalent in L'Estartit**.

Full details on the competition format and scoring system are available in the **official rules of the event**.



# ACKNOWLEDGMENTS

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

And also to:

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

Official sponsors



Official Timing



Organizer



Part of

