

100% HWLF

PLATJA D'ARO

RACE INFORMATION
(RACE BRIEFING)

PLAN B

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WELCOME

Platja d'Aro opens its doors to us once again!

We return to one of the most special enclaves on the Costa Brava, where the energy of sport blends with a unique seafront setting.

This year, a demanding route full of character awaits you: legendary roads, sections that require technique and concentration, and straights that invite you to give it your all. Every meter will be an opportunity to surpass yourself and enjoy the challenge.

We will be cheering you on every step of the way, with the biggest of smiles.

Stay strong and enjoy the experience!

JORDI C

CEO 100% Half

ANDREA G

Race Director

WELCOME

Platja d'Aro is one of the most iconic destinations on the Costa Brava, located in a privileged setting where the Mediterranean Sea meets crystal-clear coves, long golden sandy beaches, and a unique natural landscape.



The town of Platja d'Aro is a vibrant destination, offering a mix of cultural, sporting, and leisure activities, with a lively urban life and a natural environment that invites you to discover trails, water sports, and unforgettable experiences. Its open and cosmopolitan character makes it a meeting point for visitors from all over the world, while maintaining the charm of its seafaring origins.

WHAT TO VISIT

PROGRAM

Saturday, October 4: bibs and check-in boxes

Sunday

5 October competition

October:
Half, Olympic,

Sprint.

COMPETITION DISTANCES

The diagram illustrates four triathlon race formats, each represented by a horizontal bar with segments for run, bike, and run distances. The AQUABIKE format is marked as canceled with a large red X.

Format	Run Distance	Bike Distance	Run Distance
HALF	10k	86k	10k
AQUABIKE	-	-	-
OLYMPIC*	5k	44k	5k
SPRINT	2.5k	20k	2.5k

***Counts towards the club league, 66%**

SCHEDULE

Saturday, October 4

Action

6:00 p.m. to 8:00 p.m. Bib number pickup
 6:00 p.m. to 8:00 p.m. Check-in box (all distances)

Location

Palau d'Esports i Congressos

Sunday, October 5

Action

5:30 a.m. to 7:00 a.m. Check-in box
 5:30 a.m. to 7:00 a.m. Bib distribution
 5:30 a.m. to 4:00 p.m. Cloakroom service

Location

Palau d'Esports i Congressos

7:25 a.m. ~~SALIDA~~ START
 07:35 ~~SALIDA~~ START
 07:45 ~~SALIDA~~ START

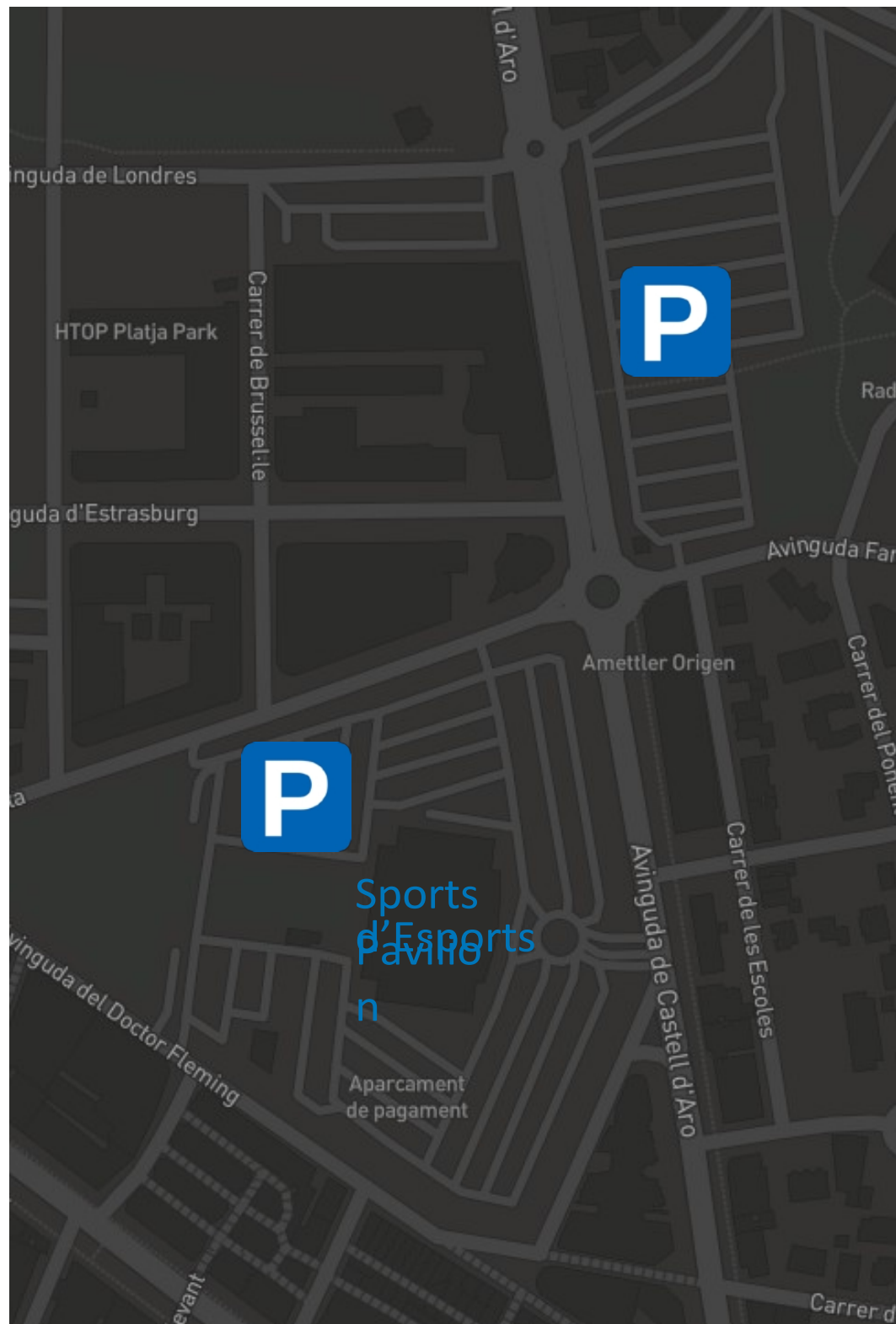
C/ Juli Garreta

12:00 p.m. to 3:00 p.m. Check OUT box
 Trophy ceremony starting at 11:00 a.m. 3:30 p.m. Race closes

Palau d'Esports i Congressos

PARKING

There are two parking areas available: one is a paid lot in Plaza Europa, where the pavilion is located, and the other is free and about a 100-meter walk away.



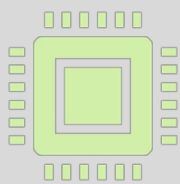
PREPARATIONS

EVERYTHING YOU NEED TO KNOW



123

Race number: we will give you your 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.



Chip: you will find it 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.



Equipment: please note that you will need to leave some of your equipment in the box.



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



Collection of equipment: you can collect your equipment from the box during the time slot indicated in the program.

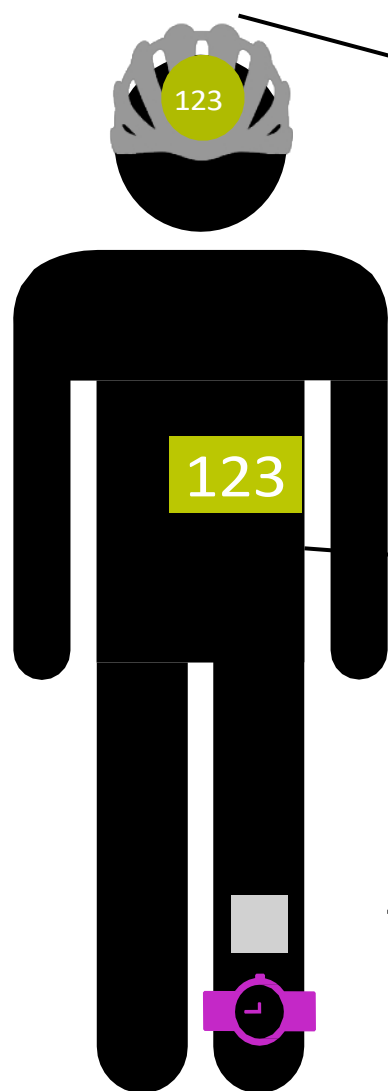


Trophies: don't leave without checking the results on the website, otherwise we won't give you your trophy. The results are instantaneous.

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 out the graphics!



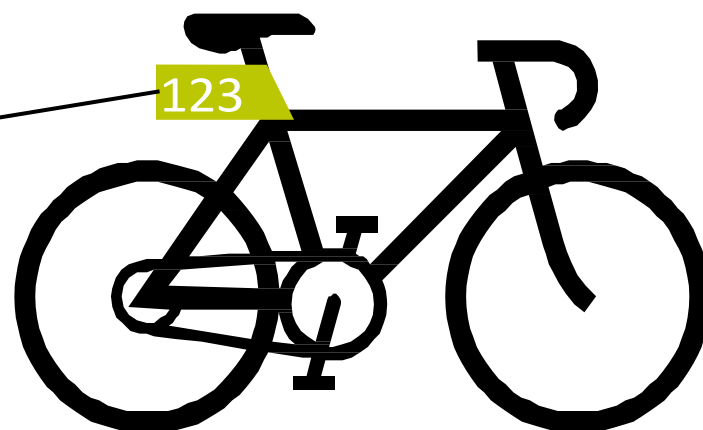
HELMET: attached to the front and left side of the helmet

RACE NUMBER:

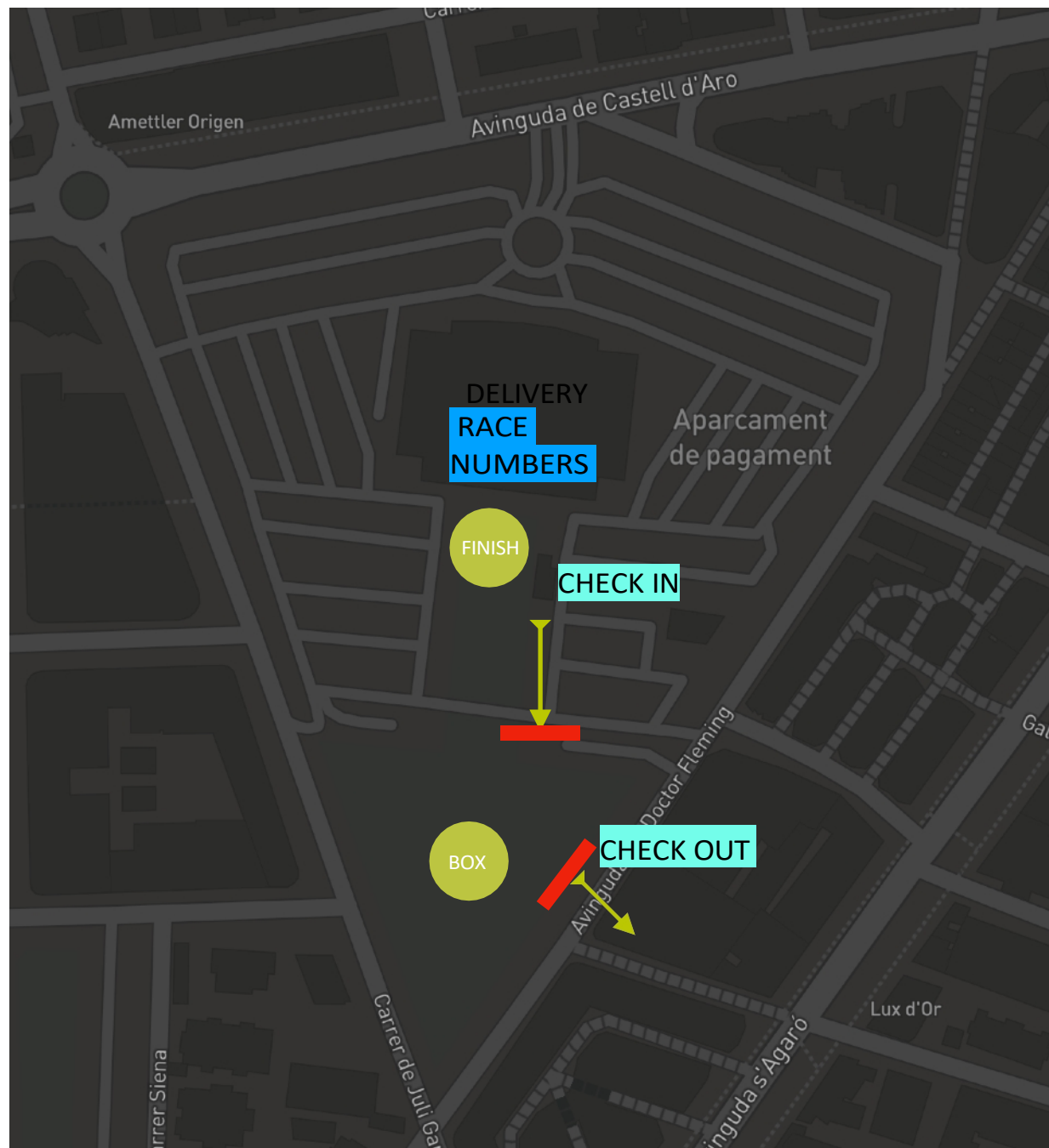
- On the **bike** you must wear it on the back (mandatory)
- During the **running race**, you must carry it on the front (mandatory)

CHIP: it must be placed on the ankle throughout the race.

BIKE: it must be attached to the seat post



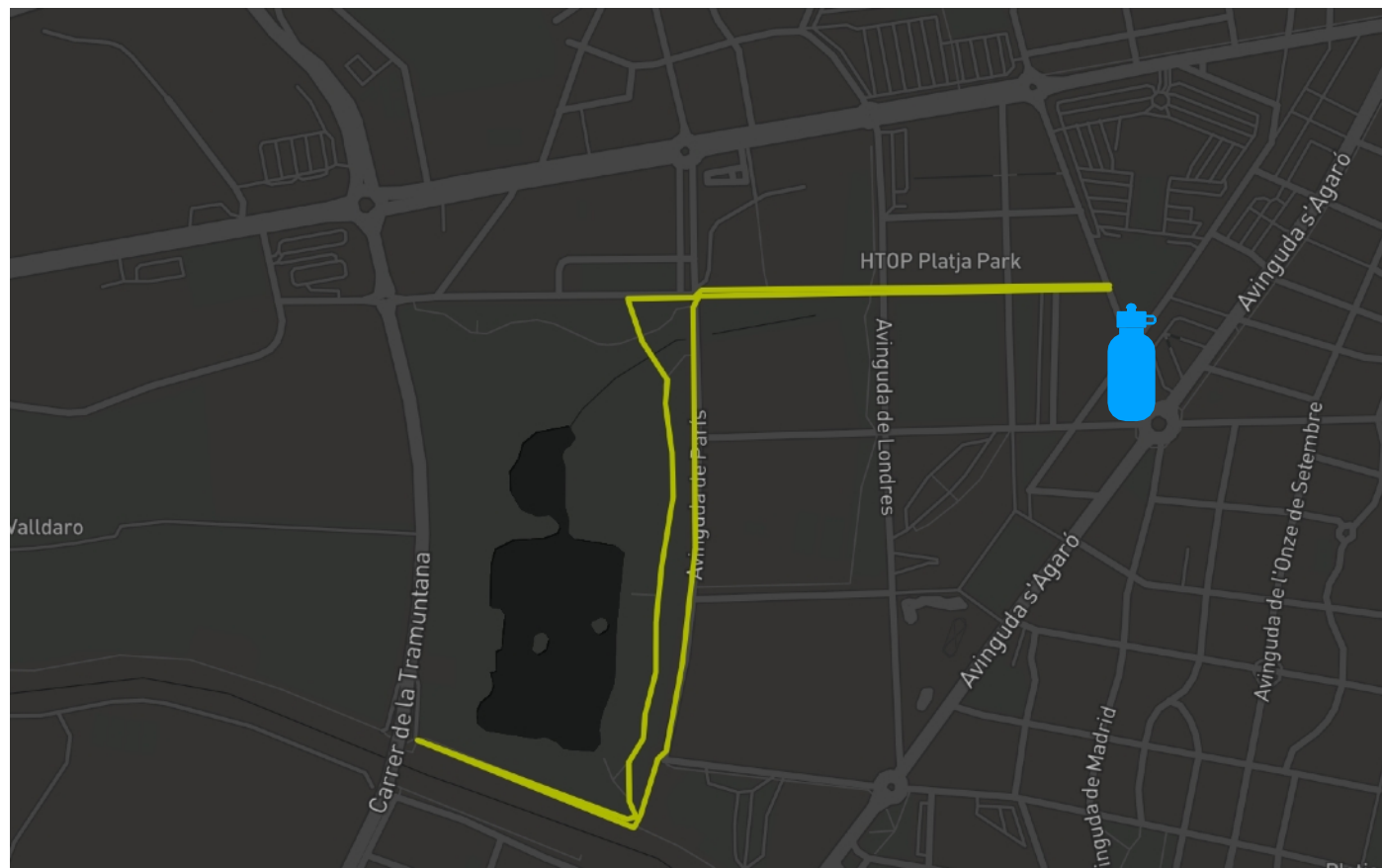
STEPS TO FOLLOW...



- Pick up your race number
- Leave your bike in the box
- Take the chip you will find in your box (Sunday)
- Put on your shoes and your race number?...very important,
go back and get your race number
- Now yes... shoes and race number and...
- DUATHLON ON!!

TOURS

RUN 1 SPRINT 7:35h



Circuit closed to traffic with a length of 2.5 km and marked halfway along the route.

Run on the right side of the course. Two 180° turns (points A and B)

Number of laps to complete between 180° turns:

- SPRINT 1 lap - 2.5K

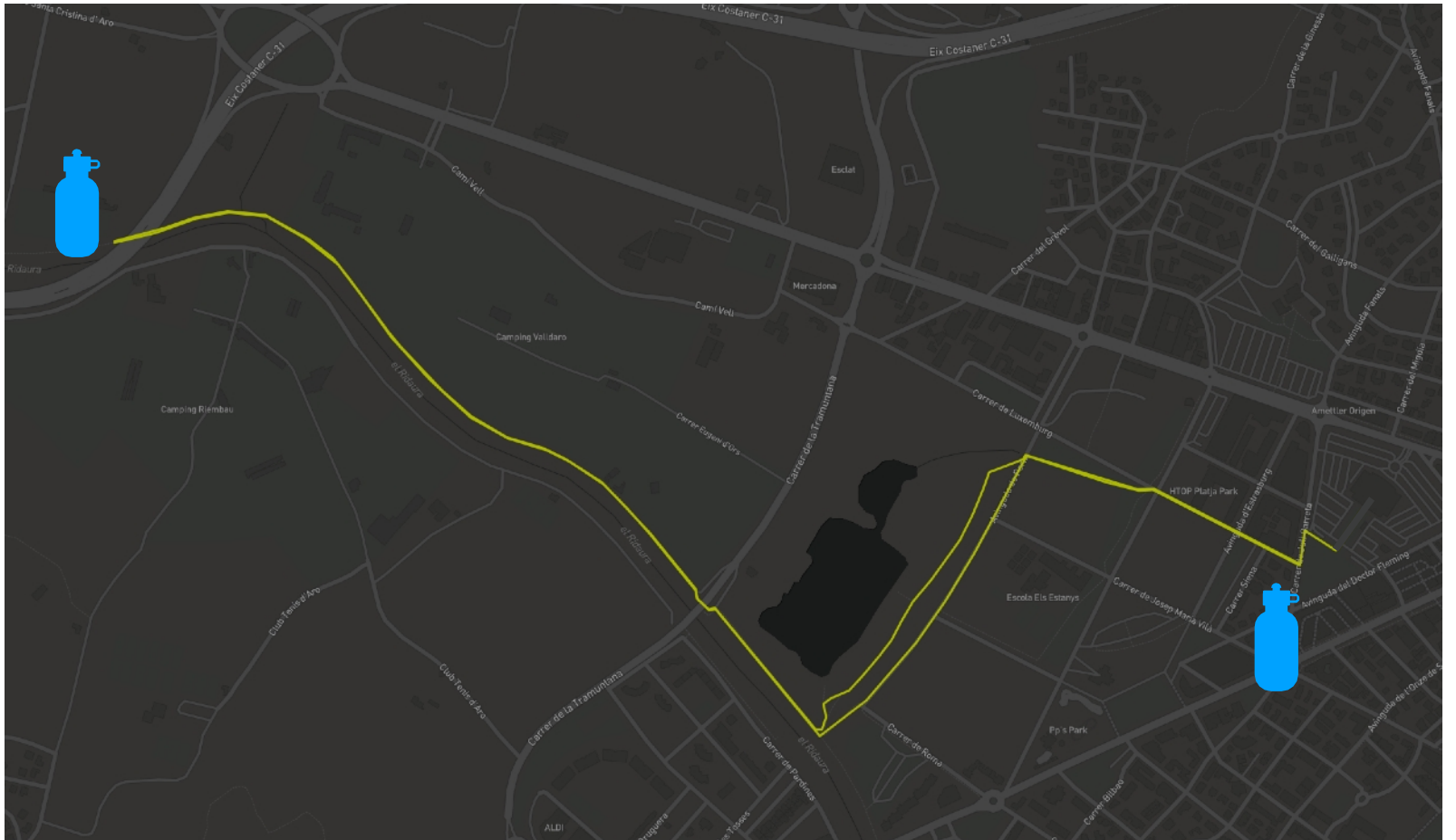
Failure to complete the marked route: DQ* Exceeding the cut-off time: DNF*

*DQ = Disqualified

*DNF = Did not finish

TOURS

RUN 1 OLYMPIC 7:45h



Circuit closed to traffic, 5 km long and marked halfway along the route.

Ride on the right side of the course. Two 180° turns (points A and B)

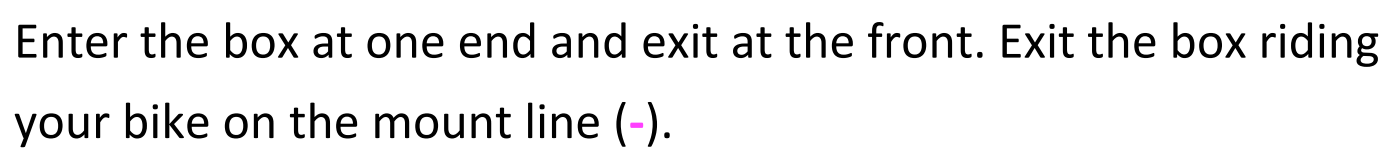
Number of laps to complete between 180° turns:

- OLYMPIC 1 lap - 5K

Failure to complete the marked route: DQ* Exceeding the cut-off time: DNF*

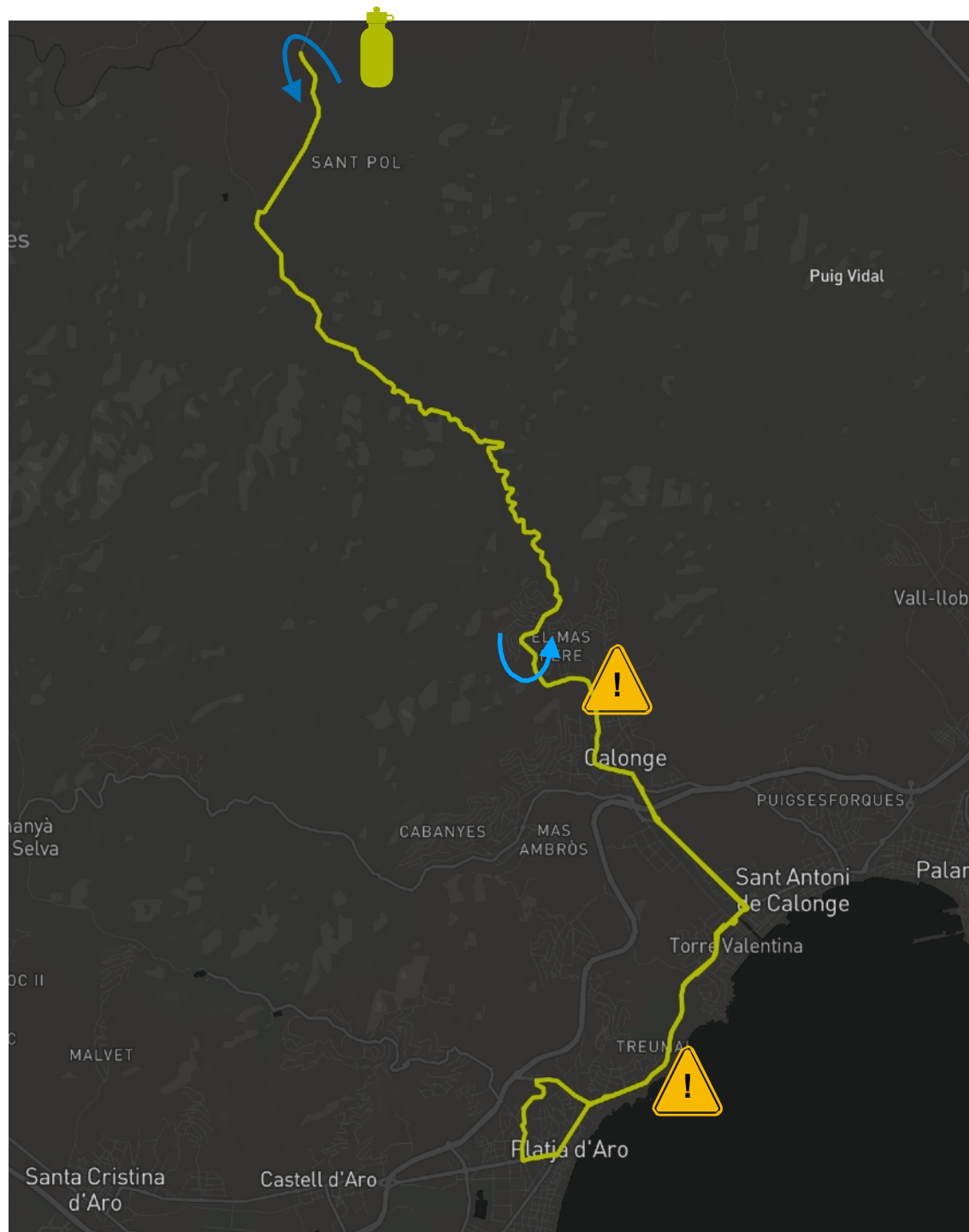
*DQ = Disqualified


*DNF = Did not finish



TOURS

HALF CYCLING



Closed circuit to traffic with a length of 85 km (5 km neutralized
)

Three-lap course, in a loop. Round trip.

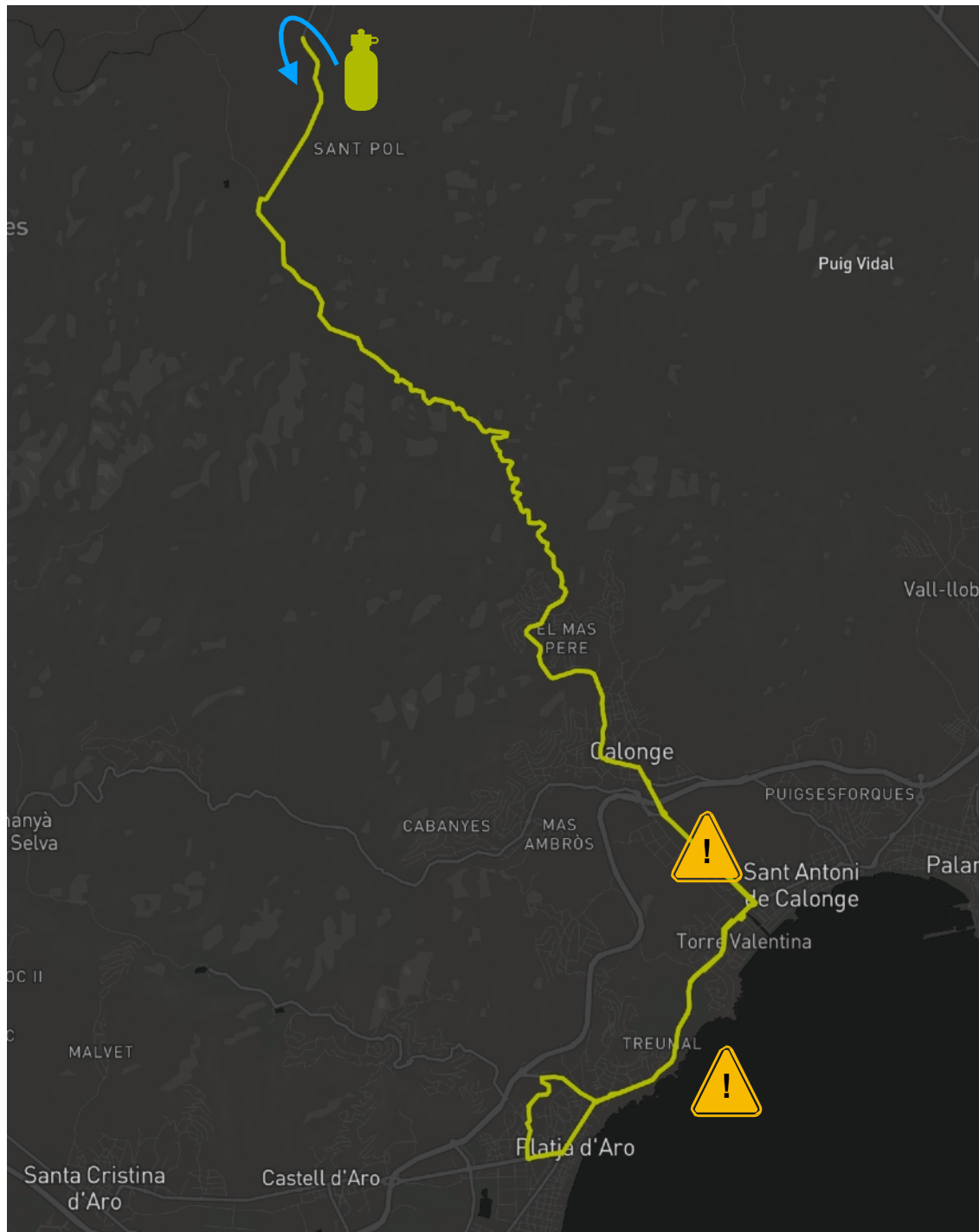
Two 180° turns.

Ride on the right side of the road. Cycling
segment cut-off time: 3h 30min Failure to
complete the course: DQ

Exceeding the cut-off time: DNF

TOURS

CYCLING SPECIFICATIONS



Refreshments are solid and liquid.

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

Water is provided in bottles.

Solid refreshments consist of HGel Nutrisport gel.


The HALF distance passes through the refreshment point three times.

***IMPORTANT** Update your track on the website. We have been forced to modify part of the circuit due to lack of maintenance on one of the roads that was part of the bike route.

TOURS

OLYMPIC CYCLING



Circuit closed to traffic with length of 40 km (5 km neutralized with the possibility of sharing the road with some car )

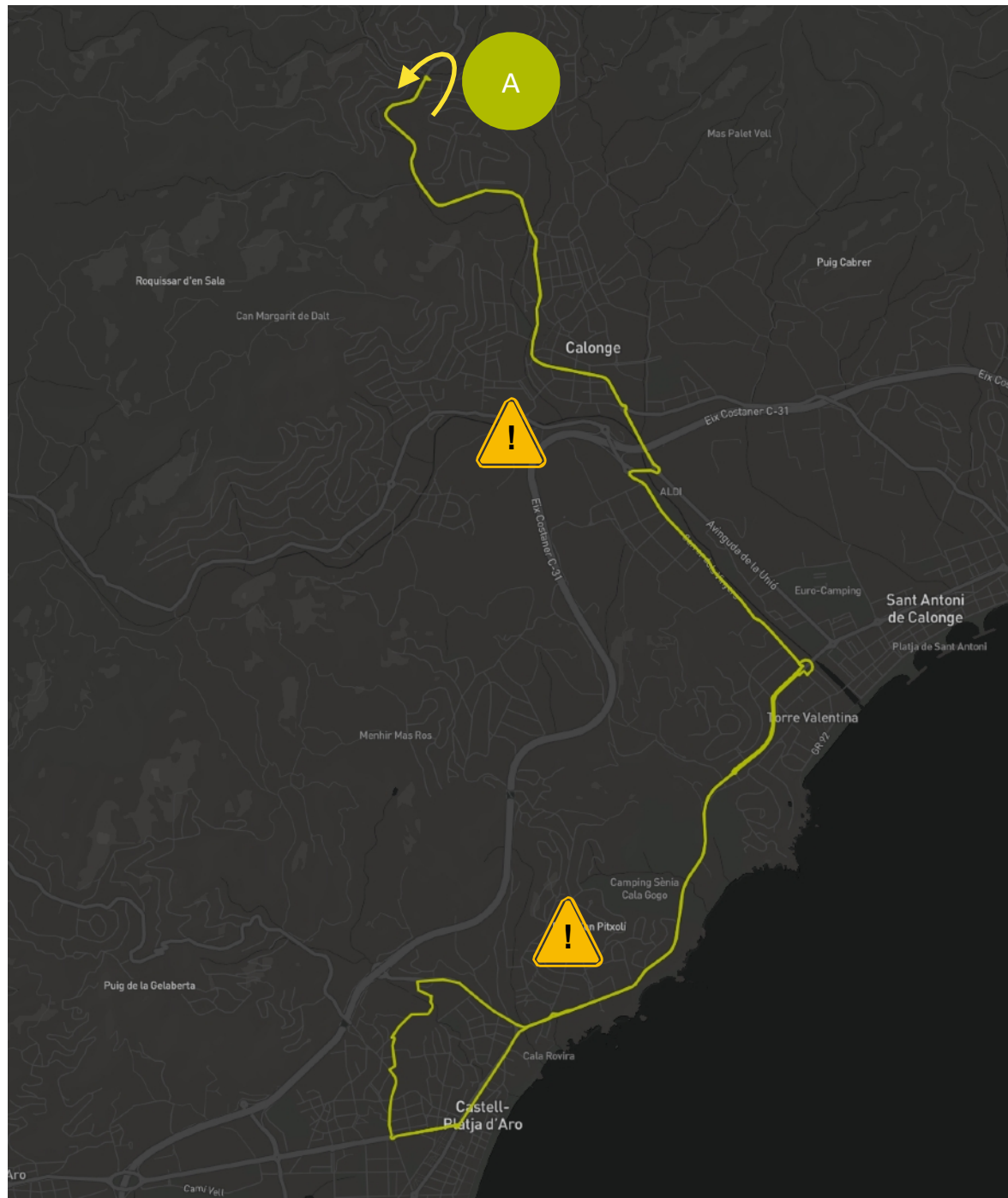
One complete lap. Circulation back and forth.


A 180° turn at (A).

Ride on the right side of the road. Cycling segment cut-off time: 1 hour 30 minutes Failure to complete the course: DQ Exceeding the cut-off time: DNF

TOURS

SPRINT CYCLING



Circuit closed to traffic with length of 20 km (5 km neutralized with the possibility of sharing the road with some car )

One complete lap. Round trip.

A 180° turn (A).

Ride on the right side of the road. Cycling segment cut-off time: 45 min Failure to complete the course: DQ Exceeding the cut-off time: DNF

ROUTES

SPECIAL FEATURES CYCLING

100% HALF	100% HALF
<p>DRAFTING = DQ</p> <p>MIN. 10 MTS</p>  <p>DISQUALIFIED</p>	<p>DRAFTING = DQ</p>  <p>DISQUALIFIED</p>

...No further explanation needed.

ROUTES

SPECIAL FEATURES CYCLING

Neutralization

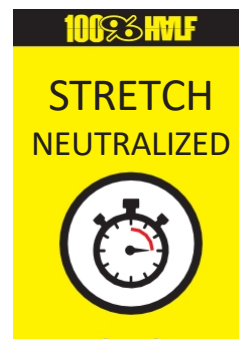
Due to certain municipal restrictions, the route will be neutralized in urban areas.

There may be other road users, and participants must respect traffic regulations on these sections.

These points are particularly sensitive and we need to be extremely careful to avoid any kind of accident.

The route is a round trip along the same road, so please pay close attention at roundabouts and ring roads.

The neutralized sections will be clearly marked.



ROUTES

SPECIAL FEATURES CYCLING

HALF


Files

SWIM BIKE RUN


Ver Plan B

Circuito rápido pero exigente recorriendo la Vall d'Aro.

 86 km.

 1160 m. Desnivel

 3 Vueltas de **28.67**km.

 4/5 Dificultad

 Descargar Track

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

ROUTES

SPECIAL FEATURES CYCLING OLYMPIC Files

SWIM BIKE RUN

Circuito rápido pero exigente recorriendo la Vall d'Aro.



44 km.



533 m. Desnivel



1 Vuelta



3/5 Dificultad



Descargar Track

GPX files are available for any of the distances on the website.

ROUTES

SPECIAL FEATURES CYCLING

SPRINT

Files

SWIM BIKE RUN

Circuito rápido pero exigente recorriendo la Vall d'Aro.



22 km.



200 m. Desnivel



1 Vuelta



1/5 Dificultad

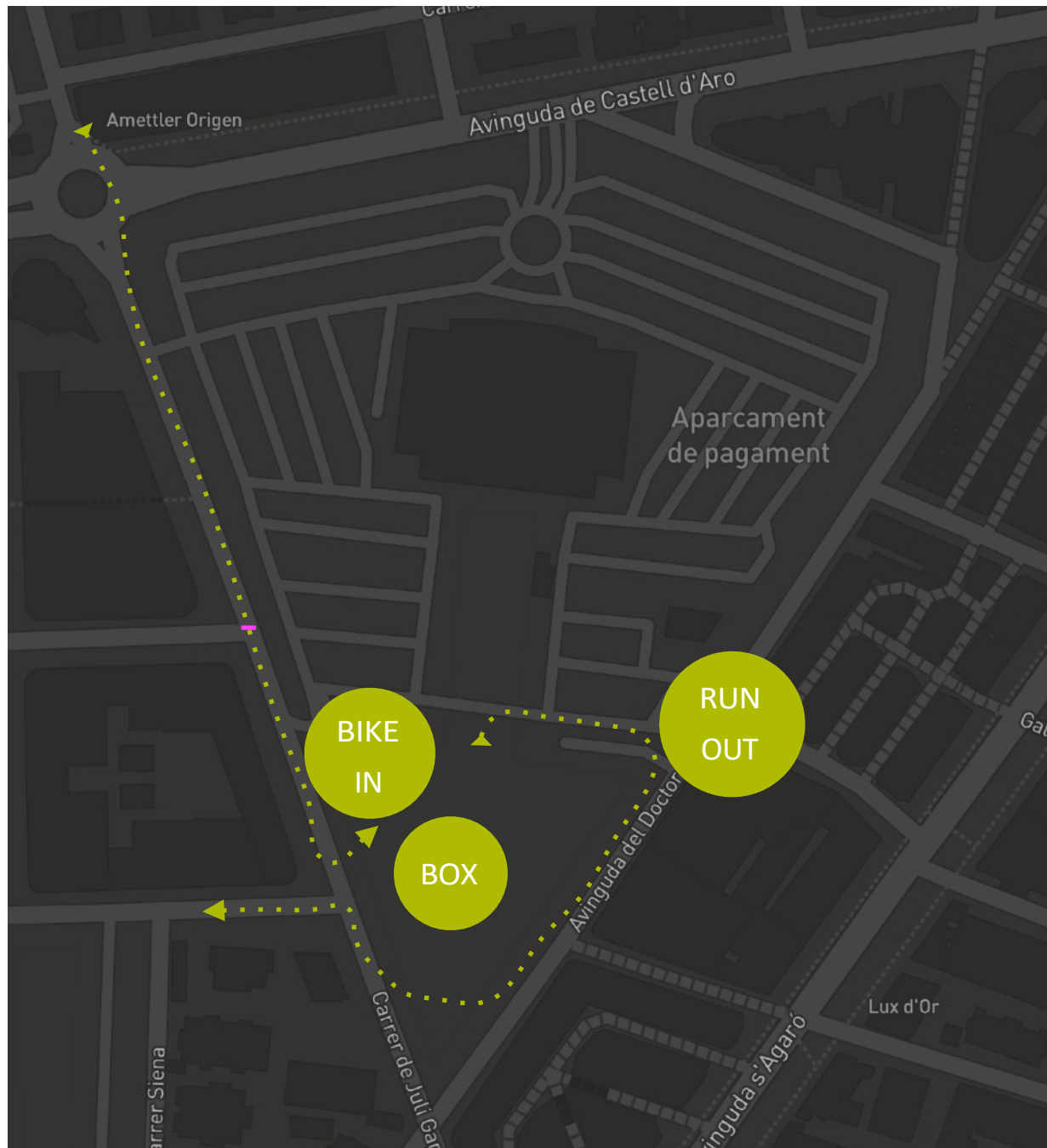


Descargar Track

GPX files are available for any of the distances on the website.

TOURS

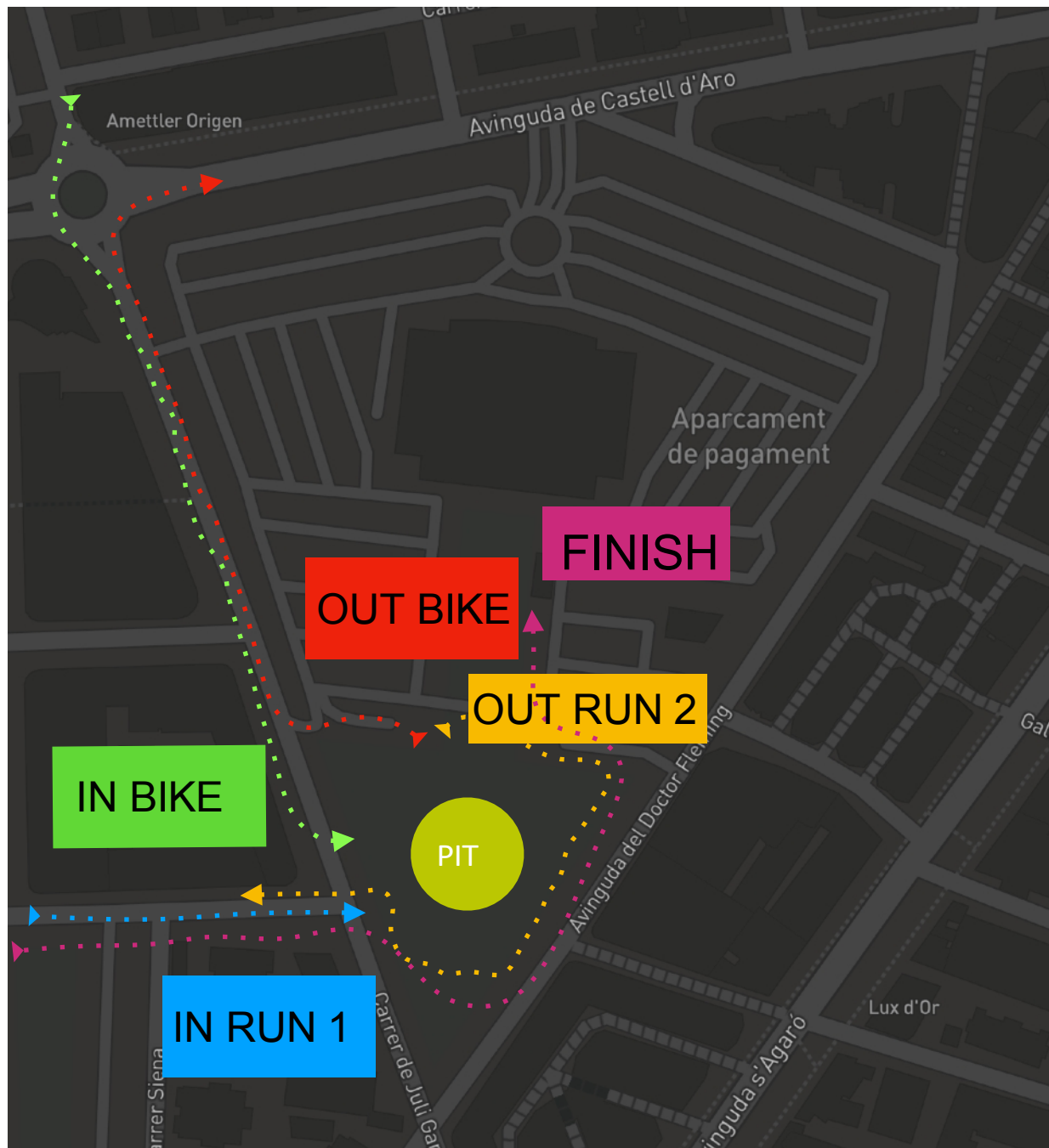
T2 (from Bike to Run)



Entry to the pit lane by dismounting from the bicycle at the dismount line (-).
Time control at the pit lane entrance.

TOURS

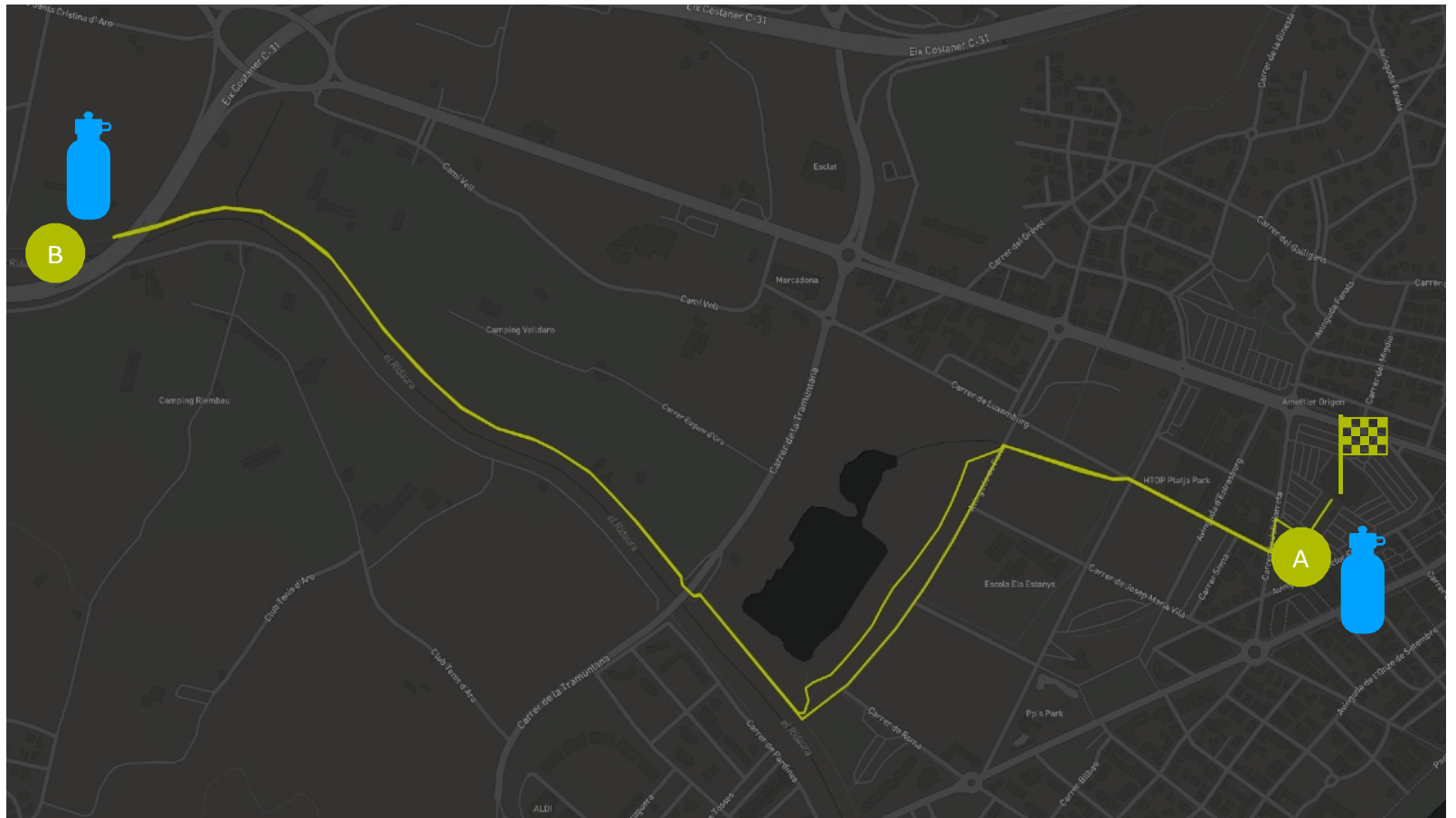
INSIDE BOX CIRCULATION



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

TOURS

RUN 2 HALF



Circuit closed to traffic, 5 km long and marked halfway along the route.

Drive on the right-hand side of the course.

Two 180° turns (points A and B)

Number of laps to complete between 180° turns:

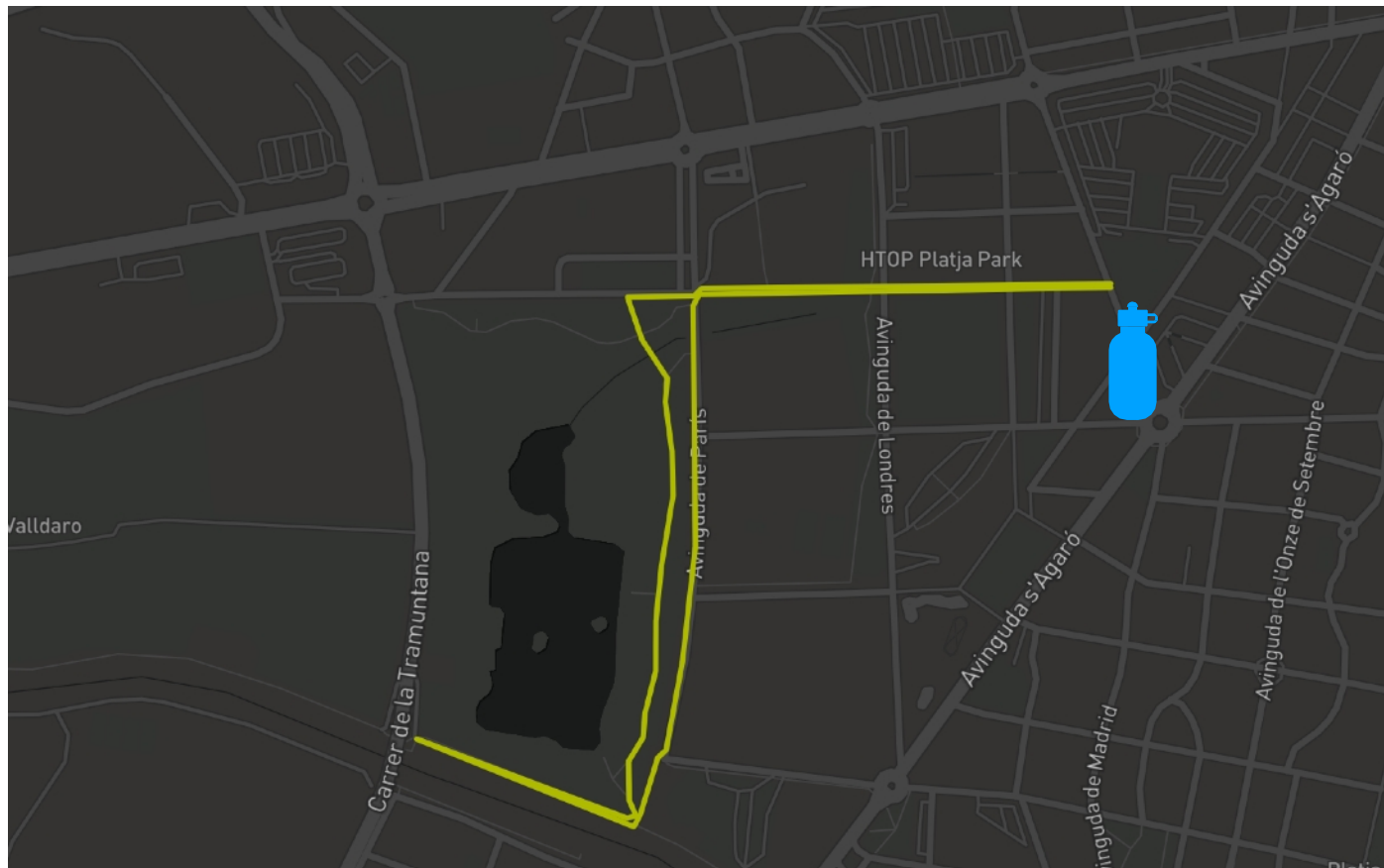
- HALF 2 laps (10 km)

Failure to complete the entire course: DQ

Exceeding the time limit: DNF

TOURS

RUN 2 SPRINT



Circuit closed to traffic with a length of 2.5 km and marked halfway along the course.

Ride on the right side of the course. Two 180° turns (points A and B)

Number of laps to complete between 180° turns:

- SPRINT 1 lap - 2.5K

Failure to complete the marked route: DQ* Exceeding the time limit: DNF*

*DQ = Disqualified

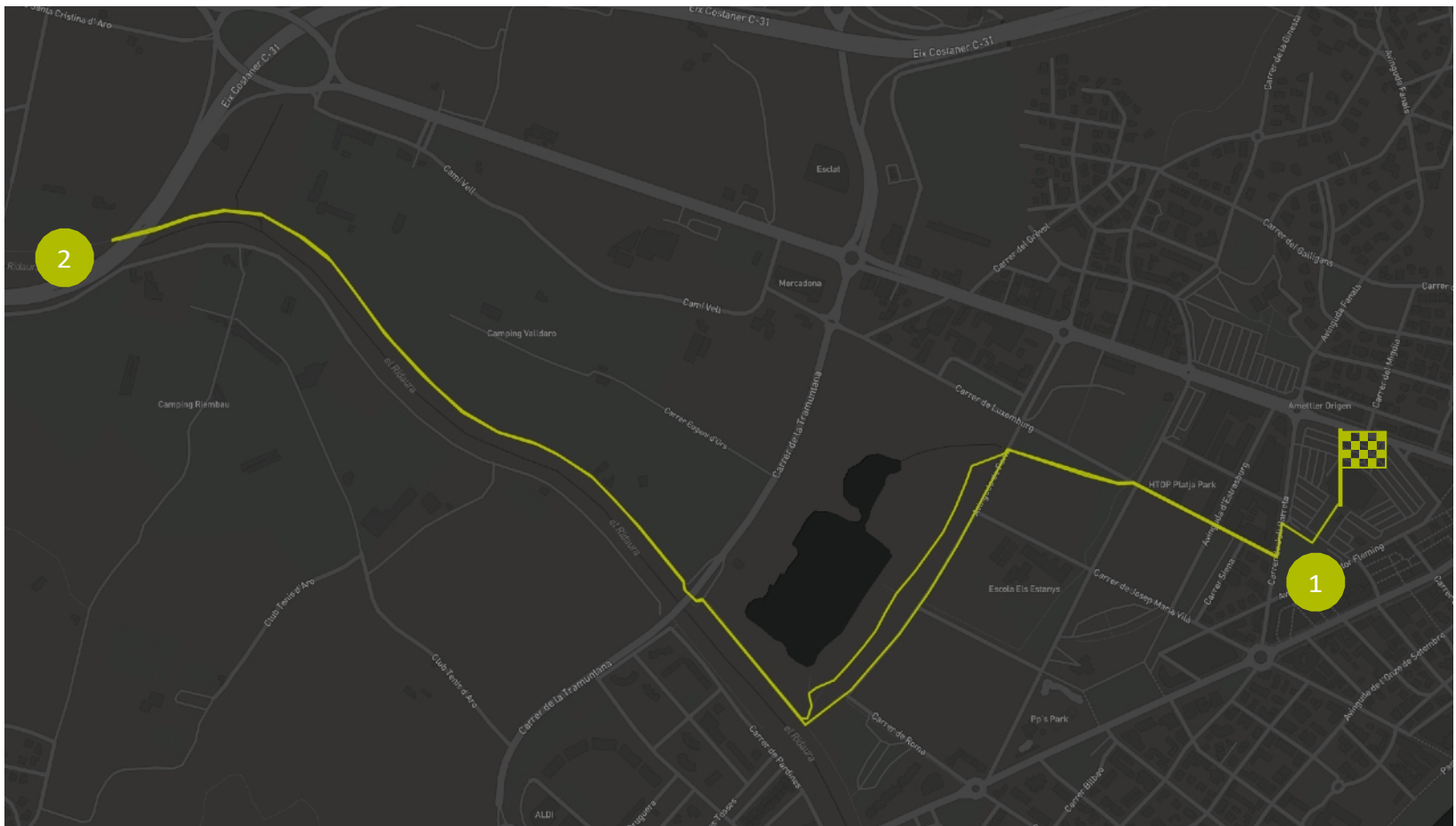
*DNF = Did not finish



TOURS

SPECIAL FEATURES OF THE RUNNING RACE

Refreshments



The refreshment point is located at points 1 and 2.

Refreshments are solid and liquid.

Liquid refreshments are served in cups.

The cups contain Powerade/Aquarius isotonic drinks and water.

Solid refreshments consist of fruit and HGel Nutrisport gel.

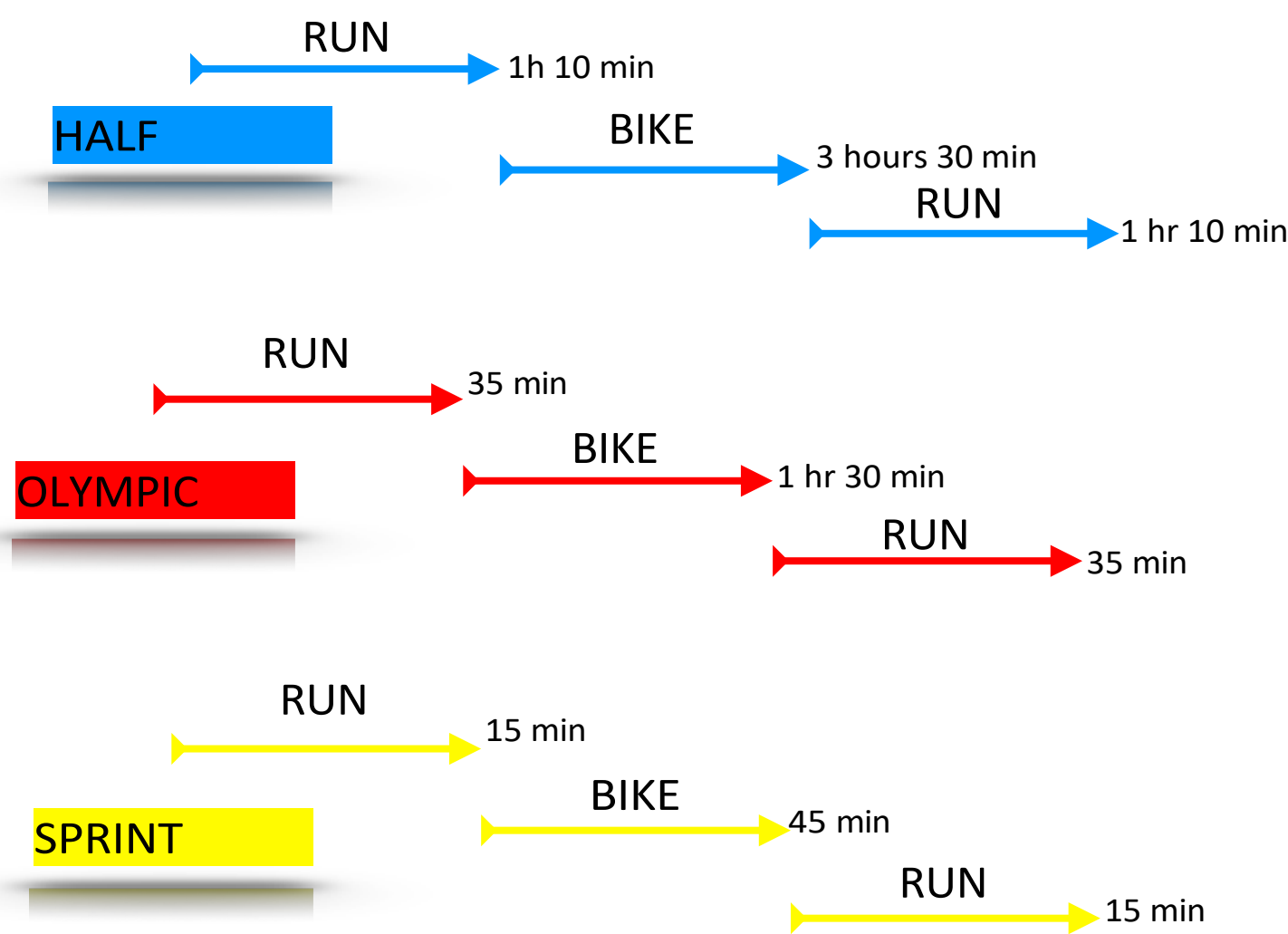
The refreshment points are passed 4 times in the HALF distance, 2 times in the OLYMPIC distance, and 1 time in the SPRINT distance.

No accompanying persons are allowed on the running circuit (DQ).

TOURS

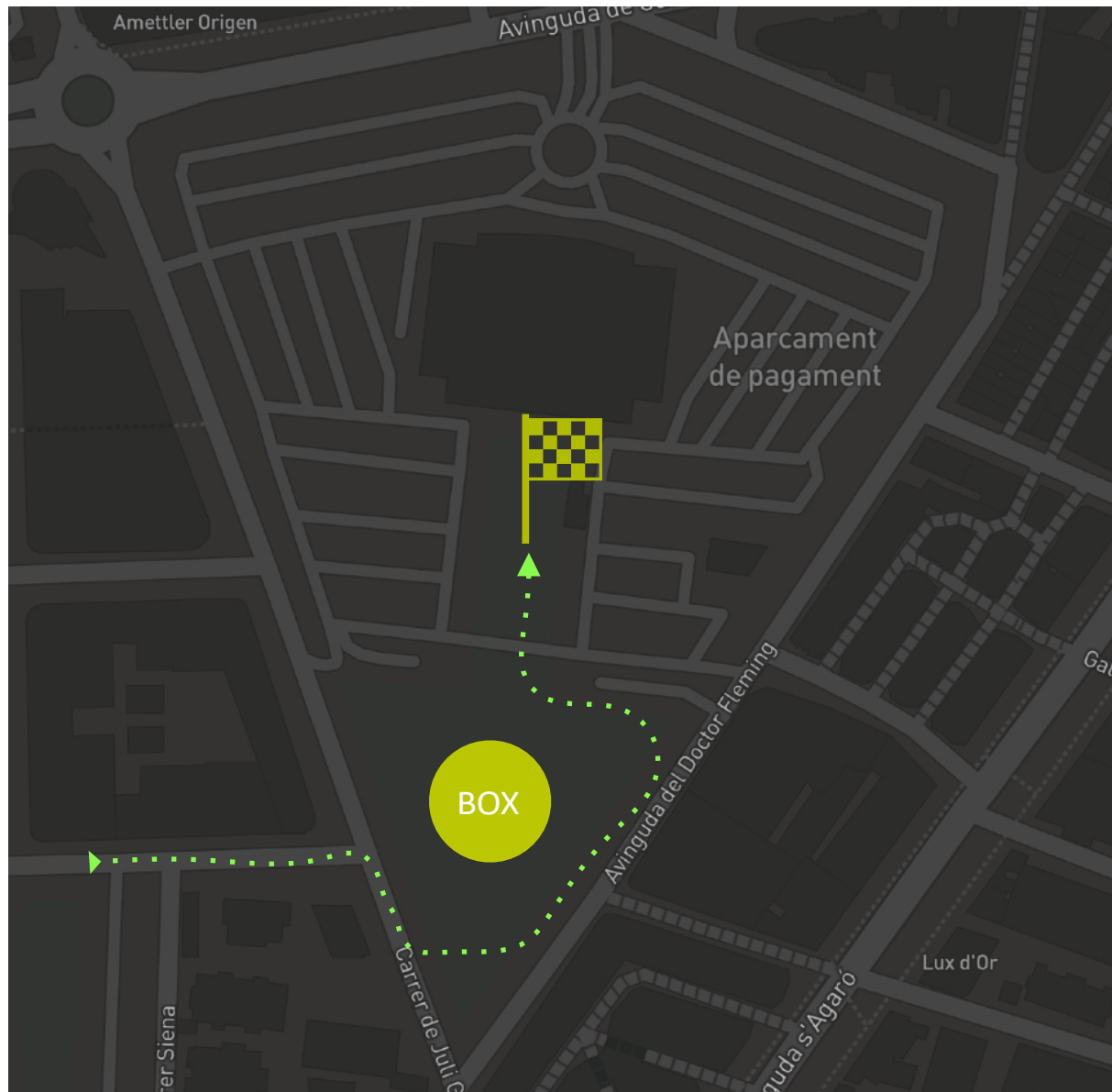
GENERAL DETAILS

CUT-OFF TIMES



THE FINISH

Access to finish line and post-finish line



Once the laps have been completed according to the modality, of the RUN circuit, the participant follows the path around the box to cross the finish line. Once finished, they head to the recovery area (post-finish) and the trophy presentation.

Please note that trophies will not be awarded after the ceremony.

AFTER THE FINISH

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 pick up the material from the box? During Check-Out at the following times: from 12:00 p.m. to 3:00 p.m.



VERY IMPORTANT. Before the stipulated time for the check-out (12:00), DO NOT will be or collected.



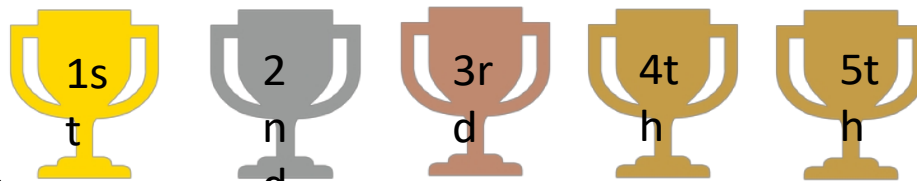
TROPHIES

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.

ABSOLUTE MEN'S CATEGORY



ABSOLUTE WOMEN'S CATEGORY



MALE AGE GROUPS



- AGE GROUP 16-24
- AG 25-29 years
- AG 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
- AGE 25-29
- AW 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** to our website, where you can check all the rankings and categories.



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



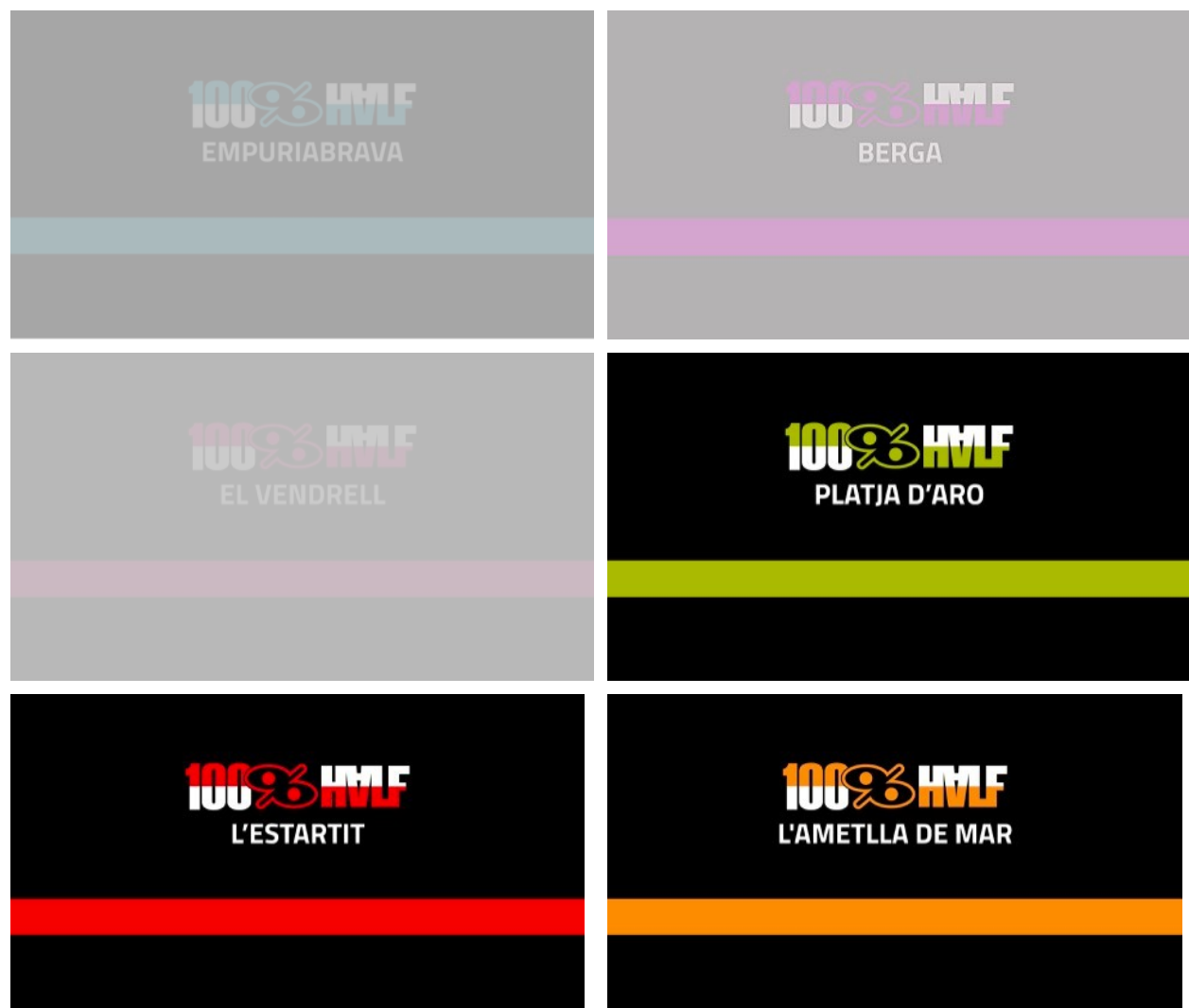
RESULTS

WE'LL STEAL YOUR...

We'll explain it in just a minute: the 100x100 HALF club league is giving away a total of **€15,600 in cash prizes**, which will be distributed among the top five clubs in the men's and women's categories. Excitement and a fight for every point are guaranteed!

The **fourth stop on the calendar takes us to Platja d'Aro**, a spectacular setting on the Costa Brava and another opportunity to score decisive points before the grand final on October 26 in L'Ametlla de Mar.

Remember that you can consult the official rules for detailed information on the scoring system and how the league works.



ACKNOWLEDGMENTS

A **very special one for you**: thank you for coming and for entertaining us with your race.

And also to:

- Our sponsors and partners
- Castell-Platja d'Aro-S'Agaró Town Council
- Cassà de la Selva Town Council
- Cruïlles-Monells-St Sadurní de l'Heura Town Council
- La Bisbal d'Empordà Town Council
- Calonge Town Council
- Castell-Platja d'Aro-S'Agaró Local Police
- Calonge Local Police
- Traffic Police
- Port d'Aro Yacht Club

Official sponsors



Ajuntament de
Castell d'Aro
Platja d'Aro
S'Agaró

Official Timing



Organizer



Belonging to

