



Birzebbuga
2025



Athletes' Guide



Table of Contents

1. Welcome to note

1. General Information

- 1.1. Introduction
- 1.2. Key Dates
- 1.3. Key Contacts
- 1.4. Contact Details
- 1.5. Registration Fees

2. Venue

- 2.1. Race Venue
- 2.2. Course Familiarisation
- 2.3. Athletes' Lounge
- 2.4. Elite Athletes' Race Package distribution
- 2.5. Doping Control
- 2.6. Security
- 2.7. LOC Office

3. Accommodation

4. Transfer and Transport

5. Athletes' Services

- 5.1. Swim, Bike and Run Training
- 5.2. Medical Services
- 5.3. Bike Mechanic Service

6. Competition Schedule

- 6.1. Elite/Junior Women
- 6.2. Elite/Junior Men
- 6.3. Competition Rules
- 6.4. Athletes' Briefing
- 6.5. Timing Chips
- 6.6. Results
- 6.7. Protest & Appeals

7. Accreditation

8. Useful Information

Could Be and Is Not Limited To:

- 8.1. Language
- 8.2. Population
- 8.3. Currency
- 8.4. Time
- 8.5. Electricity
- 8.6. Water
- 8.7. Telephone Connections
- 8.8. Visa Procedure

9. Course Maps

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 managers are advised to check with the event office regarding any changes in information included in this guide

1.2. Key dates

Registration dates

Saturday 27th September

4.00pm – Registration & Briefing Junior Cup (Birzebbuga Waterpolo Swimming Pool, Near race start)

Course familiarisation:

Saturday 27th September

2.00pm– Swim Course Familiarisation

6.00pm– Bike Course Familiarisation

Race starts

Sunday 28th September at 6.30am: Junior Cup Sprint Female

Sunday 28th September at 8.30am: Junior Cup Sprint Male

1.3. Key contacts

Name and contact details of:

- Race director – Warren Muscat (+35699821120, secretary@triathlonmalta.org)
- Technical delegate – Alexander Kochetkov (+37061884234, sandrutis@gmail.com)
- Athletes' services manager - Andrew Fleri Soler (+35679485492, agonessportsclub@gmail.com)
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456.

1.4. Contacts details

Address: MTF Office,
Tal-Qroqq National Pool Complex,
Triq Madre Tereza Spinelli,
Gżira, GŻR 1711,
MALTA

Email: info@triathlonmalta.org

Responsible person: secretary@triathlonmalta.org, +35699821120

Website : <https://triathlonmalta.org/>

1.5 Registration Fees

Please be informed that the registration fee of €75 must be settled in advance via bank transfer by no later than 20th September.

When making the payment, kindly include the following details in the transfer description:

“JC M” for male athletes or “JC F” for female athletes, followed by the athlete’s full name.

Example: JC M John Doe or JC F Jane Smith.

Bank Transfer Details:

Account Name: Malta Triathlon Federation

Bank: Bank of Valletta plc

Bank Account Number: 400 140 185 98

IBAN: MT08VALL22013000000040014018598

BIC: VALLMTMT

Should you require an invoice, please send an email to treasurer@triathlonmalta.org including:

- Transaction date
- Amount paid
- Name of your federation
- Athlete’s full name
- Address

In exceptional cases the payment of the registration fee can be made during registration in cash, but an extra €20 per single athlete will be charged.



2 Venue

2.1. Race venue



Location Name : Pretty Bay, Birzebbuga

Address: Triq il-Bajja is-sabiha

Location : <https://maps.app.goo.gl/bNzaMkcF3JgMv46a6>

2.2 Course familiarisation

Course familiarisation:

Saturday 27th September

2.00pm– Swim Course

6.00pm– Bike Course Familiarisation

Note: Remember that in Malta traffic flows to the left.

2.3. Athletes' lounge

Athletes' lounge is marked as Number 11 on the map on the final page of this document.

2.4. Junior athletes' race package

Saturday 27th September between 3.30pm to 6.00pm

Place : Birzebbuga Waterpolo Swimming Pool, (Near race start)

Location : <https://maps.app.goo.gl/ms8D7x6uN1rbr6sz9>

2.5. Doping control

Doping control site is Number 13 on site map on final page.

The athletes must carry their identification to the doping control facilities.

2.6. Security

info@camcsecurity.com
27136293

C.A.M.C. Security Ltd.
281, MAIS 1
St. Albert Street
Gzira

2.7. LOC office

LOC office:
Address: MTF Office,
Tal-Qroqq National Pool Complex,
Triq Madre Tereza Spinelli,
Gzira, GŻR 1711,
MALTA

Opening hours: 8.00am to 1.00pm

Email: info@triathlonmalta.org, secretary@triathlonmalta.org

Telephone number: +35699821120

3 Accommodation

The official partner Hotels of European Junior Cup 2025 Birzebbuga are

Sand Dune Hotel - <https://maps.app.goo.gl/oqcMCtRAcQyRSK9F6>

Water's Edge - <https://maps.app.goo.gl/te5u2ihwqNh3NMei8>

For more information on booking kindly visit our website at <https://triathlonmalta.org/jcmc-general-information/> or email us at bookings@maltatriathlon.org

4 Transfer and Transport

Malta Airport is MIA (<https://www.maltaairport.com>). The airport and the hotels listed above are around 35 minutes apart.

Hotels can be reached by public buses (<https://www.publictransport.com.mt>), private taxis,

The official transport for the event is Gino's Taxis. For booking kindly visit our website at <https://triathlonmalta.org/jcmc-general-information/> or email at gino taxis@gmail.com

5 Athletes' Services

5.1. Training facilities

SWIM

Recommended swimming facilities:

- National Pool Complex Tal-Qroqq (<https://sportmalta.mt/facilities/national-pool-complex-2/>)
- Birzebbuga Waterpolo Club
<https://maps.app.goo.gl/eqcMyNoWpc1Tcf939>

BIKE

Recommended safe bike locations:

- Hal Far
- Gudja/Zurrieq/Mqabba/Qrendi Areas

RUN

Recommended running facilities:

- Matthew Micallef St. John Athletics Stadium, Marsa
- Birzebbuga and Marsaxlokk Promenade

5.2. Medical services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Malta National Hospital is Mater Dei Hospital (+35625454184, customer-care.mdh@gov.mt).

The closest state public clinic is Paola Health Centre
<https://maps.app.goo.gl/QXamqWk2EqCq4pfg7>

5.3. Bike mechanical service

The event bike partner is The Cyclist (<https://g.co/kgs/H5SiddL>) . More details can be found on the website (<https://triathlonmalta.org/jcmc-general-information>) or contact info@thecyclistmalta.com

Bike Mechanic will be present at the venue all race weekend.

Competition schedule

6.1. Junior women

6.2 Junior men

Event Schedule
Saturday 27th September
2.00pm – Swim Course Familiarisation
3.30pm – Registration (Birzebbuga Waterpolo Club)
4.00pm - Briefing (Birzebbuga Waterpolo Club)
6.00pm – Bike Course Familiarisation (meeting near transition area)
Sunday 28th September
5.30am – Athletes Lounge Open Female
5.45am – Registration and Transition Area Check in Junior Female
6.00am – Warm Up
6.20am – Line up & introduction Junior Female
6.30am – Junior Cup Female Start (Sprint)
7.45am to 8.15 am – Check out Junior Female
7.30 am – Athletes Lounge Open Male
7.45am - Registration and Transition Area Check in Junior Male
7.45am - Warm Up
8.15am – Line Up & Introduction Junior Male
8.30am – Junior Cup Male Start (Sprint)
9.45am to 10.15am – Check out Junior Male
11.30am – Presentation

6.3. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.4. Athletes' briefing

Saturday 27th September

4.00pm –Briefing Junior Cup (Birzebbuga Water Polo Pitch)

6.5. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips in the athletes' lounge before the competitions, during their check-in procedure.

6.6. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

Please inform Europe Triathlon media team at mediateam@europe.triathlon.org if there is any live coverage of the event.

6.7. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules

6 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed on
Saturday - 27th September between 3.30pm and 6.00pm – Birzebbuga Water Polo Pitch

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

7 Other useful information

Could be and is not limited to:

8.1. Language

In Malta there are 2 official languages: Maltese and English

8.2. Population

The current population of Malta stands to 536.740 people.

8.3. Currency

Maltese currency is the Euro (€).

8.4. Time

(GMT+2)

8.5 Electricity

For Malta the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern. Malta operates on a 230V supply voltage and 50Hz.



8.6 Water

Tap water is normally used for washing and cooking. Bottled water is suggested for drinking.

8.7 Telephone connections

Malta extension/connection number is +356.

8 Course maps



SWIM COURSE

Start procedures: Pontoon Start – 50 metres

Average water temperature - 25°C (77°F)

Junior Cup

Number of laps :1 (750m)

Map of the swim course



TRANSITION 1/2

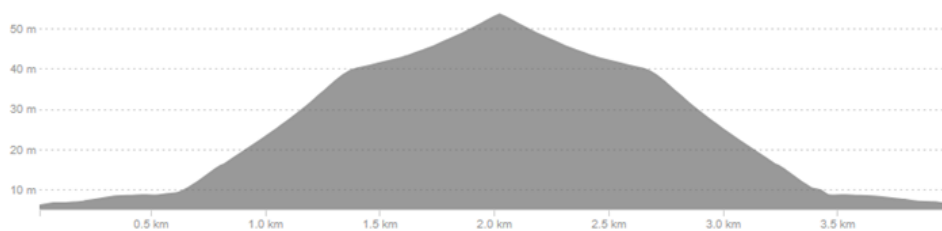
A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed, athletes rack their bikes and move on the running course.



BIKE COURSE

Junior Cup

Number of laps : 5 loops x 4km (20km)(Hilly)



Map of Bike course - <https://www.strava.com/routes/3392823784938492152>

RUN COURSE

Description: Flat asphalt

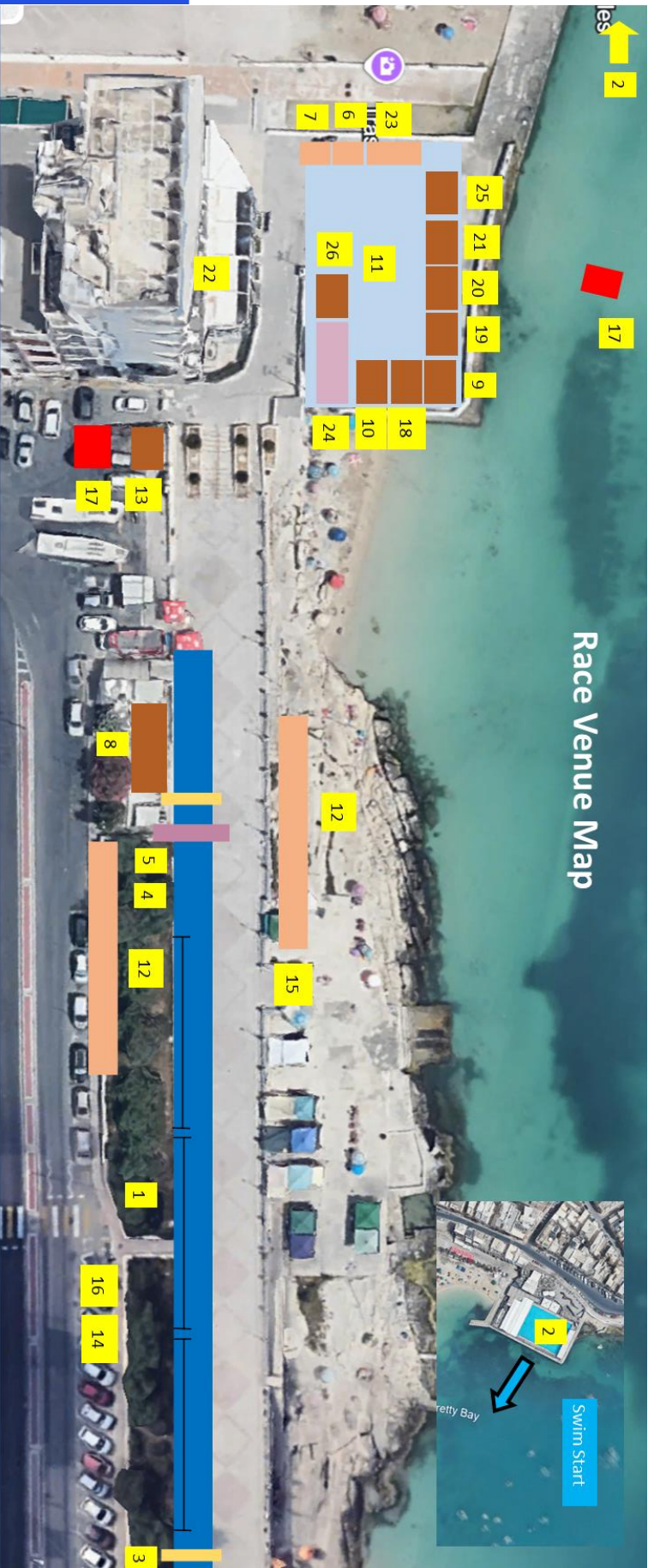
Junior Cup

Distance: 4 loops x 1.25km (5km)

Description: Flat asphalt

Map of the run course.



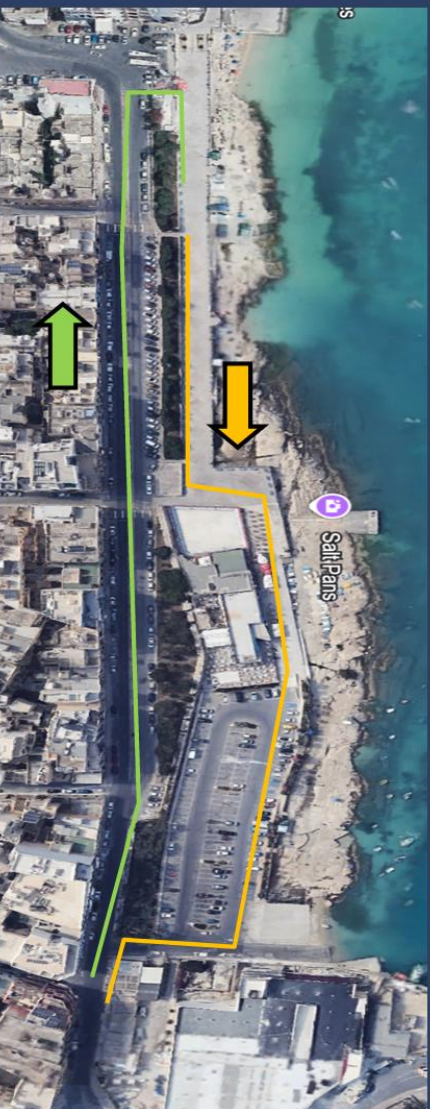


Race Venue Map

- | | | |
|------------------|-----------------------|-----------------|
| 1. Transition | 11. Athlete's Lounge | 21. Merchandise |
| 2. Swim Start | 12. Spectators Area | 22. Food Stall |
| 3. Mount | 13. Nado | 23. Bag Drop |
| 4. Dismount | 14. Penalty Box | 24. T/O Area |
| 5. Finish | 15. Hydration Station | 25. Massesur |
| 6. Podium | 16. Wheel Station | 26. VIP Area |
| 7. Press Area | 17. Medics | |
| 8. Toilets | 18. DJ Booth | |
| 9. Timing | 19. Bike Mechanic | |
| 10. Coaches Area | 20. Registration | |

Bike out

Bike in





Our Partners



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