

SPAIN

T100

TRIATHLON
PAMPLONA - NAVARRA

May 21st - 23rd, 2026

ATHLETE GUIDE

100km Triathlon

**Spanish National Middle Distance
Triathlon & Aquabike
Championships**



PLEASE NOTE INFORMATION IN THIS DOCUMENT IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. UPDATES WILL BE POSTED AT THE ATHLETE BRIEFING.



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ONE PAGER SUMMARY

PRE-RACE

KEY LOCATIONS

RACE VILLAGE / EXPO / RACE PACK COLLECTION

- Plaza del Castillo

START LINE

- Alloz reservoir

T1 LOCATIONS

- Aritzaleku Campsite

T2 LOCATIONS

- Antoniutti Park

FINISH

- Plaza del Castillo

RACE PACK COLLECTION

All athletes must collect their Race Pack in the Expo Area during the following times;

- **Thursday, 21st May: 11:00 - 19:00**
- **Friday, May 22nd: 11:00 - 19:30**

You must bring your Race QR Code, Photo ID and National Federation License (if applicable) to collect your race pack.

MANDATORY BIKE CHECK IN

All bikes must be checked in **the day before your race**, there will be no check-in on race morning. All athletes must rack and check in their bike during the following time.

- **Friday, May 22nd: 14:00-22:00**

RACE DAY

RACE MORNING

Transition will be open at the below time for any last-minute bike adjustments.

- **Saturday, May 23rd: 09:30am - 11:30am**
- **Saturday, May 23rd: 12:45pm - 13:30pm**

Please note Transition 1 is temporarily closed for the Pro Women Race Start between 11:30 and 12:45PM.

RACE START

- **Saturday, May 23rd: 13:30 PM**

COURSE MAPS

100km Triathlon

TRANSPORT

- Departure from Pamplona Bus Station at 09:00 & 10:30.

CUT OFF TIMES

- Bike: 18:00
- Run: 20:15

100km - BAG DROP

Your AFTER RACE white bag to be dropped at the bag drop tent near transition on race morning with all your dry gear in it. Your bag will be transported to the finish where you can collect it after your race. **Large bags will not be accepted, only the designated white AFTER RACE bag permitted for drop off**

BIKE CHECK OUT

All athletes must check out their bikes after the race from transition. You must have your athlete wristband on in order to enter transition. Bike check out will be open during the following times.;

- **Saturday, May 23rd: 18:30-21:00**

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WELCOME

For Navarre, being part of this circuit is a significant recognition of our organisational capabilities, our experience and the collaborative work we have been carrying out in relation to this sport.

Triathlon has found a privileged setting in our region. We have unique landscapes, suitable infrastructure and a fan base that always responds with enthusiasm. All of this has enabled us to establish events such as the Pamplona-Iruña Half Triathlon, which since 2015 has become a benchmark at both national and international level.

This new step – hosting the Spain T100 Triathlon – is no coincidence; rather, it is the result of that journey and a model of collaboration that works. The competition will take place in iconic locations across our region, on a route that combines sport, landscape and heritage, and which will project a very powerful image of Navarre to the outside world.

Thank you for the trust placed in our community; we embrace this with determination and great enthusiasm to continue offering the public top-level sporting events.



Rebeca Esnaola

Minister for Culture, Sport and Tourism of the Government of Navarre



WELCOME

It is an honour to welcome you to Pamplona to celebrate much more than just a competition. Today, for the first time, our city joins this prestigious international circuit, taking its place alongside the world's leading triathlon venues.

Pamplona has been demonstrating its passion for years. Since 2015, the Pamplona-Iruña Half Triathlon has established itself as a national benchmark and laid the foundations for us to host a T100 circuit event for the first time today. A demanding and spectacular course that begins at the stunning Alloz Reservoir, continues along roads surrounded by nature and culminates in the heart of Pamplona, where every street will tell a story. From the greenery of Antoniutti Park to our medieval streets, every corner will vibrate as you pass by, cheered on by an entire city behind you.

I would like to give special thanks to the women taking part in this event, who are an example of strength, discipline and inspiration. Women's sport is a driving force for change, and from this City Council we reaffirm our commitment to equality, promoting initiatives that enable us to overcome obstacles and face challenges.

This event reflects our firm commitment to sport as a driver of transformation, social cohesion and international visibility. Today, Pamplona is not only hosting a major competition: it is reaffirming its identity as an open, dynamic city, ready to take on great challenges.

Thank you also to everyone who makes this event possible: the organisers, the volunteers and, of course, the public, who will fill our streets with applause, excitement and pride.

May every stroke, every pedal stroke and every stride leave its mark.

Welcome, everyone, and good luck.



Joseba Asiron
Mayor of Pamplona

WELCOME

It is a great pleasure to welcome you to this T100 race in Pamplona, Navarre—an event born from the shared commitment between the PTO and the Spanish Triathlon Federation.

This partnership represents an innovative way of approaching our sport, one that highlights both the regions that host us and, above all, those who make it possible: the athletes.

Working together on this project represents a genuine opportunity for renewal and transformation in triathlon. For the PTO, by joining forces with a dynamic, innovative federation with extensive experience in organizing international events; and for the Spanish Triathlon Federation, by moving forward alongside the major global operator that is driving the evolution of our sport worldwide.

I am convinced that this partnership will allow us to continue growing, bring triathlon to more people, and offer unique experiences like the one you are about to experience here in Pamplona, Navarre.

Thank you for being a part of it.



Jose Hidalgo
FETRI President



WELCOME

We've been coming to Spain since the early days of the PTO, and we're proud to now bring the T100 Triathlon World Tour to Pamplona-Navarra as the home of T100 in Spain.

We're grateful to our partners at World Triathlon, the Spanish Triathlon Federation, and local stakeholders for their support in making this event possible.

The region has built an impressive reputation for hosting triathlon events, underpinned by the success of the Half Triathlon Pamplona-Iruña and the European Middle Distance Championships—giving us great confidence it would be a strong addition to the T100 Tour.

Its beautiful surroundings, rich culture, and passionate triathlon community create the perfect backdrop for the festival atmosphere we're building, bringing together professional and amateur athletes.

We're excited to present a distinctive race experience, including a stunning single-loop 73km bike course.

We look forward to welcoming you and delivering a world-class weekend.



Sam Renouf
CEO Professional Triathletes Organisation



WELCOME

Race Regulations

This event runs under Spanish Triathlon Race Competition Rules and will follow World Triathlon safety & contingency protocols.

The Spain T100 Pamplona - Navarra follows Spain Triathlon [Race Competition Rules](#) and upholds strict safety and contingency protocols to ensure a fair and secure race.

It is the responsibility of all participants to read and understand the Athlete's Guide, which contains essential race regulations, course details, and important event information.

Please review it carefully to be race-ready.





VisitNavarra.es

Cuida de nuestro secreto

Navarra, *más que una ruta*



*Porque, vale, vienes a Navarra a pedalear.
A disfrutar de tu gravel, de las increíbles
pistas, de los exigentes puertos, de los mil
paisajes, de la compañía, del esfuerzo, pero...
¿Venir a Navarra y perderte todo lo demás?
Eso no, ¿verdad?*

NAVARRA † NAFARROA

Una forma de funcionar | Our own way | Gauzak egiteko dugun modua

DISCOVER PAMPLONA



VISIT PAMPLONA-NAVARRA

Pamplona and Navarra have many places of tourist interest to visit, as well as leisure, recreational and cultural activities.

For more information, visit the official [Pamplona Tourism site](#) and the official [Kingdom of Navarre Tourist site](#).

THE CLIMATE

Pamplona's climate reflects a transition from a Mediterranean to an Atlantic climate. It is temperate-cold, full of contrast and varies from year to year. In general, it is pleasant, although the thermometer can rise above 35 degrees centigrade in July and August, and fall beneath 0 in January.

The average temperature in the city over the whole year is 12.4 degrees centigrade. The change from winter to spring and from summer to autumn is sudden rather than gradual. The average maximum temperature in August, the hottest month, is 27.1 degrees centigrade, while the average low in January, the coldest month, is 1.1.

EVENT SCHEDULE

Thursday, May 21st

TIME	ACTIVITY	LOCATION
11:00 - 19:00	Event Village & Race Pack Collection (T100 100km Triathlon / ESP Middle Distance Triathlon & Aquabike)	Plaza del Castillo

Friday, May 22nd

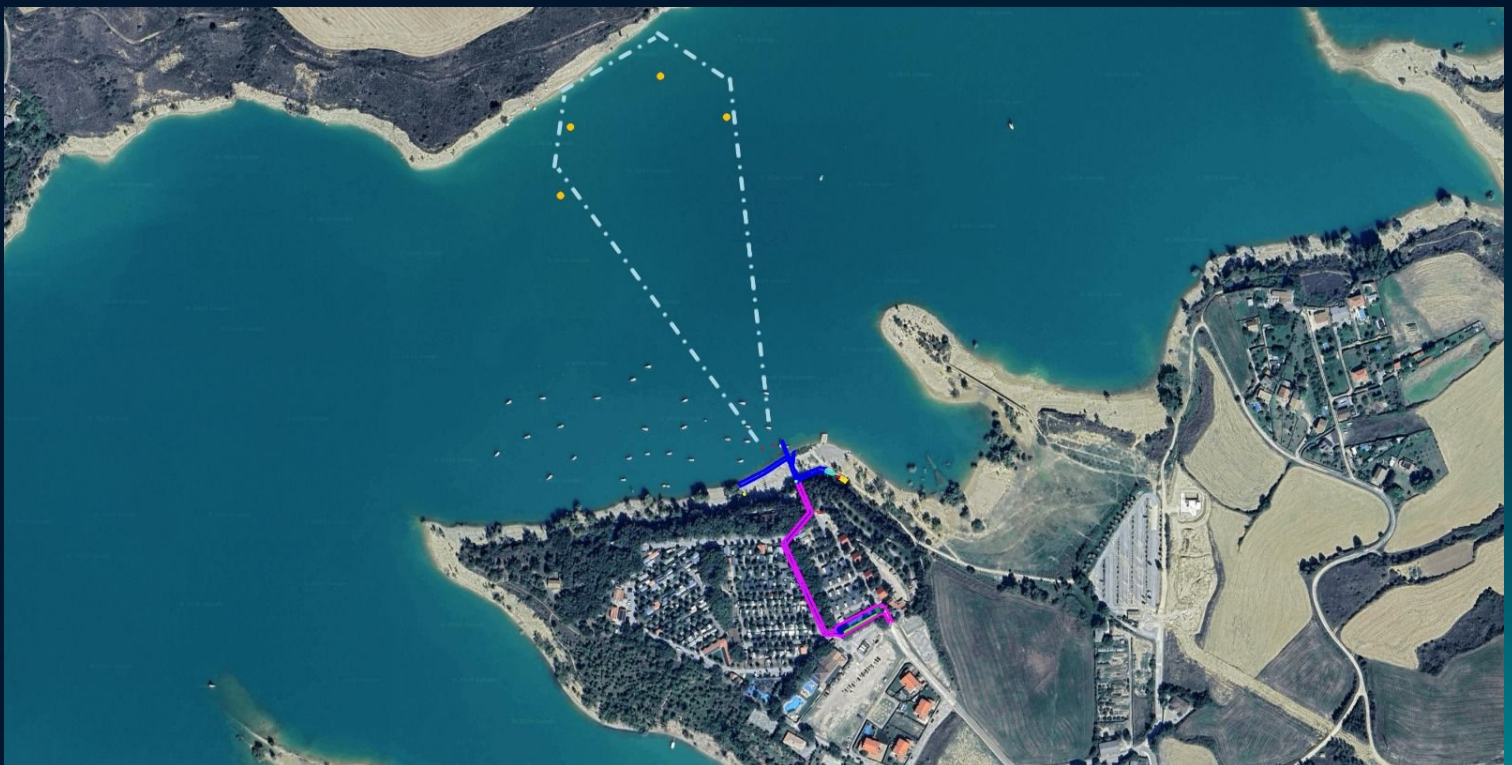
TIME	ACTIVITY	LOCATION
10:00 - 13:00	(First Slot) Bike transport to Transition 1 for bike check-in (BOOKING REQUIRED)	Plaza del Castillo
11:00 - 19:30	Event Village & Race Pack Collection (T100 100km Triathlon /ESP Middle Distance Triathlon & Aquabike)	Plaza del Castillo
14:00 - 22:00	Bike Check-In (Transition 1)	Camping Aritzaleku
14:00 - 22:00	Bike to Run Bag Drop Off (Transition 2)	Parque Antoniutti
16:00 - 19:00	(Second Slot) Bike transport to Transition 1 for bike check-in (BOOK IN REQUIRED)	Plaza del Castillo

EVENT SCHEDULE

Saturday, May 23rd

TIME	ACTIVITY	LOCATION
9:00	(First Slot) Athlete & Spectator Shuttle to Alloz Reservoir Start	Pamplona Bus Station
9:00- 11:30	Transition open (T1)	Alloz Reservoir
10:30	(Second Slot) Athlete & Spectator Shuttle to Alloz Reservoir Start	Pamplona Bus Station
11:30 - 12:45	Transition 1 temporary closure for Pro Women Race Start	Alloz Reservoir
12:45 - 13:30	Transition open (T1)	Alloz Reservoir
12:00 - 20:00	Event Village Open	Plaza del Castillo
12:05	T100 Pro Women Race Start	Alloz Reservoir
13:30	Men's Elite - Spanish Championship Race Start	Alloz Reservoir
13:32	Women's Elite - Spanish Championship Race Start	Alloz Reservoir
13:35	T100 100km Open / Age Group ESP Championship - Male	Alloz Reservoir
13:45	T100 100km Open / Age Group ESP Championship - Female	Alloz Reservoir
13:50	Age Group ESP Aquabike Championship - Male	Alloz Reservoir
13:55	Age Group ESP Aquabike Championship - Female	Alloz Reservoir
15:00	Spectator Shuttle Returns to Pamplona	Camping Aritzaleku
18:30	Bike Check Out Opening Time	Plaza del Castillo
20:00 - 21:30	Age Group Awards & Medal Ceremony	Plaza del Castillo
21:00	Bike Check Out Closing Time	Plaza del Castillo

GETTING TO THE VENUE (A) - TRANSITION 1 & SWIM START



GETTING TO THE VENUE (B) - EXPO, REGISTRATION & FINISH LINE

KEY LOCATIONS - WHAT3WORDS

Head to [What3Words](#) and type in the three key words below to get the exact location for each area. Alternatively, click on the links below next to each location.

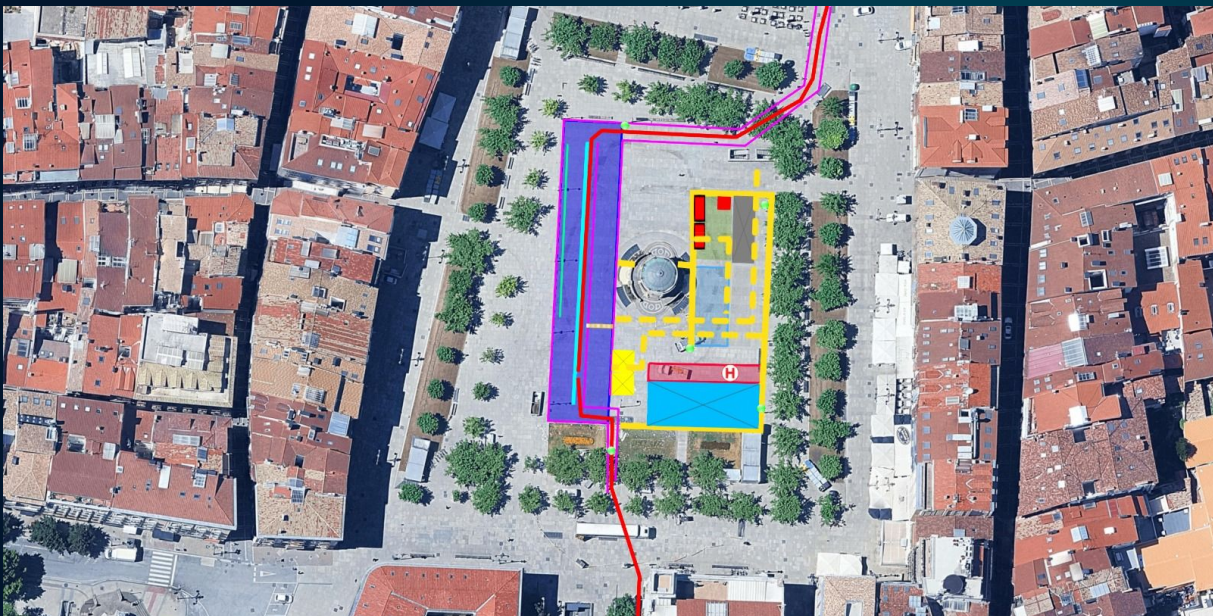
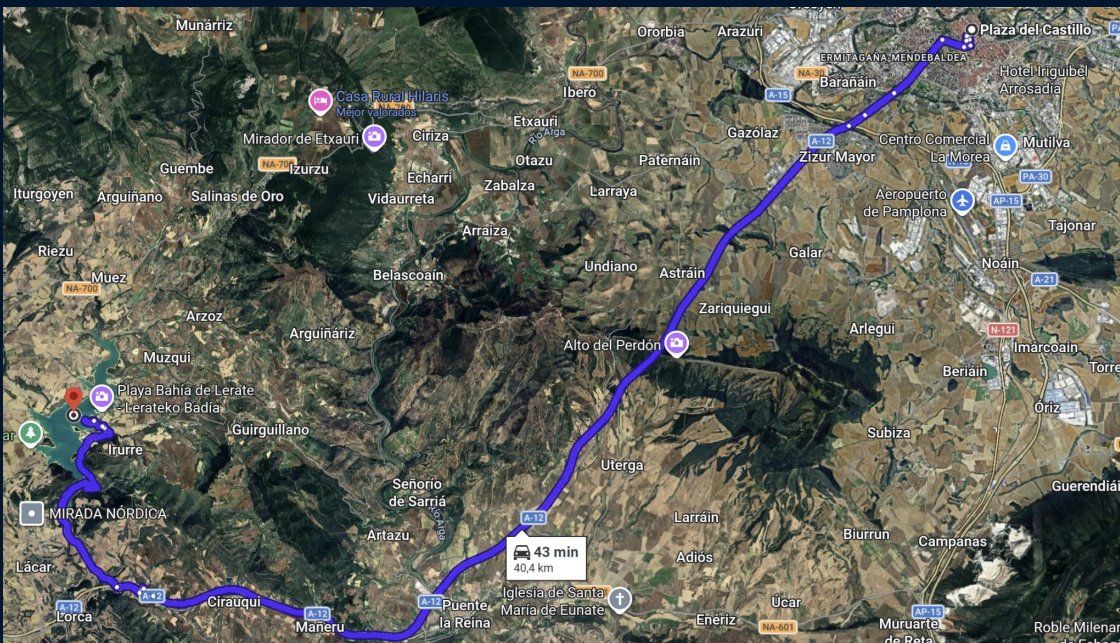
RACE PACK COLLECTION & FINISH AREA

Plaza del Castillo [koala.bounty.meals](#)

TRANSITION 2

Parque Antoniutti [anchors.slab.edges](#)

VENUE (B) PAMPLONA



TRAVEL & BIKE TRANSPORT SERVICES

FREE TRANSPORT FOR PARTICIPANTS ON RACE DAY

SHUTTLE INFO

1. Athlete Shuttle (Mandatory)

Departure: Pamplona Bus Station.

Arrival: Alloz Reservoir, Camping Aritzaleku.

Available Slots (Saturday 23rd):

- 09:00h (Availability: 750 spots)
- 10:30h (Availability: 750 spots)

2. Supporter Shuttle (Optional)

Departure: Pamplona Bus Station.

Arrival: Alloz Reservoir, Camping Aritzaleku.

Return: At 15:00h from Alloz Reservoir back to Pamplona.

Available Slots (Saturday 23rd):

- 09:00h (Availability: 50 spots) +€15.00
- 10:30h (Availability: 50 spots) +€15.00

The requirement for athletes to arrive at the start early - and the scheduling of the buses - is due to the T100 Pro Women's Race. Road closures for this event begin prior to the Pro Race start (12:00PM), so these measures are in place to give all athletes the best possible chance of reaching the swim start smoothly and without disruption.

Bike Transport Service (Optional)

- Drop-off Point: Plaza del Castillo.
- Drop-off Slots (Friday 22nd):
 - From 10:00h to 13:00h (Availability: 50 spots) +€35.00
 - From 16:00h to 19:00h (Availability: 50 spots) +€35.00

Athletes must select and book their slot in advanced via the link previously sent out to all registered participants.

Equipment Control and Check-in:

Equipment control is mandatory and must be completed on Friday within the scheduled hours. Under no circumstances will bike check-in be permitted on Saturday.

For athletes who have booked the bike transport service to Transition 1 (T1), the bike drop-off will take place at Plaza del Castillo. Bikes must be handed over on Friday during the previously selected time slot.

Reservoir Access: Private vehicle access to the reservoir is permitted only on Friday. Access will be strictly prohibited on Saturday

RACING WITH A CANYON BIKE? GET YOUR FREE PRE-RACE INSPECTION

Global Bike Partner of the T100 Triathlon World Tour, Canyon, will be offering a free complimentary pre-race bike inspection* on Friday, May 22, for all participants racing on a Canyon bike.

Book your slot using the following link to take advantage of this service:

<https://www.grouprides.cc/rides/canyon-free-service-spain-t100-triathlon-2026-05-22>

Available time slots

Friday 22nd May

11:00–14:00 and 15:00–19:00.

Location: Plaza del Castillo

<https://maps.app.goo.gl/mVKWfkmuffdRvt1R9>

(*Basic check of brakes, drivetrain, and steering)



ROAD CLOSURES

Friday 22nd. May

Access to the Alloz reservoir will be open for all traffic for the Bike Check-in. It will be mandatory to leave the cars in the parking space marked "Parking Area" close to the TA. The buses will stop at the Lerate village entrance.



Saturday 23rd. May

T1-Alloz Reservoir

The local roads NA-7171 and NA-7120 will be closed to traffic. There will be no access to Alloz Reservoir in the morning and no parking facilities in Lerate's area. The road will open when the last athlete leaves on the bike. Mandatory for all athletes and supporters to use the bus transfer services from Pamplona bus station (no bikes allowed on buses). Road closures will be place around 11:00 on Saturday.

Cycling section

The following roads/routes will be closed:

NA-1110 toward Estella (in both directions) up to the Villatuerta roundabout.

NA-1110 Road toward Pamplona, up to the Puente La Reina bridge.

NA-7040 Road, uphill, up to the San Andrés de Orendáin chapel.

NA-7110 Road up to the entrance to Etxauri.

NA-700 Road up to Orobia.

NA-7010 Highway, round trip to the intersection with the NA-7015 Highway (village of Paternáin).

Upon arriving in Pamplona, in the industrial park area, streets B, E, F, and C.

NA-30 highway to the Volkswagen roundabout.

Avenida de San Jorge closed off to the medieval Miluce Bridge.

Cementerio Road, Biurdana Street, Avenida de Guipúzcoa to Antoniutti Park (T2)

VENUE - ALLOZ RESERVOIR

KEY LOCATIONS - WHAT3WORDS

Head to [What3Words](#) and type in the three key words below to get the exact location for each area. Alternatively, click on the links below next to each location.

SWIM START AREA

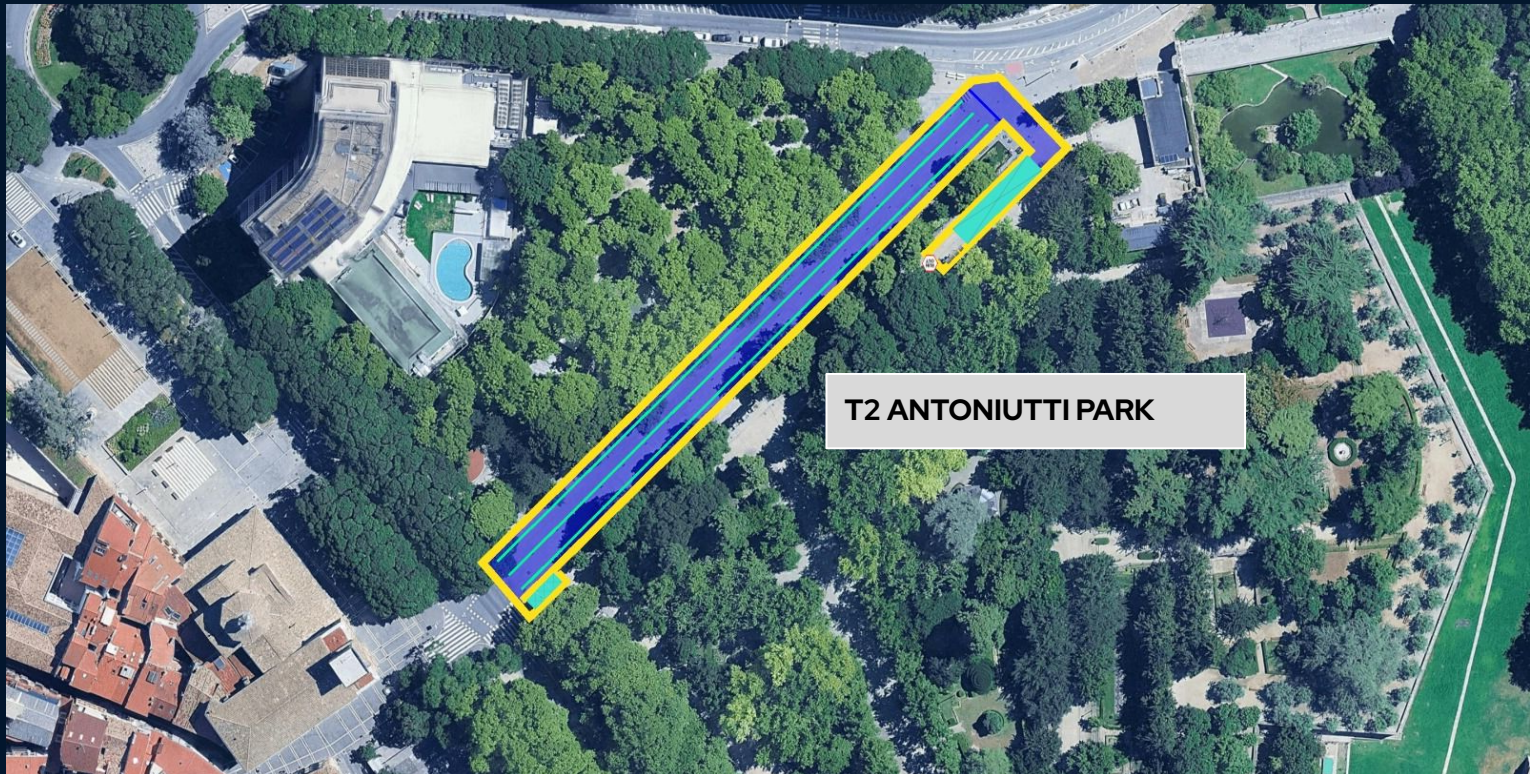
Alloz Reservoir [unforgiving.officer.docking](#)

TRANSITION 1

Camping Aritzaleku [shrub.cornering.madcap](#)



VENUE - PAMPLONA - EXPO, FINISH ARE & TRANSITION 2



RACE PACK COLLECTION

RACE PACK COLLECTION

You will need:

1. RACE QR CODE
2. PHOTO ID



You can collect your Race Pack from the expo area in Plaza del Castillo during the following times:

Thursday, 21st May (all events)
11:00 – 19:00

Friday, 22nd May (all events)
11:00 – 19:30

NO RACE PACK COLLECTION ON RACE DAY.

QR CODE

You must be ready to show the QR code sent to you prior to the race when you collect your Race Pack. This can be accessed from your confirmation email and race dashboard.

CAN'T FIND YOUR QR CODE

Having trouble finding your QR code? Simply visit [your dashboard](#), select 'My Registration' from the toolbar, select 'Click here to have your confirmation email resent', enter your email address (lower case only), and select 'Send Email'. Make sure to check your spam folder too.



DON'T WANT TO MAKE TWO TRIPS?

To prevent multiple trips athletes have the option to drop their bike off at Transition 1 at Alloz Reservoir before collecting their race pack. They must then head to Pamplona to pick up their Race Pack and drop off their Transition 2 bag.

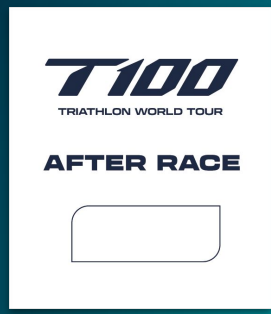
Athletes must then return to Alloz Reservoir to sticker their bike and equipment with the correct items.

RACE PACK COLLECTION CHECKLIST

100KM

RACE PACK CHECKLIST:

- One (1) Wristband
 - One (1) Bib Number
 - One (1) Sticker sheet
 - 3x Helmet Stickers
 - 1x Bike Post Sticker
 - 1x Bag Drop Sticker
 - 2x Transition Bag Stickers
 - 1x After-race Bag Sticker
 - One (1) Swim Cap
 - One (1) Race Number Tattoo Set (applied to both arms)
 - One (1) Age-category tattoo (applied to your calf)
- [Click here for application instructions](#)
- One (1) Swim to Bike Bag- BLACK (100km Only)
 - One (1) Bike to Run Bag- RED (100km Only)
 - One (1) After Race Bag- WHITE
 - One (1) Timing Chip (Issued at Bike Check In on race morning)
 -



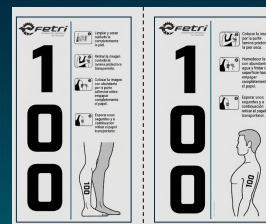
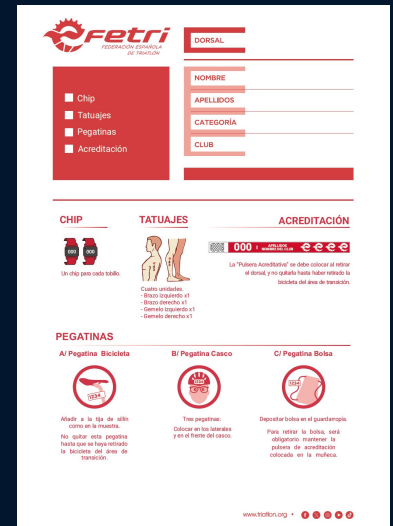
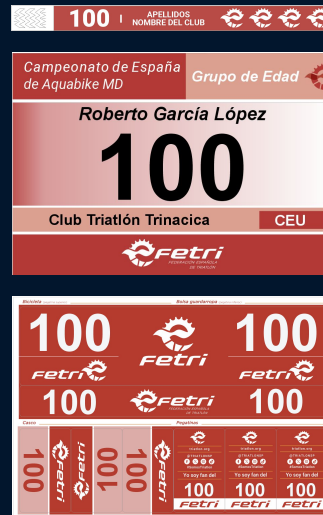
RACE PACK COLLECTION CHECKLIST

AQUABIKE SPANISH CHAMPIONSHIPS

RACE PACK CHECKLIST (envelope with):

- One (1) Wristband
- One (1) Bib Number
- One (1) Sticker sheet
 - 3x Helmet Stickers
 - 1x Bike Post Sticker
 - 1x BDrop Sticker
 - 2x Transition Bag Stickers
 - 1x After-race Bag Sticker
- One (1) Swim Cap
- One (1) Race Number Tattoo Set (applied to both arms)

[Click here for application instructions](#)
- One (1) Swim to Bike Bag - BLACK
- One (1) Bike to Run Bag- RED*
- One (1) After Race Bag - WHITE
- One (1) Timing Chip (Issued at Race pack collection)



(*) For the participant's convenience, they will be given the red "Bike to Run" bag, even if it is not needed, so that they can make their way to Plaza del Castillo.

SWAG COLLECTION CHECKLIST

100KM SWAG CHECKLIST:

- One (1) T100 Backpack (100km)
- One (1) T100 Patch
- One (1) T100 Participant T-Shirt
- One (1) Finisher Medal
 - Awarded Post Race



SWAG COLLECTION CHECKLIST

AQUABIKE SWAG CHECKLIST:

- One (1) FETRI Backpack
- One (1) FETRI Finisher Medal
 - Awarded Post Race



BIKE & HELMET CHECK-IN

MANDATORY BIKE & HELMET CHECK IN TIMES

Your bike and helmet must be checked into the transition area at Alloz reservoir during the following times where it will remain overnight (24 hour security provided).

Friday, 22nd May:

14:00 - 22:00

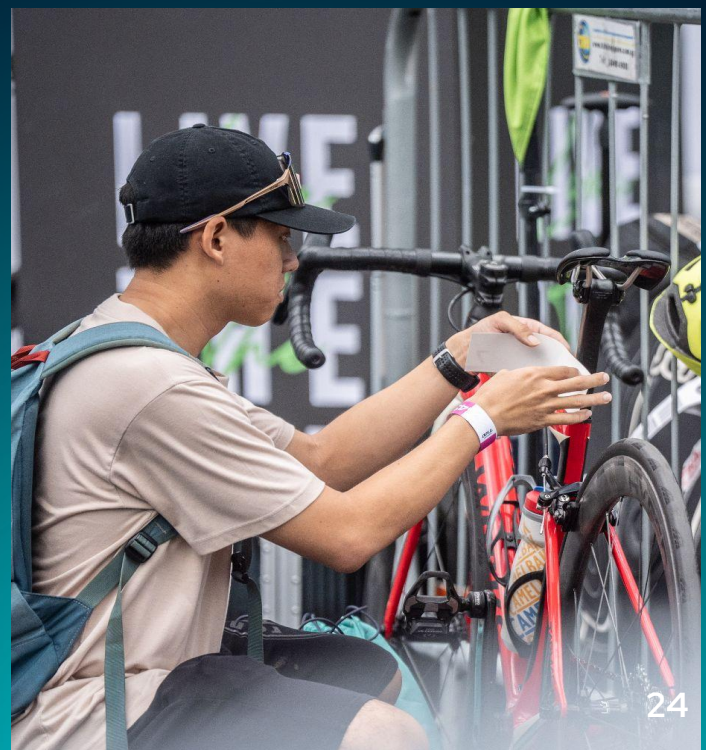
Note: No bike check-in on race morning!

STEP-BY-STEP GUIDE BEFORE PROCEEDING TO BIKE CHECK-IN AT THE TRANSITION AREA:

1. Secure the numbered wristband around your wrist. Please do not remove your wristband. It is essential for identification purposes and must be worn until after your race for bike check-out.
2. Affix the seatpost sticker on your seat post.
3. Affix helmet stickers on the front and sides of your helmet.
4. Ensure you have both T1 and T2 transition bags (Aquabike only T1 bag). (See "transition bag" page for more information.). Mark your transition bags with a permanent marker

AS YOU PROCEED TO THE TRANSITION AREA CHECK-IN:

1. Put on your helmet with the strap securely fastened for inspection.
2. A race official will visually inspect your bike and helmet, and only after it passes this inspection will it be permitted into transition.
3. Find your designated bike rack spot, according to your bib number, and rack your bike. Rack your bike by the seat with the front wheel down on the side of the rack with your race number on. Due to wind overnight it is possible to rack your bike by their handlebars to ensure it does not come off. On race morning the bike must be re-racked by the seat.
4. Place your helmet in your Swim-To-Bike Bag (Back) and hang it up in the transition tent. If your helmet doesn't fit in to the transition bag, you may secure this to your handlebar instead. (See "transition bag" page for more information.)
5. Leave the Transition Area.



BIKE & HELMET CHECK-IN

IMPORTANT NOTES

- No bike covers allowed overnight, or the during race.
- You must place all your equipment in the transition bags provided, with the exception of your helmet if it is secured to your bike and cycling shoes if they are fixed on the pedals.
- On race morning you can access the transition area before your race to check your bike, pump your tyres, add nutrition to your bike or transition bags.

BIKE CHECKS

It is your responsibility to bring a bike that is roadworthy and complies with [Spanish Federation here](#).

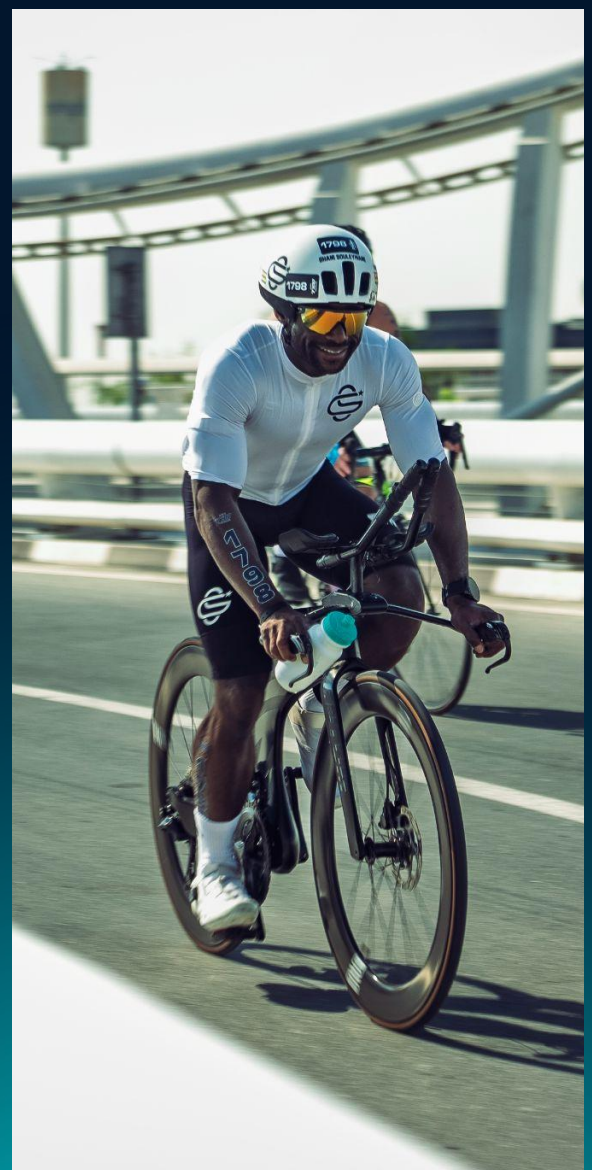
You are responsible for verifying the safety of your bike before taking it to Transition, in order to prevent its rejection by race officials. Spanish Triathlon Competition Race Officials will inspect various aspects, such as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with [Spanish Federation Triathlon race competition rules](#).

Tip: the transition area is exposed to the sun. Don't fill your tyres to the maximum pressure, to avoid them bursting in the sun when the tyres warm up.

YOUR HELMET:

- **Must** be approved by FETRI
- **Must** not be altered. Alterations to any part of the helmet are not allowed. This includes - but is not limited to - any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- **Must** be undamaged.



TRANSITION BAGS

Swim to bike bag, along with your bike, must be checked into Transition 1 where they will remain overnight. Leave all essential items in the transition bag overnight, You will be able to add items to your bike (nutrition etc) on the morning of your race. Your bike to run bag must be checked into Transition 2 at Parque Antoniutti on Friday.

PREPARING YOUR TRANSITION BAGS



SWIM TO BIKE (BLACK)

1. Stick a numbered transition sticker on the bag, make sure to use a permanent marker too
2. Place all the cycling gear you need for the race into this bag. Examples:
 - Bib number - to be worn on the bike and on the run and pinned on your race belt, making it visible from the back and front
 - Sunglasses, nutrition etc
 - Cycling shoes - can be clipped onto your bike or left in the bag
 - Helmet - can be clipped onto your bike or left in the bag.

BAG DROP OFF

1. Hang this in the changing tent located in Transition 1 at Allos Reservoir

BIKE TO RUN BAG (RED) - T100 and AQUABIKE (*)



1. Stick a numbered transition bag sticker on the bag, make sure to use a permanent marker too
2. Place all the running gear you need for the race in this bag. Examples:
 - Running shoes, running cap, sunglasses, run nutrition etc

BAG DROP OFF

1. Hang this in the changing tent located in Transition 2 at Parque Antoniutti

(*) NOTICE FOR AQUABIKE ATHLETES

Aquabike athletes will be also using the Bike to Run red transition bag after leaving the bike in T2 to go to Plaza del Castillo by foot and collect the After Race white bag. You can leave your bike shoes and helmet inside the bag.

AFTER-RACE BAG & POST-RACE COLLECTION (100KM & AQUABIKE)

PREPARING YOUR AFTER-RACE BAG

PREPARATION



1. Stick your numbered **"After race bag"** sticker on the after-race bag. Please mark this with a permanent marker too
2. Place any gear you need post-race into this bag.
Examples: clean clothes, towel, toiletries, sandals etc.

BAG DROP-OFF

1. Athletes can drop their after-race bag at Alloz Reservoir on race morning for retrieval after the event.
2. Bags will be transported to the finish line at Plaza del Castillo for collection within the finish area.
3. **Large bags will not be accepted, only the designated WHITE after-race bis permitted for drop off.**

Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition. Make sure they are clearly labelled with your race number

Large bags will not be accepted, only the designated white AFTER RACE bag is permitted for drop off.

COURSE DESCRIPTION

SWIM - ALLOZ RESERVOIR

Alloz Reservoir is a natural estuary that offers a sheltered, scenic and calm water environment.

A safe and protected waterway, Alloz Reservoir is a popular recreational asset for swimming and an array of marine activities.

100km & Aquabike - 1 Lap x 2 km course.



100K and Aquabike BIKE COURSE

One 73km lap starting at T1 (Alloz Reservoir) and ending at T2 (Parque Antoniutti). The bike course is rolling with good pavement. Average gradient: 2%. Maximum gradient: 7,9% and several sections of +6%. Expect tail/cross wind in the first section and front wind in the second part of the bike.

The first 5 kilometers are winding, with some sharp turns and a few dangerous downhill sections. **Be careful!**

100K RUN COURSE

Distance to Lap Point: 2.00km.

Laps 1/2/3: 5.30km (located at decision point for next lap or finish)

Urban, with asphalt, paving stones and stairs (*).

Average gradient: 3,1%. Maximum gradient: 26,6% and several sections of +8%.

(*) Cobblestones are concentrated in two sections:

Section 1: At the beginning of each lap in Calle Mercaderes, Calle Estafeta and access to Plaza del Castillo with some (3+10) stairs. Length of the section: 400 mts. uphill.

Section 2: Paseo del Redin and Puerta de Francia section. Length of the section: 300 mts. downhill.



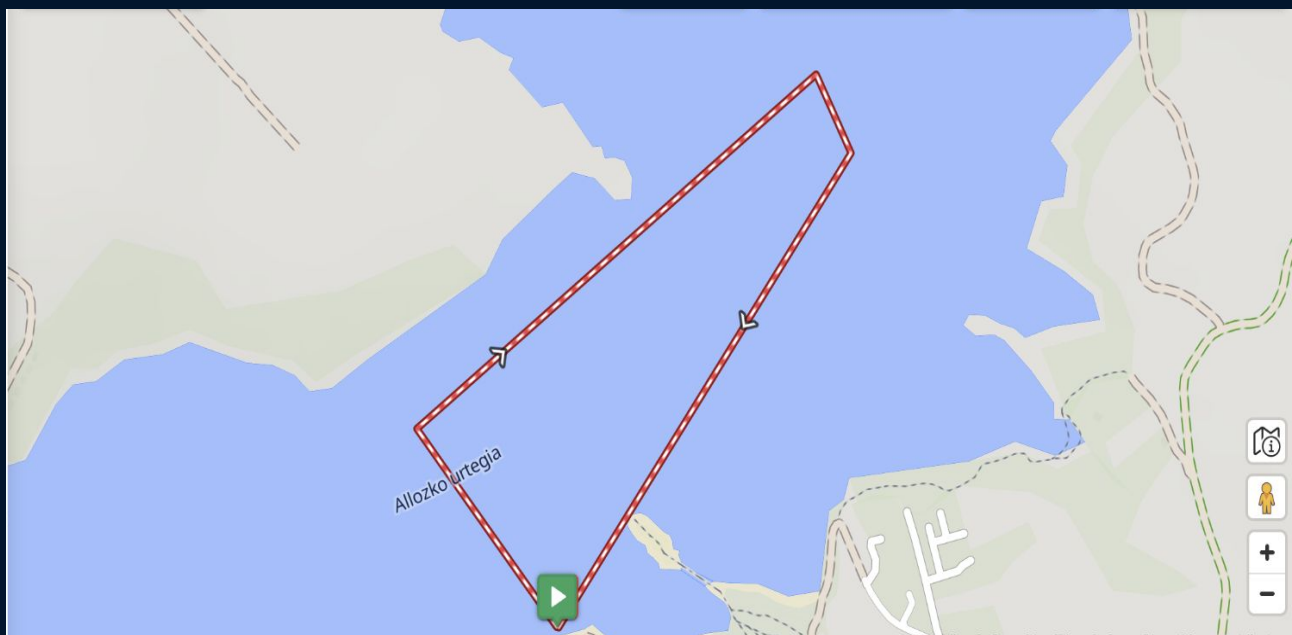
100KM COURSES

Swim - 2km - [Click here for course GPX File](#)

Bike - 73km - [Click here for course GPX File](#)

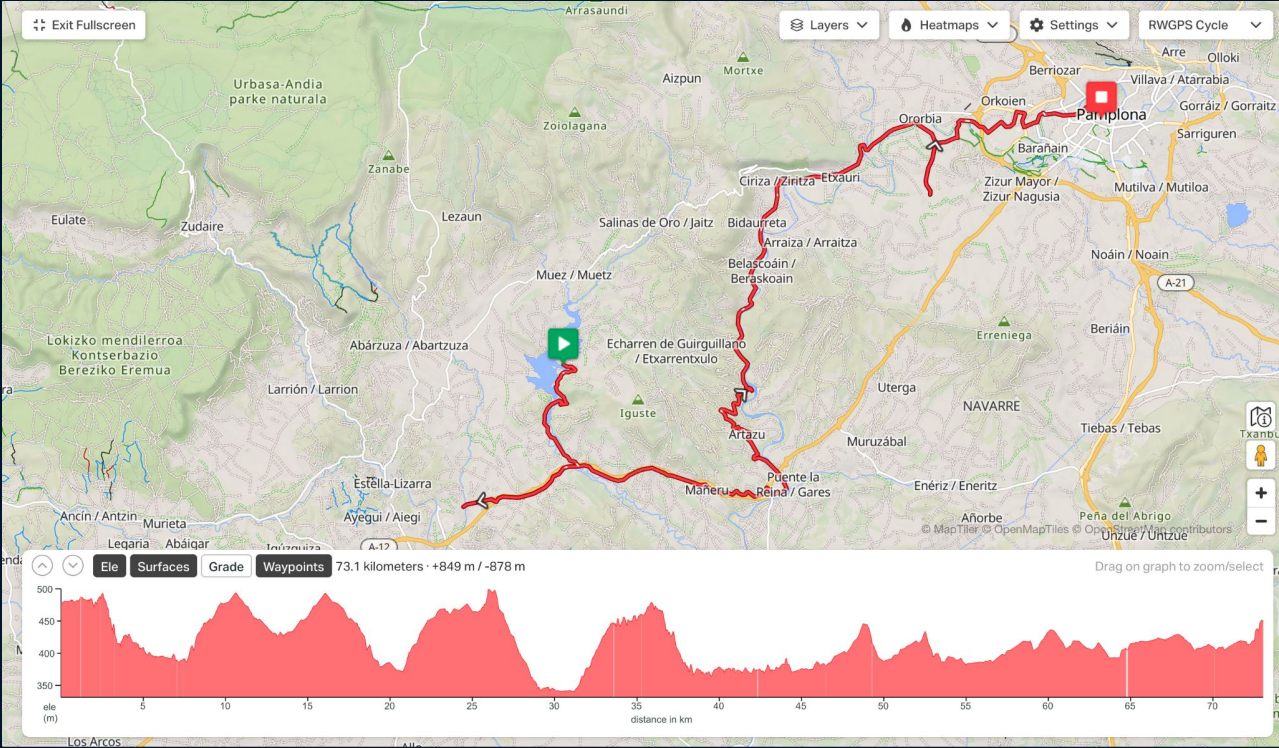
Run - 18km - [Click here for course GPX File](#)

SWIM - 1 LAP [Click here for course GPX File](#)

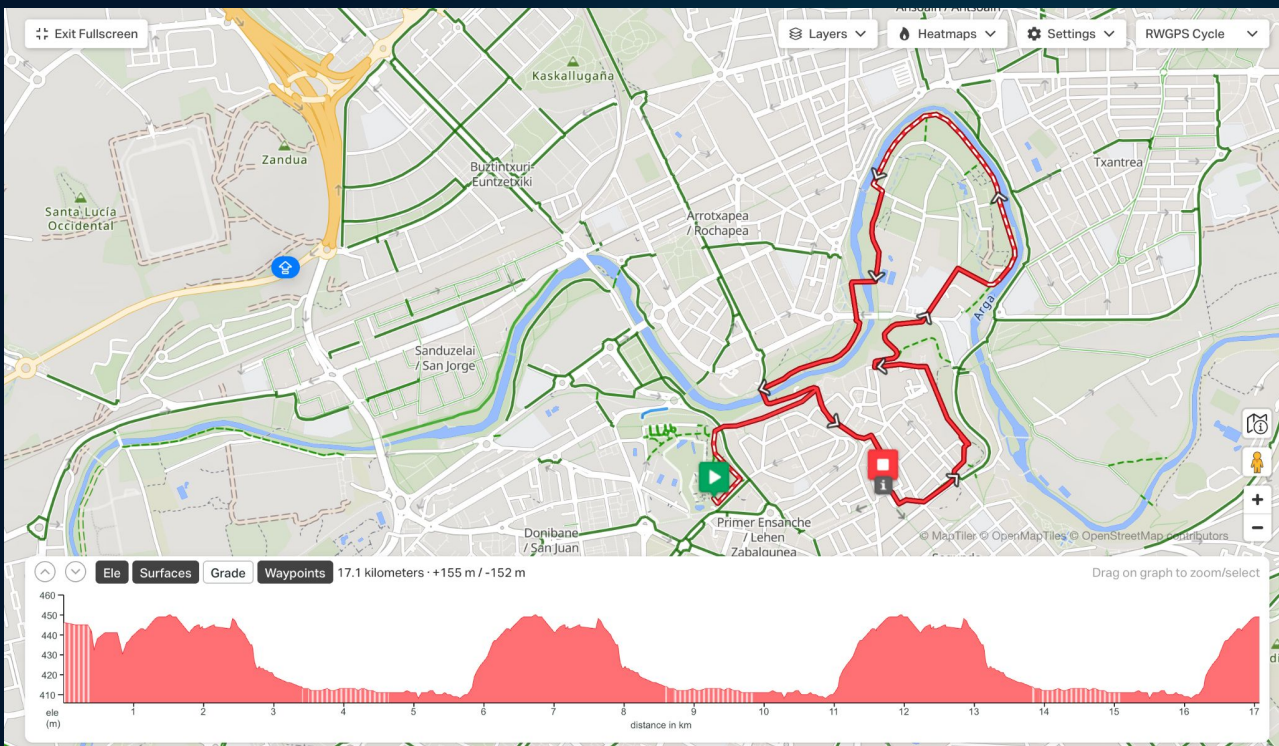


100KM COURSES

BIKE - 1 LAP [Click here for course GPX File and detailed route info](#)



RUN - 3 LAPS [Click here for course GPX File and detailed route info](#)



COURSE CUT-OFFS



100KM COURSE CUT-OFFS

The course cut-off times for the 100km Triathlon are

- **Bike course cut-off:**
 - Final bike cut-off: 18:00 pm
- **Run course cut-off**
 - Final run course cut-off: 20:15 pm

SWIM WAVES

SWIM START PROCESS

Athletes should remain in transition prior to the swim start by their bikes. Athletes will be called by age-group into the starting area to begin their race.

The race start procedure will be a **ROLLING WAVE START**.

All athletes will be assigned a wave number & associated coloured swim cap.



BIKE AID STATIONS

BIKE AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the "Litter Zone End" sign will result in penalties!

The Bike Course has two aid stations located at approximately 25km and 50km

Note that there is **NO AID STATION IN TRANSITION**. We recommend that you start the bike leg with two full water bottles.

BIKE AID STATION PROCEDURE

Slow down when entering the aid station to ensure you get what you need, but don't stop in front of the aid station! If you do not require any product from the aid station please stay to the right of the lane.

There will be signs along the aid station listing what is on offer. Marshals will also be communicating what they are holding - please remember to ask politely for what you need.

DISCARDS / DROP ZONES

Please discard any unwanted items before the "Litter Zone End" sign. Anything discarded outside this area will result in a 30-seconds penalty.

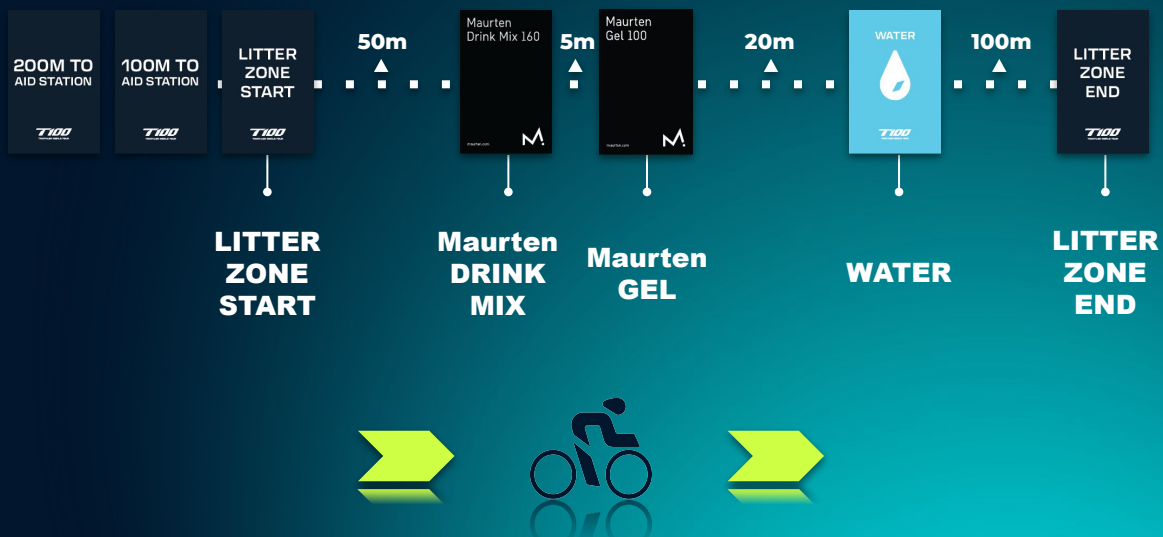
Bike Aid Stations will offer:

Water (in bike bottles)

Maurten Drink Mix (in bike bottles)*

Maurten Energy Gels*

BIKE AID STATION ORDER



RUN AID STATIONS

RUN AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the "Litter Zone End" sign will result in penalties!

Each lap of the run course has three aid stations.

RUN AID STATION PROCEDURE

Slow down when entering aid stations. If you do not require any product from a run aid station please stay to the right.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARDS / DROP ZONES

Please discard any unwanted items before the "Litter Zone End" signs. Anything discarded outside this area will result in a 30-seconds penalty.

Run Aid Stations will offer:
Water (in cups)
Maurten Drink Mix (in cups)*
Cola (in cups)
Maurten Energy Gels*
Food
Ice

RUN AID STATION ORDER



TIMING CHIP INFO

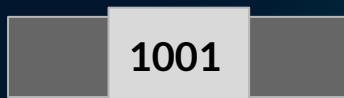
TIMING CHIPS

Collect your Timing Chip at race pack collection. You need to present your race pack and verify your personal details.

Notes:

- Wear the Timing Chip on your **left ankle**, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category ranking.

Failure to wear your timing chips throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.



TIMING CHIP

Securely strap it around your left ankle for the whole race.

RACE WITHDRAWAL & TIMING CHIP RETURN

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to an official

After your race, return your timing chip at the finish line.

If you fail to return your timing chip or strap, a replacement charge of €64 will be applied.



RULES / DRAFTING

THIS IS A NON-DRAFTING EVENT

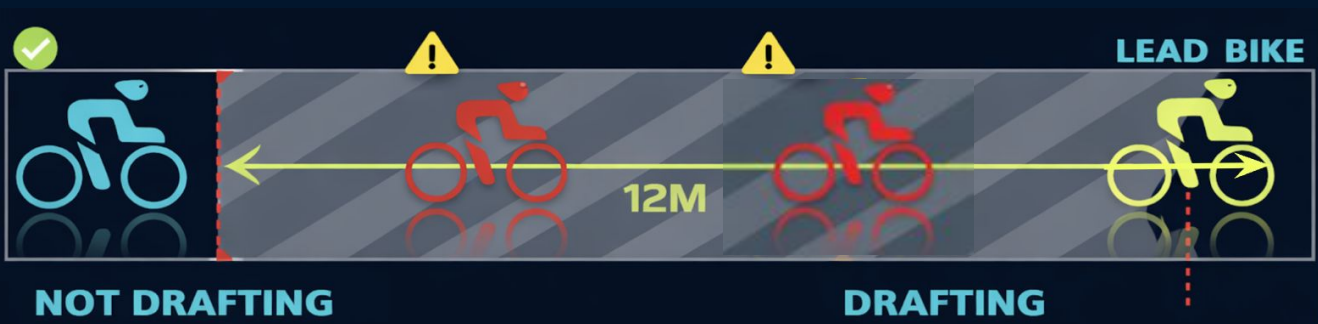
We believe in a fair and enjoyable race for all, so the 12m non-drafting rule is strictly enforced. It also makes the race safer, so we all win!

All athletes must keep six (6) bike lengths apart, from the front edge of the first cyclist's front wheel, to the front edge of the front wheel of the second cyclist.

Time penalties received must be served in the bike course penalty tent.

BLOCKING

You must keep to the right hand side of the course and not block another competitor trying to pass you.



MAKING A PASS

You may enter the draft zone to make a pass within the time of **25 seconds**.

25 SECONDS

Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

DISTANCE	1st OFFENSE	2nd OFFENSE	3rd OFFENSE
100KM	2 MINS PENALTY	2 MINS PENALTY	DISQUALIFICATION

RULES

WETSUIT USE

According to Spanish Federation Triathlon Race Competition rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

SWIMWEAR

Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be via a 'stop and go'.
- The Bike Penalty Box can be entered on every lap and is located near the entrance of T2.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.
- You must wear your bib number on the bike and run.

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

PENALTY

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the next bike penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **yellow card** is shown for any other bike penalties incurred and, again, you must serve these at the next bike penalty box

BIKE PENALTY BOX

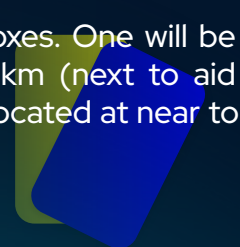
There are two bike penalty boxes. One will be located at approximately 50km (next to aid station 2), the second will be located at near to transition 2

BROOM WAGON

In case of not completing the necessary distance within the cut-off times and/or a DNF during the bike section, there will be two vans collecting the athletes. The vans will transport you to the transition area after the bike leg is over for all athletes. Please be patient.

PROTEST

Should you wish to protest, you must speak to the Head Referee at the Finish Line within 15 min of your finish time.



FINISH LINE - 100km

The T100 finish line is located at the Plaza del Castillo, the iconic square at Pamplona city center.

TIMING CHIP

All timing chips must be returned once you cross the Finish Line – there will be a charge of €64 for any unreturned timing chips.

AFTER RACE AND SWIM TO BIKE BAGS COLLECTION

While you race, your AFTER RACE gear and SWIM TO BIKE bags will be transported from Alloz Reservoir to the recovery area at Plaza del Castillo where you can collect them after your race.

BIKE AND BAG COLLECTION AT T2

When crossing the finish line, take your time to enjoy the moment and refuel yourself. After collecting your AFTER RACE gear and SWIM TO BIKE bags proceed to T2 for the BIKE TO RUN bag and your bike. Display your race bib and wristband when entering T2.

Bike check-out from T2 is available 18:30 – 21:00.

PHOTOGRAPHY

FinisherPix will be on course and at the Finish Line to capture your Spain T100 Triathlon experience in photos! All photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and visit the [T100 website here](#) after the event for a link to your photos.

Lastly, please be sure to t#T100Triathlon and #FinisherPix when you share your photos!

iTAB - Medal Engraving

Celebrate your race with an iTAB!

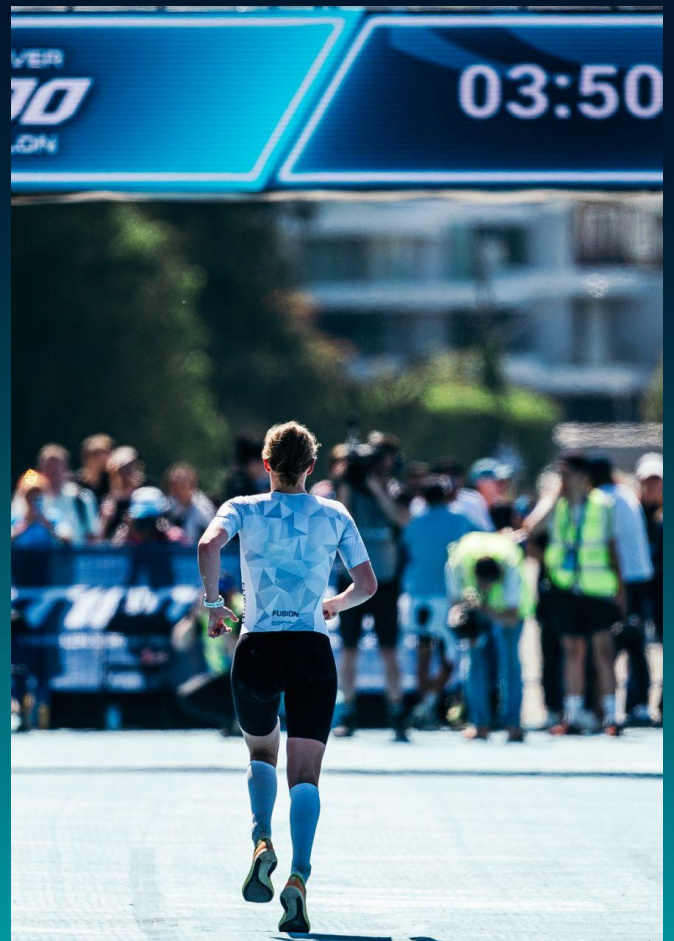
The iTAB is a small plate engraved with your name and split times that fits neatly onto the reverse of your medal. To get yours, please fill out the required details via the link below, submit your order, and then wait for delivery of your iTAB.

Personalise your medal with an iTAB [HERE](#)

If you purchased this during registration, this will be mailed to you after the race.

FOOD TO REFUEL

The Plaza del Castillo finish venue is packed with food options to help with all your post race refuelling needs.



FINISH LINE - Aquabike

The Aquabike finish line is located just before entering T2 at Antoniutti Park.

TIMING CHIP

All timing chips must be returned once you cross the Finish Line – there will be a charge of €64 for any unreturned timing chips.

AFTER RACE & SWIM TO BIKE BAGS COLLECTION

While you race, your AFTER RACE gear and SWIM TO BIKE bags will be transported from Alloz Reservoir to the recovery area at Parque Antoniutti where you can collect them after your race.

BIKE AND BIKE TO RUN BAG COLLECTION AT T2

When crossing the finish line, take your time to enjoy the moment and refuel yourself in Antoniutti at the recovery area just for the Aquabike Athletes. Show your race bib and wristband when entering the recovery area.

Bike check-out from T2 is available 18:30 - 21:00.

FinisherPix will be on course and at the Finish Line to capture your Spain T100 Triathlon experience in photos! All photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and visit the [T100 website here](#) after the event for a link to your photos.

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FOOD TO REFUEL

The aquabike Parque Antoniutti finish venue is packed with food options to help with all your post race refuelling needs.



40

AWARDS CEREMONY & AGE GROUP WORLD CHAMPIONSHIPS

TIME	EVENT	LOCATION
SATURDAY, 23 MAY		
20:00	100km Triathlon	Plaza del Castillo
20:30	Spanish Triathlon National Championships	Plaza del Castillo
21:00	Spanish Aquabike National Championships	Plaza del Castillo

TOP 3 MALES & FEMALES IN EACH AGE CATEGORY WILL RECEIVE A PLACE MEDAL

Age categories will run from 18-19 and then every 5 years, 20-24, 25-29, 30-34 etc.

Your age-category is determined by your age as of 31st December 2026

Athlete competing in the Spanish Triathlon National Championships are also eligible for placing in the 100km Triathlon & World Championship Qualification.

QATAR T100 AGE-GROUP WORLD CHAMPIONSHIPS QUALIFICATION

Top 10 men and women athletes of their specific Age-Group and gender in the 100km Triathlon will qualify for the Qatar T100 World Championships 2026 on December 11-12 2026.

All athletes competing in the Age-Group race (excluding elite) are eligible for World Championship Qualification

More information on the T100 Age-Group World Championships can be found [here](#).

SPANISH NATIONAL CHAMPIONSHIPS

The Spain T100 Pamplona-Navarra hosts the Spanish Middle Distance Triathlon National Championships and Spanish Middle Distance Aquabike Championships. The Top 3 Males & Females in each age-group category will receive a placing medal and be crowned the Spanish National Champions!

Athletes who hold a Spanish Federation Triathlon license AND a Spanish Passport are eligible for scoring in the Spanish National Championships.

SPANISH NATIONAL CHAMPS

SPANISH NATIONAL CHAMPIONSHIPS

The Spanish Triathlon Federation is proud to launch the 2026 National Middle Distance Championships as part of the Spain T100 Pamplona-Navarra Triathlon.

A national celebration of club and squad performance, passion, and community spirit. Bringing together athletes from across Spain to compete in both the Triathlon and Aquabike formats, this event will crown the nation's best club and squad in an unforgettable showcase of endurance, teamwork, and pride.

INDIVIDUAL CATEGORIES

The following individual categories are established for both men and women; official results will therefore be issued as follows:

1. Spanish Elite Middle-Distance Triathlon Championship.
2. Spanish Middle-Distance Triathlon Championship-Paralympic Middle-Distance Triathlon (MD) Classes PTS2, PTS3, PTS4, PTS5, PTVI, PTS7, and PTS8.
3. Spanish Middle-Distance Triathlon Championship - Age Groups 18-19, 20-24, 25-29, etc.

CLUB CATEGORIES

The following categories are established for both men's and women's clubs; official results will therefore be determined as follows:

1. Elite Clubs and Men's and Women's Age Groups: Clubs will be ranked within each group by adding the times of their three best athletes.

Only one foreign athlete with a Spanish license may score points per club. Foreign athletes with a Spanish license who hold a residence permit will not count toward the foreign athlete quota:

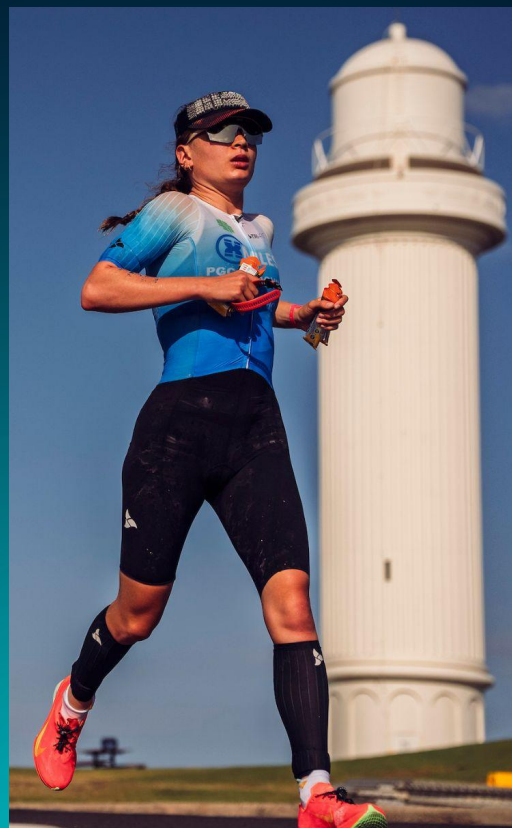
1. GROUP 1: Clubs that qualify 3 athletes in the Elite category.
2. GROUP 2: Clubs that qualify 2 athletes in Elite and 1 in Age Groups.
3. GROUP 3: Clubs that qualify 1 athlete in Elite and 2 in Age Groups.
4. GROUP 4: Clubs that qualify 3 athletes in Age Groups.

ELIGIBILITY

To be eligible to win the Spanish championships both in Elite, Age-Group and Para categories you must be in possession of the 2026 FETRI annual membership. Clubs must also be affiliated with FETRI.

AWARDS CEREMONY

The awards will take place from 20:30 at the Plaza del Castillo on Saturday, 23 May.



PRO RACE SCHEDULE

SATURDAY 23rd May

TIME	EVENT	LOCATION
12:05 PM	PRO Women Race Start	Alloz Reservoir
15:20PM	PRO Women Race Finish	Plaza del Castillo
16:00PM	PRO Women Award Ceremony	Plaza del Castillo



PREPARE FOR THE HEAT

Remember, the heat can be challenging, so it is important to prioritise your safety and wellbeing. Stay mindful of your body's signals, stay hydrated, and take breaks if needed. With proper preparation and precautions, you will be better equipped to handle the heat and perform at your best during the race on the Spain.

HYDRATION

Start hydrating a few days in advance of the race day. Drink plenty of water and electrolyte-rich fluids to maintain proper hydration levels. Carry a water bottle with you and sip regularly throughout the day. During the race, take advantage of the aid stations to replenish fluids and electrolytes.

HEAT ACCLIMATISATION

If you are not accustomed to heat and humidity of the Spain, it is essential to acclimate yourself beforehand. Gradually expose yourself to the heat by training in similar conditions. This will help your body adapt and perform better on race day.

CLOTHING & SUN PROTECTION

Wear lightweight, breathable, and moisture-wicking clothing to stay cool during the race. Opt for light-colored attire to reflect sunlight. Cover the shoulders. Do not forget to apply waterproof sunscreen with high SPF to protect your skin from the intense sun.

PACING

Pace yourself and listen to your body. Do not try to push yourself too hard from the start; instead, conserve energy and gradually increase your effort as the race progresses.

SYMPTOMS OF HEAT EXHAUSTION:

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or vomiting
- Muscle cramps
- Pale, cool, or clammy skin
- Rapid but weak pulse

WHAT TO DO IN CASE OF SUSPECTED HEAT EXHAUSTION:

- Stop Running Immediately – Find shade or a cool area.
- Alert one of the course marshals who will alert the Medical Team.
- Hydrate – Drink water or an electrolyte-rich drink.
- Cool Down – Use a wet towel, pour cool water over yourself.
- Rest – Lie down and elevate your legs slightly if you can.
- Wait for a Medical staff to arrive.

T100 / ATHLETE TRACKING APP

Available in all App Stores – it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



WATCH ON TV



LIVE in Europe, Asia-Pacific and Indian Sub-Continent (excl. UK)



LIVE in Europe, Asia-Pacific and Indian Sub-Continent (excl. UK)



LIVE in Europe



LIVE in UK, Eire



T100 TRIATHLON WORLD TOUR

FOLLOW LIVE DATA

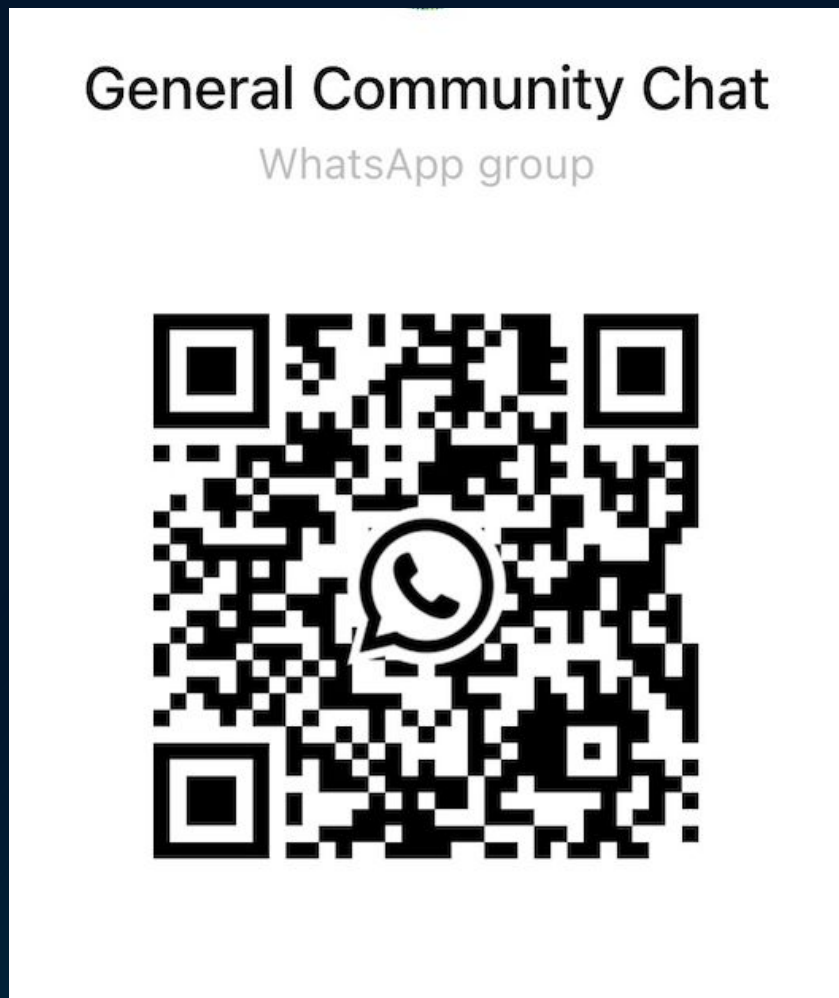
t100triathlon.com/live

Powered by  dataworks

COMMUNITY WHATSAPP GROUP

Join the T100 Community on WhatsApp!

Scan the QR code to access your specific race group. Stay in the loop with real-time updates and behind-the-scenes content. We'll also be answering your FAQs directly in the channel, so make sure you're in the group to get the answers you need!



SHARE YOUR CONTENT & GET FEATURED

Share your Spain T100 experience!

We want to see how you're getting ready for Spain T100!

Spain is calling on 23rd May. From your early morning training all the way to your night training sessions, we want to see it all. How have you been preparing for the T100 down under? What has been keeping you motivated to keep pushing?

We will be sharing your content on our social channels, to get everyone hyped for the Spain T100. We're excited to see your content!



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MAURTEN

THE FJORD 4.0

the most advanced wetsuit to date



experience the
fjord 4.0 for

\$799

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CANYON

Finally, we arrive. We've done the hard yards - the early mornings, the hardships, the struggles, the challenges. Now, the reward. From everyone here at Canyon, good luck. You've got it.

We're in this
together.

As the Official Hydrogel Fuel Partner of the
T100 Triathlon World Tour, Maurten is
available on-course — fueling all triathletes
to the finish with Hydrogel Technology.



maurten.com



Maurten Gel 100

Water, Glucose, Fructose,
Gelling Agent (Sodium Alginate,
Gluconic Acid, Calcium Carbonate)

40g

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TRIATHLON WORLD TOUR

GO TO | [EKOI.COM](https://www.ekoi.com)



CELEBRATE YOUR RACE WITH AN iTAB

The iTAB is a small plate engraved with your name and split times that fits neatly onto your medal ribbon. To get yours, please fill out the required details via the link below, submit your order, and then wait for delivery of your iTAB.

Personalise your medal
with an iTAB [HERE](#)



CONTACT INFORMATION

Please read this guide carefully. If you have any questions please refer to the **FAQs** section on [our website](#).

FOLLOW US ON SOCIAL MEDIA

We also recommend following us on [Facebook](#) and [Instagram](#) to see all the latest news and announcements.

ENQUIRIES

If you still can't find the information you're looking for, please email spain@t100triathlon.com and a member of our team will get back to you as soon as possible.

INFORMATION DESK

An information desk at Plaza del Castillo will be staffed during expo opening hours. This is your go-to place for any questions or concerns during expo opening hours. A friendly smile, lost and found, directions - we're all ears!

VOLUNTEER

Dear volunteer, we are back in action! On May 23, 2026, the Spain T100 Pamplona - Navarra, will take place. This year, the race is part of the T100 Triathlon World Tour and the Spanish National Championship. We expect more than 1,400 triathletes from various countries, including the 20 best T100 Pro Triathletes in the world.

Thanks to your effort, this triathlon festival is possible. As in previous editions, you can collaborate at the Aritzaleku Camping area (Alloz reservoir), on the bike circuit, during the foot race in Pamplona, bib distribution, or at the post-finish line area.

To say thank you for volunteering, you will receive a T-shirt, drawstring bag and cap.

Join [HERE](#) the event!

If you have any questions or require further information about volunteering at the event, please email us at: gorka@triatlonpamplona.es

Let's make this event one to remember!

