



# **RACE INFORMATION - ATHLETE GUIDE**

Long Course Weekend Mallorca

*Saturday 26th - Monday 28th October 2019*



**HELLO!**

**Dear participant,**

**We are delighted you have registered for the third edition of Long Course Weekend Mallorca, taking place from 26th to 28th October 2019!**

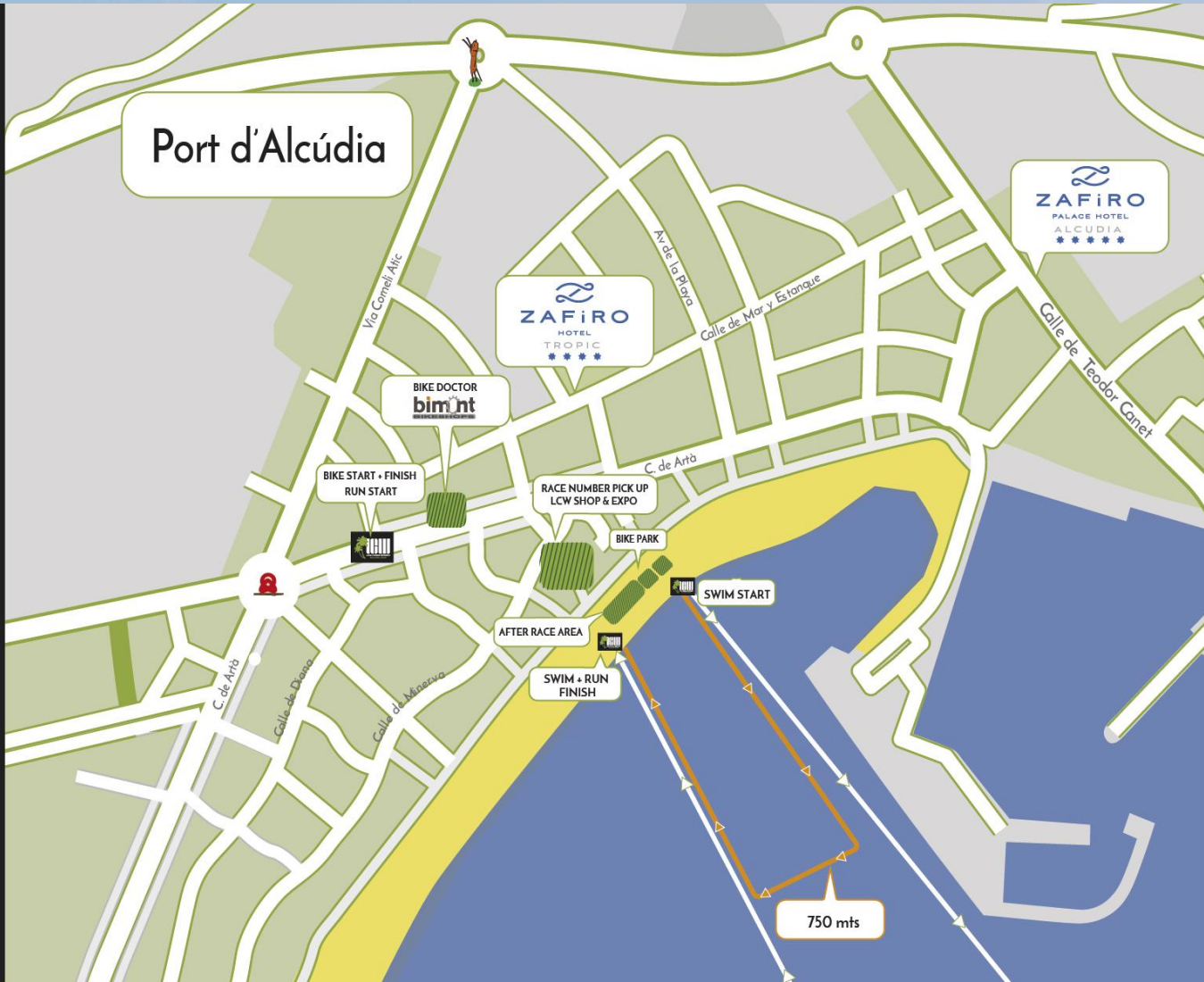
**In this document you will find all the relevant information about the race and about other activities during the event weekend.**

**A long weekend full of activities to enjoy!**

***Long Course Weekend team wishes you all the best!***



EVENT AREA · ÀREA EVENTO





# PRE-EVENT Event schedule

## Friday 25th October

10:00 – 18:00h Race number pick up at the beach area

10:00 – 18:00h Expo

## Saturday 26th October

08:00 – 18:00h Race number pick up\* at the beach area

09:00h – Swim start for 3,800 and 1,900 meters

10:00h – 18:00h- Expo

12:00h – Swim start for 1,500 and 750 meters

13:30h – Swim trophy ceremony

14:30 -15:30 Kids Beach Run race number pick up and late entries at the beach

16:00h – Kids Beach Run

## Sunday 27th October

07:30 – 18:00h Race number pick up\* at the beach area

08:20h – Top 10 (male and female) LCW athletes called to start

08:30h – Bike start 178km

12:15h – Bike start 89km

10:00 – 18:00h Expo

15:00h – Bike trophy ceremony





# PRE-EVENT Event schedule

## Monday 28th October

08:00 – 12:30h - Race number pick up\* at the beach area

08:00 – 15:00h - Expo

08:45h – Start 5km

09:00h – Start Marathon and Half Marathon

13:00h – Start 10km

14:30h – Run trophy ceremony and Half LCW ceremony awards

15:30h – Long Course Weekend ceremony awards

**\*IMPORTANT: At least 30 minutes before your start in any of the disciplines or distances you must have collected your race number. For safety reasons, in case of non-compliance, you will not be allowed to start.**



# PRE-EVENT IMPORTANT

The night of Saturday 26 to Sunday 27 the clock goes back 1 hour so at 3am you have to change the clock to 2am .





**Location:** Puerto de Alcúdia (Orfeu Street) (check event area map)

**Schedule:** Friday, Saturday and Sunday from 10.00h to 18.00h and Monday from 8.00h to 15.00h.

**You will find:** Many sports shops with offers & discounts.





# LCW SHOP

## LCW SHOP

Official merchandise shop of the Long Course Weekend Mallorca with sport products of the event.

Friday, Saturday and Sunday from 10.00h to 18.00h and Monday from 8.00h to 15.00h.





For kids up to 12 years of age.

**Race day:** Saturday 26th

**Time:** 16:00h

**Location:** Playa de Alcúdia

**Race number pick up:** Friday from 14:30h to 15:30h at the tent located at the beach. On site entries will be possible if spaces left (maximum capacity 500 participants).

**Distances and categories:**

Start 16:00h: Born between 2006-2007: 1,200 meters

Start 16:15h: Born between 2008-2009: 900 meters

Start 16:25h: Born between 2010-2011: 600 meters

Start 16:40h: Born between 2012-2013: 300 meters \*

Start 16:50h: Born 2014 to infant: 300 meters \*

\*Parents can run with the kids



All participants will receive a race number and at the end of the race & their finisher medal!

***All of them are winners!***



# PRE-EVENT

## Race number pick up

**Where:** Tent located at the beach (see event area map)

**When:**

- Friday from 10.00h to 18.00h\*
- Saturday from 8.00h to 18.00h\*
- Sunday from 7:30h to 18.00h\*
- Monday from 8.00h to 12:30h\*

**\*IMPORTANT:** At least 30 minutes before your start in any of the disciplines or distances you must have collected your race number. For safety reasons, in case of non-compliance, you will not be allowed to start.

**What should I bring?**

1. Confirmation of your registration to the race.
2. ID /passport

**How it works?**

You will need to go to the table with the first letter of your surname. There you will get your race pack.

Long Course Weekend athletes will have a separate table just for them.



### What will I get?

- 1 Wardrobe bag
- Athlete wristband (different for swim, bike, run and LCW participants)
- Safety pins
- Timing chips for every discipline
- Race number:
  - For Swim: swim cap + chip
  - For Bike: Race number with integrated chip to place at the seatpost .
  - For Run: Race number with chip integrated on the back
- Black band LCW
- Polo LCW for the Long Course Weekend distance participants



# PRE-EVENT Athlete materials

## IMPORTANT

**Participants registered to more than one discipline (eg swimming + bike) (Non-athletes Long Course distance): Each timing chip, race number, athlete's bracelet is for single use only and is used on the day of the sport that indicates the envelope.**

**Participants of the long distances (3.8 Swim, 172 Bike, Marathon) (Not for LCW athletes):**

**Remember to show your registration confirmation at the LCW shop to get your t-shirt.**



During the 3 days you will have at your disposal the following services:

## BIKE DOCTOR SERVICE:

From Thursday until Sunday at [BIMONT bike shop](#) (see location at event area map). Check their hires options as well!

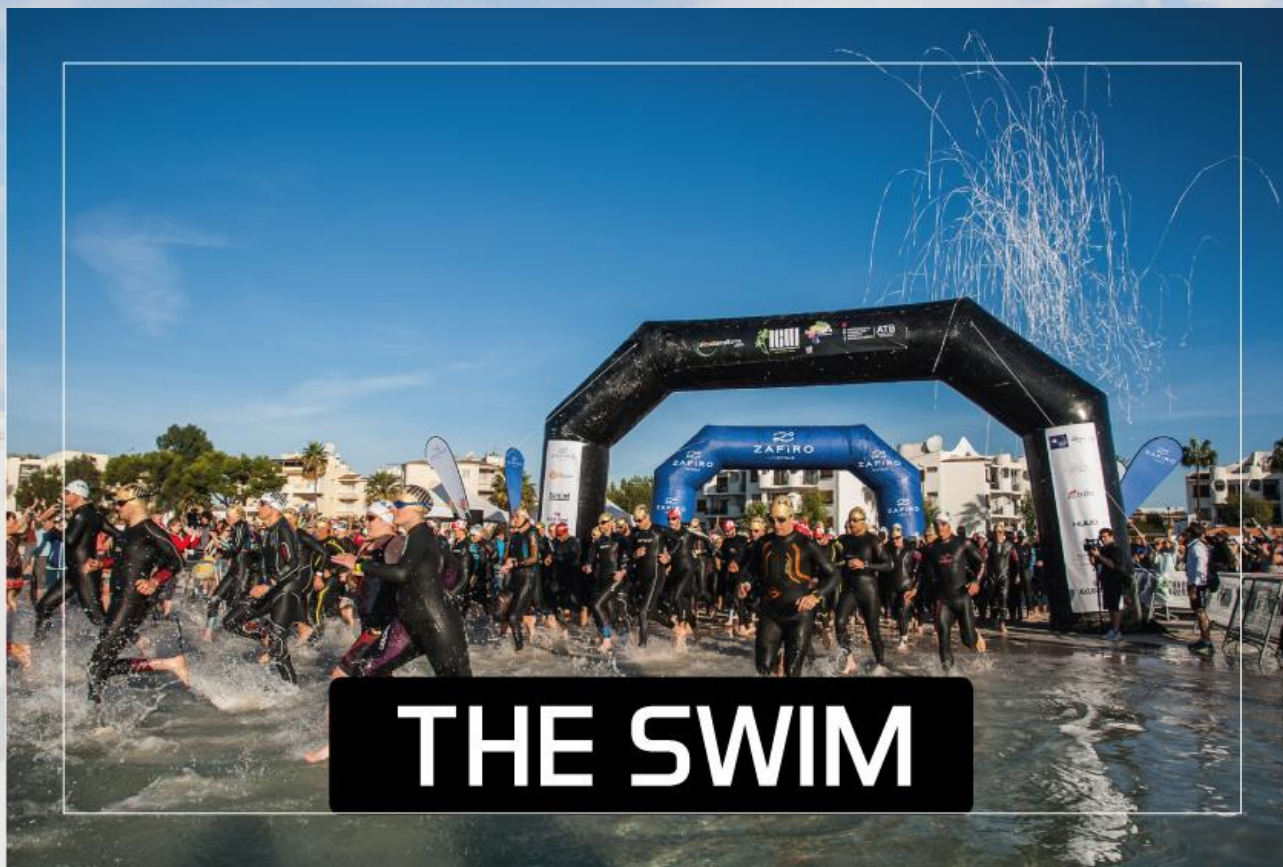


## WARDROBE:

- Location: Near finish area at the beach
- Schedule: Saturday 8h to 14h. Sunday and Monday 8h a 17h.
- The organization will have security for access to the area, but will not be responsible for any damages or claims on the material deposited.

## BIKE PARK:

- Location: Near finish area at the beach (see location at event area map)
- Schedule: Saturday 8h to 14h. Sunday and Monday 8h a 17h.
- The organization will have security for access to the area, but will not be responsible for any damages or claims on the material deposited.







# RACE DAY

## Swim Day - Before the start

### **RACE NUMBER PICK UP:**

Race number pick up is at the beach area.

At least 30 minutes before your start in any of the disciplines or distances you must have collected your race number. For safety reasons, in case of non-compliance, you will not be allowed to start.

### **WARDROBE:**

**Where:** Beach area

**Schedule:** From 8h to 14h

### **TIMING CHIP:**

Has to be placed in your ankle. Is mandatory to swim with the chip for safety reasons.

You must make the start from the inflatable arch and go through the timing mat. If you are doing the 3,800m or 1,500m distance you will have to make sure to step on the timing mat at the Australian exit.



# RACE DAY

## Swim Day

**09:00h – Swim start for participants 3,800 and 1,900 meters**

- All the athletes start at the same time.
- The course will be 1.900 meters distance and participants of 3.800 will complete 2 laps.
- 10:10h: Cut-off time to complete the distance of 1.900 meters.
- Participants of 3.800 meters who have not completed the first lap at that time, cannot start the second one.
- 11:20h: Cut-off time to complete the distance of 3.800 meters

**12:00h – Swim start for participants 1,500 and 750 meters**

- All the athletes start at the same time.
- The course will be 750 meters distance and participants of 1,500 will complete 2 laps.
- 12:30h: Cut-off time to complete the distance of 750 meters.
- Participants of 1,500 meters who have not completed the first lap at that time, cannot start the second one.
- 13:00h: Cut-off time to complete the distance of 1,500 meters.

**You have to return the timing chip at the finish line. IMPORTANT: In case you loose the chip, 15€ will have be paid in cash.**

**13:30h – Swim trophy ceremony for the first 3 men and women overall for each distance**







# RACE DAY

## Sunday 27th – BIKE DAY



**THE BIKE**



# RACE DAY

## Bike Day - Before the start

### RACE NUMBER PICK UP:

Race number pick up is at the beach area.

At least 30 minutes before your start in any of the disciplines or distances you must have collected your race number. For safety reasons, in case of non-compliance, you will not be allowed to start.

### WARDROBE:

*Where:* Beach area

*Schedule:* From 8h to 17h

### TIMING CHIP:

-Chip integrated at the BIB number, must be placed at the seatpost as you can see on the image.

### IMPORTANT:

- TT bikes NOT ALLOWED
- Drafting allowed



**8:20h – Top 10 (male and female) LCW athletes (of the swim day) called to the start.**

**8:30h – Participants start the 178km ( 4 loops)**

- All participants start at the same time.
- The course is 45km and participants have to complete 4 loops.
- Cut off time to complete the second loop (90km) is 12:00h. Participants who have not completed the second lap at that time, cannot start the third one.
- Cut off time to complete the fourth loop is 16:00h.

**12:15h – Participants start the 89km (2 loops)**

- All participants start at the same time.
- Cut off time is 16:00h.

**15:00h – Bike trophy ceremony for the first 3 men and women overall for each distance.**

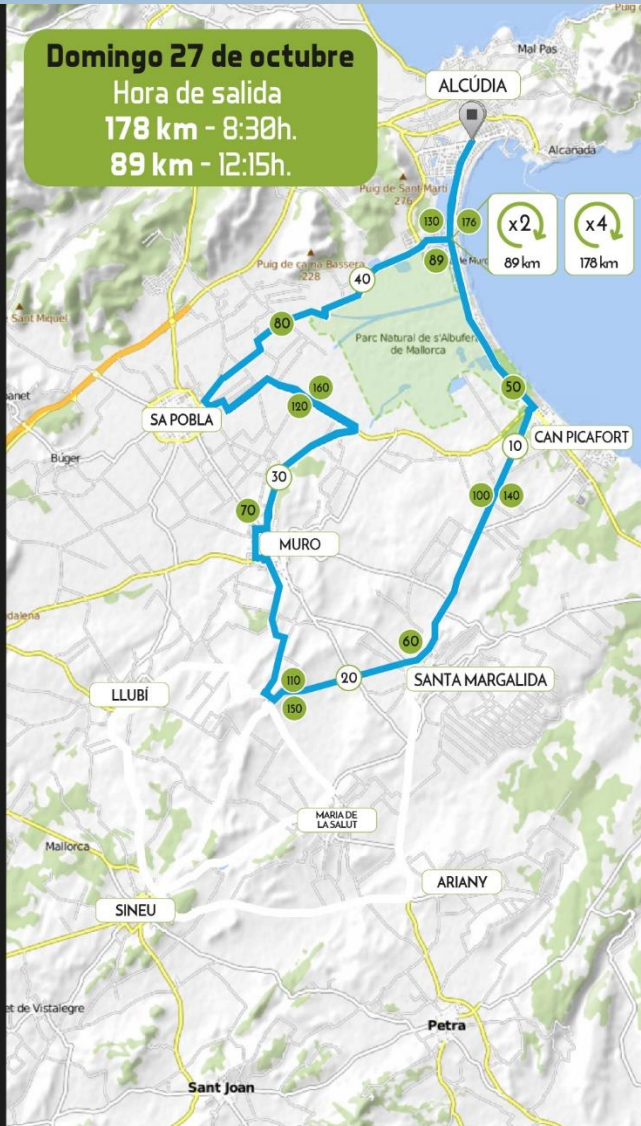


# RACE DAY

## Bike Day - Courses

**BIKE COURSE · CIRCUITO CICLISTA**

**Domingo 27 de octubre**  
 Hora de salida  
 178 km - 8:30h.  
 89 km - 12:15h.



**Mallorca**  
Illes Balears

**LHW**  
LONG COURSE WEEKEND  
MALLORCA, SPAIN



# RACE DAY

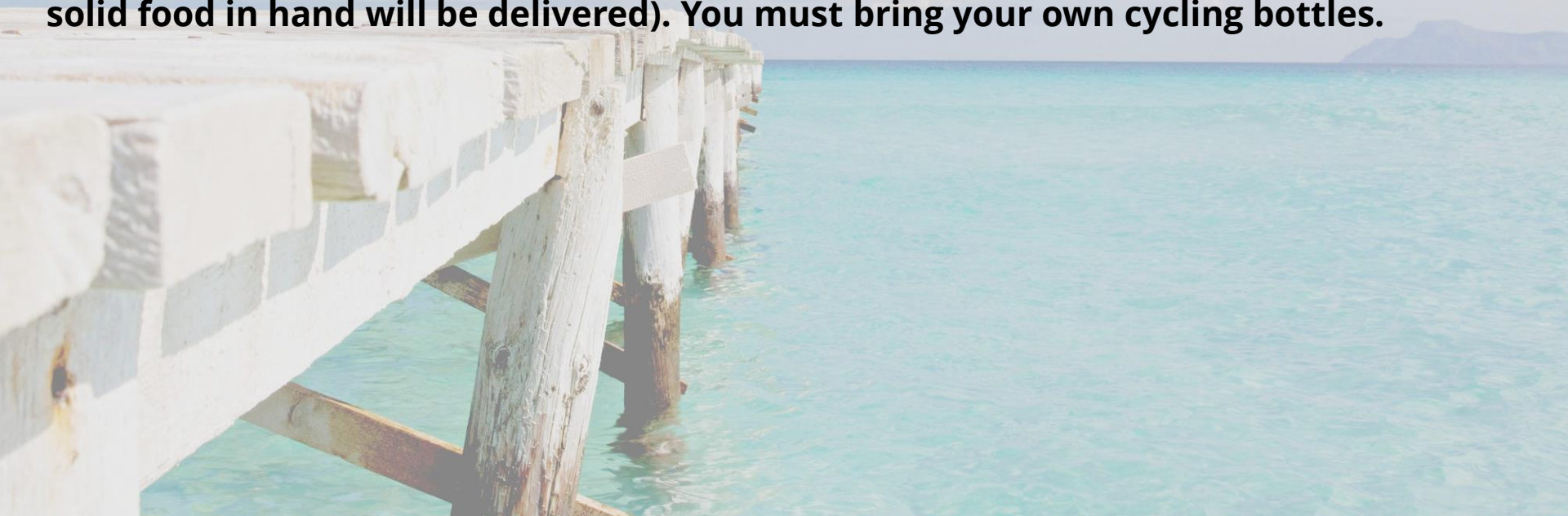
## Bike Day - Aid Stations

### 2 AID STATIONS:

**Aid Station Km 20 – 65 – 110 – 155: Water, iso, bananas, energetic bars**

**Aid Station at Km 45 – 90 – 135: Water, iso, bananas, energetic bars**

**IMPORTANT: You will have to stop to perform the aid station (no cycling bottles or solid food in hand will be delivered). You must bring your own cycling bottles.**





# RACE DAY

## Monday 28th – RUN DAY





# RACE DAY

## Run Day - Before the start

### **RACE NUMBER PICK UP:**

Race number pick up is at the beach area.

At least 30 minutes before your start in any of the disciplines or distances you must have collected your race number. For safety reasons, in case of non-compliance, you will not be allowed to start.

### **WARDROBE:**

**Where:** Beach area

**Schedule:** From 8h to 17h

### **TIMING CHIP:**

Before the race you will have to fill in the medical data without manipulating the chip.

The chip is glued to the back of the race number, so you should not do anything, just place the race number in the front with the safety pins on the race day.

As is a disposable chip, you should not return it at the end of the race.





# RACE DAY

## Run Day

**08:45h – Start 5km. 1 loop.**

**09:00h – Start Marathon and half marathon**

- Marathon: 4.5 loops to a 9km course.
- Half Marathon: 2.5 loops to a 8km course.

**IMPORTANT: Marathon course go and back part of 1km which half marathon participants don't have to do it (will be marked).**

**13:00h – Start 10km. 1 loop.**

**Lap control:**

**Marathon: 4 color wristbands**

**Half marathon: 2 color wristbands**

**10km: 1 color wristbands**

**5km: none**

**Volunteers will place you the color wristband. You need to enter to finish line with the corresponding wristbands of the distance you are participating.**

**14:30h – Run trophy ceremony for the first 3 men and women overall for each distance**



# RACE DAY

## Run Day - Aid Stations

### MARATHON and 10KM: 4 AID STATION PER LOOP:

1st Aid station at 1.5km: Water, iso, bananas, gels

2nd Aid station at 4km: Water, iso, bananas

3rd Aid station at 6km: Water, iso, bananas, gels

4th Aid station at 8km: Water, iso, bananas

**AID STATIONS KILOMETER POINTS FOR HALF MARATHON: 1.5km, 3km, 5km, 7km**

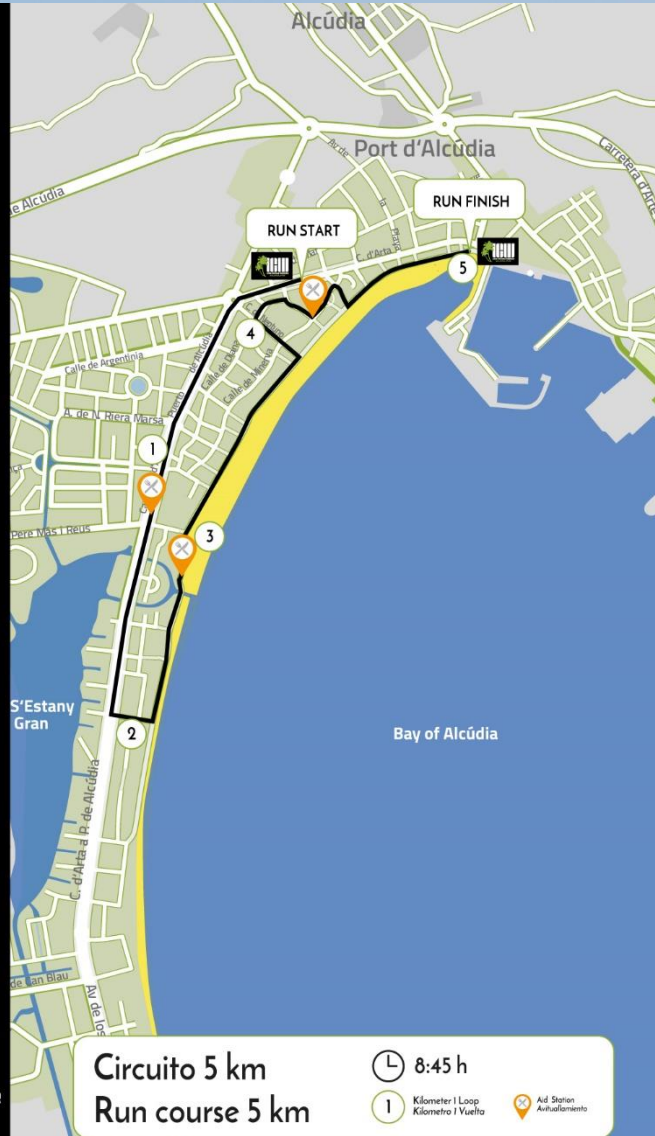
**AID STATIONS KILOMETER POINTS FOR 5K: 1.5km, 3km**



# RACE DAY

## Run Day - 5K course

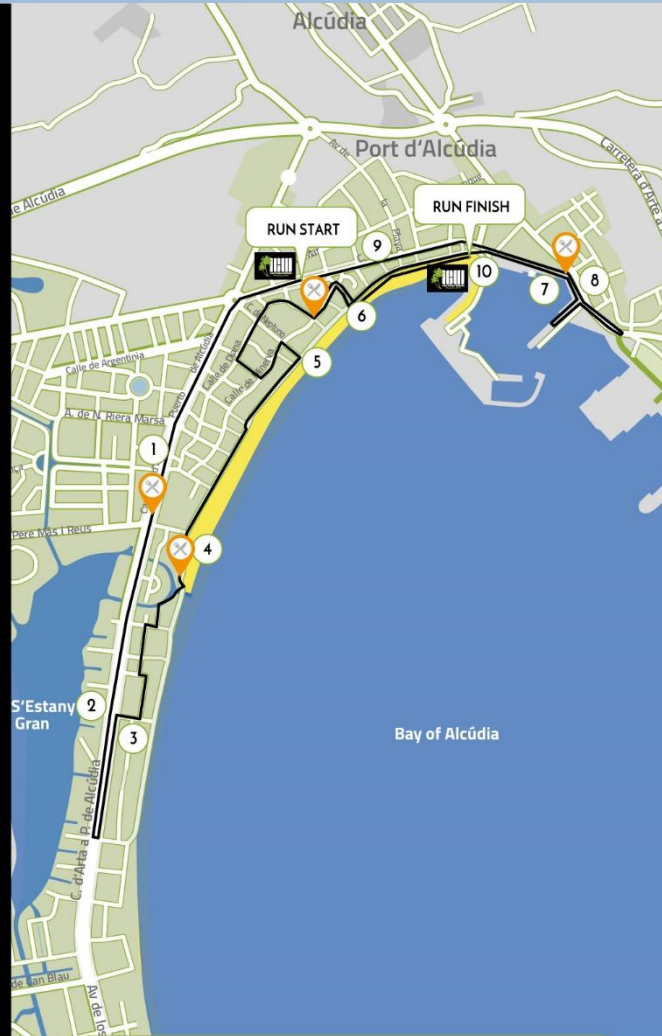
RUN COURSE · CIRCUITO CARRERA



# RACE DAY

## Run Day - 10K course

RUN COURSE · CIRCUITO CARRERA



Circuito 10 km  
Run course 10 km

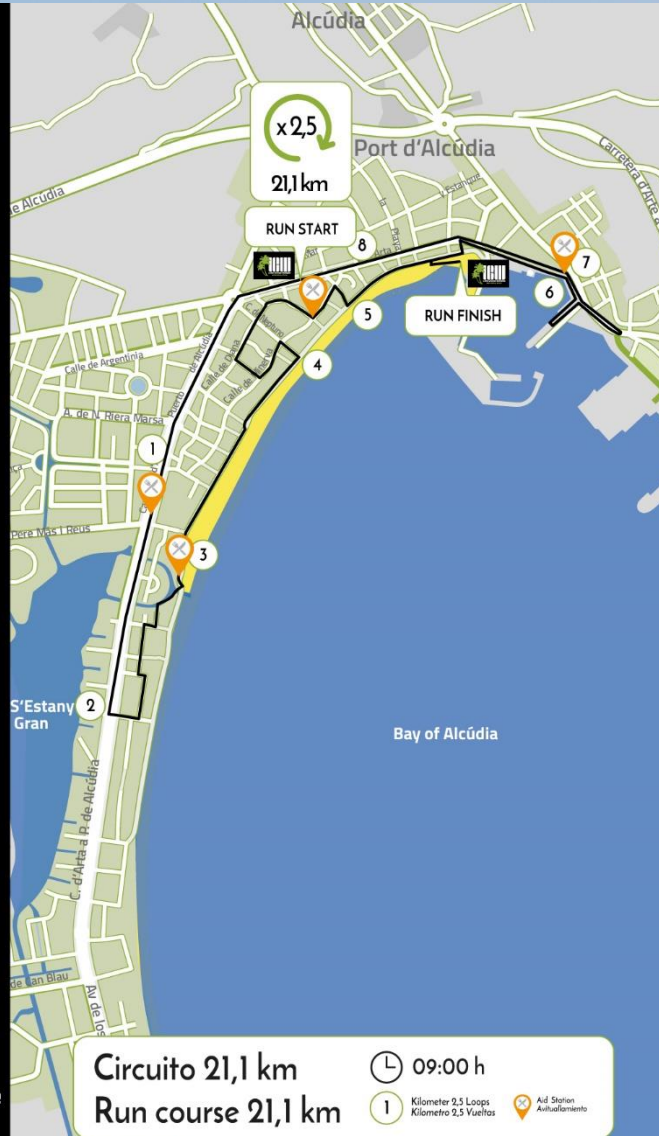
🕒 13:00 h

📍 Kilometer | Loop  
Kilometro | Vuelta

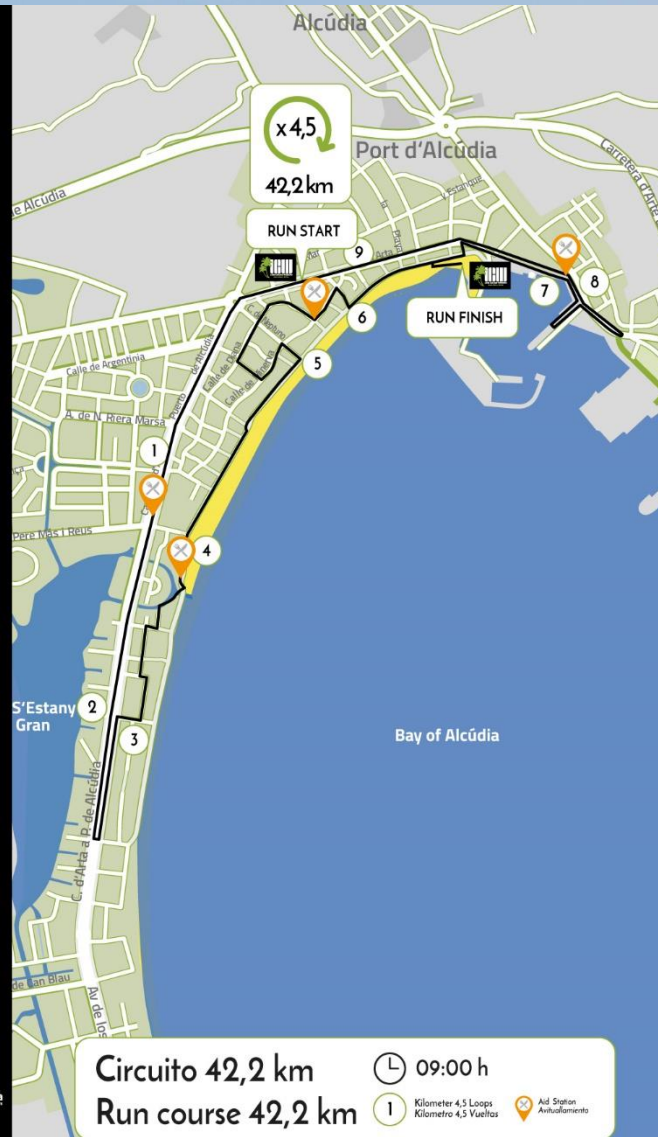
📍 Aid Station  
Ayudamiento



RUN COURSE · CIRCUITO CARRERA



RUN COURSE · CIRCUITO CARRERA







# LCW AWARDS CEREMONY

**Where and when:** Monday at Finish line area at 15:30h

All the participants of the Long Course Weekend distance who have completed all 3 days will be called up for their 4<sup>th</sup> medal.

**IMPORTANT:** The LCW participants will have to attend the ceremony with the LCW polo.

You have to be in the after race area next to the access to the finish arch where you will be called one by one for the delivery of the 4th medal.

After the 4<sup>th</sup> medal ceremony , will take place the trophies ceremony to award the first 3 men and women of the distance LCW.



**All participants are welcome to join the ceremony!**

## LIVE TRACKING

You will be able to follow the race at the link posted on social media.

## RESULTS

You will find them on our website [www.lcwmallorca.com](http://www.lcwmallorca.com) as well as download your participant certificate

## SOCIAL MEDIA

Stay tuned!

Facebook: <https://www.facebook.com/LCWMallorca/>

Twitter: @LcwMallorca

#LCWMallorca19





If you have any further questions that have not been answered in this document please contact us at : [info@lcwmallorca.com](mailto:info@lcwmallorca.com)

We are happy to assist you!

**Our best wishes to all participants  
and  
we hope you enjoy a safe, exciting & successful race!**