



FULL | HALF | SHORT | AQUABIKE MD & LD

October 18, 2025 - 08:00 H - GANDIA

XII FULL ICAN TRIATHLON: 3.8 km swimming + 182.8 km cycling + 42.25 km running - *Long Distance Regional Championship*

IV AQUABIKE LD ICAN TRIATHLON: 3.8 km swimming + 182.8 km cycling - *Aquabike LD Regional Championship*

XI HALF ICAN TRIATHLON: 1.9 km swimming + 81.8 km cycling + 21.25 km running - *Regional Championship Medium Distance*

IV AQUABIKE MD ICAN TRIATHLON: 1.9 km swimming + 81.8 km cycling - *Aquabike MD Regional Championship*

VII SHORT ICAN TRIATHLON: 1.5 km swimming + 41.3 km cycling + 7.25 km foot race

TEST REGULATIONS

1. The maximum number of participants will be limited to 1.500 triathletes across the FIVE events. Participation in the SHORT distance will be limited to 500 places.
2. The responsibility for technical control of the event will be the responsibility of the Valencian Community Triathlon Federation.
3. The event organizer is the Valencian Community Triathlon Federation, with EVENTTRI EVENTOS DEPORTIVOS, SL being responsible for the ICAN Triathlon circuit.
4. Participants must wear the race numbers provided by the organization without tampering with them in any way. The use of a hard helmet is mandatory while in contact with the bike.
5. At the entrance to the transition area, you will have to present your ID or federation license with a photo. It will not be possible for another person to prove their identity.
6. Participants agree to respect the competition rules, comply with the [Spanish Triathlon Federation Regulations](#) and be familiar with the circuit.
7. The Organizer warns participants of the risks arising from their participation. They must therefore undertake to follow the proposed safety measures reported by the Organizer, as indicated in the specific section of the Regulations of this competition.
8. There will be cut-off times in all three segments. Any participant who fails to reach them before will not be allowed to continue in the race. *(See table of cut-off times below).*

9. SWIMMING

Circuit inside the Port of Gandia, 1 or 2 laps depending on the test, counter-clockwise.
Floating exit.

Use of neoprene depending on the water and ambient temperature on the day of the test. It has normally been permitted but in 2022 its use was prohibited.



10. TRANSITION

A changing tent will be set up for FULL participants. The rest of the distances will be carried out as in short distance races (with the equipment next to the bike).

There will be a zone differentiated by competition distance.

There will be 2 areas for depositing special needs bags, for cycling and running in Full distance, and only cycling for Aquabike LD. The organization will be responsible for leaving them at the cycling or running refreshment point as appropriate. THE SPECIAL NEEDS BAGS CANNOT BE RECOVERED BY THE PARTICIPANTS AT THE END OF THE RACE, so they must only contain consumable material necessary for the event.

CYCLING

Drafting is **NOT ALLOWED** between participants, in accordance with the FETRI Regulations in section 5 CYCLING [Regulations of the Spanish Triathlon Federation](#) . The sanctions in this sector are included in the [World Triathlon Regulations](#) referenced by FETRI.

The special needs cycling bag (Full and Aquabike LD) will be left in transition and the organization will take it to the cycling refreshment point, which will be placed on tables ordered by number. The participant can stop as many times as he wants to use what was previously placed in it. THE SPECIAL NEEDS BAGS CANNOT BE RECOVERED BY THE PARTICIPANTS AT THE END OF THE RACE, so they must only contain consumable material necessary for the event.

Participants will have liquid and solid supplies every 40.5 km (1 per lap).

11. RUNNING RACE

The special needs bag (Full only) will be left in transition and the organization will take it to the first refreshment ^{point} of the running race, which will be placed on tables ordered by number. The participant may stop as many times as he wants to use what was previously placed in it. THE SPECIAL NEEDS BAGS CANNOT BE RECOVERED BY THE PARTICIPANTS AT THE END OF THE RACE, so they must only contain consumable material necessary for the event. The participant will have liquid and solid refreshments (2 per lap).

The participant must review the routes, at least in the area close to the transition zone, to take into account the safety measures that must be taken in the competition (recommended speed, special precautionary measures due to uneven surfaces or areas with curves, etc.).

The organizer will make the necessary arrangements to indicate the areas where these security measures are required by the participants, either at the previous information meeting (if there is one) or by publishing it on the official notice board of the event.



AGE GROUPS ALL DISTANCES

Age groups for both men and women in all distances:

- 18 to 19 years old
- 20 to 24 years
- 25 to 29 years
- 30 to 34 years
- 35 to 39 years
- 40 to 44 years
- 45 to 49 years
- 50 to 54 years
- 55 to 59 years
- 60 to 64 years
- 65 to 69 years
- 70 years and older

CELEBRATION VENUE

1. Start and finish at Playa de Gandia (Plaza del Puerto, Avenida La Paz)
2. Transition in the parking lot of La Paz Avenue
3. The reception area, where race numbers will be collected and the awards ceremony will be held at Playa de Gandia (Plaza del Puerto, Avenida La Paz).

TEST REGISTRATIONS AND CHIPS

1. Registrations will be made through the registration platform of the Valencian Community Triathlon Federation, and can be accessed from the event website www.icantriathlon.com or in the "online registration" section of the Federation's website: www.triatlocv.org
2. Payment will be made by card.
3. Deadlines and prices at: www.icantriathlon.com
 - Closing on 07/10/2025 at 23:59 h or until registrations are sold out.
 - * 21€ one-day license for NON-FEDERATED members in FULL distances and Aquabike LD
 - * 13€ one-day license for NON-FEDERATED members in HALF and SHORT distances and Aquabike MD
 - * 3€ Chip rental for members of other communities and non-members. Members of the Valencian Community will own their chip.



- **Return policy**

- **FULL & HALF**

- 100% refund until January 7, 2025. *€5 will be charged for management fees.*
 - 80% refund until July 7, 2025
 - 50% refund until September 7, 2025
 - 30% cash back until October 7, 2025

- **SHORT & AQUABIKE MD & LD. Registration opens May 25 at 5:00 p.m.**

- 100% refund until July 7th. *€5 will be charged for management fees.*
 - 75% refund until September 7, 2025
 - 30% cash back until October 7, 2025

1. *You do not need to present any proof.*
2. *From October 8th, no cancellations or refunds will be accepted.*
3. *In the event of a 100% refund of the registration fee due to cancellation, €5 will be deducted as management fees.*
4. *In case there is a waiting list, changing the name on the race number will NOT be permitted.*
5. *Changing the name on the race number or changing the distance will be free of charge and will be carried out by the interested triathlete through the registration platform. The rate in effect at the time of the change will be applied.*
6. *The event format, schedule or modality (duathlon, aquathlon or other modality included in the FETRI Competition Regulations) may be modified by the organizers at their discretion, always in the interest of the proper development of the event. In the event of suspension due to force majeure, beyond the control of the organizers, and/or due to orders or advice from the competent governing authority, no registration fee will be refunded, nor in the hypothetical case of a change of modality.*
7. **REGISTRATIONS WILL NOT BE SAVED FOR FUTURE EDITIONS.**

TROPHIES AND PRIZES

- Trophy for the top 3 finishers in ALL DISTANCES in each age group, and absolute, male and female.
- Trophy for the first 3 male and female clubs classified in Full, Half and Short distance.
- Free registration for the men's and women's absolute podium in Full and Half.
- Free registration for the overall winner in Short, Aquabike MD and Aquabike LD.



❖ **FULL DISTANCE CASH PRIZES** | *Top 3 overall male and female finishers*

1st/1st 2.000€

2nd/2nd 1.000€

3rd/3rd 500€

❖ **CASH PRIZES HALF DISTANCE** | *Top 3 overall male and female finishers*

1st/1st 1.000€

2nd/2nd 500€

3rd/3rd 250€

Age groups for both men and women in all distances:

18 to 19 years old

20 to 24 years

25 to 29 years

30 to 34 years

35 to 39 years

40 to 44 years

45 to 49 years

50 to 54 years

55 to 59 years

60 to 64 years

65 to 69 years

70 years and older

IV GRAND PRIZE TAVERNES DE LA VALLDIGNA

- Prize for the 3 fastest to complete 1 lap of the cycling segment
- ICAN Triathlon jersey for the top 3 finishers
- ICAN Triathlon jersey for the top 3 finishers

AWARD FOR THE LARGEST CLUB

A ham prize will be awarded to the club that registers the most participants in the competition. The total sum will be the result of the registered members of the same club in all distances.



REGIONAL MEDIUM AND LONG DISTANCE CHAMPIONSHIP – TRIATHLON AND AQUABIKE

- Trophy for the top 3 finishers (members of the CV federation) in each age group and absolute, male and female.
- Trophy for the top 3 clubs (federated in the CV) classified in male and female categories.

FULL & HALF PRO START

ICAN Triathlon 2025 establishes a **PRO START** with the following characteristics:

- The maximum number of participants per sex in the PRO start will be 110.
- Eventually, and in agreement with TRICV, this start may have a mixed character, in which case a physical separation will be made on the starting line between male and female participants.
- The PRO start will be considered a different competition from the age group competition, regardless of the final separation between starts, and will be governed by the FETRI elite regulations (differences in temperature of use of neoprene, among others).
- Participants who wish to take part in this outing must be registered for the race in a timely manner and request their inclusion in the initial registration form, assigning them a place according to one of the following criteria:
 - Top 10 ICAN 2024 classified as long as their time is less than 125% of the winner.
 - First 20 classified in the last Regional Championship held in the modality and with TRICV 2025 license. In the event that the first 20 places are not filled, the process will continue from the 21st to the maximum 40th or until the 20 places are filled.
 - Top 15 ranked with TRICV license in the TRICV No Drafting Ranking 2025. In the event that the first 15 places are not filled, the ranking will continue from 16th to 30th maximum or until the 15 places are filled.
 - First 15 classified without TRICV license in the LD FETRI Ranking on the date of the PRO start. In the event that the first 15 places are not filled, the competition will continue from 16th to 30th maximum or until the 15 places are filled.
 - Up to 15 national or international athletes at the discretion of the ICAN technical management and in agreement with the technical management and the TRICV competition department.
 - 2 places for the top 10 clubs in the 1st division and 1 place for the clubs ranked 11th to 15th and the top 10 in the 2nd division, in the Lliga de Clubs Caixa Popular TRICV on the date of the PRO exit configuration.
- After the initial registration period, you may apply to be included in the registration before 07/09/25 at 23:59 and your acceptance is subject to the existence of vacant places.



- Meeting any of the above criteria does not automatically mean inclusion in the PRO outing, and it is the obligation of the participant who opts for this outing to request it in a timely manner (points 4 and 5).
- Inclusion in this outing means renouncing the classification and trophies of the corresponding age group.
- Likewise, the overall classification of the race, as well as the trophies and cash prizes, will be those of this start, and triathletes registered in the age group starts will not be eligible for them.
- Club classification will be based on the virtual classification of all the race starts.
- A cut-off time at the finish line of 25% higher than that of the winner is established to access the cash prizes and to score in any club or individual ranking that may be implemented.
- The FULL PRO START rate is set at €199 and €119 for the HALF PRO START. The difference in relation to the rate in effect at the time of registration will be paid once the organisation has confirmed that the athlete meets the requirements set out in the regulations.

***These regulations also affect the Regional MD and LD Triathlon Championships.*

EARLY FULL & AQUABIKE START LD ICAN – 8.00 a.m.

Entry into the **EARLY FULL & AQUABIKE LD ICAN** is automatic for female participants who do not request to be included in the Full PRO Start, as well as for male participants aged 60 or over. Triathletes who take part in it directly waive the absolute podium of Full and Aquabike LD, both the cash prize and the trophy. On the other hand, those interested in joining this start, whose age group is under 60 years old, must request it from the Organisation, who will give the final ok. In this last case, those under 60 years old included in this start, expressly waive the podiums and trophies of the corresponding age group.

What does your registration include?

Full registration

Backpack, jersey, gymsack, wardrobe and special needs gymsacks, finisher t-shirt and 2025 edition gift. Solid and liquid refreshments during the competition. Post-finish refreshments with food and drink for the participant. Post-finish refreshments with food and drink for a companion. Finisher medal at the finish line.

Family Lounge: €15



Half + Aquabike MD/LD Registration

Bag, jersey, finisher t-shirt and 2025 edition gift. Solid and liquid refreshments during the competition. Post-finish refreshments with food and drink for the participant. Finisher medal at the finish line.

Family Lounge: €15

Short Registration

Gymsack, finisher t-shirt and 2025 edition gift. Solid and liquid refreshments during the competition. Post-finish refreshments with food and drink for the participant. Finisher medal at the finish line.

Additional medal engraving service for all distances: €5

SCHEDULES (provisional)

Friday, October 17th

12:00 to 20:30 h Collection of race numbers and runner's bag
16:30 to 20:30 h EXPO Zone
17:00 h Briefing (EN) in the Plaza del Puerto de Gandia, Zone 0 event
18:00 h Briefing (ES) in the Plaza del Puerto de Gandia, Zone 0 event
17:00 to 21:00 h Check-in for bikes and bags. Transition area

Saturday, October 18th

6:30 to 7:45 a.m. Collection of race numbers and runner's bag
6:45 a.m. to 7:45 a.m. Opening of the transition area and cloakroom tent
8:00 a.m. to 8:30 p.m. EXPO Zone
7:30 a.m. Opening of the call room

COMPETITION DEPARTURES FROM

8.00 am **EARLY FULL & AQUABIKE LD ICAN** (female GGEE + male ≥ 60 + other accepted applicants)
8:13 h Short
8:42 h Half + Aquabike MD
9:02 a.m. **FULL PRO START MEN & WOMEN**
9:07 a.m. FULL & AQUABIKE LD men GGEE up to 55-59

12.30 h SHORT Awards Ceremony
16:30 to 23:30 ICAN Family Lounge. FULL space for companions after the competition with food and drink



17:00 h Closing of cycling control
18.00 h AQUABIKE MD and LD awards ceremony
23.30 h Closing of test control
Check-out from the arrival of the last participant of each distance until 23:59h

SUNDAY, OCTOBER 19

Full & Half ICAN Triathlon and IV Tavernes de la Valldigna Grand Prix awards ceremony at the Polytechnic School of Gandia

CUT-OFF TIMES

Cut-off times will be established in the 3 segments at the indicated points, and any participant who fails to pass them on time will not be able to continue in the race:

FULL / AQUABIKE LD (with departures on time*)

Swimming -> 11:00
Cycling, start of the last half lap, KM 164 ->16:35
Cut T2 -> 17:30

Maximum target time: 23:30

HALF / AQUABIKE MD (with departures on time*)

Swimming -> 9:47
Swimming + Cycling -> 13:00
Swimming + Cycling + Running -> 16:00

** The extension of the cut-off times, if the departures are delayed, will depend on the specific circumstances that caused them. The extension is not guaranteed, but it is the spirit of the organization to be able to carry it out. In case of delay, the communication of this possible extension to the triathlete will be at the discretion of DT and JA.*

More information about the event can be obtained by calling 963462649 or by emailing: contact@icantriathlon.com

CLAIMS AND APPEALS

Please consult the claims and appeals procedure included in section 12 CLAIMS AND APPEALS of the [Spanish Triathlon Federation Regulations](#).

CONDUCT OF ATHLETES

See section 2 CONDUCT OF ATHLETES of the [Spanish Triathlon Federation Regulations](#)



TRACKS

- You can find circuits [here](#)
- Summary of laps and distances

Laps

	SWIM	BIKE	RUN
SHORT	1	1	1
HALF	1	2	3
FULL	2	4,5	6

Distances

	SWIM	BIKE	RUN
SHORT	1.500	41,3	7,25
HALF	1.900	81,8	21,25
FULL	3.800	182,8	42,25