Para triathlon Athletes' Guide

vfx Ligações Fortes
CÂMARA MUNICIPAL

World Triathlon

FEDERAÇÃO DE TRIATLO PORTUGAL

ipdj
INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I. P.

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1. General Information

a. *Key Dates*

Classification (PI)	Thursday, October 28th
Covid-19 Antigenic Test	Friday, October 29th – 8:00 – 10:00
Swim course familiarization	Friday, October 29th – 10:15 – 11:15
Bike course familiarization	Friday, October 29th – 11:30 – 12:15
Run Course familiarization	Friday, October 29th – 12:15 – 13:00
Online Briefing	Friday, October 29th – 15:30
Race Package Distribution	Friday, October 29th – 16:30 – 18:00
Paratriathlon World Cup Start (PTS2,3,4,5 M + PTWC)	Saturday, October 30th – 12:00
Prize Giving Ceremony	Saturday, October 30th – 14:30
Paratriathlon World Cup Start (PTVI+PTS2,3,4,5 W)	Saturday, October 30th – 17:00
Prize Giving Ceremony	Saturday, October 30th – 18:30
Clubs Champs Start (Elite)	Sunday, October 31st – 11:45
Clubs Champs Start (Junior)	Sunday, October 31st – 11:50
Prize Giving Ceremony	Sunday, October 31st – 13:20

Race Office and COVID-19 registration

The Race Office and COVID-19 Registration will take place in a tent near the transition Area Downtown Alhandra.

b. Key Contacts

World Triathlon/ ETU Technical Delegate	Pascal Godel	pascalgodel@yahoo.fr
World Triathlon/ ETU Assistant Technical Delegate	Mario Carvalho	jcsupermario@gmail.com
World Triathlon Team Leader	Eric Angstadt	eric.angstadt@triathlon.org
World Triathlon Chief Classifier	Katerina Magkou	katerina.magkou@hotmail.com
LOC Event Director	Vasco Rodrigues	+351 936753343
LOC Race Director	Hugo Nalha	
LOC Office and Travel Manager	João Costa	+351 961 558 779
LOC Media Manager	Isabel Pinto da Costa	+ 351 913 086 399
LOC Medical Director		

c. Event Organiser

LOC
Câmara Municipal de Vila Franca de Xira
Praça Afonso de Albuquerque 2,
2600-052 Vila Franca de Xira
www.cm-vfxira.pt

National Federation
Federação de Triatlo de Portugal
Alameda do Sabugueiro, 1B
2760-128 Caxias – Portugal
www.federacao-triatlo.pt
vasco.rodrigues@federacao-triatlo.pt

d. Entry Fee

Paratriathlon World Cup: 40€

Bank details:
Federação de Triatlo de Portugal
Bank: Crédito Agrícola
IBAN: PT50 0045 5442 4033 1296 628 30
SWIFT/BIC: CCCMPTPL

Receipts send to patricia.pestana@federacao-triatlo.pt

e. World Triathlon Pre-event Covid-19 Screening Process

As has been communicated to everyone at the beginning of the season, all athletes along with the support staff applying for accreditation to a World Triathlon or Continental Triathlon event must respect the following pre-event Covid-19 screening conditions (as a minimum):

- Fill in the online pre-event questionnaire;
- Perform an Antigenic or PCR swap pre-travel test 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs.

Tests that must currently be taken to gain entry to a country are valid as pre-travel tests;

- World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents https://triathlon.org/pre_event_covid_19_screening_guide
- The above process is standard at all events this season. Additional conditions may be imposed on events from the local health authorities. These additional measures will be communicated to all via the events' Athletes Guides.

f. *Entering Portugal*

Before flying to Portugal please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in https://www.vistos.mne.pt/en/

If you are a citizen from the European Union, the Schengen Space associates countries or any of the following countries (Australia, China, New Zealand, Rwanda, Singapore, South Korea, Thailand, Hong Kong and Macau) you can enter Portugal with a normal Short Stay Visa.

If you are not from one of the above countries, please remind this:

- You need an invitation from the Portuguese Triathlon Federation for the event;
- You need a declaration from your national Federation stating you will be representing your country in the Lisbon event;
- You need one of the following 4: **EU valid Covid Certificate; a valid Vaccination or recovery certificate issued by a third country, under reciprocal conditions; a negative RT-PCR Test (or similar NAAT test) within 72 hours of your departure to Portugal**; **a negative Rapid Antigen Test within 48 hours of your departure to Portugal**;
- You need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at https://portugalcleanandsafe.pt/en/passenger-locator-card;
- You need to send an email to patricia.pestana@federacao-triatlo.pt with your full name, date of birth, passport number and expiry date, your flight details and the place where you got your Visa. This email needs to be sent before October 20th
- If you are coming from India, Nepal or South Africa, please contact patricia.pestana@federacao-triatlo.pt informing of your travel plan so that we can prevent you from Quarantine

g. *COVID-19 Test in Portugal*

To enter the race all athletes must perform an Antigenic test at the registration tent. This test will be done Thursday morning, according to the following schedule:

Covid-19 Antigenic Test **Friday, October 29th – 8h00-10h00**

8:00-8:20	FRA
8:20-8:40	ESP
8:40-9:00	CAN, CZE, GER, HUN, KGZ, JPN, UAE, USA, CYP
9:00-9:20	IRL, NED, GBR
9:20-9:40	RSA, BEL, FIN, LUX
9:40-10:00	POR

If the Antigenic test is positive, the athletes must perform a PCR Covid-19 test and stay at their hotel room in quarantine until the result of the PCR test is issued.

The organization can provide PCR tests at the site and its cost must be paid by the athlete.

Concerning the Covid-19 actual situation and the different procedures to cross boarders, the Event Organization will be able to guarantee Covid-19 tests to all those who need it to travel back to their countries after the race.

The results will be available within 48h (most probably 24h) and will have a cost of 100€/per test, paid directly to the clinical analysis laboratory (https://www.germanodesousa.com/)

Those interested in this service need to contact patricia.pestana@federacao-triatlo.pt and choose the schedule to do it:

- Friday, October 29th, from 15h to 18h
- Saturday, October 30th, from 16h to 19h

h. COVID-19 Requirements table

SPECIFIC MEASURES APPLIED AT ALL WORLD TRIATHLON AND CONTINENTAL TRIATHLON EVENTS STARTING FROM 30 OCTOBER 2021

For Elite, U23, Junior, Para triathlete in case of stand alone event

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
  - » Respect the travel regulations set by the host country
  - » Fill in the **online pre-event questionnaire** through the link that is provided by the LOC
- No medical certificate is required unless the local authorities, World Triathlon or the National Federation asks for it.
- All Elite/U23, Juniors, Para triathletes and guides, coaches, TOs in close contact with the athletes, team medical and support NF personnel must perform an **Antigenic pre-race test** at the arrival in the hosting city. **In case of a positive result, a PCR swab test must follow**. Time and place for these tests will be determined by the LOC. For the junior athletes, a parent concensus form is required. A sample can be found at Appendix 5.
- We will continue to respect the decision/rules of the local public health of the host country

For Elite, U23, Junior, Para triathlete in case of event part of an Age-Group event

- For the Elite, U23, Junior and Para triathlon races that are taking place as an additional wave of an Age-Group event, the regulations for the Age-Group races will be applied (see below).
- We will continue to respect the decision/rules of the local public health of the host country

For Age-Group, Youth event

- ALL individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following condition
- Respect the travel regulations set by the host country
- We will continue to respect the decision/rules of the local public health of the host country

All the specific measures can be found in the table next page:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before travelling	COVID-19 test at event	Daily health screening
Elite athletes	In case of stand alone event only	Respect the travel regulations set by the host country	Follow public health or World Triathlon request	In case of stand alone event only	yes
U23 athletes					yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a			Follow public health request	yes
AG athletes					yes
Coaches/team medical/ support NF personnel	In case of stand alone event only			In case of stand alone event only	yes
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only				yes
LOC/ Contractors	Follow public health request			Follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only			In case of stand alone event only	yes

2. Venue

a. Location

The Race Venue is located in DownTown Alhandra, a village 25km northeast of Lisbon Center with the swimming taking place in the "Tagus River", and the biking and running along the river banks, passing some of the city's main attractions.

b. COVID-19 registration

Every people involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near Race Office.

Every delegation member must submit to temperature and oxygen level check daily:

- If your temperature is higher than 37,5ºC, you will have to measure it again in 5 minutes. If the temperature doesn´t go below 37,5ºC the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent
- If your oxygen level is lower than 95%, you will face same procedure and, if the level does not change after 3 attempts, you will be taken to Isolation Tent

After checking temperature and oxygen level you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue.

Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at Recovery zone, after the finish.

From this point athletes will have to use surgical mask (organization will provide) everywhere in the Race Venue, except when competing.

c. Isolation Tent and Suspicious Case

During the event, if a Suspicious Case is identified:

- A surgical mask will be applied (provided by organization), preferably by the own Suspicious Case;
- That person will be taken to the Isolation Tent by a staff member;
- The Doctor in charge of the Isolation Tent will call the National Health Service (808 24 24 24) and follow the given procedure.

The definition of a Suspicious Case is defined by the Health National Head Direction as "someone who shows an acute respiratory situation with cough, temperature above 37,9ºC or dyspnoea/breathing problems".

There will be a special doctor assigned to the Isolation Tent that will only interact with the Suspicious Case if the person doesn't feel well or needs special attention;

The Isolation Tent will be provided with exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

d. Spectators' access

The event will not be open to spectators. Any non-accredited persons can watch the event from the spectator's areas.

e. Accreditations

Only two accreditations coaches and one team medical per team will be accredited.

f. Cleaning protocols on site

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

g. Athletes Lounge

At the Race Venue the athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes' lounge is located in a big tent right next to the finish line and transition.

The flow in the athletes' lounge will marked on the floor.

At the Athletes Lounge entrance will be bike racks also identified by team/delegation. You must leave your bike on the respective bike rack.

There will be a COVID-19 table at the entrance and exit of the tent with alcohol-based solutions and wipes that you will have to use every time you enter or exit the lounge.

Food and water will be served by special volunteers and everything will be sealed and packaged.

Toilets will be available at the Athletes Lounge and it will be cleaned and sanitized every hour.

h. Doping Control

Doping control will take place at the race venue and according to Portugal's anti-doping rules and special COVID-19 recommendations from ITU and National Health Commission.

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

i. Medical Services

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, from 29th to 31st October, before & during competition and familiarization hours.

Several ambulances will be available to provide emergency transfer to hospital. A Medical Tent will also be provided on site at the finish area.

j. Classification

Classification will take place on Thursday 28th October at the Villa Franca de Xira Swimming Pool: https://www.google.pt/maps/place/Piscinas+de+Vila+Franca+de+Xira/@38.962176,-8.9928848,15.75z/data=!4m9!1m2!2m1!1spiscina+vila+franca+de+xira!3m5!1s0xd19278dc64f7fb9:0xff1f2523ff2e6f4d!8m2!3d38.9656436!4d-8.9864355!15sChtwaXNjaW5hIHZpbGEgZnJhbmNhIGRlIHhpcmFaHSIbcGlzY2luYSB2aWxhIGZyYW5jYSBkZSB4aXJhkgEUcHVibGljX3N3aW1taW5nX3Bvb2yaASRDaGREU1VoTk1HOW5TMFZKUTBGblNVUnpjSEpYYm5oQlJSQUI

Schedule will be provided directly to the NFs with athletes involved

k. Bike Mechanic Service

This service will be provided as follows:
Race Venue:

Friday, October 29th: 8h30 – 13h00
Saturday, October 30th: 10h00 – 18h30
Sunday, October 31st: 9h30 – 13h00

l. Race Office

The Race Office is located in a tent next to the Athlete's Lounge and is open from Thursday, October 28th, until Sunday, October 31st.

The Race Office will be open in the following hours:

Thursday, October 28th: 9h00 – 12h00 and 15h00 – 19h00
Friday, October 29th: 8h00 – 12h00 and 15h00 – 20h30
Saturday, October 30th: 9h00 – 19h00
Sunday, October 31st: 9h00 – 14h00

m. Race Briefing

Athletes briefing will be virtual and it will take place on Friday, 29th of October, at 15:30 local time. Please register for the athletes' briefing under:
https://us02web.zoom.us/webinar/register/WN_CDnTTvJOS26QKYm9c1MWdw
The recording of the briefing and the presentation will be available after the session here.

n. Race Package Distribution

Please respect the time slots provided in the schedule below. The use of masks and social distancing is mandatory. All athletes will receive their race package/accreditation after submitting the medical certificate and and filling in the pre-event questionnaire. Coaches and team medicals will receive their accreditations after confirming that they have filled in the pre-event questionnaire.

Para triathlon Race Pack Distribution **Friday 29 October: 16:30-18:00**

	Athletes
16:30-16:45	FRA
16:45-17:00	ESP
17:00-17:15	CAN, CZE, GER, HUN, KGZ, JPN, LUX, UAE, USA
17:15-17:30	IRL, NED
17:30-17:45	RSA, POR
17:45-18:00	

3. Official Hotels

The organization has 2 official hotels and the prices below are valid only until October 15th. After that we can´t guarantee availability or prices.

Lezíria Parque Hotel

It is located in Vila Franca de Xira, 6km away from the event venue.
https://leziriaparquehotel.pai.pt/

Prices for the Lezíria Parque Hotel are:
Single room (B&B): 66,00€
Double/Twin room (B&B): 71,50€ (price per room)
Price per meal: 20,00€

Vip Executive Santa Iria Hotel

It is located in Santa Iria da Azóia, 12km away from the event venue.
https://www.viphotels.com/pt/Menu/Hoteis/Portugal/Vip-Executive-Santa-Iria/Sobre-Hotel.aspx

Prices for the VIP Executive Santa Iria Hotel are:
Single room (B&B): 66,00€
Double/Twin room (B&B): 71,50€ (price per room)
Price per meal: 20,00€

HOTEL TRANSFERS

There will be guaranteed free transfer from these Hotels to the venue and back at the following schedule (the departures from Hotel Tryp Lisboa Aeroporto are 10 minutes earlier):

Friday, October 29th
7h15: Hotel - arrives at the venue at 7h40
13h00: Venue - arrives at the hotel at 13h20
16h00: Hotel - arrives at the venue at 16h20
18h20: Venue - arrives at the hotel at 18h40

Saturday, October 30th
9h40: Hotel - arrives at the venue at 10h00
14h30: Venue – arrives at the hotel at 14h50
14h40: Hotel – arrives ate the venue at 15h00
18h30: Venue – arrives at the hotel at 18h50

Sunday, October 31st
9h40: Hotel - arrives at the venue at 10h00
13h30: Venue – arrives at the hotel at 13h50

4. Airport Transfers

The LOC will provide transportation from Lisbon's Airport for the athletes and their Team Officials.

If you have any Transfer queries please contact:

Patrícia Pestana

Email: patricia.pestana@federacao-triatlo.pt

Price:

Transfers from Lisbon Airport (both ways):

- 20€ per person (if scheduled until October 14th)
- 30€ per person (if scheduled after October 14th)

Bank details for transfer payment:
Federação de Triatlo de Portugal
Bank: Crédito Agrícola
IBAN: PT50 0045 5442 4033 1296 628 30
SWIFT/BIC: CCCMPTPL

Receipts send to patricia.pestana@federacao-triatlo.pt

The transfer between persons who do not belong to the same delegation or group of persons will be reduced as much as possible. **The use of mask is mandatory.** Everyone needs to disinfect their hands before entering the bus.

5. Training

a. *Bike Training*

The event will take place in Downtown Alhandra, a very narrow area, and along one of the busiest roads near Lisbon so it is complicated to train there.

b. *Run Training*

The foot walk near the river is the most suitable place to train.

c. *Course Familiarization*

Swim

You will be able to have a swimming course familiarization in the Race "arena". There will be different schedules depending on the event because of the tide effects, making sure the athletes will experience similar water situation that the ones on race day.

Schedule:

Friday, from 10:15 to 11:15: similar conditions as in race day for PTWC and PTS2,3,4,5 W

Friday, from 17:00 to 18:00: similar conditions as in race day for PTVI and PTS2,3,4,5 M

During the swimming course familiarization there will be lifeguards and medical service available.

Please note: It is forbidden to swim in the course outside this schedule for safety reasons!

Bike

There will be a bike course familiarization on Friday, October 29th from 11:30 to 12:30. You will have the chance to do two laps on the bike course. You will go round the course in a pack and will be marshaled by policemen in motorbikes. Assembly point is in the transition area.

Please note: After the end of the second lap the police will open the roads for traffic and the athletes that want to continue training will be on their own risk.

6. Competition Information

a. *Competition Schedule*

Thursday, October 28th		
09:00 - 12:00	Race Office	Race Venue
15:00 - 19:00	Race Office	Race Venue
Friday, October 29th		
08:00 – 10:00	Covid 19 Antigenic Test	Race Venue
08:00 - 12:00	Race Office	Race Venue
10:15 –11:15	Swim Course Familiarization	Race Venue
11:30 – 12:15	Bike Course Familiarization	Race Venue
12:15 – 13:00	Run Course Familiarization	Race Venue
	12:15-12:30 PTWC	
	12:30-12:45 PTVI	
	12:45-13:00 PTSn	
13:00	Press conference	Race Venue
15:00 - 19:00	Race Office	Race Venue
15:30	Paratriathlon Online Briefing	
16:30	Clubs Champs Online Briefing	
16:30 – 18:00	Paratriathlon Race Package Distribution	Race Office
	(see time slots on the specific section of this guide)	
17:00 – 18:00	Swim Course Familiarization (optional)	Race Venue
Saturday, October 30th		
09:00 - 19:00	Race Office	Race Venue
10:30 – 11:50	Athletes Lounge Open	Race Venue
10:45 – 11:30	Transition Area open	Race Venue
11:15 – 11:45	Warm Up	Race Venue
12:00	**Paratriathlon Start (PTS5-M)**	Race Venue
12:05	PTS2/3/4 -M Start	Race Venue
12:50	PTWC1-M Start	Race Venue
12:51	PTWC1-W Start	Race Venue
12:53:08	PTWC2-M Start	Race Venue
12:55:04	PTWC2-W Start	Race Venue
14:30	Paratriathlon Medal Ceremony	Race Venue
14:30 – 15:30	Clubs Race Package Distribution	Race Office
15:30 – 16:50	Athletes Lounge Open	Race Venue
15:45 – 16:30	Transition Area open	Race Venue
16:15 – 16:45	Warm Up	Race Venue
17:00	**Paratriathlon Start (PTVI1-M)**	Race Venue
17:01	PTVI1-W Start	Race Venue
17:03:21	PTVI2/3-M Start	Race Venue

17:04:48	PTVI2/3-W Start	Race Venue
17:10	PTS2/3/4/5-W Start	Race Venue
18:30	Paratriathlon Medal Ceremony	Race Venue
Sunday, October 31st		
09:00 - 14:00	Race Office	Race Venue
10:15 – 11:35	Athletes Lounge Open	Race Venue
10:45 – 11:15	Transition Area open	Race Venue
11:00 – 11:30	Warm Up	Race Venue
11:45	**Elite Start**	Race Venue
11:50	**Junior Start**	Race Venue
13:10	Medal Ceremony	Race Venue

b. *Competition Rules*

The "2021 Alhandra Paratriathlon World Cup" will follow the latest published Competition Rules from the International Triathlon Union.

c. *Weather Conditions*

Weather temperature is quite nice this time of the year. The temperatures can go from 12ºC to 25ºC. The weather is usually sunny but can be windy in the afternoon.

d. *Results*

Results will be uploaded live in the event's official website: www.federacao-triatlo.pt

All non-official results will be distributed to the Team Leaders at the LOC Information Office.

There will also be live streaming of the event

e. *Protests and Appeals*

Standard procedures will be followed according to the ITU Competition Rules.

7. Competition

a. Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

b. Start

The start area is in Alhandra, in the Tagus River and it will be a pontoon start. It will be an "in-water" start with one hand in contact with the pontoon and athletes must choose their starting position approximately 150cm wide. The Head Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

Athletes can access the start pontoon by the run course or can be carried by vans to the start area.

Mobility equipment and last-minute gear will be transported by the organization to the transition area

c. Swim Course

The swim takes place in the Tagus River.

It's a point to point swim with 780m.

The swim will be during the high tide and the current will be inexistent or slightly favorable.

The first buoy is 250m from the start and all buoys should be left on the right.

The water temperature is expected to be 17°C – 19°C.

d. Bike Course

The bike course consists of an access of 880m with a short uphill with no more than 4%, followed by 3 flat laps of 6200m each, and finishing with an access to transition of 470m with a downhill of 100m and a medium gradient of 6,5%.

e. Bike Wheel Station

There will be 1 wheel station on the bike course.

The team wheel stations will be at the start of each lap.

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- The wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

f. Run Course

The 5km run course extends itself along the river banks and is totally flat.

g. Run Wheel Station

There will be 1 wheel station for the PTWC ate the beginning of the run course.

h. Aid stations

There will be an aid station every 1.250m.

Sealed bottles water will be handed out.

i. Finish Area

Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

Medalist photo at the post-finish area is not allowed.

All recovery stations will be self-served.

Food provided will be individually wrapped.

Massage facilities will not be provided.

Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

Masks will be distributed to the athletes to wear at their earliest convenience.

j. Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers

k. Course Maps

Alhandra
paratriathlon
World Cup Portugal
COURSES:
Swim
780m
1x
Bike
880m access
3 laps of 6,200m
470m access
Run
5000m
1x
ALHANDRA
Race Office
Recovery Zone
Transition
Finish
Tagus River
40m
N

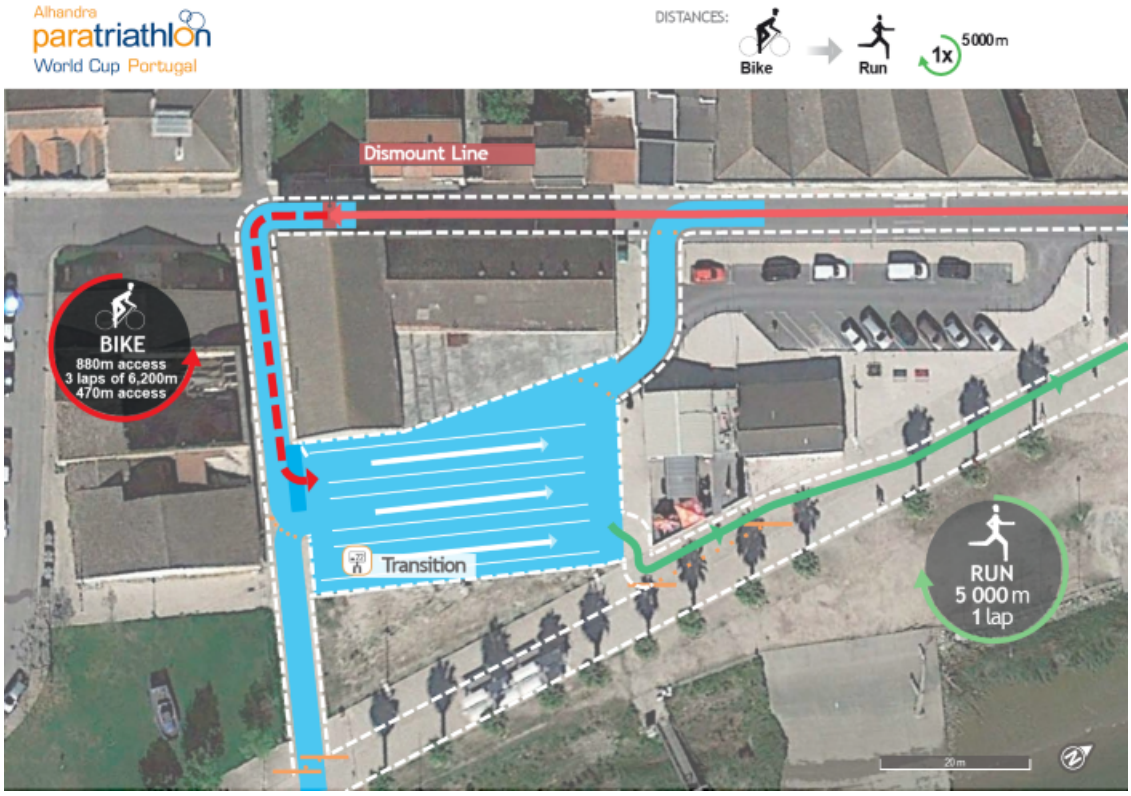
Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Swim
1x
780m
ALHANDRA
Transition
Swim Exit
Start
SWIM
Point to point
780 m
Tagus River
100m

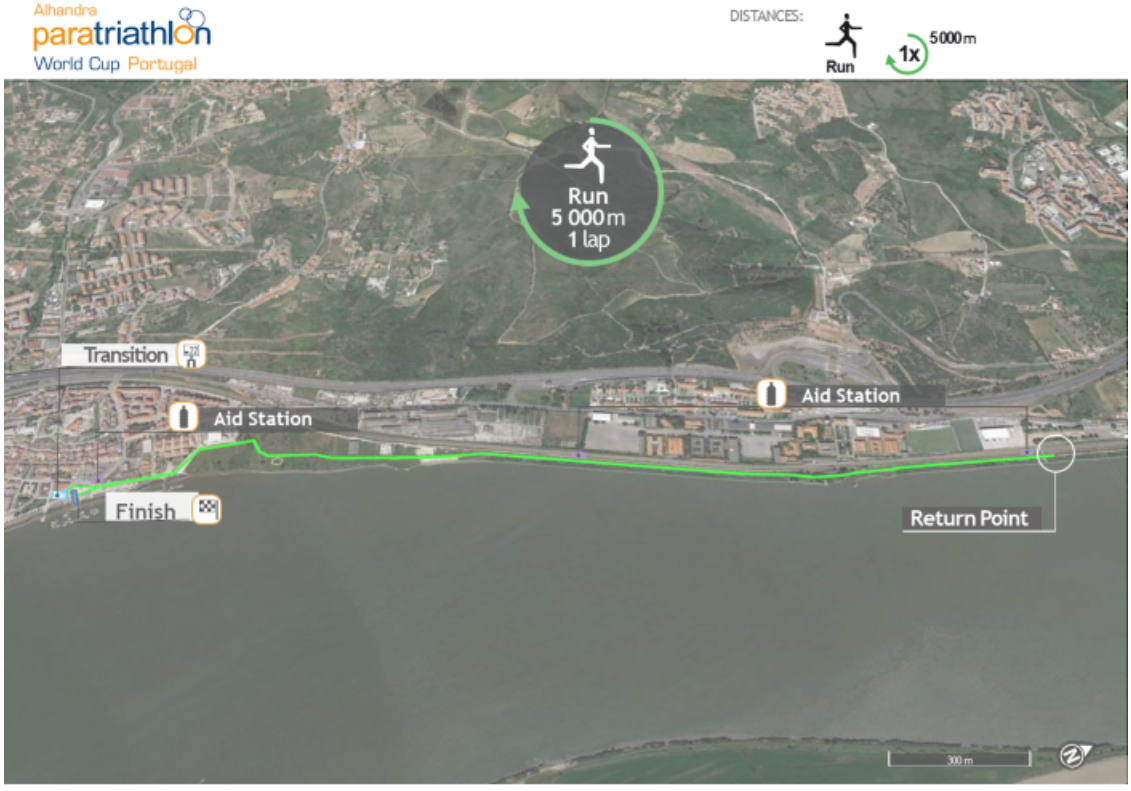
Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Swim
Bike
880m access
3 laps of 6,200m
470m access
Mount Line
Transition
Swim Exit
BIKE
880m access
3 laps of 6,200m
470m access

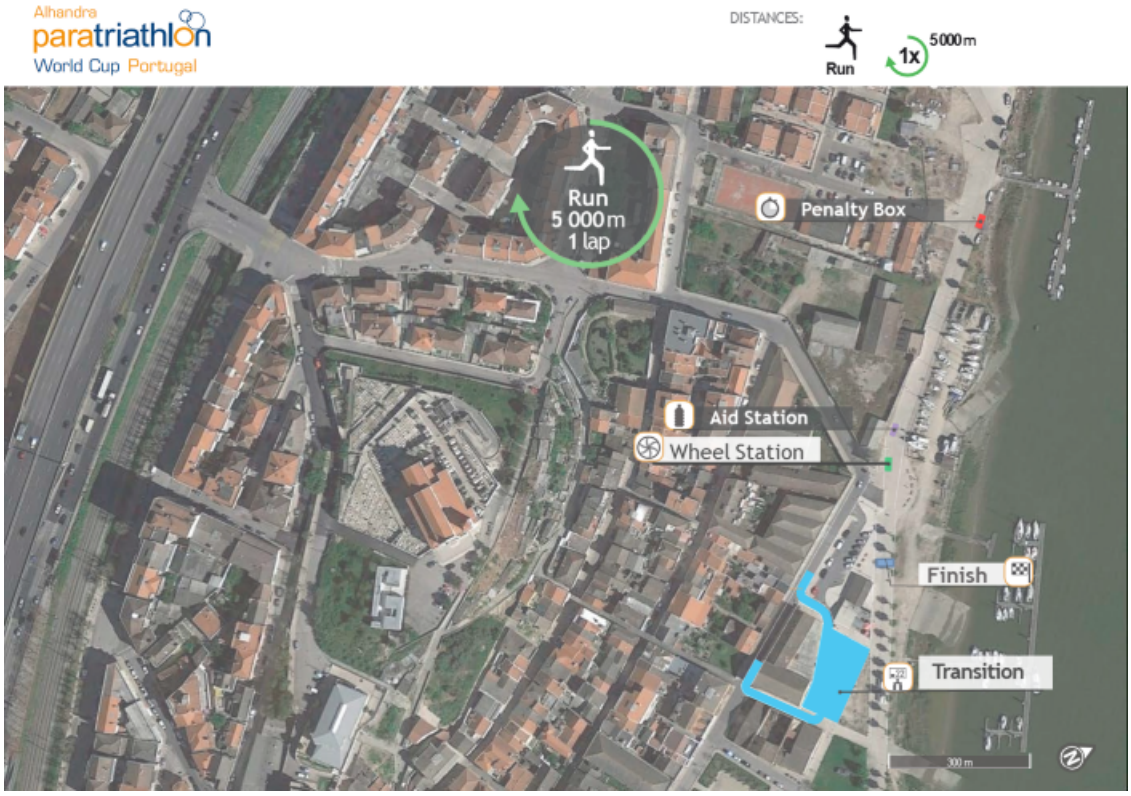
Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Bike
880m access
3 laps of 6,200m
470m access
Wheel Station
ALHANDRA
Mount Line
Transition
BIKE
880m access
3 laps of 6,200m
470m access

Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Bike
880m access
3 laps of 6,200m
470m access
BIKE
880m access
3 laps of 6,200m
470m access
1st Return Point
Wheel Station
Wheel Station
ALHANDRA
Finish
Transition
2nd Return Point
900 m

Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Bike
880m access
3 laps of 6,200m
470m access
Transition
Penalty Box
BIKE
880m access
3 laps of 6,200m
470m access
ALHANDRA
Transition
100 m


Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Bike
Run
1x
5000m
Dismount Line
BIKE
880m access
3 laps of 6,200m
470m access
Transition
RUN
5 000 m
1 lap


Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Run
1x
5000m
Run
5 000 m
1 lap
Transition
Aid Station
Aid Station
Finish
Return Point


Alhandra
paratriathlon
World Cup Portugal
DISTANCES:
Run
1x
5000m
Run
5 000m
1 lap
Penalty Box
Aid Station
Wheel Station
Finish
Transition
300 m

8. Accreditation

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.
Accreditations will be distributed at the Race office.
Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.
All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.
Please send accreditation requests to patricia.pestana@federacao-triatlo.pt

9. General Information

a. *Sunrise/Sunset and tide table*

	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Friday October 29th	08h00	18h39	10h47 3.2	23h47 3.1	04h28 2.1	17h35 2.0
Saturday October 30th	08h01	18h37	12h11 3.3		06h05 2.0	18h55 1.8
Sunday October 31st	07h02	17h36	02h00 3.3	12h18 3.5	06h16 1.8	18h51 1.6

b. *Water Quality tests*

	PH		Entero-cocci		Escherichiacoli E. Coli	
	result	standard	result	standard	result	standard
		6 to 9		<100		<250

c. *Usefull contacts*

Hospital (open 24h) – Hospital de Vila Franca de Xira
Estrada Carlos Lima Costa, nº 2
2600-009 Vila Franca de Xira
Tel. 263 006 500

Emergency support number – 112