TRIATHLON MIXED RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2020
ETU

European Clubs Championships Athletes Guide

vfx Ligações Fortes
CÂMARA MUNICIPAL

European Triathlon Union

FEDERAÇÃO DE TRIATLO PORTUGAL

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

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1. General Information

a. *Key Dates*

Swim course familiarization (Paratriathlon)	Friday, October 9th – 9:00
Swim course familiarization (Med Champs)	Friday, October 9th – 15:45
Paratriathlon World Cup Start	Saturday, October 10th – 10:30
Swim course familiarization (Clubs Champs)	Saturday, October 10th – 12:30
Prize Giving Ceremony	Saturday, October 10th – 13:00
Med Champs Male Start	Saturday, October 10th – 16:30
Med Champs Female Start	Saturday, October 10th – 17:45
Prize Giving Ceremony	Saturday, October 10th – 19:00
Clubs Champs Start (Elite)	Sunday, October 11th – 11:30
Clubs Champs Start (Junior)	Sunday, October 11th – 11:35
Prize Giving Ceremony	Sunday, October 11th – 13:10

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*

ETU Technical Delegate	Pascal Godel	pascalgodel@yahoo.fr
ITU Technical Delegate	Eric Angstadt	
LOC Event Director	Vasco Rodrigues	+351 936753343
LOC Race Director		
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*

European Clubes Championships: 150€ per team

Bank details:
Federação de Triatlo de Portugal
Bank: Caixa Geral de Depósitos
IBAN: PT50 0035 0653 0000 2383 330 08
SWIFT/BIC: CGDIPTPL

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

e. *Pre-event questionnaire*

On the race week all athletes, coaches and team medical should fill in the pre-event questionnaire at:https://docs.google.com/forms/d/1gkxqQZi_82DJ2VNey4xh9b-eALjRIxUJblxqfquBVF8/viewform?edit_requested=true
The pre-event questionnaire must be filled in in order for the athletes to receive their race packages and the coaches to receive their accreditations.

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, Canada, China, South Korea, Georgia, Japan, New Zealand, Rwanda, Thailand, Tunisia, Uruguay) 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 Alhandra event;
- **You need a negative SARS-CoV-2 test within 72 hours of your departure to Portugal**;
- You need a short stay Visa;

- You need to send an email to joao.costa@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 7th

g. *COVId-19 Test in Portugal*

Concerning the Covid-19 actual situation and the different procedures to cross boarders, the Alhandra Organization will be able to guarantee Covid-19 tests to all those who need it.
The laboratory is just 200m from the venue, at Praça 7 de Março, nº28, 2600-477 Alhandra
The results will be available within 48h (most probably 24h) and will have a cost of 120€/per test, paid directly to the clinical analysis laboratory (https://www.germanodesousa.com/)
Those interested in this service need to contact joao.costa@federacao-triatlo.pt and choose the schedule to do it:

- Thursday, October 8th, from 15h to 18h
- Friday, October 9th, from 15h to 18h

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.

a. *Spectators' access*

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

b. Accreditations

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

c. Cleaning protocols on site

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

d. 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 athlete's lounge will be divided in smaller compartments for each teams/delegations and nobody is allowed to enter this compartments besides members of the team/delegation or authorized staff.

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

Each compartment will have a personal storage furniture where all personal items must be stored. Nobody is allowed to leave personal items unattended.

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.

e. 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.

f. Medical Services

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, from 9th to 11th 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.

g. Bike Mechanic Service

This service will be provided as follows:
Race Venue:

Friday, October 9th: 7h30 – 12h00
Saturday, October 10th: 7h30 – 18h30
Sunday, October 11th: 8h30 – 13h00

h. Race Office

The Race Office is located in a tent next to the Athlete's Lounge and is open from Thursday, October 8th, until Sunday, October 11th.

The Race Office will be open in the following hours:

Thursday, October 8th: 9h00 – 12h00 and 15h00 – 19h00
Friday, October 9th: 9h00 – 12h00 and 15h00 – 20h30
Saturday, October 10th: 8h00 – 19h00
Sunday, October 11th: 9h00 – 15h00

a. Race Briefing

Athletes briefing will be pre-recorded and available from Saturday 10th at 6pm under https://www.triathlon.org/about/downloads/category/race_briefings
TD will be available for questions via email pgodel@fftri.com

b. 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.

One designated person from each team will collect the race packages Saturday at 7pm at the Athlete's Lounge

3. Official Hotel

The organization has 3 official hotel and the prices below are valid only until September 8th. 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): 77,50€
Double/Twin room (B&B): 82,50€ (price per room)
Price per meal: 18,00€

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): 67,50€
Double/Twin room (B&B): 72,50€ (price per room)
Price per meal: 18,00€

Hotel Tryp Lisboa Aeroporto

It is located right at the airport, 22km from the venue
https://www.tryplisboaaeroporto.com/

Prices for Hotel Tryp Lisboa Aeroporto are:
Single room (B&B): 99€
Double/Twin room (B&B): 109€ (price per room)
Extra for HB: 25,50€
Extra for FB: 48€

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

Friday, October 9th
8h15: Hotel - arrives at the venue at 8h40
11h30: Venue - arrives at the hotel at 11h50
16h15: Hotel - arrives at the venue at 16h40
20h00: Venue - arrives at the hotel at 20h20

Saturday, October 10th
8h00: Hotel - arrives at the venue at 8h20
11h00: Hotel - arrives at the venue at 11h20
13h30: Venue – arrives at the hotel at 13h50
14h00: Hotel – arrives ate the venue at 14h20
15h00: Hotel – arrives ate the venue at 15h20
19h45: Venue – arrives at the hotel at 20h05

Sunday, October 11th
9h00: Hotel - arrives at the venue at 9h20
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:

João Costa

Email: joao.costa@federacao-triatlo.pt

Phone: +351 961 558 779

Price:

Transfers from Lisbon Airport (both ways):

- 20€ per person (if scheduled until September 25th)
- 30€ per person (if scheduled after September 25th)

Bank details for transfer payment:
Federação de Triatlo de Portugal
Bank: Caixa Geral de Depósitos
IBAN: PT50 0035 0653 0000 2383 330 08
SWIFT/BIC: CGDIPTPL

Receipts send to joao.costa@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 shore the athletes will experience similar water situation that the ones on race day.

Schedule:

Paratriathlon familiarization: Friday, from 9:00 to 10:00

Mediterranean Championships familiarization: Friday, from 15:45 to 16:45

Clubs Championships familiarization: Saturday, from 12:00 to 13:00

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 won't be a bike familiarization schedule. Instead the organization will provide a video of the bike course and the course will be signed from Thursday. The road has a lot of traffic during rush hours (7h-10h and 16h-19h) but it is possible to bike on the road.

The athletes that want to train on the bike course will be at their own risk.

6. Competition Information

a. *Competition Schedule*

Thursday, October 8th

09:00 - 12:00	Race Office	Race Venue
15:00 - 19:00	Race Office	Race Venue

Friday, October 9th

09:00 –10:00	Swim Course Familiarization (Para)	Race Venue
09:00 - 12:00	Race Office	Race Venue
10:30	Paratriathlon Online Briefing	
12:00	Med Champs Online Briefing	
15:00 - 20:30	Race Office	Race Venue
15:45 – 16:45	Swim Course Familiarization (Sprint)	Race Venue
17:00 – 19:00	Paratriathlon Race Package Distribution (see time slots on the specific section of this guide)	Race Office
19:00 – 20:30	Med Champs Race Package Distribution (see time slots on the specific section of this guide)	Race Office

Saturday, October 10th

08:00 - 19:00	Race Office	Race Venue
09:00 – 10:20	Athletes Lounge Check-in	Race Venue
09:15 – 10:00	Transition Area Check-in	Race Venue
09:45 – 10:15	Warm Up	Race Venue
10:30	**Paratriathlon Start**	Race Venue
10:30	PTS5-M Start	Race Venue
10:35	PTVI1-M Start	Race Venue
10:36	PTVI1-W Start	Race Venue
10:38:21	PTVI2/3-M Start	Race Venue
10:39:48	PTVI2/3-W Start	Race Venue
10:45	PTS2/3/4-M Start	Race Venue
10:55	PTS3/4/5-W Start	Race Venue
11:00	PTS2-W Start	Race Venue
11:45	PTWC1-M Start	Race Venue
11:46	PTWC1-W Start	Race Venue
11:48:08	PTWC2-M Start	Race Venue
11:50:04	PTWC2-W Start	Race Venue
12:30 – 13:30	Swim Course Familiarization (Clubs)	Race Venue
13:00	Paratriathlon Medal Ceremony	Race Venue
15:00 – 16:20	Athletes Lounge Check-in (male)	Race Venue
15:15 – 16:00	Transition Area Check-in (male)	Race Venue

15:45 – 16:15	Warm Up (male)	Race Venue
16:30	**Med Champs Male Start**	Race Venue
16:00 – 17:30	Athletes Lounge Check-in (female)	Race Venue
16:45– 17:10	Transition Area Check-in (female)	Race Venue
17:00 – 17:30	Warm Up (female)	Race Venue
17:45	**Med Champs Female Start**	Race Venue
18:00	Clubs Champs Online Briefing	
19:00 – 20:00	Clubs Champs Race Package Distribution (see time slots on the specific section of this guide)	Race Venue
19:00	Med Champs Medal Ceremony	Race Venue

Sunday, October 11th

09:00 - 15:00	Race Office	Race Venue
09:00 - 9:15	Declaration Team Members @Ath.Lounge	Race Venue
10:00 – 11:20	Athletes Lounge Check-in	Race Venue
10:15 – 11:00	Transition Area Check-in	Race Venue
10:45 – 11:15	Warm Up	Race Venue
11:30	**Elite Start**	Race Venue
11:35	**Junior Start**	Race Venue
13:10	Medal Ceremony	Race Venue

b. *Competition Rules*

The "2020 Alhandra ETU Club Triathlon European Championships" will follow the latest published Competition Rules from the International Triathlon Union.

c. *Prize money distribution*

Mixed Team Relay

1st.	3,750 EUR
2nd.	3,000 EUR
3rd.	2,250 EUR
4th.	1,500 EUR
5th.	1,200 EUR
6th.	1,050 EUR
7th.	900 EUR
8th.	600 EUR
9th.	450 EUR
10th.	300 EUR

d. *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.

e. 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

f. 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. In the starting line athletes must stand in a 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.

The athletes are required to leave their last-minute gear at Athletes' Lounge.

c. Swim Course

The swim takes place in the Tagus River.

It consists in a 250m lap, with 2 buoys.

The first buoy is 80m from the start

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

d. Bike Course

The bike course consists of 1 lap of 6,75km that are very quick and fast but also tricky, with some narrow roads and 180º turns.

e. Wheel Station

There will be 1 wheel station on the bike course.

It will be at the entrance of the N10 road.

- 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 1,7km run course extends itself along the river banks and is totally flat.

g. Relay zone

The relay zone is situated in the finish straight.

After the relay the athletes must run to the pontoon start and dive into the water.

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.

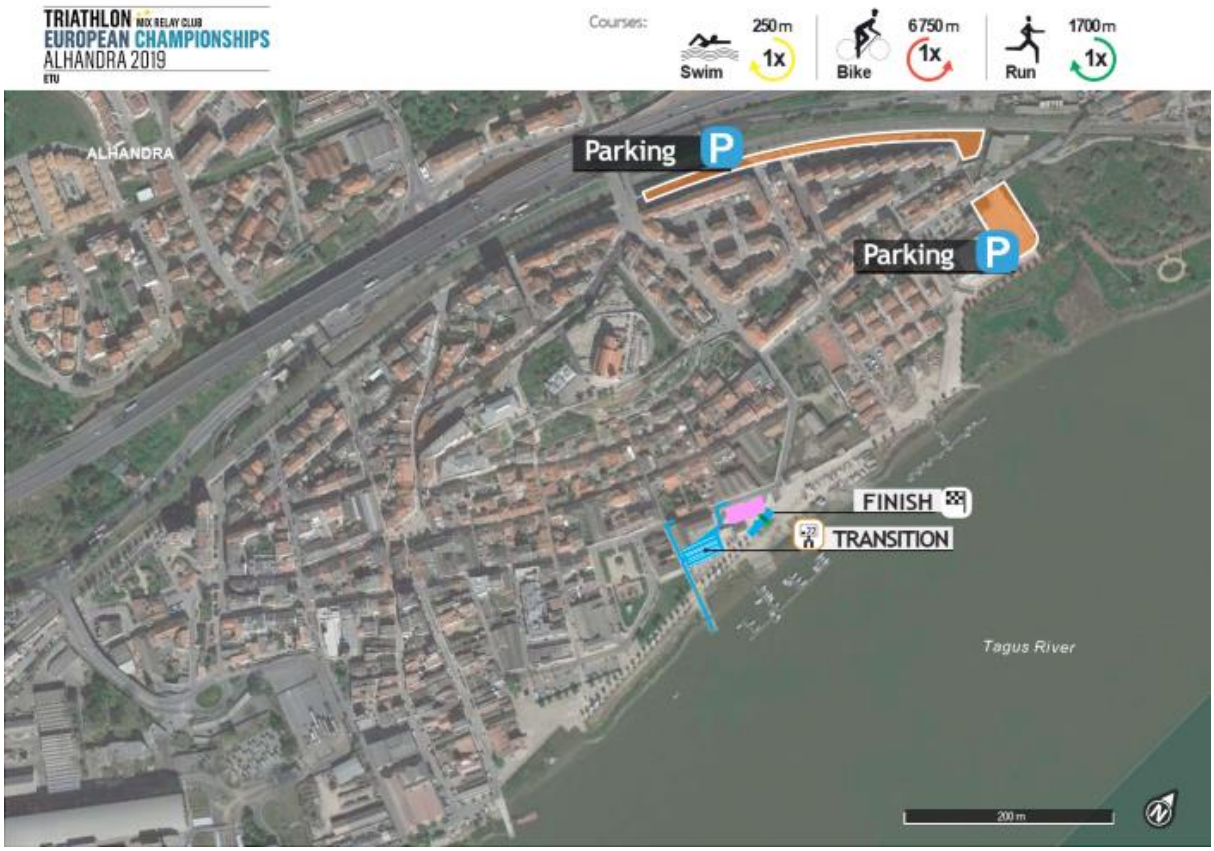
Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves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

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

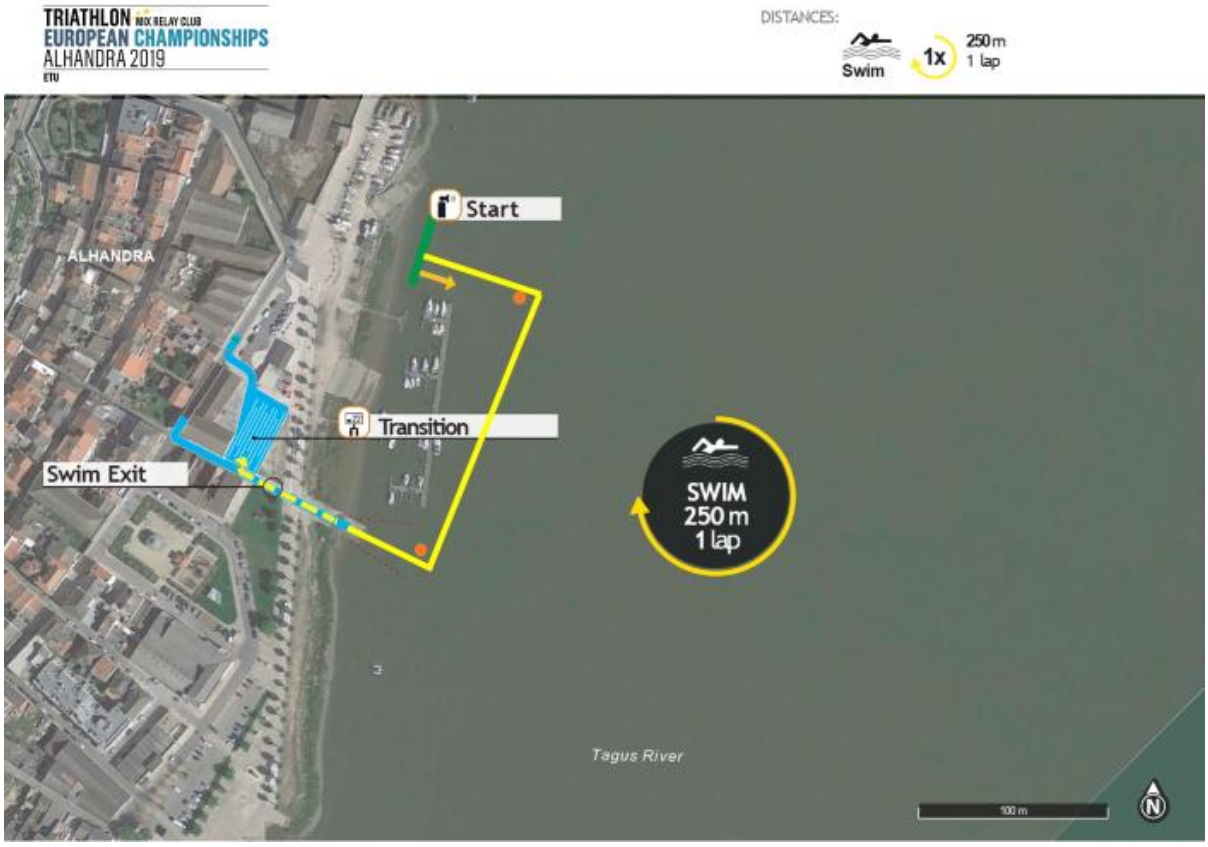
j. Medal Ceremonies

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. Courses



TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
Courses:
Swim
250m
1x
Bike
6750m
1x
Run
1700m
1x
ALHANDRA
Race Office
Recovery Zone
Relay Zone
Acess to start
Transition
Finish
Start
Tagus River
40m
N


TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
DISTANCES:
Swim
1x
250m
1 lap
ALHANDRA
Start
Transition
Swim Exit
SWIM
250 m
1 lap
Tagus River
100 m
N

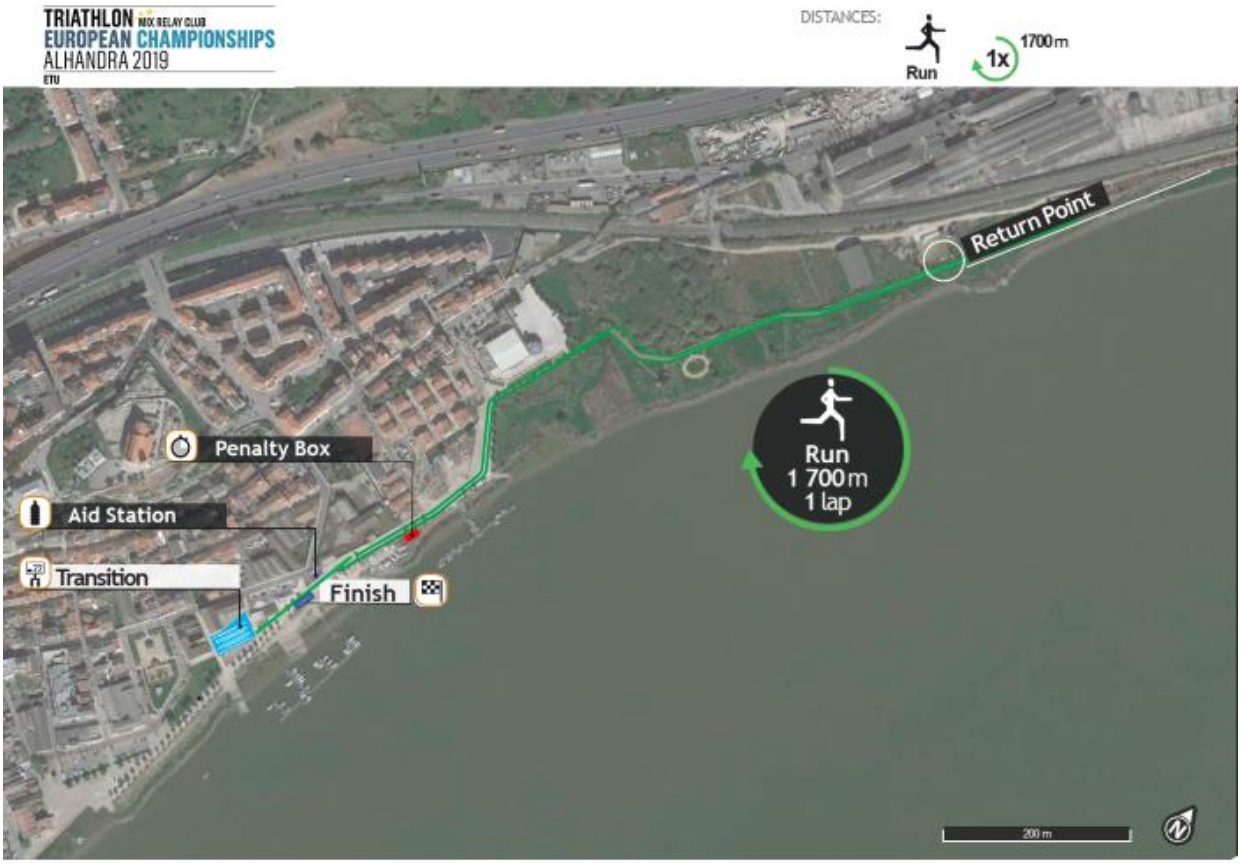
TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
DISTANCES:
Swim
Bike
1x 6750 m
Mount Line
BIKE
6 750m
1 lap
Transition
Swim Exit

TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
DISTANCES:
Bike
1x 6750 m
Wheel Station
BIKE
6 750m
1 lap
ALHANDRA
Mount Line
Transition

TRIATHLON MIX. RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
DISTANCES:
Bike
1x 6750 m
BIKE
6 750m
1 lap
1st Return Point
Wheel Station
ALHANDRA
Finish
Transition
2nd Return Point
900 m

TRIATHLON MIXED RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2020
ETU
DISTANCES:
Bike
1x 6750 m
Transition
BIKE
6 750m
1 lap
N10
ALHANDRA
Dismount Line
Transition
100 m

TRIATHLON MIXED RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2020
ETU
DISTANCES:
Bike
Run
1x
1700m
Dismount Line
BIKE
6 750m
1 lap
Transition
RUN
1700m
1 lap


TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019
ETU
DISTANCES:
Run
1x
1700m
Return Point
Penalty Box
Aid Station
Transition
Finish
Run
1 700m
1 lap

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 joao.costa@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 9th	07h40	19h05	8h59 3.3	21h41 3.1	02h54 1.8	15h33 1.8
Saturday October 10th	07h41	19h04	10h11 3.2	23h09 3.1	04h01 2.0	16h59 1.9
Sunday October 11 th	07h42	19h02	11h42 3.3		05h35 2.0	18h32 1.8

b. *Water Quality tests*

	PH		Entero-cocci		Escherichiacoli E. Coli	
	result	standard	result	standard	result	standard
September 11 th	7,4	6 to 9	15	<100	120	<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