XII triathlon
ITU triathlon european cup

06 Abril  
april
Sábado Saturday
Taça da Europa ITU triathlon european cup
13h45 Elite Feminina Woman Elite
16h30 Elite Masculina Man Elite

07 Abril  
april
Domingo Sunday
Taça da Europa Juniores ITU triathlon european cup
08h45 Junior Feminina Woman Elite
10h00 Junior Masculina Man Elite

Campeonato Nacional Clubes nacional club championship
11h30 Elite Masculina e Feminina Man and Woman Elite
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1. General Information

\[a. \textbf{Key Dates}\]

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike course familiarization</td>
<td>Friday, April 5th – 10:00</td>
</tr>
<tr>
<td>Swim course familiarization</td>
<td>Friday, April 5th – 11:00</td>
</tr>
<tr>
<td>Press Conference</td>
<td>Friday, April 5th – 12:30</td>
</tr>
<tr>
<td>Race Briefing Elite</td>
<td>Friday, April 5th – 17:00</td>
</tr>
<tr>
<td>Race Briefing Junior</td>
<td>Friday, April 5th – 17:30</td>
</tr>
<tr>
<td>Elite Women Start</td>
<td>Saturday, April 6th – 13:45</td>
</tr>
<tr>
<td>Elite Men Start</td>
<td>Saturday, April 6th – 16:30</td>
</tr>
<tr>
<td>Prize Giving Ceremony</td>
<td>Saturday, April 6th – 18:40</td>
</tr>
<tr>
<td>Junior Women Start</td>
<td>Sunday, April 7th – 8:45</td>
</tr>
<tr>
<td>Junior Men Start</td>
<td>Sunday, April 7th – 10:00</td>
</tr>
<tr>
<td>Prize Giving Ceremony</td>
<td>Sunday, April 7th – 11:15</td>
</tr>
</tbody>
</table>

\[\textbf{Race Office and Pasta Party}\]

The Race Office and Pasta Party will take place in the events’ official Hotel: Hotel Dom José
Av. Infante de Sagres 143
8125-157 Quarteira

\[\textbf{Race Briefing}\]

The Race Briefing will take place in “Junta de Freguesia de Quarteira”:
Junta de Freguesia de Quarteira
Rua Vasco da Gama, n\º 85 - r/c
8125-256 QUARTEIRA
b. **Key Contacts**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITU Technical Delegate</td>
<td>Jesus Garrido</td>
<td>+34 657 270 182</td>
</tr>
<tr>
<td>LOC Event Director</td>
<td>Mário Sebastião</td>
<td>+351 962 021 809</td>
</tr>
<tr>
<td>LOC Race Director</td>
<td>Vasco Rodrigues</td>
<td>+351 913 086 399</td>
</tr>
<tr>
<td>LOC Office and Travel Manager</td>
<td>Vasco Rodrigues</td>
<td>+351 913 086 399</td>
</tr>
<tr>
<td>LOC Media Manager</td>
<td>David Vaz</td>
<td>+351 932 202 008</td>
</tr>
</tbody>
</table>


c. **Event Organiser**

**Câmara Municipal de Loulé**

Praça da República  
8100-270 Loulé  
[www.cm-loule.pt](http://www.cm-loule.pt)  
msebastiao@CM-LOULE.PT

**Junta de Freguesia de Quarteira**

Rua Vasco da Gama, n° 85 - r/c  
8125-256 Quarteira  
[www.jf-quarteira.pt](http://www.jf-quarteira.pt)  
quarteira@jf-quarteira.pt

**Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B  
2760-128 Caxias – Portugal  
[www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)  
vasco.rodrigues@federacao-triatlo.pt
2. Venue

   a. **Venue**
   The Race Venue is located in Quarteira, Loulé, with the swimming taking place at Quarteira’s beach, right in front of the Official Hotel.

   b. **Athletes Lounge**
   At the Race Venue the athletes’ lounge provides toilets, water, fruits, energy drinks and massages for the athletes before and after competition.

   c. **Doping Control**
   Doping control will take place in the Official Hotel and according to Portugal’s anti doping rules. The athletes must carry their identification to the doping control facilities.

   d. **Medical Services**
   First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, on March 30th and March 31st, before & during competition hours.
   Medical and paramedic personnel from Loule’s Civil Protection will be available throughout competition times.
   Several ambulances will be available to provide emergency transfer to hospital. A Medical Tent will also be provided on site at the finish area.

   e. **Bike Mechanic Service**
   “RBikes” will be our partner regarding the Mechanic Support. This service will be provided as follows:
   Race Office in Hotel Dom Jose:
   Thursday, April 4th: 14h00 – 16h00
   Race Venue:
   Friday, April 5th: 8h30 – 11h30
   Saturday, April 6th: 10h00 – 12h00 and 13h00 – 15h00

   f. **Race Office**
   The Race Office is located at the official Hotel – Hotel Dom José – and is open from Thursday, April 4th until Saturday, April 6th.
   The Race Office will be open in different periods and you can find the schedule in page 10.
3. Official Hotel

The Official Hotel of the “2013 Quarteira ITU Triathlon European Cup” is Hotel Dom José which is 100m from the venue.

**Adress:** Hotel Dom José  
Av. Infante de Sagres 143  
8125-157 Quarteira

**Phone:** +351 289 310 210  
**Fax:** +351 289 302 755  
**Email:** susana.modesto@hoteldomjose.com  
**URL:** www.hoteldomjose.com

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**a. Location**

![Location Map]

**b. Hotel Information**

For reservations or more information on the Hotel, please contact:

**Susana Modesto**  
**Email:** susana.modesto@hoteldomjose.com  
**Phone:** +351 289 310 210

**Vasco Rodrigues**  
**Email:** vasco.rodrigues@federacao-triatlo.pt  
**Phone:** +351 913 086 399
c. **Special Package**

*3 nights in single room*

- B&B = 111,00€
- Half board = 144,00€
- Full board = 177,00€

*3 nights in double room*

- B&B = 141,00€
- Half board = 207,00€
- Full board = 273,00€
4. Airport Transfers

The LOC will provide transportation from Faro’s Airport for the athletes and their Team Officials.
If you have any Transfer queries please contact:

- **Vasco Rodrigues**
- **Email**: vasco.rodrigues@federacao-triatlo.pt
- **Phone**: +351 913 086 399

**Price:**
- 40€ per person (if scheduled until March 29)
- 60€ per person (if scheduled after March 29)
5. Training

\[ \text{a. Training Sessions in the Swimming Pool and in the track and field stadium} \]

Pre-competition swimming and running training and sauna is possible in Quarteira’s Municipal Pool and Stadium, from April 1st to April 5th, from 8:00 to 20:00.

The use of this facility must be scheduled with:

\[ \text{Vasco Rodrigues} \]

\[ \text{Email: vasco.rodrigues@federacao-triatlo.pt} \]

\[ \text{Phone: +351 913 086 399} \]

\[ \text{Location:} \]

Walking from the hotel will take approximately 15 minutes.

Free entrance to athletes and coaches with accreditation bracelets.

\[ \text{b. Bike Training} \]

Although the streets are open to traffic, they are quite large and there is not too much traffic during the week so it is possible to cycle in the race circuit.

In this area you can find a lot of nice roads to cycle, with little traffic. The region is not too hilly, unless you head for the interior, where you will find less cars but hilly roads.

The route is not closed to traffic and you are cycling at your own risk.
c. **Run Training**

The foot walk near the sea is the most suitable place to train and it is where the event will take place.

d. **Course Familiarization**

**Swim**

You will be able to have a swimming course familiarization in the Race “arena” on Friday, April 5th from 11:00 to 11:30.

During the swimming course familiarization there will be lifeguards and medical service available. You are swimming at your own risk.

**Please note:** It is forbidden to swim outside the boys at any time – for safety reasons!

**Bike**

There will be a bike course familiarization on Friday, April 5th from 10:00 to 11:00. 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, April 4th</td>
<td>9:00 - 12:00</td>
<td>Race Office</td>
</tr>
<tr>
<td></td>
<td>15:00 - 19:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>Friday, April 5th</td>
<td>09:00 - 12:00</td>
<td>Race Office</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Bike Course Familiarization</td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td>Swim Course Familiarization</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>Press Conference</td>
</tr>
<tr>
<td></td>
<td>15:00 - 19:00</td>
<td>Race Office</td>
</tr>
<tr>
<td></td>
<td>17:00</td>
<td>Race Briefing Elite</td>
</tr>
<tr>
<td></td>
<td>17:30</td>
<td>Race Briefing Junior</td>
</tr>
<tr>
<td>Saturday, April 6th</td>
<td>09:00 - 12:00</td>
<td>Race Office</td>
</tr>
<tr>
<td></td>
<td>12:40– 13:15</td>
<td>Body Marking (Women)</td>
</tr>
<tr>
<td></td>
<td>12:45– 13:30</td>
<td>Transition Area open (Women)</td>
</tr>
<tr>
<td></td>
<td>13:10– 13:30</td>
<td>Warm Up (Women)</td>
</tr>
<tr>
<td></td>
<td>13:45</td>
<td><strong>Women Elite Start</strong></td>
</tr>
<tr>
<td></td>
<td>13:55– 14:35</td>
<td>Body Marking (Men)</td>
</tr>
<tr>
<td></td>
<td>14:10– 14:55</td>
<td>Transition Area open (Men)</td>
</tr>
<tr>
<td></td>
<td>15:50– 16:10</td>
<td>Warm Up (Men)</td>
</tr>
<tr>
<td></td>
<td>16:30</td>
<td><strong>Men Elite Start</strong></td>
</tr>
<tr>
<td></td>
<td>18:40</td>
<td>Medal Ceremony</td>
</tr>
<tr>
<td></td>
<td>18:00 - 20:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>Sunday, April 7th</td>
<td>07:30 - 12:00</td>
<td>Race Office</td>
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<tr>
<td></td>
<td>7:45 – 8:30</td>
<td>Body Marking (Women and Men)</td>
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<td></td>
<td>7:45 – 8:30</td>
<td>Transition Area open (Women and Men)</td>
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<tr>
<td></td>
<td>8:15– 8:30</td>
<td>Warm Up (Women)</td>
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<tr>
<td></td>
<td>8:45</td>
<td><strong>Women Junior Start</strong></td>
</tr>
<tr>
<td></td>
<td>9:30– 9:45</td>
<td>Warm Up (Men)</td>
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<tr>
<td></td>
<td>10:00</td>
<td><strong>Men Junior Start</strong></td>
</tr>
<tr>
<td></td>
<td>11:15</td>
<td>Medal Ceremony</td>
</tr>
</tbody>
</table>

   b. Competition Rules

The “2013 Quarteira ITU Triathlon European Cup” will follow the latest published Competition Rules from the International Triathlon Union.
c. **Prize money distribution**

**Elite men and women**

<table>
<thead>
<tr>
<th>Place</th>
<th>Prize</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st.</td>
<td>1,565 EUR</td>
</tr>
<tr>
<td>2nd.</td>
<td>1,250 EUR</td>
</tr>
<tr>
<td>3rd.</td>
<td>940 EUR</td>
</tr>
<tr>
<td>4th.</td>
<td>625 EUR</td>
</tr>
<tr>
<td>5th.</td>
<td>500 EUR</td>
</tr>
<tr>
<td>6th.</td>
<td>435 EUR</td>
</tr>
<tr>
<td>7th.</td>
<td>375 EUR</td>
</tr>
<tr>
<td>8th.</td>
<td>250 EUR</td>
</tr>
<tr>
<td>9th.</td>
<td>185 EUR</td>
</tr>
<tr>
<td>10th.</td>
<td>125 EUR</td>
</tr>
</tbody>
</table>

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d. **Information about the Race**

**Start**

The start area is in Quarteira’s Beach.

The race will start in the beach, with a short run to the water. In the starting line athletes must stand in a starting position approximately 75cm wide. The Race 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.

**Swim Course**

The swim takes place in the Atlantic Ocean with a run start from the beach.

In the Elite Event the athletes must complete 2 laps of 750m each before exiting the water.

In the Junior Event the athletes must complete 1 lap of 750m each before exiting the water.

The water temperature is expected to be 19°C – 20°C.

**Bike Course**

The 6,67km bike lap is very quick and fast, with just one short steep climb and 3 180° narrow turns.

There are 6 laps for the Elite Race and 3 laps for the Junior Race.

**Wheel Station**

There will be one wheel station on the bike course situated at the 100m away from the Transition Area, in a central point where the athletes pass 4 times each lap.

This will station won’t have spare wheels so the athletes must bring their own wheels.

**Run Course**

The 2,5km run course extends itself along the sea in a side walk, with a small incursion to a residential street at the end. The athletes run in opposite directions.

There are 4 laps for the Elite Race and 2 laps for the Junior Race and the pavement is a mixture of cement and pavet.

The athletes must run on their left.
**Aid stations**
There will be two aid stations on the run course. Closed bottles of sealed water and cups with energy drink from our sponsor (Gold Nutrition) will be handed out.

*e. Weather Conditions*
Weather temperature is quite nice this time of the year. The temperatures can go from 15ºC to 25ºC. The weather is usually sunny but windy in the afternoon.

*f. Results*
Results will be uploaded live at the FTP’s official website: www.federacao-triatlo.pt
All the Results information will be distributed to the Team Leaders at the LOC Information Office.

*g. Protests and Appeals*
Standard procedures will be followed according to the ITU Competition Rules.

*h. Elite Course Maps*
Athlete’s Event Guide

Running Circuit
4 laps
2,5km per lap
- Initial Tram
- Circuit
- Final Tram
- ChampionChip
- Ambulance
- Transition

Water
i. **Junior Course Maps**

### Swimming Circuit
1 lap - 750m
- Start
- Circuit
- Bouy
- Inflatable arch
- Security fence
- Showers
- Transition
- Time control

### Bike Circuit
3 laps
6.67km per lap
- Circuit
- Transition
- ChampionChip
- Wheel Stop
- Ambulance
Running Circuit
2 laps
2,5km per lap
- Initial Tram
- Circuit
- Final Tram
- ChampionChip
- Ambulance
- Transition

Water
7. Accreditation

LOC will provide to all the Athletes, Coaches, Technical Officials, Journalists, etc with an official accreditation card according to the ITU Event Operational and Technical Requirements. Accreditation cards for Athletes and Coaches will be handed out from the LOC Office. Only accredited persons will be allowed to access certain venue areas. Accreditation cards provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

a. Training facilities access

In order to enter the swimming pool and the athletics’ track athletes and coaches should carry and show their accreditation cards.
8. General Information

a. **Sunrise/Sunset and tide table**

<table>
<thead>
<tr>
<th></th>
<th>Sunrise</th>
<th>Sunset</th>
<th>High Tide (hour and height)</th>
<th>Low Tide (hour and height)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>07h21</td>
<td>20h00</td>
<td>06h52 3.12 19h16 3.11</td>
<td>00h16 0.68 12h37 0.88</td>
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<tr>
<td>Tuesday</td>
<td>07h20</td>
<td>20h01</td>
<td>07h51 2.90 20h21 2.94</td>
<td>01h11 0.91 13h35 1.13</td>
</tr>
<tr>
<td>Wednesday</td>
<td>07h18</td>
<td>20h02</td>
<td>09h05 2.73 21h40 2.85</td>
<td>02h23 1.11 14h54 1.31</td>
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<tr>
<td>Thursday</td>
<td>07h17</td>
<td>20h03</td>
<td>10h31 2.68 23h02 2.88</td>
<td>03h59 1.19 16h33 1.33</td>
</tr>
<tr>
<td>Friday</td>
<td>07h15</td>
<td>20h04</td>
<td>11h49 2.78 -</td>
<td>05h28 1.10 17h52 1.19</td>
</tr>
<tr>
<td>Saturday</td>
<td>07h14</td>
<td>20h05</td>
<td>00h13 3.01 12h49 2.94</td>
<td>06h30 0.95 18h49 1.00</td>
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<tr>
<td>Sunday</td>
<td>07h12</td>
<td>20h06</td>
<td>01h09 3.17 13h37 3.10</td>
<td>07h20 0.79 19h35 0.82</td>
</tr>
</tbody>
</table>

b. **Pharmacies**

**Farmácia Algarve**
Rua Dr. José Joaquim Soares, 14
8125-209 Quarteira
Tel.: 289314884

**Farmácia Maria Paula**
Avenida Carlos Mota Pinto, LOJA – 1
8125-105 Quarteira
Tel.: 289313137

c. **Usefull contacts**

**Loule´s Health Center** (open 24h) – 00 351 289 401 000

**Faro’s Hospital** (open 24h) – 00 351 289 891 100

**Emergency support number** – 112