European Triathlon Club Mixed Relay Championships
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1. General Information

a. Key Dates

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<thead>
<tr>
<th>Event</th>
<th>Date and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covid-19 Antigenic Test</td>
<td>Friday, October 29th – 8:00 – 10:00</td>
</tr>
<tr>
<td>Swim course familiarization</td>
<td>Friday, October 29th – 10:15 – 11:15</td>
</tr>
<tr>
<td>Bike course familiarization</td>
<td>Friday, October 29th – 11:30 – 12:30</td>
</tr>
<tr>
<td>Online Briefing</td>
<td>Friday, October 29th – 16:30</td>
</tr>
<tr>
<td>Race Package Distribution</td>
<td>Saturday, October 30th – 14:30 – 15:30</td>
</tr>
<tr>
<td>Clubs Champs Start (Elite)</td>
<td>Sunday, October 31st – 11:45</td>
</tr>
<tr>
<td>Clubs Champs Start (Junior)</td>
<td>Sunday, October 31st – 11:50</td>
</tr>
<tr>
<td>Prize Giving Ceremony</td>
<td>Sunday, October 31st – 13:20</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>ETU Technical Delegate</td>
<td>Pascal Godel</td>
</tr>
<tr>
<td>ITU Technical Delegate</td>
<td>Eric Angstadt</td>
</tr>
<tr>
<td>LOC Event Director</td>
<td>Vasco Rodrigues</td>
</tr>
<tr>
<td>LOC Race Director</td>
<td>Hugo Nalha</td>
</tr>
<tr>
<td>LOC Office and Travel Manager</td>
<td>João Costa</td>
</tr>
<tr>
<td>LOC Media Manager</td>
<td>Isabel Pinto da Costa</td>
</tr>
<tr>
<td>LOC Medical Director</td>
<td></td>
</tr>
</tbody>
</table>

Race Office and COVID Office


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 Clubs Championships: 200€ per team**

**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;
- All athletes must submit a pre-travel medical certificate through the World Triathlon registration system according to the specifications listed in the World Triathlon COVID-19 guidelines;
- 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/](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/](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

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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:

<table>
<thead>
<tr>
<th>Covid-19 Antigenic Test</th>
<th>Friday, October 29th – 8h00-10h00</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:20</td>
<td>FRA</td>
</tr>
<tr>
<td>8:20-8:40</td>
<td>ESP</td>
</tr>
<tr>
<td>8:40-9:00</td>
<td>CAN, CZE, GER, HUN, KGZ, JPN, UAE, USA, CYP</td>
</tr>
<tr>
<td>9:00-9:20</td>
<td>IRL, NED, GBR</td>
</tr>
<tr>
<td>9:20-9:40</td>
<td>RSA, BEL, FIN, LUX</td>
</tr>
<tr>
<td>9:40-10:00</td>
<td>POR</td>
</tr>
</tbody>
</table>
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/](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:
<table>
<thead>
<tr>
<th>Categories</th>
<th>Pre-event questionnaire</th>
<th>Process before traveling</th>
<th>Medical certificate before travelling</th>
<th>COVID-19 test at event</th>
<th>Daily health screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elite athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>U23 athletes</td>
<td>In case of stand alone event only</td>
<td>In case of stand alone event only</td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>Junior athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>Para triathlon athletes/ personal handlers/ guides</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>Youth athletes</td>
<td>n/a</td>
<td></td>
<td>Respect the travel regulations set by the host country</td>
<td>Follow public health request</td>
<td>yes</td>
</tr>
<tr>
<td>AG athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>Coaches/team medical/ support NF personnel</td>
<td>In case of stand alone event only</td>
<td>In case of stand alone event only</td>
<td></td>
<td>In case of stand alone event only</td>
<td>yes</td>
</tr>
<tr>
<td>TDs /ITOs/NTOs/ Competition Jury</td>
<td>In case of stand alone event only</td>
<td></td>
<td></td>
<td>yes for the ones in close contact with the athletes; the others follow public health request</td>
<td>yes</td>
</tr>
<tr>
<td>IF/Continental Federation Delegations</td>
<td>In case of stand alone event only</td>
<td></td>
<td></td>
<td></td>
<td>yes</td>
</tr>
<tr>
<td>LOC/ Contractors</td>
<td>Follow public health request</td>
<td></td>
<td></td>
<td>Follow public health request</td>
<td>yes</td>
</tr>
<tr>
<td>Para triathlon swim exit assistants</td>
<td>In case of stand alone event only</td>
<td></td>
<td></td>
<td>In case of stand alone event only</td>
<td>yes</td>
</tr>
</tbody>
</table>
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 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.

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

h. **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:
Athletes’ Guide

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

a. Race Briefing
Athletes briefing will be virtual and it will take place on Friday, 29th of October, at 16:30 local time. Please register for the athletes’ briefing under:
https://us02web.zoom.us/webinar/register/WN_3qpZk7MoRwis7jXlshn0fg
The recording of the briefing and the presentation will be available after the session here.

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 14:30 at the Race Office.
3. Official Hotel

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/](https://leziriaparquehotel.pai.pt/)

**Prices for the Lezíria Parque Hotel are:**

- Single room (B&B): 70,00€
- Double/Twin room (B&B): 80,00€ (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.  

**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 at 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 shore the athletes will experience similar water situation that the ones on race day.
      Schedule:
      Paratriathlon familiarization: Friday, from 10:15 to 11:15
      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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 12:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>15:00 - 19:00</td>
<td>Race Venue</td>
</tr>
</tbody>
</table>

**Friday, October 29th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00 – 10:00</td>
<td>Covid 19 Antigenic Test</td>
</tr>
<tr>
<td>08:00 - 12:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>10:15 - 11:15</td>
<td>Swim Course Familiarization</td>
</tr>
<tr>
<td>11:30 – 12:30</td>
<td>Bike Course Familiarization</td>
</tr>
<tr>
<td>13:00</td>
<td>Press conference</td>
</tr>
<tr>
<td>15:00 - 19:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>15:30</td>
<td>Paratriathlon Online Briefing</td>
</tr>
<tr>
<td>16:30</td>
<td>Clubs Champs Online Briefing</td>
</tr>
<tr>
<td>16:30 – 18:00</td>
<td>Paratriathlon Race Package Distribution</td>
</tr>
<tr>
<td>(see time slots on the specific section of this guide)</td>
<td></td>
</tr>
<tr>
<td>17:00 – 18:00</td>
<td>Swim Course Familiarization (optional)</td>
</tr>
</tbody>
</table>

**Saturday, October 30th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 19:00</td>
<td>Race Office</td>
</tr>
<tr>
<td>10:30 – 11:50</td>
<td>Athletes Lounge Open</td>
</tr>
<tr>
<td>10:45 – 11:30</td>
<td>Transition Area open</td>
</tr>
<tr>
<td>11:15 – 11:45</td>
<td>Warm Up</td>
</tr>
<tr>
<td>12:00</td>
<td><strong>Paratriathlon Start (PTS5-M)</strong></td>
</tr>
<tr>
<td>12:05</td>
<td>PTS2/3/4 -M Start</td>
</tr>
<tr>
<td>12:50</td>
<td>PTWC1-M Start</td>
</tr>
<tr>
<td>12:51</td>
<td>PTWC1-W Start</td>
</tr>
<tr>
<td>12:53:08</td>
<td>PTWC2-M Start</td>
</tr>
<tr>
<td>12:55:04</td>
<td>PTWC2-W Start</td>
</tr>
<tr>
<td>14:30</td>
<td>Paratriathlon Medal Ceremony</td>
</tr>
<tr>
<td>14:30 – 15:30</td>
<td>Clubs Race Package Distribution</td>
</tr>
<tr>
<td>15:30 – 16:50</td>
<td>Athletes Lounge Open</td>
</tr>
<tr>
<td>15:45 – 16:30</td>
<td>Transition Area open</td>
</tr>
<tr>
<td>16:15 – 16:45</td>
<td>Warm Up</td>
</tr>
<tr>
<td>17:00</td>
<td><strong>Paratriathlon Start (PTVI1-M)</strong></td>
</tr>
<tr>
<td>17:01</td>
<td>PTVI1-W Start</td>
</tr>
<tr>
<td>17:03:21</td>
<td>PTVI2/3-M Start</td>
</tr>
<tr>
<td>17:04:48</td>
<td>PTVI2/3-W Start</td>
</tr>
<tr>
<td>17:10</td>
<td>PTS2/3/4-W Start</td>
</tr>
</tbody>
</table>
18:30   Paratriathlon Medal Ceremony   Race Venue

**Sunday, October 31st**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
<tr>
<td>10:15</td>
<td>Athletes Lounge Open</td>
<td>Race Venue</td>
</tr>
<tr>
<td>10:45</td>
<td>Transition Area open</td>
<td>Race Venue</td>
</tr>
<tr>
<td>11:00</td>
<td>Warm Up</td>
<td>Race Venue</td>
</tr>
<tr>
<td>11:45</td>
<td><strong>Elite Start</strong></td>
<td>Race Venue</td>
</tr>
<tr>
<td>11:50</td>
<td><strong>Junior Start</strong></td>
<td>Race Venue</td>
</tr>
<tr>
<td>13:10</td>
<td>Medal Ceremony</td>
<td>Race Venue</td>
</tr>
</tbody>
</table>

**b. Competition Rules**

The “2021 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 12°C to 25°C. 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 180° 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 on the beginning of the run course.
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**
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**

<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>Friday</td>
<td>08h00</td>
<td>18h39</td>
<td>10h47 3.2</td>
<td>04h28 2.1</td>
</tr>
<tr>
<td>October 29th</td>
<td></td>
<td></td>
<td>23h47 3.1</td>
<td>17h35 2.0</td>
</tr>
<tr>
<td>Saturday</td>
<td>08h01</td>
<td>18h37</td>
<td>12h11 3.3</td>
<td>06h05 2.0</td>
</tr>
<tr>
<td>October 30th</td>
<td></td>
<td></td>
<td>06h05 2.0</td>
<td>18h55 1.8</td>
</tr>
<tr>
<td>Sunday</td>
<td>07h02</td>
<td>17h36</td>
<td>02h00 3.3</td>
<td>06h16 1.8</td>
</tr>
<tr>
<td>October 31st</td>
<td></td>
<td></td>
<td>12h18 3.5</td>
<td>18h51 1.6</td>
</tr>
</tbody>
</table>

b. **Water Quality tests**

<table>
<thead>
<tr>
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<th>PH</th>
<th>Entero-cocci</th>
<th>Escherichiacoli E. Coli</th>
</tr>
</thead>
<tbody>
<tr>
<td>result</td>
<td>standard</td>
<td>result</td>
<td>standard</td>
</tr>
<tr>
<td>6 to 9</td>
<td></td>
<td>&lt;100</td>
<td>&lt;250</td>
</tr>
</tbody>
</table>

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