

ATHLETES GUIDE

World Triathlon Olympic Qualification

World Triathlon Cup

Lisbon, 21-23 May 2021



Be your
extraordinary



World Triathlon
Olympic Qualification
Mixed Relay
LISBON 2021



World Triathlon
Cup
LISBON
2021





Table of Contents

1. GENERAL INFORMATION	3
a. Key Dates	3
b. Key Contacts	4
c. Event Organiser	4
d. World Triathlon Pre-event Covid-19 Screening Process	4
e. Entering Portugal	5
f. COVID-19 Test in Portugal	5
g. COVID-19 Requirements table	6
2. VENUE	7
a. Location	7
b. COVID-19 registration	7
c. Isolation Tent and Suspicious Case	7
d. Spectators' access	8
e. Accreditations	8
f. Cleaning protocols on site	8
g. Athletes Lounge	8
h. Doping Control	9
i. Medical Services	9
j. Bike Mechanic Service	9
k. Race Office	9
l. Coaches Meeting	10
m. Race Briefing	10
n. Race Package Distribution	10
3. OFFICIAL HOTEL	11
4. AIRPORT TRANSFERS	12
5. TRAINING	13
a. Swim Training	13
b. Bike Training	14
c. Run Training	14
d. Course Familiarization	14
6. COMPETITION INFORMATION	15
a. Competition Schedule	15
Schedule	15
b. Competition Rules	16
c. Prize money distribution	16
d. Weather Conditions	17
e. Results	17
f. Protests and Appeals	17



7. MIXED RELAY.....	18
a. Competition activities	18
b. Start.....	18
c. Swim Course.....	18
d. Bike Course	18
e. Wheel Station.....	18
f. Run Course	19
g. Aid stations	19
h. Finish Area.....	19
i. Medal Ceremonies	19
j. Course Maps	20
8. WORLD CUP	24
a. Competition activities	24
b. Start.....	24
c. Swim Course.....	24
d. Bike Course	24
e. Wheel Station.....	24
f. Run Course	25
g. Aid stations	25
h. Finish Area.....	25
i. Medal Ceremonies	25
j. Course Maps	26
9. ACCREDITATION	30
10. GENERAL INFORMATION.....	31
a. Sunrise/Sunset and tide table.....	31
b. Temperature and precipitation chart for Lisbon	31
c. Tide charts for the event.....	32
d. Water Quality tests	34
e. Usefull contacts.....	34

1. General Information

a. Key Dates

Covid-19 Antigenic Test	Thursday, May 20 th – 8:30
Swim course familiarization	Thursday, May 20 th – 10:30
Coaches Meeting	Thursday, May 20 th – 12:00
Athletes Online Briefing	Thursday, May 20 th – 14:00
Race Pack Distribution	Thursday, May 20 th – 18:00
Mixed Relay Start	Friday, May 21 st – 11:30
Prize Giving Ceremony	Friday, May 21 st – 13:00
World Cup Start - Men	Saturday, May 22 nd – 12:20
Prize Giving Ceremony	Saturday, May 22 nd – 14:20
World Cup Start - Women	Sunday, May 23 rd – 13:30
Prize Giving Ceremony	Sunday, May 23 rd – 15:30

Race Office and COVID-19 registration

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



b. Key Contacts

World Triathlon Team Leader	David Bonilla	
World Triathlon Technical Delegate	Miguel Vázquez	
World Triathlon Assistant Technical Delegate	Anabela Santos	
World Triathlon Medical Delegate	Nuno Piteira	+ 351 965 519 792
LOC Event Director	Vasco Rodrigues	+ 351 936 753 343
LOC Office and Travel Manager	João Costa	+ 351 961 558 779
LOC Media Manager	Isabel Pinto da Costa	+ 351 913 086 399
LOC Covid-19 Director	Patrícia Pestana	+ 351 936 883 727

c. Event Organiser**LOC****Câmara Municipal de Lisboa**

Praça do Município

1149-014 Lisboa

www.lisboa.pt**National Federation****Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B

2760-128 Caxias – Portugal

www.federacao-triatlo.ptvasco.rodrigues@federacao-triatlo.pt**d. 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.

e. 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 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 May 12th

f. 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

Thursday, May 20th – 8h30-10h30

8:30-8:45	ARG, AUS, AUT, AZE, BEL, BER, BRA
8:45-9:00	CAN, CHI, COL
9:00-9:15	CZE, DEN, EGY, ESP, EST
9:15-9:30	FRA, GBR, GER
9:30-9:45	HUN, IRL, ISL, ITA, TRI, JPN, KAZ
9:45-10:00	LUX, MAR, MEX, NED, NOR, PHI
10:00-10:15	POL, POR, ROU, RSA, RUS, SRB
10:15-10:30	SUI, SVK, SWE, UKR, USA

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 borders, 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 laboratory is near the Oriente Train Station, 2km from the venue, at R. Polo Sul 2 A, 1990-273 Lisboa

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 joao.costa@federacao-triatlo.pt and choose the schedule to do it:

- Thursday, May 20th, from 15h to 18h
- Friday, May 21st, from 16h to 18h

g. COVID-19 Requirements table

Categories	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
U23 athletes	yes	yes	yes	yes	yes
Junior athletes	yes	yes	yes	follow public health request	yes
Youth athletes	yes	yes	yes	follow public health request	yes
Para triathlon athletes/ personal handlers/ guides	yes	yes	yes for athletes/guides	yes	yes
AG athletes	yes	yes	follow public health request	follow public health request	yes
Coaches/team medical/ support NF personnel	yes	yes	follow public health request	yes	yes
TDs /ITOs/NTOs	yes	yes	Follow public health request	follow public health request	yes
IF Staff	yes	yes	Follow public health request	follow public health request	yes
LOC/ Contractors	follow public health request	follow public health request	Follow public health request	follow public health request	yes
Para triathlon swim exit assistants	yes	follow public health request	Follow public health request	yes	yes

2. Venue

a. Location

The Race Venue is located in DownTown Lisboa, in Marvila, a place just 4km from the Lisbon Airport and 2,5km from the Oriente train Station where you will find a lot of accommodation, shopping mall and services. Marvila is also just 6km away from city centre.

The swimming will take place in the “Tagus River”, and the biking and running along the river banks, passing some of the city’s 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 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn’t go below 37,5°C 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 37,9°C 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 one accreditation coach 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 throughout 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 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 be 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.

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 WORLD TRIATHLON 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 May 20th to 23rd, 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. Bike Mechanic Service

This service will be provided by Riverside Bike, a Bike store just next to transition

<https://www.facebook.com/riversidebikes/>

Race Venue:

Thursday, May 20th: 10h00 – 13h00 / 15h00 - 19h00

Friday, May 21st: 9h00 – 11h00 / 15h00 - 19h00

Saturday, May 22nd: 9h00 – 13h00

Sunday, May 23rd: 9h00 – 13h00

The Riverside Bike Shop also offers other possibilities, such as:

- Bike Assembly: 35€
- Bike check (gear, breaks, damage check): 20€
- Bike assembly/check pack: 50€

If you want that service please contact geral.riversidebikes@gmail.com

k. Race Office

The Race Office is located in a tent next to the Athlete's Lounge and is open from Thursday, May 20th, until Sunday, May 23rd.

The Race Office will be open in the following hours:

Thursday, May 20th: 8h00 – 13h00 / 15h00 - 19h00

Friday, May 21st: 9h00 – 13h00 / 15h00 - 20h00

Saturday, May 22nd: 9h00 – 19h00

Sunday, May 23rd: 9h00 – 16h30

/ Coaches Meeting

World Triathlon Coaches' Committee Rep. meeting with TD will take place at 12h00, in the athletes Lounge on 20th May

m. Race Briefing

Elite athletes' briefing will be virtual and it will take place on 14:00 local time.

Please register for the athletes' briefing in this link:

https://us02web.zoom.us/webinar/register/WN_hHqQQiTfT_S1baJGL4Wdkg

The recording of the briefings and the presentation will be available after the sessions here:

https://triathlon.org/about/downloads/category/race_briefings

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 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.

Mixed Relay Race Pack Distribution
Thursday, May 20th – 18h00-20h30
Individual Race Pack Distribution
Friday, May 21 st – 16:30-18:30

16:30-16:45 ARG, AUS, AUT, AZE, BEL, BER, BRA

16:45-17:00 CAN, CHI, COL

17:00-17:15 CZE, DEN, EGY, ESP, EST

17:15-17:30 FRA, GBR, GER

17:30-17:45 HUN, IRL, ISL, ITA, TRI, JPN, KAZ

17:45-18:00 LUX, MAR, MEX, NED, NOR, PHI

18:00-18:15 POL, POR, ROU, RSA, RUS, SRB

18:15-18:30 SUI, SVK, SWE, UKR, USA

3. Official Hotel

The Official Hotel is Olissipo Oriente, placed 200m from to the Oriente Train Station and Vasco da Gama Shopping Mall

<https://www.olissippohotels.com/pt/Hoteis/Oriente/O-Hotel.aspx>

Prices for the Olissipo Oriente Hotel are:

Single room (B&B): 110€

Double/Twin room (B&B): 120€ (price per room)

Price per meal: 24€

To guarantee this prices reservations must be made at <https://www.olissippohotels.com/pt/Hoteis/Oriente/O-Hotel.aspx> using “Client Code” **FTP2021**

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):

- 15€ per person (if scheduled until May 10th)
- 25€ per person (if scheduled after May 10th)

Bank details for transfer payment:

Federação de Triatlo de Portugal

Bank: Caixa de Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

BIC/SWIFT: CCCMPTPL

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 not be allowed. **The use of mask is mandatory.** Everyone needs to disinfect their hands before entering the van.

5. Training

a. Swim Training

The Vale Fundão swimming pool will be available for training from May 18th to may 20th, from 11h00 to 16h00.

It is a 25m swimming pool with 6 lanes and it is 1km from the venue.

The pool capacity is just 6 athletes and respective coaches. If a team has more than 6 athletes it is possible to train together as long as they have a certification from their NF stating they belong to the same group.

Athletes and groups are only allowed to train for 1 hour. In case the pool is vacant it is possible to extend the training session to 1,5 hours.

Booking must be done until may 16th to joao.costa@federacao-triatlo.pt

<https://informacoeseservicos.lisboa.pt/contactos/diretorio-da-cidade/piscina-do-vale-fundao>



b. Bike Training

The event will take place in Downtown Lisbon, in some wide avenues with not much traffic. This means you can train on the bike course but respecting traffic rules.

c. Run Training

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

d. Course Familiarization

Swim

You will be able to have a swimming course familiarization in the Race “arena”. The schedule of the swim familiarization is calculated so that you will find the same tide and current as during the race.

The familiarization will be Thursday, from 10h30 to 11h30

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

Access to the venue and swim familiarization must respect Covid-19 protocol and only accreditation coaches can be present.

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 doesn't have much traffic and 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

Schedule

Thursday, May 20th

Time	Event	Location
8:00 - 13:00	Race Office	Race Venue
8:00 - 8:30	Team Declaration	Race Venue
8:30 - 10:30	Covid-19 Antigenic Test	Race Venue
10:30 - 11:30	Swim Course Familiarization	Swim Course
12:00 - 12:30	World Triathlon Coaches' Committee Rep meeting with TD	Athletes Lounge
14:00	Athletes Online Briefing	
15:00 - 19:00	Race Office	Race Venue
18:00 - 20:30	Mixed Relay Race Package Distribution	Athletes Lounge

Friday, May 21st

Time	Event	Location
09:00 - 13:00	Race Office	Race Venue
9:30 - 9:45	Teams last Minute Changes	Race Office
9:30 - 10:15	Bike Warm Up	Bike Course
10:00 - 11:20	Athletes Lounge Check-in	Race Venue
10:15 - 11:00	Transition Area Check-in	Race Venue
10:45 - 11:15	Swim Warm Up	Swim Course
11:30	Mixed Relay Start	Race Venue
13:00	Medal Ceremony	Race Venue
15:00 - 19:00	Race Office	Race Venue
16:30 - 18:30	Race Package Distribution – World Cup	Race Office

Saturday, May 22nd

Time	Event	Location
09:00 - 19:00	Race Office	Race Venue
10:30 - 11:15	Bike Warm Up	Bike Course
10:50 - 12:10	Athletes Lounge Check-in	Race Venue
11:05 - 11:50	Transition Area Check-in	Race Venue
11:35 - 12:05	Swim Warm Up	Swim Course
12:20	Men Start	Race Venue
14:20	Medal Ceremony	Race Venue

Sunday, May 23rd

Time	Event	Location
09:00 - 16:30	Race Office	Race Venue
11:30 – 12:10	Bike Warm Up	Bike Course
12:00 – 13:15	Athletes Lounge Check-in	Race Venue
12:15 – 13:00	Transition Area Check-in	Race Venue
12:45 – 13:15	Swim Warm Up	Swim Course
13:30	Women Start	Race Venue
15:40	Medal Ceremony	Race Venue

b. Competition Rules

The “2021 World Triathlon Mixed Relay Olympic Qualification Event Lisbon” and “2021 World Triathlon Cup Lisbon” will follow the latest published Competition Rules from the International Triathlon Union.

c. Prize money distribution

WORLD CUP		
	Men	Women
1 st	7500 USD	7500 USD
2 nd	6000 USD	6000 USD
3 rd	4500 USD	4500 USD
4 th	3000 USD	3000 USD
5 th	2100 USD	2100 USD
6 th	1800 USD	1800 USD
7 th	1500 USD	1500 USD
8 th	900 USD	900 USD
9 th	675 USD	675 USD
10 th	525 USD	525 USD
11 th	450 USD	450 USD
12 th	375 USD	375 USD
13 th	300 USD	300 USD
14 th	225 USD	225 USD
15 th	150 USD	150 USD

MIXED RELAY

	Team
1 st	5000 USD
2 nd	4000 USD
3 rd	3000 USD
4 th	2000 USD
5 th	1600 USD
6 th	1400 USD
7 th	1200 USD
8 th	800 USD
9 th	600 USD
10 th	400 USD

d. Weather Conditions

Weather temperature is quite nice this time of the year. The temperatures can go from 15°C to 25°C. The weather is usually sunny but can be windy in the afternoon. In May you shall expect 8 days of rain, 9 sunshine hours and a medium temperature of 17,5°C

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 WORLD TRIATHLON Competition Rules.

7. Mixed Relay

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 Marvila, in the Tagus River and it will be a pontoon start. In the starting line athletes must stand in a starting position approximately 100cm wide. The Head Referee with the assistance of WORLD TRIATHLON 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 and they must keep their surgical mask until their introduction.

c. Swim Course

The swim takes place in the Tagus River.

It's a 300m lap with 2 buoys.

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

The first buoy is 120m from the start and all buoys should be left on the right hand.

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

d. Bike Course

The bike course consists of 2 laps of 3,5km. The course is mainly flat, with a 600m uphill with 4-8% gradient, and a technical part with some 90° narrow turns.

e. Wheel Station

There will be 1 wheel station on the bike course.

It will be situated near transition, in a place where athletes pass in the middle and on the end of each lap.

- 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

Consists of 2 laps of 850m totally flat, that extends itself along the river banks.

g. Aid stations

There will be 1 aid station per lap, at the beginning of each lap.

Sealed bottles of water will be handed out.

h. 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.

i. 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](#)

j. *Course Maps*2021 WORLD TRIATHLON MIXED RELAY
OLYMPIC QUALIFICATION EVENT LISBON

SWIM



SUBTITLE

- START
- 1ST LAP
- 2ND LAP
- TRANSITION

2021 WORLD TRIATHLON MIXED RELAY
OLYMPIC QUALIFICATION EVENT LISBON

SWIM



SUBTITLE

- START
- 1ST LAP
- 2ND LAP
- TRANSITION



2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



1ST TRANSITION



SUBTITLE

- SWIMEXIT
- TRANSITION
- BIKE START

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



BIKECOURSE



SUBTITLE

- BIKE COURSE

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



BIKECOURSE



SUBTITLE

BIKE COURSE

TURNAROUND
AVENIDA MARECHAL
GOMES DA COSTA



2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



2NDTRANSITION



SUBTITLE

BIKE DESMOUNT

TRANSITION

RUN START



2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



RUN COURSE



SUBTITLE

- FINISH LINE
- TRANSITION
- RUN COURSE
- AID STATION
- RELAY ZONE

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



RELAY ZONE



SUBTITLE

- FINISH
- RELAY ZONE
- RUN FINISH
- SWIMSTART

8. World Cup

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 Marvila, in the Tagus River and it will be a pontoon start. In the starting line athletes must stand in a starting position approximately 100cm wide. The Head Referee with the assistance of WORLD TRIATHLON 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 and they must keep their surgical mask until their introduction.

c. Swim Course

The swim takes place in the Tagus River.

1.500m, 2 laps of 750m with 5 buoys.

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

The first buoy is 300m from the start and all buoys should be left on the right hand.

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

d. Bike Course

The bike course consists of 8 laps of 5km. The course is almost flat, with a 600m uphill with 4-8% gradient, and a technical part with some 90° narrow turns.

e. Wheel Station

There will be 1 wheel station on the bike course.

It will be situated near transition, in a place where athletes pass in the middle and on the end of each lap.

- 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

Consists of 4 laps of 2500m totally flat that extends itself along the river banks.

g. Aid stations

There will be 2 aid station per lap, being one at the beginning and the other halfway of each lap.

Sealed bottles water will be handed out.

h. 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.

i. 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](#)

j. *Course Maps*

2021 WORLD TRIATHLON CUP LISBON



SWIM



SUBTITLE

■ START

■ 1ST LAP■ 2ND LAP

■ TRANSITION

2021 WORLD TRIATHLON CUP LISBON



SWIM



SUBTITLE

■ START

■ 1ST LAP■ 2ND LAP

■ TRANSITION

2021 WORLD TRIATHLON CUP LISBON

1ST TRANSITION

SUBTITLE

SWIM EXIT

TRANSITION

BIKE START

2021 WORLD TRIATHLON CUP LISBON



BIKE COURSE



SUBTITLE

BIKE COURSE

2021 WORLD TRIATHLON CUP LISBON



BIKE COURSE



SUBTITLE

BIKE COURSE
TURN AROUND
AVENIDA INFANTE
D. HENRIQUE

2021 WORLD TRIATHLON CUP LISBON



BIKE COURSE



SUBTITLE

BIKE COURSE
TURN AROUND
AVENIDA MARECHAL
GOMES DA COSTA

2021 WORLD TRIATHLON CUP LISBON

2ND TRANSITION

SUBTITLE

- BIKE DESMOUNT
- TRANSITION
- RUN START

2021 WORLD TRIATHLON CUP LISBON



RUN COURSE



10000 M

4x

SUBTITLE

- FINISH LINE
- TRANSITION
- RUN COURSE
- AID STATION

9. Accreditation

The LOC will provide to all the Organizing Committee Members, WORLD TRIATHLON 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.

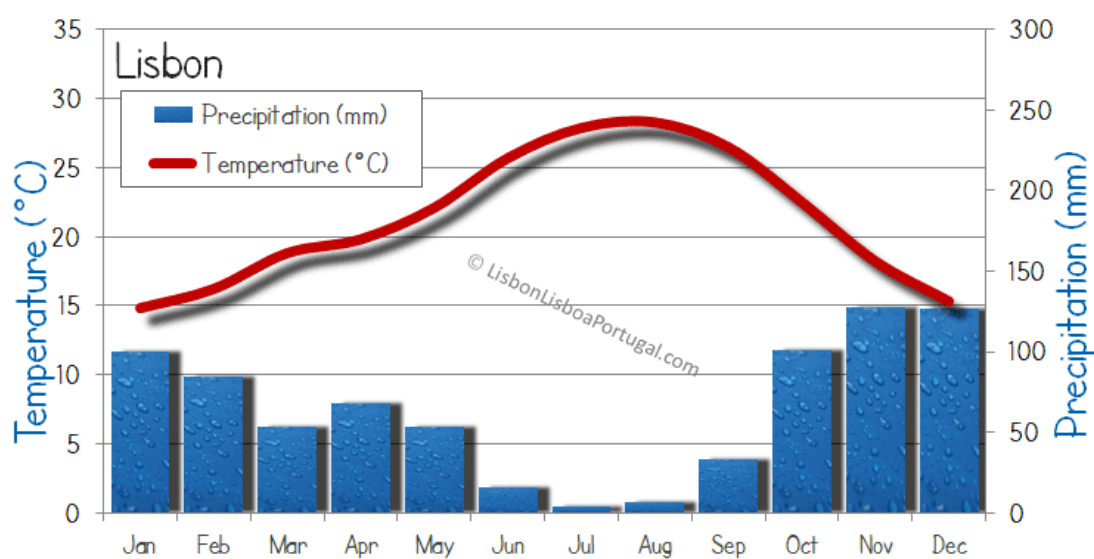
Accreditation Cards are mandatory to enter the venue.

Please send accreditation requests to joao.costa@federacao-triatlo.pt

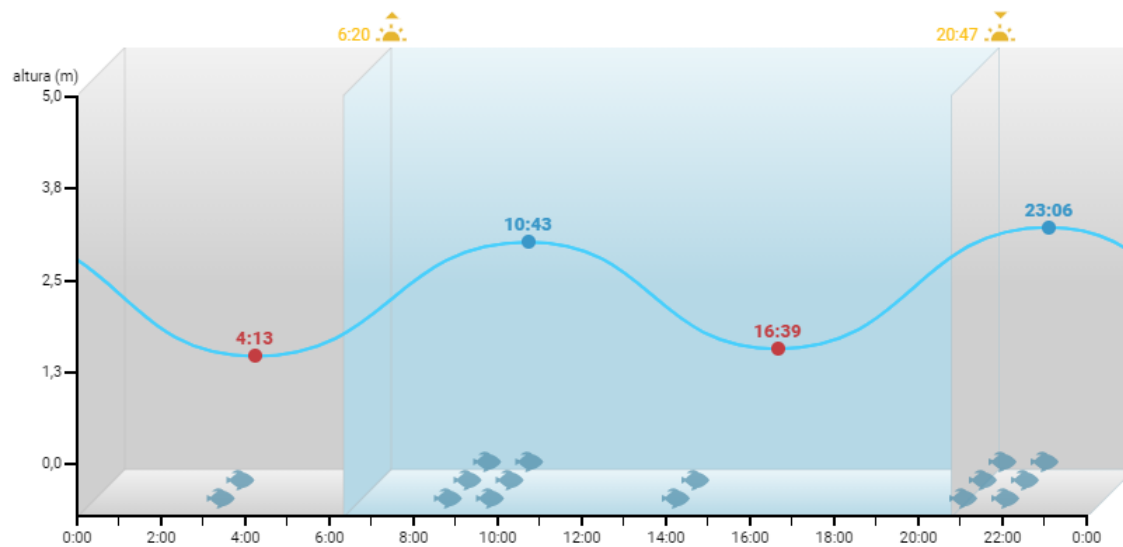
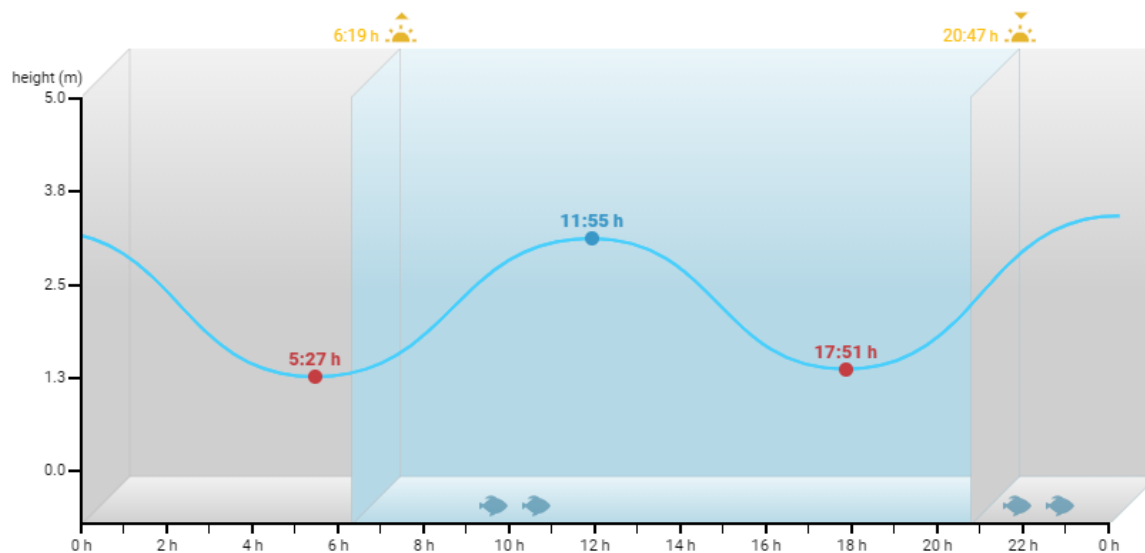
10. General Information

a. Sunrise/Sunset and tide table

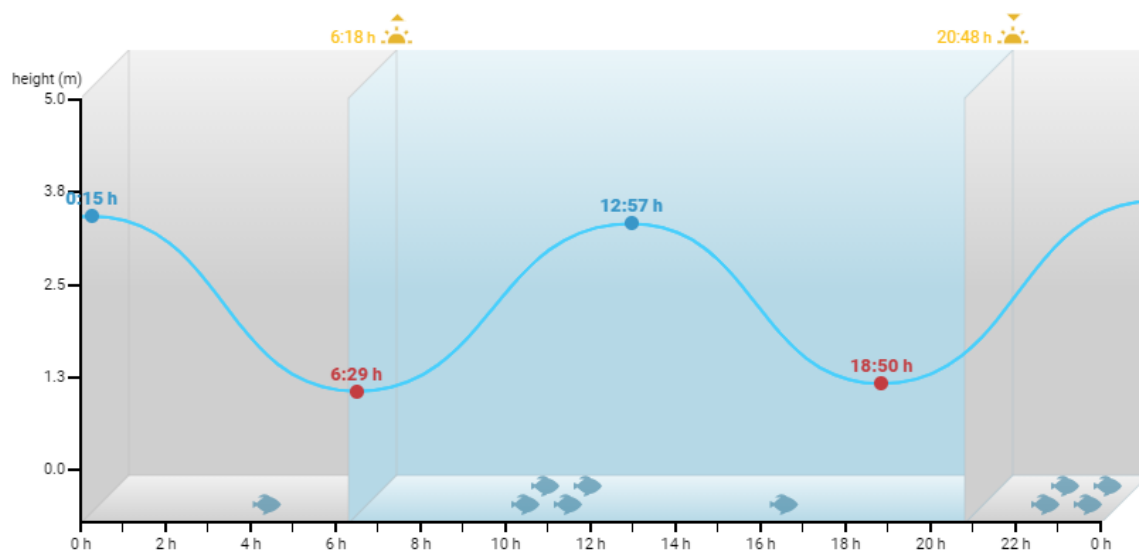
	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Thursday May 20 th	06h20	20h47	10h43 3.1	23h06 3.3	04h13 1.5	16h39 1.6
Friday May 21 st	06h19	20h47	11h55 3.2		05h27 1.3	17h51 1.4
Saturday May 22 nd	06h18	20h48	00h15 3.5	12h57 3.4	06h29 1.1	18h50 1.2
Sunday May 23 rd	06h18	20h49	01h17 3.7	13h52 3.7	07h21 0.9	19h42 0.9

b. Temperature and precipitation chart for Lisbon

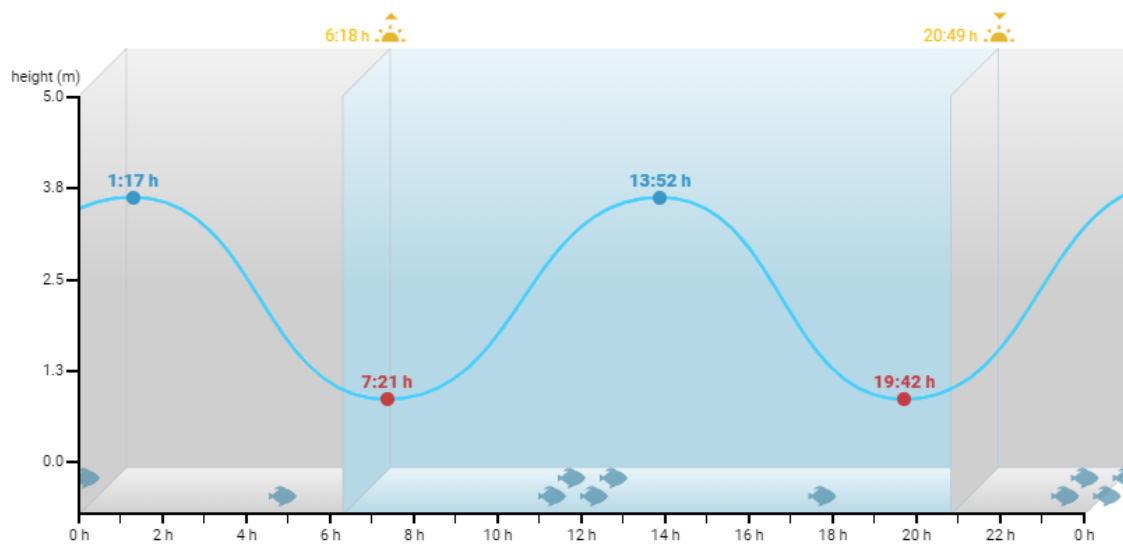
C. Tide charts for the event

Thursday, May 20thFriday, May 21st

Saturday, May 22nd



Sunday, May 23rd



d. *Water Quality tests*

	PH		Entero-cocci		Escherichiacoli	E. Coli
	result	standard	result	standard	result	standard
16/04	8,1	6 to 9	0	<100	4,5	<250
03/05	8,2	6 to 9	41	<100	95	<250
10/05	8,2	6 to 9	80	<100	98	<250

e. *Usefull contacts*

Hospital (open 24h) – Hospital de Santa Marta
Rua de Santa Marta
1169-024 Lisboa
Tel. 213 594 000

Emergency support number – 112

ATHLETES GUIDE

World Triathlon Olympic Qualification

World Triathlon Cup

Lisbon, 21-23 May 2021



Be your
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World Triathlon
Olympic Qualification
Mixed Relay
LISBON 2021



World Triathlon
Cup
LISBON
2021

