ATHLETE’S GUIDE

2022 Europe Triathlon Cup
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1. General Information

a. **Key Dates**

<table>
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<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Swim course familiarization</td>
<td>Friday, September 2nd 08h00 – 09h00</td>
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<tr>
<td>Bike course familiarization</td>
<td>Friday, September 2nd 09h15 – 10h00</td>
</tr>
<tr>
<td>Run Course familiarization</td>
<td>Friday, September 2nd 10h00 – 10h45</td>
</tr>
<tr>
<td>Briefing</td>
<td>Friday, September 2nd 16h30</td>
</tr>
<tr>
<td>Race Package Distribution</td>
<td>Saturday, September 3rd 14h30 – 17h00</td>
</tr>
<tr>
<td>Elite Men Start</td>
<td>Sunday, September 4th – 09h00</td>
</tr>
<tr>
<td>Elite Women Start</td>
<td>Sunday, September 4th – 10h30</td>
</tr>
<tr>
<td>Prize Giving Ceremony</td>
<td>Sunday, September 4th – 12h00</td>
</tr>
</tbody>
</table>

b. **Key Contacts**

<table>
<thead>
<tr>
<th>Role</th>
<th>Contact Person</th>
<th>Email/Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Triathlon/ Europe Triathlon</td>
<td>Julien Vanderplancke</td>
<td><a href="mailto:jvanderplancke@fftri.com">jvanderplancke@fftri.com</a></td>
</tr>
<tr>
<td>Technical Delegate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>World Triathlon/ Europe Triathlon</td>
<td>Paula Maia</td>
<td><a href="mailto:paulacrmaia@gmail.com">paulacrmaia@gmail.com</a></td>
</tr>
<tr>
<td>Assistant Technical Delegate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>World Triathlon Team Leader</td>
<td>Eric Angstadt</td>
<td><a href="mailto:eric.angstadt@triathlon.org">eric.angstadt@triathlon.org</a></td>
</tr>
<tr>
<td>LOC Event Director</td>
<td>Hugo Nalha</td>
<td>+351 965 846 044</td>
</tr>
<tr>
<td>LOC Office and Travel Manager</td>
<td>Sérgio Monteiro</td>
<td>+351 968 124 103</td>
</tr>
<tr>
<td>LOC Media Manager</td>
<td>Filipe Mendonça</td>
<td>+351 916 291 488</td>
</tr>
<tr>
<td>LOC Medical Director</td>
<td>Nuno Piteira</td>
<td>+351 965 519 792</td>
</tr>
</tbody>
</table>

Venue

Race 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
secretaria@federacao-triatlo.pt

d. Entry Fee

Europe Triathlon Cup: 85€

Bank details:
Federação de Triatlo de Portugal
Bank: Crédito Agrícola
IBAN: PT50 0045 5442 40331295834 84
SWIFT/BIC: CCCMPTPL

Receipts must be sent to tesouraria@federacao-triatlo.pt

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.
2. Venue

a. Location
The Race Venue location is 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 riverside, passing some of the city’s main attractions.

b. Spectator’s access
Any non-accredited persons can watch the event from the spectator’s areas.

c. Accreditations
A maximum of two coaches and one team medical per team, will be entitled to be accredited.

d. Cleaning protocols on site
All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

e. Athletes Lounge
The Athletes Lounge, at the race venue, provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes’ lounge is located right next to the finish line and transition.
Bike racks, identified per team/delegation, will be available at the entrance of the Athletes Lounge. You must leave your bike on the respective bike rack.
Toilets will be cleaned and sanitized regularly.

f. Doping Control
Doping control will take place at the race venue and according to Portugal anti-doping rules, recommendations from World Triathlon and National Health Commission.
The athletes must carry their identification to the doping control facilities.

g. Medical Services
First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, from September 2nd to 4th, before and during competition, including 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.
h. **Bike Mechanic Service**

This service will be provided as follows:

Race Venue:
- Friday, September 2\(^{nd}\): 8h00 – 12h00
- Saturday, September 3\(^{rd}\): 06h30 – 08h30
- Sunday, September 4\(^{th}\): 7h30 – 10h00

i. **Race Office**

The Race Office is located next to the Athlete’s Lounge and is open from Thursday, September 1\(^{st}\), until Sunday, September 4\(^{th}\).

The Race Office will be open in the following hours:
- Thursday, September 1\(^{st}\): 9h00 – 12h00 and 15h00 – 19h00
- Friday, September 2\(^{nd}\): 8h00 – 12h00 and 15h00 – 18h00
- Saturday, September 3\(^{rd}\): 9h00 – 19h00
- Sunday, September 4\(^{th}\): 9h00 – 14h00

j. **Race Briefing**

Athletes briefing will be virtual and it will take place on Friday, September 2\(^{nd}\), at 16h30 (local time). The recording of the briefing and the presentation will be available after the session [https://briefings.triathlon.org/alhandra](https://briefings.triathlon.org/alhandra).

k. **Race Package Distribution**

Please respect the time slots provided in the schedule below.

<table>
<thead>
<tr>
<th>Race Pack Distribution</th>
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</thead>
<tbody>
<tr>
<td><strong>Saturday 3(^{rd}) September</strong>: 14h30 - 17h00</td>
</tr>
</tbody>
</table>

3. **Recommended Hotels**

The organization has 2 recommended hotels:

**Lezíria Parque Hotel**

Located in Vila Franca de Xira, 6km away from the event venue.
[https://leziriaparquehotel.pai.pt/](https://leziriaparquehotel.pai.pt/)

**Vip Executive Santa Iria Hotel**

Located in Santa Iria da Azóia, 12km away from the event venue.
HOTEL TRANSFERS
Free transfers will be available from the Lezíria Parque Hotel and Vip Executive Santa Iria Hotel to the venue and back, at the following schedules:

**Friday, September 2nd**
- 7h40: Hotel – arrives at the venue at 8h00
- 13h00: Venue – arrives at the hotel at 13h20
- 16h00: Hotel – arrives at the venue at 16h20
- 19h20: Venue – arrives at the hotel at 19h40

**Saturday, September 3rd**
- 6h00: Hotel – arrives at the venue at 6h20
- 13h00: Venue – arrives at the hotel at 13h20

**Sunday, September 4th**
- 7h00: Hotel – arrives at the venue at 7h20
- 13h00: Venue – arrives at the hotel at 13h20

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:

**Sérgio Monteiro**
**Email:** sergio.monteiro@federacao-triatlo.pt

**Transfers price from Lisbon Airport (both ways):**
- 60€ per person (if scheduled until August 19th)
- 80€ per person (if scheduled from August 20th)

**Bank details for transfer payment:**
Federação de Triatlo de Portugal
Bank: Crédito Agrícola
IBAN: PT50 0045 5442 40331295834 84
SWIFT/BIC: CCCMPTPL

Receipts must be sent to tesouraria@federacao-triatlo.pt
5. Training

\textit{a. Swim Training}

The athletes and team that want to use the swimming pool, will need to request by email to \texttt{sergio.monteiro@federacao-triatlo.pt}. The swimming pool Piscina Municipal Vila Franca de Xira.

\textbf{Wednesday 31 of August}

3 lanes from 9am to 11am and 16pm to 18pm

\textbf{Thursday 1 of September}

3 lanes from 9am to 11am and 16pm to 18pm

\textbf{Friday 2 of September}

3 lanes from 9am to 11am and 16pm to 18pm

\textbf{Saturday 3 of September}

3 lanes from 9am to 11am

\textit{b. Bike Training}

The event will take place in downtown Alhandra, a very narrow area, and along one of the busiest roads near Lisbon, we recommend extreme caution while training in these roads.

\textit{c. Run Training}

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

\textit{d. Course Familiarization}

\textbf{Swim}

You will be able to do a swim course familiarization in the Race “arena”. Different schedules will be available, depending on the event, due to the tide effects, ensuring the athletes will experience a similar situation to the race day.

Schedule: Friday, from 08h00 to 09h00: similar conditions as in race day.

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

\textbf{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, September 2\textsuperscript{nd} from 9h15 to 10h00. You will have the chance to do two laps on the bike course. The meeting point is in the transition area and the group ride will be police escorted.

\textbf{Please note:} At 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, September 1st**

- 09h00 – 12h00 Race Office
- 15h00 – 19h00 Race Office

**Friday, September 2nd**

- 08h00 – 12h00 Race Office
- 08h00 – 09h00 Swim Course Familiarization
- 09h15 – 10h00 Bike Course Familiarization
- 10h00 – 10h45 Run Course Familiarization
- 15h00 – 19h00 Race Office

**Saturday, September 3rd**

- 14h30 – 17h00 Race Package Distribution
- (Refer to time slots on the specific section of this guide)

**Sunday, September 4th**

- 07:00 – 13:00 Race Office
- 07:30 – 11:35 Athletes Lounge Open
- 07:45 – 09:30 Transition Area open
- 08:00 – 08:30 Warm Up
- 09:00 **Elite Start Man**
- 09:30 – 10:00 Warm Up
- 10:30 **Elite Start Women**
- 12:00 Medal Ceremony

b. **Competition Rules**

The “2022 Europe Triathlon Cup Alhandra” will follow the latest published Competition Rules from the World Triathlon.

c. **Weather Conditions**

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

Results will be uploaded in the event’s official website: [www.triathlon.org](http://www.triathlon.org).
All non-official results will be distributed to the Team Leaders at the LOC Information Office.
There will also be live streaming of the event.

e. **Protests and Appeals**

Standard procedures will be followed according to the World Triathlon Competition Rules.

7. Competition

a. **Start**

The competition starts in Alhandra, in the Tagus River and it will be a pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

b. **Swim Course**

The swim takes place in the Tagus River.
It’s a 750m lap with 2 buoys.
The swim will be during the low 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.
The water temperature is expected to be 17°C – 19°C.

c. **Bike Course**

The bike course consists of an access of 490m with a short uphill, followed by 3 flat laps of 6200m each, and finishing with an access to transition of 470m with a downhill.
d. **Bike Wheel Station**
There will be 1 wheel station on the bike course. It will be at the entrance of the N10 road. The team wheel stations will be at the start of each lap.
- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. 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.

e. **Run Course**
The 5km run course extends itself along the riverside and is totally flat.

f. **Aid stations**
There will be an aid station every 1.250m. Sealed bottles water will be handed out.

g. **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.

h. **Medal Ceremonies**
Medal ceremonies will be performed according to ceremonies guidelines.

i. **Course Maps**
8. Accreditation

The LOC will provide official accreditation cards to all the Organizing Committee Members, World Triathlon Technical Officials, athletes, VIPs, media, technical staff, court personnel, volunteers, etc. Accreditation Cards provide access to specific areas of the competition venue. All accredited people are requested to always carry their Accreditation Cards, and to show it upon request. Accreditation Cards are also mandatory to enter the venue. Accreditations will be handed at the Race office.

Please send accreditation requests to hugo.silva@federacao-triatlo.pt.

9. General Information

a. Sunrise/Sunset and tide table

<table>
<thead>
<tr>
<th>Date</th>
<th>Sunrise</th>
<th>Sunset</th>
<th>High Tide (hour)</th>
<th>Low Tide (hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday September 2nd</td>
<td>07h05</td>
<td>20h05</td>
<td>08h21</td>
<td>20h45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>02h01</td>
<td>14h22</td>
</tr>
<tr>
<td>Saturday September 3rd</td>
<td>07h06</td>
<td>20h04</td>
<td>09h24</td>
<td>21h56</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>02h50</td>
<td>15h21</td>
</tr>
<tr>
<td>Sunday September 4th</td>
<td>07h07</td>
<td>20h02</td>
<td>10h31</td>
<td>23h16</td>
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<tr>
<td></td>
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<td>03h54</td>
<td>16h40</td>
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b. Water Quality tests

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<td>result</td>
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<tr>
<td>7,6</td>
<td>6 to 9</td>
<td>23</td>
<td>&lt;100</td>
</tr>
</tbody>
</table>

c. Useful contacts

Hospital (open 24h) – Hospital de Vila Franca de Xira Estrada Carlos Lima Costa, 2 2600-009 Vila Franca de Xira Tel. (+351) 263 006 500

Emergency support number – 112