

ATHLETE'S GUIDE

2017 Funchal ETU Sprint Triathlon
European Cup



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1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete’s Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

Bike course familiarization	Friday, September 22 nd – 10:00
Swim course familiarization	Friday, September 22 nd – 11:00
Elite Women Race Briefing Elite	Friday, September 22 nd – 17:00
Elite Men Race Briefing Elite	Friday, September 22 nd – 18:00
Press Conference	Friday, September 22 nd – 19:00
Elite Women Start	Saturday, September 23 rd – 14:00
Elite Women Prize Giving Ceremony	Saturday, September 23 rd – 15:15
Elite Men Start	Saturday, September 23 rd – 15:30
Elite Men Prize Giving Ceremony	Saturday, September 23 rd – 16:40

1.3. KEY CONTACTS

Name and contact details of:

- Race director Victor Rodrigues – geral@triatlomadeira.com
- ETU Technical delegate Mónica Zubillaga – mzubill@hotmail.com
- Competitions Director Bruno Salvador – bruno.salvador@federacao-triatlo.pt

1.4. CONTACT DETAILS

National Federation

Federação de Triatlo de Portugal
 Alameda do Sabugueiro 1B
 2760-128 Caxias – Portugal
www.federacao-triatlo.pt
secretaria@federacao-triatlo.pt

Local Triathlon Association

Associação Regional de Triatlo da Madeira
 Estrada Dom Manuel I, N.º95
 9200-073 Machico
www.triatlomadeira.com
geral@triatlomadeira.com

2. VENUE

2.1. RACE VENUE

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- - TRANSFER/REGISTRATION/START/POST-RACE OFFICE
- - RACE STARTING/ACCOMMODATION
- - SECRETARIAT/RESTROOMS

- SWIM
- BIKE (3 LAPS)
- RUN (2 LAPS)

OFFICIAL SPONSORS:



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2.2 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race “Arena” on Friday, September 22nd from 11:00 to 12:00.

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, September 22nd from 10:00 to 10:30. The meeting point will be at the transition area and the athlete’s will have the chance to do two laps on the bike course. You will go around the course in a pack and will be marshalled by policemen in motorbikes.

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.

2.3. ATHLETE’S LOUNGE

Facilities including the Athletes’ Lounge and toilets are provided for the athletes close to the start area and a recovery zone is available in the finish area. There will be physiotherapists available in the athletes lounge to take care of athletes during opening hours.

2.4. ELITE ATHLETES' RACE PACKAGE

Athletes' race packets will be distributed after the Athletes' Briefing.

2.5. DOPING CONTROL

Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

A private security company will be responsible for the venue security. Police will manage the road closures and the traffic through the course.

Emergency services telephone number: 112

2.7. LOC OFFICE

LOC office will be placed at the Funchal Tourism Office.

Address: Avenida Arriaga nº16, 9004-519 Funchal

Contact Number: +351 967 134 789

Race Office, will be open, from:

Friday 09.00 until 16.00, at the Tourism Office of Funchal.

Friday 17.00 until 19.00, at the EEM-Electricity Company of Madeira.

Saturday 09.00 until 20.00 , at the Race Venue

3. ACCOMMODATION

The Official Travel Agency of "2017 Funchal ITU Triathlon European Cup" is Blandy Travel, which is 200m from the venue.

Adress: Blandy Travel,

Avenida Zarco, 2

9000-069 Funchal - Madeira

Phone: +351 291 200 605 /291 200 660

Fax: +351 291 227 668

Emergency: +351 963032864

Email: cristina.aguiar@blandytravel.com

RL: www.blandytravel.com/viagens

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

Blandy Travel

Email: cristina.aguiar@blandytravel.com

Phone: +351 291 200 605

Duarte Serrão

Email: d.serrao@blandytravel.com

Phone: +351 966 271 775

4. TRANSFER AND TRANSPORT

Closest Airport: Madeira's Airport

Local Transportation:

The LOC will provide transportation from Funchal's Airport for the athletes and their Team Officials.

If you have any Transfer queries please contact:

Vitor Jesus

Email: competicoes@triatlomadeira.com

Phone: +351 911 162 088

Price:

Transfers from Cristiano Ronaldo Funchal Airport (one direction):

- free for athletes and personal Staff (if scheduled until September 7th)

- 30€ per person (if scheduled after September 8th)

The transfer back to the airport is the same amount

Bank details for transfer payment:

Associação Regional de Triatlo da Madeira

Bank: Banco BPI

IBAN: PT50 0010 0000 4228 7700 0027 0

SWIFT/BIC: BBPIPTPL

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



Pre-competition swimming and running training and sauna is possible in "Piscina da Penteada – 50m".

"Piscina do Liceu – 25m), is also available from September 21th to September 23nd, from 8:00 to 20:00.

Pre-competition running training and is possible in Ribeira Brava (20km from Funchal), from September 21th to September 23nd, from 8:00 to 20:00.

The use of this facility must be scheduled with:

Adriano Olim

Email: secretariado@triatlomadeira.com

Phone: +351 967 908 599

Location:

Walking from the Race Venue will take approximately 10 minutes, to 25m pool. Penteada Pool is 35 min walk from Race Venue.

Organization, will provide a Mini Bus, from Race Office to 50m pool, if asked.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, before & during competition hours.

Medical and paramedic personnel from Madeira 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.

5.3. BIKE MECHANICAL SERVICE

This service will be provided as follows:

Race Venue:

Friday, September 22nd: 9h30 – 12h00 and 13h00 – 17h00

Saturday, September 23rd: 10h00 – 12h00 and 13h00 – 15h00

Sunday, September 24th: 08h30 – 11h00.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY	17:00		Athlete's briefing	EEM-Electricity Company of Madeira
FRIDAY	19:00		Athlete registration	EEM-Electricity Company of Madeira
SATURDAY	12:30	13:15	Athlete Lounge check in	Venue
SATURDAY	13:00	13:45	TA check in	Venue
SATURDAY	13:30	13:45	Swim warm-up	Venue
SATURDAY	13:50		Calling area	Venue
SATURDAY	13:55		Athletes introduction	Venue
SATURDAY	14:00		Start	Venue
SATURDAY	17:30		Award Ceremony	Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY	18:00		Athlete's briefing	EEM-Electricity Company of Madeira
FRIDAY	19:00		Athlete registration	EEM-Electricity Company of Madeira
SATURDAY	14:00	14:45	Athlete Lounge check in	Venue
SATURDAY	14:45	15:15	TA check in	Venue
SATURDAY	15:00	15:20	Swim warm-up	Venue
SATURDAY	15:20		Calling area	Venue
SATURDAY	15:25		Athletes introduction	Venue
SATURDAY	15:30		Start	Venue
SATURDAY	17:30		Award Ceremony	Venue

Note: Distance from TA to Start is approx. 1Km (10min walking).

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

6.4. ATHLETE'S BRIEFING

Athletes' briefing will take on Friday 22nd of September, at the Museum of Electricity "Casa da Luz, is a museum of the Company, (EEM-Electricity Company of Madeira), which is installed in the space of the old Power Station of Funchal, opened in 1897, the so-called Madeira Wood Electric Lighting Company Limited, the first electricity utility in Madeira.

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded at the ITU official website www.triathlon.org.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. 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 before the briefing.

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.

Race Office, will be open, from Friday 09.00 until the event, at the Tourism Office of Funchal.

8. COURSE MAPS

SWIM START



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 750m swim (Strait Line) each before exiting the water.

The water temperature is expected to be 19°C – 23°C.

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Percurso de natação - swim



BIKE COURSE

The 6,67km bike lap is very quick and fast, with two short steep climb and 2 180º narrow turns.

There are 3 laps for the Elite Race.

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Percurso de bicicleta - bike



 **RUN COURSE**

The 2,5km run course extends itself along the sea, where the bike course was. There are 2 laps for the Elite Race and the pavement is asphalt.

The athletes must run on their right.

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Percurso de corrida - run



 - RUN (2 LAPS)

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Good luck.