



ATHLETE'S GUIDE

2018 Funchal ETU Sprint Triathlon European Cup



TABLE OF CONTENTS

| | |
|-----------------------------------|---|
| 1. GENERAL INFORMATION | |
| 1.1. INTRODUCTION | 3 |
| 1.2. KEY DATES | 3 |
| 1.3. KEY CONTACTS | 3 |
| 1.4. CONTACT DETAILS | 3 |
| 2. VENUE | |
| 2.1. RACE VENUE | 4 |
| 2.2. COURSE FAMILIARIZATION | 4 |
| 2.3. ATHLETE'S LOUNGE | 4 |
| 2.4. ELITE ATHLETES' RACE PACKAGE | 5 |
| 2.5. DOPING CONTROL | 5 |
| 2.6. SECURITY | 5 |
| 2.7. LOC OFFICE | 5 |
| 3. ACCOMMODATION | 5 |
| 4. TRANSFER AND TRANSPORT | 6 |
| 5. ATHELETE'S SERVICES | 6 |
| 5.1. SWIM AND BIKE TRAINING | 6 |
| 5.2. MEDICAL SERVICES | 7 |
| 5.3. BIKE MECHANICAL SERVICE | 7 |
| 6. COMPETITION SCHEDULE | 7 |
| 6.1. ELITE WOMEN | 7 |
| 6.2. ELITE MEN | 7 |
| 6.3. COMPETITION RULES | 8 |
| 6.4. ATHLETE'S BRIEFING | 8 |
| 6.5. TIMING CHIPS | 8 |
| 6.6. RESULTS | 8 |
| 6.7. PROTEST & APPEALS | 8 |
| 7. ACCREDITATION | 8 |
| 8. COURSE MAPS | 9 |

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, October 26 nd – 10:00 |
| Swim course familiarization | Friday, October 26 nd – 10:45 |
| Elite Press Conference | Friday, October 26 nd – 17:00 |
| Elite Briefing Check In | Friday, October 26 nd – 17:30 |
| Elite Race Briefing | Friday, October 26 nd – 18:00 |
| Elite Women Start | Saturday, October 27 rd – 14:15 |
| Elite Women Prize Giving Ceremony | Saturday, October 27 rd – 17:45 |
| Elite Men Start | Saturday, October 27 rd – 16:15 |
| Elite Men Prize Giving Ceremony | Saturday, September 27 rd – 17:45 |

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.funchaltriathloneuropeancup.pt
www.triatlomadeira.com
geral@triatlomadeira.com

2. VENUE

2.1. RACE VENUE

TAÇA DA EUROPA DE TRIATLO - FUNCHAL / MADEIRA 2017



2.2 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race “Arena” on Friday, October 26nd from 10:45 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, October 26nd from 10:00 to 10:45. 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

The security will be made by local Police department. 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 In Official Race Hotel: Pestana Casino Park.

Address: Rua Imperatriz D: Amélia, 9004-513 Funchal

Contact Number: +351 911162088 /96 2516971

Race Office, will be open, from:

Thursday 09.30 until 16.30, at Official Race Hotel: Pestana Casino Park.

Friday 09.30 until 16.30, at Official Race Hotel: Pestana Casino Park.

Friday 17.00 until 18.45, at the EEM-Electricity Company of Madeira.

Saturday 09.00 until 20.00, at the Race Venue

3. ACCOMMODATION

The Official Travel Agency of "2018 Funchal ITU Triathlon European Cup - Final" and Madeira Paratriathlon World Cup Funchal 2018, which is 200m from the venue.

Adress: Intertours,

Avenida Arriaga 30, 3ª Andar

9001-901 Funchal - Madeira

Phone: +351 291 200 605 /291 208 900

Fax: +351 291 225 020

Emergency: +351 961 220 599

Email: rosana.pereira@intertours.com.pt / groups@intertours.com.pt

RL: www.intertours.com.pt

Person to contact: [Rosana Pereira](#)

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:

Rosana Pereira / Intertours Vitor Jesus

Email: rosana.pereira@intertours.com.pt / groups@intertours.com.pt

RL: www.intertours.com.pt / <http://funchaltriathloneuropeancup.pt/transfers/>

Phone: +351 208900

Price:

Transfers from Cristiano Ronaldo Funchal Airport to Funchal :

<http://funchaltriathloneuropeancup.pt/transfers/>

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

Pre-competition swimming and running training is possible with free taxes in "Piscina da Penteadá – 50m" and "Piscina do Liceu – 25m, for athletes registered on races, European Cup and Paratriathlon World Cup.

<http://www.visitmadeira.pt/pt-pt/explorar/detalhe/complexo-piscinas-olimpicas-do-funchal>

<https://www.facebook.com/pages/Piscina-Jaime-Moniz/1370237819654618>

This Pool's are available from October 23th to October 29nd, from 8:00 to 18:00.

Pre-competition running track training and is possible in Ribeira Brava (20km from Funchal, with payment), from September 23th to October 23nd, from 9:00 to 20:00.

<http://www.visitmadeira.pt/pt-pt/explorar/detalhe/centro-desportivo-da-madeira-ribeira-brava>

The use of this facility must be with athletes Race cards:

Saturday 09.00 until 20.00, at the Race Venue

Race Office

Email: secretariado@triatlomadeira.com / competicoes@triatlomadeira.com

Phone: +351 967 908 599

Location:

LOC office will be placed In Official Race Hotel: Pestana Casino Park.

Address: Rua Imperatriz D: Amélia, 9004-513 Funchal
 Contact Number: +351 911162088 /96 2516971
 Race Office, will be open, from:
 Thursday 09.30 until 16.30, at Official Race Hotel: Pestana Casino Park.
 Friday 09.30 until 16.30, at Official Race Hotel: Pestana Casino Park.
 Friday 17.00 until 18.45, at the EEM-Electricity Company of Madeira.

Walking from the Race Venue will take approximately 10 minutes, to 15m pool.
 Penteada Pool is 35 min walk from Race Venue.
 Organization, will provide a Mini Bus, from Race Office to 50m pool, if asked (time and persons number, please).

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, October 26nd: 9h30 – 12h00 and 13h00 – 17h00
 Saturday, October 27 th: 09h30 – 12h00 and 13h00 – 15h00
 Sunday, October 28th: 08h00 – 10h30.

Bike Shop
 MZ Bike - Funchal
 Rua de D. João, N.º6
 9050-048 Funchal
 Phone: +351 751721
<http://www.mzbike.com/>

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

| DAY | START | END | ACTIVITY | LOCATION |
|----------|-------|-------|-------------------------|------------------------------------|
| Friday | 16h30 | | Elite Press Conference | EEM-Electricity Company of Madeira |
| FRIDAY | 16:45 | | Athlete's Registration | EEM-Electricity Company of Madeira |
| FRIDAY | 17:15 | | Athlete briefing | EEM-Electricity Company of Madeira |
| SATURDAY | 12:30 | 13:15 | Athlete Lounge check in | Venue |
| SATURDAY | 13:15 | 13:45 | TA check in | Venue |

| | | | | |
|----------|-------|-------|-----------------------|-------|
| SATURDAY | 13:30 | 14:00 | Swim warm-up | Venue |
| SATURDAY | 14:00 | | Calling area | Venue |
| SATURDAY | 14:05 | | Athletes introduction | Venue |
| SATURDAY | 14:15 | | Start | Venue |
| SATURDAY | 17:45 | | Award Ceremony | Venue |

6.2. ELITE MEN

| DAY | START | END | ACTIVITY | LOCATION |
|----------|-------|-------|-------------------------|------------------------------------|
| Friday | 16h30 | | Elite Press Conference | EEM-Electricity Company of Madeira |
| FRIDAY | 16:45 | | Athlete's Registration | EEM-Electricity Company of Madeira |
| FRIDAY | 17:15 | | Athlete briefing | EEM-Electricity Company of Madeira |
| SATURDAY | 14:30 | 15:15 | Athlete Lounge check in | Venue |
| SATURDAY | 15:15 | 15:45 | TA check in | Venue |
| SATURDAY | 15:30 | 16:00 | Swim warm-up | Venue |
| SATURDAY | 16:00 | | Calling area | Venue |
| SATURDAY | 16:05 | | Athletes introduction | Venue |
| SATURDAY | 16:15 | | Start | Venue |
| SATURDAY | 17:45 | | Award Ceremony | Venue |

Note: Distance from TA to Start is approx. 200m (2min 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 26nd of October, 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 / <https://europe.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 Wednesday 09.30 until the event, at the Official Race Hotel: Casino Pestana Park

<https://www.pestana.com/pt/hotel/pestana-casino-park/reviews>

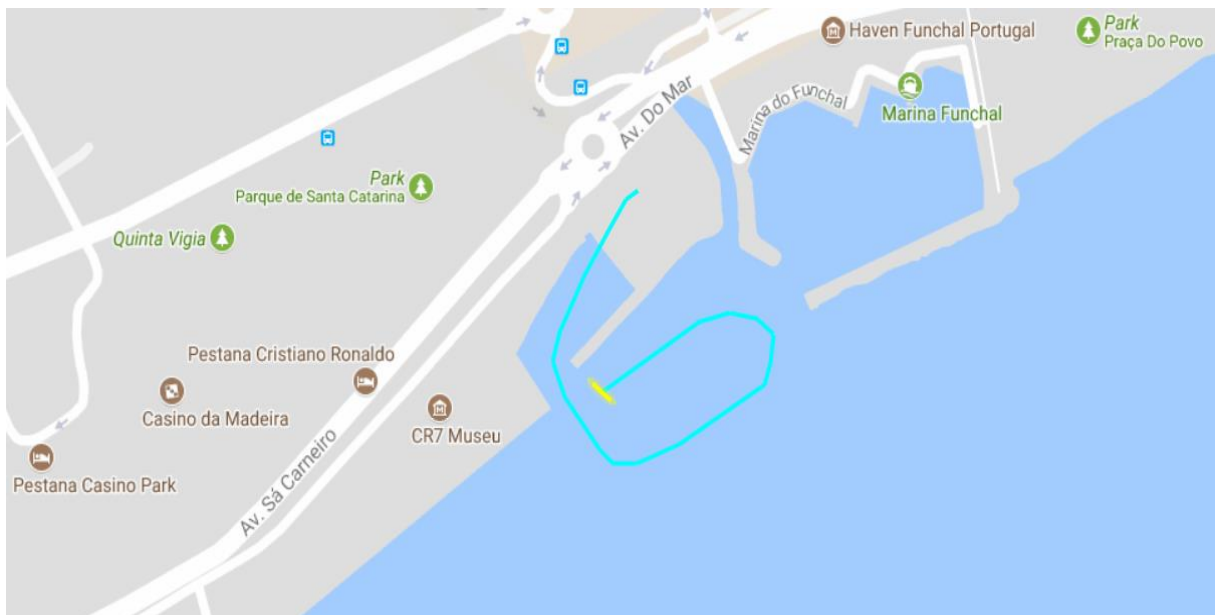
8. COURSE MAPS

SWIM START

SWIM COURSE

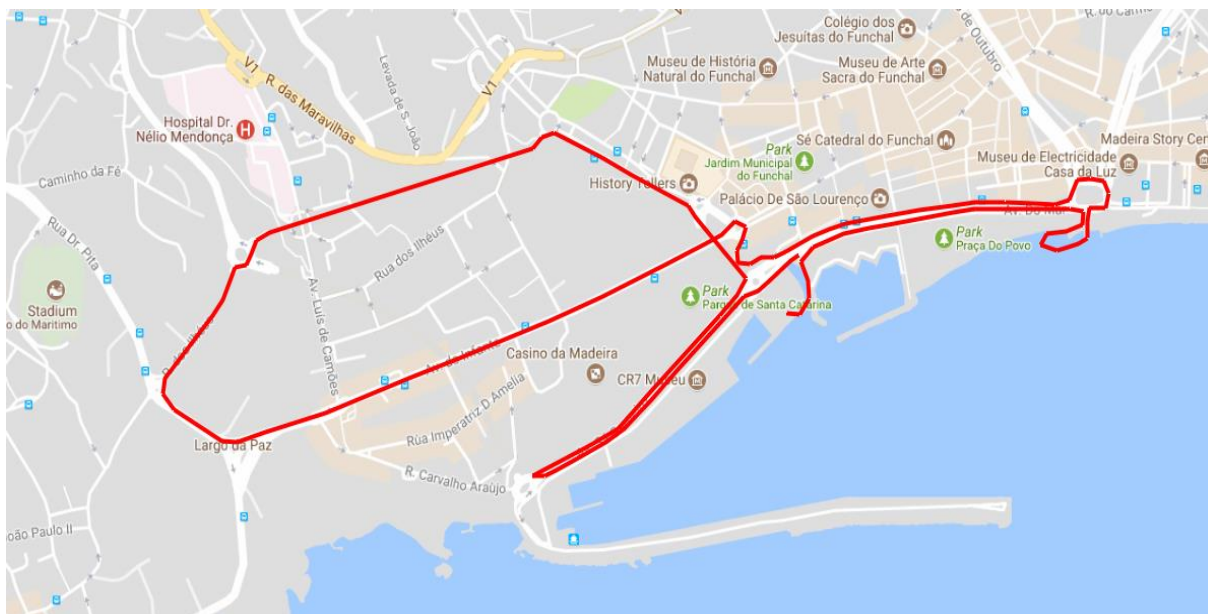
The swim takes place in the Atlantic Ocean with a run start from the beach.

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.



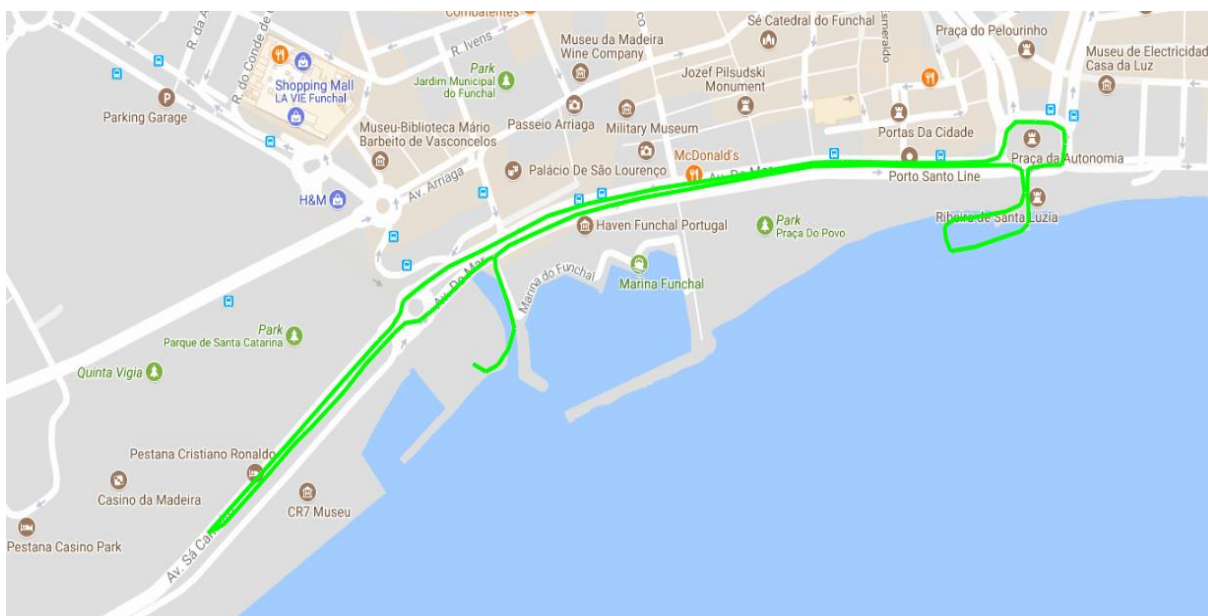
BIKE COURSE

The 6,67km bike lap is very quick and fast, with two short steep climb and 2 180° narrow turns. There are 3 laps for the Elite Race.



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.



Good luck.