



Photos 2018 Duarte Freitas

ATHLETES' GUIDE

2019



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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, October 18 th – 10:00
Swim course familiarization	Friday, October 18 th – 10:45
Elite Press Conference	Friday, October 18 th – 17:00
Elite Briefing Check In	Friday, October 18 th – 16:45
Elite Race Briefing	Friday, October 18 th – 17:15
Elite Women Start	Saturday, October 19 th – 14:15
Elite Women Prize Giving Ceremony	Saturday, October 19 th – 17:45
Elite Men Start	Saturday, October 19 th – 16:15
Elite Men Prize Giving Ceremony	Saturday, October 19 th – 17:45

1.3. KEY CONTACTS

RACE DIRECTOR AND COMPETITIONS DIRECTOR: Artur Parreira

Tlm. 965 501 190 | Email arturparreira2@gmail.com

- ITU TECHNICAL DELEGATE: Eric Angstadt

Email eric.angstadt@triathlon.org

- TECHNICAL OFFICIALS: Monica Zubillaga and Mario Carvalho

Email mzubill@hotmail.com and jcsupermario@gmail.com

- ETU EXECUTIVE BOARD: Martin Breedijk

1.4. CONTACT DETAILS

Local Triathlon Association

Associação Regional de Triatlo da Madeira

Estrada Dom Manuel I, N.º 95, 9200-073 Machico

Race website: www.funchaltriathloneuropeancup.pt

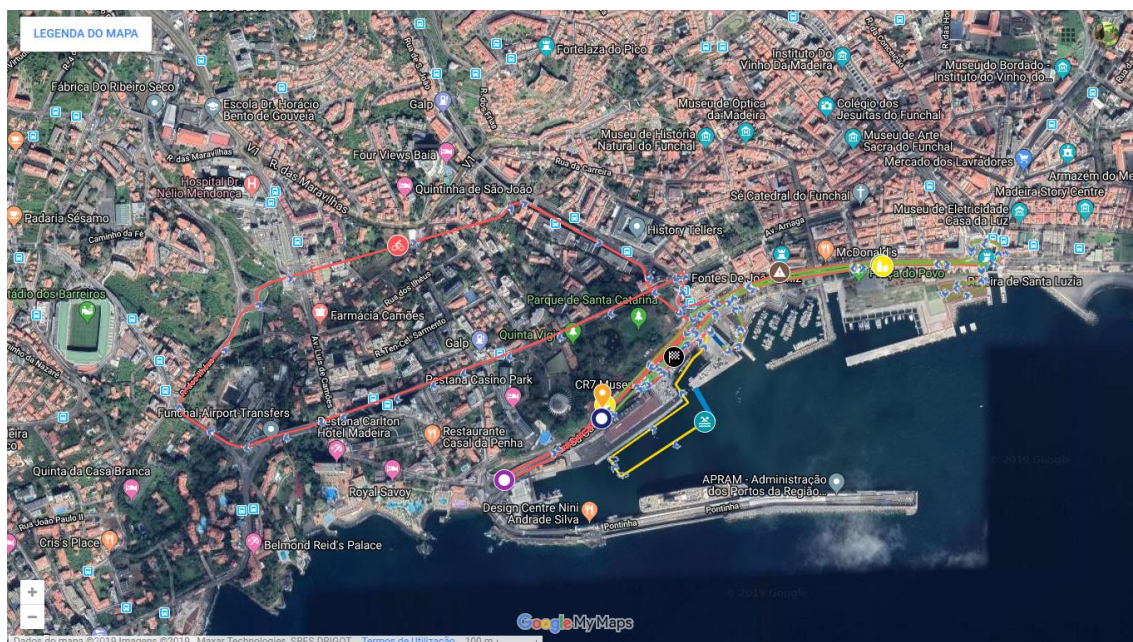
Association website: www.triatlomadeira.com

Phone: +351 911 162 088 / +351 962 516 971

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

2. VENUE

2.1. RACE VENUE



<http://funchaltriathloneuropeancup.pt/en/2019-funchal-etu-sprint-triathlon-european-cup/>

2.2 COURSE FAMILIARIZATION



Swim

You will be able to have a swimming course familiarization in the Race “Arena” on Friday, October 18th 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 18th from 10:00 to 10:45. The meeting point will be at the transition area and the athletes 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.

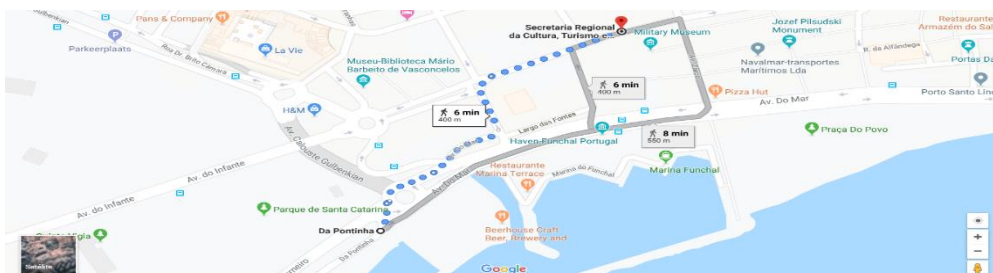
Emergency services telephone number: 112

2.7. LOC OFFICE

LOC office will be placed in "Secretaria Regional da Cultura, Turismo e Transportes".

Address: Avenida Arriaga, N.º 18, 9004-519 Funchal

Phone: +351 911 162 088 / +351 962 516 971



Map from transition area of the race to "Secretaria Regional da Cultura, Turismo e Transportes" (walking takes approximately 8 minutes). More information: <https://www.madeira.gov.pt/srtc/>

Race Office will be open, from:

Wednesday 16th 9:30 until 16.30 at "Secretaria Regional da Cultura, Turismo e Transportes".

Thursday 17th 09.30 until 16.30 at "Secretaria Regional da Cultura, Turismo e Transportes".

Friday 18th 09.30 until 16.30 at "Secretaria Regional da Cultura, Turismo e Transportes".

Friday 18th 17.00 until 18.45 at the EEM-Electricity Company of Madeira.

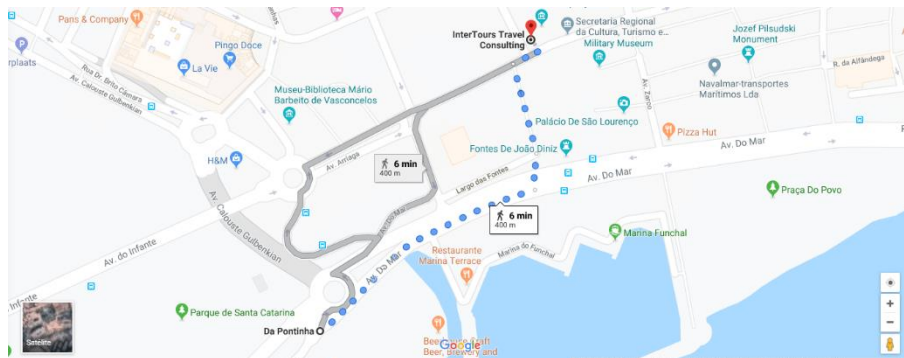
Saturday 19th 09:00 until 20:00 at "Secretaria Regional da Cultura, Turismo e Transportes".

3. ACCOMMODATION

Official Travel Agency of “2019 Funchal ITU Triathlon European Cup - Final” and “Madeira Paratriathlon World Cup Funchal 2019”:

Intertours Travel Consulting

Avenida Arriaga, N.º 30, 3ª Andar, 9001-901 Funchal



Map from transition area of the race to “Intertours Travel Consulting” (walking takes approximately 6 minutes)

Contacts

Person to contact: Rosana Pereira

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

Website: www.intertours.com.pt

4. TRANSFER AND TRANSPORT

Closest Airport: Cristiano Ronaldo Funchal Airport

Local Transportation:

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

If you need a transfer, please contact:

Rosana Pereira / Intertours Travel Consulting

Phone: +351 291 200 605 / 291 208 900 | Fax: +351 291 225 020

Emergency: +351 961 220 599

Prices:

Consulting the official website of the event:

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



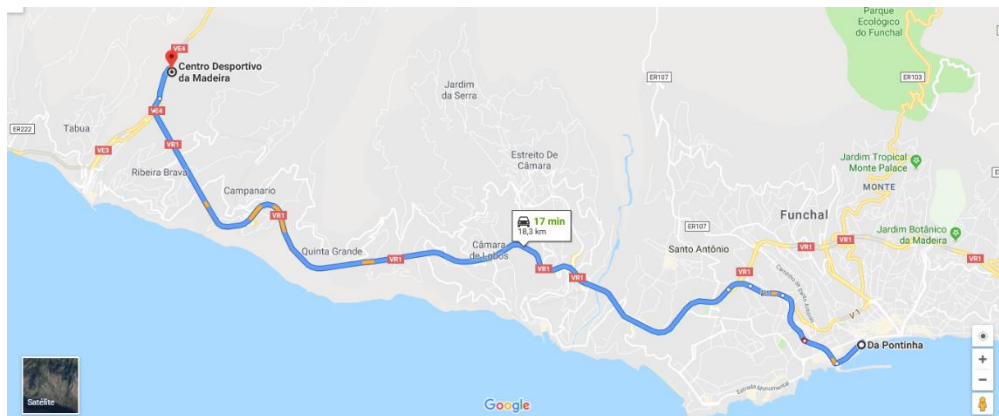
BIKE

Bike training can be done at the Race Venue.



RUN

Pre-competition running track training is possible in “Centro Desportivo da Madeira - Ribeira Brava” (20km from Funchal) with payment from 15th to October 21st, from 9:00 to 20:00.



Map from transition area of the race to “Centro Desportivo da Madeira - Ribeira Brava”. More informations:

<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: Wednesday to Saturday, from 09.00 until 20.00, at the Race Office / Race Venue.

Race Office

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

Phone: +351 911 162 088

LOC office will be placed in “Secretaria Regional da Cultura, Turismo e Transportes” (see page 5)

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

Thursday, October 17th: 9h30 – 12h00 and 13h00 – 17h00

Friday, October 18th: 9h30 – 12h00 and 13h00 – 17h00

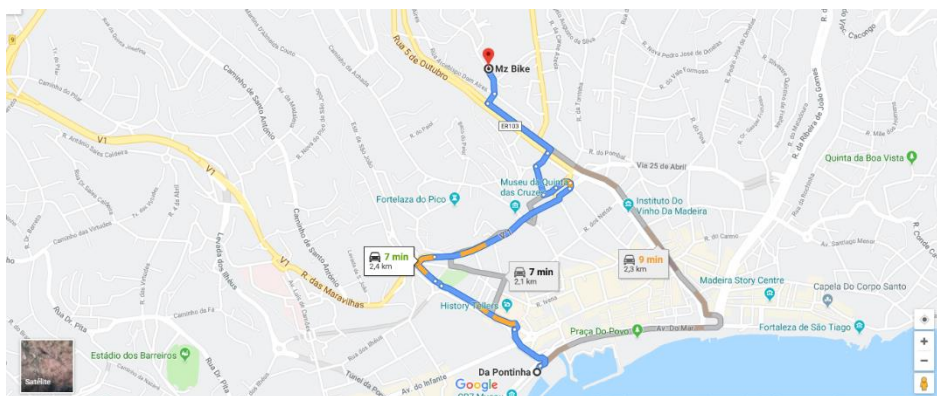
Saturday, October 19th: 09h30 – 12h00 and 13h00 – 15h00

Sunday, October 20th: 08h00 – 10h30.

Bike Shop

MZ Bike - Funchal

Rua de D. João, N.º6, 9050-048 Funchal. Phone: +351 751 721



Map from transition area of the race to “MZ Bike – Bike Shop” (walking takes approximately 20 minutes to 25 minutes, car take approximately 7 minutes).

More informations: Website: <http://www.mzbike.com/> | Facebook: [@mzbike.miguelzacarias](https://www.facebook.com/mzbike.miguelzacarias)

6. COMPETITION SCHEDULE

6.1. FUNCHAL ETU SPRINT TRIATHLON EUROPEAN CUP

6.1.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY 18th	16h30		Elite Press Conference	EEM*
FRIDAY 18th	16:45		Athlete's Registration	EEM*
FRIDAY 18th	17:15		Athlete briefing	EEM*
SATURDAY 19th	12:30		Athlete Lounge check in	Venue
SATURDAY 19th	13:00	13:45	TA check in	Venue
SATURDAY 19th	13:45		Swim warm-up	Venue
SATURDAY 19th	14:00		Calling area	Venue
SATURDAY 19th	14:05		Athletes introduction	Venue
SATURDAY 19th	14:15		Start	Venue
SATURDAY 19th	17:30		Award Ceremony	Venue

* EEM - Electricity Company of Madeira

6.1.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY 18th	16h30		Elite Press Conference	EEM*
FRIDAY 18th	16:45		Athlete's Registration	EEM*
FRIDAY 18th	17:15		Athlete briefing	EEM*
SATURDAY 19th	14:20		Athlete Lounge check in	Venue
SATURDAY 19th	15:00	15:45	TA check in	Venue
SATURDAY 19th	15:45		Swim warm-up	Venue
SATURDAY 19th	16:00		Calling area	Venue
SATURDAY 19th	16:05		Athletes introduction	Venue
SATURDAY 19th	16:15		Start	Venue
SATURDAY 19th	17:30		Award Ceremony	Venue

* EEM - Electricity Company of Madeira

Note: Distance from TA to Start is approx. 200m (2min walking).

6.2. COMPETITION RULES

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

6.3. ATHLETE'S BRIEFING

Athletes' briefing will take on Saturday 19th 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.

6.4. 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.

6.5. RESULTS

Results will be uploaded at the ITU official website

www.triathlon.org / <https://europe.triathlon.org/>

6.6. PROTEST & APPEALS

Standard procedures will be followed according to the ETU Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ETU 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 always requested to carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

LOC office will be placed in “Secretaria Regional da Cultura, Turismo e Transportes” (see page 5).

8. COURSE MAPS



SWIM COURSE

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

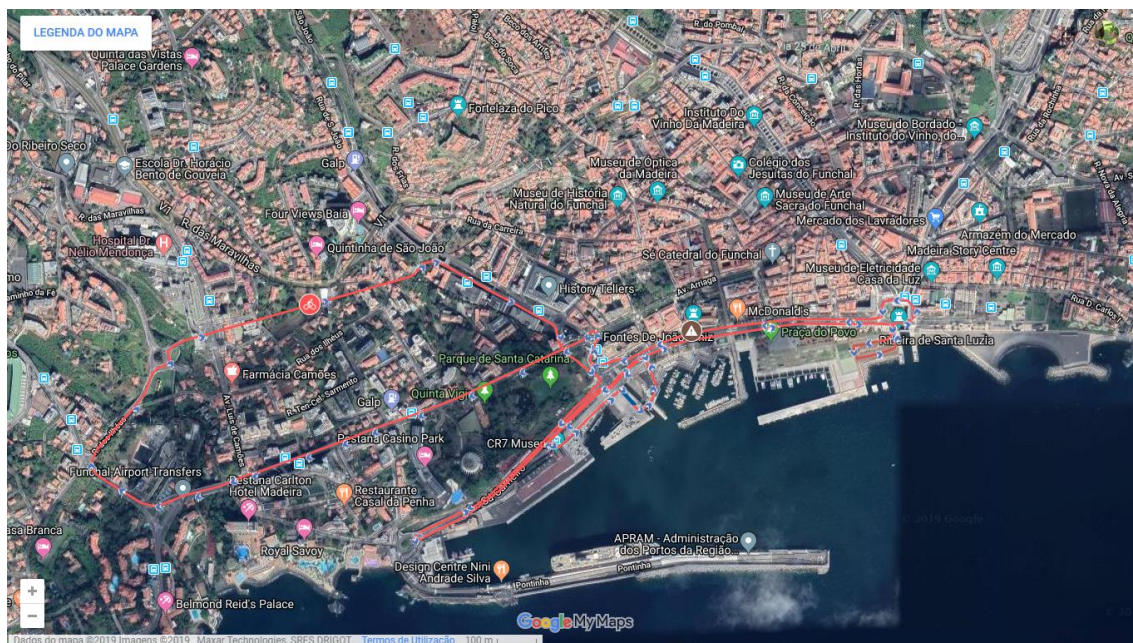
In the Elite Event the athletes must complete 750m swim (1 lap), before exiting the water.

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



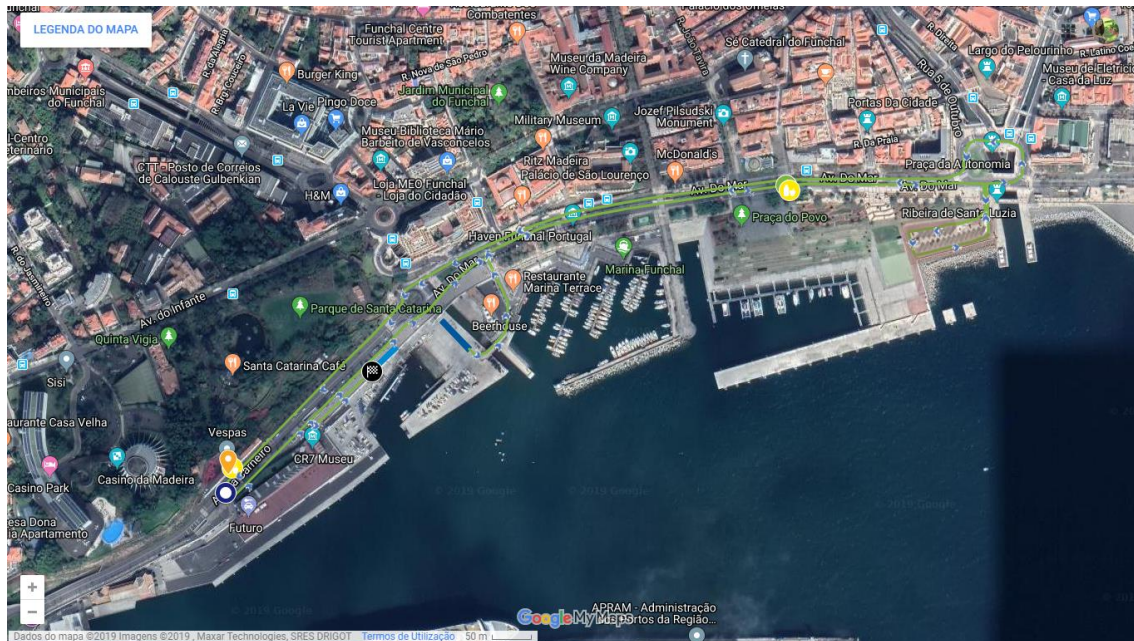
BIKE COURSE

3 laps (3x 6,6 approximately) for the Elite Race, completing 20 km.



RUN COURSE

The 2,5 km 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.



Good luck.

ORGANIZATION