Para Triathlon Athletes’ Guide
# Table of Contents

1. **GENERAL INFORMATION**........................................................................................................3  
   a. Key Dates .................................................................................................................................3  
   b. Key Contacts ............................................................................................................................3  
   c. Event Organiser .......................................................................................................................4  
   d. Entry Fee ................................................................................................................................4  
   e. Entering Portugal ......................................................................................................................4  
2. **VENUE** ..................................................................................................................................5  
   a. Location ...................................................................................................................................5  
   b. Spectator’s access .......................................................................................................................5  
   c. Accreditations ............................................................................................................................5  
   d. Cleaning protocols on site ..........................................................................................................5  
   e. Athletes Lounge .......................................................................................................................5  
   f. Doping Control ..........................................................................................................................5  
   g. Medical Services ......................................................................................................................5  
   h. Bike Mechanic Service ............................................................................................................6  
   i. Race Office ...............................................................................................................................6  
   j. Race Briefing .............................................................................................................................6  
   k. Race Package Distribution ......................................................................................................6  
3. **OFFICIAL HOTELS** ..............................................................................................................6  
4. **AIRPORT TRANSFERS** .........................................................................................................7  
5. **TRAINING** ............................................................................................................................8  
   a. Bike Training .............................................................................................................................8  
   b. Run Training ..............................................................................................................................8  
   c. Course Familiarization ..............................................................................................................8  
6. **COMPETITION INFORMATION** .........................................................................................10  
   a. Competition Schedule .............................................................................................................10  
   b. Competition Rules ...................................................................................................................11  
   c. Weather Conditions ...............................................................................................................11  
   d. Results .....................................................................................................................................11  
   e. Protests and Appeals ...............................................................................................................11  
7. **COMPETITION** ......................................................................................................................11  
   a. Start .........................................................................................................................................11  
   b. Swim Course .............................................................................................................................11  
   c. Bike Course ..............................................................................................................................12  
   d. Bike Wheel Station ..................................................................................................................12  
   e. Run Course ..............................................................................................................................12  
   f. Run Wheel Station ..................................................................................................................12  
   g. Aid stations ..............................................................................................................................12  
   h. Finish Area ...............................................................................................................................12
i. Medal Ceremonies........................................................................................................ 12
j. Course Maps.............................................................................................................. 13
8. ACCREDITATION......................................................................................................... 18
9. GENERAL INFORMATION........................................................................................... 18
   a. Sunrise/Sunset and tide table.................................................................................. 18
   b. Water Quality tests.................................................................................................. 18
   c. Usefull contacts......................................................................................................... 18
1. General Information

a. **Key Dates**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim course familiarization</td>
<td>Friday, September 2(^{nd}) 08h00 – 09h00</td>
</tr>
<tr>
<td>Bike course familiarization</td>
<td>Friday, September 2(^{nd}) 09h15 – 10h00</td>
</tr>
<tr>
<td>Run Course familiarization</td>
<td>Friday, September 2(^{nd}) 10h00 – 10h45</td>
</tr>
<tr>
<td>Briefing</td>
<td>Friday, September 2(^{nd}) 15h30</td>
</tr>
<tr>
<td>Race Package Distribution</td>
<td>Friday, September 2(^{nd}) 16h30 – 18h00</td>
</tr>
<tr>
<td>Paratriathlon World Cup Start (PTVI+PTS2,3,4,5 M)</td>
<td>Saturday, September 3(^{rd}) – 08h00</td>
</tr>
<tr>
<td>Paratriathlon World Cup Start (PTWC+PTS2,3,4,5 W)</td>
<td>Saturday, September 3(^{rd}) – 09h30</td>
</tr>
<tr>
<td>Prize Giving Ceremony</td>
<td>Saturday, September 3(^{rd}) – 11h00</td>
</tr>
</tbody>
</table>

b. **Key Contacts**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact Information</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>
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

Paratriathlon World Cup: 50€

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

Receipts send 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 Alhandra 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 2\textsuperscript{nd} to 4\textsuperscript{th}, 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\(^\text{nd}\): 8h00 – 12h00
  - Saturday, September 3\(^\text{rd}\): 06h30 – 08h30
  - Sunday, September 4\(^\text{th}\): 7h30 – 10h00

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

The Race Office will be open in the following hours:

- Thursday, September 1\(^\text{st}\): 9h00 – 12h00 and 15h00 – 19h00
- Friday, September 2\(^\text{nd}\): 8h00 – 12h00 and 15h00 – 18h00
- Saturday, September 3\(^\text{rd}\): 9h00 – 19h00
- Sunday, September 4\(^\text{th}\): 9h00 – 14h00

j. **Race Briefing**
Athletes briefing will be virtual and it will take place Friday, September 2\(^\text{nd}\), at 15h30 (local time).

Athletes need to register for the online briefing under this link:
[https://us02web.zoom.us/webinar/register/WN_JXAW-FQeTGGVdrXxRFn20w](https://us02web.zoom.us/webinar/register/WN_JXAW-FQeTGGVdrXxRFn20w)

The recording of the briefing and the presentation will be available after the session [triathlon.org](https://triathlon.org).

k. **Race Package Distribution**
Please respect the time slots provided in the schedule below.

| Para triathlon Race Pack Distribution | Friday 2\(^\text{nd}\) September: 16h30 - 18h00 |

3. **Recommended Hotels**

The organization has 2 recommended hotels:

**Leziria 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 Leziria 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

   a. **Swim Training**
   The athletes and team that want to use the swimming pool, will need to request by email to sergio.monteiro@federacao-triatlo.pt. The swimming pool Piscina Municipal Vila Franca de Xira.

   **Wednesday 31 of August**
   3 lanes from 9am to 11am and 16pm to 18pm

   **Thursday 1 of September**
   3 lanes from 9am to 11am and 16pm to 18pm

   **Friday 2 of September**
   3 lanes from 9am to 11am and 16pm to 18pm

   **Saturday 3 of September**
   3 lanes from 9am to 11am

   **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.

   b. **Run Training**
   The foot walk near the river is the most suitable place to train.

   c. **Course Familiarization**

   **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.

   **Please note:** It is forbidden to swim in the course outside of 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.

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 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09h00 – 12h00</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
<tr>
<td>15h00 – 19h00</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
</tbody>
</table>

**Friday, September 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>08h00 – 12h00</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h00 – 09h00</td>
<td>Swim Course Familiarization</td>
<td>Race Venue</td>
</tr>
<tr>
<td>09h15 – 10h00</td>
<td>Bike Course Familiarization</td>
<td>Race Venue</td>
</tr>
<tr>
<td>10h00 – 10h45</td>
<td>Run Course Familiarization</td>
<td>Race Venue</td>
</tr>
<tr>
<td></td>
<td>10h00 - 10h15 PTWC</td>
<td>Race Venue</td>
</tr>
<tr>
<td></td>
<td>10h15 - 10h30 PTVI</td>
<td>Race Venue</td>
</tr>
<tr>
<td></td>
<td>10h30 - 10h45 PTS</td>
<td>Race Venue</td>
</tr>
<tr>
<td>15h00 – 19h00</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
<tr>
<td>15h30</td>
<td>Paratriathlon Briefing</td>
<td></td>
</tr>
<tr>
<td>16h30 – 18h00</td>
<td>Paratriathlon Race Package Distribution</td>
<td>Race Office</td>
</tr>
<tr>
<td></td>
<td>(Refer to time slots on the specific section of this guide)</td>
<td></td>
</tr>
</tbody>
</table>

**Saturday, September 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>06h30 – 16h30</td>
<td>Race Office</td>
<td>Race Venue</td>
</tr>
<tr>
<td>06h30 – 07h50</td>
<td>Athletes Lounge Open</td>
<td>Race Venue</td>
</tr>
<tr>
<td>06h45 – 07h30</td>
<td>Transition Area open</td>
<td>Race Venue</td>
</tr>
<tr>
<td>07h15 – 07h45</td>
<td>Warm Up</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h00m00</td>
<td>Paratriathlon Start (PTS5-M)</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h05m00</td>
<td>PTVI1 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h07m46</td>
<td>PTVI2/3 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h09m00</td>
<td>PTVI1 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h12m19</td>
<td>PTVI2/3 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h30m00</td>
<td>PTS5 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h31m00</td>
<td>PTS2/3/4 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h40m00</td>
<td>PTS4 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>08h41m00</td>
<td>PTS2/3 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>09h25m00</td>
<td>PTWC1 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>09h27m59</td>
<td>PTWC2 - M Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>09h35m00</td>
<td>PTWC1 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>09h38m42</td>
<td>PTWC2 - W Start</td>
<td>Race Venue</td>
</tr>
<tr>
<td>12h00</td>
<td>Paratriathlon Medal Ceremony</td>
<td>Race Venue</td>
</tr>
</tbody>
</table>

(Remark: Refer to time slots on the specific section of this guide)
b. **Competition Rules**
The “2022 World Triathlon Para 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 12°C to 25°C. 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 with a pontoon start. It will be an “in-water” start with one hand in contact with the pontoon and athletes must choose their starting position approximately 150cm wide. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race. Athletes can access the start pontoon by the run course or can be carried by vans to the start area. Mobility equipment and last-minute gear will be transported by the organization to the transition area.

b. **Swim Course**
The swim takes place in the Tagus River.
It’s a point-to-point swim with 780m.
The swim will be during the high tide and the current will be inexistent or slightly favourable.
The first buoy is 250m from the start and all buoys should be left on the right side.
The water temperature is expected to be between 17°C – 19°C.
c. **Bike Course**
The bike course consists of an access of 880m with a short uphill with no more than 4%, followed by 3 flat laps of 6200m each, and finishing with an access to transition of 470m with a downhill of 100m and a medium gradient of 6.5%.

d. **Bike Wheel Station**
There will be 1 wheel station on the bike course.
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. **Run Wheel Station**
There will be 1 wheel station for the PTWC at the beginning of the run course.

g. **Aid stations**
There will be an aid station every 1.250m.
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.

i. **Medal Ceremonies**
Medal ceremonies will be performed according to ceremonies guidelines.
j. **Course Maps**

![Course Map 1](image1)

![Course Map 2](image2)
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 the accreditation requests to hugo.silva@federacao-triatlo.pt.

9. General Information

a. Sunrise/Sunset and tide table

<table>
<thead>
<tr>
<th></th>
<th>Sunrise</th>
<th>Sunset</th>
<th>High Tide (hour and height)</th>
<th>Low Tide (hour and height)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>07h06</td>
<td>20h05</td>
<td>08h21</td>
<td>20h45</td>
</tr>
<tr>
<td>September</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>07h07</td>
<td>20h04</td>
<td>09h24</td>
<td>21h56</td>
</tr>
<tr>
<td>September</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>07h08</td>
<td>20h02</td>
<td>10h31</td>
<td>23h16</td>
</tr>
<tr>
<td>September</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

b. Water Quality tests

<table>
<thead>
<tr>
<th></th>
<th>PH</th>
<th>Entero-cocci</th>
<th>Escherichiacoli</th>
<th>E. Coli</th>
</tr>
</thead>
<tbody>
<tr>
<td>result</td>
<td>7,6</td>
<td>6 to 9</td>
<td>23</td>
<td>&lt;100</td>
</tr>
<tr>
<td>standard</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>result</td>
<td></td>
<td></td>
<td>100</td>
<td>&lt;250</td>
</tr>
<tr>
<td>standard</td>
<td></td>
<td></td>
<td></td>
<td></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. 263 006 500

Emergency support number – 112