



World Triathlon  
Para Cup  
ALHANDRA  
2023



# Para Triathlon Athletes' Guide



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## 1. General Information

### a. Key Dates

Swim course familiarisation	Friday, October 6 <sup>th</sup> 09h00 – 10h00
Bike course familiarisation	Friday, October 6 <sup>th</sup> 10h15 – 11h00
Run Course familiarisation	Friday, October 6 <sup>th</sup> 11h00 – 12h00
Briefing (PTVI+PTS2,3,4,5)	Friday, October 6 <sup>th</sup> 15h30
Race Package Distribution (PTVI+PTS2,3,4,5 M+PTS2,3,4,5 W)	Friday, October 6 <sup>th</sup> 16h30 – 18h00
Paratriathlon World Cup Start (PTVI+PTS2,3,4,5)	Saturday, October 7 <sup>th</sup> – 10h30
Prize Giving Ceremony	Saturday, October 7 <sup>th</sup> – 12h30
Briefing (PTWC)	Saturday, October 7 <sup>th</sup> 15h30
Race Package Distribution (PTWC)	Saturday, October 7 <sup>th</sup> 16h30 – 18h00
Paratriathlon World Cup Start (PTWC)	Sunday, October 8 <sup>th</sup> – 12h00
Prize Giving Ceremony	Sunday, October 8 <sup>th</sup> – 13h30



### b. Key Contacts

World Triathlon Technical Delegate	Julien Vander Plancke	<a href="mailto:jvanderplancke@fftri.com">jvanderplancke@fftri.com</a>
World Triathlon Assistant Technical Delegate	Paula Maia	<a href="mailto:paulacrmaia@gmail.com">paulacrmaia@gmail.com</a>
World Triathlon Team Leader	Eric Angstadt	<a href="mailto:eric.angstadt@triathlon.org">eric.angstadt@triathlon.org</a>
LOC Event Director	Bruno Salvador	<a href="mailto:bruno.salvador@federacao-triatlo.pt">bruno.salvador@federacao-triatlo.pt</a>
LOC Medical Director	Nuno Piteira	+351 965 519 792

### ***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](http://www.cm-vfxira.pt)

#### **National Federation**

#### **Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B  
2760-128 Caxias – Portugal  
[www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)  
[secretaria@federacao-triatlo.pt](mailto:secretaria@federacao-triatlo.pt)

### ***d. Entry Fee***

#### **Paratriathlon World Cup: 50€**

**All the payments must be done until 29th of september**

#### **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](mailto: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 sanitised 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 5<sup>th</sup> to 8<sup>th</sup>, before and during competition, including familiarisation hours.

Several ambulances will be available to provide emergency transfers to hospitals. 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, October 6<sup>th</sup>: 8h00 – 12h00
- Saturday, October 7<sup>th</sup>: 06h30 – 08h30
- Sunday, October 8<sup>th</sup>: 7h30 – 10h00

### ***i. Race Office***

The Race Office is located next to the Athlete's Lounge and is open from Thursday, October 5<sup>th</sup>, until Sunday, October 8<sup>th</sup>.

The Race Office will be open in the following hours:

- Thursday, October 5<sup>th</sup>: 9h00 – 12h00 and 15h00 – 19h00
- Friday, October 6<sup>th</sup>: 8h00 – 12h00 and 15h00 – 18h00
- Saturday, October 7<sup>th</sup>: 9h00 – 19h00
- Sunday, October 8<sup>th</sup>: 9h00 – 14h00

### ***j. Race Briefing***

Athletes briefing it will take place:

Paratriathlon Briefing <b>Friday 6<sup>th</sup> September: 15h30</b> <b>Saturday 7<sup>th</sup> September: 15h30</b>
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Athletes need to be present for the briefing under this link:

The presentation will be available after the session [triathlon.org](https://www.triathlon.org).

### ***k. Race Package Distribution***

Please respect the time slots provided in the schedule below.

Paratriathlon RacePackDistribution <b>Friday 6<sup>th</sup> September: 16h30 - 18h00</b> <b>Saturday 7<sup>th</sup> September: 16h30 - 18h00</b>
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## 3. Recommended Hotels

The organisation has 2 recommended hotels:

### **Lezíria Parque Hotel**

Located in Vila Franca de Xira, 6km away from the event venue.

<https://leziriaparquehotel.pai.pt/>

## Vip Executive Santa Iria Hotel

Located in Santa Iria da Azóia, 12km away from the event venue.

<https://www.viphotels.com/pt/Menu/Hoteis/Portugal/Vip-Executive-Santa-Iria/Sobre-Hotel.aspx>

### 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, October 6<sup>th</sup>

7h40: Hotel – arrives at the venue at 8h00

13h00: Venue – arrives at the hotel at 13h20

14h50: Hotel – arrives at the venue at 15h10

18h00: Venue – arrives at the hotel at 18h20

#### Saturday, October 7<sup>th</sup>

6h00: Hotel – arrives at the venue at 6h20

13h00: Venue – arrives at the hotel at 13h20

#### Sunday, October 8<sup>th</sup>

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:

**Federação de Triatlo de Portugal**

**Email:** [alhandra-triathlon@federacao-triatlo.pt](mailto:alhandra-triathlon@federacao-triatlo.pt)

### Transfers price from Lisbon Airport (both ways):

- 60€ per person (if scheduled until September 15<sup>th</sup>)

- 80€ per person (if scheduled from September 15<sup>th</sup>)

### 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](mailto: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 [alhandra-triathlon@federacao-triatlo.pt](mailto:alhandra-triathlon@federacao-triatlo.pt). The swimming pool Piscina Municipal Vila Franca de Xira.

#### **Wednesday 4<sup>th</sup> of October**

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

#### **Thursday 5<sup>th</sup> of October**

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

#### **Friday 6<sup>th</sup> of October**

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

#### **Saturday 7<sup>th</sup> of October**

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 Familiarisation***

#### **Swim**

You will be able to do a swim course familiarisation 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 09h00 to 10h00: similar conditions as in race day.

During the swimming course familiarisation 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 familiarisation on Friday, October 6<sup>th</sup> from 10h15 to 11h00. 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, October 5<sup>th</sup>

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

#### Friday, October 6<sup>th</sup>

08h00 – 12h00	Race Office	Race Venue
09h00 – 10h00	Swim Course Familiarization	Race Venue
10h15 – 11h00	Bike Course Familiarization	Race Venue
11h00 – 12h00	Run Course Familiarization	Race Venue
15h00 – 19h00	Race Office	Race Venue
15h30	Paratriathlon Briefing (PTVI, PTS5, PTS4 ,PTS3, PTS2)	
16h30 – 18h00	Paratriathlon Race Package Distribution (PTVI, PTS5, PTS4 ,PTS3, PTS2)	Race Office

#### Saturday, October 7<sup>th</sup>

08h30 – 16h30	Race Office	Race Venue
08h30 – 09h50	Athletes Lounge Open	Race Venue
08h45 – 09h30	Transition Area open	Race Venue
09h15 – 10h15	Warm Up	Race Venue
10h30m00	<b>Paratriathlon Start (PTS5-M)</b>	Race Venue
10h35m00	PTVI1 - M Start	Race Venue
10h37m41	PTVI2/3 - M Start	Race Venue
10h39m00	PTVI1 - W Start	Race Venue
10h42m11	PTVI2/3 - W Start	Race Venue
11h00m00	PTS5 - W Start	Race Venue
11h05m00	PTS4 - M Start	Race Venue
11h08m00	PTS2/3 - M Start	Race Venue
11h13m00	PTS2/3/4 - W Start	Race Venue
12h30	Paratriathlon Medal Ceremony	Race Venue
15h30	Paratriathlon Briefing (PTWC)	
16h30 – 18h00	Paratriathlon Race Package Distribution (PTWC)	Race Office

#### Sunday, October 8<sup>th</sup>

08h00 – 14h00	Race Office	Race Venue
08h30 – 10h50	Athletes Lounge Open	Race Venue
10h45 – 11h45	Transition Area open	Race Venue
10h15 – 11h45	Warm Up	Race Venue



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12h00m00	<b>Paratriathlon Start (PTWC1 - M Start)</b>	Race Venue
12h03m00	PTWC2 - M Start	Race Venue
12h04m00	PTWC1 - W Start	Race Venue
12h07m38	PTWC2 - W Start	Race Venue
13h30	Paratriathlon Medal Ceremony	Race Venue

### ***b. Competition Rules***

The “2023 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 on 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 organisation to the transition area.

### ***b. Swim Course***

The swim takes place in the Tagus River.

It’s a swim with 750m. The swim will be during the high tide and the current will be inexistent or slightly favourable. The first buoy is 200m from the start and all buoys should be 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 of water will be handed out.

### ***h. Finish Area***

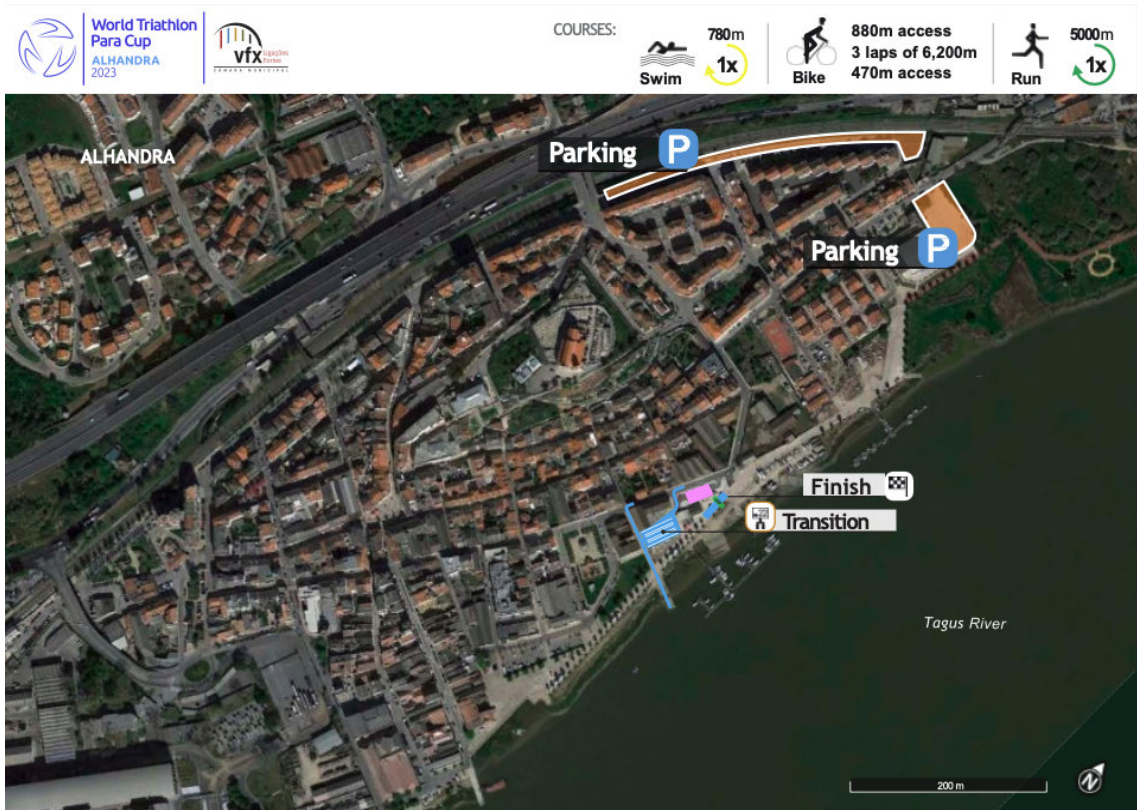
Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

### ***i. Medal Ceremonies***

Medal ceremonies will be performed according to ceremonies guidelines.



**j. Course Maps (Subject to change)**







DISTANCES:



DISTANCES:







DISTANCES:



880m access  
3 laps of 6,200m  
470m access



DISTANCES:



880m access  
3 laps of 6,200m  
470m access







DISTANCES:



880m access  
3 laps of 6,200m  
470m access



DISTANCES:



5000m







DISTANCES:



DISTANCES:



## 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 [alhandra-triathlon@federacao-triatlo.pt](mailto:alhandra-triathlon@federacao-triatlo.pt).

## 9. General Information

### ***a. Sunrise/Sunset and tide table***

	<b>Sunrise</b>	<b>Sunset</b>	<b>High Tide (hour and height)</b>		<b>Low Tide (hour and height)</b>	
Friday October 6 <sup>th</sup>	07h36	19h11	08h47	21h36	01h47	14h41
Saturday October 7 <sup>th</sup>	07h37	19h09	10h05	23h08	03h03	16h35
Sunday October 8 <sup>th</sup>	07h38	19h08	11h37		05h02	18h09

### ***b. Water Quality tests***

<b>PH</b>		<b>Entero-cocci</b>		<b>Escherichiacoli</b>	<b>E. Coli</b>
<b>result</b>	<b>standard</b>	<b>result</b>	<b>standard</b>	<b>result</b>	<b>standard</b>
7,6	6 to 9	23	<100	100	<250

### ***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