

ATHLETE'S GUIDE

Março

XVII

TRIATLO

INTERNACIONAL
de Quarteira
Carlos Gravata



Sábado
Sábado

24 de Março

Elite Feminina - 13h45
Elite Masculina - 16h30
Women Elite Class - 13h45
Men Elite Class - 16h30

Domingo
Domingo

25 de Março

Juniores Femininas - 08h45
Juniores Masculinos - 10h00
Women Junior Class - 08h45
Men Junior Class - 10h00

Taça de Portugal - 11h30
Portuguese National Cup - 11h30

www.louledesporto.com

Logos of sponsors and partners: TRIATLO, Loulé, Câmara Municipal de Loulé, Associação de Triatlo, Triatlo, Portugal, algarve, and others.

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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

Information about the registration, briefing, course familiarization and race start

Bike course familiarization	Friday, March 23 rd – 15:00
Swim course familiarization	Friday, March 23 rd – 16:00
Press Conference	Friday, March 23 rd – 12:30
Race Briefing Elite	Friday, March 23 rd – 18:00
Elite Women Start	Saturday, March 24 st – 13:45
Elite Men Start	Saturday, March 24 th – 16:30
Prize Giving Ceremony	Saturday, March 24 th – 18:40
Race Briefing Junior	Saturday, March 24 th – 19:30
Junior Women Start	Sunday, March 25 th – 8:45
Junior Men Start	Sunday, March 25 th – 10:00
Prize Giving Ceremony	Sunday, March 25 th – 11:15

1.3. KEY CONTACTS

Name and contact details of:

Portuguese Triathlon Federation: Bruno Salvador – bruno.salvador@federacao-triatlo.pt

ETU Technical Delegate – Luis Coira Nieto - luichicoira@yahoo.es

Athlete services manager: Joana Freire – etuquarteira@federacao-triatlo.pt

LOC – Municipality of Loulé and Parish Council of Quarteira: Luis Brito - luis.brito@cm-loule.pt

1.4. ENTRY FEE

Entry fee is 80€ for Elite and Junior Races.

Bank Details:

Federação de Triatlo de Portugal

Bank: Caixa Geral de Depósitos

IBAN: PT50 0035 0653 0000 2383 330 08

SWIFT/BIC: CGDIPTPL

Receipts should be sent to etuquarteira@federacao-triatlo.pt.

2. VENUE

2.1. RACE VENUE

The Race Venue is located in Quarteira, Loulé, with the swimming taking place at Quarteira's beach, right in front of the Official Hotel.

2.2 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race "arena" on Friday, March 23rd

from 16:00 to 17:00.

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, March 23rd from 15:00 to 16:00. You will have the chance to do two laps on the bike course. You will go round the course in a pack and will be marshaled by policemen in motorbikes. Assembly point is in the transition area.

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

At the Race Venue the athletes' lounge provides toilets, water, fruits, energy drinks and massages for the athletes before and after competition.

2.4. ELITE and JUNIORS ATHLETES' RACE PACKAGE

Athletes' race package will be delivered after the briefing and confirmation of the entry fee payment.

2.5. DOPING CONTROL

Doping control will take place in the Official Hotel and according to Portugal's anti-doping rules.

The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

Will be done by local police.

2.7. LOC OFFICE

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Friday, March 23th until Sunday, March 25th.

The Race Office will be open in different periods:

DAY	START	END	ACTIVITY	LOCATION
23 rd March	09:00	12:00	Race Office	Hotel Dom José
23 rd March	13:00	20:00	Race Office	Hotel Dom José
24 rd March	09:00	13:00	Race Office	Hotel Dom José
24 rd March	13:00	20:00	Race Office	Hotel Dom José
25 rd March	07:00	13:00	Race Office	Hotel Dom José

2018 Quarteira ETU Triathlon Briefing and Race Office



3. ACCOMMODATION

The Official Hotel of the “2018 Quarteira ITU Triathlon European Cup” is Hotel Dom José which is 100m from the venue.

Address: Hotel Dom José
Av. Infante de Sagres 143
8125-157 Quarteira
Phone: +351 289 310 210

Fax: +351 289 302 755
Email: susana.modesto@hoteldomjose.com
URL: www.hoteldomjose.com
Special Package – Contact Hotel

4. TRANSFER AND TRANSPORT

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

If you have any Transfer queries please contact:

Joana Freire - Email: etuguarteira@federacao-triatlo.pt

Price

Transfers from Faro Airport (one direction):
- 25€ per person (if scheduled until March 9th)*
- 30€ per person (if scheduled after March 9th)
The transfer back to the airport is the same amount

Bank Details:

Federação de Triatlo de Portugal
Bank: Caixa Geral de Depósitos
IBAN: PT50 0035 0653 0000 2383 330 08
SWIFT/BIC: CGDIPTPL

* Athlete’s only accepted on the start list after March 9th, will only pay 25€ per person.
Receipts should be sent to etuguarteira@federacao-triatlo.pt.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Pre-competition swimming and running training and sauna is possible in Quarteira's Municipal Pool and Stadium, from March 19th to 27th, from 8:00 to 20:00.

The use of this facility must be scheduled with:

Joana Freire

Email: transfers@federacao-triatlo.pt

Location:

Walking from the hotel will take approximately 15 minutes.

Free entrance to athletes and coaches with accreditation bracelets.



BIKE

Although the streets are open to traffic, they are quite large and there is not too much traffic during the week so it is possible to cycle in the race circuit.

In this area you can find a lot of nice roads to cycle, with little traffic. The region is not too hilly, unless you head for the interior, where you will find less cars but hilly roads.

The route is not closed to traffic and you are cycling at your own risk.



RUN

The foot walk near the sea is the most suitable place to train and it is where the event will take place.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Add info on closest hospital, address

Emergency telephone number

5.3. BIKE MECHANICAL SERVICE

Bike partner. Schedules will be available at the event website.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
23 rd March	12:30	13:00	Press Conference	Hotel Dom José
23 rd March	18:00	18:30	Athlete's briefing	Junta Freguesia Quarteira
23 rd March	18:30	19:00	Athlete registration	Junta Freguesia Quarteira
24 th March	12:15	13:15	Athlete Lounge check in	Race Venue
24 th March	12:45	13:30	TA check in	Race Venue
24 th March	12:45	13:30	Swim warm-up	Race Venue
24 th March	13:30	13:40	Calling area	Race Venue
24 th March	13:40	13:45	Athletes introduction	Race Venue
24 th March	13:45		Start	Race Venue
24 th March	18:40		Award Ceremony	Race Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
23 rd March	12:30	13:00	Press Conference	Hotel Dom José
23 rd March	18:00	18:30	Athlete's briefing	Junta Freguesia Quarteira
23 rd March	18:30	19:00	Athlete registration	Junta Freguesia Quarteira
24 th March	15:00	16:00	Athlete Lounge check in	Race Venue
24 th March	15:30	16:15	TA check in	Race Venue
24 th March	15:30	16:15	Swim warm-up	Race Venue
24 th March	16:15	16:25	Calling area	Race Venue
24 th March	16:25	16:30	Athletes introduction	Race Venue
24 th March	16:30		Start	Race Venue
24 th March	18:40		Award Ceremony	Race Venue

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
23 rd March	12:30	13:00	Press Conference	Hotel Dom José
24 th March	19:30	20:00	Athlete's briefing	Junta Freguesia Quarteira
23 rd March	20:00	20:30	Athlete registration	Junta Freguesia Quarteira
24 th March	07:00	07:45	Athlete Lounge check in	Race Venue
24 th March	07:30	08:15	TA check in	Race Venue
24 th March	08:00	08:30	Swim warm-up	Race Venue
24 th March	08:30	08:40	Calling area	Race Venue
24 th March	08:40	08:45	Athletes introduction	Race Venue
24 th March	08:45		Start	Race Venue
24 th March	11:45		Award Ceremony	Race Venue

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
23 rd March	12:30	13:00	Press Conference	Hotel Dom José
24 th March	19:30	20:00	Athlete's briefing	Junta Freguesia Quarteira
23 rd March	20:00	20:30	Athlete registration	Junta Freguesia Quarteira
24 th March	07:15	08:00	Athlete Lounge check in	Race Venue
24 th March	07:45	08:30	TA check in	Race Venue
24 th March	09:15	09:45	Swim warm-up	Race Venue
24 th March	09:45	09:55	Calling area	Race Venue
24 th March	09:55	10:00	Athletes introduction	Race Venue
24 th March	10:00		Start	Race Venue
24 th March	11:45		Award Ceremony	Race Venue

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

DAY	START	END	ACTIVITY	LOCATION
23 rd March	18:00	18:30	Elite briefing	Junta Freguesia Quarteira
24 th March	19:30	20:00	Junior briefing	Junta Freguesia Quarteira

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 live at the ITU official website www.triathlon.org.

Live coverage on event website.

All the Results information will be distributed to the Team Leaders at the Race Office.

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.

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.

Please send accreditation requests to bruno.salvador@federacao-triatlo.pt

8. COURSE MAPS

2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES: SWIM 1500 m 2x BIKE 40 000 m 6x RUN 10000 m 4x



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES: SWIM 1 500 m 2x 1 lap



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:  SWIM  BIKE  6x 40 000 m



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:  BIKE  6x 40 000 m



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:



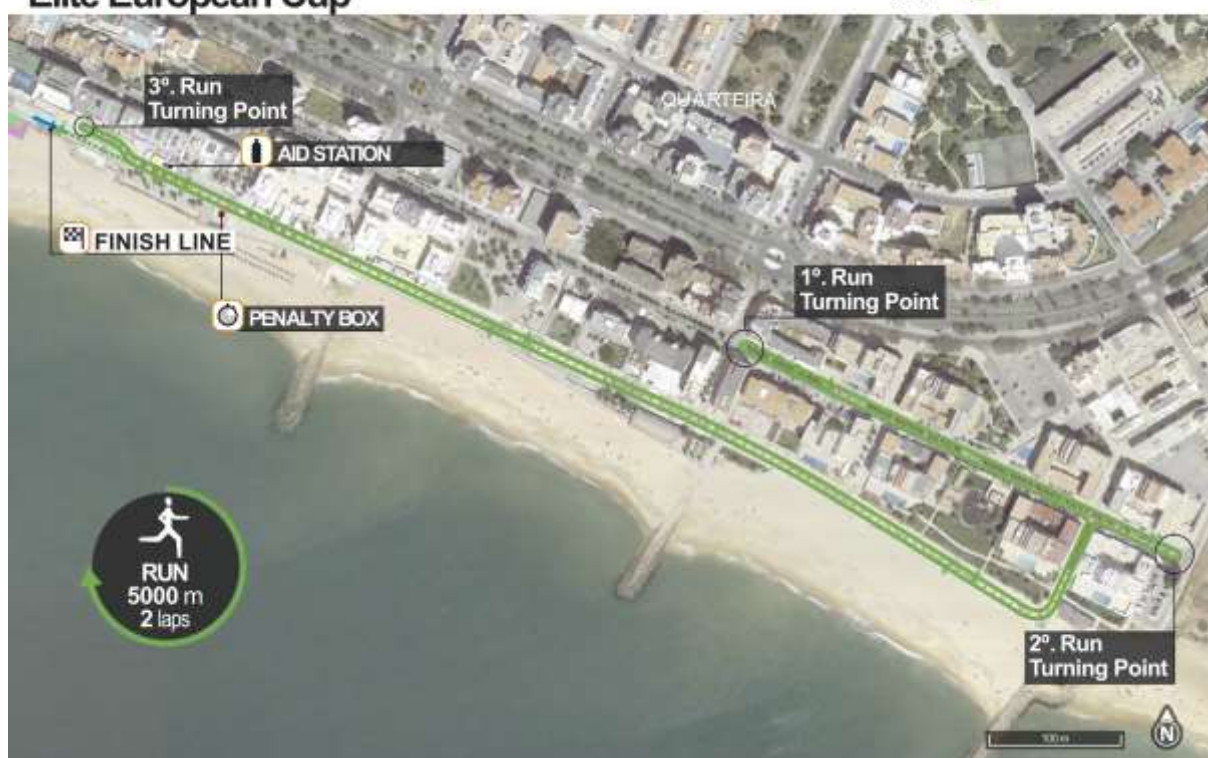
2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:  BIKE →  RUN 4x 10 000 m



2018 Quarteira ETU Triathlon Elite European Cup

DISTANCES:  RUN 4x 10 000 m



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  **SWIM** 750 m 1x  **BIKE** 20 000 m 3x  **RUN** 5000 m 2x



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  **SWIM** 750 m 1 lap



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  SWIM  BIKE  3x 20 000 m



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  BIKE  3x 20 000 m



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  BIKE →  RUN 



2018 Quarteira ETU Triathlon Junior European Cup

DISTANCES:  RUN 

