

# ATHLETE'S GUIDE

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**TRIATHLON**   
**MEDITERRANEAN CHAMPIONSHIPS**  
**SINES 2019**

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**ETU**



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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, May 10 <sup>th</sup> – 15:00
Swim course familiarization	Friday, May 10 <sup>th</sup> – 16:00
Press Conference	Friday, May 10 <sup>th</sup> – 12:30
Race Briefing Elite	Friday, May 10 <sup>th</sup> – 18:30
Elite Women Start	Saturday, May 11 <sup>th</sup> – 10:00
Elite Men Start	Saturday, May 11 <sup>th</sup> – 11:45
Prize Giving Ceremony	Saturday, May 11 <sup>th</sup> – 13:00

### 1.3. KEY CONTACTS

Name and contact details of:

Portuguese Triathlon Federation: Bruno Salvador – [bruno.salvador@federacao-triatlo.pt](mailto:bruno.salvador@federacao-triatlo.pt)

ETU Technical Delegate – [edu@lakuntza.com](mailto:edu@lakuntza.com)

Athlete services manager: Ana Rato – [etu.sines@federacao-triatlo.pt](mailto:etu.sines@federacao-triatlo.pt)

LOC – Municipality of Sines

### 1.4. ENTRY FEE

Entry fee is 80€ for Elite 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 [tesouraria@federacao-triatlo.pt](mailto:tesouraria@federacao-triatlo.pt).

## 2. VENUE

### 2.1. RACE VENUE

The Race Venue is located in Sines, with the swimming taking place at Sines' Beach Vasco da Gama.

### 2.2 COURSE FAMILIARIZATION

#### Swim

You will be able to have a swimming course familiarization in the Race "arena" on Friday, May 10th 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, May 10th from 15:00 to 16:00. You 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. 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 Multisport Pavilion of Sines 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 – Sines Art Center – and is open from Friday, May 10th until Saturday, May 11th.

The Race Office will be open in different periods:

DAY	START	END	ACTIVITY	LOCATION
10 <sup>th</sup> May	09:00	12:00	Race Office	Sines Art Center
10 <sup>th</sup> May	13:00	20:00	Race Office	Sines Art Center
11 <sup>th</sup> May	08:00	13:00	Race Office	Venue

### 3. ACCOMMODATION

The Official Hotel of the “2019 Sines ITU Triathlon European Cup” is Hotel Sinerama which is 2km from the venue.

Adress: Hotel Sinerama  
R.Marquês de Pombal, 110  
7520-227 Sines  
Phone: +351 269 000 100

Fax: +351 269 000 199  
Email: [bookings.sinerama@tdhotels.com](mailto:bookings.sinerama@tdhotels.com)  
Special Package – Contact Hotel

### 4. TRANSFER AND TRANSPORT

The LOC will not provide transportation from Lisbon Airport for the athletes and their Team Officials.

If you need Transfers please contact:  
Dept. Reservations | Best Time Tour - Luxury Transports  
Address: Av. D. João II, Lote 17. Piso 2 Nº 1  
Parque das Nações, 1990-078 Lisboa  
Portugal  
Email.: [info@besttimetour.com](mailto:info@besttimetour.com)  
Site.: <http://www.besttimetour.com>

### 5. ATHELETE’S SERVICES

#### 5.1. TRAINING FACILITIES

##### **SWIM**

Pre-competition swimming and running training and sauna is possible in Sines Municipal Pool and Stadium, from May 6 to 10th, from 8:00 to 20:00.

The use of this facility must be scheduled with:

Ana Rato

Email: [etu.sines@federacao-triatlo.pt](mailto:etu.sines@federacao-triatlo.pt)

Location:

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.

### **HOSPITAL DO LITORAL ALENTEJANO**

Monte do Gilbardinho - Santiago do Cacém

269 818 100

[www.hlalentejano.min-saude.pt](http://www.hlalentejano.min-saude.pt)

## **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
10 <sup>rd</sup> May	12:30	13:00	Press Conference	
10 <sup>rd</sup> May	18:30	19:00	Athlete's briefing	
10 <sup>rd</sup> May	18:30	19:00	Athlete registration	
11 <sup>th</sup> May	08:00	09:45	Athlete Lounge check in	Race Venue
11 <sup>th</sup> May	09:00	09:45	TA check in	Race Venue
11 <sup>th</sup> May	09:00	09:45	Swim warm-up	Race Venue
11 <sup>th</sup> May	09:45	09:55	Calling area	Race Venue
11 <sup>th</sup> May	09:55	10:00	Athletes introduction	Race Venue
11 <sup>th</sup> May	10:00		Start	Race Venue
11 <sup>th</sup> May	11:15		Award Ceremony	Race Venue

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
10 <sup>th</sup> May	12:30	13:00	Press Conference	
10 <sup>th</sup> May	18:30	19:00	Athlete's briefing	
10 <sup>th</sup> May	18:30	19:00	Athlete registration	
11 <sup>th</sup> May	10:15	11:15	Athlete Lounge check in	Race Venue
11 <sup>th</sup> May	10:45	11:30	TA check in	Race Venue
11 <sup>th</sup> May	10:45	11:30	Swim warm-up	Race Venue
11 <sup>th</sup> May	11:30	11:40	Calling area	Race Venue
11 <sup>th</sup> May	11:40	11:45	Athletes introduction	Race Venue
11 <sup>th</sup> May	11:45		Start	Race Venue
11 <sup>th</sup> May	13:00		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
10 <sup>th</sup> May	18:30	19:00	Elite briefing	Sines Art Center

### 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.competitions.com](http://www.competitions.com).

Live coverage TBC.

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 [etu.sines@federacao-triatlo.pt](mailto:etu.sines@federacao-triatlo.pt)

## 8. COURSE MAPS

Course Maps will be available on ITU website.