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XI Triatlo

Professor Carlos Gravata

XI triathlon 2012

ITU TRIATHLON EUROPEAN CUP



CIDADE DE QUARTEIRA

31 Março March
Sábado Saturday

Taça da Europa ITU Triathlon European Cup

13h45: Elite Feminina Women Elite

16h30: Elite Masculina Men Elite

01 Abril April
Domingo Sunday

Taca da Europa Juniores
ITU Junior Triathlon European Cup

08h45: Junior Feminina Women Junior

10h00: Junior Masculina Men junior

Campeonato Nacional Clubes
National Club Championship

11h15: Elite Masculina e Feminina Men and Women Elite



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1. General Information

a. Key Dates

Bike course familiarization	Friday, March 30 th – 9:30
Swim course familiarization	Friday, March 30 th – 10:30
Press Conference	Friday, March 30 th – 11:30
Race Briefing	Friday, March 30 th – 17:00
Pasta Party	Friday, March 30 th – 20:00
Elite Women Start	Saturday, March 31 st – 14:00
Elite Men Start	Saturday, March 31 st – 16:30
Prize Giving Ceremony	Saturday, March 31 st – 18:40
Junior Women Start	Sunday, April 1 st – 8:45
Junior Men Start	Sunday, April 1 st – 9:45
Prize Giving Ceremony	Sunday, April 1 st – 11:30

Race Office and Pasta Party

The Race Office and Pasta Party will take place in the events' official Hotel:

Hotel Dom José

Av. Infante de Sagres 143

8125-157 Quarteira

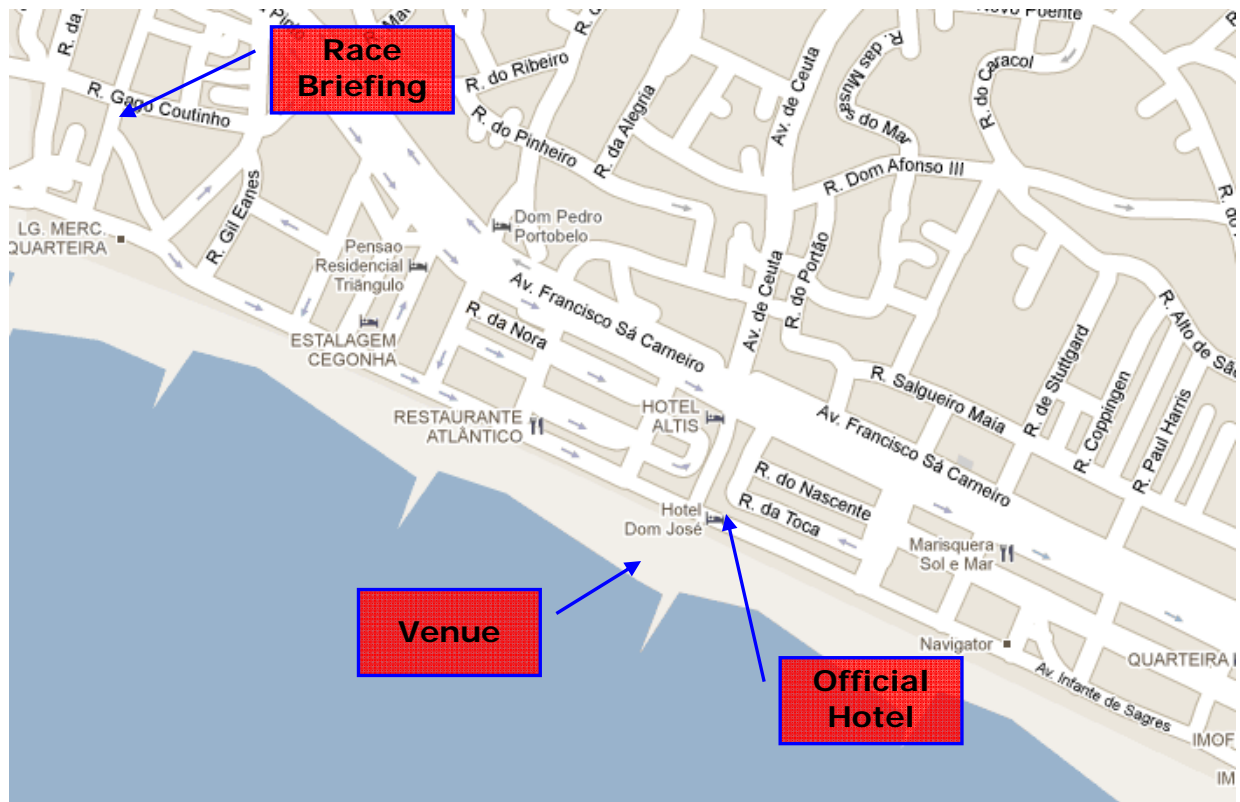
Race Briefing

The Race Briefing will take place in "Junta de Freguesia de Quarteira":

Junta de Freguesia de Quarteira

Rua Vasco da Gama, n° 85 - r/c

8125-256 QUARTEIRA



b. Key Contacts

ITU Technical Delegate	Vicente Sanchez	
LOC Event Director	Mário Sebastião	+351 962 021 809
LOC Race Director	Vasco Rodrigues	+351 913 086 399
LOC Office and Travel Manager	Vasco Rodrigues	+351 913 086 399
LOC Media Manager	David Vaz	+351 932 202 008

c. Event Organiser**Câmara Municipal de Loulé**

Praça da República

8100-270 Loulé

www.cm-loule.ptmsebastiao@CM-LOULE.PT**Junta de Freguesia de Quarteira**

Rua Vasco da Gama, nº 85 - r/c

8125-256 Quarteira

www.jf-quarteira.ptquarteira@jf-quarteira.pt**Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B

2760-128 Caxias – Portugal

www.federacao-triatlo.ptvasco.rodrigues@federacao-triatlo.pt

2. Venue

a. 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.

b. Athletes Lounge

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

c. 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.

d. Medical Services

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, on March 30th and March 31st, before & during competition hours.

Medical and paramedic personnel from Loulé's 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.

e. Bike Mechanic Service

"RBikes" will be our partner regarding the Mechanic Support. This service will be provided as follows:

Race Office in Hotel Dom Jose:

Thursday, March 29th: 14h00 – 16h00

Race Venue:

Friday, March 30th: 8h30 – 11h30

Saturday, March 31st: 10h00 – 12h00 and 13h00 – 15h00

f. Race Office

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Thursday, March 29th until Saturday, March 31st.

The Race Office will be open in different periods and you can find the schedule in page 10.

c. **Special Package**

3 nights in single room

B&B = 111,60€

Half board = 149,10€

Full board = 186,60€

3 nights in double room

B&B = 139,50€

Half board = 214,50€

Full board = 289,50€

5 nights in single room

B&B = 186,00€

Half board = 248,50€

Full board = 311,00€

5 nights in double room

B&B = 232,50€

Half board = 357,50€

Full board = 482,50€

4. Airport Transfers

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

If you have any Transfer queries please contact:

Vasco Rodrigues

Email: vasco.rodrigues@federacao-triatlo.pt

Phone: +351 913 086 399

Price:

- 30€ per person (if scheduled until March 23)

- 50€ per person (if scheduled after March 23)

5. Training

a. *Training Sessions in the Swimming Pool and in the track and field stadium*

Pre-competition swimming and running training and sauna is possible in Quarteira's Municipal Pool and Stadium, from March 26th to March 30th, from 8:00 to 20:00.

The use of this facility must be scheduled with:

Vasco Rodrigues

Email: vasco.rodrigues@federacao-triatlo.pt

Phone: +351 913 086 399

Location:



Walking from the hotel will take approximately 15 minutes.

Free entrance to athletes and coaches with accreditation bracelets.

b. *Bike Training*

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.

c. Run Training

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

d. Course Familiarization

Swim

You will be able to have a swimming course familiarization in the Race "arena" on Friday, March 30th from 10:30 to 11:00.

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 – because of safety reasons!

Bike

There will be a bike course familiarization on Friday, March 30th from 9:30 to 10:30. 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.

6. Competition Information

a. Competition Schedule

Thursday, March 29th

9:00 - 12:00	Race Office	Official Hotel
15:00 - 19:00	Race Office	Official Hotel

Friday, March 30th

09:00 - 12:00	Race Office	Official Hotel
10:00	Bike Course Familiarization	Race Venue
11:00	Swim Course Familiarization	Race Venue
12:00	Press conference	Official Hotel
15:00 - 19:00	Race Office	Official Hotel
17:00	Race Briefing	Junta Freguesia Quarteira
20:00	Athletes Pasta Party	Official Hotel

Saturday, March 31st

09:00 - 12:00	Race Office	Official Hotel
12:40– 13:15	Body Marking (Women)	Race Venue
12:45– 13:30	Transition Area open (Women)	Race Venue
13:10– 13:30	Warm Up (Women)	Race Venue
13:45	Women Elite Start	Race Venue
13:55– 14:35	Body Marking (Men)	Race Venue
14:10– 14:55	Transition Area open (Men)	Race Venue
15:50– 16:10	Warm Up (Men)	Race Venue
16:30	Men Elite Start	Race Venue
18:40	Medal Ceremony	Race Venue
18:00 - 20:00	Race Office	Official Hotel

Sunday, April 1st

07:30 - 12:00	Race Office	Official Hotel
7:45 – 8:30	Body Marking (Women and Men)	Race Venue
7:45 – 8:30	Transition Area open (Women and Men)	Race Venue
8:15– 8:30	Warm Up (Women)	Race Venue
8:45	Women Junior Start	Race Venue
9:30– 9:45	Warm Up (Men)	Race Venue
10:00	Men Junior Start	Race Venue
11:15	Medal Ceremony	Race Venue

b. Competition Rules

The “2012 Quarteira ITU Triathlon European Cup” will follow the latest published Competition Rules from the International Triathlon Union.

c. Prize money distribution

Elite men and women

1st.	1,565 EUR
2nd.	1,250 EUR
3rd.	940 EUR
4th.	625 EUR
5th.	500 EUR
6th.	435 EUR
7th.	375 EUR
8th.	250 EUR
9th.	185 EUR
10th.	125 EUR

d. Information about the Race

Start

The start area is in Quarteira's Beach.

The race will start in the beach, with a short run to the water. In the starting line athletes must stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

The athletes are required to leave their last minute gear at Athletes' Lounge.

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 2 laps of 750m each before exiting the water.

In the Junior Event the athletes must complete 1 lap of 750m each before exiting the water.

The water temperature is expected to be 19°C – 20°C.

Bike Course

The 6,67km bike lap is very quick and fast, with just one short steep climb and 3 180° narrow turns.

There are 6 laps for the Elite Race and 3 laps for the Junior Race.

Wheel Station

There will be one wheel station on the bike course situated at the 100m away from the Transition Area, in a central point where the athletes pass 4 times each lap.

This wheel station won't have spare wheels so the athletes must bring their own wheels.

Run Course

The 2,5km run course extends itself along the sea in a side walk, with a small incursion to a residential street at the end. The athletes run in opposite directions.

There are 4 laps for the Elite Race and 2 laps for the Junior Race and the pavement is a mixture of cement and pavet.

The athletes must run on their left.

Aid stations

There will be two aid stations on the run course. Closed bottles of sealed water and cups with energy drink from our sponsor (Gold Nutrition) will be handed out.

e. *Weather Conditions*

Weather temperature is quite nice this time of the year. The temperatures can go from 15°C to 25°C. The weather is usually sunny but windy in the afternoon.

f. *Results*

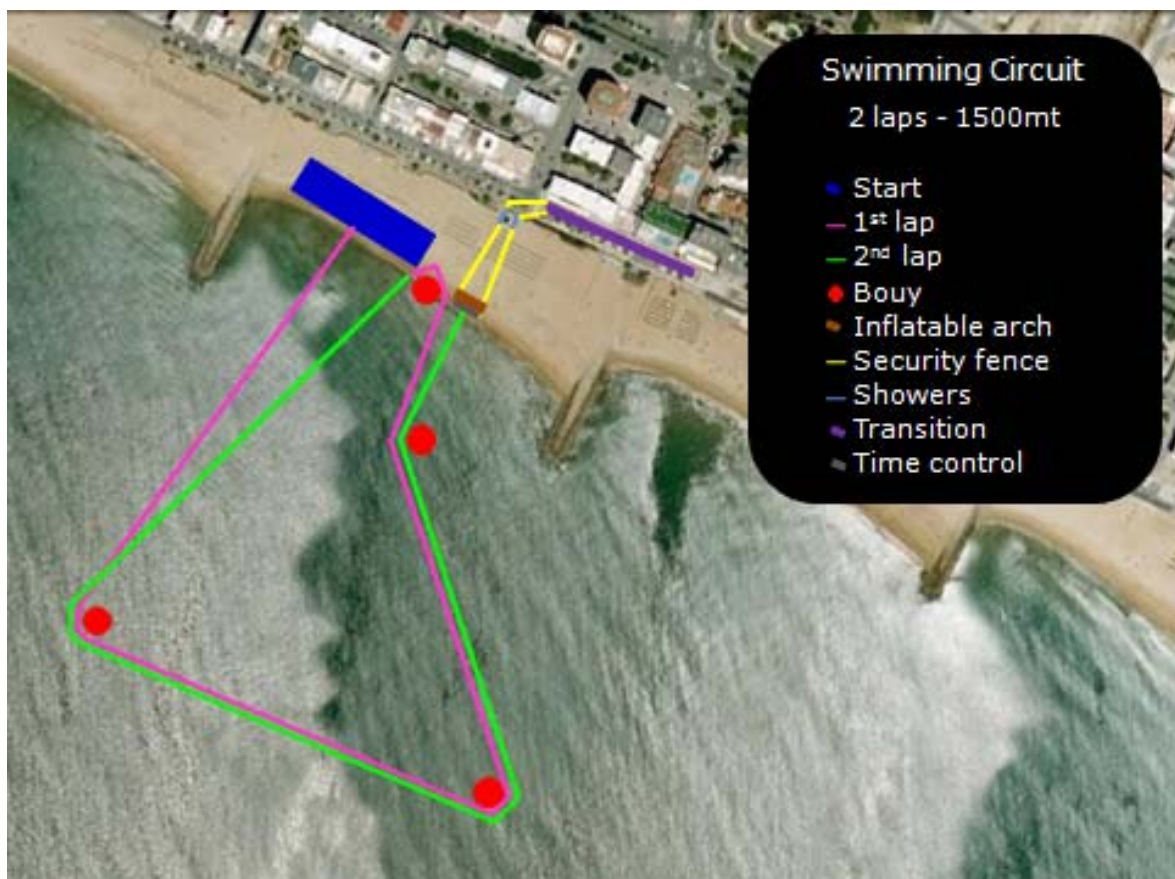
Results will be uploaded live at the FTP's official website: www.federacao-triatlo.pt

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

g. *Protests and Appeals*

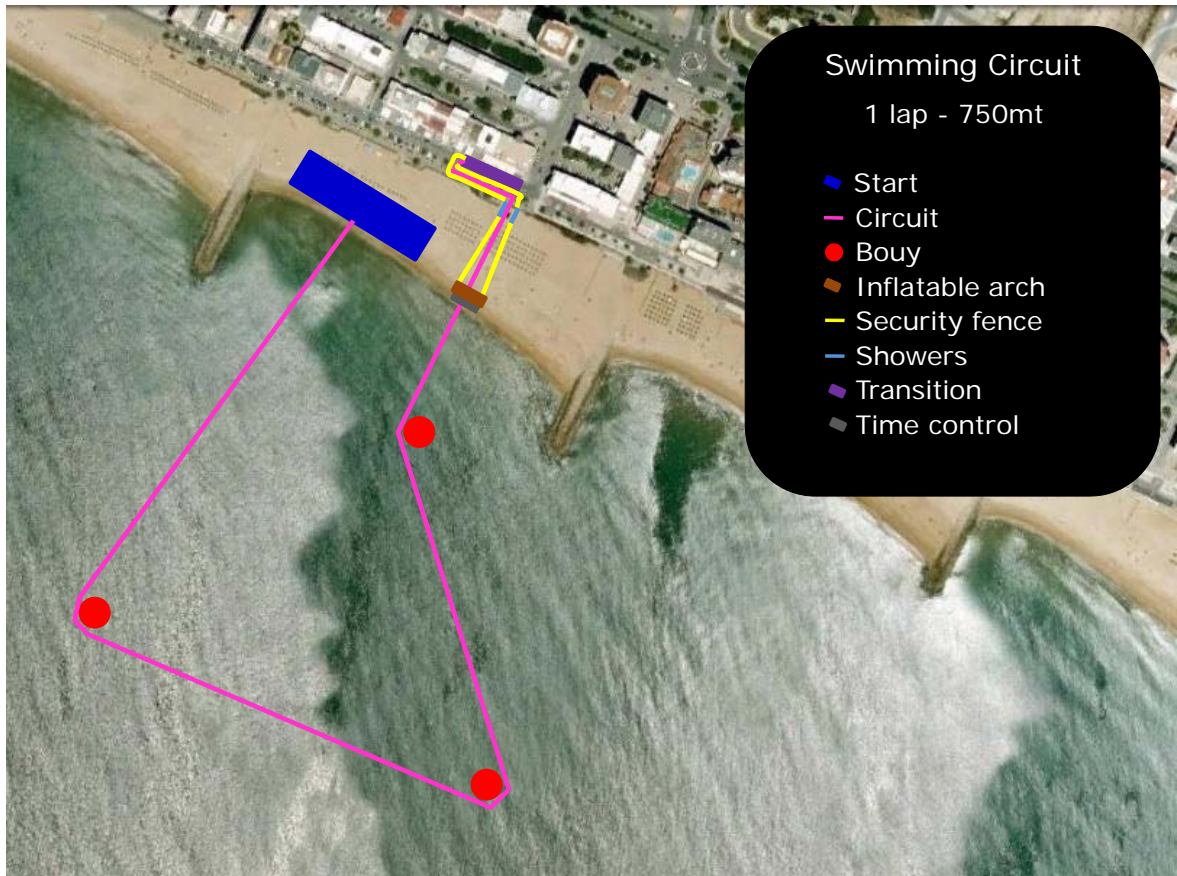
Standard procedures will be followed according to the ITU Competition Rules.

h. *Elite Course Maps*





i. Junior Course Maps





7. Accreditation

LOC will provide to all the Athletes, Coaches, Technical Officials, Journalists, etc with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for Athletes and Coaches will be handed out from the LOC Office.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

a. Training facilities access

In order to enter the swimming pool and the athletics' track athletes and coaches should carry and show their accreditation cards.

8. General Information

a. *Sunrise/Sunset and tide table*

	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Monday March 26th	07h26	19h49	05h26 3.1	17h40 3.08	11h10 0.86	23h29 0.9
Tuesday March 27th	07h24	19h50	05h57 2.95	18h12 2.96	11h41 1.0	-
Wednesday March 28th	07h23	19h51	06h30 2.79	18h48 2.82	00h04 1.06	12h15 1.16
Thursday March 29th	07h21	19h52	07h11 2.62	19h36 2.68	00h46 1.23	12h58 1.34
Friday March 30th	07h20	19h53	08h10 2.48	20h47 2.57	1h43 1.4	13h59 1.5
Saturday March 31th	07h18	19h54	09h39 2.41	22h19 2.57	3h06 1.48	15h31 1.56
Sunday April 1th	07h17	19h55	11h07 2.5	23h36 2.71	4h45 1.42	17h07 1.45

b. *Pharmacies*

Farmácia Algarve

Rua Dr. José Joaquim Soares, 14
8125-209 Quarteira
Tel.: 289314884

Farmácia Maria Paula

Avenida Carlos Mota Pinto, LOJA – 1
8125-105 Quarteira
Tel.: 289313137

c. *Usefull contacts*

Loule's Health Center (open 24h) – 00 351 289 401 000

Faro's Hospital (open 24h) – 00 351 289 891 100

Emergency support number – 112