



Athletes Guide













TABLE OF CONTENTS

1. GENERAL INFORMATION	3
1.1. INTRODUCTION	3
1.2. KEY DATES	3
1.3. KEY CONTACTS	3
1.4. ENTRY FEE	3
1.5 ENTERING PORTUGAL	4
ELITE AND JUNIOR ATHLETES' BRIEFING	4
2. VENUE	5
2.1. RACE VENUE	5
2.2 ACCREDITATIONS	5
2.3 CLEANING PROTOCOLS ON SITE	5
2.4 COURSE FAMILIARIZATION	6
Swim	6
Bike	6
2.5. ATHLETE'S LOUNGE	6
2.8. ELITE and JUNIORS ATHLETES' RACE PACKA	GE6
2.9. DOPING CONTROL	6
2.10. SECURITY	7
2.11. LOC OFFICE	7
3. ACCOMMODATION	7
	0
	0
▲ SWIM	0
್ BIKE	0
术 RUN	1
5.2. MEDICAL SERVICES	1
5.3. BIKE MECHANICAL SERVICE	1
	2
6.6. TIMING CHIPS	3
6.7. RESULTS	3
6.8. PROTEST & APPEALS	3





8. COURSE MAPS

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

Press Conference	Friday, March 24 th – 12:00
Bike course familiarization	Friday, March 24 th – 14:30
Swim course familiarization	Friday, March 24 th – 15:00
Athlete's Briefing Elite	Friday, March 24 th – 18:00
Elite Women Start	Saturday, March 25 th – 13:45
Elite Men Start	Saturday, March 25 th – 16:30
Medal Ceremony	Saturday, March 25 th – 18:40
Athlete's Briefing Junior	Saturday, March 25 th – 19:30
Junior Women Start	Sunday, March 26 th – 8:45
Junior Men Start	Sunday, March 26 th – 10:00
Medal Ceremony	Saturday, March 26 th – 11:30

1.3. KEY CONTACTS

Name and contact details of:

 $Portuguese\ Triathlon\ Federation:\ Bruno\ Salvador - \underline{bruno.salvador@federacao-triatlo.pt}$ $ETU\ Technical\ Delegate - Monica\ Zubillaga(ESP) - \underline{mzubill@hotmail.com}$

1.4. ENTRY FEE

Entry fee is 85€ for Elite and 65€ for the Junior Races.

Bank Details:

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84





SWIFT/BIC: CCCMPTPL

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

1.5 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 Quarteira event;
- You need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at https://portugalcleanandsafe.pt/en/passenger-locator-card;
- You need to send an email to <u>quarteira-triathlon@federacao-triatlo.pt</u> with the subject name: "VISA INFORMATIONS – COUNTRY" with your full name, date of birth, passport number and expiry date, your flight details and the place where you got your Visa. This email needs to be sent before March 3th

ELITE AND JUNIOR ATHLETES' BRIEFING

The athletes' briefing will be at Junta Freguesia Quarteira

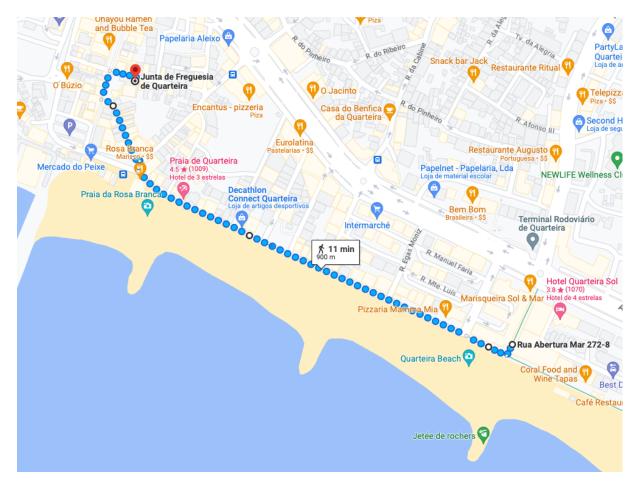
DAY	START	END	ACTIVITY	LOCATION
24 th March	18:00	18:30	Athlete's briefing	Junta Freguesia Quarteira
25 th March	19:30	20:00	Athlete's briefing	Junta Freguesia Quarteira











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 ACCREDITATIONS

A maximum of two coaches and one team medical per team, will be entitled to be accredited. All the info about this question can be found on the World Triathlon Competition Rules.

2.3 CLEANING PROTOCOLS ON SITE

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.





2.4 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race "arena" on Friday, March 24th from 15:00 to 16:00.

Please note: It is forbidden to swim outside the boys at any time – for safety reasons!

Swimming outside the course familiarization zone and schedule there will be no lifeguards or medical service available.

Bike

You will be able to have a bike course familiarization in the Race "arena" on Friday, March 24th at 14:30h, with the help of the police, we will do 2 laps on the course. The traffic will be controlled and you should stay inside the "the safe zone" created by the police. The road has a lot of traffic during rush hours (7h-10h and 16h-19h) but it is possible to bike on the road. The athletes that want to train on the bike course will be at their own risk.

2.5. ATHLETE'S LOUNGE

At the Race Venue the athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes' lounge is located in inside the hotel, next to the transition area.

Nobody is allowed to leave personal items unattended.

At the Athletes Lounge entrance will be bike racks also identified by team/delegation. You must leave your bike on the respective bike rack.

Food and water will be served by special volunteers and everything will be sealed and packaged.

Toilets will be available at the Athletes Lounge and it will be cleaned and sanitized every hour.

2.8. ELITE and JUNIORS ATHLETES' RACE PACKAGE

Athletes' race package will be distributed after the briefing at the Junta Freguesia de Quarteira.

2.9. 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.

2.10. SECURITY

Will be done by local police.

2.11. LOC OFFICE

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Friday, March 24th until Sunday, March 26th.

The Race Office will be open in different periods:

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

3. ACCOMMODATION

The Official Hotel is Hotel Dom José which is 100m from the venue.

ADDRESS

Hotel Dom José

Av. Infante de Sagres 143

URL: www.hoteldomjose.com Special Package – Contact Hotel

8125-157 Quarteira Phone: +351 289 310

210

Fax: +351 289 302 755

Email:

susana.modesto@hoteldomjose.com



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:

Sérgio Monteiro - Email: <u>quarteira-triathlon@federacao-triatlo.pt</u>

Price

Transfers from Faro Airport (one direction):

- 60€ per person two ways (40€ one way only) if scheduled until March 12th*
- 80€ per person two ways (50€ one way only) if scheduled after March 12th
- The transfer back to the airport is the same amount.

Bank Details:

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

* Athletes only accepted on the start list after March 20th.

If you have any Transfer queries, please contact:

Bruno Salvador - Email: bruno.salvador@federacao-triatlo.pt Receipts should be sent to <u>tesouraria@federacao-triatlo.pt</u>

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



Local Swimming Pool.



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.

5.3. BIKE MECHANICAL SERVICE

Bike partner. Schedules will be available soon.





6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
24 th March	18:00	18:30	Athlete's Briefing	Race Venue
24 th March	18:30	19:00	Athlete's Registration	Race Venue
25 th March	12:15	13:15	Athlete Lounge check in	Race Venue
25 th March	12:45	13:30	TA check in	Race Venue
25 th March	12:45	13:30	Swim warm-up	Race Venue
25 th March	13:30	13:40	Calling area	Race Venue
25 th March	13:40	13:45	Athletes' introduction	Race Venue
25 th March	13:45		Start	Race Venue
25 th March	18:40		Award Ceremony	Race Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
24 th March	18:00	18:30	Athlete's Briefing	Race Venue
24 th March	18:30	19:00	Athlete's Registration	Race Venue
25 th March	15:00	16:00	Athlete Lounge check in	Race Venue
25 th March	15:30	16:15	TA check in	Race Venue
25 th March	15:30	16:15	Swim warm-up	Race Venue
25 th March	16:15	16:25	Calling area	Race Venue
25 th March	16:25	16:30	Athletes' introduction	Race Venue
25 th March	16:30		Start	Race Venue
25 th March	18:40		Award Ceremony	Race Venue

6.3. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
25 th March	19:30	20:00	Athlete's Briefing	Race Venue
25 th March	20:00	20:30	Athlete's Registration	Race Venue
26 th March	07:00	07:45	Athlete Lounge check in	Race Venue
26 th March	07:30	08:15	TA check in	Race Venue
26 th March	08:00	08:30	Swim warm-up	Race Venue
26 th March	08:30	08:40	Calling area	Race Venue
26 th March	08:40	08:45	Athletes' introduction	Race Venue
26 th March	08:45		Start	Race Venue
26 th March	11:45		Award Ceremony	Race Venue





6.4. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
25 th March	19:30	20:00	Athlete's Briefing	Race Venue
25 th March	20:00	20:30	Athlete's Registration	Race Venue
26 th March	08:30	09:30	Athlete Lounge check in	Race Venue
26 th March	09:00	09:45	TA check in	Race Venue
26 th March	09:15	09:45	Swim warm-up	Race Venue
26 th March	09:45	09:55	Calling area	Race Venue
26 th March	09:55	10:00	Athletes' introduction	Race Venue
26 th March	10:00		Start	Race Venue
26 th March	11:45		Award Ceremony	Race Venue

6.5. COMPETITION RULES

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

6.6. 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.

6.7. RESULTS

Results will be uploaded live at the World Triathlon 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.

6.8. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

8. COURSE MAPS

Course Maps will be available on World Triathlon website.