



Quarteira
2024



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Athletes' Guide





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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 managers 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 familiarisation and race start

Press Conference	Friday, March 22th – 12:00
Bike course familiarisation	Friday, March 22th – 14:30
Swim course familiarisation	Friday, March 22th – 15:00
Athlete's Briefing Elite	Friday, March 22th – 18:00
Elite Women Start	Saturday, March 23th – 13:45
Elite Men Start	Saturday, March 23th – 16:30
Medal Ceremony	Saturday, March 23th – 18:40
Athlete's Briefing Junior	Saturday, March 23th – 19:30
Junior Women Start	Sunday, March 24th – 9:30
Junior Men Start	Sunday, March 24th – 10:30
Medal Ceremony	Saturday, March 24th – 12:00

1.3. Key contacts

Name and contact details of:

- Technical delegate: Raquel Gonzalez(ESP) - raquelgcascales@gmail.com
- Assistant Technical Delegate – Christina Rego(POR) - simapapao@hotmail.com
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number : +32478825456.

1.4. Contacts details

- Portuguese Triathlon Federation: Bruno Salvador – quarteira-triathlon@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.

<https://maps.app.goo.gl/sq2CowBiLXV3LnaB7>

2.2 Course familiarisation

Swim

You will be able to have a swimming course familiarisation in the Race "arena" on Friday, March 22th from 15:00 to 16:00.



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

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

Bike

You will be able to have a bike course familiarisation in the Race “arena” on Friday, March 22th 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.

2.3. Athletes’ lounge

At the Official Hotel Hotel D. José, close to 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 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 sanitised every hour.

2.4. Elite (and/or other categories) athletes’ race package

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

2.5. Doping control

Doping control will take place in the Official Hotel and according to TRI/WADA 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 22th until Sunday, March 24th.

The Race Office will be open in different periods:



DAY	START	END	ACTIVITY	LOCATION
22 th March	09:00	12:00	Race Office	Hotel Dom José
22 th March	13:00	20:00	Race Office	Hotel Dom José
23 th March	09:00	13:00	Race Office	Hotel Dom José
23 th March	13:00	20:00	Race Office	Hotel Dom José
24 th March	08:00	13:00	Race Office	Hotel Dom José

3 Accommodation

The Official Hotel is 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: reservas@hoteldomjose.com

Hotel D. José kindly requests that bicycles are not permitted within the hotel rooms. To ensure the safety and convenience of all participants, dedicated bike storage will be provided in the hotel garage during specific hours.

Bike Storage Hours:

- Monday to Wednesday: 09:00 AM to 18:00 PM
- Thursday to Saturday: 08:00 AM to 09:00 PM
- Sunday: 06:30 AM to 01:00 PM

The hotel assured, the designated area in the garage will be under constant security surveillance to safeguard your bicycles throughout the specified periods.

4 Entry Fee, Transfer and Transport

4.1. Entry Fee

Entry fee is 95€ for Elite and 75€ for the Junior Races.

4.2. 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 see:

<https://quarteira-triathlon.federacao-triatlo.pt/transfers/>



Price

Transfers from Faro Airport (one direction):

- 60€ per person - two ways (40€ one way only) - if scheduled until March 10th
- 80€ per person – two ways (50€ one way only) - if scheduled after March 10th
- 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

If you have any Entry fee and Transfer queries, please contact:

Email: quarteira-triathlon@federacao-triatlo.pt

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

5 Athletes' Services

5.1. Training facilities



SWIM

Local Swimming Pool. <https://maps.app.goo.gl/7acyfVAPCxMGU1EE9>



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.

5.3. Bike mechanical service

Bike partner. Schedules will be available soon.

6 Competition schedule

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
22th March	18:00	18:30	Athlete's Briefing	Race Venue
22th March	18:30	19:00	Athlete's Registration	Race Venue
23th March	12:15	13:15	Athlete Lounge check in	Race Venue
23th March	12:45	13:30	TA check in	Race Venue
23th March	12:45	13:30	Swim warm-up	Race Venue
23th March	13:30	13:40	Calling area	Race Venue
23th March	13:40	13:45	Athletes' introduction	Race Venue
23th March	13:45		Start	Race Venue
23th March	18:40		Award Ceremony	Race Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
22th March	18:00	18:30	Athlete's Briefing	Race Venue
22th March	18:30	19:00	Athlete's Registration	Race Venue
23th March	15:00	16:00	Athlete Lounge check in	Race Venue
23th March	15:30	16:15	TA check in	Race Venue
23th March	15:30	16:15	Swim warm-up	Race Venue
23th March	16:15	16:25	Calling area	Race Venue
23th March	16:25	16:30	Athletes' introduction	Race Venue
23th March	16:30		Start	Race Venue
23th March	18:40		Award Ceremony	Race Venue

6.3. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
23th March	19:30	20:00	Athlete's Briefing	Race Venue
23th March	20:00	20:30	Athlete's Registration	Race Venue
24th March	07:45	08:30	Athlete Lounge check in	Race Venue
24th March	08:15	09:00	TA check in	Race Venue
24th March	08:45	09:15	Swim warm-up	Race Venue
24th March	09:15	09:25	Calling area	Race Venue
24th March	09:25	09:30	Athletes' introduction	Race Venue
24th March	09:30		Start	Race Venue
24th March	12:30		Award Ceremony	Race Venue

6.4. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
23th March	19:30	20:00	Athlete's Briefing	Race Venue
23th March	20:00	20:30	Athlete's Registration	Race Venue
24th March	09:15	10:15	Athlete Lounge check in	Race Venue
24th March	09:45	10:30	TA check in	Race Venue
24th March	10:00	10:30	Swim warm-up	Race Venue
24th March	10:30	10:35	Calling area	Race Venue
24th March	10:35	10:45	Athletes' introduction	Race Venue
24th March	10:45		Start	Race Venue
24th March	11:45		Award Ceremony	Race Venue

6.4. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.5. Athletes' briefing

22th March - 18h00 - Elite Athlete Briefing

23th March - 19h30 - Elite Athlete Briefing

Junta de Freguesia de Quarteira

<https://maps.app.goo.gl/W5VVZq4Ss5A2jini7>

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 in the athletes' lounge before the competitions, during their check-in procedure.

6.7. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

6.8. Protest & appeals

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

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed after the race briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to



always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8 Other useful information

8.1. Visa Procedure

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://vistos.mne.gov.pt/>

9 Course maps



SWIM COURSE

Start procedures: beach start.

Number of laps: 2 laps – Elite Athletes; 1 lap - Junior Athletes´

Average water temperature – 18 degrees

TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed, athletes rack their bikes and move on the running course.



BIKE COURSE

The cycling course at the Quarteira Triathlon European Cup is challenging, with 6 laps for the Elite category and 3 for Juniors. It covers coastal roads and urban areas, featuring 2 steep climbs that test competitors' technical skills and endurance. The multiple laps offer varied terrain, including tight turns and long stretches, demanding strategy, and resilience from athletes to tackle the demanding course with consistent pacing.



RUN COURSE

In the elite category, the running segment consists of 4 laps along the flat and fast coastal boardwalk of Quarteira, while juniors cover 2 laps. This race unfolds against the backdrop of the scenic coastline, offering athletes a chance to complete multiple laps with minimal elevation changes. The elite competitors navigate four rounds, allowing them to leverage the smooth terrain for consistent pacing and speed, while juniors complete two laps, both experiencing the rapid and flat nature of this stunning course along Quarteira's coastline. Two aid stations will be available.