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TRIATLO

PROFESSOR CARLOS GRAVATA
CIDADE DE QUARTEIRA

10TH TRIATHLON 2011
ITU TRIATHLON EUROPEAN CUP

09 ABRIL SÁBADO

ELITE FEMININA

14:00H

ELITE MASCULINA

16:30H

10 ABRIL DOMINGO

CAMP. REGIONAL AQUATLO
E PROVA LAZER

10:00H

TACA DE PORTUGAL DE TRIATLO

10:45H



Índice

1. GENERAL INFORMATION	2
a. Key Dates.....	2
b. Key Contacts.....	3
c. Event Organiser.....	3
2. VENUE	4
a. Venue.....	4
b. Athletes Lounge.....	4
c. Doping Control.....	4
d. Medical Services.....	4
e. Bike Mechanic Service.....	4
f. Race Office.....	4
3. OFFICIAL HOTEL	5
a. Location.....	5
b. Hotel Information.....	5
c. Special Package.....	6
4. AIRPORT TRANSFERS	7
5. TRAINING	8
a. Training Sessions in Swimming Pool and in track and field stadium.....	8
b. Bike Training.....	8
c. Run Training.....	9
d. Course Familiarization.....	9
6. COMPETITION INFORMATION	10
a. Competition Schedule.....	10
b. Competition Rules.....	10
c. Information about the Race.....	10
d. Weather Conditions.....	11
e. Results.....	11
f. Protests and Appeals.....	11
g. Course Maps.....	12
7. ACREDITATION	14
a. Training facilities access.....	14
8. GENERAL INFORMATION	15
a. Sunrise/Sunset and tide table.....	15
b. Pharmacies.....	15
c. Usefull contacts.....	15

1. General Information

a. Key Dates

Bike course familiarization	Friday, April 8 th – 9:30
Swim course familiarization	Friday, April 8 th – 10:30
Press Conference	Friday, April 8 th – 11:30
Race Briefing	Friday, April 8 th – 17:00
Athletes' Pasta Party	Friday, April 8 th – 20:30
Elite Women Start	Saturday, April 9 th – 13:45
Elite Men Start	Saturday, April 9 th – 16:30
Prize Giving Ceremony	Saturday, April 9 th – 18:40
Final Party	Saturday, April 9 th – 21:30

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":

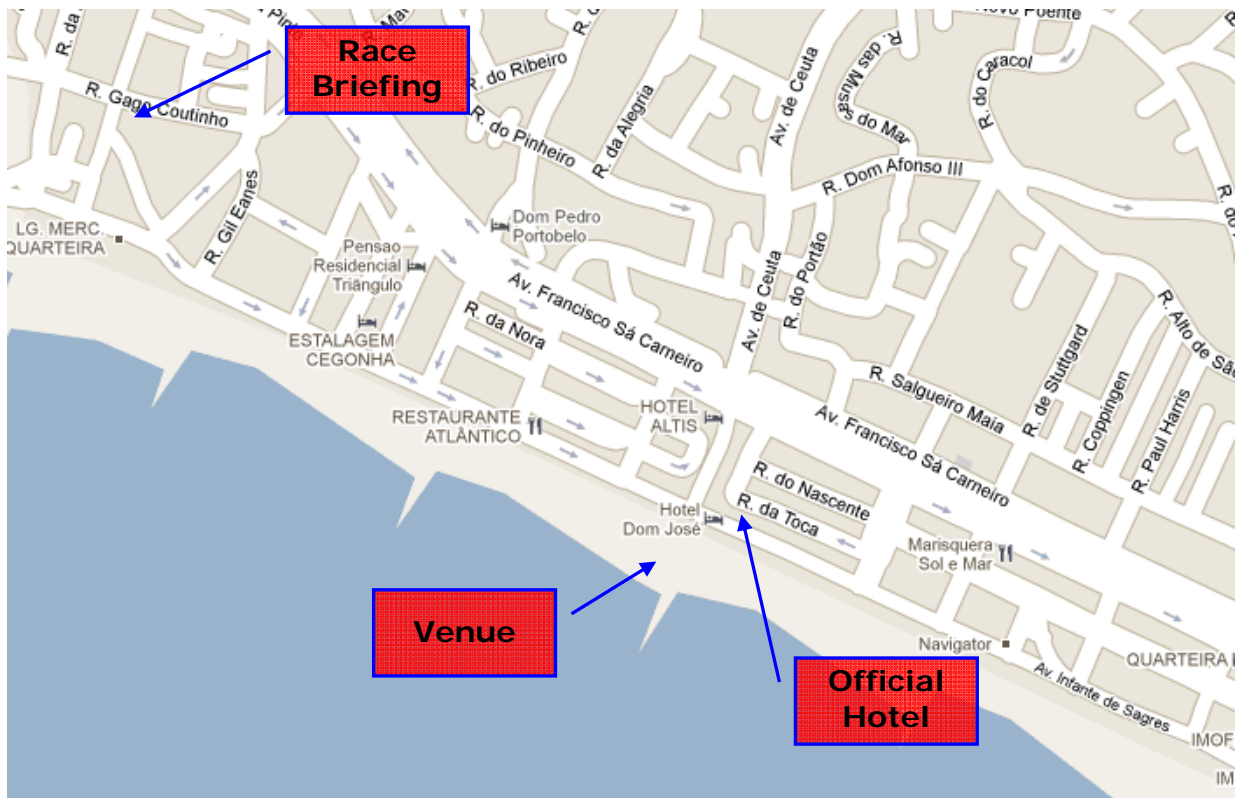
Junta de Freguesia de Quarteira

Rua Vasco da Gama, nº 85 - r/c

8125-256 QUARTEIRA

Final Party

The events' Final Party will take place in a reserved pub in Gaia, which will be announced in Fridays' race briefing.



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.pt

msebastiao@CM-LOULE.PT

Junta de Freguesia de Quarteira

Rua Vasco da Gama, nº 85 - r/c

8125-256 Quarteira

www.jf-quarteira.pt

quarteira@jf-quarteira.pt

Federação de Triatlo de Portugal

Alameda do Sabugueiro, 1B

2760-128 Caxias – Portugal

www.federacao-triatlo.pt

vasco.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 April 8th and April 9th, 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, April 7th: 14h00 – 16h00

Race Venue:

Friday, April 8th: 8h30 – 11h30

Saturday, April 9th: 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, April 8th until Saturday, April 9th.

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

3. Official Hotel

The Official Hotel of the "2011 Quarteira International Triathlon" is Hotel Dom José which is 100m from the venue.

Address: Hotel Dom José
Av. Infante de Sagres 143
8125-157 Quarteira

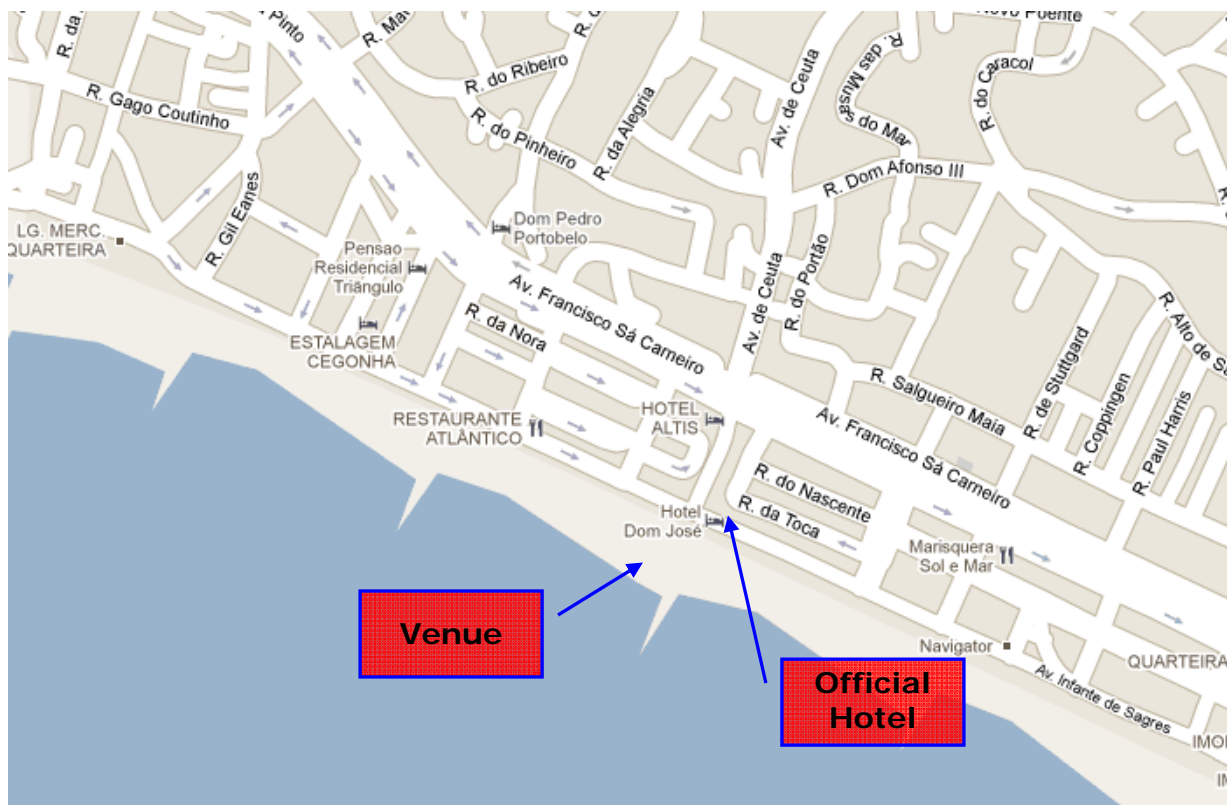
Phone: +351 289 310 210

Fax: +351 289 302 755

Email: susana.modesto@hoteldomjose.com

URL: www.hoteldomjose.com

a. Location



b. Hotel Information

For reservations or more information on the Hotel, please contact:

Susana Modesto

Email: susana.modesto@hoteldomjose.com

Phone: +351 289 310 210

Vasco Rodrigues

Email: vasco.rodrigues@federacao-triatlo.pt

Phone: +351 913 086 399

c. ***Special Package***

4 nights in double room

B&B = 186,00€

Half board = 277,00€

Full board = 369,00€

5 nights in double room

B&B = 221,00€

Half board = 329,00€

Full board = 437,00€

4. Airport Transfers

The LOC will provide free 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

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 April 4th to April 8th, from 8:00 to 20:00.

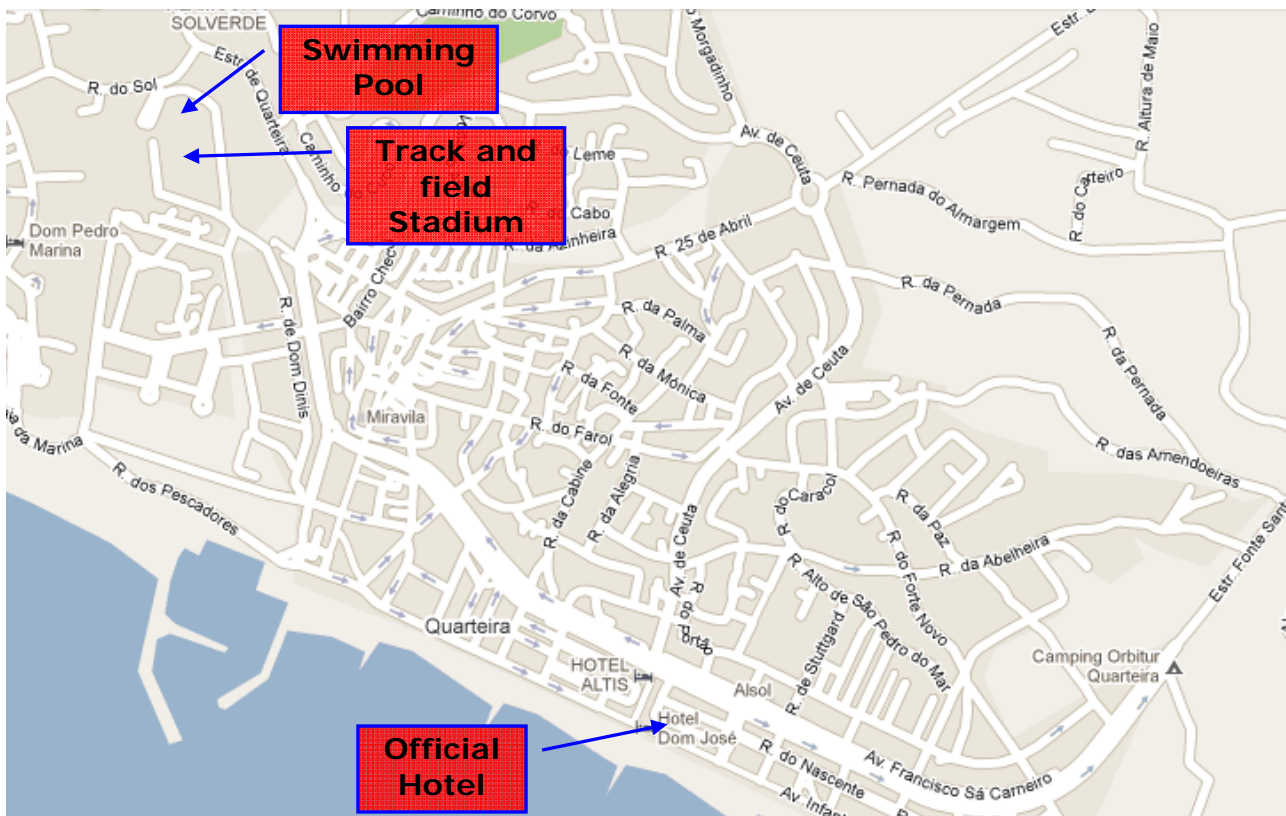
The use of this facility must be scheduled with:

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, April 8th 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, April 8th 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, April 7th

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

Friday, April 8th

09:00 - 12:00	Race Office	Official Hotel
9:30	Bike Course Familiarization	Race Venue
10:30	Swim Course Familiarization	Race Venue
11:30	Press conference	Official Hotel
15:00 - 19:00	Race Office	Official Hotel
17:00	Race Briefing	Junta Freguesia Quarteira
20:30	Athletes Pasta Party	Official Hotel

Saturday, April 9th

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 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 Start	Race Venue
18:40	Medal Ceremony	Race Venue
18:00 - 20:00	Race Office	Official Hotel
21:30	Final Party	to be announced

b. Competition Rules

The “2011 Quarteira International Triathlon” will follow the latest published Competition Rules from the International Triathlon Union.

c. 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.

The athletes must complete 2 laps 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.

Wheel Station

There will be one will 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 will 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 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 (USN) will be handed out.

d. 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.

e. Results

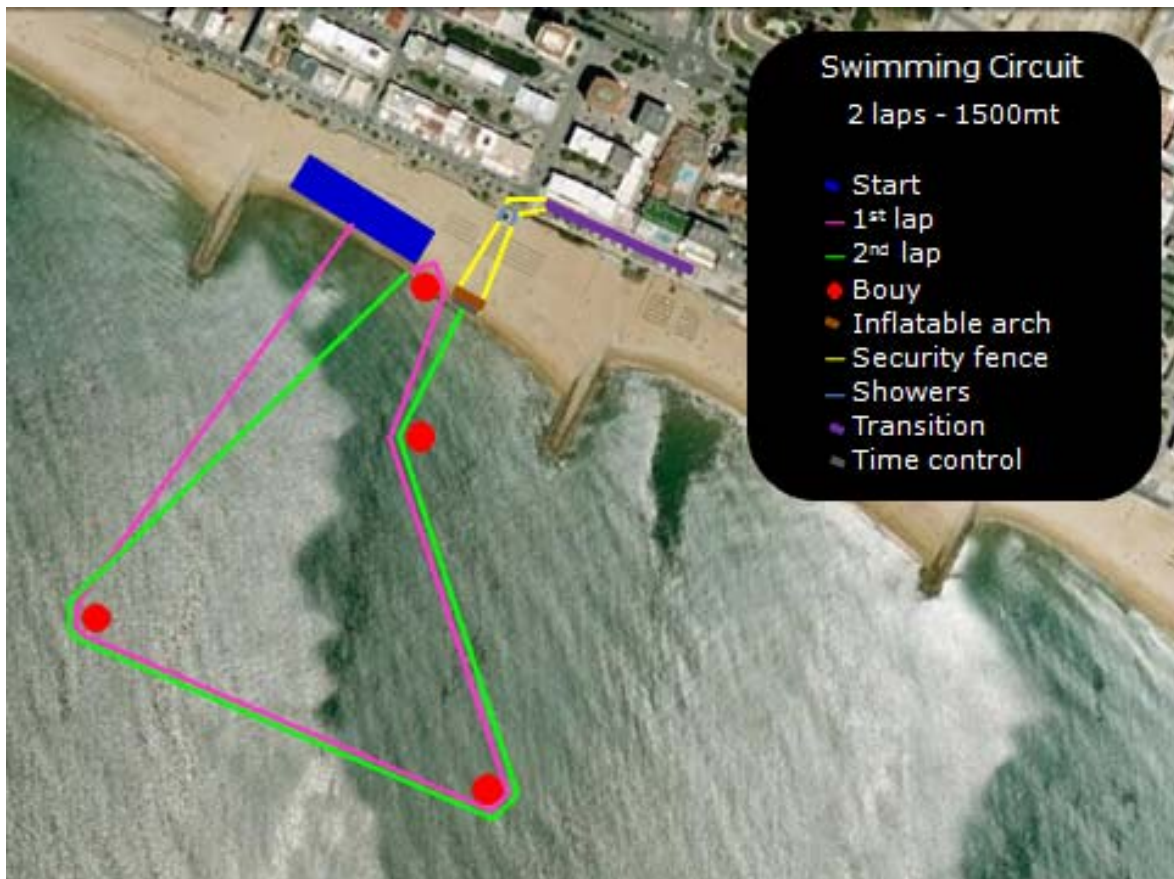
Results will be uploaded live at the FTP's official website: www.federacao-triatlo.pt

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

f. Protests and Appeals

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

g. 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 April 4th	07h14	16h56	02h51 3.2	15h37 3.2	08h41 0.7	20h55 0.7
Tuesday April 5th	07h12	19h57	03h22 3.2	15h37 3.2	09h09 0.7	21h25 0.7
Wednesday April 6th	07h11	19h58	03h5 3.2	16h08 3.2	09h37 0.8	21h57 0.8
Thursday April 7th	07h09	19h59	04h24 3.0	16h40 3.1	10h09 0.9	22h32 0.9
Friday April 8th	07h08	20h00	04h58 2.9	17h15 3.0	10h43 1.0	23h13 1.0
Saturday April 9th	07h07	20h01	05h37 2.8	17h59 2.8	11h24 1.2	–
Sunday April 10th	07h05	20h02	06h29 2.6	18h58 2.7	00h03 1.2	12h17 1.3

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