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# 2012 Aveiro ITU Triathlon Junior European Cup September 15 & 16



**MORE INFORMATION:**  
[www.federação-triatlo.pt](http://www.federação-triatlo.pt)  
[secretaria@federação-triatlo.pt](mailto:secretaria@federação-triatlo.pt)  
214 464 820

European  
Triathlon  
Union



## Friday, 14th

- 09h30 **CIRCUITS FAMILIARIZATION**  
Race Venue
- 11h30 **PRESS CONFERENCE**  
Official Hotel
- 17h00 **RACE BRIEFING**  
Official Hotel

## Saturday, 15th

- 12h45 **WOMEN JUNIOR START**  
Race Venue
- 14h00 **MEN JUNIOR START**  
Race Venue
- 15h15 **MEDAL CEREMONY**  
Race Venue



## Índice

|  |                                     |
|--|-------------------------------------|
| <b>1. GENERAL INFORMATION</b> .....  | <b>2</b>                            |
| a. Key Dates .....   | 2                                   |
| b. Key Contacts .....  | 2                                   |
| c. Event Organiser .....   | 3                                   |
| <b>2. VENUE</b> .....  | <b>4</b>                            |
| a. Venue .....   | 4                                   |
| b. Athletes Lounge .....   | 4                                   |
| c. Doping Control .....  | 4                                   |
| d. Medical Services .....  | 4                                   |
| e. Bike Mechanic Service .....   | 4                                   |
| f. Race Office .....   | 4                                   |
| <b>3. OFFICIAL HOTEL</b> .....   | ERRO! MARCADOR NÃO DEFINIDO.        |
| a. Location.....   | <b>Erro! Marcador não definido.</b> |
| b. Hotel Information .....   | <b>Erro! Marcador não definido.</b> |
| c. Special Package .....   | <b>Erro! Marcador não definido.</b> |
| <b>4. AIRPORT TRANSFERS</b> .....  | <b>7</b>                            |
| <b>5. TRAINING</b> .....   | <b>8</b>                            |
| a. Training Sessions in the Swimming Pool and in the track and field stadium.. | 8                                   |
| b. Bike Training .....   | 8                                   |
| c. Run Training .....  | 9                                   |
| d. Course Familiarization .....  | 9                                   |
| <b>6. COMPETITION INFORMATION</b> .....  | <b>10</b>                           |
| 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                                  |
| <b>7. ACREDITATION</b> .....   | <b>14</b>                           |
| a. Training facilities access .....  | 14                                  |
| <b>8. GENERAL INFORMATION</b> .....  | <b>15</b>                           |
| a. Sunrise/Sunset and tide table.....  | 15                                  |
| b. Pharmacies.....   | 15                                  |
| c. Usefull contacts.....   | 15                                  |



*c. Event Organiser*

**Câmara Municipal de Aveiro**

Cais da Fonte Nova

Apartado 244

3811 - 904 Aveiro

[www.cm-aveiro.pt](http://www.cm-aveiro.pt)

[geral@cm-aveiro.pt](mailto:geral@cm-aveiro.pt)

**Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B

2760-128 Caxias – Portugal

[www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)

[vasco.rodriques@federacao-triatlo.pt](mailto:vasco.rodriques@federacao-triatlo.pt)

## 2. Venue

### *a. Venue*

The Race Venue is located in Aveiro, Cais da Fonte Nova, with the swimming taking place at “Ria de Aveiro”. Start, transition and finish line are situated right in front of Hotel Meliã Ria.

### *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, from September 13<sup>th</sup> to 15<sup>th</sup>, before & during competition hours.

Medical and paramedic personnel from Aveiro'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*

“Slowdown” will be our partner regarding the Mechanic Support. This service will be provided as follows:

Race Office in Aveiro's Congress Center:

Thursday, September 13<sup>th</sup>: 14h00 – 16h00

Friday, September 14<sup>th</sup>: 8h30 – 11h30

Race Venue:

Saturday, September 15<sup>th</sup>: 10h00 – 15h00

### *f. Race Office*

The Race Office is located at the official Hotel – Hotel Meliã Ria – and is open from Thursday, September 13<sup>th</sup> until Saturday, September 15<sup>th</sup>.

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

### 3. Hotels

#### *a. Hotel promotions*

##### **Hotel as Américas**

Single – 65€

Double – 77€

Triple – 100€

Breakfast included

4 star Hotel, situated 10 minutes from the venue (walking)

Contacts: Paula Brandão (paulabrandao@hotelasamericas.com)

##### **Hotel José Estevão**

Single – 38€

Double – 48€

Triple – 60€

Breakfast included

2 star Hotel, situated 10 minutes from the venue (walking)

Contacts: Paula Brandão (paulabrandao@hotelasamericas.com)

##### **Hotel Imperial**

Single – 45€

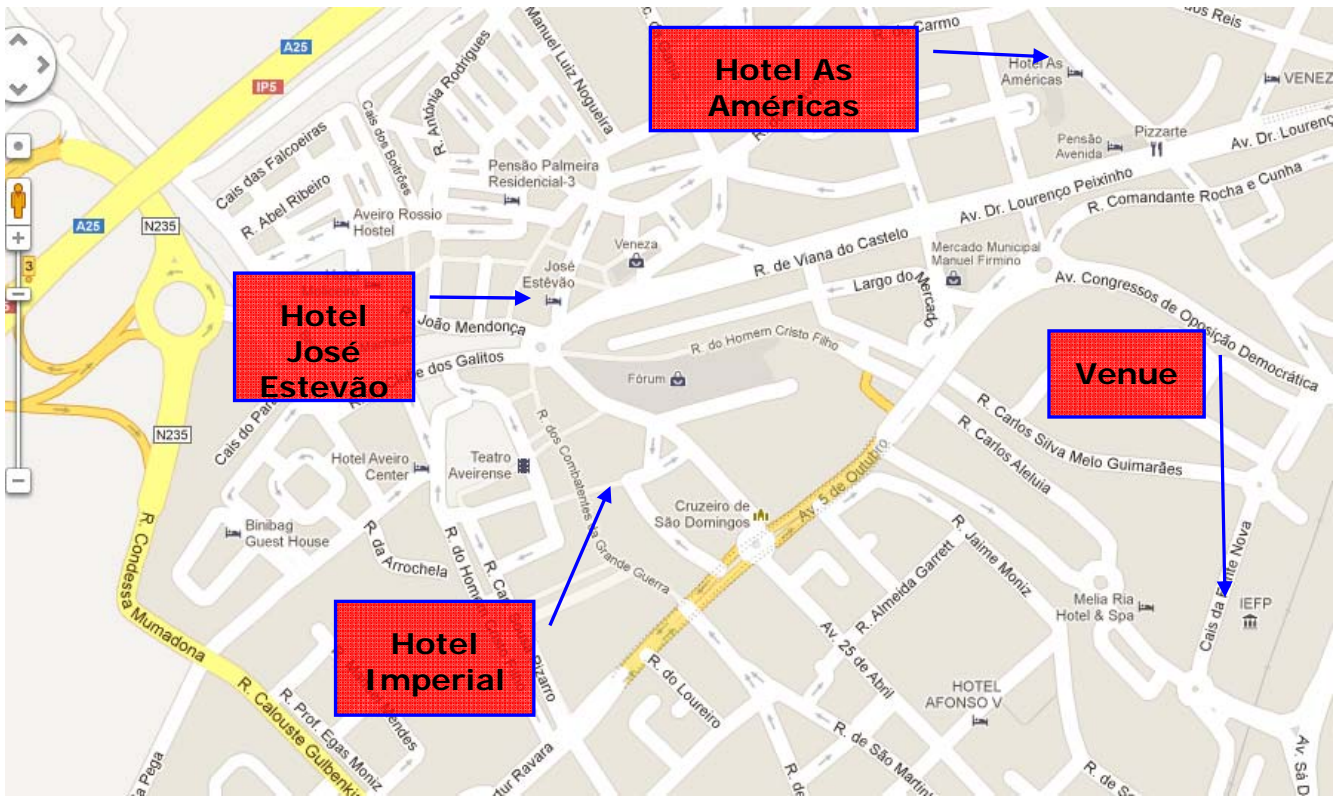
Double – 60€

Breakfast included

4 star Hotel, situated 5 minutes from the venue (walking)

Contacts: reservas@hotelimperial.pt

**b. Hotels location**



## 4. Airport Transfers

The LOC will provide transportation from Porto'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](mailto:vasco.rodrigues@federacao-triatlo.pt)

**Phone:** +351 913 086 399

**Price:**

- 50€ per person (if scheduled until September 7)

- 70€ per person (if scheduled after September 7)



## 5. Training

### a. Training Sessions in the Swimming Pool

Pre-competition swimming is possible in Aveiro's Municipal Pool, from September 10<sup>th</sup> to September 14<sup>th</sup>, from 12:00 to 15:00.

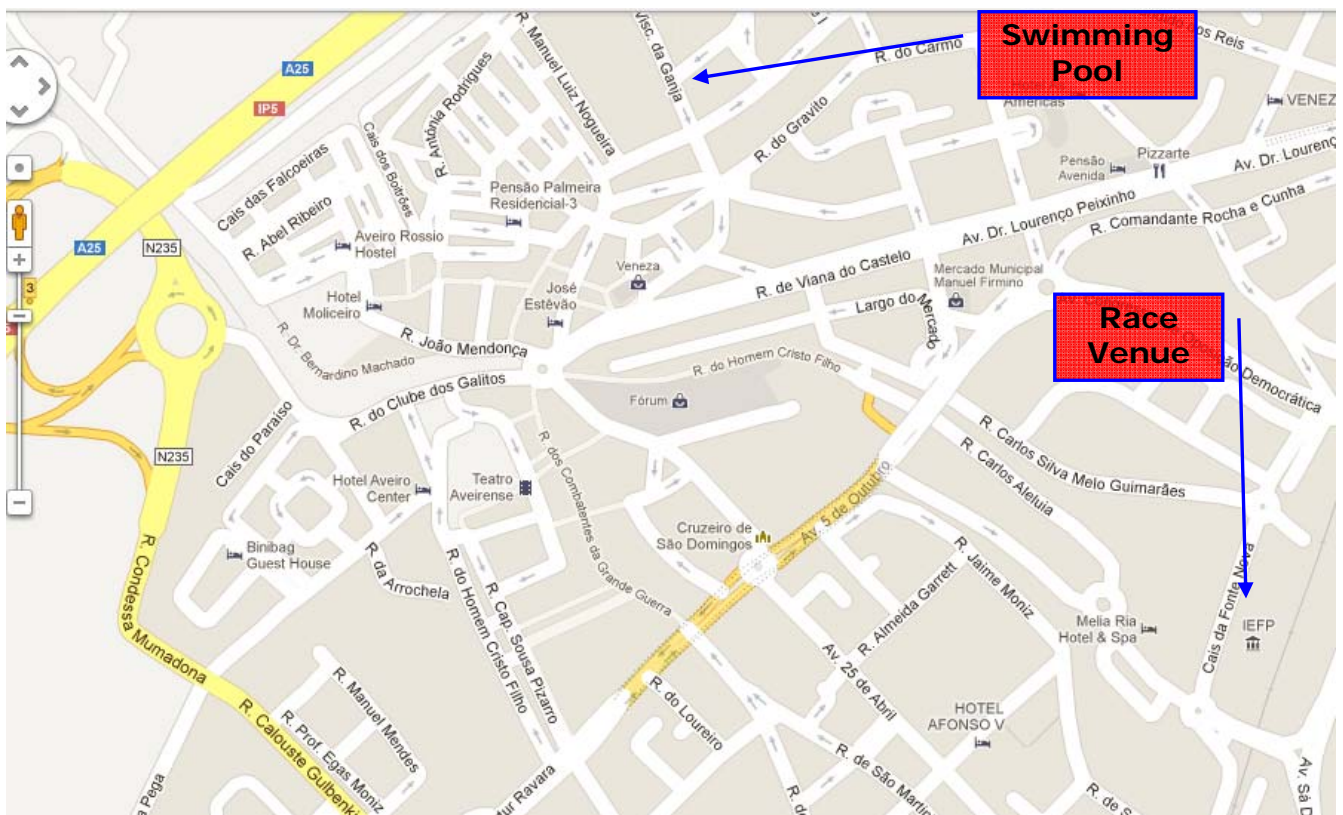
The use of this facility must be scheduled with:

**Vasco Rodrigues**

**Email:** [vasco.rodrigues@federacao-triatlo.pt](mailto:vasco.rodrigues@federacao-triatlo.pt)

**Phone:** +351 913 086 399

**Location:** Travessa do Carril



Walking from the Race Venue 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 sidewalk along the river is quite nice to run and there is a lot of other places across town where athletes can train.

*d. Course Familiarization*

**Swim**

You will be able to have a swimming course familiarization in the Race "arena" on Friday, September 14<sup>th</sup> 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.

**Bike**

There will be a bike course familiarization on Friday, September 14<sup>th</sup> 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, September 13<sup>th</sup>**

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

#### **Friday, September 14<sup>th</sup>**

|               |                             |                |
|---------------|-----------------------------|----------------|
| 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               | Official Hotel |

#### **Saturday, September 15<sup>th</sup>**

|               |                              |                |
|---------------|------------------------------|----------------|
| 07:30 - 12:00 | Race Office                  | Official Hotel |
| 11:40– 12:15  | Body Marking (Women)         | Race Venue     |
| 11:45– 12:30  | Transition Area open (Women) | Race Venue     |
| 12:10– 12:30  | Warm Up (Women)              | Race Venue     |
| 12:45         | <b>Women Junior Start</b>    | Race Venue     |
| 12:55– 13:35  | Body Marking (Men)           | Race Venue     |
| 13:10– 13:45  | Transition Area open (Men)   | Race Venue     |
| 13:30– 13:45  | Warm Up (Men)                | Race Venue     |
| 14:00         | <b>Men Junior Start</b>      | Race Venue     |
| 15:15         | Medal Ceremony               | Race Venue     |
| 15:00 - 17:00 | Race Office                  | Official Hotel |

### *b. Competition Rules*

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

### *c. Information about the Race*

#### **Start**

The start area is in Cais da Fonte Nova, near the Hotel and Race Office.

The race will start in a pontoon. 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 “Ria de Aveiro”, starting from a pontoon.

## **Athlete's Event Guide**

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The start pontoon is located 750m away from the transition and the athletes must swim along the river that is about 30m wide with spectators on both sides.

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

### **Bike Course**

The 6,8km bike lap is very quick and fast, with some small climb and just two 180° narrow turns.

There are 3 laps.

### **Wheel Station**

There will be one wheel station on the bike course situated at the opposite side of transition.

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 river in a side walk and a secondary road. The laps are circular and it is quite flat.

### **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.

#### ***d. Weather Conditions***

Weather temperature is quite nice this time of the year. The temperatures can go from 18°C to 30°C. The weather is usually sunny.

#### ***e. Results***

Results will be uploaded live at the FTP's official website: [www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)

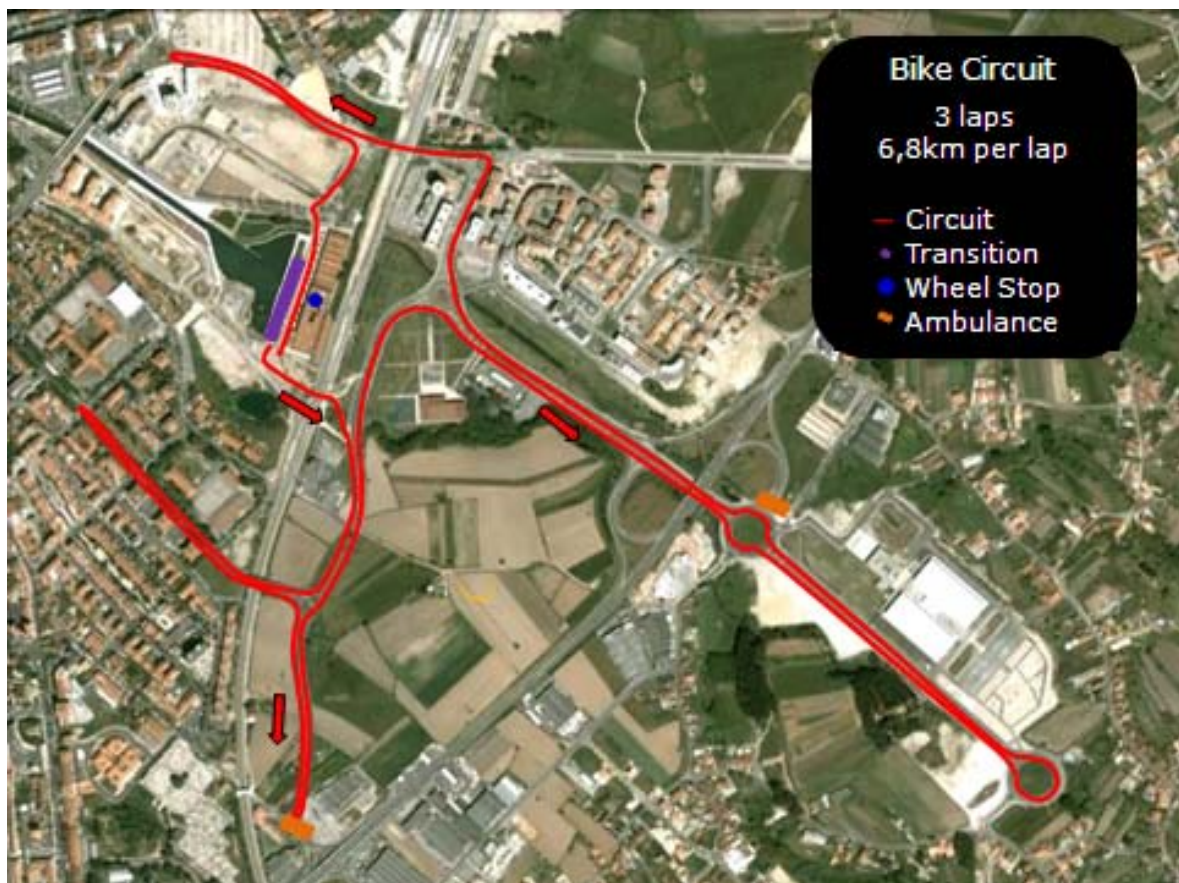
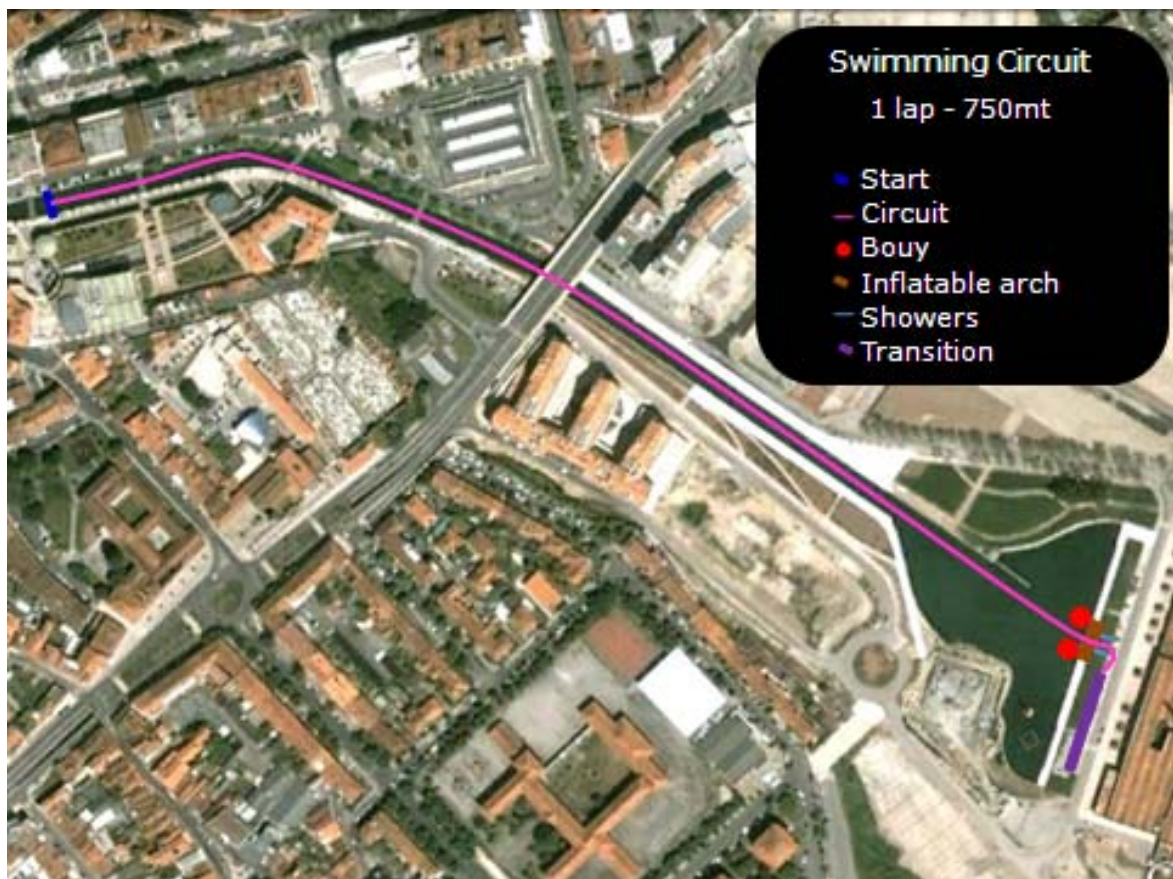
All the Results information will be distributed to the Team Leaders at the LOC Information Office.

#### ***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<br>(hour and height) |               | Low Tide<br>(hour and height) |               |
|--------------------------------|---------|--------|--------------------------------|---------------|-------------------------------|---------------|
| Monday<br>September<br>10th    | 07h14   | 19h52  | 11h21<br>2.54                  | -             | 04h46<br>1.56                 | 17h49<br>1.46 |
| Tuesday<br>September<br>11th   | 07h15   | 19h51  | 00h08<br>2.48                  | 12h35<br>2.66 | 06h04<br>1.47                 | 18h52<br>1.30 |
| Wednesday<br>September<br>12th | 07h16   | 19h49  | 01h11<br>2.63                  | 13h30<br>2.84 | 07h01<br>1.31                 | 19h38<br>1.11 |
| Thursday<br>September<br>13th  | 07h16   | 19h47  | 01h59<br>2.82                  | 14h15<br>3.04 | 07h45<br>1.11                 | 20h16<br>0.91 |
| Friday<br>September<br>14th    | 07h17   | 19h46  | 02h40<br>3.01                  | 14h56<br>3.22 | 08h24<br>0.91                 | 20h52<br>0.71 |
| Saturday<br>September<br>15th  | 07h18   | 19h44  | 03h19<br>3.19                  | 15h35<br>3.38 | 09h01<br>0.71                 | 21h28<br>0.56 |
| Sunday<br>September<br>16th    | 07h19   | 19h43  | 03h56<br>3.33                  | 16h13<br>3.50 | 09h38<br>0.55                 | 22h04<br>0.45 |

### b. *Pharmacies*

**Farmácia Saúde**

Rua de São Sebastião, 102  
3810 Aveiro  
Tel.: 234 422 569

**Farmácia Neto**

Rua Passos Manel 4-A, Glória  
3810 Aveiro  
Tel.: 234 423 286

### c. *Usefull contacts*

**Aveiro´s Health Center** (open 24h) – 00 351 234 891 170

**Hospital Infante D. Pedro** (open 24h) – 00 351 234 378 300

**Emergency support number** – 112