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**TRIATHLON** MIX RELAY CLUB  
**EUROPEAN CHAMPIONSHIPS**  
ALHANDRA 2019

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ETU

# Elite Athletes Event Guide



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# 1. General Information

## a. Key Dates

Swim course familiarization	Friday, October 4 <sup>th</sup> – 8:00
Bike course familiarization	Friday, October 4 <sup>th</sup> – 9:00
Press Conference	Friday, October 4 <sup>th</sup> – 16:30
Race Briefing	Friday, October 4 <sup>th</sup> – 18:00
Triathlon Clubs European Championships (Elite)	Saturday, October 5 <sup>th</sup> – 9:30
Triathlon Clubs European Championships (Junior)	Saturday, October 5 <sup>th</sup> – 9:33
Prize Giving Ceremony	Saturday, October 5 <sup>th</sup> – 11:10
Triathlon Clubs European Championships (Age Groups)	Saturday, October 5 <sup>th</sup> – 15:15
Prize Giving Ceremony	Saturday, October 5 <sup>th</sup> – 16:45
Triathlon National Clubs Championships	Saturday, October 5 <sup>th</sup> – 17:00

## Race Office and Race Briefing

The Race Office and Race Briefing will take place in a tent near the transition Area Downtown Alhandra



## b. Key Contacts

ETU Technical Delegate	Pascal Godel	<a href="mailto:pascalgodel@yahoo.fr">pascalgodel@yahoo.fr</a>
LOC Event Director	Vasco Rodrigues	+351 936753343
LOC Race Director		

LOC Office and Travel Manager	Joana Freire	+351 963 751 070
LOC Media Manager	Isabel Pinto da Costa	+ 351 913 086 399

*c. Event Organiser*

**LOC**

**Câmara Municipal de Vila Franca de Xira**

Praça Afonso de Albuquerque 2,  
 2600-052 Vila Franca de Xira  
[www.cm-vfxira.pt](http://www.cm-vfxira.pt)

**National Federation**

**Federação de Triatlo de Portugal**

Alameda do Sabugueiro, 1B  
 2760-128 Caxias – Portugal  
[www.federacao-triatlo.pt](http://www.federacao-triatlo.pt)  
[rafael.salgueiro@federacao-triatlo.pt](mailto:rafael.salgueiro@federacao-triatlo.pt)

*d. Entry Fee*

**150€ per team**

**Bank details:**

Federação de Triatlo de Portugal  
 Bank: Caixa Geral de Depósitos  
 IBAN: PT50 0035 0653 0000 2383 330 08  
 SWIFT/BIC: CGDIPTPL

Receipts send to [etualhandra@federacao-triatlo.pt](mailto:etualhandra@federacao-triatlo.pt)

## 2. Venue

### *a. Venue*

The Race Venue is located in DownTown Alhandra, a village 25km northeast of Lisbon Center with the swimming taking place in the "Tagus River", and the biking and running along the river banks, passing some of the city's main attractions.

### *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. The athletes' lounge is located in a big tent right next to the finish line and transition

### *c. Doping Control*

Doping control will take place at the race venue 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 4<sup>th</sup> to 5<sup>th</sup> October, before & during competition and familiarization hours.

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*

This service will be provided as follows:

Race Venue:

Friday, October 4<sup>th</sup>: 7h30 – 12h00

Saturday, October 5<sup>th</sup>: 7h30 – 18h30

### *f. Race Office*

The Race Office is located in a tent next to the Athletes Lounge and is open from Thursday, October 3<sup>rd</sup>, until Saturday, October 5<sup>th</sup>.

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

### 3. Official Hotel

Lezíria Parque Hotel is the official hotel of the Triathlon Mixed Relay Club European Championships.

It is located in Vila Franca de Xira, 6km away from the event venue.

Any inquiry on this subject should be sent to Cristina Silva:

[csilva@grupo-continental.com](mailto:csilva@grupo-continental.com)

[+351\) 210 046 317](tel:+351210046317)

#### **Prices for the Lezíria Parque Hotel are:**

Single room (B&B): 70€

Double/Twin room (B&B): 75€ (price per room)

Price per meal: 17,50€

There will be guaranteed free transfer from the hotel to the venue and back at the following schedule:

Friday, October 4<sup>th</sup>

7h20: Lezíria Parque Hotel – arrives at the venue at 7h40

11h30: Venue – arrives at the hotel at 11h50

17h00: Lezíria Parque Hotel – arrives at the venue at 17h20

19h30: Venue – arrives at the hotel at 19h50

Saturday, October 4<sup>th</sup>

7h20: Lezíria Parque Hotel – arrives at the venue at 7h40

12h10: Venue – arrives at the hotel at 12h30

13h30: Lezíria Parque Hotel – arrives at the venue at 13h50

18h30: Venue – arrives at the hotel at 18h50

## 4. Airport Transfers

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

If you have any Transfer queries please contact:

**Joana Freire**

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

**Phone:** +351 963 751 070

**Price:**

**Transfers from Lisbon Airport (both ways):**

- 20€ per person (if scheduled until September 22<sup>nd</sup>)
- 30€ per person (if scheduled after September 22<sup>nd</sup>)

**Bank details for transfer payment:**

Federação de Triatlo de Portugal

Bank: Caixa Geral de Depósitos

IBAN: PT50 0035 0653 0000 2383 330 08

SWIFT/BIC: CGDIPTPL

Receipts send to [etuvfxira@federacao-triatlo.pt](mailto:etuvfxira@federacao-triatlo.pt)

## 5. Training

### *a. Bike Training*

The event will take place in Downtown Alhandra, a very narrow area, and along one of the busiest roads near Lisbon so it is complicated to train there.

### *b. Run Training*

The foot walk near the river is the most suitable place to train.

### *c. Course Familiarization*

#### **Swim**

You will be able to have a swimming course familiarization in the Race "arena" on Friday, October 4<sup>th</sup> from 8:00 to 9:00, with similar conditions of the race day.

The age group familiarization will take place at 16:30.

During the swimming course familiarization there will be lifeguards and medical service available.

**Please note:** It is forbidden to swim in the course outside this schedule – for safety reasons!

#### **Bike**

There will be a bike course familiarization on Friday, October 5<sup>th</sup> from 9:00 to 10:00. 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, October 3<sup>rd</sup>**

09:00 - 12:00	Race Office	Race Venue
15:00 - 19:00	Race Office	Race Venue

#### **Friday, October 4<sup>th</sup>**

08:00 - 09:00	Swim Course Familiarization	Race Venue
09:00 - 12:00	Race Office	Race Venue
09:00 - 10:00	Bike Course Familiarization	Race Venue
15:00 - 19:00	Race Office	Race Venue
16:30	Press conference	Race Venue
18:00	Race Briefing	Race Venue

#### **Saturday, October 5<sup>th</sup>**

07:00 - 19:00	Race Office	Race Venue
08:00 - 09:20	Athletes Lounge Open	Race Venue
08:15 - 09:00	Transition Area open	Race Venue
08:45 - 09:15	Warm Up	Race Venue
09:30	<b>Elite Start</b>	Race Venue
09:33	<b>Junior Start</b>	Race Venue
11:10	Medal Ceremony	Race Venue
13:00 - 15:00	Age Group Transition Area open	Race Venue
15:15	<b>Age Group Start</b>	Race Venue
16:45	Medal Ceremony	Race Venue
17:00	<b>National Clubs Championships Start</b>	Race Venue

### b. *Competition Rules*

The "2019 Alhandra ETU Club Triathlon European Championships" will follow the latest published Competition Rules from the International Triathlon Union.

### c. *Prize money distribution*

#### **Mixed Team Relay**

<b>1st.</b>	3,750 EUR
<b>2nd.</b>	3,000 EUR
<b>3rd.</b>	2,250 EUR
<b>4th.</b>	1,500 EUR
<b>5th.</b>	1,200 EUR
<b>6th.</b>	1,050 EUR
<b>7th.</b>	900 EUR
<b>8th.</b>	600 EUR
<b>9th.</b>	450 EUR
<b>10th.</b>	300 EUR

#### *d. Information about the Race*

##### **Start**

The start area is in Alhandra, in the Tagus River and it will be a pontoon start. 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 Tagus River.

It consists in a 250m lap, with 2 buoys.

The first buoy is 80m from the start

The water temperature is expected to be 16°C – 18°C.

##### **Bike Course**

The bike course consists of 1 lap of 7km that are very quick and fast but also tricky, with some narrow roads and 180° turns.

##### **Wheel Station**

There will be one wheel station on the bike course situated halfway, in a central point.

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

##### **Run Course**

The 1,7km run course extends itself along the river banks and is totally flat.

##### **Relay zone**

The relay zone is situated in the finish straight.

After the relay the athletes must run to the beach start and dive into the water.

##### **Aid stations**

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

#### *e. Weather Conditions*

Weather temperature is quite nice this time of the year. The temperatures can go from 12°C to 25°C. The weather is usually sunny but can be windy in the afternoon.

#### *f. Results*

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

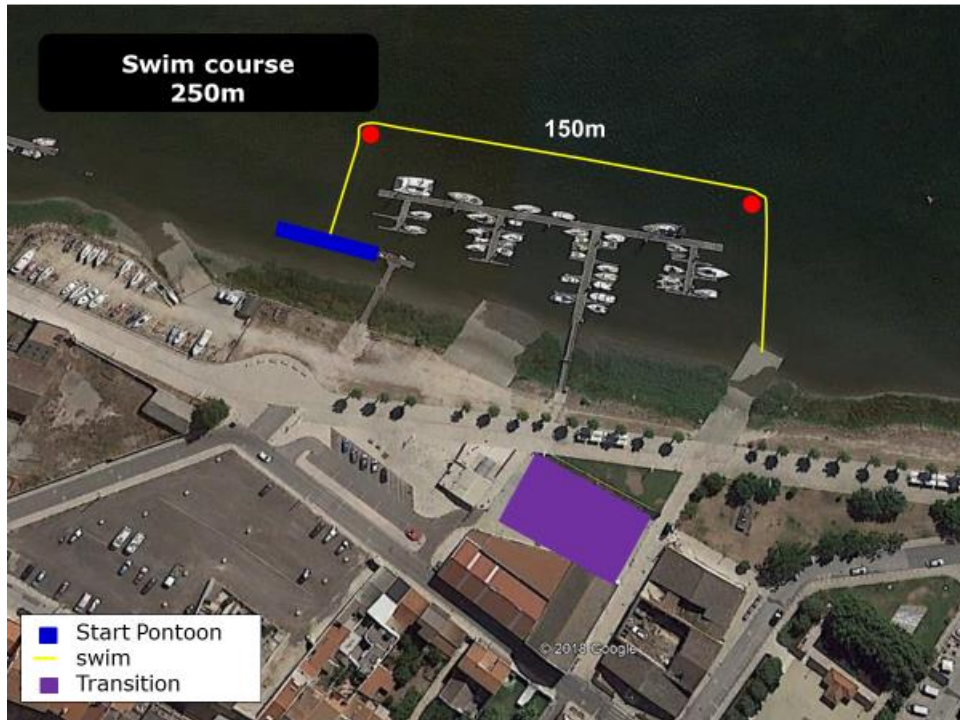
All non-official results will be distributed to the Team Leaders at the LOC Information Office.

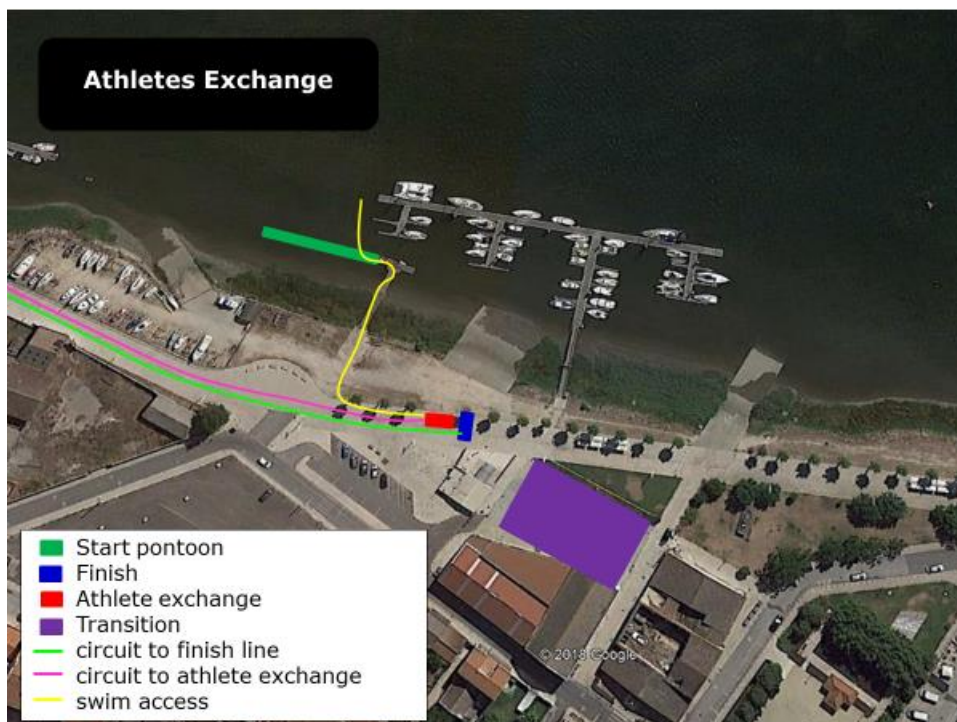
There will also be live streaming of the event

*g. Protests and Appeals*

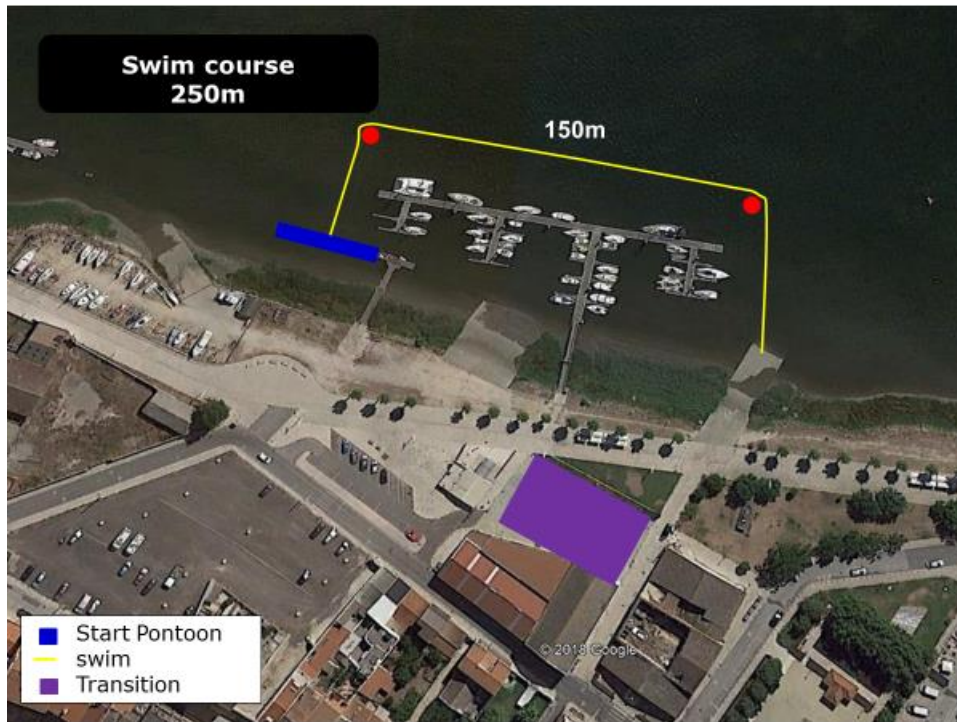
Standard procedures will be followed according to the ITU Competition Rules.

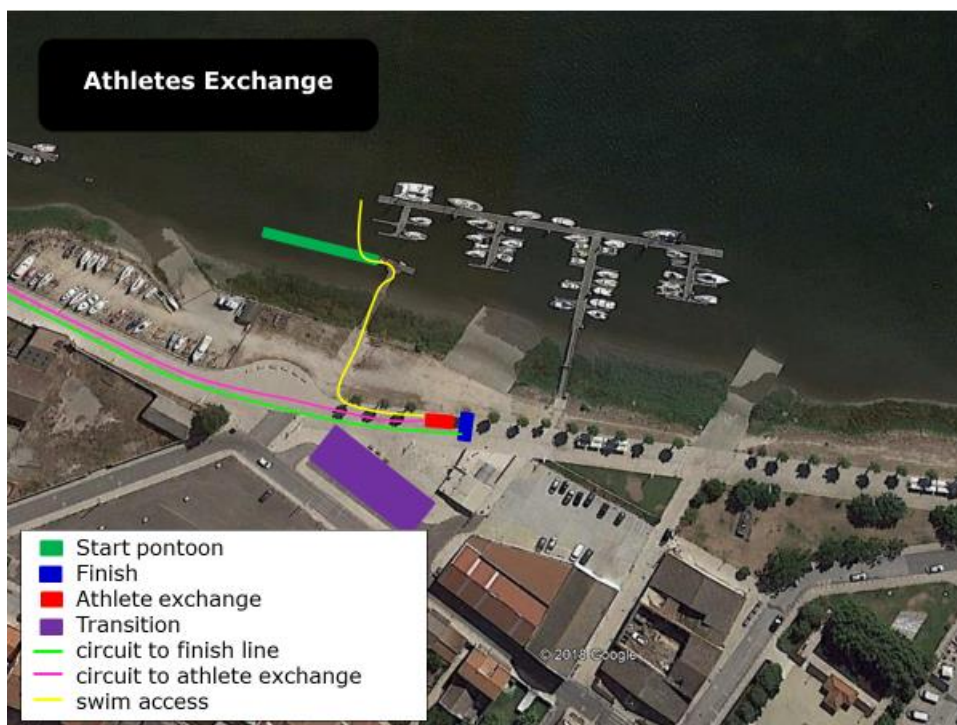
*h. Elite Course Maps*





a. Age Group Course Maps





## 7. Accreditation

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. Accreditations will be distributed at the Race office.

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

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

Please send accreditation requests to [etualhandra@federacao-triatlo.pt](mailto:etualhandra@federacao-triatlo.pt)

### *a. Training facilities access*

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



## 8. General Information

### a. *Sunrise/Sunset and tide table*

	<b>Sunrise</b>	<b>Sunset</b>	<b>High Tide (hour and height)</b>		<b>Low Tide (hour and height)</b>	
Thursday October 3 <sup>rd</sup>	07h34	19h16	7h47 4.0	20h14 3.9	01h37 1.1	14h01 1.2
Friday October 4 <sup>th</sup>	07h35	19h14	08h36 3.8	21h08 3.5	02h22 1.4	14h52 1.5
Saturday October 5 <sup>th</sup>	07h36	19h13	09h32 3.5	22h13 3.3	03h14 1.7	15h59 1.8

### b. *Usefull contacts*

**Hospital** (open 24h) – Hospital de Vila Franca de Xira  
 Estrada Carlos Lima Costa, nº 2  
 2600-009 Vila Franca de Xira  
 Tel. 263 006 500

**Emergency support number** – 112