
TRIATHLON MIX RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2019

ETU

Elite Athletes Event Guide



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1. General Information

a. Key Dates

Swim course familiarization	Friday, October 4 th – 8:00
Bike course familiarization	Friday, October 4 th – 10:00
Press Conference	Friday, October 4 th – 12:00
Race Briefing	Friday, October 4 th – 18:00
Triathlon Clubs European Championships (Elite)	Saturday, October 5 th – 9:30
Triathlon Clubs European Championships (Junior)	Saturday, October 5 th – 9:35
Prize Giving Ceremony	Saturday, October 5 th – 11:10
Triathlon Clubs European Championships (Age Groups)	Saturday, October 5 th – 15:15
Prize Giving Ceremony	Saturday, October 5 th – 16:45
Triathlon National Clubs Championships	Saturday, October 5 th – 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	pascalgodel@yahoo.fr
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

National Federation

Federação de Triatlo de Portugal

Alameda do Sabugueiro, 1B
 2760-128 Caxias – Portugal
www.federacao-triatlo.pt
vasco.rodriques@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 etuvfxira@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 4th to 5th 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 4th: 7h30 – 12h00

Saturday, October 5th: 7h30 – 18h30

f. Race Office

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

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

[+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 4th

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 4th

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

Phone: +351 963 751 070

Price:

Transfers from Lisbon Airport (both ways):

- 20€ per person (if scheduled until September 22nd)
- 30€ per person (if scheduled after September 22nd)

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

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 4th 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 5th 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 3rd

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

Friday, October 4th

08:00 - 09:00	Swim Course Familiarization	Race Venue
09:00 - 12:00	Race Office	Race Venue
10:00 - 11:00	Bike Course Familiarization	Race Venue
15:00 - 19:00	Race Office	Race Venue
12:00	Press conference	Race Venue
18:00	Race Briefing	Race Venue

Saturday, October 5th

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	Elite Start	Race Venue
09:35	Junior Start	Race Venue
11:10	Medal Ceremony	Race Venue
13:00 - 15:00	Age Group Transition Area open	Race Venue
15:15	Age Group Start	Race Venue
16:45	Medal Ceremony	Race Venue
17:00	National Clubs Championships Start	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

1st.	3,750 EUR
2nd.	3,000 EUR
3rd.	2,250 EUR
4th.	1,500 EUR
5th.	1,200 EUR
6th.	1,050 EUR
7th.	900 EUR
8th.	600 EUR
9th.	450 EUR
10th.	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 6,75km 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

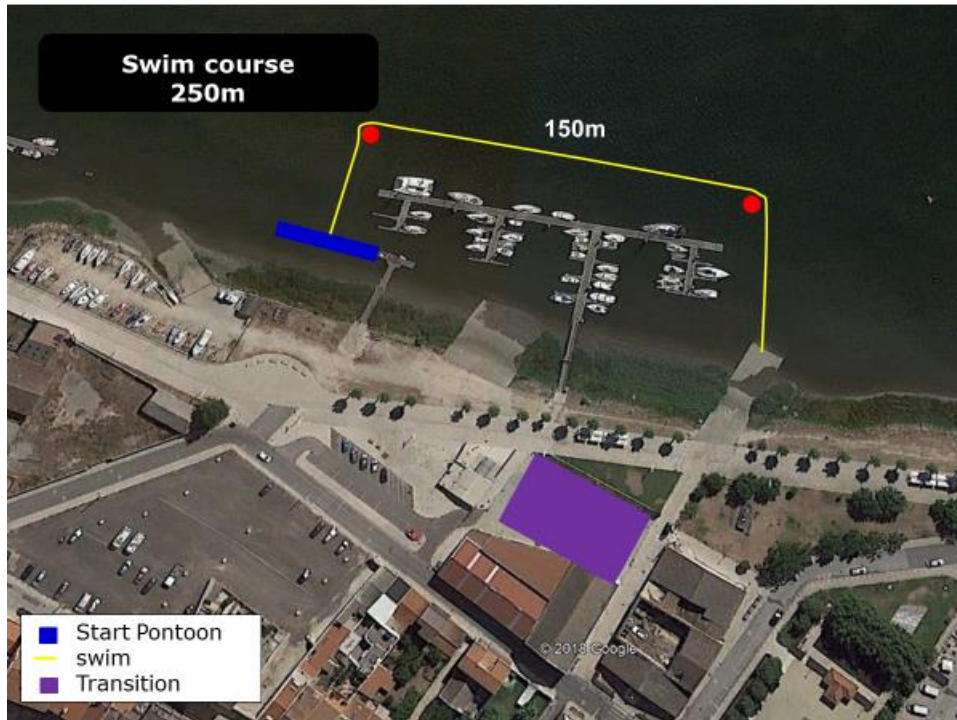
All non-official results will be distributed to the Team Leaders at the LOC Information Office.

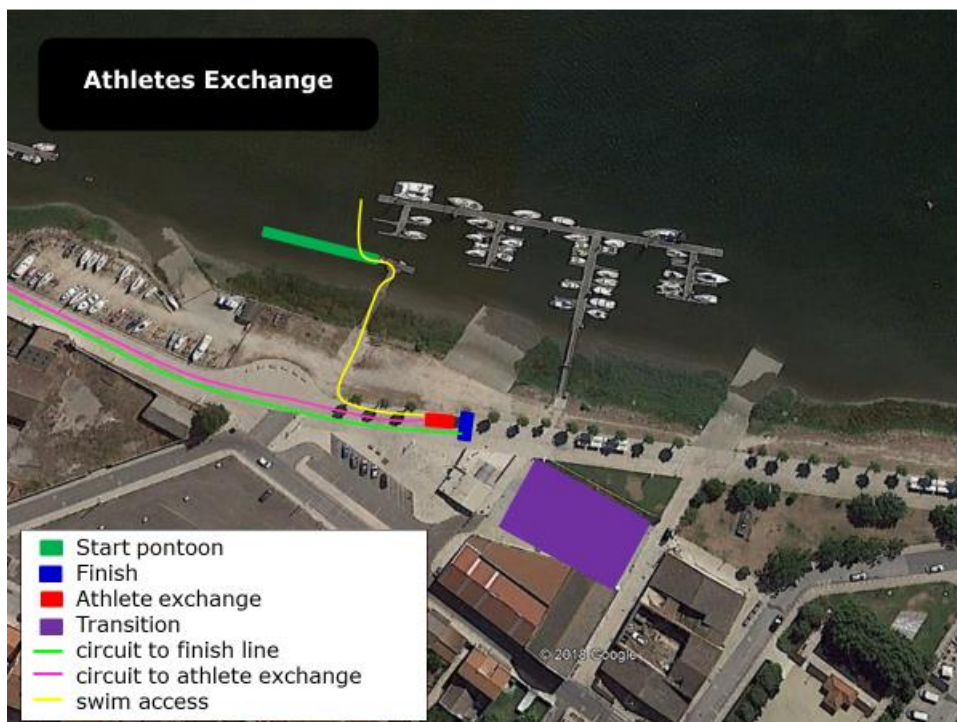
There will also be live streaming of the event

g. Protests and Appeals

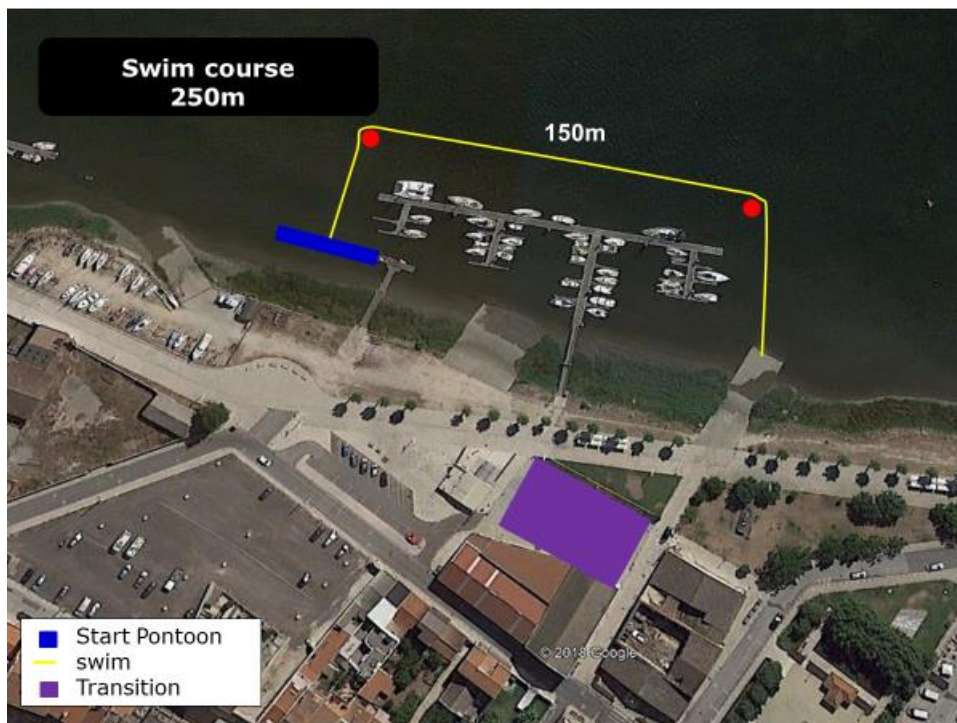
Standard procedures will be followed according to the ITU Competition Rules.

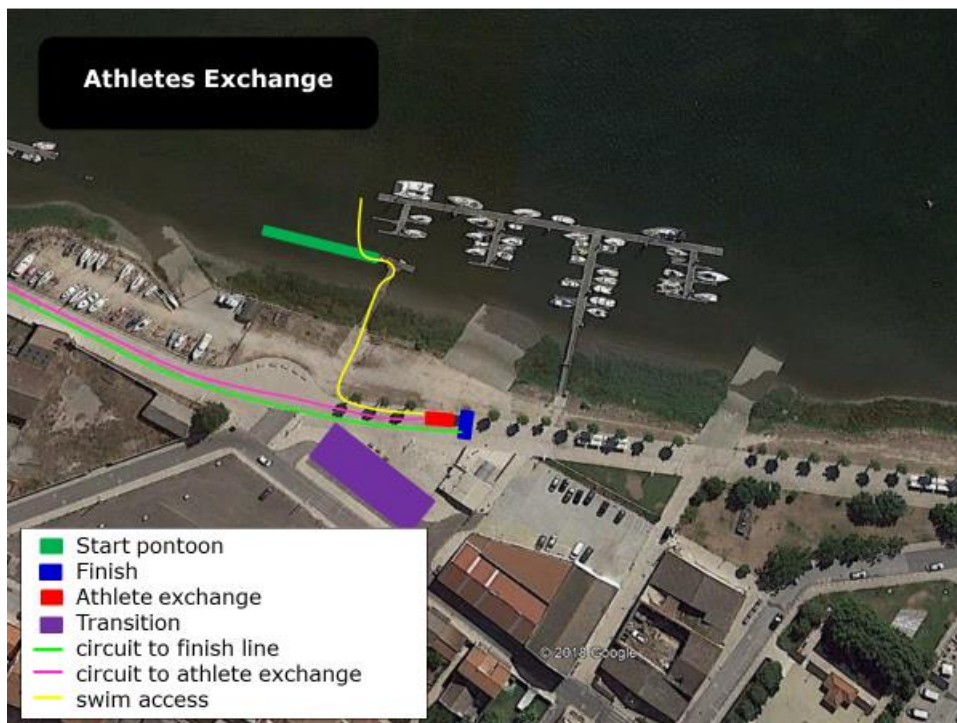
h. Elite Course Maps





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

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*

	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Thursday October 3 rd	07h34	19h16	7h47 4.0	20h14 3.9	01h37 1.1	14h01 1.2
Friday October 4 th	07h35	19h14	08h36 3.8	21h08 3.5	02h22 1.4	14h52 1.5
Saturday October 5 th	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