

# Para Triathlon Athletes' Guide



**World Triathlon  
Para Cup**  
**ALHANDRA**  
2024



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## 1. General Information

### a. Key Dates

Swim course familiarisation	Friday, October 11 <sup>th</sup> 10h30 – 11h30
Bike course familiarisation	Friday, October 11 <sup>th</sup> 11h45 – 12h30
Run Course familiarisation	Friday, October 11 <sup>th</sup> 12h45 – 13h45
Briefing	Friday, October 11 <sup>th</sup> 16h00
Race Package Distribution	Friday, October 11 <sup>th</sup> 16h30 – 18h00
Paratriathlon World Cup Start	Saturday, October 12 <sup>th</sup> – 11h45
Prize Giving Ceremony	Saturday, October 12 <sup>th</sup> – 14h00



### b. Key Contacts

World Triathlon Technical Delegate	Julien Vander Plancke	<a href="mailto:jvanderplancke@fftri.com">jvanderplancke@fftri.com</a>
World Triathlon Assistant Technical Delegate	Paula Maia	<a href="mailto:paulacrmaia@gmail.com">paulacrmaia@gmail.com</a>
World Triathlon Team Leader	Ninon Jeanneret Troboas	<a href="mailto:ninon.troboas@triathlon.org">ninon.troboas@triathlon.org</a>
LOC Event Director	Mónica Fernandes	<a href="mailto:monica.fernandes@federacao-triatlo.pt">monica.fernandes@federacao-triatlo.pt</a>
LOC Medical Director	Dra. Angela Gairifo	

### 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)

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

### ***d. Entry Fee***

**Paratriathlon World Cup: 50€**

**All the payments must be done until 4th of october**

#### **Bank details:**

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

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

### ***e. Entering Portugal***

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://www.vistos.mne.pt/en/>.

If you are a citizen from the European Union, the Schengen Space associates countries or any of the following countries (Australia, China, New Zealand, Rwanda, Singapore, South Korea, Thailand, Hong Kong and Macau) you can enter Portugal with a normal Short Stay Visa.

If you are not from one of the above countries, please remind this:

- You need an invitation from the Portuguese Triathlon Federation for the event.
- You need a declaration from your National Federation stating you will be representing your country in the Alhandra event.

## 2. Venue

### ***a. Location***

The Race Venue location is 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 riverside, passing some of the city's main attractions.

### ***b. Spectator's access***

Any non-accredited person can watch the event from the spectator's areas.

### ***c. Accreditations***

A maximum of two coaches and one team medical per team, will be entitled to be accredited.

### ***d. Cleaning protocols on site***

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

### ***e. Athletes Lounge***

The Athletes Lounge, at the race venue, provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes' lounge is located right next to the finish line and transition.

Bike racks will be available at the entrance of the Athletes Lounge. You must leave your bike on the respective bike rack.

Toilets will be cleaned and sanitized regularly.

### ***f. Doping Control***

Doping control will take place at the race venue and according to Portugal anti-doping rules, recommendations from World Triathlon and National Health Commission.

The athletes must carry their identification to the doping control facilities.

### ***g. Medical Services***

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, from October 11<sup>th</sup> to 12<sup>th</sup>, before and during competition, including familiarization hours.

Several ambulances will be available to provide emergency transfers to hospitals. A Medical Tent will also be provided on site at the finish area.



Free transfers will be available from the Lezíria Parque Hotel and Vip Executive Santa Iria Hotel to the venue and back, at the following schedules:

**Friday, October 11<sup>th</sup>**

08h00 Hotel – arrives at the venue at 08h25  
14h15: Venue – arrives at the hotel at 14h35  
15h20: Hotel – arrives at the venue at 15h45  
17h00: Venue – arrives at the hotel at 17h30

**Saturday, October 12<sup>th</sup>**

8h00: Hotel – arrives at the venue at 8h20  
14h30: Venue – arrives at the hotel at 14h50

## 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:

**Federação de Triatlo de Portugal**

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

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

- 60€ per person (if scheduled until September 21<sup>th</sup>)
- 80€ per person (if scheduled from September 21<sup>th</sup>)

**Bank details for transfer payment:**

Federação de Triatlo de Portugal  
Bank: Crédito Agrícola  
IBAN: PT50 0045 5442 40331295834 84  
SWIFT/BIC: CCCMPTPL

Receipts must be sent to [tesouraria@federacao-triatlo.pt](mailto:tesouraria@federacao-triatlo.pt)



## 5. Training

### ***a. Swim Training***

The athletes and team that want to use the swimming pool, will need to request by email to [alhandra-triathlon@federacao-triatlo.pt](mailto:alhandra-triathlon@federacao-triatlo.pt). The swimming pool Piscina Municipal Vila Franca de Xira.

#### **Wednesday 9<sup>th</sup> of October**

3 lanes from 9am to 11am and 16pm to 18pm

#### **Thursday 10<sup>th</sup> of October**

3 lanes from 9am to 11am and 16pm to 18pm

#### **Friday 11<sup>th</sup> of October**

3 lanes from 9am to 11am and 16pm to 18pm

#### **Saturday 12<sup>th</sup> of October**

3 lanes from 9am to 11am

### ***Bike Training***

The event will take place in downtown Alhandra, a very narrow area, and along one of the busiest roads near Lisbon, we recommend extreme caution while training on these roads.

### ***b. Run Training***

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

### ***c. Course Familiarisation***

#### **Swim**

You will be able to do a swim course familiarization in the Race "arena".

Schedule: Friday, from 10h30 to 11h30: similar conditions as in race day.

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

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

#### **Bike**

There will be a bike course familiarization on Friday, October 11<sup>th</sup> from 11h45 to 12h30. You will have the chance to do two laps on the bike course. The meeting point is in the transition area and the group ride will be police escorted.

**Please note:** At the end of the second lap the police will open the roads for traffic and the athletes that want to continue training will be at their own risk.

## 6. Competition Information

### ***a. Competition Schedule***

#### **Friday, October 11<sup>th</sup>**

09h00 – 13h00	Race Office	Race Venue
10h30 – 11h30	Swim Course Familiarization	Race Venue
11h45 – 12h30	Bike Course Familiarization	Race Venue
12h45 – 13h45	Run Course Familiarization	Race Venue
16h00 – 18h00	Race Office	Race Venue
16h00	Paratriathlon Briefing	Race Venue
16h30 – 18h00	Paratriathlon Race Package Distribution	Race Office

#### **Saturday, October 12<sup>th</sup>**

08h30 – 10h00	Athletes Lounge Open	Race Venue
09h30 – 11h00	Transition Area open	Race Venue
11h00 – 11h30	Warm Up	Race Venue
11h45m00	<b>Paratriathlon Start (PTWC1-M)</b>	Race Venue
11h46m00	PTWC1 - W Start	Race Venue
11h48m00	PTWC2 - M Start	Race Venue
11h49m38	PTWC2 - W Start	Race Venue
12h15m00	PTS5 - M Start	Race Venue
12h20m00	PTVI1 - M Start	Race Venue
12h21m00	PTVI1 - W Start	Race Venue
12h22m41	PTVI2/3 - M Start	Race Venue
12h24m11	PTVI2/3 - W Start	Race Venue
12h40m00	PTS5 - W Start	Race Venue
12h41m00	PTS2/3/4 - W Start	Race Venue
12h44m00	PTS4 - M Start	Race Venue
12h45m00	PTS2/3 - M Start	Race Venue
14h00m00	Paratriathlon Medal Ceremony	Race Venue

### ***b. Competition Rules***

The “2024 World Triathlon Para Cup Alhandra” will follow the latest published Competition Rules from the World Triathlon.

### ***c. 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.

### ***d. Results***

Results will be uploaded on the event’s official website: [www.triathlon.org](http://www.triathlon.org).

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

There will also be live-results of the event.

### ***e. Protests and Appeals***

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

## **7. Competition**

### ***a. Start***

The competition starts in Alhandra, in the Tagus River with a pontoon start. It will be an “in-water” start with one hand in contact with the pontoon and athletes must choose their starting position approximately 150cm wide. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

Athletes can access the start pontoon by the run course.

Mobility equipment and last-minute gear will be transported by the organisation to the transition area.

### ***b. Swim Course***

The swim takes place in the Tagus River.

It’s a swim with 750m. The swim will be during the high tide and the current will be inexistent or slightly favourable. The first buoy is 200m from the start and all buoys should be passed on the left-hand side. The red buoy close to the swim exit is just a direction buoy.

The water temperature is expected to be between 17°C – 19°C.

### ***c. Bike Course***

The bike course consists of an access of 880m with a short uphill with no more than 4%, followed by 3 flat laps of 5900 m each, and finishing with an access to transition of 515m with a downhill of 100m and a medium gradient of 6,5%.

### ***d. Bike Wheel Station***

There will be 1 wheel station on the bike course.

The team wheel stations will be at the start of each lap.

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.

### ***e. Run Course***

The 5km run course extends itself along the riverside and is totally flat.

### ***f. Run Wheel Station***

There will be 1 wheel station for the PTWC at the beginning of the run course.

### ***g. Aid stations***

There will be an aid station at the beginning of the run and another one at the u-turn.

Sealed bottles of water will be handed out.

### ***h. Finish Area***

Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.

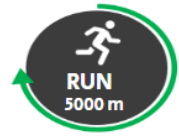
### ***i. Medal Ceremonies***

Medal ceremonies will be performed according to ceremonies guidelines.

### j. Course Maps



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Para Cup  
ALHANDRA  
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World Triathlon  
Para Cup  
ALHANDRA  
2024





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2024



World Triathlon  
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ALHANDRA  
2024





World Triathlon  
Para Cup  
ALHANDRA  
2024



World Triathlon  
Para Cup  
ALHANDRA  
2024



Wheel  
Stations





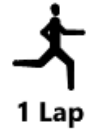
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2024







**Finish Line**



## 8. Accreditation

The LOC will provide official accreditation cards to all the Organizing Committee Members, World Triathlon Technical Officials, athletes, VIPs, media, technical staff, court personnel, volunteers, etc. Accreditation Cards provide access to specific areas of the competition venue.

All accredited people are requested to always carry their Accreditation Cards, and to show it upon request. Accreditation Cards are also mandatory to enter the venue.

Accreditations will be handed at the Race office.

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

## 9. 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>	
Friday October 11 <sup>th</sup>	07h40	19h04	10h30	23h20	03h15	16h27
Saturday October 12 <sup>th</sup>	07h41	19h02	12h05	00h20	04h57	18h01

### ***b. Water Quality tests***

<b>PH</b>		<b>Entero-cocci</b>		<b>Escherichiacoli</b>	<b>E. Coli</b>
<b>result</b>	<b>standard</b>	<b>result</b>	<b>standard</b>	<b>result</b>	<b>standard</b>
7.9	6 to 9	96	<100	2,6 e+2	<250

Sample from 03/10/2024

### ***c. Useful contacts***

**Hospital** (open 24h) – Hospital de Vila Franca de Xira  
Estrada Carlos Lima Costa, 2  
2600-009 Vila Franca de Xira  
Tel. 263 006 500

**Emergency support number** – 112