



Quarteira 2021

Europe Cup

Mediterranean Championship



Athletes Briefing



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Welcome and Introductions



- Mariya Cherkovskaya-Tarasevich, Member of the Europe Triathlon Executive Board
- Gergely Markus, World Triathlon Team Leader
- Carmen Gómez, World Triathlon Technical Delegate
- Paula Maia, World Triathlon Assistant Technical Delegate
- Ângela Pedro, World Triathlon Medical Delegate
- Mario Carvalho, World Triathlon Head Referee
- Bruno Salvador, LOC Director

Competition Jury



- Carmen Gómez, Chair
- Mariya Cherkovskaya-Tarasevich
- Vasco Rodrigues



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Schedule and Timetables



FRIDAY

Training sessions in the swimming pool

09:00 – 12:00 Entry fee payment (in cash)

11:00 – 12:00 Swim course familiarization

15:00 – 19:00 Race pack pick-up

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

Schedule and Timetables



SATURDAY

13:00 – 14:30	Athletes' Lounge check-in
13:45 – 14:45	Transition Area check-in for Elite Men
14:00 – 14:45	Swim Warm-up for Elite Men
14:50	Athletes' Introduction
15:00	Elite Men Start
17:15	Medal ceremony



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Schedule and Timetables



SUNDAY

09:15 – 10:30	Athletes' Lounge check-in
09:45 – 10:45	Transition Area check-in for Elite Women
10:00 – 10:45	Swim Warm-up for Elite Women
10:50	Athletes' Introduction
11:00	Elite Women Start
13:30	Medal ceremony

Race package pick up procedures



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Race package pick up procedures



Athletes' Lounge

- Perform your antigenic test at the White tents at the side of the Dom Jose Hotel.
- Once you have your negative result go down the stairs and follow the procedures.

Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded
- Leave your bag in the Athletes' Lounge

Check-in procedures



At the entrance of TA (Bike check)

- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Leave your spare wheels to the Bike Check
- Bike frame
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available

Check-in procedures



Transition Area

- Helmet check - Don't leave your helmet fastened in the transition

The athlete who misses to comply with this rule will receive a time penalty in TA1.

- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

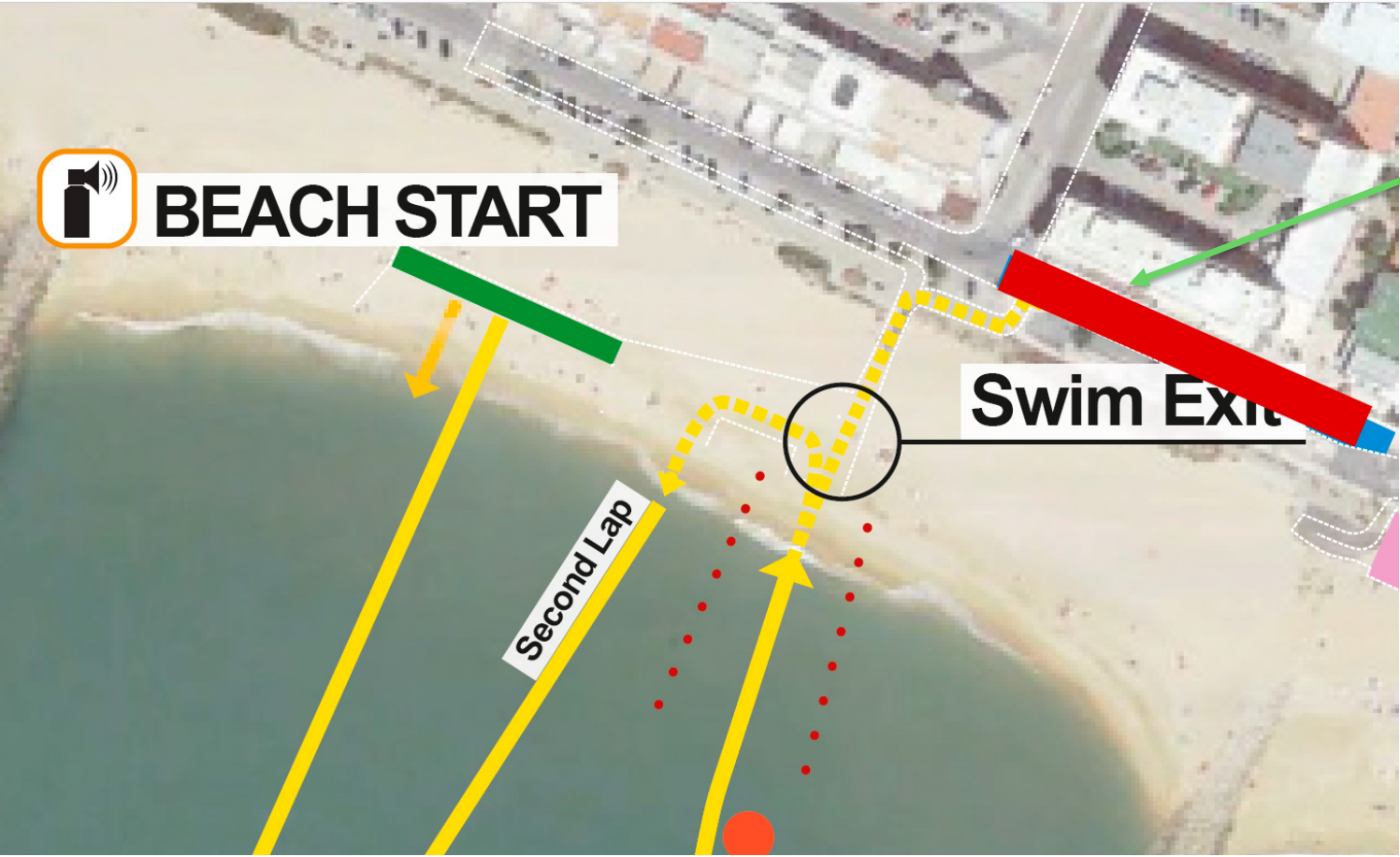
Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up in transition area
- Jog to the start at the beach once your name is called
- Select your position and stay behind the line!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

Pre-start Procedures – Line-up map



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Start Procedures



Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.

False-start Procedures



False-start (many athletes)

- Several horn blasts
- Kayaks move in front of you
- Everyone goes back to her/his original start spot

Valid start with early starters

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 15 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course



Swim 2 laps of 750m

Bike 6 laps of 6,6km

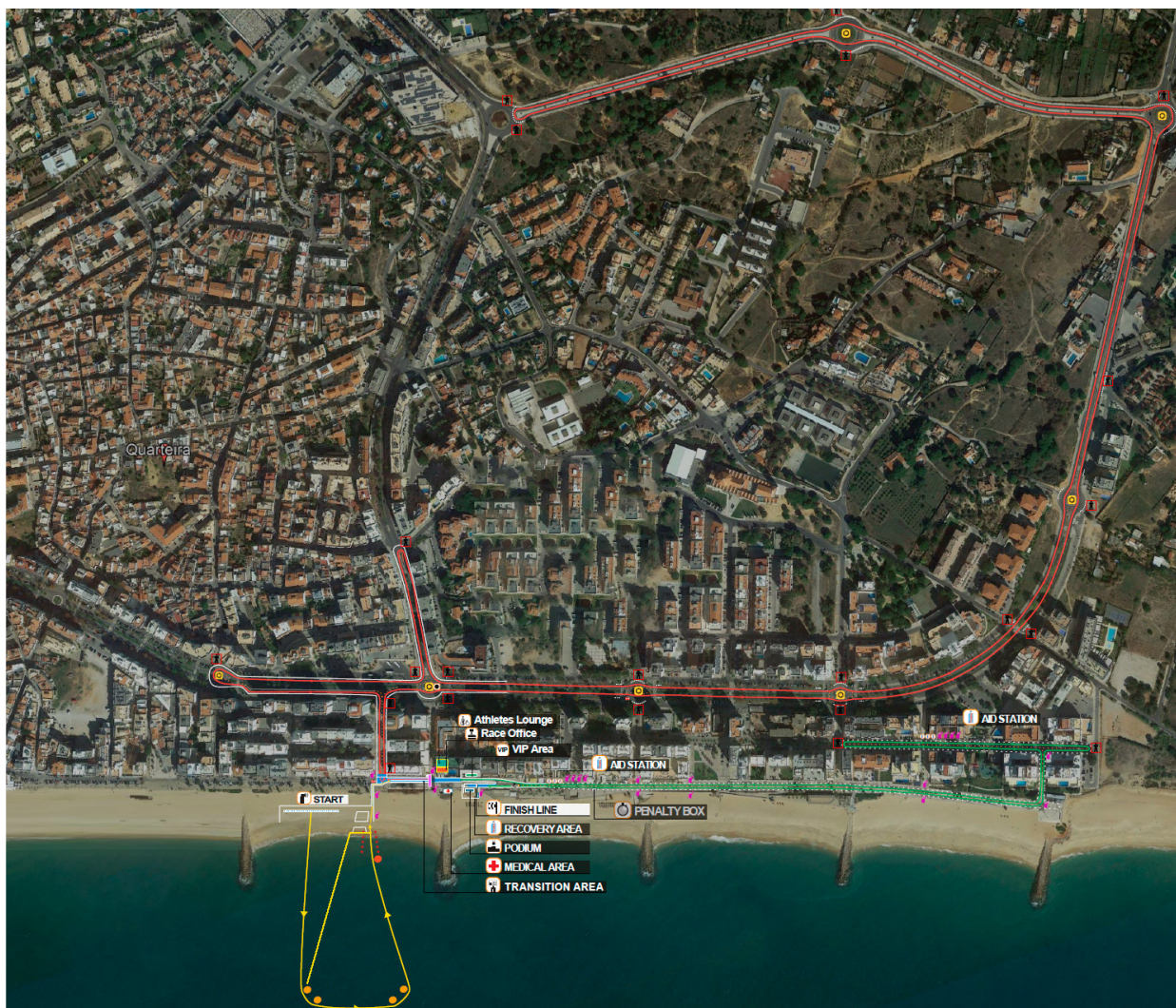
Run 4 laps of 2,5km



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The course



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Swim course



- On 3rd November at 17:00: 19.4 °C – Water temperature
 20 °C – Air temperature
- Wetsuit allowed
- 2 laps (total distance of 1500m)
- Distance to the first turn buoy 240m
- Take cap, goggles to transition into your box

Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.

Swim conduct



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course map



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Swim exit to TA



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Transition Area



- Swim Exit to TA 90m
- Traditional Bike Racks – one row
- All used equipment into the box
- Mount line at the end of the TA



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Transition Flow

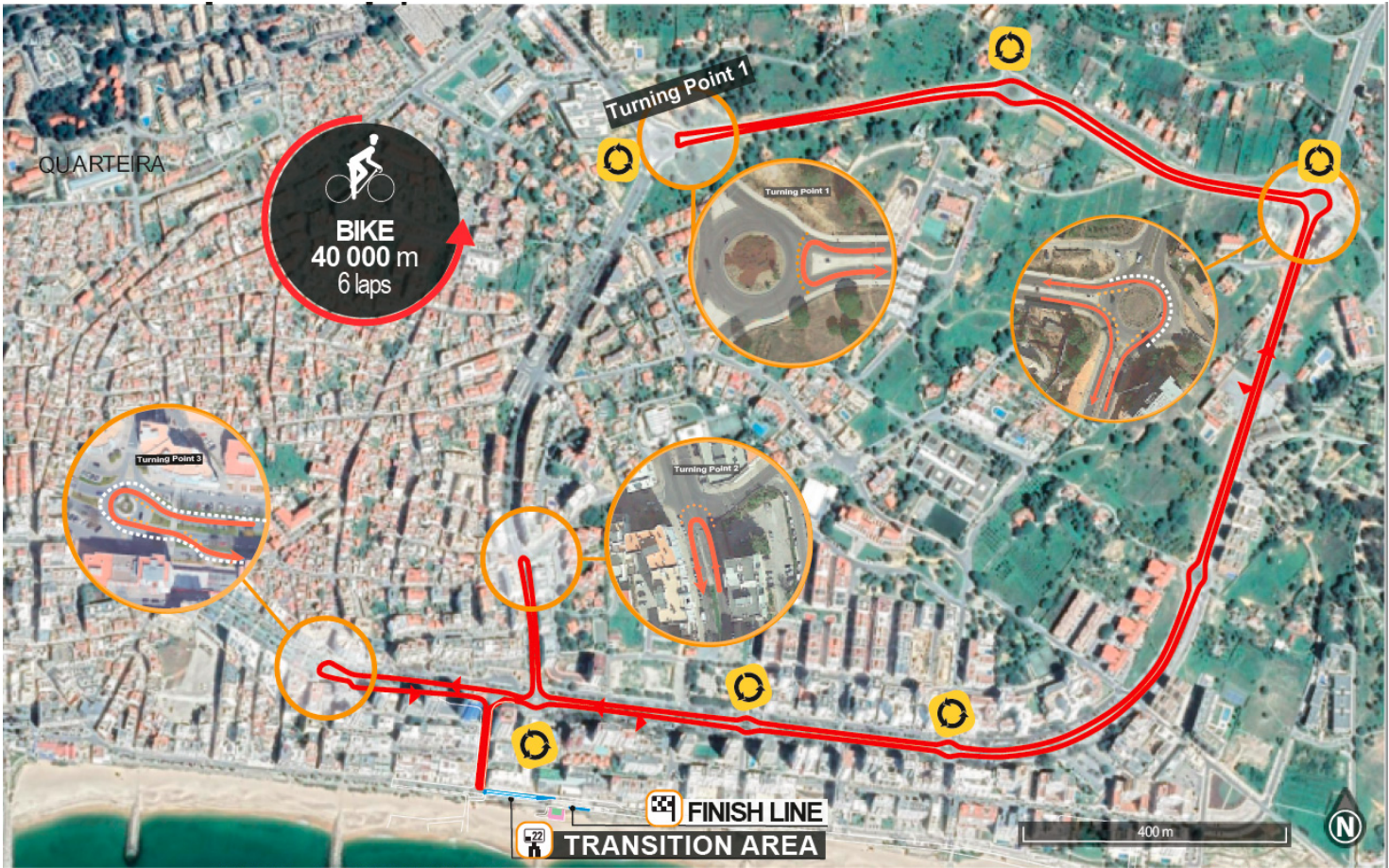


Bike course



- 6 laps (total distance of 40km)
- Hilly and technical
- 1 Wheel Station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the turning point near TA
- Lapped athletes are out of the race

Bike Course Map



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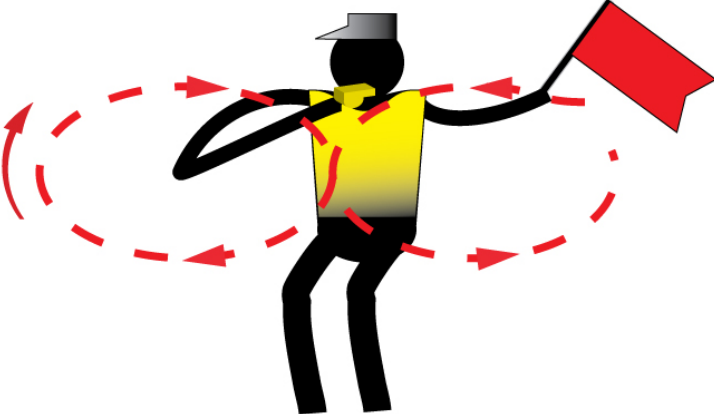
Bike Course Map



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Caution



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Bike to Run



Run course



- 4 laps (total distance of 10km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area:
- Go to mixed zone / recovery area



Run Course Map



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 200m before the finish line
- **Information:** White board to show race numbers and letters to indicate violations
(Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 15 sg time penalty served on any lap of the run

Penalties must be posted prior to the last lap on the run. Any penalties following that point will be served on the spot.

Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box



Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.

Run Penalty Box



Violations Abbreviations:

Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	Other violations	V

For example:

12 D athlete #12 received a time penalty for a dismount line violation

12x2 ME athlete #12 received 2-time penalties for mount line and equipment outside the box violations



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – Saturday 17.15h, Sunday 13.30h
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.
- Prize money pay by Europe Triathlon

Ambush Marketing Rules



- For ceremony awards, please dress up with race uniform (or country uniform)
Ambush marketing rules apply.

- Race caps/visors are allowed at the podium

- Ambush marketing is defined as:

“Deliberately using the opportunity of live television and media photographers to acquire additional exposure for your sponsor product, apparel or brand.”

- Please follow the ambush marketing rule

- The consequence for this behavior is:

The athlete will immediately forfeit their prize money for that event.

Post-race Procedures



Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

Coaches Area



Anti-Doping Control

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

Coaches' areas

- Athletes lounge, recovery area and start area.

Water Quality Assessment (Sea)

Update orange text accordingly

Enterococci	
Date	NMP/100mL
30/08/2021	<15
27/09/2021	<15
30/10/2021	234
Enterococci limit	<100

E.Coli	
Date	NMP/100mL
30/08/2021	<15
27/09/2021	<15
30/10/2021	30
E.Coli limit	<250

PH	
Insert Sample Date	
30/08/2021	8,1
27/09/2021	8,1
30/10/2021	8,1
PH limit	6-9

Weather forecast	
Day	Weather
5	Sunny
6	Sunny
7	Sunny

Weather report	
Day	Weather
2	Light rain in the morning
3	Sunny
4	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Beach	None	None	17:15	

SUMMARY

After consulting the Event Advisory Group from the World Triathlon, checking that previous water quality test were within the limits, there were heavy rains before the last test, but not expecting any rain in the coming days, its been decided to proceed with the swim segment.

Weather forecasts



	Temperature in °C	Weather
Friday	19°C	Sunny
Saturday	19°C	Sunny
Sunday	18°C	Sunny



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ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

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Have a good race!

