

# Athletes' Guide





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# 1 General Information

## 1.1 Introduction

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and team managers are advised to check with the event office regarding any changes in information included in this guide.

## 1.2. Key dates

Information about the registration, briefing, course familiarisation and race start.

Bike course familiarisation	Friday, April 10th – 10:00
Swim course familiarisation	Friday, April 10th – 11:00
Press Conference	Friday, April 10th – 12:30
Athlete's Briefing Elite	Friday, April 10th – 16:00
Elite Women Start	Saturday, April 11th – 15:00
Elite Men Start	Saturday, April 11th – 17:00
Medal Ceremony	Saturday, April 11th – 18:40

## 1.3. Key contacts

Name and contact details of:

- Technical delegate: Monica Zubillaga (ESP) - [mzubill@hotmail.com](mailto:mzubill@hotmail.com)
- Assistant Technical Delegate – Mário Carvalho (POR) - [jcsupermario@gmail.com](mailto:jcsupermario@gmail.com)
- Europe Triathlon Office: [hq@europe.triathlon.org](mailto:hq@europe.triathlon.org). Phone number : +32478825456.

## 1.4. Contacts details

Portuguese Triathlon Federation: [monte-gordo-triathlon@federacaotriatlo.pt](mailto:monte-gordo-triathlon@federacaotriatlo.pt)



## 2 Venue

### 2.1. Race venue

The Race Venue is located in Monte Gordo, with the swimming taking place at Monte Gordo's beach.

### 2.2 Course familiarisation

#### Swim

You will be able to have a swimming course familiarisation in the Race "arena" on Friday, April 10th from 11:00 to 12:00.

*Please note: It is forbidden to swim outside the buoys at any time – for safety reasons! Swimming outside the course familiarisation zone and schedule there will be no lifeguards or medical service available.*

#### Bike

You will be able to have a bike course familiarisation in the Race "arena" on Friday, April 10th at 10:00, with the help of the police, we will do 2 laps on the course. The traffic will be controlled and you should stay inside the "the safe zone" created by the police. The road has a lot of traffic during rush hours (7h-10h and 16h-19h) but it is possible to bike on the road.

The athletes that want to train on the bike course will be at their own risk.

### 2.3. Athletes' lounge

The athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. Nobody is allowed to leave personal items unattended. At the Athletes Lounge entrance will be bike racks also identified by team/delegation. You must leave your bike on the respective bike rack.

Food and water will be served by special volunteers and everything will be sealed and packaged.

### 2.4. Entry fees and athletes' race package distribution

#### Entry Fees

Entry fee is 95€ Elite.

#### Bank Details

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

If you have any Entry fee queries, please contact:

Email: [monte-gordo-triathlon@federacao-triatlo.pt](mailto:monte-gordo-triathlon@federacao-triatlo.pt)

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



### **Athletes' Race Package**

Athletes' race package will be distributed after the briefing at the Centro Cultural António Aleixo.

### **2.5. Doping control**

Doping control will take place in the Official Hotel and according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

### **2.6. Security**

Will be done by local police.

### **2.7. LOC office**

The Race Office is located at Posto de Turismo de Monte Gordo – and is open from Friday, March 10th until Saturday, March 11th.

The Race Office will be open in different periods:

<b>DAY</b>	<b>START</b>	<b>END</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
10th April	09:00	12:00	Race Office	Posto de Turismo de Monte Gordo
10th April	15:00	19:00	Race Office	Posto de Turismo de Monte Gordo
11th April	09:00	12:00	Race Office	Posto de Turismo de Monte Gordo

## **3 Accommodation**

[https://monte-gordo-triathlon.federacao-triatlo.pt/files/Accommodation\\_List\\_ECMonteGordo.pdf](https://monte-gordo-triathlon.federacao-triatlo.pt/files/Accommodation_List_ECMonteGordo.pdf)

## **4 Transfer and Transport**

The LOC will provide transportation from Faro's Airport for the athletes and their Team. Officials. If you have any Transfer queries, please see: [lusitanotriatlo.secretaria@gmail.com](mailto:lusitanotriatlo.secretaria@gmail.com)



# 5 Athletes' Services

## 5.1. Training facilities

### SWIM

Local Swimming Pool.

<https://maps.app.goo.gl/k99MCx7GpTH6engx6>

### BIKE

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.

### RUN

The foot walk near the sea is the most suitable place to train and it is where the event will take place.

## 5.2. Medical services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

## 5.3. Bike mechanical service

Bike partner. Schedules will be available soon.



# 6 Competition schedule

## 6.1. Elite Women

Day	Start	End	Activity	Location
10th April	16:00	16:30	Athletes' briefing	Centro Cultural António Aleixo
10th April	16:30	17:00	Athletes' registration	Race Venue
11th April	13:00	14:15	Athletes' Lounge check in	Race Venue
11th April	13:30	14:30	TA check in	Race Venue
11th April	13:30	14:40	Swim warm-up	Race Venue
11th April	14:40	14:50	Calling area	Race Venue
11th April	14:50	15:00	Athletes' introduction	Race Venue
11th April	15:00	---	Start	Race Venue
11th April	18:30	---	Award Ceremony	Race Venue

## 6.2. Elite Men

Day	Start	End	Activity	Location
10th April	16:00	16:30	Athletes' briefing	Centro Cultural António Aleixo
10th April	16:30	17:00	Athletes' registration	Race Venue
11th April	15:00	16:15	Athletes' Lounge check in	Race Venue
11th April	15:30	16:30	TA check in	Race Venue
11th April	15:30	16:40	Swim warm-up	Race Venue
11th April	16:40	16:50	Calling area	Race Venue
11th April	16:50	17:00	Athletes' introduction	Race Venue
11th April	17:00	---	Start	Race Venue
11th April	18:30	---	Award Ceremony	Race Venue

## 6.5. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

## 6.6. Athletes' briefing

10th April - 16h00 - Briefing

### Centro Cultural António Aleixo

<https://maps.app.goo.gl/SiY7Jo5FhiJMuXH9>

## 6.7. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips in the athletes' lounge before the competitions, during their check-in procedure.



### 6.8. Results

Official results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

### 6.9. Protest & appeals

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

## 7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditations will be distributed after the race briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

## 8 Other useful information

Could be and is not limited to:

### 8.1. Visa Procedure

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://vistos.mne.gov.pt/>



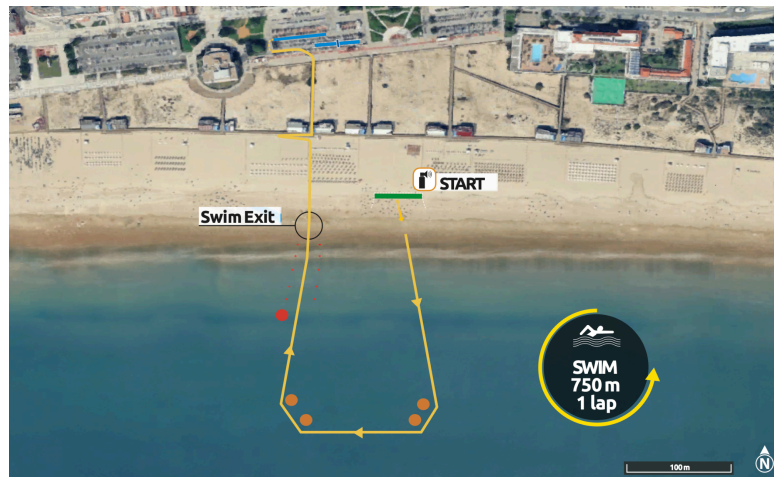
# 9 Course maps

## SWIM COURSE

Start procedures: beach start.

Number of laps: 1 laps;

Average water temperature – 18 degrees



*Elite - Swim Course Map*

## TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

## BIKE COURSE

The cycling course at the Monte Gordo Triathlon European Cup is challenging, with 3 laps. It covers coastal roads and urban areas, featuring a technical course that test competitors' technical skills and endurance. The multiple laps offer varied terrain, including tight turns and long stretches, demanding strategy, and resilience from athletes to tackle the demanding course with consistent pacing.



*Elite - Bike Course Map*

### **RUN COURSE**

In the elite category, the running segment consists of 2 laps along the flat and fast coastal boardwalk of Monte Gordo. This race unfolds against the backdrop of the scenic coastline, offering athletes a chance to complete multiple laps with minimal elevation changes. Two aid stations will be available.



*Elite - Run Course Map*