

World Triathlon Mixed Relay Olympic Qualification Event Lisbon 2021

Athletes Guide



Be your
extraordinary



World Triathlon
Olympic Qualification
Mixed Relay
LISBON 2021



Table of Contents

1. GENERAL INFORMATION	3
a. Key Dates.....	3
b. Key Contacts	3
c. Event Organiser	4
d. Pre-event questionnaire	4
e. Medical certificate.....	4
f. Pre-travel Covid-19 test.....	5
g. Entering Portugal	5
h. COVID-19 Test in Portugal	5
a. COVID-19 Requirements table	6
2. VENUE.....	7
a. Location	7
b. COVID-19 registration	7
c. Isolation Tent and Suspicious Case	7
d. Spectators' access	8
e. Accreditations.....	8
f. Cleaning protocols on site	8
g. Athletes Lounge	8
h. Doping Control	9
i. Medical Services	9
j. Bike Mechanic Service.....	9
k. Race Office	9
l. Coaches Meeting	10
m. Race Briefing	10
3. OFFICIAL HOTEL.....	11
4. AIRPORT TRANSFERS.....	12
5. TRAINING	13
a. Swim Training.....	13
b. Bike Training.....	13
c. Run Training	14
d. Course Familiarization	14
6. COMPETITION INFORMATION	15
a. Competition Schedule	15
Schedule	15
b. Competition Rules.....	16
c. Weather Conditions	16
d. Results.....	16
e. Protests and Appeals	16
7. COMPETITION	17

a.	Competition activities.....	17
b.	Start.....	17
c.	Swim Course.....	17
d.	Bike Course.....	17
e.	Wheel Station.....	17
f.	Run Course	18
g.	Aid stations.....	18
h.	Finish Area	18
i.	Medal Ceremonies	18
j.	Course Maps.....	19
8.	ACCREDITATION.....	23
9.	GENERAL INFORMATION	24
a.	Sunrise/Sunset and tide table.....	24
b.	Temperature and precipitation chart for Lisbon	24
c.	Tide charts for the event.....	25
d.	Water Quality tests	27
e.	Usefull contacts	27

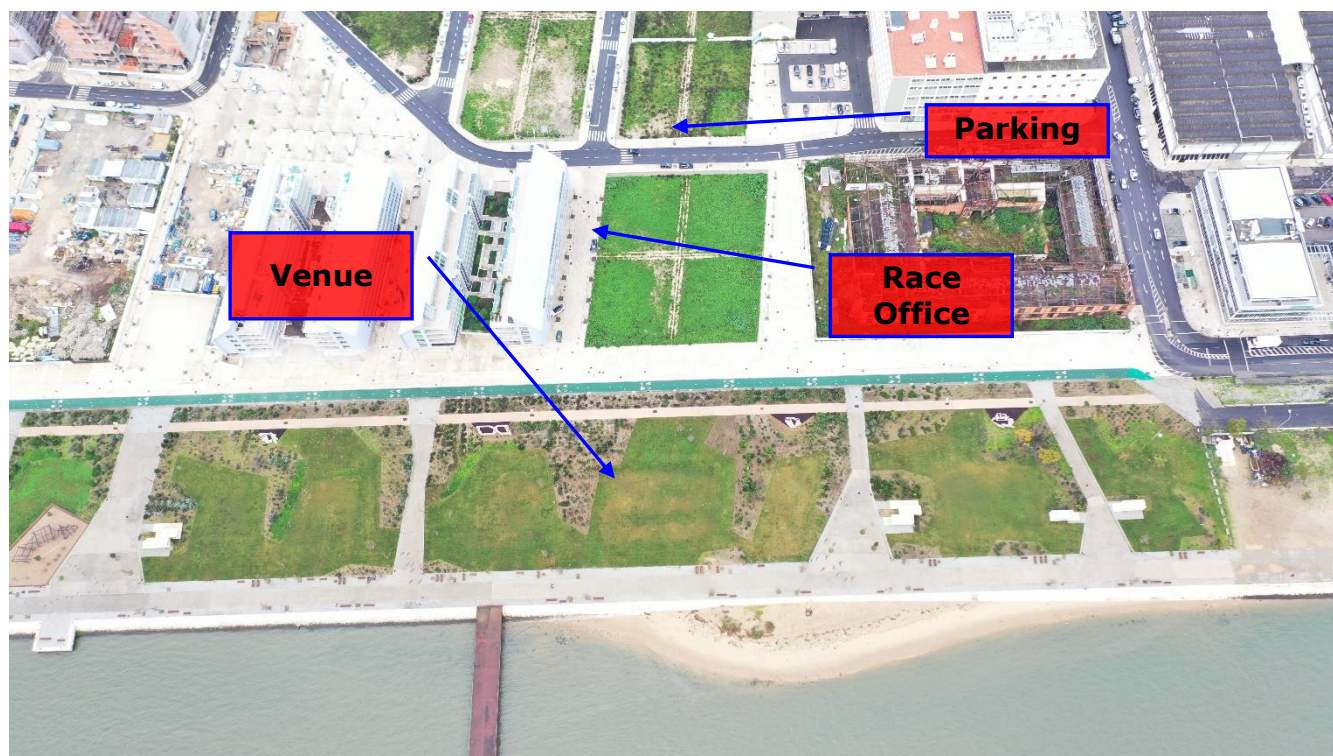
1. General Information

a. Key Dates

Covid-19 Antigenic Test	Thursday, May 20 th – 9:00
Swim course familiarization	Thursday, May 20 th – 10:30
Coaches Meeting	Thursday, May 20 th – 14:00
Mixed Relay Qualifying Event Start	Friday, May 21 st – 10:30
Prize Giving Ceremony	Friday, May 21 st – 12:00

Race Office and COVID-19 registration

The Race Office and COVID-19 Registration will take place in a tent near the transition Area.



b. Key Contacts

World Triathlon Team Leader	David Bonilla	
World Triathlon Technical Delegate	Miguel Vázquez	
World Triathlon Assistant Technical Delegate	Anabela Santos	
World Triathlon Medical Delegate	Nuno Piteira	+ 351 965 519 792
LOC Event Director	Vasco Rodrigues	+ 351 936 753 343
LOC Office and Travel Manager	João Costa	+ 351 961 558 779
LOC Media Manager	Isabel Pinto da Costa	+ 351 913 086 399
LOC Covid-19 Director	Patrícia Pestana	+ 351 912 921 827

c. Event Organiser

LOC

Câmara Municipal de Lisboa

Praça do Município

1149-014 Lisboa

www.lisboa.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. Pre-event questionnaire

Athletes and coaches should submit their test to their profile in the World Triathlon system. For those who doesn't have it, must complete the questionnaire.

The pre-event questionnaire must be filled in in order for the athletes to receive their race packages and the coaches to receive their accreditations.

e. Medical certificate

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes to submit a pre-event medical certificate for participating in the event:

- The medical certificate must be issued in English by the National Federations' medical staff or a personal doctor and be uploaded to the Athlete's Profile in the World Triathlon system;
- The certificate must declare that the athlete has been examined and he/she has not tested positive to PCR nasopharyngeal swab test and/or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
- The certificate must be signed by a doctor and the athlete and should be produced no later than 72hs before the person's travel day to the event;
- In case of previous positive PCR nasopharyngeal test, the athlete must provide two negative PCR tests:
 - One must take place prior to the medical examination in order for the doctor to take in consideration for signing the certificate;
 - The second must be issued as close as possible to the event's date;
 - Please note that we are requiring the athletes to submit PCR test results, ONLY in the case of a previous positive PCR test. In all the other cases, the athlete must submit only the medical certificate;

- A sample of the Pre-Travel Medical Certificate can be found in Appendix 1 of the World Triathlon COVID-19 guidelines;
- In cases where this certificate is not provided, the athlete will not be allowed to compete.

f. Pre-travel Covid-19 test

Perform an Antigenic or PCR swap pre-travel test 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests.

The test result should be uploaded to the Athlete's Profile in the World Triathlon system.

g. 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 Lisbon event;
- **You need a negative SARS-CoV-2 test within 72 hours of your departure to Portugal;**
- You need a short stay Visa;
- You need to send an email to joao.costa@federacao-triatlo.pt with your full name, date of birth, passport number and expiry date, your flight details and the place where you got your Visa. This email needs to be sent before May 12th

h. COVID-19 Test in Portugal

To enter the race all athletes must perform an Antigenic test at the registration tent. This test will be done Thursday morning, according to the following schedule:

Covid-19 Antigenic Test	
Thursday, May 20 th – 9h00-10h30	TBC

If the Antigenic test is positive, the athletes must perform a PCR Covid-19 test and stay at their hotel room in quarantine until the result of the PCR test is issued.

The organization can provide PCR tests at the site and its cost must be paid by the athlete.

Concerning the Covid-19 actual situation and the different procedures to cross borders, the Event Organization will be able to guarantee Covid-19 tests to all those who need it to travel back to their countries after the race.

The laboratory is near the Oriente Train Station, 2km from the venue, at R. Polo Sul 2 A, 1990-273 Lisboa

The results will be available within 48h (most probably 24h) and will have a cost of 100€/per test, paid directly to the clinical analysis laboratory (<https://www.germanodesousa.com/>)

Those interested in this service need to contact joao.costa@federacao-triatlo.pt and choose the schedule to do it:

- Thursday, May 20th, from 15h to 18h
- Friday, May 21st, from 16h to 18h

a. COVID-19 Requirements table

	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
U23 athletes	yes	yes	yes	yes	yes
AG athletes	yes	no	follow public health request	follow public health request	yes
Coaches/team medical/ support NF personnel	yes	yes	follow public health request	yes	yes
TDs /ITOs/NTOs	yes	no	follow public health request	follow public health request	yes
IF Staff	yes	no	follow public health request	follow public health request	yes
LOC/ Contractors	follow public health request	follow public health request	follow public health request	follow public health request	yes

2. Venue

a. Location

The Race Venue is located Downtown Lisboa, in Marvila, a place just 4km from the Lisbon Airport and 2,5km from the Oriente train Station where you will find a lot of accommodation, shopping mall and services. Marvila is also just 6km away from city centre.

The swimming will take place in the “Tagus River”, and the biking and running along the river banks, passing some of the city’s attractions.

b. COVID-19 registration

Every people involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near Race Office.

Every delegation member must submit to temperature and oxygen level check daily:

- If your temperature is higher than 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn’t go below 37,5°C the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent
- If your oxygen level is lower than 95%, you will face same procedure and, if the level does not change after 3 attempts, you will be taken to Isolation Tent

After checking temperature and oxygen level you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue.

Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at Recovery zone, after the finish.

From this point athletes will have to use surgical mask (organization will provide) everywhere in the Race Venue, except when competing.

c. Isolation Tent and Suspicious Case

During the event, if a Suspicious Case is identified:

- A surgical mask will be applied (provided by organization), preferably by the own Suspicious Case;
- That person will be taken to the Isolation Tent by a staff member;
- The Doctor in charge of the Isolation Tent will call the National Health Service (808 24 24 24) and follow the given procedure.

The definition of a Suspicious Case is defined by the Health National Head Direction as “someone who shows an acute respiratory situation with cough, temperature above 37,9°C or dyspnoea/breathing problems”.

There will be a special doctor assigned to the Isolation Tent that will only interact with the Suspicious Case if the person doesn't feel well or needs special attention;

The Isolation Tent will be provided with exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

d. Spectators' access

The event will not be open to spectators. Any non-accredited persons can watch the event from the spectator's areas.

e. Accreditations

Only two coaches and one team medical per team will be accredited.

f. Cleaning protocols on site

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

g. Athletes Lounge

At the Race Venue the athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes' lounge is located in a big tent right next to the finish line and transition.

The athlete's lounge will be divided in smaller compartments for each teams/delegations and nobody is allowed to enter this compartments besides members of the team/delegation or authorized staff.

The flow in the athletes' lounge will be marked on the floor.

Each compartment will have a personal storage furniture where all personal items must be stored. 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.

There will be a COVID-19 table at the entrance and exit of the tent with alcohol-based solutions and wipes that you will have to use every time you enter or exit the lounge.

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

Toilets will be available at the Athletes Lounge and it will be cleaned and sanitized every hour.

h. Doping Control

Doping control will take place at the race venue and according to Portugal's anti-doping rules and special COVID-19 recommendations from ITU and National Health Commission.

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

i. Medical Services

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue, from May 20th to 23rd, 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.

j. Bike Mechanic Service

This service will be provided by Riverside Bike, a Bike store just next to transition

<https://www.facebook.com/riversidebikes/>

Race Venue:

Thursday, May 20th: 10h00 – 13h00 / 15h00 - 19h00

Friday, May 21st: 9h00 – 11h00 / 15h00 - 19h00

Saturday, May 22nd: 9h00 – 13h00

Sunday, May 23rd: 9h00 – 13h00

The Riverside Bike Shop also offers other possibilities, such as:

- Bike Assembly: 35€
- Bike check (gear, breaks, damage check): 20€
- Bike assembly/check pack: 50€

If you want that service please contact geral.riversidebikes@gmail.com

k. Race Office

The Race Office is located in a tent next to the Athlete's Lounge and is open from Thursday, May 20th, until Sunday, May 23rd.

The Race Office will be open in the following hours:

Thursday, May 20th: 9h00 – 13h00 / 15h00 - 19h00

Friday, May 21st: 9h00 – 13h00 / 15h00 - 20h00

Saturday, May 22nd: 9h00 – 19h00

Sunday, May 23rd: 9h00 – 16h30

l. Coaches Meeting

The Coaches meeting will take place at 12h00, in the athletes Lounge

The race pack distribution will be provided to the respective coaches at the end of the meeting.

m. Race Briefing

Athletes briefing will be pre-recorded and available from Thursday, May 20th, at 12h00, under

https://www.triathlon.org/about/downloads/category/race_briefings

TD will be available for questions via email

3. Official Hotel

The Official Hotel is Olissipo Oriente, placed 200m from to the Oriente Train Station and Vasco da Gama Shopping Mall

<https://www.olissippohotels.com/pt/Hoteis/Oriente/O-Hotel.aspx>

Prices for the Olissipo Oriente Hotel are:

Single room (B&B): 110€

Double/Twin room (B&B): 120€ (price per room)

Price per meal: 24€

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:

João Costa

Email: joao.costa@federacao-triatlo.pt

Phone: +351 961 558 779

Price:

Transfers from Lisbon Airport (both ways):

- 20€ per person (if scheduled until May 10th)

- 30€ per person (if scheduled after May 10th)

Bank details for transfer payment:

Federação de Triatlo de Portugal

Bank: Caixa de Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

BIC/SWIFT: CCCMPTPL

Receipts send to joao.costa@federacao-triatlo.pt

The transfer between persons who do not belong to the same delegation or group of persons will be reduced as much as possible. **The use of mask is mandatory.** Everyone needs to disinfect their hands before entering the bus.

5. Training

a. Swim Training

The Vale Fundão swimming pool will be available for training from May 18th to May 20th, from 11h00 to 16h00.

It is a 25m swimming pool with 6 lanes and it is 1km from the venue.

The pool capacity is just 6 athletes and respective coaches. If a team has more than 6 athletes it is possible to train together as long as they have a certification from their NF stating they belong to the same group.

Athletes and groups are only allowed to train for 1 hour. In case the pool is vacant it is possible to extend the training session to 1,5 hours.

Booking must be done until May 16th to joao.costa@federacao-triatlo.pt

<https://informacoeseservicos.lisboa.pt/contactos/diretorio-da-cidade/piscina-do-vale-fundao>



b. Bike Training

The event will take place in Downtown Lisbon, in some wide avenues with not much traffic. This means you can train on the bike course but respecting traffic rules.

c. Run Training

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

d. Course Familiarization

Swim

You will be able to have a swimming course familiarization in the Race “arena”. The schedule of the swim familiarization is calculated so that you will find the same tide and current as during the race.

The familiarization will be Thursday, from 10h30 to 11h30

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

Access to the venue and swim familiarization must respect Covid-19 protocol and only accreditation coaches can be present.

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

Bike

There won't be a bike familiarization schedule. Instead, the organization will provide a video of the bike course and the course will be signed from Thursday. The road doesn't have much traffic and it is possible to bike on the road.

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

6. Competition Information

a. Competition Schedule

Schedule

Wednesday, May 19th

Time	Event	Location
10:00 - 13:00	Race Office	Race Venue
15:00 - 19:00	Race Office	Race Venue

Thursday, May 20th

Time	Event	Location
9:00 - 13:00	Race Office	Race Venue
9:00 - 10:30	Covid-19 Antigenic Test	Race Venue
10:30 - 11:30	Swim Course Familiarization	Swim Course
12:00 - 12:30	Coaches Meeting	Athletes Lounge
15:00 - 19:00	Race Office	Race Venue
17:30 - 20:00	Team Declaration	Athletes Lounge
18:00 - 20:30	Race Package Distribution	Athletes Lounge

Friday, May 21st

Time	Event	Location
09:00 - 13:00	Race Office	Race Venue
9:30 - 9:45	Teams last Minute Changes	Race Office
9:30 - 10:15	Bike Warm Up	Bike Course
10:00 - 11:20	Athletes Lounge Check-in	Race Venue
10:15 - 11:00	Transition Area Check-in	Race Venue
10:45 - 11:15	Swim Warm Up	Swim Course
11:30	Mixed Relay Start	Race Venue
13:00	Medal Ceremony	Race Venue
15:00 - 19:00	Race Office	Race Venue
15:30	World Cup Online Briefing	
16:30 - 19:00	Race Package Distribution – World Cup	Race Office

Saturday, May 22nd

Time	Event	Location
09:00 - 19:00	Race Office	Race Venue

Sunday, May 23rd

Time	Event	Location
09:00 - 16:30	Race Office	Race Venue

b. Competition Rules

The “2021 World Triathlon Mixed Relay Olympic Qualification Event Lisbon” will follow the latest published Competition Rules from the International Triathlon Union.

c. Weather Conditions

Weather temperature is quite nice this time of the year. The temperatures can go from 15°C to 25°C. The weather is usually sunny but can be windy in the afternoon. In May you shall expect 8 days of rain, 9 sunshine hours and a medium temperature of 17,5°C

d. 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

e. Protests and Appeals

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

7. Competition

a. Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

b. Start

The start area is in Marvila, in the Tagus River and it will be a pontoon start. In the starting line athletes must stand in a starting position approximately 100cm wide. The Head 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 and they must keep their surgical mask until their introduction.

c. Swim Course

The swim takes place in the Tagus River.

It's a 300m lap with 2 buoys.

The swim will be during the high tide and the current will be inexistent or slightly favorable.

The first buoy is 120m from the start and all buoys should be left on the right hand.

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

d. Bike Course

The bike course consists of 2 laps of 3,5km. The course is mainly flat, with a 600m uphill with 4-8% gradient, and a technical part with some 90° narrow turns.

e. Wheel Station

There will be 1 wheel station on the bike course.

It will be situated near transition, in a place where athletes pass in the middle and on the end of each lap.

- The volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. 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;
- The wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station;
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves.

f. Run Course

Consists of 2 laps of 850m totally flat, that extends itself along the river banks.

g. Aid stations

There will be 1 aid station per lap, at the beginning of each lap.

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.

Medalist photo at the post-finish area is not allowed.

All recovery stations will be self-served.

Food provided will be individually wrapped.

Massage facilities will not be provided.

Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

Masks will be distributed to the athletes to wear at their earliest convenience.

i. Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#)

j. Course Maps

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



SWIM



SUBTITLE

- START
- 1ST LAP
- 2ND LAP
- TRANSITION

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



SWIM



SUBTITLE

- START
- 1ST LAP
- 2ND LAP
- TRANSITION

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



1ST TRANSITION



SUBTITLE

- SWIMEXIT
- TRANSITION
- BIKE START

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



BIKECOURSE



SUBTITLE

- BIKE COURSE

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



BIKECOURSE



SUBTITLE

 BIKE COURSE

TURNAROUND
AVENIDA MARECHAL
GOMES DA COSTA



2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



2NDTRANSITION



SUBTITLE

 BIKE DESMOUNT

 TRANSITION

 RUN START



2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



RUNCOURSE



SUBTITLE

- FINISH LINE
- TRANSITION
- RUN COURSE
- AID STATION
- RELAY ZONE

2021 WORLD TRIATHLON MIXED RELAY OLYMPIC QUALIFICATION EVENT LISBON



RELAY ZONE



SUBTITLE

- FINISH
- RELAY ZONE
- RUN FINISH
- SWIMSTART

8. 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.

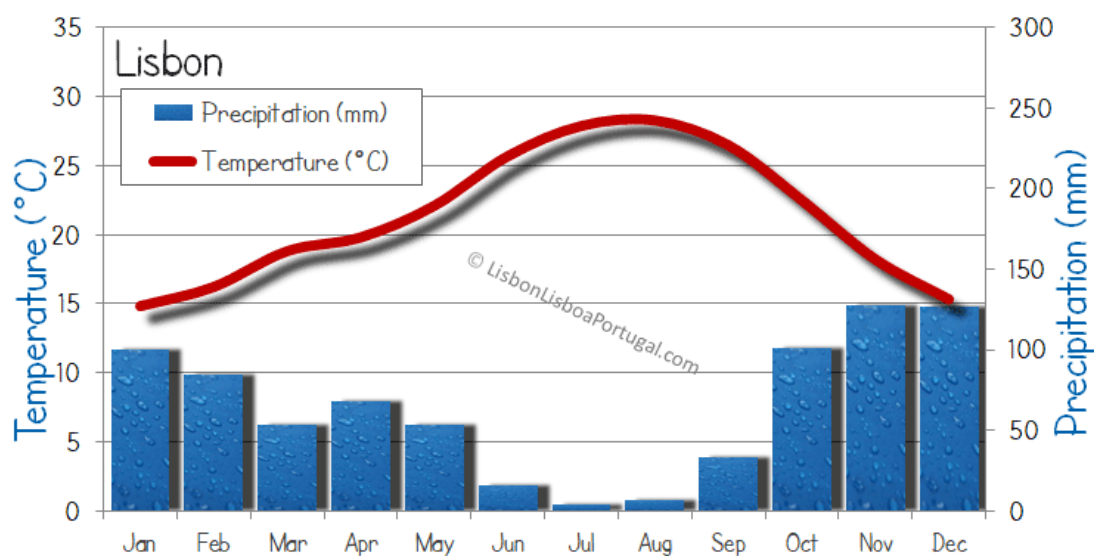
Please send accreditation requests to joao.costa@federacao-triatlo.pt

9. General Information

a. Sunrise/Sunset and tide table

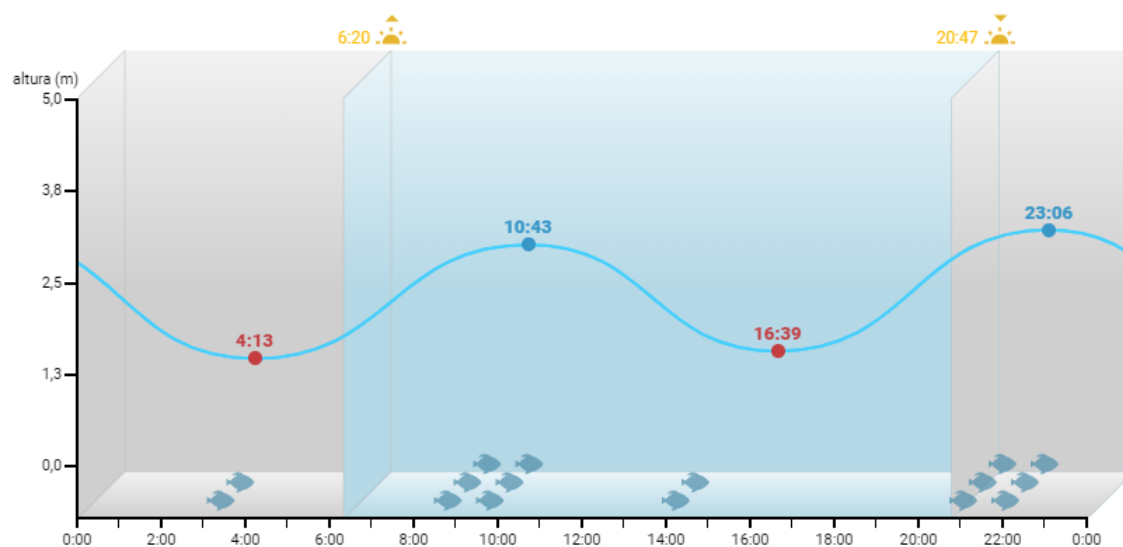
	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Thursday May 20 th	06h20	20h47	10h43 3.1	23h06 3.3	04h13 1.5	16h39 1.6
Friday May 21 st	06h19	20h47	11h55 3.2		05h27 1.3	17h51 1.4
Saturday May 22 nd	06h18	20h48	00h15 3.5	12h57 3.4	06h29 1.1	18h50 1.2
Sunday May 23 rd	06h18	20h49	01h17 3.7	13h52 3.7	07h21 0.9	19h42 0.9

b. Temperature and precipitation chart for Lisbon

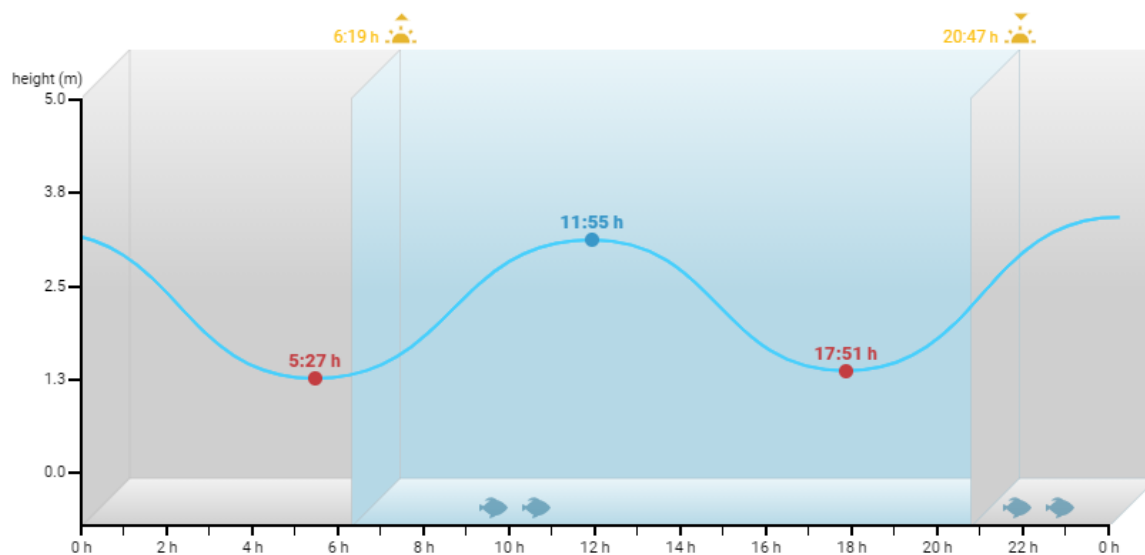


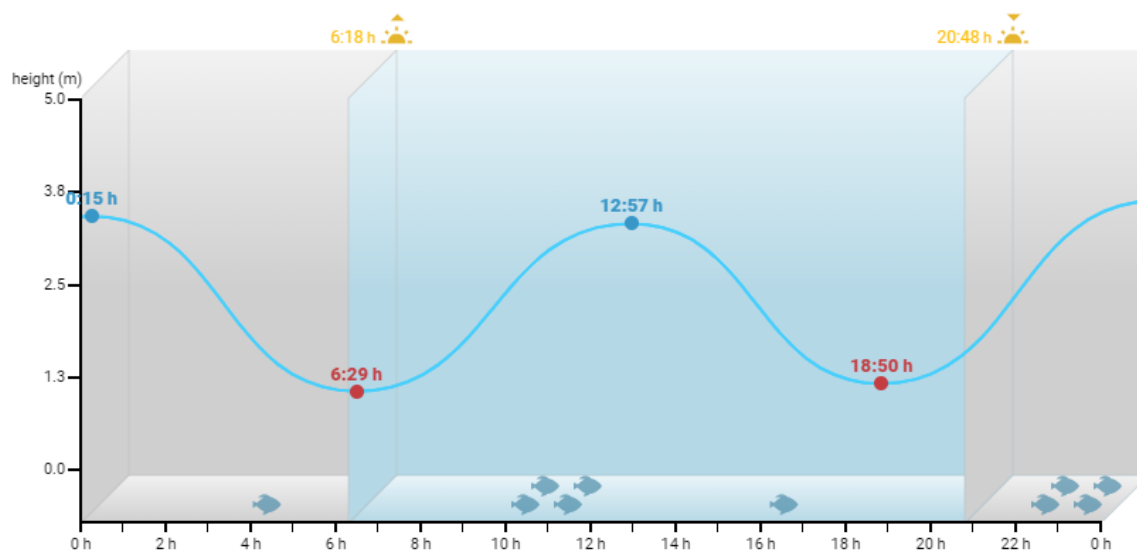
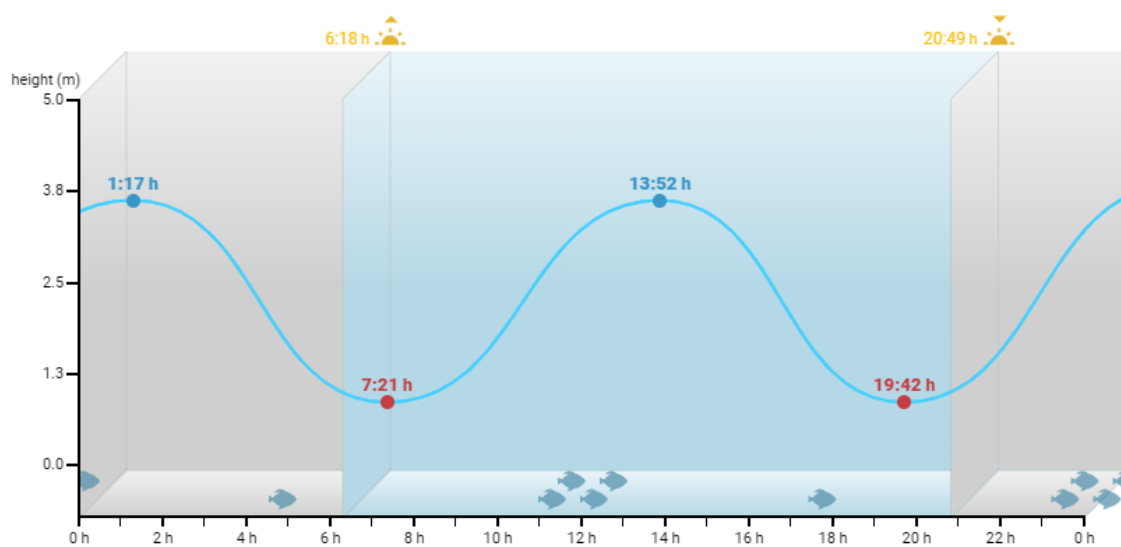
c. Tide charts for the event

Thursday, May 20th



Friday, May 21st



Saturday, May 22ndSunday, May 23rd

d. Water Quality tests

	PH		Entero-cocci		Escherichiacoli	E. Coli
	result	standard	result	standard	result	standard
		6 to 9		<100		<250
		6 to 9		<100		<250

e. Usefull contacts

Hospital (open 24h) – Hospital de Santa Marta
 Rua de Santa Marta
 1169-024 Lisboa
 Tel. 213 594 000

Emergency support number – 112

World Triathlon Mixed Relay Olympic Qualification Event Lisbon 2021

Athletes Guide



Be your
extraordinary



World Triathlon
Olympic Qualification
Mixed Relay
LISBON 2021

