



Para Triathlon Athletes' Guide



World Triathlon
Para Cup
ALHANDRA
2025



CÂMARA
MUNICIPAL



World
Triathlon



FEDERAÇÃO DE
TRIATLO
PORTUGAL



INSTITUTO PORTUGUÊS
DO DESPORTO E JUVENTUDE, I. P.



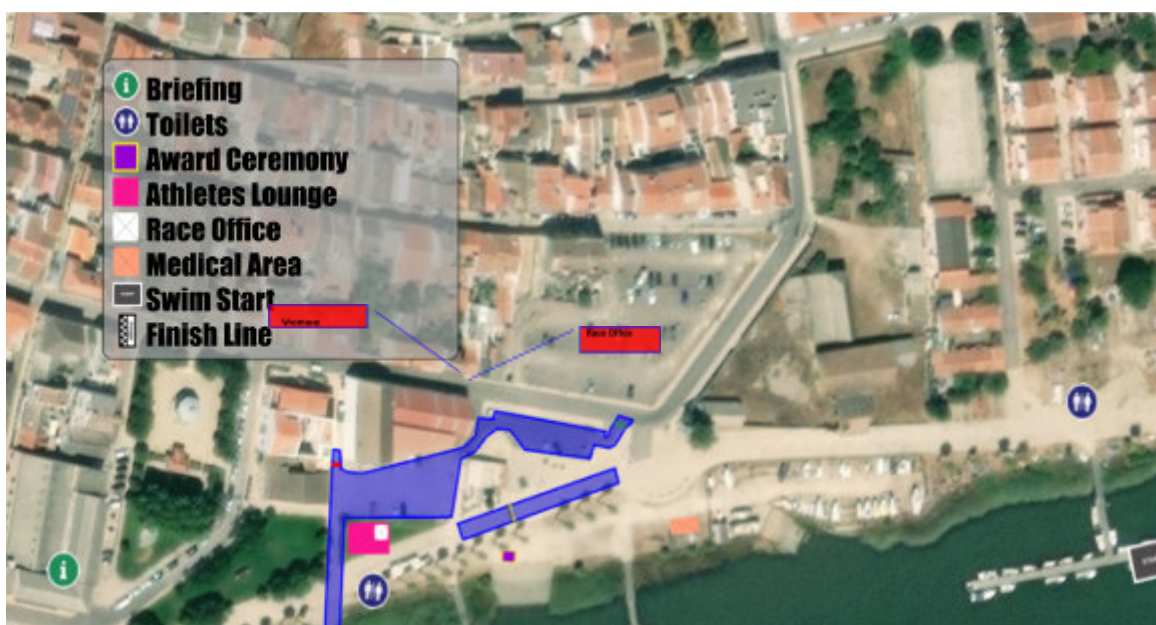
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1. General Information

a. Key Dates

Swim course familiarisation	Friday, September 5 th 14h00 – 15h00
Bike course familiarisation	Friday, September 5 th 15h00 – 15h45
Run Course familiarisation	Friday, September 5 th 15h45 – 16h30
Briefing	Friday, September 5 th 17h30 – 18h00
Race Package Distribution	Friday, September 5 th 18h00 – 19h00
Paratriathlon World Cup Start	Saturday, September 6 th – 15h00
Prize Giving Ceremony	Saturday, September 6 th – 17h25



b. Key Contacts

World Triathlon Technical Delegate	Raquel Cascales	
World Triathlon Assist. Technical Delegate	Cristina Rêgo	cristina.rego@federacao-triatlo.pt
World Triathlon Team Leader	Eric Angstadt	eric.angstadt@triathlon.org
LOC Event Director	Mónica Fernandes	monica.fernandes@federacao-triatlo.pt
LOC Medical Director	Ângela Gairifo	angela.gairifo@federacao-triatlo.pt

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

secretaria@federacao-triatlo.pt

d. Entry Fee

Paratriathlon World Cup: 50€

All the payments must be done until 29th of August

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

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 persons 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 September 5th to 6th, 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.

h. Bike Mechanic Service

This service will be provided as follows:

Race Venue:

- Friday, September 5th: 15h00 – 18h00
- Saturday, September 6th: 12h00 – 15h00

i. Race Office

The Race Office is located next to the Athlete's Lounge and is open from Friday, September 5th, until Saturday, September 6th.

The Race Office will be open in the following hours:

- Friday, September 5th: 9h00 – 13h00 and 16h00 – 19h00
- Saturday, September 6th: 9h00 – 17h00

j. Race Briefing

Athletes briefing it will take place:

Paratriathlon Briefing Friday 5 th September: 17h30

Athletes need to be present for the briefing under this link:

The presentation will be available after the session [triathlon.org](https://www.triathlon.org).

k. Race Package Distribution

Please respect the time slots provided in the schedule below.

Paratriathlon RacePackDistribution Friday 5 th September: 18h00 - 19h00

3. Recommended Hotels

The organisation has 2 recommended hotels:

Lezíria Parque Hotel

Located in Vila Franca de Xira, 6km away from the event venue.

<https://leziriaparquehotel.pai.pt/>

Vip Executive Santa Iria Hotel

Located in Santa Iria da Azóia, 12km away from the event venue.

<https://www.viphotels.com/pt/Menu/Hoteis/Portugal/Vip-Executive-Santa-Iria/Sobre-Hotel.aspx>

HOTEL TRANSFERS

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, September 5th

13h00: Hotel – arrives at the venue at 13h30

18h30: Venue – arrives at the hotel at 18h50

Saturday, September 6th

11h20: Hotel – arrives at the venue at 11h45

18h00: Venue – arrives at the hotel at 18h20

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

Transfers price from Lisbon Airport (both ways):

- 60€ per person (if scheduled until August 22th)
- 80€ per person (if scheduled from August 22th)

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

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. The swimming pool Piscina Municipal Vila Franca de Xira.

Wednesday 3th of September

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

Thursday 4th of September

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

Friday 5th of September

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

Saturday 6th of September

3 lanes from 9am to 11am

b. 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.

c. Run Training

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

d. Course Familiarisation

Swim

You will be able to do a swim course familiarisation in the Race "arena". Different schedules will be available, depending on the event, due to the tide effects, ensuring the athletes will experience a similar situation to the race day.

Schedule: Friday, from 14h00 to 15h00: similar conditions as in race day.

During the swimming course familiarisation 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 familiarisation on Friday, September 5th from 15h00 to 15h45. 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, September 5th

09h00 – 13h00	Race Office	Race Venue
14h00 – 15h00	Swim Course Familiarization	Race Venue
15h00 – 15h45	Bike Course Familiarization	Race Venue
15h45 – 16h30	Run Course Familiarization	Race Venue
17h00 – 19h00	Race Office	Race Venue
17h30 – 18h00	Paratriathlon Briefing	
18h00 – 19h00	Paratriathlon Race Package Distribution	Race Office

Saturday, September 6th

12h10 – 20h10	Race Office	Race Venue
12h10 – 13h40	Athletes Lounge Open	Race Venue
13h10 – 13h55	Transition Area open	Race Venue
13h40 – 14h40	Warm Up	Race Venue
15h00m00	Paratriathlon Start (PTWC1-M)	Race Venue
15h01m00	PTWC1 - W Start	Race Venue
15h03m00	PTWC2 - M Start	Race Venue
15h04m38	PTWC2 - W Start	Race Venue
15h30m00	PTS5 - M Start	Race Venue
15h35m00	PTVI1 - M Start	Race Venue
15h36m00	PTVI1 - W Start	Race Venue
15h37m41	PTVI2/3 - M Start	Race Venue
15h39m11	PTVI2/3 - W Start	Race Venue
15h55m00	PTS5 - W Start	Race Venue
15h56m00	PTS2/3/4 - W Start	Race Venue
15h59m00	PTS4 - M Start	Race Venue
16h00m00	PTS2/3 - M Start	Race Venue
17h25m00	Paratriathlon Medal Ceremony	Race Venue

b. Competition Rules

The “2025 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.

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 on the right side.

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 2 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. There will be 1 wheel station on the run course.

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 (Subject to change)



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**Wheel
Stations**





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Transição 2





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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.

9. General Information

a. *Sunrise/Sunset and tide table*

	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Friday September 5 th	06h42	20h27	02h26	14h39	07h53	20h23
Saturday September 6 th	06h43	20h25	03h03	15h17	08h33	21h01

b. Water Quality tests

PH		Entero-cocci		Escherichiacoli	E. Coli
result	standard	result	standard	result	standard
7,6	6 to 9	23	<100	100	<250

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