



Europe
Triathlon
Multisport
Championships

Coimbra
2024



Athletes' Guide



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Welcome Messages



"It is a great honour for me to welcome all the Athletes that, from all over Europe, are present in Coimbra for the Multisport Festival 2024.

The Portuguese National Federation and the Local Organizing Committee have done a tremendous job to prepare the venues where you will battle for the Medals and the European Title in the different disciplines.

Coimbra is a great city, a World Heritage Site, and, when not training or competing, will give you the possibility to enjoy the friendly atmosphere, the monuments and the fantastic food.

This will be the 4th Edition of the European Multisport Festival that after Ibiza, Targu Mures, Bilbao, will make it's debut in Portugal.

Have great races and see you at the venue. "

Renato Bertrandi

Europe Triathlon President



Dear athletes,

Welcome to Coimbra, the right place to be and the best place to be happy forever!

We are delighted to host the Europe Triathlon Multisport Championships 2024 in Coimbra, the most beautiful city in the world.

As Mayor of Coimbra, I'm grateful to welcome you to such an enriching experience. Let me tell you a little bit about Coimbra...

Coimbra was the first Capital of Portugal and the first King of Portugal was D. Afonso Henriques.

The city's history can be seen in its narrow streets, dating back to medieval times and in the vast heritage built over the centuries - monuments from different periods, such as the Cathedrals, Sé Velha and Sé Nova, the Monastery of Santa Cruz, as well as countless churches, museums and historic gardens.

Influenced by the monumental heritage of Coimbra, in 2013, UNESCO granted the University of Coimbra, Sofia and Alta the status of "World Heritage Site", which is an important asset for this territory, making us very proud.

The city has several infrastructures in terms of sports activity, such as the Estádio Municipal de Coimbra, Pavilhão Municipal Multidesportos Mário Mexia or Centro Olímpico de Piscinas Municipais, among many others. In the last two years, we hosted important sport events like the WRC Vodafone Rally de Portugal or several European championships of different sports.

This city is also very much in touch with nature, enjoying the potential offered by the green spaces, gardens and parks. The banks of River Mondego provide opportunities for sports facilities (including volleyball, a skatepark, canoeing, rowing, sailing and stand-up paddle).

Regular events and festivities in Coimbra take place all year round. Highlights include the Academic Festivities - Queima das Fitas and Latada -, New Year's Eve, City Festivities, the Book Fair and concerts by major national and international bands (like Coldplay).

Coimbra also has a musical expression that is unique in the world: Fado de Coimbra. It is played and sung by the students of the University with poems that mainly evoke love, the city and the Academy.

I hope you enjoy Coimbra to the full and enjoy the intense sport activities!

Come back, after you leave - again and again - because this challenging city will always be yours: to study, to visit, to work and to live in.

Let me tell you a secret: those who come to Coimbra never forget the city.

Thank you and welcome to Coimbra!

Congratulations for your efforts and dedication!

José Manuel Silva, Dr.
President of Coimbra City Council



Ricardo Lacerda



Mauro Azevedo



Rui Silva

L.O.C. MESSAGE

Welcome athletes to the vibrant city of Coimbra!

Nestled along the serene banks of the Mondego River, Coimbra blends rich history with modern charm, offering you an unforgettable experience. As you explore our city, you'll encounter architectural marvels like the historic University of Coimbra, a UNESCO World Heritage Site, and the breathtaking Sé Velha Cathedral. Embrace the lively atmosphere of our streets, where traditional fado music fills the air and quaint cafes invite you to savour local delicacies. Coimbra's picturesque landscapes and warm hospitality are sure to captivate you. We extend our warmest greetings and wish you a memorable stay. Let the spirit of our city inspire you to achieve greatness.

Welcome to Coimbra, where every moment is an adventure and we hope to see you next year racing at MultiSport Weekend Coimbra 2025 !





Dear Athletes,

On behalf of the Federação de Triatlo de Portugal, it is my utmost pleasure to extend a warm welcome to each and every one of you participating in the upcoming 2024 Europe Triathlon Multisport Championships in the beautiful city of Coimbra.

As athletes, you epitomize dedication, perseverance, and the pursuit of excellence. Your commitment to our sport inspires your fellow competitors, but also enthusiasts worldwide. Now, as you prepare to display your skills on the scenic courses of Coimbra, I have no doubt that you will captivate us with your performances.

This event marks an important moment for triathlon in Portugal, as we celebrate 40 years of triathlon in the country. Having the possibility to share this celebration with the European triathlon community, bringing together athletes from diverse backgrounds and cultures to celebrate our shared passion for triathlon, is a plus. It is also an opportunity to forge new friendships and to create memories that will last a lifetime.

Coimbra, with its rich history, vibrant culture, and stunning landscapes, provides the perfect backdrop for this competition. Whether you're tackling the swim in the pristine waters of the Mondego River, conquering the bike courses through picturesque countryside and unique city historic sites, or pushing your limits on the exhilarating run, know that you are part of something truly special.

As you embark on this journey, remember that while victory is sweet, it is the journey that defines you as athletes. Cherish every moment, embrace the camaraderie, and compete with the spirit of sportsmanship that embodies the essence of triathlon.

I would like to express my deepest gratitude to the municipality, organizers, volunteers, sponsors, and supporters whose tireless efforts have made the 2024 Europe Triathlon Multisport Championships event possible. Their dedication ensures that you have the opportunity to showcase your talents on the grand stage of Coimbra.

To you all, I wish you the best of luck. May your hard work and determination be rewarded during your time in Portugal. Remember, you are not just competitors; you are ambassadors of our sport, and your passion and commitment inspire us all.

Welcome to Coimbra!

Warm regards,
Sérgio Dias

President,
Federação de Triatlo de Portugal



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. **IMPORTANT:** Please review continuously the [official website](#) for more information and updates.

1.2. Key dates

2024 Europe Triathlon Multisport Championships Coimbra will take place **from the 14th to the 23rd of June 2024.**

DAY	START	EVENT
Thursday, June 13th	11:30	Press Conference
Friday, June 14th	18:00	Parade of Nations
Saturday, June 15th	08:00	Duathlon Sprint
Sunday, June 16th	10:00	Duathlon Standard
Tuesday, June 18th	09:00	Cross Duathlon
Thursday, June 20th	09:00	Cross Triathlon
Friday, June 21st	10:00	Aquathlon
Saturday, June 22nd	07:30	Middle Distance Triathlon
Saturday, June 22nd	12:30	Middle Distance Aquabike

The details of the schedules for each race are presented below and later in this Athlete's Guide (see 6. Competition Schedule).

The EXPO area (along with the Registration and Race Pack delivery) will be in the Parque Verde. Opening and closing times are indicated later in this Guide. The location of the EXPO will be at coordinates 40°12'02.07"N and 8°25'28.83"W.



European Championship Duathlon Sprint

Day	Start	End	Activity	Location
Fri 14 th	11:30	12:30	Briefing (Sprint+Standard Duathlon, Age Group Team Manager)	Pavilhão Portugal
Fri 14 th	12:30	13:30	Briefing (Sprint Duathlon, Para Athletes) *	Pavilhão Portugal
Fri 14 th	13:30	14:30	Briefing (Sprint Duathlon, Junior) *	Pavilhão Portugal
Fri 14 th	14:30	15:30	Briefing (Sprint Duathlon Elite, U23) *	Pavilhão Portugal
Fri 14 th	16:00		Bike familiarisation (Elite, U23, Junior, Para), 2 laps	Bike course
Sat 15 th	08:00		START AG Sprint Duathlon	Race Venue
Sat 15 th	11:00		START Paraduathlon PTWC	Race Venue
Sat 15 th	11:20		START Paraduathlon PTS+PTVI	Race Venue
Sat 15 th	13:15		START Junior Women Sprint Duathlon	Race Venue
Sat 15 th	13:30		Medal Ceremony (Paraduathlon)	Race Venue
Sat 15 th	15:00		START Junior Men Sprint Duathlon	Race Venue
Sat 15 th	16:45		START Elite/U23 Women Sprint Duathlon	Race Venue
Sat 15 th	18:30		START Elite/U23 Men Sprint Duathlon	Race Venue
Sat 15 th	20:00		Medal Ceremony (Elite/U23/Junior Women/Men Sprint Duathlon)	Race Venue
Sat 15 th	20:30		Medal Ceremony (AG Sprint Duathlon)	Race Venue

* Mandatory for Elite, Junior, U23 and Para. Payment will be checked.

For accredited Elite, U23, Junior, Para athletes, Para athletes' handlers and guides, coaches and medicals.

European Championship Duathlon Standard

Day	Start	End	Activity	Location
Fri 14 th	11:30	12:30	Briefing (Sprint+Standard Duathlon, Age Group Team Manager)	Pavilhão Portugal
Sun 16 th	10:00		START AG Standard Duathlon	Race Venue
Sun 16 th	15:00		Medal Ceremony (AG Standard Duathlon)	Race Venue

European Championship Cross Duathlon

Day	Start	End	Activity	Location
Mon 17 th	11:30	12:30	Briefing (Cross Duathlon, Age Group Team Manager)	Pavilhão Portugal
Mon 17 th	12:30	13:30	Briefing (Cross Duathlon, Junior, Para Athletes) *	Pavilhão Portugal
Mon 17 th	13:30	14:30	Briefing (Cross Duathlon, Elite, U23) *	Pavilhão Portugal
Mon 17 th	15:00		Bike course familiarisation (Elite, U23, Junior, Para)	Bike course
Tue 18 th	09:00		START Junior Men Cross Duathlon Sprint	Race Venue
Tue 18 th	09:05		START Junior Women Cross Duathlon Sprint	Race Venue
Tue 18 th	09:10		START Para Cross Duathlon Sprint	Race Venue



Tue 18 th	11:00		START Elite/U23 Men Cross Duathlon Standard	Race Venue
Tue 18 th	11:05		START Elite/U23 Women Cross Duathlon Standard	Race Venue
Tue 18 th	13:00		START AG Cross Duathlon Standard	Race Venue
Tue 18 th	13:30		Medal Ceremony (Elite/U23/Junior/Para Cross Duathlon)	Race Venue
Tue 18 th	17:00		Medal Ceremony (AG Cross Duathlon)	Race Venue

* Mandatory for Elite, Junior, U23 and Para. Payment will be checked.

For accredited Elite, U23, Junior, Para athletes, Para athletes' handlers and guides, coaches and medicals.

European Championship Cross Triathlon

Day	Start	End	Activity	Location
Wed 19 th	11:30	12:30	Briefing (Cross Triathlon, Age Group Team Manager)	Pavilhão Portugal
Wed 19 th	12:30	13:30	Briefing (Cross Triathlon, Junior, Para Athletes)*	Pavilhão Portugal
Wed 19 th	13:30	14:30	Briefing (Cross Triathlon, Elite, U23)	Pavilhão Portugal
Wed 19 th	14:00	15:00	Age Group Swim course familiarisation**	Mondego River
Wed 19 th	15:00	16:00	Elite/U23/Junior/Para Swim course familiarisation**	Mondego River
Wed 19 th	16:15		Elite/U23/Junior/Para Bike course familiarisation	Bike course
Thu 20 th	09:00		START Junior Men Cross Triathlon Sprint	Mondego River
Thu 20 th	09:05		START Junior Women Cross Triathlon Sprint	Mondego River
Thu 20 th	09:10		START Para Cross Triathlon Sprint	Mondego River
Thu 20 th	11:00		START Elite/U23 Men Cross Triathlon Standard	Mondego River
Thu 20 th	11:05		START Elite/U23 Women Cross Triathlon Standard	Mondego River
Thu 20 th	13:00		START AG Cross Triathlon Standard	Mondego River
Thu 20 th	13:30		Medal Ceremony (Elite/U23/Junior/Para Cross Triathlon)	Race Venue
Thu 20 th	17:00		Medal Ceremony (AG Cross Triathlon)	Race Venue

* Mandatory for Elite, Junior, U23 and Para. Payment will be checked.

For accredited Elite, U23, Junior, Para athletes, Para athletes' handlers and guides, coaches and medicals.

** Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water.

European Championship Aquathlon

Day	Start	End	Activity	Location
Thu 20 th	14:00	15:00	Age Group Swim course familiarisation**	Mondego River
Thu 20 th	15:00	16:00	Elite/U23/Junior/Para Swim course familiarisation**	Mondego River
Thu 20 th	16:00	17:00	Briefing (Aquathlon, Age Group Team Manager)*	Pavilhão Portugal
Thu 20 th	17:00	18:00	Briefing (Aquathlon, Elite/U23/Junior/Para athletes)*	Pavilhão Portugal
Fri 21 th	10:00		START Elite/U23 Men Aquathlon	Race Venue
Fri 21 th	10:05		START Elite/U23 Women Aquathlon	Race Venue



Fri 21 th	11:00		START Junior Men Aquathlon	Race Venue
Fri 21 th	11:05		START Junior Women Aquathlon	Race Venue
Fri 21 th	11:10		START Para Aquathlon	Race Venue
Fri 21 th	12:00		START AG Aquathlon	Race Venue
Fri 21 th	15:00		Medal Ceremony (Aquathlon)	Race Venue

* Mandatory for Elite, Junior, U23 and Para. Payment will be checked.

For accredited Elite, U23, Junior, Para athletes, Para athletes' handlers and guides, coaches and medicals.

** Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water.

European Championship Middle Distance Triathlon and Aquabike

Day	Start	End	Activity	Location
Fri 21 th	15:00	16:00	Briefing (Middle Distance Triathlon and Aquabike, Age Group Team Manager)**	Pavilhão Portugal
Fri 21 th	16:00	17:00	Briefing (Middle Distance, Elite and Para)*	Pavilhão Portugal
Fri 21 th	17:00	18:00	Age Group Swim course familiarisation**	Mondego River
Fri 21 th	18:00	19:00	Elite and Para, Swim course familiarisation**	Mondego River
Sat 22 th	07:30		START Elite Men Middle Distance Triathlon	Mondego River
Sat 22 th	07:35		START Elite Women Middle Distance Triathlon	Mondego River
Sat 22 th	07:40		START Para Middle Distance Triathlon	Mondego River
Sat 22 th	09:30		START AG Middle Distance Triathlon	Mondego River
Sat 22 th	12:30		START AG Aquabike	Mondego River
Sat 22 th	20:00		Medal Ceremony (Middle Distance, Aquabike)	Race Venue

* Mandatory for Elite and Para. Payment will be checked.

For accredited Elite, U23, Junior, Para athletes, Para athletes' handlers and guides, coaches and medicals.

** Meeting point at the start area. Appropriate aid and rescue personnel will be available on the water.

Please note that the run and bike courses will be pinpointed, there will be no organized group familiarisations for age-groupers.

1.3 Key contacts

Name and contact details of:

- Event Director:
 - Ricardo Lacerda (ricardo.lacerda@multisport.pt)
- Race Director:
 - Mauro Azevedo (mauro.azevedo@multisport.pt)
- Europe Triathlon Team Leader:
 - Maryia Charkouskaya-Tarasevich (events@europe.triathlon.org)
- Technical delegate:
 - Carmen Gomez Galvez (cgomez.galvez@gmail.com)
 - Eero Raudsepp (eeroraudsepp@gmail.com)



- Assistant Technical Delegate:
 - Mario Carvalho (icsupermario@gmail.com)
- Athletes' services manager:
 - Rui Silva (rui.silva@multisport.pt)
- Europe Triathlon Office: hq@europe.triathlon.org Phone number : +32478825456.

1.4. Contacts details

Contacts of LOC:

- Event Director:

Ricardo Lacerda

+351968521643

ricardo.lacerda@multisport.pt

- Race Director:

Mauro Azevedo

+351934612233

mauro.azevedo@multisport.pt

- Logistics Director:

Rui Silva

+351917278767

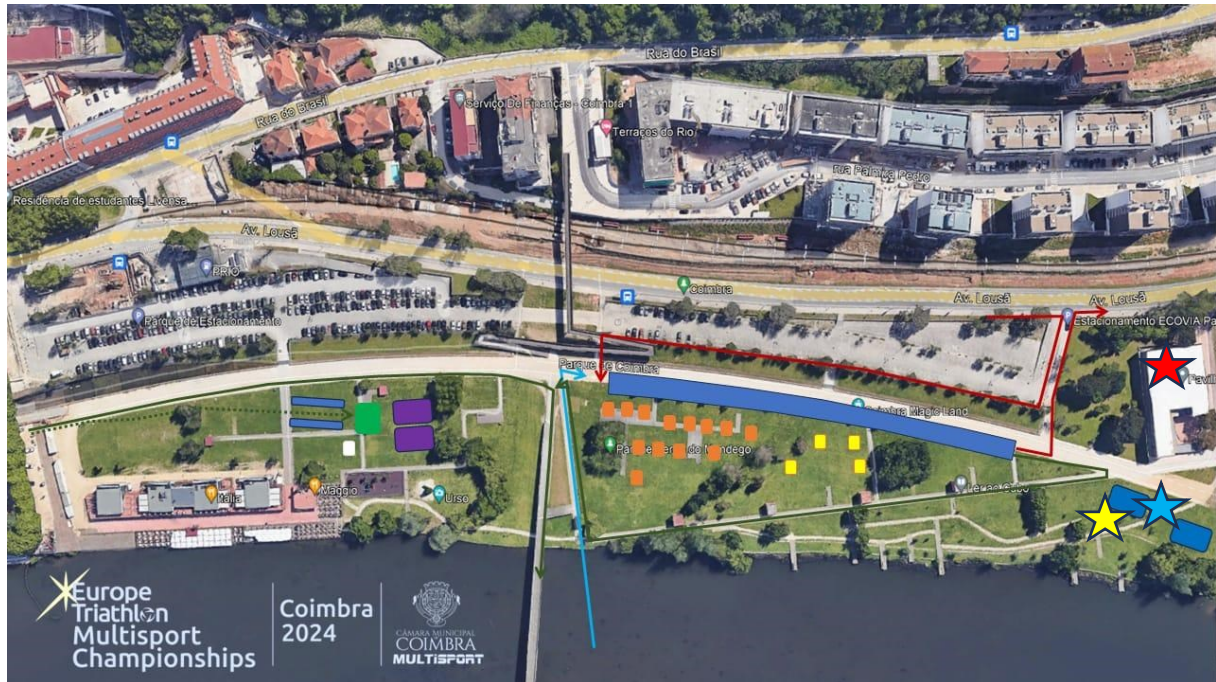
rui.silva@multisport.pt












2 Venue

2.1. Race Venue

The Event will take place in Coimbra, Portugal, in Parque Verde, with coordinates 40°12'04,32"N and 008°25'30,09"W.



-  Arrival corridor at the finish line
-  Finish Line
-  Recovery Area Zone
-  Restaurant/Food Zone
-  Expo and Fan Zone - Merchandising and Sales Zone
-  Transition Area
-  Briefing Area – Pavilhão de Portugal
-  Event information Centre and Registration; LOC Office (Race Pack Distribution)
-  Athletes' Lounge



Coimbra is a city and a municipality in Portugal. The population of the municipality at the 2021 census was 140,796. The fourth-largest agglomerated urban area in Portugal after Lisbon, Porto, and Braga, it is the largest city of the district of Coimbra and the Centro Region.

One of the most important cities in Portugal, Coimbra, beautifully embraced by the Mondego River, was once the capital of the Portuguese Kingdom and continues to be a deeply fascinating city, owner of a glorious history, magnificent monuments and historical landmarks. The ancient University of Coimbra, classified as a UNESCO World Heritage site, is a lighthouse of knowledge, as well as an enduring symbol of the Portuguese-speaking world.

Coimbra truly has it all: one of the most prestigious universities in the world, the University of Coimbra; lavish gardens, such as the iconic Botanical Garden of the University of Coimbra or the romantic gardens of Quinta das Lágrimas, where the immortal love of King Dom Pedro and Inês de Castro took place; imposing monuments and churches; fascinating museums; historical cafés where some of Portugal's most prestigious writers met to discuss the most challenging questions and the inescapable academic traditions that so evidently define city's own identity.

There are also several charming boutique hotels, inviting restaurants, the one-of-a-kind Portugal dos Pequenitos, a theme park for kids that recreates Portugal in a miniature scale and so many other enchanting spots that tell endless stories.

Coimbra has that magical spell of an historical city with eyes on the future! This spell lasts forever.

<https://en.wikipedia.org/wiki/Coimbra#History>

<https://www.cm-coimbra.pt/areas/viver/a-cidade/historia/historia-da-cidade>

<https://www.centerofportugal.com/destination/coimbra>

<https://turismodocentro.pt/concelho/coimbra/>

2.2. Course Familiarisation

Swim:

Swim familiarisation times are described in point 1.2. (Key Dates) and are as follows:

- Wednesday 19th June from 14:00 till 15:00 – Age Groups
- Wednesday 19th June from 15:00 till 16:00 – Elite/U23/Junior/Para
- Thursday 20th June from 14:00 till 15:00 – Age Groups
- Thursday 20th June from 15:00 till 16:00 – Elite/U23/Junior/Para
- Friday 21st June from 17:00 till 18:00 – Age Groups
- Friday 21st June from 18:00 till 19:00 – Elite/Para

ATTENTION: Swimming is only permitted in the time slots mentioned above! Meeting point will be at the start area. Appropriate aid and rescue personnel will be available on the water.



Bike:

Bike courses are available on the event website and will be described and commented on in the respective Athletes' Briefing. Except for Elite/U23/Junior/Para there will be no bike familiarisations, so all athletes must comply with legally imposed traffic rules.

Bike familiarisation schedule for Elite/U23/Junior/Para are described in point 1.2. (Key Dates) and are as follows:

- Friday 14th June at 16:00 – Elite/U23/Junior/Para – Sprint Duathlon (2 laps)
- Monday 17th June at 15:00 – Elite/U23/Junior/Para – Cross Duathlon (1 lap)
- Wednesday 19th June at 16:15 – Elite/U23/Junior/Para – Cross Triathlon (1 lap)

ATTENTION: It's not allowed to cycle on the Europa Bridge (Queen Santa Bridge) except on the day and time of the respective competition.

Run:

Run courses are available on the event website and will be described and commented on in the respective Athletes' Briefing. There will be no run familiarisations, so all athletes must comply with legally imposed traffic rules. The run course will be pinpointed.

ATTENTION: Respect the road code when training on public roads.

2.3. Athletes' Lounge

The Athlete's Lounge is near the race start, in the race venue in Parque Verde, with coordinates 40°12'04,32"N and 008°25'30,09"W. See image presented in point 2.1. of this Athletes' Guide.

We provide toilets, food and drinks for the athletes before and after competition.

The Athletes' Lounge is only for Elite, U23, Junior and Para athletes and opening times are described in point 6.1. (Competition Schedule).

2.4. Athletes' Race Package

Elite, U23, Juniors and Para athletes will pick up their race package at the registration just after their briefing at the Portugal Pavilion in Parque Verde (mandatory).

Registration and race package pick up for Age Group athletes will be in the registration area, in Parque Verde and will be clearly marked. See image presented in point 2.1. of this Athletes' Guide.

Depending on the event in which athletes are registered, they will receive the following goods upon registration and if they finish the race:



European Championship Duathlon Sprint

- Timing chip (Elite, U23, Junior and Para athletes receive in Athletes' Lounge on race day)
- Bib Number (not for Elite, U23, Junior and Para)
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Backpack type A
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)

European Championship Duathlon Standard

- Timing chip
- Bib Number
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Backpack type A
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)

European Championship Cross Duathlon

- Timing chip (Elite, U23, Junior and Para athletes receive in Athletes' Lounge on race day)
- Bib Number (not for Elite, U23, Junior and Para)
- MTB handlebar number
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Backpack type A
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)

European Championship Cross Triathlon

- Timing chip (Elite, U23, Junior and Para athletes receive in Athletes' Lounge on race day)
- Bib Number (not for Elite, U23, Junior and Para)
- MTB handlebar number
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Swim cap
- Backpack type A
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)

European Championship Aquathlon

- Timing chip (Elite, U23, Junior and Para athletes receive in Athletes' Lounge on race day)
- Bib Number (not for Elite, U23, Junior and Para)
- Athlete Wristband
- Swim cap
- Backpack type A
- Finisher t-shirt (delivered at the finish line)



- Finisher medal (delivered at the finish line)

European Championship Middle Distance Aquabike

- Timing chip
- Bib Number
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Swim cap
- Backpack type B
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)

European Championship Middle Distance Triathlon

- Timing chip
- Bib Number (not for Elite and Para)
- Athlete Wristband
- Sticker set for bike, helmet and personal bag
- Swim cap
- Backpack type B
- Finisher t-shirt (delivered at the finish line)
- Finisher medal (delivered at the finish line)



- Backpack type A

- Backpack type B



- T-shirt finisher (for all races)



TIMING CHIP

To be worn on the left ankle.



image example of timing chip

BIB NUMBER (not for Elite, U23, Junior and Para)

You must wear your bib number in the front on the run course, and in the back on the bike course. You can use safety pins if you wish however it is strongly recommended that you get a running belt which saves you time and avoids making holes in your clothes.



SWIM CAP

You must wear the swim cap given to you.



Image example of swim cap

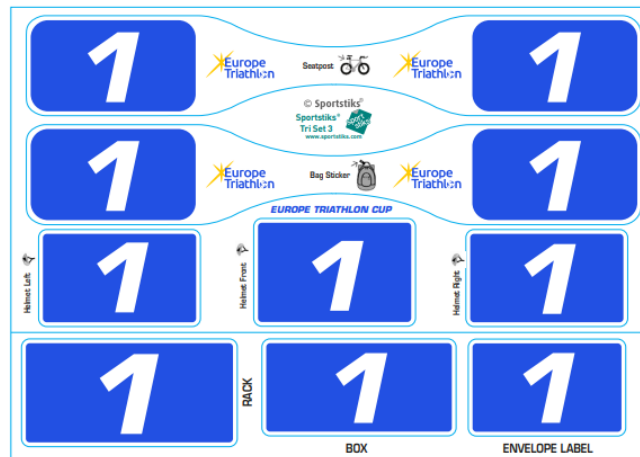
Athlete Wristband

You must wear your wristband around your left or right wrist otherwise you will not get access to the Transition Area and other zones on the Venue.



Stickers

You will receive a sheet of stickers. Please place relevant stickers on your bike, helmet and bags. 1 sticker for the seatpost of your bike (Please DO NOT REMOVE UNTIL YOU HAVE CHECKED YOUR BIKE OUT OF TRANSITION), 3 stickers to put on your helmet (one on the front and one on each side) and 1 sticker for the personal bag or backpack for the athletes who want to leave it in the bag drop area.



2.5. Doping Control

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities. Doping rules do not only apply to Elite, U23, Junior and Para athletes but to Age Group athletes as well.

2.6. Security

The security of the whole event is guaranteed by a private security company (<https://www.3xlsegurancaprivada.pt/>). Local security forces (Public Security Police - <https://www.psp.pt/Pages/homePage.aspx>) will also be on duty at the Event.

All bikes that are checked in for overnight in transition (Duathlon Sprint, Aquabike and Middle Distance Triathlon) will be safely guarded by 3XL, Segurança Privada, Lda.

2.7. LOC Office

The LOC office is located at the Parque Verde with coordinates 40°12'04,32"N and 008°25'30,09"W. See image presented in point 2.1. of this Athletes' Guide.

The LOC office will be open from Friday 14th June till Sunday 23rd June from 08:00 till 21:00.

Athletes can use the contact details below or email geral@multisport.pt



Contacts of LOC:

- Event Director:

Ricardo Lacerda

+351968521643

ricardo.lacerda@multisport.pt

- Race Director:

Mauro Azevedo

+351934612233

mauro.azevedo@multisport.pt

- Logistics Director:

Rui Silva

+351917278767

rui.silva@multisport.pt

3 Accommodation



Contacts:

Rita Padilha

Multisport@youlovetravel.pt

+351 239 100 399

+351 239 100 396

+351 931 920 331

You Love Travel

Alameda Marquesa de Pomares, Nr. 21

3030-505 Coimbra

The travel agency You Love Travel offers a range of accommodation, travel and transfer services for all athletes and family members who want to be in Coimbra in June 2024. To do so, use the email address shown above or telephone number 239 100 399; 239 100 396 and 931920331.

Below is a list of hotels in Coimbra located close to the Event location.

Hotel Quinta das Lágrimas | Luxury

Sapientia Hotel | *****

Vila Galé Coimbra | ****



Hotel D. Inês | ****
Stay Hotel Coimbra | ****
Hotel Tivoli | ****
Hotel Mondego | ****
Hotel D. Luis | **
Hotel Astória | **
Hotel Ibis | **
Hotel Oslo | **
Hotel Botânico | **
JR Studios&Suites | ABnB
River Suites | ABnB
Be Coimbra | ABnB

Athletes can also choose the Coimbra Camping Park, which is approximately 6km (by car) from the Event location. The coordinates are as follows: 40°11'20,03"N; 8°23'58,77"W. In the image below, we have the location of the Event in a red circle and the location of the Campsite in a blue circle.



Contacts:

Rua da Escola, Alto do Areeiro, Coimbra
<https://coimbracamping.com/>
geral@coimbracamping.com
+351 239 086 902 / +351 968 916 487



4 Transfer and Transport

Transfers and transport can be booked via the You Love Travel agency (website and contact details provided above in point 3 Accommodation).

You Love Travel - Rita Padilha
Multisport@youlovetravel.pt
+351 239 100 399 / +351 239 100 396 / +351 931 920 331

Porto Francisco Sá Carneiro Airport is about 125km from Coimbra.
Lisbon Humberto Delgado Airport is about 210km from Coimbra.

To get to Coimbra:

From Porto to Coimbra 125 km

Transfers: Private/Group approx. €100/person

Bus:

FlixBus - <https://www.flixbus.pt/>

Express - <https://rede-expressos.pt/pt>

Train: Campanhã - Coimbra B approx. €22,00. No bike bags allowed.

From Lisbon to Coimbra 210 km

Transfers: Private/Group approx. €100/person

Bus:

FlixBus - <https://www.flixbus.pt/>

Express - <https://rede-expressos.pt/pt>

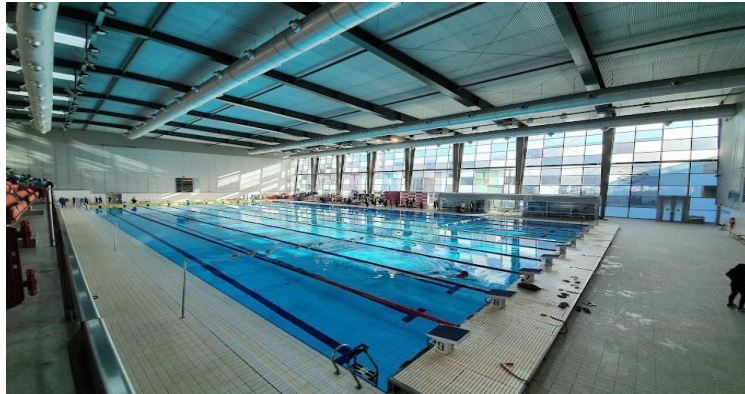
Train: Gare do Oriente - Coimbra B approx. €35,00. No bike bags allowed

5 Athletes' Services

5.1. Training facilities

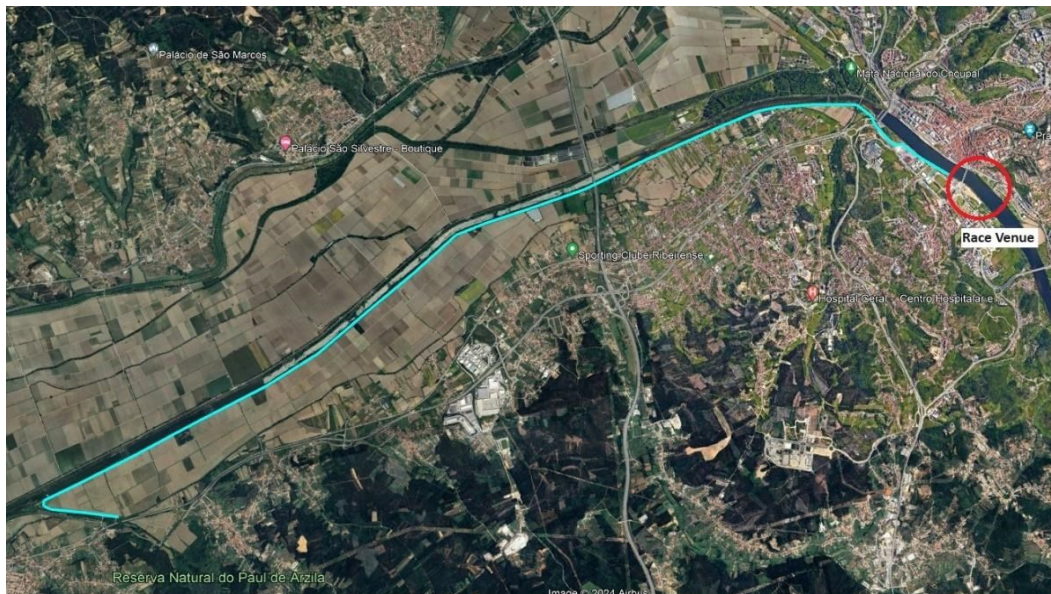
SWIM

50m swimming pool will be available in the Olympic Center Swimming Pool located at Solum, Praça dos Heróis do Ultramar, 3030-327 Coimbra, near the Alma Shopping Center. The coordinates are as follows: 40°12'20,73"N; 8°24'26,44"W. Phone contact +351239796620. The opening hours will be between 08:00 and 13:00 and between 15:00 and 18:00 and no reservation is required, simply present your registration wristband of the event at the entrance (free of charge with the wristband).



 BIKE

There are no traffic-free roads near the Event location. However, there is a road by the river, where part of the Middle Distance Triathlon and Aquabike route takes place, which has little traffic and is safer for training, and is around 15km long. The image below shows this road.



 RUN

The athletics track (Coimbra University Stadium) and its changing rooms will be available between the 13th and 22nd of June, between 10:00 and 18:00. The coordinates are as follows: 40°12'21,40"N; 8°26'03,64"W. The image below shows the location of the Stadium, which is approximately 400m from the Event location (free of charge with the wristband).



5.2. Medical Services

First Aid and Emergency Medical Services will be available during the swim familiarisations and during the race. There will be First Aid and Emergency Medical Services at the Race Venue on competition days.

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.

The following hospitals will be available, depending on the type of emergency and their occupancy on the date and time of the event, namely:

Hospital da Luz Coimbra

Praceta Professor Robalo Cordeiro, 3020-479 Coimbra

The coordinates are as follows: 40°13'29,31"N; 8°25'21,68"W

Phone: +351 217 104 424

Centro Hospitalar e Universitário de Coimbra - Polo Hospitais Universidade de Coimbra

Praceta Professor Mota Pinto, 3004-561 Coimbra

The coordinates are as follows: 40°13'12,26"N; 8°24'43,60"W

Phone: +351 239 400 400



Coimbra Hospital and University Center - General Hospital Center (Covões)

Quinta dos Vales, São Martinho do Bispo 108, 3041-801 Coimbra
The coordinates are as follows: 40°11'44,39"N; 8°27'40,05"W
Phone: +351 239 488 700

5.3. Bike Mechanical Service

Our bike partners at the Race Venue during the Event are:

CycleSpace

Quinta do Grijó, Rua João Moreno
R. Casa Branca lote 2 loja 2,
3030-776 Coimbra
The coordinates are as follows: 40°11'41,94"N; 8°23'58,03"W
<https://cyclespace.pt/>
Nelson Machado Góis / Hugo Rodrigues
+351 926 730 251 / +351 912 556 745

Switch Bike

R. Helena Carrington LT 1 R/C,
3040-381 Coimbra
The coordinates are as follows: 40°12'01,30"N; 8°25'54,09"W
<https://www.switchbike.pt/>
Pedro Dinis / José Santos
+351 239 150 758

BikeZone

Quinta da Portela Lote 19.2 N.º 77,
3030-481 Coimbra
The coordinates are as follows: 40°10'57,99"N; 8°24'28,56"W
<https://bikezone.pt/pt/content/19-bike-zone-coimbra>
Wagner Marques / Bráulio Afonso
+351 239 721 511 / +351 916 247 946

Casa Biscaia

Largo do Carvão9/10, Figueira da Foz
The coordinates are as follows: 40°10'57,99"N; 8°24'28,56"W
www.casabiscais.com
geral@casabiscaia.com
+351 233 423 048

5.4. Bike Rental

A bicycle rental service will be available, and all interested parties should contact the following stores for this purpose.



oPorto, Special Rental Bikes

Rua António Bessa Leite

4150-072 Porto

oportospecialrentalbikes@gmail.com

The coordinates are as follows: 41°09'26,80"N; 8°38'42,64"W

<https://en.oporto-specialrentalbikes.pt/contactos>

César Pinto

+351 916 582 978 / +351 919 001 783

Bikeland

Estrada Nacional 125 – Cascalheira

8125-018 Quarteira

bikelandshop@gmail.com

The coordinates are as follows: 37°06'07,77"N; 8°04'11,12"W

<https://www.bikeland.pt/#home>

Modesto Fernandes

+351 289 358 379 / +351 965 073 781 / +351 914 769 336

5.5. Uniform Rules

At the Europe Triathlon Multisport Championships Coimbra 2024, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. For further information, please see the [World Triathlon Competition Rules](#).

5.6. Opening Ceremony and Parade of Nations

The opening ceremony and parade of nations will take place at the Monastery of Santa Clara a Velha, in Santa Clara, Coimbra, where a Welcome Drink and some appetizers will be served.

The Parade of Nations will begin in the Monastery's exterior garden and end inside near the cloisters, where the opening ceremony will take place. There will also be a musical show associated with the ceremony. To access the Monastery of Santa Clara a Velha area, for the Welcome Drink (free of charge), athletes will have to present the Event wristband.



6 Competition schedule

6.1. Elite/U23/Junior

Date	Start time	Finish time	Category	Activity
Thu, 13 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 13 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 13 th	11:30		Media	Press conference of the event
Date	Start time	Finish time	Category	Activity
Fri, 14 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 14 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 14 th	13:30		Junior	Briefing (Sprint Duathlon, Junior)
Fri, 14 th	14:30		Elite/U23	Briefing (Sprint Duathlon, Elite, U23)
Fri, 14 th	15:15		Elite/U23	Sprint Duathlon press conference
Fri, 14 th	16:00		Elite/U23/Junior	Sprint Duathlon Bike familiarisation (Elite, U23, Junior), 2 laps
Fri, 14 th	18:00		ET specific	Parade of Nations and Opening Ceremony
Date	Start time	Finish time	Category	Activity
Sat, 15 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sat, 15 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 15 th	12:00	13:00	Junior	Athletes' Lounge open (Junior Women)
Sat, 15 th	12:30	13:00	Junior	Transition Area open (Junior Women)
Sat, 15 th	13:15		Junior	START Junior Women Sprint Duathlon
Sat, 15 th	13:45	14:45	Junior	Athletes' Lounge open (Junior Men)
Sat, 15 th	14:15	14:45	Junior	Transition Area open (Junior Men)
Sat, 15 th	15:00		Junior	START Junior Men Sprint Duathlon
Sat, 15 th	15:30	16:30	Elite/U23	Athletes' Lounge open (Elite/U23 Women)
Sat, 15 th	16:00	16:30	Elite/U23	Transition Area open (Elite/U23 Women)
Sat, 15 th	16:45		Elite/U23	START Elite/U23 Women Sprint Duathlon
Sat, 15 th	17:15	18:15	Elite/U23	Athletes' Lounge open (Elite/U23 Men)
Sat, 15 th	17:45	18:15	Elite/U23	Transition Area open (Elite/U23 Men)
Sat, 15 th	18:30		Elite/U23	START Elite/U23 Men Sprint Duathlon
Sat, 15 th	20:00		Elite/U23	Medal Ceremony (Elite/U23/Junior Women/Men Sprint Duathlon)
Date	Start time	Finish time	Category	Activity
Sun, 16 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sun, 16 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Date	Start time	Finish time	Category	Activity
Mon, 17 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Mon, 17 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Mon, 17 th	12:30		Junior	Briefing (Cross Duathlon, Junior)
Mon, 17 th	13:30		Elite/U23	Briefing (Cross Duathlon, Elite, U23)
Mon, 17 th	14:15		Elite/U23	Cross Duathlon press conference
Mon, 17 th	15:00		Elite/U23/Junior	Cross Duathlon Bike course familiarisation
Date	Start time	Finish time	Category	Activity



Tue, 18 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Tue, 18 th	07:30	08:30	Junior	Athletes' Lounge open (Junior)
Tue, 18 th	07:45	08:45	Junior	Transition Area open (Junior)
Tue, 18 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Tue, 18 th	09:00		Junior	START Junior Men Cross Duathlon Sprint
Tue, 18 th	09:05		Junior	START Junior Women Cross Duathlon Sprint
Tue, 18 th	09:30	10:30	Elite/U23	Athletes' Lounge open (Elite/U23)
Tue, 18 th	09:45	10:45	Elite/U23	Transition Area open (Elite/U23)
Tue, 18 th	11:00		Elite/U23	START Elite/U23 Men Cross Duathlon Standard
Tue, 18 th	11:05		Elite/U23	START Elite/U23 Women Cross Duathlon Standard
Tue, 18 th	13:30		Elite/U23/Junior	Medal Ceremony (Elite/U23/Junior Cross Duathlon)
Date	Start time	Finish time	Category	Activity
Wed, 19 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Wed, 19 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Wed, 19 th	12:30		Junior	Briefing (Cross Triathlon, Junior)
Wed, 19 th	13:30		Elite/U23	Briefing (Cross Triathlon, Elite, U23)
Wed, 19 th	14:15		Elite/U23	Cross Triathlon press conference
Wed, 19 th	15:00	16:00	Elite/U23/Junior	Swim course familiarisation
Wed, 19 th	16:15		Elite/U23/Junior	Cross Triathlon Bike course familiarisation
Date	Start time	Finish time	Category	Activity
Thu, 20 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 20 th	07:30	08:30	Junior	Athletes' Lounge open (Junior)
Thu, 20 th	07:45	08:45	Junior	Transition Area open (Junior)
Thu, 20 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 20 th	09:00		Junior	START Junior Men Cross Triathlon Sprint
Thu, 20 th	09:05		Junior	START Junior Women Cross Triathlon Sprint
Thu, 20 th	09:30	10:30	Elite/U23	Athletes' Lounge open (Elite/U23)
Thu, 20 th	09:45	10:45	Elite/U23	Transition Area open (Elite/U23)
Thu, 20 th	11:00		Elite/U23	START Elite/U23 Men Cross Triathlon Standard
Thu, 20 th	11:05		Elite/U23	START Elite/U23 Women Cross Triathlon Standard
Thu, 20 th	13:30		Elite/U23/Junior	Medal Ceremony (Elite/U23/Junior Cross Triathlon)
Thu, 20 th	15:00	16:00	Elite/U23/Junior	Swim course familiarisation
Thu, 20 th	17:00		Elite/U23/Junior	Briefing (Aquathlon, Elite/U23/Junior)
Thu, 20 th	17:30		Elite/U23	Aquathlon press conference
Date	Start time	Finish time	Category	Activity
Fri, 21 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 21 th	08:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 21 th	08:30	09:30	Elite/U23/Junior	Athletes' Lounge open (Elite, U23, Junior)
Fri, 21 th	08:45	09:45	Elite/U23/Junior	Transition Area open (Elite, U23, Junior)
Fri, 21 th	10:00		Elite/U23	START Elite/U23 Men Aquathlon
Fri, 21 th	10:05		Elite/U23	START Elite/U23 Women Aquathlon
Fri, 21 th	11:00		Junior	START Junior Men Aquathlon
Fri, 21 th	11:05		Junior	START Junior Women Aquathlon
Fri, 21 th	15:00		All categories	Medal Ceremony (Aquathlon)
Fri, 21 th	16:00		Elite	Briefing (Middle Distance, Elite)



Fri, 21 th	16:30		Elite	Middle Distance press conference
Fri, 21 th	17:00	20:00	Elite	Transition Area open (Elite)
Fri, 21 th	18:00	19:00	Elite	Swim course familiarisation
Date	Start time	Finish time	Category	Activity
Sat, 22 th	06:00	07:00	Elite	Athletes' Lounge open
Sat, 22 th	06:15	07:15		Last minute TA check-in Middle Distance Triathlon (Elite, no bike check)
Sat, 22 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sat, 22 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 22 th	07:30		Elite	START Elite Men Middle Distance Triathlon
Sat, 22 th	07:35		Elite	START Elite Women Middle Distance Triathlon
Sat, 22 th	15:30	19:00		TA check-out Middle Distance Triathlon and Aquabike
Sat, 22 th	20:00		All categories	Medal Ceremony (Middle Distance Triathlon and Aquabike)
Sat, 22 th	21:00		ET specific	Closing Ceremony

6.2. Para

Date	Start time	Finish time	Category	Activity
Thu, 13 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 13 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 13 th	11:30		Media	Press conference of the event
Date	Start time	Finish time	Category	Activity
Fri, 14 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 14 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 14 th	12:30		Para	Briefing (Sprint Duathlon, Para Athletes)
Fri, 14 th	18:00		ET specific	Parade of Nations and Opening Ceremony
Date	Start time	Finish time	Category	Activity
Sat, 15 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sat, 15 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 15 th	09:30	10:45	Para	Athletes' Lounge open (Para)
Sat, 15 th	10:00	10:45	Para	Transition Area open (Para)
Sat, 15 th	11:00		Para	START Paraduathlon PTWC
Sat, 15 th	11:20		Para	START Paraduathlon PTS+PTVI
Sat, 15 th	13:30		Para	Medal Ceremony (Paraduathlon)
Date	Start time	Finish time	Category	Activity
Sun, 16 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sun, 16 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Date	Start time	Finish time	Category	Activity
Mon, 17 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Mon, 17 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Mon, 17 th	12:30		Para	Briefing (Cross Duathlon, Para Athletes)
Mon, 17 th	15:00		Para	Cross Duathlon Bike course familiarisation
Date	Start time	Finish time	Category	Activity
Tue, 18 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Tue, 18 th	07:30	08:30	Para	Athletes' Lounge open (Para)



Tue, 18 th	07:45	08:45	Para	Transition Area open (Junior, Para)
Tue, 18 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Tue, 18 th	09:10		Para	START Para Cross Duathlon Sprint
Tue, 18 th	13:30		Para	Medal Ceremony (Para Cross Duathlon)
Date	Start time	Finish time	Category	Activity
Wed, 19 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Wed, 19 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Wed, 19 th	12:30		Para	Briefing (Cross Triathlon, Para Athletes)
Wed, 19 th	15:00	16:00	Para	Swim course familiarisation
Wed, 19 th	16:15		Para	Cross Triathlon Bike course familiarisation – 1 lap
Date	Start time	Finish time	Category	Activity
Thu, 20 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 20 th	07:30	08:30	Para	Athletes' Lounge open (Para)
Thu, 20 th	07:45	08:45	Para	Transition Area open (Junior, Para)
Thu, 20 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 20 th	09:10		Para	START Para Cross Triathlon Sprint
Thu, 20 th	13:30		Para	Medal Ceremony (Para Cross Triathlon)
Thu, 20 th	15:00	16:00	Para	Swim course familiarisation
Thu, 20 th	17:00		Para	Briefing (Aquathlon, Para)
Date	Start time	Finish time	Category	Activity
Fri, 21 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 21 th	08:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 21 th	08:45	09:45	Para	Transition Area check-in Aquathlon (Para)
Fri, 21 th	11:10		Para	START Para Aquathlon
Fri, 21 th	15:00		All categories	Medal Ceremony (Aquathlon)
Fri, 21 th	16:00		Para	Briefing (Middle Distance, Para)
Fri, 21 th	17:00	20:00	Para	Transition Area open (Para)
Fri, 21 th	18:00	19:00	Para	Swim course familiarisation
Date	Start time	Finish time	Category	Activity
Sat, 22 th	06:00	07:00	Para	Athletes' Lounge open
Sat, 22 th	06:15	07:15		Last minute TA check-in Middle Distance Triathlon (Para, no bike check)
Sat, 22 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sat, 22 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 22 th	07:40		Para	START Para Middle Distance Triathlon
Sat, 22 th	15:30	19:00		TA check-out Middle Distance Triathlon and Aquabike
Sat, 22 th	20:00		All categories	Medal Ceremony (Middle Distance Triathlon and Aquabike)
Sat, 22 th	21:00		ET specific	Closing Ceremony

6.3. Age Groups

Date	Start time	Finish time	Category	Activity
Thu, 13 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 13 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 13 th	10:00	20:00	Age Group	Age Group race pack distribution (Sprint Duathlon + Standard Duathlon) - (closed from 13:00 to 14:30)



Thu, 13 th	11:30		Media	Press conference of the event
Date	Start time	Finish time	Category	Activity
Fri, 14 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 14 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 14 th	10:00	17:00	Age Group	Age Group race pack distribution (Sprint Duathlon + Standard Duathlon) - (closed from 13:00 to 14:30)
Fri, 14 th	11:30		Age Group	Briefing (Sprint+Standard Duathlon, Age Group Team Manager)
Fri, 14 th	15:00	17:30	Age Group	TA bike check-in AG Sprint Duathlon
Fri, 14 th	18:00		ET specific	Parade of Nations and Opening Ceremony
Date	Start time	Finish time	Category	Activity
Sat, 15 th	06:30	07:45	Age Group	Last minute TA check-in AG Sprint Duathlon (no bike check)
Sat, 15 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sat, 15 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 15 th	08:00		Age Group	START AG Sprint Duathlon M16-29
Sat, 15 th	08:03		Age Group	START AG Sprint Duathlon M30-44
Sat, 15 th	08:06		Age Group	START AG Sprint Duathlon M45-59
Sat, 15 th	08:09		Age Group	START AG Sprint Duathlon M≥60
Sat, 15 th	08:55		Age Group	START AG Sprint Duathlon F16-44
Sat, 15 th	08:57		Age Group	START AG Sprint Duathlon F≥45
Sat, 15 th	10:00	20:00	Age Group	Age Group race pack distribution (Standard Duathlon) - (closed from 13:00 to 14:30)
Sat, 15 th	20:30		Age Group	Medal Ceremony (AG Sprint Duathlon)
Date	Start time	Finish time	Category	Activity
Sun, 16 th	07:30	09:45	Age Group	TA bike check-in AG Standard Duathlon
Sun, 16 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Sun, 16 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sun, 16 th	10:00		Age Group	START AG Standard Duathlon M18-29
Sun, 16 th	10:03		Age Group	START AG Standard Duathlon F18-44
Sun, 16 th	10:06		Age Group	START AG Standard Duathlon F≥45
Sun, 16 th	10:30		Age Group	START AG Standard Duathlon M30-44
Sun, 16 th	10:35		Age Group	START AG Standard Duathlon M45-59
Sun, 16 th	10:38		Age Group	START AG Standard Duathlon M≥60
Sun, 16 th	10:00	20:00	Age Group	Age Group race pack distribution (Cross Duathlon + Cross Triathlon) - (closed from 13:00 to 14:30)
Sun, 16 th	13:30	15:00	Age Group	TA check-out AG Standard Duathlon
Sun, 16 th	15:00		Age Group	Medal Ceremony (AG Standard Duathlon)
Date	Start time	Finish time	Category	Activity
Mon, 17 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Mon, 17 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Mon, 17 th	10:00	20:00	Age Group	Age Group race pack distribution (Cross Duathlon + Cross Triathlon) - (closed from 13:00 to 14:30)
Mon, 17 th	11:30		Age Group	Briefing (Cross Duathlon, Age Group Team Manager)
Date	Start time	Finish time	Category	Activity
Tue, 18 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Tue, 18 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Tue, 18 th	09:30	10:45	Age Group	TA check-in AG Cross Duathlon



Tue, 18 th	10:00	20:00	Age Group	Age Group race pack distribution (Cross Triathlon) - (closed from 13:00 to 14:30)
Tue, 18 th	13:00		Age Group	START AG Cross Duathlon Standard M18-44
Tue, 18 th	13:05		Age Group	START AG Cross Duathlon Standard M≥45
Tue, 18 th	13:10		Age Group	START AG Cross Duathlon Standard F
Tue, 18 th	15:30	17:00	Age Group	TA check-out AG Cross Duathlon
Tue, 18 th	17:00		Age Group	Medal Ceremony (AG Cross Duathlon)
Date	Start time	Finish time	Category	Activity
Wed, 19 th	10:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Wed, 19 th	10:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Wed, 19 th	10:00	20:00	Age Group	Age Group race pack distribution (Cross Triathlon and Aquathlon) - (closed from 13:00 to 14:30)
Wed, 19 th	11:30		Age Group	Briefing (Cross Triathlon, Age Group Team Manager)
Wed, 19 th	14:00	15:00	Age Group	Swim course familiarisation
Date	Start time	Finish time	Category	Activity
Thu, 20 th	07:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Thu, 20 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Thu, 20 th	09:30	10:45	Age Group	TA check-in AG Cross Triathlon
Thu, 20 th	10:00	20:00	Age Group	Age Group race pack distribution (Aquathlon, Aquabike, Triathlon Middle Distance) - (closed from 13:00 to 14:30)
Thu, 20 th	13:00		Age Group	START AG Cross Triathlon Standard M18-39
Thu, 20 th	13:05		Age Group	START AG Cross Triathlon Standard M40-59
Thu, 20 th	13:10		Age Group	START AG Cross Triathlon Standard M≥60
Thu, 20 th	13:15		Age Group	START AG Cross Triathlon Standard F
Thu, 20 th	15:30	17:00	Age Group	TA check-out AG Cross Triathlon
Thu, 20 th	16:00		Age Group	Briefing (Aquathlon, Age Group Team Manager)
Thu, 20 th	17:00		Age Group	Medal Ceremony (AG Cross Triathlon)
Date	Start time	Finish time	Category	Activity
Fri, 21 th	08:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Fri, 21 th	08:00	20:00	Info	Event information centre open (closed from 13:00 to 14:30)
Fri, 21 th	08:45	09:45	Age Group	Transition Area check-in Aquathlon (AG)
Fri, 21 th	10:00	20:00	Age Group	Age Group race pack distribution (Aquabike, Triathlon Middle Distance) - (closed from 13:00 to 14:30)
Fri, 21 th	12:00		Age Group	START AG Aquathlon M18-29
Fri, 21 th	12:05		Age Group	START AG Aquathlon M30-44
Fri, 21 th	12:10		Age Group	START AG Aquathlon M45-59
Fri, 21 th	12:15		Age Group	START AG Aquathlon M≥60
Fri, 21 th	12:20		Age Group	START AG Aquathlon F18-44
Fri, 21 th	12:25		Age Group	START AG Aquathlon F≥45
Fri, 21 th	13:30	15:00	Age Group	Transition Area check-out Aquathlon
Fri, 21 th	15:00		All categories	Medal Ceremony (Aquathlon)
Fri, 21 th	15:00		Age Group	Briefing (Middle Distance Triathlon and Aquabike, Age Group Team Manager)
Fri, 21 th	16:00	20:00	Age Group	TA bike check-in AG Middle Distance Triathlon and Aquabike
Fri, 21 th	17:00	18:00	Age Group	Swim course familiarisation
Date	Start time	Finish time	Category	Activity
Sat, 22 th	06:30	20:00	Info	Event information centre open (closed from 13:00 to 14:30)



Sat, 22 th	07:00	20:00	Expo	EXPO and FanZone open (closed from 13:00 to 14:30)
Sat, 22 th	08:15	09:15	Age Group	Last minute TA check-in Middle Distance Triathlon (AG, no bike check)
Sat, 22 th	09:30		Age Group	START AG Middle Distance Triathlon
Sat, 22 th	11:00	12:15	Age Group	Last minute TA check-in Aquabike (no bike check)
Sat, 22 th	12:30		Age Group	START AG Aquabike
Sat, 22 th	15:30	19:00		TA check-out Middle Distance Triathlon and Aquabike
Sat, 22 th	20:00		All categories	Medal Ceremony (Middle Distance Triathlon and Aquabike)
Sat, 22 th	21:00		ET specific	Closing Ceremony

6.4. Competition Rules

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

Swim segment

Middle Distance Triathlon & Aquabike

Age groupers will have rolling start system, with 5 athletes leaving every 5 seconds.

Wetsuit rules

Wetsuit rules are, as per World Triathlon Competition Rules, dependent on water temperature:

	Swim distance	Forbidden	Mandatory
Elite, U23, Junior	Up to 1500m	20°C and above	15,9°C and below
	1501m and longer	22°C and above	15,9°C and below
Age-Group from the youngest to 55-59 category	Up to 1500m	22°C and above	15,9°C and below
	1501m and longer	24,6°C and above	15,9°C and below
Age-Group from 60-64 category to the oldest	All distances	24,6°C and above	15,9°C and below

For Para athletes, wetsuits are mandatory when the water temperature is 17,9°C and below and wetsuits are forbidden when the water temperature is 24,6°C and above.

Clothing rules

Athletes cannot wear calf sleeves if wetsuits are not permitted for the event. Athletes can wear calf sleeves if wetsuits are permitted for the event, regardless of whether they are wearing a wetsuit or not. Athletes can wear socks during the swim if the water is below 15,9°C. Athletes cannot wear gloves during the swim.

Swim safety

On the swim course, there will be a large swim safety team to support the athletes. Should you require any assistance or want to pull out of the race during the swim, lie on your back and raise your arm in the air and a kayak will come to assist you. Don't panic, your wetsuit will help aid your buoyancy.



If you withdraw during the swim, it is vital you report to a technical official immediately to let us know that you're safe.

Bike segment

Middle Distance Triathlon & Aquabike

With a lot of athletes on the bike course, please always stay RIGHT (unless you pass)! Please try not to cross the dividing line of the carriageway.

Mount Line

Always follow the signage and technical official instructions. You may only mount your bike AFTER you have crossed the 'mount line', which will be clearly marked with tape and marshalled by technical officials. Bikes must be pushed until you are over this line. Any crossing of the line indicating the middle of the street observed by a Technical Official will lead to a disqualification.

Dismount Line: After completing your final lap, head back into transition where you will be instructed to dismount BEFORE the line. Again, this will be marked on the ground with tape and marshalled by technical officials. Bikes must be returned to the same transition spot and helmets may only be removed once your bike is racked.

Aquabike Finish Line

There will be a finish line for the Aquabike after you complete the fourth loop of the bike segment. Only after completing 4 loops you can enter (on your right hand side) this area. Athletes cross the finish line at the dismount line with the bike in hand. After that they place the bike in the Transition Area and continue to the finish area on foot, in order to receive the t-shirt and finisher medal.

Medical Support

There will be medical support at strategic points along the bike course, please inform the nearest volunteer if you require medical attention. If you need to withdraw, please, inform the nearest technical official.

Drafting

Drafting is cycling close to the bike in front and thereby gaining an advantage. Duathlon Standard, Middle Distance Triathlon and Aquabike Middle Distance are non-drafting races. The bicycle draft zone will be 10 metres for Duathlon Standard and 12 metres for Middle Distance Triathlon and Aquabike measured from the leading edge of the front wheel.

An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds for Duathlon Standard and 25 seconds for Middle Distance Triathlon and Aquabike will be allowed to pass through the zone of another athlete.



Penalties

Drafting: Technical officials will notify the athletes caught for drafting that they are subject to a time penalty by getting their attention (e.g whistle), showing a blue card, calling in English the athlete's number and saying "Drafting penalty, you have to stop at the next penalty box". The athlete sanctioned has to stop in the NEXT penalty box and must stay there for two minutes (Duathlon Standard) or five minutes (Middle Distance Triathlon and Aquabike). It is the athlete's responsibility to stop in the next penalty box. Failing to stop will result in disqualification. The third drafting offence will lead to disqualification. Drafting violations cannot be protested/appealed.

There will be 1 penalty box per lap on the bike course for Duathlon Sprint (only for Para), Duathlon Standard, Middle Distance Triathlon and Aquabike.
The penalty must be taken on the lap in which it was applied.

Blocking

Athletes must keep to the side of the course and not create a hazard by blocking other athletes on the course. Blocking is where an athlete who is behind an athlete cannot pass due to the leading athlete being poorly placed on the course.

Technical officials will notify the athletes who are blocking that they are subject to a time penalty by getting their attention (e.g whistle), showing a yellow card, calling in English the athlete's number and saying "Blocking penalty, you have to stop at the next penalty box". The athlete sanctioned has to stop in the NEXT penalty box and must stay there for 15 seconds (Duathlon Standard) or 30 seconds (Middle Distance Triathlon and Aquabike).

Littering

There are designated littering areas before and after each aid station. Littering outside these areas will lead to a time penalty of 15 seconds (Duathlon Standard) or 30 seconds (Middle Distance Triathlon and Aquabike) if it cannot be corrected.

Gear restrictions

Illegal equipment includes, but is not limited to:

- Headphones, headsets, technical earplugs or smart helmets which are inserted or covering the ears.
- Glass containers
- Bike or parts of the bike not complying with these rules.
- Uniform not complying with the applicable guidelines regarding authorised identifications.
- Any equipment or devices carried during the bike segment or added to the bike are subject to approval by the head referee before the competition and must be securely mounted, not endanger any athlete or give an unfair advantage.
- For cameras and video cameras, in addition to requiring approval from the head referee, all the images and footage taken will be copied by World Triathlon. The use of those images for commercial purposes is subject to approval by World Triathlon.



Run segment

Middle Distance Triathlon & Aquabike

With many athletes on the run course, be careful please. Show respect and sportsmanship for everyone please.

Run safety

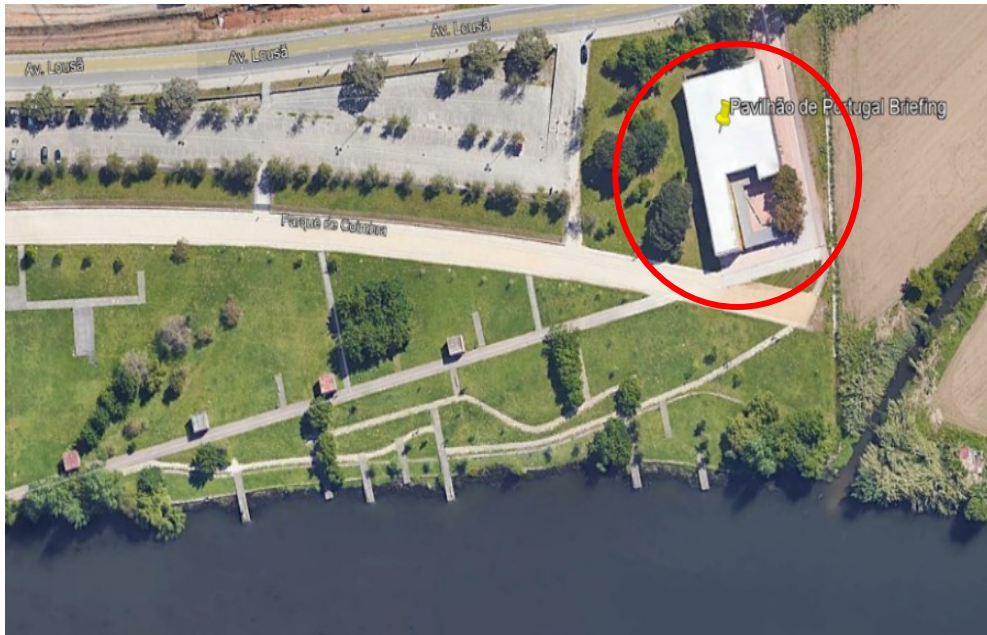
There will be medical support at strategic points along the run course, please inform the nearest volunteer or technical officials if you require medical attention. It is important that if you withdraw you tell us; we want to know you're safe!

Penalties

Elite, U23 and Junior athletes have run penalty box in each race.
Para athletes have run penalty box in each race.

6.5. Athletes' Briefing

The briefings will take place at the Portuguese Pavilion with coordinates 40°11'57,29"N and 8°25'25,89"W and as shown in the image below. The briefings will be according to the event and category and according to the schedule shown.





Date	Start time	Category	Activity
Fri, 14 th	11:30	Age Group	Briefing (Sprint+Standard Duathlon, Age Group Team Manager)
Fri, 14 th	12:30	Para	Briefing (Sprint Duathlon, Para Athletes)
Fri, 14 th	13:30	Junior	Briefing (Sprint Duathlon, Junior)
Fri, 14 th	14:30	Elite/U23	Briefing (Sprint Duathlon, Elite, U23)
Mon, 17 th	11:30	Age Group	Briefing (Cross Duathlon, Age Group Team Manager)
Mon, 17 th	12:30	Junior/Para	Briefing (Cross Duathlon, Junior and Para Athletes)
Mon, 17 th	13:30	Elite/U23	Briefing (Cross Duathlon, Elite, U23)
Wed, 19 th	11:30	Age Group	Briefing (Cross Triathlon, Age Group Team Manager)
Wed, 19 th	12:30	Junior/Para	Briefing (Cross Triathlon, Junior and Para Athletes)
Wed, 19 th	13:30	Elite/U23	Briefing (Cross Triathlon, Elite, U23)
Thu, 20 th	16:00	Age Group	Briefing (Aquathlon, Age Group Team Manager)
Thu, 20 th	17:00	Para	Briefing (Aquathlon, Para)
Thu, 20 th	17:00	Elite/U23/Junior	Briefing (Aquathlon, Elite/U23/Junior)
Fri, 21 th	15:00	Age Group	Briefing (Middle Distance and Aquabike, Age Group Team Manager)
Fri, 21 th	16:00	Elite/Para	Briefing (Middle Distance, Elite and Para)

6.6. Timing Chips

When athletes (Age Groups) check in at the Transition Area they will receive a timing chip to be worn on the athletes' ankle. Elite/U23/Junior/Para athletes will pick up the timing chips in the Athletes' Lounge before the competitions, during their check-in procedure. The timing chip must be returned at the finish area.

6.7. Bike Check-In & Check-Out

All races use the same transition area. Your bike and helmet must have your race number stickers clearly visible on them and your wristband will be checked. Helmets must be worn and fastened whenever you are handling your bike within the transition area.

Before checking-in your bike, make sure you have checked the following things:

1. Your bike is fully functional, e.g. your brakes are working and all extremities of your handlebar or clip-on must be plugged.
2. A sticker with your bib number is placed under your saddle.
3. Each athlete will have a basket next to the bike where they must store all the equipment needed for cycling and running (with the exception of equipment that can be left on the bike, such as helmet, shoes, nutrition, glasses and gloves). Please check the schedule and make sure you are in time for check-in.

6.8. Results

Official results will be uploaded to the World Triathlon official website www.triathlon.org.



6.9. Protests & 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 wristbands.

The wristbands will be distributed at the registration counters at the expo.

Only accredited people will be allowed to access certain venue areas. Accreditation wristbands provide access to specific areas of the competition.

All accredited people are requested to wear their wristbands at all times to show them upon request.

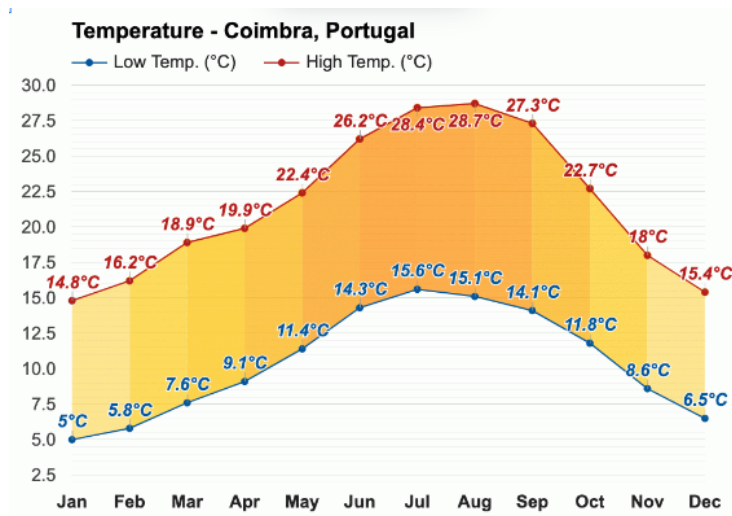


8 Other useful information

8.1. Weather

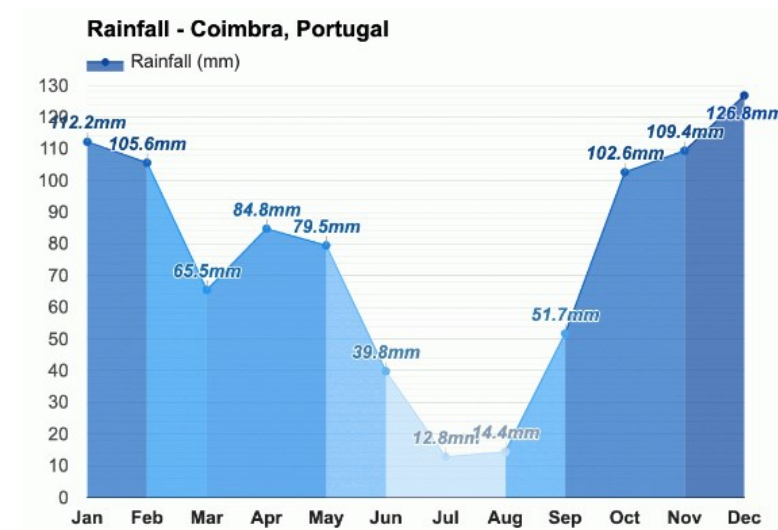
Temperature

The average high-temperature in June is 26.2°C (79.2°F), while the low-temperature average is 14.3°C (57.7°F).



Rainfall

Coimbra receives 40mm (1.57") of rainfall on 9 days in June, with a total of 905mm (35.63") of precipitation throughout the year.

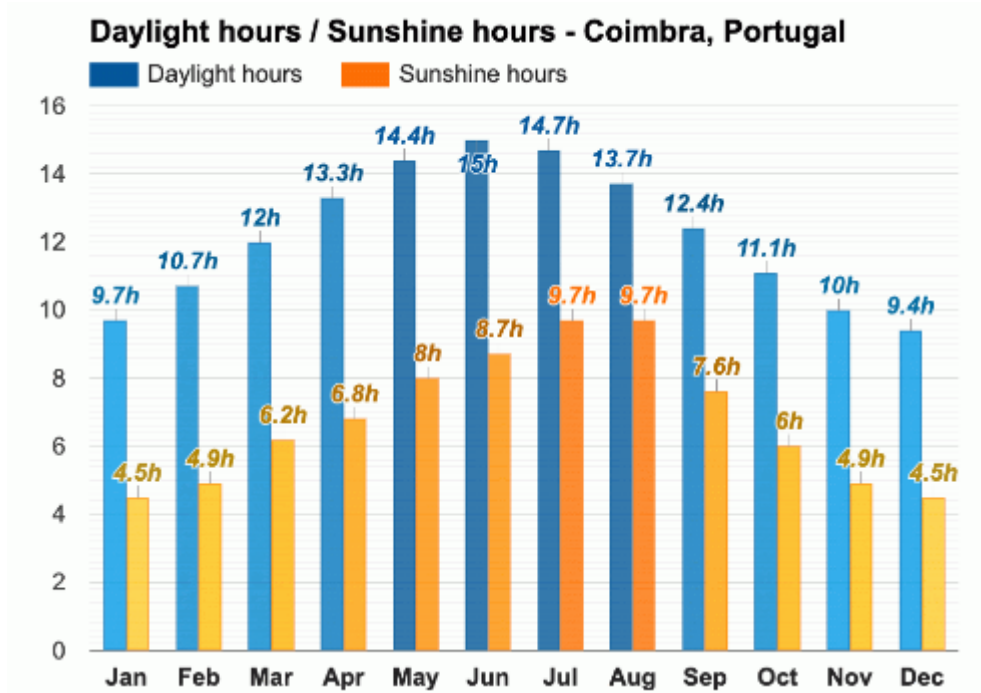




Sunshine and Daylight

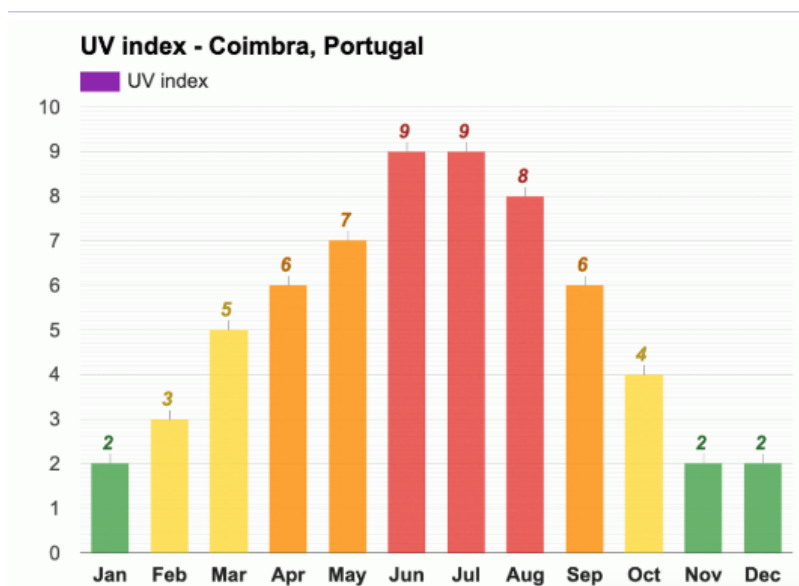
The average sunshine in June is 8.7 hours in Coimbra.

June has the longest days of the year in Coimbra, with an average of 15 hours of daylight.



UV Index

June has the highest UV index (9) in Coimbra, indicating a very high threat to health from sun exposure.





8.2. Side Events

In addition to the Europe Triathlon Multisport Championships Coimbra, several other competitions will take place, open to everyone, federated or non-federated, allowing family, friends and the athletes themselves, who will compete in the European Championship, to participate in this sport festival and enjoy a unique space in Coimbra for practicing sports.

Neon Night Swim

The Neon Night Swim is a night swimming event, on the Mondego River, Friday, 21st June, starting at 9:30 pm, and has three distances: 300m, 1500m and 3000m. Swimmers wear fluorescent tubes and bracelets, which glow in the dark, and the turning buoys have lights guiding the direction the athletes should follow. Competition that increases the number of entries every year and creates a fantastic human frame on the Mondego River and the Coimbra nightlife. The images shown below give a small idea of this competition in the 2023 edition.

Registration and more information at www.multisport.pt



Swim cap in 2024



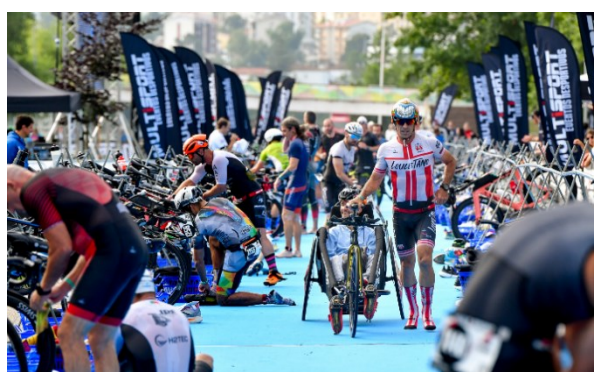


Triathlon, Aquabike and Duathlon Full Distance

On Sunday, June 23rd, starting at 7am, we will have the triathlon, aquabike and Long Distance duathlon events. 3.8km swimming, 180km cycling and 42km running are the distances that the athletes will cover. The cycling route, carried out in four laps of 45km each, is very fast and flat, with fantastic scenery and almost always on roads flanking the Mondego River. The running route, consisting of four 10.5km laps, crosses the historic area of the city of Coimbra, the Mondego riverside promenade, the Green Park, the Choupal National Forest, and many other fantastic areas, with an altitude almost null and with several fueling and refreshment points along the route.

For those who still don't dare to do the long distance, we will also have, on the same circuit, and simultaneously, but in the Standard+ distance (1500m swimming + 45km cycling + 10.5km running) triathlon, duathlon and aquabike competitions, departing at 8am. The images shown below give a small idea of this competition in the 2023 edition.

Registration and more information at www.multisport.pt





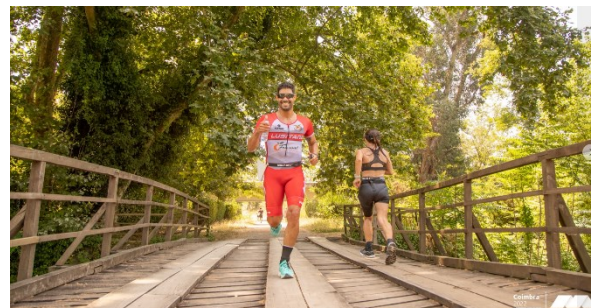


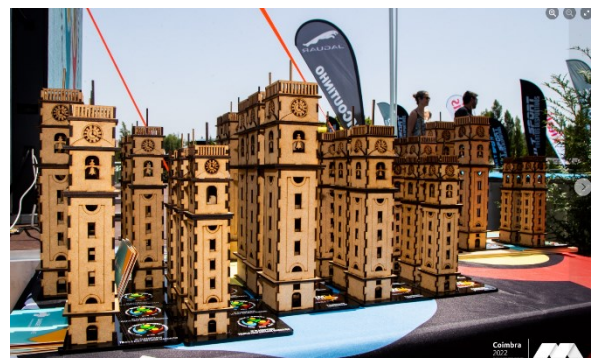
Summer Run

Also on Sunday, June 23rd, starting at 9am, we have the Summer Run!! Athletics event at distances of 10.5km, Half Marathon (21km) and Marathon (42km)! Taking advantage of the same route as the triathlon and duathlon races, creating a fantastic human frame, the athletes travel along the entire riverside area, the Choupal National Forest, cross the Mondego River twice and finish at Parque Verde.

With almost zero altitude, and with several fueling and refreshment points along the route, this competition is open to the entire community, from federated athletes to the popular weekend athlete. The images shown below give a small idea of this competition in previous editions.

Registration and more information at www.multisport.pt





Registration for all non-European Championship competitions (Side Events) must be completed at www.multisport.pt

To do this, you must create a user and define a password. Then, you must enter the browser with the new login and from that moment you can proceed with registration in any Side Events.

The regulations for the various competitions and their courses can be consulted on the website.

Aquakid's

Without forgetting the little ones, and thinking about the future of the triathlon sport, and in an Event that aims to be a celebration of sport, on Saturday June 22nd, starting at 6pm, we will have the Aquakid's race.



In this competition, athletes will be divided into two age groups. The first group will be for female and male athletes, aged between 8 and 10 years old, and the second group will be for female and male athletes, between 11 and 14 years old.

In the age group between 8 and 10 years old, athletes start the race with a 100m swim, followed by a 500m run. In the age group between 11 and 14 years old, athletes start the race with a 200m swim followed by a 1500m run. Athletes who wish can have a companion in the water throughout the entire swimming route.

Below are some photos from previous editions of this competition for little ones, which was a fantastic success and all the little athletes remembered it and promised to return in this 2024 edition.





9 Course maps

For Elite, U23, Junior and Para athletes in Duathlon Sprint, Cross Duathlon, Cross Triathlon and Aquathlon there will be only sealed bottles of water offered in aid stations.

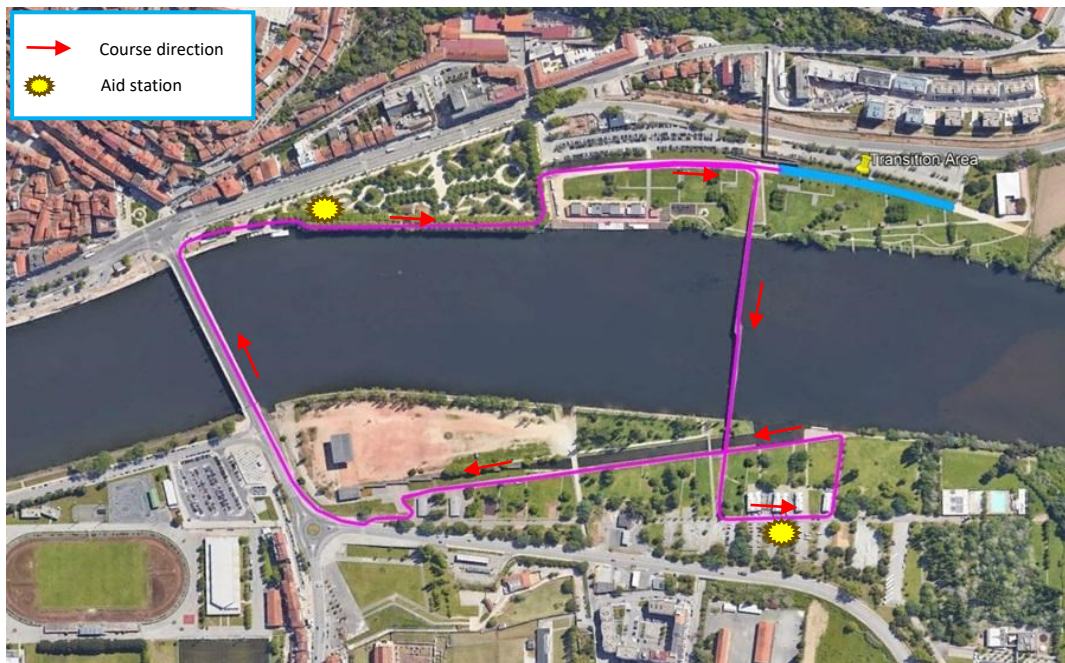
→ course direction ☀ Aid station 🎯 Wheel station **PB** Penalty box

9.1. Sprint Duathlon

For all categories drafting is legal.

FIRST RUN COURSE

Flat route with a mixed surface of dirt, pavement, asphalt and wooden platforms, in which athletes will have to complete two laps of 2.5km each. At each lap there will be two aid station with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange).



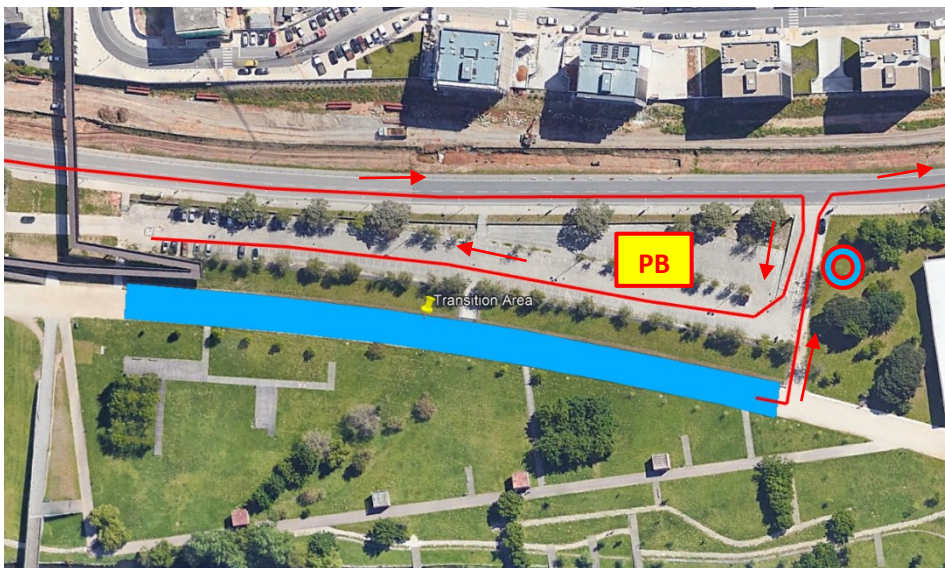
The blue area refers to the Transition Area and the purple line is the first run course of 2,5km (2 laps) for all categories.

BIKE COURSE

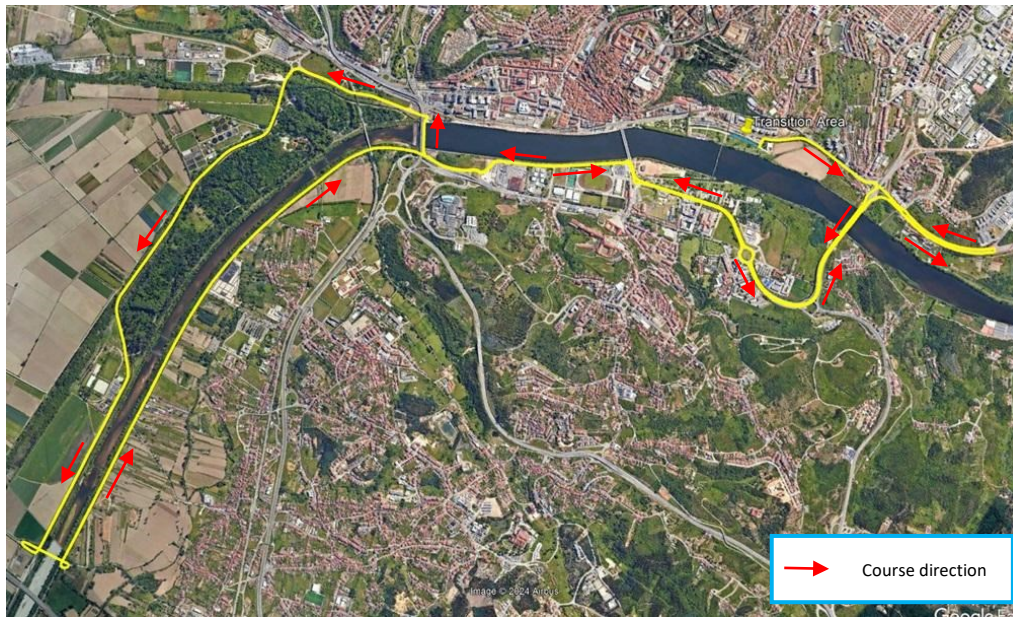
Flat route consisting of 4 laps of 5km each for Elite, U23, Junior and Para and 1 lap of 20km for Age Groups. There will be no aid stations on the bike course.



The blue area refers to the Transition Area and the red line is the bike course of 5km (4 laps) – Elite; U23; Junior; Para.



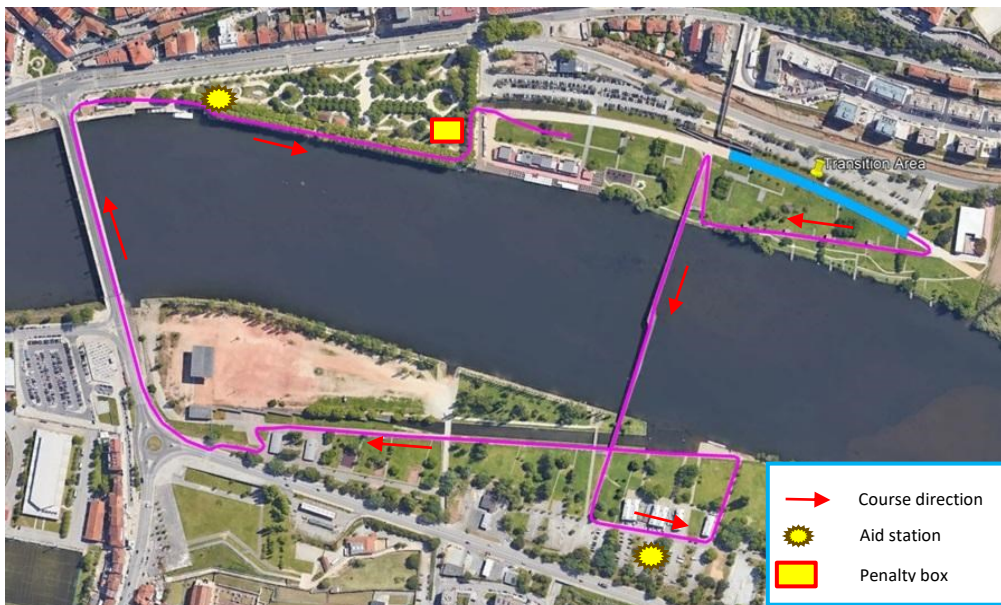
There will be a Team wheel station close to the exit of the transition area and a Neutral wheel station, halfway of the bike lap.
A Penalty box only for Para athletes at the end of the bike lap just before entry transition area.
A detail of the location is shown above.



The blue area refers to the Transition Area and the yellow line is the bike course of 20km (1 lap) – Age Groups. There will be no aid stations on the bike course.

SECOND RUN COURSE

Flat route with a mixed surface of dirt, pavement, asphalt and wooden platforms, in which athletes will have to complete one lap of 2.5km. There will be two aid station with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange).



The blue area refers to the Transition Area and the purple line is the second run course of 2,5km (1 lap) for all categories. There will be a penalty box, approx. 200m before the end of the lap (finish)



FIRST TRANSITION

The Transition Area is linear and has enough space between the bikes so that all athletes can pass without disturbing others. The transition spots are marked with the athlete's bib number. When arriving the Transition Area, athletes must securely fasten their helmet, leave their running equipment (if any) in the basket located next to the bicycle, remove the bicycle from the rack and continue towards the mount line by pushing the bike by hand.


SECOND TRANSITION

When athletes finish the bike course they must dismount before the dismount line and push the bike by hand to their Transition Area spot. Once the bike is properly racked, helmet unfastened and placed in the basket, athlete can proceed to the second run course.

9.2. Standard Duathlon

For all categories drafting is illegal.

FIRST RUN COURSE

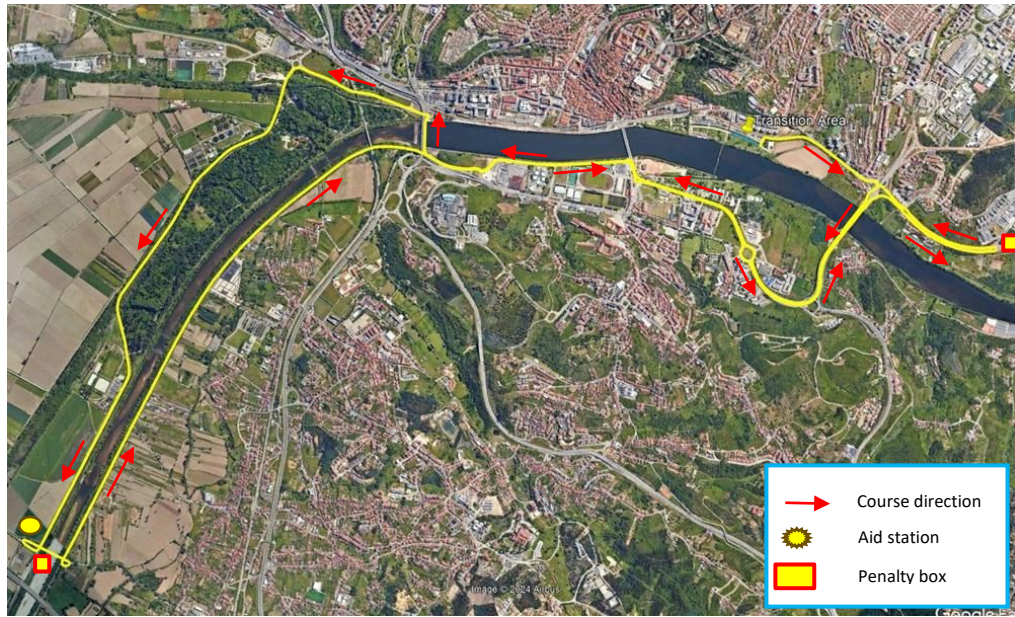
Flat route with a mixed surface of dirt, pavement, asphalt and wooden platforms, in which athletes will have to complete two laps of 5km each. At each lap there will be two aid station with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange) and a third aid station with just cups of water noted below with the symbol .



The blue area refers to the Transition Area and the purple line is the first run course of 5km (2 laps) for all categories.


BIKE COURSE

Flat route consisting of 2 laps of 20km each. There will be one aid station per lap on the bike course with refreshments (bottles of water and isotonic drink, gels, bars and fruit – banana).



The blue area refers to the Transition Area and the yellow line is the bike course of 20km (2 laps). There will be two penalty boxes, approximately 10km apart.

SECOND RUN COURSE

Flat route with a mixed surface of dirt, pavement, asphalt and wooden platforms, in which athletes will have to complete one lap of 5km. There will be two aid station with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange) and a third aid station with just cups of water noted below with the symbol .



The blue area refers to the Transition Area and the purple line is the second run course of 5km (1 lap).

FIRST TRANSITION

The Transition Area is linear and has enough space between the bikes so that all athletes can pass without disturbing others. The transition spots are marked with the athlete's bib



number. When arriving the Transition Area, athletes must securely fasten their helmet, leave their running equipment (if any) in the basket located next to the bicycle, remove the bicycle from the rack and continue towards the mount line by pushing the bike by hand.

SECOND TRANSITION

When athletes finish the bike course they must dismount before the dismount line and push the bike by hand to their Transition Area spot. Once the bike is properly racked, helmet unfastened and placed in the basket, athlete can proceed to the second run course.

9.3. Cross Duathlon

For all categories drafting is legal.

For Junior and Para it will be Sprint distance - 3,2km run (1 lap), followed by 11,5km by bike (1 lap) and end with a 1,6km run (1 lap).

For Elite, U23 and Age Group athletes the distance will be standard and athletes will have to run 6,3km (2 laps), followed by 21,6km by bike (1 lap) and finish with a 4km run (1 lap).


FIRST RUN COURSE – Junior and Para

Mixed race on dirt, pavement and asphalt, with steep ups and downs where athletes cross the fantastic Botanical Garden, the historic area of the city of Coimbra, Manuel Braga Park and finish in Parque Verde where the Transition Area is located. Athletes will have to complete one lap of 3,2km. There will be two aid station with sealed bottles of water.

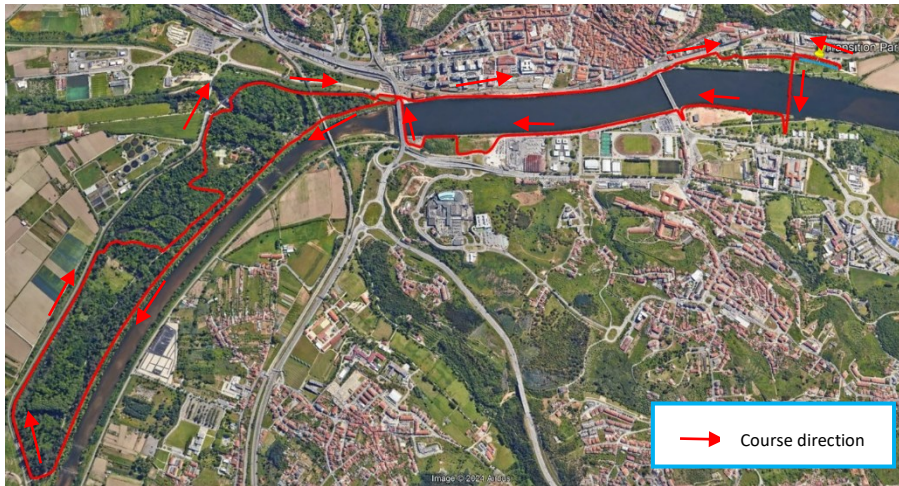




The blue area refers to the Transition Area and the green line is the first run course of 3,2km (1 lap).

 **BIKE COURSE – Junior and Para**

Mixed route of dirt, loose dirt, sidewalk, flagstones and asphalt where athletes walk along the riverside area and go into the interior of the Choupal National Forest, cross Manuel Braga Park and arrive at the Transition Area located in Parque Verde. There will be no aid stations on the bike course.



The blue area refers to the Transition Area and the red line is the bike course of 11,5km (1 lap).

 **SECOND RUN COURSE – Junior and Para**

The second race consists of a 1.6km lap that takes place entirely within Parque Manuel Braga and Parque Verde until reaching the finish line. There will be an aid station just outside the Transition Area, where sealed bottles of water will be distributed.

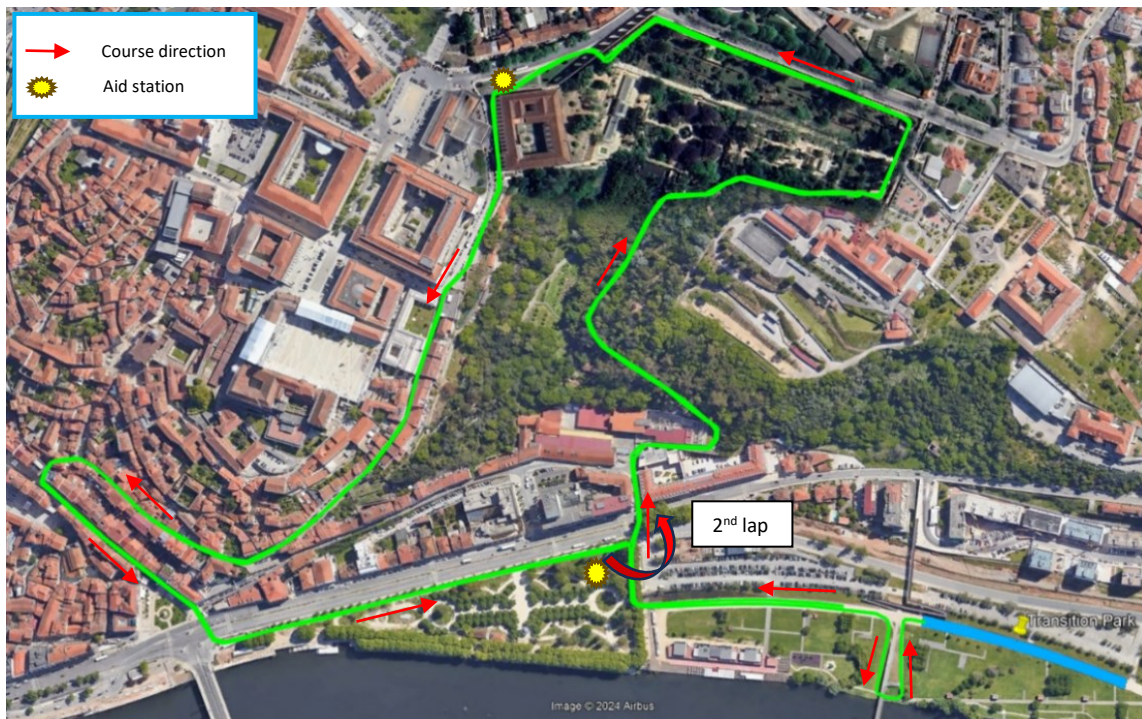




The blue area refers to the Transition Area and the yellow line is the second run course of 1,6km (1 lap). There will be a penalty box, approx. 200m before the finish.

FIRST RUN COURSE – Elite, U23 and Age Groups

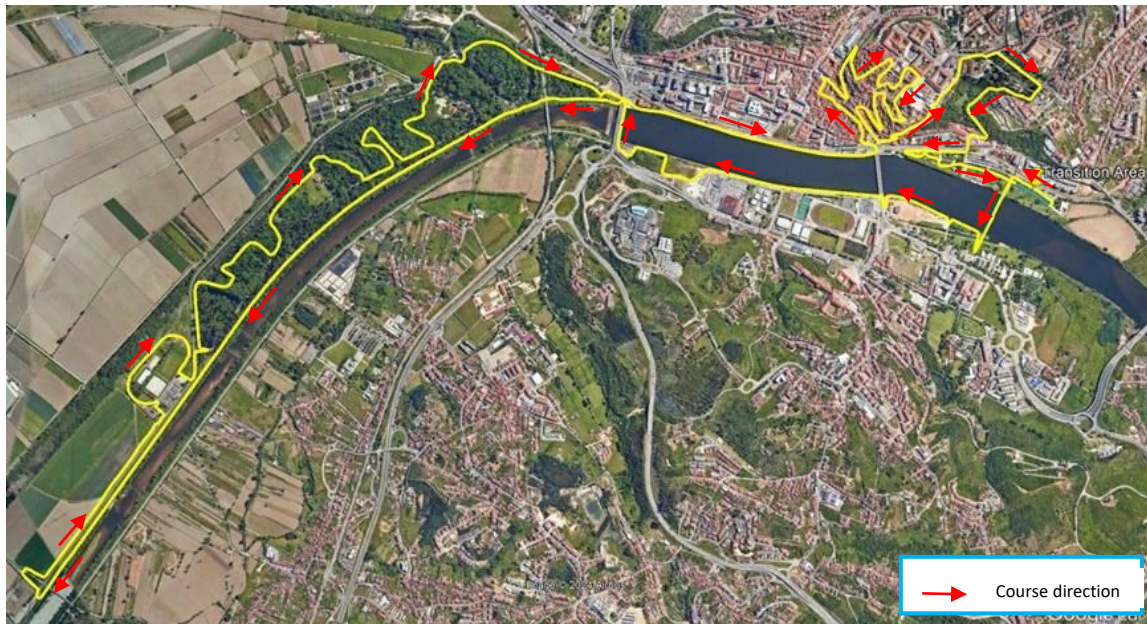
Mixed race on dirt, pavement and asphalt, with steep ups and downs where athletes cross the fantastic Botanical Garden, the historic area of the city of Coimbra, Manuel Braga Park and finish in Parque Verde where the Transition Area is located. Athletes will have to complete two laps of 3,1km each. There will be an aid station with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange).



The blue area refers to the Transition Area and the green line is the first run course of 6,3km (2 laps).

BIKE COURSE – Elite, U23 and Age Groups

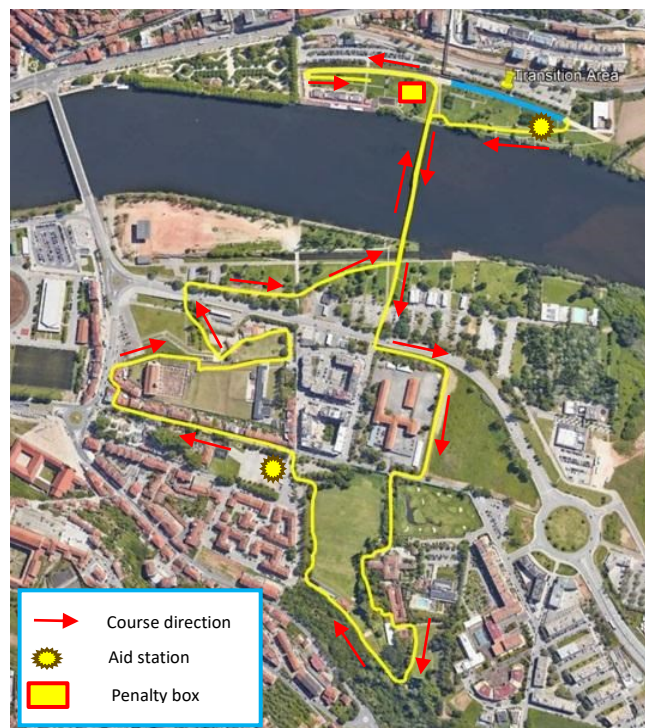
Mixed route of dirt, loose dirt, sidewalk, flagstones and asphalt where athletes walk along the riverside area and go into the interior of the Choupal National Forest, cross Manuel Braga Park, pass through the historic area of Coimbra, a UNESCO World Heritage Site, and arrive at the Transition Area located in Parque Verde. There will be no aid stations on the bike course.



The blue area refers to the Transition Area and the yellow line is the bike course of 21,6km (1 lap).

SECOND RUN COURSE – Elite, U23 and Age Groups

The second race consists of a 4km loop that takes place on the left bank of the Mondego River, in Santa Clara, taking athletes to the historic area of the Convento de Santa Clara a Velha, the mythical and iconic Jardim da Quinta das Lágrimas, passing through the Parque Themed for Portugal dos Pequenitos and ends again in Parque Verde where the finish line is located. There will be two aid station just outside the Transition Area and another in the middle, with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange).





The blue area refers to the Transition Area and the yellow line is the second run course of 4km (1 lap). There will be a penalty box, approx. 200m before the finish.

FIRST TRANSITION

The Transition Area is linear and has enough space between the bikes so that all athletes can pass without disturbing others. The transition spots are marked with the athlete's bib number. When arriving the Transition Area, athletes must securely fasten their helmet, leave their running equipment (if any) in the basket located next to the bicycle, remove the bicycle from the rack and continue towards the mount line by pushing the bike by hand.

SECOND TRANSITION

When athletes finish the bike course they must dismount before the dismount line and push the bike by hand to their Transition Area spot. Once the bike is properly racked, helmet unfastened and placed in the basket, athlete can proceed to the second run course.

9.4. Cross Triathlon

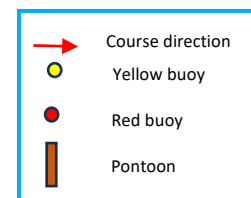
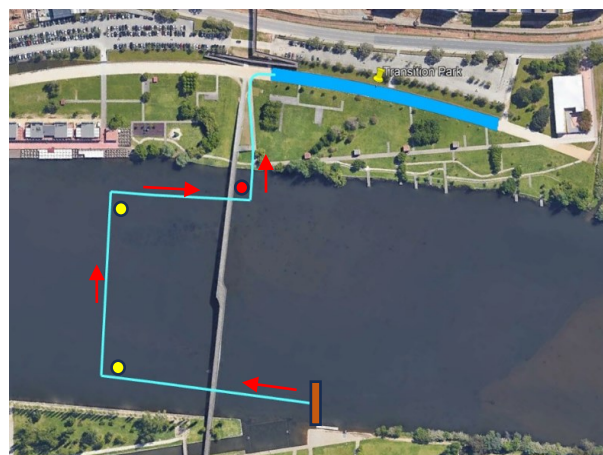
For all categories drafting is legal.

For Junior and Para it will be Sprint distance - 0,5km swim (1 lap), followed by 11.5km by bike (1 lap) and end with a 4km run (1 lap).

For Elite, U23 and Age Group athletes the distances will be standard and athletes will have to swim 1,2km (1 lap), followed by 21.6km by bike (1 lap) and finish with a 6,9km run (1 lap).

SWIM COURSE – Junior and Para

The start is on the left bank of the Mondego River, from a pontoon installed on the bank, and the athletes will have to complete a 500m lap until reaching the right bank, in Parque Verde, where the Transition Area is located. The course will be marked with yellow buoys that must be on the right and the turn towards the water exit will be marked with a red buoy that must be on the left.





The blue area refers to the Transition Area and the blue line is the swim course of 0,5km.

BIKE COURSE – Junior and Para

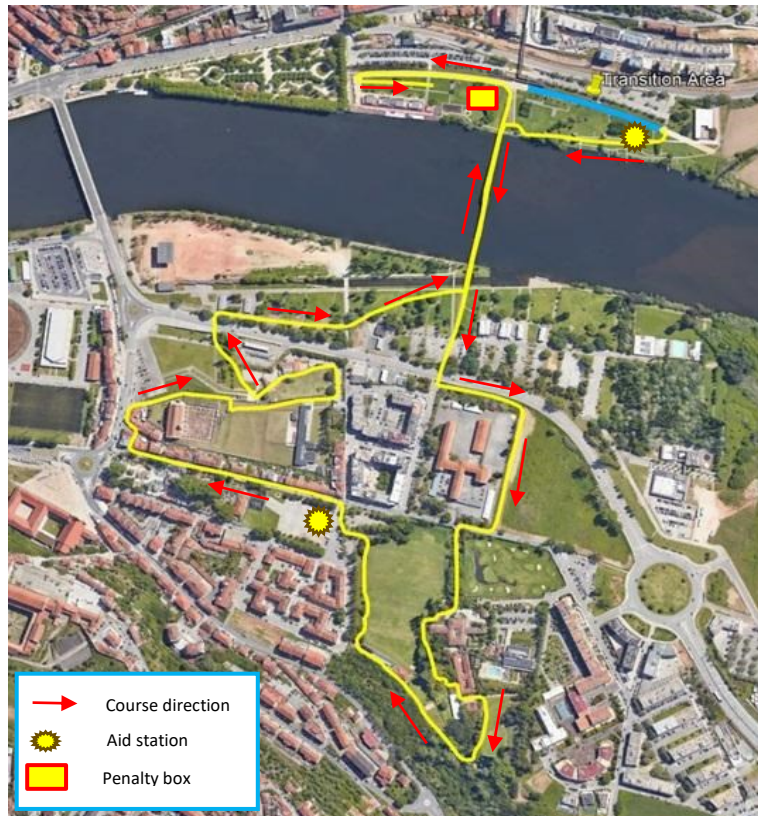
Mixed route of dirt, loose dirt, sidewalk, flagstones and asphalt where athletes walk along the riverside area and go into the interior of the Choupal National Forest, cross Manuel Braga Park and arrive at the Transition Park located in Parque Verde. There will be no aid stations on the bike course.



The blue area refers to the Transition Area and the red line is the bike course of 11,5km (1 lap).

RUN COURSE – Junior and Para

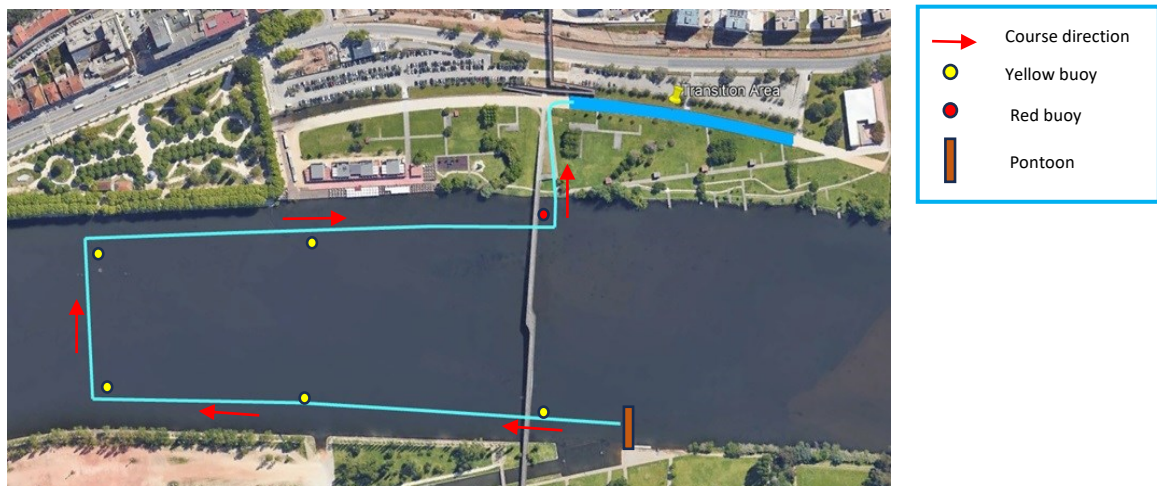
The run course consists of a 4km loop that takes place on the left bank of the Mondego River, in Santa Clara, taking athletes to the historic area of the Convento de Santa Clara a Velha, the mythical and iconic Jardim da Quinta das Lágrimas, passing through the Parque Themed for Portugal dos Pequenitos and ends again in Parque Verde where the finish line is located. There will be two aid station, one just outside the Transition Area, and another in the middle of the course, where sealed bottles of water will be distributed.



The blue area refers to the Transition Area and the yellow line is the run course of 4km (1 lap). There will be a penalty box, approx. 200m before the finish.

SWIM COURSE – Elite, U23 and Age Groups

The start is on the left bank of the Mondego River, from a pontoon installed on the bank, and the athletes will have to complete a 1,2km lap until reaching the right bank, in Parque Verde, where the Transition Area is located. The course will be marked with yellow buoys that must be on the right and the turn towards the water exit will be marked with a red buoy that must be on the left.

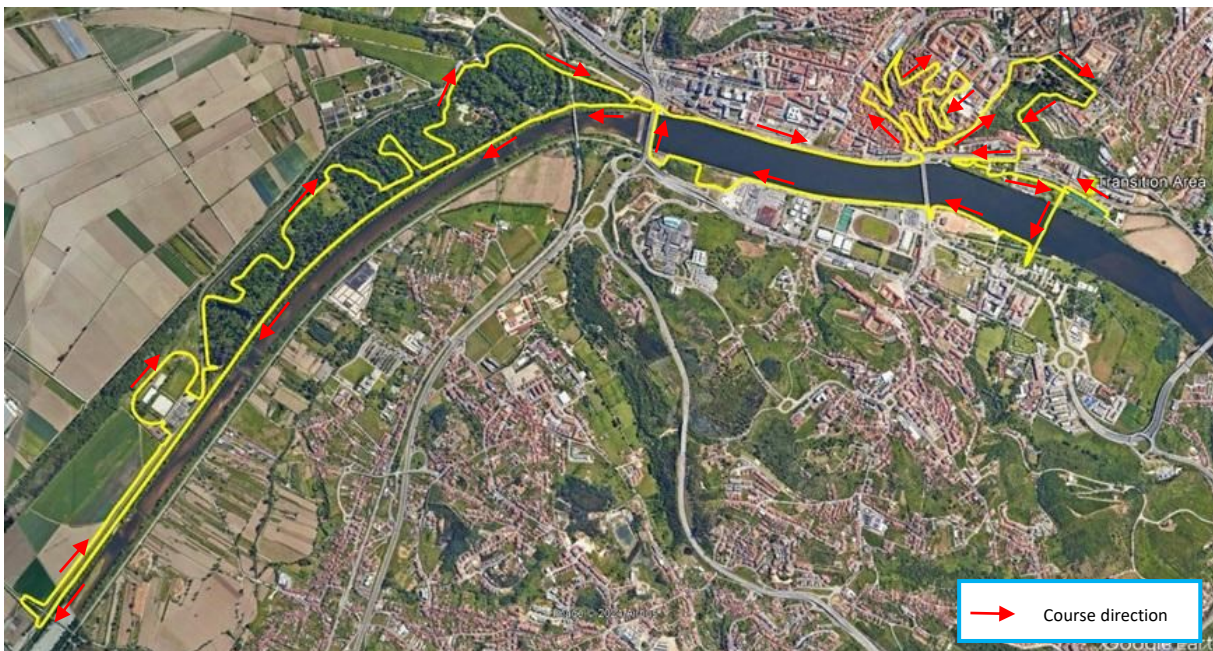




The blue area refers to the Transition Area and the blue line is the swim course of 1,2km (1 lap).

BIKE COURSE – Elite, U23 and Age Groups

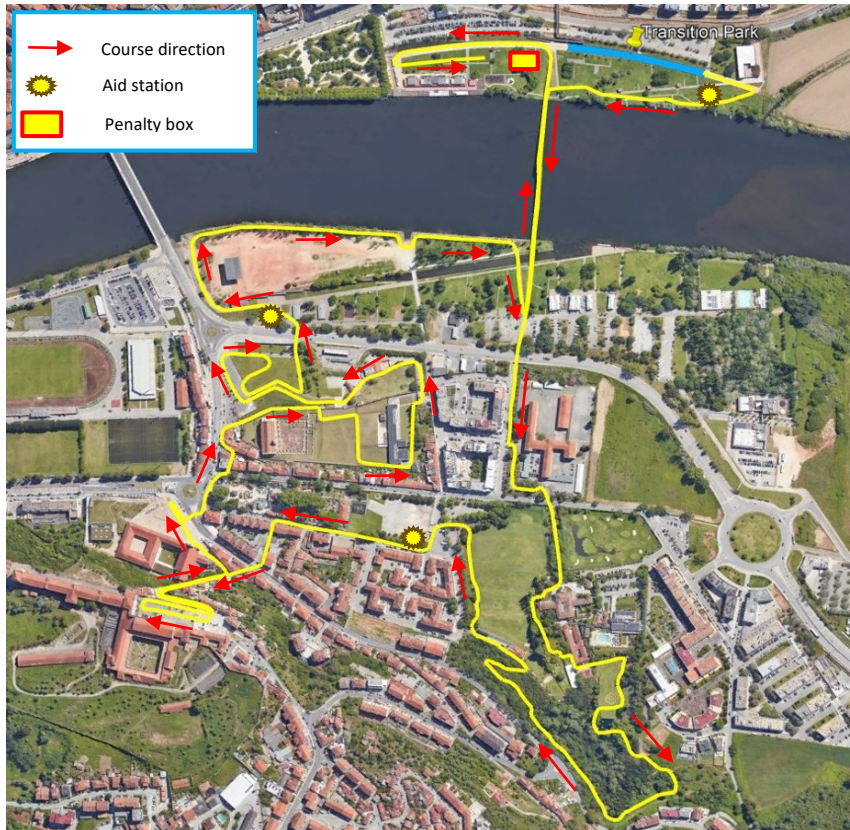
Mixed route of dirt, loose dirt, sidewalk, flagstones and asphalt where athletes walk along the riverside area and go into the interior of the Choupal National Forest, cross Manuel Braga Park, pass through the historic area of Coimbra, a UNESCO World Heritage Site, and arrive at the Transition Park located in Parque Verde. There will be no aid stations on the bike course.



The blue area refers to the Transition Area and the yellow line is the bike course of 21,6km (1 lap).

RUN COURSE – Elite, U23 and Age Group

The run course consists of a 6,9km loop that takes place on the left bank of the Mondego River, in Santa Clara, taking athletes to the historic area of the Convento de Santa Clara a Velha, the mythical and iconic Jardim da Quinta das Lágrimas, passing through the Parque Themed for Portugal dos Pequenitos and ends again in Parque Verde where the finish line is located. There will be three aid station, one just outside the Transition Area and two more equidistant on the course, with refreshments (water, Coca-Cola, gels, bars and fruit – banana and orange) and a second aid station near the Santa Clara Monastery with sealed bottles of water.



The blue area refers to the Transition Area and the yellow line is the run course of 6,9km (1 lap). There will be a penalty box, approx. 200m before the finish.

FIRST TRANSITION

The Transition Area is linear and has enough space between the bikes so that all athletes can pass without disturbing others. The transition spots are marked with the athlete's bib number. When arriving the Transition Area, athletes must securely fasten their helmet, leave their swimming equipment in the basket located next to the bicycle, remove the bicycle from the rack and continue towards the mount line by pushing the bike by hand.

SECOND TRANSITION

When athletes finish the bike course they must dismount before the dismount line and push the bike by hand to their Transition Area spot. Once the bike is properly racked, helmet unfastened and placed in the basket, athlete can proceed to the run course.

9.5. Aquathlon

For all categories, the Aquathlon will be run (2.5km), swim (1000m), run (2.5km) if the water temperature is 22,0°C or more. If the water temperature is 21,9°C or less, the distance will be 1000m swim followed by a 5km run.



The Transition Area is located on the right bank of the Mondego River, at coordinates 40° 12' 41,42" N and 008° 26' 06,66" W, approximately 1200m from the Venue.

FIRST RUN COURSE

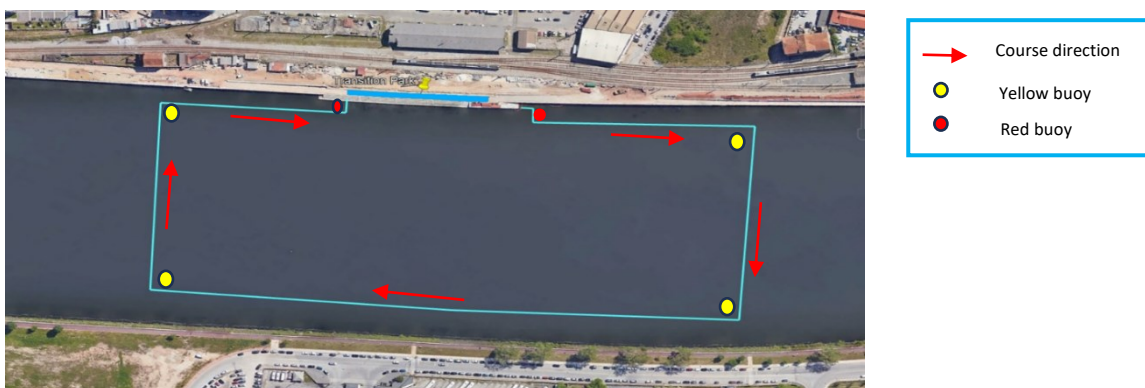
The first run starts inside the University Stadium and the athletes run along the Mondego riverside area until they reach the Transition Area on the right bank. It is a flat lap, without altitude and covering a length of 2.5km.



The blue area refers to the Transition Area and the green line is the run course of 2,5km.

SWIM COURSE

The swimming route is a 1000m lap, starting and finishing at the Mondego River. The route will be marked with yellow buoys that must be on the left and the turn towards the water exit will be marked with a red buoy that must be on the right.



The blue area refers to the Transition Area and the blue line is the swim course of 1000m.

SECOND RUN COURSE

The second run goes along the right bank, along the Mondego River, crosses the river via the Santa Clara Bridge, crosses Parque da Cação, crosses the Mondego River again via the



Pedro e Inês pedestrian bridge and ends at Parque Verde. It is a flat lap, without altitude and covering a length of 2.5km.



The blue area refers to the Transition Area and the blue line is the run course of 2,5km.

9.6. Middle Distance Triathlon and Middle Distance Aquabike

The Middle Distance Triathlon starts on the left bank of the Mondego River, with athletes swimming 1900m in one lap, until they reach the right bank, where the Transition Area is located. The bicycle course runs along the Mondego River and progresses towards the new area of the city, until Portela, where it reverses direction, crosses the river to the left bank via the Rainha Santa Isabel Bridge, continues to Santa Clara and continues along the Estrada do Campo, crossing the river again at Ponte dos Casais, follows the right bank, passes through the Choupal National Forest, crosses the city via Av. Fernão de Magalhães, Portagem, and continues to Parque Verde, completing a 22,5km loop.

The running route crosses the Mondego river on the Pedro e Inês pedestrian bridge, crosses Parque da Canção to the Santa Clara Bridge, follows along the cycle path that flanks the Mondego river on its left bank, crosses the river again via the Açude Bridge, enters the Choupal National Forest, follows the road inside, where it reverses direction, continues along the cycle path to the Açude and continues along the riverside area on the right bank to the Santa Clara Bridge, travelling along it in both directions, returns to the Park Manuel Braga and enters Parque Verde, completing a 10.5km loop. The second lap is exactly the same as the first.

Both the cycling and running routes are very flat, extremely fast, not too windy and with fantastic surrounding landscapes. On the cycling route there will be one aid station per lap, therefore every 22,5km, and on the running route there will be three aid stations and several refreshment areas with showers per lap. All aid stations will have water, sports drinks, coca-cola, gels, bars and fruits.

For all categories drafting is illegal.



Age groupers will have a rolling start system, with 5 athletes leaving every 5 seconds.

The Aquabike race will be exactly the same as the swimming and cycling routes of the Middle Distance Triathlon. At the end of the cycling route, in the Aquabike race, athletes cross the finish line at the dismount line with the bike in hand. After that they place the bike in the Transition Area and continue to the finish area on foot, in order to receive the t-shirt and finisher medal.

SWIM COURSE

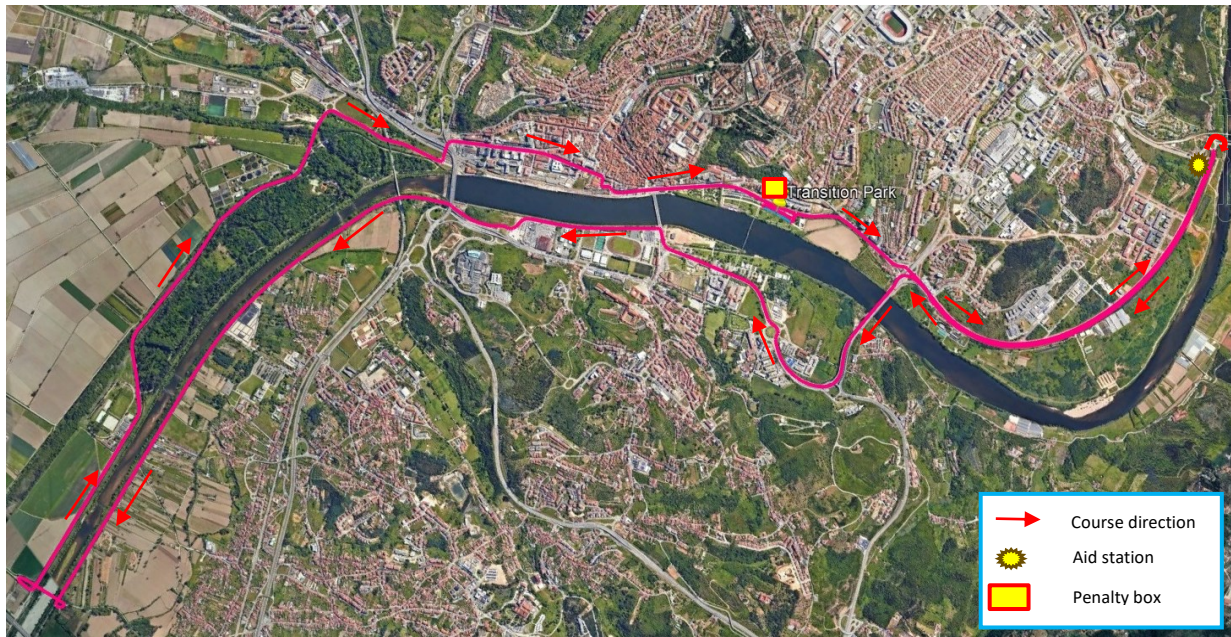
The start is on the left bank of the Mondego River, in a mass start for Elite and Para and in a rolling start system with 5 athletes starting every 5 seconds for Age Groups, and the athletes will have to complete a 1,9km lap until reaching the right bank, in Parque Verde, where the Transition Area is located. The route will be marked with yellow buoys that must be on the right and the turn towards the water exit will be marked with a red buoy that must be on the left.



The blue area refers to the Transition Area and the blue line is the swim course of 1900m.

BIKE COURSE

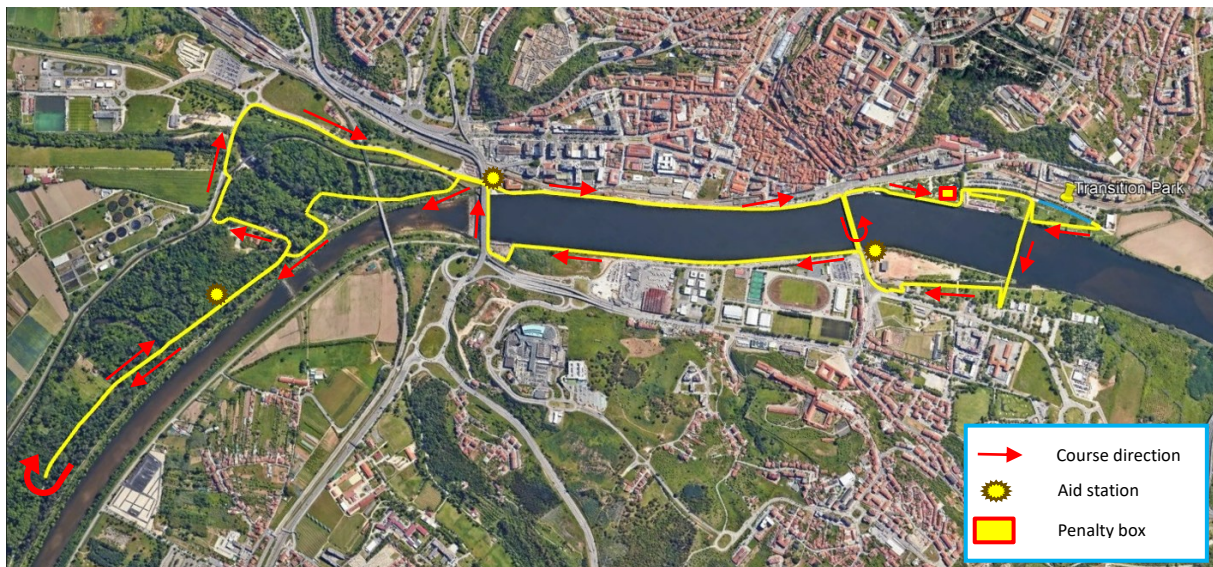
Flat route consisting of 4 laps of 22,5km each. There will be one aid station per lap on the bike course with water, isotonic, gels, bars and fruit – banana.



The blue area refers to the Transition Area and the red line is the bike course of 22,5km (4 lap). There will be a penalty box at the end of the lap, before turn to transition area.

RUN COURSE

The athletes run along the entire riverside area, the Choupal National Forest, cross the Mondego River twice and finish at Parque Verde. With almost zero altitude, and three aid stations and several refreshment areas with showers per lap. All aid stations will have water, sports drinks, Coca-Cola, gels, bars and fruits.



The blue area refers to the Transition Area and the yellow line is the run course of 10,5km (2 laps). There will be a penalty box at the end of the lap.



FIRST TRANSITION

The Transition Area is linear and has enough space between the bikes so that all athletes can pass without disturbing others. The transition spots are marked with the athlete's bib number. When arriving the Transition Area, athletes must securely fasten their helmet, leave their swimming equipment in the basket located next to the bicycle, remove the bicycle from the rack and continue towards the mount line by pushing the bike by hand.

SECOND TRANSITION

When athletes finish the bike course they must dismount before the dismount line and push the bike by hand to their Transition Area spot. Once the bike is properly racked, helmet unfastened and placed in the basket, athlete can proceed to the run course.