



Coimbra  
2026



# Athletes' Guide





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# 1 General Information

## 1.1 Introduction

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

## 1.2. Key dates

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

|                             |                                  |
|-----------------------------|----------------------------------|
| Press Conference            | Saturday, September 19th – 12:00 |
| Bike course familiarisation | Saturday, September 19th – 14:00 |
| Swim course familiarisation | Saturday, September 19th – 14:45 |
| Athlete's Briefing          | Saturday, September 19th – 16:00 |
| Elite Women Start           | Sunday, September 20th – 09:00   |
| Elite Men Start             | Sunday, September 20th – 11:00   |
| Medal Ceremony              | Sunday, September 20th – 12:30   |

## 1.3. Key contacts

Name and contact details of:

- Technical delegate: Luisa de Fabritis (ITA) - l.defabritiis@gmail.com;
- Assistant Technical Delegate – Liliana Sares (POR) - lilisares@hotmail.com;
- Europe Triathlon Office: [hq@europe.triathlon.org](mailto:hq@europe.triathlon.org). Phone number : +32478825456.

## 1.4. Contacts details

Portuguese Triathlon Federation: [coimbra-triathlon@federacao-triatlo.pt](mailto:coimbra-triathlon@federacao-triatlo.pt)



## 2 Venue

### 2.1. Race venue

The Race Venue is located in Coimbra, with the swimming taking place at Rio Mondego.

### 2.2 Course familiarisation

#### Swim

You will be able to have a swimming course familiarisation in the Race “arena” on Saturday, September 19th from 14:45 to 15:30.

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

#### Bike

You will be able to have a bike course familiarisation in the Race “arena” on Saturday, September 19th at 14:00, with the help of the police, we will do 2 laps on the course. The traffic will be controlled and you should stay inside the “the safe zone” created by the police. The road has a lot of traffic during rush hours (7h-10h and 16h-19h) but it is possible to bike on the road. The athletes that want to train on the bike course will be at their own risk.

### 2.3. Athletes’ lounge

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

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

#### Entry Fees

Entry fee is 95€ Elite.

#### Bank Details

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

If you have any Entry fee queries, please contact:

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

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





### Athletes' Race Package

Athletes' race package will be distributed after the briefing at the Pavilhão Centro de Portugal.

### 2.5. Doping control

Doping control will take place adjacent to the Athletes' Lounge within the competition venue, in accordance with World Triathlon and WADA rules. Athletes selected for doping control must carry valid identification to the doping control station.

### 2.6. Security

Will be done by local police.

### 2.7. LOC office

The Race Office is located at [Praça da Canção](#) – and is open from Saturday, September 19th until Sunday, September 20th.

The Race Office will be open in different periods:

| DAY               | START | END   | ACTIVITY    | LOCATION                        |
|-------------------|-------|-------|-------------|---------------------------------|
| 19th<br>September | 09:00 | 12:00 | Race Office | <a href="#">Praça da Canção</a> |
| 19th<br>September | 15:00 | 19:00 | Race Office | <a href="#">Praça da Canção</a> |
| 20th<br>September | 07:00 | 10:30 | Race Office | <a href="#">Praça da Canção</a> |

## 3 Accommodation

For your stay in Coimbra, we recommend ibis Coimbra Centro, conveniently located next to the Mondego River and within walking distance of the historic city centre and the main points of interest. The hotel offers comfortable accommodation, free Wi-Fi, and a 24-hour reception, making it a practical choice for athletes, officials, and accompanying persons.

#### Contact Details

Address: Avenida Emídio Navarro, 70, Edifício Topázio, 3000-150 Coimbra, Portugal

Telephone: +351 239 852 130

Email: [H1672@accor.com](mailto:H1672@accor.com)

Website: [ibis Coimbra Centro in Coimbra - Photos & Reviews | ALL Accor](#)



## 4 Transfer and Transport

The Local Organising Committee (LOC) can arrange airport transfers for athletes and team officials from Lisbon Airport or Porto Airport.

All transfer requests must be submitted through the official Transfer Request Form available on the event website:

<https://coimbra-triathlon.federacao-triatlo.pt/#services>

All transfers will be operated by our transport partner, [Coimbra Tours & Transfers](#).

For further information or to submit a transfer request, please visit the event website or contact the Organising Committee.

## 5 Athletes' Services

### 5.1. Training facilities

#### SWIM

Local Swimming Pool.

<https://maps.app.goo.gl/MSAwwXxdyvzAJJoH9>

Two 50-metre swimming lanes will be available on 18 and 19 September, from 10:00 to 18:30, with a maximum capacity of 18 athletes per lane. Access is subject to prior reservation and confirmation by the Organising Committee via email at [coimbra-triathlon@federacao-triatlo.pt](mailto:coimbra-triathlon@federacao-triatlo.pt).

#### BIKE

Although the roads are open to traffic, most cycling routes around Coimbra offer good riding conditions, especially outside the city centre. The surrounding countryside features a wide variety of scenic roads with generally low to moderate traffic, making the area ideal for cycling.

The region offers a mix of flat sections along the river and rolling terrain, with more challenging climbs available if you head towards the surrounding hills. Whether you are looking for an easy ride or a more demanding route, there are plenty of options to choose from.

The route is not closed to traffic, and all participants are responsible for cycling safely and respecting the rules of the road.

#### RUN

The running course takes participants along the riverside promenade of the Mondego River and through the streets of Coimbra. The route combines flat sections by the river with the



unique atmosphere of the city's historic centre, offering a scenic and enjoyable running experience.

The route is not closed to traffic, and participants are responsible for following the instructions of the event staff and respecting local traffic regulations where applicable.

## 5.2. Medical services

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

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

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

## 5.3. Bike mechanical service

Bike partner. Schedules will be available soon.

# 6 Competition schedule

## 6.1. Elite Women

| Day        | Start | End   | Activity                                         | Location                    |
|------------|-------|-------|--------------------------------------------------|-----------------------------|
| 19th Sept. | 15:15 | 16:00 | Athletes' registration                           | Pavilhão Centro de Portugal |
| 19th Sept. | 16:00 | 17:00 | Athletes' briefing and Race Package Distribution | Pavilhão Centro de Portugal |
| 20th Sept. | 07:30 | 08:30 | Athletes' Lounge check in                        | Race Venue                  |
| 20th Sept. | 08:00 | 08:45 | TA check in                                      | Race Venue                  |
| 20th Sept. | 08:00 | 08:45 | Swim warm-up                                     | Race Venue                  |
| 20th Sept. | 08:50 | 09:00 | Calling area and Athletes' introduction          | Race Venue                  |
| 20th Sept. | 09:00 | ---   | Start                                            | Race Venue                  |
| 20th Sept. | 12:30 | ---   | Award Ceremony                                   | Race Venue                  |

## 6.2. Elite Men

| Day        | Start | End   | Activity                                         | Location                    |
|------------|-------|-------|--------------------------------------------------|-----------------------------|
| 19th Sept. | 15:15 | 16:00 | Athletes' registration                           | Pavilhão Centro de Portugal |
| 19th Sept. | 16:00 | 17:00 | Athletes' briefing and Race Package Distribution | Pavilhão Centro de Portugal |
| 20th Sept. | 09:30 | 10:30 | Athletes' Lounge check in                        | Race Venue                  |
| 20th Sept. | 10:00 | 10:45 | TA check in                                      | Race Venue                  |
| 20th Sept. | 10:00 | 10:45 | Swim warm-up                                     | Race Venue                  |
| 20th Sept. | 10:50 | 11:00 | Calling area and Athletes' introduction          | Race Venue                  |



|            |       |      |                |            |
|------------|-------|------|----------------|------------|
| 20th Sept. | 11:00 | ---- | Start          | Race Venue |
| 20th Sept. | 12:30 | ---- | Award Ceremony | Race Venue |

### 6.5. Competition rules

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

You can find all the information in <https://triathlon.org/documents>

### 6.6. Athletes' briefing

19th September - 16h00 - Briefing

#### **Pavilhão Centro de Portugal**

<https://maps.app.goo.gl/X8ff9EPhjG8tEzp1A>

### 6.7. Timing chips

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

### 6.8. Results

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

### 6.9. Protest & appeals

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

## 7 Accreditation

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

Accreditations will be distributed after the race briefing.

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

## 8 Other useful information

Could be and is not limited to:

### 8.1. Visa Procedure

Before flying to Portugal please be aware of the protocols and Visa requirements



applicable to different countries.

You can find all the information in <https://vistos.mne.gov.pt/>

## 9 Course maps



### SWIM COURSE

Start procedures: beach start.

Number of laps: 1 laps;

Average water temperature – 18 degrees

The swim course takes place in the calm waters of the Mondego River, providing athletes with a fast and controlled one-lap course in the heart of Coimbra.



*Elite - Swim Course Map*



### BIKE COURSE

The cycling course at the Coimbra Triathlon European Cup consists of 4 laps on a technical urban circuit through the streets of Coimbra. The course combines wide avenues, fast straights, and a series of technical turns that test athletes' bike-handling skills, speed, and endurance. The lap format creates an exciting race environment, requiring competitors to maintain consistent pacing and execute their race strategy throughout the event.



*Elite - Bike Course Map*

## RUN COURSE

In the Elite category, the running segment consists of 2 laps through the streets of Coimbra and along the riverside of the Mondego River. The course is predominantly flat and fast, offering athletes an excellent opportunity to maintain a strong pace while enjoying the unique atmosphere of the city. Two aid stations will be available along the course.



*Elite - Run Course Map*