

5º Quadrathlon of Terceira Island

Organization

The 5th Quadrathlon on Terceira Island, is an organization of the Angra Iate Clube, and has the endorsement of the World Quadrathlon Federation (WQF) and the collaboration and support of various entities such as the Regional Directorate of Tourism, Municipality of Angra do Heroísmo, 1st Garrison Regiment, Angra do Heroísmo, Angra Nautical Club, Best Of Healt Club Gym, Terceira Island Surf Association, Azorean cyclist Association, Terauto and some private individuals.

Date/Time and Place

The Terceira Island Quadrathlon will take place on March 18, 2023 in Angra do Heroísmo, on the beach, on the center of the city.

- 2:00 pm - Men's/Women's singles and Relays

Departure/start at Prainha beach next to the jetty and arrival/goal will be at Estrada Gaspar Corte Real, in front of the Jardim dos Corte Real garage door.

Distances

The Terceira Island Quadrathlon takes place in the sprint distance with 750 km of swimming, 4 km of kayaking, 15 km of mountain biking and a 5 km run.

Levels / Categories

- Male Absolute Overall
- Female Absolute Overall
- All WQF categories
- Relays
- Relays Kids

Relays may consist of a minimum of 2 and maximum of 4 elements. Male or female Minimum age for participation is 16 years old (individual) (2007 year of birth) and 8 years old (relays kids).

Registrations

On line - via e-mail sent to the club (angraiateclube@gmail.com), with the following data
Individual athletes - First and last name, date of birth, country, club and email, gender, and ID number

For relays – First and last name of each athlete and modality that will participate, club or team name and e-mail , id number.

Or up to 60 minutes before departure at the secretariat.

Fee

Individuals: 60€

Relays: 10€ (per athlete)

Note – the registration fee for both aspects includes the kayak and life jacked.

Swimming – 750 km - 2 laps, starting at the beach (sand) and counterclockwise.
At the end of the first lap, the athletes leave and re-enter the sea, to carry out the second lap.

Kayak – 4 kms - 2 Turns, and it will be anti-clockwise.

MTB – 15 km (2 laps), with a return point, next to the transition park.

Throwing rubbish on the floor is not allowed. The penalty is disqualification. (gels, bars and others)

These own supplements must be presented by the athletes at the secretariat when registering.

The contour of the return points (cone) is carried out in an anti-clockwise direction.

Run – 5 km (5 Laps) - Each lap 1 km

The outline of the return points (cones) is carried out in an anti-clockwise direction.

Two return points - A return point next to the nautical club to another next to the transition park. (PT)

Relays kids

Canoeing – 1 lap

MTB – 1 lap

Race – 1 lap

The start will take place when the first individual athlete and/or relay starts the canoeing segment.

Supply Locations

Next to the Transition Park.

In the MTB segment there is no supply.

There are showers nearby after the competition. (Prainha cold water, at the AIC headquarters, Porto das Pipas, hot water)

Race Secretariat / Briefing

Brefing – March 18th at 1:30 pm – Next to the Corte Reais building

It will be installed next to the transition park in the Corte Reais building between 12:00 pm and 1:30 pm.

Check in

The opening of the transition park for the technical inspection of the bicycle and other equipment will start at 12:00 pm and close at 1:30 pm.

Athletes must be duly equipped and with the dorsal.

Check-out

After the competition, athletes will be able to pick up their sports equipment from the transition park in the presence of the park judge, showing their bib/back after the arrival of the last athlete, from the cycling segment.

The time limit for carrying out the respective survey will be 20 minutes after the last athlete has completed the race.

Rules

The rules in force in the Regulations of the World Quadriathlon Federation (WQF) are adopted, as well as this regulation, being the responsibility of the athletes to know and respect the same, as well as to comply with the instructions of the judges and those responsible for the event.

Mandatory athletes will have to compete equipped with a jersey or top throughout the race.

- **SWIMMING** - Each competitor is responsible for complying with and knowing the course, namely in complying with the previously announced number of laps.

Changing/impairing another athlete's progression (sink, grab, pull, etc.) is not allowed.

The numbers will be marked on the arms and legs of the athletes, in case of need, the athletes will have to inform their dorsal number.

- **KAYAK** - Riding on the wave, side and back of the opponent is allowed. In buoys, the athlete who is inside (closest to the buoy) has priority.

Athletes must row in a straight line between the buoys.

- It is mandatory to use a life jacket, properly placed.
- Athletes can only start this segment after the vest is in place.

Any inappropriate or unsportsmanlike conduct will result in the disqualification of the athlete.

- The organization will provide the kayaks and vest to the participating athletes, the kayak will be the only model (nelo 510).

- The paddle is the responsibility of each athlete.

- **BICYCLE** – Riding on a wheel is allowed.

It is mandatory to wear a hard helmet fastened along the entire length of the route, until the bicycle is placed on the support.

It is mandatory to use a bib placed in a very visible position.

Each competitor is responsible for complying with and knowing the course, namely in complying with the previously announced number of laps.

Athletes undertake to respect traffic rules and the instructions given by security agents and members of the organization.

Athletes will be able to repair faults on their bike, they cannot get outside help on their own.

They may have spare wheels in the PT (transition park)

Throwing rubbish on the floor is not allowed. The penalty is disqualification.

- The bicycle is the responsibility of the athlete.
- **RUNNING** - Each competitor is responsible for complying with and knowing the route, namely in terms of complying with the previously announced number of laps.

Omitted cases will be resolved by the judges and organization.

Protests

Protests can be made by all sports agents directly involved.

They will be present to the members of the judges, up to 15 minutes, after the publication of the official provisional results.

The protests are made in writing and delivered, accompanied by a fee of €20.00 euros to the organization member, who will receive it noting the time of reception.

The fee will always be refunded if the protest is decided favorably.

Prizes

- 1st 2nd 3rd Overall Absolute Men
- 1st 2nd 3rd Overall Absolute Female
- 1st 2nd 3rd All WQF tiers
- 1st 2nd 3rd Scaffolds
- 1st 2nd 3rd Relay Kids

Accident Insurance

This competition does not have personal accident insurance.

Contacts

Angra Iate Clube
Porto das Pipas S/n
9700- 154 Angra do Heroísmo
angraiateclube@gmail.com
295216530

Pedro Bartolomeu
924482451 email – pbartolomeu@gmail.com