

STARMAN PORTUGAL ALENTEJO 2024

RULES

ORGANIZATION

- STARMAN Portugal - Alentejo is organized by the company NTREVENTS, in partnership with the municipalities of Reguengos de Monsaraz, Mourão, Portel and with CIMAC and Dark Sky Alqueva. The race has the technical support of the Portuguese Triathlon Federation.
- It consists of an open race, with olympic and middle distance, according to the following timetable:

FRIDAY: July 12, 2024	
10:00 a.m. to 10:00 p.m.	STARMAN Portugal-Alentejo Secretariat (Portel – TBD)
SATURDAY: July 13, 2024	
10:00 a.m. to 6:00 p.m.	STARMAN Portugal-Alentejo Secretariat (Portel – TBD)
6:00 p.m. to 7:00 p.m.	Technical briefing of STARMAN Portugal-Alentejo (Portel – TBD)
9:00 p.m. to 10:30 p.m.	Check in - Technical verification and placement of the material in the Transition Area 2
9:45 p.m. to 11:00 p.m.	Check in - Technical check and placement of the material in the Transition Area 1
9:45 p.m. to 11:30 p.m.	Period to collect athletes' bags (Reguengos de Monsaraz - Beach – PT1) for the Finish Line
11:30 p.m.	Concentration of the athletes of the Olympic Distance and Middle Distance in the starting zone (Reguengos de Monsaraz – Beach)
SUNDAY: July 14, 2024	
00:00 a.m.	Start of STARMAN Portugal – Alentejo – Middle Distance
00:30 a.m.	Start of STARMAN Portugal – Alentejo – Olympic Distance
03:00 a.m. to 10:00 a.m.	Check out - Collection of equipment and materials from the Transition Park - Athletes will be able to access and pick up their PT material, displaying their bib number and handing over the chip at the exit of the transition park
02:30 a.m.	Estimated arrival of the 1st athlete – Olympic distance
04:30 a.m.	Estimated arrival of the 1st athlete – Middle distance
8:30 a.m.	Prediction of the End of the race
1:30 p.m.	Awards ceremony – Mourão

- It is recommended, for the swimming segment, the use of clear or transparent swimming goggles.

- Athletes must comply with the recommendations for this period, namely:

- a) In cycling, it is mandatory to use a front light on the bike, with a minimum power of 400 lumens (recommended 600) and the use of a red rear light (recommended 100 lumens);
 - b) Athletes will not be allowed to ride the wheel ("non drafting") in both distances;
5. It is recommended to take a second kit of lights, batteries or new batteries for cycling, and in case the athlete runs out of lights during the route to PT2, the athlete will be disqualified.
6. It is mandatory to use a front light, with a minimum power of 200 lumens, until sunrise (around 06:30 am).

PROCEDURES

- 7. At the time of registration for the race, athletes will have to indicate their telephone contact.
- 8. Upon arrival at the venue, athletes will have to pass through a checkpoint, where NTREVENTS will validate their participation, where each athlete will be given a wristband that must be kept until the end of the event.
- 9. There will be a place for athletes to store their backpacks or other individual equipment;
- 10. On July 10, the organization will publish the Start List on the race website;

LOCAL

- 11. The event will be spread over the municipalities of Reguengos de Monsaraz, Mourão and Portel, with the main locations to be identified as follows:

AREAS	LOCAL	GPS COORDINATES
RACE OFFICE BRIEFING	Portel - TBC	TBC

AREAS	LOCAL	GPS COORDINATES
START	Reguengos de Monsaraz – River Beach	38°26'08.7"N 7°21'06.3"W
TRANSITION 1	Reguengos de Monsaraz – River Beach	38°26'08.7"N 7°21'06.3"W
TRANSITION 2	Reguengos de Monsaraz – Muncipal Swimming Pool	38°25'51.2"N 7°31'58.6"W
FINISH LINE	Reguengos de Monsaraz Reguengos Monsaraz Municipality	38°25'28.8"N 7°32'05.8"W
AWARD CEREMONY	Mourão - TBC	TBC

The organization ensures parking in several venues of the race:



AREAS	LOCAL	GPS Coordinates
TRANSITION 1	Reguengos de Monsaraz – River Beach	38°26'08.6"N 7°21'05.5"W
TRANSITION 2	Reguengos de Monsaraz – Municipal Swimming Pool	38°25'51.2"N 7°31'58.6"W
FINISH LINE	Reguengos de Monsaraz Municipality	38°25'29.6"N 7°32'06.9"W

Athletes must deliver their bag by 11:30 pm at the exit of Transition Area 1, which will then be delivered at the end of the race. If the athletes want to travel from Transition Area 1 to the start wearing flip-flops, they must give the staff the flip-flops at the starting line, along with an identified bag (given to the athlete by the organization at check-in) with the bib number.

The place for bathing will be at the Municipal Swimming Pool of Reguengos de Monsaraz.

REGISTRATIONS

12. Participation in the different competitions is open to all interested parties, according to the following requirements:

RACE	DISTANCE	ADMISSION
STARMAN Portugal Alentejo	Olympic Distance	Juniors, Age Groups and Paratriathlon
		Relay 2 elements
		Relay 3 elements
	Middle Distance	Juniors, Age Groups and Paratriathlon
		Relay 2 elements
		Relay 3 elements

13. Registrations must be made through the BOL website, **according to the following calendar and registration fees:**

Until March 31st

RACE	DISTANCE	PRICE
Individual	Olympic Distance	65 €
Relay 2-Elements	Olympic Distance	85€
Relay 3-Elements	Olympic Distance	114€
Individual	Middle Distance	100 €
Relay 2-Elements	Middle Distance	120 €
Relay 3-Elements	Middle Distance	150 €

In registrations where non-federated athletes are included, 15€ per athlete is added to the daily fee. This cost will be charged upon delivery of the athlete's kit to the race office. In the case of federated athletes, they must enter the license number.

From April 1st to June 30th

RACE	DISTANCE	PRICE
Individual	Olympic Distance	75 €
Relay 2-Elements	Olympic Distance	95€
Relay 3-Elements	Olympic Distance	123€
Individual	Middle Distance	110 €
Relay 2-Elements	Middle Distance	130 €
Relay 3-Elements	Middle Distance	160 €

In registrations where non-federated athletes are included, 15€ per athlete is added to the daily fee. This cost will be charged upon delivery of the athlete's kit to the race office. In the case of federated athletes, they must enter the license number.

From July 1 to 8

RACE	DISTANCE	PRICE
Individual	Olympic Distance	85 €
Relay 2-Elements	Olympic Distance	105€
Relay 3-Elements	Olympic Distance	135€
Individual	Middle Distance	120 €
Relay 2-Elements	Middle Distance	150 €
Relay 3-Elements	Middle Distance	180 €

In registrations where non-federated athletes are included, 15€ per athlete is added to the daily fee. This cost will be charged upon delivery of the athlete's kit to the race office. In the case of federated athletes, they must enter the license number.

Last minute (race office)

RACE	DISTANCE	PRICE
Individual	Olympic Distance	105 €
Relay 2-Elements	Olympic Distance	125€
Relay 3-Elements	Olympic Distance	156€
Individual	Middle Distance	140 €
Relay 2-Elements	Middle Distance	170 €
Relay 3-Elements	Middle Distance	210 €

In registrations where non-federated athletes are included, 15€ per athlete is added to the daily fee. This cost will be charged upon delivery of the athlete's kit to the race office. In the case of federated athletes, they must enter the license number.

14. You should read the terms and conditions on the website starmanportugal.com
15. Registrations will not be accepted after the registration deadline;
16. **Registration through the BOL platform is considered effective if, until 11:59 p.m. on July 8, the payment is made and the participant's telephone number is indicated;**
17. For the purposes of participation, only paid registrations will be considered.
18. Registration for the race includes:
 - Participation and classification
 - Finisher's T- Shirt
 - Finisher's Medal
 - Cap for swimming and glowstikes
 - Race bib number and chip (to be returned at the end of the race, at check-out, in the Transition Area)
 - Supplies (solid and liquid)
 - Personal Accident Insurance

19. By registering, the user automatically declares to be in agreement with the following term of responsibility:
- You have read and agree with the STARMAN Portugal-Alentejo Rules, available on the race website;
 - Is aware of his/her state of health and of being physically and psychologically capable to participate;
 - Assume that you will not participate in the race if your health conditions change after registration;
 - By participating in the race, you authorize, free of charge and unconditionally, that the organization and the partners of the race use your image. By this instrument, you assign all rights to use your image, as captured in photographs and filming that will take place during the tests, renouncing the receipt of any amount that may be earned with its disclosure in support communication pieces;
 - Participate in the race of your own free will, exempting the organization, partners, directors, employees and other companies linked to the organization of the event from any liability resulting from my participation in the race, before, during and after it (e.g. loss of personal belongings due to theft or other circumstances).
20. The cancellation of registrations can be made by the user according to the following conditions and deadlines:
- a) Until March 31, 2024: refund of the registration fee (10% of the amount will be retained for administrative costs);
 - b) Until June 30, 2024: refund of half of the registration fee (50%);
 - c) From 1 July 2024: non-refundable.
21. The cancellation or postponement of the STARMAN Portugal - Alentejo race may happen due to constraints external to the organization such as pandemic situations, natural disasters, strikes, demonstrations, impossibility of using traffic routes, government restrictions, among others.
22. If the event is postponed to a date in the same calendar year, you can choose the following options:
- a) Maintain the registration for the new date in the same calendar year;
 - b) Request postponement to the next edition;
 - c) Request a refund of the registration within 72 hours from the communication by the organizer (10% of the amount will be retained for administrative costs).
- If the user does not comment, his/her registration will be maintained for this edition.
23. If the event is cancelled and does not take place in the scheduled calendar year, the user can choose the following options:
- a) Request postponement to the next edition;
 - b) Request a refund of the registration within 72 hours from the communication by the organizer (10% of the amount will be retained for administrative costs).
- If the user does not respond, his/her registration will be maintained for the next edition.
24. If you have any difficulty in the registration process, please contact BOL:
- E-mail: ajuda@bol.pt

AGE GROUPS (DISTANCES)

25. Participation in the race is based on the age groups and classes defined in these Regulations, according to the year of birth of the athletes.

STARMAN Portugal Alentejo – Olympic Distance	
JUNIORS (born between 2005 and 2006)	<p>Swimming: 1,500m (1 lap)</p> <p>Cycling: 40,000m (1 lap)</p> <p>Run: 10,000m (1 lap)</p>
AGE GROUP 20-24 (born in 2000 and 2004)	
AGE GROUP 25-29 (born in 1995 and 1999)	
AGE GROUP 30-34 (born in 1990 and 1994)	
AGE GROUP 35-39 (born in 1985 and 1989)	
AGE GROUP 40-44 (born in 1980 and 1984)	
AGE GROUP 45-49 (born in 1975 and 1979)	
AGE GROUP 50-54 (born in 1970 and 1974)	
AGE GROUP 55-59 (born in 1965 and 1969)	
AGE GROUP 60-64 (born in 1960 and 1964)	
AGE GROUP 65-69 (born in 1955 and 1959)	
AGE GROUP 70-74 (born in 1950 and 1954)	
AGE GROUP 75-79 (born in 1945 and 1949)	
PARATRIATHLETES	

STARMAN Portugal Alentejo – Middle Distance	
JUNIORS (born between 2005 and 2006)	<p>Swimming: 1,900m (1 lap)</p> <p>Cycling: 90,000m (1 lap)</p> <p>Run: 21.100m (2 laps)</p>
AGE GROUP 20-24 (born in 2000 and 2004)	
AGE GROUP 25-29 (born in 1995 and 1999)	
AGE GROUP 30-34 (born in 1990 and 1994)	
AGE GROUP 35-39 (born in 1985 and 1989)	
AGE GROUP 40-44 (born in 1980 and 1984)	
AGE GROUP 45-49 (born in 1975 and 1979)	
AGE GROUP 50-54 (born in 1970 and 1974)	
AGE GROUP 55-59 (born in 1965 and 1969)	
AGE GROUP 60-64 (born in 1960 and 1964)	
AGE GROUP 65-69 (born in 1955 and 1959)	
AGE GROUP 70-74 (born in 1950 and 1954)	
AGE GROUP 75-79 (born in 1945 and 1949)	
PARATRIATHLETES	

DESCRIPTION OF THE ROUTES

26. The race will have the following routes:

Olympic Distance

Segment	Description
Swimming	1 lap of 1500m, held at Reguengos Beach. Departure on the sand with Australian departure
Cycling	Line route, with 40km, carried out between the municipalities of Reguengos de Monsaraz and Mourão, with a return at the first roundabout in Mourão (Roads closed to traffic).
Race	10 km in the vicinity of the Municipal Swimming Pool of Reguengos de Monsaraz, and <i>the end</i> of the race next to the Municipality of Reguengos de Monsaraz (Roads closed to traffic).

Middle Distance

Segment	Description
Swimming	1 lap of 1900m, held at Praia de Reguengos. Departure on the sand with Australian departure
Cycling	Line route, with 90km, made between the municipalities of Reguengos de Monsaraz, Mourão and Portel, with a return at the first roundabout after Praia da Amieira, towards Portel (Roads closed to traffic).
Race	21.1 Km (2-lap course) in the vicinity of the Municipal Swimming Pool of Reguengos de Monsaraz, and <i>end</i> of the race next to the Municipality of Reguengos de Monsaraz (Roads closed to traffic).

AID STATIONS

27. The event will include supplies in the following locations:

Race	Distance	Aid Stations
STARMAN Portugal - Alentejo	Olympic	Cycling – (20 KM)
		Beginning of the run course
		Run – (1.6 KM > 3.6 km > 5 KM > 7 KM > 9 KM)
		Recovery Zone

Race	Distance	Aid Stations
STARMAN Portugal - Alentejo	Middle	Ciclismo (20 KM > 39 KM > 58 KM > 68 KM > 87 KM)
		Beginning of the run course
		Run (1.6 KM > 3.6 KM > 5 KM > 7 KM > 9 KM > 11 KM > 13 KM > 15 KM > 16.36 KM > 18.35 KM > 20,36 KM)
		Recovery Zone

28. The aid stations will be communicated on the website, social networks and the race office.

GENERAL LIABILITY RULES

29. The rules in force in the Technical Regulation of the Portuguese Triathlon Federation are adopted, and it is the responsibility of the athletes to know and respect it, as well as to comply with the instructions of the referees and those responsible for the race.
30. Participation in the race must be covered by the sports insurance provided for in the Law (Personal Accidents).
31. In case of lack of any of the identifying elements (bib, bicycle number or chip), athletes can compete for a non-refundable fee of €15.

Segment	Rules
Swimming	<ul style="list-style-type: none"> - Each athlete is responsible for the fulfillment/knowledge of the respective course and number of laps, previously announced; - All means of artificial propulsion or suction are prohibited. - It is mandatory to wear "glow sticks" (provided by the organization) attached to the glasses or cap; - Athletes must wear a cap provided by the organization, on the swimming course, to the Transition Park; - The use of a swimming buoy, used in open water events, without light, is allowed; - The use of an isothermal suit is mandatory (when mandatory it must at least cover the torso), if the water temperature is below 15.9º C and prohibited in the following cases: Olympic Distance – Juniors - if the temperature is equal to or greater than 20ºC Olympic Distance – Age Groups – if the temperature is equal to or greater than 22ºC Middle Distance – Juniors - if the temperature is equal to or greater than 22ºC Medium Distance – Age Groups – if the temperature is equal to or greater than 24.6ºC

Segment	Rules
Cycling	<ul style="list-style-type: none"> - It is not allowed to ride on the wheel and the rules corresponding to a "non-drafting" event apply in both distances; - It is mandatory to use a front light on the bike, with a minimum power of 400 lumens (600 recommended); - It is not allowed to use the light in strobe mode at the front and rear; - The use of a red rear light is mandatory (recommended 100 lumens); - It is mandatory to wear a rigid helmet buckled along the entire length of the route, until the bike is placed on the rack; - It is mandatory to wear a bib number placed on the back and in a clearly visible place; - Each athlete is responsible for the fulfillment (knowledge) of the respective course, namely in the fulfillment of the number of laps previously announced.

Segment	Rules
Cycling	<ul style="list-style-type: none"> - Each athlete is responsible for their bike, and it is not possible to receive any kind of help from outside the organization (<i>authorized bike mechanic</i>) for its repair; - Although traffic is closed, athletes are obliged to respect the traffic rules and the instructions given by the security officers.

Segment	Rules
Race	<ul style="list-style-type: none"> - It is mandatory to wear a bib in the front area, clearly visible. - It is mandatory to use a front light, with a minimum power of 200 lumens. - Each athlete is responsible for the fulfillment (knowledge) of the respective course, namely in the fulfillment of the number of laps previously announced. - It is forbidden to accompany the athletes by any other person who is not in competition and by any vehicle authorized or not by the organization.

See current regulations at: <http://www.federacao-triatlo.pt/ftp2015/a-federacao/estatutos/>

CLASSIFICATION

32. The event will publish the following rankings:

Race	Classification
Starman Portugal-Alentejo Olympic Distance	<ul style="list-style-type: none"> - Absolute classification by gender - Age and gender groups classification - Classification by relay (2 and 3 elements) - Classification by category in Paratriathlon

Race	Classification
Starman Portugal-Alentejo Middle Distance	<ul style="list-style-type: none"> - Absolute classification by gender - Age and gender groups classification - Classification by relay (2 and 3 elements) - Classification by category in Paratriathlon - Men's team classification (4 elements) - Women's team classification (3 elements)

PROTESTS

33. Protests may be made by all sports agents directly involved, in accordance with the following:
- They must be presented to the Head Referee within 15 minutes of the publication of the Provisional Official Results;
 - Protests are made in writing and delivered, accompanied by a fee of €25, to the Head Referee or the Technical Delegate to the event, who will receive it by noting the time of receipt;
 - The fee will be refunded if the protest is decided favorably.

COMPETITION JURY

34. It will consist of three individuals to be announced at the secretariat, namely the Technical Delegate to the Race, a representative of the FTP and a representative of the Local Organizer.

AWARDS

35. Individual trophies **will be awarded** according to the tables below:

Olympic and Middle Distance						
Absolute	Male			Female		
	1st	2nd	3rd	1st	2nd	3rd
Teams	1st	2nd	3rd	1st	2nd	3rd
Age Groups/Age Groups	Male			Female		
	Junior	1st	2nd	3rd	1st	2nd
Age Group 20-24	1st	2nd	3rd	1st	2nd	3rd
Age Group 25-29	1st	2nd	3rd	1st	2nd	3rd
Age Group 30-34	1st	2nd	3rd	1st	2nd	3rd
Age Group 35-39	1st	2nd	3rd	1st	2nd	3rd
Age Group 40-44	1st	2nd	3rd	1st	2nd	3rd
Age Group 45-49	1st	2nd	3rd	1st	2nd	3rd
Age Group 50-54	1st	2nd	3rd	1st	2nd	3rd
Age Group 55-59	1st	2nd	3rd	1st	2nd	3rd
Age Group 60-64	1st	2nd	3rd	1st	2nd	3rd
Age Group 65-69	1st	2nd	3rd			
Age Group 70-74	1st	2nd	3rd			
Age Group 75-79	1st	2nd	3rd			
Paratriathlon	By Class					
RELAYS	2 ELEMENTS			3 ELEMENTS		
	1st	2nd	3rd	1st	2nd	3rd

OTHER INFORMATION

36. The physical fitness of the athletes will be responsible for the clubs, the entities that register them or the athlete himself, and the Organization is not responsible for any accidents that may occur before, during and after the race, and arrangements will be made for effective assistance during the course of the race.
37. The athlete undertakes to respect the indications of the members of the Organization placed along the race routes.

38. Areas are provided for the control of the passage of the athletes, and those who do not complete all the routes of the race will be disqualified.
39. Toilets will be made available in the start, transition, return from cycling and running area and at the finish line.
40. Changing rooms will be available at the end of the race.

OMISSED CASES

41. Cases omitted from the Regulation of the Portuguese Triathlon Federation will be resolved by the Technical Delegate to the race.