



REGULATION

#Build your legacy

VERY IMPORTANT

By registering you are fully in agreement with this regulation.

ORGANIZATION

Estrela Xtreme Triathlon® is the result of a partnership between the promoters, the Municipality of Manteigas and the Municipality of Gouveia. This year the test has a new distance and will take place in the Serra da Estrela Natural Park. Swimming will take place in Lagoa do Vale do Rossim, with departure and arrival next to the restaurant of the lagoon enclosure. The cycling route consists of 1 lap, with transition (T1) in Lagoa do Vale do Rossim and arrival at the Transition park (T2) located in Parque da Várzea - Manteigas.

RACES

Estrela Xtreme Triathlon® (EXT)

Swimming

Triangular route of 1 to 2 laps totalling 2.00kms, held in Lagoa do Vale do Rossim and the transition park (T1) will be installed in the parking lot in Lagoa do Vale do Rossim

Cycling

The cycling route starts at the transition park (T1) located in Lagoa do Vale do Rossim and ends at the transition park (T2) located at Parque da Várzea. In The route is carried out in one lap, being divided into 5 sections:

- 1º Section - Rossim Valley - Penhas Douradas - National Road EN232 - São Sebastião Forest Road - Manteigas.
- 2º Section - Manteigas National Road EN338 - Glacier Valley - National Street EN339 – Tower.
- 3º Section - Tower - National Road EN339 - Sabugueiro
- 4º Section - Sabugueiro - Municipal Road CM1125 - EN232 - Gouveia
- 5º Section - Gouveia Municipal Road CM1112 - Estrada Caminho Natura - National Road EN232 Várzea Park.

In terms of altimetry, the cycling route has a total of 2,600 metres of ascent.

Run

The race course has departure and arrival at the transition park (T2) located in Várzea Park, consists of 1 lap, and makes a total of 21.0km.

The route is mostly carried out on roads and roads with moments on forest trails, with an total ascent of 900 metres. The running course has an average degree of technical difficulty.

EXT Program

Friday, September 29:

14h00 - 21h00 - Bib Collection in the Várzea Park - Manteigas

Saturday, September 30:

06h00 - 7h30 - Bib pick up next to the Transition Park (T1)

06h00 - 07h00 - Check-in for the EXT technical verification, placement of the material and electronic registration of athletes at the Transition Park; obligatorily all athletes will have to present themselves properly equipped;

07h35 - Time limit for triathletes in the Transition Park

07h35 - 07h50 - Warm up in Lagoa do Vale do Rossim

07h55 - Alignment of triathletes

08h00 - EXT Departure

09h00 - Time limit to finish the EXT swimming segment

11h30 - Time limit for passage in the control located in Torre da Serra da Estrela (km 36.0) (EXT)

15h30 - Time limit to start the EXT run segment

18h30 - Time limit to finish the EXT run segment

19h00 - Closing. Podiums ceremony and dinner

Locations

The coordinates for the locations of the Transition Zones and logistics of the race are:

(T1): 40.401326, -7.587539 - Lagoa Vale do Rossim

(T2): 40.403133, -7.524522 - Várzea Park - Manteigas

Finish Line: 40.403133, -7.524522 – Várzea Park – Manteigas

Bib Collection: 40.403133, -7.524522 - Várzea Park - Manteigas

Closing ceremony and delivery of podiums: 40.403133, -7.524522 - Várzea Park - Manteigas

Estrela Xtreme Standard Triathlon® (EXST)

Swimming

Triangular route of 1 lap totalling 1.0kms, carried out in Lagoa do Vale do Rossim and the transition park (T1) will be installed in Lagoa do Vale do Rossim.

Cycling

The cycling route starts at the transition park (T1) located in Lagoa do Vale do Rossim and ends at the transition park (T2) located Várzea Park. The route is made one lap, being divided into 2 sections:

1ª Section - Rossim Valley - Gouveia - National Road EN232.

2ª Section - Gouveia Municipal Road CM1112 - Estrada Caminho Natura - National Road EN232 Várzea Park.

In terms of altimetry, the cycling route has a total of 1,000 metres of total ascent.

Run

The race course has departure and arrival in the transition park (T2) located in Várzea Park, consists of 1 lap, and makes a total of 15.0km.

The route is mostly carried out on roads and roads with moments forest trails, with an accumulated of 600 metres D+. The running course has an average degree of technical difficulty

EXST Program

Friday, September 29:

14h00 - 21h00 - Bib pick up in the Várzea Park - Butters

Saturday, September 30:

06h00 - 7h30 - Bib pick up next to the Transition Park (T1)

06h00 - 07h00 - Check-in for EXST - technical check, placement of material and electronic registration of athletes in the Transition Park; mandatory all athletes will have to present themselves properly equipped;

07h35 - Time limit for triathletes in the Transition Park

07h35 - 07h50 - Warm up in Lagoa do Vale do Rossim

07h55 - Alignment of triathletes

08h00 - EXST departure

08:45 - Time limit to finish the EXST swimming segment

13:45 - Time limit to start the EXST run segment

17:30 - Time limit to finish the EXST run segment

19:00 - Closing. Podiums ceremony and dinner



Locations

The coordinates for the locations of the Transition zones and logistics of the race are:

(T1): 40.401326, -7.587539 - Lagoa Vale do Rossim

(T2): 40.403133, -7.524522 - Várzea Park - Manteigas

Finish Line: 40.403133, -7.524522 – Várzea Park – Manteigas

Bib collection: 40.403133, -7.524522 - Várzea Park - Manteigas

Closing and podiums ceremony: 40.403133, -7.524522 - Várzea Park - Manteigas

Estrela Xtreme Triathlon® - Team Relay (EXT)

They will be composed of groups of 2 or 3 participants, who will fulfil the 3 segments of the race in the format of a Relay in the distance described from the Estrela Xtreme Triathlon® race, counting for the qualification of the classification the athlete who completes the race.

All athletes participating in the relays will have to respect the area of transmission of the testimonies under penalty of disqualification.

All the rules described in the segments are applicable for the Relay.

EXTT Program

Friday, September 29:

14h00 - 21h00 - Bib Pick up in the Várzea Park - Manteigas

Saturday, September 30:

06h00 - 7h30 - Bib pick up next to the Transition Park (T1)

06h00 - 07h00 - Check-in for EXTT - technical verification, placement of material and electronic registration of athletes in the Transition Park; all athletes must be properly equipped;

07h35 - Time limit for triathletes in the Transition Park

07h35 - 07h50 - Warm up in Lagoa do Vale do Rossim

07h55 - Alignment of triathletes

08h00 - Departure EXTT

09h00 - Time limit to finish the EXTT swimming segment

11h30 - Time limit for passage at the control located in Torre da Serra da Estrela (km 36.0) (EXTT)

15h30 - Time limit to start the EXTT run segment

18h30 - Time limit to finish the EXTT run segment.

19h00 - Dinner closing ceremony and delivery of podiums

Locations

The coordinates for the locations of the Transition zones and logistics of the test are:

(T1): 40.401326, -7.587539 - Lagoa Vale do Rossim

(T2): 40.403133, -7.524522 - Várzea Park - Manteigas

Finish Line: 40.403133, -7.524522 – Várzea Park – Manteigas

Bib pick up: 40.403133, -7.524522 - Várzea Park - Manteigas

Closing ceremony and delivery of podiums: 40.403133, -7.524522 - Várzea Park - Manteigas



Age groups

Male/Female Absolutes
< 35 years Male/Female
36 > 45 years Male/Female
> 46 years old Male/Female
Relay Team

EXT & EXT RELAY Aid Stations

Estrela Xtreme Triathlon® & Estrela Xtreme Team Relay Triathlon®

Cycling

Liquids: water and isotonic

Solids: gels, bananas

- Aid station at 26kms Covão D'Ametade 40.327870, -7.5 86812
- Aid station at 36kms Tower 40°19'19.0"N 7°36'44.9"W
- Aid station at 55kms Sabugueiro 40°24'07.7"N 7°38'23.6"W
- Aid Station at 74kms Gouveia 40.495605, -7.591201
- Aid station at 86kms 40.486382, -7.520619

Run

Liquids: water and isotonic

Solids: gels, bananas, oranges and dried fruits

- Aid station at 6.50kms Poço do Inferno 40.372757, -7.516652
- Aid station at 12.0kms São Pedro 40.357586, -7.544734
- Aid station at 17.0kms 40.389404, -7.531664

Finish line

Liquid and food reinforcement



EXST Aid Stations

Estrela Xtreme Standard Triathlon®

Cycling

Liquids: water and isotonic

Solids: gels, bananas

- Aid station at 20.0kms Gouveia 40,495605, -7.591201
- Aid station at kilometres 33.0kms 40,486382, -7.520619

Run

Liquids: water & isotonic

Solids: gels, bananas, oranges and dried fruits

- Aid station at 6.50kms Poço do Inferno 40.372757, -7.516652
- Aid station at 10.80kms 40.389404, -7.531664

Finish line

Liquid supply and food reinforcement

General Responsibility Rules

Participation in the test must be covered by the Sports Insurance provided for in the Law.

Rules Support Team

- Each athlete is allowed to have a support team, where only a duly accredited element can enter the transition park to assist the athlete and collect his equipment, without ever interfering/harming the other athletes.
- In the T1 park, the entry of the support element is only allowed, after the departure of the last athlete, or with the authorisation of the park manager.
- The athlete is allowed to be accompanied by a member of the team, duly accredited, in the run segment until the end.
- Only one duly accredited team member is allowed to help with the supplies designated for this purpose.
- The athlete is allowed to receive external support, outside the supply areas, only for bicycle repair.
- Support teams are obliged to respect the traffic rules and indications given by security agents and members of the organisation.



Swimming Rules

- Each triathlete is responsible for the fulfilment/knowledge of the respective route and number of laps, previously announced
- All means of artificial propulsion or aspiration are prohibited
- Triathletes must use the cap provided by the organisation on the swimming course, to the Transition Park.
- The use of a safety buoy is optional.
- The use of the isothermal suit will always be allowed.
- In the T1 park, the entry of the support element is only allowed, after the departure of the last athlete, or with the authorisation of the park manager.

Cycling Rules

- It is not allowed to "draft". The vacuum zone considered, where the triathlete who follows behind cannot remain, consists of a rectangle of 12 metres long by 3 metres wide. In case of overtaking, the triathlete may enter the vacuum zone of the opponent who follows in front of him. However, you will have a maximum of 20 seconds to cross this area - Article 7(b)² in point 3 of the Technical Regulation in force
- It is forbidden to "follow on the wheel" or "take advantage of the vacuum" of any vehicles, the organisation or others. The minimum bicycle/vehicle separation will be that of a rectangle with 35 X 5 metres, counted from the rear of the vehicle
- It is mandatory to wear a rigid helmet buckled along the entire length of the route, until the bicycle is placed on the support.
- It is optional/advisable to use front and rear signalling light, connected throughout the length of the route.
- It is mandatory to use a dorsal placed on the back and in a clearly visible place.
- The use of a mobile phone is mandatory.
- Each athlete is responsible for the fulfilment/knowledge of their course, namely in the fulfilment of the number of laps previously announced.
- The athlete can receive outside help to repair his bike.
- Triathletes are obliged to respect the traffic rules and the indications given by security agents.
- Only a duly accredited support element is allowed to enter the transition park (T2).

Running Rules

- It is mandatory to use a pectoral, placed in the frontal area, well visible.
- It is mandatory front, 500ml water tank, mobile phone and waterproof jacket.
- Each athlete is responsible for the fulfilment/knowledge of their course, namely in the fulfilment of the number of laps previously announced.
- Only a duly accredited support element is allowed to enter the transition park (T2) upon the athlete's arrival.

Rules for Relay Teams

- They will be composed of groups of 2 or 3 participants, who will comply with the 3 segments of the race in the format of a Relay, counting for the classification the athlete who completes the race.
- All athletes who participate in the relays will have to respect the transmission zone of the testimonies under penalty of disqualification.
- All the rules described in the segments are applicable in the relay version.

Chip

Athletes receive a chip from the organisation at the bib pick up.

The loss of the Chip implies the payment of a fee of €35.00

Classifications

Estrela Xtreme Triathlon® (EXT) & Estrela Xtreme Standard Triathlon® (EXST)

Male/Female Absolutes

< 35 years Male/Female

36 > 45 years Male/Female

46 years old Male/Female

Estrela Xtreme Team Relay Triathlon® (EXTT)

Relays: 1º, 2º and 3º

Note

For the purposes of classification and scoring of athletes in the ranks, the year of birth of the athlete will be considered, that is, the age that the athlete will have on December 31 of the current competitive season is considered.

Ex: An athlete who turns 45 on December 31, will be classified in rank 36 < 45.

Protests

They can be performed by all sports agents directly involved

They are present to the test director up to 15 minutes after the publication of the Provisional Official Results

The protests are made in writing and delivered, accompanied by a fee of €25, to the ACE

The fee will be returned if the protest is decided favourably



Prizes

Souvenir of participation for all triathletes.

Finisher medal for all triathletes who finish the race.

Individual trophies according to the point below designated of this regulation.

Enrolment Prices

Estrela Xtreme Triathlon® (EXT)

Until August 31, 2023

Federated: 80,0€

Non federated: 95.0€ - with insurance included

Until September 23, 2023

Federated: 95,0€

Non Federated: 110,0€ - with insurance included

Estrela Xtreme Standard Triathlon® (EXST)

Until August 31, 2023

Federated: 40,0€

Non Federated: 55,0€ - with insurance included

Until September 23, 2023

Federated: 55,0€

Non Federated: 70,0€ - with insurance included

Estrela Xtreme Triathlon® - Team Relay (EXTT)

Until August 31, 2023

Federated: 115,0€

Non Federated: 115,0€ - and adds 15,0€ for insurance per athlete

Until September 23, 2023

Federated: 130,0€

Non Federated: 130,0€ - and adds 15,0€ for insurance per athlete

The registration fee includes:

Dinner *

Participant kit with:

Dorsal (needs a belt to put on the dorsal)

Number for the bike

Numbers for the helmet (front, left side and right side);

Numbers for the transition baskets;

Number for the backpack;

Athlete bracelet**

Chip (see point of this regulation)

Cap

The values presented include dinner for the triathlete, which will be held on September 30, at 19:30, 40.403133, -7.524522 - Parque da Várzea - Manteigas

On the registration form, the triathlete must indicate whether or not he will be present at dinner.

Each triathlete can take companions to dinner and upon payment of €15.0 for each companion. The value of the companions will be added to the value of the registration and paid in a single ATM reference. If you want to add companions later, you should send an email to (geral@estrelaxtreme.pt)

**The athlete's bracelet is your passport. Always use it. Allows you to have full access to the transition zone

Enrolment method

On the official website of the race, at <http://www.estrelaxtreme.pt/>

Payment method

After registration on the official website of the test, an ATM reference will be generated that must be paid within a maximum of 72 hours. If the payment is not made within the defined period, the reference will lose validity and must make a new registration on the site to generate a new payment reference.

Trophies

Estrela Xtreme Triathlon® (EXT) & Estrela Xtreme Standard Triathlon® (EXST)

Male/Female Absolutes

< 35 years Male/Female

35 > 45 years Male/Female

46 years old Male/Female



Estrela Xtreme Triathlon® Team Relay (EXT)

Relays: 1º, 2º and 3º

The top three male and female classified, of the described levels and the first three teams of the relay, will receive a trophy.

Omitted cases

Cases omitted from the Estrela Xtreme Triathlon regulation will be resolved by the Director of the race.

Other indications

Athletes' passage control zones are provided for, and those who do not fulfil the entire course are disqualified.

By registering, the athlete ensures that he is aware of the state of health and is physically and psychologically qualified to participate. You also assume that you will not participate if your physical and psychological conditions change after enrolment.

The athlete undertakes to respect the indications of the members of the Organisation placed along the course.

It is forbidden to leave the race without notifying the organisation and have the appropriate authorisation, if it is in a time barrier in which the time has been exceeded the person responsible for the supply will inform the athlete where to go to get the transport to the goal.

Image rights

The organising entity reserves the exclusive right of audiovisual, photographic and journalistic exploitation of the event for later advertising use. The acceptance of this regulation implies, obligatorily, that the participant authorises the use of his image for the dissemination of the test in all its forms of communication.

Compulsory abandonment

The organisation's team may retain an athlete for brief moments or even remove him from the race if it considers that the athlete presents a state that jeopardises the physical integrity and safety of the athlete himself.

Weather

In case of adverse weather or natural disaster, the organisation reserves the right to neutralise the event, modify the route, time barrier times, departure and even cancel it.

In case of temporary stop or cancellation of the test, the organisation will be in charge of evacuating all participants still on the route.

Cancellation

The organisation can cancel the event, whenever it understands that the safety of the participants may be at stake. In case of cancellation there is no refund of the registration fee.

The organisation has the right to postpone/cancel the event under Law No.º 82/2021 of October 13, which provides for the prohibition of activities if the fire hazard is "too high" or "maximum".

Refund

Registrants may cancel their registration and will be entitled to 50% of it until July 15, 2023, except for administrative fees of €10.

From July 16, 2023, non-refundable.

It is the responsibility of each athlete to verify that the entire cancellation process was carried out correctly by contacting the company responsible for the registrations.

The official means of information of Estrela Xtreme Triathlon®

Website: <http://www.estrelaxtreme.pt/>

Email: geral@estrelaxtreme.pt

Facebook: <https://www.facebook.com/estrelaXtreme>

Instagram: https://www.instagram.com/estrela_xtreme_triathlon/