

# Junior's Athletes' briefing

August 03-2023



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast

# Welcome and Introductions



- Renato Bertrandi , Europe Triathlon President
- Herwig Grabner, Europe Triathlon board member
- Maryia Charkouskaya-Tarasevich, Team Leader
- Alpar Nagy, Europe Triathlon Technical Delegate
- Patrick Hendrickx, Europe Triathlon Technical Delegate
- Hüseyin Onur Aydemir, Europe Triathlon Assistant Technical Delegate / LOC Director
- Alexander Kochetkov , Head Referee
- Ljudmilla Medan, Head Referee

# Competition Jury



- Patrick Hendrickx ( chair)
- Bülent çendik (NF Representative)
- Herwig Grabner / Renato Bertrandi (Europe Triathlon Representative)



# Schedule and Timetables



## **THURSDAY 03/08**

17:30 – 17:45 Race pack pick-up (after athletes' briefing)

# Schedule and Timetables



## FRIDAY 04/08

### Junior Women

06:30 – 07:30	Athlete Lounge Open
07:00 – 08:00	TA Check in <u>ALL</u> Athletes
07:45 – 08:00	Jun Women – SF 1- Swim warm-up
08:03 – 08:08	Introduction
08:10	<b>Junior Women – SF 1</b>
08:20 – 08:35	Junior Women – SF 2- Swim warm-up
08:38 – 08:43	Introduction
08:45	<b>Junior Women – SF 2</b>
08:55 – 09:10	Junior Women – SF 3- Swim warm-up
09:13 – 09:18	Introduction
09:20	<b>Junior Women – SF 3</b>
11:30 – 12:00	Bike Check Out <u>All</u>
19:30 - 20:00	Race Pack distribution FINALS



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# Schedule and Timetables



## FRIDAY 04/08

### Junior Men

06:30 – 07:30	Athlete Lounge Open
07:00 – 08:00	TA Check in <u>ALL</u> Athletes
09:30 – 09:45	Jun Men – SF 1- Swim warm-up
09:48 – 09:53	Introduction
09:55	<b>Junior Men – SF 1</b>
10:05 – 10:20	Junior Men – SF 2- Swim warm-up
10:23 – 10:28	Introduction
10:30	<b>Junior Men – SF 2</b>
10:40 – 10:55	Junior Men – SF 3- Swim warm-up
10:58 – 11:03	Introduction
11:05	<b>Junior Men – SF 3</b>
11:30 – 12:00	Bike Check Out <u>All</u>
19:30 - 20:00	Race Pack distribution FINALS



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# Schedule and Timetables



<b>SATURDAY</b>	<b>04/08</b>	<b>Junior FINAL B Women- Men</b>
07:00 - 07:30		Race pack Finals distribution Finals
07:20 – 08:20		Athlete Lounge Open
07:50 – 08:50		TA Check in <u>ALL</u> Athletes
08:20 – 08:50		Junior Women – FINAL B- Swim warm-up
08:53 – 08:58		Junior Women – FINAL B- Introduction
09:00		<b>Junior Women – FINAL B</b>
09:10 – 09:25		Junior Men – FINAL B- Swim warm-up
09:28 – 09:33		Junior Men – FINAL B- Introduction
09:35		<b>Junior Men – FINAL B</b>
11:15 – 12:00		TA Bike Check Out <u>All</u>
18:00 - 18:30		Mixed Relay Briefing for Team Managers and Coaches - Team declaration
19:00 – 19:30		Medal Ceremony



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# Schedule and Timetables



<b>SATURDAY</b>	<b>04/08</b>	<b>Junior FINAL A Women- Men</b>
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07:50 – 08:50		TA Check in <b>ALL Athletes</b>
09:45 – 10:00		Junior Women – FINAL A- Swim warm-up
10:03 – 10:08		Junior Women – FINAL A- Introduction
10:10		<b>Junior Women – FINAL A</b>
10:20 – 10:35		Junior Men – FINAL A- Swim warm-up
10:38 – 10:43		Junior Men – FINAL A- Introduction
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11:15 – 12:00		TA Bike Check Out <b>All</b>
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# Race Pack Distribution



**ALL athletes/support team** must provide a picture ID to receive the package.

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day (including Sunday MR races)

## Athletes Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Bring your spare wheels to the Team Wheelstation
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- Only traditional handlebars ([clips-on to be removed](#))
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available

# Check-in procedures

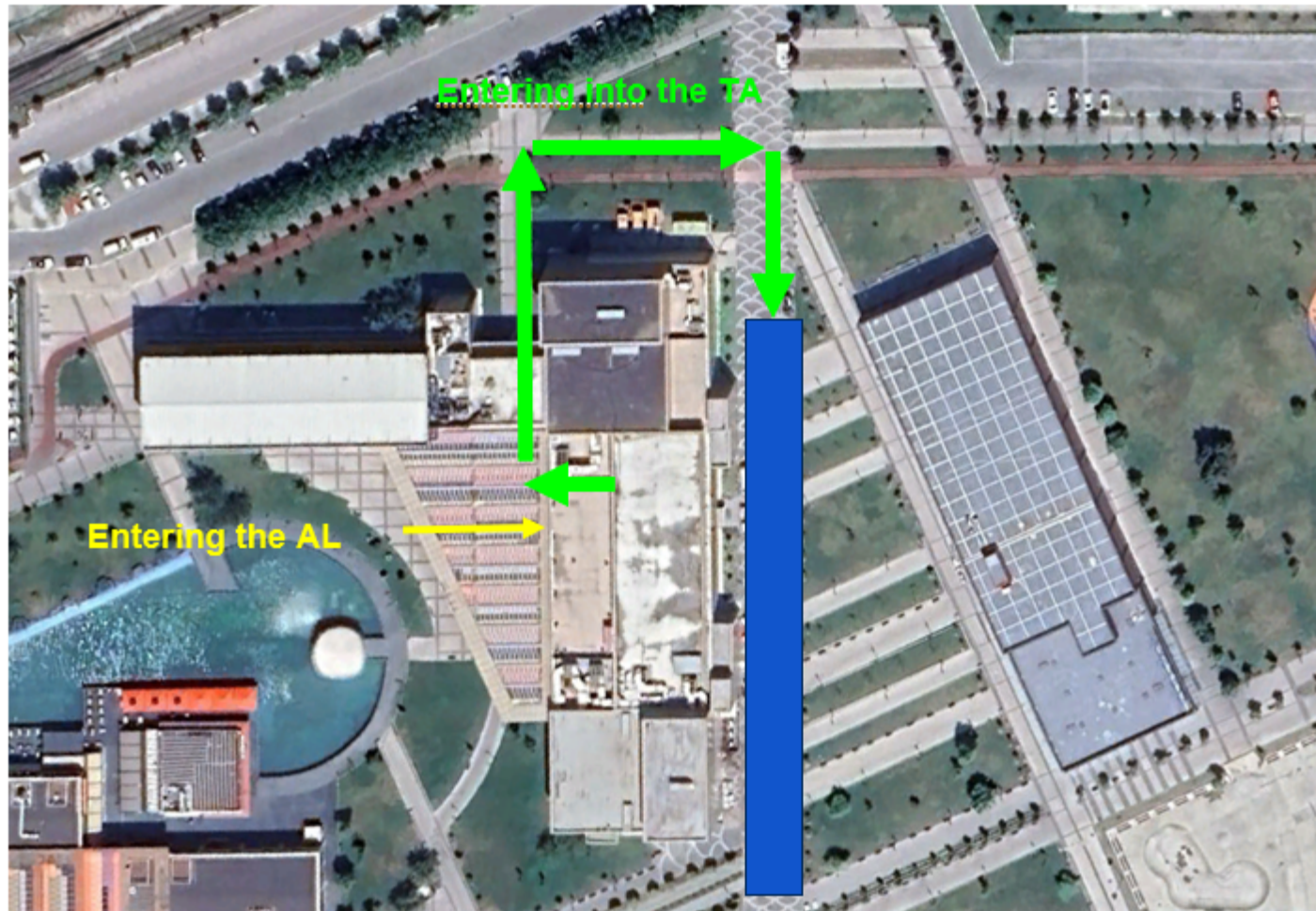


## Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 pc)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.



# Map Athletes' Lounge - Check-in procedures



# Check-in procedures



## Transition Area

- Helmet check - Don't leave your helmet fastened in the transition  
The athlete who misses to comply with this rule will receive a time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

## Athlete Introduction

- 10 minutes before start - line-up located beside the Canal
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

# Pre-start Procedures – Line-up map



## Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.

# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- Kayaks move in front of you
- Everyone goes back to her/his original start spot ( return to the pontoon swimming)

## Valid start with early starters

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

# The course



**Swim**      1 LAP, 270 m

**Bike**      3 LAP's , 8 km    1 lap =2,67 km

**Run**      2 LAP's    1,7 km      1 lap= 750 m + 200 m



# The course





# Swim course



- On 03-08 at 12:00:      Water: 25,5 °C  
                                 Air: 34 °C  
                                 WBGT: 30,1 °C
- Wetsuit not allowed
- 1 LAP , 270 m, Distance to the first turn buoy 255 m
- Take cap, goggles to transition into your box

**VERY HIGH**  
HEAT STRESS

## Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.

# Swim conduct



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

# Swim course map



# Transition Area

- Swim Exit to TA 110 m
- Traditional Bike Racks – two rows
- In case of individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Used equipment into the box
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.
- Mount line (**green**), Dismount line (**red**) {show location on map}

# Transition Flow



# Bike course



- 3 Lap's, total distance 8 km, 1 Lap= 2,68 km
- Hilly and technical
- 2 Wheel Stations
  - 1 Team wheel station
  - 1 Neutral wheel station
  - For locations see the map
- Lap Counter: at the startpoint of the lap out of the parking area)
- Littering Zones – at the wheel station
- Lapped athletes are out of the race
- First runner – last biker scenario at the start of TA



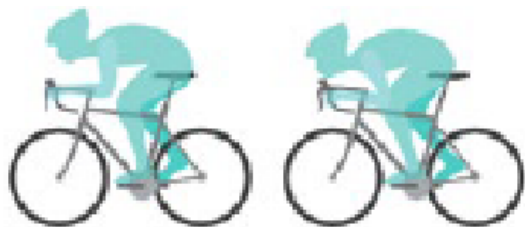
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# Riding position

OK



NOT OK



Only ok in  
draft illegal  
event



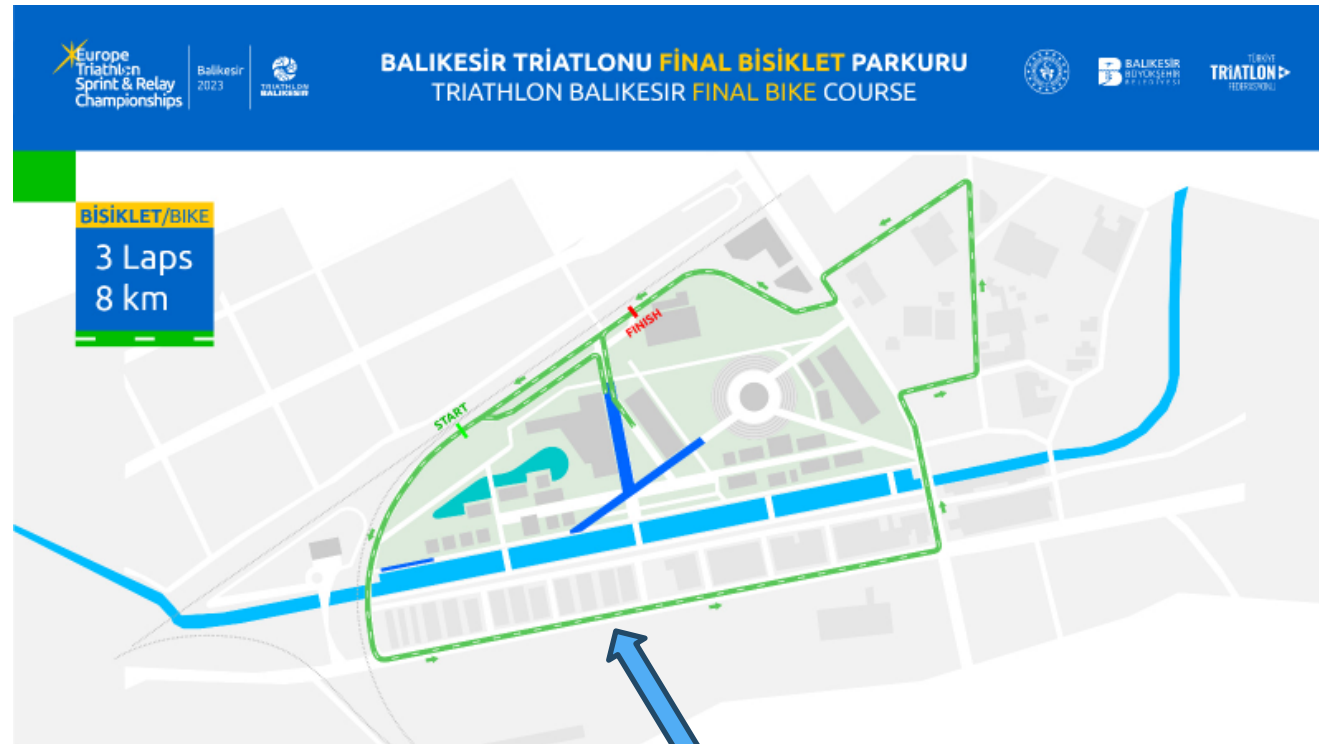
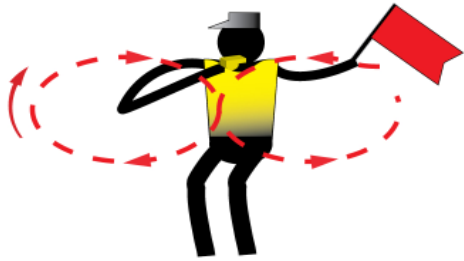
## Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

# Bike Course Map

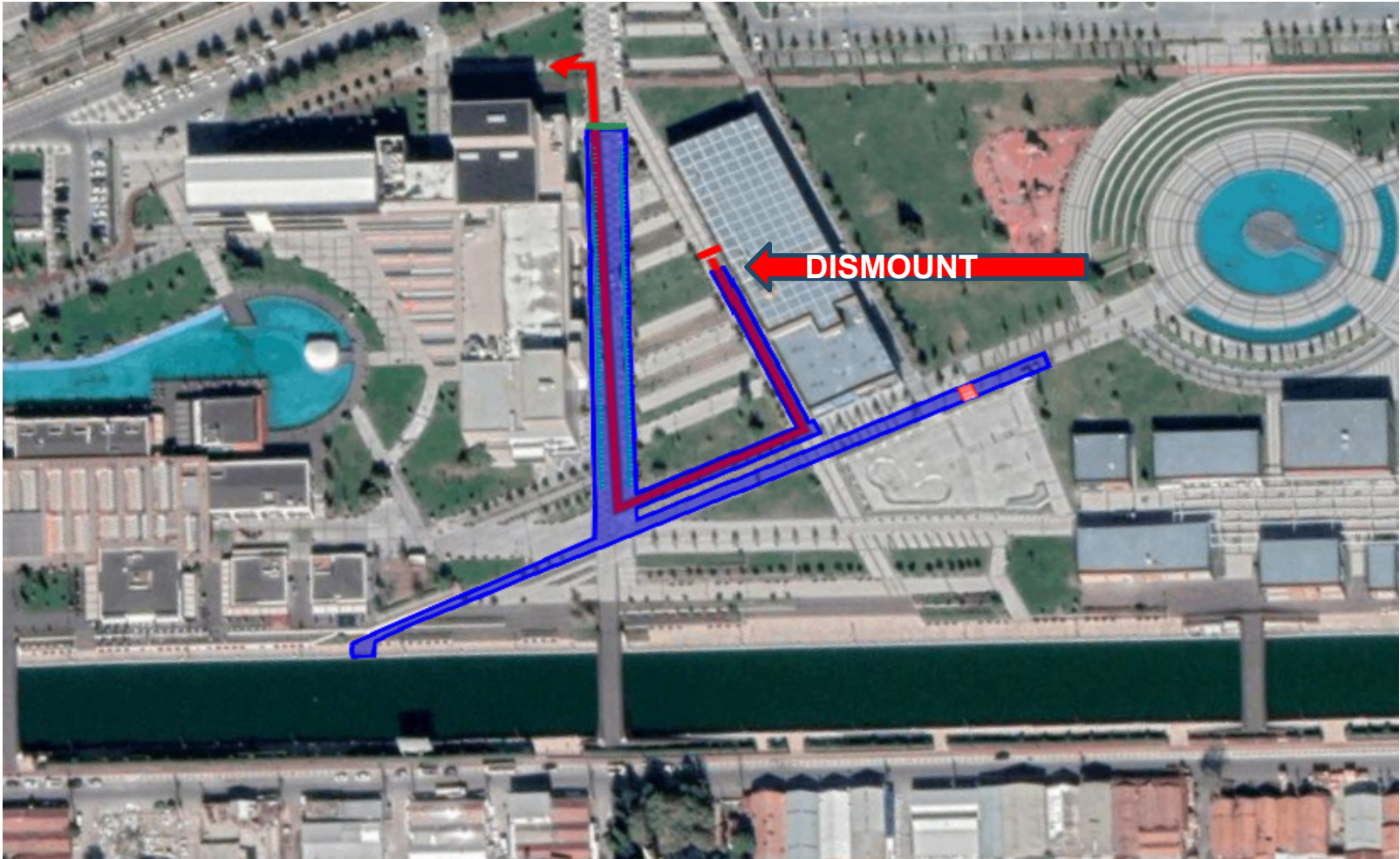


# Caution



Be aware of water drains at the far end:  
Don't use the parking lane

# Bike to Run



# Run course



- 2 Laps, each lap 750 m + 200 m, total 1,7 km
- Aid stations:
  - 2 per lap
  - For locations see the map
  - Sealed & cooled water and cooled sponges
  - Photo-finish
  - No littering zones, sponges can be taken
- Congestion in finish area >>> Go to mixed zone / recovery area

## Definition from the World Triathlon CR §6.1:

- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.



# Run equipment - shoes

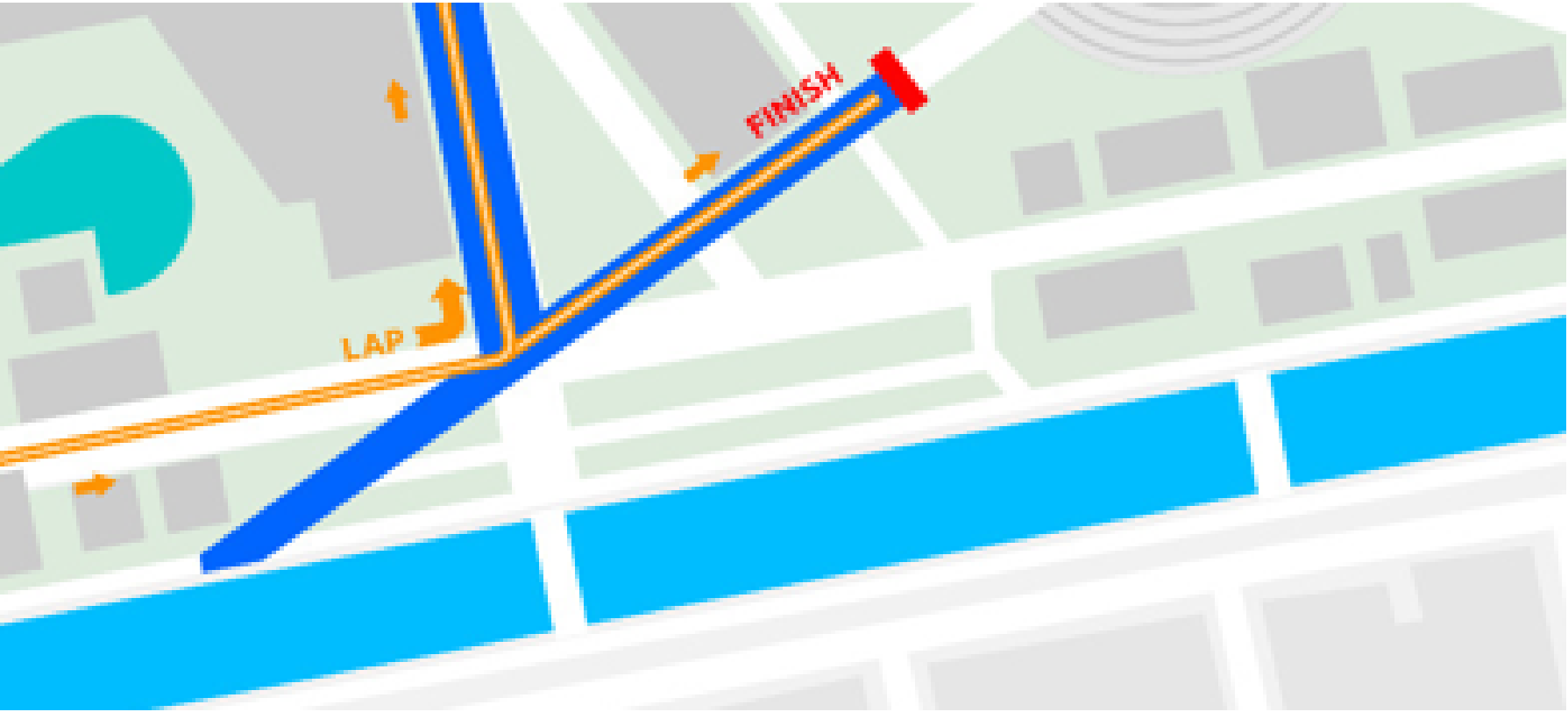
- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

# Run Course Map





# Finish



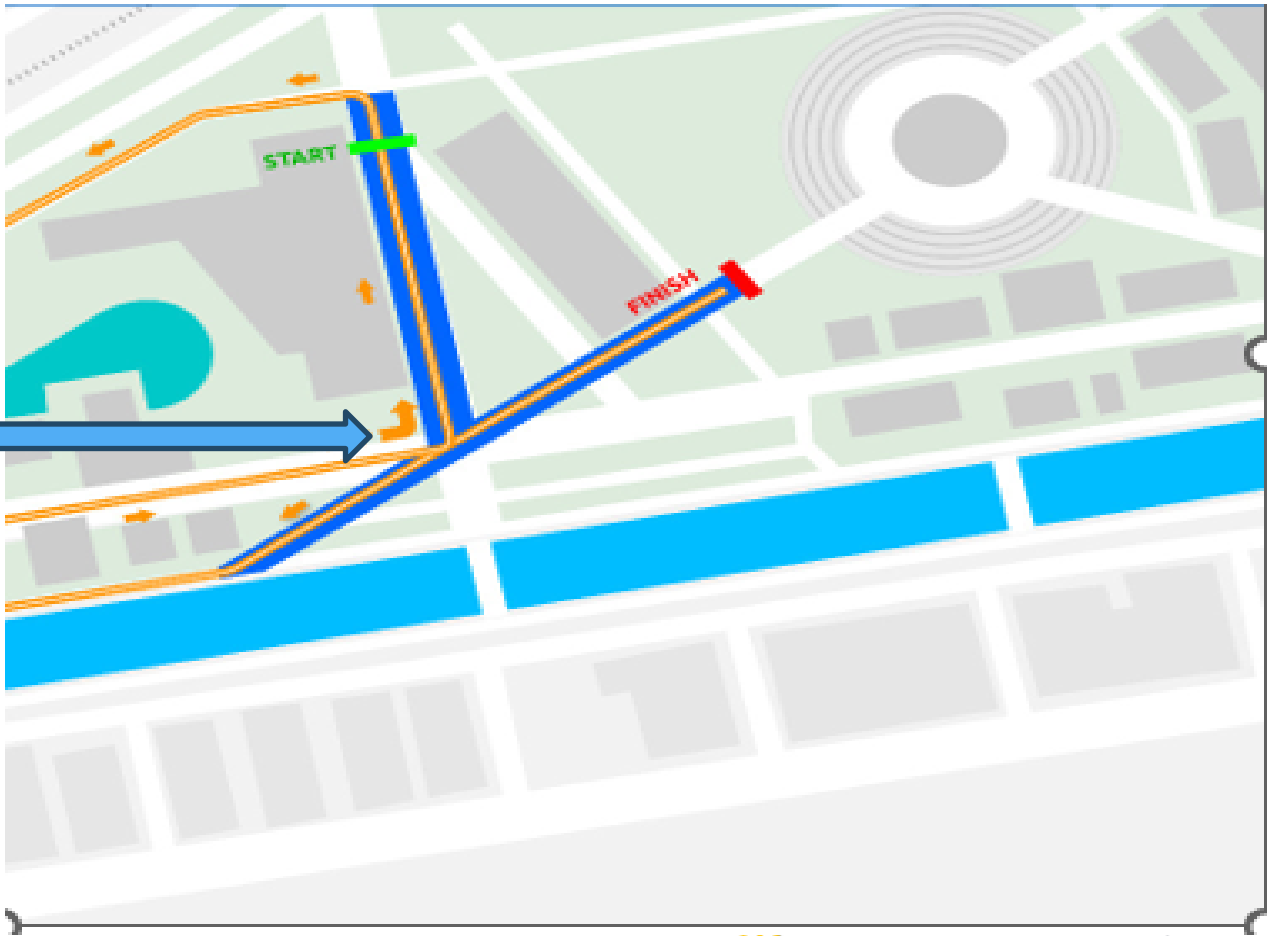
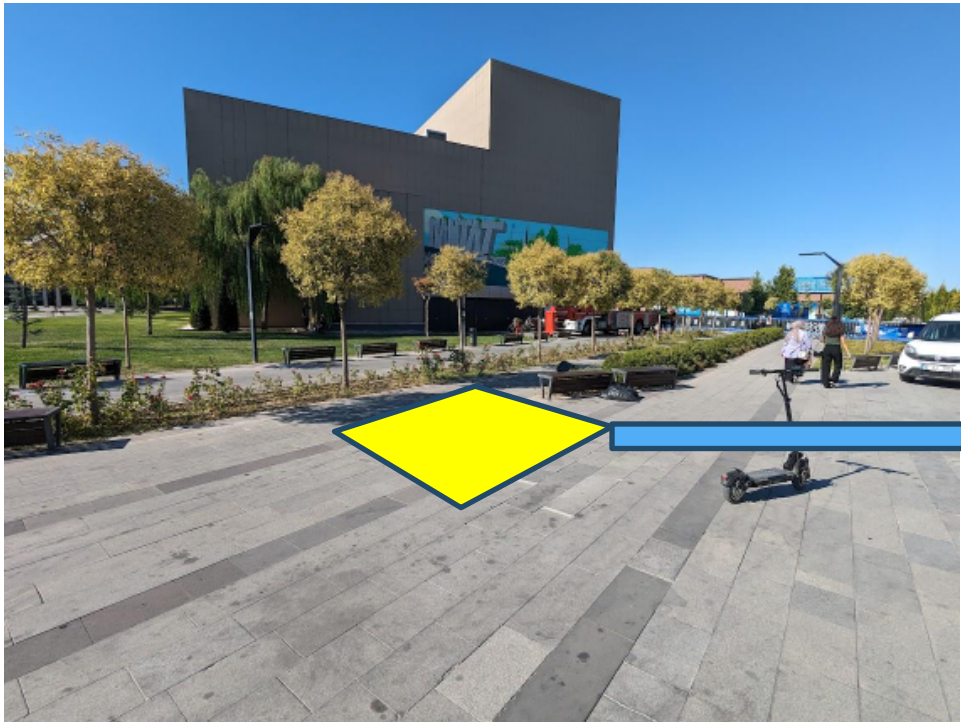
# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 25 m before the Transition Area
- **Information:** White board to show race numbers and letters to indicate violations
- (Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 10 seconds time penalty served on any lap of the run

Penalties must be posted prior to the last lap on the run. Any penalties following that point will be served on the spot.

Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an protest is filed.

# Run Penalty Box



## Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.

# Run Penalty Box

## Violations Abbreviations:

<b>Dismount Line</b>	<b>D</b>
<b>Mount Line</b>	<b>M</b>
<b>Swim Behavior</b>	<b>S</b>
<b>Run Behavior</b>	<b>R</b>

<b>Littering</b>	<b>L</b>
<b>Equipment outside the box</b>	<b>E</b>
<b>Bike Behavior</b>	<b>B</b>
<b>Other violations</b>	<b>V</b>

For example:

**12 D** athlete #12 received a time penalty for a dismount line violation

**12x2 ME** athlete #12 received 2-time penalties for mount line and equipment outside the box violations

# Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at <hh.mm>
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.
- Prize money {insert procedure}

# Ambush Marketing Rules

- For ceremony awards, please dress up with race uniform (or country uniform)  
*Ambush marketing rules apply.*
- Race caps/visors are allowed at the podium
- Ambush marketing is defined as:  
*“Deliberately using the opportunity of live television and media photographers to acquire additional exposure for your sponsor product, apparel or brand.”*
- Please follow the ambush marketing rule
- The consequence for this behavior is:
- The athlete will immediately forfeit their prize money for that event.

# Post-race Procedures



## Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

## Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.



# Right to protest

- An Athlete who receives a penalty may protest, with the exception of:
  - (i) a penalty for a drafting violation; and
  - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. **The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.**

## Coaches' areas

- Beside swim start area / Near PB / After Finish Area

# Coaches Accreditation / Coaches Areas





{select the appropriate}

# Water Quality Assessment (Inland)

Enterococci		E.Coli	
Insert Sample Date	NMP/100mL	Insert Sample Date	NMP/100mL
Location A	0	Location A	0
Location B	0	Location B	0
Location C	0	Location C	0
Enterococci limit	<200	E.Coli limit	<500

Weather forecast	
Day	Weather
Briefing (B)	Sunny, Hot
B +1	Sunny, Hot
Race Day	Sunny, Hot

Weather report	
Day	Weather
B-3	Sunny
B-2	Sunny, Hot
B-1	Sunny, Hot

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Swim course	None	None	10:00	

SUMMARY
1:Very Good Water Quality': (E.coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check



# Heat stress indicators

Warning flags will be placed near the swim start

**VERY HIGH**  
HEAT STRESS

# Weather forecasts



	Temperature in °C	Weather
<b>Friday</b>	39	Sunny, Hot
<b>Saturday</b>	38	Sunny, Hot
<b>Sunday</b>	38	Sunny, Hot



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY



# Have a good race!



Be your  
extraordinary