TRANSCANADA CORP.
WORLD TRIATHLON
GRAND FINAL
EDMONTON

Thursday 28TH August 2014

Junior Athletes' Briefing

Briefing Agenda

- Welcome and introductions
- Competition jury
- Schedules and timetables
- Check-in and procedures
- The course
- Post-race procedures
- Weather forecast

Welcome and Introduction

- **Marisol Casado,** ITU President
- **Gergely Markus,** ITU Team Leader
- **Thanos Nikopoulos,** ITU Co-Technical Delegate &
- **Felix Molina,** ITU Co-Technical Delegate
- **Keith Iwasaki**, Assistant Technical Delegate
- **Enrique Quesada,** ITU Race Referee (Junior Men) &
- **Leslie Buchanan,** ITU Race Referees (Junior Women)
- **Dr. Doug Hiller,** ITU Medical Delegate
- **Sheila Findlay,** LOC Competition Manager

Competition Jury

- **Felix Molina (MEX),** Chair
- **Ria Damgren Nilsson (SWE),** ITU Executive Board Member
- **Jaime Cadaval (MEX),** Chair - ITU Technical Committee
- **Dr. Sergio Migliorini (ITA),** Chair - ITU Medical Committee
- **Genevieve Pellerin (CAN),** Triathlon Canada Representative

Schedule and Timetables

Thursday August 28th

16:00 Race Package Pick-up (after this briefing)

Your Race Package includes:

- *Body tattoo decals (x4) → both arms and both legs*
- *Helmet decals (x3)*
- *Bike sticker (x1)*
- *Bag drop sticker (x1)*

- Accreditations can be picked up immediately following this briefing if you have not done so already
- Junior Men – Turn in your Athlete's Agreement on the way out
- Junior Women – Pick up agreement on way out and bring to Athlete's Lounge when you check-in. DON'T FORGET

Schedule and Timetables

Thursday August 28th

- Please note only one medical person per NF for Elite, U23, Junior and Elite Paratriathlon can register through the ITU online system

After today, accreditations are available from the Chief Registration

- 17:30 Opening ceremony & Parade of Nations

  Sir Winston Churchill Square
- 19:00 Opening dinner

  Shaw Conference Centre

Schedule and Timetables

Friday August 29th – Junior Women

13:00 – 14:30	Athlete Lounge Check-in
14:00 – 14:45	Transition Zone Check-in
14:00 – 14:45	Swim Warm-up
14:50	Presentation of Athletes
15:00	**Junior Women's Start**
18:45 – 19:00	Medal Ceremonies

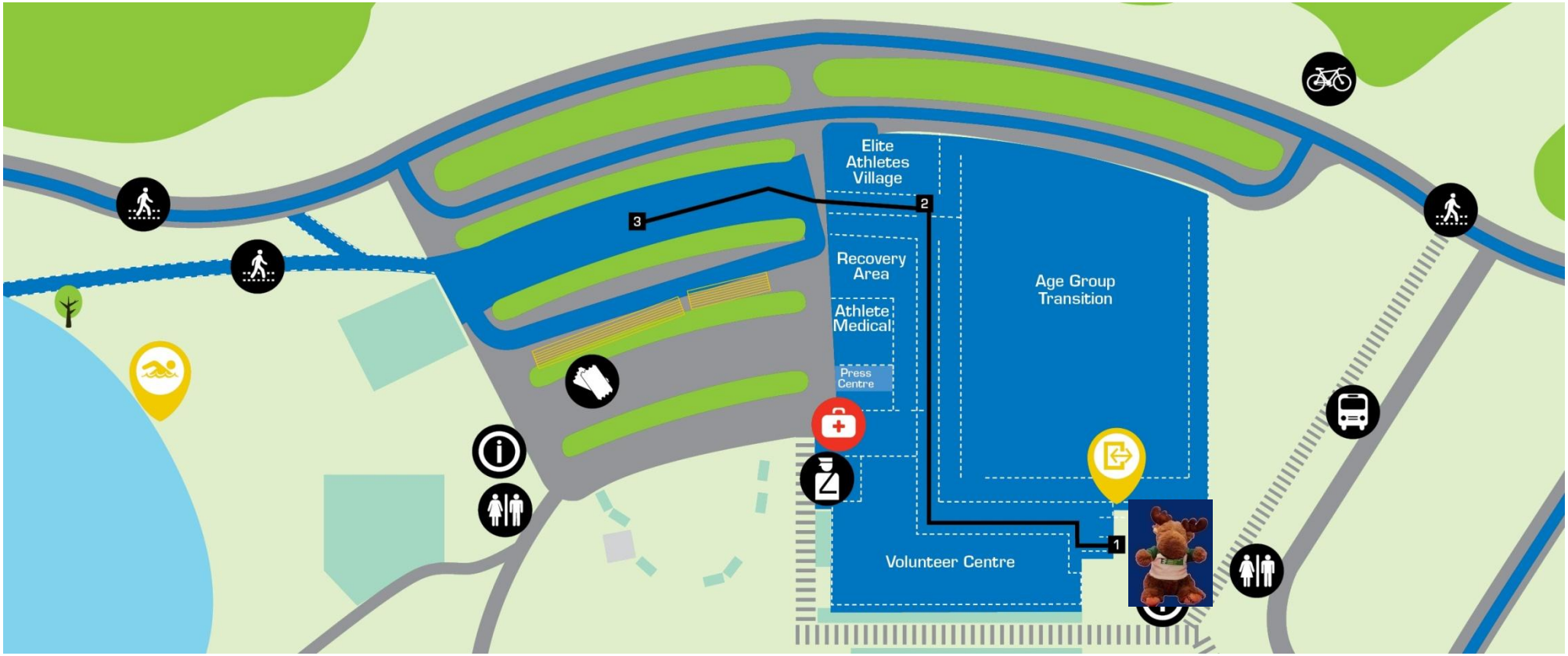
Schedule and Timetables

Friday August 29th – Junior Men

15:15 – 16:45	Athlete Lounge Check-in
16:15 – 17:00	Transition Zone Check-in
16:15 – 17:00	Swim Warm-up
17:05	Presentation of Athletes
17:15	**Junior Men's Start**
18:45 – 19:00	Medal Ceremonies

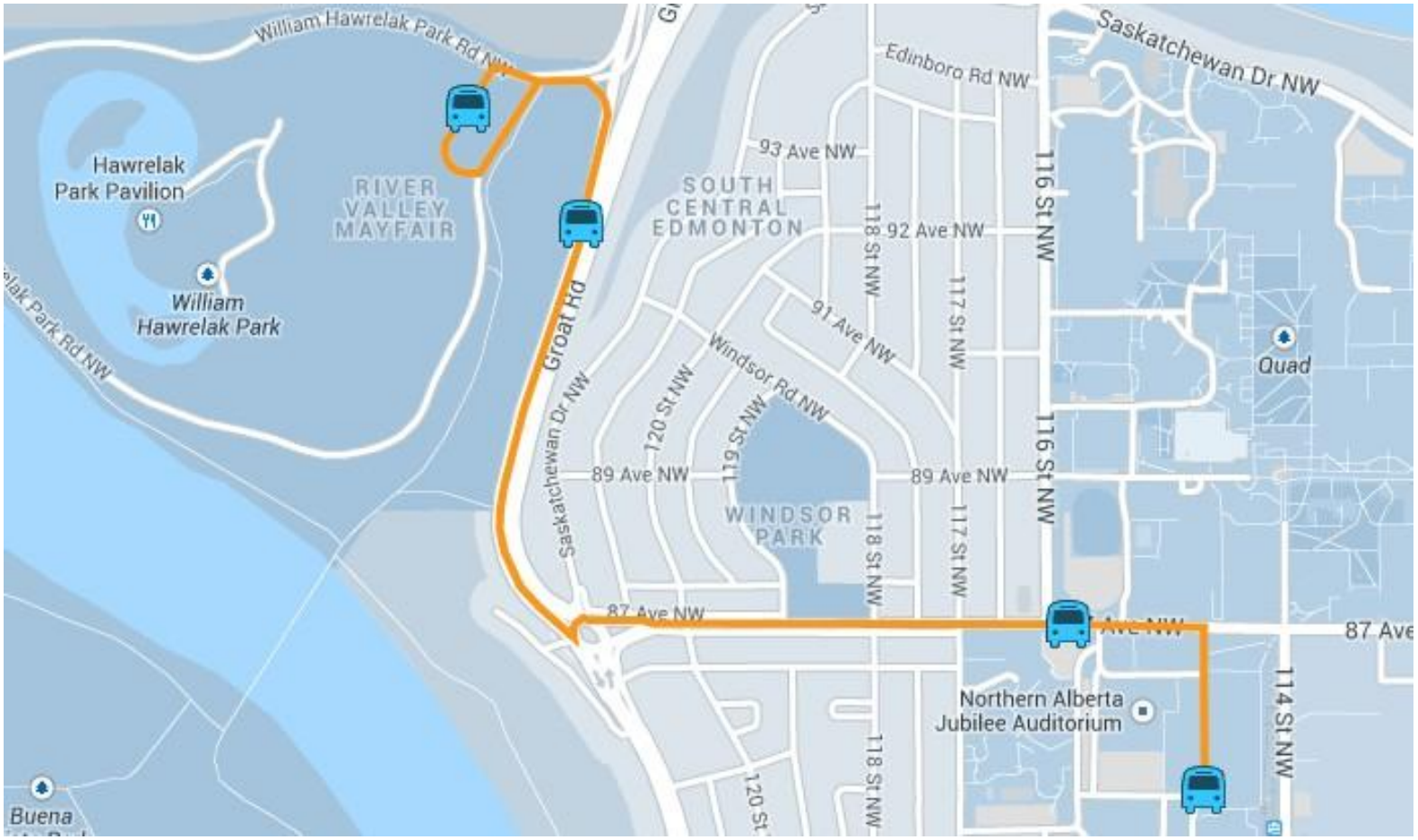
Access to Venue

- Athlete's Lounge is located west of the Age Group Transition.
- Enter through the south gates of the Age Group transition and walk up the outer aisle.



Access to Venue

- Athlete Parking at the Jubilee Car Park then use Health Sciences Shuttle Circuit or cycle in. Shuttle is first come, first served.



Check-in Procedures

Bike check – choose to check either Bike or Uniform at the Athletes' Lounge first

- Refer to 5.2 in competition rules
  - Handlebars
  - Wheels (non authorized UCI wheels rule)
  - Bike frame
  - Saddle positions measurement – only for statistical purposes
- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Race Referee up until 10 minutes after the end of the Athletes' Briefing.
- Mechanic service available.

Athletes' Lounge

- Uniform and gear check (name, country, logos, ITU logo, zippers, race caps) – photos will be taken of each uniform.

  Wearing a different uniform during the race = DSQ
- Body marking check (both arms and both legs, 33 vs) ɛɛ
- Swim cap distribution
- Timing chip distribution – two chip/ one for each ankle
- Leave your personal gear in the Athletes' Lounge (use your bag drop sticker) / LOC will transfer them to the recovery area

Check-in Procedures

Transition Area

- Helmet check – Do not leave your helmet fastened in transition

  Failure to comply with this rule = 10 second penalty in TA1
- Running shoes go outside your box
- Helmet on bike
- Labeled Spare Wheels go to the Team Wheel Stop; pick up in Recovery after race
- Return your non-competition gear to the Athletes' Lounge (use your bag drop sticker)

The Course

Swim

1 Lap of 750 m

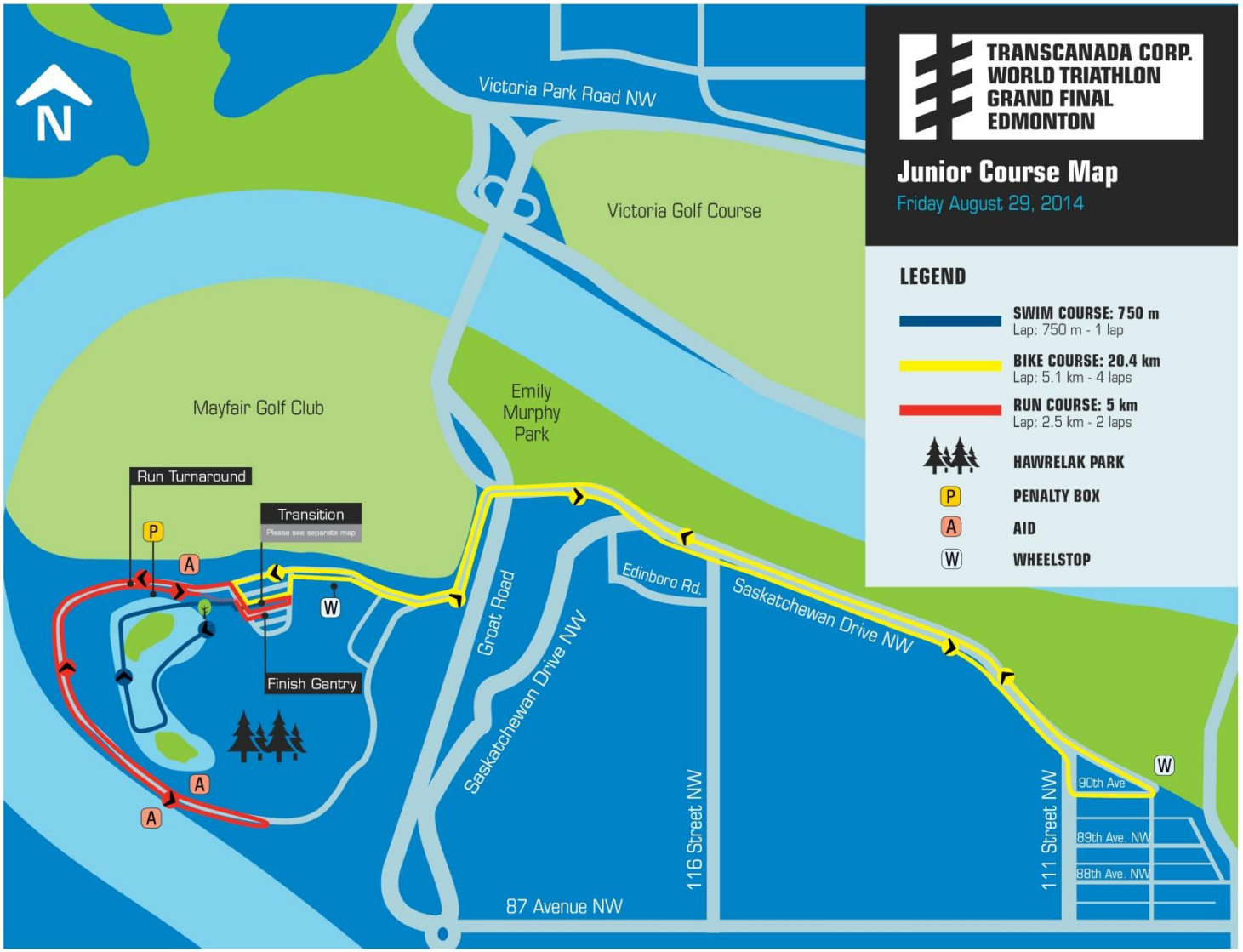
Bike

4 Laps of 5.1 km = 20.4 km

Run

2 Laps of 2.5 km = 5 km

The Course


N
Victoria Park Road NW
Victoria Golf Course
Mayfair Golf Club
Emily
Murphy
Park
Run Turnaround
Transition
Please see separate map
P
A
W
Finish Gantry
A
A
Groat Road
Saskatchewan Drive NW
Edinboro Rd.
Saskatchewan Drive NW
116 Street NW
111 Street NW
87 Avenue NW
W
90th Ave
89th Ave. NW
88th Ave. NW
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Junior Course Map
Friday August 29, 2014
LEGEND
SWIM COURSE: 750 m
Lap: 750 m - 1 lap
BIKE COURSE: 20.4 km
Lap: 5.1 km - 4 laps
RUN COURSE: 5 km
Lap: 2.5 km - 2 laps
HAWRELAK PARK
P
PENALTY BOX
A
AID
W
WHEELSTOP

Athletes' Introduction

- 10 minutes before your start, gather in the swim start area
- When you are introduced, jog to the swim start platform
- Quickly select your start position
- After selecting your position, stay behind the line

Blocking more than one position = DSQ

Last minute gear will be transfer to the recovery area by the LOC; put your gear into the appropriately numbered green bin.

Athletes in Position

- The start can be given any time after the Race Referee announces "On Your Mark!"
- Air Horn
- The race starts

  Athletes not moving forward from the start line = 10 second penalty in TA1

False Start Procedure

False start with many athletes

- Several horn blasts
- Kayaks move in front of you
- Everyone goes back to his/her original start spot

Valid start with early starters

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

Swim Course

- Today at noon:
  - Water temperature: 19.9 °C
  - Air Temperature: 17.4 °C
  - WBGT Reading: 14.3 °C Condition:

- 1 Lap of 750 m (clockwise)
- Distance to first turn buoy (yellow) at 200 m; keep on left shoulder
- Keep all remaining orange buoys on your right shoulder
- Swim behaviour will be closely monitored
- Take wetsuit (if permitted during swim), swim cap and goggles to transition and place in your box

Swim Course

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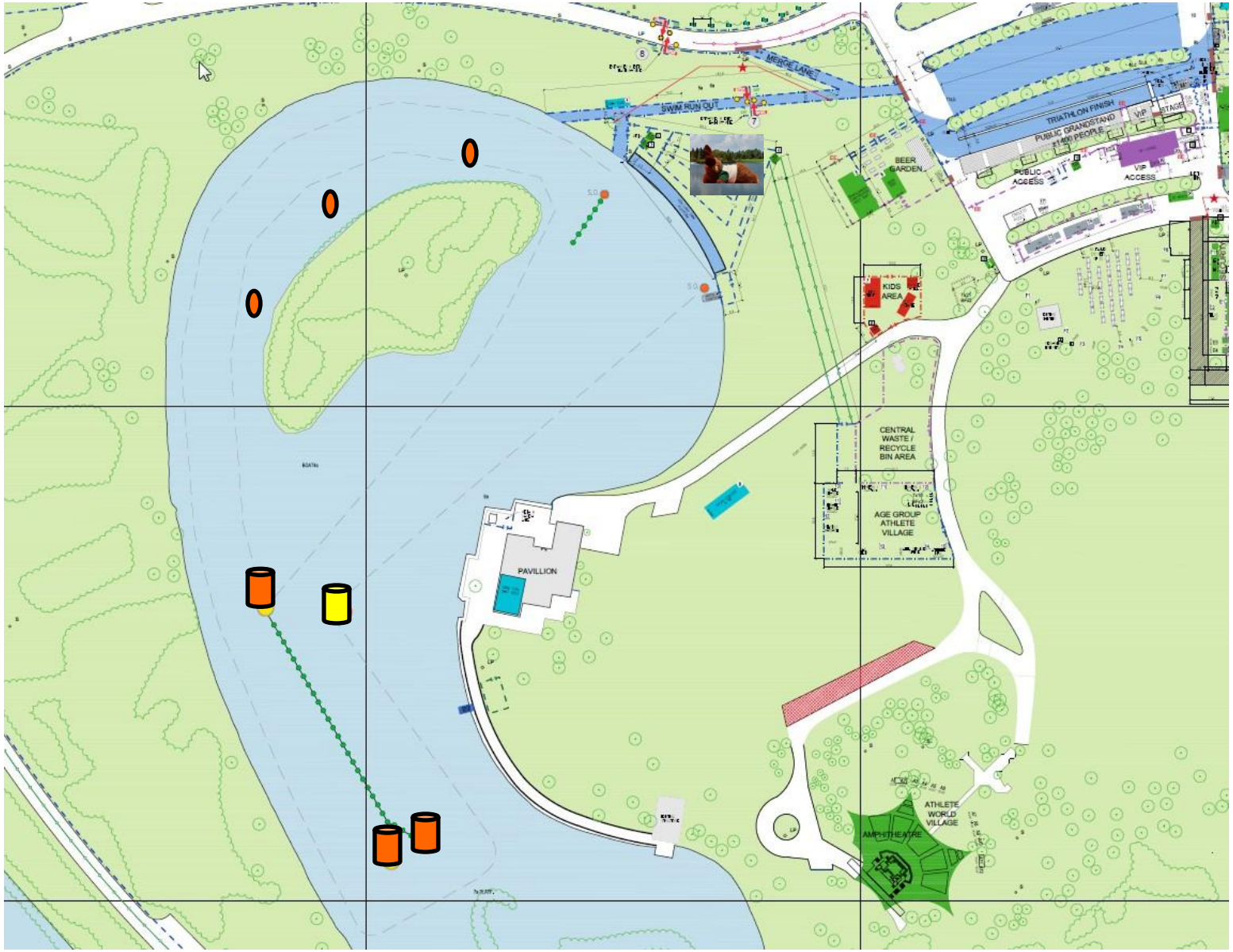

Swim Exit

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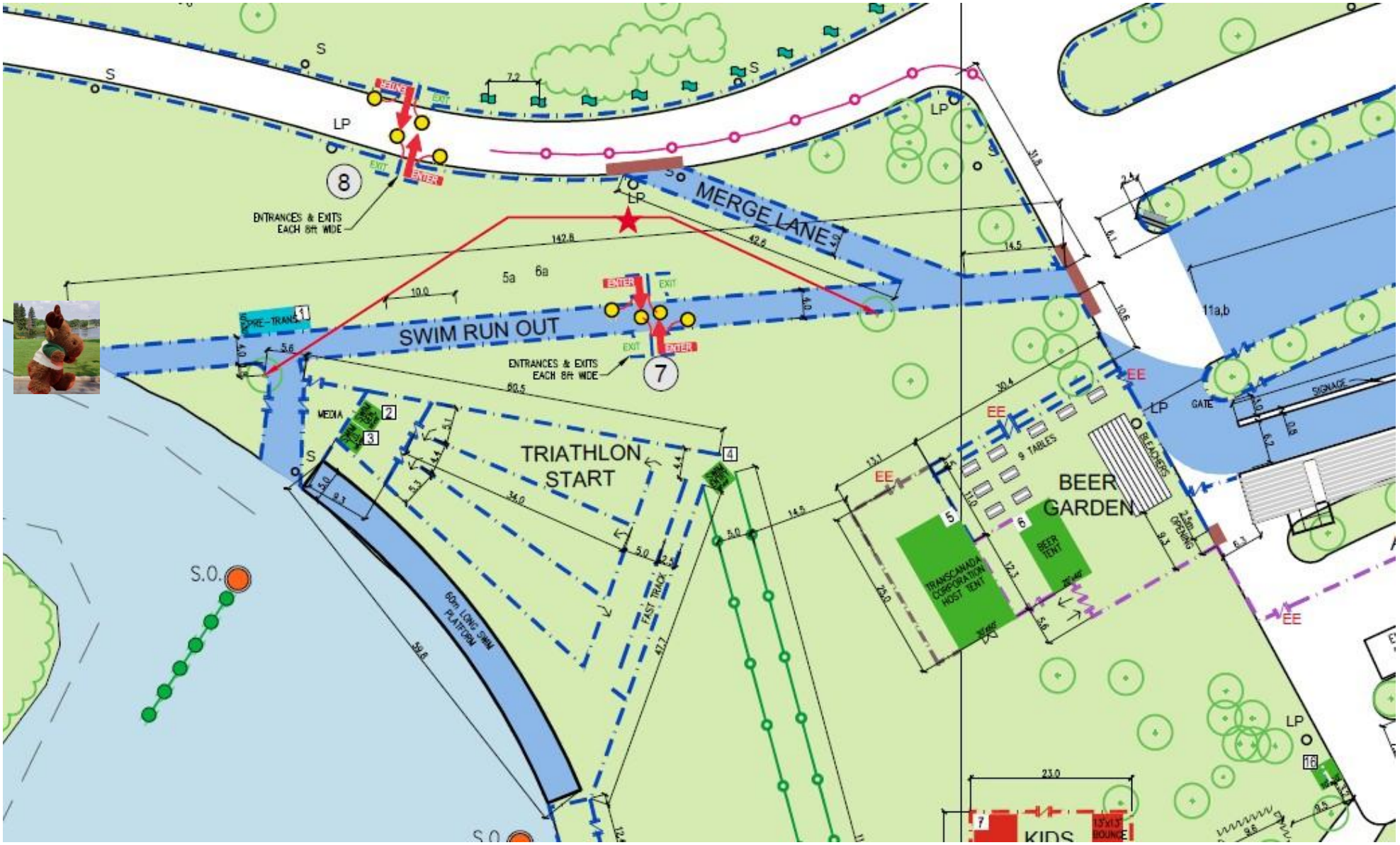

Transition Area

- Individual bike racks
  - Name, Number, Country Code and Flag
- All used equipment goes into your box

  Failure to put equipment in box = 10 second penalty on run
- Mount Line is at the end of TA **(GREEN LINE)**
- Dismount Line is at the beginning of TA **(RED LINE)**

Bike Course

- 4 Laps of 5.1 km = 20.4 km
- Ride through TA
- Undulating and technical (7.5 % grade up Emily Murphy Hill and a couple of tight turns)
- Two Wheel Stations
  - Team WS approximately 150 m after exiting transition
  - Neutral WS at far end of Saskatchewan drive (just past turn around)
- Lap Counter: just past transition exit
- Lapped athletes will be removed from the race

Bike Course

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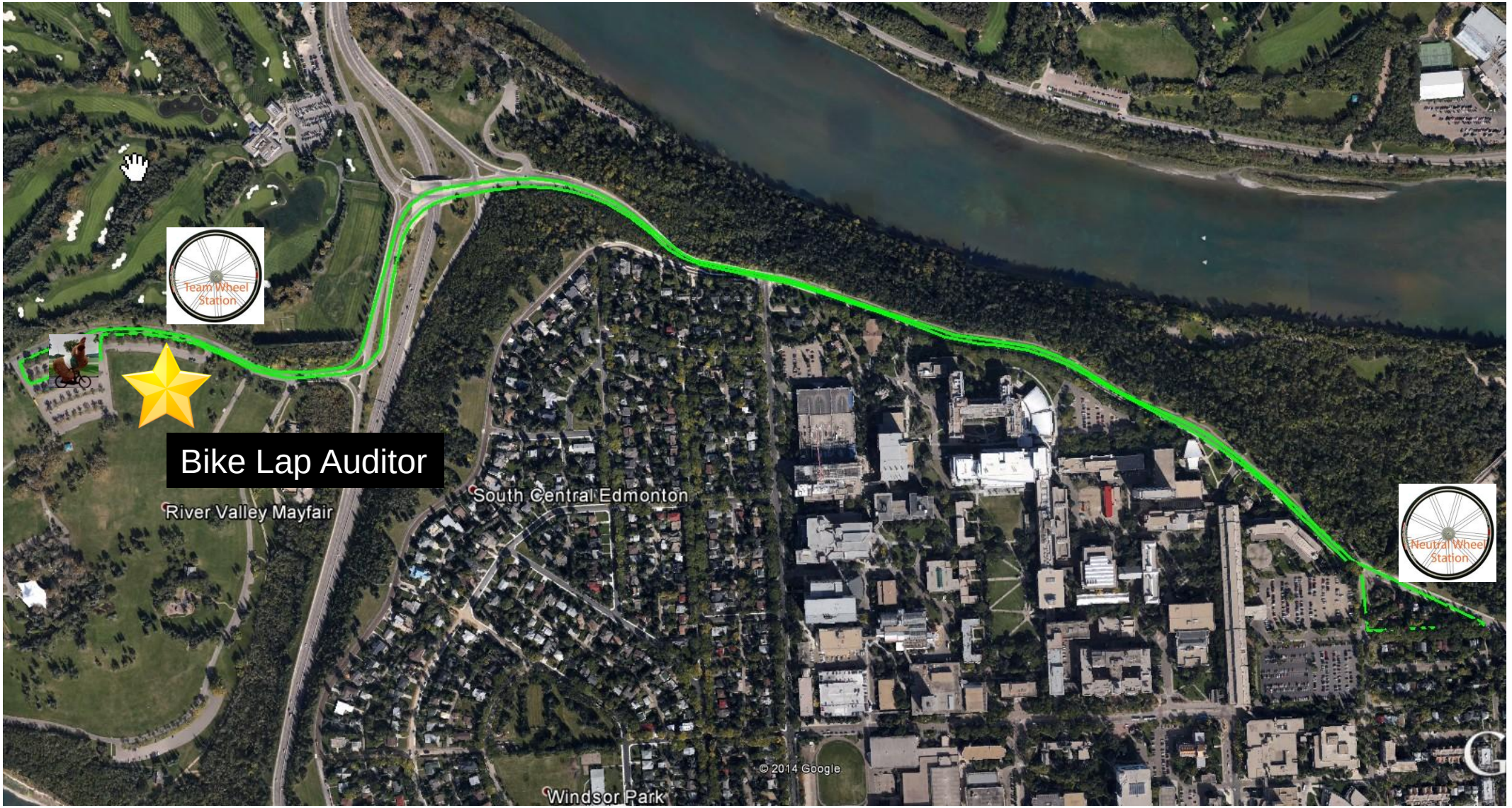
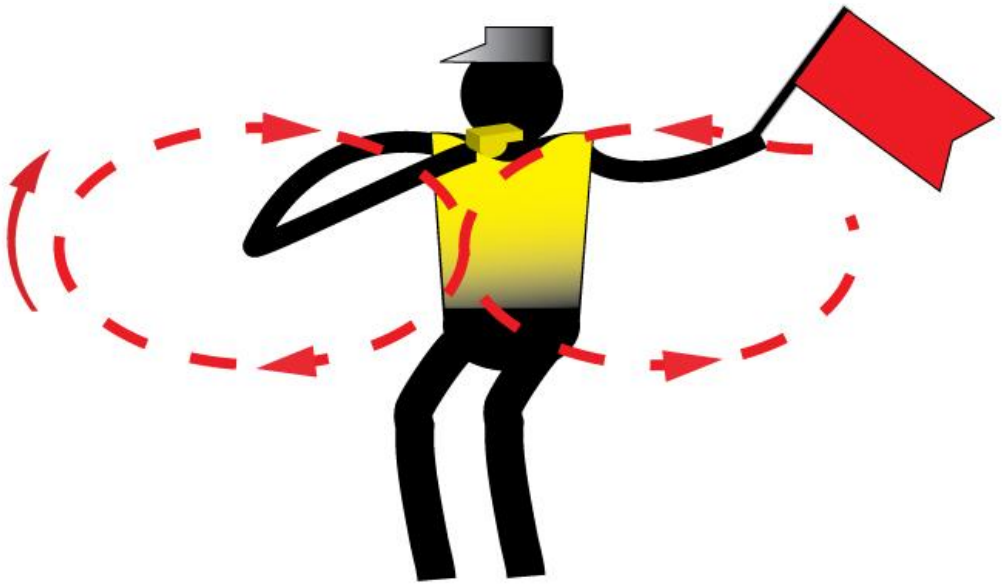


Caution Signals

- Caution Signal
  - Sharp whistles and/or red flags



Run Course

- 2 Laps of 2.5 km = 5 km
- Aid Stations
  - 3 per lap
  - Sealed water bottles
  - Only discard bottles and litter within the littering zones as indicated by the following signs:

Transition 2

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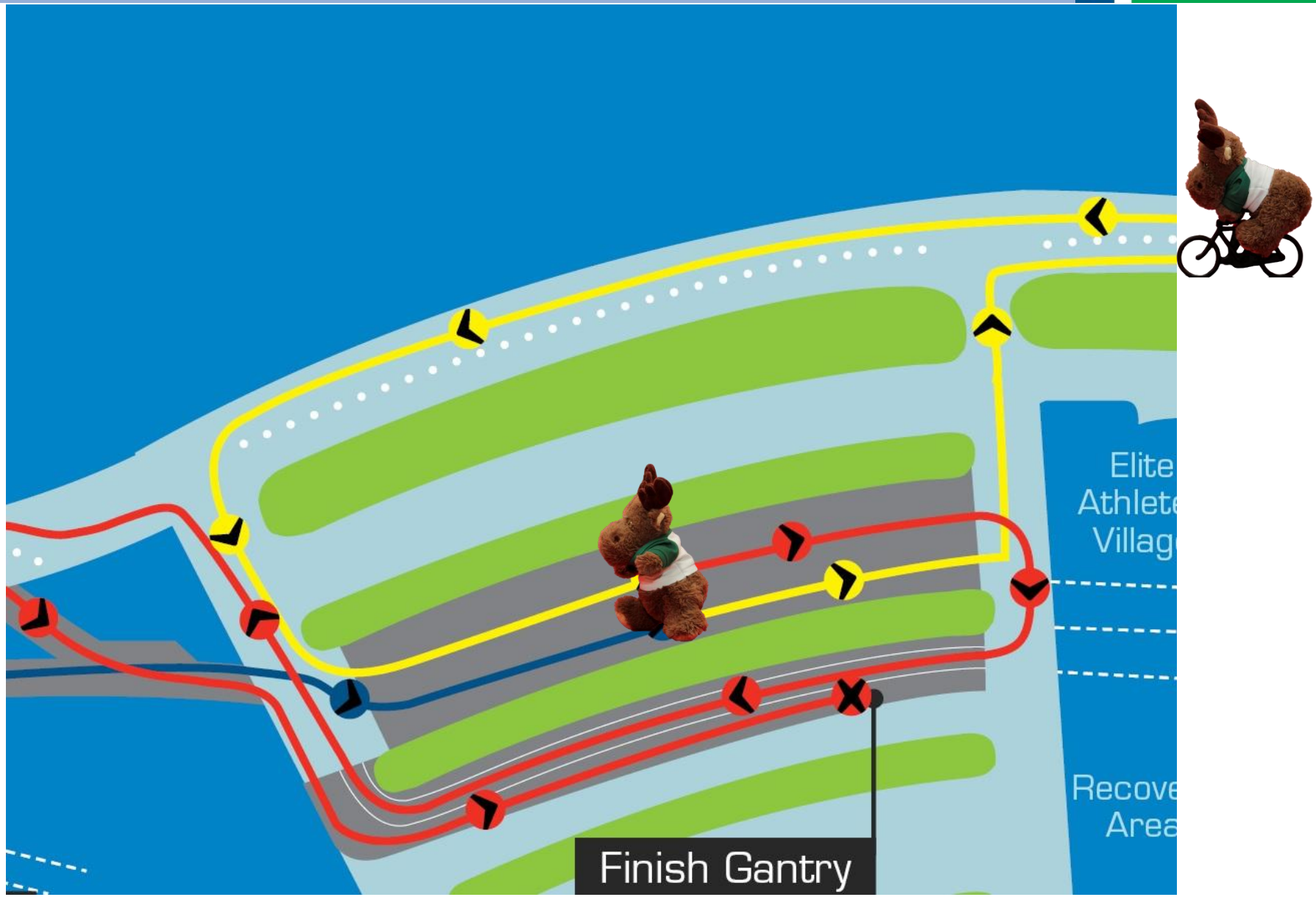


Run Course

Run Turnaround
Transition
P
LITTERING AREA END
LITTERING AREA START
A
W
Run Lap Auditor
Finish Gantry
LITTERING AREA END
LITTERING AREA START
A
LITTERING AREA START
A
LITTERING AREA END

Run Penalty Box

- Run Penalty Box is for infringements in TA1, BIKE, TA2 or on the Run Course
  - Mount before mount line
  - Dismount after dismount line
  - Equipment outside your box, *et. cetera*
- Location: North end of lake near turn-around
- Notification: Posted on white board at Penalty Box (YOU MUST read the board)
- Procedure: 10 second time penalty served on any lap of the run

Failure to serve penalty = DSQ

Post-race Procedures

- Photo Finish
- When you finish, keep moving through to the mixed-zone and recovery area
- For awards, dress “up” with race uniform or country clothes
- Ambush marketing rules apply
- Hats/visors are allowed on the podium with maximum 1 sponsor logo having a maximum height of 4 cm and a total area of 20 cm^2

Ambush Marketing Rule

- 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*

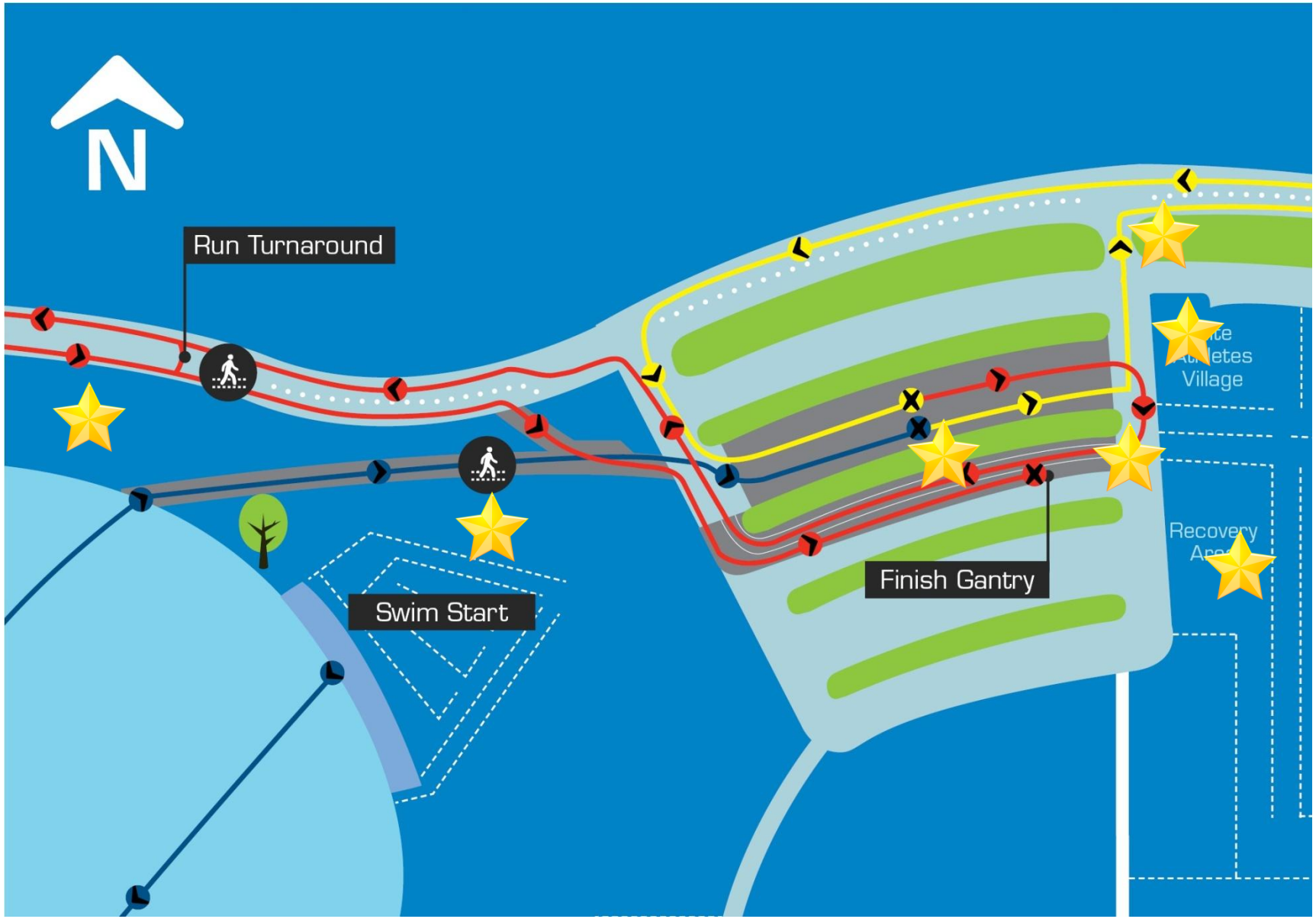
Post-race Procedures

- Anti-doping Control
  - Photo ID is REQUIRED for every athlete that is selected for testing
- Team Medical Access
  - Only accredited team medical personnel will be permitted to enter the medical tent, after receiving the ITU Medical Delegate's permission
- Each National Federation is permitted to have 1 team medical accreditation. Team doctors should register with the ITU Medical Delegate (Dr. Doug Hiller).

Coaches' Areas

- Coaches accreditations will only be distributed to those coaches who's National Federations registered them through the on-line system
- They will have access to:
  - The Athletes' Lounge
  - Post-finish Area
  - Recovery Area
  - South side of Transition area
  - Next to Penalty Box
  - Behind Swim Start
  - North of Athlete's Lounge (on Island)

Coaches' Areas



Notes

- There will be no warming up on the bike course as the roads will be in use for other events / logistics purposes
- Beware of storm grates on edges of road; they are marked with spray paint

Access to Briefing Presentation

- Race Briefings can be found as follows:

http://www.triathlon.org/about/downloads/category/race_briefings

Weather Forecast

Friday

Cloudy with 80% P.O.P
Snow changing to rain in the afternoon
Wind: N at 60 km/hr

Temperature: 3 °C (High)
-8 °C (Overnight Low)

Weather Forecast

Friday

Mostly cloudy
30% P.O.P (evening)
Wind: SSE 15 – 30 km/hr

Temperature: 22 °C (High)
10 °C (Overnight Low)

Anti-doping

- Visit the CCES/ITU Anti-doping Booth at the Edmonton Expo
- Visit the WADA website:

https://www.wada-ama.org/en/what-we-do/education-awareness/play-true-generation

- Get to know the NEW Anti-doping rules that will be coming into effect in January 2015

GOOD LUCK!