



World Paratriathlon Event

Friday 29 May 2015

**Paratriathlon Athletes'
and Handlers' Briefing**



Briefing agenda



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

Welcome and Introduction



Dr Sarah Springman, ITU Vice-president

Antonio Arimany, ITU Director General

Enrique Quesada, ITU Team Leader

Stéfane Mauris, ITU Technical Delegate

Howard Vine, ITU Race Referee

Dr. Alfred Fridrik, ITU Medical Delegate

Kris Gemmell, ITU WTS Coordinator

Andrew Taylor, LOC Technical Operation & Competition Management



- **Antonio Arimany (ESP)**, ITU Representative
- **Helen Wyeth (GBR)**, British Triathlon Federation
- **Stefane Mauris (SUI)**, Chair

Friday

15:00 Race pack pick-up after this briefing

PT1 - your race package includes:

- *Helmet stickers (3x)*
- *Handcycle sticker (1)*
- *Race wheelchair sticker (1)*
- *Daily wheelchair sticker (1)*
- *Race bib number (4) - 2 for athletes and 2 for handler(s)*
- *Handler's t-shirt*
- *Bag sticker (1)*

Schedule and timetables (2)



Race pack pick-up continued

PT2-3-4 - your race package includes:

- *Helmet stickers (3x)*
- *Bike sticker (1)*
- *Prothesis/aiding device sticker (3)*
- *Race bib numbers (2) - 1 for the athlete and 1 for the handler (?)*
- *Handlers t-shirt if any*
- *Bag sticker (1)*

PT5 - your race package includes:

- *Helmet stickers (6, being 3 for each helmet)*
- *Bike sticker (1)*
- *Race bib numbers (2) - 1 for the athlete and 1 for the guide (showing "GUIDE")*
- *Bag sticker (1)*

+ Accreditation card: give access to athlete lounge on race day + familiarisation



Schedule and timetables (2)



Race pack pick-up continued

Note: Any athlete who has not paid their entry fees will not receive their race pack.

NEW RULE handlers have to be approved by ITU.
No approval = no handler.

Immediately post briefing, if necessary

- Wait list exists for this event.
- Start list athletes that are not present at the athletes' briefing, and who have not informed the TD of their absence, will be immediately replaced with the first athlete of the category's wait list, who is present at the briefing.
- If no such wait list exists or no wait list athletes are present, a random list will be used from the balance of the wait lists.
- The wait list athlete must be present at the briefing to be assigned to the start list.

Friday

17:00 – 18:00 Swim familiarization

18:00 – 19:00 **Mandatory** PT1 handcycle and race wheelchair check (optional for other categories) - in athlete lounge area

Check includes:

- wheels' size & type*
- seat position*
- safety bar*
- frame size*
- mirror*
- crank set protection*
- race wheelchair*

Plastic cover will be provided to cover your bike + wheelchair during the night

Saturday PARATRIATHLON EVENT

08:00 – 09:00 Athlete lounge check-in

08:15 – 09:15 Transition area check-in

08:45 – 09:15 Swim warm-up

09:20 Athletes' line up at start area next to the pontoon

Schedule and timetables (5)



09:30	Start wave 1	PT4
09:31	Start wave 2	PT5 (B1)
09:34:18	Start wave 3	PT5 (B2 – B3) MEN
09:34:48	Start wave 4	PT5 (B2 – B3) WOMEN
09:40	Start wave 5	PT3 + PT2
10:01	Start wave 6	PT1

12:00 Medal ceremony
(medalists to gather in athlete lounge at 11:45)

13:00 Clear athlete lounge

Cut off time of 2h from each wave start time – DNF in results

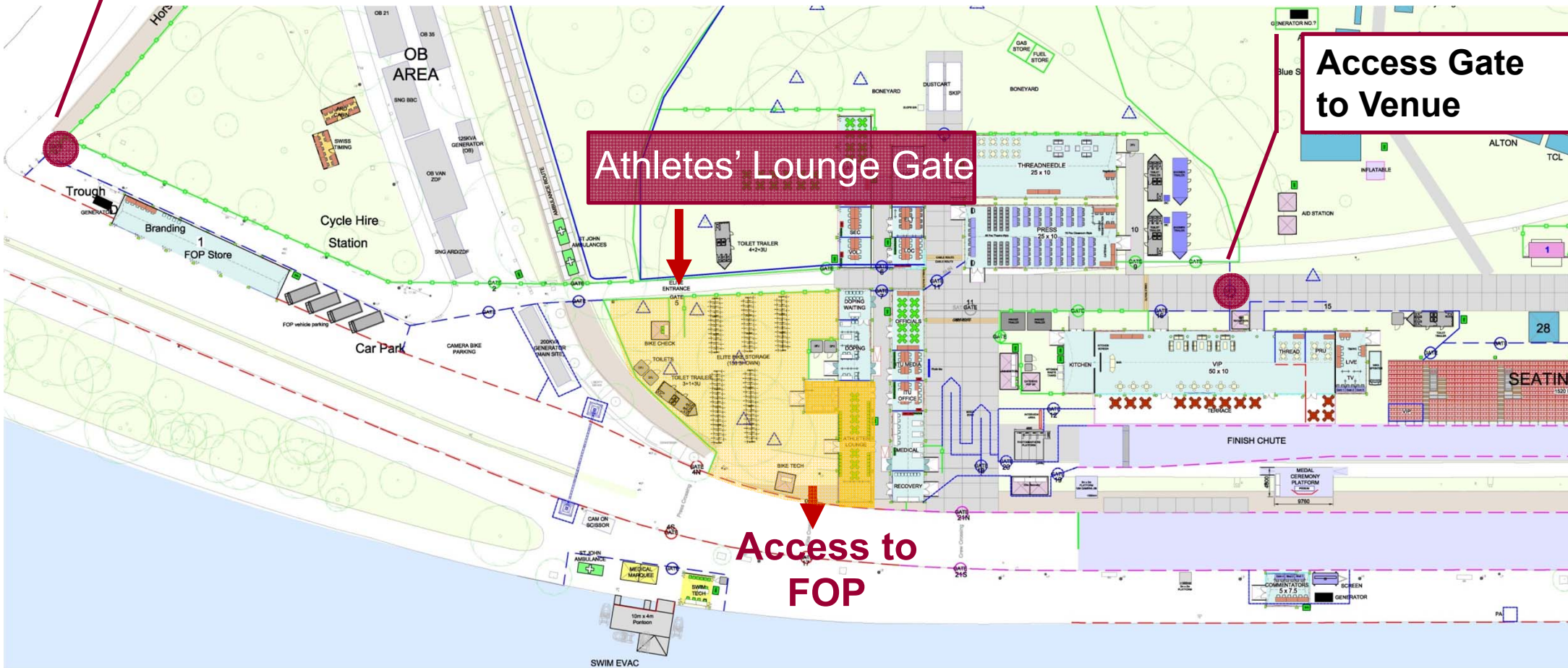
Access to venue

Access Gate to Venue

Access Gate to Venue

Athletes' Lounge Gate

Access to FOP



Athletes' Lounge

- Paratriathlete and personal handler must check in together
- Personal handler to wear the handler's t-shirt and bib number
- Equipment check & marking (uniform, braces, tethers, black-out glasses, ...)
- Bike check (bike mechanic available) - *Impairment adaptations on bicycles should have been requested by the NFs one month before the event*
- **Wave number written on left hand**
- Registration of the equipment for the pre-transition area
- Swim cap & timing chips distribution
- Check of spare wheels for wheel station. Coaches deposit the wheels (voucher needed)
- Leave your bags in the athletes' lounge

Swim cap colours

Swim cap colours are assigned to the athletes according to the assistance they will need at the exit of the water



PT1



PT2, PT3, PT4



PT5 #Athlete#



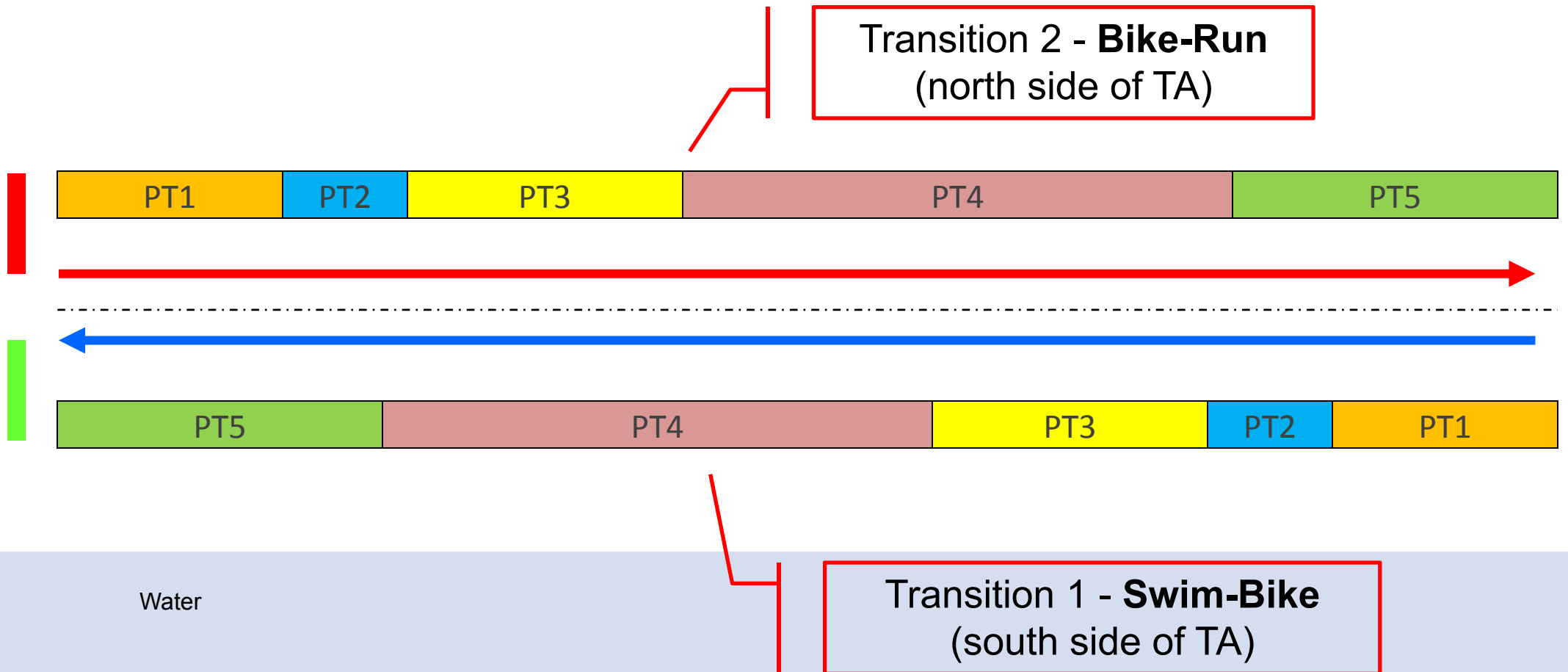
PT5 #Guide#

Transition Area

- Only athletes are allowed in the Transition Area (exception of PT1 handlers, PT5 guides, and PT2-4 approved handlers)
- A folding chair will be provided to each of the athlete (except PT1)
- Running shoes on the ground, helmet on the bike
- 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 of 10 seconds in TA1
- PT2-5: The bike must be racked in the first transition by the saddle
- To add any equipment to the bike, approval is to be obtained from the TD by the end of the athletes' briefing.

Check-in procedures

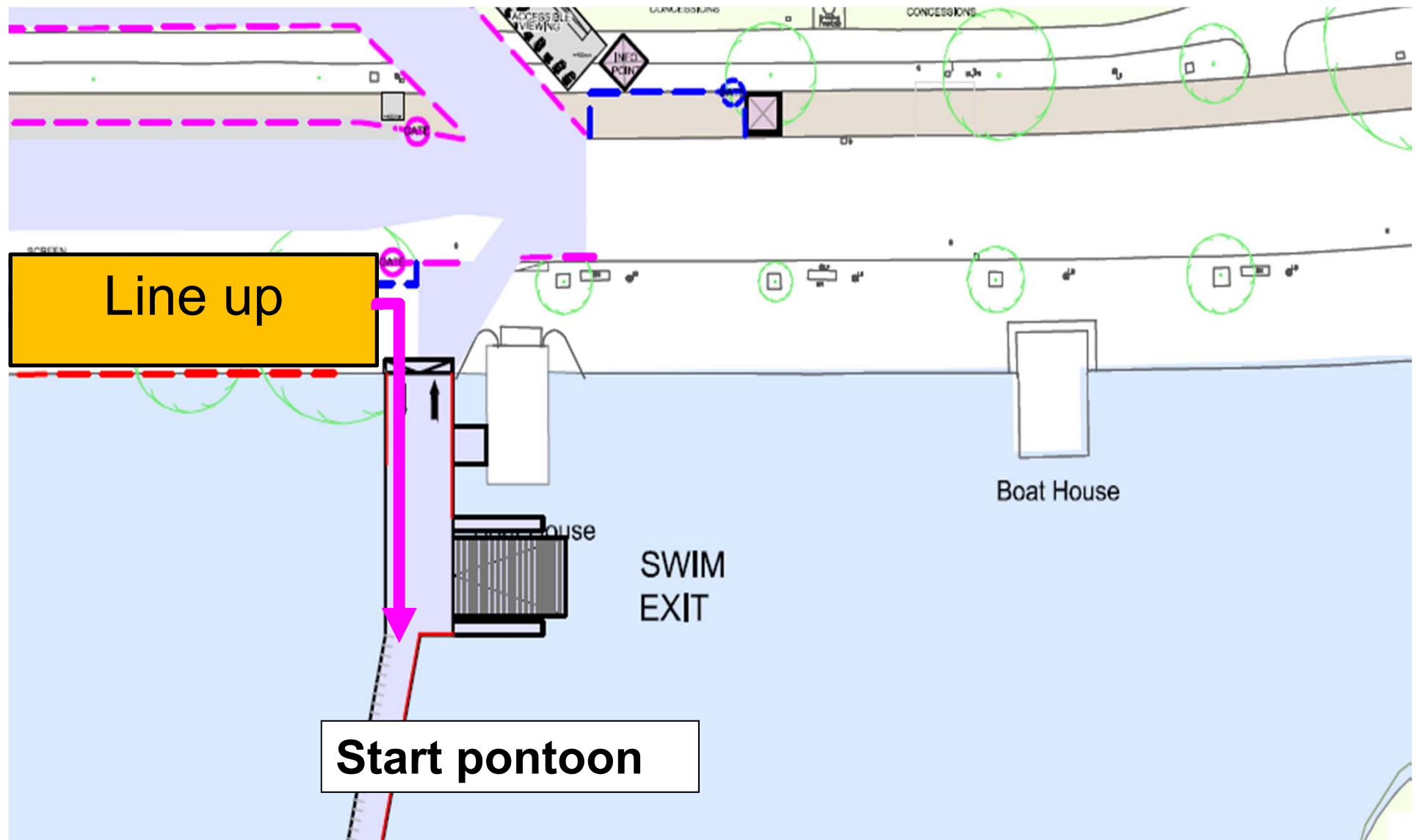
- Transition in mirror



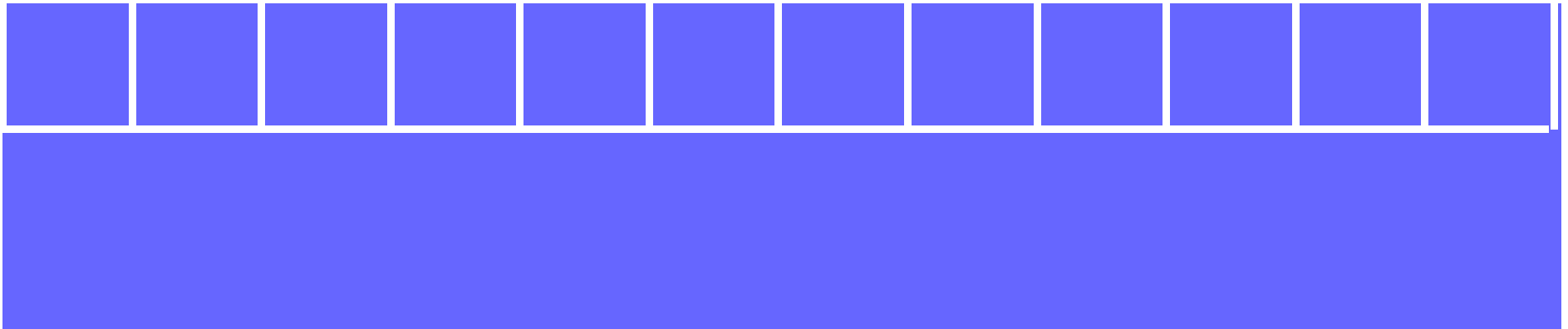
Athletes' Introduction

- **10 minutes before start - line-up:** just before entrance to pontoon by wave order, then category (PT4, PT5 B1, PT5 B2-B3 Men, PT5 B2-B3 Women // PT3, PT2 // PT1), then race number.
- **5 minutes before start – introduction:** When you are called by the announcer, make your way onto the pontoon.
- Personal handlers can escort you to the pontoon and take your prosthesis, crutches or daily wheelchairs to pre-transition
- Select your position, and sit on the pontoon at that spot. Please remain there until instructed to get into the water (**1 minute before start**)
- No prosthesis socks are allowed in the swim unless the pins are covered. We will ask you to remove these at the pontoon

Pre-start procedure



Pre-start procedure



Wave Starts

- New staggered start to accommodate varying levels of ability for the PT5
- Each wave will start at an exact time
- Please **follow instructions promptly.**

Athletes in position in the water

- Water start
- One hand on the pontoon
- The start can be given any time after the Race Referee announces "On your mark"
- Air horn blast
- The race starts

False start Example:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to the pontoon
- Restart of the race

Valid start but with early starters:

- If someone starts before the horn and everyone else starts with the horn, **the false starter will receive a time penalty of 10 seconds in TA1. (During the time penalty athlete cannot take any equipment!)**

Swim

1 lap of 750m

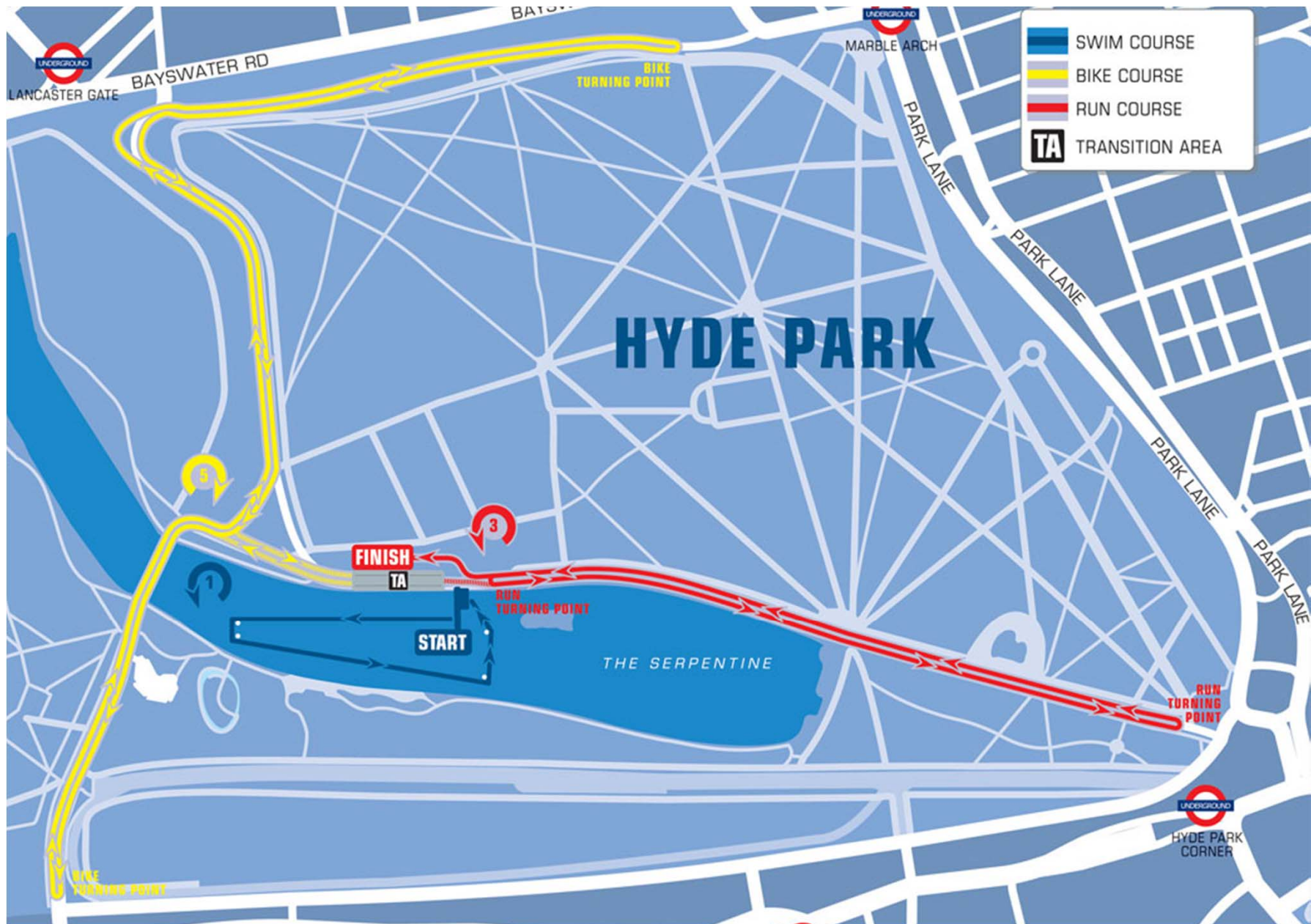
Bike

5 laps of 4.06km + 0.38km (out/in TA)

Run

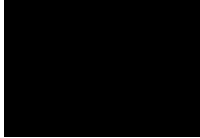
3 laps of 1.67km

The course

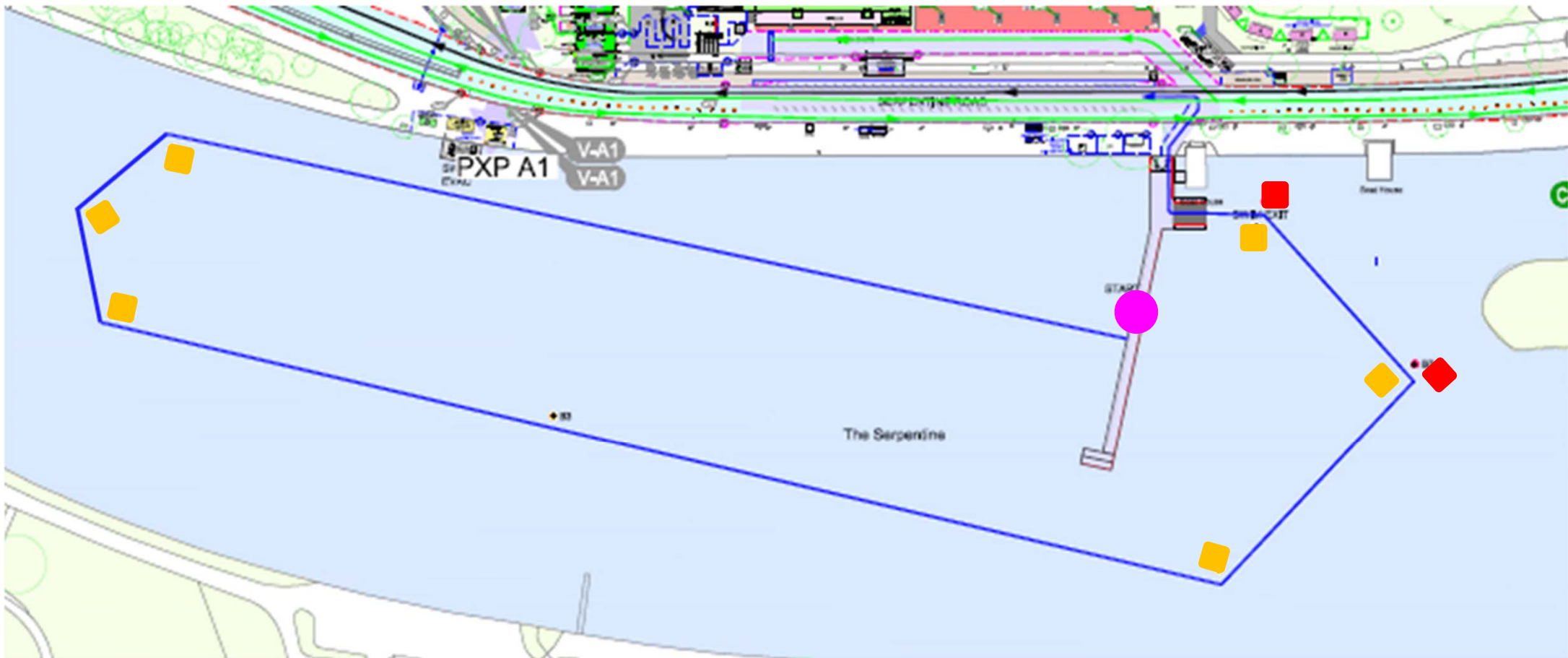


Swim course

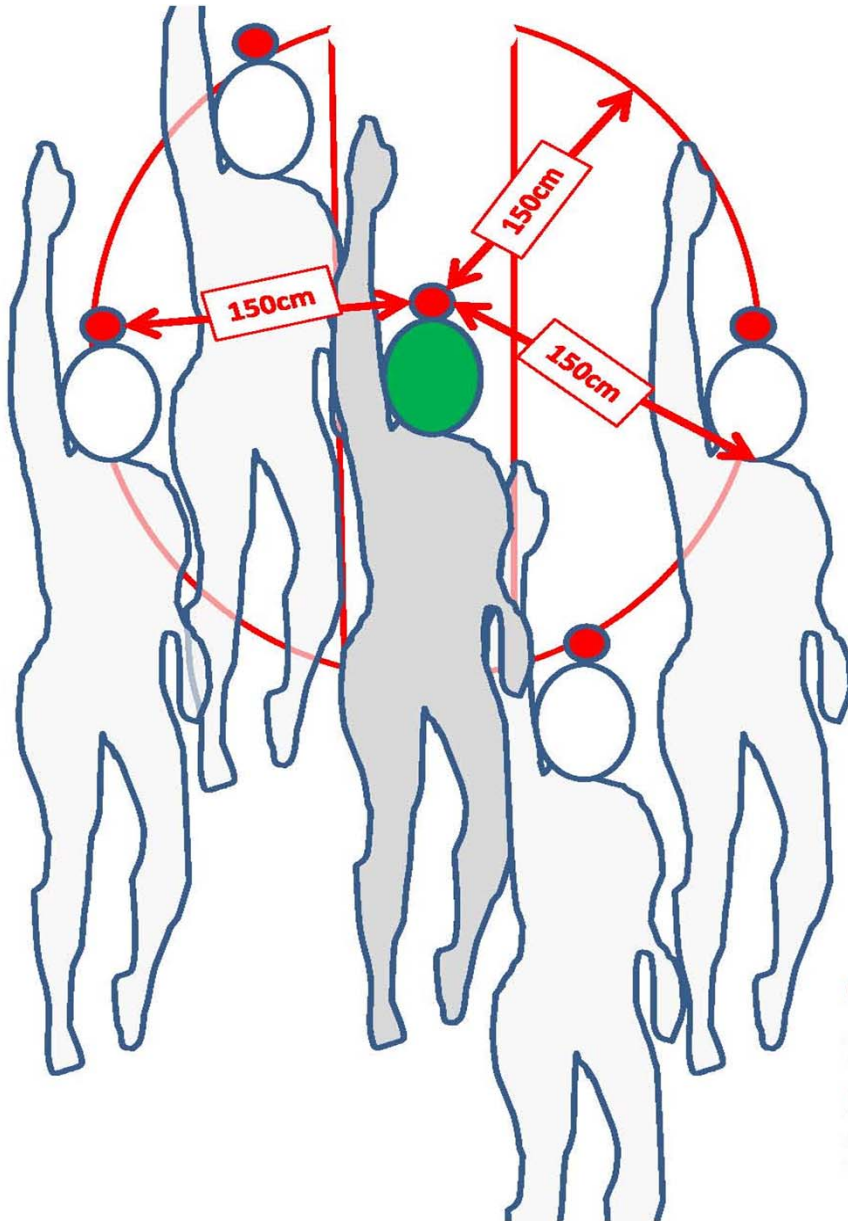


- Today at 12:00 Water temperature: 16.4 °C
 Air temperature: 12.2 °C
 WBGT: 11.2 °C
 Humidity 77% 
- 1 lap (total distance of 750m) – counterclockwise
- Distance to the first turn buoy 274m
- Pass all the yellow buoys on your the left shoulder, the red buoys on your right shoulder
- Raise arm in the air if assistance is required
- Swim behavior will be closely monitored.
- Please take wetsuit, cap, goggles to transition 1 and place in your area/box

Swim course



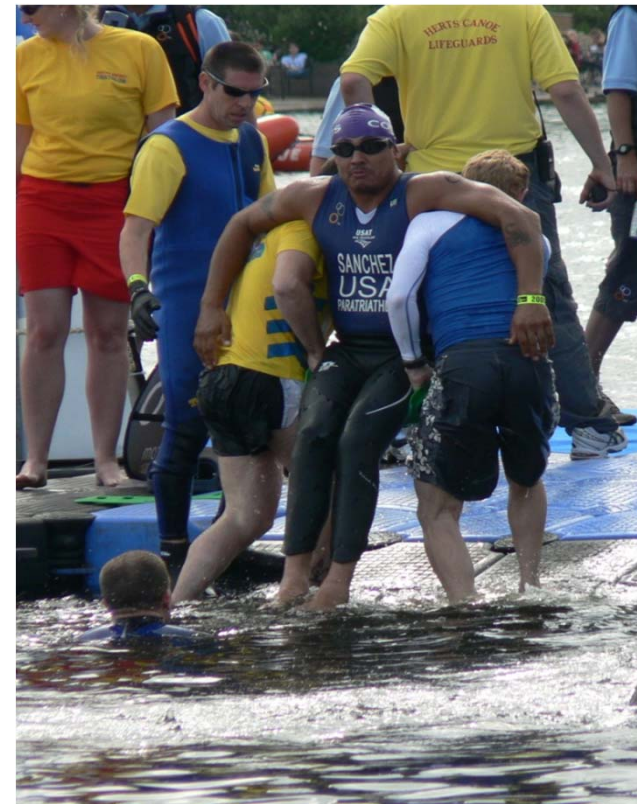
PT5 swim conduct



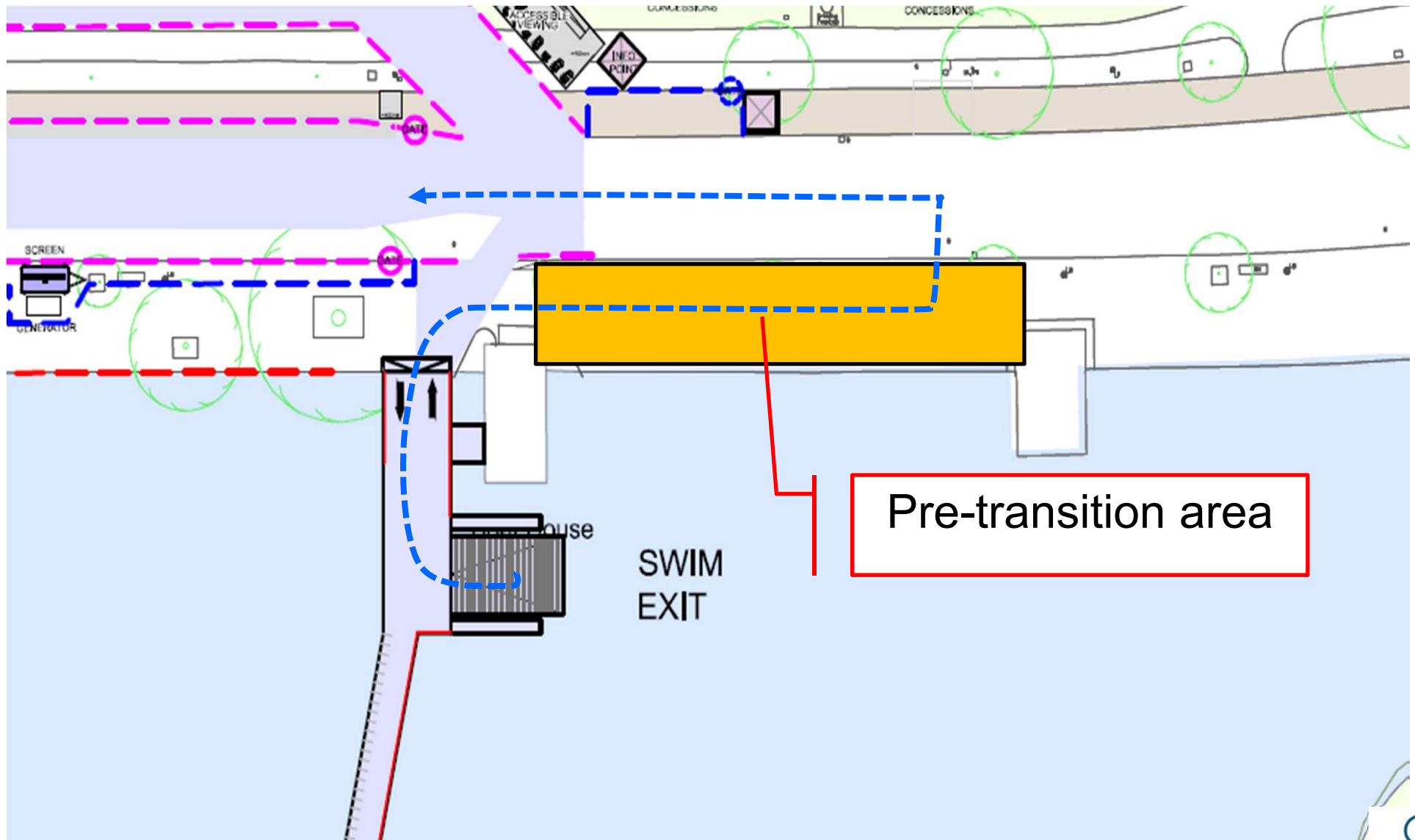
- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation distance of **1.5m** from the athletes' head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and **1 m long when measured with no tension**. It can be fixed at any point of the athletes' body.

Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas, it will be consider as a violation.

Swim exit handling



Pre Transition



- Athletes' registered equipment (prosthesis, crutches, day chairs)
- Folding chairs for wetsuit removal.
- No wetsuit removal by TOs and volunteers
- Athletes from PT5 are not allowed to use the pre-transition area
- Only PT1 handlers' are allowed in this area

- Traditional bike racks – number, name and country flag
- Wetsuit, goggles & swim cap to your area.
If not → time penalty 10”
- Helmet **MUST** be fastened before un-racking bike
- Mount line at the end of the Transition Area –
Caution: the end of the blue carpet is not the mount line
- PT1 must completely stop at mount and dismount lines
- Personal handlers should stay next to the athletes’ bike rack during the bike leg.
- Bibs facing backwards during the bike – PT1 athletes must put the bib on the hand cycle
- **Handlers:** once all athletes are out of T1, please bring back all T1 equipment to the T2 position (north side)

TA Flow 1

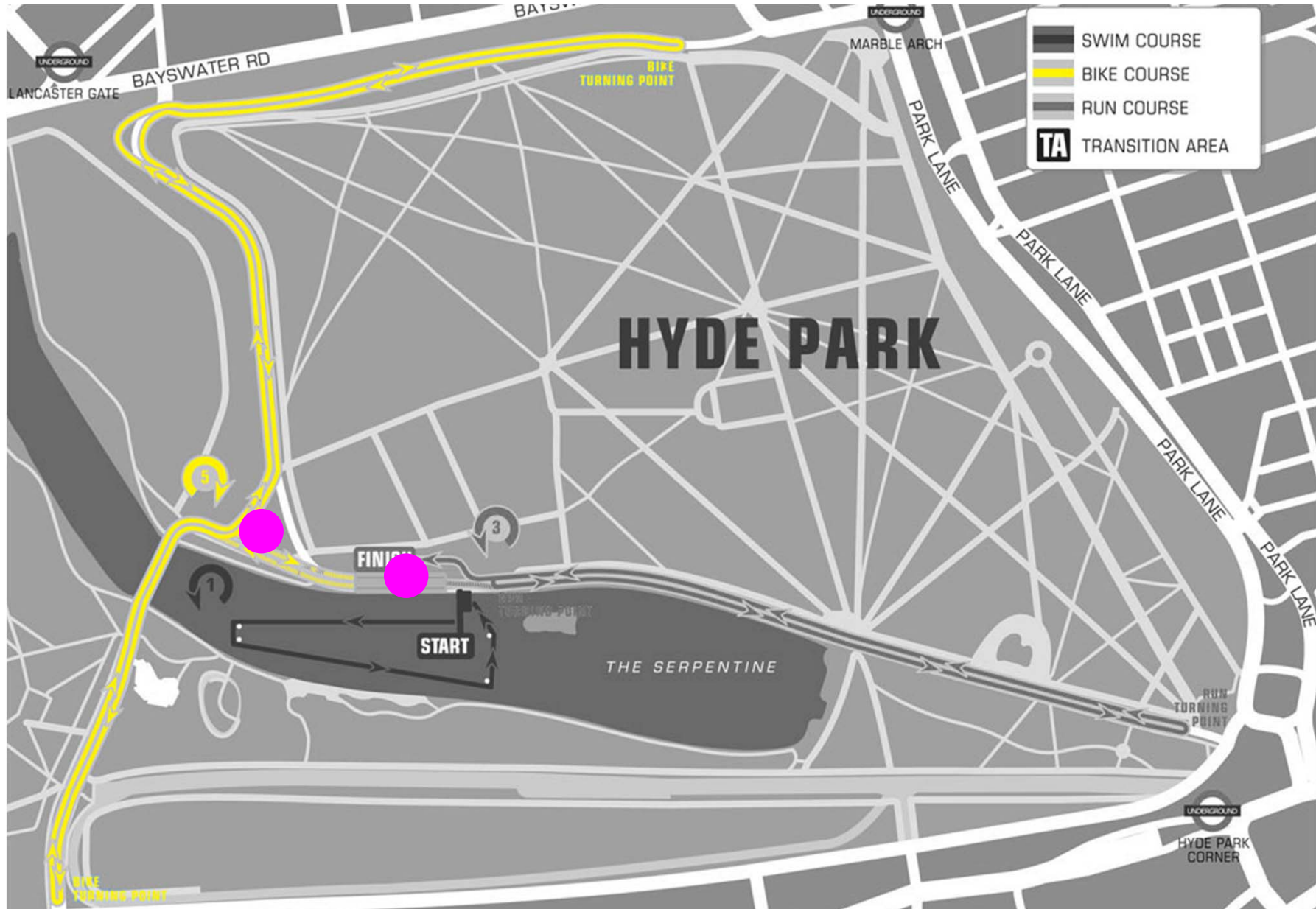


Transition **Swim-Bike**
(south side of TA)

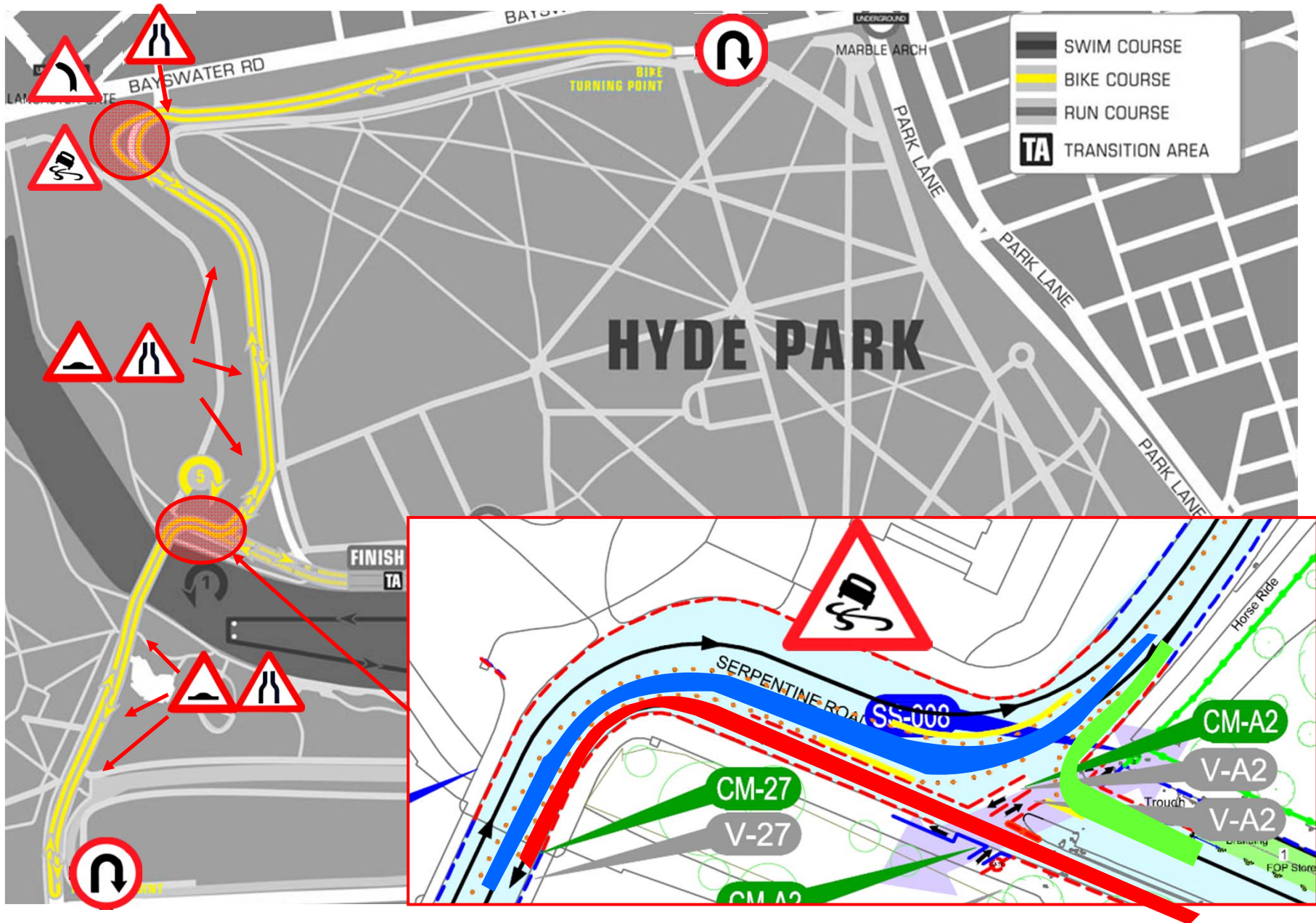
Water

- 5 laps (total distance of 20.7km) – clockwise, **no through transition**
- Flat and technical (few speed bumps and **tight** turns)
- Ride on left hand side of the road
- Draft illegal race
- 1 bike penalty box **when returning to transition on left hand side**
- 1 team wheel station >> coaches to drop the wheels
- 1 littering area
- Lap counting: **it is the athlete's responsibility to count the laps**

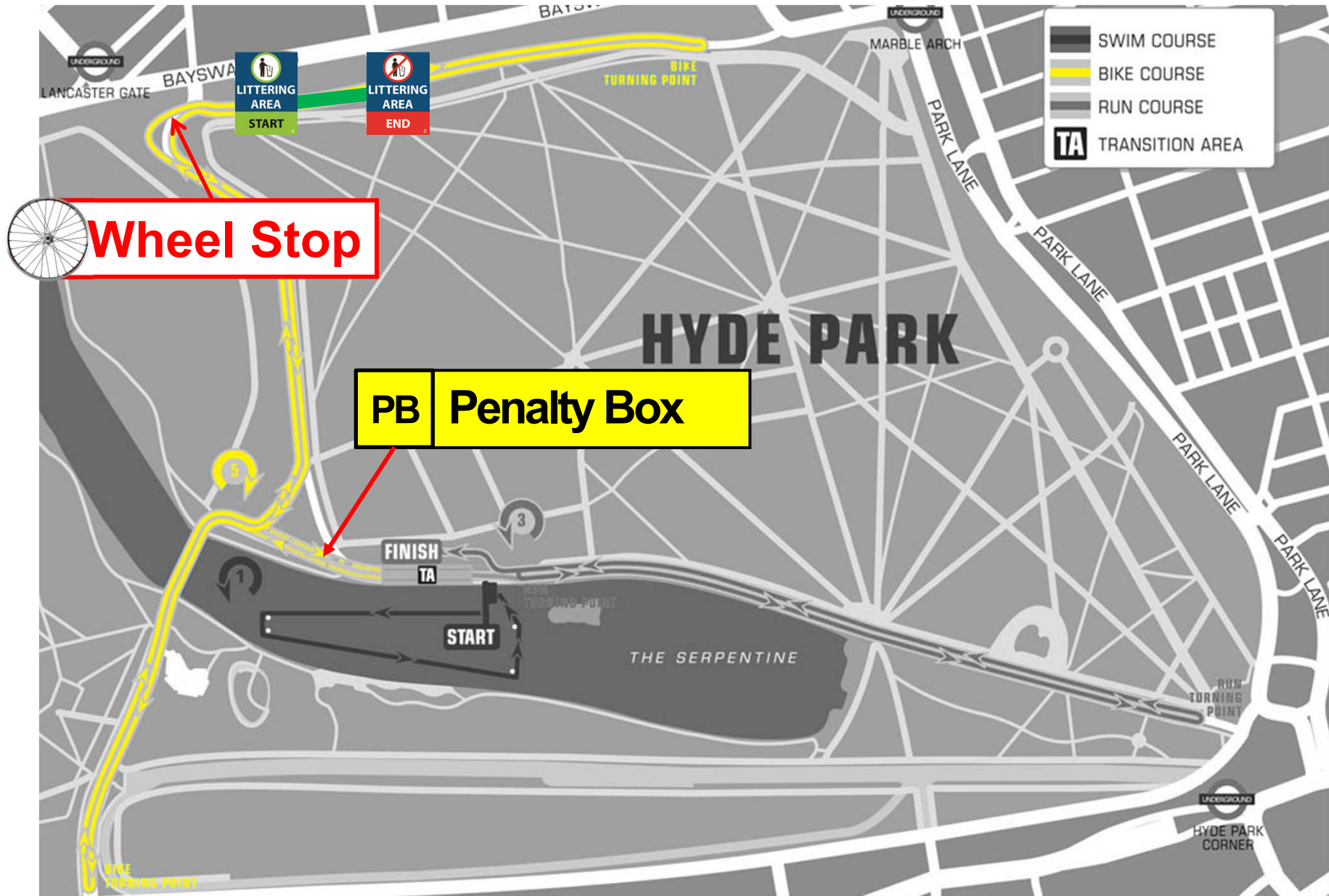
Bike course



Bike course



Bike course





- Legal distance: 10m between bikes (front wheel to front wheel)
- Maximum 20 seconds allowed to pass through
- Time penalty: **1 minute** at bike penalty box **only when returning to Transition 2**
- Not stopping at the bike penalty box or accumulating 2 time penalties = DSQ
- It is the athletes' responsibility to stop at the Bike Penalty Box - numbers are **not** posted on boards

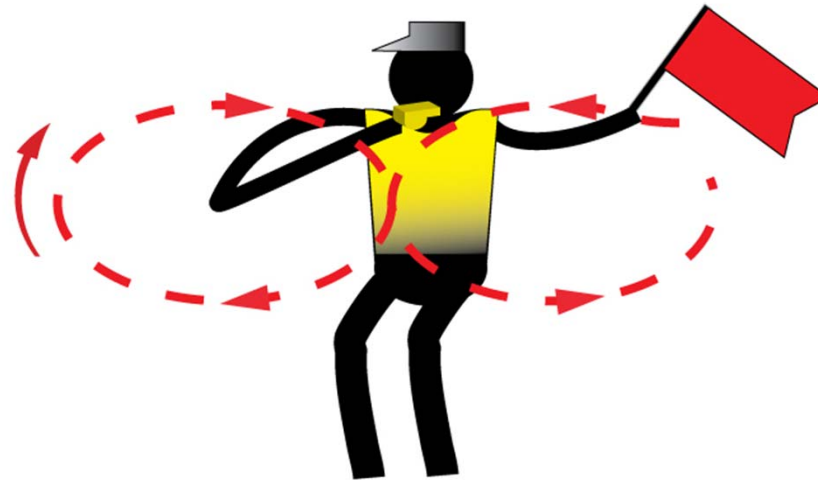
Penalty notification

The official will do the following

- Sound a whistle or horn
- Show a **BLUE CARD**
- Call your number
- Advise you of the **PENALTY**
- If you are shown a **RED CARD**, you may be disqualified

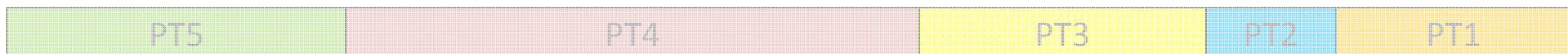


Caution signal: sharp whistles and or red flags



TA Flow 2

Transition 2 - **Bike-Run**
(north side of TA)



Water

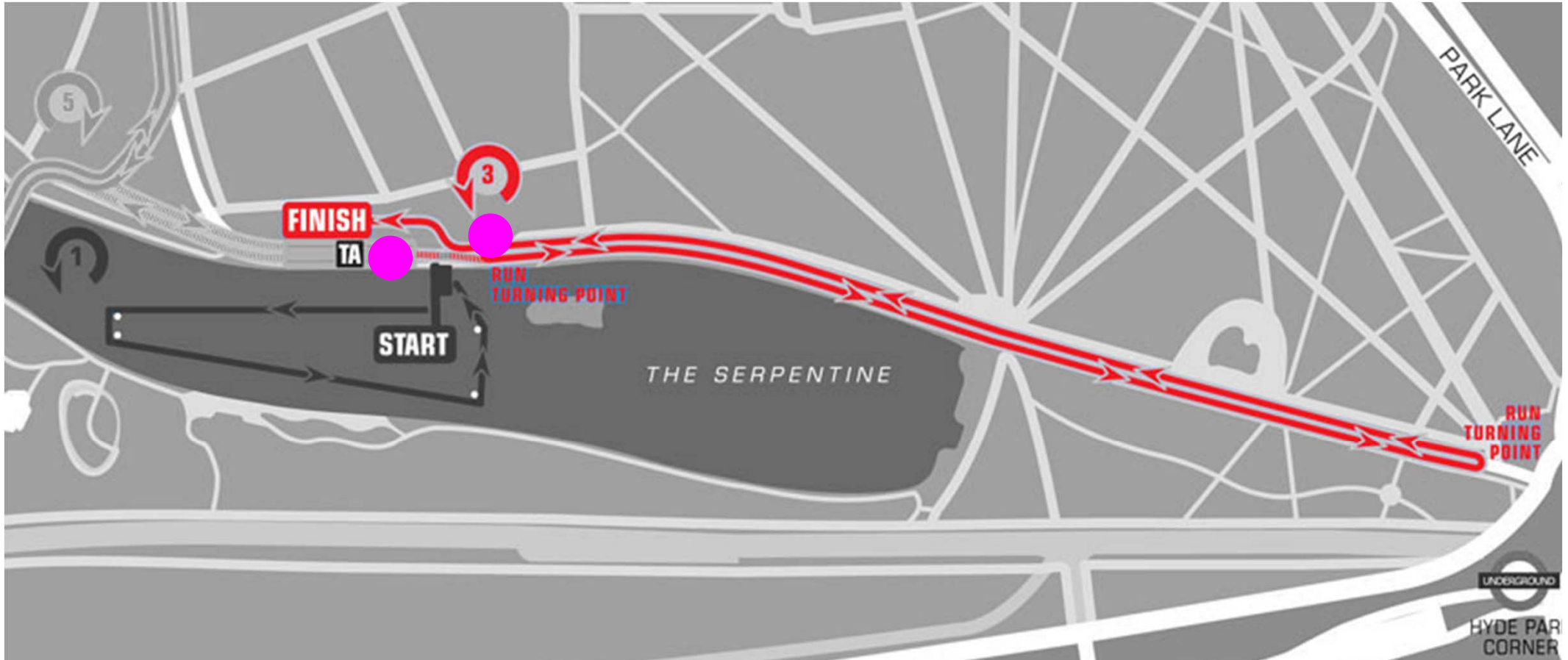
- 3 laps (total distance of 5km)
- Aid station:
 - 2 per lap (for location see map)
 - Sealed water bottles
 - Discard bottles and litter in the littering zones.



They will be marks with these signs + line on ground

- Don't cut short the corners
- Run penalty box at u-turn near transition area
- Bibs facing frontwards during the run
- Photo-finish

Run course



Run course

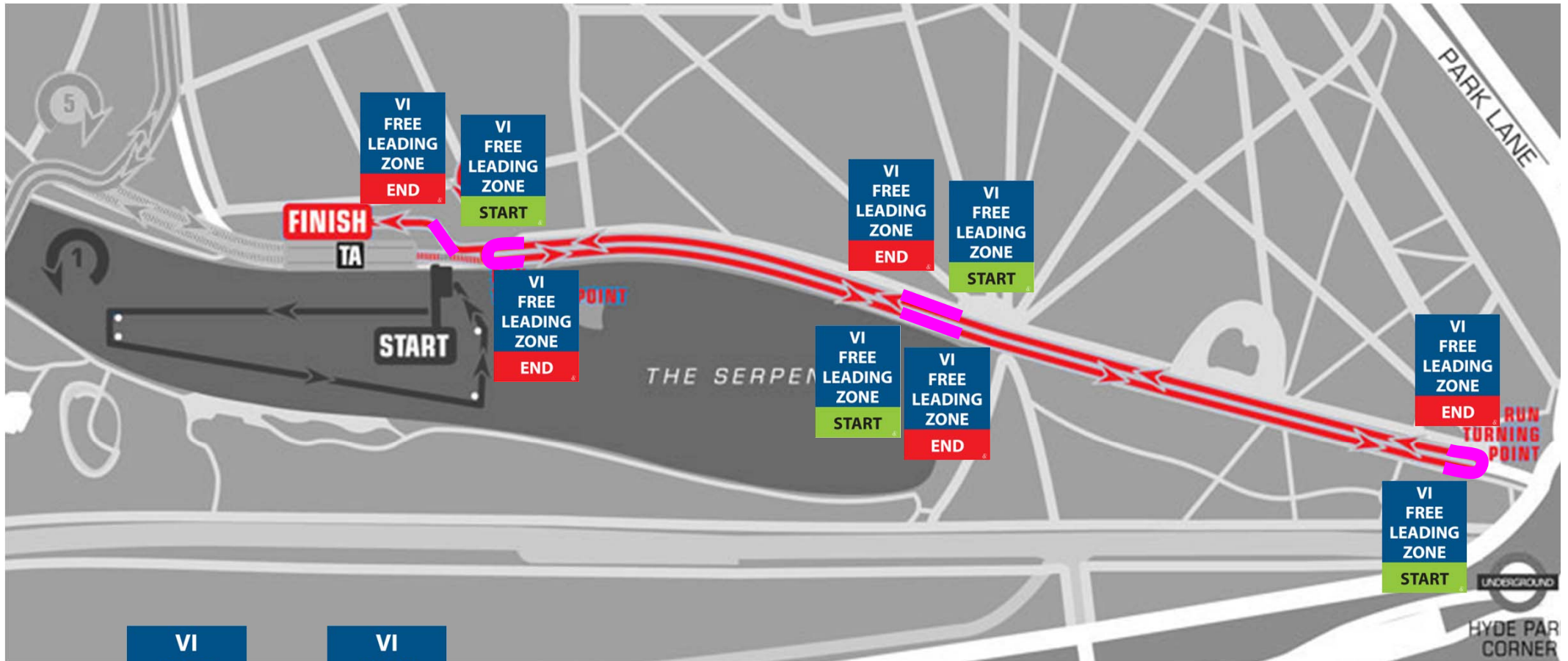


PB Penalty Box

 Aid Stations

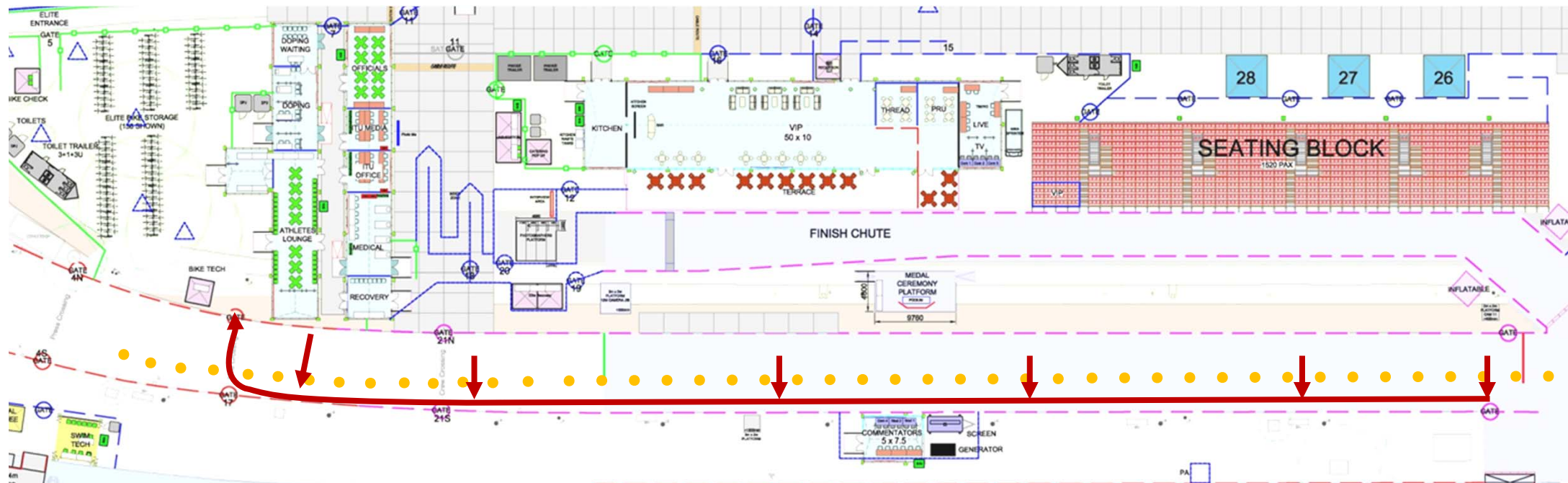
Run course (PT5 free leading zone)



- Run penalty box is for infringements in: TA1, Run and TA2
e.g.: mount before mount line, dismount after dismount line, equipment outside your own space, rack the bike outside your own space, etc.
- **Where:** At the end of each run lap
(before u-turn, right hand side)
- **Information:** White board to show race numbers
Read the board – Technical Official will not warn you during the race
- **Procedure:** Stop at the Penalty Box if you see your number
10 second time penalty served on any lap of the run.
If you do not stop it will result in a DSQ

Handlers direction after TA2

- Remove all your athlete's equipment from transition except bike (removed by LOC after the last athlete reaches T2)
- Proceed to athlete lounge as shown below but caution of other athletes coming back from bike leg. Follow ITU officials instructions
- Do not go down the finish chute



Post race procedures

- Photo-finish
- No congestion in finish area: go back to Athlete Lounge



- Results will be posted in the Athlete Lounge.
- **12:00 Medal Ceremony** - Meeting point: 11:45 in Athlete Lounge
Dress “up” with race uniform (or country clothes) – coaches assistance needed. Ambush marketing rules apply
- **Please leave Athlete lounge by 13:00**

- 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 rules

Anti-Doping Control

Photo ID is needed for every athlete going for doping control

Results will be posted at athlete lounge

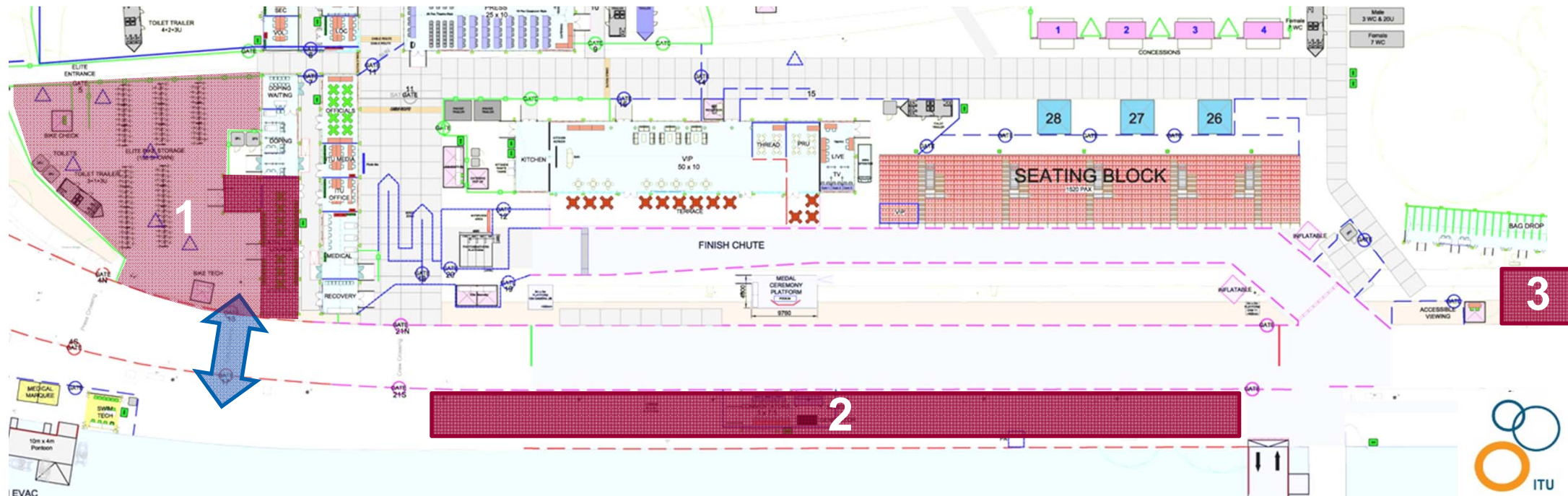
Team Medical Access

Only team medical will be allowed to enter the medical tent after ITU Medical Delegate's permission.

Every NF can have 1 team medical accreditation. Team doctors should register with the ITU Medical Delegate!

Coaches' areas

- Accreditations will be distributed to those that have been entered through the online system by their NF
- They will have access to:
 1. Athletes' Lounge/Post recovery area
 2. South side of Transition Area
 3. Beside Penalty box



- There is no personal handlers for athletes in PT2, PT3 and PT4 unless you have received written approval from the ITU
- Personal handlers are specifically allowed to assist paratriathletes by:
 - ✓ Helping with prosthetic devices or other assistive devices;
 - ✓ Lifting participants in and out of handcycles and wheelchairs;
 - ✓ Removing wetsuits or clothing;
 - ✓ Repairing flats, punctures and helping with other equipment.
 - ✓ Racking bikes in transition
- All personal handlers shall be subject to the ITU Competition Rules.
- Any action taken by a personal handler, which propels the competitor forward may, at the discretion of the Race Referee, be grounds for a time penalty or disqualification.
- Personal handlers can only assist their athlete.

- There **is no bike familiarization / warm-up on the course** as roads are used for logistic purposes.
- PT1 athletes having received 2 chips, please ensure to return all of them

Saturday



Sunny

Wind: W at 10 mph

Temperature

20 °C (High)

13 °C (Overnight Low)

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Access to briefing presentation



**[http://www.triathlon.org/about/downloads/
category/race_briefings/](http://www.triathlon.org/about/downloads/category/race_briefings/)**

**Thank you
and
have a nice race!**