Rio2016
Rio2016
PARALYMPIC GAMES

Rio 2016 Olympic Games

Coaches' & Team Managers' Meeting

Monday, 15 August 2016

Agenda

1 | Welcome and introductions

2 | Competition Jury

3 | Schedule and timetables

Agenda

4 | Check in procedures

5 | The course

6 | Post race procedures

Agenda

7 | Coaches’ areas

8 | Important notes

9 | Weather forecast

Welcome and introductions

Marisol Casado, ITU President

Juliet Fahey, ITU TD

Thanos Nikopoulos, ITU TD

Enrique Quesada, ITU TD

Stéfane Mauris, ITU Race Referee

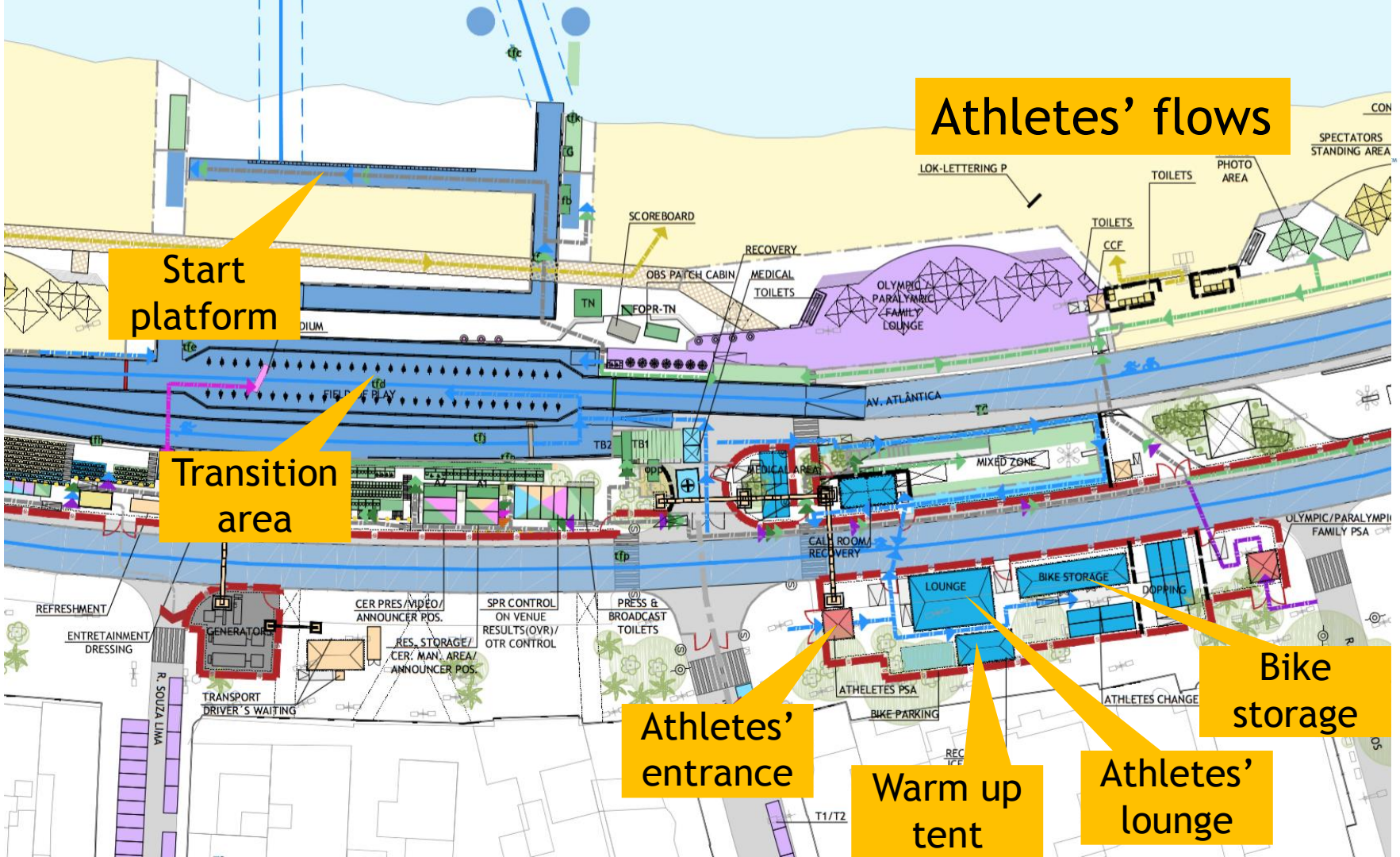
Dr. Sergio Migliorini, ITU Medical Delegate

Rychard Hryniewicz, Rio 2016 Sport Manager

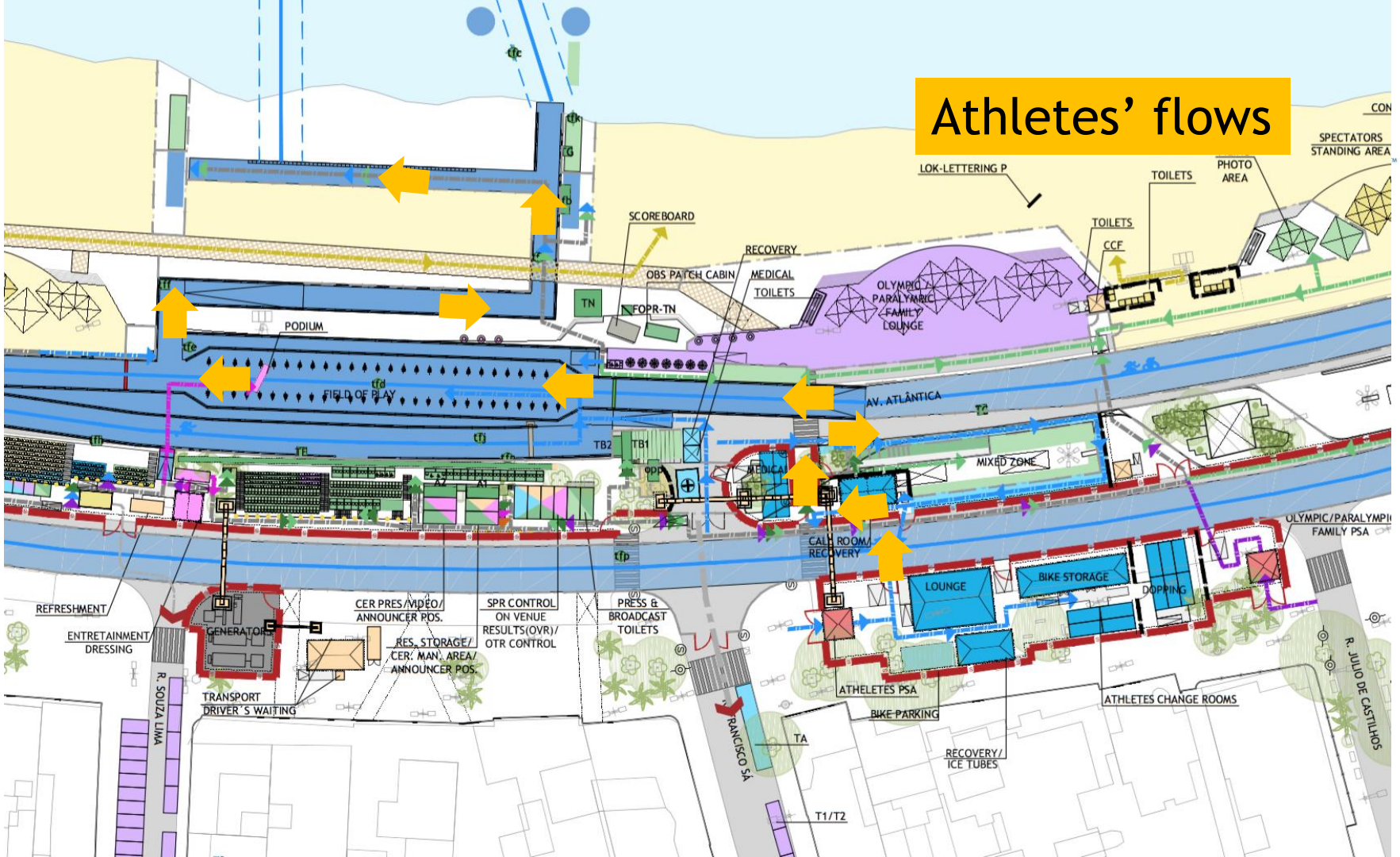
Thorben Lange, Rio 2016 FOP Manager

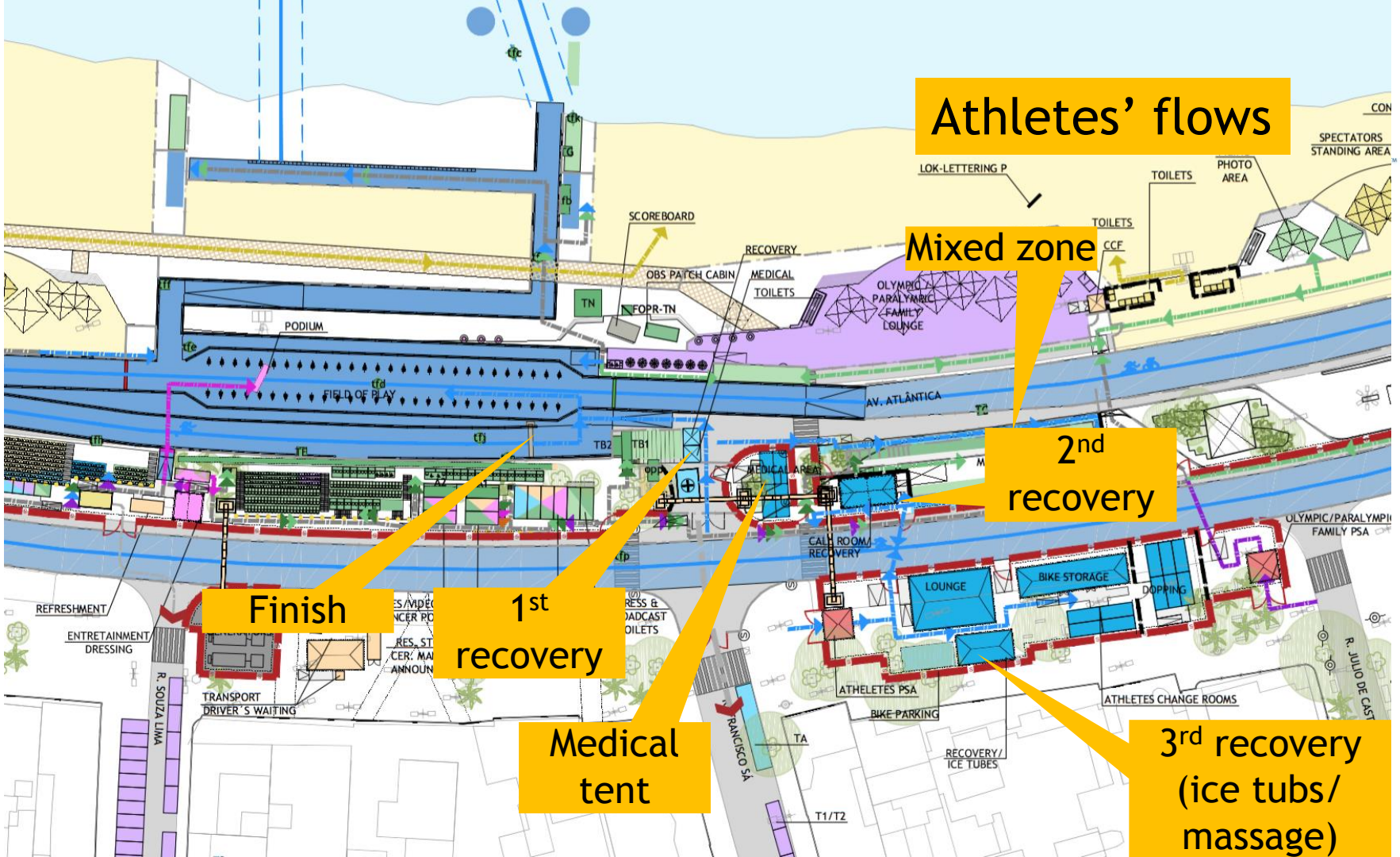
Competition Jury

- Enrique Quesada (ESP), chair – ITU TD
- Ria Damgren Nilsson (SWE), representing ITU EB
- Jaime Cadaval (MEX), representing ITU TC
- Dr. Debbie Alexander (RSA), representing ITU MC
- Carlos Froes (BRA), representing NF


Athletes' flows
Start platform
Transition area
Athletes' entrance
Warm up tent
Athletes' lounge
Bike storage
SCOREBOARD
RECOVERY
OBS PATCH CABIN
MEDICAL
TOILETS
FOPR-TN
OLYMPIC / PARALYMPIC FAMILY LOUNGE
LOK-LETTERING P
TOILETS
PHOTO AREA
SPECTATORS STANDING AREA
CCF
AV. ATLÂNTICA
MIXED ZONE
MEDICAL AREA
CALL ROOM/ RECOVERY
OLYMPIC/PARALYMPIC FAMILY PSA
LOUNGE
BIKE STORAGE
DOPPING
REFRESHMENT
ENTRETAINMENT DRESSING
GENERATORS
CER PRES/VIDEO/ ANNOUNCER POS.
RES. STORAGE/ CER. MAN. AREA/ ANNOUNCER POS.
SPR CONTROL ON VENUE RESULTS(OVR)/ OTR CONTROL
PRESS & BROADCAST TOILETS
TRANSPORT DRIVER'S WAITING
R. SOUZA LIMA
ATHELETES PSA
BIKE PARKING
ATHLETES CHANGE
T1/T2
TB1
TB2
TN

Athletes' flows




Athletes' flows
Mixed zone
2nd recovery
Finish
1st recovery
Medical tent
3rd recovery (ice tubs/ massage)
SCOREBOARD
RECOVERY
OBS PATCH CABIN
MEDICAL
TOILETS
FOPR-TN
PODIUM
FIELD OF PLAY
AV. ATLÂNTICA
MEDICAL AREA
CALL ROOM/ RECOVERY
LOUNGE
BIKE STORAGE
DOPPING
ATHELETES PSA
BIKE PARKING
ATHELETES CHANGE ROOMS
RECOVERY/ ICE TUBES
REFRESHMENT
ENTRETAINMENT
DRESSING
TRANSPORT
DRIVER'S WAITING
R. SOUZA LIMA
R. FRANCISCO SÁ
TA
T1/T2
LOK-LETTERING P
TOILETS
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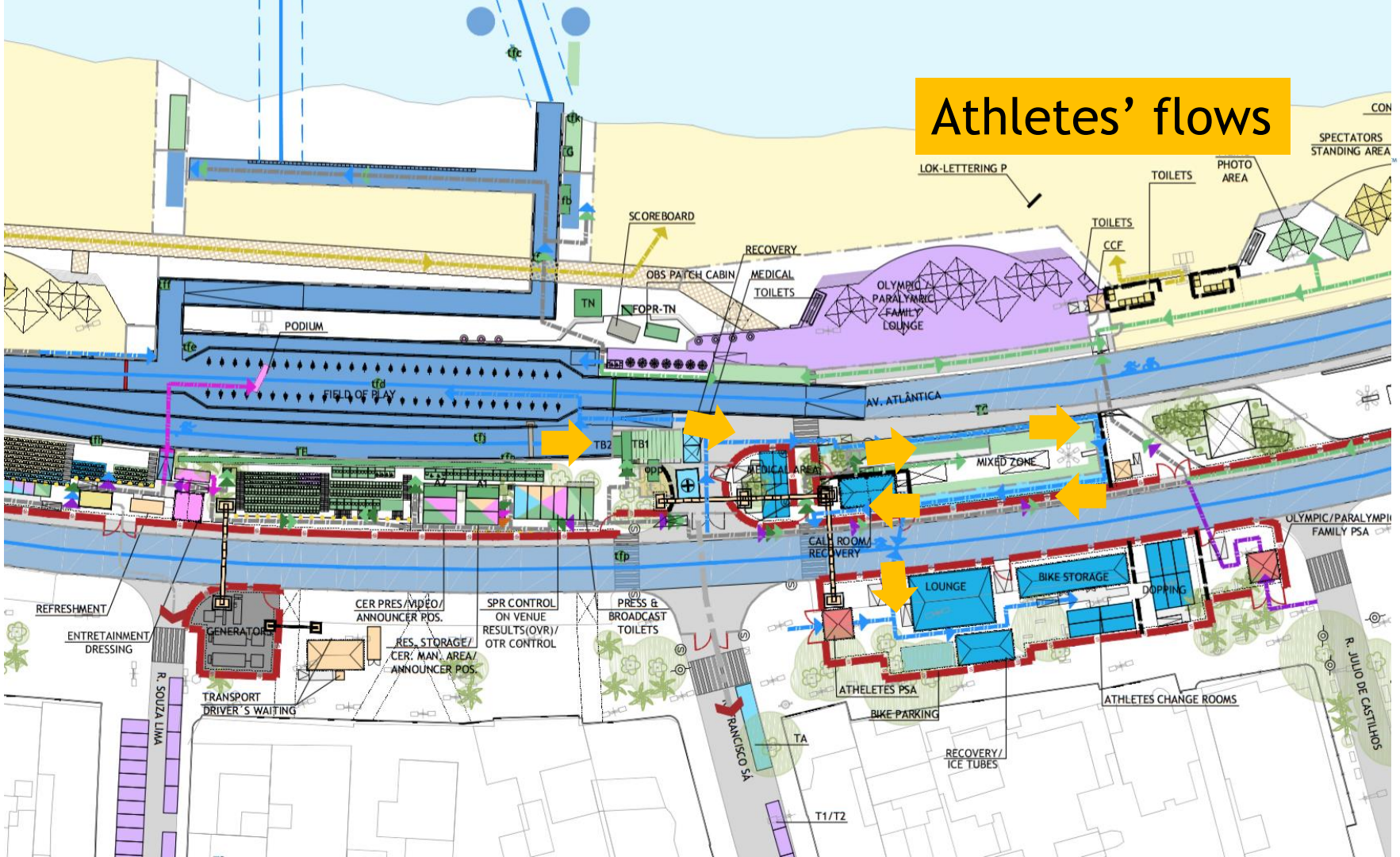
OLYMPIC/PARALYMPIC FAMILY PSA
OLYMPIC/ PARALYMPIC FAMILY LOUNGE
CCF

Athletes' flows



Schedule and timetables - 1

Aug, 15th Monday

- Distribution of coaches' access passes

- Athletes' entries data check
  (please return the sheet back to the technical officials)

- Coaches' registration for the run course measurement on the 17th

Schedule and timetables - 2

Aug, 16th Tuesday

- 12:00-13:00 Athletes' bicycles delivered at OLV athletes' transport mall
- 14:00 Athletes arrive at venue (OLV residences)
- 14:00-14:15 Athletes arrive at venue (non OLV residences)
- 14:00-15:00 Rule 50 check for all equipment/ except bicycles

Athletes who went through the rule 50 check on the day before, will have a shorter process

Schedule and timetables - 3

Aug, 16th Tuesday

- 14:30 Bicycles are delivered from the OLV to the venue
- 15:00-16:00 Swim course familiarization

Use only the Rio 2016 swim caps/ leave your accreditation at the start area (security measurement in place)

- 16:30-17:30 Mens' race briefing and pontoon draw
- 17:30 Race package distribution

Race package distribution

Aug, 16th Tuesday

Your race package includes:

- Helmet stickers (3x)
- Bike sticker (1x)
- Body decals (4x) – both arms and both legs
- 2x600ml + 2x1200ml Rio 2016 water bottles

Schedule and timetables - 4

Aug, 16th Tuesday

- 17:30-19:30 Bike Check In

(ITU Bike Spec Rules, Wheels, Handlebars, IOC Rule 50, technological fraud check)

- Mens' bicycles have to come into the venue on this day. They have to remain in the venue on the 16th and 17th.

- Women who want to take part in the bike familiarization on the 17th, must bring their bicycle in the venue on the 16th. They may take it after the bike familiarization on the 17th.

- Bicycles can be checked in by the team managers.

Schedule and timetables - 5

Aug, 16th Tuesday

- 19:30 Bus departs to OLV

Schedule and timetables - 6

Aug, 17th Thursday

- 07:15 Athletes arrive at venue (OLV residences)
- 07:30-07:45 Athletes arrive at venue (non OLV residences)
- 07:30-08:30 Rule 50 check for all equipment/ except bicycles

Athletes who went through the rule 50 check before, will have a shorter process

Schedule and timetables - 7
Aug, 17th Thursday

- 08:30-09:30 Bike course Familiarization (escorted training)

Athletes must wear the special accreditation sticker on their helmet given to them by the technical officials in the morning

- 2 laps
- Meeting point at the mount line
- Athletes will be re-grouped twice (transition zone/top of hill)
- Free movement will be allowed on the downhill section

Schedule and timetables - 8

Aug, 17th Thursday

- 09:45-10:45 Swim course familiarization

Use only the Rio 2016 swim caps/ leave your accreditation at the start area (security measurement in place)

- 09:45-10:45 Coaches' run course measurement

- One coach per NOC can register with the Chief Registration official after the briefing
- A vest will be given to all the coaches who are registered to measure the course
- Meeting point at Athletes' lounge at 09:30

Schedule and timetables - 9

Aug, 17th Thursday

- 11:30 Bus departs to OLV
- 15:00 – 16:00 Women's bicycle collection from ATM in OLV

Schedule and timetables - 10

Aug, 18th Thursday– Men race

- 08:00 Athletes arrive at venue (OLV residences)
- 08:15-..... Athletes arrive at venue (non OLV residences)
- 08:00-10:00 Athletes' lounge check in
- 09:00-10:15 Bike/Run Warm Up (not through transition)
- 09:00-10:30 Swim warm up

Schedule and timetables - 11

Aug, 18th Thursday– Men's race

- 09:00-10:30 Transition zone check in
- 09:45 Bus transfer to coaches area 4
- 10:00 Bus transfer to coaches area 3a/3b
- 10:15 Bus transfer to coaches area 5
- 10:45 Athletes'presentation
- 11:00 Men's race start

Schedule and timetables - 12

Aug, 18th Thursday– Men's race

- 13:05 Medal Ceremony
- *After ceremonies* Press conference
- 14:00 Bus depart to OLV
- 17:00-18:00 Men's bicycles collection from ATM in OLV

Schedule and timetables - 13

Aug, 18th Thursday

- 12:00-13:00 Women's bicycles delivered at OLV ATM
- 14:30 Women's bicycles are delivered from the OLV to the venue
- 14:00-14:15 Women arrive at venue (non OLV residences)
- 14:30 Women arrive at venue (OLV residences)
- 14:00-15:00 Rule 50 check for all equipment/ except bicycles

Athletes who went through the rule 50 check before, will have a shorter process

Schedule and timetables - 14 Aug, 18th Thursday

- 15:00-16:00 Swim course familiarization

Use only the Rio 2016 swim caps/ leave your accreditation at the start area (security measurement in place)

- 16:30-17:30 Women's race briefing and pontoon draw

- 17:30 Race package distribution

Race package distribution

Aug, 18th Thursday

Your race package includes:

- Helmet stickers (3x)
- Bike sticker (1x)
- Body decals (4x) – both arms and both legs
- 2x600ml + 2x1200ml Rio 2016 water bottles

Schedule and timetables - 15 Aug, 18th Thursday

- 17:30-19:30 Bike Check In

(ITU Bike Spec Rules, Wheels, Handlebars, IOC Rule 50, technological fraud check)

- *Women's bicycles have to come into the venue on this day. They have to remain in the venue on the 18th and 19th.*

- *Bicycles can be checked in by the team managers.*

- 19:30 Bus departs to OLV

Schedule and timetables - 16
Aug, 19th Friday

- 07:15 Women arrive at venue (OLV residences)
- 07:30-07:45 Women arrive at venue (non OLV residences)
- 07:30-08:30 Rule 50 check for all equipment/ except bicycles

Athletes who went through the rule 50 check before, will have a shorter process

Schedule and timetables - 17 Aug, 19th Friday

- 08:30-09:30 Bike course Familiarisation/ women only (escorted training) *Athletes must wear the special accreditation sticker on their helmet given to them by the TOs in the morning*
- 2 laps
- Meeting point at the mount line
- Athletes will be re-grouped twice (transition zone/top of hill)
- Free movement will be allowed on the downhill section

Schedule and timetables - 18
Aug, 19th Friday

- 09:45-10:45 Swim course familiarization (women only) *Use only the Rio 2016 swim caps/ leave your accreditation at the start area (security measurement in place)*

- 11:30 Bus departs to OLV

Schedule and timetables - 19

Aug, 20th Saturday– Women's race

- 08:00 Athletes arrive at venue (OLV residences)
- 08:15-..... Athletes arrive at venue (non OLV residences)
- 08:00-10:00 Athletes' lounge check in
- 09:00-10:15 Bike/Run Warm Up (not through transition)
- 09:00-10:30 Swim warm up

Schedule and timetables - 20

Aug, 20th Saturday– Women's race

- 09:00-10:30 Transition zone check in
- 09:45 Bus transfer to coaches area 4
- 10:00 Bus transfer to coaches area 3a/3b
- 10:15 Bus transfer to coaches area 5
- 10:45 Athletes'presentation
- 11:00 Women's race start

Schedule and timetables - 21

Aug, 20th Saturday– Women's race

- 13:19 Medal Ceremony
- *After ceremonies* Press conference
- 14:30-16:00 ITU Party at the venue
- 15:00 Bus depart to OLV
- 17:00-18:00 Womens's bicycles collection from ATM in OLV

Check in procedure - 1

Athletes' lounge check in

- Uniform and gear check (name, country, Rule 50, zippers) – photos will be taken of each uniform.

  Wearing a different uniform during the race = DSQ
- Body marking check (both arms and both legs)
- Swim cap distribution
- Timing chip distribution – 2 per athlete, one for each ankle
- Leave your personal gear in the Athletes' Lounge

Check in procedure- 2

Transition Area

- Helmet check – follow rule 50
- Running shoes go outside IN FRONT your box
- Helmet on bike
- Water bottles totally un-branded or use the Rio 2016 ones
- The bike must be racked in the first transition by the rear wheel and in the second transition in any direction

The course

1 lap of 1500m swim

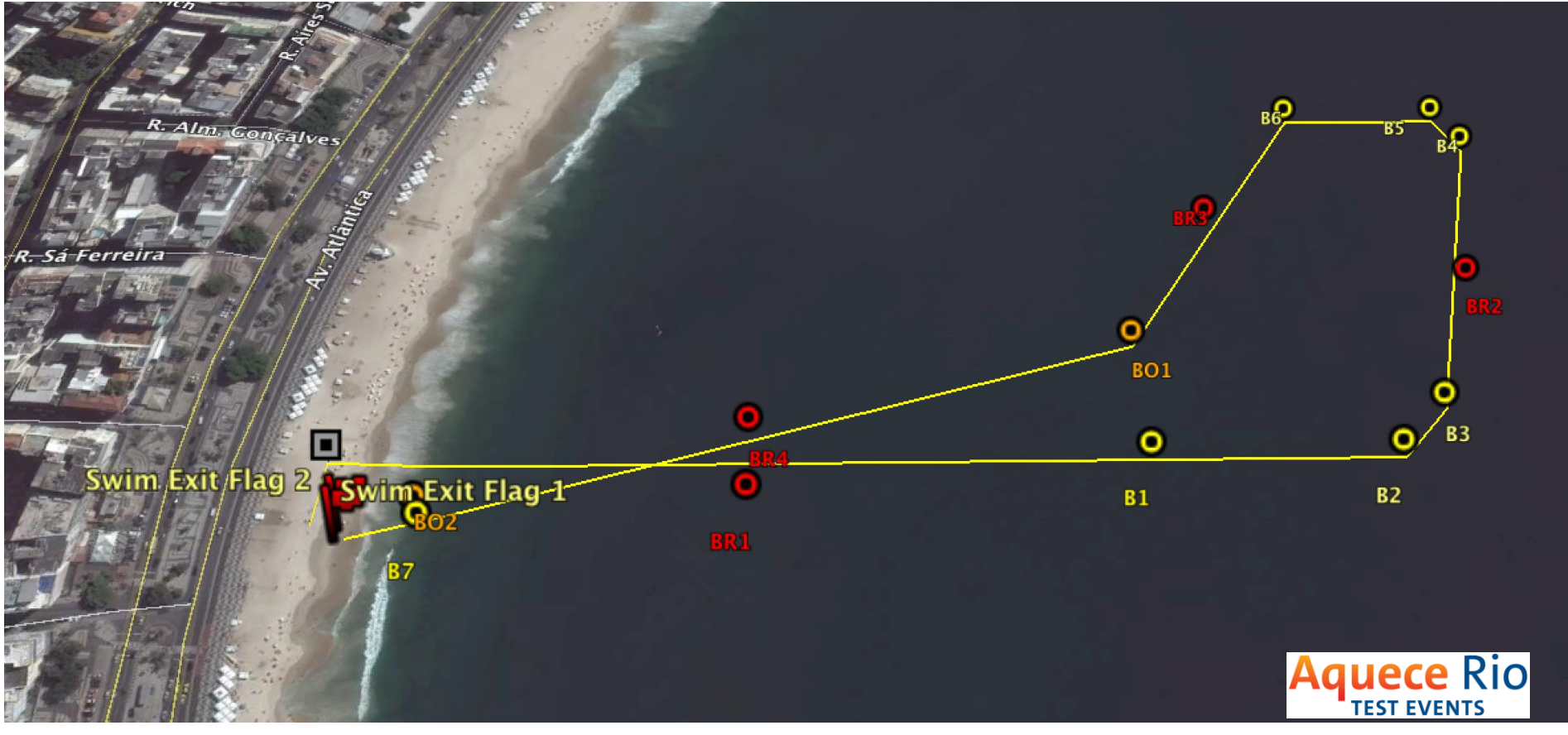
8 laps of 4.81km (total 38.5km)

4 laps of 2.5km

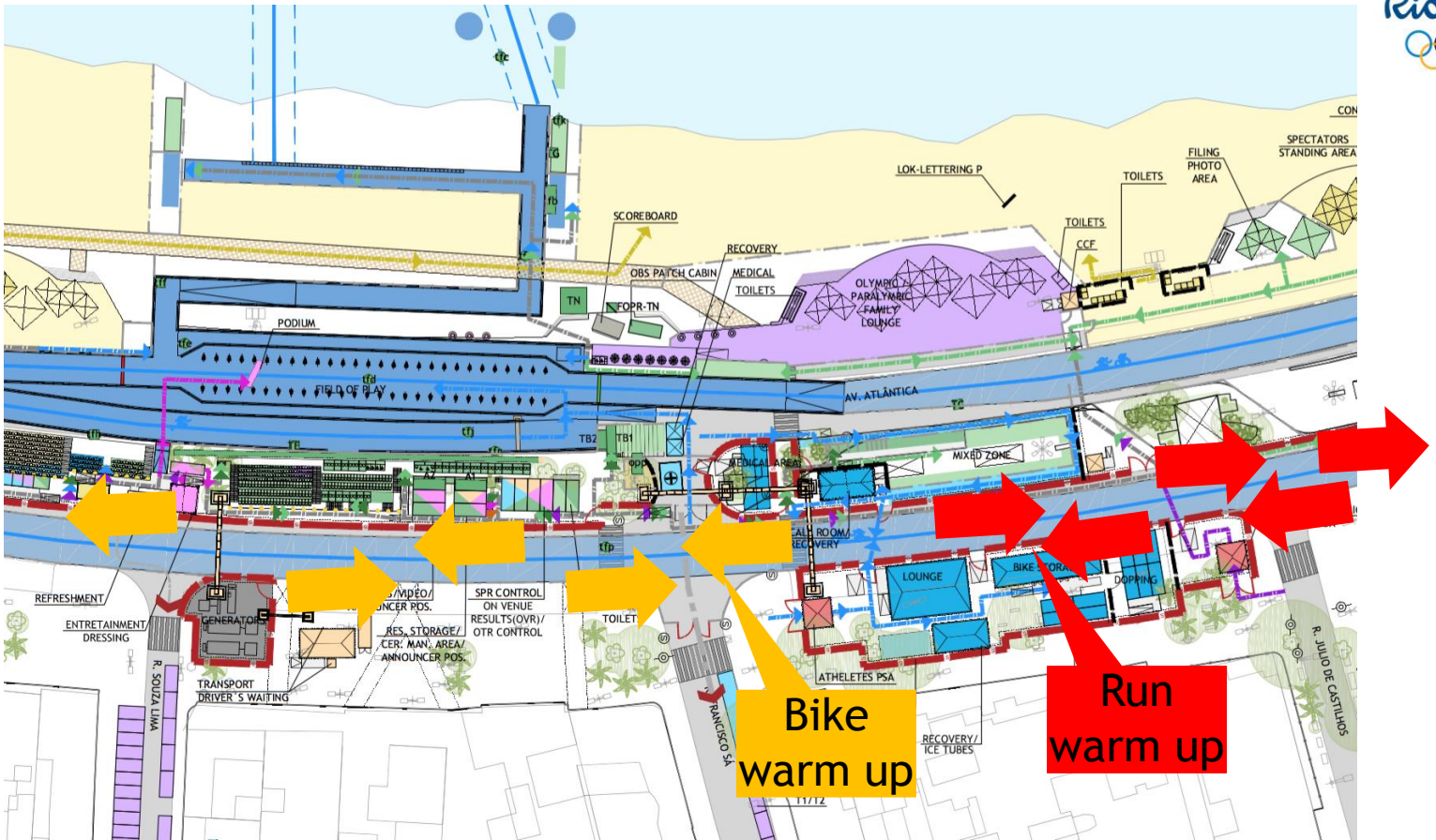
Warm up - Swim

- You will be allowed to warm up on the whole swim course
- Coaches can go with the athletes to the start platform.

Warm up - Swim


R. Alm. Gonçalves
R. Sá Ferreira
Av. Atlântica
Swim Exit Flag 2
Swim Exit Flag 1
BO2
B7
BR1
BR4
BO1
B1
BR3
B6
B5
B4
BR2
B3
B2
Aquece Rio
TEST EVENTS

Warm up - Bike/run



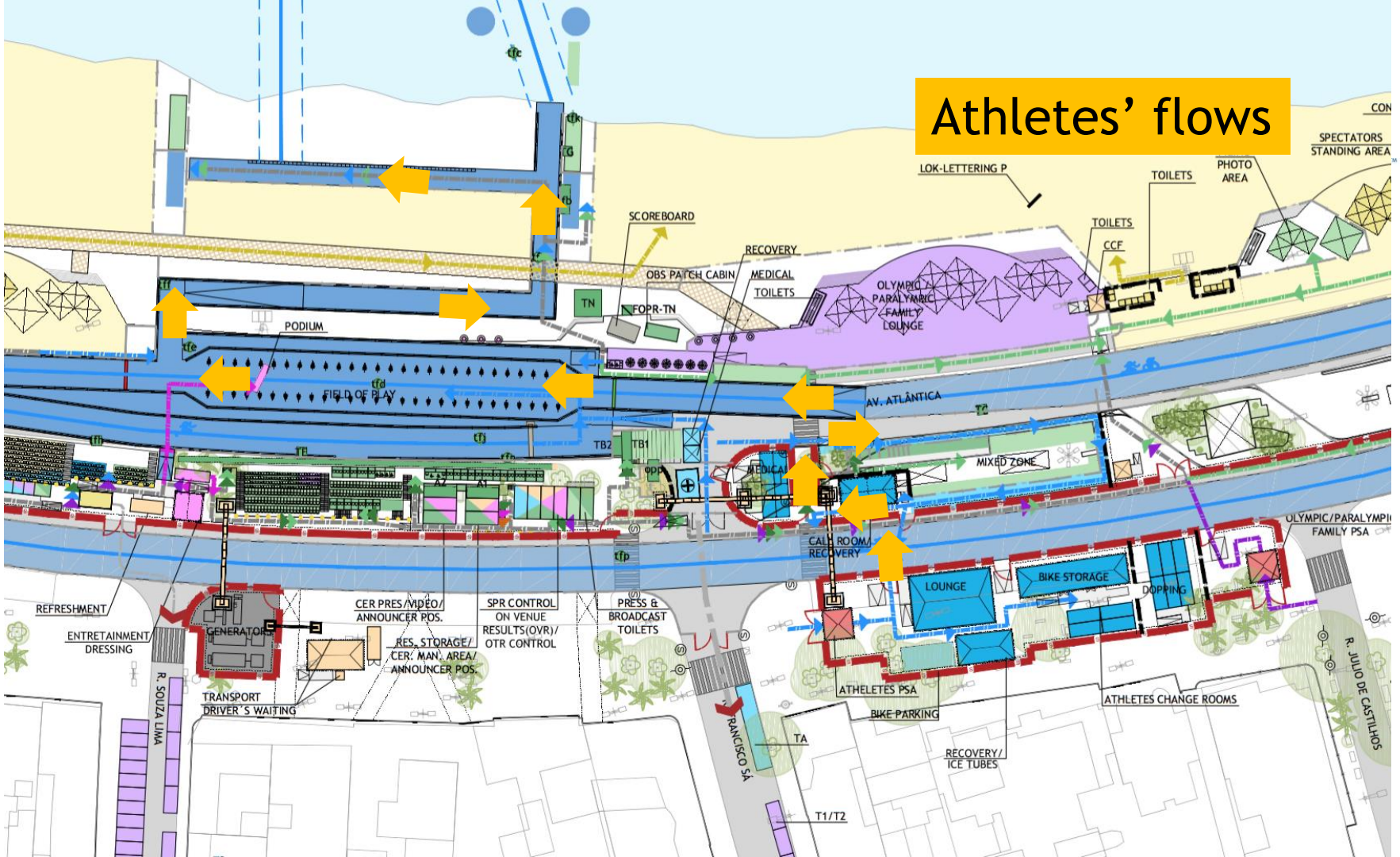
Pre-start procedure

Athletes' Introduction

- 15 minutes before start - line-up in 2nd recovery
- TOs will escort you to the mount line for the athletes' presentation
- Jog to the swim start area
- Select your position and stay behind the line!

Blocking two positions – immediate DSQ

Athletes' flows



False start procedure

False start with many athletes:

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

Valid start but with early starters:

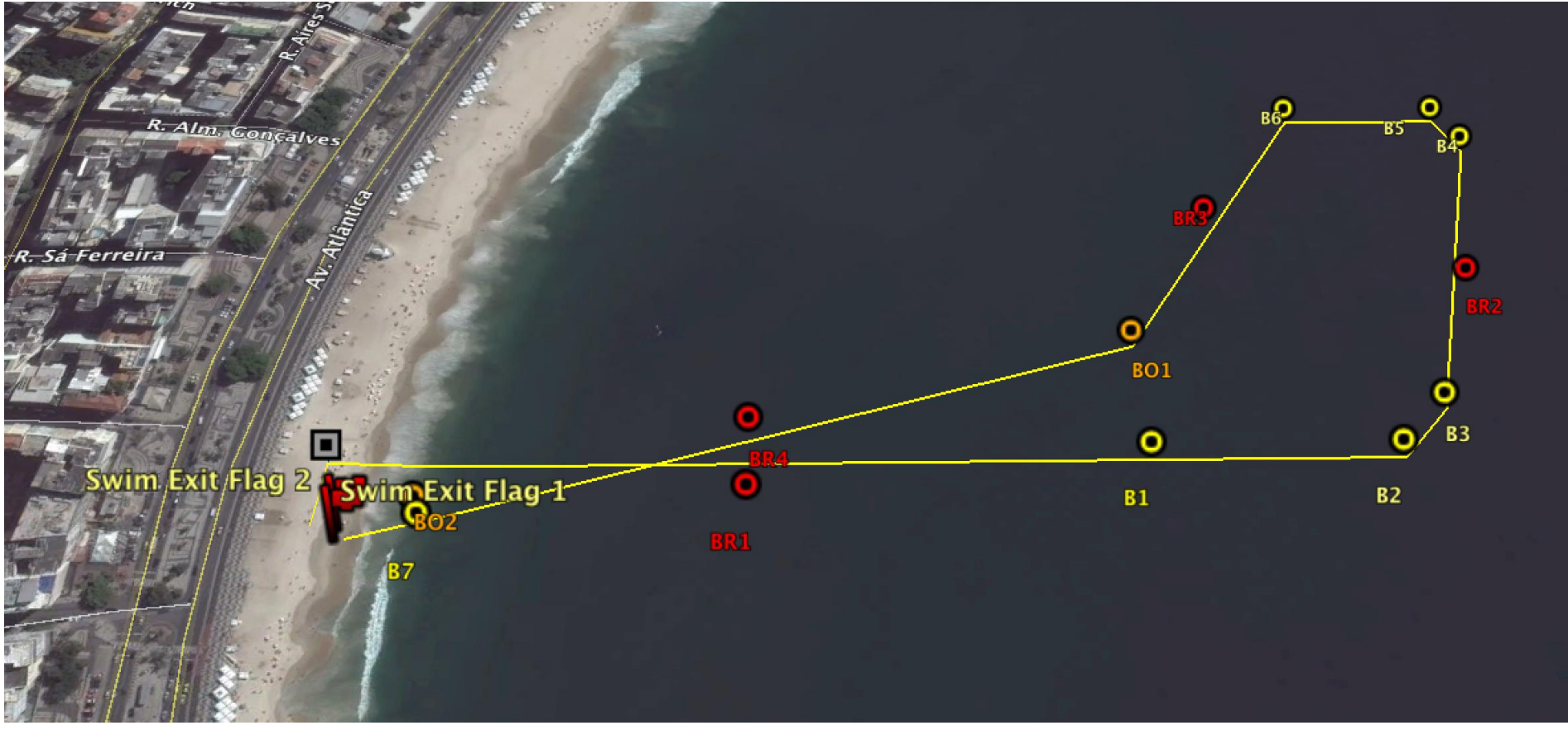
- If someone starts before the horn and every one else starts with the horn, the false starter will receive a time penalty of 15 seconds in TA1.
  During the time penalty the athlete cannot touch any race equipment.

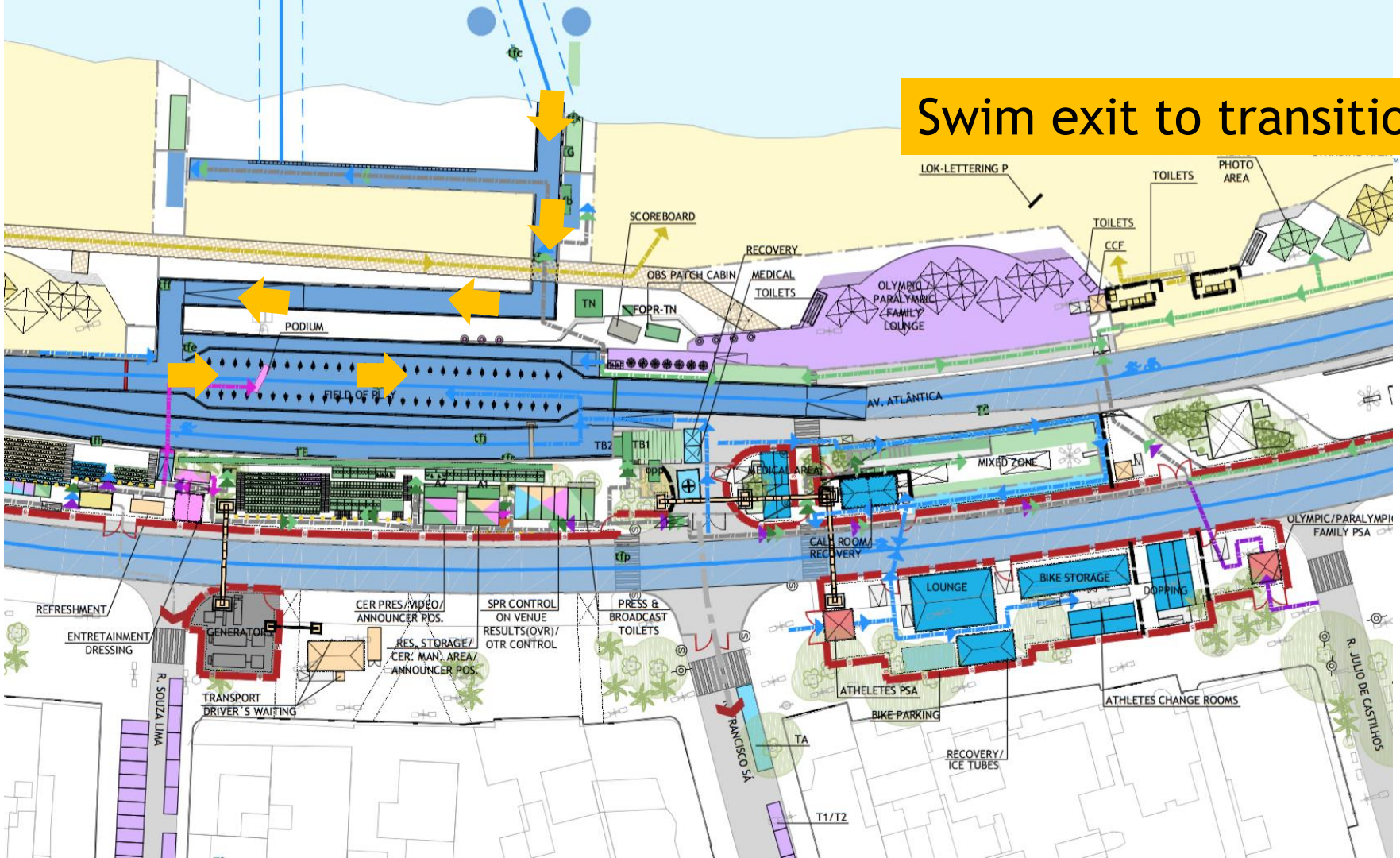
Swim course

- Yesterday at 12:00
  - Water temperature: 21.6 ° C
  - Air temperature: 27 ° C
  - WBGT: 25.4 ° C
  - Relative humidity: 73.8%

- Beach start, distance to the first turn buoy is 516 m
- 1 lap (total distance of 1,500m) – anti-clockwise
- Pass all of the yellow buoys on your left shoulder and the orange ones on the right. Red buoys can be passed from both sides.
- Go through the last gate (orange/ yellow buoys)
- Swim behavior will be closely monitored and video taped
- Take swimcap, goggles to transition into your box

Swim course


R. Alm. Gonçalves
R. Sá Ferreira
Av. Atlântica
B6
B5
B4
BR3
BR2
BO1
B3
BR4
B1
B2
Swim Exit Flag 2
Swim Exit Flag 1
BO2
BR1
B7

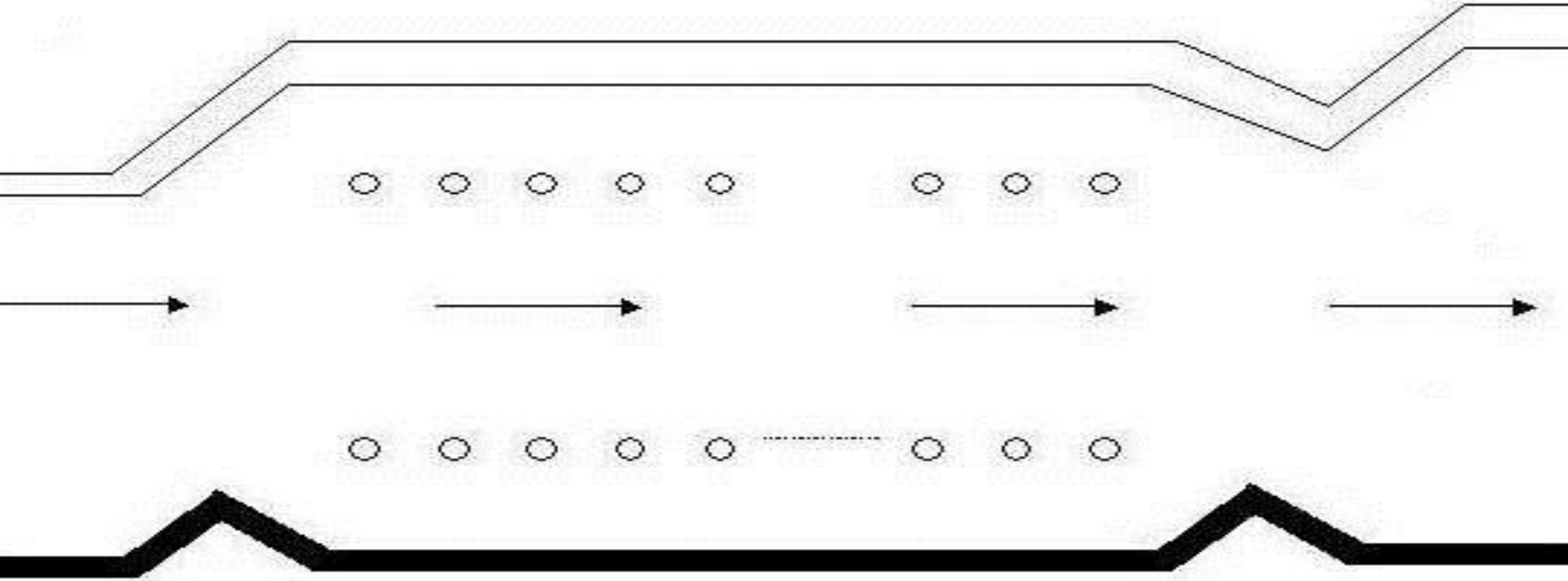

Swim exit to transition
LOK-LETTERING P
TOILETS
PHOTO AREA
TOILETS
CCF
SCOREBOARD
RECOVERY
OBS PATCH CABIN
MEDICAL
TOILETS
OLYMPIC / PARALYMPIC FAMILY LOUNGE
TN
FOPR-TN
PODIUM
FIELD OF PLAY
AV. ATLÂNTICA
TB2
TB1
PPR
MEDICAL AREA
MIXED ZONE
CALL ROOM/ RECOVERY
OLYMPIC/PARALYMPIC FAMILY PSA
LOUNGE
BIKE STORAGE
DOPPING
REFRESHMENT
ENTRETAINMENT DRESSING
GENERATORS
CER PRES./VIDEO/ ANNOUNCER POS.
RES. STORAGE/ CER. MAN. AREA/ ANNOUNCER POS.
SPR CONTROL ON VENUE RESULTS(OVR)/ OTR CONTROL
PRESS & BROADCAST TOILETS
TRANSPORT DRIVER´S WAITING
R. SOUZA LIMA
ATHELETES PSA
BIKE PARKING
ATHLETES CHANGE ROOMS
R. JULIO DE CASTILHOS
FRANCISCO SÁ
TA
RECOVERY/ ICE TUBES
T1/T2

Transition Area

- Individual bike racks
- Name, number, country code and flag
- Olympic style transition zone. No penalties will be given if the athlete flow does not affect another athlete.
- All used equipment goes into your area

  Failure to do so = 15 second penalty on run
- Mount line at the end of the TA (GREEN LINE)
- Dismount line at the beginning of TA (RED LINE)

Transition area



Bike Course

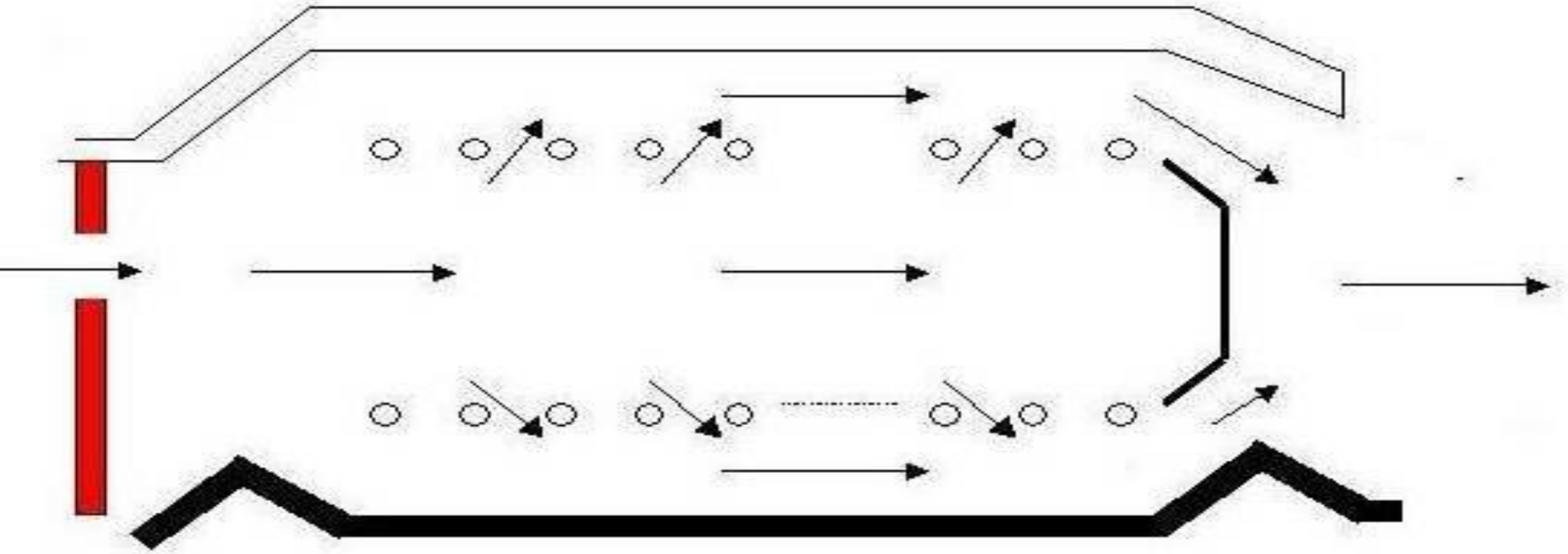
- 8 laps of 4.81km (total 38.5)
- Steep uphill, fast technical downhill + flat with 2 u-turns each lap
- 6 Wheel Stations – no team wheels as all/ wheels are provided by Shimano 10/11 cassette with 11/28
- Lap Counter: at the end of TA, right hand side
- Littering zone (same as aid station + 1 at the top of the hill) marked with white tape/ start, red tape/finish, signs
- Lapped athletes are out of the race
- First runner/last biker scenario will apply

Parque Municipal
José Guilherme Merquior
Rua Pompeu Loureiro
Av. Atlântica
N
250 m
WS5(L)
WS4(R)
WS6(R)
WS3(R)
WS2(R)
WS1(L)
Cantagalo
Av. Epitácio Pessoa
Praia de
Copacabana
penalty box
START
FINISH
1500m swim - 1 lap
40km bike - 8 laps
10km run - 4 laps
Elevation profile
for bike course
66 m
50
25
5
0
0.5
1
1.5
2
2.5
3
3.5
4
4.5 km
General Osório

Parque Municipal
José Guilherme Merquior
Av. Epitácio Pessoa
Av. Atlântica
Cantagalo
General Osório
Littering zone
Littering zone
Littering zone
Littering zone
First runner/last biker
penalty box
START
FINISH
1500m swim - 1 lap
40km bike - 8 laps
10km run - 4 laps
250 m
N
66 m
50
25
5
0
0.5
1
1.5
2
2.5
3
3.5
4
4.5 km

Caution signal: three sharp whistles and red flags

Transition area



Run course

- 4 laps of 2.5km
- Aid stations and littering zones:
  - 4 per lap
  - Sealed water/ sponges at AS1 & 3
  - Littering zones are marked with white tape/ start, red tape/finish and signs
  - Discard plastic bottles and litter in the Littering Zones (located directly after the Aid Stations)
- Photo-finish
- Congestion in finish area:
  - Go to mixed zone / recovery area

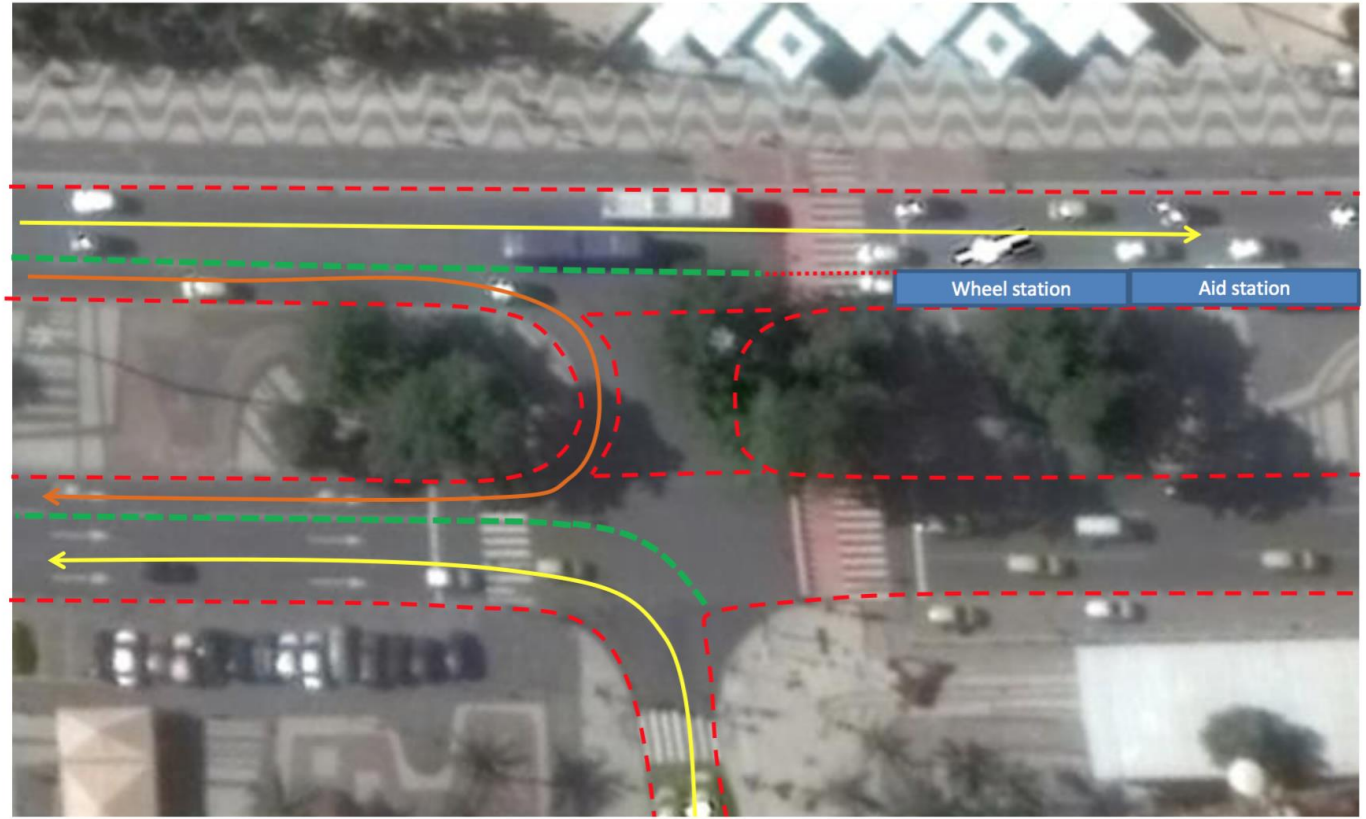
Parque Municipal
José Guilherme Merquior
Av. Epitácio Pessoa
Av. Atlântica
Cantagalo
General Osório
AS3(L)
/Littering zone
First
runner/last
biker
AS4(R)
/Littering zone
AS2(L)
/Littering zone
AS1(R)
/Littering zone
penalty box
START
FINISH
250 m
N
66 m
50
25
5
0
0.5
1
1.5
2
2.5
3
3.5
4
4.5 km
- 1 lap
40km
bike - 8 laps
10km
run - 4 laps

Run course – OBS lane

- After the corner of Miguel Lemos/ Avenida Atlantica, until the same point on the inbound, the avenue is split in 2 parts
  - 2 lanes are used for the athletes (city side)
  - 1 lane is used for OBS
  - Separation with water barriers
- Bikers and runners will bike/run on the part of the road with the 2 lanes
  - On the first run lap and if there are still cyclists on Migel Lemos, the runners will be on the OBS lane
  - 2nd,3rd,4th lap will be on the 2 lanes
  - Provision of having aid station 3 on both sides of the street

Turning point at R. Miguel Lemos

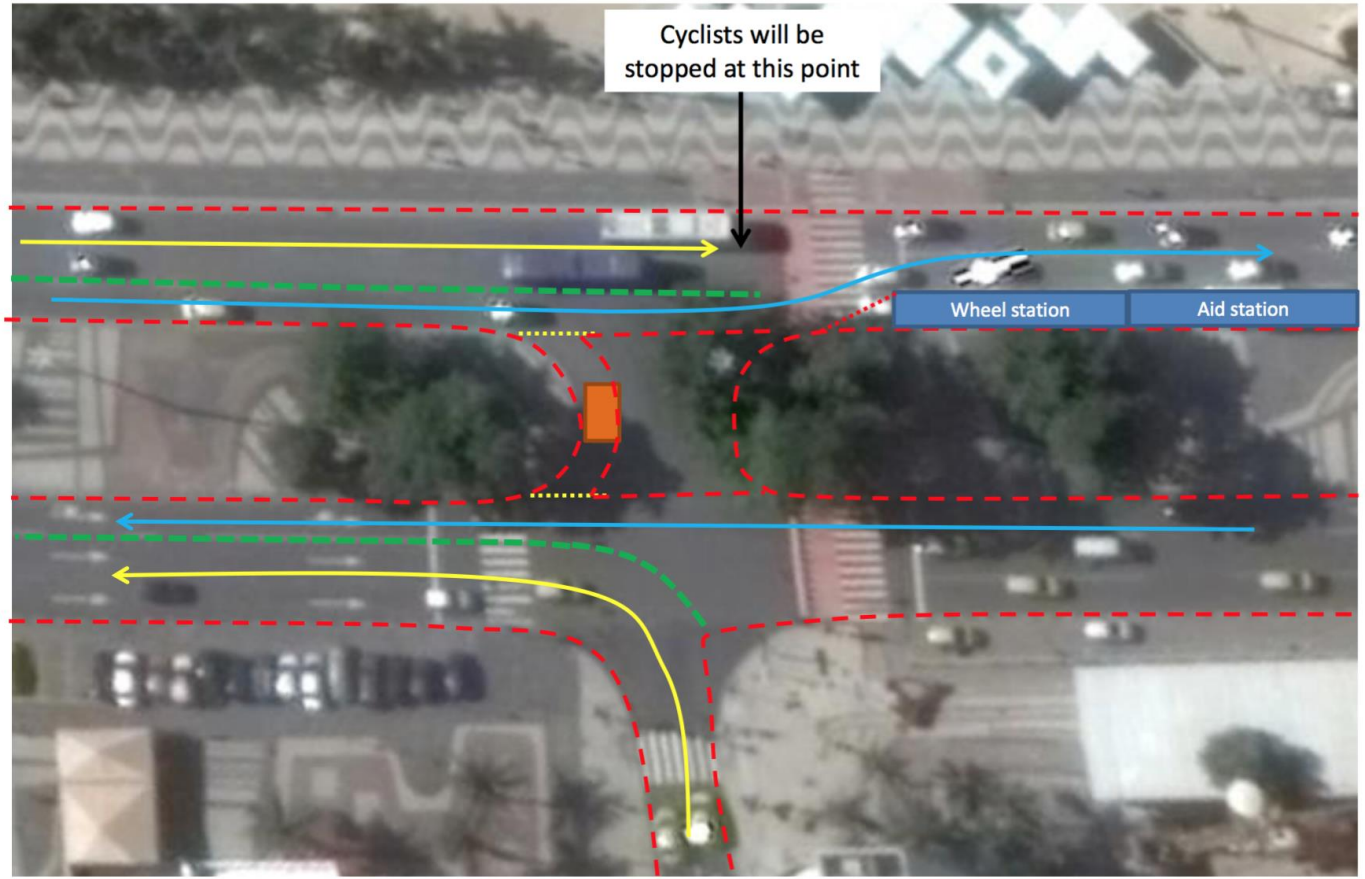
Cycling setup



OBS camera car loops inside the water barriers,
turns at run turning point and at R. Miguel Lemos

Turning point at R. Miguel Lemos

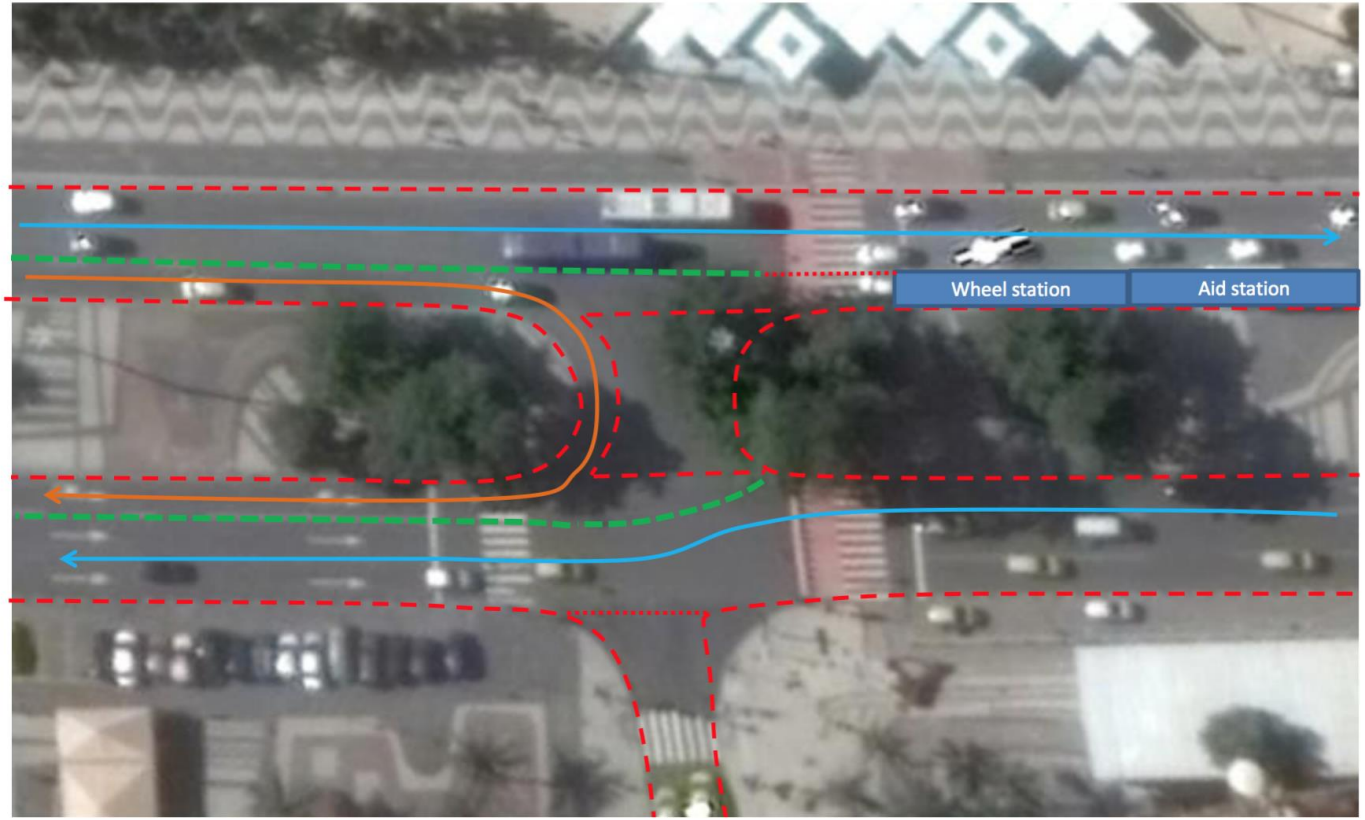
Last bike lap/1st run lap – cyclists still on course (potential and likely scenario)



OBS camera car will be held in the center island

Turning point at R. Miguel Lemos

run lap – no cyclists on course anymore



OBS camera car loops inside the water barriers,
turns at run turning point and at R. Miguel Lemos

Run penalty box

- Penalty box is for infringements in: TA1, Bike, TA2 and Run

  e.g.: mount before mount line, dismount after dismount line, equipment outside your box, rack the bike outside your box etc.

- **Location:** Before entering the finish chute on right hand side
- **Information:** White board to show race numbers and electronic board
  (Athletes need to read the board)
- **Procedure:** **15 second** time penalty served on any lap of the run
- **If you do not stop, it will result in a DSQ**

Parque Municipal
José Guilherme Merquior
H
Rua Pompeu Loureiro
Av. Atlântica
N
250 m
Rio2016
M
Cantagalo
2
1
Av. Epitácio Pessoa
Praia de
Copacabana
Penalty box
penalty box
START
FINISH
1500m swim - 1 lap
40km bike - 8 laps
10km run - 4 laps
66 m
50
25
5
0
0.5
1
1.5
2
2.5
3
3.5
4
4.5 km
Elevation profile
for bike course
M General Osório

Post race procedures -1

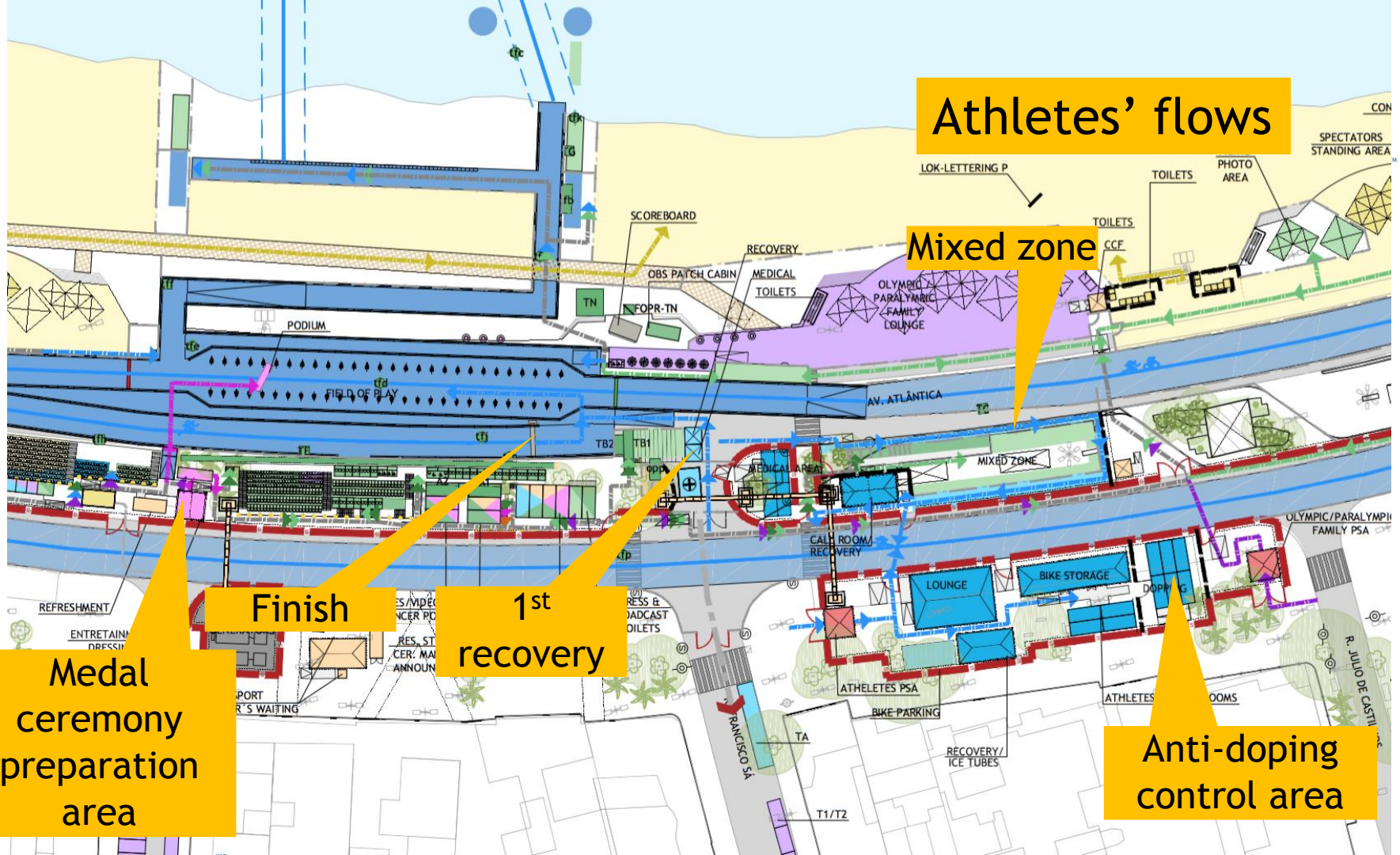
- Photo-finish
- In case of a possible photo finish, the TOs will move behind the finish line in order not to block the photo finish camera with the tape

Post race procedures -2

- No congestion in the finish area: go to mixed zone/1st recovery area
- For Top 3:

  - TV/Flash Interviews
  - will be escorted to the Medal Ceremony preparation area and then to the press conference area

- For awards, dress “up” – official uniform will be transferred to the medal ceremony preparation area by Sport
- No flags on the podium


Athletes' flows
Mixed zone
Finish
1st recovery
Medal ceremony preparation area
Anti-doping control area
SCOREBOARD
RECOVERY
OBS PATCH CABIN
MEDICAL
TOILETS
FOPR-TN
PODIUM
FIELD OF PLAY
AV. ATLÂNTICA
MIXED ZONE
MEDICAL AREA
CALL ROOM/ RECOVERY
LOUNGE
BIKE STORAGE
ATHELETES PSA
BIKE PARKING
RECOVERY/ ICE TUBES
TA
T1/T2
REFRESHMENT
LOK-LETTERING P
PHOTO AREA
SPECTATORS STANDING AREA
OLYMPIC/PARALYMPIC FAMILY PSA
R. JULIO DE CASTI

Post race procedure - 3

Anti-Doping Control

- Photo ID is needed for every athlete to go for testing
- If selected cannot use 3rd recovery (ice tubs)

Team Medical Access

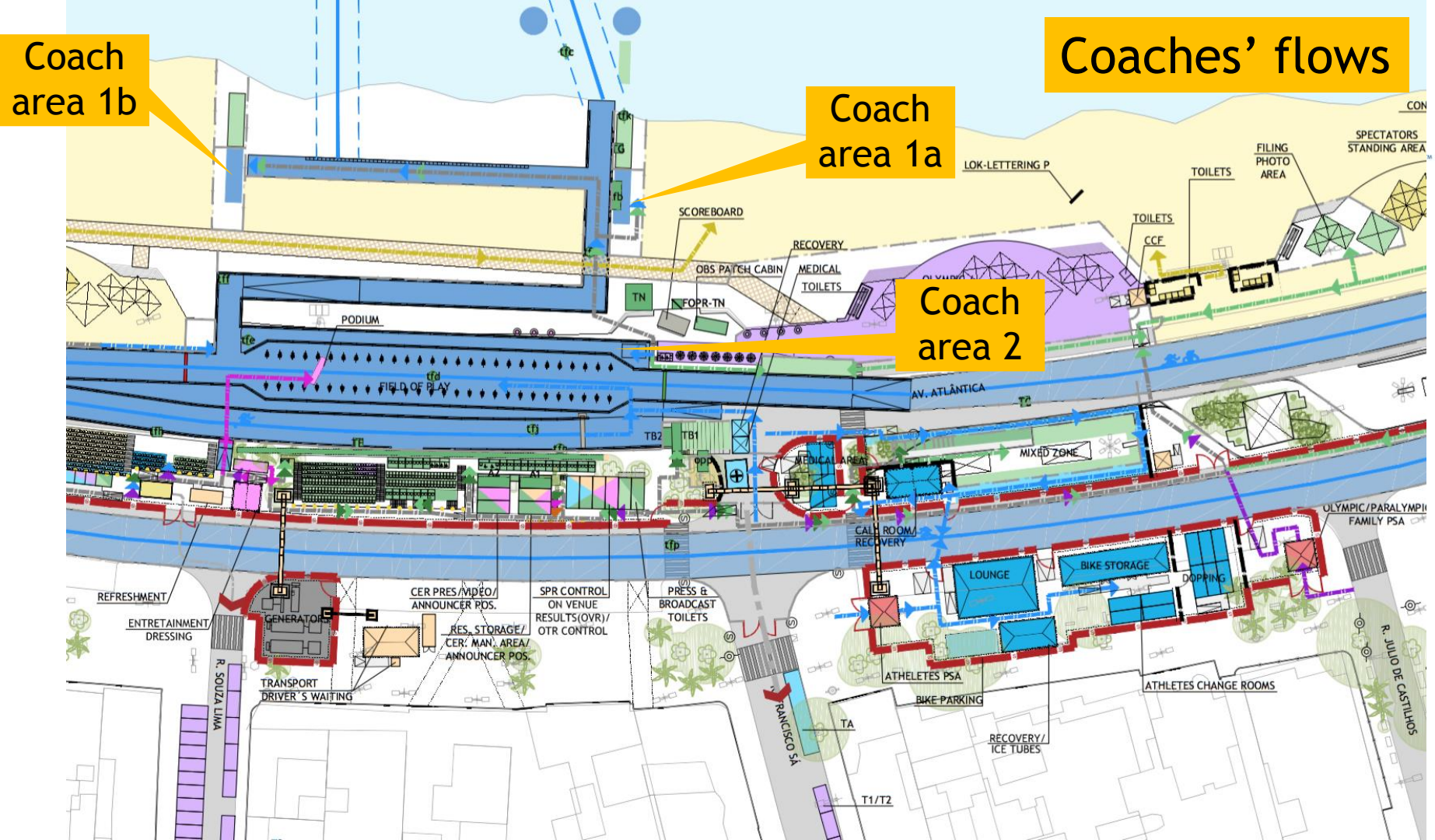
- Team medical will be allowed to enter the medical tent after permission from the ITU Medical Delegate
- Every NOC can have 1 team medical accreditation. Team doctors must register with the ITU Medical Delegate

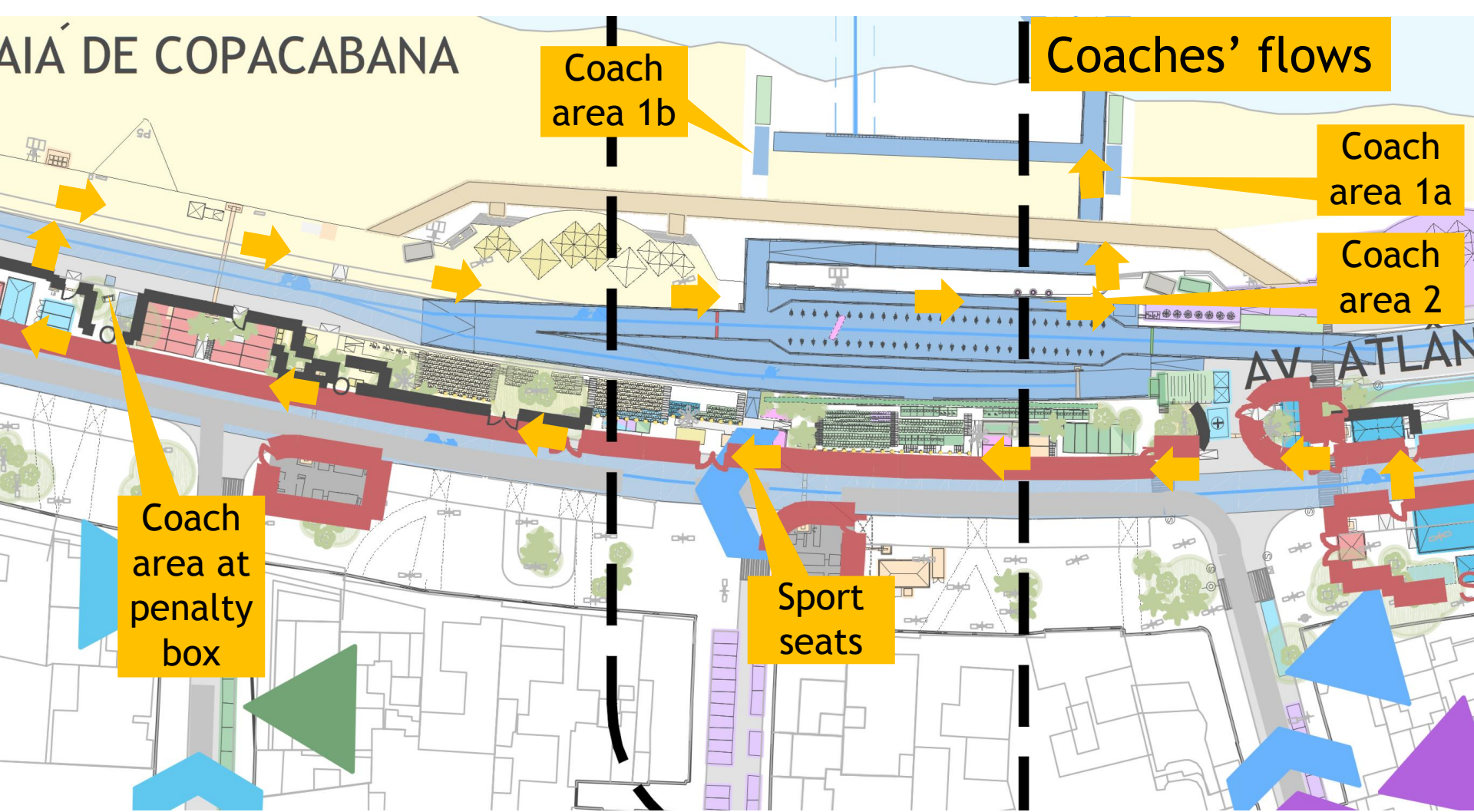
Coaches' areas

Coaches will have access to

- Athletes' area
- Limited access to athletes' lounge
- Limited access to start and transition
- Ticketing spectators area (beach)
- Coaching zones around the course
- Next to penalty box
- Sport seats
- 3rd recovery

Coaches' flows




AIÁ DE COPACABANA
Coach area 1b
Coaches' flows
Coach area 1a
Coach area 2
AV. ATLÂN
Coach area at penalty box
Sport seats

Parque Municipal
José Guilherme Merquior
Coach area 5
Coach area 3b
Coach area at penalty box
Coach area 4/ TV Feed
Coach area 3a
Av. Atlântica
Cantagalo
Copacabana
penalty box
START
FINISH
1500m swim - 1 lap
40km bike - 8 laps
10km run - 4 laps
N
250 m
Elevation for bike course
66 m
50
25
5
0
0.5
1
1.5
2
2.5
3
3.5
4
4.5 km
General Osório

Access passes for coaches

Each delegation will get:

- athletes' lounge access **wristbands** according to the maximum number of same gender athletes per race (e.x. MEX 3 men/2 women: 3 wristbands

- 2 **passes** for each NOC for accessing coaches' areas at the start and the transition zone

- 1 **pass** per NOC for transportation to coaches' area 4 (top of hill)

Access passes for coaches

Each delegation will get:

- 1 **pass** per NOC for transportation to coaches' area 3a/3b (Avenida Nossa Senhora de Copacabana)

- 1 **pass** per NOC for transportation to coaches' area 5 (Avenida Atlantica)

Your full cooperation is expected, otherwise passes will be removed

Important notes - 1

- All DNF or lapped athletes during the bike leg should go to the next Wheel Station, Aid Station, Medical Station and remain there until the end of the competition
- All DNF athletes have to report back to the athletes' lounge and inform the Registration Technical Official

Important notes - 2

- Water quality
- Spare day- Aug 21st / contingency plan

Weather forecast

Forecast | 2D | Map | Webcams | Wind reports | Accommodation | Schools/Rentals | Shops | Other... | WG spot

GFS 27 km 15.08.2016 06 UTC

	Mo 15. 06h	Mo 15. 09h	Mo 15. 12h	Mo 15. 15h	Mo 15. 18h	Mo 15. 21h	Tu 16. 06h	Tu 16. 09h	Tu 16. 12h	Tu 16. 15h	Tu 16. 18h	Tu 16. 21h	We 17. 06h	We 17. 09h	We 17. 12h	We 17. 15h	We 17. 18h	We 17. 21h	Th 18. 06h	Th 18. 09h	Th 18. 12h	Th 18. 15h	Th 18. 18h	Th 18. 21h	Fr 19. 06h	Fr 19. 09h	Fr 19. 12h	Fr 19. 15h	Fr 19. 18h	Fr 19. 21h
Wind speed (km/h)	9	6	6	5	10	20	14	9	4	17	9	6	8	6	5	1	11	14	18	16	8	9	9	10	16	16	17	22	14	13
Wind gusts (km/h)	11	9	12	8	13	22	22	12	9	19	10	8	10	9	11	6	13	17	26	24	10	12	15	19	26	24	21	26	16	15
Wind direction	↓	↓	↓	↖	←	↗	↘	↘	→	↖	↑	↓	↓	↓	↓	↙	←	↓	→	↗	→	↑	↑	↖	←	←	↖	↖	←	↙
Wave (m)	0.9	0.9	0.9	1	1	1.1	1	1	1	1	1	1	1.1	1	1	1	1.1	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.6	1.8	1.9	1.9	1.8	1.7
Wave period (s)	12	13	16	16	15	14	13	13	12	12	12	11	12	11	11	11	11	11	11	11	10	10	10	10	10	11	12	12	11	11
Wave direction	↖	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑
*Temperature (°C)	21	24	28	28	25	23	21	24	27	27	22	21	21	24	28	28	26	26	22	22	22	22	21	21	21	22	24	24	22	22
Cloud cover (%) high						9	46	57	55	60	92	70																	63	44
Cloud cover (%) mid						14				5	74	38																		
Cloud cover (%) low						8	8				26									13	96	97	99	99	99	88	19	11		
*Precip. (mm/3h)						0.3	0.7				2.6	4.3									0.5	0.4	0.4	0.6	0.4					
Windguru rating																												★		

S (191°)

GFS 27 km 15.08.2016 06 UTC

	Sa 20. 06h	Sa 20. 09h	Sa 20. 12h	Sa 20. 15h	Sa 20. 18h	Sa 20. 21h	Su 21. 06h	Su 21. 09h	Su 21. 12h	Su 21. 15h	Su 21. 18h	Su 21. 21h	Mo 22. 06h	Mo 22. 09h	Mo 22. 12h	Mo 22. 15h	Mo 22. 18h	Mo 22. 21h	Tu 23. 06h	Tu 23. 09h	Tu 23. 12h	Tu 23. 15h	Tu 23. 18h	Tu 23. 21h	We 24. 06h	We 24. 09h	We 24. 12h	We 24. 15h	We 24. 18h	We 24. 21h
Wind speed (km/h)	13	17	17	16	5	7	29	30	31	27	23	19	9	6	11	16	9	6	1	2	12	14	11	7	12	12	11	16	12	9
Wind gusts (km/h)	30	30	22	22	6	10	38	37	39	34	29	25	11	6	9	16	12	9	3	3	9	13	14	10	14	13	12	17	16	13
Wind direction	↓	↘	↗	↗	→	↘	↗	↗	↗	↗	↗	↗	↘	↘	↑	↖	↖	←	↖	↑	↑	↑	↑	↗	↘	→	↑	↑	↖	←
Wave (m)	1.5	1.4	1.3	1.2	1.1	1.1	2.3	2.8	3.2	3.2	3.1	2.9	2.7	2.5	2.4	2.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wave period (s)	9	10	10	10	11	10	9	11	11	13	13	13	12	12	12	12	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wave direction	↖	↖	↖	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	-	-	-	-	-	-	-	-	-	-	-	-	-	-
*Temperature (°C)	22	25	25	23	21	20	19	18	18	17	17	17	15	17	19	19	17	16	15	19	22	21	19	18	17	19	21	20	19	19
Cloud cover (%) high		34	62	55	93	96	100	89																				25	67	76
Cloud cover (%) mid			36	34	28	51																								
Cloud cover (%) low					6	12	99	96	97	98	59	61	12	6												5	9	29	79	87
*Precip. (mm/3h)				0.4	5.3	2.5																								

Access to briefing

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

Obrigado(a)