



**ITU**  
**WORLD TRIATHLON**  
**EDMONTON**

Friday 2<sup>nd</sup> September 2016

**Elite Athletes' Briefing**

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

- **Loreen Barneet**, ITU Secretary General
- **Kris Gemmel**, ITU Team Leader
- **Felix Molina**, ITU Technical Delegate
- **Keith Iwasaki**, ITU Race Referee
- **Dr. Marie-Claude Gregoire**, ITU Medical Delegate
- **Sheila O'Kelly**, LOC General Manager
- **Sheila Findlay**, LOC Race Director

**Felix Molina (MEX), Chair**

**Loreen Barnet(CAN), ITU Secretary General**

**Kris Gemmel(NZL), ITU Representative**

## Friday September 2<sup>nd</sup>

18:30 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)*
- *Accreditation*

## Sunday September 4<sup>th</sup> – Elite Women

- 10:00 – 11:30 Athlete Lounge Check-in
- 11:00 Coaches Run Course Measurement (**register after the briefing**)
- 11:00 – 11:45 Transition Zone Check-in
- 11:15 – 11:45 Swim Warm-up
- 11:55 Presentation of Athletes
- 12:06 Elite Women's Start**
- 13:30 – 13:45 Medal Ceremonies

## Sunday September 4<sup>th</sup> – Elite Men

12:00 – 13:30 Athlete Lounge Check-in

13:15 – 13:45 Transition Zone Check-in

13:15 – 13:45 Swim Warm-up

13:55 Presentation of Athletes

**14:06 Elite Men's Start**

15:30 – 15:45 Medal Ceremonies

- 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.





ETS SHUTTLE SERVICE				
ELITE ATHLETES				
DAY	TIME	FROM	TO	
Sunday Sept 4th	09:30	Westin Hotel	Hawrelak Park	WOMEN
	11:25	Westin Hotel	Hawrelak Park	MEN
	13:50	Hawrelak Park	Westin Hotel	WOMEN
	15:55	Hawrelak Park	Westin Hotel	MEN

# Access to the Venue



## Bike Check – Before Entering Athletes’ Lounge

- Refer to 5.2 in competition rules
  - Handlebars
  - Wheels (non authorized UCI wheels rule)
  - Bike frame
  - Saddle positions ( $-5\text{cm} \leq$  Men &  $-2\text{cm} \leq$  Women) Random 25%
- Approved exceptions on ITU website:

[http://www.triathlon.org/about/download\\_file/elite\\_bike\\_saddle\\_rule\\_exceptions](http://www.triathlon.org/about/download_file/elite_bike_saddle_rule_exceptions)

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.

- Bike 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)
- Swim cap distribution
- Timing chip distribution

Leave your personal gear in the Athletes' Lounge (use your bag drop sticker) *your bags will be moved to the Recovery Area by the LOC*

## 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
- Return your non-competition gear to the Athletes' Lounge (use your bag drop sticker)

## Swim

1 Lap of 750 m = 750 m

## Bike

4 Laps of 5.0 km = 20 km

## Run

3 Laps of 1.67 km = 5 km

# The Course



## Athletes' Introduction

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

*Blocking more than one position = DSQ*



## 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*

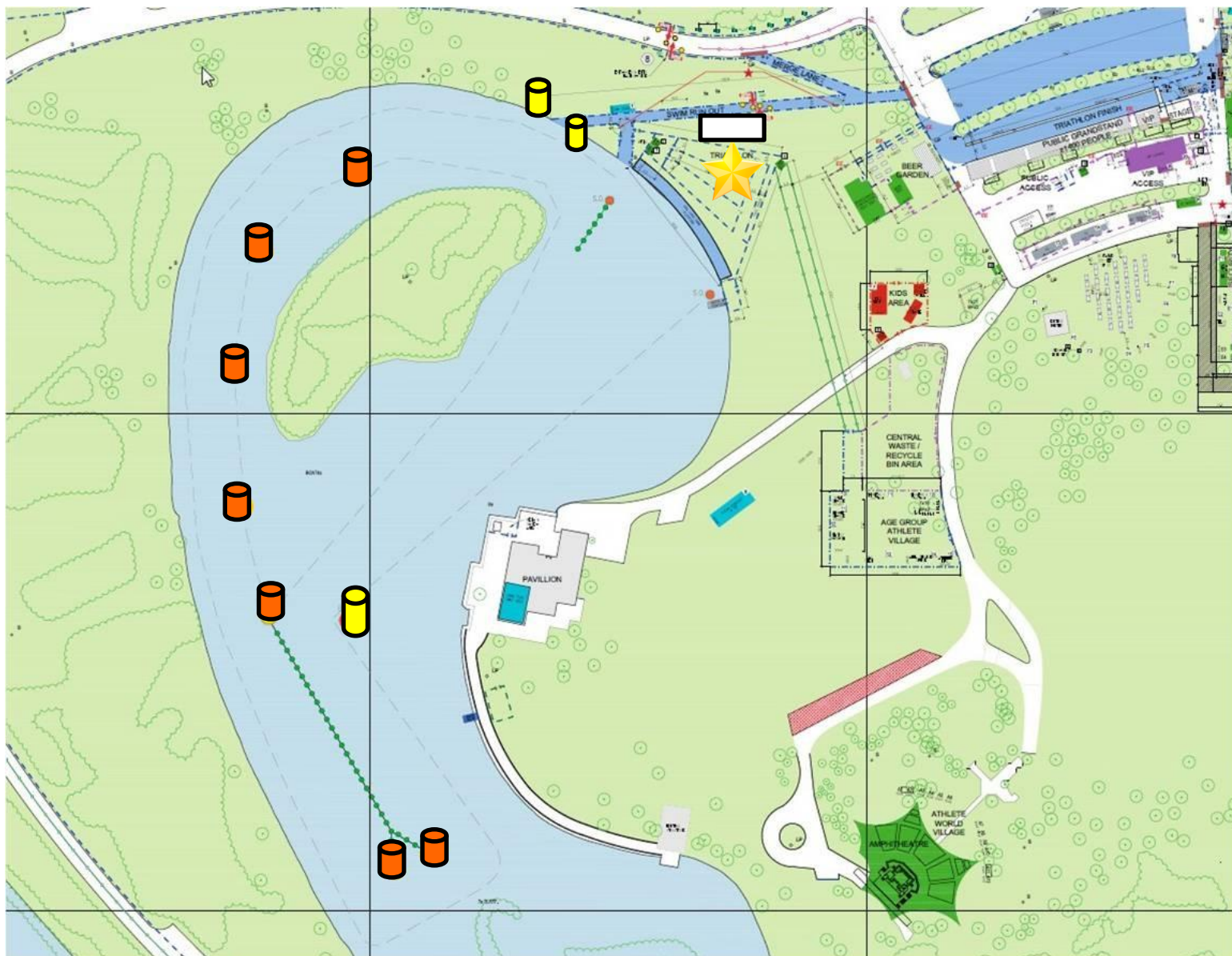
## False start with many athletes

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

## Valid start with early starters

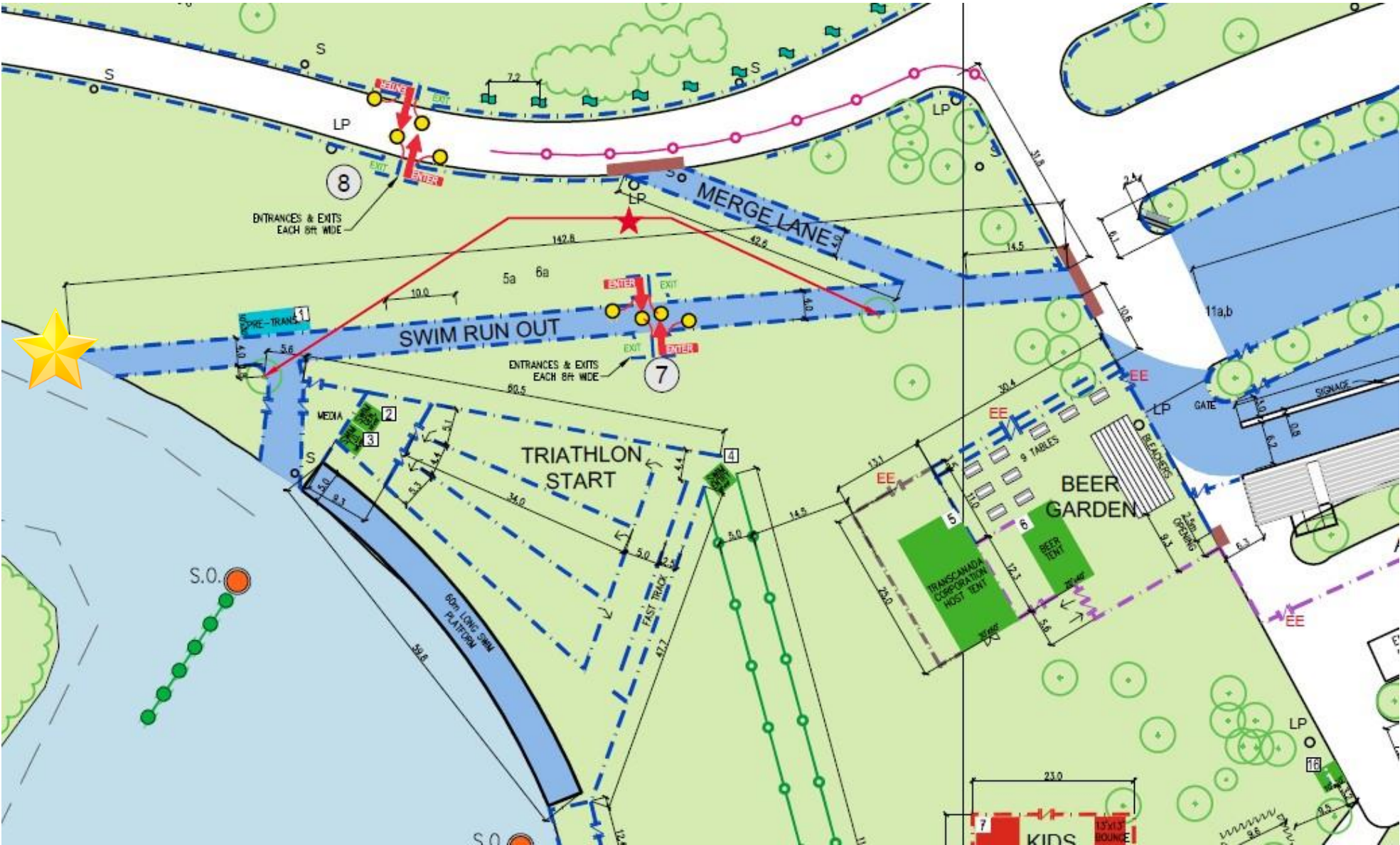
- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1. During the time penalty, the athlete(s) may NOT touch any equipment.

# Swim Course



- Today at noon:
  - Water temperature: 18.0 °C
  - Air Temperature: 12.8 °C
  - WBGT Reading: 13.2                      Condition: 
- 1 Lap of 750 m (clockwise)
- Distance to first turn buoy (Yellow ) at 200 m; keep on left shoulder
- Keep remaining orange buoys on your right shoulder
- Swim behaviour will be closely monitored
- Take wetsuit, swim cap and goggles to transition and place in your box

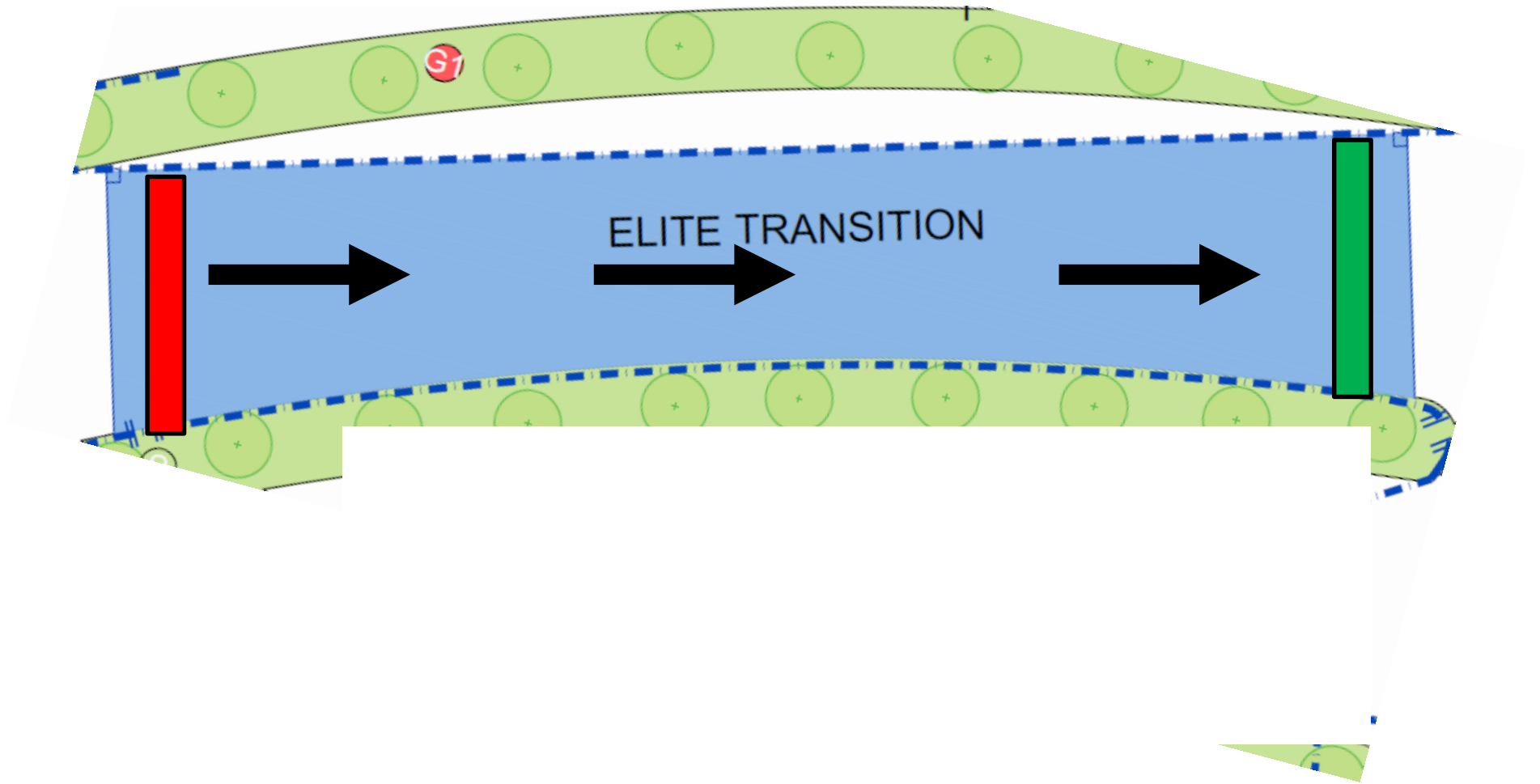
# Swim Exit



- 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**)

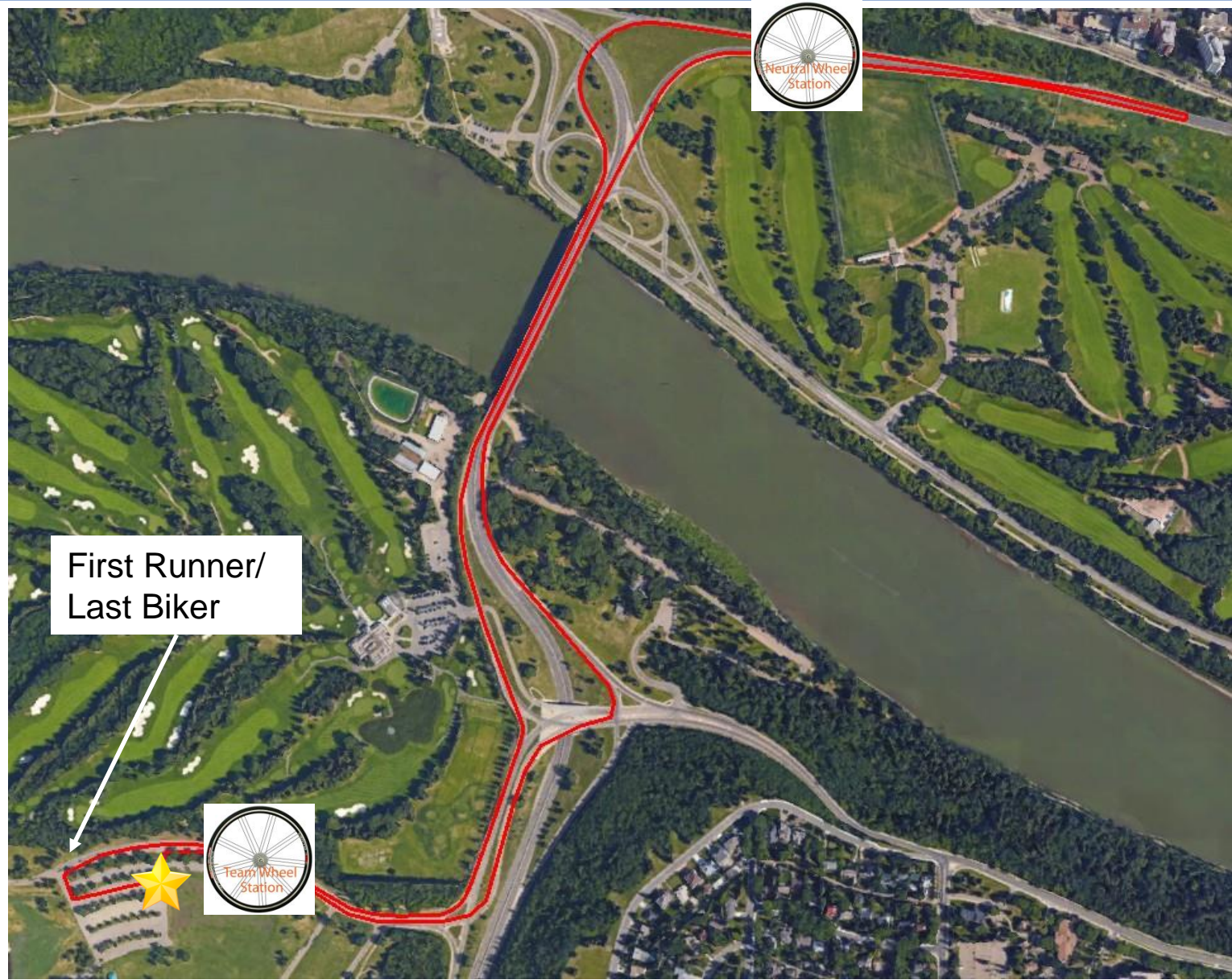
# Transition Area Flow



- 4 Laps of 5 km = 20.0 km
- Ride through TA
- Two Wheel Stations
  - Team WS approximately 150 m after exiting transition
  - Neutral WS at north end of Groat Road Bridge (just past east turn off) accessible from both sides of bike course.
- Lap Counter: just past transition exit
- Lapped athletes will be removed from the race
- Last bike / first runner scenario can occur at entrance to transition



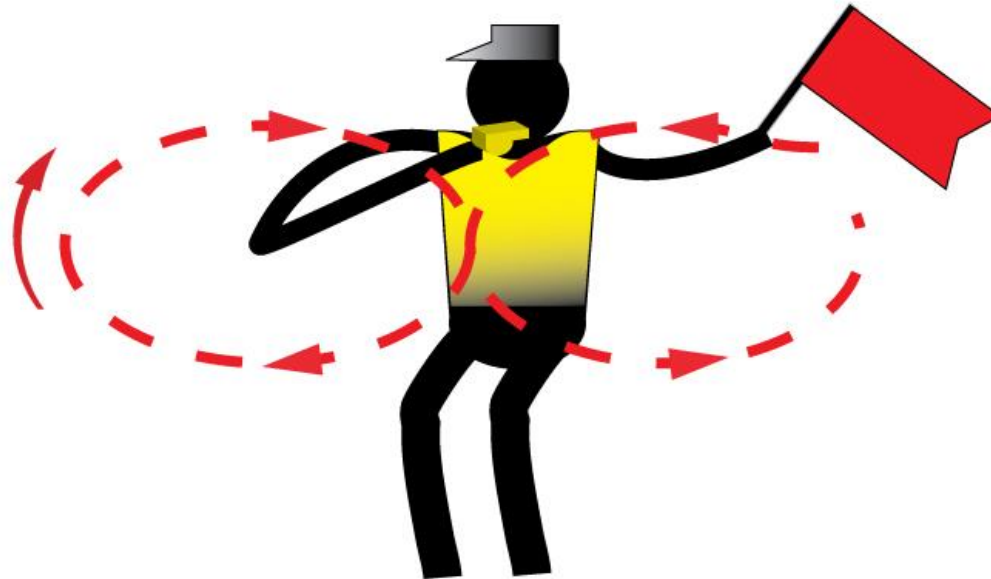
# Bike Course



First Runner/  
Last Biker



- Caution Signal
  - Sharp whistles and/or red flags

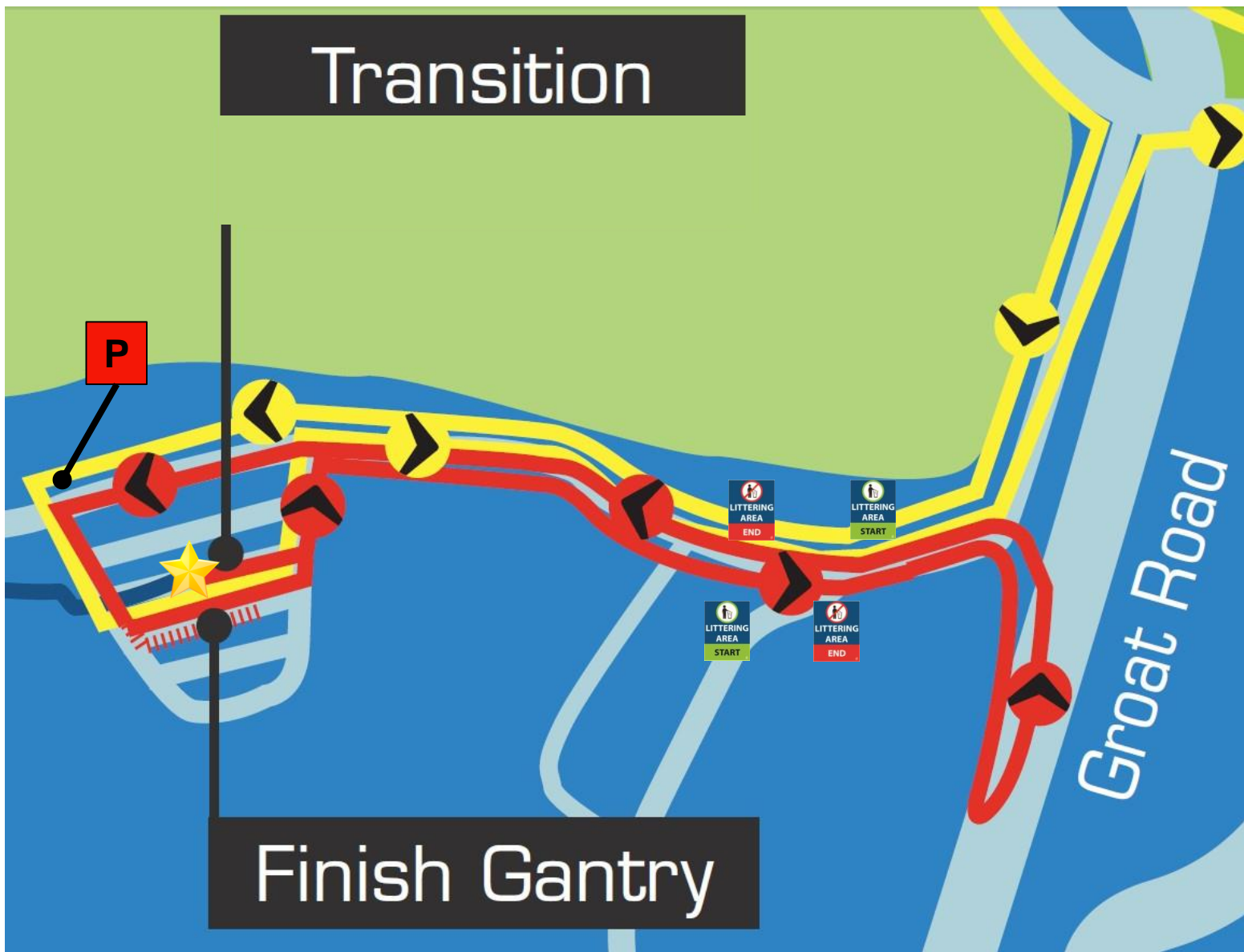


- 3 Laps of 1.67 km = 5 km
- Aid Stations
  - 2 per lap
  - Sealed water bottles
  - Only discard bottles and litter within the littering zones as indicated by the following signs:



- Photo Finish
- When you finish, keep moving through to the mixed-zone and recovery area.

# Run Course



- Run Penalty Box is for infringements in TA1, TA2 or on the Run Course
  - Mount before mount line
  - Dismount after dismount line
  - Equipment outside your box, *et. cetera*
- **Location:** Near return to transition
- **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*

- 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<sup>2</sup>
- Prize money will be wire transferred to athletes by the ITU; contact [adrienne@triathlon.org](mailto:adrienne@triathlon.org) if she doesn't already have your wire details.

- 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.”*

- The consequence for this behavior is that the athlete will immediately forfeit their prize money for that event, if any.
- *Please follow the ambush marketing rule*

- Anti-doping Control
  - Photo ID is **REQUIRED** for every athlete that is selected for testing
- Team Medical Access
- Medical accreditations will only be distributed to those Medical Staff whose National Federations registered them through the on-line system
  - Only accredited team medical personnel will be permitted to enter the medical tent, after receiving the ITU Medical Delegate's permission (Dr. Marie Claude Gregoire).



- Coaches accreditations will only be distributed to those coaches whose National Federations registered them through the on-line system
- They will have access to:
  - The Athletes' Lounge
  - Recovery Area
  - South side of Transition area
  - Beside the Penalty Box
  - Behind Swim Start

# Coaches' Areas



# Weather Forecast

## Saturday

Sat 9/3  12° | 5°  40% 

 Sunrise 06:44    Sunset 20:16    UV Index 2 - Low

 Moonrise 09:15    Moonset 21:14    Moon Phase Waxing Cresce

Details  
Cloudy with occasional rain showers. Low 3C. Winds NW at 15 to 30 km/h. Chance of rain 40%.

Evening  
Overcast. High 12C. Winds NNW at 10 to 15 km/h.

## Sunday

Sun 9/4  13° | 5°  30% 

 Sunrise 06:46    Sunset 20:13    UV Index 2 - Low

 Moonrise 10:20    Moonset 21:35    Moon Phase Waxing Cresce

Details  
Considerable cloudiness. Low 1C. Winds light and variable.

## CONTINGENCY PLAN

1 Hour before the Race

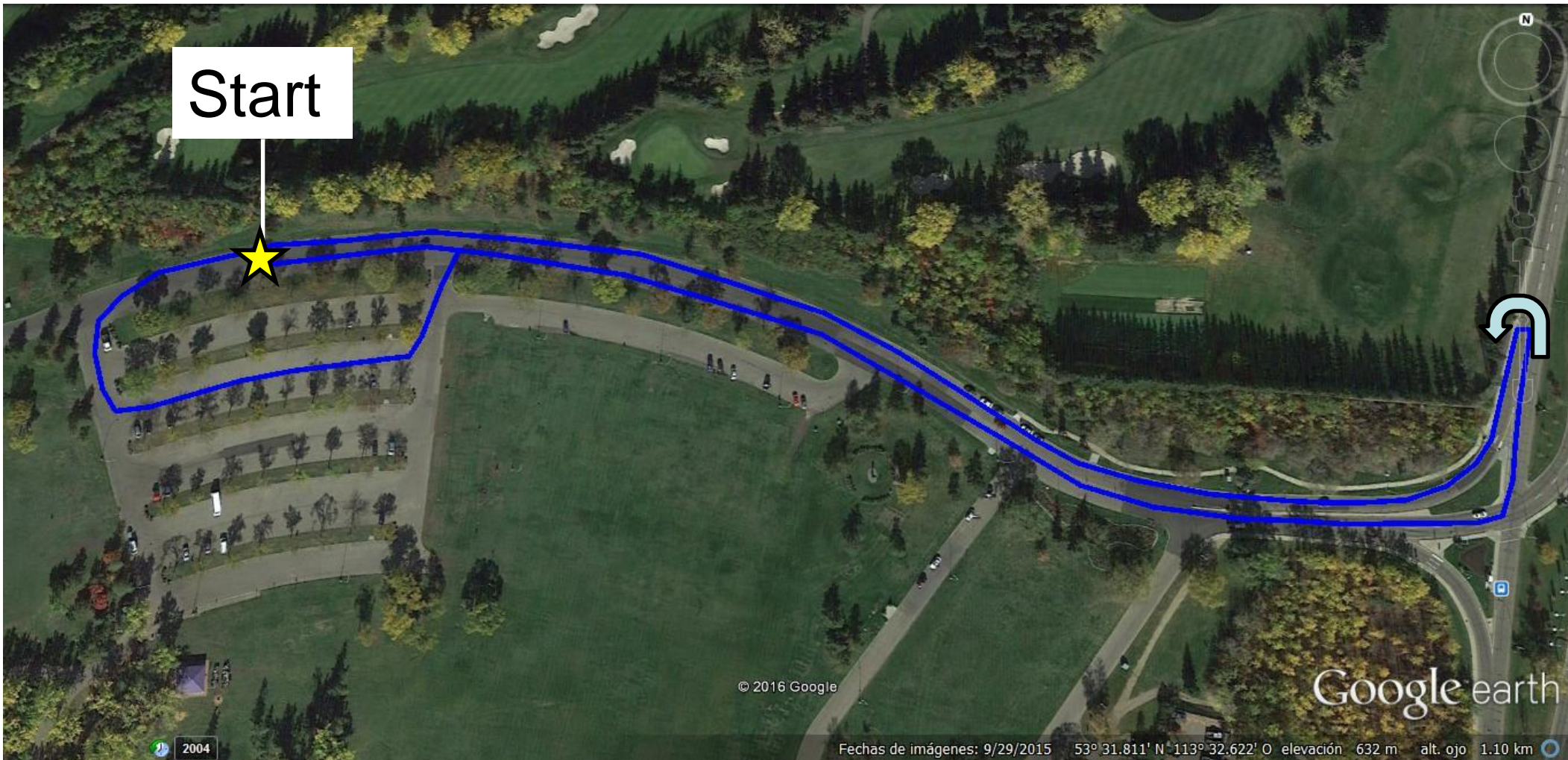
Duathlon

2.5 km Run (2 laps)

20 Km Bike (4 laps)

5 Km Run (3 laps)

# RUN 1



- Race Briefings can be found as follows:
- [http://www.triathlon.org/about/downloads/category/race\\_briefings/](http://www.triathlon.org/about/downloads/category/race_briefings/)

+ After the Briefing in the next room.

***GOOD LUCK!***