

**2023 World Triathlon Technical Officials Level 1 Seminar
Warsaw, Poland. 15th - 16th April 2023**

| DAY 1 – Saturday 15th April 2023 | |
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| 08:30 -- 08:45 | Welcome to the Seminar |
| 08:45 -- 10:00 | Introductions, Triathlon History, About World Triathlon |
| 10: 00 -- 10:15 | Short Break |
| 10:15 -- 11:30 | Technical Operations 1 (TOs' Pathway, TOs' Education) |
| 11:30 -- 11:45 | Short Break |
| 11:45 -- 13:00 | Technical Operations 2 (Code of Behaviour, TO' Responsibilities) |
| 13:00 -- 14:00 | Lunch Break |
| 14:00 -- 15:15 | Technical Operations 3 (Building Rapport, Penalties, Penalty Box) |
| 15:15 -- 15:30 | Short Break |
| 15:30 -- 16:45 | Technical Operations 4 (Conduct of Athletes, Registration, Bike Check) |
| 16:45 – 17:00 | Short Break |
| 17:00 – 18:15 | Technical Operations 5 (Athletes' Introduction, Start Procedures) |
| DAY 2 – Sunday 16th April 2023 | |
| 08:30 -- 10:00 | Technical Operations 6 (Swim, Transition) |
| 10:00 -- 10:15 | Short Break |
| 10:15 -- 11:30 | Technical Operations 7 (Bike, Wheel Station, Lap Audit) |
| 11: 30 -- 11:45 | Short Break |
| 11:45 -- 13:00 | Technical Operations 8 (Run, Aid Station) |
| 13:00 -- 14:00 | Lunch Break |
| 14:00 -- 15:15 | Technical Operations 9 (Finish, Timing & Results, TO' Positions) |
| 15:15 -- 15:30 | Short Break |
| 15:30 -- 16:45 | Technical Operations 10 (Protest/ Appeals, Run Sheets, Awards Ceremony, Doping Control, Relays, ParaTri, Long Distance, Aquabike, Cross Tri/Du, Winter Tri) |
| 16:45 – 17:00 | Short Break |
| 17:00 – 18:00 | Open book exam |