World Paratriathlon Event

Friday 17th July 2015

Paratriathletes’ 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

Jorge Garcia, ITU Technical Delegate

Laura Patti, ITU Race Referee

Luca Lamera, Event Director
Jorge Garcia, Chair

Neil Mc Leod, ITU Pratriathlon Committee representative

Roberto Contento, Vicepresident of the Italian Triathlon Federation
Friday

18:30  Race pack pick-up

**PT1, your race package includes:**

- Helmet stickers (3)
- Handcycle sticker (1)
- Race Wheelchair sticker (1)
- Daily Wheelchair sticker (1)
- Race bib numbers (4) - 2 for the athlete and 1 for each handler
- Yellow handlers t-shirt
- Bag sticker (1)

**PT2-4, your race package includes:**

- Helmet stickers (3)
- Bike sticker (1)
- Prothesis/aiding device sticker (3)
- Race bib numbers (2) - 1 for the athlete and 1 for the handler
- Yellow handlers t-shirt
- Bag sticker (1)
Friday

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)

All athletes also get Accreditation to give access to the athlete’s lounge on race day.

After the briefing Welcome Party; Iseo Lago Hotel

Note: Any athletes yet to pay entry fees will not be provided their race pack until this is paid.
Immediately post briefing, if necessary

- Wait list exists for this event.
- Start list athletes who 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 wait list.
- The wait list athlete must be present at the briefing to be assigned to the start list.
**Saturday**

09:00 – 10:00  Bike Course familiarization // Escorted by the police
10:00 – 11:00  Swim Course familiarization
14:00 – 16:00  Athletes lounge check in and bike check
15:00 – 16:15  Transition check-in
16:20  Athletes’ presentation
16.30.00  PT5-B1 (Men & Women)
16.33.18  PT5-B2/3 (Men)
16.33.48  PT5-B2/3 (Women)
16.38.00  PT4 Men and Women
16.43.00  PT2/PT3 Men and Women
16.50.00  PT1 Men and Women
19.00  Medal ceremony
General

ITU World Paratriathlon Events
Iseo-Franciacorta (BS)
18 Luglio 2015

START
FINISH
TRANSITION AREA

ATHLETE'S LOUNGE
EXIT T2
EXIT T1

SWIM COURSE
Lap 750 mt

BIKE COURSE
Laps 20 Km

RUN COURSE
Laps 5 Km
Pre Start and pre transition
Check-in procedures 1

Athletes’ Lounge

- Come with your registered Handler/Guide
- Handler t-shirt and race number check
- Bike check
- Uniform check
- Equipment check & marking (braces, tethers, etc.)
- Swim cap distribution according to your swim exit needs
- Body decals
- Timing chip (2 for PT1/PT2)
- Note: approved impairment adaptations for bike available at http://www.triathlon.org/about/downloads_category/paratriathlon
- Wave number written on left hand
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station
- Leave bags in the Athletes’ Lounge, same place as recovery area
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#
Timing chips – where to wear

**PT1:**
1 on the handcycle (rear axle)
1 on the athlete ankle

**PT2:**
Double amputees: Bike prosthesis + run prosthesis
Single amputees: Existing ankle + bike prosthesis
No amputees: Both ankles

**PT3:**
Athlete ankle

**PT4:**
Athlete ankle

**PT5:**
Athlete ankle
Swim

• Wetsuits up to 5mm thickness
• Vest warmers are NOT allowed
• Gloves are NOT permitted
• Any part of the body may be covered except the face, hands and feet
• No prosthesis socks, unless the pins are adequately covered. This will be checked
Allowed equipment - uniform

Run & Bike

- Athletes can wear long sleeved shirt under their uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event BUT only in Transition. Do not remove during the race and hand to someone else. This will lead to DSQ
- PT5 B1 athletes must wear **black-out glasses** on the run
Check-in procedures 2

Transition Area

• A folding chair will be provided to each of the athletes

• To add any equipment to the bike, approval is to be obtained from the TD at the end of the athletes’ briefing.

• *Only athletes and their handlers will be allowed in the Transition Area*

• 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.*

• Running Shoes on the ground, helmet on the bike

• Spare wheels collected at bike check & returned to Athletes Lounge
The course

**Swim**

1 lap of 750m

**Bike**

3 laps of 7.1km = 21.3km

**Run**

200 m + 3 laps of 1.6km = 5 km
Pre-start procedure

Athletes’ Introduction

• 10 minutes before start – line-up just before the entrance to the water

• Order will be wave number, category, race number

• Get into the water as you are introduced when you are introduced, and touch the rope

• Personal handlers can escort you to the pontoon and take your prosthesis, crutches or daily wheelchairs to pre-transition.

• No prosthesis socks are allowed in the swim unless the pins are covered. We will ask you to remove these at the pontoon.
Start procedure 1

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.
Start procedure for waves

Athletes in position in the water:

- Deep water start
- One hand on the rope
- The start can be given any time after the Race Referee announces "On your mark"
- Air horn
- The race starts
False start procedure

False start Example:

• Several horn blasts
• Kayaks in front of you
• Everyone goes back to her/his spot

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 course

- Today at 16.30
  - Water temperature: 28.4 °C
  - Air temperature: 34.1 °C
  - WBGT: 32.3 °C
- 1 lap of 750m – anti-clockwise
- Distance to the first turn buoy 280 m.
- Pass all the YELLOW buoys on your left shoulder
- Raise arm in air if assistance required
- Swim behavior will be closely monitored, inc. video
- Take wetsuit, cap, goggles to transition into the box
Swim course

ITU World Paratriathlon Events
Iseo-Franciacorta (BS)
5 Luglio 2014

START
Line Up Area

LOUNGE AND RECOVERY AREA

TRANSITION AREA

buoy B
buoy A
buoy C
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
Swim exit handling

• Swim exit handling only by the LOC Handlers.
• They will provide support to all athletes according to their swim cap colour.
• No Personal Handlers allowed to assist at Swim Exit.

The level of the water have decreased 30 cm in the last week so an additional platform has been created to exit the water. Please move straight forward to the pre transition area or the transition area
Pre – transition area

• Athletes’ registered equipment (prosthesis, crutches, day chairs)

• Folding chairs for wetsuit removal

• Athletes from PT5 are not allowed to use the pre transition area

• Only PT1 handlers’ are allowed in this area

• No wetsuit removal by TOs and Volunteers

• 110 meters from the Pre-transition area to the Transition Area
Transition

- Horizontal bike racks – number, name and country flag
- All used equipment – wetsuit, goggles & swim caps to your area. *Not doing so → time penalty*
- Mount line at the end of the TA *(GREEN LINE)*
- Dismount line at the beginning of TA *(RED LINE)*
- PT1 shall stop completely at mount and dismount lines
- Helmet MUST be fastened before un-racking bike
- Personal handlers should stay next to the athletes’ bike rack during the bike leg or at the wheel station. *Handlers’ moving to and from TZ to the wheel station, should inform the Technical Officials*
- Bibs facing backwards during the bike – PT1 athletes must put the bib on the hand cycle
Bike course

- 3 laps of 7,1km (total distance of 21,3 km)
- Technical, with two U-Turns each lap
- Draft illegal race
- 1 Wheel Station; team wheels (for location see the map)
- Wheel station located just after wheel station
- Penalty Box located before the end of the lap
- Littering zone = Wheel Station
Bike course

Wheel Stop

Penalty Box
Bike Draft Zones

• Draft illegal event

• If shown a **BLUE** card for drafting, you

**MUST STOP AT THE NEXT PENALTY BOX - 1 min/penalty**
FAILURE TO STOP AT THE NEXT PENALTY BOX: DSQ

• It is the athletes responsibility to stop at the Penalty Box – numbers not posted on board

• Time penalties for **littering on bike** course will be served at run penalty box: 10 sec penalties (**YELLOW** card)

• 2 accumulated time penalties = DSQ
Caution signal: sharp whistles and or red flags
Caution
Run course

• 200 m. + 3 laps of 1.6 km for a total of 5 km

• Aid station:
  - 2 per lap plus at finish (for location see map)
  - Sealed water (with caps removed before need)
  - Discard bottles & litter in the Littering Zones (located 20m before to 80m after Aid Stations)

• Don’t cut the corners

• Congestion in finish area  >  Go to mixed zone / recovery area
Run course
Laps of the Run and Penalty Box
Run penalty box

- Run penalty box is for infringements in: TA1, Run and TA2
  e.g.: mount before mount line, dismount after dismount line, equipment outside your area, guide leading the athlete, PT1 drafting on run etc.

  **Location:** Before the end of the lap

- **Information:** White board to show race numbers (Athletes need to read the board)

- **Procedure:** 10 seconds 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
• Proceed to finish line via Recovery area, off the FOP
• Do not go down the finish chute
• Store bikes at Recovery while you await your athlete to finish
Post race procedures

- No congestion in finish area: go to mixed zone/recovery area

Anti-Doping Control
- Photo ID is needed for every athlete to go for testing

Team Medical Access
- Team medical will be allowed to enter the medical tent after permission from the ITU Medical Delegate.
- Every NF can have 1 team medical accreditation. Team doctors should register with the ITU Medical Delegate.
Podium Athletes

Presentation at 19:00
Please be at the position below by 18:45
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 rules

- Race caps/visors are allowed at the podium with maximum 1 sponsor logo with maximum height 4cm & total area 20cm²
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. Swim start area
Handler’s notes

• 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.

• All handlers shall be subject to the ITU Competition Rules.

• Any action taken by a 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 assist only their athlete.
http://www.triathlon.org/about/downloads/category/race_briefings/
Thank you and good luck!