

Open Para triathlon Mixed Relay briefing

Friday 25 November 2022



Agenda

Welcome and Introductions

Competition Jury

Weather forecast

Heat countermeasures

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results



Welcome and Introductions

- **Marisol Casado**, World Triathlon President
- **Antonio F. Arimany**, World Triathlon Secretary General
- **Kris Gemmell**, World Triathlon Team Leader
- **Thanos Nikopoulos (GRE), Howard Vine (GBR), Laura Patti (ITA), Beryl Campbell (RSA), Rick Fulton (ZIM), Abbas Moosa Buhassan (BHR)**, World Triathlon Technical Delegates
- **Dr Yasser Hosny (EGY)**, World Triathlon Medical Delegate
- **Laura Patti (ITA), Juliet Fahey (NZL), Jane Vine (GBR)**, World Triathlon Head Referees
- **Gary Marescia**, Event Director

Competition Jury



- Thanos Nikopoulos (GRE), Chair
- Miles Stewart (AUS)
- Abdullah Al Blooshi (UAE)

Weather Forecast



Saturday 26 Nov.



29° / 22°

5 m/s

Heat countermeasures

- Warm-up area next to the athletes' lounge with shade and fans for the bike trainers to be placed.
- Cooling vests can be used up to 1m before the start of the race (it is allowed until the athletes' introduction up to this point)
- Make all protocols (intro - ceremonies) shorter
- No littering zones
- Cooling areas (these are air-conditioned areas where the athletes can stop. No other service is provided)
- The amount of water and ice have been increased
- Provide ice packs at the aid stations
- The Medical team has been trained on managing heat strokes, and a dedicated area with ice baths has been created at the post-finish area.
- **NO ATHLETES' SERVICING AREA**

Schedule and Timelines



Friday 25th November

16:45	17:15	Open Paratriathlon MR race package distribution - Team Managers only	Athletes' lounge - Yas Island Race Village
17:30	18:00	Open Paratriathlon MR PTWC handcycle & race w/c check (storage at the venue overnight)	Recovery area - Yas Island Race Village

Schedule and Timetable – Raceday



Saturday 26th November

06:15	06:45	Open Paratriathlon MR Athletes' Lounge Check In
06:30	07:00	Open Paratriathlon MR Transition zone check in
06:45	07:05	Open Paratriathlon MR Swim Warm Up
07:10	-	Open Paratriathlon MR Athletes' Introduction
07:15	08:45	Open Paratriathlon MR Race Start
11:15	11:30	Medal ceremony - Open Paratriathlon MR

Check-in procedures

Athletes' Lounge - (all team members need to check in together)

- Body marking check (both arms, both legs)
- Swim cap distribution - (1st athlete); other athletes at the entrance of the pontoon before their start
- Timing chips (2x) distribution - (1st athlete); other athletes at the entrance of the pontoon before their start (unless, they are on prosthesis that will be remaining in the TZ)
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station
- Leave bags in the Athletes' Lounge, they will be transferred to Recovery
- Each team can have only one personal handler that can assist only the PTWC and any other athlete who is eligible to receive assistance from the same team.

Swim Cap Colors

Athletes' Lounge

- PTWC **RED** or **YELLOW**
- PTS2 / PTS3 / PTS4 / PTS5 **RED** or **YELLOW** or **GREEN**
- PTVI 2/3 (athlete) **GREEN**
- PTVI 1 (athlete) **ORANGE**
- PTVI (guide) **WHITE**

Please inform Registration when the team managers collect the team race package which colour hat each athlete will get

Timing Chips – Where to Wear

Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork)
PTS2 – PTS5	Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + run prosthesis Non amputees: Both ankles
PTVI	1 - Athlete ankle 1 - Guide ankle

Check-in procedures



Transition Area

- A folding chair will be provided to athletes if required
- Only athletes, guides and their handlers will be allowed in the Transition Area
- Helmet check – Don't leave your helmet fastened in the transition
The athlete who do not comply with this rule will receive a time penalty of 10 seconds in TA1.
- The 4th athlete must rack his bicycle closer to the mount line.
- **First athlete is always a PTWC athlete.**
- **2 rows transition/ transition flows are the same as in Para Triathlon WCH**

Athletes' line-up

- 10 minutes before your start, line up before entrance to start area (pontoon)
- As introduced, first athlete jog to the swim start line and select your position. Remain there and stay behind the line! – 2nd/3rd/4th athlete moved to the waiting area next to the entrance of the jetty.
- Leave your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the pontoon.

Athlete in position in the water

- Deep water start - place one hand at the pontoon
- The start can be given any time after the Head Referee announces "**On your mark**"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.

False-start Procedures



False-start (many athletes)

- Several horn blasts
- Kayaks move in front of you
- Everyone goes back to her/his 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 seconds penalty in TA1.**
- **During the time penalty, the athlete CANNOT touch any equipment.**

The course

Swim 1 lap of 150 metres

Bike Out section to lap start - 0.368 Kms
 1 full lap x 3.851 Kms
 In section to transition - 0.379 Kms
 TOTAL DISTANCE = 4.598 Kms

Run **1st, 2nd, 3rd athlete:** Out section to lap start - 0.085kms + 1 full lap x 1km
4th athlete: Out section to lap start - 0.085kms + 1 full lap x 1km +
 In section to finish (around TZ) - 0.155Kms

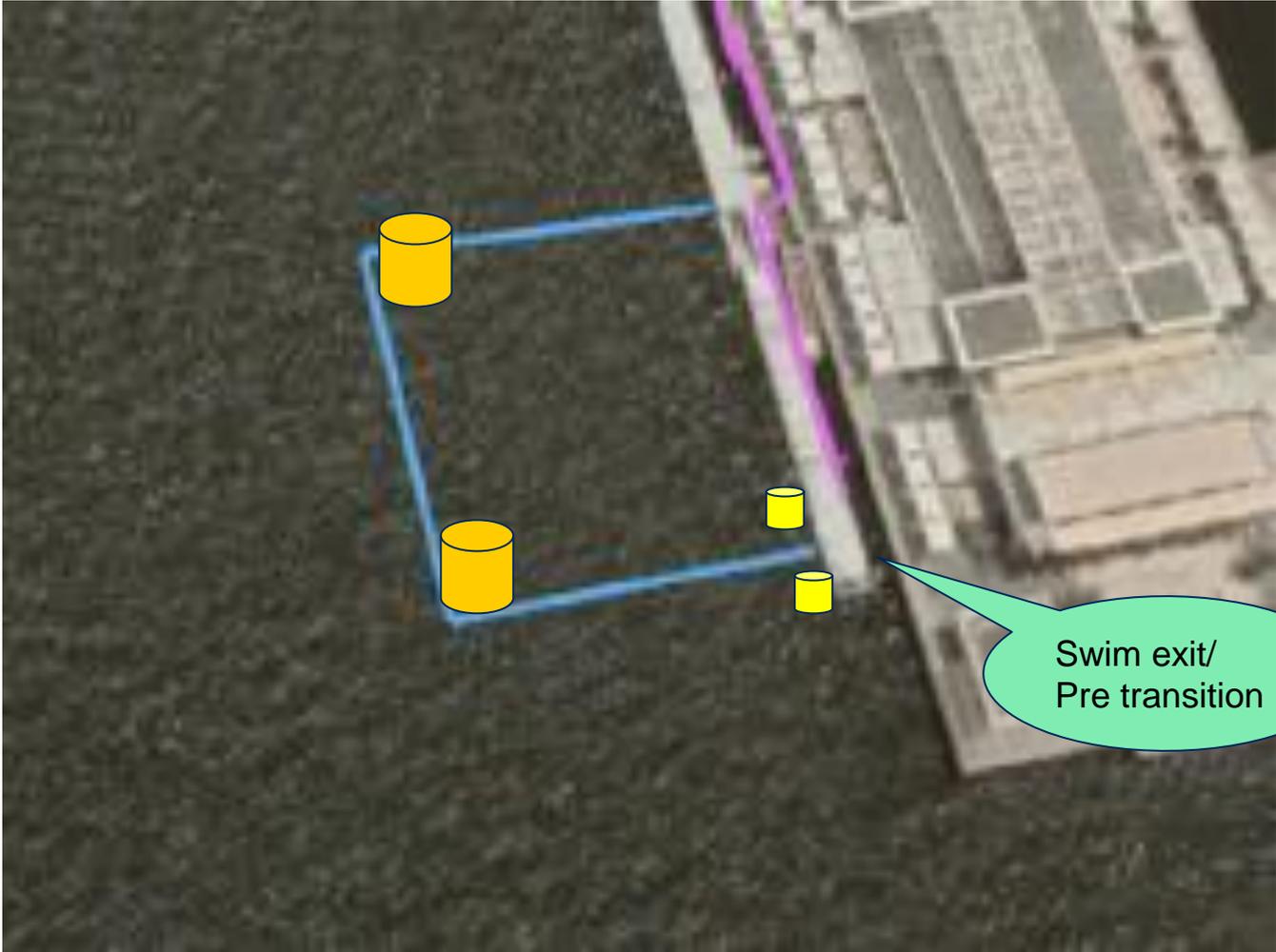
The course



Swim course

- On 3rd November at 06:30:
 - WBGT: 21°C 
 - Air temperature: 21.2 °C
 - Water temperature: 27.9 °C
 - Relative Humidity: 60%
- 1 lap (total distance of 150 metres)
- Wetsuit not allowed (wetsuit bottoms allowed for PTWC)
- Distance to first turn buoy 50 metres (on left shoulder)
- Water exit with swim exit assistants
- Take cap, goggles to transition into your box
- Swim behaviour will be closely monitored and recorded

Swim course map



Swim Exit Handling

- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.

Pre-Transition Area at swim exit on pontoon



- Athlete's registered equipment (prosthesis, crutches, day chairs)
- **Each team will have their own space in the pre-transition zone marked with their race number. No equipment must stay behind after the last member uses the pre-transition area.**
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area
- **Personal handlers will be allowed to push their athlete up the ramp (between the two white lines), as well as carry athletes' gear**
- No wetsuit removal by TO's or swim exit assistants/volunteers
- PTWC athletes must transfer in a daily wheelchair from pre-transition to transition

Pre-Transition Area at swim exit on pontoon



- No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area
- Adapted cleats and bike shoes with non-exposed cleats are allowed provided the cleats are covered or enclosed by anti-slip material
- PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between pre-transition and transition. Hopping on one leg is not allowed.

Transition Area



- Traditional bike racks
- Name, number, country code and flag
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)
- PTWC shall stop completely at mount and dismount lines (bike leg only)

Transition Area



- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box;
Failure to do so = 10 second penalty on run
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Helmet MUST be fastened before uncracking bike
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle

Bike course

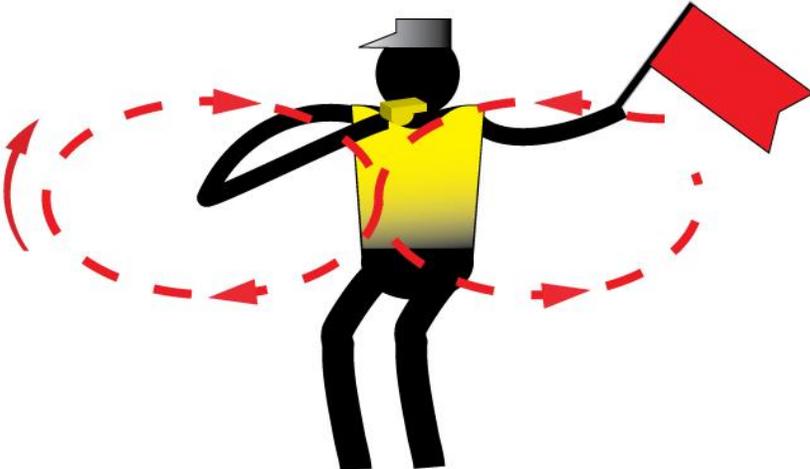
- 0.368+ 1 lap x 3.851+ 0.379 - total distance of 4.598 Kms
- Undulating and fast
- 2 Wheel Stations
 - 1 at the beginning of the lap and 1 at the far north//west part of the course.
 - For locations see the map
- Electronic lap control, but you are responsible to count for yourself !
- Drafting & blocking penalties will be SERVED AT THE RUN PENALTY BOX
- Cooling station next to the neutral wheel station
- **Always ride on the right, pass on the left**
- **Warn the athlete you want to pass**

Bike Course Map



Caution

Caution signal: three sharp whistles and red flags



Run course



- 1st/2nd/3rd athletes: 0.085 + 1 lap x 1km
- 4th athletes: 0.085 + 1 lap x 1km + 155m
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Sealed water, ice packs
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area
 - All teams – they can join their team member at the finish

Run Course Map



VI Free leading zones

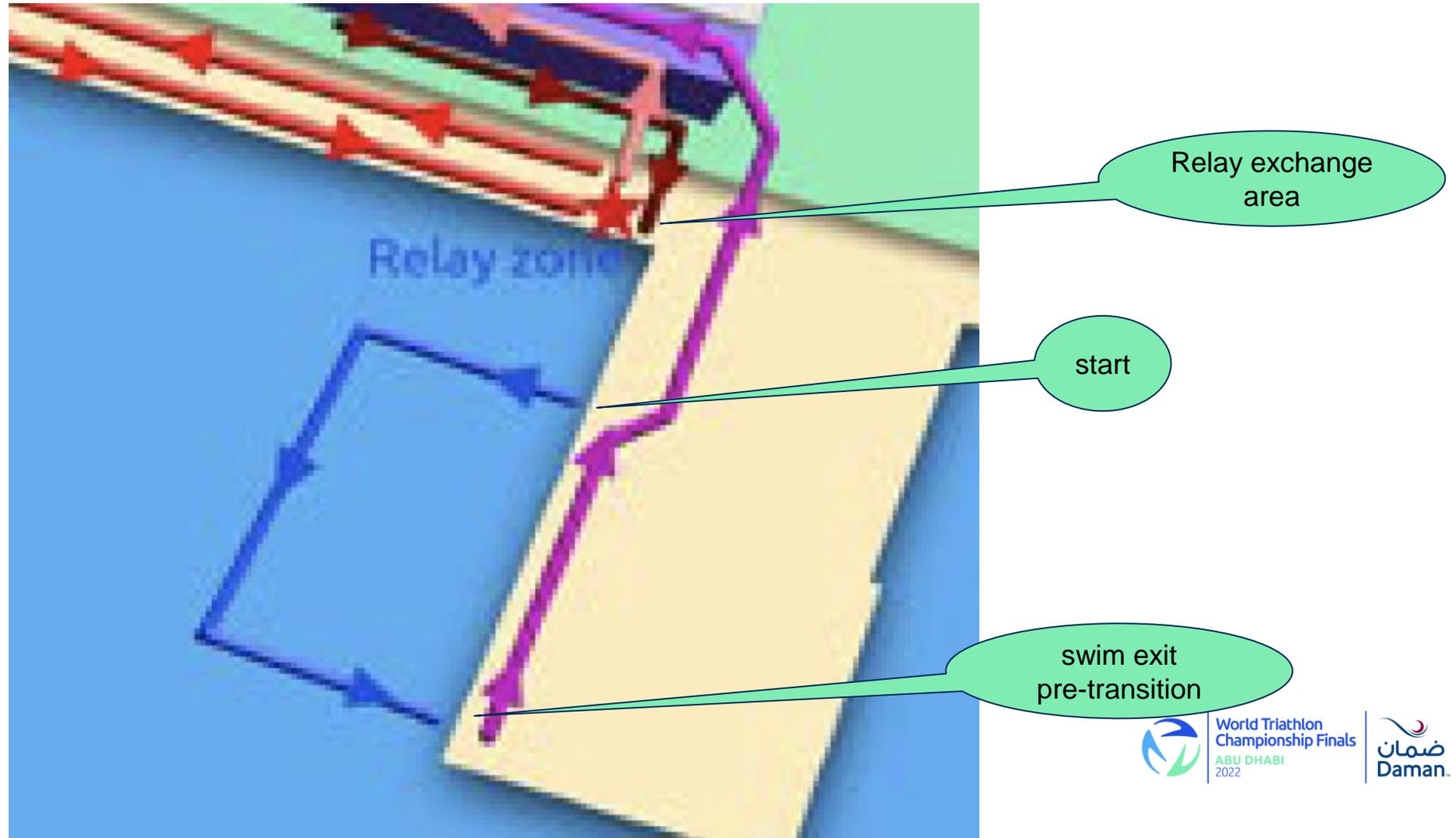


Relay exchange zone



- The relay exchange from one team member to another will be conducted “virtually” at a designated point on the run course near the swim start. The Technical officials will be responsible to inform the next team member to start the swim leg as soon as the previous team member has crossed the designated line.
- Each team member will have an in-water start. The athletes shall have their hand on the pontoon until signaled to go.
- Athletes are responsible to be in the start position before the previous team member has completed the leg.

Relay exchange area



Run Penalty Box

- Swim, T1, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** At end of run lap
- **Information:** White board to show race numbers and letters to indicate violations (Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 10 seconds time penalty served at the run
- **Can be served by any athlete, except the false start.**

Penalties must be posted prior to the end of the run. Any penalties following that point will be served on the spot.

Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. **Not stopping will result in DSQ on crossing the finish line.** The athlete may then appeal the penalty. Evidence will only be made available if an appeal is filed..

Run Penalty Box



Violations Abbreviations:

Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	Other violations	V

For example:

12 D team #12 received a time penalty for a dismount line violation

12x2 ME team #12 received 2-time penalties for mount line and equipment outside the box violations

Handlers Direction after T2



- Proceed to relay exchange via FOP, TOs to control

Post-race Procedures



Medical

- Accredited team medical will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate

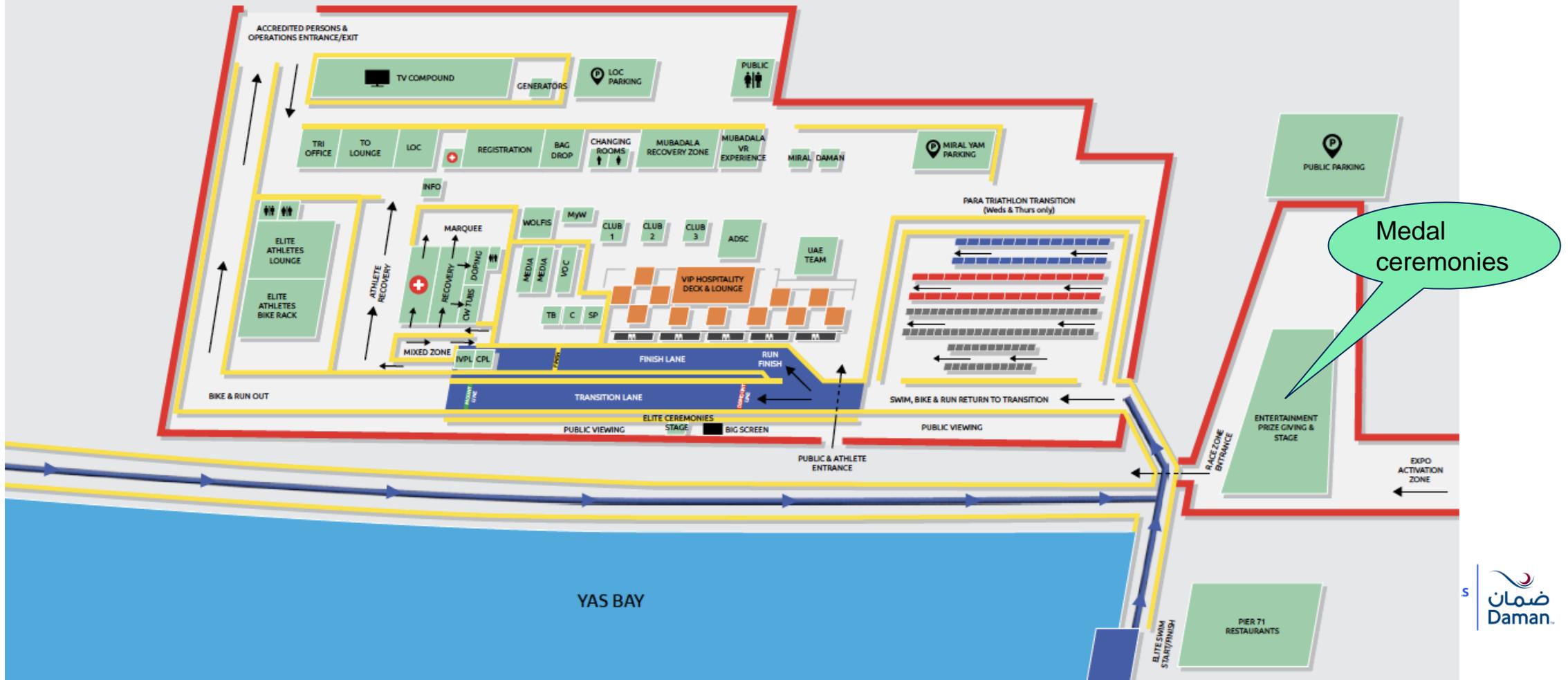
Post-race Procedures



- Medal ceremony at the main stage in the event village (same as Para triathlon individual races)
Please be there at least 15 mins before the official time of the awards!
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to one of their teammate.

Medal Ceremonies

RACE VILLAGE



Coaches Area

Accreditation

- All coaches must have accreditation to enter the venue
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

Coaches' areas

- Athletes' lounge
- Pre-start area
- Next to Transition zone
- Next to wheel station
- Next to run penalty box
- Recovery area

Access to briefing



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

Have a good race!



Be your
extraordinary