

# Elite Athletes' briefing

22 November 2022



# Agenda

Welcome and Introductions

Competition Jury

Weather forecast

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), 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), Jane Vine (GBR), Juliet Fahey (NZL)** - World Triathlon Head Referees
- Steyn Momberg, LOC Director
- Gary Marescia, Race Director

## Elite Women

- Rick Fulton (ZIM), Chair
- Gabriela Gallegos (USA) TRI Rep.
- Jaime Cadaval (MEX) , TC Rep.
- Abdullah Al Blooshi( UAE), NF Rep.
- Dr Sergio Migliorini ( ITA) , MC Rep.

## Elite Men

- Rick Fulton (ZIM), Chair
- Ian Howard (GBR), TRI Rep.
- Jaime Cadaval ( MEX), TC Rep.
- Addullah Al Blooshi (UAE), NF Rep.
- Dr Sergio Migliorini (ITA), MC Rep.

# Athletes Committee



Claire Michel (BEL)



Kenji Nener (JPN)



Tomas Toth ( HUGN)

# Weather Forecast



|                   |  |  |  |  |           |        |       |
|-------------------|--|--|--|--|-----------|--------|-------|
| Wednesday 23 Nov. |  |  |  |  | 29° / 24° | 0.7 mm | 4 m/s |
| Thursday 24 Nov.  |  |  |  |  | 28° / 24° |        | 3 m/s |
| Friday 25 Nov.    |  |  |  |  | 27° / 23° |        | 4 m/s |
| Saturday 26 Nov.  |  |  |  |  | 27° / 22° |        | 5 m/s |

# Heat stress indicators



**Warning flags will be placed at the athletes' area and behind the spectators' stands**

# 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
- Athletes' servicing area by coaches during the run is introduced
- 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.
- Coaches will have access to the transition zone, to their athletes' spot during the first lap of the swim course.



# Schedule and Timetables



## Wednesday 23<sup>rd</sup> November

- |               |   |
|---------------|---|
| 11:00 – 11:45 | Bike course familiarization<br>Meeting point: in Transition area at 10:55 |
| 11:45 – 12:30 | Swim course familiarization<br>Meeting point: swim start                  |

# Schedule and Timetables



## Wednesday 23<sup>rd</sup> November

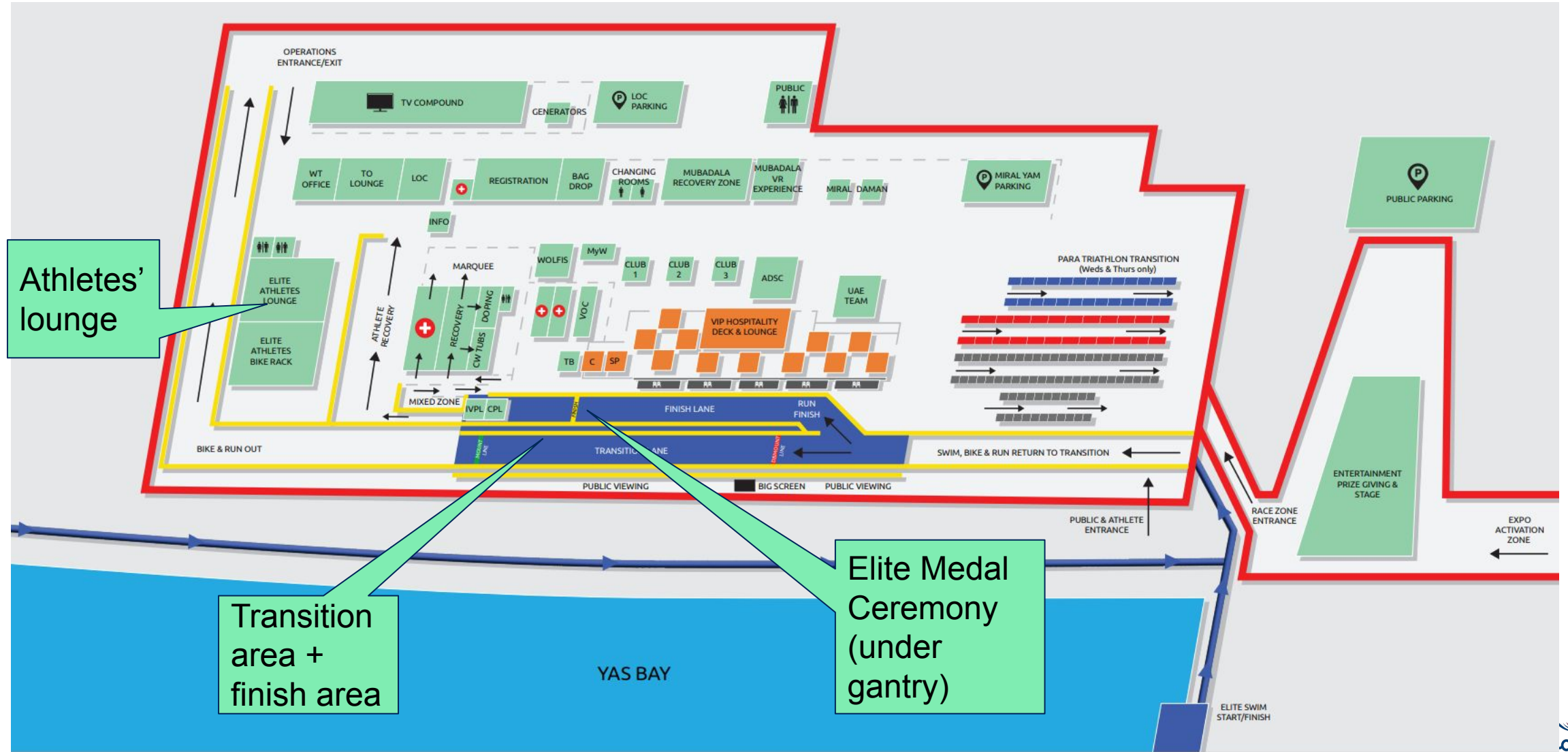
17:00 – 18:00      Race Pack distribution, Athletes' Lounge

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x)
- Body decals – both arms and both legs
- Accreditation – gives access to Athletes' Lounge on race day

You need to attend personally to collect the race package. Not attending is considered as not attending the briefing.

# Venue general overview



Athletes' lounge

Transition area + finish area

Elite Medal Ceremony (under gantry)

# Schedule and Timetables



## FRIDAY 25th November - 2022 World Triathlon Elite Women Championship Final

|               |  |
|---------------|--|
| 11:30 – 12:30 | Athletes' Lounge check-in  |
| 12:00 – 12:50 | Transition Area check-in for Elite Women                             |
| 12:00 – 12:50 | Swim Warm-up for Elite Women   |
| 12:55         | Athletes' Introduction   |
| <b>13:06</b>  | <b>Elite Women Start</b>   |
| 15:15         | Medal Ceremony - 2022 World Triathlon Elite Women Championship Final |
| 15:40 – 16:16 | Transition zone check out  |

# Schedule and Timetables



## SATURDAY 26th November - 2022 World Triathlon Elite Men Championship Final

|               |  |
|---------------|--|
| 13:15 – 14:30 | Athletes' Lounge check-in  |
| 13:45 – 14:50 | Transition Area check-in for Elite Men                             |
| 14:00 – 14:50 | Swim Warm-up for Elite Men   |
| 14:55         | Athletes' Introduction   |
| <b>15:06</b>  | <b>Elite Men Start</b>   |
| 17:10         | Medal ceremony - 2022 World Triathlon Elite Men Championship Final |
| 17:30 – 18:00 | Transition zone check out  |

# Check-in procedures



## Athletes' Lounge (Bike check)

- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Bring your spare wheels to the Wheel Station and pick them up from there
- Bike frame
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee during the race package distribution
- Mechanic service available

# Check-in procedures



## Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs)
- Timing chip distribution
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap has to be unbranded and under the official one.
- Leave your bag in the Athletes' Lounge

# Check-in procedures



## Transition Area

- Helmet check - Don't leave your helmet fastened in transition  
The athlete who does not comply with this rule will receive a time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Head Referee during the race package pick up.



# Pre-start Procedures



## Athlete Introduction

- 10 minutes before start - line-up next to Transition Area
- Jog to the start platform once your name is called
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up

# Athletes' introduction



# Line-up



# Start Procedures



## Athlete in position

- The start can be given any time after the HR 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
- 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 15 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

# The course



**Swim** 2 laps of 750m

**Bike** 9 laps of 4,444 km


**Run** 4 laps of 2,500 km

# The course

## World Triathlon Elite Championship Finals



# Swim course

- Today at 11:00
  - WBGT: 28.7°C 
  - Air temperature: 30.1 °C
  - Water temperature: 31 °C
  - Relative Humidity: 50.1%
- Wetsuit not allowed; final decision taken 1h before the race
- 2 laps (total distance of 1500m)
- Distance to the first turn buoy: 320m
- Distance from swim exit to TA: 150m
- Take cap, goggles to transition into your box

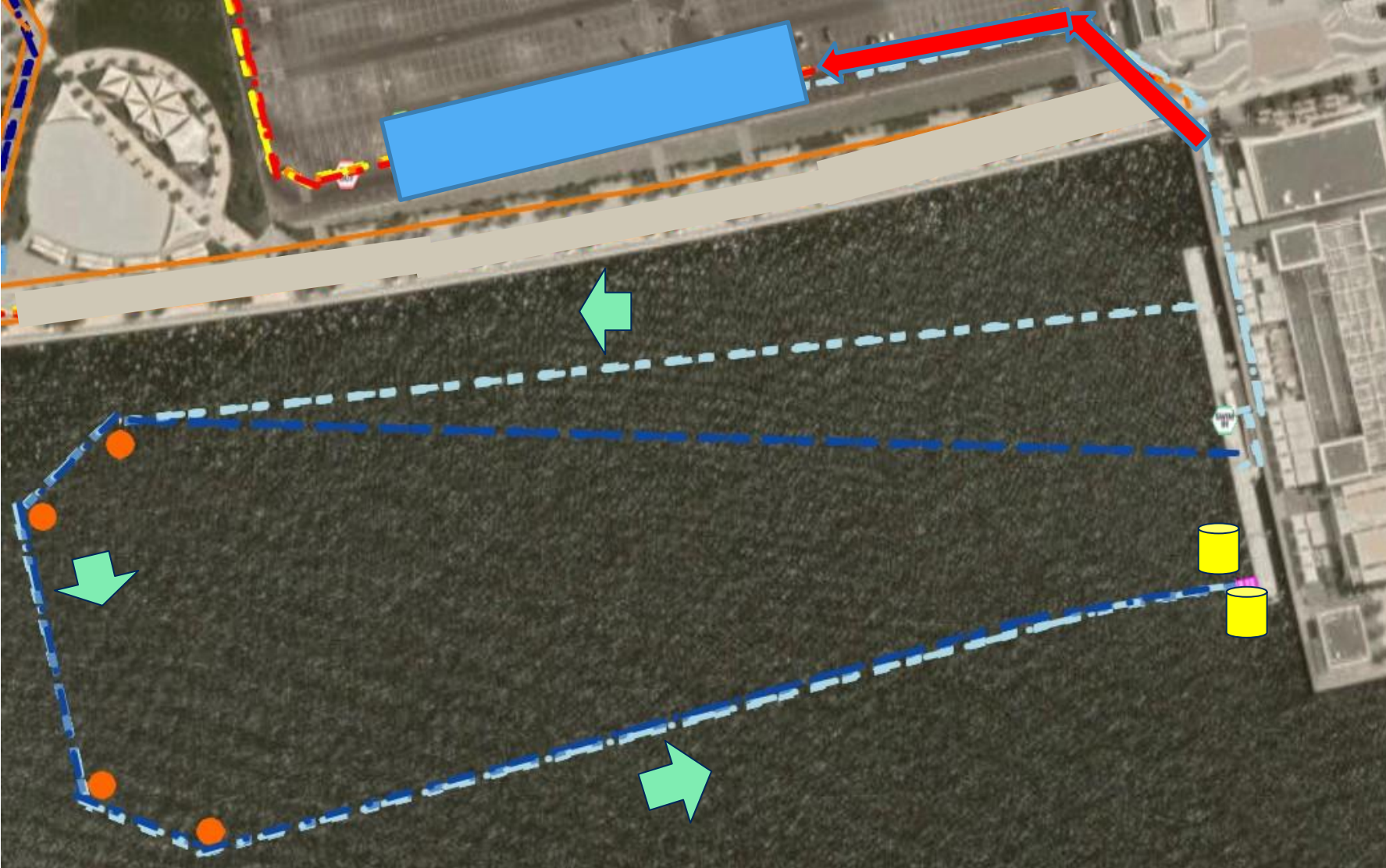


# Swim conduct



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements will be recorded and appropriate action will be taken according to the rule definition.
- Please respect your fellow competitors and keep the race fair.

# Swim course map



# Transition Area



- Individual Bike Racks – number, name and country flag
- Used equipment into the box – failure to do so = time penalty
- individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Mount line at the end of the TA

## Bike course

- 9 laps (total distance of 39,996 km)
- Flat
- 2 Wheel Stations
  - 1 Neutral wheel station
  - 1 Team wheel station
  - 1 cooling area
  - For locations see the map
- Lap Counter: at the exit of transition
- Lapped athletes are out of the race
- First runner – last biker scenario

# Bike Course Map

## World Triathlon Elite Championship Finals



## Wheel list neutral wheel station

2x 700c Front wheels, rim brake

2x 700c Front wheels, 160mm roter disc brake

2x 700c Front wheels, 140mm roter disc brake

2x 700c Rear wheels with 11speed cassette, rim brake

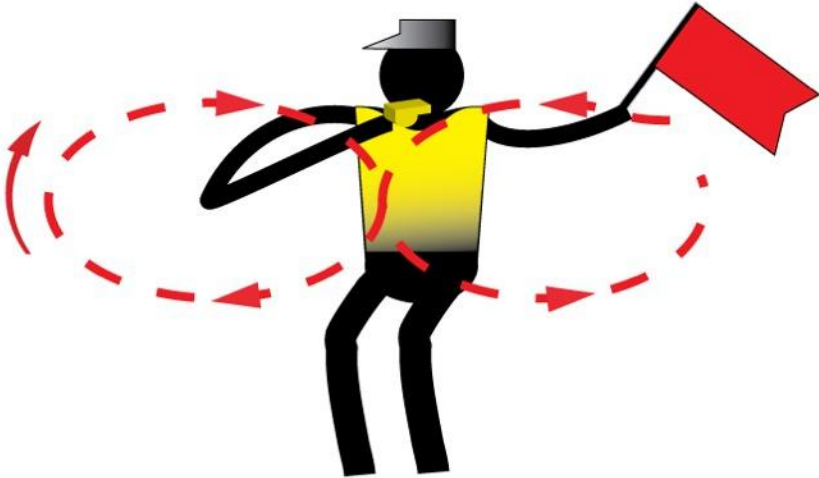
2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake

2x 700c Rear wheels with 11speed cassette, 140mm roter disc brake

2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake

2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake

# Caution



# Run course

- 4 laps (total distance of 10km)
- Aid stations:
  - 3 per lap
  - For locations see the map
  - Sealed water / ice packs
  - 1 cooling area
  - 1 athletes' servicing area
  - ALL littering zones will be removed from the course
- Photo-finish
- No congestion in finish area:
- Go to mixed zone / recovery area



# Run Course Map



# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 30m before Transition Area and before the turn to the finish chute
- **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:** 15s time penalty served on any lap of the run

Penalties must be posted prior to the last lap on 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:

|                                  |          |                         |          |
|----------------------------------|----------|-------------------------|----------|
| <b>Littering</b>                 | <b>L</b> | <b>Mount Line</b>       | <b>M</b> |
| <b>Swim violations</b>           | <b>S</b> | <b>Dismount Line</b>    | <b>D</b> |
| <b>Equipment outside the box</b> | <b>E</b> | <b>Other violations</b> | <b>V</b> |

For example:

**12 D** athlete #12 received a time penalty for a dismount line violation

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

# Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation for the race and for the 2022 WTCS Series at the end of the race
- Athletes are not allowed to carry their country flag on the podium.
- Prize money will be wire transferred

# Ambush Marketing Rules



- For ceremony awards, please dress up with race uniform (or country uniform)  
*Ambush marketing rules apply.*
- Race caps/visors are allowed at the podium
- 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 rule
- The consequence for this behavior is:  
*The athlete will immediately forfeit their prize money for that event.*

# Post-race Procedures



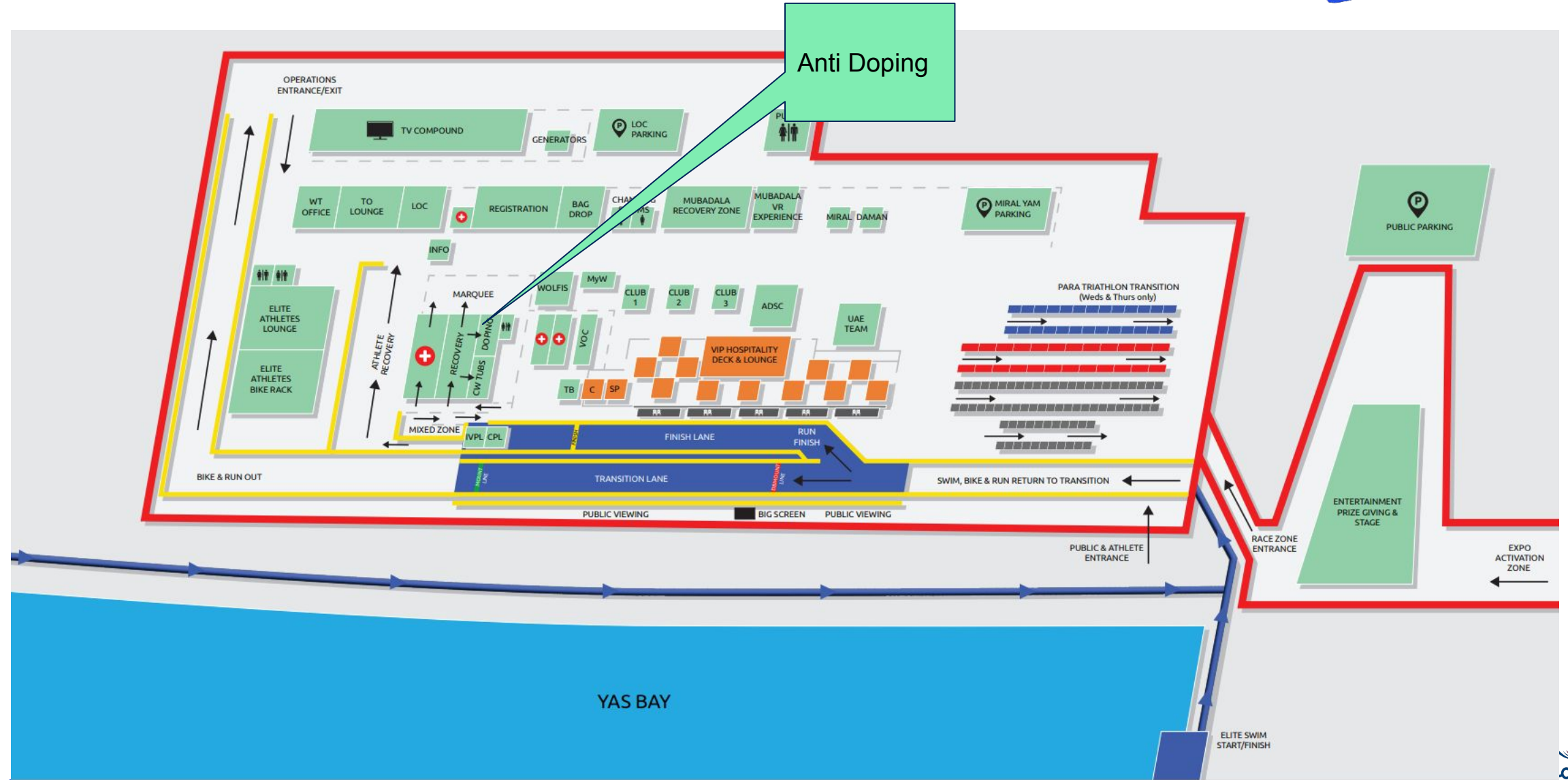
## Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

## Medical

- Only accredited team medicals will be allowed to enter the medical tent after the TRI Medical Delegate's permission.

# Post-race Procedures



# Coaches Area



## Accreditation

- All coaches have to collect accreditation to be able 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
- Next to Swim Start
- Next to Transition
- Next to Team Wheel Station
- Next to Run Penalty Box
- Athletes' servicing area
- Recovery area



# Run Course Measurement



- Coaches who require this access, must register with the technical officials during race package pick up on Wednesday 23th, 17:00 – 18:00
- One coach per NF is allowed to have access on the site run course following the end of the women's race, Friday from 15:00 to 15:30
- All coaches will start at the same time from the same start point (meeting point: Mount line)

# Water Quality Assessment

| Enterococci       |           |
|-------------------|-----------|
| 28/10/2021        | NMP/100mL |
| Location 1        | 28        |
| Location 2        | 24        |
| Location 3        | 21        |
| Enterococci limit | <100      |

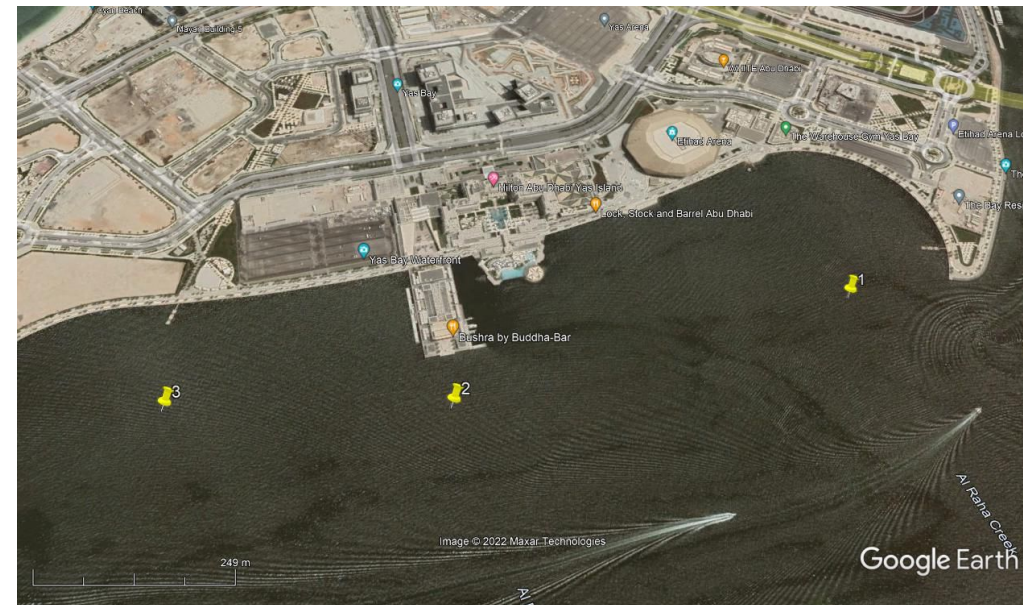
| E.Coli       |           |
|--------------|-----------|
| 28/10/2021   | NMP/100mL |
| Location 1   | 36        |
| Location 2   | 28        |
| Location 3   | 32        |
| E.Coli limit | <250      |

| PH         |      |
|------------|------|
| 28/10/2021 |      |
| Location 1 | 8.09 |
| Location 2 | 8.44 |
| Location 3 | 8    |
| PH limit   | 6-9  |

| Visual Sanitary Inspection (last 12 hours) |                  |       |               |                              |
|--|------------------|-------|---------------|------------------------------|
| Location                                   | Visual Pollution | Odour | Time of visit | Comments                     |
| Location                                   | None             | None  | 09:15         | Insert comments if necessary |

**SUMMARY**

1 = 'Very Good Water Quality':  
 Enterococci < 100  
 E.Coli < 250  
 PH between 6-9  
 No visual pollution during sanitary check  
 No forecasted heavy rain



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY

Access the briefing



[https://triathlon.org/about/downloads/category/race\\_briefings](https://triathlon.org/about/downloads/category/race_briefings)

Have a good race!



Be your  
extraordinary