

Elite Para triathlon briefing

2nd March 2023



Agenda

Welcome and Introductions

Competition Jury

Heat countermeasures

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introductions

- **Dr. Debbie Alexander**, World Triathlon 1st Vice President
- **Thanos Nikopoulos(GRE)**, World Triathlon Team Leader
- **Beryl Campbell (RSA)**, World Triathlon Technical Delegates
- **Rick Fulton (ZIM), Anabela De Santos (POR), Mhadi Mnif (TUN)**, Assistant Technical Delegates
- **Dr Yasser Hosny (EGY)**, World Triathlon Medical Delegate
- **Rick Fulton (ZIM), Dora Rozsa (HUN)**, World Triathlon Head Referees
- **Steyn Momberg**, Event Director
- **Gary Marescia**, Race Director

Competition Jury



- Beryl Campbell (RSA), Chair
- Dr. Debbie Alexander (RSA)
- Hassan Aqeeli UAE)

Athletes' Committee



Claire Michel (BEL)



Kenji Nener (JPN)

Schedule and Timetable - Familiarisations



Thursday 2nd March.

18:00	Race Briefing and Paratriathlon Race Package distribution Passport / ID must be presented. Prior to collecting the race package, athletes & guides must complete the World Triathlon athletes' agreement (athletes/ guides)	Radisson Blu Hotel
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Race package distribution



ALL athletes/support team must provide a picture ID to receive the package.

Your package includes all race numbers according to the Competition rules

- Accreditation – gives access to access lounge on race day

Inform TOs about the colors of swim cap you want to receive at athlete lounge

Schedule and Timetable – Raceday



Friday 3rd March

06:00	06:20	2022 World Triathlon Para CH PTWC (Adverse Weather Bike Fam) ????
06:00	07:30	2023 World Triathlon Para CH - Athletes lounge check in
06:30	07:45	2023 World Triathlon Para CH - Transition zone check in
07:15	07:45	2023 World Triathlon Para CH - Swim warm up – All Athletes'
07:45	09:00	PTWC handcycle/race wheel chair warm up (no equipment movement)
08:00	-	PTS 5-M
08:05	-	PTVI 1 M
08:07:41	-	PTVI2 /3 -M
08:09	-	PTVI 1 -W
08:20	-	PTS4 W
08:21	-	PTS3/4 -M

Schedule and Timetable – Raceday



Friday 3rd March.

09:10	-	PTWC1 M/W
09:13	-	PTWC2 M
10:45	11:15-	Run course measurement by coaches
10:45		Medal Ceremonies

Coaches' shuttle service from Crown Plaza to the venue

FRIDAY: 3RD March

5:00. All W/C Athletes and support staff **(only)**

12:00 All W/C Athletes and support staff **(only)**
Transport for Hand cycles and Wheelchairs



Venue general overview

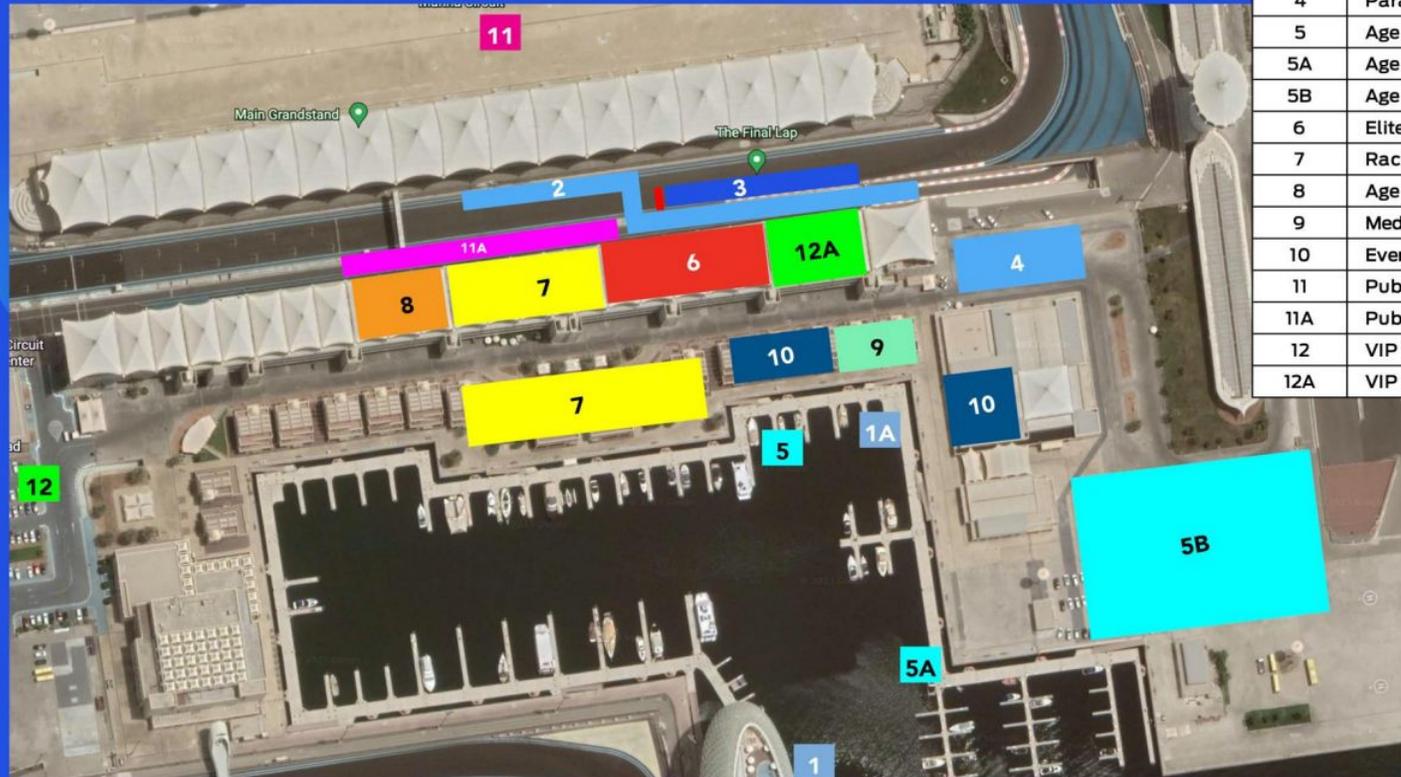


Accessing the venue



World Triathlon
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EVENT LAYOUT



1	Elite Swim Start
1A	Elite & Para Swim Exit
2	Elite Transition
3	Finish Chute & Line
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5	Age Group Swim Start
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5B	Age Group Transition
6	Elite Recovery, Medical & Lounge
7	Race Village Expo
8	Age Group Registration
9	Media Center
10	Event Management Offices
11	Public Parking & Entrance
11A	Public Grandstand Seating
12	VIP Parking & Entrance
12A	VIP Hospitality & Seating



Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo, uniform catalogue)
- Photos will be taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Swim cap distribution
- Timing chips (2x) distribution
- Wave number written on left hand
- Registration of equipment for pre-transition area
- **Registration of spare wheels for wheel station. Coaches are asked to take them there.**
- Leave bags in the Athletes' Lounge, they will be transferred to Recovery
- Bag storage

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**

Timing Chips – Where to Wear

Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork) 1- athlete
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

Permitted equipment - uniform

Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. **This will be checked**
- PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. **Logos are allowed only on the frame.**

Permitted equipment - uniform



Bike and Run

-Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.

-Athletes can wear a long-sleeve shirt under the 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.**

Removal elsewhere during the race will lead to DSQ

-PTVI 1 athletes must wear black-out glasses on the bike and run segments.

Logos are allowed only on the frame.

Check-in procedures



Transition Area

- A folding chair will be provided to athletes if required
- To add any equipment to the bike, approval is to be obtained from the TD at the end of the race package distribution.
- 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.
- Running Shoes on the ground, helmet on the bike

Athletes' line-up

- 10 minutes before your start, line up before entrance to start area (pontoon)
- Order will be wave number, then category, then race number
- Move to the swim start when you are introduced, select a position and stay behind the line!
- **Officials/ Coaches** can take 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.

Pre-start Procedures

Wave starts - Athletes' line-up

- Interval Start System PTVI & PTWC
- Each wave will start at an exact time
- Please follow instructions promptly

Reminder on the water temperature limit for wetsuit use:

- 24.6°
- PTWC wetsuit bottoms always allowed if the swim takes place

Start Procedures

Athlete in position in the water

- Deep water start - between two marking buoys
- 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 750 metres

Bike Out section to lap start – 420m
6 full laps x 3,29 Kms
back to transition – 196m
TOTAL DISTANCE = 20,356 Kms

Run Out section to lap start – 191m
2 laps x 2.123 kms
In to finish 566m
TOTAL DISTANCE = 5,003 kms

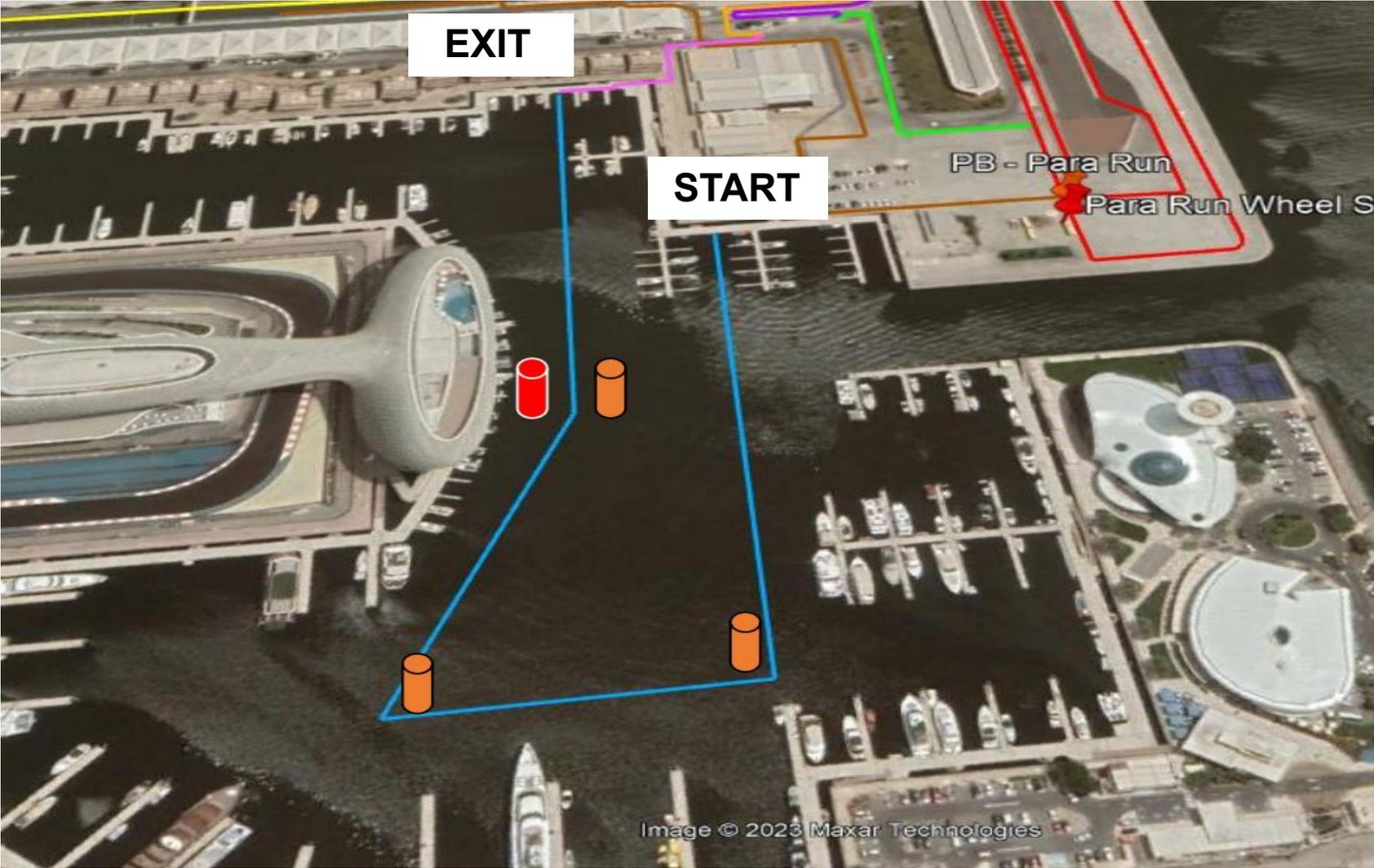
The course



Swim course

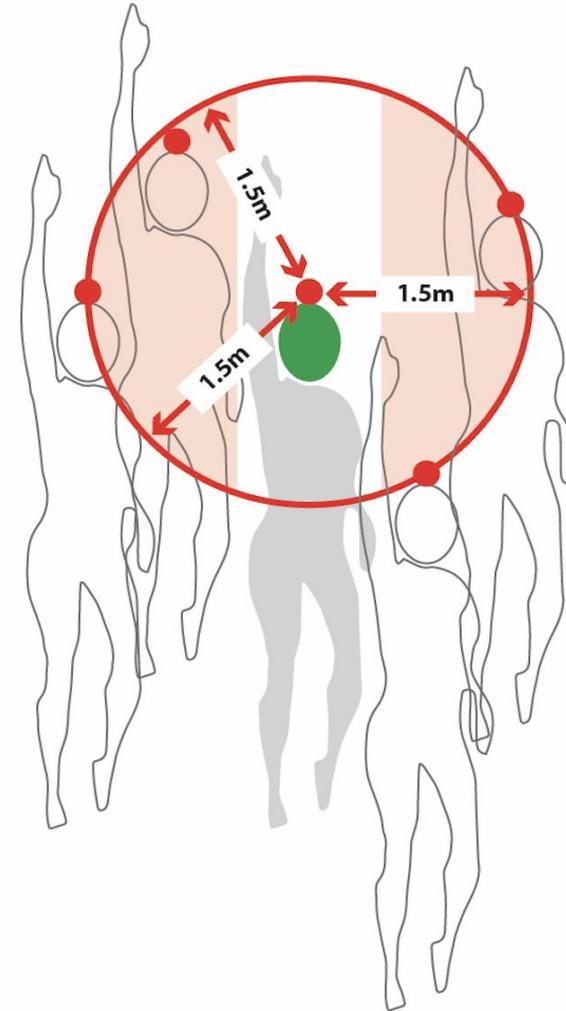
- Today at 11:00:
 - WBGT: 23.5°C 
 - Air temperature: 25.3 °C
 - Water temperature: 24.6 °C
 - Relative Humidity: 69.5%
- 1 lap (total distance of 750 metres)
- Wetsuit not allowed (wetsuit bottoms allowed for PTWC)
- Distance to first turn buoy 250 metres (on left shoulder)
- Water exit with swim exit assistants
- Take cap, goggles to transition into your box
- Swim behaviour will be closely monitored and recorded

Swim course map



PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and up to 80cm long when measured with no tension. It can be fixed at any point of the athlete's 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 considered as a violation



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



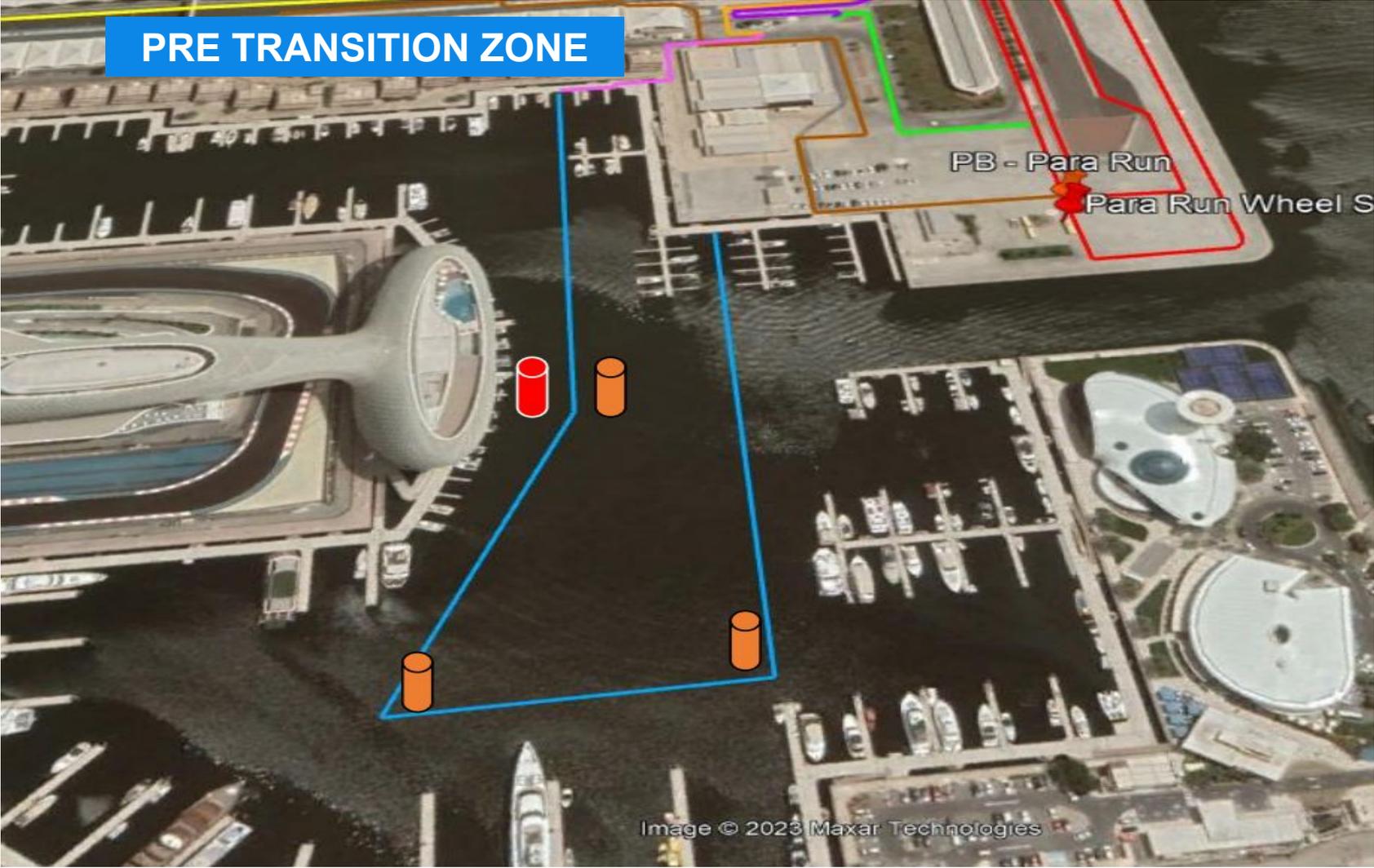
- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area
- **Personal handlers will 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.

Swim exit to TA



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
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.
- Bike shoes must be left on the bicycle or in the box.
- Helmet MUST be fastened before unranking 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

Transition Area

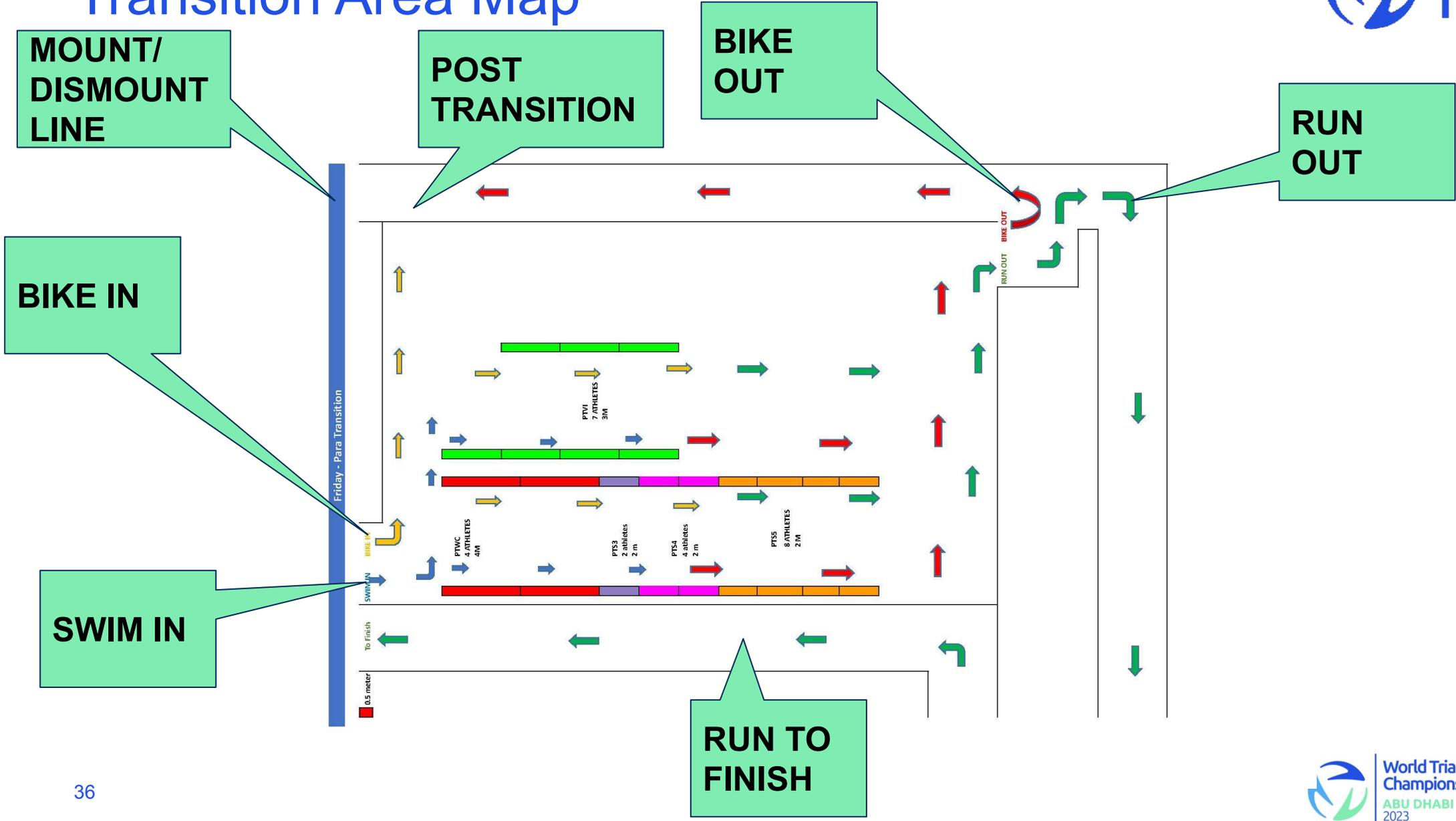


- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.

Post - transition Area

- A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.

Transition Area Map



Bike course

- 420m+ 6 laps x 3.29 + 196m - total distance of 20.356 Kms (Anticlock wise)
- Fast course
- 2 Wheel Stations
 - 1 at the beginning of the lap (neutral wheel)and 1 at the far north/west part of the course (team wheel).
 - For locations see the map
- Electronic lap control, but you are responsible to count for yourself !
- Bike Penalty box at the end of the lap (passed 5 times)
- **Always ride on the right, pass on the left**
- **Warn the athlete you want to pass**
- **PTWC** - Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event:

Bike Course Map



Bike course

- 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 athlete's responsibility to stop at the Penalty Box – numbers not posted on board
- 2 accumulated drafting time penalties = **DSQ**

Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass

Draft Zones



15m



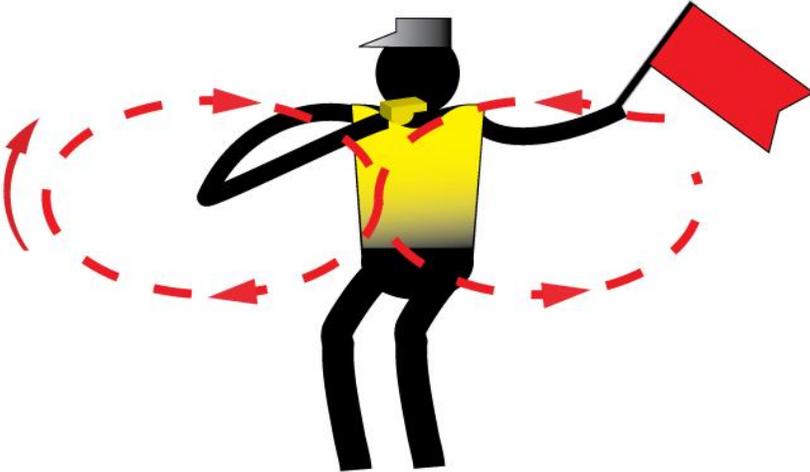
35m

Neutral Wheels

- 2x 700c front wheel
- 2x 700c front wheel with 160mm disc brake
- 2x 700c 11 cassette Shimano rear wheels
- 2x 700c 11 cassette Shimano with 140mm disc brake rear wheel
- 2x 700c 11 cassette Shimano with 160mm disc brake rear wheel

Caution

Caution signal: three sharp whistles and red flags



Bike to Run



Run course

- 191m + 2 laps X 2.123 km + 462m = 566m
-
- Aid stations:
 - 3 per lap
 - For locations see the map
 - Sealed water,
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area



Run Course



VI Free leading zones



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 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 protest the penalty. Evidence will only be made available if a protest is filed.

Run Penalty Box

If you incur a penalty, you will find **your number plus a letter** code indicating the nature of the infraction:

Violations Abbreviations:

Dismount Line	D
Mount Line	M
Swim Behavior	S
Run Behavior	R

Littering	L
Equipment outside the box	E
Bike Behavior	B
Other violations	V

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

Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
 - (i) a penalty for a drafting violation; and
 - (ii) **a time penalty which has already been served.**
-
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

Handlers Direction after T2



- Proceed to finish line via Recovery area, off the FOP
- Do not go down the finish chute
- Bike check out: immediately after last athlete finishes

Post-race Procedures



Anti-Doping Control

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

Medical

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

Post-race Procedures



- Medal ceremonies at the main stage in the event village, next to finish line.
- 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 the National Team Leader/Coach AT THE END of the medal ceremony.
- Athletes are not allowed to carry their country flag on the podium

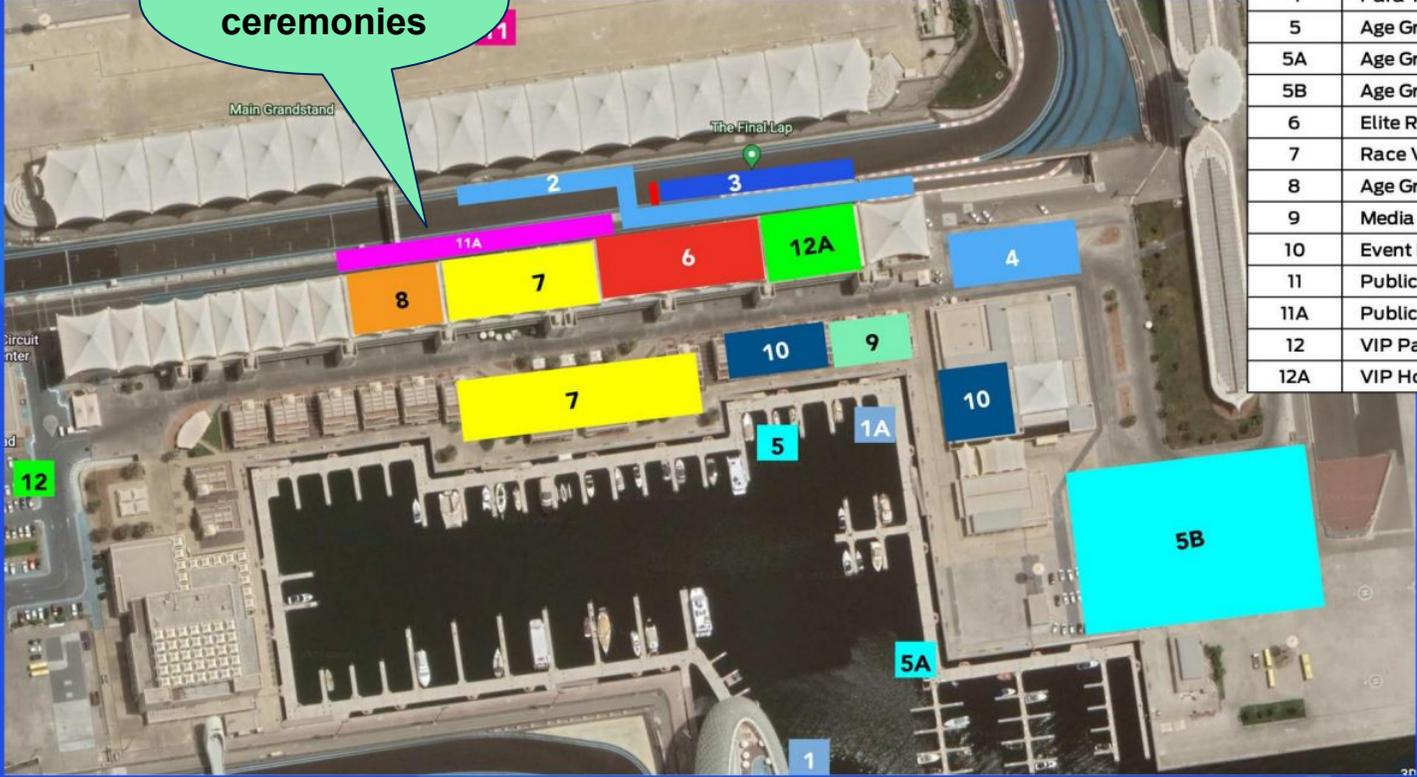
Medal Ceremonies



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Medal ceremonies

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

Outside assistance



- -Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident.
- Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

Coaches Area

Accreditation

- All coaches have to collect accreditation to be able to enter the venue. [venue – a picture ID needed.](#)
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- [The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.](#)

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Coaches' areas

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

Run course measurement



- One coach per NF can have access to the paratriathlon run course for measurements on Friday: 10:45 - 11:00
- Coach must register with the TOs during the race package distribution
- Meeting point: TZ

Handlers' notes

- Personal handlers are specifically allowed to assist paratriathletes by:
 - ✓ Helping with prosthetic devices/assistive devices
 - ✓ Lifting the participants in and out of handcycles and wheelchairs
 - ✓ Removing wetsuits or clothing
 - ✓ Repairing flats, punctures and helping with other equipment
- All handlers shall be subjected to the World Triathlon Competition Rules
- Any action taken by the Handler which propels the competitor forward may at the discretion of the Head Referee, be grounds for a time penalty or disqualification
- Personal handlers can only assist with their athlete
- World Triathlon has to approve the need of handlers for the PTS2, PTS3, PTS4 and PTS5 athletes

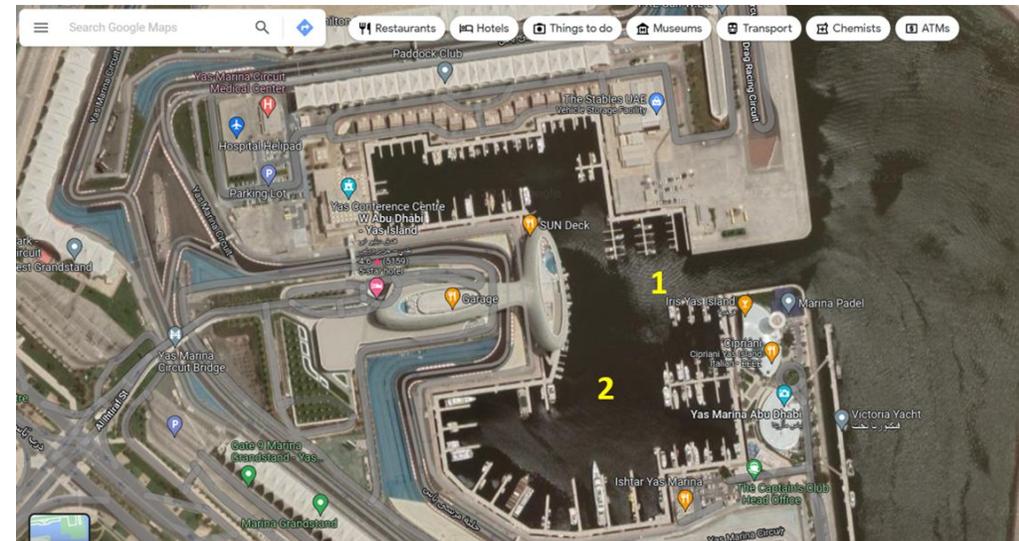
Water Quality Assessment

Enterococci		E.Coli		PH	
28/10/2021	NMP/100mL	28/10/2021	NMP/100mL	28/10/2021	
Location 1	16	Location 1	24	Location 1	8.36
Location 2	14	Location 2	22	Location 2	8.22
Enterococci limit	<100	E.Coli limit	<250	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



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



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Access to briefing



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

Have a good race!



Be your
extraordinary