

# Elite Athletes' briefing

23rd May 2024



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



# Welcome and Introductions

- Ian Howard (GBR), World Triathlon Vice President
- Thanos Nikopoulos (GRE), World Triathlon Team Leader
- Dag Oliver (NOR), World Triathlon Technical Delegate
- Eva Blomqvist (SWE), World Triathlon Assistant Technical Delegate
- Aldo Basola (ITA), World Triathlon Assistant Technical Delegate
- Dr. Sergio Migliorini (ITA), World Triathlon Medical Delegate
- Howard Vine (GBR), World Triathlon Head Referee (Women)
- Juliet Fahey (NZL), World Triathlon Head Referee (Men)
- Sandro Salerno (ITA), LOC General Manager
- Sergio Oppo (ITA), LOC Race Director





PARIS 2024





# Competition Jury



- Dag Oliver (NOR), Chair
- Ian Howard (GBR), World Triathlon representative
- Riccardo Giubilei (ITA), President FITRI



# Schedule and Timetables



## THURSDAY

18:30 – 19:00 Race pack pick-up at Teatro Doglio

### **Your package includes:**

- Stickers – Helmet (3x), Bike (1x), Bag (1x) (do not cut the logos)
- Body decals – both arms and both legs (do not cut the logos)
- Accreditation - gives access to Athletes' Lounge on race day
- **NOTE:**  
**ALL athletes/support team** must provide a picture ID to receive the package.

# Schedule and Timetables



## FRIDAY

10:30 – 11:30

Bike course familiarization (bring accreditation, coaches only on Road Race bikes) 2 Laps.

**Meeting point:** TA at 10:20

11:45 – 12:45

Swim course familiarization

12:00 – 12:30

Coaches feedback to TD for FOP issues (if any)

**Meeting point:** Swim start area on the beach



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# Schedule and Timetables



## SATURDAY

09:30 - 10:30	Elite Women Athlete Lounge Check-in
10:00 - 10:45	Elite Women Transition Check-in
10:00 - 10:45	Elite Women Swim Course Warm-up
10:50	Elite Women Introduction
<b>11:00</b>	<b>Elite Women Race Start</b>
13:10 - 13:20	Elite Women Award Ceremony

## 13:20

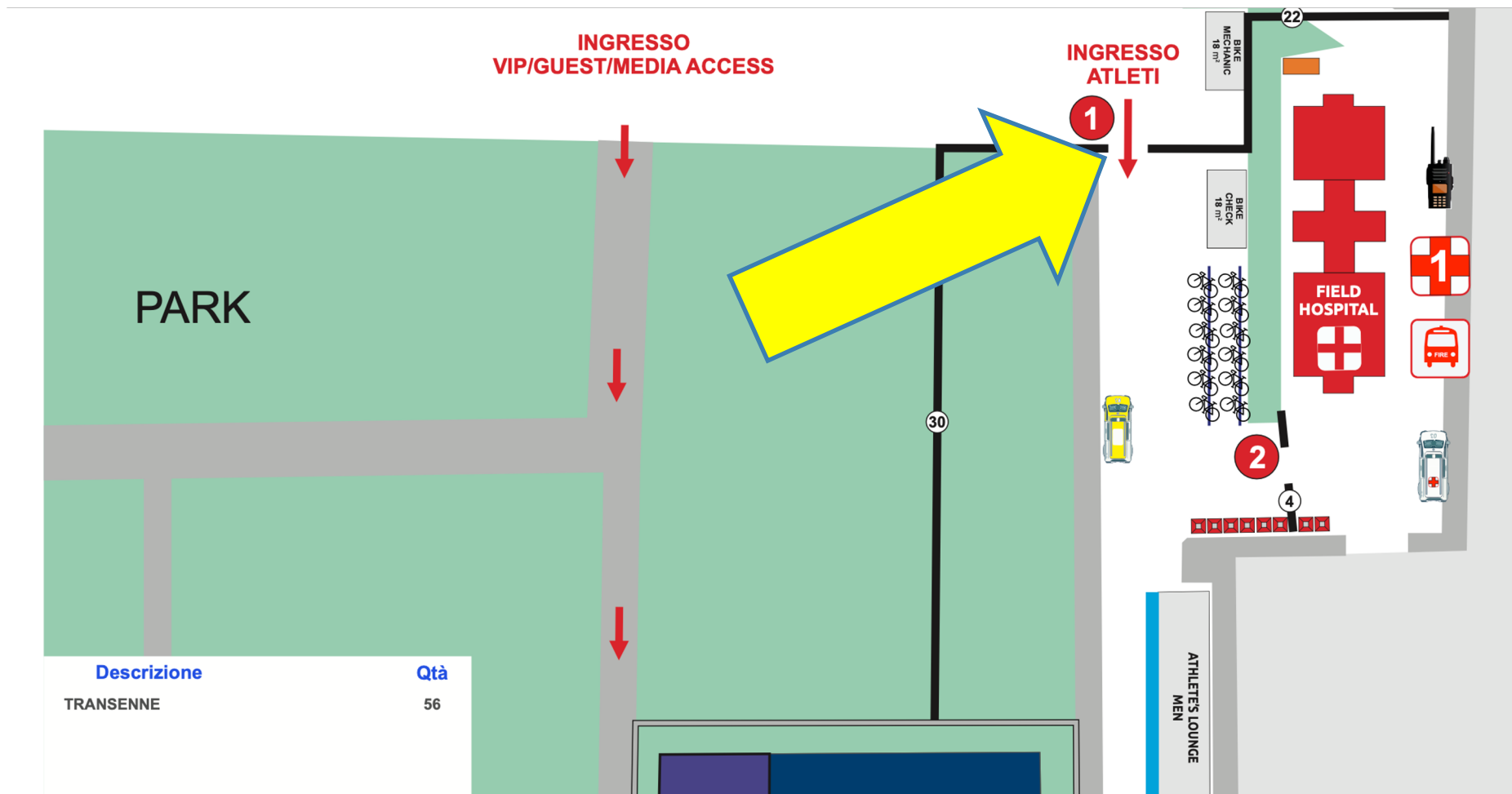
## Coaches Run Course Measurement

13:45 - 14:45	Elite Men Athlete Lounge Check-in
14:15 - 15:00	Elite Men Transition Check-in
14:15 - 15:00	Elite Men Swim Course Warm-up
15:05	Elite Men Introduction
<b>15:15</b>	<b>Elite Men Race Start</b>
<sup>8</sup> 17:20 - 17:30	Elite Men Medal Ceremony



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# Athlete Access to Athlete Lounge & FOP



**Transition**

# Check-in procedures



## Athletes Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station
- 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 at the end of the athletes' briefing
- 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 (2, one for each ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge

### **A friendly request:**

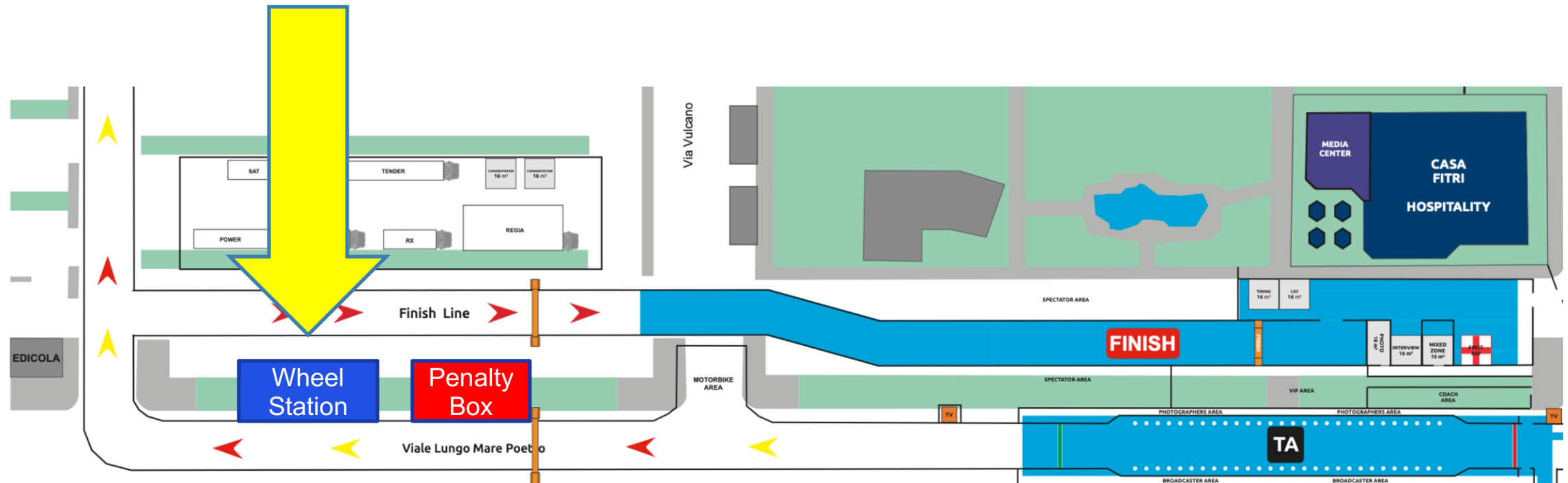
Due to the number of coaches and medical personnel at this year's event, we kindly request that **ATHLETES ONLY** access the Athletes Lounge



# Spare Wheels

## Wheel Station

- Spare wheels must be checked and marked at the bike check. Then the teams are responsible for depositing them at the team wheel station.
- Wheels must be collected from wheel station immediately after each race.



# Check-in procedures



## Transition Area

- Helmet check - Don't leave your helmet fastened in transition
- Running Shoes outside, **BUT CLOSE** to the box.
- Helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the race package pick up.



# Pre-start Procedures

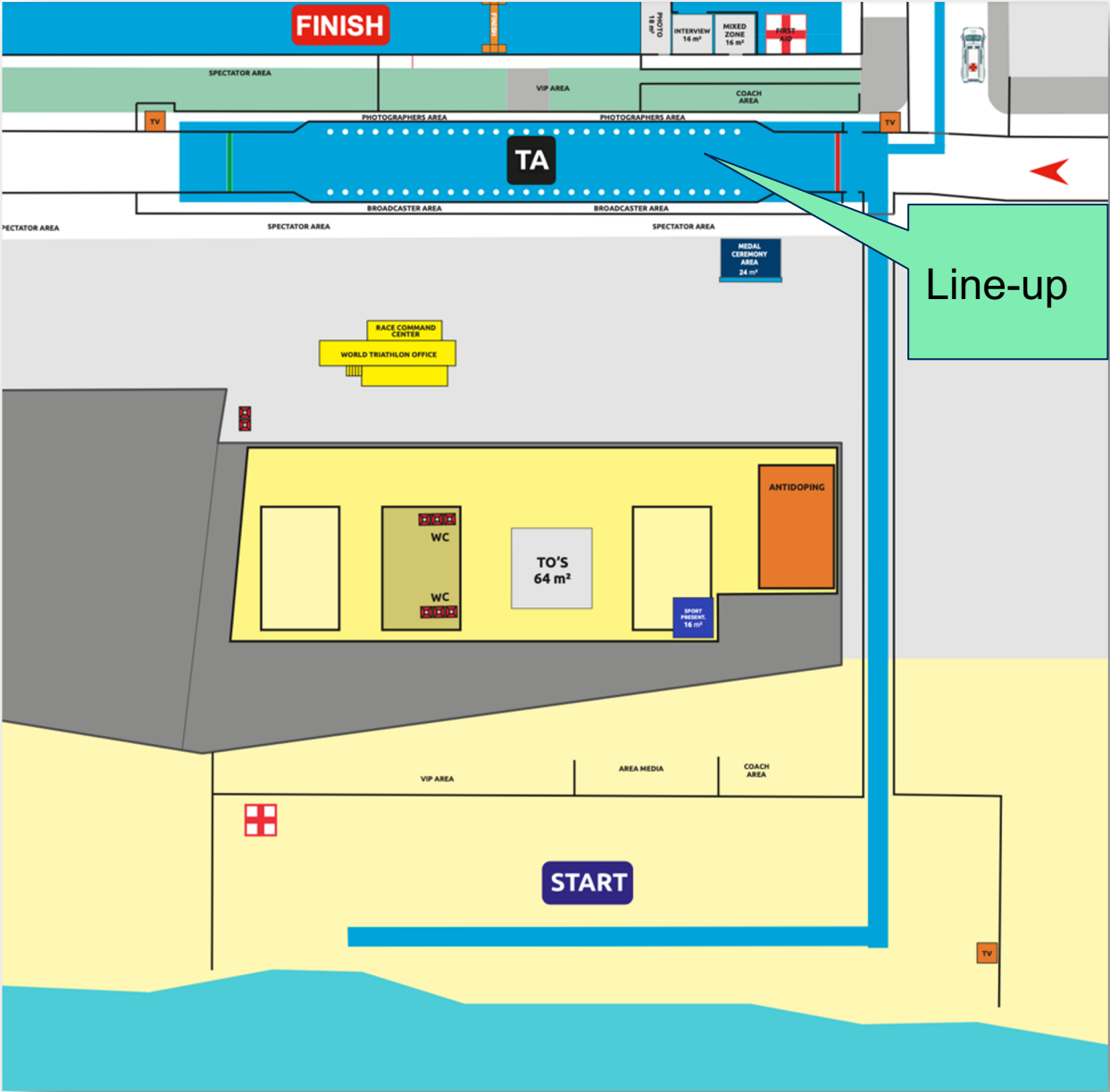


## Athlete Introduction

- 10 minutes before start - line-up
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up
- Go to TA for line-up
- Jog to the start platform once your name is called
- Select your position and stay behind the line!



# Line-up



Line-up



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# Athletes' introduction





# Start Procedures



## Athlete in position

- The start can be given any time after the Head Referee announces "On your mark"
- Air horn blast
- The race starts



# 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 15 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.



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# The course



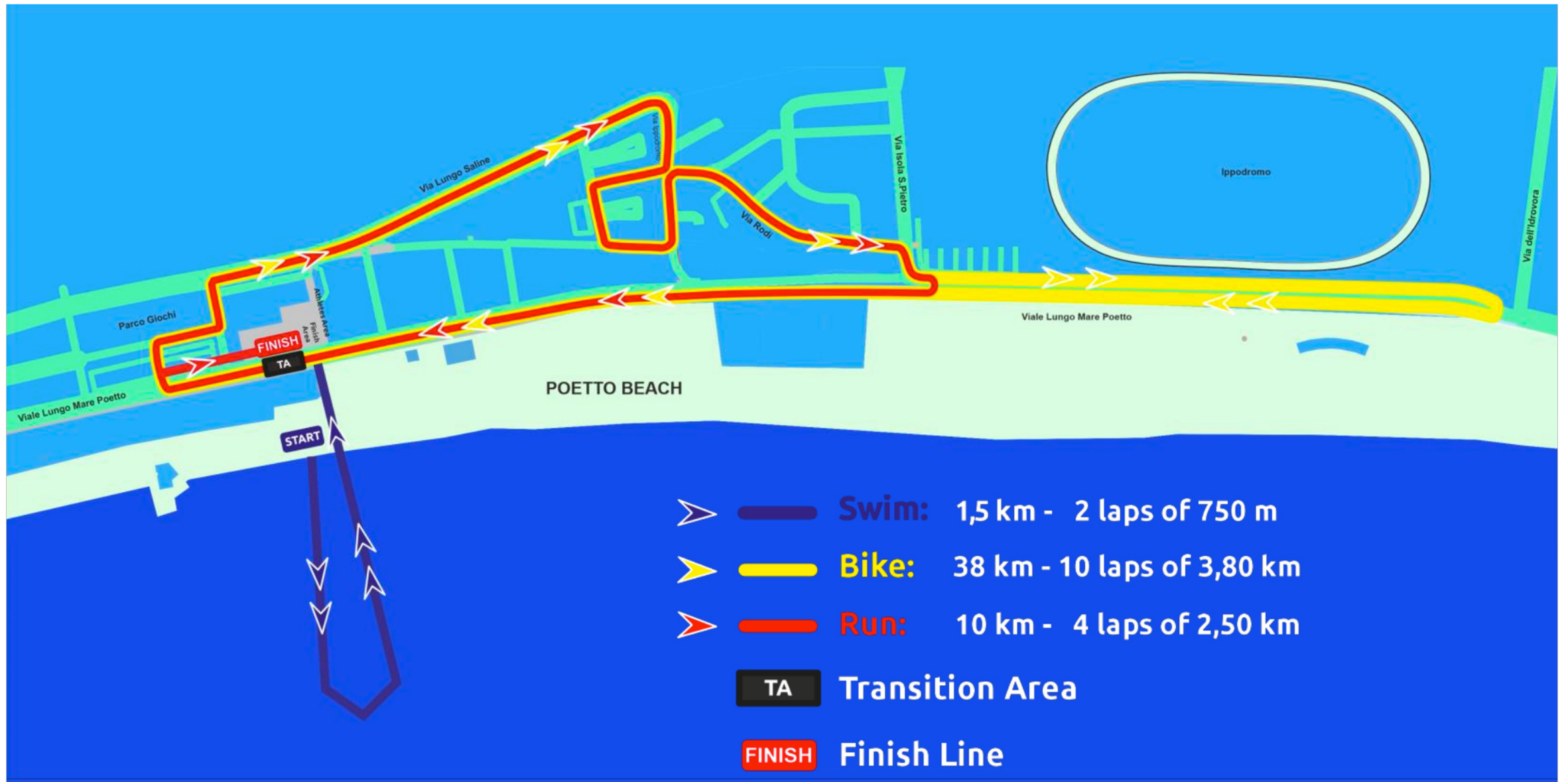
**Swim**            2 laps of 750m

**Bike**            10 laps of 3,8km

**Run**            4 laps of 2,5km



# The course



# Swim course

- On 23.05.2023 at 14:15:

- water temperature 19.8°C
- air temperature 25.5°C
- WBGT 25.0°C

**MODERATE**  
HEAT STRESS

- Wetsuit may be allowed; final decision taken 1h before the race
- 2 laps (total distance of 1500m)
- Distance to the first turn buoy 325m
- Take cap, goggles to transition into your box



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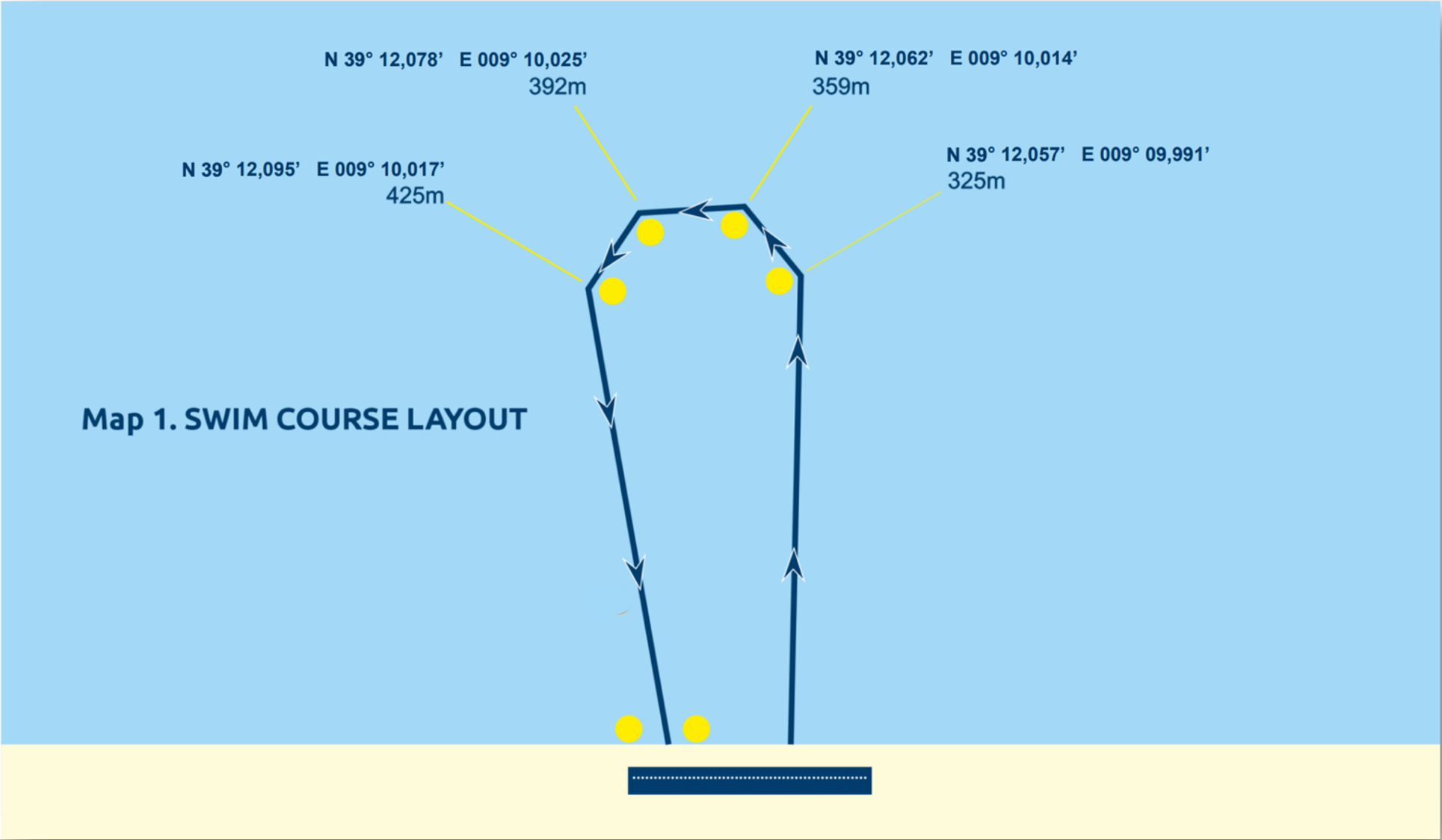
# Heat stress indicators

Warning flags will be placed at the athletes' area.





# Swim course map



# Swim conduct



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behavior.
- Swim behavior will also be filmed by drone and recorded. The feed will continuously be monitored by Video Review officials
- Please respect your fellow competitors and keep the race fair.



# Transition Area

- Swim Exit to TA 110 m
- Individual Bike Racks – number, name and country flag
- The bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Used equipment into the box
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- 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.
- Mount line (**green**), Dismount line (**red**)



# Bike course



- 10 laps (total distance of 38km)
- Flat, not technical
- 2 Wheel Stations
  - 1 Team wheel station (100m after TA)
  - 1 Neutral wheel station (approx. 1700m & 2800m after TA)
  - For locations see the map
- Lap Counter: at the end of transition
- Littering Zones at Team Wheel Station and Run Aid Station
- Lapped athletes are out of the race
- First runner – last biker scenario

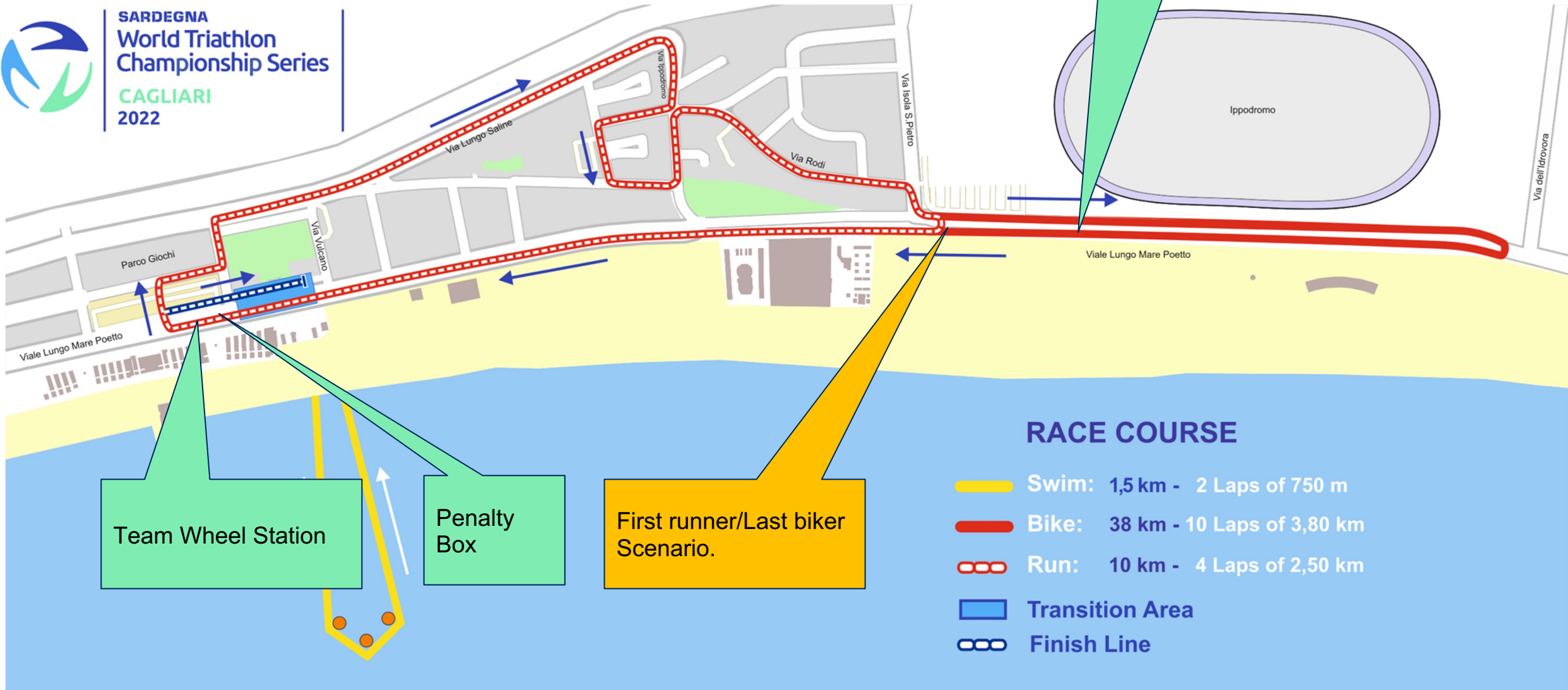


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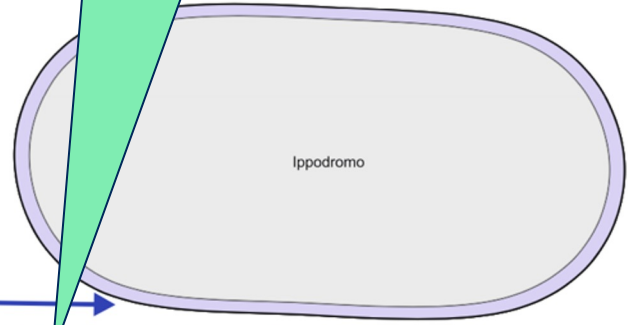
# Bike Course Map



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Neutral Wheel Station



Team Wheel Station

Penalty Box

First runner/Last biker Scenario.

## RACE COURSE

- Swim: 1,5 km - 2 Laps of 750 m
- Bike: 38 km - 10 Laps of 3,80 km
- Run: 10 km - 4 Laps of 2,50 km
- Transition Area
- Finish Line

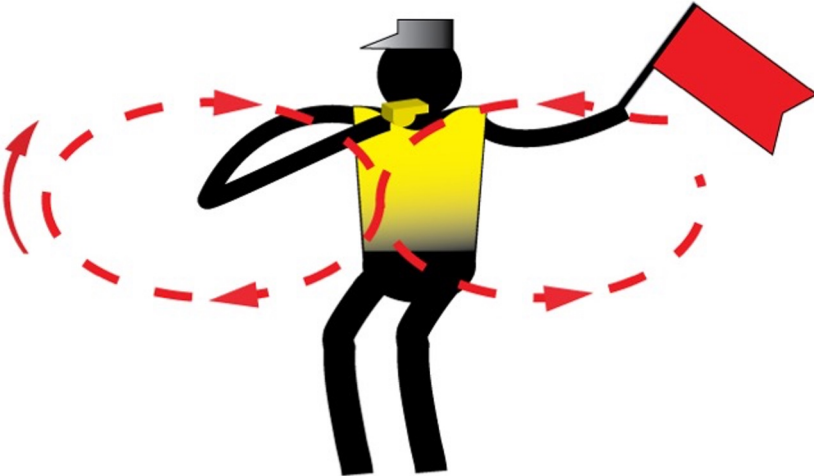
## Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.





# Caution



# Run course

- 4 laps (total distance of 10km)
- 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



## Definition from the World Triathlon CR §6.1:

- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.



# Run equipment - shoes

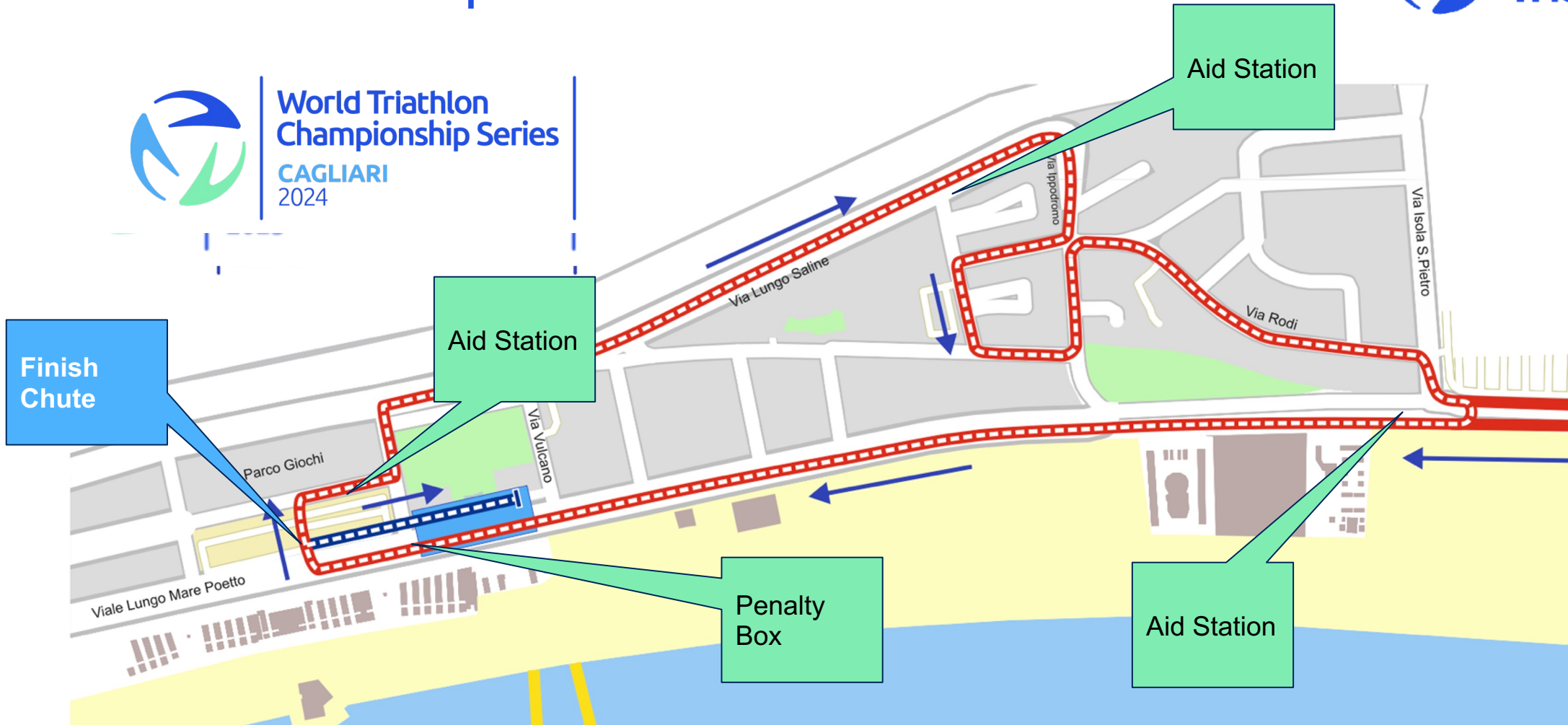
- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.



# Run Course Map



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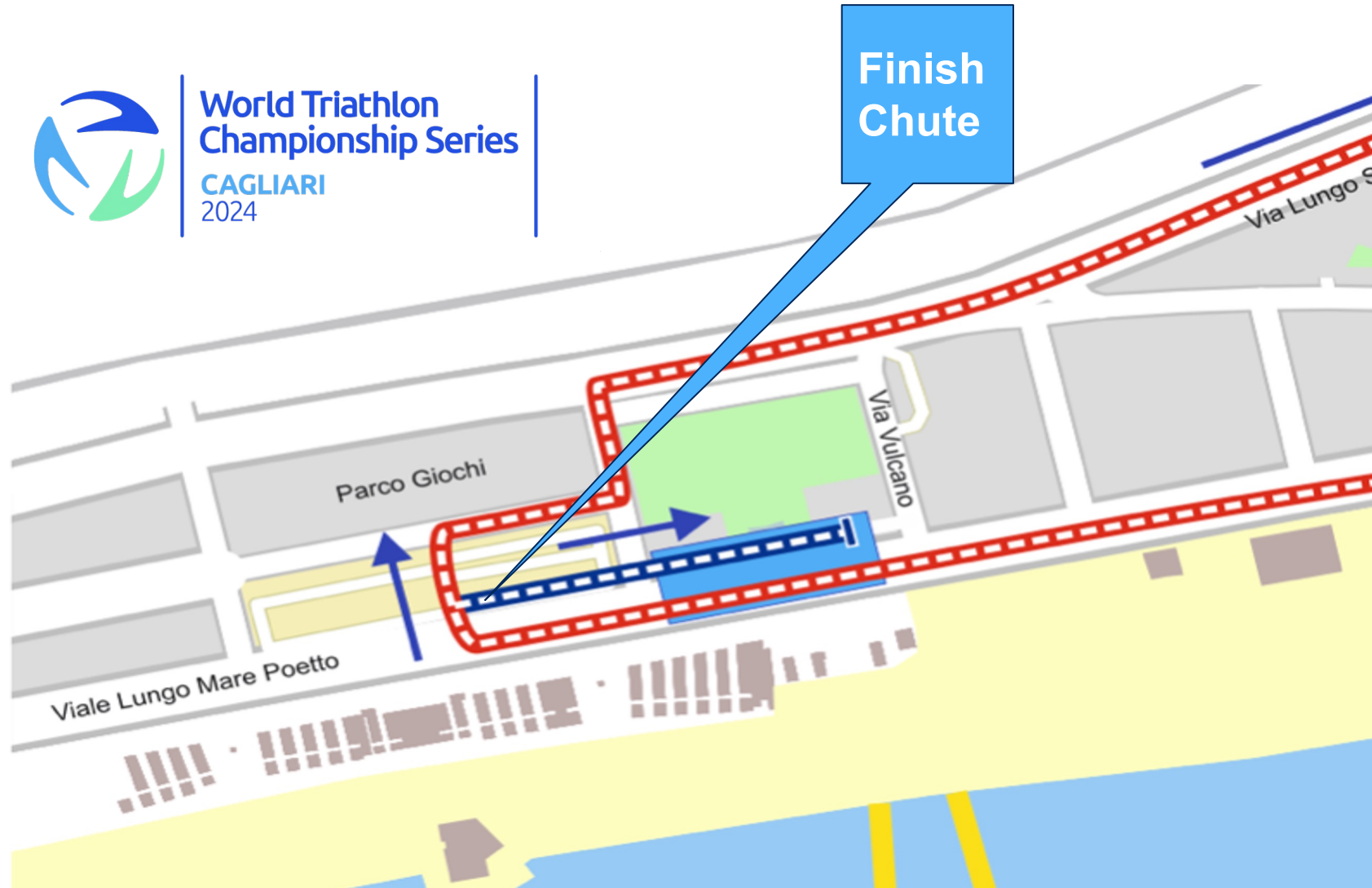


# Finish



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# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run PB
- **Location:** 30m after 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>Dismount Line</b>	<b>D</b>	<b>Littering</b>	<b>L</b>
<b>Mount Line</b>	<b>M</b>	<b>Equipment outside the box</b>	<b>E</b>
<b>Swim Behavior</b>	<b>S</b>	<b>Bike Behavior</b>	<b>B</b>
<b>Run Behavior</b>	<b>R</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



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# Post-race Procedures



- No congestion in the finish area: go to Recovery area
- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – according to schedule
- Athletes are not allowed to carry their country flag on the podium.
- Prize money will be 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.*



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# Post-race Procedures



## Anti-Doping Control

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

## Medical

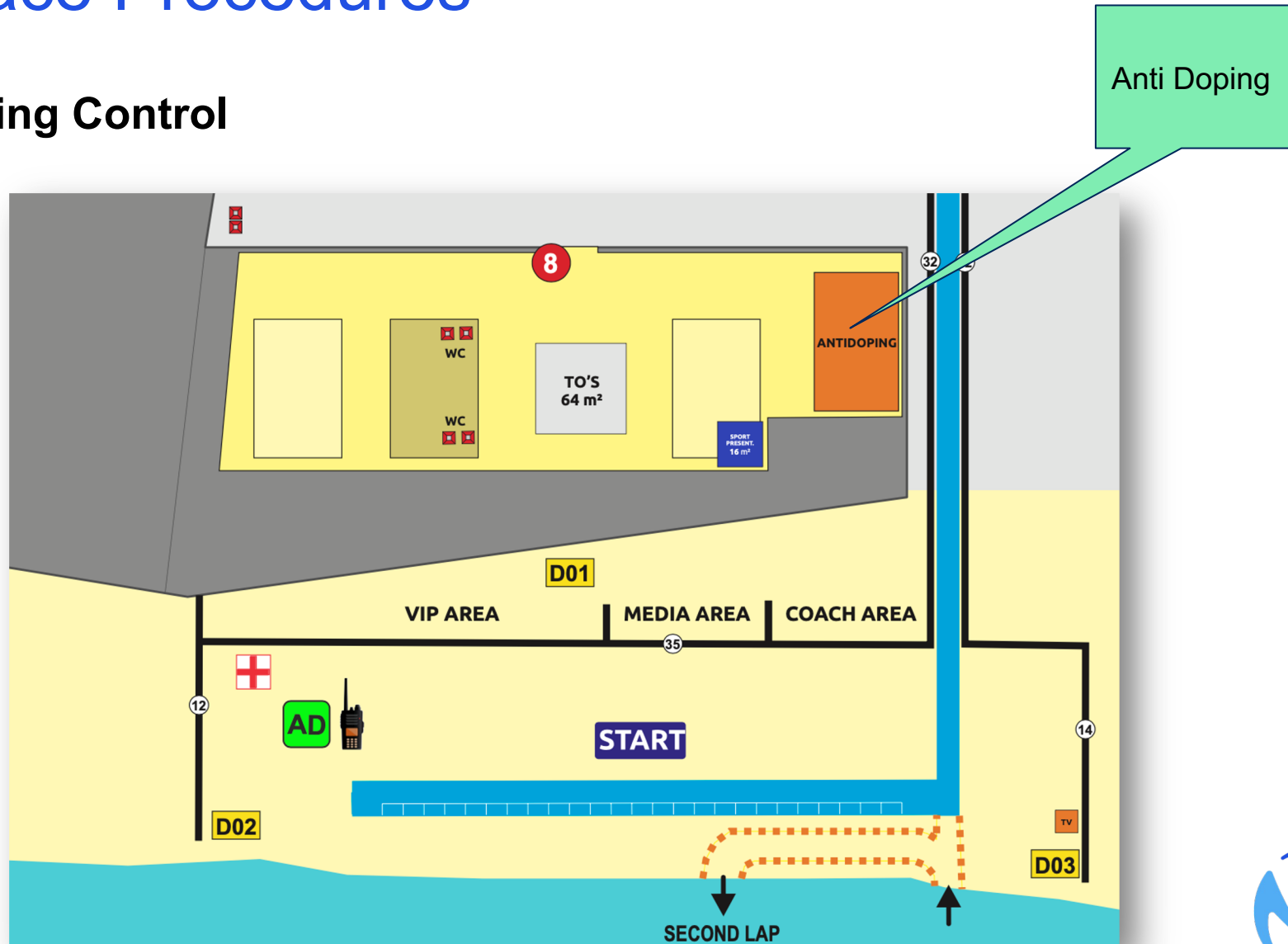
- Only accredited team medicals will be allowed to enter the medical tent after the LOC Doctor's permission.
- Every NF can have 1 team medical accreditation. Team doctors should register with the World Triathlon Medical Delegate.



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# Post-race Procedures

## Anti-Doping Control



# Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
  - **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.



# Coaches Accreditation



## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation



# Coaches Area



## Coaches' areas

- Athletes' lounge
- Next to Swim Start
- Next to Transition
- Next to Team Wheel Station
- Next to Run Penalty Box
- Recovery area

# Coaches Area





# Run Course Measurement



- One coach per NF is allowed to have access on the site run course following the end of the women's race.
- All coaches will start at 13:20 the same time from the same start point (meeting point) at Run penalty box.
- Coaches who require this access, must register with the Technical Officials during race package pick up on Thursday, 23 May.



# Water Quality Assessment

Enterococci	
Insert Sample Date	NMP/100mL
Location A	0
Location B	0
Location C	0
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	0
Location B	0
Location C	0
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7.1
Location B	7.3
Location C	7.2
PH limit	6-9

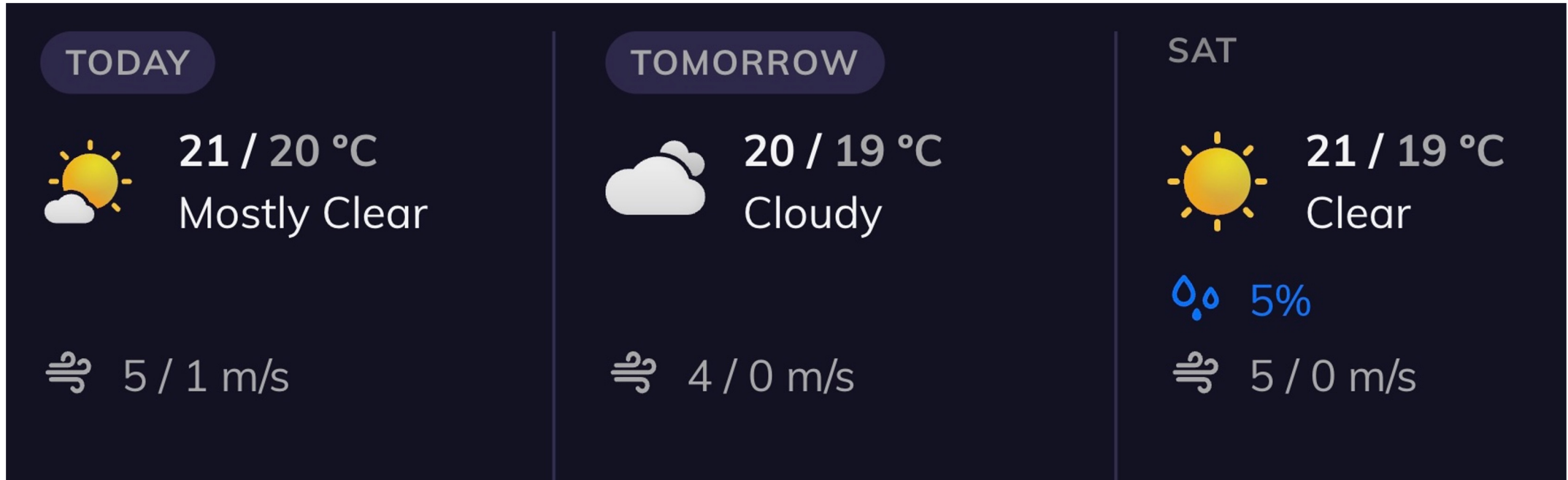
Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Poetto	None	None	11:00	

**SUMMARY**

**1 = 'Very Good Water Quality':**  
 (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain



# Weather forecasts



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# ENOUGH

## NEED HELP?

Contact

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

Visit

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

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Access the briefing



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

Have a fantastic race!



Be your  
extraordinary