

2024 World Triathlon Cup Chengdu - Elite Athletes' briefing

27th April 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



- Tamas Toth (HUN), World Triathlon EB Representative
- Qin, Jianqiu (CHN), Asia Triathlon EB Member, CTSA Secretary-General
- Stéfane Mauris (SUI), World Triathlon Team Leader
- Alan Ma (MAC), World Triathlon Technical Delegate
- Wang, Zhiqiang (CHN), World Triathlon Assistant Technical Delegate
- Dr. Deng, Wenqian (CHN), World Triathlon Medical Delegate
- Ruan, Zhiyang (CHN), World Triathlon Head Referee (Elite Men)
- He, Lijuan (CHN), World Triathlon Head Referee (Elite Women)
- Yang, Fei (CHN), Chief Race Official



Competition Jury



- Alan Ma (MAC), Chair
- Tamas Toth (HUN), World Triathlon Representative
- Qin Jianqiu (CHN), NF Representative



Schedule and Timetables



SUNDAY 28th April

15:00 – 16:00	Bike Course Familiarization, Transition
16:00 – 17:00	Swim Course Familiarization



Schedule and Timetables



MONDAY 29th April

07:00 – 14:00	Bike Mechanic Service (Athletes Lounge)
07:30 – 08:30	Elite Men Lounge check-in
07:45 – 08:45	Elite Men Transition Area check-in
08:00 – 08:45	Elite Men Swim Warm-up
08:50	Elite Men Line Up & Introduction
09:00	Elite Men Start
14:15 – 14:30	Medal Ceremony



Schedule and Timetables



MONDAY 29th April

10:15 – 11:15	Elite Women Lounge check-in
10:30 – 11:30	Elite Women Transition Area check-in
10:45 – 11:30	Elite Women Swim Warm-up
11:35	Elite Women Line Up & Introduction
11:45	Elite Women Start
14:00 – 14:30	Medal Ceremony



Race Pack Distribution



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

Your package includes:

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



Check-in Procedures



Team officials entering the venue

- Using the shuttle service from the Hengda Hotel
- Schedule

Sunday

- Hengda Hotel to Venue: 14:00
- Venue to Hengda Hotel: 18:00

Monday

- Hengda Hotel to Venue: 06:30 09:15
- Venue to Hengda Hotel: 12:15 15:15



Check-in Procedures



Bike Check (Before Going into Athletes' Lounge)

- 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
- Bring you spare wheels to the Team Wheel Station
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Only traditional handlebars
- Approval for the addition/modification of any equipment to the bike **MUST** be obtained from the Head Referee up until 10 minutes 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 + running shoes. [Wearing other uniform during the race = DSQ](#)
- Swim skins have to follow uniform guidelines and must be worn throughout the race
- 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 should be unbranded
- Leave your bag in the Athletes' Storage Area next to the Athletes' Lounge



Check-in Procedures

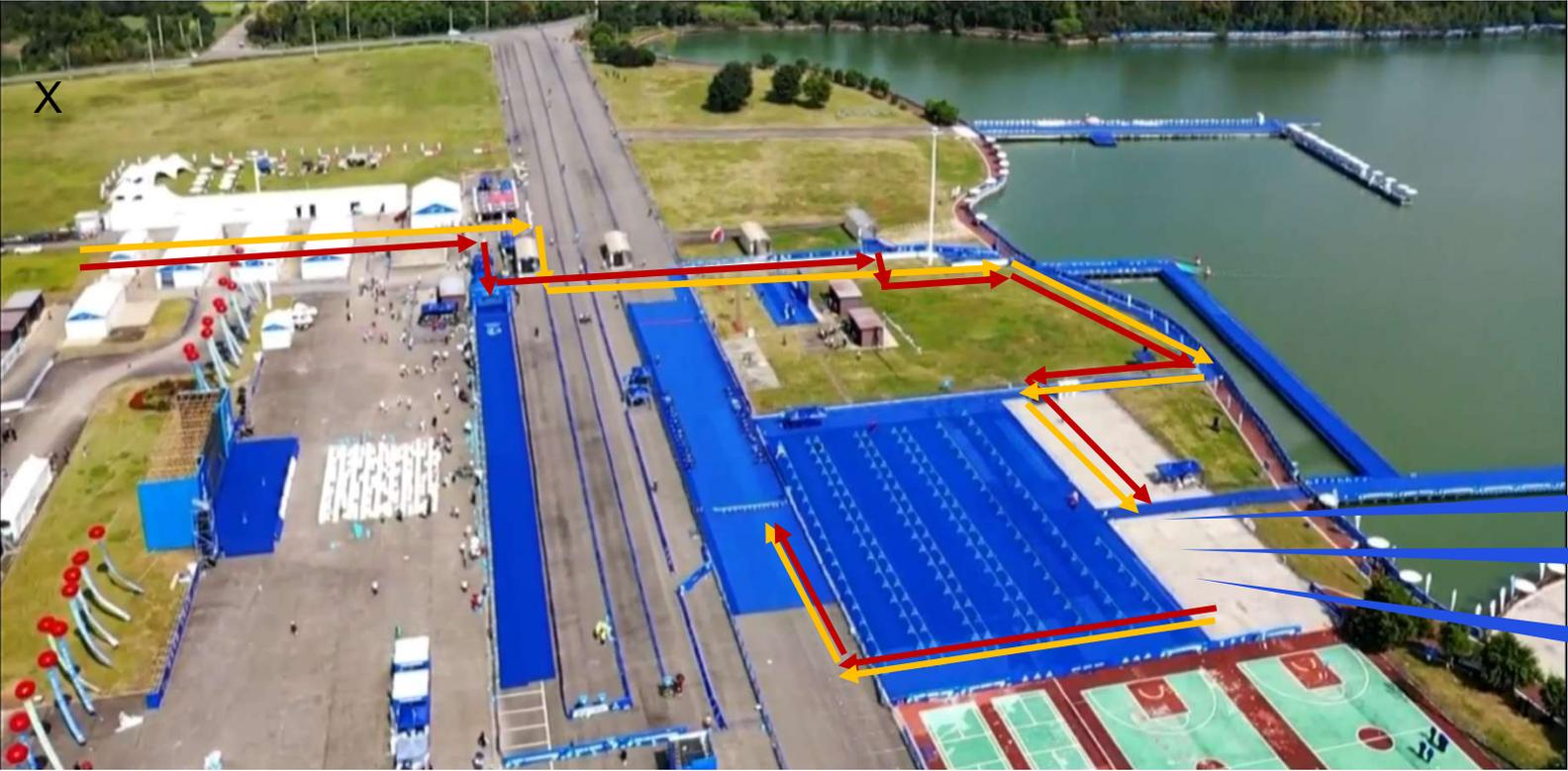


Transition Area

- 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 in TA1.
- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing



Map Athletes' Lounge - Check-in Procedures



Bike
Check

Check-In

Athletes
Lounge



Pre-start Procedures

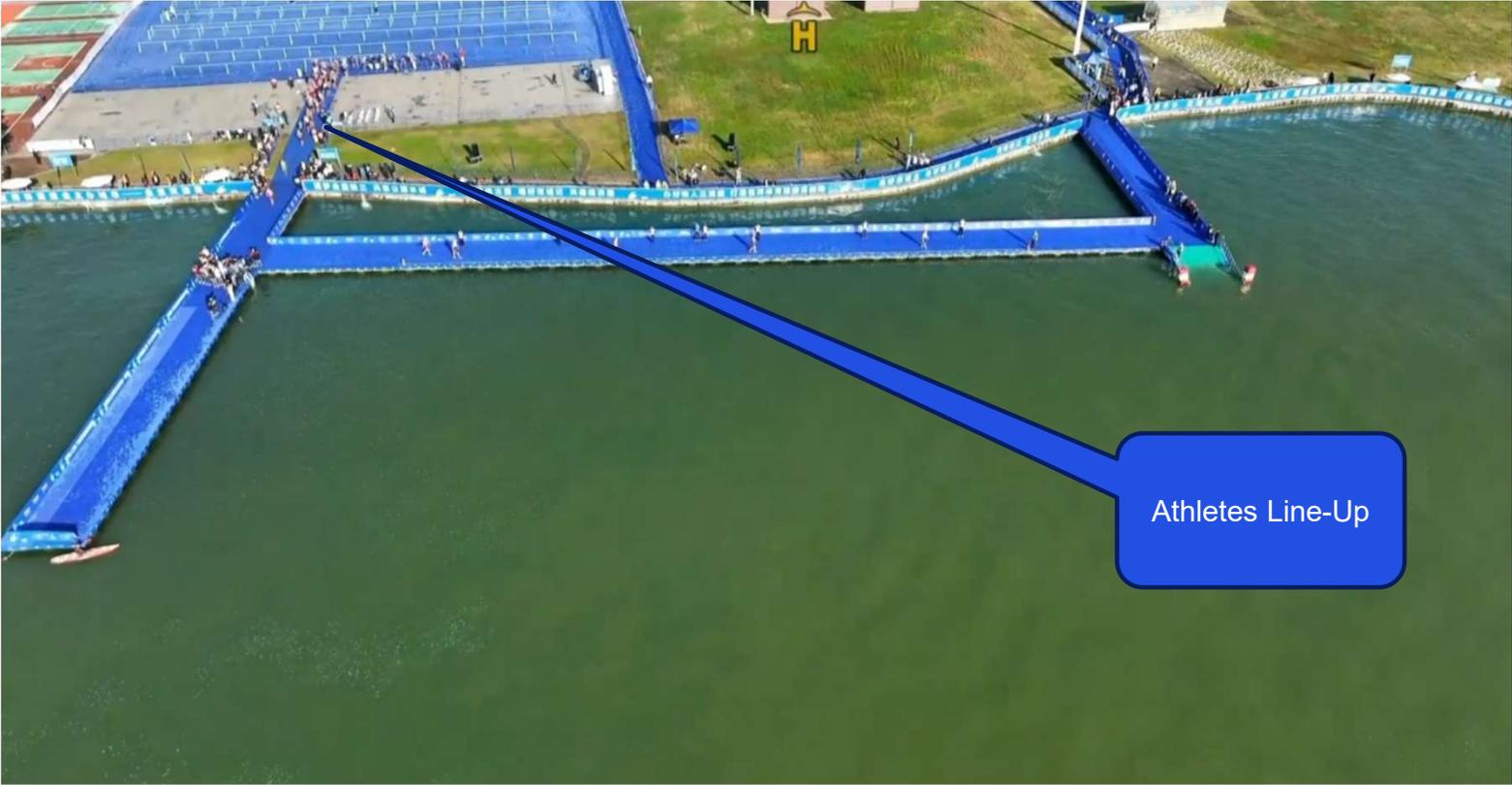


Athlete Introduction

- 10 minutes before start - line-up at the Athletes Warm Up Area
- Jog to the start pontoon 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



Pre-start Procedures – Line-up Map



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
- 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.



The Course



Swim 2 laps of 750m (1500m)

Bike 6 laps of 6.76km (40.56km)

Run 4 laps of 2.5km (10km)



The Course



Swim Behaviour



Definition from the World Triathlon CR 4.1:

e.) Athletes may sportingly maintain their own space in the water:

- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.



Swim Conduct



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

Swim Course Map



Swim Exit to TA



Transition Area



- Swim Exit to TA 140 m
- Individual Bike Racks – number, name and country flag
- In case of 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
- 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**)



Transition Flow



Bike Course



- 6 laps (total distance of 40.56km)
- Hilly and technical
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the exit of the transition
- Littering Zones – the 2 wheel stations
- Lapped athletes are out of the race



Neutral Wheels

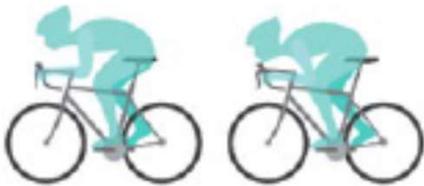


- 700c Front Wheels, Rim Brake x 4
- 700c Front Wheel, Disc Brake (160mm) x 3
- 700c Rear Wheel with 11 speed Shimano cassette, Disc Brake (160mm) x 1
- 700c Rear Wheel with 12 speed Shimano cassette, Disc Brake (160mm) x 1
- 700c Rear Wheel with 11 speed SRAM cassette, Disc Brake (160mm) x 1
- 700c Rear Wheels with 10 speed Shimano cassette, Rim Brake x 4
- 700c Rear Wheel with 11 speed Shimano cassette, Rim Brake x 1



Riding Position

OK



NOT OK



Only ok in draft
illegal event

Bike Behavior



Definition from the World Triathlon CR 5.1.b:

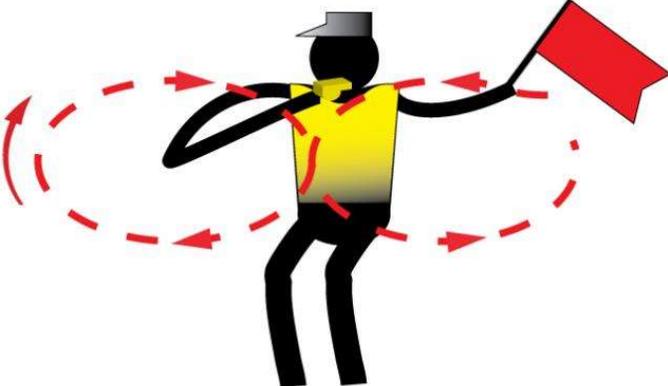
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete 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.



Bike Course Map



Caution



Bike to Run



Run Course



- 4 laps (total distance of 10km)
- Aid stations:
 - 3 per lap
 - For locations see the map
 - Sealed water (iced) and sponge
 - Discard plastic bottles and litter within the littering zones indicated by the signs above
- Photo-finish
- Congestion in finish area >>> Go to mixed zone / recovery area



Run Behaviour



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.



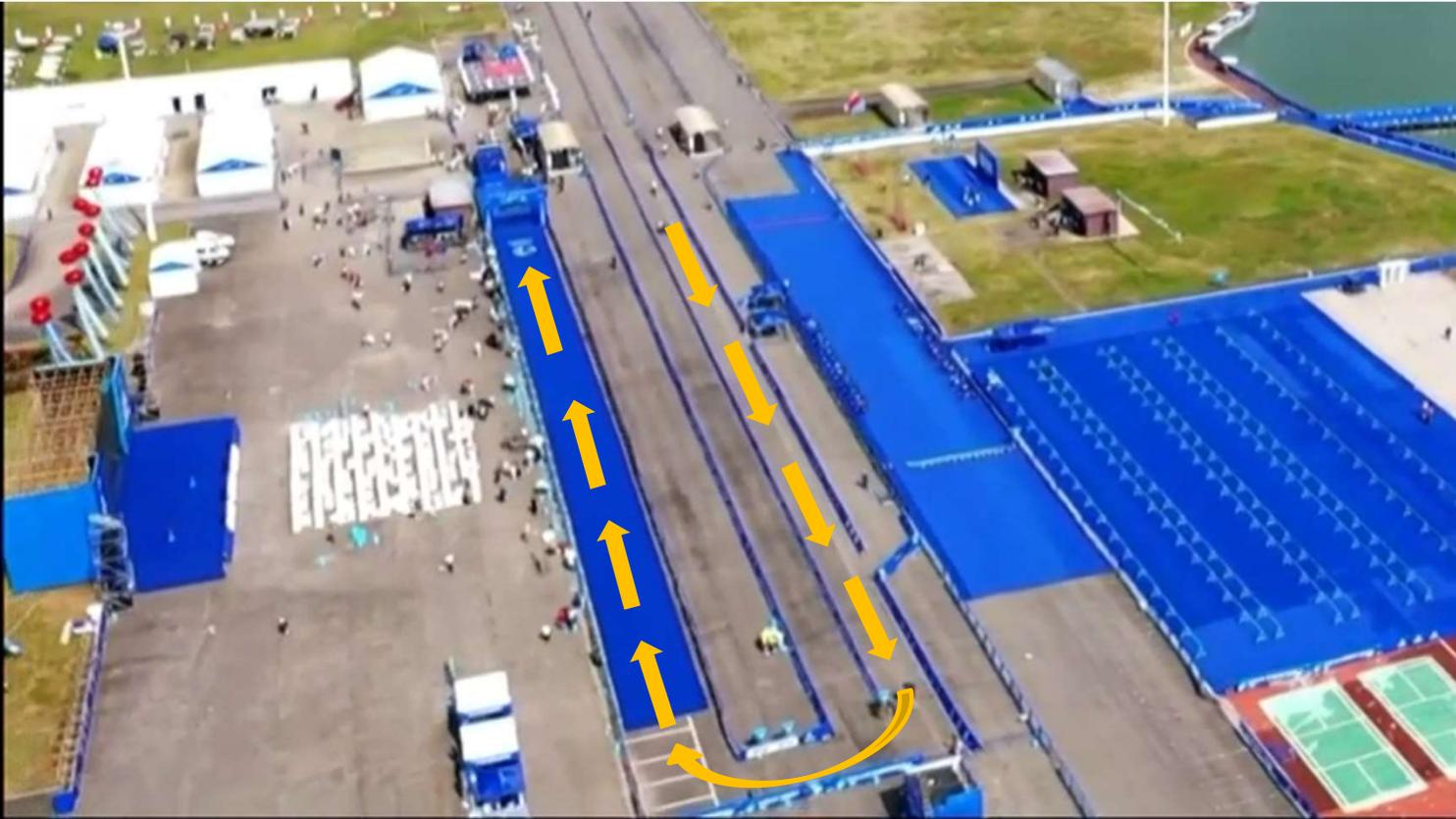
Run Lap



Run Course Map



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** Beside the Transition Area
- **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:** 15 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 an protest is filed.

Run Penalty Box



Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.



Run Penalty Box



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.



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first
- Medal Presentation – protocol – at 14:00
- Athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.
- Prize money will be wire transferred by World Triathlon



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 medical will be allowed to enter the medical tent after the LOC Doctor's permission.



Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation (wristbands) 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
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. **The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.**

Coaches' areas

- Behind Start Pontoon, Next to the Transition Area,
Next to the Penalty Box, Finish Area beside the Mixed Zone



Important Updates



Run Course Measurement

- One coach per NF is allowed to have access on the site run course for 30 minutes at 11:00 in a time when course is properly setup and secured.
- All coaches will start at the same time from the same start point (meeting point) at Transition.
- Coaches who require this access, must register with the CRO following this briefing.

F&B Service

- Buffet available behind the Recovery Area.
- Please present your accreditation to access the Buffet area.



Water Quality Assessment (Inland)

Enterococci	
Insert Sample Date	CFU/100mL
Location 1	0
Location 2	0
Location 3	0
Enterococci limit	<200

E. Coli	
Insert Sample Date	CFU/100mL
Location 1	1.0
Location 2	1.0
Location 3	0
E.Coli limit	<500

PH	
Insert Sample Date	
Location 1	7.86
Location 2	7.82
Location 3	7.88
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Light Rain/Heavy Rain
Race Day	Cloudy/Light Rain

Weather report	
Day	Weather
B-3	Cloudy
B-2	Cloudy
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Start Pontoon	None	None	11:00	Visibility is low



SUMMARY

1 = 'Very Good Water Quality': (E.coli < 500 or Enterococci < 200) with no or potential visual pollution during sanitary check or forecasted heavy rain

Heat stress indicators



Warning flags will be placed at the athletes' warm up area



Weather forecasts



Sat Apr.27	Sun Apr.28	Mon Apr.29	Tues Apr.30
 29°C	 29°C	 26°C	 20°C
 18°C	 18°C	 15°C	 13°C
Cloudy / Sunny	Light rain / Heavy rain	Light rain / Light rain	Light rain / Overcast
N <12km/h	S <12km/h	S <12km/h	No wind <12km/h





This briefing will be available after the briefing on the World Triathlon website

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

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Cute Panda Cub Says
Goodbye, Thank you and Good Luck!



Be your
extraordinary