

2024 World Triathlon Cup Samarkand

Elite Athletes' briefing

18 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



- **Antonio Arimany(ESP)**, World Triathlon Secretary General
- **Eriketti Margari(GRE)**, World Triathlon Team Leader
- **Kitty Kim(KOR)**, World Triathlon Technical Delegate
- **Kamilya Syzdykova(KGZ)**, World Triathlon Assistant Technical Delegate
- **Dr.Natalyia Kazantseva(UZB)**, World Triathlon Medical Delegate
- **Eero Raudsepp(EST)** Men Elite & **Alexey Kalinin(KGZ)** Women Elite,
World Triathlon Head Referee
- **Ruslan Kuliev (UZB)**, Race Director

Competition Jury



- **Kitty Kim(KOR)**, Chair
- **Antonio Arimany(ESP)**, World Triathlon Secretary General
- **Yelena Kun(UBZ)**, Secretary General Uzbekistan Triathlon Federation

Schedule and Timetables



THURSDAY, 16 May

18:30 – 18:45 Race pack pick-up (after athletes' briefing)

19:00 Pasta Party

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 access lounge on race day
- All Bag move to recovery area after athletes lounge closed

Please do not cut or altar the stickers

Schedule and Timetables



FRIDAY, 17 May

11:30 – 12:00 Bike course familiarisation

Meeting point: Transition Area

12:00 – 13:00 Swim course familiarisation

Schedule and Timetables



SATURDAY, 18 May

- 08:45 – 09:45 Athletes' Lounge check-in
- 09:30 – 10:15 Transition Area check-in for Elite Women
- 09:30 – 10:15 Swim Warm-up for Elite Women
- 10:23 Athletes' Introduction
- 10:30 Elite Women Start**
- 15:40 – 15:54 Medal ceremony

Schedule and Timetables

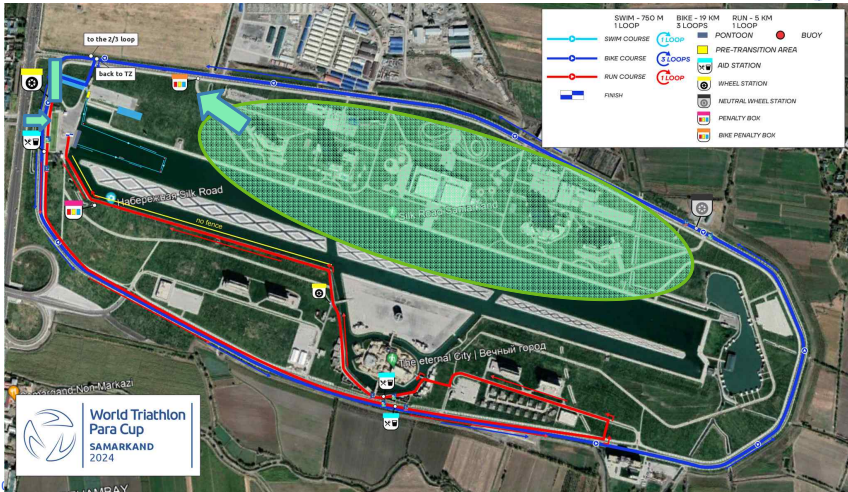


SATURDAY, 18 May

- 11:45 – 12:45 Athletes' Lounge check-in
- 12:30 – 13:15 Transition Area check-in for Elite Men
- 12:30 – 13:15 Swim Warm-up for Elite Men
- 13:21 Athletes' Introduction
- 13:30 Elite Men Start**
- 15:40 – 15:54 Medal ceremony



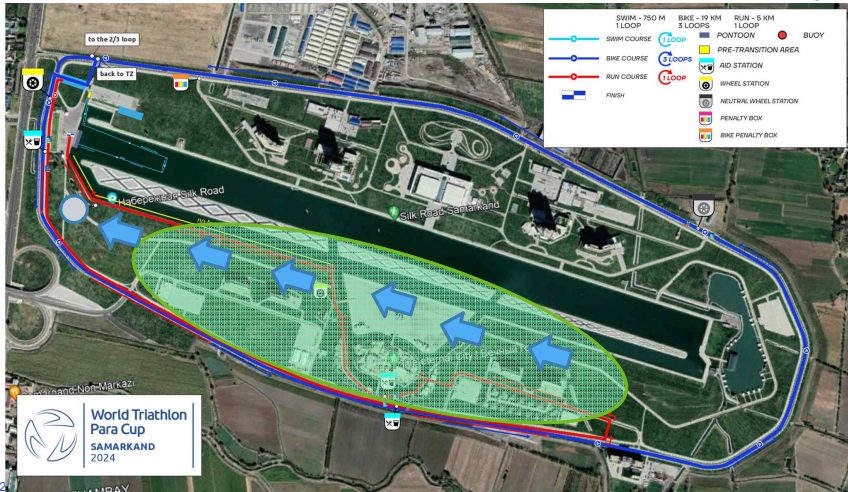
Map Athletes' Lounge - Check-in procedures



Map Athletes' Lounge - Check-in procedures



Map Athletes' Lounge - Check-in procedures



Map Athletes' Lounge - 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
- after checking the spare wheel, then move to the team wheel station
- Saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website
- Only traditional handlebars (**clips-on to be removed**)
- 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

Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **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 (2 for the ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag with the number in the Athletes' Lounge they will be taken to the Recovery Area

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.

Athlete Introduction

- 10 minutes before start - line-up in Pre-start area
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Last minute gear will be moved to Recovery area by the LOC

Pre-start Procedures – Line-up map



Athlete in position

- The start can be given any time after the TD 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 (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 (total distance of 1.5km)

Bike 6 laps of 6.67km (total distance of 40km)

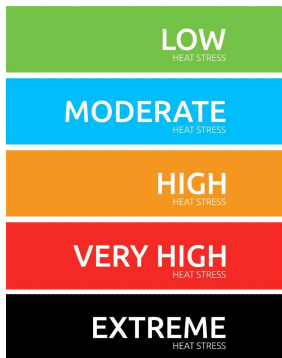
Run 4.5 laps of 2.2km (total distance of 10km)

The course



Heat stress indicators

Warning flags will be placed at the athletes' lounge area



Definition from the World Triathlon CR §4.1:

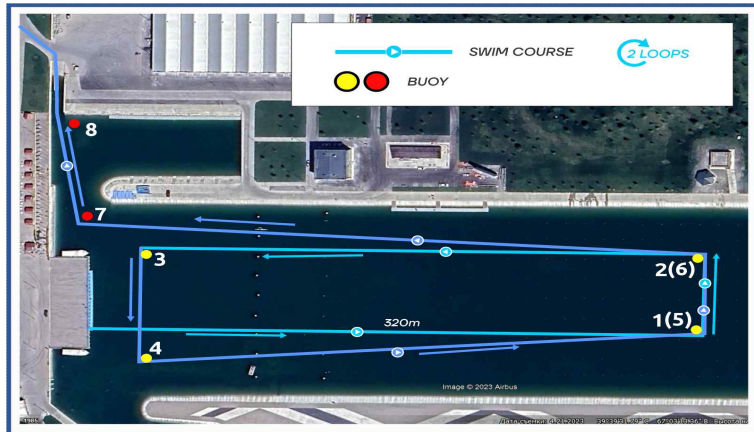
e.) Athletes may sportingly maintain their own space in the water:

- (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.

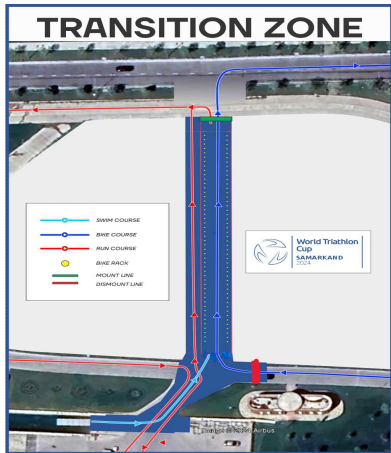
Swim course map



Transition Area

- Swim Exit to TA : 32m
- 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 40km)
- flat and technical corners
- 2 Wheel Stations : for location see map
 - . 1 Neutral wheel station
 - . 1 Team wheel station
- Lap Counter: next to transition
- Littering Zones for bike at the Neutral Wheel station
- Lapped athletes are out of the race. they will be directed to the nearest station and escorted back to the venue by TO after the end of the bike leg.



Riding position

OK



NOT OK

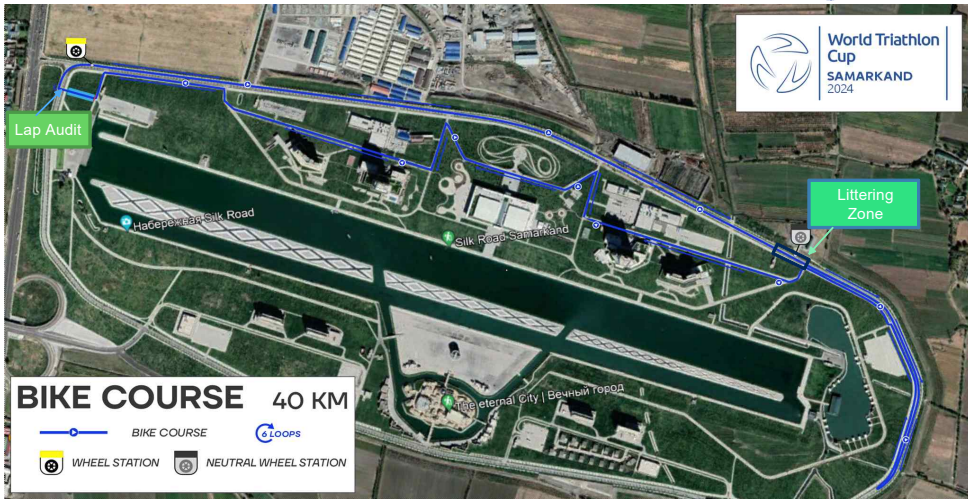


Only ok in draft
illegal event

Definition from the World Triathlon CR §5.1.b:

- 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.
- 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.
- 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

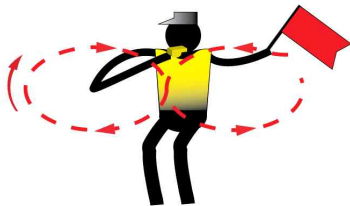


Neutral Wheels

- Front Shimano 700c, rim brake x 2
Shimano 700c, 140mm rotor disc brake x 1
Shimano 700c, 160mm rotor disc brake x 1
- Rear 10 cassette Shimano 700c rim disc brake x 1
11 cassette Shimano 700c rim disc brake x 2
11 cassette Shimano 700c 140mm rotor disc brake x 1
11 cassette Shimano 700c 160mm rotor disc brake x 1
12 cassette Shimano 700c 140mm rotor disc brake x 1

Caution

내용을 입력하십시오



Run course

- 4.5 laps of 2.2km (total distance of 10km)
- Aid stations:
 - . 2 per lap
 - . For locations see the map
 - . Sealed water
 - . Discard plastic bottles and litter within the littering zones indicated by the signs below
- Congestion in finish area >>> Go to mixed zone / recovery area



Definition from the World Triathlon CR §6.1:

- 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.
- 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.
- 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);

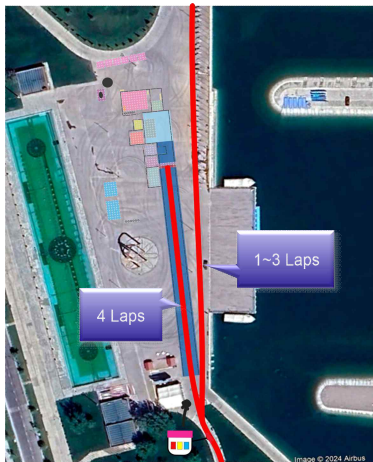
Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was 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



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 120m before the entrance to the Finish 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 sec 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.

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

Post-race Procedures

Photo-finish

- No congestion in the finish area : go to Recovery area
- Your bag move to recover area
- For TOP 3 and Series Leaders
 - . TV/Flash interviews
 - . Medal Ceremony
- Medal Presentation – protocol – at 15.40

- Elite 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 to the athletes

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: *The athlete will immediately forfeit their prize money for that event.*

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.
- Every NF can have 1 team medical accreditation. Team doctors should register with the World Triathlon Medical Delegate.

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
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, NF representatives. **The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.**

Coaches' areas

- Swim Start, Swim Exit
- Penalty Box area
- Athlete Lounge & Recovery area
- Along to the Finish chute side

Evacuation Plan

Earthquake
or
Thunder Storms



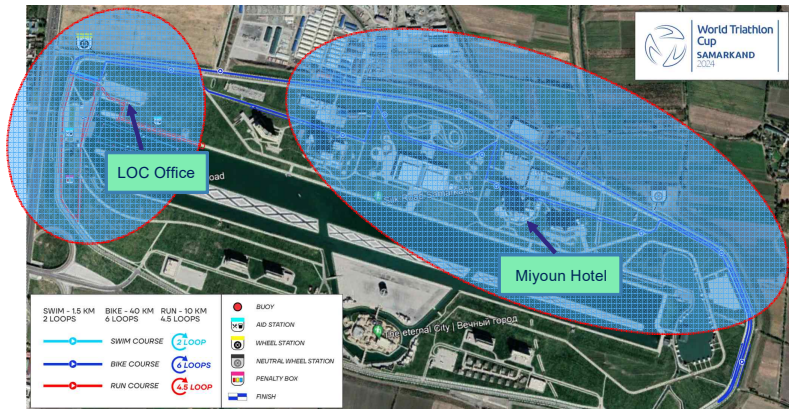
Alert



Swim or near the venue
Bike course

LOC office Building
Miyoun Hotel

Evacuation Plan



- 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.

Water Quality Assessment

Enterococci	
Insert Sample Date	NMP/100mL
Location A	None
Location B	None
Location C	None
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	None
Location B	None
Location C	None
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7.19
Location B	7.2
Location C	7.16
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Isolated tstorms, cloudy
B +1	Overcast (64% chance of rain)
Race Day	Overcast (54% chance of rain)

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

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	07:00	

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

Day		Temperature	Weather
Thu 16 May		27 / 18 °C	Isolated tstorms late. Overcast.
Fri 17 May		27 / 17 °C	A few tstorms. Overcast.
Sat 18 May		26 / 17 °C	Isolated tstorms. Morning clouds.

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!



Be your
extraordinary