

# 2024 World Triathlon Championship Series Yokohama

Elite Athletes' briefing

9 May 2024



# Agenda

Welcome and Introductions

Competition Jury

Schedules

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality

Weather forecast



# Welcome and Introductions

- **Marisol Casado (ESP)**, World Triathlon President
- **Thanos Nikopoulos (GRE)**, World Triathlon Team Leader
- **Adele Cheah (MAS)**, World Triathlon Technical Delegate
- **Koji Koganezawa (JPN)** World Triathlon Assistant Technical Delegate
- **Dr Ryoji Kasanami (JPN)**, World Triathlon Medical Delegate
- **Claire Hannan (NZL)** Men Elite & **Rebecca Mok (HKG)** Women Elite,  
World Triathlon Head Referees
- **Tatsuo Kawano (JPN)**, LOC Director

# Competition Jury



- **Adele Cheah (MAS)**, Chair
- **Leslie Buchanan (CAN)**, World Triathlon Executive Board Representative
- **Shin Otsuka (JPN)**, Asia Triathlon Representative



# Schedule and Timetables



## **THURSDAY, 9 May**

18:30 – 19:00 Race pack pick-up (after athletes' briefing)

19:00 – 20:00 Pasta Party at Rose Hotel

# 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

***please do not cut off the WTCS logo***

# Schedule and Timetables



## FRIDAY, 10 May

06:25 – 06:41 Bike course familiarisation

**Meeting point: On the road, South East side of Kenmin Hall Crossing**


08:00 – 17:30 Swim Training at Minato Sogo High School (based on prior reservation slots)


14:30 – 15:30 Swim course familiarisation



# Elite Bike Course Familiarisation Friday, 10 May



Meeting Point / Start position (South east side of "Kenmin Hall" crossing) ... 

 ..... Traffic signal will turn to all Red when the preceding police motorcycle approaching



# Elite Bike Course Familiarisation

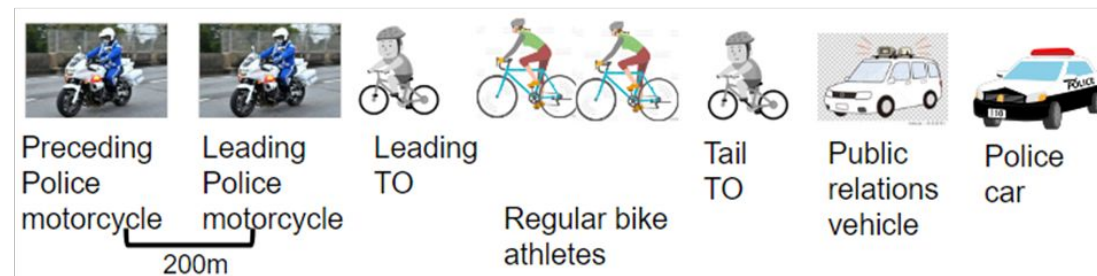
## Friday, 10 May

Meeting Time : 6:15  
Familiarization Time : 6:25 – 6:41  
Meeting Point : On the road, south-east side of “Kenmin Hall” crossing.

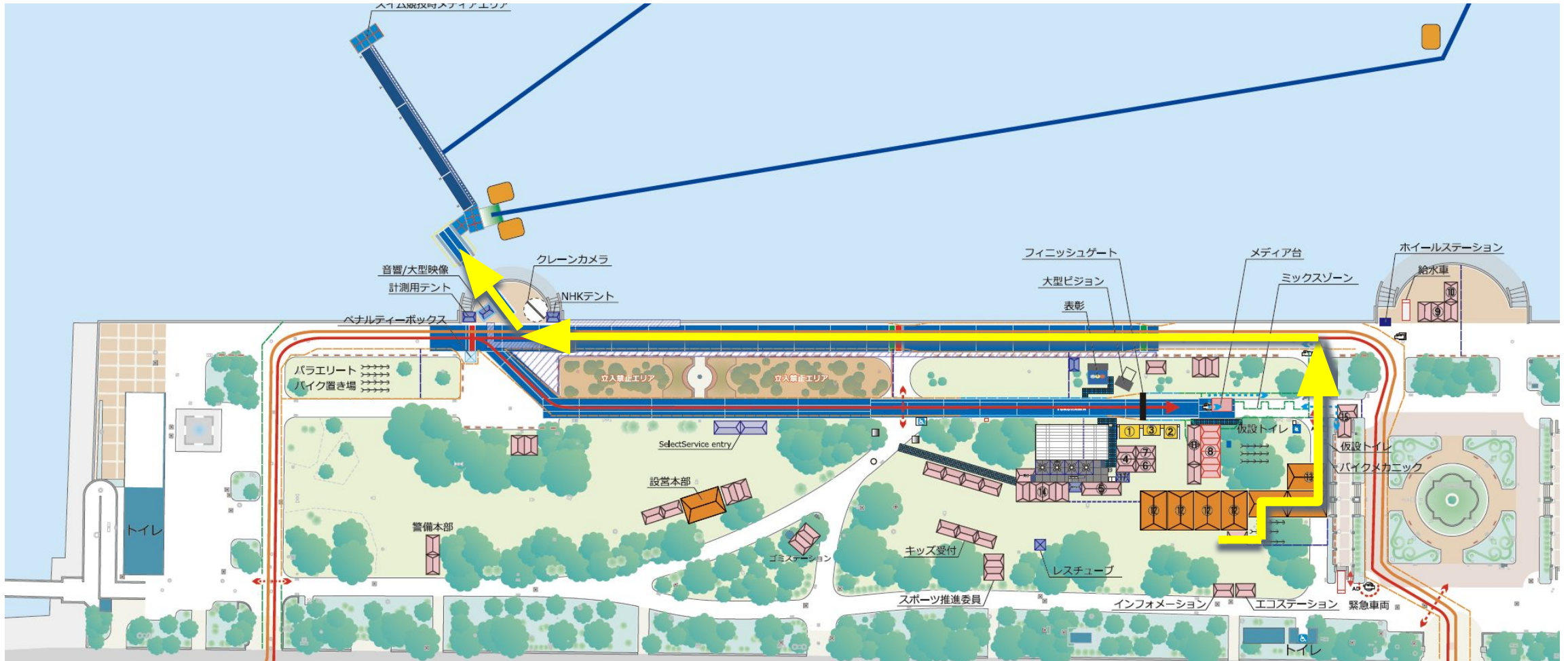
1<sup>st</sup> lap : Start by following the leading TO. At the end of the 1<sup>st</sup> lap, police motorcycles will not come into Yamashita Park, but athletes go through transition in the park by following the leading TO.

2<sup>nd</sup> lap : Come into Yamashita Park, by following the leading TO. Finish the familiarization at transition.

Please note that **no elite athletes can go on the course again.**



# Elite Swim Course Familiarisation Friday, 10 May



**IMPORTANT : NO swimming in harbour other than at the above mentioned times.**

# Schedule and Timetables

## **SATURDAY, 11 May**

08:30 – 09:30 Athletes' Lounge check-in

**09:15 – 09:35 Bike Course Warm-up for Elite Men & Women  
(if different conditions to Bike Familiarisation day)**

09:15 – 10:00 Transition Area check-in for Elite Women

09:15 – 10:00 Swim Warm-up for Elite Women

10:00 Athletes' Introduction

**10:15 Elite Women Start**

12:25 – 12:40 Medal ceremony

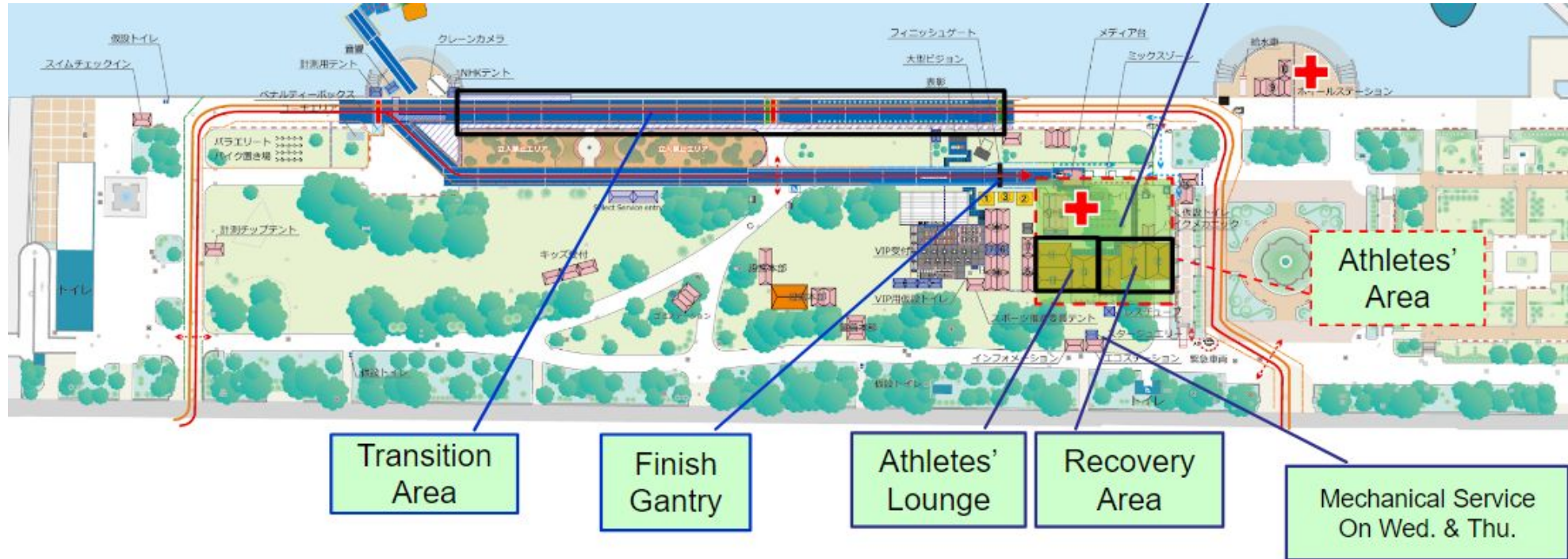
# Schedule and Timetables



## **SATURDAY, 11 May**

- 11:25 – 12:25 Athletes' Lounge check-in
- 12:00 – 12:45 Transition Area check-in for Elite Men
- 12:00 – 12:45 Swim Warm-up for Elite Men
- 12:00 Coaches Run Course Measurement**
- 12:50 Athletes' Introduction
- 13:00 Elite Men Start**
- 15:00 – 15:15 Medal ceremony

# Map Athletes' Lounge - Check-in procedures



The venue is in Yamashita Koen(Park).  
Athletes' Lounge is located near the middle of the park.  
LOC office is on the 2<sup>nd</sup> floor of Hotel New Grand.

# 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 (-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

# Check-in procedures

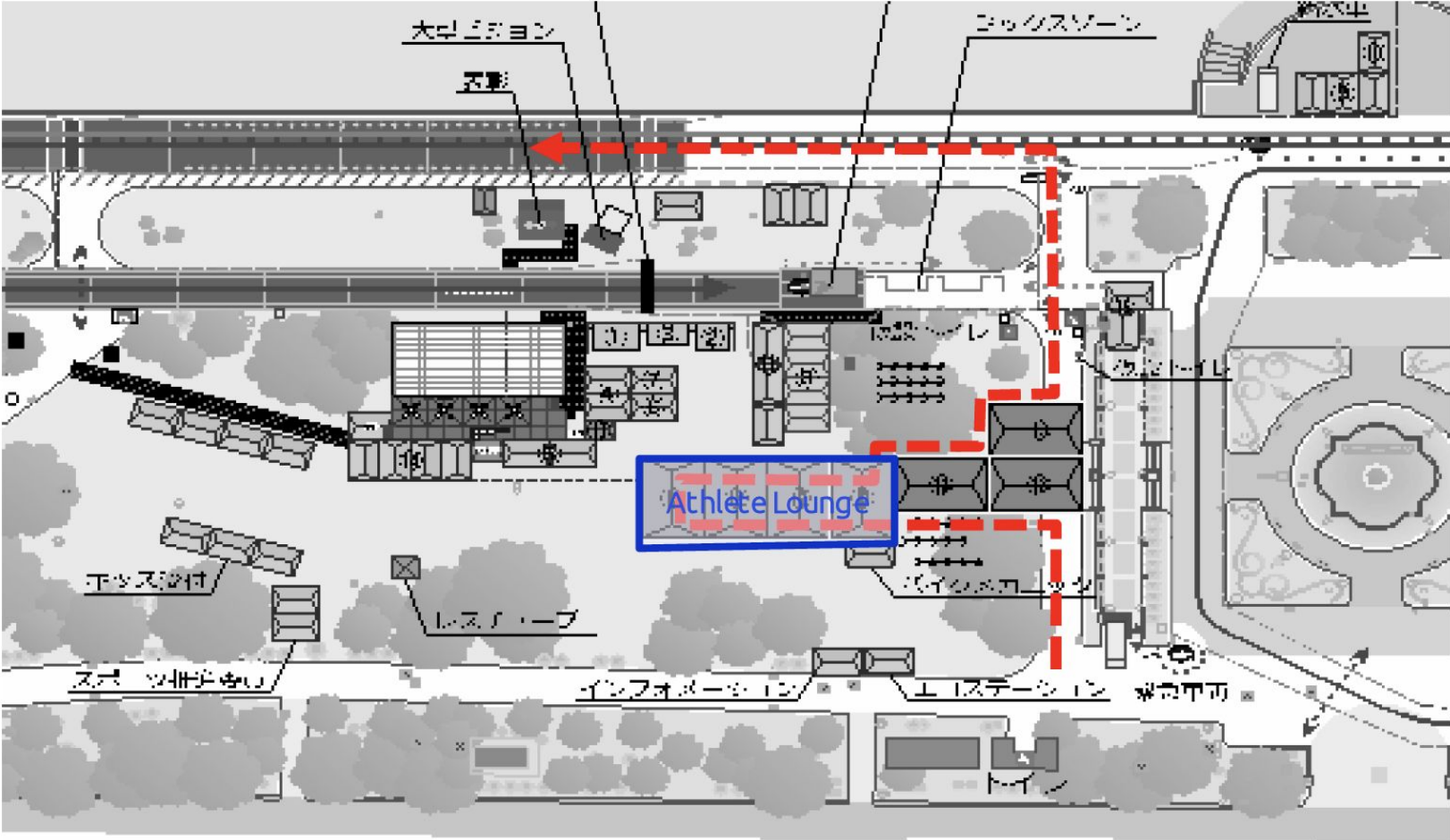


## Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the 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
- Leave the spare wheels with your label at the athletes' lounge.

# Check-in procedures

Before race





# 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.

# Pre-start Procedures



## 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 TA by the LOC

# Athlete 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

**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 (total distance of 1.5km)

**Bike** 9 laps of 4.45km (total distance of 40.05km)

**Run** 4 laps of 2.5km (total distance of 10km)



# Swim course

- On 9 May at 07:30:      Water: 18.7 °C  
   Air: 12.6 °C  
   WBGT: 12.1 °C

- Wetsuit mandatory
- 2 laps of 750m (total distance of 1500m) - clockwise
- Distance to the first turn buoy 310m
- Pass all buoys on the right shoulder
- **Swim behaviour will be closely monitored and recorded by water based and Video Review and Drone officials**
- Athletes may use the rail for balance at swim exit
- Take cap, goggles to transition into your box





# Heat stress indicators

Warning flag will be placed at the athletes' lounge area

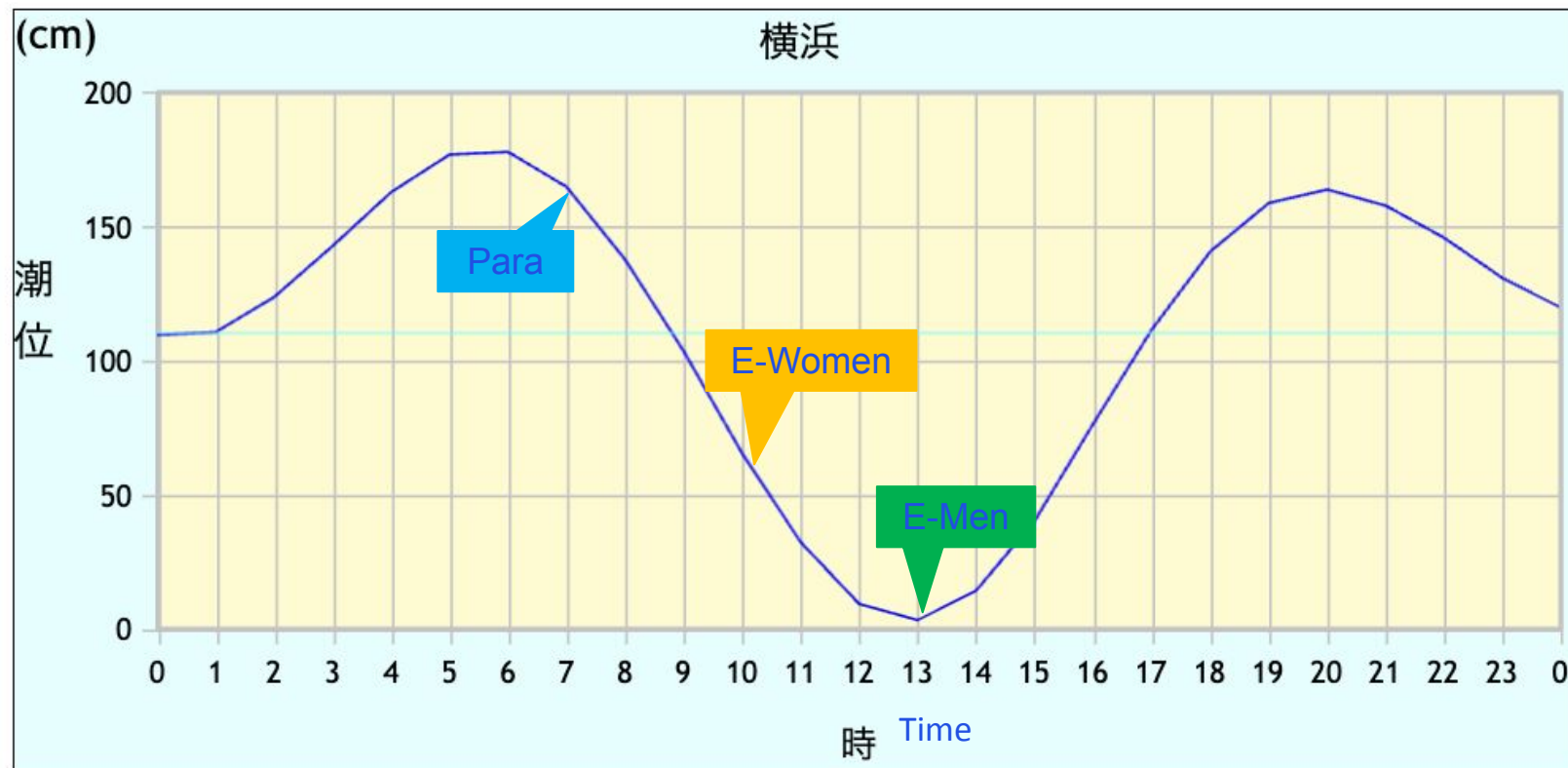


# Tide Table

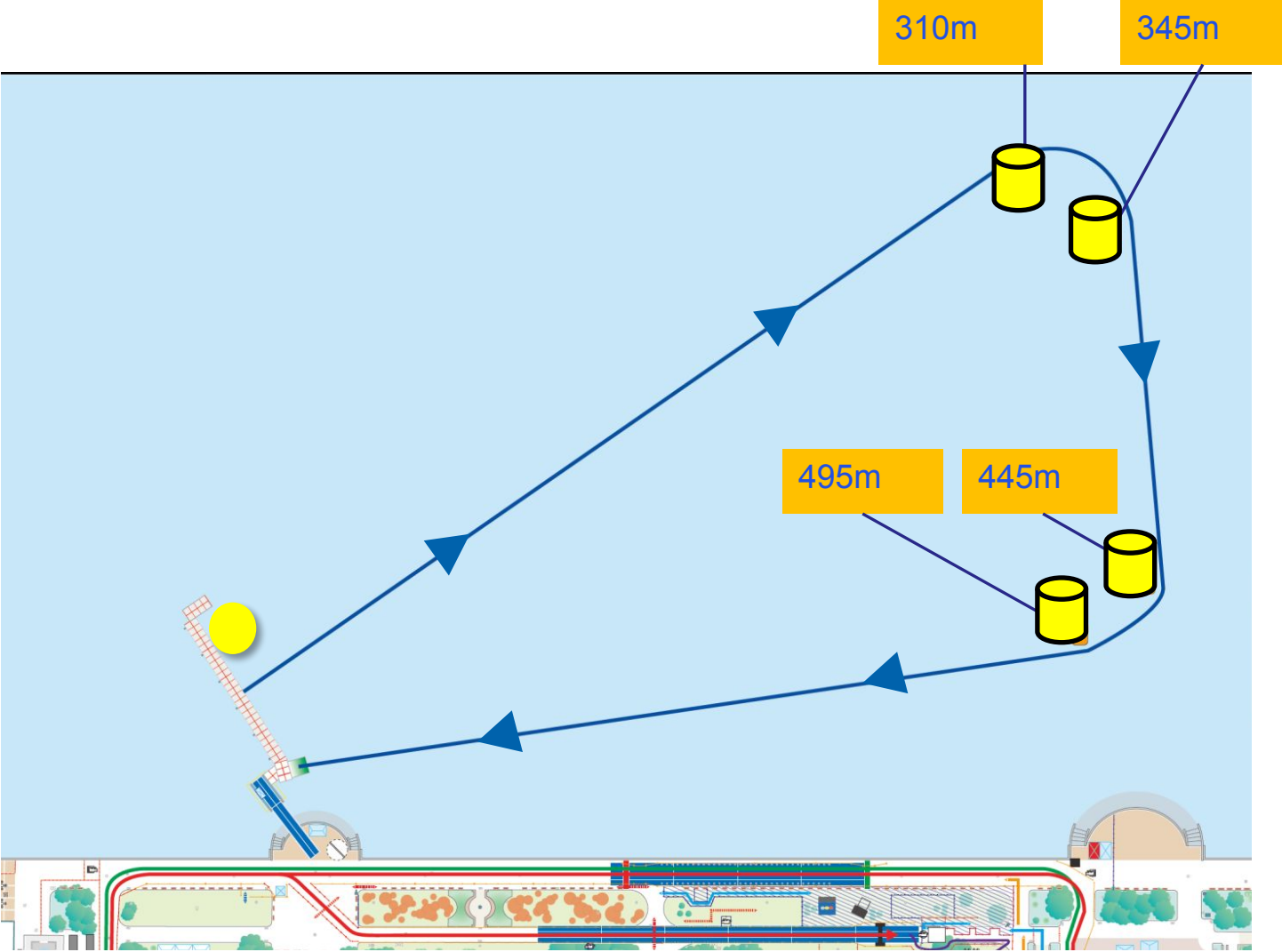
## 毎時潮位グラフ 横浜 2024年5月11日の潮位予測

前期間

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2024/05/11(土)	110	111	124	143	163	177	178	165	138	104	66	33	10	4	15	41	77	112	141	159	164	158	146	131
注意 (解説) ・ 毎時潮位は潮位表基準面上の値 (単位:センチ) で表示しています。																								



# Swim Course



## Course Map

Elite  
Swim : 1.5 km ( 0.75 km x 2Lap )  
Bike : 40 km ( 4.45 km x 9Laps )  
Run : 10 km ( 2.5 km x 4Laps )

Course	Description
	Swim Course
	Bike Course
	Run Course

# Swim conduct

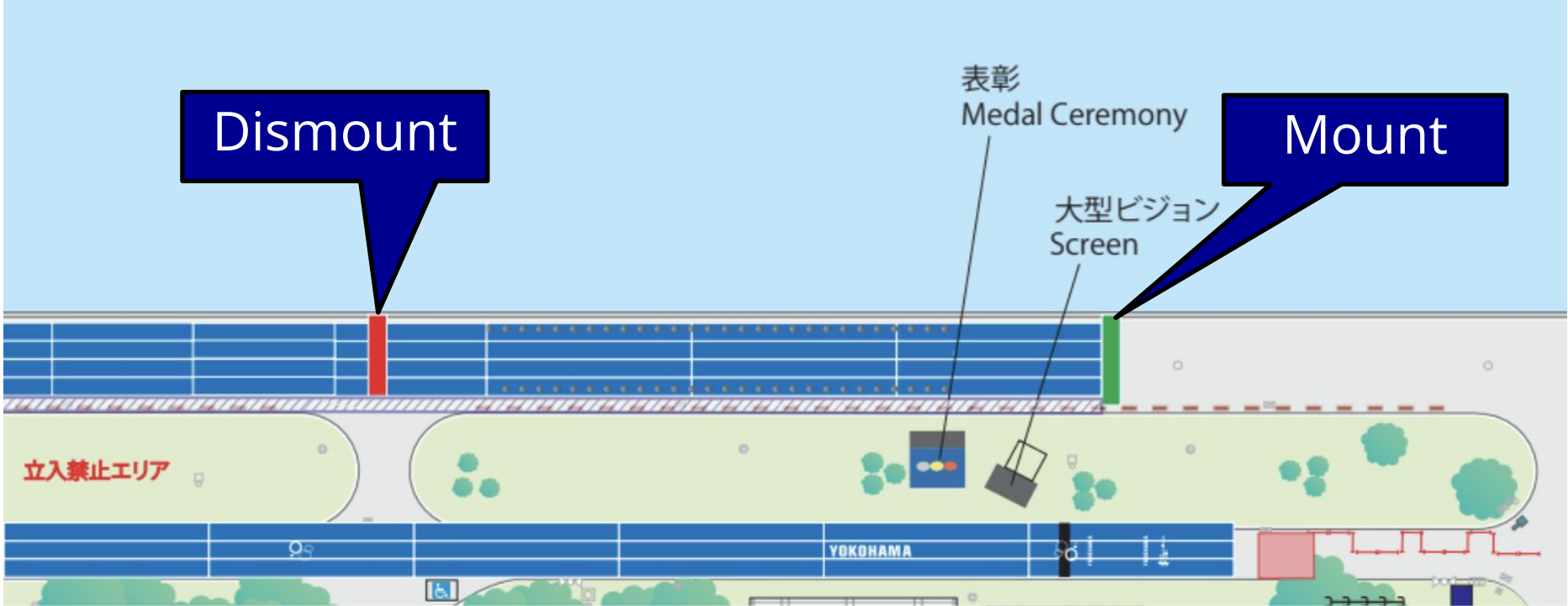


- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors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

# Transition Area

- Swim Exit to TA 170 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
- 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



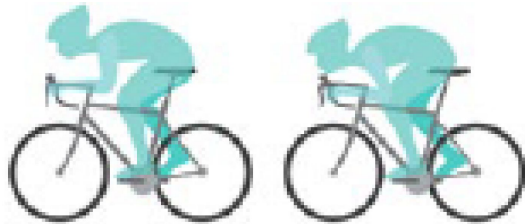
# Bike course

- 9 laps of 4.45km (total distance of 40.05km)
- Ride through transition each lap
- Flat, technical (red brick area/ park)
- 2 Wheel Stations (WS): for location see map
  - 1 Team Wheel Station (30m)
  - 1 Neutral Wheel Station (approx. 2km)
- 3 Littering zones for bike (Run Aid Stations)
- Lap counter: at the exit of transition
- 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.
- First runner – last biker scenario



# 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

## Course Map

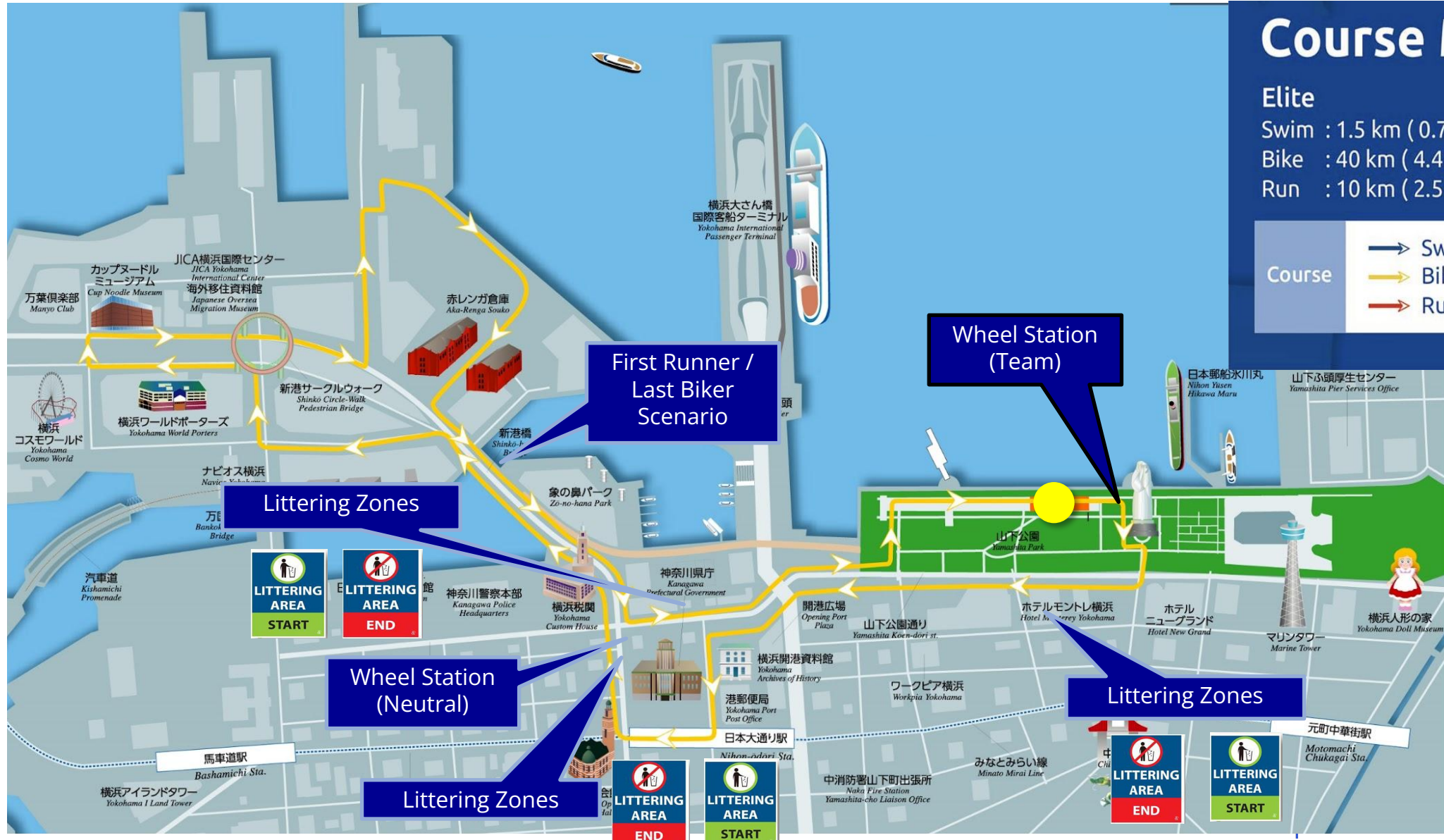
Elite

Swim : 1.5 km ( 0.75 km x 2Lap )

Bike : 40 km ( 4.45 km x 9Laps )

Run : 10 km ( 2.5 km x 4Laps )

Course	Symbol
Swim Course	Blue arrow
Bike Course	Yellow arrow
Run Course	Red arrow



First Runner / Last Biker Scenario

Wheel Station (Team)

Wheel Station (Neutral)

Littering Zones

Littering Zones

Littering Zones

LITTERING AREA START

LITTERING AREA END

LITTERING AREA END

LITTERING AREA START

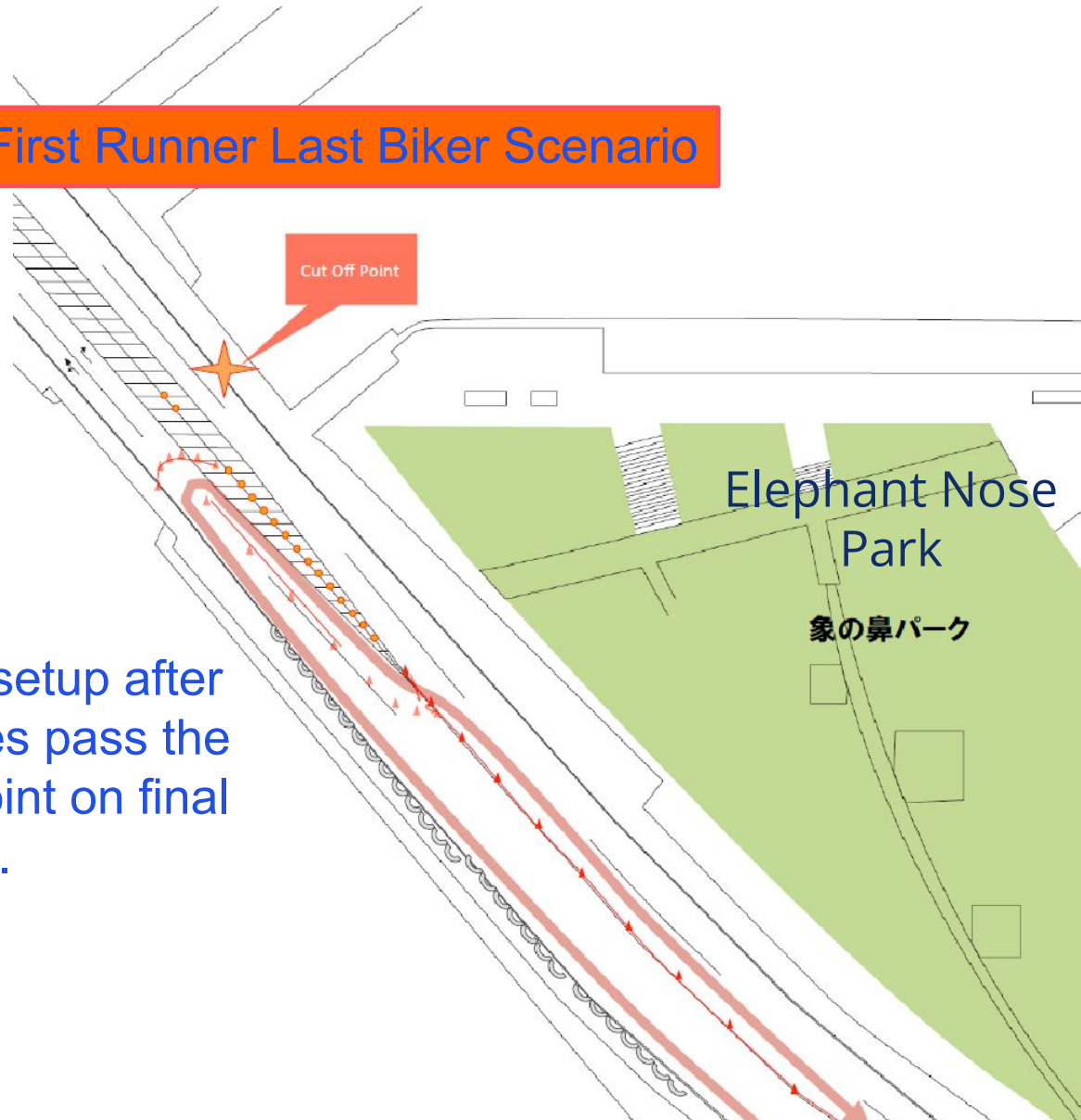
LITTERING AREA END

LITTERING AREA START

# Bike Course

## First Runner Last Biker Scenario

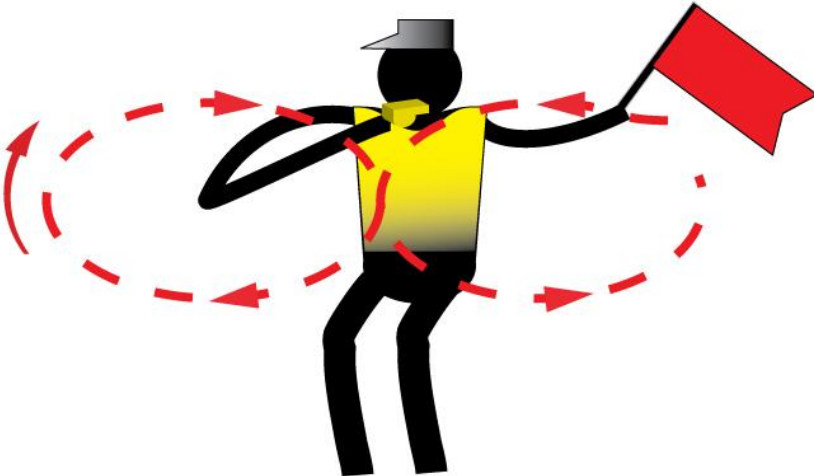
Run U-Turn setup after last biker goes pass the run U-turn point on final lap.



# Neutral Wheels

- **Front** Shimano 700c front wheel, rim brake x 2  
Shimano 700c front wheel, 140mm rotor disc brake x 1  
Shimano 700c front wheel, 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



# Run course

- 4 laps of 2.5km (total distance of 10km)
- Lapped runners – cannot run with leading runners
- Aid Stations and Littering Zones
  - 3 per lap (for location see map)
  - Sealed water
  - Discard bottles and litter in the Littering Zones as indicated by the following signs



## 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



## Course Map

### Elite

Swim : 1.5 km ( 0.75 km x 2Lap )

Bike : 40 km ( 4.45 km x 9Laps )

Run : 10 km ( 2.5 km x 4Laps )

Course	Symbol
Swim Course	Blue arrow
Bike Course	Yellow arrow
Run Course	Red arrow

# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** Before entering 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:** 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 a protest is filed.

# Run Penalty Box



## Violations Abbreviations:

<b>Dismount Line</b>	<b>D</b>
<b>Mount Line</b>	<b>M</b>
<b>Swim Behavior</b>	<b>S</b>
<b>Run Behavior</b>	<b>R</b>

<b>Littering</b>	<b>L</b>
<b>Equipment outside the box</b>	<b>E</b>
<b>Bike Behavior</b>	<b>B</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

## Photo-finish

- No congestion in the finish area: go to Recovery area
- For Top 3 and Series Leaders
  - TV/Flash Interviews
  - Medal Ceremony\*
- 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

\* If due to high winds, the ceremony boards are not able to be installed, the Women's Elite medal ceremony may have to be moved after the Elite Men race.

# 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.
- The tests will be carried out at Rose Hotel.

## 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.

# Coaches Accreditation / Coaches Areas



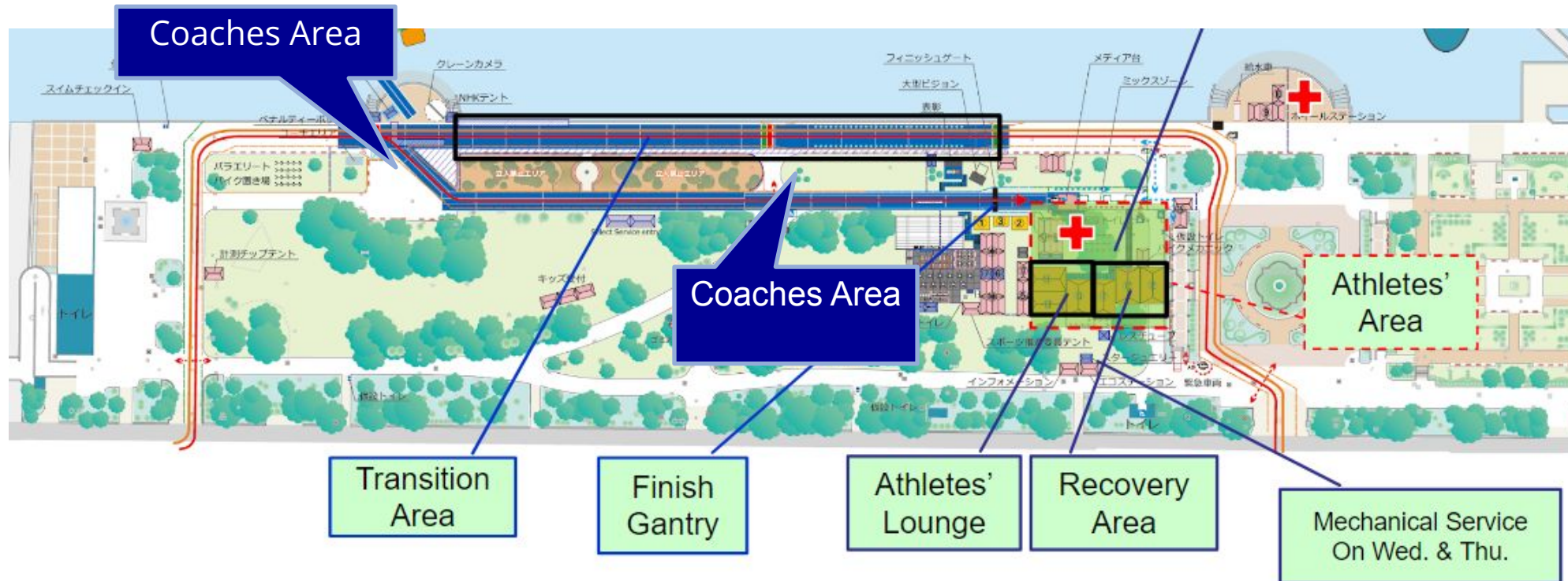
## Accreditation

- 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' areas

- Penalty Box area
- Athlete Lounge & Recovery area
- Along TA (**Finish chute side**)

# Coaches Areas





# Coaches Run Course Access

- One coach per NF is allowed to have access on the site run course for 30 minutes from 12:00 between the elite events, in a time when course is properly setup and secured.
- Vests are provided to those coaches from the LOC.
- 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 technical officials during registration on Thursday, 9 May.

# Evacuation Plan

Earthquake  
or  
Tsunami



**Alert**



Swimming or near the main venue

**Hotel New Grand**

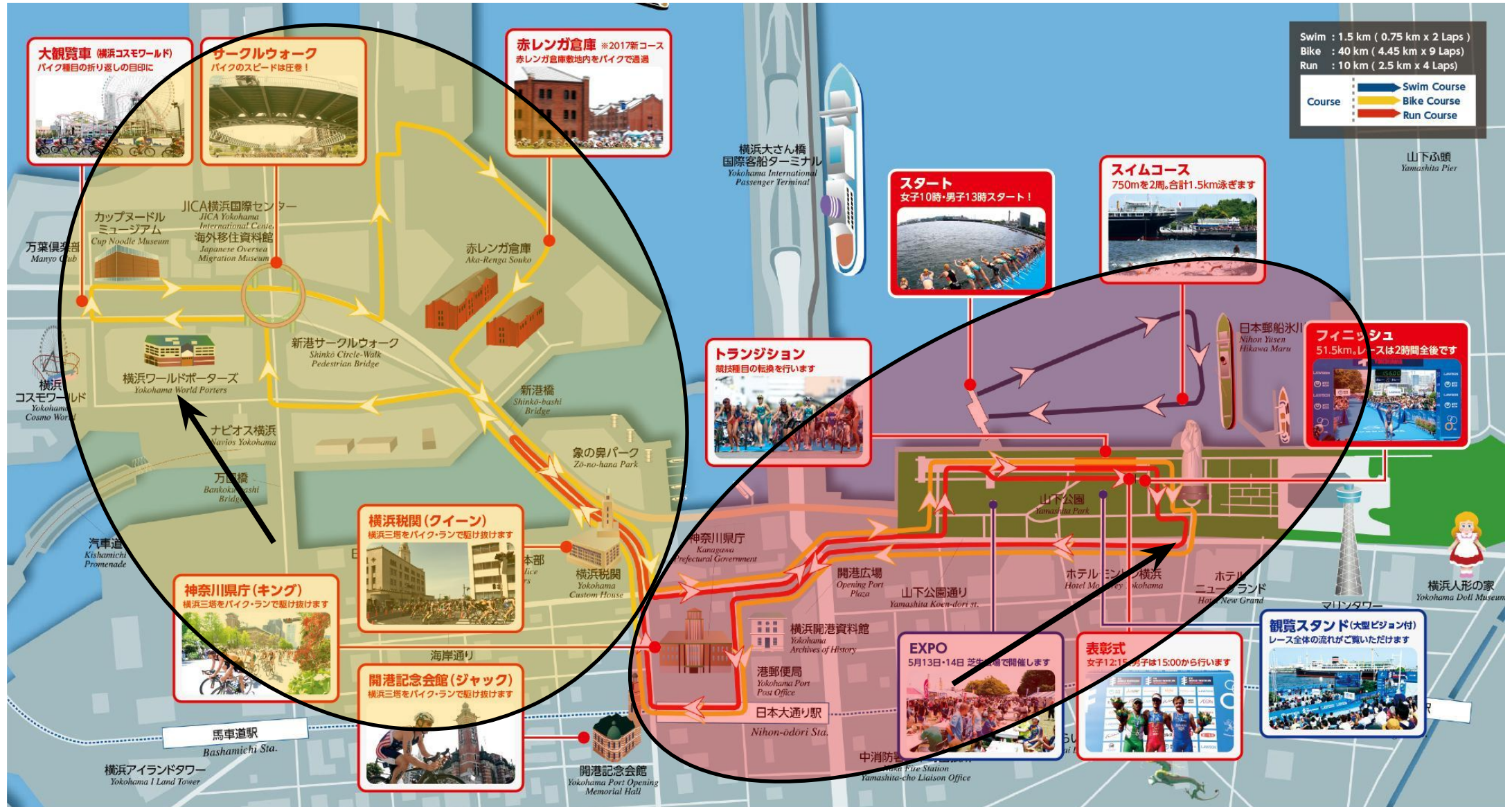
Biking in the Minatomirai area

**World Porters**



**Proceed up more than 3 floors  
Leave your bike**

# Evacuation Plan



# 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.

# Weather forecasts



**TODAY**  
5/9



**18°** 12°

**Cooler; breezy this morning**

Night: Clear to partly cloudy

100%

**FRI**  
5/10



**23°** 17°

**Becoming windier and warmer**

Breezy early; clear

0%

**SAT**  
5/11



**24°** 19°

**Winds becoming strong; sunny**

Partly cloudy and windy

0%

**SUN**  
5/12



**23°** 19°

**Cloudy and windy**

Windy and becoming rainy

5%



**World Triathlon  
Championship Series**  
YOKOHAMA  
2024



# Water Quality

7 May, 2024 @ AM	CFU/100ml	Limit
Enterococci Limit	<10	<100
E. Coli	31	<250
PH	8.14	6 - 9
Water Temperature	18.5	
Air Temperature	22.1	

## 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;

Next test will be performed on 11th May



# Access to briefing



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

# 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



Have a good race!



Be your  
extraordinary