Elite/U23, Juniors, 2x2 Mixed Relay
Athletes’ briefing
Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The race

Post-Race Procedures

Weather forecasts
Welcome and Introductions

- Marisol Casado, World Triathlon President
- Antonio Arimany, World Triathlon Secretary General
- Jacint Dinarès Araguz, Andorra Triathlon Federation Vice President
- Stefane Mauris (SUI), World Triathlon Team Leader
- Laura Patti (ITA), World Triathlon Technical Delegate
- Juan José Juste (ESP), World Triathlon Assistant TD
- Dr Luis Coira (ESP); World Triathlon Medical Delegate
- Esther Sanchez Arribas (ESP) Head Referee E/U23 W and Junior races
- Monica Flores Ferreiro (ESP) Head Referee E/23 M and Mixed Relay races
- Gerard Riart and his team - LOC
Competition Jury

- Laura Patti / ITA, Chair
- Laura Camps Solà, Andorra Triathlon Federation
- Antonio Arimany, World Triathlon
Schedule and Timetables - Friday 19.03.2021

09:00 – 10:15 Elite / U23 - Covid test in Placa de la Germandat and race pack distribution in Centre Cultural i de Congressos Lauredià according slot time per country, Santa Julià de Loria

10:00 – 10:45 Junior Covid test in Placa de la Germandat and race pack distribution in Centre Cultural i de Congressos Lauredià according slot time per country Santa Julià de Loria

11:00 – 13:15 Run/Bike/Ski familiarization - Naturlandia 2000

18:00 - 18:30 Open Ceremony, Placa de la Germandat. NF Representatives are welcome

18:00 – 18:30 2x2 Mixed Relay Team Composition by coaches and race pack distribution to coaches in Centre Cultural i de Congressos Lauredià Santa Julià de Loria
ELITE/U23 Race  SATURDAY 20.03.2021

07:00 – 08:00  Athletes’ Lounge check-in Elite/U23 MEN/WOMEN
07:15 – 08:15  Transition Area check in  Elite/U23 MEN/WOMEN
08:30  Start Elite/U23 MEN 2021 World Triathlon Winter Championship
09:10  Start Elite/U23 WOMEN 2021 World Triathlon Winter Championship
11:00  Medal ceremony – ELITE MEN
11:10  Medal ceremony – U23 Men
11:20  Medal Ceremony – ELITE Women
11:30  Medal Ceremony - U23 Women
17:00  Award Ceremony for Elite only at Placa de Germandat, Santa Julià de Loria
Schedule – Sat 20.03.2021

JUNIOR RACE

10:30 – 11:45  Athletes’ Lounge check-in Junior M/W
11:00 – 11:45  Transition Area check-in  Junior M/W
12:00  Start Junior Men 2021 World Triathlon Winter Championship
12:05  Start Junior Women 2021 World Triathlon Winter Championship
14:00  Medal ceremony – immediately after the race at Naturlandia 2000
Schedule and Timetables – Sun 21.03.2021

2x2 Mixed Relay Elite / Junior

06:30  Deadline to communicate to the HR a different team composition (these athletes must to be listed on the declaration form
07:00 – 08:15  Athletes’ Lounge check-in 2x Mixed Relay Elite/ U23-Junior
07:30 – 08:15  Transition Area check in 2x Mixed Relay Elite/U23- Junior
08:30  Start Elite/U23 Mixed Relay 2021 World Triathlon Winter Championship
08:35  Start Junior Mixed Relay 2021 World Triathlon Winter Championship
10:15  Medal ceremony – immediately after the race
Covid regulations and hygiene concept at the venue
Race and COVID Regulations: keep in mind

- Only accredited persons can have access at the venue

- The use of mask is mandatory any time on the venue, at the start area and as well as at the post-finish – except during warm up and competition for the athletes.

- Body temperature check at the entrance. Any athlete/coach with body temperature higher than 37.5°C and/or Oxygen saturation level below 95% will be moved to a waiting tent to meet the Race Medical Director.

- Please respect instructions and signage from the organization
### Elite / U23 W/M

<table>
<thead>
<tr>
<th>Antigen test</th>
<th>Race package distribution</th>
<th>Country code</th>
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<td>Neutral Athletes Russian Triathlon Federation</td>
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<tr>
<td>09:15</td>
<td>09:30</td>
<td>AND – AUT - CZE</td>
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<td>09:30</td>
<td>09:45</td>
<td>ESP – FRA - GBR</td>
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<tr>
<td>09:45</td>
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### Junior W/M

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<td>NOR - RUS</td>
</tr>
<tr>
<td>10:15</td>
<td>10:30</td>
<td>ESP</td>
</tr>
</tbody>
</table>

**After the Covid test, if negative, you will receive a green wristband:** PLEASE keep it always with you.
Race package distribution

IMPORTANT: Race-pack distribution and accreditation ONLY if:

- Green wristband with you

- Fill in the pre-event questionnaire (Athletes, Coaches, Team medical) to be done online

- You have submitted the medical certificate (Athletes) the medical certificate can be submitted electronically to World Triathlon at (sport@triathlon.org);

- Signed the athletes agreement (Athletes)

Body temperature – Oxygen saturation

Body temperature check at the entrance. Any athlete/coach/Doctor with body temperature higher than 37.5 °C and/or Oxygen saturation level below 95% will be moved to a waiting tent to meet the Race Medical Director.
Race Package – FRIDAY - ELITE /U23 and JUNIOR

1 – SADDLE TUBE
2 – BAGS
3 – HELMET (3X)
4 – SKIS (2X)
5 – POLES (2X)
Registration and check-in procedure

Race Package

On the bicycle handlebar
Entrance to the venue – Covid regulations and hygiene concept

- Only accredited persons can have access

- Use of mask is mandatory (except during warm up and competition for the athletes), all over the FOP for everybody

- Body temperature check at the entrance. Any athlete/coach with body temperature higher than 37.5°C and/or Oxygen saturation level below 95% will be moved to a waiting tent to meet the Race Medical Director.
Entrance to the venue – Covid regulations and hygiene concept

1. Health screening - Athletes
2. Health screening – Team support
3. Athlete Lounge – check-in
4. Toilets
5. Transition Area – check-in
Check-in procedures – Saturday 20.03.201

Athlete’ Lounge

Uniform check

Distribution of BIB, Timing chip to place on the ankle, a bag for your ski boots. Write your number on it.
Check-in procedures – Saturday 20.03.201

Transition Area
- Keep your mask on
- MTB and bike plate check (bike mechanic available)
- Helmet stickers, ski stickers, poles stickers
  no entrance without these stickers. No exceptions!
- Deposit skis, poles numbered and bag with ski boots to be transported to T2
- 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.
Transition Area

**TA2:** Junior on Saturday
Age Group on Sunday

**TA1:** Elite/U23 on Saturday
Mixed Realy on Sunday

VENUE ENTRY

TRANSITION AREAS

Elite/U23 Junior
Deliver ski,poles and ski boots
Transition Area check-in

- Bike racks
- Helmet on the bike with helmet strap NOT fastened
- Rear wheel racked in TA1

- ELITE/U23, JUNIOR
- Skis, poles and the bag with ski boots to deliver at the exit of TA to LOC
Transition set up
Flows in Transition Elite race
Flows in Transition Junior Race

TRANSITION AREAS

Mount Line
Flow in Transition  2X2 Mixed relay
Pre-start Procedures  How athletes get to the start?
Pre-start Procedures Elite/U23 / Junior

Athletes Introduction
- 10 minutes before start - line-up by race numbers at pre start area
- Announcer will announce the athletes one-by-one
- Jog to the start line
- Select your position and stay behind the line!
- The use of mask is mandatory until you enter to the start area and as well as post-finish – drop your mask in the bin.
Pre-start Procedures  2x2 Mixed Relay

- Both athletes  10 minutes before start - line-up by race numbers  at pre start area
- Announcer will announce the athletes one-by-one
- Woman athlete jogs to the start line
- Select your position and stay behind the line!
- The use of mask is mandatory until you enter to the start area and as well as post-finish – drop your mask in the bin.
Start Procedures

Athletes in position
- The start can be given any time, after the TD announces "On your mark"
- Air horn blast
- The race starts
False-start Procedures

False-start example
- Several horn blasts
- Everyone goes back to her/his spot

Valid start with early starters
- Early starters will get a time penalty in TA1
The race: Elite/U23 - Junior
The race - Elite /U23

Run: 1 lap of 1.4 km + 3 laps of 1.5 km + 0.3 km = 6.2 km
Mountain Bike: 3 laps of 3.2 km + 1.7 km = 11.8 km
Cross Country Skiing: 0.8 km + 3 laps of 2.8 km + 0.8 km = 10 km

The race - Junior

Run: 1 lap of 1.4 km + 1 lap of 1.5 km + 0.3 km = 3.2 km
Mountain Bike: 3.2 km + 1.7 km = 4.9 km
Cross Country Skiing: 0.8 km + 2.8 km + 0.8 km = 4.4 km
The race - Mixed Relay

Run  
1 lap of 1,2 km + 0,300k = 1.5 k

Mountain Bike  
1 lap of 3.2k = 3,2k

Cross Country Skiing  
0,2k + 4 laps of 0,45k + 0,25k = 2,25k  athlete 1-2-3
0.2k+ 5 laps of 0,45k + 0,1k = 2,55k  athlete 4
Run course – Lap counter, littering areas, coaches area

Lap Counter for Elite /U23 and Junior at the finish of the lap, before connection

Littering area, coaches area - see the map

Littering areas marked with the following signs:
Run course Elite/U23/Junior

- Elite /U23: 1+3 laps + connection
- Junior: 1+1 lap + connection
Run course  2x2 Mixed Relay
Bike course

- Cross-country course
- The minimum tyre diameter is 26x1.5 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- 1 repair area: bike tools from LOC
- Athletes will wear helmets as outlined in Rule 5.2 e)

Coaches area: see the map
Bike course Elite/U23 Junior

3 laps + connection to T2 for Elite /U23
1 lap + connection to T2 for Junior
T2 for Elite/U23 and Junior

Box for helmet
Ski, poles an ski boots on
the carpet

DISMOUNT LINE

3 2 1

CARPET TO PLACE YOUR SKIS

Bike catcher

Winter World Championships ANDORRA 2021
Bike course  2x2 Mixed Relay
Cross-country Ski course

- Possibility to change 1 ski and both poles on the whole course
- Coaches’ Zone: close to aid station, coaches can feed their athletes from this spot
- Littering areas are located next to the aid station and are marked with signs
- Bike helmet is not allowed
- There is 1 penalty-box located at the cross-country skiing course (location see map). Coaches’ zone close to PB

- Finish chute length of approx. 80 m
- 3 lanes
- **Last 60-80m classic style (double poling) is mandatory**
- You can change lines as long as you do not interfere the progression of another athlete
- Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line.
SKI course Elite/U23 and Junior

Connection A+ 3 laps + connection to finish for E/U23
Connection A +1 lap + connection to finish for Junior
Ski Course 2x2 Mixed Relay

Athlete 1-2 - 3  4 blue laps + connection to Relay Area

Athlete 4  5 blue laps + connection red line to finish
2X2 Mixed relay area

NO TOUCH MANDATORY

-Turn for laps and finish
- Straight to Relay area
Penalty Box

- The penalty-box is for infringements in RUN, MTB, CROSS COUNTRY SKI, TA1/TA2
- Location: 200m prior the finish
- Information: board to show race number and letter
- *If you don’t stop DSQ*

- Violations Penalty-Box letters
  - D – Dismount line violation
  - E - Equipment outside Box
  - L – Littering
  - M – Mount line violation
  - V - Other violations
Finish chute

- Finish chute length of approx. 100m
- 3 lanes
- Last 60-80m classic style (double poling) is mandatory

- *World Triathlon competition rules, point 33.Appendix K 6)*
  - Blocking, charging, obstructing or interfering the forward progress of another athlete will
    - unintentionally: warning and amend
    - intentionally: DSQ
Post-race Procedures

- Wear a mask
- Please remove the timing chip on your own and put it in the specific bin
- Keep free the post finish area NO congestion

- “Mixed Zone” - immediately after finish 1, 2, 3 athlete with host broadcaster first.
- Equipment check immediately after arriving at the finish line

- Medal Presentation at venue - protocol – 11:00 Elite M 11:10 U23 M
  11:20 Elite W 11:30 U23 W
  14:00 Junior M 14:10 Junior W

- ONLY Elite at 17:00 in Santa Julià de Loria, Placa de la Germandat
- Dress “up” properly with NF uniform
- Ambush Marketing rules apply
Bike Check-out from T2

- You can collect your bikes from T2 when the last juniors athlete has completed his bike section using the bike course path
- Please show the athletes bib vest
### Price money distribution

#### Elite Men and Women

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<th>Men</th>
<th>Women</th>
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<tr>
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#### Elite Mixed Relay

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<tr>
<td>5th</td>
<td>$400</td>
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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 team medical officials/coaches area allowed in this area in case there is an athlete from their team if accredited.
Medal Ceremony Protocol – 
Covid regulations and hygiene concept

– Everyone keeps his/her mask on the whole time. No photo without mask.
– No flowers
– 1 hostess/volunteer with mask and gloves to prepare and hold the tray with the medal to each athlete
– Each athlete is taking on his/her own the medal/trophy
– National anthem and flags raising as per usual
– No handshaking/ hugs
Athletes briefing available at triathlon.org

Briefing will be available at World Triathlon website:
www.triathlon.org/about/downloads/category/race_briefings

Briefing in presence **OPTIONAL** :
Friday, 19.03, at 18:00, Centre Cultural i de Congressos Lauredià
# Weather forecasts

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<th>Day</th>
<th>Temperature</th>
<th>Wind</th>
<th>Precipitation</th>
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<td>↑ 2º</td>
<td>↓ -4º</td>
<td>11 km/h, 0,7 cm</td>
</tr>
<tr>
<td>Mañana viernes 19</td>
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<tr>
<td>Martes 23</td>
<td>↑ 10º</td>
<td>↓ -2º</td>
<td>4 km/h, - mm</td>
</tr>
</tbody>
</table>
ENOUGH
NEED HELP?

Contact
safesport@triathlon.org

Visit
triathlon.org/about/safeguarding_policy
Have a good race!