



Duathlon
World Championships

AVILÉS
2021



AG Team Managers' briefing

4th November 2021



Agenda

Welcome and Introductions

Competition Jury

Venue Maps

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecasts



Welcome and Introductions



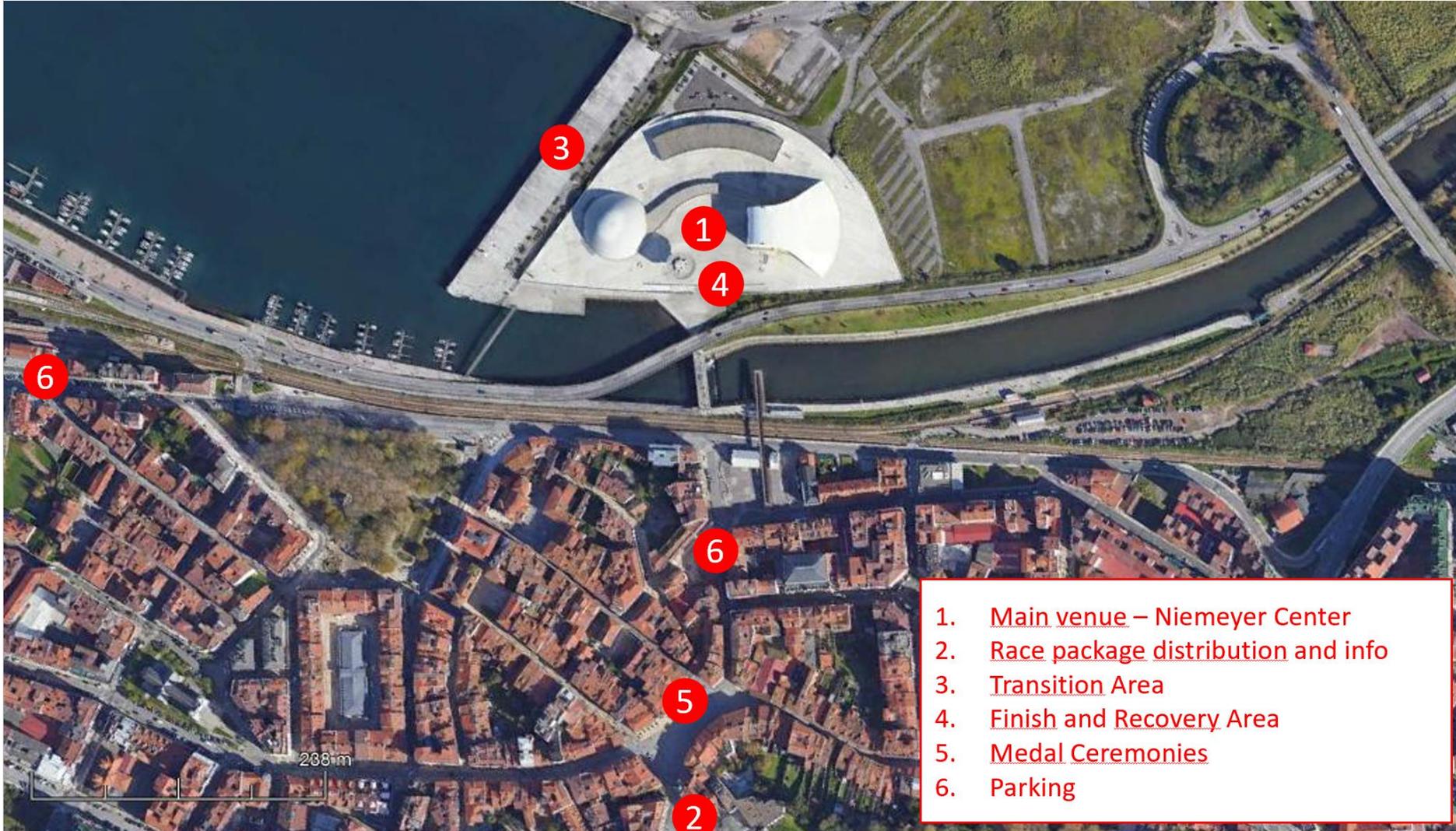
- Marisol Casado, World Triathlon President
- Alpar Nagy, World Triathlon Team Leader
- Bex Stubbings, World Triathlon Technical Delegate
- Monica Florres, World Triathlon Assistant Technical Delegate
- Dr Luis Coira Nieto. World Triathlon Medical Delegate
- Esther Sanchez, World Triathlon Head Referee
- Monica Zubillaga, World Triathlon Head Referee
- Jorge Garcia, LOC Director

Competition Jury



- Bex Stubbings, Chair
- Alicia Garcia, NF representative
- Alpar Nagy, World Triathlon representative

Venue Location



Flow from city centre to venue



Venue Location



Schedule and Timetables



Thursday 4th November

17:00 – 20:00 Registration and race pack pick-up (Sprint/Standard)

Friday 5th November

10:00 – 19:00 Registration and race pack pick-up (Sprint/Standard)

19:00 Opening Ceremony – City Centre

Registration and race pick up is located at Plaza Domingo Alvarez Acebal

Schedule and Timetables



Saturday 6th November – Sprint

07:00 – 09:00	Transition Check-in
09:00 – 09:45	Sprint Duathlon World Championship Starts
11:45 – 13:00	Bike Check Out
19:00	Medal Ceremony
10:00 – 14:00	Registration and race pack pick-up (Standard only)

Schedule and Timetables



Sunday 7th November – Standard

07:00 – 09:00	Transition Check-in
09:00 – 09:30	Standard Duathlon World Championship Starts
12:30 – 14:00	Bike Check Out
19:00	Medal Ceremony

Cut-off times

Sprint Duathlon

11:15 start of second lap of the bike

11:45 End of the bike at Dismount line

12:15 End of the race

Standard Duathlon

11:30 Start of second lap of the bike

12:30 End of the bike at Dismount Line

13:00 End of the race

Registration Process



- Registration will be at Plaza Domingo Alvarez Acebal
- Athlete must register in person.
- Athlete must present a photo identification document (passport, driving licence, national id card, triathlon licence with photo).
- **Signed athlete waiver form**

Race Packages Venue



1. Medal Ceremonies
2. Race package distribution and info
3. COVID Test for return home

Race packages



Please check that you have the following

- Timing chip
- Race number
- Race Stickers:
 - Helmet (3x),
 - Bike (1x),
 - Bag (1x)
- Athlete wristband (green for Sprint/Red for Standard)

Check-in procedures



Transition Check in

Using the wristband (Green for Sprint, Red for Standard)

- Bike Check – legal bars (clip on or aero bars are not allowed for Sprint), frame, wheels, bike numbers
- Helmet check – snug strap, no cracks, numbers attached
- Uniform Check
- Any gear not required to race must be left in the bag drop area
- Once you have dropped your bag, go to the pre-start area

Check in Flow



Pre-start Procedures

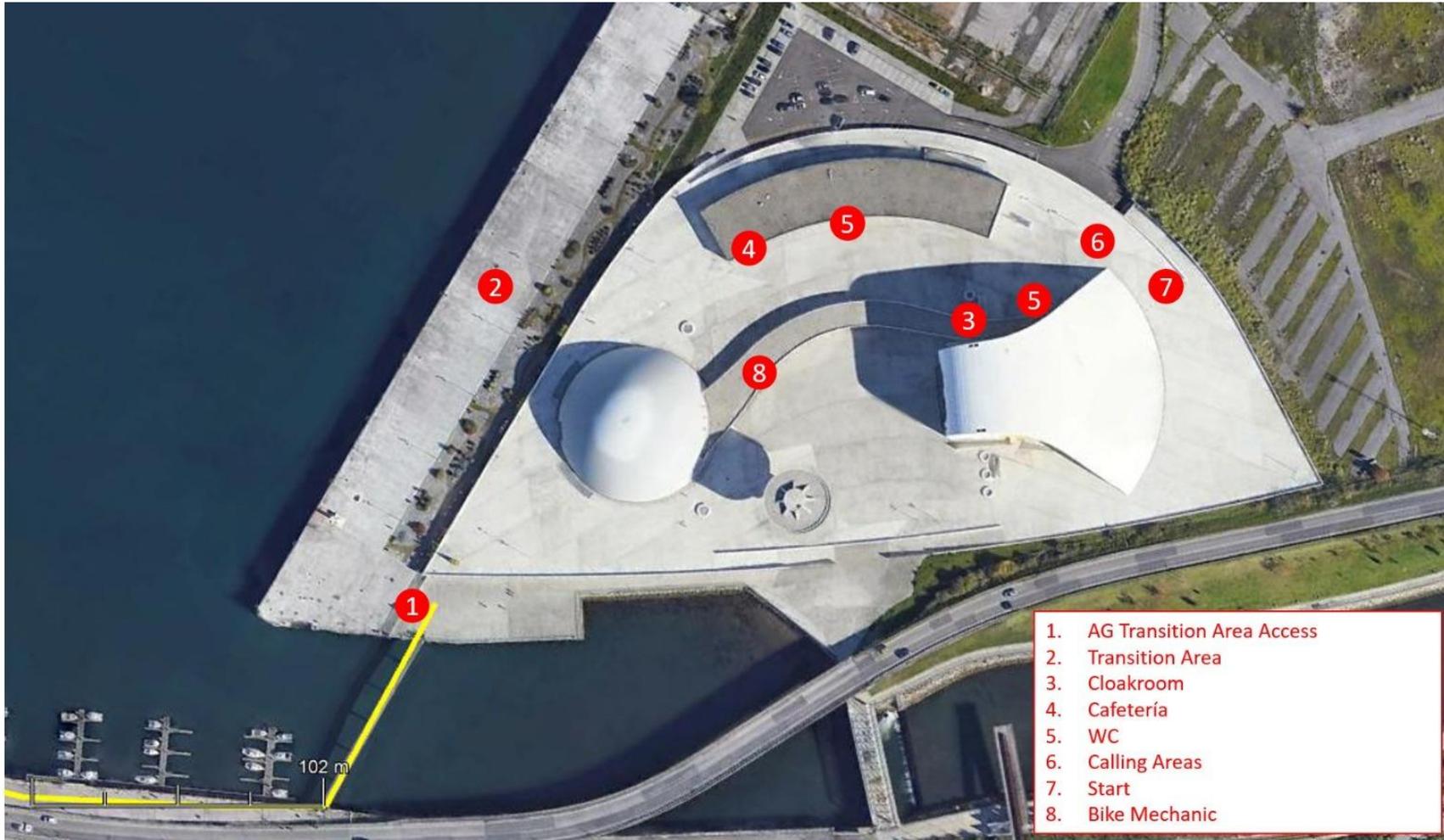


Athlete line-up

Bag-drop area: no other equipment than the one used for the competition are in TA. The rest is either given to one of your support team or dropped in the bag drop area. Use bag sticker.

- **Pre-start area:** be there 20 minutes before start. Listen for announcements. Ensure you have your timing chips. Make sure you are wearing your bib number.
- Jog to the start area and select a position and stay behind the line!
- **Start:** Do not take non-essential equipment to start platform, including water bottles or clothing. Give to support team or place into bins.

Pre-start Procedures – Line-up map



Schedule and Timetables – Wave Starts



Age Group Sprint

Start	Wave#	Format	Category	Bib Number range	Per cat	Per "Wave"
9:00	1	Sprint	16-19 Male AG	1001-1016	14	61
		Sprint	20-24 Male AG	1017- 1038	20	
		Sprint	25-29 Male AG	1039-1067	27	
9:05	2	Sprint	30-34 Male AG	1068-1099	29	68
		Sprint	35-39 Male AG	1100-1141	39	
9:10	3	Sprint	40-44 Male AG	1142-1195	50	50
9:15	4	Sprint	45-49 Male AG	1196-1241	42	42
9:20	5	Sprint	50-54 Male AG	1242-1298	53	53
9:25	6	Sprint	55-59 Male AG	1299-1339	38	69
		Sprint	60-64 Male AG	1340-1373	31	
9:27	7	Sprint	65-69 Male AG	1374-1396	21	48
		Sprint	70-74 Male AG	1397-1409	12	
		Sprint	75-79 Male AG	1410-1422	12	
		Sprint	80-84 Male AG	1423-1426	3	
		Sprint	85+ Male AG		0	
9:35	8	Sprint	16-19 Female AG	1427-1432	5	58
		Sprint	20-24 Female AG	1433-1440	7	
		Sprint	25-29 Female AG	1441-1458	16	
		Sprint	30-34 Female AG	1459-1472	13	
		Sprint	35-39 Female AG	1473-1491	17	
9:40	9	Sprint	40-44 Female AG	1492-1517	24	59
		Sprint	45-49 Female AG	1518-1540	21	
		Sprint	50-54 Female AG	1541-1556	14	
9:45	10	Sprint	55-59 Female AG	1557-1580	22	40
		Sprint	60-64 Female AG	1581-1591	10	
		Sprint	65-69 Female AG	1592-1597	5	
		Sprint	70-74 Female AG	1598-1600	3	
		Sprint	75-79 Female AG		0	
		Sprint	80-84 Female AG		0	
		Sprint	85 + Female AG		0	



Schedule and Timetables – Wave Starts



Age Group Standard

Start	Block#	Format	Category	Bib Number range	Per cat	Per "Wave"
9:00	1	Standard	18-19 Male AG	2001-2016	4	82
		Standard	20-24 Male AG	2017-2038	10	
		Standard	25-29 Male AG	2039-2067	12	
		Standard	30-34 Male AG	2068-2099	23	
		Standard	35-39 Male AG	2100-2141	33	
9:05	2	Standard	40-44 Male AG	2142-2195	49	49
9:10	3	Standard	45-49 Male AG	2196-2241	37	37
9:15	4	Standard	50-54 Male AG	2242-2298	44	75
		Standard	55-59 Male AG	2299-2339	31	
9:20	5	Standard	60-64 Male AG	2340-2373	26	57
		Standard	65-69 Male AG	2374-2396	14	
		Standard	70-74 Male AG	2397-2409	9	
		Standard	75-79 Male AG	2410-2422	5	
		Standard	80-84 Male AG	2423-2426	3	
		Standard	85+ Male AG		0	
9:25	6	Standard	18-19 Female AG	2427-2432	0	47
		Standard	20-24 Female AG	2433-2440	3	
		Standard	25-29 Female AG	2441-2458	7	
		Standard	30-34 Female AG	2459-2472	11	
		Standard	35-39 Female AG	2473-2491	9	
		Standard	40-44 Female AG	2492-2517	17	
9:30	7	Standard	45-49 Female AG	2518-2540	21	54
		Standard	50-54 Female AG	2541-2556	9	
		Standard	55-59 Female AG	2557-2580	14	
		Standard	60-64 Female AG	2581-2591	6	
		Standard	65-69 Female AG	2592-2597	2	
		Standard	70-74 Female AG	2598-2600	2	
		Standard	75-79 Female AG		0	
		Standard	80-84 Female AG		0	
		Standard	85 + Female AG		0	

Athlete in position

- Follow instructions of the start officials
- The start can be given any time after the Head Referee announces "On your mark"
- Air horn blast
- The race starts
- Starting in an earlier wave: **DSQ**
Starting in a later wave: **time starts from your wave.**
No start between waves is allowed.

False-start Procedures



False-start (many athletes)

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

Sprint Duathlon

The course



Run 1 lap of 5.1km

Bike 1km at the start and then 2 laps of 9.8km and then 0.6km to finish
(21.2km in total)

Run 1 lap of 2.8km

The course

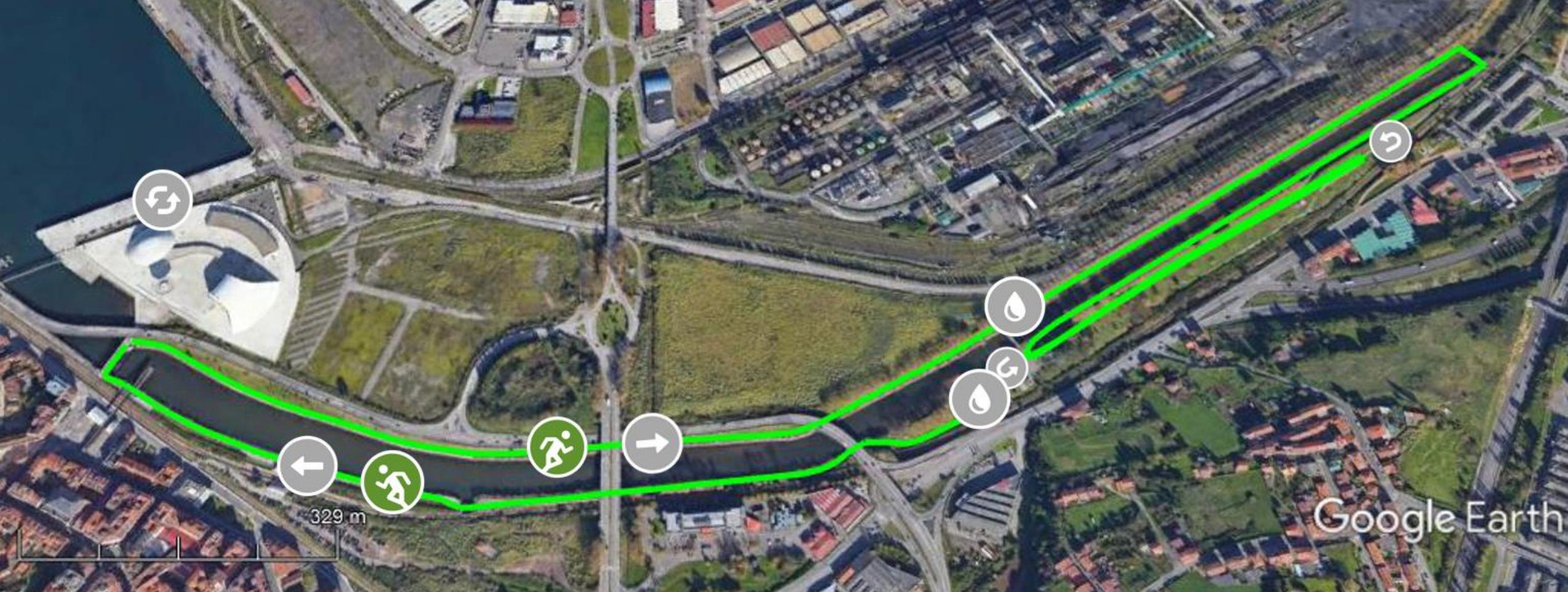


Run course 1

- 1 lap (total distance of 5.1km)
- Timing mat at the end of each lap, **but you are responsible to count for yourself**
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Bottled water
 - Only discard cups and litter within littering areas indicated by the following signs



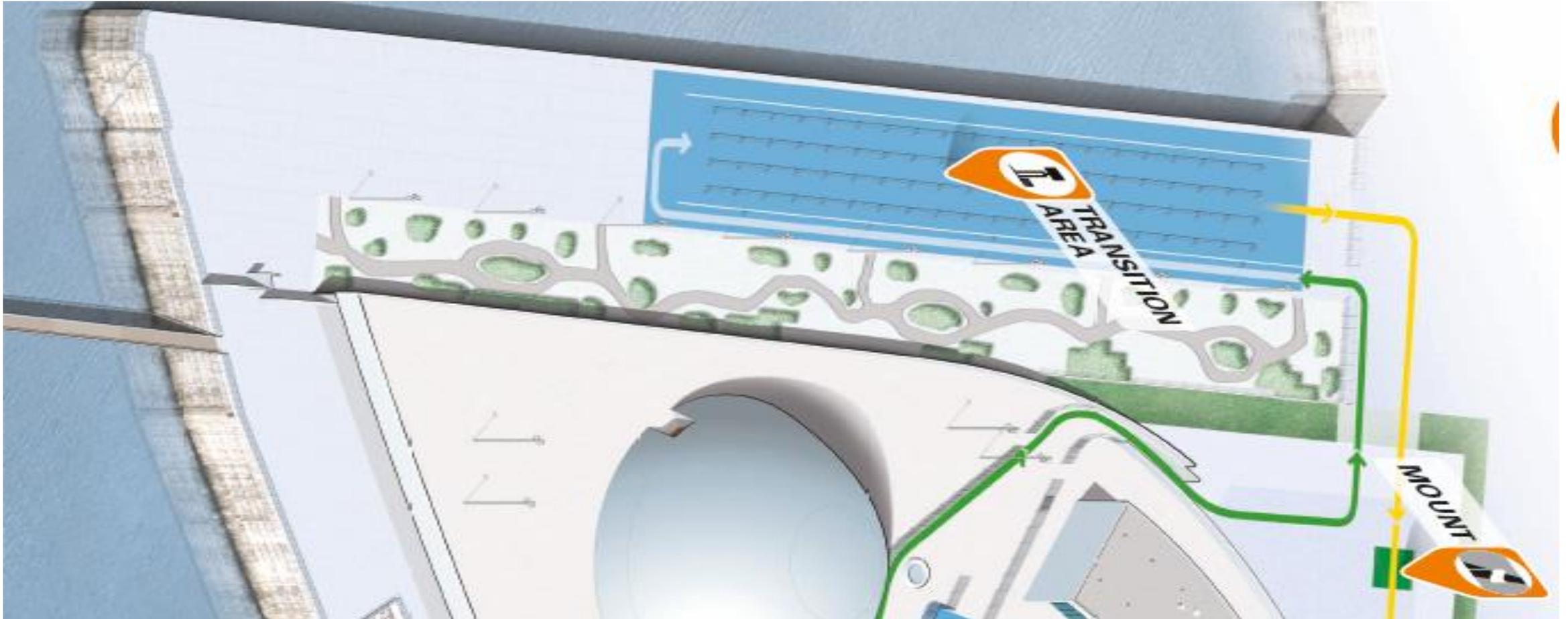
Run Course Map – 1 lap x 4.5km



Run Course Map – End of run (0.4km)



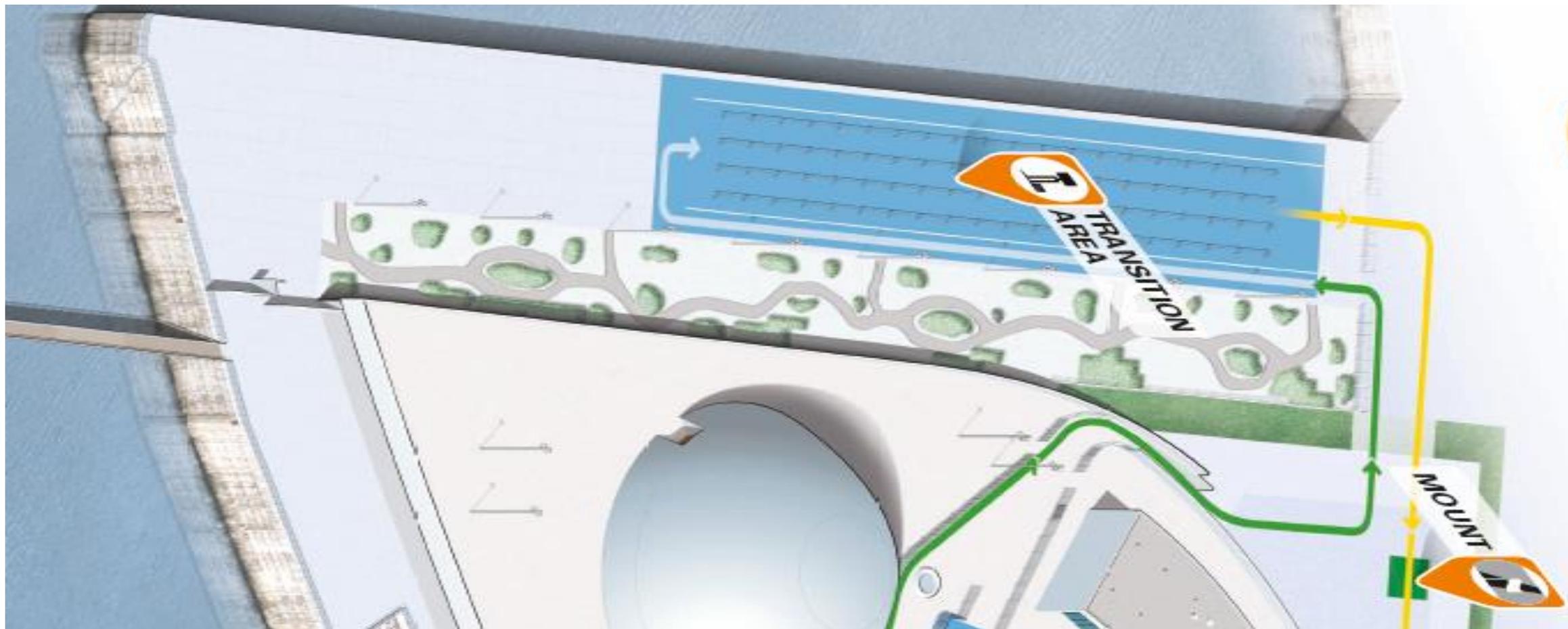
Run Exit to Transition Area



Transition Area

- Traditional Bike Racks – numbered – every 1.5 m
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All equipment within your space
- Bags to the Baggage area
- Remember to fasten your helmet before unranking your bike.
- Race bib number mandatory for both runs, but is optional on the bike
- Mount line is **green**. / Dismount line is **red**.

Transition Flow

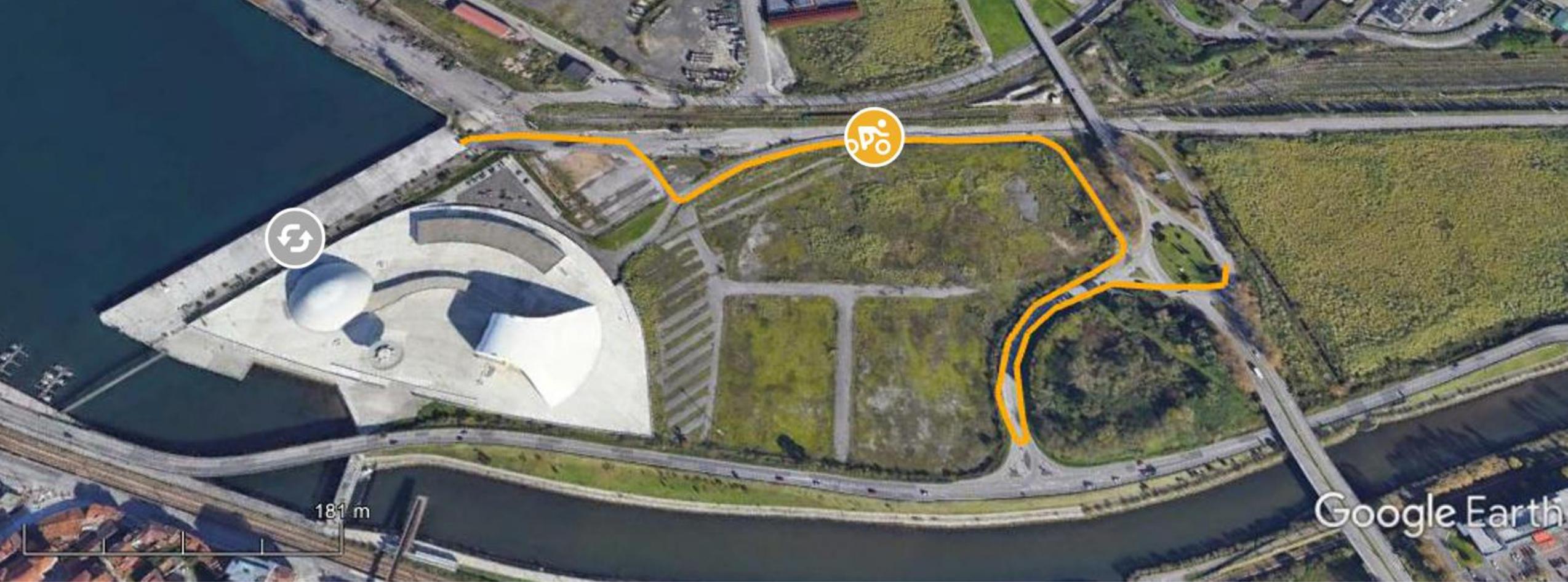


Bike course



- 1km at the start, 2 laps and then 0.6km to finish (total distance of 21.2km)
- Mainly flat and not technical
- **Drafting legal. Different genders are not allowed to draft off each other**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**
- Warn the athlete you want to pass
- Timing mat at the end of each lap, but [you are responsible to count for yourself](#)
- Follow the Green Signs

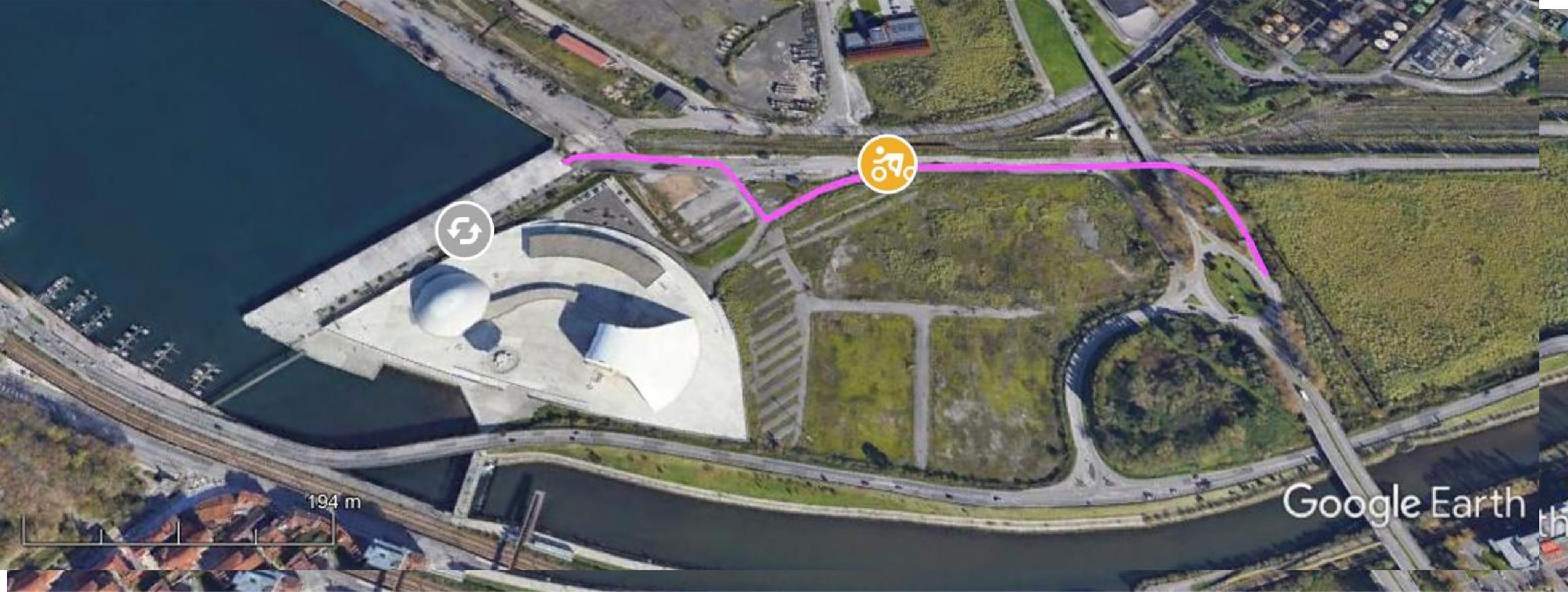
Bike Course Map – Start of Bike



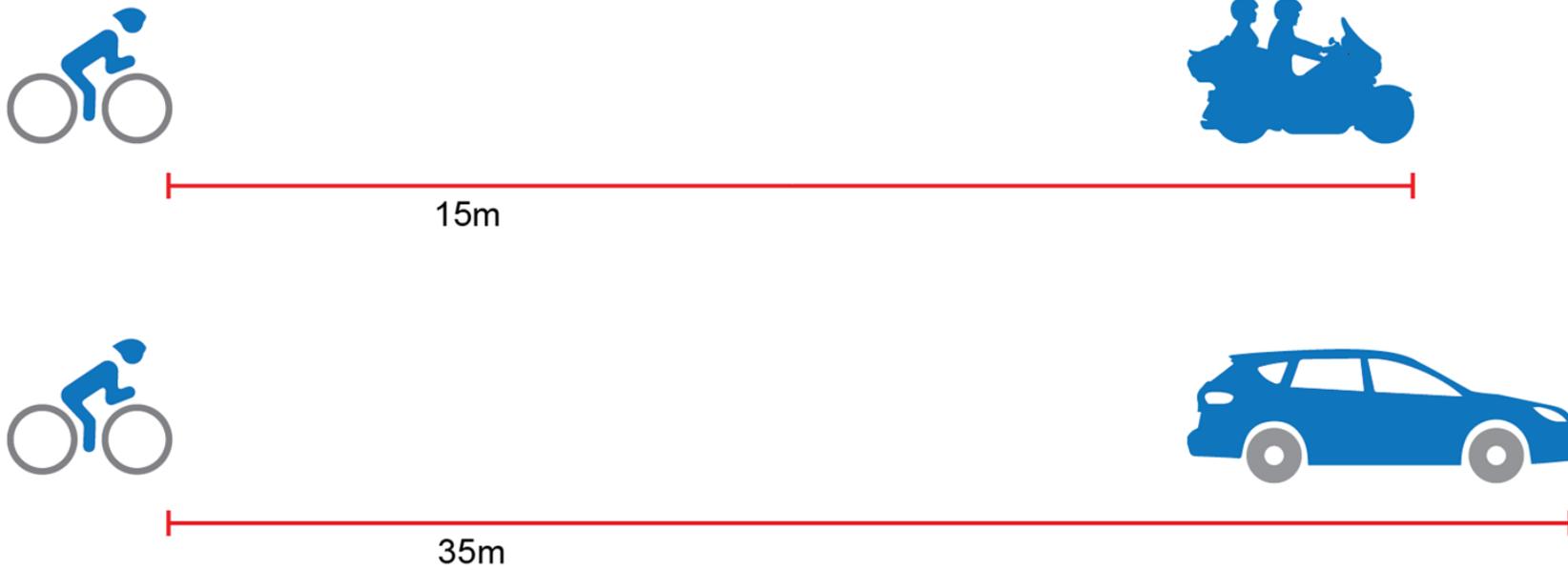
Bike Course Map – Laps (2 x 9.8km)



Bike Course Map – End of Bike

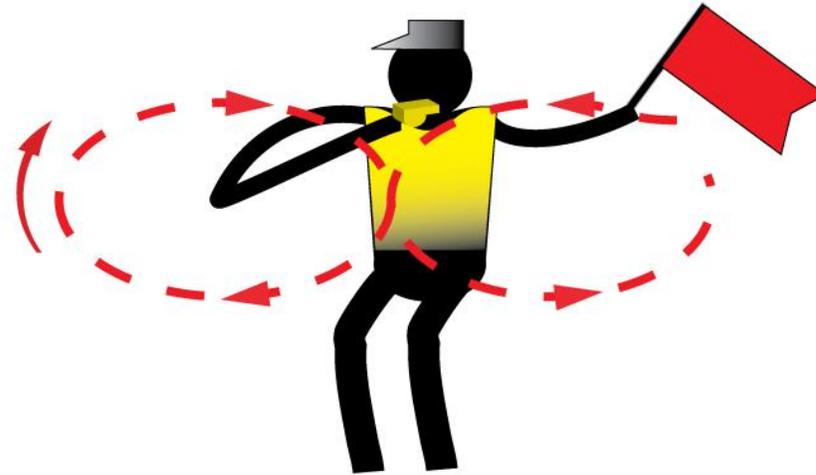


Draft Zones

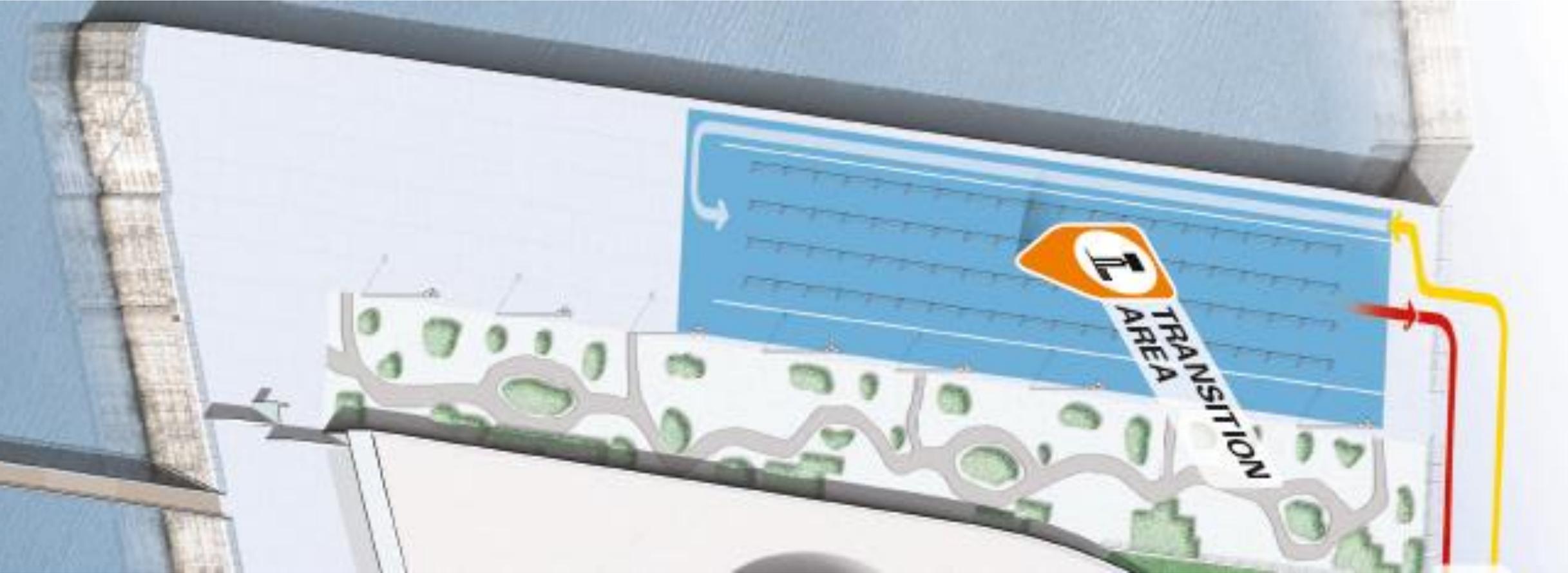


Caution

Caution signal: three sharp whistles and red flags



Bike Exit to Run Entrance

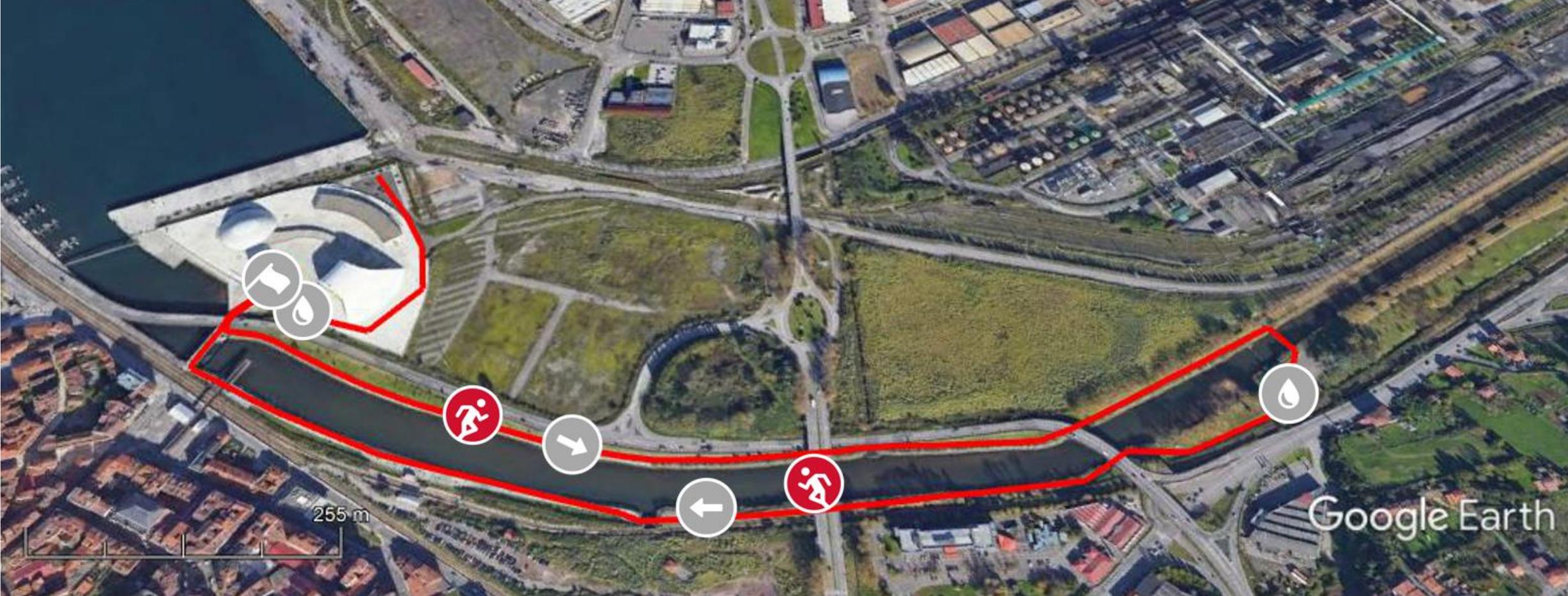


Run course 2

- 1 lap (total distance of 2.8km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Bottled water
 - Only discard cups and litter within littering areas indicated by the following signs
- Timing mat at the end of each lap,
but you are responsible to count for yourself
- Bib number must be worn in front of the body
- Penalty box is located 200m from the finish
- Photo finish



Run Course 2 Map



Standard Duathlon

The course



Run 2 laps of 9.6km

Bike 1km at the start and then 2 laps of 20.2km and then 0.6km to
finish (42km in total)

Run 1 lap of 5km

The course



Run course 1

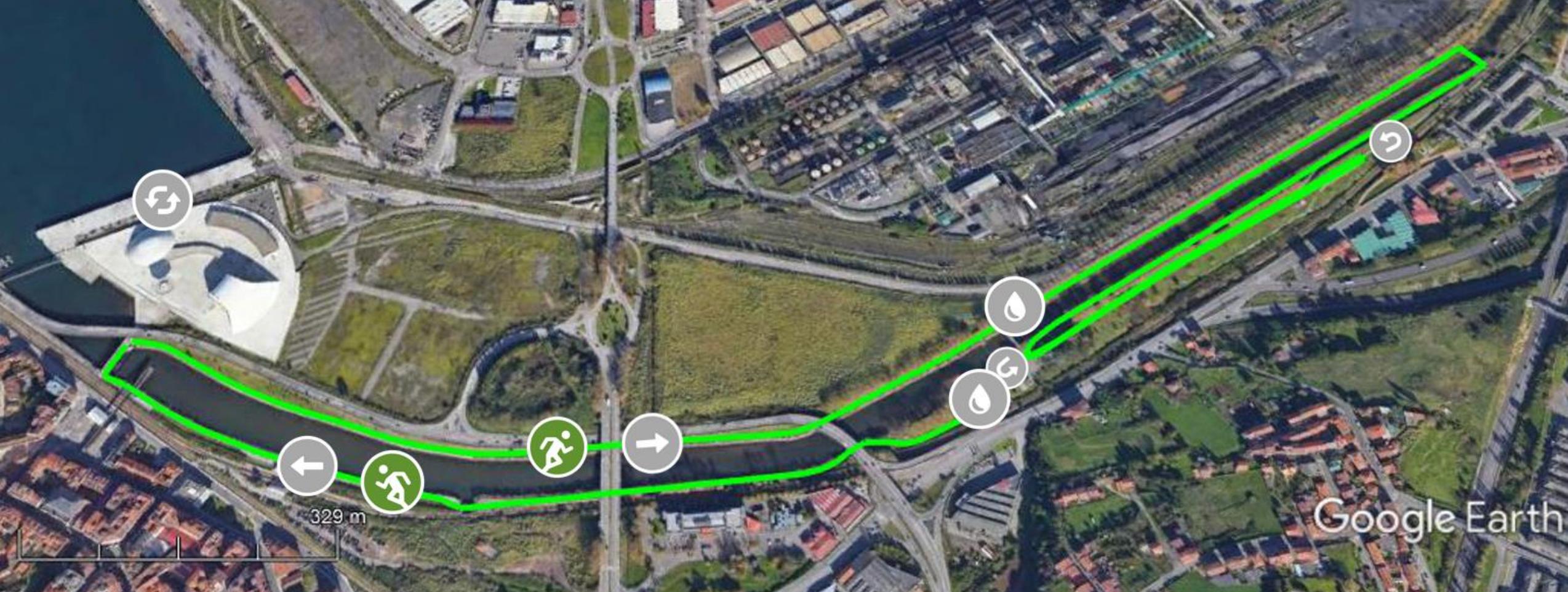
- 0.25km to start and then 2 laps of 4.5km then 0.6km to finish
- Timing mat at the end of each lap, **but you are responsible to count for yourself**
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Bottled water
 - Only discard cups and litter within littering areas indicated by the following signs



Run Course Map – Start (0.25km)



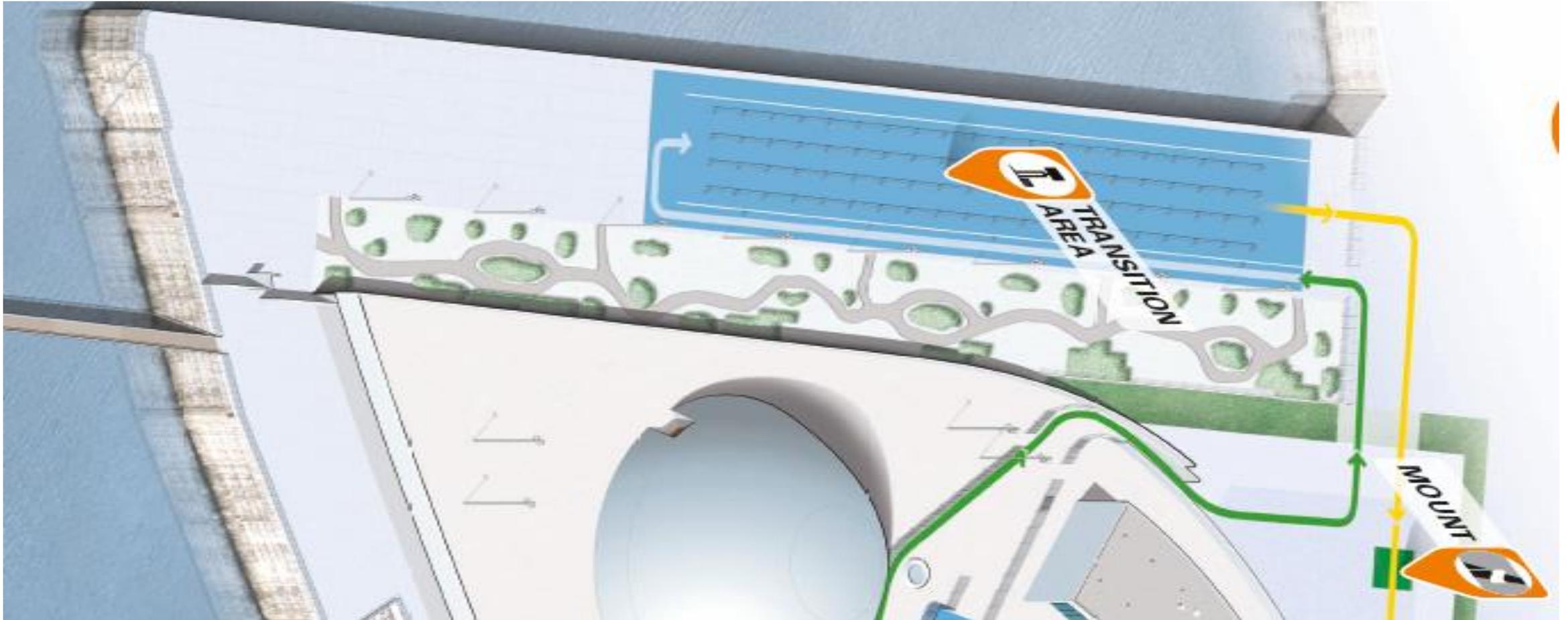
Run Course Map – 2 laps x 4.5km



Run Course Map – End of run (0.4km)



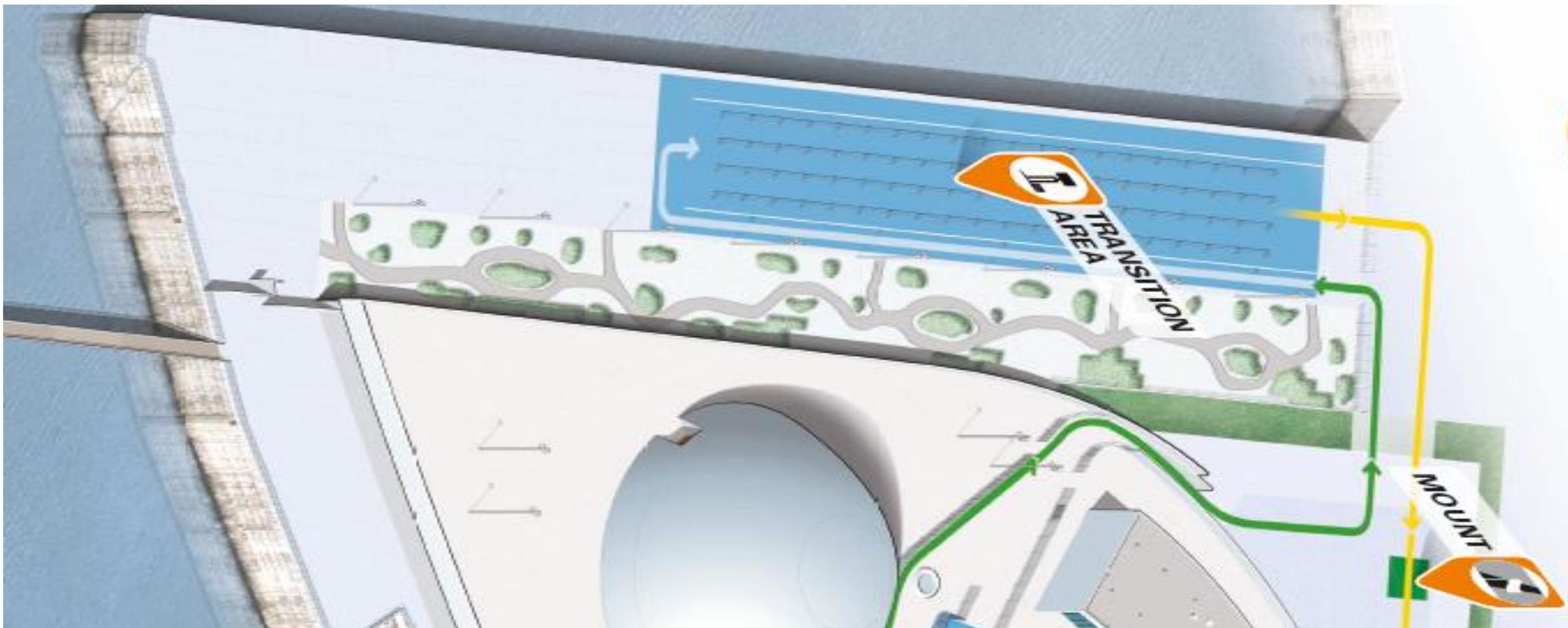
Run Exit to Transition Area



Transition Area

- Traditional Bike Racks – numbered – every 1.5 m
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All equipment within your space
- Bags to the Baggage area
- Remember to fasten your helmet before unranking your bike.
- Race bib number mandatory for both runs, but is optional on the bike
- Mount line is **green**. / Dismount line is **red**.

Transition Flow

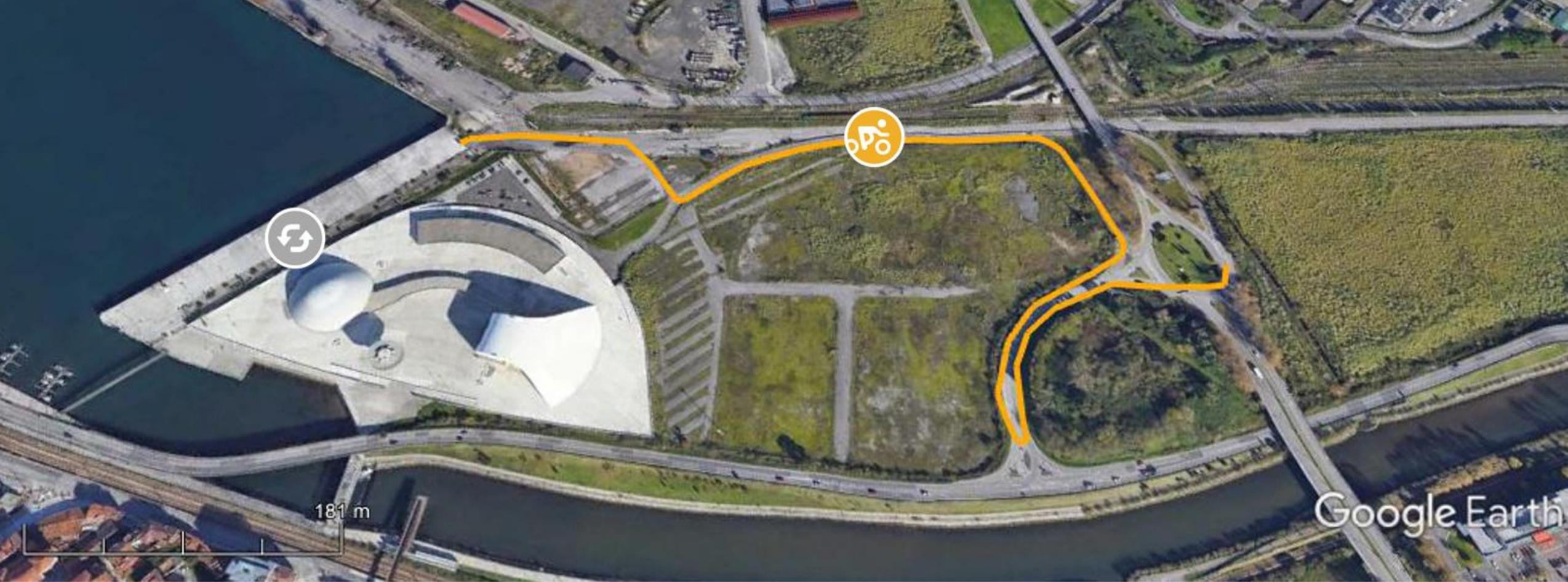


Bike course

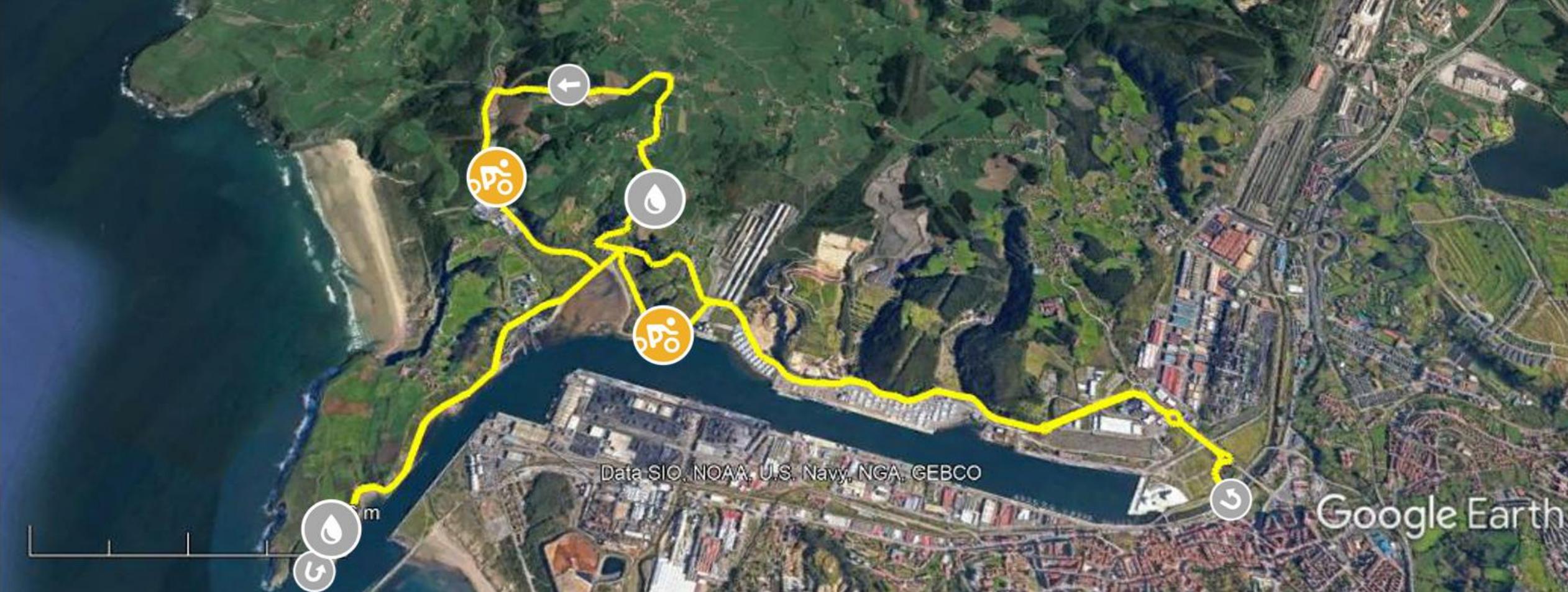


- 1km at the start, 2 laps of 20.2km and then 0.6km to finish (total distance of 42km)
- Hilly and technical
- **Drafting illegal**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**
- Warn the athlete you want to pass
- Timing mat at the end of each lap, but [you are responsible to count for yourself](#)
- Follow the Red Signs

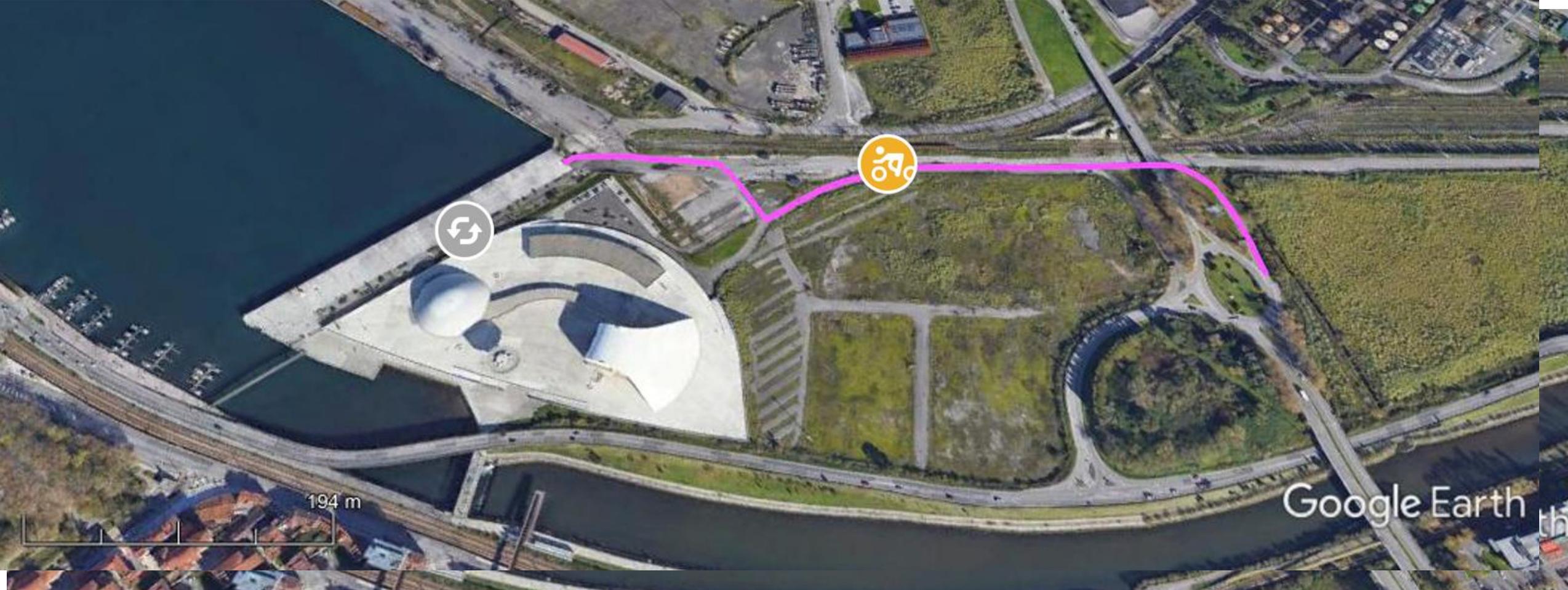
Bike Course Map – Start of Bike



Bike Course Map – Laps (2 x 20.2km)



Bike Course Map – End of Bike



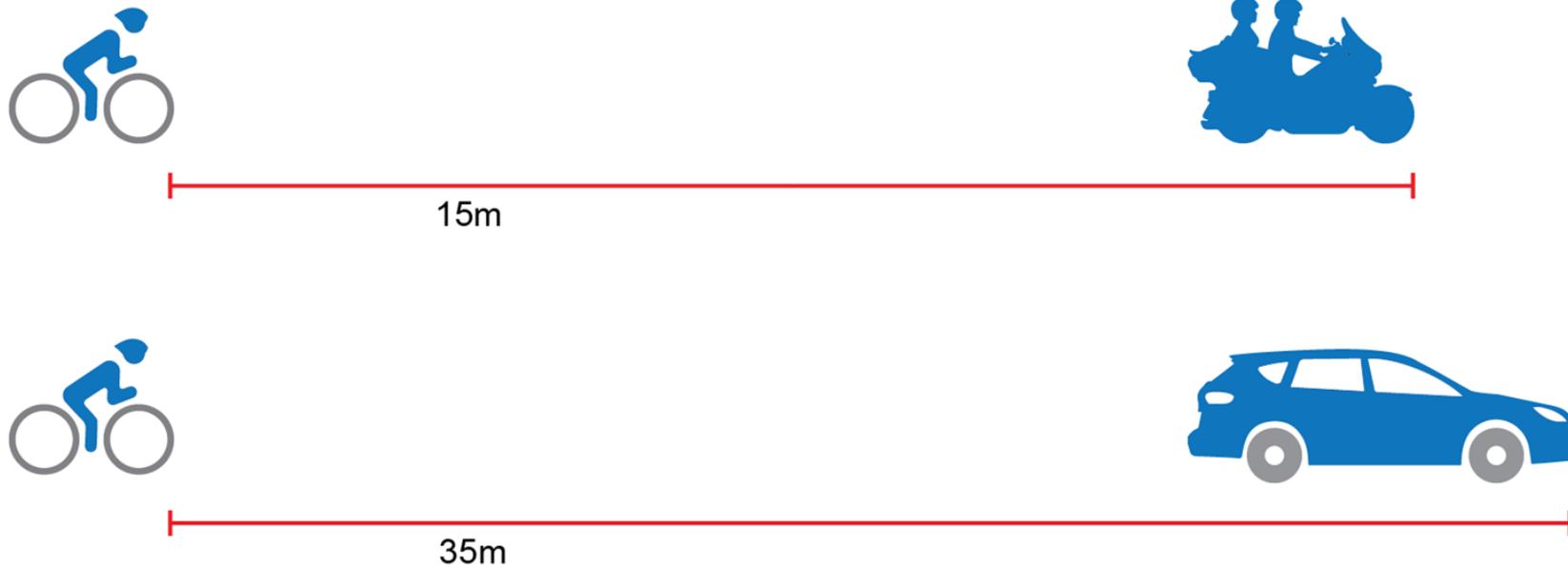
Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass

Draft Zones



Drafting Rules



An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone, and progresses through it within the allotted time in the process of overtaking;
- For safety reasons;
- 100 meters before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

Drafting Rules



OVERTAKING:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;

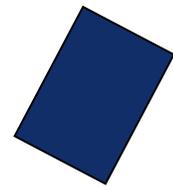
Blocking Rules



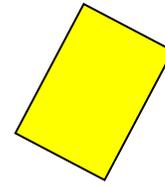
- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of 15 seconds at the next bike penalty box.

Bike Infringements

- Draft **illegal** event
- During the Bike segment, Technical Officials can show 2 different cards (blue and yellow)



Drafting infringement



Other infringements
(blocking, littering, etc.)

- Sprint: **Blue card = 1 min / penalty** **Yellow card = 10 sec / penalty.**
- Standard **Blue card = 2 min / penalty** **Yellow card = 15 sec / penalty.**
- If shown a card, **MUST STOP AT NEXT PENALTY BOX – FAILURE TO DO SO = DSQ.**
- Littering areas attached to each bike penalty box
- Time penalty for littering on the bike are served in the bike penalty box
- 2 accumulated drafting time penalties = **DSQ**

Advice of Penalties

The official will

- Sound a whistle or horn
- Show a **BLUE** / **YELLOW** card
- Call your number
- Advise you of the penalty
- If you are shown a **RED** card, you are disqualified



Penalties



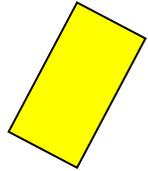
- Stop in the **next** Penalty Box and stay there for 5 minutes
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. A second drafting offense will lead to a DSQ

Penalties

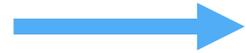


- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.
- The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.
- While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete’s bike or person;
- Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

Bike Infringements – REMEMBER

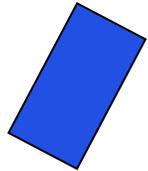


YELLOW CARD

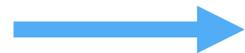


Sprint: 10 seconds STOP
Standard: 15 seconds STOP

PENALTY BOX

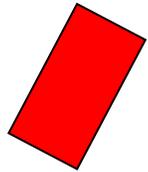


BLUE CARD (drafting)

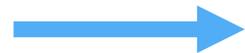


Sprint: 1 minute STOP
Standard: 2 minutes STOP

PENALTY BOX



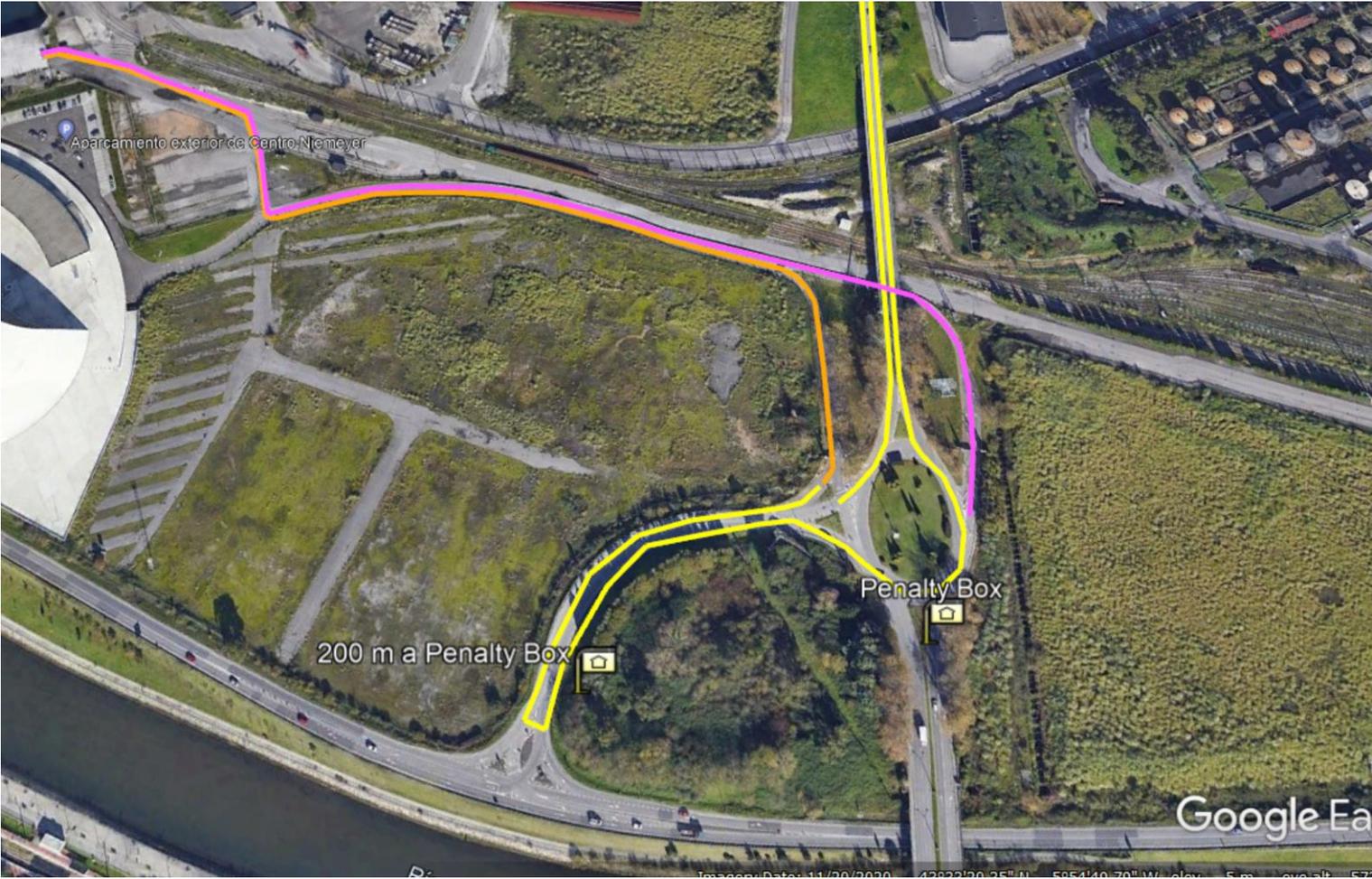
RED CARD



DSQ

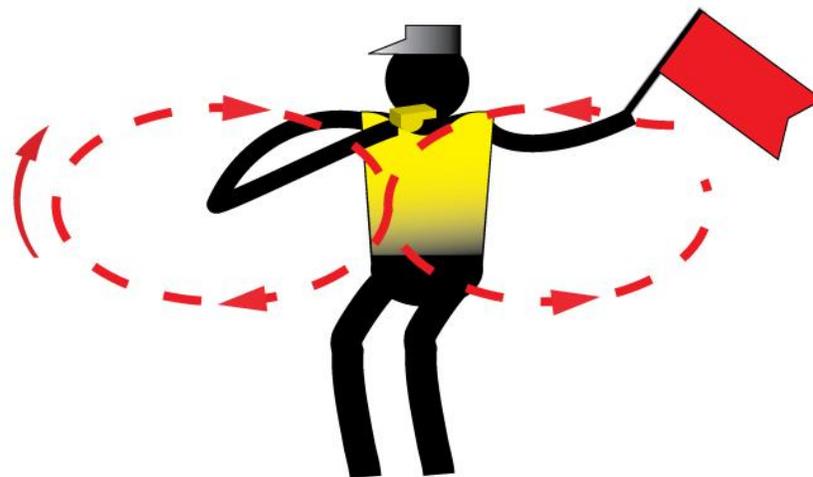
2X BLUE CARDS

Penalty Box

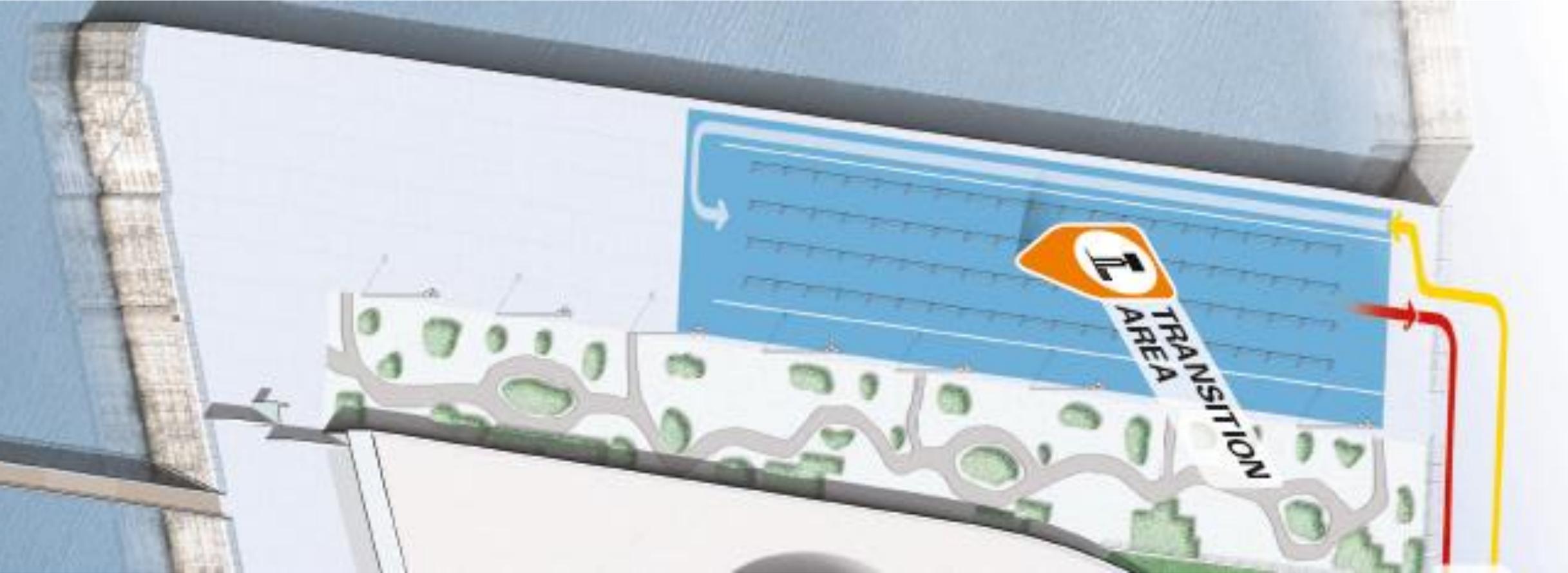


Caution

Caution signal: three sharp whistles and red flags



Bike Exit to Run Entrance

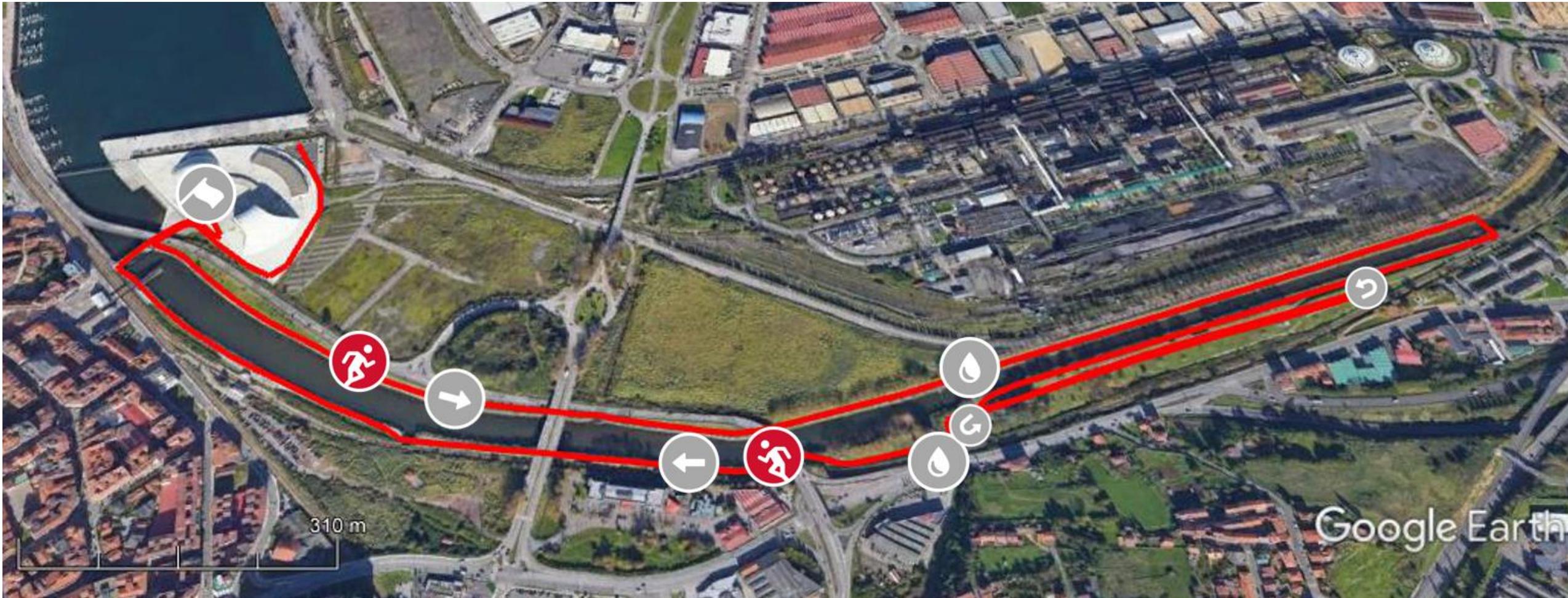


Run course 2

- 1 laps (total distance of 5km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Bottled water
 - Only discard cups and litter within littering areas indicated by the following signs
- Timing mat at the end of each lap,
but you are responsible to count for yourself
- Penalty box is located 200m from the finish
- Bib number must be worn in front of the body
- Photo finish



Run Course 2 Map



All Races

Post-race Procedures



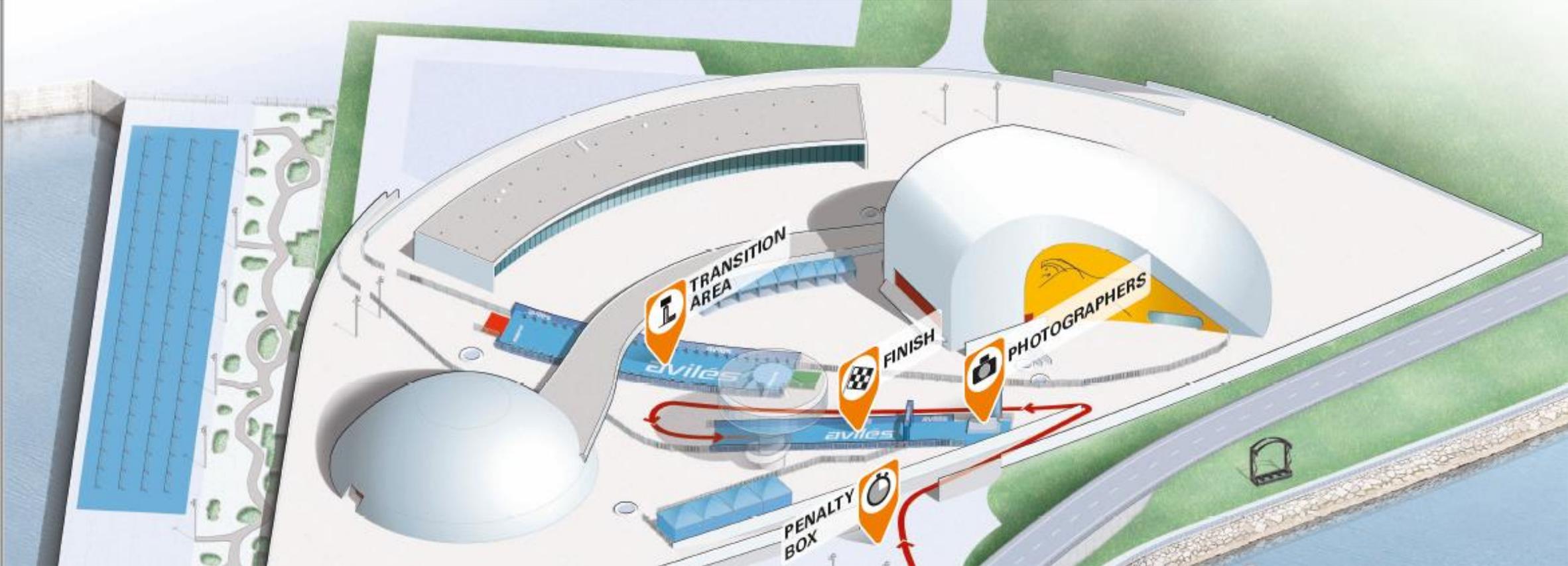
- To avoid congestion: go to recovery area after the finish line
- Food and drinks available there
- Leave the recovery area after having recovered
- Take your bags at bag-drop-off
- Bike check-out times: 11:45 for Sprint, 12:30 for standard

Medical procedures



- Only LOC Medical Staff area allowed in the medical area.
- The NF accredited doctor is allowed in the medical area only when an athlete from their country is in the area.

Finish Area Map



Results and Medal Ceremony - AG



- Results will be posted in the Recovery Area
- Medal Ceremonies: 19:00 on Saturday (Sprint) 19:00 on Sunday (Standard)
- First three athletes of each category are requested to be at the meeting-point **15 minutes before**. Youngest athletes will be awarded first. **Be punctual as we must start on time.**

As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony
- Kids are not allowed on the podium.
- If you can not attend the medal ceremony, your Team Manager or one of your teammates should pick up your medal at the end of the ceremony.

Medal Ceremonies Map



1. Medal Ceremonies
2. Race package distribution and info
3. COVID Test for return home

Opening / Closing ceremonies



- {Insert all the important information regarding the opening/ closing ceremony for the medalists and the attendances}

Weather forecasts

	Temperature in °C	Weather
Friday	12°C	
Saturday	12°C	
Sunday	12°C	

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