

Elite Para triathlon briefing

Friday 31st May 2024



Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

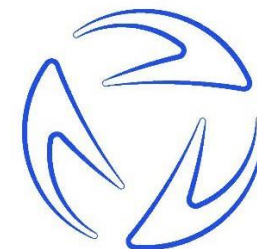
Weather forecast



Welcome and introductions



- Eric Angstadt, World Triathlon Team Leader
- Duncan Hough, GBR, World Triathlon Technical Delegate
- Agueda Soria, ESP, World Triathlon Assistant Technical Delegate
- Luis Coira Nieto ESP, World Triathlon Medical Delegate
- Monica Flores, ESP, World Triathlon Head Referee
- Jorge Garcia , LOC Director

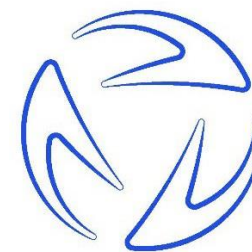


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Competition Jury



- Duncan Hough, Chair
- Eric Angstadt, TRI
- Alicia Garcia, Secretary General, ESP



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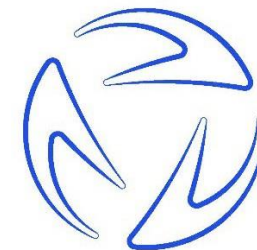
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Schedule and Timetables



TODAY, Friday 31st May, Athletes lounge, Vigo Esplanade

- 16:00- 16:30 Registration and Briefing
- 16:30 Immediately after this briefing collect your race packs
- Race Pack include items as per the Competition Rules



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Race Pack Distribution

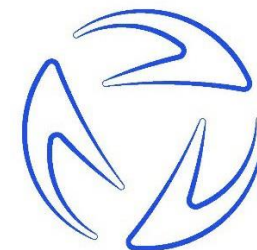


ALL athletes/support team must provide a picture ID to receive the package.

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs

Inform TOs about the colours of swim cap you want to receive at athlete lounge for tomorrow

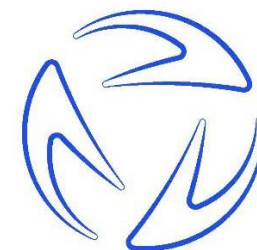


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Athlete Agreement (only at World Triathlon events)



- All Athletes must fill in their data on their Admin page of the World Triathlon Website before competing their first event, or if there is any change.
- If you need logins please contact webmaster@triathlon.org
- Sign the Agreement before taking your race package, that does not include the section with detailed information



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Schedule and Timetables



SATURDAY 1st June 2024

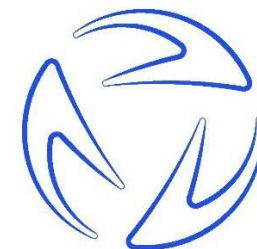
07:30 – 09:00 Athletes Lounge check in

08:00 – 09:00 Transition Area check in for all athletes

08:00 – 09:00 Swim warm up. Outside of this time you can swim but will be away from the swim course

See next slide for Race Start times PLEASE BE AT SWIM START 10 mins prior to your WAVE

13:00 Medal Ceremony – Please be ready 12.45



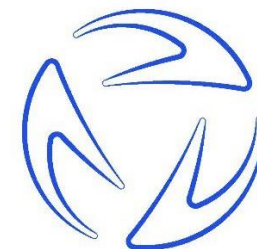
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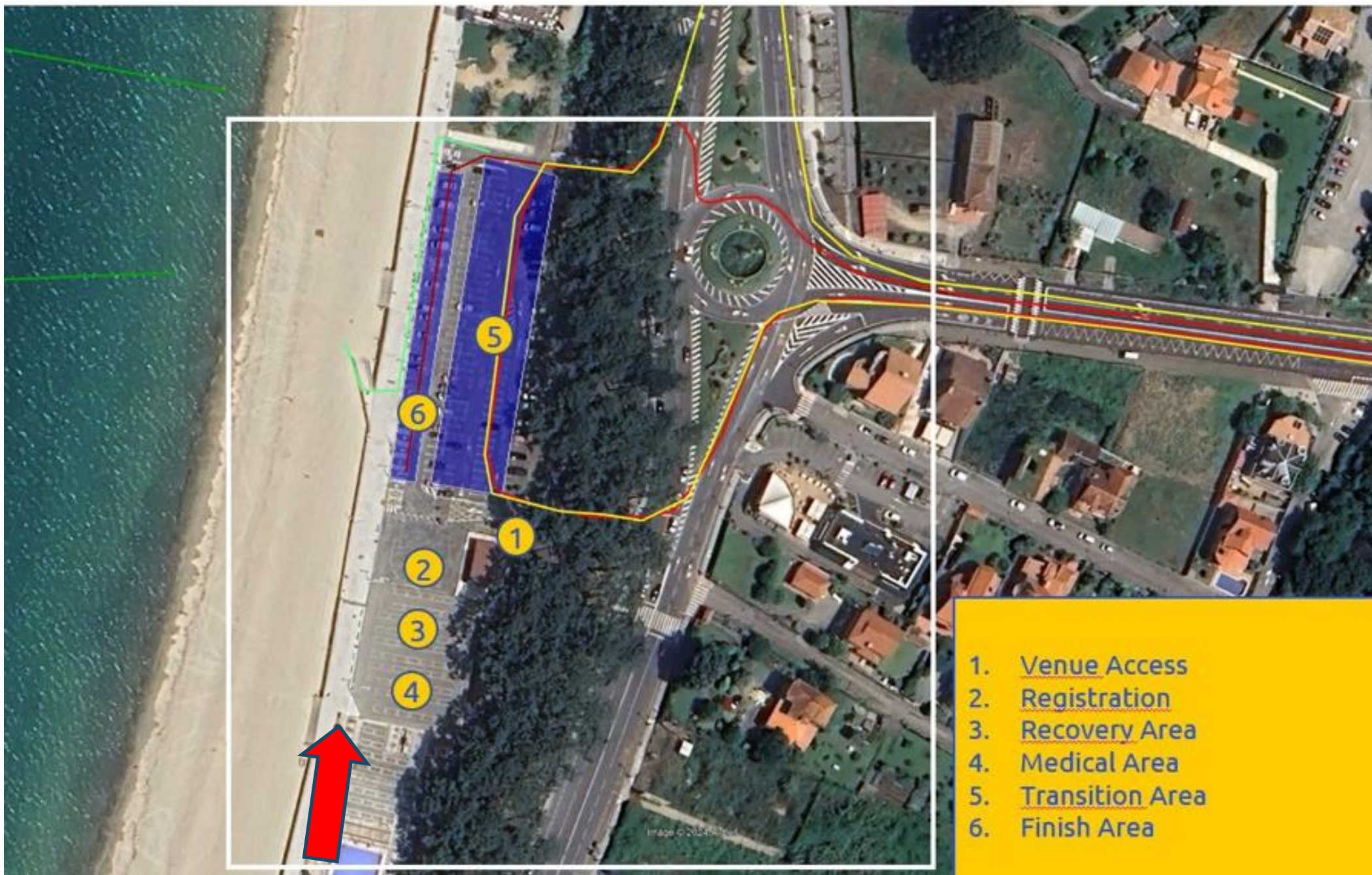
Schedule and Timetables



Saturday 1st June 2024 Start times – be at swim start 10 mins prior to your wave

9:00:00	Paratriathlon PTS5-M Start
9:05:00	Paratriathlon PTVI1-M Start
9:07:41	Paratriathlon PTVI2/3-M Start
9:09:00	Paratriathlon PTVI1-W Start
9:12:11	Paratriathlon PTVI2/3-W Start
9:40:00	Paratriathlon PTS5-W Start
9:42:00	Paratriathlon PTS2/3/4-W Start
9:50:00	Paratriathlon PTS4 M Start
9:52:00	Paratriathlon PTS2/3 M Start
10:30:00	Paratriathlon PTWC1-M Start
10:31:00	Paratriathlon PTWC1-W Start
10:33:00	Paratriathlon PTWC2-M Start
10:34:38	Paratriathlon PTWC2-W Start





- 1. Venue Access
- 2. Registration
- 3. Recovery Area
- 4. Medical Area
- 5. Transition Area
- 6. Finish Area

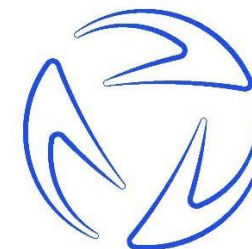
Check-in procedures

Entering the venue

- With your registered Handler/Guide
- Bike check and collection of timing chips and swim caps

Time schedule for athletes lounge check in

07:30 – 09:00



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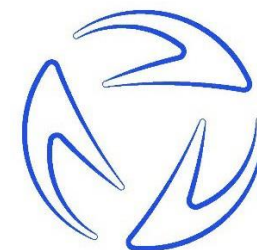
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Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. [Wearing other uniform during the race = DSQ](#)
- Body marking check (both arms, both legs)
- Swim cap distribution
- Timing chips (2x), except PTWC (3x) distribution
- Wave number written on left hand
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station
- Leave bags in the Athletes' Lounge



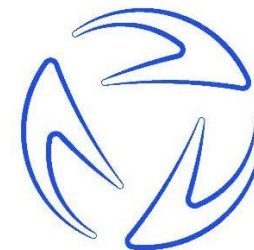
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Swim Cap Colors



Athletes' Lounge

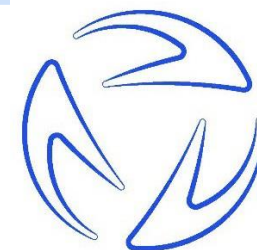
- **PTWC** **RED YELLOW** or **GREEN**
- **PTS2 / PTS3 / PTS4 / PTS5** **RED YELLOW** or **GREEN**
- **PTVI 2/3** (athlete) **GREEN**
- **PTVI 1** (athlete) **ORANGE**
- **PTVI** (guide) **WHITE**



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Timing Chips – Where to Wear

Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork)
PTS2 – PTS5	Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + run prosthesis Non amputees: Both ankles
PTVI	1 - Athlete ankle 1 - Guide ankle



Permitted Equipment - Uniform



Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. [This will be checked](#)
- PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. [Logos are allowed only on the frame.](#)

Permitted Equipment - Uniform



Bike and Run

- Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event **BUT only in Transition.** Removal elsewhere during the race will lead to DSQ
- PTVI 1 athletes must wear black-out glasses on the bike and run segments.
Logos are allowed only on the frame.

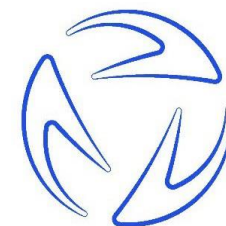


Check-in procedures



Transition Area

- A folding chair will be provided to athletes if required
- To add any equipment to the bike, approval is to be obtained from the TD at the end of the athletes' briefing.
- Only athletes and their handlers will be allowed in the Transition Area
- Helmet check – Don't leave your helmet fastened in the transition
The athletes who do not comply with this rule will receive a time penalty of 10 seconds in TA1.
- Running Shoes on the ground, helmet on the bike
- Spare wheels collected at bike check & returned to Athletes Lounge



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Athletes' line-up

- 10 minutes before your wave start, line up before start area on beach
- Order will be wave number, then category, then race number
- Move to the swim start when you are introduced, select a position and stay behind the line!
(inside the water)
- **Officials/ Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the start

Pre-start Procedures

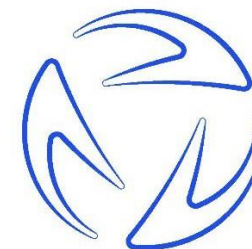


Wave starts - Athletes' line-up

- Interval Start System PTVI & PTWC
- Each wave will start at an exact time
- Please follow instructions promptly

New Water temperature limit for wetsuit use:

- 24.6°
- PTWC wetsuit bottoms always allowed if the swim takes place



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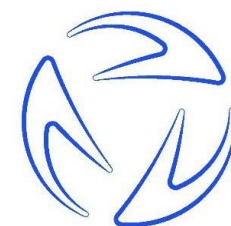


1. Venue (Finish, Transition Area)
2. Host Hotel

Athlete in position in the water

- Deep water start keeping between or behind the two buoys
- The start can be given any time after the Head Referee announces "On your mark"
- Air horn blast
- The wave 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 10 seconds penalty in TA1.**
- **During the time penalty, the athlete CANNOT touch any equipment.**

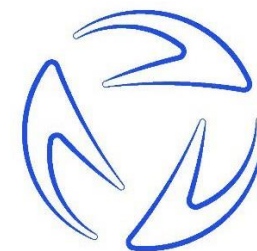


The course

Swim 1 lap of 750 m = 750 m

Bike 4 laps of 5 km = 20 km

Run 3 laps of 1.6 km = 5 km





PO-324

Rúa do Río

Rúa Sarrias

Rúa Laxielas

Rúa Redondo

Rúa San Paio

Rúa da Tomada

VG-20

Av. Samil

Rúa Pererías

Rúa Lourido

Camiño Perregueiras

Av. Europa

Camiño Fonte

Rúa San Paio

Camiño Breixo

Camiño Fontes

Av. Samil

Av. da Atlántida

Rúa Castaña

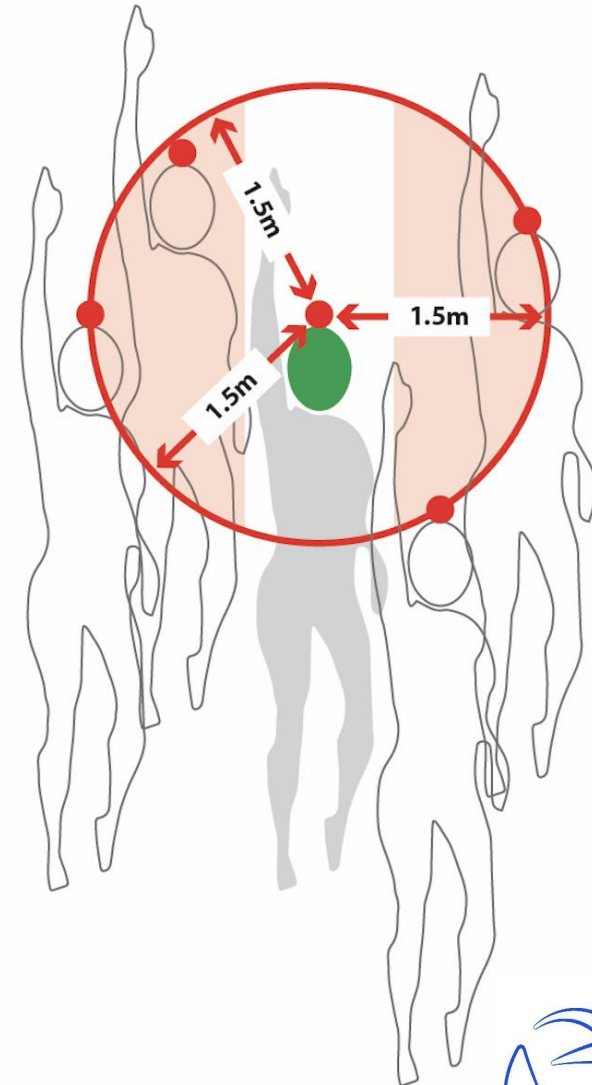


Google Earth

Av. Samil

PTVI Swim Conduct

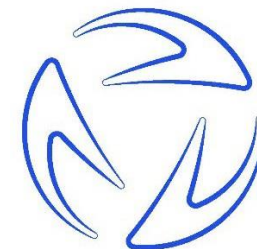
- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation



Definition from the World Triathlon CR §4.1:

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

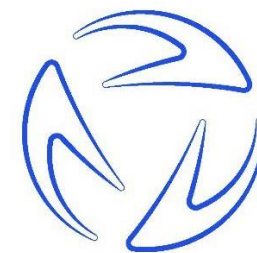
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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 Exit Handling



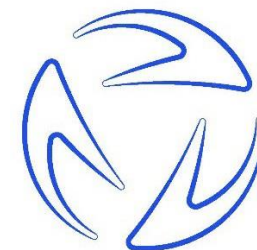
- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.



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Pre-Transition Area

- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area (can push athlete up the slope to transition, this will be marked) as well as carry athletes' gear)
- No wetsuit removal by TOs nor swim exit assistants/volunteers



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TIDE LINE



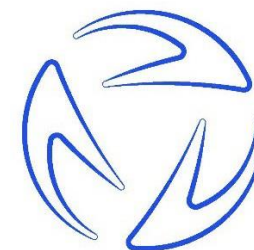
Transition Area

- Horizontal bike racks
- Name, number, country code and flag
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)
- **PTWC shall stop completely at mount and dismount lines only when on the handbike**
- All mobility equipment shall remain within the assigned space in transition. All used swim caps, goggles, wetsuits, tethers, helmets in the bin;
Failure to do so = 10 second penalty on run
- **All used equipment must be placed in the bin. By the end of the last transition, ALL equipment (used + unused) must be deposited in the corresponding bin**

Transition Area



- 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.
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle

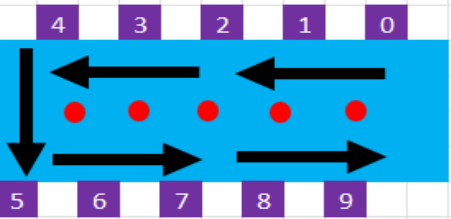


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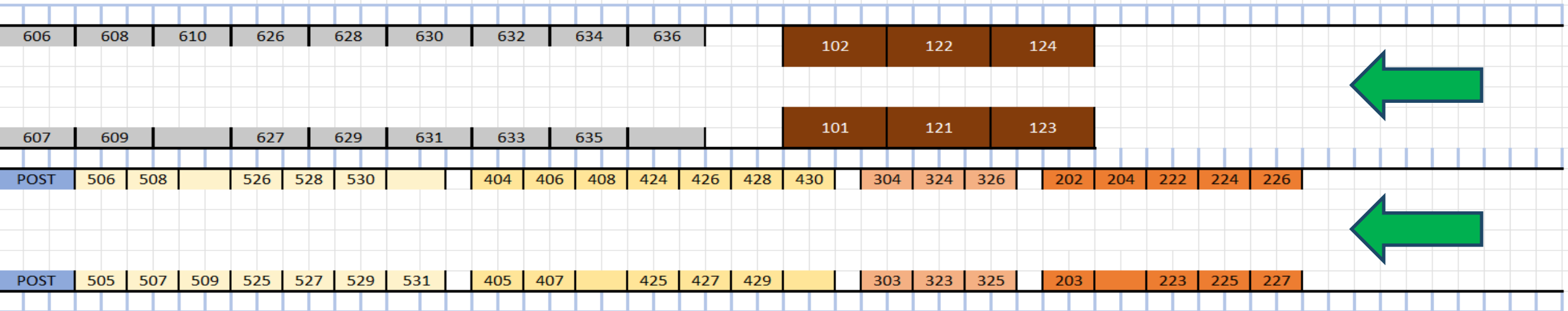
T1



T1



Transition Area: 1 case = 1x1m



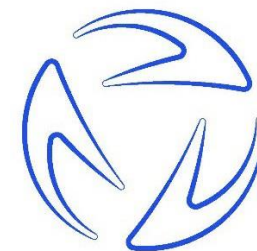
	M	W
PTWC	4	2 6
PTS2	6	3 9
PTS3	4	2 6
PTS4	7	5 12
PTS5	7	5 12
PTVI	11	5 16

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Post Transition Area



- A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.



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Bike course

- 4 laps (total distance of 5 km)
- Hilly and undulating
- 1 Wheel Stations located 20 m prior to transition, available twice each lap
 - For location see the map
- Electronic lap control, but you are responsible to count for yourself !
- Bike Penalty box with Wheel Station 20 m prior to transition
- Littering zone is 50 m from transition either side of the road
- Always ride on the right, pass on the left
- Warn the athlete you want to pass
- **DO NOT CROSS THE CENTRE LINE – DSQ**

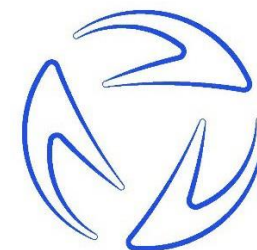


Bike course



PTWC handbikes

- Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;



Bike course

- Draft illegal event
- If shown a **BLUE** card for drafting, you
 - **MUST** stop at the bike penalty box - 1 min/penalty
 - **Failure to stop at the penalty box: DSQ**
- It is the athlete's responsibility to stop at the Penalty Box – numbers not posted on board
- Time penalties for littering on bike course will be served at run penalty box: **10 sec penalties** (**YELLOW** card)
- 2 accumulated drafting time penalties = **DSQ**

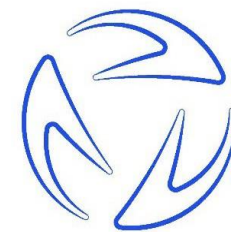


Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass



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Draft Zones



15m



35m





Bike Course

4 laps x 5 km.

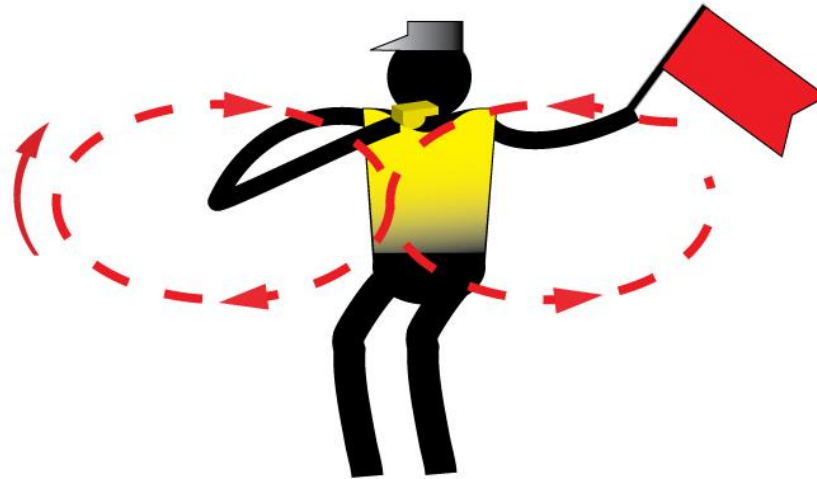


Gráfico: min, media, máx. Elevación: 6, 17, 52 m
Total de intervalo: Distancia: 5 km. Incremento/pérdida de elevación: 92,6 m / -92,6 m. Pendiente máxima: 25,8% / -23,5%. Pendiente media: 3,3% / -3,2%



Caution

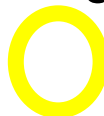
Caution signal: three sharp whistles and red flags



T2



Run course

- 3 laps (total distance of 5 km) – Clockwise
- Aid stations:
 - 2 per lap
 - For location see the map
 - Sealed water and ice
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
 - Free leading zones: run u-turns - Shown as 
- Photo-finish Congestion in finish area >>> Go to mixed zone /
- recovery area





Run
Penalty
Box

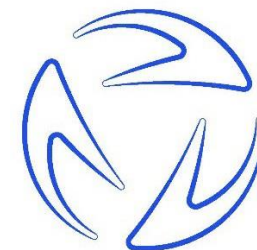
Aid
Station
Both Side

Ptwc
Wheel
Stop

Outside assistance



- Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.



Run Penalty Box

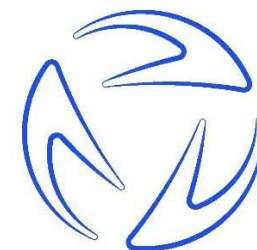
- Start infringements will be served in T1
Swim, T1, Bike littering, T2 and Run Infringements will be served in Run
- **Location:** 100 m before the finish line, at the end of each lap
- **Information:** White board to show race numbers and letters to indicate violations
- (Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 10 second time penalty served on any lap of the run
- PLEASE CHECK THE PENALTY BOX - athletes with no coaches!!

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.

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 bin. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.



Run Penalty Box



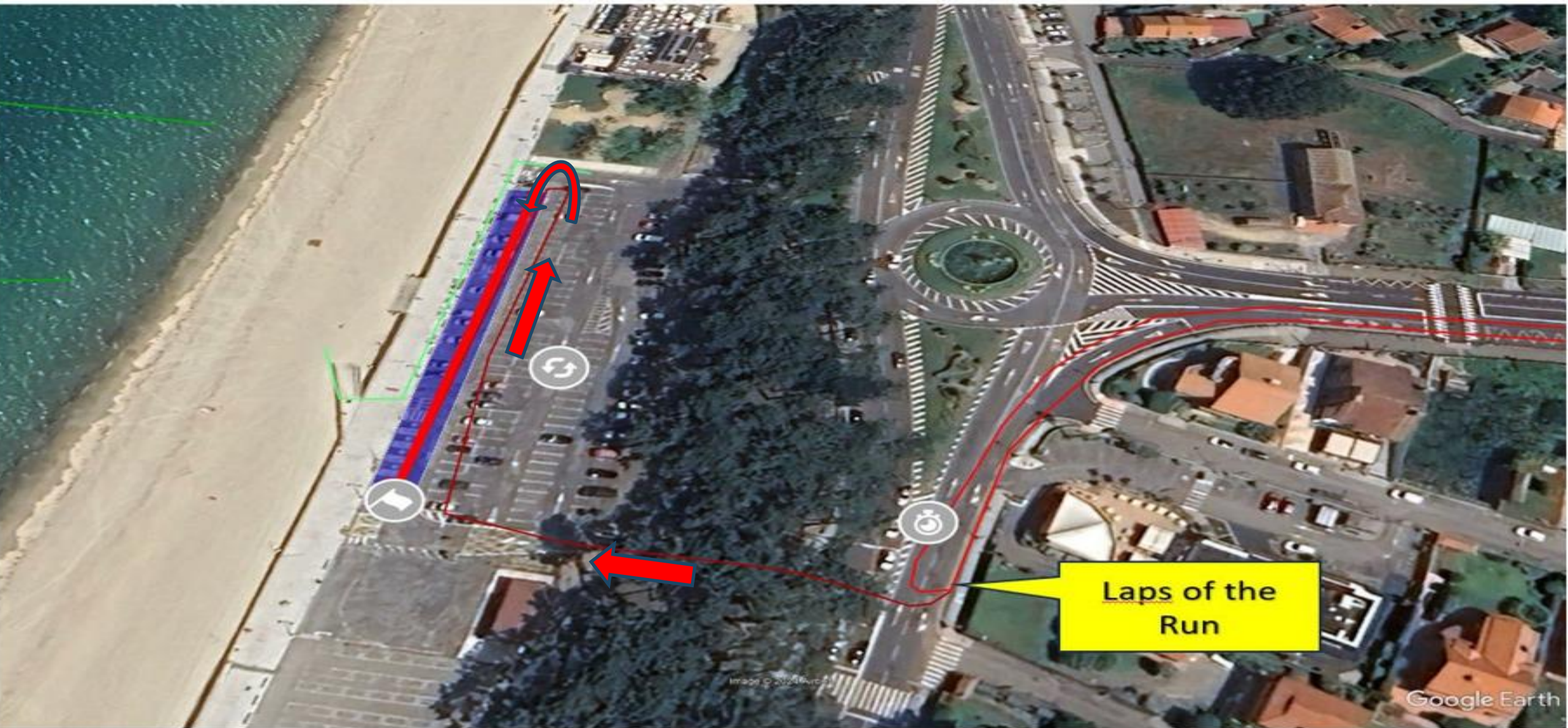
If you incur a penalty, you will find **your number plus a letter** code indicating the nature of the infraction:

Violations Abbreviations:

Dismount Line	D		Littering	L
Mount Line	M		Equipment outside the box	E
Swim Behavior	S		Bike Behavior	B
Run Behavior	R		Other violations	V

For example:

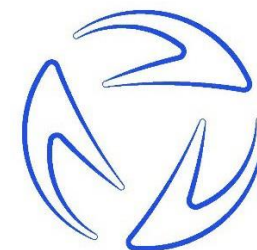
12 D	athlete #12 received a time penalty for a dismount line violation
12x2 ME	athlete #12 received 2-time penalties for mount line and equipment outside the box violations



Laps of the Run

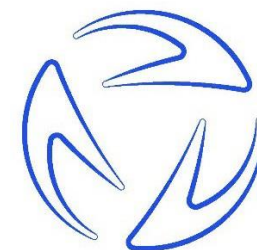
Right to protest

- 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.



Handlers Direction after T2

- Proceed to finish line via Recovery area, off the FOP
- Do not go down the finish chute
- Bike check out: once last athlete is off the bike course



Post-race Procedures

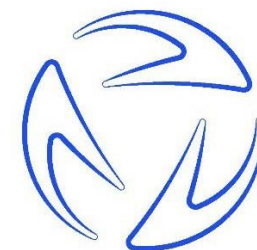


Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Medical

- Accredited team medical will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate

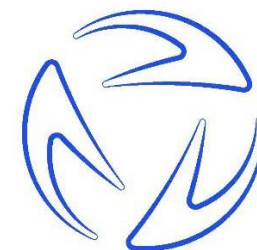


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Post-race Procedures



- Race Results posted post race
- Medal ceremonies at 13:00
Please be there at least 15 mins before the official time of the awards!
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach **AT THE END** of the medal ceremony.
- Elite athletes are not allowed to carry their country flag on the podium

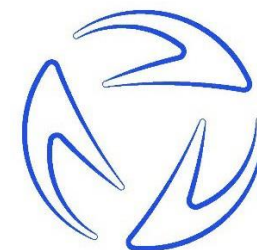


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Para Cup**
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2024

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



Coaches Accreditation / Coaches Areas

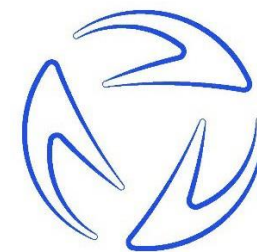


Accreditation

- All coaches have to collect accreditation to be able to enter the venue. venue – [a picture ID needed](#).
- 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, 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 finish area/ Penalty Box



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Water Quality Assessment (Sea)

Enterococci	
Insert Sample Date	NMP/100mL
Location A	31
Location B	20
Location C	20
Enterococci limit	<100

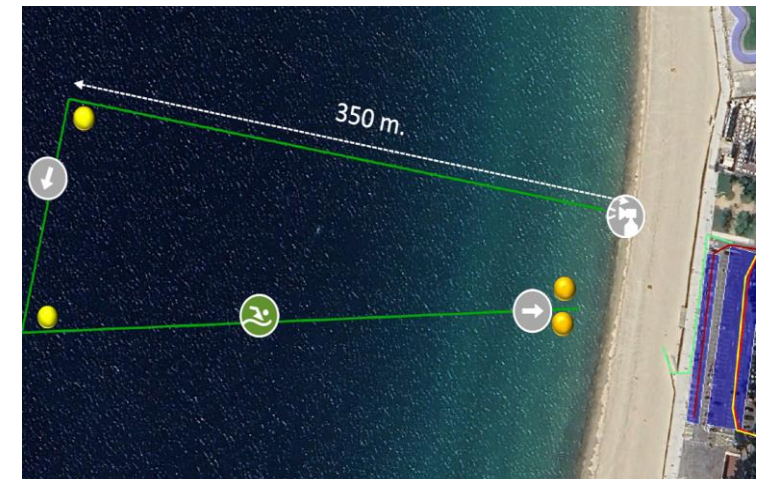
E.Coli	
Insert Sample Date	NMP/100mL
Location A	10
Location B	10
Location C	10
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	8.2
Location B	8.2
Location C	8.2
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Sunny
Race Day	Sunny

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

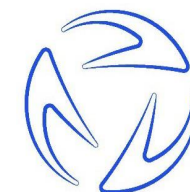
Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:15	Insert comments if necessary



SUMMARY

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FIND IT IN THE SLIDE NOTES BELOW, eg.

1 = 'Very Good Water Quality': (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;



Heat stress indicators

Warning flags will be placed at the athletes' area and behind the spectators' stands



Weather forecasts

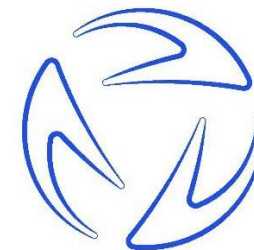
Temperature in °C

Water temp:

19°

Vigo +
Friday 07:01 22:04
26°
13°
13
Sunny and a moderate breeze
VH UV

Vigo +
Saturday 07:01 22:05
27°
14°
10
Sunny and a gentle breeze
VH UV



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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