

Elite Athletes' briefing

World Triathlon Cup

Wollongong

18 April 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



- Uncle Richard Davis, Illawarra Aboriginal Corporation
- Tim Harradine, CEO Triathlon Australia
- Thanos Nikopoulos (GRE) World Triathlon Team Leader
- Juliet Fahey (NZL) World Triathlon Technical Delegate
- Sue Horsburgh (AUS) World Triathlon Assistant Technical Delegate
- Tracey O'Connor (AUS) World Triathlon Medical Delegate
- Claire Hannan (NZL), World Triathlon Head Referee Elite Women
- Frank Stapleton (AUS), World Triathlon Head Referee Elite Men
- Mark Emerton, LOC Director, Elite Energy
- Toby Keegan, Event Director, Triathlon Australia



Competition Jury



- Juliet Fahey, World Triathlon Technical Delegate (Chair)
- Michelle Cooper, World Triathlon Executive Board
- Nicky Western, NSW Triathlon Board



Schedule and Timetables



THURSDAY

Immediately after Race pack pick-up (after athletes' briefing)



Race Pack Distribution



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

(**Only** accredited coaches entered on World Triathlon system (according to the competition rules 10.9 (e) will receive accreditation)

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs (don't remove the World Triathlon logo)
- Accreditation - gives access to athletes' lounge on race day
- LOC gifts



Schedule and Timetables



FRIDAY 19th April

12:00 – 12:30

Bike course familiarization (2 X Laps escorted not at race pace)

Meeting point: Transition zone at 11:45

1:00 – 2:00

Swim course familiarization

Meeting Point: Swim Start



Schedule and Timetables



ELITE WOMEN

SATURDAY 20th April

11:30 – 12:30	Athletes' Lounge check-in for Elite Women
12:00 – 12:45	Transition Area check-in for Elite Women
12:00 – 12:45	Swim Warm-up for Elite Women
12:50	Athletes' Line Up for Introduction (on the pathway above swim start)
13:00	Elite Women Start
14:15 – 14:30	Elite Women Medal Ceremony

ELITE MEN

SATURDAY 20th April

13:30 – 14:30	Athletes' Lounge check-in for Elite Men
14:00 – 14:45	Transition Area check-in for Elite Men
14:00 – 14:45	Swim Warm-up for Elite Men
14:50	Athletes' Line Up for Introduction (on the pathway above swim start)
15:00	Elite Men Start
16:10	Elite Men Medal Ceremony

Venue Map



Check-in procedures



Athletes Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Once checked and tagged at Bike Check In Athletes Lounge, it is your or your coach's responsibility to take these to the Team Wheel Station (location: 50m after the mount line). Please also collect these from the team wheel station post race.
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Only traditional handlebars
- Approval for the addition/modification of any equipment to the bike **MUST** be obtained from the Head Referee at the end of this athlete 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**
- Body decal 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 and worn under the official swim cap.
- Leave your bag in the Athletes' Lounge & collect from there after your race.



Check-in procedures



Transition Area

- Helmet check - Leave your helmet unfastened in the transition
The athlete/s who do not 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 in a draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee within 10 minutes after the end of this briefing.

Athlete Introduction

- 10 minutes before start - line-up on the pathway above swim start ready for introduction. Please be prompt to avoid delays. Follow the instructions of the technical officials.
- Jog down the steps to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the athletes' line-up

Pre-start Procedures – Line-up map



Start Procedures



Athletes 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 10 seconds 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 second penalty in TA1.
- During this time penalty, the athlete(s) may NOT touch any equipment.



The course



Swim 1 X Lap Anti Clockwise of 750m (distance to first buoy 350m)

Bike 5 X Laps of 4km = 20km

Run 1500m then 2 X Laps of 1.75km= 5km



Swim course



Today (18th April 2024) at 1:30pm:

Water: 21.5 °C

Air: 22.1 °C

WBGT: 21.1 °C

LOW
HEAT STRESS

- The “Official” water temp will be taken 1hr prior to each race and posted in the Athletes Lounge, with the Head Referee advising according to the Competition Rules regarding wetsuit use/or not
 - 1 X Lap total distance of 750m.
 - Swim anti clockwise, keeping four pink turn buoys to your left side, except the yellow buoy closest to the beach which you will pass on your right side
- There is a red boat mooring 50m off - shore which you can swim either side
- Distance to the first turn buoy is 350m
 - Take cap, goggles to transition and place into your box

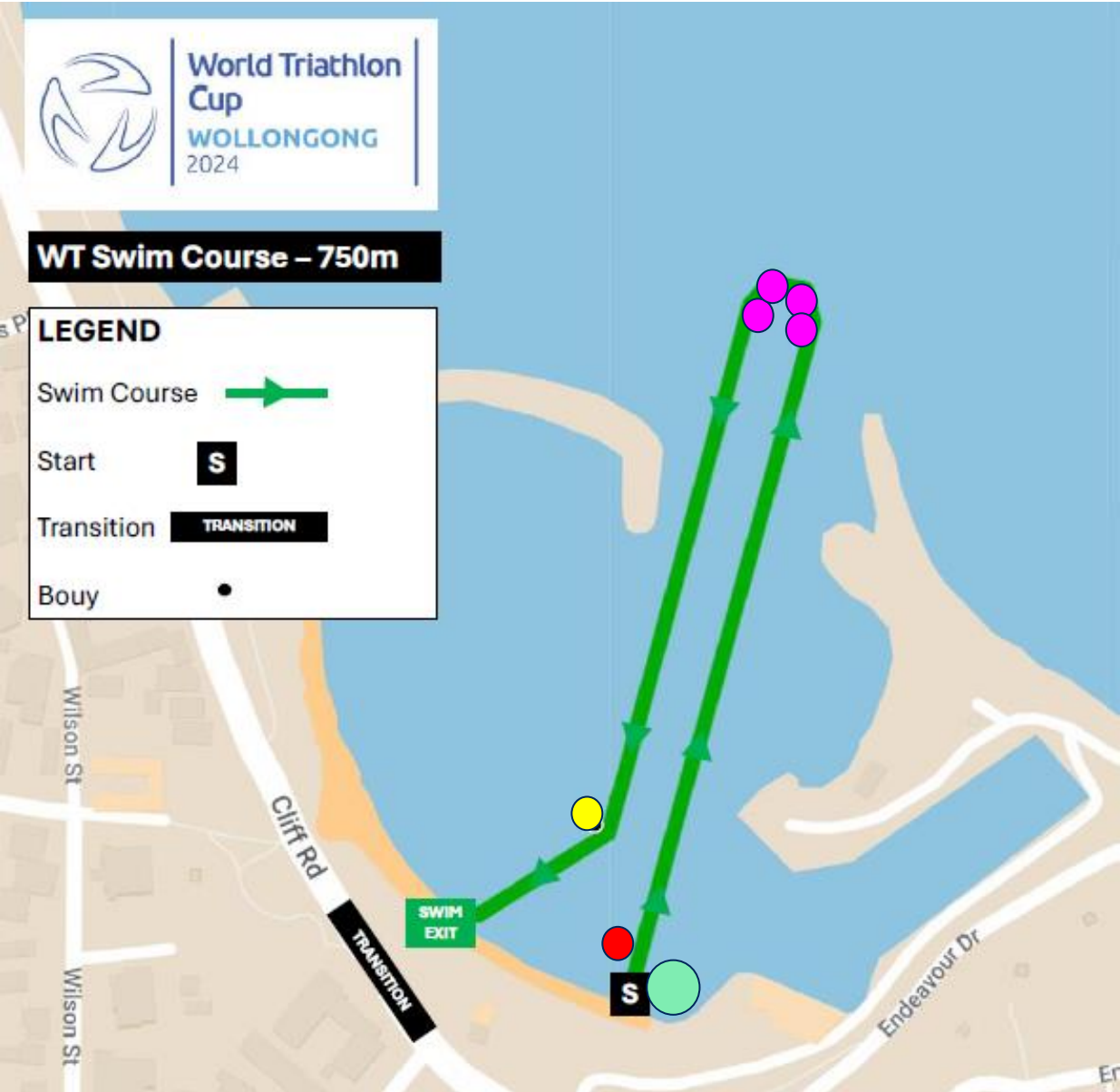


Heat stress indicators

Warning flags will be placed at the athletes' area.



Swim course map



Definition from the World Triathlon Competition Rule 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 behavior in this respect .
- Infringements may be recorded, and appropriate action will be taken according to the rule definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Transition Area



- Swim Exit to TA 125m
 - Individual Bike Racks – number, name and country flag (along one side of the transition zone)
 - 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.
- 24 Mount line (**Green**), Dismount line (**Red**)



Bike course

- 5 X Laps of 4km = total distance of 20km
- Undulating with technical declines
- 2 Wheel Stations
 - 1 Neutral Wheel Station
 - 1 Team Wheel Station
 - For locations see the map
- Bike Lap Counter: At the exit of the transition zone
- Littering Zones – 20m before each wheel station to 100m past wheel station
- Lapped athletes are out of the race

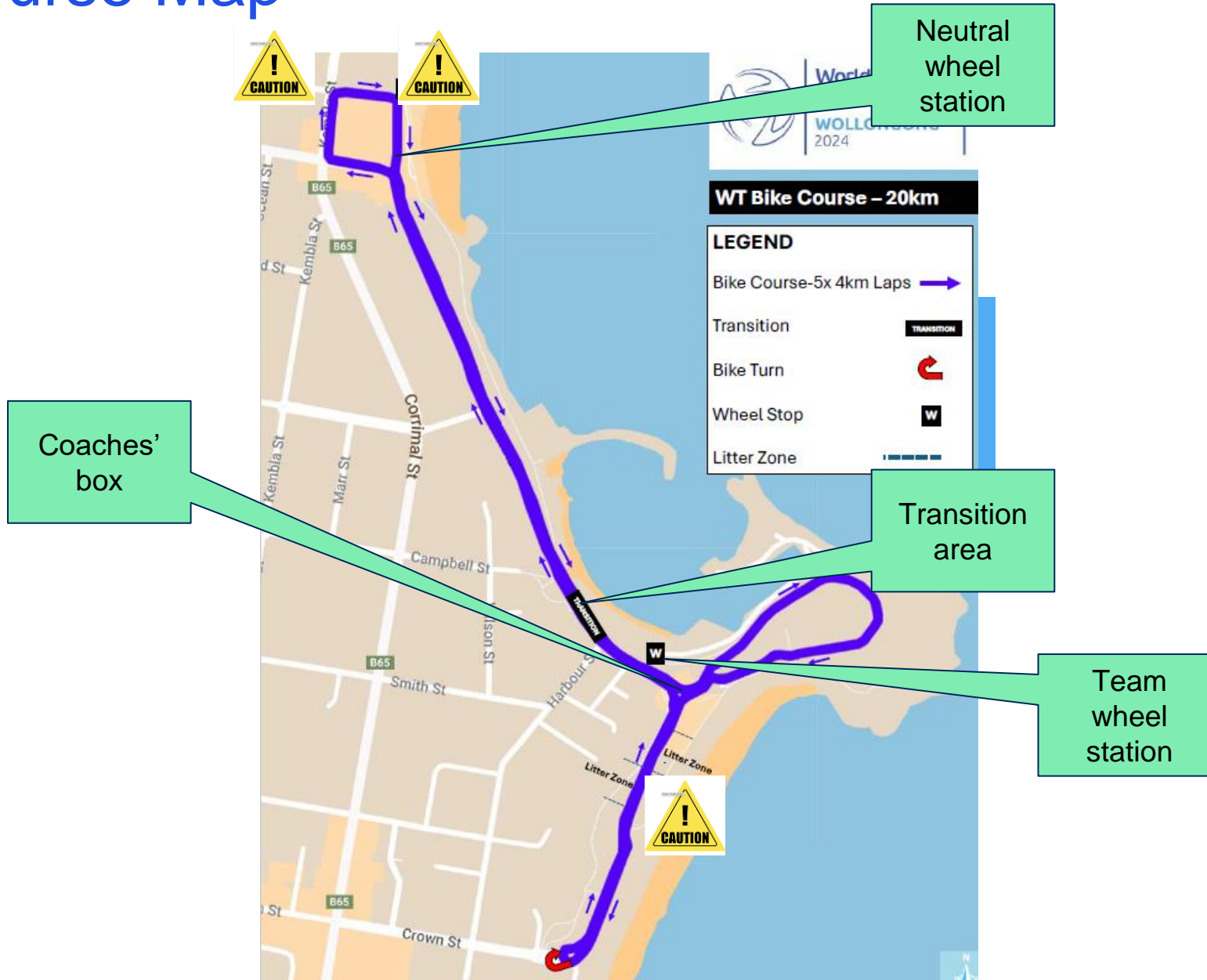


Bike course sections to be aware of which we will highlight during Bike Familiarization.

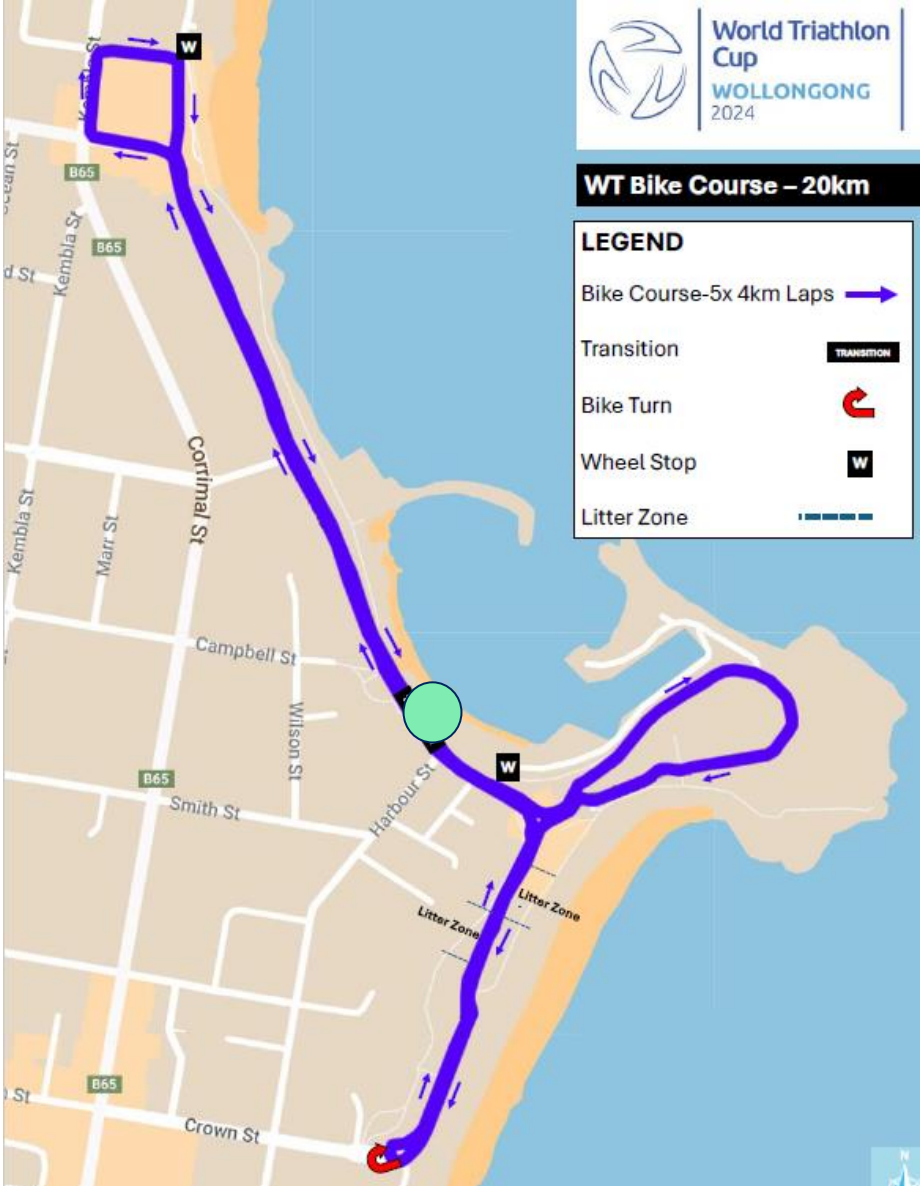


- Several fast declines
- Narrow sections
- Slightly raised red pedestrian crossing on out/in bound lap near Georges
- Raised triangular traffic island on Kembla str.
- Keep left of cones in centre dividing the bike course at all times do not cross these

Bike Course Map

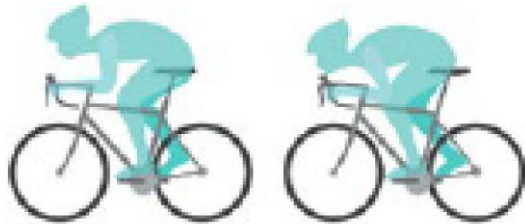


Bike Course Map



Riding position

OK



NOT OK

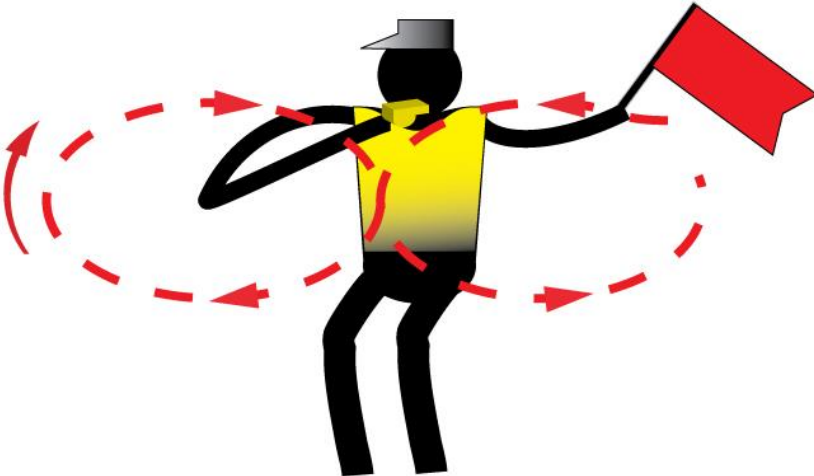


Definition from the World Triathlon Competition Rule 5.1(b)

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.

- iv. 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.
- v. 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.

Caution

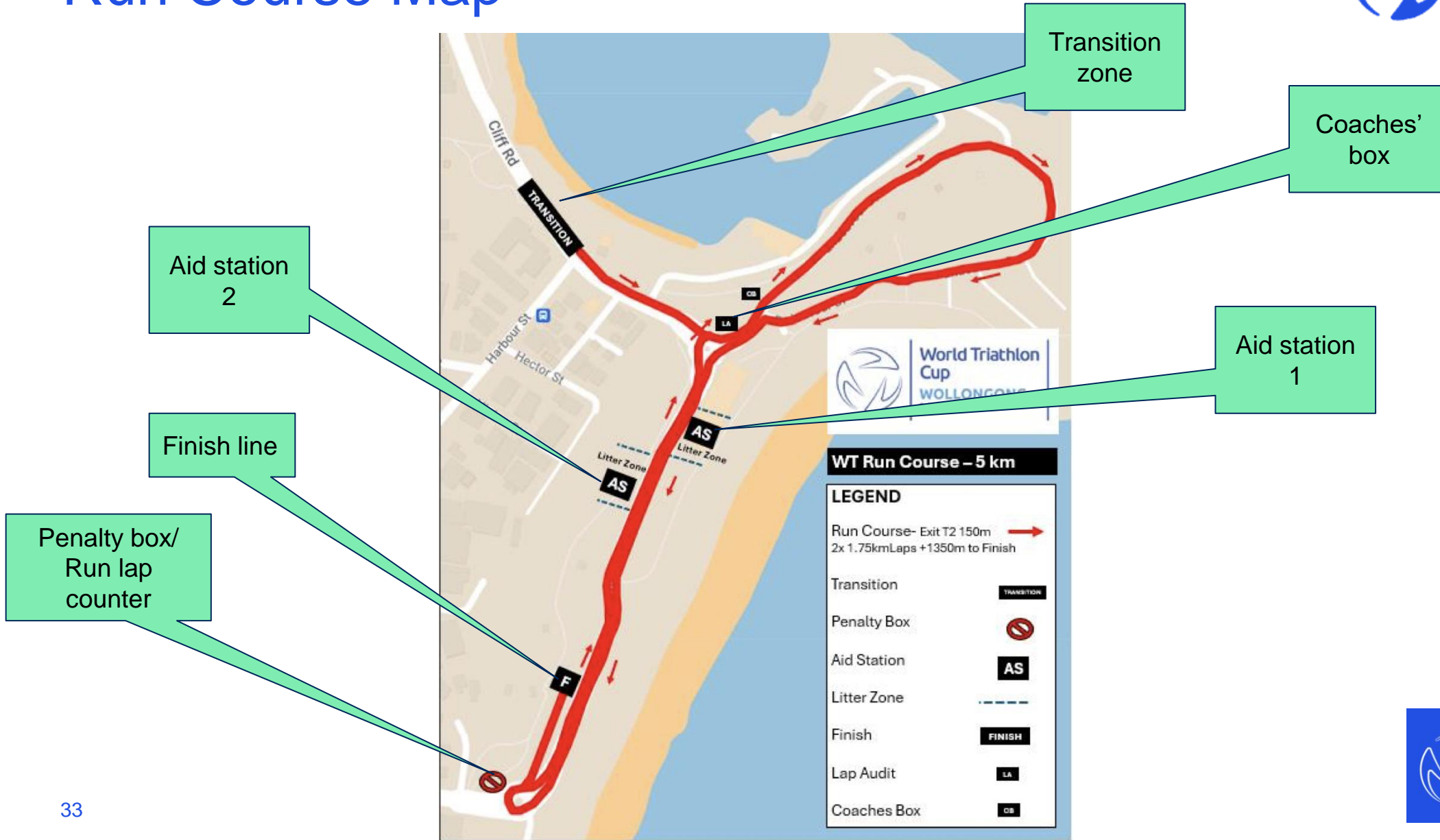


Run course

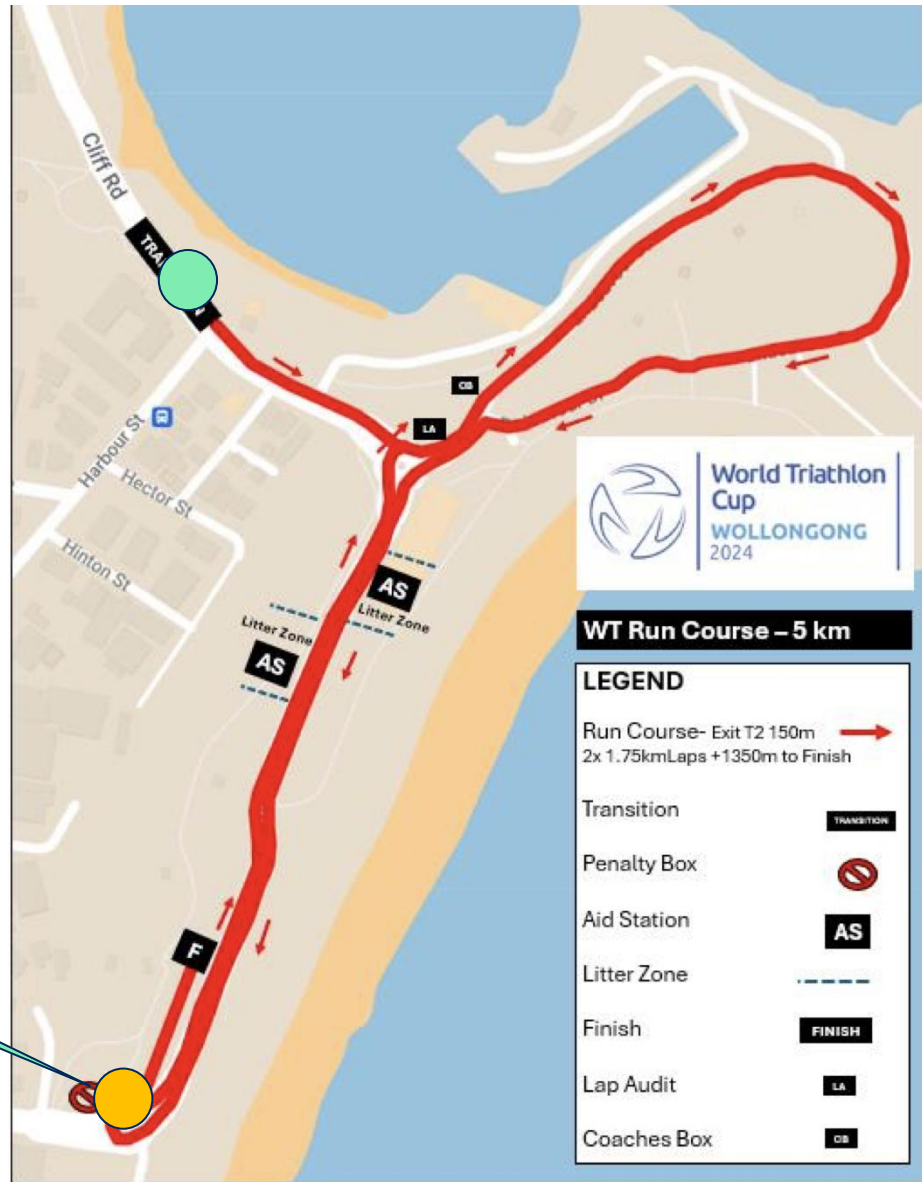
- 1500m + 2 laps of 1.75km total distance of 5km
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs above
- Photo-finish
- Avoid congestion in finish area, please continue to move forward through the mixed zone to recovery



Run Course Map



Run Course Map



Penalty box/
Run lap
counter

Definition from the World Triathlon Competition Rule 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 triathlon and its other related multisport 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 Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served on the Run
- **Location:** At the run lap counter point (near the finish line)
- **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

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:

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



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol –14.15pm Elite Women or 16.10pm Elite Men
- Elite athletes are not allowed to carry their country flag on the podium; there will be flags on the big screen with the playing of the national anthem of the winner.
- Prize money will be sent.

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

Medical

- Accredited team medical will only be allowed to enter the medical tent after the World Triathlon Medical Delegate & LOC Doctor's permission has been given.

Right to protest

- An Athlete who receives a penalty may protest, with the exception of:
 - **(i) 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.
- This protest must be lodged in the timeframe according to the Competition Rules.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches must collect accreditation to be able to enter the venue. Accreditation for coaches is available to be collected from officials following this briefing.
- **ONLY** Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

Coaches' areas

- Athletes' lounge;
- Lane beside transition;
- Coaches' box on the bike/ run course and
- Next to the penalty box



Important updates



- Accredited coaches who wish to take part in the run course measurement scheduled for **Saturday 20th April at 12:00pm**, please see the officials after this briefing to register for this.
- Meeting point for this is just outside the Athletes Lounge. Please arrive by 11.55am so we can commence on time
- Thank you.

{select the appropriate}



Water Quality Assessment (Sea/Transition)

Analytical Results

Sub-Matrix: WATER (Matrix: WATER)				Client sample ID		
				MBA01	MBA02	MBA03
Client sampling date / time				25-Mar-2024 10:15	25-Mar-2024 10:15	15-Mar-2024 10:15
Compound	CAS Number	LOR	Unit	EB2012636-001	EB2012636-002	EB2012636-003
				Result	Result	Result
EA005P: pH by PC Titrator						
pH Value	----	0.01	pH Unit	8.24	8.18	8.26
MW006: Faecal Coliforms & E.coli by MF						
<i>Escherichia coli</i>	----	1	CFU/100mL	~4	4	4
MW023: Enterococci by Membrane Filtration						
<i>Enterococci</i>	----	1	CFU/100mL	~2	<1	<1

Visual Sanitary Inspection (last 12 hours)

Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:15	No comments

Weather report

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

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



	Night	Morning	Afternoon	Evening	Temperature high/low	Precip.	Wind
Today 18 Apr.					21° / 13°	1.8 mm	6 m/s
Friday 19 Apr.					19° / 11°	0.7 mm	9 m/s
Saturday 20 Apr.					17° / 14°	5 mm	11 m/s



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

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Have a good race!



Be your
extraordinary