



Multisport
World Championships

IBIZA
2023



LD Triathlon / Aquabike Athlete and Para briefing

6. May 2023



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



- Marisol Casado, President World Triathlon
- Thanos Nikopoulos, World Triathlon Team Leader
- **Line Amlund Hagen (NOR)**, Stéfane Mauris (SUI), Ross Capill (NZL), Hugh McAtamney (IRE), Monica Zubillaga (ESP) World Triathlon Technical Delegates
- Angela Pedro (POR), World Triathlon Medical Delegate
- Dirk Bogaert (BEL), World Triathlon Head Referee (Triathlon)
- Juliet Fahey (NZL), World Triathlon Head Referee (Aquabike)
- Jorge Garcia (FETRI), LOC Director

Competition Jury



- Line Amlund Hagen (NOR), Chair
- Leslie Buchanan, World Triathlon
- Borja Oses, FETRI

Schedule and Timetables - Triathlon



Saturday 6 May	11:00 – 13:00	Swim course familiarization	Ibiza
	10:00 – 11:00	AG Team Managers Briefing	Ibiza
	11:00 – 16:00	Age-Group race pack distribution and Expo	Ibiza
	16:00 – 17:00	Age-Group Q&A session	Ibiza
	15:00 – 19:00	Age Group and Para Compulsory Bike and Bags Check-in	Ibiza
Sunday 7 May	06:00 – 07:45	Transition Area open	Ibiza
	08:00	Elite Male Start	Ibiza
	08:05	Elite Female Start	Ibiza
	08:10	Paratriathlon Start	Ibiza
	08:15	AG M20-34 Start	Ibiza
	08:20	AG M35-44 Start	Ibiza
	08:25	AG M45-54 Start	Ibiza
	08:30	AG M55+ Start	Ibiza
	08:35	AG F20-49 Start	Ibiza
	08:40	AG F50+ Start	Ibiza
	9:55 – 10:20	Swim finish cut-off time	Ibiza
	13:35	Bike second lap start cut-off time	Ibiza
	14:00 – 22:00	Shuttle from Ibiza Port (finish) to Figueretas (Transition Area)	Ibiza
	14:30	Elite Medal Ceremonies	Ibiza
	16:35	Bike end cut-off time	Ibiza
	16:35 – 22:35	Bike and Bags check out	Ibiza
	19:50	Run Last lap start cut-off time	Ibiza
	21:15	Finish line cut-off time	Ibiza
	22:00	Paratriathlon Medal Ceremonies	Pacha Club, Ibiza
	22:15	Age-Group Medal Ceremonies	Pacha Club, Ibiza



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Schedule and Timetables - Aquabike



Sunday 7 May	06:00 - 07:45	Transition Area open	Ibiza
	08:45	AG M18-54 Start	Ibiza
	08:50	AG M>55 Start	Ibiza
	08:55	AG F18-54 Start	Ibiza
	09:00	AG F>55 Start	Ibiza
	10:25 - 10:40	Swim finish cut-off time	Ibiza
	13:35	Bike second lap start cut-off time	Ibiza
	14:00 – 22:00	Shuttle from Ibiza Port (finish) to Figueretas (Transition Area)	Ibiza
	16:35	Finish Line cut-off time	Ibiza
	16:35 – 22:35	Bike and Bags check out	Ibiza
	21:30	Age-Group Medal Ceremonies	Pachá Club, Ibiza

Schedule and Timetables

WAVES / START TIMES TRIATHLON

Wave	Current	Start	Swim Cup
3	8:10	Para	
4	8:15	20-24 Male AG 25-29 Male AG 30-34 Male AG	GOLD
5	8:20	35-39 Male AG 40-44 Male AG	GREEN
6	8:25	45-49 Male AG 50-54 Male AG	BLUE
7	8:30	55-59 Male AG 60-64 Male AG 65-69 Male AG 70-74 Male AG 75-79 Male AG 80-84 Male AG	RED

Wave	Current	Start	Swim Cup
8	8:35	20-24 Female AG 25-29 Female AG 30-34 Female AG 35-39 Female AG 40-44 Female AG 45-49 Female AG	WHITE
9	8:40	50-54 Female AG 55-59 Female AG 60-64 Female AG 65-69 Female AG 70-74 Female AG 75-79 Female AG	GOLD

Schedule and Timetables

WAVES / START TIMES AQUABIKE

Wave	Current	Start	Swim Cup
AQB1	8:45	20-24 Male AG	GREEN
		25-29 Male AG	
		30-34 Male AG	
		35-39 Male AG	
		40-44 Male AG	
		45-49 Male AG	
		50-54 Male AG	
AQB2	8:50	55-59 Male AG	BLUE
		60-64 Male AG	
AQB2	8:50	65-69 Male AG	BLUE
		70-74 Male AG	
		75-79 Male AG	
		80-84 Male AG	
		85-89 Male AG	

Wave	Current	Start	Swim Cup
AQB3	8:55	18-19 Female AG	RED
		20-24 Female AG	
		25-29 Female AG	
		30-34 Female AG	
		35-39 Female AG	
		40-44 Female AG	
		45-49 Female AG	
		50-54 Female AG	
AQB4	9:00	55-59 Female AG	WHITE
		60-64 Female AG	
		65-69 Female AG	
		70-74 Female AG	
		75-79 Female AG	

Race Package Distribution



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

Age-Group: In order to receive your race package, you will need to fill PRIOR TO PACKAGE PICK UP your Athlete's Waiver online: https://triathlon.org/athlete_waivers

Please check that you have the following

- Bib number
- Swim cap
- Race Stickers:
 - Helmet (3x),
 - Bike (1x),
 - Bag (5 x)
- Athlete wristband
- Tattoos
 - 2x vertical for both arms
 - 1x horizontal for the swim cap
 - 1x vertical with AG category for the calf
- Gear bags:
 - Street wear bag - Green
 - Swim to Bike (Bike) - Blue
 - Bike to run (Run) - Red
 - Bike personal needs bag
 - Run personal needs bag

Swim to Bike bag (Bike) - **BLUE**



Please check that you include the following:

- Helmet
- Glasses
- Socks
- Bike shoes
(it is allowed to leave shoes attached to the bike)
- Food
- Liquids

This bag is mandatory to leave during the check in process. Leave it at dedicated space on the rack on the way into T1.



**Remember to add
your race number
on the bag**



Personal Needs Bike Bag - **WHITE**

Optional.

To be left in the “bag drop” in the transition area

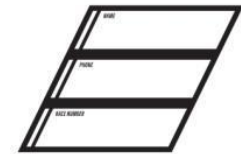
LOC will move the bag to the Bike Personal Needs Area

You can include – [note that the bags will not be returned](#)

- Food
- Liquids
- Spare parts
- Etc...



BIKE PERSONAL NEEDS



**Remember to add
your race number
on the bag**

Bike to Run bag (Run) - **RED**



Please check that you include the following:

- Running shoes
- Bib number (LD only)
- Glasses
- Socks
- Food

This bag is mandatory to leave during the check in process. Leave it at dedicated space on the rack on the way out of T1.



**Remember to add
your race number
on the bag**

Personal Needs Run Bag - **ORANGE**



Optional.

To be left in the “bag drop” in the transition area

LOC will move the bag to the Run Personal Needs Area.

You can include – [note that the bags will not be returned](#)

- Food
- Liquids
- Clothes
- Etc...



**Remember to add
your race number on
the bag**

Street Wear Bag - GREEN



Please check that you include the following:

- Dry clothes to use after the race
- Everything you need to use once you finish your race

To be left in the “bag drop” in the transition area
The LOC will transfer it to the finish area.

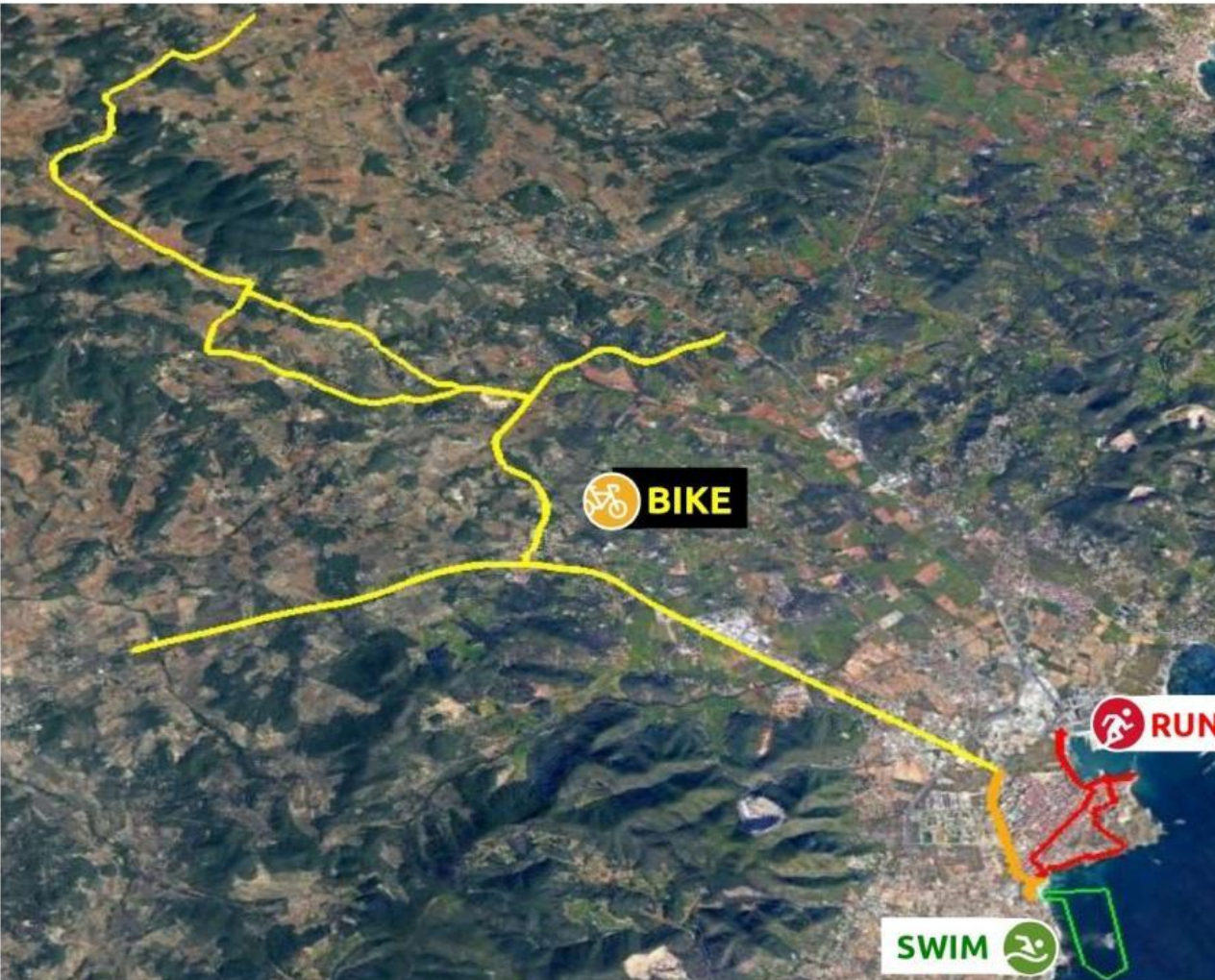


**Remember to add
your race number
on the bag**

The Venue



The course - Long Distance Triathlon

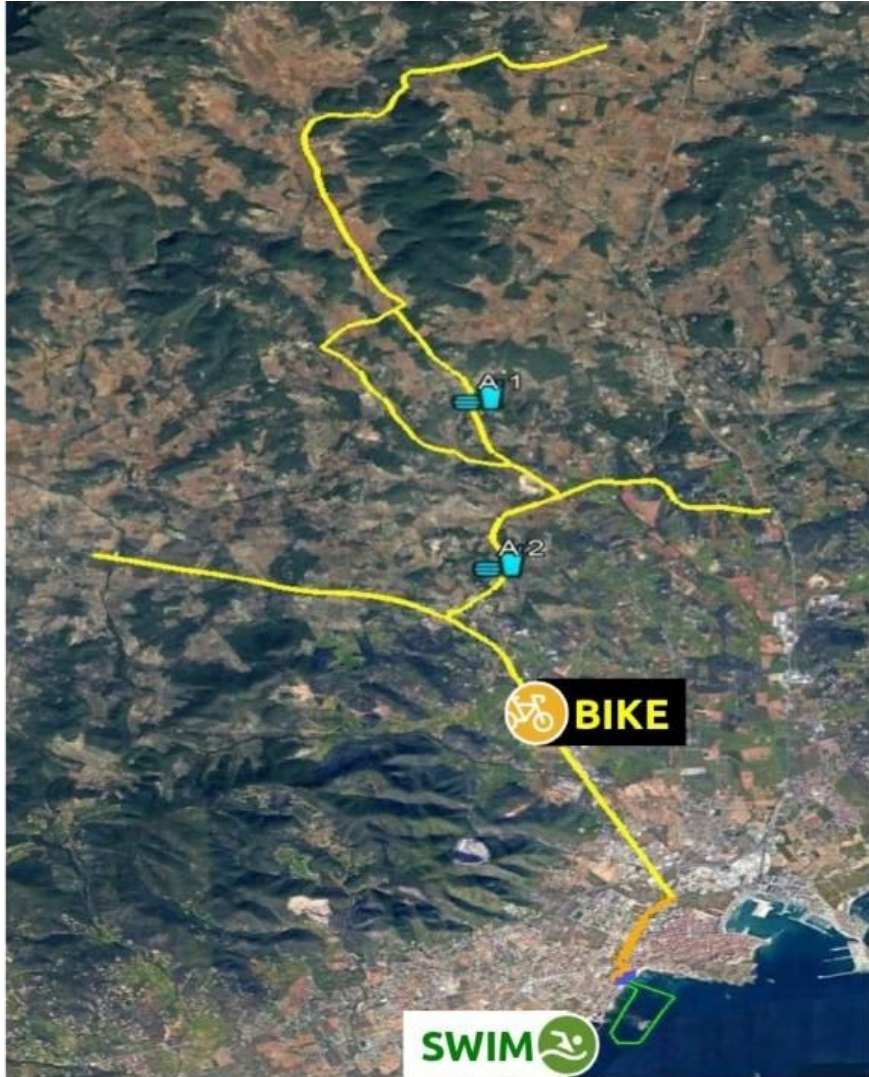


Swim: 1 lap of 3000 m

Bike: Connection out (1,7 km)
2 laps of 56,3 km
Connection in (1,9 km)
Total: 116,2 km

Run: 1 lap of 5,2 km
3 laps of 8 km
Total: 29,2 km)

The course - Aquabike



Swim 1 lap of 3000 m

Bike Connection out (1,7 km)
2 laps of 56,3 km
Connection in (1,9 km)
Total: 116,2 km

Check-in procedures, Race day -1



Saturday 6 May 2023 - Bike and Gear Check-in - **MANDATORY**

- Transition Area - Playa de Figueretas: 15:00 - 19:00
- Only registered athletes with ID wristbands or accreditation cards may enter the transition zone
- Bike check:
 - handlebars
 - frame
 - wheels
 - bike numbers
- Helmet check: snug strap, no cracks, numbers attached
- You can take your helmet and bring it back on race day.
- Your helmet can either go inside the bike bag or be attached to the bike. Don't leave your helmet fastened in the transition. **The athlete who does not comply with this rule will receive a time penalty of 60 seconds in T1.**

15:00-19:00 The hours below are the recommended time for check in per country.		
15:00-16:00	GBR, POL, JPN, POR	Access to TA for AG is via the Bike in
16:00-17:00	USA, GER, AUS, IRL, ITA	
17:00-18:00	CAN, BRA, FRA, CHI, NZL	
18:00-19:00	ESP, and others	

Check-in procedures, Race day -1



What to bring

- Helmet - with stickers
- Bicycle - with sticker
- Blue bag - cycling gear
- Red bag - run gear

- All the above, except your helmet, must stay in the transition. Bike covers are not allowed during the night.
- To add any equipment to the bike, you must obtain approval from the Head Race Referee up until 10 minutes after the end of the Athletes' Briefing.
- Timing Chip will be provided at Bike check-in.

Check-in area



Check-in procedures – Race day



Sunday 7 May 2023 - Race Day Transition Check-in - NO BIKE CHECK IN

- Transition Area - Playa de Figueretas: 06:00-07:45
- Only registered athletes with ID wristbands or accreditation cards may enter the transition zone.
- Access to TA for AG is via the Bike in
- Uniform* check (name, country, logos, World Triathlon logo)
- Present all uniforms to be checked.
- * Swim skins have to follow wetsuit section of applicable Guidelines Regarding Authorised Identifications for middle- and long-distance events and must be worn for the swim segment only.
- Body marking check

Check-in procedures – Race day



- **What to bring**

- Swim equipment
- Uniform and body decals
- Green bag – street wear
- Personal needs bags (bike + run)
- Any nutrition/ liquid that you want to leave on your bike
- Age-Group athletes must deposit their streetwear bag (green) at the bag drop area prior to proceeding towards the start area.
- Remember to check all of your gear bags
- Bike mechanical service and bike pumps will be available in the transition area on race morning.
- Eyeglasses: Glasses must be labeled with the athlete's race number. There will be a glasses table at the swim start and exit
- Portable toilets will be available in transition

Swim start



Pre-start Procedures



- **Swim Warm-up:** 07:00 - 7:45 in the swim warm-up area (see map)

Calling room

- 10 minutes before start – go to your calling room
- When invited by the start officials, [pass through the pre-start timing mat to validate your chips](#)
- **BEACH Start** - stay behind the start line
- Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.

Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts
- After race starts, athletes must move forward

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 60 seconds penalty in TA1.

During the time penalty, the athlete(s) may NOT touch any equipment.

Swim course

- On 5. May at 10:00: Water: 20,9 °C
 Air: 24 °C



- Wetsuit optional - decision is taken 1h before the race
- In case of non-wetsuit event, the bib number is forbidden during the swim.
- 1 lap (total distance of 3000m)
- Distance to the first turn buoy 600 m

Swim course map



Swim Exit to Transition Area



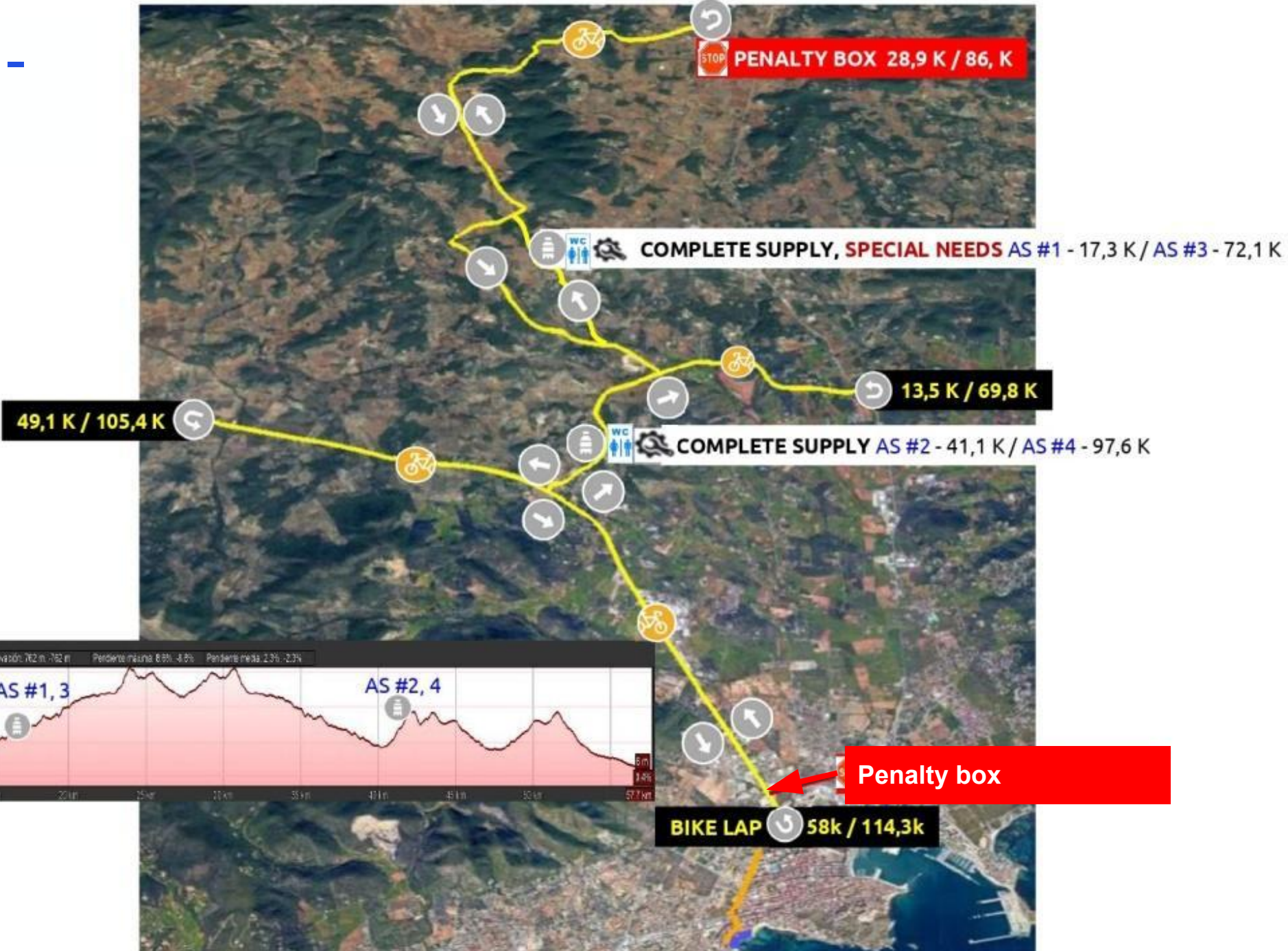
Transition Area 1

- Traditional Bike Racks – numbered
- Orientation boards at the beginning of each rows
- Once you finish the Swim, go to the bags area.
 - Take your Bike bag, and put on your Bike gear
 - Leave inside the bag, all the Swim gear (wetsuit, goggles, Swim cap)
 - Leave the bag in your space on the rack
 - There will be tents available per gender
 - Make sure no equipment is left behind
- Go to your position in the transition area and take your Bike. Remember to fasten your helmet before taking your bike. **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.**
- Mountline is marked on the map

Bike course

- Bike course:
 - Connection out (1,7 km)
 - 2 laps of 56,3 km
 - Connection in (1,9 km)
 - Total: 116,2 km
- Mostly flat, some narrow parts and some steep turns
- On the motorway, cones separate the traffic from the bike course - be observant and **never** cross over to the traffic lane
- On the rest of the course, **never cross the centre line**
- **Drafting is not allowed**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**

Bike course - overview



Bike course details - flow at the turning points



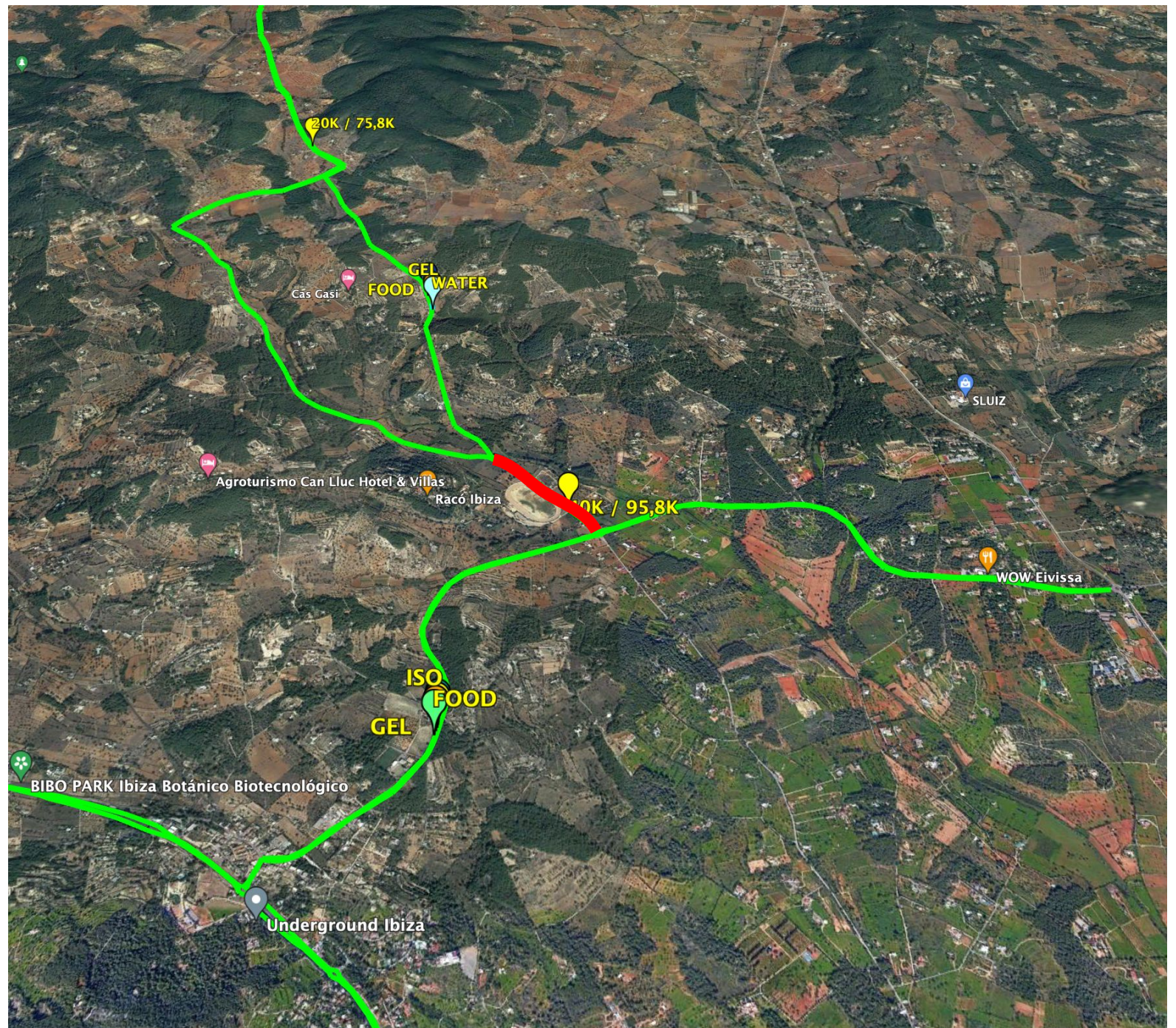
Bike course - flow on the motorway



Bike course - narrow road

The road marked in **RED** is
narrow.

Bikes in both directions



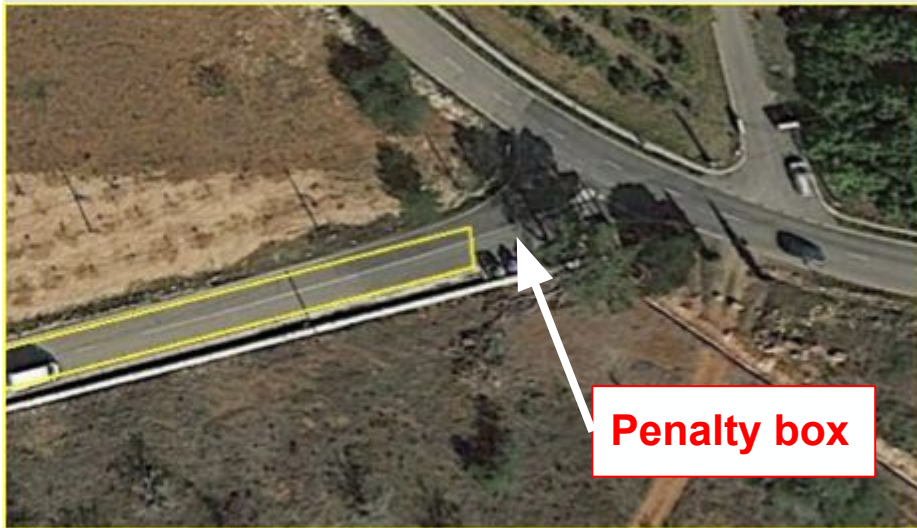
Bike course details - car crossing points (1)



Bike course details - car crossing points (2)



Bike penalty boxes



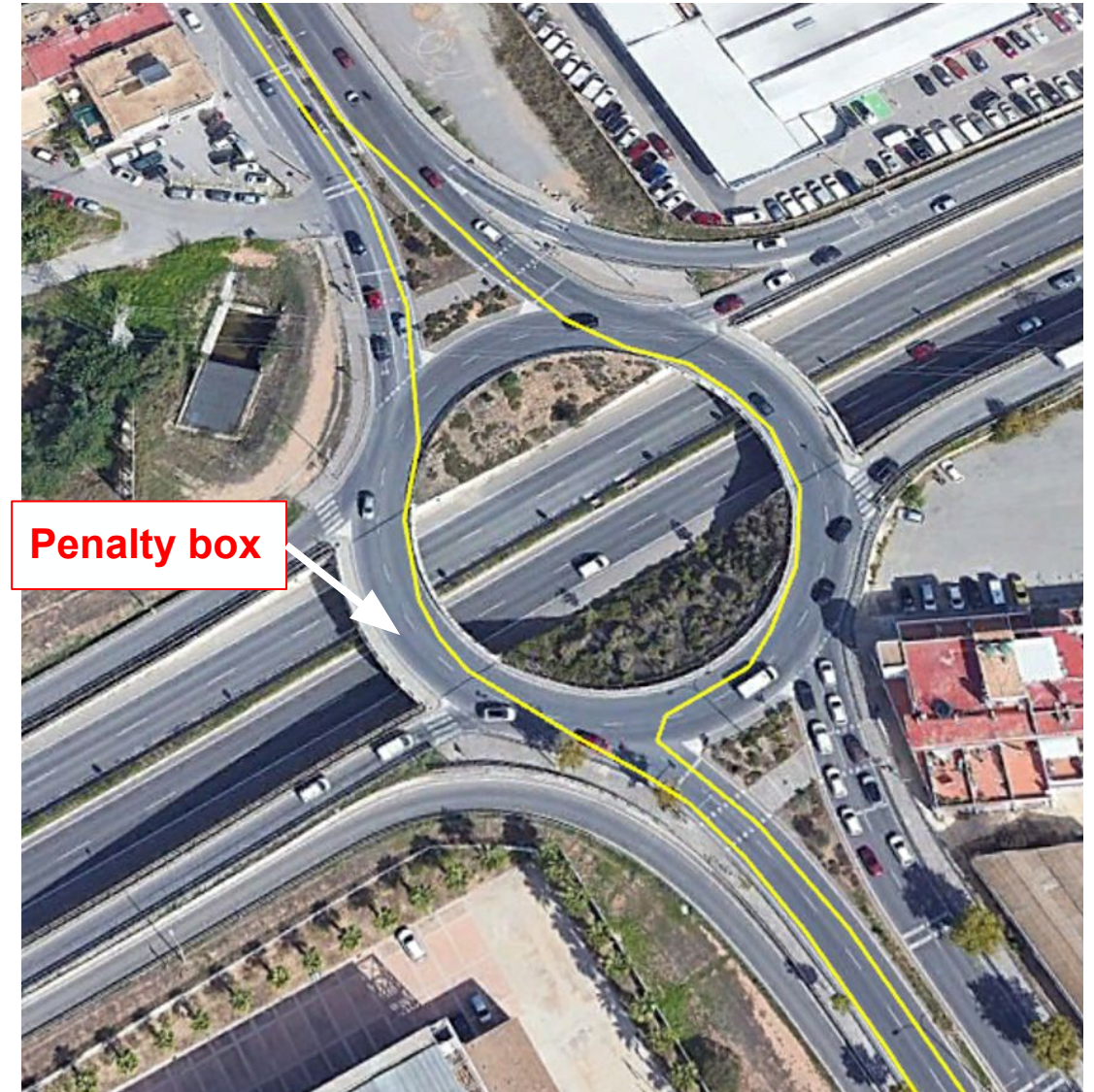
BIKE PENALTY BOXES AT:

Lap 1 Km 28,9

Km 58,5

Lap 2 Km 86,2

Km 115,6



Bike course - turning/lap point details



Turn for 2nd lap

To TA2

Bike course – Aid Stations

- There will be 4 bike aid stations (two per lap).
- Only discard bottles and litter within littering zones as indicated by the following signs
- The aid-stations will be organised in this order:
WATER – ISO – GEL/BAR – FOOD – PERSONAL NEEDS



HYDRAZERO (hypotonic drink 100g) - lemon flavor and tropical flavor,
ISOTONIC GEL - watermelon flavor and
RACE DAY BAR - chocolate flavor

- At each aid station, you can find portable toilets
- Aid Stations will be located at (also see map):

Lap 1 17,3 km (+Personal Needs)

41,1 km

Lap 2 72,1 km (+Personal Needs)

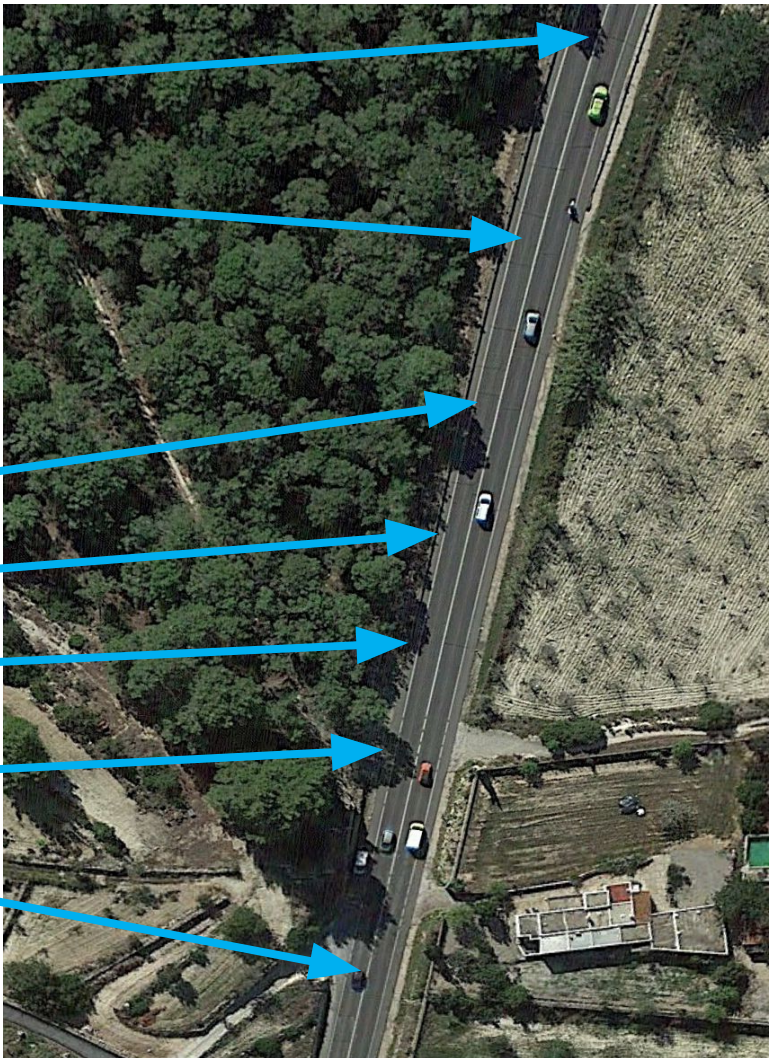
97,6 km

Aid stations

Aid Station 1, 17,3km/72,1km



Aid Station 2, 41,1km/97,6km



Littering end

Toilet

Elite/Para
Personal needs

AG Personal Needs

Food

Gel

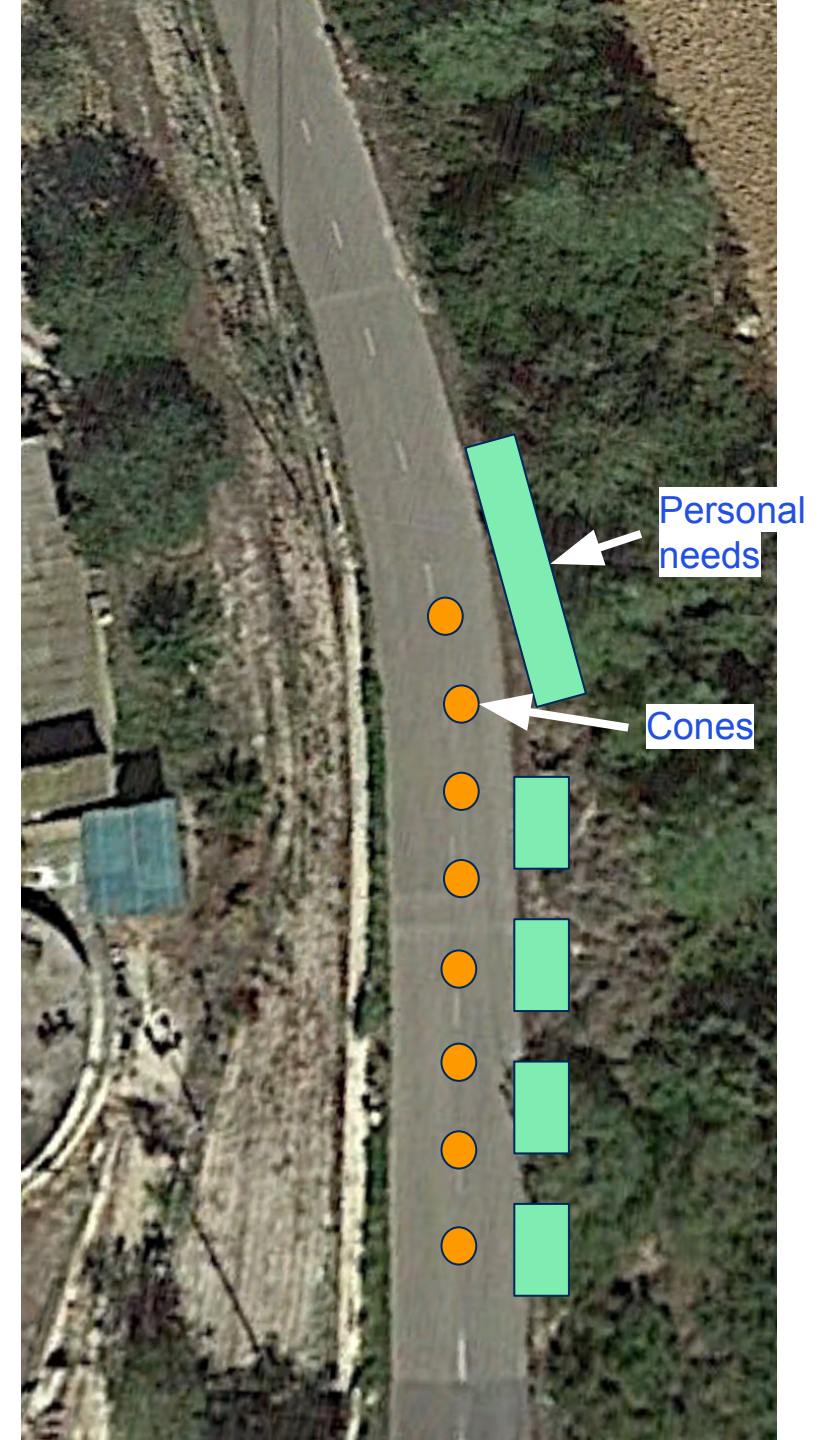
ISO

Water

Littering start

Bike Course – Personal needs

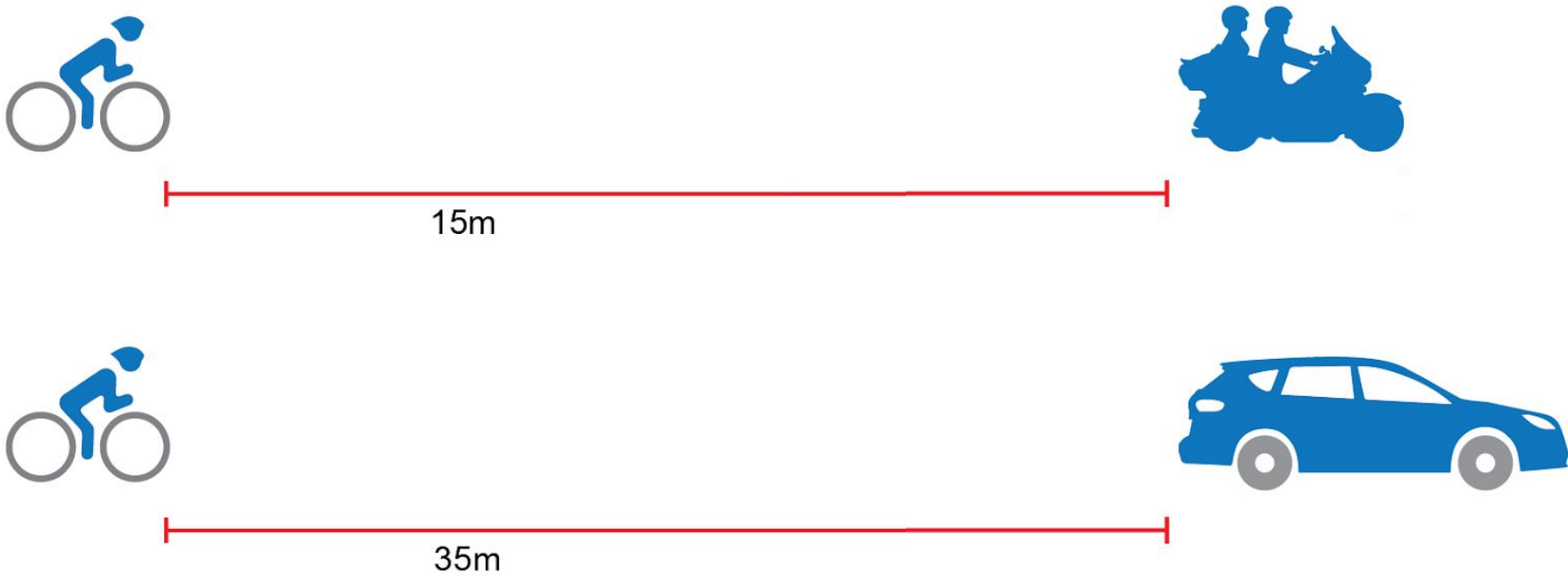
- Athletes may place their preferred nutrition items, spare bike tubes, Vaseline or any other items they may need in their Bike Personal Needs bags.
- The bags can be dropped in the bag-drop in TA and they will be transported to the Aid station at 17,3km/72,1km
- If you want to get to the personal needs bags you will have to move to the right in between the cones, get off your bike and pick up your bag.
- Athletes that do not plan to stop - keep to the left
- Please note these bags will **NOT** be returned after the race.



Draft Zones



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;

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;

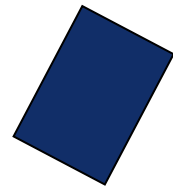
Blocking Rules



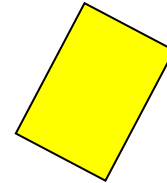
- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of at the next bike penalty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

Bike Infringements

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



Drafting infringement



Other infringements
(blocking, littering, etc.)

- In case you receive a **Blue card**, you have to stop at the next penalty box for **5 minutes**.
- In case you receive a **Yellow card**, you have to stop at the next penalty box for **1 minute**.

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

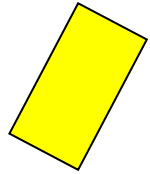


- Stop in the **next** Penalty Box and stay there for 5 minutes
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. A third drafting offence will lead to a DSQ
1st and 2nd offences: 2 x 5 minutes in the Bike Penalty Box
3rd offence: 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 Infringement – REMEMBER

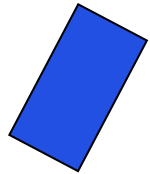


YELLOW CARD



1-MINUTE STOP

**NEXT
PENALTY BOX**

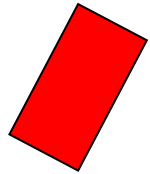


BLUE CARD

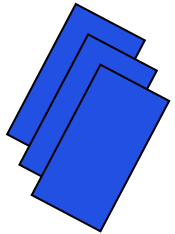


5-MINUTES STOP

**NEXT
PENALTY BOX**



RED CARD



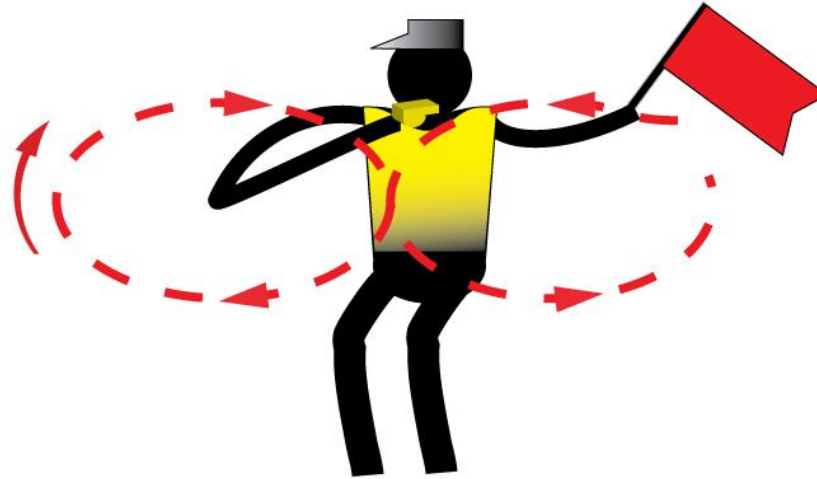
3X BLUE CARDS



DSQ

Caution

Caution signal: three sharp whistles and red flags



MECHANIC STATIONS (**Self Service**) AT:

- Km 17,3
- Km 41,1
- Km 72,1
- Km 97,6

Aquabike finish



- “Finish Time” – marked on the map. This is where the official timing will stop and the ranking will be established. **No need to sprint.**
- Dismount your bike at the dismount line
- Walk (no need to run) to Transition Area. (+/- 85 m).
- **Please bear in mind that there might be triathletes behind you who are still competing. Pay attention to them, do not obstruct the path but do cheer them up!**
- Rack your bike at your position in the Transition Area.
- Walk (no need to run) to the “Finish Line” for getting a picture and then to the recovery.
- There is carpet all the way from the dismount line till “Finish Line” so you can go go barefoot. The distance is about 450m.

Bike course - Finish Line Aquabike

- Finish line and time approx 50 meter before the Dismount line (marked in **BLUE**)
- Dismount line before the turn off Av. Père Matutes Noguera (bike in) (marked in **RED**)



Transition Area 2



Transition Area 2

- Traditional Bike Racks – numbered
- Go to your position in the transition area and rack your bike. Remember to keep your helmet fasten until your bike is racked. 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.
- Go to the bags area:
 - Take your Run bag, and put on your Run gear
 - Place all your bike gear inside the bag
 - Leave the bag back in the rack
 - There will be changing tents available per gender
 - Make sure no equipment is left behind

Run course

- 1 lap of 5,2 km and 3 laps of 8 km (total: 29,2 km)
- Uniform: Front zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run, when it needs to be zipped up.
- Photo-finish

Bib number must be worn in front of the body

Run Course Map - Overview



Run course - details Harbour



Run course - details through the Citadel



Run course - Aid stations



Run course - aid stations

- Water 100m after transition
- Complete Supply + Personal Needs at Km 1,6 - Km 4,1 - Km 5,4 - Km 7,8 - Km 9,1 - Km 11,5 - Km 12,8 - Km 15,2 - Km 16,5 - Km 18,9 - Km 20,2 - Km 22,5 - Km 23,9 - Km 26,2 - Km 27,2 - Km 29,4
- The aid-stations will be organised in this order:
WATER – ISO – GEL/BAR – FOOD – PERSONAL NEEDS

HYDRAZERO (hypotonic drink 100g) - lemon flavor and tropical flavor,
ISOTONIC GEL - watermelon flavor and
RACE DAY BAR - chocolate flavor

- For locations see the map
- Only discard bottles and litter within littering zones
the following signs:



Cutoff times



Swim

- Maximum stay in water according to World Triathlon rules: 1h40 from your wave start

Bike

- Start of 2nd lap: 13:35 (all athletes)
- End of bike: 16:35 (all athletes)

Run

- Start of last lap: 19:50 (all athletes)
- Finish: 21:15 (all athletes)

Post-race Procedures



- Photo finish
- When you finish, keep moving through to the recovery area.
- **Anti-Doping Control:** photo ID is needed for every athlete to have ready for Doping Control
- **For awards,** dress “up” with race uniform or country clothes

Post-race 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.

Timing



- Electronic Timing System will be used
- Secure your timing chip on your left ankle. TOs will check in the pre-start area and may request the athlete to modify the position or to place a new chip if the athlete is not wearing it. This may result in a delay of the involved athlete moving to the select the start position.
- Losing your timing chip will affect your electronic results and may lead to a disqualification if it is impossible to determine the athlete completed the whole race. A fee will be levied for the loss.
- Retired Athletes **MUST** return timing chip to Technical Officials

Live Timing and Results



Live timing: available for all races at <https://triathlon.org/timing>.

Provisional results (elite, age group, para) will be available at the following links:

1. LD Aquabike World Championships -
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAqBike23Vin>
2. LD Triathlon World Championships -
<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaLdTri3Vin>

Official results: will be posted on triathlon.org once the signed off by the Head Referee

Bike check-out



- TA bike/bags check-out: 16:35 to 22:15
- Bike and gear check-out will start when the last athlete has reached T2 (or at the latest at the bike cut off time).
- Double check your gear to be sure you have all your belongings with you. Our volunteers will check that each athlete's bib number matches the number on his/her bike and gear when he/she leaves the Transition Area.
- The World Triathlon Multisport Championships Ibiza LOC is not responsible for the gear left behind.

Medal Ceremony



In Pachá Ibiza Club:

- 21:30 – 22:00 Age-Group LD Aquabike Medal Ceremonies (oldest to youngest AG)
- 22:00 – 22:15 Paratriathlon Medal Ceremonies
- 22:15 – 22:45 Age-Group LD Triathlon Medal Ceremonies (oldest to youngest AG)

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.

Ambush Marketing Rules



- For ceremony awards, **please observe the ambush marketing rules**

- 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.”

Closing Ceremony



- Sunday 7. May from 21:30 to 02:00 in Pachá Ibiza Club.
- All athletes, team managers, volunteers, members of the organization, members of the national federations, etc. are invited to the Championships Closing Ceremony and Party.
- Medal Award Ceremonies for the LD Aquabike and LD Triathlon Age Groups and Para and the Multisport Legends awards.
 - 20:30 Pacha doors opening
 - 21:30 – 22:45 Age-Group LD Aquabike, Para and AG Medal Ceremonies (oldest to youngest AG)
 - 22:45 – 23:00 Multisport Legend Award Ceremony
 - 23:00 – 02:00 Closing Ceremony (speeches, flag handover and music) and Championships Party

*Only drinks will be available for purchase at Pacha, there will be no food service.

Coaches Accreditation



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, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event .

Briefings



Briefing presentation will be available on World Triathlon website:

www.triathlon.org/about/downloads/category/race_briefings

Water Quality Assessment

Enterococci		E.Coli		PH	
01/05-23	NMP/100mL	01/05-23	NMP/100mL	01/05-23	
Location A	nd	Location A	<10	Location A	8
Location B	2	Location B	<10	Location B	8
Location C	2	Location C	<10	Location C	8,1
Enterococci limit	<100	E.Coli limit	<250	PH limit	6-9

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location A	None	None	10:25	
Location B	None	None	10:27	
Location C	None	None	10:30	

SUMMARY

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FIND IT IT 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 transition area



Weather forecasts



	Temperature in °C	Weather
Friday	18	Sunny
Saturday	18	Overcast
Sunday	18	Partly cloudy

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