Thursday 12 March 2020

Athlete’s briefing
Briefing 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

- Peter Hedge, ITU Executive Board representative
- Johanne Suss-Burckel, ITU Team Leader
- Cathi Davey, ITU Technical Delegate
- Dr Peter Rizzo, ITU Medical Delegate
- Jacqui Kenny, ITU Head Referee
- Rob Stalling, LOC Director
Competition Jury

- Cathi Davey, NZL, Chair
- Peter Hedge, AUS, ITU Board
- Miles Stewart, AUS, National Federation
Key Updates

• Change of course due to rough surf conditions
• On advice from Surf Life Saving for your safety we have moved the swim course south of previous location
• There are now two transitions required – see maps
• Swim familiarisation will be at the new swim location
• 20 Minute walk between TA 2 and TA 1 – please allow plenty of time
• Race scheduled has been changed to suit
• Note all new times in this presentation
Schedule and Timelines

**Thursday**

16:00 – 18:00  Race pack pick-up process differed due to Covid-19 precautions

Your package includes your race numbers. Timing chip and swim cap will be given out at the athletes lounge on race day

*If an athlete has not signed their agreement by 6pm they will be able to collect race pack from swim course familiarisation on Friday.*
Schedule and Timelines

**Friday**
13:00 – 14:00  
Swim course familiarisation  
Ask questions of TD  
Final Race pick up  
(only for athletes that had not signed online)

**Saturday**
11:15 – 11:30  
Bike course familiarisation – 1 lap  
(11:00 line up for 11:15 start do not be late)
## Schedule and Timelines

### Saturday Elite Women:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:15 – 11:30</td>
<td>Bike Familiarisation – meet at Finish</td>
</tr>
<tr>
<td>11:15 - 12:15</td>
<td>Athletes’ Lounge open and check-in</td>
</tr>
<tr>
<td>11:30 – 12:00</td>
<td>Transition 2 open for Elite Women</td>
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<tr>
<td>12:00 – 12:45</td>
<td>Transition 1 open for Elite women</td>
</tr>
<tr>
<td>12:00 – 12:45</td>
<td>Swim Warm-up for Elite Women</td>
</tr>
<tr>
<td>12:50</td>
<td>Athletes’ Introduction</td>
</tr>
<tr>
<td>13:00</td>
<td>Elite Women Start</td>
</tr>
<tr>
<td>14:15</td>
<td>Medal ceremony</td>
</tr>
</tbody>
</table>
Schedule and Timelines

**Saturday Elite Men:**

11:15 – 11:30  Bike Familiarisation – meet at finish
13:30 – 14:30  Athletes’ Lounge open and check-in
14:00 – 14:30  Transition 2 open for Elite Men
14:30 – 15:15  Transition 1 open for Elite Men
14:30 – 15:15  Swim Warm-up for Elite Men
15:20  Athletes’ Introduction
15:30  Elite Men Start
16:40  Medal ceremony
Access to Venue
Check-in procedures

**Athletes Lounge (Bike check)**

- Refer to 5.2 in competition rules
- Handle bars with clips-on rule
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be used at the team wheel station however they are not allowed in the neutral wheel station
- Deliver your spare wheels to wheel station and collect
- Bike frame
Check-in procedures

Athletes Lounge (Bike check)

- Saddle position (-5 cm ≤ Men & -2 cm ≤ Women)
- Approved exceptions on ITU website
- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Head Referee by the end of the swim familiarization
- Mechanic service available
Check-in procedures

Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ!
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the left ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your non-competition gear in the Athletes’ Lounge
Check-in procedures

Transition Area TA 1

- Standard bike racks
- Helmet on the bike - Don’t leave your helmet fastened in the transition
  
  *The athlete who fails to comply with this rule will receive a time penalty of 10 seconds in TA1*

Use your LOC gift bag labelled with your number to leave non competition gear in the tent at swim start and it will be returned to athletes lounge.
Check-in procedures

Transition Area TA 2

• Running Shoes are placed outside the box
• Set TA 2 before proceeding to TA 1
• Return your non-competition gear to the Athletes’ Lounge that is not required
• Move promptly to TA 1 and swim start
Path TA 2 to TA 1

Option 1
- Along path along beach – allow 20 minutes
- BIKE MUST BE WALKED ALONG WALKWAY

Option 2
- Ride your bike on open road obeying local road rules. Map next slide – allow 10 minutes

PLEASE MAKE YOUR WAY PROMTLY TO TA1
Path to TA1

Route from T2 to T1
Pre-start Procedure

Athlete Introduction:

- 10 minutes before start - line-up at swim start
- When you are introduced, make your way to start line
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the moment of the athletes’ line up
Start Procedure

Athletes in position:

- After selecting your position, stay behind the line
- 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 in TA1
False Start Procedures

False start with many athletes:

• Several horn blasts
• Kayaks will 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 the time penalty, the athlete(s) may NOT touch any equipment.
Swim Conduct

Definition from the ITU 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 ITU Arbitration Tribunal for potential suspension or expulsion.
Swim Conduct

Definition from the ITU CR 4.1:

• There will be additional boats and Technical officials deployed on the swim course to monitor athlete’s behaviour in this respect.

• Infringements will be recorded and appropriate action will be taken dependent on the rules definition from the previous slide.

• Please respect your fellow competitors and keep the race fair.
The Course

Swim
1 lap clockwise of 750 m (300 m to 1st buoy)

Bike
1 lap of 6.08km
3 laps of 4.64km (total distance 20 km)

Run
3 laps of 1.66 km (total distance 5 km)
Swim course

- Today: Water Temp 26°C / Air Temp 26°C
- Wetsuit not allowed
- 1 Lap of 750m (clockwise)
- Distance to the first turn buoy 300m
- Keep all 4 turn buoys on your right including yellow buoy marker on beach
- Take swim cap and goggles to transition and place in your box

*Failure to do this will result in a 10 second time penalty served on the run course*
Swim Exit to TA1
Transition Area TA 1

- Standard Bike Racks
  - Number, Name, Country code and Flag – two rows
- All used equipment goes into your box.
  *Failure to put equipment in box = 10 second penalty on the run*
- Mount line is at the end of TA (GREEN LINE)
Transition 1 Flow
Bike Course - Extra
Bike Course - Extra

- Enter on to Parkyn Parade
- Left onto River Esplanade
- Right on Hancock Street
- Then merge onto Mooloolaba Esplanade

- Distance from TA 1 to merge = 1.9 km
Bike course

- 1 Lap of 6.08km & 3 laps of 4.64km = 20 km
- Undulating and Technical
- On your return, the road narrows as you turn left down beach terrace then right through the expo & transition.
- 2 Wheel Stations
  - 1 Neutral wheel station located at far bike turn; Shimano 10 & 11 speed. NO Disc-brake wheels provided
  - 1 Team wheel station located west of the Transition area
- 2 Littering zones for the bike are before and after the Run aid stations both sides of Mooloolaba Esplanade
- Lap Counter: after Transition 2
- Lapped athletes are out of the race
  - First runner – last biker scenario. Once the first runner begins to turn from Meta St to the seaside of Mooloolaba Esplanade, any remaining cyclists are out of the race.
Bike Course Map Lap 2,3,4
Caution

Caution signal: three sharp whistles and red flags
Transition Area TA 2

- Individual Bike Racks
  - Number, Name, Country code and Flag – two rows
- All used equipment goes into your box.
  *Failure to put equipment in box = 10 second penalty on the run*
- In an individual bike rack, the bike can be racked by either of the wheels
- Dismount Line is at the beginning of TA *(RED LINE)*
Bike to Run
Run course

- 3 Laps of 1.66km = 5 km
- Aid stations:
  - 2 per lap
  - Sealed water
  - Only discard bottles and litter within the littering zones as indicated by the following signs:
  - (20m before and 80m after Aid stations)
- Photo-finish
- Congestion in finish area: keep moving to mixed-zone and recovery area
Run Penalty Box

- Start infringements will be served in T1
- Swim, T1, Bike, T2 and Run Infringements will be served in Run

**Location:** approx. 250m before the Transition Area

**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 appeal the penalty. Evidence will only be made available if an appeal is filed.
Run Penalty Box

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 box. If leaving the equipment outside the box, it is considered an infringement of the rules (E).
Run Penalty Box

Violations Abbreviations:

- **Littering**: L
- **Mount Line**: M
- **Swim violations**: S
- **Dismount Line**: D
- **Other violations**: V
- **Equipment outside box**: E

For example:

- 12D = athlete #12 received a time penalty for a dismount line violation
- 12x2ME = athlete #12 received 2-time penalties for mount line and equipment outside the box violations
Finish
Post-race Procedures

• “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
• Medal Ceremonies – at 14.15 Women 16.40 Men
• Elite athletes are not allowed to carry their country flag on the podium; there will be flags raised with the playing of the national anthem of the winner.
• Prize money is to electronically wired to athletes by ITU
• Women’s bikes will be removed post race to Athletes Lounge
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 required for every athlete to have ready, for Doping Control

**Team Medical Access**

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor’s permission.
Coaches areas

**Accreditation**

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the ITU online system are entitled for accreditation

**Coaches’ areas:**

- Beside the penalty box

Measuring Course:

- Register after the briefing tonight, will be 30 mins prior to race start, come to athletes lounge 1215, collect hi vis vest and go onto course when permission given, this must be done quickly
Coaches areas

Additional sport-specific coaches areas

• Beside the Penalty Box that is 250m north of transition.
Important Updates

SWIM COURSE:

• Please be aware of surf conditions
• Swim is a beach start: at the announcement of the horn, athletes **must** move straight ahead towards the first buoy until they reach the water

BIKE COURSE:

• Bike familiarisation, as said, be punctual for bike famil at 11:00 for 11:15 as this time is limited
• When training must obey Australian Road rules at all times. Police have reported elite athletes not obeying.
## Water Quality Assessment (Sea)

### Enterococci

<table>
<thead>
<tr>
<th>Location</th>
<th>NMP/100mL</th>
<th>NMP/100mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location A</td>
<td>1</td>
<td>Location A</td>
</tr>
<tr>
<td>Location B</td>
<td>1</td>
<td>Location B</td>
</tr>
<tr>
<td>Location C</td>
<td>4</td>
<td>Location C</td>
</tr>
<tr>
<td>Enterococci limit</td>
<td>&lt;100</td>
<td>Enterococci limit</td>
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</table>

### E.Coli

<table>
<thead>
<tr>
<th>Location</th>
<th>NMP/100mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location A</td>
<td>1</td>
</tr>
<tr>
<td>Location B</td>
<td>1</td>
</tr>
<tr>
<td>Location C</td>
<td>4</td>
</tr>
<tr>
<td>E.Coli limit</td>
<td>&lt;250</td>
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</tbody>
</table>

### PH

<table>
<thead>
<tr>
<th>Location</th>
<th>PH</th>
</tr>
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<tbody>
<tr>
<td>Location A</td>
<td>8</td>
</tr>
<tr>
<td>Location B</td>
<td>8</td>
</tr>
<tr>
<td>Location C</td>
<td>8</td>
</tr>
<tr>
<td>PH limit</td>
<td>6-9</td>
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</tbody>
</table>

### Weather forecast

<table>
<thead>
<tr>
<th>Day</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Briefing (B)</td>
<td>Fine, chances of rain</td>
</tr>
<tr>
<td>B +1</td>
<td>Fine, chances of rain</td>
</tr>
<tr>
<td>Race Day</td>
<td>Rain</td>
</tr>
</tbody>
</table>

### Weather report

<table>
<thead>
<tr>
<th>Day</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-3</td>
<td>Fine</td>
</tr>
<tr>
<td>B-2</td>
<td>Fine</td>
</tr>
<tr>
<td>B-1</td>
<td>Fine</td>
</tr>
</tbody>
</table>

### Visual Sanitary Inspection (last 12 hours)

<table>
<thead>
<tr>
<th>Location</th>
<th>Visual Pollution</th>
<th>Odour</th>
<th>Time of visit</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>None</td>
<td>None</td>
<td>09:30</td>
<td>Clear water/no concerns</td>
</tr>
</tbody>
</table>

### SUMMARY

1 = ‘Very good Water Quality’: (E.Coli: <250 Enterococci <100), but with no potential or visual pollution during sanitary check or forecasted rain;
# Weather forecast

<table>
<thead>
<tr>
<th></th>
<th>Temp</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>26°C</td>
<td>Showers</td>
</tr>
<tr>
<td>Saturday</td>
<td>26°C</td>
<td>Showers, Wind</td>
</tr>
</tbody>
</table>
Thank You and Good Luck!