Age Group / Paratriathlon Athletes’ briefing
Agenda

Welcome and Introductions
Competition Jury
Schedules and Timetables
Check-in and Procedures
The race
Post-Race Procedures
Weather forecasts
Welcome and Introductions

- Marisol Casado, World Triathlon President
- Antonio Arimany, World Triathlon Secretary General
- Jacint Dinarès Araguz, Andorra Triathlon Federation Vice President
- Stefane Mauris (SUI), World Triathlon Team Leader
- Laura Patti (ITA), World Triathlon Technical Delegate
- Juan Juste (ESP), World Triathlon Assistant TD
- Dr Luis Coira (ESP); World Triathlon Medical Delegate
- Monica Flores Ferrero (ESP) Head Referee
- Ferran Gimenez, Marc Pomes, Arnau Britz - LOC
Competition Jury

- Laura Patti / ITA, Chair
- Laura Camps Solà, Andorra Triathlon Federation
- Antonio Arimany, World Triathlon
Locations

- Hotel
- Covid test, registration, open ceremony, briefing, Award ceremony
- Race venue
Covid regulations and hygiene concept at the venue
Race and COVID Regulations: keep in mind

– Only accredited persons can have access at the venue

– The use of mask is mandatory any time on the venue, at the start area and as well as at the post-finish – except during warm up and competition for the athletes.

– Body temperature check at the entrance. Any athlete/coach with body temperature higher than 37,5°C and/or Oxygen saturation level below 95% will be moved to a waiting tent to meet the Race Medical Director.

– Please respect instructions and signage from the organisation
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 – 10:15</td>
<td>Athletes’ Lounge (para only) / Bag drop Age Group open</td>
</tr>
<tr>
<td>08:00 – 09:30</td>
<td>Timing chip distribution - venue only Age Group</td>
</tr>
<tr>
<td>09:00 – 10:15</td>
<td>Transition Area check in Men / Women / Para</td>
</tr>
<tr>
<td>10:45</td>
<td>Start A.G Men 2021 World Triathlon Winter Championship</td>
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<tr>
<td>11:00</td>
<td>Start A.G Women 2021 World Triathlon Winter Championship</td>
</tr>
<tr>
<td>11:05</td>
<td>Start Paratriathlon 2021 World Triathlon Winter Championship</td>
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<tr>
<td>15:00</td>
<td>Cut-off for all athletes</td>
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<tr>
<td>16:00</td>
<td>Medal ceremony, Santa Julià de Loria, Centre Cultural i de Congressos</td>
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</tbody>
</table>
Transportation

Saturday and Sunday

From Naturlandia 1600 parking to Naturlandia 2000
From Naturlandia 2000 to Naturlandia 1600 parking

From 06:00am to 04:00pm free bus

NO possibility to get to Naturlandia 2000 by car
Race package distribution – Sat 20.03.2021
To respect if possible from 11:00 to 17:00

<table>
<thead>
<tr>
<th>Antigen test</th>
<th>Race package distribution</th>
<th>Country code</th>
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<tbody>
<tr>
<td>11:00</td>
<td>11:15</td>
<td>AUT – CZE - EST</td>
</tr>
<tr>
<td>11:30</td>
<td>11:45</td>
<td>FRA</td>
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<tr>
<td>12:00</td>
<td>12:15</td>
<td>GER</td>
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<td>12:30</td>
<td>12:45</td>
<td>RUS</td>
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<tbody>
<tr>
<td>13:00</td>
<td>13:15</td>
<td>ITA – ROU – USA - SWE</td>
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<tr>
<td>13:30</td>
<td>13:45</td>
<td>ESP</td>
</tr>
</tbody>
</table>

After the Covid test, if negative, you will receive a **Yellow wristband**
PLEASE keep it always with you
IMPORTANT: Race-pack distribution and accreditation ONLY if:

- Yellow wristband with you

- Fill in the pre-event questionnaire (Athletes, Coaches, Team medical) to be done online

- You have submitted the medical certificate (only ParaAthletes) the medical certificate can be submitted electronically to World Triathlon at (sport@triathlon.org);

- Signed the athletes agreement (only Parathletes)
Registration and check-in procedure

**Race Package – Saturday -**

1 – SADDLE TUBE

2 – BAGS

3 – HELMET (3X)

4 – SKIS (2X)

5 – POLES (2X)
Registration and check-in procedure

**Race Package**

- **Numbered plastic bag**
  - For carrying ski boots to where you can start skiing

- **plastic clamps**
  - On the bicycle handlebar

- **AG**
  - In the timing tent before entering TA
  - Para athletes: in the athletes lounge
Check –in procedure

Athletes’ Lounge (Para only)
- Distribution of timing chip
- Uniform check

For Age Group:
- Timing chip before enter in TA
- Bag drop area
Entrance to the venue – Covid regulations and hygiene concept

- Only accredited persons can have access

- Use of mask is mandatory (except during warm up and competition for the athletes), all over the FOP for everybody

- Body temperature check at the entrance. Any athlete/coach with body temperature higher than 37.5°C and/or Oxygen saturation level below 95% will be moved to a waiting tent to meet the Race Medical Director.

- Collect your timing chip to put on your ankle before enter in TA
Entrance to the venue – PARA ATHLETES

1. Health screening - Athletes
2. Health screening – Team support
3. Athlete Lounge – check-in
4. Toilets
5. Transition Area – check-in
Entrance to the venue – AGE GROUP ONLY

1. Health screening - Athletes
2. Health screening – Team support
3. AG timing chip distribution
4. Transition Area – check-in
5. A G bag drop area
6. Toilets
Transition Area

- Keep your mask on
- MTB and bike plate check (bike mechanic available)
- Helmet stickers, ski stickers, poles stickers
  no entrance without these stickers.
- To add any equipment to the bike, you must obtain approval from the Head Referee up
  until 10 minutes after the end of the athletes‘ briefing.
Transition Area

**TA2:** Junior on Saturday
Age Group on Sunday

**TA1:** Elite/U23 on Saturday
Mixed Realy on Sunday
Transition Area

- Bike racks
- Helmet on the bike with helmet strap NOT fastened
- Rear wheel racked in TA1
- Skis and poles horizontal on the ground, the skis closer to the TA exit
- Box on the other side
Transition set up
Transition area

- Helmet on the bike with helmet strip NOT fastened
- Saddle racked in TA1
- No bags or backpacks in TA - AG : bag drop area  PARA: Athletes’lounge
- Ski and poles on the ground, on the side facing TA exit
- Skiing inside the TA is forbidden
- All athletes must have their helmet securely fastened from the time they remove their bike from the rack at the start of the bike leg until after they have place their bike on the rack on the finish of the bike leg
Flows in Transition

Transition Areas
Pre-start Procedures

Athletes Introduction
- 15 minutes before start – in TA, at your spot
- Jog to the pre start line with T05. Keep the mask on
- Enter the corridor, drop your mask in the bin and…
- Ready to start!
- **ROLLING START** 4 athletes every 30” 10:45 Men start
  11:00 Women start
  11:05 Parathletes start

The use of mask is mandatory until you enter to the start area and as well as post-finish –
Pre-start Procedures  How athletes get to the start?

Pre start area

START
Start Procedure

4 ATHLETES EVERY 30 SECONDS

TRASH BINS FOR FACE MASKS
False-start Procedures

Valid start with early starters
- Early starters will get a time penalty in TA1 10"
The race
The race

- Run: 1 lap of 1,45k + 1 lap of 1,55k + 0,3 = 3,3 k

- Bike: connection 0,6k + 2 laps x 2k each + connection 0,6 = 5,2 k

- Ski: 2 laps of 2,610 + 0,274k = 5,5K
Run course – littering areas, coaches area

Littering areas at Aid Station marked with the following signs:
Run course

1+1 lap + connection
Bike course

- Cross-country course over snow
- The minimum tyre diameter is 26x1.5 inches and maximum is 29 inches. The minimum cross section is 1.5 inch;
- 1 repair area: bike tools from LOC
- Athletes will wear helmets as outlined in Rule 5.2 e)

Coaches area: see the map
Bike course

2021 WORLD TRIATHLON WINTER CHAMPIONSHIPS ANDORRA

CONNECTION + 2 LOOPS + CONNECTION - 5,2 KM

connection

connection

EL CONANGLE

Transition Area
Loop Start
Repair Station
TRANSITION 2 to join the ski course

- Cause the lack of snow, athletes have to reach the ski course running for 500 m with:
  - A) running shoes
  - B) bike shoes
  - C) ski boots

- Carrying their skis and poles and ski boots if not use for reaching the ski track till the start of the course

IF USED YOU MUST CARRY YOUR SKI BOOTS IN THE PLASTIC BAG RECEIVED AT REGISTRATION, AND PLACE THE RUNNING/BIKE SHOES IN THE BAG AT START OF SKI COURSE. BAG WILL BE RETURNED BY LOC AS SOON AS THE FLOW OF ATHLETES ALLOWS TO DO SO
Cross-country Ski course

- Possibility to change 1 ski and both poles on the whole course
- Littering areas are located next to the aid station and are marked with signs
- Bike helmet is not allowed
- **PARA ATHLETES** There is 1 penalty-box located at the cross-country skiing course (location see map). Coaches’ zone close to PB

- Finish chute length of approx. 100m
- 3 lanes
- **Last 60-80m classic style (double poling) is mandatory**
- You can change lines as long as you do not interfere the progression of another athlete
- Athletes cannot remove their skis until at least 10 meters past the finish line. The last ski check will take place after this line.
Cross-country Ski course

2 laps + connection to finish
Penalty Box  PARA ONLY

- The penalty-box is for infringements in RUN, MTB, CROSS COUNTRY SKI, TA1/TA2
- Location: 200m prior the finish
- Information: board to show race number and letter
- Procedure: 10 sec.
- *If you don’t stop DSQ*

- Violations Penalty-Box letters
  - D – Dismount line violation
  - E - Equipment outside Box
  - L – Littering
  - M – Mount line violation
  - V - Other violations
Finish chute

- Finish chute length of approx. 100m
- 3 lanes
- Last 60-80m classic style (double poling) is mandatory

- World Triathlon competition rules, point 33.Appendix K 6)
  - Blocking, charging, obstructing or interfering the forward progress of another athlete will
    - unintentionally: warning and amend
    - intentionally: DSQ

- 15:00 CUT OFF time: for all athletes
Post-race Procedures

- Wear a mask
- Please remove the timing chip on your own and put it in the specific bin
- Keep free the post finish area NO congestion

- Equipment check immediately after arriving at the finish line

- Medal Ceremony: 16:00,
- Medalist at 15:45 at 1st floor of Centre Cultural I Congressos Lauredià, Placa de la Germandat Santa Julià de Loria
Medal Ceremony Protocol – Covid regulations and hygiene concept

- Everyone keeps his/her mask on the whole time. No photo without mask.

- No handshaking/ hugs
Athletes briefing available at triathlon.org

Briefing will be available at World Triathlon website: www.triathlon.org/about/downloads/category/race_briefings

Briefing in presence **OPTIONAL**: Saturday, 20.03.2021, at 17:00, Centre Cultural i de Congressos Lauredià
Weather forecasts

Hoy jueves 18

↑2°  ↓-4°  11 km/h

Mañana viernes 19

↑0°  ↓-5°  11 km/h

Sábado 20

↑0°  ↓-5°  11 km/h

Domingo 21

↑1°  ↓-6°  14 km/h

Lunes 22

↑3°  ↓-3°  14 km/h

Martes 23

↑7°  ↓-4°  7 km/h

Miércoles 24

↑10°  ↓-2°  4 km/h
ENOUGH

NEED HELP?

Contact
safesport@triathlon.org

Visit
triathlon.org/about/safeguarding_policy
Have a good race!