



Duathlon
World Championships

Middle Distance
VIBORG 2022



Middle-distance Duathlon World Championship AG Athletes' briefing

05/05/2022



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



- Antonio Arimany, World Triathlon Executive Board representative
- Stefane Mauris, World Triathlon Team Leader
- David Rigby, World Triathlon Technical Delegate
- Peter Thygesen, World Triathlon Assistant Technical Delegate
- Casandra Man Luca, World Triathlon Medical Delegate
- Thomas Klingler, World Triathlon Head Referee
- Jacob Sonne-Schmidt, LOC Director



Competition Jury



- David Rigby, Chair GBR
- Antonio Arimany ESP
- Mads Freund DEN



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Schedule and Timetables

Friday 6th May

Age Group registration

10:00-14:00

All Countries except those listed below

14:00-15:00

GBR

15:00-16:00

GER

16:00-18:00

DEN

Saturday 7th May

Start age group

09:50

18-44 Men

10:00

45-59 Men

10:10

60+ Men

10:20

All women

Race packages



Please check that you have the following

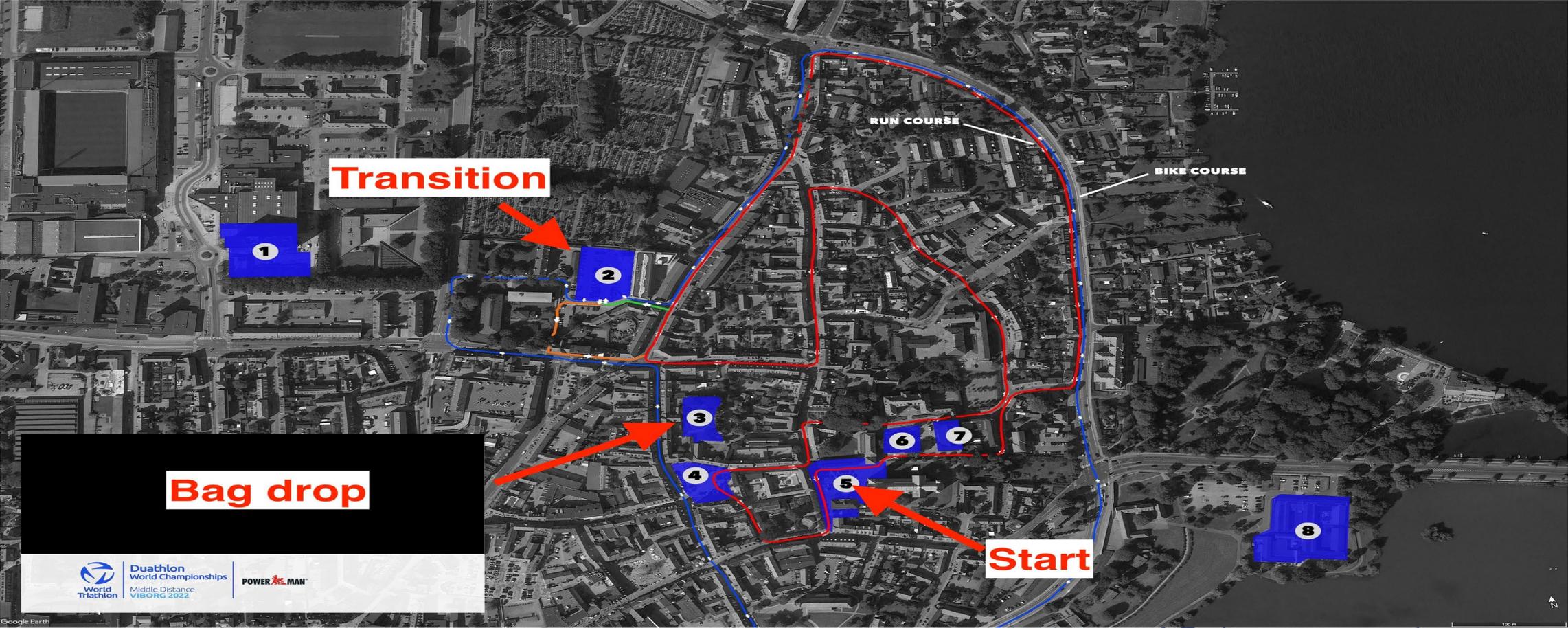
- Bib number
- Body decals
 - Arms x 2
- Race Stickers:
 - Helmet (3x),
 - Bike (1x),
 - Spare (2x)
 - Athlete wristband



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The Venue



Bag drop

World Triathlon | Duathlon World Championships Middle Distance VIBORG 2022 | POWER MAN

World Triathlon | Duathlon World Championships Middle Distance VIBORG 2022 | POWER MAN

Check-in procedures



ENTERING THE VENUE

- Using the accreditation / wristband

TIME SCHEDULE

- | | | |
|---------------|---|----------------------|
| - 07:30 | Bag Drop open | Nytorv recovery area |
| - 08:00-10:10 | Age group bike check in and final uniform check | Transition area |



Check-in procedures



TRANSITION

- Only registered athletes may enter.
- Enter through your dedicated gate provided to transition.
- Bike check: legal bars, frame, wheels, bike numbers
- Helmet check: snug strap, no cracks, numbers attached.
- Don't leave your helmet fastened in the transition

The athlete who does not comply with this rule will receive a time penalty of 30 seconds in T1

- Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
- To add any equipment to the bike, you must obtain approval from the Head Race Referee up to Friday 20:00.



Check-in procedures – Race day



- 08:00-10:10 AG
- Uniform check (name, country, logos, World Triathlon logo) – Present all uniforms to be checked.
- Body marking check (both arms, both legs)
- Bike check
- Bike mechanical service and bike pumps will be available in the transition area on race morning.
- Portable toilets will be available in transition



Pre-start Procedures – Line-up map



Start Procedures



Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Electronic horn blast / Air horn blast
- The race starts



False-start Procedures



False-start (many athletes)

- Several horn blasts
- Everyone goes back to her/his original start spot



The course



Run 1 3 laps of 2675m + route to T1

Bike 2 laps of 26.1km Total 59.5km

Run 2 3 laps of 2675m + route to finish line



The course



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Run 1 course

3 laps plus connection to transition (total distance of 9.7km)

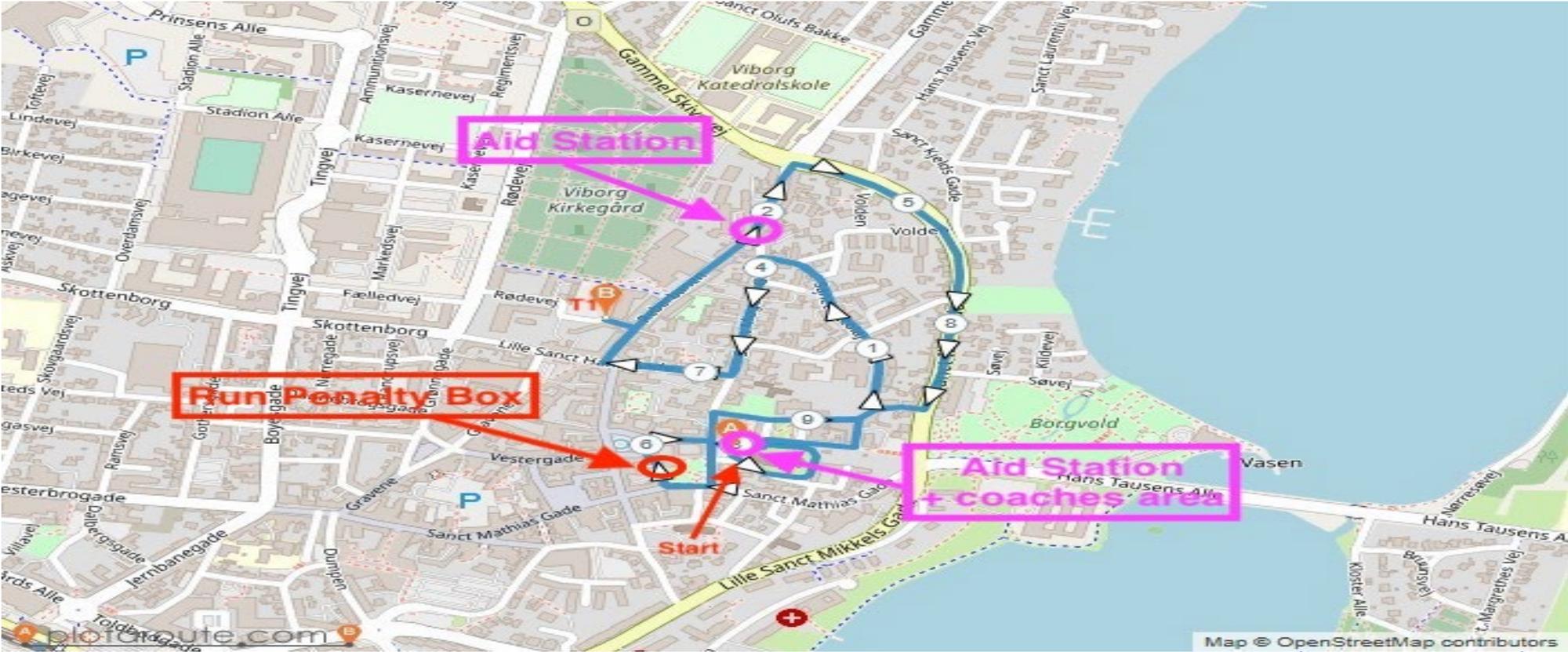
Bib number is mandatory on run course no alteration of the bib is allowed

Aid stations:

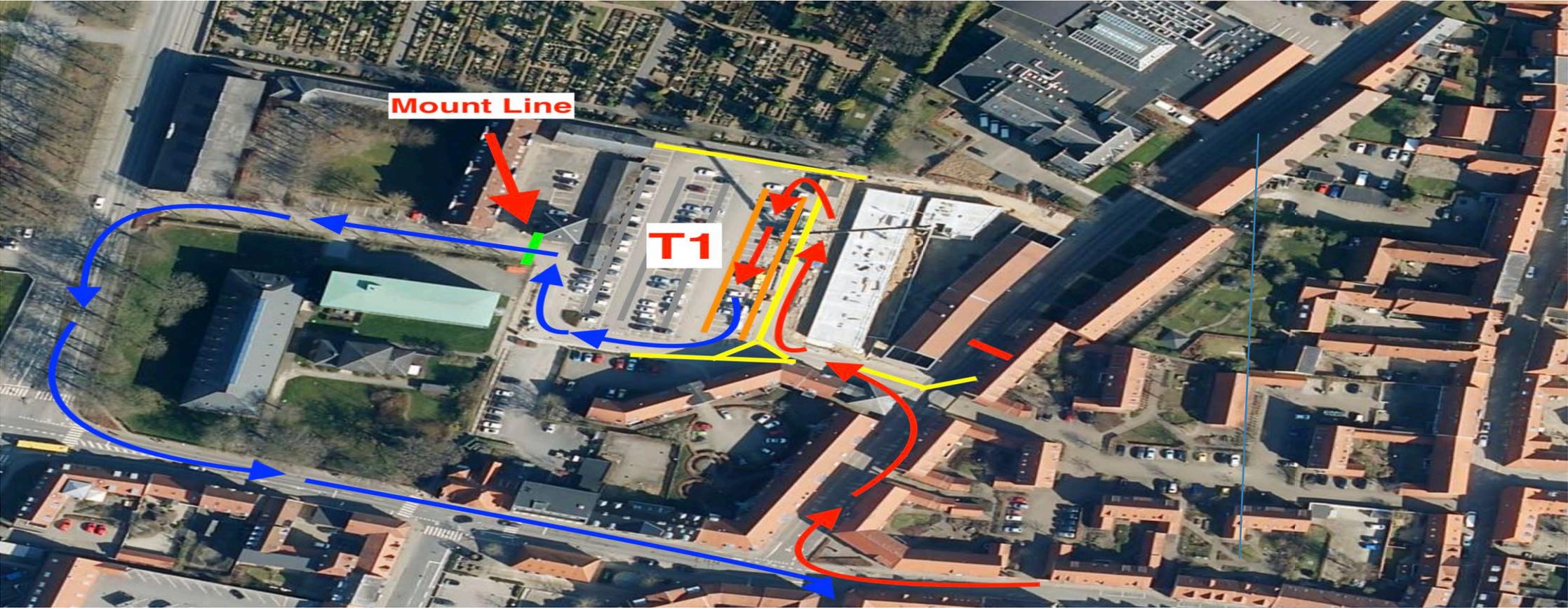
- 2 per lap
- For locations see the map
- Water, 32GI gels
- Only discard bottles/cups and litter within littering zones as indicated by the following signs



Run 1 Course



Run1 Exit to Transition Area



Insert official World
Triathlon event logo,
color version

Transition Area 1



- Traditional Bike Racks – numbered – 1m for AG
- Orientation boards at the beginning of each rows
- All used equipment to be placed within your box
- Bags to the bag drop
- Go to your position in the transition area and take your Bike. Remember to fasten your helmet before taking your bike. You will find orientation boards at the beginning of each row.
- Mount line on the after you have turned right after you leave transition + Green line



Transition Flow



Dual
World
Middle
VIBORG 2022

Insert official world
Triathlon event logo,
color version

Bike course



- 2 laps plus out and back from the city (total distance of 59.5km)
- Undulating and technical
- **Drafting is not allowed**
- **Bib number on the bike is optional No alteration of the bib is allowed**
- **Always stay on the right pass on the left**
- Timing mat at the end of each lap



Bike course



- Penalty boxes on the Left at the end of lap 1 and lap 2
- Dismount line on the Reberbanen before turning right to transition area



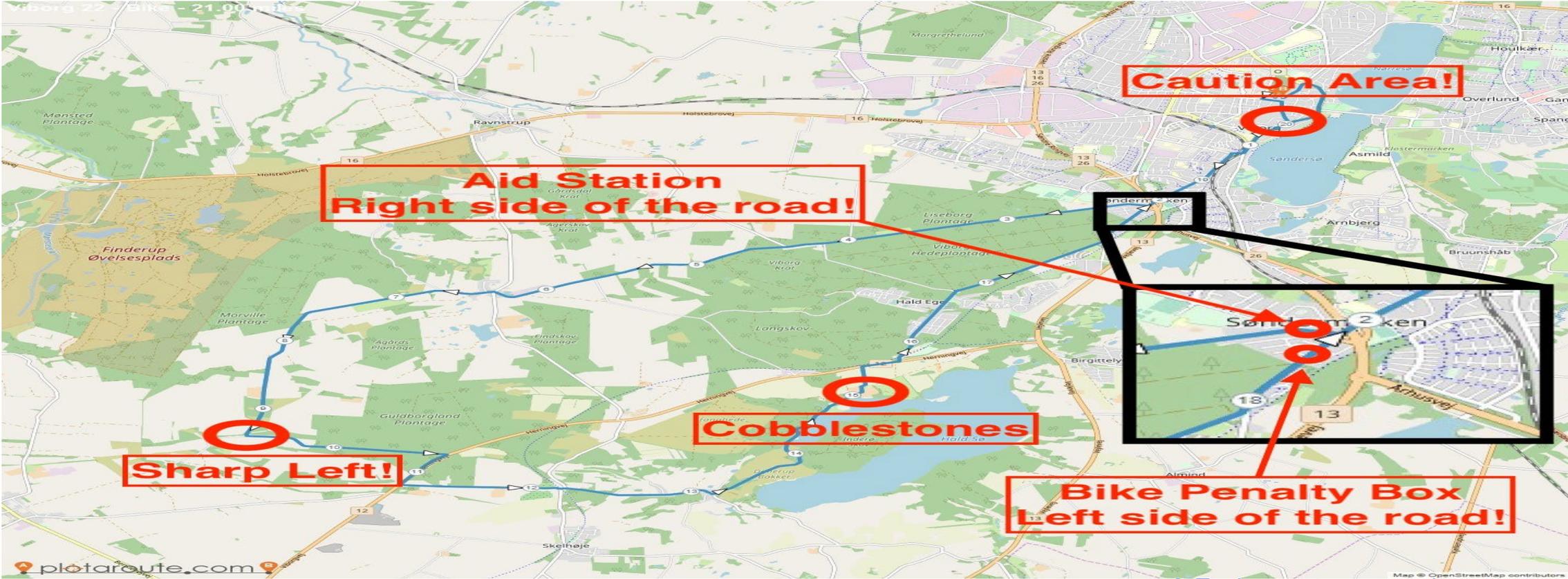
Bike course – Aid Stations

- There will be one bike aid station per lap.
- Only discard bottles and litter within littering zones as indicated by the following signs
- Water, 32GI gels and bottles of 32GI isotonic drink

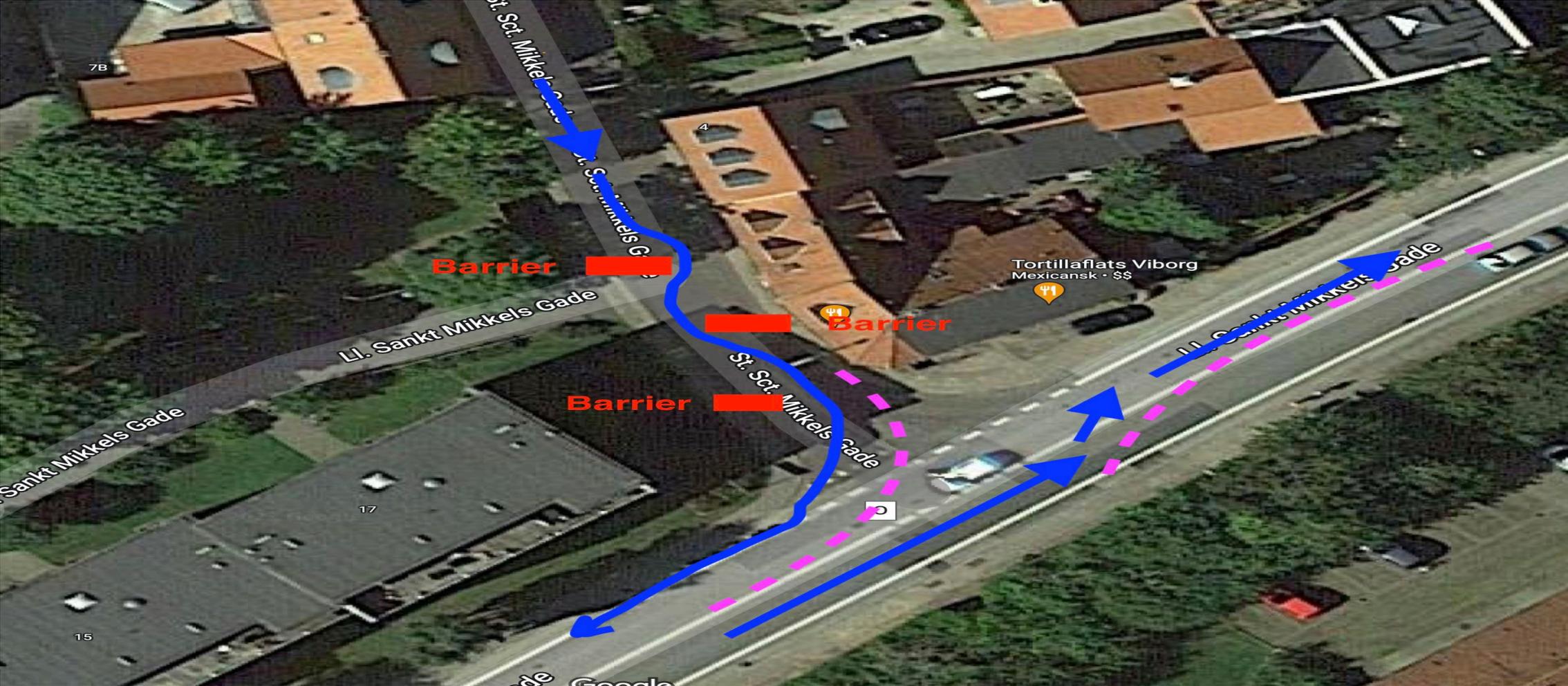
- At each aid station, you can find portable toilets
- Aid Stations will be located at start of each bike lap



Bike Course Map



Bike Course Caution Area Map



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

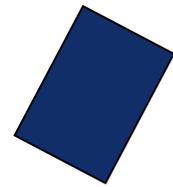


- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of at the next bike penalty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

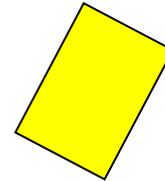


Bike Infringements

- 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 **30 seconds**.

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



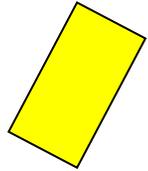
- Stop in the **NEXT** Penalty Box and stay there for 5 minutes (blue card) 30 secs (yellow Card)
Numbers will not be posted on the bike penalty box
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. 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.

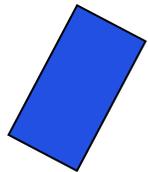
Bike Infringement – REMEMBER



YELLOW CARD



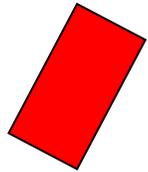
30 second STOP



BLUE CARD



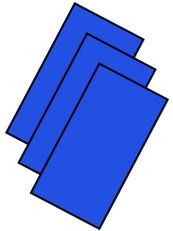
5-MINUTES STOP



RED CARD



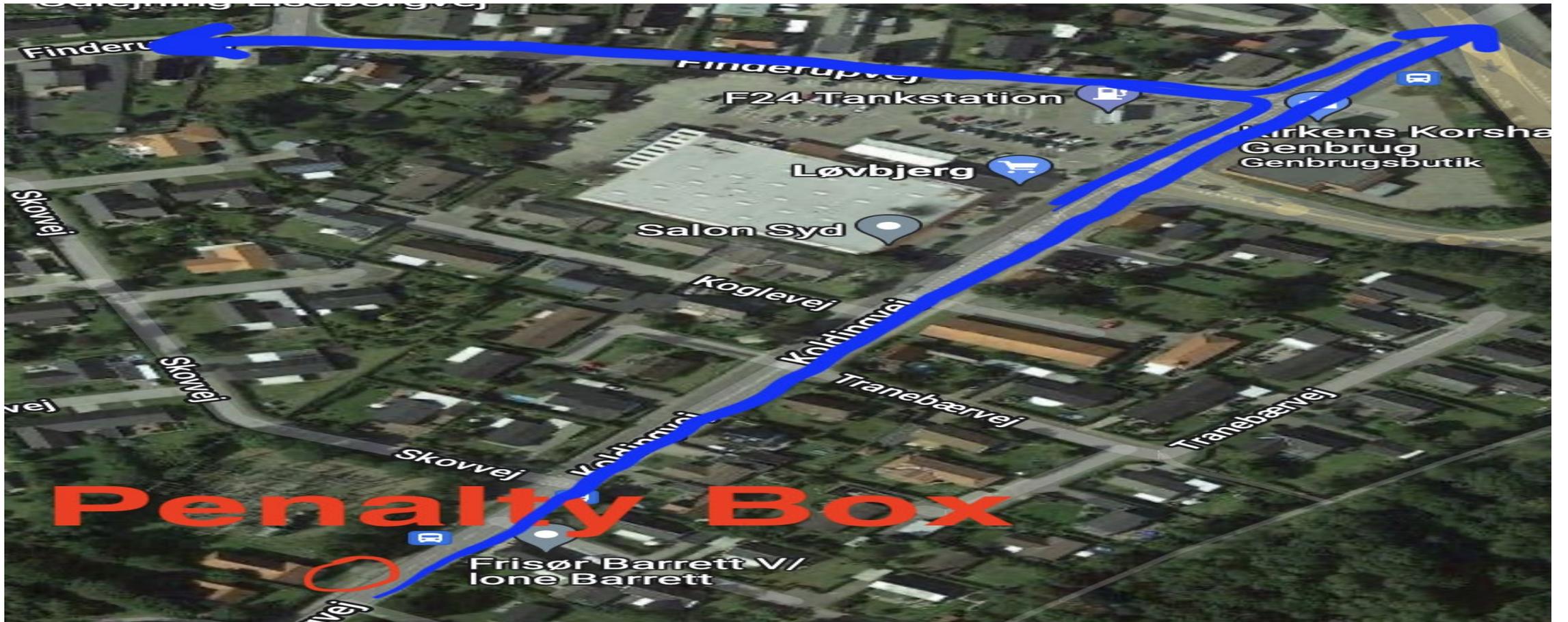
DSQ



3X BLUE CARDS

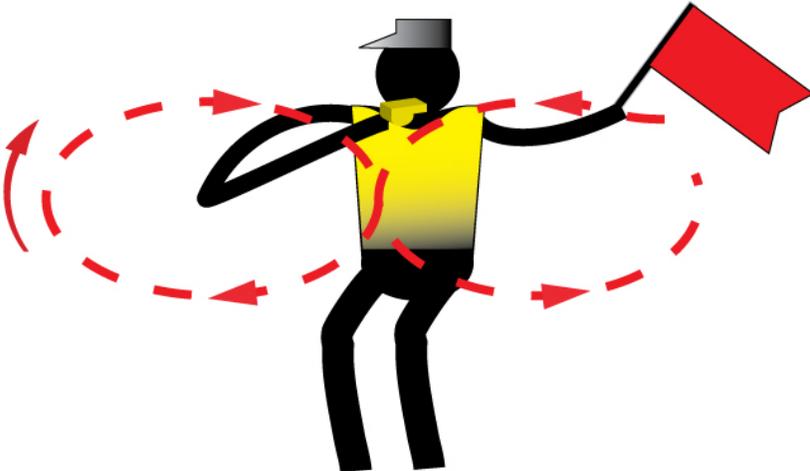


Penalty Box



Caution

Caution signal: three sharp whistles and red flags



Bike Course – Mechanical Services



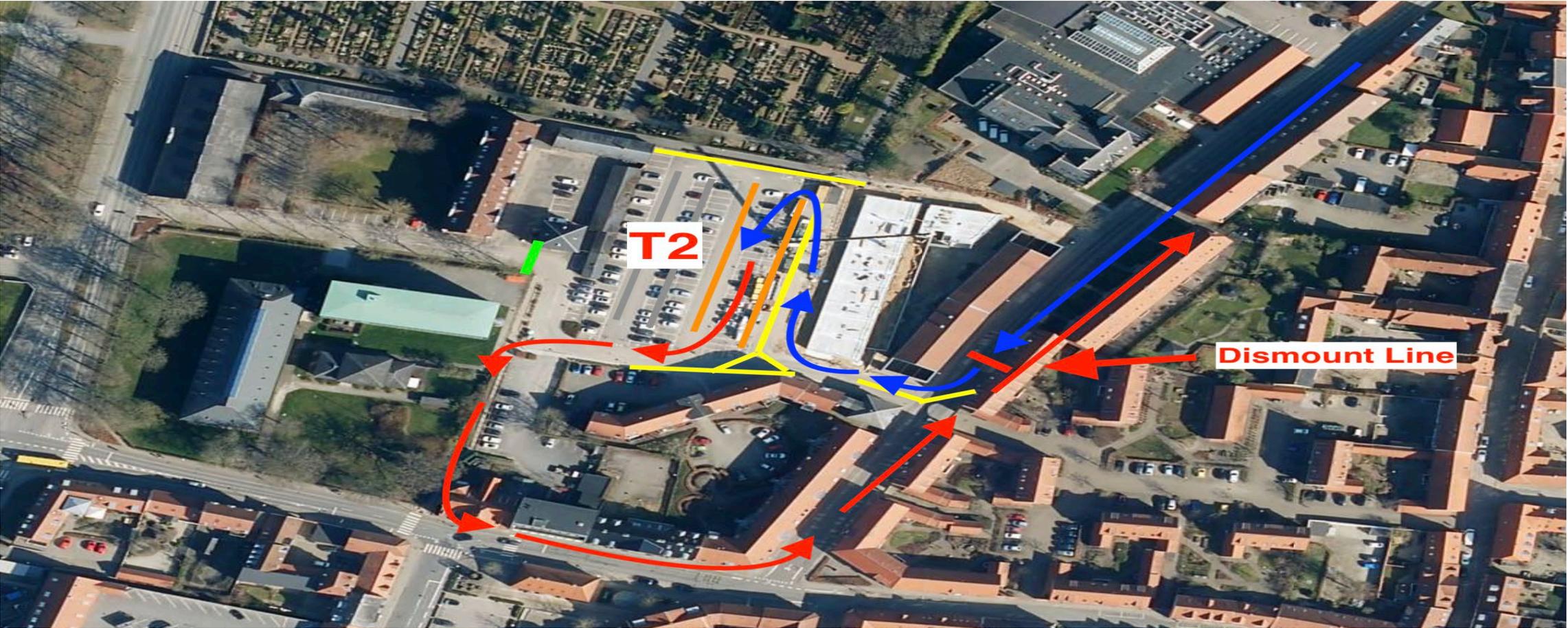
- There will be a mobile bike mechanic on the bike course



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Bike Exit to Run Entrance

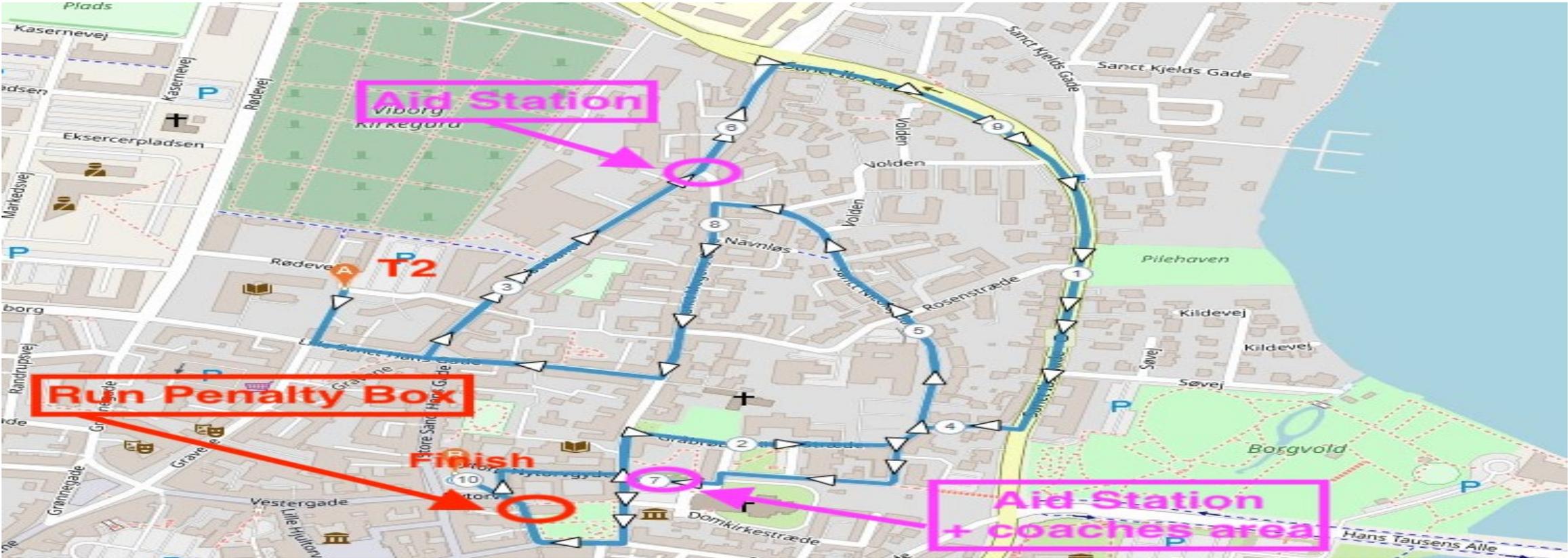


Run 2 course

- transition to lap then 3 laps 2.675 of km Total distance 9.68
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Water and 32GI gels
 - Only discard bottles and litter within littering zones as indicated by the following signs



Run Course Map



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Post-race Procedures



- Photo finish
- When you finish, keep moving through to the “Mixed Zone” and 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 ankle: Losing your timing chip will affect your electronic results and a fee will be levied
- Retired Athletes retain your timing chip to reclaim your bike



Bike check-out



- You require your timing chip to remove your bike from transition time approximately 14:00



Medal Ceremony - AG

- The ceremony will take place at 15:00 all athletes to assemble in the area near the finish 14:50 to be placed in medal age group order before the presentation begins, area behind the podium St. Sankt Hans Gade
- 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.



- You can find this briefing on World Triathlon:
- More > Document download> events > race briefings
- https://triathlon.org/about/downloads/category/race_briefings

Weather forecasts



	Temperature in °C	Weather
Friday	14	Sunny intervals Moderate breeze
Saturday	11	Sunny intervals Moderate breeze



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