



AYOF 2013

TRIATHLON

Field of Play

Technical Manual



Competition Days
Men and Women, 18 January, 2013
Mixed Team Relay, 19 January, 2013

Prepared by
Triathlon Australia – National Manager, Events and Technical



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1.0 Introduction

The Competition will take place at the Sydney International Regatta Centre (SIRC), Penrith which was built specifically to host events at the 2000 Sydney Olympic Games. This world-class facility will host rowing and canoeing in addition to triathlon events and further information on the site itself can be found here: <http://www.dsr.nsw.gov.au/regattacentre/index.asp>.

Triathlon will be staged at the 2013 AYOF on Friday 18th January 2013 and for Individual competition over the 'Sprint' distance and for the Mixed Team Relay on Saturday 19th January 2013. The races will be conducted on courses as follows.

Sprint Distance

The 1 lap (750m) swim course will take place in the SIRC Competition Lake.

The 4 lap (20km) cycle event is using the SIRC Competition Lake Cycle path (each lap is 5km).

The 2 lap (5km) run course is on the northern edge of the SIRC Competition Lake with the finish in front of the spectator grand stand.

Mixed Team Relay

The 1 lap (300m) swim course will take place in the SIRC Competition Lake.

The 1 lap (5km) cycle event is using the SIRC Competition Lake Cycle path (each lap is 5km).

The 1 lap (1.5km) run course is on the northern edge of the SIRC Competition Lake with the finish/athlete change area in front of the spectator grand stand.

The Triathlon Competition will be run in accordance with ITU Competition Rules and the ITU event organiser manual. The current ITU Competition Rules can be found here:

http://www.competitionsport.org/images/uploads/itusport_competition_rules_20120215.pdf

1.1 Welcome Message

Welcome to the Triathlon competition at the 6th edition of the Australian Youth Olympic Festival. This festival is scheduled to take place in Sydney from the 16th to 20th of January 2013 and the triathlon competition will take place at the Sydney International Regatta Centre (SIRC) on both the 18th and 19th of January 2013.

SIRC was a key venue built to deliver sports at the Sydney 2000 Olympic Games and Triathlon Australia is delighted to again deliver the triathlon events at this world-class facility. We look forward to working with our Race Director, Triathlon New South Wales, to deliver a high quality event for our Australian athletes and International competitors.

I am excited to see such a strong group of dedicated young athletes tackle the individual Sprint distance course and then return the next day for national pride in the exciting Mixed Teams Relay event. I would like to wish the 'best of luck' to all athletes, coaches and management staff involved in the Festival and thank the Technical Officials and fantastic volunteers that work so hard to look after you all on race day.

1.2 Technical Delegate Note

It is my great pleasure to welcome all Athletes, Coaches, Managers and Delegates to the Triathlon Events at the AYOF. Once again it is an honour and a privilege to be the Technical Delegate for Triathlon.

Our premise is to ensure the racing environment mirrors the experience of the Olympic Games. Hence in accordance to the Olympic Official Oath: "In the name of all the judges, I promise that we shall officiate in these Games with complete impartiality respecting and abiding by the rules which govern them, in the true spirit of sportsmanship."



All the very best in your endeavors prior to and during competition.

Murray Hilder
Technical Delegate

2.0 Event Schedule

A detailed Triathlon event and movement schedule is available to all team managers and athletes through the Australian Olympic Committee (AOC) Zues program. An event schedule for **key** training, competition and athlete function attendance is detailed below.

Tuesday 15th January 2013

Start	Finish	Item	Location
1200	1300	Lunch - Pick up on arrival	The King's School
1500	1700	Swim Training - Team times TBC	The King's School
1800	1830	Bike transfer	TKS - SIRC

Wednesday 16th January 2013

Start	Finish	Item	Location
0600	0730	Training on course (swim, bike, run)	SIRC
0830	0930	Athlete and Coach Technical briefing	SIRC
0930	1000	Bike transfer	SIRC - TKS
1300	1500	Swim Training - Team times TBC	The King's School
1515	2015	AYOF 2013 Opening Ceremony	Sydney Entertainment Centre

Thursday 17th January 2013

Start	Finish	Item	Location
0800	1000	Swim Training - Team times TBC	The King's School
1030	1130	Drug Education Session	The King's School
1800	1830	Bike transfer	TKS - SIRC

Friday 18th January 2013

Start	Finish	Item	Location
0800	0915	Individual Competition - Women	SIRC
0915	1030	Individual Competition - Men	SIRC
1100	1200	Medal Ceremony	SIRC
1200	1230	Bike transfer	SIRC - TKS
1500	1700	Swim Training - Team times TBC	TKS

Note: A more detailed Competition schedule will be released closer to the event

Saturday 19th January 2013

Start	Finish	Item	Location
0800	0830	Bike transfer	TKS - SIRC
1000	1130	Competition - Mixed Teams Relay	SIRC
1130	1200	Medal Ceremony	SIRC
1200	1230	Bike transfer	SIRC - TKS



1500	1700	Training Swim - Team times TBC	TKS - SIRC
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Note: A more detailed Competition schedule will be released closer to the event

Daily adjustments to this schedule may be made during the course of the event, any such changes will be available through the Competition Director or the Village Service Centre at The Kings School.

3.0 Pre-race information

3.1 Pre-race training

A full range of training activities are available in the lead up to the event in addition to the aforementioned on-course training opportunities.

3.1.1 Swim Training

Swim training sessions will be available at designated times in The King's School swimming pool. These session times are included in the event schedule above. Athletes will be able to swim on the course (SIRC Competition Lake) during the scheduled on-course training if they wish.

3.1.2 Cycle Training

The King's School is located approximately 5km from the picturesque Parramatta Park. Parramatta Park contains a 3.5km long cycle track which is open from 6am until 6pm daily and is a recommended safe location for cycle training. More information on Parramatta park may be found here: www.ppt.nsw.gov.au.

3.1.3 Run Training

There are a wide variety of sports fields, tracks and running locations available at both The King's School and Parramatta Park available for run training. More information and maps of The King's School can be found at their website here: www.kings.edu.au

3.2 Bike Transfer

Due to the distance between the Village and Competition venues (approximately 45km) there will be a requirement to conduct a number of bike transfers. These transfers will be conducted via two trucks and a guide to these transfers is included in the event schedule above.

All care will be taken in the transportation of bikes during the event but please note that only 'whole' bikes may be transported in these trucks and any ancillary items such as spare wheels, pumps, helmets and bike shoes should be carried by the athletes and/or team staff.

3.3 Compulsory Pre-race Technical Briefing

A pre-race briefing for sprint distance and relay competitions will be held for all athletes and coaches only at the Sydney International Regatta centre from 0830 to 0930 on Wednesday the 16th January 2013. This briefing will cover Race Competition Rules, course questions, pontoon start procedure and general enquiries.

All athletes and coaches shall be required to sign an attendance register prior to entering the briefing room. Please ensure to arrive early to prevent any delay to the briefing.

It is to be noted that athletes will be provided with their race packs following this briefing and bike compliance checks/weighing will also be conducted by the Technical team after the briefing.

3.4 Drug Education Session

A drug education session will be conducted as part of the AYOF 2013 event. This session will take place at The King's School from 1030 – 1130 on Thursday 17th January 2013. Further information on this session is available from the AOC.



3.5 Opening Ceremony

All athletes and team staff will be required to attend the AYOF 2013 Opening Ceremony at the Sydney Entertainment Centre on Wednesday 16th January 2013. Further information on the opening ceremony is available from the AOC.

It is to be noted that there is a swim training session available at The King's School from 1300 to 1500 on this day. Transport to the Opening Ceremony will commence from The King' School at 1515.

4.0 Race Day Information

Further race information will be available via the AOC Zues system as it becomes available and a full course description will be conducted as part of the technical briefing.

4.1 Athlete Lounge

An Athlete Lounge area will be available for baggage storage, race number marking, pre-race water and collections of packed lunches etc. This area will be open during the venue training session and from 45 minutes prior to race start on competitions days.

Technical Officials will conduct race uniform checks at the Athlete Lounge on the day of competition in accordance to ITU Rules.

On the individual competition days the Athlete Lounge will be open as follows:

0715 – 0815	Female Competitors
0815 – 0915	Male Competitors
0915 – 1100	All

Bathroom and changing facilities are available in the dedicated SIRC facilities located behind the Main Grandstand.

4.2 Individual Event

4.2.1 Swim

The 750m swim will be from a numbered pontoon start in the SIRC Competition Lake. Athletes will swim in a clockwise direction leaving all bouys on their right-hand side.

Pontoon start allocations will be made on a random basis as per ITU guidelines, this process will be described by the Technical Delegate at the athlete briefing. Race maps are available at Annex A to this document.

Wetsuit use will be determined in accordance with the ITU competition rules. As a guide it is expected that the water temperature at SIRC during the competition will be in excess of 25 degrees.

4.2.2 Transition 1

The transition area will be a 'flow-through' transition with ITU style numbered racking. Athletes will be provided with a box for all equipment. Penalties will apply as per the ITU competition rules for athletes discarding equipment outside of these boxes.

4.2.3 Cycle

The 20km (4-lap) cycle course will be conducted in an anti-clockwise direction around the SIRC Competition Lake. The cycle leg will be conducted in accordance with ITU competition rules and drafting is allowed. All bikes must be compliant with ITU bike regulations.



Please note that due to course restrictions the race will need to comply with ITU rules regarding 'lapped athletes' on the bike. All cyclists 'lapped' by the lead cyclist will be removed from the course.

4.2.4 Transition 2

The transition area will be a 'flow-through' transition with ITU style numbered racking. Athletes will be provided with a box for all equipment. Penalties will apply as per the ITU competition rules for athletes discarding equipment outside of these boxes.

4.2.5 Run

The 5km (2 lap) run course will be conducted in front of the SIRC Main Grandstand in an out and back format. There will be two aid stations on the run with water provided; the location of these aid stations is marked on the maps provided at Annex A.

4.3 Mixed Team Relay Event

4.3.1 Swim

The 300m swim will be from a numbered pontoon start directly in front of the SIRC Main Grandstand and take place in the SIRC Competition Lake. Athletes will swim in an out and back format leaving all bouys on their right-hand side.

Pontoon start allocations will be made on a random basis as per ITU guidelines, this process will be described by the Technical Delegate at the athlete briefing. Race maps are available at Annex A to this document.

Wetsuit use will be determined in accordance with the ITU competition rules. As a guide it is expected that the water temperature at SIRC during the competition will be in excess of 25 degrees.

4.3.2 Transition 1

The transition area will be a 'flow-through' transition with ITU style numbered racking. Athletes will be provided with a box for all equipment. Penalties will apply as per the ITU competition rules for athletes discarding equipment outside of these boxes.

4.3.3 Cycle

The 5km (1-lap) cycle course will be conducted in an anti-clockwise direction around the SIRC Competition Lake. The cycle leg will be conducted in accordance with ITU competition rules and drafting is allowed. All bikes must be compliant with ITU bike regulations.

4.3.4 Transition 2

The transition area will be a 'flow-through' transition with ITU style numbered racking. Athletes will be provided with a box for all equipment. Penalties will apply as per the ITU competition rules for athletes discarding equipment outside of these boxes.

4.3.5 Run

The 1.5km (2 lap) run course will be conducted in front of the SIRC Main Grandstand in an out and back format. There will be two aid stations on the run with water provided; the location of these aid stations is marked on the maps provided at Annex A.

4.3.6 Athlete Change-Over

Athlete change-over during the team relay format will be conducted in a designated area directly in front of the SIRC Main Grandstand. The 'tagged' athlete will then proceed down onto the start pontoon and enter the water from the pontoon.

4.4 Recovery Area

A recovery area will be provided in the immediate vicinity of the finish line as per the ITU event organizer manual. This area will contain water, fruit and electrolyte drinks for athlete consumption.



5.0 General Information

5.1 Race Staff

The following race staff are involved in the delivery of the event:

Competition Director	-	Troy Watson, Triathlon Australia
Race Director	-	Phil Dally, Triathlon NSW
Technical Delegate	-	Murray Hilder, Triathlon Australia
A/Technical Delegate	-	Michael Haarsma, Triathlon South Australia
Race Referee	-	John Singleton, Triathlon NSW
Presentations and Media	-	Kate Gallop, Triathlon Australia

Please direct all queries relating to race technical matters to the Competition Director on +61 (0) 2 8332 6820 or via email at troy.watson@triathlon.org.au.

5.2 Medical Support

Medical support will be available at the competition venue at all times during competition and training. There will be medical support available at the Village when athletes are onsite, access to this medical can be arranged through the AOC Duty Officer or the Competition Director.

5.3 Timing and results

Timing services will be provided to the event by Multisport Australia. All results will be available once confirmed from the AYOF 2013, Triathlon Australia, ITU and Multisport Australia websites.

5.4 Technical Officials and Volunteers

The event will be run in accordance with ITU rules by a team of officials provided by Triathlon Australia. Several of the team have extensive experience at ITU events including the 2012 London Olympic Games, 2012 ITU WTS Sydney and 2012 ITU WTS Grand Final in Auckland.

Event volunteers will be provided by local triathlon clubs and Junior Development team members. Please remember that our Technical Officials are also volunteers and that all race staff on the day are there to provide a safe, fair and fun experience for all athletes.

5.5 Bike Mechanic

A bike mechanic will be on site at SIRC during training and competition sessions. Further information regarding these services will be available closer to the event.

5.6 Parking

Ample parking will be provided at the lake during competition and training, please follow the designated signs.

5.7 Adverse Weather Plan

Please note that Western Sydney in January does experience high temperatures on a consistent basis. Please take the time to adjust in your training and preparations accordingly.

An adverse weather plan will be developed in conjunction with the Race Director and weather conditions will be monitored in the 14 days prior to the commencement of competition. Any expected changes to race



details due to adverse weather will be noted to all participants at the technical briefing on Wednesday 17th January 2013 and again on arrival at the competition venue for training and racing if required.