triathlon.org

11th, May, 2014

Athletes briefing

Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The course
- Post-Race Procedures
- Weather forecast

Welcome and Introductions

- Anabela SANTOS, ITU Technical Delegate
- Julien VANDERPLANCKE, ITU Race Referee
- Dominique FRIZZA, LOC Director

Competition Jury

- Anabela SANTOS, Chair
- Dominique FRIZZA
- Dominique SAGARY, FFtri

Schedule and Timelines

Saturday

18:30-19:30	Race Packet distribution
19:30-22:00	Pasta Party

Schedule and Timelines

Sunday

09:45 – 10:45	Athletes' Lounge open and check-in for Junior Women
10:00 – 10:45	Transition Area open for Junior Women
10:30 – 11:15	Warm-up for Junior Women
11:20	Junior Women Presentation
11:30	**Junior Women Start**

Schedule and Timelines

Sunday

13:45 – 14:45	Athletes' Lounge open and check-in for Junior Men
14:00 – 14:45	Transition Area open for Junior Men
14.30 – 15:15	Warm-up for Junior Men
15:20	Junior Men Presentation
15:30	**Junior Men Start**
17:00	Medal ceremony **Men & Women**

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Check-in procedures

Athletes Lounge

- Uniform check (name, country, logos, ITU logo, zippers) – photos taken of each uniform.

  Wearing other uniform during the race = DSQ!

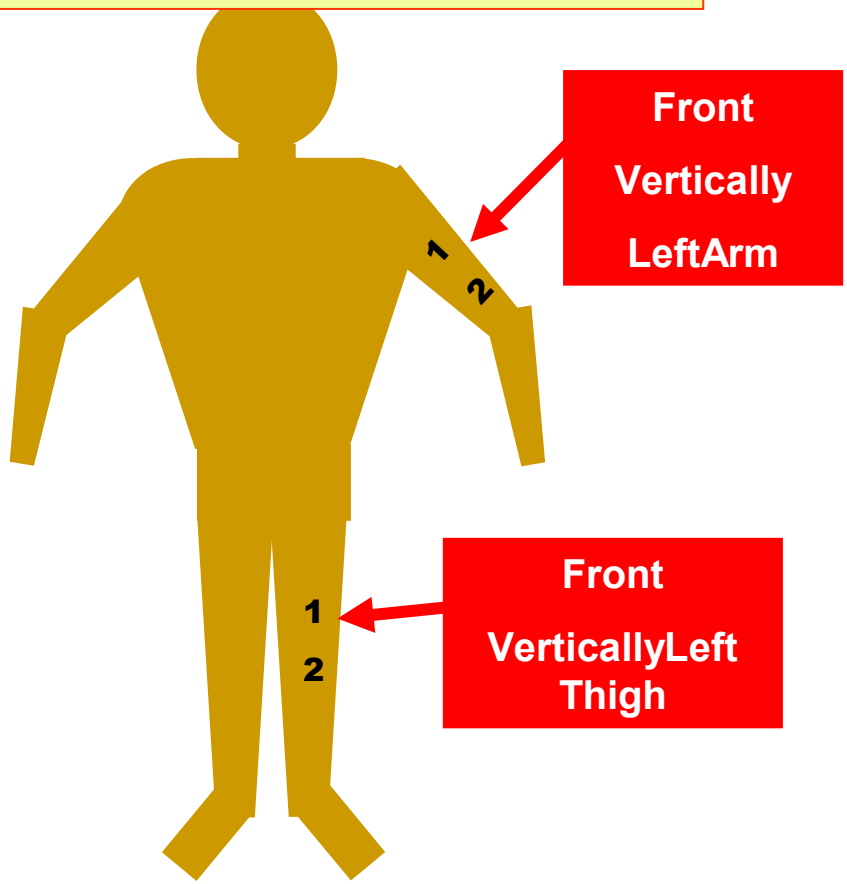
- Body marking check (left arm and left leg)

- Timing chip distribution (1 for the ankle)

Check-in Procedures

Attention for the numbers

6 et 9



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Check-in procedures

Transition Area

- Bike check: handlebars & wheels (non authorized UCI wheels rule)
- Helmet check- Don't leave your helmet fastened in the transition

  The athlete who misses to comply with this rule will receive a time penalty of 10 seconds in TA1.
- Running Shoes outside the box, helmet on the bike
- Spare wheels to the wheel-stop – There will be a VAN near the TA to get the wheels to the whell-stop but only the wheels identified with the flag of your country.
- The Van will bring them to the TA after the race

Check-in procedures

Transition Area

- To add any equipment to the bike, you must obtain approval from the Race Referee after the end of the Athletes‘ Briefing.

Pre-start Procedure

Warm UP:

- The TA is 5 min walk from the start
- Put the equipment necessary for the warm up and the start in the bag the LOC provided

- Let the bag in a VAN that will be near by the “Athletes introduction zone”
- The bags will be placed in the TA when the last athlete is on the last lap of the run course

Pre-start Procedure

Athlete Introduction:

- 10 minutes before start - line-up under the swim exit gantry
- Jog to the platform
- Select your position and stay behind the line!

  Athlete blocking more than one place will result DQF

Start Procedure

Athletes in position:

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

  Athletes not moving forward at the start will receive a time penalty of 10 seconds in TA1.

False Start Procedures

False start (several athletes move forward before the start horn):

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to her/his spot

Valid Start but with early starters:

- If someone starts before the horn and everyone else starts with the horn,
- The athlete who false started will receive a time penalty of 10 seconds in TA1.
- During this time the athlete can not take any equipment!

The Course

Swim

1 lap - 750 m

Bike

4 laps of 5,3 km – YELLOW ARROWS

Run

2 laps of 2,5 km – WHITE ARROWS

Swim course

- Today water temperature: 15 °C
- Wetsuit allowed
- 1 way – 750 m
- In the first bridge, have to pass under on of the two arches (one with the two yellow signs and the rectangular sign with three stripes (red, white, red))

Swim course

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Swim course

- In the second bridge, may pass under the two arches on your right shoulder
- Pass between the buoys
- Take cap, goggles to transition into your box

Swim course

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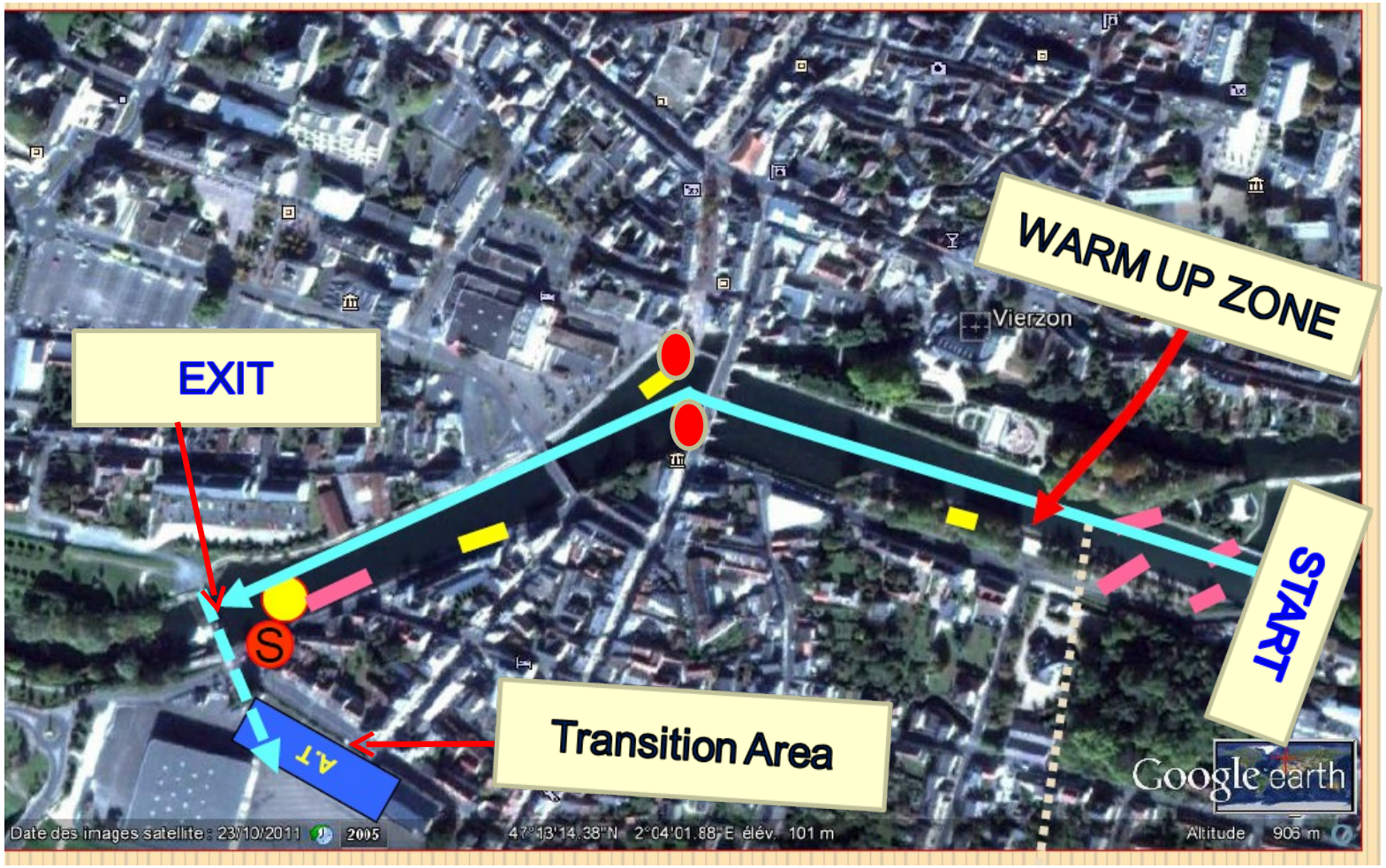
Swim course Map



Transition Area

- Traditional Bike Racks with two rows
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- Wetsuits, googles & swim caps into the box
- Mount/Dismount line on the street, after the main gate

Transition Area – Bike

Bike **Exit** on the left

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Transition Area – Bike

Bike **Entrance** on the right

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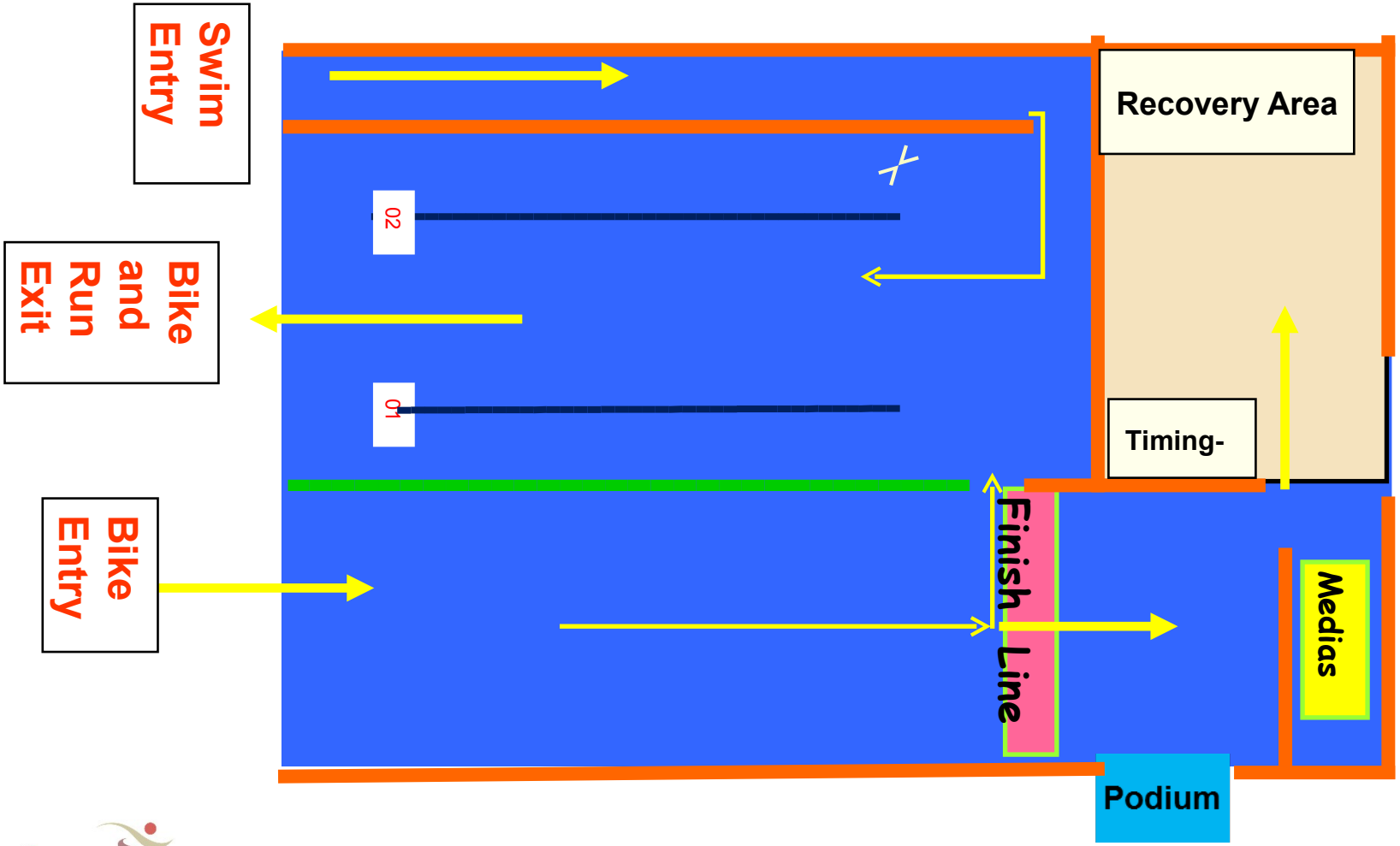
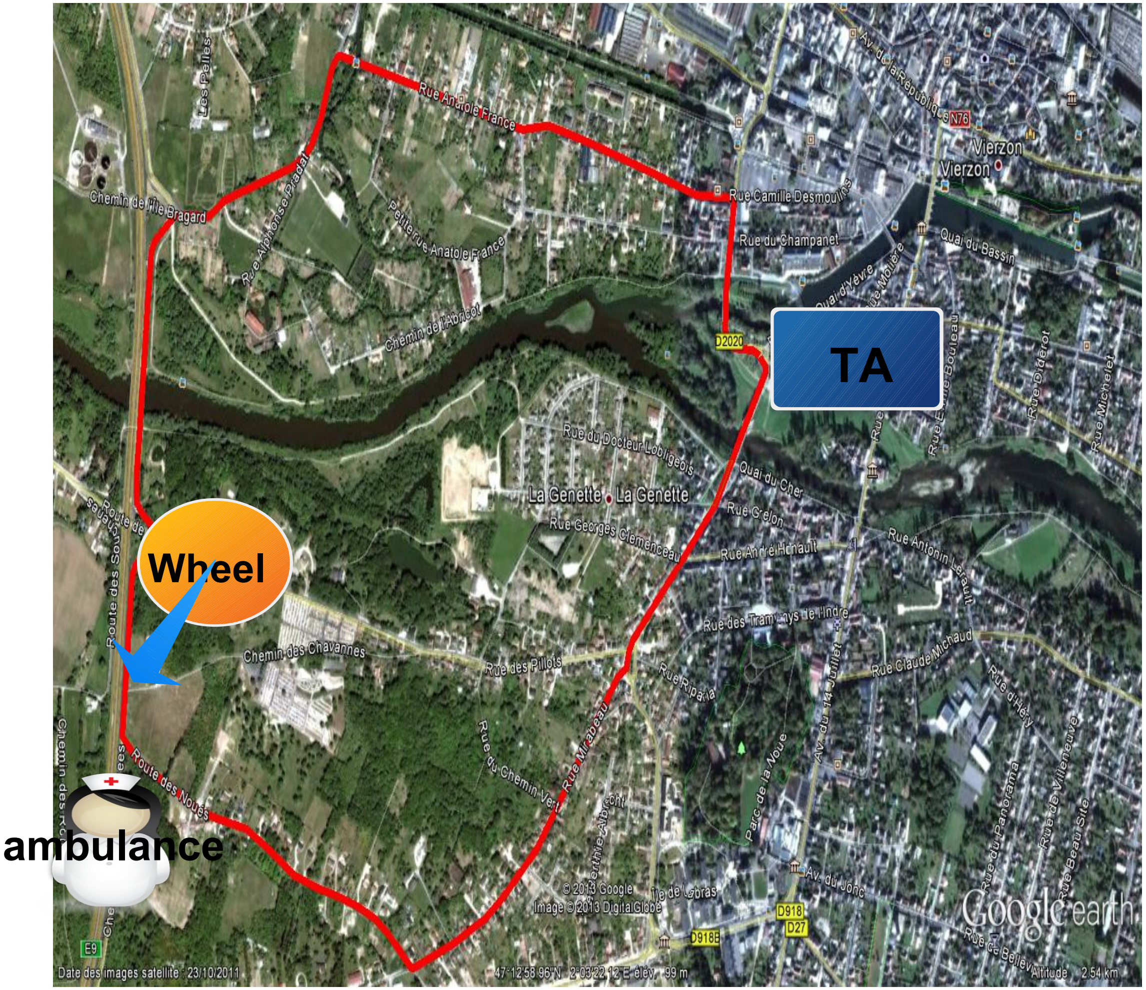
Transition Area



Bike course

- 4 laps (5,3 of 21,2 km)
- Clockwise
- Technical with a gentle climb at km 1
- 1 Wheel Station
  - 1 Team wheel station
  - For locations see the map
- Lap Counter: near the bridge after the roundabout

Bike Course Map



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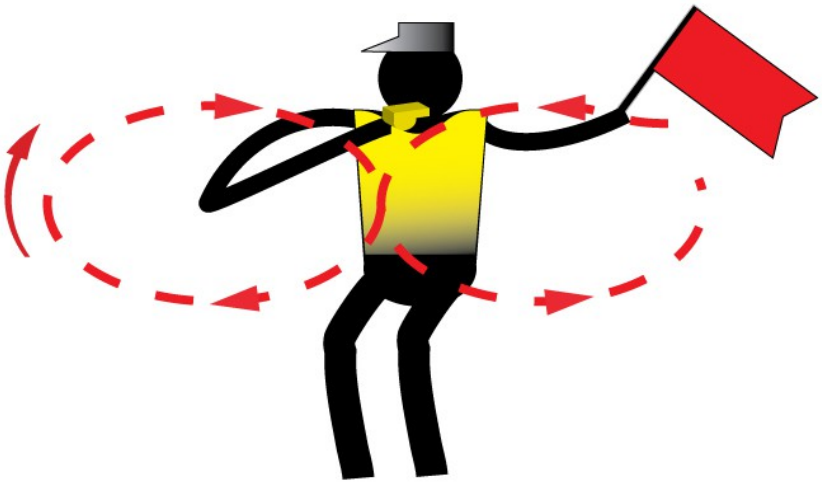
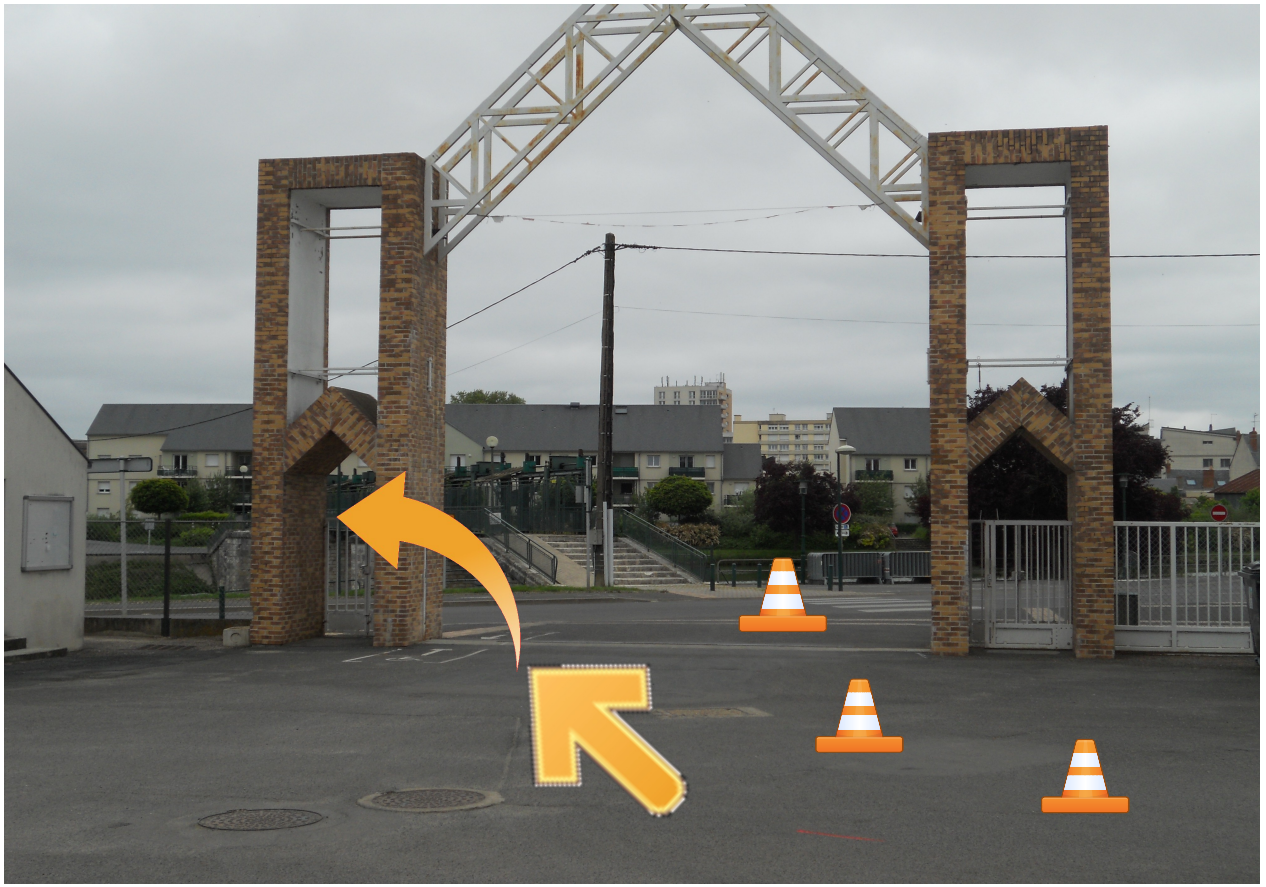
Caution

Caution signal: three sharp whistles and red flags



Transition Area – RUN

Run **Exit** on the left



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Transition Area – RUN

Run **Entrance** on the right

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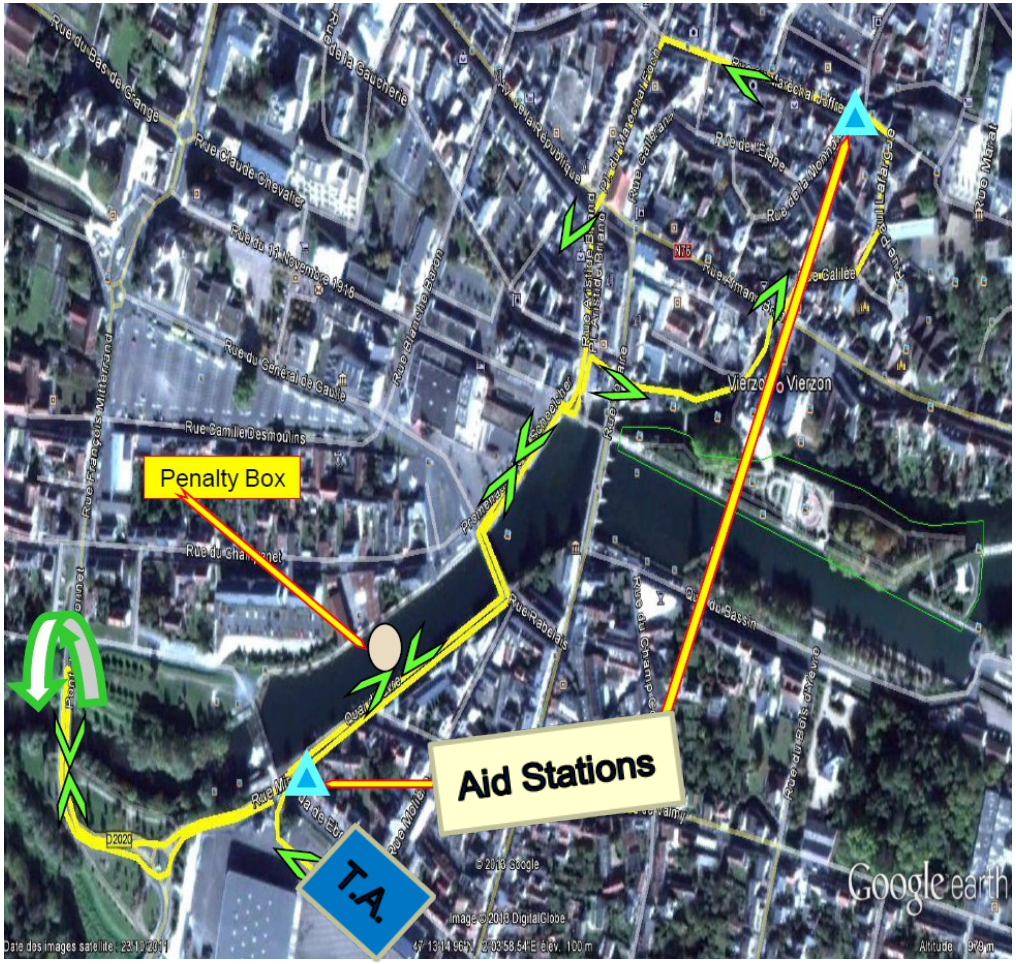
Run course

- 2 laps (2,5 of 5 km)
- Aid stations:
  - 2 per lap
  - For locations see the map
  - Sealed water
  - Discard plastic bottles off course
- Photo-finish
- Congestion in finish area:
  - Go to recovery area

Run Course Map



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Run Penalty Box

The penalty box is for infringements in: TA1, bike and TA2

e..x.: Mount before mount line, dismount after dismount line, discharge or store your equipment outside your designated area, rack the bike outside your own space etc

(Transition will be videotaped for infringements)

Location: Close to the Swim Exit footbridge

Information: White board to show race numbers

(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

If you don't stop = DSQ

Run Penalty Box

Rule interpretation

Mount after the mount line: It has to be one contact of the athlete foot with the floor after the mount line. If this contact doesn't occur the action is considered as mount the bike before the mount line.

Dismount before the dismount line: It has to be one contact of the athlete foot with the floor before the dismount line. If this contact doesn't occur the action is considered as dismount the bike before the dismount line.

Discharge or store your equipment inside your designated area: Leaving the equipment (swim cap, googles, helmet, wetsuit.) in the designated box.

Rack the bike inside your own space: In case of Traditional bike rack, the bike must be racked with both sides of the handlebar, both brake levers or the seatpost within 0,5m of the name plate.

Run Penalty Box

Rule interpretation PHOTOS

Rack the bike inside your own space: In case of Traditional bike rack, the bike must be racked with both sides of the handlebar, both brake levers or the seatpost

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Run Penalty Box

Rule interpretation PHOTOS

Don´t unfasten your helmet until rack your bike

Run Penalty Box

Rule interpretation PHOTOS

Rack the bike inside your own space: In case of Traditional bike rack the bike must be racked within 0,5m of the name plate.

Post-race Procedures

- “Recovery area” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation - protocol – at 17:00

  Please follow the ambush marketing rules
- Dress “up” – coaches assistance needed

Post-race Procedures

Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Weather forecast

Sunday	Temp	Weather
8:00	10°	
11:00	12°	
12:00	12°	
13:00	14º	
14:00	14º	
15:00	15°	
16:00	15°	
17:00	15°	
18:00	14°	

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Good Luck!