



Friday, July 24th

Athletes briefing

Briefing agenda

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

Welcome and Introductions

- Scott Weinheimer, ITU Technical Delegate
- Marie-Claude Gregoire, ITU aTD
- Janice Turner, ITU Race Referee
- Rene Pomerleau , LOC Director

Competition Jury

- Scott Weinheimer, TD, Chair
- David Markham, CAMTRI
- Alan Carlson, Triathlon Canada

Schedule Friday (Today)

17:30 – 18:00 Athlete Briefing (you are here)

18:00 – 18:30 Race pack pick-up (after the athletes' briefing)

18:30 – 19:00 Bike Course Familiarization (1 Lap)

Schedule Saturday Men

08:00 – 09:20 Bike Check, Registration & Transition Open

08:45 – 09:15 Swim Warm up

09:20 Athletes assembled at swim start area

09:30 RACE

14:30 Medal ceremony
(Approximately)

Schedule Saturday Women

10:00 – 11:20	Bike Check, Registration & Transition Open
10:45 – 11:15	Swim Warm up
11:20	Athletes assembled at swim start area
11:30	RACE
14:30 (Approximately)	Medal ceremony

Check-in procedures

Bike Check

- Handlebars
- Seat position
- Frame
- Wheels, & spare wheels (non authorized UCI wheels rule)
 - Leave labeled spare wheels for wheel stop.
- To add any equipment to the bike, you must obtain approval from the Race Referee up until 10 minutes after the end of the Athletes' Briefing.

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. (both arms, both legs)
- Helmet/Bike Stickers in place.
- Timing chip distribution. (1 for the ankle)
- Swim cap distribution.

Check-in procedures

Transition Area

- Helmet check
 - Don't leave your helmet fastened in the transition.
The athlete who fails to comply with this rule will receive a time penalty of 15 seconds in TA1.
- Running Shoes outside the box, helmet on the bike.

Pre-start Procedure

Athlete Introduction:

- 10 minutes before start - line-up in the swim start area.
- Jog to the beach.
- Select your position and stay behind the line!
Athlete blocking more than one place will result DSQ.

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 15 seconds in TA1.

False Start Procedures

False start Example 1: Mass False Start

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

False start Example 2: Individual False Start

- If someone starts before the horn and everyone else starts with the horn, the athlete who false started will receive a time penalty of 15 seconds in TA1.
- During the time penalty athlete can not take any equipment!

The Course

Swim

1 lap of 1500 m (1.5 km)

Bike

4 laps of 10 km (40 km)

Run

4 laps of 2.5 km (10 km)

Swim course

- Water temperature:
 - Thursday 21.6 °C
 - Friday 21.1 °C
 - Saturday Temperature taken at
 - 08:30 for Men's race
 - 10:30 for Women's Race
 - Wetsuit not allowed?
- 1 lap (1500 m)
- Distance to the first turn buoy 600 m.
- Dolphin dive out to the first buoy and after the last buoy.
Must swim the rest of the course.

Swim course Map



PARCOURS DE NATATION

500 mètres et plus

SWIM COURSES

500 meters and more



LAC MEMPHRÉMAGOG

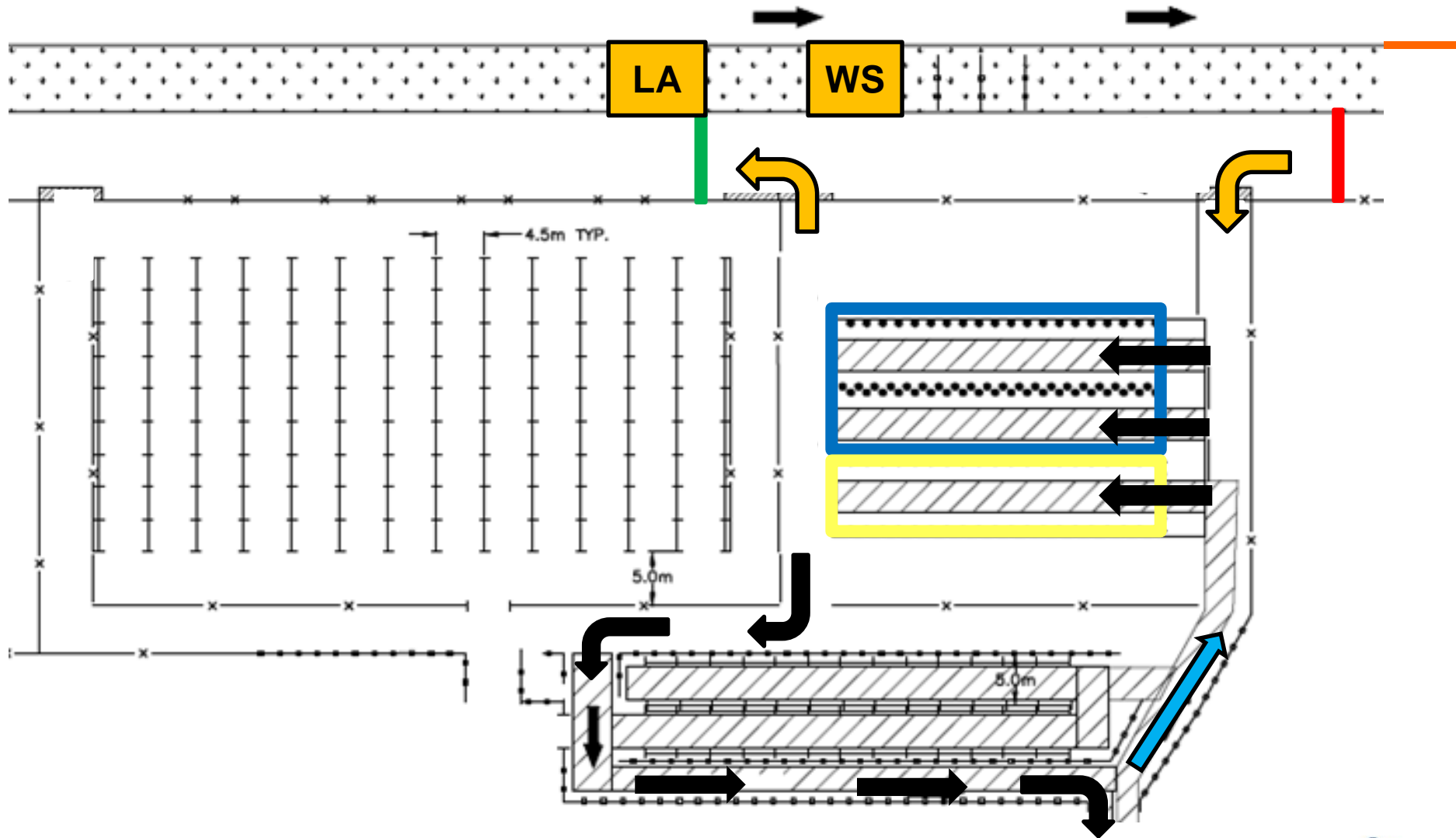


- 500 mètres
- 750 mètres
- 1500 mètres
- 1931 mètres

Transition Area

- Individual Bike Racks – number, name and country
- Running shoes in front of the box, helmet on the bike
- Googles & swim caps into the box
- Bags to the Athletes Lounge
- Practice the flow of Transition
 - T1 – Rear wheel in rack, facing inside of Transition
 - T2 – Either wheel in rack
- Mount line on the road.

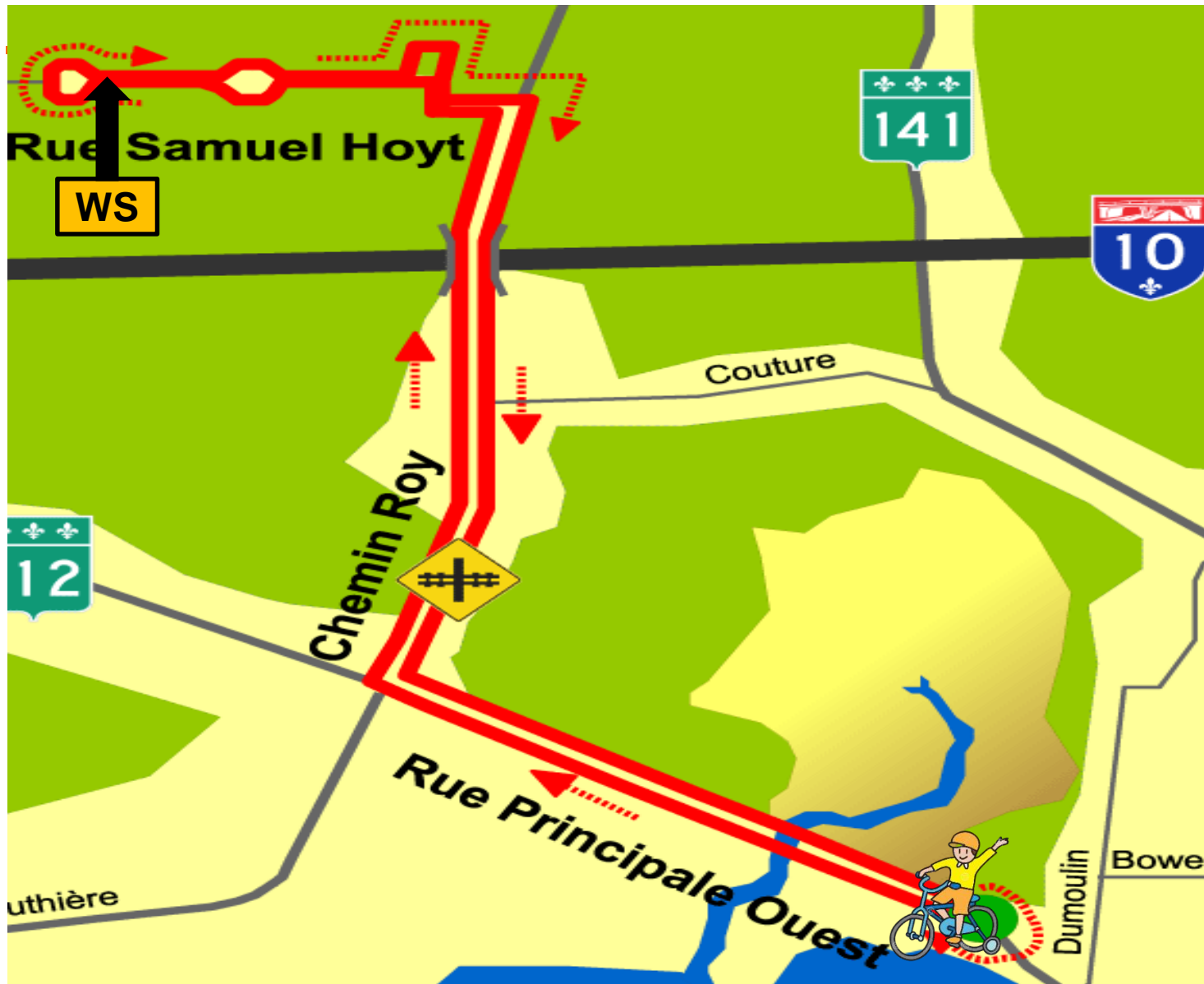
Transition Flow



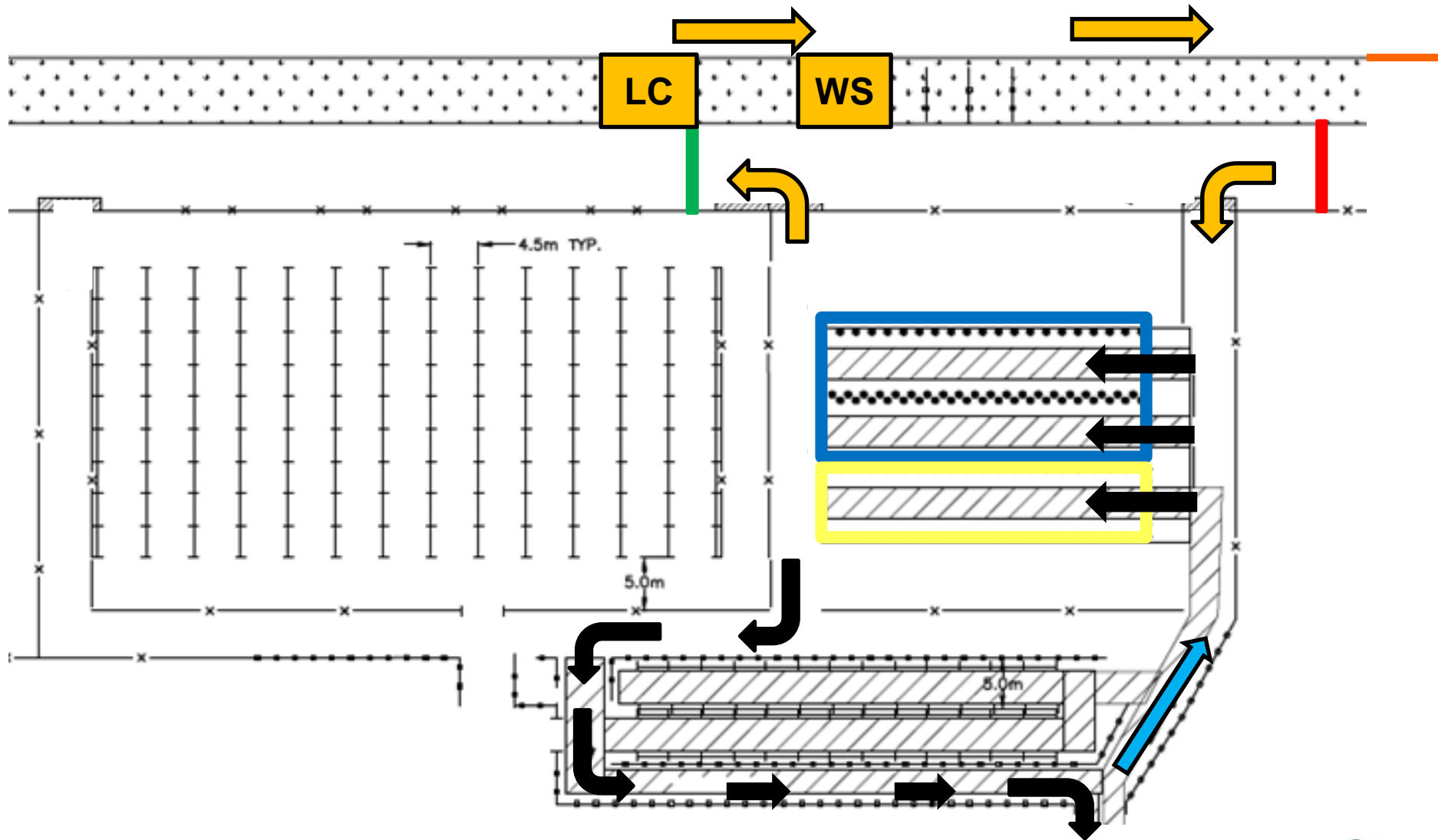
Bike course

- 4 laps (10 km per lap, 40 Km total)
- Slight hills, technical turns
- 2 Wheel Stations
 - 1 Team wheel station (opposite transition)
 - 1 Neutral wheel station (far end of the course)
 - For locations see the map
- Lap Counter: located just past the mount line
- Lapped athletes are out of the race

Bike Course Map



Transition Flow



Run course

- 4 laps (2.5 km per lap, 10 Km total)
- Aid stations:
 - 2 per lap
 - Sealed water
 - Discard plastic bottles within 100m after aid station.
- Photo-finish
- Congestion in finish area:
 - Go to recovery area

Run Course Map



Run Penalty Box

- The penalty box is for infringements in: TA1, bike and TA2
e.g.: 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:** Prior to lap and finish chute.
- **Information:** White board to show race numbers.
(Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 15 second time penalty served on any lap of the run.
- **If you don't stop DSQ**

Run Penalty Box

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.

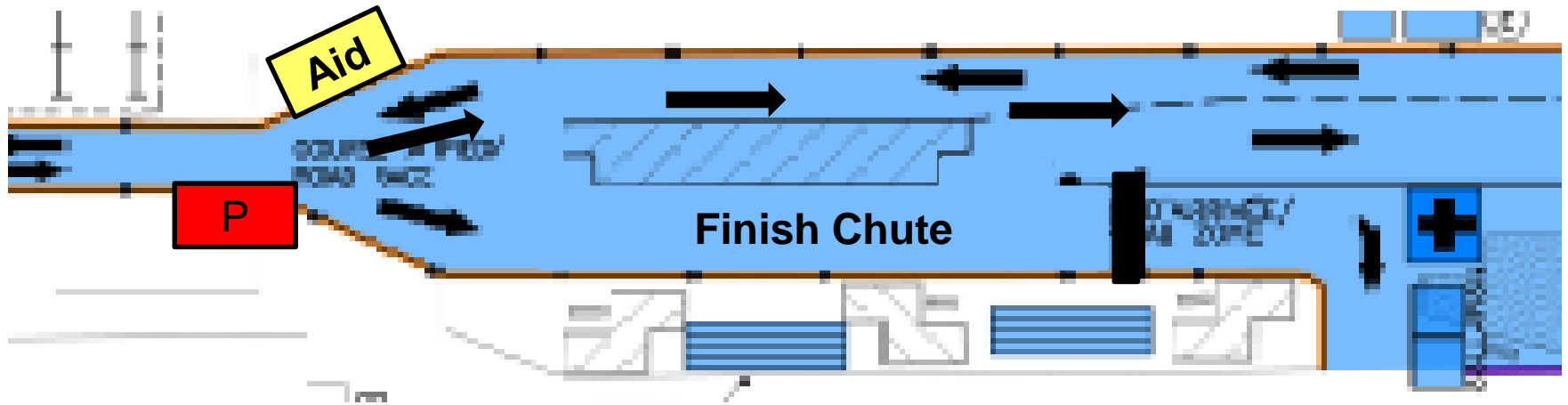
Dismount before the dismount line:

- 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 s(swim cap, goggles, helmet, etc.) in the designated box.
- Rack the bike on your rack.

Finish Map



Post-race Procedures

- Medal Presentation - protocol – report to awards area at 14:10.
- Dress “up”.
- Prize money immediately after the medal presentation in Athlete Lounge.

Ambush Marketing Rules

- 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.”
- The consequence for this behavior is:
 1. The athlete will immediately forfeit their prize money for that event.
 2. If the athlete is part of the “gold group” this status will be revoked for the remainder of the year.

Post-race Procedures

Anti-Doping Control

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

Medical

- Only team medical officials area allowed in this area in case there is an athlete from their team.

Good Luck!