



PLYMOUTH INTERNATIONAL  
HOTEL AND CONFERENCE CENTRE

**22 MARCH 2015** NZ Junior  
National Triathlon  
Championships  
**New Plymouth NZ**

20<sup>th</sup> March 2015

**Athletes briefing**

# Briefing agenda

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

# Welcome and Introductions

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- *Bill Walker, Vice President ITU Executive Board*
- *Juliet Fahey, ITU Team Leader*
- *Sarah Reed, ITU Technical Delegate*
- *Gail Hussey, ITU Assistant Technical Delegate*
- *Ross Capill, ITU Race Referee*
- *Terry Sheldrake, LOC Event Manager*

# Competition Jury

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- Sarah Reed, ITU Technical Delegate, Chair
- Bill Walker, ITU Vice President, Executive Board
- Garry Boon, President Triathlon NZ

# Race Competition Rules

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- Elite competitors will follow the ITU Race Competition Rules (2015)
  - [http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_december20141.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf)
- U19 Championships will follow the TriNZ Race Competition Rules (2015)
  - [http://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_december20141.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf)

# Schedule and Timelines

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## Friday

6:00pm	Athlete briefing
6:30pm	Elite Athlete Race Pack pickup
7:00pm	Pasta Party

# Schedule and Timelines

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## Sunday      NZ U19 Championships

9:30am	Athletes' Lounge open for Juniors
9:45am	Athlete Check in
9:45 – 10:15am	Transition Area open for all U19 Athletes
10:15-10:45am	Swim Warm-up for all U19 athletes
10:50am	U19 Athlete assembly
10:55am	U19 Introductions
11:00am	U19 Men Start
11:01am	U19 Women Start
3:55pm	Medal Ceremony U19 athletes

# Schedule and Timelines

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## Sunday      Elite Women

10:00am	Athletes' Lounge open & check in
10:15-11:45am	Transition Area open for Elite Women
11:45-12:10pm	Swim Warm-up
12:15-12:20pm	Womens Assembly
12:20-12:25pm	Kapa Haka challenge
12:30pm	Elite Women Introductions
12:35pm	Elite Women Start
3:35pm	Medal ceremony Elite Women



# Schedule and Timelines

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## Sunday      Elite Men

12:00-1:30pm	Athletes' Lounge open and check-in
1:30-2:30pm	Transition Area open for Elite Men
1:45-2:10pm	Swim Warm-up for Elite Men
2:15-2:20pm	Elite Men Assembly
2:20pm	Kapa Haka ceremony
2:25pm	Elite Men Introductions
2:30pm	Elite Men Start
3:45pm	Medal ceremony Elite Men

# Check-in Procedures

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## U19 Athlete Lounge – located in the Yacht Club

- Body Marking
- Timing Chip distribution
- Swim cap distribution
- Bike Check:
  - Handlebars, wheels (non authorized UCI wheels rule)
- Helmets will be checked as you enter transition

# Check-in procedures

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## Elite Athletes Lounge

- Uniform check (name, country, logos, ITU logo, zippers) – photos taken of each uniform. Wearing other uniform during the race = DQF!
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle / 1 for the bike)
- Swim cap distribution
- Bike Check: handlebars & Wheels (non authorised UCI wheels rule)
- Spare wheels to lounge to be checked
  - Checked wheels to be taken to the end of transition

# Check-in procedures

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## Transition Area

- Helmet check (Don't leave your helmet fastened in the transition)
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Race Referee up until 10 minutes after the end of the Athlete's Briefing.

# Pre-start Procedure

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## Athlete Introduction:

- Be at line up position 15 minutes before race start
  - line-up under the swim exit gantry
  - Swim entry (outside transition) on the path
- Traditional Kapa Haka welcome
- Jog to the beach and select your position on the carpet
- Once position selected, stay behind the line!

*Athlete blocking more than one place will result DSQ*

# Start Procedure

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## 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.*

*For U19 Championships, athletes not moving forward at the start will receive a time penalty of 15 seconds in TA1.*

# False Start Procedures

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## False start Example 1:

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

## False start Example 2:

- 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 (*U19 athletes = 15 second penalty*).
- During the time penalty athlete can not take any equipment!

# The Course

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## Swim

1 lap of 750m

## Bike

4 laps of 5km

## Run

3 laps of 1.67km

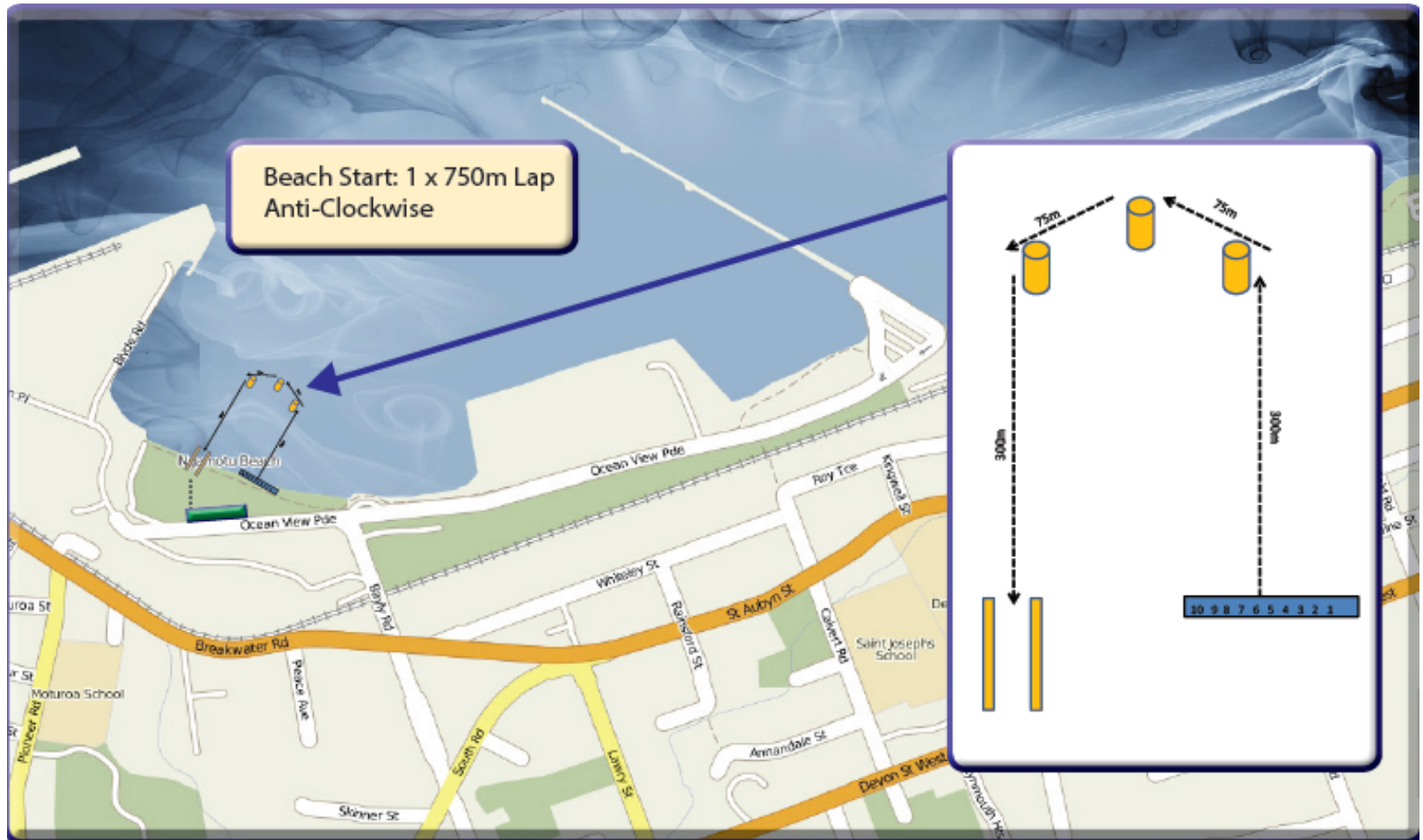


# Swim course

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- Water temperature: 19.2 °C
- Wetsuit allowed
- 1 lap of 750m
- Anticlockwise direction
  - Keep buoys to the left
- Distance to the first turn buoy: 300m
- Take cap, goggles to transition a place into your box (failure to do this will result in a penalty).

# Swim course Map



# Transition Area

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- Traditional Bike Racks – two rows
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- Wetsuits, goggles & swim caps into the box
- Mount line at the end of the TA

# Transition Flow



# Bike course

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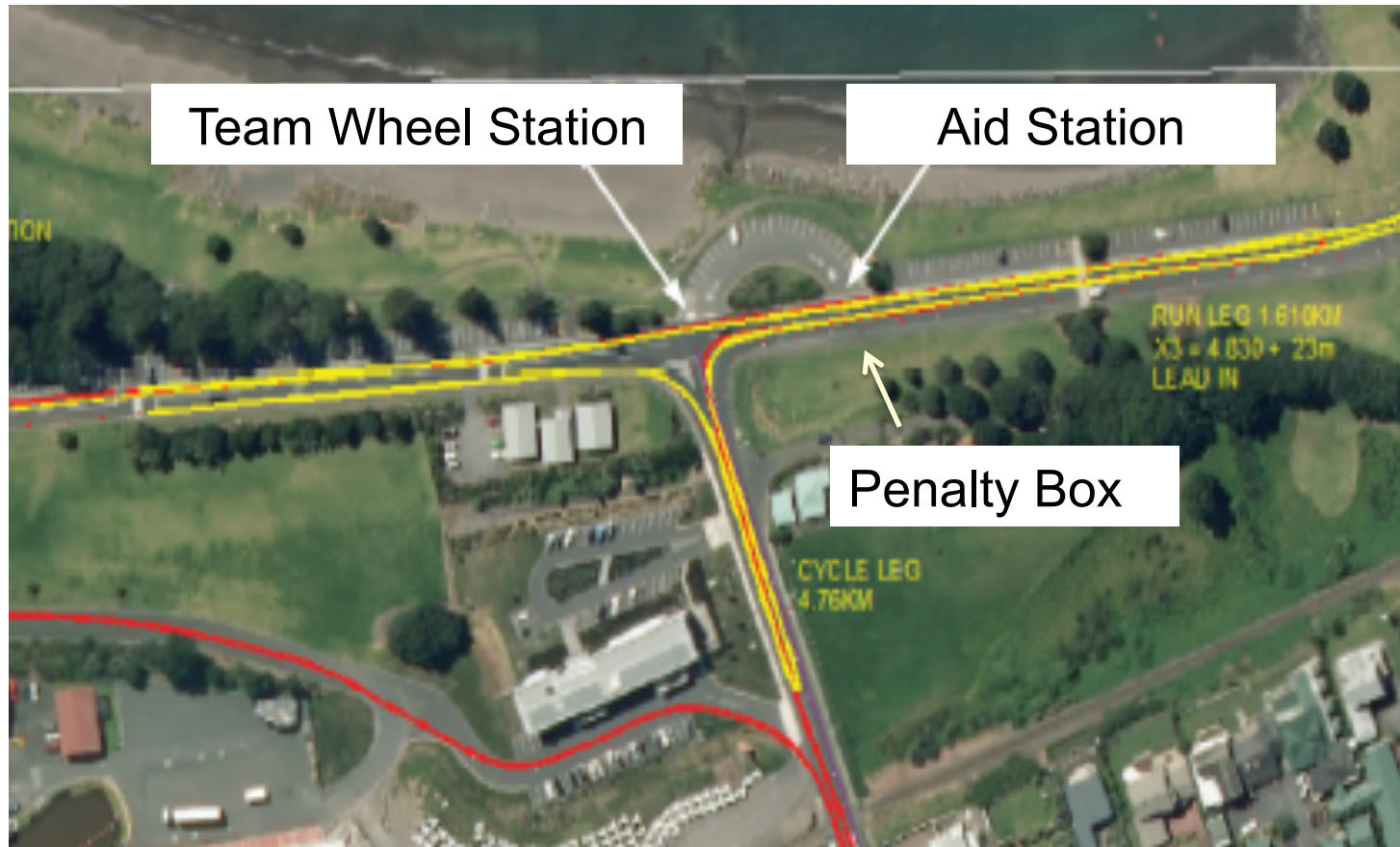
- 4 laps of 5km
- Undulating and technical
- 1 Wheel Station
  - 1 Team wheel station accessible from the sea side (outbound)
  - For locations see the map
- Lap Audit: at the end of Transition (sea side)
- Lapped athletes are out of the race
- Should you pull out of the race, please advise an official.

# Bike Course Map





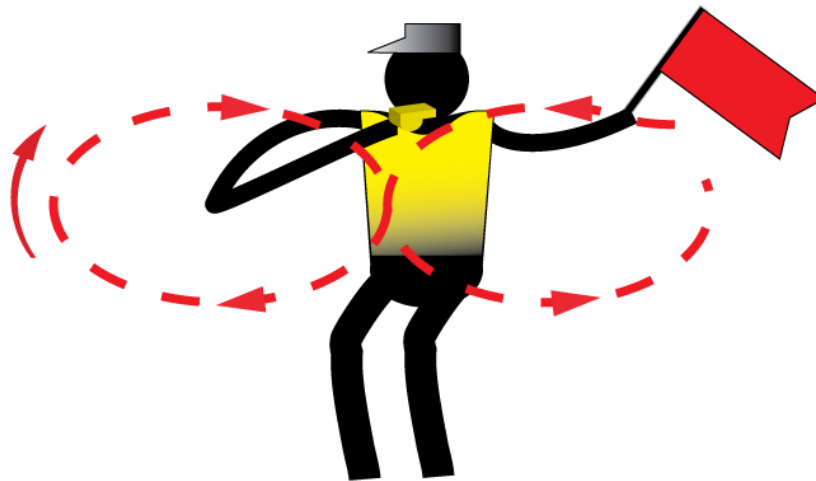
# Bike Course Map



# Caution

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Caution signal: three sharp whistles and red flags



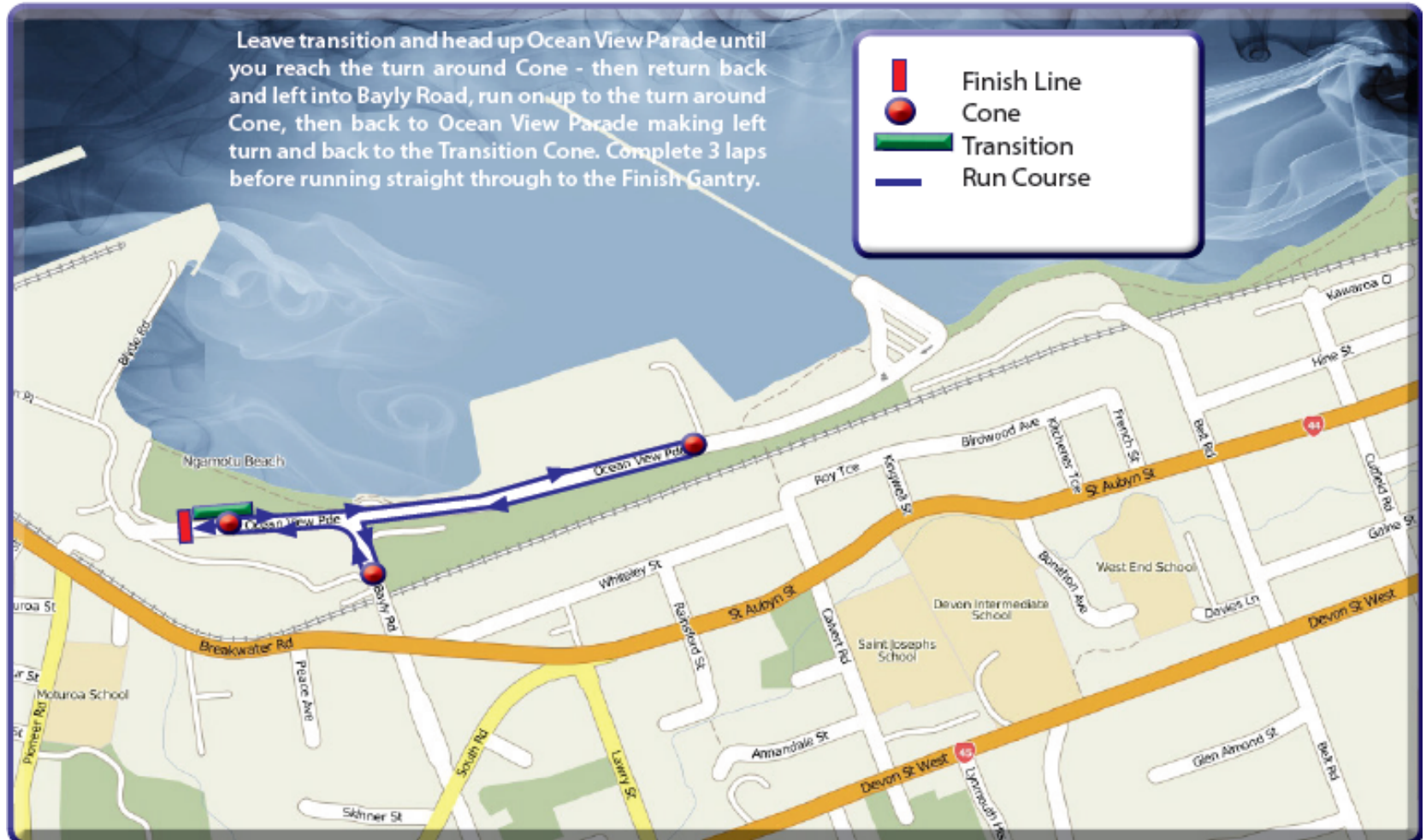


# Run course

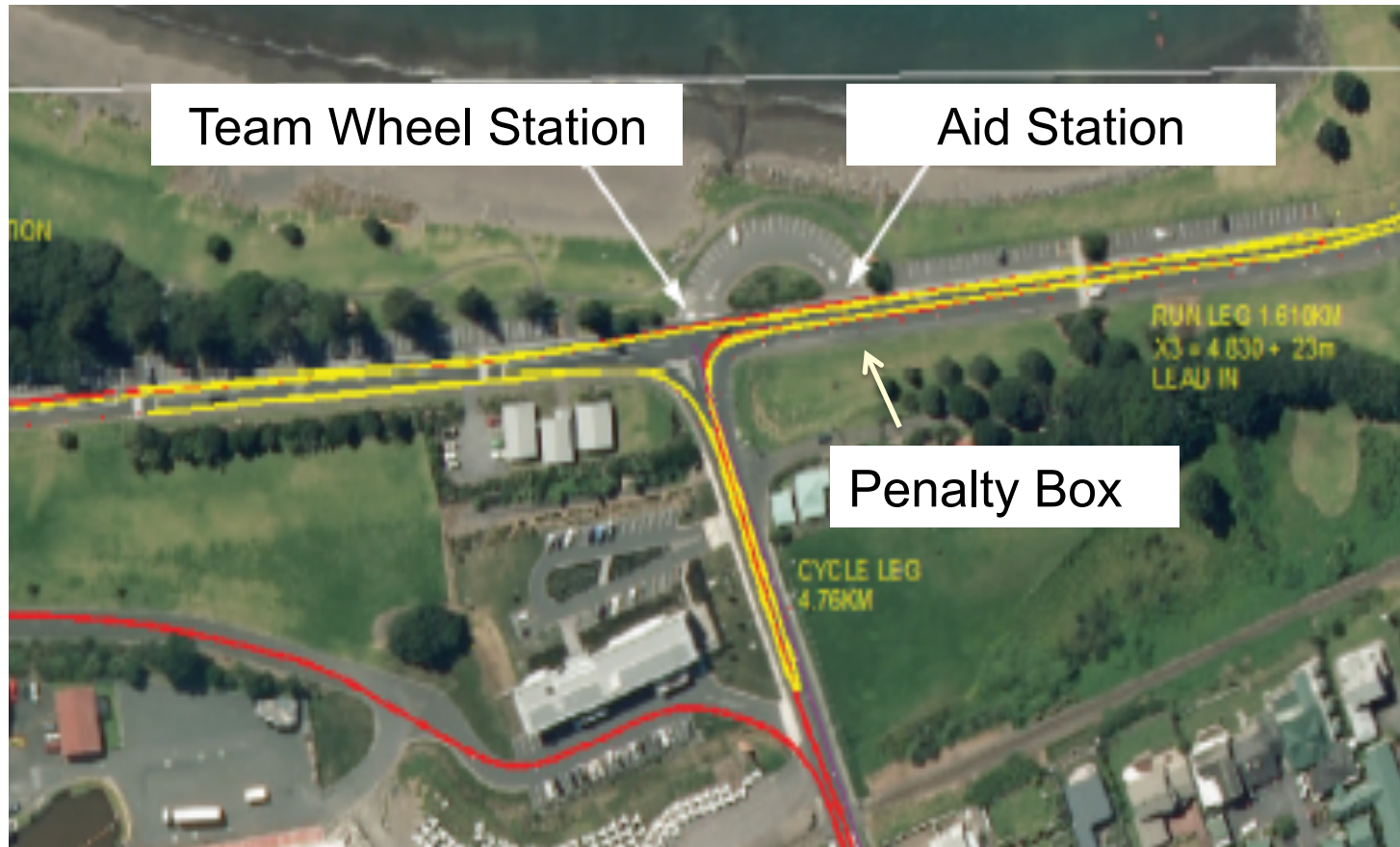
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- 3 x 1.67km (5km)
- Aid station:
  - 1 aid station, accessible from both sides
  - Sealed water
  - Discard plastic bottles off course in designated littering zones
    - indicated by **green** tape line 20m prior to the aid station & **red** tape line 50m past the aid station
- Photo-finish
- Congestion in finish area:
  - Go to mixed zone / recovery area

# Run Course Map



# Run Course



# Run Penalty Box

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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:** 30m after the Transition Area

**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**

# Post-race Procedures

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- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – at 3:35pm
  - Elite Female please report to the Athlete lounge no later than 3:00pm

*Please follow the ambush marketing rules*

- Dress “up”
- Prize money is to be electronically wired to athletes in the following week.

# Post-race Procedures

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## 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.
- Every NF can have 1 team medical upgrade pass, but only for team doctors!

# Coaches areas

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## Accreditation

- Every coach has to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered through their NF into the ITU online system are eligible for an accreditation
- Accreditation will be available at the host hotel tomorrow
  - 12pm to 1pm pick up

# Important Updates

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- When cycling please obey NZ road rules.
  - Keep left at all times and please follow the direction of traffic and NOT go against it.
- No access signage
  - At race venue, must be obeyed at all times

**Triathletes**  
Absolutely **NO** access



# Social Media

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- When using Social Media, please use the following:
  - #NewPlymouthWC
  - @worldtriathlon
  - @triathlonlive

# Weather forecast

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Friday



**20°C**  
High

**9°C**  
Overnight

Saturday



**21°C**  
High

**14°C**  
Overnight

Sunday



**20°C**  
High

**12°C**  
Overnight

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# Good Luck!