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TRIATHLON

2018 OTU Sprint Triathlon Oceania Cup and
Mixed Relay Oceania Championship

Athletes briefing

Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The course
- Post-Race Procedures
- Weather forecast
- Triathlon Mixed Relay Oceania Championship

Welcome and Introductions

- **Gail Hussey, ITU Technical Delegate**
- **Peter Aldridge, ITU Race Referee (Females)**
- **Michael Haarsma, ITU Race Referee (Males)**
- **Stephen Stubbs, Event Organiser**

Competition Jury

- Gail Hussey, ITU Technical Delegate (Chair)
- Garth Tierney, President TriSA
- Stuart Woolford, TriSA

Schedule and Timelines

Friday 2nd February

5.30 - 6.00pm Registration

6.00 - 7.00pm Race Briefing, race pack pick up

Saturday 3rd February

11.30 Athlete Lounge open Elite Male

11.45 Transition 2 open

12.30 Transition 1 open

12.45 - 13.00 Swim course open for warm up

13.00 Athlete Lounge/transition closed (athletes assemble at swim start)

13.05 Athlete's Introduction

13.15 Race Start Elite Males

Schedule and Timelines

13.00 Athlete Lounge open Elite Females

13.00 Transition 2 open

13.45 Transition 1 open

14.00 - 14.15 Swim course open for warm up

14.15 Athlete Lounge/transition closed (athletes assemble at swim start)

14.20 Athlete's Introduction

14.30 Race Start Elite Females

Check-in procedures

Athletes Lounge

- Uniform check (name, country, logos, ITU logo, zippers) – Wearing other uniform during the race = DQF!
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution

Check-in procedures

Transition Area

- Bike check: handlebars & wheels (non authorized UCI wheels rule)
- Spare wheels checked at Athletes Lounge and then taken to Wheel Station. Team wheels must have numbers of all team members.
- 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.
- All used equipment (T1 = wetsuit, swim cap/goggles, T2 = helmets) must be in your own box

Check-in procedure

Transition 1 (close to swim start)

- 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 in TA1.

- Helmet on the bike

Transition 2 (close to finish chute)

- Running Shoes outside the box (in front)

Pre-start Procedure

Athlete Introduction:

- 10 minutes before start - line-up at swim start
- Enter swim start area in announced race number order
- Jog to the start line
- Select your position and stay behind the line!

*Athlete blocking more than one place will result
DQF*

Start Procedure

Athletes in position

- When all athletes are in position, you are in the starters hands.
- The start can be given at any time after the starter announces "On your mark"
- Air horn blast
- The race starts. You must move directly forward towards the first buoy until you reach the water

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

False Start Procedures

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.
- During the time penalty athlete can not take any equipment!

The Course

Swim

1 lap of 750m

Bike

6 laps of 3.1km + 400m = 19km

Run

2 laps of 2.6km = 5.2km

Swim course

- Water temperature: 22.2
- Wetsuit NOT allowed
- One lap (750m)
- Distance to the first turn buoy 300m
- Take cap, goggles to transition into your box

Swim course Map



Transition Area

- Traditional Bike Racks
TA1 one row
TA2 two rows (Female Lake side, Male Park side)
- Bags to the Athletes Lounge
- Please be cautious of other athletes competing

Transition Flow 1



Transition Flow 2



Bike course

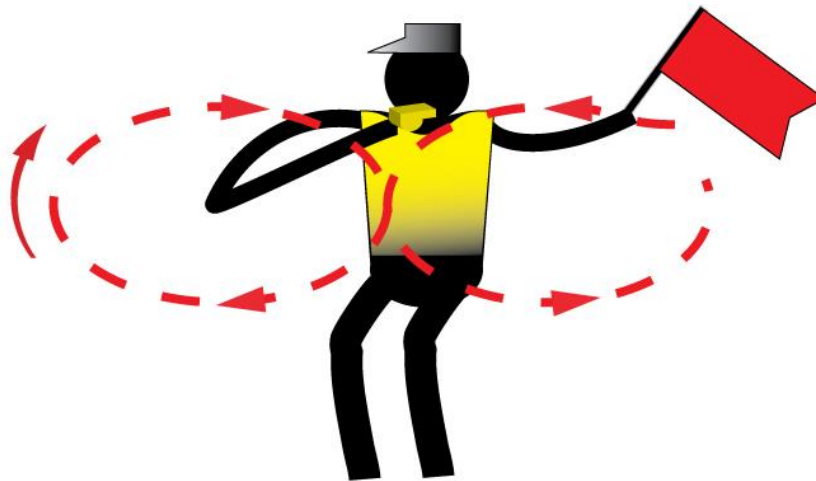
- 6 laps of 3.1km + 400m = 19km
- Fast and technical
- Be aware of “entry to bike path”.
- Care taken when approaching Bridge
- 1 Wheel Stations
 - 1 Team wheel station
 - For locations see the map
- Lap Counter (end of TA2)
- Lapped athletes are out of the race
 - First runner – last biker case

Bike Course Map



Caution

Caution signal: three sharp whistles and red flags



Run course

- 2 laps of 2.6 = 5.2km
- Aid stations:
 - 2
 - For locations see the map
 - Sealed water
 - Discard plastic bottles off course
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area

Run Course Map



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: 20m before Finish Line at end of TA2

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

Post-race Procedures

- “Mixed Zone” - immediately after finish 1, 2, 3 with host media or local broadcaster
 - Medal Presentation - protocol – at completion female race approx 15:45
 - Medal Presentation, please ensure medal winners return to athletes Lounge 15mins prior
- Please follow the ambush marketing rules*
- Dress “up”

Post-race Procedures

Anti-Doping Control

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

Mixed Relay Championship

Competition Jury:

- Michael Haarsma, ITU Technical Delegate (chair)
- Garth Tierney, President TriSA
- Stuart Woolford, TriSA

Race Referee:

Gail Hussey

Course

Swim

1 lap of 250m

Bike

2 laps of 3.1+ 400m = 6.6km

Run

1 lap of 1.6km

Schedule

Saturday

16:00 All teams to be registered
(F/M/F/M)

Sunday

06:30 Athlete Lounge Open

06:35 T1 & T2 Open

07:30 Race start

08:30 Race Finish

12:00 Presentation

Swim



Bike



Run (Team member 1-3)



Tag Zone
























Run (Team member 4)



Presentation

- 12:00 Medal Presentation.
- Medals will be awarded to complete country teams in Oceania that finish first, second and third across the line.
- That is one country may win multiple medals but only the highest ranking by a country will be awarded points.

Weather forecast

ADELAIDE AP 7-DAY WEATHER FORECAST														
	Fri Feb 2		Sat Feb 3		Sun Feb 4		Mon Feb 5		Tue Feb 6		Wed Feb 7		Thu Feb 8	
Summary	 Mostly sunny		 Sunny		 Sunny		 Sunny		 Mostly sunny		 Sunny		 Mostly sunny	
Maximum	30°C		31°C		30°C		29°C		33°C		34°C		35°C	
Minimum	17°C		19°C		19°C		19°C		20°C		23°C		24°C	
Chance of Rain	5%		5%		5%		5%		5%		30%		30%	
Rain Amount	< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm	
UV Index	Extreme		Extreme		Extreme		Extreme		Extreme					
Frost Risk	Nil		Nil		Nil		Nil		Nil		Nil		Nil	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	24 km/h	24 km/h	17 km/h	22 km/h	11 km/h	21 km/h	11 km/h	20 km/h	8 km/h	18 km/h	12 km/h	18 km/h	11 km/h	18 km/h
Wind Direction	 SE	 SSE	 ESE	 S	 ESE	 SSW	 ESE	 SSW	 E	 SW	 ENE	 WNW	 ENE	 WSW
Relative Humidity	45%	30%	43%	31%	38%	29%	37%	28%	33%	26%	28%	25%	32%	28%
Dew Point	9°C	11°C	11°C	12°C	10°C	10°C	9°C	9°C	9°C	11°C	9°C	12°C	11°C	14°C



Good Luck!
