

TRIATHLON TO THE TRIATHLON THE TRIATHLO

ETU

12th July 2019

Junior Athletes Briefing

Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables for Semi-Finals
- Check-in and Procedures
- Course for Semi-Finals
- Qualification, Schedule and Timetables for Finals
- Course for the Finals
- Post Race Procedures
- Water Quality Test Results
- Weather forecast





Welcome and Introductions

- Renato Bertrandi
- Martin Breedijk
- Alberto Marquez
- Sarah Taylor
- Adrienn Toth
- Dr. Andras Gályász
- Dr. Béla Varga
- Duncan Hough
- Tibor Lehmann
- Gergely Márkus
- Balázs Márkus

ETU President

ETU Board Member

ITU Team Leader

ITU Technical Delegate

ITU Assistant TD

ITU Medical Delegate

ITU Head Referee – Men

ITU Head Referee - Women

Event Director

Race Director

Co-Chair of LOC



Competition Jury - Briefing

Sarah Taylor Chair

Alberto Marquez ITU

Tamas Liptak

High Performance
Director of Hungarian
Triathlon NF





Competition Jury – Race Day's

Sarah Taylor Chair

Renato Bertrandi ETU President

Tamas Liptak

High Performance
Director of Hungarian
Triathlon NF





Friday 12th July Athletes Briefing and Registration Race package pick-up

Your race package includes:

- helmet stickers (3)
- bike sticker (1)
- bag sticker (1) same as bike number
- body decals (2) both arms
- accreditation: gives access to athletes' lounge on race day
 - * ticket for Final Banquet





Friday 12th July

Bike Course Familiarisation •08:30 – 9:00

*This is the only Bike Familiarisation

•10:00 **–** 11:00 Swim Course Familiarisation (exit on ramps)

*This is the only Swim Familiarisation

You are not permitted to swim in the lake out side these times





| Saturday | 13th July | Women & Men |
|----------|-----------|-------------|
| | | |

| 10:00 - 11:30 | Athletes Lounge Registration Open- ALL Athletes | | |
|---------------|---|------------------------|--|
| 10:00 - 12:30 | Athlete Lounge Open - ALL | | |
| 10:45 - 11:45 | Transition Check In - ALL | Transition Area | |
| 11:15 - 12:40 | Swim Warm up area open | Lake | |
| | Stops 5 minutes before to 1 minute | | |
| | Athlete introduction 5 minutes befo | re each wave start | |
| 12:00 | Semi Final 1 – Junior Women | Start Area | |
| 12:10 | Semi Final 2 – Junior Women | Start Area | |
| 12:20 | Semi Final 1 – Junior Men | Start Area | |
| 12:30 | Semi Final 2 – Junior Men Start Area | | |
| 12:40 | Semi Final 3 – Junior Men | Start Area | |
| 13:20 - 13:40 | Transition Check out | | |
| 19:00 - 20:00 | Registration for Finalists Hotel P | hoenix | |
| | Sticker on accreditation | | |





Saturday 13th July

Women & Men

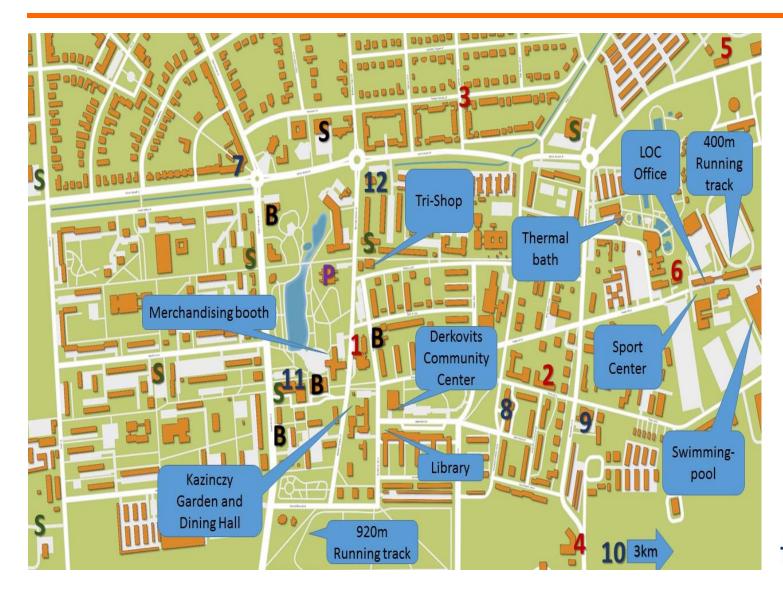
Contingency Plan – weather pending

- 1 lap swim 250m (existing course)
- 1 lap bike 6km
- 1 lap run 1,6km (existing course)
- Start every 5 minutes.



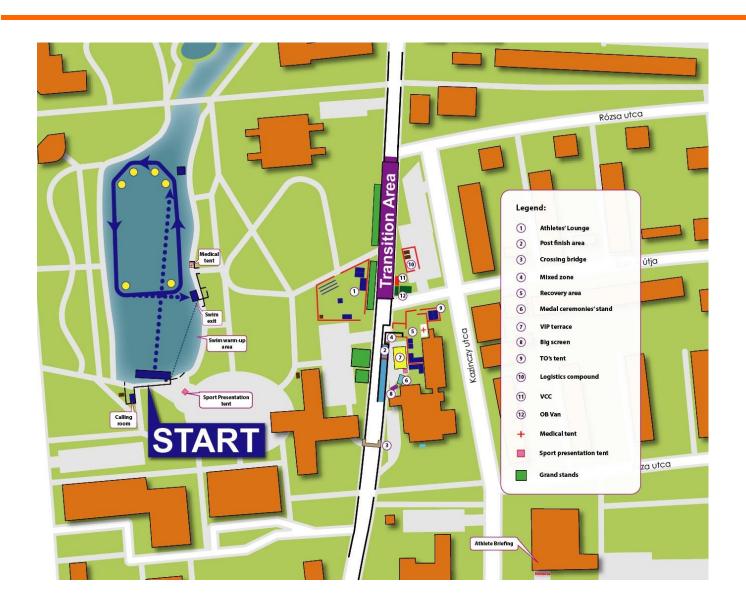


Access to venue map





Venue map





Check-in procedures

Athletes Lounge (Bike check)

- Refer to 5.2 in competition rules
- Handle bars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not available in the neutral wheel station
- Spare wheels to the Start of Transition
- Bike frame





Check-in procedures

Athletes Lounge (Bike check)

- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Head Referee at the end of the athletes' briefing
- Bike Mechanic service available by entrance to athletes lounge





Check-in procedures

Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) photos taken of each uniform. Wearing other uniform during the race = DSQ!
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms)
- Timing chip distribution (1 for the left ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and under the official ITU cap.
- Leave your bag in the Athletes' Lounge.





The Course for the Semi Final





Pre-start Procedure

Athlete Introduction:

- 5 minutes before start line-up in the line-up path behind the pontoon.
- Jog onto the pontoon
- Select your position and stay behind the line!
- The penalized athlete will be lined up last and directed to one side of the pontoon
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

Athlete blocking more than one place will result in DSQ





Start Procedure

Athletes in position:

- The start can be given any time after the referee announces "On your mark"
- Electronic horn blast
- The race starts
 Athletes not moving forward at the start will receive a time penalty in TA1.
- Penalized athlete can move in the starting block after the call of the designated official





False Start Procedures

False start Example:

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

Valid start but with early starters:

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.





Swim Conduct

Definition from the ITU CR §4.1:

- There will be additional Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infringements will be recorded and appropriate action will be taken dependant on the rules definition from the previous slide.
- Please respect your fellow competitors and keep the race fair.





The Course for the Semi Final

Swim 500m

2 laps of 250m

Bike 12 km

1 lap of 12 km (Flat – Good Surface)

Run 3.26 km

2 laps of 1.63 km (Flat – 2 AID Stations/Lap)





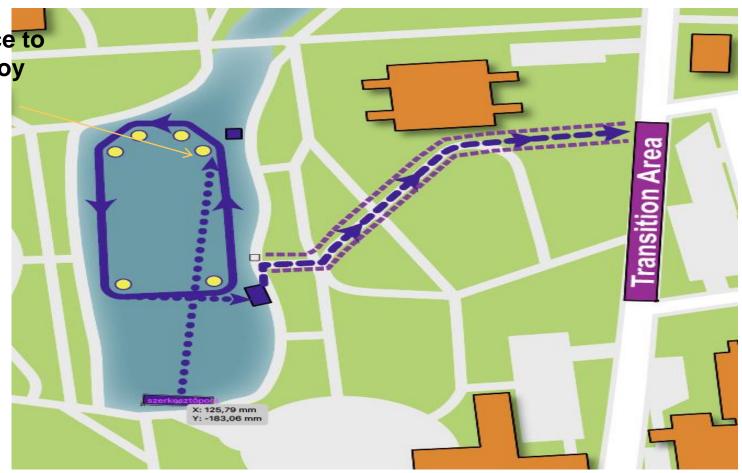
Swim course

- Water temperature: 23.8C (Today at 13:15)
- Non Wetsuit Swim (Wetsuit not allowed)
- 2 laps (total distance of 500m); anti-clockwise
- Distance to the first turn buoy = 110m.
- Keep all the buoys on your left shoulder YELLOW
- Swim behaviour will be closely monitored inc. video
- Take cap and goggles to transition into your box
- For swim warm up, walk down steps onto ramp and dive into water. Do not walk in warm up area.



Semi Final Swim Course

Distance to first buoy 110m





Transition Area Semi Final

- Swim Exit to TA 160m
- Traditional Bike Racks 2 rows only numbers will be used
- Running shoes in front of the box, helmet on the bike, only run equipment on floor outside box
- Bags must be left in the athletes lounge
- All used equipment into the box. Not doing so > time penalty
- Mount line at the end of the TA (green line)
- Dismount line at the beginning of TA (red line)



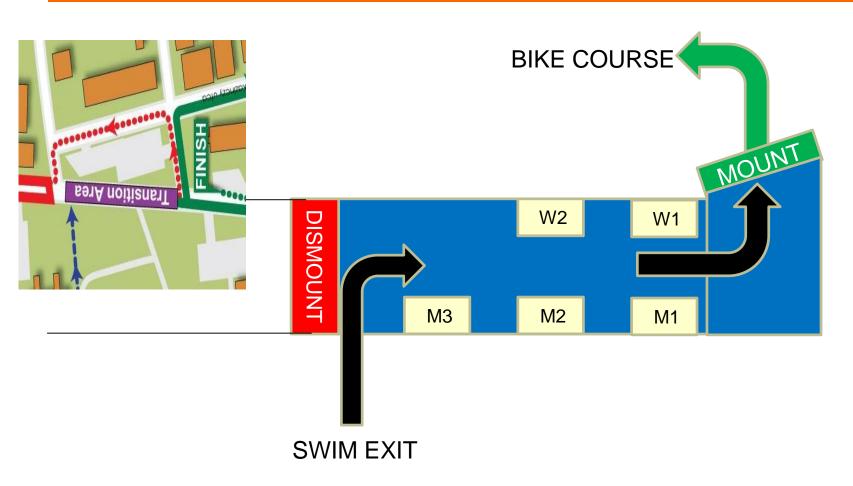


Semi Final Transition Flow





Semi Final Transition Flow







Semi Final Bike course

- 1 lap (total distance of 12km) anti-clockwise
- flat
- 2 Wheel Stations
 - 1 Neutral wheel station (can be used both sides)
 - 1 Team wheel station
 - For locations see the map
- No Lap Counting for Saturday Semi-Finals
- Speed bumps at crossing points
- Lapped athletes are out of the race
- Littering Zone see map



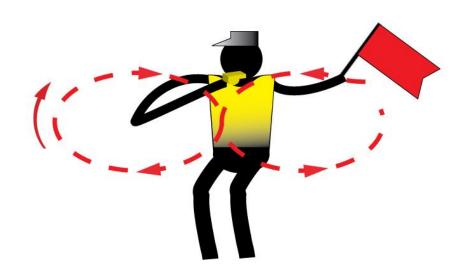


Semi Final Bike course



Caution

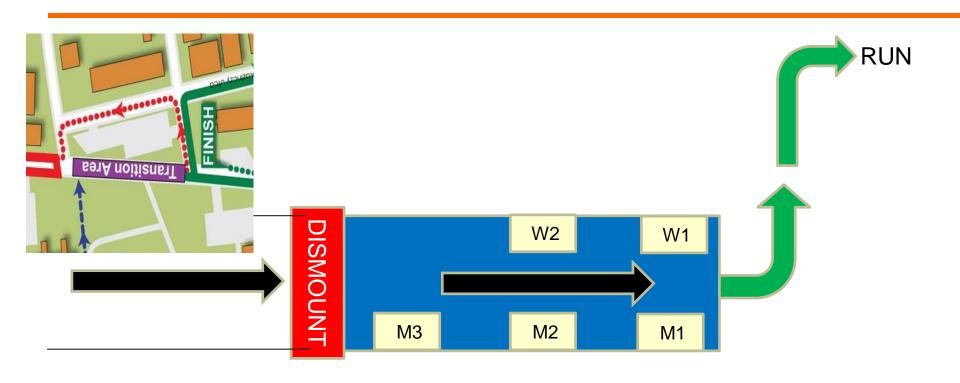
Caution signal: sharp whistles and or red flags







Semi Final Transition Flow 2







Semi Final Transition 2

- Bike must be racked with both sides of the handle bar, both brake levers or the saddle within 50cm of the rack number
- All equipment already used must be deposited in the box (ie; Helmet)





Semi Final Run course

- 2 laps of 1.63km (total distance of 3.26km) clockwise
- No lap counter!!!!!
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Water
 - Discard bottles & litter in Littering Zones





- Photo-finish
- Congestion in finish area: Go to mixed zone / recovery area





The Semi Final Run Course

Aid Station





Run Penalty Box

- Refer to 3.3 on the Competition Rules
- Start infringements will be served in T1
 - Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box

(Transition will be videotaped for infringements)

Location: 200m before finish line

Information: White board to show race numbers and letters to

indicate violations

(Athletes need to read the board – coaches are advised to check and inform their athletes)

- **Procedure:** 10 seconds time penalty served on any lap of the run (Transition and run infringements)
- Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then appeal the penalty. Evidence will only be made available if an appeal is filed.





Run Penalty Box

Rule interpretation

- Mount after the mount line: An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (M).
- <u>Dismount before the dismount line:</u> An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D).**
- <u>Discharge or store your equipment inside your designated</u> <u>area:</u> Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules (E).





Run Penalty Box

Violations Abbreviations:

<u>Littering</u>: L Mount Line: M

Swim violations: S Dismount Line: D

Other violations: V Equipment outside box: E

For example:

- 15D = athlete #15 received a time penalty for a dismount line violation
- 2x15ME = athlete #15 received 2-time penalties for mount line and equipment outside the box violations





Qualification for the Final

Junior Women

Top 14 from each Semi Final will qualify for the Final The fastest 2 non qualifiers will also qualify for the Final

Rule:

Athletes from **different heats** with the same time (in seconds), which are tied in the last qualifying position, will qualify for the final, increasing the number of athletes in the Final. **Bring Accreditation when registering for final**. Which is in the Phoenix Hotel Lobby on Saturday 13th July between 19:00 and 20:00

In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to below 30 athletes. (a random selection will be made from those athletes who have the same time).

The deadline for the replacements will be at 20:30 on Saturday 13th Julyo triathlor

Qualification for the Final

Junior Men

Top 9 from each Semi Final will qualify for the Final The fastest 3 non qualifiers will also qualify for the Final

Rule:

Athletes from **different heats** with the same time (in seconds), which are tied in the last qualifying position, will qualify for the final, increasing the number of athletes in the Final. **Bring Accreditation when registering for final**. Which is in the Phoenix Hotel Lobby on Saturday 13th July between 19:00 and 20:00

In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to below 30 athletes. (a random selection will be made from those athletes who have the same time).

The deadline for the replacements will be at 20:30 on Saturday 19th

Schedule and Timelines FINALS

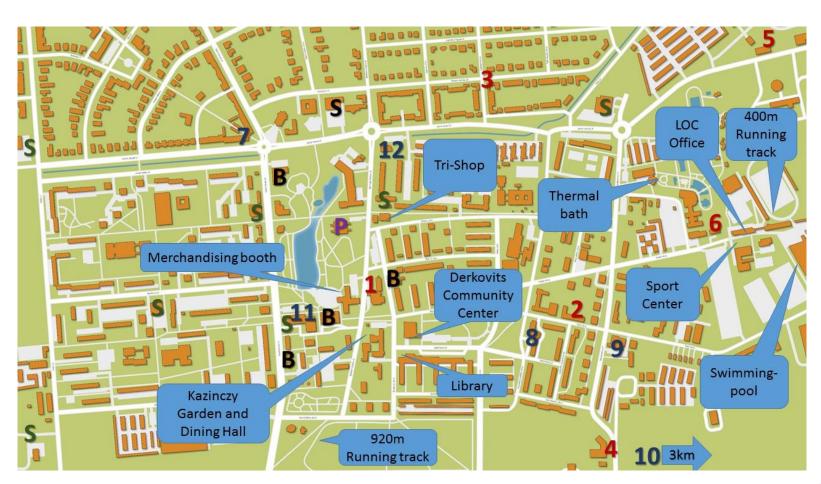
Sunday 14th July

| 10:00 - 11:00 | Athletes Lounge Open (Registration) | AII |
|---------------|-------------------------------------|-------------------|
| 10:00 – 12:30 | Athletes Lounge Open | AII |
| 10:45 – 11:15 | Transition Check In | AII |
| 11:00 – 11:30 | Swim Warm Up | Junior Women |
| 11:45 | FINAL Junior Women | |
| 12:00 – 12:30 | Swim Warm Up | Junior Men |
| 12:45 | FINAL Junior Men | |
| 13:30 - 13:45 | Transition Check Out | AII |
| 13:45 | Medal Ceremony – Top 3 | All |
| 19:00 – 20:00 | Final Banquet | Kazinczy Hall |



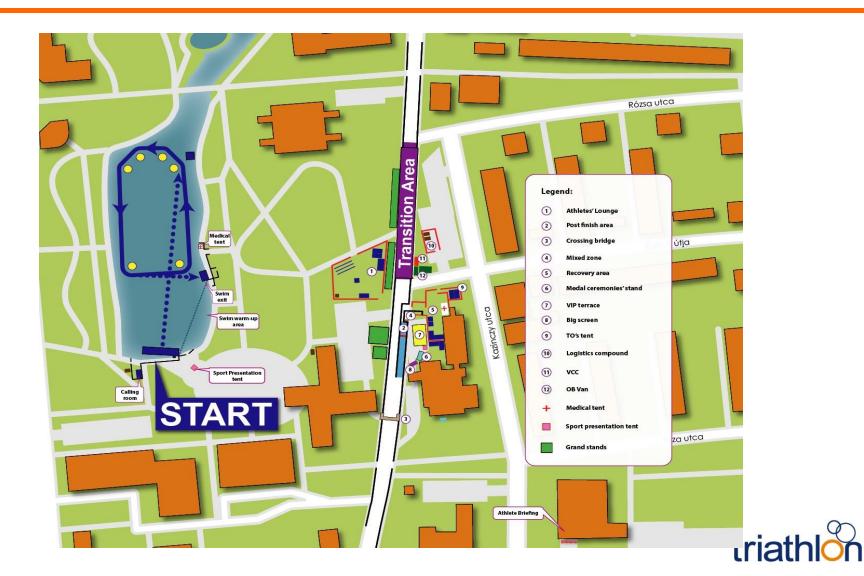


Access to venue map - Final





Venue map - Final



Athletes Lounge (Bike check)

- Refer to 5.2 in competition rules
- Handle bars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Leave your spare wheels to the Bike Check
- Bike frame





Athletes Lounge (Bike check)

- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Head Referee at the end of the athletes' briefing
- Bike Mechanic service available by entrance to athletes lounge





Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) photos taken of each uniform. Wearing other uniform during the race = DSQ!
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms)
- Timing chip distribution (1 for the left ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and under the official ITU cap
- Leave your bag in the Athletes' Lounge





Transition Area

- 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.
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.





Pre-start Procedure

Athlete Introduction:

- 5 minutes before start line-up path behind the pontoon
- Jog to the platform
- Select your position and stay behind the line!
- The penalized athlete will be lined up last and directed to one side of the pontoon
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

Athlete blocking more than one place will result in DSQ





Start Procedure

Athletes in position:

- The start can be given any time after the referee announces "On your mark"
- Electronic horn blast
- The race starts
 Athletes not moving forward at the start will receive a time penalty in TA1.
- Penalized athlete can move in the starting block after the call of the designated official





False Start Procedures Final

False start Example:

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

Valid start but with early starters:

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a time penalty of 10 seconds in TA1.
- During the time penalty, athlete(s) may NOT touch any equipment!





Swim Conduct

Definition from the ITU CR §4.1:

- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to ITU Arbitration Tribunal for potential suspension or expulsion.

Swim Conduct

Definition from the ITU CR §4.1:

- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infringements will be recorded and appropriate action will be taken dependant on the rules definition from the previous slide.
- Please respect your fellow competitors and keep the race fair.





The Course for the Final

Swim 500m

2 laps of 250m

Bike 12.5km

5 laps of 2.5km (Flat – Good Surface)

<u>Run</u> 3.6km

3 laps of 1.2km (Flat – 2 AID Stations/Lap)





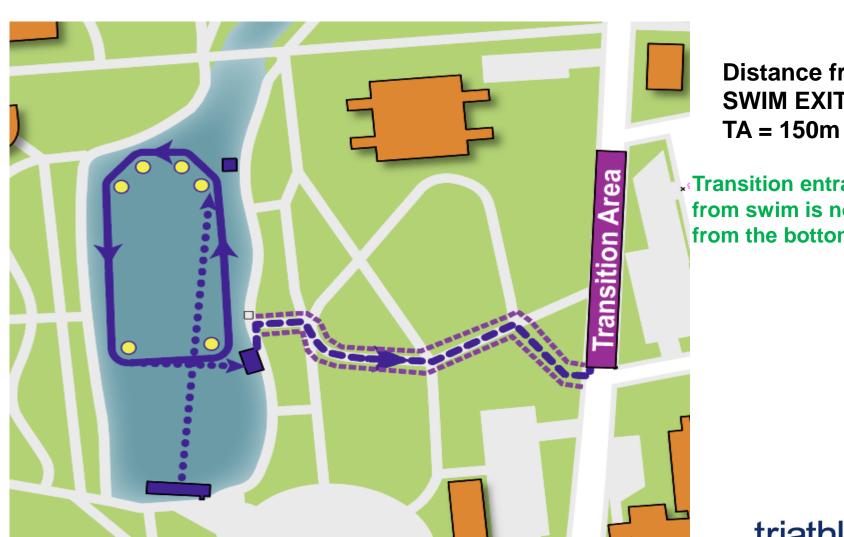
Swim course

- Water temperature:) 23.8°C (Today at 13:15)
- Non Wetsuit Swim (Wetsuit not allowed)
- 2 laps (total distance of 500m); anti-clockwise
- Distance to the first turn buoy = 110m.
- Keep all the buoys on your left shoulder YELLOW
- Swim behavior will be closely monitored inc. video
- Take cap and goggles to transition into your box





Final Swim Course



Distance from SWIM EXIT to

*Transition entrance from swim is now from the bottom



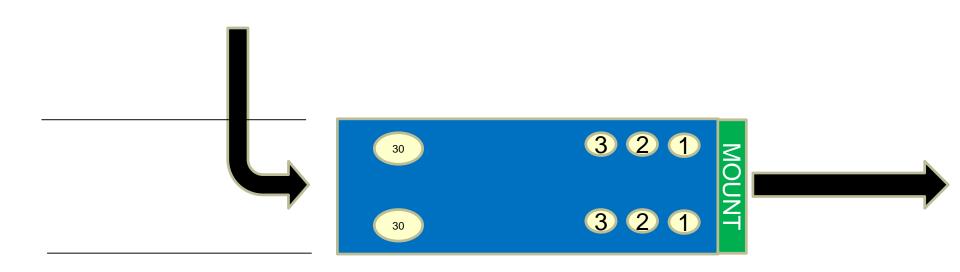
Final Transition Area

- Individual Bike Racks number, name and country flag
- Running shoes in front of the box, helmet on the bike only run equipment on floor outside box
- Goggles & swim caps into the box
- Bags to the Athletes Lounge
- Practice the flow of Transition
- In an individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Mount line at the end of TA





Transition 1 Flow - Final



SWIM EXIT





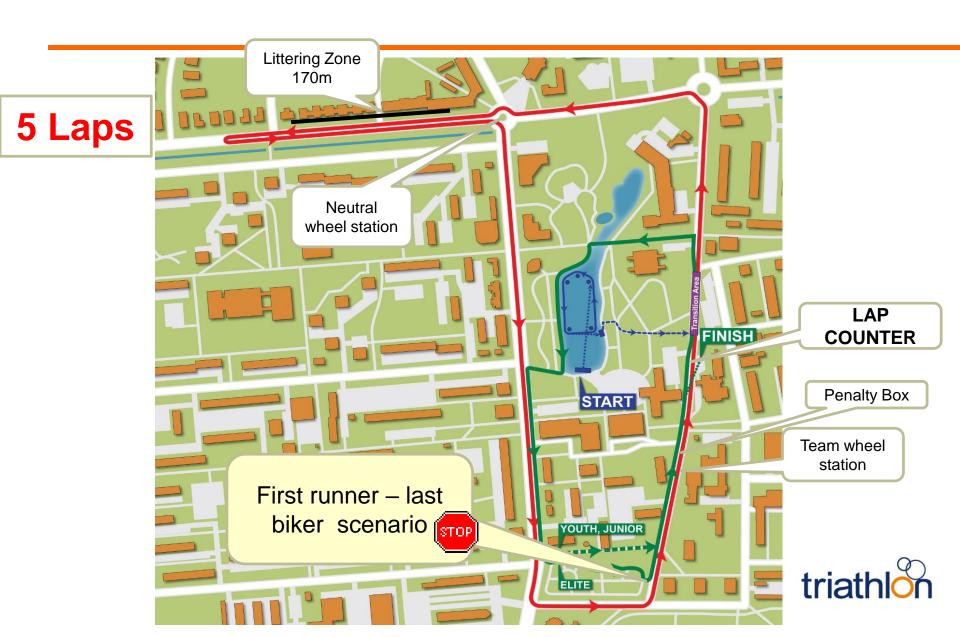
Final Bike course

- 5 laps (total distance of 12.5km) pass through TA
- Flat
- SPEED BUMPS WITH CATS EYES
 - Big speed bump just before U turn
- 2 Wheel Stations
 - 1 Neutral wheel station (can be used on both sides)
 - 1 Team wheel station
 - For locations see the map
- Lap Counter (see position on map)
- Lapped athletes are out of the race
 - First runner last biker case (see map)



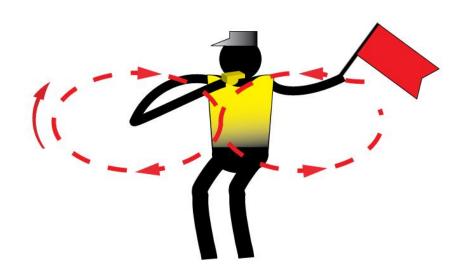


Final Bike course



Caution

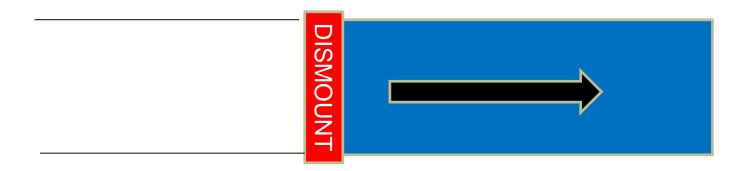
Caution signal: sharp whistles and or red flags







Transition 2 Flow - Final





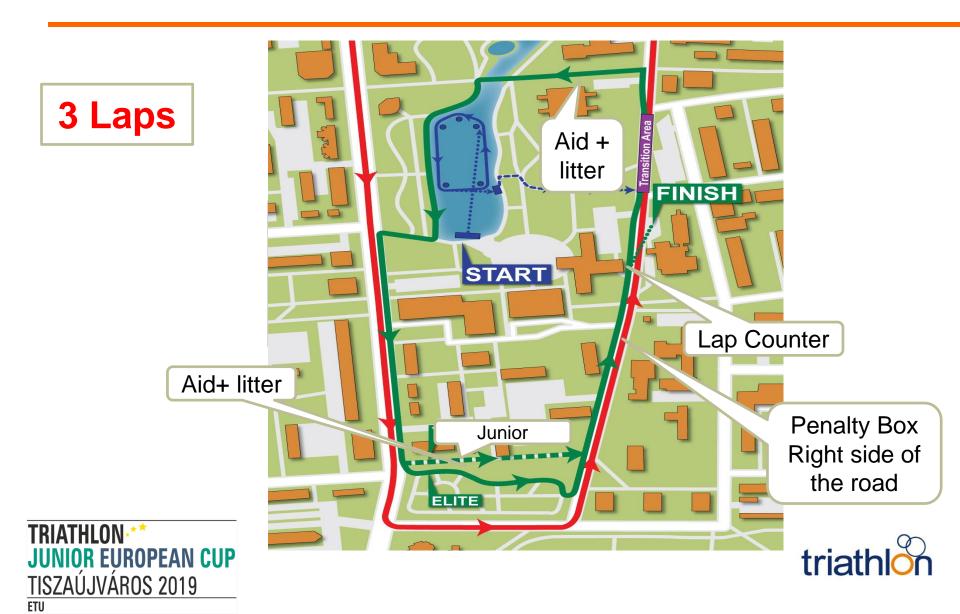


Final Run course

- 3 laps (total distance of 3.6km) anti-clockwise
- lap counter!!!!! See location on map
- Athletes run through transition on each loop
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Water
 - Discard bottles & litter in Littering Zones (before & after Aid stations)
- Photo-finish
- Congestion in finish area: Go to mixed zone / recovery area



The Final Run Course



Run Penalty Box

- Refer to 3.3 on the Competition Rules
- Start infringements will be served in T1
- Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box (Transition will be videotaped for infringements)
- Location: 200m before finish line
- Information: White board to show race numbers and alphabets to

indicate violations

(Athletes need to read the board – coaches are advised to check and inform their athletes)

- Procedure: 10 seconds time penalty served on any lap of the run (Transition and run infringements)
- Athletes have the option to decide whether to stop at the penalty box and serve the
 penalty or continue to the finish. Not stopping will result in DSQ on crossing the
 finish line. The athlete may then appeal the penalty. Evidence will only be made
 available if an appeal is filed.





Run Penalty Box

Rule interpretation

- Mount after the mount line: An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (M).
- <u>Dismount before the dismount line:</u> An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D).**
- <u>Discharge or store your equipment inside your designated</u> <u>area:</u> Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules (E).





Run Penalty Box

Violations Abbreviations:

<u>Littering</u>: L Mount Line: M

Swim violations: S Dismount Line: D

Other violations: V Equipment outside box: E

For example:

- 15D = athlete #15 received a time penalty for a dismount line violation
- 2x15ME = athlete #15 received 2-time penalties for mount line and equipment outside the box violations





Post Race Procedures

- "Mixed Zone" immediately after finish 1, 2, 3 with host broadcasters first.
- Medal Presentation protocol at 13:45
- Ceremonies for both genders TOP 3
 Please follow the ambush marketing rules
- Dress "up"
- Prize money (after race by ETU)





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 behaviour is:
 The athlete will immediately forfeit their prize money for the event





Post Race Procedures

Anti-Doping Control

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

Location – Room 402, Phoenix Hotel

Medical

- Only team medical will be allowed to enter the medical tent after the Medical Delegates permission
- Every NF can have 1 team medical accreditation but for team doctors only





Coaches Areas

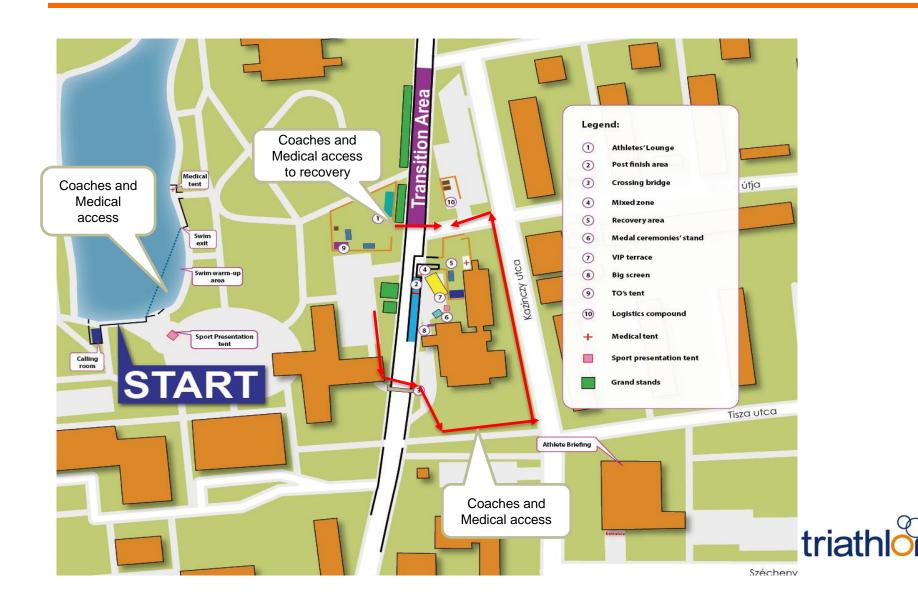
Accreditation

- Every coach has to collect accredition to be able to enter the venue (wristband)
- Only Coaches who have been registered from their NF into the ITU online system are entitled for an accreditation.
- There is no dedicated coach area for this event
- We must have a contact telephone number
- NO Access for coaches into medical area





Access to venue and map (coaches/medical)



Important Updates

Please note:

Only athletes qualified for FINALS are allowed in the Athletes lounge on Sunday!! (extra sticker on accreditation)

Run Course measurement -14:00 Saturday and Sunday. Register interest with Head Referee after this briefing

EVENT WILL HAVE LIVE TIMING & STREAMING

You can follow the races on @triathlonlive with the hashtag #TiszyWC and via Triathlon.org/live as well as on the official ITU Facebook page.





Important Updates

Please note:

You need to pay your entry fee and transportation fee before picking up the race package!

Contingency: information in athlete lounge on race days





Water Quality Assessment (Inland)

Enterococi Insert NMP/100mL Location A 50 Location A 140 Location A 50 Enterococci limit <200

| E.Coli | |
|-----------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location A | 26 |
| Location A | 112 |
| Location A | 48 |
| Enterococci limit | <500 |

| PH | |
|-----------------------|-----|
| Insert Sample Date | |
| Location A | 8.2 |
| Location A | 8.2 |
| Location A | 8.2 |
| PH limit | 6-9 |

| Weather forecast | | |
|------------------|--|--|
| Day | Weather | |
| Briefing (B) | Overcast some showers expected 30-50% chance | |
| B +1 | Overcast (10% chance of rain 24 degrees | |
| Race Day | Overcast (50-70% chance of rain 24 degrees | |

| vveatner report | |
|-----------------|---------------------------|
| Day | Weather |
| B-3 | Heavy rain in the evening |
| B-2 | Sunny |
| B-1 | Sunny |

Moothor roport

Visual Sanitary Inspection (last 12 hours)

| Location | Visual Pollution | Odour | Time of visit | Comments |
|------------|------------------|-------|---------------|----------|
| Swim Start | None | None | 12:00 | |
| | | | | |
| | | | | |
| | | | | |



SUMMARY

1 = 'Very Good Water Quality': (E.Coli < 500 or Enterococci < 200) with no or potential visual pollution during sanitary check or forecasted heavy rain.





Weather Forecast

| | Temp | Weather |
|----------|--------------|--------------------------------------|
| Friday | 24 °C | Sunny/Cloudy |
| Saturday | 23 °C | Cloudy – potential rain/thunderstorm |
| Sunday | 22 °C | Cloudy - showers |





Good Luck! Sok Szerencsét!



