



杭州2022年第19届亚运会
The 19th Asian Games Hangzhou 2022

Hangzhou 2022

Elite Briefing & Pontoon Draw

27th September, 2023

Briefing Agenda

- Welcome & Introductions
- Competition Jury
- Weather Forecast
- Water Quality
- Schedule & Timetables
- Check-In and Procedures
- The Course
- Post-race Procedures
- Pontoon Draw

Welcome & Introductions

- Marisol Casado (ESP) , World Triathlon President
- Antonio Arimany (ESP), World Triathlon Secretary General
- Shin Otsuka (JPN), World Triathlon Vice President
- H.H. Prince Fahad Bin Jalawi Alsaud (KSA), Asia Triathlon President
- Masa Takaya (JPN), Asia Triathlon Secretary General
- Qin Jianqiu (CHN), Asia Triathlon EB Member & CTSA Secretary General
- Alan Ma (MAC), Technical Delegate
- Rebecca Mok (HKG), Head Referee – Elite Women
- Peter Chua (SGP), Head Referee – Elite Men & Mixed Relay
- Ryoji Kasanami (JPN), Medical Delegate
- Huai Ningning (CHN), HAGOC Competition Manager

Competition Jury

- Alan Ma (MAC), Chair
- Shin Otsuka (JPN), World Triathlon Representative
- Qin Jianqiu (CHN), Deputy Director of Triathlon Venue Operation

Weather Forecast

- 28th Sept., 2023 (Thu) Partly Cloudy & Mostly Clear 30/23°C
- 29th Sept., 2023 (Fri) Partly Cloudy & Mostly Clear 30/22°C
- 30th Sept., 2023 (Sat) Rain 29/21°C



Heat stress indicators

- Warning flags will be placed at the Big Screen area.

LOW
HEAT STRESS

MODERATE
HEAT STRESS

HIGH
HEAT STRESS

VERY HIGH
HEAT STRESS

EXTREME
HEAT STRESS

Water Quality

Enterococci (CFU/100mL)	
Location 1	< 1
Location 2	< 1
Location 3	< 1
Enterococci limit	< 200

E.Coli CFU/100mL	
Location 1	< 1
Location 2	< 1
Location 3	< 1
E.Coli limit	< 500

PH	
Location 1	7.8
Location 2	7.9
Location 3	7.7
PH Limit	6 - 9



Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Start Pontoon	None observed	None	14:00	No Comment

SUMMARY
<p>1 = 'Very Good Water Quality':</p> <p>Enterococci < 200</p> <p>E.Coli < 500</p> <p>PH between 6-9</p> <p>No visual pollution during sanitary check</p> <p>No heavy rain forecast</p>

Schedule & Timetables

- **27th September, 2023 (Wednesday)**

After the Pontoon Draw

Team Leaders Meeting with the Sport Presentation Team

Schedule & Timetables

- **28th September, 2023 (Thursday)**

07:30 08:30 Athletes arriving at the venue (Men & Women)

08:00 16:00 Bike Mechanic Service

09:00 10:00 **Run course familiarization (Men & Women)**

10:00 11:00 Swim course familiarization (Men & Women)

11:00 12:00 **Bike course familiarization (Men & Women)**

12:00 16:00 Equipment Branding Check (Men & Women), Athletes Lounge

12:00 16:00 Bike Check & Check In (Men), Athletes Lounge

Schedule & Timetables

- **29th September, 2023 (Friday)**

05:30 07:00 Athletes arriving at the venue (Men)

05:30 16:00 Bike Mechanic Service

06:00 07:30 Athletes Race Day Registration

06:30 07:45 Transition Check In

07:00 07:45 Swim Warm Up

07:15 07:40 Coaches Run Course Measurement

07:55 07:59 Athletes Introduction

08:00 10:30 Elite Men Competition

10:30 10:45 Medal Ceremony

13:00 16:00 Bike Check & Check In (Women)

Schedule & Timetables

- **30th September, 2023 (Saturday)**

05:30	07:00	Athletes arriving at the venue (Women)
05:30	16:00	Bike Mechanic Service
06:00	07:30	Athletes Race Day Registration
06:30	07:45	Transition Check In
07:00		Bike Familiarization (1 lap) if the road condition is wet
07:00	07:45	Swim Warm Up
07:15	07:40	Coaches Run Course Measurement
07:55	07:59	Athletes Introduction
08:00	10:30	Elite Women Competition
10:45	11:00	Medal Ceremony

Schedule & Timetables

- **30th September, 2023 (Saturday)**

17:00 18:00 Mixed Relay Briefing Registration

18:00 19:00 Mixed Relay Team Declarations

18:00 19:00 Mixed Relay Briefing & Pontoon Draw

Race Package Distribution

Inside the athletes' race package:

- Helmet Number Stickers (x3)
- Bike Number Sticker (x1)
- Body Decals (x4) – both arms and legs

Warm Up

- Athletes can warm up on the swim and run
- For bike, bike trainers can be used in the athletes' lounge

Check-in Procedures

Bike Check & Check-in (takes place the day before the competition)

- Refer to 5.2 & 5.3 in Competition Rules
- OCA Commercial Guideline
- Only traditional handlebars with NO clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Labeled spare wheels will be checked at the athletes' lounge on the race day
- Bike frame
- Helmet
- Water bottles according to OCA Commercial Guideline

Check-in Procedures

Bike Check & Check-in (takes place the day before the competition)

- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{cm} \leq \text{Women}$) Random 25%
- Approved exceptions on World Triathlon website

[https://www.triathlon.org/uploads/docs/World Triathlon Sport Elite Bike Saddle Position Rule Exceptions 20230210.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Sport_Elite_Bike_Saddle_Position_Rule_Exceptions_20230210.pdf)

- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Head Referee up until 10 minutes from the end of this Athlete's Briefing (GoPro forbidden)
- Mechanic services available

Check-in Procedures

Athletes' Lounge

- Uniform + race gear check (according OCA Commercial Guideline) – photos taken of each uniform
- Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs)
- Swim cap distribution - Checking of 2nd unbranded swim cap or NOC swim cap (otherwise not allowed to wear)
- Timing chips (2) distribution
- Leave your bags in the Athletes' Lounge

Check-in Procedures

Transition Area

- Helmet check – Don't leave your helmet fastened in the transition
- Helmet on the bike
- T1 – Bike racked by the rear wheel
- T2 – Bike racked by either wheels
- Running shoes go outside and in front of your box

The Course (Elite)

Swim

2 Laps of 750m = 1.5km

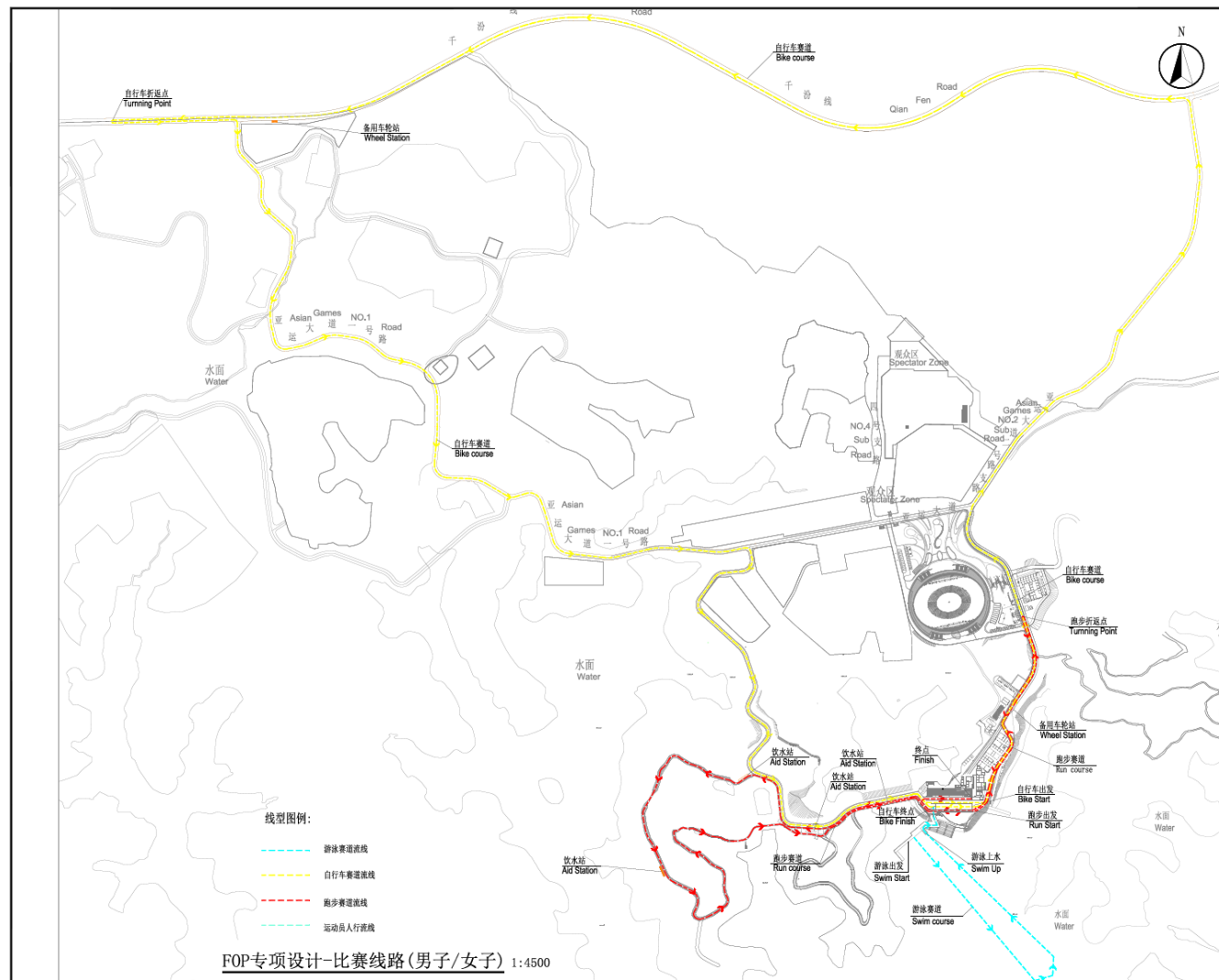
Bike

6 Laps of 6.6km = 39.6km

Run

4 Laps of 2.5km = 10km

The Course

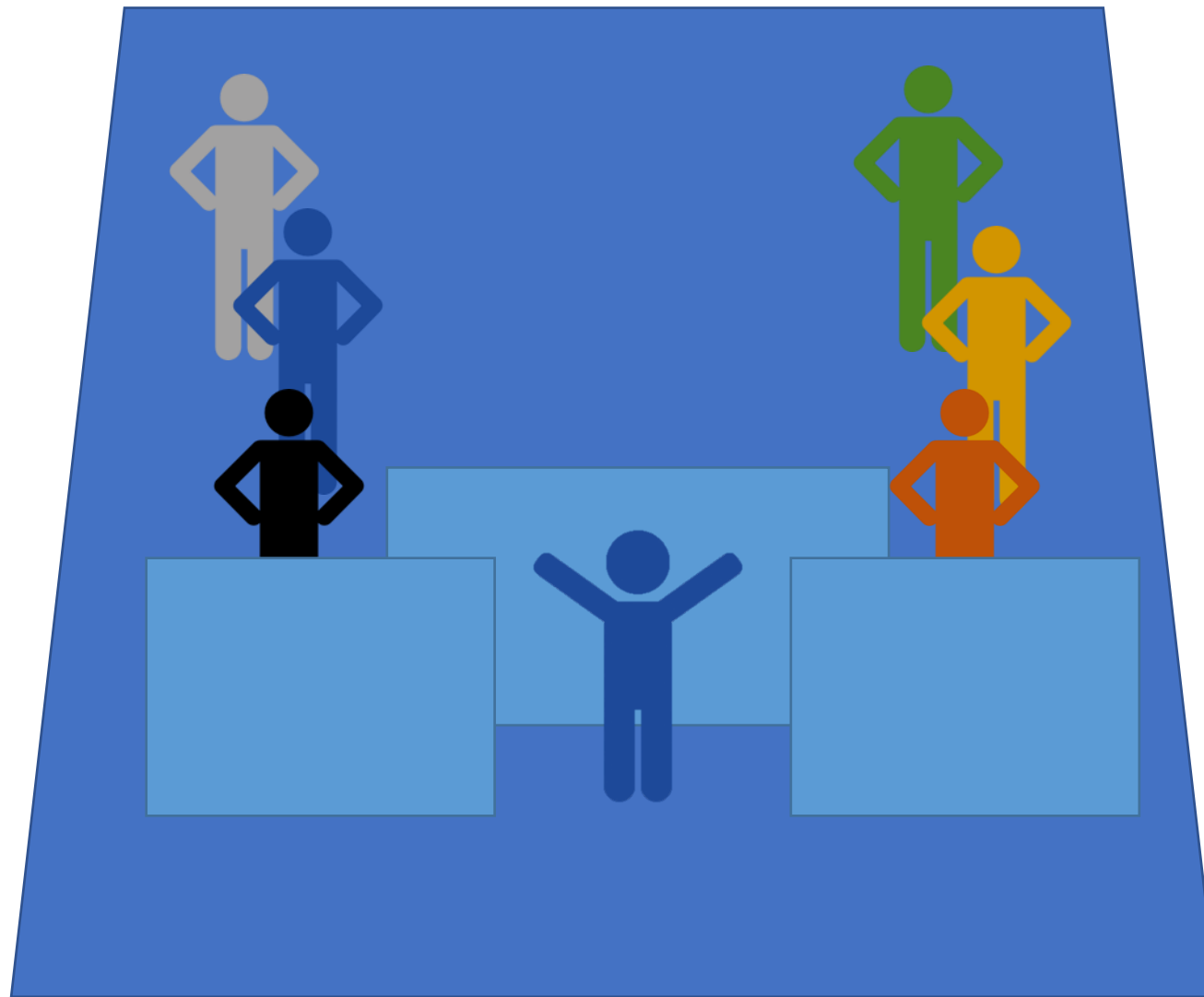


Pre-Start Procedure

Athletes' Introduction

- 15 minutes before your start, line up at the Athletes Lounge
- Wear the official swim cap / 2nd swim cap unbranded or NOC
- You will be moved to mount line for the introduction
- When you are introduced, jog to the swim start platform
- Quickly go to your selected start position
- Stay behind the pre-start line

Pre-Start Procedure





Start Procedure

Athletes in position:

- The start can be given any time the Head Referee 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 Procedure

False start with many athletes:

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

Valid start but with early starters:

- If someone starts before the horn and every one else starts with the horn,
the false starter will receive a time penalty of 15 seconds in TA1

During the time penalty the athlete cannot touch any race equipment

Swim Course

- Today at 08:05
 - Water temperature 28.8°C
 - Air temperature 26.6°C
 - WBGT 26.9°C
 - Relative Humidity 99.9%
- 2 laps of 750m (total distance of 1500m) – anti-clockwise
 - Distance to the first turn buoy 350m
 - Pass all turn buoys on your left shoulder
- Swim behavior will be closely monitored and recorded by water based and Video Review officials
- Take cap, goggles to transition into the box





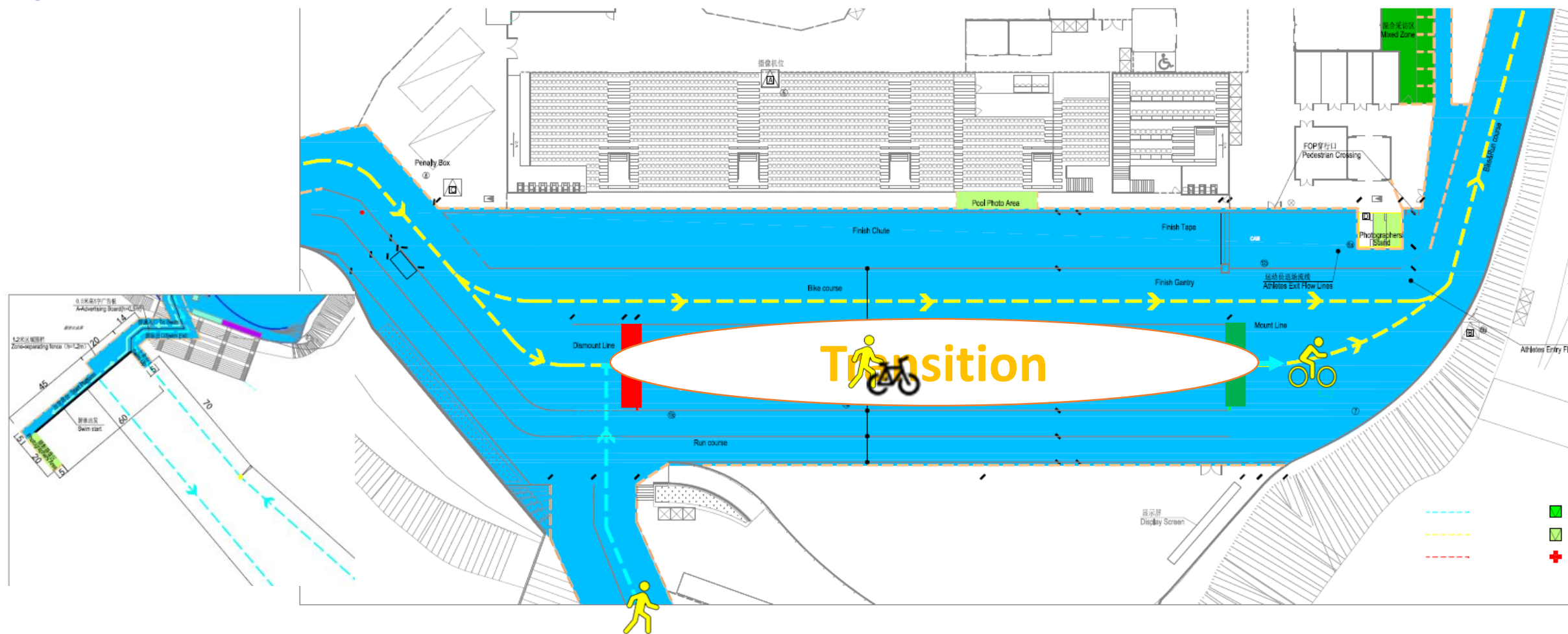
Transition

- Individual bike racks
- Name, number, country code and flag
- All used equipment goes into your box

Failure to put equipment in box = 15 second penalty on run PB

- Mount line at the beginning of the TA (GREEN LINE)
- Dismount line at the end of TA (RED LINE)

Transition 1



Bike Course

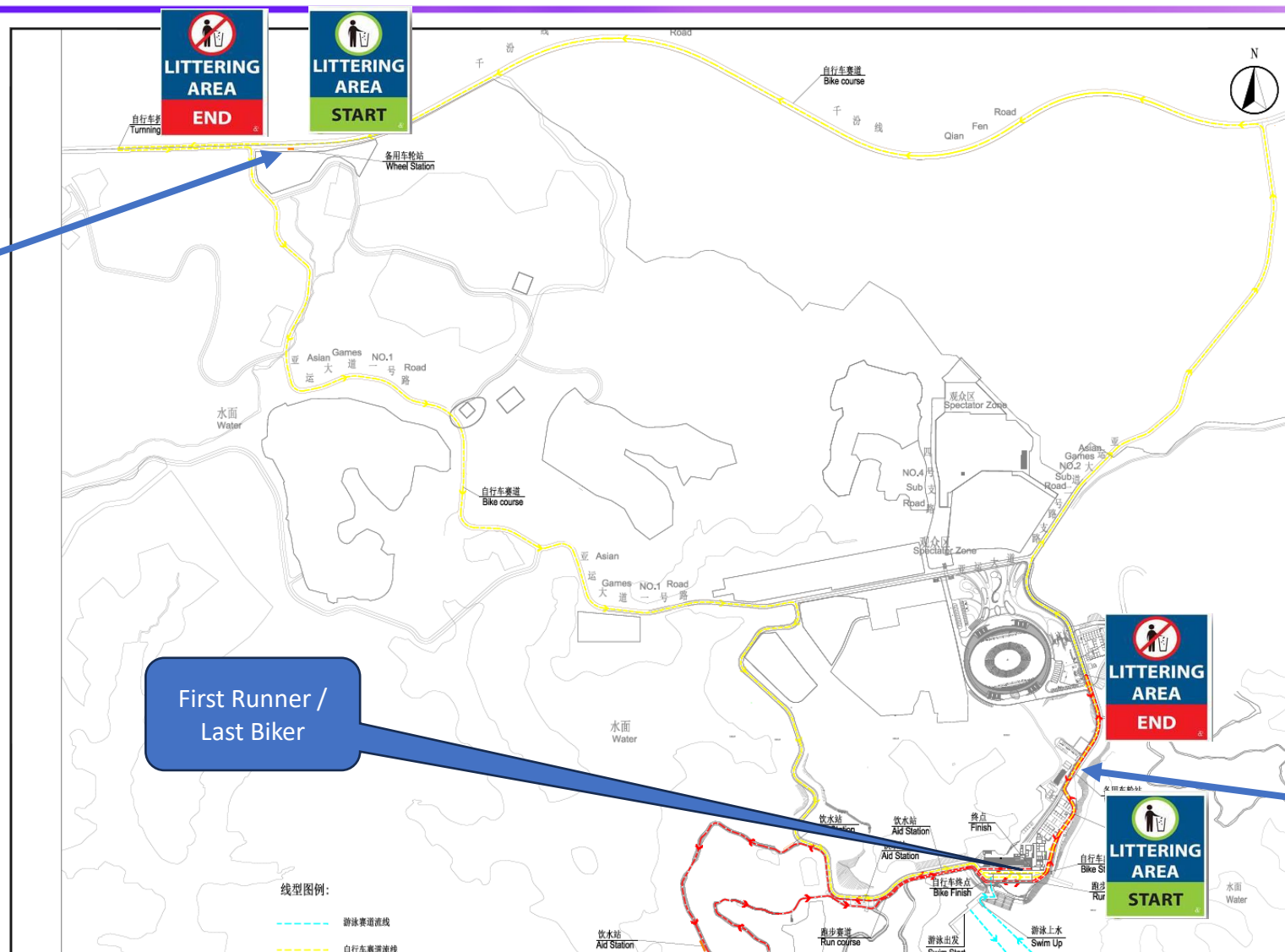
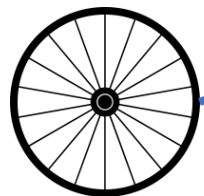
- 6 laps of 6.6km (total distance of 39.6km)
- Do not ride through transition
- Only come into transition on the final lap for T2
 - No penalty will be given if the athlete's flow does not affect another athlete
- Highly technical
- 2 Wheel Stations (WS): for location see map
 - 1 Team Wheel Station (near Transition) & 1 Neutral Wheel Station
- Littering Zones - 20m before and 150m after Wheel Stations
- Lap counter: at the exit of the transition

Bike Course

- Lapped athletes may continue:
 - Cannot draft with leading athletes
 - Drafting with fast athletes = DSQ
- First Runner/Last Biker Scenario – when fast runners are back to venue going onto the bike course, slow bikers will be stopped in the bike lane adjacent to the transition.

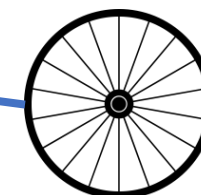
Bike Course

Neutral

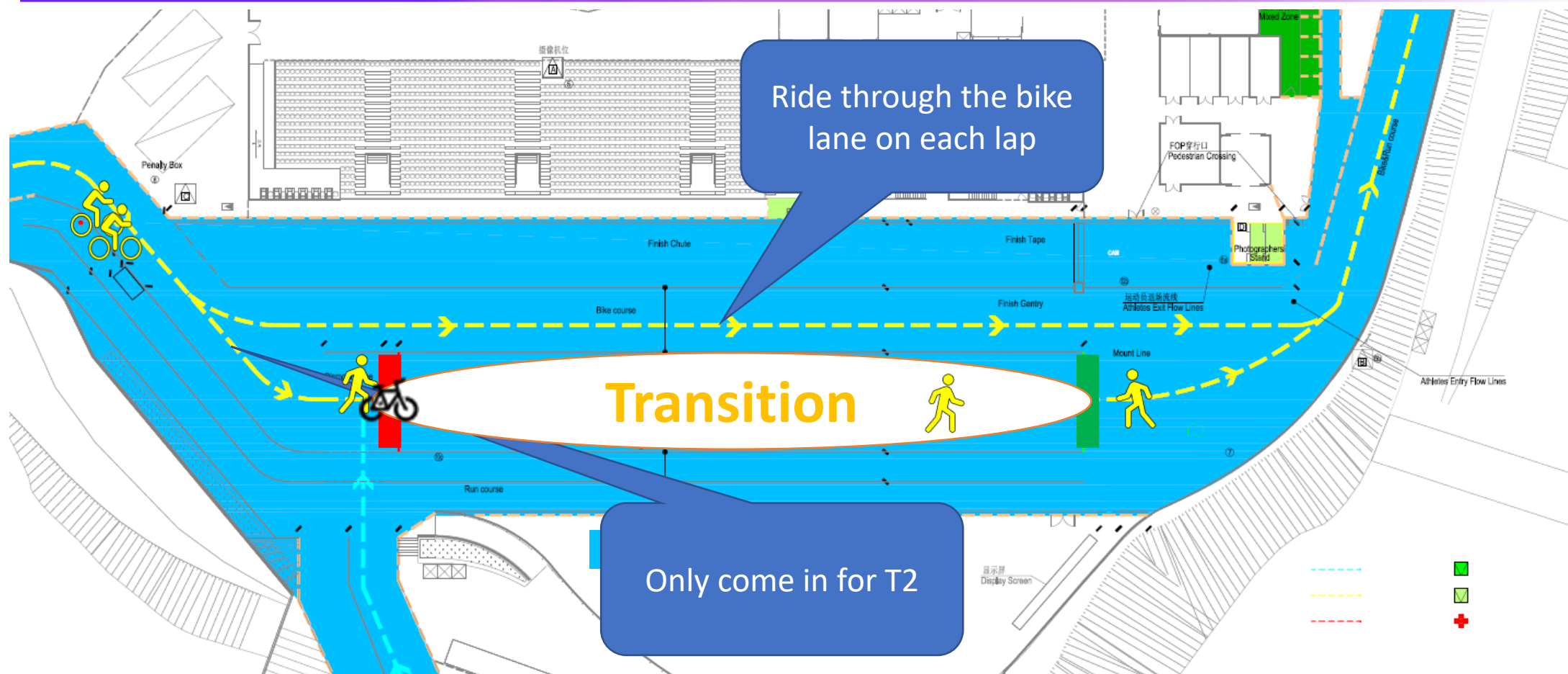


First Runner /
Last Biker

Team



Bike Course



Riding Position

OK



NOT OK



Only OK in draft
illegal event

Bike Behaviour

Definition from World Triathlon CR 5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

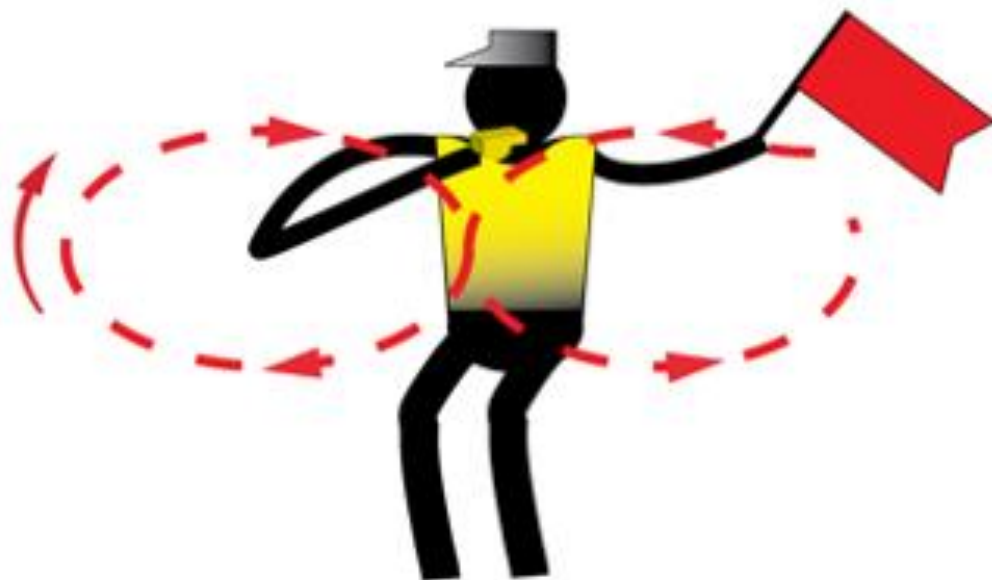
Bike Course

Neutral Wheels

- 700c Front Wheels, Rim Brake x 2
- 700c Front Wheels, 160mm Disc Brake x 2
- 700c Front Wheels, 140mm Disc Brake x 2
- 700c Rear Wheels with 11 speed cassette, Rim Brake x 2
- 700c Rear Wheels with 11 speed cassette, 160mm Disc Brake x 2
- 700c Rear Wheels with 11 speed cassette, 140mm Disc Brake x 2
- 700c Rear Wheels with 12 speed cassette, 160mm Disc Brake x 2
- 700c Rear Wheels with 12 speed cassette, 140mm Disc Brake x 2

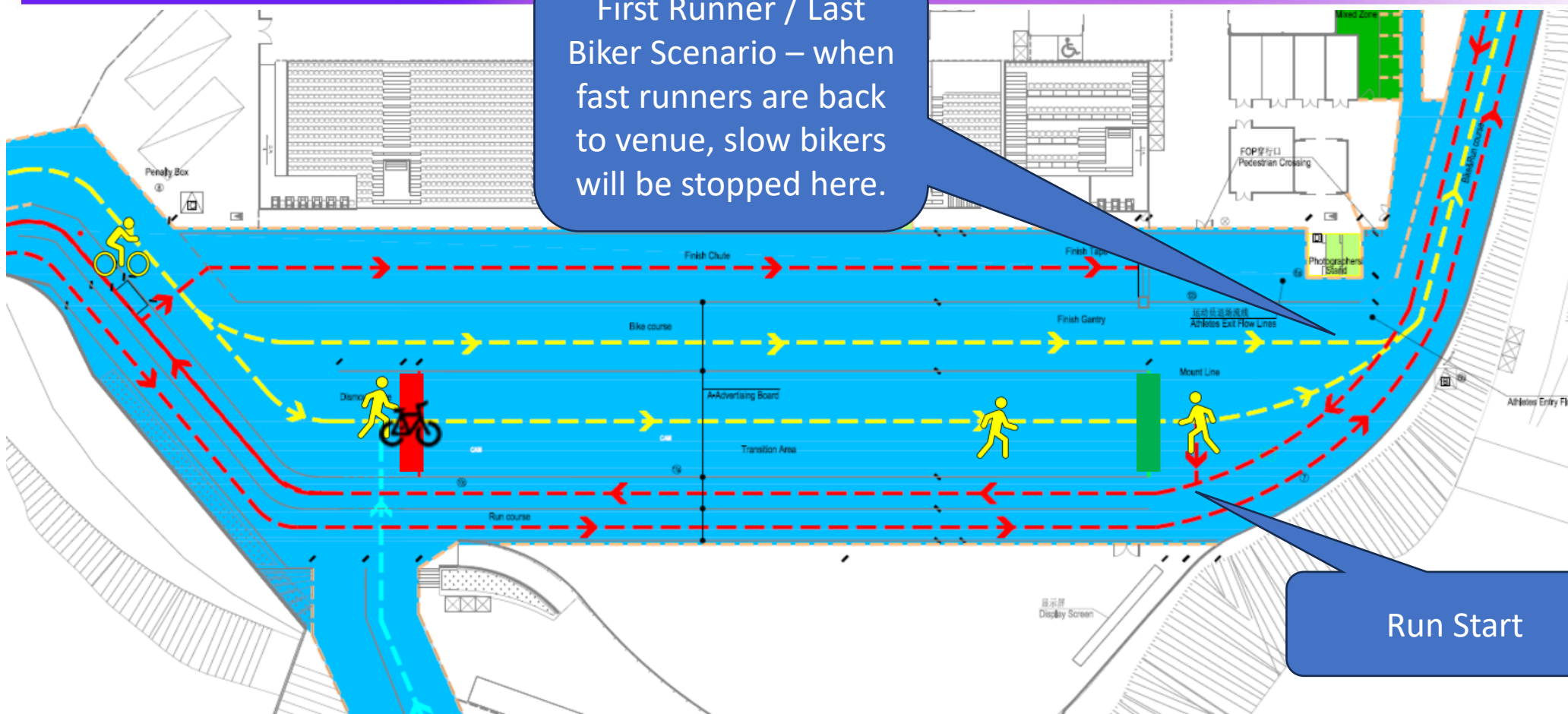
Caution

Caution signal: sharp whistles and or red flags



Transition 2

First Runner / Last Biker Scenario – when fast runners are back to venue, slow bikers will be stopped here.



Run Course

- 4 laps (2,450m per lap, distance to finish 200m, total distance of 10km)
- Lapped runners – cannot run with leading runners
- Aid Stations
 - 4 per lap (for location see map)
 - Sealed water
 - Medical stations
- Discard bottles and litter in the Littering Zones as indicated by the following signs



Run Behaviour

Definition from World Triathlon CR 6.1:

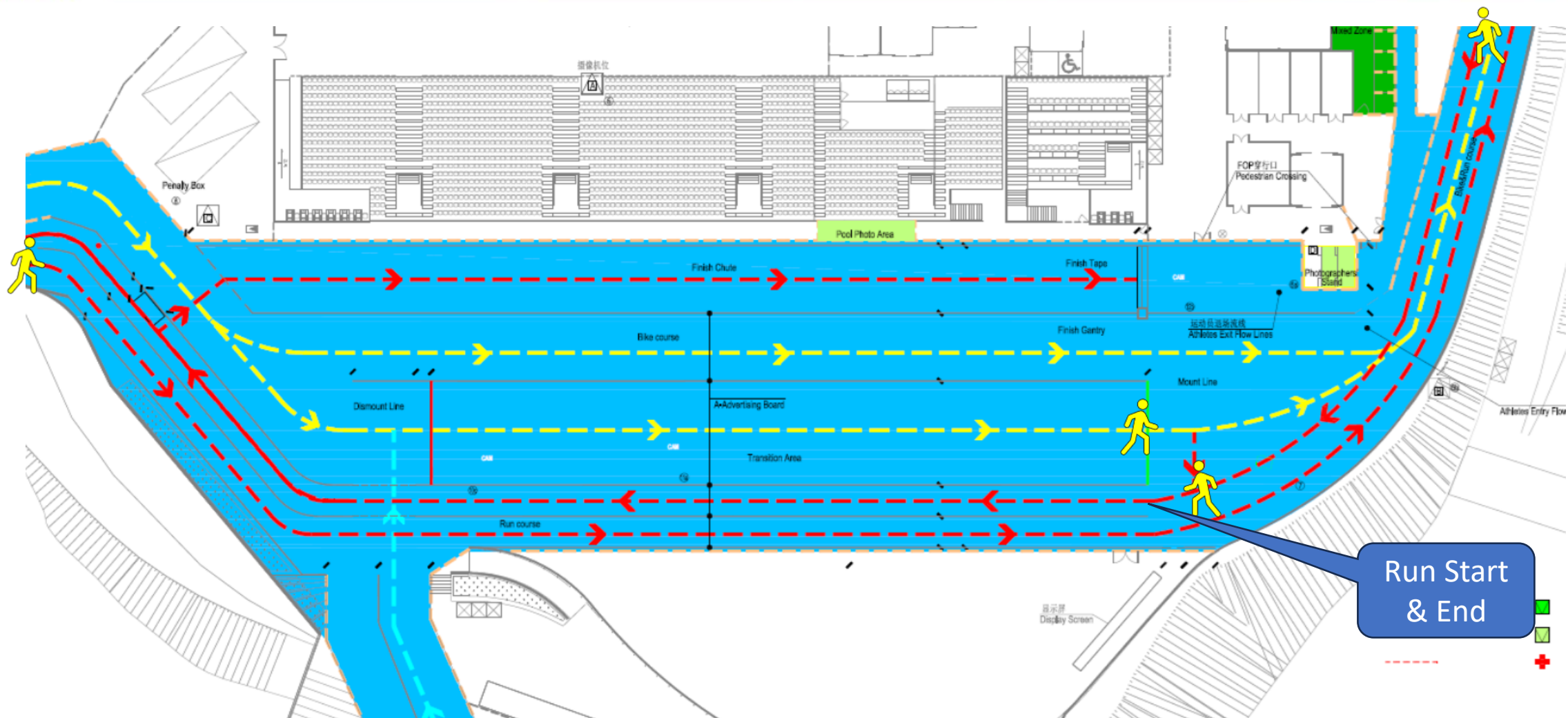
- b) Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c) Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d) Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Run Equipment - Shoes

- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.



Run Course



Run Penalty Box

- Penalty box is for infringements in : Swim, TA1, Bike, TA2 and Run

e.g., swim conduct, mount before mount line, dismount after dismount line, equipment outside your box, rack the bike outside your own space, littering outside the littering zone, etc.

- **Location:** Before entering the finish chute
- **Information:** White board to show race numbers (and letter) (Athletes need to read the board)
- **Procedure:** 15 second time penalty served on any lap of the run

Penalties must be posted prior to the 3rd lap on the run. Any penalties following that point will be served on the spot.

- 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 protest against the penalty. Evidence will only be made available if a protest is filed.

Run Penalty Box

- If you incur a penalty, you will find your number **plus a letter code** indicating the nature of the infraction:

D = Dismount Line Violation L = Littering

M = Mount Line violation E = Equipment Outside Box

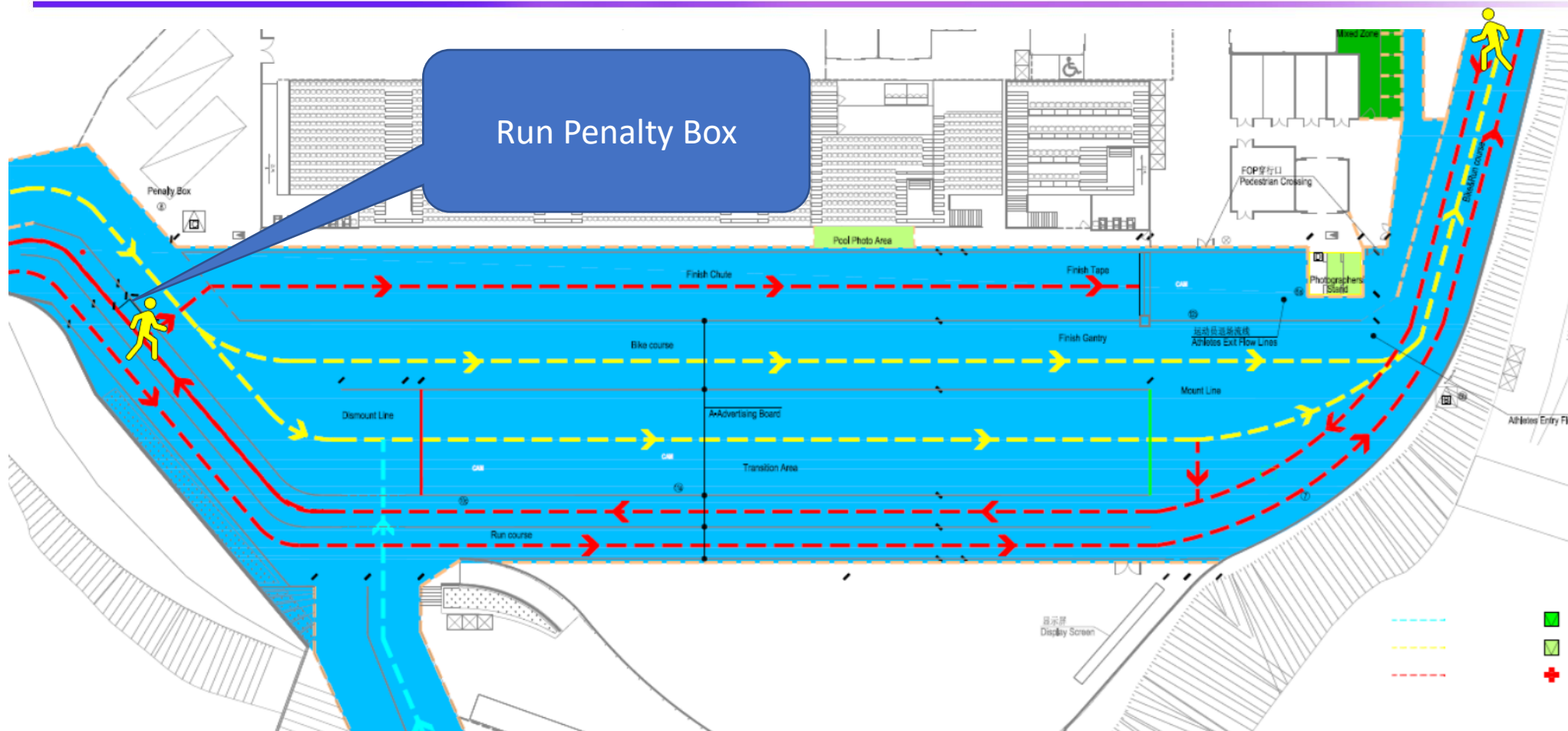
S = Swim Behaviour B = Bike Behaviour

R = Run Behaviour V = Other Violations

For example:

- 12D....athlete #12 received a time penalty for a dismount line violation
- 12 x 2 ME...athlete #12 received 2 time penalties for mount line and equipment outside the box violations

Run Course





Coaches Run Access

- One coach per NOC is allowed to have access on the site run course for 45 minutes from 07:00 to 07:45 when course is properly setup and secured.
- All coaches will start at the same time from the same start point (meeting point) at Transition.
- Coaches who require this access, must register with the Chief Race Official following this briefing

Post-race Procedures

- Photo-finish
- Remove the timing chips on your own and give them to the volunteers
- No congestion in the finish area: go to mixed zone/recovery area
- For Top 3
 - TV/Flash Interviews
 - Medal Ceremony
 - Media “Mixed Zone”
- For awards, dress “up” – no HAGIAC
- Ice baths are available at the recovery

Post-race Procedures

Doping Control

- Accreditation card is needed for every athlete to go for testing

Team Medical Access

- Team medical will be allowed to enter the medical tent after receiving permission from the Medical Delegate.
- Every NOC can have 1 team medical accreditation. Team doctors must register with the Medical Delegate. Treatment only from medical services.

Important Note

- All DNF athletes during the bike leg should go to the Wheel Station or the nearest Medical Station on the bike course and remain there until the end of the competition.
- All DNF athletes during the run leg should go to the Aid Station or the nearest Medical Station on the run course and remain there until the end of the competition.
- All DNF athletes in the proximity of the venue must report back to the athletes' lounge and inform the Registration Technical Official.

Briefing Presentation Online

- This briefing is available at:

https://triathlon.org/about/downloads/category/race_briefings



杭州2022年第19届亚运会
The 19th Asian Games Hangzhou 2022

Thank you & Good Luck!



Heart to Heart, @Future 心心相融, @未来