

Athletes' briefing

2022 Africa Triathlon Cup Maselspoort

2022 Africa Triathlon Junior Cup Maselspoort

Saturday 12 February 2022

17:15 to 17:55

(Non-compulsory Race Briefing clarification)



Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introductions



- Jan Sterk (RSA), World Triathlon Technical Delegate
- Jan Herbst (RSA), World Triathlon Assistant Technical Delegate
- Retief Freysen RSA, Head Referee
- Christa Roestoff (FST), LOC Director



Competition Jury



- Jan Sterk (RSA), Chair
- Christa Roestoff (FST LOC)
- Jan Herbst (RSA)



Schedule and Timetables



SATURDAY

16:00 – 17:15 Race pack pick-up

Your package includes:

- Stickers – Helmet (1x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs

Coaches to register and receive accreditation (Only Coaches who have been registered by their NF on the World Triathlon online system are accredited for the event)

17:15 – 17:55 Non-compulsory Race Briefing clarification

18:00 – 19:00 Drug Free Sport Presentation (Compulsory attendance for SA J U23 athletes)



Schedule and Timetables



SATURDAY

- 13:00 – 13:45 Bike course familiarisation
Meeting point: at Transition
- 13:45 – 14:15 Run course familiarisation
Meeting point: at Transition
- 14:15 – 14:30 Swim course familiarisation



Schedule and Timetables



SUNDAY

10:45 – 11:15	Swim Warm-up for Junior Men/Women
10:50 – 11:30	Athletes' Lounge check-in for Elite and Junior Men/Women
10:50 – 11:30	Transition Area check-in for Elite and Junior Men/Women
11:35	Junior Men Introduction
11:40	Junior Men Start
11:50	Junior Women Introduction
11:55	Junior Women Start
12:20 – 12:50	Swim Warm-up for Elite Men/Women
13:10	Elite Men Introduction
13:15	Elite Men Start
13:25	Elite Women Introduction
13:30	Elite Women Start
15:30 – 15:50	Medal ceremony

Athletes Lounge at Waterbuck (Bike check)

- Handlebars 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. No neutral wheel station available
- Bike frame
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- 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
- Mechanic service available
- Leave spare wheels with Race number identification, at Bike Check

Athletes' Lounge: Waterbuck - Check-in



Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Swim skins covering as per wetsuit guidelines and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- Second swim cap, unbranded, under the official swim cap
- Leave your bag in the Athletes' Lounge



Check-in procedures



Transition Area

- Helmet check - Don't leave your helmet fastened in the transition
Non compliance - time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- Any additional equipment on bike, obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.



The course



Swim 1 lap of 750m

Bike 3 laps of 6,667km

Run 3 laps of 1,667km



Swim course



- On 7 February 2022 at 13:00 water temperature 22°C
 air temperature 29°C
- Wetsuit allowed / Wetsuit not allowed {decision taken 1h before the race}
- 1 lap 750m
- Distance to the first turn buoy 215m
- All buoys on left shoulder
- Take cap, goggles to transition into your box



Athlete Introduction

- 5 minutes before start - line-up at area next to Swim exit in Race number order
- Enter the water once your name is called, deep water start
- Athletes must wear the official swim cap from the moment of the Athletes' line-up

Start Procedures



Athlete in position – Deep water

- The start can be given any time after the Head Referee announces "On your marks"
- Air horn blast
- The race starts



Swim course map and Swim exit to TA



False-start Procedure



False-start (many athletes)

- Several horn blasts
- Kayaks move in front of Athletes
- Athletes return to original start position

Valid start with few 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.



Definition from the World Triathlon 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 World Triathlon Arbitration Tribunal for potential suspension or expulsion.

Swim conduct (2)



- There will be additional boats and Technical Officials deployed on the swim course to monitor athletes swim conduct
- Infractions will be recorded and appropriate action will be taken in accordance with rule definition
- Respect your fellow competitors and keep the race fair.



Transition Area



- Swim exit to TA = 200m
- Traditional Bike Racks – two rows facing each other
- All used equipment into the box
- Mount line at the end of the TA



Bike course



- 3 laps (20km) with Transition part of the Course
- Flat and not technical (beware of speed humps on entering and exiting the Resort on each lap)
- Lap Counter at the completion of each lap, just before Transition
- Wheel Station in the middle of the Course. TO positioned in the middle of the tar road outside of Resort, serving Athletes in and out. Athletes to move to the far left of the Course for technical attendance
- Littering Zones – No litter zone on bike course
- Lapped athletes are removed from the Course (DNF)
- First runner – last biker scenario
- **Keep to the left, pass on the right**

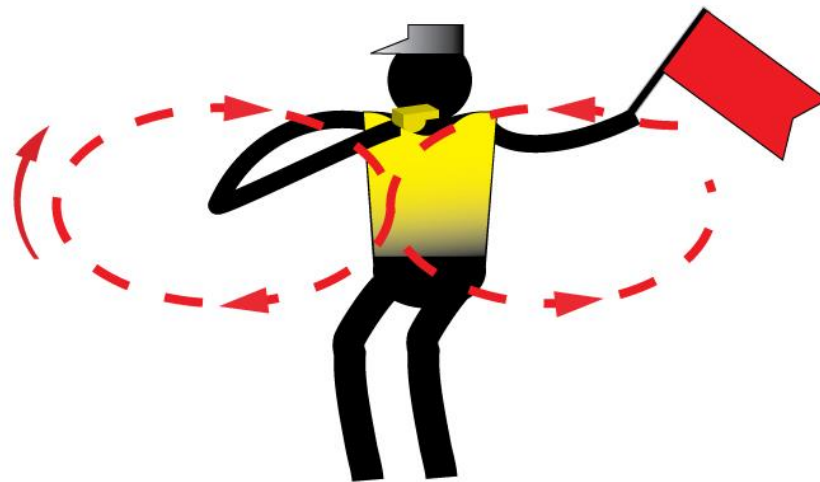


Bike Course Map



Caution

Caution signal: sharp whistles and red flags



Run course



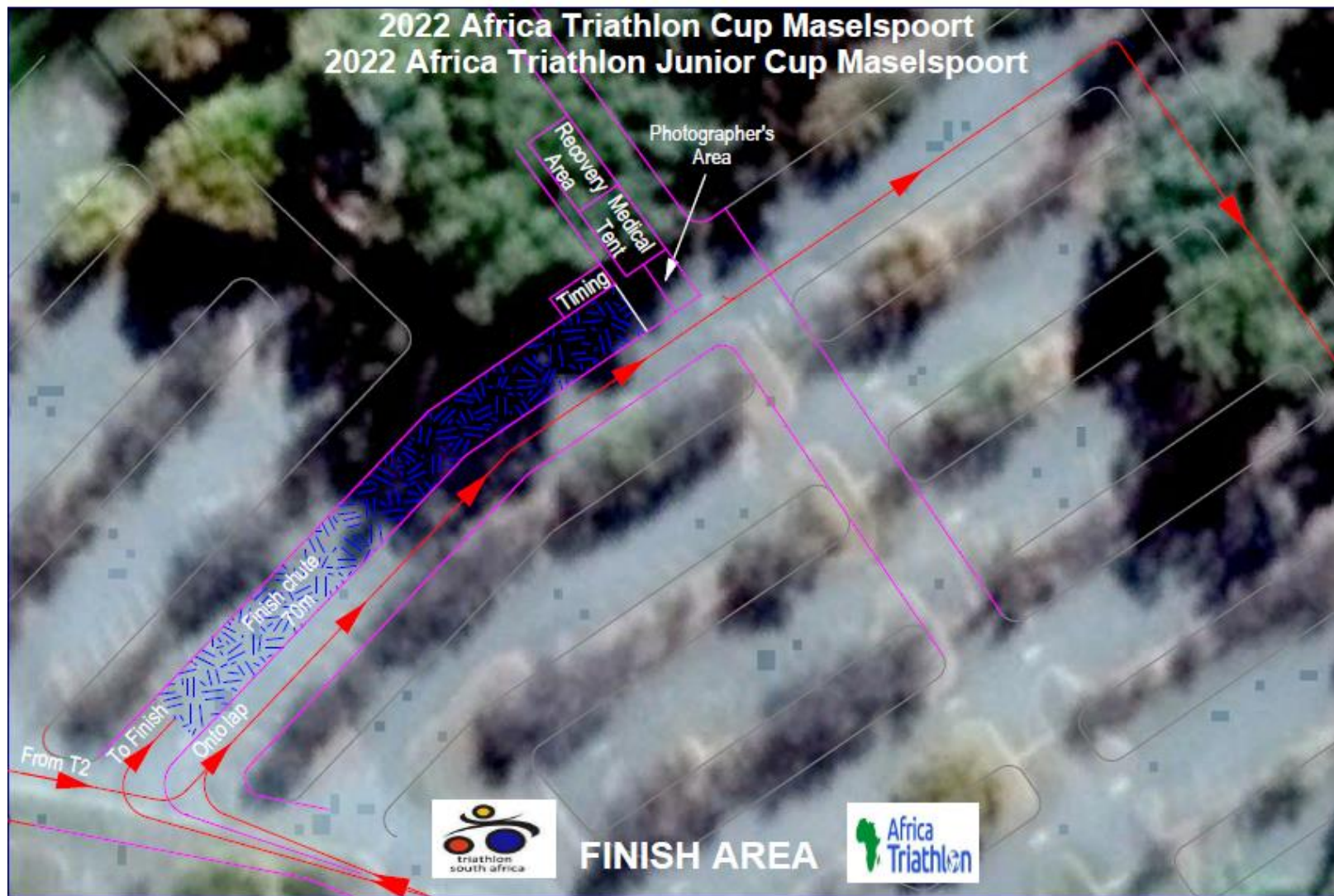
- 3 laps (5km)
- Aid stations:
 - 1 per lap
 - Located opposite Finish, just before Penalty Box
 - Sealed water
 - Discard container and litter within the littering zones as indicated by the signs
- Photo-finish
- Avoid congestion in Finish area: Please leave the Finish area as soon as possible
- Go to mixed zone / recovery area
- **Beware: Cross-over will be TO controlled giving the Athlete on the Course preference**



Run Course Map



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run infringements will be served in Run
- **Location:** 100m after exit of Transition Area, almost opposite Finish
- **Information:** White board to show race number and letter to indicate violation
- (Athlete's responsibility to take note of penalty on the board – coaches are advised to check and inform their athlete)
- **Procedure:** 10 seconds time penalty served on any lap of the Run

Penalties to be posted prior to the last lap on the Run. Any penalty 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 serving a penalty will result in DSQ upon Finish. The athlete may then appeal the penalty. Circumstances of penalty will only be made available once an Appeal is filed.

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)**.
- **Dismount before the dismount line:** 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)**.
- **Discharge or store your equipment inside your designated area:** 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:

Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	Other violations	V

For example:

12 D athlete #12 received a time penalty for a dismount line violation

12x2 ME athlete #12 received 2-time penalties for mount line and equipment outside the box violations



Post-race Procedures



- Medal Presentation – at 15:30. All World Triathlon protocol to be observed
- Athletes are not allowed to carry their country flag on the podium; there will be a flag raising with the playing of the national anthem of the winner.
- Prize money: EFT transfer



Ambush Marketing Rules



- For ceremony awards, please dress up with race uniform (or country uniform)
Ambush marketing rules apply.
- Race caps/visors are allowed at the podium
- 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.”
- Please adhere to all ambush marketing rules
- The consequence for non-adherence:
The athlete will immediately forfeit their prize money for that event.



Anti-Doping Control

- Photo ID is required for Doping Control
- **Podium presentation will not be delayed by Doping Control. Athletes must present themselves timeously at medal presentation. It is the Athlete's responsibility to ensure attendance**

Medical

- Only accredited team medical officers will be allowed to enter the medical tent subject to the consent of the LOC medical officer's consent

Athletes' Lounge and Transition

- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Only accredited coaches may enter this area

Coaches' areas

- At the split (Lap/Finish) on the Run course for the next lap.

Water Quality Assessment (Inland)

Enterococci	
31 01 22	MPN/100mL
Location A	18
Location B	9
Location C	24
Enterococci limit	<200

E.Coli	
31 01 22	NMP/100mL
Location A	5
Location B	6
Location C	24
E.Coli limit	<500

PH	
31 01 22	
Location A	6,99
Location B	8,01
Location C	8,07
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Thunderstorms developing in the afternoon. High 29°C. Change of rain 40%
Race Day	Thunderstorms developing in the afternoon. Winds N at 10 to 15km/h. High 30°C. Change of rain 40%

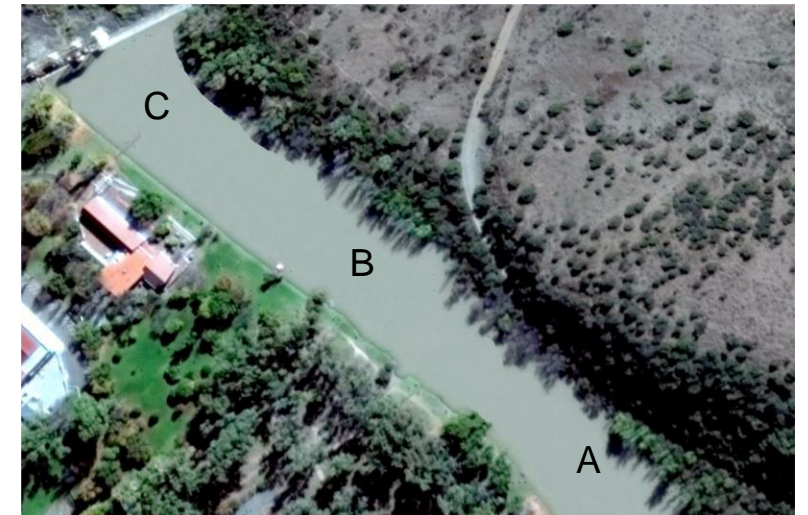
Weather report	
Day	Weather
B-3	Generally clear. High 32°C.
B-2	Generally clear. High 32°C.
B-1	Partly cloudy. High 32°C.

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Jetty	None	None	14:00	Brown water color – natural for inland river

SUMMARY

2 = 'GOOD Water Quality':

(E.Coli: <250 or Enterococci <100, but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;



Weather forecasts



	Temperature in °C	Weather
Friday	High 32°C	Partly cloudy. Winds NNW at 10 to 15km/h. Rain possibility 24%
Saturday	High 31°C	Thunderstorms developing in the afternoon. Winds N at 10 to 15km/h. Rain possibility 40%
Sunday	High 30°C	Thunderstorms developing in the afternoon. Winds N at 10 to 15km/h. Rain possibility 40%



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
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Good luck, have a good race!



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extraordinary