



Tábor  
2023  
tábor



# Athletes Briefing

22.07.2023



# Europe Triathlon Junior Cup 2023

Date	Location	Country	Distance
19/03/2023	Melilla	Spain	Sprint
26/03/2023	Quarteira	Portugal	Sprint
12-14/05/2023	Caorle	Italy	Super-Sprint-SF,F+MTR
27/05/2023	Olsztyn	Poland	Sprint
17/06/2023	Izvorani	Romania	Super-Sprint+MTR
25/06/2023	Wels	Austria	Sprint
30/06/2023	Holten	Netherlands	Sprint
8-9/07/2023	Tiszaújváros	Hungary	Super-Sprint-SF,F
16/07/2023	Panevezys	Lithuania	Super-Sprint+MTR
19-22/2023	Banyoles	Spain	Super-Sprint-SF,F+MTR
23/07/2023	Tabor	Czech Republic	Sprint
5-6/08/2023	Balikesir	Turkiye	Super-Sprint+MTR
12/08/2023	Riga	Latvia	Sprint
19-20/08/2023	Chisinau	Moldova	Super-Sprint+MTR
26/08/2023	Dublin	Ireland	Sprint
02/09/2023	Bled	Slovenia	Super-Sprint
09/09/2023	Zagreb	Croatia	Sprint
21/10/2023	Yenisehir	Turkiye	Sprint

# Europe Triathlon Junior Cup Ranking 2023

## Junior Women (after Panevezys)

Rank	Previous	Evolution	Name	NF	Points	Best score	2nd best score	3rd best score	4rd best score	5th best score
1	1	↔	Vrablova, Margareta	SVK	1870,9	400	400	400	400	271
2	2	↔	Segui Soria, Alejandra	ESP	1227,5	400	342	271	214	
3	3	↔	Martinez Gonzalez, Carla	ESP	935,5	370	370	157	39	
4	13	↑	Kapten, Liis	EST	883,7	317	317	251		
5	4	↓	Mars, Aniek	NED	870,2	400	370	72	38	
6	5	↓	Ferchmin, Aleksandra	POL	841,2	317	293	232		
7	6	↓	Szalai, Fanni	HUN	800	400	400			
8	7	↓	Laporte, Manon	FRA	712,3	370	342			
9	8	↓	De Koning, Sonja	NED	712,3	370	342			
10	9	↓	Huys, Tabea	AUT	636,3	271	251			











# Europe Triathlon Junior Cup Ranking 2023

## Junior Men (after Panevezys)

Rank	Previous	Evolution	Name	NF	Points	Best score	2nd best score	3rd best score	4th best score	5th best score
1	4		3 Tolsa Garcia, Hector	HUN	1408,9	370	342	342	293	62
2	1		1 Kropko, Marton	ESP	1327,5	370	370	317	271	
3	2		1 Gonzalez Turrez, Pelayo	ESP	1314,9	400	400	317	198	
4	9		5 Rasva, Gregor	EST	1107,5	400	370	271	67	
5	3		2 Vela Vela, Jesus	ESP	1098,6	400	370	293		
6	5		1 Hobor, Zalan	HUN	1062,8	400	400	157		
7	6		1 Hansmaennel, Thomas	FRA	956,9	400	271	124	14	
8	22		14 Barac, Gabriel	CRO	809,1	400	370			
9	7		2 Kovacs, Gyula	HUN	770	370	370			
10	8		2 Serre Gehri, Nils	FRA	740	342	271	115		

# Europe Triathlon Junior Cup Ranking 2023

## NFs standing (after Panevezys)

Rank	Previous	Tendency	NF	Country	Total	Score best woman	Score second woman	Score 3rd woman	Score best man	Score second man	Score third man	JCC Caorle	JCC Izvorani
1	1		SPAIN	ESP	7236	1227	935	618	1327	1314	1098	317	400
2	2		HUNGARY	HUN	5257	800	476	341	1408	1062	770	400	
3	3		FRANCE	FRA	4091	712	440	370	956	740	503	370	
4	14	 10	ESTONIA	ITA	3818	883	438	405	1107	270	145	170	
5	4	 1	ITALY	POL	3017	420	342	316	457	400	370	342	370
6	5	 1	POLAND	NED	2853	841	454	270	669	405	214		
7	6	 1	NETHERLANDS	BEL	2748	870	712	270	316	241	141	198	
8	13	 5	SLOVENIA	POR	2667	567	370	190	495	400	276	98	271
9	9		GREAT BRITAIN	GBR	2477	542	366	316	415	290	255	293	
10	10		AUSTRIA	AUT	2469	636	250	198	728	250	156	251	

# 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



- Chris Kitchen (IRL), Vice-President Europe Triathlon
- Joanna Pyrzyńska-Figurska (POL), Europe Triathlon Technical Delegate
- Gabriela Pohankova (CZE), Europe Triathlon Assistant Technical Delegate
- Soeren Jarling (GER), Europe Triathlon Head Referee
- Šimon Kuncl, LOC Director

# Competition Jury



- Joanna Pyrzyńska-Figurska (POL), Chair
- Chris Kitchen (GBR), Europe Triathlon Representative
- Antonin Bauer (CZE), Czech Triathlon Association Representative



# Schedule and Timetables



## SATURDAY

15:00 – 16:00 Athlete's briefing

16:00 – 17:00 Race package pick-up

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation (wristband) - gives access to Athlete lounge on race day

# Schedule and Timetables



## SUNDAY – JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Sat 22 <sup>nd</sup> July	13:00	14:00	Bike course familiarization	Černá perla
Sat 22 <sup>nd</sup> July	15:00	16:00	Athlete's briefing	Centrum Univerzita
Sat 22 <sup>nd</sup> July	16:00	17:00	Race Package Distribution (ID required)	Centrum Univerzita
Sun 23 <sup>rd</sup> July	10:45	12:10	Athletes lounge check in	Černá perla
Sun 23 <sup>rd</sup> July	11:30	12:15	TA check-in	Černá perla
Sun 23 <sup>rd</sup> July	11:30	12:15	Swim warm-up	Start Area
Sun 23 <sup>rd</sup> July	12:20		Calling area	Start Area
Sun 23 <sup>rd</sup> July	12:25		Athletes' introduction	Start Area
Sun 23 <sup>rd</sup> July	12:30		START	
Sun 23 <sup>rd</sup> July	15:00	15:30	TA and AL check-out	Athletes Lounge
Sun 23 <sup>rd</sup> July	15:30	16:00	Award Ceremony	Černá perla

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Sun 23 <sup>rd</sup> July	13:00	13:45	Swim warm-up	Start Area
Sun 23 <sup>rd</sup> July	13:50		Calling area	Start Area
Sun 23 <sup>rd</sup> July	13:55		Athletes' introduction	Start Area
Sun 23 <sup>rd</sup> July	14:00		START	
Sun 23 <sup>rd</sup> July	15:00	15:30	TA and AL check-out	Černá perla
Sun 23 <sup>rd</sup> July	15:30	16:00	Award Ceremony	Černá perla

# Check-in procedures



## Athletes' Lounge

- Bike check (Frame, saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website, traditional handlebars only (**clips-on to be removed**), wheels and spare wheels (non authorized UCI wheels rule)
- Bring your spare wheels to the Wheel Station and pick them up from there. First, they need to be checked at the athletes' lounge
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee during the race package distribution
- Mechanic service available - during the race day (7:30-17:00) at the Athletes lounge
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Timing chip distribution – 1 for the ankle
- Swim cap distribution
- 12 Leave your bag in the Athletes' Lounge



# Check-in procedures



## Transition Area

- Helmet check - Don't leave your helmet straps fastened in the transition  
*The athlete who misses to comply with this rule will receive a 10 seconds time penalty in TA1*
- Helmet on the bike
- The bike must be racked in the first transition by the rear wheel and in the second transition by either wheel
- Running shoes go outside and in front of your box

# The course



# Pre-start Procedures



## Athlete Introduction

- 10 minutes before start - line-up
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up  
*If wearing 2 swim caps the 2nd one must be unbranded*
- Jog to the start once your name is called
- Deep water start
- Select your position and stay behind the virtual line!

# Start Procedures



## Athlete in position

- The start can be given any time after 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 10 seconds in TA1.*



# False-start Procedures



## False-start (many athletes)

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

## Valid start 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 seconds penalty in TA1.

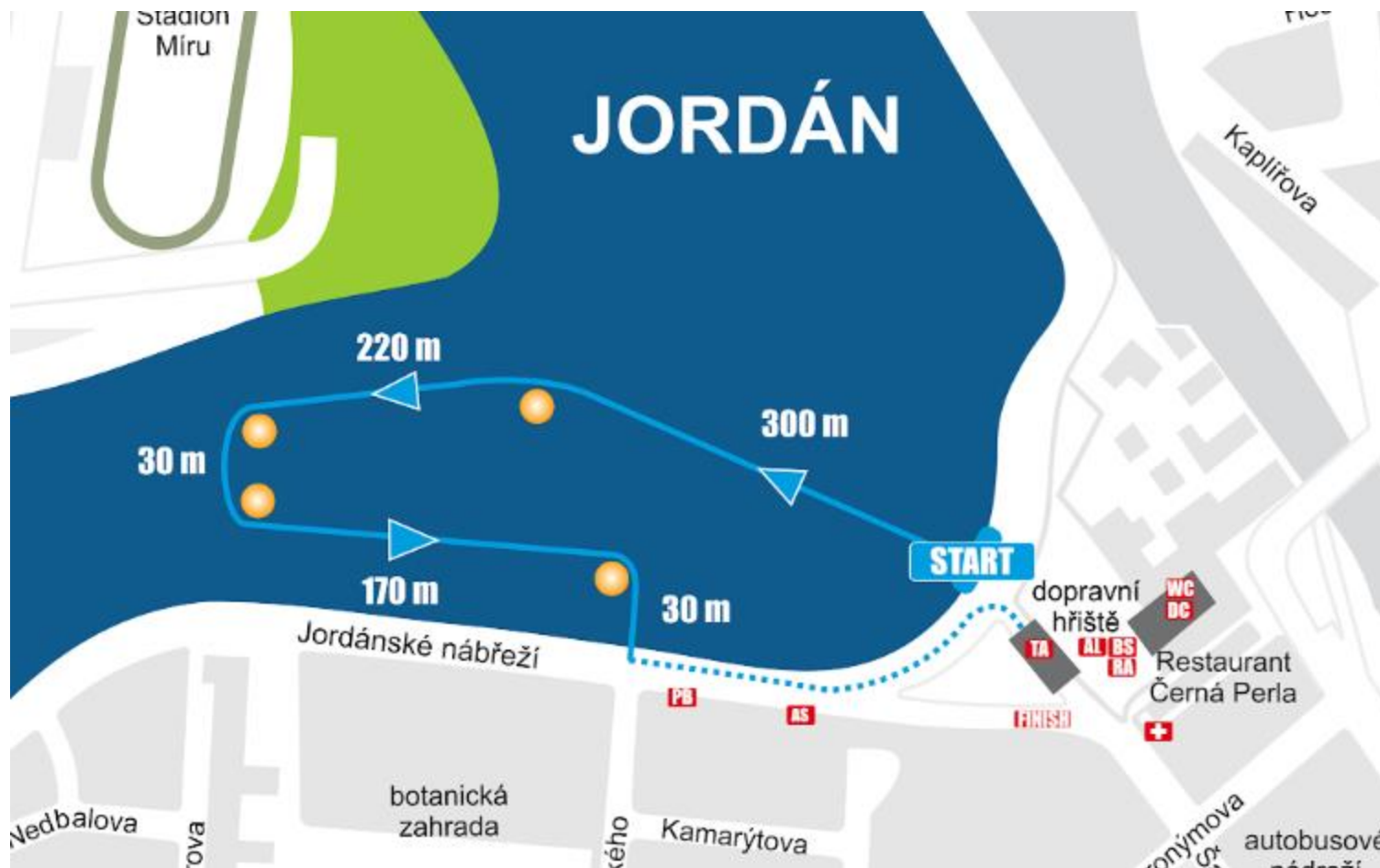
*During the time penalty, the athlete cannot touch any race equipment.*

# Swim course



- On 22.07.2023 at 13:00: water temperature – 23,4°C  
air temperature - 22°C
- Wetsuit not allowed
- 1 lap (total distance of 750 m)
- Distance to the first turn buoy 300 m
- Take cap, goggles to transition into your box

# Swim course map



## Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

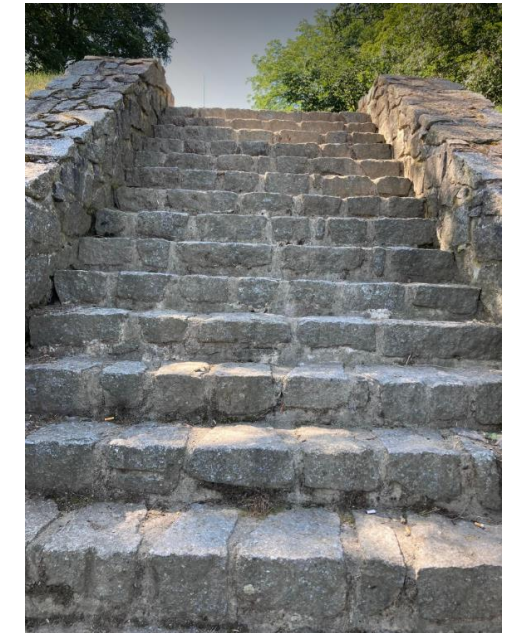
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infractions may 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.

# Swim exit to TA



Distans from swim exit to TA: 200 m with stairs 2 m wide after coming out of the water

# Transition Area



- 200 m from swim exit to transition zone
- Individual bike racks
- Name, number, country code and flag
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited into your box

***Failure to put equipment in box = 10 seconds penalty on run PB***

- Mount line at the end of the TA (**green line**)
- Dismount line before the turn to TA (**red line**)



# Transition Flow



Mount line





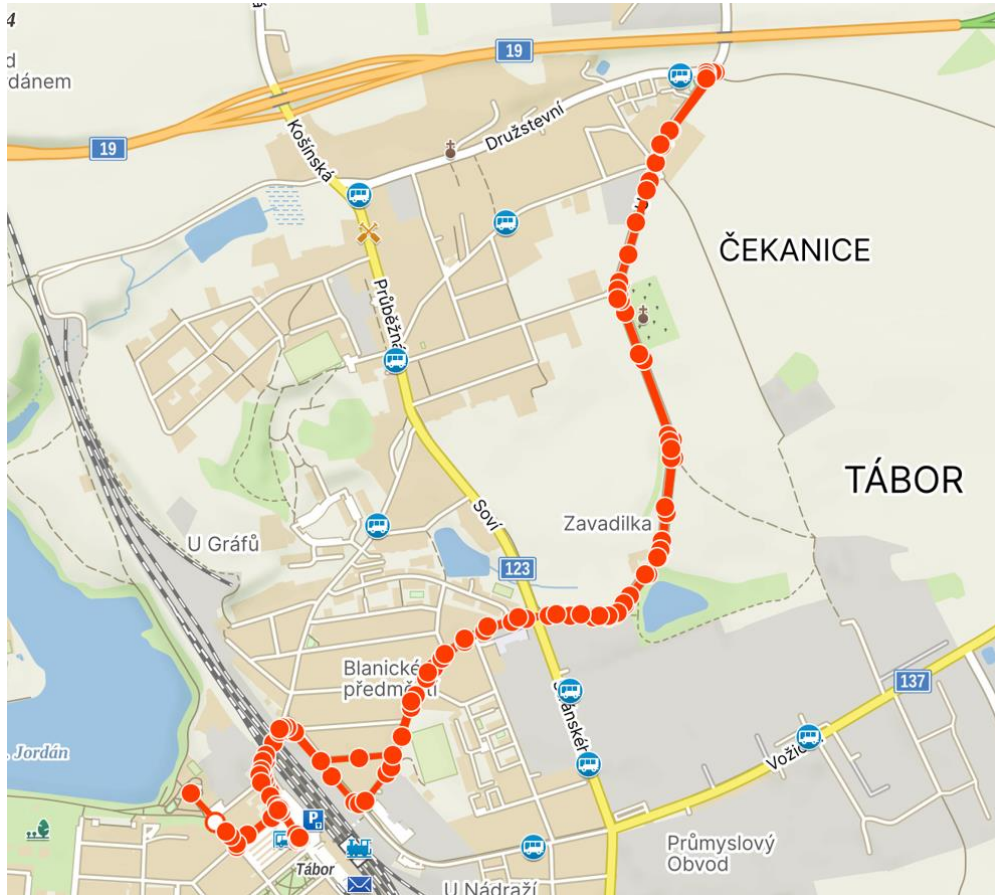
# Bike course



- 4 laps of 4,99 km + 0,3 km (total distance of **20 km**)
- Hilly and technical
- 1 Wheel Stations:
  - 1 Team wheel station
  - For locations see the map
- Lap Counter: at the beginning of the lap
- Lapped athletes are out of the race

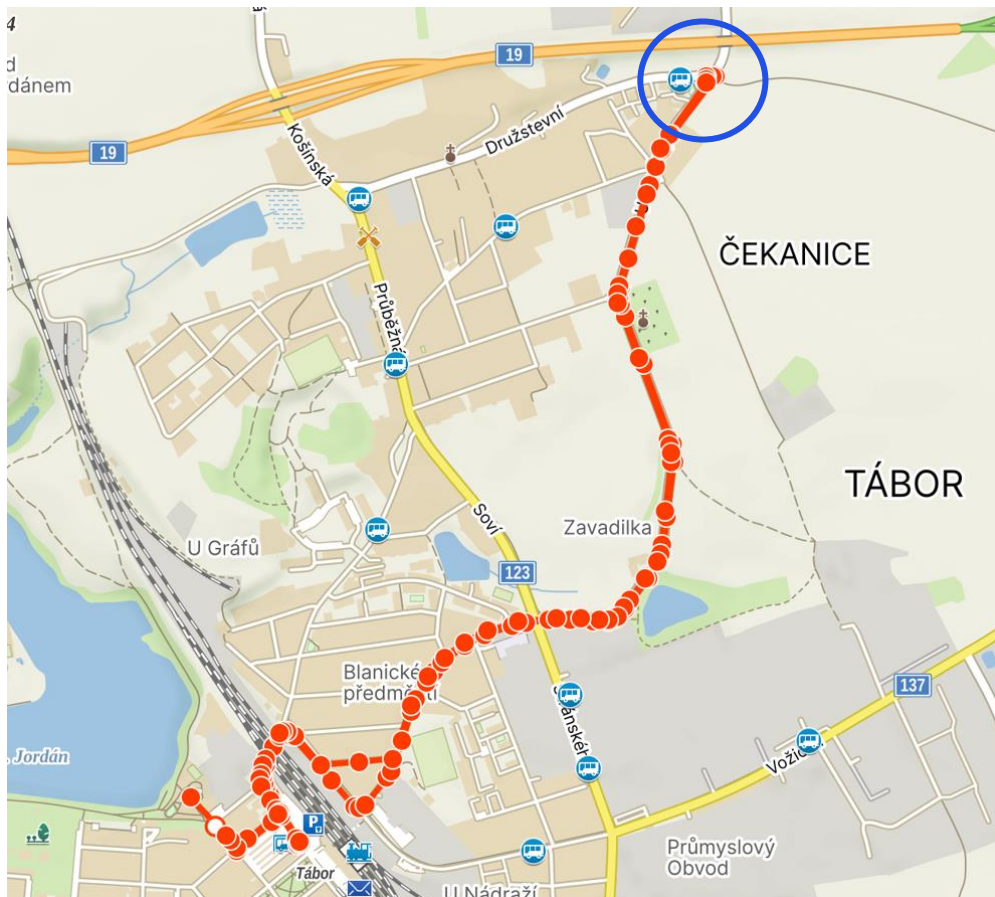


# Bike course



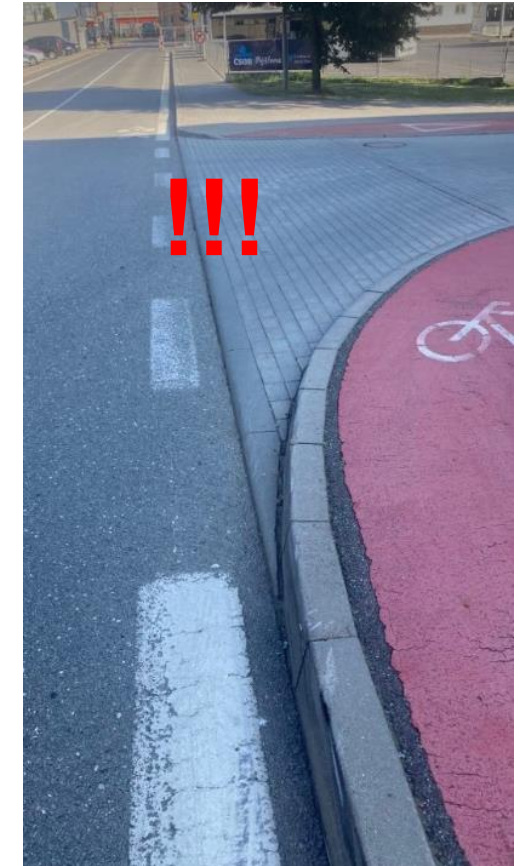
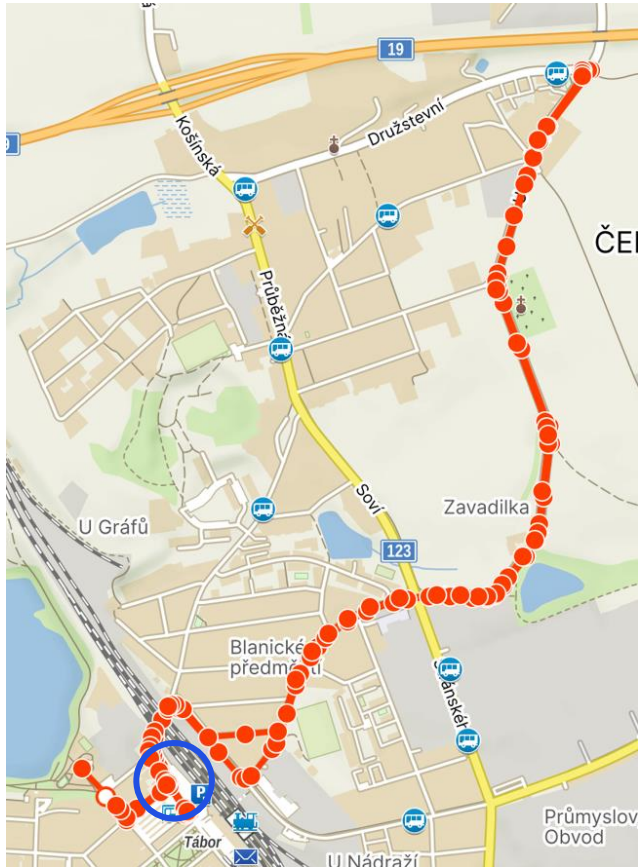
Wheel station

# Bike Course Map



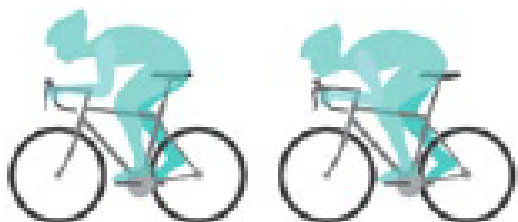


# Bike Course Map



# Riding position

OK



NOT OK



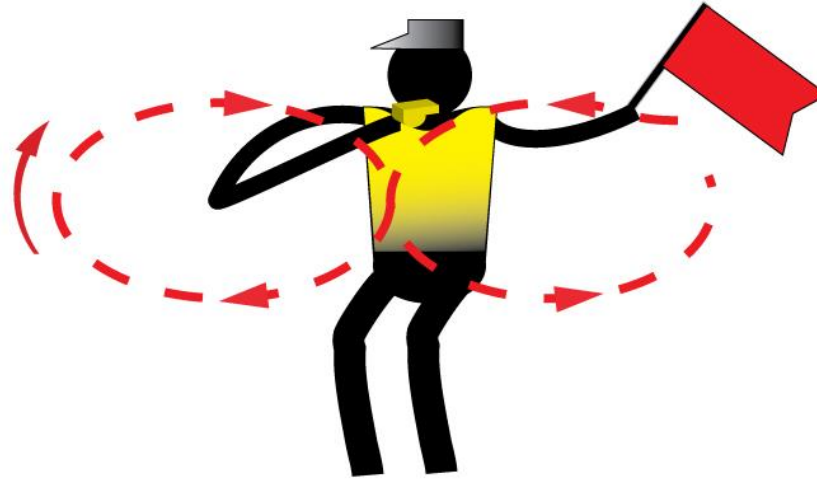
only ok in draft illegal event

## Definition from the 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.

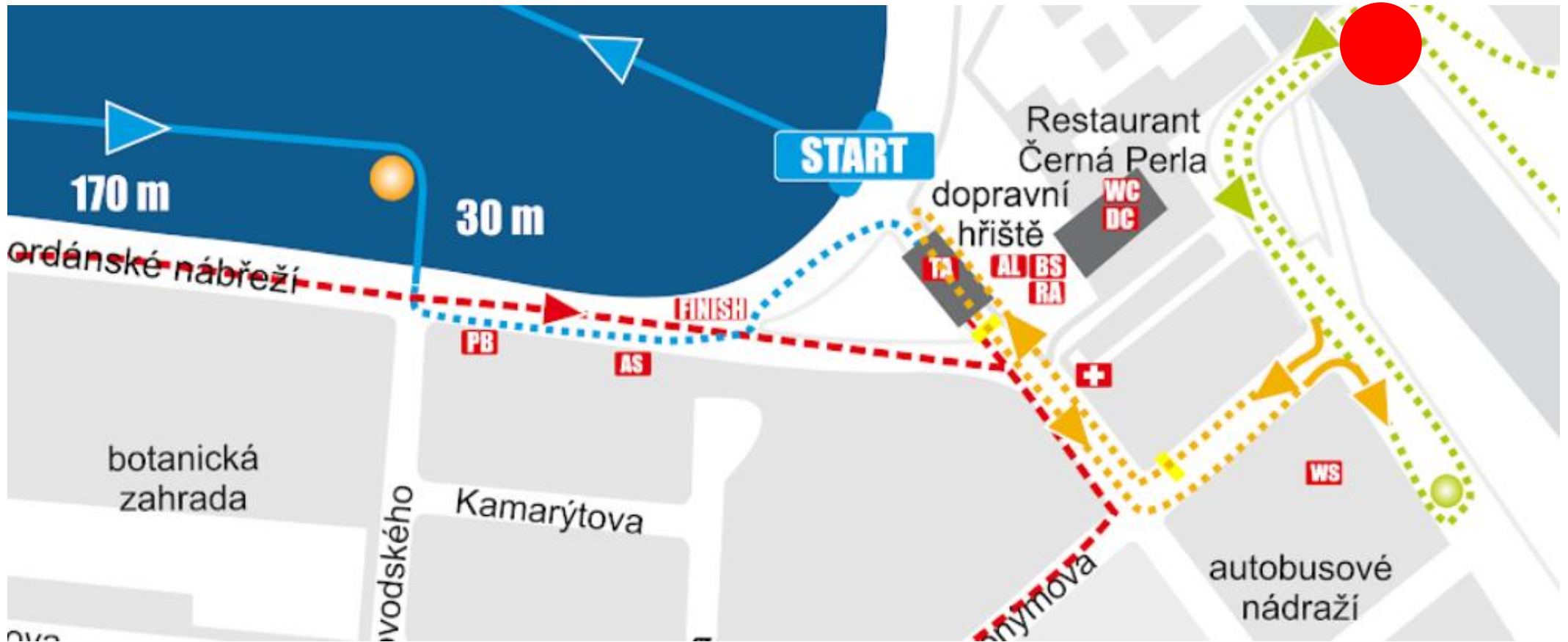
# Caution

**Caution signal:** sharp whistles and or red flags





# Bike to Run



Bike

Run



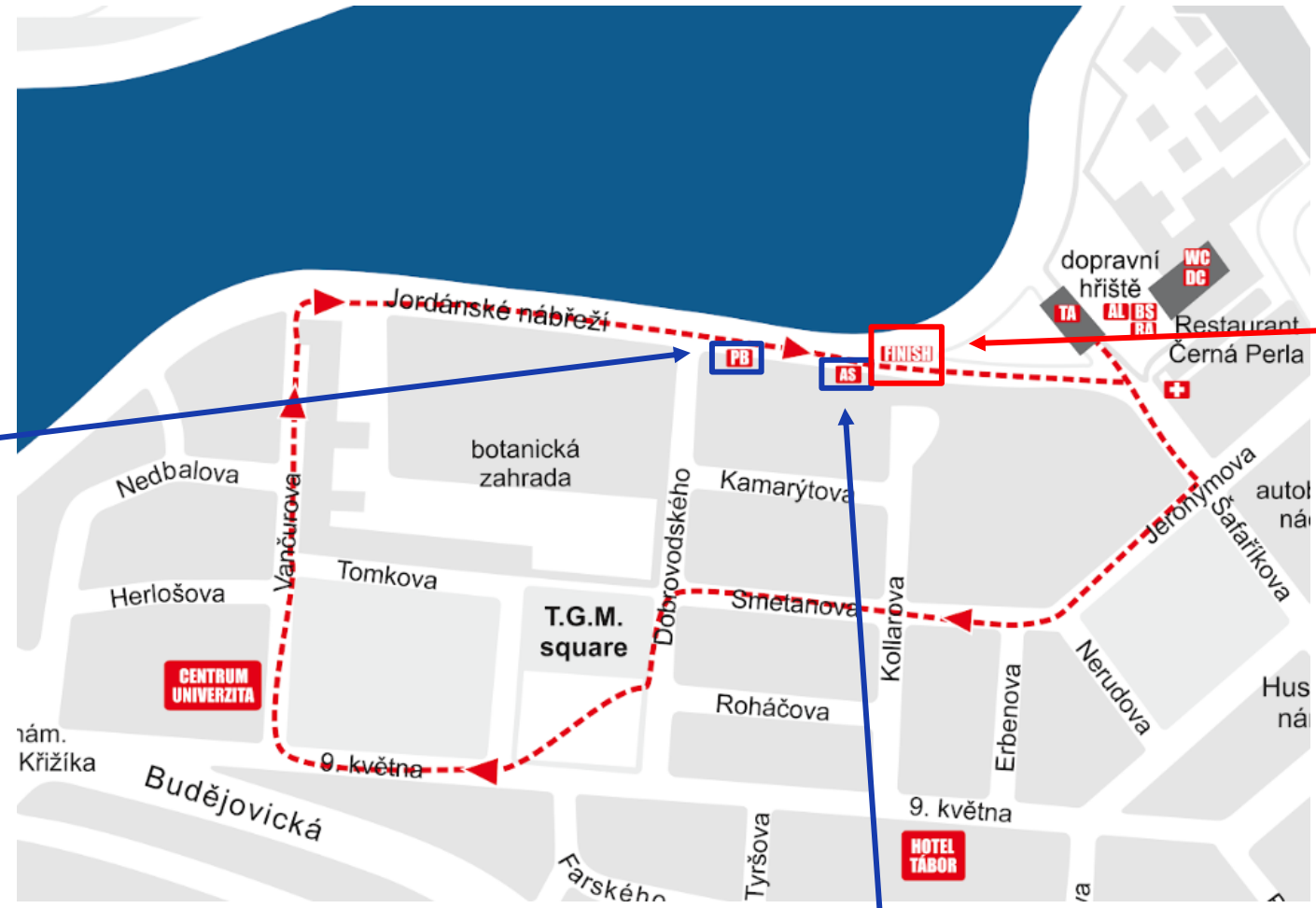
# Run course



- 3 laps of 1,66 km (total distance of 5 km)
- Aid stations:
  - 1 per lap (for locations see the map)
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below



# Run Course Map



Finish

Penalty Box



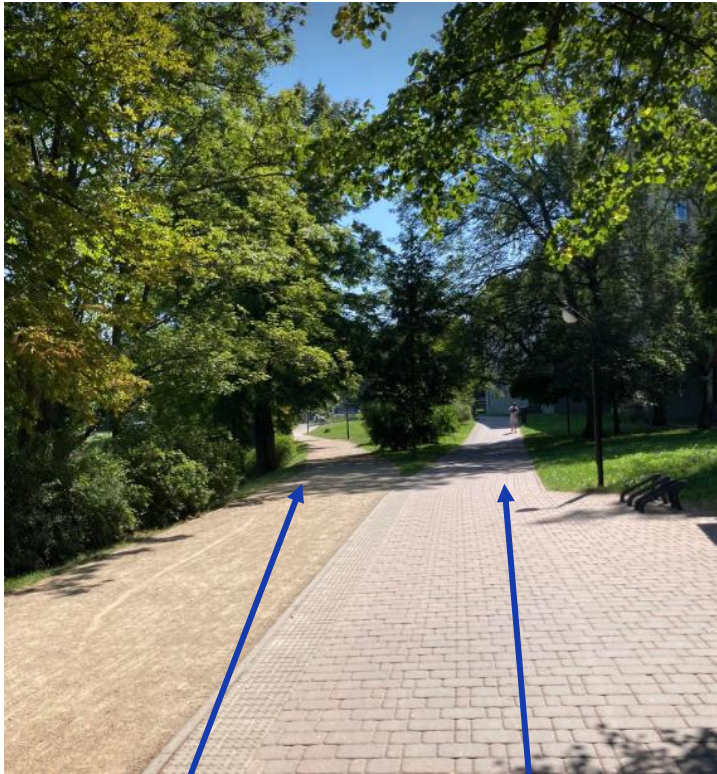
Aid Station



## Definition from the World Triathlon CR §6.1:

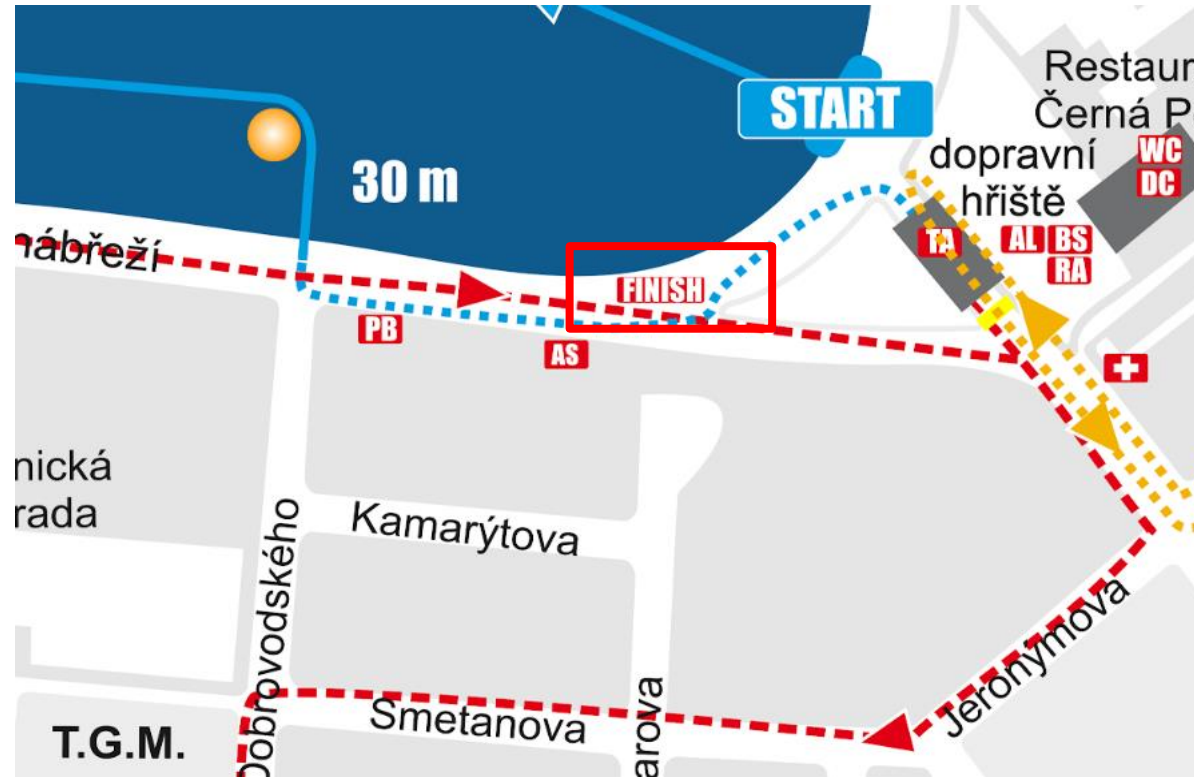
- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall, the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete 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.

# Finish



To the finish

To the laps



# Run Penalty Box



- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 100 m before the Finish
- **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

Penalties must be posted prior to the last 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 the penalty. Evidence will only be made available if an 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:

## Violations Abbreviations:

<b>Dismount Line</b>	D		<b>Littering</b>	L
<b>Mount Line</b>	M		<b>Equipment outside the box</b>	E
<b>Swim Behavior</b>	S		<b>Bike Behavior</b>	B
<b>Run Behavior</b>	R		<b>Other violations</b>	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

# Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
  - (i) a penalty for a drafting violation; and
  - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.



# Post-race Procedures



- Photo-finish
- Congestion in finish area >>>> Go to mixed zone / recovery area
- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 15:30
- Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.



# Post-race Procedures



## Anti-Doping Control

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

## Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

# 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
- Please follow the 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.”*

# Coaches Accreditation / Coaches Areas



## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

## Coaches' areas

- Beside the Finish Area & Penalty Box

# Water Quality Assessment (Inland)



Enterococci	
Insert Sample Date	BUN/100mL
Location A	1
Location B	1
Location C	1
Enterococci limit	<200

E.Coli	
Insert Sample Date	BUN/100mL
Location A	2
Location B	2
Location C	2
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	9
Location B	9
Location C	9
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	cloudy with a little light
Race Day	Overcast (20% chance of rain)

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Pontoon	None	None	09:15	

**SUMMARY**

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FIND IT IT THE SLIDE NOTES BELOW, eg.

**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 forecasts



Temperature  
in °C

Weather

**Sunday**



26°C

Sunny with slightly cloudy



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://www.triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY





# Have a good race!

