



FREDERICIA
2023



Athletes Briefing

1.9.2023



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



- Jaakko Mattila (FIN) , Europe Technical Delegate
- Peter Hojmosse (DEN), Europe Triathlon Assistant Technical Delegate
- Peter Thygesen (DEN), Europe Triathlon Head Referee/ men's race
- Steen Christensen (DEN), Europe Triathlon Head Referee/ woman's race
- Carsten Andersen (DEN), LOC Director



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Competition Jury



- Jaakko Mattila (FIN) Technical Delegate, Chair of the Competition Jury
- Üve Hillep (SWE)
- Frederic Mandt (NOR)



Schedule and Timetables



FRIDAY 1. September 2023

16:45 – 17:30 Bike course familiarisation

18:30 – 19:15 Race pack pick-up (after athletes' briefing)



Schedule and Timetables



SATURDAY 2. September 2023

11:20 – 13:20	Elite Men Athletes' Lounge check-in
11:20 – 13:20	Elite Men Transition Area check-in
13:20 – 13:40	Elite Men Swim Warm up
13:45 – 13:50	Elite Men Line Up
13:50 – 13:58	Elite Men Introduction
14:00	Elite Men Start



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Schedule and Timetables



SATURDAY 2. September 2023

13:20 – 15:20	Elite Women Athletes' Lounge check-in
13:20 – 15:20	Elite Women Transition Area check-in
15:20 – 15:40	Elite Women Swim Warm up
15:45 – 15:50	Elite Women Line Up
15:50 – 15:58	Elite Women Introduction
16:00	Elite Women Start
17:30	Award Ceremony Men & Women



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Race Pack Distribution



ALL athletes/support team must provide a picture ID to receive the package.

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers



Check-in procedures

Athletes' Lounge

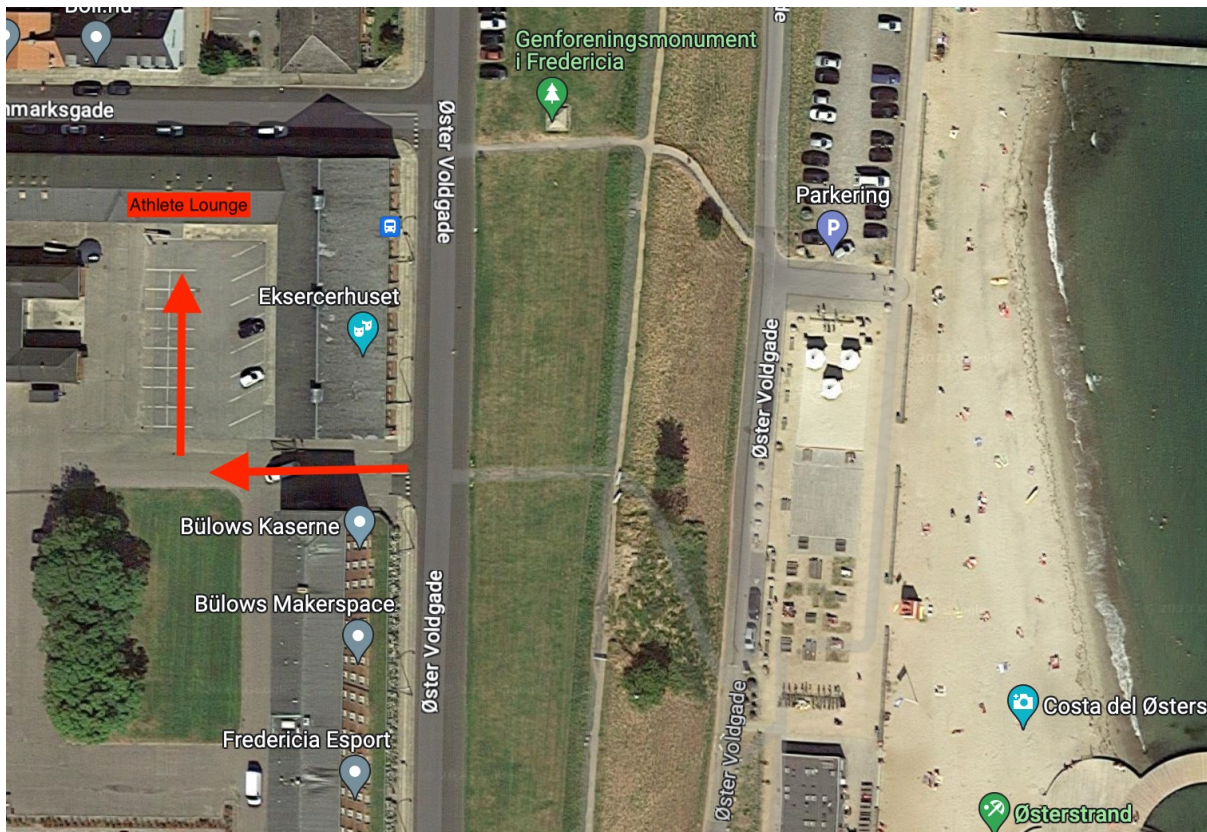
- Spare wheels to the wheel-stop
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee up to 10 minutes after the end of the athletes' briefing
- Mechanic service available
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Leave your bag in the Athletes' Lounge



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Map Athletes' Lounge



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Permitted Equipment – Uniform



Bike and Run

- Athletes can wear short-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- Arm covers can be worn and can be removed during the event, but have to be put in the box in T2 or kept in your hand/uniform. [Removal elsewhere during the race will lead to DSQ](#)



Check-in procedures



Transition Area

- Helmet check - Don't leave your helmet fastened in the transition
- Running Shoes outside the box, helmet on the bike
- Bike check (Frame, saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website, traditional handlebars only (clips-on to be removed), wheels and spare wheels (non authorized UCI wheels rule)
- No clip-on handlebar is allowed on draft-legal event (Elite)

Pre-start Procedures

Athlete Introduction

- 10 minutes before start - line-up
- Jog to the blue carpet on the beach once your name is called
- Select your position, stay at the selected position, stay behind the line!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up



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Start Procedures



Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts



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

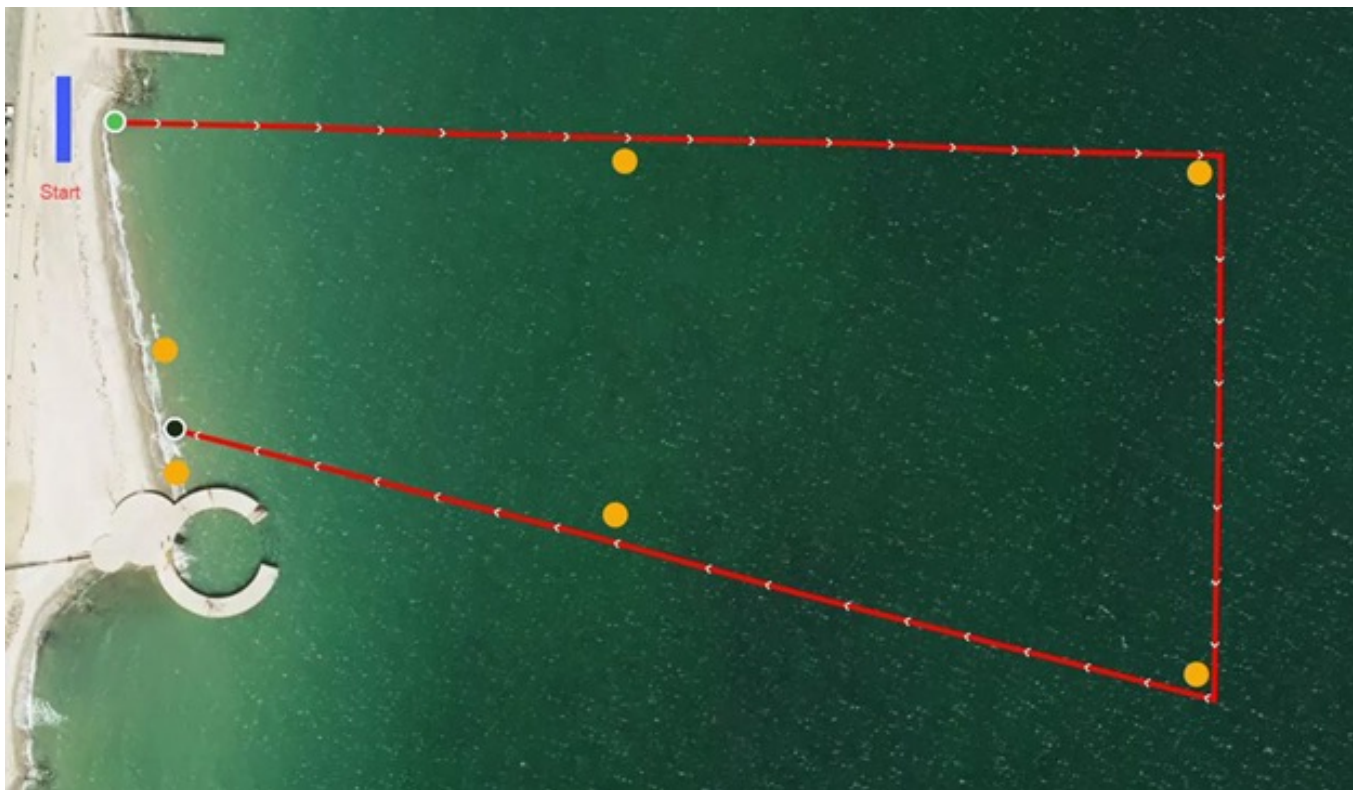
- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course

Swim	1 lap of 750 m
Bike	4 laps of 5 km
Run	3 laps of 1,67 km



Swim course map



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Swim conduct



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.



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Swim conduct



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

Transition Area



- Swim Exit to TA 450 m
- Traditional Bike Racks – one row
- Running shoes in front of the box, helmet on the bike
- 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 in the box.
- Bags to the Athletes Lounge
- Mount line at the end of the TA (**green**) / Dismount at entry of the TA (**red**)

- Swim Exit to TA <meters> m



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Transition Flow



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Bike course

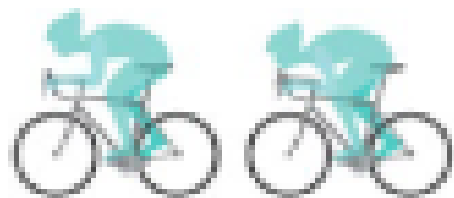
- 4 laps (total distance of 20 km)
- Flat and not technical
- 2 Wheel Stations
 - 1 Neutral wheel station (11 speed wheels)
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: Just before transition
- Lapped athletes are NOT out of the race



Riding position



OK



NOT OK



Bike behaviour



Definition from the World Triathlon CR §5.1.b:

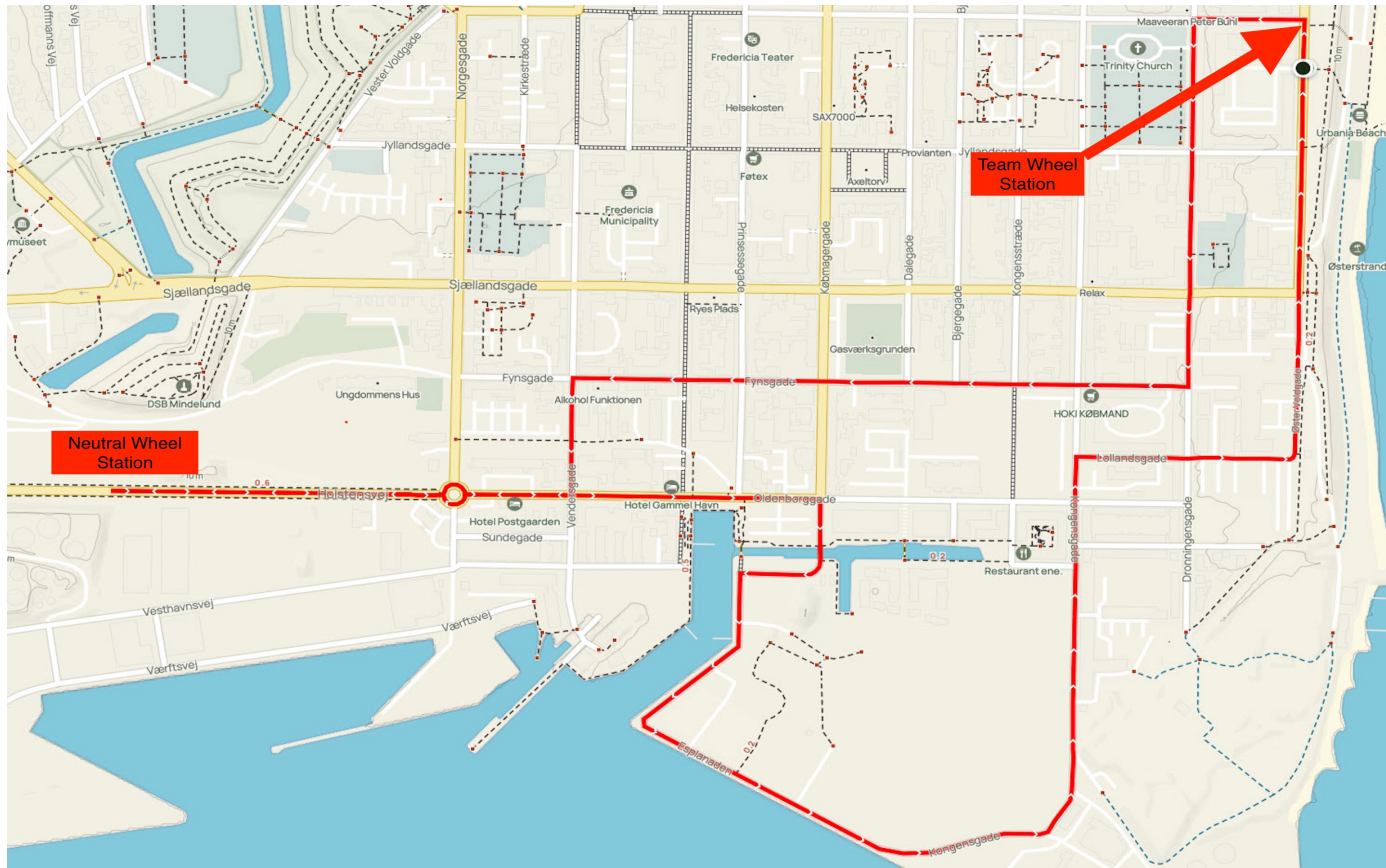
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete 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.



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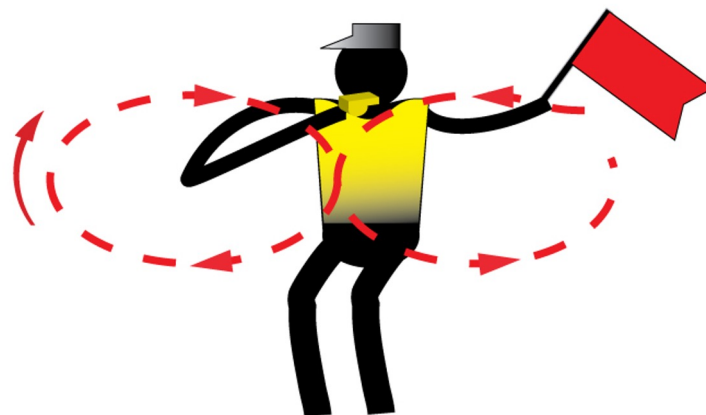
Bike Course Map



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Caution



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Run course



- 3 laps (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
(20m before and 100m after Aid stations)
- Photo-finish
- Congestion in finish area >>>> Go to Mixed Zone



Run equipment - shoes



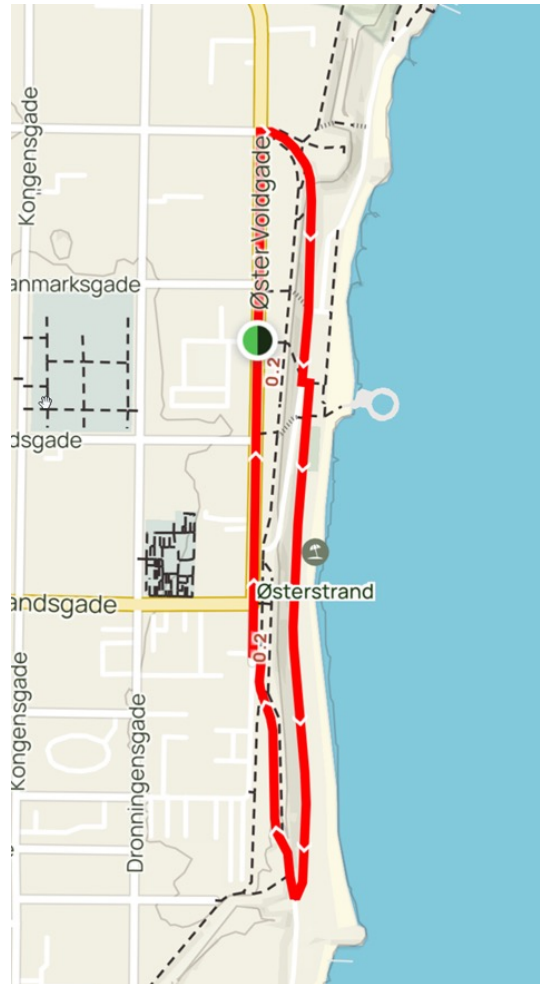
- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each 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.



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Run Course Map



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Run Penalty Box



- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 50 m before the Transition Area
- **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 sec 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 protest is filed.



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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)**.
- **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



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

Violations Abbreviations:

Dismount Line	D		Littering	L
Mount Line	M		Equipment outside the box	E
Swim Behavior	S		Bike Behavior	B
Run Behavior	R		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



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Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
 - (i) **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



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 17:30
- Elite 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.
- Prize money for men/women

1	600 EUR
2	500 EUR
3	400 EUR
4	300 EUR
5	200 EUR



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Post-race Procedures



Anti-Doping Control

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



Medal Ceremonies



As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony



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 – [a picture ID needed](#).
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic and NF representatives.

Coaches' areas

- Area marked next to the transition



Heat stress indicators



Warning flags will be placed at the athletes' area and behind the spectators' stands



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Water Quality Assessment (Sea)



Enterococci		E.Coli		PH	
28. August 2023	NMP/100mL	28. August 2023	NMP/100mL	28. August 2023	
Location A	1	Location A	10	Location A	8.1
Enterococci limit	<100	E.Coli limit	<250	PH limit	6-9

SUMMARY

1 = 'Very Good Water Quality':

(E.coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;

Weather forecasts



Fredag 1. sep.					23°/ 11°	3 m/s
Lørdag 2. sep.					24°/ 12°	3 m/s
Søndag 3. sep.					22°/ 14°	4 m/s

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!

