

Elite Paratriathlon Briefing

Thursday, March 7th - 2024



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



- Troyce Beglaw (CAN), World Triathlon Technical Delegate
- Maya Bryson (USA), World Triathlon Assistant Technical Delegate
- Mike Chui (CAN), World Triathlon Head Referee #1
- John Morin (USA), World Triathlon Head Referee #2
- Andre Lapar , LOC Director



Competition Jury



- Troyce Beglaw (CAN), Chair
- Juan Manuel Velasco Diez (COL)
- Kelly Fox (USA)

Schedule and Timetables



TODAY

- Immediately after this briefing collect your race packs, if you have NOT paid, please see Cassie prior to race packet pick-up
- Race Pack include items as per the Competition Rules

Schedule and Timetables



FRIDAY

Paratriathlon

08:30 – 11:00

Athletes' Lounge check-in

08:45 – 09:45

Transition Area check-in All Sport Classes

09:15 – 09:45

Swim Warm-up for All Sport Classes

09:50

Athletes' Introduction

10:00

PTS5-M Start

13:10 Approx

Medal ceremony

Schedule and Timetables

FRIDAY

Paratriathlon – Start Times

10:00:00	PTS5 – M	WAVE 1
10:05:00	PTSVI1 – M	WAVE 2
10:07:41	PTVI2 – M	WAVE 3
10:09:00	PTVI1 – W	WAVE 4
10:12:11	PTVI2/3 – W	WAVE 5
10:15:00	PTS5 – W	WAVE 6
10:16:00	PTS2/3/4 – W	WAVE 7
10:25:00	PTS4 – M	WAVE 8
10:26:00	PTS2/3 – M	WAVE 9
11:10:00	PTWC1 – M	WAVE 10
11:13:00	PTWC2 – M	WAVE 11
11:20:00	PTWC1 – W	WAVE 12
⁷ 11:23:38	PTWC2 – W	WAVE 14

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
- Body decals – arms and legs
- Accreditation – should already have

Inform TOs about the colors of swim cap you want to receive at athlete lounge

Athlete Agreement (only at World Triathlon events)

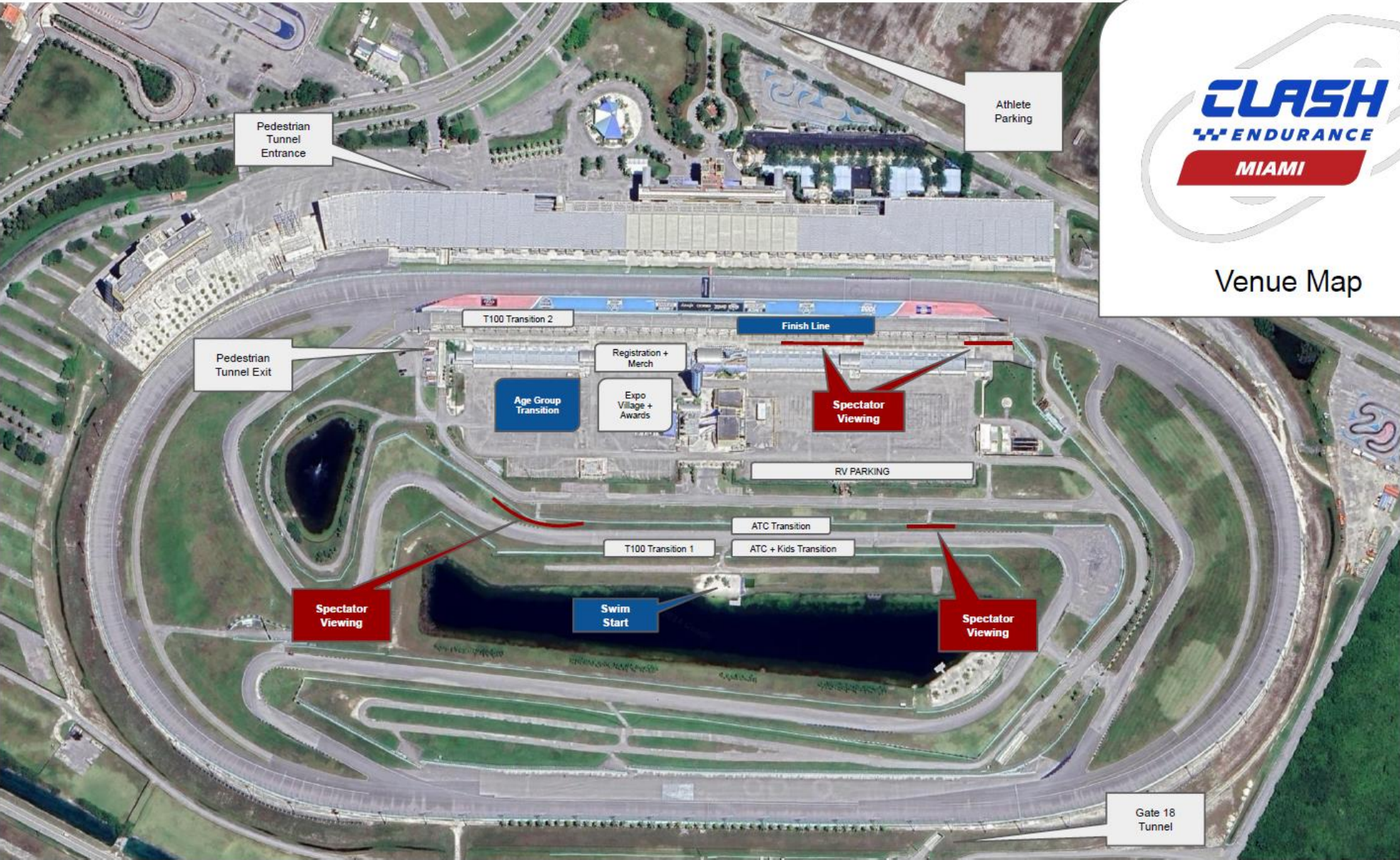


- All Athletes must fill in their data on their Admin page of the World Triathlon Website before competing their first event, or if there is any change.
- If you need logins please contact webmaster@triathlon.org
- Sign the Agreement before taking your race package, that does not include the section with detailed information

Venue Map



Venue Map



Check-in Procedures



Park in the GREEN Lot.
Athlete lounge will be located in Building 1.

Check-in Procedures



Entering the venue

- Using the accreditation / wristband
- With your registered Handler/Guide
- Bike check, if not already done

Time schedule

08:30 – 9:45 **Saying this, as this is time to load Transition for all PARA Classes**

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**
- Body marking check (both arms, both legs)
- Swim cap distribution
- Timing chips (2x) distribution
- Wave number written on left hand
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station
- Leave bags in the Athletes' Lounge, they will be transferred to Recovery



Swim Cap Colors



Athletes' Lounge

- **PTWC** **RED**
- **PTS2 / PTS3 / PTS4 / PTS5** **RED** or **YELLOW** or **GREEN**
- **PTVI 2/3** (athlete) **GREEN**
- **PTVI 1** (athlete) **ORANGE**
- **PTVI** (guide) **WHITE**



Timing Chips – Where to Wear



Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork)
PTS2 – PTS5	Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + run prosthesis Non amputees: Both ankles
PTVI	1 - Athlete ankle 1 - Guide ankle

Permitted Equipment - Uniform



Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. [This will be checked](#)
- PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. [Logos are allowed only on the frame.](#)

Permitted Equipment - Uniform



Bike and Run

- Athletes can wear long-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.
- Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event **BUT only in Transition.** Removal elsewhere during the race will lead to DSQ
- PTVI 1 athletes must wear black-out glasses on the bike and run segments. Logos are allowed only on the frame.

Check-in Procedures



Transition Area

- A folding chair will be provided to athletes if required
- To add any equipment to the bike, approval is to be obtained from the HR at the end of the athletes' briefing.
- Only athletes and their handlers will be allowed in the Transition Area
- Helmet check – Don't leave your helmet fastened in the transition
The athlete who do not comply with this rule will receive a time penalty of 10 seconds in TA1.
- Running Shoes on the ground, helmet on the bike
- Spare wheels collected at bike check & returned to Athletes Lounge

Pre-start Procedures



Athletes' line-up

- 10 minutes before your start, line up before entrance to start area
- Order will be wave number, then category, then race number
- Move to the swim start when you are introduced, select a position and stay behind the line!
(In water starts)
- **Officials / Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered with covers/socks will be removed from start area.

Pre-start Procedures



Wave starts - Athletes' line-up

- Interval Start System PTVI & PTWC
- Each wave will start at an exact time
- Please follow instructions promptly

New Water temperature limit for wetsuit use:

- 24.6°
- PTWC wetsuit bottoms always allowed if the swim takes place



Start Procedures



Athlete in position in the water

- Deep water start between the two starting buoys (TD & HR)
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty 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 second penalty in TA1.**
- **During the time penalty, the athlete CANNOT touch any equipment.**

The Course



Swim 1 lap of 750m

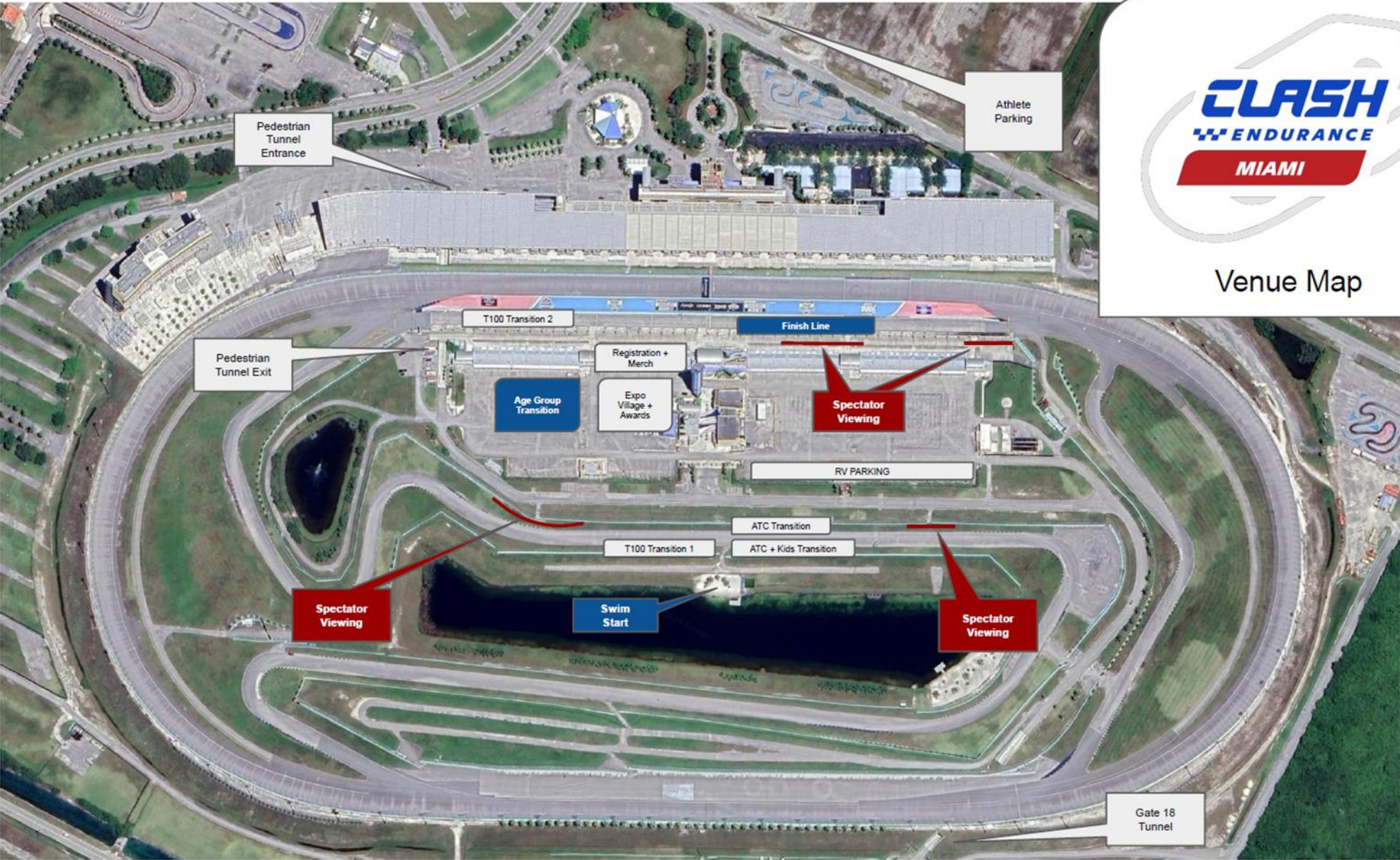
Bike 5 laps of 3.622kms (18.11kms)

Run 2 laps – Pink = 2.643kms / Yellow = 2.354kms (4.997kms)

The Course



Venue Map



Swim Course



- Today at 09:10 Water: 25.7°C
 Air: 24.2°C
 WBGT: 23.4°C
- Wetsuit not allowed
- 1 lap - 750m
- Distance to the first turn buoy 135m
- Take cap, goggles to transition into your box



Swim Course Map



Americas
Triathlon
Championships

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Americas
Paratriathlon
Championships

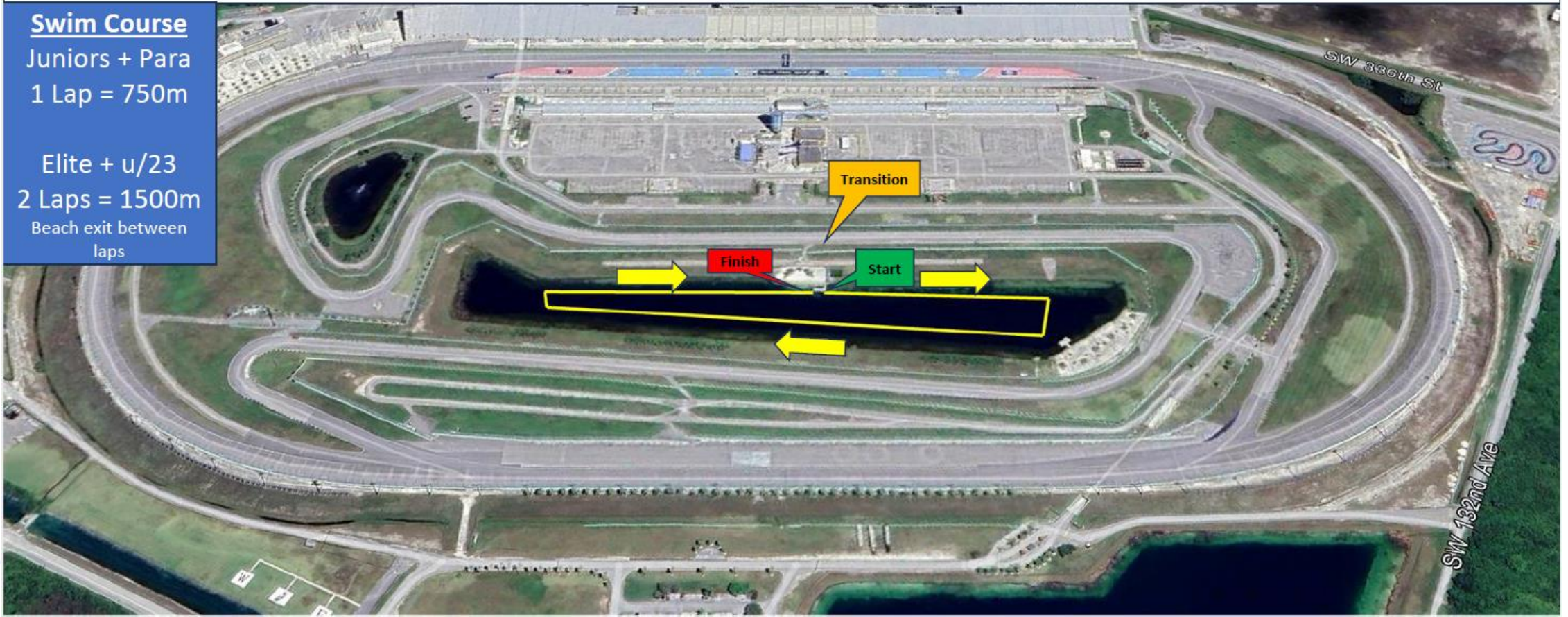
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Swim Course

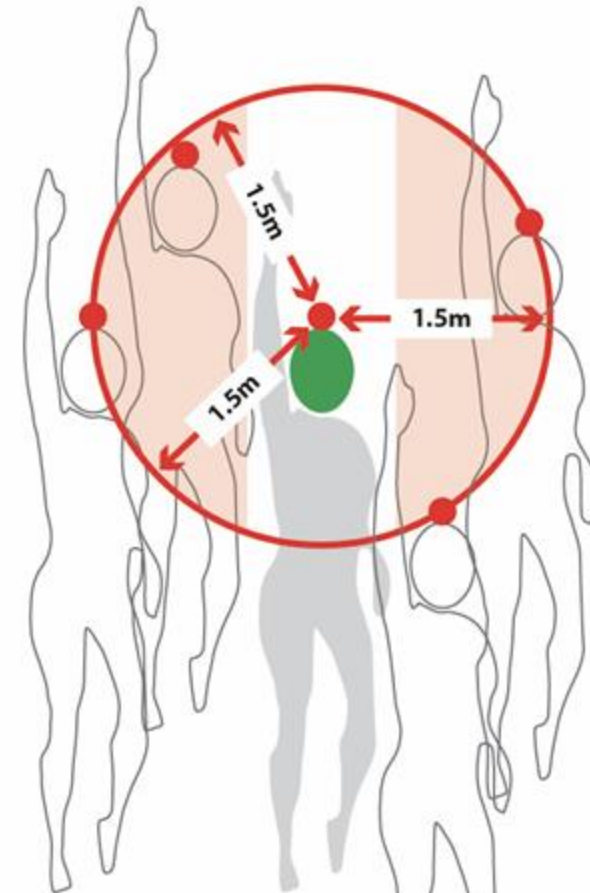
Juniors + Para
1 Lap = 750m

Elite + u/23
2 Laps = 1500m
Beach exit between
laps



PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation



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 Exit Handling



- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.

Pre-Transition Area



- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area, handlers are allowed to push athletes up from swim start and to the end of the red carpet, as well as carry athletes' gear)
- No wetsuit removal by TO's nor swim exit assistants/volunteers

Swim Exit to TA



Transition Area

- A Frame bike racks
- Name, number, country code and flag
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)
- **PTWC shall stop completely at mount and dismount lines**
- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box;
Failure to do so = 10 second penalty on run
- **All used equipment must be placed into the bin.**
By the end of the last transition, ALL equipment (used + unused) must be deposited in the corresponding bin.

Transition Area



- 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.
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle

Post Transition Area



- A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.

Bike Course



- 5 laps (total distance of 20kms)
- Flat with turns
- 1 Team Wheel Station
 - For location see the map
- Electronic lap control, but you are responsible to count for yourself !
- Bike Penalty box just before Transition on each lap
- Littering zone at Wheel Stop
- Always ride on the right, pass on the left
- Warn the athlete you want to pass



Bike Course



PTWC Handbikes

- Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;

Bike Course



- Draft illegal event
- If shown a **BLUE** card for drafting, you
 - **MUST stop at the next penalty box - 1 min/penalty**
 - **Failure to stop at the next penalty box: DSQ**
- It is the athlete's responsibility to stop at the Penalty Box – numbers not posted on board
- Time penalties for littering on bike course will be served at run penalty box: **10 sec penalties (YELLOW card)**
- 2 accumulated drafting time penalties = **DSQ**

Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass

Draft Zones



15m



35m



Bike Course Map



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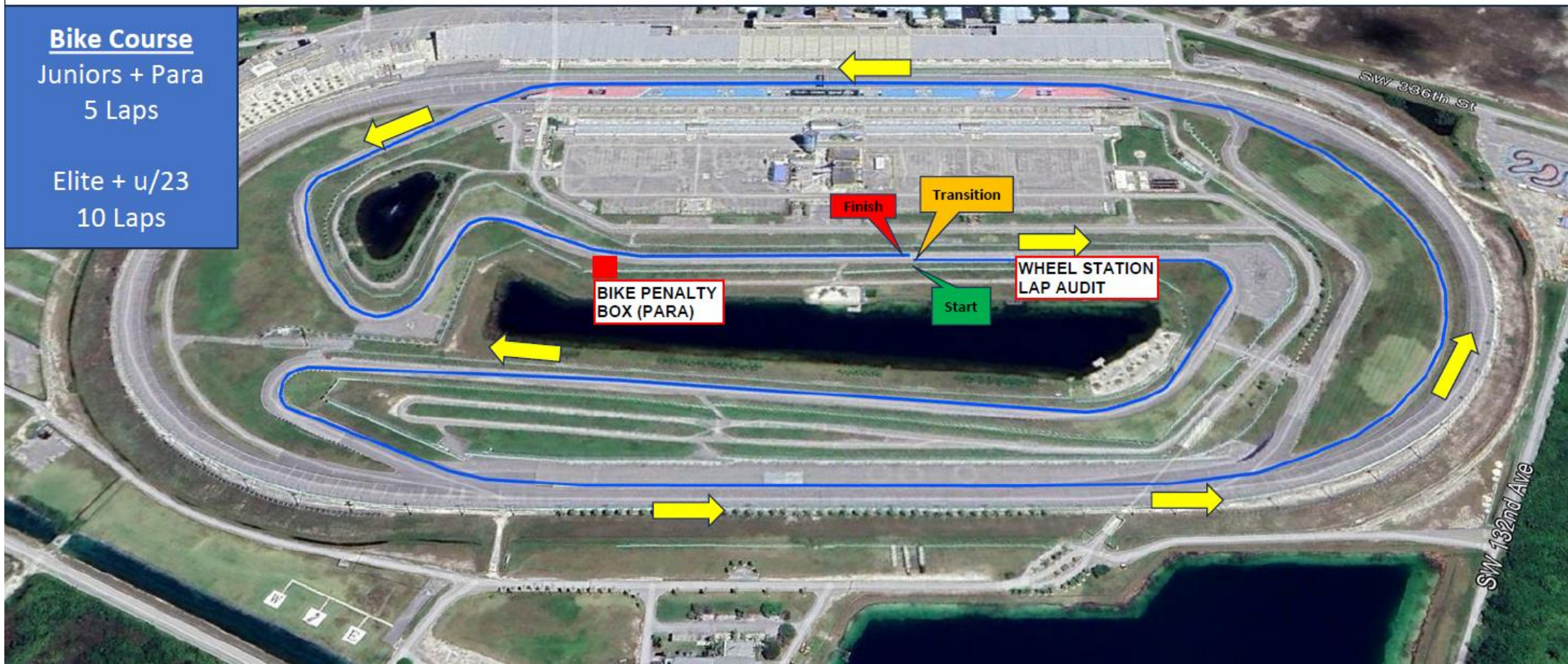


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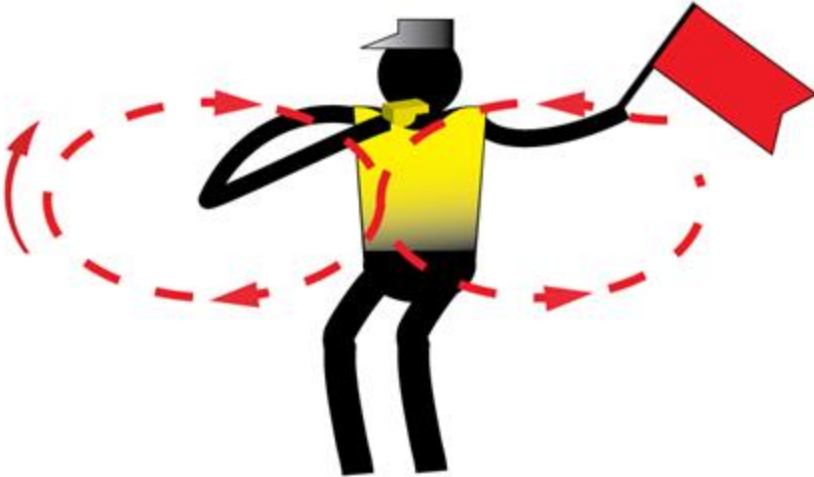
Bike Course
Juniors + Para
5 Laps

Elite + u/23
10 Laps



Caution

Caution signal: three sharp whistles and red flags



Run Course



- 2 laps (total distance of 5kms)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish camera
- Congestion in finish area >>> Go to mixed zone / recovery area



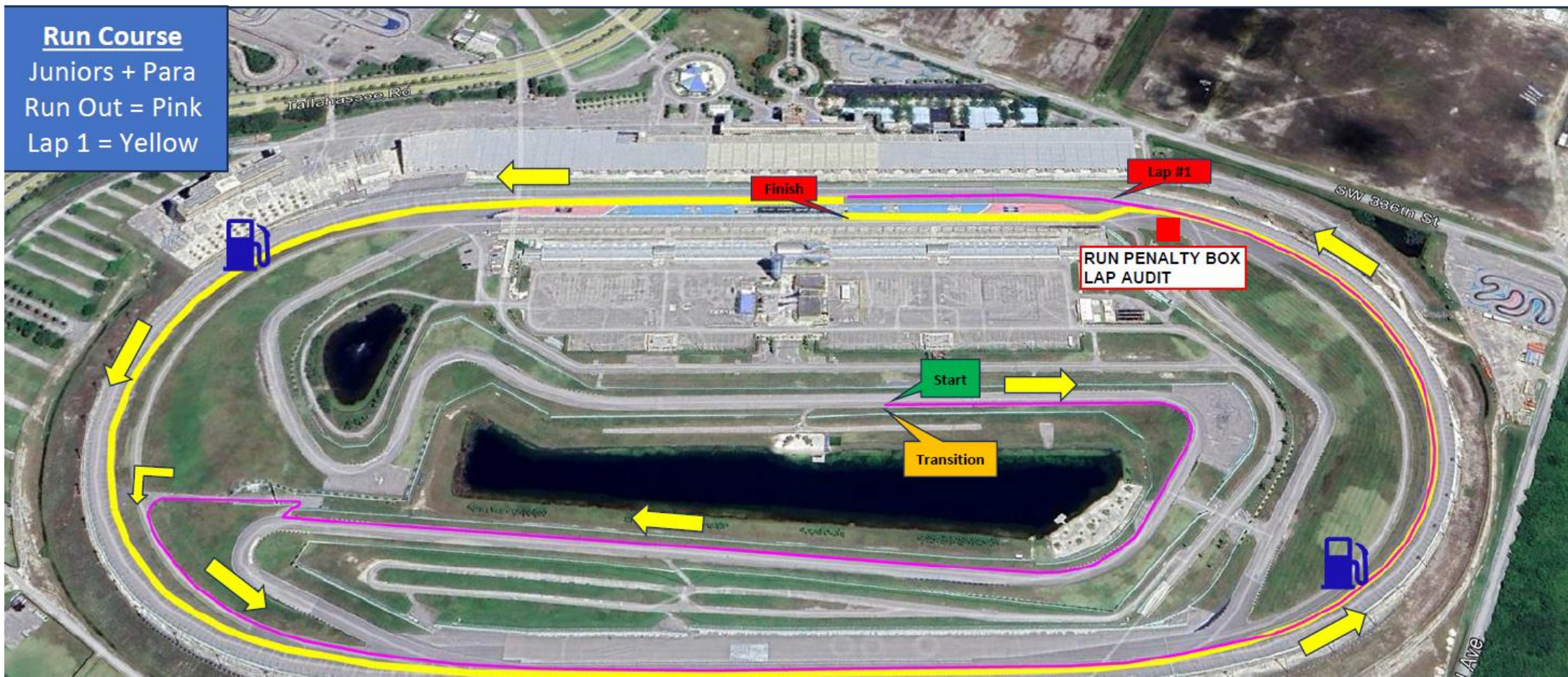
Run Course Map



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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 Penalty Box
- **Location:** 300m before the Finish 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 a protest is filed.

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.

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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Handlers Direction after T2

- Proceed to finish line via Recovery area, off the FOP
- Do not go down the finish chute
- Bike check out: approx 11:30

Finish Area



Post-race Procedures



Anti-Doping Control

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

Medical

- Accredited team medical will be allowed to enter the medical tent after permission from the LOC Medical Lead

Post-race Procedures



- Race Results posting on TRI website
- Classification Results posted today at briefing, post event in Athlete lounge
- Medal ceremonies at approx 13:10
Please be there at least 15 mins before the official time of the awards!
- The ceremonies will take place in the open area behind Building One (Athlete Lounge)
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.
- Paratriathlon athletes are not allowed to carry their country flag on the podium.
- Prize Money: Will be paid out post event once we have full results of any doping controls back. Please understand this may take a few weeks.



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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 follow the ambush marketing rule

Outside Assistance



- Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation to be able to enter the venue. 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, Ski Man and NF representatives. World Triathlon may add other categories if needed in a specific event . [The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course](#).

Coaches' areas

- Behind / beside / at athlete lounge, transition prior to start



Water Quality Assessment (Inland)

Enterococci	
02/27	NMP/100mL
Location A	52
Location B	30
Location C	10
Enterococci limit	<200

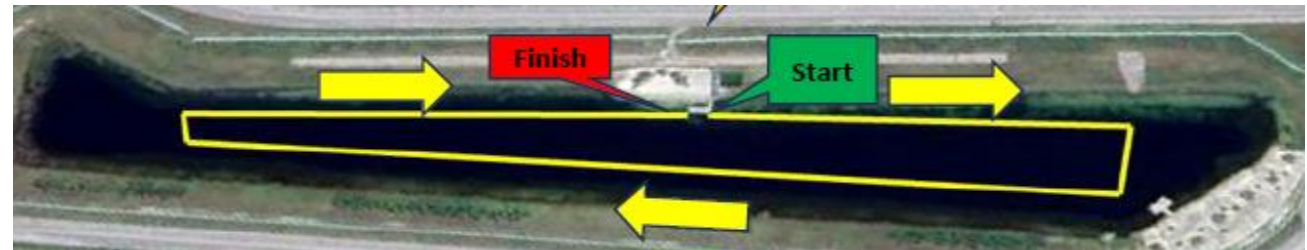
E.Coli	
02/27	NMP/100mL
Location A	108
Location B	63
Location C	20
E.Coli limit	<500

PH	
02/27	
Location A	7.81
Location B	7.85
Location C	7.98
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Overcast with lightrain
Race Day	Overcast (30% chance of rain)

Weather report	
Day	Weather
B-3	Cloudy / Rain
B-2	Sunny / Cloudy / Rain
B-1	Sunny / Cloudy

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
SWIM EXIT	None	None	17:00	ONLY SOME WEEDS



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

Heat Stress Indicators



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



Weather Forecasts



Next 7 Days			
	Thu 03/07	Fri 03/08	Sat 03/09
	A Few showers	Chance of a shower	Cloudy with sunny breaks
	27°	28°	29°
Feels like	28	29	31
Night	20°	23°	23°
POP	40 %	60 %	30 %
Wind (km/h)	9 s	17 SE	25 s
Wind gust (km/h)	13	25	38
Hrs Of Sun	5 h	3 h	2 h
24 Hr Rain	2-4 mm	~1 mm	<1 mm

Next 7 Days			
	Thu 03/07	Fri 03/08	Sat 03/09
	A Few showers	Chance of a shower	Cloudy with sunny breaks
	81°	82°	84°
Feels like	82	84	88
Night	68°	73°	73°
POP	40 %	60 %	30 %
Wind (mph)	6 s	11 SE	16 s
Wind gust (mph)	8	16	24
Hrs Of Sun	5 h	3 h	2 h
24 Hr Rain	<0.25 in	trace	trace



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ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
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Have a good race!



Be your
extraordinary