

# Jr. Elite Athletes' Briefing

Thursday, March 7<sup>th</sup> - 2024



Miami  
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



- Maya Bryson (USA) - World Triathlon Technical Delegate
- Troyce Beglaw (CAN) - World Triathlon Assistant Technical Delegate
- John Morin (USA) - World Triathlon Head Referee – Women
- Mike Chui (CAN) - World Triathlon Head Referee - Men
- Andre Lapar - LOC Director

# Competition Jury



- Maya Bryson (USA), 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

### Jr. Women

05:30 – 06:45

Athletes' Lounge check-in

05:45 – 06:45

Transition Area check-in for Jr. Women

**06:30** – 06:45

Swim Warm-up for Jr. Women

06:45

Athletes' Introduction

**07:00**

**Jr. Women Start**

09:35 Approx

Medal ceremony

# Schedule and Timetables



## FRIDAY

### Jr. Men

07:00 – 08:15

Athletes' Lounge check-in

07:15 – 08:15

Transition Area check-in for Jr. Men

07:45 – 08:15

Swim Warm-up for Jr. Men

08:15

Athletes' Introduction

**08:30**

**Jr. Men Start**

09:35 Approx

Medal ceremony

# 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 – both arms and both legs
- Accreditation – should have received at familiarisations



# Check-in Procedures



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

# Check-in Procedures



## Athletes Lounge (Bike check)

- Bike frame
- 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 however they are not allowed in the neutral wheel station
- Leave your spare wheels at the Bike Check
- Only traditional handlebars (clips-on to be removed)
- 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

# 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**
- Running shoe photo
- Swim skins have to follow uniform guidelines and must be worn throughout the race
- Body marking check (both arms, both legs)
- Timing chip distribution of 1 chip for ankle
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area

# Check-in Procedures



## Transition Area

- Helmet check - Don't leave your helmet fastened in the transition

The athlete who misses to comply with this rule will receive a time penalty in TA1.

- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

# Pre-start Procedures



## Athlete Introduction

- 15 minutes before start - line-up behind beach area
- You will be introduced, hold your position until told to enter the water
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up



# Start Procedures



## Athlete in position

- Once in the water, select your position and place one hand on the rope
- 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(s) may NOT touch any equipment.

# The Course



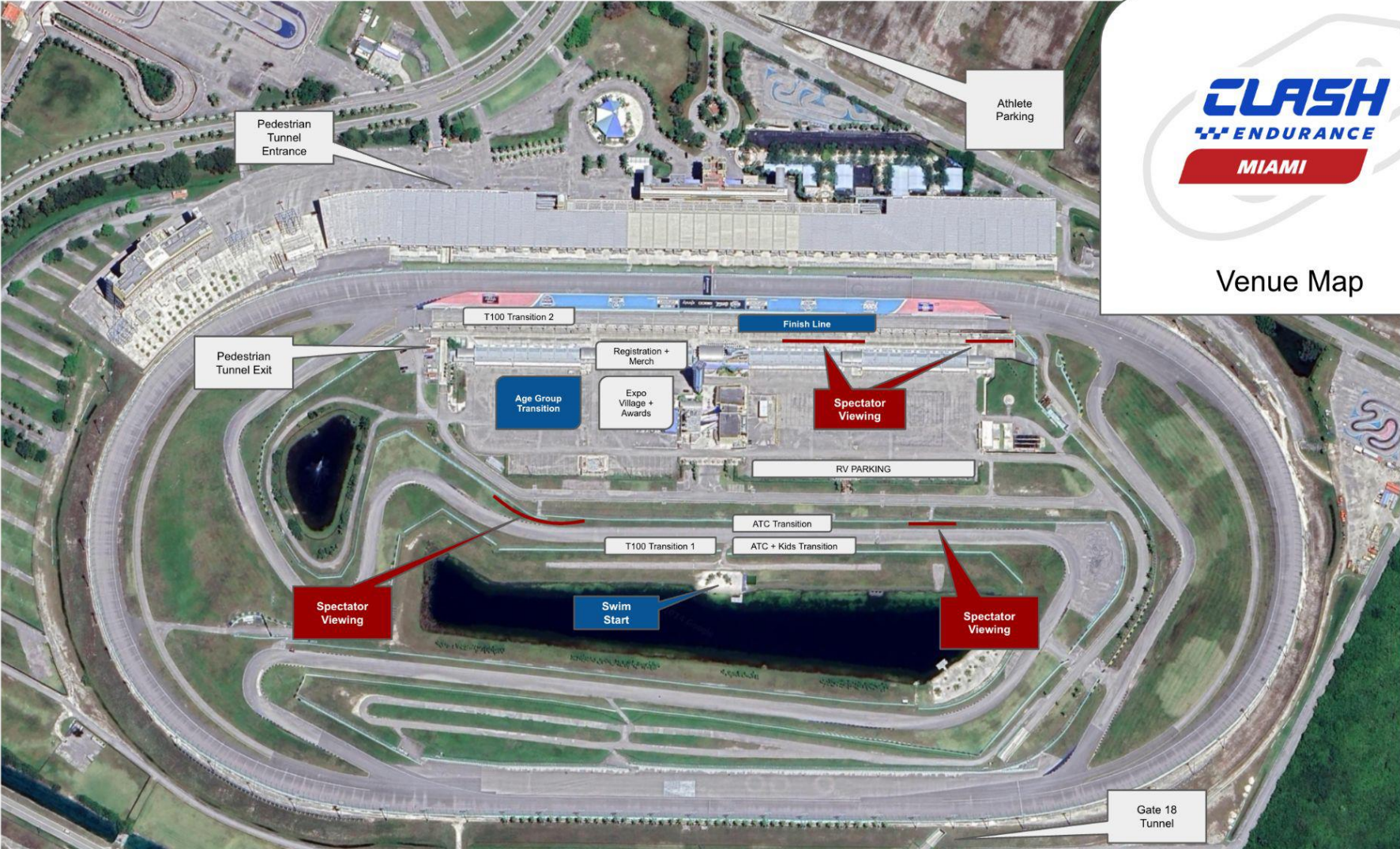
**Swim**            1 laps of 750m

**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



## 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 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.





Americas  
Triathlon  
Championships

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Americas  
Paratriathlon  
Championships

Miami  
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**CLASH**  
WENDURANCE  
MIAMI

**Swim Course**

Juniors + Para  
1 Lap = 750m

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



# Swim Exit to TA



# Transition Area



- Swim Exit to TA 46m
- A Frame Bike Racks – number, name and country flag
- Used equipment into the box
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- 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.
- Mount line (**GREEN**), Dismount line (**RED**) {show location on map}



# Bike Course

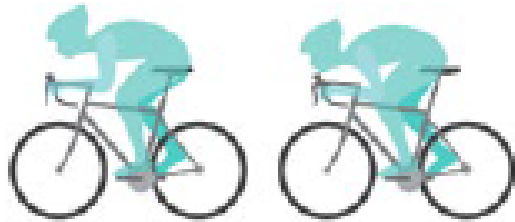
- 5 laps (total distance of 20km)
- Flat with some turns
- 1 Team Wheel Station
  - For locations see the map
- Lap Counter: at the exit of Transition
- Littering Zones – Wheel Station
- Lapped athletes are out of the race





# Riding Position

OK



NOT OK



Only ok in draft  
illegal event

## Definition from the World Triathlon CR §5.1.b:

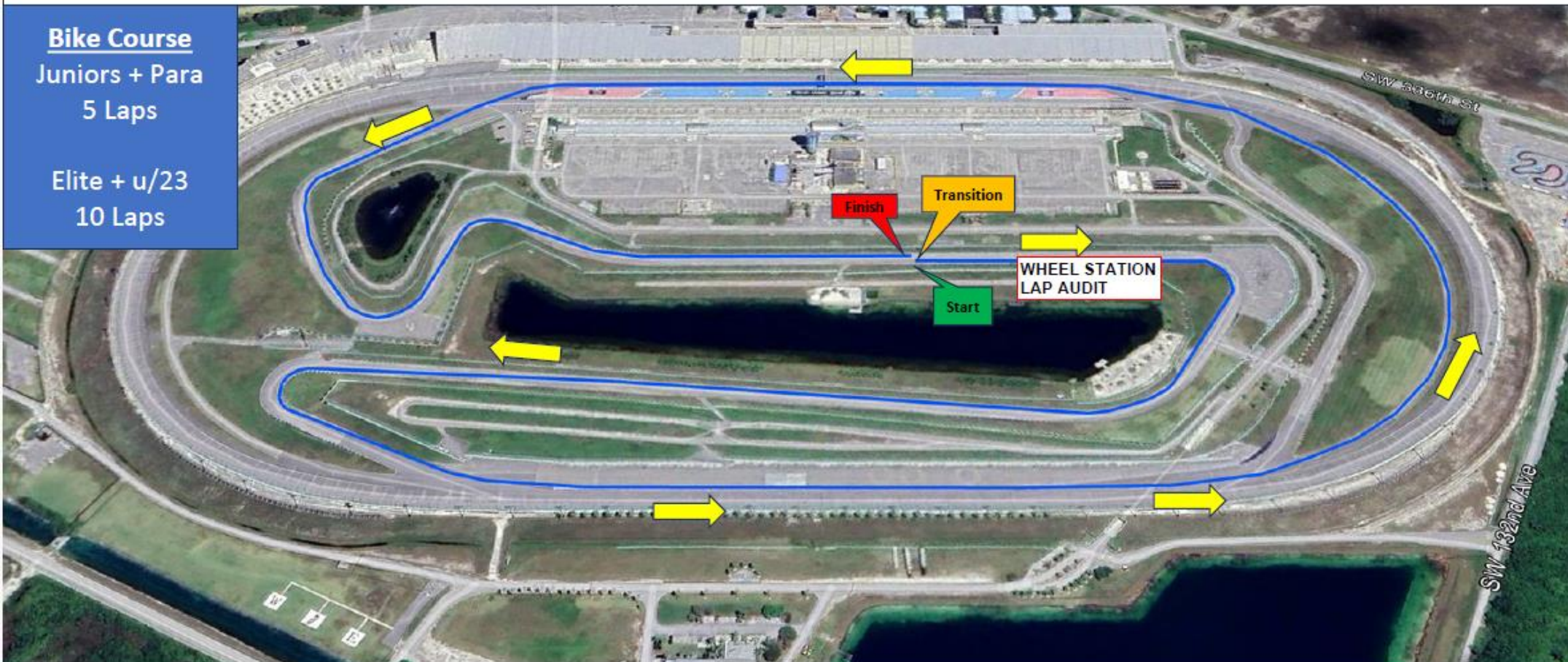
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete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

# Bike Course Map

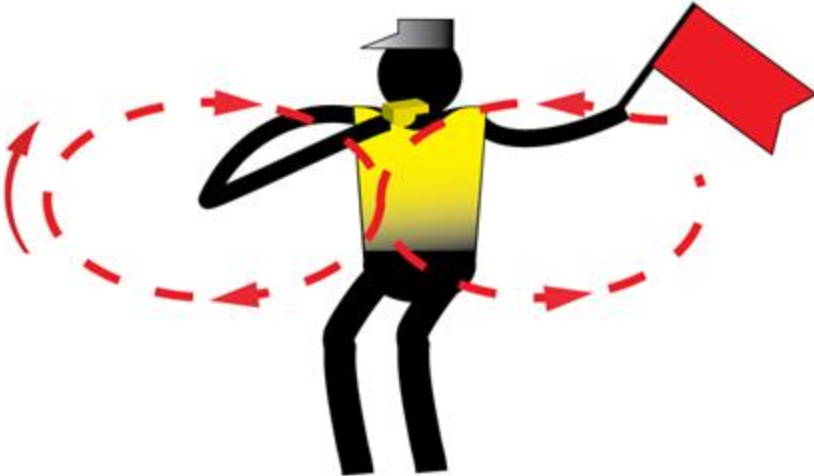
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# Caution





# Run Course



- Run Out plus 1 lap (total distance of 5km)
- 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



## 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.

# 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.



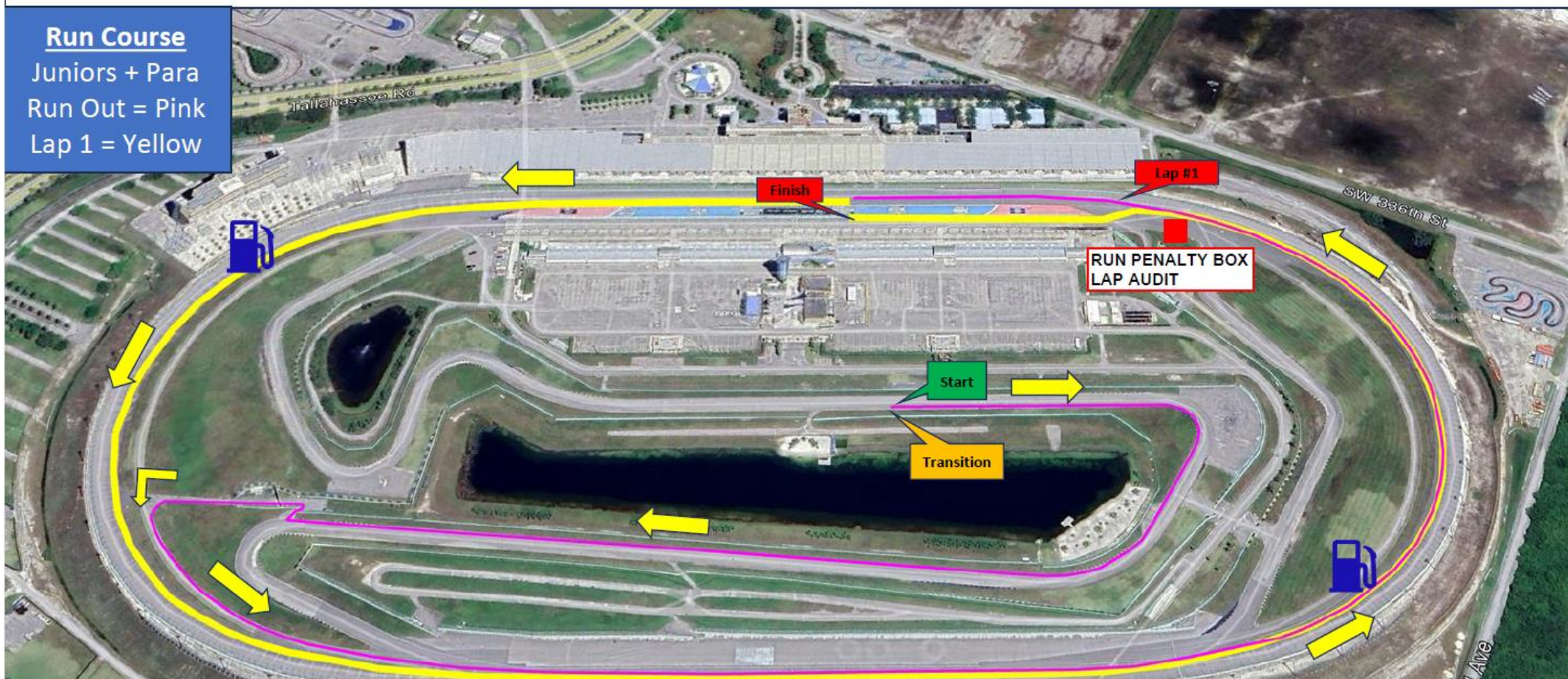
# Run Course Map



Miami 2024



Miami 2024





# 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 Line
- **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 an 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.

## 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:

<b>Dismount Line</b>	<b>D</b>
<b>Mount Line</b>	<b>M</b>
<b>Swim Behavior</b>	<b>S</b>
<b>Run Behavior</b>	<b>R</b>

<b>Littering</b>	<b>L</b>
<b>Equipment outside the box</b>	<b>E</b>
<b>Bike Behavior</b>	<b>B</b>
<b>Other violations</b>	<b>V</b>

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



- “Mixed Zone”
- Medal Presentation – protocol – at **09:35**
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium

# 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
- The consequence for this behavior is:  
*The athlete will immediately forfeit their prize money for that event.*

# 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.

# Coaches Accreditation / Coaches Areas



## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- 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



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# Water Quality Assessment (Inland)

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

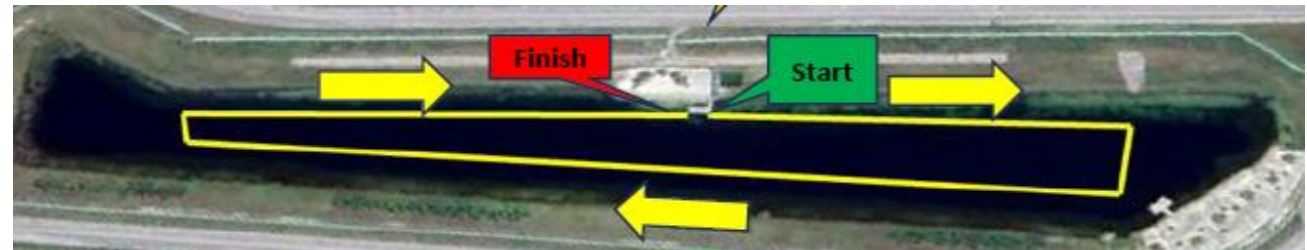
E.Coli	
02/27	NMP/100mL
Location A	108
Location B	63
Location C	20
E.Coli limit	<500

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

# 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





# ENOUGH

## NEED HELP?

Contact

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

Visit

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

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SAFEGUARDING & ANTI-HARASSMENT POLICY





Have a good race!



Be your  
extraordinary