



Geneva
triathlon



ETU European
Championships 2015

Elite & Junior Mixed Relays

Saturday 11 July 2015

Welcome and introductions

Co-TDs

Esther Sanchez (ESP)
Pascal Godel (FRA)

Assistant TDs

Lorand Katolai (HUN), Stéfane Mauris (SUI)
Thanos Nikopoulos (GRE)

Race Referees

Elite: Howard Vine (GBR)
Junior: Sarah Taylor (GBR)

Medical delegate Dr Jan Verstuyft (BEL)

LOC

Christophe Parent (Race Director)

Competition jury

Elite

Pascal Godel (FRA), Chair

Renato Bertrandi (GBR), ETU Executive board member

Oliver Imfeld (SUI), Swiss Triathlon

Juniors

Esther Sanchez (ESP), Chair

Nina Blakkisrud (NOR), ETU Executive board member

Oliver Imfeld (SUI), Swiss Triathlon

Schedule & timetables

Saturday 11 July 2015

After briefing

- The Team Coaches will nominate the Team members
- Race pack distribution

Your race package includes the following items for all the team members:

- *Helmet stickers (3x)*
- *Bike sticker (1x)*
- *Bag sticker (1x)*
- *Body decals (4x) (**black**) – both arms and both legs*

Schedule & timetables

Sunday 12 July 2015

Elite **from 10:00 to 10:15**
Juniors **from 12:15 to 12:30**

Coaches can communicate a different team composition to the Race Referee up, otherwise the team composition communicated at the Team Relay Briefing will remain as definitive.

Race referee will be located at the Athletes' Lounge.

Schedule & timetables – Elite mixed relay

Sunday 12 July 2015

06:30

EC AG Standard

10:45 – 11:45

Athletes' lounge check-in

11:15 – 12:00

Transition check-in

11:15 – 12:00

Swim warm-up

12:05

Athletes' line up and presentation

12:15

Start Elite mixed relay

13:30

Medal ceremony (venue)

Schedule & timetables – Juniors mixed relay

Sunday 12 July 2015

<i>06:30</i>	<i>EC AG Standard</i>
<i>12:15</i>	<i>Elite mixed relay</i>
13:00 – 14:00	Athletes' lounge check-in
13:45 – 14:15	Transition check-in
13:45 – 14:15	Swim warm-up
14:20	Athletes' line up and presentation
14:30	Start Juniors mixed relay
16:00	Medal ceremony (venue)
<i>16:30</i>	<i>Open event</i>
<i>20:00</i>	<i>Closing party</i>

Check-in procedure (1)

Bike Check – before entering Athletes' Lounge

- All Team members must check-in together
- Refer to 5.2 in competition rules
 - Handle-bars with clips-ons
 - Wheels
 - Bike frame
 - Saddle position for Elite (-5cm M / -2cm W) - Random
- Approved exceptions on ITU website:
http://www.triathlon.org/uploads/docs/itu_sport_elite_bike_saddle_rule_exceptions_updated_201506301.pdf
- Approval for the addition/modification of any equipment to the bike, **MUST** be obtained from the TD at the end of the athletes' briefing

Check-in procedure (2)

Athletes' Lounge

- All Team members must check-in together
- Uniform & race gear check (name, country, logos, ITU logo, zippers, race caps) – photos taken of each uniform / ITU uniform catalogue to be used!
- **Wearing other uniform during the race = DSQ!**
- Body marking check (both arms, both legs)
- Timing chip and swim cap distribution of 1st team member (2nd, 3rd and 4th team members will collect the timing chips and swim caps at the relay zone check-in)
- Coaches do not have access to the tent

Check-in procedure (2)

Athletes' Lounge

- Leave bags in the Athletes' lounge (use gear bag sticker) – your bags will be moved to the recovery by the LOC as soon as the start is given

Check-in procedure (3)

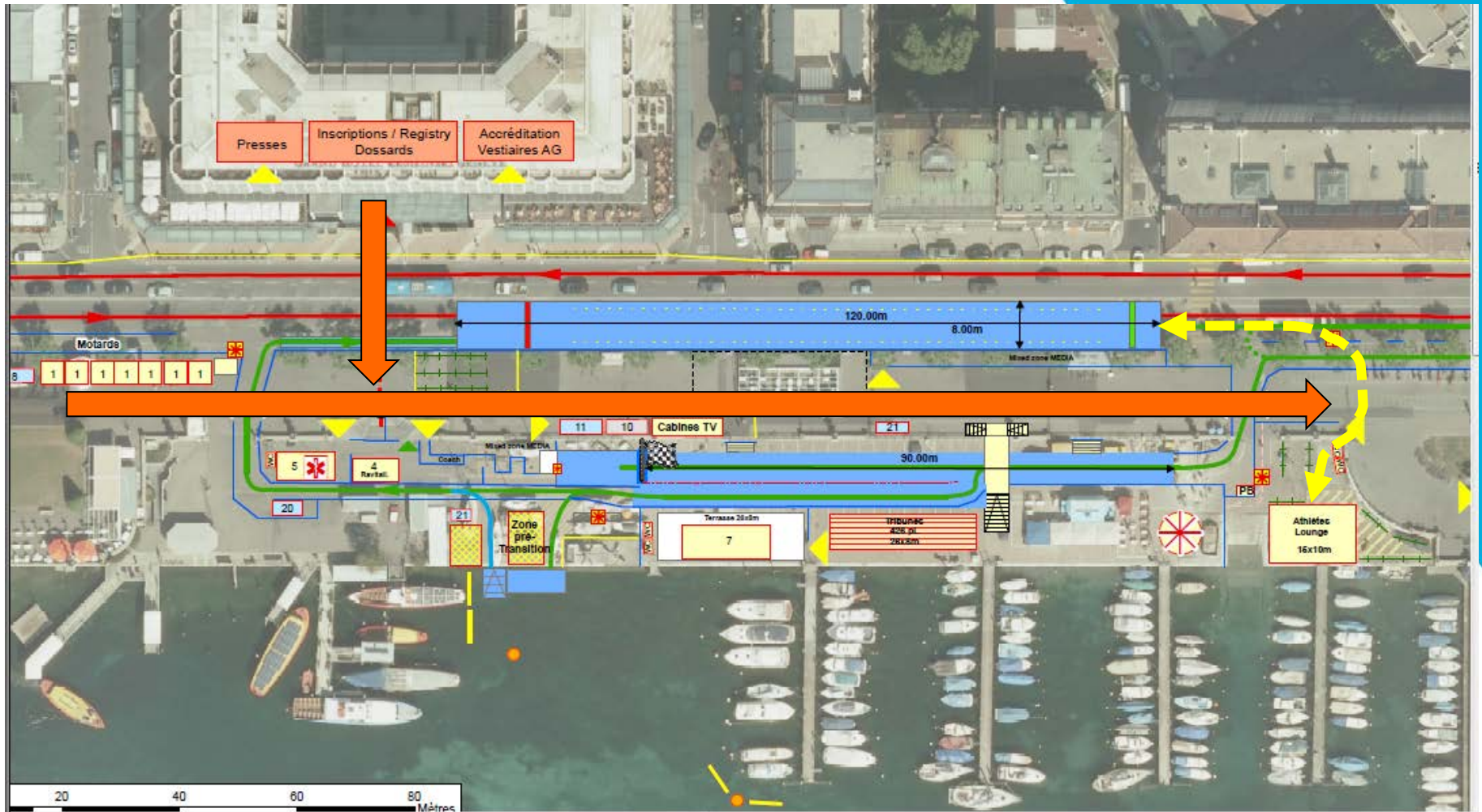
1st athlete **ORANGE** swim cap

2nd athlete **GREEN** swim cap

3rd athlete **BLANC** swim cap

4th athlete **BLUE** swim cap

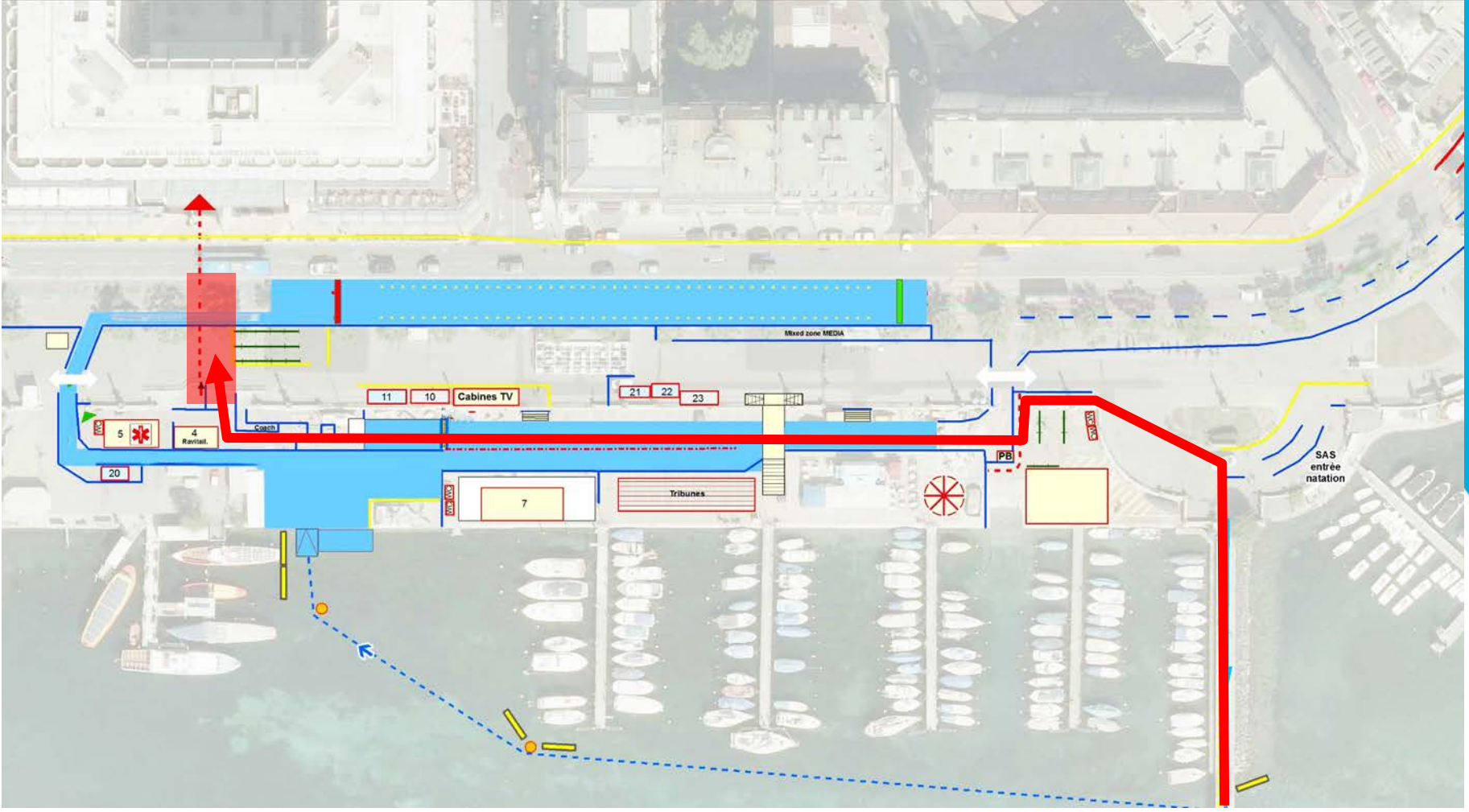
Access to Athletes Lounge / Transition



Pre-start procedure

- 10 minutes before start – line-up / **All team will be introduced together**
- First athlete:
 - Jog to the platform
 - Select your position, remain there and stay behind the line
Blocking two positions – DSQ
- 2nd, 3rd, 4th athletes:
 - Jog with 1st athlete up to the entry to start area, then
 - Go straight to the relay changeover zone (= recovery area)

Pre-start procedure – intro path for 2/3/4 relay



Start procedure

Athletes in position:

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

Athletes not moving forward at the start will receive a time penalty of 10 seconds in TA1. This penalty needs to be served by the 1st Team Member!

Start procedure

False start Example:

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

Valid start but with early starters:

- If someone starts before the horn and everyone else starts with the horn, **the false starter will receive a time penalty of 10 seconds in TA1. This penalty needs to be served by the 1st Team Member!** (During the time penalty athlete can not take any equipment!)

The course

Mixed relay		
Swim	1st	430m (1 lap)
	2/3/4th	245m (1 lap)
Bike		6.6km (1 lap)
Run		1.64km (1 lap)

Swim

- Sprint: 1st team member: 430m (1 lap)
2nd, 3rd, 4th team member: 245m (1 lap)
- Distance to 1st buoy: 100m
- 1st > anticlockwise
2nd, 3rd, 4th > clockwise
- Swim behavior will be closely monitored
- Take 'wetsuit', cap, goggles to transition

Today's temperature:

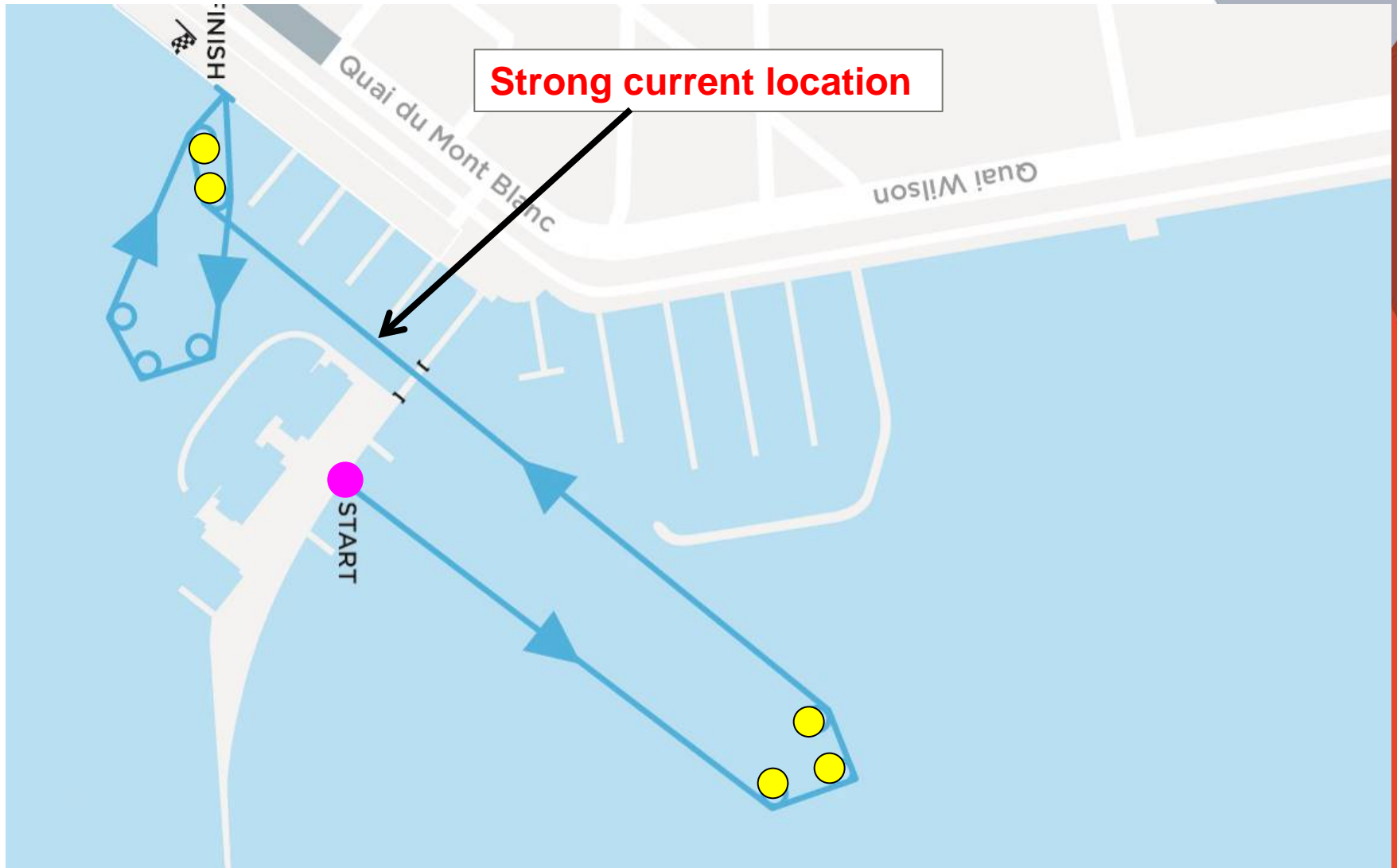
Water: xx° C

Air: xx° C

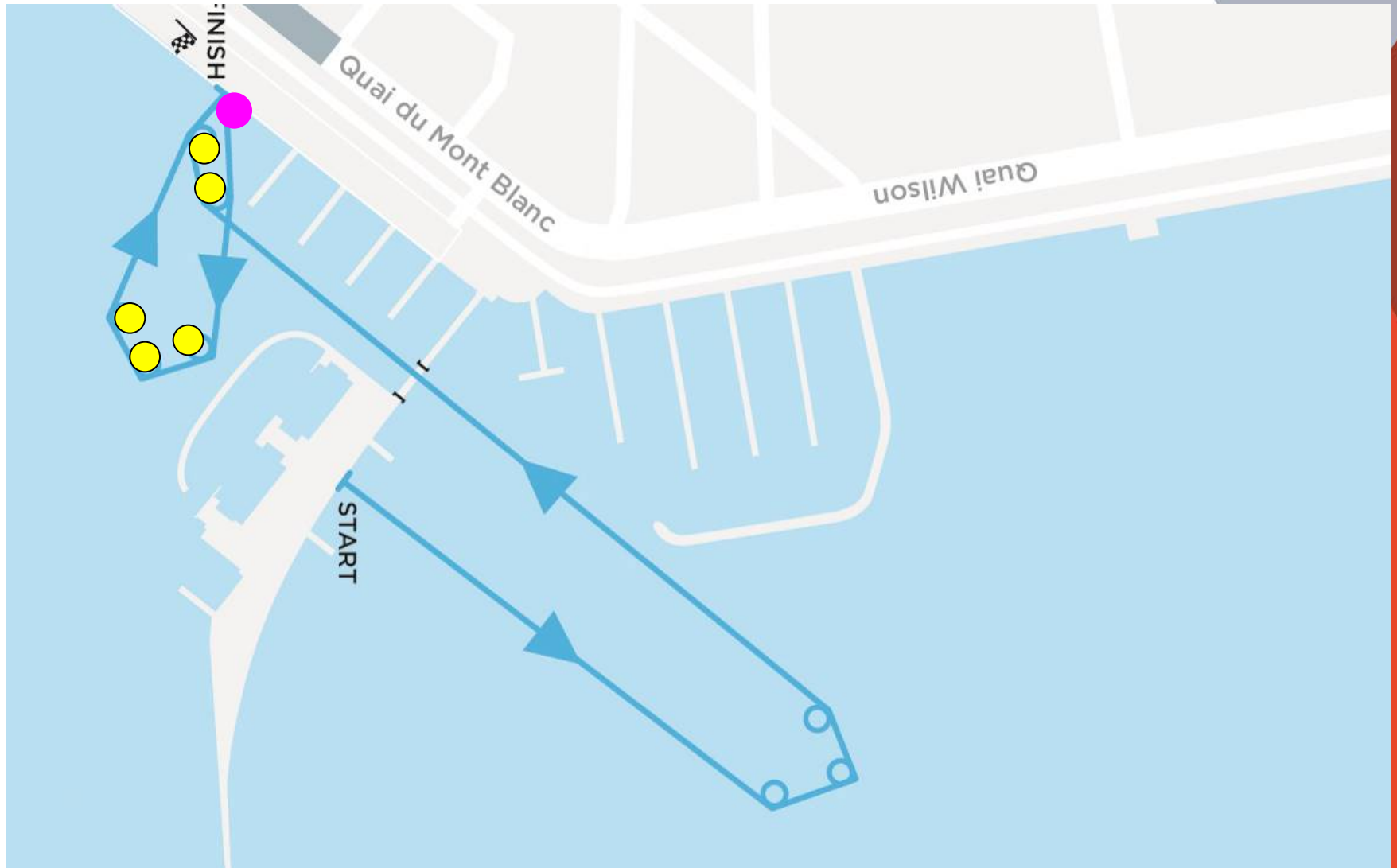
Humidity

WBGT

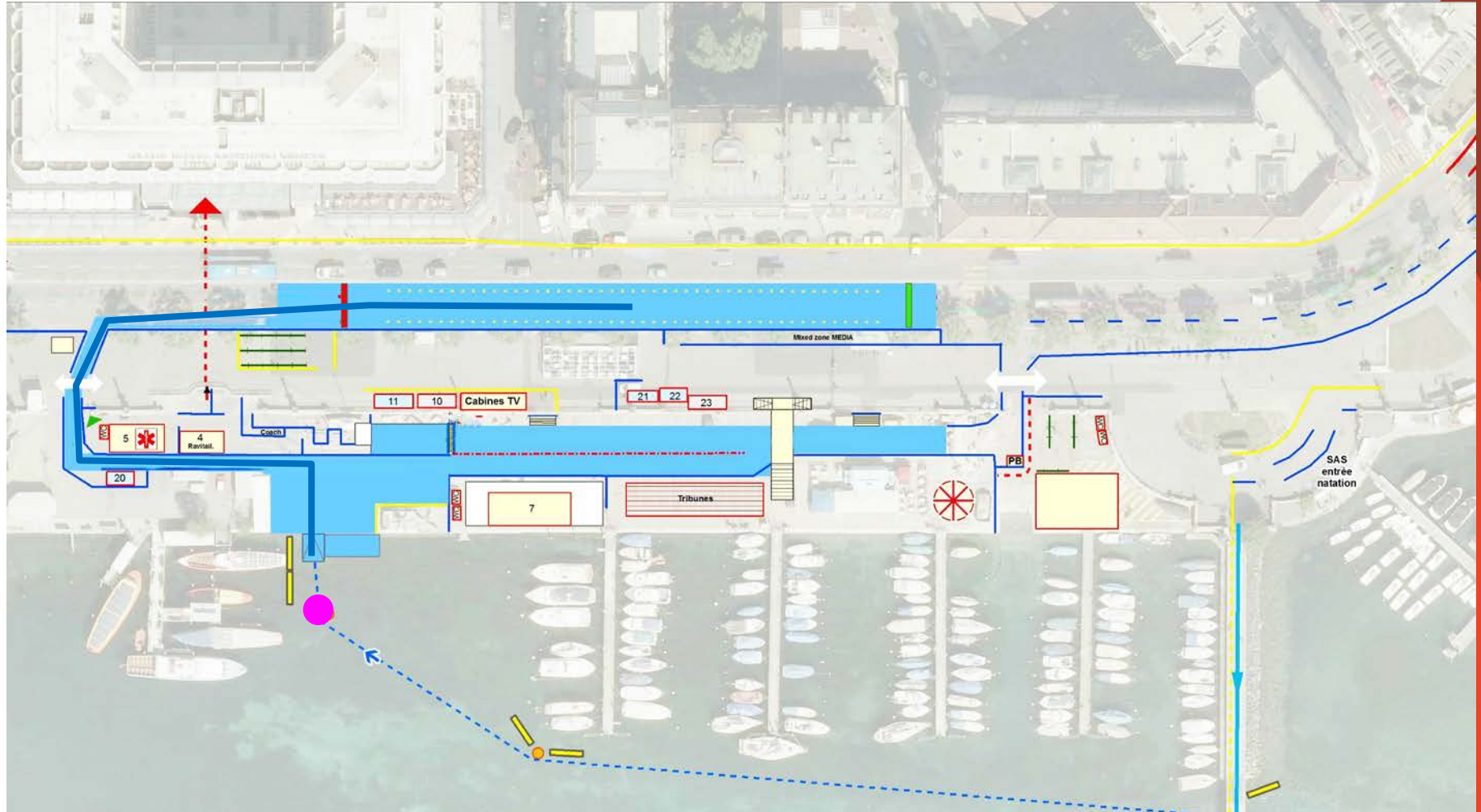
AG Standard – Swim course 1st team member



AG Standard – Swim course other team member



Mixed relay – Swim exit to T1



Transition Area (TA)

- Individual Bike Racks – number, team name and country flag
- Teams grouped by 4 racks next to each other on the same side
- **Last team member should place his bike closer to the mount line**
- Running shoes in front of the box, helmet on the bike
- All used equipment into your box: not doing so time penalty
- Mount line at the end of the TA (**GREEN** LINE)
- Dismount line at the start of the TA (**RED** LINE)

Bike

- Lap of 6.6km
- Flat/hilly and technical
- 1 Combined Wheel Station (WS) – (Neutral + Team Wheels), for location see the map
- Lapped athletes are out of the race
- *Lap counter at end of TA, right hand side*

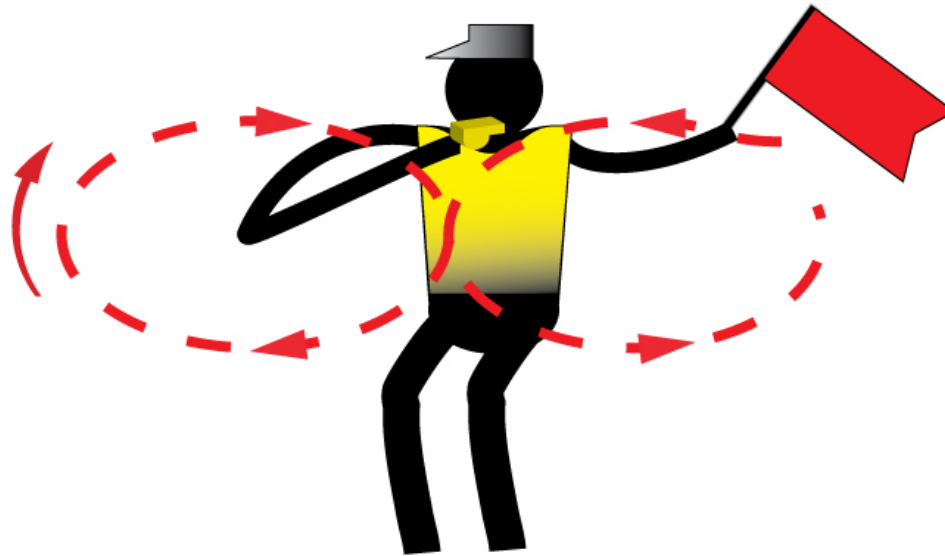
Mixed relay – bike course



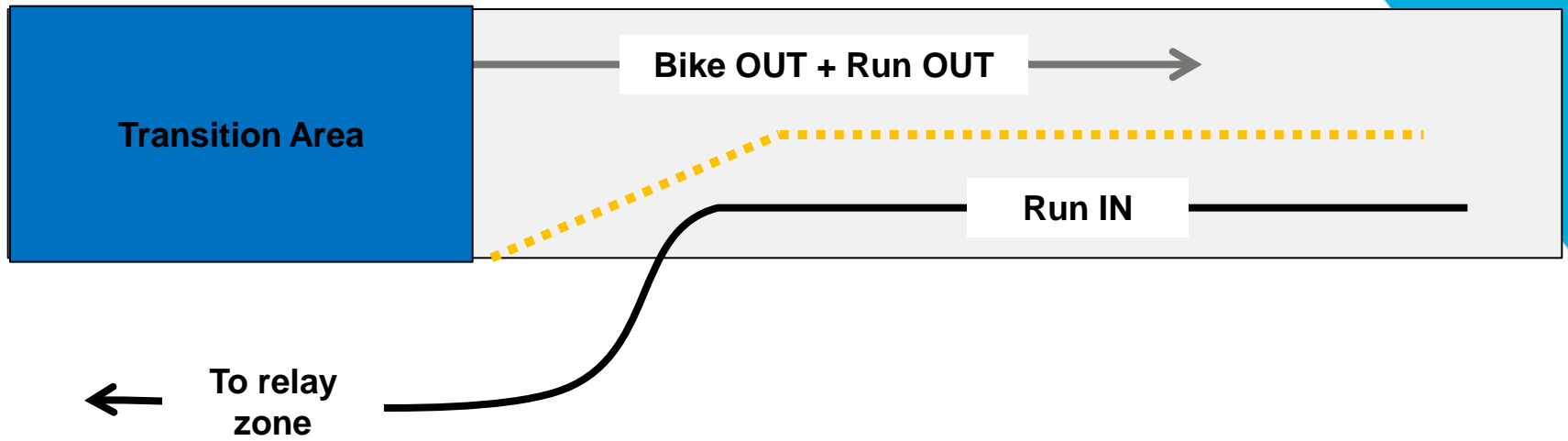
Mixed relay – bike course



Caution signal



Transition Area (TA) exit



Run

- 1.64km (1 lap)
- Aid station:
 - 1 per lap (for location see map)
 - Sealed water
 - Discard bottles & litter in the Littering Zones (located 20m before to 80m after Aid Station)
- Photo-finish
- Top 3 Team Members at Finish Area
- Congestion in finish area > Go to mixed zone / recovery area

Mixed relay – run course



Relay zone

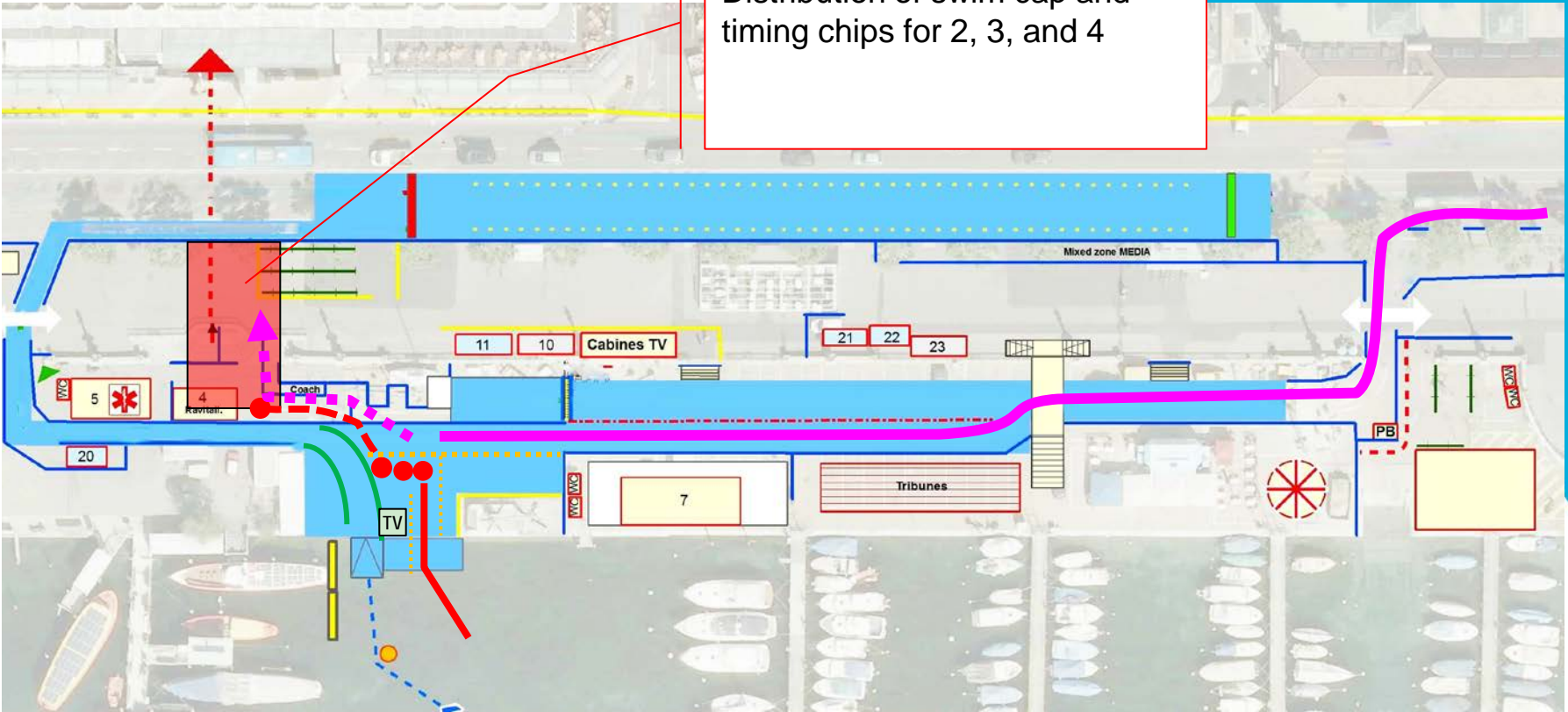
- Prior to the relay exchange, the athletes will wait in the relay check-in zone until the moment when the Technical official tells them to enter the relay zone.
- Athletes need to be present at the check in area (recovery).
- It is Athletes' responsibility to be there, collect timing chip, swim cap and be ready
- The relay exchange from one team member to another will take place inside the "Relay Zone"

Relay zone

- The relay exchange is completed by the incoming athlete, using their hand to contact the body of the out-going athlete within the relay zone
- If the contact occurs outside the relay zone, both athletes must return to the relay zone and complete the exchange properly
- If the exchange is not completed inside the relay zone, the team will be disqualified

Relay zone - flows

Relay check-in zone
Distribution of swim cap and timing chips for 2, 3, and 4



Run Penalty Box

- Run penalty box is for infringements in: TA1, Bike and TA2
e.g.: mount before mount line, dismount after dismount line, equipment outside your box, rack the bike outside your own space, etc. (Transitions will be video for infringements)

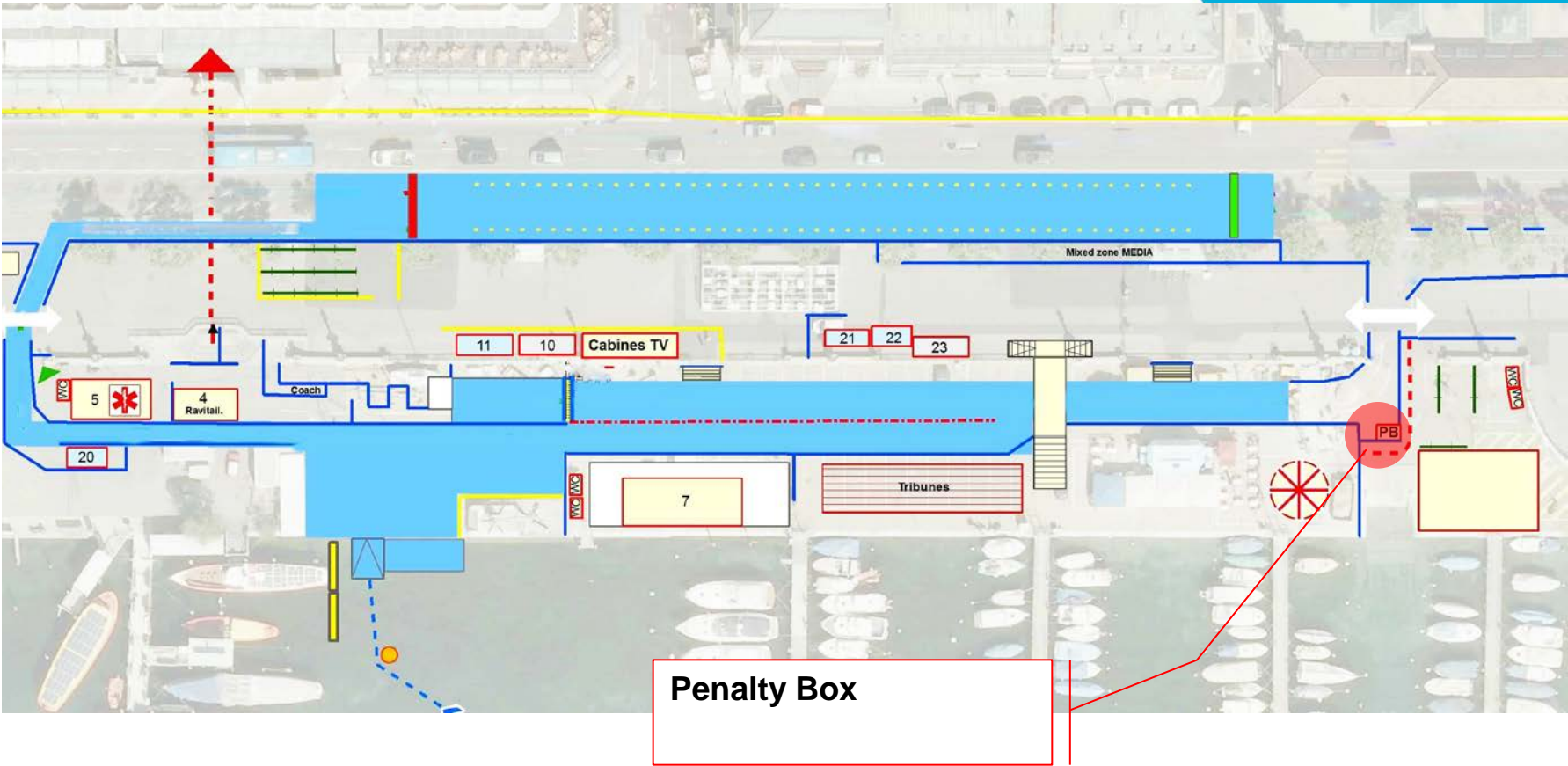
Location: Before entering the finish chute

Information: White board to show race numbers
(Athletes need to read the board)

Procedure: **10 second** time penalty served on any lap by any athlete of the run

- **If you do not stop it will result in a DSQ**
- **ANY member of the team can serve the penalty!**

Relay zone - flows



Post race procedure

- Photo finish
- No congestion in finish area: go to mixed zone/recovery area
- For Top 3:
 - TV/Flash Interviews
 - Medal Ceremony
 - Media “Mixed Zone”
- Dress “up” – with race uniform (or country clothes)
coaches assistance needed: **Ambush marketing rules apply**
- Race caps/visors are allowed at the podium with maximum 1 sponsor logo with maximum height 4cm & total area 20cm²

Ambush marketing rule

Anti-Doping Control

Photo ID is needed for every athlete to go for testing

Team Medical Access

- Team medical will be allowed to enter the medical tent after permission from the ITU Medical Delegate.
- Every NF can have 1 team medical accreditation.
- Team doctors should register with the ETU Medical Delegate

Prize money – Elite mixed Relay

- Top 5 Elite mixed relay teams receives prize money

1st	3,000€
2nd	2,500€
3rd	2,000€
4th	1,500€
5th	1,000€

- Payment made to NF and not individual athletes
- NF to contact ETU

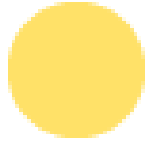
Coaches areas





Weather forecasts

Sunday



Air: 32° C (max)

Humidity: 35%

Wind: 14km/h W

Hydrate – Hydrate - Hydrate

Access to briefing

Local organizer website +

http://www.triathlon.org/events/event/2015_geneva_etu_triathlon_european_championships



Enjoy your race!