



Wednesday 16th Jan, 2013

Athletes briefing – Sprint & Mixed Relay

Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The Course
- Post-Race Procedures
- Weather forecast

Welcome and Introductions

- **Anne Gripper, TA CEO**
- **Troy Watson, Competition Director**
- **Murray Hilder, Technical Delegate**
- **Michael Haarsma, A/Technical Delegate**
- **John Singleton, Race Referee**
- **Phil Dally, LOC Race Director**



Competition Jury

- Murray Hilder, Chair
- Bill Walker, ITU Vice President
- Anne Gripper, TA CEO



Schedule and Timelines

Wednesday

08:30 – 09:30	Race pack pick-up (after the athletes' briefing)
09:30 – 10:30	Bike specification audit
15:15 – 20:15	AYOF 2013 Opening Ceremony

Thursday

08:00 – 10:00	Training Sessions, King's pool
10:30 – 11:30	Education Session
18:00 – 18:30	Bike Transfer (King's School – SIRC)

Schedule and Timelines

Friday (Women's Schedule)

07:15 – 07:50	Athletes' Lounge open and check-in (Women only)
07:15 – 07:40	Transition Area open for Women
07:15 – 07:40	Swim Warm-up for Women
07:50	Line up & Introductions
08:00	Women's Start
11:00	Medal ceremony (after Men's event)

Schedule and Timelines

Friday (Men's Schedule)

08:15 – 09:05	Athletes' Lounge open and check-in (Men only)
08:15 – 08:55	Transition Area open for Men
07:15 – 08:55	Swim Warm-up for Men
09:05	Line up & Introductions
09:15	Men's Start
11:00	Medal ceremony (Women - Men)

Schedule and Timelines

Saturday (Mixed Relay)

08:45 – 09:50	Athletes' Lounge open and check-in (all Team Members must check-in together). <u>Team Coaches to confirm Team Members with the sign-on sheet</u>
09:15 – 09:55	Transition Area open
09.55 – 10:20	Swim Warm-up
10:25	Line up & Introductions
10:30	Mixed Relay Start
11:30	Medal ceremony

Check-in procedures

Team officials entering the venue

- Use the shuttle service from the King's School Schedule
 - pickup location as advised in race information pack
 - Pick up location at the venue is located adjacent to TA. Be ready for pick up following each race day

Check-in procedures

Athletes Lounge

- Uniform check (name, country, logos, ITU logo, zippers) – photos taken of each uniform. Wearing other uniform during the race = DQF!
- For Relay, all Team Members check-in together
- Body decal check (both arms, both legs)
- Timing chip distribution (1 for the LEFT ankle)

Check-in procedures

Transition Area

- Bike check: handlebars & wheels (non authorized UCI wheels rule)
- 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 of 15 seconds in TA1.

- Running Shoes outside the box, helmet on the bike
- Spare wheels to the Teams wheel-stop (adj to TA)
- To add any equipment to the bike, approval by Race Referee up to 10 minutes after Athletes' Briefing.

Pre-start Procedure - Sprint

Athlete Introduction:

- 10 minutes before start: line-up in numbered order in front of Grandstand
- Jog to the platform
- Race number MUST correspond with number on the pontoon (randomly drawn) and stay behind the line!

Athlete blocking more than one place will result DQF

Sprint Start List - Women

NAME	SURNAME	NF	GENDER	Race number
Laurelle	BROWN	ZIM	F	18
Sophie	COLDWELL	GBR	F	5
Britt	DE WAAL	NED	F	2
Jodie	DUFF	AUS	F	15
Brittany	DUTTON	AUS	F	10
Renata	FUCHS	HUN	F	17
Holly	GRICE	AUS	F	1
Oxana	GROT	KAZ	F	8
Jaz	HEDGELAND	AUS	F	11
Yuting	HUANG	CHN	F	12
Jeanine	KOCKEN	NED	F	4
Fumika	MATSUMOTO	JPN	F	20
Mikayla	NIELSEN	NZL	F	6
Sumire	OHARA	JPN	F	19
Steffy	SALAZAR	ECU	F	9
Elise	SALT	NZL	F	7
Hrista	STOYNEVA	BUL	F	16
Georgie	TAYLOR-BROWN	GBR	F	3
Yubin	XIA	CHN	F	14

Sprint Start List - Men

NAME	SURNAME	NF	GENDER	Race number
Marc	AUSTIN	GBR	M	18
Matthew	BAKER	AUS	M	6
Gordon	BENSON	GBR	M	16
Jacob	BIRTWISTLE	AUS	M	1
Kristian	BLUMMENFELT	NOR	M	10
Bas	DE WAAL	NED	M	5
Zhengyu	DUAN	CHN	M	7
Minghao	LI	CHN	M	11
Ryousuke	MAEDA	JPN	M	12
Troy	MCALISTER	NZL	M	19
Sam	MITCHELMORE	HKG	M	2
Olivier	NASS	NED	M	8
David	PAP	HUN	M	14
Takanori	SUGIHARA	JPN	M	4
Eddie	VAN HEERDEN	RSA	M	17
Luis Miguel	VELASQUEZ	VEN	M	3
Sam	WARD	NZL	M	9
Luke	WILLIAN	AUS	M	15
Christian	WILSON	AUS	M	20

Pre-start Procedure - Relay

Mixed Relay Introduction:

- 10 minutes before start: line-up in Team & order in front of Grandstand
- 1st member jogs to the platform
- 2nd, 3rd, 4th team members go to the change over zone
- Race number MUST correspond with number on the pontoon (randomly drawn) and stay behind the line! *Athlete blocking more than one place will result DQF*

Mixed Relay – Start List

AYOF MIXED TEAMS RELAY	NF	No
Australia Gold	AUS	1
Australia Green	AUS	8
China	CHN	7
Great Britain	GBR	3
Hungary	HUN	NR
ITU Sport Development 1	ITU	4
ITU Sport Development 2	ITU	2
Japan	JPN	9
Netherlands	NED	5
New Zealand	NZL	6

Pre-start Procedure - Sprint



Pre-start Procedure - Relay



Pre-start Procedure - Relay

- Start order: Women – Man – Women – Man
- Swim cap colour: Green – Red – Yellow – Orange
- Order MUST be as per register given by Coaches at Team registration at Athletes Lounge on Saturday morning
- Changes are to be advised to TD before race start

Start Procedure

Athletes in position:

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

Athletes not moving forward at the start will receive a time penalty of 15 seconds in TA1.

False Start Procedures

False start Example 1:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to their spot

False start Example 2:

- If someone starts before the horn and everyone else starts with the horn, the athlete who false started will receive a time penalty of 15 seconds in TA1.
- During the time penalty athlete can not take any equipment!

The Course – Sprint & Relay

SPRINT

Swim

1 lap of 750m

Bike

4 laps of 5km = 20km

Run

2 laps of 2.5km = 5km

RELAY

Swim

1 lap of 300m

Bike

1 lap of 5km

Run

1 Lap of 1.5km

Swim course

- Water temperature: 26 °C
- Wetsuits not allowed
- 1 lap each course
- Distance to the first turn buoy approx 300m (for Sprint) & approx 140m (for Relay)
- Take cap, goggles to transition into your box

Swim course Map - Sprint



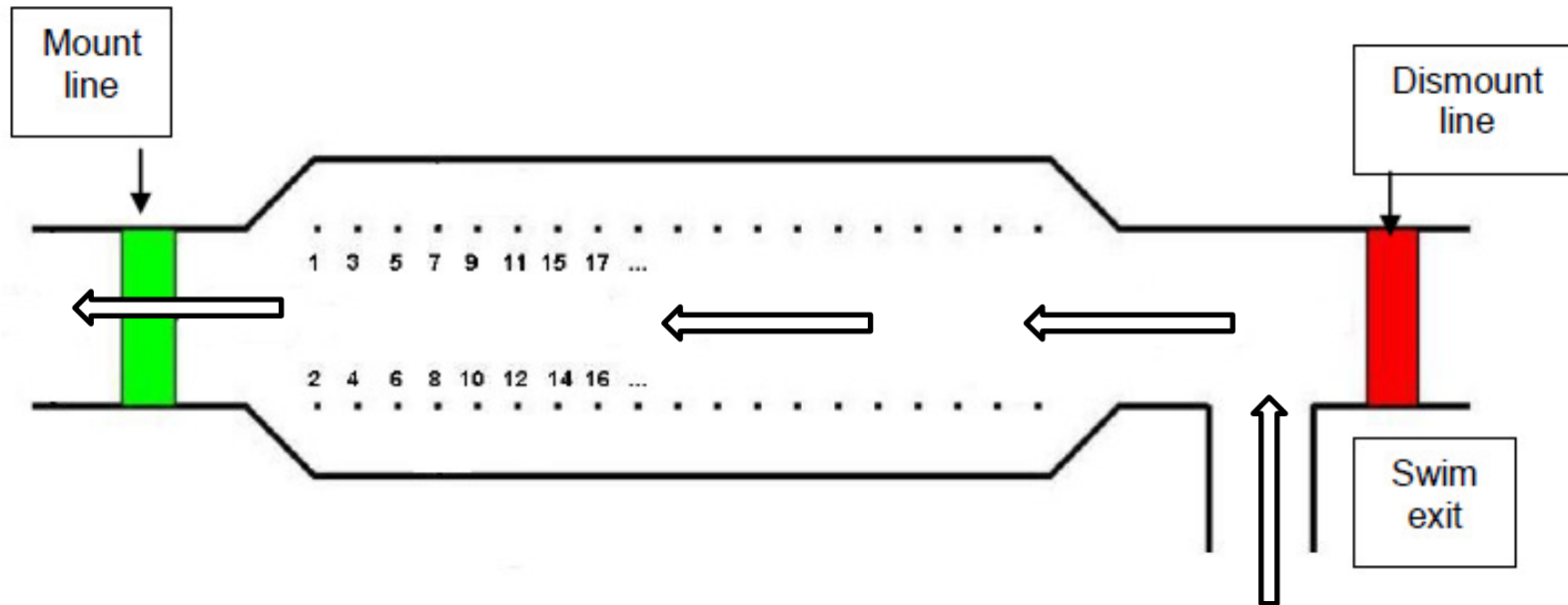
Swim course Map - Relay



Transition Area

- Traditional Bike Racks – two rows
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- Goggles & swim caps into the box
- Mount line at the end of the TA

Transition Flow

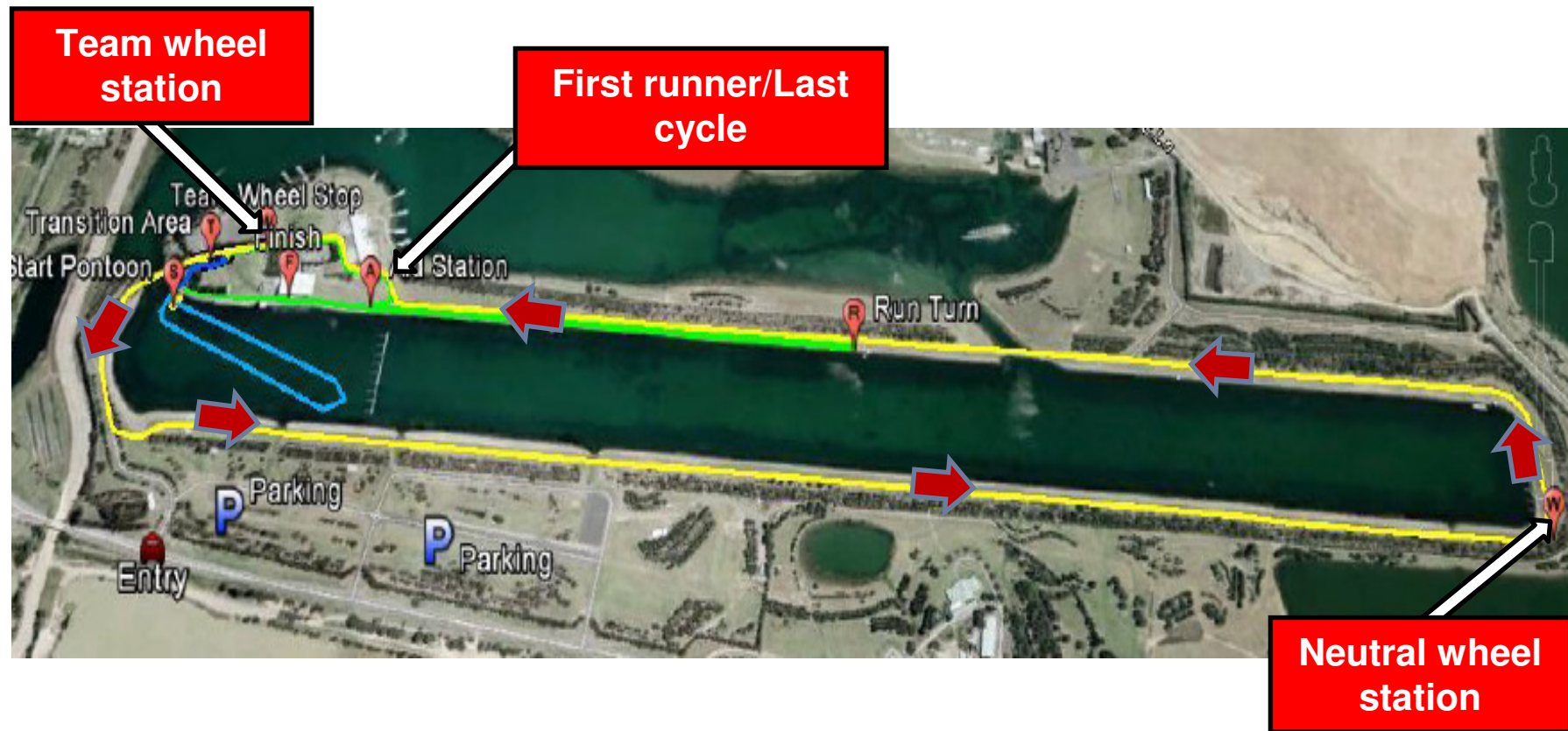


NOTE: for Relay, bikes will be racked in teams with last runner closest to mount line

Bike course

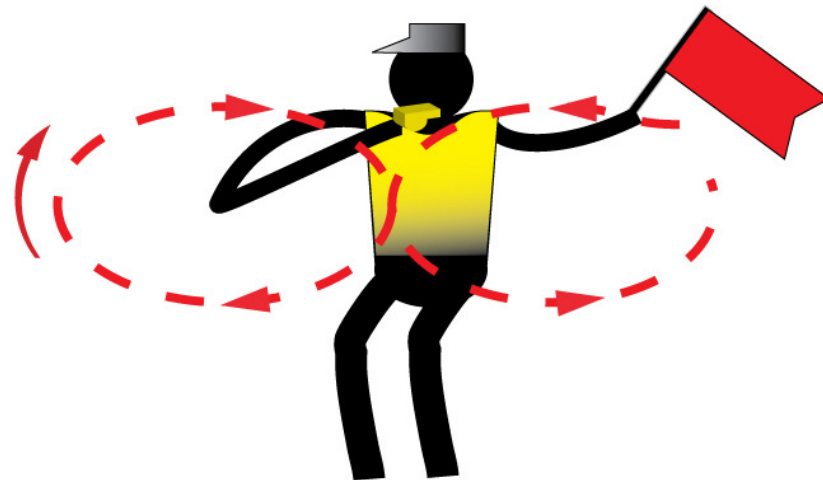
- 4 laps Sprint & 1 lap Relay
- flat and technical
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the end of TA
- Lapped athletes are out of the race
 - First runner – last biker scenario

Bike Course Map



Caution

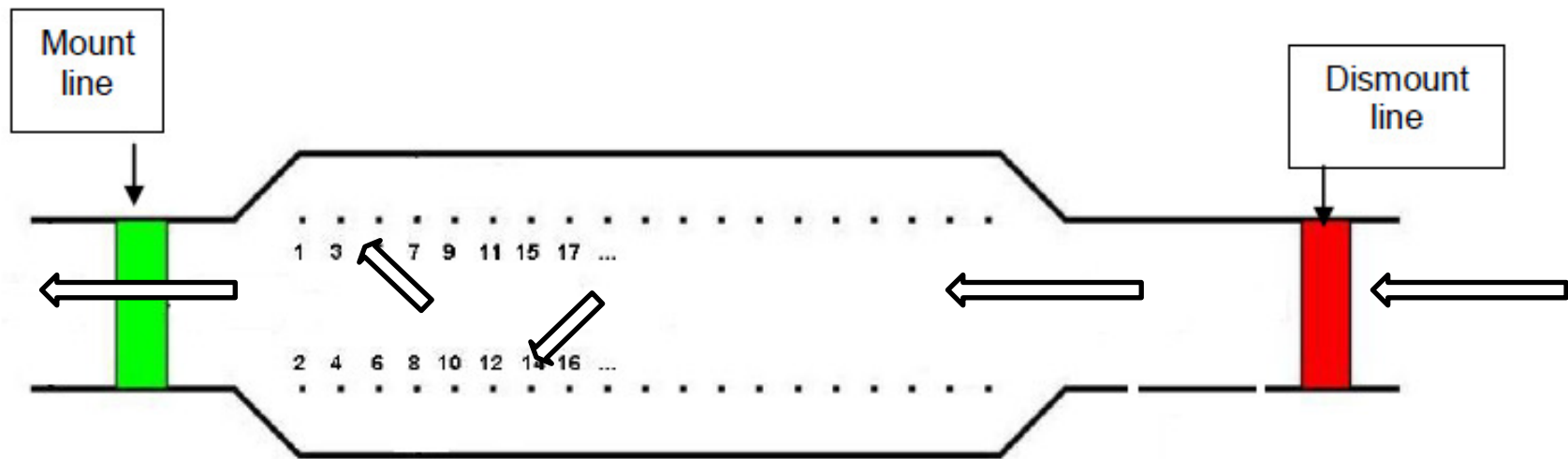
Caution signal: three sharp whistles and red flags



Transition Area (T2)

- Traditional bike racks – number, name and country flag
- All used equipment in the box
- Dismount line at the start of the TA
- At least one side of handlebar or seat post on the rack
- Unfasten helmet after racking the bike

Transition Flow T2



Run course

- 2 laps Sprint & 1 lap Relay
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water and ice bags
 - Discard plastic bottles off course
- First Runner-Last Bike scenario

Run Course Map



Note: run turn for Relay is in closer proximity to Grandstand than Sprint

Relay Zone

- Athletes will wait in 'relay check-in zone' until until Technical Official tells them to enter to the Relay Zone (order in swim cap colour Green – Red – Yellow – Orange)
- Exchange **MUST** take place in Relay Zone
- Exchange is completed by in-coming athlete using their hand to contact the body of the out-going athlete within the Zone
- Both athlete's **MUST** return if contact is outside the Zone and complete the exchange properly
- If exchange is not completed properly inside the Zone the Team will be **DSQ**

Relay Zone



Run Penalty Box

The penalty box is for infringements in: TA1, bike and TA2
e.g: Mount before mount line, dismount after dismount line,
discharge or store your equipment outside the box etc
(Transition will be videotaped for infringements)

Location: 50m before the Finish Area

Information: White board to show race numbers
(Athletes need to read the board – coaches are advised to check and inform their athletes)

Procedure: - 15 second time penalty served on any lap of the run
- 10 second time penalty for Relay on any lap of the run (any member can serve the penalty)

Run Penalty Box

Rule interpretation

Mount after the mount line: must be one contact of the athlete's foot with the floor after the mount line. If this contact doesn't occur the action is considered as mount the bike before the mount line.

Dismount before the dismount line: must be one contact of the athlete's foot with the floor before the dismount line. If this contact doesn't occur the action is considered as dismount the bike before the dismount line.

Discharge or store your equipment inside your designated area:

Leaving equipment (swim cap, goggles, helmet, etc.) in the designated box.

Rack the bike inside your own space: Traditional bike racks; the bike must be racked with at least one side of the handlebar or the seatpost with 0,5m to the name plate.

Finish Area & Post Race Procedure

- Photo-finish
- Last runner required to go through the finish gantry only (for Relay)
- Keep moving through to avoid congestion in finish area:
 - Go to mixed zone / recovery area
- Medal Ceremony after the Men's event on Friday
- Medal Ceremony in front of Grandstand
- Dress up (*ambush marketing*)

Post-race Procedures

Anti-Doping Control

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

Medical

- Only team medical officials area allowed in this area in case there is an athlete from their team.

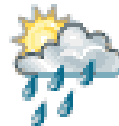
Weather forecast

Thursday



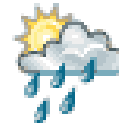
Min **19** Max **38**
Sunny.

Friday



Min **23** Max **42**
Late shower or two.

Saturday



Min **20** Max **25**
Possible shower.

Good Luck!

