

2021 Asia Triathlon Cup Tashkent

Elite Athletes' briefing

8th Oct, 2021



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



- **SJ Lim (KOR)**, Asia Triathlon General Manager
- **Sajad Bagherian (IRI)**, World Triathlon Technical Delegate
- **Ruslan Kogay (KAZ)**, World Triathlon Assistant Technical Delegate
- **Aziz Ayumov (UZB)**, World Triathlon Medical Delegate
- **Alexey Kalinin (KGZ)**, World Triathlon Head Referee
- **Diana Adelshinova (UZB)**, LOC Director



Competition Jury



- Sajad Bagherian (IRI), Chair
- Firas Al-Hmood (JOR), Asian Triathlon Sport Development Coordinator
- Yelena Kun (UZB), Uzbekistan Federation



IMPORTANT NOTE

- Wearing a **surgical** or an **FFP2 mask** is mandatory when being indoor at public places or at the race venue and not doing physical exercise (e.g. warming-up, competing)



Schedule and Timetables



FRIDAY, Oct 8th

08:00 – 10:00 Race pack pick-up at International Hotel Tashkent

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

15:00 – 17:00 Swim course familiarization

No Bike course familiarization



Schedule and Timetables



SATURDAY, Oct 9th

- 08:30 – 09:30 Athletes' Lounge check-in
- 09:10 – 09:40 Transition Area check-in for Elite Women
- 09:30 – 09:50 Swim Warm-up for Elite Women
- 09:55 Athletes' Line Up and Introduction
- 10:00 Elite Women Start**
- 13:30 – 14:00 Medal ceremony



Schedule and Timetables



SATURDAY, Oct 9th

- 10:30 – 11:30 Athletes' Lounge check-in
- 11:10 – 11:40 Transition Area check-in for Elite Men
- 11:30 – 11:50 Swim Warm-up for Elite Men
- 11:55 Athletes' Line Up and Introduction
- 12:00 Elite Men Start**
- 13:30 – 14:00 Medal ceremony



Athletes Lounge (Bike check)

- Handlebars with clips-on
- 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 in front of the athlete lounge.
- Bike frame according to the WT Competition Rules specifications
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- 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
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and worn under the official cap.
- Leave your bag in the Athletes' Lounge



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
- To add any equipment to the bike, you must obtain approval from the Head Referee at the swim familiarization.



Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up at swim start area
- **Use of face masks is mandatory.** Dispose of your face mask and jog to the start once your name is called.
- Select your position and stay behind the line.
- You can not block more than one position!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up



Start Procedures



Athlete in position

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

Athletes not moving forward at the start will receive a time penalty of 10 second 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 lap of 750 m

Bike 20k total (4 laps of 4.8 km + 822m)

Run 5k total (2 laps of 1778 m +1 lap of 1444 m)

Swim course



- On Oct 6th at 09:00 Water Temperature 17.1°C, Air Temperature 15.5°C
- Wetsuit allowed
- 1 laps (total distance of 750m)
- Anti-clockwise
- Distance to the first turn buoy 329 m
- Take cap, goggles to transition into your box



Definition from the World Triathlon competition rules 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 additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infractions 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.



Swim course map



1 LAP
750m



COURSE MAP FOR ELITE

-  TRANSIT ZONE
-  PONTON
-  SWIM COURSE
-  BUOY
-  EXIT FROM WATER
-  LAP AUDITOR
-  COACHES AREA
-  BIKE CHECK
-  AID STATION
-  MEDICAL AREA
-  REGISTRATION
-  ATHLETES LOUNGE

Swim course map



Transition Area



- Swim Exit to TA 15 m
- Traditional Bike Racks –two rows
- All used equipment into the box
- Mount and Dismount line at the end of the TA



Transition Flow

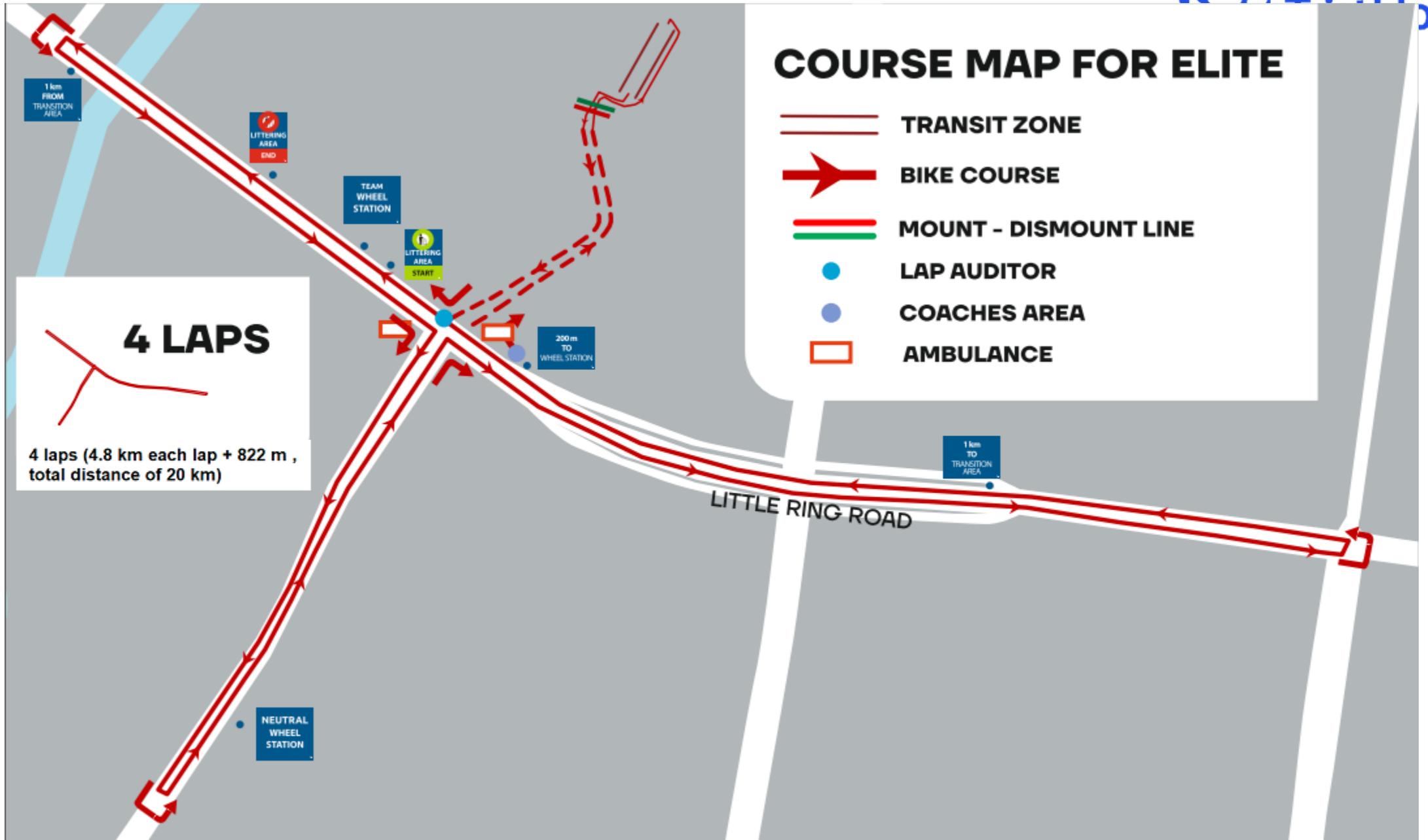


Bike course

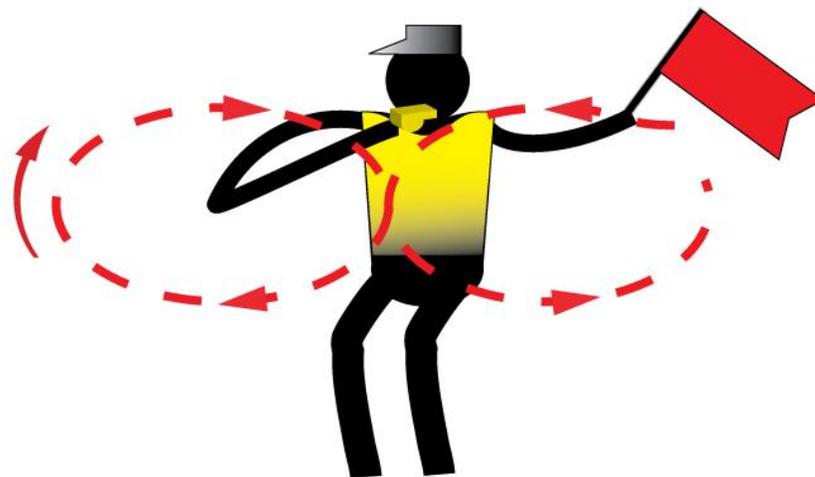
- 4 laps (4.8 km each lap + 822 m , total distance of 20 km)
- flat and technical
- 2 Wheel Stations
 - Team and Neutral wheel station
 - Team Wheel Station is located 600 m after the Transition area. For location see the map.
- Lap Counter: For the location see the map
- Littering Zones – (Wheel station)
- Lapped athletes are out of the race



Bike Course Map



Caution



Run course

- 3 laps (2 laps of 1778 m +1 lap of 1444 m, total 4.975 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
- Congestion in finish area:
- Get a mask and go to mixed zone / recovery area



Run Course Map



2 laps of 1778 m + 1 lap of 1444 m = 5Km



COURSE MAP FOR ELITE

- | | | | |
|--|-----------------------|--|---------------|
| | TRANSIT ZONE | | LOC |
| | BIKE COURSE | | SCENE |
| | EXIT FROM WATER | | VIP AREA |
| | FINISH | | FINISH AREA |
| | RUN COURSE | | MIX ZONE |
| | MOUNT - DISMOUNT LINE | | BIKE CHECK |
| | FINISH AREA | | ANTI DOP AREA |
| | LAP AUDITOR | | VOLUNTEER |
| | PENALTY BOX | | COACHES AREA |
| | AID STATION | | RECOVERY ZONE |
| | AMBULANCE | | REGISTRATION |
| | MEDICAL AREA | | LED |
| | ATHLETES LOUNGE | | |

Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- Location: 180 m 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 seconds 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 appeal the penalty. Evidence will only be made available if an appeal is filed.

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:

Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	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



Post-race Procedures



- Please wear your masks any time after the race.
- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 11:30
- 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 \$7,000 (\$3,500 - men; \$3,500 - women)



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
- Please take photo id with you.

Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.



Coaches Area



- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Coaches' areas are athlete's lounge, post recovery area, swim start and exit area, and the penalty box area.



Important updates



- PCR test – please check your flight and arrange the time with your team volunteer.
- Prize money-contact LOC email (diana.adelshinova@triathlon.org.uz)



Water Quality Assessment (Inland)

Update orange text accordingly

Enterococci	
Insert Sample Date	NMP/100mL
Location A	160
Location B	141
Location C	123
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	390
Location B	440
Location C	405
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	7.1
Location B	7.2
Location C	7.2
PH limit	6-9

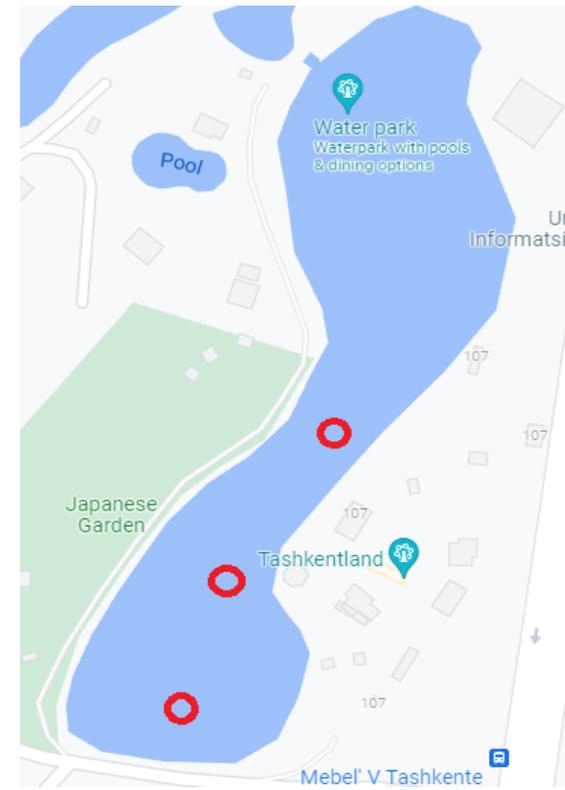
Weather forecast	
Day	Weather
Briefing (B)	Overcast with light rain
B +1	Overcast (71% chance of rain)
Race Day	Overcast (71% chance of rain)

Weather report	
Day	Weather
B-3	Partly cloudy skies
B-2	Mostly cloudy skies
B-1	Sunshine and clouds mixed

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Start area	None	None	09:15	

SUMMARY

2 = 'Good Water Quality':
 (E.Coli: < 500 or Enterococci < 200) with poor visual pollution during sanitary inspection or forecasted heavy rain;



Weather forecasts



Temperature

Weather

Thursday

10-19 °C



Friday

11-18 °C



Saturday

7-14 °C



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!



Be your
extraordinary