

Elite Athletes' briefing

December 8th 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



- Felix Molina (MEX) World Triathlon Technical Delegate
- Cristina Jimenez (ECU), World Triathlon Assistant Technical Delegate
- Jimmy Linconl (ECU), World Triathlon Head Referee – Men's Race
- Guillermo Morocho (ECU), World Triathlon Head Referee – Women's Race



Competition Jury



- Felix Molina (MEX), Chair
- Kerly Mora (ECU), President Ecuador Triathlon National Federation
- Cristian Batson (ECU) Vicepresident Ecuador Triathlon National Federation

Schedule and Timetables



SATURDAY

07:00 hrs – 07:30 hrs Bike course familiarisation (2 laps)

Meeting point: Transition Zone

07:45 – 08:30 hrs Swim course familiarisation

Schedule and Timetables



SATURDAY DECEMBER 11TH

Race pack pick-up Hotel Blue Bay

- Schedule for the different Countries:

16:00 hrs – 16:30 hrs ARU, BRA, CAN, CHI, COL, CRC

16:30 hrs – 17:00 hrs CUB, ESA, LUX, MEX

17:00 hrs – 17:30 hrs PAN, USA, ZIM

18:00 hrs – 18:30 hrs ECU

Your package includes:

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



Schedule and Timetables



SUNDAY DECEMBER 12TH

| | |
|---------------|--|
| 06:30 – 07:30 | Athletes' Lounge check-in for Men |
| 06:45 – 07:45 | Transition Area check-in for Elite Men |
| 07:15 – 07:45 | Swim Warm-up for Elite Men |
| 07:55 | Athletes' Introduction |
| 08:00 | Elite Men |
| 11:15 – 11:30 | Medal ceremony |

Schedule and Timetables



SUNDAY DECEMBER 12TH

| | |
|---------------|--|
| 08:30 – 09:30 | Athletes' Lounge check-in for Women |
| 09:00 – 09:45 | Transition Area check-in for Elite Women |
| 09:15 – 09:45 | Swim Warm-up for Elite Women |
| 09:55 | Athletes' Introduction |
| 10:00 | Elite Women |
| 11:15 – 11:30 | Medal ceremony |

Check-in procedures



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 to the Bike Check
- Bike frame
- 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.
- 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 up until 10 minutes after the end of the Athletes' Briefing.

Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- 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 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 lap of 750m

Bike 4 laps of 5km

Run 3 laps of 1.66km



Swim course



- On **Wednesday** at **08:00**:
21 °C
22 °C
- Wetsuit not allowed 1 lap (total distance of 750m)
- Distance to the first turn buoy 300m
- 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:

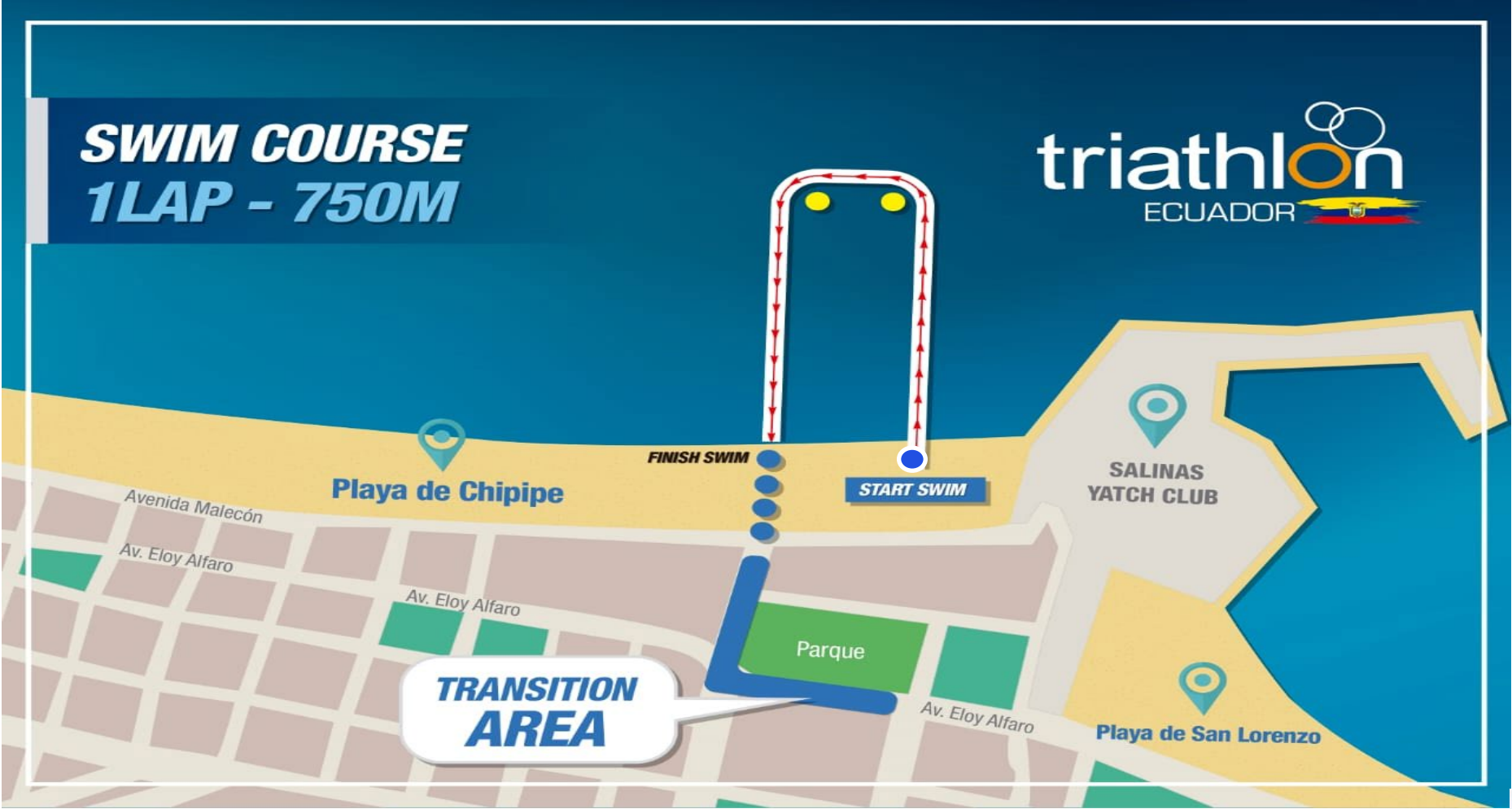
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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 additional boats and 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.

Swim course map



Swim exit to TA



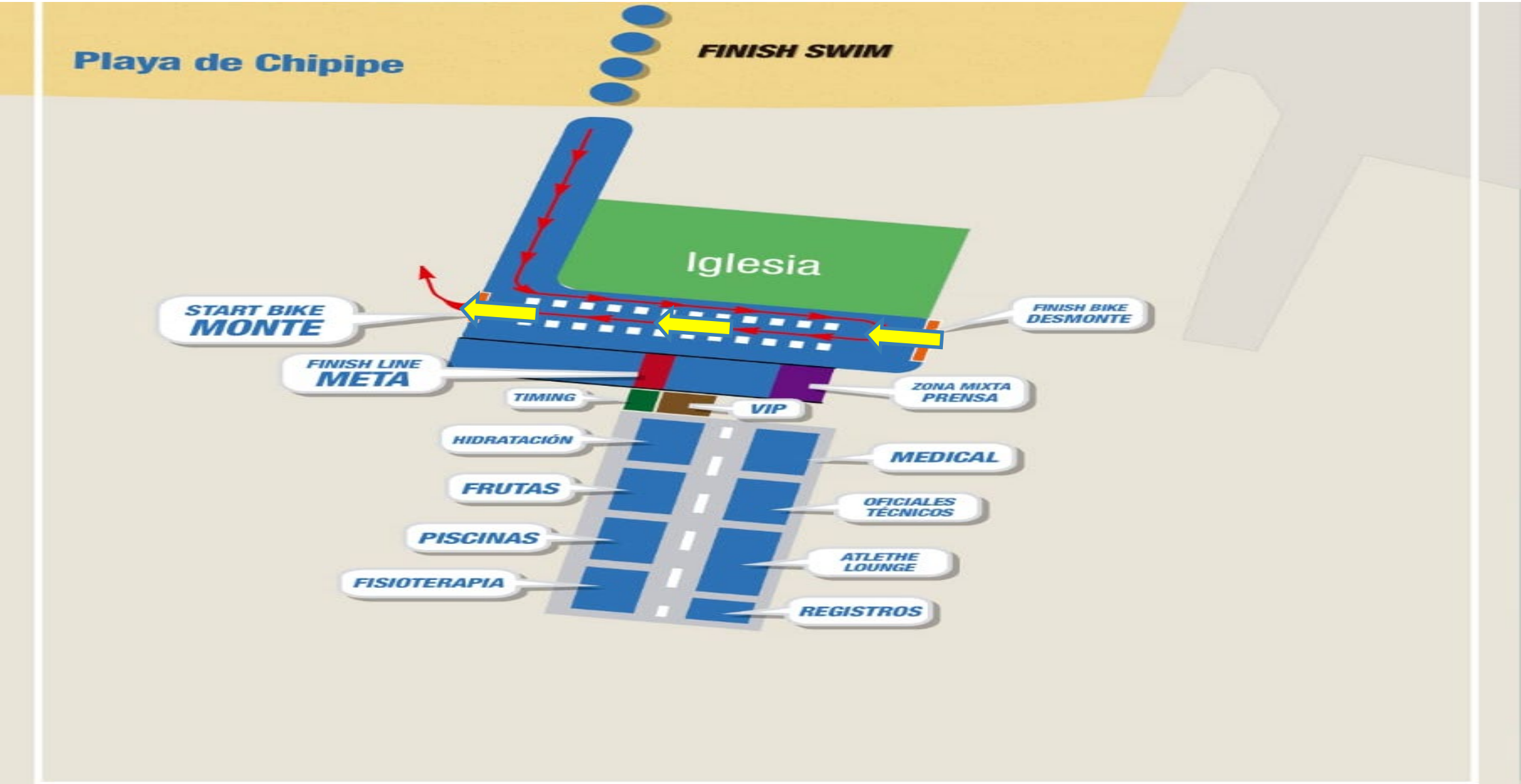
Insert official World Triathlon event logo, color version

Transition Area



- Individual Bike Racks – number, name and country flag
- Used equipment into the box
- In case of individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Mount line at the end of the TA

Transition Flow



Bike course



- 4 laps (total distance of 20km)
- Flat and not technical
- 2 Wheel Stations
 - 1 Neutral wheel station 1 Team wheel station
 - For locations see the map
- Lap Counter: at the end of each lap
- Lapped athletes are out of the race
- First runner – last biker scenario



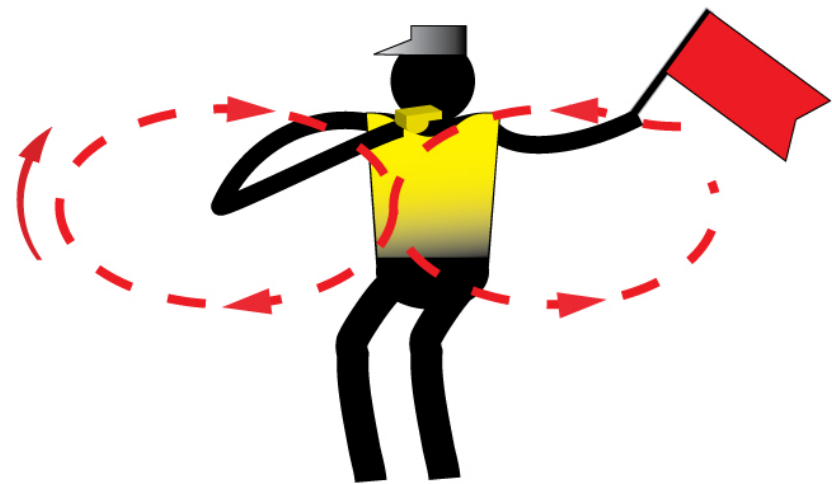
Bike Course Map

BIKE COURSE
4 LAPS - 5 km/lap

triathlon
ECUADOR



Caution



Bike to Run



Run course



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



Run Course Map

RUN COURSE
3 LAPS - 1,66 km/lap

triathlon
ECUADOR 



Run Lap



Finish



Run Penalty Box



- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 50 m before the end of each lap
- **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



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 11.15
- 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 [by wire transfer](#).

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.

Anti-Doping Control

- 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

- Behind the swim start, next to the penalty box.

{select the appropriate}

Water Quality Assessment (Sea/Transition)



Update orange text accordingly

| Enterococci | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location A | 10 |
| Location B | 10 |
| Location C | 10 |
| Enterococci limit | <100 |

| E.Coli | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location A | 01 |
| Location B | 01 |
| Location C | 01 |
| E.Coli limit | <250 |

| PH | |
|--------------------|-----|
| Insert Sample Date | |
| Location A | 8.1 |
| Location B | 8.1 |
| Location C | 8.1 |
| PH limit | 6-9 |

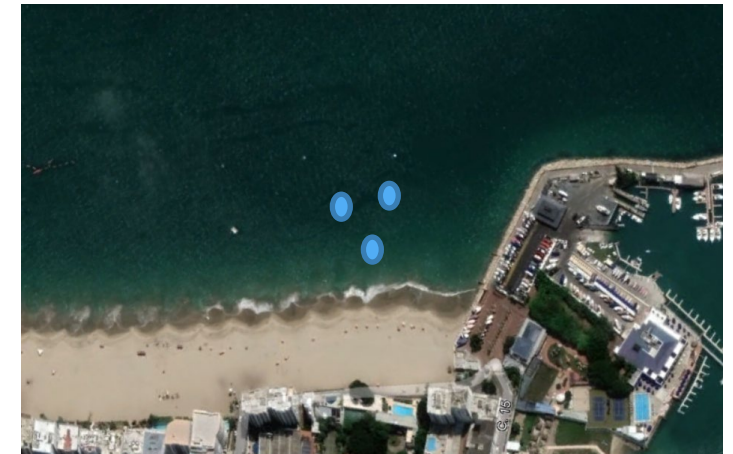
| Weather forecast | |
|------------------|-------------------------------|
| Day | Weather |
| Briefing (B) | Cloudy |
| B +1 | Overcast (35% chance of rain) |
| Race Day | Overcast (45% chance of rain) |

| Weather report | |
|----------------|---------|
| Day | Weather |
| B-3 | Cloudy |
| B-2 | Cloudy |
| B-1 | Cloudy |

| Visual Sanitary Inspection (last 12 hours) | | | | |
|--|------------------|-------|---------------|----------|
| Location | Visual Pollution | Odour | Time of visit | Comments |
| Chipe Beach | None | None | 09:15 | |

SUMMARY

1 = 'Very good Water Quality':
(E.Coli: ' (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;



Weather forecasts

| | | | | |
|---------|--|---|-----|-----|
| Jueves |  |  0% | 23° | 22° |
| Viernes |  |  35% | 23° | 22° |
| Sábado |  |  35% | 23° | 23° |
| Domingo |  |  45% | 23° | 21° |

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Have a good race !



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**Salinas
2021**