

# Elite Athletes' briefing Calima Continental Cup

May 5, 2024



**Triathlon**  
Americas Cup  
CALIMA  
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



- Juan Manuel Velasco, President FEDECOLTRI
- Leslie Poujol (HON), World Triathlon Technical Delegate
- Alejandro Vargas Maldonado (COL), World Triathlon Assistant Technical Delegate
- Jose Fernando Espinosa (COL), World Triathlon Head Referee
- Wilmar Osorio, LOC Director
- Giovanni Granobles, Race Director



# Competition Jury



- Leslie Poujol (HON), Chair
- Juan Manuel Velasco, President FEDECOLTRI
- Maria Claudia Ferreira



# Schedule and Timetables



## FRIDAY

6:00 - 7:00 pm Race packet pick-up (after athletes' briefing) COMFANDI



# Schedule and Timetables



## SATURDAY

06:00 - 07:00 am

Bike course familiarisation

Meeting point: Meet at transition area on main road - in front of

COMFANDI

07:00 - 08:00 am

Swim course familiarisation, beach in front of COMFANDI



# Schedule and Timetables



## SUNDAY

05:00 - 05:45 am	Athletes' Lounge check-in - Elite MEN
05:30 - 06:15 am	Transition Area check-in for Elite MEN
05:45 - 06:15 am	Swim Warm-up for Elite MEN
06:20 am	Athletes' Introduction
<b>06:30 am</b>	<b>Elite MEN Start</b>
09:45 am	Medal ceremony



# Schedule and Timetables



## SUNDAY

06:30 - 07:15 am	Athletes' Lounge check-in WOMEN
07:15 - 07:45 am	Transition Area check-in for Elite WOMEN
07:15 - 07:45 am	Swim Warm-up for WOMEN
07:50	Athletes' Introduction
<b>08:00 am</b>	<b>Elite WOMEN Start</b>
09:45 am	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 – One arm and one leg ‘ RIGHT SIDE Please.
- Accreditation - gives access to access lounge on race day



# 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 to the Bike Check
- Saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website
- 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**
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- Body marking check RIGHT Arm and RIGHT Leg
- Timing chip distribution LEFT Ankle please
- 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
- 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

- 10 minutes before start - line-up 50 meters before the start line
- 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 HR 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 their 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 mt

**Bike**            2 laps of 10 km

**Run**            2 laps of 2500 mt



# The course





## 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.

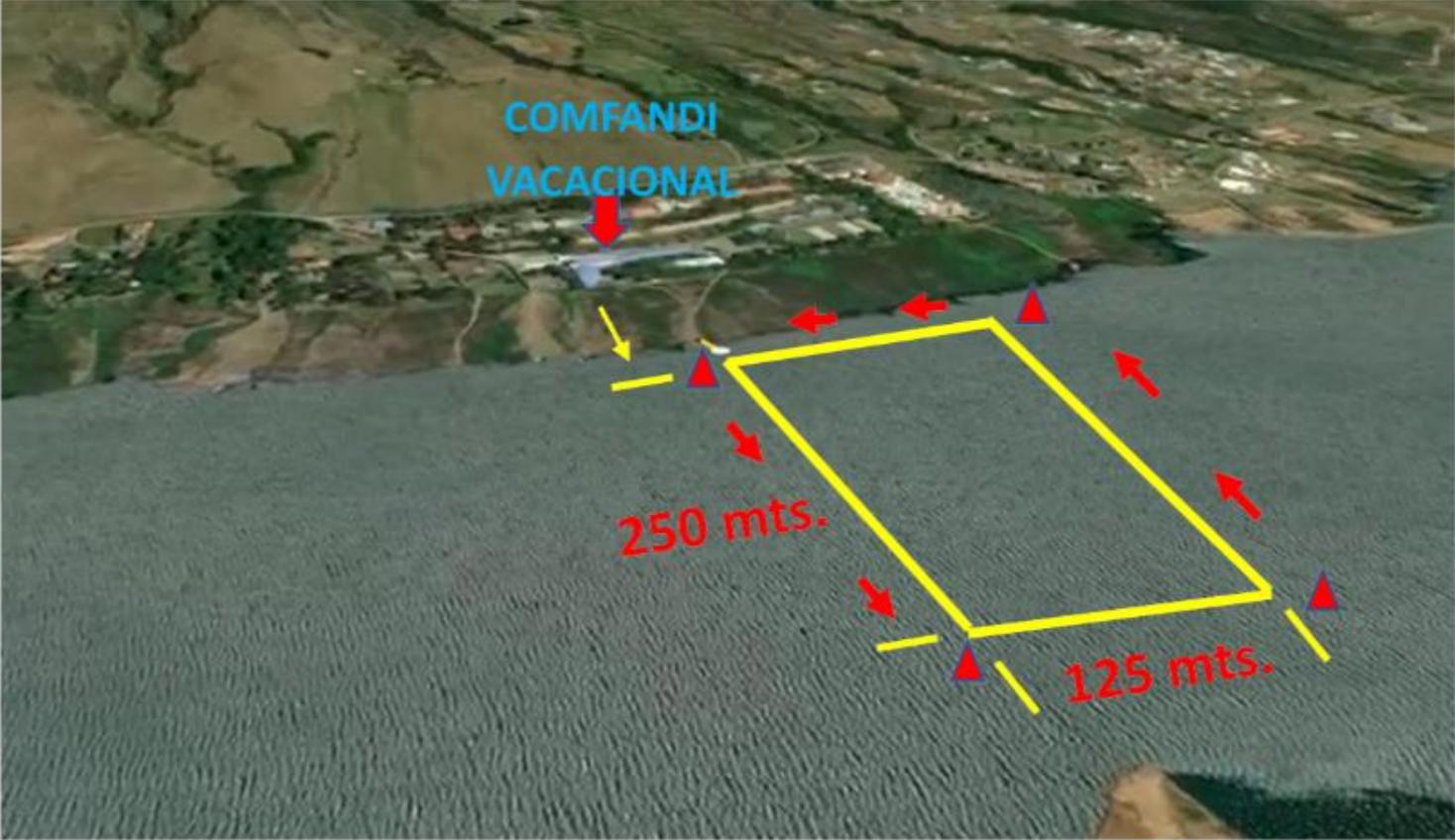
# Swim conduct



- 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

- There are 426 mt from the beach to TA1



# Transition Area



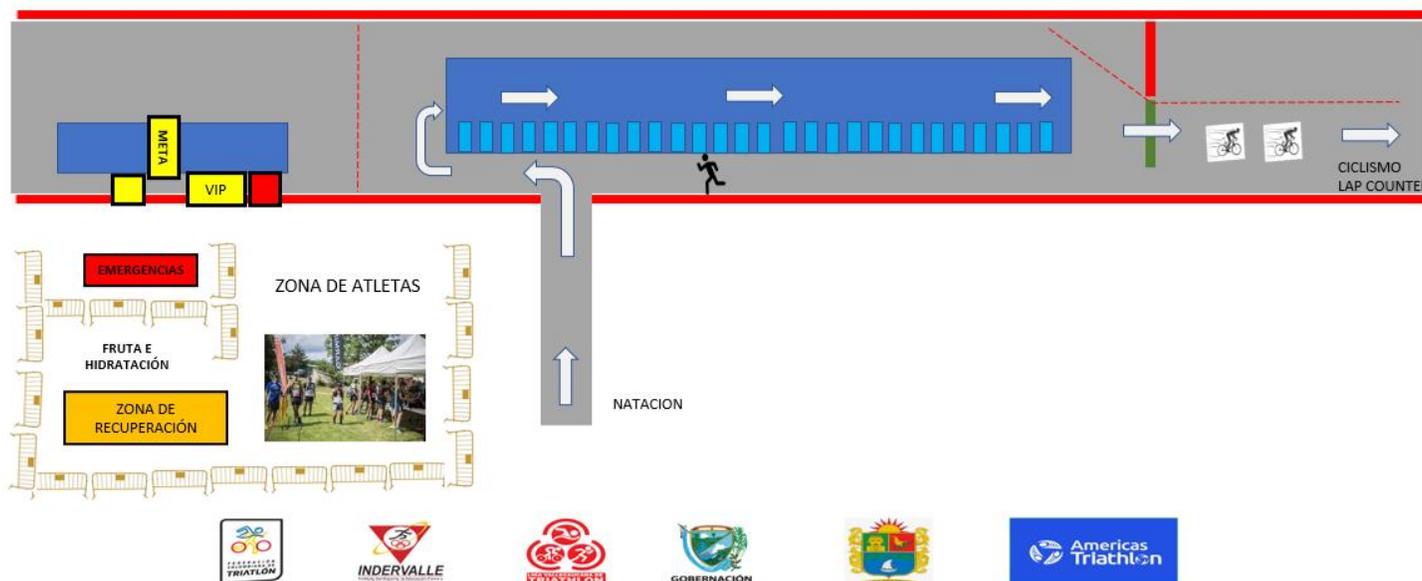
- Swim Exit to TA 426 mt
- Individual Bike Racks – number, name and country flag
- In case of individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Used equipment into the box
- By the end of the last transition, **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**)



# Transition 1 Flow



## TRANSICION 1



3/05/2024

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# Bike Course Map - 2 Laps

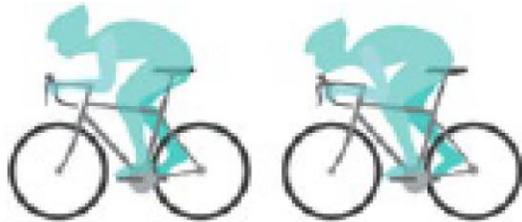


## Bike course

- **2 Laps** (total distance of 20km)
- Hilly
- 1 Wheel Station with Neutral wheels and team wheels at 1.2 Km from TZ
  - Team Wheel Station and Neutral wheels will be together
- Lap Counter: After transition and mount-dismount
- Littering Zones- at the aid station located in the center of the run course 325 mt from TZ.
- Lapped athletes are out of the race

# Riding position

OK



NOT OK

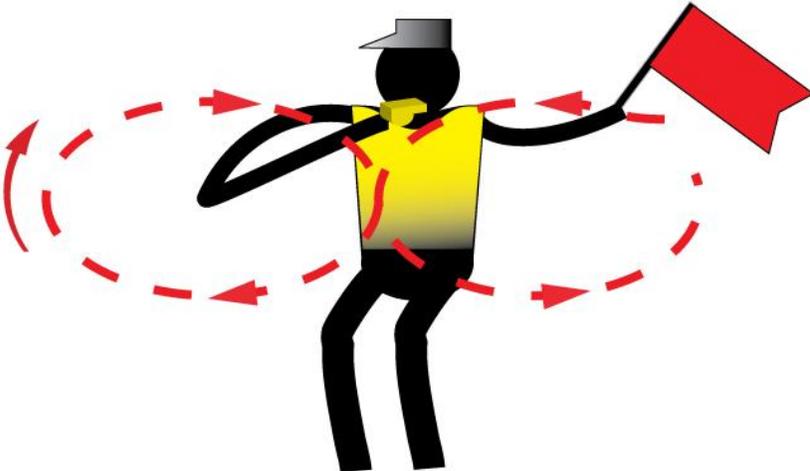


Only ok in draft  
illegal event

## 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.

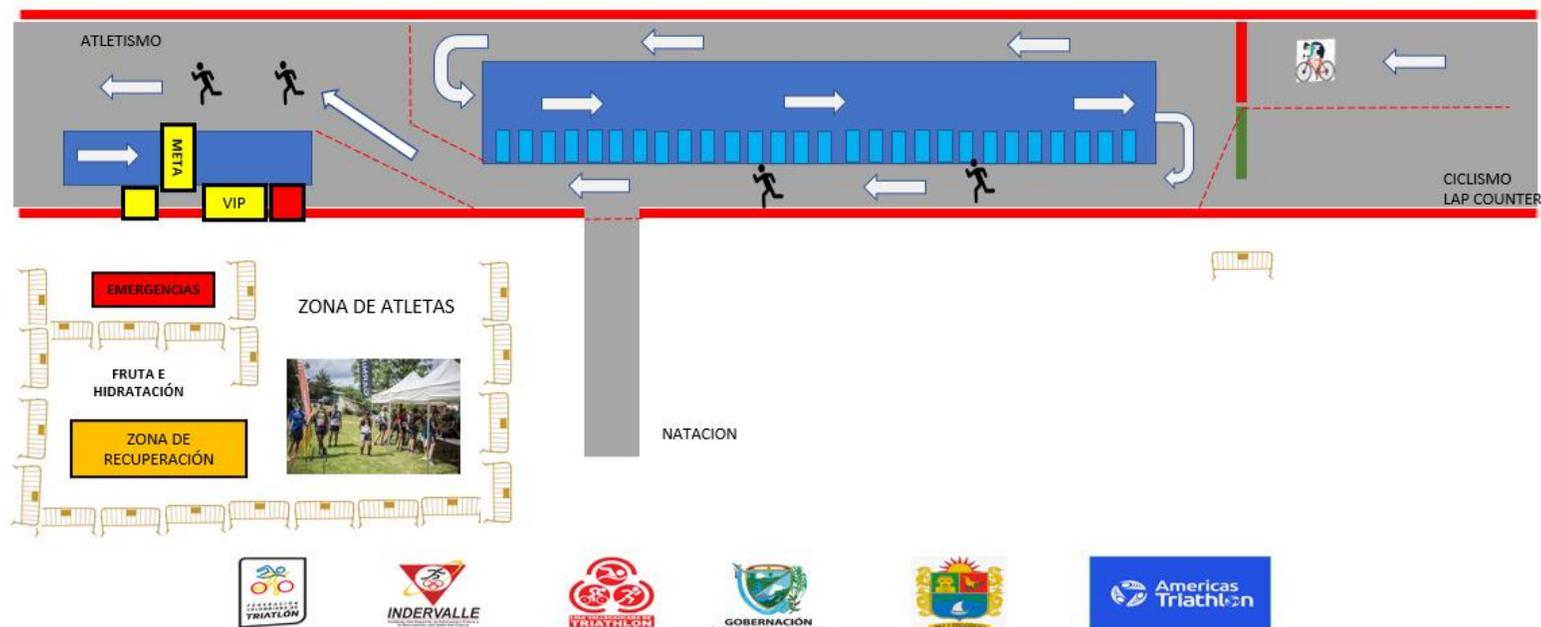
# Caution



# Transition 2 Flow



## TRANSICION 2



3/05/2024

12

# Run course

- **2 Laps** (total distance of 5km)
- Aid stations:
  - 2 double aid stations per lap
  - For locations see the map
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below



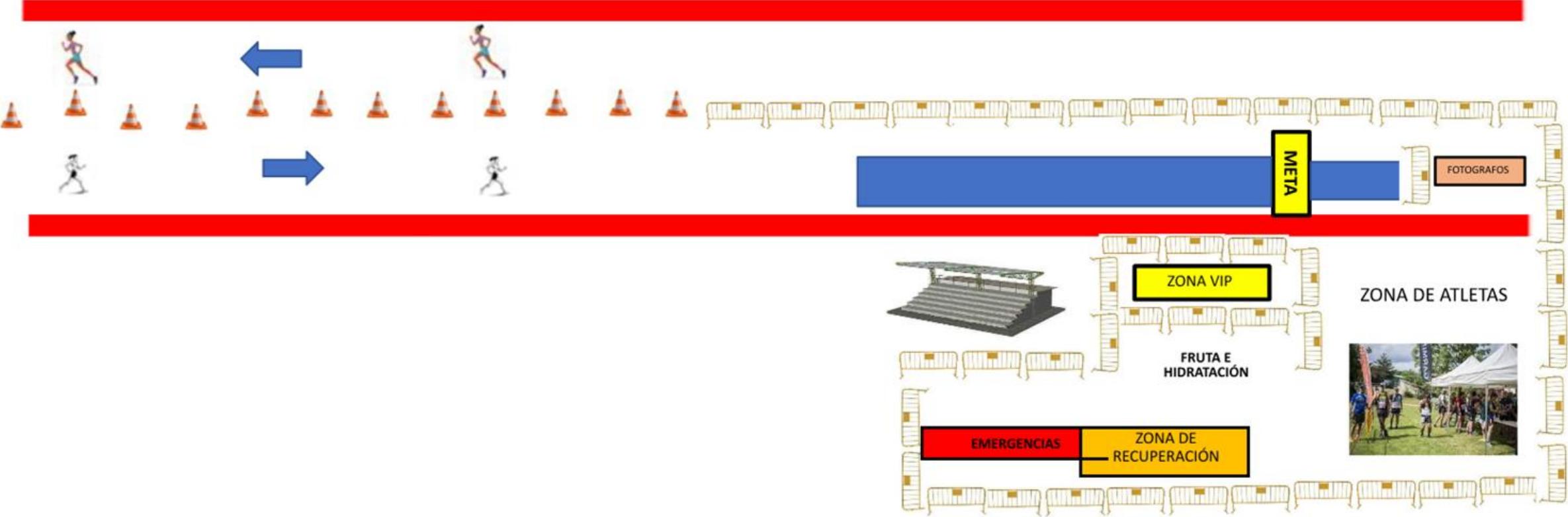
## **Definition from the World Triathlon CR §6.1:**

- 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 Course Map - 2 Laps



# Finish



# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run PB
- **Location:** Aprox 75 mt before the Transition 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 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.

## 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” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 09:45 am
- Elite/U23/Junior 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 \$10,000 USD



# 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: DSQ  
*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.



# 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.



{select the appropriate}



# Water Quality Assessment (Inland)

Enterococci	
Insert Sample Date	NMP/100mL
Enterococci limit	119<200

E.Coli	
Insert Sample Date	NMP/100mL
E.Coli limit	200<500

PH	
Insert Sample Date	
PH limit	6-9

Weather forecast	
Day	Weather
Race Day	Overcast (20% chance of rain)

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Beach	None	None	15:00	Water not clear, but no smell or debris

**SUMMARY**

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FOUND IT IT THE SLIDE NOTES BELOW, eg.

**1 = 'Very Good Quality':**  
(E.Coli: <250)



# Weather forecasts



**Temperature  
in °C**

**Weather**

**Saturday**

**18°C - 23°C**

Cloudy/Rainy

**Sunday**

**17°C - 25°C**

Cloudy



Have a good race!



Be your  
extraordinary