

Development Athletes' briefing

<September 2022>



Development
Regional Cup
SANTA MARTA
2022



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 Velazco Diez, PATCO Continental Executive Board representative>
- Rolando Herrera Agón, World Triathlon Technical Delegate
- John Sarmiento, World Triathlon Assistant Technical Delegate
- William Perez, Medical Delegate
- Gustavo Ordoñez, World Triathlon Head Referee
- Janos Kapitani, LOC Director



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Competition Jury



- Rolando Herrera Agón, Chair
- Juan Manuel Velazco Diez, President of Host National Federation
- Gustavo A. Ordoñez, Race Referee



Important Notes

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



Schedule and Timetables



SATURDAY

10:00 – 11:00 Bike course familiarization. Meeting point:
Transition Area (INVEMAR) Square of Marine Biodiversity

11:00 – 12:00 Swim course familiarization (Playa Salguero,
Swim Course)



Schedule and Timetables



SATURDAY

16:00 – 18:00 Race pack pick-up (Tamacá Hotel)

Your package includes:

- Swim Cap
- Body decals –
- Accreditation - gives access to access lounge on race day
 - Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- T-shirt
- Bag



Schedule and Timetables



SUNDAY

05:30 – 06:00 Athletes' Lounge check-in for Men and Women

05:45 – 06:15 Transition Area check-in for Men and Women

06:15 – 06:25 Swim Warm-up for Men and Women

06:25 – 06:29 Men Athletes' Introduction

06:30 Men Start

06:30 – 06:34 Women Athletes' Introduction

06:35 Women Start

08:00 – 08:15 Medal ceremony



Check-in procedures



Athletes Lounge (Bike check)

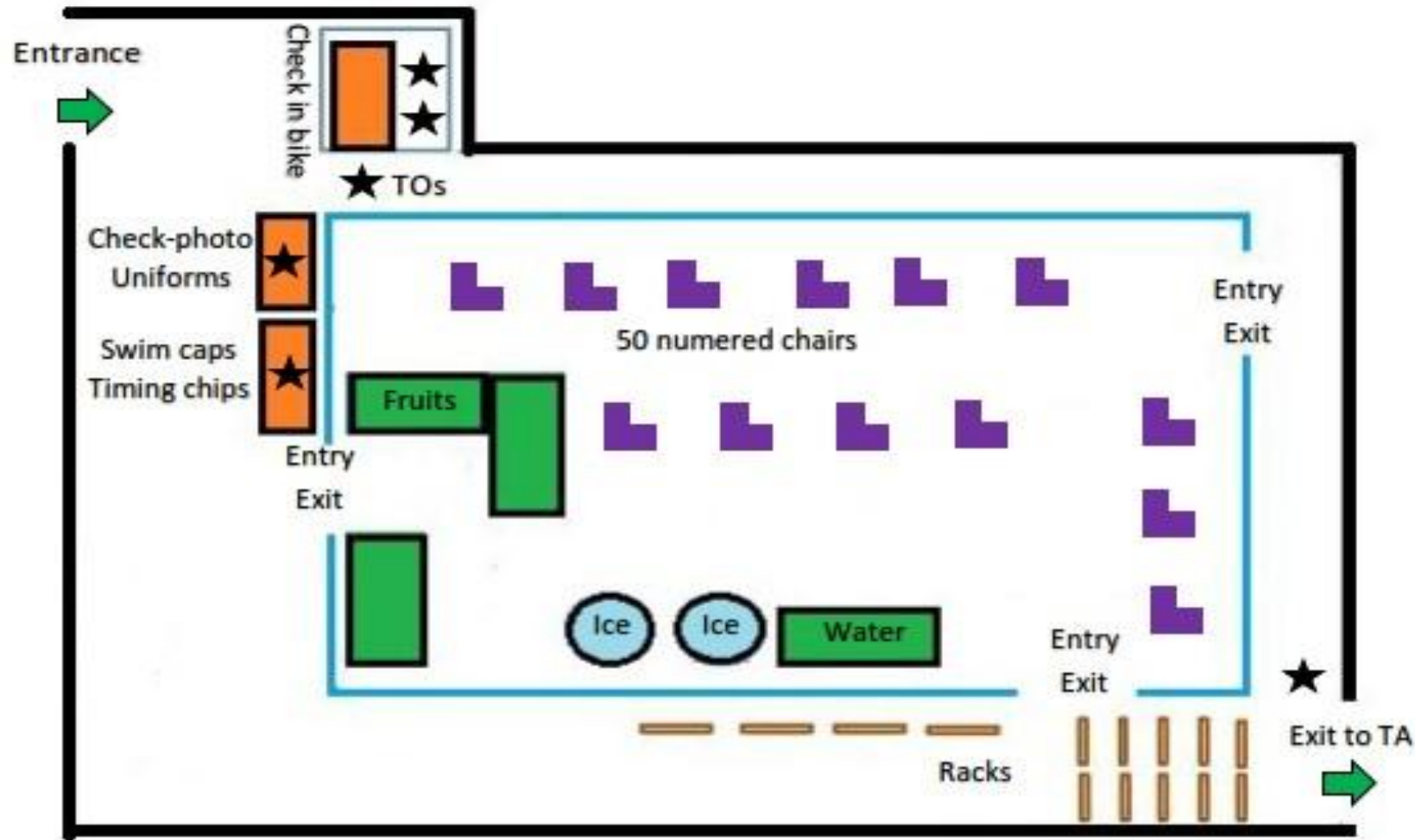
- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station (THERE WILL NO BE NEUTRAL WS)
- Leave your spare wheels 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 bike course familiarization.
- Mechanic service available



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Map Athletes' Lounge - Check-in procedures



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)
- 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 they will be taken to the Recovery Area



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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 bike course familiarization.



Pre-start Procedures



Athlete Introduction

- 5 minutes before start - line-up – Street 26, near to start line placed
- Jog to the start line 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



Pre-start Procedures – Line-up map



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 750 m

Bike 2 laps of 10 km

Run 2 laps of 2.5 km



The course



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Swim course



- On Sept 11 at 06:30: Water temperature 25.8°C (average)
 Air temperature 22°C (average)
- Wetsuit not allowed
- 1 lap (total distance of 750 m)
- Distance to the first turn buoy 225 m
- 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



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Swim exit to TA



Swim exit to TA: 250 mts
All used equipment into the box

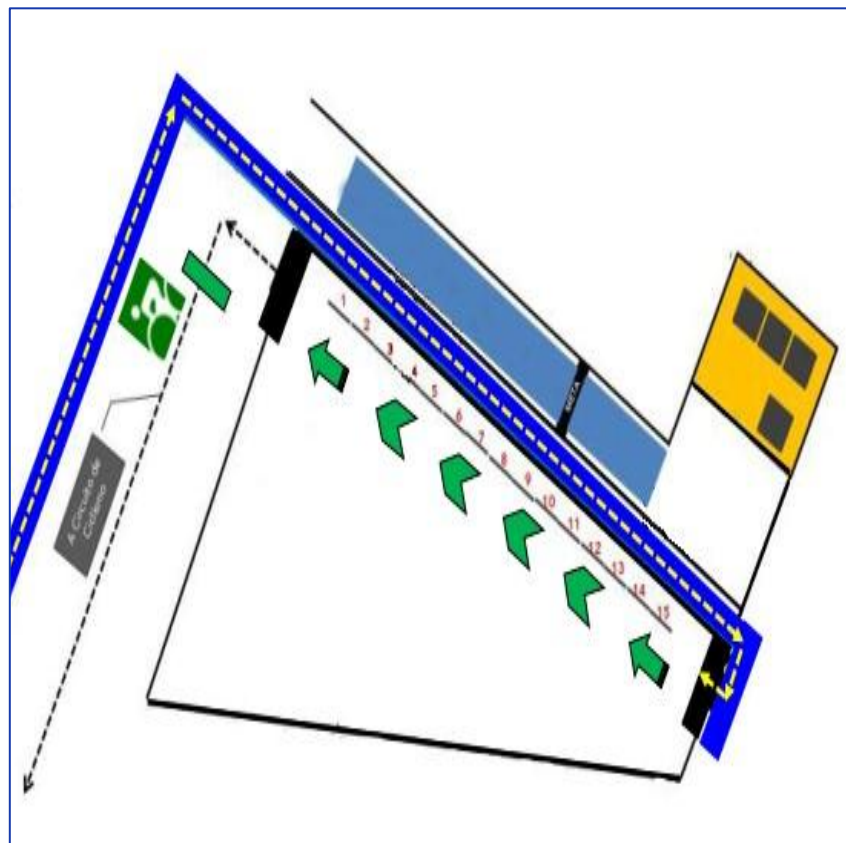
Transition Area



- 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 exit of the TA



25



Bike course



- 2 laps (total distance of 20 km)
- Hilly / flat and not technical
- 1 Wheel Stations
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the exit of Transition Area 100 mts
- No First runner – last biker scenario

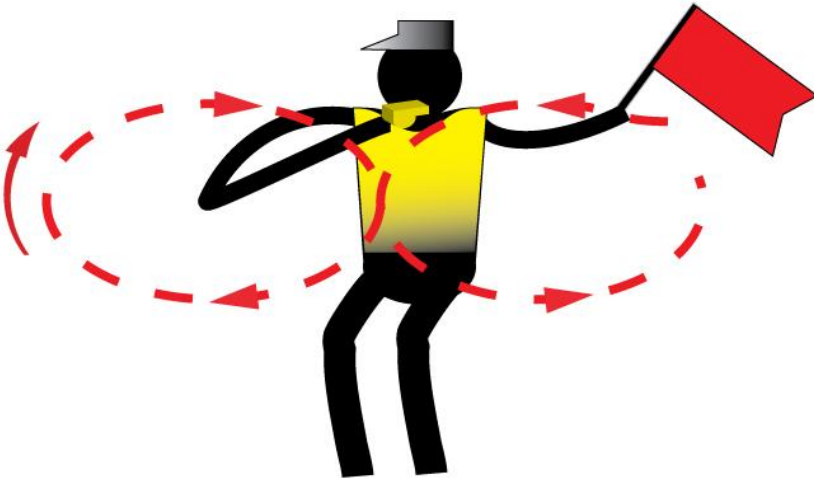


Bike Course Map

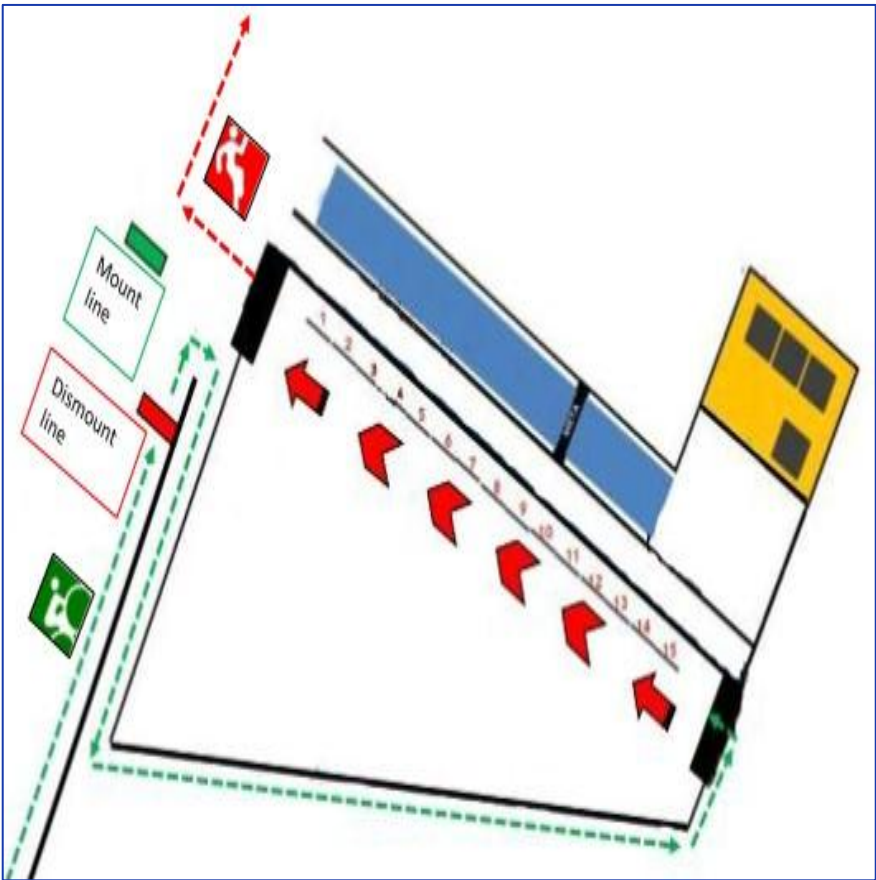
The athletes no will
be passing through
the TZ on every lap



Caution



Bike to Run



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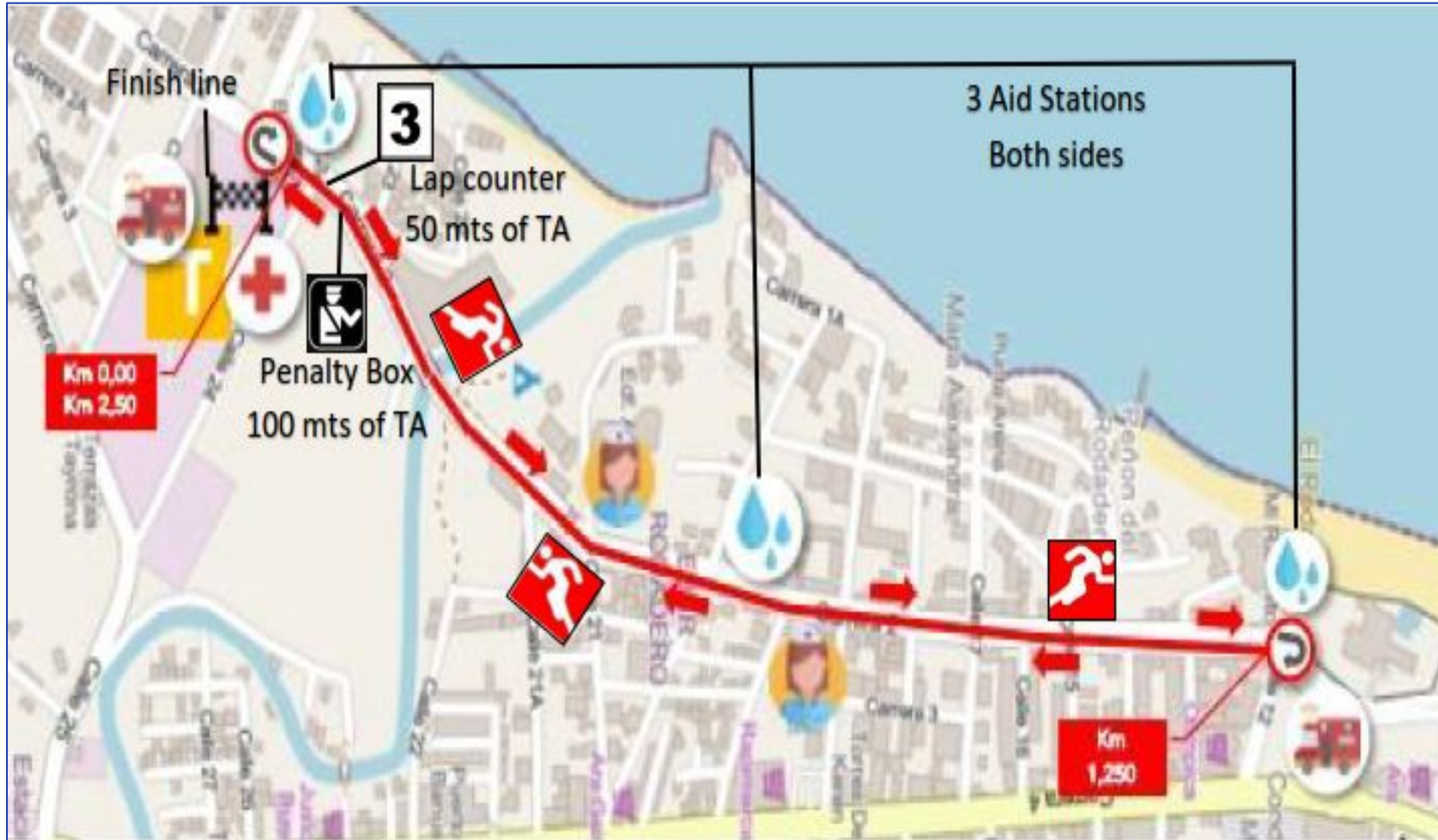


Run course

- 2 laps (total distance of 10 km)
- Aid stations:
 - 3 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



the athletes will no
be passing through
the TZ on every 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:** 150 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 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 08.00
- 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.



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 medals for that event.*



Post-race Procedures



Anti-Doping Control

- No testing should happen

Medical

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



Coaches Area



Coaches' areas – Coaches will have access to

- Athlete lounge
- Swim start area
- Swim exit
- Next to wheel station
- Run course



Weather forecasts



	Temperature in °C	Weather
Friday	27-31 °C	Sunny/cloudy
Saturday	27-31 °C	Sunny/cloudy
Sunday	26-30 °C	Sunny/cloudy



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