

# Oceania Triathlon Junior Championships

23 February 2024



World Triathlon  
Cup  
NAPIER  
2024

# Agenda

Welcome and Introductions

Competition Jury

World Cup

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Check-in and Procedures

The Course

Mixed Relay

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



# Welcome and Introductions



- Miles Stewart, Executive Board representative
- Stefane Mauris, World Triathlon Team Leader
- Lyndell Murray, World Triathlon Technical Delegate
- Tony Sangster, World Triathlon Assistant Technical Delegate
- Dr Sarah West, World Triathlon Medical Delegate
- Juliet Fahey and Claire Hannan, World Triathlon Head Referees
- Shanelle Barratt, LOC Director

# Competition Jury



- Lyndell Murray, Chair
- Miles Stewart – World Triathlon Executive Board
- Neil Millar – Triathlon New Zealand Board

# Oceania Triathlon Junior Championships



# Schedule and Timetables



## FRIDAY

18:30

Race pack pick-up (after athletes' briefing)

# Schedule and Timetables: Junior Women



## **SATURDAY**

11:15 – 12:15	Athletes' Lounge check-in
11:45 – 12:30	Transition Area check-in for Junior Women
12:00 – 12:30	Swim Warm-up for Junior Women
12:35	Athletes' Introduction
<b>12:45</b>	<b>Junior Women Start</b>
19:25	Medal ceremony (following the Elite Men race)

# Schedule and Timetables: Junior Men



## **SATURDAY**

13:00 – 14:00	Athletes' Lounge check-in
13:45 – 14:15	Transition Area check-in for Junior Men
13:45 – 14:15	Swim Warm-up for Junior Men
14:20	Athletes' Introduction
<b>14:30</b>	<b>Junior Men Start</b>
19:25	Medal ceremony (following the Elite Men race)

The Junior Men's race immediately follows the Junior Women, Transition will be cleared of bikes prior to Transition opening.



# 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 – both arms and both legs
- Accreditation - gives access to access lounge on race day

# Check-in procedures



## **Team officials entering the venue**

Please be aware that there may be racing occurring when you arrive at the venue

Saturday: Junior Oceania Sprint Championships

World Triathlon Cup

Sunday: NZL Age Group Championships

Junior Oceania Mixed Relay

World Triathlon Mixed Relay Series

## 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
- Take your spare wheels to the Team Wheel Station
- Only traditional handlebars
- 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

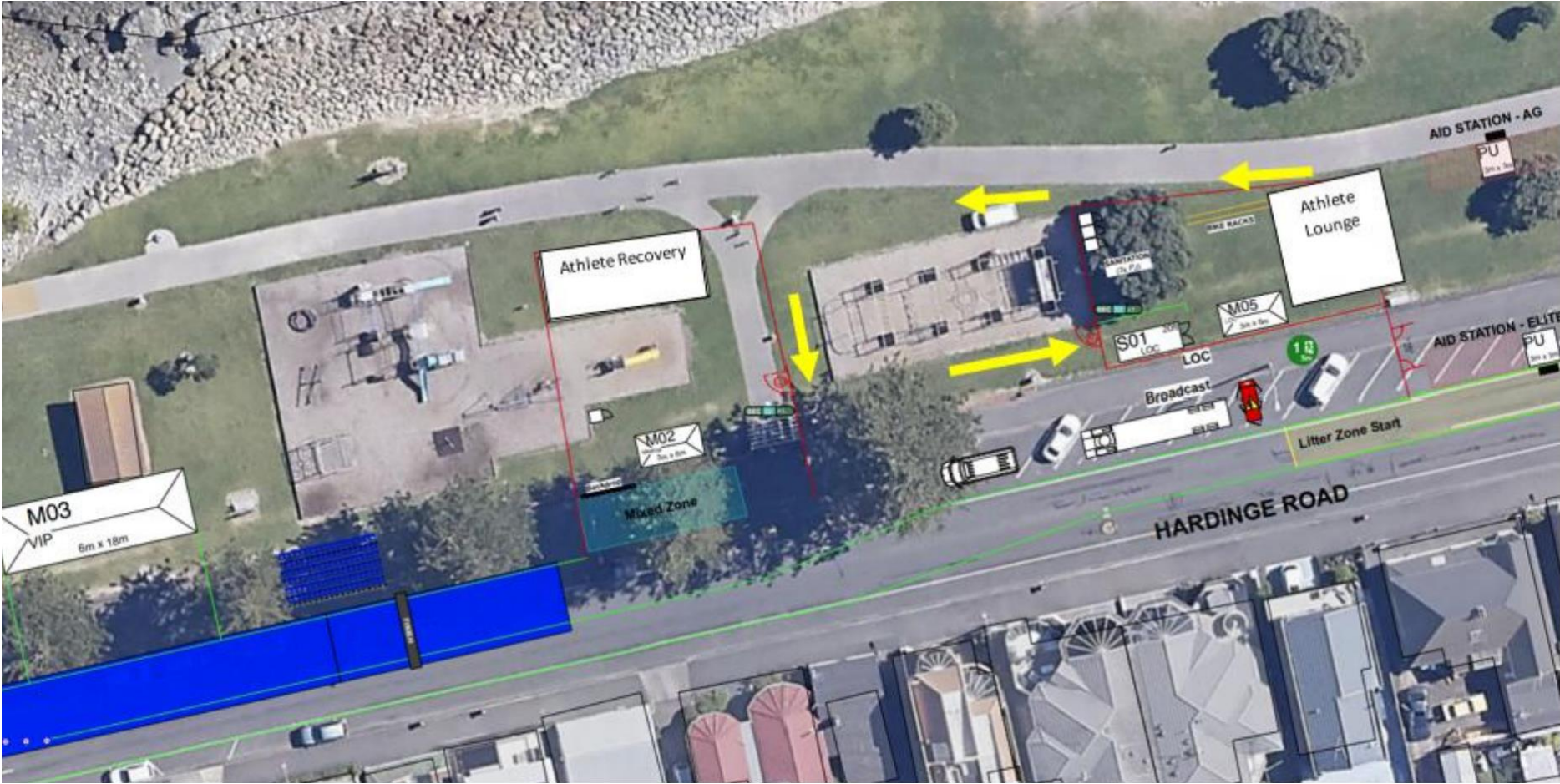
# Check-in procedures



## 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 (both arms, both legs)
- Timing chip distribution – 1 for your 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 so please ensure everything is in / attached to your bag

# Map Athletes' Lounge - Check-in procedures



# 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 in Transition Area
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athletes 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 Head Referee 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 5 km

**Run**      2 laps of 2.5 km

# Swim course

- On 23/2 at 12:30                      Water: 21.0°C
- On 23/2 at 12:30 :                      Air: 22.8°C
- Decision taken 1h before the race
- One 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 and flow through Transition





# Transition Area



- Swim Exit to TA 130m, partly carpeted (sand and asphalt)
- 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 your bin
- 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**)

# Bike course

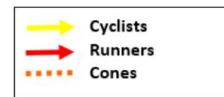
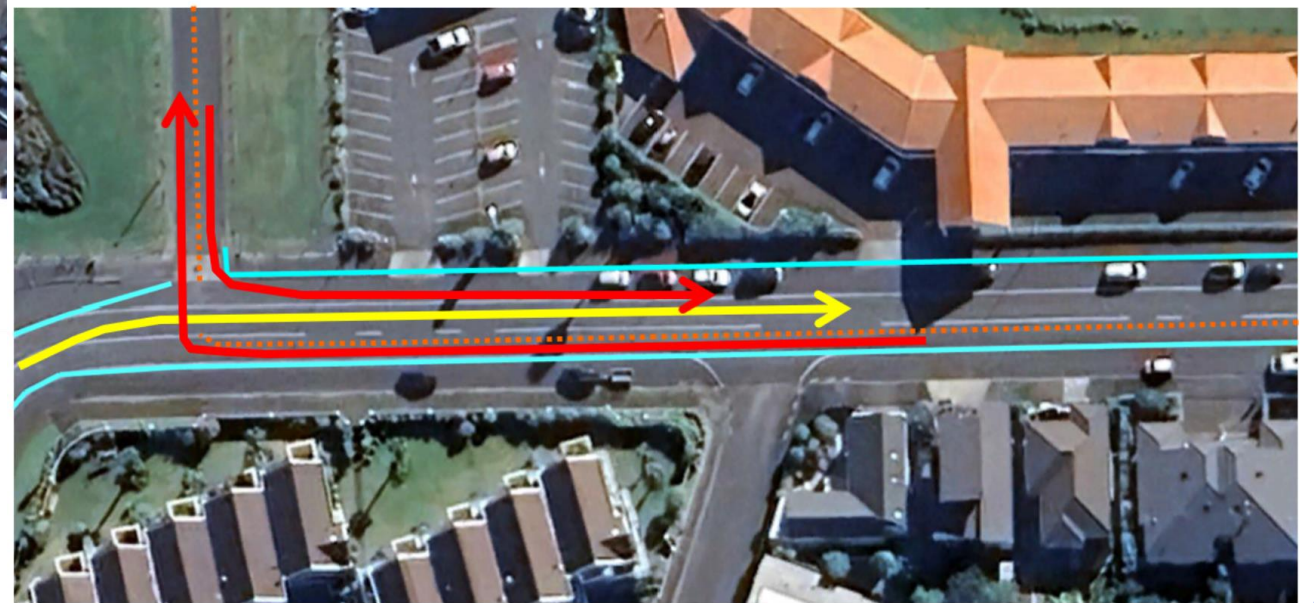
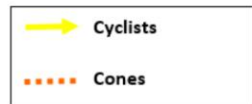
- 4 laps (total distance of 20km)
- Flat with some technical areas.
  - Narrow section as you exit Transition to the Team Wheel Station
- 2 Wheel Stations
  - 1 Neutral wheel station
    - 2x 700c Front wheels, rim brake
    - 3x 700c Front wheels, 160mm rotor disc brake
    - 1x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
    - 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
    - 2x 700c Rear wheels with 11speed cassette, rim brake
  - 1 Team wheel station
    - For locations see the map
- Lap Counter: at the entry to transition
- Littering Zones – one zone along Hardinge Pde 100 m from start of transition
- Lapped athletes are out of the race
- First runner – last biker scenario



# Bike Course Map (Sprint)

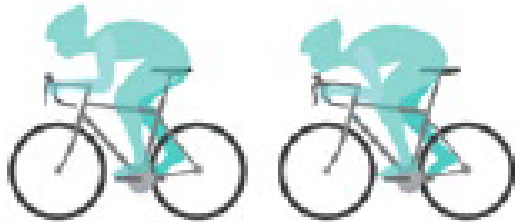


# First runner / Last biker



# Riding position

OK



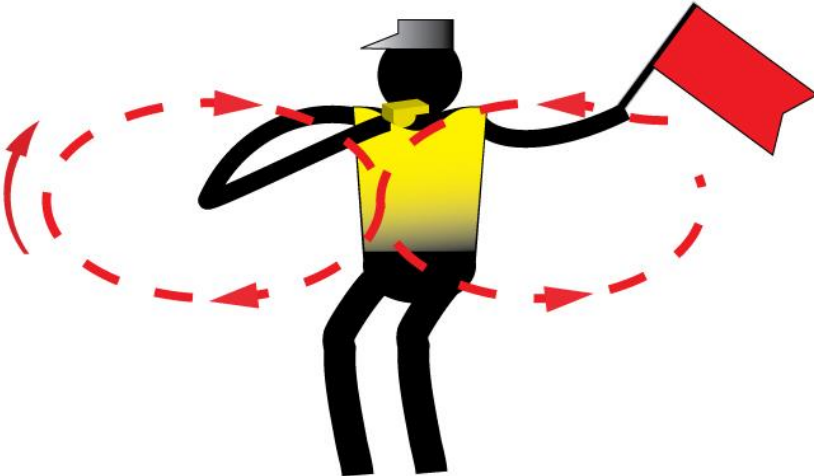
NOT OK



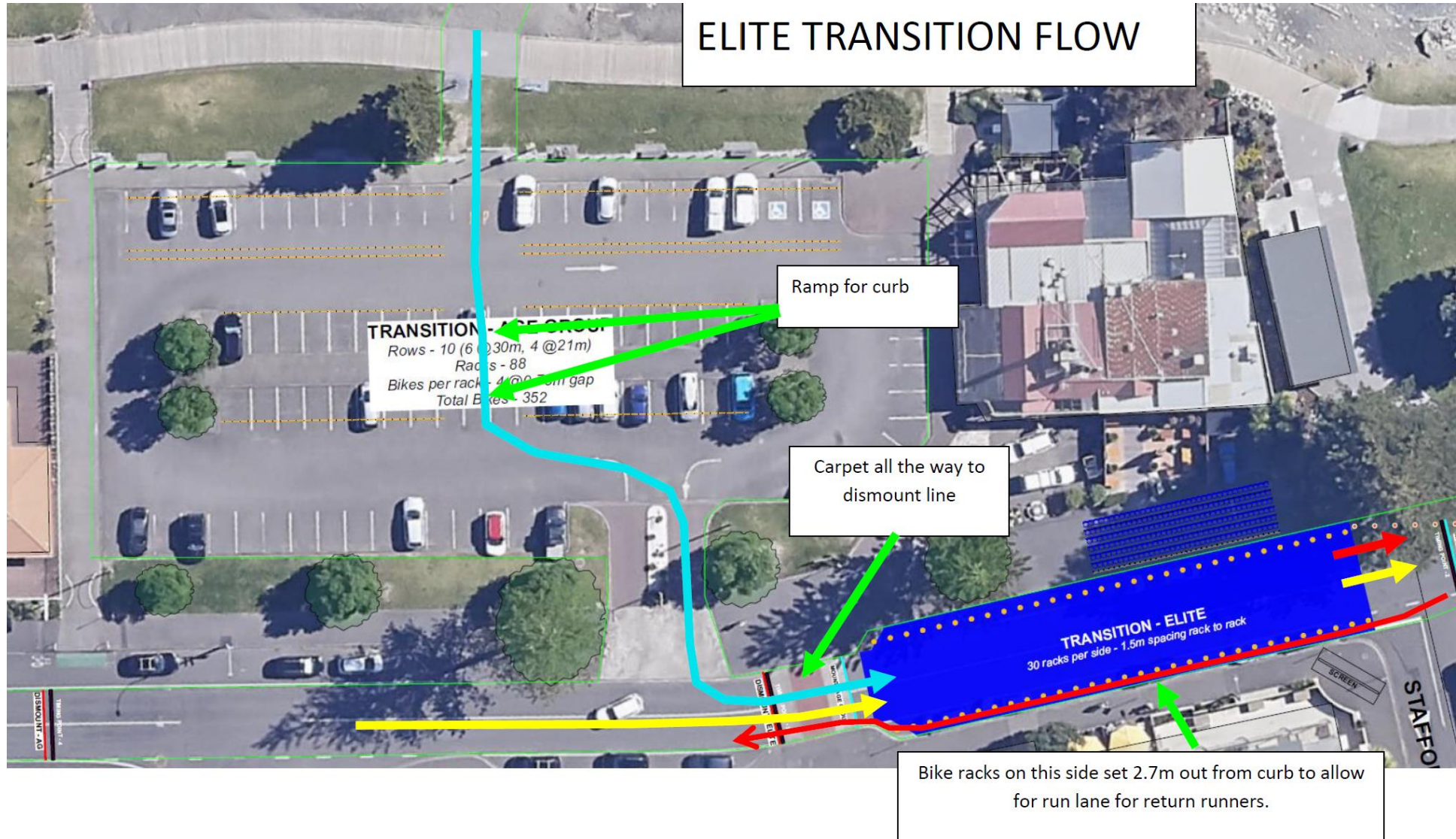
## Definition from the World Triathlon CR §5.1.b:

- 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



# Bike to Run





# Run course

- 2 laps (each lap 2.5km, total distance of 5km)
- Aid stations:
  - 1 per lap accessed both sides (100m and 1500m into each 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



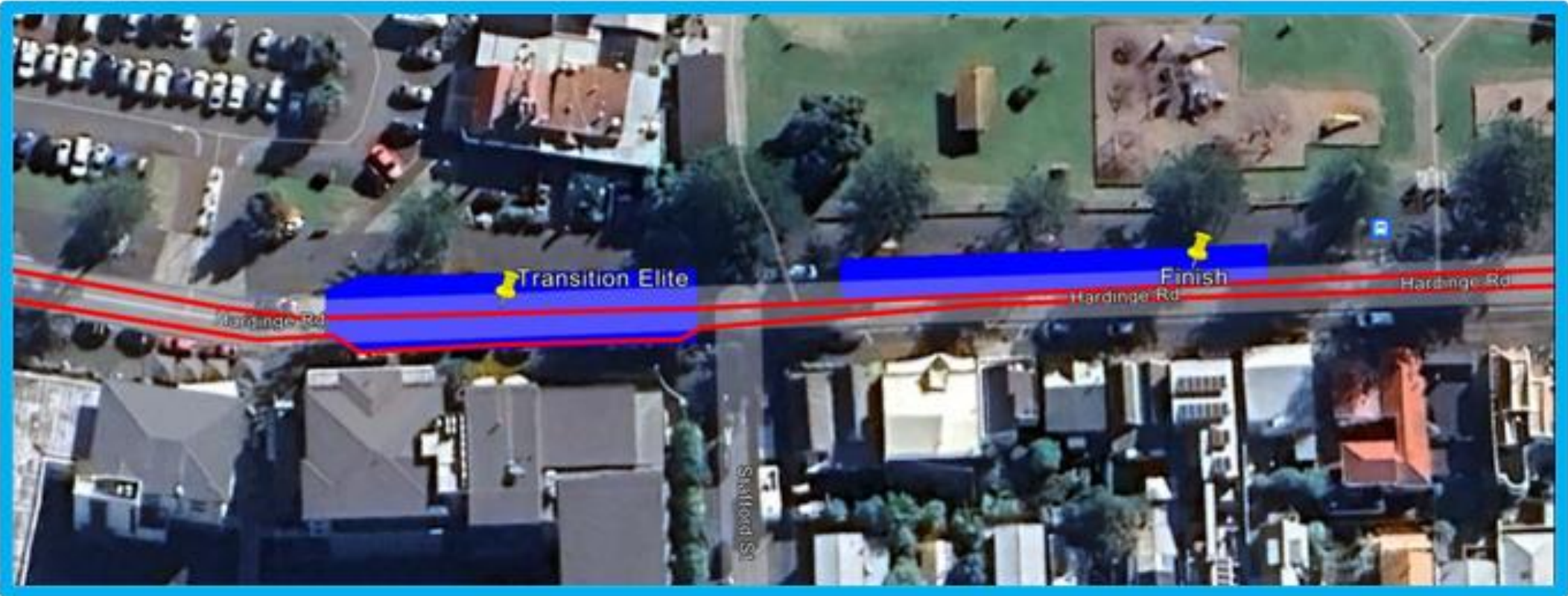
## Definition from the World Triathlon CR §6.1:

- 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 equipment - shoes

- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

# Finish



# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 90m 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 second 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



# Oceania Junior Mixed Relay



# Schedule and Timetables: Juniors



## **SATURDAY**

16:30 Team declarations due – Athletes Lounge (Venue)

## **SUNDAY**

08:30 Team member change – Athletes Lounge (Venue)

08:45 Athletes' Lounge check-in

09:30 Transition Area check-in

09:45 – 10:15 Swim Warm-up open

10:20 Athletes' Introduction

**10:30 Mixed Relay Start**

14:00 Medal ceremony (following the Elite team relay)

# Check-in procedures



## **Athletes' Lounge (Bike check) - refer to CR 5.2**

- Bike frame
- Traditional handlebars only ([clips-on to be removed](#))
- Wheels and spare wheels (non-authorized UCI wheels rule)
- Take your team wheels to the Team Wheel Station
- 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

- All Team members must check in together
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Timing chip distribution **1 chip for your ankle**
- Swim cap distribution
- 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> team member will collect timing chip from relay zone
- Athletes **MUST** be in the relay check-in zone in time to collect chip/swim cap and be ready.
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area



# Check-in procedures



## Transition Area

- All Team member must check-in together
- No clip-on handlebar is allowed on draft-legal event (Elite/U23, Juniors, Youth)
- Helmet check - Don't leave your helmet fastened in the transition  
**The athlete who misses to comply with this rule will receive a 10 seconds time penalty in TA1.**
- Running Shoes outside the box, helmet on the bike
- The bike must be racked in the 1<sup>st</sup> transition by the rear wheel and in the 2<sup>nd</sup> transition by either wheel.
- Last athlete (#4) nearest to the mount line
- 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.

## Athlete Introduction

- 10 minutes before start - line-up in Transition
- Team will be introduced together
- 1st athlete
  - Jog to the start platform
  - Select your position and stay behind the line!

Athlete blocking more than one place could result in DSQ

- 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> athletes peel off before you get to the beach – peel over to the right towards the Tag Zone

# Pre-start Procedures – Line-up map

Athlete A –  
to start line

Athletes B, C, D –  
to tag zone



# Start Procedures



## Athlete in position

- The start can be given any time after the Head Referee 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 seconds penalty in TA1.
- During the time penalty, the athlete CANNOT touch any equipment.

# The course



**Swim**            1 lap of 300m = 300m

**Bike**            1 lap of 5km = 5km

**Run**            2 laps of 1.05km = 2.1km

# Swim course

- On 23/2 at 12:30                      Water: 21.0°C
- On 23/2 at 12:30 :                      Air: 22.8°C
- Decision taken 1h before the race
- One 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 and flow through transition



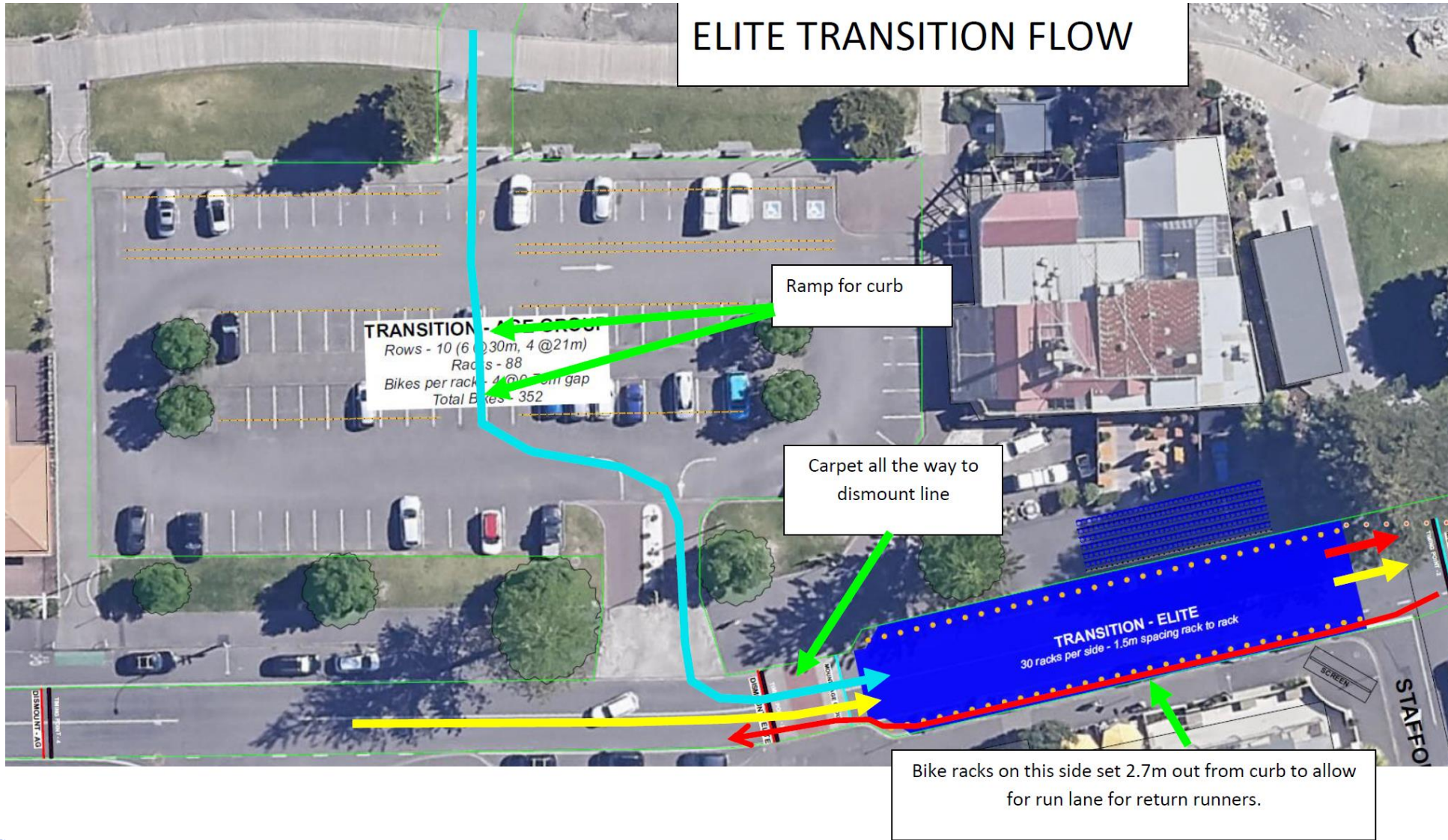
# Transition Area

- Swim Exit to TA 130m. There is a ramp up and over an obstacle through the AG Transition.
- Individual Bike Racks – two rows
- Team grouped by 4 racks next to each other on the same side
- Running shoes in front of the box, helmet on the bike
- 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.
- Used equipment into the box
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.

56 Mount line at the end of the TA (**GREEN** line) {[show location on map](#)}



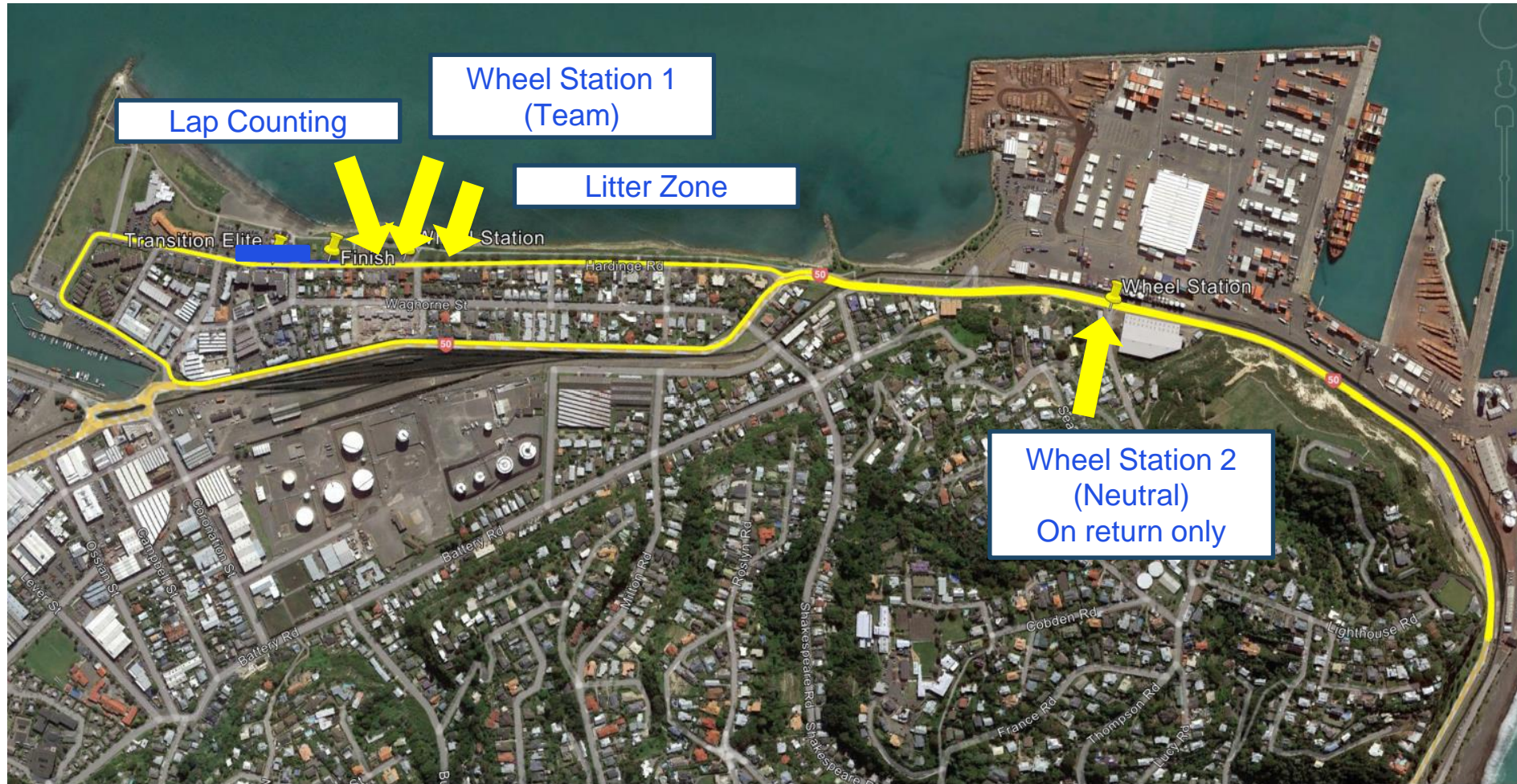
# Transition Flow



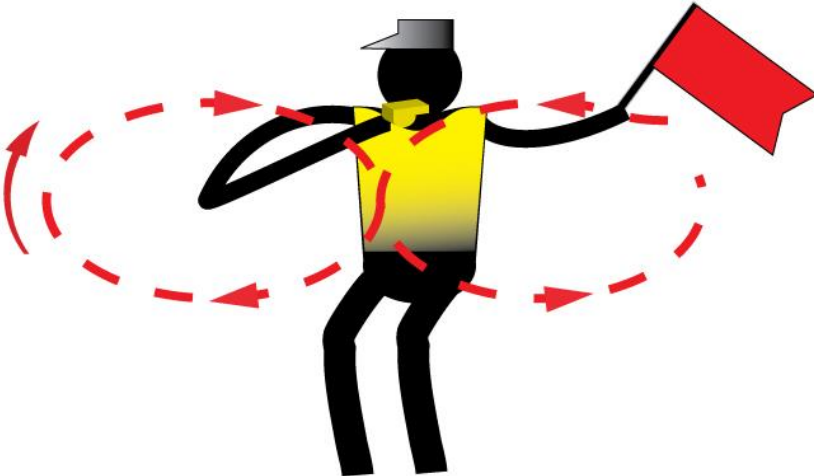
# Bike course

- 1 laps (total distance of 5km)
- Flat with some technical areas.
  - Narrow section as you exit Transition toward the Team Wheel Station
- 2 Wheel Stations
  - 1 Neutral wheel station
    - 2x 700c Front wheels, rim brake
    - 3x 700c Front wheels, 160mm roter disc brake
    - 1x 700c Rear wheels with 12speed cassette, 160mm roter disc brake
    - 2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake
    - 2x 700c Rear wheels with 11speed cassette, rim brake
  - 1 Team wheel station
    - For locations see the map
- Lap Counter: at the entry to transition
- Lapped athletes are out of the race

# Bike Course Map

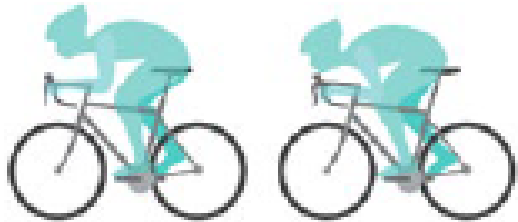


# Caution



# Riding position

OK



NOT OK



## Definition from the World Triathlon CR §5.1.b:

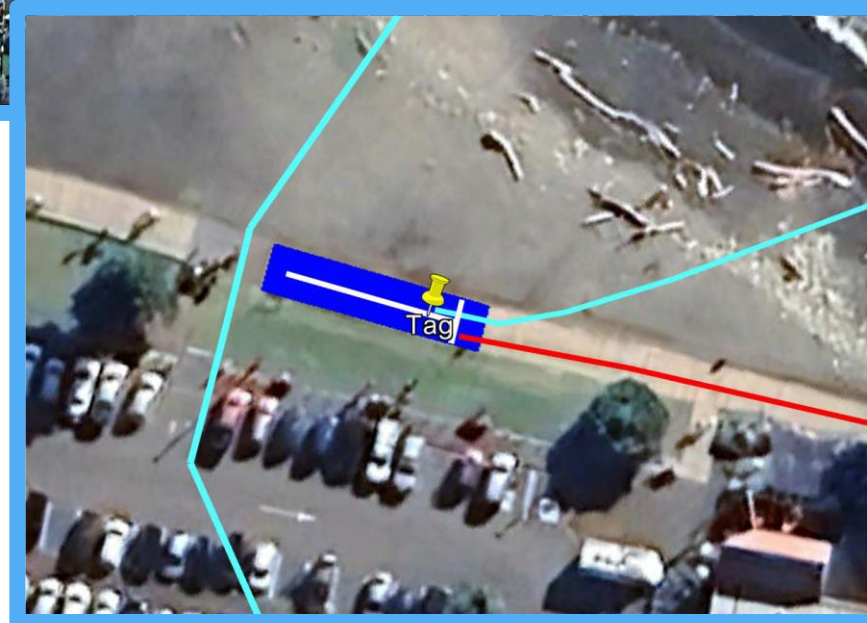
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete 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.

# Run course

- 2 laps 1.05km (total distance of 2.1km)
- Aid stations:
  - 1 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
- Top 3 Team Members at Finish Area for the photo
- Congestion in finish area >>> Go to mixed zone / recovery area



# Run Course Map





## 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 equipment - shoes

- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

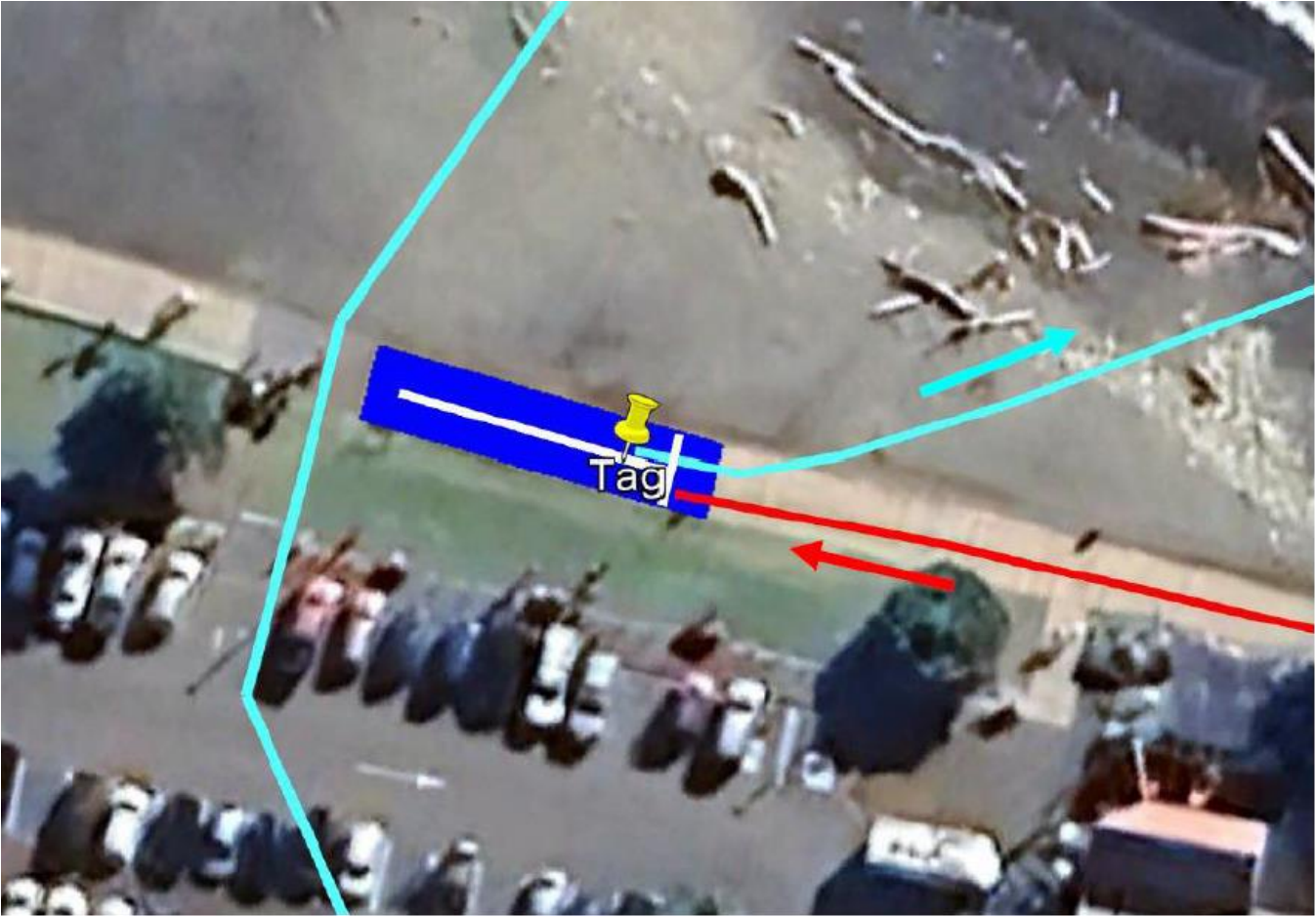
# Relay Zone



- Prior to the relay exchange, the athletes will wait in the preparation area until the moment when the technical official tells them to enter the relay zone at the finish.
- It is athletes' responsibility to be there, collect timing chip and be ready
- The relay exchange from one team member to another will take place inside the "Relay Zone"
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing athlete within the relay zone
- If the contact occurs unintentionally outside the relay zone, the team will get a 10 second penalty.
- If the contact occurs intentionally outside the relay zone or not completed, the team will be DSQ.
- Keep both feet behind the relay line
- A penalty board will be placed in the relay zone to inform teams



# Relay Zone



# Finish



# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 10m before the Tag Zone / Turn to Lap 2
- **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

Any member of the team can serve the penalty

Not stopping means **DSQ**

The athlete/team may then protest the penalty. Evidence will only be made available if a 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

If you incur a penalty, you will find **your number plus a letter** code indicating the nature of the infraction:

## Violations Abbreviations:

<b>Dismount Line</b>	D		<b>Littering</b>	L
<b>Mount Line</b>	M		<b>Equipment outside the box</b>	E
<b>Swim Behavior</b>	S		<b>Bike Behavior</b>	B
<b>Run Behavior</b>	R		<b>Other violations</b>	V

For example:	athlete #12 received a time penalty for a dismount line violation
<b>12x2 ME</b>	athlete #12 received 2-time penalties for mount line and equipment outside the box violations



# 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.

# All Events



# Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol –
  - Individual races – 19:25 Saturday following the Elite Mens event. Please be back at the venue by 19:10
  - Team races – 14:00 Sunday following the Elite relay event. Please be back at the venue by 13:45
- **Competition Rule 16.3: Federations may be allowed to enter more than one team. Only the team with the best finishing position will be listed in the results and eligible for awards and medals**
- 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.

# 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.

# 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.

# Coaches Accreditation / Coaches Areas



## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. **The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.**

## Coaches' areas

- No designated coaches areas. Accreditation provides access to Athletes Lounge, Recovery areas and Relay Zone



# Important updates



- **Run course measurement**
  - Register following the Athlete Briefing tonight
  - Meet at Athletes Lounge at 13:40
  - Commence after Junior Women have started second lap of run to be finished prior to the Junior Men start



# Water Quality Assessment (Sea/Transition)

Enterococci	
16/2/2024	NMP/100mL
Location A	< 10
Location B	< 10
Location C	< 10
<b>Enterococci limit</b>	<b>&lt;100</b>

E.Coli	
16/2/2024	NMP/100mL
Location A	< 10
Location B	< 10
Location C	< 10
<b>E.Coli limit</b>	<b>&lt;250</b>

PH	
16/2/2024	
Location A	8.1
Location B	8.1
Location C	8.1
<b>PH limit</b>	<b>6-9</b>



Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Swim Start	None	None	09:15	Insert comments if necessary

Weather report	
Day	Weather
<b>B-3</b>	Fine. No rain
<b>B-2</b>	Fine. No rain
<b>B-1</b>	Fine. No rain

Weather forecast	
Day	Weather
<b>Briefing (B)</b>	Fine
<b>B +1</b>	Mainly fine. Up to 10% chance of trace of rain
<b>Race Day</b>	Mainly fine. Up to 20% chance of trace of rain
<b>Race Day</b>	Cloudy, rainfall developing in the afternoon

## SUMMARY

**1 = Very good water quality**  
(E.Coli: < 250; Enterococci < 100 ), no heavy forecast rain.

# Heat stress indicators

Warning icons will be placed at the Athletes Lounge and Relay Zone



# Weather forecasts



	Temperature in °C	Weather
<b>Friday</b>	25 °C	Cloudy
<b>Saturday</b>	25 °C	Mostly fine
<b>Sunday</b>	23 °C	Rain developing in afternoon

# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://www.triathlon.org/about/safeguarding_policy)

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extraordinary