



# Mixed Relay briefing

June, 1st 2019

# Briefing agenda

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- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The course
- Primes
- Post-Race Procedures
- Water Quality
- Weather forecast



# Welcome and Introductions

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- Renato Bertrandi (ITA), ETU president
- Esther Sanchez (ESP), ITU Technical Delegate
- Jan Philipp Krawczyk (GER), ITU Technical Delegate
- Hans Everts (NED), ITU assistant Technical Delegate
- Dóra Rózsa (HUN), ITU Head Referee Elite
- Daan Hoogland (NED), ITU Head Referee Junior
- Jan Verstuyft (BEL), ITU Medical Delegate
- Roger Stienen, LOC Race Director



# Competition Jury junior

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- Esther Sanchez (ESP), Chair
- Renato Bertrandi (ITA)
- Patrick Kingma (NED)



# Competition Jury elite

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- Jan Philipp Krawczyk (GER), Chair
- Renato Bertrandi (ITA)
- Patrick Kingma (NED)



# After Briefing

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- The Team Coaches will nominate the team members (to the Head Referees)
- Race pack distribution
- Composition can be changed 11:30-11:45 (juniors) and 14:00-14:15 (elite); see Head Referee at Athletes' Lounge

# Schedule and Timelines - junior

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## Sunday

11:30 – 11:45	Team member change
11:30 – 13:00	Athletes' Lounge open and check-in
12:00 – 13:15	Transition Area open
12:45 – 13:15	Swim Warm-up
13:25	Athletes' Introduction
13:30	Mixed Relay Start
After finish	Medal ceremony





# Schedule and Timelines - elite

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## Sunday

14:00 – 14:15	Team member change
14:15 – 15:30	Athletes' Lounge open and check-in
15:00 – 16:00	Transition Area open
15:15 – 15:45	Swim Warm-up
15:55	Athletes' Introduction
16:00	Mixed Relay Start
After finish	Medal ceremony





# Check-in procedures

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## Athletes Lounge (Bike check)

- Refer to 5.2 in competition rules
- Handle bars with clips-on
- Wheels and spare wheels
- 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 ITU website:

[http://www.triathlon.org/uploads/docs/itu\\_sport\\_elite\\_bike\\_saddle\\_rule\\_exceptions\\_updated\\_201506301.pdf](http://www.triathlon.org/uploads/docs/itu_sport_elite_bike_saddle_rule_exceptions_updated_201506301.pdf)



# Check-in procedures

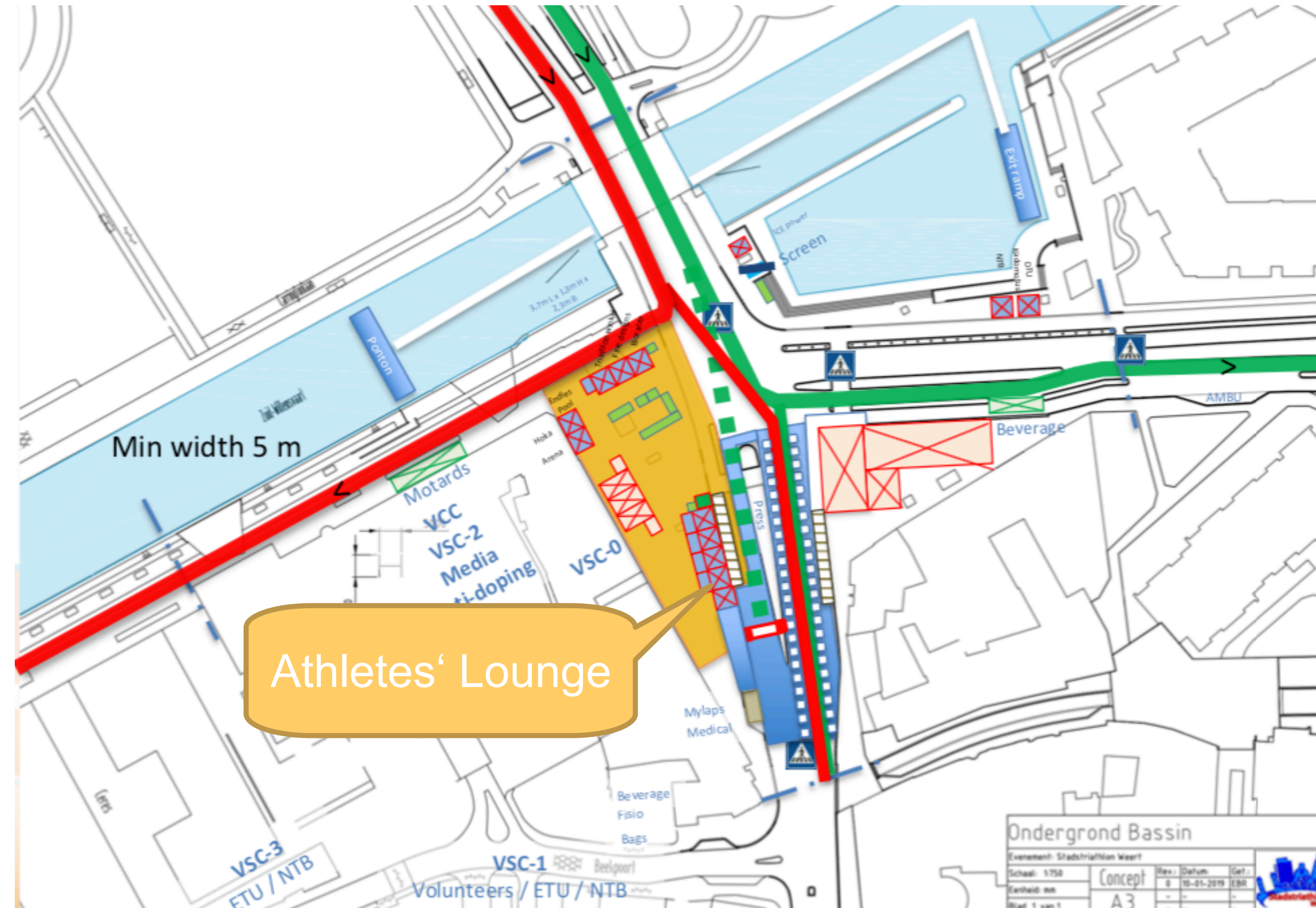
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## Athletes Lounge (Bike check)

- 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
- Will be very crowded



# Map Athletes' Lounge





# Check-in procedures

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## Athletes Lounge

- All Team members must check in together
- Uniform & race gear check (name, country, logos, ITU logo, zippers) – photos taken of each uniform. Wearing other uniform during the race = DSQ!
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle) & swim cap distribution
- 2, 3 and 4th team member will collect timing chip from relay zone
- Athletes **MUST** be in the relay check in zone in time to collect chip and be ready



# Check-in procedures

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## Transition Area

- All Team members must check in together
- 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 of 10 seconds in TA1.*
- Running Shoes outside the box, helmet on the bike
- The bike must be racked in the first transition by the rear wheel and in the second transition by either wheel
- Last athlete nearest the mount line.



# Pre-start Procedure

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## Athlete Introduction:

- 10 minutes before start - line-up in transition
  - Team will be introduced together
- First Athlete
  - Jog to the platform
  - Select your position and stay behind the line!

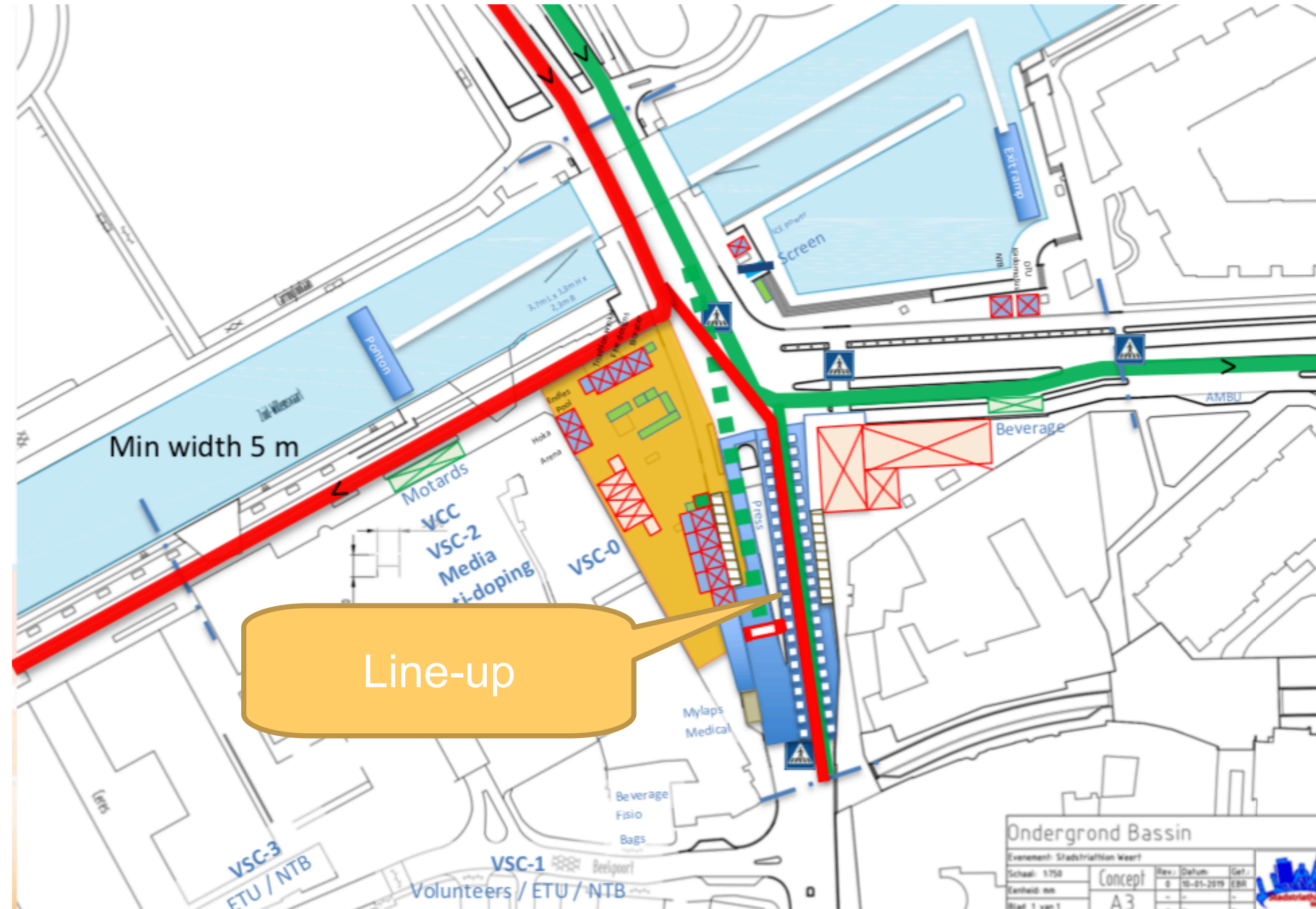
*Athlete blocking more than one place will result DSQ*

- 2nd, 3rd, 4th Athletes stop at end of transition and run through finish chute





# Line up Map





# Start Procedure

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## Athletes in position:

- The start can be given any time after the Head Referee announces "On your mark"
- Electronic Air horn blast
- The race starts

*Athletes not moving forward at the start will receive a time penalty of 10 seconds in TA1.*



# False Start Procedures

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## False start Example 1:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to her/his spot

## False start Example 2:

- If someone starts before the horn and everyone else starts with the horn, the athlete who false started will receive a time penalty of 10 seconds in TA1.
- During the time penalty athlete can not take any equipment!

# The Course

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## Swim

1 lap of 300m

## Bike

1 lap of 6.4km

## Run

2 laps of 0.75km



# Swim course

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- Today at 12:30
  - Water temperature: 19.1°C
  - Air temperature: 26.3°C
- Wetsuit maybe allowed – decision 1h to the start
- 1 lap (total distance of 300m)
- Distance to the first turn 250m
- Take cap, goggles to transition into your box



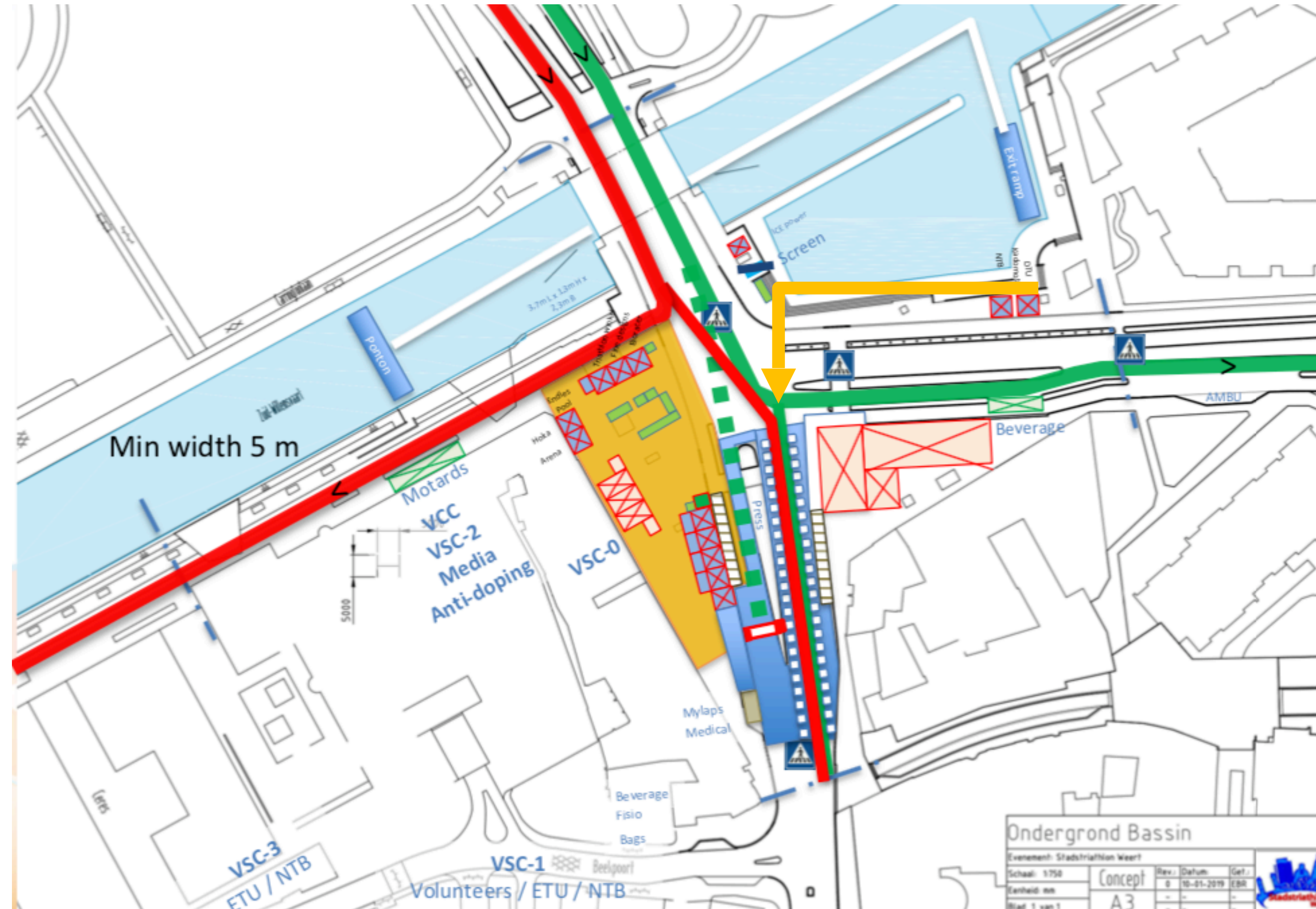


# Swim course Map





# Swim Exit to TA



# Transition Area

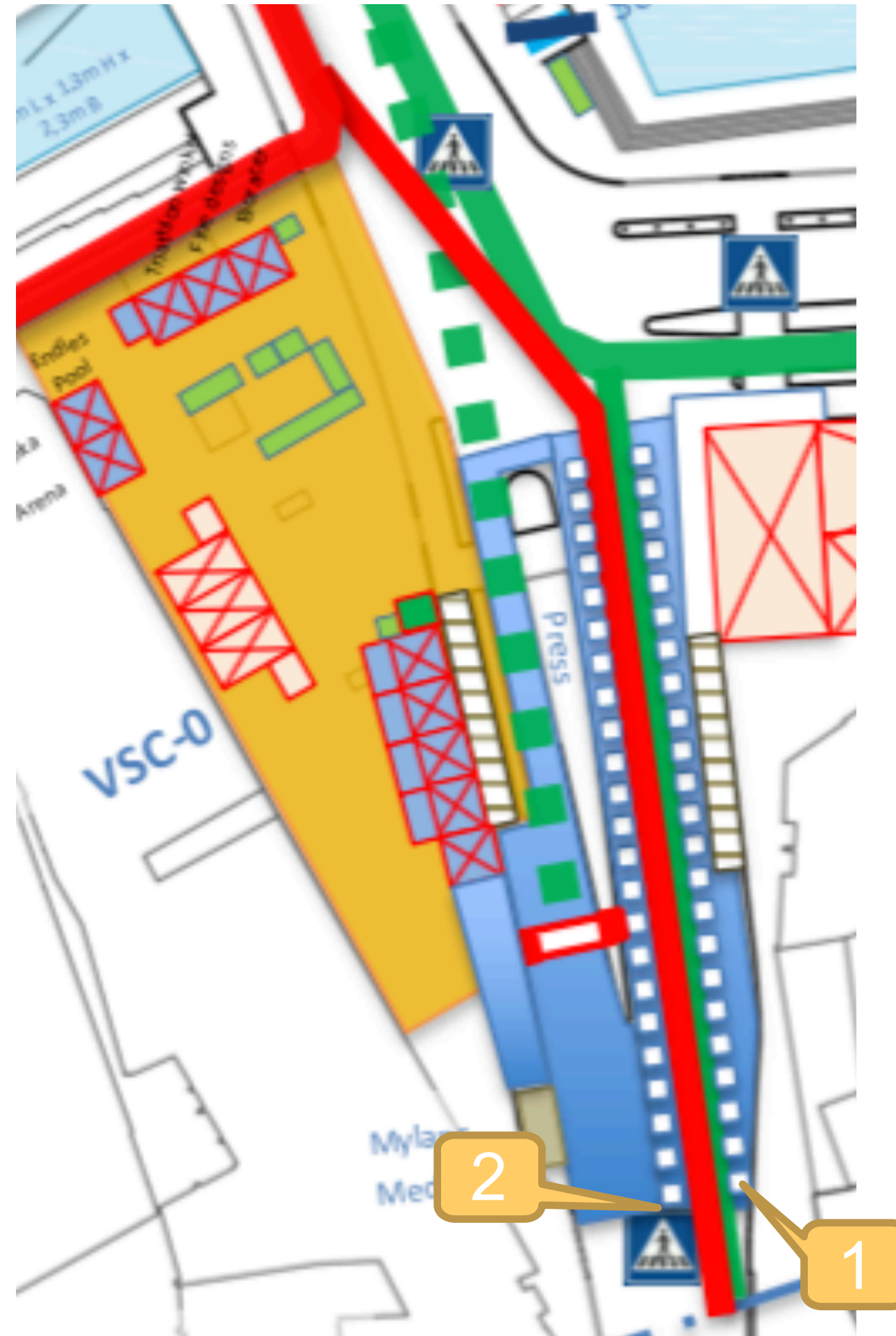
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- Swim Exit to TA 250m
- Individual Bike Racks
- Teams grouped by 4 racks next to each other on the same side
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- All used equipment into **YOUR** box  
*Failure to put equipment in your box = 10 second penalty on run PB*
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)



# Transition Flow

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# Bike course

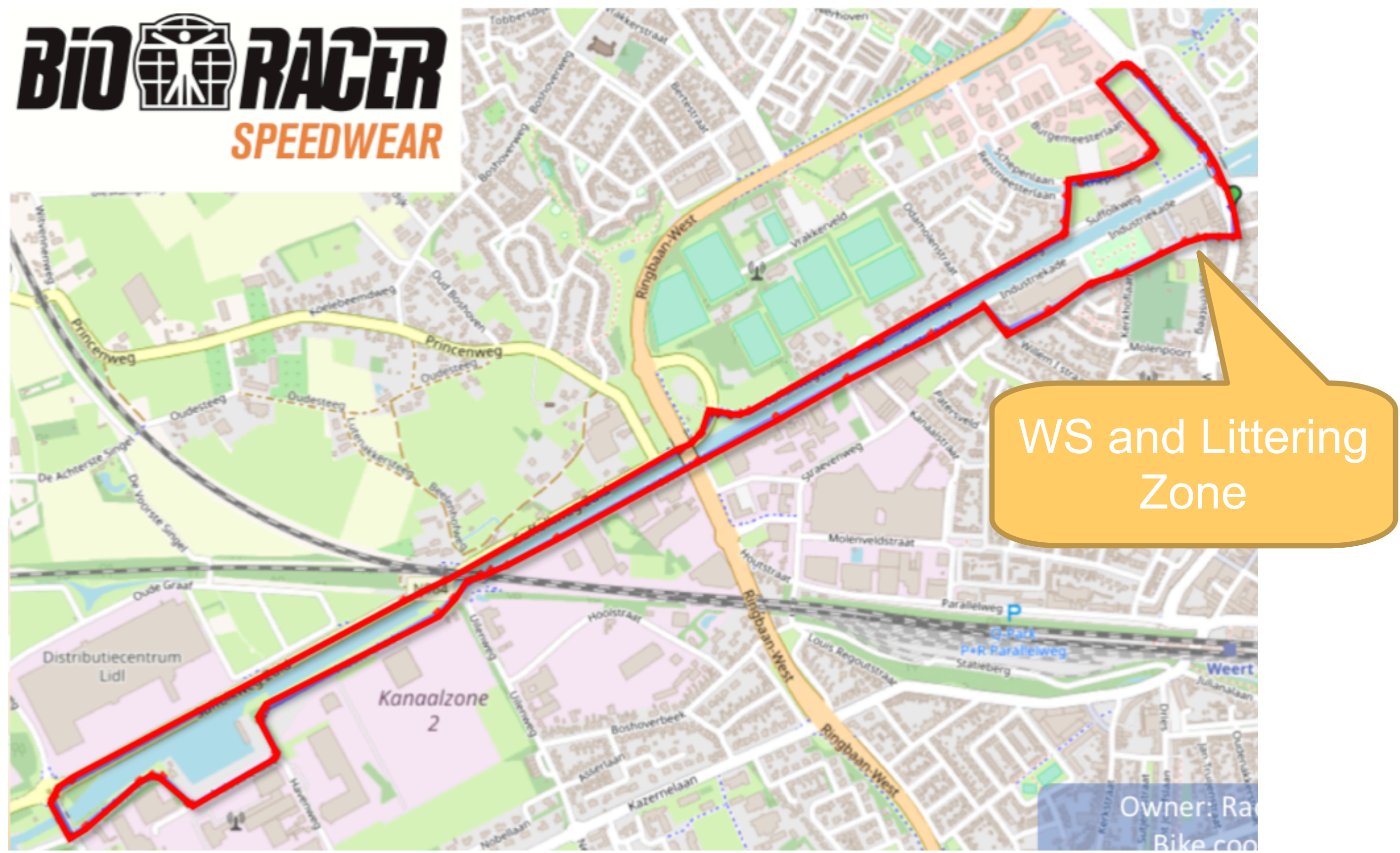
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- 1 lap (total distance of 6.4km)
- flat and not technical
- 1 Wheel Stations (for locations see map)
  - 1 Team wheel station
  - Discard plastic bottles and litter in the Littering Zone
- Lapped athletes are out of the race
  - First runner – last biker case when first runner crosses bike course to get to mixed relay zone





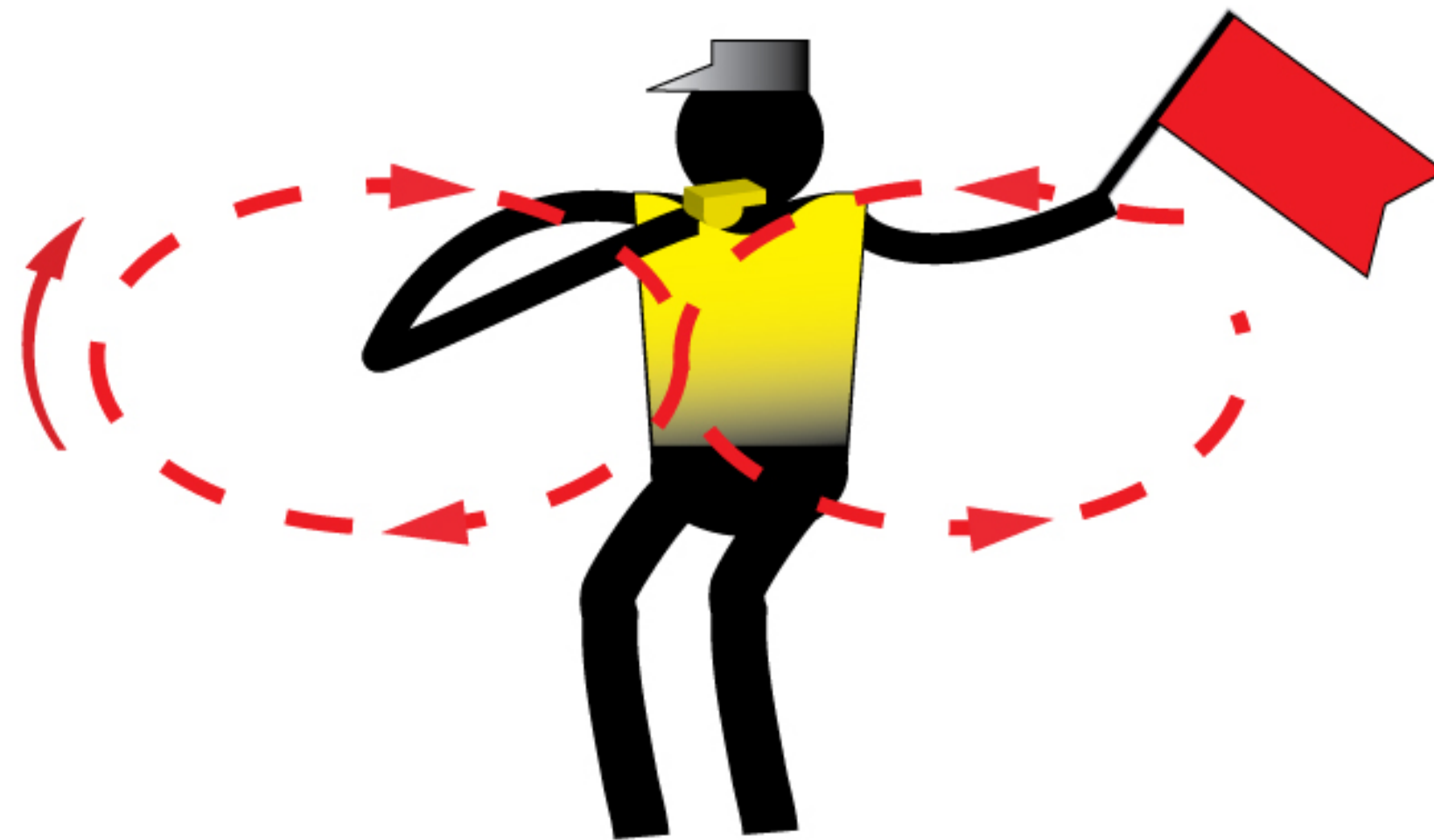
# Bike Course Map



# Caution

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Caution signal: three sharp whistles and red flags





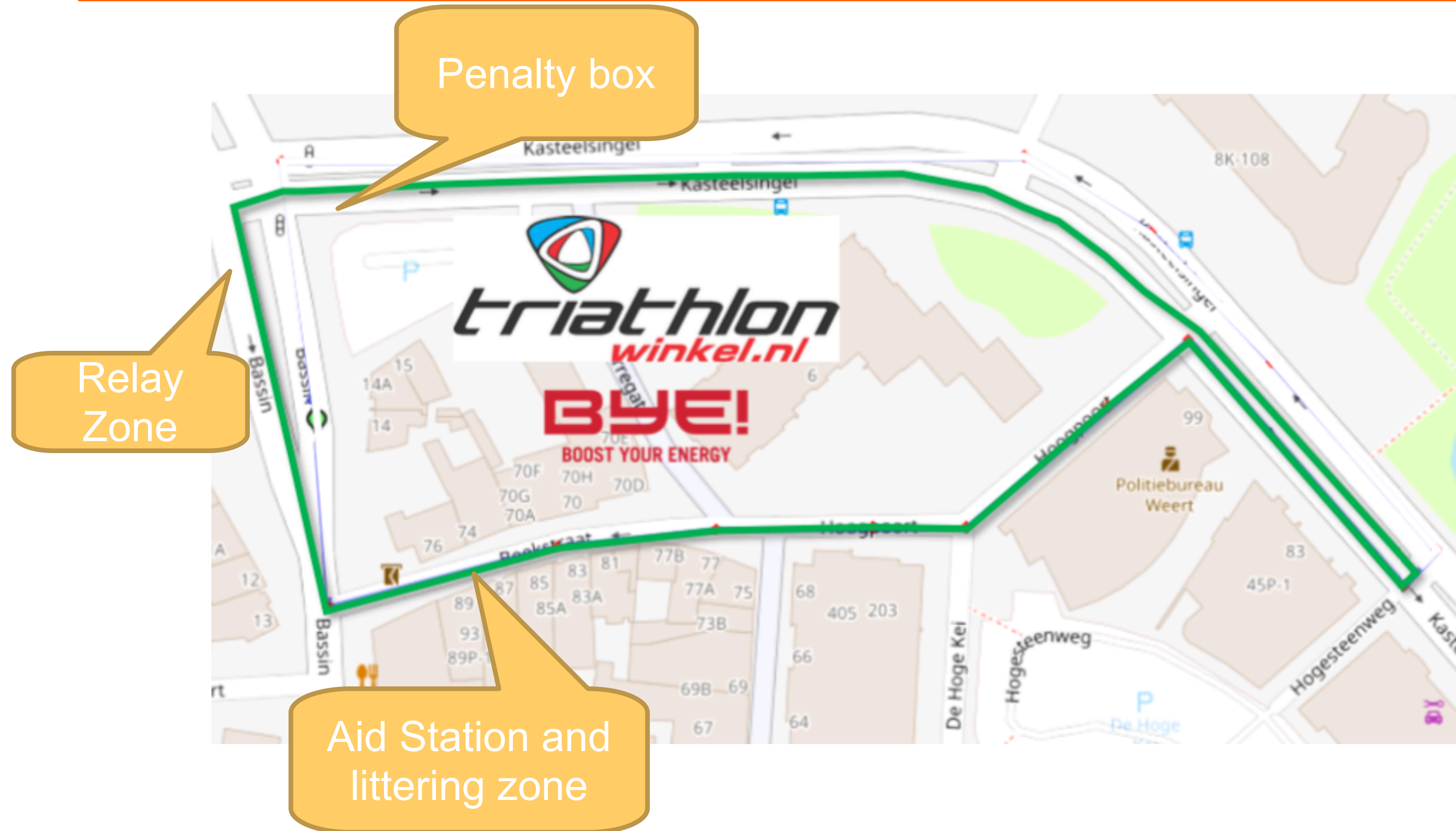
# Run course

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- 2 laps (total distance of 1.5km)
- Aid stations:
  - 1 per lap
  - For locations see the map
  - Sealed water
  - Discard plastic bottles within the littering zones. (20m before and 80m after Aid stations)



# Run Course Map



# Relay Zone

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- Prior to the relay exchange, the athletes will wait in the recovery area until the moment when the Technical official tells them to enter the relay zone
- 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”





# Relay Zone

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- The relay exchange is completed by the incoming athlete, using their hand to contact the body of the out-going 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

# Relay Zone

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# Finish

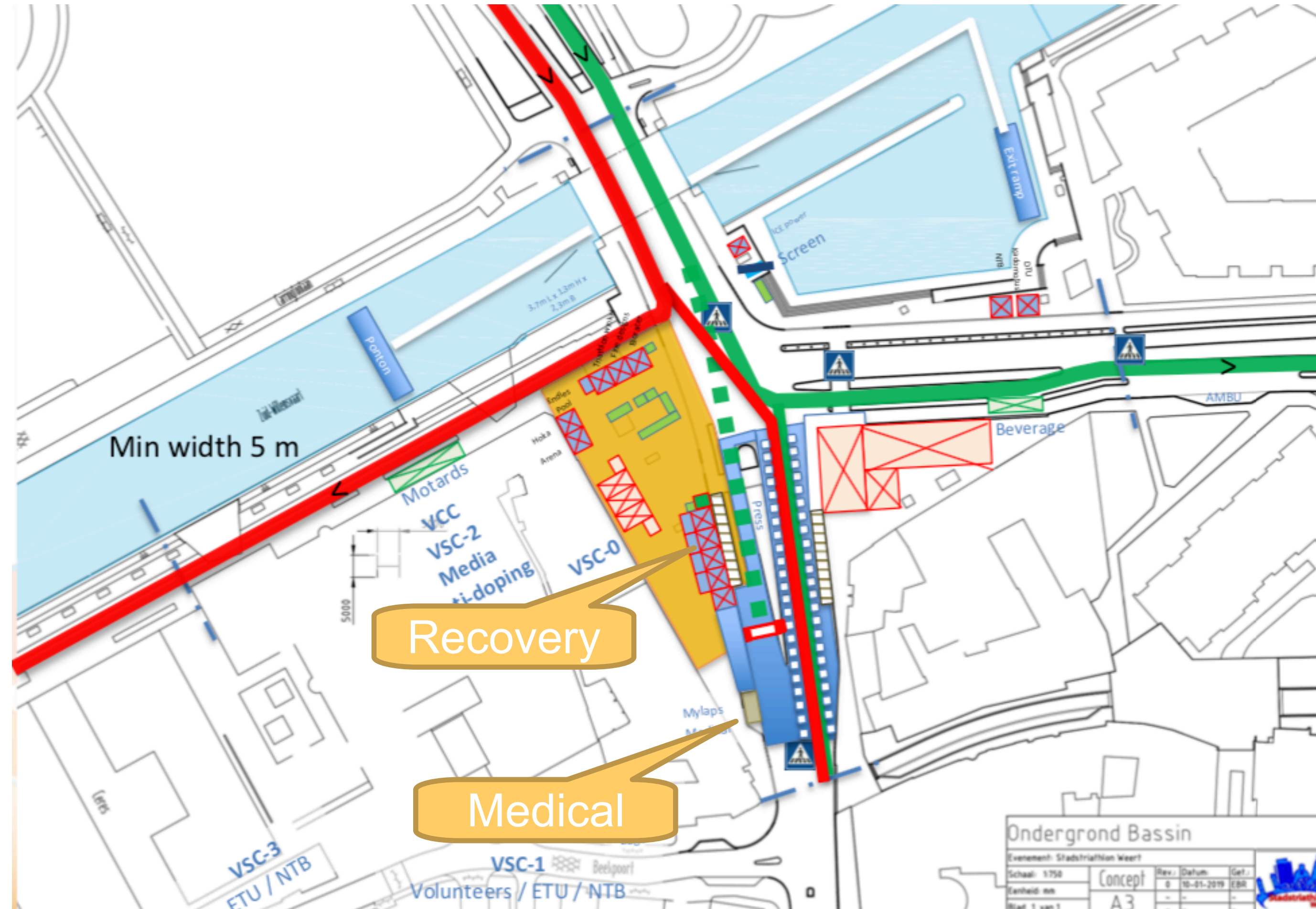
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- Photo-finish
- Top 3 Team Members at Finish Area for the photo
- Congestion in finish area:
- Go to recovery area





# Finish



# Run Penalty Box

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## New Rule

The penalty box is for infringements in: Swim, TA1, bike and TA2

e.x.: Mount before mount line, dismount after dismount line, discharge or store your equipment outside your designated area, rack the bike outside your own space etc

(Transition will be videotaped for infringements)

**Location:** 150m before the Transition Area

**Information:** White board to show race numbers and letters

(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

**If you don't stop DSQ**

**Any** member of the team can serve the penalty

# Run Penalty Box

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## Violations Abbreviations:

- Littering: L                      Mount Line: M
- Swim violations: S              Dismount Line: D
- Other violations: V              Equipment outside box: E

## For example:

- 12D = athlete #12 received a time penalty for a dismount line violation
- 12x2ME = athlete #12 received 2-time penalties for mount line and equipment outside the box violations



# Post-race Procedures

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- For Top 3 Teams:
  - Medal Ceremonies
  - Media
- Please follow the ambush marketing rules
- 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.
- Dress “up”
- Prize money – please write mail to [etu\\_hq@etu.triathlon.org](mailto:etu_hq@etu.triathlon.org)





# Ambush Marketing Rules

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- 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

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## Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

## Team Medical Access

- Only team medical will be allowed to enter the medical tent after the LOC Doctor's permission.
- Every NF can have 1 team medical accreditation but for team doctors only



# Coaches areas

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## Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the ITU online system are entitle for an accreditation

## Coaches' areas:

- Mixed zone
- Next to penalty box

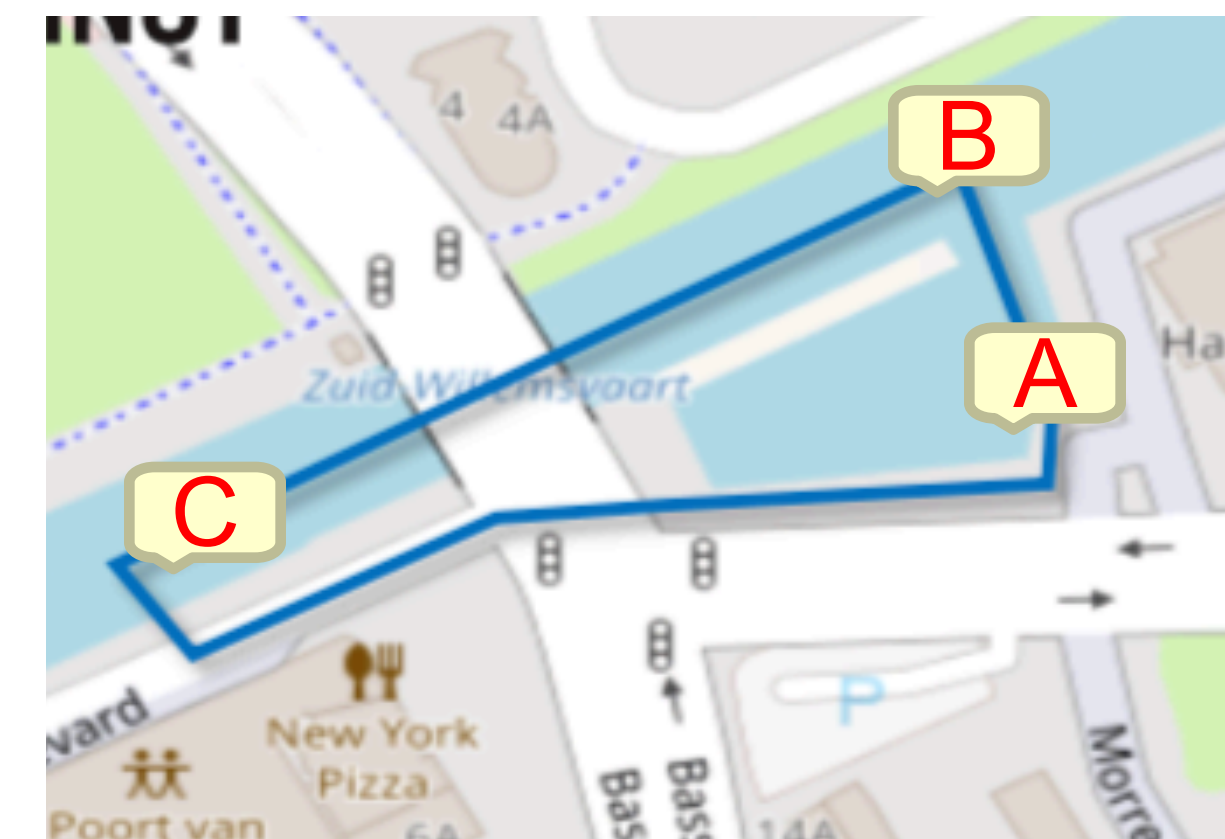


# Water Quality Assessment (Inland)

Enterococci	
22.05.2019	NMP/100mL
Location A	<15
Location B	93
Location C	<15
Enterococci limit	<200

E.Coli	
22.05.2019	NMP/100mL
Location A	370
Location B	110
Location C	<15
Enterococci limit	<500

PH	
22.05.2019	
Location A	8.04
Location B	8.04
Location C	8.06
PH limit	6-9



Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Sunny
Race Day	Sunny

Weather report	
Day	Weather
B-3	Overcast with rain
B-2	Overcast
B-1	Sunny

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

## SUMMARY

**1 = 'Very Good Water Quality':**  
(E.Coli < 500 or Enterococci < 200) with no or potential visual pollution during sanitary check or forecasted heavy rain



# Weather forecast

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	Temp	Weather
Sunday	29°C	

# Access to Briefing

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Race Briefings can be found as follows:

[https://triathlon.org/events/event/  
2019\\_weert\\_etu\\_triathlon\\_european\\_championships](https://triathlon.org/events/event/2019_weert_etu_triathlon_european_championships)



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# Good Luck!

