

# Elite Para triathlon briefing

4th. February 2023



# 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



- Megan Hall, Triathlon Australia
- Kyle Davey, World Triathlon Technical Delegate
- Christina Thorne, World Triathlon Head Referee
- Kyle Burns, TA Paralympic Performance Manager
- Paul Humphries, LOC Director   Ja Davis, Race Director



# Competition Jury



- Kyle Davey - Chair
- Ja Davis - Race Director
- Megan Hall - Triathlon Australia





# Event Overview



Event consists of:

- 750m single lap sea swim
- 20km multi-lap cycle leg around Stockton, flat course
- 5km run, relatively flat course



# Schedule and Timetables



## **TODAY**

15:30 Athlete Briefing

- Immediately after this briefing collect your race packs
- Race Pack include items as per the Competition Rules



# Schedule and Timetables



## **Sunday 5th. February 2023**

6:30am	Athletes Lounge check-in
7:00am	Transition Area open for check-in and equipment check
8:15am	Swim warm up
8:50am	Athletes assemble at start line
9:00am	Race Start
11:00am	Oceania Triathlon Para Championships Medal Ceremony



# Schedule and Timetables



Sunday 5<sup>th</sup>. February 2023

Time

9:00am	PTWC1 - Men
9:01am	PTWC1 - Women
9:10am	PTS2/3/4/5 - Men
9:11am	PTS2/3/4/5 - Women
9:20am	PTVI 2/3 - Men



# Venue map



# Check-in procedures



## Entering the venue

- Proceed to the Athletes Lounge (Registration Tent) on site adjacent to transition
- With your registered Handler/Guide
- Bike check will be done prior to entering transition

## Time schedule

6:30am - 8:45am





# 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](#)
- Body marking check (both arms, both legs)
- Swim cap distribution
- Timing chips (2x) distribution
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station
- Leave bags in the Athletes' Lounge



# Swim Cap Colors



## Athletes' Lounge

- PTWC **RED/YELLOW**
- PTS2 / PTS3 / PTS4 / PTS5 **RED/YELLOW/GREEN**
- PTVI 1 **GREEN**
- PTVI 2/3 (athlete) **GREEN**
- PTVI 2/3 (guide) **WHITE**



# Timing Chips – Where to Wear

Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork)
PTS2 – PTS5	<b>Double amputees:</b> Bike prosthesis + run prosthesis <b>Single amputees:</b> Existing ankle + run prosthesis <b>Non amputees:</b> Both ankles
PTVI	1 - Athlete ankle 1 - Guide ankle

# Permitted Equipment - Uniform



## Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. [This will be checked](#)
- PTVI 1 athletes must wear black-out goggles during the swim and [can only be removed once the bike position has been reached in transition](#)



# Permitted Equipment - Uniform



## Bike and Run

- Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event **BUT only in Transition.**  
Removal elsewhere during the race will lead to DSQ
- PTVI 1 athletes must wear black-out glasses on the bike and run segments



# Check-in procedures



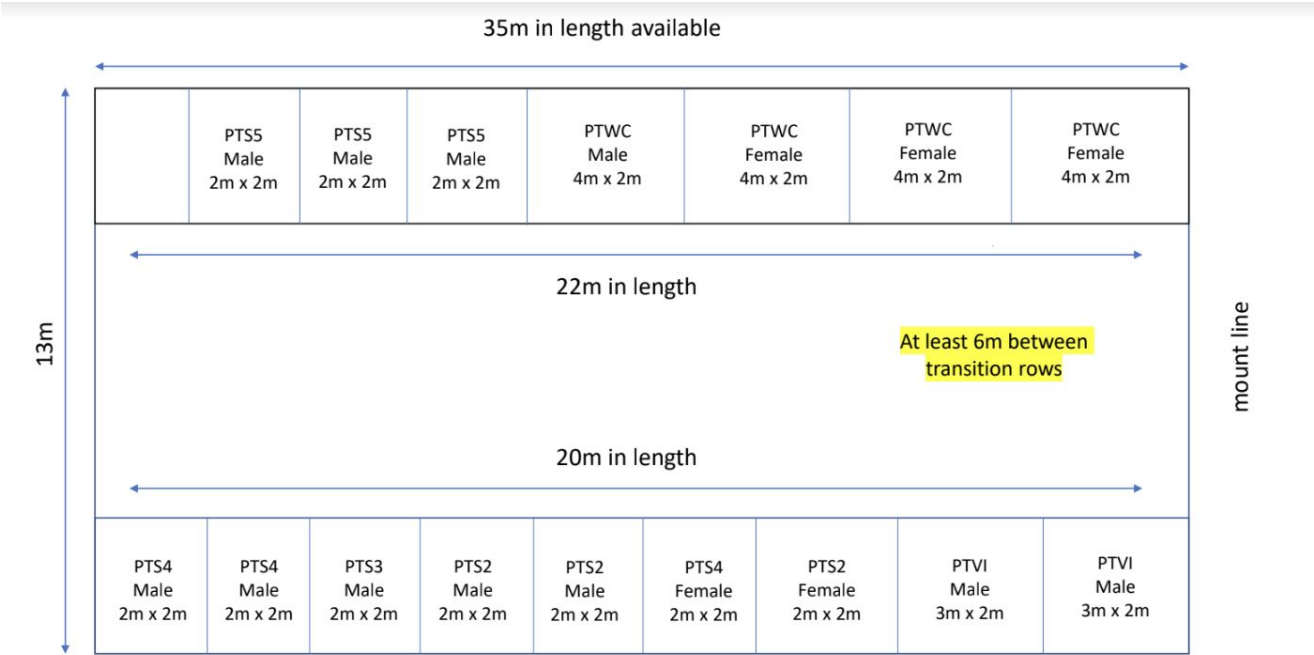
## Transition Area

- A folding chair will be provided to athletes if required
- To add any equipment to the bike, approval is to be obtained from the TD at the end of the athletes' briefing.
- Only athletes and their handlers will be allowed in the Transition Area
- Helmet check – Don't leave your helmet fastened in the transition  
The athlete who do not comply with this rule will receive a time penalty of 10 seconds at run penalty box.
- Running Shoes on the ground, helmet on the bike
- Spare wheels collected at bike check & returned to Athletes Lounge





# Transition Area Map



# The Venue



## Athletes' Assembly

- 10 minutes before your start, line up before entrance to start area
- Order will be PTWC and PTS2-PTS5, then PTVI
- Move to the swim start, select a position and stay behind the line! **(inside the water)**
- **Officials/ Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the pontoon.

# Pre-start Procedures



## **Wave starts - Athletes' line-up**

- Interval Start System PTVI & PTWC
- Each wave will start at an exact time
  - Wave 1: 9:00am PTWC & PTS2-PTS5 (men & women)
  - Wave 2: 9:20am PTVI 2/3
- Please follow instructions promptly

## **New Water temperature limit for wetsuit use:**

- 24.6°

20- PTWC wetsuit bottoms always allowed if the swim takes place

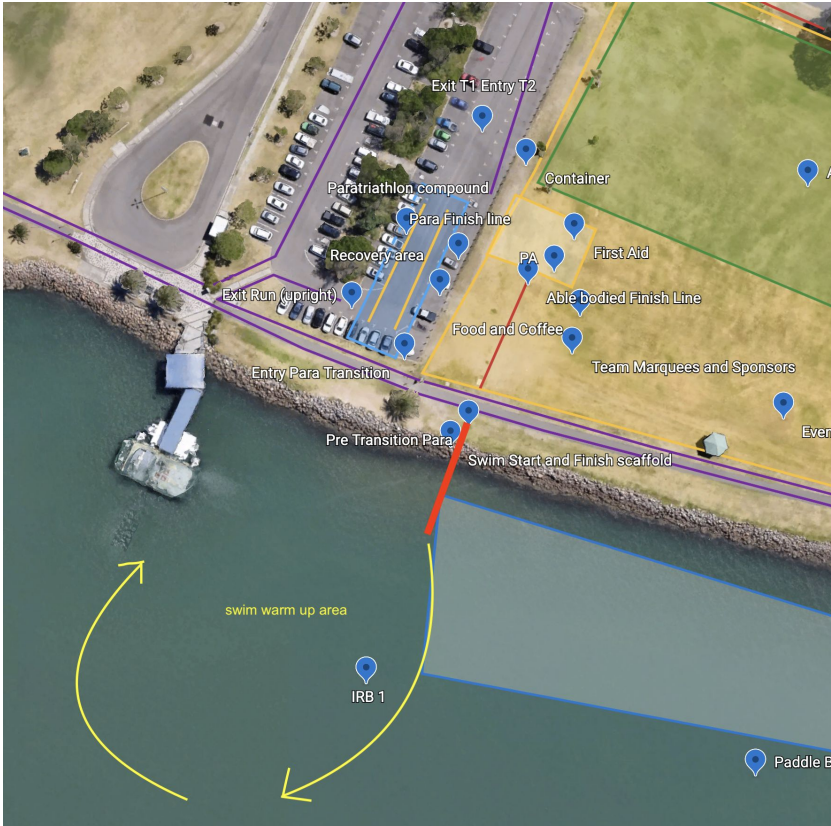




# Pre-start to start area



# Para triathlon – Warm-up





# Start Procedures



## **Athlete in position in the water**

- Deep water start at the start, athletes can hold paddle boards
- The start can be given any time after the Head Referee announces "On your mark"
- Air horn blast
- The race starts



# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- 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 750m

**Bike**                      4 laps of 5km

**Run (PTWC)**              1 lap (on road course) of 5km

**Run (PTS & PTVI)**      2 laps of 2.5km (on path course) 5km  
Includes - 400 transition to run course and  
              - 470m run course to finish line



# The overall course



# Swim course



- On Saturday 4th. at 9:00am      water temperature 23°C  
air temperature 22 °C
- Wetsuits optional
- One hand on the paddle board
- 1 lap of 750m
- Distance to the first turn buoy, 375m
- Swim exit assistants will be at the swim ramp steps
- Take cap, goggles to transition into your box



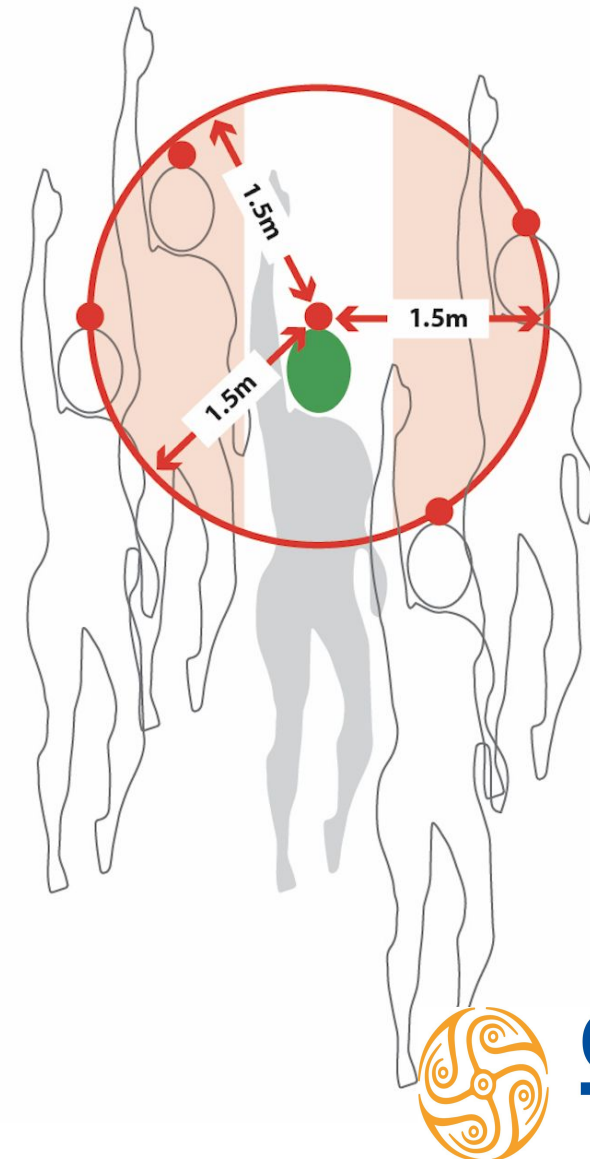
# Swim course map





# PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation



# Swim Exit Handling



- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.



# Pre-Transition Area



- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area
- No wetsuit removal by Tos nor swim exit assistants/volunteers



# Swim exit to TA



# Transition Area



- Traditional bike racks
- Name, number, country code and flag
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)
- PTWC shall stop completely at mount and dismount lines



# Transition Area



- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box;  
Failure to do so = 10 second penalty on run
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Helmet MUST be fastened before unracking bike
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle



# Transition Flow





# Bike course



- 4 laps of 5km (total distance of 20km)
- Flat and not technical
- 1 Wheel Station (at the penalty box)
  - For locations see the map
- Electronic lap control, but you are responsible to count for yourself !
- Littering zone is by the wheel station
- Always ride on the left, pass on the right
- Warn the athlete you want to pass





## **PTWC handbikes – new rules**

- Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;

# Bike course



- Draft illegal event
- If shown a **BLUE** card for drafting, you
  - **MUST** stop at the next penalty box - 1 min/penalty
  - Failure to stop at the next penalty box: DSQ
- It is the athlete's responsibility to stop at the Penalty Box, numbers will be posted on board
- Time penalties for littering on bike course will be served at run penalty box: 10 sec penalties (**YELLOW** card)
- 2 accumulated drafting time penalties = **DSQ**



# Draft Zones



10m (from your front to their front wheel)

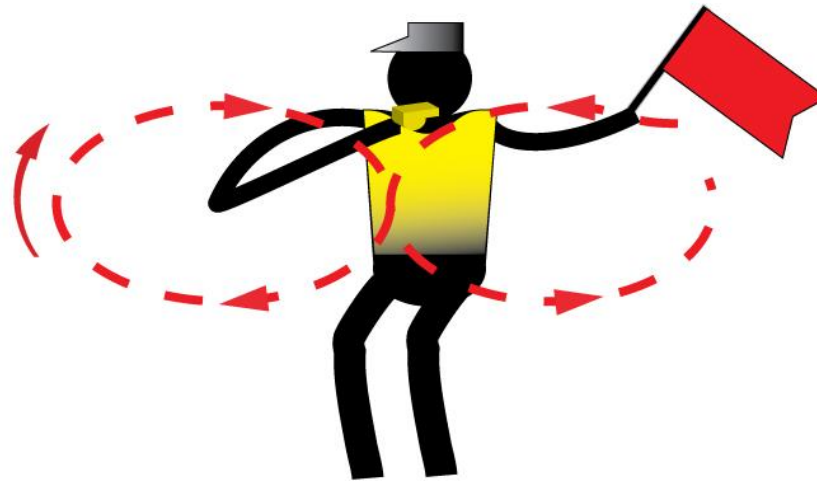
20 seconds to overpass

# Bike Course Map



# Caution

Caution signal: three sharp whistles and red flags



# Bike to Run





## Run course (PTS & PTVI)

- 2 x 2.5km laps (total distance of 5km)
- Aid stations:
  - 1 per lap: at the northern turnaround point
  - For locations see the map
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Congestion in finish area:
  - Go to mixed zone / recovery area



# Run course (PTWC)

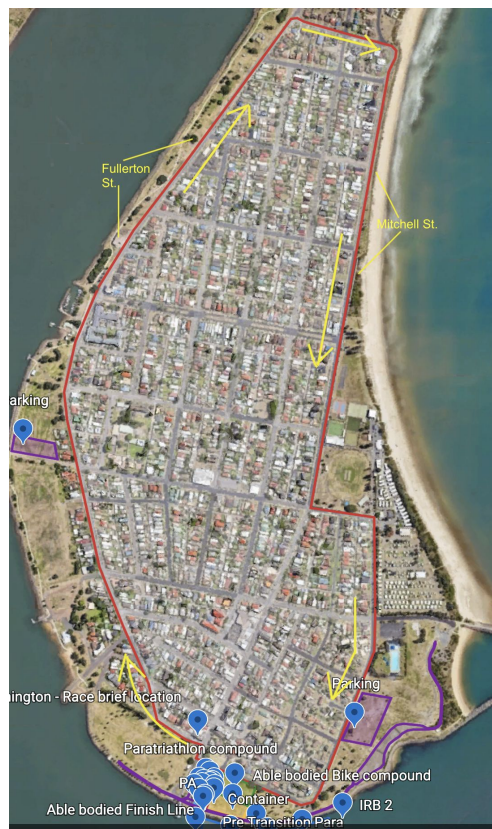
- 1 lap (total distance of 5km)
- Congestion in finish area:
  - Go to mixed zone / recovery area



# Run Course Map (PTS & PTVI)



# Run Course Map (PTWC)



# Run Penalty Box



- Swim infringements will be served in T1, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 300m 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..





# 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





# Handlers Direction after T2



- Proceed to finish line via Recovery area, off the FOP
- Do not go down the finish chute
- Bike check out: at the completion of the event



# Finish Area



# Post-race Procedures



## **Anti-Doping Control**

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



# Post-race Procedures



- Race Results posting at Administration Tent
- Medal ceremonies at 11:00am  
Please be there at least 15 mins before the official time of the awards!
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.



# Medal Ceremonies



# 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





# Weather forecasts



	Temperature in °C	Weather
Friday	24°C	fine & clear
Saturday	21°C	fine & clear
Sunday	21°C	fine & clear





# ENOUGH

## NEED HELP?

Contact

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

Visit

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

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# Have a good race!



Be your  
extraordinary