

Elite Athletes' Briefing

17th February 2023

Oceania Triathlon Sprint Cup

Wanaka, New Zealand



**TWILIGHT
CHALLENGE**

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



Sue Horsburgh AUS, World Triathlon Technical Delegate

Sarah Jenkins NZL, World Triathlon Assistant Technical Delegate

Tony Sangster NZL, World Triathlon Head Referee

Bill Roxburgh, Challenge Wanaka Race Director

Tony Dodds, Challenge Wanaka Event Director

Competition Jury



Sue Horsburgh AUS, Chair

Victoria Murray-Orr, NZL, Board Member of Triathlon NZ

Bill Roxburgh, NZL, LOC

Schedule and Timetables

FRIDAY

Briefing 10:00am

After the briefing, please collect your race pack which includes

Helmet Sticker(1x – to be placed on the right hand side)

Bike Sticker(1x)

Accreditation wristband

Timing Chip

Swim Cap

Check-in procedures

Uniform check (name, country, logos, World Triathlon logo) – photos have been taken of each uniform. Wearing other uniform during the race = DSQ

Swim skins must be under the guidelines of the wetsuit and must be worn throughout the race.

If an athlete wishes to wear a second swim cap, the cap should be unbranded.

Schedule and Timetables



FRIDAY

5:15pm – 6:15pm Transition Area check-in for Elite Women/Men.

Please leave plenty of time for bike checks and body marking.

6:20pm Elite Women's Introduction

6:30pm Elite Women Start

7:35pm Elite Men's Introduction

7:45pm Elite Men Start

8.45pm Medal ceremony

Check-in procedures

Athletes' Lounge is a Marquee at the end of transition.

Bags can be left there during the race.

Bike check

No clips-on allowed

Wheels and spare wheels (non authorized UCI wheels rule), Leave your spare wheels at the Bike Check – please have them labelled.

Bike frame

Disc brakes are now legal

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 this briefing

NO mechanic is available at the race but there are 3 bike shops available in town - Racers Edge, Bike Lounge and Bikes by Outside Sport.

Body Marking (both arms, both legs).

Check-in procedures



Transition Area

Helmet check - Don't leave your helmet fastened in the transition. If it is left fastened, the TO will take a picture and then the TO will unclip it.

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 Athletes' Briefing.

Pre-start Procedures



Athlete Introduction

10 minutes before start - line-up

Jog to the start once your name is called

Select your position and stay behind the rope!

Athletes are required to wear the official swim cap from the moment of the athletes' line-up

Start Procedures



Athlete in position

You will be given a 30sec then 10sec warning to go.

The start can be given any time after the HR announces
"On your mark"

Air horn blasts and 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 or whistle

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 = 750m

Bike 6 laps of 3km = 18km

Run 3 laps of 1.66km = 5km

Swim course



Last night at 6.30pm

Water temperature 18°C

Air temperature 23.9°C

Wetsuits are allowed

1 lap (total distance of 750m)

Distance to the first turn buoy 300m

All buoys will be on your right shoulder

All swim gear into your transition box

Swim conduct

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

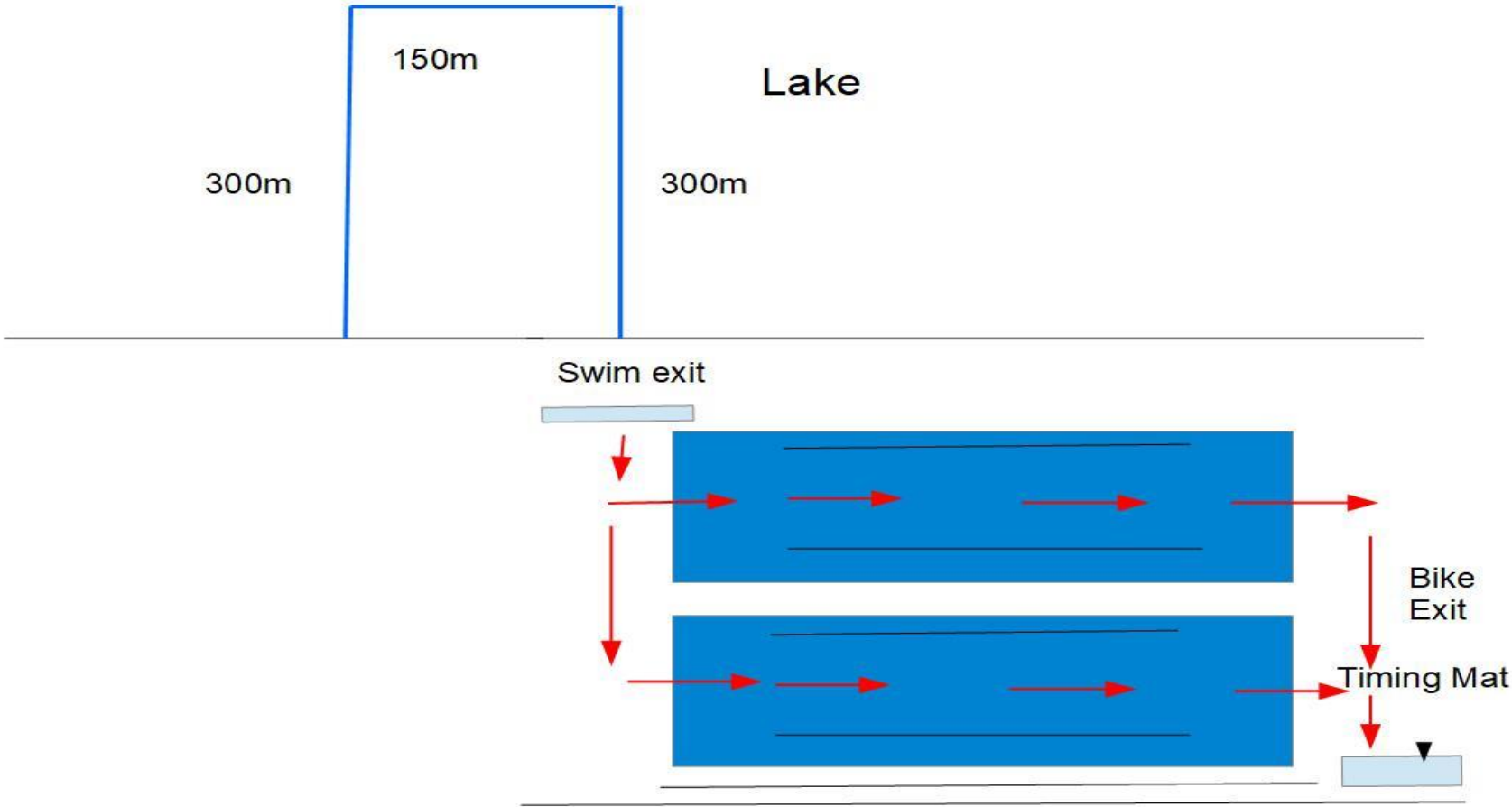


Technical Officials will observe the swim course to monitor athlete's behaviour in this respect .

Infringements may be recorded, and appropriate action will be taken dependent on the rule's definition from the previous slide

Please respect your fellow competitors and keep the race fair.

Swim course and Swim Exit to Transition



Transition Area

Swim Exit to TA is about 20m

2 Transitions - One closest to the lake for the Women, the one closest to the road for the Men.

Traditional Bike Racks –two rows in each transition

All bikes must be racked by the seat in T1 (no elastic bands)

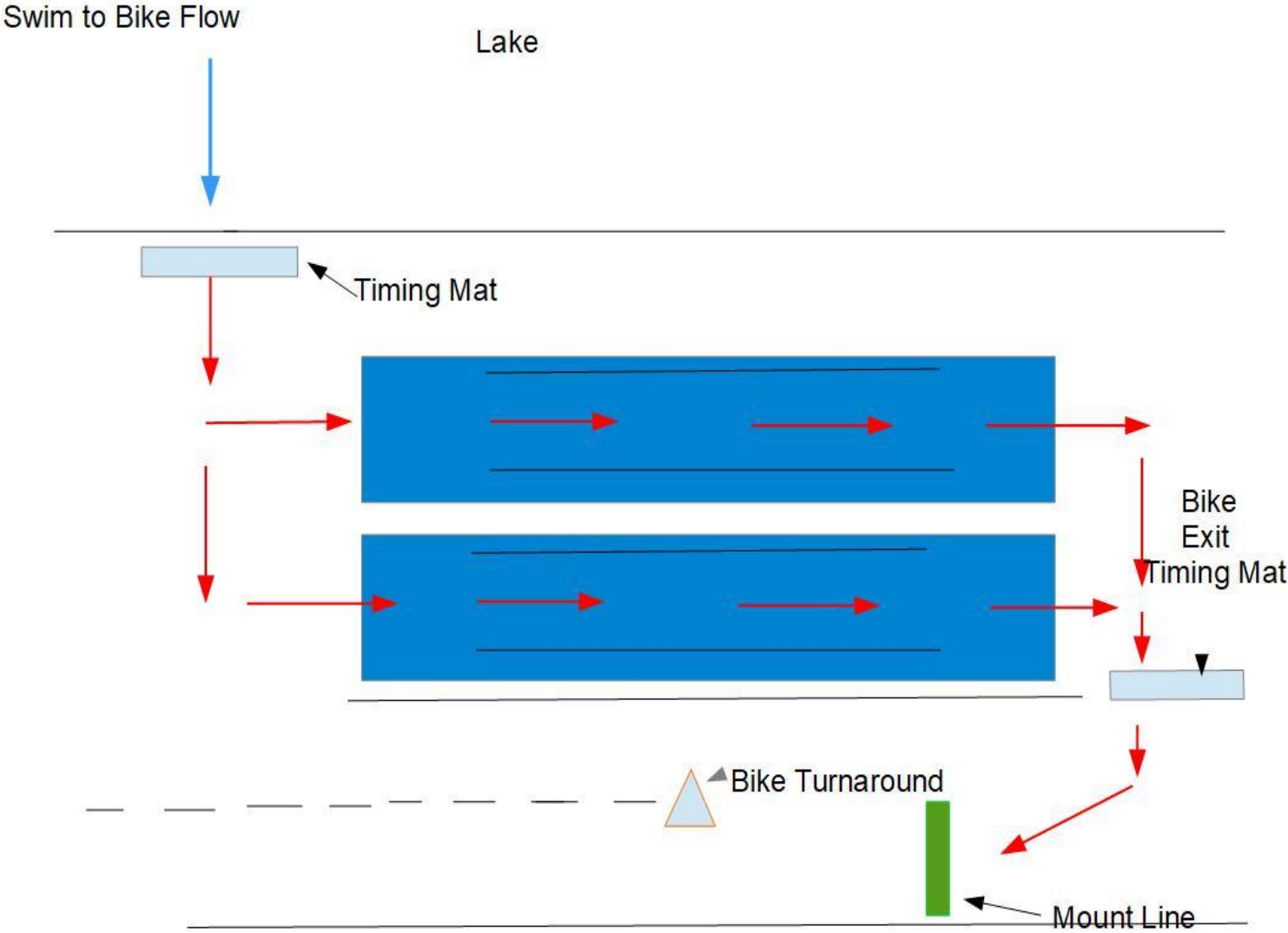
Bikes can be racked either direction in T2.

All used equipment into the box.

At your **last** transition all equipment whether used or unused must be in the box.

Bike shoes can remain on the bike.

Transition Flow



Bike course

6 laps (total distance of 18km) on the road. Laps do NOT pass through transition.

Course is flat/ U-turns/ draft legal

Keep to the left at all times— DO NOT CROSS THE CENTRE LINE
If you do, this will result in a DSQ

1 Wheel Station – on the Lake side of the course

Lap Counter: prior to the entry end of transition

Lapped athletes are out of the race

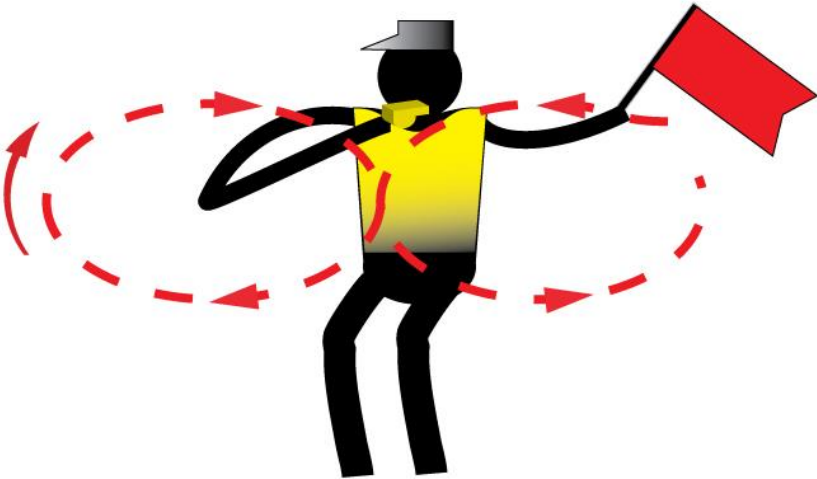
First runner – last biker scenario

No littering zones available on the bike course

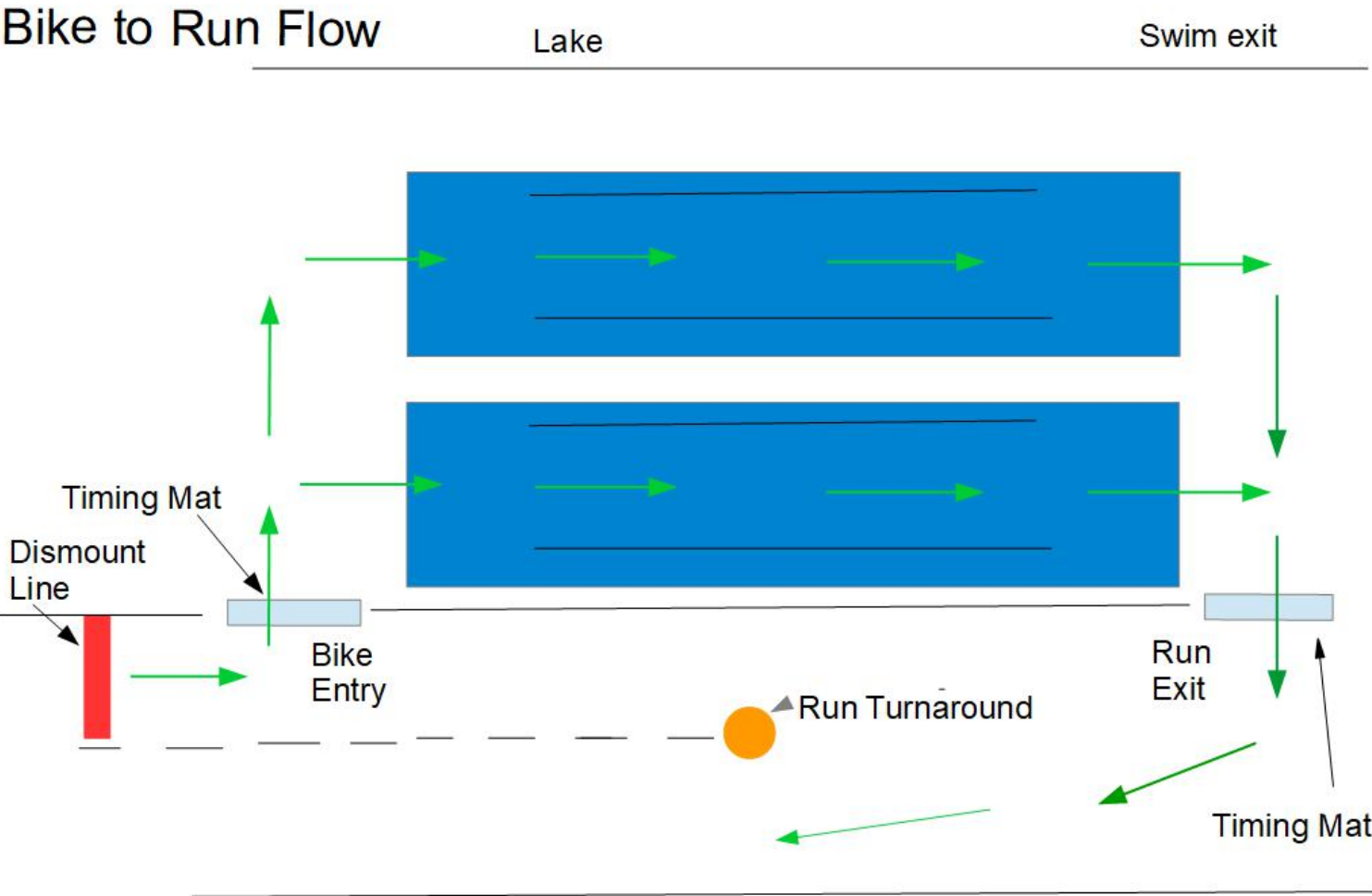
Bike Course Map



Caution



Bike to Run



Run course



3 laps (total distance of 5km)

Penalty Box: On the lake side of the run course. Penalty can be taken any lap.

10 seconds. It is your responsibility to check the board.

Aid station: On the left-hand side of the run course after exiting transition.

- Sealed water available every lap.
- Discard plastic bottles and litter within the littering zones indicated by the signs (20m before and 80m after)

Photo-finish

Please keep moving through the finish area

Go to recovery area

Run Course Map



Run Penalty Box



Start infringements will be served in T1

Swim, T1, Bike, T2 and Run Infringements will be served at the Run Penalty Box.

Location : 200m before the Transition Area on the lake side of the run course.

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 can be 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. At the last transition all equipment whether used or not (shoes can remain on bike) must be in your designated box. **(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
Bike Behaviour	B	Run Behaviour	R

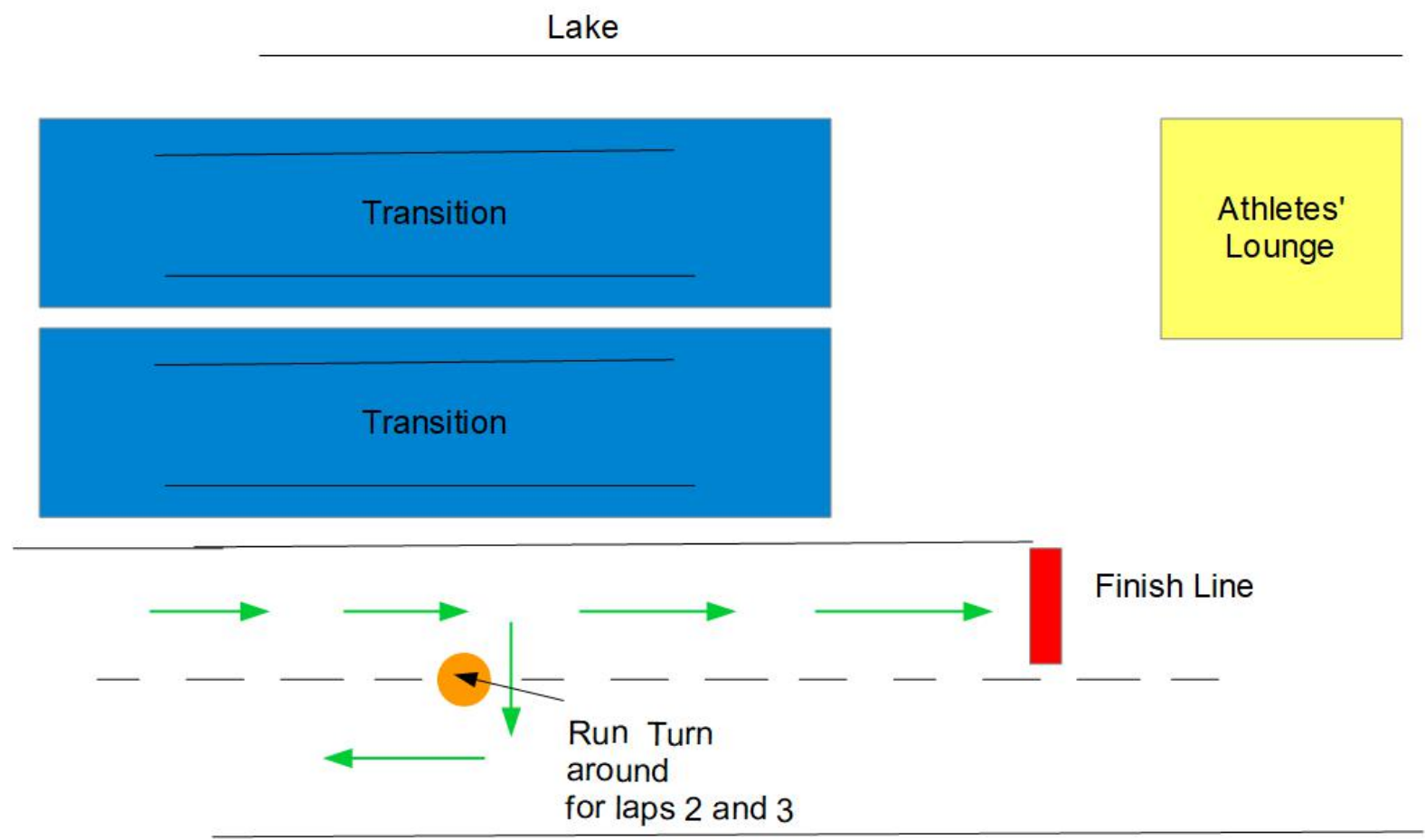
For example:

52 D athlete #52 received a time penalty for a dismount line violation

52x2 ME athlete #52 received 2-time penalties for mount line and equipment outside the box violations

Finish

Run to Finish Flow



Post-race Procedures



Medal Presentation – at 8.45pm

Elite athletes are not allowed to carry their country flag on the podium

Prize money **will be arranged by Challenge Wanaka**

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

Athletes will be selected as per the Doping Control requirements.

Chaperones will accompany the athlete until the Doping Control requirements are completed.

Testing will take place at this venue (Lake Wanaka Centre).

Coaches Area



An accredited coaches area will be located near the transition.

Critical note – Environmental

Dydimo

this is an environmental issue and not considered harmful to humans

Dydimo is an aquatic weed found in the lakes of Wanaka.

It is a legal requirement that Dydimo is not spread outside the area.

Check – for weed fragments or debris on your swim equipment post race.

Clean – Wash and soak your equipment in a dishwashing detergent solution for at least 2 minutes.

Dry – Ensure your equipment is touch dry before packing.

Many of you will be heading to Taupo, please care for our environment by following these guidelines.

Water Quality Assessment (Inland)

pH = 7.8 (between 6-9)

Escherichia coli (E.Coli) <1mpn/100ml (<500/mpn/100ml)

Visual inspection this morning : no visible pollution, no odour

Weather forecast for today : maximum 23C, 10% chance of less than 1 mm rain

Water Quality is a 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 forecasts



Friday

**Temperature
in °C**

7-23C

Weather

**Cloudy, low
winds**

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