

# Elite Athletes' briefing

24 November 2023



Asia  
Triathlon  
Cup

Xiamen  
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



- Chau Chiu Nam, Vice-President Asia Triathlon
- Qin Jianqiu, Continental Executive Board representative
- Denise Wong, World Triathlon Technical Delegate
- Wang Xiao Tian, World Triathlon Assistant Technical Delegate
- Weng Ying, Head Referee
- Cheng Qiang, Medical Delegate



# Competition Jury



- Wong Ming Ying, Denise (SGP), Chair
- Chau Chiu Nam (HKG)
- Qin Jianqiu (CHN)

# Schedule and Timetables



## FRIDAY

09:00 – 10:00 Swim course familiarisation

10:00 – 11:00 Bike course familiarisation

18:45 – 19:00 Race pack pick-up (after athletes' briefing)

# Schedule and Timetables – Elite Men



## **SATURDAY**

07:00 – 08:30	Athletes' Lounge check-in
07:30 – 08:30	Transition Area check-in
08:00 – 08:45	Swim Warm-up for Elite Men
08:50	Athletes' Introduction
<b>09:00</b>	<b>Elite Men Start</b>
11:15 – 11:45	Medal ceremony



# Schedule and Timetables – Elite Women



## **SATURDAY**

08:45 – 10:00	Athletes' Lounge check-in
09:30 – 10:10	Transition Area check-in
09:30 – 10:15	Swim Warm-up for Elite Women
10:25	Athletes' Introduction
<b>10:30</b>	<b>Elite Women Start</b>
11:15 – 11:45	Medal ceremony



# 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 athletes lounge on race day



# Check-in procedures



## Team officials entering the venue

- Using the shuttle service from Official Race Hotel (Xiamen Lingling Hotel)
- Schedule
  - Hotel main Lobby to Race Site:

Athletes: 6:00; 8:15 & 9:45

Coaches & Team Leaders: 6:30

# Check-in procedures



## 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
- Leave your spare wheels at Bike Check
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- Only traditional handlebars (clip-ons to be removed)
- 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
- 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

# 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 fails 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 outside Transition Area
- Jog to the start pontoon 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 **15** second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

# The course



**Swim**            2 lap(s) of 750m

**Bike**            4 laps of 10km

**Run**            4 laps of 2.5km

# The Course



# Swim course



- On 24 November 2023 at 09:30 :

Water:	21.3 °C
Air:	23.3 °C
WBGT:	18 °C
- Wetsuit Not Allowed
- 2 laps of 750m
- Distance to the first turn buoy 330m
- Take cap, goggles to transition into your box

LOW  
HEAT STRESS

## **Definition from the World Triathlon CR §4.1:**

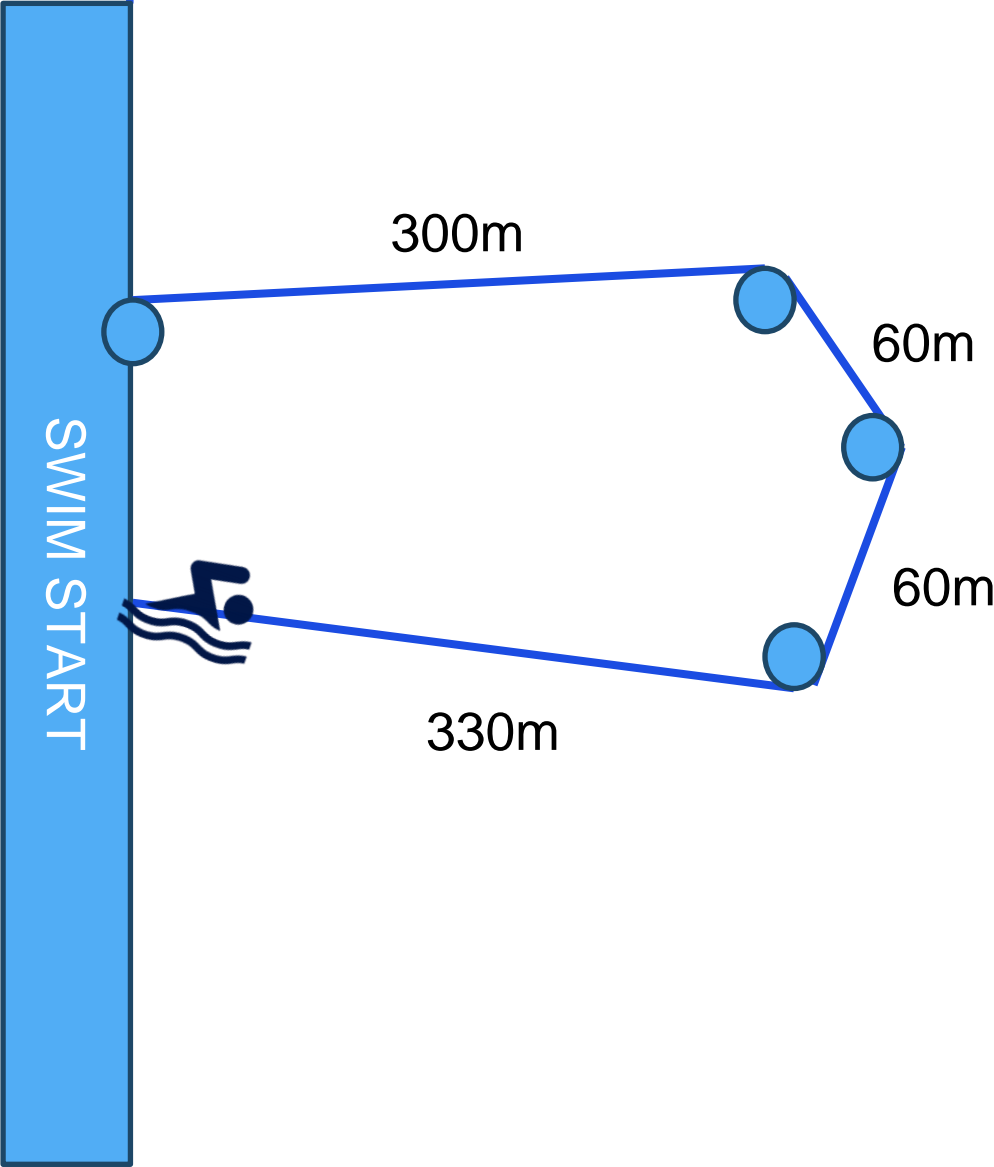
- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
  - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the 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





# Transition Area



- Swim Exit to TA 165 m
- 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 the box
- 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**)



# Transition Flow



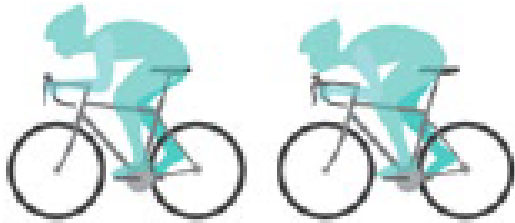
# Bike course



- 4 laps (total distance of 10km)
- Fast and Flat
- 2 Wheel Stations
  - 1 Neutral wheel station 1 Team wheel station
  - For locations see the map
- Lap Counter: at the <location of the Lap counter>
- Lapped athletes are out of the race
- First runner – last biker scenario

# Riding position

OK



NOT OK



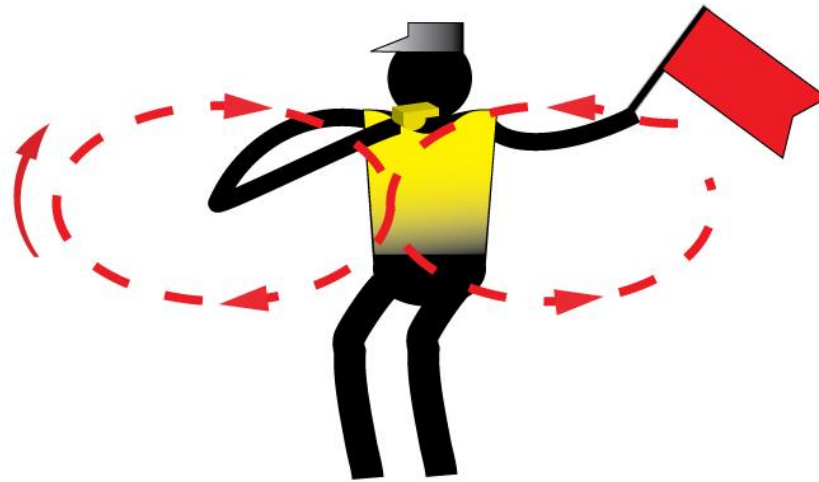
## Definition from the World Triathlon CR §5.1.b:

- 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.

# Bike Course Map

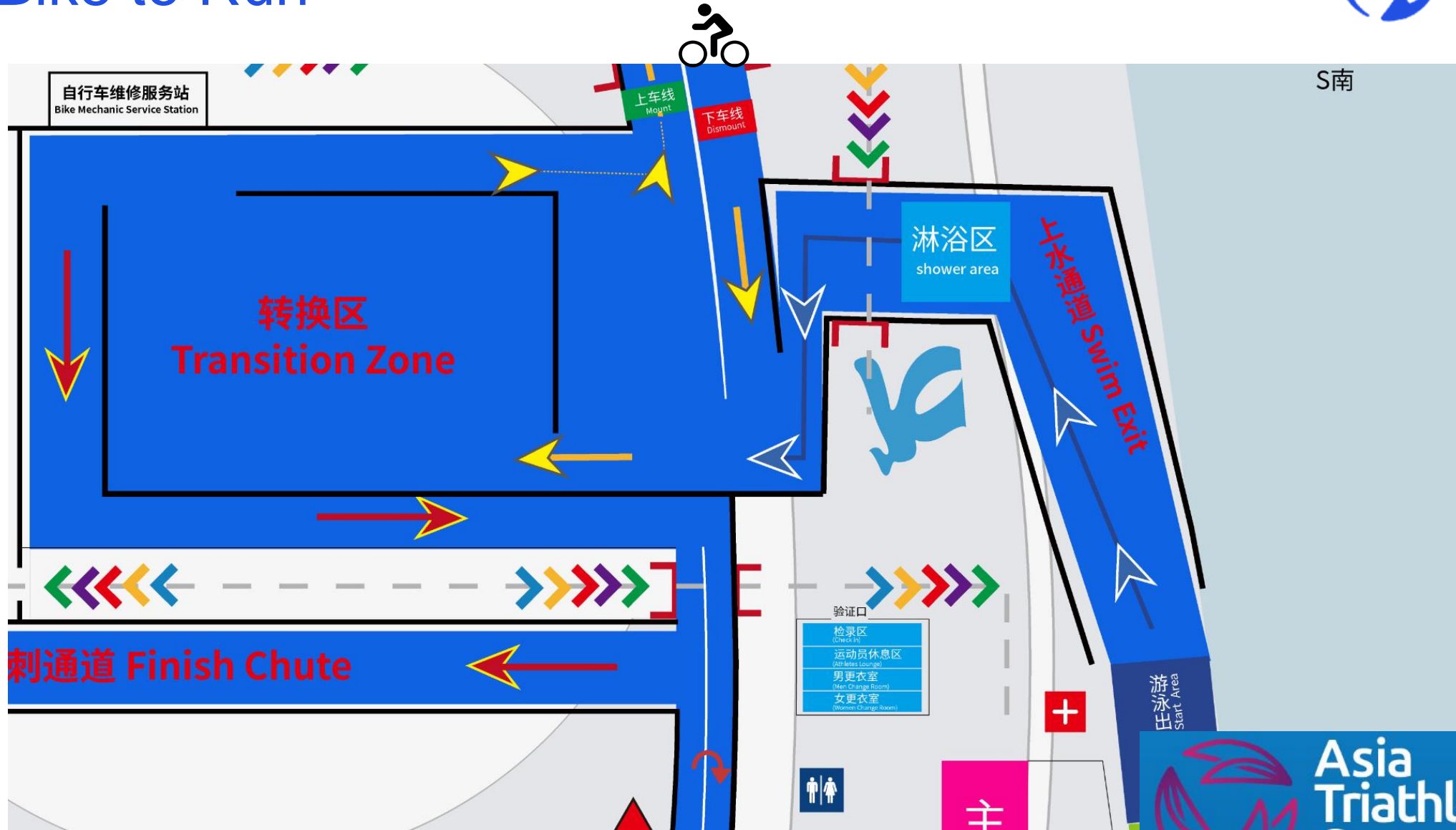


# Caution





# Bike to Run





# Run course



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



## 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

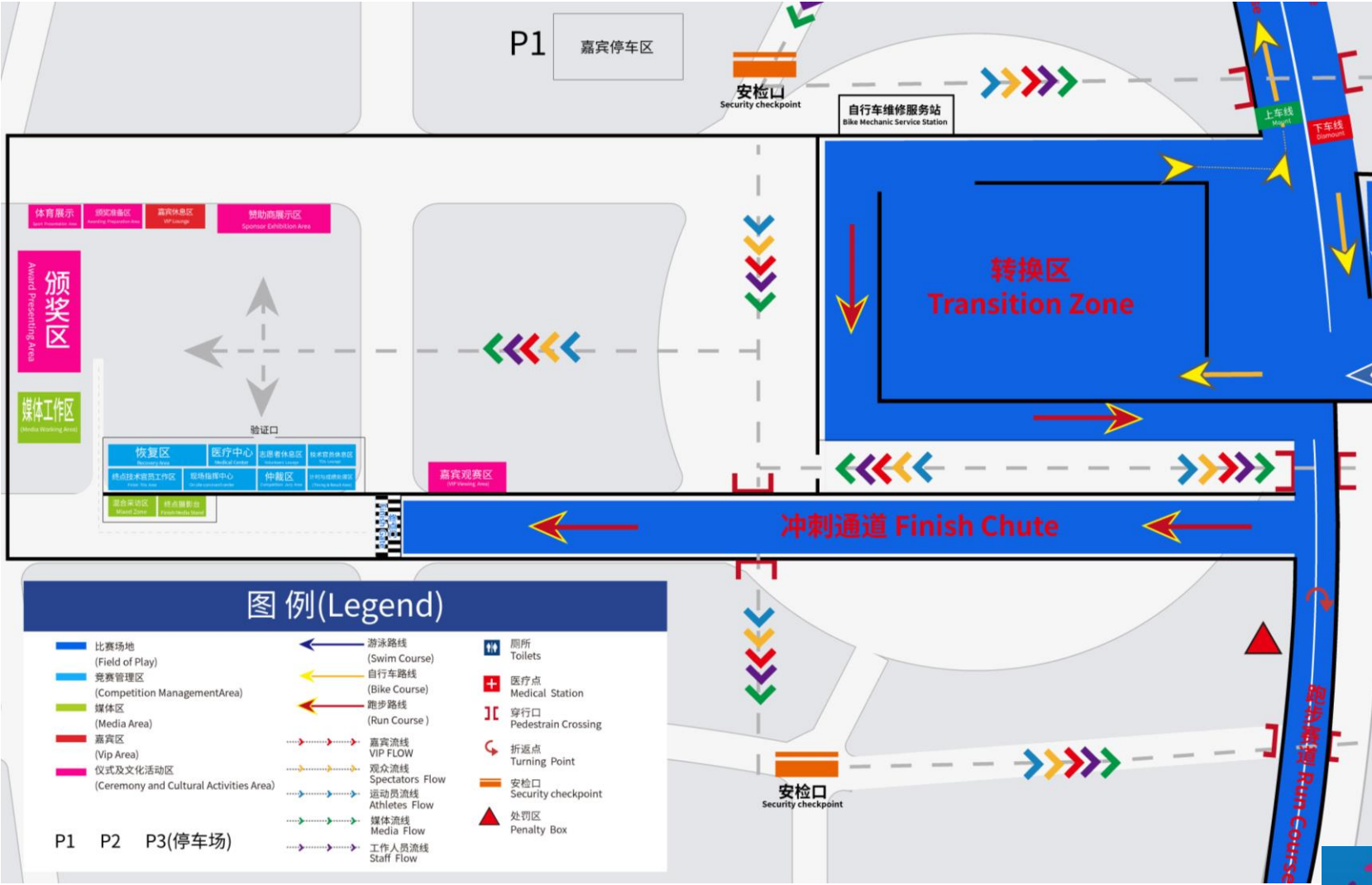


- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each 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.

# Run Course Map



# Run 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:** 200m before the Finish Line
- **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:** 15 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 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



# Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 11:15
- 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.
- Prize money

# 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 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.**

# Water Quality Assessment (Sea)

Enterococci	
Insert Sample Date	cfu/100mL
Location A	20
Location B	27
Location C	18
Enterococci limit	<100

E.Coli	
Insert Sample Date	cfu/100mL
Location A	96
Location B	91
Location C	98
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	8
Location B	8
Location C	8
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
Race Day	Partly Cloudy

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

## SUMMARY

1 = 'Very Good Water Quality': (E.coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;

# Heat stress indicators

Warning flags will be placed at the athletes' area and behind the spectators' stands





# Weather forecasts



	Temperature in °C	Weather
Friday	23 - 16	Sunny
Saturday	23 - 16	Partly Cloudy





# ENOUGH

## NEED HELP?

Contact

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

Visit

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

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY





# Have a good race!



Be your  
extraordinary