

# Junior and Elite Athletes' briefing

Feb. 15 2024

## 2024 Americas Triathlon Cup La Guaira



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Weather forecast



# Welcome and Introductions



- **JUAN MONTES, President – Instituto de Deporte del Estado de La Guaira**
- **ARNALDO SÁNCHEZ, President FEVETRI**
- **RICARDO NEVES, World Triathlon Technical Delegate**
- **MARYLIN LEON, World Triathlon Technical Delegate Assistant**
- **ROSANA GALVIS, World Triathlon Head Referee**
- **ALLÁN ROBAINA, LOC Director**

# Competition Jury



- RICARDO NEVES - BRA, Chair
- ARNALDO SÁNCHEZ - VEN
- DIOSELE FERNANDEZ- CUB

# Schedule and Timetables



## **THURSDAY 15 FEB**

19:00 – 19:30

Race pack pick-up (after athletes' briefing)

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs -

# Schedule and Timetables

<b>FRIDAY - JUNIOR</b>	<b>05:30</b>	<b>Busses leave Marriot</b>
05:55 – 06:35		Athletes' Lounge check-in
06:05 – 06:50		Transition Area check-in for Junior
06:10 – 06:40		Swim Warm-up for Junior
06:50		Athletes' Introduction
<b>07:00</b>		<b>Junior Men Start</b>
<b>07:03</b>		<b>Junior Women Start</b>
09:30		Medal ceremony – MEN - WOMEN

# Schedule and Timetables

**SATURDAY - WOMEN**      **05:30**      **Busses leave Marriot**

05:55 – 06:35	Athletes' Lounge check-in
06:05 – 06:50	Transition Area check-in for Elite Women
06:10 – 06:40	Swim Warm-up for Elite Women
06:50	Athletes' Introduction
<b>07:00</b>	<b>Elite Women Start</b>
	<b>- MEN 08:00 Bus leaves Marriot</b>
08:50 – 09:30	Athletes' Lounge check-in
08:55 – 09:40	Transition Area check-in for Elite Men
09:05 – 09:35	Swim Warm-up for Elite Men
09:40	Athletes' Introduction
<b>09:50</b>	<b>Elite Men Start</b>
12:30	Medal ceremony – MEN - WOMEN

# Check-in procedures



## **Athletes Lounge (Bike check)**

- Handlebars with NO clips-on
- Bring your identified spare wheels
- Mechanic service available next to Athlete's Lounge



# Map Athletes' Lounge - Check-in procedures



# 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](#)
- Spare wheels with the name of the country
- Body marking check (both arms, both legs)
- Timing chip distribution,
- Swim cap distribution
- Leave your bag in the Athletes' Lounge

# 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
- 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 near beach Kiosks
- Jog to the start 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 HR announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.

# The course



**Swim**            01 lap of 750m (JUNIOR) / 02 laps of 750m (ELITE)

**Bike**            03 laps of 6.550Km (JUNIOR) / 06 laps of 6.550km (ELITE)

**Run**            02 laps of 2.5 Km (JUNIOR) / 04 laps of 2.5km (ELITE)



# The course



**Americas Triathlon Cup** | **La Guaira 2024**

**FEVETRI**  
FEDERACION VENEZOLANA DE TRIATLON

### CROQUIS

- Ruta de Nado
- Ruta de Carrera
- Ruta de Ciclismo
- Area de Montaje
- Area de Desmontaje
- Area de Transición
- Penalty Area
- Centro de Ruas

**Venezuela TODA** | **15 - 17 de Febrero**

World Triathlon | COCOTRI | COCOTRI | Juventud y Deporte | DEAFEF | Gobierno Bolivariano de Venezuela



# Swim course

- Wetsuit not allowed – 20°C
- 01 lap (total distance of 750m) Junior
- 02 laps (total distance of 1500m) Elite
- Distance to the first turn buoy 300m
- The direction of swimming will be informed before the start
- Take cap, goggles to transition into your box

# Swim course map



# Swim exit to TA



# Transition Area



- Individual Bike Racks – number, name and country flag
- Used equipment into the box
- T1 - Rear wheel on the racks
- T2 – For any wheel
- Mount line at the end of the TA

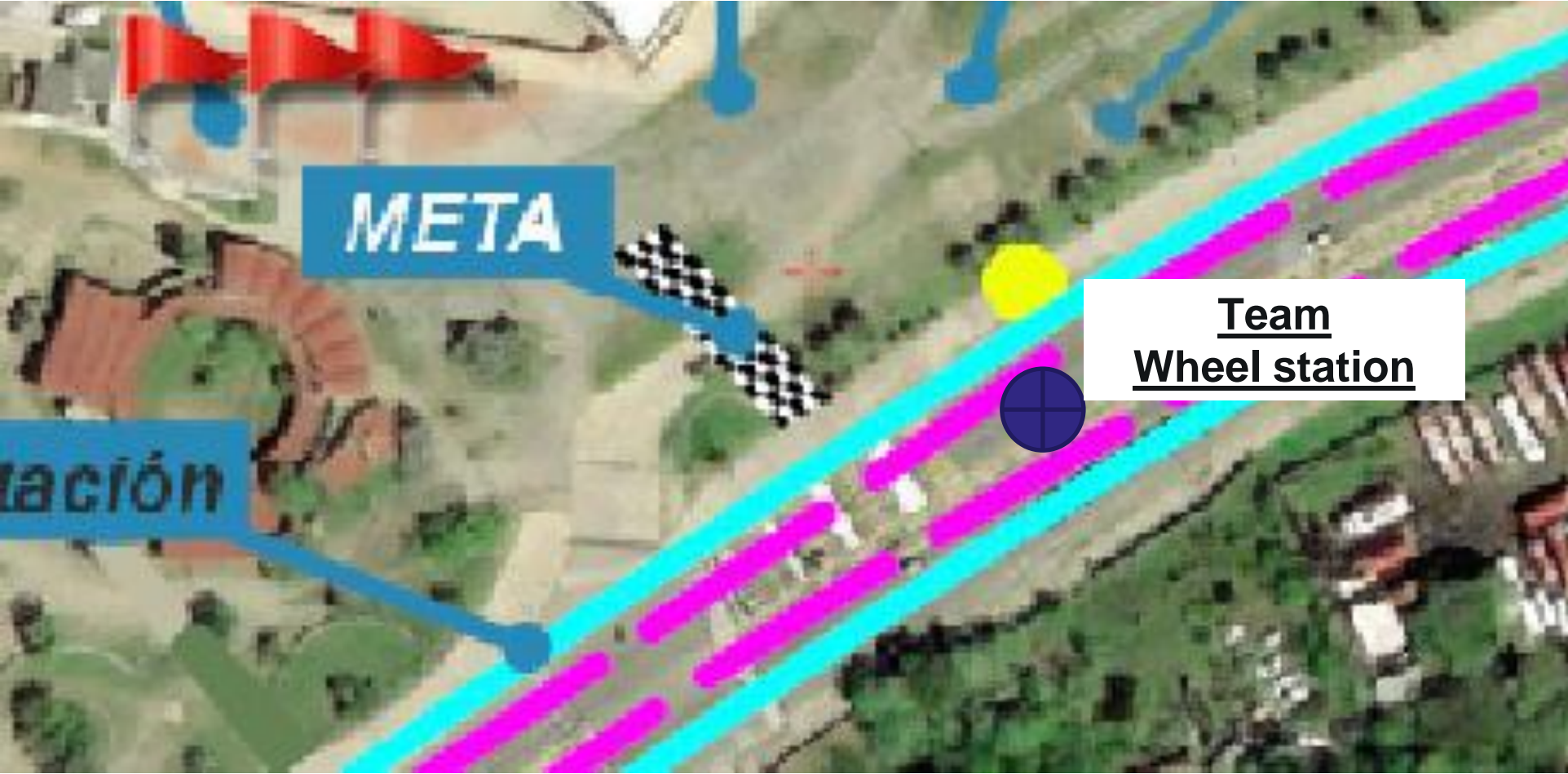
# Bike course

- 03 laps (total distance of 19.8km) Junior
- 06 laps (total distance of 39.6km) Elite
- Flat not technical
- 1 Team Wheel Station for both sides of the road
  - For locations see the map
- Lap Counter: after the mount line
- Littering Zones – marked on the course
- Lapped athletes are out of the race





# Bike course





# Bike Course Map



Americas  
Triathlon  
Cup

La Guaira  
2024



FEVETRI  
FEDERACION VENEZOLANA DE TRIATLON

CROQUIS



Venezuela  
TODA

15 - 17 de Febrero



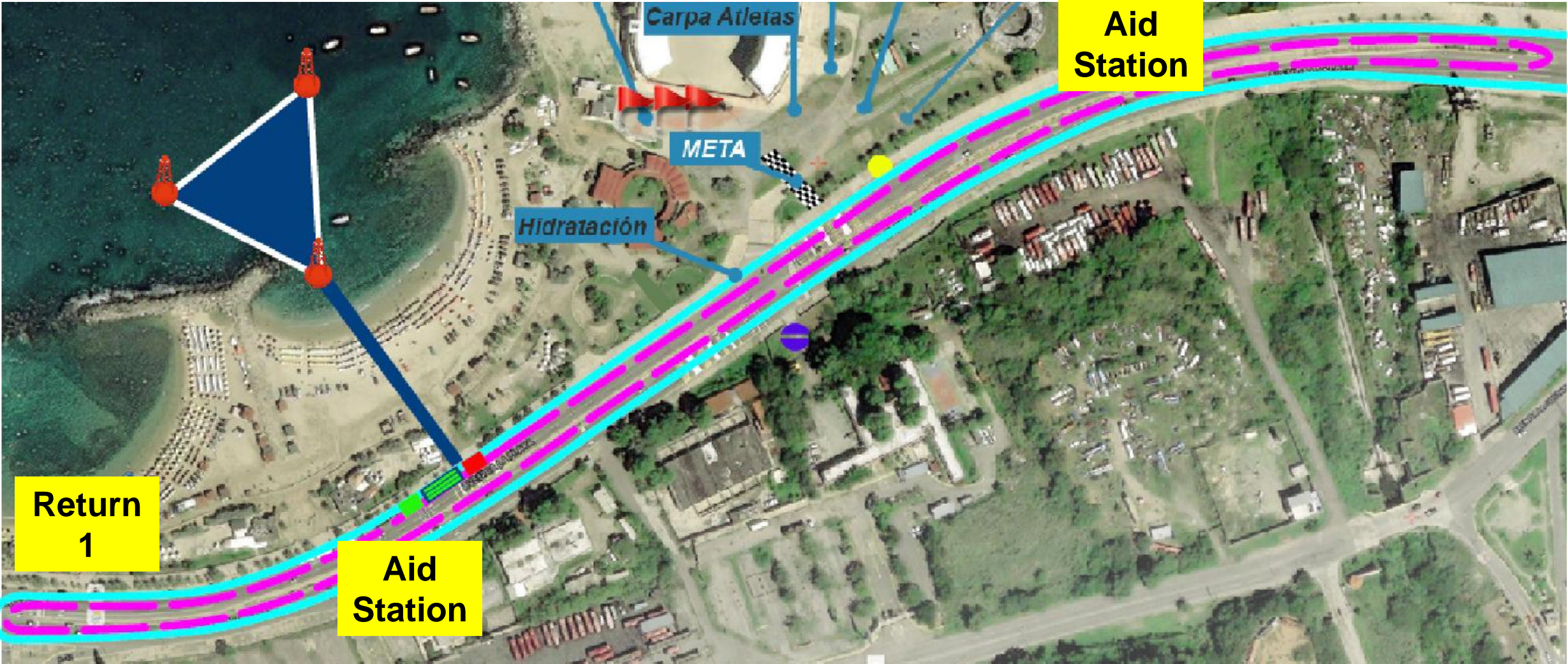
# Run course

- 02 laps (total distance of 5 km) Junior
- 04 laps (total distance of 10 km) Elite
- Aid stations:
  - 02 per lap can be used in both sides of the road
  - For locations see the map
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below





# Run Course Map





# Run Course Map





# Finish



# Run Penalty Box

- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 200 m 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:** 15 time penalty served on any lap of the run (Elite) / (Junior 10 seconds)

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 **(E)**.

# Run Penalty Box



## Violations Abbreviations:

<b>Bike</b>	<b>B</b>	<b>Run</b>	<b>R</b>
<b>Littering</b>	<b>L</b>	<b>Mount Line</b>	<b>M</b>
<b>Swim violations</b>	<b>S</b>	<b>Dismount Line</b>	<b>D</b>
<b>Equipment outside the box</b>	<b>E</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 12:30 (Elite) y 09:30 (Junior)
- 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.

# Post-race Procedures

## **Coaches' areas**

- Beside the Penalty Box

## **Anti-Doping Control**

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



# Weather forecasts



**Temperature  
in °C**

**Weather**

**Friday**

29°C

Mostly Sunny

**Saturday**

29°C

Mostly Sunny

Have a good race!



Be your  
extraordinary