

2023 Europe Triathlon Youth Championships Festival

19, July 2023

19:00 - BANYOLES



Banyoles
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



- **Renato Bertrandi** (ITA), World Triathlon Executive Board representative
- **Mário Carvalho** (POR), European Triathlon Technical Delegate
- **Jose Morales Cobo** (ESP), European Triathlon Assistant Technical Delegate
- **Bojan Nikolovski** (MKD), European Triathlon Assistant Technical Delegate
- **Raquel González** (ESP), European Triathlon Head Referee
- **Jorge Garcia** (ESP), LOC Director

Competition Jury



- **Mário Carvalho**, Chair
- **Renato Bertrandi**, World Triathlon Executive Board representative
- **Jorge Garcia**, LOC Director

Schedule and Timetables



Wednesday

19:00 – 19:30

Athletes Briefing (Individual Race and Mixed Relay)

19:30 – 20:30

Race pack pick-up (after athletes' briefing) Individual Race

Schedule and Timetables



Thursday

10:00 – 10:30	Swim Course Familiarization (Venue)
10:30 – 11:00	Bike Course Familiarization (Venue)
17:15 – 18:00	Youth M Athletes Village Check In
18:00 – 18:45	Youth F Athletes Village Check In
18:00 – 18:45	Youth M and F Transition Zone Check In
18:15 – 18:45	Youth M Warm Up
18:50	Youth M Athletes Introduction (Transition)
19:00	Start Semifinal A / M
19:04	Start Semifinal B / M
19:08	Start Semifinal C / M

Schedule and Timetables



Thursday

19:15 – 19:45	Youth F Warm Up
19:50	Youth F Athletes Introduction (Transition)
20:00	Start Semifinal A / F
20:04	Start Semifinal B / F
20:08	Start Semifinal C / F

Schedule and Timetables



Friday

10:00 – 10:30	Distribution, new numbers (Race Office) Individual Race
17:15 – 18:00	Youth M Athletes Village Check In (Venue)
18:00 – 18:45	Youth F Athletes Village Check In (Venue)
18:00 – 18:45	Youth M and F Transition Zone Check In
18:15 – 18:45	Youth M Warm Up
18:50	Youth M Athletes Introduction (Transition)
19:00	Start Final A / M
19:05	Start Final B / M

Schedule and Timetables



Friday

19:15 – 19:45	Youth F Warm Up
19:50	Youth F Athletes Introduction (Transition)
20:00	Final A / F
20:05	Final B / F
20:30	Youth M and F Medal Ceremonies (Venue)
21:00 – 21:45	Teams Declaration Meeting, Coaches Mixed Relay and distribution the race package (Race Office)

Schedule and Timetables



SATURDAY (Mixed Relay)

14:15 – 14:30	Team member change (To the Referee, Race Office)
15:00 – 15:45	Athletes' Village Check In (Venue)
15:15 – 15:45	Transition Area check-in
15:30 – 16:15	Swim Warm-up
16:20	Athletes' Introduction
16:30	Youth Mixed Relay Start
18:30	Medal ceremony

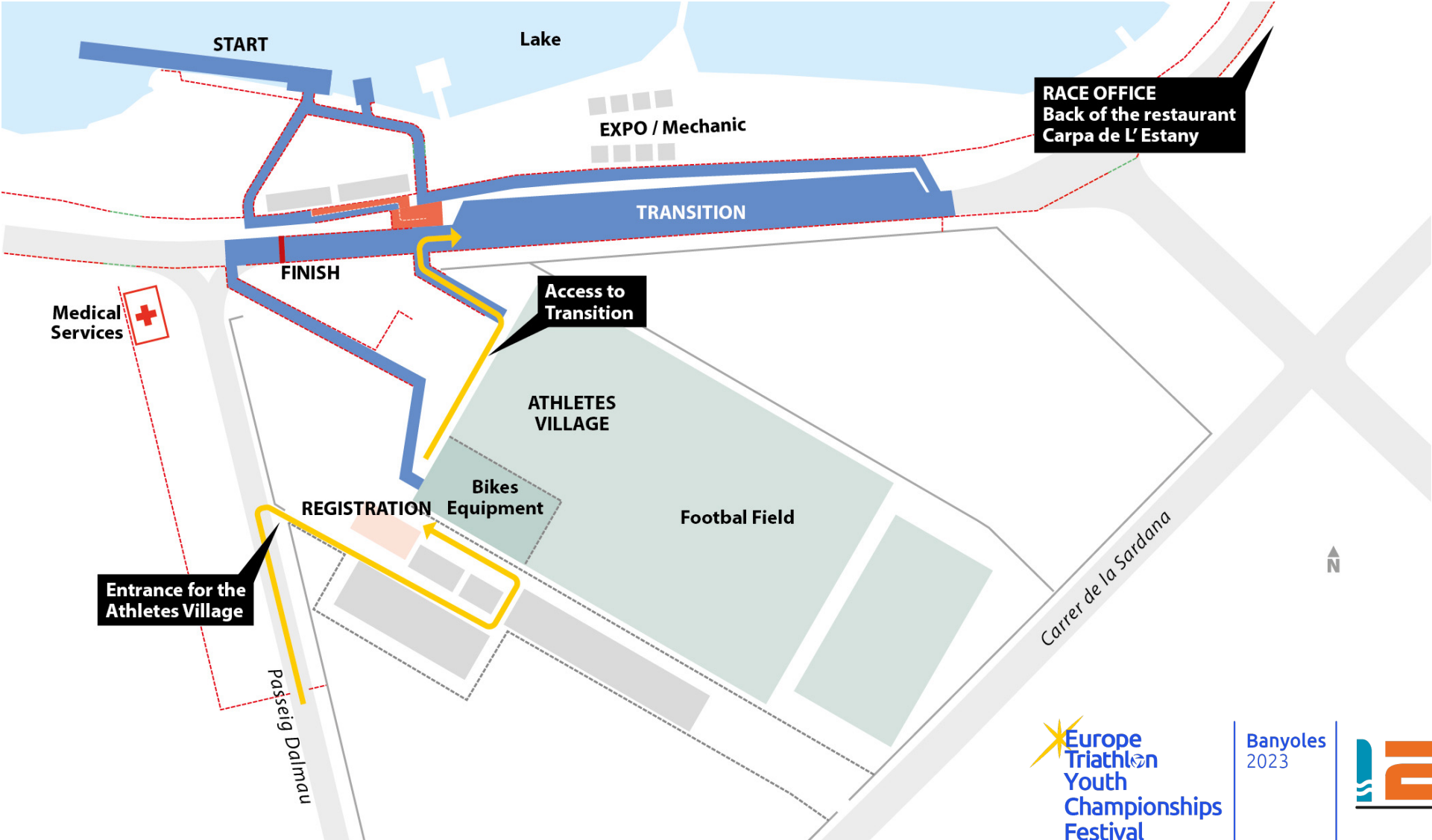
Check-in procedures



Athletes' Lounge (Bike check)

- Refer to art 5.2 in competition rules
- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- 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 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 the athletes' briefing
- Mechanic service available (Expo)

Map Athletes' Lounge - Check-in procedures



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Check-in procedures



Athletes' Lounge

- All Team members must check in together ([Mixed Relay](#))
- 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)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- 2nd, 3rd, and 4th team member will collect timing chip from relay zone ([Mixed Relay](#))
- Athletes **MUST** be in the relay check-in zone in time to collect chip/swim cap and be ready ([Mixed Relay](#)).

Check-in procedures



Transition Area

- All Team member must check-in together (Mixed Relay)
- Helmet check - Don't leave your helmet fastened in the transition
The athlete who misses to comply with this rule will receive a 10 seconds time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- The bike must be racked in the 1st transition by the rear wheel and in the 2nd transition by either wheel.
- Last athlete (#4) nearest to the mount line (Mixed Relay)
- 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.

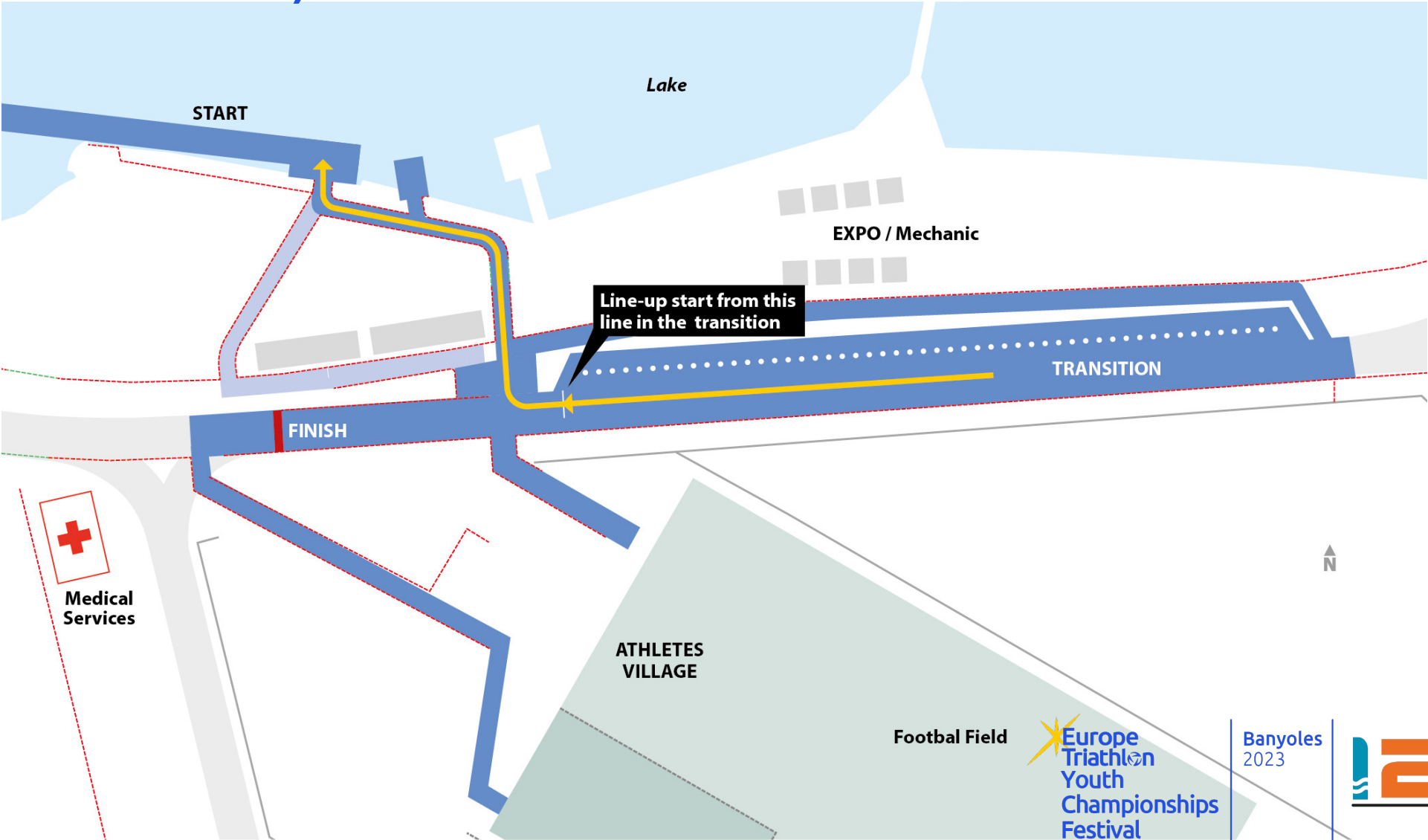
Pre-start Procedures



Athlete Introduction (Individual Race)

- 10 minutes before start - line-up (Transition)
- 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 (Individual Race)



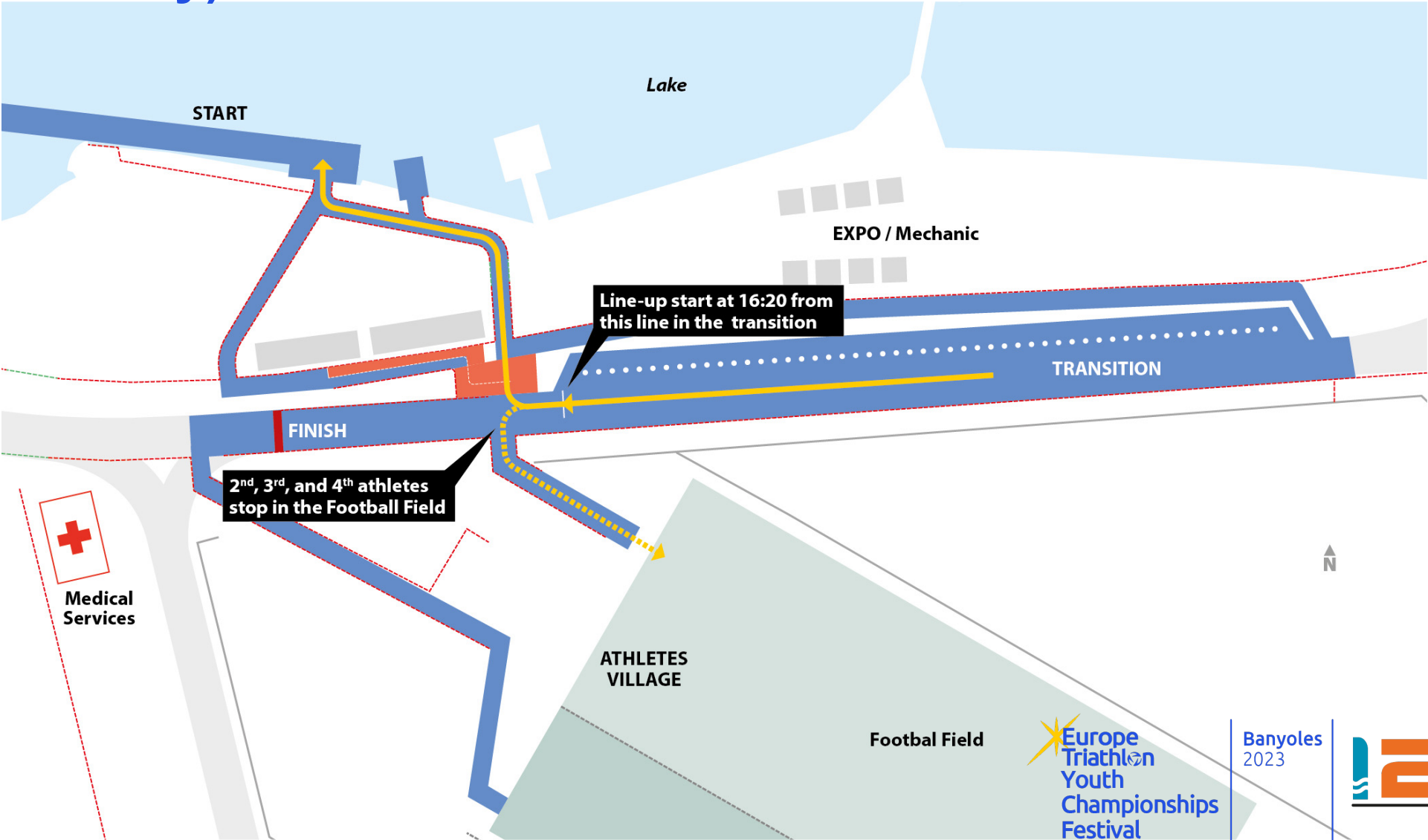
Pre-start Procedures



Athlete Introduction (Mixed Relay)

- 10 minutes before start - line-up (Transition)
 - Team will be introduced together
 - 1st athlete
 - Jog to the start platform
 - Select your position and stay behind the line!
- Athlete blocking more than one place could result in DSQ
- 2nd, 3rd, and 4th athletes stop (Mixed Zone, Football Field)

Pre-start Procedures – Line-up map (Mixed Relay)



Start Procedures



Athlete in position

- The start can be given any time after the Head Referee 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 10 seconds penalty in TA1.
- During the time penalty, the athlete CANNOT touch any equipment.

The course (Individual Race and Mixed Relay)



Swim 1 lap of 300 m

Bike 1 lap of 6,6 km

Run 1 lap of 1,6 km

The courses (Individual Race and Mixed Relay)



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Swim course



- On 19 at 11:00: 30°C (Water)
30°C (Air)
- Wetsuit not allowed. **We will confirm one hour before the start**
- 1 lap (total distance of 300 m)
- Distance to the turn buoy 100 m
- Take cap, goggles to transition into your box
- 2 yellow buoy (**clock wise**)

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

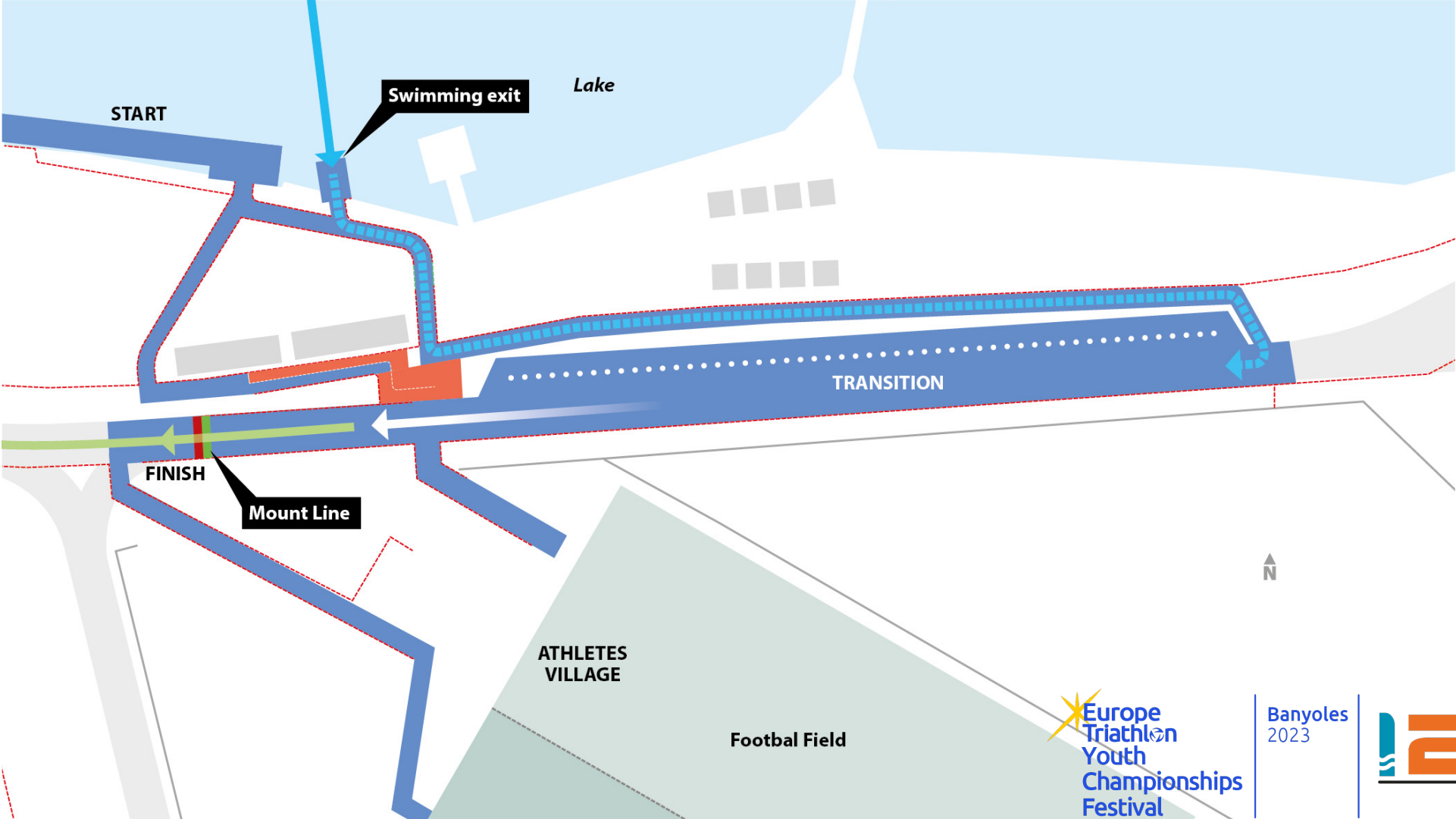


- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course map (Individual Race and Mixed Relay)



Swim exit to TA (Individual Race and Mixed Relay)



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Transition Area



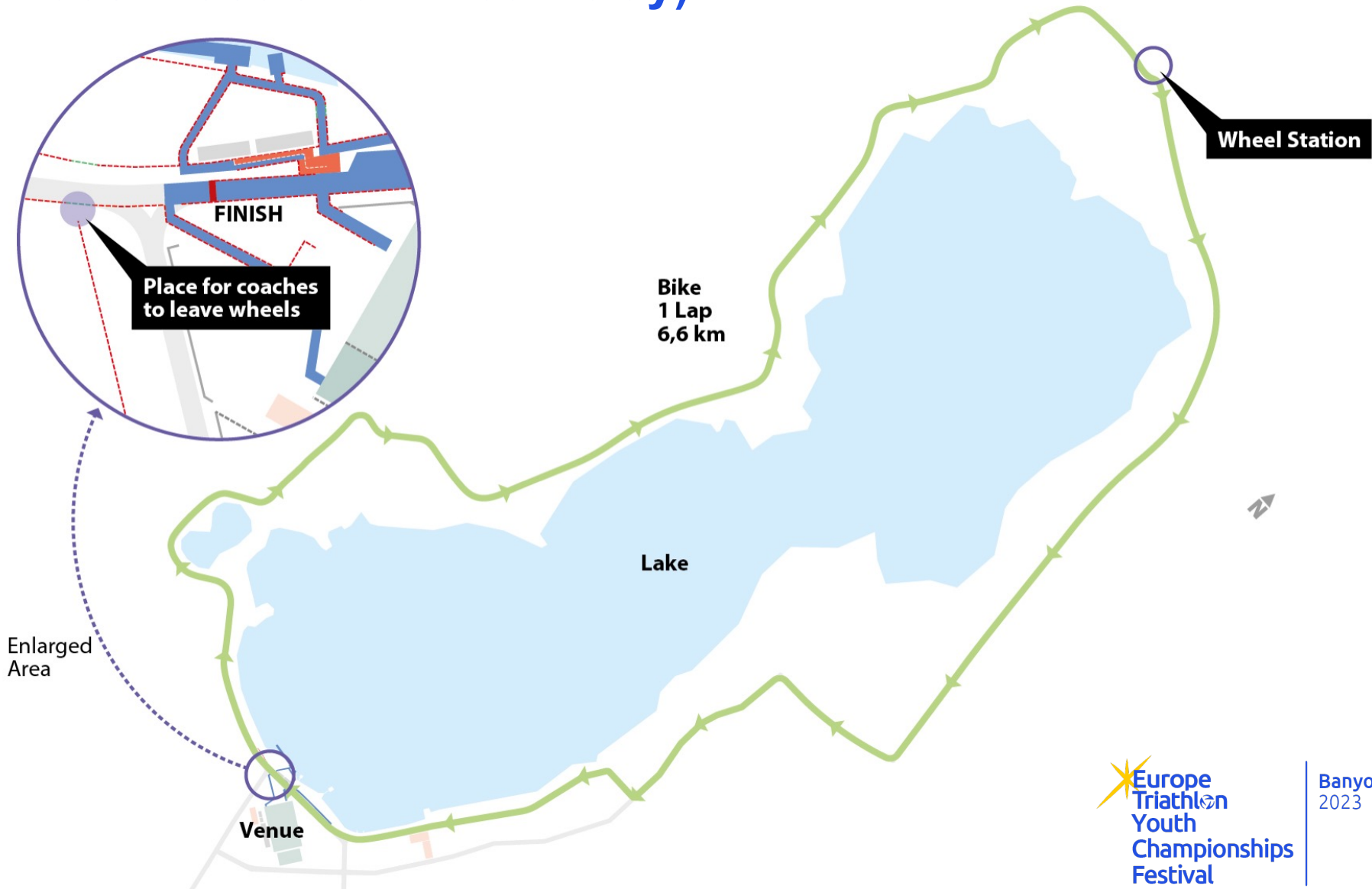
- Swim Exit to TA 160 m
- Individual Bike Racks – Two rows
- Team grouped by 4 racks next to each other on the both side
- Running shoes in front of the box, helmet on the bike
- All used equipment into YOUR box
Failure to put equipment in your box = 10 second penalty on run PB
- Mount line at the end of the TA (**GREEN** line)
- Dismount line at the beginning of the TA (**RED** line)

Bike course (Individual Race and Mixed Relay)



- 1 lap (total distance of 6,6 km)
- Flat and not technical
- 1 Wheel Station
 - 1 Team wheel station
 - For locations see the map
- **Lapped athletes are NOT out of the race**

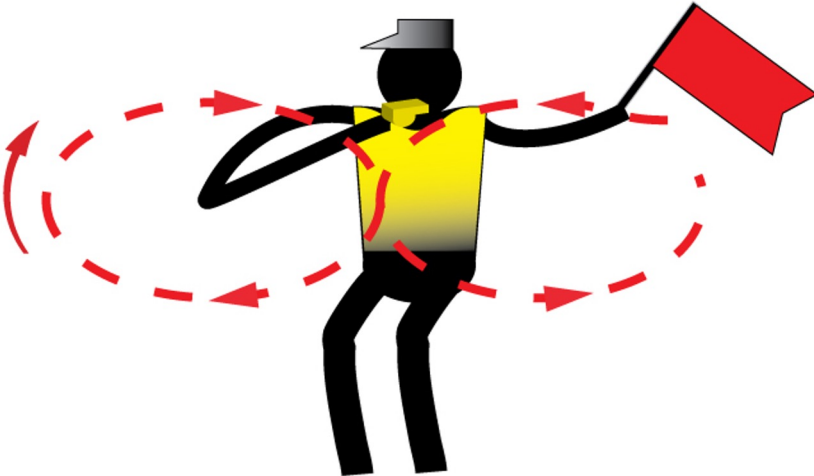
Bike Course Map (Individual Race and Mixed Relay)



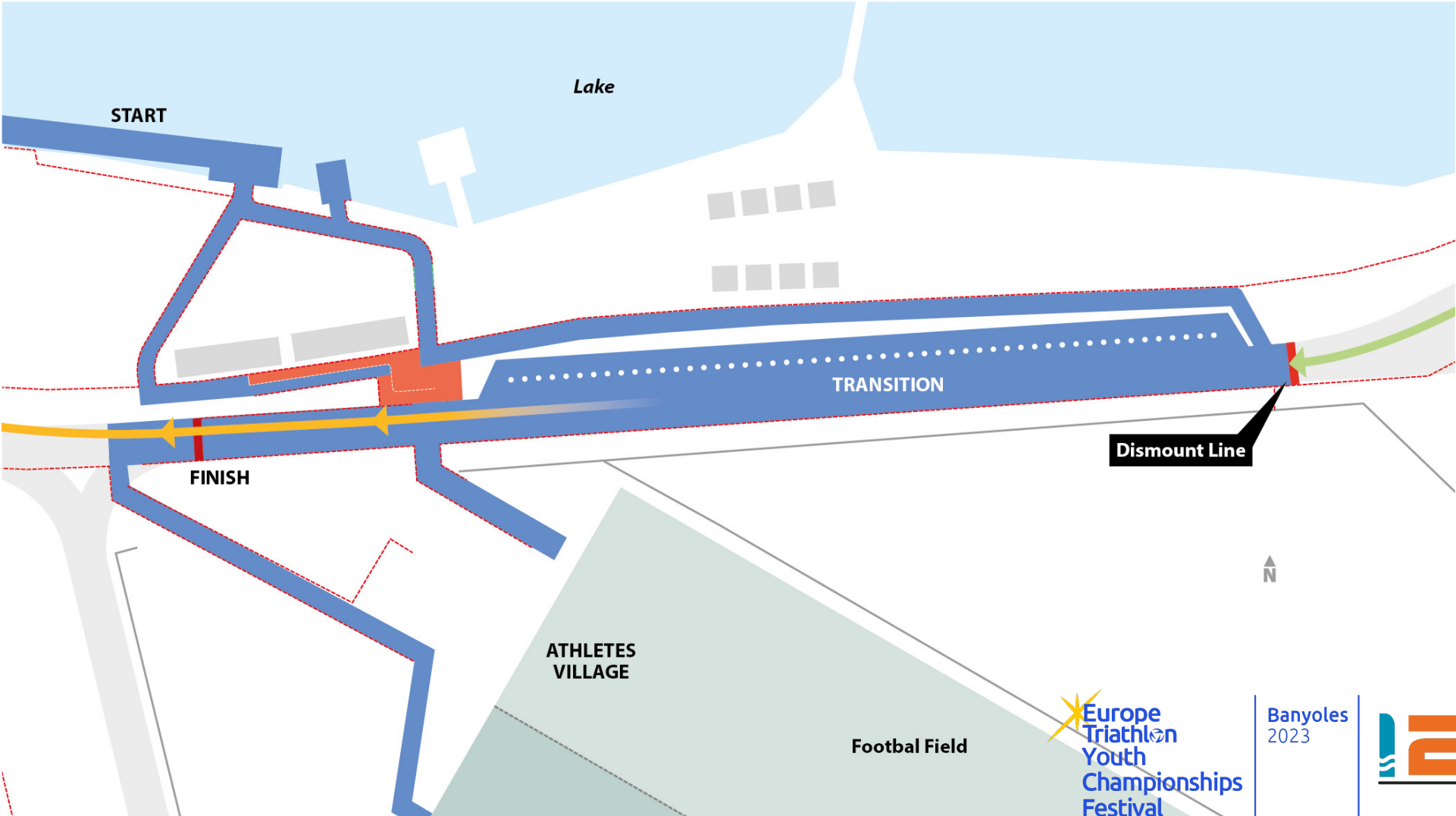
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Caution



Bike to Run (Individual Race and Mixed Relay)



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Run course (Individual Race and Mixed Relay)



- 1 lap (total distance of 1,6 km)
- No Aid stations (Recovery area, football field)
- Finish will be filmed
- Top 3 Team Members at Finish Area for the photo (Mixed Relay)
- Congestion in finish area:
 - Go to mixed zone / recovery area

Run Coourse Map (Individual Race and Mixed Relay)

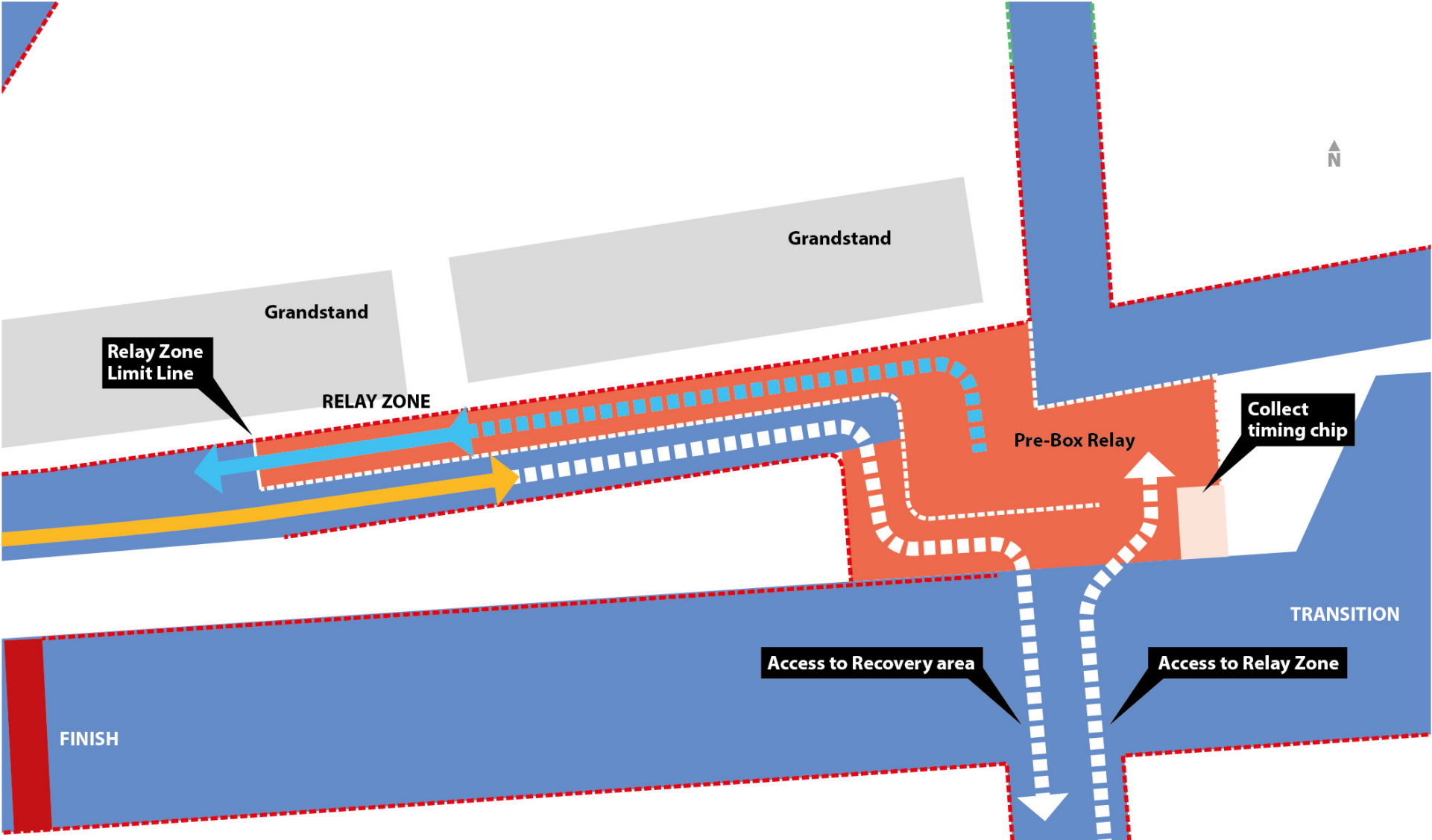


Relay Zone

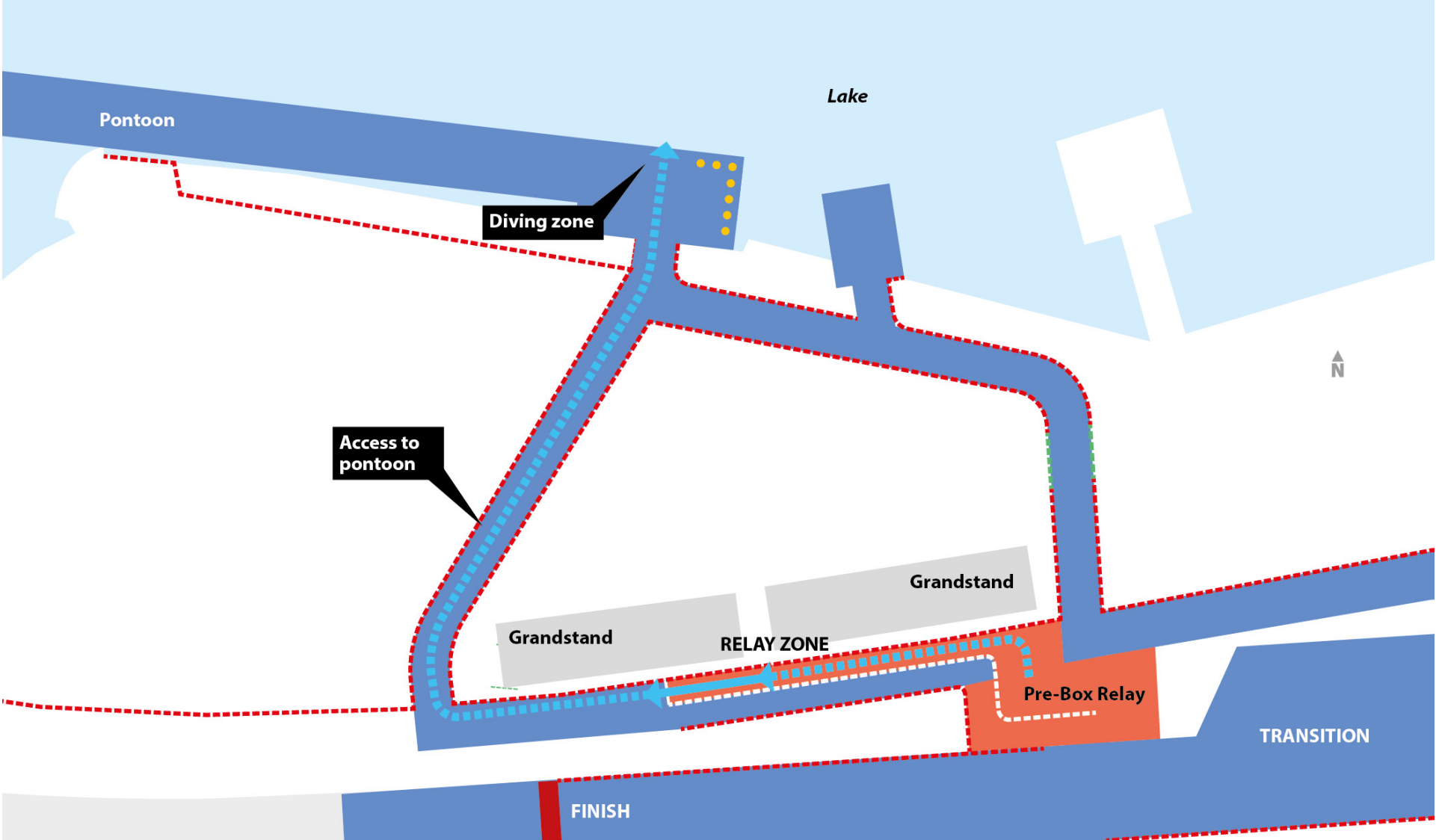


- Prior to the relay exchange, the athletes will wait in the recovery area until the moment when the Technical official tells them to enter the relay zone at the finish.
- It is athletes' responsibility to be there, collect timing chip and be ready
- The relay exchange from one team member to another will take place inside the „Relay Zone”
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing 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

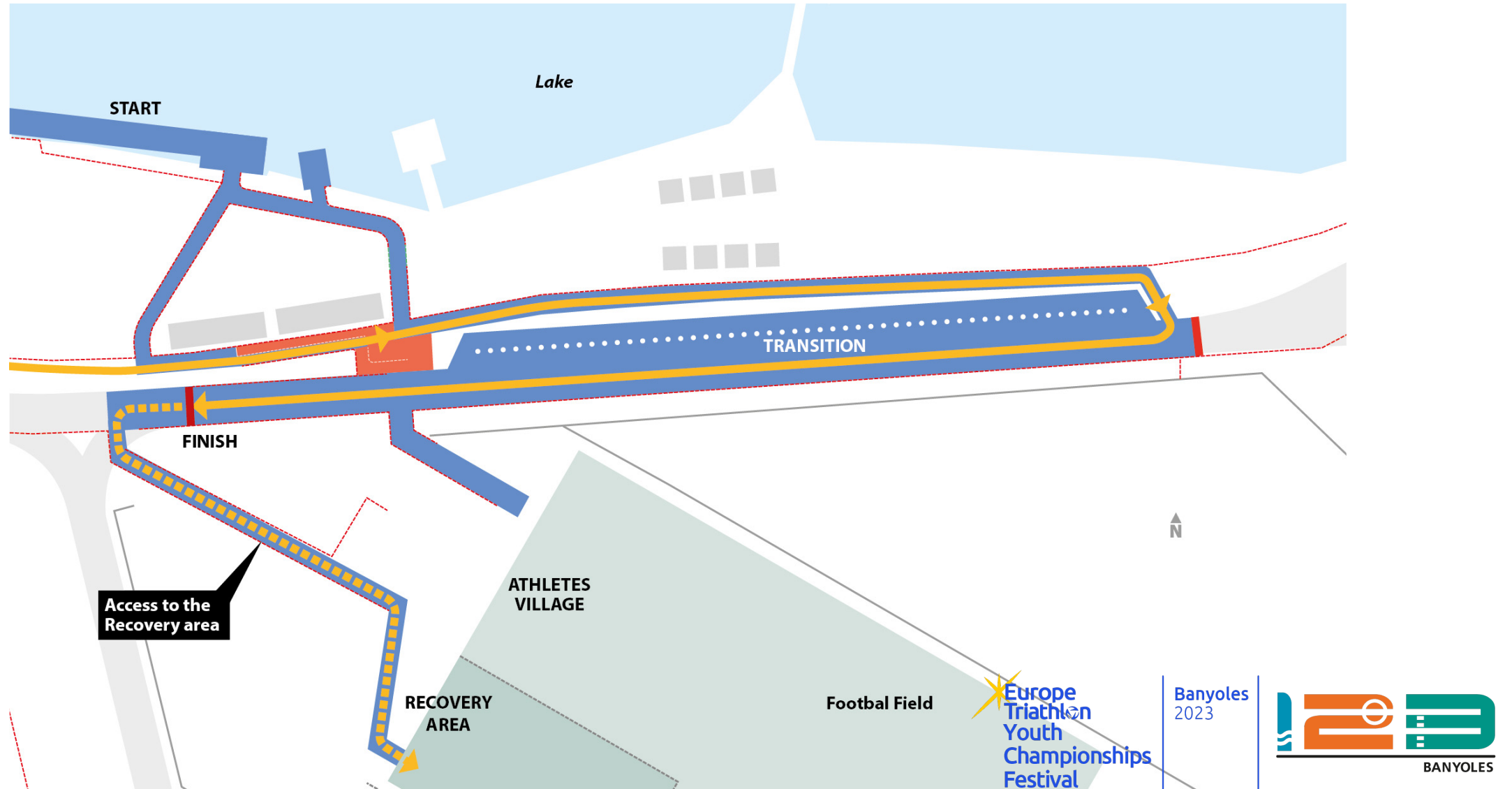
Relay Zone



Relay Zone



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 350 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:** 10 seconds time penalty served on any lap of the run

Any member of the team can serve the penalty (Mixed Relay)

Not stopping means **DSQ**

The athlete/team 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:

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

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 20:30 (Individual Race) and 18:30 (Mixed Relay)
- Youth 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.

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

Post-race Procedures



Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

Anti-Doping Control

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

Coaches' areas

- Behind Start Pontoon

Water Quality Assessment (Inland)

Enterococci3	
Insert Sample Date	NMP/100mL
14-07-2022	14
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
14-07-2022	13
E.Coli limit	<500

PH	
Insert Sample Date	
14-07-2022	8
PH limit	6-9

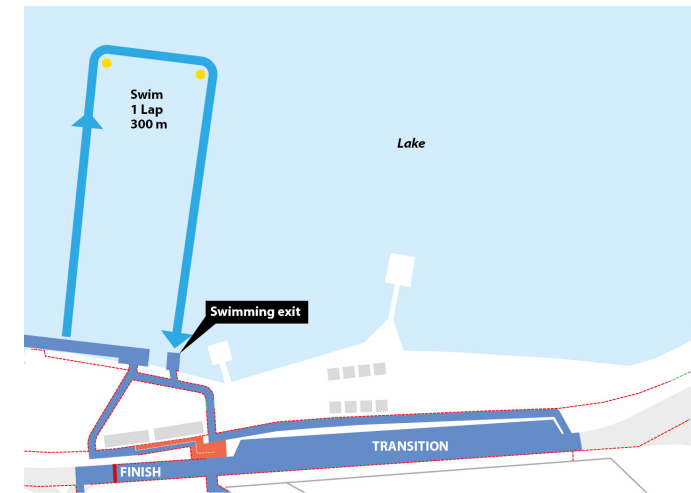
Weather forecast	
Day	Weather
Briefing (B)	Sunny, Cloudy moments
Race Days	Forecast Mostly sunny

Weather report	
Day	Weather
B-3	Forecast Mostly sunny
B-1	Forecast Mostly sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Start Pontoon	None	None	15:00	Transparent, you can see the bottom of the lake

SUMMARY

1 = 'Very good Water Quality':
 (E.Coli: <250 or Enterococci <100), with no or potential visual pollution during sanitary check and/or potential for forecast of heavy rain;



Heat stress indicators

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

- Thursday: Moderate / High
- Friday: Low
- Saturday: Low



Weather forecasts



	Temperature in °C	Weather
Thursday	36	(Mostly sunny and hot)
Friday	31	(Mostly sunny)
Saturday	31	(Mostly sunny)

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
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Have a good race!



Be your
extraordinary