



May, 30th 2019

Athlete's briefing

Briefing 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), ETU president
- Esther Sanchez (ESP), ITU Technical Delegate
- Jan Philipp Krawczyk (GER), ITU Technical Delegate
- Hans Everts (NED), ITU assistant Technical Delegate
- Dóra Rozsa (HUN), ITU Head Referee Junior
- Daan Hoogland (NED), ITU Head Referee Elite
- Jan Verstuyft (BEL), ITU Medical Delegate
- Roger Stienen, LOC Race Director

Competition Jury junior events

- Jan Philipp Krawczyk (GER), Chair
- Renato Bertrandi (ITA)
- Hans Urlings (NED), Friday
- Job Eijsink (NED), Saturday



Competition Jury elite events

- Esther Sanchez (ESP), Chair
- Renato Bertrandi (ITA)
- Hans Urlings (NED), Friday
- Job Eijnsink (NED), Saturday



Schedule and Timelines

Thursday

18:00 – 19:00

Opening Ceremony



Schedule and Timelines – junior (w)

Friday

13:30 – 14:30	T2 open
14:30 – 15:30	Athletes' Lounge open and check-in
14:45 – 15:45	Transition Area open
15:15 – 15:45	Swim Warm-up
15:50	Athletes' Introduction
16:00	Junior Women Start
17:05	Medal ceremony



Schedule and Timelines – elite (w)

Friday

15:30 – 16:30	T2 shoe drop-off
16:30 – 17:30	Athletes' Lounge open and check-in
16:45 – 17:45	Transition Area open
17:15 – 17:45	Swim Warm-up
17:50	Athletes' Introduction
18:00	Elite Women Start
20:05	Medal ceremony



Schedule and Timelines – junior (m)

Saturday

13:30 – 14:30	T2 open
14:30 – 15:30	Athletes' Lounge open and check-in
14:45 – 15:45	Transition Area open
15:15 – 15:45	Swim Warm-up
15:50	Athletes' Introduction
16:00	Junior Men Start
17:05	Medal ceremony



Schedule and Timelines – elite (m)

Saturday

15:30 – 16:30	T2 shoe drop-off
16:30 – 17:30	Athletes' Lounge open and check-in
16:45 – 17:45	Transition Area open
17:15 – 17:45	Swim Warm-up
17:50	Athletes' Introduction
18:00	Elite Men Start
20:05	Medal ceremony



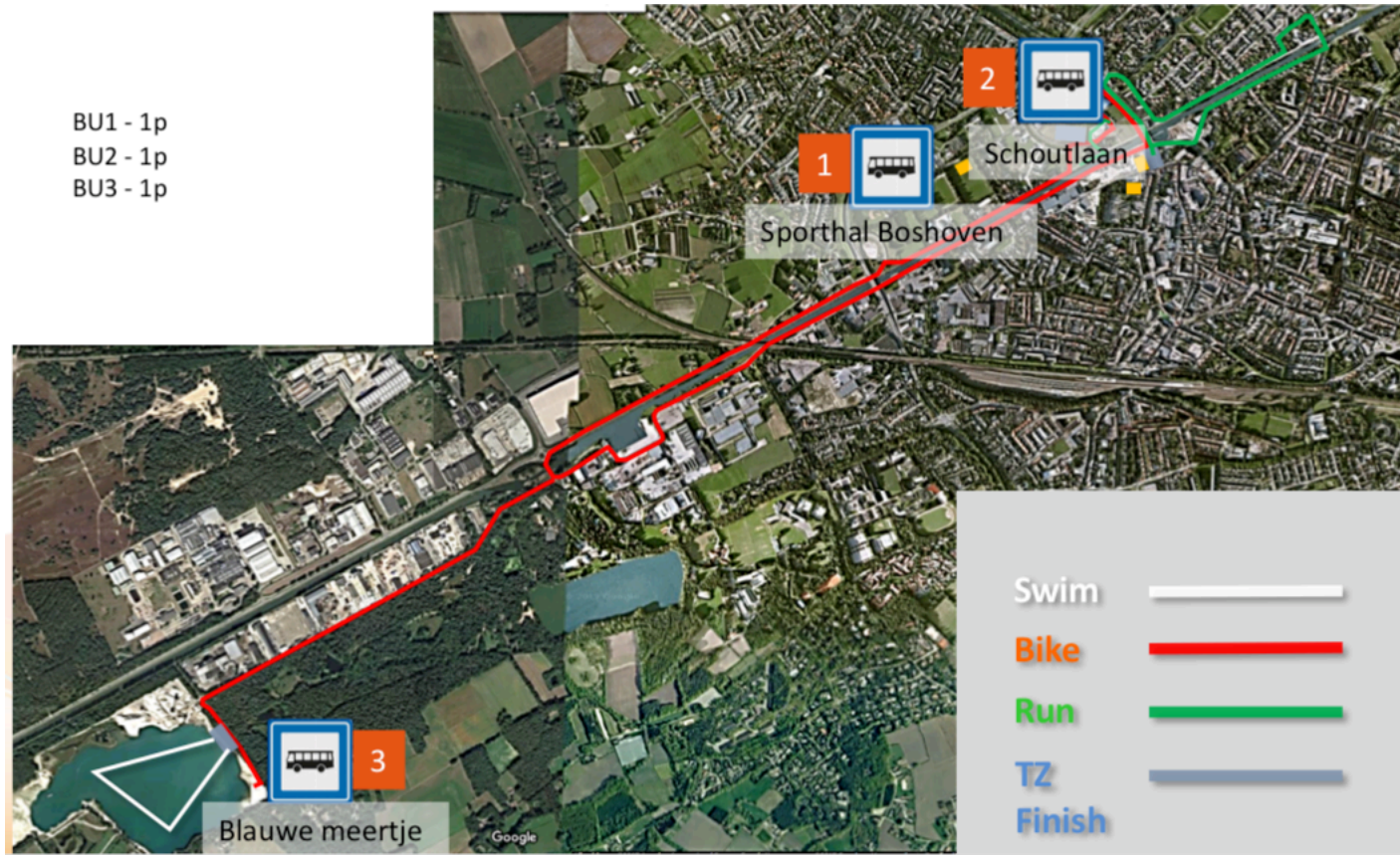
Schedule and Timelines

Sunday

13:30 – 15:30	Mixed relay juniors
16:00 – 18:00	Mixed relay elite
19:00 – 00:00	Closing ceremony and After-party



Transportation – no bikes



Check-in procedures

T2 – shoe drop-off

junior

- Bring shoes to your spot

elite

- Fill in paper that will be handed out in T2
- Hand in paper and shoes in your box
- TOs will place equipment as written on paper

Check-in procedures

Athletes Lounge (Bike check)

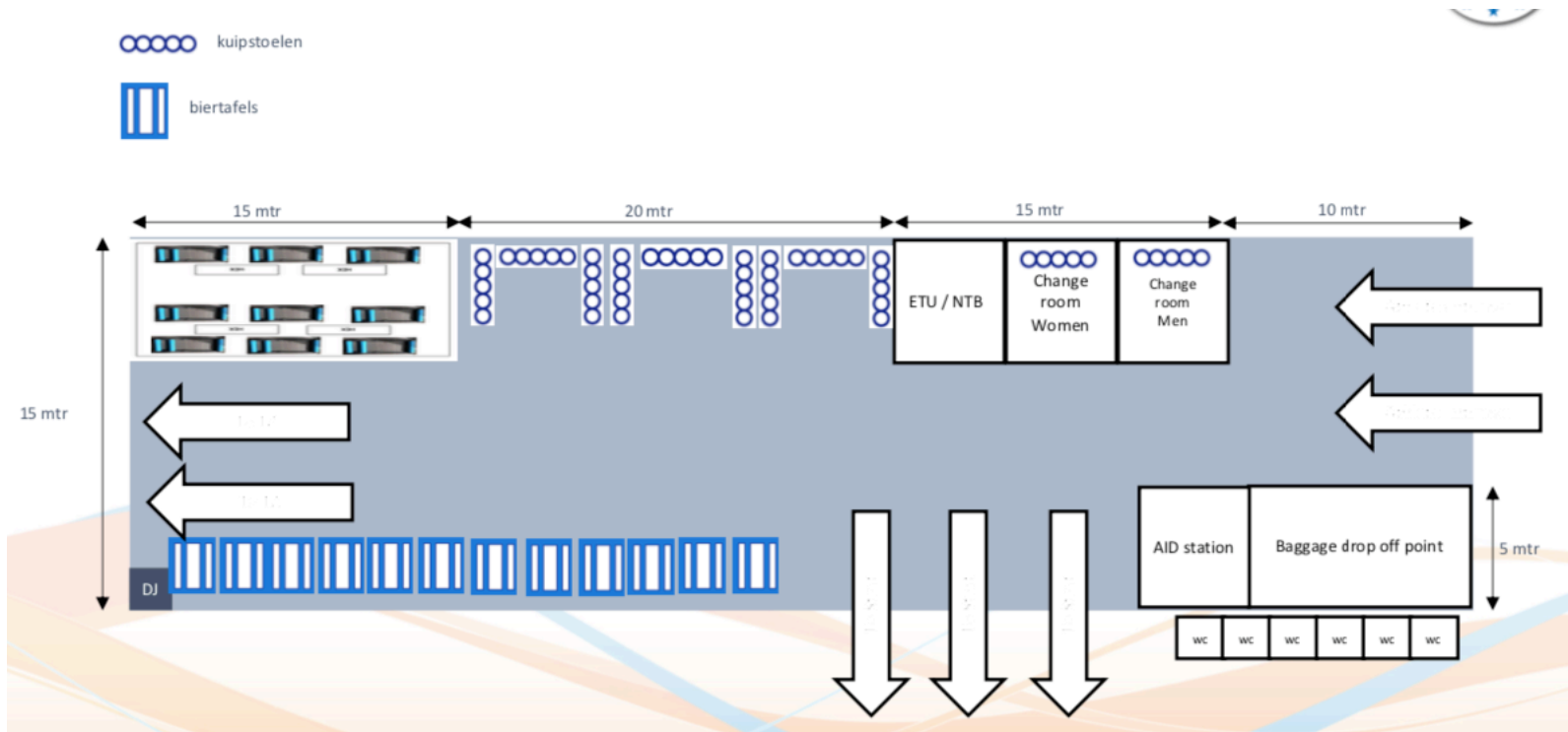
- Refer to 5.2 in competition rules
- Handle bars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station
- Bring your spare wheels to the Wheel Station
- Bike frame

Check-in procedures

Athletes Lounge (Bike check)

- Saddle position ($-5\text{ cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$)
- Approved exceptions on ITU 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 **in Athlete lounge blue lake**

Map Athletes' Lounge



Check-in procedures

Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) – photos taken of each uniform. Wearing other uniform during the race = DQF!
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- **Bring your bags to drop off point** in the Athletes' Lounge they will be taken to the Recovery Area. Put bag sticker on no sticker is no transport

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.

- 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 Procedure

Athlete Introduction:

- 10 minutes before start - line-up in transition
- Jog to the start area
- 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

Start Procedure

Athletes 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 with 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 15/10 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

Swim Conduct

Definition from the ITU 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 ITU Arbitration Tribunal for potential suspension or expulsion.

Swim Conduct

Definition from the ITU CR §4.1:

- 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.

The Course - juniors

Swim

1 lap of 750m

Bike

5.8km run-up + 2 laps of 6.4km

Run

2 laps of 2.5km



The Course - elite

Swim

2 laps of 750m

Bike

5.8km run-up + 5 laps of 6.4km

Run

3 laps of 3.3km



Swim course

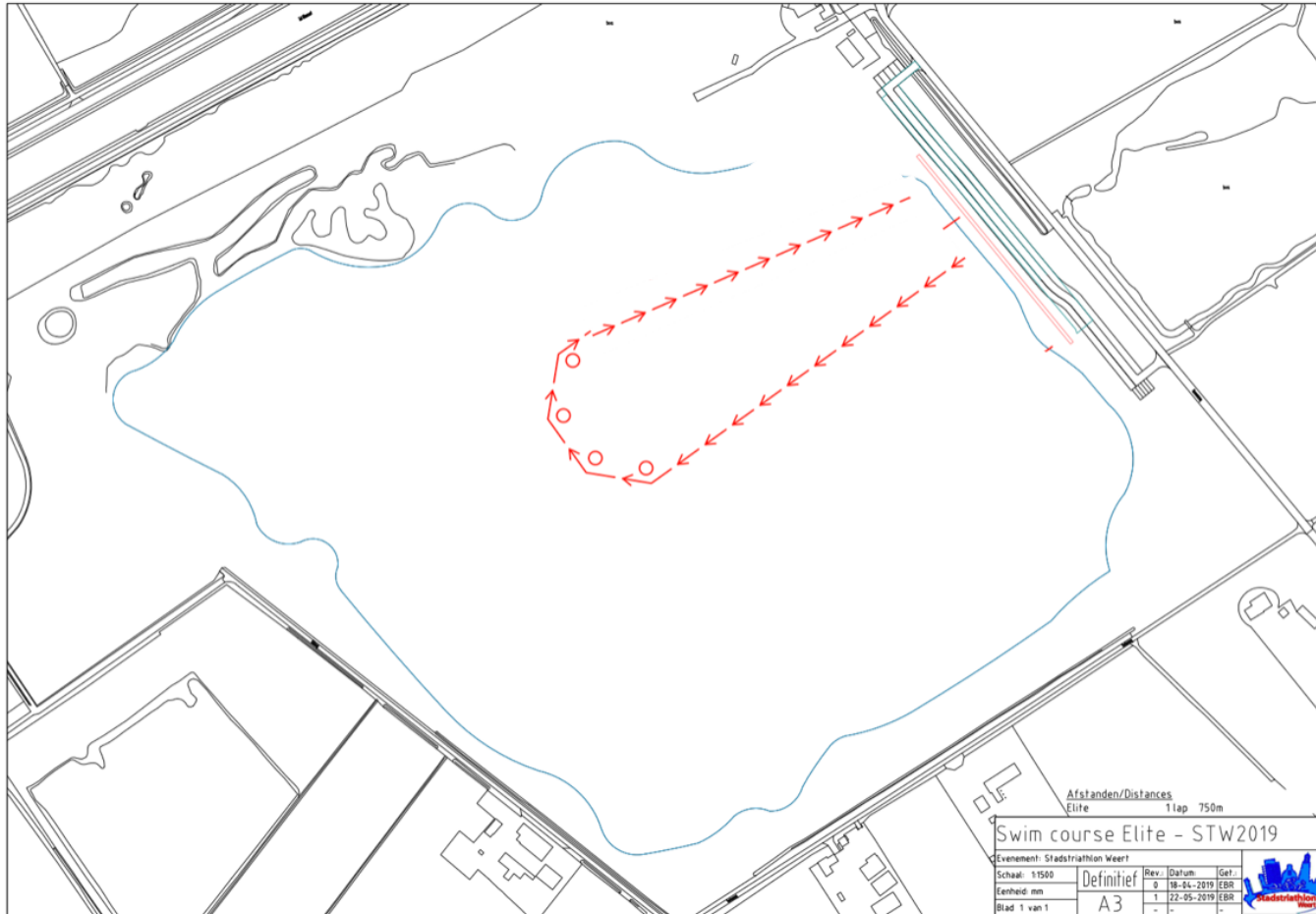
- On 30.05.2019 at 10:00:

16.8°C water

15.7 ° C air

- Wetsuit allowed
- 1/2 laps (total distance of 750m/1500m), clockwise
- Distance to the first turn buoy 300 m
- Take cap, goggles to transition into your box

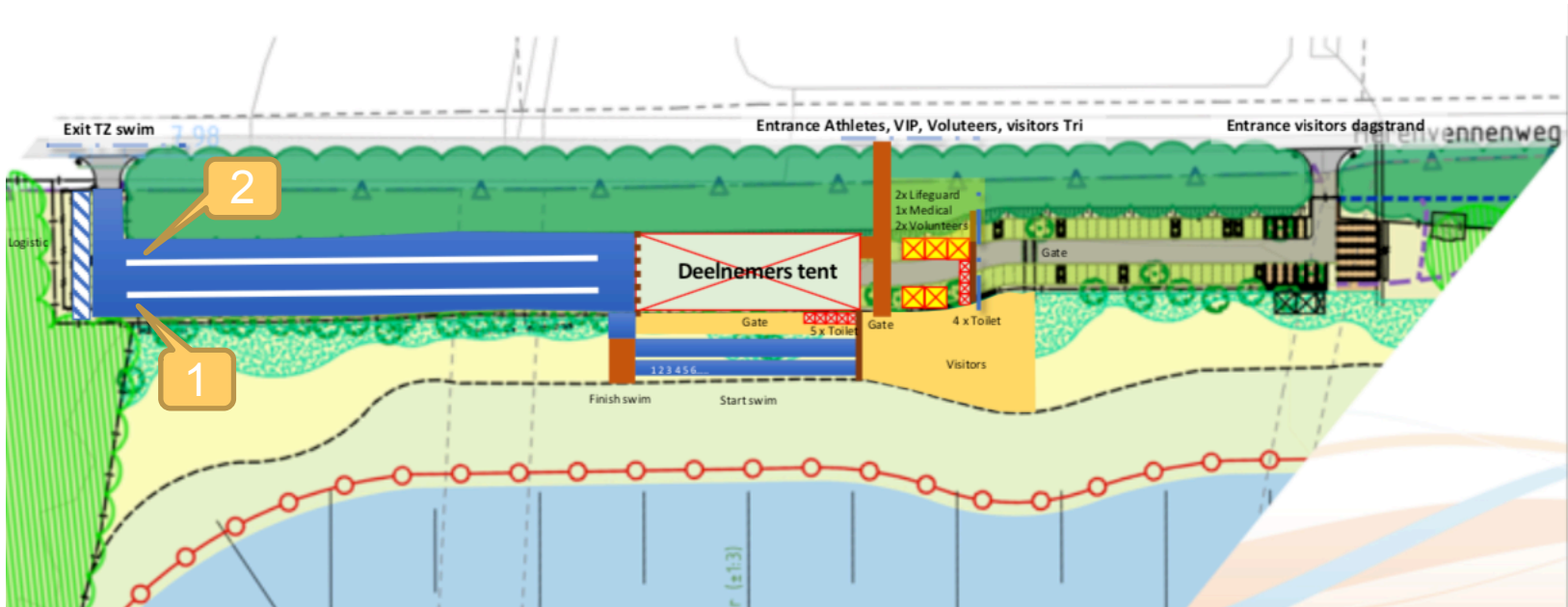
Swim course Map



Transition Area

- T1 – Traditional Bike Racks – number, name and country flag
- T2 - Individual Bike Racks – number, name and country flag
- Used equipment into the box
- In an 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
- Mount line at the end of the TA

Transition Flow – TA1





Bike course

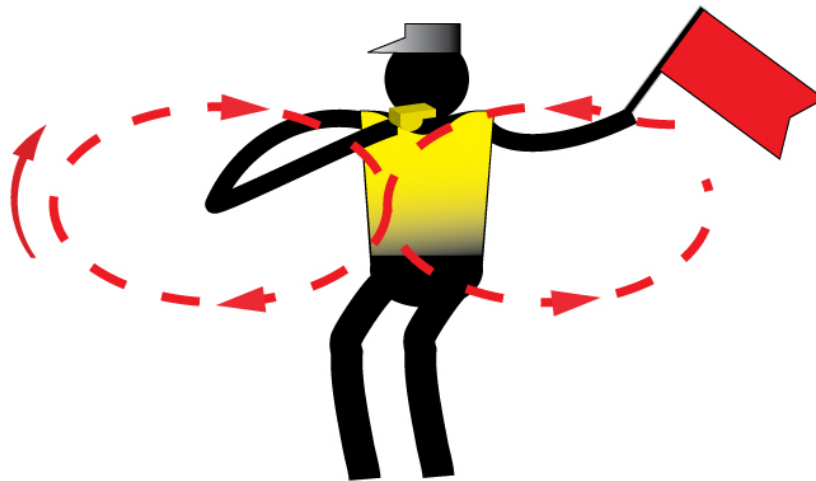
- 2/5 laps (total distance of 18.6km/37.8km)
- Flat and not technical
- 1 Wheel Station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the TA2
- Littering Zones – at wheel station
- Lapped athletes are out of the race
- First runner – last biker scenario

Bike Course Map



Caution

Caution signal: three sharp whistles and red flags

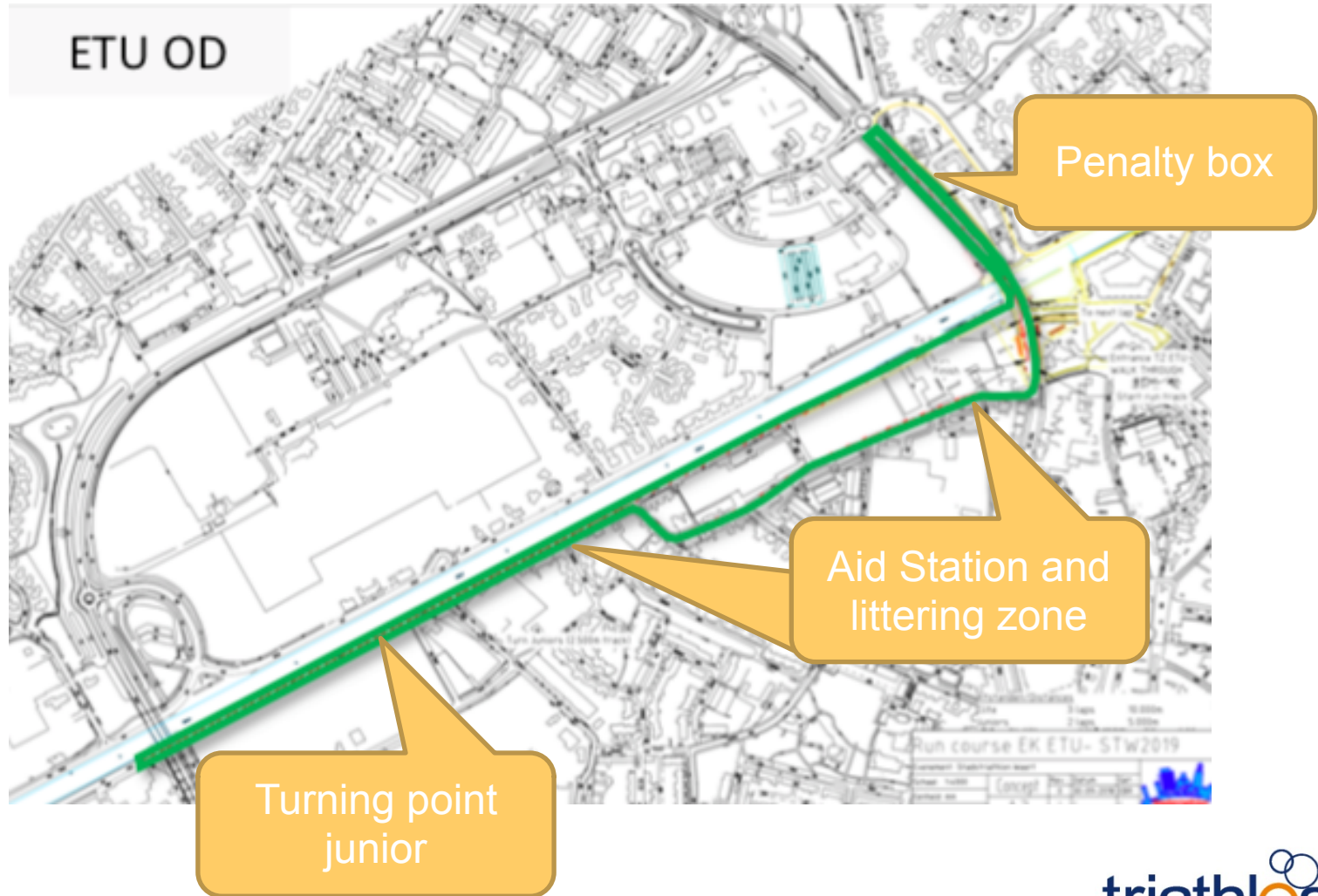


Run course

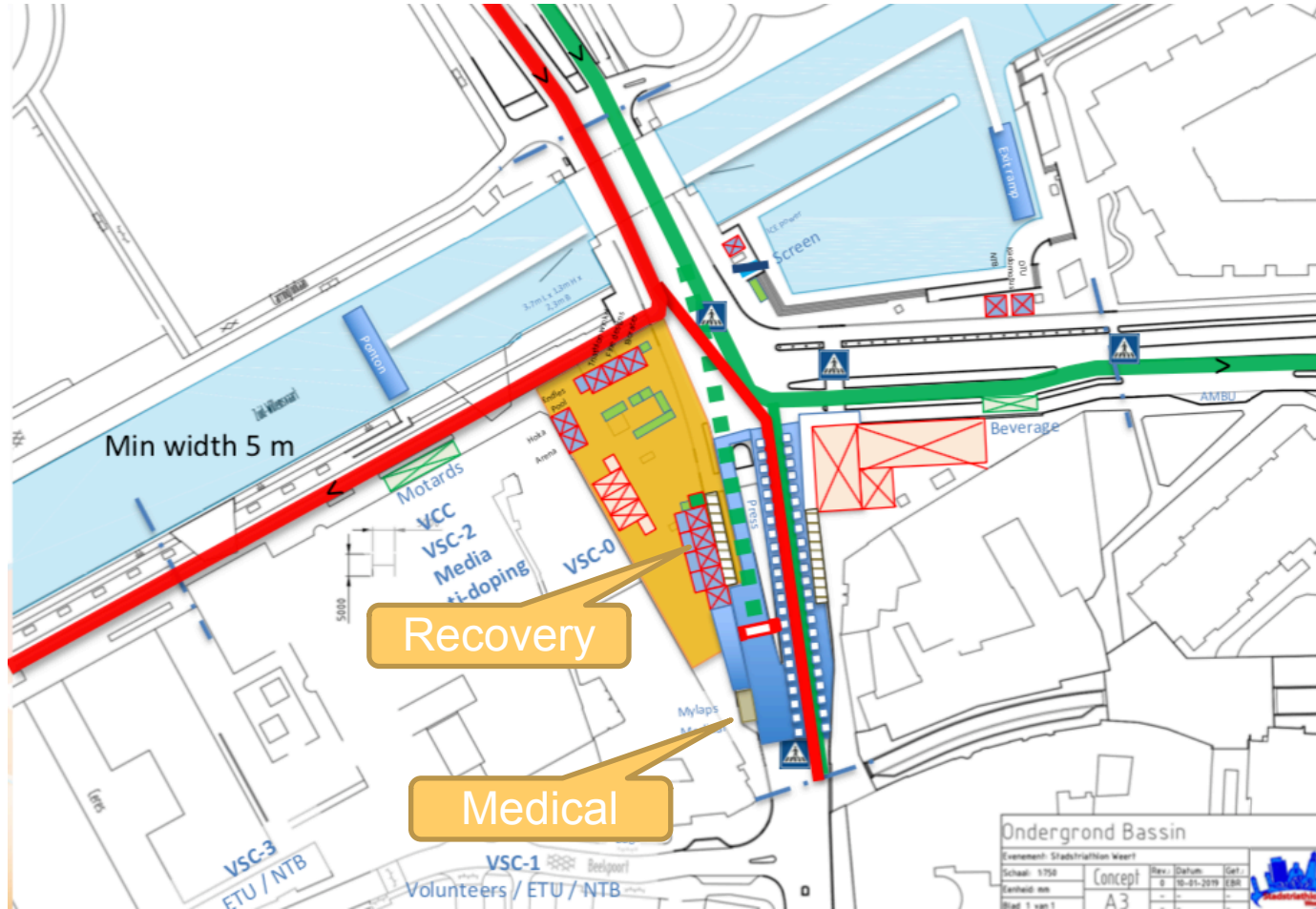
- 2/3 laps (total distance of 5km/10km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles within the littering zones.
(20m before and 80m after Aid stations)
- Photo-finish
- Congestion in finish area:
 - Go to recovery area



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: after round-about on left side m before the Transition Area

Information: 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: 10/15 time penalty served on any lap of the run

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

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
- Swim violations: S
- Other violations: V
- Mount Line: M
- Dismount Line: D
- Equipment outside box: E

For example:

- 12D = athlete #12 received a time penalty for a dismount line violation
- 12x2ME = 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 Ceremonies – immediately after finish

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 – please write mail to etu_hq@etu.triathlon.org



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

Team Medical Access

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

Coaches areas

Accreditation

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

Coaches' areas:

- Next to start
- Mixed zone
- Next to penalty box



Access to Briefing

Race Briefings can be found as follows:

[https://triathlon.org/events/event/
2019_weert_etu_triathlon_european_championship](https://triathlon.org/events/event/2019_weert_etu_triathlon_european_championship)
S



Water Quality Assessment (Inland)

Enterococci	
22.05.2019	NMP/100mL
Location A	<15
Location B	<15
Location C	<15
Enterococci limit	<200

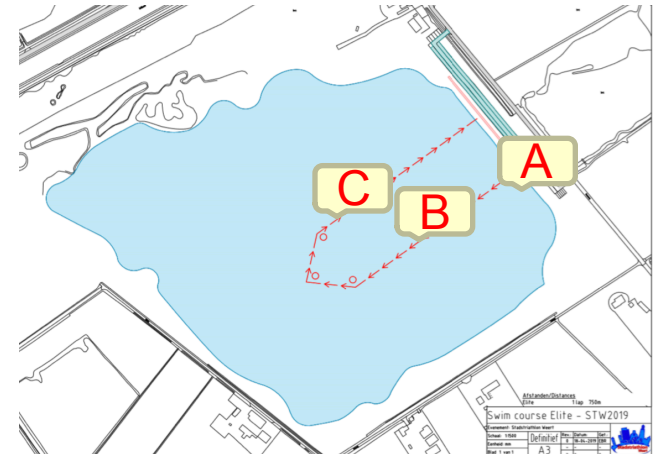
E.Coli	
22.05.2019	NMP/100mL
Location A	<15
Location B	<15
Location C	<15
Enterococci limit	<500

PH	
22.05.2019	
Location A	4.37
Location B	4.29
Location C	4.27
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Overcast (50% chance of rain)
B +1	Sunny
Race Day	Sunny

Weather report	
Day	Weather
B-3	Overcast, no rain
B-2	Overcast, rainy sequences
B-1	Overcast, no rain

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






SUMMARY

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 forecast

	Temp	Weather
Friday	20°C	
Saturday	25°C	
Sunday	29°C	

Good Luck!

