# Elite Athletes' briefing

23<sup>rd</sup> October 2022









## 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



#### ON LINE

- Majid Amahroq, Federation Royale Morocaine de Triathlon
- Rick Fulton, World Triathlon Team Leader
- William Walton, World Triathlon Technical Delegate
- Rashid Bakour, Africa Triathlon Assistant Technical Delegate
- Youssef Laghmich, World Triathlon Medical Delegate
- Mfedal El Bakkali, Africa Triathlon Head Referee
- Abdennour Rahmuni, LOC Director







## **Competition Jury**



- William Walton, (TD) Chair
- Abdelmajid Jebari (MAR) FRMTRI Representative
- Abdennour Rahmuni LOC (Mar-FRMTRI Member)







#### Schedule and Timetables



DAY START END ACTIVITY LOCATION

#### Saturday 22 Oct

22st	15:00	Elite Athletes Briefing	Virtually
22st	16:40 - 16:59	Bike Familiarization	(Venue)

22st 17:00 - 17:40 Swim Familiarization (Venue)

22st 18:00 - 19:30 Registration & Race Package KENZI SOLAZUR HOTEL

Your package includes:

Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers







## Schedule and Timetables

World Triathlon

LOCATION

DAY	START	END	ACTIVITY
Sunda	v 23	Ladies	

23nd	09:45	10:45 Athletes Lounge Elite Women	(Main Venue)
23nd	10:15	11:00 Transition Check-in Elite Women	(Main Venue)

23nd	10:15	11:00 Swim Warm-Up Elite Women	Beach Start Race

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23nd	11:05	Athletes Introduction Elite Women	Transition Area

23nd 11:15 **START** Elite Women Beach Start

23nd 14:45 Medal Ceremony Elite Women







## Schedule and Timetables



DAY Sun	START	END ACTIVITY  Men	LOCATION
23г	nd 12:00	13:00 Athletes Lounge Elite M	en (Main Venue)
23г	nd 12:30	13:15 Transition Check-in Elite	Men (Main Venue)
23г	d 12:30	13:15 Swim Warm-Up Elite Me	n Beach Start Race
23г	d 13:20	Athletes Introduction Elite Me	n Transition Area
23г	nd 13:30	Start Elite Men	Beach Start
23r	nd 14:45	Medal Ceremony Elite Men	Africa Tangier PERRATION ROTALE MARKOCANI DE TRIATIBLON CUD

## Check-in procedures



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

- Handlebars 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 however they are not allowed in the neutral wheel station
- Leave your spare wheels to the Bike Check Bike frame
- Saddle position (-5cm ≤ Men & -2 cm ≤ 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 at Venue

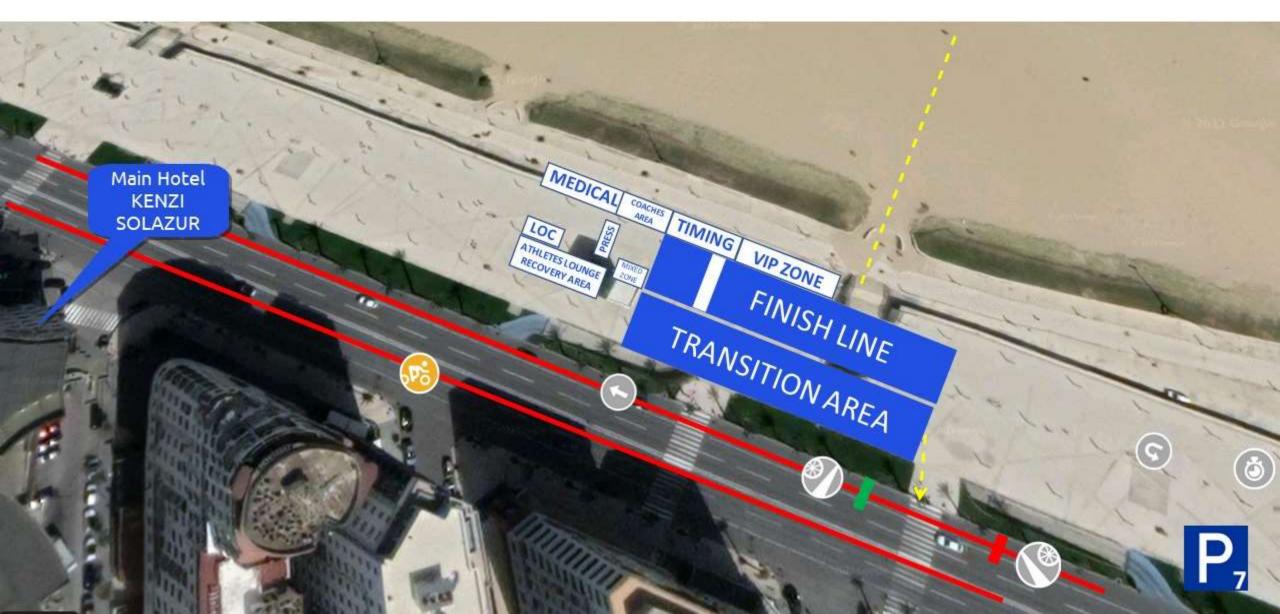






## Map Athletes' Lounge - Check-in procedures





## 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
- 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 left ankle
- 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 they will be taken to the Recovery Area







## 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 on beach water exit carpet
- 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







#### **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.







### **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 second
- During the time penalty, the athlete(s) may NOT touch any equipment.







## The course



Swim 1 lap 750m length

Bike 5 laps of 4km length

Run 3 laps - 2 laps of 1,7km 1 (last lap) 1,6 5km total length



## The course





### Swim course



On 21<sup>st</sup> Oct at race time

water 18.9 °C

air temperature 23 °C

- Wetsuit allowed / Wetsuit not allowed decision 1 hour before start of race
- 1 lap (total distance of 750m)
- Distance to the first turn buoy 325m
- Take cap, goggles to transition into your 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



- 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.

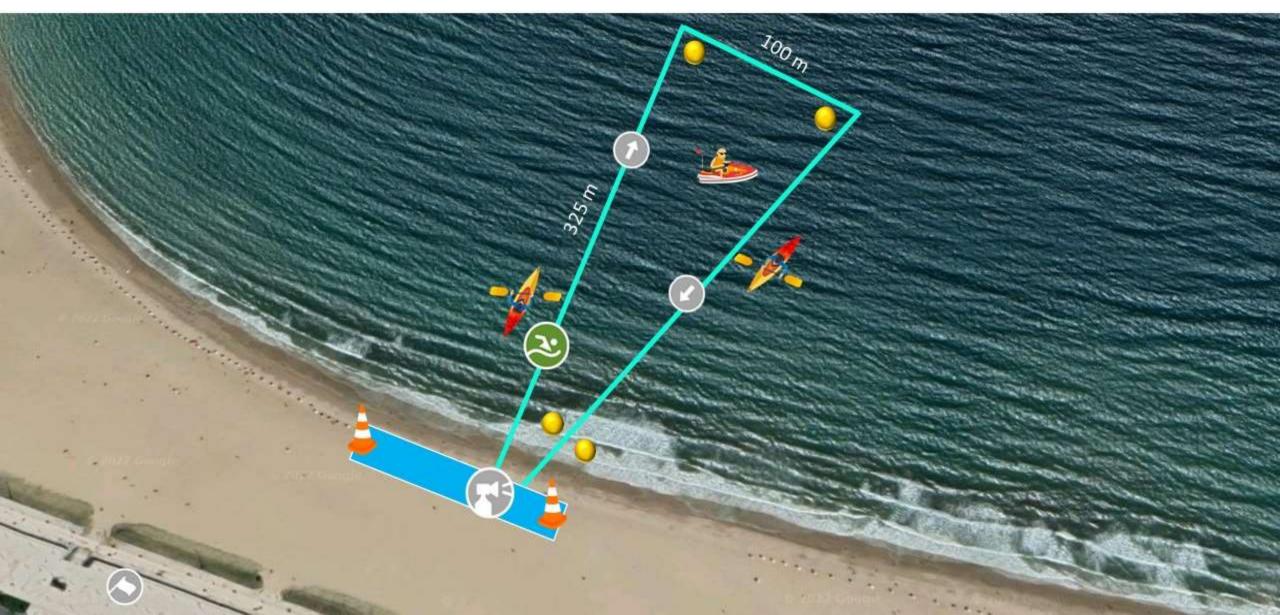






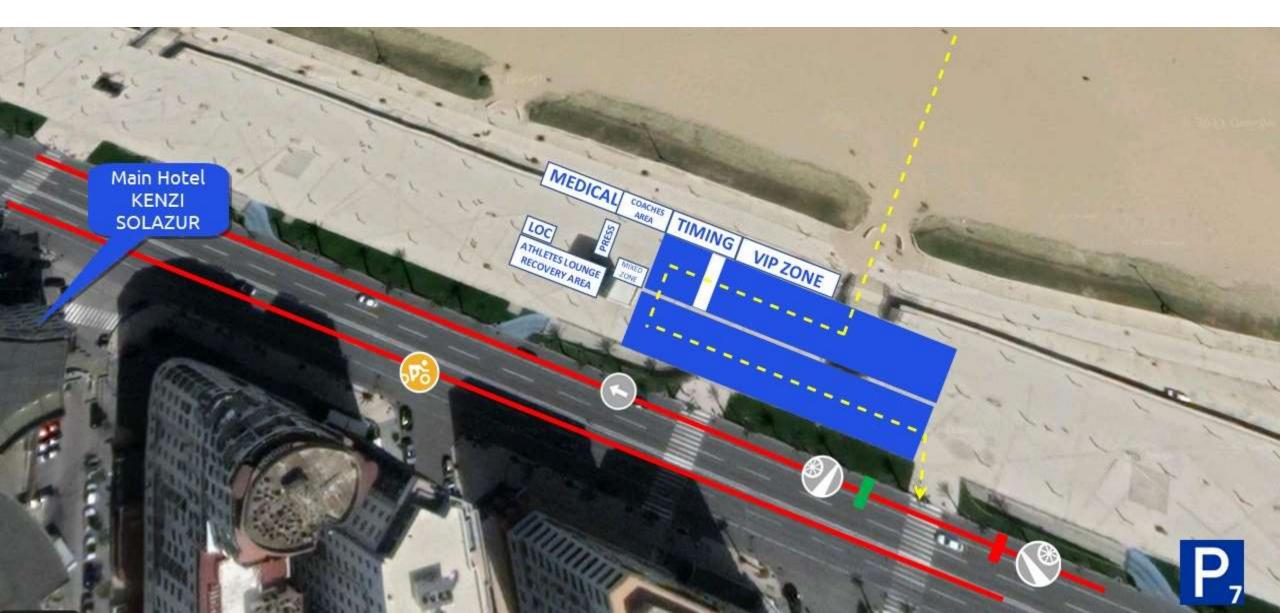
# Swim course map





## Swim exit to TA





#### **Transition Area**



- Swim Exit to TA approx. 250m
- go under the arch to find the transition
- Individual Bike racks
- All used equipment into the box
- Mount line at the end of the in the road







#### Bike course



- 5 laps (total distance of 20km)
- Flat not technical 1 Wheel Stations
  - 1 Neutral wheel station at turn point closest to TA
- Lap Counter: 100 before TA
- Lapped athletes are out of the race









## Bike Course Map





## Bike to TA





#### Run course



- 3 laps (total distance of 5km)
- Aid stations:
  - 2 per lap common
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Congestion in finish area:
- Go to mixed zone / recovery area









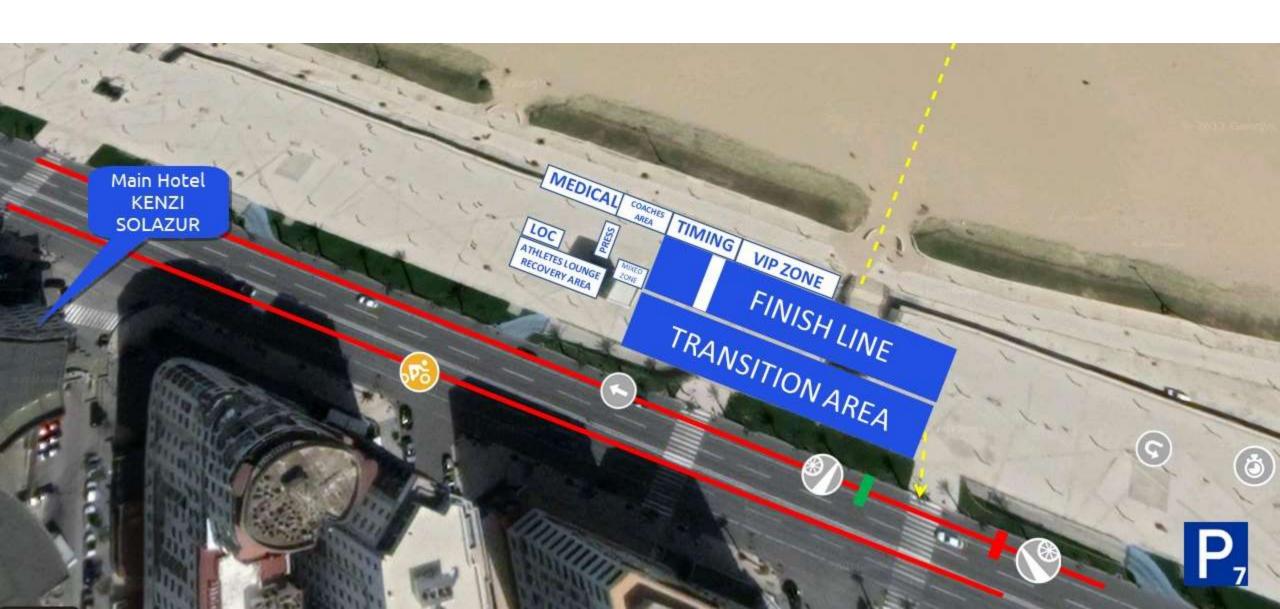
# Run Course Map





## Finish





## Run Penalty Box



- Start infringements will be served in T1 Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location**: 250m before the Finish
- **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: 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 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	<b>Mount Line</b>	M
Swim violations	S	<b>Dismount Line</b>	D
Equipment outside	Е	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







# Run Penalty Box Map





## Post-race Procedures



- "Mixed Zone" immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation protocol at Venue
- Elite 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 17h00 Athletes will be called and given prize money at Hotel Kenzi Sulazor







## **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.







## Coaches Area





#### Coaches Area



#### **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

See next slide







## Water Quality Assessment (Sea/Transition)



#### Update orange text accordingly

Enterococci		
Insert Sample Date	NMP/100mL	
Location A	228	
Location B	228	
Location C	228	
Enterococci limit	<100	

E.Coli	
	NMP/100mL
Location A	91.5
Location B	91.5
Location C	91.5
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7.9
Location B	7.9
Location C	7.9
PH limit	6.9

Weather forecast		
Day	Weather	
Friday	Partly cloudy	
Saturday	Partly cloudy	
Race Day	Cloudy	

Weather report		
Day	Weather	
Friday	Partly Cloudy	
Saturday	Partly Cloudy	
Race Day	Cloudy	

Visual Sanitary Inspection (last 18-10-2022)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	16:47	Good

#### **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;









## Water Quality

#### LABORATOIRE BOUGHAZ BIO

Dr. Alami BENTAYAB

DATE: 17/10/2022

FRMTRI - EAU DE MER PLAGE TANGIER

#### BIOCHIMIE

Prélèvement eau de la mer plage de tangier 1litre, effectué le 18/10/2022 à 16:47

Potentiel hydrogène

PH 7.9

Entérocoques 91.5/100ml (ufc/100ml).

Normes de qualité des eaux

Entérocoques intestinaux (UFC/100ml) Excellente qualité 100

Bonne qualité 200

Qualité suffisante 185<

Escherichia E Coli

228/100ml (ufc/100ml).

Normes de qualité des eaux

Escherichia coli (UFC/100ml)

Excellente qualité 250

Bonne qualité 300 Qualité suffisante 500<

ABORATOIRE SOUGHAZ BIO ICE BERROSSESSED









## Weather forecasts



Temperature in °C

Weather

Friday

25

Partly cloudy

Saturday

28

Partly cloudy

Sunday

25

Cloudy
UV index 3
76% Humidity

Remember SUN Block and Hydration







# ENOUGH

# **NEED HELP?**

Contact
safesport@triathlon.org

Visit

triathlon.org/about/safeguarding\_policy

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# Have a good race!



Be your extraordinary