

# ELITE-U23 & JUNIORS ATHLETE'S GUIDE



**Triathlon**  
Americas Cup  
AMERICAS CHAMPIONSHIP  
SANTA MARTA  
2023



**GUIDE**

**2023**

**V2**

**UPDATE**

**28/08/2023**



PLEASE REMEMBER: Any update version of this Guide will be identified by the version number on the cover page (Ex. V1, V2, V3, etc.)

## WATER QUALITY ASSESSMENT

July 5 <sup>th</sup> ,2023 – 10:14	CFU / 100ml	Limits
Enterococci	31	< 100
E. Coli	20	< 250
PH	8.28	6 - 9
Water Temperature	23.4 °C	
Air Temperature	27 °C	
<b>SUMMARY</b>		
1 = Very Good Water Quality (E. Coli: 250 to 500 or Enterococci 100 to 200) but with potential or pool visual pollution during sanitary check and/or potential for forecast of heavy rain		

Next test will be performed on September 2th,2023

## Elite-U23-Juniors Athletes' briefing

September, 8<sup>th</sup>. 2023

**18:00**

## WAIT LIST PROCEDURE

(Immediately after the briefing, if necessary)

- ❖ A wait list exists for this event.
- ❖ Start list athletes who are not present at the athletes' briefing, and who have not informed the TD of their absence, will be immediately replaced according to the World Triathlon Paratriathlon Qualification criteria.
- ❖ The wait list athlete must be present at the briefing to be assigned to the start list.

## RACE PACKAGE

ALL Athletes/support team must provide a picture ID to receive the package

Your package includes:

- ❖ Stickers – Helmet (3X), Bike (1X), Bag (1X)
- ❖ Body Decals – Both arms and both legs

## ATHLETE AGREEMENT

- ❖ All athletes must fill in their data on their Admin page of the World Triathlon Website before competing their first event, or if there is any change.
- ❖ If you need logins please contact [webmaster@triathlon.org](mailto:webmaster@triathlon.org)
- ❖ Sign the Agreement before taking your race package, that does not include the section with detailed information.

## VENUE



## SCHEDULE AND TIMETABLES

### Friday, Sept.8

Familiarization Bike – 09:00→10:00 – In front of INVERMAR

Familiarization Swim – 10:00→11:00 – Salguero Beach

**ELITE ATHLETES BRIEFING-** – 18:00. Tamacá Hotel

Race pack pick up (after athletes' briefing)

### Saturday, Sept.9

**05:00→05:45** – Athlete Lounge check in Open/Close. **Elite/U23. Male**

**05:30→06:00** – Transition zone check In Open/Close. **Elite/U23. Male**

**05:30→06:00** – Swim Warm up Open/Close. **Elite/U23. Male**

**06:05** – Athletes line up. **Elite/U23. Male**

**06:10** – Athletes presentation. **Elite/U23. Male**

**06:15 –Start Elite/U23. Male**

**06:15→07:00** – Athlete Lounge check in Open/Close. **Juniors. Male**

**07:00→07:25** – Transition zone check In Open/Close. **Juniors. Male**

**07:00→07:25** – Swim Warm up Open/Close. **Juniors. Male**

**07:30** – Athletes line up. **Juniors. Male**

**07:35** – Athletes presentation. **Juniors. Male**

**07:40 –Start Juniors. Male**

**07:45→08:30** – Athlete Lounge check in Open/Close. **Elite/U23 & Juniors. Female**

**08:30→08:55** – Transition zone check In Open/Close. **Elite/U23 & Juniors. Female**

**08:30→08:55** – Swim Warm up Open/Close. **Elite/U23 & Juniors. Female**

**09:00** – Athletes line up. **Elite/U23 & Juniors. Female**

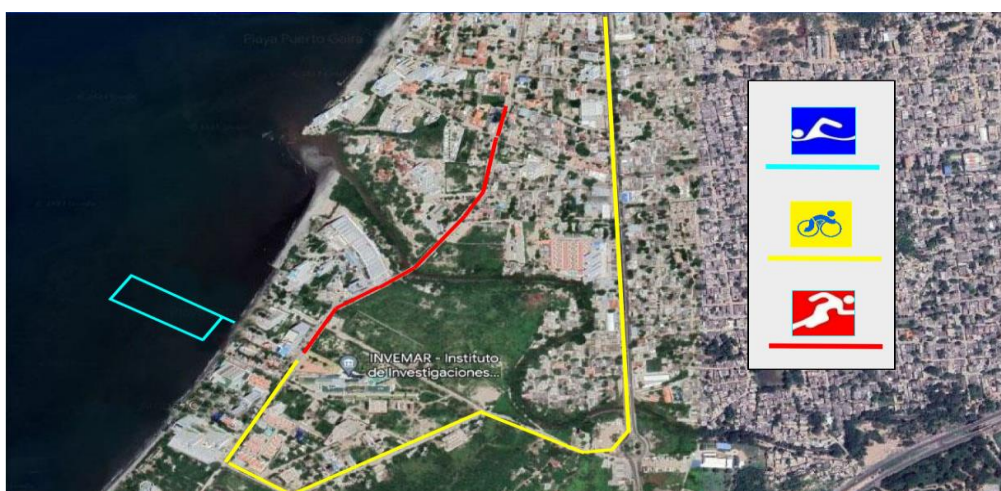
**09:05** – Athletes presentation. **Elite/U23 & Juniors. Female**

**09:10 – Start Elite/U23. Female**

**09:12 - Juniors. Female.**

**10:30 – Medal Ceremony**

## THE COURSE

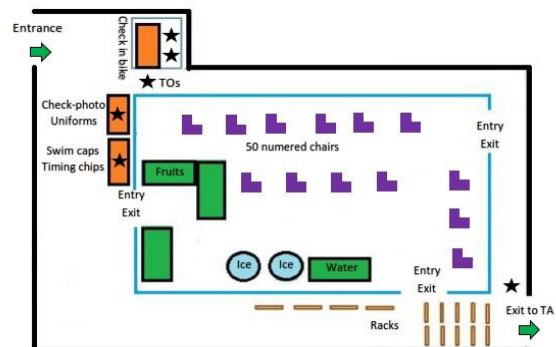


## CHECK IN PROCEDURES

### 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
  - Leave your spare wheels to the Bike Check
- ❖ Saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website
- ❖ Only traditional handlebars (clips-on 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.
- ❖ 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 (1 for the 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.



### 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.
- ❖ 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.
- ❖ Running Shoes outside 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.

## PRE - START PROCEDURES



Time	Categories
06:05	Athletes line up. Elite/U23. Male
06:10	Athletes presentation. Elite/U23. Male
<b>06:15</b>	<b>Start Race Elite/U23. Male</b>
07:30	Athletes line up. Juniors. Male
07:35	Athletes presentation. Juniors. Male
<b>07:40</b>	<b>Start Race Juniors. Male</b>
09:00	Athletes line up. Elite/U23/Junior. Female
09:05	Athletes Presentation. Elite/U23/Junior. Female
<b>09:10</b>	<b>Start Race Elite/U23. Female</b>
<b>09:12</b>	<b>Start Race Junior. Female</b>

## Athlete Introduction

- ❖ 10 minutes before start - line-up. Pre-Start área.
- ❖ Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- ❖ Jog to the numbered carpet once your name is called
- ❖ Select your position and stay behind the line!

## SWIM COURSE



Buoys (Orange) 1 – 2 - and 3 to pass over your left shoulder.

Buoy (Red) 4 to pass over your right shoulder and exit.

Anti-clock wise

## SWIM

- ❖ Wetsuit not allowed
- ❖ 1laps (total distance of 750m)
- ❖ Distance to the first turn buoy 225m
- ❖ Swim behaviour will be closely monitored and recorded by water based and Video Review Officials.
- ❖ Take cap, goggles to transition into your box.

## 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 rule's definition from the previous slide.
- ❖ Please respect your fellow competitors and keep the race fair.

## SWIM BEHAVIOR

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

e.) Athletes may sportingly maintain their own space in the water:

- Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- 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;

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 EXIT TO TZ



## TRANSITION AREA

- ❖ Swim Exit to TA 89 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**)

## BIKE COURSE

- ❖ 4laps (total distance of 5km)
- ❖ Hilly // not technical
- ❖ 1 Wheel Stations
  - 1 Team wheel station (At the midpoint of the bike segment) For locations see the map (**NO** Neutral Wheel Stations)
- ❖ Lap Counter: at the exit of Transition Zone (100m)
- ❖ Lapped athletes are out of the race

## BIKE COURSE – 4 LAPS





## RIDING POSITIONS

OK



NOT OK

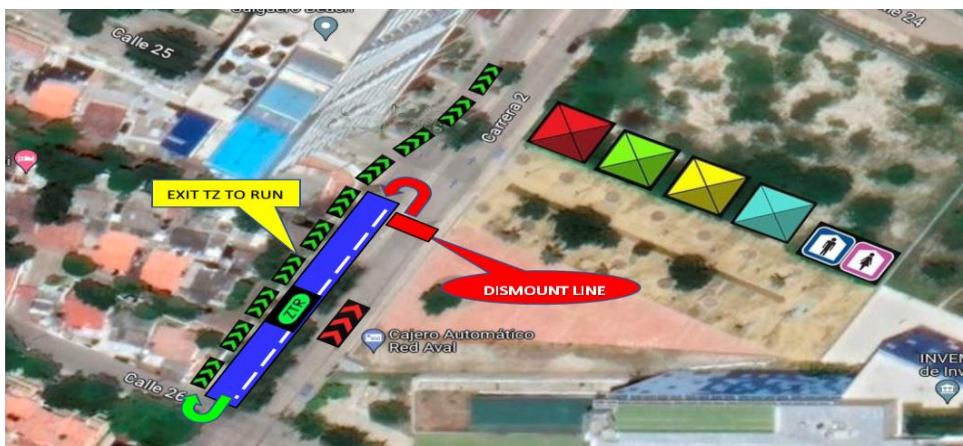


## BIKE BEHAVIOR

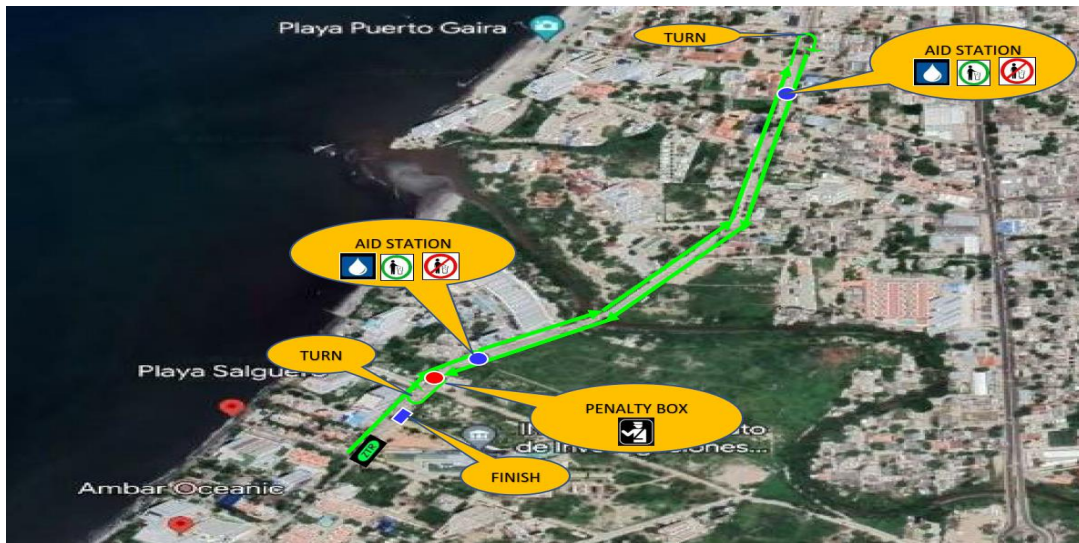
Definition from the World Triathlon CR §5.1. b:

- 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.

## TRANSITION 2



## RUN COURSE



- ❖ 3 laps (5 km)
- ❖ Aid Stations :
  - 2 per lap
  - For locations see the map
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs.



## RUN BEHAVIOR

### 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 multisport 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.

## PENALTY BOX

- ❖ Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run PB
- ❖ **Location:** 200 m of 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 sec 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 a 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)**.

## Violations abbreviations

Dismount line	D	Littering	L
Mount line	M	Equipment outside the box	E
Swim behaviour	S	Bike behaviour	B
Run behaviour	R	Other violations	V
For example:			
12 D	athlete #12 received a time penalty for a dismount line violation		
12 X 2 ME	athlete #12 received 2-time penalties for mount line and equipment outside the box violations.		

## FINISH



## POST RACE PROCEDURES

- ❖ “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.

## Anti-Doping Control

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

## Medical

- ❖ Accredited team medical will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate.
- ❖ Race Results posting at Athletes Lounge
- ❖ Medal ceremonies at 10 :30  
Please be there at least 15 mins before the official time of the Awards !
- ❖ For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.
- ❖ 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.

## RIGHT TO PROTEST

- ❖ An Athlete who receives a penalty may protest, with the exception of:
  - a) a penalty for a drafting violation; and
  - b) **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.

## MEDAL CEREMONIES



INVEMAR

10:30

Please be there

10:15

## AMBUSH MARKETING

- ❖ 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:

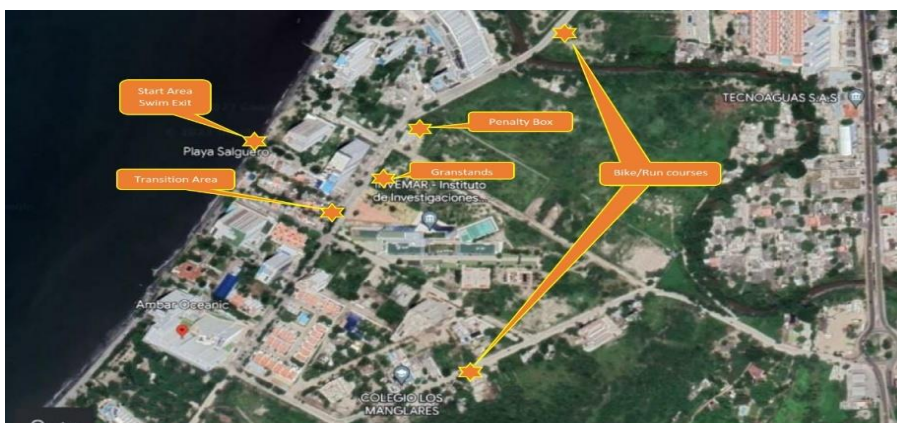
*“Deliberately using the opportunity of live television and media photographers to acquire additional exposure for your sponsor product, apparel or brand.”*

- ❖ Please follow the ambush marketing rule

## COACHES ACCREDITATION

- ❖ All coaches have to collect accreditation to be able to enter the venue. A picture ID needed.
- ❖ 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, Ski man 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.

## COACHES AREA



### Coaches' areas:

- Grandstands
- Start Area
- Swim Exit Area
- Transition Area
- Penalty Box
- Bike/Run course



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Have a good race!