



La Baule
2022



Athletes Briefing

15.09.2022



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




- Renato Bertrandi (ITA), Europe Triathlon President
- Oliver Laaber (AUT), Europe Triathlon Technical Delegate
- Stephan Kretschmer (SUI), Europe Triathlon Technical Delegate
- David Peiffer (FRA), Europe Triathlon Assistant Technical Delegate
- Clare Donovan (GBR), Europe Triathlon Head Referee
- Sandrine Crosnier (FRA), Europe Triathlon Head Referee
- Hervé Delaunay, LOC Director

Competition Jury



- Oliver Laaber (AUT) / Stephan Kretschmer (SUI), Chair
- Renato Bertrandi (ITA)
- Hervé Delaunay (FRA)

Europe Triathlon Junior Cup 2022

Date	Location	Country	Distance
27/03/2022	Quarteira	Portugal	Sprint
03/04/2022	Melilla	Spain	Sprint
16-17/04/2022	Yenisehir	Turkey	Sprint
13-15/05/2022	Caorle	Italy	Super-Sprint+MTR
22/05/2022	Panevezys	Lithuania	Super-Sprint + MTR
27-29/05/2022	Olsztyn	Poland	Super-Sprint+MTR
04/06/2022	Rzeszow	Poland	Sprint
11/06/2022	Wels	Austria	Sprint
19/06/2022	Dusseldorf	Germany	Sprint
01/07/2022	Holten	Netherlands	Sprint
16-17/07/2022	Tiszaujvaros	Hungary	Super-Sprint
24/07/2022	Tabor	Czech Republic	Sprint
07/08/2022	Chisinau	Moldova	Super-Sprint+MTR
13/08/2022	Riga	Latvia	Sprint
27-28/08/2022	Izvorani	Romania	Super-Sprint+MTR
03/09/2022	Bled	Slovenia	Super-Sprint
15-18/09/2022 	La Baule Europe Triathlon Youth Championships	France	Super-Sprint+MTR

Europe Triathlon Cup Ranking 2022 Junior Women (after Bled)



Rank.	Prev.	Evolution		NF	Points	Best score	2nd best score	3rd best score	4th best score	5th best score
1	1	↕	Huys, Tabea	AUT	1826,8	400	400	342	342	342
2	3	↑1	Młynarska, Józefina	POL	1771,1	400	370	342	342	317
3	2	↓1	Kropko, Marta	HUN	1610,2	400	400	370	348	93
4	4	↕	Mansson, Tilda	SWE	1400,0	600	400	400		
5	5	↕	Pena Vicente, Elsa	ESP	1302,7	317	293	278	214	201
6	6	↕	Possberg, Vanessa	SUI	1250,8	400	251	235	220	145
7	7	↕	Zwicky, Nathalie	SUI	1220,7	317	271	232	203	198
8	8	↕	Nadas, Romina	HUN	1219,2	370	370	232	147	100
9	9	↕	Ptaszyńska, Weronika	POL	1148,6	400	370	172	134	72
10	10	↕	Moragas Molina, Helena	ESP	1070,0	400	370	300		

Europe Triathlon Cup Ranking 2022 Junior Men (after Bled)



Rank.	Prev	Evolution		NF	Points	Best score	2nd best score	3rd best score	4th best score	5th best score
1	1	↕	Kovacs, Gyula	HUN	1528,3	400	370	342	218	198
2	2	↕	Liepa, Arturs	LAT	1346,0	400	400	275	271	
3	3	↕	Densa, UI	SLO	1344,8	317	317	317	271	124
4	4	↕	González Turrez, Pelayo	ESP	1320,4	400	342	342	138	98
5	5	↕	Hobor, Zalan	HUN	1273,1	400	370	271	124	108
6	6	↕	Prieto Villar, Andres	ESP	1193,0	370	370	317	136	
7	7	↕	De Dobbelaere, Raf	BEL	1106,2	297	271	257	157	124
8	8	↕	Popa, Carol	ROU	1056,1	370	271	232	183	
9	13	↑4	Vollmann, David	AUT	1022,1	317	293	183	145	84
10	9	↓1	Kropko, Marton	HUN	1018,3	370	317	232	100	

Europe Triathlon Nation's Junior Ranking 2022 (after Bled)



Rank.	Prev.	Tend	NF	Country	Total	Score best woman	Score 2nd woman	Score 3rd woman	Score best man	Score 2nd man	Score 3rd man	MR Caorle	MR Panevezys	MR European CH	MR Chisinau	MR Izvorani
1	1	↔		Hungary	8449	1610	1219	762	1528	1273	1018	293		376		370
2	2	↔		Spain	7311	1302	1070	623	1320	1193	997			406		400
3	3	↔		Poland	7033	1771	1146	932	873	858	798			255	400	
4	5	↑1		Austria	6290	1826	657	483	1022	923	835	342		201		
5	4	↓1		Switzerland	6062	1250	1220	779	882	401	379	370		439		342
6	9	↑3		Italy	5400	752	706	423	955	692	680	400		475		317
7	6	↓1		France	5260	836	777	733	970	742	647			555		
8	8	↔		Great Britain	5056	1034	699	691	989	574	556			513		
9	7	↓2		Belgium	4939	888	878	410	1106	547	496	317		297		
10	10	↔		The Netherlands	4257	802	774	643	793	633	290			322		

Schedule and Timetables



THURSDAY

09:30 – 10:15	Swim familiarisation Youth Women
10:15 – 11:00	Swim familiarisation Youth Men
11:15 – 12:00	Bike course familiarisation (Men/Women)
	Meeting point: Transition area / La Baule Seaside
15:00	Athlete's briefing (online)
16:00 – 17:30	Race pack pick-up (Francois André Stadium). Remember to bring ID!
	Your package includes:
	- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
	- Body decals – both arms and both legs
	- Accreditation - gives access to athlete lounge on race day
17:30 – 18:30	Anti-doping session
18:30 – 19:00	Opening Ceremony (Francois André Stadium)

Schedule and Timetables



FRIDAY – YOUTH WOMEN

07:30 – 08:30	Athletes´ lounge open & bike check-in
07:45 – 08:45	Transition area open
07:45 – 08:45	Swim warm-up
08:50	Athletes´ introduction
09:00	START Semi-final 1 Youth Women
09:40	Athletes´ introduction
09:50	START Semi-final 2 Youth Women
10:30	Athletes´ introduction
10:40	START Semi-final 3 Youth Women
11:20 – 11:30	Transition area bike check-out Youth Women
19:00 – 20:00	Race package pick-up for Saturday races (Finals A/B) (Francois André Stadium)
20:00 – 20:30	Mixed Team Relay composition & coaches meeting/briefing (Francois André Stadium)



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Schedule and Timetables



FRIDAY – YOUTH MEN

12:00 – 13:00	Athletes´ lounge open & bike check-in
12:15 – 13:15	Transition area open
12:15 – 13:15	Swim warm-up
13:20	Athletes´ introduction
13:30	START Semi-final 1 Youth Men
14:05	Athletes´ introduction
14:15	START Semi-final 2 Youth Men
14:50	Athletes´ introduction
15:00	START Semi-final 3 Youth Men
15:45 – 16:00	Transition area bike check-out Youth Men
19:00 – 20:00	Race package pick-up for Saturday races (Finals A/B) (Francois André Stadium)
20:00 – 20:30	Mixed Team Relay composition & coaches meeting/briefing (Francois André Stadium)



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Schedule and Timetables



SATURDAY – YOUTH WOMEN

10:30 – 11:30	Athletes´ lounge open & bike check-in
10:45 – 11:45	Transition area open
10:45 – 11:45	Swim warm-up
11:45	Athletes´ introduction
12:00	START B Final Youth Women
12:30	Athletes´ introduction
12:45	START A Final Youth Women
13:45 – 14:15	Transition area bike check-out Youth Women
18:30 – 19:00	Youth Festival Medal Ceremony (individual) (La Baule Seaside)
19:30 – 20:00	Race package pick-up for MTR (Francois André Stadium)



La Baule
2022



Schedule and Timetables



SATURDAY – YOUTH MEN

14:45 – 15:45	Athletes´ lounge open & bike check-in
15:00 – 16:00	Transition area open
15:00 – 16:00	Swim warm-up
16:00	Athletes´ introduction
16:15	START B Final Youth Men
16:45	Athletes´ introduction
17:00	START A Final Youth Men
18:00 – 18:30	Transition area bike check-out Youth Men
18:30 – 19:00	Youth Festival Medal Ceremony (individual) (La Baule Seaside)
19:30 – 20:00	Race package pick-up for MTR (Francois André Stadium)



La Baule
2022



Schedule and Timetables



SUNDAY – MIXED TEAM RELAY (MTR)

16:30 – 17:30 Athletes´ lounge open & bike check-in

16:45 – 17:45 Transition area open

16:45 – 17:45 Swim warm-up

17:50 Athletes´ introduction

18:00 START MIXED TEAM RELAY (MTR)

19:30 – 19:45 Transition area bike check-out MTR

20:00 Youth Festival Medal Ceremony (MTR) (La Baule Seaside)



La Baule
2022



Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform, front and back. Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs)
- Swim cap and timing chip distribution (1 for the ankle)
- Leave your bag in the athletes' lounge

Check-in procedures



Transition area (Bike check)

- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- 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 before the end of the race package pick-up on Thursday
- Disc brakes are allowed
- Bring your spare wheels to the team wheel station
- Mechanic service available

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

- Traditional bike racks:
 - for the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane.
 - for the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.
- Running shoes outside the box, helmet on the bike

Pre-start Procedures



Athletes' introduction

- 15min before start - line-up
- Jog to the start once your name is called
- Beach start
- Select your position on the blue carpet! Once position is selected, do not change your position!
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and under the supplied event swim cap

Start Procedures



Athlete 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 (many athletes)

- Several horn blasts
- Kayaks/SUPs 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 penalty in TA1
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course



The course



The course

INDIVIDUAL RACE



The course (individual race)



Swim 1 lap of 300 m

Bike 2 laps in total 7,8km
(1st lap 3,8km; 2nd lap 3,8km + 200m approach to TA2)

Run 1 lap of 2km

Swim (individual race)



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
- Infractions 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



- Wetsuit allowed / Wetsuit not allowed; decision will be announced 1hrs prior to the start
- 1 laps (total distance of 300m for the individual race and total distance of 250m for MTR)
- Distance to the first turn buoy 100m
- Take cap, goggles to transition into your box

Weather updates Wednesday, 14.9.2022

Water temp.

08:00am: 17.9 °C

09:00am: 18.0°C

09:30am: 18.5°C

12:30pm: 21.0°C

01:00pm: 21.0°C

02:00pm: 21.5°C

03:00pm: 21.5°C

Air.temp.

20°C

21°C

21°C

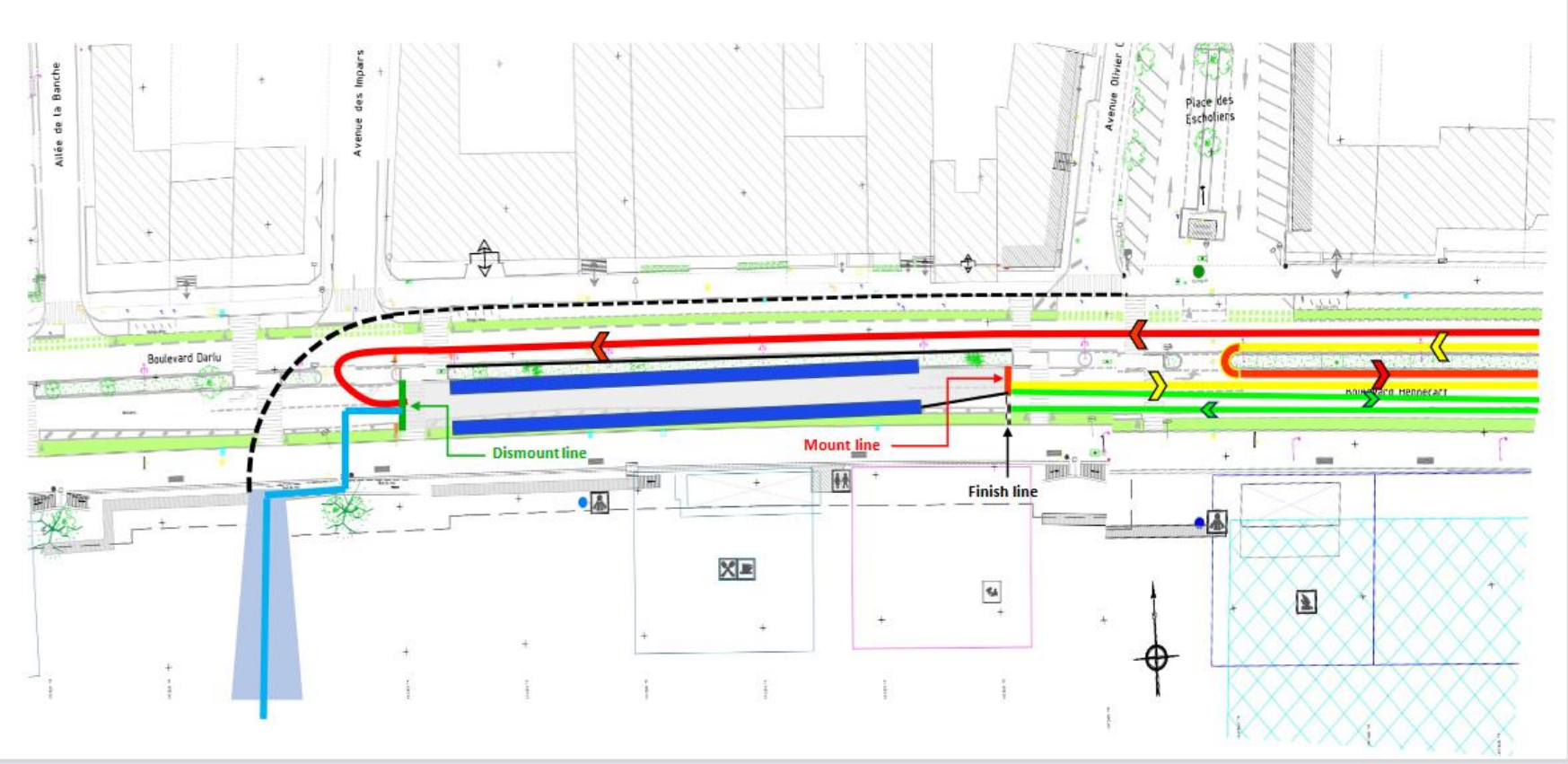
22°C

22°C

22°C

22°C

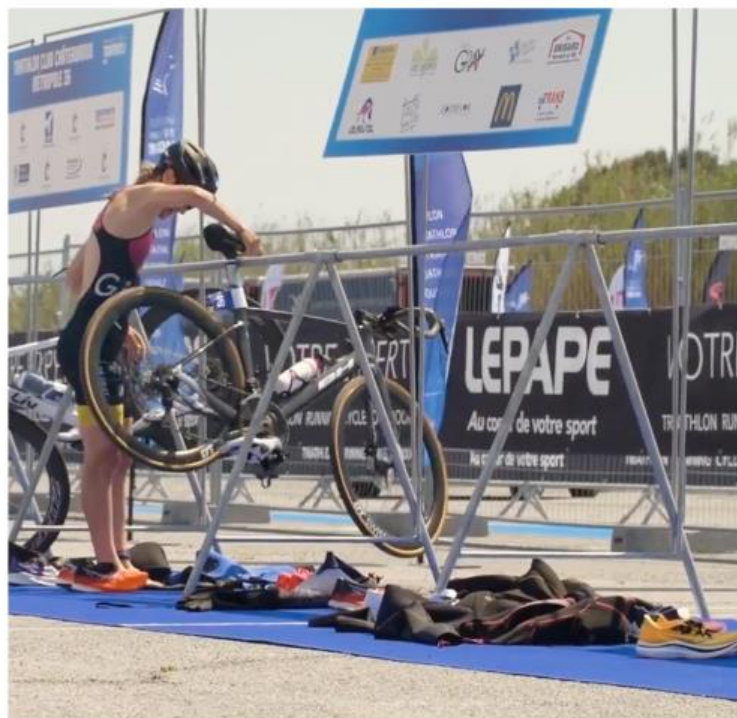
Transition flow (individual race)



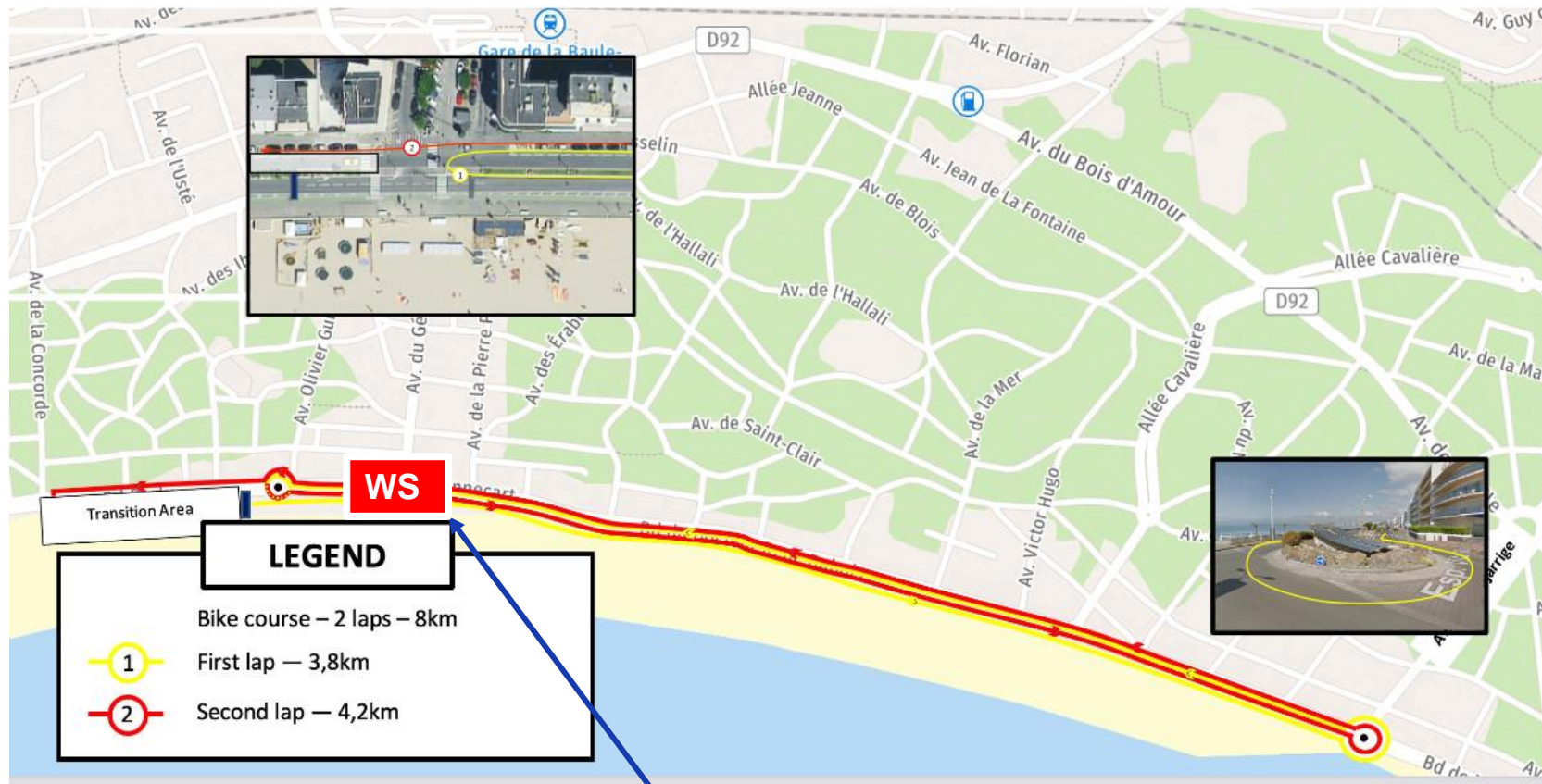
Transition Area (individual race)



Transition Area – Bike racks



Bike Course Map (individual race, Friday/Saturday)



wheel station

Bike Course Map (team wheel station)



Bike Course Map (turn around next to Mline)

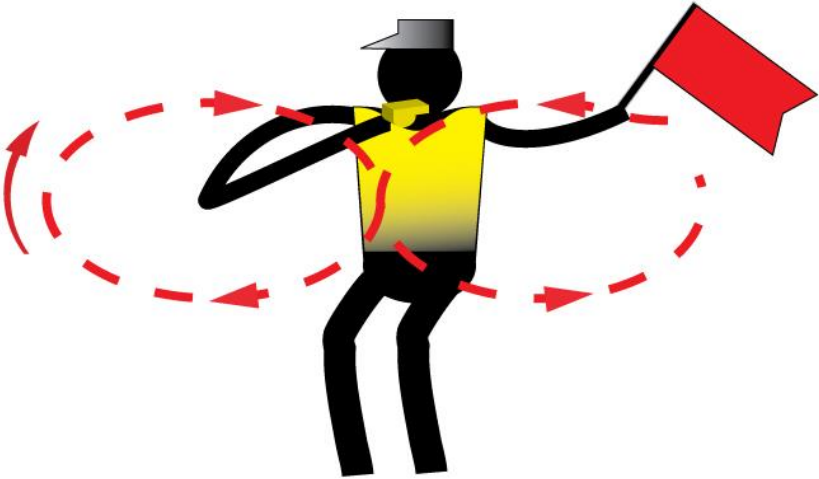


Bike course (individual races)



- 2 laps
- flat course
- 1 Wheel Station:
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the beginning of the lap
- Lapped athletes are out of the race

Caution



Run Course Map (individual race)



Penalty Box, approx. 200m prior the finish

Run course (individual race)

- 1 lap (total distance of 2km)
- littering area
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area



The course

MIXED TEAM RELAY (MTR)



The course (MTR, Sunday)

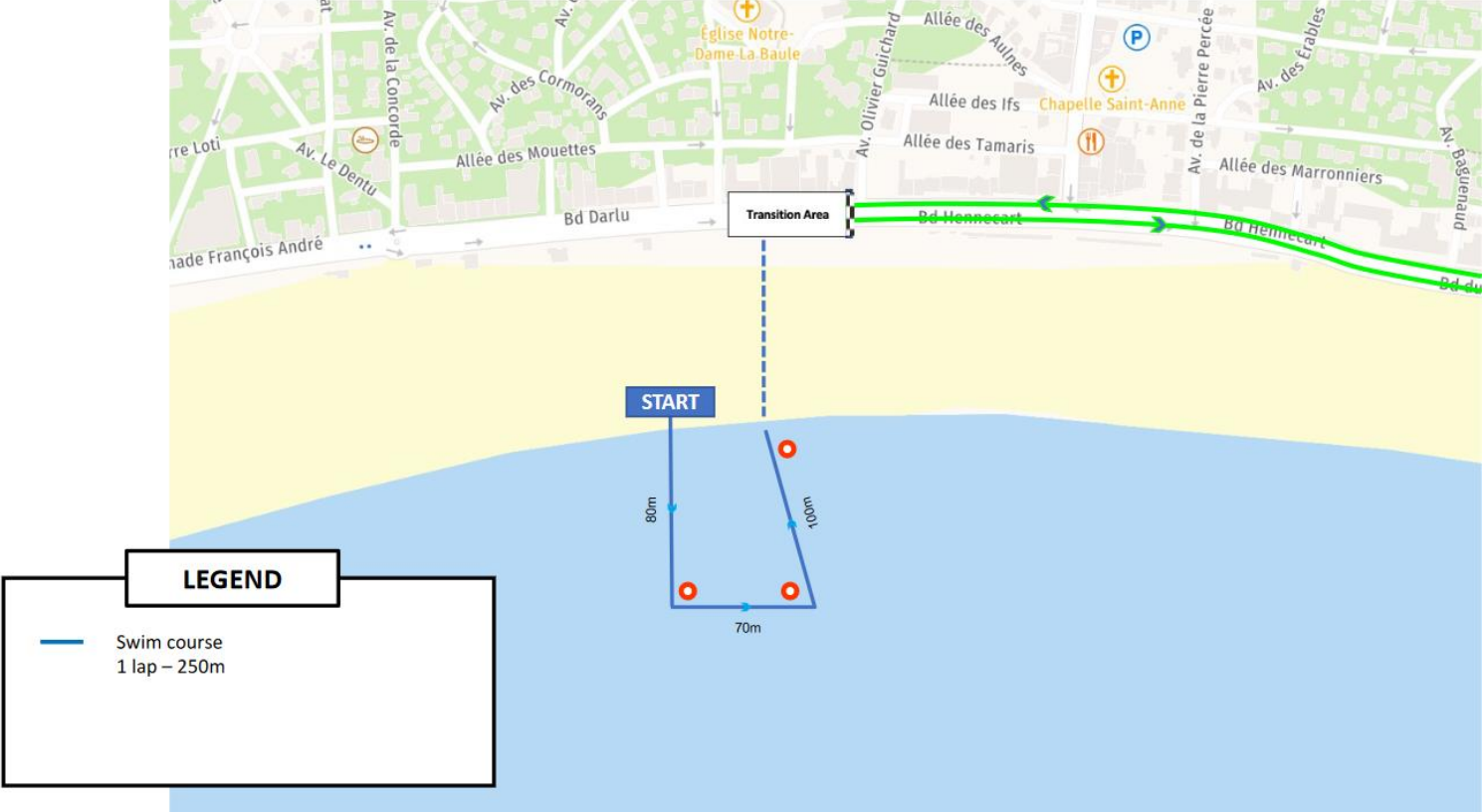


Swim 1 lap of 250 m

Bike 1 lap of 5,2km

Run 1 lap of 1,5km

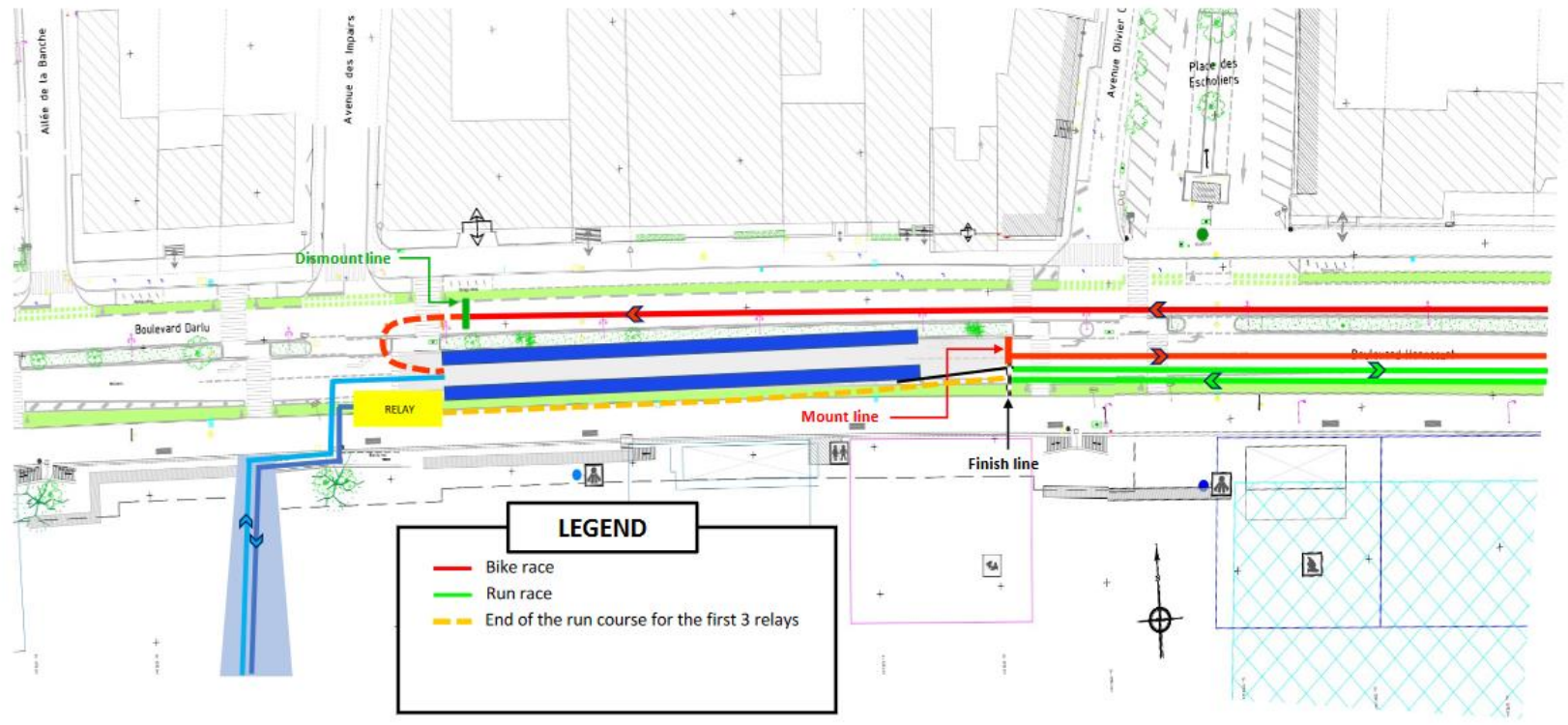
Swim course map (MTR, Sunday)



Transition Area Flow (MTR)



Transition Area – Mixed Team Relay



Transition Area (MTR)



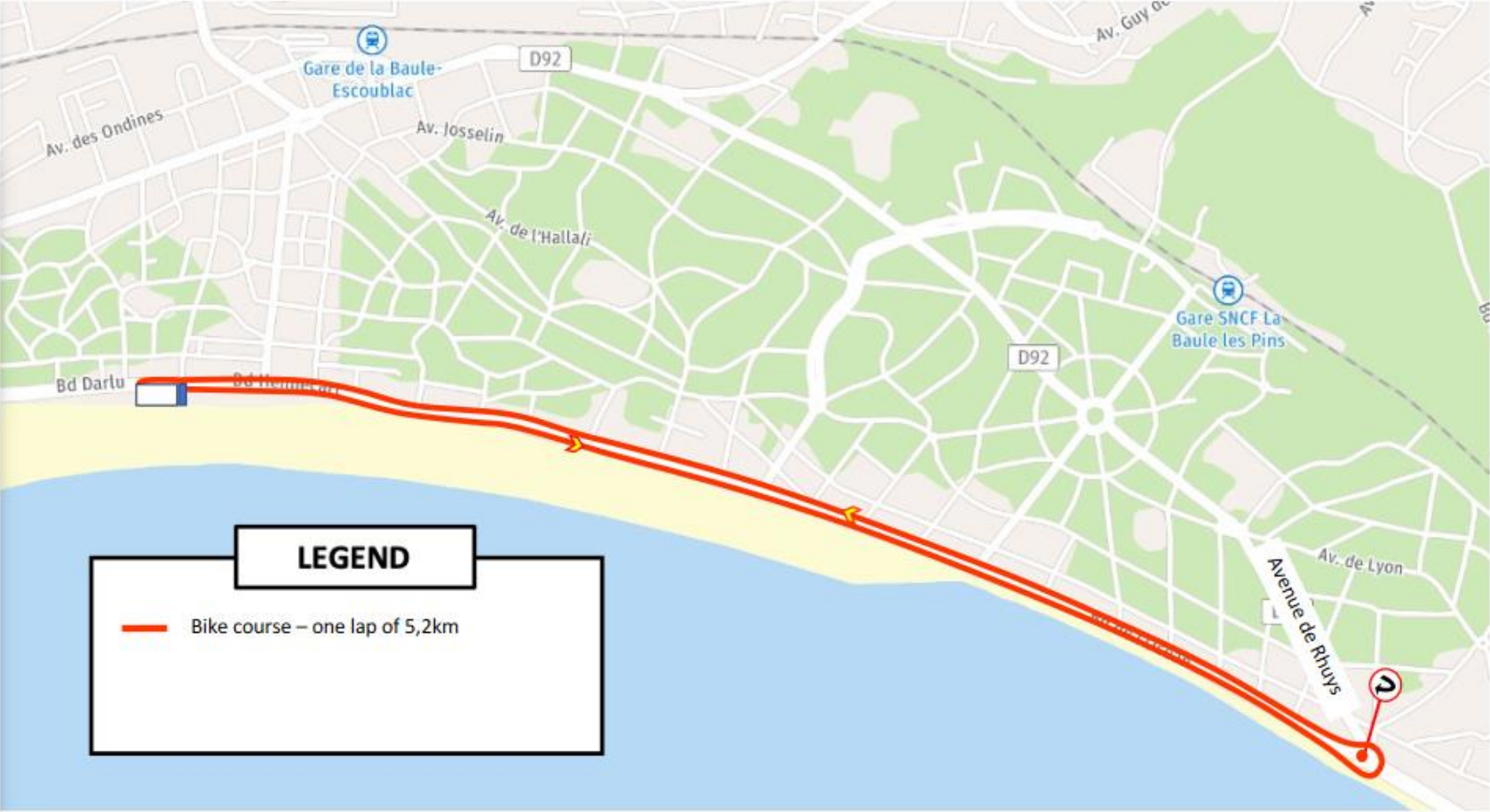
- Traditional bike racks – number, name and country flag
- Used equipment into the box
- Traditional bike racks:
 - for the first transition: in an upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing to the middle of the transition lane.
 - for the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.
- Mountline at the end of the TA
- DisMountline at the end of the bike course

Bike course (MTR)

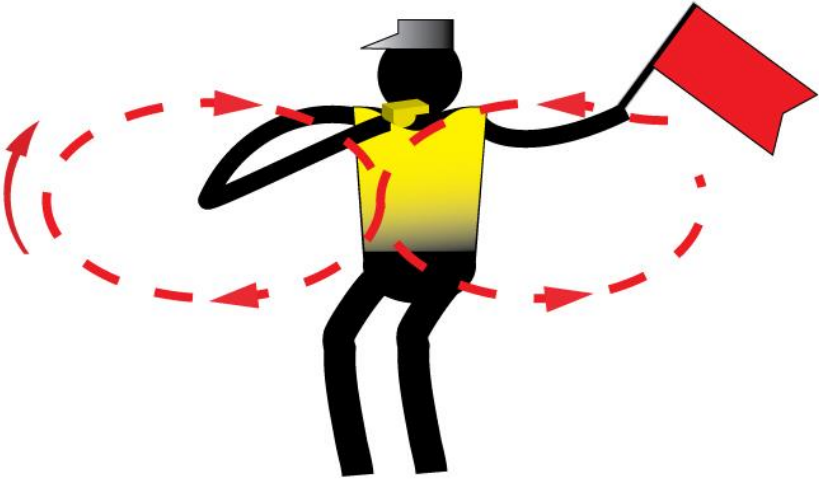
- 1 lap (total distance of 5,2km)
- flat course
- 1 Wheel Station:
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the beginning of the lap
- Lapped athletes are out of the race



Bike (MTR)



Caution



Run course (MTR)



- 1 lap (total distance of 1,5km)
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Littering area
- Congestion in finish area:
 - Go to mixed zone / recovery area



Run Penalty Box



- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** See on the map
- **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

Penalties must be posted until the athlete reaches the penalty box on the 1st lap. 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:

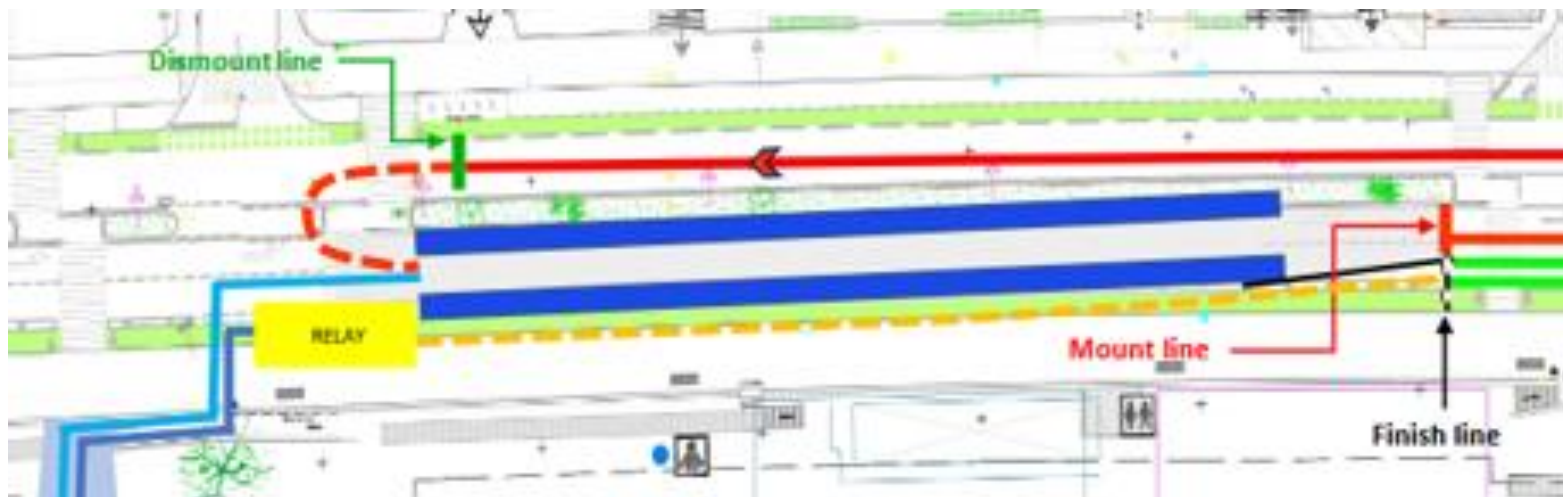
Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	Other violations	V

For example:

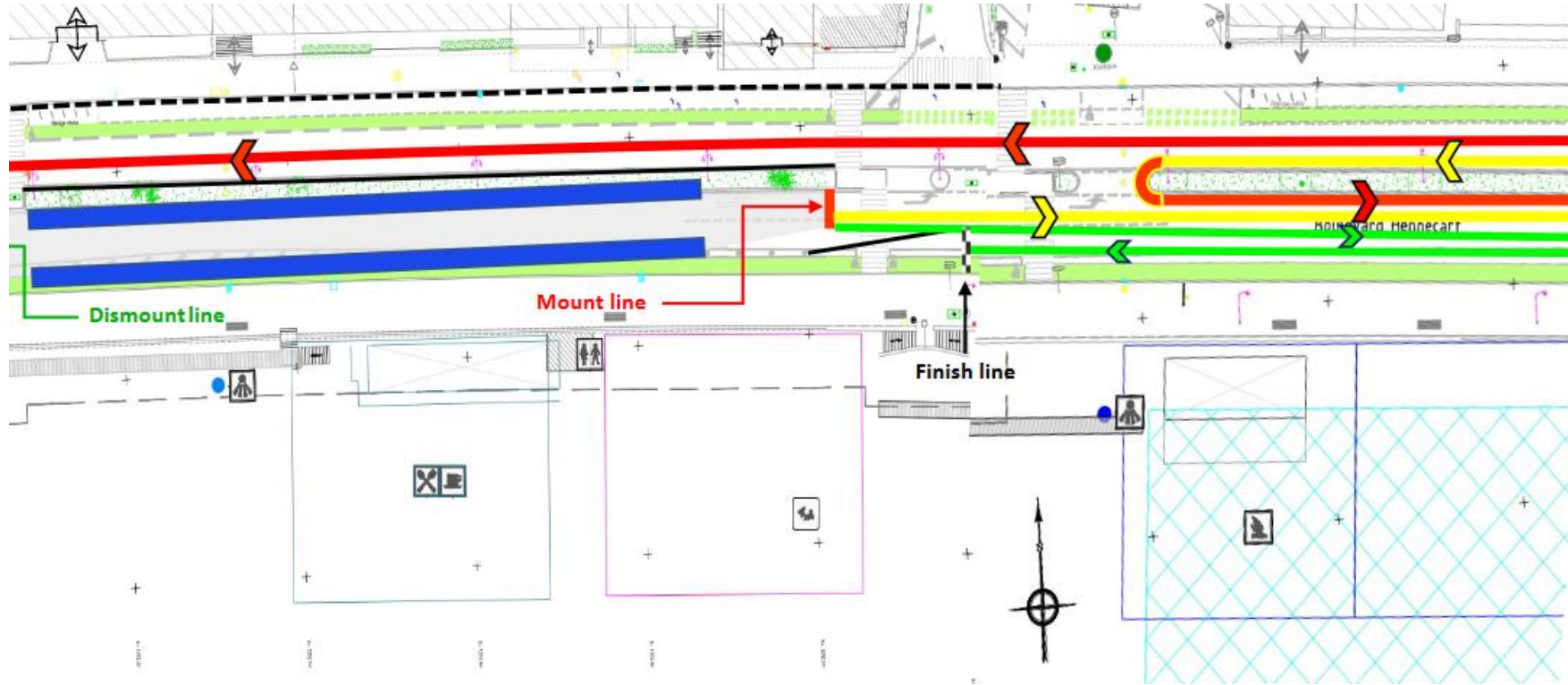
12 D athlete #12 received a time penalty for a dismount line violation

12x2 ME athlete #12 received 2-time penalties for mount line and equipment outside the box violations

Transition Area Relay Zone (MTR)



Finish



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first
- Medal Presentation Saturday – protocol – at 18:30, La Baule Seaside
- Medal Presentation Sunday – protocol – at 20:00, La Baule Seaside
- 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



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.

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

Coaches Area



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 World Triathlon online system are entitled for an accreditation

Coaches' areas

- Beside the Finish area & Penalty box

Water Quality Assessment (sea)



Enterococci	
12.9.2022	NMP/100mL
Location A	15
Location B	15
Location C	15
Enterococci limit	<200

E.Coli	
12.9.2022	NMP/100mL
Location A	15
Location B	30
Location C	30
E.Coli limit	<500

PH	
12.9.2022	
Location A	8
Location B	8
Location C	8
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	sunny/cloudy
Race Day	sunny no heavy rain expected

Weather report	
Day	Weather
B-3	sunny
B-2	sunny
B-1	sunny/cloudy

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

SUMMARY

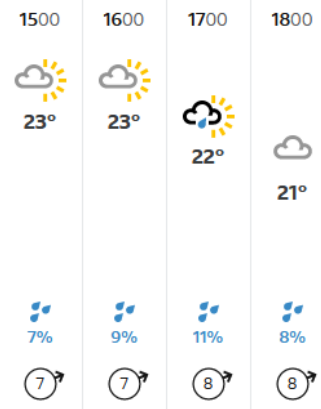
1 = 'Very Good Water Quality':
 (E.Coli: < 250
 Enterococci < 100, with no or potential visual pollution during sanitary check or forecast heavy rain;



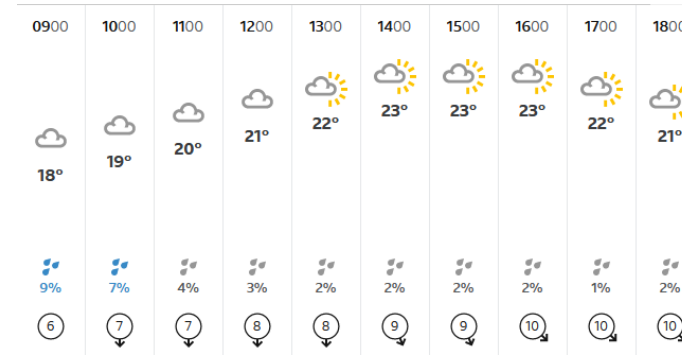
Weather forecasts



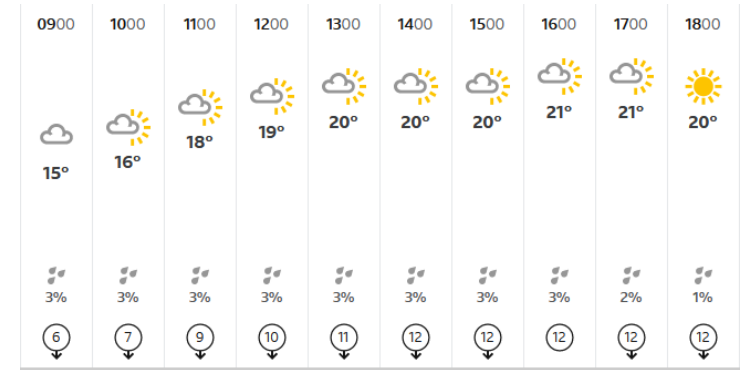
Wednesday



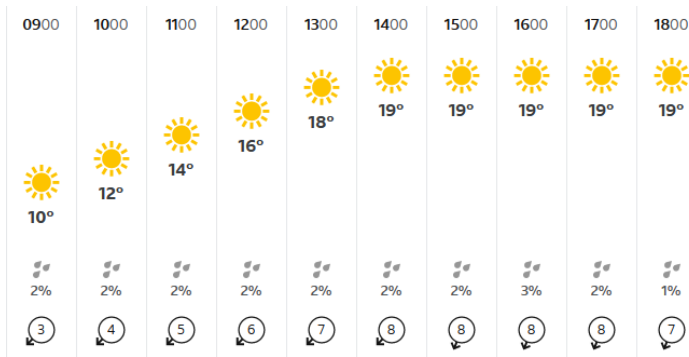
Thursday



Friday



Saturday



Sunday



La Baule
2022



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

[triathlon.org/about/safeguarding_policy](https://www.triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!

