



**2018 Glasgow ETU Triathlon European Championships**

# **ELITE ATHLETES' BRIEFING**

Tuesday August 7th, 2018



# Briefing agenda

---



- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The course
- Post-Race Procedures
- Weather forecast

# Welcome and Introductions



- Renato Bertrandi ETU President
- Stéfane Mauris (SUI) ETU Technical Delegates  
Jorge Garcia (ESP)  
Mary Clare Bancewicz (GBR)
- Sarah Taylor (GBR) ETU Head Referee – Women  
Howard Vine (GBR) ETU Head Referee – Men
- Dr Matt Robins Glasgow 2018 Medical Manager  
Dr Angela Pedro (POR) ETU Medical Delegate
- John Whittaker Triathlon Competition Manager  
Glasgow 2018

# Competition Jury

---



- Stéfane Mauris (SUI), Chair (TD)
- Kathleen Smet (BEL), ETU representative
- Ian Howard (GBR), BTF representative

# Schedule and Timelines

---



## Tuesday August 7th, 2018

Post briefing	Race pack pick-up. Your Package includes: <i>Helmet stickers (3x)</i> <i>Bike sticker (1x)</i> <i>Bag sticker</i> <i>Body decals (4x) – both arms and both legs</i>  <b>+ Accreditation card:</b> access to athlete lounge
Post briefing	Team medical meeting

# Schedule and Timelines

---



## Wednesday August 8th, 2018

08:00	Athlete lounge opens for familiarization
08:45 – 09:00	Familiarization briefing
09:00 – 10:00	Bike course familiarization
10:00 – 11:00	Swim course familiarization
15:00 – 16:00	Training Sessions in the swimming pools (Sir Matt Busby or Whishaw Pool)
18:00 – 19:30	Opening Ceremony / Pasta Party

# Schedule and Timelines

---



## Thursday August 9th, 2018 – WOMEN EVENT

08:00 – 10:00	Training Sessions in the swimming pools
12:00 – 13:00	Athletes' Lounge open and check-in - Elite Women
12:15 – 13:15	Transition Area open - Elite Women
12:15 – 13:15	Swim Warm-up - Elite Women
13:20	Athletes' Introduction
<b>13:30</b>	<b>Elite Women Start</b>
15:40	Medal ceremony (immediately after last finisher)
16:00 – 17:00	Training Sessions in the swimming pools

# Schedule and Timelines

---



## Friday August 10th, 2018 – MEN EVENT

08:00 – 10:00	Training Sessions in the swimming pools
14:30 – 15:30	Athletes' Lounge open and check-in - Elite Men
14:45 – 15:45	Transition Area open - Elite Men
14:45 – 15:45	Swim Warm-up - Elite Men
15:50	Athletes' Introduction
<b>16:00</b>	<b>Elite Men Start</b>
16:00 – 17:00	Training Sessions in the swimming pools
18:00	Medal ceremony (immediately after last finisher)



# Schedule and Timelines

---



## Friday August 10th, 2018 – MEN EVENT (2)

18:30

Team Relay Coaches' briefing

# Schedule and Timelines

---



## Saturday 11th, 2018 – TEAM RELAY EVENT

08:00 – 10:00	Training Sessions in the swimming pools
16:00 – 17:00	Athletes' Lounge open and check-in
16:15 – 17:15	Transition Area open
16:15 – 17:15	Swim Warm-up
17:20	Athletes' Introduction
<b>17:35</b>	<b>Team Relay Start</b>
18:55	Medal ceremony (immediately after last finisher)
19:00	AG Medal and Closing ceremony (Venue)

# Access to venue

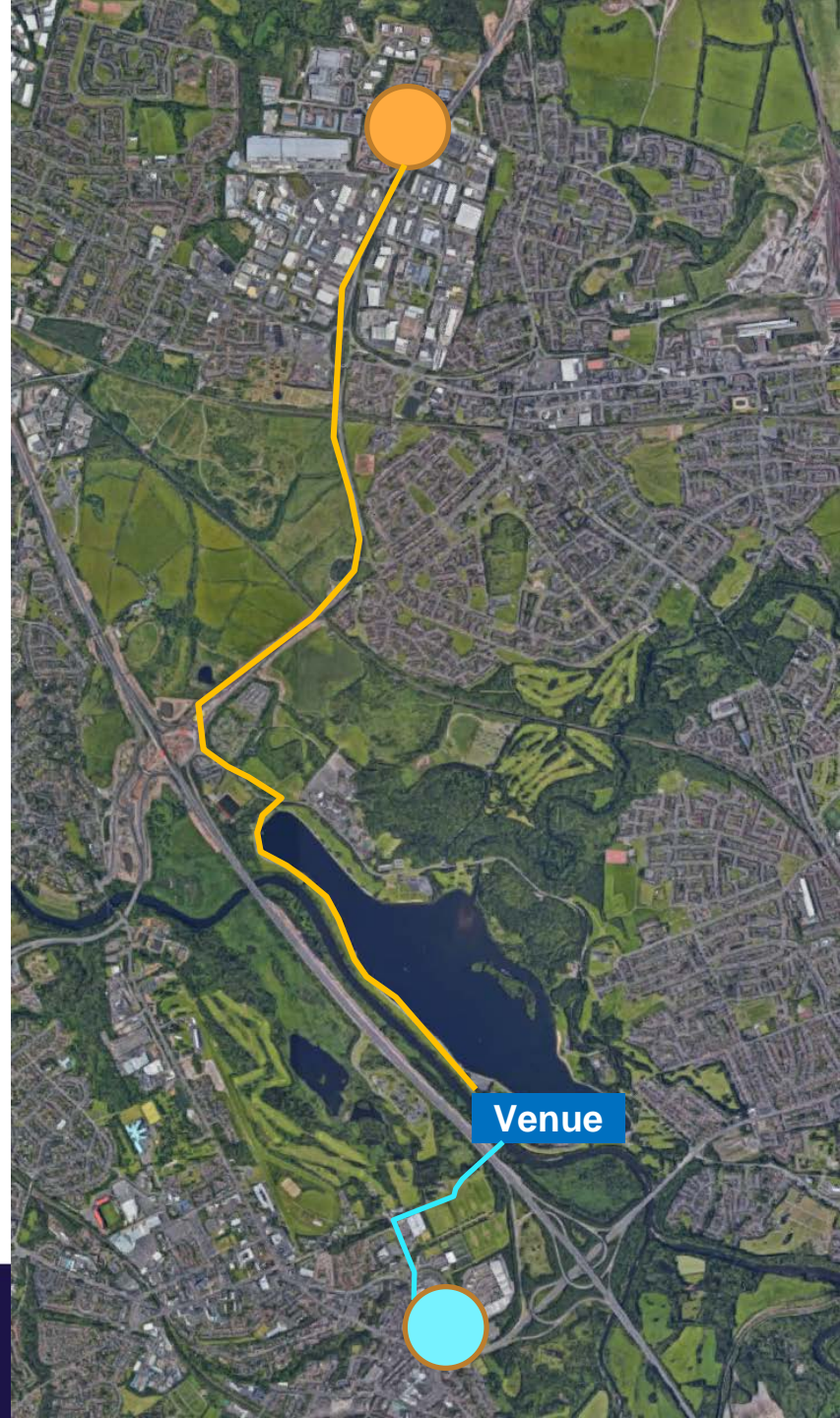
---

- DoubleTree by Hilton  
Hotel Strathclyde

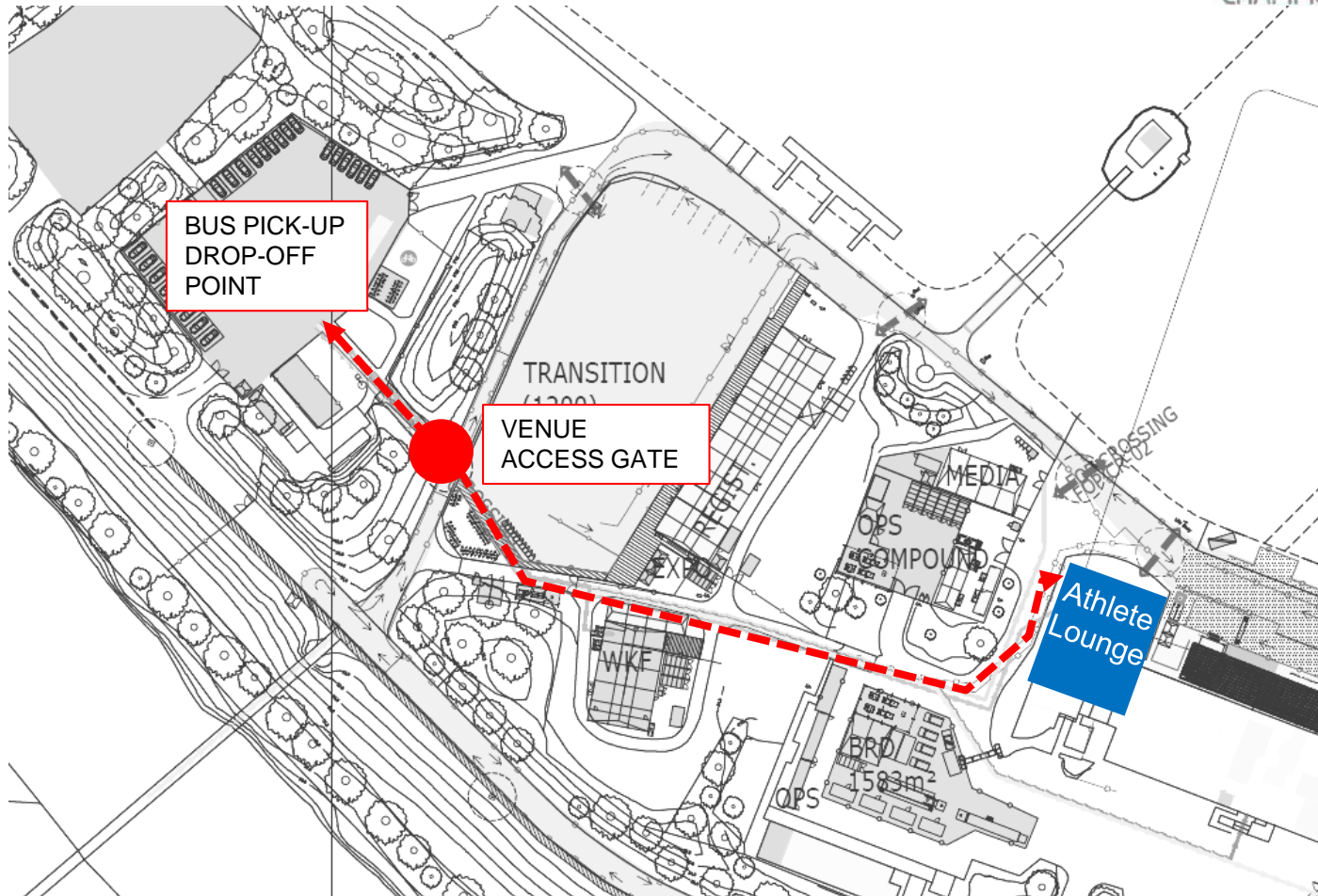
**Transport available**  
**Please refer to athlete**  
**guide**

- Holiday Inn Express Hamilton

**Footpath (easier, faster)**  
**If you require transportation,**  
**contact organisation**



# Venue access + Map Athletes' Lounge





# Check-in procedures

---



## Athletes Lounge (Bike check) (1)

- Refer to 5.2 in competition rules
- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Spare wheels – have them checked, then drop them to Team WS
- 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
- Bike frame
- Saddle position ( $-5 \text{ cm} \leq \text{Men}$  &  $-2 \text{ cm} \leq \text{Women}$ ) - **random**
- Approved exceptions on ITU website.

# Check-in procedures (2)

---



## Athletes Lounge (Bike check) (2)

- Approval for the addition/modification of any equipment to the bike, **MUST** be obtained from the TD at the end of the athletes' briefing
- Mechanic service available during familiarization and opening of the athletes' lounge

# Check-in procedures (3)

---



## Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) – photos taken of each uniform.  
**Wearing other uniform during the race = DSQ!**
- Body marking check (both arms, both legs)
- Timing chip + Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and below the official one.
- Leave your bag in the Athletes' Lounge

# Check-in procedures (4)

---



## Transition Area

- Helmet check –
- Running shoes outside the box, helmet on the bike - 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 Race Referee up until 10 minutes after the end of the Athletes' Briefing.



# Pre-start procedures

---

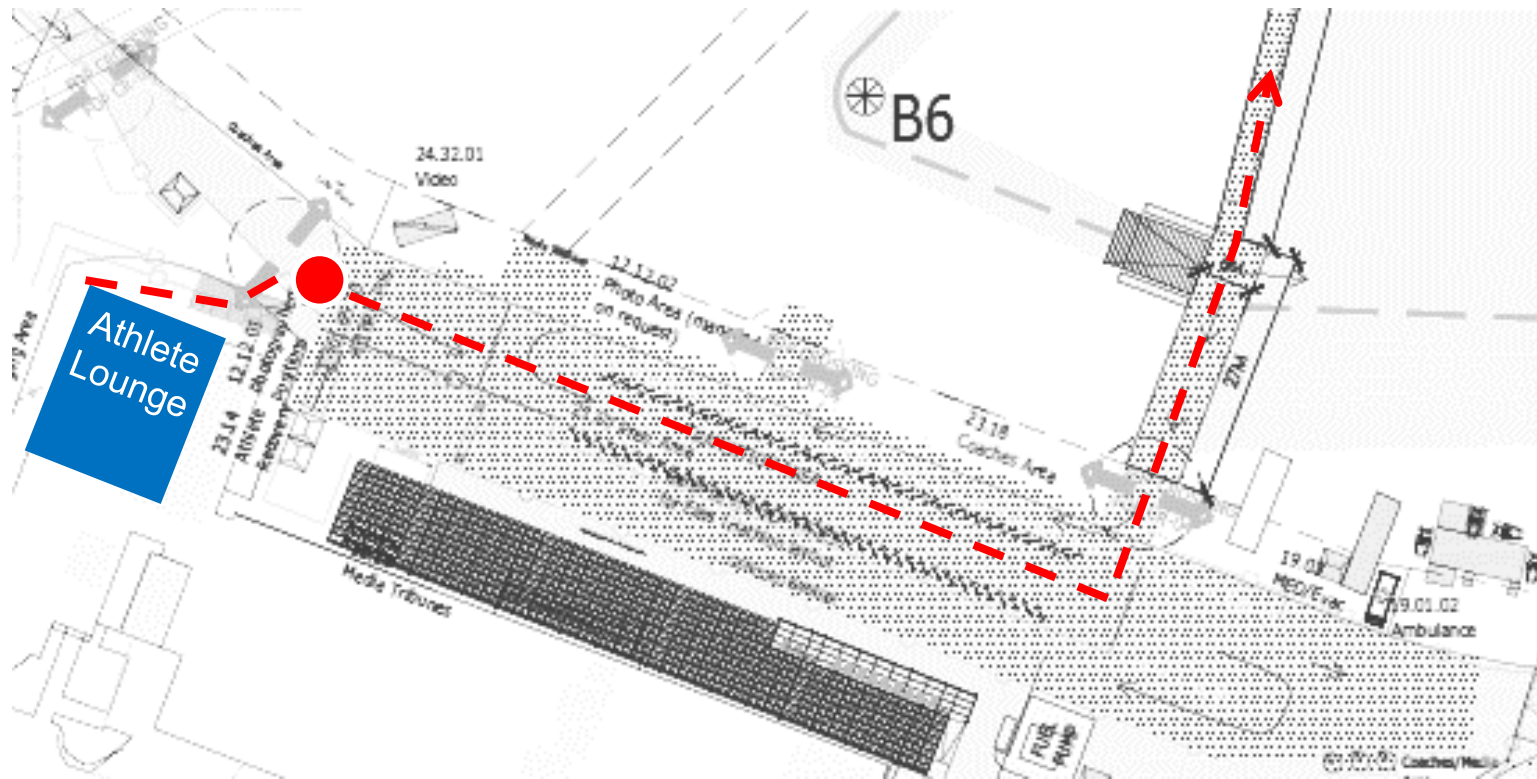


## Athlete Introduction

- 10 minutes before start - line-up at the dismount line
- Jog to the platform
- Select your position and stay behind the line!
- The penalized athlete will be lined up last and directed to one side of the pontoon
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up.

**Wearing branded second swim cap visible any time from the athletes' line-up till Transition 1 will result in a 15 seconds time penalty**

# Line-up map



# Start procedures

---



## 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.**

- Penalized athlete can move in the starting block after the call of the designated official

# 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 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 will 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

---



**Swim**

2 laps of 750m

**Bike**

6 laps of 6.6km

**Run**

3 laps of 3.3km

# Swim course

---

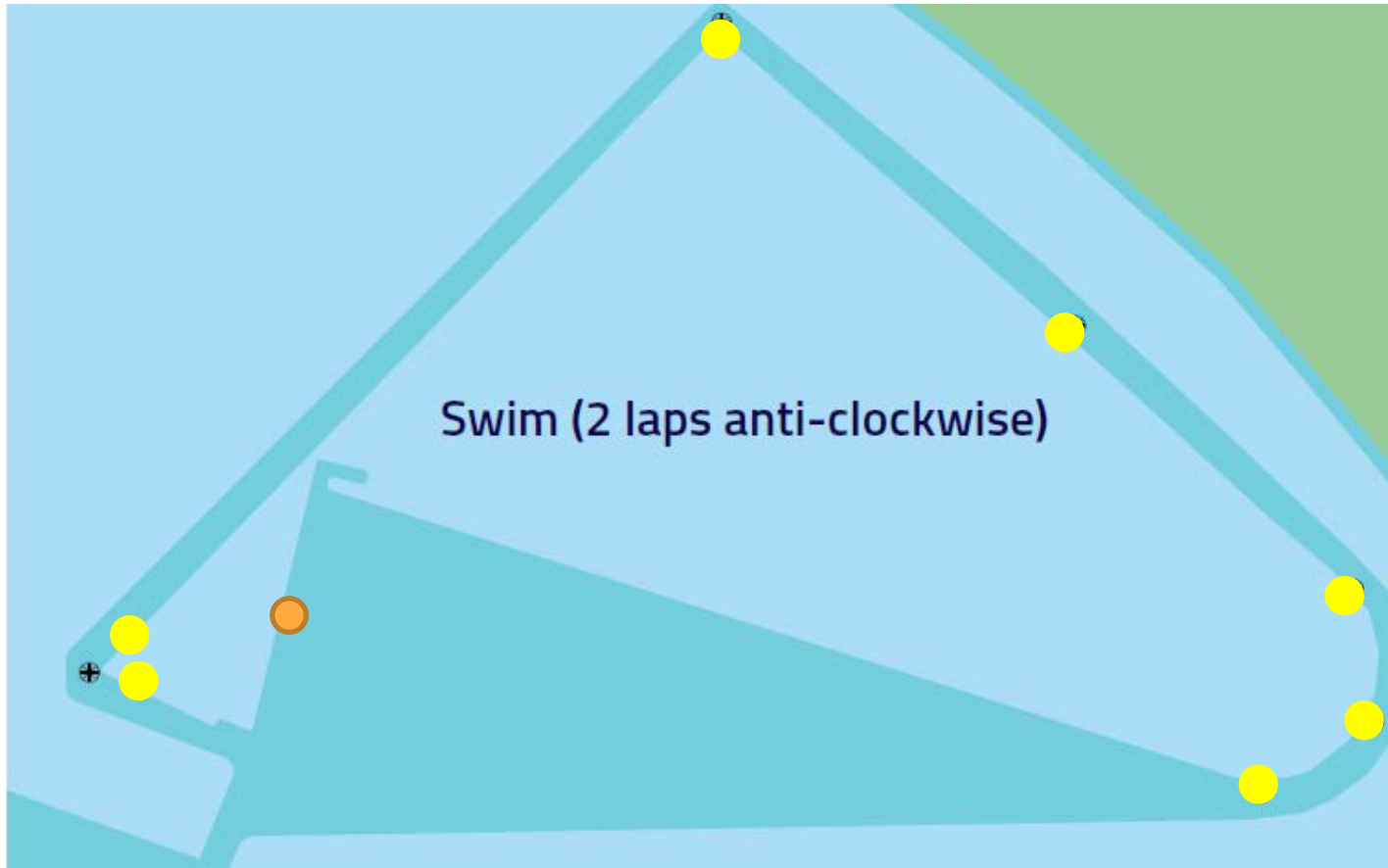


- Water temperature: Water 19.3° C  
(Tue at 15:30) Air 19.6° C
- Wetsuit decision 1h before start
- 2 laps (total distance of 1500m) - anticlockwise
- Distance to the first turn buoy 230m
- All yellow buoys on your left hand side
- Take cap, goggles to transition into your box

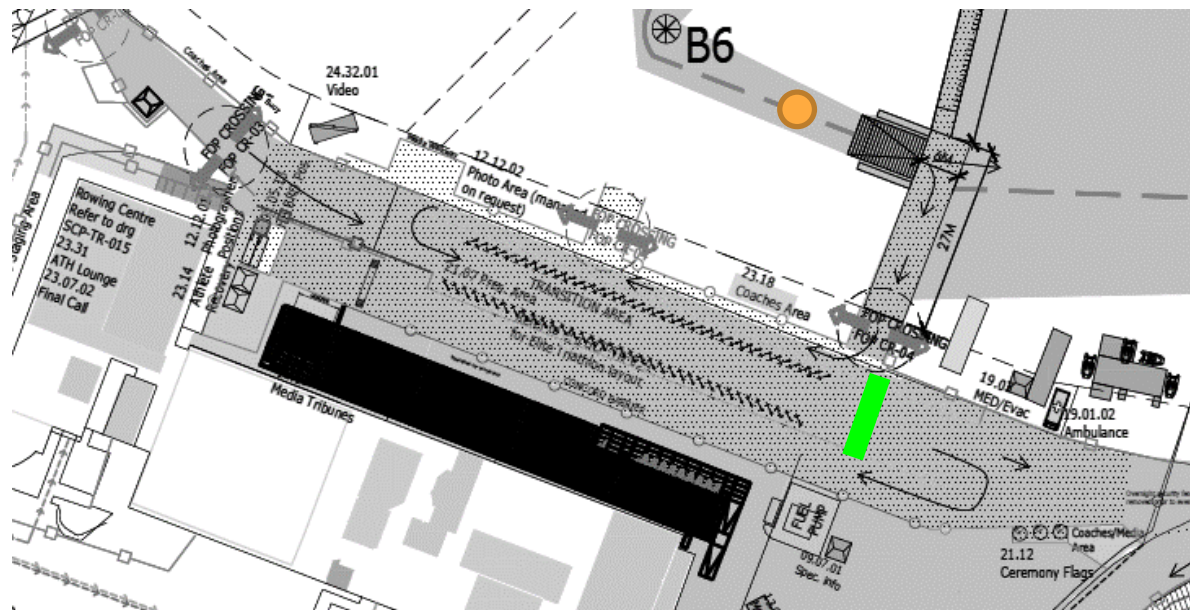


# Swim course map

---



# Swim exit to TA



# Transition area

---



- Swim Exit to TA 70m
- Individual Bike Racks – number, name and country flag
- Running shoes in front of the box, helmet on the bike
- Wetsuits\*, goggles & swim caps into the box
- Bags to the Athletes Lounge
- Practice the flow of Transition
- With 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

# Bike course

---



- 6 laps (total distance of 39.9km) - clockwise
- Flow through transition
- Undulating and a few technical turns
- 2 Wheel Stations
  - 1 Neutral wheel station
  - 1 Team wheel station
  - For locations see the map
- Lap Counter: at end of TA
- Littering Zones – attached to wheel stations
- Lapped athletes are out of the race
- **First runner – last biker scenario**



# Bike course map

- 
- 1 Lap counter – on left side at end of TA
  - 2 Team / Neutral Wheel Station (littering area attached)
  - 3 Narrowing – outside TA to go on the left lane
  - 4 Downhill with tight left turn at the bottom
  - 5 Tight right turn
  - 6 First Runner / Last biker scenario
  - 7 Right turn and narrowing to enter path leading to TA

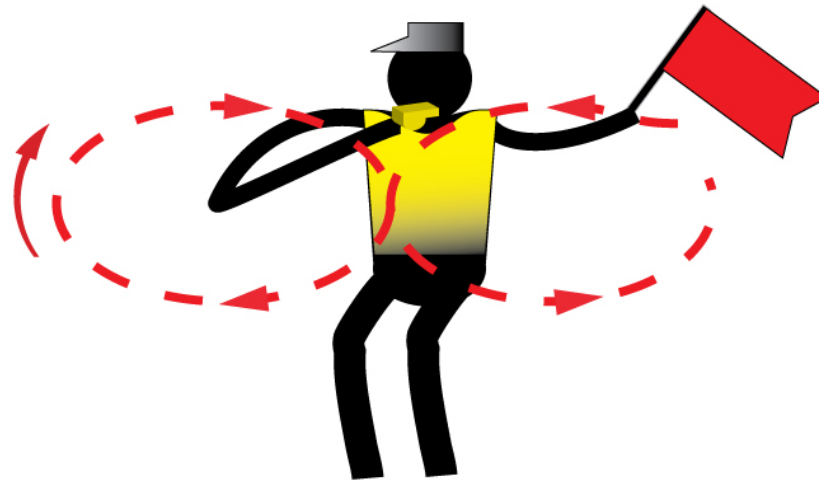


# Caution

---

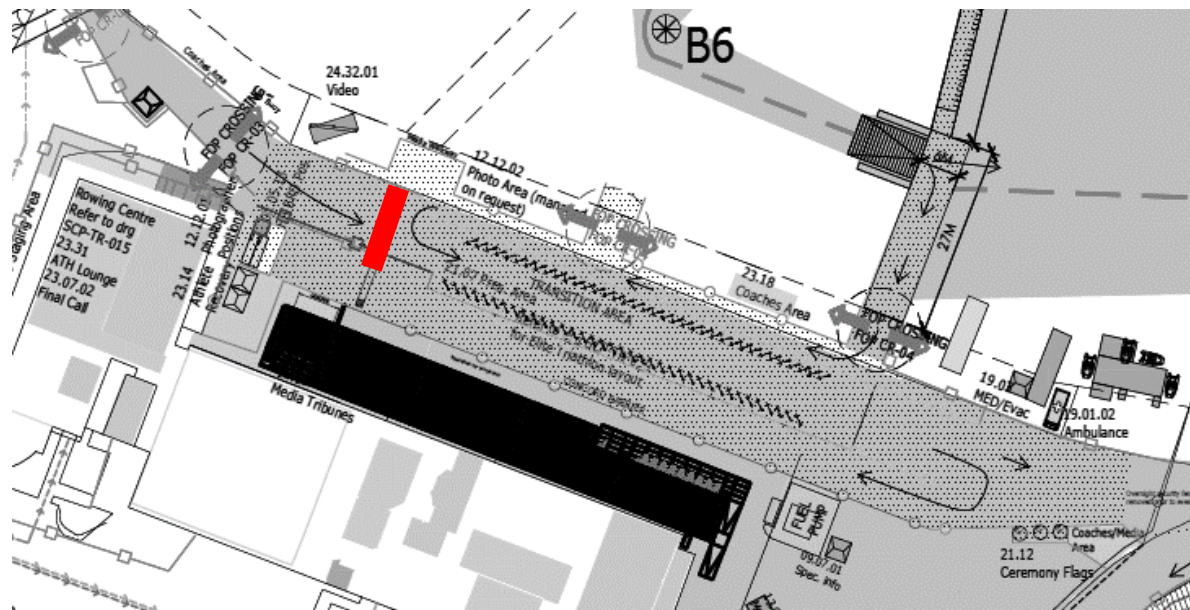


Caution signal: three sharp whistles and red flags





# Bike to run



# Run course

---



- 3 laps (total distance of 10.1km) - clockwise
- Flow through transition
- Finish –180 degrees at beginning of finishing chute
- Aid stations: 3 per laps  
For locations see the map  
Sealed water bottles
- Discard plastic bottles within the littering zones.  
(20m before and 80m after Aid stations)
- Photo-finish
- Congestion in finish area: Go to mixed zone / recovery





# Run course map

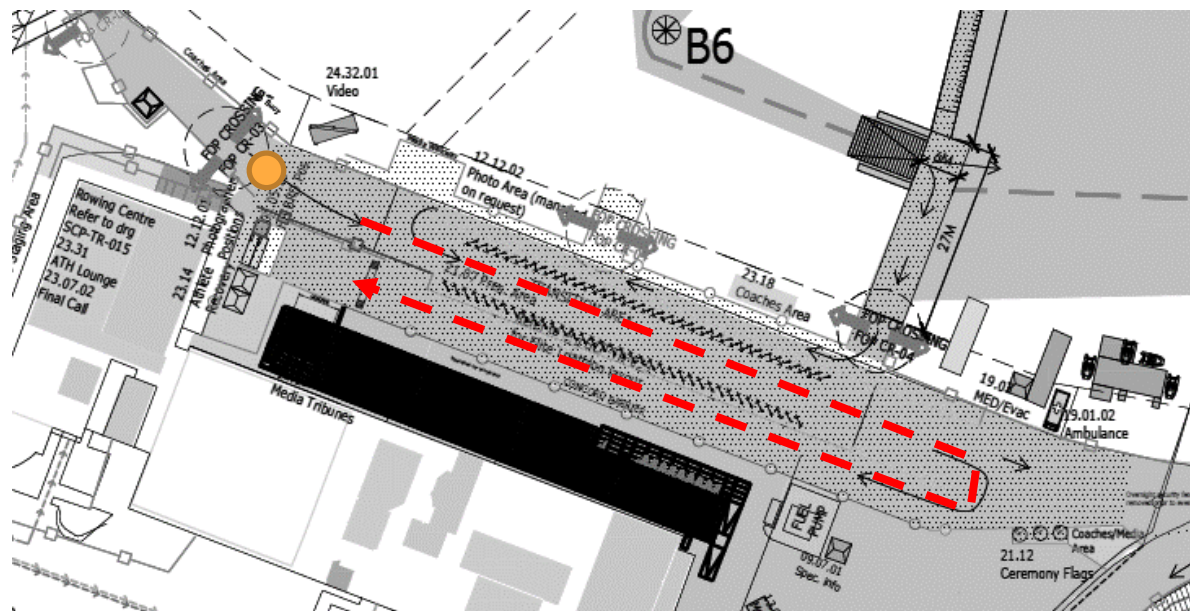


- 1 Lap counter – on left side at end of TA
- 2 Aid Stations (littering areas attached)
- 3 Penalty Box – +/-50m before TA on your right
  
- 4 First Runner / Last biker scenario



# Finish map

---



# Run penalty box

---



## Refer to 3.3 on the Competition Rules

- Start infringements will be served in TA1
- All other infringements will be served in Run Penalty Box

**Location**                      **50m** before the Transition Area on the right

**Information**                      White board to show race numbers  
(Athletes need to read the board – coaches are advised to check and inform their athletes)

**Procedure**                      **15 seconds** time penalty served on any lap of the run

**If you don't stop DSQ**

# Run penalty box

---



## Rule interpretation

**Mount after the mount line:** One foot of the athlete has to be in contact with the floor after the mount line. If this contact doesn't occur the action is considered as mount the bike before the mount line.

**Dismount before the dismount line:** One foot of the athlete has to be in contact with the floor before the dismount line. If this contact doesn't occur the action is considered as dismount the bike before the dismount line.

**Discharge or store your equipment inside your designated area:** Leaving the equipment s(swim cap, goggles, helmet, etc.) in the designated box.

**Rack the bike inside your own space:** In case of Traditional bike rack, the bike must be racked with at least one side of the handlebar or the seatpost with 0,5m to the name plate. In case of Individual bike race, the bike must be racked with the front wheel to the designated rack.

# Post race procedures

---



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – immediately after last finisher
- **Please follow the ambush marketing rules (if applicable)**
- Please dress up as per the ITU Competition rules :  
2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony  
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.

# Ambush marketing rules

---



- 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.”*
- The consequence for this behavior is:  
*The athlete will immediately forfeit their prize money for that event, as well as primes, if any.*

# Post-race procedure

---



## Anti-Doping Control

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

## Team Medical Access

- Only team medical will be allowed to enter the medical tent after the LOC Doctor's permission.
- Every NF can have 1 team medical accreditation but for team doctors only

# Coaches

---



## 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 entitled for an accreditation

## Coaches' areas:

- Before Penalty Box
- Along transition on the loch side
- In Grand Stand

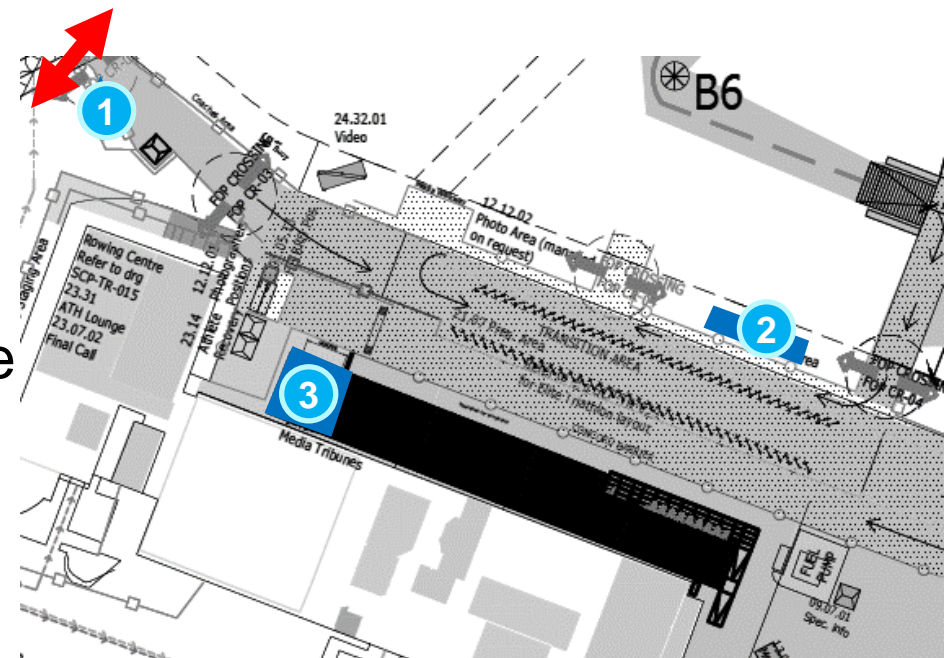


# Coaches Area



- 3 coaches areas
  - 1 Before Penalty Box
  - 2 Alongside Transition
  - 3 Grand Stand

Plus access to athlete lounge



# Prize money



- EUR50000
- In both occasions the prize money will be wired as soon as ETU received from the athlete (individual event) or NF (relay) the athlete prize money claim form which can be downloaded from the ETU website

Elite women		Elite men	
<b>Total</b>	25000 EUR	<b>Total</b>	25000 EUR
Distribution		Distribution	
Position	Amount	Position	Amount
1	6250 EUR	1	6250 EUR
2	5000 EUR	2	5000 EUR
3	3750 EUR	3	3750 EUR
4	2500 EUR	4	2500 EUR
5	1750 EUR	5	1750 EUR
6	1500 EUR	6	1500 EUR
7	1250 EUR	7	1250 EUR
8	750 EUR	8	750 EUR
9	562.5 EUR	9	562.5 EUR
10	437.5 EUR	10	437.5 EUR
11	375 EUR	11	375 EUR
12	312.5 EUR	12	312.5 EUR
13	250 EUR	13	250 EUR
14	187.5 EUR	14	187.5 EUR
15	125 EUR	15	125 EUR

# Weather forecast



<b>Thursday</b> 09/08/2018	00:00–06:00		11°	0 mm	↗ Light breeze, 2 m/s from southwest
	07:00–13:00		11°	0.9 mm	↗ Light air, 1 m/s from south-southwest
	13:00–19:00		15°	0 mm	↗ Gentle breeze, 5 m/s from southwest
	19:00–01:00		15°	0 mm	↗ Gentle breeze, 4 m/s from southwest
<b>Friday</b> 10/08/2018	01:00–07:00		10°	0 mm	↗ Light breeze, 2 m/s from southwest
	07:00–13:00		11°	0 mm	↗ Light breeze, 3 m/s from southwest
	13:00–19:00		15°	0 mm	↗ Gentle breeze, 5 m/s from southwest
	19:00–01:00		14°	16.3 mm	↑ Light breeze, 3 m/s from south

# Access to briefing

---



## triathlon.org

Inside ITU > Document download > Event > Race Briefings

[https://www.triathlon.org/about/downloads/category/race\\_briefings](https://www.triathlon.org/about/downloads/category/race_briefings)

# Good Luck!



## PARTNERS



## SUPPORTERS



## PROVIDERS

Arco

Adi.tv

Xerox

CSM Live

Airbnb