



20 April 2012

Athletes briefing

Briefing agenda

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



Welcome and Introductions

- **Shin Otsuka, ITU Executive Board Member**
- **Leslie Buchanan, ITU Team Leader**
- **Shanelle Barrett, ITU Technical Delegate**
- **Koji Koganezawa , ITU Race Referee**
- **Kiriyo Suzuki, LOC Director**
- **Alan Ma, Assistant TD**



Competition Jury

- Shanelle Barrett, TD, Chair
- Leslie Buchanan, ITU Team Leader
- Shin Otsuka, ITU Executive Board Member



Schedule and Timelines

Friday

17:30 – 18:00

Race pack pick-up (after the athletes' briefing)

18:30 – 20:00

Welcome Party – Hotel Gran View

Saturday

09:00 – 12:00

Training Sessions in the swimming pool

16:00 – 17:00

Swim course familiarisation



Schedule and Timelines

Sunday -

8:00 – 8:15

Bike Course Familiarisation –
Southern Gate Bridge only

11:30 – 12:30

Athletes' Lounge open Elite Women

12:05 – 12:45

Transition Area open for Elite Women

12:00 – 12:45

Swim warm-up for Elite Women

13:00

Elite Women Start



Schedule and Timelines

Sunday - continued

| | |
|---------------|------------------------------------|
| 14:15 – 15:15 | Athletes' Lounge open Elite Men |
| 15:00 – 15:30 | Transition Area open for Elite Men |
| 14:45 – 15:30 | Swim warm-up for Elite Men |
| 15:45 | Elite Men Start |
| 17:45 | Medal Ceremony |



Check-in procedures

Athletes Lounge

- Uniform check (name, country, logos, ITU logo, zippers) – photos taken of each uniform. Wearing other uniform during the race = DSQ! Please make sure you are not wearing your uniform for this.
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution



Check-in procedures

Transition Area

- Bike check: handlebars & wheels (non authorized UCI wheel rule)
 - Helmet check- Don't leave your helmet fastened in the transition
- The athlete who does not comply with this rule will receive a time penalty of 15 seconds in TA1.*
- Running Shoes outside the box, helmet on the bike
 - Spare wheels to the athlete's lounge



Pre-start Procedure

Athlete Introduction:

- 10 minutes before start - line-up near pontoon in assembly area (not athlete's lounge)
- Jog to the platform
- Select your position and stay behind the line!

Athlete blocking more than one place will result in a DSQ



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 of 15 seconds in TA1.



False Start Procedures

False start Example 1:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to her/his spot

False start Example 2:

- If someone starts before the horn and everyone else starts with the horn, the athlete who false started will receive a time penalty of 15 seconds in TA1.
- During the time penalty athlete can not touch any of their equipment!



The Course

Swim

2 Laps – 1500m

Bike

7 Laps – 6.0km per lap

Run

3 laps – 3.33km per lap



Swim course

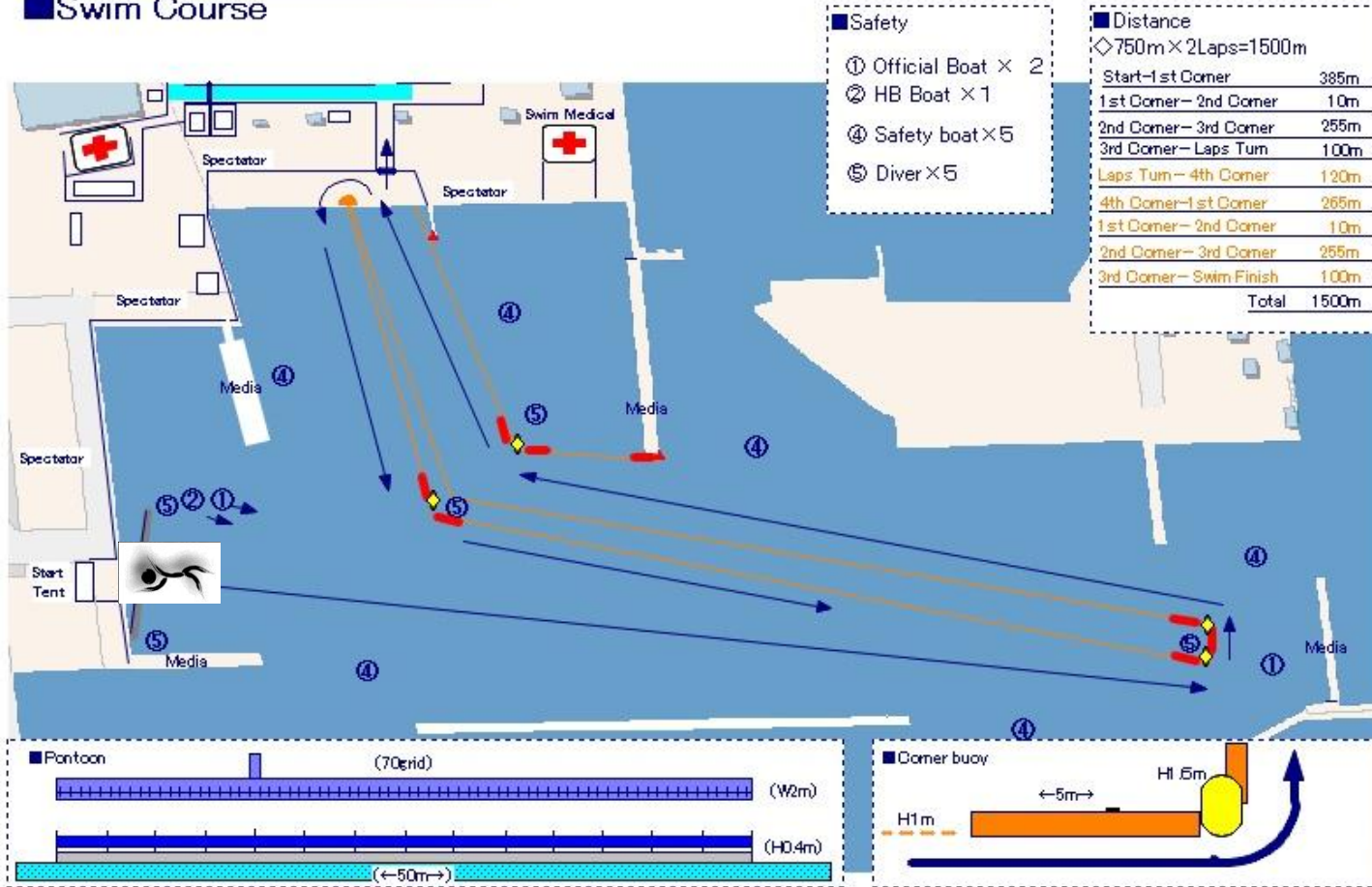
- Water temperature: 24.4°C
- Wetsuit not allowed
- 2 Lap swim – 1500m
- 385m to first turn buoy
- Take cap, goggles to transition & put into your box



Swim course Map

Ishigaki ITU Triathlon World Cup

Swim Course



Transition Area

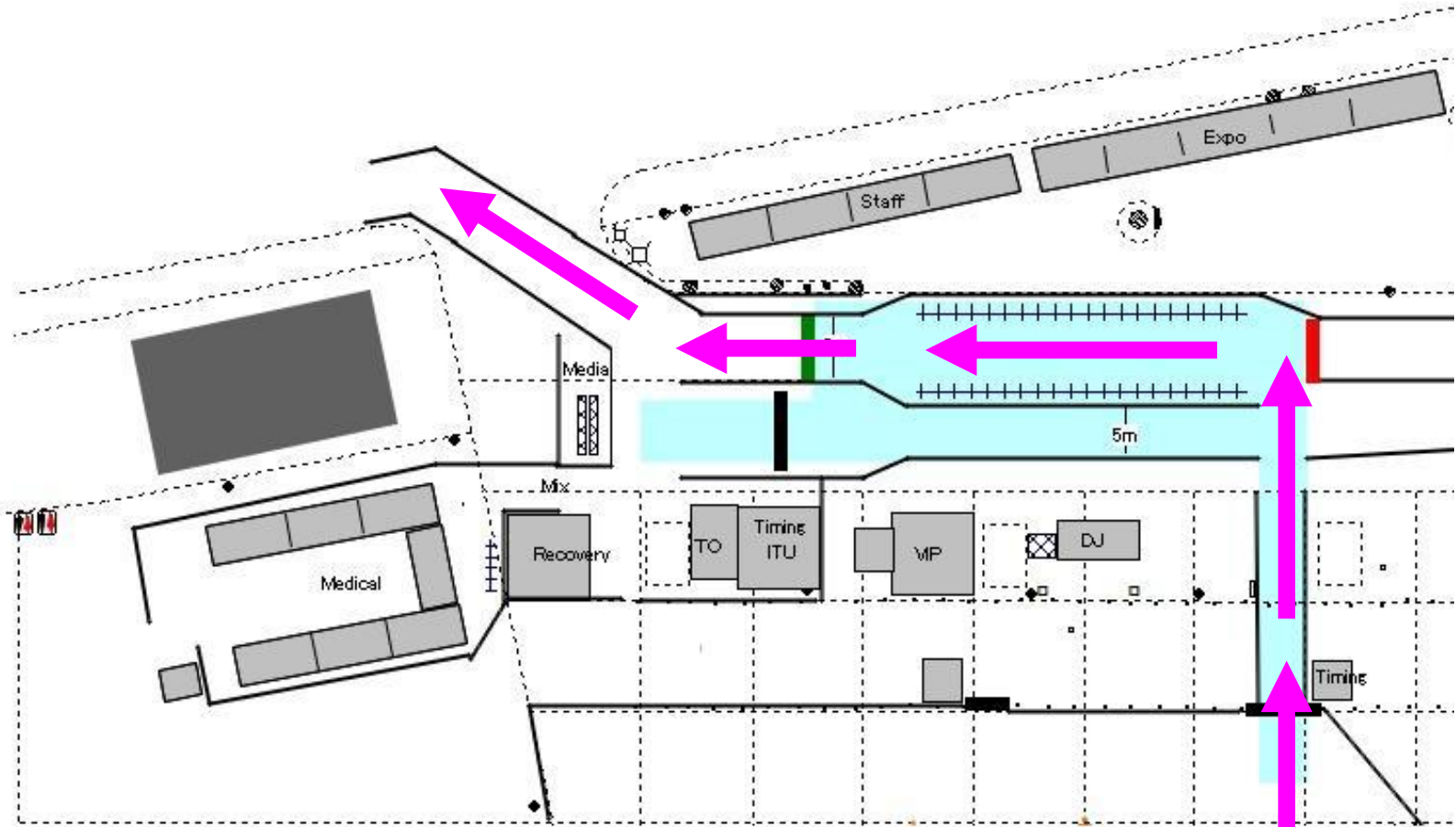
- Olympic Bike Racks – two rows
- Running shoes in front of the box, helmet on the bike
- Bags to the Athlete's Lounge
- Googles & swim caps into the box
- Mount line at the end of the TA



Transition Flow – T1

Ishigaki ITU Triathlon World Cup

MAP



Bike course

- 7 laps (total distance of 42km)
- Mainly flat and technical with a couple of “rises”
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team & neutral wheel station
 - For locations see the map
- Lap Counter: near mount line
- Lapped athletes are out of the race



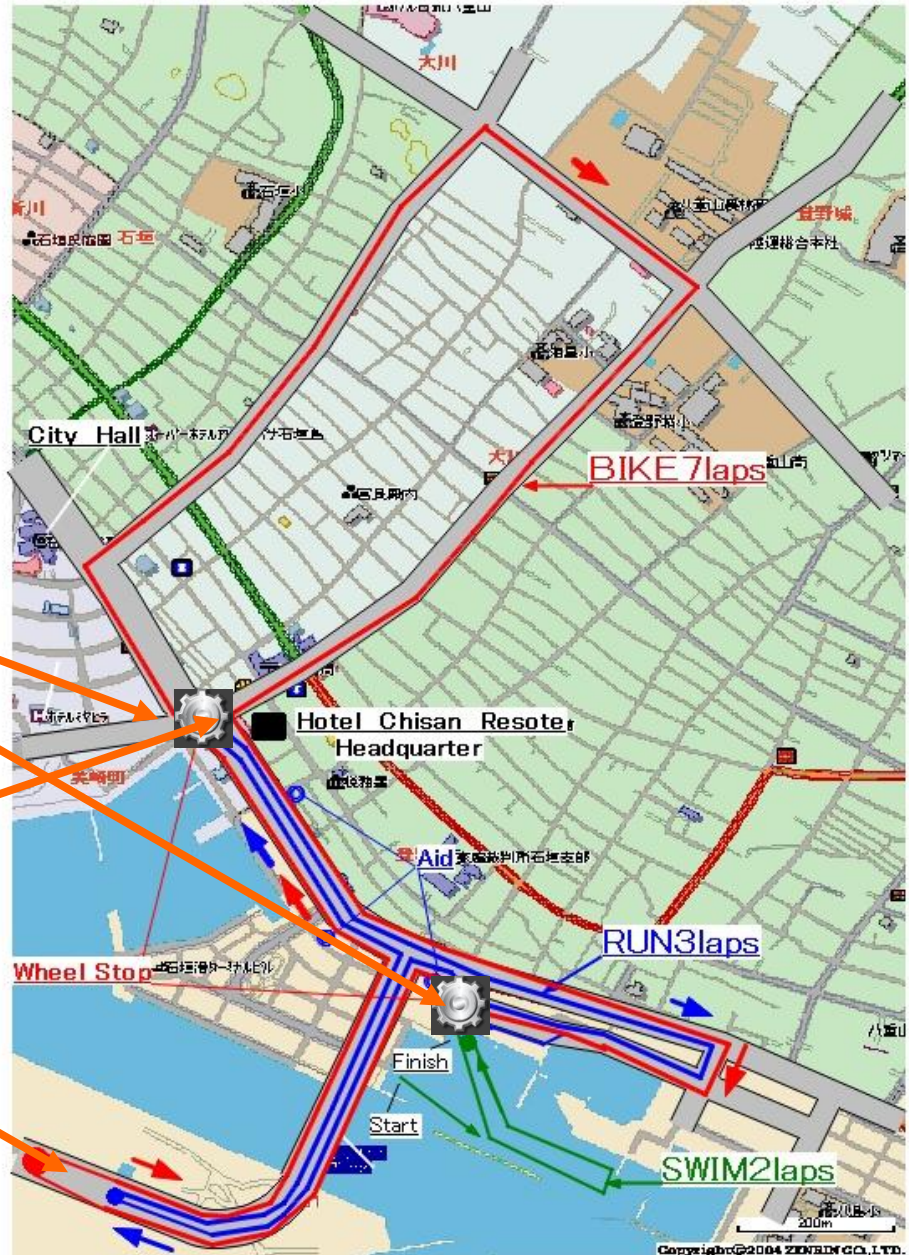
Bike Course

Ishigaki ITU Triathlon World Cup

■ COURSE

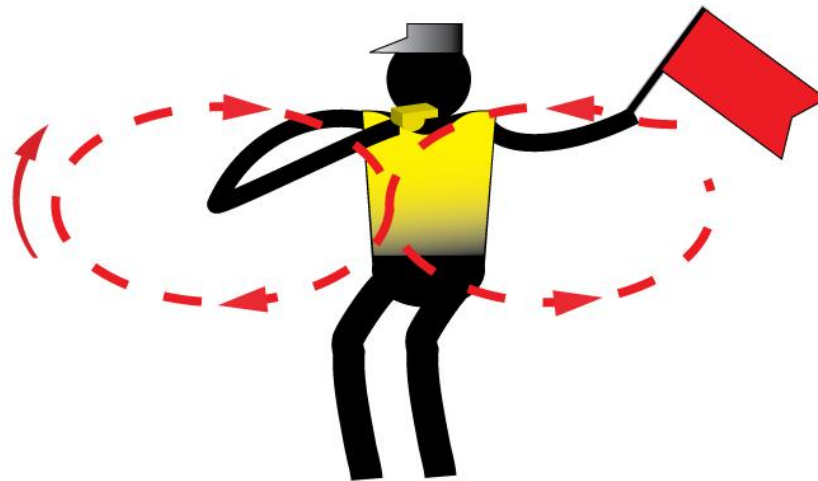
Wheel Station

Last biker
First runner
scenario



Caution

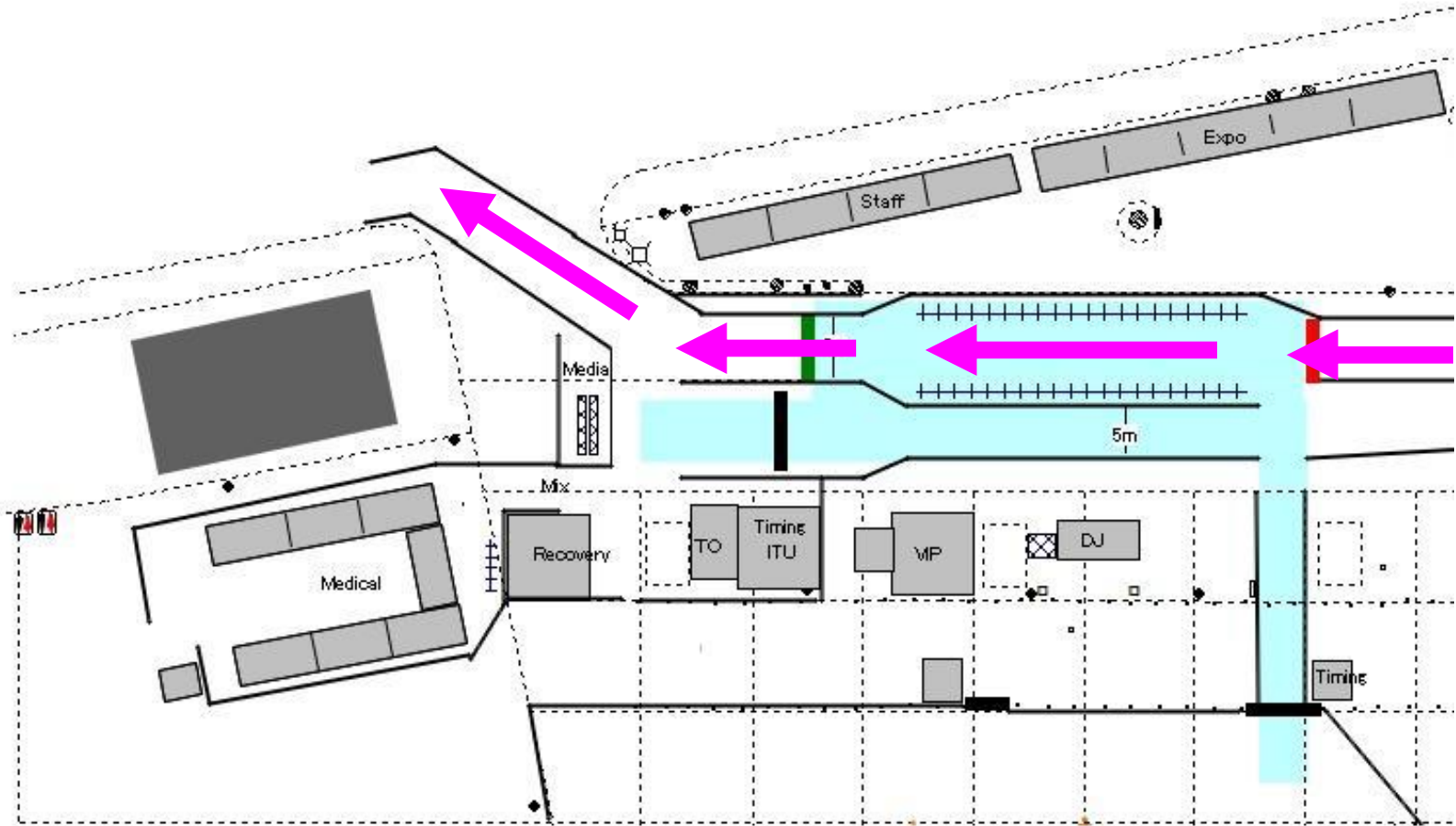
Caution signal: three sharp whistles and red flags



Transition Flow – T2

Ishigaki ITU Triathlon World Cup

MAP

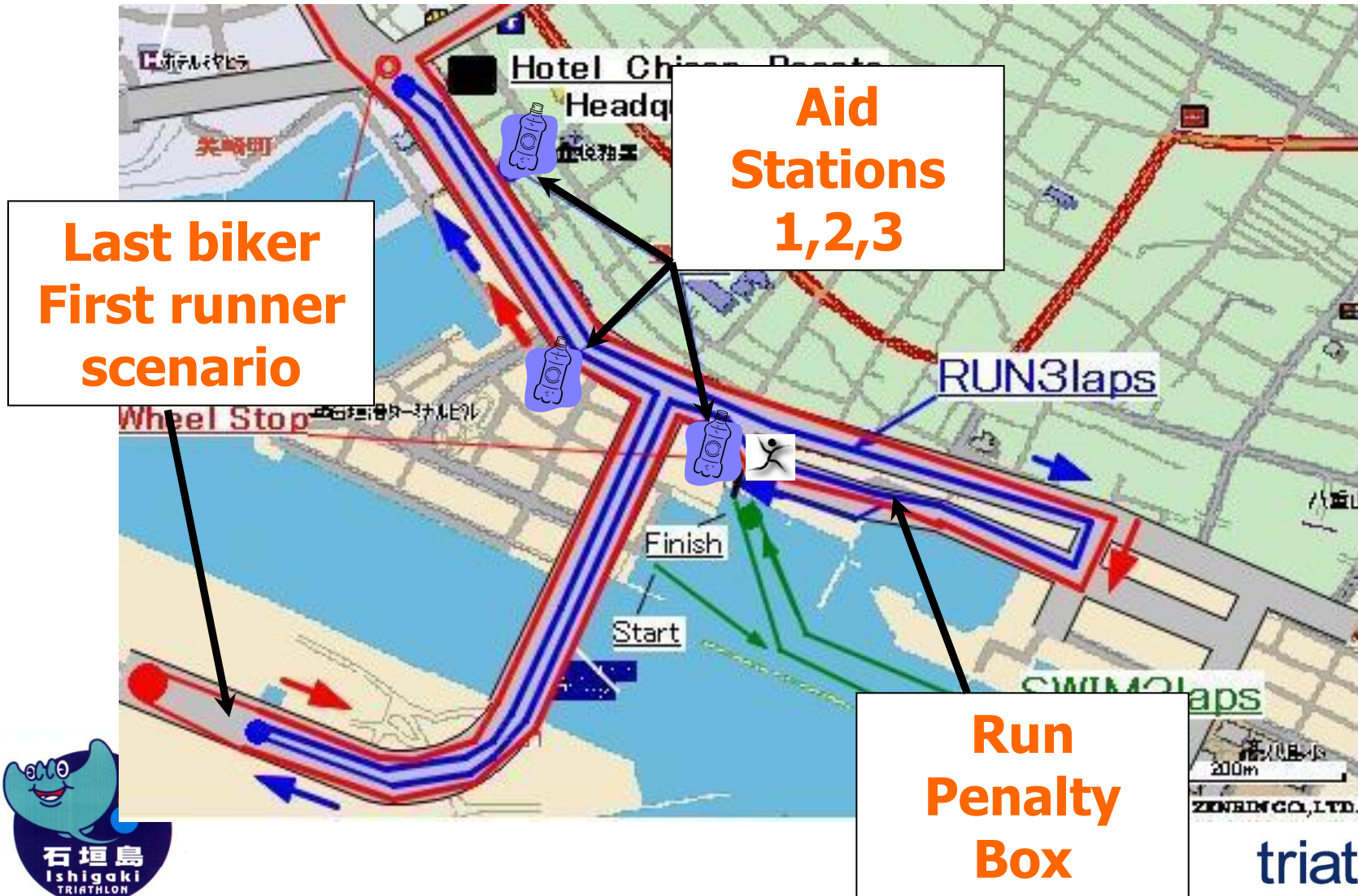


Run course

- 3 laps (total distance of 10km)
- Aid stations:
 - 3 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles off course
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area



Run Course Map



Run Penalty Box

New Rule

The penalty box is for infringements in: TA1, bike and TA2

e..x.: Mount before mount line, dismount after dismount line, discharge or store your equipment outside your designated area, rack the bike outside your own space etc

(Transition will be videotaped for infringements)

Location: 50m before the Transition Area

Information: Board to show race numbers

(Athletes need to read the board – coaches are advised to check and inform their athletes)

Procedure: 15 second 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: It has to be one contact of the athlete foot with the floor after the mount line. If this contact doesn't occur the action is considered as mounting the bike before the mount line.

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

Discharge or store your equipment inside your designated area:

Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box.

Rack the bike inside your own space: In case of individual bike race, the bike must be racked with the front wheel to the designated rack.



ITU Primes

There will be three primes per men's and women's race:

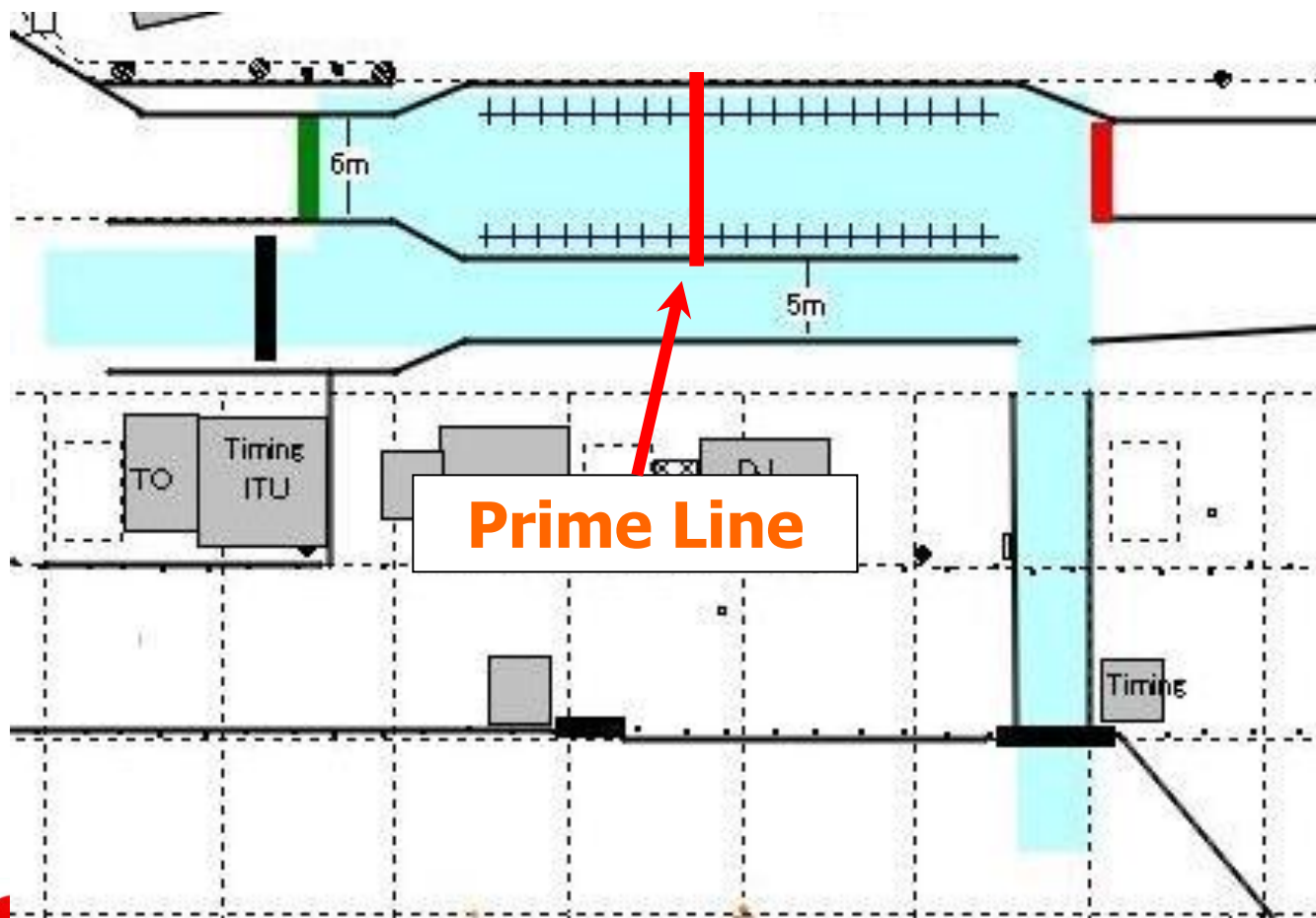
1. Start of 2nd Swim Lap – first hands to touch water
2. At the end of the 2nd lap of the bike. (11.48km)
3. At the end of the 5th lap of the bike. (28.7km)

(The bike prime line will be at the centre of transition, line on ground)

- An athlete must finish the race to collect prime
- There is no limit to the number of primes an athlete can win in a race.
- The amount of each prime: US\$ 500 (will be paid by ITU by wire transfer)



ITU Primes



Post-race Procedures

- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation - protocol – at 17:45
- Dress “up”
- Prize money is wire transferred to your bank



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:
 1. The athlete will immediately forfeit their prize money for that event, as well as prizes, if any;
 2. If the athlete is part of the “gold group” this status will be revoked for the remainder of the year.



Post-race Procedures

Anti-Doping Control

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

Medical

- Only team medical officials area allowed in this area in case there is an athlete from their team. Every NF can have 1 team medical upgrade pass, but only for team doctors!



Coaches areas

Accreditation

- Every coach has to collect accreditation to be able to enter the venue.
- Only coaches who have been registered by their NF into the ITU online system are entitled for an accreditation

Additional sport-specific coaches areas

- Near assembly area at swim start
- Beside recovery tent



Important Updates

- Getting to the event on Sunday – please do not ride on the course – respect other athletes.
- Please obey the road rules – riding at night you need a light
- After Party Tickets
- Asian Triathlon Confederation (ASTC) – facebook page and twitter
 - <https://www.facebook.com/asia.triathlon>
 - https://twitter.com/triathlon_asia



Weather forecast

| | Temp | Weather |
|----------|------|---|
| Saturday | 28°C |  |
| Sunday | 27°C |  |



Good Luck!

