



14<sup>th</sup> March 2014

# Athletes briefing

# Briefing agenda

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

# Welcome and Introductions

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- Bill Walker, Vice President, ITU Executive Board
- Zita Csovelyak, ITU Team Leader
- Juliet Fahey, ITU Technical Delegate
- Sarah Reed, ITU Assistant Technical Delegate
- Frank Stapleton, ITU Race Referee
- Chris Price, USM Events

# Competition Jury

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- Juliet Fahey, ITU TD Chair
- Bill Walker, VP, ITU Executive Board
- David Ferrier, President Triathlon Australia

# Important Information

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- During the past week the LOC has been closely monitoring the surf conditions on the Sunshine Coast which are being influenced by the cyclone activity off the east coast of Australia.
- In addition to advice from the Australian Bureau of Meteorology, local professional lifeguards and the Mooloolaba Surf Life Saving Club and in conjunction with the ITU a decision has been made to revise the swim course location
- Current forecasts are indicating that the surf on Mooloolaba Beach on Saturday afternoon will be approx. 2m high, combined with low tide this will create dangerous rip conditions for athletes and subsequently the swim leg has been moved to the Mooloolah River.

# Schedule and Timelines

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## Friday

16:00 – 16:30

Athletes Briefing

16:30 – 17:00

Race pack pick-up

## Saturday

10:00 – 16:00

Mooloolaba Sports & Lifestyle Expo

12:00

ITU Elite Womens – Race Start

15:00

ITU Elite Mens – Race Start

# Schedule and Timelines

## Sunday

## BIKE RACKING RACE DAY ONLY

05:00 – 06:10	Transition open for check-in, including wheel check, uniforms, body marking
05:50 – 06:20	Swim Warm-up
06:20	Ensure you are at Race Start
06:35	Oceania Cup Men Start
06:36	Oceania Cup Womens Start
08:40	Ceremony on Finishing
14:30	Formal Medal ceremony for Oceania Cup at the Wharf

# ITU Race Comp Rules

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- 2014 Rules – effective February 2014
- Refer to [www.triathlon.org](http://www.triathlon.org)



# Check-in procedures

## Oceania Cup Transition – 5am Cycle Entry

- Uniform check
- Body marking (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Bike stickers
  - One white bike number sticker will be supplied
  - **MUST** be visible on the bike seat post
- Accreditation (in race pack)
  - Wrist band will be supplied and must be worn at all times
- Swim cap distribution

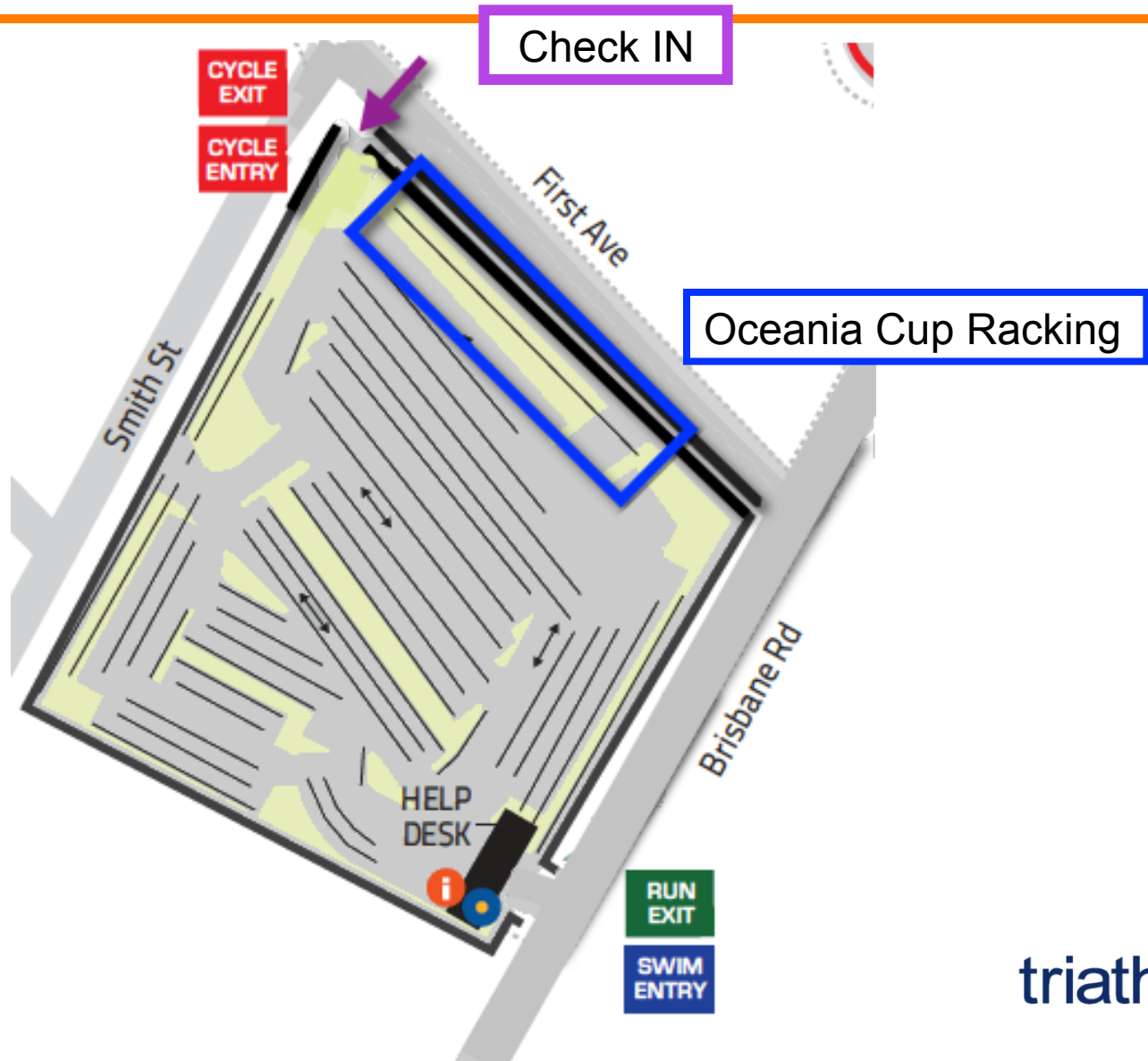
- MALES



- FEMALES



# Check-in Procedures



# Check-in procedures

## Transition Area

- Bike check: handlebars & wheels (non authorized UCI wheels rule)
- Helmet check- Don't leave your helmet fastened in the transition

*The athlete who fails to comply with this rule will receive a time penalty of 15 seconds in TA1.*

- Running shoes in front of your area
- Helmet and cycle equipment on the bike
- Adding any equipment to the bike:
  - Approval **must** be obtained from the TD by the end of the athletes briefing

# Pre-start Procedure

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## Athlete Line-up:

- 10 minutes before start
  - 6:25am Sunday
  - adjacent to start line
- Move to the start line
- Select your position and stay behind the line!

*Athlete blocking more than one place will result  
DSQ*

# Pre-start Procedure



# Start Procedure

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## Athletes in position:

- The start can be given any time after the starter 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

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## False start Example 1:

- Several horn blasts
- Paddle boards 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(s) who false started will receive a time penalty of 15 seconds in TA1.
- During the time penalty athlete can not take any equipment!

# The Course

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## Swim

1 lap of 1500m, anticlockwise direction

## Bike

20km out and back – 40km

## Run

2 laps of 5 km, involving 3 turns – 10km



# Swim Course

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- Water Temperature: 26.2 °C
- Wetsuit **NOT** allowed
- 1 lap of 1500m
- Anticlockwise direction
- 250m to the first buoy
- Take cap, goggles to transition and place in your area

# Swim Course Map

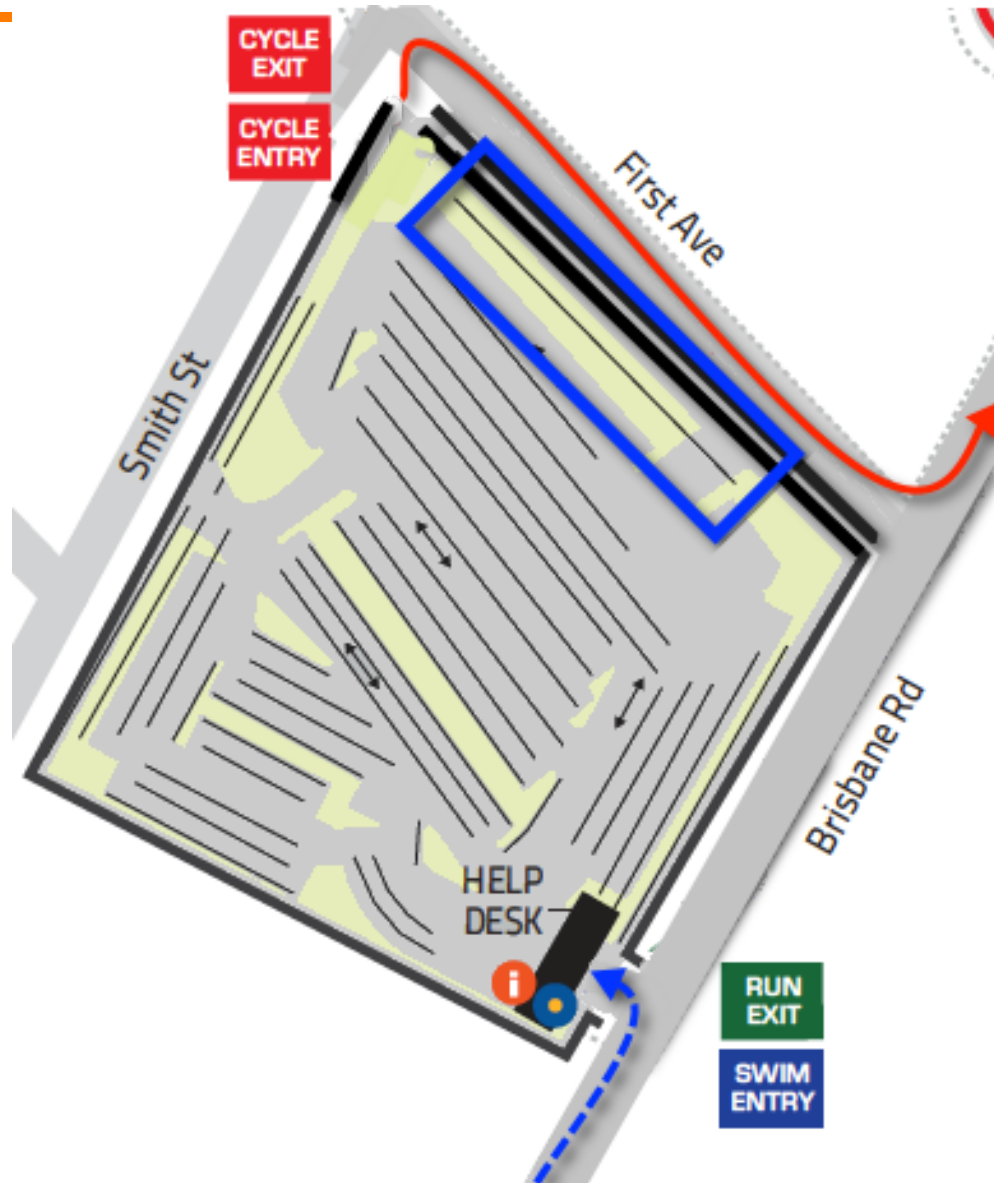


# Transition Area

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- Traditional Bike Racks – two rows
- Running shoes in front of your area, helmet on the bike
- Bags to the designated storage area in transition
- Googles & swim caps at your area
- Mount line outside of TA on the road

# Transition Flow



# Bike Course

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- Number of laps:
  - 1 lap 20km out and 20km back
- Undulating course
- No wheel stations

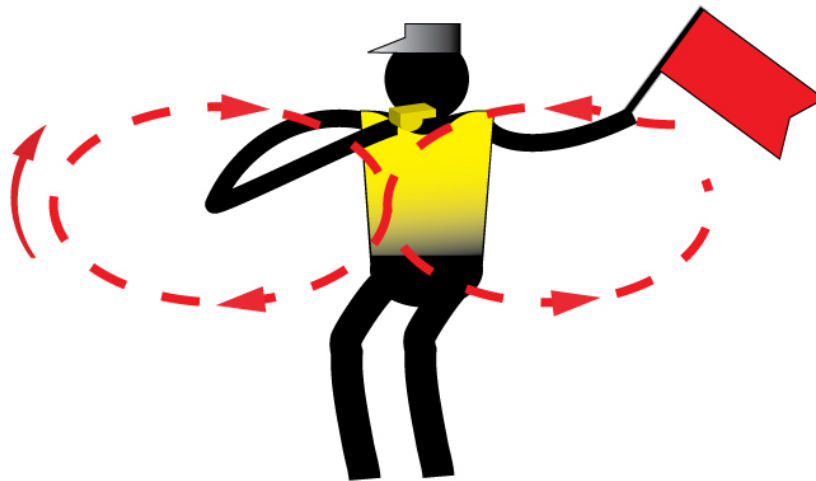
# Bike Course Map



# Caution

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Caution signal: three sharp whistles and red flags



# Bike Course Rules

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- Draft Legal
- Male/Female cannot draft off each other (only within your race)
- Do not draft off Age Group Competitors



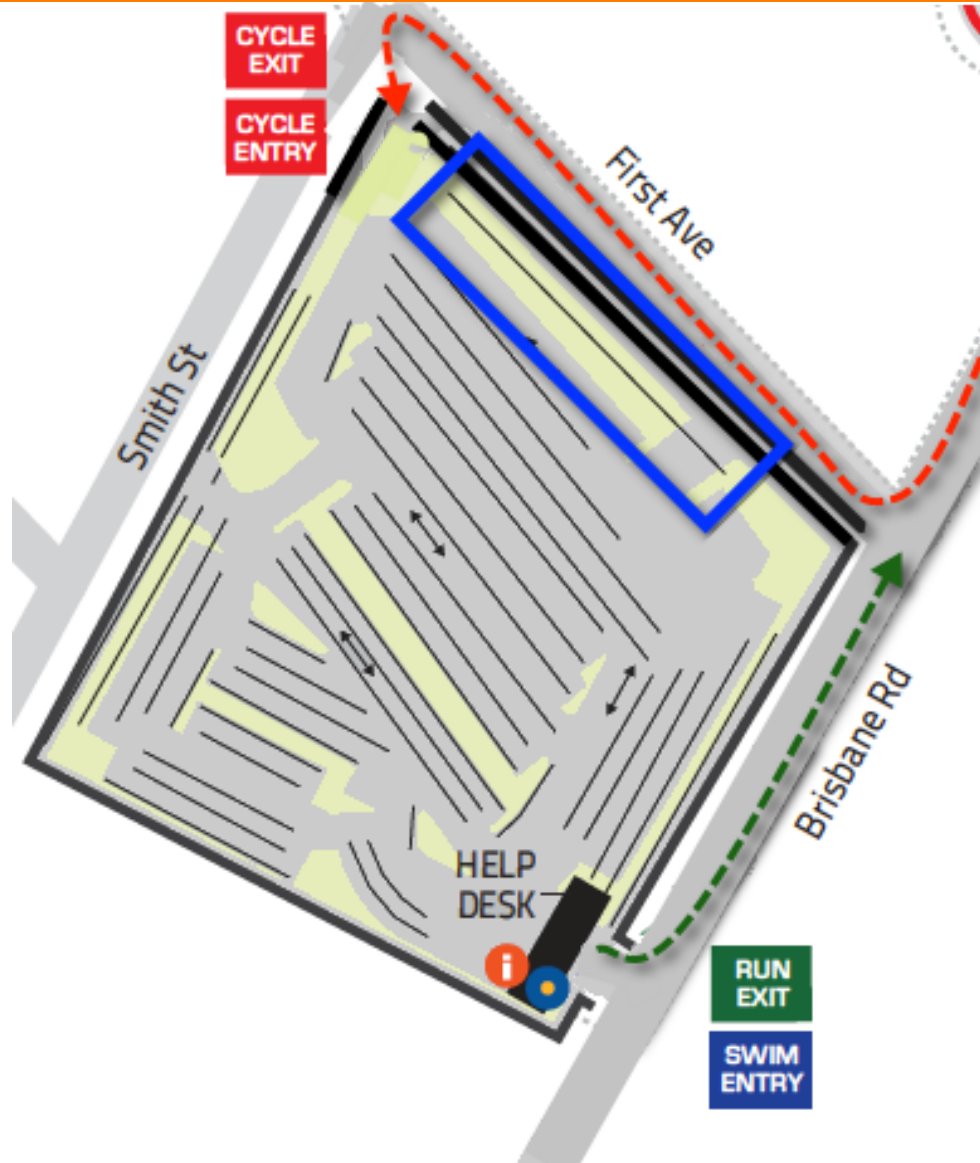
# Transition Area TA2

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- Traditional Bike Racks – two rows
- Dismount line at the start of the TA on the road
- All used equipment to be placed at your area
- Bikes to be correctly mounted at your area

*Athletes that fail to comply with this rule will receive a time penalty of 15 seconds in the Run Penalty Box*

# Transition Flow TA1



# Run course

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- Number of laps: 2 but with 3 turns
- Aid stations:
  - 2 per lap (access approx. 8 times)
  - First is about 1.3km from Transition
  - Sealed water
  - Please ignore other water supplies for AG race
  - Discard plastic bottles off course
- Photo-finish
- Congestion in finish area:
  - Go to mixed zone / recovery area

# Run Course Map



# Run Penalty Box

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## ONE OPPORTUNITY AS YOU APPROACH THE FINISH

**Location:** Approx. 250m before the Finish

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

*E.G. Mount before the mount line, dismount after dismount line, discharge or store your equipment outside your designated area, rack the bike outside your own space etc.*

**Information:** White 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 to be served on the run

**If you don't stop: DSQ**

# Run Penalty Box

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## 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 mount 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 dismount the bike before the dismount line.

# Run Penalty Box

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## Rule Interpretation

- **Discharge or store your equipment inside your designated area:** Leave the equipment (swim cap, goggles, helmet, etc.) in your area.
- **Rack the bike inside your own area:** Traditional bike rack, the bike must be racked with the both handlebars or the seat post in your allocated position

# Run Penalty Box





# Post-race Procedures

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- “Mixed Zone” - immediately after finish 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> finishers MUST be available for Medal Presentation.
- Ceremony – Immediately after races
- Formal Medal ceremony will be held at 2:30pm at the Wharf

*Please follow the ambush marketing rules*

- Dress “up”
- Prize money will be electronically transferred post event

# Ambush Marketing Rules

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- 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

# Post-race Procedures

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## Anti-Doping Control

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

# Coaches areas

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## Accreditation

- Every coaches has to collect accredited to be able to enter the venue.
- Only Coaches who have been registered from their NF into the ITU online system are entitle for an accreditation

## Additional sport-specific coaches areas

- At the intersection of Buderim Ave and Alex Parade (on the hill) on the median strip
- Accredited Coaches will have access to:
  - Athlete's Lounge
  - Adjacent to Swim start area
  - Next to Penalty Box

# Important Updates

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- **Training on the Bike Course**

- Please obey all road rules
- Keep Left at all times

- **Training in Open Water**

- Mooloolaba Surf Beach
- Be aware of tide conditions
- Swim between the Flags
- Consult with Mooloolaba Surf Life Savers if you have questions
- Please keep hydrated in the warm conditions



# Weather forecast

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	Temp	Weather
Friday	28 °C	possible showers
Saturday	28 °C	sunny
Sunday	20 °C	sunny

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# Good Luck!