

Mixed Relay briefing

2023 Oceania Triathlon Mixed
Relay Championships

24 February 2023



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



- Christina Thorne, World Triathlon Technical Delegate
- Phil Dally, World Triathlon Assistant Technical Delegate
- Claire Hannan, World Triathlon Head Referee 1 (Elite Men, Junior Men, Elite MTR)
- Phil Dally, World Triathlon Head Referee 2 (Elite Women, Junior Women, Junior MTR)
- Shanelle Barrett, LOC Director



Competition Jury



- Christina Thorne, Chair
- Shanelle Barratt, VP Oceania Triathlon
- Neil Millar, Triathlon New Zealand Board



After Briefing



- The Team Coaches will nominate the team members (to the Head Referee)
- Race pack distribution
- **Time frame when coaches can communicate a different team composition to the Head Referee:**
 - **Team Declaration complete by 15:00 on Saturday 25th February**
 - **Final Team Order:**
 - **Junior MTR – 10:45 – 11:00**
 - **Elite MTR – by NLT 12:00**



Schedule and Timetables - Juniors



SUNDAY

10:45 – 11:00	Team member change before the swim start
11:30 – 12:45	Athletes' Lounge check-in
12:00 – 12:45	Transition Area check-in
12:15 – 12:45	Swim Warm-up for Juniors
12:55	Athletes' Introduction
13:00	Mixed Relay Start
15:30	Medal ceremony



Schedule and Timetables - Elite



SUNDAY

10:45 – 12:00	Team member change before the swim start (at Athlete Lounge)
13:00 – 14:05	Athletes' Lounge check-in
13:30 – 14:15	Transition Area check-in
13:45 – 14:15	Swim Warm-up for Elite
14:25	Athletes' Introduction
14:30	Mixed Relay Start
15:30	Medal ceremony



Check-in procedures



Athletes' Lounge (Bike check)

- Refer to art 5.2 in competition rules
- Wheels and spare wheels (non authorized UCI wheels rule)
- Leave your spare wheels to the Bike Check
- 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 at the end of the athletes' briefing
- No mechanic service available onsite



Map Athletes' Lounge - Check-in procedures



Check-in procedures



Athletes' Lounge

- All Team members must check in together
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Timing chip distribution **1 for the ankle**
- Swim cap distribution
- 2nd, 3rd, and 4th team member will collect timing chip from relay zone
- Athletes **MUST** be in the relay check-in zone in time to collect chip/swim cap and be ready.
- Leave your bag in the Athletes' Lounge



Check-in procedures



Transition Area

- All Team member must check-in together
- Helmet check - Don't leave your helmet fastened in the transition
The athlete who misses to comply with this rule will receive a 10 seconds time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- The bike must be racked in the 1st transition by the rear wheel and in the 2nd transition by either wheel.
- Last athlete (#4) nearest to the mount line
- 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.



Pre-start Procedures



Athlete Introduction

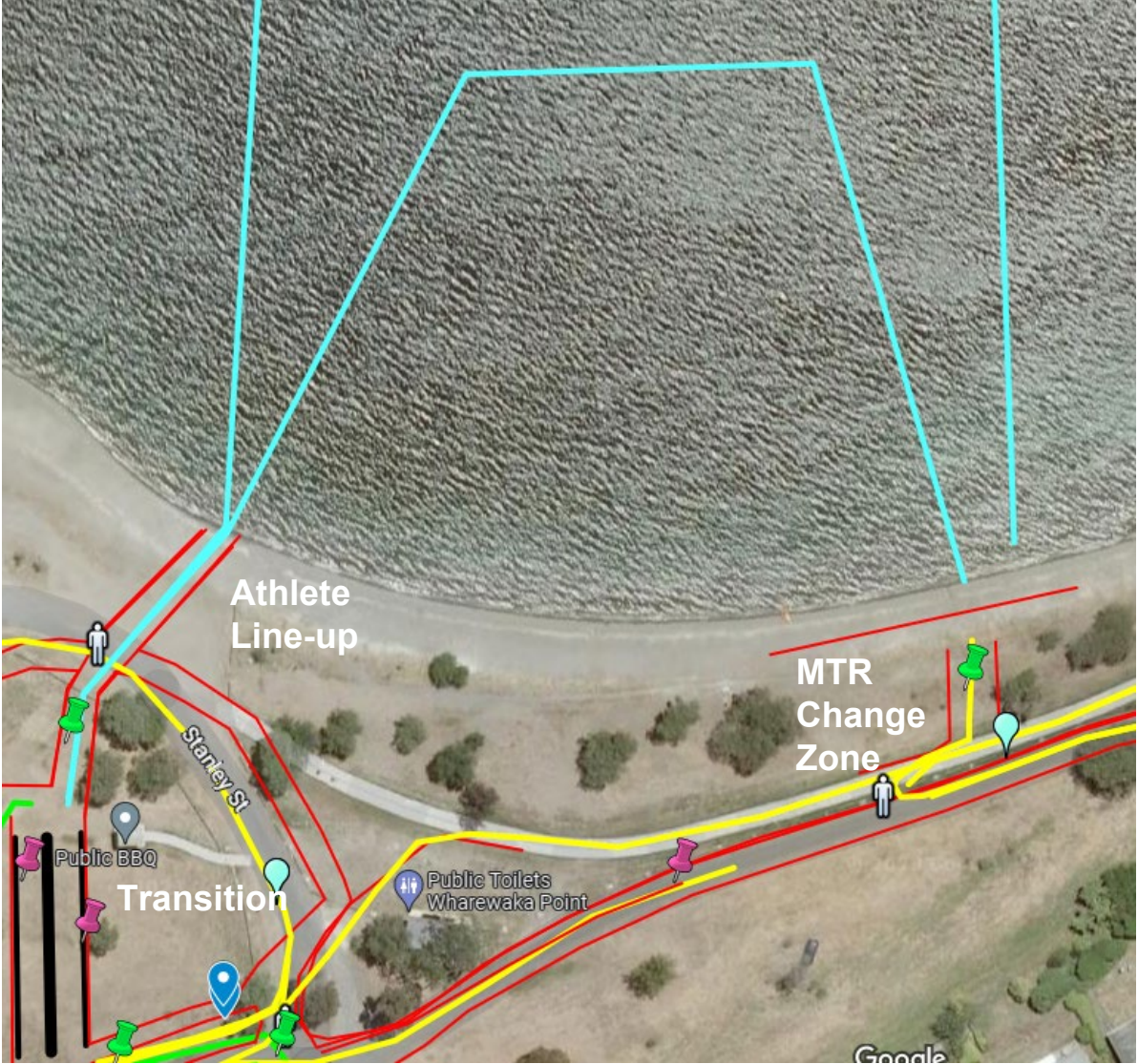
- 10 minutes before start - line-up **under the swim exit arch**
- Team will be introduced together
- 1st athlete
 - Jog to the start
 - Select your position and stay behind the line!

Athlete blocking more than one place could result in DSQ

- 2nd, 3rd, and 4th athletes stop near the swim start



Pre-start Procedures – Line-up map



Start Procedures



Athlete in position

- The start can be given any time after the Head Referee 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 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 seconds penalty in TA1.
- During the time penalty, the athlete CANNOT touch any equipment.



The course

Swim 1 lap of 250 m

Bike 2 laps of 3 km

Run 2 laps of 750 m

The course

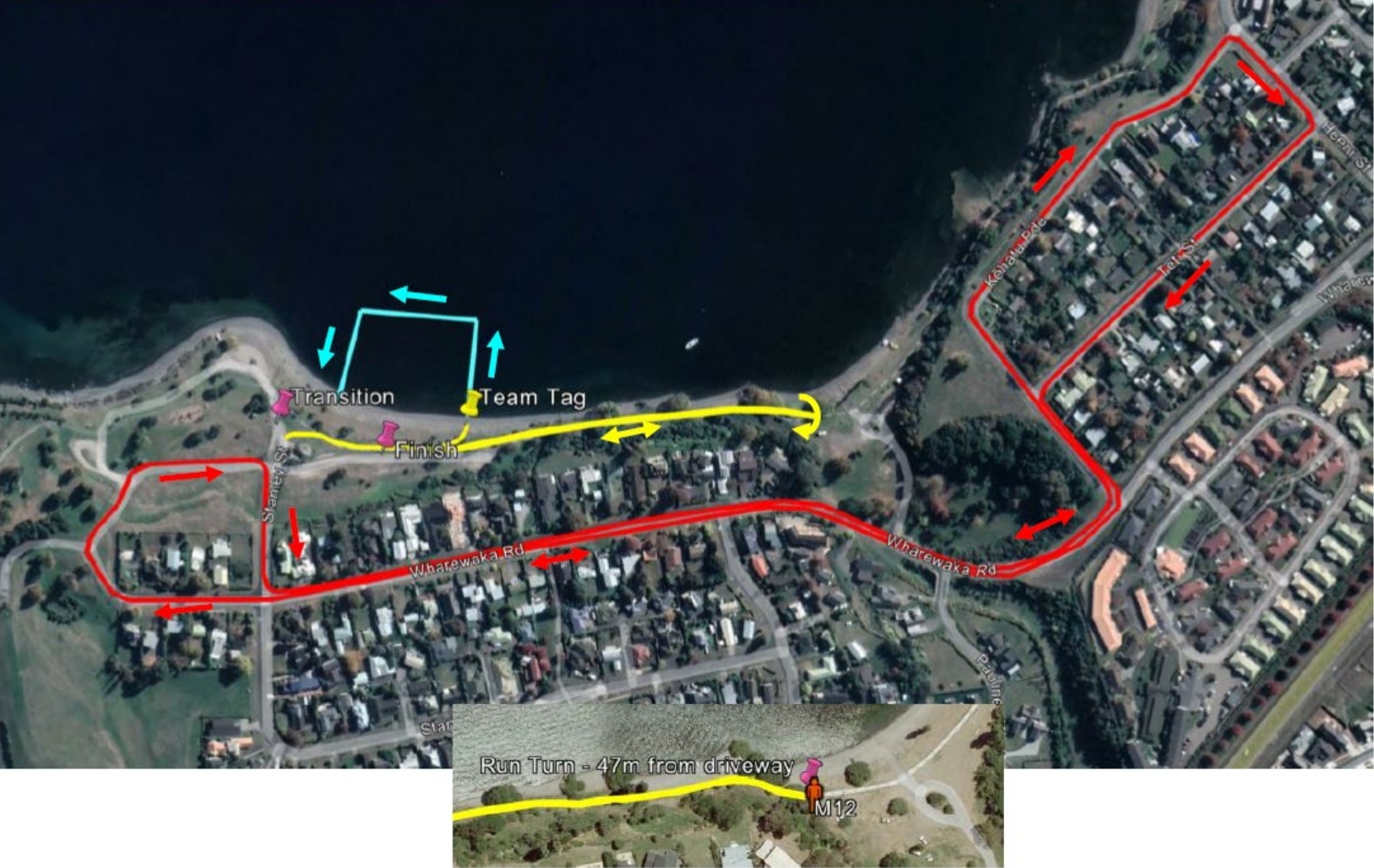


Mixed Relay Course Map

Swim – 250m - 1x laps

Bike – 6km - 2x laps

Run – 2x laps - total 1.5km



Swim course



- On **24th February** at **09:45**:
Water Temperature 17.4°C
Air Temperature 15.2 °C
- Wetsuit allowed – final decision will be made 1 hour prior to race start
- 1 laps (total distance of 250m)
- Distance to the first turn buoy 100m
- Take cap, goggles to transition into your box



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.

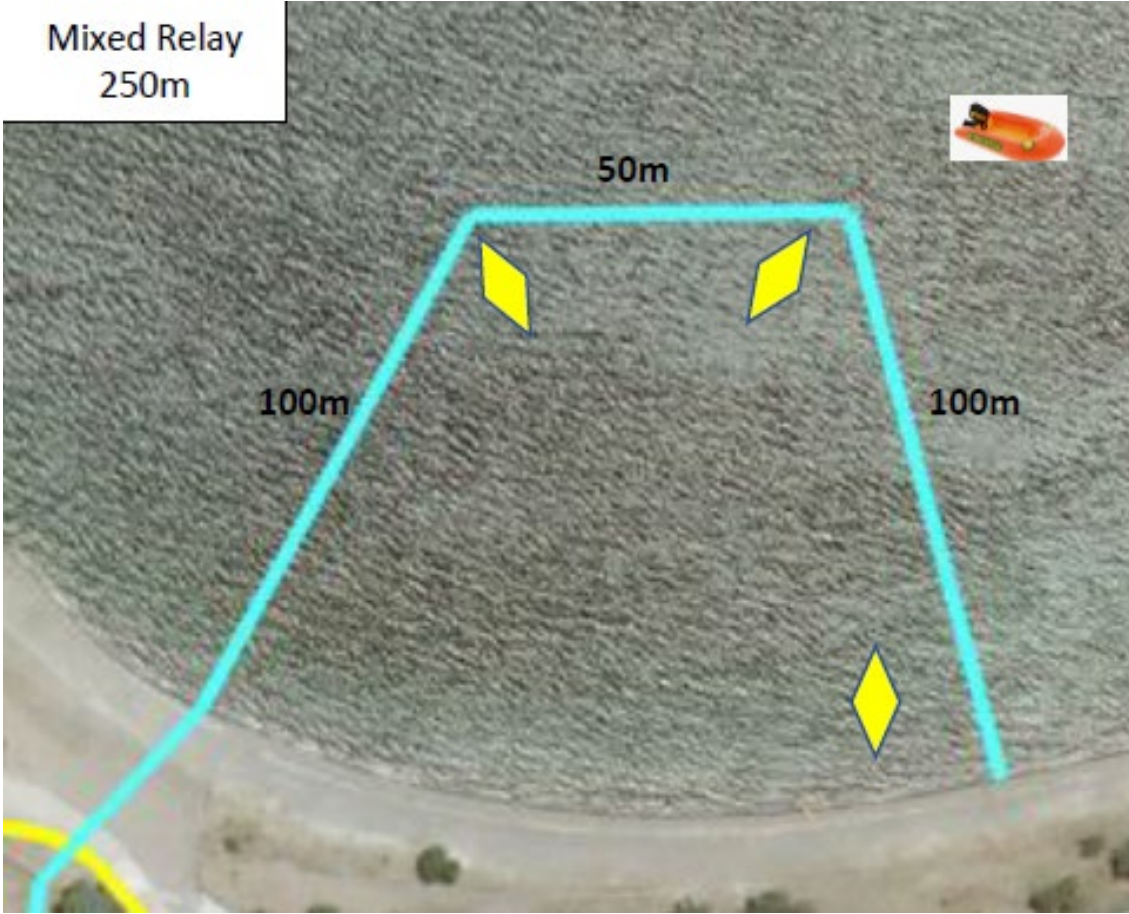
Swim conduct



- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements 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 map



Swim exit to TA



Swim exit to TA



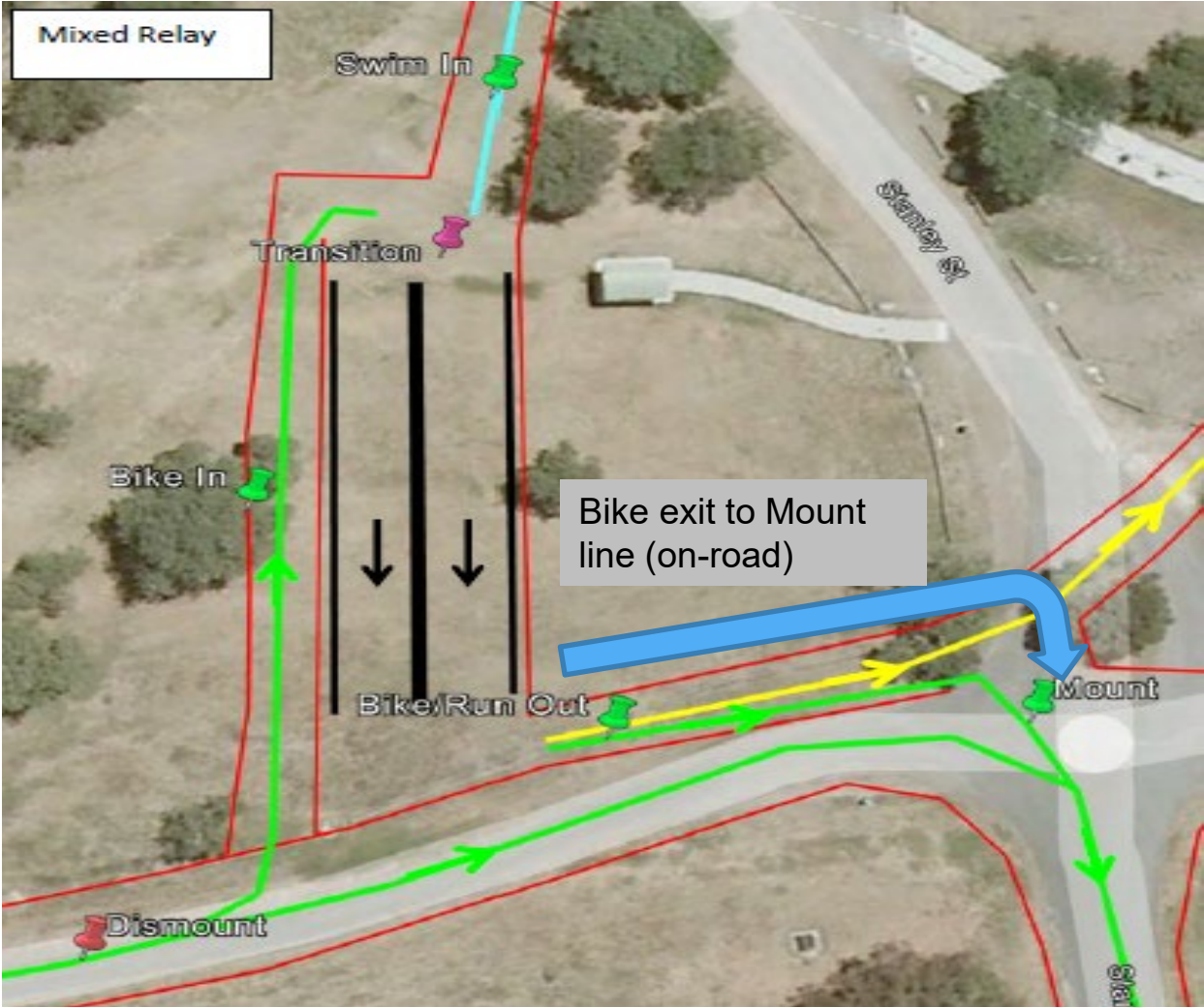
Transition Area



- Swim Exit to TA ~70m
- Traditional Bike Racks – two rows
- Team grouped by 4 rack positions next to each other on the same side
- Running shoes in front of the box, helmet on the bike
- All equipment, **Used and Unused**, into YOUR box
Failure to put equipment in your box = 10 second penalty on run PB
- Mount line at the end of the TA (on road)
- Dismount line at the beginning of the TA (on road)



Transition Flow



Bike course



- 2 laps (total distance of 6 km)
- Undulating and technical
- 1 Wheel Stations located ~75m from the transition
- Lap Counter: at the end of lap / prior to entry to TA
- No Littering Zones
- Lapped athletes are out of the race

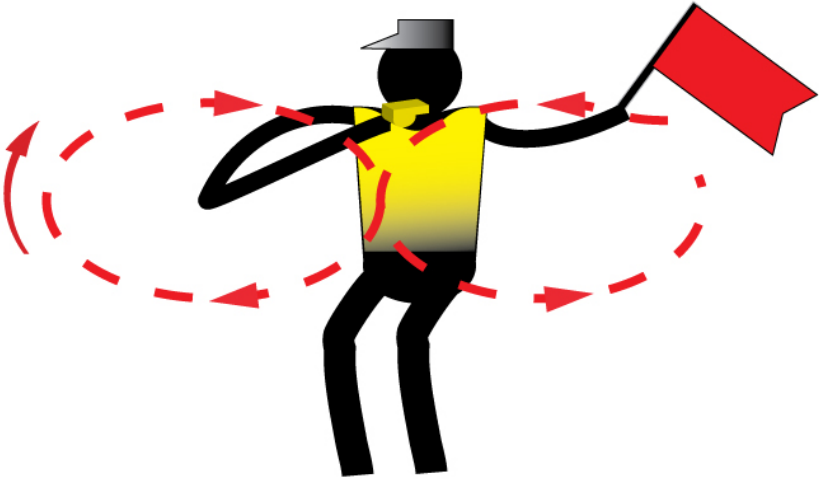


Bike Course Map

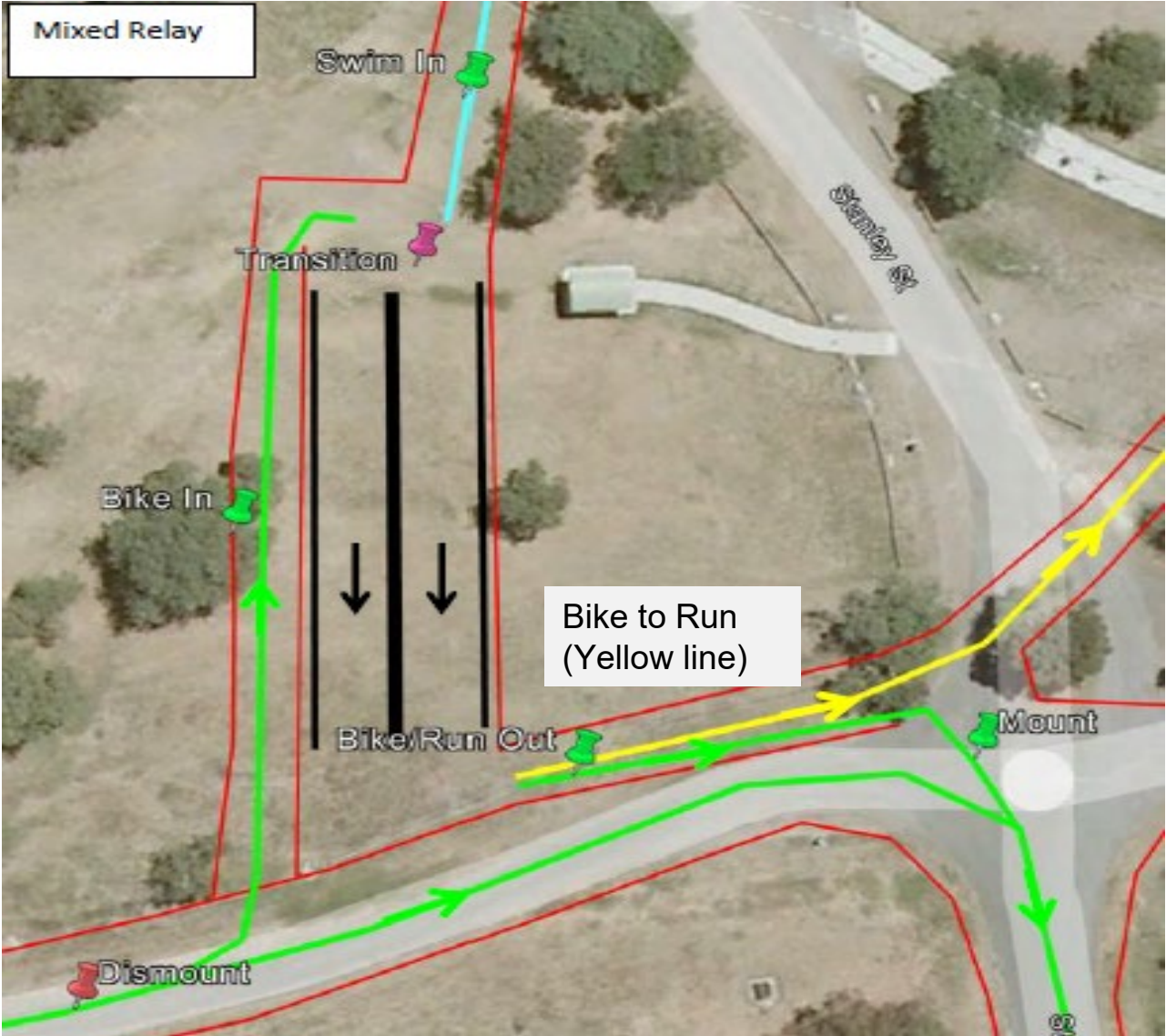


Caution

Potential Hazard Section



Bike to Run



Run course



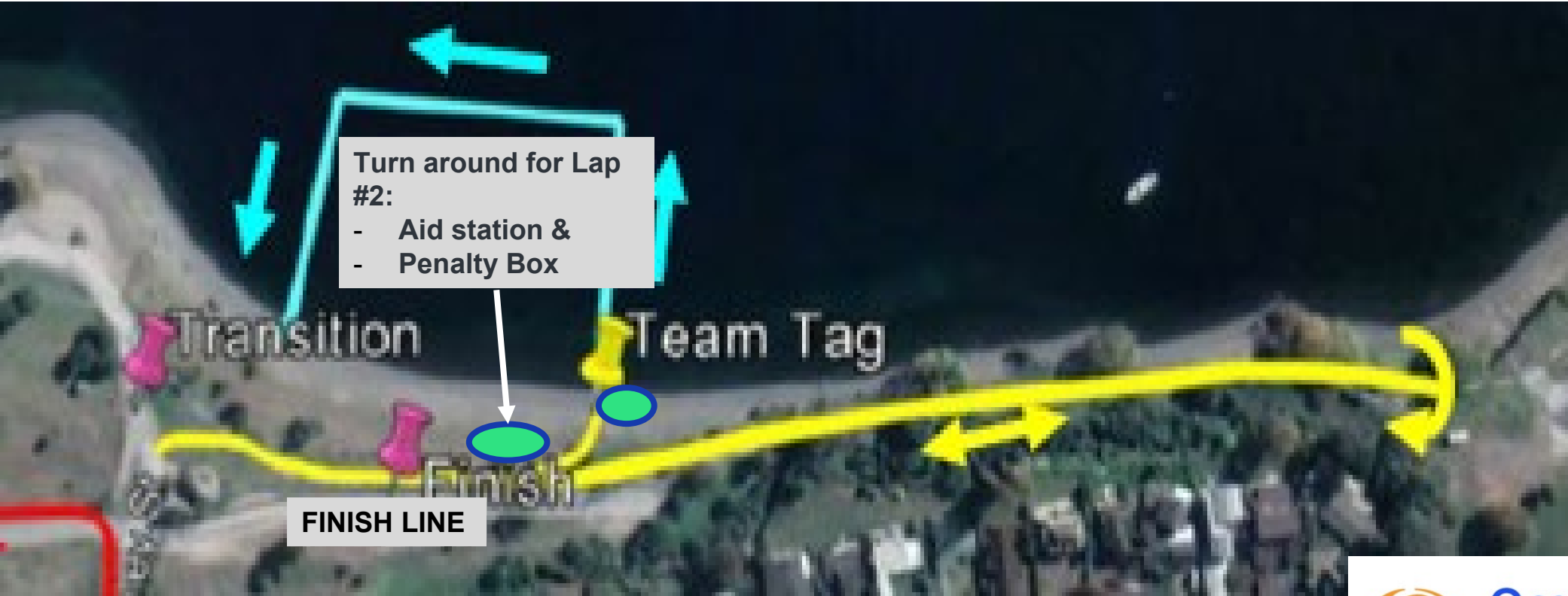
- 2 laps (total distance of 1.5 km)
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones at the aid station
- Photo-finish
- Top 3 Team Members at Finish Area for the photo
- No congestion in finish area:
 - Go to recovery area



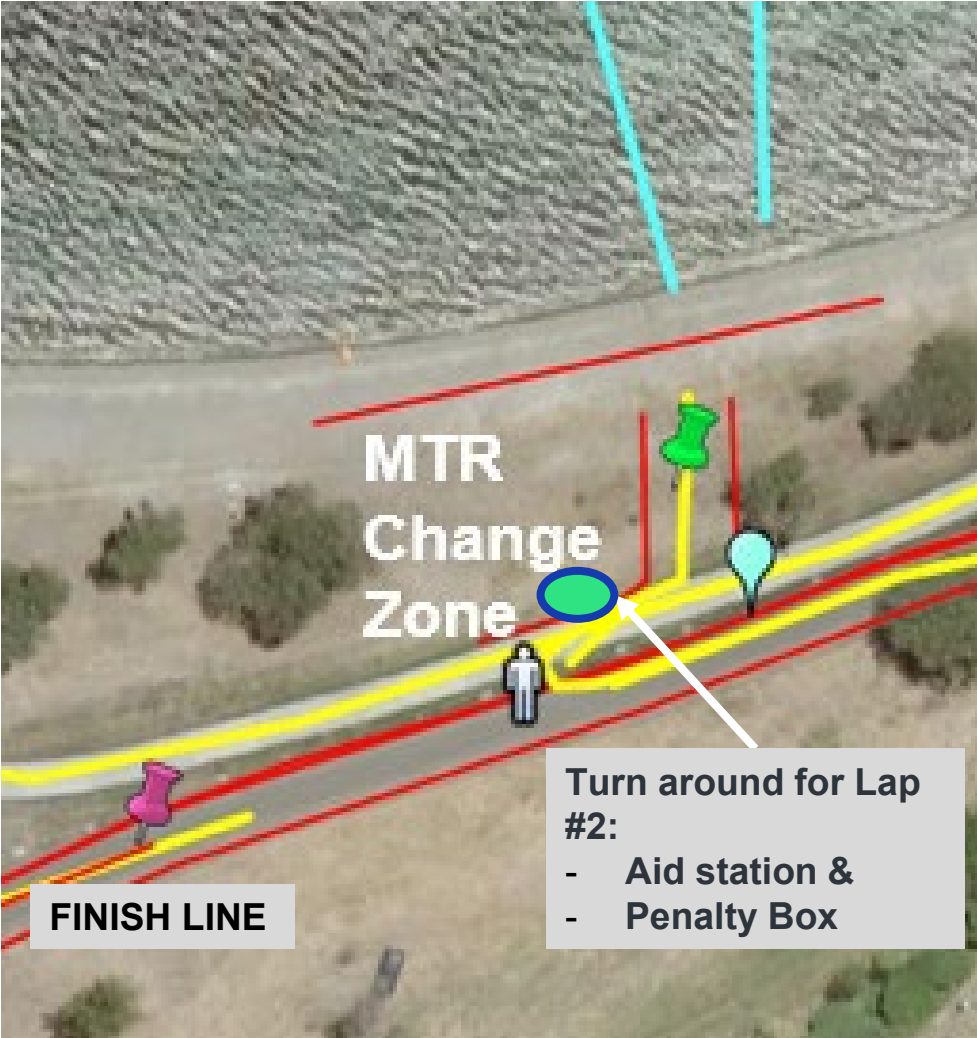
Run Course Map



Run Lap



Run Lap



Relay Zone



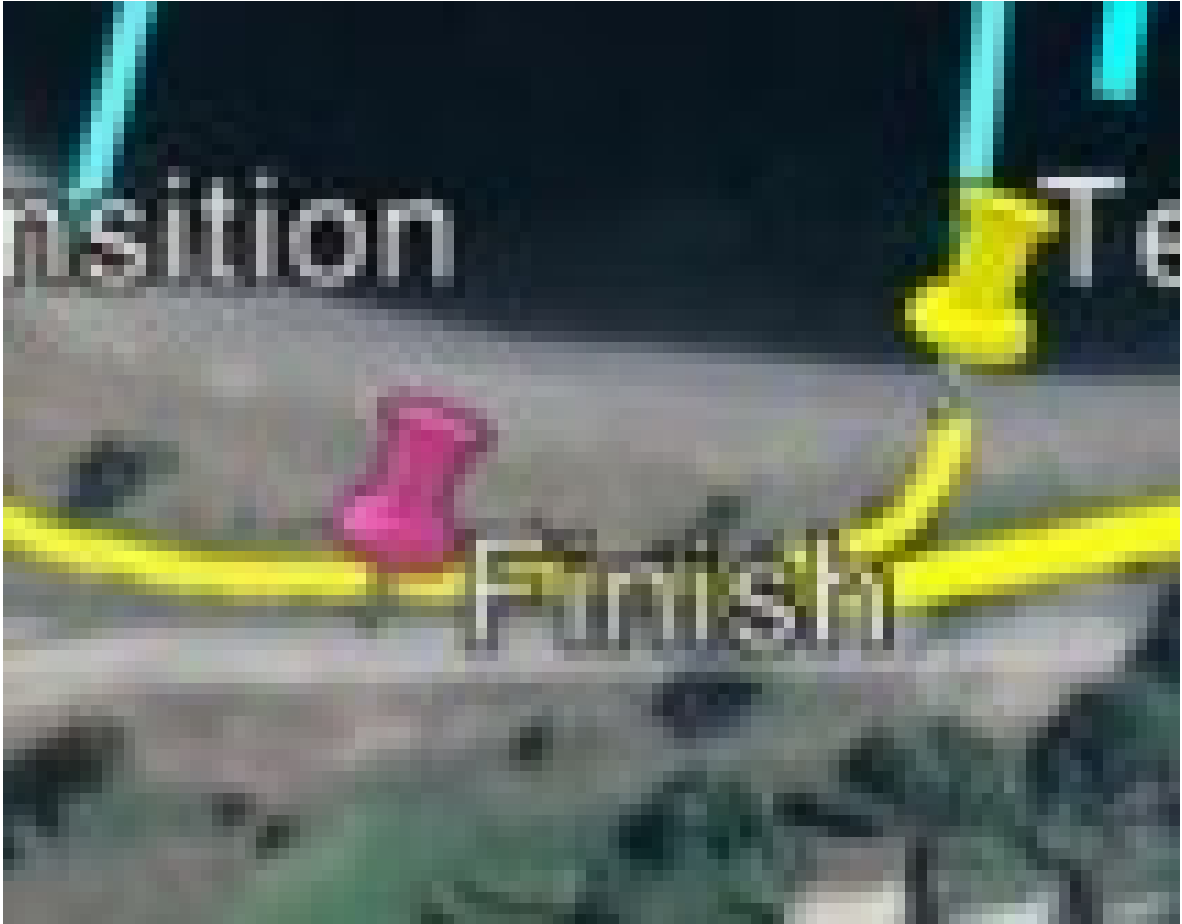
- Prior to the relay exchange, the athletes will wait outside the zone until the moment when the Technical official tells them to enter the relay zone at the finish.
- It is athletes' responsibility to be there, collect timing chip and be ready
- The relay exchange from one team member to another will take place inside the "Relay Zone"
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing athlete within the relay zone
- If the contact occurs unintentionally outside the relay zone, the team will get a 10 second penalty.
- If the contact occurs intentionally outside the relay zone or not completed, the team will be DSQ.
- Keep both feet behind the relay line



Relay Zone



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** ~100m after the Transition Area, near to the turnaround for Lap #2
- **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

Any member of the team can serve the penalty

Not stopping means **DSQ**

The athlete/team may then appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box



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
Bike violations	B	Swim violations	R
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



Post-race Procedures



- Medal Presentation – at 15.30



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
- The consequence for this behavior is:
The athlete will immediately forfeit their prize money for that event.



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.



Coaches Area



Coaches' areas

- Course is very accessible – no dedicated coaches area required



Important updates

- Please be respectful to marshals, volunteers and officials who have volunteered to provide a Continental cup race and be tolerant of any necessary changes if required.

Parking for staff, spectators and competitors



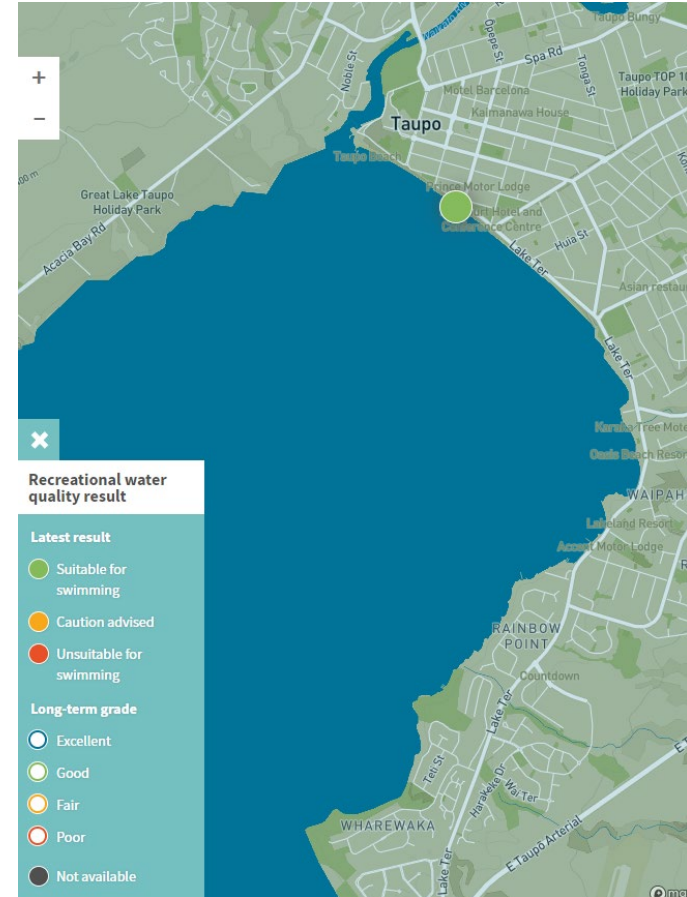
Water Quality Assessment (Inland)

Local Government Authorities conduct regular testing of water in Lake Taupo. Current Water Quality Assessment is rated as:



Lake Taupo
Central foreshore
2.6 km
Last sampled 15 Feb 2023

Weather forecast	
Day	Weather
Briefing (B)	Overcast
Race Day	Overcast (90% chance of 1-5mm of rain)



Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Wharewaka Four Mile Bay	None	None	09:45	Visual Water inspection shows no issues with water quality

SUMMARY
1 = 'Very Good Water Quality':
 with no potential visual pollution during sanitary check or potential for forecast of heavy rain.

Weather forecasts



	Temperature in °C	Weather
Friday	15.5°C	Overcast / Possible Rain
Saturday	14 - 18°C	Possible Rain
Sunday	16 - 20°C	Possible Rain



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

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

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Have a good race!



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extraordinary