



Mooloolaba
triathlon
ITU Oceania Cup

23 March 2011

Athletes briefing

Briefing agenda

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



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Welcome and Introductions

- **Bill Walker, ITU Vice President**
- **Zita Csovelyak , ITU Team Leader**
- **Murray Hilder, ITU Technical Delegate**
- **Michael Sanderson, ITU Ass. Technical Delegate**
- **Jacqui Kenny, ITU Race Referee**
- **Chris Price, LOC Race Director**
- **Karen Matthews, LOC Event Coordinator**



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Competition Jury

- Murray Hilder - ITU TD Chair
- Bill Walker – ITU Vice President
- Peter Hedge – Triathlon Aust. President



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Schedule and Timelines

Friday

15:00 – 16:00	Athlete's briefing & race pack pickup
13:00 – 19:30	Sport & Lifestyle Expo
19:30	Fireworks Spectacular

Saturday

09:00 – 17:30	Sport & Lifestyle Expo
08:00	Superkidz Triathlon Start
15:00	ITU World Cup Elite Men Start

Schedule and Timelines

Sunday

05:00 – 06:15	Transition open for check-in, including wheel check, uniforms, body marking
05:50 – 06:15	Swim Warm-up
06:35	Oceania Cup Men Start
06:36	Oceania Cup Women Start
08:45	Medal ceremony for Oceania Cup
12:45	ITU World Cup Elite Women Start

ITU Race Comp Rules

- 2012 Mooloolaba World Cup – 2011 Rules apply
- 2012 Rules – effective 28/03/2012
 - Refer to www.triathlon.org

Check-in procedures

Oceania Cup Transition – 5am Cycle Entry

- Uniform check as required
- Body marking (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution

- MALES



- FEMALES



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Check in Point



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 misses to comply with this rule will receive a time penalty of 15 seconds in TA1.

- Running Shoes to 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

Athlete Line up:

- 10 minutes before start – adjacent to start line.
- Move to the start line
- Select your position and stay behind the line!

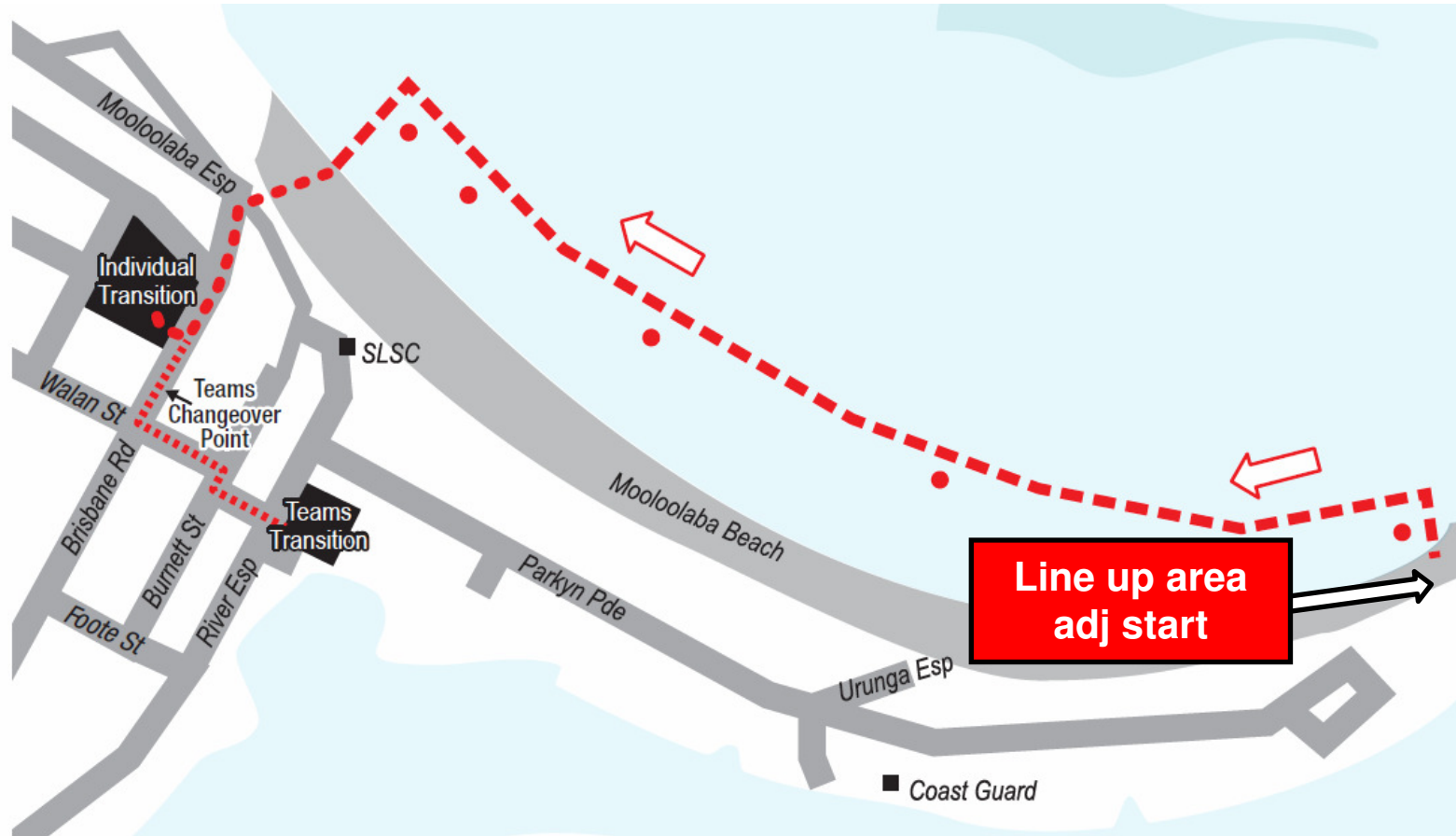
Athlete blocking more than one place will receive a DQF



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Pre-start Procedure



Start Procedure

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.



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False Start Procedures

False start Example 1:

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

False start Example 2:

- If only one or two start 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 penalty athlete can not take any equipment!



The Course

- **Swim**

- 1 lap of 1500m

- **Bike**

- 20km out and back – 40km

- **Run**

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



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Swim course

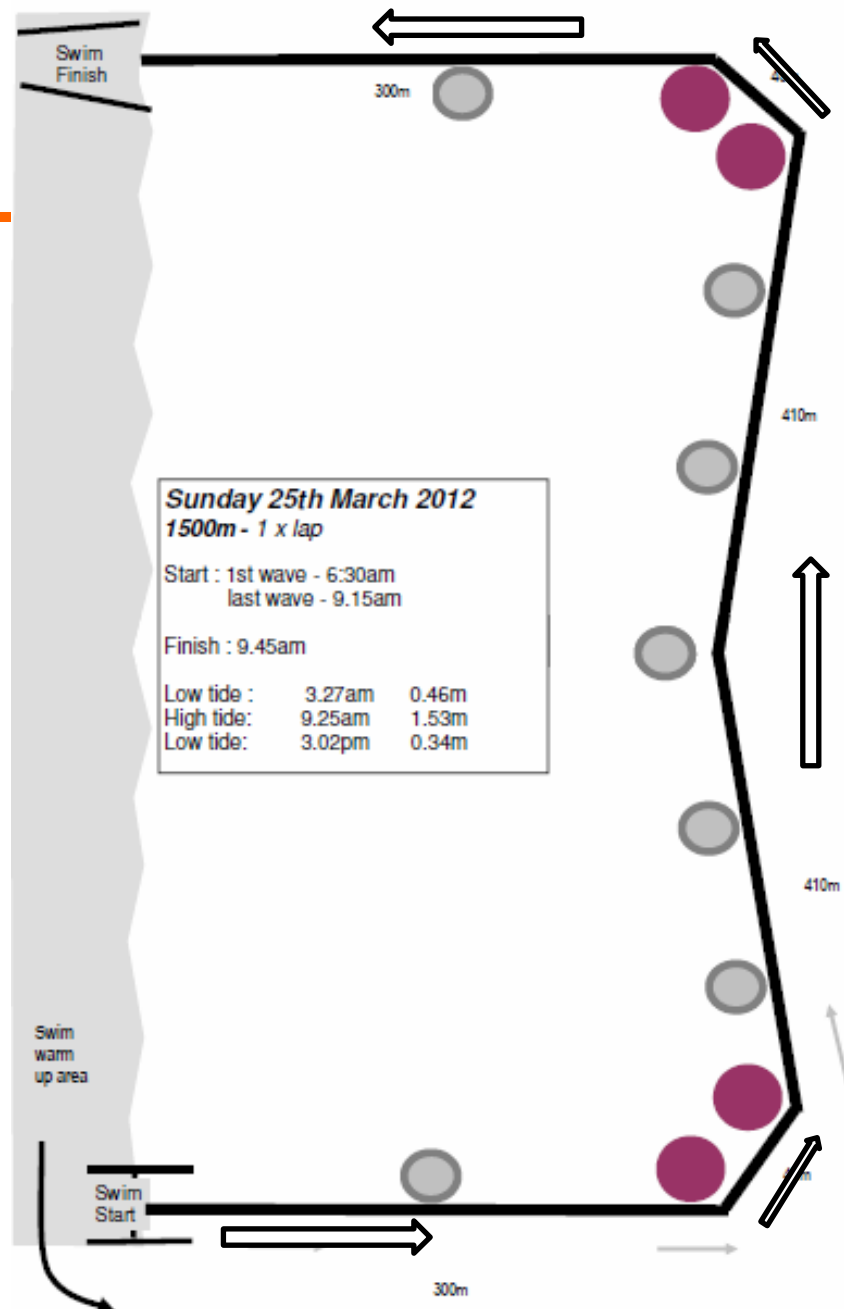
- Water temp: 24.4 °C Air temp: 27.3 °C
- Wetsuit not allowed
- 1 lap of 1500m along beach
- 300m to the first buoy
- Take cap, goggles to transition and place in your area.



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Swim course Map



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Transition Area

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

Transition Flow TA 1



Bike course

- Number of laps:
1 lap 20km out and 20km back
- Undulating.
- No Wheel Stations

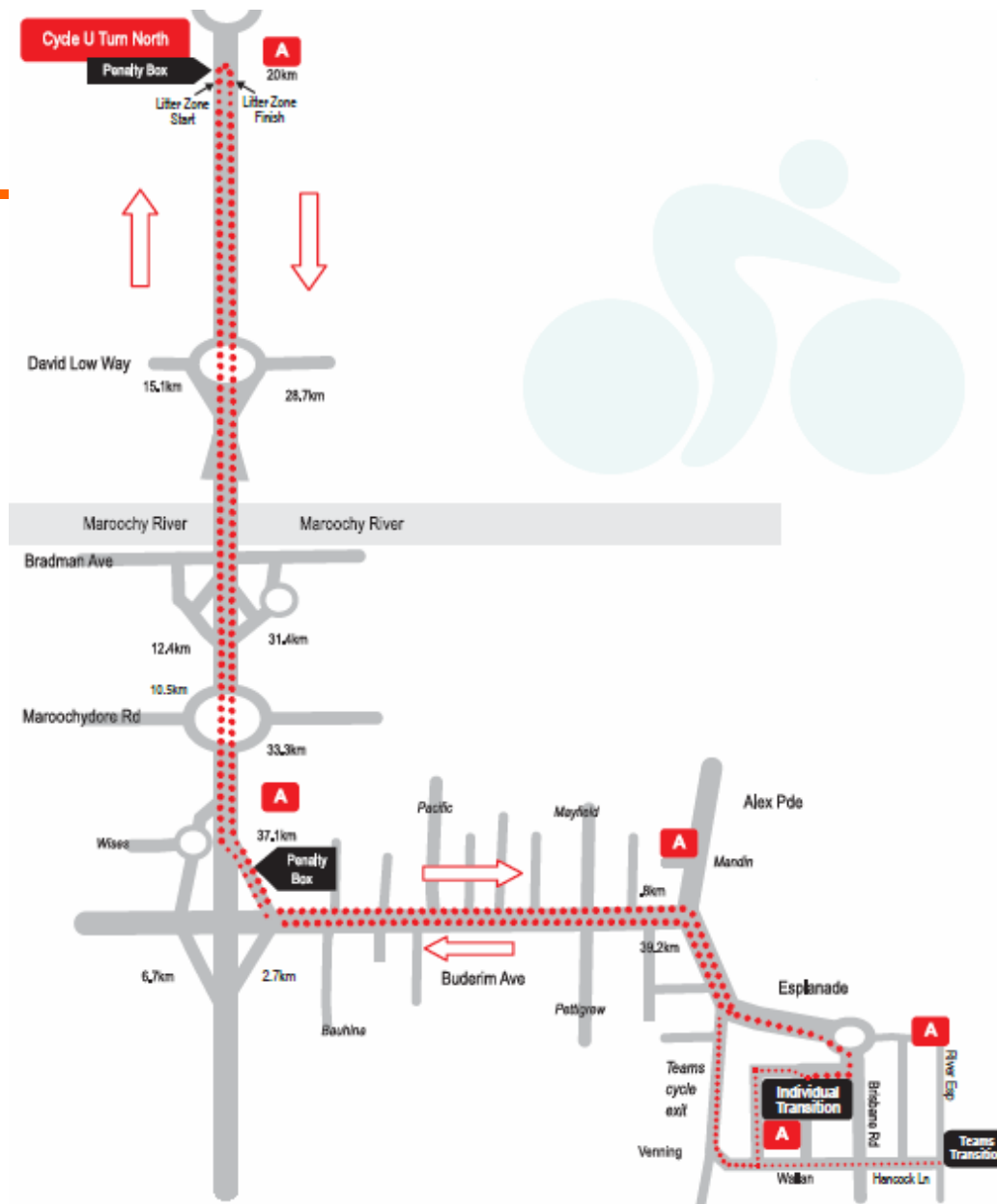


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Bike Course Map

1 lap 20km out
and 20km back

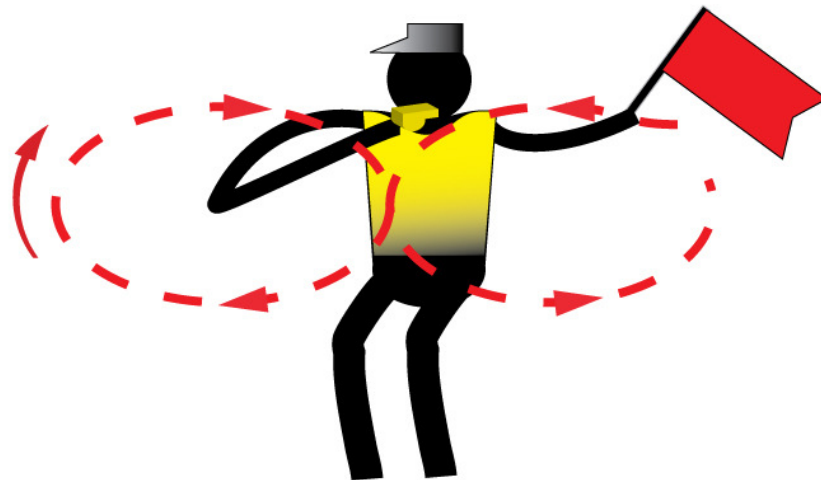


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Caution

Caution signal: three sharp whistles and red flags



Bike Course Rules

- Draft Legal
- Male / Female cannot draft from each other (only within your race)
- Do not draft from Age Group competitors
- Distance = 10m

Not complying to these rules will result in DSQ



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Transition Area TA 2

- Traditional Bike Racks – two rows
- Dismount line at the start of the TA
- 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 Penalty Box

Transition Flow TA 1



Run course

- 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 bottled 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



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Run Penalty Box

ONE OPPORTUNITY AS YOU APPROACH THE FINISH.

Location: Approx 250m before the Finish.

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

Information: White board to show race numbers

(Athletes need to read the board as they approach– coaches are advised to check & notify their athletes)

Procedure: 15 second time penalty served as you approach finish

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 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

Rule interpretation contd

Discharge or store your equipment inside your designated area: Leave the equipment (swim cap, goggles, helmet, etc.) in your area in transition.

Rack the bike inside your own space: Traditional bike rack, the bike must be racked with at least one side of the handlebar or the seat-post in your allocated position.

Run Penalty Box



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Post-race Procedures

- “Mixed Zone” - immediately after finish 1st, 2nd, 3rd finishers MUST be available for Medal Presentation
- Medal Presentation – protocol – immediately after races

Please follow the ambush marketing rules .

- Dress “up”
- Prize money will be presented to 1st, 2nd, 3rd.
- 4th – 10th place MUST contact Karen Matthews to arrange electronically transfer



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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 primes, 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



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Coaches' Area

Accreditation

- Every coaches has 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 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 the penalty box

Important Updates

- **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

Temp

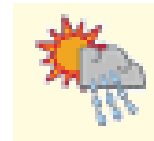
Weather

Friday: 20°C - 25°C



showers

Saturday: 20°C - 25°C



possible showers

Sunday: 19°C - 26°C



possible showers



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Good Luck!



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