

Mooloolaba  
**triathlon**  
ITU Oceania Cup

15 March 2013

**Athletes briefing**

# Briefing agenda

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

# Welcome and Introductions

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- **Bill Walker, ITU Vice President**
- **Peter Hedge, Oceania Triathlon Union**
- **David Ferrier, Triathlon Australia President**
- **Murray Hilder, ITU Team Leader**
- **Juliet Fahey, ITU Technical Delegate**
- **Michael Sanderson, Asst. Technical Delegate**
- **Ulf Schuetze , ITU Race Referee**
- **David Ray, USM Events**

# Competition Jury

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- Juliet Fahey (ITU TD – Chair)
- Bill Walker (ITU Vice President)
- David Ferrier (TA, President)

# Schedule and Timelines

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## Friday

16:00 – 17:00

Athlete Briefing

Race pack pick-up

Registration and uniform check, including photo (name, country, logos, ITU logo, zippers) – photos taken of each uniform. Wearing other uniform during the race = DSQ

# Schedule and Timelines

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## Sunday

05:15 – 06:20	Transition open for check-in, including wheel check/handlebars
05:50 – 06:15	Swim Warm-up
06:35	<b>Oceania Cup Men Start</b>
06:36	<b>Oceania Cup Women Start</b>
08:45	Medal ceremony for Oceania Cup

# Surf Conditions

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# Important Announcement

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- Due to the current and predicted surf conditions for Saturday/Sunday off Mooloolaba Beach and to ensure the safety of athletes we will not be swimming in the surf.
- The contingency swim course will be used which is a 1 Lap (1500m) anti-clockwise swim in the Mooloolah River around Minyama Island.

There will be a distance of 435m to transition from swim exit.



# Competition Rules

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- 2013 Mooloolaba World Cup – 2012 Rules apply
- 2013 Rules – effective 26/03/2013
  - Refer to [www.triathlon.org](http://www.triathlon.org)

# Check-in procedures

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## Oceania Cup Transition

- Uniform check as required. Wearing uniform other than checked in at registration, during the race = DSQ!
- Body marking (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution

# Check-in procedures

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## 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 to front of your area
- Helmet and cycle equipment on the bike

# Start Procedure

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## Athletes in position:

- The start can be given any time after the Race Referee 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
- Kayaks/Race Marshalls in front of you
- Everyone goes back to her/his previous 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

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- **Swim**

- 1 lap anti clockwise 1500m

- **Bike**

- 20km out and back = 40km

- **Run**

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

# Swim course

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- Water temperature: 25.5C
- Wetsuit not permitted
- 1 lap anti – clockwise 1500m in Mooloolah River around Minyama Island.
- 204m to the first buoy
- Keep buoys on your left last gate buoy on your right.
- Take cap, goggles to transition and place in your area.

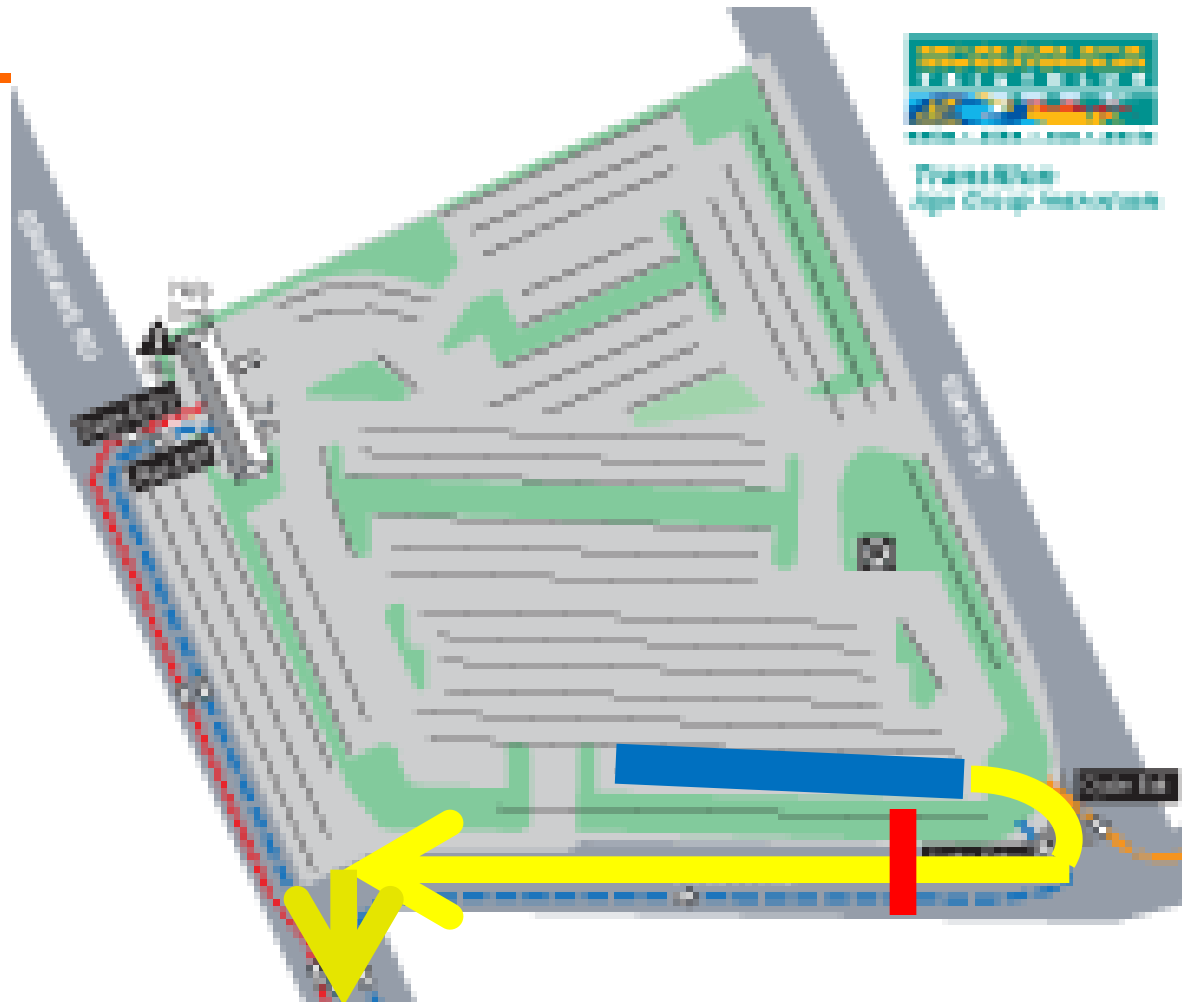
# Transition Area

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- **A Frame Bike Racks** number, name and country flag
- **Approx 435m from swim exit to T1**
- **Goggles & swim caps in your area**
- **Bags to the storage area**
- **Practice the flow of Transition**
- **Bikes mounted by seat post .**
- **Mount line located outside TA on road**
- **Keep on LEFT SIDE OF THE ROAD**



# Transition



# Bike course

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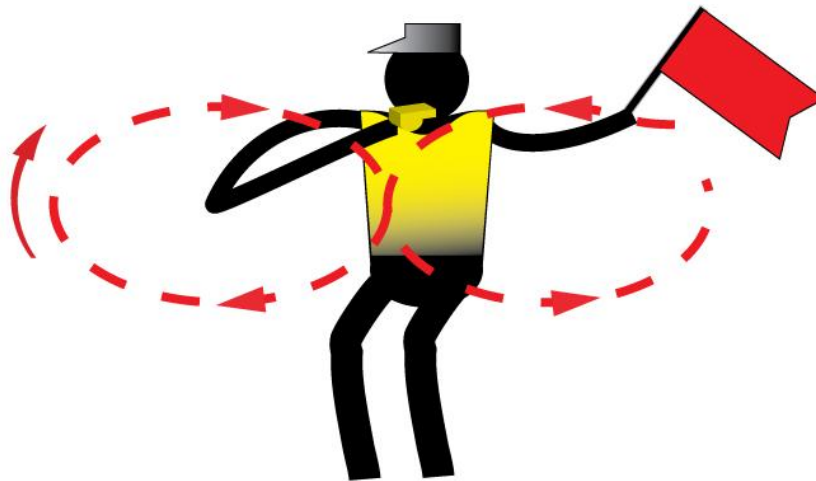
- Number of laps:  
1 lap 20km out and 20km back = 40km
- Undulating.
- No Wheel Station.



# Caution

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Caution signal: three sharp whistles and red flags



# Run course

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- Number of laps: 2 but with 3 turns = 10km
- Aid stations:
  - 2 per lap (access approx 8 times)
  - First is approx 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



# 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

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 and notify their athletes)

**Procedure:** 15 second time penalty served as you approach finish

**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 continued

**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.

# Post-race Procedures

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- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
  - Medal Presentation – protocol – immediately after races
- Please follow the ambush marketing rules .*
- Dress “up”

# 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:
  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

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## 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' Area

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## Accreditation

- Every coach must collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the ITU online system will be entitled to an accreditation.

## Additional sport-specific coaches areas

- At the intersection of Buderim Ave and Alex Parade (on the hill) on the median strip

# Weather forecast

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**Temp**

**Weather**

**Friday:** Possible Shower



20 – 27C

**Saturday:** Fine Mostly Sunny



20 – 28C

**Sunday:** Possible late showers



20 – 30C

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# Good Luck!