



ATHLETE'S GUIDE PARATRIATHLON

UPDATE 28/08/2023

2023

V2



PLEASE REMEMBER: Any update version of this Guide will be identified by the version number on the cover page (Ex. V1, V2, V3, etc.)

WATER QUALITY ASSESSMENT

July 5 th , 2023 – 10:14	CFU / 100ml	Limits
Enterococci	31	< 100
E. Coli	20	< 250
PH	8.28	6 - 9
Water Temperature	23.4 °C	
Air Temperature	27 °C	
SUMMARY		
1 = Very Good Water Quality (E. Coli: 250 to 500 or Enterococci 100 to 200) but with potential or pool visual pollution during sanitary check and/or potential for forecast of heavy rain		

Next test will be performed on September 2th, 2023

Para triathlon briefing

September, 8th. 2023

15:00

WAIT LIST PROCEDURE

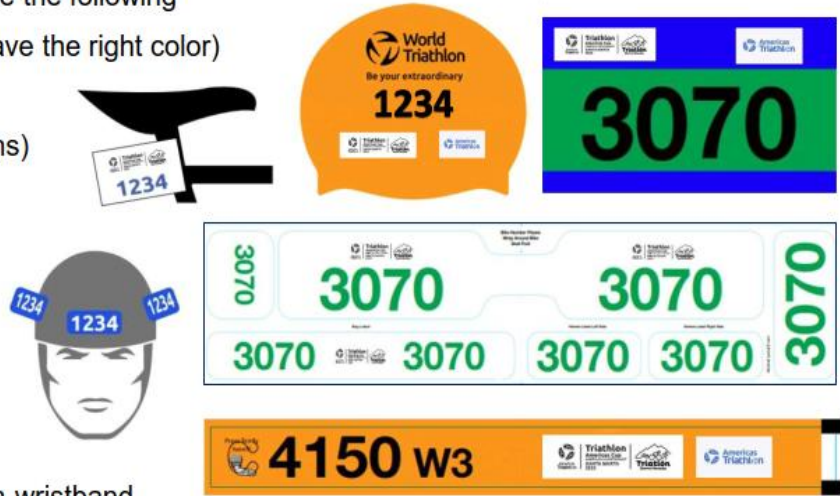
(Immediately after the briefing, if necessary)

- ❖ A wait list exists for this event.
- ❖ Start list athletes who are not present at the athletes' briefing, and who have not informed the TD of their absence, will be immediately replaced according to the World Triathlon Paratriathlon Qualification criteria.
- ❖ The wait list athlete must be present at the briefing to be assigned to the start list.

RACE PACKAGE

Please check that you have the following

- Swim cap (check you have the right color)
- Timing chip
- Race number (safety pins)
- Body decals
 - Arms (2x)
- Race Stickers:
 - Helmet (3x),
 - Bike (1x),
 - Bag (1x)
 - Athlete/Accreditation wristband



ATHLETE AGREEMENT

- ❖ All athletes must fill in their data on their Admin page of the World Triathlon Website before competing their first event, or if there is any change.
- ❖ If you need logins please contact webmaster@triathlon.org
- ❖ Sign the Agreement before taking your race package, that does not include the section with detailed information.

SCHEDULE AND TIMETABLES

Friday, Sept.8
Familiarization Bike – 09:00→10:00 – In front of INVEMAR
Familiarization Swim – 10:00→11:00 – Salguero Beach
Hand Cycle and race wheelchair Check – 11:00→12:00 INVEMAR
ELITE ATHLETES BRIEFING- – 15:00 – 16:00. Tamacá Hotel
Saturday, Sept.9
09:00→09:30 – Para Athlete Lounge check in Open/Close
09:10→09:40 – Para Transition zone check In Open/Close
09:20→09:50 – Swim Warm up Open/Close
09:55 – PTS5 Athletes presentation
09:57 – PTVI Athletes presentation
10:00 – Start PTVI-PTS5
10:01 – PTS 4-3-2 presentation
10:05 – PTWC presentation
10:10 – Start PTS4-3-2-PTWC race
12:00 – Cut off Para race.

Race cut off 2 hours of your wave after the start.

Medal Ceremony: **12:30**
INVEMAR



Podium athletes,
please be there **12:15**



CHECK IN PROCEDURES

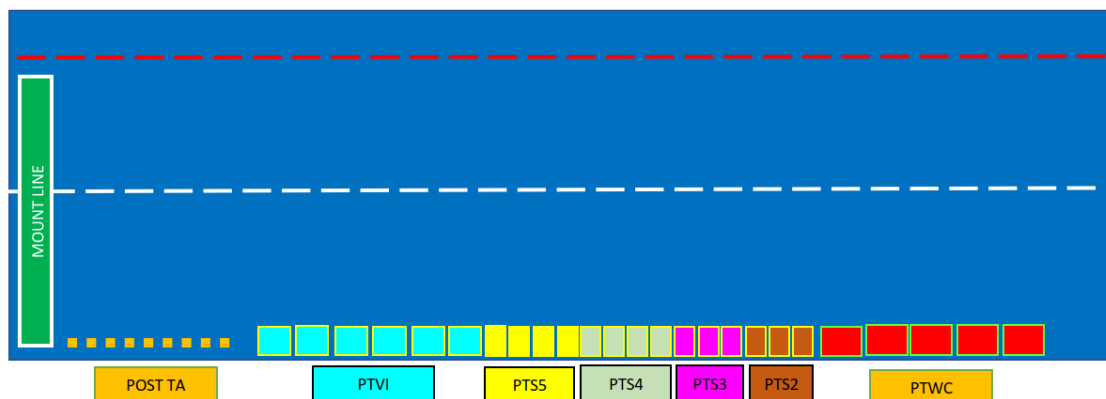
Athletes' Lounge

- ❖ Uniform & race gear check (name, country, logos, World triathlon logo)
- ❖ Body marking check (both arms, both legs)
- ❖ Swim cap distribution according to your swim exit needs
- ❖ Timing chips (2) (3 for PTWC)
- ❖ Wave number written on left hand
- ❖ Registration of equipment for pre-transition area.
- ❖ Registration of spare wheel for wheel station
- ❖ Leave bags in the Athletes' Lounge, they will be transferred to Recovery Area.
- ❖ Bag storage.

Transition Area

- ❖ A folding chair will be provided to athletes if required.
- ❖ To add any equipment to the bike, approval is to be obtained from the HR at the end of the athletes' briefing.
- ❖ Only athletes and their handlers will be allowed in the Transition Area.
- ❖ Helmet check – Don't leave your helmet fastened in the transition. **The athlete who do not comply with this rule will receive a time penalty of 10 seconds in T1.**
- ❖ Running shoes on the ground, helmet on the bike.
- ❖ Spare wheels collected at bike check & returned to Athletes' Lounge.

TRANSITION ZONE



A Post Transition Area after the first transition spot and before the Mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment will be moved back to the athletes' space in the TZ by a TO or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.

PERMITTED EQUIPMENT - UNIFORM

Swim

- ❖ Wetsuits up to 5mm thickness. **If water temperature is under 24.6 °C.**
- ❖ Vest warmers are NOT allowed
- ❖ Gloves are not permitted.
- ❖ Face, hands and feet cannot be covered.
- ❖ No prosthetic socks, unless the pins are adequately covered. **This will be checked.**
- ❖ PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. **Logos are allowed only on the frame.**

Bike and Run

- ❖ Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- ❖ Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event.
- ❖ Athletes will not be able to remove the shirt at any time during the event.
- ❖ Arms covers can be worn and can be removed during the event, **BUT only in Transition. Removal elsewhere during the race will lead to DSQ.**
- ❖ PTVI 1 athletes must wear black-out glasses on the bike and run segments. **Logos are allowed only on the frame.**

ATHLETES LINE UP

- ❖ 10 minutes before your start, line up before entrance to Start Area (tent)
- ❖ Wear Official swim cap, 2nd swim cap unbranded.
- ❖ Introduction order in groups: PTS5 & PTVI (M-F) / PTS4-3-2 (M-F) / PTWC (M-F)
- ❖ Order will be wave number, then category, then race number.



PRE - START PROCEDURES

Time	Categories
09:55	PTS5 M-F Athletes presentation
09:57	PTVI M-F Athletes presentation
10:00	START PTS5 – PTVI Race
10:01	PTS4-3-2 M-F Athletes presentation
10:05	PTWC M-F Athletes presentation
10:10	START PTS4-3-2 – PTWC Race



- ❖ Move to the swim start when you are introduced, select a position and stay behind the line (**inside the water**)
- ❖ **Officials / Coaches** can take your prosthesis, crutches, etc. to pre – transition. These items need to be clearly numbered.
- ❖ Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the enter to water.

SWIM

Wave Start

- ❖ Interval Start System
- ❖ Each wave will start at an exact time.
- ❖ Please follow instructions promptly.

New water temperature limit for wetsuit use:

- ❖ 24.6 °C
- ❖ PTWC wetsuit bottoms always allowed if the swim takes place.

SWIM COURSE

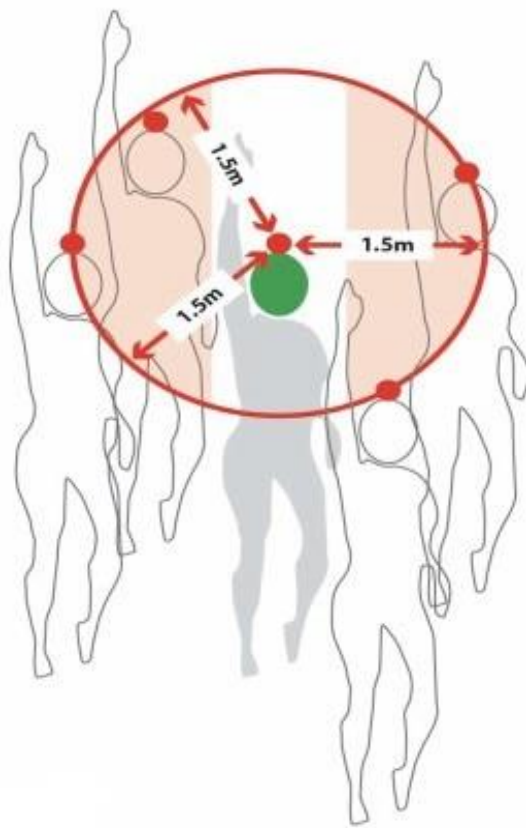


Buoys (Orange) 1 – 2 - and 3 to pass over your left shoulder.

Buoy (Red) 4 to pass over your right shoulder and exit.

Anti-clock wise

SWIM CONDUCT



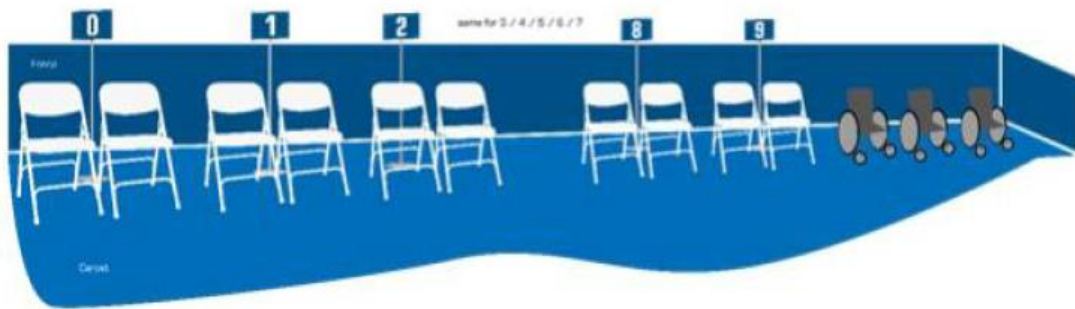
- ❖ Each athlete must be tethered to their own guide during the swim.
- ❖ At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing.
- ❖ The guide must swim next to the athlete within a maximum separation of 1.5 m from the athlete's head to the guide's head.
- ❖ The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- ❖ Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation.

SWIM EXIT HANDLING

- ❖ Swim exit handling only by the LOC swim exit assistants.
- ❖ They will provide support to all athletes according to their swim cap colour.
- ❖ **No personal handlers allowed** to assist at swim exit.



PRE-TRANSITION AREA

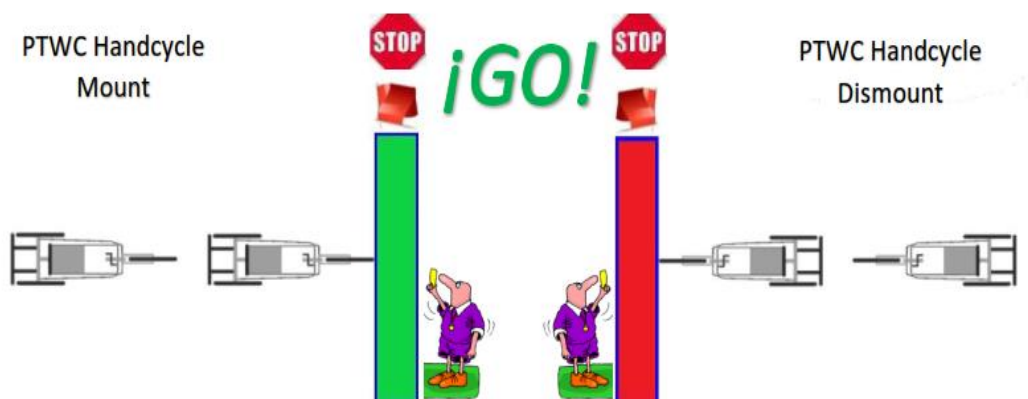


- ❖ Athlete's registered equipment (prosthesis, crutches, day chairs)
- ❖ Chair number (0-9) corresponds to last digit of race number.
- ❖ PTVI athletes are not allowed to use the pre-transition area.
- ❖ Only PTWC personal handlers are allowed in this area (can push athlete up ramps or control athletes going down ramps, as well as carry athletes' gear).
- ❖ No wetsuit removal by TOs nor swim exit assistants/volunteers.
- ❖ Adapted cleats and bike shoes with non exposed cleats are allowed **provided the cleats are covered or enclosed by anti-slip material.**
- ❖ PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between pre-transition and transition. **Hopping on one leg is not allowed.**

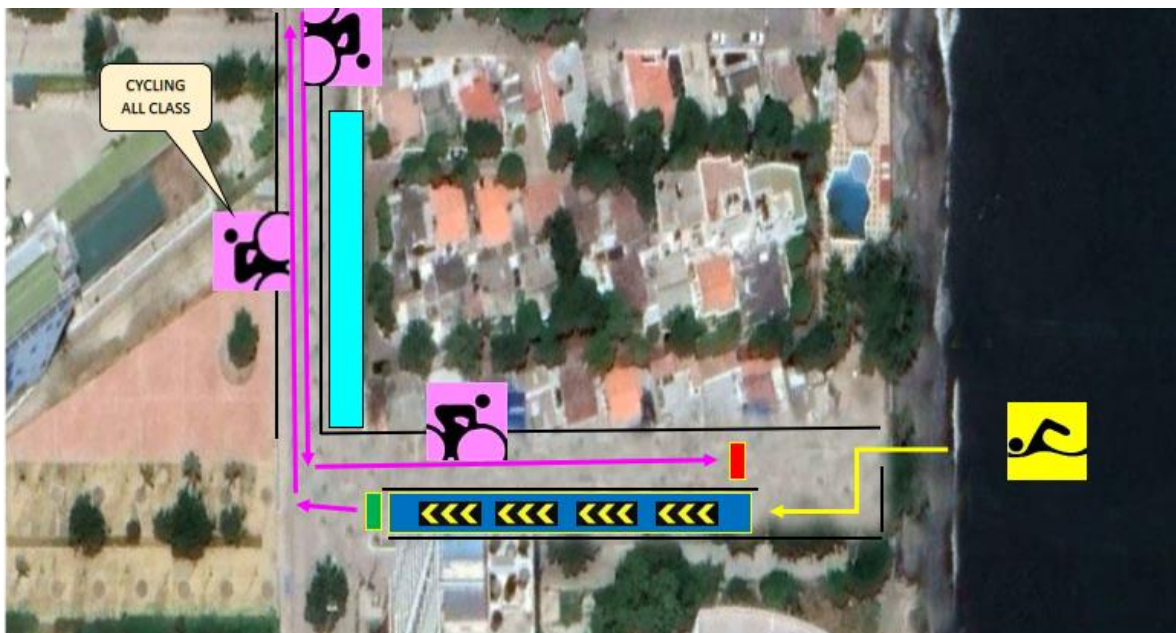


TRANSITION AREA

- ❖ Traditional bike racks. Name, number, country code and flag.
 - ❖ PTWC Race Wheel Chair must be placed at the back of your transition area, upright if possible.
 - ❖ Mount line at the end of the TA (**GREEN LINE**)
 - ❖ Dismount line at the beginning of TA (**RED LINE**)
- PTWC shall **STOP** completely at Mount and Dismount lines
- ❖ All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box ; **Failure to do so = 10 second penalty on run**
 - ❖ All used equipment must be placed into the bin.
By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
 - ❖ Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.
 - ❖ Bike shoes must be left in the assigned space in transition area before and after bike leg
 - ❖ Personal Handlers moving to the Wheel Stop should inform the TOs before going there
 - ❖ PTWC athletes must put the bib on the Hand Cycle.



T1 SWIM TO CYCLING. ALL CLASS



BIKE COURSE

- ❖ 4 laps (total distance of 20km)
- ❖ Flat and not technical. Clock wise
- ❖ Draft **IS NOT ALLOWED**
- ❖ 1 Wheel Stations. For locations see the map.
- ❖ Electronic lap control, **but you are responsible to count for yourself !**
- ❖ Bike Penalty box located just before the first Aid Station.
- ❖ Littering zone.
- ❖ Always ride on the left, pass on the right
- ❖ Warn the athlete you want to pass.



PTWC handbikes

- ❖ Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event ;
- ❖ It is the athlete's responsibility to stop at the Penalty Box – numbers **not posted** on board
- ❖ Time penalties for littering or blocking on bike course will be served at Bike penalty box: **10 sec penalties (YELLOW card)**

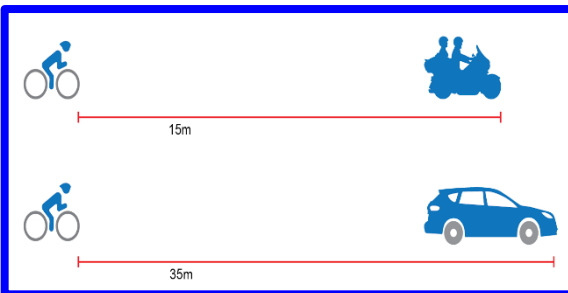
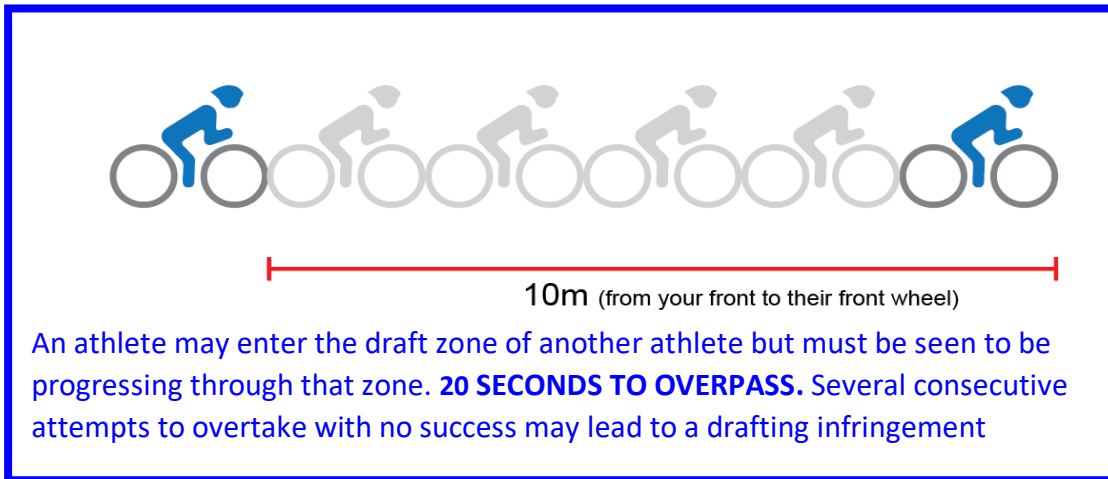
BIKE COURSE – 4 LAPS



DRAFTING RULES

An athlete may enter a bike draft zone in the following circumstances:


- ❖ If the athlete enters the draft zone, and progresses through it within the allotted time in the process of overtaking;
- ❖ For safety reasons;
- ❖ 100 meters before and after an aid station or transition area;
- ❖ At an acute turn;
- ❖ If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.




Drafting Infringements:

- ❖ Will be served in the Bike Penalty Box.
- ❖ Littering areas attached to each bike penalty box.
- ❖ During the Bike segment, the Technical

Officials can show 2 different cards (blue and yellow)

 Drafting infringement
Blue card = 1 min / penalty

 Other infringements (blocking, littering, etc.)
Yellow card = 10 sec / penalty

- ❖ MUST STOP AT NEXT PENALTY BOX – **FAILURE TO DO SO = DSQ.**
- ❖ 2 accumulated drafting time penalties = **DSQ**
- ❖ The official will sound a whistle, show a **BLUE / YELLOW** card, call in english the athlete's number and saying " X penalty, you have to stop at the next Penalty Box". The TO has to ensure the athlete received the penalty notification. If you are shown a **RED** card, you are disqualified

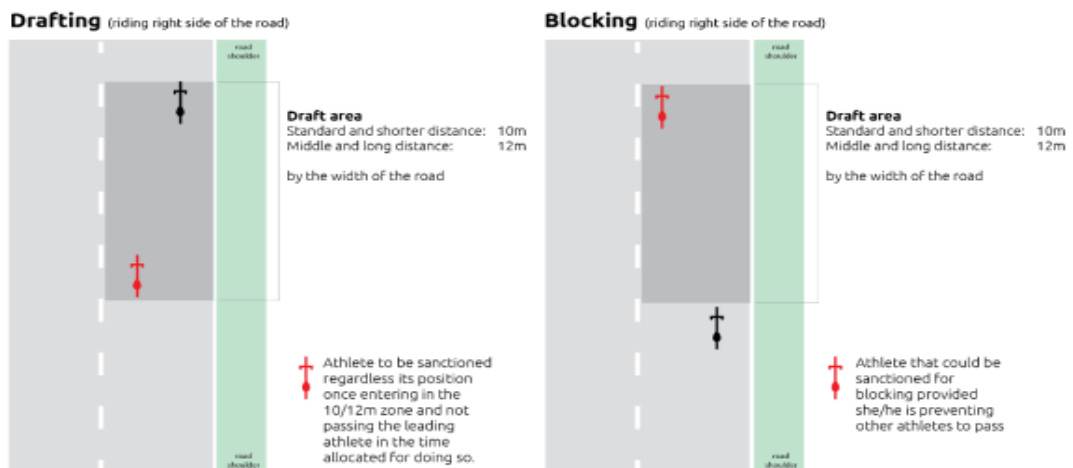


OVERTAKING

- ❖ An athlete is passed when another athlete's front wheel is ahead of theirs;
- ❖ An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- ❖ Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;

BLOCKING

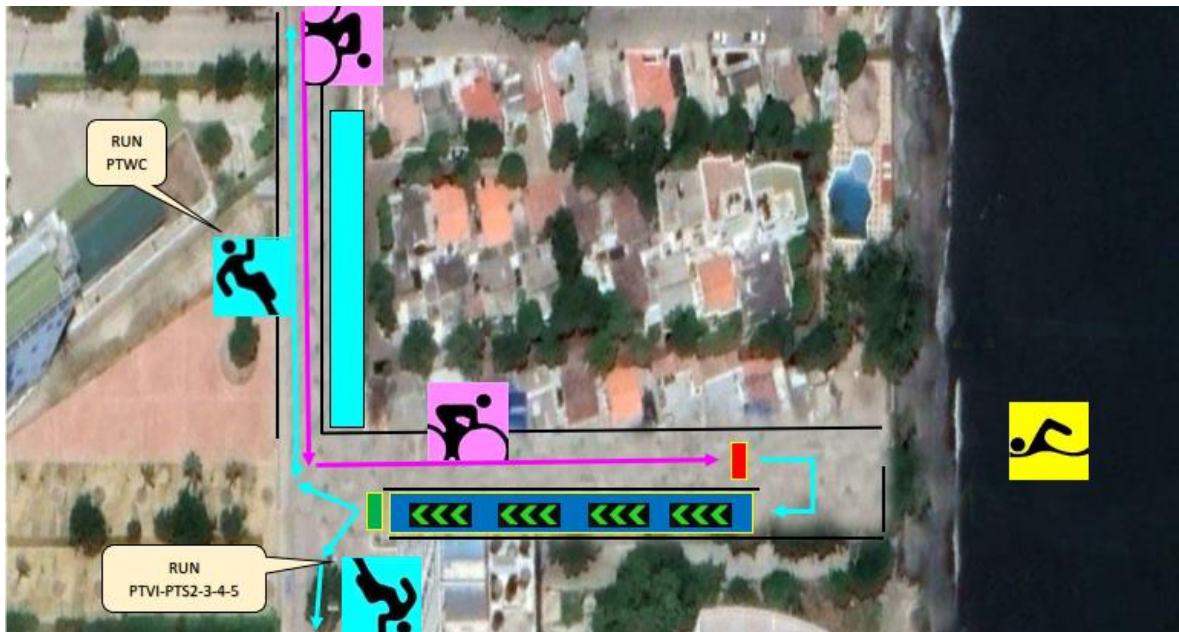
- ❖ Athletes must keep to the side of the course and not create a blocking incident;
- ❖ Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- ❖ Athletes seen blocking by a Technical Official will incur a time penalty of 10 seconds at the next bike penalty box.



TRANSITION 2

- ❖ All mobility equipment shall remain within the assigned space in TA. Used helmets, sunglasses in the box.
- ❖ PTWC may have one wheel outside of the marked box during TA2. **Faliure to do so =10 second Penalty on run.**
- ❖ Dismount line beginning of Transition (**RED** line).
- ❖ PTWC shall **STOP COMPLETELY** at Dismount line and wait for TO signal to start.
- ❖ PTS2-S5 & PTVI must dismount **BEFORE** the Dismount line
- ❖ PTWC athletes must put the bid at the back of the Racing wheelchair.
- ❖ LOC will remove PTS5, PTVI & PTS4 athletes' bike and equipment from TA after T2 to designated área.
- ❖ Personal Handlers moving to the Wheel stop should inform the TOs that they are going there.
- ❖ Remove all your athlete's equipment after Transition 2 to designate área.
- ❖ Proceed to finish line via Recovery área, off the FOP. Do not go down the finish cute.

TRANSITION 2 BIKE TO RUN. CHECK YOUR CLASS



RUN COURSE for PTVI, PTS2, PTS3, PTS4 & PTS5 – 3 LAPS



❖ 3 laps (5 km)

❖ Aid Stations :

- 2 per lap
- For locations see the map
- Sealed water
- Discard plastic bottles and litter within the littering zones indicated by the signs.



RUN COURSE for PTWC – 2 LAPS



❖ 2 laps (5 km)

❖ Aid Stations :

- 2 per lap
- For locations see the map
- Sealed water
- Discard plastic bottles and litter within the littering zones indicated by the signs.



PENALTY BOX

❖ Start infringements will be served in T1. Bike in Bike PB
Swim, T1, T2 and Run Infringements will be served in Run PB

❖ **Location:** 200 m of the Transition Area

❖ **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 sec time penalty served on any lap of the run.

Penalties must be posted prior to the last lap on the run. Any penalties following that point will be served on the spot.

Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if a protest is filed.

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)**.

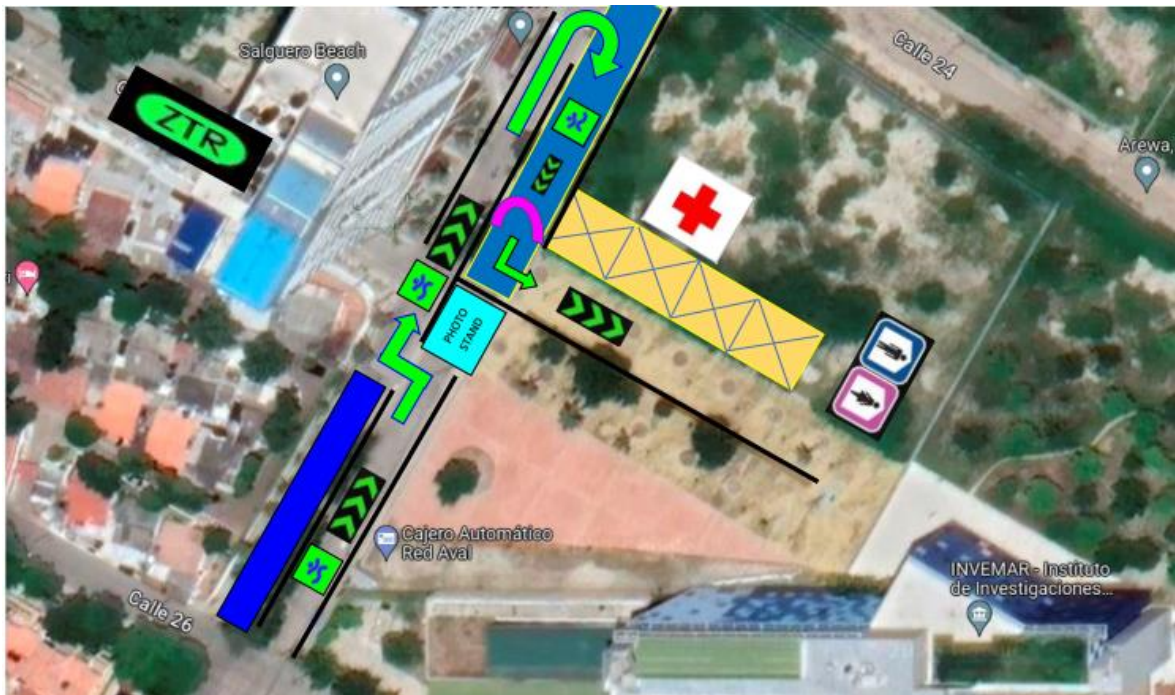
Violations abbreviations

Dismount line	D	Littering	L
Mount line	M	Equipment outside the box	E
Swim behaviour	S	Bike behaviour	B
Run behaviour	R	Other violations	V
For example:			
12 D	athlete #12 received a time penalty for a dismount line violation		
12 X 2 ME	athlete #12 received 2-time penalties for mount line and equipment outside the box violations.		

FINISH for PTVI, PTS2, PTS3, PTS4 & PTS5



FINISH for PTWC



POST RACE PROCEDURES

Anti-Doping Control

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

Medical

- ❖ Accredited team medical will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate.
- ❖ Race Results posting at Athletes Lounge
- ❖ Medal ceremonies at 09 :30
Please be there at least 15 mins before the official time of the Awards !
- ❖ For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.

RIGHT TO PROTEST

- ❖ An Athlete who receives a penalty may protest, with the exception of:
 - a) a penalty for a drafting violation; and
 - b) **a time penalty which has already been served.**
- ❖ If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- ❖ If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

MEDAL CEREMONIES



INVEMAR

12:30

Please be there

12:15

OUTSIDE ASSISTANCE

- ❖ Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

HANDLERS NOTES

- ❖ Personal Handlers are specifically allowed to assist paratriathletes by:
 - ✓ Helping with prosthetic devices/assistive devices.
 - ✓ Lifting the participants in and out of handcycles and wheelchairs.
 - ✓ Removing wetsuits or clothing.
 - ✓ Repairing flats, punctures and helping with other equipment
- ❖ All handlers shall be subjected to the World Triathlon Competition rules.
- ❖ Any action taken by the handler which propels the competitor forward may at the discretion of the Head referee, be grounds for a time penalty or disqualification.
- ❖ Personal handlers can only assist with their athlete.
- ❖ World Triathlon has to approve the need of handlers for the PTS2, PTS3, PTS4, PTS5 athletes.

COACHES ACCREDITATION

- ❖ All coaches have to collect accreditation to be able to enter the venue. A picture ID needed.
- ❖ Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- ❖ Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.

COACHES AREA

Coaches' areas:

- Grandstands
- Start Area
- Swim Exit Area
- Transition Area
- Penalty Box
- Bike/Run course





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Triathlon
AMERICAS CUP
AMERICAS CHAMPIONSHIP
SANTA MARTA
2023

