

2018 Subic Bay ASTC Triathlon Asian YOG Qualifier & Southeast Championships



< 16th June 2018 >

Athletes briefing

Briefing agenda

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

Welcome and Introductions

- Mr. Tom Carrasco Jr. - TRAP President & South East Asian Confederation President
- Melody Tan - ITU Technical Delegate, ASTC Technical Committee
- Anton Tangan - ITU Head Referee & Assistant Technical Delegate
- Kenneth Romero - Race Director

Competition Jury

- Ms. Melody Tan, Chair
- Mr. Vijitr Sittinawin, ASTC Secretary General
- Mr. Tom Carrasco Jr. TRAP President

Schedule and Timelines

Sunday 17th June 2018

04:00	Transport from Delta & Travellers' Hotel to race venue
04:30 – 06:20	Athletes' Lounge open and check-in
04:30	Transition Area open
05:20 – 05:30	Warm-up for YOG Men
05:30	Transition Area closes
05:35	YOG Men Introductions
05:40	YOG Men Start
06:00	Transition Area open for YOG Women
06:00 – 06:10	Warm-up for YOG Women
06:10	Transition Area closes
06:15	YOG Women Introductions
06:20	YOG Women Start

Schedule and Timelines

Sunday 17th June 2018

06:40	Transition Area open for South East Champs Men & Women
06:40 – 06:50	Warm-up for South East Champs Men & Women
06:50	Transition Area closes
06:55	South East Champs Men & Women introductions
07:00	South East Champs Men Start
07:02	South East Champs Women Start
07:40	Age Group Start
08:00	Brunch
09:30	Awarding Ceremony

Check-in procedures

Transition Area

- Bike check: handlebars & wheels, saddle position (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 10 seconds in RPB.

- Running Shoes outside the box, helmet on the bike
- Spare wheels to the wheel-station
- 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.

Check-in procedures

Athletes Lounge

- Uniform check (Name, Country code, ITU logo, zippers)
- Timing chip (**on left ankle**) and Swim cap
- Body marking (both arms, both legs)
Using Numbering Stamp
- **Team Wheel pick up at the Transition Area**

Pre-start Procedure

Athlete Introduction:

- 5 minutes before start – gather at holding area near start
- Take just one start position on the start line
- Do not change your positions

Do not block

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 10 seconds in TA1.

False Start Procedures

False start Example 1:

- Several horn blasts
- Kayaks 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 who false started will receive a time penalty of 10 seconds in T1.
- During the time penalty athlete can not take any equipment!

The Course



Swim course

- Water temperature: 23C
- No Wetsuit
- 2 laps (total distance of 750m)
- Distance to first turn buoy is 165m
- Swim with buoys on your left at all times
- Turnaround for 2nd lap on the beach
- Distance from swim exit to TZ is 300m
- Place swim cap and goggles into boxes in Transition Area

Swim course 750m - 2 laps



Transition Area

- Traditional Bike Racks – number, name and country flag
- Running shoes in front of the box, helmet on the bike
- Googles & swim caps into the box
- Practice the flow of Transition
 - T1 – Racking with saddle. Front wheel heading to corridor
 - Mount line / Dismount line at the same place.

Triathlon TZ Flow T1 → Bike →



Mount Line



After T1



Bike course

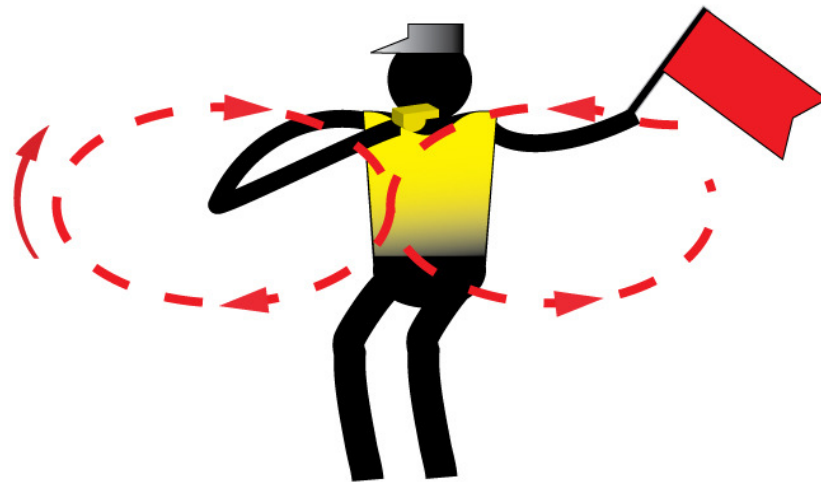
- 3 laps (total distance of 19.4 km)
- TZ to A = 2.8km
- A to B to A = 4.6km X 3 laps = 13.8km
- A to TZ = 2.8km
- Mostly Flat with a hill
- 1 Wheel Station
- Lapped athletes are allowed to continue the race
But lapped athletes can't draft other athletes

Bike Course 20km – 3 laps

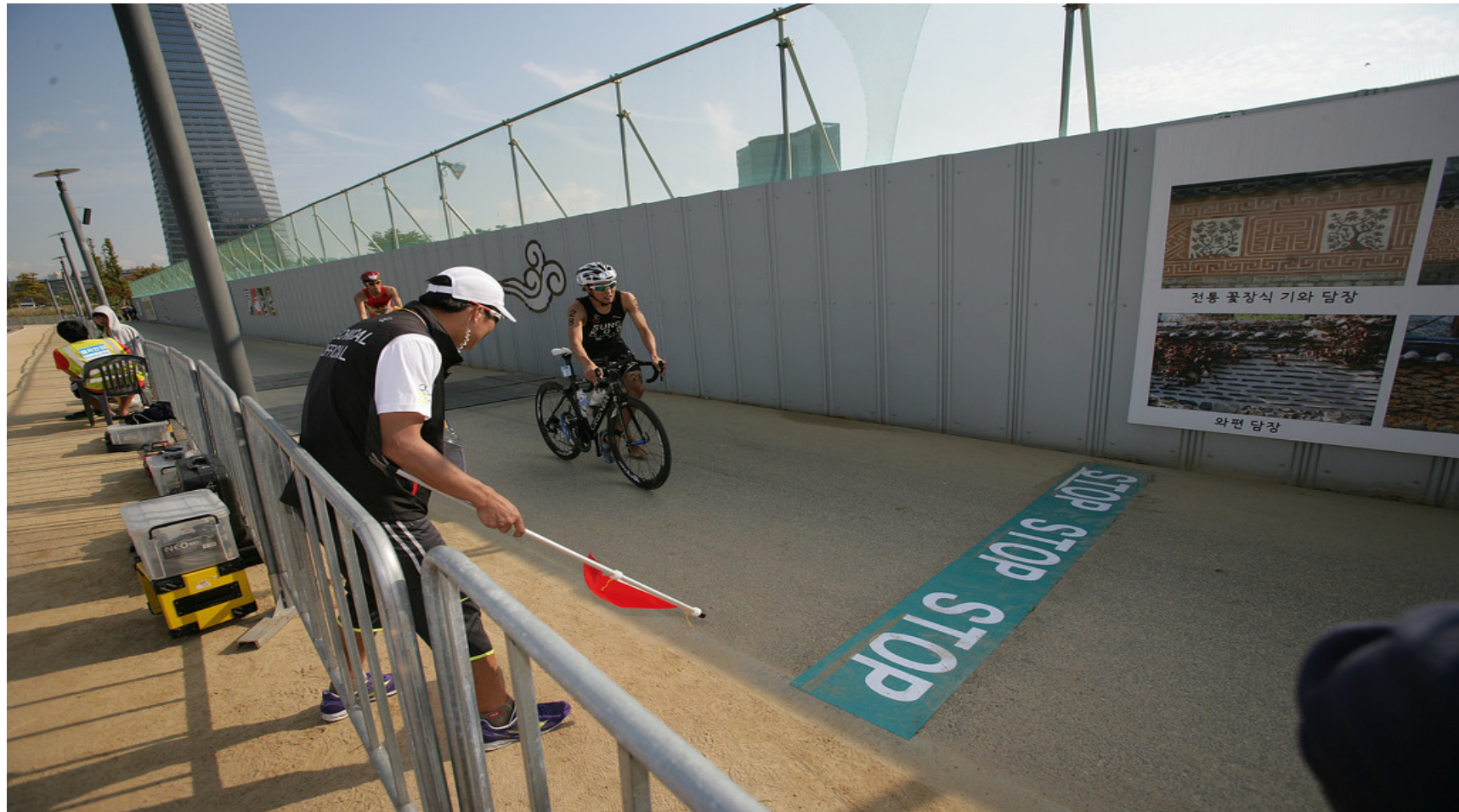


Caution

Caution signal: three sharp whistles and red flags



Dismount Line



T2 Time Penalty



Triathlon TZ Flow T2 → Run →



Run course

- 2 laps (total distance of 5 km)
 - TZ to C = 420m
 - C to D to C = 1.1125km X 1 lap = 2.225km
 - C to D to F – 1112.5m X 1 lap = 2.225km + 130m
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
- Congestion in finish area:
 - Go to mixed zone / recovery area

Run Course 5km - 2 laps



Run Penalty Box

Refer to 3.3 on the Competition Rules

- Start and Swim infringements will be served in TA1
- TA1, Bike, TA2 and Run Infringements will be served in Run Penalty Box
- **Location:** 50 m to Finish Line
- **Information:** White board to show race numbers (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
- **If you don't stop = DSQ**

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
- Swim violations: S
- Other violations: V
- Mount Line: M
- Dismount Line: D
- Equipment outside box: E

For example:

- 12D = athlete #12 received a time penalty for a dismount line violation
- 2x12ME = athlete #12 received 2-time penalties for mount line and equipment outside the box violations









Contingency Plan

In case of Rain and Thunderstorm:

Race will be delayed

- Evacuation location:
 - Before the race and Swim
 - ❖ ACEA Hotel
 - During the race
 - ❖ Stop the race and find the closest shelter or building
 - ❖ After the Thunderstorm, race will be restarted
 - ❖ Duathlon or Aquathlon race in worst case scenario

Weather forecast

SUNDAY	1am	2am	3am	4am	5am	6am	7am	8am
								
Forecast	Cloudy	Cloudy	Cloudy	Cloudy	T-storm s	T-storm s	T-storm s	T-storm s
Temp (°C)	22°	22°	22°	22°	22°	23°	23°	23°
RealFeel®	26°	25°	26°	26°	24°	25°	26°	27°
Wind (km/h)	2 SW	2 SW	2 SW	2 SW	2 SW	2 SW	4 SW	6 SW

**Have a SAFE race
and
Goodluck!**