

Africa Triathlon Cup Troutbeck 2023

Elite Briefing



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 to Zimbabwe - Troutbeck



Introductions

- Pam Fulton (ZIM) Vice President Triathlon Zimbabwe
- Shaun Shelton (ZIM) Head Referee
- Beryl Campbell (RSA), World Triathlon Technical Delegate
- Tammy Bernade, World Triathlon Assistant Technical Delegate
- Dr Austin Jeans, World Triathlon Medical Delegate
- Rick Fulton, LOC Director



Competition Jury



- Beryl Campbell. (RSA) Chair
- Dr Austin Jeans
- Pamela Fulton

Schedule and Timetables



FRIDAY. 31st March.

| | |
|----------------|---|
| 09:00 – 09:45 | Bike course familiarization Meeting point: outside main entrance to hotel at 08:55 |
| 10:00 – 10:30 | Swim course familiarization Meeting point: swim start |
| 11:30 – 12:30. | Elite /U23/ Coaches Registration and Packet Collection, Uniform check |
| 12:30 | Elite / U23 Athletes Briefing |

Schedule and Timetables



Friday 31st March.

12:30 Race Briefing at Conference Room

Race pack distribution immediately before briefing

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x)
- Body decals – both arms and both legs
- Accreditation – gives access to Athletes' Lounge on race day

You need to attend personally to collect the race package. Not attending is considered as not attending the briefing.



Schedule and Timetables



Saturday 1st April - 2023 Bonaqua African Triathlon Cup.

Elite / U23 Women

| | |
|---------------|--|
| 12:00 – 12:50 | Athletes' Lounge check-in |
| 12:15 – 12:50 | Transition Area check-in for Elite Women |
| 12:30 – 12:45 | Swim Warm-up for Elite Women |
| 12:55 | Athletes' Introduction |
| 13:00 | Elite / U23 Women Start |
| 16:15 | Medal ceremony |

Schedule and Timetables



Saturday 1st April - 2023 Bonaqua African Triathlon Cup.

Elite / U23 Men

| | |
|---------------|--|
| 13:30 – 14:15 | Athletes' Lounge check-in |
| 13:45 – 14:15 | Transition Area check-in for Elite Men |
| 14:00 – 14:15 | Swim Warm-up for Elite Men |
| 14:25 | Athletes' Introduction |
| 14:30 | Elite Men Start |
| 16:15 | Medal ceremony |

Check-in procedures



Athletes Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station
Spare wheels to be taken to Wheel Station by Coach or Athlete.
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Only traditional handlebars ([clips-on to be removed](#))
- 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
- Mechanic service available.

Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Race shoe declaration
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area

Check-in procedures



Transition Area

- 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 in TA1.

- Running Shoes outside the box, helmet on the bike
- 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



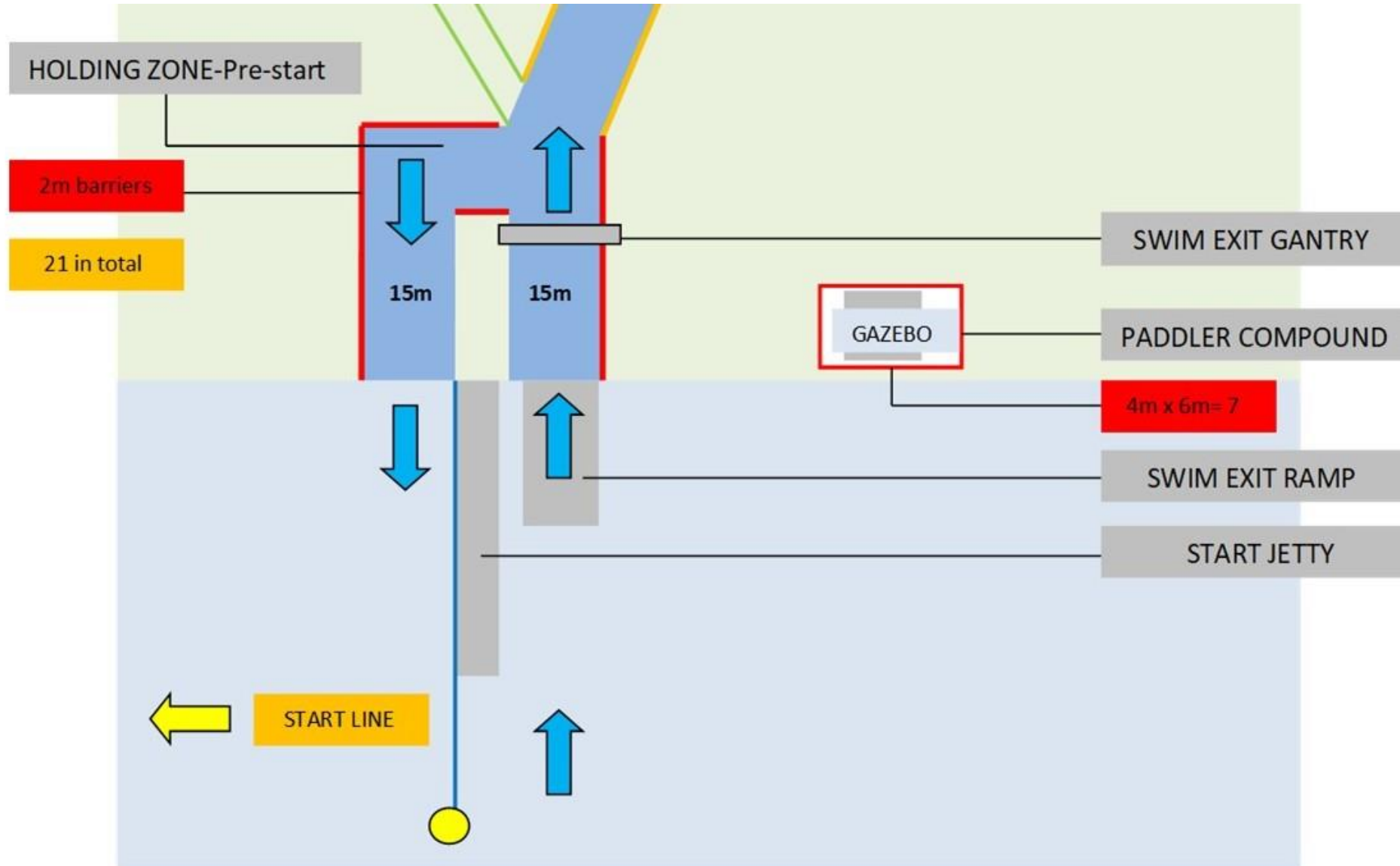
Athlete Introduction

- 10 minutes before start - line-up in the holding zone
- Jog to the start pontoon once your name is called
- Select your position in the water and hold onto the rope.
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

Athletes' introduction



Pre-start Procedures – Line-up map



Start Procedures



Athlete in position

- Deep water start.

- The start can be given any time after the HR announces "On your mark"
- Air horn blast
- The race starts

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 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.



The course

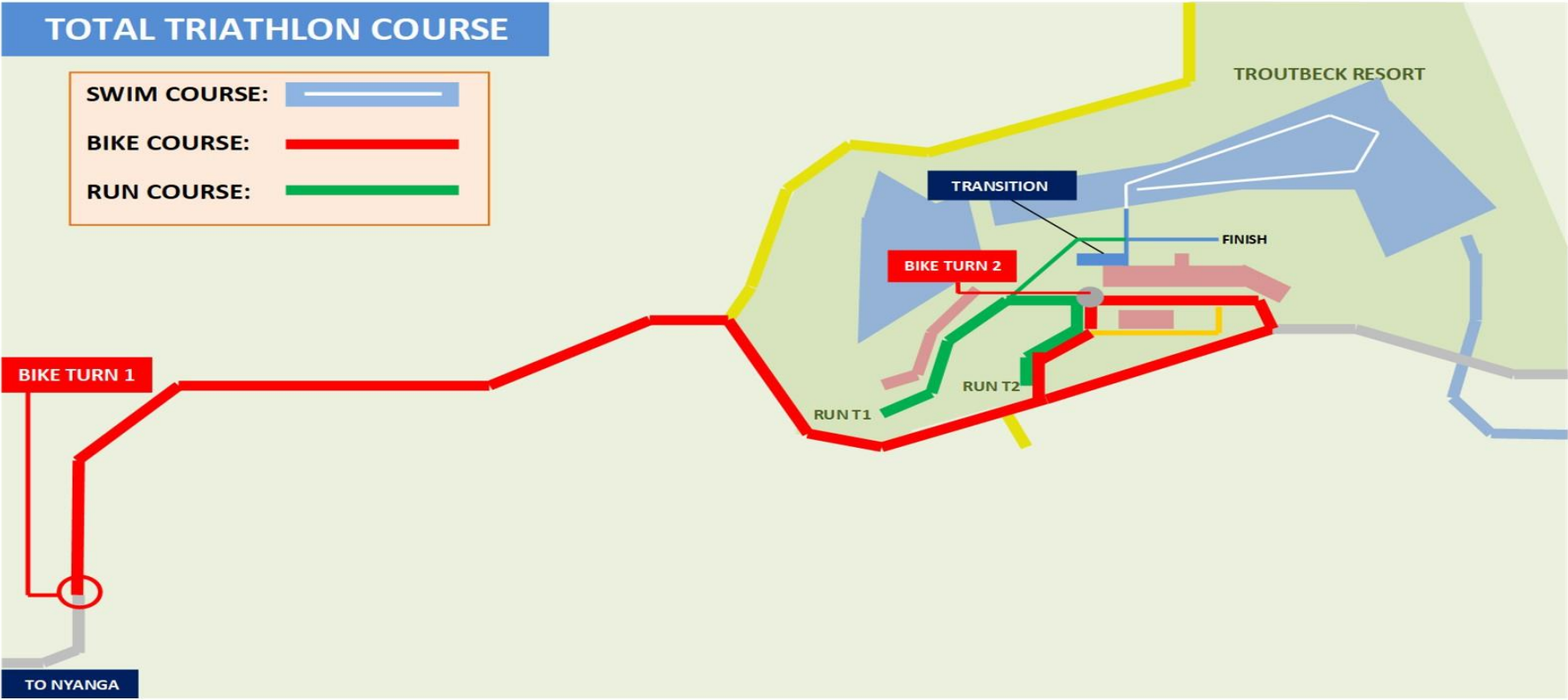


Swim 1 lap of 750m

Bike 3 laps of 6.778km = 20.334km

Run 2 laps of 2,5km = 5km

The course



Africa
Triathlon
Cup

Troutbeck
Sprint
2023

bonagua
water by design

Swim course



- On 31st March at 13:00:
 - water temperature 18.5°C
 - air temperature 21°C
 - relative humidity
- Wetsuit decision will be made 1 hour before the start
- 1 lap total length of the swim 750 meters
- Distance to the first turn buoy 300 meters
- Take cap, goggles to transition - into your box

Definition from the World Triathlon

e.) Athletes may sportingly maintain their own space in the water:

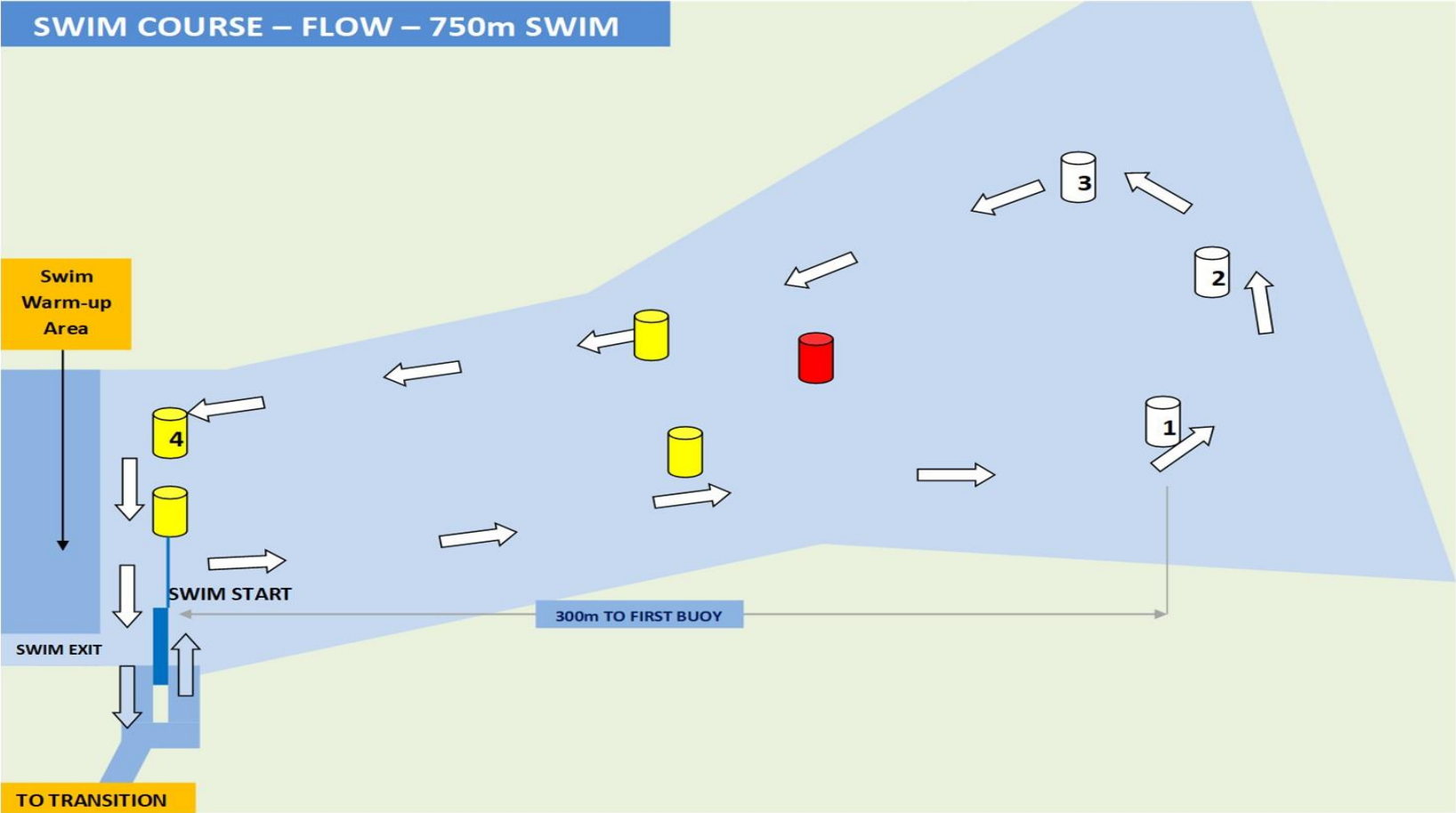
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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



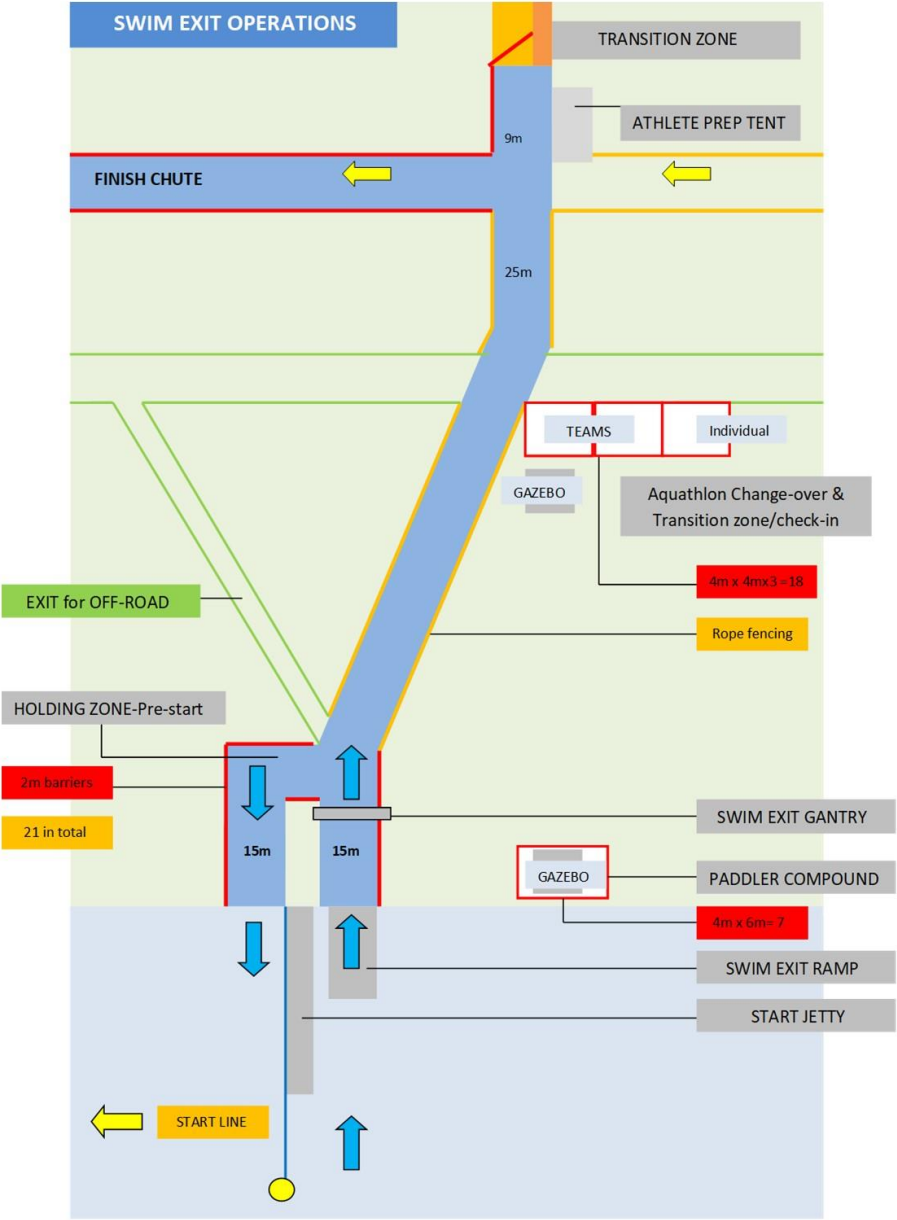
- There will be boats and Technical officials deployed on the swim course to monitor athlete's behavior in this respect .
- A Drone will also be used to monitor swim behavior.
- Infringements may be recorded and appropriate action will be taken dependent on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course



The course

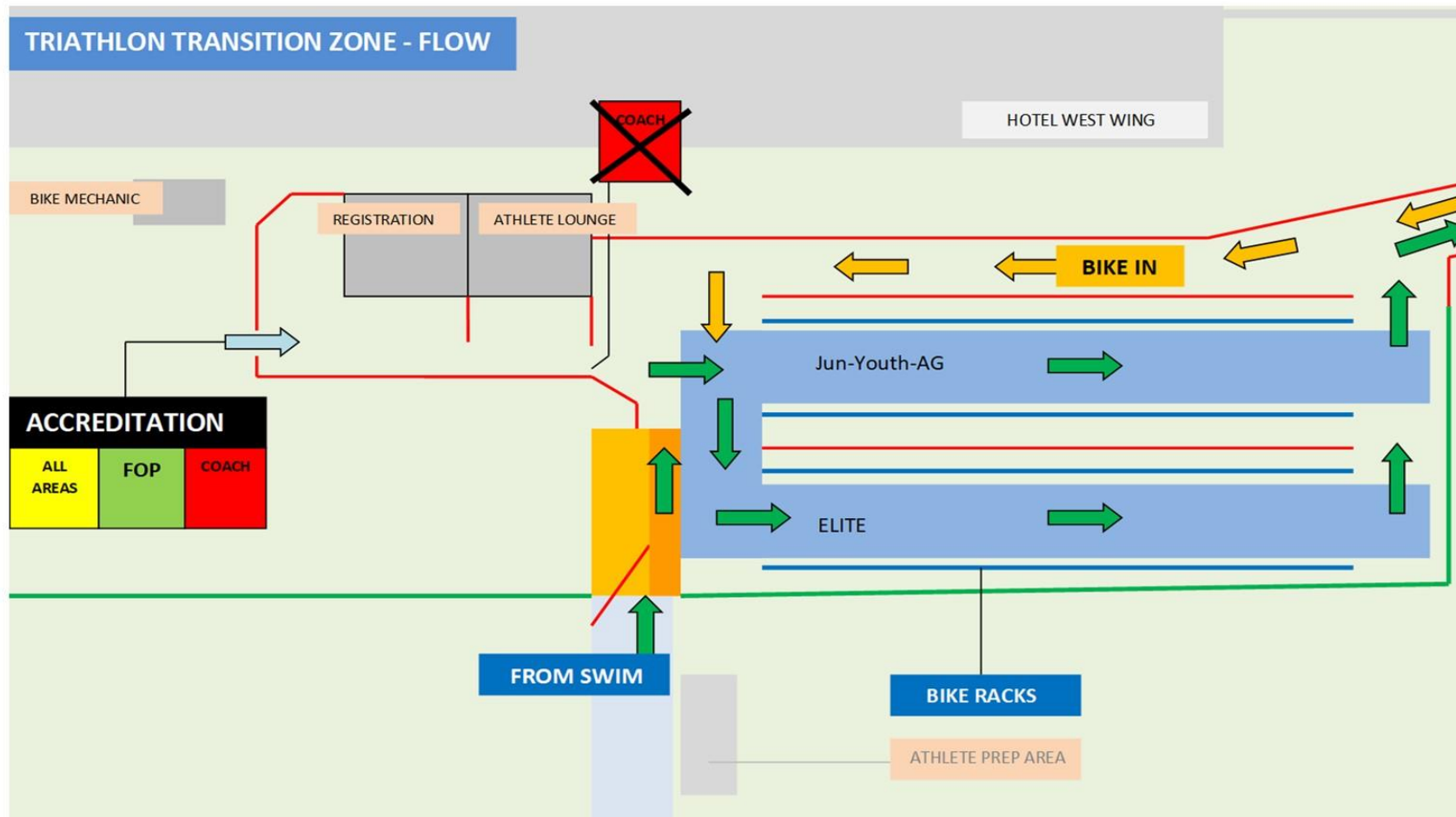
Swim exit to
Transition 75m



Transition Area



- Traditional Bike Racks – number, name and country flag
- Used equipment into the box – failure to do so = time penalty
 - By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding box.
 - 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.
- Mount line at the end of the TA



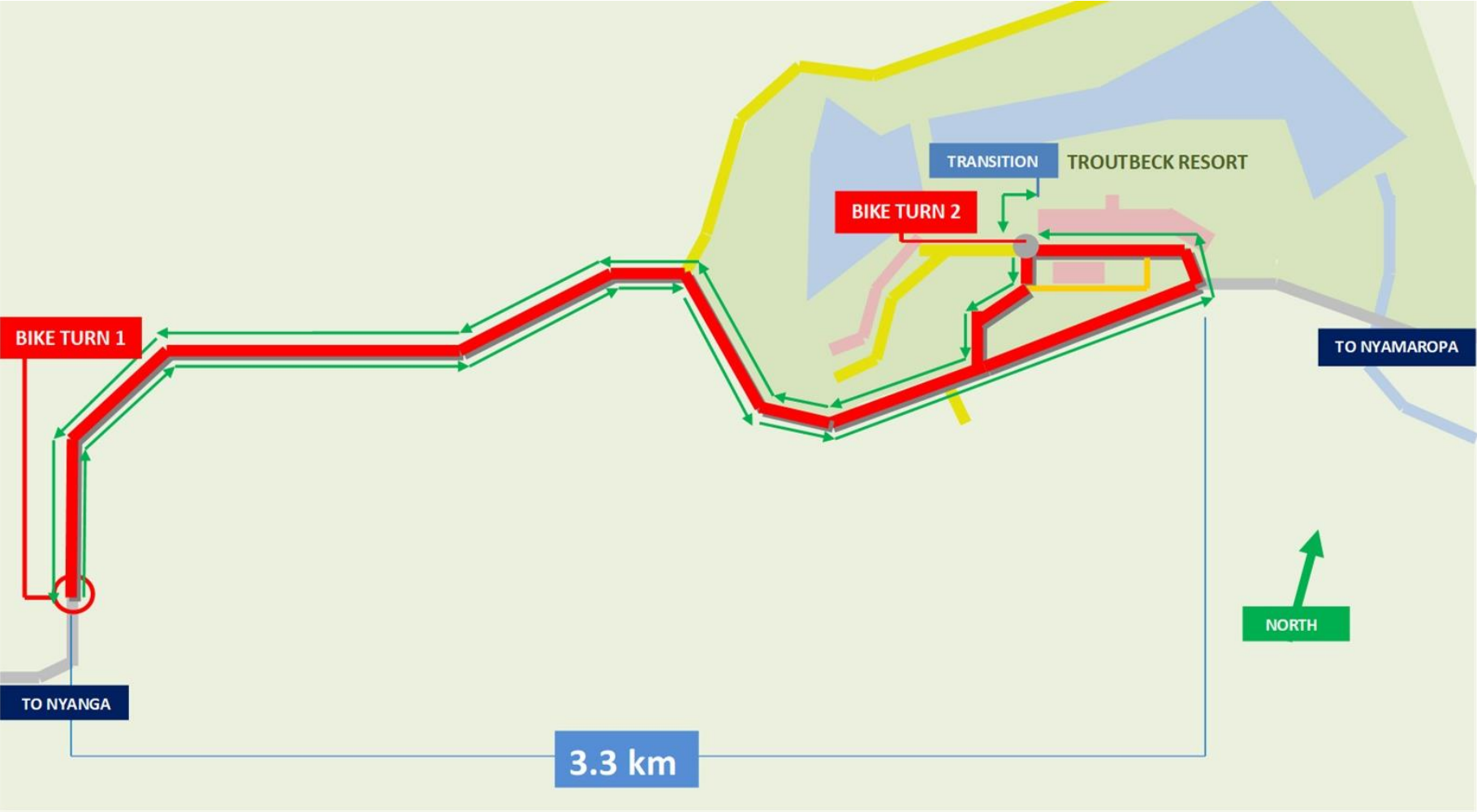
Bike course



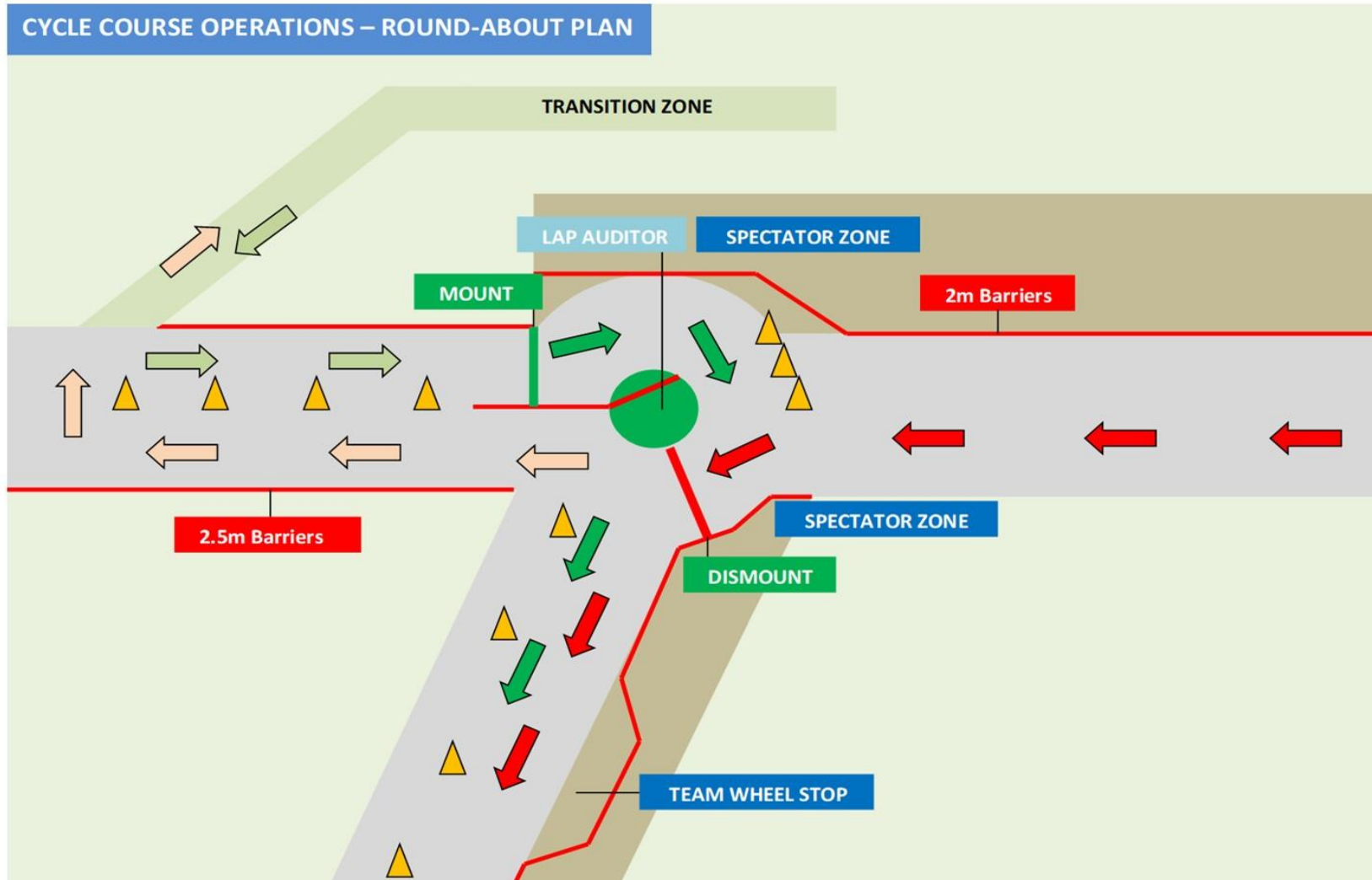
- 3 laps 6.778km -- Total distance 20.334 km
- Hilly and technical - 16% gradient
- Drafting allowed
- Good tar road surface, partial road closure
- 1 Wheel Station
 - 1 Team wheel station – opposite dismount line at the circle
 - For location see the map
- Lap Counter: at the traffic circle, however athlete responsible to count their laps
- Littering Zones - marked
- Dismount Line – before the traffic circle – **RED Line**

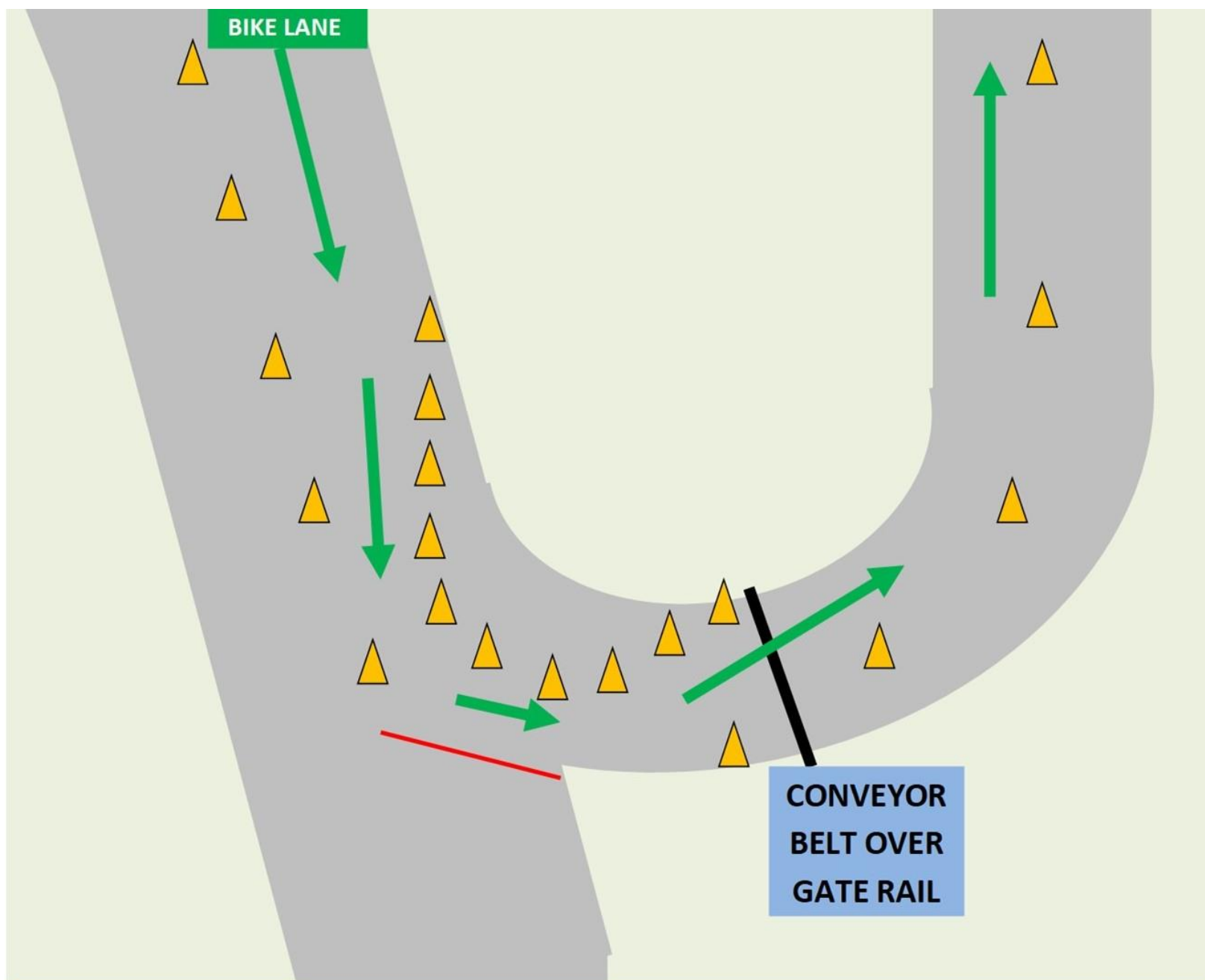


Bike Course Map









BIKE OPERATIONS – BOTTOM GATE CHICANE

Riding position

OK



NOT OK



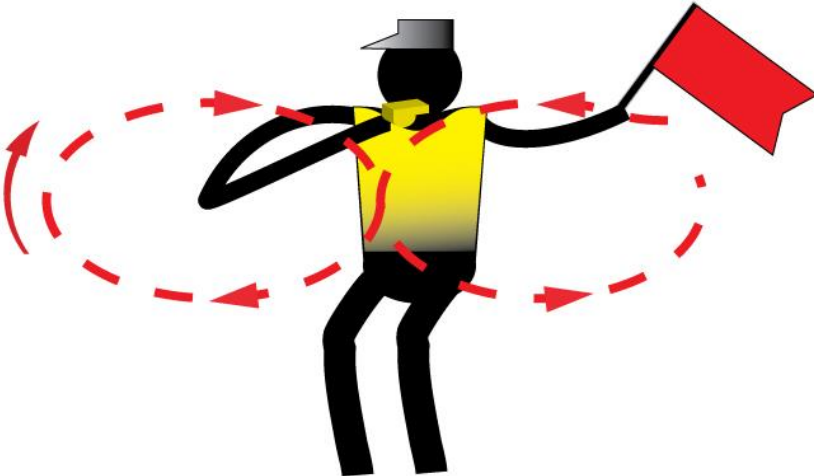
Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.

- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.

- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Caution



Run course

- 2 laps of 2,5 km
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water and ice
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- No Congestion in finish area:
- Go to mixed zone / recovery area



Run Equipment - shoes

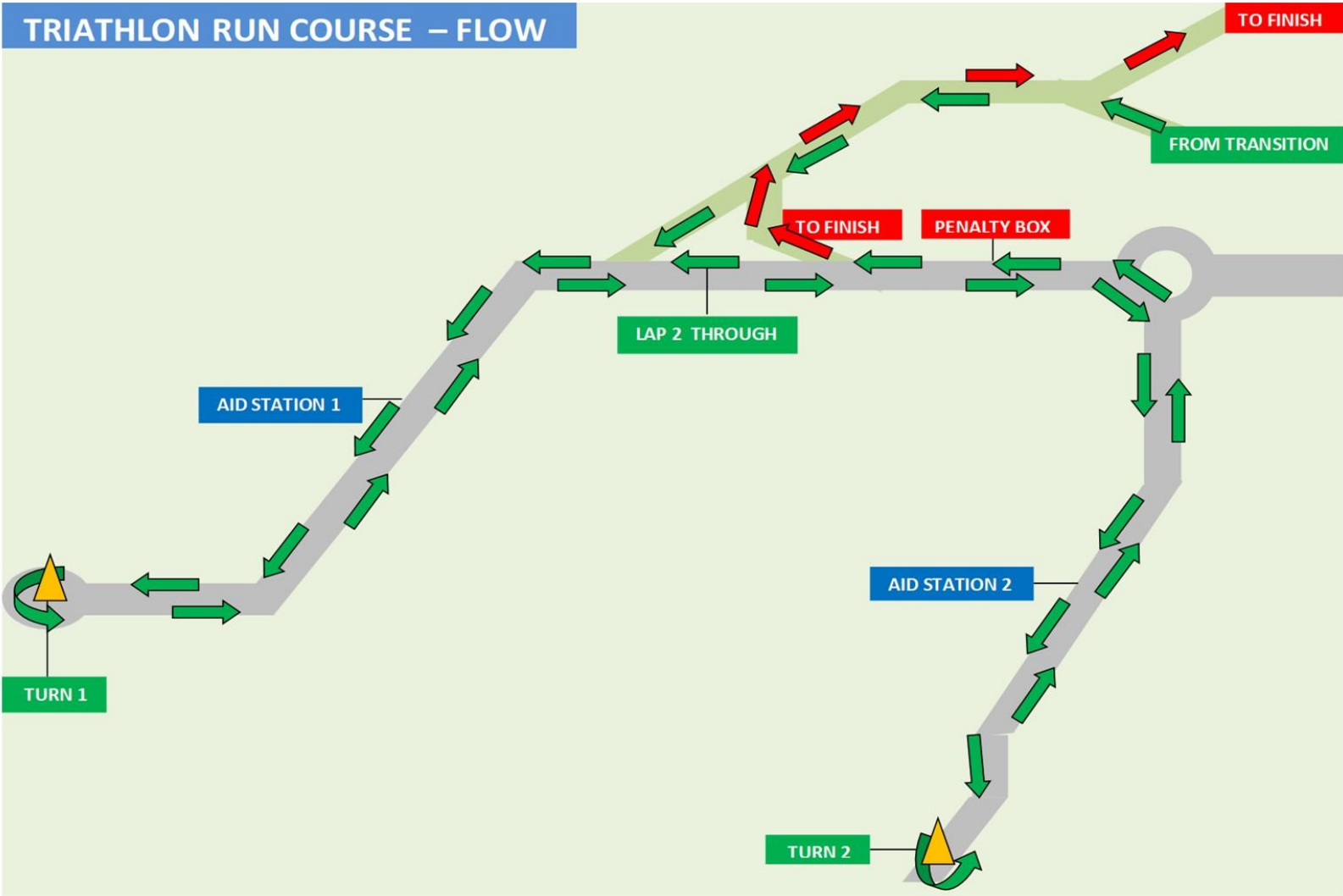


- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

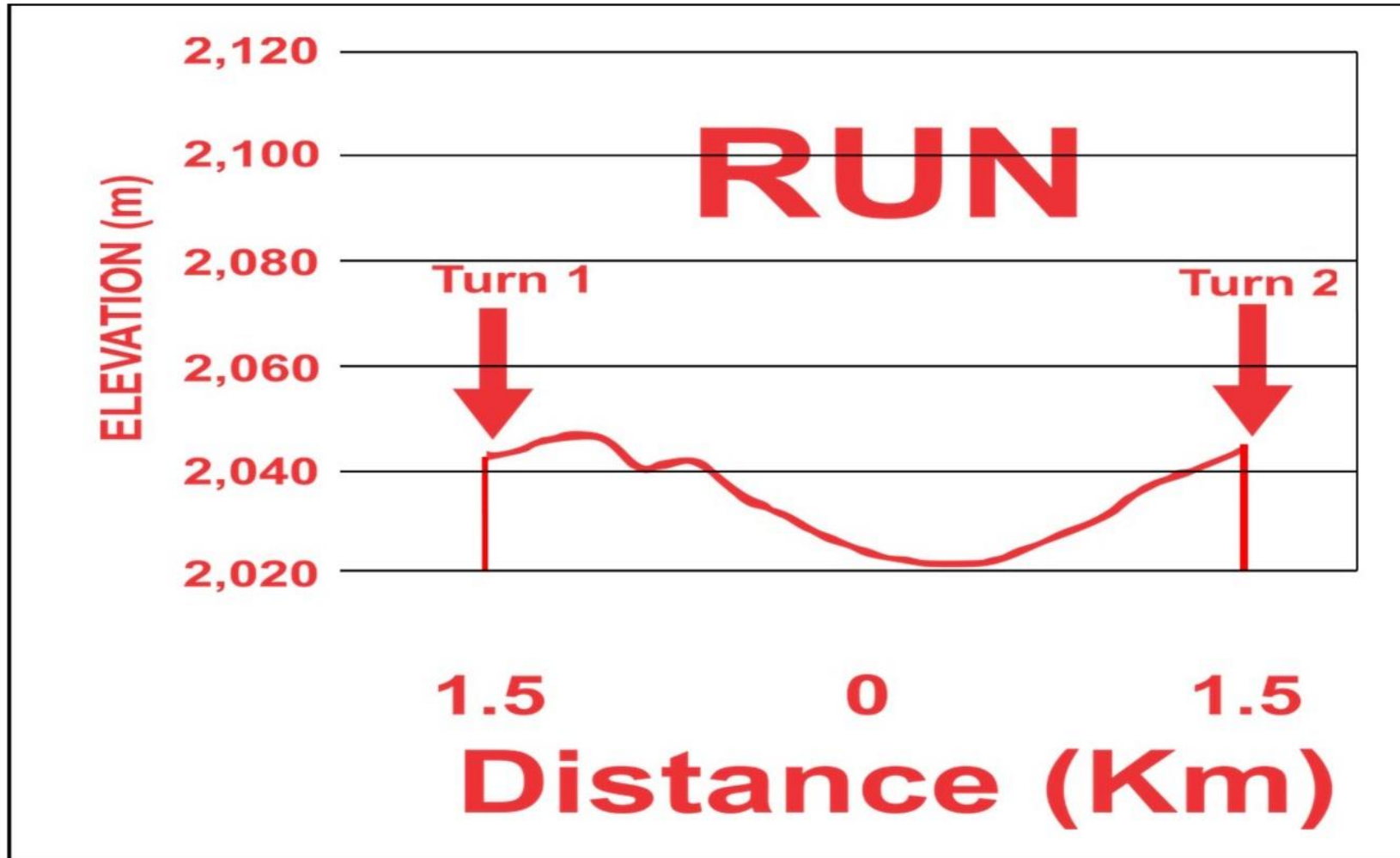
Definition from the World Triathlon CR §6.1:

-
- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

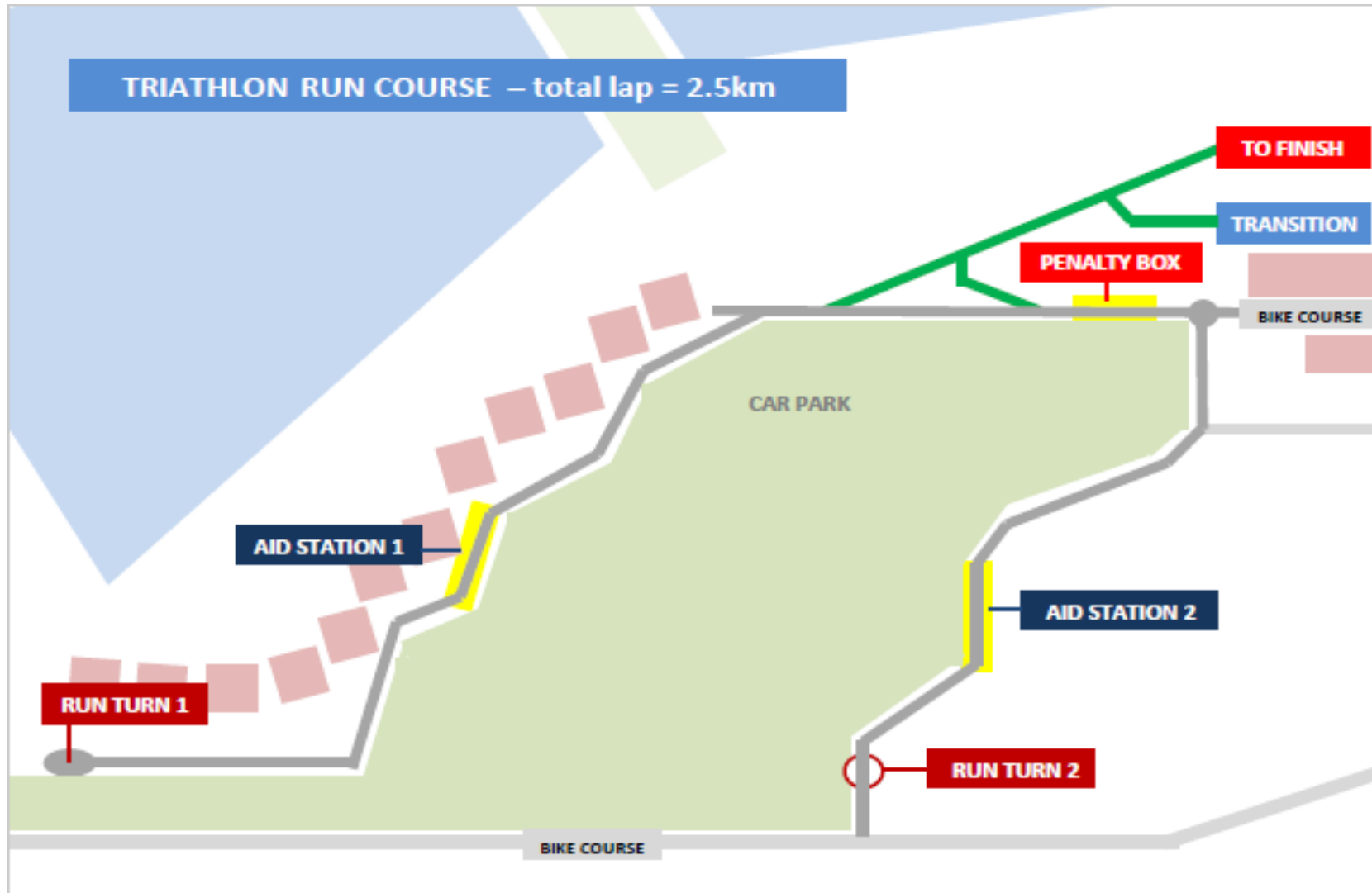
Bike to Run



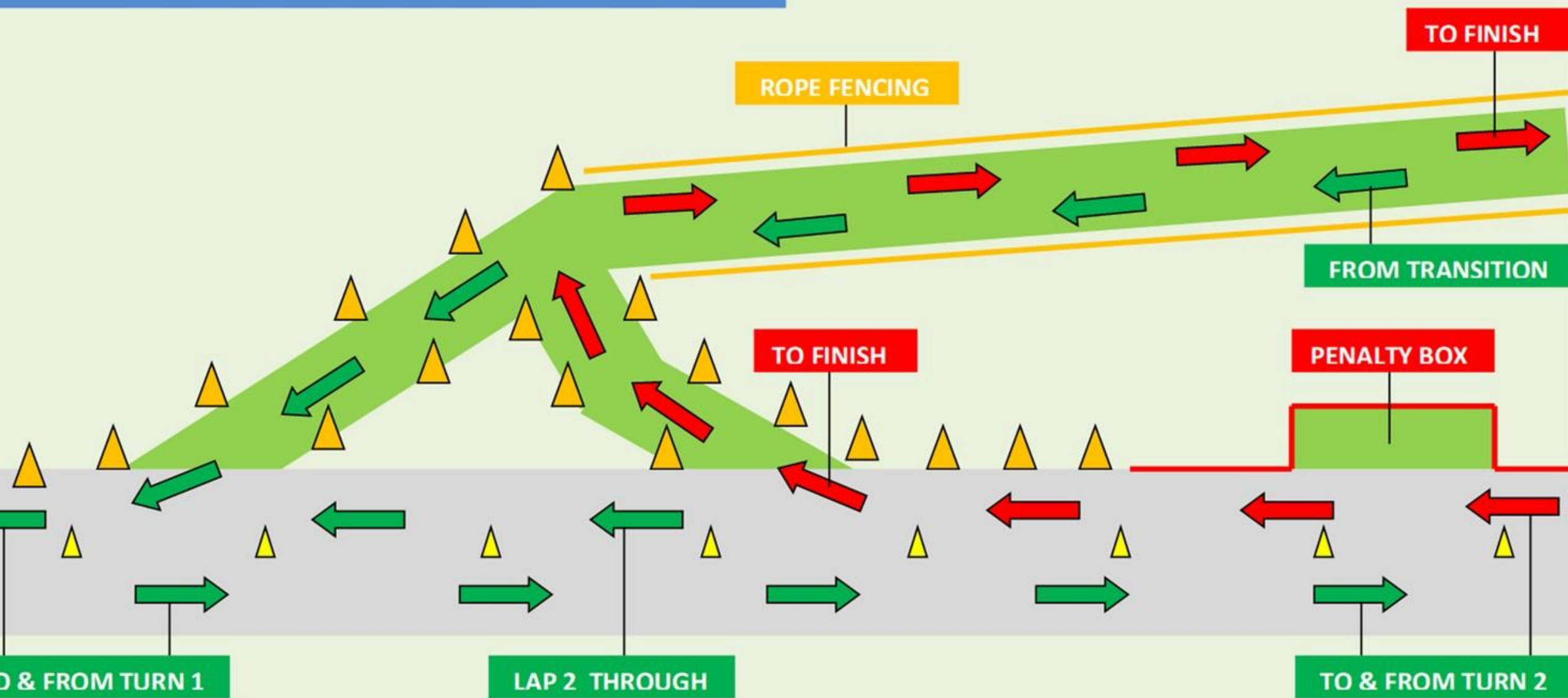
Run Lap



Run Course Map



UN COURSE OPS- Penalty Box Section – FLOW PLAN



Penalty Box is just before where the run course diverts on the final lap towards the finish chute.



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location: Just before the finish**
- **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 second time penalty for 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 appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box

If you incur a penalty, you will find **your number plus a letter** code indicating the nature of the infraction:

Violations Abbreviations:

| | | | | |
|----------------------|----------|--|----------------------------------|----------|
| Dismount Line | D | | Littering | L |
| Mount Line | M | | Equipment outside the box | E |
| Swim Behavior | S | | Bike Behavior | B |
| Run Behavior | R | | 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 |

Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
 - (i) a penalty for a drafting violation; and
 - (ii) **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.

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – from 16:00
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.
- Prize money presented at evening function

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.

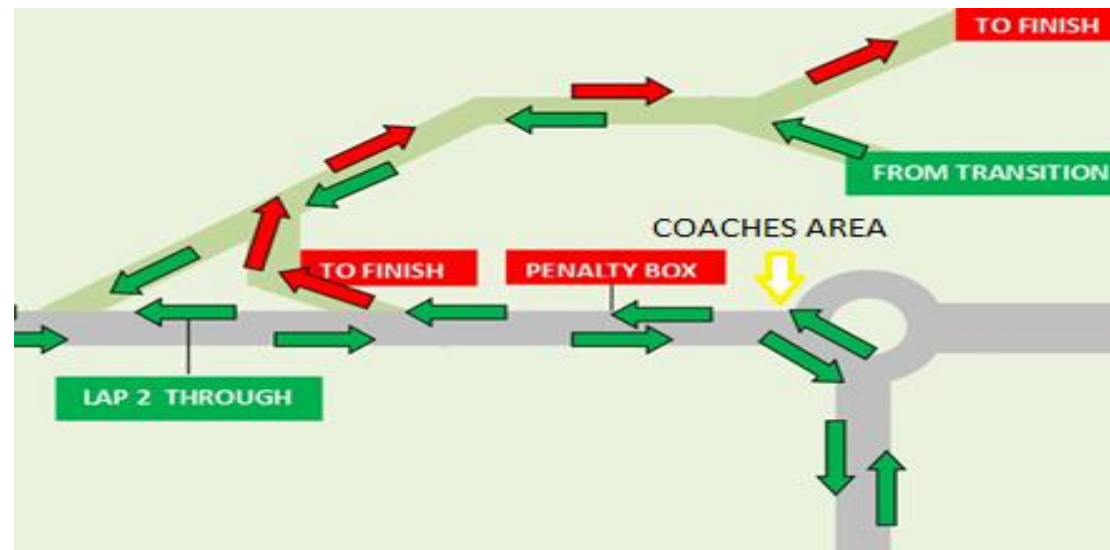
Coaches Area

Anti-Doping Control

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled to an accreditation

Coaches' areas

- Beside the penalty box.



Water Quality Assessment (Inland)

| Enterococci | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location 1 | 1 |
| Location 2 | 2 |
| Location 3 | 1 |
| Enterococci limit | <200 |

| E.Coli | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location 1 | 6 |
| Location 2 | 1 |
| Location 3 | 8 |
| E.Coli limit | <500 |

| PH | |
|--------------------|------|
| Insert Sample Date | |
| Location 1 | 8.21 |
| Location 2 | 8.26 |
| Location 3 | 8.23 |
| PH limit | 6-9 |

| Weather forecast | |
|------------------|---------|
| Day | Weather |
| Briefing (B) | Sunny |
| Race Day | Cloudy |

| Weather report | |
|----------------|---------|
| Day | Weather |
| B-3 | Cloudy |
| B-2 | Cloudy |
| B-1 | Cloudy |

| Visual Sanitary Inspection (last 12 hours) | | | | |
|--|------------------|-------|---------------|-----------|
| Location | Visual Pollution | Odour | Time of visit | Comments |
| Location 1,2,3 | None | None | 13.15 | All clear |

SUMMARY

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FOUND IT IT THE SLIDE NOTES BELOW, eg.

1 = Very good Water quality':

(E.Coli:8, Enterococci 2, with no potential visual pollution during sanitary check and/or potential for forecast of heavy rain.



Weather forecasts



| | Temperature in °C | Weather |
|----------|----------------------|---------|
| Thursday | 20 | Sunny |
| Friday | 18 | Sunny |
| Saturday | 19 | Cloudy |



Heat stress indicators

Warning flags will be placed at the athletes' area and behind the spectators' stands



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!



Be your
extraordinary