



O-See Challenge
cross triathlon
ITU World Championships 2014

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ITU World Championships 2014

Athletes briefing – Age groups

August 15, 2014





Briefing agenda

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



Welcome and Introductions

Kris Gemmell, ITU Executive Board Member

Eugène Kraus, ITU Technical Delegate / Team leader

Daniel Martin, ITU Assistant Technical Delegate

Mirek Zerbe, ITU Race Referee

Dr Alfred Fridrik, ITU Medical delegate

Dr Klaus Schwager, LOC Technical Director



Competition Jury

Eugène Kraus, Chair (ITU TD)

Matthias Zöll (DTU)

Dr Klaus Schwager (LOC)



Schedule and Timelines

Friday (15/08)

14:00	Race Briefing Age groups
14.30	Juniors(Party tent)
16.00	Elite / U23 / Para
17:30	Pasta party
19:00	Opening Ceremony,



Schedule and Timelines

Saturday (15/08)

WOMEN

08:15 – 09:20 TA open for all Age Group Women

09:00 – 09:25 Uniform Check & Line-up Women

09:30 Women Race Start

MEN

08:15 – 09:45 TA open for all Age Group Men

MEN 1

09:30 – 09:55 Uniform Check & Line-up Men 1

10:00 Men 1 RaceStart

MEN 2

09:55 – 10:10 Uniform Check & Line-up Men 2

10:15 Men 2 Race Start



Check-in procedures

Swim Start-Check

Uniform check (name, country, logos, ITU logo, zippers)

Body marking check (both arms, both legs)

Timing chip check

Transition Area

Bike check (Bike mechanic available).

A plate will be placed on the bike's handlebar on each athletes' bike. Finishing without a plate is subject to DSQ.

Helmet check

Clip-on handlebars are forbidden



Pre-start Procedure

Athlete Introduction:

10 minutes before start - line-up"

Jog to the start line

Select your position and stay behind the line!

*Athlete blocking more than one place will result in
DSQ*



Start Procedure

Athletes in position:

The start can be given any time after the TD announces
"On your mark"

Air horn blast

The race starts



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 15 seconds in TA1.

During the time penalty athlete can not take any equipment!



The Course

Swim

2 laps total 1500m

Bike

1 lap total 36km

Run

1 lap total 9km



Swim course

Water temperature: 21,3°C (15.8. 10:00)

Wetsuit probably allowed

Length of the lap (750m)

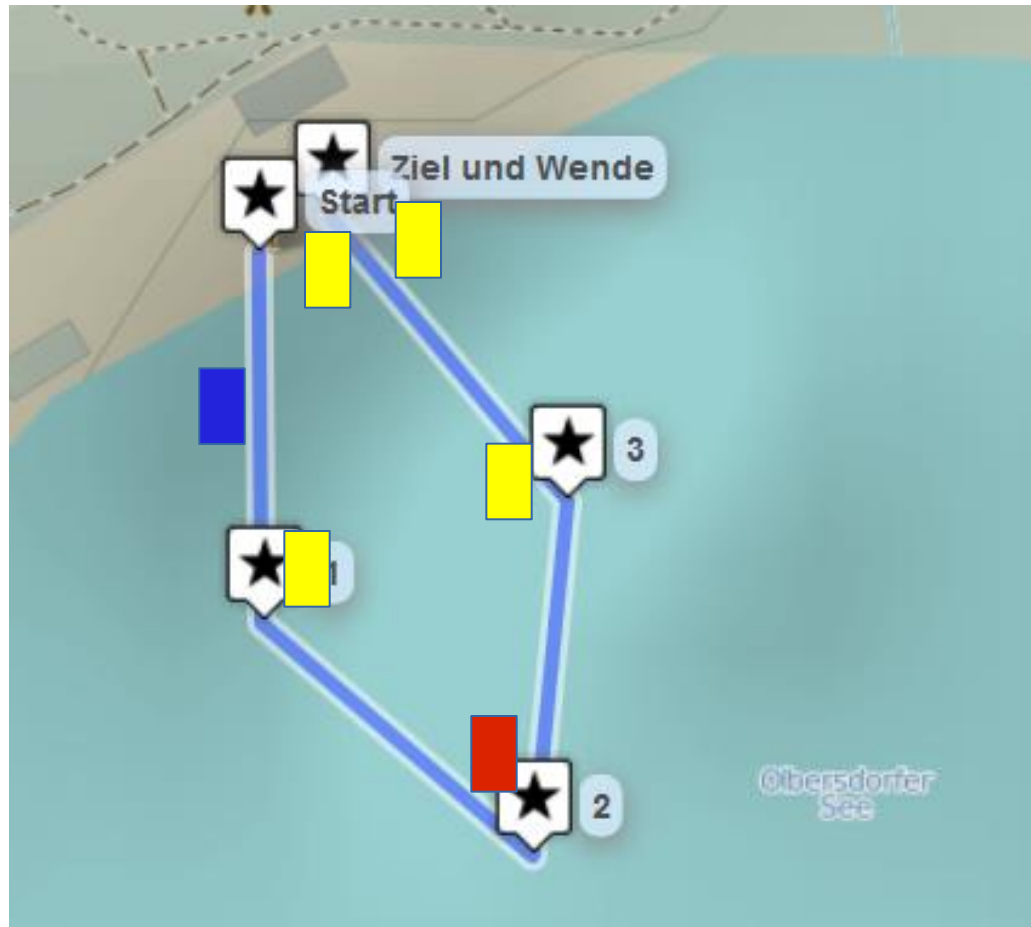
Distance to the first turn buoy 170 m

Water start

Take cap, goggles to transition into your box



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Transition Area

Bike Racks

Running shoes on your designated area, helmet on the bike

Bags to the storage area

Wetsuits, goggles & swim caps on your designated area

Mount line at the end of the TA





Bike course

1 lap (total distance of 36km)

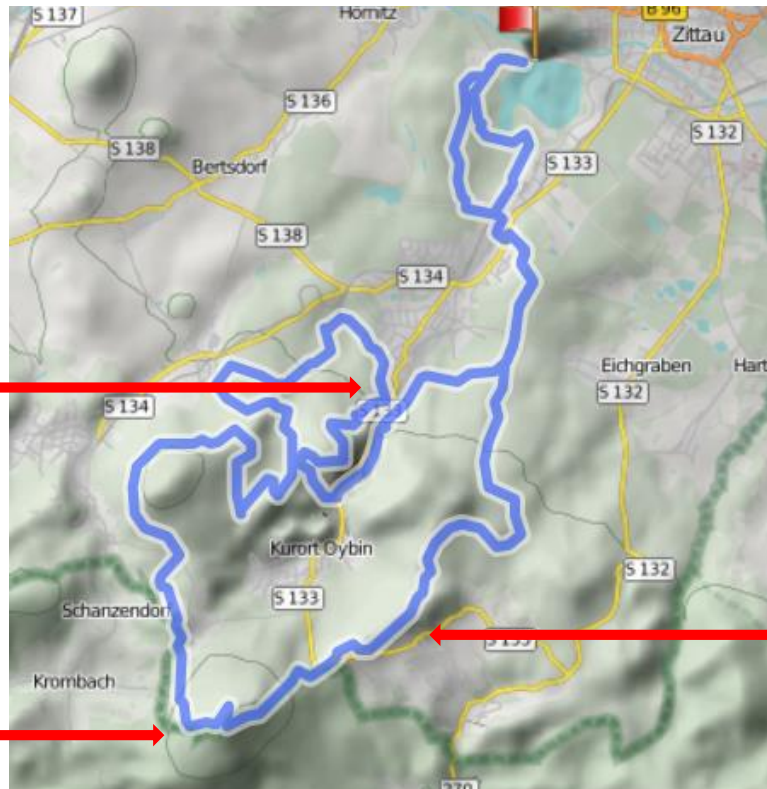
Hilly and technical downhill

NOT ALLOWED TO LEAVE THE MARKED COURSE!

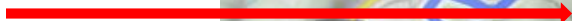
Drafting is allowed



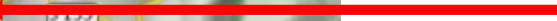
Bike course - AG



Aid station



Aid station



Refreshment





Run course

AG 1 lap (total distance 9km)

Aid stations:

1 per lap, for location see the map

Sealed water

Discard plastic bottles off course

Photo-finish

Congestion in finish area:

Go to mixed zone / recovery area

Run course – A.G.

Aid station



Aid station



Run Penalty Box

New Rule

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

e.g.: 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

Location: see transition area map

Information: White board to show race numbers

(Athletes need to read the board – coaches are advised to check and inform their athletes)

Procedure: 15sec, time penalty served on any lap of the run (Elite/U23)

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.

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

Rack the bike inside your own space: In case of Individual bike rack, the bike must be racked with the front wheel to the designated rack.



Post-race Procedures

Medal Presentation – protocol –

17:30 – Bike Check out

18:00 – age groups

18:30 – Para

19:30 – Junior

19:35 – U23

19:35 – Elite

1st Podium Men

2nd Podium Women Dress “up”



Post-race Procedures

Anti-Doping Control

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



Weather forecast

Temp

Weather

Saturday from 19 to 20 °C / scattered clouds



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Have fun
and
good luck!