



O-See Challenge
cross triathlon
ITU World Championships 2014

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Athletes briefing – Elite/U23/Para

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

Frank Heidrich, LOC Race Director



Competition Jury

Eugène Kraus, Chair (ITU TD)

Oliver Kubanek (DTU)

Dr Klaus Schwager (LOC)



Schedule and Timelines

Friday (15/08)

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



Schedule and Timelines Elite / U23

Saturday (16/08)

Elite / U23 Women

12:00 – 13:45

TA open for all Elite and U23 w

13:45 – 14:05

Line up + Chip control

14:15

Race Start Elite / U23 Women

Elite / U23 Men

12:40 – 14:00

TA open for all Elite and U23 m

14:05 – 14:25

Line up + Chip control

14:35

Race Start Elite / U23 Men



Schedule and Timelines Para

Saturday (16/08)

07:00 – 07:45	TA open for Para
07:00 – 07:45	Warm-up
07:40 – 07:55	Line up + chip control
08:00	Para Race Start



Check-in procedures

Athletes Lounge

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

Body marking check (both arms, both legs)

Timing chip check

Swim cap 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: - 15 seconds in TA1 Elite/U23

- 10 seconds in TA1 Para

During the time penalty athlete can not take any equipment!



The Course

Swim

Elite & U23 2 laps total 1500m
Para 1 lap of 750m

Bike

Elite & U23 1 lap total 36km
Para 1 lap of 24,8km

Run

Elite & U23 1 lap total 9km
Para 1 lap of 5,5 km



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

Wetsuit forbidden

Length of the lap (750m)

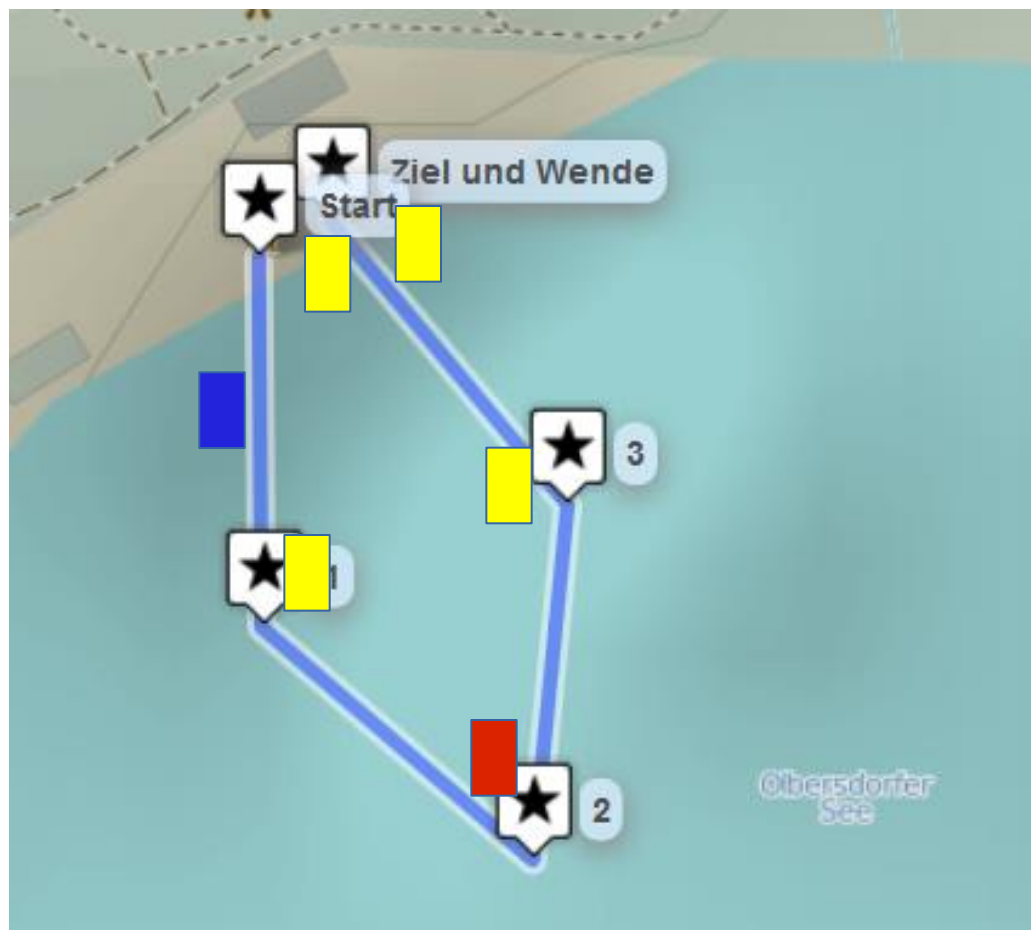
Distance to the first turn buoy 125 m

Beach start

Take cap, goggles to transition into your spot



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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 Elite / U23 (total distance of 36km)

1 lap Para (total distance of 24,8km)

Hilly and technical downhill

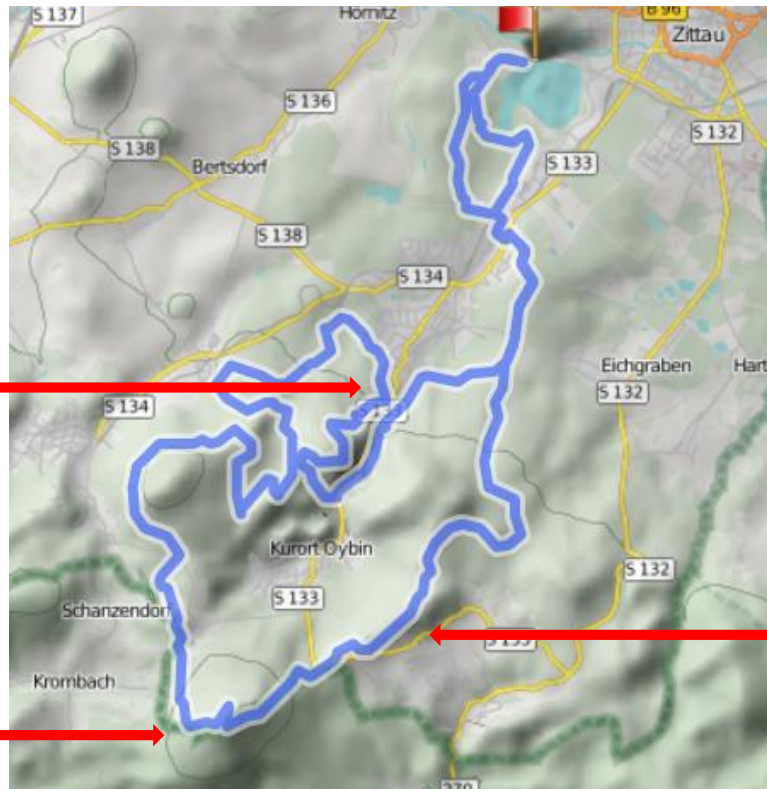
NOT ALLOWED TO LEAVE THE MARKED COURSE!

Drafting is allowed

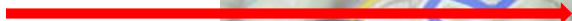
Drafting between men and women is forbidden



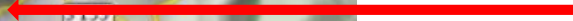
Bike course – Elite/U23



Aid station



Aid station

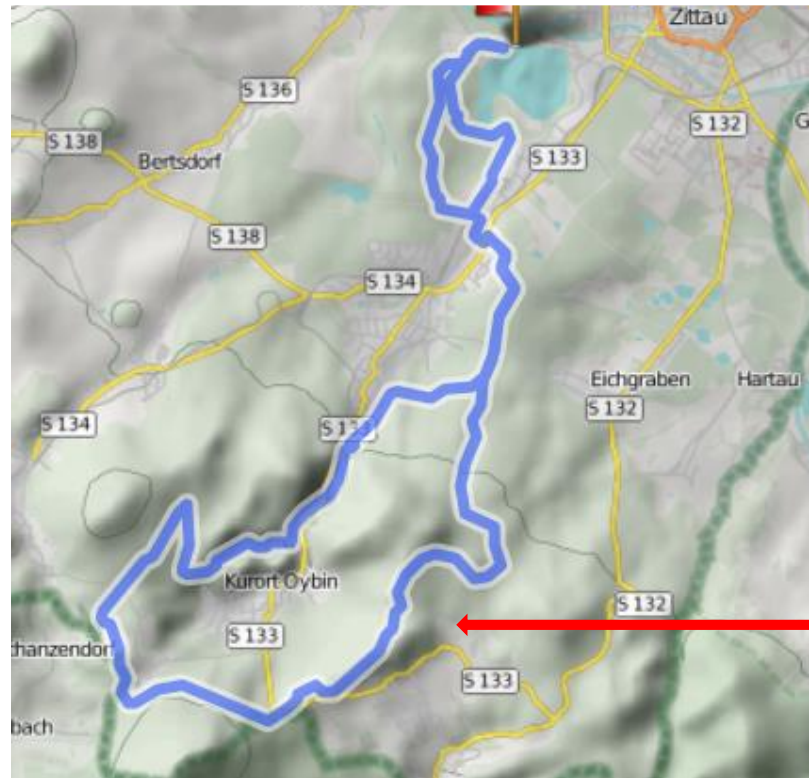


Refreshment





Bike course – Para



Aid station



Run course

Elite / U23 / AG 1 laps (total distance 9km)

Junior / Para 1 lap (total distance 5,5 km)

Aid stations:

2 per lap

Sealed water

Discard plastic bottles off course

Photo-finish

Congestion in finish area:

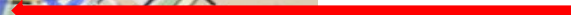
Go to mixed zone / recovery area

Run course – Elite/U23

Refreshment



Refreshment



Run course - Para



Refreshment

Refreshment



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: at the end of the run lap

Information: White board to show race numbers

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

Procedure: 15sec Elite/U23, 10sec Jun/Para 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.



Post-race Procedures

Medal Presentation – protocol –

18:00 – age groups

18:30 – Para

19:30 – Junior

19:35 – U23

19:45 – Elite

1st Podium Elite Men

2nd Podium Elite 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 / light rain



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Have fun
and
good luck!

