

# Elite Athletes' briefing

31st March, 2023

Asian Triathlon Cup and  
South Asian Championships,  
1st - 2nd, April, Pokhara



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# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



# Welcome and Introductions



- **Prabhat Sharma (IND)**, World Triathlon Technical Delegate
- **Puspa Ratna Bajracharya (NEP)**, World Triathlon Assistant Technical Delegate
- **Dr. Saroj Kumar Shrestha (NEP)**, World Triathlon Medical Delegate
- **Amish Maharjan (NEP)**, World Triathlon Head Referee
- **Yubraj Sunwar (NEP)**, LOC Director



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# Competition Jury



- **Mr. Prabhat Sharma , Technical Delegate**
- **Mr. Yubraj Sunuwar, Secretary General, Nepal Triathlon Association**
- **Mr. Suman Devkota, President, Kaski Triathlon Association, NTA Executive member**



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# Schedule and Timetables



## **SATURDAY, April 1<sup>st</sup>**

05:15 – 06:00	Athletes' Lounge Open/Body Marking/ <b>Time Chip Distribution (Near Transition Area)</b>
05:30 – 06:15	Transition Area Check-in & Bike Check for Elite Male/Female
05:30 – 06:10	Swim, Bike, Run Warm-up for Elite Male/Female
06:15	Transition Area closed ready for race
06:30	Male Athletes' Introduction & Line Up
<b>07:00</b>	<b>Elite Male Start</b>
08:30	Female Athletes' Introduction & Line Up
<b>09:00</b>	<b>Elite Female Start</b>
11:00	Medal ceremony



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# Schedule and Timetables



## **SUNDAY, April 2<sup>nd</sup> Duthlon**

- 05:30 – 06:00 Athletes' Lounge Open/Check-in/Body Marking/**Time Chip Distribution**
- 06:00 – 06:30 Transition Area Check-in & Bike Check for Elite Male/Female
- 06:30 Male and Female Athletes' Introduction & Line Up
- 07:00 Elite Male and Elite Female Start**
- 09:00 Medal ceremony



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# Check-in procedures



## Athletes Lounge (Bike Check)

- Handlebars with clips-on Not Allowed
- Leave your spare wheels to the Bike Check
- Saddle position ( $-5\text{ cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- 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



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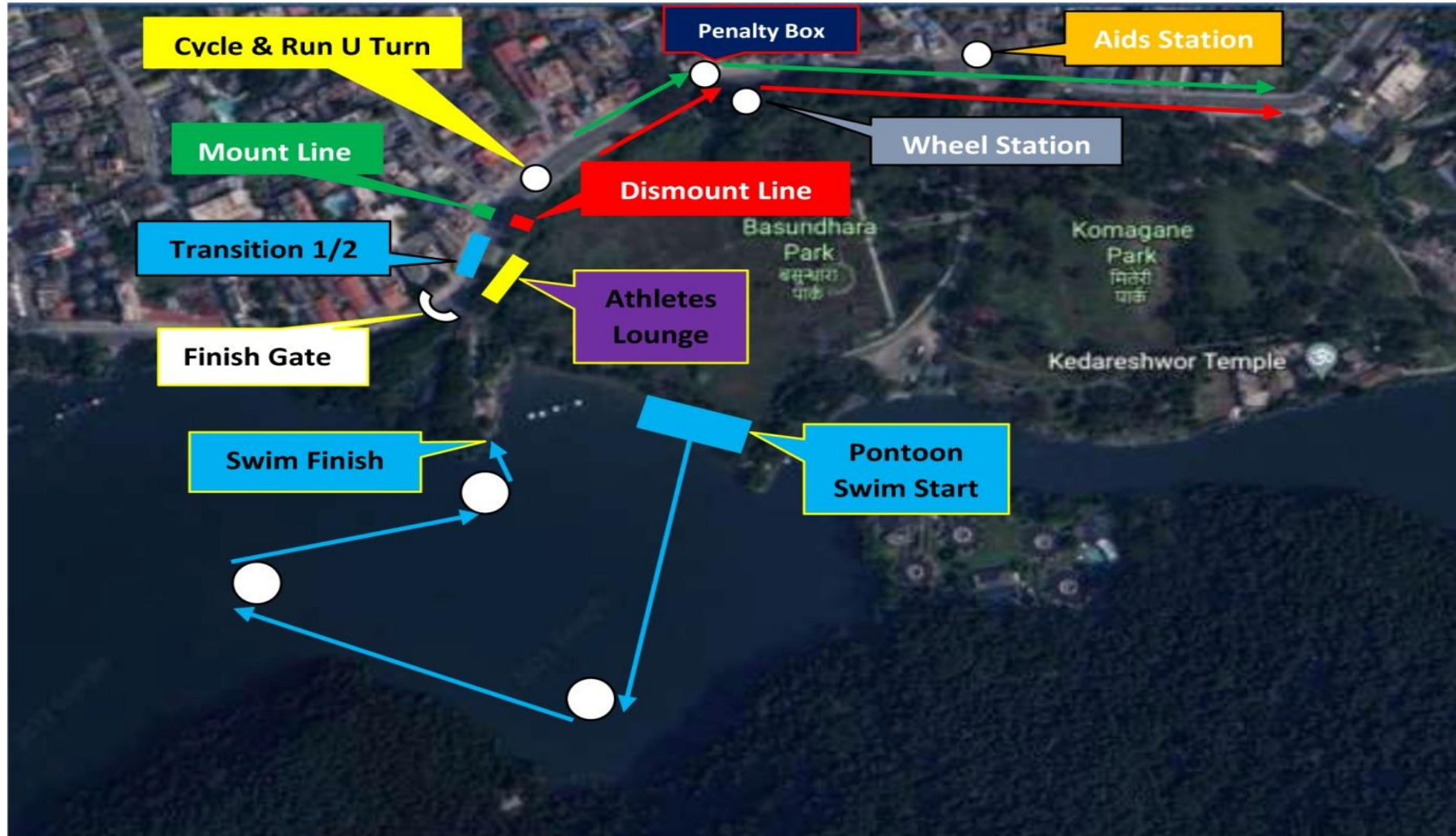
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# Map Athletes' Lounge - Check-in procedures





# 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**
- Body marking check (both arms, both legs)
- Timing chip distribution **(1 for the ankle)**
- If an athlete wishes to wear a second swim cap, the cap must be unbranded.
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area **{if applicable}**



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# Check-in procedures



## Transition Area

- 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 in TA1.

- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, Athlete must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.



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# Pre-start Procedures



## Athlete Introduction

- 20 minutes before start - line-up at swim start area
- Jog to the start pontoon once your name is called
- You can not block more than one position
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up



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# Start Procedures



## Athlete in position

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

**Athletes not moving forward at the start will receive a time penalty in TA1.**



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# 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 map





# The course



**Swim**

**1 lap of 750m**



**Bike**

**20km Total (5 laps of 4km)**



**Run**

**5km (3 Laps of 1.67km)**



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# Swim course



- On April 1<sup>st</sup> at 07:00                      17 - 21°C
- Wetsuit allowed ( Optional) If temperature remains 16- 20°C
- 1 laps (total distance of 750 meter)
- Distance to the first turn buoy 200m
- Clockwise
- Take cap, goggles to transition into your box
- Water temperature will be updated on Notice board before 1 hrs. for both categories



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## Definition from the World Triathlon CR4.1:

- i. Athletes may sportingly maintain their own space in the water:
- ii. Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- iii. 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;
- iv. 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 additional boats and Technical officials deployed on the swim course to monitor athlete's behavior in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.



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# Swim course map



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# Swim exit to TA



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# Transition Area



- Swim Exit to TA 50m
- Traditional Bike Racks – one row number, name and country flag
- All used equipment into the box
- Mount line at the end of the TA **(GREEN LINE)**
- Dismount line at the end of the TA **(RED LINE)**



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# Bike course



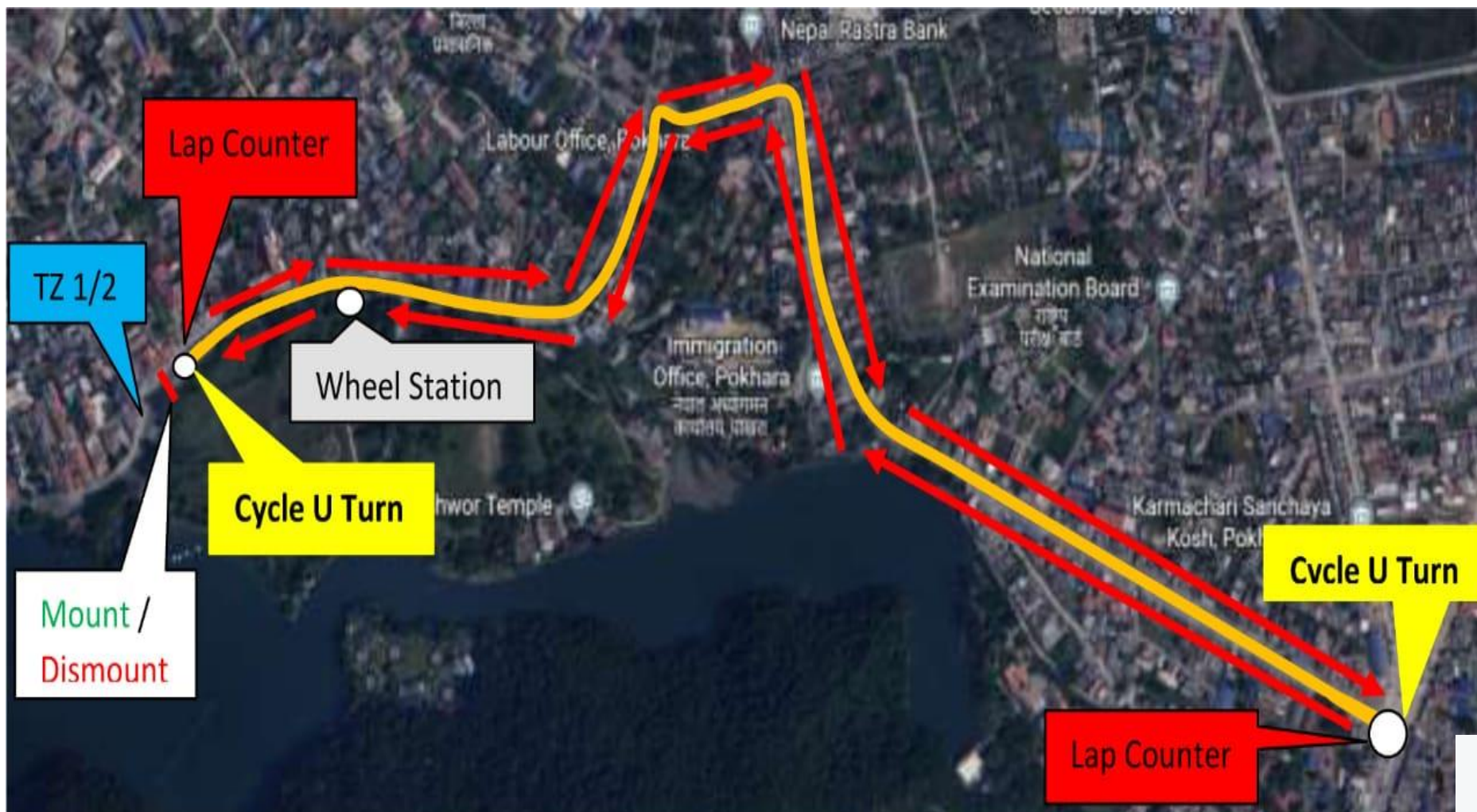
- 5 laps (5laps x 4km each lap) total distance of 20km)
- Wheel station is located 600m after the Transition Area
- Lap Counter: at the 1<sup>st</sup> U Turn
- Littering Zones – Wheel station



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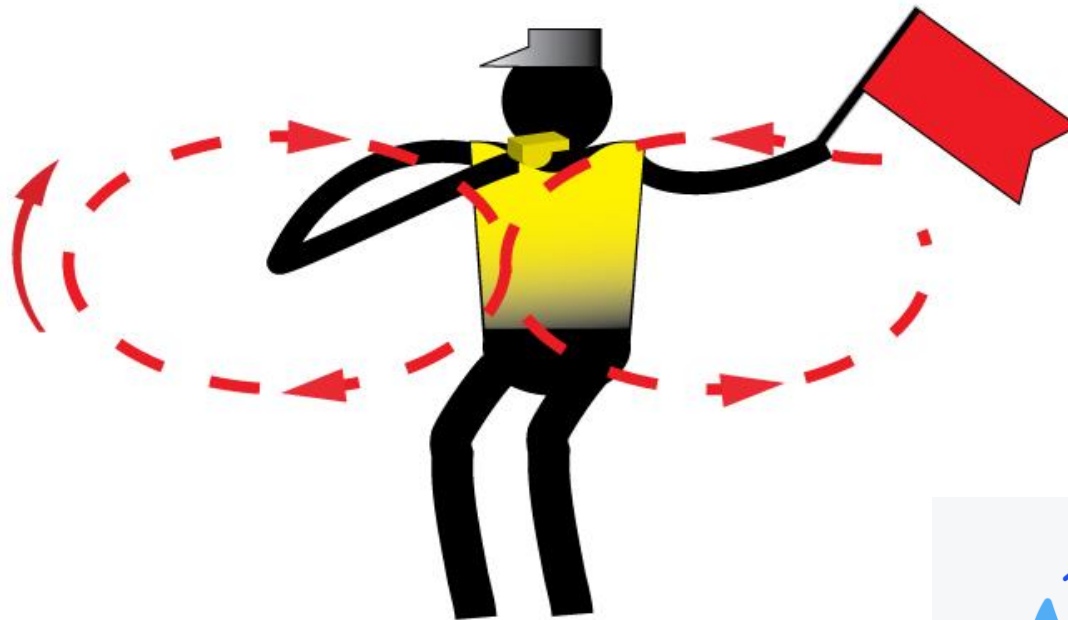


# Bike Course Map



# Caution

Caution signal: sharp whistles and red flags



# Run course

- 3 laps (total distance of 1.67km)
- Aid stations:
  - 2
  - Sealed water
  - Discard plastic bottles and litter within the littering zones indicated by the signs below

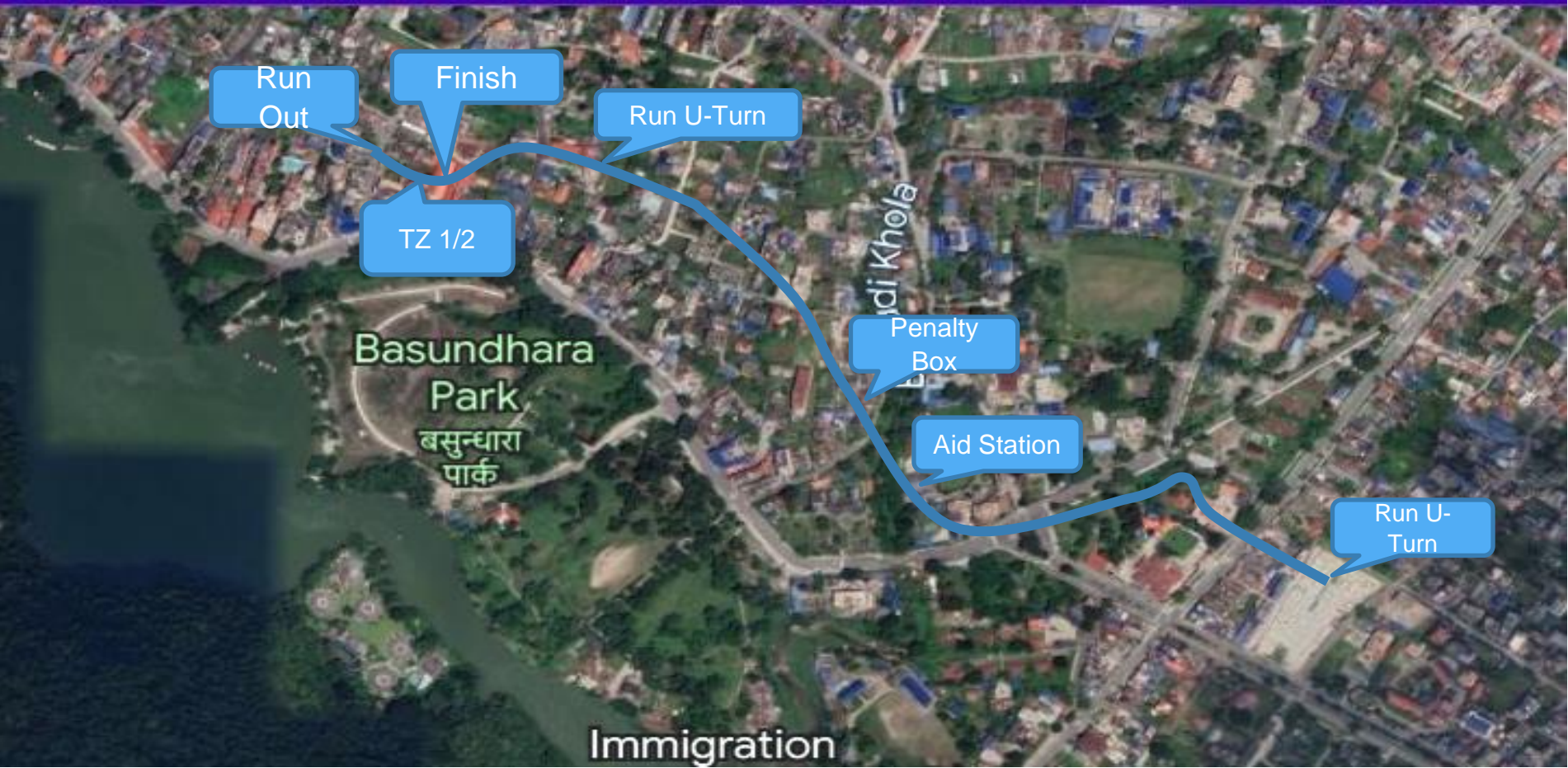


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# Run Course Map





# Run Penalty Box

- Start infringements will be served in T1  
T1, Bike, T2 and Run Infringements will be served in Run
- **Location: 180m** after the Transition Area left side on run course
- **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 seconds 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 appeal the penalty. Evidence will only be made available if an appeal 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)**.



# Run Penalty Box



## Violations Abbreviations:

Littering

**L**

Mount Line

**M**

Swim violations

**S**

Dismount Line

**D**

Equipment outside  
the box

**E**

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



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# Post-race Procedures



- Medal Presentation – protocol – at 11:00
- Prize money



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# 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.



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## 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 for an accreditation

## Coaches' areas

- Athlete's lounge, post recovery area, swim start and exit area, and the penalty box area.



{select the appropriate}

# Water Quality Assessment (Inland)

Update orange text accordingly

Enterococci	
Insert Sample Date	NMP/100mL
Location A	NA
Location B	NA
Location C	NA
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	15
Location B	15
Location C	15
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	8
Location B	8
Location C	8
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Overcast with light rain
B +1	Overcast (20% chance of rain)
Race Day	Overcast (20% chance of rain)

Weather report	
Day	Weather
B-3	Overcast
B-2	Overcast
B-1	Overcast

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:15	Insert comments if necessary



## 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.

### 3 = 'Fair Water Quality':

(E.Coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;

# Weather forecasts



	Temperature in °C	Weather
Friday	16-22	Overcast
Saturday	16-22	Overcast
Sunday	18-23	Cloudy



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# Have a good race!



Be your  
extraordinary



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