

Elite Men and Women briefing

8 th October 2022

Agenda

Welcome and Introduction

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and introduction



- Alicia Garcia (ESP) - Europe Triathlon
- Judith Brand (ESP) - Europe Triathlon Technical Delegate
- Marta San Martin (ESP) - Europe Triathlon Assistant Technical Delegate
- Mounir Benyarmak (MAR) - Europe Triathlon Head Referee
- Javier Rodríguez (ESP) - LOC

Competition Jury



- Judith Brand (ESP) - Chair
- Alicia Garcia (ESP) – Europe Triathlon
- Javier Rodríguez (ESP) – Spanish Triathlon Federation

Race Entry Fees



- There are some entry fees that are still outstanding.
- To pay, please go to this web link: <https://www.rockthesport.com/es/evento/2022-copa-de-europa-de-triatlon-ceuta-2>
- No cash

Europe Marathon Cup Series 2022			
Date	Location	Country	Distance
12/03/2022	Lievin	France	Super-sprint
26/03/2022	Quarteira	Portugal	Sprint
03/04/2022	Melilla	Spain	Sprint
16-17/04/2022	Yenisehir	Turkey	Sprint
14-15/05/2022	Caorle	Italy	Super-Sprint
27-29/05/2022	Olsztyn	Poland	Super-Sprint
04/06/2022	Rzeszow	Poland	Sprint
16/06/2022	Linköping	Sweden	Sprint
11/06/2022	Coimbra	Portugal	Sprint
17-18/06/2022	Kitzbühel	Austria	Super-Sprint
02/07/2022	Holten	Netherlands	Sprint
16-17/07/2022	Tiszaújváros	Hungary	Super-Sprint
24/07/2022	Tallinn	Estonia	Super-Sprint
12-14/08/2022	Munich	Germany	Standard
3-4/09/2022	Alhandra	Portugal	Sprint
11/09/2022	Zagreb	Croatia	Sprint
09/10/2022	Ceuta	Spain	Sprint
15-16/10/2022	Alanya	Turkey	Sprint



Europe Triathlon Cup Ranking 2022 Elite Women (after Zagreb)



Rank.	Prev	Evolution		NF	Points	CCup best score	CCup 2nd score	CCup 3rd score	CCup 4th score	CCup 5th score
1	1	↕	Eim, Nina	GER	1324,9	600	475	250		
2	2	↕	Schar, Cathia	SUI	1217,1	513	231	198	148	126
3	3	↕	Prestia, Angelica	ITA	1134,4	475	231	214	214	
4	4	↕	Klamt, Selina	GER	1057,1	370	214	214	198	61
5	5	↕	Tertsch, Lisa	GER	1056,4	376	235	231	214	
6	6	↕	Schierl, Finja	GER	1017,0	275	250	198	169	124
7	7	↕	Gmur, Nora	SUI	936,9	406	231	145	109	46
8	8	↕	Michalickova, Zuzana	SVK	915,9	317	251	134	117	98
9	9	↕	Miller, Iona	GBR	809,8	348	198	127	98	39
10	10	↕	Meissner, Lena	GER	786,3	555	231			

Europe Triathlon Cup Ranking 2022

Elite Men (after Zagreb)



Rank.	Prev	Evolution		NF	Points	CCup best score	CCup 2nd score	CCup 3rd score	CCup 4th score	CCup 5th score
1	1	↕	Lehmann, Csongor	HUN	1338,8	475	400	250	214	
2	2	↕	Westermann, Simon	SUI	1106,4	513	322	198	74	
3	3	↕	Izzard, Barclay	GBR	1105,7	555	173	157	115	106
4	4	↕	Pevtsov, Rostislav	AZE	1083,1	376	218	198	183	109
5	5	↕	Pereira, Joao	POR	960,2	406	250	198	106	
6	6	↕	Schaufler, Jannik	GER	886,7	271	271	250	53	42
7	7	↕	Kiss, Gergely	HUN	831,0	342	214	134	108	33
8	8	↕	Willis, Jack	GBR	804,1	370	231	100	84	19
9	9	↕	Dijkstra, Ben	GBR	789,8	317	317	157		
10	10	↕	Graf, Henry	GER	763,5	293	231	127	106	6

Schedule and Timetables



8th October - Saturday

17:00. - 19:00

Race pack pick-up (after athletes' briefing)

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – left arms and left legs
- Accreditation wristband - gives access to access lounge on race day

Schedule and Timetables – Elite Women



9th October 2022

10:00 - 11:00	Athletes' Lounge check-in
10:30 - 11:15	Transition Area check-in
11:45 - 11:15	Swim warm-up
11:15	Calling area
11:20	Athletes' Introduction
11:30	Elite Women Start
14:30	Medal ceremony

Schedule and Timetables – Elite Men



9th October 2022

12:00 - 13:00	Athletes' Lounge check-in
12:30 - 13:15	Transition Area check-in
12:45 - 13:15	Swim Warm up
13:15	Calling area
13:20	Athletes' introductions
13:30	Elite Men Start
14:30	Medal ceremony

Check-in procedures



Athletes' Lounge

- Bike check (Frame, saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website, handlebars, wheels and spare wheels (non authorized UCI wheels rule)
- Spare wheels to the wheel-stop
- 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 (one arm, one leg)
- Timing chip distribution 1 for the ankle
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee up to 10 minutes after the end of the athletes' briefing
- Mechanic service available at the Recovery Area

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 10 seconds time penalty in TA1

- Running Shoes outside the box, helmet on the bike

Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up at the beach
- Jog to the start line once your name is called
- Select your position and stay behind the line!

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.

False-start Procedures

False-start

- Several horn blasts
- Everyone goes back to her/his original start spot

The course

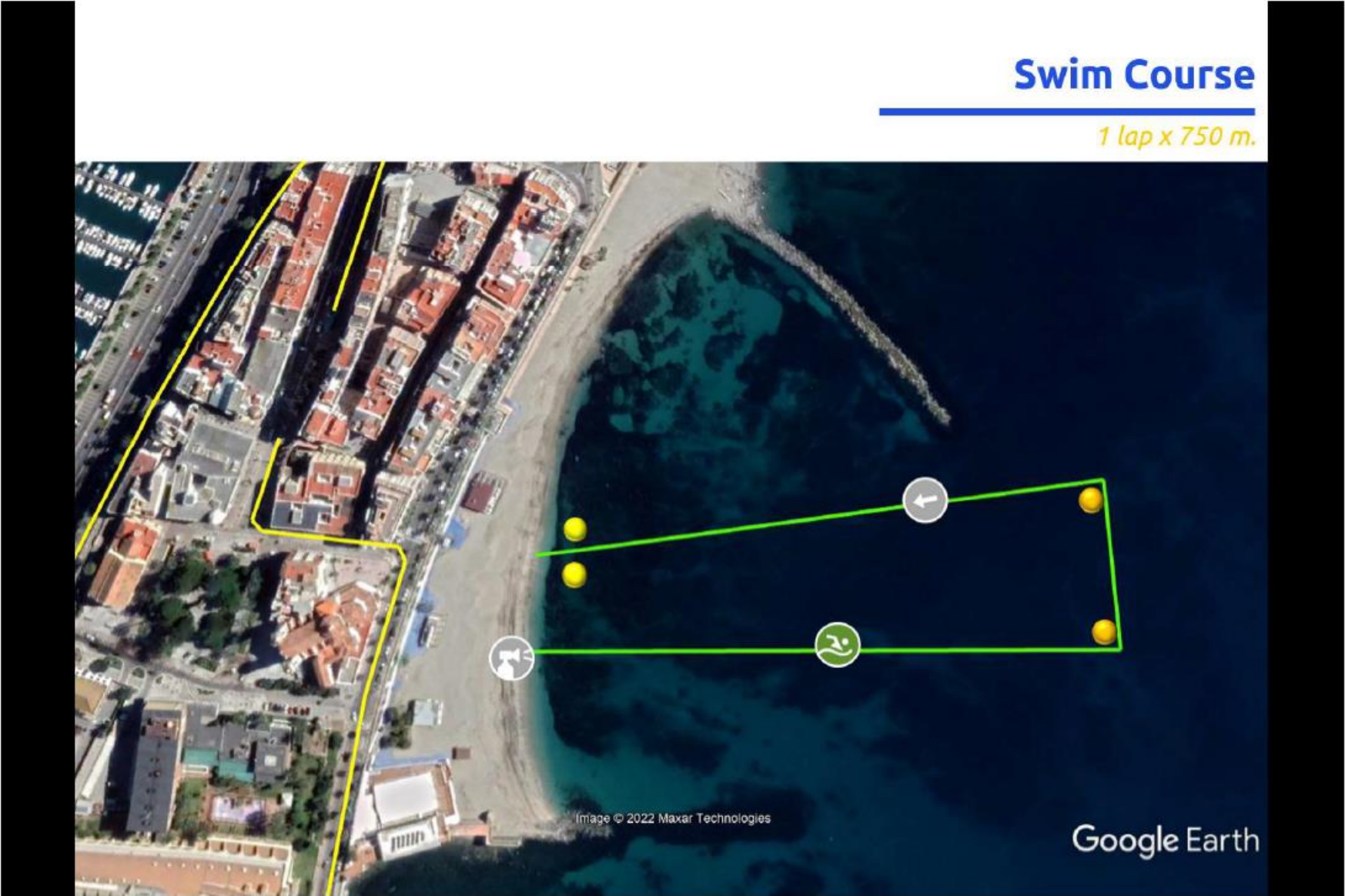


Swim 1 lap of 750m

Bike 4 laps of 5.2km

Run 2 laps of 2.5 km

Swim course



Swim Course



- Beach Start
- Distance to the first buoy – 350 m.
- Anticlock wise
- Leave the yellow buoys on the left
- Distance to Transition Area 250 m. including the stairs

Transition Area



- Individual Bike Racks – two rows
- Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks
- Athletes' names and numbers are displayed on the top of each bike rack.
- After the helmet is secured, athletes unrack the bike by moving forward into the centre lane towards the mount line
- Mount line at the end of the TA (**green**)
- Dismount at entry of the TA (**red**)

Bike course

- 4 laps of 5.2 km
- The course is totally flat
- There will be one team wheel station, before entering transition
- The corners into the venue area are tight, please take care.
- First runner / last biker 100 m. before transition area

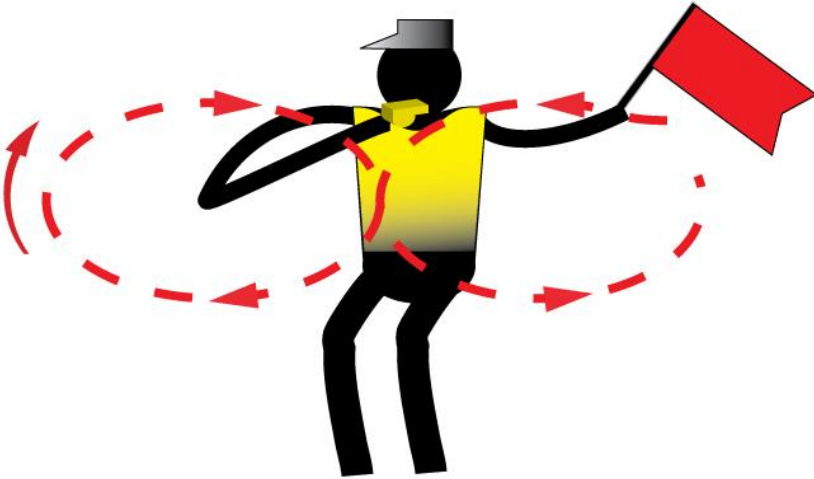
Bike Course Map

Bike Course

4 laps x 5,2 km.



Caution

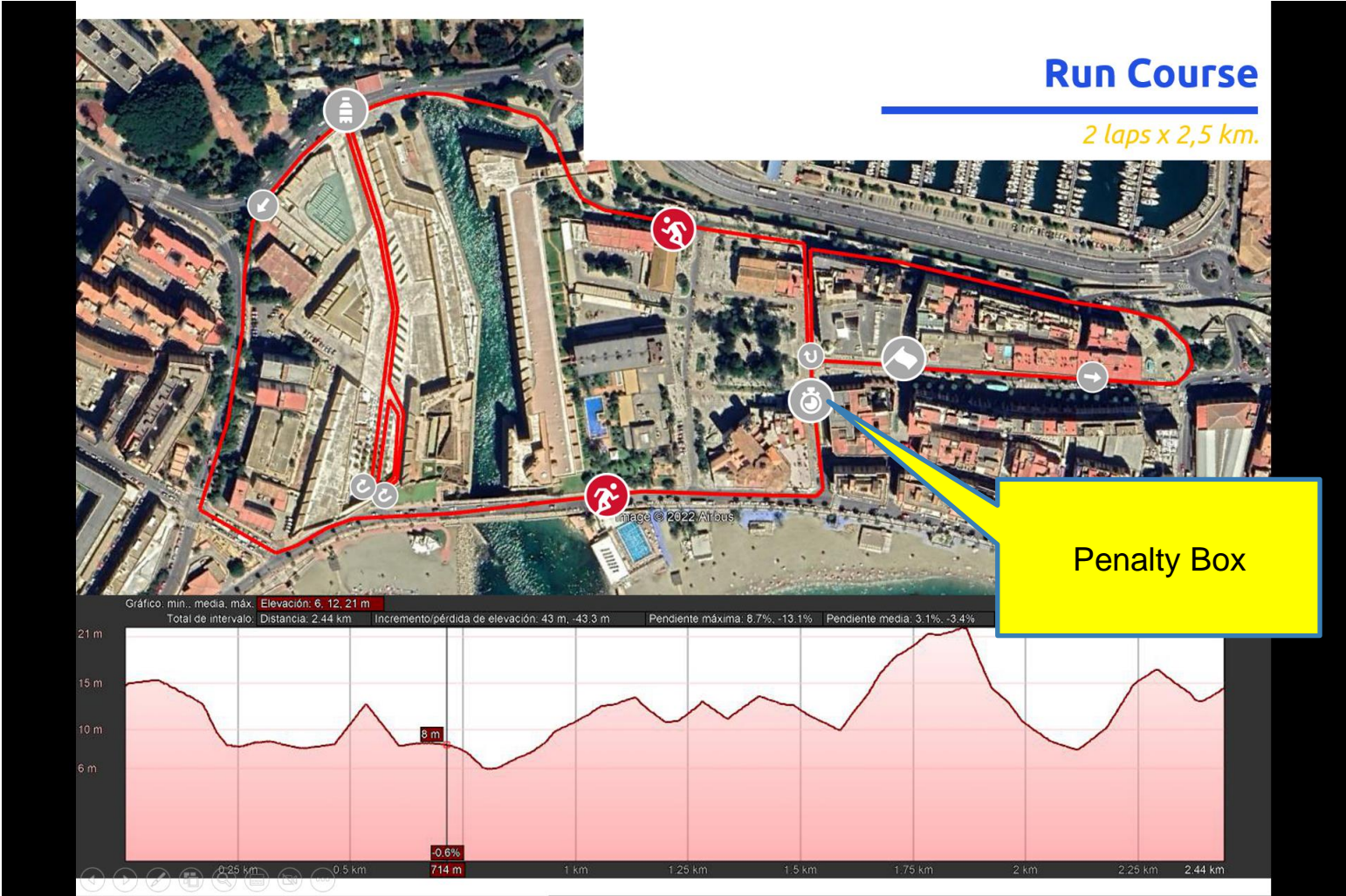


Run course

- 2 laps of 2.5km
- Totally flat
- One aid station in the middle of the course that serves both sides of the course
- Discard plastic bottles within the littering zones. (20m before and 80m after Aid stations)
- The penalty box will be located inside the venue
- Congestion in finish area
- Go to mixed zone / recovery area



Run Course Map



Run Penalty Box



- For infringements in Run1, T1, Bike, T2 and Run2 Infringements will be served in Run
- **Location:** before the Transition Area and the Finish, when you are entering the venue
- **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:** time penalty served on the 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



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

Violations Abbreviations:

Littering	L	Equipment outside the box	E
Dismount Line	D		
Mount Line	M	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

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 14:30
- 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.

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.

Medal Ceremonies



As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony
- 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.

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
- Please follow the Ambush marketing rules. 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.”
- The consequence for this behavior is: *The athlete will immediately forfeit their prize money for that event.*

Coaches Area



Accreditation

- 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

- Athletes' lounge and post finish area

Weather forecasts



**Temperature
in °C**

Weather

Sunday

19°C/21°C

cloudy

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



HAVE A GOOD RACE

