



Belfort  
**Id triathlon**  
ITU World Championships

**Elite Athletes briefing**

30 May 2013

# Briefing agenda

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

# Welcome and Introductions

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- Denis Jaeger, ITU Executive Board (FRA)
- Johanne Suss-Burckel, ITU Team Leader (FRA)
- Stéfane Mauris, ITU Technical Delegate (SUI)
- Michael Masters, ITU Assistant TD (GBR)
- Dirk Bogaert, ITU Race Referee (BEL)
- Jean-Daniel Chauve, LOC Technical Director (FRA)

# Competition Jury

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- Denis Jaeger, ITU Executive Board
- Dominique Frizza, FFTri
- Stéfane Mauris, Chair

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**Thursday morning 08:00**

Water Temperature: 13.9 degrees C

Air Temperature: 10 degrees C

# Schedule and Timelines

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## Thursday 30 May 2013

Post briefing Athlete Race Pack distribution – check your pack

- 3 Helmet stickers
- 1 Bike stickers
- 4 sets of body decals
- 3 Transition bags (+stickers)
- Accreditation/wristband (if not already provided)

19:15 Opening ceremony [Le Phare]

20:00 – 22:00 Pasta Party [Le Phare]

# Schedule and Timelines

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## Friday 31 May 2013

07:00 – 19:00      Expo [competition venue]

14:00 – 20:30      **Compulsory** Bike check-in in TA.

**Transport:** from hotels to site and return  
go from 1:45 PM to 7:00 PM every hour  
return from 2:15 PM to 7:30 PM every hour

# Schedule and Timelines

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## Saturday 1 June 2013

- 05:00*                      *Bus departure to venue (athletes/coach) from hotels*
- 06:00 – 08:00**            **Opening of Transition Area**
- 07:30 – 19:00*            *Spectator buses from Place Corbis*
- 08:05                        Line up / introduction
- 08:15**                        **Elite Men start**
- 08:18**                        **Elite Women start**
- 14:30                        Medal ceremony MEN, WOMEN, TEAM at finish area

# Schedule and Timelines

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## Saturday 1 June 2013 (cont'd)

15:30 – 20h00      Check out (earlier if possible)

**Athletes'** shuttles back to hotels\*

5:00 PM to 6:30 PM

Shuttles for bikes back to hotels - **for bikes**\*:

Bikes' deposit bikes at shuttles north of TA: 5:30-7:30 PM

Return of bike at hotel desk : 8:00 PM

# Schedule and Timelines

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## Cut-off times:

- **Cycling** : 17h00
- **Race Finish**: 19h00

# Compulsory check-in procedures

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- Friday            14:00 – 20:30
- Entering the venue Using the accreditation / wristband.  
No accreditation / wristband = no entry

# Compulsory check-in procedures

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**Friday 14:00 – 20:30**

## **Please come prepared**

- Entering the venue using the accreditation / wristband.  
No accreditation / wristband = no entry
- Bike (Bike mechanics available at Expo)
- Helmet check (with stickers)
- NF Uniform
- Bike covers will be distributed to protect your bike



# Race day check-in procedures

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Buses will leave the hotels starting 5am

**Saturday**                      **06:00 – 08:00**                      **Opening TA**

Entering the venue using the accreditation / wristband.  
No accreditation / wristband = no entry

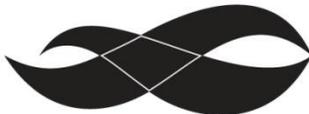
## **Please come prepared**

- Final NF Uniform check (pictures taken)
- Timing chip delivery
- Bike / Helmet check (with sticker)
- Body marking (body decal), please try do to it before coming to venue

# Race day Check-in procedures

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- Bike mechanic available at Expo
- To add any equipment to the bike, you must have obtained approval from the Race Referee up until 10 minutes after the end of this Athletes' Briefing.
- Spare wheels for Wheelstation (LOC brings them to wheelstation and back to TA)  
**TAG the WHEELS (by countrycode or Race Number)**
- Deposit Transition bags on racks
- Deposit your post race clothes in the *Dry clothes bags* area



**Triathlon  
de Belfort**  
PRESQU'ÎLE DU MALSAUCY

**1** AFFIX NUMBER  
HERE

**2**  Dry Clothing  
 Bike Gear  
 Run Gear

- 1** Your race number  
(use sticker provided)
- 2** Cross the appropriate

**Note:**

Bike shoes, helmet, glasses can  
be placed on the bike



# Start Procedure

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## Athlete line-up:

- 08:05 – line up in pre-start area
- Athlete introduction
- Jog to the start line, select a position and stay behind the line
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

# False Start Procedures

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



# The Course

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## Run 1

1 laps of 9.5km

## Bike

1 lap of 87km

## Run 2

2 laps of 10km

# Run course 1

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- 1 lap (total distance of 9.5km)
- Aid stations:
  - 1 per lap at 5.4 km (For location see the map)
  - Water, isotonic drinks, gels
  - Discard all rubbish in drop area at end of aid station
  - Toilet at each aid station
- Coaches' area:
  - Coaches can supply athletes with their own food and beverages at any aid station/coaches' area only.



# T1 flow

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- Follow the corridor to TA and get to the bike bag area
- Pick up your transition bag and proceed through the changing tent
- Take the bike gear out of it and place your run equipment into it
- Grab your bag and give it to a volunteer when exiting the tent. If you have only one pair of running shoes, **take them to your bike, place them off the carpet in the grass area under your bike.**
- Mount bike after the mount line and start your bike segment



# Bike course

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- 1 lap of 87km
- Hilly and technical.  
*Ballon d'Alsace: 13.2km long / elevation +678m at 1178m*
- **Road closed to traffic but for your safety ride on right side of the road**
- Timing control mat at the end of lap + top of Ballon d'Alsace
- Directions marked on the road
- Wheel Stations  
Team Wheel Stations: 2km after TA (Rue Pouchotte)  
(bring wheel at check-in)  
Neutral: 30km



# Bike course

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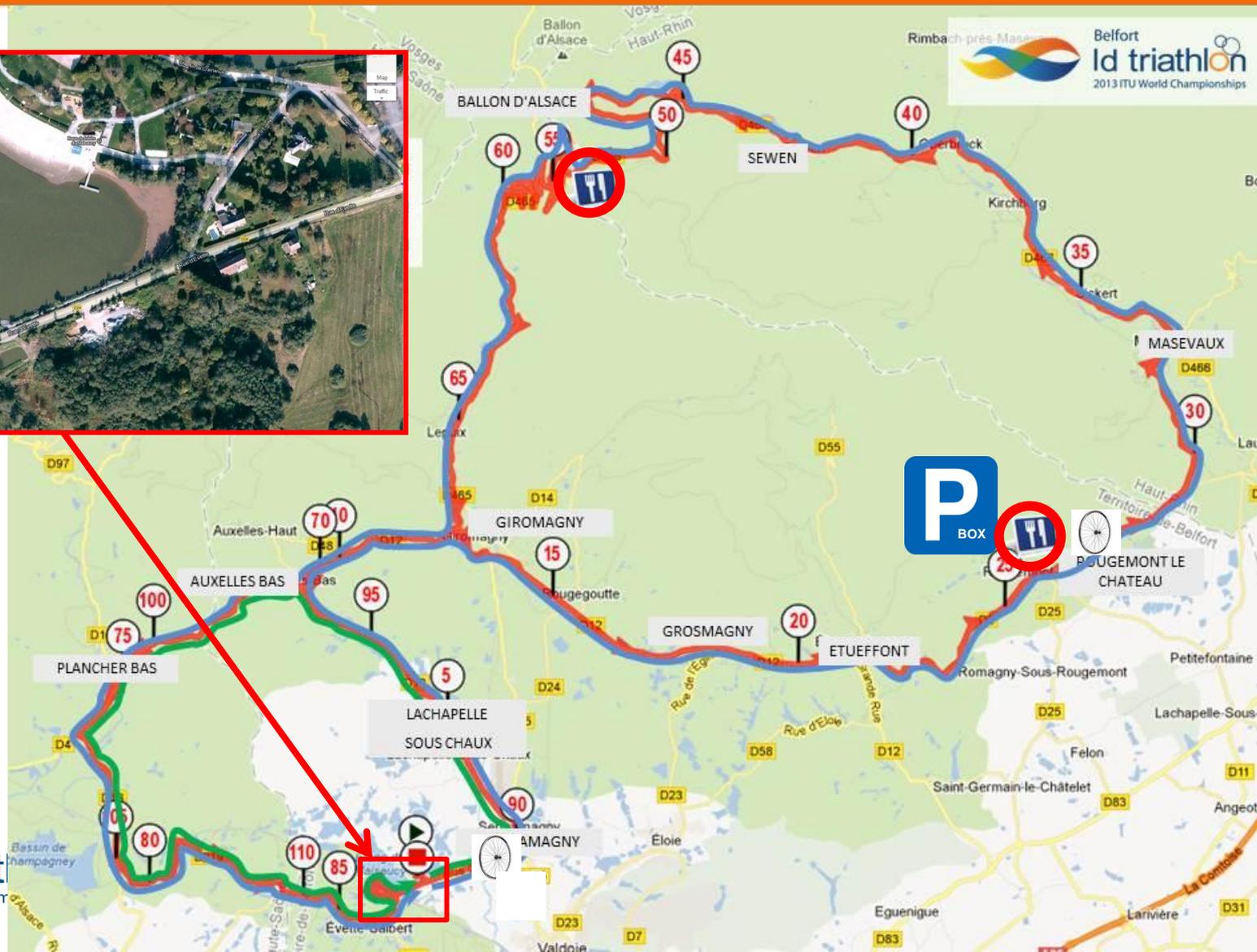
- 2 Penalty boxes
  - 25km (Rougemont-le-Château)
  - 86km (Bas Evette, 1km before AT)
- 2 aid stations + Toilet at each aid station
  - 25km (Rougemont-le-Château)
  - 50km (top Ballon d'Alsace)

# Bike course

 Aid Station

 Penalty Box

 Wheel stop

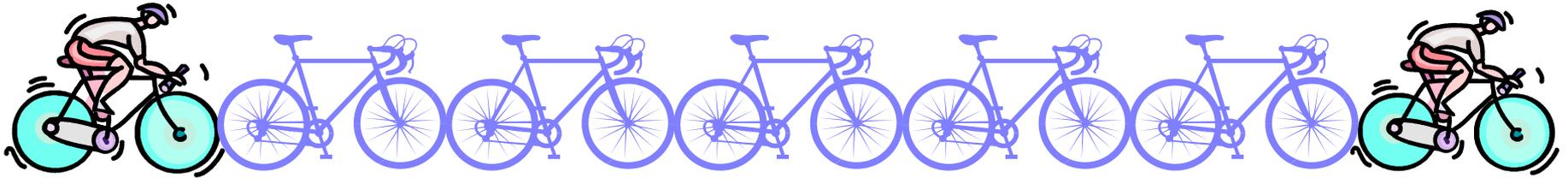


# Bike course



# Draft Zones

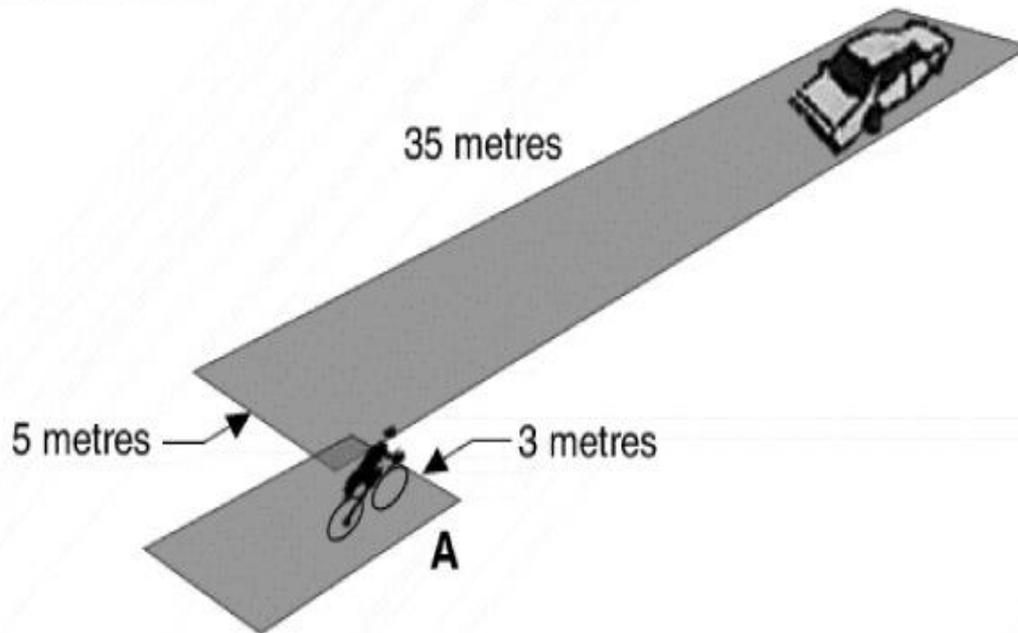
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Legal distance: **12m** between bikes (from your front wheel to their front wheel)

# Draft zones

**Diagram 5** Vehicle Draft Zone



**A** is travelling at the same speed as the vehicle. **A** is drafting. **A** must move to the Left Hand Side of the road otherwise **A** can also be called for blocking.

# Advice of Penalties

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- How do you know if you need to serve a penalty?

The official will do the following –

- Sound a whistle or horn
  - Show a yellow CARD
  - Call your number
  - Advise you of the PENALTY
- If you are shown a RED CARD, you may be disqualified



# Penalties

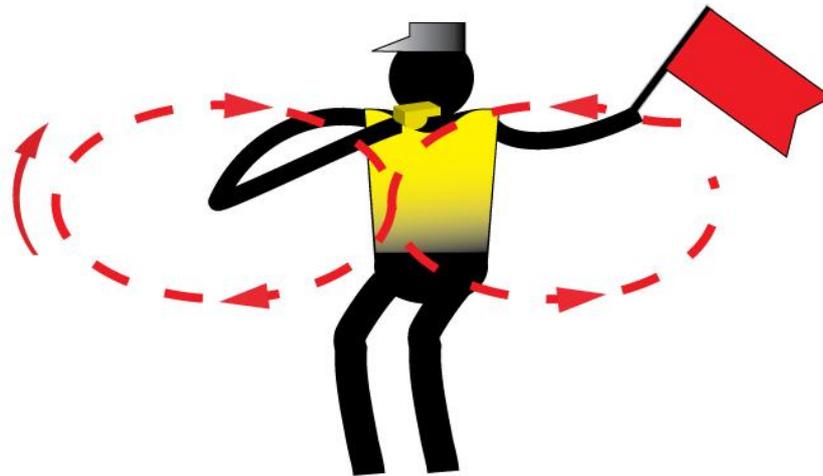
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- Stop in the **NEXT** Penalty Box and must stay there for **5 minutes per offence**
- It is the athletes responsibility to stop in the next Penalty Box. Failing to do this will result in disqualification.
- **3 time penalties** lead to a disqualification

# Caution

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Caution signal: three sharp whistles and red flags



# T2 flow

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- Dismount before the dismount line
- Follow the corridor on your left around the TA to reach the far corner. You are then free to select your own path to your TA position,
- Rack your bike
- Bike shoes can remain on the bike.  
**All other equipment must be removed from the TA.**

# T2 flow

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- Follow the corridor down the TA to get to the Run bag area
- Pick up your bag and proceed to the changing tent
- Take the run gear from it and place your bike equipment in the bag: helmet, bike shoes, glasses, etc...
- Grab the bag and give it to a volunteer when going out of the tent
- Go through the 'rack and start your run segment



# Run course 2

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- 2 laps of 10km
- Aid stations:
  - 4 per lap at 0.2 / 2.4 / 5.4 / 7.5 km (For locations see the map)
  - Water, isotonic drinks, gels
  - Discard all rubbish in drop area at end of aid station
  - Toilet at each aid station
- Coaches' area - Coaches can supply athletes with their own food and beverages at any aid station/coaches' area only.
- Run Penalty box (30' seconds for T1 / T2 / Run infringements)
- Photo-finish

# Run 2 Course Map

2 laps



Belfort  
Id triathlon  
2013 ITU World Championships



Belfort  
Id triathlon  
ITU World Championships

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# Post race Procedure

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- Congestion in finish area – please continue to recovery area after mix zone.
- Massage service will be available in recovery area
- Dry clothes bags at recovery area
- **Please bring proof of photo identification for doping control**

# Medal Ceremony

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## **14:30 Medal ceremony on site**

- Elite Men, Women, Teams
- Dress up in National Uniform
- Medal, Flowers, National anthems
- Photo 1-2-3 (M and F) + all together including teams

**16:00** Check-out starts once all bikes are in  
Athletes wishing to have their bikes delivered to  
the hotel can leave them at the shuttles. Delivery  
at 8pm at the hotels

# Important Updates

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## 1. INFORM TECHNICAL OFFICIAL IF WITHDRAWING FROM RACE

## 2. SUSTAINABILITY > **NO LITTERING**

We are riding/running through national natural reserves.

=> **No littering outside the drop-off areas** set up before/after each bike and run aid stations. => S&G, Correction, if not DSQ.

*(See competition rules art. 2.1.(x) General conduct)*

# Important Updates

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## 3. UNIFORM

Due to the cold weather conditions,

**BIKE:** we are allowing Elite athletes to wear knee/arm warmer, bike jersey/vest provided they comply with the ITU uniform rule or plain in design/sponsor free.

**RUN:** body decals must be visible

All equipment must be returned at TA, or dropped at coach area, or at aid stations (but will not be returned)

# Important Updates

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- To add any equipment to the bike, you must obtain approval from the Race Referee up until 10 minutes after the end of this Athletes' Briefing.

# Medical Procedures

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- Only LOC Medical Staff area allowed in the medical area.
- Every NF accredited doctor **MUST** have completed the proof of medical license.
- The NF accredited doctor is allowed in the medical area only when an athlete from their country is in the area.

# Gala party

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- 20:00 – 02:00      Le Phare

# Weather forecast

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	Temp	Weather
<b>Friday</b>	7-14°C	
<b>Saturday</b>	9-14°C	

# Transport

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## Friday, May 31st :

Free shuttles for athletes and bikes from the hotels to the Malsaucy lake for bike check-in :

Shuttle N°1     **Boreal** hotel and **Atria Novotel** BELFORT

Shuttle N°2     **Tonneau d'Or** hotel BELFORT

Shuttle N°3     Tonneau **Ibis hotel DANJOUTIN**

Shuttle N°4     **Best Western** hotel, **Kyriad** hotel and **Les Capucins** hotel

go             >    from 1:45 PM to 7:00 PM every hours

back          >    from 2:15 PM to 7:30 PM every hours

# Transport

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**Saturday, June 1st :**

**Free shuttles to go to Malsaucy lake (venue) for athletes :**

Shuttle N°1 and 2 from **Boreal** hotel and **Atria Novotel BELFORT**

Shuttle N°3 and 4 from **Tonneau d'Or** hotel BELFORT

Shuttle N°5 and 6 from Tonneau **Ibis hotel DANJOUTIN**

Shuttle N°7 and 8 from **Best Western** hotel, **Kyriad** hotel and **Les Capucins** hotel

5:00 AM - 5:30 AM - 6:00 AM and 6:30 AM

# Transport

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**Saturday, June 1<sup>st</sup> (cont'd) :**

**free shuttles to come back from Malsaucy lake (venue) to hotels - for athletes only (for bikes see below) :**

Shuttle N°1 and 2 to **Boreal** hotel and **Atria Novotel BELFORT**

Shuttle N°3 and 4 to **Tonneau d'Or** hotel BELFORT

Shuttle N°5 and 6 to Tonneau **Ibis hotel DANJOUTIN**

Shuttle N°7 and 8 to **Best Western** hotel, **Kyriad** hotel and **Les Capucins** hotel

5:00 PM - 5:30 PM - 6:00 PM and 6:30 PM

# Transport

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**Saturday, June 1<sup>st</sup> (cont'd) :**

**Free shuttles from Malsaucy lake (venue) to hotels - for bikes :**

Shuttle N°1 and 2 to Boreal hotel and Atria Novotel BELFORT

Shuttle N°3 and 4 to **Tonneau d'Or** hotel BELFORT

Shuttle N°5 and 6 to Tonneau **Ibis hotel DANJOUTIN**

Shuttle N°7 and 8 to **Best Western** hotel, **Kyriad** hotel and **Les Capucins** hotel

collect of bikes : 5:30 PM to 7:30 PM

return of bike at hotel desk : 8:00 PM

# Transport

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**Saturday, June 1<sup>st</sup> (cont'd) :**

**free shuttles from hotels to Gala Evening party :**

Shuttle N°1 and 2 from Boreal hotel and Atria Novotel BELFORT

Shuttle N°3 and 4 from **Tonneau d'Or** hotel BELFORT

Shuttle N°5 and 6 from Tonneau **Ibis hotel DANJOUTIN**

Shuttle N°7 and 8 from **Best Western** hotel, **Kyriad** hotel and **Les Capucins** hotel

go 8:15 PM and 8:45 PM

Rtn regular base during the evening party

# Transport

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**Saturday, June 1<sup>st</sup> (cont'd) :**

**for other persons than athletes (family, spectators...) :**

free shuttle on Saturday, June 1st from Belfort city center, place Corbis, to Malsaucy lake from 7:30 AM to 7:00 PM

free shuttle from Colryut supermarket in Sermamagny (car parks) to Malsaucy lake (venue) from 8:00 AM to 7:00 PM

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# Questions?



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# Good Luck!