



ITU Winter Triathlon Specific Operations Manual

1) General conditions:

- a) Winter Triathlon Competitions are held under ITU Competition Rules.
- b) When ITU rules are silent on a matter, IAAF (Cross Country Run section), UCI (Mountain Bike section), FIS (Cross Country Ski section) should apply.
 - i) Variation to the existing rules of these International Federations is always put in writing in ITU Winter Triathlon Competition Rules.
 - ii) These rules are to be taken into consideration for the organization of the ITU events.

2) Courses:

- a) The lay out of the different courses must allow safe, fair and fast competition.
- b) Spectators and media friendly are the other requirements for their design.
- c) The different tracks must be packed and groomed to offer the best racing conditions.
- d) Hills and descents must not be so steep that they prevent safety, on foot, MTB or X country skis.

3) Pre-race procedure:

- a) Race briefing has to be held 1 day prior to the first competition. Space has to be available for the athletes, coaches and officials.
- b) Opening ceremony, pasta party, awards ceremony and banquet can be organized for the athletes, coaches and officials.
- c) Race package has to be given to the athletes prior to the Race briefing, included (besides listed in the ITU Operations Manual):
 - i) Race numbers (numbers for the front and back body).
 - ii) Bike number for the MTB.
 - iii) Two stickers for the skis.

4) Transition Area:

- a) The general guidance to build this area is to allow safe and fast transition, is listed in the ITU Operations Manual.
- b) The bike and skis racks may be placed in distinct areas.
- c) Bike and skis racks must allow minimum 1 meter per competitor.
- d) Lowest race numbers closest to the exit.
- e) In the case of no skis racks are available, a hole is drilled for each competitors skis to hold vertical.
- f) A tent must be placed in such a position in TA that it allows for competitors to keep their different shoes in a dry place.
- g) This space will be part of TA and included in the racing flow.
- h) Carpet should be used to facilitate flows.
- i) Locker rooms and shelter must be available close to TA.
- j) A coaching area is organized to allow coaching without interfering with race progress.

5) Starting area:

- a) A vertical structure bearing the sponsors brands should delimitate the start line.
- b) The starting area must be designed to offer space for all competitors.
- c) A line is drawn on the snow with water-soluble coloring material.
- d) A shelter should be available near to the starting line.

6) Running:

- a) The running segment is held on snow.
- b) Spike shoes are allowed.
- c) TD with LOC determines laps number.
- d) No motorized traffic besides officials and safety is authorized on the course.
- e) Directional signage is available at man's height.

7) Mountain Bike:

- a) The Mountain bike section is held on snow, on a draft legal lapping format.
- b) TD with LOC determines lap numbers.
- c) No motorized traffic besides officials and safety is authorized on the course.
- d) Directional signage is available at man's height.
- e) Hot drinks should be available at aid stations.

8) Cross country ski:

- a) The cross-country track allows all styles.
- b) Classic style may be mandatory in some designated areas, such as Starting area, Finish. In this case the tracks must be prepared accordingly.
- c) Over passing must be easy for any competitor at all times.
- d) TD with LOC determines laps number.
- e) No motorized traffic besides officials and safety is authorized on the course.
- f) Directional signage is available at man's height.
- g) Hot drinks should be available at aid stations.
- h) Personal drinks and food may be given at designated aid stations by accredited coaches.

9) Finish:

- a) The finish straight must be at least 60m and allow sprint for several competitors. Classic style may be mandatory.
- b) This line is hard fenced to hold sponsors signage.
- c) Spectators' stands may be available.
- d) A finish gantry or vertical advertisement structure is mandatory.
- e) Medical area, and recovery area are in the very proximity and heated.
- f) Hot Drinks and Blankets for all competitors are available in the finish area before entering the mixed zone.

10) Transition area, Anti doping rooms, Press center, Officials rooms should be within 100m from finish:

- a) Protected areas are organized within the finish zone for:
 - i) Paramedics, first aid
 - ii) Time Keeper
 - iii) VIPs
 - iv) Drinks hot and cold, food