



Belfort

Id triathlon

ITU World Championships

Age Group Team Leaders 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)
- Stéphane 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, ETU Executive Board
- Dominique Frizza
- 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

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      Registration + Expo [competition venue]

14:00 – 20:30      **Compulsory** Bike check-in in TA and  
drop off 1 transition bag .

**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*
- No warm-up on the course
- 08:00                        All athletes to assemble in pre-start area
- 08:25                        First AG wave start



WaveNo	Categories	Start
	EliteM	08:15
	EliteW	08:18
	Para	08:19
1	20-24 Male AG	08:25
	25-29 Male AG	
	30-34 Male AG	
2	35-39 Male AG	08:27
3	40-44 Male AG	08:29
4	45-49 Male AG	08:31
5	50-54 Male AG	08:33
6	55-59 Male AG	08:35
	60-64 Male AG	
	65-69 Male AG	
	70-74 Male AG	
	75-79 Male AG	

WaveNo	Categories	Start
7	20-24 Female AG	08:38
	25-29 Female AG	
	30-34 Female AG	
	35-39 Female AG	
	40-44 Female AG	
8	45-49 Female AG	08:40
	50-54 Female AG	
	55-59 Female AG	
	60-64 Female AG	
	65-69 Female AG	

Open wave 08:45

# Schedule and Timelines

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## Saturday 1 June 2013 (cont'd)

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

20:00                Medal ceremony at **Gala evening**

**Athletes'** shuttles back to hotels

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

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

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

Return of bike at hotel desk : 8:00 PM

# Cut off times

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## Cut-off times:

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

# Opening ceremony + Pasta party

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19:15                      Opening ceremony [Le Phare]

20:00 – 22:00 Pasta Party [Le Phare]


# 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

## **Transition Area: please come prepared!**

- Bike and helmet check (with stickers) + uniform
- Deposit Transition bag in the appropriate racks
- Bike mechanic available at expo
- Bike covers will be distributed to protect your bike

  
**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 your bike



# Race day check-in procedures

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Buses will leave the hotels starting 5am

- **Saturday**      **06:00 – 80:00**      **Opening TA**

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

## **Please come prepared**

- Uniform check
- Body marking



# Race day Check-in procedures

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- Deposit Dry cloth bags in recovery area
- Access to the bag on race day for nutrition



# Start Procedure

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## Athlete line-up:

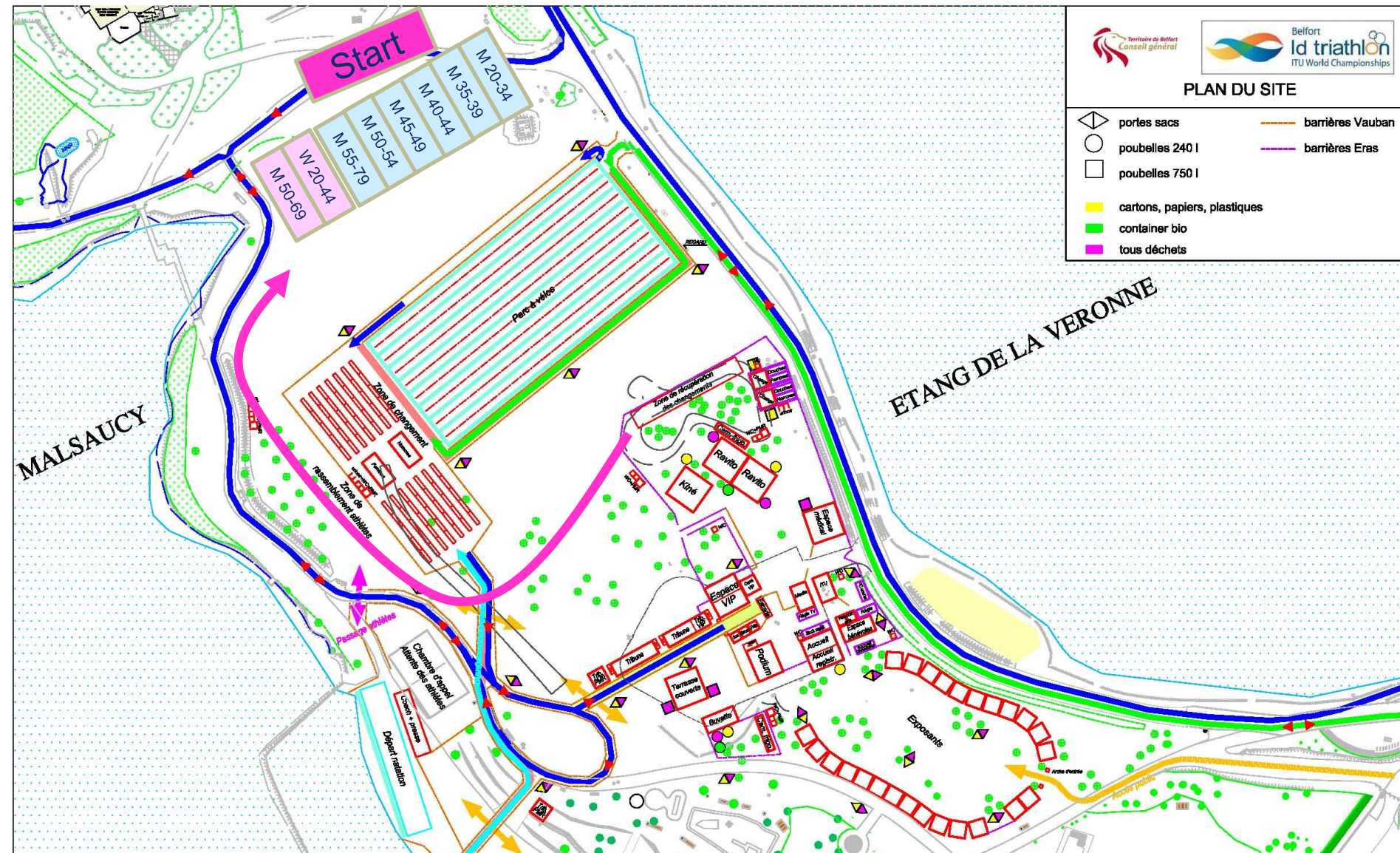
- 08:00 – line up in pre-start area in the box related to your AG start
- You will be called to the start area by officials
- Jog to the start line, stay behind the start line
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

# False Start Procedures

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

# Duathlon start area



# The Course

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## Run 1

1 laps of 9.5km

## Bike

1 lap of 87km

## Run 2

2 laps of 10km

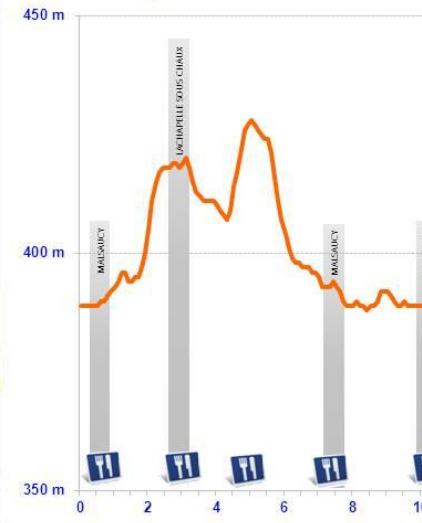
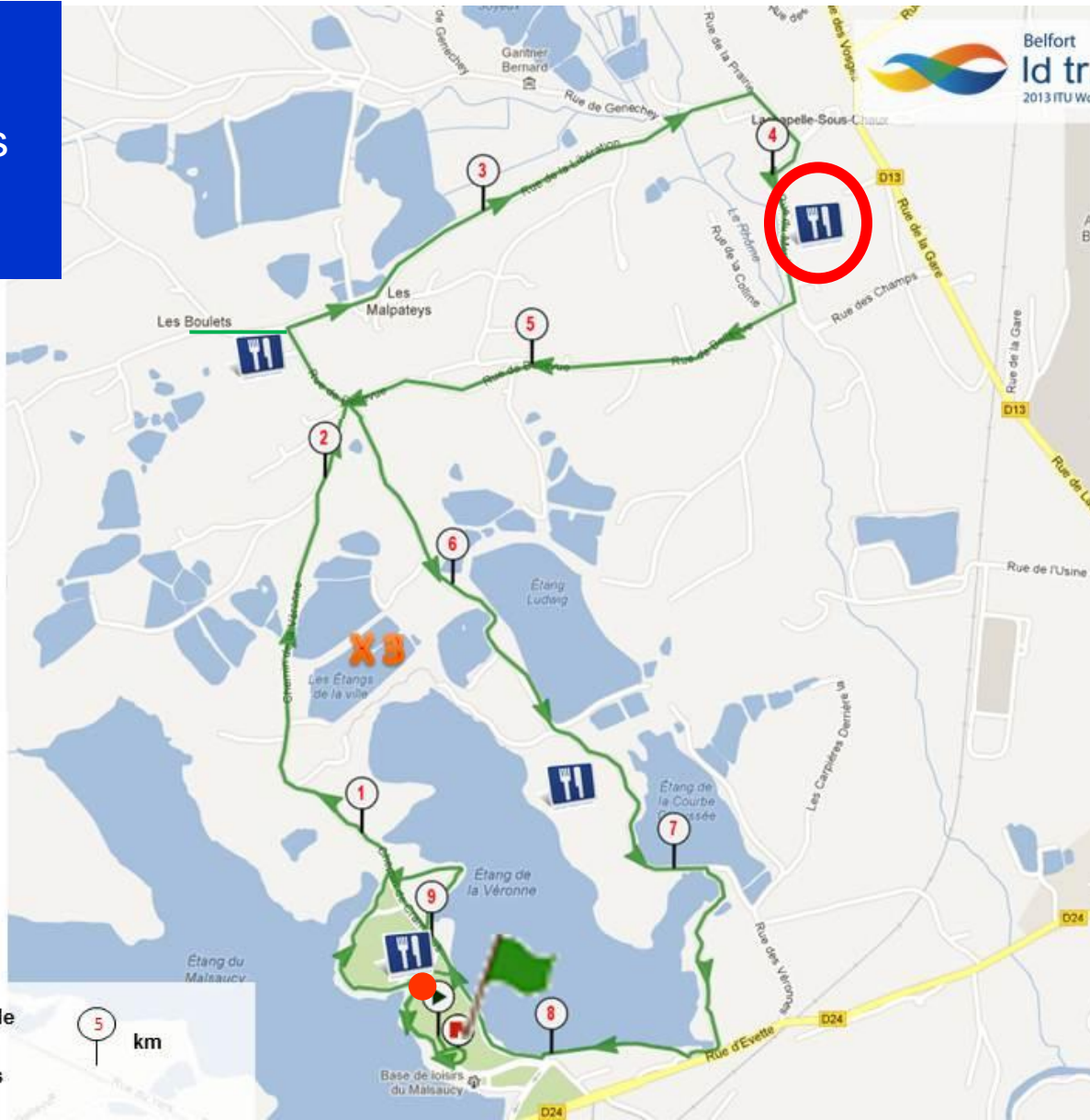
# Run course 1

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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, fruits
  - 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 1 Course Map

1 laps



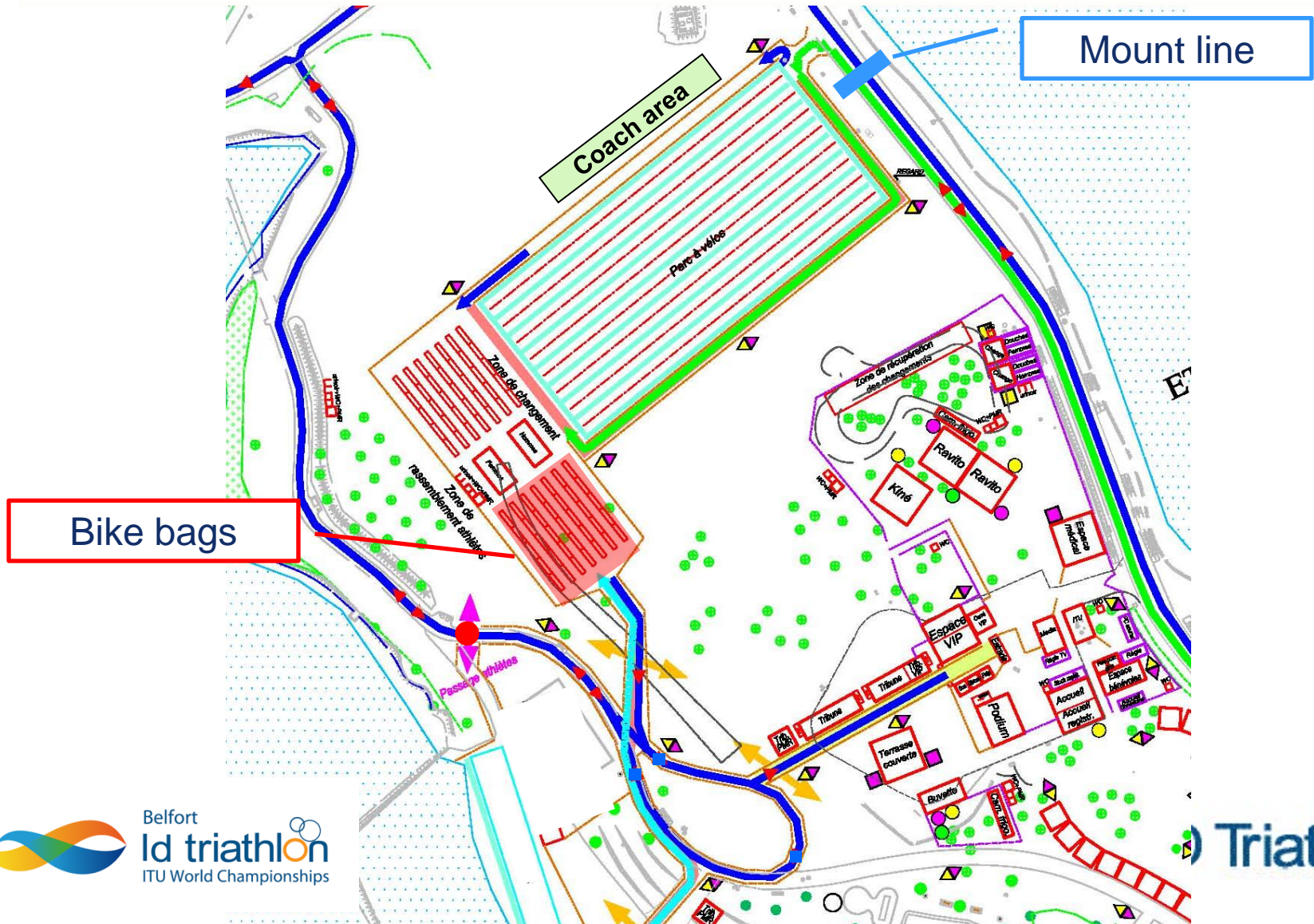


# T1 flow

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- Follow the corridor to TA and get to the transition 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

# T1



# 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



# 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

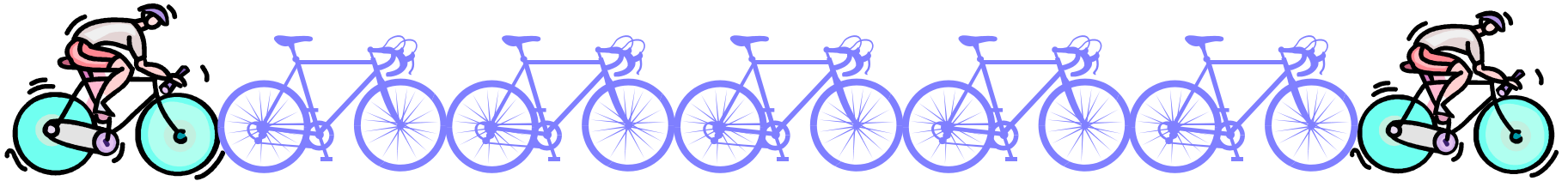
 Aid Station  
 Penalty Box





# Draft Zones

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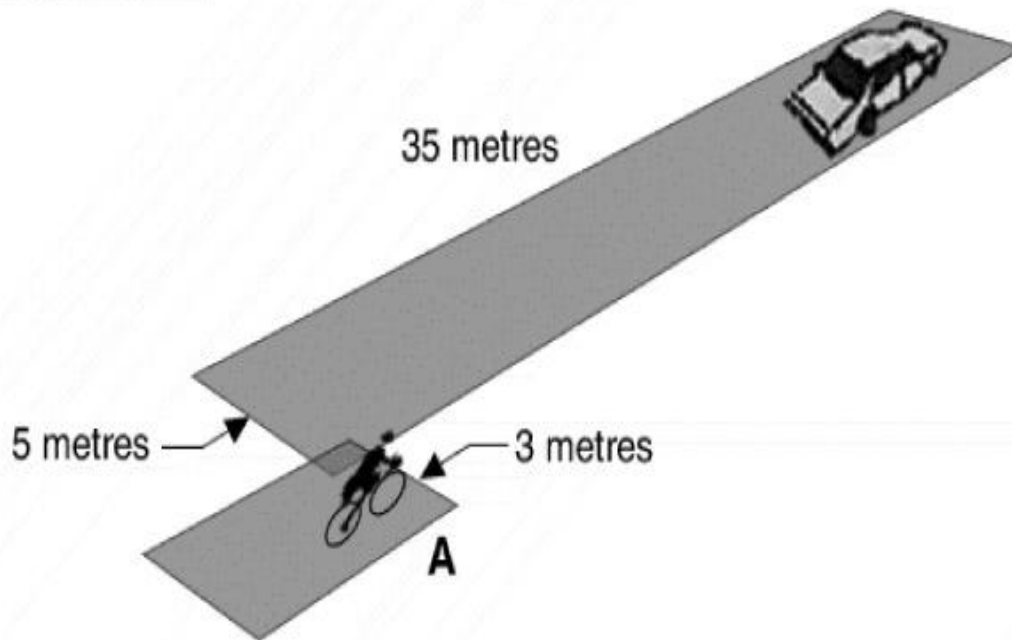


Legal distance: **12m** between bikes (from your front wheel to their front wheel)



# 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.

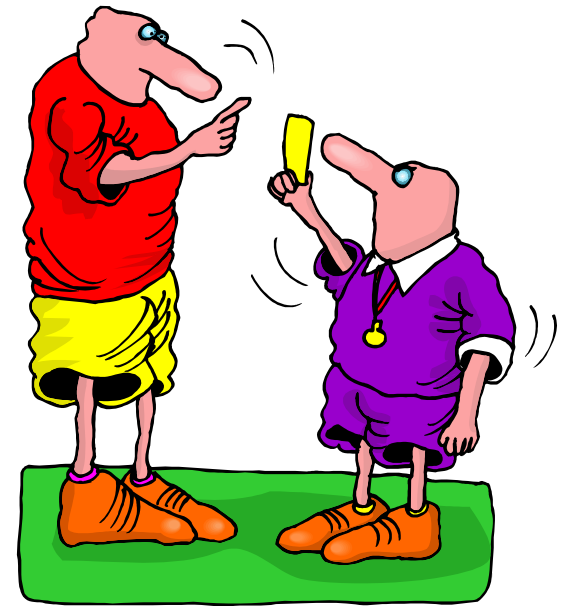
# Advice of Penalties

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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

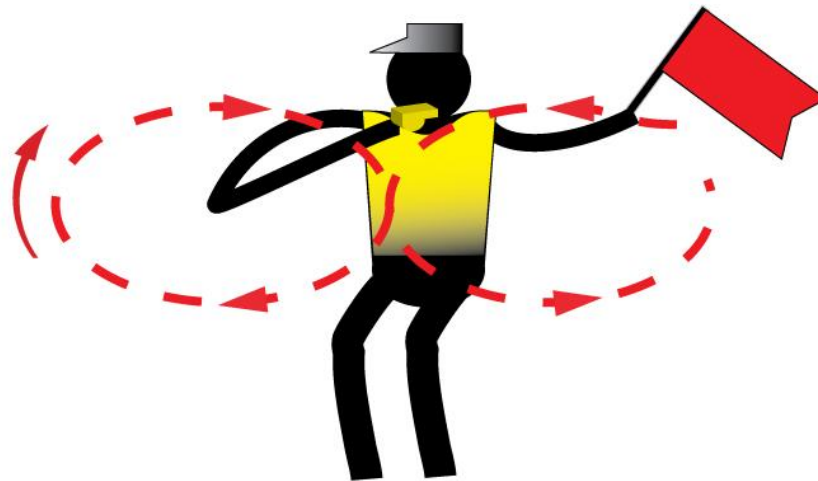
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- Stop in the **NEXT** Penalty Box and must stay there for **5 minutes per offence**
- It is the athletes responsibility to stop in the next Penalty Box. Failing to do this will result in disqualification.
- **3 time penalties** lead to a disqualification

# 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

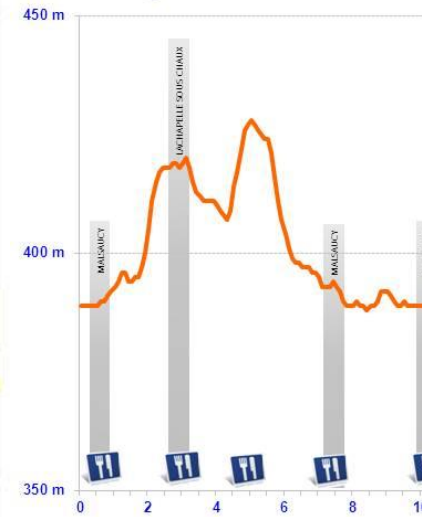
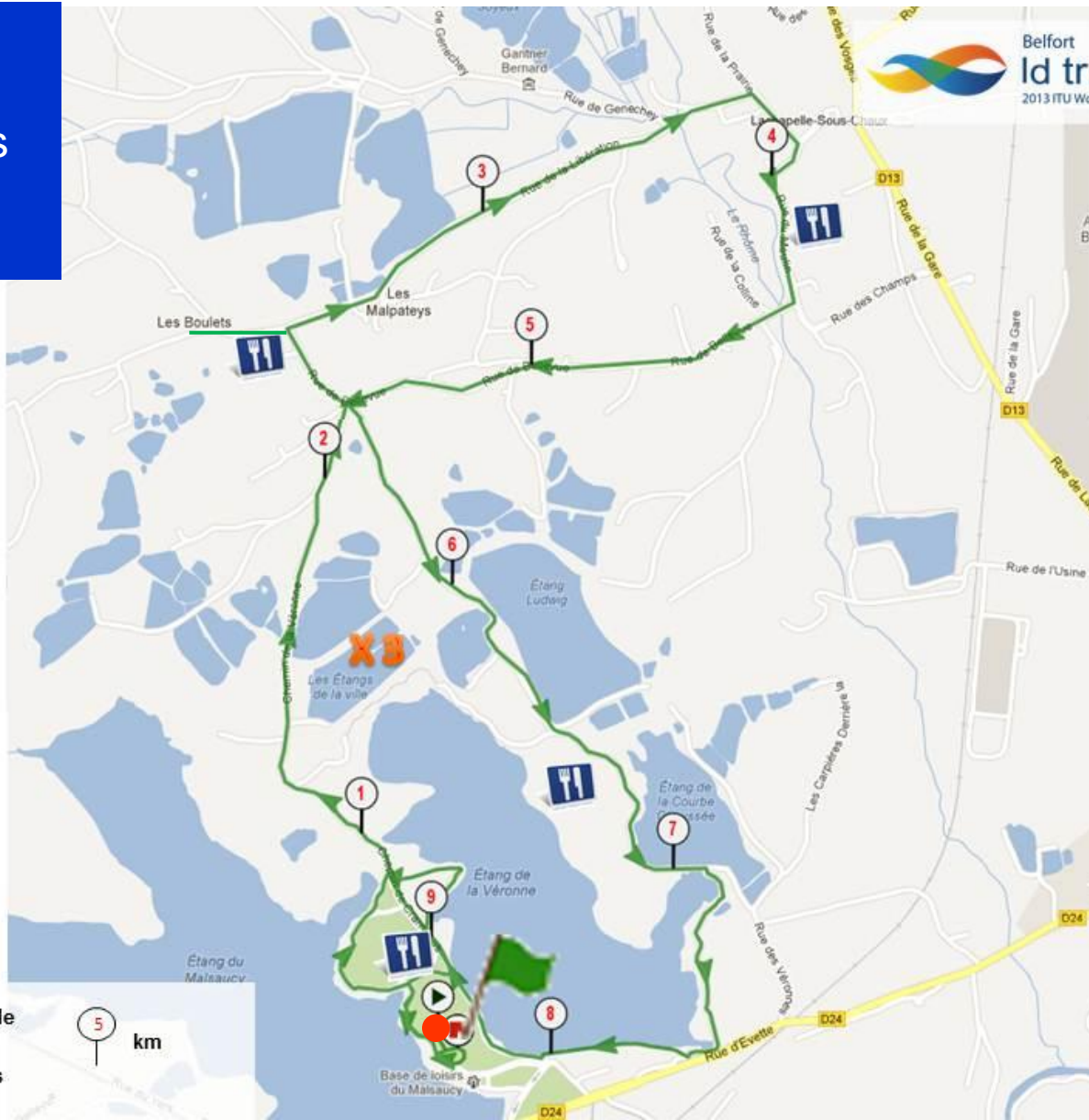
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- 2 laps of 10km
- Aid stations:
  - 4 per lap at 0.2 / 2.4 / 5.4 / 7.5 km (For locations see the map)
  - Water, isotonic drinks, gels
  - Discard all rubbish in drop area at end of aid station
  - Toilet at each aid station
- Coaches' area - Coaches can supply athletes with their own food and beverages at any aid station and the coaches' area.
- No Run Penalty box for AG athletes
- Photo-finish



# Run 2 Course Map

2 laps



-  début de boucle
-  ravitaillements



# 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
- 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 at 8pm
- **20:00 AG Medal ceremony at Gala Evening**

# Medal Ceremony

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## **20:00 Medal ceremony at Gala Evening**

- Dress up in National Uniform
- Medal
- Photo 1-2-3

# 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 have allowed the athletes to wear knee/arm warmer, bike jersey/vest provided they comply with the uniform rules or plain in design/sponsor free).

**RUN:** bib number mandatory for run segment

All equipment must be returned at TA or dropped at coach area or 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 the 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.



# Closing Ceremony

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- 21:00 – 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 hour

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

# 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?

Find the briefing at

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**Triathlon.org/downloads  
/racebriefing**

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# Good Luck!