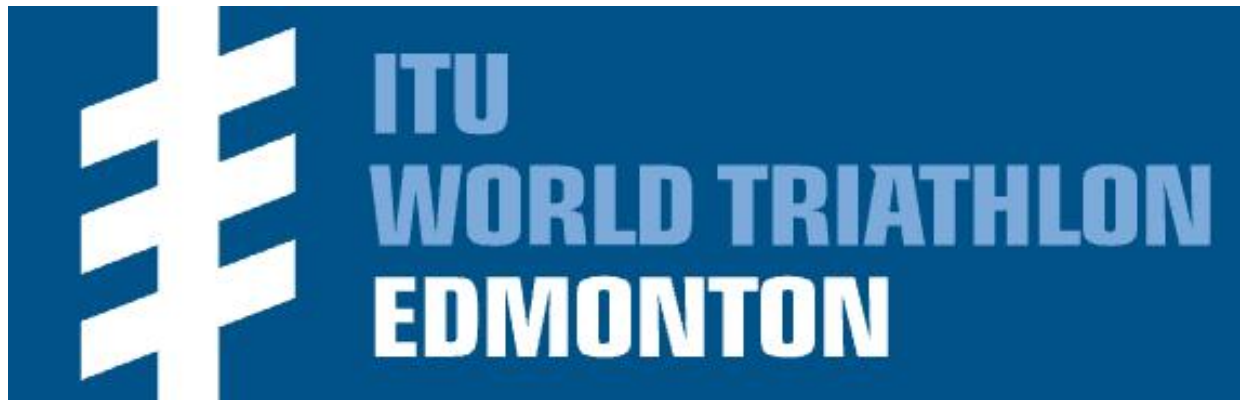


2017 Edmonton ITU Paratriathlon Series



**Elite Paratriathlon briefing
July 27, 2017**

Briefing agenda

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

Welcome and Introductions

Antonio Arimany, ITU Secretary General

Leslie Buchanan, ITU Team Leader

Roberto Menescal, ITU Technical Delegate

Ulf Schuetze, ITU Race Referee

Dr. Humberto Aguilar, ITU Medical Delegate

Competition Jury

- **Kris Gemmel (NZL)**, ITU Representative
- **Les Pereira (CAN)**, Canadian Triathlon Federation
- **Roberto Menescal (BRA)**, Chair

Schedule and Timelines

Today

Immediately after this briefing collect your race packs

PTWC:

- Stickers for helmet, handcycle, bag
- Extra stickers for wheelchairs
- Bib numbers for athlete and personal handlers

Body decals

Schedule and Timelines

S2, S3, S4 and S5:

- Stickers for helmet, bike, bag
- Extra stickers for prosthesis, crutches, etc.
- Bib number for athlete
- Body decals

Schedule and Timelines

PTVI:

- Race number stickers for the helmets
- Race number sticker for the bike
- Extra stickers for bag, etc.
- Bib number for the athlete and bib number for the guide with the word “GUIDE”
- Body decals

Schedule and Timelines

Friday July 28

14:00 - Athletes Lounge open

15:30 – Transition open

16:00 to 16:45 – Swim warm up

16:50 – Athlete line up and introductions

17:00 – Race Starts

19:30 - medal award winners gather under the finish gantry

19:45 Award Ceremonies

Paratriathlon Starts

A - 17:00 S5 M

B -17:01 S5 F

C -17:06 VI-B1 M / F

D – 17:09:16 VI-B2/3 M

E – 17:09:42 VI-B2/3 F

F - 17:15 S4 M

G -17:16 S4 F

H - 17:21 S3 / 2 M

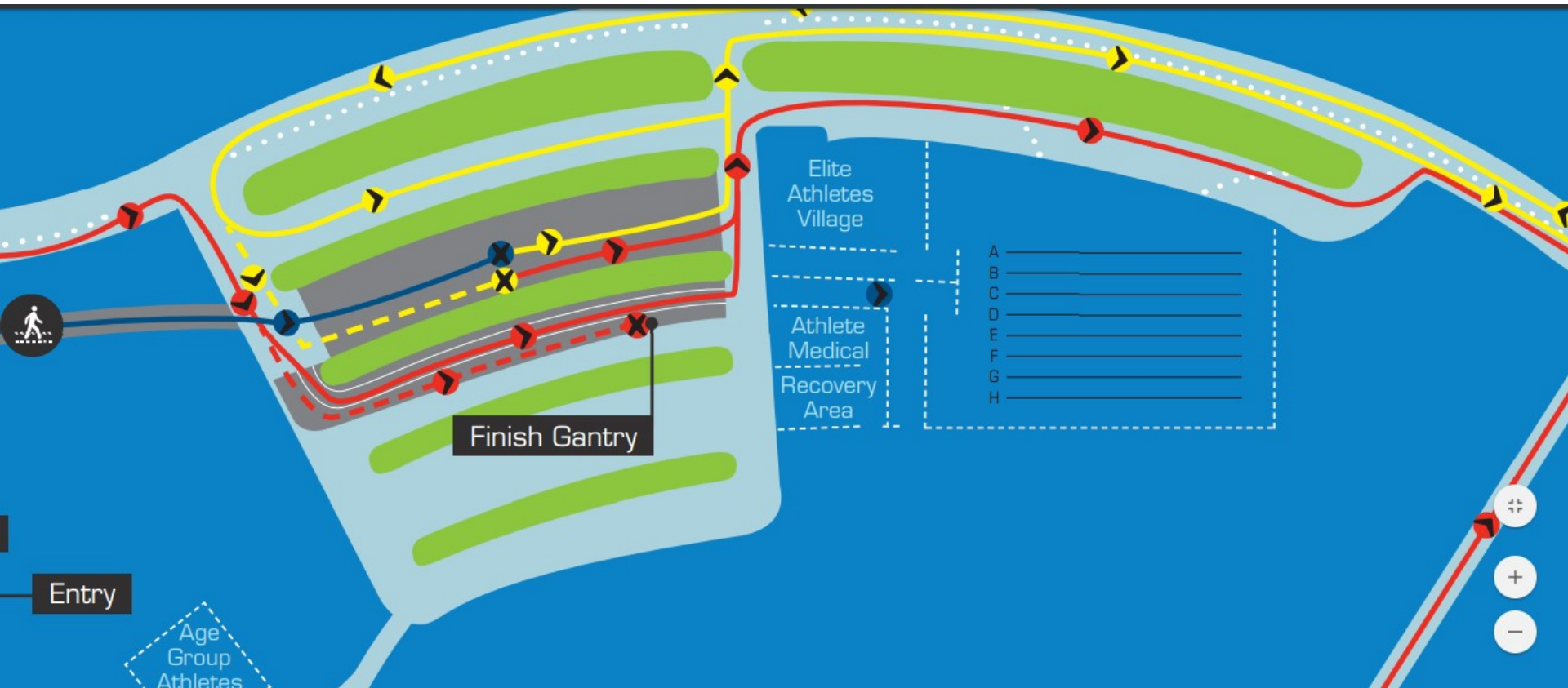
I - 17:22 S3 / 2 F

J - 17:45 WC-H1 M / F

K – 17:48:35 WC-H2 M

L – 17:49:48 WC-H2 F

Venue map



Check-in procedures

Entering the venue

- Bike check
- Uniform Name, country, sponsor logos, ITU logo, zipper
- Photos taken
- Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs)
- Equipment for pre-transition

SPECIAL PARATRIATHLON VEHICLE ACCESS SCHEDULE

14:00 – 15:00

Check-in procedures

Athletes Lounge

- Uniform check
- Bag storage
- Swim cap distribution color according to your swim exit needs
- Body decals
- Timing chips
- Wave ID written on left hand
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station

Swim Cap Colors

- PTWC **RED**
- PTS2,PTS3,PTS4,PTS5 **RED** or **YELLOW**
or **GREEN**
- PTVI-B1 athlete **ORANGE**
- PTVI-B2,B3 athlete **GREEN**
- PTVI guide **WHITE**

Timing chips – where to wear

- **PTWC:**
 - 1 on the hand-cycle (rear axle)
 - 1 on racing wheelchair or on athlete ankle
- **S2, S3, S4, S5**
 - 1 on athlete ankle
 - 1 on athlete ankle or prosthetic
- **PTVI**
 - 1 on athlete ankle, 1 on guide ankle

Allow Equipment - Uniform

Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Any part of the body may be covered except the face, hands and feet
- No prothesis socks, unless the pins are adequately covered. **This will be checked**
- VI B1 athletes must wear black out goggles

Allow Equipment - Uniform

Run & Bike

- Athletes can wear long sleeved shirt under their uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event BUT only in Transition. Do not remove during the race and hand to someone else. This will lead to DSQ
- VI B1 athletes must wear black-out glasses on the run

Check-in procedures

Transition Area

- Helmet check
- Only athletes and their handlers will be allowed in the TA
- To add anything to the bike, approval is to be obtained from the RR at the end of the Athletes Briefing
- Running shoes on the ground, helmet on the bike
- Do not leave your helmet fastened in the transition

Athlete who does not comply with this rule will receive a 10 second time penalty in TA1

The Course

Swim

1 lap 750m

Bike

4 laps of 5.1km = 20.4km

Run

2 laps = 5km

The Course



Pre-start Procedure

Athletes' line-up:

- 10 minutes before your start, line up at pre transition

Order will be wave ID, then category, then race number

- Move to the swim start when you are introduced, select a position and stay behind the line! (**/inside the water**)
- **All S and VI - Standing Start**
- Official can take your prosthesis, crutches, etc. to pre-transition.

Pre-start Procedure

Waves Starts:

- Each wave will start at an exact time
- Please follow instructions promptly
- Please make note of the distance from pre-transition to

Pre-start to start area

- Each wave will start at an exact time
be ready for line up at at pre
transition tent



Start Procedure

Athletes in position in the water:

- Semi-deep water start
- The start can be given any time after the TD announces "On your mark"
- Electronic horn blast / Air horn blast
- The race starts

False Start Procedures

False start with many athletes:

- Several air horn blasts
- Kayaks in front of you
- Everyone goes back to his or her original start spot

Valid start but with early starters:

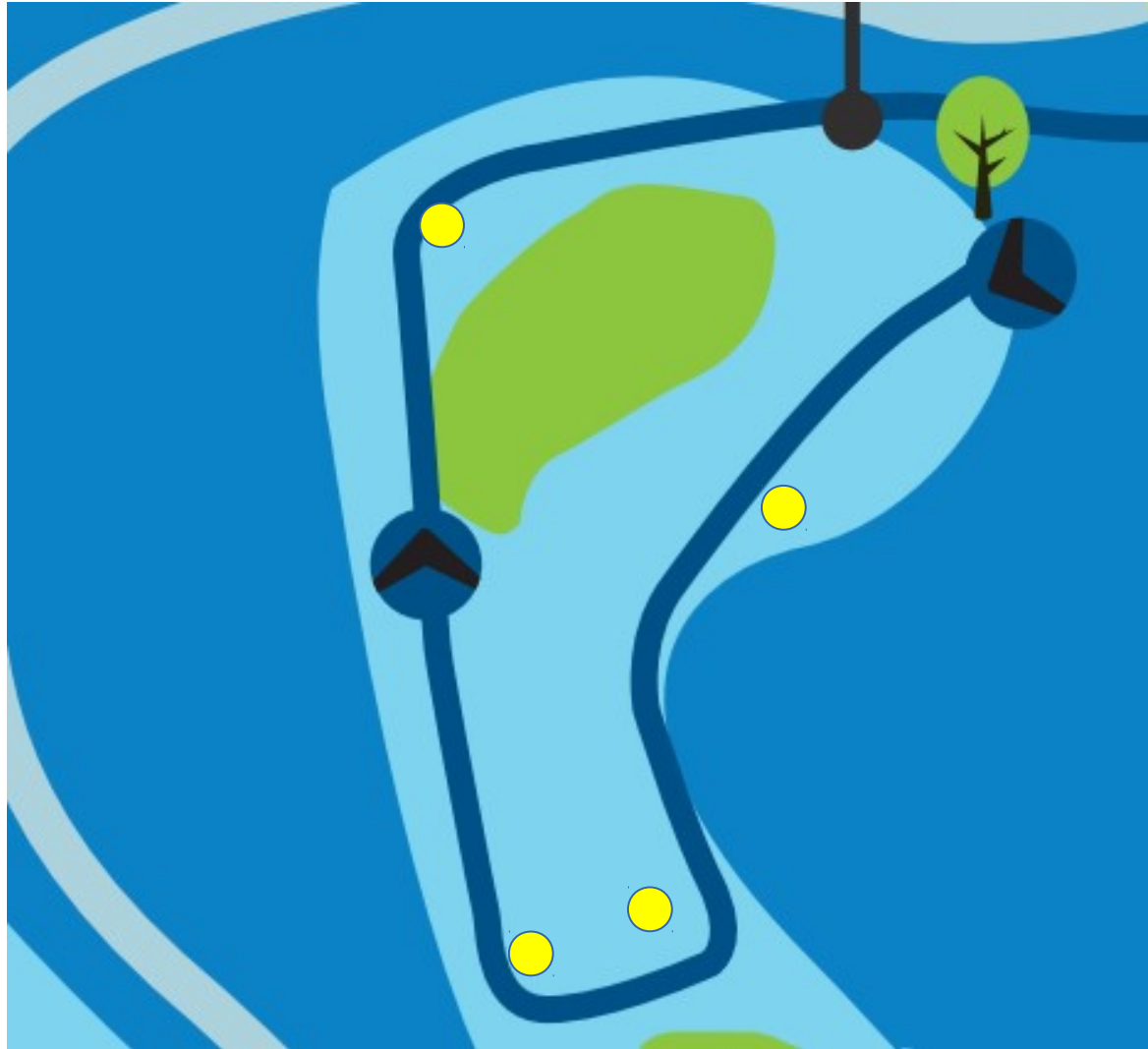
- If someone starts before the horn and every one else starts with the horn, **the false starter will receive a time penalty of 10 seconds in TA1**

During the time penalty the athlete cannot touch any race equipment

Swim Course

Swim

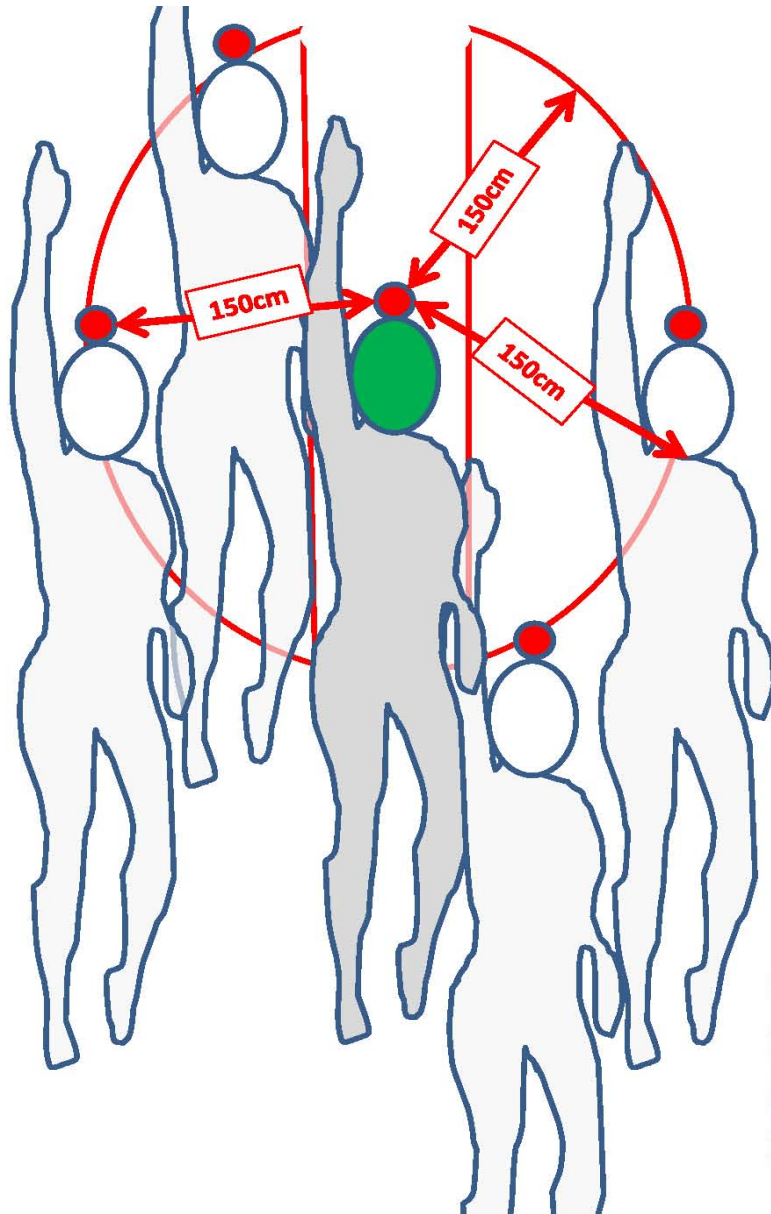
1 lap of 750m



Swim course

- Water temperature: 22.1 °C July, 27
 - Wetsuit allowed
 - 1 lap = 750m
 - Distance to the first turn buoy 300m
 - ramp exit with swim exit handlers
 - Take cap, goggles to transition into your area
 - Warm up area outside the course
- exit ramp issue taken care of

PT5 Swim Conduct



- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation distance of **1.5m** from the athletes' head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and **1 m long when measured with no tension**. It can be fixed at any point of the athletes' body.

Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas, it will be consider as a violation.

Swim exit handling

- Swim exit assistance only by the LOC assistants.
- They will provide support to all athletes according to their swim cap color.
- No Personal Handlers allowed to assist at Swim Exit.

Pre- Transition area

- Athletes' registered equipment (prosthesis, crutches, day chairs)
- Folding chairs for wetsuit removal
- Athletes from PTVI are not allowed to use the pre-transition area
- Only PTWC Handlers are allowed in this area
- No wetsuit removal by TOs or volunteers

Transition Area

- Individual/ Traditional Bike Racks
- Name, number, country code and flag
- All used equipment goes into your area

Failure to do so = 10 second penalty on run

- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**) PTWC shall stop completely at mount and dismount lines

Transition Area

- Helmet **MUST** be fastened before un-racking bike
- Personal Handlers moving to the Wheel Stop should inform the TOs that they are going there
- Bibs facing backwards during bike – PTWC athletes must put the bib on the hand cycle

Bike course

- 4 laps of 5.1km 20.4km
- 1 Team Wheel Station (for location see the map)
- Electronic lap control, but you are responsible to count for yourself !
- Bike Penalty box on prior to TA
- Always ride on the right, pass on the left
- Warn the athlete you want to pass

Bike course

- Draft illegal event
- If shown a **BLUE** card for drafting, you **MUST STOP AT THE NEXT PENALTY BOX** - 1 min/penalty
FAILURE TO STOP AT THE NEXT PENALTY BOX: DSQ
- It is the athletes responsibility to stop at the Penalty Box – numbers not posted on board
- Time penalties for littering on bike course will be served at run penalty box: 10 sec penalties (**YELLOW** card)
- 2 accumulated time penalties = **DSQ**

Bike Course Map

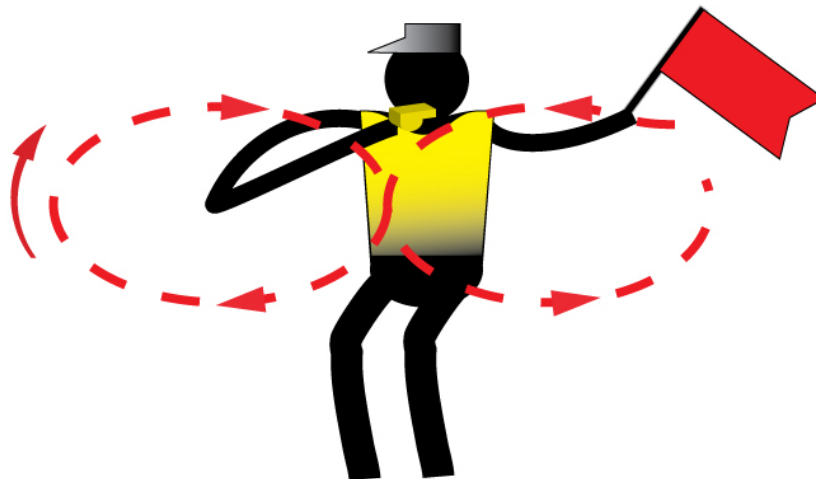
Bike 4 laps of 5.1km = 20.4km

**Team
Wheel
Stop**



Caution

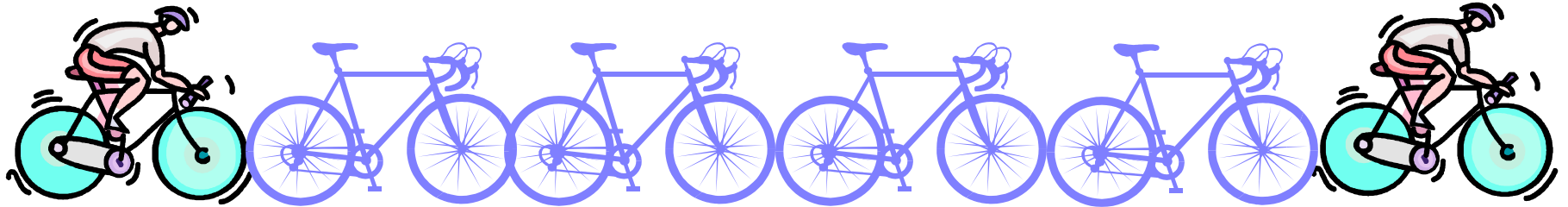
Caution signal: three sharp whistles and red flags



Draft Zones

- Legal distance:

10m from front wheel to front wheel
20 seconds to overpass



Bike Penalty Box

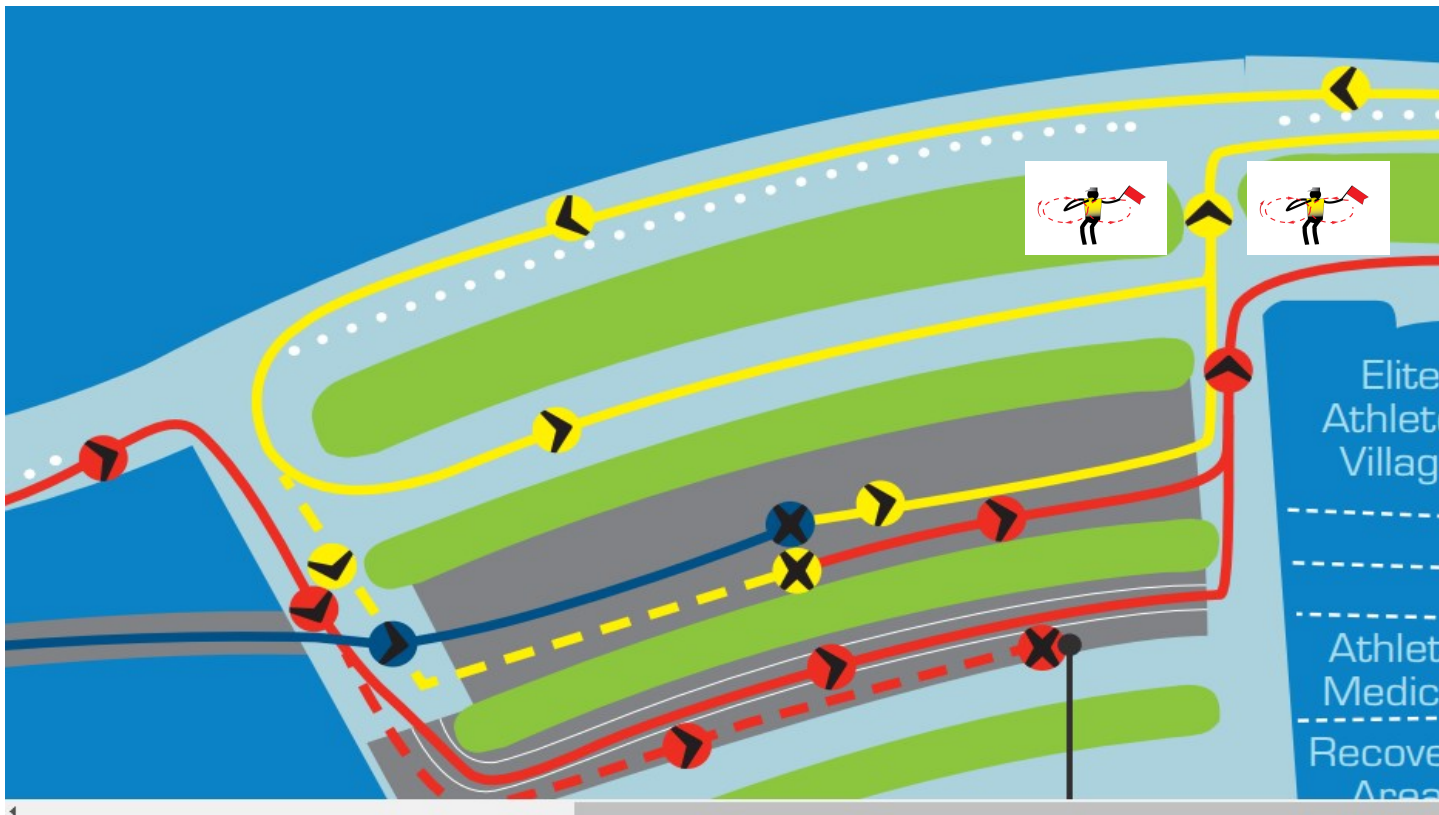
Bike 4 laps of 5.1km = 20.4km

**Bike
Penalty
Box**



Bike Exit to Run Entrance

- Merging athletes on 2nd and 3rd. Lap merging with 1st. Lap athletes



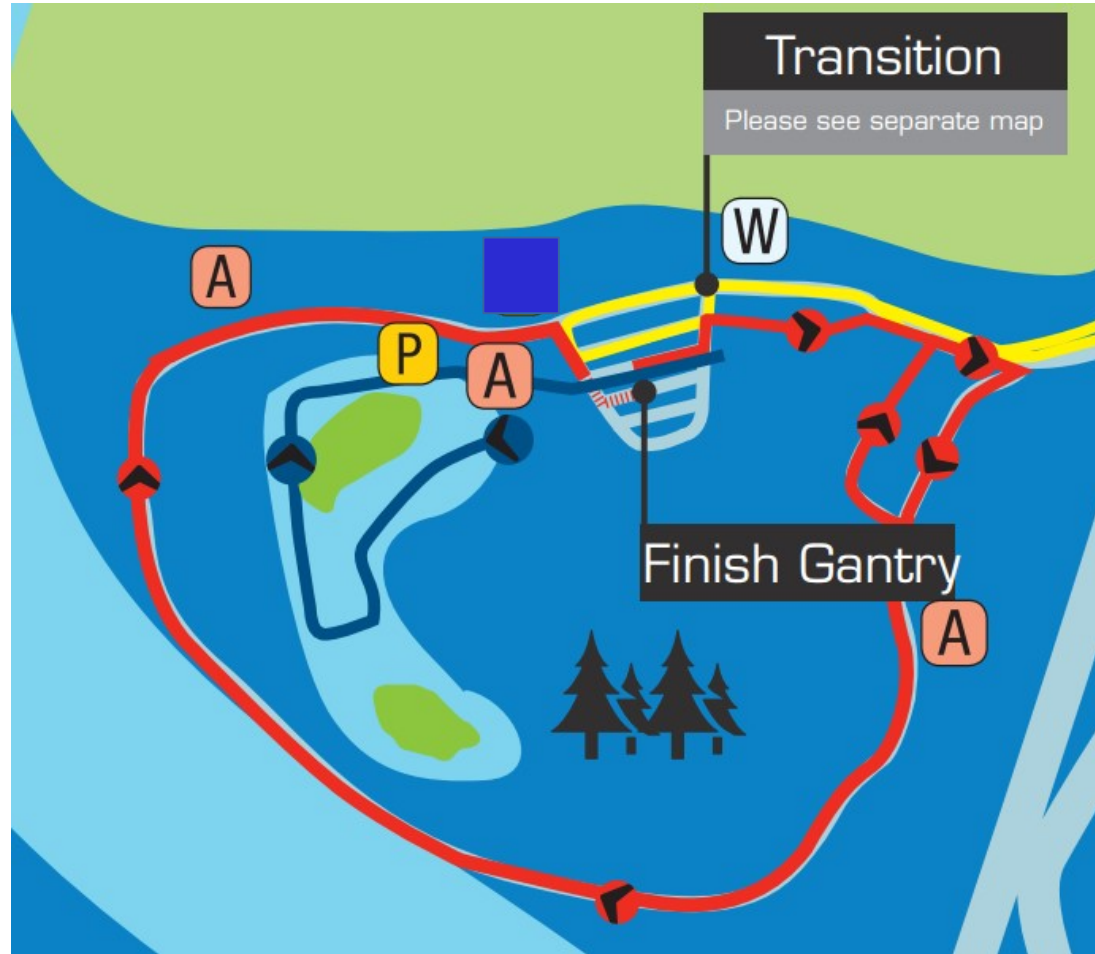
Run course

- 2 laps- (total distance of 5km)
- Aid stations:
 - 2 per lap
 - Discard plastic bottles and litter in the Littering Zone (located directly after the Aid Stations)
- Photo-finish
- Congestion in finish area:
 - Go to recovery area

Run Course Map

Run

2 laps = 5km



Run penalty box

- Penalty box is for infringements in: TA1, Bike, TA2 and Run
e.g.: mount before mount line, dismount after dismount line, equipment outside your box, rack the bike outside your own area, guide leading the athlete, etc.
 - Location: Before entering parking 300m from finish chute
- Information: White board to show race numbers
(Athletes need to read the board)
- Procedure: 10 second time penalty served on any lap of the run
- **If you do not stop, it will result in a DSQ**

Handlers Direction after TA2

- Proceed to finish line via Recovery area, off the FOP
- Do not go down the finish chute
 - Bike check out: Max 15 min after awards ceremony

Post Race Procedures

- Photo-finish
- No congestion in the finish area: go to mixed zone/recovery area

Anti-Doping Control

- Photo ID is needed for every athlete to go for testing

Team Medical Access

- Team medical will be allowed to enter the medical tent after permission from the ITU Medical Delegate
- Every NF can have 1 team medical accreditation. Team doctors should register with the ITU Medical Delegate

Post Race Procedures

- For awards, dress “up” – with race uniform (or country clothes) **Ambush marketing rules apply**
- Race caps/visors are allowed at the podium with maximum 1 sponsor logo with maximum height 4cm & total area 20cm²
- Medal ceremonies at 19:45

Results & Medal ceremonies

- Where will results be posted at athletes lounge
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.

19:30 - medal award winners gather under the finish gantry

Ambush Marketing Rule

- 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

Coaches' Areas

Accreditation

- Accreditations will be distributed to those that have been entered through the online system from their NF
- Coaches will have access to: athletes lounge

Handler's Notes

- Personal handlers are specifically allowed to assist paratriathletes by:
 - ✓ Helping with prosthetic devices/assistive devices
 - ✓ Lifting the participants in and out of handcycles and wheelchairs
 - ✓ Removing wetsuits or clothing
 - ✓ Repairing flats, punctures and helping with other equipment

Handler's Notes

- All handlers shall be subjected to the ITU Competition Rules
- Any action taken by the Handler which propels the competitor forward may at the discretion of the Race Referee, be grounds for a time penalty or disqualification
- Personal handlers can only assist with their athlete
- ITU has to approve the need of handlers for the S2, S3 S4and S5 athletes

Weather forecast

Saturday

Mostly Sunny



Temperature **26 °C** (High) Race Time
17°C (Overnight Low)

Humidity **44%**

Wind W at 13km/h

Have a great race!