



Oklahoma City

Id triathlon

ITU World Championships

AG Team managers' briefing

21 September 2016

Briefing agenda

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



Welcome and Introductions

- **Barry Siff, ITU Executive Board Member**
- **Eric Angstadt, ITU Team Leader**
- **Andrew Armstrong, ITU Technical Delegate**
- **Stevee Espling, ITU Assist. Technical Delegate**
- **Troyce Beglaw, ITU Race Referee**
- **Gerardo Aguillar, ITU Medical Delegate**
- **David Wood, LOC Director**



Competition Jury

- **Andrew Armstrong, CDN, Chair**
- **Barry Siff, USA**
- **Gerardo Aguilar, MEX**



Schedule and Timelines

WEDNESDAY 9/21/16

- 10:30 AM Run course familiarization Meet Lake Hefner
 - 12 pm - 5 pm Accreditation/Race packet Devon Boathouse
 - 12 pm - 5 pm Expo Area Devon Boathouse
 - 12 pm - 5 pm Bike Service Devon Boathouse
 - 1 pm Bike course familiarization (ride) Lake Hefner
 - 3 PM – 5 PM INDOOR SWIMMING POOL (race id required)
Lighthouse Club near Field of Play/Lake Hefner
 - 4 PM Team Managers Meeting
- DEVON BOATHOUSE IN BOATHOUSE DISTRICT



Schedule and Timelines

THURSDAY 9/22/16

- 7 AM - 9 AM Swim course familiarization LAKE HEFNER
- 9 AM - 3 PM Indoor swimming pool access
- 10 AM - 4 PM Accreditation/Race packet pick-up
- 10 AM - PM Information Tent
- 10 AM - 7:30 PM Expo Area
- 10 am - 4 pm Bike Service Devon Boathouse
- 10:30 AM Bike course familiarization (van) Lake Hefner
- 10:30 AM Run course familiarization Lake Hefner



Schedule and Timelines

Friday 9/23/16

7 AM - 9 AM Swim course familiarization Lake Hefner

9 am – 3 pm Indoor swimming pool Lake Hefner

10 AM - 6 PM Accreditation/Race packet pick-up

10:30 AM Bike Course Familiarization (Bus) Lake Hefner

1 PM – 7 PM BIKE SERVICE TRANSITION AREA

1 PM - 7 PM Bike check-in (Mandatory - All athletes) TZ
Bag Check Transition Area

Saturday 9/24/16

5 AM - 6:30 AM Transition area open, Transition bag check in, Bike service Transition Area, Lake Hefner



Registration Process

Athlete must register in person.

Athlete must present a photo identification document (passport, driving licence, national id card, triathlon licence with photo).

No payment – no race pack: payment in cash at the accreditation desk is possible before the registration process. Payment can be made by Team Manager or directly by the athlete if approved by the Team Manager



Registration Process

- Swim cap (check you have right colour)
- Timing chip
- Bib number
- Body decals
- Stickers (3 for helmet, 1 for saddle, 1 for sports bag)
- Accreditation



Cut off times

Swim cut off – 2H 15M

Bike cut off – 1645 (4:45pm)



Parade of Nations

Thursday 22 September

- 4:00pm Parade of Nations line-up
- 4:30pm Parade of Nations
- 5–6:30pm Pasta Party
- 6:30 Opening Ceremonies

All at the Boathouse



Waves start times

| | | | |
|---|-----------------|---|---------|
| 1 | Professional | 1 | 7:28 AM |
| 2 | Professional | 1 | 7:32 AM |
| 3 | Para | 1 | 7:33 AM |
| 4 | Males, 44 & - | 2 | 7:38 AM |
| 5 | Males, 44 & + | 3 | 7:41 AM |
| 6 | Females, 44 & - | 4 | 7:44 AM |
| 7 | Females, 44 & + | 5 | 7:47 AM |
| 8 | Citizen | 6 | 9:00 AM |
| 9 | Citizen | 7 | 9:05 AM |



Check-in procedures

Entering the venue

- Check-in the day before is **mandatory**

Race day check in:

- Body marking check (to be applied to each arm and leg, age category on one calf)
- Bag storage is available – only small bags in the TZ



Check-in procedures

- Bib number
- Uniform
- Bike check (on Friday) with race number on bike (Bike mechanic available)
- Helmet check with race number
- 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.

It is not allowed to leave any equipment (own box, pump, etc) in the TA

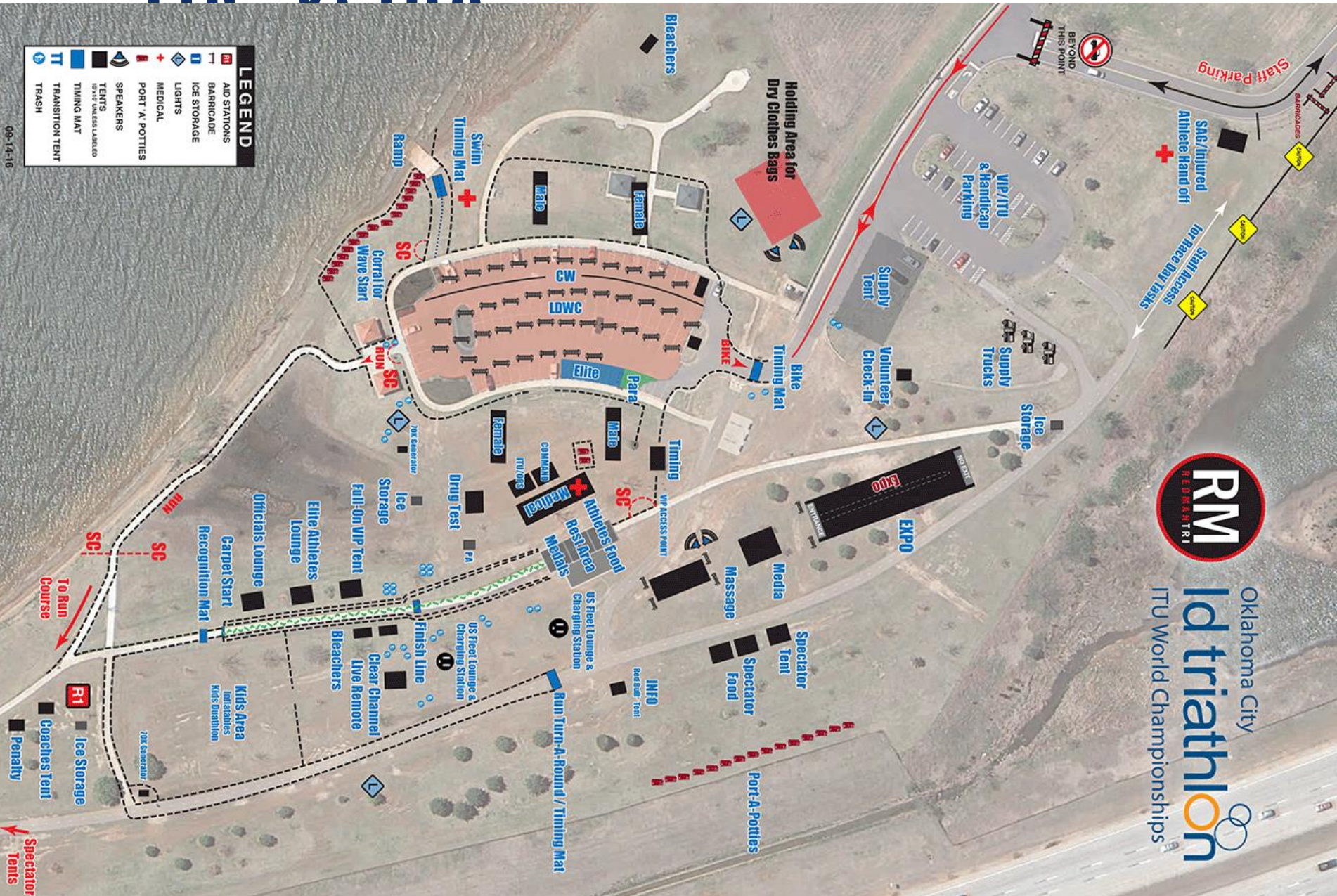
Marking your TZ spot is strictly **forbidden**



The Venue



Oklahoma City
Id triathlon
 ITU World Championships



LEGEND

- AID STATIONS
- BARRICADE
- ICE STORAGE
- LIGHTS
- PORT 'A' POTTIES
- SPEAKERS
- TENTS
- TIMING MAT
- TRANSITION TENT
- TRASH

09-14-16

Pre-start Procedures

Athlete line-up:

- Bag-drop area: no other equipment than the ones used for the competition are in TA. The rest is either given to one of your support team or dropped in the bag drop area. Use bag sticker.
- Pre-start area: be there 30 minutes before start. Listen for announcements. Look for swim cap colors. Ensure you have your timing chips
- Start: Do not take non-essential equipment to start area, including water bottles or clothing. Give to support team or place into bins.



Start Procedure

Athletes in position:

- In-water start
- Follow instructions of the start officials
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts
- Starting in an earlier wave: **DSQ**
Starting in a later wave: **time starts from your wave.**
No start between waves is allowed.



The Course

Swim

2 laps of 2000m

Bike

Out, 2 laps of 40km, Back

Run

3 laps of 10km



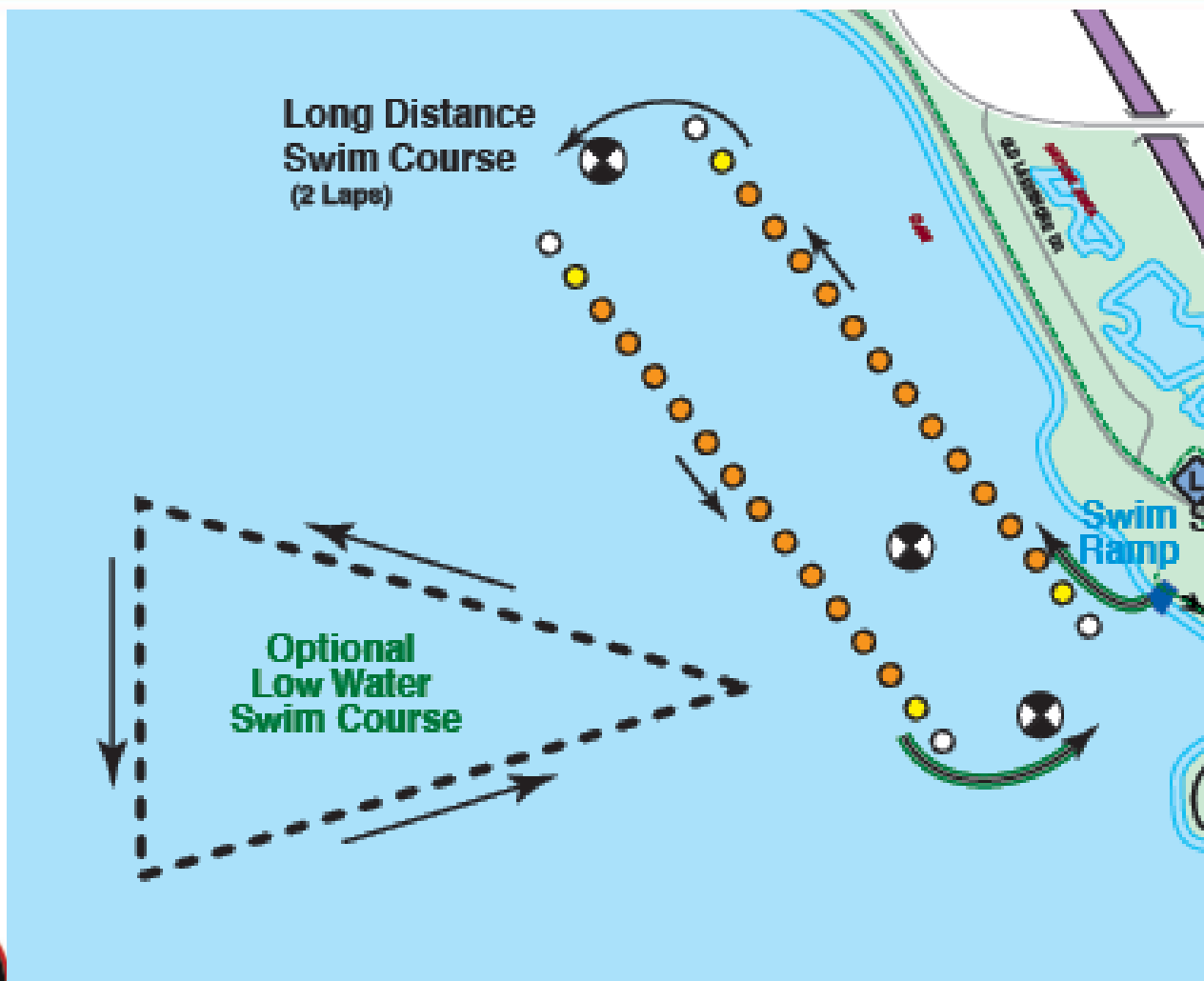
Swim course

- Today's temperature: (14:30)

| | |
|-------------------|--------|
| Water: | 26.8°C |
| Air: | 32°C |
| Relative humidity | 67% |
- Wetsuit not allowed
- In case of non-wetsuit event the bib number and compression sleeves are forbidden during the swim
- Buoys to **left/** shoulder
- 2 laps (total distance of 4000m)
- Distance to the first turn buoy 450m
- Take cap, goggles to transition into your area
- Warm up area outside the course



Swim course Map



Swim Exit to Transition Zone



Transition Area

- Traditional Bike Racks – numbered – every 75cm
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All equipment within your space
- Do NOT stop at swim exit or anywhere before TA to remove your wetsuit
- Large Bags to the Athletes Lounge



Transition Area

- Helmets must be fastened before uncracking your bike
- No bare torsos
- Bike bib number is not mandatory for the bike segment, but mandatory for the run



Bike course

- 2 laps (total distance of 120 km)
- Rolling hills
- **Always ride on the right, pass on the left**
- Warn the athlete you want to pass
- Timing mat at the end of each lap, and other locations **you are responsible to count for yourself**
- Penalty boxes at each aid station (except #2)
- OPEN COURSE – TRAFFIC IS PRESENT
- 140+ signs to direct athletes
 - No phones, ipods, etc. (DSQ)
- Hazards marked with cones or paint



Bike course

- Draft **illegal** event
- If shown a **BLUE** card for drafting, you **MUST STOP AT THE NEXT PENALTY BOX**
- 5 min/penalty
- **FAILURE TO STOP AT THE NEXT PENALTY BOX: DSQ**
- Littering areas attached to each aid stations and marked with the following signs:
- Time penalties for **littering on bike** course will be served in bike penalty box
- 3 accumulated drafting penalties = **DSQ**

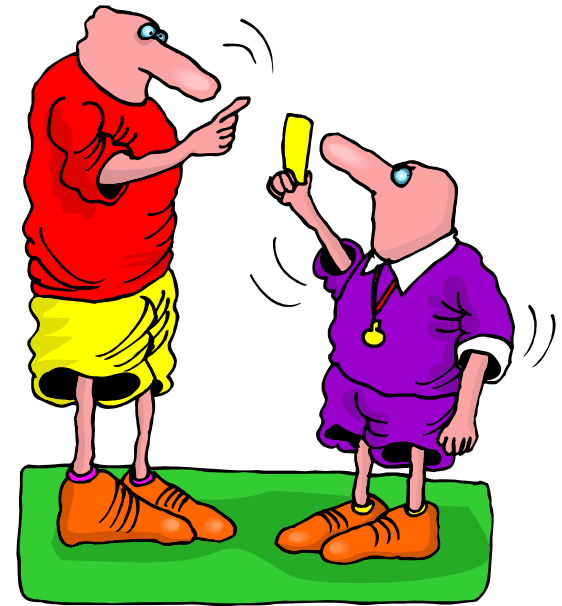


Advice of Penalties

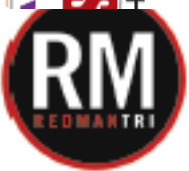
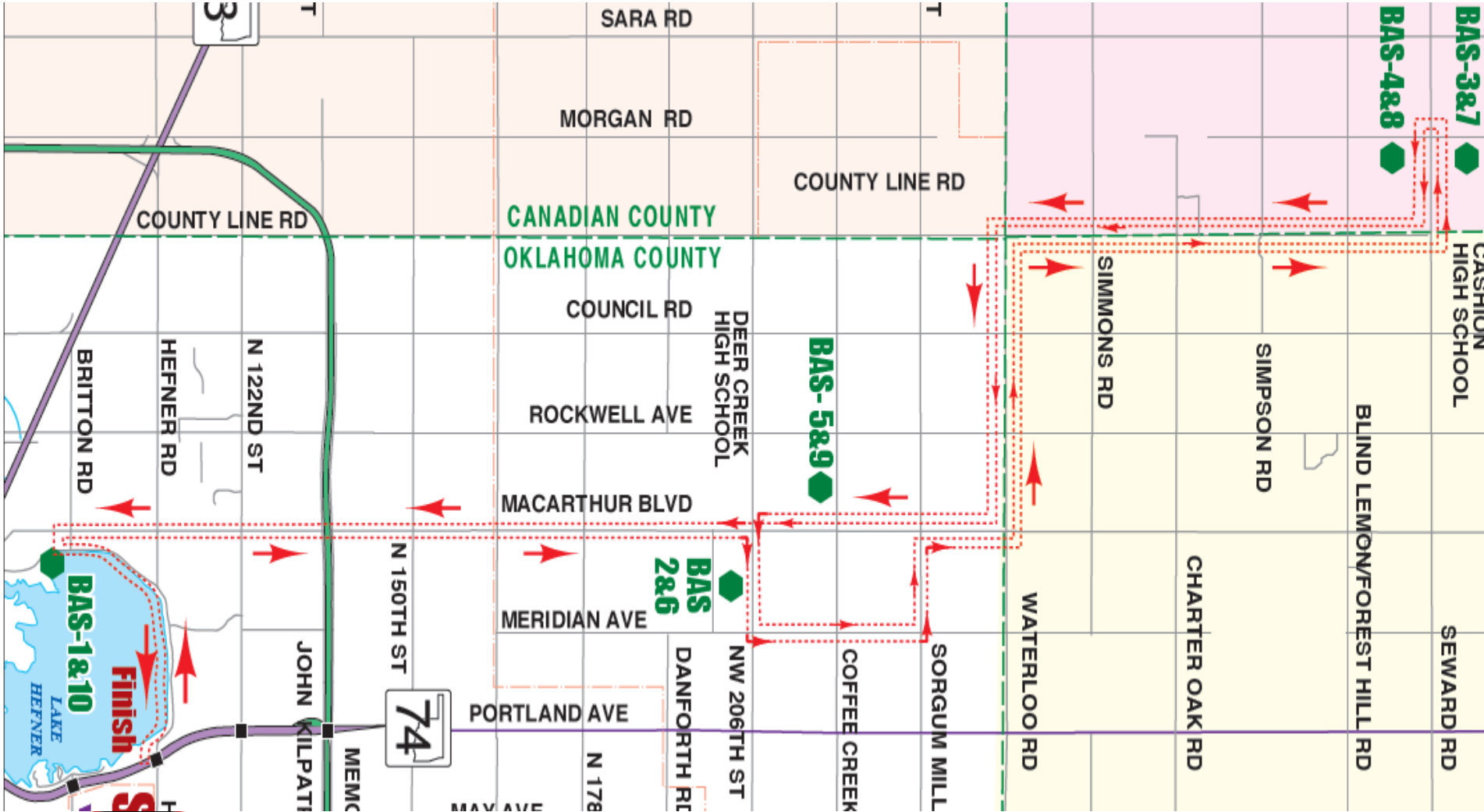
- How do you know if you need to serve a penalty?

The official will do the following –

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

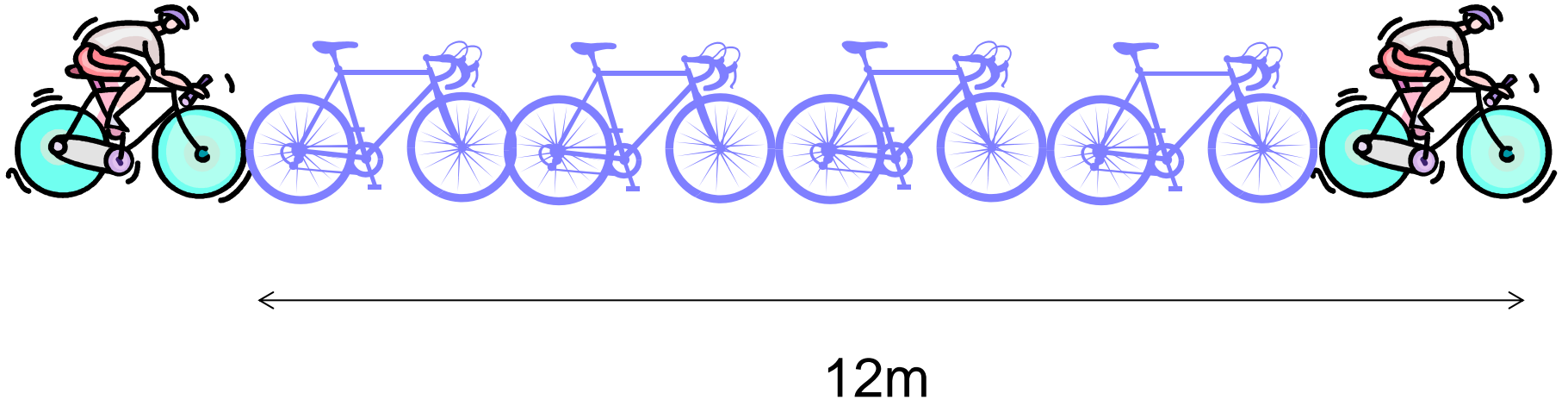


Bike Course Map



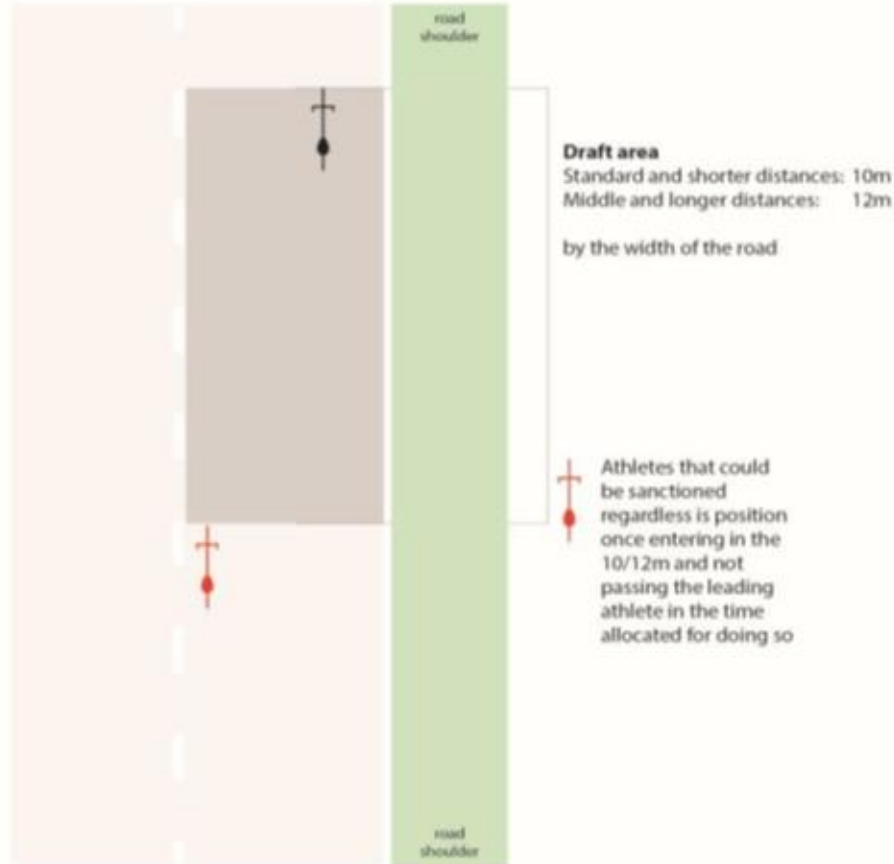
Draft Zones

- Legal distance:
 - 12m from front wheel to front wheel
 - 25 seconds to pass
- Motorbike draft zone: 12m long
- Vehicle Draft Zone: 35 m

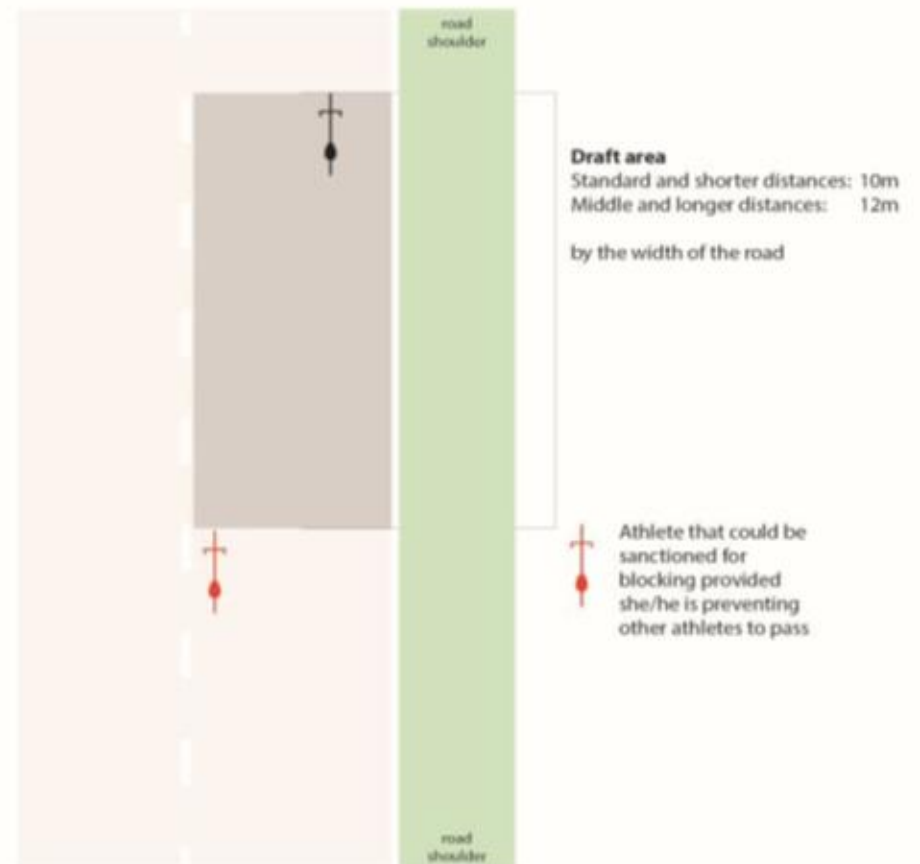


Draft Zones

Drafting

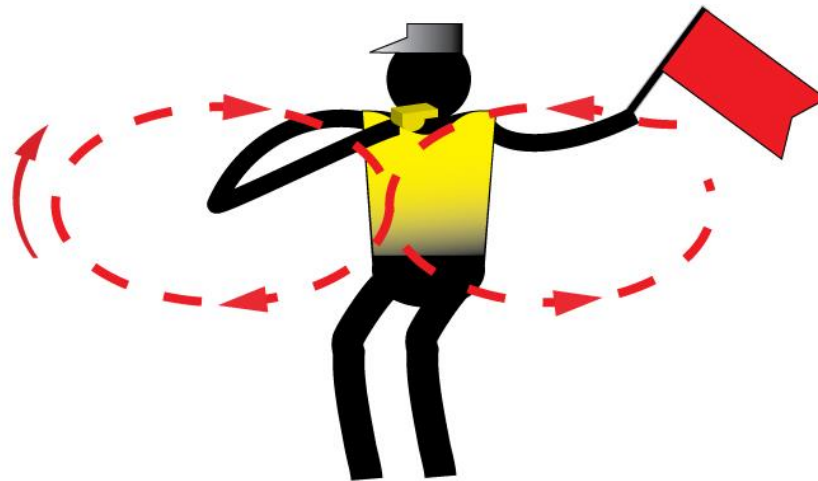


Blocking

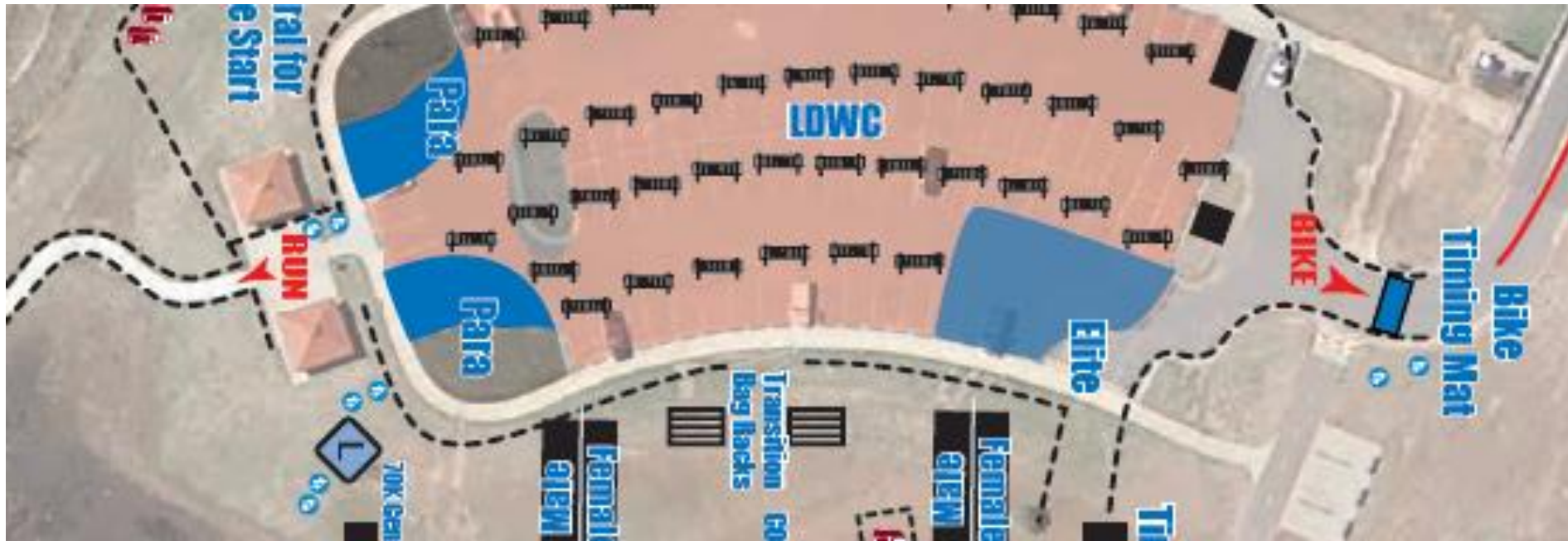


Caution

Caution signal: three sharp whistles and red flags



Bike Exit to Run Entrance



Run course

- 3 laps (total distance of 30 km)
- Timing mat at the end of each lap, **but you are responsible to count for yourself**
- Bib number must be worn in front of the body
- Be aware of old race chalk and do not follow
- Course patrolled after dark. Glow sticks available
- Photo-finish



Run course

- Aid stations:
 - 4 per lap
 - For locations see the map
 - Water, Gatorade, Cliff blocks, cliff bars
 - Littering areas attached to each aid stations and marked with the following signs:



Post race procedures

- To avoid congestion: go to recovery area after having passed the line
- Food and drinks available there
- Leave the recovery area after having recovered
- Take your bags at bag-drop-off
- Bike check-out times: 3pm

Team Medical Access:

Only team medical will be allowed to enter the medical tent if invited by the ITU Medical Delegate's permission.



Finish Area Map



Results & Medal Ceremonies

- Results will be posted at timing just after finish area
- Medal Ceremonies: Starting Sunday at 10:00 at Boathouse after 9:00 breakfast

First three athletes of each category are requested to be at the meeting-point **15 minutes before**; youngest AG will be awarded first. **Be punctual as we must start on time.**

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.



Opening/ Closing Ceremony

- Opening Ceremony 6:30 PM after pasta party
- Closing Ceremony After Awards

Important Updates

- Lightening / Rain



Weather forecast

| | Temp | Weather |
|-----------------|------------|--|
| Friday | 32° /21 °C | Mostly sunny |
| Saturday | 30° /21°C | Cloudy & T-storms Wind S at 15-30 kph, 60% POP during day |
| Sunday | 30° /20°C | Cloudy & T-storms |



Bonne Chance!
Good Luck!

