

Triathlon and Para triathlon Test Event 2023

**Tuesday, August 15, 2023**  
**Elite athletes' briefing**



**PARIS**

# Briefing agenda

- Welcome and introductions
- Competition jury
- Weather forecast
- Water Quality
- Schedules and timetables
- Check-in and procedures
- The course
- Post-race procedures

# Welcome and Introduction

**Marisol Casado (ESP)** , World Triathlon President

**Thanos Nikopoulos (GRE)**, World Triathlon Technical Delegate / Head of Operations

**Laura Patti (ITA)**, World Triathlon Technical Delegate

**Felix Molina (MEX)**, World Triathlon Technical Delegate

**Lyndell Murray (AUS)**, World Triathlon Head Referee (Elite Women)

**Fritz Schwarz (AUT)**, World Triathlon Head Referee (Elite Men)

**Dr. Sergio Migliorini (ITA)**, World Triathlon Medical Delegate

**Aurelie Merle**, Paris 2024 Sport Executive Director

**Brigitte Legare**, Paris 2024 Senior Sport Cluster Manager

**Dominique Frizza**, Paris 2024 Sport Manager



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Triathlon and Para triathlon Test Event 2023

# Competition Jury

- **Laura Patti (ITA)**, Chair
- **Antonio Fernandez Arimany (ESP)**, World Triathlon EB rep (Elite Women)
- **Miles Stewart (AUS )**, World Triathlon EB rep (Elite Men)
- **Bernard Saint-Jean (FRA)**, FFTRI representative.

# Athletes' Committee

These will be your Athlete' representatives that will be present at the Paris Test Event:



TAMAS TOTH - HUN

























CLAIRE MICHEL - BEL

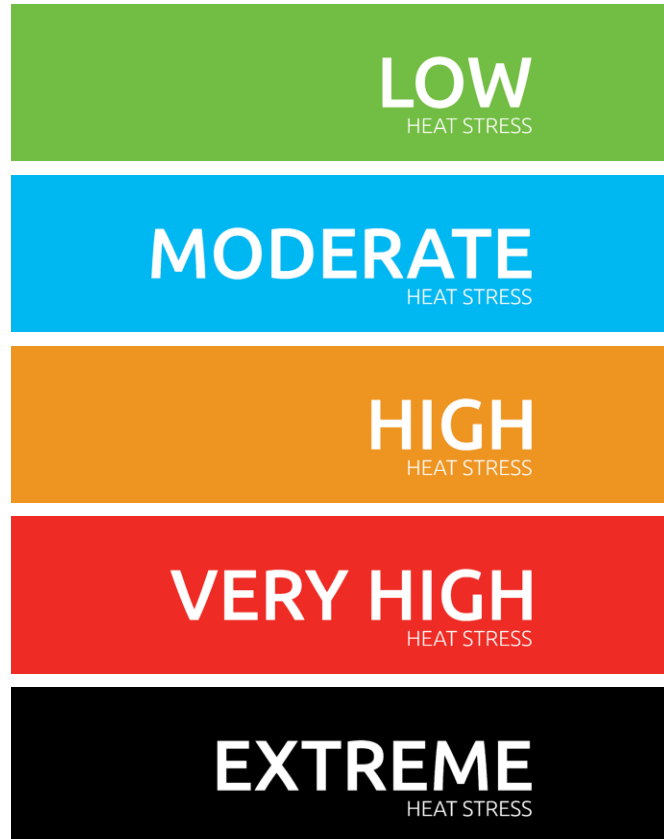


KENJI NENER - JPN

# Weather Forecast

	Night	Morning	Afternoon	Evening	Max/min temp.	Precip.	Wind
Today 15 Aug.					24° / 19°	0.1 mm	4 m/s
Wednesday 16 Aug.					25° / 16°	0.2 mm	4 m/s
Thursday 17 Aug.					27° / 16°	0.4 mm	3 m/s
Friday 18 Aug.					31° / 18°		3 m/s
Saturday 19 Aug.					30° / 19°	0.1 mm	3 m/s
Sunday 20 Aug.					31° / 19°	0.1 mm	2 m/s

# Heat Stress Indicator



Warning flags will be placed at the athletes' area and recovery area.

On race days, each team can collect 1 kgr of ice per athlete from the athletes' lounge for your own use. You need to bring your own coolers for collecting the ice.

# Water Quality - Sample collection map

## 2 – Reinforced monitoring (7/20-9/4)



◆ Eau de Paris weekly analysis  
■ Eau de Paris daily analysis

● High-frequency sampler-analyzer  
(Fluidion + ColiMinder)

50m

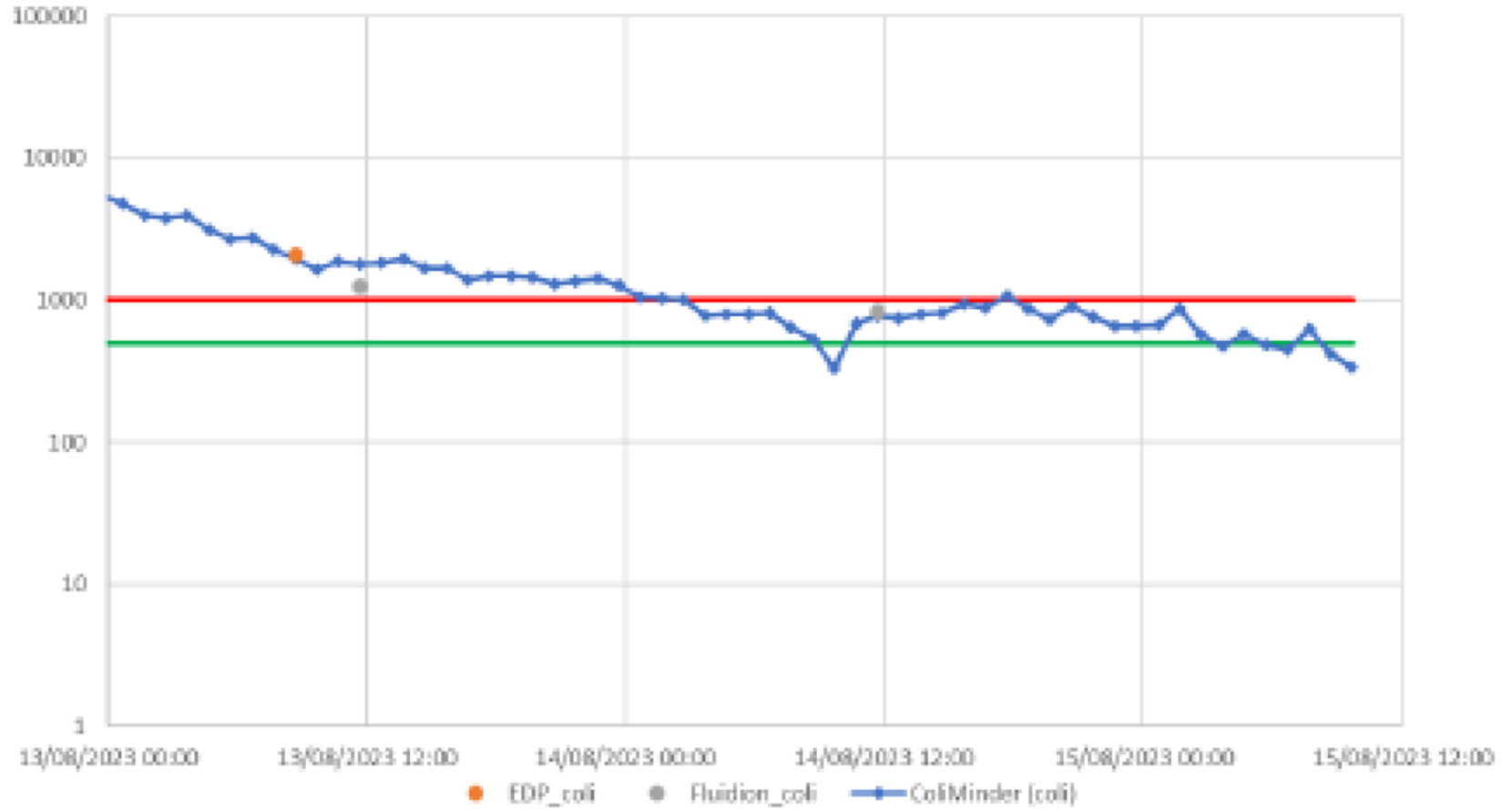


# Water Quality - Eau de Paris daily analysis

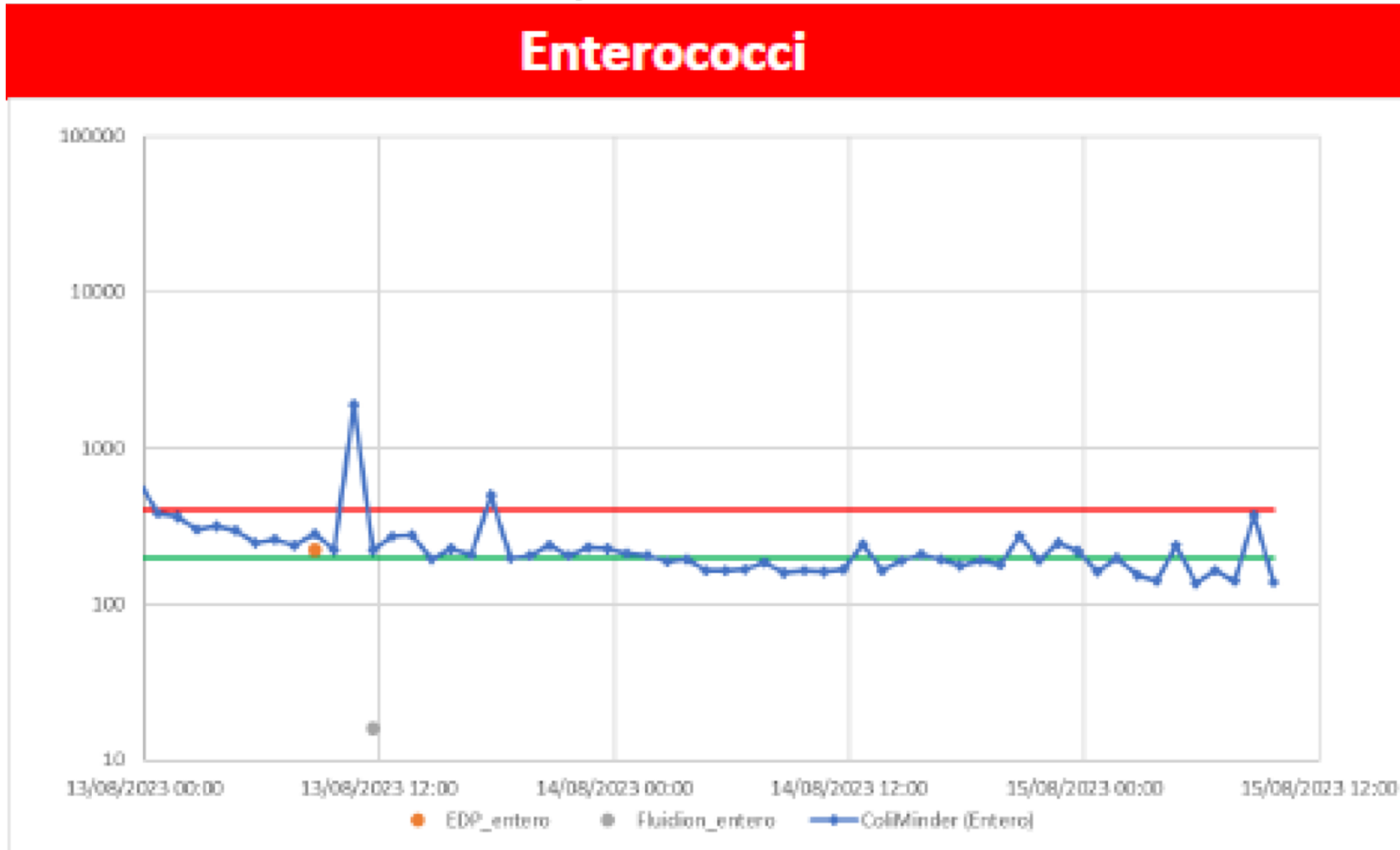
Point	Date	Heure/ Time	pH	Temperature de l'eau / Water Temperature	Escherichia coli (CFU/100 ml)	Entérocoques/En terococci (CFU/100 ml)	Météo/Weather	Escherichia coli (CFU/100 ml)	Entérocoques/En terococci (CFU/100 ml)
				WT: <32°C FINA: ≤31°C				≤500/100ml	≤200/100mL
Port des Invalides (RG) 75007 PARIS	8/14/23	7:10	7.8	21.5	308	33	Cloudy	Very Good	Very Good
Port du Gros Caillou (RG) 75007 PARIS	8/14/23	7:20	7.8	21.5	435	23	Cloudy	Very Good	Very Good
Pont de l'Alma (RG) 75007 PARIS	8/14/23	7:30	7.8	21.5	365	38	Cloudy	Very Good	Very Good
Pont Alexandre III (RD) 75008 PARIS	8/14/23	8:00	7.9	21.3	613	99	Cloudy	Good	Very Good

# Water Quality - High frequency sampler/ analyzer

*E. coli*



# Water Quality - High frequency sampler/ analyzer



# Daily situation meeting

- A daily situation meeting will take place on familiarizations day at 04:00 and competition days at 3:30, among representatives from the Public Health Authorities, World Triathlon TDs & MD and Paris 2024.
- All data will be analyzed (water quality test results, sanitary inspection, weather forecast, speed of current, etc) and a decision will be taken on the format of the event.
- World Triathlon Communication team will be sending a MEMO to all of you immediately after the end of this meeting with the data and the decision taken.

# Immediately after

## **Race package distribution:**

ALL athletes/support team must provide a picture ID to receive the package and accreditation.

## **The athletes' race package includes:**

Helmet stickers (3x), bag sticker (1x), Bike sticker (1x), Body decals (4x) – both arms and both legs.

## **Accreditation distribution:**

Please add one of your number stickers at the back of your accreditation upon receiving it.

# Schedule and timetables

August, 16<sup>th</sup> Wednesday

- 04:00 Daily situation meeting
- 07:15 - 8:00 Elite Bike course familiarization
- 08:00 – 08:45 Elite Swim course familiarization

# Schedule and timetables

August, 17<sup>th</sup> Thursday

- 03:30 Daily situation meeting
- 06:15 - 7:30 Athletes' lounge check in Elite Women
- 06:40 – 07:30 Bike/run warm up Elite Women
- 06:40 – 07:40 Transition zone check in Elite Women
- 07:00 – 07:40 Swim course warm up Elite Women
- 07:30 Coaches transfer to CA4 and CA5 areas by golf cars

**REGISTRATION IS REQUIRED**

**(meet at 07:25 in front of the athlete lounge)**

# Schedule and timetables

August, 17<sup>th</sup> Thursday

07:45

Athlete's presentation

**8:00**

**Elite Women START**

10:10-11:00

Run course measurement by coaches

(meet at 10:05 at the mount line)

10:15

Women Awards ceremonies



# Schedule and timetables

## August, 18<sup>th</sup> Friday

- 03:30 Daily situation meeting
- 06:15 - 7:30 Athletes' lounge check in Elite Men
- 06:40 – 07:30 Bike/run warm up Elite Men
- 06:40 – 07:40 Transition zone check in Elite Men
- 07:00 – 07:40 Swim course warm up Elite Men
- 07:30 Coaches transfer to CA4 and CA5 areas by golf cars

**REGISTRATION IS REQUIRED**

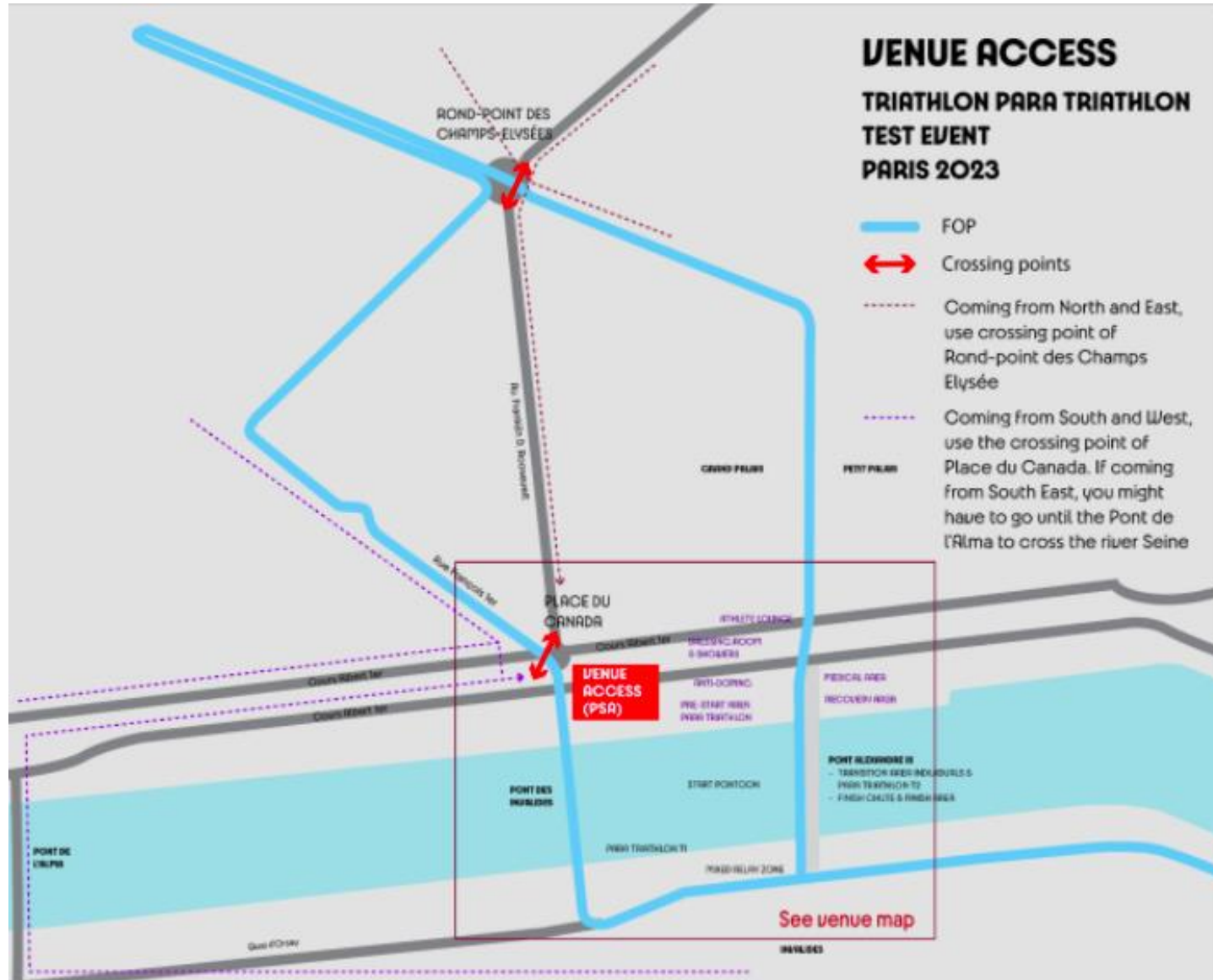
**(meet at 07:25 in front of the athlete lounge)**

# Schedule and timetables

August, 18<sup>th</sup> Friday

07:45	Athlete´s presentation
<b>8:00</b>	<b>Elite Men START</b>
10:10	Men Awards ceremonies

# Venue Access



- Athletes' and equipment drop off is possible close to the venue entrance. Please ask for the mission letter when collecting your supplementary accreditation passes.
- Coaches are allowed to bring bicycles in the venue (no electric bicycles)

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Triathlon and Para triathlon Test Event 2023

# Venue Access



# Accreditation

- Athletes must carry on their accreditation at all times, including during the bike/run warm up and during the bike/run course familiarizations.
- You need to come with your accreditation to the pontoon for the swim familiarization and pass it to the LOC staff who is responsible to keep it safe. You can collect it upon completion of your training.
- In a similar way, you need to come with your accreditation at the line up. Your accreditation will be collected prior to the athletes' introduction and will be delivered back to you at the recovery area at the end of your race.
- Special procedures will be in place for DNF athletes.

# Check-in Procedures

## Bike Check - before entering Athletes Lounge

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Bring your spare wheels at the Bike Check/ they will moved to the team W.S. by the LOC.
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- Only traditional handlebars (clips-on to be removed)
- Approval for the addition/modification of any equipment to the bike **MUST** be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available in athlete lounge

# Check-in Procedures

## Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform and shoes.
- World Triathlon follows World Athletics' Shoe Regulations applicable to road events for all triathlon and its other related multisports as described in 1.1.a)
- Body marking/decal check (both arms, both legs).

# Check-in Procedures

## Athletes' Lounge

- Timing chip distribution (2) - one for each ankle.
- Swim cap distribution.
- If an athlete wishes to wear a second swim cap, the cap underneath must be unbranded.
- Athletes must leave their pre-competition gear at the Athlete Lounge



# Check-in Procedures

## Transition Area

- Helmet check - Don't leave your helmet fastened in the transition.
- Running Shoes in front of the box, helmet on the bike.
- No clip-on handlebar is allowed on draft-legal event.

# Warm up

- Athletes can warm up on the swim, bike and run.

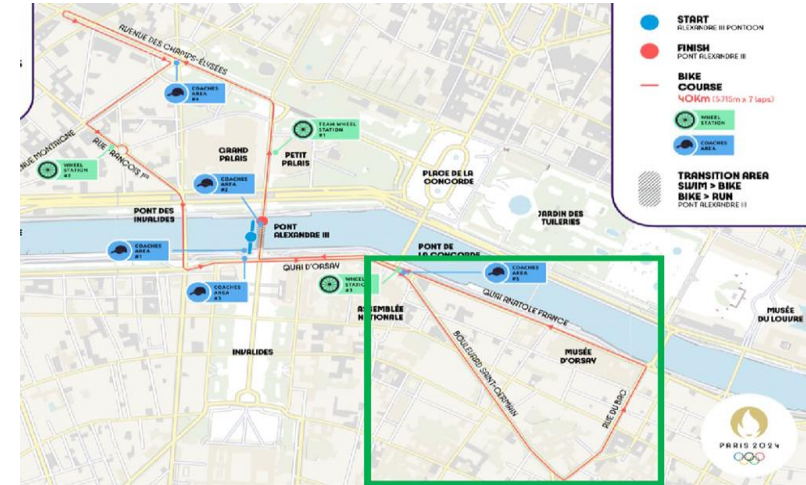
## Swim Warm up

Thursday 17 August	Elite Women	7:00	7:40
Friday 18 August	Elite Men	7:00	7:40

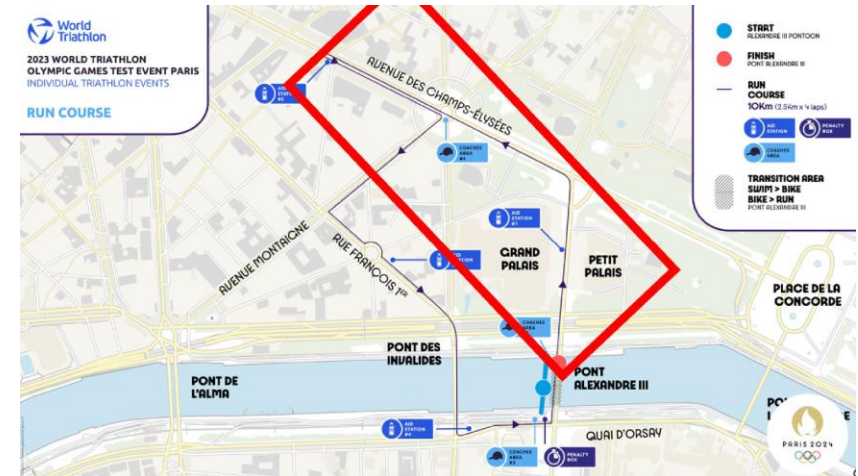
## Bike and Run Warm up

Thu. August 17	Elite Women	6:40	7:30
Fri. August 18	Elite Men	6:40	7:30

## Bike Warm up



## Run Warm up



# The Course

## Swim

2 Laps (910m + 590m) = 1.5km

## Bike

7 Laps of 5.715km = 40 km

## Run

4 laps of 2.5km = 10km

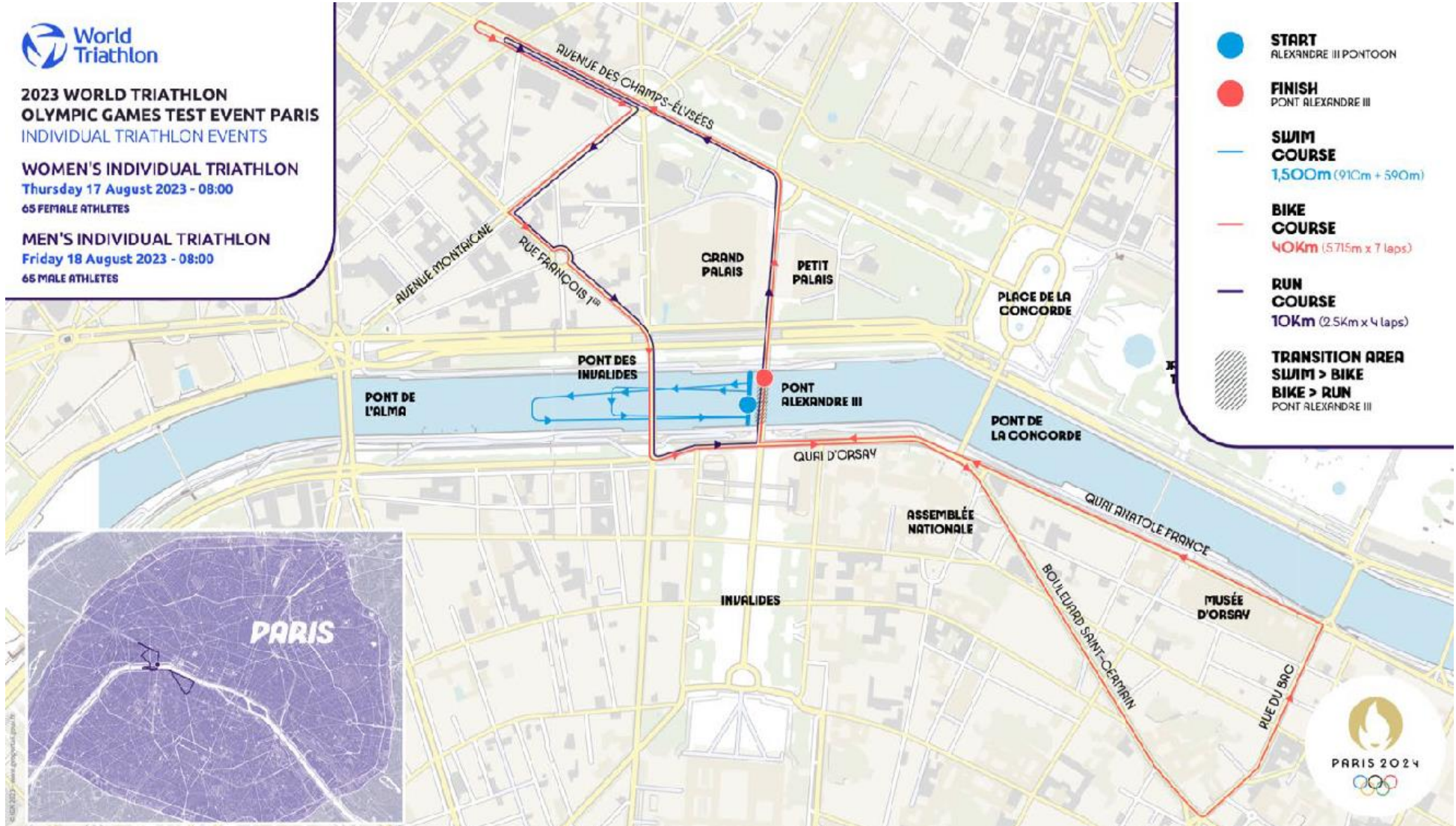
# The Course



**2023 WORLD TRIATHLON  
OLYMPIC GAMES TEST EVENT PARIS**  
INDIVIDUAL TRIATHLON EVENTS

**WOMEN'S INDIVIDUAL TRIATHLON**  
Thursday 17 August 2023 - 08:00  
65 FEMALE ATHLETES

**MEN'S INDIVIDUAL TRIATHLON**  
Friday 18 August 2023 - 08:00  
65 MALE ATHLETES



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Triathlon and Para triathlon Test Event 2023

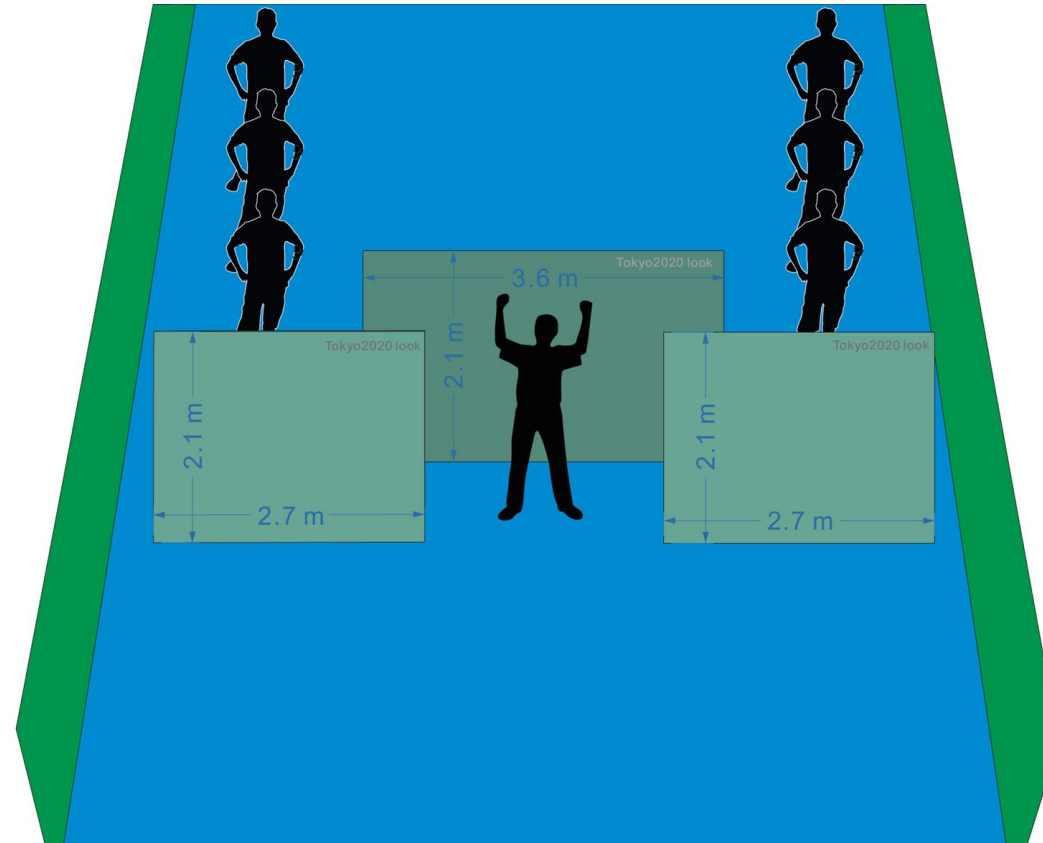


# Pre-start Procedure

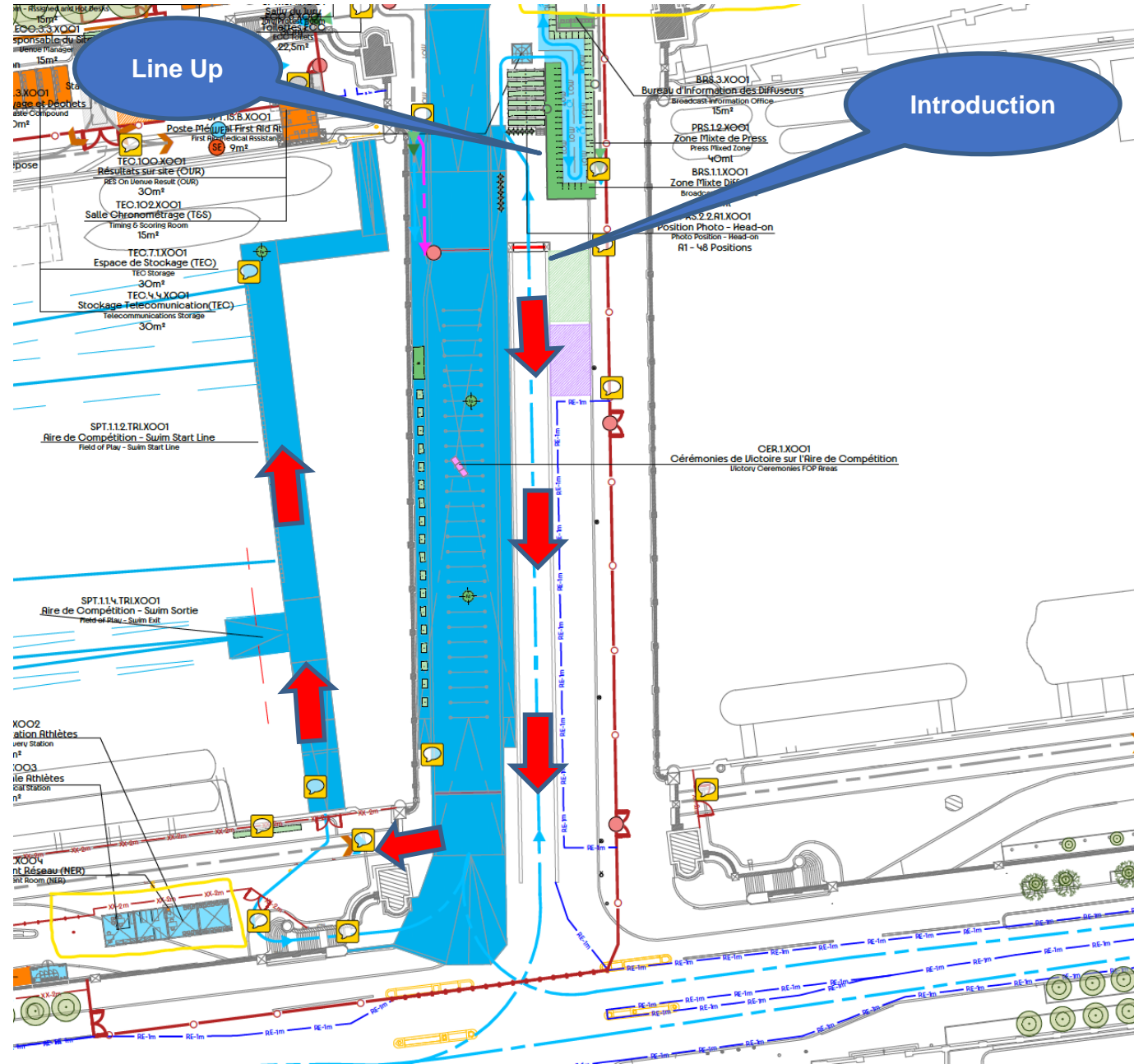
## Athletes' Introduction

- 15 minutes before your start, line up at recovery area
- You must leave your bags at the Athlete lounge with your number on it. .Your bags will be taken to recovery
- The presentation of the athletes will be made under the finish gantry.
- Boxes available for deposit of any last minute gear
- When you are introduced, jog to the swim start platform.
- Quickly go to your selected start position.
- Stay behind the pre start line.

# Pre-start Procedure



# Pre-start Procedure



# Start Procedure

## Athletes in position:

- The start can be given any time the Head Referee announces  
“On Your Mark”
- Electronic Horn Blast
- The race starts

Athletes not moving forward at the start will receive a time penalty of 15 seconds in TA1.



# False Start Procedure

## False start with many athletes:

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

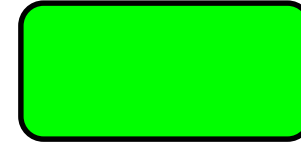
## Valid start but with early starters:

- If someone starts before the horn and every one else starts with the horn, **the false starter will receive a time penalty of 15 seconds in TA1.**

**During the time penalty the athlete cannot touch any race equipment.**

# Swim Course

- Today at 08:00
  - ✓ Water temperature 21.3°C
  - ✓ Air temperature 19°C
  - ✓ WBGT 17°C
  - ✓ Relative Humidity 75%
  - ✓ Final decision 1 hour before race start
- 2 laps of 910m+510m (total distance of 1500m) – counter clockwise
- Distance to the first turn buoy 440m.
- Pass orange and yellow buoys on the left shoulder. **(One the first leg, you can pass yellow buoys on either side)**
- Take cap, goggles to transition into the box.



# Swim Course

Épreuve Test Triathlon et Para Triathlon 2023  
Triathlon and Para Triathlon Test Event 2023

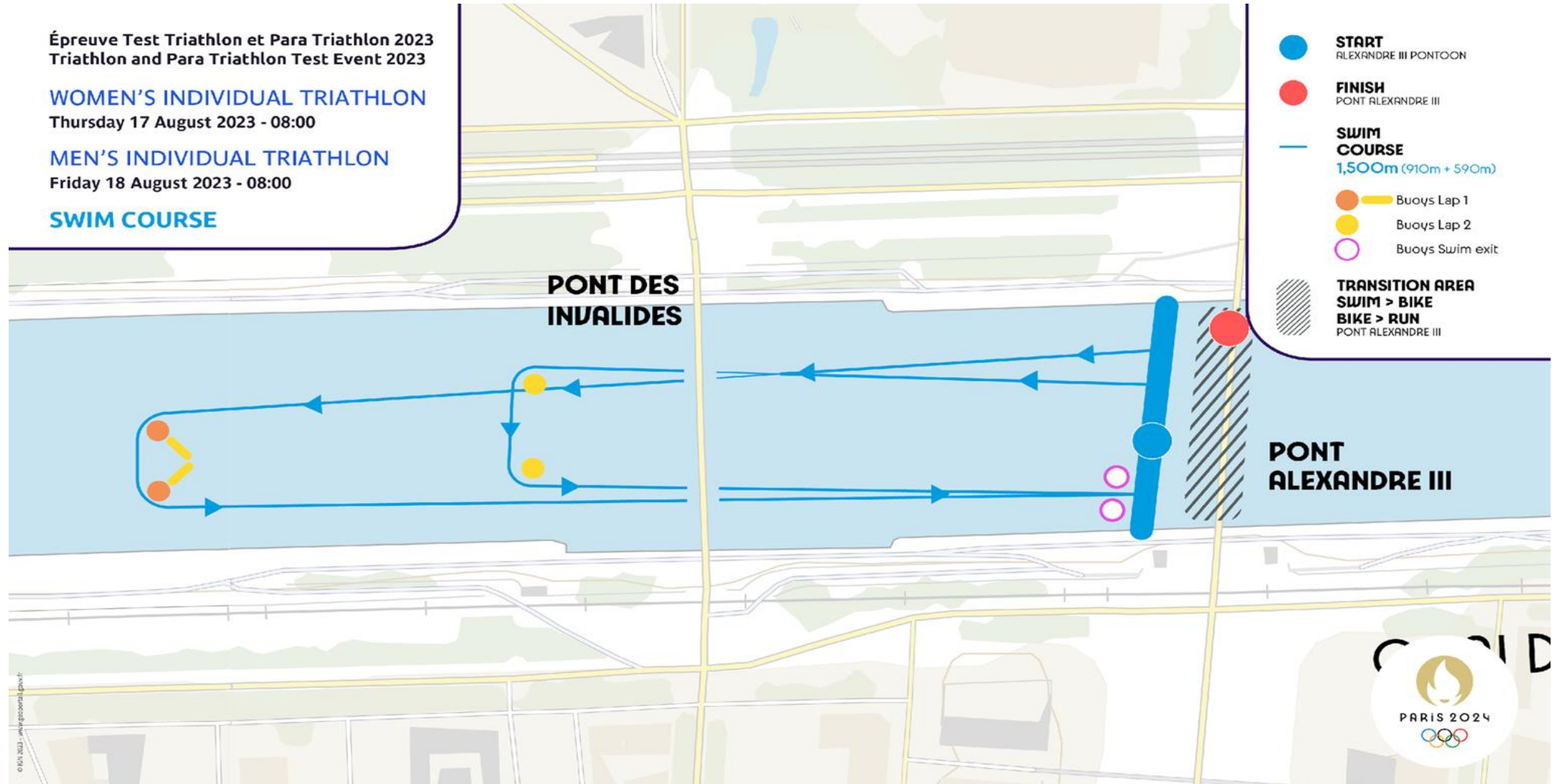
**WOMEN'S INDIVIDUAL TRIATHLON**

Thursday 17 August 2023 - 08:00

**MEN'S INDIVIDUAL TRIATHLON**

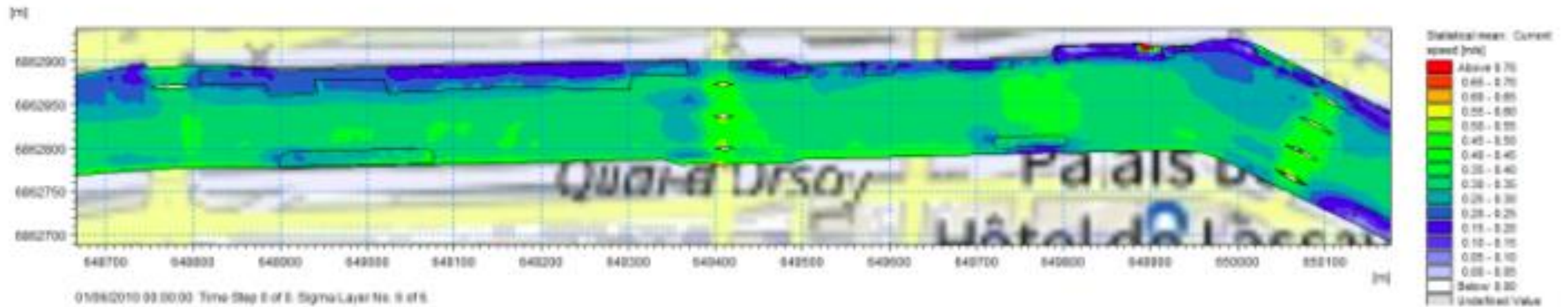
Friday 18 August 2023 - 08:00

**SWIM COURSE**



# Current

The average current speed is between 0.25 and 0.45 m/s in this section of the Seine. You are swimming with the current on the way out to the first buoy.



# Swim conduct

- There will be additional boats and Technical Officials deployed on the swim course to monitor athletes' behavior in this respect.
- Swim will be monitored by drone.
- Infringements may be recorded, and appropriate action will be taken dependent on the rules definition from the previous slide.
- Please respect your fellow competitors and keep the race fair.

# Transition Area

- Individual bike racks - Name, number, country code and flag
- The bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- By the end of the last transition, ALL equipment (used + unused) must be deposited in the corresponding bin.
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.

**Failure to put equipment in box = 15 second penalty on run PB.**

# Transition Area

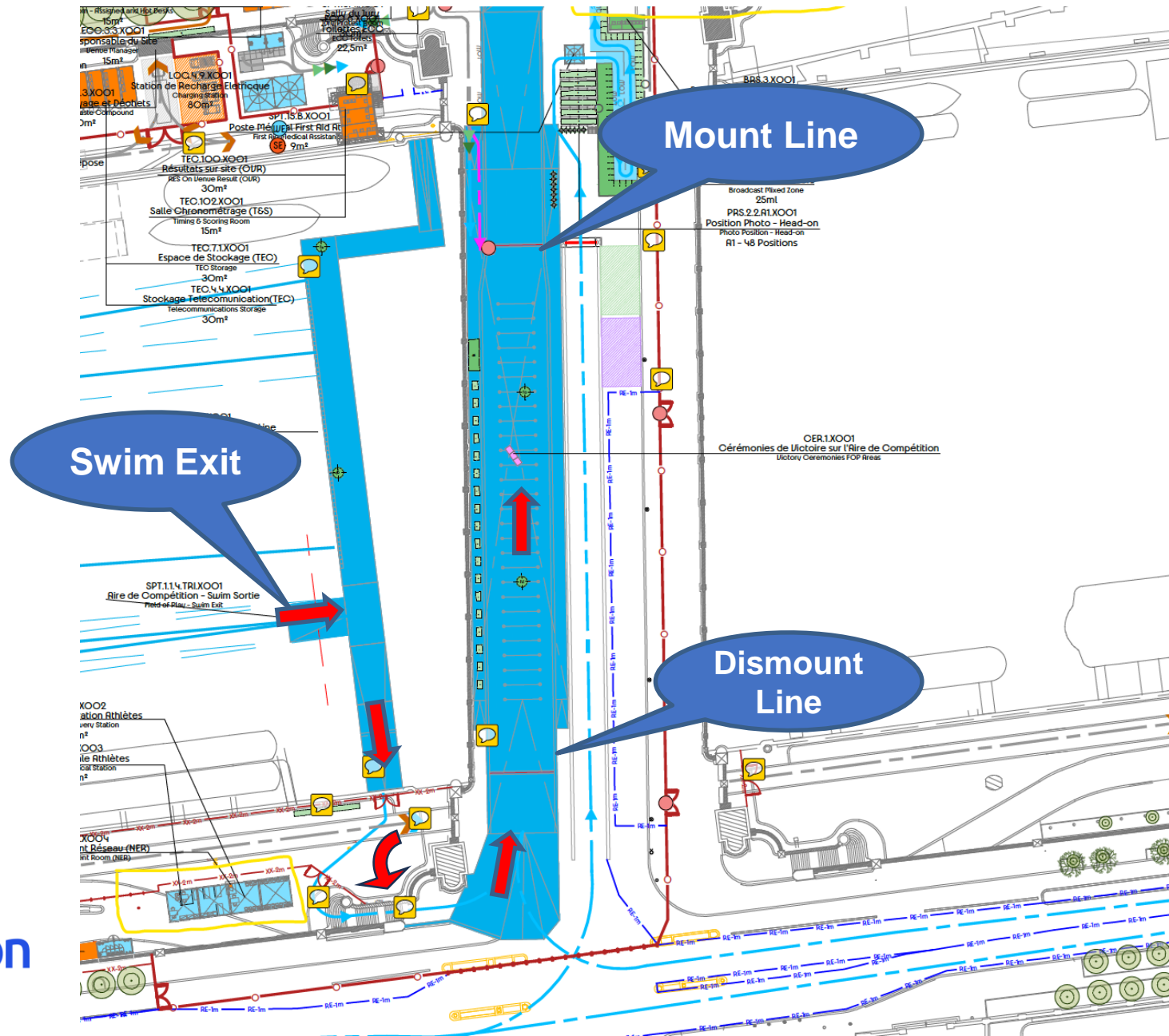
- Olympic style transition zone.

No penalties will be given if the athlete flow does not affect another athlete.

- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)



# Transition

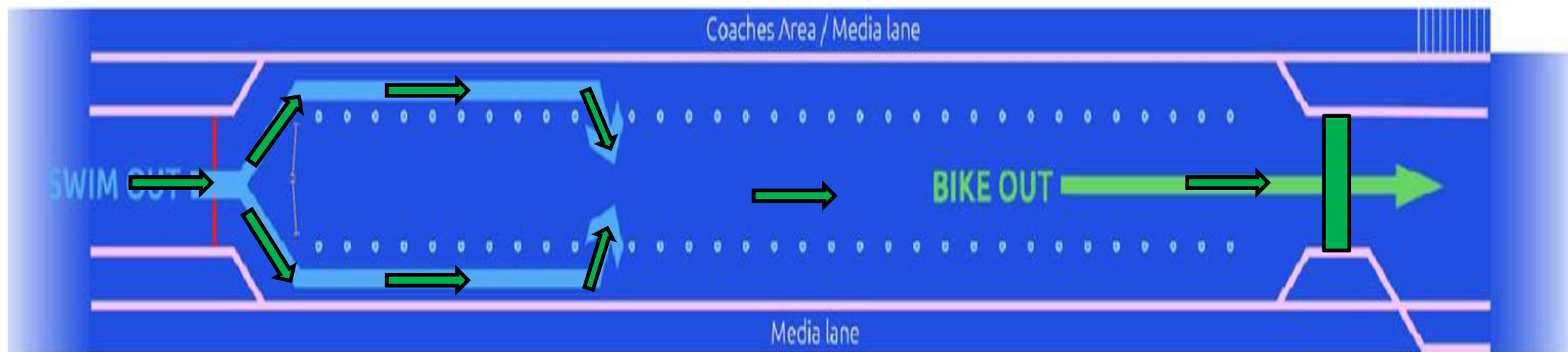




# Transition

Paris 2023 TEST EVENT

## Elite Triathlon - Transition #1 FLOW



# Bike Course

- 7 laps of 5.71km (total distance of 40.km)
- Ride through transition each lap
- Flat, technical
- Slippery surface in wet conditions
- 4 Wheel Stations (WS): for location see map
  - 1 Team Wheel Station
  - 3 Neutral Wheel Station
- **Littering zones at Aid and Wheel stations**



# Bike Course

- Lap counter: at the RIGHT exit of transition
- Lapped athletes are out of the race
- First runner – last biker scenario
  - For location see the map

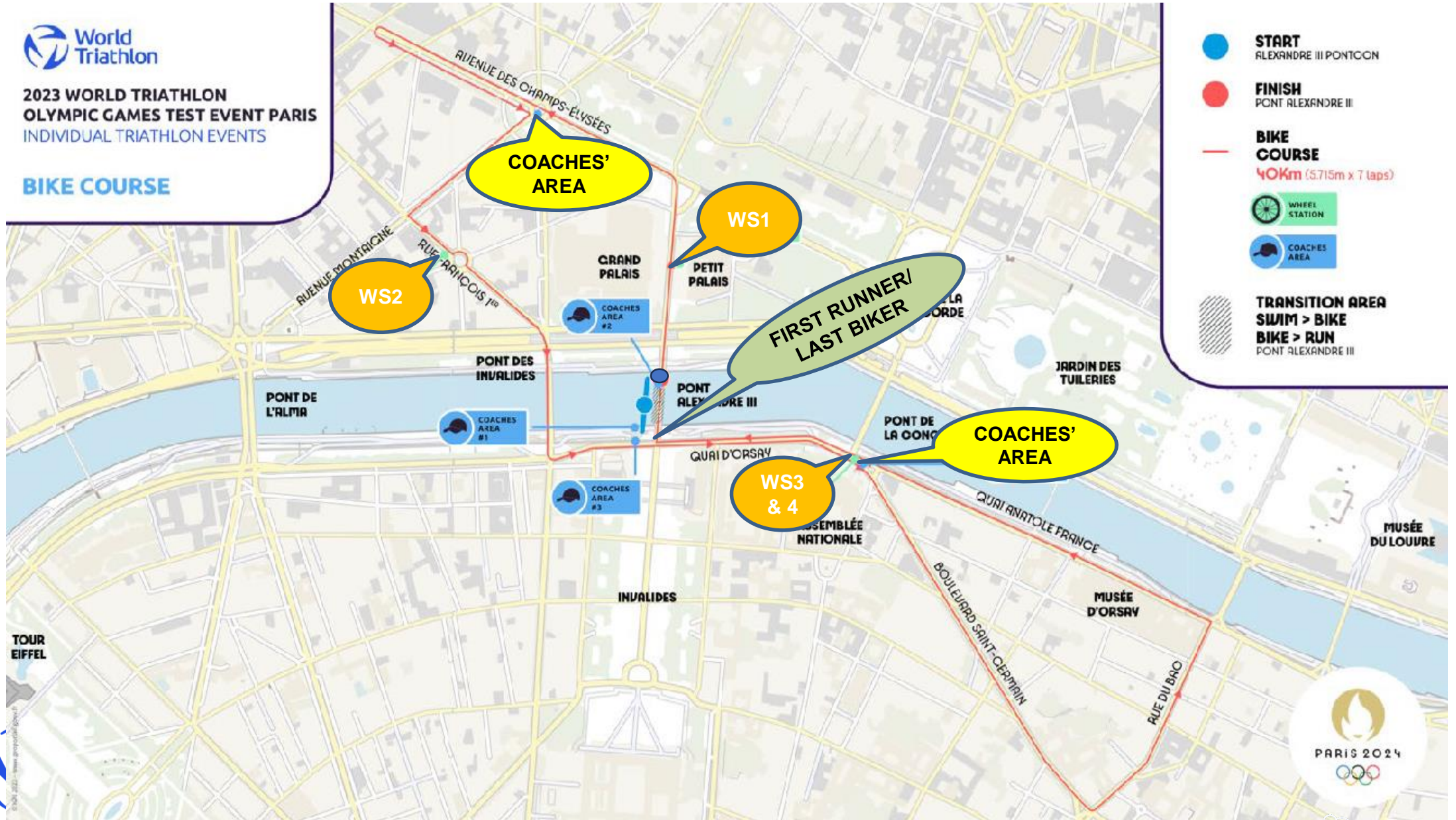
# Bike Course



2023 WORLD TRIATHLON  
OLYMPIC GAMES TEST EVENT PARIS  
INDIVIDUAL TRIATHLON EVENTS

## BIKE COURSE

- START**  
ALEXANDRE III PONTCON
- FINISH**  
PONT ALEXANDRE III
- BIKE COURSE**  
40Km (5.715m x 7 laps)
- WHEEL STATION**
- COACHES AREA**
- TRANSITION AREA**  
SWIM > BIKE  
BIKE > RUN  
PONT ALEXANDRE III



TOUR  
EIFFEL



PARIS 2024

# Bike Course

## NEUTRAL WHEEL STATIONS:

### Front Wheels:

2x 700c front wheels, rim brake

- 2x 700c front wheels, 160mm rotor disc brake
- 2x 700c front wheels, 140mm rotor disc brake

### Rear wheels:

- 2x 700c rear wheels with 11-speed cassette, rim brake
- 2x 700c rear wheels with 11-speed cassette, 160mm rotor disc brake
- 2x 700c rear wheels with 11-speed cassette, 140mm rotor disc brake
- 2x 700c rear wheels with 12-speed cassette, 160mm rotor disc brake
- 2x 700c rear wheels with 12-speed cassette, 140mm rotor disc brake



# Riding position

OK



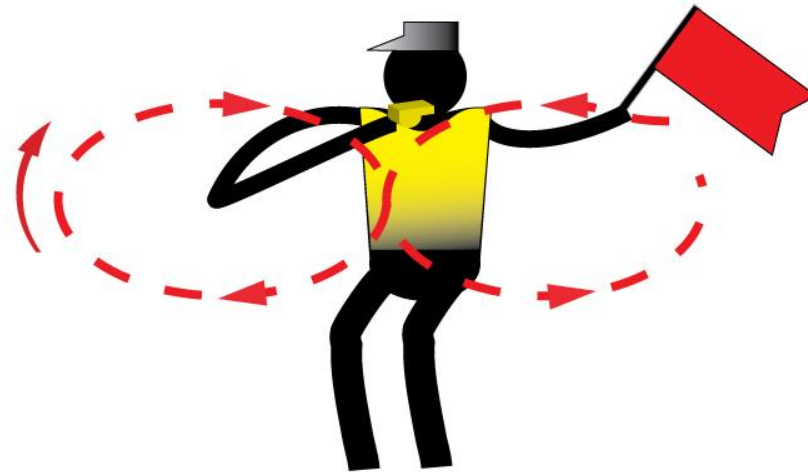
NOT OK



Only ok in draft  
illegal event

# Caution

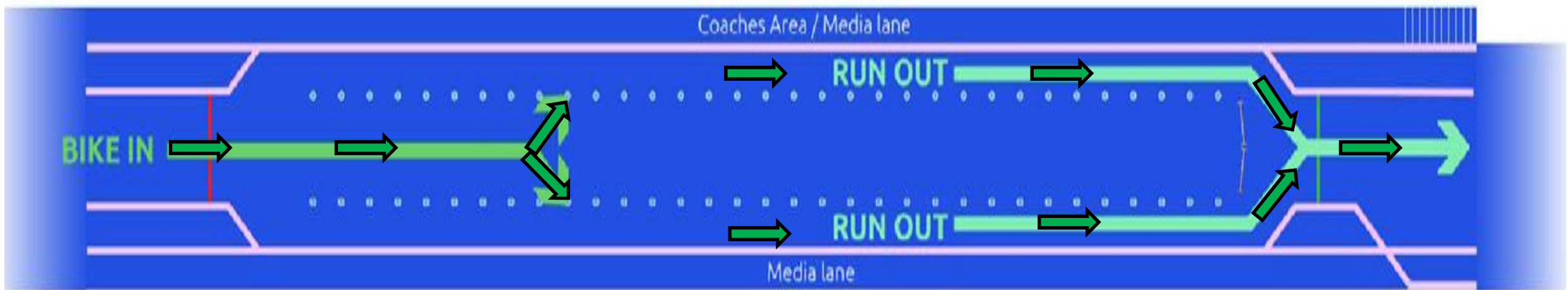
**Caution signal:** sharp whistles and or red flags



# Transition

Paris 2023 TEST EVENT

## Elite Triathlon - Transition #2 FLOW





# Run Course

- 4 laps of 2.5km (total distance of 10km)
- Lapped runners – cannot run with leading runners
- Aid Stations

4 per lap (for location see map)

Sealed water

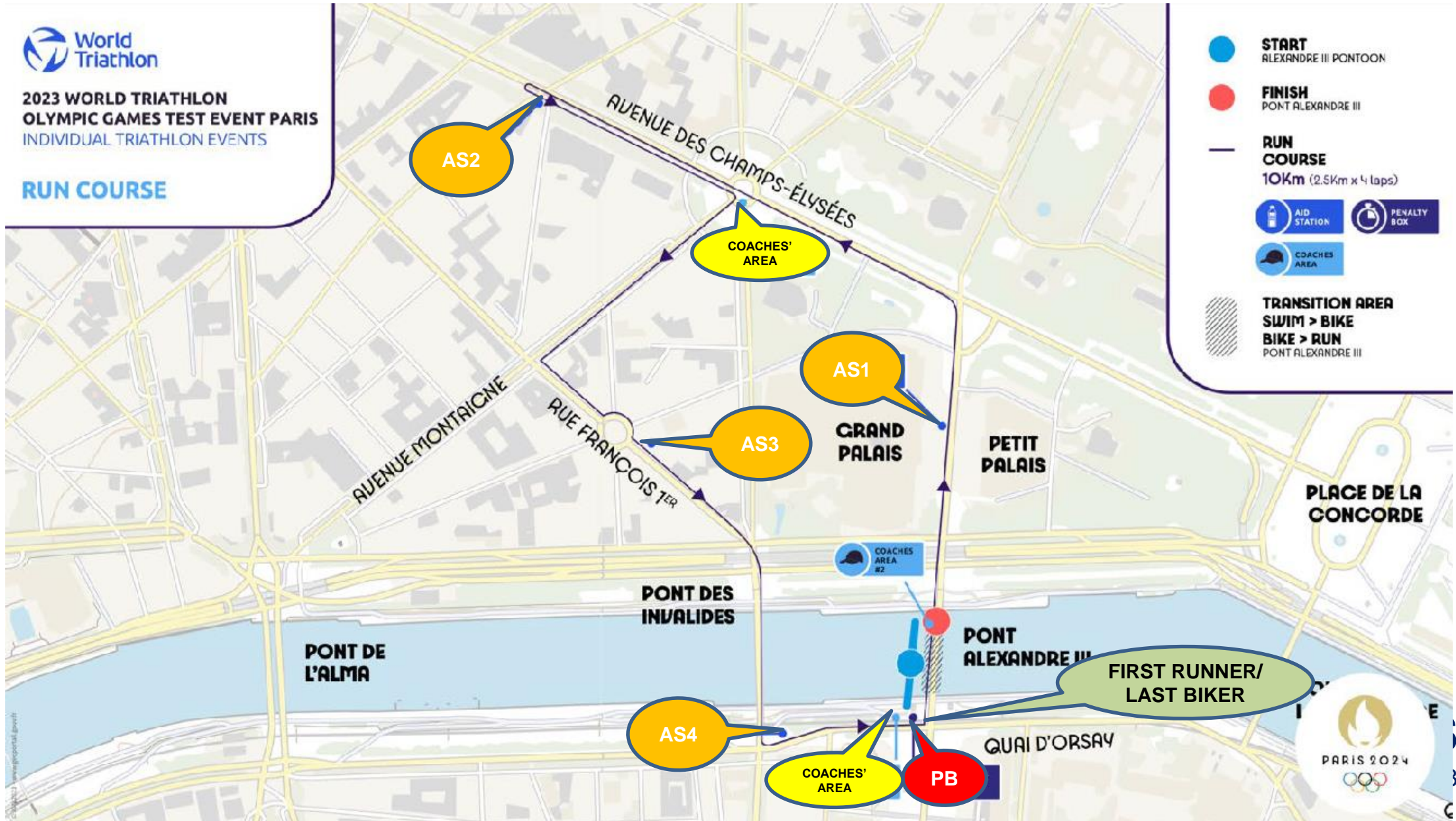
- Littering zones are applicable

Discard bottles and litter in the Littering Zones as indicated by the following signs



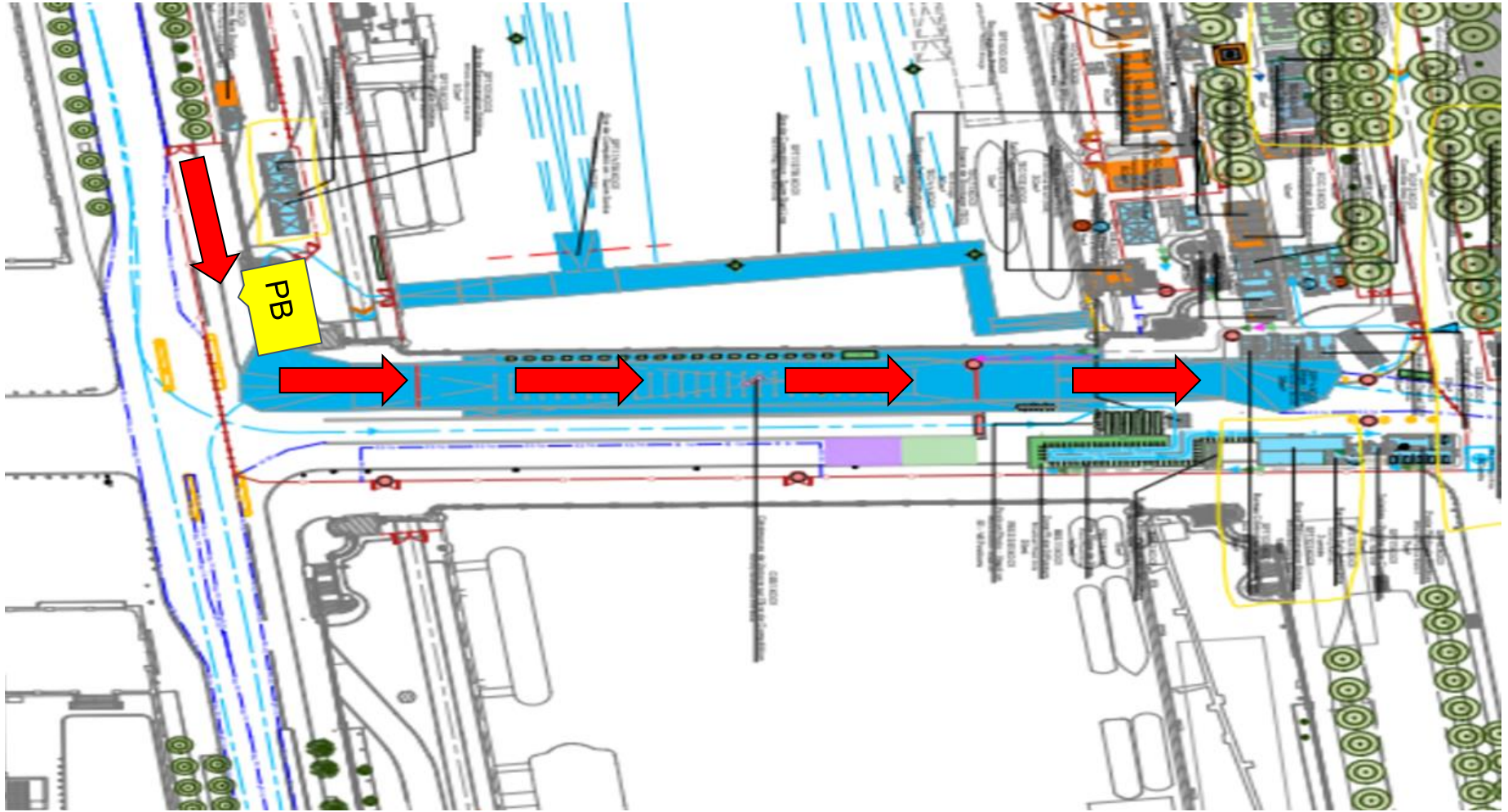
Triathlon and Para triathlon Test Event 2023

# Run Course

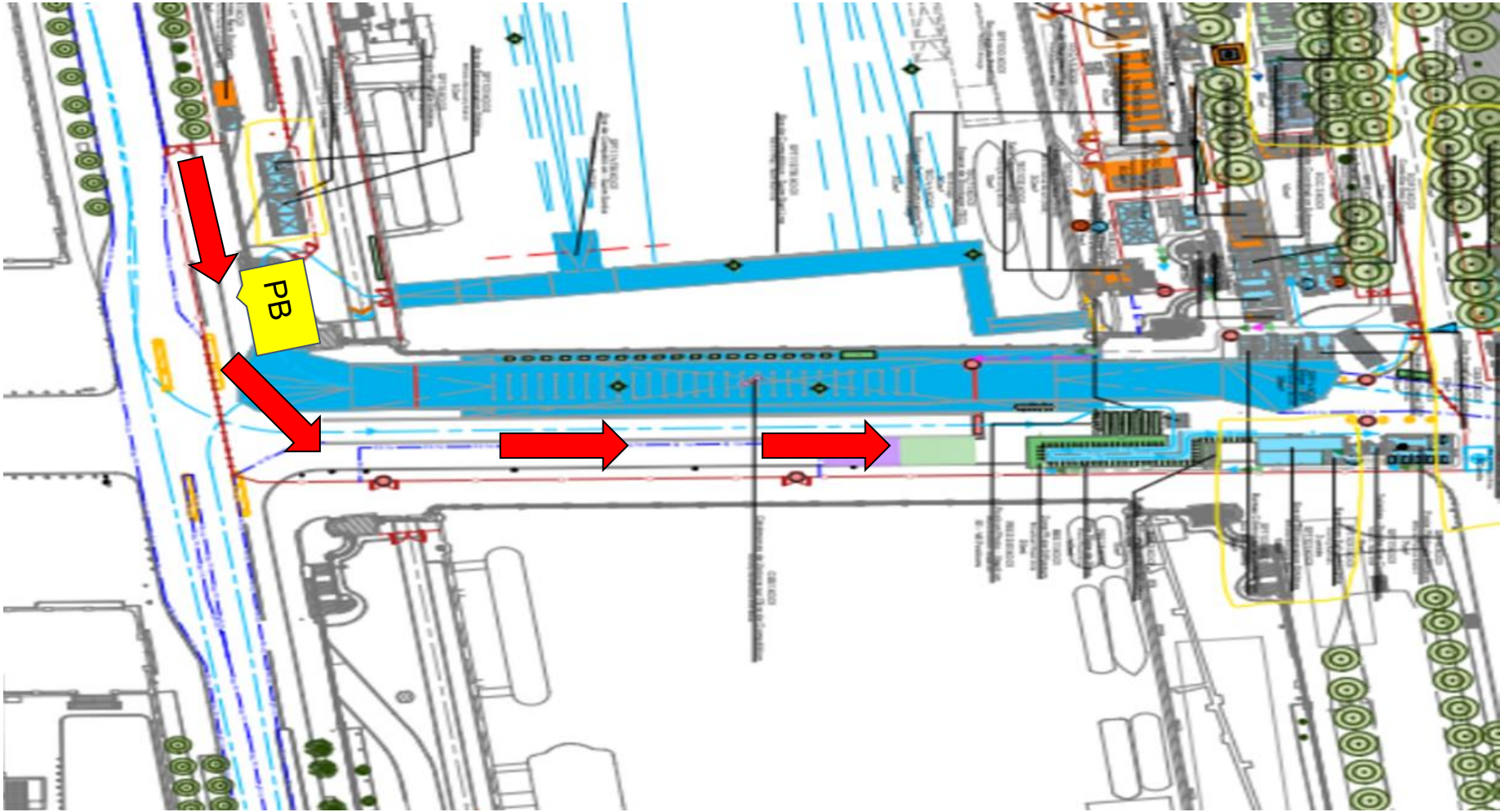




# Run Lap



# Finish



# Run Penalty Box

- Penalty box is for infringements in : Swim, TA1, Bike, TA2 and Run  
**Location:** Before entering the Alexander III Bridge
- **Information:** White board to show race numbers and letters to indicate violations & electronic board  
(Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** **15 second** time penalty served on any lap of the run

# Run Penalty Box

- Penalties must be posted prior to the last lap on the run. Any penalties following that point will be served on the spot.
- Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an protest is filed.

# Run Penalty Box

## Violations Abbreviations:

<b>Dismount Line</b>	<b>D</b>
<b>Mount Line</b>	<b>M</b>
<b>Swim Behavior</b>	<b>S</b>
<b>Run Behavior</b>	<b>R</b>

<b>Littering</b>	<b>L</b>
<b>Equipment outside the box</b>	<b>E</b>
<b>Bike Behavior</b>	<b>B</b>
<b>Other violations</b>	<b>V</b>

For example:

**12 D**

Athlete #12 received a time penalty for a dismount line violation

**12x2 ME**

Athlete #12 received 2-time penalties for mount line and equipment outside the box violations



# Coaches Areas

No, #	Location
CA1	Swimming exit, on the left bank.
CA2	Transition area, on the Alexandre III bridge.
CA3	Running penalty box, on Quai d'Orsay.
CA4	Biking/Running courses, at Champs-Élysées roundabout.
CA5	Biking course, between Assemblée nationale and Concorde bridge.



# Post-race Procedures

- Photo-finish
  - **TOs with finish tape will be 1m in front of the finish line.**
- No congestion in the finish area: go to 1<sup>st</sup> recovery / mixed zone / recovery area
- For Top 3 athletes/ teams
  - TV/Flash Interviews
  - Medal Ceremony
  - Media “Mixed Zone”
- For awards, dress “up” – at the Recovery area (all your bags will be there)
- Ice water tubs are available at the recovery area

# Post-race Procedures

## Doping Control

- Accreditation card is needed for every athlete to go for testing.

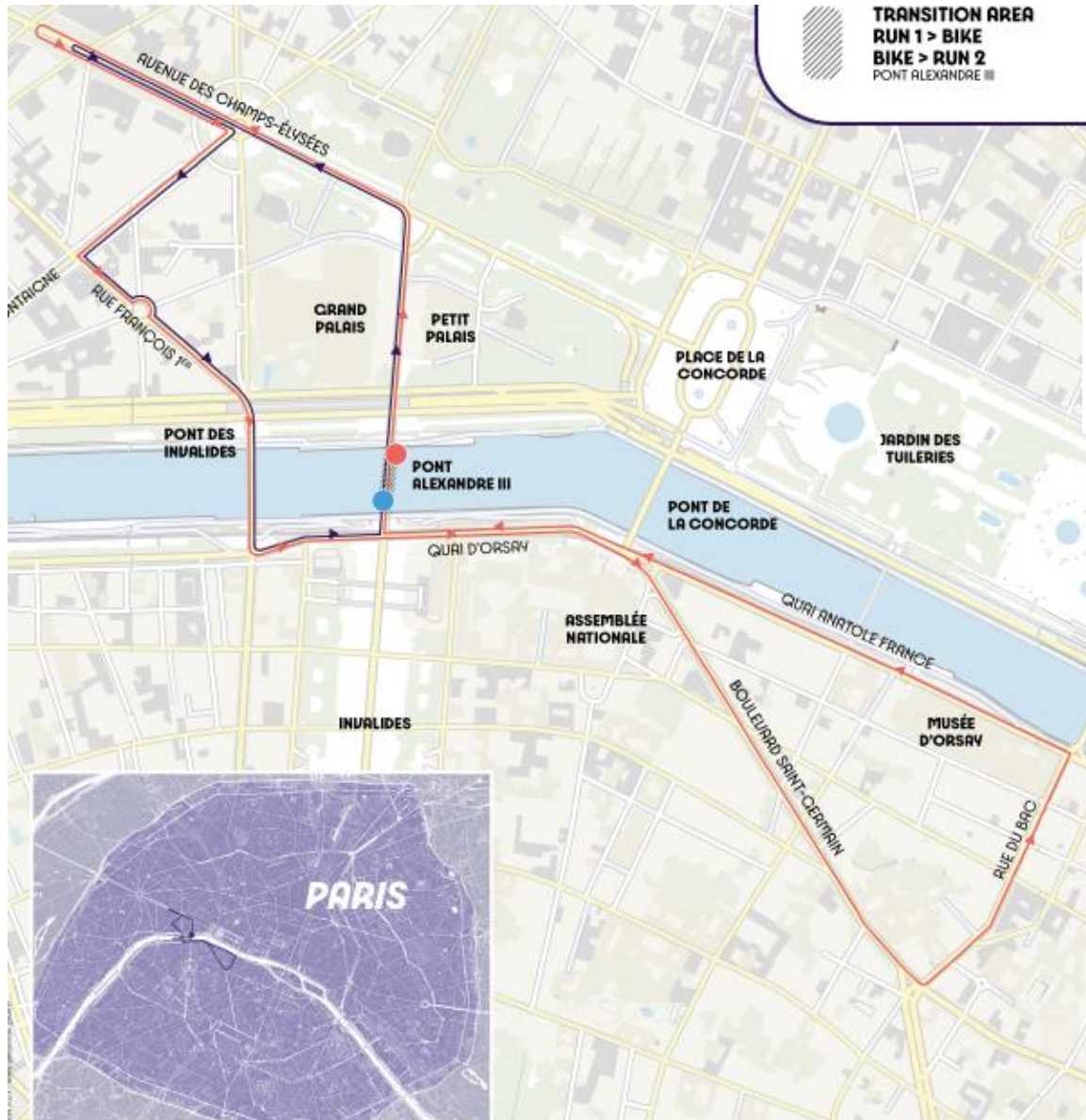
# Right to protest

- An Athlete who receives a penalty may protest, with the exception of:
  - (i) a penalty for a drafting violation; and
  - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

# Important note

- All DNF or lapped athletes during the bike leg should go to the next Wheel Station, Aid Station, Medical Station and remain there until the end of the competition.
- All DNF athletes have to report back to the Athletes' Lounge and inform the Registration Technical Official.
- Contingency plans.
- Airport arrival/ departure issues

# Contingency plan



- **Same start time** : 8h. The start will be from the dismount line.
- **Distances** : Run 1 : 5km (2 laps of 2.5km) // Bike : 40km (7 laps of 5.715km) // Run 2 : 10km (4 laps of 2.5km).



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Triathlon and Para triathlon Test Event 2023

# Important information for the Mixed Relay

- Coaches' meeting will take place August 19<sup>th</sup> at **14:00** in the venue media centre.



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY



# Briefing presentation online

[http://www.triathlon.org/about/downloads/  
category/race\\_briefings/](http://www.triathlon.org/about/downloads/category/race_briefings/)



# ***DEPARTURE INFORMATION***

**MATHILDE SCALART**

**ARRIVALS & DEPARTURE TEAM**



# OFF-AIRPORT CHECK-IN AT NOVOTEL - AUGUST 20<sup>TH</sup>



## Service provided

- Check-in of the baggage and sport equipment at Novotel Hotel
- Easy departure : no waiting time at the airport for check-in
- Delegations accommodated outside Novotel can participate



## Targeted flights

- **Air France flights only**
- 08-20 evening departure flights (from 16:00)
- 08-21 departure flights



## Check-in process

### Check-in time slot

From 11:00 to 19:00

Exact slot will be communicated by e-mail to the delegation

### Check-in location

Novotel Hotel – 2<sup>nd</sup> floor

### After check-in

Luggage is send to the airport in a sealed truck and loaded into the aircraft hold



## Interested by the service ?

If your departure flight matches the criteria above and your delegation wish to use the service :  
please meet Paris 2024 – AND after the briefing

# DEPARTURES



## ADS Changes

Last chance to make change by  
**the day before flight  
departure at 12am**

My flight is on

20/08 -> before 19/08 3pm

21/08 -> before 20/08 3pm



## Pick up time

Regarding information  
provided into the ADS  
platform. **Pick up schedule  
will be sent by email during  
the afternoon the day before  
your departure**



## Transport

### Meeting point

Rue Gaston de Caillavet

### Deserved points :

Charles de Gaulle Airport

Orly Airport



**Have a great race!**

**Bonne course !**