

Elite Athletes' briefing

Thursday, 4.7.2024



Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introductions

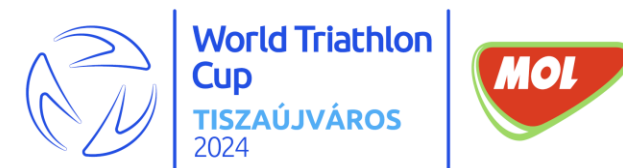


- Renato Bertrandi (World Triathlon Executive Board Representative)
- Yande Faye (World Triathlon Team Leader)
- Oliver Laaber (World Triathlon Technical Delegate)
- Natasa Preis-Bedenik (World Triathlon Assistant Technical Delegate)
- Dr. Svéd Amelita (World Triathlon Medical Delegate)
- Dr. Bela Varga (World Triathlon Head Referee Men)
- Peter Thygesen (World Triathlon Head Referee Women)
- Tibor Lehmann (LOC Director)

Competition Jury



- Oliver Laaber (Chair)
- Renato Bertrandi (World Triathlon Executive Board)
- Tamas Liptak (National Federation Representative)



Schedule and Timetables



THURSDAY 4th July

- | | |
|---------------|--|
| 18:00 – 19:00 | Athletes´ Briefing (Hotel Tisia) |
| 18:30 – 19:30 | Race pack pick-up (after athletes´ briefing) |

FRIDAY 5th July

- | | |
|---------------|--|
| 07:30 – 08:00 | Bike course familiarization for Elite and Junior
(2 laps on the Final course)
Meeting point: Transition zone |
| 09:30 – 20:00 | Training sessions in the swimming pool |
| 16:00 – 17:00 | Swim course familiarization (Elite) |

Schedule and Timetables



SATURDAY 6th July – Semi-finals

12:45 – 14:15	Athletes' Lounge check-in (all)
12:45 – 16:15	Athletes' Lounge open (all)
14:00 – 14:45	Transition Area check-in for (all)
14:15 – 16:25	Swim Warm-up (all)
15:02 – 15:06	Athletes' Introduction
15:07	Start Semi-final 1 Elite Women (1 to 26)
15:24 – 15:28	Athletes' Introduction
15:29	Start Semi-final 2 Elite Women (31 to 55)

Schedule and Timetables



SATURDAY 6th July – Semi-finals

15:51 – 15:55	Athletes' Introduction
15:56	Start Semi-final 1 Elite Men (1 to 24)
16:11 - 16:15	Athletes' Introduction
16:16	Start Semi-final 2 Elite Men (31 to 53)
16:31 - 16:35	Athletes' Introduction
16:36	Start Semi-final 3 Elite Men (61 to 84)
17:30 – 18:00	Transition Area check-out (all)
19:00 – 20:00	Registration finalists (Hotel Tisia)

Athletes, who qualified will receive a sticker on their accreditation during the race-package pick-up: give access to the athletes lounge on the race day.

Schedule and Timetables



SUNDAY 7th July – Finals

13:15 – 14:15	Athletes' Lounge check-in (all)
13:15 – 16:00	Athletes' Lounge open (all)
14:00 – 14:30	Transition Area check-in for Elite
14:10 – 14:30	Swim Warm-up for Elite Women
14:40 – 14:44	Athletes' Introduction
14:45	Start Elite Women Start
15:30 – 16:00	Swim Warm-up for Elite Men
16:10 – 16:14	Athletes' Introduction
16:15	Start Elite Men Start
17:15 – 17:45	Transition area check-out (all)
17:30 – 17:50	Medal ceremony (on site) – top 3 men and women
20:30	Awards Ceremony Elite top15 (town square)

Awards Ceremony (Sunday evening)



Athletes (top 15) please be ready at 08:15pm on the left side of the stage (marking see the map).



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Race Pack Distribution



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

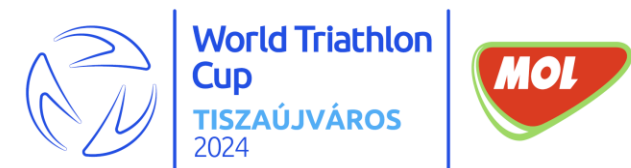
Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

Withdrawal after the briefing



ANY withdrawal after the briefing needs to be communicated to the TD!



Athletes Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Leave your spare wheels to the Bike Check
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- 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

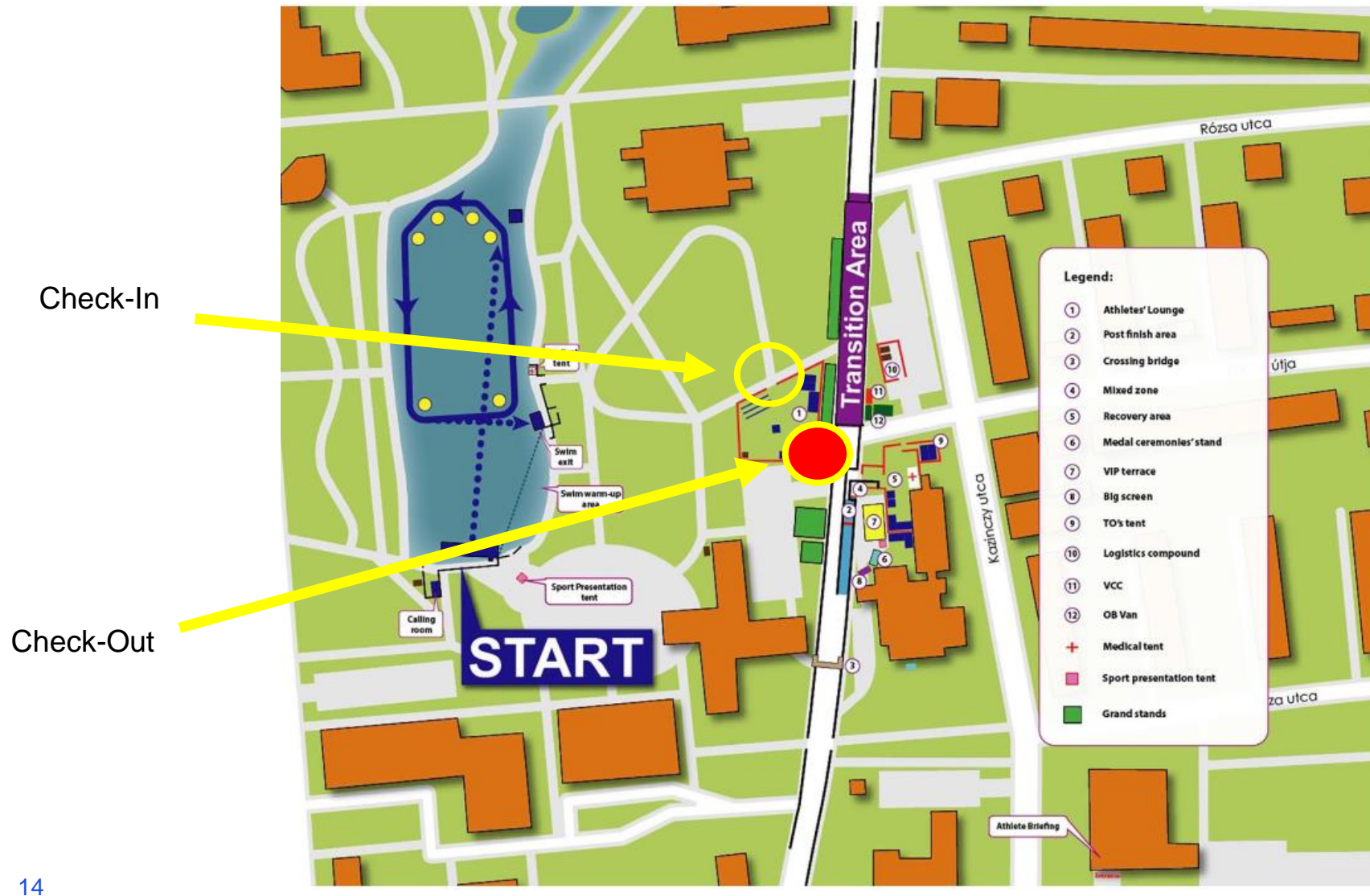
Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution; **1 for the ankle (any ankle)**
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area

Map Athletes Lounge - Check-in procedures



Check-in procedures



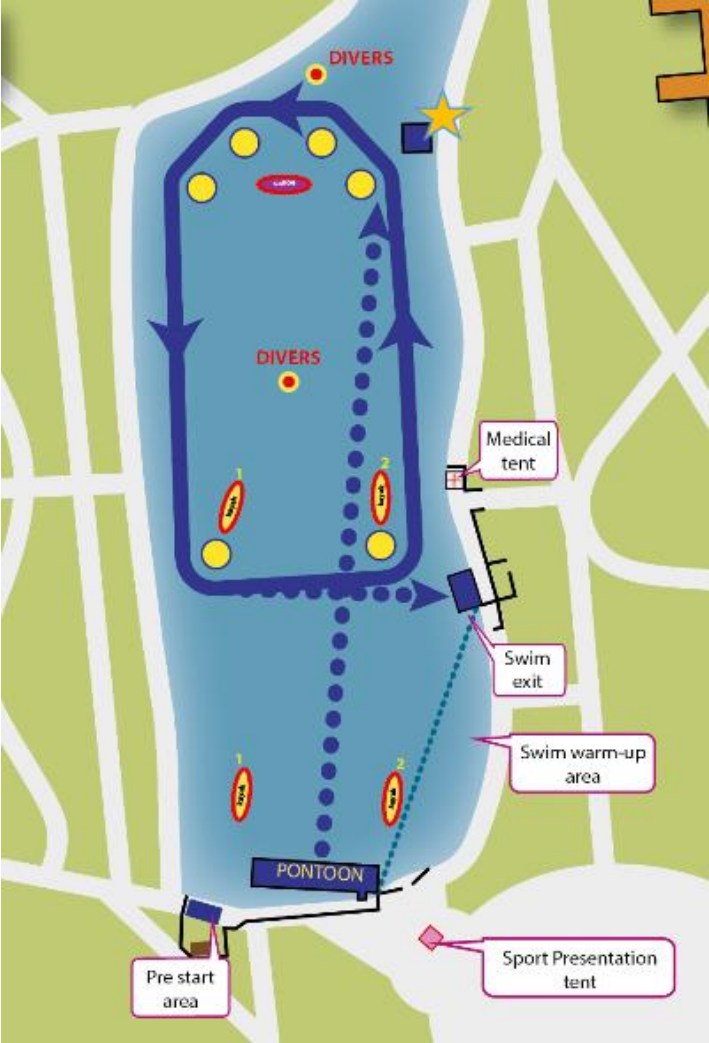
Transition Area

- Helmet check - Don't leave your helmet fastened in the transition

The athlete who misses to comply with this rule will receive a time penalty in TA1.

- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

Pre-start Procedures



Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up / next to the pontoon
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

Start Procedures



Athlete in position

- The start can be given any time after the HR announces "On your mark"
- Air horn blast
- The race starts

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

False-start Procedures



False-start (many athletes)

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

Valid start with early starters

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a **10 second penalty in TA1**.
- During the time penalty, the athlete(s) may NOT touch any equipment.

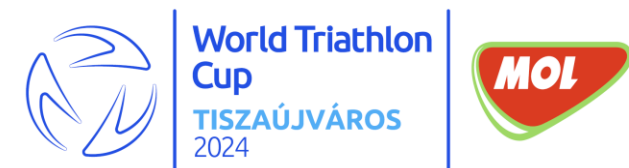
The course (Semi-finals)



Swim 3 laps of 250m

Bike 2 laps of 10km

Run 3 laps of 1,72km



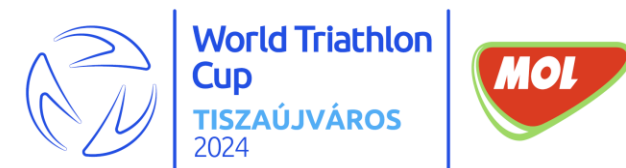
The course (Finals)



Swim 3 laps of 250m

Bike 8 laps of 2,5km

Run 4 laps of 1,23km



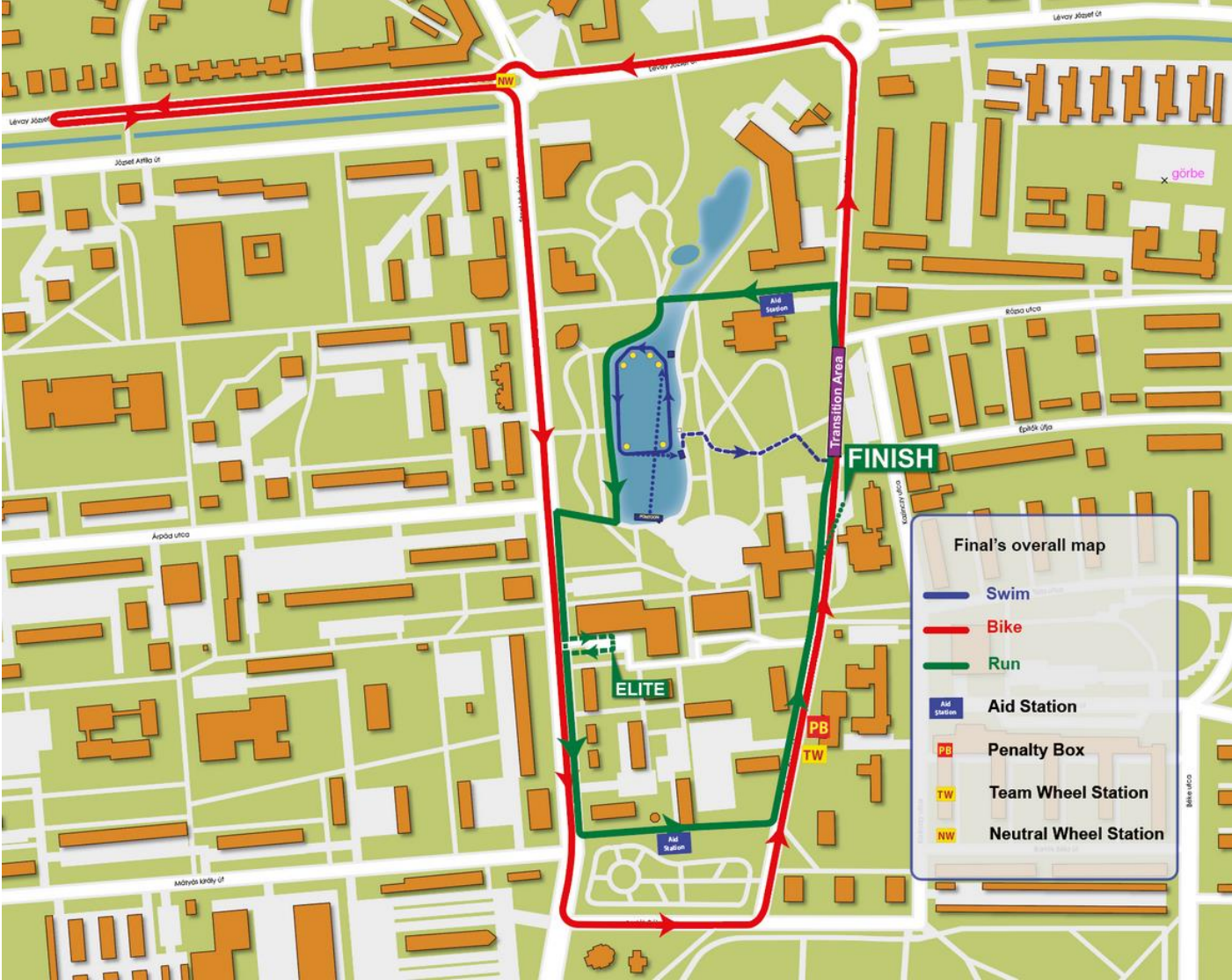
The course (Semi-finals)



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The course (Finals)



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2024



Swim course (Semi-finals)

- On Thursday, 4.7.2024 at 15:00hrs:

- Water: 26,8 °C
- Air: 25,0 °C
- WBGT: 22,2 °C

LOW
HEAT STRESS

- Wetsuit not allowed
- 3 laps (total distance of 750m)
- Distance to the first turn buoy 116m, keep all the buoys on your left shoulder
- Take swim cap, goggles to transition into your box

Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

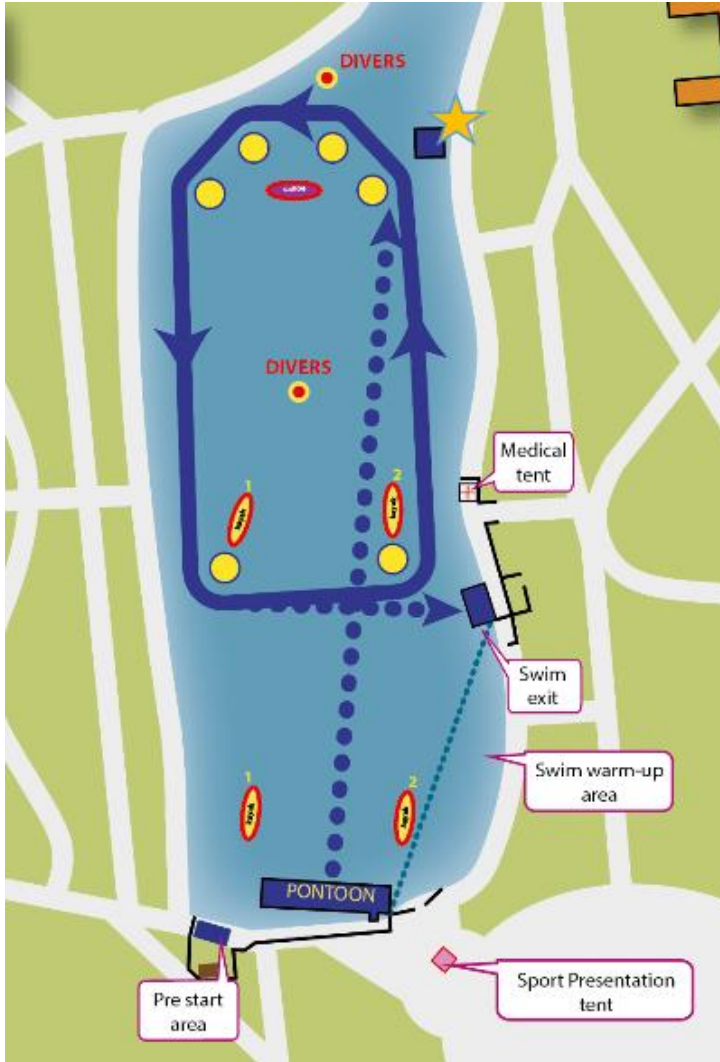
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.

Swim conduct



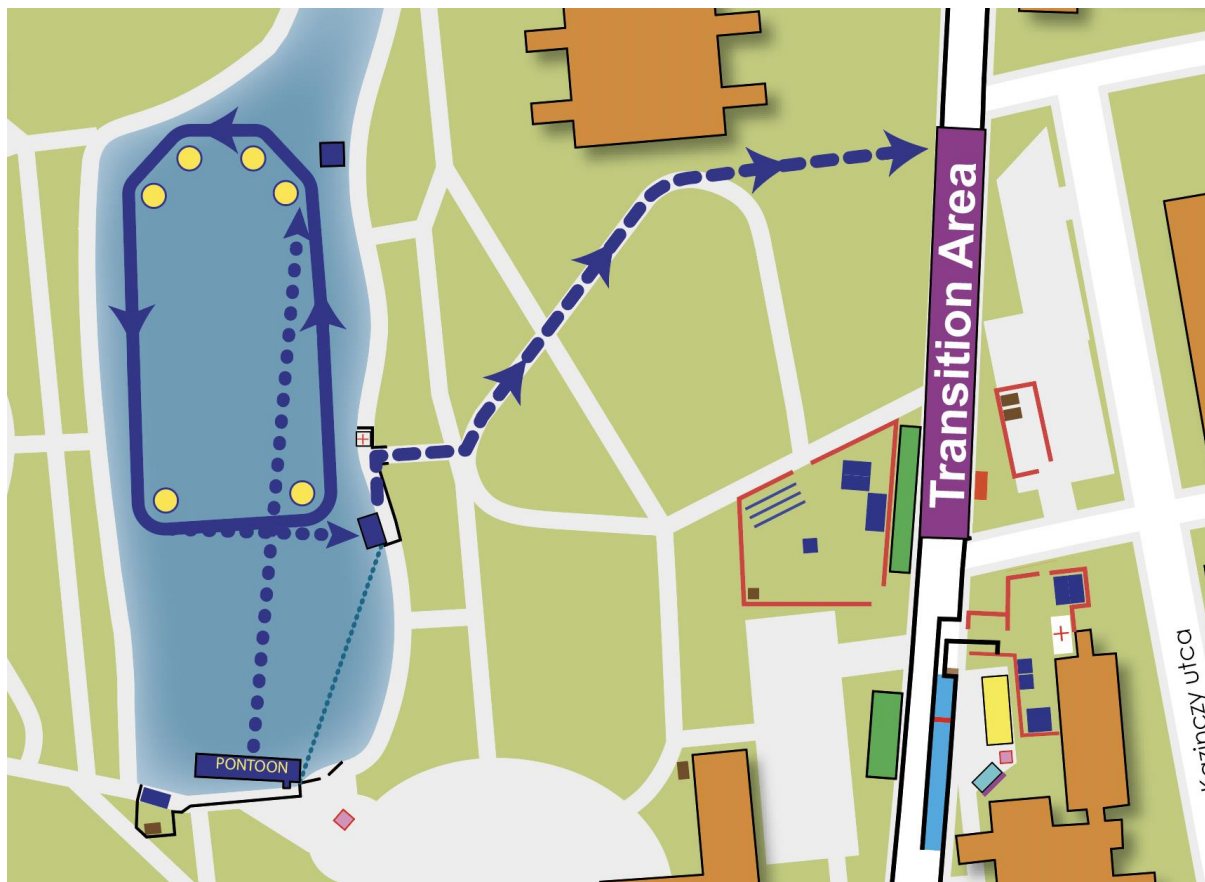
- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course map



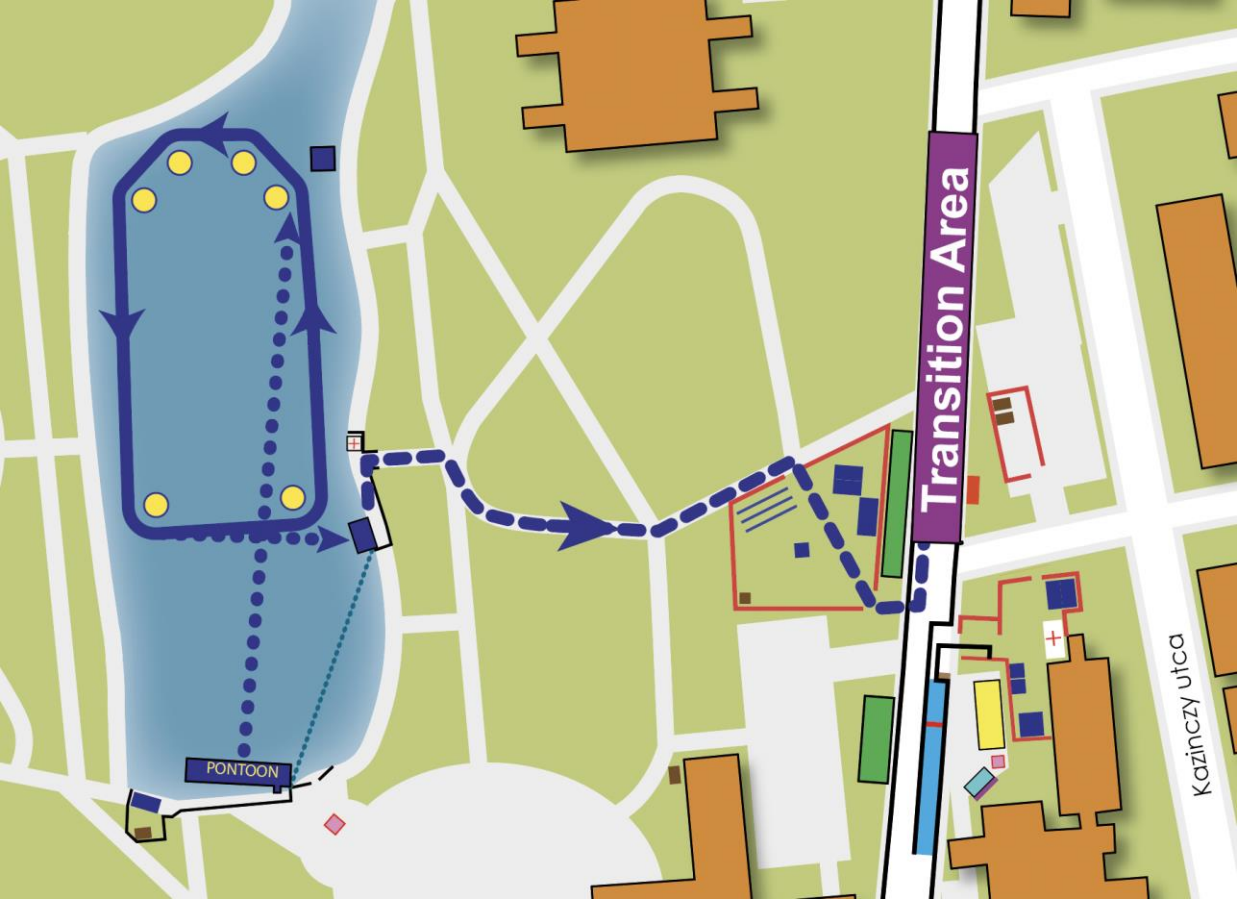
- Swim course anti clock-wise!

Swim exit to Transition (Semi-finals)



Way from Swim Exit to TA: SF = 200m

Swim exit to Transition (Finals)



Way from Swim Exit to TA: F = 180m



Transition Area



- Traditional Bike Racks – two rows (SF only)
- Individual Bike Racks (Finals only)
- All used equipment into the box
- Mount line at the end of the TA

Bike course (Semi-finals)

- 2 laps (total distance of 20km)
- flat and technical due to changes in direction and tight turns
- 2 Wheel Stations
 - 1 Neutral wheel station – halfway on the bike course
 - 1 Team wheel station – just after TA @ the U-turn (right-handed)
 - for locations see the map
- NO lap counting for the Semi-finals
- Lapped athletes are out of the race
- First runner – last biker scenario / Sunday only (see map)

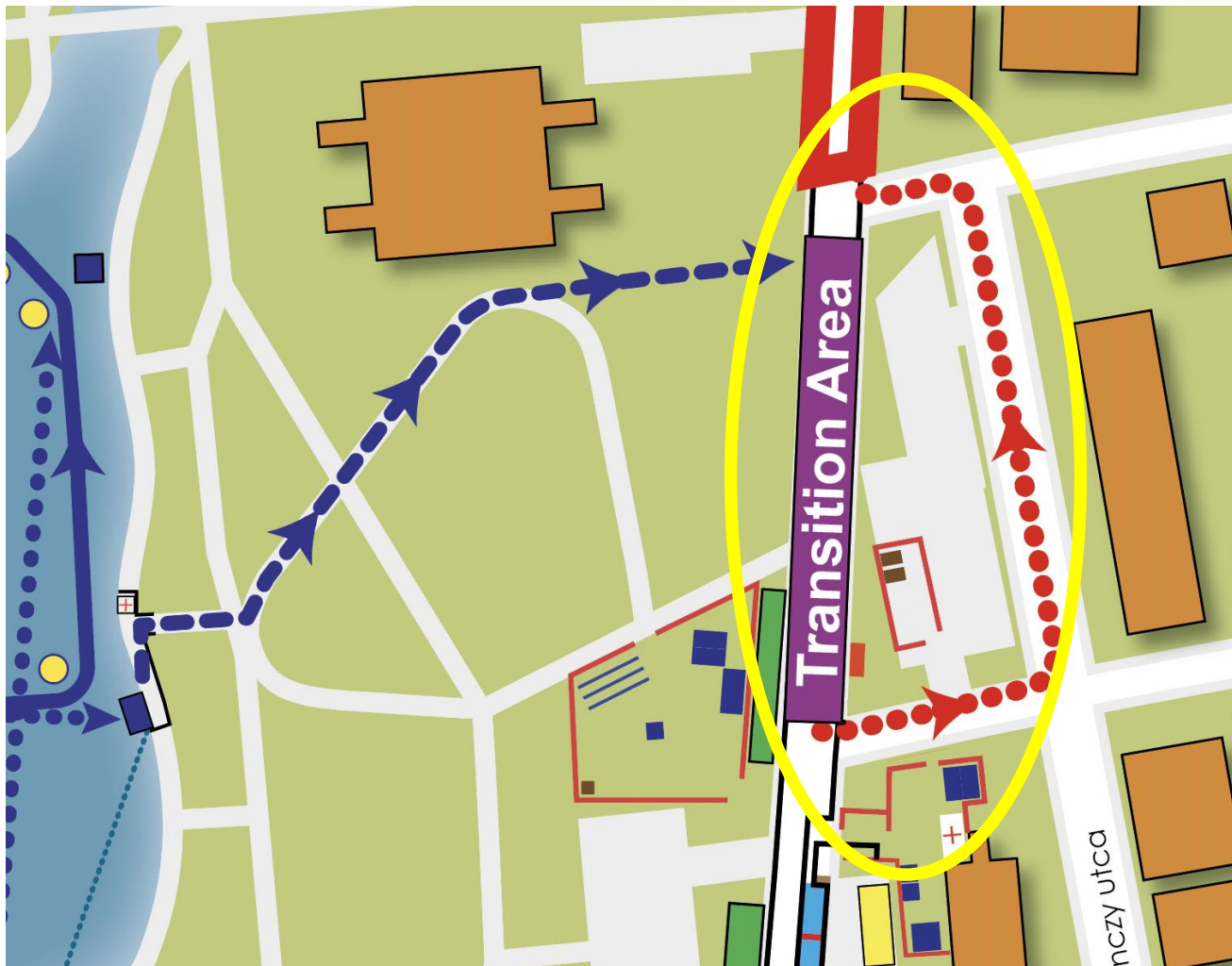
Bike Course Map (Semi-finals)

Neutral WS by getting back
on the right side



Team WS @ the U-turn,
right side.

Bike course / dogleg (Semi-finals)

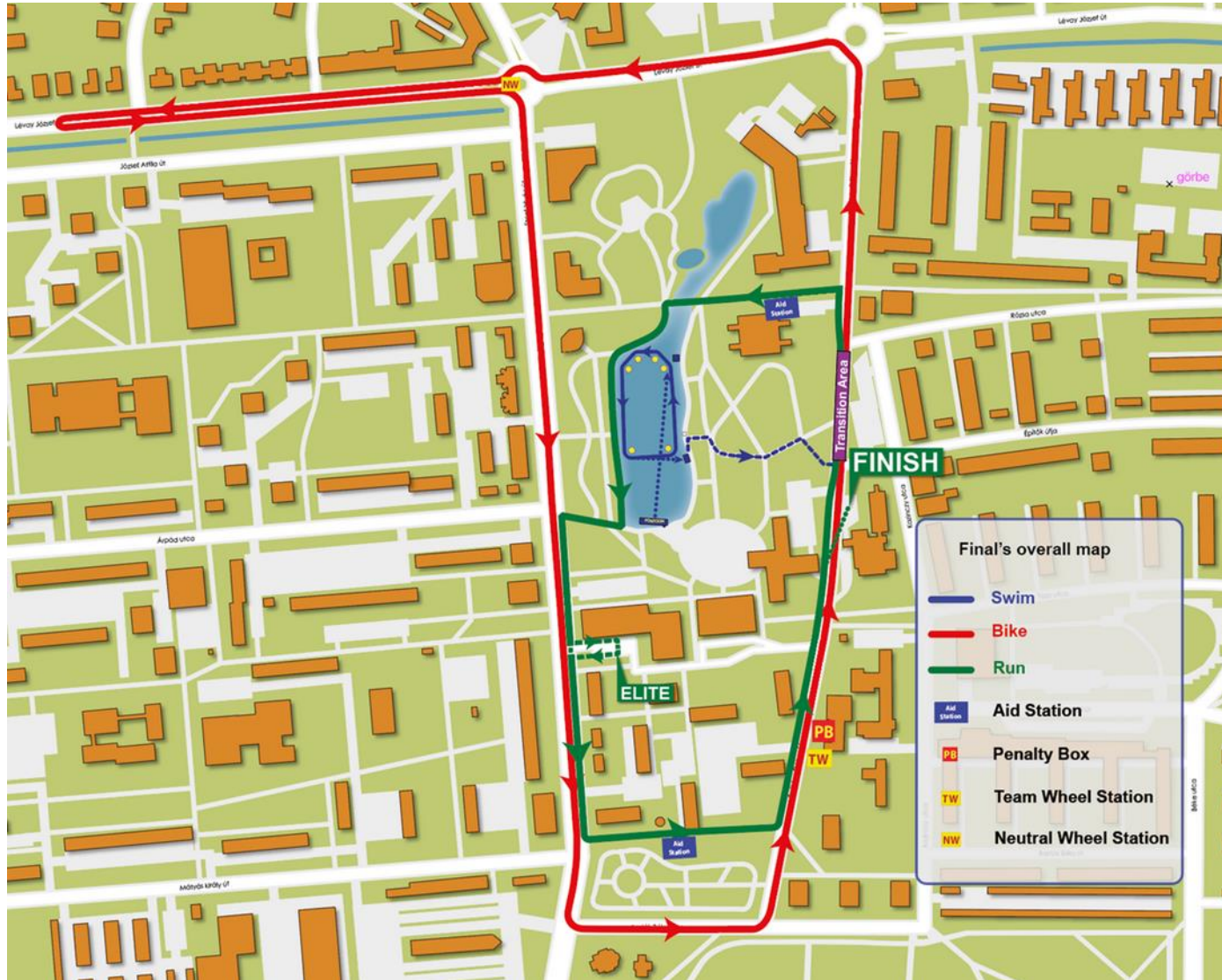


Bike course (Finals)



- 8 laps (total distance of 20km)
- flat and technical due to changes in direction and tight turns
- 2 Wheel Stations
 - 1 Neutral wheel station – halfway on the bike course
 - 1 Team wheel station – next to PB
 - for locations see the map
- Lap counting for the Finals
- Lapped athletes are out of the race
- First runner – last biker scenario / Sunday only (see map)

Bike Course Map (Finals)



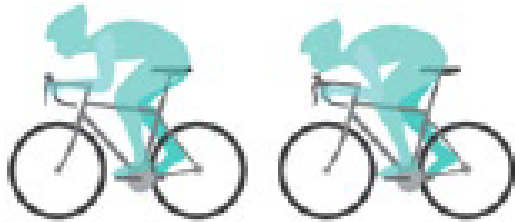
Bike Course important information

- Red arrows valid for Saturday only!
- Light yellow signage valid for Sunday only!
- Please see pictures below!



Riding position

OK



NOT OK



Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Bike - Handlebars

5.2.f. Handlebars:

(i) for Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebar must be plugged.
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.
- **Clip-ons are not allowed!**



IMPORTANT!



Transition Area 2



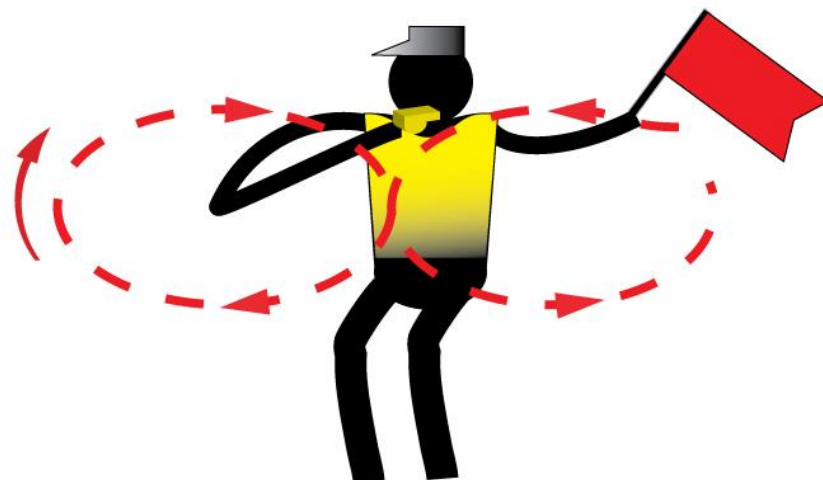
Definition from the World Triathlon CR §7.1.:

c.) Position of equipment:

(iii): by the end of the last transition all equipment – regardless whether used or not – must be deposited in the corresponding numbered bin provided, with the following exceptions: bike shoes, which may remain fixed on the pedals.

Caution

Caution signal: sharp whistles and or red flags

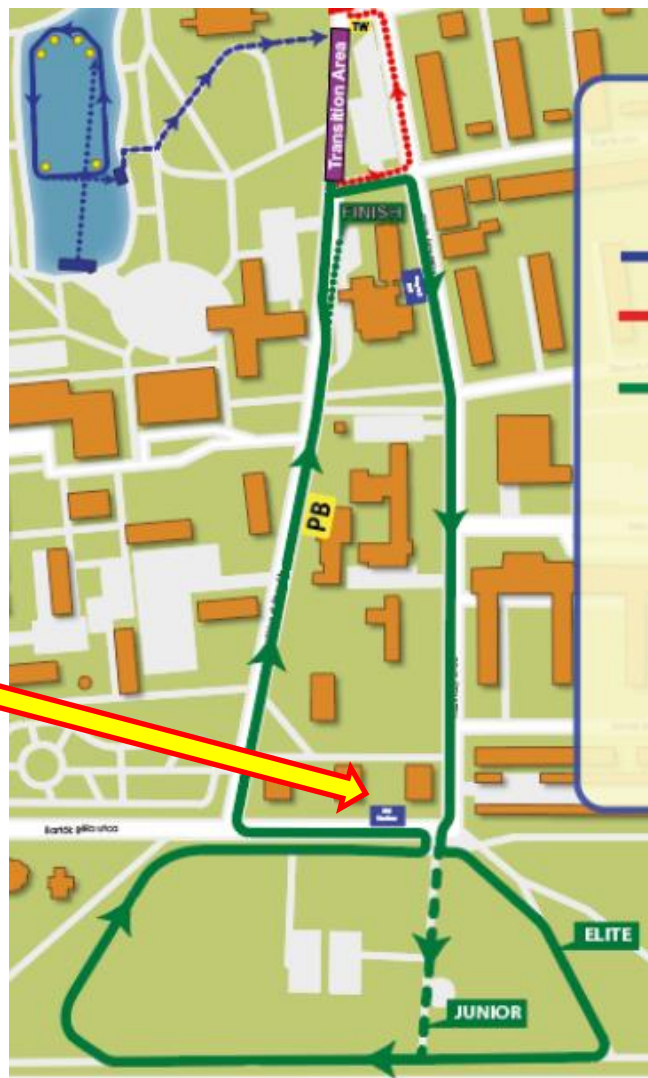


Run course (Semi-finals)

- 3 laps (total distance of 5,16km)
- Aid stations:
 - 2 per lap; 1 of the aid stations is double-sided!
 - For locations see the map
 - Littering zones
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area >>> Go to mixed zone / recovery area



Run Course Map (Semi-finals)



Aid Station

Run course (Finals)

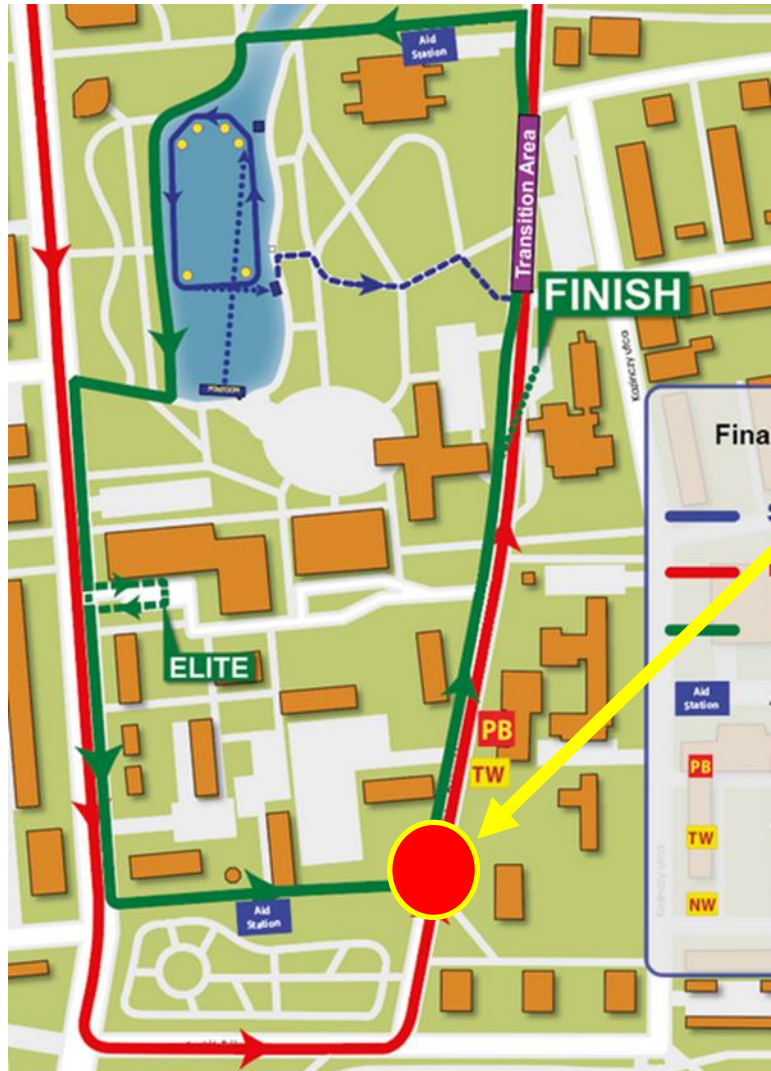
- 4 laps (total distance of 4,92 km)
- Aid stations:
 - 2 per lap; 1 of the aid stations is double-sided!
 - For locations see the map
 - Littering Zones
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area >>> Go to mixed zone / recovery area



Run Course Map (Finals)



Bike Course – First Runner/Last Biker Scenario (Finals only!)



First runner/last biker – Sunday only!



Definition from the World Triathlon CR §6.1:

- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Run equipment - shoes

- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 157m before the TA
- **Information:** White board to show race numbers and letters to indicate violations
- (Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** 10seconds time penalty served on any lap of the run

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.

Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.

Run Penalty Box



Violations Abbreviations:

Dismount Line	D
Mount Line	M
Swim Behavior	S
Run Behavior	R

Littering	L
Equipment outside the box	E
Bike Behavior	B
Other violations	V

For example:

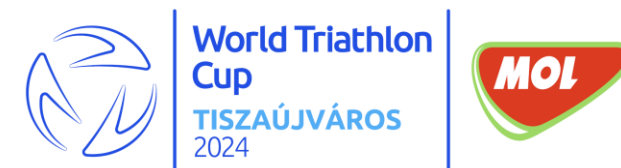
12 D athlete #12 received a time penalty for a dismount line violation

12x2 ME athlete #12 received 2-time penalties for mount line and equipment outside the box violations

Official Run Course measurement (coaches)



- Saturday, 6.7.2024: 1:30pm (Meeting point TA)
- Sunday, 7.7.2024: 1:45pm (Meeting point TA)



Qualification for the Finals

As per Competition Rules, page 121, section 20.3

Athletes entered	Semi-finals	By position in the semi-final	By time
31 to 60	2	14	2
61 to 90	3	9	3
91 to 120	4	7	2
More than 121	5	5	5

In case of athletes withdrawing from the final, replacement will be made by the first athlete who has not qualified. The replacement will happen if the number of athletes in the final drops down to below 30 athletes. (a random selection will be made from those athletes who have the same time).

The deadline for the replacements will be at 08:00pm on Saturday 6th July

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 05:30pm
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.
- Prize money

Ambush Marketing Rules



- For ceremony awards, please dress up with race uniform (or country uniform)
Ambush marketing rules apply.
- Race caps/visors are allowed at the podium
- 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
- The consequence for this behavior is: *The athlete will immediately forfeit their prize money for that event.*

Post-race Procedures



Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

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.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Support to the athletes is composed by the following categories: Coaches, Medical, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event. **The people entered in the categories of Coaches and Medical must complete the Anti-Doping Education course.**

Coaches' areas

- Start, PB, Finish Area (wrist band)



Important updates



Neutral Wheel station: wheels provided by the LOC:

- 700CC Disc 140mm Shimano front wheel
- 700CC Disc 160mm Shimano front wheel
- 700CC rim break Shimano front wheel

- 700CC rim break Shimano 11 speed rear wheel
- 700CC Disc 140mm 11 speed Shimano rear wheel
- 700CC Disc 140mm 12 speed Shimano rear wheel

Water Quality Assessment (Inland)

Enterococci	
03/07/2024	NMP/100mL
Location A	10
Enterococci limit	<200

E.Coli	
03/07/2024	NMP/100mL
Location A	140
E.Coli limit	<500

PH	
03/07/2024	
Location A	8,2
PH limit	6-9

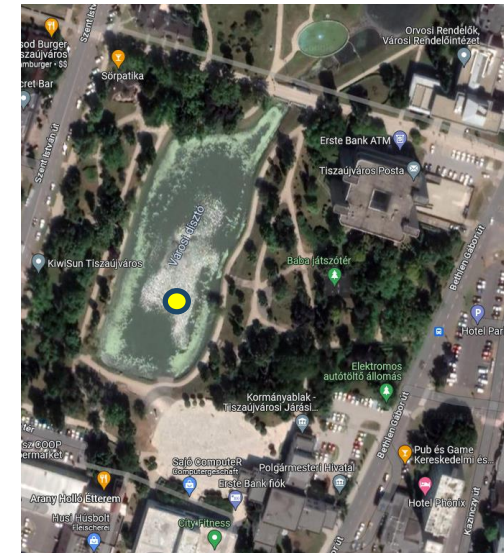
Weather forecast	
Day	Weather
Briefing (B)	sunny/cloudy
B +1	partly sunny/cloudy
Race Day	cloudless, sunny

Weather report	
Day	Weather
B-3	cloudy and rain
B-2	cloudy and light rain
B-1	sunny/partly cloudy

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Swim Course	None	None	15:00	None

SUMMARY

2 = 'Good Water Quality':
 (E.Coli: <500 or Enterococci <200), with poor visual pollution during sanitary inspection or forecast of heavy rain;



Heat stress indicators

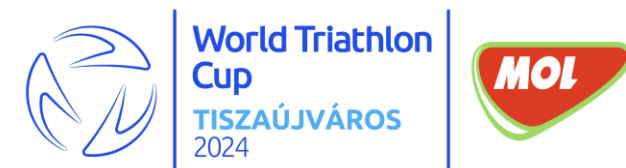
Warning flags will be placed at the athletes' area.



Weather forecasts



	Temperature in °C	Weather
Friday	22-28°C	sunny/partly cloudy
Saturday	21-29°C	sunny/partly cloudy
Sunday	21-32°C	sunny/partly cloudy



Weather forecasts (Friday and Saturday)



Friday 5 July

Time	Weather	Temp.	Precip. mm	Wind speed m/s	Wind desc.
00	☾	18°		3 →	Light breeze from west
01	☾	17°		4 →	Gentle breeze from west
02	☾	16°		3 ↘	Light breeze from north west
03	☾	16°		3 ↘	Light breeze from north west
04	☾	16°		2 ↘	Light breeze from north west
05	☀	15°		2 ↘	Light breeze from north west
06	☁☀	16°		2 →	Light breeze from west
07	☁☀	17°		2 →	Light breeze from west
08	☀	20°		2 ↗	Light breeze from south west
09	☀	22°		2 ↗	Light breeze from south west
10	☀	24°		3 →	Light breeze from west
11	☀	25°		4 →	Gentle breeze from west
12	☀☁	26°		4 →	Gentle breeze from west
13	☀☁	27°		4 →	Gentle breeze from west
14	☀	27°		4 →	Gentle breeze from west
15	☁☀	28°		5 →	Gentle breeze from west
16	☀☁	27°		5 →	Gentle breeze from west
17	☁☀	27°		5 ↗	Gentle breeze from south west
18	☀	26°		4 →	Gentle breeze from west
19	☀	25°		3 →	Light breeze from west
20	☀☁	23°		3 ↘	Light breeze from north west
21	☾	21°		3 →	Light breeze from west
22	☾	20°		3 →	Light breeze from west
23	☾	19°		3 ↘	Light breeze from west

Saturday 6 July





Time	Weather	Temp.	Precip. mm	Wind speed m/s	Wind desc.
00	☾	18°		2 →	Light breeze from west
01	☾	18°		2 ↗	Light breeze from south west
02-08	☀	17°		2 ↗	Light breeze from south
08-14	☁☀	21°		1 ↖	Light air from south east
14-20	☀	29°		4 ↗	Gentle breeze from south
20-02	☁☾	26°		2 ↖	Light breeze from south east

☀ Sunrise 04:44 ☀ Sunset 20:36



Weather forecasts (Sunday)

Sunday 7 July

Time	Weather	Temp.	Precip. mm	Wind speed m/s	Wind desc.
02-08		21°		3 ↖	Light breeze from south east
08-14		24°		2 ↖	Light breeze from south east
14-20		32°		4 ↑	Gentle breeze from south
20-02		28°		3 ↖	Light breeze from south east

🌅 Sunrise 04:45 🌇 Sunset 20:35

Source: <https://www.yr.no/en/forecast>

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!



Be your
extraordinary