

2024 World Triathlon Cup Tongyeong Elite Athletes' briefing

24th October 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



- Tomoko Wada, World Triathlon Multi sports Committee member
- Melody Tan, World Triathlon Team Leader
- Kiriyo Suzuki, World Triathlon Technical Delegate
- James Lim, World Triathlon Assistant Technical Delegate
- Sang Done Shim, World Triathlon Medical Delegate
- Kitty Kim, World Triathlon Head Referee
- Jhon Kim, LOC Director

Competition Jury



- Kiriyo Suzuki Technical Delegate Chair, Chair
- Tomoko Wada World Triathlon Multi Sports Committee
- Sean Lee, Secretary General of Korean Triathlon Federation

Schedule and Timetables



THURSDAY

17:45 – 18:00 Race pack pick-up (after athletes' briefing)

18:00 – 20:00 Pasta Party

Schedule and Timetables



FRIDAY

10:00 – 17:00 Training sessions in the swimming pool

13:00 – 13:30 Bike course familiarisation

Meeting point : Transition area

13:30 – 14:30 Swim course familiarisation

Schedule and Timetables



SATURDAY

- 6:30 – 7:30 Athletes' Lounge check-in
- 7:00 – 7:45 Transition Area check-in for Elite Women
- 7:00 – 7:45 Swim Warm-up for Elite Women
- 7:50 Athletes' Introduction
- 8:00 Elite Women Start**
- 13:20 Medal ceremony *Please come back the athlete lounge until 13:10

Schedule and Timetables



SATURDAY

- 9:30 – 10:30 Athletes' Lounge check-in
- 10:00 – 10:45 Transition Area check-in for Elite Men
- 10:00 – 10:45 Swim Warm-up for Elite Men
- 10:50 Athletes' Introduction
- 11:00 Elite Men Start**
- 13:20 Medal ceremony

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

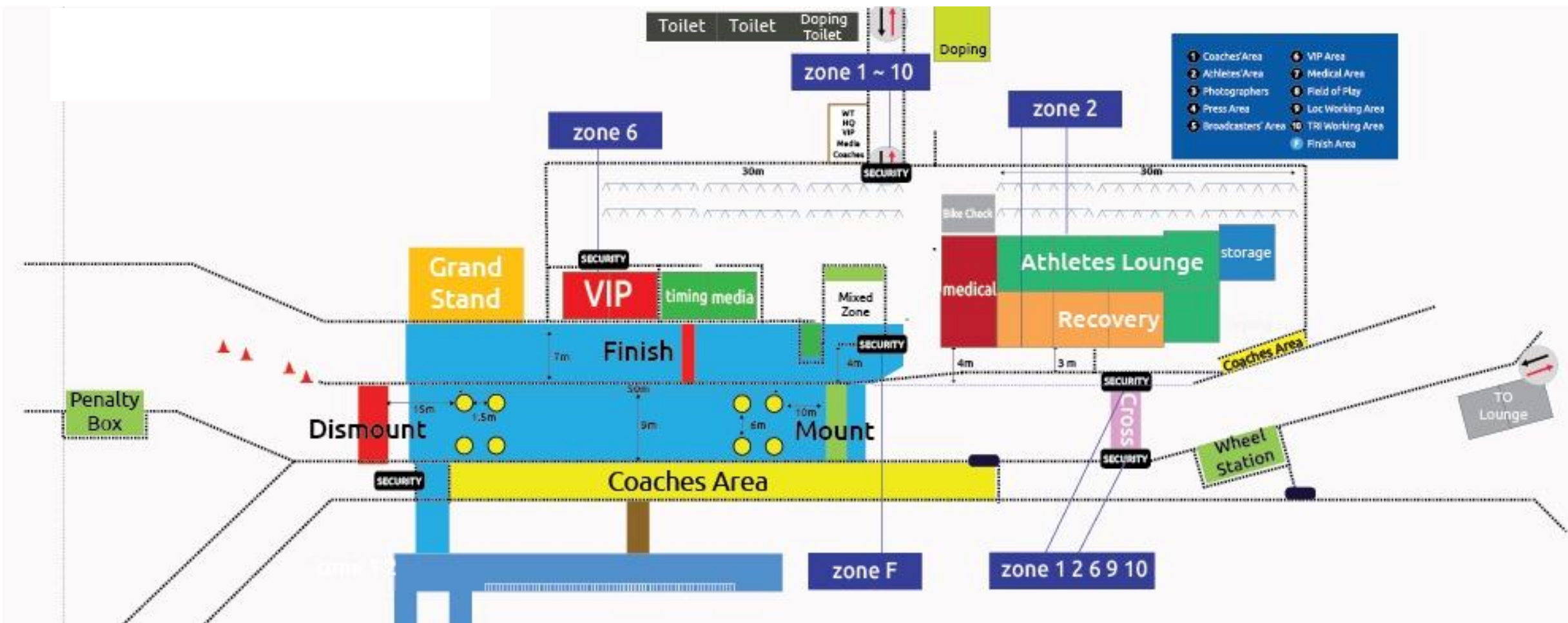
Souvenir
form LOC



The Venue Map



The Venue Map



Check-in procedures



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
- **After bike check you will bring to Tema Wheel station after mount line by yourself**
- Saddle position (-5cm ≤ Men & -2 cm ≤ 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
- 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**

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



Athlete Introduction

- 10 minutes before start - line-up
- 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(New)



Once all athletes are in their start position:

- The announcer will say: “Athletes, now you are in the hands of the starter”
- Heartbeats will be played during 10 to 15 seconds.
- Silence for 3 to 5 seconds
- Air Horn Blast
- The race starts

Athletes starting before the air horn or not moving forward at the start will receive a time penalty of 15 seconds in TA1.

False-start Procedures

False start: Large group of athletes starting before the horn, technical failures of the start system, or other issues affecting the fairness of the competition.

- 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 everyone else starts with the horn, the early starters will receive a time penalty of 15 seconds [penalty in TA1](#)

During the time penalty the athlete cannot touch any race equipment

The course



Swim 2 laps of 750m = 1500m


Bike 6 laps of 6.5km = 39km

Run 4 laps of 2.5km = 10km

The course



Swim course

- On 24th at 7:00am Water: 21.1°C
 Air: 11.8°C
 WBGT:  LOW
 HEAT STRESS
- Wetsuits: The final decision will be taken 1h before the race
- 2 laps of 750m (total distance of 1500m)
- Distance to the first turn buoy 330m
- Keep the yellow buoys on your Right
- Take cap, goggles to transition into your box

Swim course map



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

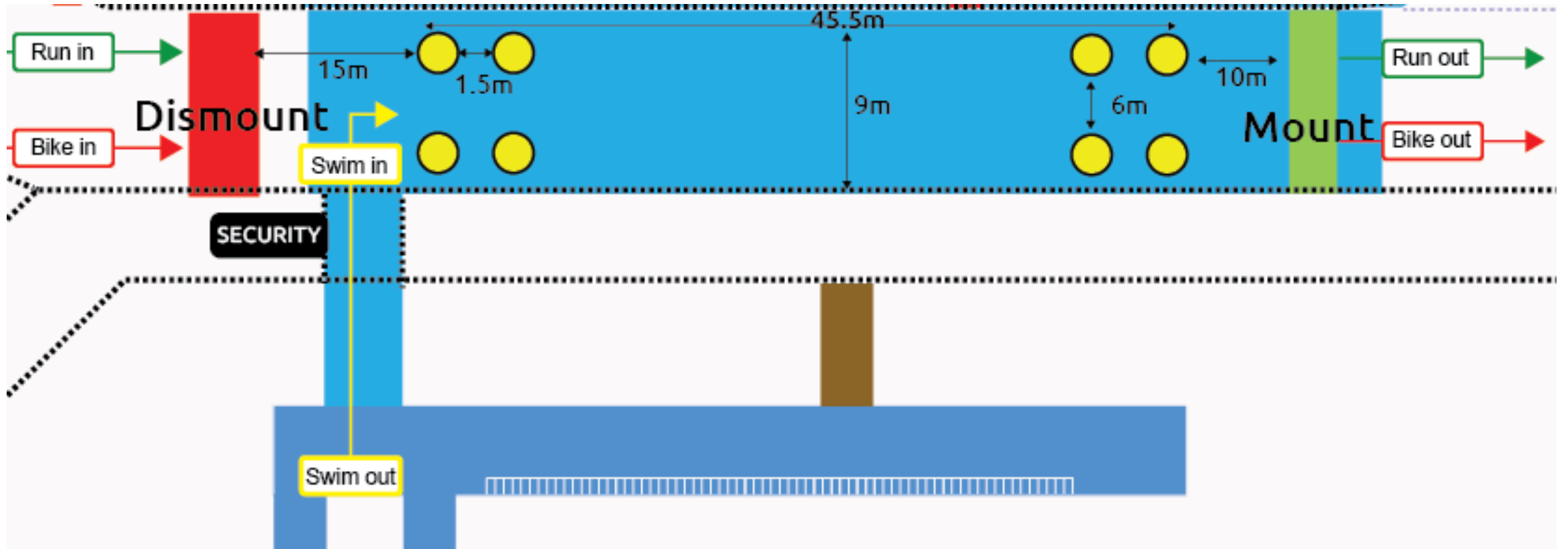


- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors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

Swim exit to TA



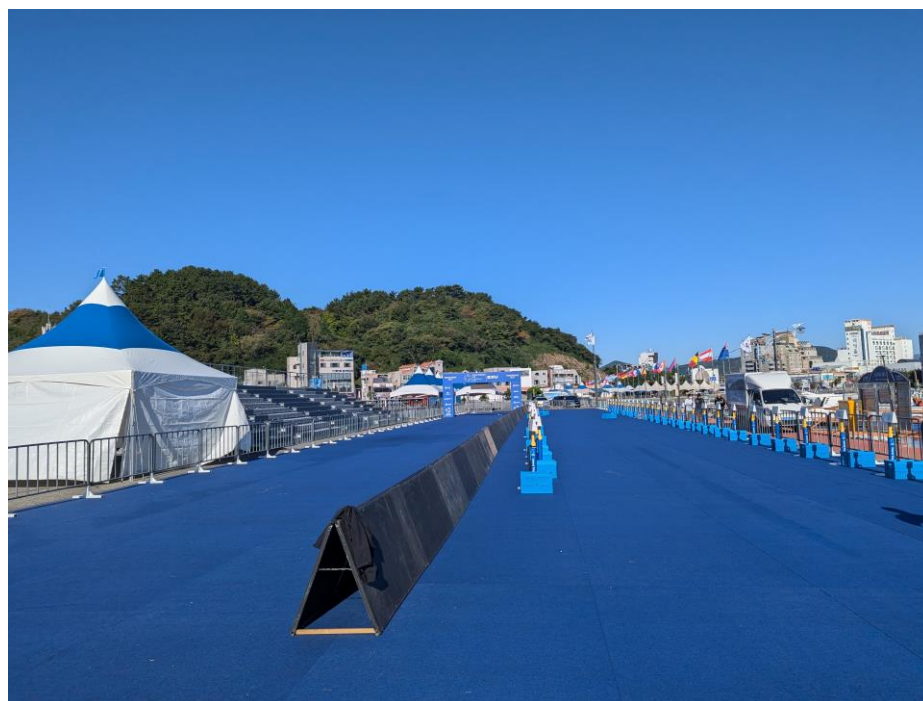
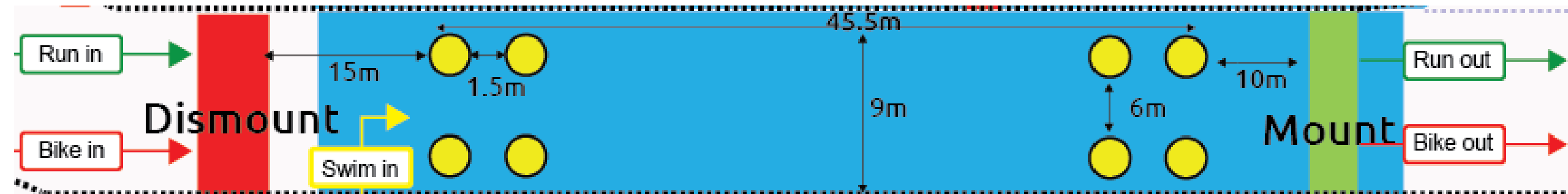
Swim exit to TA



Transition Area

- Swim Exit to TA 46m
- Individual Bike Racks – number, name and country flag
- In case of individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Used equipment into the box
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- Athletes cannot **lock or unlock** 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.
- Mount line (**green**), Dismount line (**red**)

Transition Flow



Bike course

- 6 laps of 6.5k (total distance of 39km)
- Hilly and not technical
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the after the mount line
- Littering Zones – Neutral wheel station
- Lapped athletes are out of the race
- First runner – last biker scenario



Bike Course Map



Bike Course Map



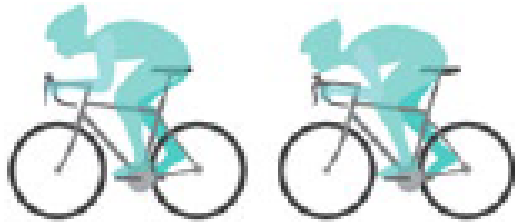
Wheel list of neutral wheel station

- 1 x 700c Front wheels, rim brake
- 2 x 700c Front Wheels, 160mm rotor disc brake
- 2 x 700c Front Wheels, 140mm rotor disc brake

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

Riding position

OK



NOT OK

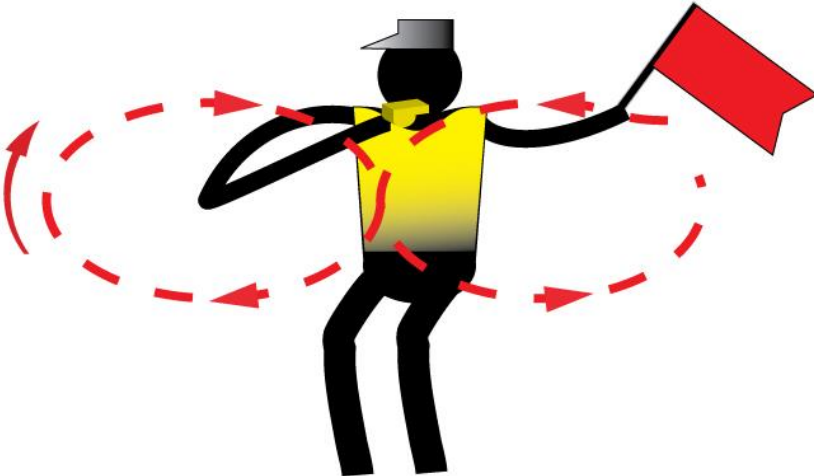


Only ok in draft
illegal event

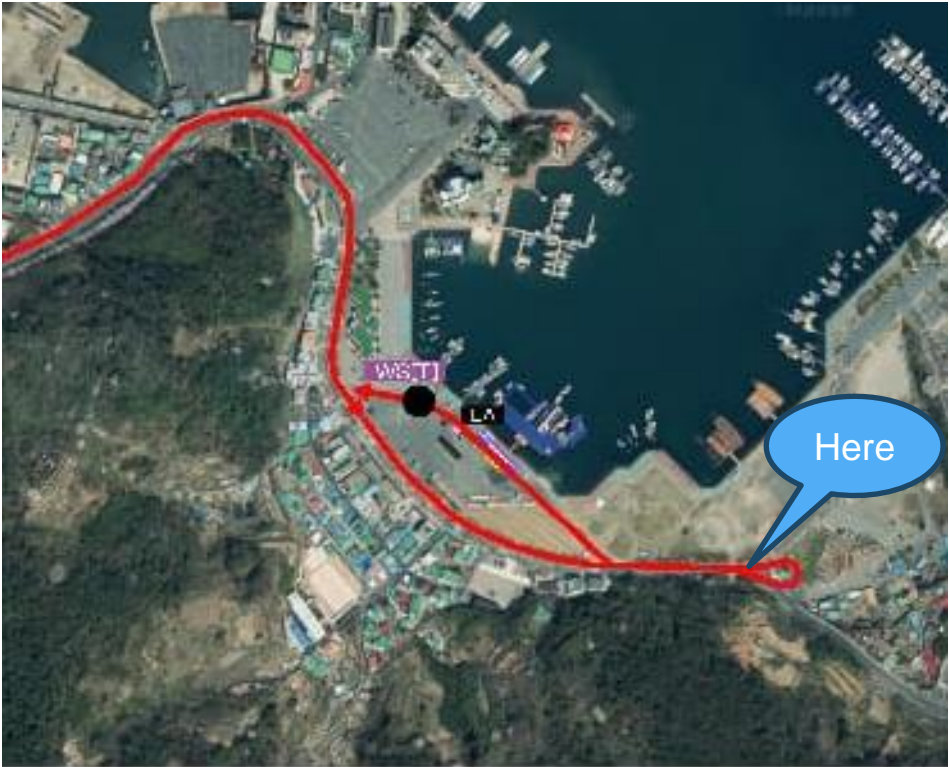
Definition from the World Triathlon CR §5.1.b:

- 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.

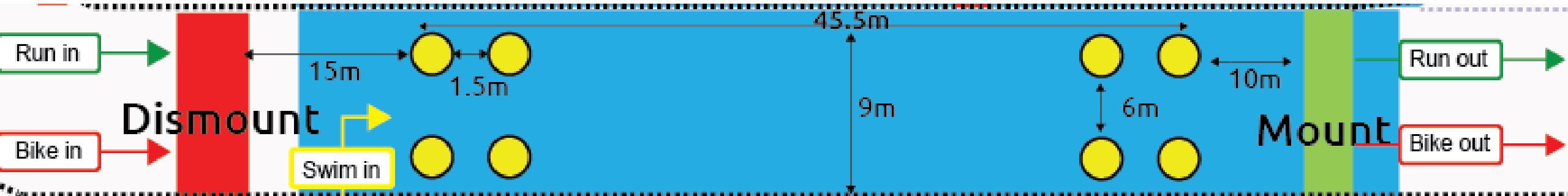
Caution



First runner – last biker scenario



Bike to Run



Run course

- 4 laps of 2.5km (total distance of 10km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - 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



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 Course Map



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 150m before the Transition Area
- **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: 15 seconds** 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

Finish



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 13:20
- Elite 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 – World Triathlon will contact and pay for you

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

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



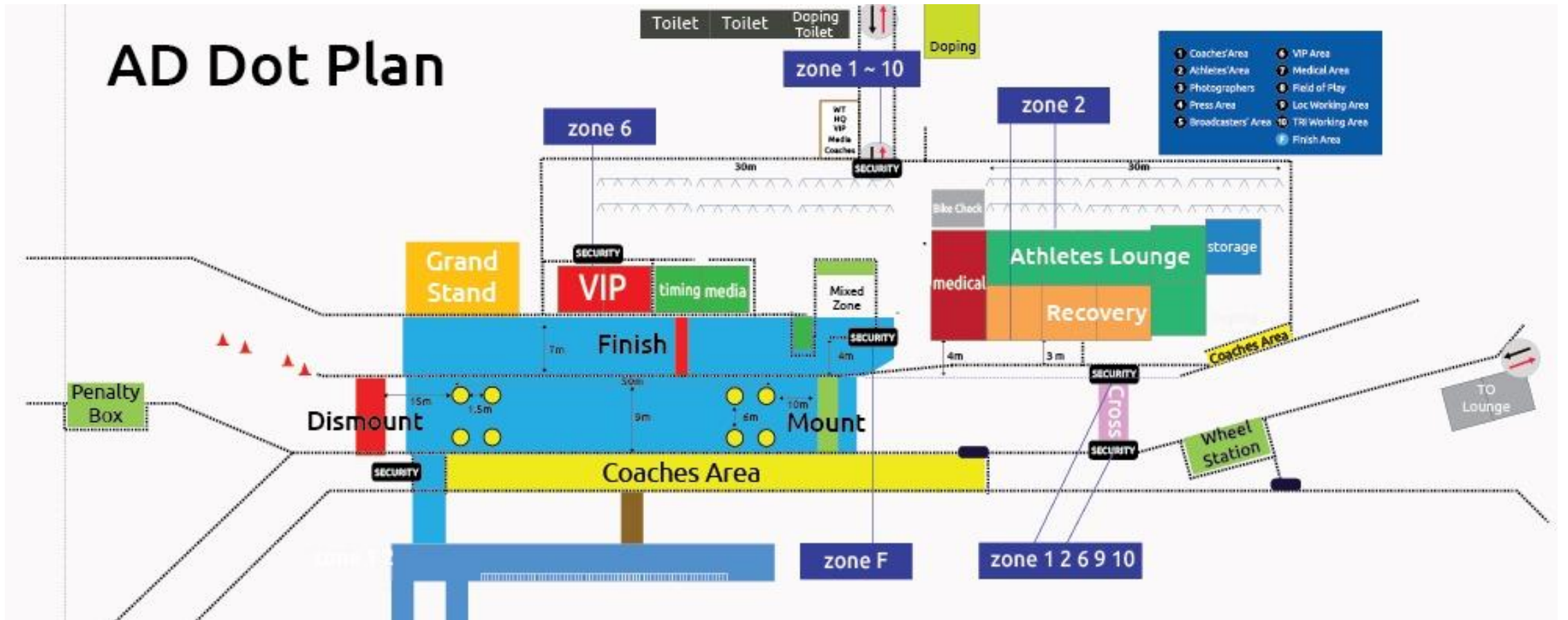
Accreditation

- 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

- Beside at the transition area and the penalty box

Coaches Areas Map



Water Quality Assessment

Enterococci	
Insert Sample Date	NMP/100mL
Location A	172
Location B	143
Location C	160
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	82.2
Location B	163.8
Location C	115.8
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7.34
Location B	7.56
Location C	7.68
PH limit	6-9

Weather report	
Day	Weather
Wed, 23 October	Sunny but precipitation was 63mm on Tuesday

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Donam-dong	None	None	09:15	No comments

SUMMARY

2 = 'Good Water Quality'

E.coli 250-500

Enterococci 100-200

PH between 6-9

No visual pollution during sanitary check

No forecasted heavy rain






Heat stress indicators

Warning flags will be placed at the athletes' area and behind the spectators' stands



Weather forecasts

	Temperature	Weather
Thursday	11 - 22 °C	
Friday	14 - 24 °C	
Saturday	17 - 23°C	

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race !

행운을 빌어 요



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extraordinary