

Elite Para triathlon briefing

Friday 22nd of June 2024



World Triathlon
Para Series
ABERTAWE | SWANSEA
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

- [Rebeka Torma](#), World Triathlon Team Leader
- [Dirk Bogaert](#), World Triathlon Technical Delegate
- [Phil Kethro](#), World Triathlon assistant Technical Delegate
- Maisie Banzewicz, World Triathlon Medical Delegate
- Jane Vine, PTS 5 - PTWC and Sarah Taylor VI - PTS 2/3/4, World Triathlon Head Referee
- Laura Carton, Race Director
- Chris Walker, Event Director



Competition Jury



- Dirk Bogaert, Chair
- Ms. Ruth Daniëls, BT Représentative
- Alpar Nagy (or Thanos Nikopoulos) World Triathlon Représentative (both online)

Athlete Agreement (only at World Triathlon events)



- All Athletes must fill in their data on their Admin page of the World Triathlon Website before competing their first event, or if there is any change.
- If you need logins please contact webmaster@triathlon.org
- Sign the Agreement before taking your race package, that does not include the section with detailed information

Schedule and Timetables & Race Package



TODAY

- Immediately after this briefing collect your race packs – 16:30h
- Race Pack include items as per the Competition Rules
- **ALL athletes/support team** must provide a picture ID to receive the package.
- Athlete's package includes:
 - Stickers: Helmet (3x), Bike (1x), Bag (1x)
PTWC: + 2 bib numbers (Handbike, Wheeler)
 - Body decals – both arms and both legs
 - Accreditation – gives access to athlete's lounge on race day

Inform TOs about the colors of swim cap you want to receive at athlete lounge



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Schedule & Timetable - Race day



| Saturday 22nd. of June 2024 | | |
|-----------------------------|--|----------------------|
| 10:00-10:30 | Athlete transfer from accommodation to venue – PTS5 M & PTVI M/F | Hotel Mercure |
| 10:30-11:45 | Athlete Lounge check in – PTS5 M & PTVI M/F | Athlete Lounge |
| 10:30-12:00 | Transition check in – PTS5 M & PTVI M/F | Transition Area |
| 11:30 | Run course measurement | Run course |
| 11:30-12:00 | Athlete swim warm up – PTS5 M & PTVI M/F | Prince of Wales Dock |
| 12:20 | Athlete introductions – PTS5 M & PTVI M/F | Start |
| 12:30:00 | Race start – PTS5 M | Prince of Wales Dock |
| 12:40:00 | Race start – PTVI1 M | Prince of Wales Dock |
| 12:42:41 | Race start – PTVI2/3 M | Prince of Wales Dock |
| 12:44:00 | Race start – PTVI1 F | Prince of Wales Dock |
| 12:47:11 | Race start – PTVI2/3 F | Prince of Wales Dock |



Schedule



| | | |
|-------------|--|----------------------|
| 10:30-11:00 | Athlete transfer from accommodation to venue – PTWC M/F | Hotel Mercure |
| 11:00-12:10 | Athlete Lounge check in – PTWC M/F | Athlete Lounge |
| 11:00-12:20 | Transition check in – PTWC M/F | Transition Area |
| 13:10-13:40 | Athlete swim warm up – PTWC M/F | Prince of Wales Dock |
| 14:00:00 | Athlete introductions – PTWC M/F | Start |
| 14:10:00 | Race start – PWTC1 M | Prince of Wales Dock |
| 14:13:00 | Race start – PTWC2 M | Prince of Wales Dock |
| 14:15:00 | Race start – PTWC1 F | Prince of Wales Dock |
| 14:18:38 | Race start – PTWC2 F | Prince of Wales Dock |
| 13:15-13:45 | Athlete transfer from accommodation to venue - PTS2-4 M/F+-5 F | Hotel Mercure |
| 13:45-15:00 | Athlete Lounge check in PTS2-4 M/F + 5F | Athlete Lounge |
| 14:00-15:30 | Transition Check in PTS 2-4 M/F + 5F | Transition |
| 14:45-15:15 | Athlete swim warm up – PTS2-4 M/F +5F | Prince of Wales Dock |
| 15:30:00 | Athlete introductions – PTS2-4 M/F + 5F | Start |
| 15:40:00 | Race start – PTS5 F. | Prince of Wales Dock |
| 15:45:00 | Race start – PTS2 F | |



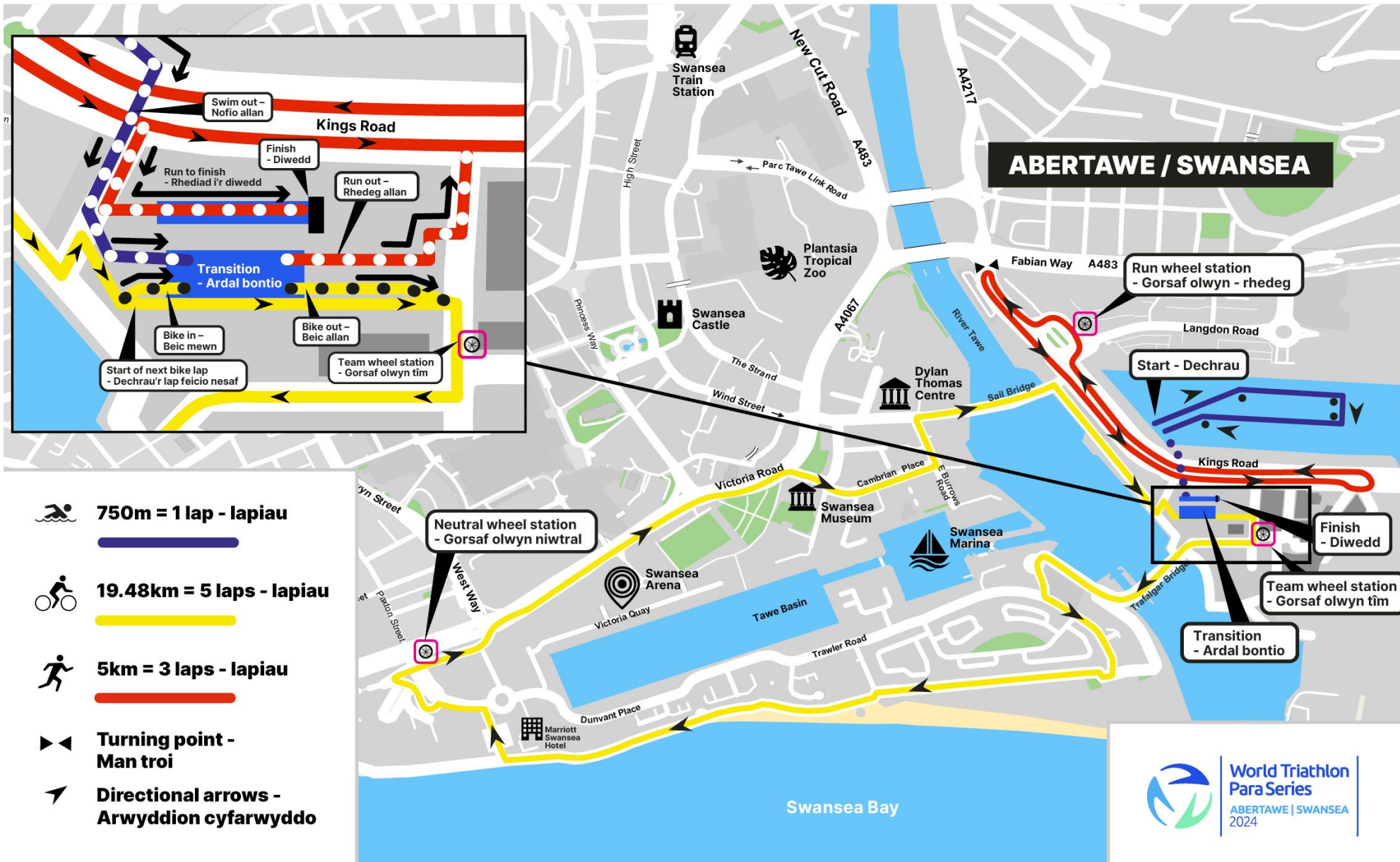
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Schedule

| | | |
|-------------|--|----------------------|
| 15:45:00 | Race start – PTS3 F | Prince of Wales Dock |
| 15:45:00 | Race start – PTS4 F | |
| 15:50:00 | Race start – PTS4 M | Prince of Wales Dock |
| 15:55:00 | Race start – PTS2 M | Prince of Wales Dock |
| 15:55:00 | Race start – PTS3 M | |
| 17:45-18:15 | Medal ceremonies | Finish Area |
| 18:30-19:00 | Athlete transfer from venue to accommodation | Athlete Lounge |

Please, be in time for the Athlete's introductions!

Venue map



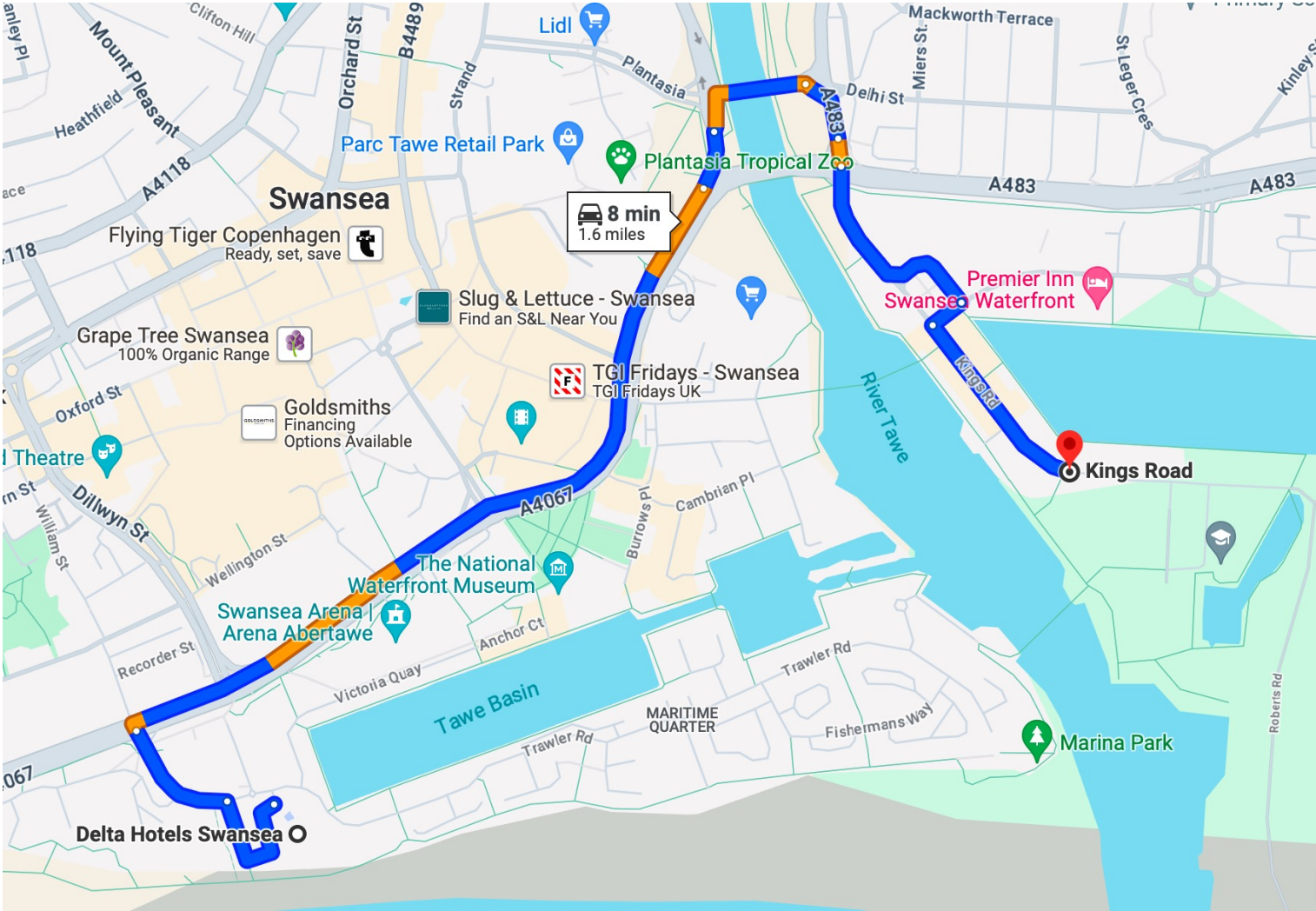
Check-in procedures

Entering the venue: athletes and coaches using LOC transfers

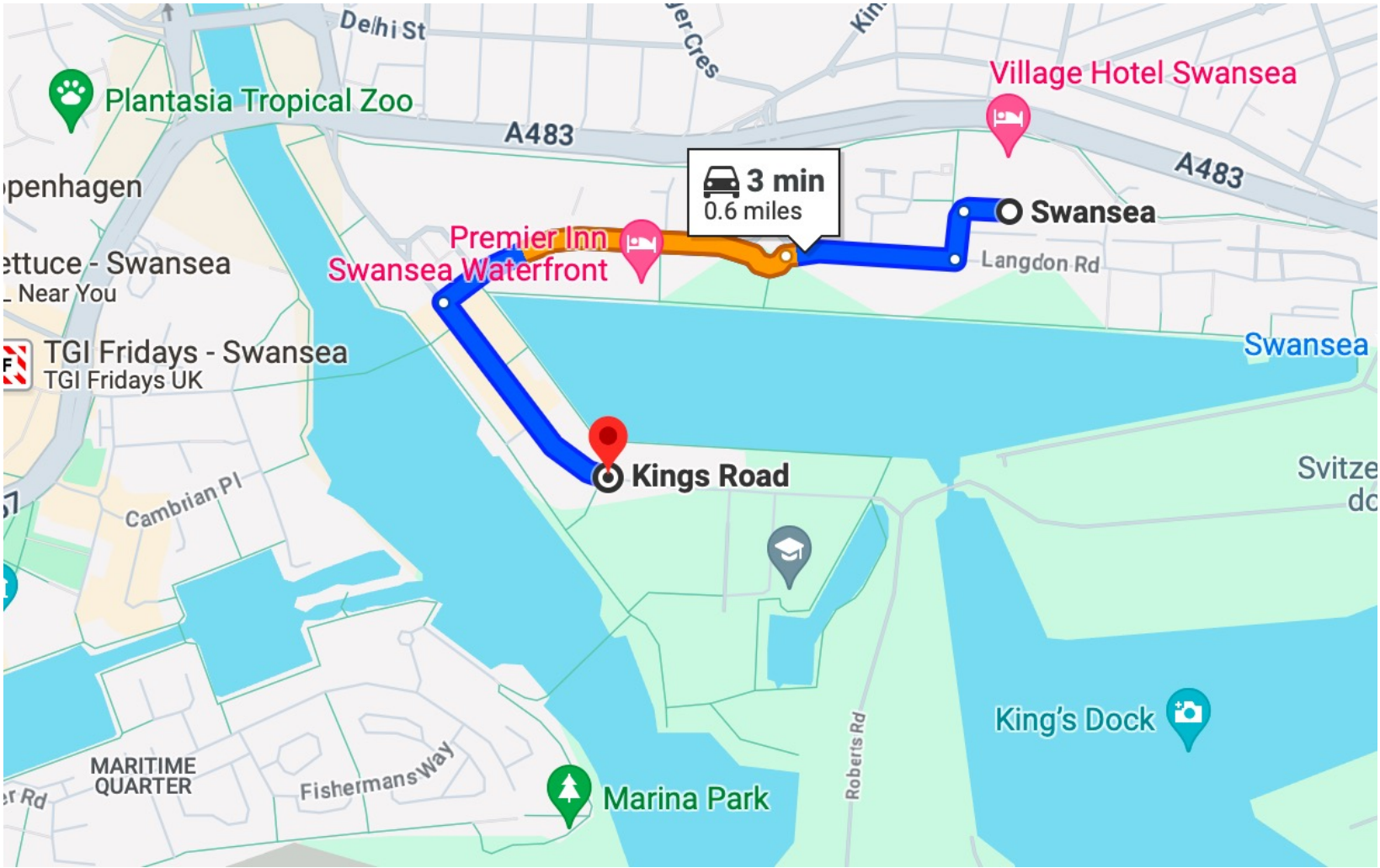


Athletes not using the LOC transfers, please respect the road signage and traffic marshals work. Athletes not using the bus transfers can not enter the venue on the showed gate!

Route to venue – from City Centre or Marina (Marriot, City Centre hotels)



Route to venue – from Dock side (Village Hotel, Premier Inn, This)



Check-in procedures



Entering the venue

- Using the accreditation
- With your registered Handler/Guide
- Bike check > Athlete's lounge

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**
- Body marking check (both arms, both legs)
- Swim cap distribution
- Timing chips (3x) distribution
- Wave number written on left hand
- Registration of equipment for pre-transition area & post transition area
- Registration of spare wheels for wheel station, bring wheels to the TEAM WHEELSTATION
- Leave bags in the Athletes' Lounge, they will be transferred to Recovery
- Bag storage

Swim Cap Colors



Athletes' Lounge

- **PTWC** **RED**
- **PTS2 / PTS3 / PTS4 / PTS5** **RED** or **YELLOW** or **GREEN**
- **PTVI 2/3 (athlete)** **GREEN**
- **PTVI 1 (athlete)** **ORANGE**
- **PTVI (guide)** **WHITE**

Timing Chips – Where to Wear

| Category | Location |
|-------------|---|
| PTWC | 1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork) |
| PTS2 – PTS5 | Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + run prosthesis Non amputees: Both ankles |
| PTVI | 1 - Athlete ankle 1 - Guide ankle |

Permitted Equipment - Uniform



Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. [This will be checked](#)
- PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. [Logos are allowed only on the frame.](#)



Permitted Equipment - Uniform



Bike and Run

- Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- Athletes can wear a long-sleeve shirt under the 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.** Removal elsewhere during the race will lead to DSQ
- PTVI 1 athletes must wear black-out glasses on the bike and run segments. Logos are allowed only on the frame.

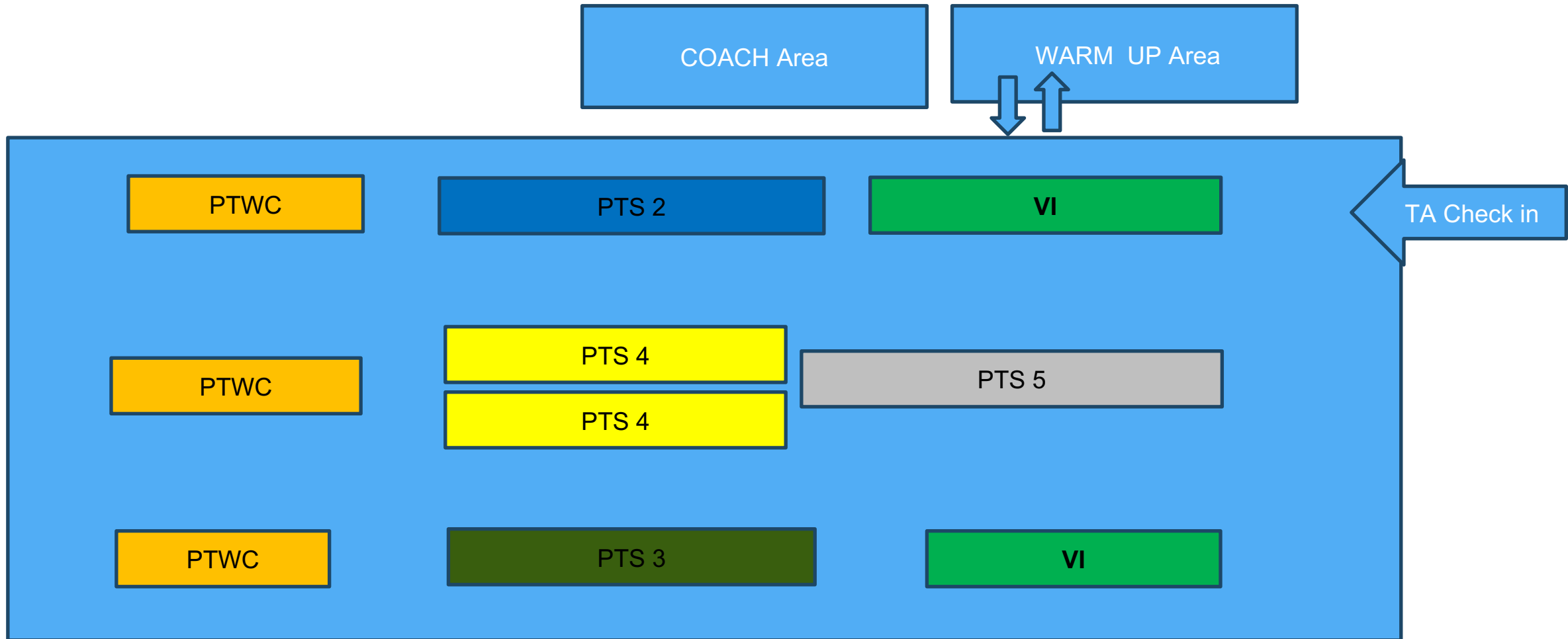
Check-in procedures



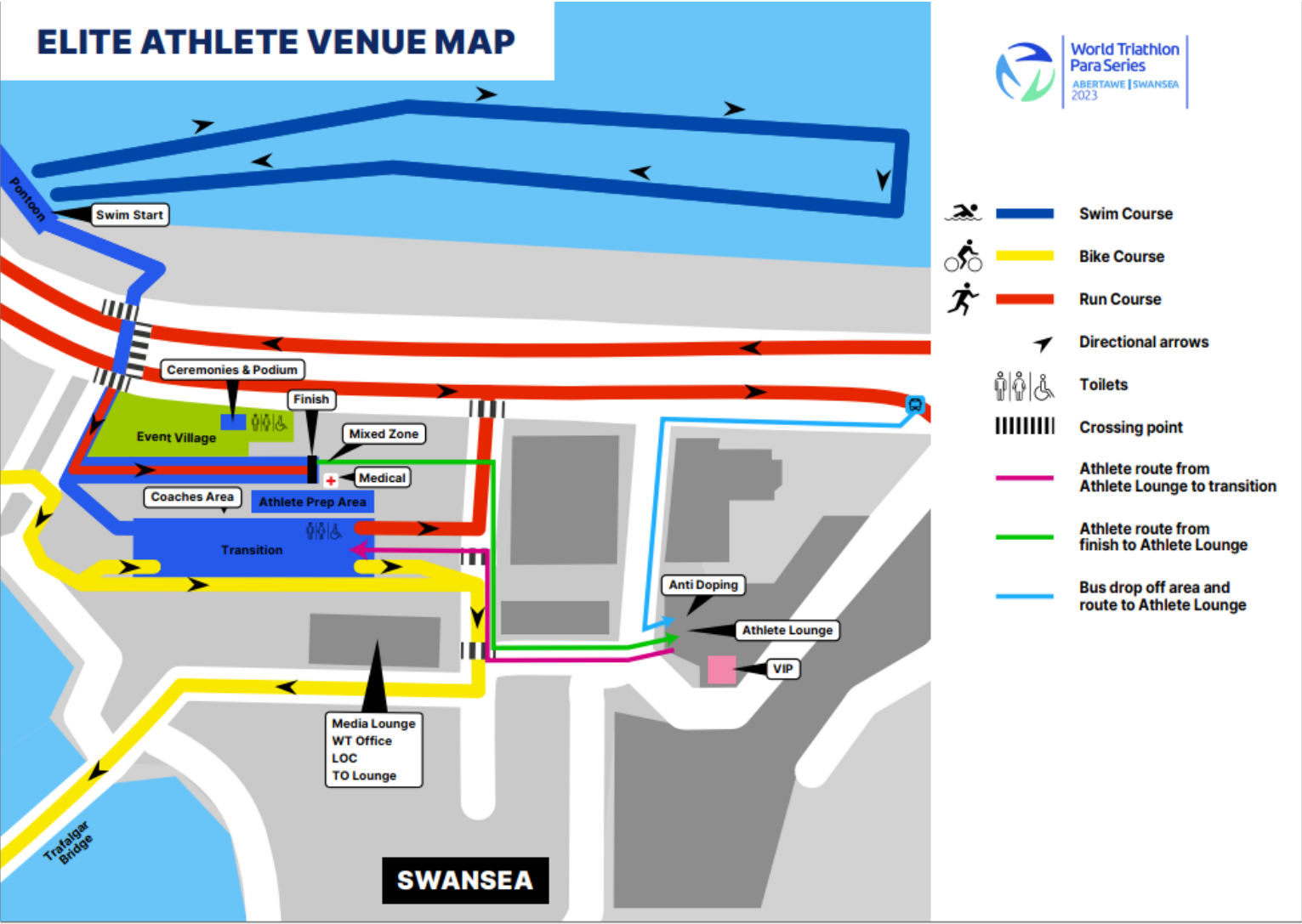
Transition Area

- A folding chair will be provided to athletes if required **(inform TO's at Race pack Pick up)**
- To add any equipment to the bike, approval is to be obtained from the HR at the end of the athletes' briefing.
- **Only athletes and their handlers will be allowed in the Transition Area**
- Helmet check – Don't leave your helmet fastened in the transition
The athlete who do not comply with this rule will receive a time penalty of 10 seconds in TA1.
- Running Shoes on the ground, helmet on the bike
- Spare wheels collected at bike check & returned to Athletes Lounge

Transition Area Map



The Venue



Athletes' line-up

- 10/15 minutes before your start, line up before entrance to start area (tent)
- Order will be wave number, 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)
- **Officials/ Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the pontoon.

Pre-start Procedures



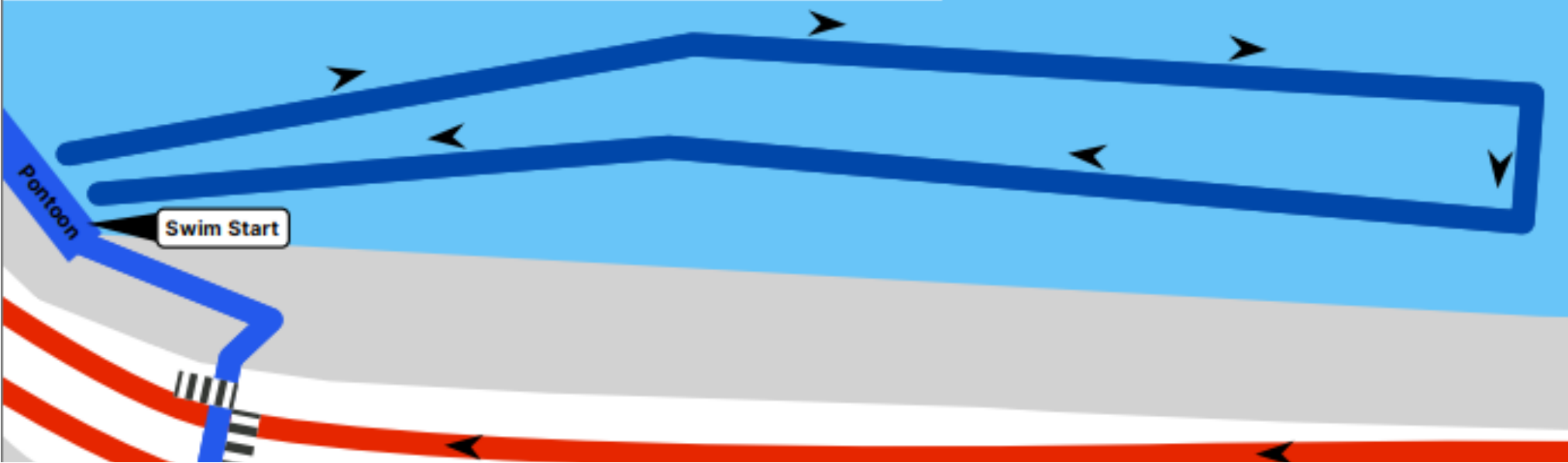
Wave starts - Athletes' line-up

- Compensation Start System PTVI & PTWC
- Each wave will start at an exact time
- Please follow instructions promptly

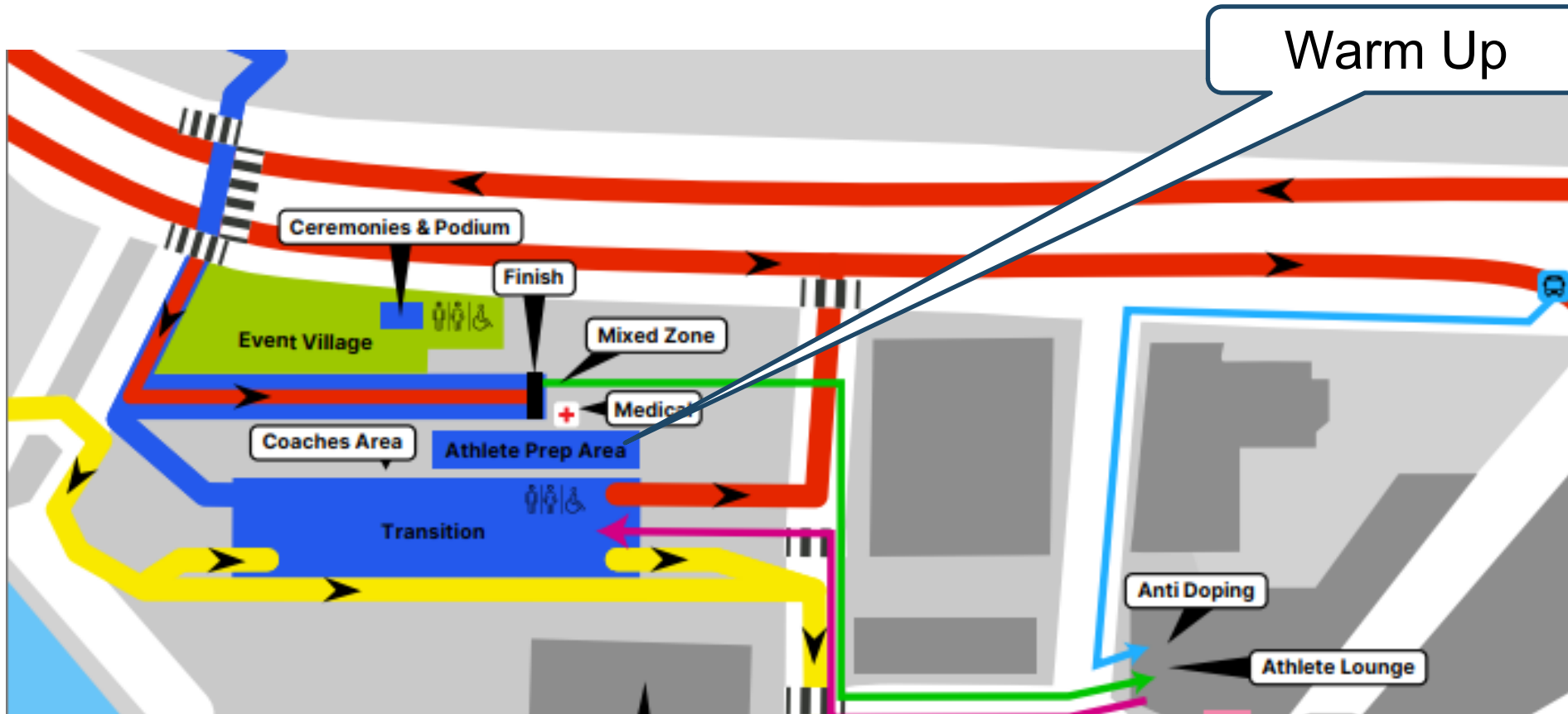
New Water temperature limit for wetsuit use:

- 24.6°
- PTWC wetsuit bottoms always allowed if the swim takes place

Para triathlon – Warm-up Swim



Para triathlon – Warm-up TA



**Entering Warm Up: via TA
or in Athletes lounge**

Athlete in position in the water

- Deep water start between the two starting pontoons
- The start can be given any time after the Head Referee 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 seconds penalty in TA1.**
- **During the time penalty, the athlete CANNOT touch any equipment.**

The course

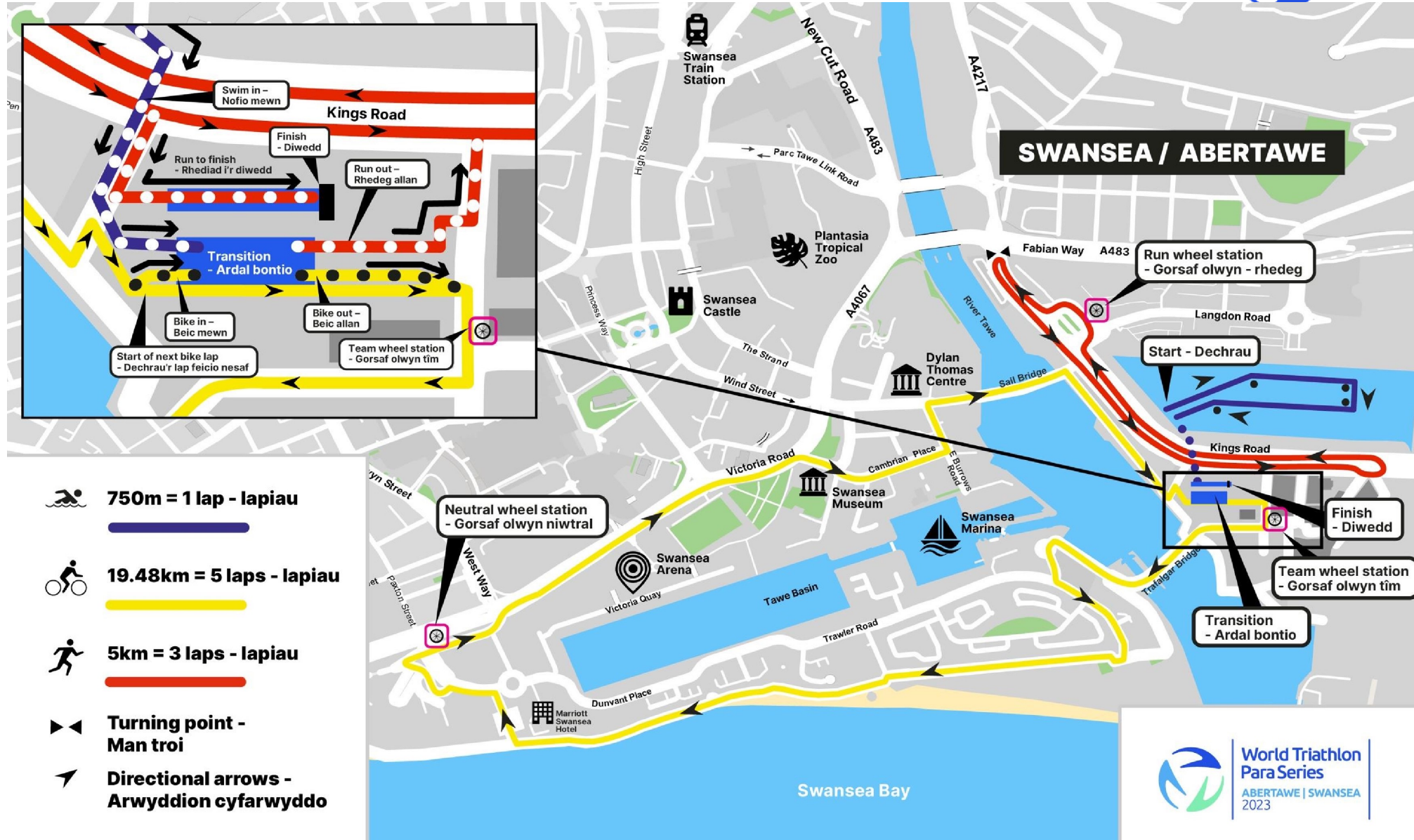


Swim 1 lap of 750m

Bike 5 laps of 4km (total distance = 19,48km)

Run 3 laps of 1,6km + Finish chute (total distance = 5 km)

The course

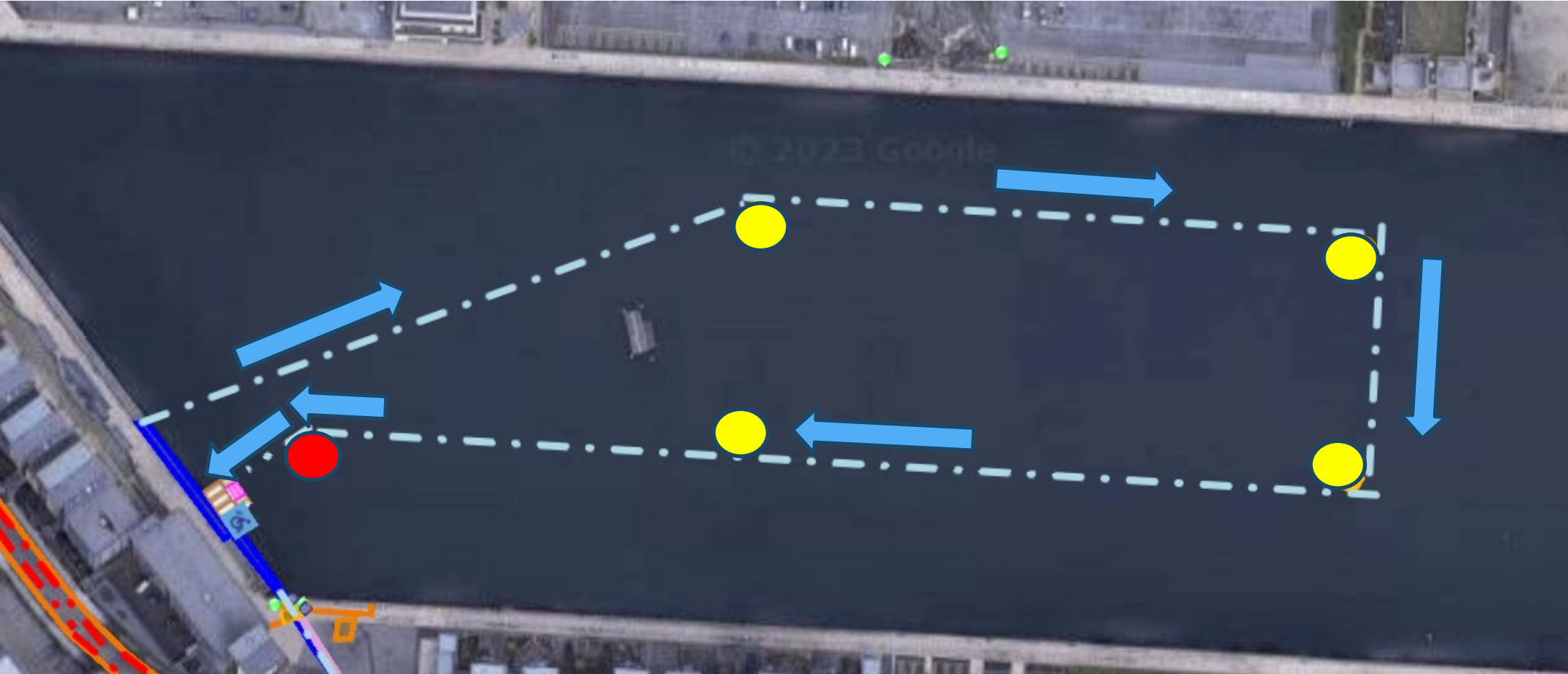


Swim course



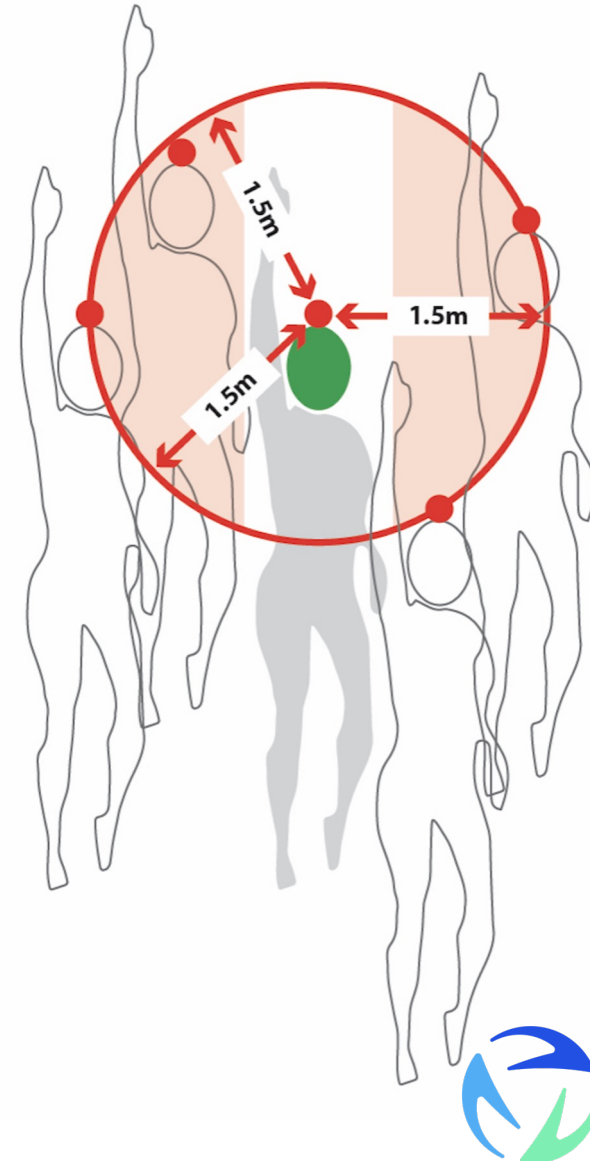
- On 21st at 11:30h: Water: 17,7 °C
Air: 18,0 °C
WBGT: LOW
- Wetsuit allowed
- 1 lap (total distance of 750m)
- Distance to the first turn buoy: 135 m
- Clock wise, yellow buoys and 1 red at the end
- Water exit with swim exit assistants
- Take cap, goggles to transition into your box

Swim course map



PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's 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 considered as a violation



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 Exit Handling

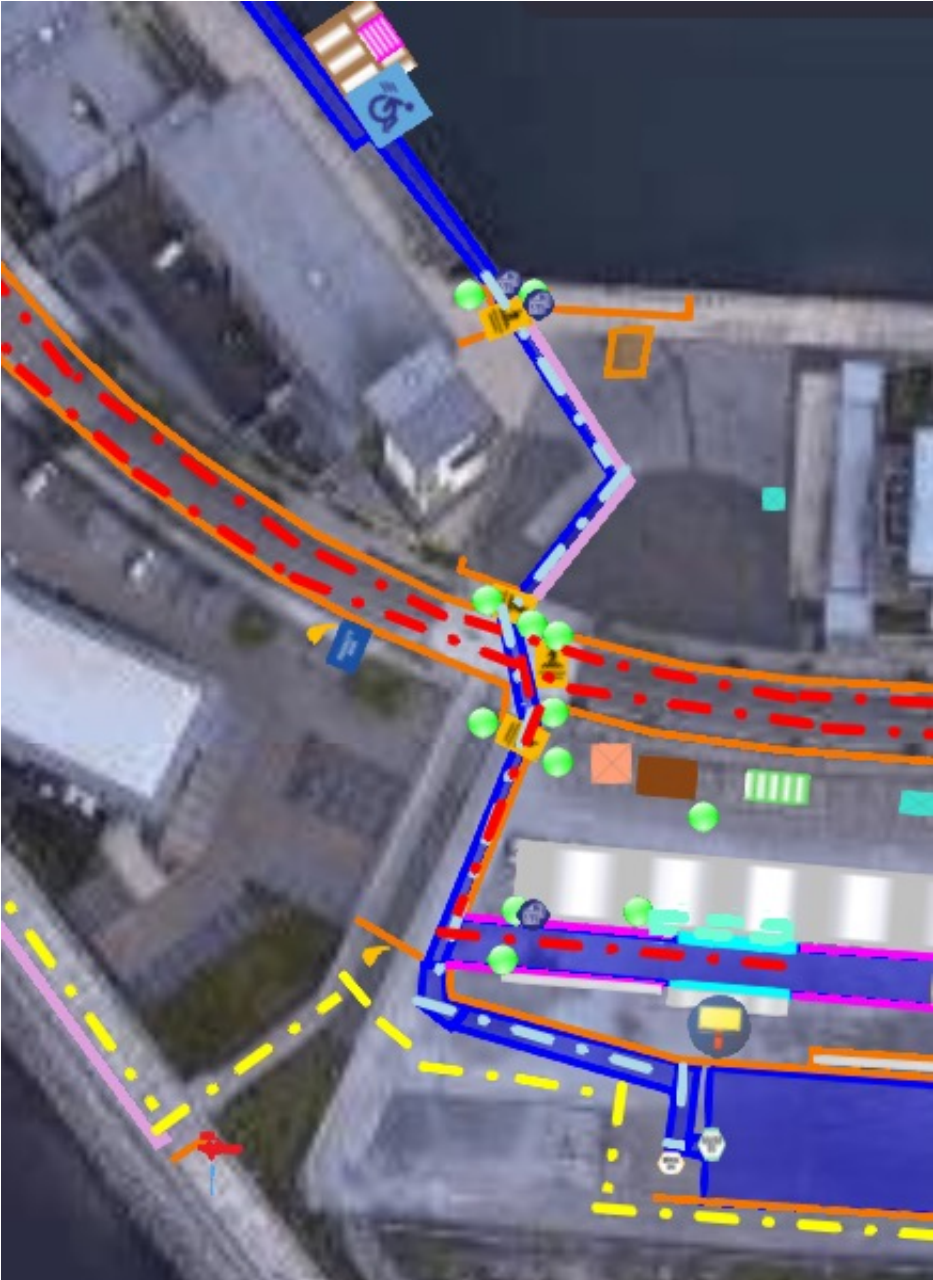


- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.

Pre-Transition Area

- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area (can not push athlete up ramps or bumps, can carry athletes' gear)
- No wetsuit removal by TO's nor swim exit assistants/volunteers

Swim exit to TA



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Transition Area

- Individual bike racks
- Name, number, country code and flag
- 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**
- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box;
Failure to do so = 10 second penalty on run
- **All used equipment must be placed into the bin.**
By the end of the last transition, ALL equipment (used + unused) must be deposited in the corresponding bin.

Transition Area



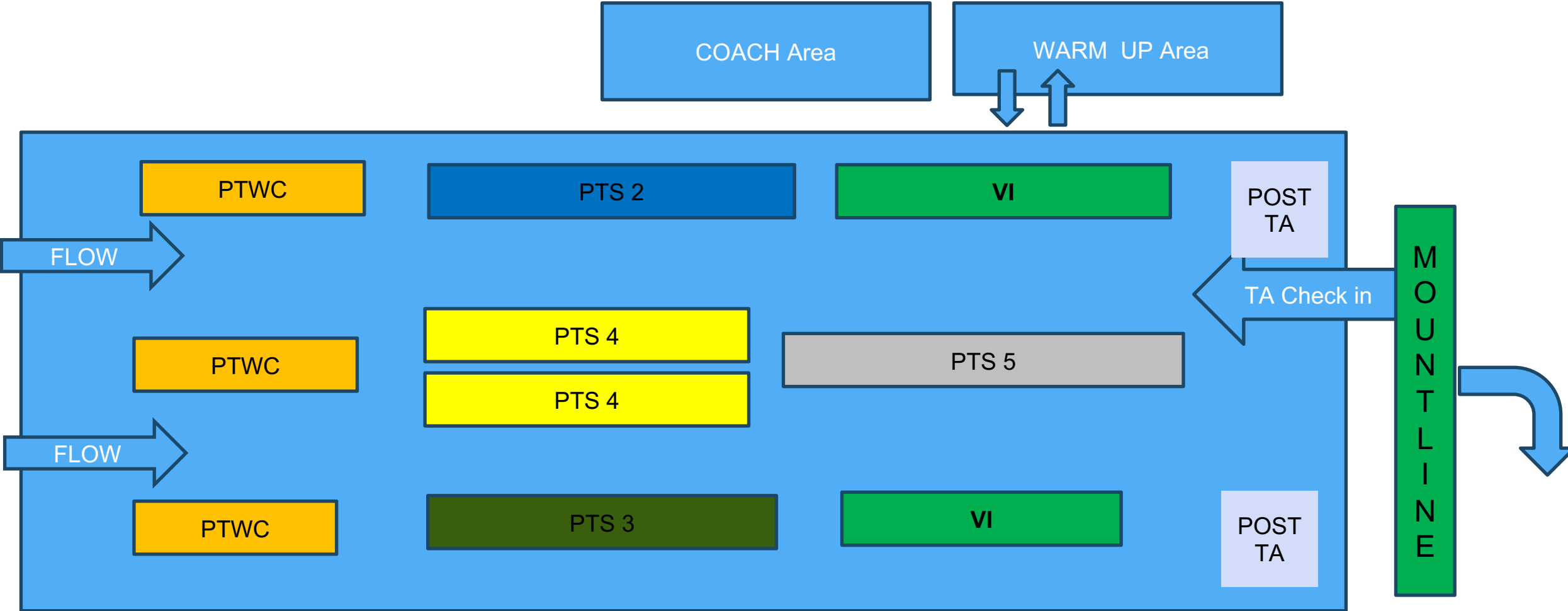
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle

Post Transition Area



- A post-transition area (2x – left and right) after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.
- Inform Registration TO if you want to use the Post Transition

Transition Area 1 Map



Bike course

- 5 laps (total distance of 19,48 km)
- Flat and technical
- 2 Wheel Stations (Team and Neutral)
 - For locations see the map
- Bike Penalty box on the end of each bike lap (see map)
- No Littering zones
- Always ride on the left, pass on the right
- Warn the athlete you want to pass

Spare wheels at Neutral Station:

- x2 700c Front wheels, rim brake
- x2 700c Rear Wheels , rim brake
- x2 700c Front wheels, 160mm rotor disc brake
- x2 700c Front wheels, 140mm rotor disc brake
- x2 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
- x2 700c Rear wheels with 12speed cassette, 140mm rotor disc brake



Bike course



PTWC handbikes

- Paratriathletes must ensure that their lower limbs have enough support/bracing/foot rest to prevent them from dragging or making contact with the ground during the event;

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 athlete's 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 drafting time penalties = **DSQ**
- **Be aware on the PROMENADE for windgusts!**

Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass

Draft Zones



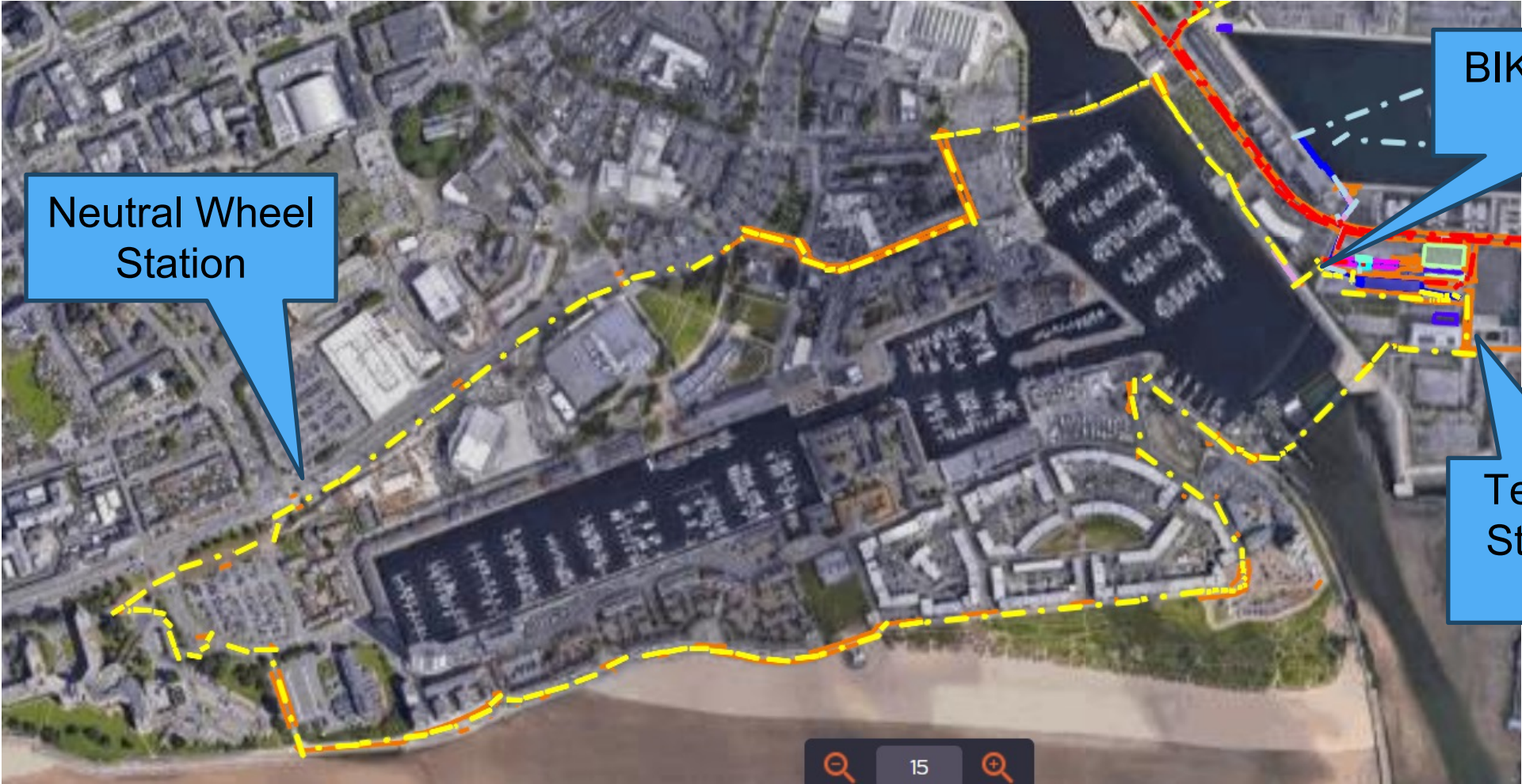
15m



35m



Bike Course Map



Neutral Wheel Station

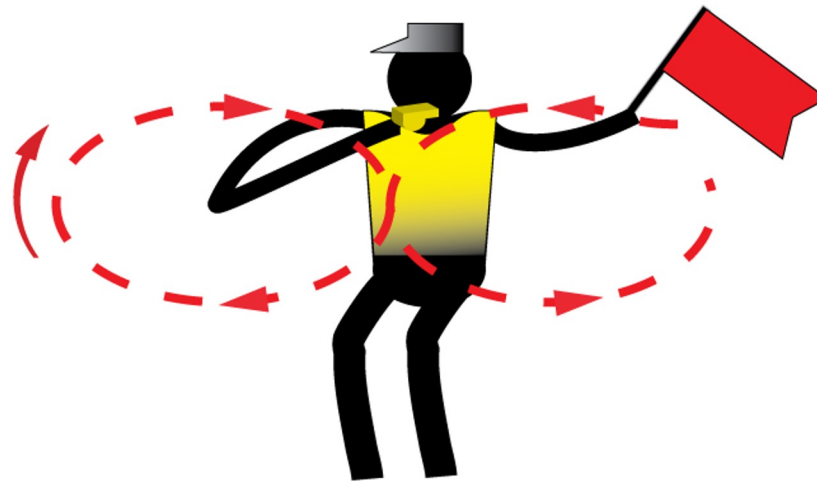
BIKE Penalty Box

Team Wheel Station – left side

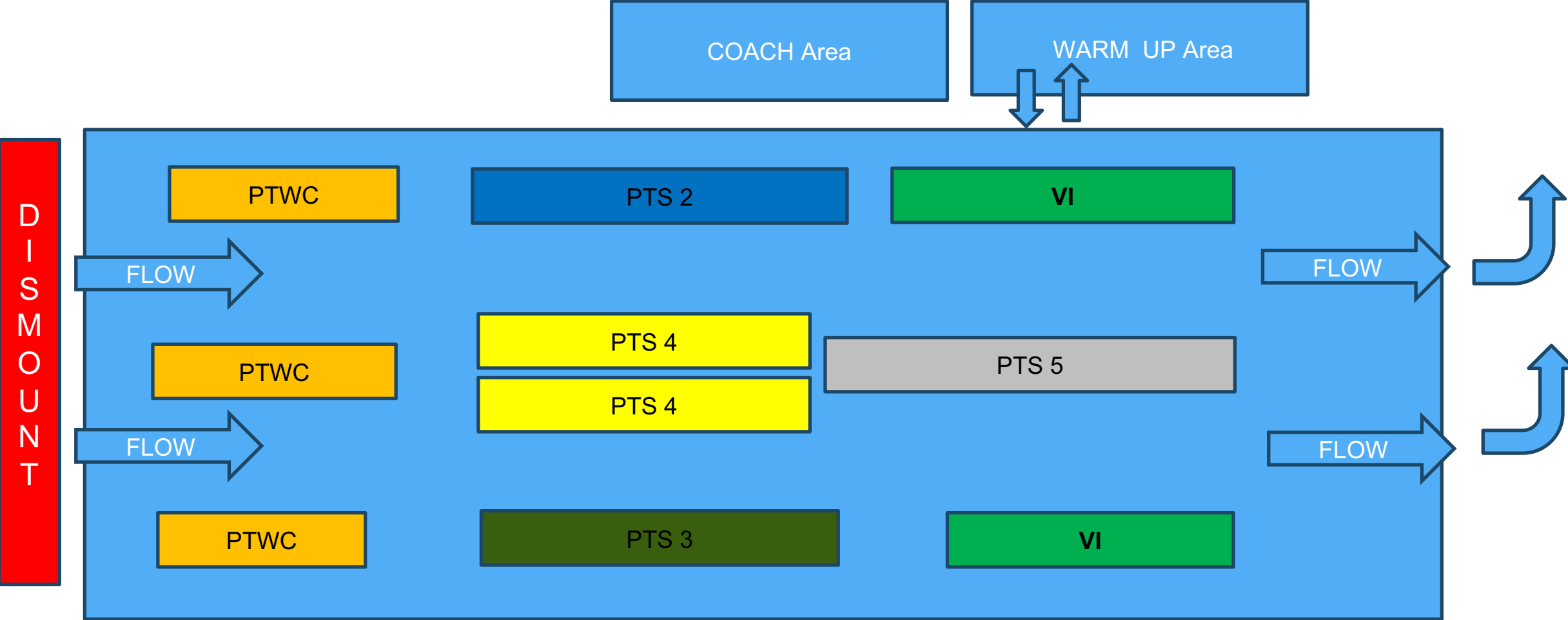
15

Caution

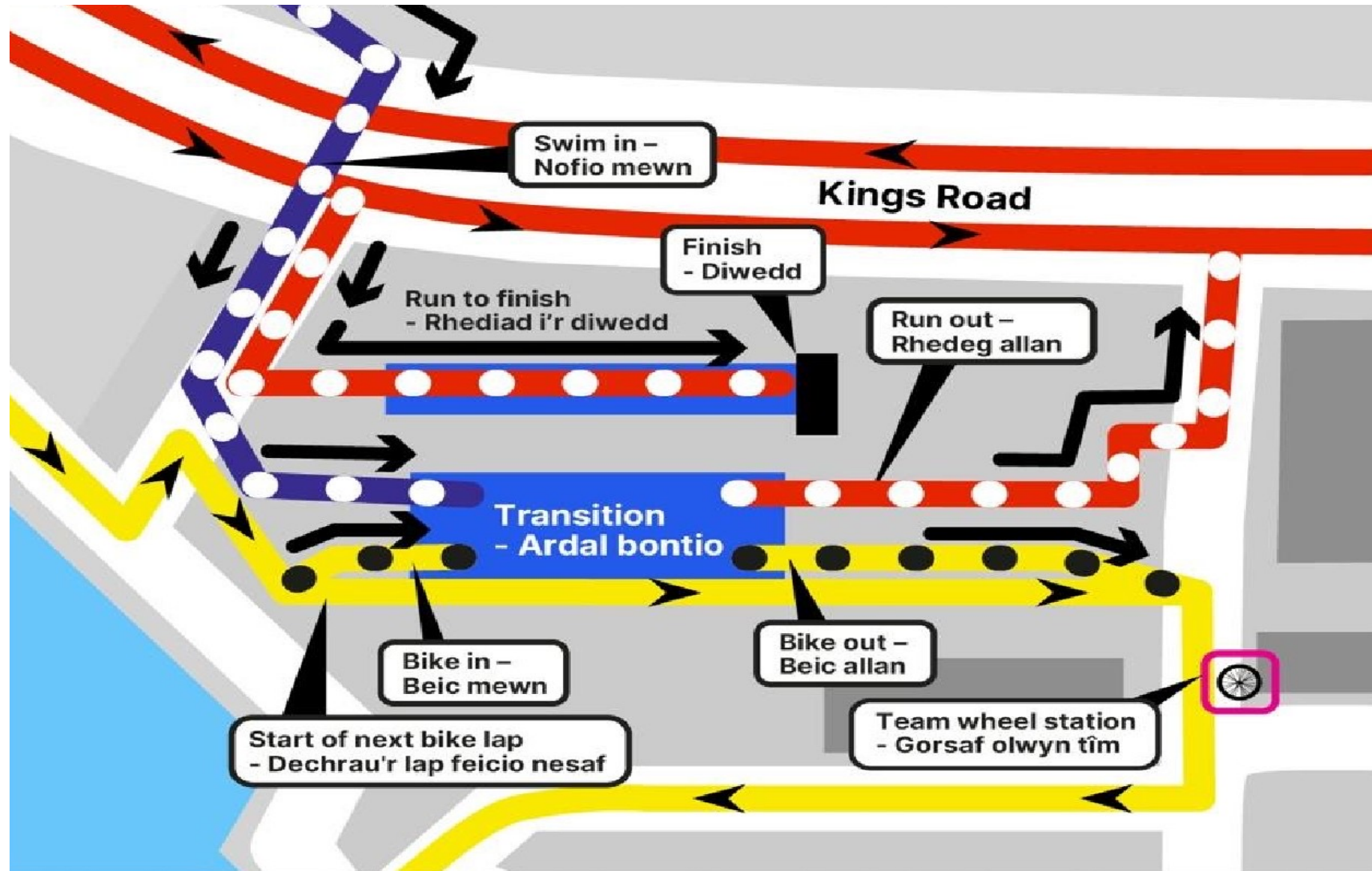
Caution signal: three sharp whistles and red flags



Transition Area 2 Map



Bike to Run



Run course

- 3 laps (total distance of the run = 5km)
- Aid stations:
 - 1 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



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:** 150 m before the Finish 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:** 10” 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 a protest is filed.

Run Penalty Box

If you incur a penalty, you will find **your number plus a letter** code indicating the nature of the infraction:

Violations Abbreviations:

| | | | | |
|----------------------|---|--|----------------------------------|---|
| Dismount Line | D | | Littering | L |
| Mount Line | M | | Equipment outside the box | E |
| Swim Behavior | S | | Bike Behavior | B |
| Run Behavior | R | | 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 |

Right to protest



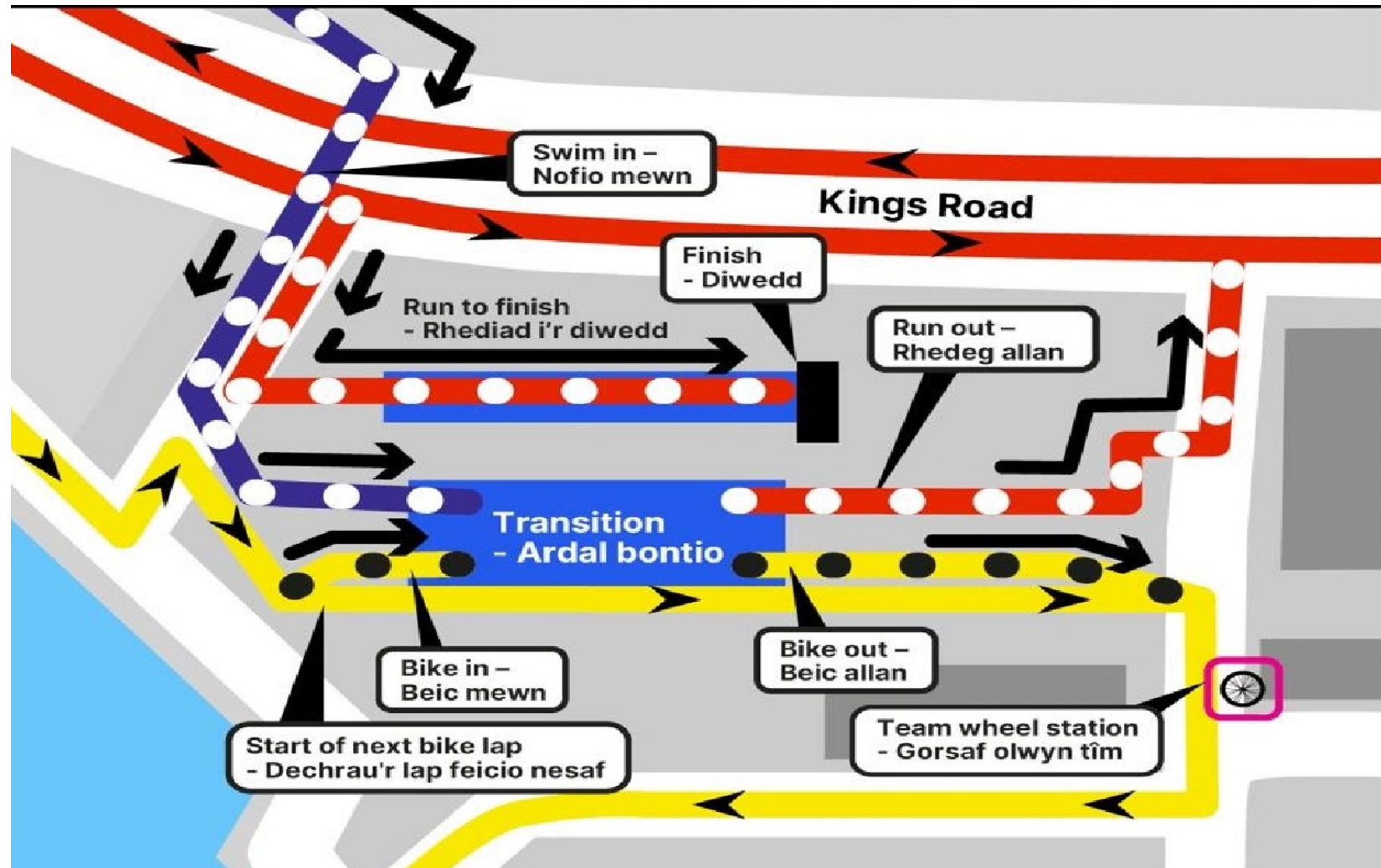
- An Athlete who receives a penalty may protest, with the exception of:
 - (i) a penalty for a drafting violation; and
 - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does 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.

Handlers Direction after T2



- Proceed to finish line via footpath, off the FOP
- Do not go down the finish chute
- Bike check out: (after last athlete leave T2 and on the bike course)

Finish Area



Post-race Procedures



Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control
- First floor. Q building (athletes lounge)

Medical

- Accredited team medical (1 NF) will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate

Post-race Procedures



- Race Results posting at [World Triathlon website](#)
- Medal ceremonies at 17:45h , Finish Area (in case of rain > Athletes lounge)
Please be there at least 15 mins before the official time of the awards!
- 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.
- 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.

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

Handlers 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
- All handlers shall be subjected to the World Triathlon Competition Rules
- Any action taken by the Handler which propels the competitor forward may at the discretion of the Head Referee, be grounds for a time penalty or disqualification
- Personal handlers can only assist with their athlete
- World Triathlon has to approve the need of handlers for the PTS2, PTS3, PTS4 and PTS5 athletes

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation to be able to enter the venue. venue – [a picture ID needed.](#)
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

Coaches' areas

- beside Transition Area, Swim Exit



Important updates



- Medal Ceremony: Champagne moment after Medal Ceremony for the Medal Winners
Stay near the podium after receiving your medal!

Outside assistance



- Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

Water Quality Assessment (Transition)

| Enterococci | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location A | 73 |
| Location B | 68 |
| Location C | 85 |
| Enterococci limit | <100 |

| E.Coli | |
|--------------------|-----------|
| Insert Sample Date | NMP/100mL |
| Location A | 72 |
| Location B | 79 |
| Location C | 85 |
| E.Coli limit | <250 |

| PH | |
|--------------------|-----|
| Insert Sample Date | |
| Location A | 8,2 |
| Location B | 8,3 |
| Location C | 8,4 |
| PH limit | 6-9 |

| Weather forecast | |
|------------------|-------------------------------|
| Day | Weather |
| Briefing (B) | Overcast with light rain |
| B +1 | Overcast (20% chance of rain) |
| Race Day | Overcast (20% chance of rain) |

| Weather report | |
|----------------|-----------------------|
| Day | Weather |
| B-3 | |
| B-2 | |
| B-1 | Windy SSW, light rain |

| Visual Sanitary Inspection (last 12 hours) | | | | |
|--|------------------|-------|---------------|------------------------------|
| Location | Visual Pollution | Odour | Time of visit | Comments |
| Swim course buoys | None | None | 10:00 | Insert comments if necessary |

SUMMARY

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FIND IT IT THE SLIDE NOTES BELOW, eg.

3 = 'Fair Water Quality':
 (E.Coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;



Heat stress indicators

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



Weather forecasts



**Temperature
in °C**

Weather

Friday

15°C

Rain during the night

Saturday

15°C

Max. 8m/s Windgusts
Max. 6m/s Wind
SW
No rain expected



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