

Junior Athletes' briefing

17th 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

- **Marisol Casado**, World Triathlon President
- **Antonio F. Arimany**, World Triathlon Secretary General
- **Eriketti Margari**, World Triathlon Team Leader
- **Thanos Nikopoulos (GRE), Auriane Lacampagne (FRA), Jamie Gordon (GBR), Hugh McAtamney (IRL), Esther Sánchez (ESP)**, World Triathlon Technical Delegates
- **Dr Luis Coira Nieto**, World Triathlon Medical Delegate
- **Stéfane Mauris (SUI), Juliet Fahey (NZL), Carmen Gómez (ESP)**, World Triathlon Head Referees
- **Jorge García**, Event Director
- **Miguel Fernández**, Race Director

Competition Jury



Junior Women

- Auriane Lacampagne (FRA) Chair
- Miles Stewart (AUS) TRI Rep.
- Borja Oses (ESP), NF Rep.

Junior Men

- Auriane Lacampagne (FRA) Chair
- Renato Bertrandi (ITA) TRI Rep.
- Borja Oses (ESP), NF Rep.

Athletes Committee Representatives



Claire Michel (BEL)



Kenji Nener (JPN)



Tamas Toth (HUN)

Schedule and Timetables



Thursday 17th October

15:30 – 16:00

Race Pack distribution(Centro Cultural Pablo Ruiz Picasso)

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x)
- Body decals – both arms and both legs – **do not cut off the WTCS logo**
- Accreditation – gives access to Athletes' Lounge on race day
- Voucher for a drink at the Expo

Athletes' agreements must be completed before collecting the race package

Schedule and Timetables



Wednesday 16th October

- | | |
|---------------|--|
| 10:00 – 10:30 | Junior Swim Familiarisation (similar conditions to race day) |
| 10:30 – 11:00 | Junior Bike Course Familiarisation (2 laps escorted) |

Schedule and Timetables



Familiarisations

- Meeting point at the transition zone, 15 min before the start of the bike familiarization
- The bike familiarisation will be escorted for 2 laps.
- After each lap, you will be regrouped in transition
- If you wish to continue after the two laps, you must follow the traffic regulations. You are not allowed go opposite to the traffic either you are not allowed to do the u-turn, you must continue to the next roundabout to return.
- It is fine to attend the other familiarisations, but your assigned familiarisation is based on your race conditions

Schedule and Timetables



Friday 18th October - 2024 World Triathlon Junior Women Championship Final

13:45 – 14:45	Junior Women - Athletes' Lounge check-in
14:30 – 14:45	Junior Women - Bike warm up
14:30 – 15:00	Junior Women - Transition check in
14:30 – 15:00	Junior Women - Swim Warm-up for
15:00	Junior Women - Athletes' Line up
15:05	Junior Women - Athlete Introductions
15:15	Junior Women - Start
16:30	Junior Women - Medal Ceremony

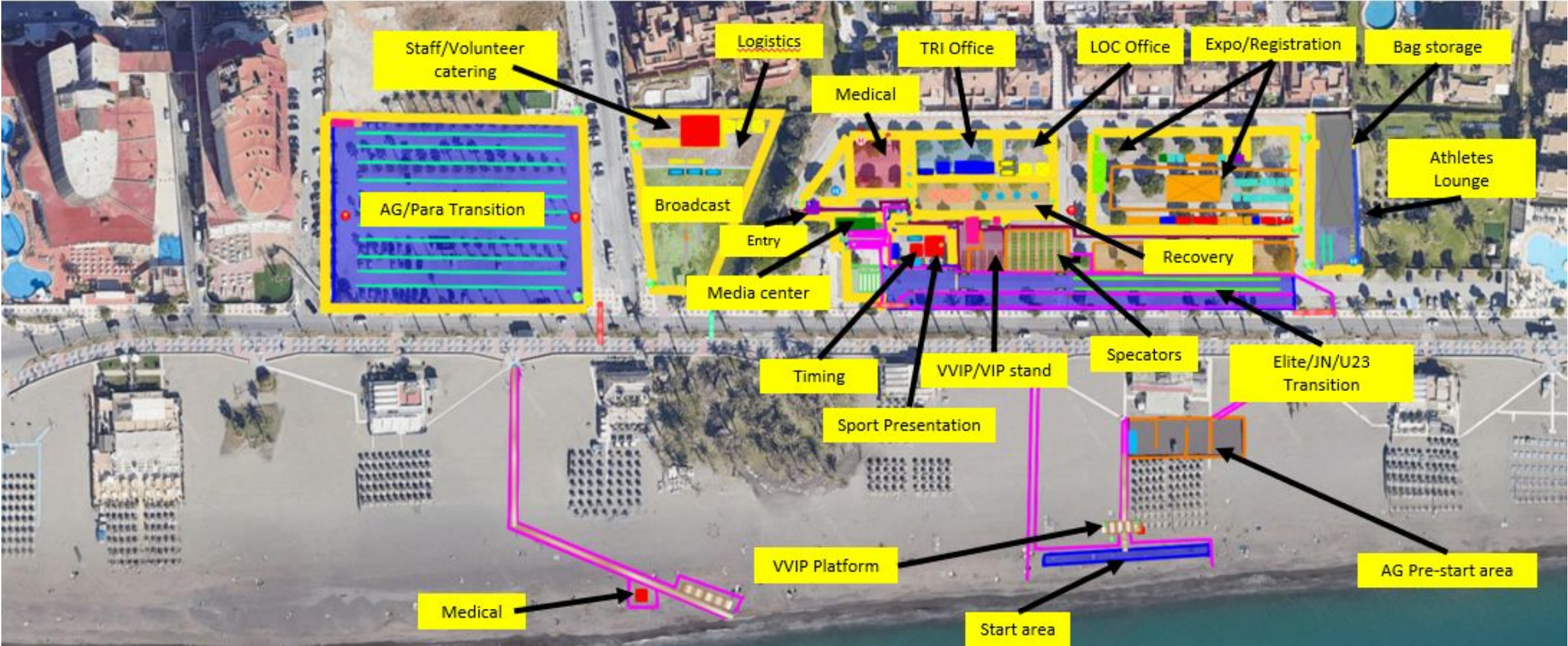
Schedule and Timetables



Friday 18th October - 2024 World Triathlon Junior Men Championship Final

15:45 – 16:45	Junior Men - Athletes' Lounge check-in
16:30 – 16:45	Junior Men - Bike warm up
16:30 – 17:00	Junior Men - Transition check in
16:30 – 17:00	Junior Men - Swim Warm-up for
17:00	Junior Men - Athletes' Line up
17:05	Junior Men - Athlete Introductions
17:15	Junior Men - Start
18:10	Junior Men - Medal Ceremony

Venue general overview



Check-in procedures



Athletes' Lounge (Bike check)

- Wheels and spare wheels (non authorized UCI wheels rule)
- Bring your spare wheels to the Wheel Station after they have been checked in the lounge and pick them up from the Wheel station
- Bike frame
- 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 during the race package distribution
- Mechanic service available

Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform and running shoes. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for each ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap has to be unbranded and under the official one



Check-in procedures

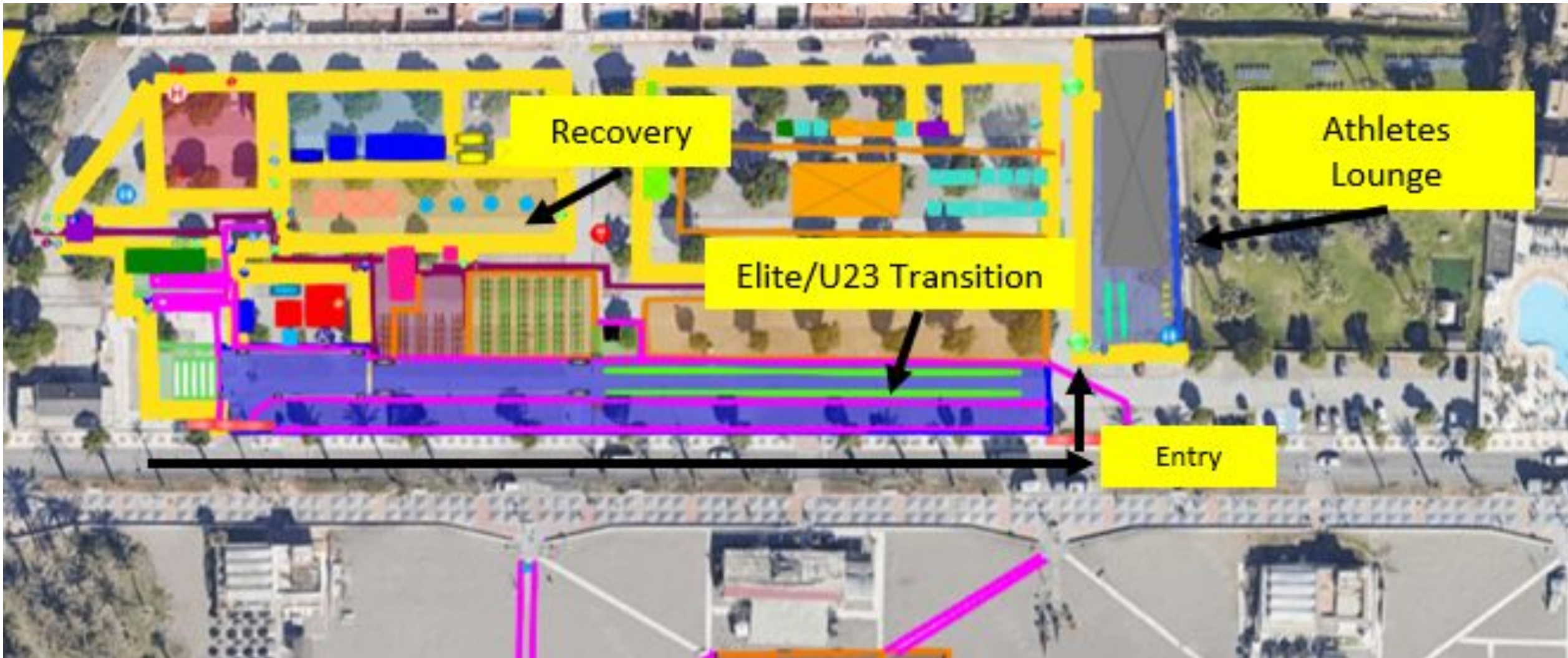


Transition Area

- Individual racks
- Only allowed access once you have your swim hat and timing chip
- Helmet check - Don't leave your helmet fastened in transition
The athlete who does not 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.



Map Athletes' Lounge



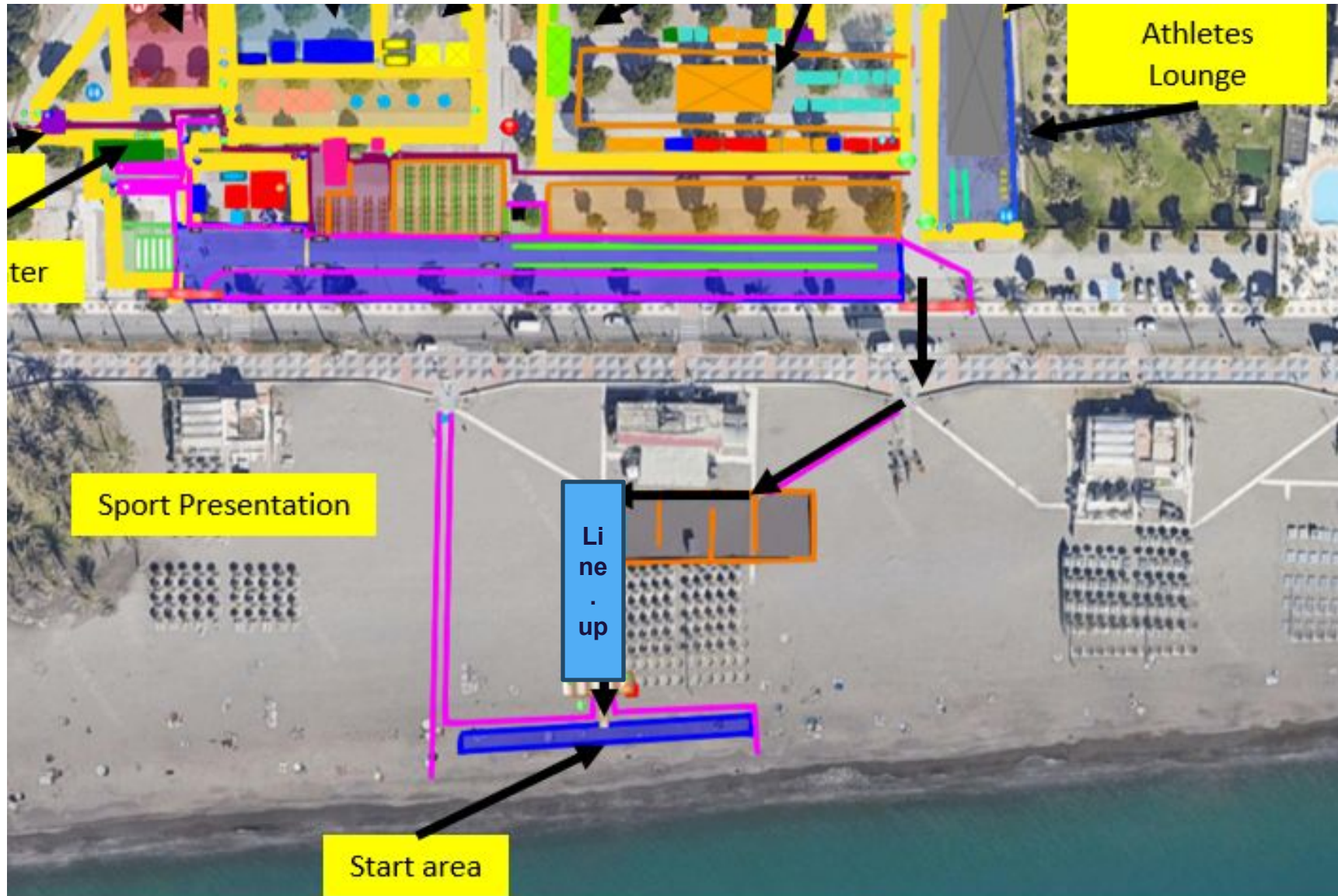
Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up in transition area behind the boards
- Jog to the start platform once your name is called
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- Last minute gear will be moved to the Athletes' Lounge by the LOC

Line-up



Athletes' introduction



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 10 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 startspot

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 10 seconds in TA1.

During the time penalty the athlete cannot touch any race equipment

The course



Swim 1 laps of 750 m


Bike 4 laps of 5.1 km

Run 2 laps of 2.5 km

The course



Swim course

- Yesterday at 10:30am
 - WBGT: 19.6 °C 
 - Air temperature: 20.3 °C
 - Water temperature: 19.2 °C
- **Wetsuits: The final decision will be taken 1h before the race**
- 1 lap of 750m, clockwise
- Distance to the first turn buoy: 315m
- Take cap, goggles to transition into your box
- **Keep the yellow buoys on your Right**

Swim conduct

- There will be additional boats, drones, and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- **Participants are informed that a drone weighing less than 4kg will be operated by an authorized company and will fly over the courses and venue, in accordance with current legal regulations.**
- Infringements will be recorded and appropriate action will be taken according to the rule definition.
- Please respect your fellow competitors and keep the race fair.
- Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground at the beginning and the end of every swim lap (Rule 4.1)



Definition from the World Triathlon CR §4.1:

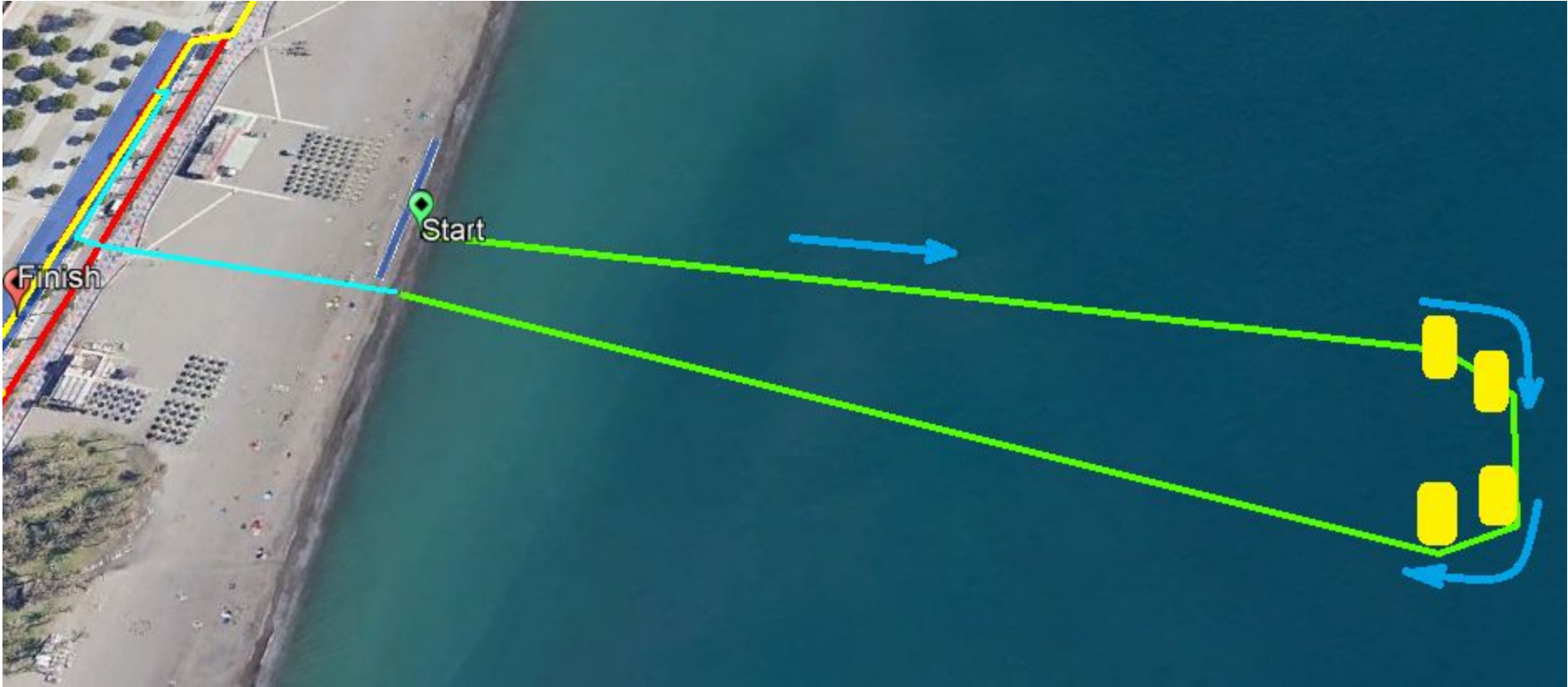
e.) Athletes may sportingly maintain their own space in the water:

(i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;

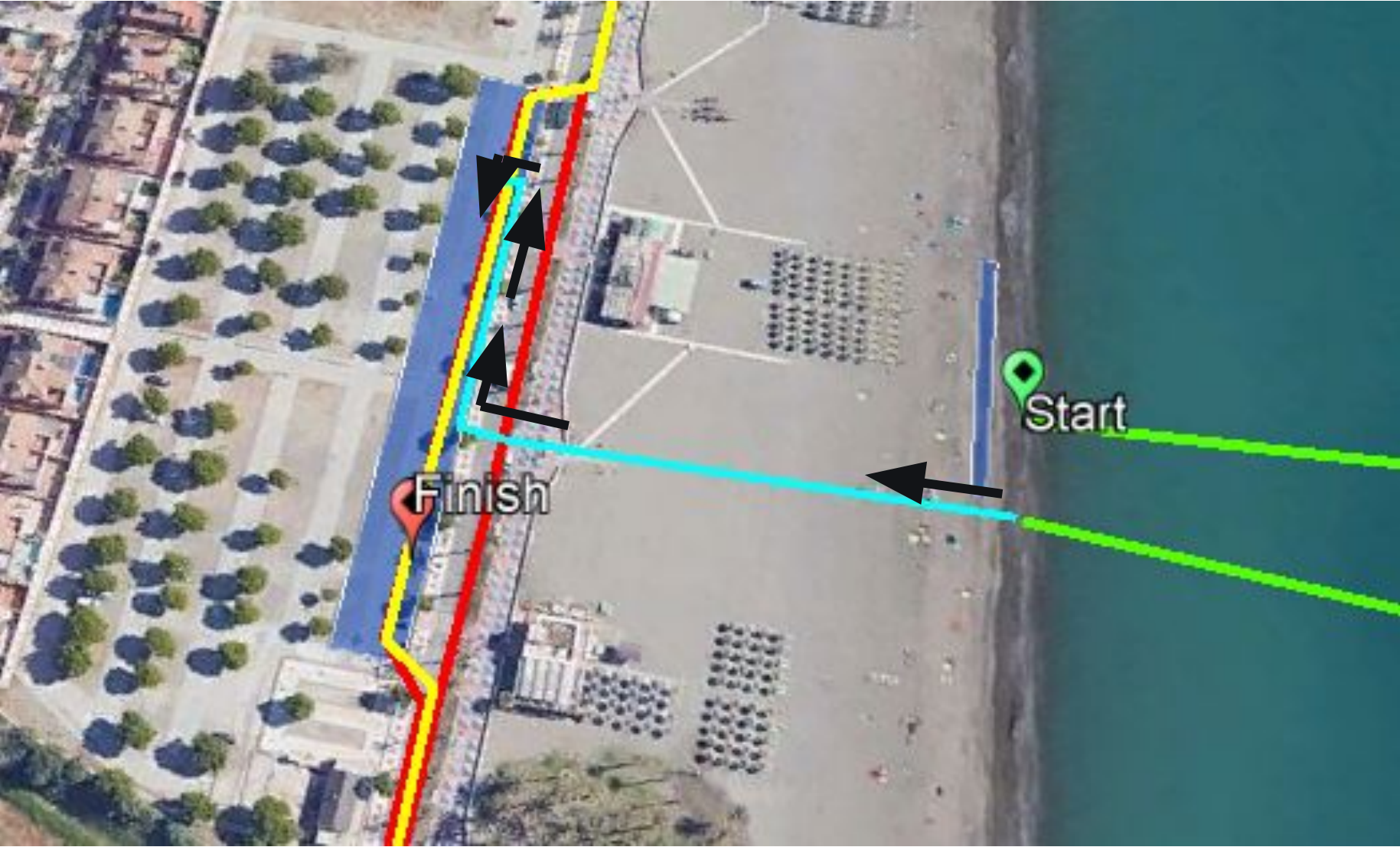
(ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;

(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 course map



Swim exit to TA



Transition Area

- Swim Exit to TA 200m
- Individual Bike Racks – number, name and country flag
- 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



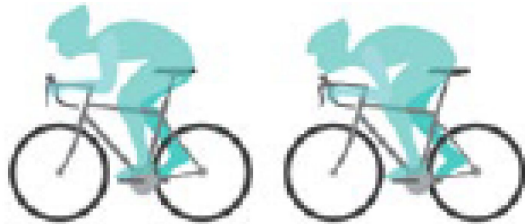
Bike course

- 4 laps of 5.1km (Total distance of 20.4 km)
- Flat and technical – There are speed bumps on the course
- 1 area to take particular care (shown on map)
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter : at the end of Transition
- Littering Zones – wheel stations
- Lapped athletes are out of the race
- First runner – last biker scenario/ Last bikers will be lapped out



Riding position

OK



NOT OK



Only ok in draft
illegal event



Definition from the World Triathlon CR §5.1.b:

- i. 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.
- ii. 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.
- iii. 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 Course Map



Wheel list neutral wheel station

2x 700c Front wheels, rim brake

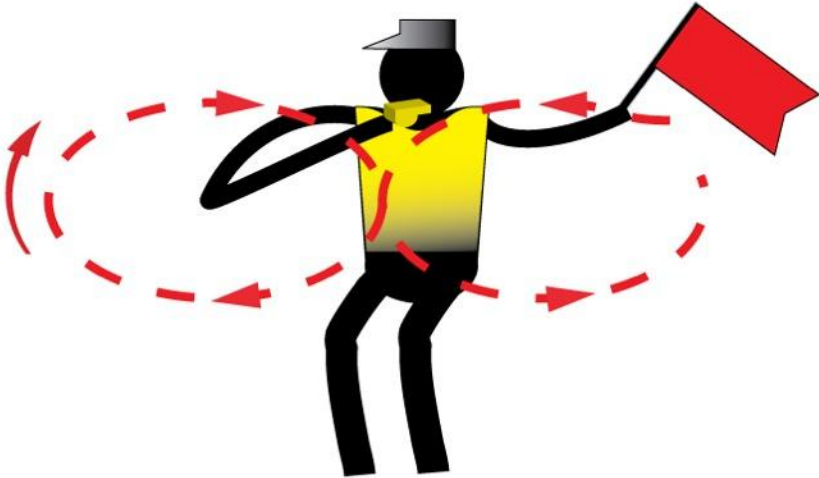
2x 700c Front wheels, 160mm rotor disc brake

2x 700c Front wheels, 140mm rotor disc brake

2x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake

2x 700c Rear wheels with 12speed cassette, 140mm rotor disc brake

Caution



Bike to Run

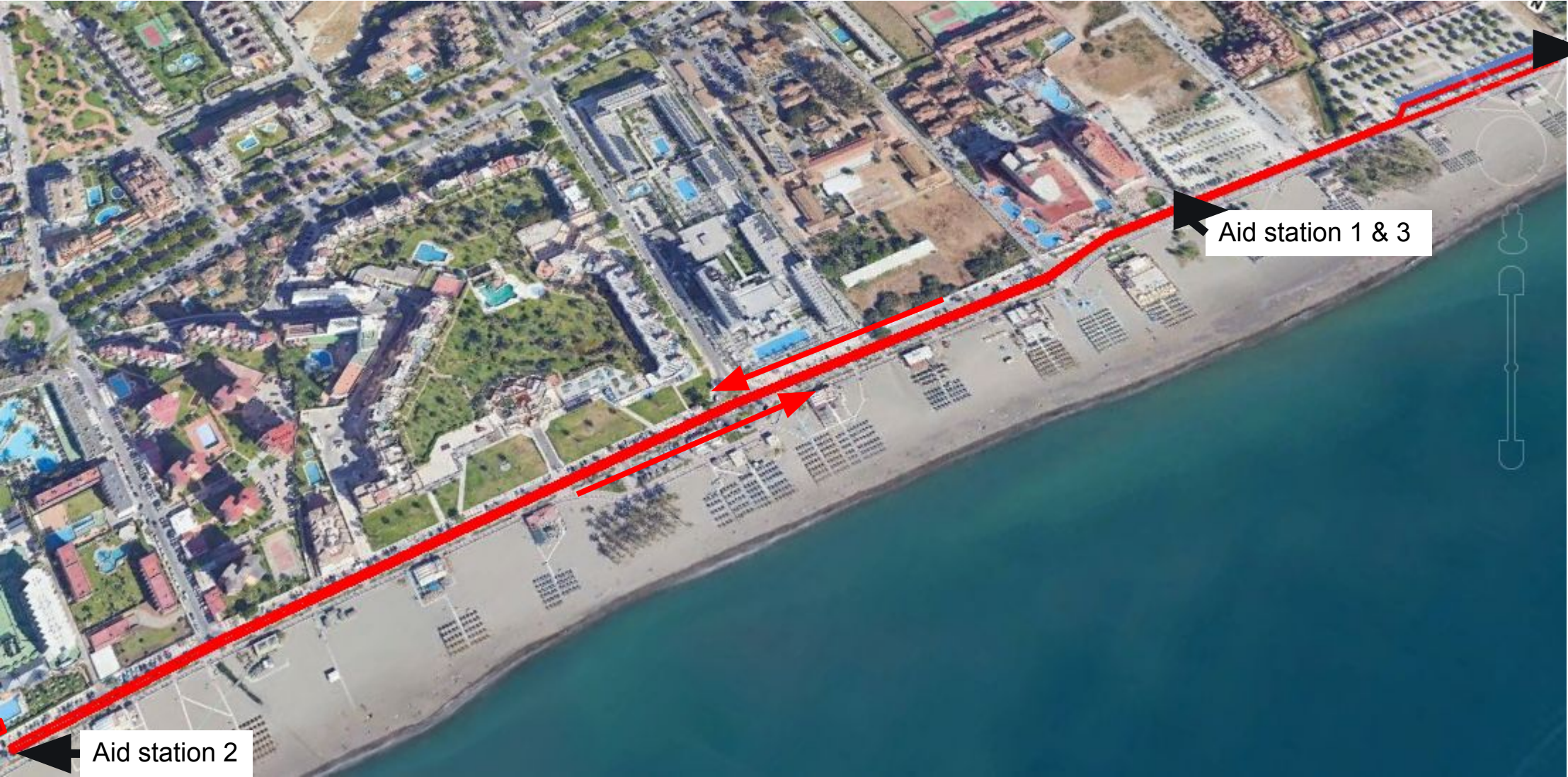


Run course

- 2 laps of 2.5 km (total distance of 5 km)
- Aid stations:
 - 3 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones
- Photo-finish
- No congestion in finish area
- Go to mixed zone / recovery area



Run Course Map



Aid station 2

Aid station 1 & 3

Penalty box



Run Lap



Finish



Definition from the World Triathlon CR §6.1:

- i. 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.
- ii. 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.
- iii. 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 Penalty Box

- Start infringements will be served in T1
- Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 100m before Transition Area and before the turn to the finish chute
- **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:** 10s 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 appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box

Violations Abbreviations:

Littering	L
Bike Behaviour	B
Swim violations	S
Equipment outside the box	E

Mount Line	M
Run Behaviour	R
Dismount Line	D
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: **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.

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation for the race and for the 2024 WTCS Series at the end of the race.
- Athletes are not allowed to carry their country flag on the podium.

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 medicals will be allowed to enter the medical tent after the TRI Medical Delegate's permission.

Anti-Doping

Hotel Puente Real



Coaches Area



Accreditation

- All coaches have to collect accreditation to be able to enter the venue
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

Coaches' areas

- Athletes' lounge
- Next to Swim Start
- Next to Transition
- Next to Run Penalty Box
- At the Recovery Area

Coaches Area Map



Coaches Area

Coaches Area

Coaches Area

Water Quality Assessment

Enterococci	
10/10/2024	NMP/100mL
Location 1	3
Location 2	1
Location 3	1
Enterococci limit	<100

E.Coli	
10/10/2024	NMP/100mL
Location 1	25
Location 2	12
Location 3	22
E.Coli limit	<250

PH	
10/10/2024	
Location 1	7,85
Location 2	8,02
Location 3	7,78
PH limit	6-9

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
PlayaMar	None	None	10:30	No comments

SUMMARY

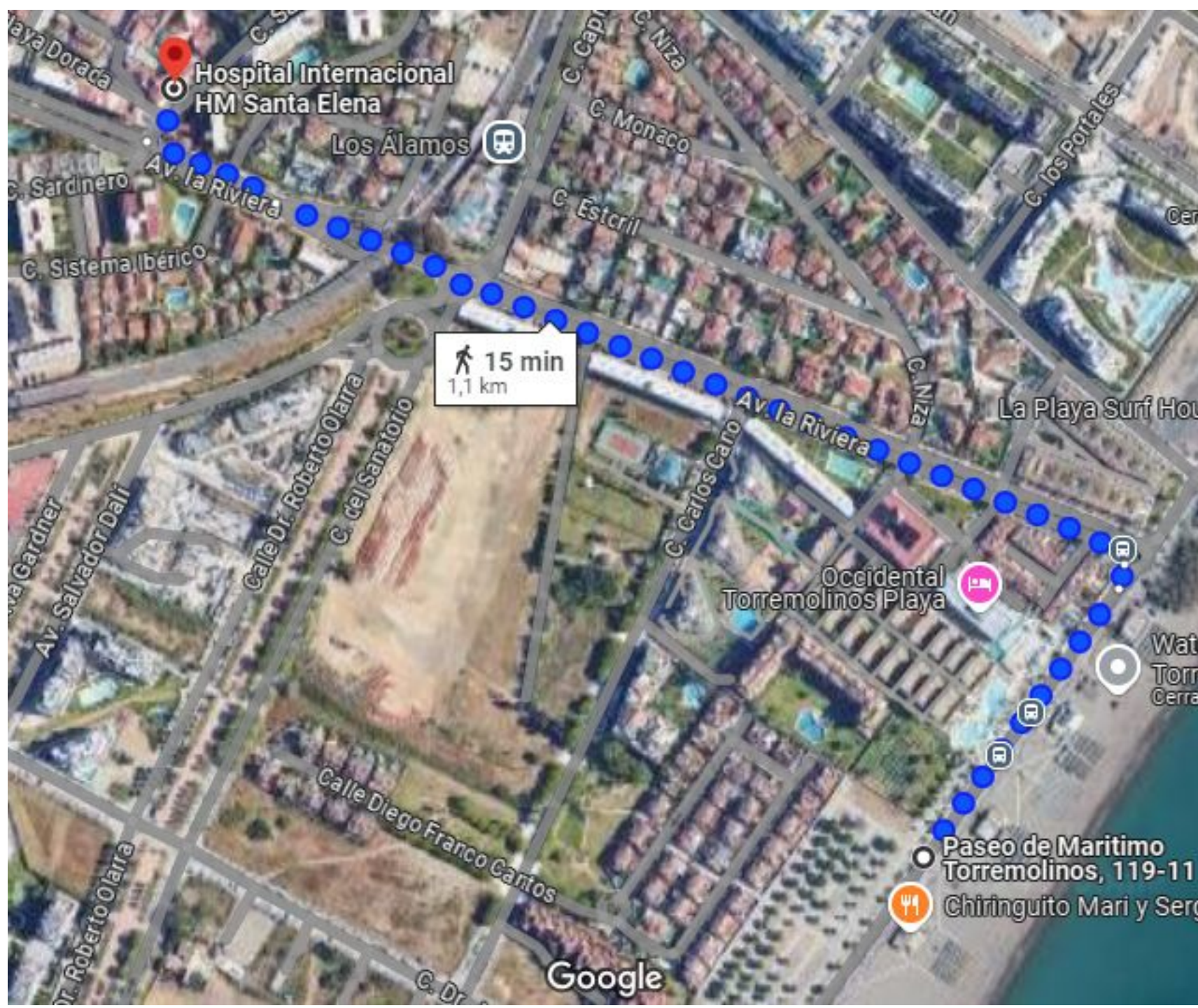
1 = 'Very Good Water Quality':
 Enterococci < 100
 E.Coli < 250
 PH between 6-9
 No visual pollution during sanitary check
 No forecasted heavy rain



Referral hospital:

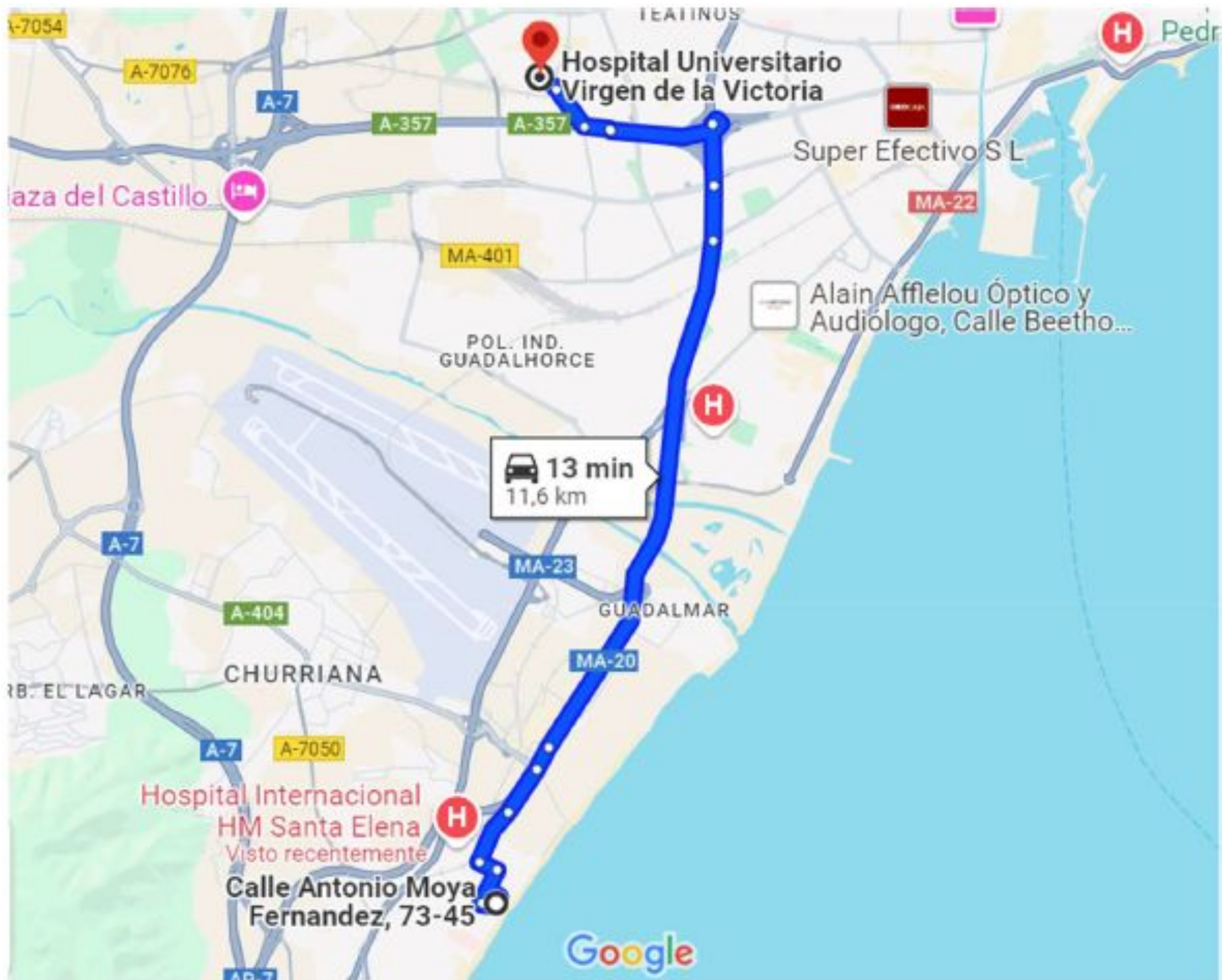
**HOSPITAL INTERNACIONAL SANTA ELENA
C/ SARDINERO S/N
TORREMOLINOS
(1.3km from the venue)**

**QUIRÓN SALUD MÁLAGA,
C/ MIGUEL DE MÉRIDA NICOLICH
MÁLAGA**


















Vital Emergency:

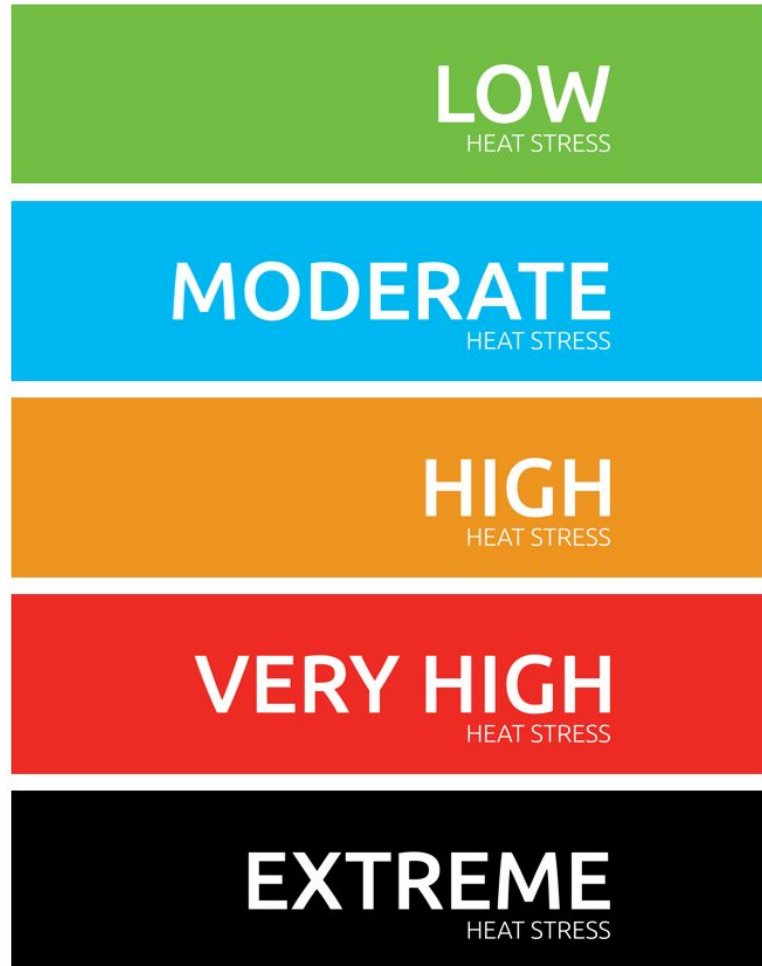
**HOSPITAL UNIVERSITARIO VIRGEN DE LA VICTORIA
C/JIMÉNEZ FRAUCH**



Weather Forecast

	Wed 16 OCT	Thu 17 OCT	Fri 18 OCT	Sat 19 OCT	Sun 20 OCT
	↑ 23° ↓ 18°	↑ 22° ↓ 17°	↑ 22° ↓ 14°	↑ 23° ↓ 15°	↑ 24° ↓ 16°
08:00	 19°	 17°	 14°	 16°	 17°
14:00	 23°	 22°	 22°	 23°	 24°
20:00	 21°	 19°	 18°	 19°	 19°
Rain	4.6 mm	0.5 mm	0 mm	0 mm	0 mm
Wind	↗ 19 km/h	↘ 22 km/h	↘ 20 km/h	↘ 16 km/h	↘ 15 km/h

Heat stress indicators



Warning flags will be placed at the at the start area

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Access the briefing



https://triathlon.org/about/downloads/category/race_briefings

Good luck!
¡Buena suerte!



Be your
extraordinary