

# Junior/ U23 Mixed Relay briefing

19<sup>th</sup> October 2024



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Weather forecast

Water Quality Test Results



# Welcome and Introductions

- **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/U23 Mixed Relay

- Auriane Lacampagne (FRA) Chair
- Shin Otsuka (JPN) TRI Rep.
- Borja Oses (ESP), NF Rep.

# Schedule and Timetables



Saturday, October 19, 2024	8:00		Jn/u23 MR online team declaration closes	Online
Saturday, October 19, 2024	10:00	10:30	Junior/ U23 Mixed Relay Team Managers' meeting - team declaration	Athlete lounge

# Schedule and Timetables



Sunday, October 20, 2024	7:00	7:15	2024 World Triathlon Junior/ U23 MR- Final Team declaration	Athlete lounge
Sunday, October 20, 2024	7:30	8:30	2024 World Triathlon Junior/ U23 MR-Athlete Check-In	Athlete lounge
Sunday, October 20, 2024	8:15	8:45	2024 World Triathlon Junior/ U23 MR-Transition zone Check-In	Transition Area
Sunday, October 20, 2024	8:15	8:45	2024 World Triathlon Junior/ U23 MR-Swim Warm-Up	
Sunday, October 20, 2024	8:52		2024 World Triathlon Junior/ U23 MR- Introductions	
<b>Sunday, October 20, 2024</b>	<b>9:00</b>	<b>10:30</b>	<b>2024 World Triathlon Junior/ U23 Mixed Relay Championship</b>	
Sunday, October 20, 2024	10:35		<b>Medal Ceremony - 2024 World Triathlon Junior/ U23 Mixed Relay CH</b>	Playa de los Alamos venue



# Final Team Declaration - Sunday 20th October



## Sunday 20th October

### **7:00 – 7:15 Junior/U23 Mixed Relay Relay Team declaration deadline at the Athlete's lounge**

- Team Managers will be able to modify the team order or composition, but only among the 6 members declared previously
- This is the Final MTR Team Declaration



# Race package pick up - Saturday 19th October



The race package distribution will take place after the team declaration meeting at the Athlete Lounge. The race packages will be given to the Team Managers.

For each athlete :

- *Yellow dot (to add to the athlete accreditation) (1x)*
- *Helmet stickers (3x)*
- *Bike sticker (1x)*
- *Body decals (4x) - both arms and both legs - **do not cut off the WTCS logo***

Athletes' agreements must be completed for the athletes that won't race at the individual event. This will be checked on the race day.

**No payment – no race pack:** payment with **credit card** at the is possible before the registration process. Payment can be made by Team Manager.





# Check-in procedures

## Athletes' Lounge (Bike check)

- All team members must come together.
- Refer to section 5.2 in competition rules
- No clip-on handlebar is allowed on draft legal event
- 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
- 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

- All Team members must check in together
- 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 by athlete**)
- Swim cap distribution / If an athlete wishes to wear a second swim cap, the cap has to be unbranded and under the official one
- Leave your bag in the Athletes' Lounge
- 2nd, 3rd, and 4th team member will collect timing chip and swim cap from relay zone
- Athletes **MUST** be in the relay check-in zone in time to collect chip/swim cap and be ready.
- 



# Check-in procedures

## Transition Area

- All Team member must check-in together
- 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
- The bike must be racked in the 1st transition by the rear wheel and in the 2nd transition by either wheel.
- Last athlete (#4) nearest to the mount line



# Pre-start Procedures



## Athlete Introduction

- 10 minutes before start - line-up in transition area behind the boards
- Team will be introduced together
- 1st athlete
  - Jog to the start platform
  - Select your position and stay behind the line!
  - Athlete blocking more than one place could result in DSQ
- 2nd, 3rd, and 4th athletes move to the swim exit path and leave the area
- 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



# The course



**Swim** 1 lap of 250 m

**Bike** 1 lap of 5 km

**Run** 2 laps of 750 m



# 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 1 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:**

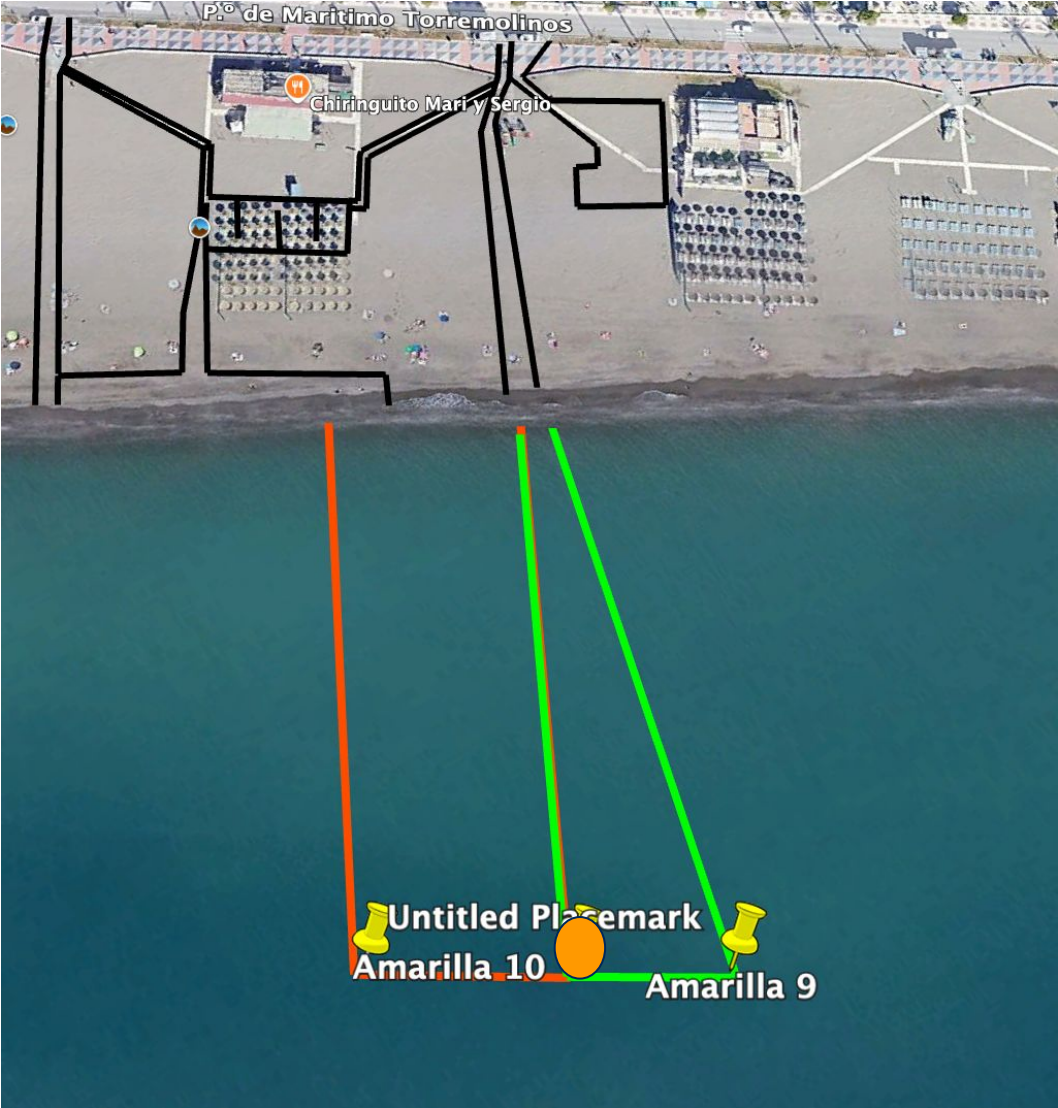
If someone starts before the horn and everyone else starts with the horn, the early starters will receive a time penalty of 10 seconds in TA1.

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






# Swim course



# Swim course

- On 18<sup>th</sup> of October at 9:00 am
  - WBGT: 15.3°C 
  - Air temperature: 20.9 °C
  - Water temperature: 18.7°C
- Wetsuits: The final decision will be taken 1h before the race
- 1 lap of 250m, anticlockwise for the first athlete, clockwise for the 2nd, 3rd, and 4th athletes
- Distance to the first turn buoy : 100m
- 1st athlete : keep the yellow + orange buoys on your left
- 2nd, 3rd, and 4th athletes : keep the yellow + orange buoys on your right
- **Swim behaviour will be closely monitored and recorded by boat based and Video Review officials**
- Take wetsuit, cap, goggles to transition into the box

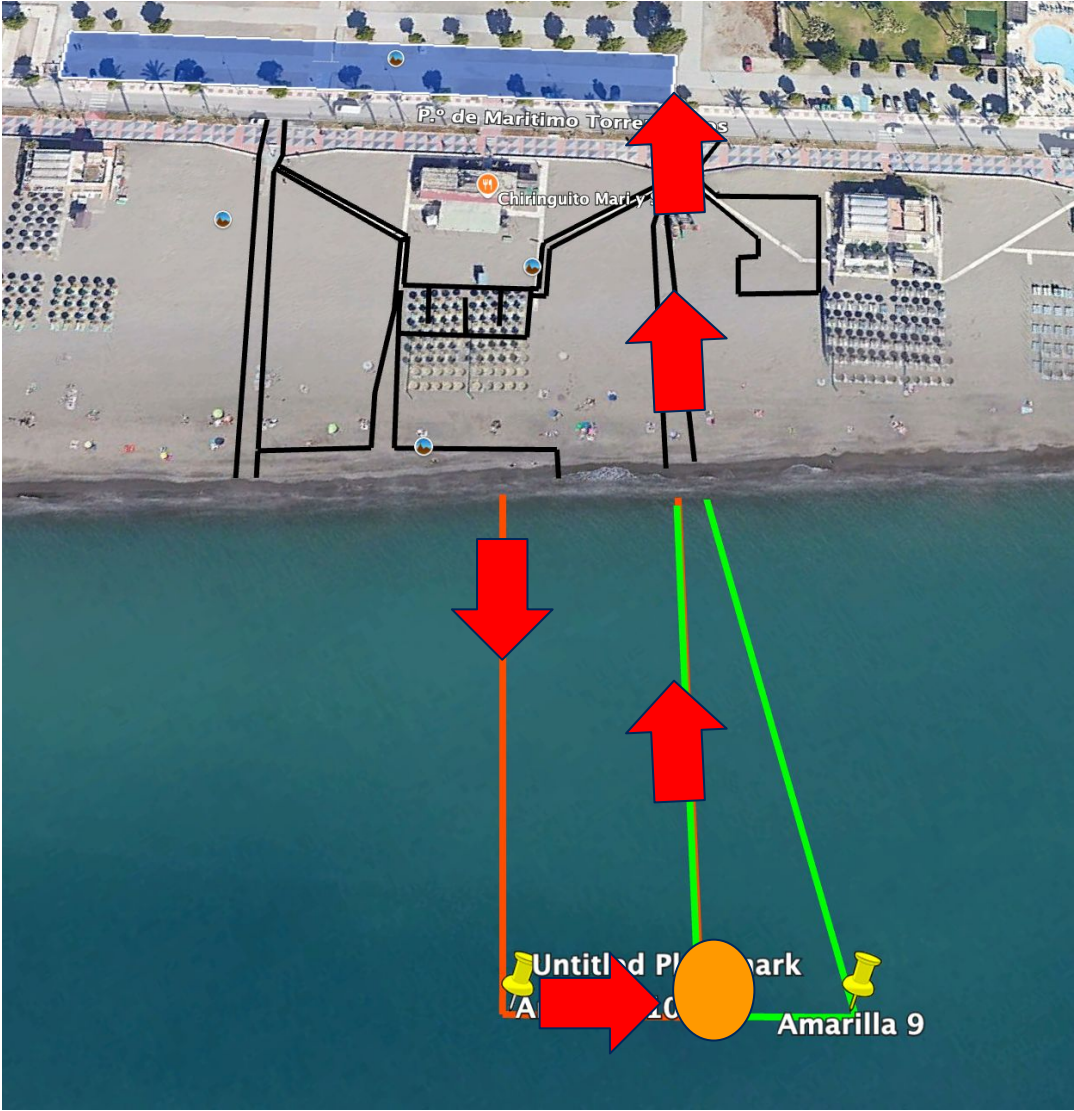
# Transition Area



- 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.
- ***Failure to put equipment in box = 10 second penalty on run PB***
- Mount line (**green**), Dismount line (**red**)



# Transition Flow



# Bike course

- 1 laps of 5 km
- Anticlockwise
- Flat and technical – There are speed bumps on the course
- 2 Wheel Stations
  - 1 Neutral wheel station
  - 1 Team wheel station
  - For locations see the map
- Littering Zones – wheel stations
- Any athlete lapped will be removed along with the rest of the team.



# Bike Course Map



Neutral  
Wheel  
Station

Team  
Wheel  
Station



# Wheel list neutral wheel station

2x 700c Front wheels, rim brake

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

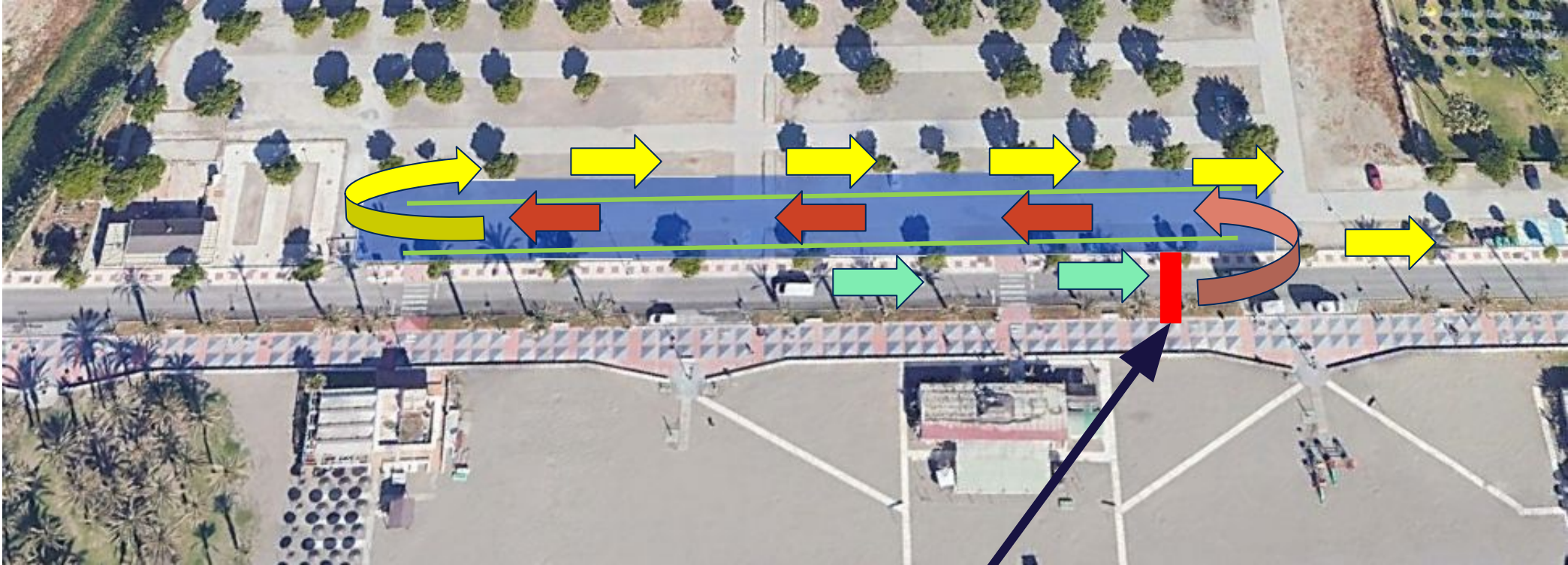
2x 700c Front wheels, 140mm rotor disc brake

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

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



# Bike to Run



Dismount line



# Run course

- 2 laps of 0.750 km (total distance of 1,5 km)
- Clockwise
- Aid stations:
  - 1 per lap
  - Sealed water
  - Discard plastic bottles and litter within the littering zones
- Lapped runners – cannot run with leading runners



# Run Course Map



# Run lap



# Run to Relay zone



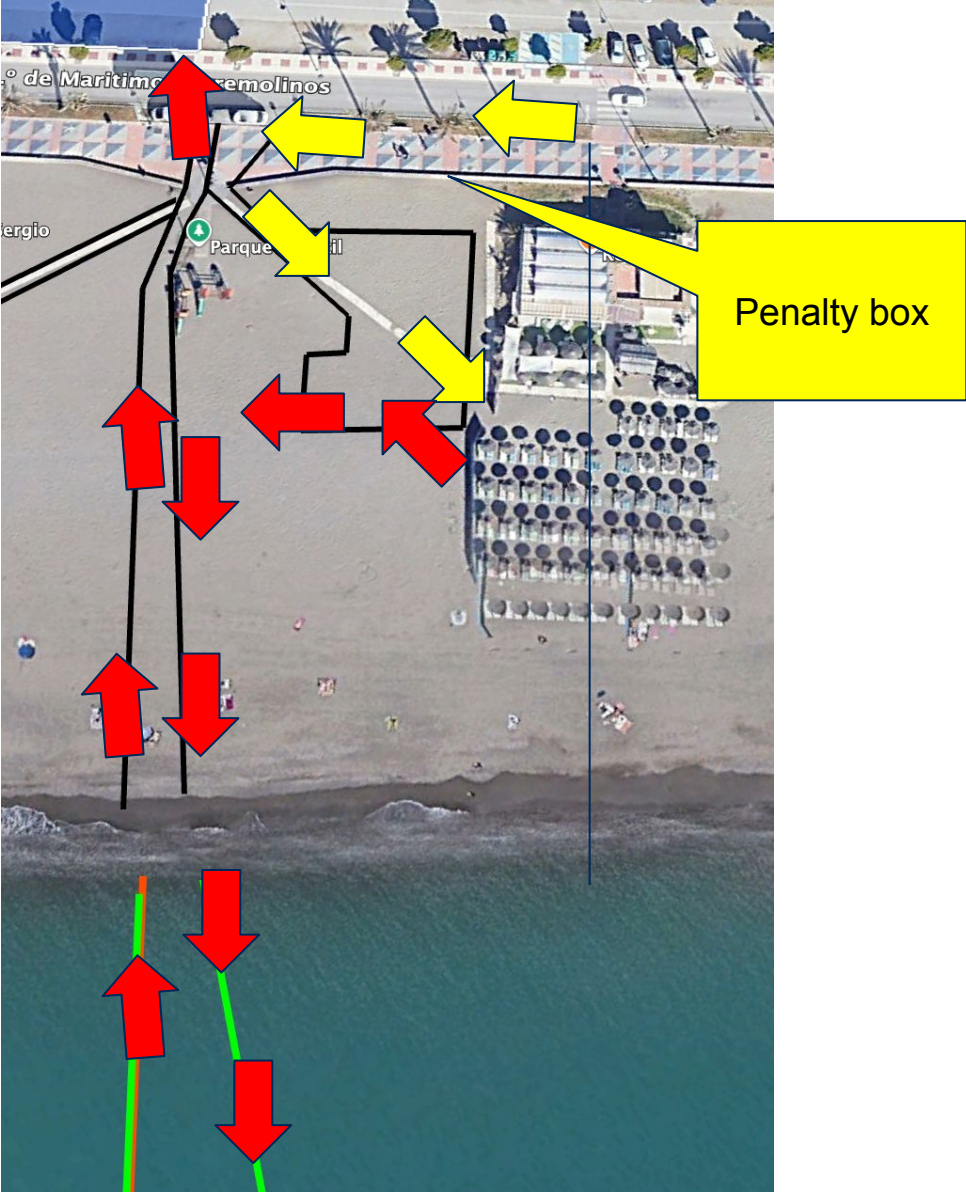
# Run to Finish



# Relay Zone

- Prior to the relay exchange, the athletes will wait in the recovery area until the moment when the Technical official tells them to enter the relay zone at the finish.
- It is athletes' responsibility to be there, collect timing chip and be ready
- The relay exchange from one team member to another will take place inside the "Relay Zone"
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing athlete within the relay zone
- If the contact occurs unintentionally outside the relay zone, the team will get a 10 second penalty.
- If the contact occurs intentionally outside the relay zone or not completed, the team will be DSQ.
- Keep both feet behind the relay line

# Relay Exchange Zone



# Run Penalty Box

- Start infringements will be served in T1
- Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** end of the lap
- **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 2nd 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.





# Post-race Procedures



- Photo-finish
- No congestion in the finish area
- For Top 3 teams (only) – they can join their team member at the finish
- TV/Flash Interviews
- Medal Ceremony
- For awards, dress “up” – with race uniform (or country clothes) Ambush marketing rules apply
- 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



# 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

# Water Quality Assessment

Enterococci	
16/08/2023	NMP/100mL
Location 1	0
Location 2	0
Location 3	0
Enterococci limit	<100

E.Coli	
17/09/2023	NMP/100mL
Location 1	110
Location 2	80
Location 3	55
E.Coli limit	<250

PH	
17/09/2023	
Location 1	7,66
Location 2	8
Location 3	7,86
PH limit	6-9

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
	None	None		

Water samples were taken in three different points (see image below).

**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



# Weather Forecast



Access the briefing



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

Good luck!  
¡Buena suerte!



Be your  
extraordinary