

2024 Torremolinos Para Triathlon World Championship Race Briefing

Wednesday 16 October 2024



Agenda – Para Triathlon World Championships

Welcome and Introduction

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introduction

- **Thanos Nikopoulos (GRE), Jamie Gordon (GBR), Hugh McAtamney (IRE), Esther Sánchez (ESP), Auriane Lacampagne (FRA)**, World Triathlon Technical Delegates
- **Dr Luis Coira Nieto (ESP)**, World Triathlon Medical Delegate
- **Stéfane Mauris (SUI), Juliet Fahey (NZL), Carmen Gómez (ESP)**, World Triathlon Head Referees
- **Eric Angstadt** , World Triathlon Paratriathlon Senior Manager
- **Jorge Garcia**, Event Director
- **Miguel Fernandez**, Race Director



Competition Jury

- Thanos Nikopoulos (GRE), Chair
- Dr. Debbie Alexander (RSA), World Triathlon Executive Board Representative
- Borja Garcia (ESP), National Federation Representative

Immediately after

- Distribution of accreditation and race packages
- Coaches' registration for the run course measurement
- Verify contact details of team manager and medical doctor

Immediately after

Race package distribution:

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

The athletes' race package includes:

Helmet stickers (3x), mobility equipment stickers (1x), Bike sticker (1x), Body decals (4x), bag sticker(1x) – both arms and both legs.

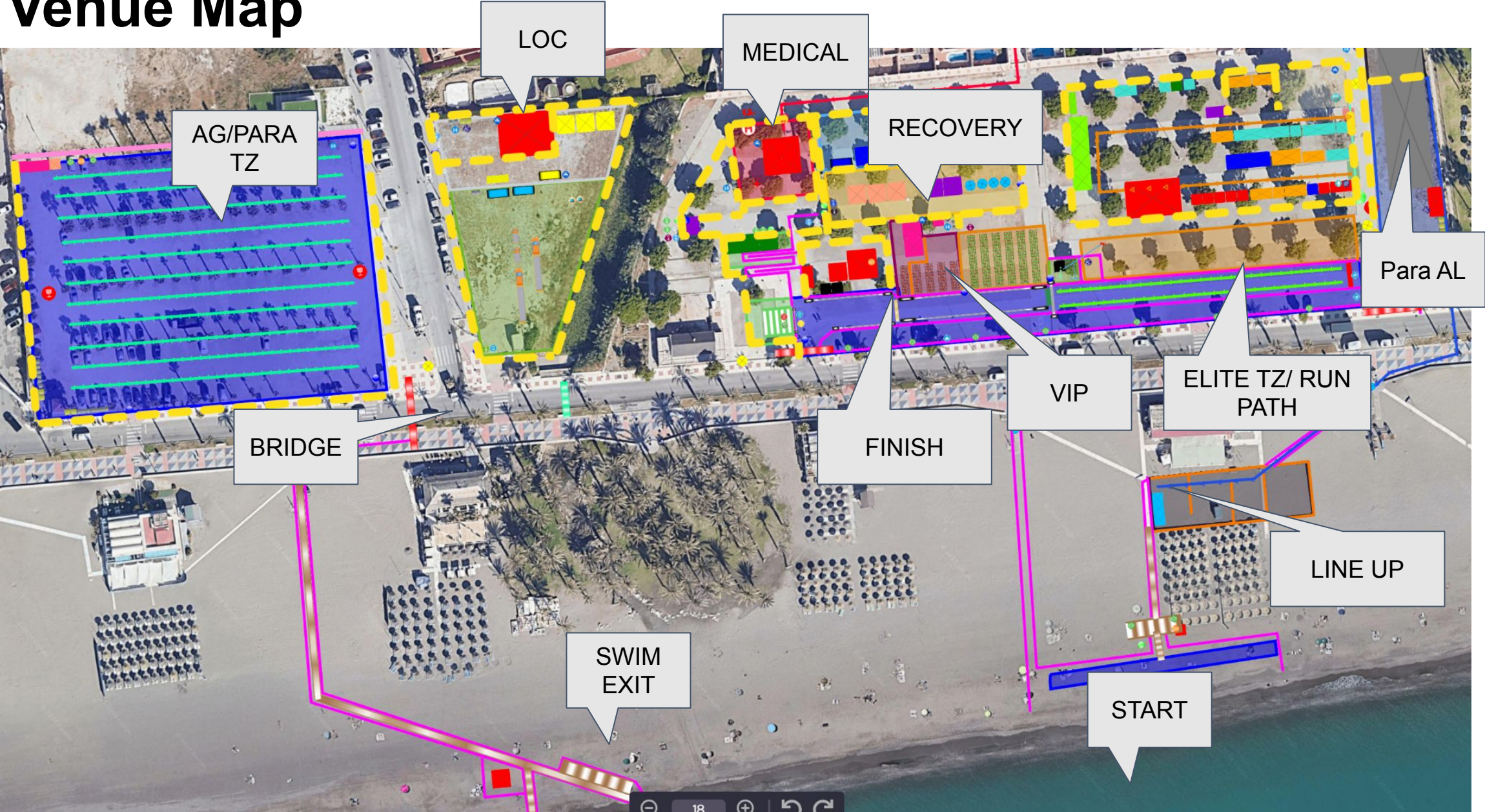
Let the TOs know what colour of swim cap you want to get on the race day.



Swim Cap Colours

- PTWC – **RED/YELLOW/GREEN**
- PTS2/PTS3/PTS4/PTS5 – **RED/YELLOW/GREEN**
- PTVI1 – **ORANGE**
- PTVI2/3 – **GREEN**
- PTVI GUIDE – **WHITE**

Venue Map



Venue Access



Schedule and timetables

Thursday, 17 October 2024

18:30	19:00	Para triathlon Swim Familiarisation	
19:00	19:30	Para triathlon PTWC Bike Familiarisation (2 laps escorted) (1st group)	
19:00	19:30	Para triathlon PTVI-PTS Bike Familiarisation (2 laps escorted) (2nd group)	
19:30	19:45	Para triathlon PTWC Run Familiarisation (2 laps) / Last crossing at 19:40	
19:45	20:15	Coaches/personal handler briefing for FOP access (At transition zone)	Transition zone
19:45	20:15	Para triathlon PTVI-PTS Run Familiarisation (1 lap)	
19:45	20:30	ALL Handcycles/ bicycles & PTWC Handcycle and race chair check in and storage overnight (At Athletes' Lounge)	Athlete's lounge
20:30		Race Ranger sensors fitting on para triathletes' bicycles	
20:30		Bike storage for all categories (At Athletes' Lounge)	Athlete's lounge

All bicycles must be numbered



Schedule and timetables

Friday, 18 October 2024

8:15	10:00	2024 World Triathlon Para CH - Athletes' lounge check in
8:45	10:00	2024 World Triathlon Para CH - Transition zone check in
9:00	9:45	2024 World Triathlon Para CH - Swim warm-up – All Athletes
9:55		2024 World Triathlon Para CH - PTWC introduction
10:00	14:00	2024 World Triathlon Para Triathlon Championship



Schedule and timetables

Friday, 18 October 2024

10:00:00		PTWC1-M
10:03:00		PTWC2-M
10:05:00		PTWC1-W
10:08:38		PTWC2-W
10:39:30		2024 World Triathlon Para CH - PTVI introduction
10:45:00		PTVI1-M
10:47:41		PTVI2/3 M
10:49:00		PTVI1-W
10:52:11		PTVI2/3-W



Schedule and timetables

Friday, 18 October 2024

11:15:00	11:30:00	2024 World Triathlon Para triathlon CH - Swim warm up – PTS athletes
11:40:30		2024 World Triathlon Para CH - PTS5 introduction
11:45:00		PTS5-M
11:50:00		PTS5-W
11:56:30		2024 World Triathlon Para CH - PTS2/3/4 Women introduction
12:00:00		PTS2/3/4-W
12:06:30		2024 World Triathlon Para CH - PTS4 Men introduction
12:10:00		PTS4M
12:11:30		2024 World Triathlon Para CH - PTS2/3 Men introduction
12:15:00		PTS2/3-M
13:45	14:15	Para triathlon coaches - run course measurement
13:45	14:30	Medal Ceremony - World Triathlon Para triathlon Championships



Schedule and timetables

Friday, 18 October 2024

Race cut off 2 hours after the start of your wave – NC in results



Schedule and timetables

Saturday, 19 October 2024

9:00	12:00	Para MR online team declaration close	
11:00	12:00	Paratriathlon MR Team Managers' Meeting - Team Declaration	Athletes' lounge



Check-in Procedures

Athletes' Lounge (on the race day)

Come with your registered Handler/Guide

- Uniform & Body decal check
- Swim cap distribution
- 2 timing chips for all/ 3 for the PTWC
- Wave number written on left hand
- Registration of equipment for pre-transition area
- Leave bags in the Athletes' Lounge

Check-in Procedures

Athletes' Lounge - timing chips

PTWC:

- 1 on your body (it can be removed at the T1)
- 1 on the handcycle (rear axle - safety bar)
- 1 on the wheelchair (close to the front fork)

PTS2/PTS3/PTS4/PTS5:

- Double amputees : Bike prosthesis + Run prosthesis
- Single amputees : Existing ankle + Bike prosthesis
- No amputation : Both ankles

PTVI: 1 on Athlete ankle, 1 on Guide ankle

Check-in Procedures

Bike Check

- **PTWC after the course familiarizations at the Athletes' lounge**
- **All other athletes on race day at the transition zone check in**

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule).

- Clip - Ons

- **Bring your spare wheels to the team wheel station**

- 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 in athlete lounge.

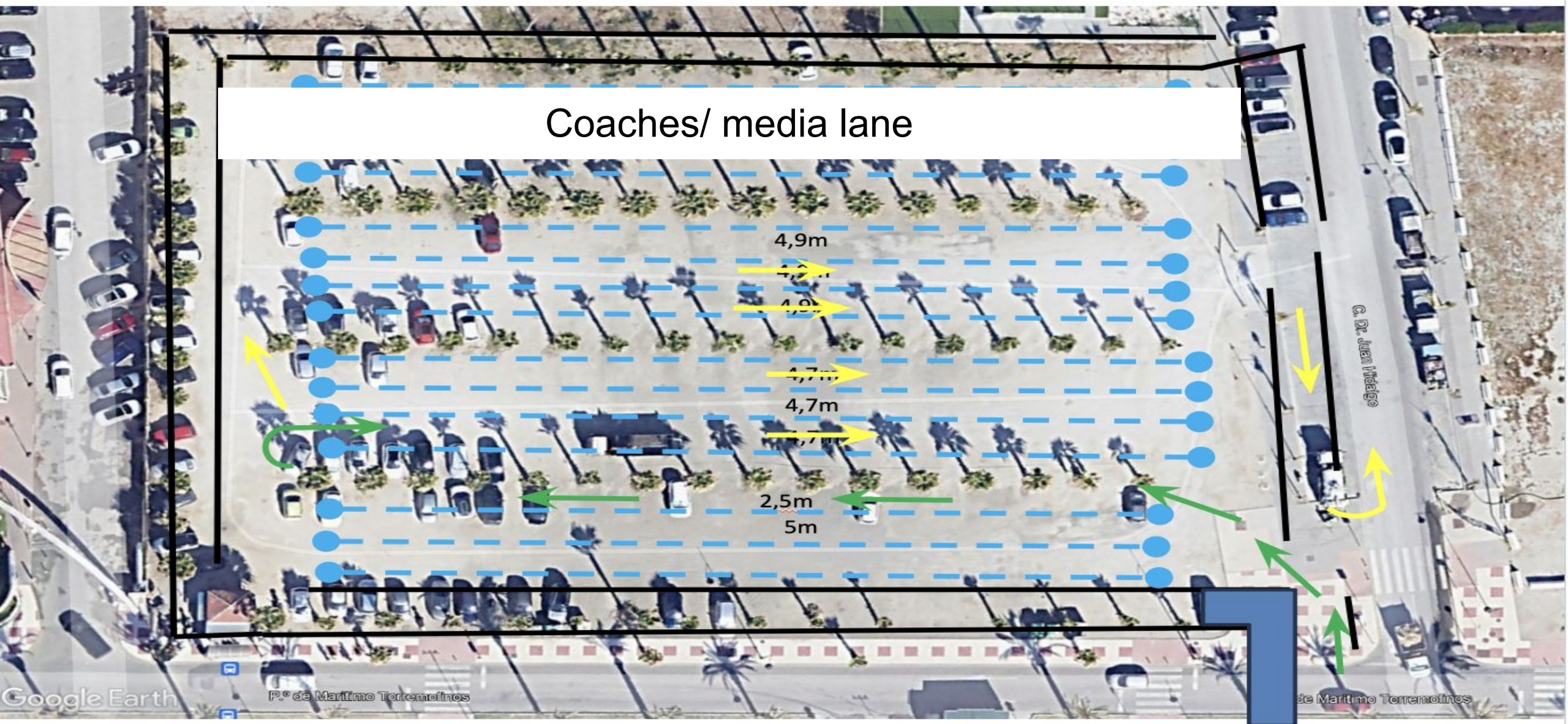
Check-in Procedures

Transition Area

- After the athletes' lounge check in, collect your bike and rest of the equipment and move to the transition area.
- A chair will be provided for each of the athlete
- Only Athletes and their Handlers will be allowed into the transition



PARA – T1



Coaches/ media lane

4,9m

4,7m

4,7m

4,7m

4,7m

4,7m

2,5m

5m

C. Dr. Juan Hidalgo

The Course

Swim

1 Lap (750m)

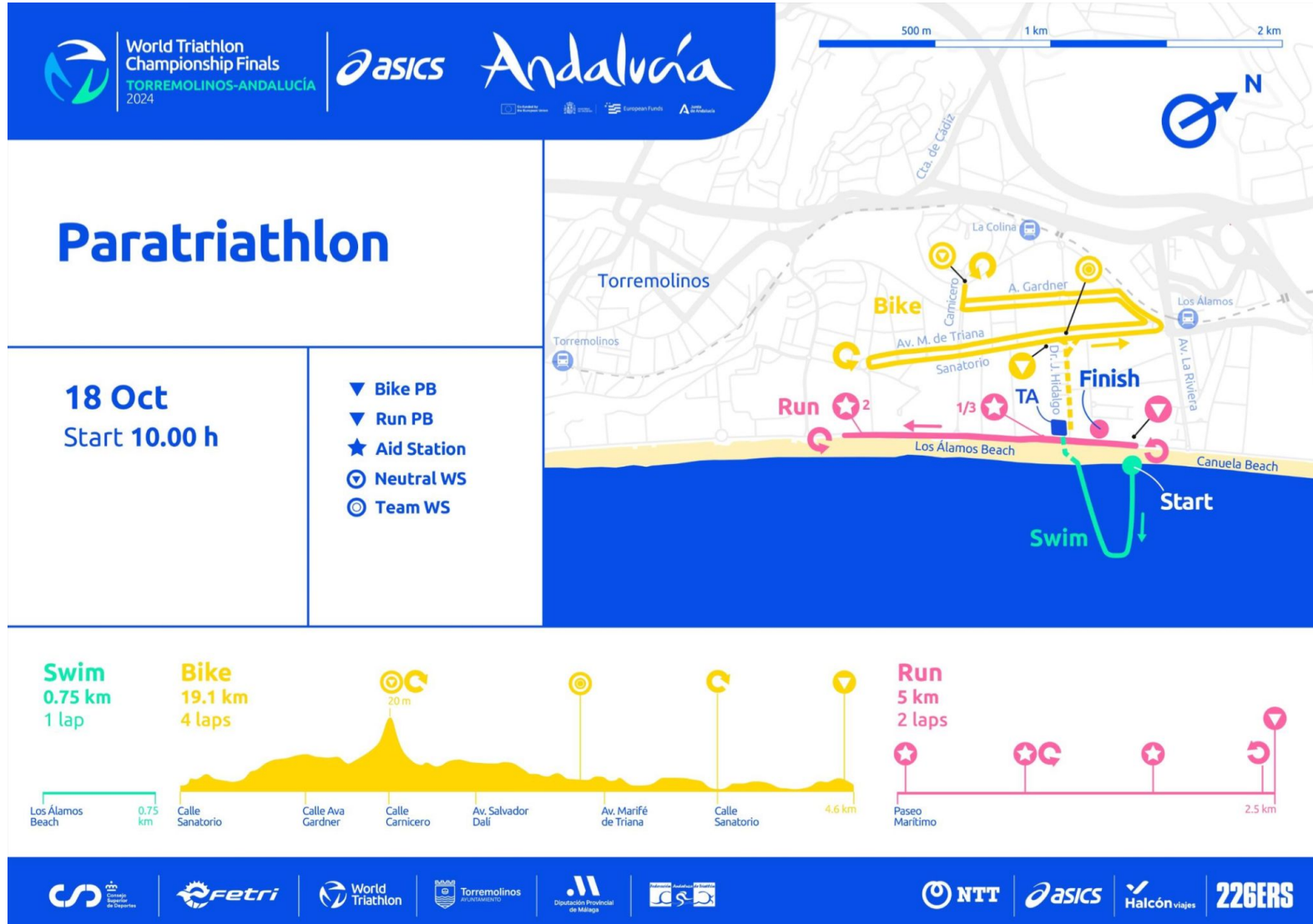
Bike

4 laps (19.1km)

Run

2 laps (5km)

The Course

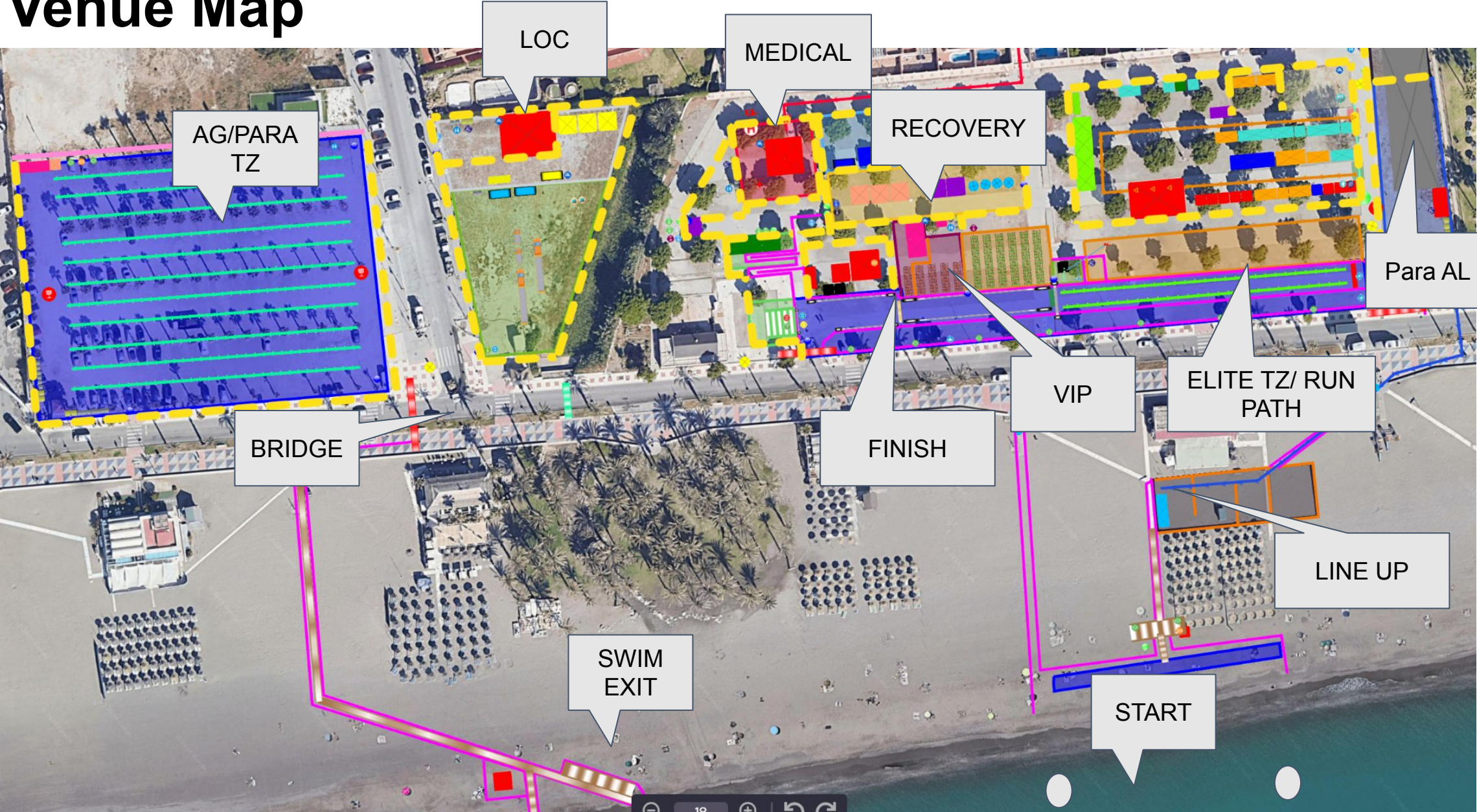


Pre-Start Procedure

Athletes' Introduction

- You must leave your pre competition bags at the athletes' lounge
- 10 minutes before the start, line up before entrance to pontoon
- Wear official swim cap, 2nd swim cap unbranded underneath
- Wave number, then category, then race number
- Move to the swim start when you are introduced. **Give your prosthesis, crutches, etc. to the TOs to move them to the pre-transition.**
- Follow the instructions of the TOs and stay between the two start line buoys inside the water.

Venue Map



Start Procedures (NEW)

Once all athletes are in water:

- 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 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 10 seconds [penalty in TA1](#)

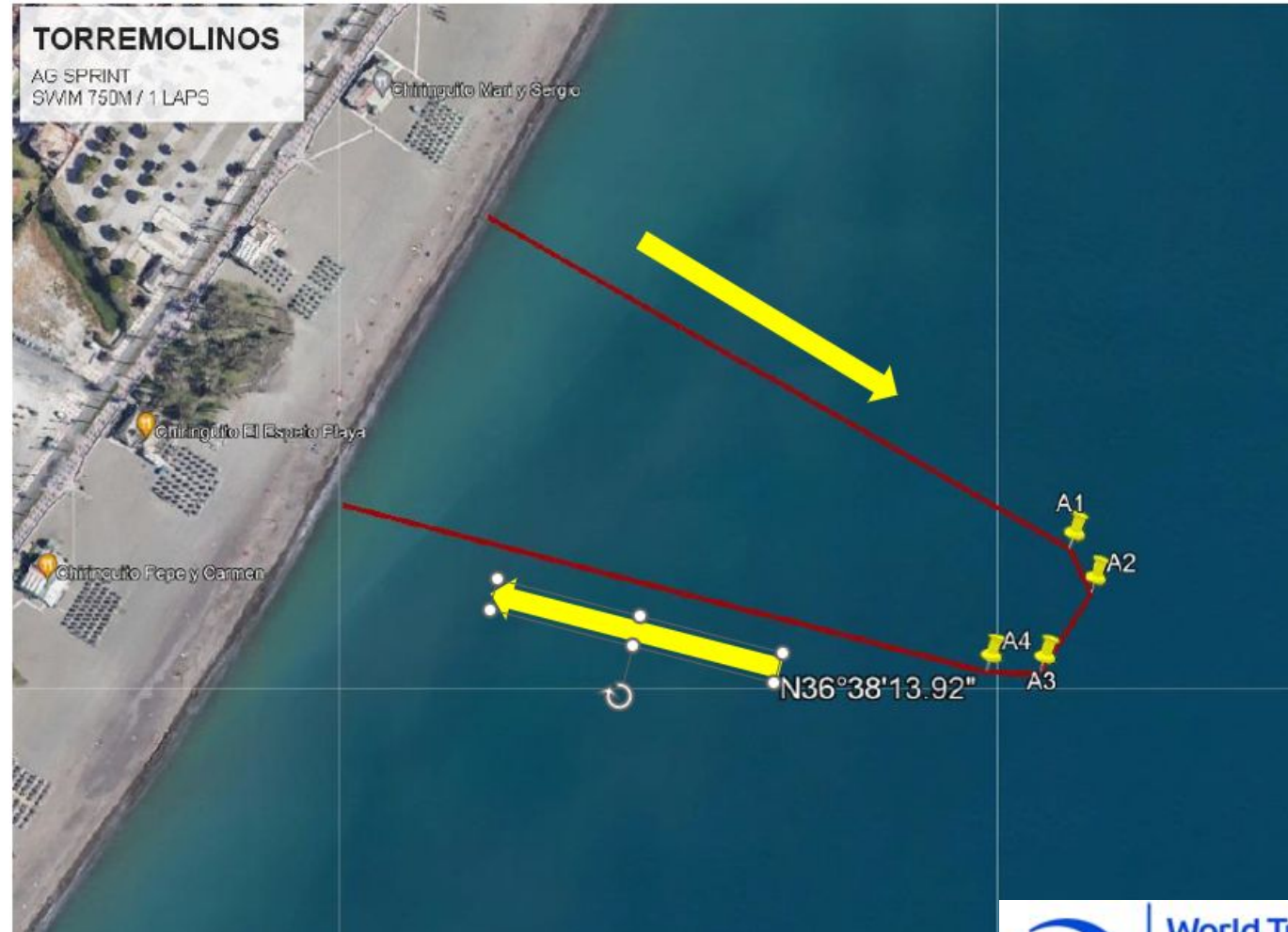
During the time penalty the athlete cannot touch any race equipment

Swim course

- On 16th of October at 10:00 am
 - WBGT: 19.6°C
 - Air temperature: 20.3°C
 - Water temperature: 19.2°C
 - Relative Humidity: 89%
- **Wetsuits allowed/not allowed. The Head Referee will make the decision on wetsuit use 1 hr before race start.**
- Keep the yellow buoys on your right shoulder
- Take cap, goggles to transition into your area
- No swim warm up area is provided
- Swim exit to transition area path is carpeted off the beach.
- Aid station is available at the swim exit.



Para triathlon Swim course – 750m



Swim Exit Handling

- Swim exit handling only by the LOC Swim Exit Assistants.
- They will provide support to all athletes according to their swim caps colour.
- No Personal Handlers allowed to assist at Swim Exit.



Pre-transition

- Athletes' registered equipment (prosthesis, crutches, day chairs)
- Folding chairs with numbers - athletes must leave their prosthesis or crutches at the chair with the same number as the last digit of their race number
- Athletes from PTVI are not allowed to use the pre-transition area
- Only PTWC Handlers are allowed in this area. Interaction with athlete ONLY when athlete is left on daily wheelchair or floor by swim exit assistants
- PTWC athletes **must transfer** in a daily wheelchair from pre-transition to transition




Pre-transition

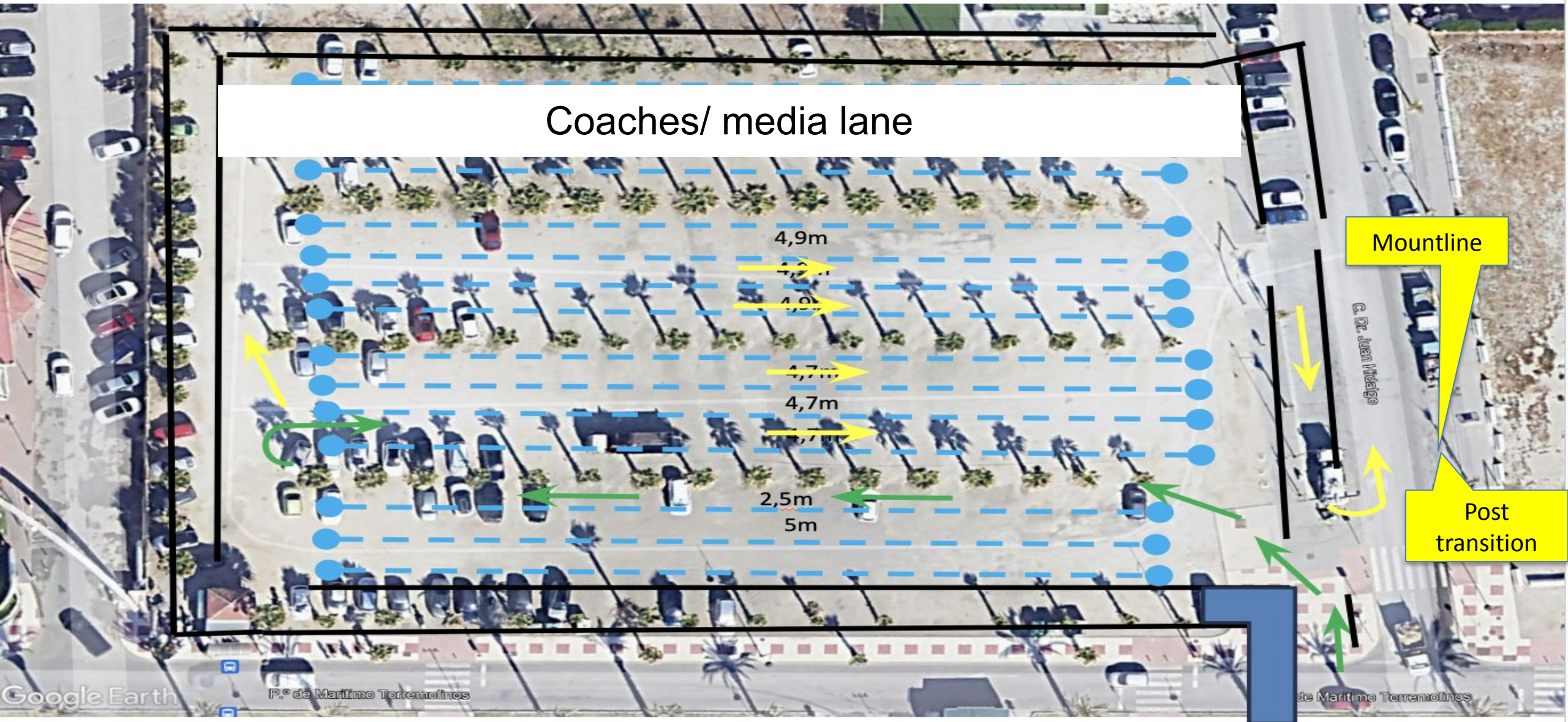
- No wetsuit removal by TOs and volunteers
- No athletes' equipment can be left in the pre-transition area, once the athlete exits the pre-transition area
- Adapted cleats and bike shoes with non-exposed cleats are allowed **provided the cleats are covered or enclosed by anti-slip material**
- PTS2 to PTS5 with an absent lower limb must use a prosthesis or crutches between pre-transition and transition. **Hopping on one leg is not allowed.**



Transition 1

- Traditional bike racks
- Name, number, country code and flag
- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers in the box *Failure to do so = 10 second penalty on run*
- Mount line at the end of transition (**GREEN LINE**)
- PTWC shall  **completely** at mount line and wait TO signal to start/go
- PTWC athletes must put the bib at the back of the handcycle
- Post transition before the exit of transition

PARA – T1



Bike Course

- 4 laps (19.5km)
- Technical with downhill sections and speed bumps
- Draft illegal race

Bike Course

- Bike Penalty Box located at the end of the bike lap
- Ride on the **right**, pass on the **left**
- 2 Wheel Stations (WS): for location see map
 - 1 Team Wheel Station (access both sides)
 - 1 Neutral Wheel Station
- **Littering zones at Wheel stations & Bike PB**



Bike Course



Wheel list neutral wheel station

2x 700c Front wheels, rim brake

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

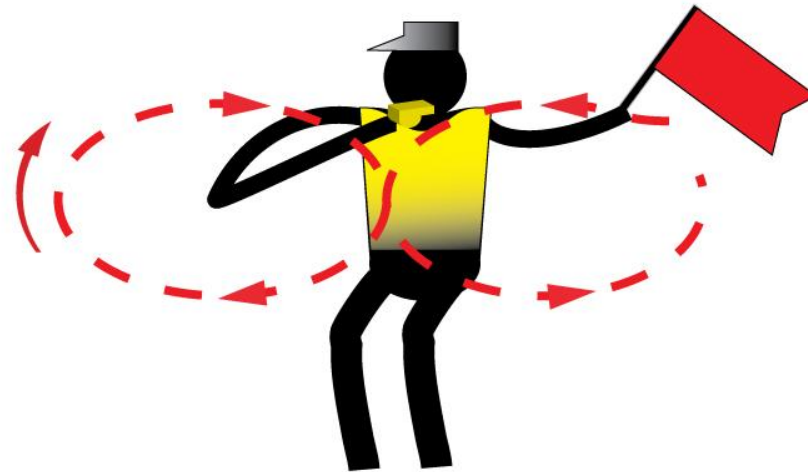
2x 700c Front wheels, 140mm rotor disc brake

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

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

Caution

Caution signal: sharp whistles and or red flags




Bike Draft Zone

- Legal distance: 10m between bikes (from front wheel to their front wheel)
- Maximum 20 seconds allowed to pass
- **Blue Card** for drafting offence
- In case of penalty, stop at the **Bike Penalty Box** – 1 minute
- **Not stopping or second drafting offence – DSQ**
- It is the athletes responsibility to stop at the Bike Penalty Box – numbers not posted on board
- Dismount the bike and inform the Bike Penalty Box TO your race number, the number of penalties to serve, and the colour of card received

Bike Littering

- **Yellow Card** for littering offence
- In case of penalty, stop at the **Bike Penalty Box** – 10 sec
- It is the athlete's responsibility to stop at the Penalty Box – numbers not posted on board
- Dismount the bike and inform the Bike Penalty Box TO your race number, the number of penalties to serve, and the colour of card received
- 2 accumulated drafting time penalties = **DSQ**

Transition 2

- All mobility equipment shall remain within the assigned space in transition. Used helmets, sunglasses in the box
- *Failure to do so = 10 second penalty on run*
- Dismount line at the beginning of transition (RED LINE)
- PTWC shall  completely at dismount line and wait TO signal to start/go
- PTS2-S5 & PTVI must dismount before the dismount line
- PTWC athletes must put the bib at the back of the racing wheelchair

PARA – T2



Run Course

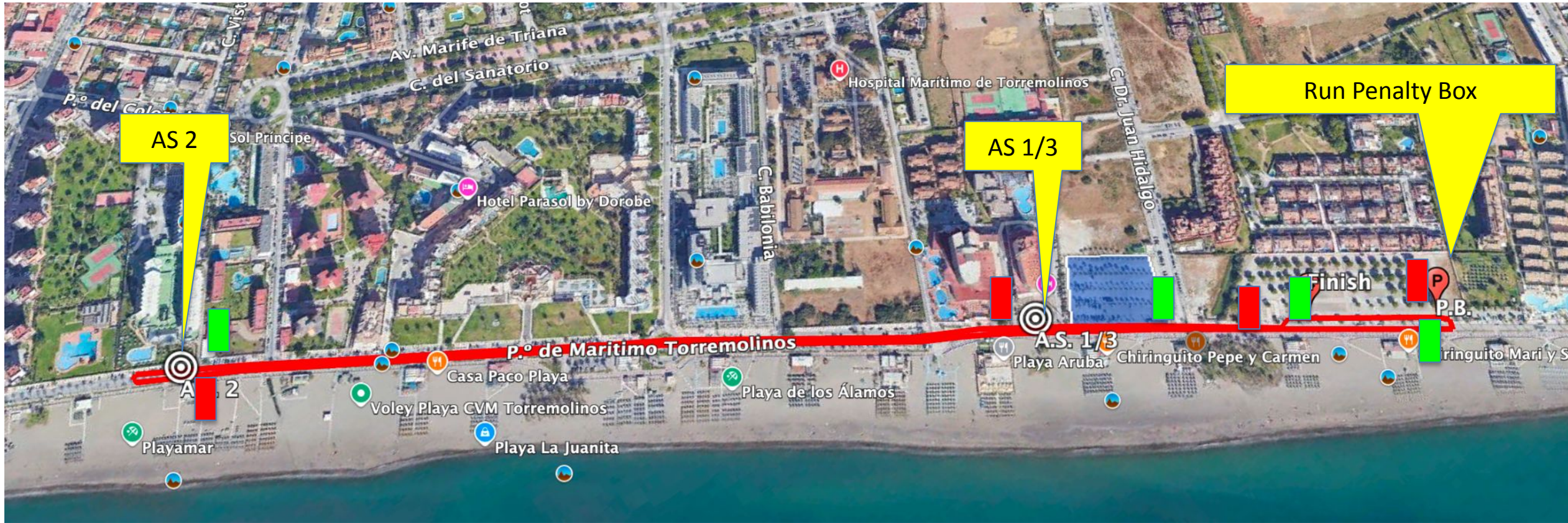
- 2 laps (5km)
- Three (3) Aid Stations and Littering Zone
 - For location see map
- Sealed water (with caps removed before need)
- Discard bottles and litter in the Littering Zones as indicated by the following signs
- Don't cut the corners
- Run next to the finish path on each lap and go to the finish path at the end of the run.



Run Course



PTVI Free Leading Zones



Run Lap



Finish



Run Penalty Box

- Penalty box is for infringements in : Swim, TA1, TA2 and Run
Location: At the entrance of the venue
- **Information:** White board to show race numbers and letters to indicate violations & electronic board
(Athletes need to read the board – coaches are advised to check and inform their athletes)
- **Procedure:** **10 second** time penalty served on any lap of the run

Run Penalty Box

- 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.

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

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 and Transition
- Next to Team Wheel Station
- Next to Run Penalty Box
- At the Recovery Area

Post-race Procedures

- Photo-finish
- No congestion in the finish area: go to mixed zone / recovery area
- For Top 3 athletes
 - TV/Flash Interviews
 - Medal Ceremony -
 - Media “Mixed Zone”
- For awards, dress “up” – **at the run path**

Post-race Procedures

















Doping Control

- Accreditation card is needed for every athlete to go for testing.
- Doping control is located at Hotel Puente Real.

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.

Weather Forecast

Thursday 17 Oct.					22° / 16°	0.5 mm	6 m/s
Friday 18 Oct.					21° / 12°		7 m/s
Saturday 19 Oct.					24° / 14°		5 m/s
Sunday 20 Oct.					25° / 14°		4 m/s

Heat Stress Indicator



Warning flags will be placed at the start area

Water Quality Assessment

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

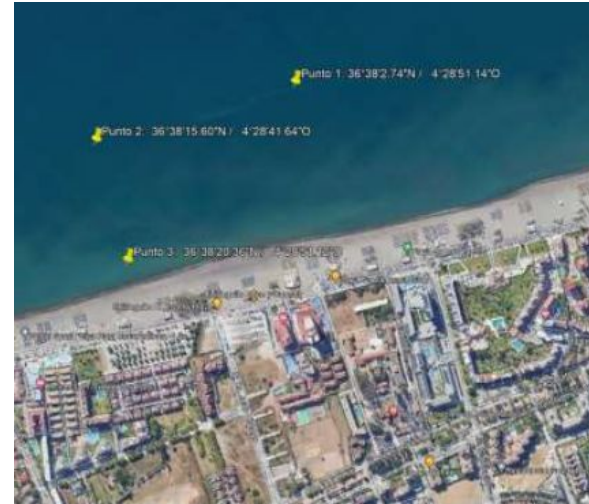
E.Coli	
10/10/2024	NMP/100mL
Location 1	25
Location 2	12
Location 3	22
E.Coli limit	<250

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



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Briefing presentation online

[http://www.triathlon.org/about/downloads/
category/race_briefings/](http://www.triathlon.org/about/downloads/category/race_briefings/)



Good luck!
¡Buena suerte!



Be your
extraordinary