

# U23 Athletes' briefing

16<sup>th</sup> 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



## U23 Women

- Esther Sánchez (ESP) Chair
- Tamas Toth (HUN) TRI Rep.
- Alicia García (ESP), NF Rep.

## U23 Men

- Esther Sánchez (ESP), Chair
- Ian Howard (GBR), TRI Rep
- Alicia García (ESP), NF Rep.

# Athletes Committee Representatives



Claire Michel (BEL)



Kenji Nener (JPN)



Tamas Toth (HUN)

# Schedule and Timetables



## Wednesday 16<sup>th</sup> October

14:30 – 15:00 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 16<sup>th</sup> October

12:00 – 12:30	U23 Swim Familiarisation (similar conditions to race day)
12:30 – 13:00	U23 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



## Thursday 17<sup>th</sup> October - 2024 World Triathlon U23 Women Championship Final

07:30 – 08:30	Athletes' Lounge check-in for U23 Women
08:15 – 08:45	U23 Women Transition check in
08:15 – 08:45	Swim Warm-up for U23 Women
08:45	Athletes' Line up
08:50	Athlete Introductions
<b>09:00</b>	<b>U23 Women Start</b>
11:15	Medal Ceremony - U23 Women (Race podium & WTCS Podium)

# Schedule and Timetables



## Thursday 17<sup>th</sup> October - 2024 World Triathlon U23 Men Championship Final

10:30 – 11:30	Athletes' Lounge check-in for U23 Men
11:15 – 11:45	U23 Men Transition zone check in
11:15 – 11:45	Swim Warm-up for U23 Men
11:45	Athletes' Line up
11:50	Athlete Introductions
<b>12:00</b>	<b>U23 Men Start</b>
14:10	Medal Ceremony - U23 Men (Race podium & WTCS Podium)

# 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

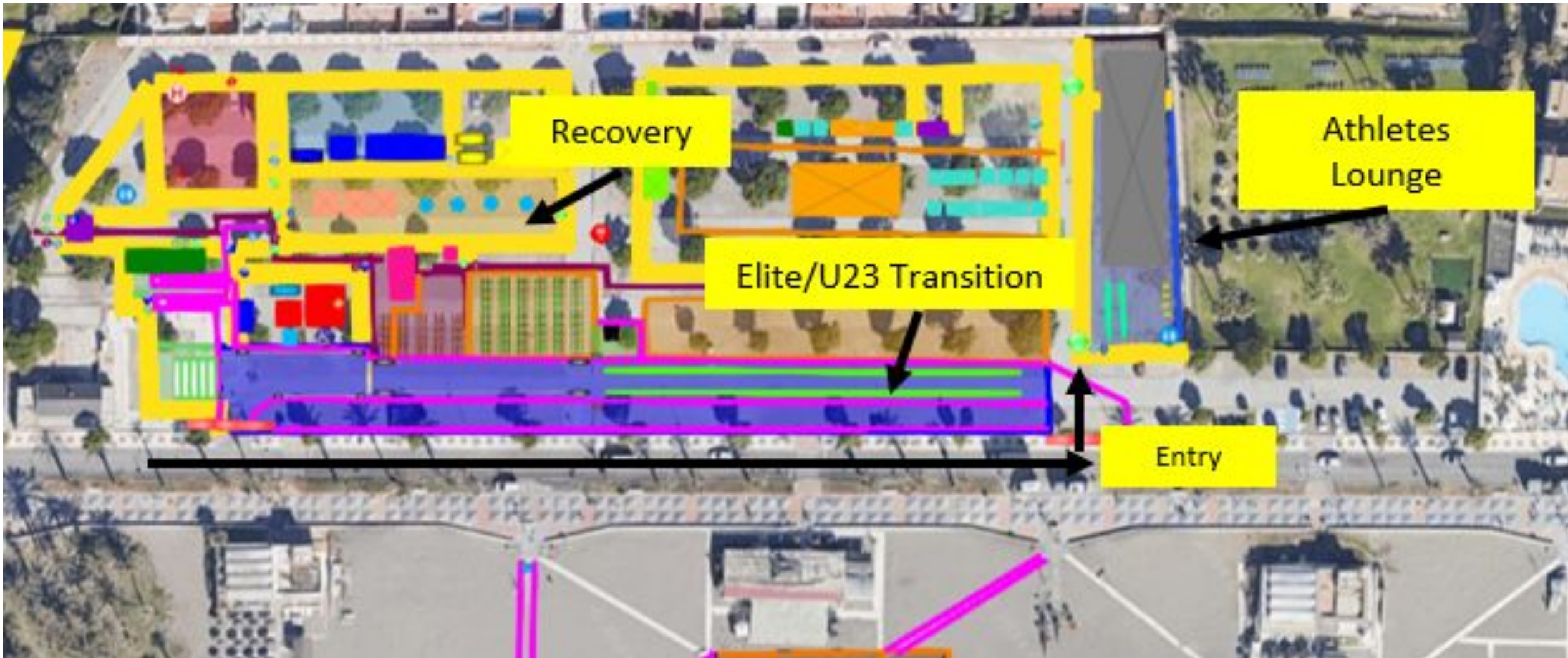


## Transition Area

- 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
- Helmet on the bike
- Individual racks



# Map Athletes' Lounge





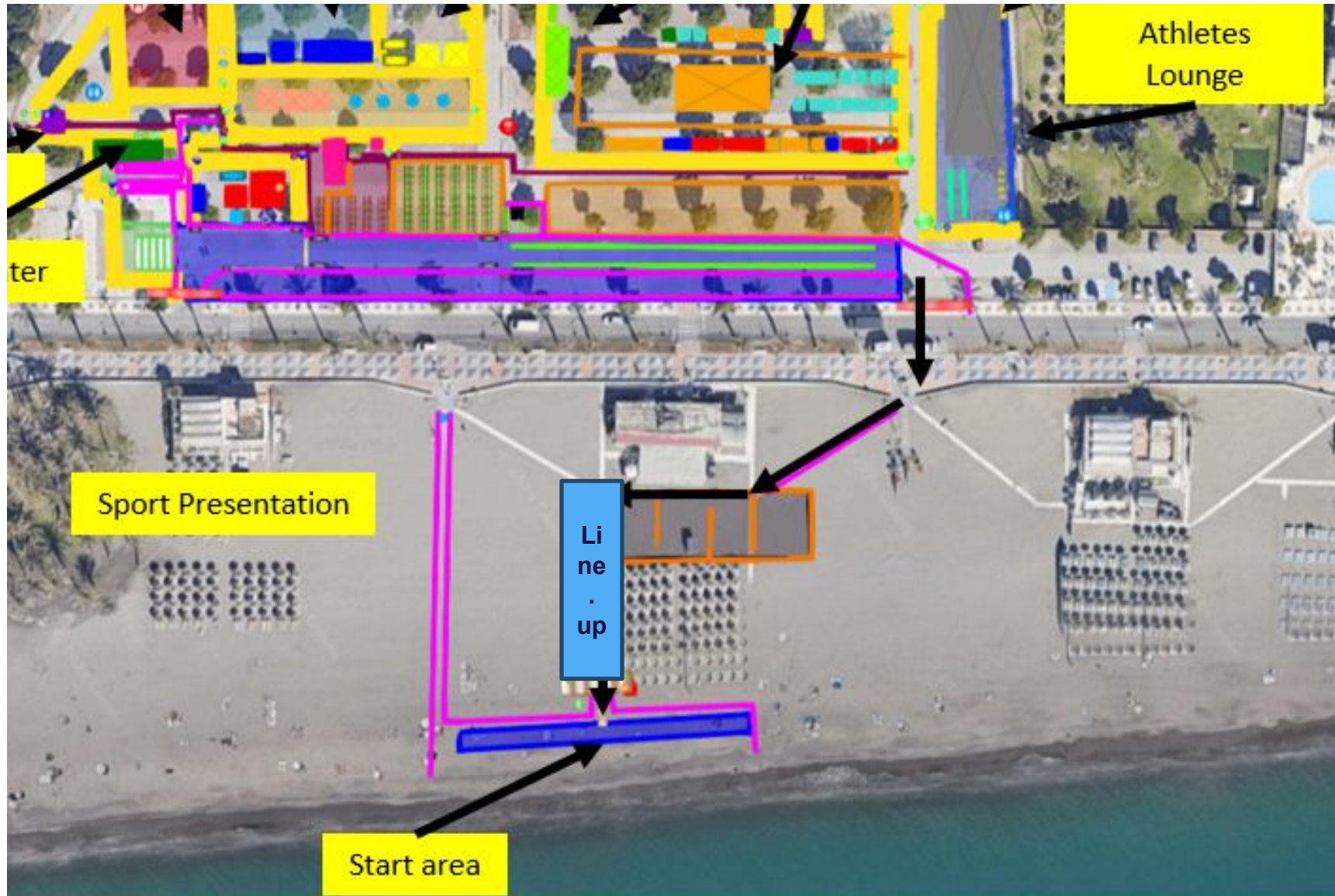
# Pre-start Procedures



## Athlete Introduction

- 10 minutes before start - line-up in the beach, in front of the VIP area
- Jog to the start platform once your name is called
- Select your position
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- Boxes for last minute gear will be available in pre-start area. LOC will collect your gear and will bring them at athletes' lounge

# 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 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 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 15 seconds **penalty in TA1**

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

# The course



**Swim** 2 laps of 750 m

**Bike** 8 laps of 5.1 km

**Run** 4 laps of 2.5 km




# The course





# Swim course

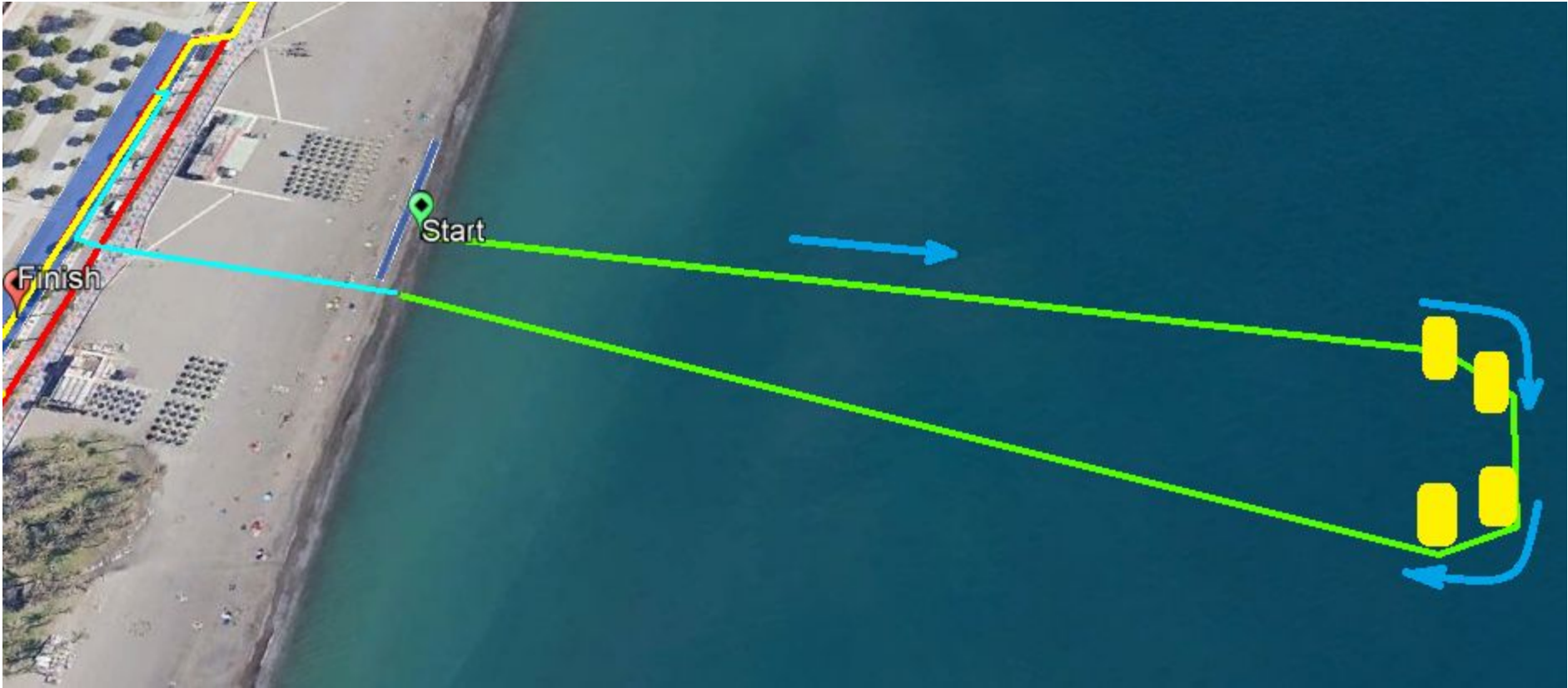
- Today at 10:30am
  - WBGT: 19.6 °C 
  - Air temperature: 20.3 °C
  - Water temperature: 19.2 °C
- **Wetsuits: The final decision will be taken 1h before the race**
- 2 laps (total distance of 1500m), clockwise
- Exit after first lap and dive back in for the second lap
- Distance to the first turn buoy: 315m
- Take cap, goggles to transition into your box
- **Keep the yellow buoys on your Right**

# Swim conduct

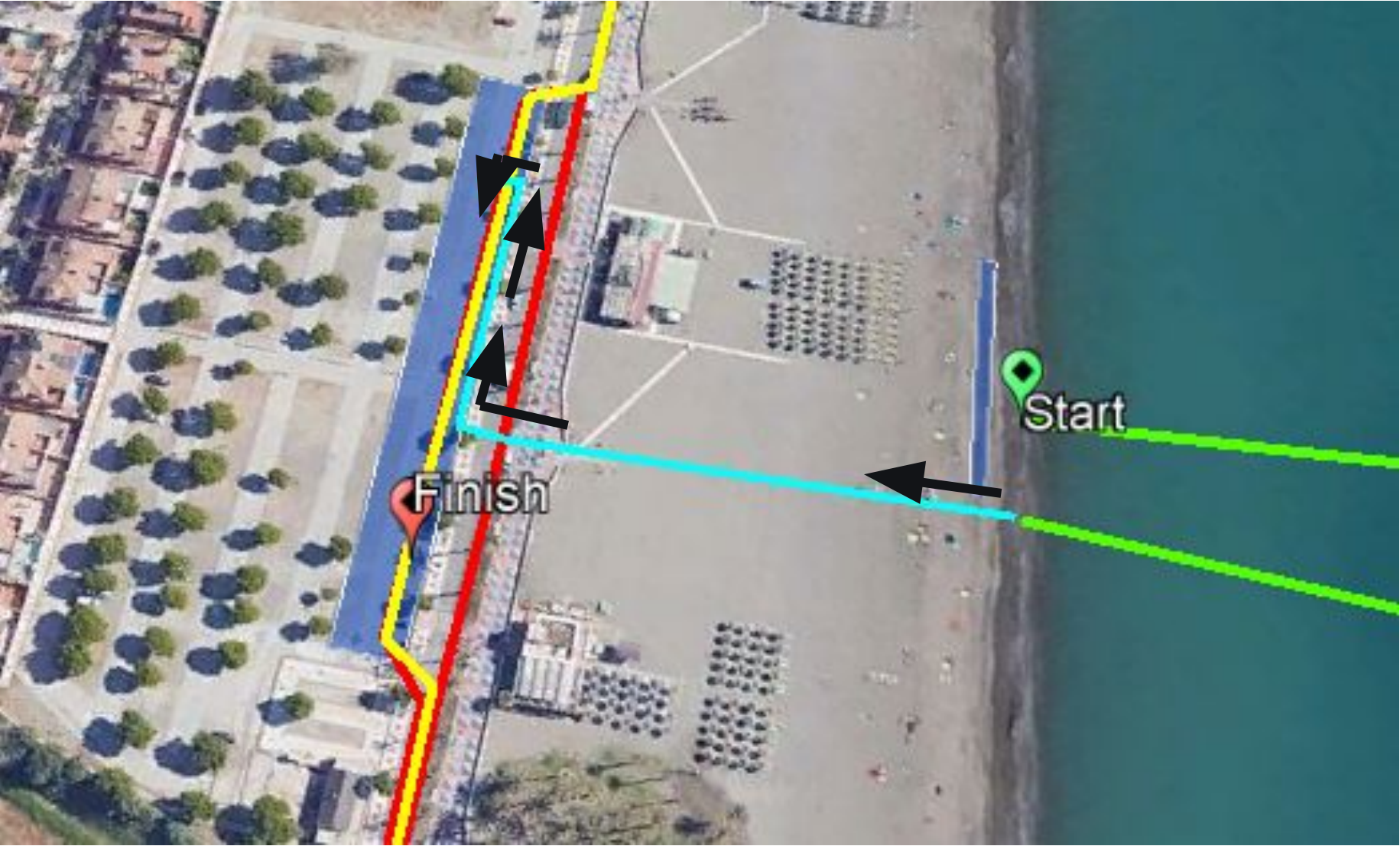
- There will be additional boats, drones, and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- **Participants are informed that a drone weighing less than 4kg will be operated by an authorized company and will fly over the courses and venue, in accordance 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)



# Swim course map



# Swim exit to TA



# Transition Area

- Swim Exit to TA **200m**
- 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

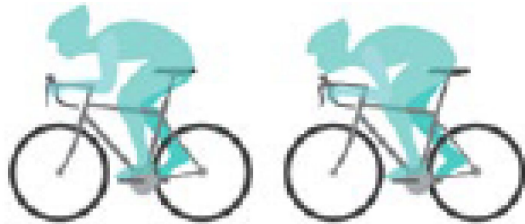
- 8 laps of 5.1km (Total distance of 40.8 km)
- Flat and technical – There are speed bumps on the course
- 1 area to take particular care (shown on map)
- 2 Wheel Stations
  - 1 Neutral wheel station
  - 1 Team wheel station
  - For locations see the map
- Lap Counter: at the end of Transition
- Littering 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





# Bike Course Map





## Wheel list neutral wheel station

2x 700c Front wheels, rim brake

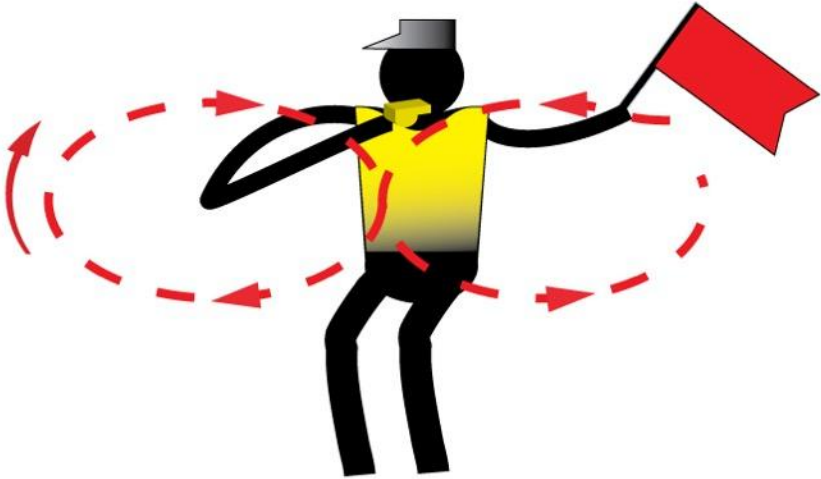
2x 700c Front wheels, 160mm rotor disc brake

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



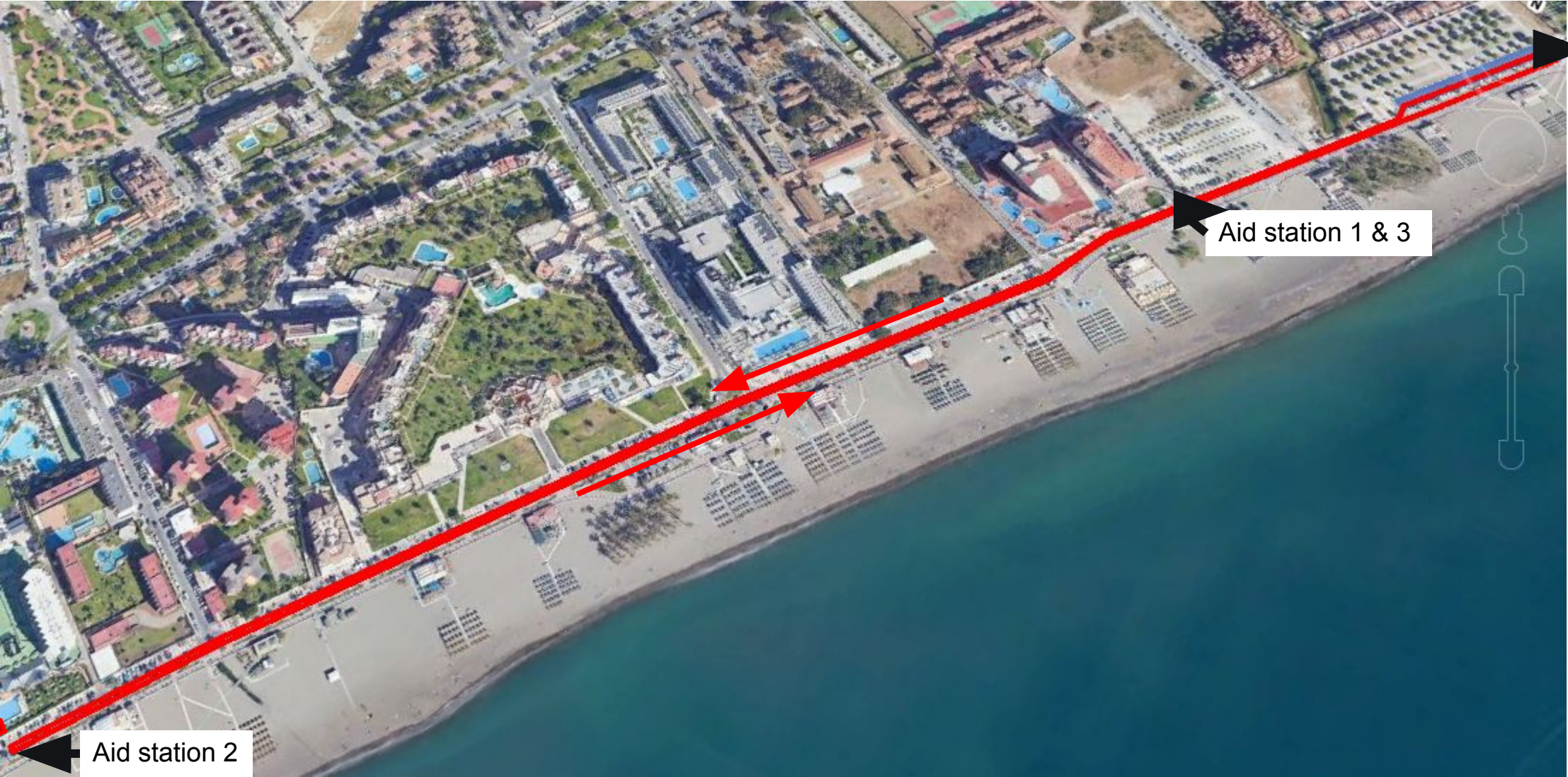
# Run course

- 4 laps (total distance of 10km)
- 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



# 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:** 15s 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:

<b>Littering</b>	L	<b>Mount Line</b>	M
<b>Bike Behaviour</b>	B	<b>Run Behaviour</b>	R
<b>Swim violations</b>	S	<b>Dismount Line</b>	D
<b>Equipment outside the box</b>	E	<b>Other violations</b>	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 pódium.

# 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 and Transition
- Next to Run Penalty Box
- At the Recovery Area



# Coaches Area Map



Coaches Area

Coaches Area

Coaches Area

# Run Course Measurement



- Coaches who require this access, must register with the technical officials during race package pick up on -Wednesday 16th October
- One coach per NF is allowed to have access on the site run course following the U23 Women's race from 11:15-11:45
- All coaches will start at the same time from the same start point (meeting point: Mount line)

# 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

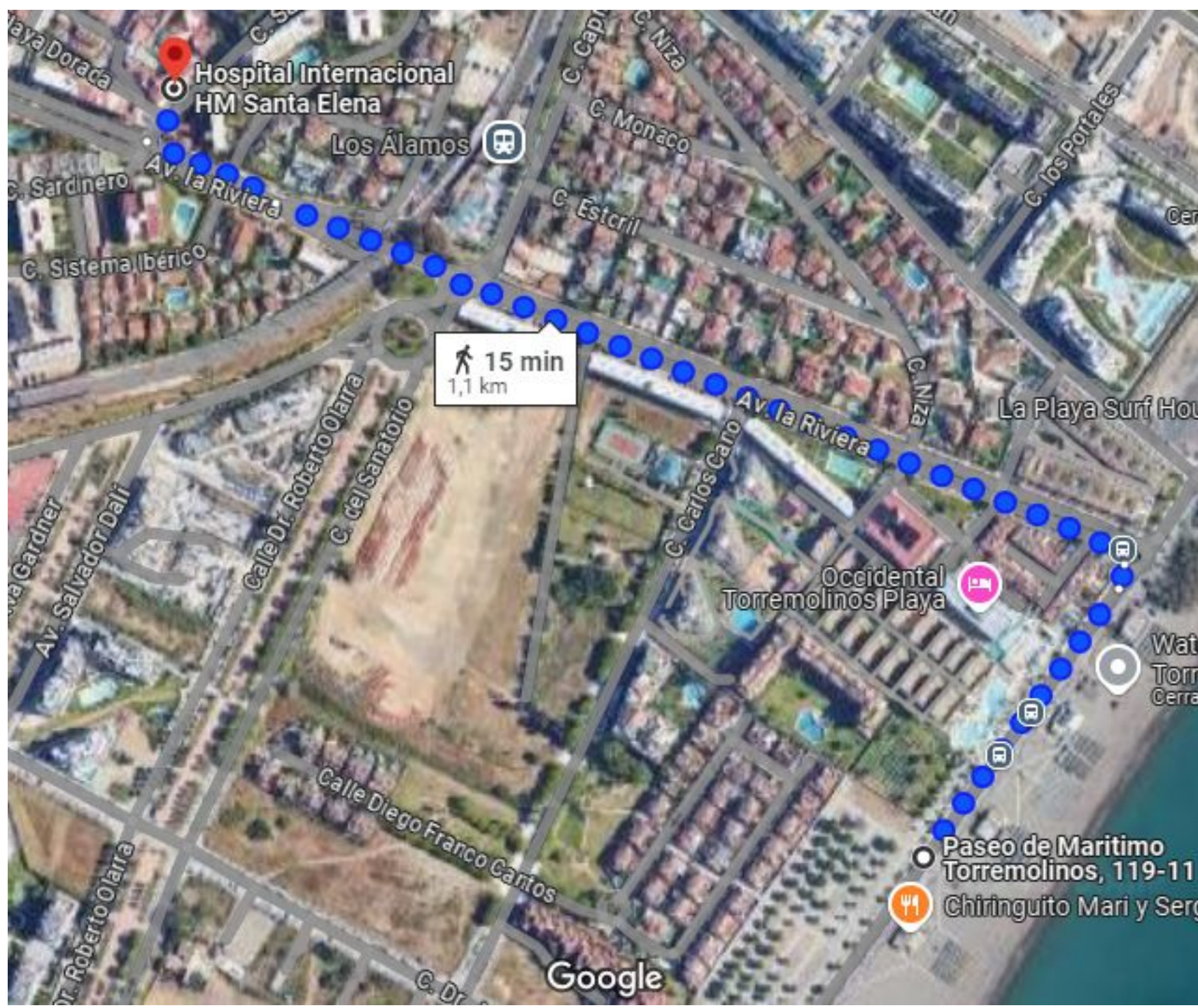


# Referral hospital:

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

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



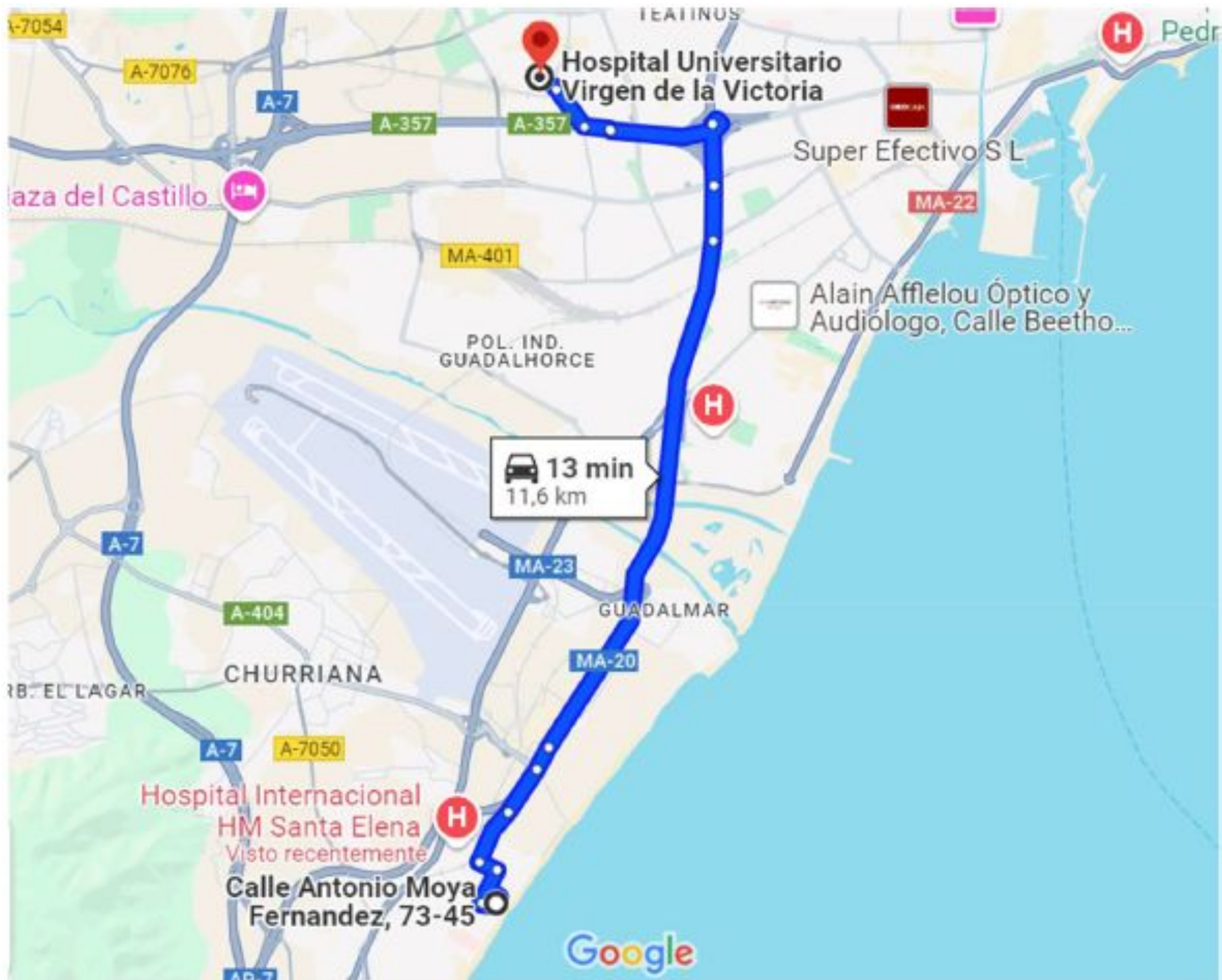


# HOSPITAL INTERNACIONAL SANTA ELENA



# 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](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY



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