

# AG Sprint World Championships Briefing

Tuesday, 15 October 2024



# Agenda – Sprint World Championships

Schedules and Timetables

Check-in and Procedures

The Course



# Schedule and Timetables

Thursday, 17 October 2024



Start	End	Activity	Location
14:30	14:55	AG Male Sprint Distance Starts – Rolling Start in 5 min waves <b>M45 to M85+</b>	Start Area
15:25		AG Male Sprint Distance Swim Cut-off 1 – maximum 30 minutes in water	Swim Course
15:25	16:15	AG Female Sprint Distance Starts – Rolling Start in 5 min waves <b>F16 to F85+</b>	Start Area
16:45		AG Female Sprint Distance Swim Cut-off 2 – maximum 30 minutes in water	Swim Course
16:45	17:10	AG Male Sprint Distance Starts – Rolling Start in 5 min waves <b>M16 to M40/44</b>	Start Area
17:40		AG Male Sprint Distance Swim Cut-off 3 – maximum 30 minutes in water	Swim Course
18:45		AG Sprint Distance Bike Cut-off for ALL on course	Bike Course
19:30		AG Sprint Distance Run Cut-off for ALL on course	Run Course
19:00	20:00	AG Sprint Distance Bike Check-out	AG Transition Area
20:00	20:30	AG Sprint Distance Medal Ceremony	Playa de los Alamos venue

# AG Sprint Bike Race Day Check-In



## Thursday 17 October

- **11:30 – 15:30**
- Body marking check (to be applied to both arms, age category on left calf)
- Timing chip will be distributed when exiting Transition
- Uniform Check & Helmet Check
- Bike/Wheel check
- **IMPORTANT:** Please remember to allow enough time - **AT LEAST 30 MINUTES**, to go via the AG Bag drop off and leave your bag at the bag drop. You will then need to make your way to the start area and **be ready 20 minutes** before your start at the swim start area. It is a 5-minute walk from the transition and a further 5-minute walk to the start area.

# AG Sprint Bike Race Day Check-In



- Your bike must be in good working order, or you will not be allowed to start
- **Helmets will be checked on entry**
- Handlebar plugs must be present and secure, and brakes must be in good working order. Only traditional handlebars allowed.
- Ensure your tyres are pumped to the correct pressure
- Race numbers must be securely attached to your bike and helmet before you enter the Transition area.
- **Race numbers should not be altered in any way.**

# AG Sprint Bike Race Day Check-In



- To ensure bikes remain secure, entry into and exit from Transition is strictly controlled by wristband and race numbers. Please have your wristband and race numbers ready for inspection for bike check-in.
- All bikes must be racked personally onto the racking area which is allocated to your wave. Each racking area will be marked according to your start wave and race number.
- Charging points are available for electronic shifters (10 spots) next to transition entrance/ bike check in. First come/ first served.
- **You will receive your timing chip at the exit of the transition zone.**

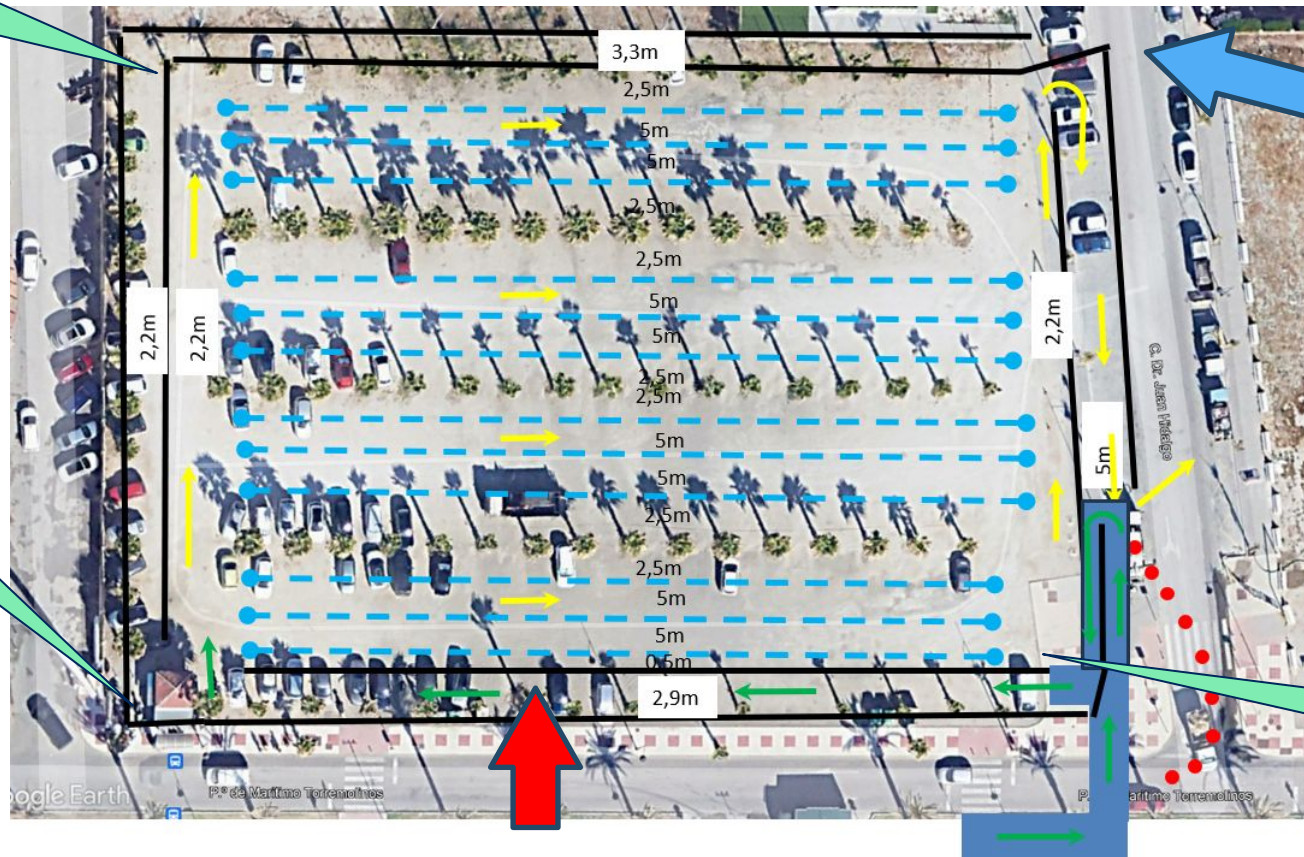


# AG Sprint Race Day Check-In



Bike charging station

Toilets



You enter here to check-in from 11:30 to 14:30 and check out here

Please have your wristband on and your bike & helmet stickers attached

Bike mechanic/ Pumps

Transition exit / Entrance to transition check in after 14:30

# Age Group Sprint Waves



Wave #	Category	Start time	Swim cap colour
1	M45-49	14:30	SKY BLUE
2	M50-54	14:35	ORANGE
3	M55-59	14:40	GREEN
4	M60-64	14:45	YELLOW
5	M65-69	14:50	GREY
6	M70-74	14:55	RED
	M75-79		
	M80-84		
	M85+		
7	F16-19	15:25	WHITE
8	F20-24	15:30	PINK
9	F25-29	15:35	SKY BLUE
10	F30-34	15:40	ORANGE
11	F35-39	15:45	GREEN
12	F40-44	15:50	YELLOW
13	F45-49	15:55	GREY
14	F50-54	16:00	RED
15	F55-59	16:05	WHITE
16	F60-64	16:10	PINK
17	F65-69	16:15	SKY BLUE
	F70-74		
	F75-80		
	F80-84		
	F85+		
18	M16-19	16:45	ORANGE
19	M20-24	16:50	GREEN
20	M25-29	16:55	YELLOW
21	M30-34	17:00	GREY
22	M35-39	17:05	RED
23	M40-44	17:10	WHITE





# Cut-off times – Age Group Sprint



**Swim** All athletes will have 30 minutes from their start time to finish the swim portion

**Bike** The cut-off time for the Bike will be 18:45

**Run** The Run cut-off time will be 19:30

**Bike Check out Time** 19:00 – 20:00



# Pre-start Procedures

## Athlete line-up

- **Bag-drop area:** No equipment other than that being used for the competition is to be left in Transition. The rest must either be given to one of your support team or dropped in the bag drop area in the AG Recovery Area, Use bag sticker.
- **Timing chip verification** point at the pre-start area/ spare swim caps are available at the start area
- **Pre-start area** (3 boxes): **arrive a minimum of 20 minutes** before start. Listen for announcements. Look for swim cap colors. Ensure you have your timing chips
- **Toilets will be available at the start but to avoid delays use the toilets at the Main Venue/ Transition Zone**
- FYI - Toilets are also available at the Bike Penalty Box and Aid Stations
- **Table for eyeglasses at swim start these will be transfer to swim exit**



# Start Procedures – Age Group Sprint



## Athlete in position

- Follow instructions of the start officials
- 1 minute before the start, you will be asked to line up and hold position.
- Air horn blast: The race starts
- Starting in an earlier wave: **DSQ**
- Starting in a later wave: athlete must have the approval of the Start Technical Official and the athlete start time will be the start time of the first athlete in the defined range of time
- No start between waves is allowed.

# 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

# World Triathlon Age Group Sprint Championships

## Draft Legal

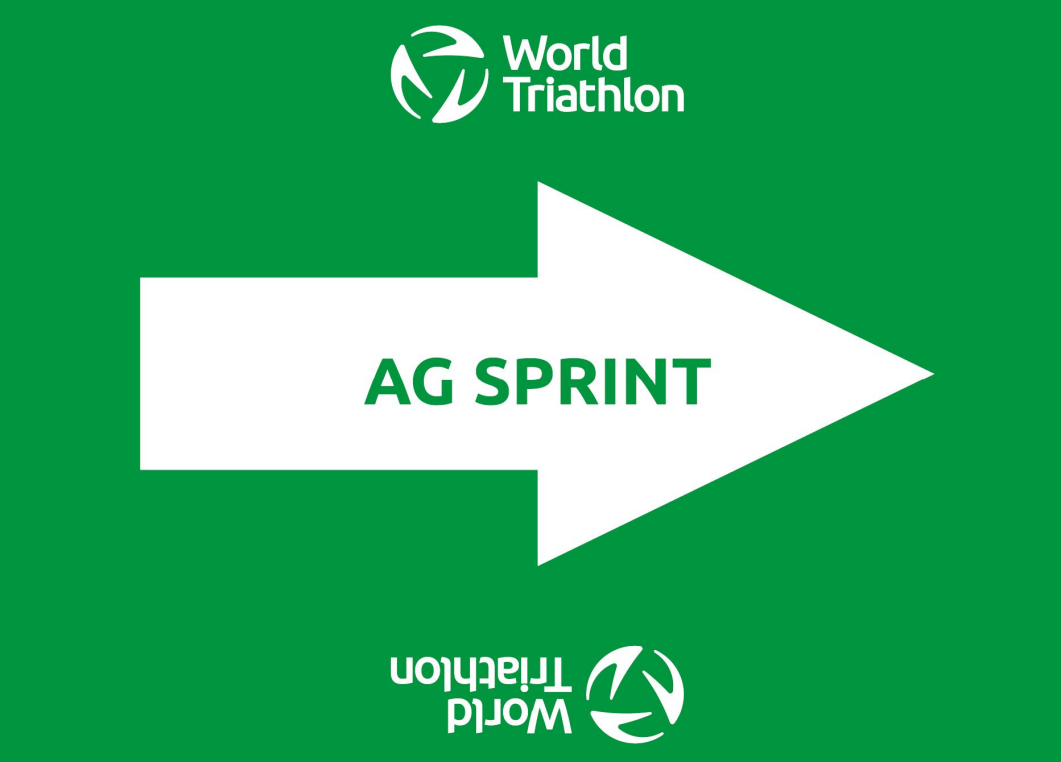


### Distances

- **SWIM:** 750m (1 lap)
- **Swim to Transition:** 300m
- **BIKE:** 20km (2 lap)
- **RUN:** 5km (1 lap)



# Signs to Follow





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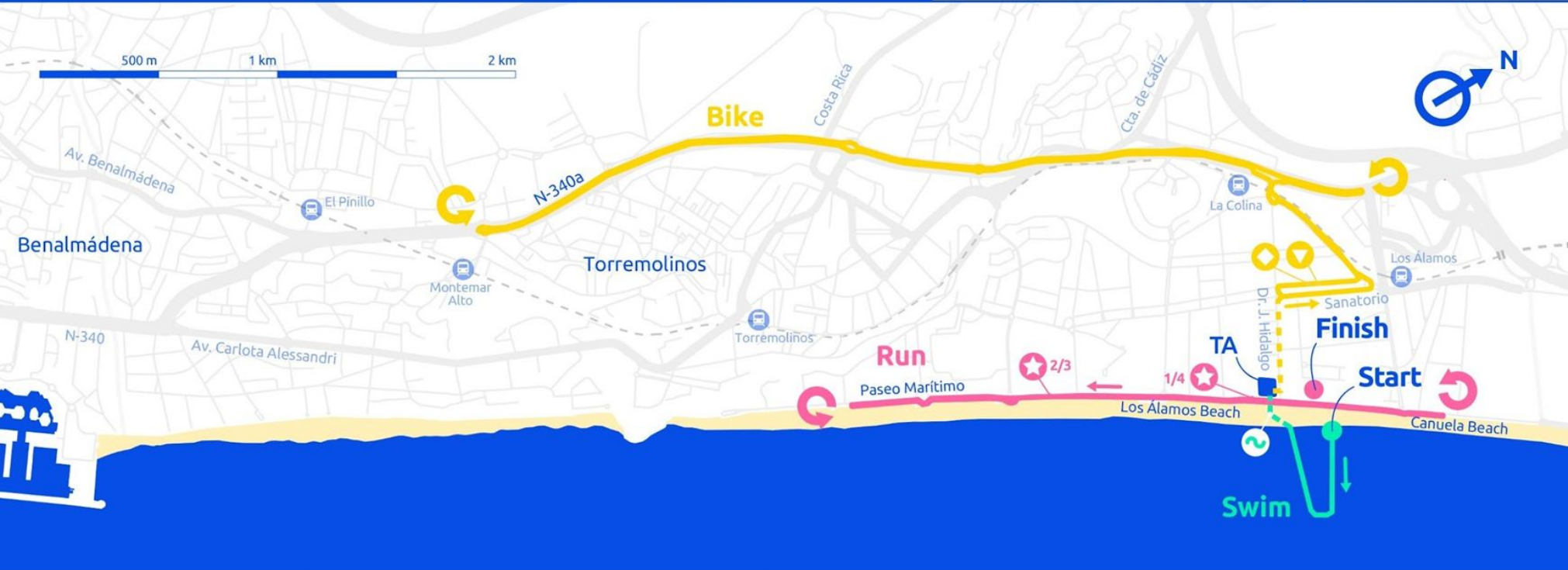
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# AG Sprint

17 Oct Start 14.30 h

- Swim Aid Station
- Bike PB
- Bike Mechanical
- Aid Station



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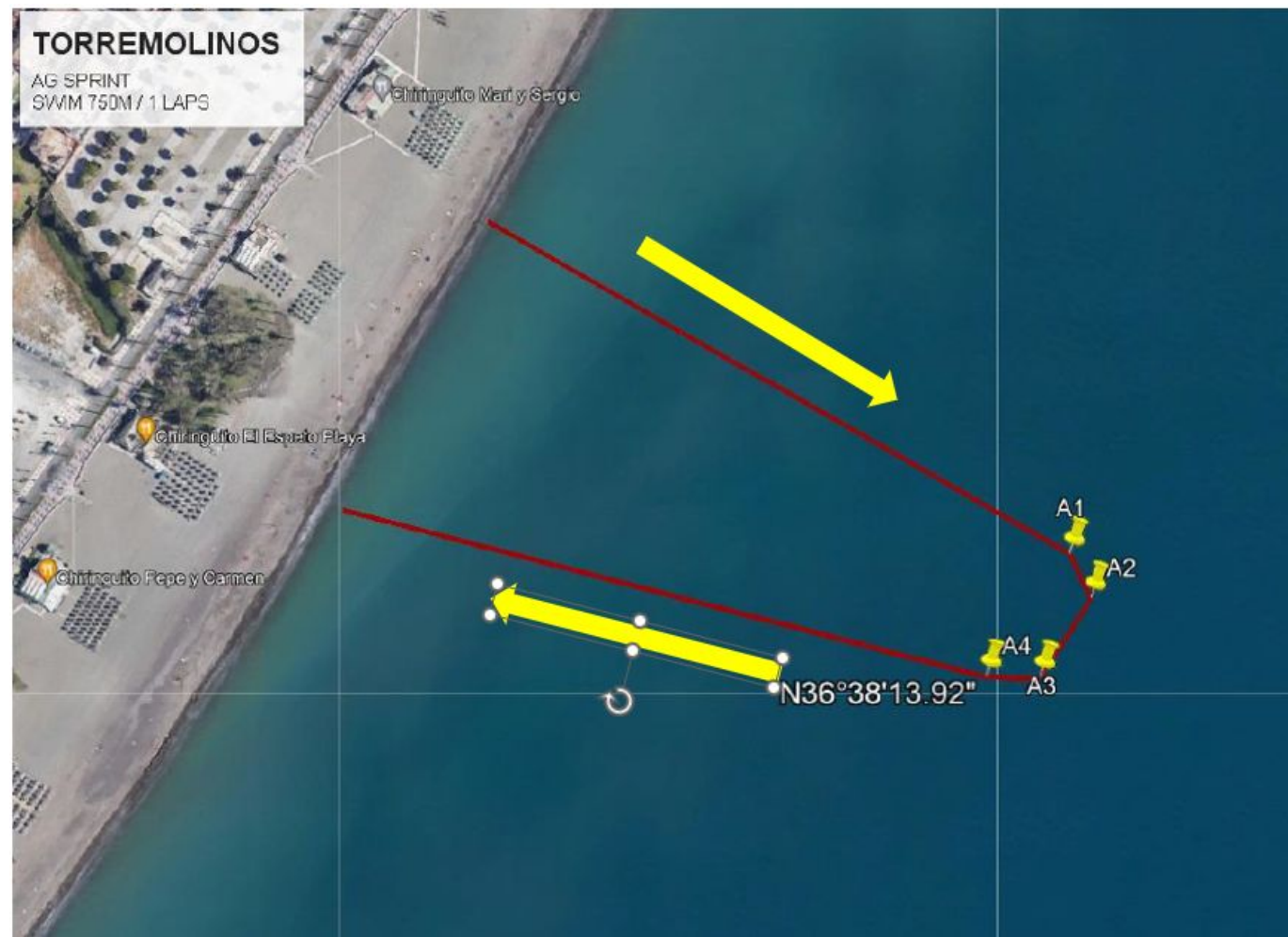


# Swim course

- On 14<sup>th</sup> of October at 12:30 pm
  - WBGT: 20.6°C
  - Air temperature: 21.4°C
  - Water temperature: 18.4°C
  - Relative Humidity: 82.7%
- **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.



# Age Group Sprint Swim course – 750m



# Transition Area

- Traditional Bike Racks – numbered – every 75cm
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bike on the bike rack (please check rules)
- Remember to fasten your helmet before removing your bike from the rack and do not unfasten your helmet until your bike is racked in T2
- Race bib number is **not** mandatory for the bike segment, but **MANDATORY** for the run
- Mount line is 10m from the exit of transition – **NOTE the timing point is 50m further up**
- Dismount line 15m from the entrance of transition
- Mount line is **green** / Dismount line is **red**.
- Boxes are available for all athletes. All used/unused equipment must be inside YOUR box



# Transition Area – T1



The Timing Point is Here

The Mountline is here:

# Bike course – Sprint



- Out and back with several climbs and downhill sections per lap
- Numerous speed-bumps in the city
- **Drafting is allowed. However it is forbidden to draft off a different gender**
- Bib number on the bike is optional
- **Always stay on the right and pass on the left**
- **Riding position (CR 5.8)**
- Warn the athlete that you want to pass
- Timing mat at the far end U-turn.
- 1 x Bike Penalty Box - Penalties to be served on the **NEXT** Penalty Box
- Broom car available

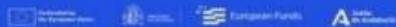






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# AGE GROUP SPRINT TRIATHLON

BIKE COURSE

2 laps x 10 Km

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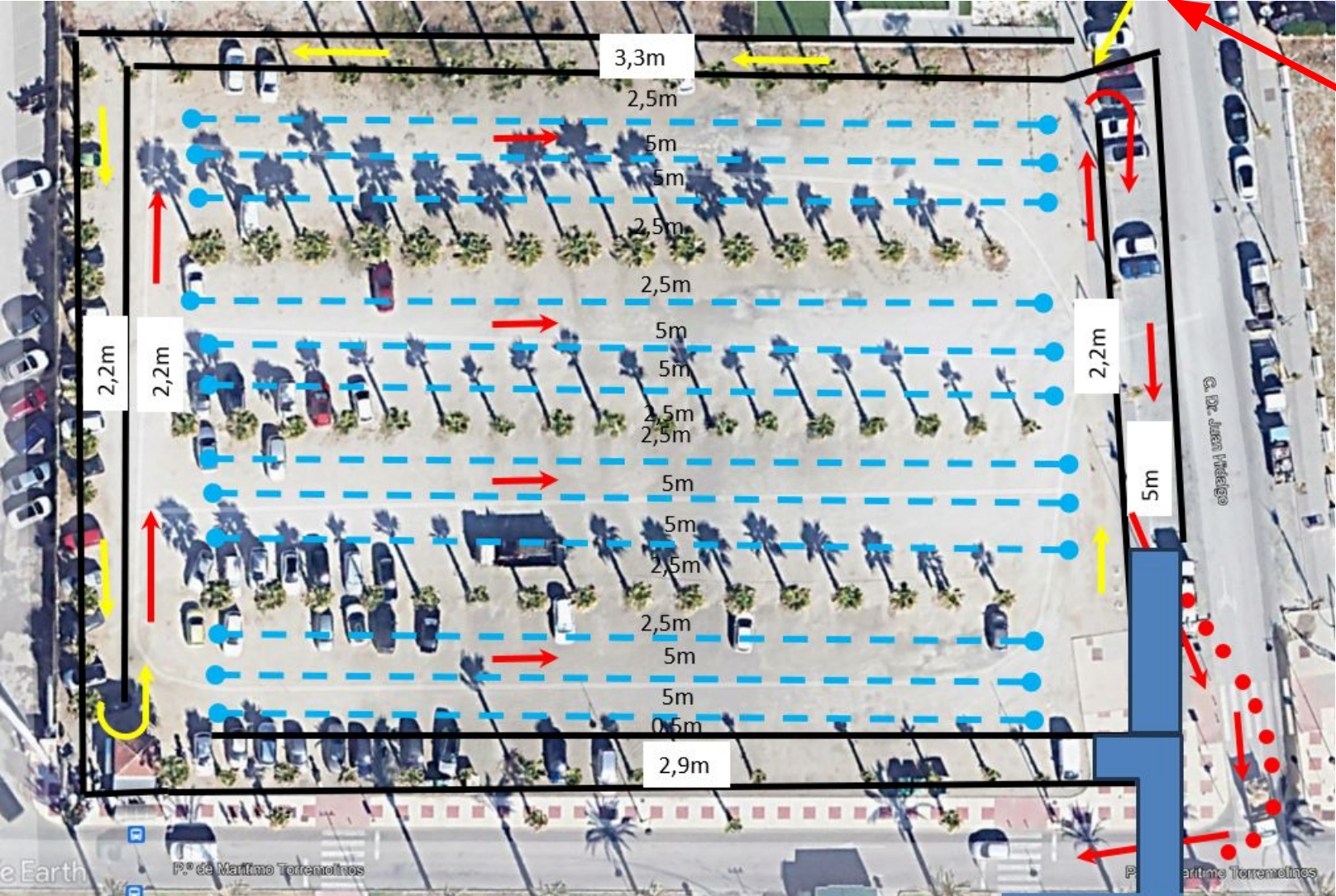


# AG Sprint - Next lap or Transition

There will be a sign to show the split before the turnaround point but please be aware, which lane you need to take



# Transition Area – T2



Dismount Line

# Run course – Sprint



- Bib number **MANDATORY** for the run and be worn on the front of the body
- 2 x Aid stations – accessible from both sides (for locations, see the map)
- - Tap Water – with reusable glass
- Photo finish





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# AGE GROUP SPRINT TRIATHLON

## RUN COURSE

1 lap x 5 Km



Aid Station  
Two Sided

Aid Station  
Two Sided

TA AG

Finish Line



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# Run and Finish



# Results and Medal Ceremony

## Age Group Sprint



- **Available on the World Triathlon website.**
- Medal Ceremonies for the Sprint races will be on **Thursday the 17<sup>th</sup> at 20:00 – 20:30**
- **These will be held at the finish line at the venue**
- First three athletes of each category are requested to be at the meeting-point **15 minutes before. Be punctual as we must start on time.**

As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony
- Kids are not allowed on the podium.
- If you can not attend the medal ceremony, your Team Manager or one of your teammates should pick up your medal at the end of the ceremony.





# Bike Infringements



# KNOW THE RULES

All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

triathlon.org

## WHAT IS DRAFTING and BLOCKING?

Drafting is taking shelter behind another athlete or motor vehicle during the bike leg to gain a competitive advantage.



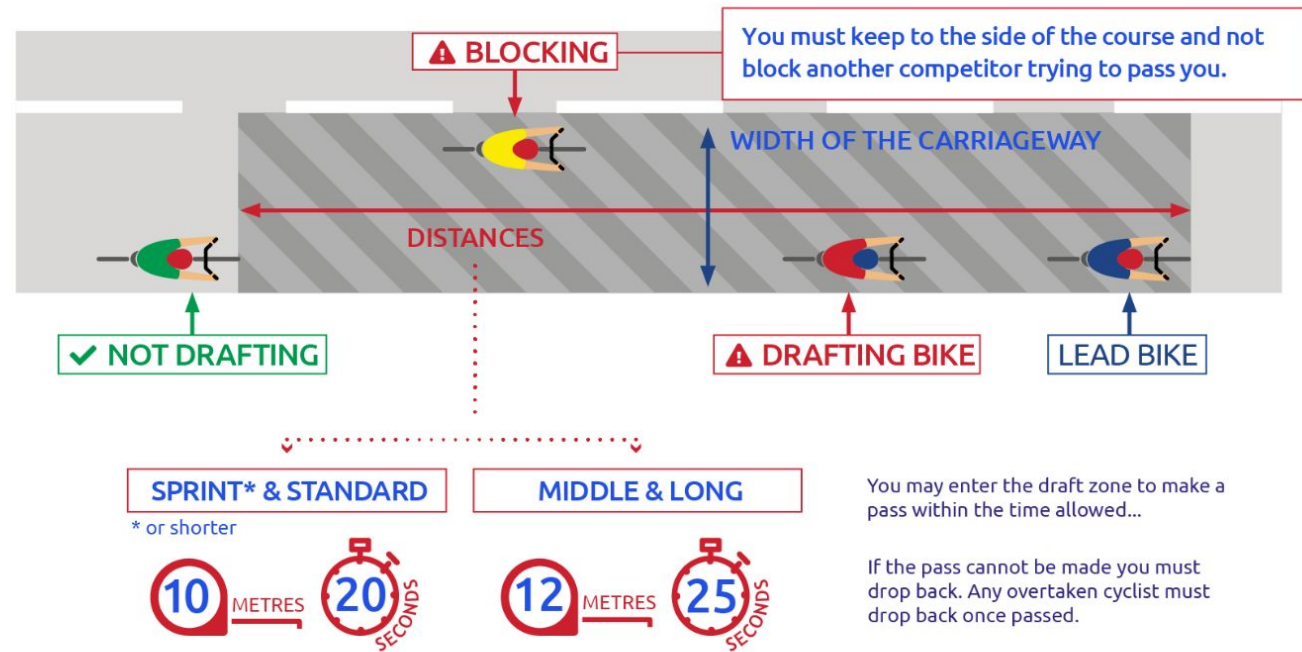
Blocking is holding a position on the course which prevents an athlete behind from passing you.



Technical Officials do not have to provide a warning about drafting before issuing a time penalty.

Both infractions are sanctioned by a time penalty to be served in the next penalty box.

## DRAFTING vs NOT DRAFTING vs BLOCKING



## PENALTIES

	DRAFTING			BLOCKING
	1st offence	2nd offence	3rd offence	
SPRINT & SHORTER	1 min*	DSQ*	n/a	10 sec
STANDARD	2 min	DSQ	n/a	15 sec
MIDDLE	5 min	5 min	DSQ	30 sec
LONG	5 min	5 min	DSQ	1 min

Time penalties must be served in the **next** penalty box.

\* If the sprint (or shorter) event is draft legal, there are no drafting penalties.

## OTHER VEHICLES



You must remain 15 m behind motorcycles and 35 m behind other vehicles to prevent drafting.



# Blocking Rules

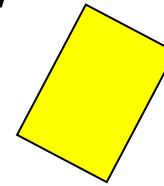


- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty which must be served at the NEXT bike penalty box.
- Sprint: 10 second penalty



# Bike Infringements (yellow card)

- For Draft **LEGAL** event
- During the Bike segment, Technical Officials can show
  - a **YELLOW** card = **time penalty**



Other infringements  
(blocking, littering, etc.)

- **MUST STOP AT NEXT PENALTY BOX – FAILURE TO DO SO = DSQ.**
- Littering areas attached to each bike penalty box
- Time penalty for littering/blocking on the bike must be served in the **NEXT** bike penalty box



# Advice of Penalties



The official will

- Sound a whistle or horn
- Show a **YELLOW** card
- Call your number
- Advise you of the penalty
- If you are shown a **RED** card, you are disqualified



# Rules - Riding Positions

## 5.8 Riding positions:

- a.) The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- b.) Additionally during the draft-illegal races, forearms can be used as a point of support on the handlebar. While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on.

Image 1:  
Allowed positions in all races:



Image 2:  
Allowed position only in draft illegal races:

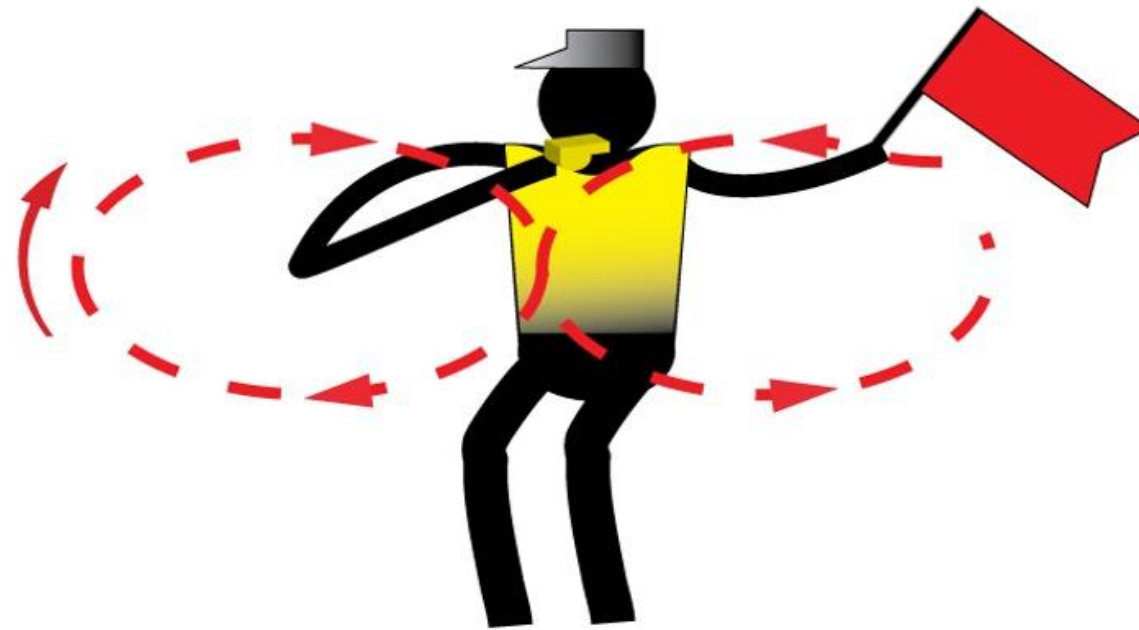


Image 3:  
Forbidden positions in all races:



# Caution

Caution signal: three sharp whistles and red flags



# Access to briefing



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



Good luck!  
¡Buena suerte!



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extraordinary