

AG Standard/ Aquabike World Championships Race Briefing

Tuesday, 15 October 2024



Agenda – AG Standard World Championships

Race Briefing

Schedules and Timetables

Check-in and Procedures

The Course



Schedule and Timetables



Friday 18 October 2024

Start	End	Activity	Location
16:00	19:00	AG Standard Distance & Aquabike MANDATORY Bike check-in	AG Transition Area



Schedule and Timetables

Saturday, 19 October 2024



Start	End	Activity	Location
7:30	11:00	AG Transition Opens	AG Transition Area
09:00	15:00	AG Standard Distance & Aquabike Start in 25 waves	Start Area
10:10	12:40	AG Standard Distance & Aquabike Swim Cut-off (1:10h after each wave start)	Swim Course
11:00	11:30	AG Aquabike Start in 7 waves	Start Area
13:00	15:00	AG Standard Distance & Aquabike Bike check-out	AG Transition Area
13:50		AG Standard Distance & Aquabike Bike cut-off – ALL	Bike Course
14:15		AG Standard Distance & Aquabike Run cut-off – ALL	Run Course

Standard Distance/ Aquabike Mandatory Bike Check-in Friday, 18 October 2024 - 16:00 to 19:00



- Your bike must be in good working order, or you will not be allowed to start
- Handlebar plugs must be present and secure, and brakes must be in good working order
- Race numbers must be securely attached to your bike before you enter Transition.
- **DO NOT ALTER YOUR RACE NUMBERS IN ANY WAY**

Standard/ Aquabike Distance Mandatory Bike Check-in Friday, 18 October 2024 - 16:00 to 19:00



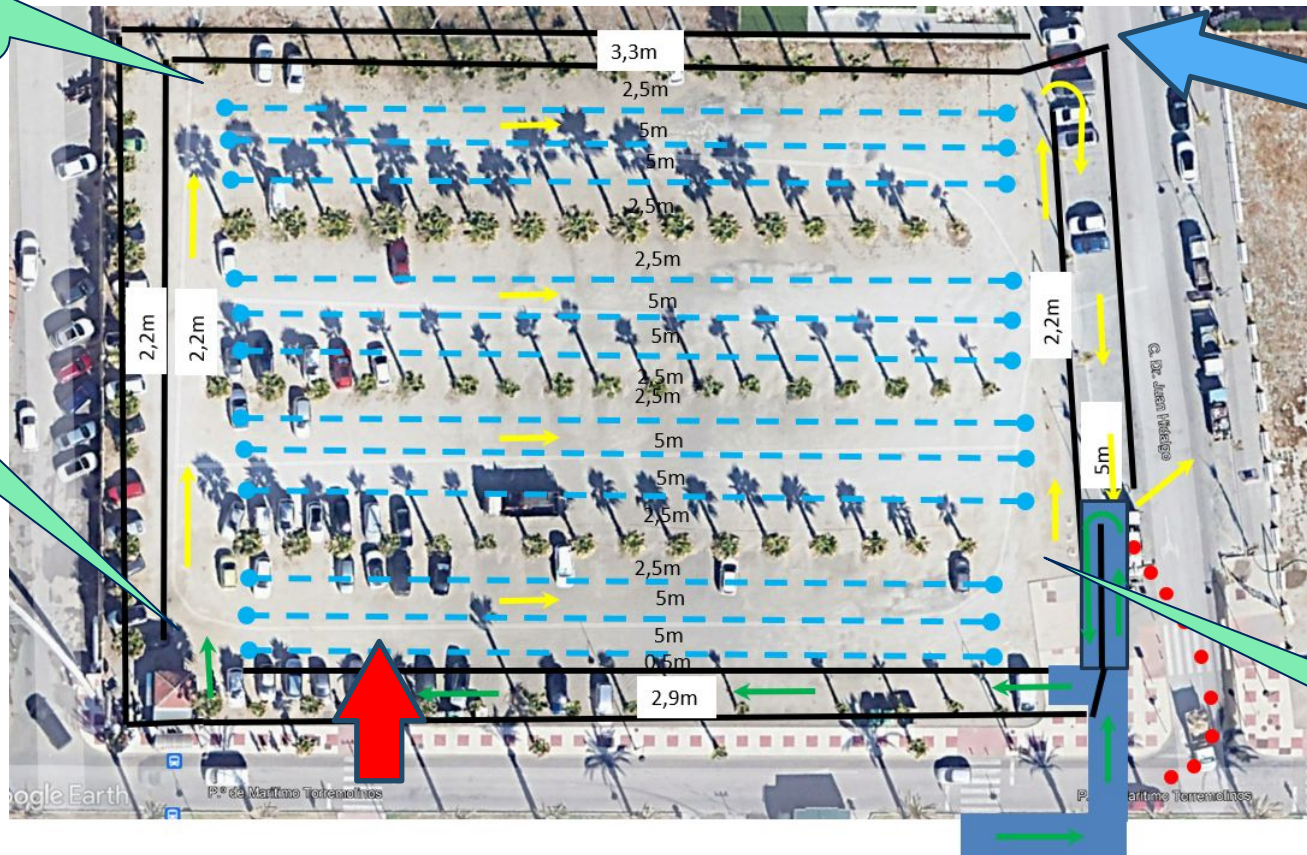
- To ensure bikes remain secure, entry into and exit from Transition is strictly controlled by wristband and race numbers. Please have your wristband **on** and race numbers ready for inspection for bike check-in.
- All bikes must be racked by the athlete on the bike rack which is allocated to your wave. Each bike rack 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.
- Collect your timing chip at the exit of the transition zone.

AG Standard/ Aquabike Mandatory Check-In



Bike charging station

Toilets



You enter here to check-in **here**
16:00 to 19:00

Please have your wristband and stickers attached to your bike.

Pumps/ bike mechanic

Remember to take your helmet with you - do not leave it in transition

Race day check in – Standard/ Aquabike Distance



Saturday, 19 October 2024

- **07:30 – 11:00 NO BIKE CHECK-IN**
- Body marking check (to be applied to both arms + age category on left calf)
- Timing chips on your ankle
- Uniform Check & Helmet Check.
- **IMPORTANT:** Please Remember to allow enough time—AT LEAST 30 MINUTES—to go via the AG Recovery Area and leave your bag at the bag drop. You will then need to make your way to the start area and **be ready a minimum 30 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 Standard/ Aquabike Race Day Check-In



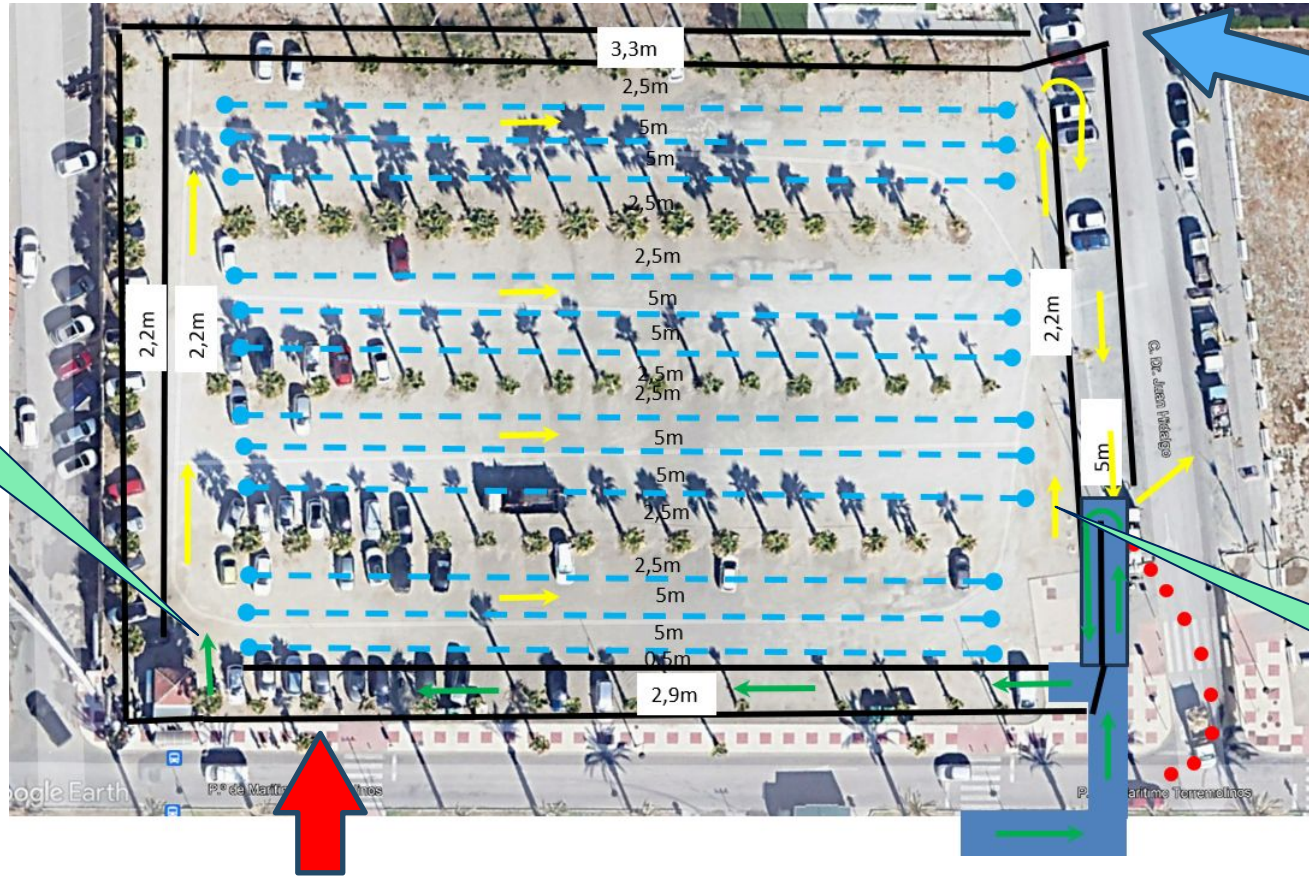
You enter here to check-in **from 7:30 until 9:00**

Please have your wristband and timing chip on and your bike helmet and stickers attached to it.

Pumps/ bike mechanic/ charging station

You enter here to check-in **AFTER 9:00 until 11:00**

Helmets will be checked on Race Day



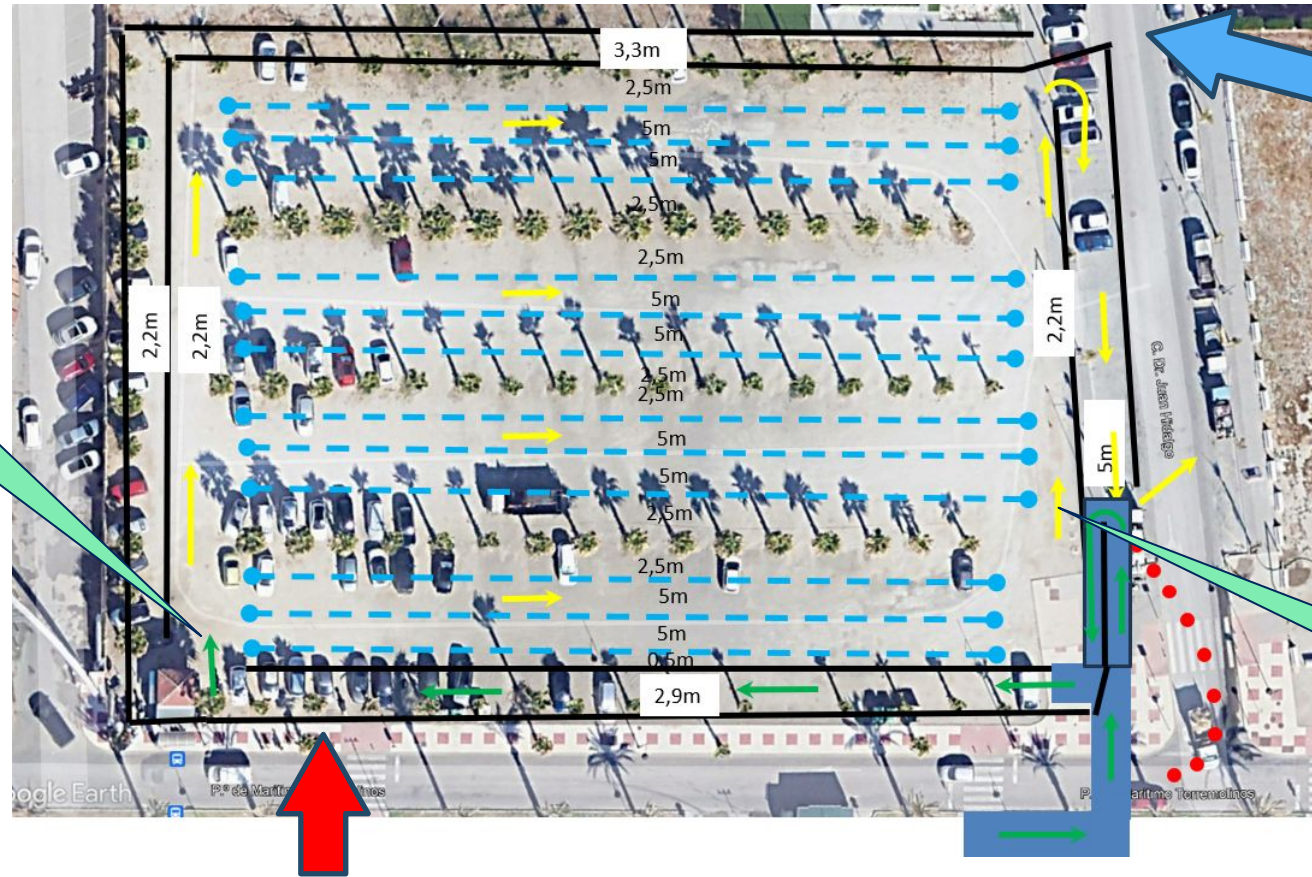
AG Standard/ Aquabike Race Day Check out



You enter here to check-in **from 13:00 until 15:00**

Please have your wristband and timing chip on and your bike helmet and stickers attached to it.

Pumps/ bike mechanic/ charging station



Exit

Helmets will be checked on Race Day

Standard Distance Wave Starts



Wave	Category	Start time	Swim cap colour
1	M18	09:00	SKY BLUE
2	F18	09:03	ORANGE
	F20		
3	M20	09:08	GREEN
4	F25	09:11	YELLOW
5	M25	09:16	GREY
6	F30	09:21	RED
7	M30	09:24	WHITE
8	F75	09:29	PINK
	F80		
	F85		
9	M75	09:34	SKY BLUE
	M80		
	M85		
10	F70	09:37	ORANGE
11	M70	09:42	GREEN
12	F65	09:47	YELLOW
13	M65	09:50	GREY
14	F60	09:55	RED
15	M60	10:00	WHITE
16	F55	10:03	PINK
17	M55	10:08	SKY BLUE
18	F50	10:13	ORANGE
19	M50	10:31	GREEN
20	F45	10:34	YELLOW
21	M45	10:39	GREY
22	F40	10:42	RED
23	M40	10:47	WHITE
24	F35	10:50	PINK
25	M35	10:55	SKY BLUE



Aquabike Wave Starts



Wave	Category	Start time	Swim cap colour
1	M65-69	11:00	ORANGE
	M70-74		
	M75-79		
	M80-84		
	M85+		
2	F55-59	11:05	GREEN
	F60-64		
	F65-69		
	F70-74		
	F75-80		
	F80-84		
3	M55-59	11:10	YELLOW
	M60-64		
4	F40-44	11:15	GREY
	F45-49		
	F50-54		
5	M40-44	11:20	RED
	M45-49		
	M50-54		
6	F18-19	11:25	WHITE
	F20-24		
	F25-29		
	F30-34		
	F35-39		
7	M18-19	11:30	PINK
	M20-24		
	M25-29		
	M30-34		
	M35-39		



Cut-off times – Standard/ Aquabike Distance



Swim All athletes will have 1 hour 10 minutes from their start time to finish the swim portion

Bike The cut-off time for the Bike will be 13:50

Run The Run cut-off time (Standard distance) will be 14:15

Bike Check out Time 11:30 – 14:30



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 Bag Drop Off 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 30 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 – Standard Race



Athlete in positions

- 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 Standard Distance Championships - Non-Drafting

Distances

- **SWIM:** 1500m (1 lap clockwise)
- **Swim to Transition:** 300m
- **BIKE:** 40km (3 laps)
- **RUN:** 10km (2 laps)



World Triathlon
Championship Finals
TORREMOLINOS-ANDALUCÍA
2024

Andalucía

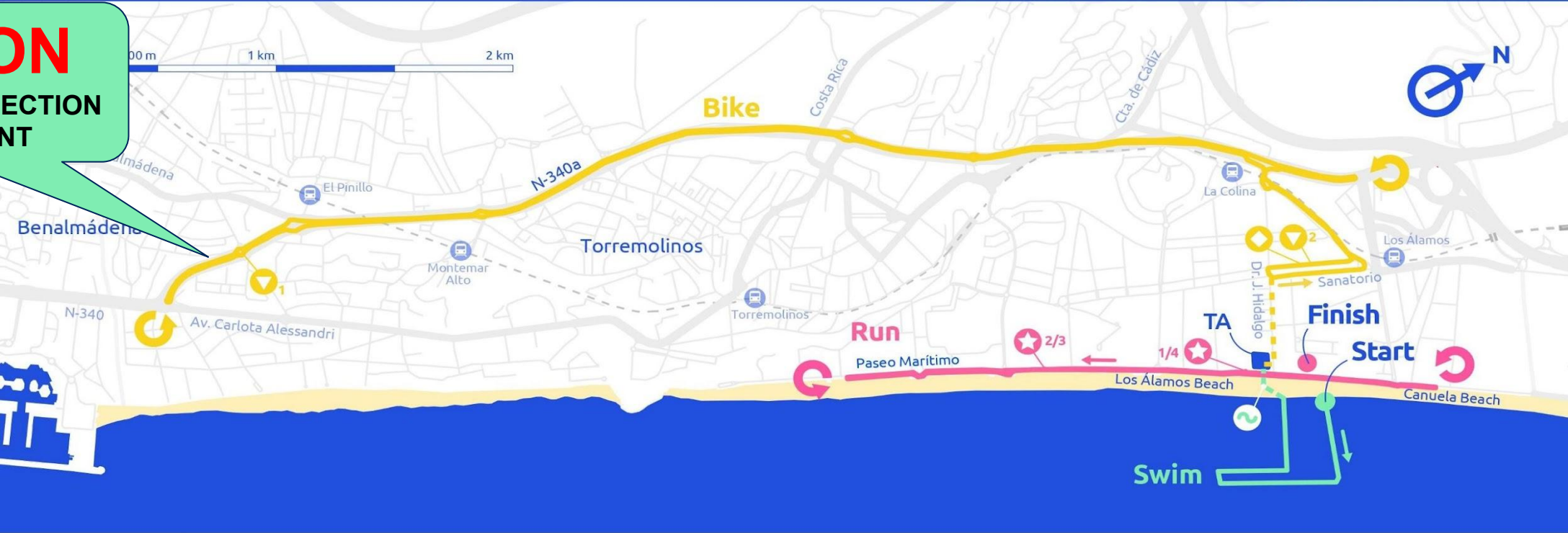


AG Standard

19 Oct Start 9.00 h

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

World Triathlon



Swim
1.5 km
1 lap

Bike
40 km
3 laps

Run
10 km
2 laps



World Triathlon
Championship Finals
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World Triathlon
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2024



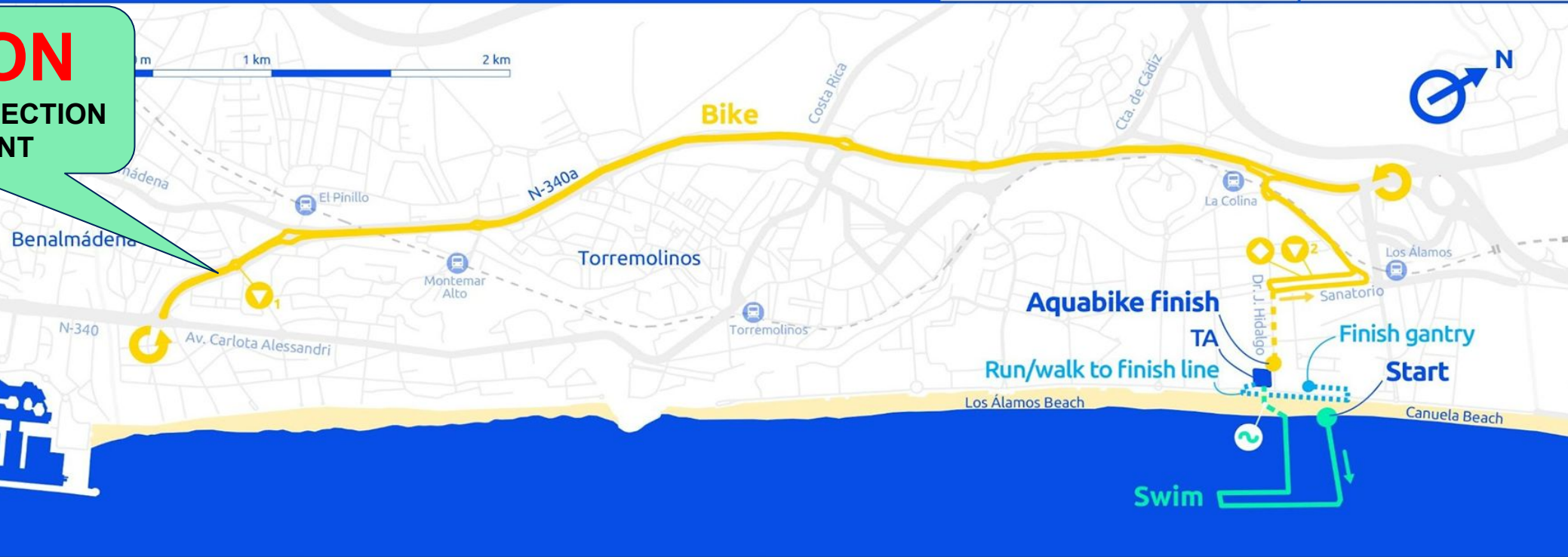
Andalucía

European Funds

Aquabike

19 Oct Start 11.00 h

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



Swim
1.5 km
1 lap

Bike
40 km
3 laps



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World Triathlon Aquabike Championships Non-Drafting

Distances

- **SWIM:** 1500m (1 lap anti-clockwise)
- **Swim to Transition:** 200m
- **BIKE:** 40km (3 laps) -
TIMING STOPS AT DISMOUNT LINE
YOU MUST DISMOUNT YOUR BIKE AT THE DISMOUNT LINE
(Failure to do so may result to DSQ)
- **Exit** Transition to Finish Gantry

Signs to Follow



Swim course

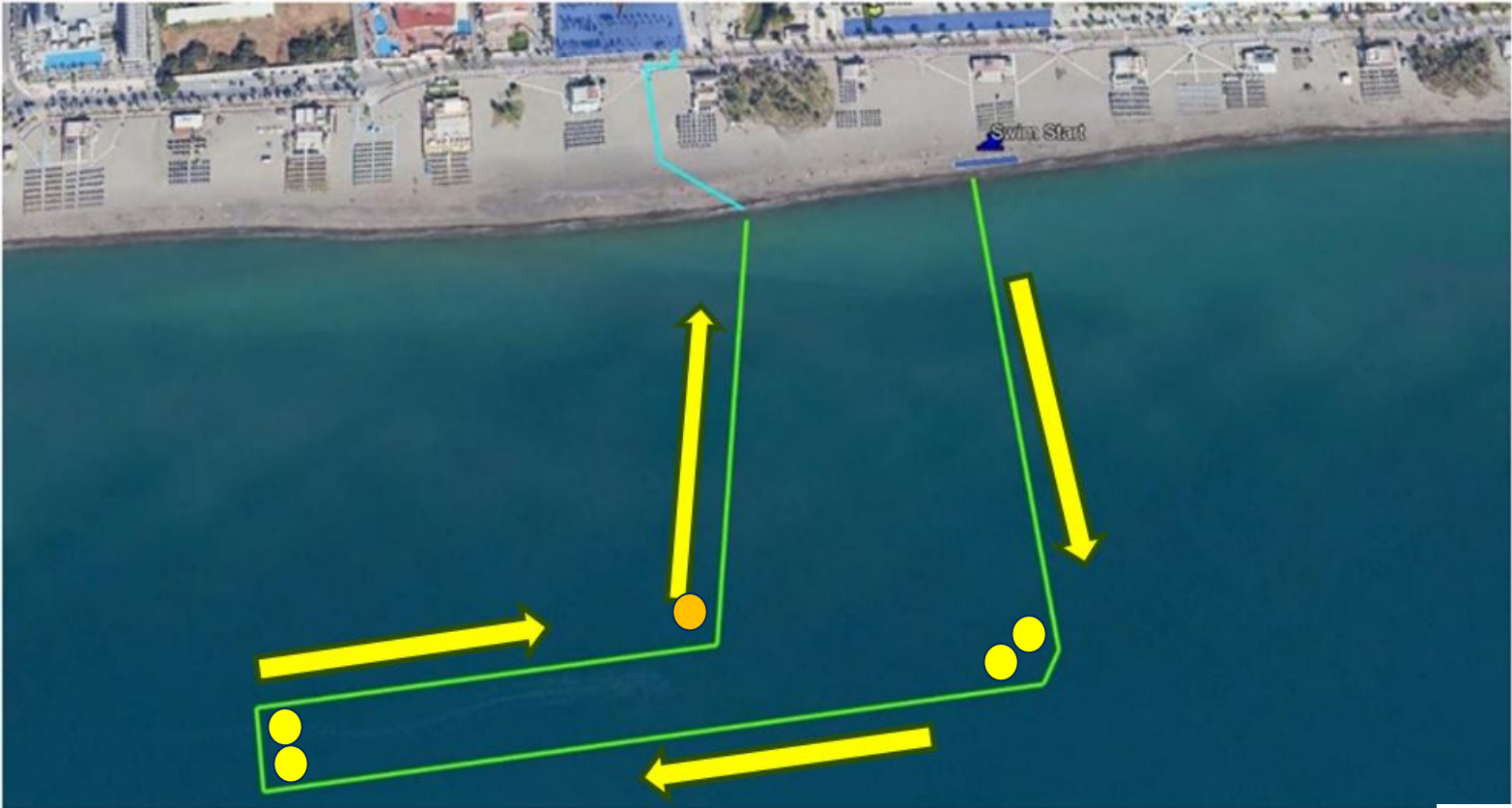
- On 14th of October at 12:30 pm
 - WBGT: 20.6°C
 - Air temperature: 21.4°C
 - Water temperature: 18.4°C
 - Relative Humidity: 82.7%
- **Wetsuits allowed/not allowed. The Head Referee will make the decision on wetsuit use 1 hr before race start.**
- Keep the yellow buoys on your right shoulder, and the orange buoy, on your left
- Take cap, goggles to transition into your area
- No swim warm up area is provided
- Eyeglasses table is available at the start/ a volunteer will move your glasses to a similar table at the swim exit. Please bring your glasses marked with your race number.
- Swim exit to transition area path is carpeted.
- Aid station is available at the swim exit.



World Triathlon Age Group Standard Distance Championships - Swim 1500m



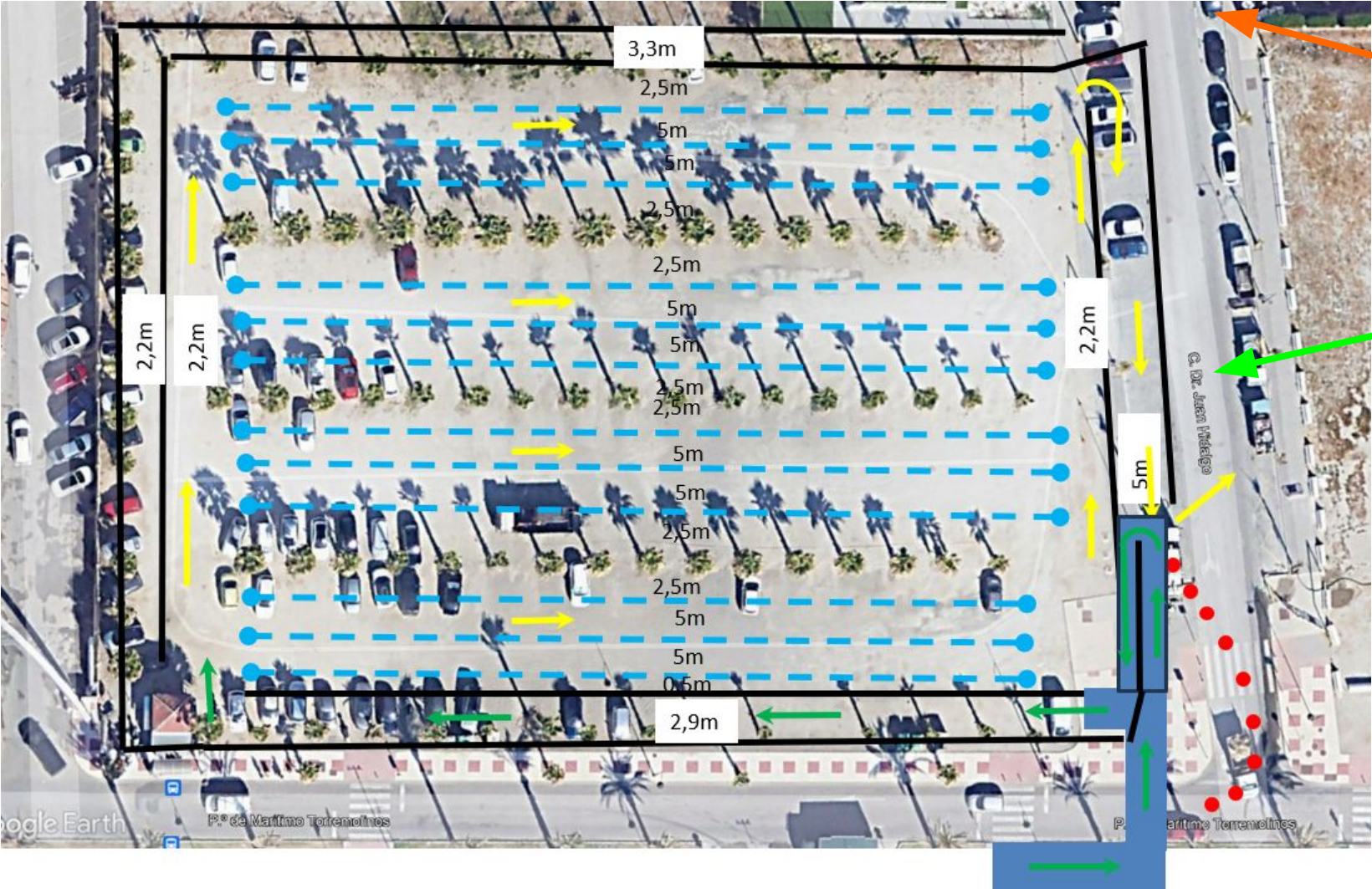
AGE GROUP STANDARD TRIATHLON
SWIM COURSE
1 lap x 1,5 Km



Transition Area

- Traditional Bike Racks – numbered – every 75cm
- Orientation boards at the beginning of each row.
- Special care on the proper placement of the **bike** on the bike rack (please check rules)
- All equipment within your space
- 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**.
- Toilets are available in the transition area
- 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 – Standard/ Aquabike

- Out and back with several climbs and downhill sections per lap
- Numerous speed-bumps in the city
- **DRAFTING IS NOT ALLOWED**
- Bib number on the bike is optional
- **Always stay on the right and pass on the left**
- Warn the athlete you want to pass
- Timing mat at the far end the U-turn, but **you are responsible to count the laps yourself (3)**
- 2x Bike Penalty Boxes:
 - 1st one at the far end of the course at the U-turn
 - 2nd one just before the U-turn the end of lap 1/2
- Bike repair self-service available next to PB 2





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AGE GROUP STANDARD TRIATHLON

BIKE COURSE

3 laps x 13,3 Km



Bike Penalty Box

Bike Penalty Box



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CAUTION
TURN AROUND POINT



CAUTION
FAST DOWNHILL SECTION
TO TURN POINT

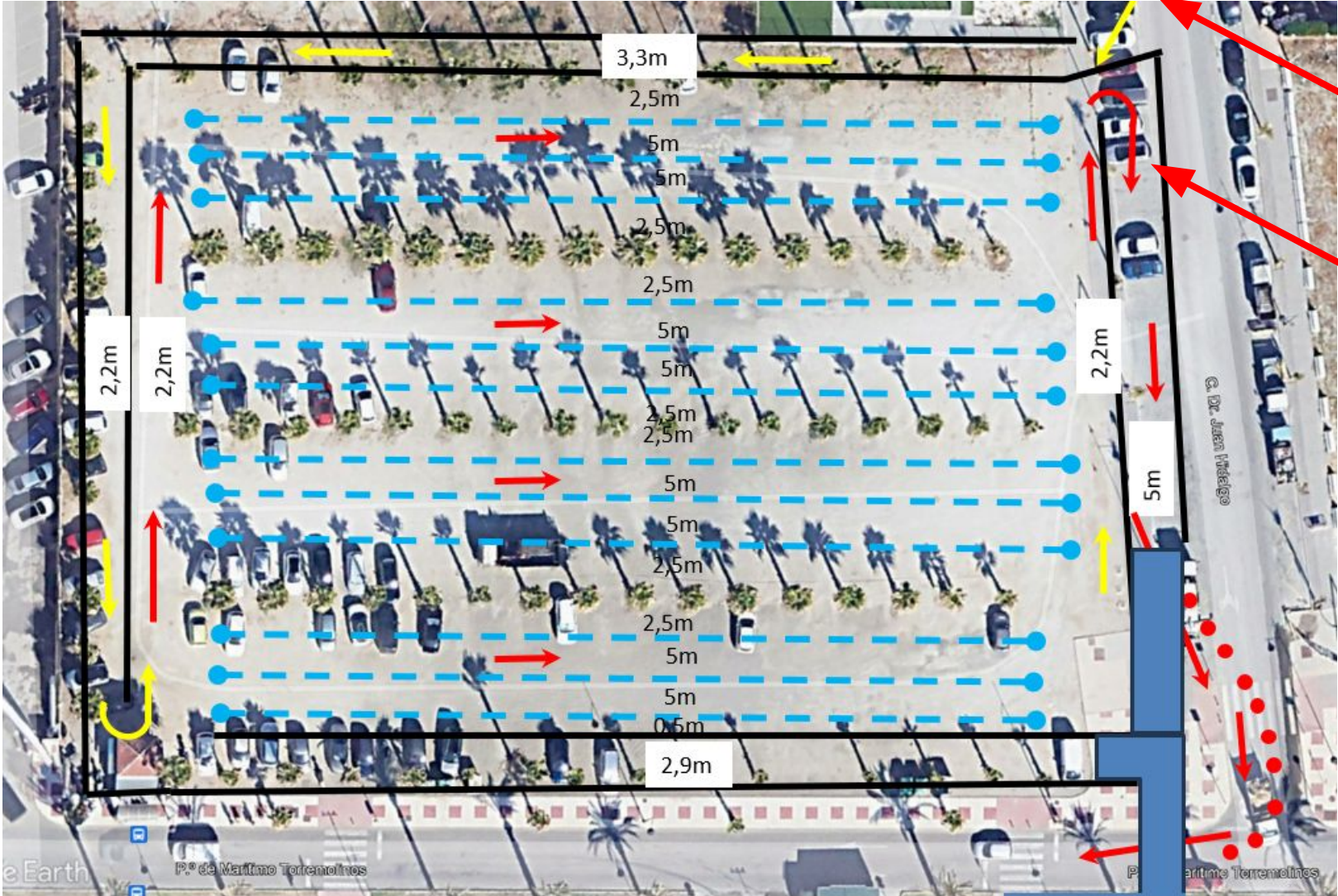


AG Standard/ Aquabike - Next lap or Transition

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

EXIT for RUN

Run course – Standard Distance

- Clockwise
- Bib number **MANDATORY** and be worn on the front of the body
- 2 x Aid stations per lap (for locations see the map)
- - Tap Water – with reusable glass
 - 226ers Hydrazero (Standard Distance Event)
- Photo finish



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AGE GROUP STANDARD TRIATHLON

RUN COURSE

2 laps x 5 Km



World
Triathlon

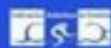


Aid Station
Two Sided

Aid Station
Two Sided

AG

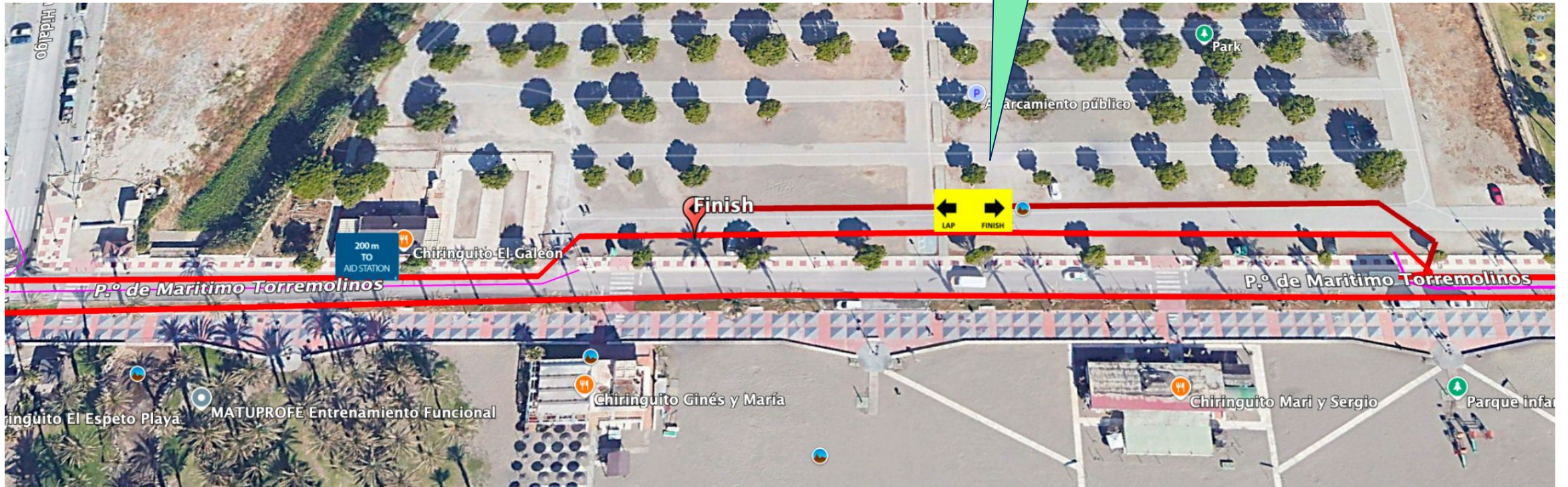
Finish Line



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Standard - Lap or Finish



Aquabike - The Way to the Finish Line for your Medal



- Rack your bike in Transition
- Exit Transition as though you are going on to the run.
- Turn RIGHT to the **CROSSING POINT ONLY** and make your way towards the Elite Transition and Finish area – go the end of the path and then cross at the **CROSSING POINT ONLY. (Public Area)**
- Enter where indicated to the Finish Line
- **Be aware of Standard Distance Athletes who may be on the run course at this time.**

Results and Medal Ceremony Standard Distance/ Aquabike



- Available on the [World Triathlon website](#).
- Medal Ceremonies for the Standard Distance/ Aquabike will be on **Sunday 24th 20:30 – 21:30**
- **These will be held at Plaza del Toros de Torremolinos followed by the Closing Ceremony**
- 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

IMPORTANT:

Drafting is **NOT** permitted in the **STANDARD** and **AQUABIKE Age Group Races**

WHAT IS DRAFTING and BLOCKING?

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



BLUE card

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

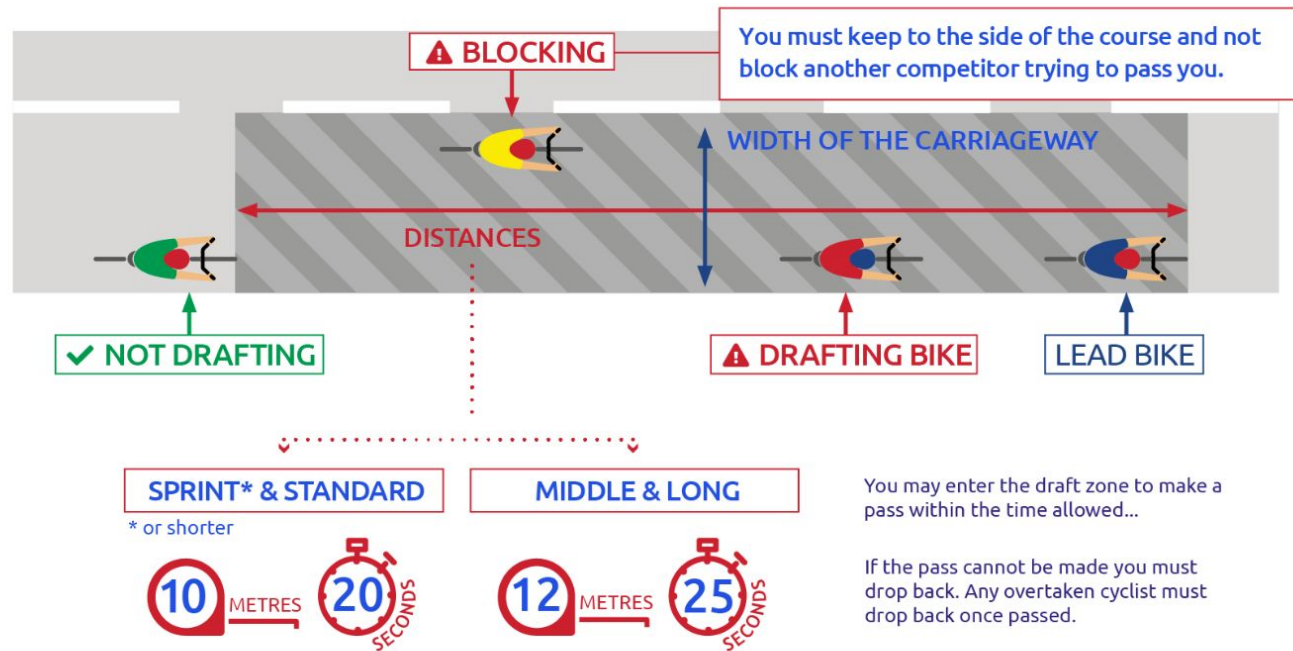


YELLOW card

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.

Bike Infringements (blue card)

- For Draft **ILLEGAL** events - **STANDARD** and **AQUABIKE** Age Group Races
- During the Bike segment, Technical Officials can show a **BLUE** card = **time penalty**

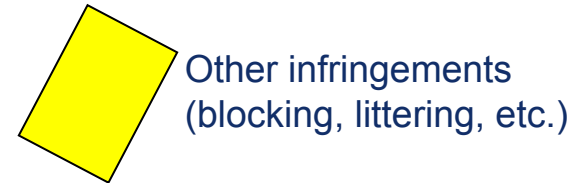


- **MUST STOP AT NEXT PENALTY BOX – FAILURE TO DO SO = DSQ.**
- Littering areas attached to each bike penalty box
- Time penalty for drafting on the bike must be served at the **NEXT** bike penalty box



Bike Infringements (yellow card)

- For Draft **ILLEGAL** events - **STANDARD and AQUABIKE Age Group Races**
- During the Bike segment, Technical Officials can show a **YELLOW** card = **time penalty**



- **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

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.
- Standard & Aquabike: 15 second penalty



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:



Drafting Rules

- Athletes must keep to the side of the course and not create a drafting incident;
- Standard and shorter distance events bicycle draft zone: the bicycle draft zone will be 10 meters long measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete. Several consecutive attempts to overtake with no success may lead to a drafting infringement;
- Athletes seen drafting by a Technical Official will incur a time penalty, which must be served at the NEXT bike penalty box.
- **Standard & Aquabike: 2-minute penalty**



Advice of Penalties



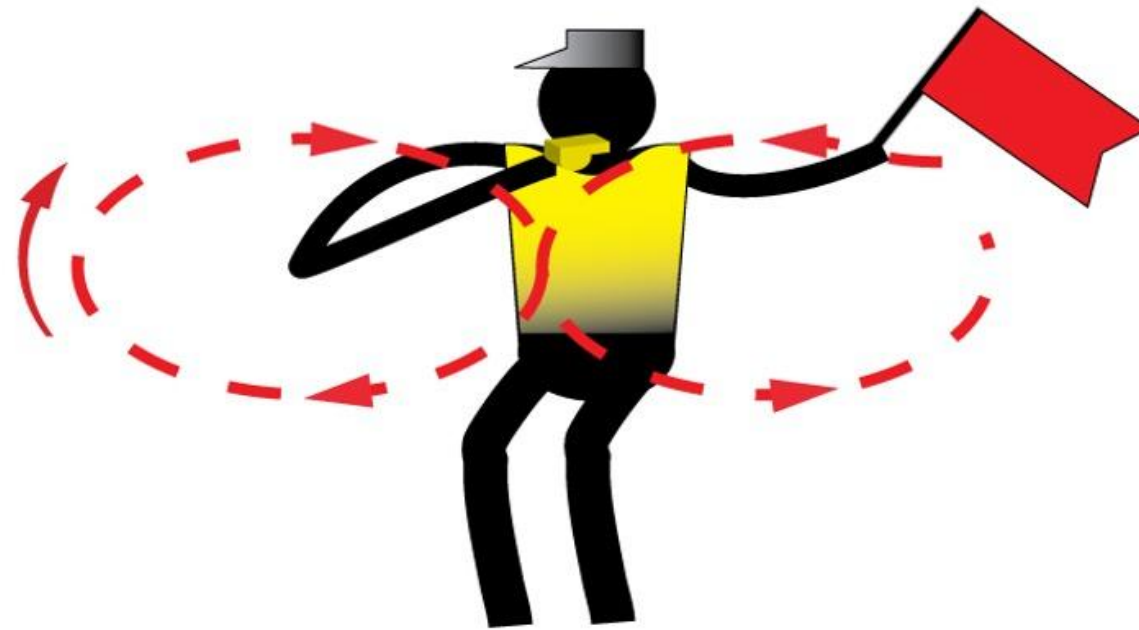
The official will

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



Caution

Caution signal: three sharp whistles and red flags



Good luck!
¡Buena suerte!



Be your
extraordinary