



FYNSKE BANK
Multisport
World Championships Festival
Fyn 2018, July 6 - 14

Age Group Standard/Sprint Duathlon Briefing

Thursday 5th July 2018

Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The course
- Post-Race Procedures
- Weather forecast

Welcome and Introductions

- **Johanne Suss Buckel (FRA)- ITU Team Leader**
- **Thanos Nikopoulos(GRE) ITU Technical Delegate**
- **Duncan Hough (GBR) ITU Technical Delegate**
- **Dr. Jan Verstuyft (BEL), ITU Medical Delegate**
- **Juliet Fahey (NZL) - ITU Head Referee (AG Standard)**
- **Ulf Schuetze (CAN) – ITU Head Referee (AG Sprint)**
- **Mark Kromann (DEN) - Race Director**
- **Mark Knudsen (DEN) – Race Director**

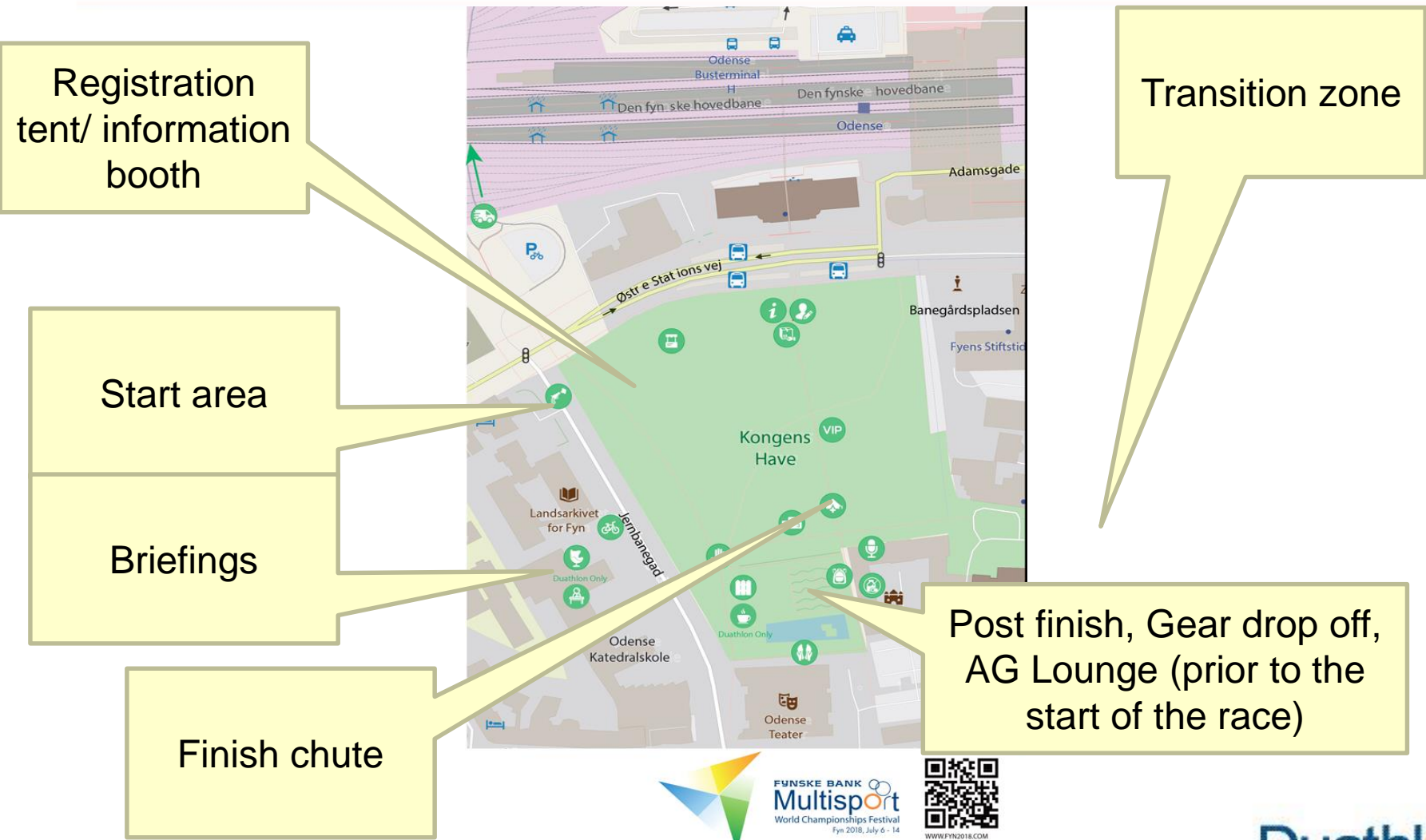
Competition Jury – Standard

- Duncan Hough (GBR) , Chair
- Barry Siff (USA), ITU
- Morten Fenger (DEN), NF

Competition Jury – Sprint

- Duncan Hough (GBR) , Chair
- Brian Hinton (AUS) ITU
- Morten Fenger (DEN), NF

The Venue



Schedule and Timelines

Package Pick Up

Time	Who	Place
<u>Date: Wednesday July 4th - Standard Duathlon</u>		
12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 04.00pm	All Athletes	King's Garden, Odense
<u>Date: Thursday July 5th - Standard Duathlon</u>		
12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 04.00pm	All Athletes	King's Garden, Odense



Schedule and Timelines

Package Pick Up

Date: Friday July 6th - Sprint Duathlon

12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 04.00pm	All Athletes	King's Garden, Odense

Date: Saturday July 7th - Sprint Duathlon

12.00pm - 12.30pm	Team GB AG Athletes	King's Garden, Odense
12.30pm - 01.00pm	Team USA AG Athletes	King's Garden, Odense
01.00pm - 01.30pm	Team Canada and Australia AG Athletes	King's Garden, Odense
01.30pm - 03.00pm	All Athletes	King's Garden, Odense

Race package

Race pack pick-up

Your race package includes:

- *Bib number*
- *Helmet stickers (3x)*
- *Bike sticker (1x)*
- *Body decals (2x) – both arms*
- *Bag Sticker (1x) – personal bag*
- *Gear bag finish*
- *Bike check out ticket*
- *Back bag*

+ Wristband: will give access to TA's

Schedule and Timelines

Thursday 5th July – Standard

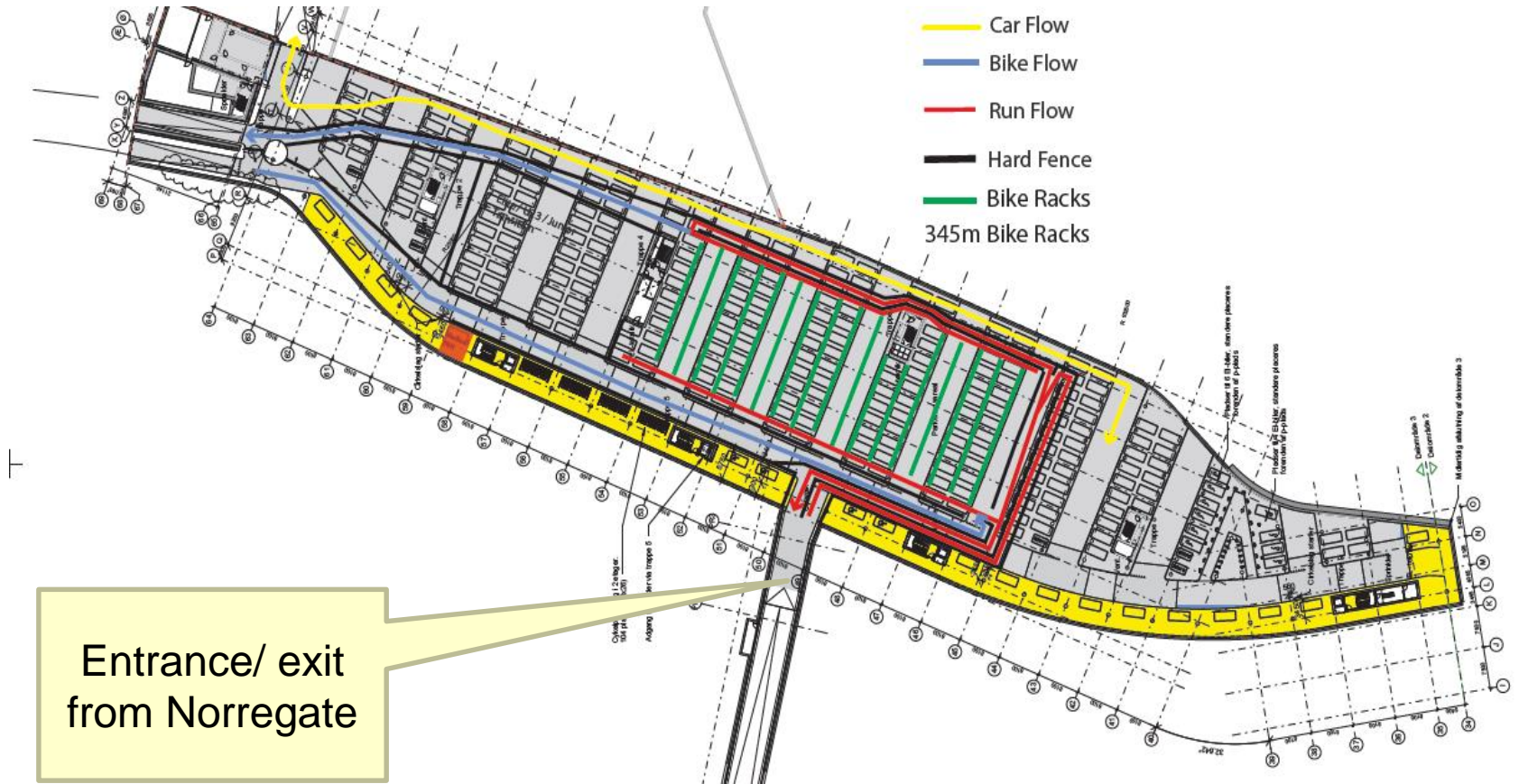
- 12:30-15:30 AG & Open Standard Du Bike Check-In at TZ at ***Thomas B. Thrigesgade Parking Basement***
Gate A: M18-44
Gate B: F18+
Gate C: M45+, Open wave
ENTER FROM NORREGADE ENTRANCE
- 14:00-15:00 AG Video Briefing / Q&A / Odense Cathedral High School

Schedule and Timelines

Saturday 7th July – Sprint

- 12:30-15:30 AG & Open Sprint Du Bike Check-In at TZ ***at Thomas B. Thrigesgade Parking Basement***
Gate A: M18-44
Gate B: F18+
Gate C: M45+, Open wave
ENTER FROM NORREGADE ENTRANCE
- 14:00-15:00 AG Video Briefing / Q&A / Odense Cathedral High School

AG Transition – Bike check in



Entrance/ exit
from Norregate

Schedule and Timelines

Friday 6th July 2018 / AG Standard Duathlon WCH

- 7:45 Transition Open
- 9:15 Transition Closed
- 9:15 AG Men 18-29 Start
- 9:18 AG Women 18-44 Start
- 9:21 AG Women 45+
- 9:45 AG Men 30-44
- 9:50 AG Men 45-59
- 9:53 AG Men 60+
- 9:54 Open Wave Men
- 9:55 Open Wave Women

Schedule and Timelines

Sunday 8th July 2018 / AG Sprint Duathlon WCH

- 6:30 Transition Open
- 8:00 Transition Closed
- 8:00 AG Men 16-29 Start
- 8:03 AG Men 30-44
- 8:06 AG Men 45-59
- 8.09 AG Men 60+
- 8:45 AG Women 16-44 Start
- 8:48 AG Women 45+
- 8.52 Para Duathlon
- 9:00 Open Wave Men
- 9:03 Open Wave Women

Cut off times – Standard

**Age Group Standard Distance athletes
must be off the course:**

BIKE – 13:45

RUN – 14:45

Cut off times – Sprint

**Age Group Sprint Distance athletes must
be off the course:**

BIKE – 10:50

RUN – 11:15

Bike Check-in Procedures

- Only registered athletes with a white wristband may enter for Standard and blue Wristband for Sprint .
- Enter through your dedicated gates provided to transition.
- Bike check – legal bars, frame, wheels, bike numbers
- Helmet check – snug strap, no cracks, numbers attached
- To add any unusual equipment to the bike, you must obtain approval from the Head Referee.
- Full bike covers are not allowed.
- Bring nutrition items you plan to carry on race morning.

It is mandatory to check in the bike and the helmet the day before your race

Check-in procedures

Entering the Venue/Transition on Race Morning

- Only registered athletes with a **white** wristband may enter for Standard and **blue** Wristband for Sprint .
- Uniform check
- Body Marking Check – Tattoos are provided in race kits and must be on prior to entering on race morning.
- Timing Chip – pick up your chip as you enter transition and put it on immediately.
- Bicycles may not be brought in on race morning.
- Bicycles may not be removed until the bike portion.
- Bike technicians are on site. Athletes are not to bring pumps.
- Gear not required to race must be left in the Morning Clothes Tent at Kings Garden in the **green** bag supplied for standard and **yellow** bag for sprint.
- All “Marks” will be removed by Technical Officials

Allow Equipment - Uniform

Bike & Run

- Athletes can wear long sleeved shirt under their uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm warmers can be worn and can be removed during the event BUT only in Transition. Do not remove during the race and hand to someone else. This will lead to DSQ
- If you prefer to wear a jacket during the event, it must be **clear/transparent** or national federation kit.

Check-in procedures – Sprint



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



Clip on areobars



Short clip on areobars



Handlebards with built in areobars

Pre-start Procedure

Athlete line-up:

- No warm up area
- 3 waiting areas on Kings Garden near Station
- Know your start time and be on time, 15 minutes before start
- Starting on an earlier wave will result in DSQ
- Starting at a later time, your time will be amended to your original start time
- Toilets at the Transition/Kings Garden.
- Go through a start audit timing mat to officially register you into the race results system.
- Move to start line.
- Select a position and stay behind the line!

Start Procedure

Athletes in position:

- The start can be given any time after the Head Referee announces "On your mark"
- Horn blast
- The race starts

False Start Procedures

- **Several horn blasts**
- **Everyone goes back to her/his spot**

The Standard Duathlon Course

Run 1

2 Laps = 9 km

Bike

2 Laps = 34km

Run 2

1 Lap = 5.2km

Remember 2 – 2 – 1

The Sprint Duathlon Course

Run 1

3 Laps = 5.5 km

Bike

1 Lap = 19.9 km

Run 2

1 Lap = 2.5 km

Remember 3 – 1 – 1

AG STANDARD Run Course 1

- 2 Laps
- 9 km Total Distance
- Start on road near Kings Garden.
- Flat/ On pavement.
- **Wear the bib number on the front**
- Aid stations:
 - 4 per lap
 - For location see the map
 - Water (bags), F2C (cups)
 - Discard all garbage off course in discard zones

Standard Run 1 Course Map

JULY

06






Start

Aid station 1 +
littering zone

Aid station 2 +
littering zone

Aid station 4 +
littering zone

Aid station 3 +
toilets + littering
zone

-  Start
-  Finish
-  Toilets
-  Aid Station
-  Run course

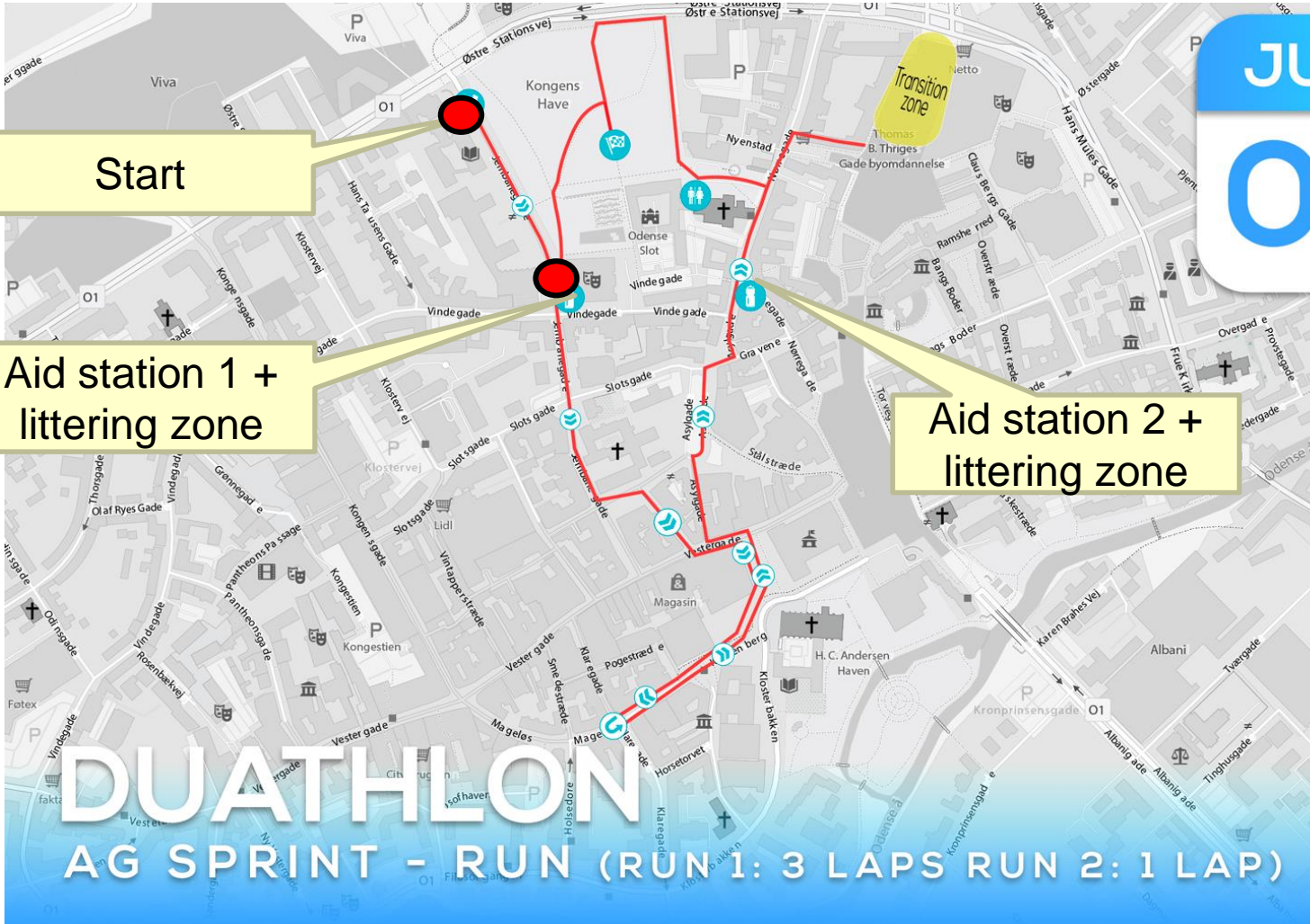
DUATHLON
AG STANDARD - FINSKE BANK MULTISPORT (PS RUN 2:1 LAP)



AG SPRINT Run Course 1

- 3 Laps
- 5.5 km Total Distance
- Start on road near Kings Garden.
- Flat/ On pavement.
- **Wear the bib number on the front**
- Aid stations:
 - 2 per lap
 - For location see the map
 - Water (bags), F2C (cups)
 - Discard all garbage off course in litter zone
- If a whistle is blown behind you please be aware of Para athletes moving quickly passing on left

Sprint Run 1 Course Map



- Start
- Finish
- Toilets
- Aid Station
- Run course

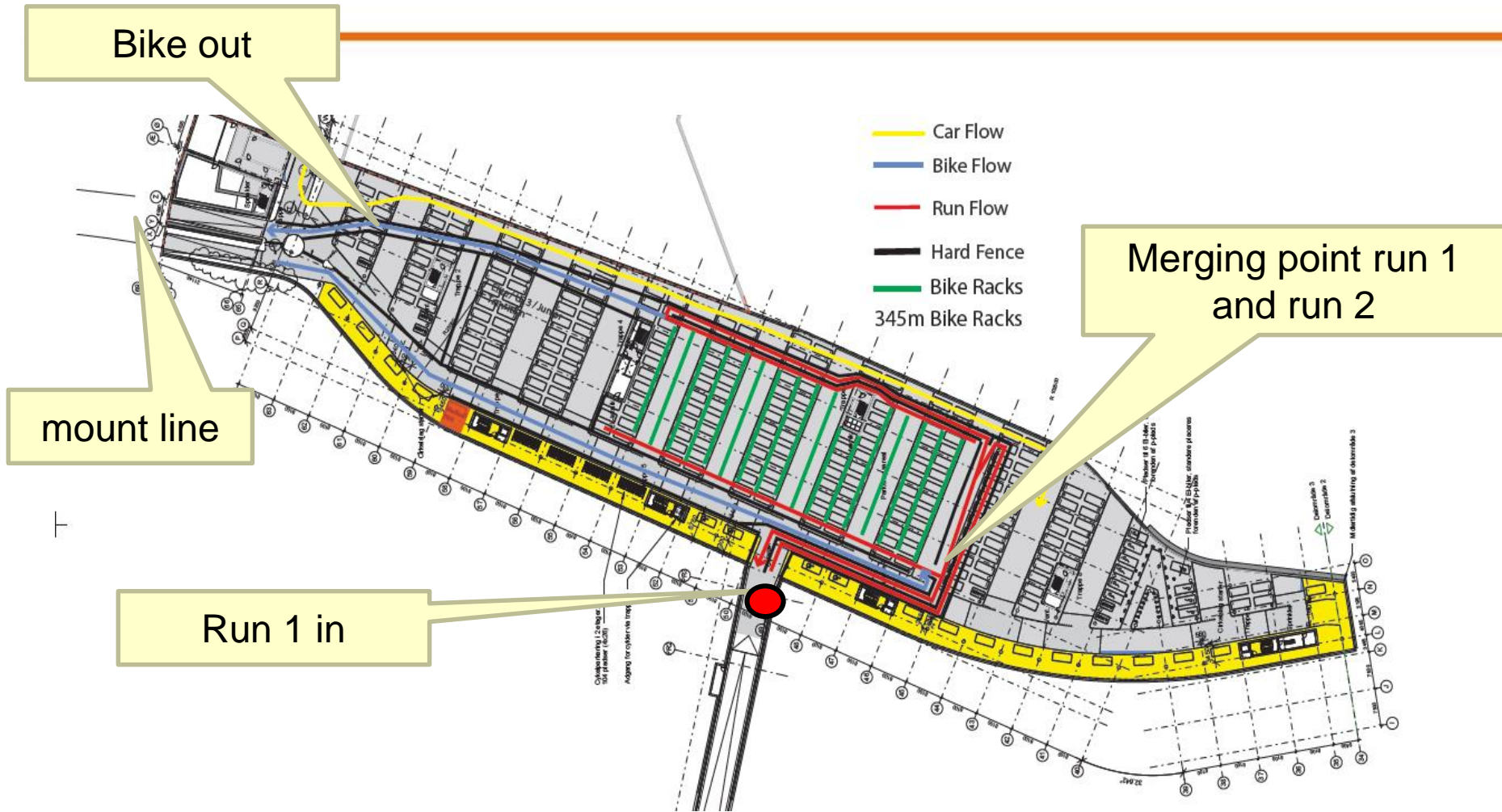


Transition Area

- Traditional Bike Racks – numbered
- Orientation boards at the beginning of each rows
- Helmets on the bikes /used equipment inside the box / one pair of shoes outside the box
- Bags to the Post Race Area in Kings Garden
- Mount line on the road by exit of TZ



AG Transition 2 Flow



AG STANDARD Bike Course

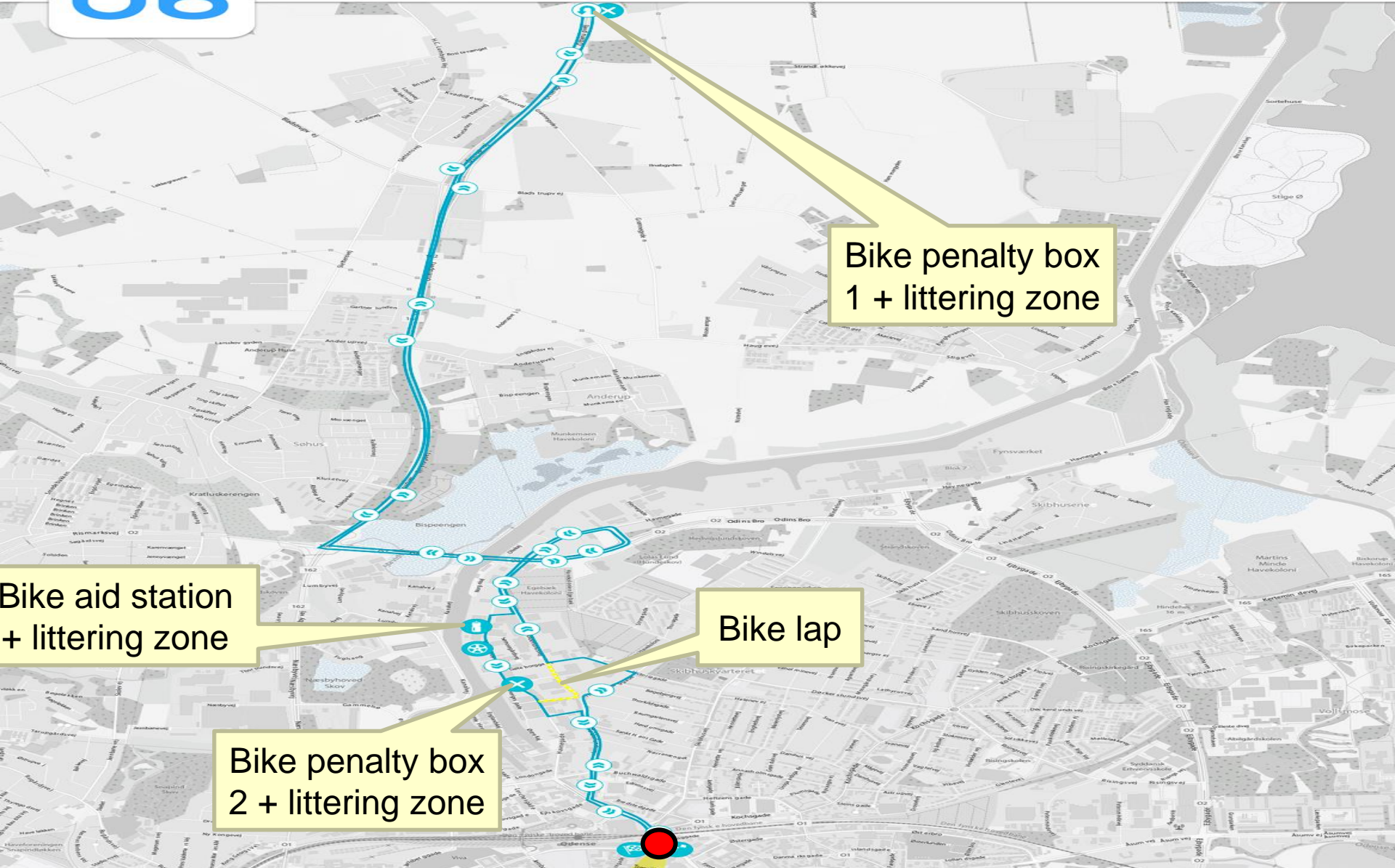
- 2 Laps = 34kms
- Flat and technical
- Dismount line on the road before transition
- Timing audit point at all turn arounds
- Bike Aid Station – Water Bottles only
- 2 Bike penalty boxes – see map
- **Bib number on the bike is optional**
- **Always stay on the right/ pass on the left**
- 3 littering zones on the course – see map



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	Penalty Box		Bike course
	Aid Station		Wheel Station
			Lap

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**Bike penalty box
1 + littering zone**

**Bike aid station
+ littering zone**

Bike lap

**Bike penalty box
2 + littering zone**

DUATHLON
AG STANDARD - BIKE (2 LAPS)

AG Sprint Bike Course

- 1 Lap = 19.9 kms
- Flat and Technical
- Dismount line on the road before transition
- Timing audit point at all turn arounds
- One Bike penalty box – see map
- **Bib number on the bike is optional**
- **Always stay on the right/ pass on the left**
- 2 littering zones on the bike

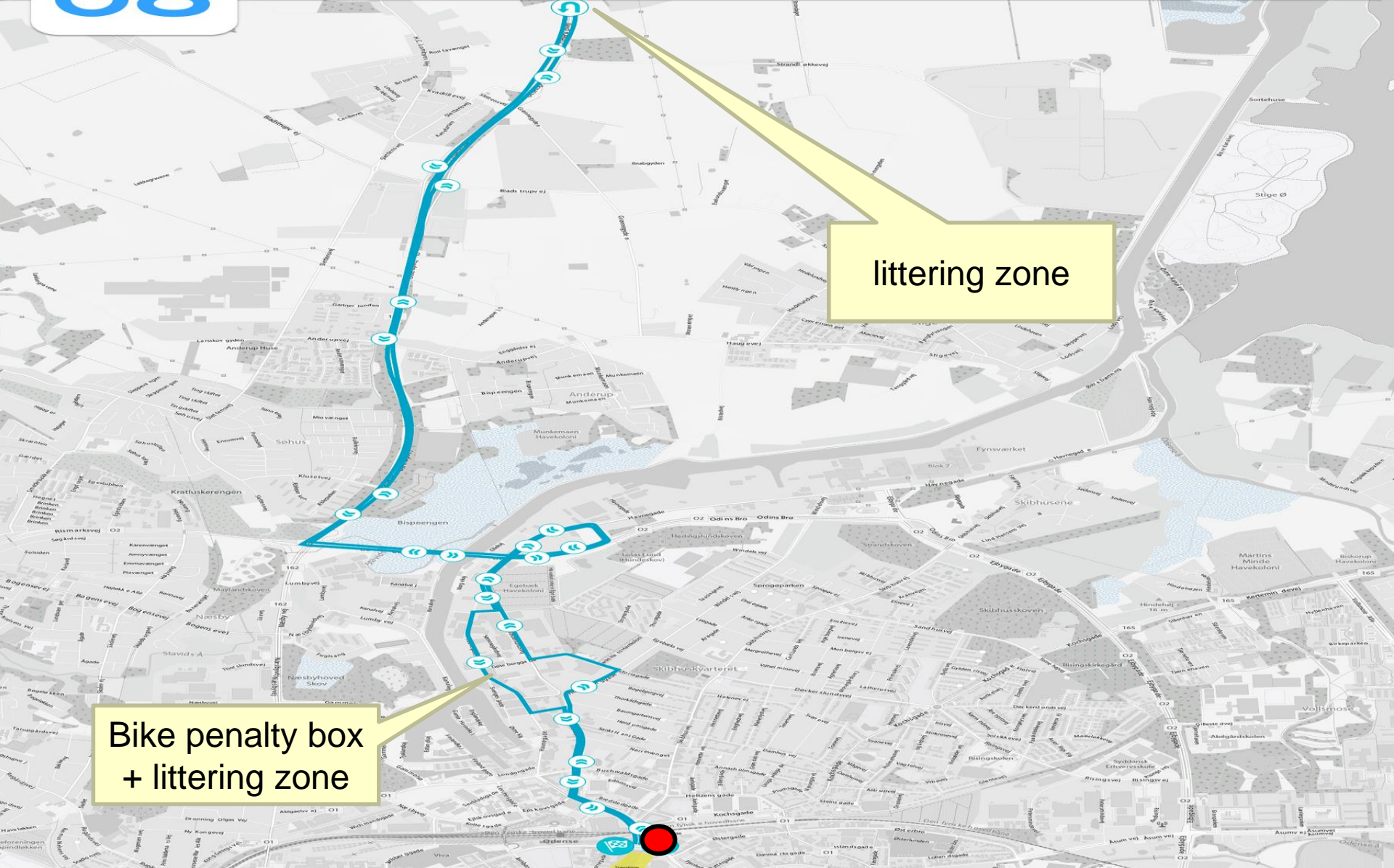


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◆ Bike course ● Start ● Finish

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littering zone

**Bike penalty box
+ littering zone**

DUATHLON

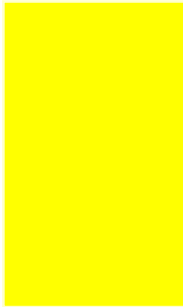
AG SPRINT - BIKE (1 LAP)

Advice of Penalties – AG Standard

During the bike segment, technical officials can show you cards in 2 (two) colours:



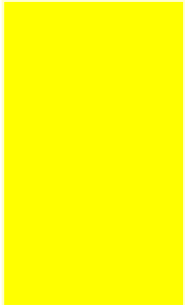
Blue: drafting violations, you have to stop at the next penalty box 2 minutes



Yellow: other infringements (blocking, littering etc)
When receiving a yellow card, you have to stop at the next penalty box to serve a penalty of 15 seconds

Advice of Penalties – AG Sprint

During the bike segment, technical officials can show you cards in 1 colour:



Yellow: other infringements (blocking, littering etc)
When receiving a yellow card, you have to stop at the penalty box to serve a penalty of 10 seconds

If told to Report to a Penalty Box

- Stop in the next Penalty Box
- It's the athlete's responsibility to stop in the next Penalty Box. Failing to do this will result in disqualification.
- A second drafting offence (blue card) will lead to a disqualification
- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.

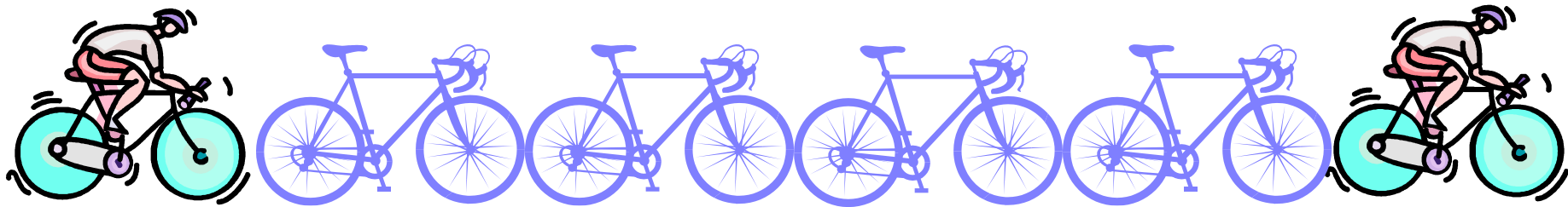
If told to Report to a Penalty Box

- The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue;
- While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete’s bike or person;

If told to Report to a Penalty Box

- Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

Draft Zones – AG STANDARD



Legal distance: 10m between bikes (from your front wheel to their front wheel)



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Duathlon

Draft Zones – AG STANDARD

- An athlete may enter the draft zone of another athlete but must be seen to be progressing through the zone. A maximum of 20 sec will be allowed to pass through the zone of another athlete.
- An athlete may enter a bike draft zone in the following circumstances:
 - ❖ If the athlete enters the draft zone, and progresses through it within the allotted time in the overtaking manoeuvre;
 - ❖ For safety reasons;
 - ❖ 100 meters before and after an aid station or transition area;
 - ❖ At an acute turn;

Overtaking– AG STANDARD

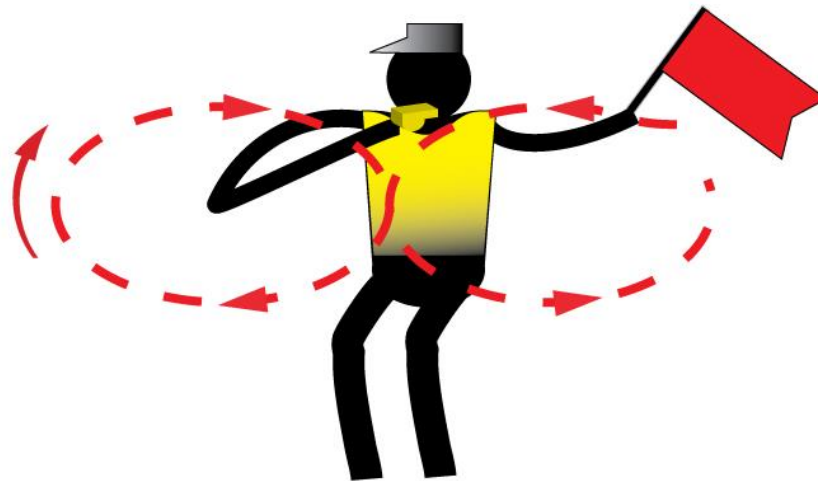
- An athlete is passed when another athlete's front wheel is ahead of theirs;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;

Overtaking– AG STANDARD

- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;
- 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

Caution

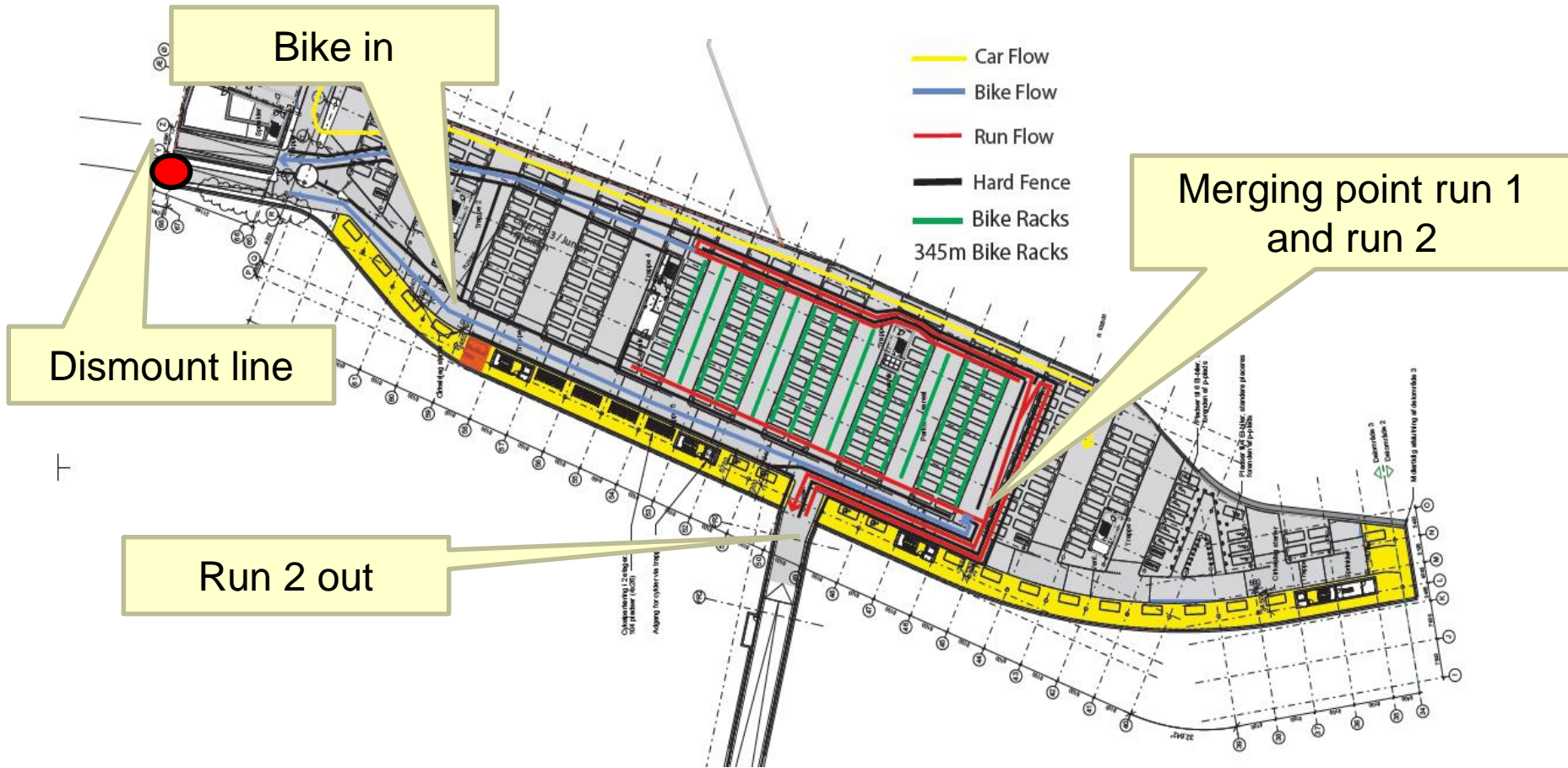
Caution signal: three sharp whistles and red flags



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Duathlon

AG Transition 2 Flow



AG STANDARD Run 2

- 1 Lap = 5.4 km
- Same Course as Run 1
- **Bib number on the front**
- Aid stations:
 - 4 Aid stations
 - For location see the map
 - Water (bags), F2C(Cups)
 - Discard all garbage off course in litter zones
- Avoid congestion in finish area:
 - Go to recovery area

Results posting at the registration area

Standard Run 2 Course Map

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Aid station 1 +
littering zone

Aid station 4 +
littering zone

Aid station 2 +
littering zone

Aid station 3 +
toilets + littering
zone

-  Start
-  Finish
-  Toilets
-  Aid Station
-  Run course

DUATHLON
AG STANDARD - F

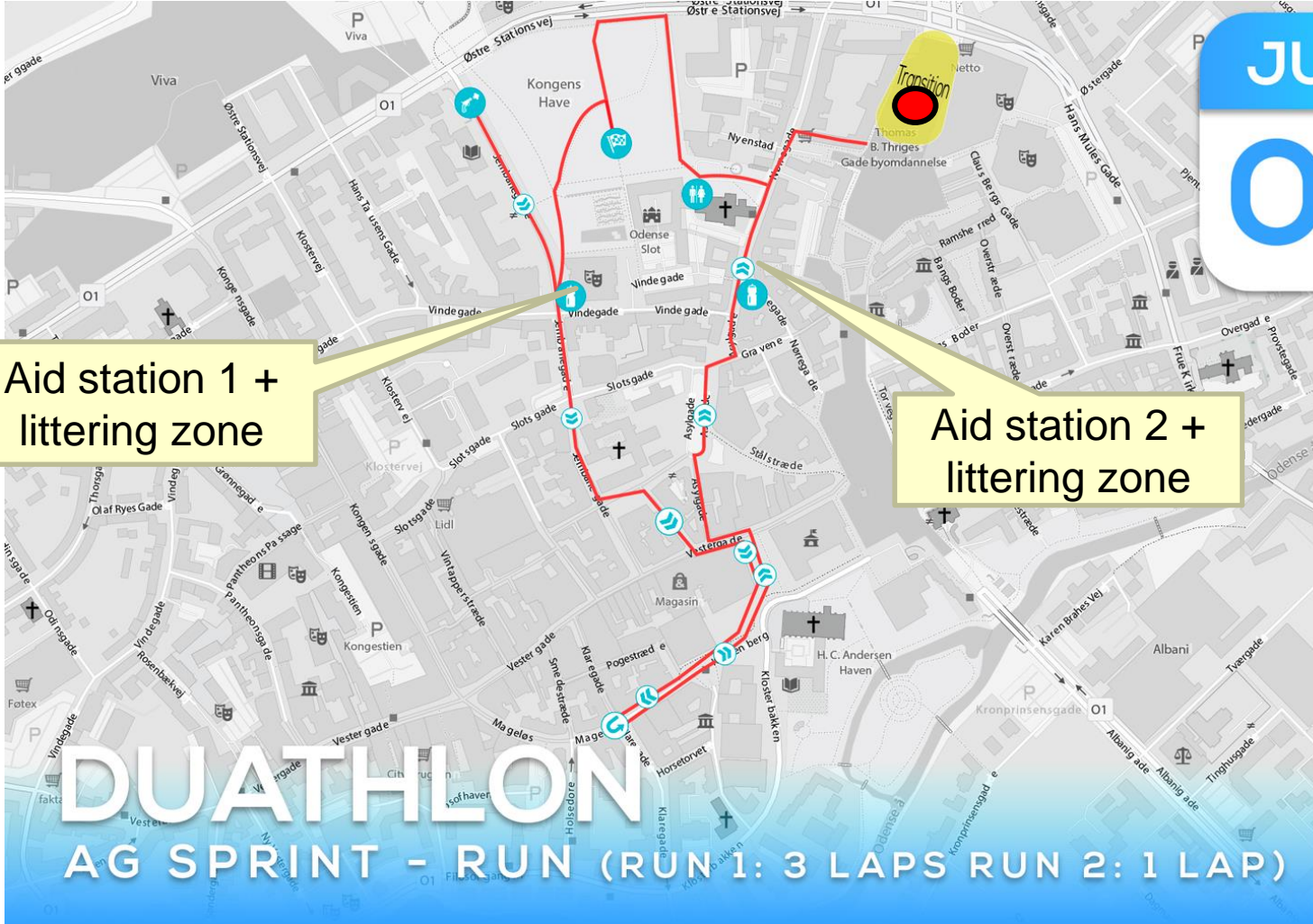
(PS RUN 2: 1 LAP)



AG Sprint Run 2

- 1 Lap = 2.5 km
- Same Course as Run 1
- **Bib number on the front**
- Aid stations:
 - 2 Aid stations
 - For location see the map
 - Water (bags), F2C(Cups)
 - Discard all garbage off course in discard zones
- Avoid congestion in finish area:
 - Go to recovery area
- **Results posting at the registration area**

Sprint Run 2 Course Map



JULY
08

Aid station 1 +
littering zone

Aid station 2 +
littering zone

- Start
- Finish
- Toilets
- Aid Station
- Run course



Bike check out

- Friday 12:15 to 15:15
- Sunday 9:45 to 12:00
- You with your wristband or anyone else with the bike check out ticket
- Entrance through P14 gate.

Medal Ceremonies

- As per the ITU 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 team mates should pick up your medal at the end of the ceremony.

- Standard Distance – 9.15pm Friday
- Sprint Distance – 11.45am Sunday
- Meeting for the medal ceremonies: **on the right side facing the stage.**

Weather forecast



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http://www.triathlon.org/about/downloads/category/race_briefings/



Good Luck!

