

Elite Athletes' briefing

27/05/2021



SARDEGNA
World Triathlon
Cup
ARZACHENA
2021

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



- Antonio Arimany, World Triathlon Secretary General
- Riccardo Giubilei, FITRI President
- Eriketti Margari, World Triathlon Team Leader
- Daniel Martin, World Triathlon Technical Delegate
- Fabio Vescovo, World Triathlon Assistant Technical Delegate
- Sergio Migliorini, World Triathlon Medical Delegate
- Laura Patti, World Triathlon Head Referee
- Sandro Salerno, LOC General Manager
- Sergio Oppo, LOC Race Director

Competition Jury



- Daniel Martin, Chair
- Antonio Arimany
- Riccardo Giubilei

Schedule and Timetables



THURSDAY

18:00 – 20:00 **Race package pick-up** (after athletes' briefing)
according to your time slots per Nation:

18:00: ARG, AUS, AUT, BEL, BER, BRA

18:15: CAN, CHI, CHN, COL, CZE, DEN, ECU

18:30: ESP, EST, FRA

18:45: GBR, GER, HUN

19:00: IRL, ISL, ISR, ITA, JPN

19:15: KAZ, LUX, MEX, NED, NOR, PHI, POL

19:30: POR, ROU, RSA, RUS, SUI

19:45: SVK, SWE, UKR, USA, Other

Location: Lobby of the Blu Hotel Laconia Village

Schedule and Timetables



FRIDAY

- 11:30 – 12:30 **Swim course familiarisation**
- 12:00 - 13:30 **Covid-19 PCR Tests for departure**

Schedule and Timetables



SATURDAY - ELITE WOMEN

09:00 – 10:00 Athletes' Lounge check-in

09:30 – 10:15 Transition Area check-in

09:30 – 10:15 Swim Warm-up

10:20 Athletes' Introduction

10:30 Start

11:45 Medal ceremony

Schedule and Timetables



SATURDAY - ELITE MEN

14:00 – 15:00 Athletes' Lounge check-in

14:30 – 15:15 Transition Area check-in

14:30 – 15:15 Swim Warm-up

15:20 Athletes' Introduction

15:30 Start

16:45 Medal ceremony

Race Package distribution procedures



Hotel Blu Laconia Village

- Temperature check before entering
- Documents check:
 - Please make sure you have already provided:
 - Pre-event questionnaire (online)*
 - PCR-test upload*
 - Medical Certificate upload (athletes only)*
 - Athletes Agreement signed (athletes only)*
 - Please bring your ID
- If your documents are complete you will be given your race package
- If documents are missing, you will be asked to upload/complete them on your own device (WIFI available)

Race Package distribution procedures



Hotel Blu Laconia Village

- Wear your face mask all the time
- Keep physical distance and avoid congestions
- We ask you to please respect the other Hotel guests

Covid Tests for Departure

If you have registered for a Covid test for your return journey

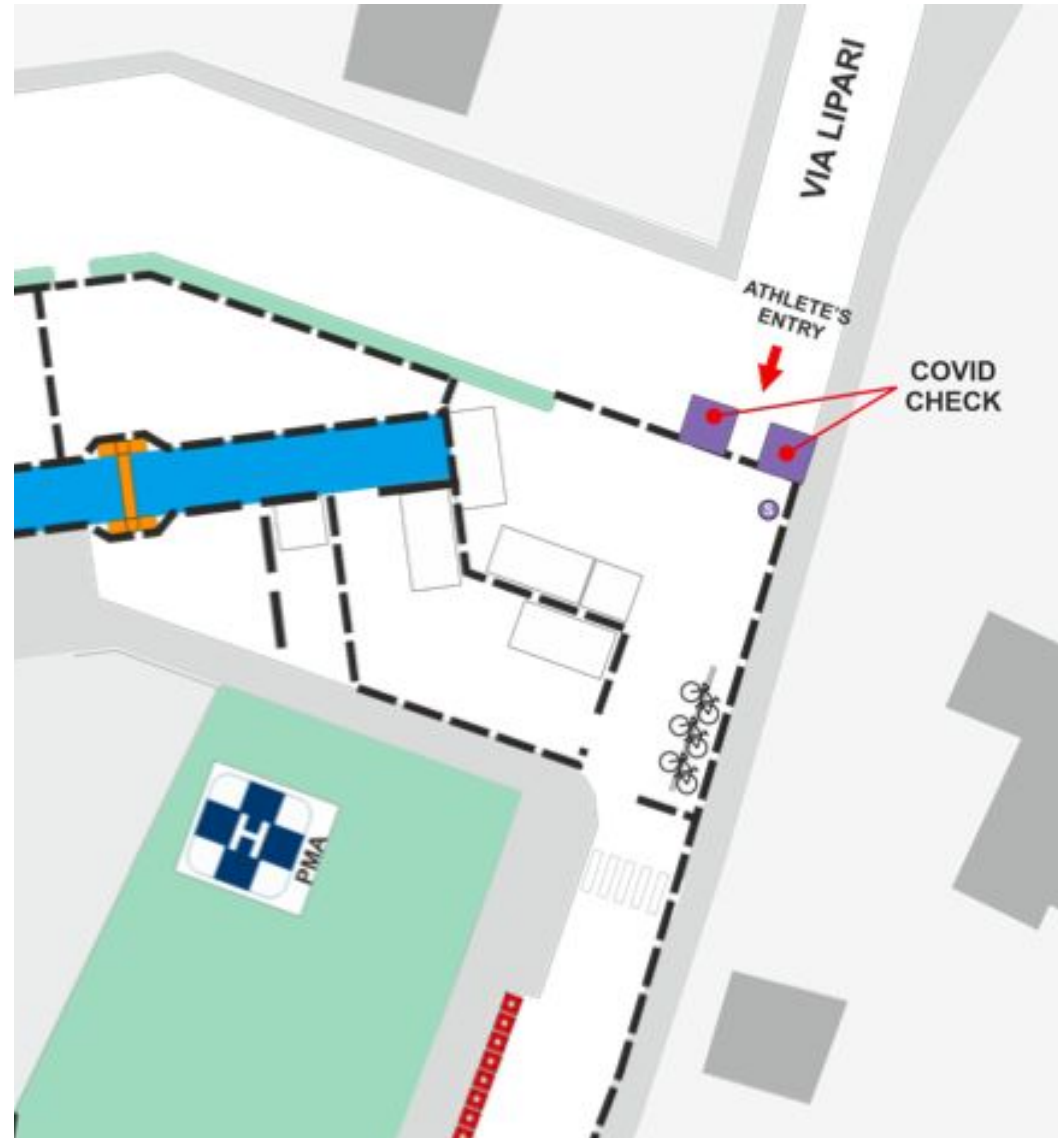
- **PCR tests:**
 - **Friday 28th, 12:00 -13:30 Race venue**
 - Payment has to be made in CASH during the race package distribution
 - Results will be sent by E-mail
- **Antigenic test:**
 - Everyone registered for the antigenic test will receive a link to register for the test facility at the airport prior to departure
 - Payment is done during the registration process online
 - Results within 30 minutes by E-Mail

Map Athletes' Lounge - Check-in procedures

Access to venue
via VIA LIPARI

Temperature Check
performed once

Keep physical
distance



Check-in procedures

Athletes Lounge (Bike check)

- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Leave your spare wheels at the Team 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 at the race package distribution
- Mechanic service available

Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. Wearing other uniform during the race = DSQ
- Swim skins have to be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge, bags and equipment must be removed in between races

Check-in procedures



Transition Area

- Helmet check - Don't leave your helmet fastened in the transition
 - The athlete who misses to comply with this rule will receive a time penalty in TA1.
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the Head Referee at the race package distribution.

Athlete Introduction

- 10 minutes before start - line-up in Transition
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up
- You must wear a face mask until your name is called. A bin is provided to discard of your mask right before entering the beach area

Athlete in position

- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.

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

Valid start with early starters

- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a **10 second penalty in TA1**.
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course



Swim 1 lap of 750m

Bike 3 laps of 6.42 km

Run 2 laps of 2.5 km

The course



Swim course



- On 27/05/21 at 10:30: 17.8 °C
21.3 °C
- Wetsuit allowed
- 1 laps of 750 m
- Distance to the first turn buoy 325 m
- Take cap, goggles to transition into your box

Definition from the World Triathlon CR §4.1:

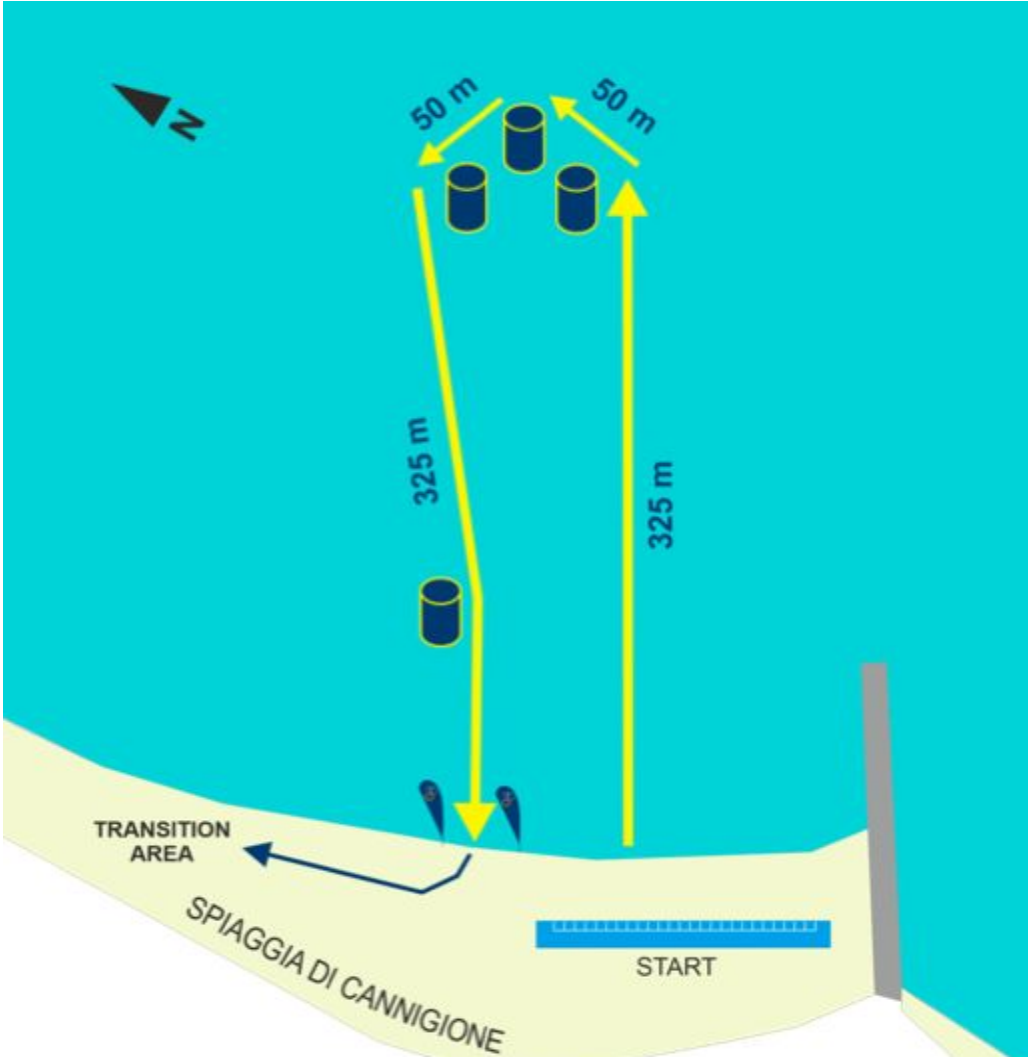
- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
 - (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to World Triathlon Arbitration Tribunal for potential suspension or expulsion.

Swim conduct

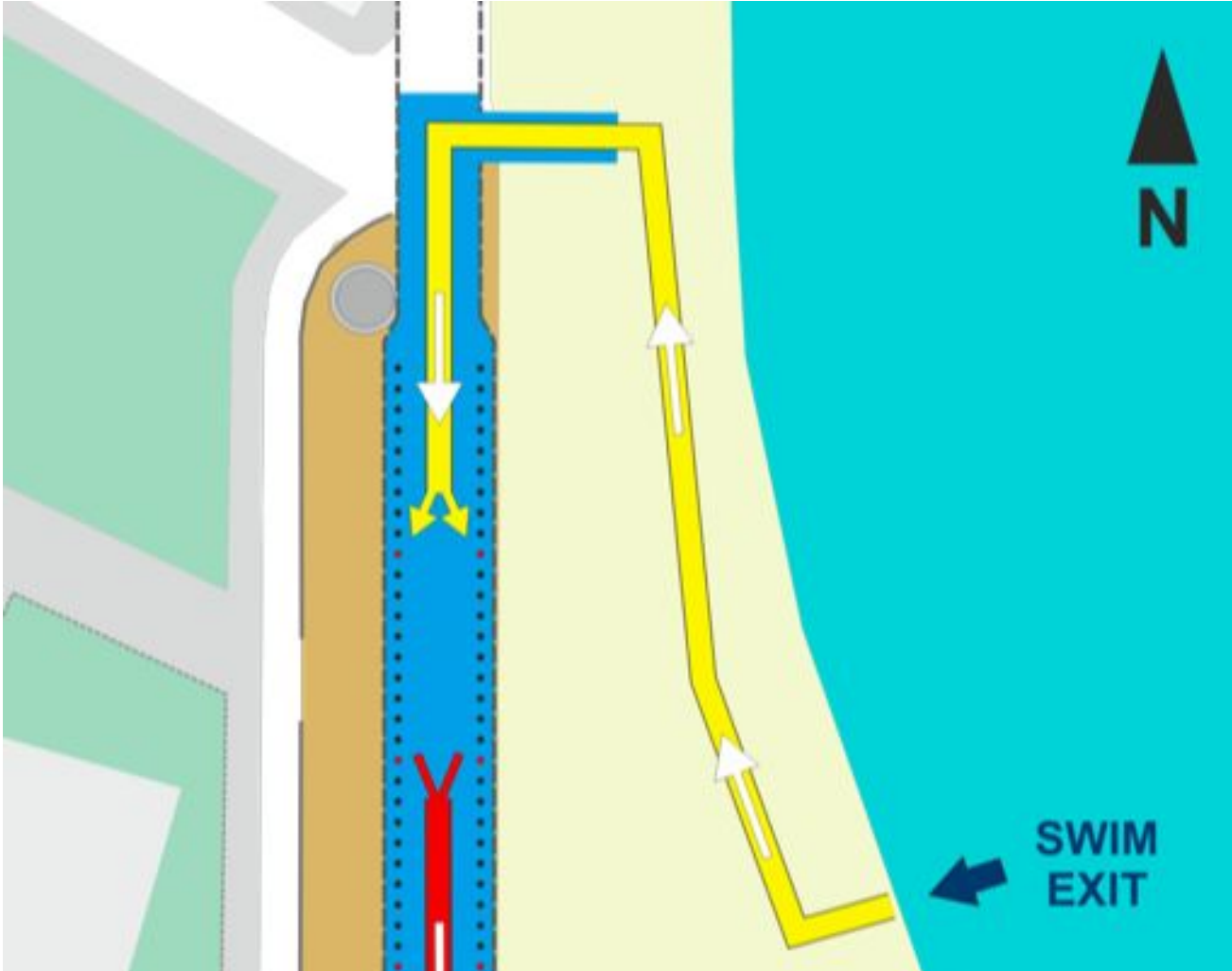


- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course map



Swim exit to TA

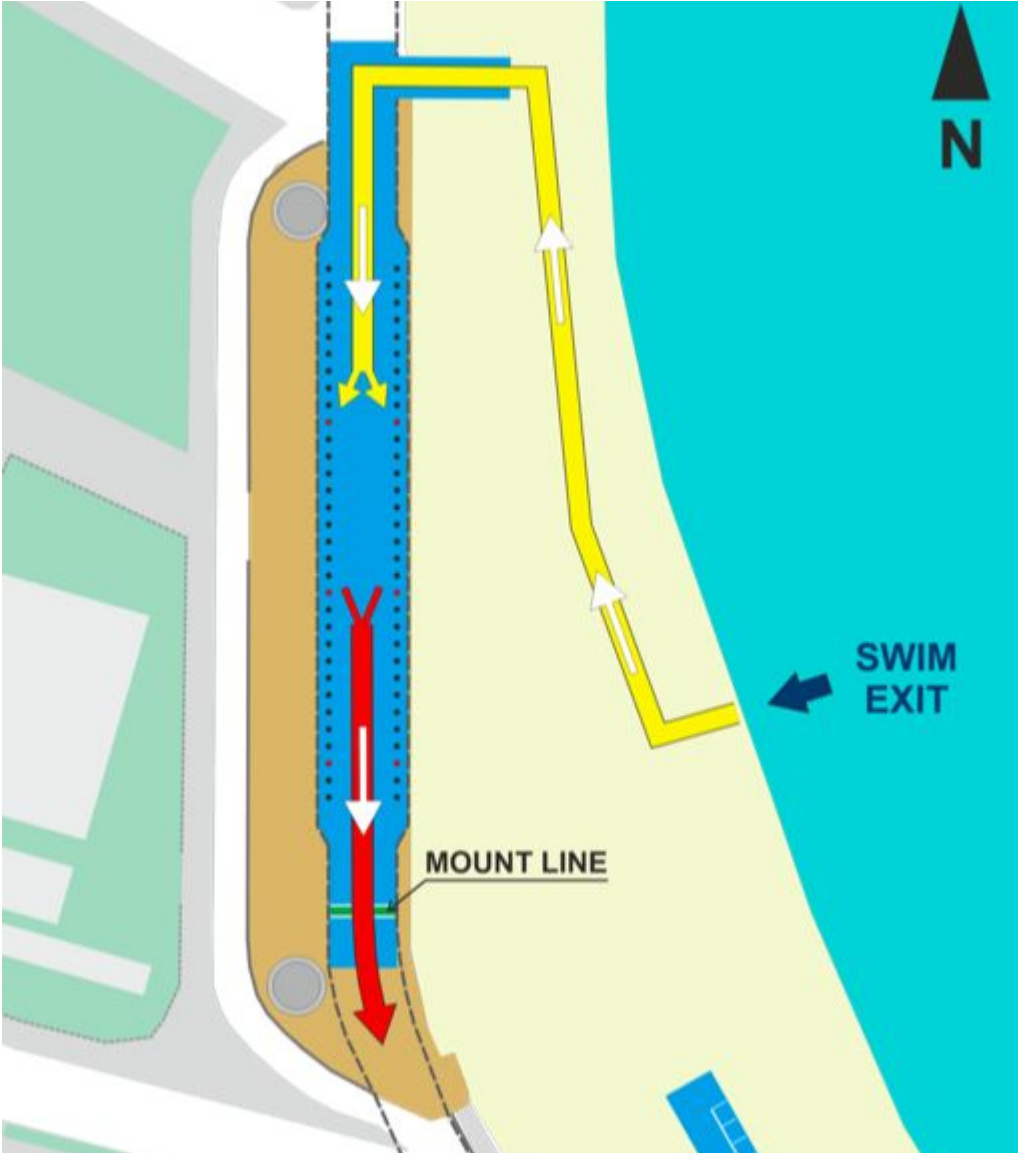


Transition Area



- Individual Bike Racks – number, name and country flag
- Used equipment into the box
- The bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Mount line at the end of the TA

Transition Flow

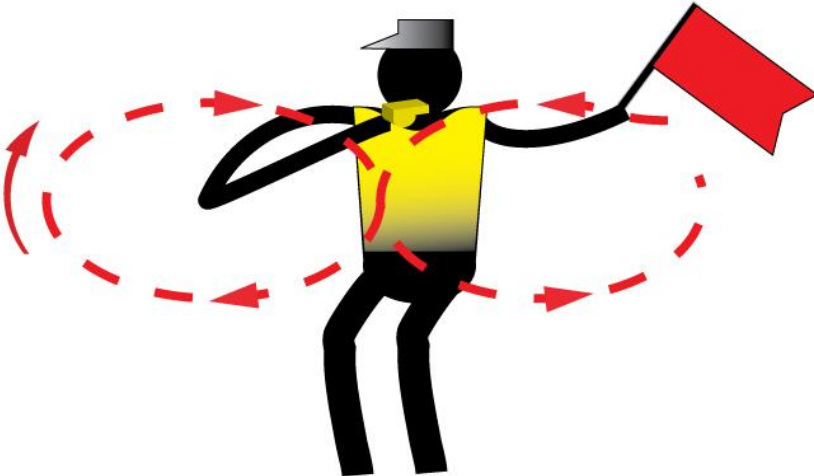


Bike course

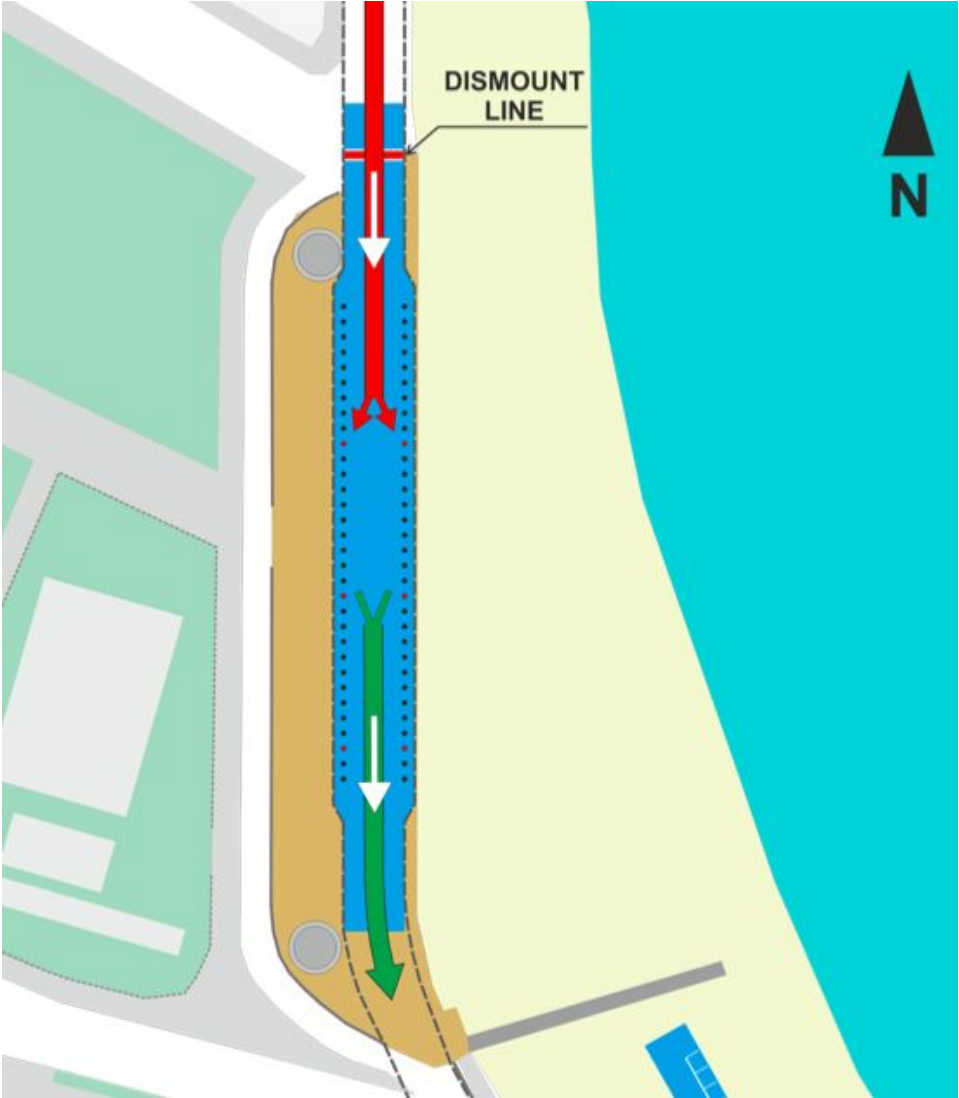
- 3 laps (total distance of 19.3 km)
- Hilly and technical
- 2 Wheel Stations
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the Mount line on your right
- Littering Zones at the Wheel Stations
- Lapped athletes are out of the race
- First runner – last biker scenario



Caution



Bike to Run



Run course

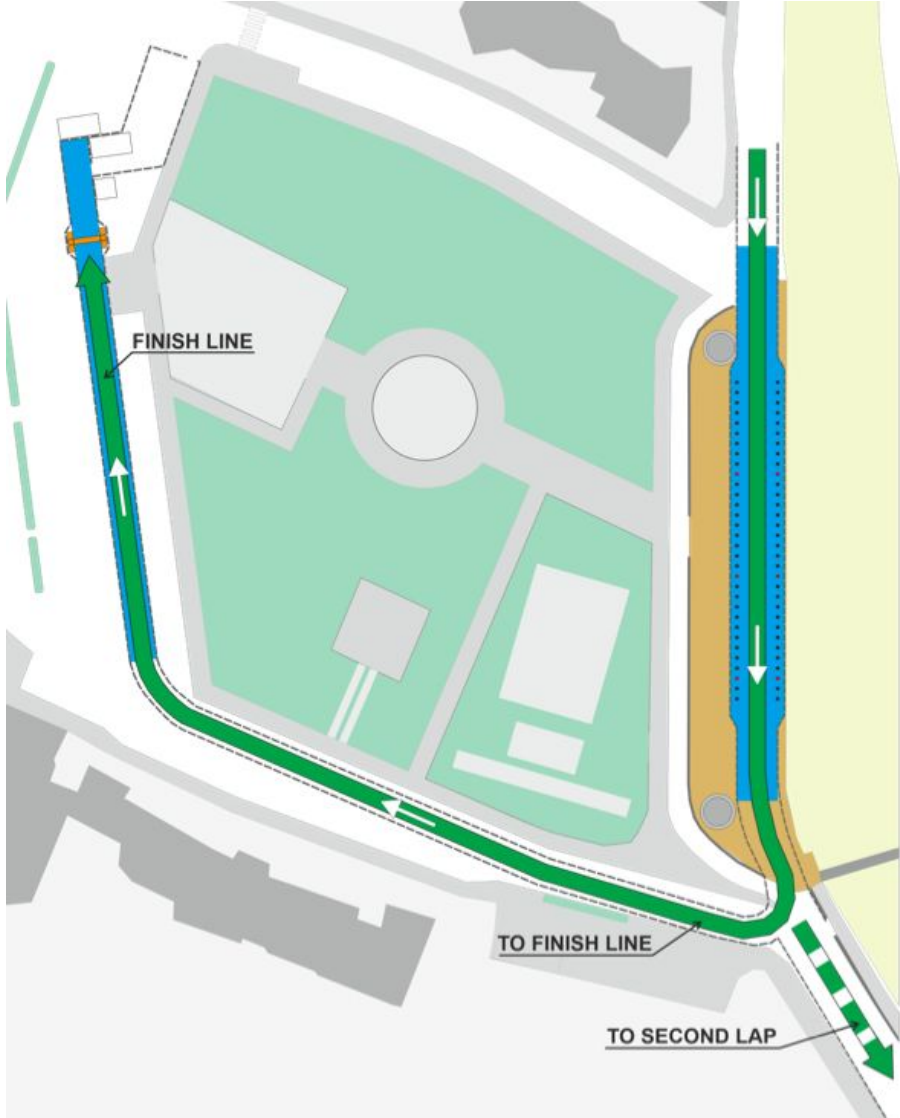
- 2 laps (total distance of 5 km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Photo-finish
- Congestion in finish area:
- Go to mixed zone / recovery area



Run Course Map



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 35m before the Transition Area
- **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:** 10 second 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.

Rule interpretation

- **Mount after the mount line:** An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(M)**.
- **Dismount before the dismount line:** An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules **(D)**.
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules **(E)**.

Run Penalty Box



Violations Abbreviations:

Littering	L	Mount Line	M
Swim violations	S	Dismount Line	D
Equipment outside the box	E	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

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 11:45 / 16:45
- You are not allowed to carry a country flag on the podium
- No flowers.
- 1 hostess with mask and gloves to prepare and hold the tray with the medal to each athlete
- Each athlete is taking on his/her own the medal.
- National anthem and flags raising as per usual.
- No handshaking/ hugs

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

- The consequence for this behavior is:

The athlete will immediately forfeit their prize money for that event.

Post-race Procedures



Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

Access

- 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, only one Coach per NF can be accredited

Coaches' areas

- Behind the start area
- Transition
- Finish

Water Quality Assessment (Sea/Transition)

Enterococci	
25/05/21	NMP/100mL
Location A	< 1
Location B	< 1
Location C	< 1
Enterococci limit	<100

E.Coli	
25/05/21	NMP/100mL
Location A	< 1
Location B	< 1
Location C	1
E.Coli limit	<250

PH	
25/05/21	
Location A	7,7
Location B	7,9
Location C	7,6
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Sunny/Overcast
Race Day	Sunny/Overcast

Weather report	
Day	Weather
B-3	Rain in the evening
B-2	Sunny
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location A	None	None	08:15	Stunning :)



SUMMARY

1 = 'Very Good Water Quality': (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain

Weather forecasts



	Temperature in °C	Weather
Friday	23°	Overcast
Saturday	26°	Sunny

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Have a good race!



Be your
extraordinary