



Saturday, July 24, 2021  
**Men's briefing &  
pontoon draw**

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# Briefing agenda

- Welcome and introductions
- Competition jury
- Weather forecast
- Heat Countermeasures
- Water Quality
- Schedules and timetables
- Check-in and procedures
- The course
- Post-race procedures

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# Welcome and Introduction

**Marisol Casado (ESP)** , World Triathlon President

**Debbie Alexander (RSA)** , World Triathlon 1st Vice President

**Antonio Arimany (ESP)**, World Triathlon Secretary General

**Thanos Nikopoulos (GRE)**, World Triathlon Technical Delegate / Head of Operations

**Melody Tan (MAS)**, World Triathlon Technical Delegate

**Jorge Garcia (ESP)**, World Triathlon Technical Delegate

**Alan Ma (MAC)**, World Triathlon Head Referee (Elite Men)

**Dr. Humberto Aguilar (MEX)**, World Triathlon Medical Delegate

**Kiriyo Suzuki**, TOGOC Sport Manager

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# Competition Jury

- **Melody Tan (MAS)**, Chair
- **Debbie Alexander (RSA)**, World Triathlon EB representative
- **Dr. Bela Varga (HUN)**, World Triathlon Technical Committee rep.
- **Dr. Humberto Aguilar (MEX)**, World Triathlon Medical Committee rep.
- **Masao Nakayama (JPN)**, JITU rep.

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# Weather Forecast

Date	7/24				7/25				7/26			
Time	0:00 ~ 6:00	6:00 ~ 12:00	12:00 ~ 18:00	18:00 ~ 24:00	0:00 ~ 6:00	6:00 ~ 12:00	12:00 ~ 18:00	18:00 ~ 24:00	0:00 ~ 6:00	6:00 ~ 12:00	12:00 ~ 18:00	18:00 ~ 24:00
Weather												
Rain Prob.(%)	30	30	20	20	20	20	20	20	20	20	40	40
Precip(mm/6h)												
Time	3:00	9:00	15:00	21:00	3:00	9:00	15:00	21:00	3:00	9:00	15:00	21:00
Temp(°C)	25	28	31	27	24	26	28	26	23	25	29	26
	High:32		Low:25		High:28		Low:24		High:29		Low:23	
Humidity(%)	88	73	55	76	91	80	70	74	81	75	58	
Wind(m/s)	SSE 1	SE 1	SE 2	SSW 1	NNE 3	NNE 4	ENE 5	NE 5	N 5	N 5	ENE 4	SE 4
WBGT(°C)	24	28	28	25	23	27	27	23	21	25	27	24
	High:30				High:28				High:28			

Moderate heat stress

# Heat Countermeasures

- Cooling stations
- Ice packs at aid station and cooling stations
- Athletes' servicing area by coaches during the run
- No littering zones
- Quick introduction protocols
- Coaches can have access to athletes' bike before the start of the race

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# Heat Countermeasures

- Cooling vests can be used up to 1m before the start of the race
- Special paint for the road pavement to reduce heat reflection.
- 2kg ice / athlete to be provided to the delegations on the race day for their own needs
- Ice baths in the main recovery area

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# Heat Stress Indicator



Warning flags will be placed at the athletes' area and next to the mixed zone

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# Water Quality

Enterococci (NMP/100mL)					
Date of Sample	Time of sample	Location1	Location2	Location3	Enterococci limit
21 Jul	6:30	<10	<10	<10	< 100
21 Jul	13:00	<10	10	<10	
22 Jul	06:30	<10	<10	<10	
22 Jul	13:00	<10	78	<10	

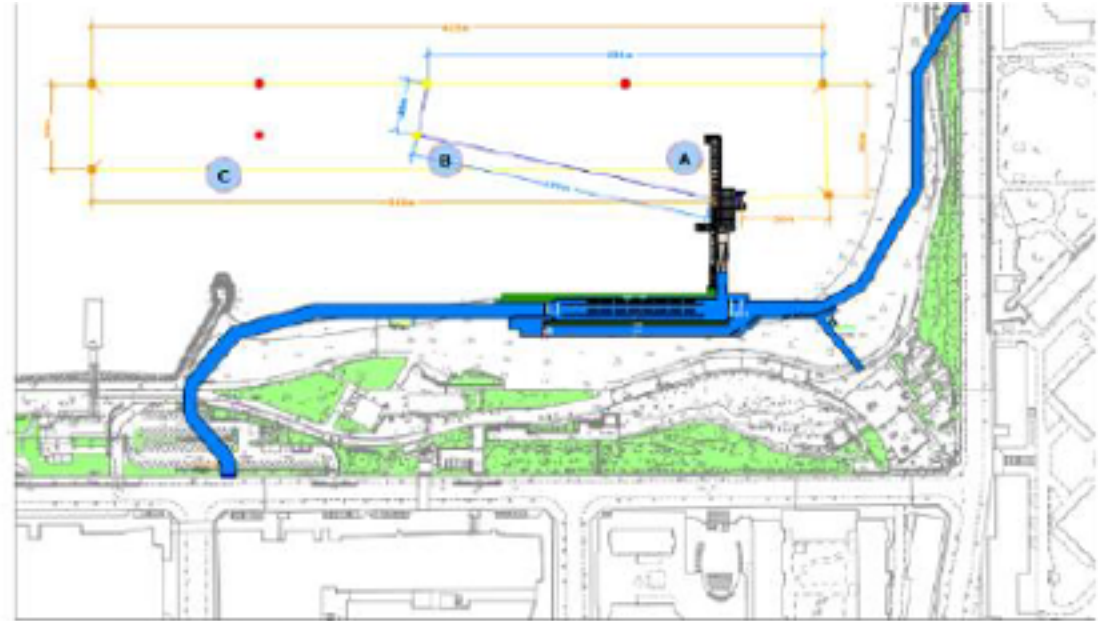
E.Coli (NMP/100mL)					
Date of Sample	Time of sample	Location1	Location2	Location3	Enterococci limit
21 Jul	06:30	<10	<10	11	< 250
21 Jul	13:00	<10	<10	10	
22 Jul	06:30	10	<10	<10	
22 Jul	13:00	10	<10	<10	

PH					
Date of Sample	Time of sample	Location1	Location2	Location3	PH limit
21 Jul	06:30	8.3	8.6	8.2	< 6-9
21 Jul	13:00	8.1	8.3	8.2	
22 Jul	6:30	7.9	8.2	8.2	
22 Jul	13:00	7.9	7.9	7.98	

Weather report	
Date	Weather
22 Jul	Sunny
22 Jul	Sunny
23 Jul	Sunny

Weather forecast	
Date	Weather
24 Jul	Sunny
25 Jul	Sunny
26 Jul	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
fontoon	Good	None	4:00	



## SUMMARY

Level1=Very  
Good Water  
Quality

# Schedule and timetables

## July, 25<sup>th</sup> Sunday

04:30 Daily situation meeting

06:30 - 7:30 Swim course familiarization

(use same neutral swim cap)

08:00 – 09:00 Female athletes' briefing and pontoon draw

(same meeting point as today at 07:45)

15:00 – 16:00 Mandatory bike check for the men competition

(coaches can be present at the process without the athletes)

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# Schedule and timetables

## July, 26<sup>th</sup> Monday

- |               |                                      |
|---------------|--------------------------------------|
| 02:00         | Daily situation meeting              |
| 04:30 - 5:45  | Athletes' lounge check in            |
| 05:00 – 05:45 | Bike/run warm up                     |
| 05:15 – 06:00 | Transition zone check in             |
| 05:15 – 06:00 | Swim course warm up                  |
| 06:00         | Coaches transfer to CA3 areas by bus |
- (meet at 05:45 behind the athletes lounge)

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# Schedule and timetables

July, 26<sup>th</sup> Monday

- |              |                                                                                          |
|--------------|------------------------------------------------------------------------------------------|
| 06:15        | Athletes' introduction                                                                   |
| <b>06:30</b> | <b>Men Individual event</b>                                                              |
| 07:05        | Coaches escorted to servicing areas<br><i>(meet at 07:00 behind the athletes lounge)</i> |
| 08:50        | Medal ceremonies                                                                         |
| 08:30– 09:00 | Run course measurement<br><i>(meet at the run penalty box at 08:30)</i>                  |
| 09:30        | Press conference                                                                         |

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# Race package distribution

## The athletes' race package includes:

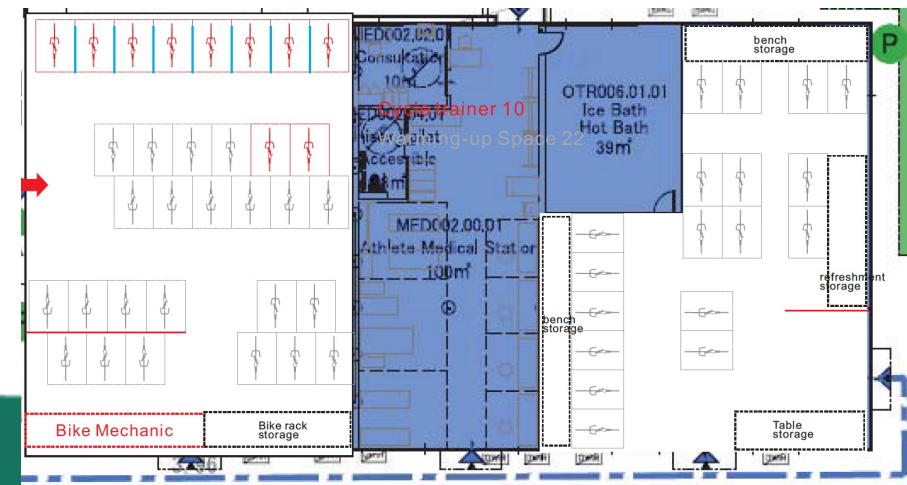
- Helmet stickers (3x)
- Bike sticker (1x)
- Body decals (4x) – both arms and both legs
- 1x500ml + 1x750ml Tokyo 2020 water bottles
- World Triathlon gift

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# Warm up

- Athletes can warm up on the swim, bike and run.
- Bike storage and recovery area can be used for indoor bike trainers.
- Access to ice tubs is allowed.
- Put a mask on after your warm up.



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# Check-in Procedures

## **Bike Check (takes place the day before)**

- Refer to 5.2 & 5.3 in Competition Rules
- IOC Rule 50
- Technological fraud check
- Handle bars with clip-ons
- Wheels (non authorized UCI wheels rule)
- Labeled spare wheels will be checked at the athletes' lounge on the race day
- Bike frame
- Helmet
- Water bottles according to rule 50 or use the Tokyo 2020 ones

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# Check-in Procedures

## Bike Check - before entering Athletes Lounge

- Saddle position (-5cm ≤ Men & -2cm ≤ Women) Random 25%
- Approved exceptions on World Triathlon website

[https://www.triathlon.org/uploads/docs/itu\\_sport\\_elite\\_bike\\_saddle\\_rule\\_exceptions\\_updated\\_201905081.pdf](https://www.triathlon.org/uploads/docs/itu_sport_elite_bike_saddle_rule_exceptions_updated_201905081.pdf)

- Approval for the addition/modification of any equipment to the bike, MUST be obtained from the Head Referee up until 10 minutes from the end of this Athlete's Briefing (GoPro forbidden)
- Mechanic services available

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# Check-in Procedures

## Athletes' Lounge

- Keep your mask on
- Disinfect your hands before entering the tent
- Uniform + race gear check (according to IOC rule 50, uniform catalogue will be used) – photos taken of each uniform

**Wearing other uniform during the race = DSQ**

- Body marking check (both arms, both legs)

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# Check-in Procedures

## Athletes' Lounge

- Swim cap distribution - Checking of 2<sup>nd</sup> unbranded swim cap or NOC swim cap (otherwise not allowed to wear)
- Timing chips (2) distribution
- Leave your bags in the Athletes' Lounge

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# Check-in Procedures

## Transition Area

- Helmet check – Don't leave your helmet fastened in the transition
- Helmet on the bike
- T1 – Bike racked by the rear wheel
- T2 – Bike racked by either wheels
- Running shoes go outside and in front of your box

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# The Course

## Swim

2 Laps of 950m + 550m = 1.5km

## Bike

8 Laps of 4.95km = 39.6km

## Run

4 laps of 2.5km = 10km

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# The Course



- AS** Aid Station
- CS** Cooling Station
- CA** Coaches' Area
- WS** Wheel Station

Triathlon Course			
Swim	1LAP	950m	
(1.5km)	2LAPS	550m	
Bike	5.0km	8LAPS	
(40km)			
Run	2.5km	4LAPS	
(10km)			
Intersection			

This course may be subject to change due to Games operation purposes.

# Pre-start Procedure

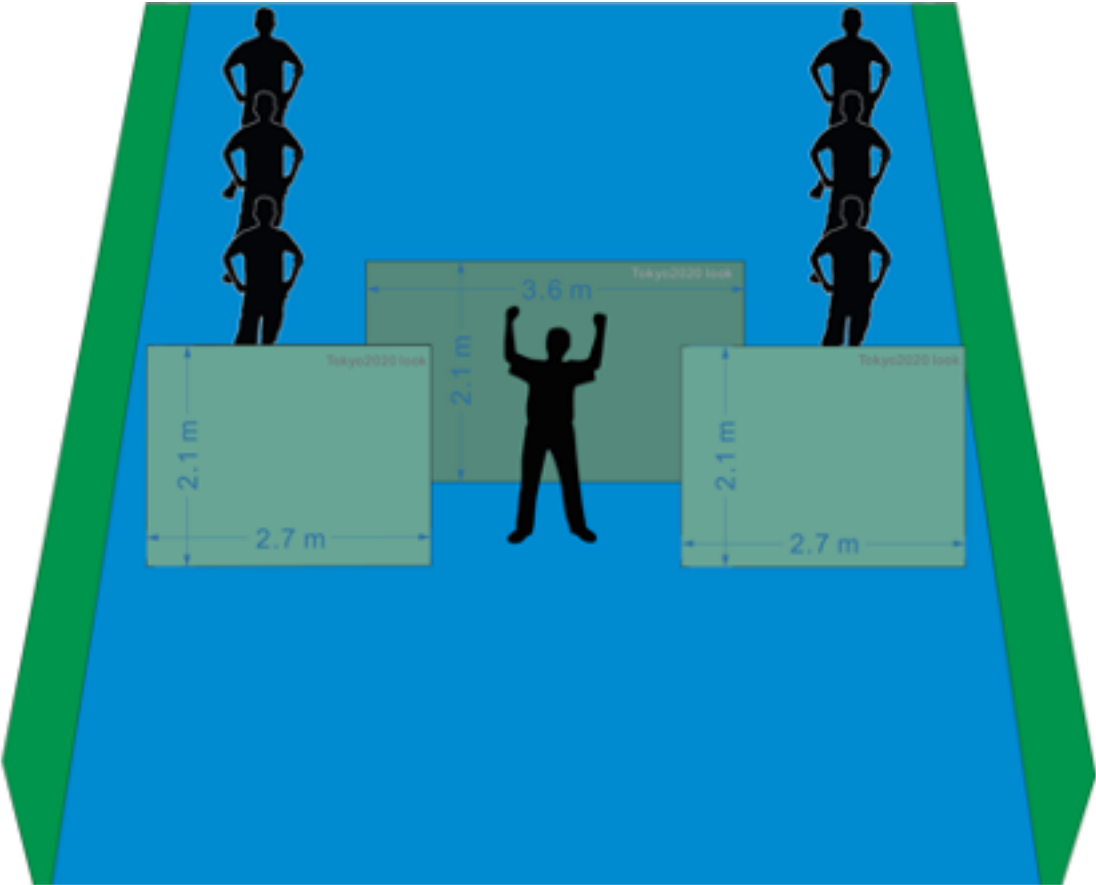
## Athletes' Introduction

- 15 minutes before your start, line up at the Recovery Area.
- Wear the official swim cap / 2nd swim cap unbranded or NOC.
- You will be moved from recovery area to mount line for the introduction.  
(boxes available for deposit of any equipment)
- When you are introduced, jog to the swim start platform.
- Quickly go to your selected start position.  
(boxes available for deposit any equipment at the back of the pontoon)
- Stay behind the pre start line.

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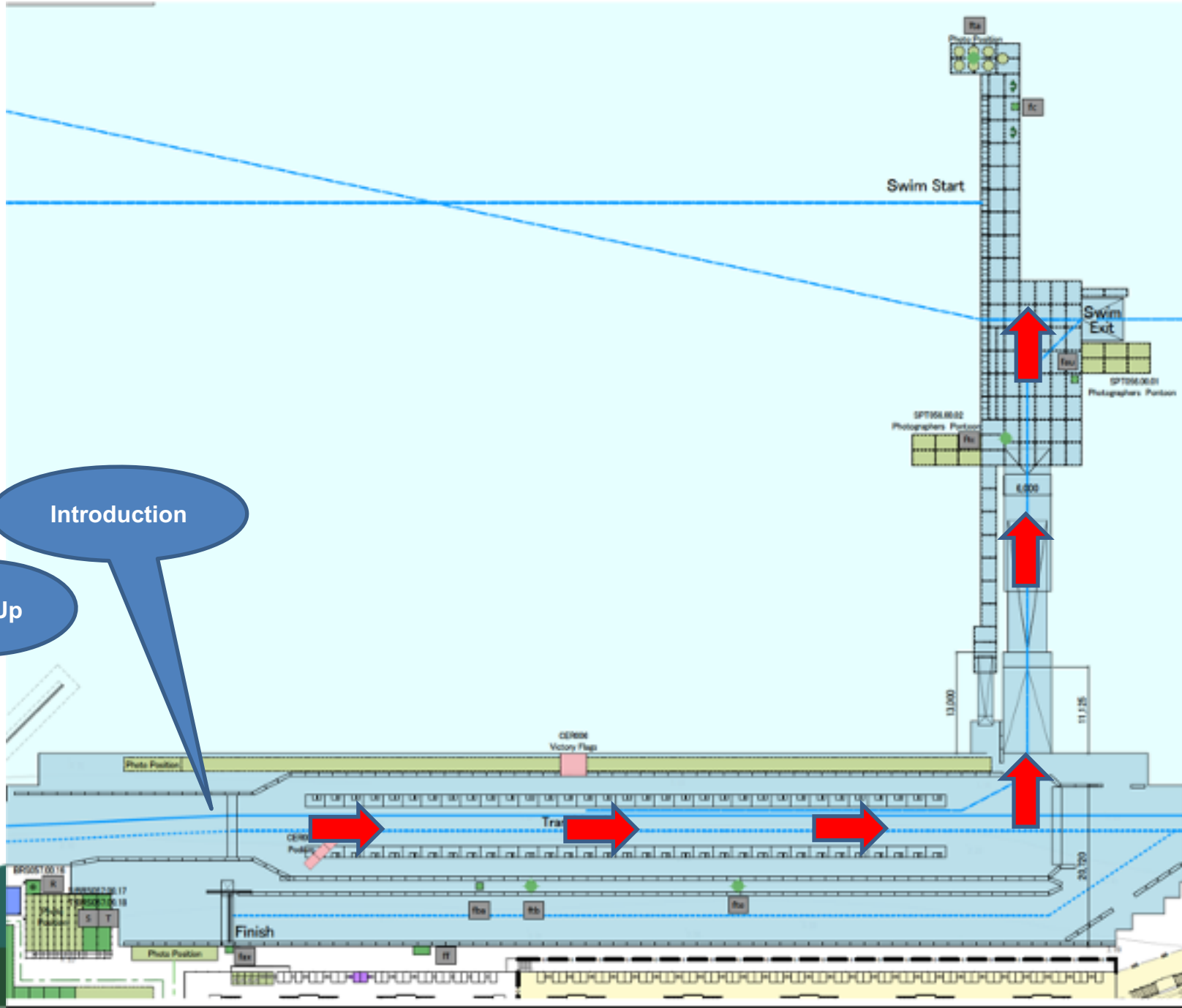
# Pre-start Procedure



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# Pre-start Procedure



Introduction

Line Up



# Start Procedure

## Athletes in position:

- The start can be given any time the Head Referee announces  
“On Your Mark”
- Electronic Horn Blast
- The race starts

Athletes not moving forward at the start will receive a time penalty of 15 seconds in TA1.

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# False Start Procedure

## False start with many athletes:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to his or her original start spot

## Valid start but with early starters:

- If someone starts before the horn and every one else starts with the horn, the false starter will receive a time penalty of 15 seconds in TA1.  
During the time penalty the athlete cannot touch any race equipment.

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# Swim Course

- Today at 06:30

Water temperature	28°C
Air temperature	29°C
WBGT	26.4°C
Relative Humidity	65 %



Final decision 1 hour before race start

- 2 laps of 950m+550m (total distance of 1500m) – clockwise

Distance to the first turn buoy 360m.

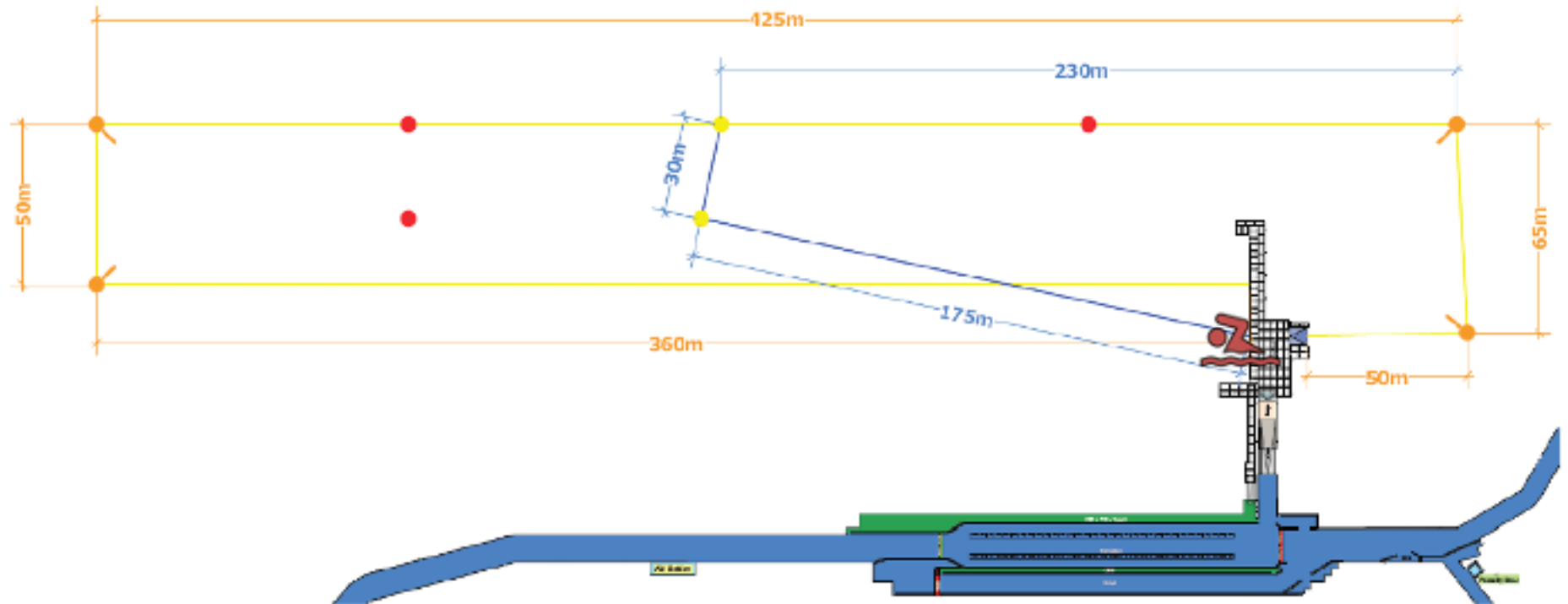
Pass orange and yellow buoys on the right shoulder. Red buoys are markers and can be passed on either side.

- Swim behavior will be closely monitored and recorded by water based and Video Review officials.
- Take cap, goggles to transition into the box.

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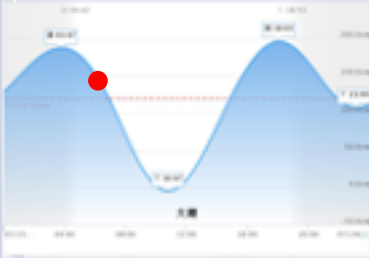
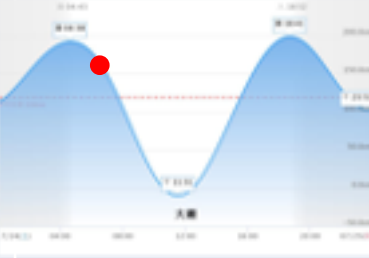
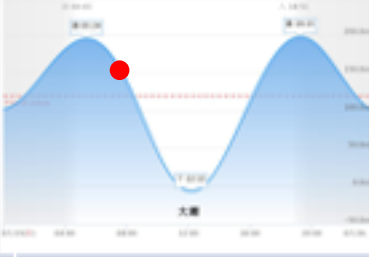
# Swim Course



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# Tide table

<b>FRI, 23 Jul</b>	06:45-07:45 Swim Fam	
<b>SAT, 24 Jul</b>	06:45-07:30 Swim Fam	
<b>SUN, 25 Jul</b>	06:30-07:30 Swim Fam	

# Tide table

<p><b>MON, 26 Jul</b></p>	<p>05:15-06:00 Swim Warm Up</p> <p><b>06:30-07:00 Elite Men Competition</b></p>	 <p>A tide chart for Monday, July 26. The y-axis represents tide height in meters, ranging from 0.000 to 2.000. The x-axis represents time in hours, from 05:00 to 07:00. The chart shows two high tides and one low tide. Two red dots are placed on the first high tide peak, which occurs around 06:00.</p>
<p><b>TUE, 27 Jul</b></p>	<p>05:15-06:00 Swim Warm Up</p> <p><b>06:30-07:00 Elite Women Competition</b></p>	 <p>A tide chart for Tuesday, July 27. The y-axis represents tide height in meters, ranging from 0.000 to 2.000. The x-axis represents time in hours, from 05:00 to 07:00. The chart shows two high tides and one low tide. Two red dots are placed on the first high tide peak, which occurs around 06:00.</p>
<p><b>THU, 29 Jul</b></p>	<p>Spare Day</p>	 <p>A tide chart for Thursday, July 29. The y-axis represents tide height in meters, ranging from 0.000 to 2.000. The x-axis represents time in hours, from 05:00 to 07:00. The chart shows two high tides and one low tide. Two red dots are placed on the first high tide peak, which occurs around 06:00.</p>

# Transition

- Individual bike racks
- Name, number, country code and flag
- All used equipment goes into your box

Failure to put equipment in box = 15 second penalty on run PB.

- Olympic style transition zone.

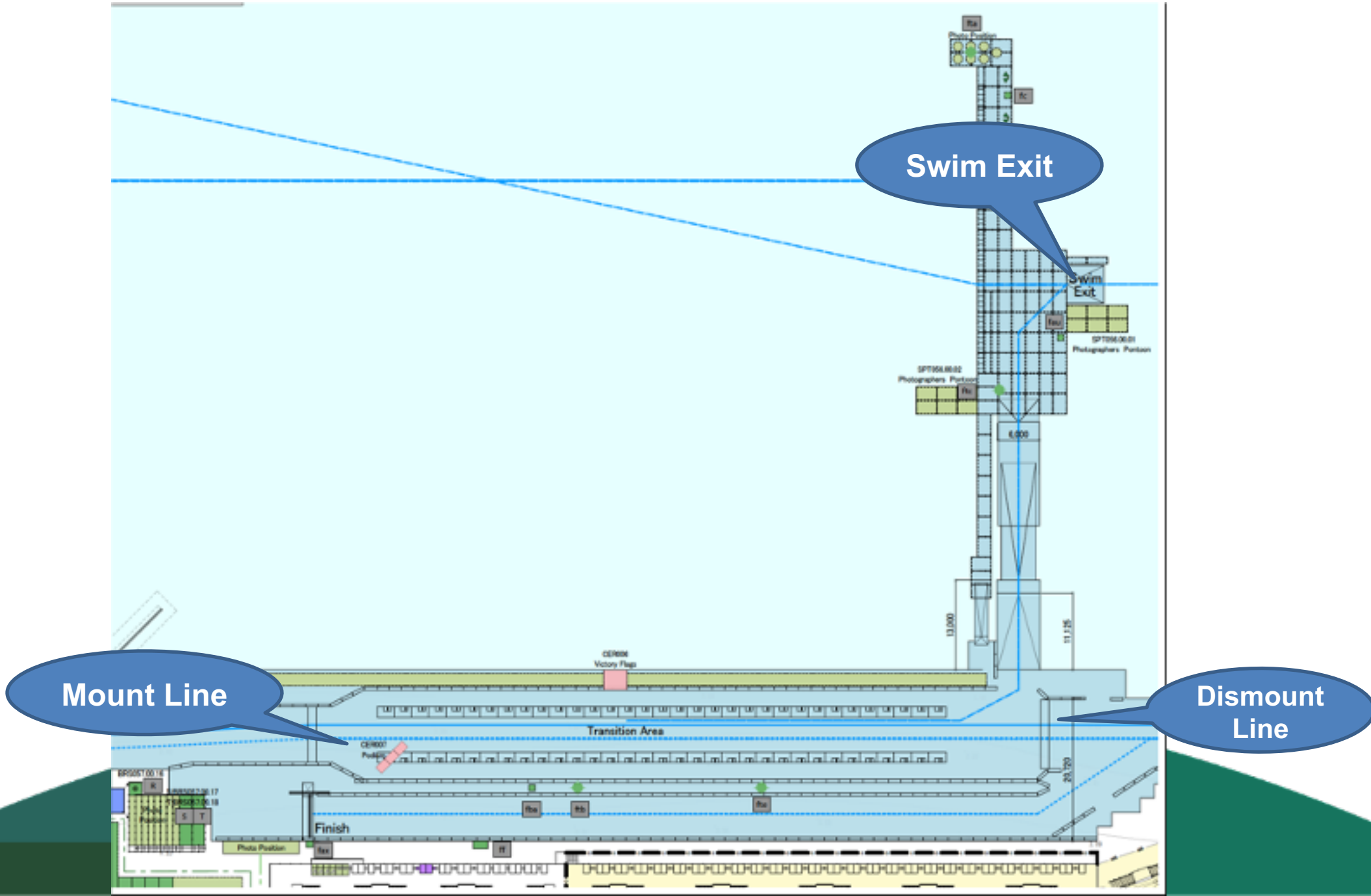
No penalties will be given if the athlete flow does not affect another athlete.

- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)

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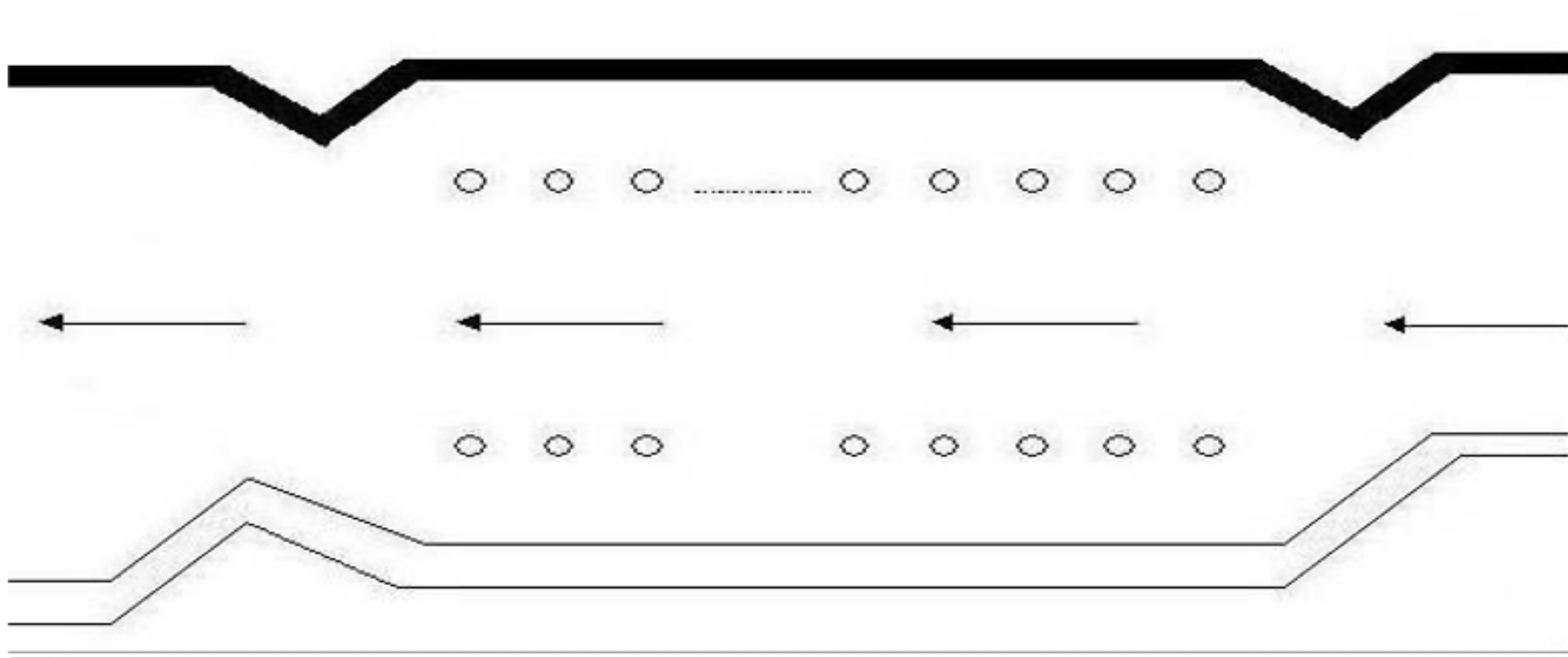


# Transition





# Transition



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# Bike Course

- 8 laps of 4.95km (total distance of 39.6km)
- Ride through transition each lap
- Flat, technical
- Slippery surface in wet conditions
- 5 Wheel Stations (WS): for location see map
  - 1 Team along with a Neutral Wheel Station
  - 4 Neutral Wheel Station
- **Littering zones are not applicable**

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# Bike Course

- Lap counter: at the exit of transition
- Lapped athletes are out of the race
- First runner – last biker scenario
- Cooling stations

2 per lap (for location see map)

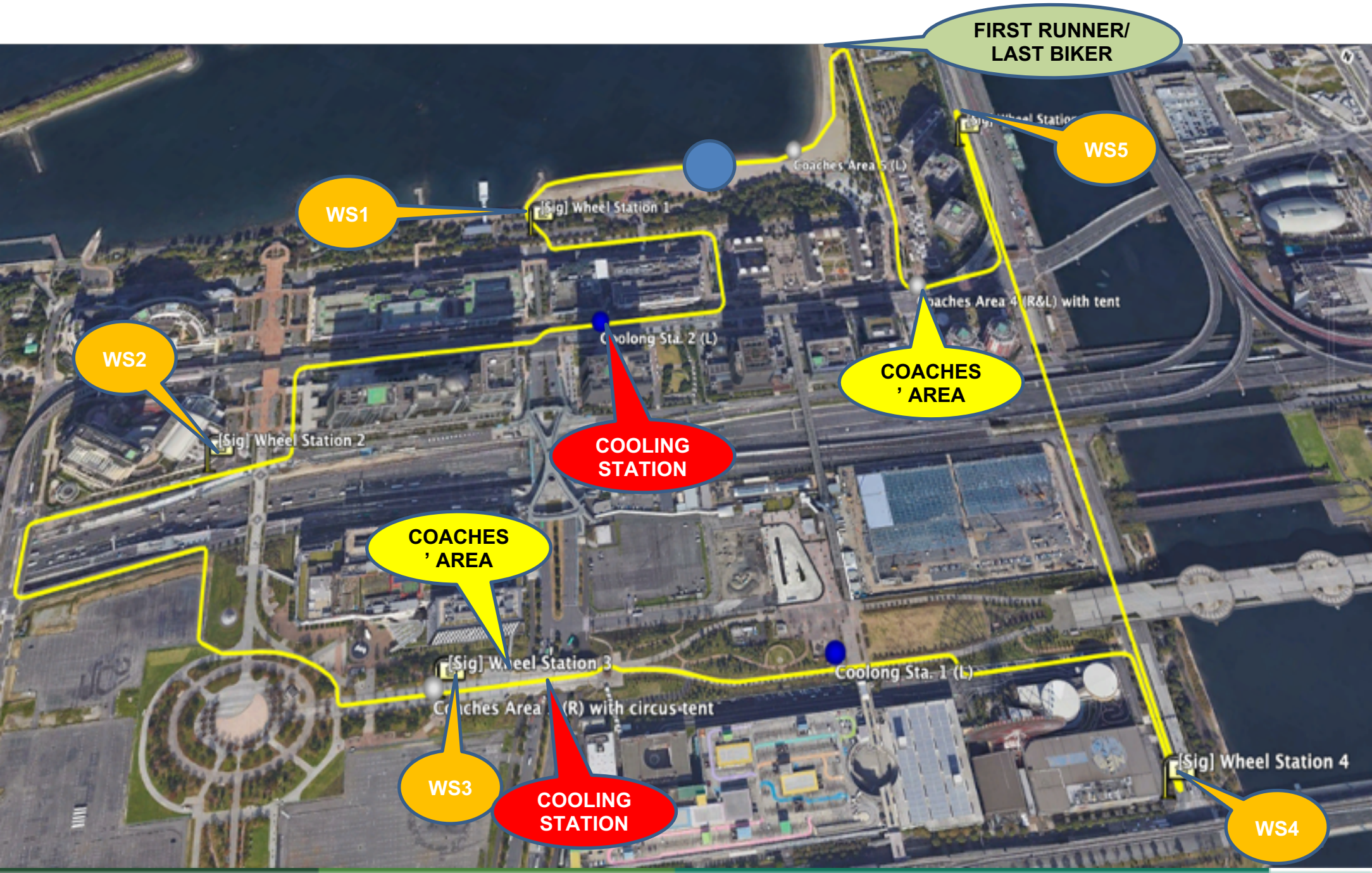
Air-conditioned vehicles/ medical staff on site

Water / ice packs

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# Bike Course



# Bike Course

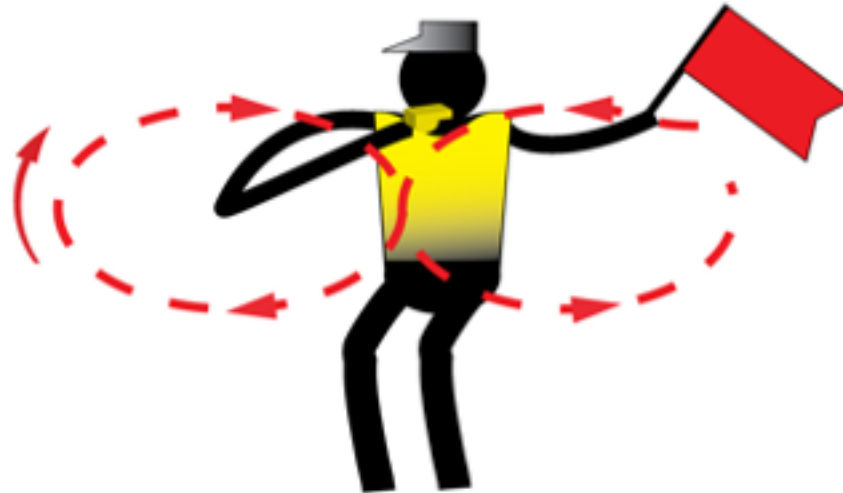
FRONT WHEELS	REAR WHEELS
700c front wheels, rim brake	700c rear wheels with 11 speed cassette, rim brake
700c front wheels, 160mm disc brake rotor	700c rear wheels with 11 speed cassette, 160mm disc brake
700c front wheels, 140mm disc brake rotor	700c rear wheels with 11 speed cassette, 140mm disc brake

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# Caution

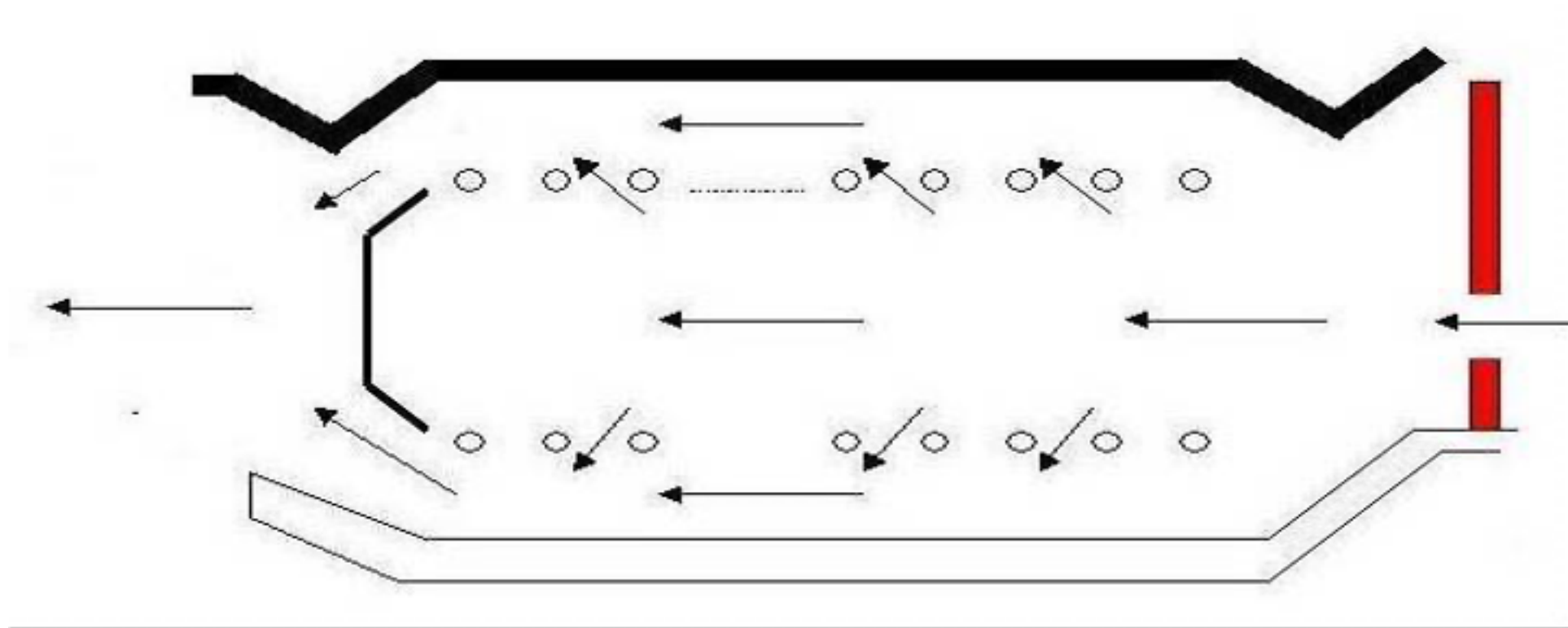
**Caution signal:** sharp whistles and or red flags



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# Transition



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# Run Course

- 4 laps of 2.5km (total distance of 10km)
- Lapped runners – cannot run with leading runners
- Aid Stations
  - 4 per lap (for location see map)
  - Sealed water and ice packs (in this order)
  - Mist fan
- **Littering zones are not applicable**

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# Run Course

- Cooling stations

2 per lap (for location see map)

Air-conditioned vehicles/ medical staff on site

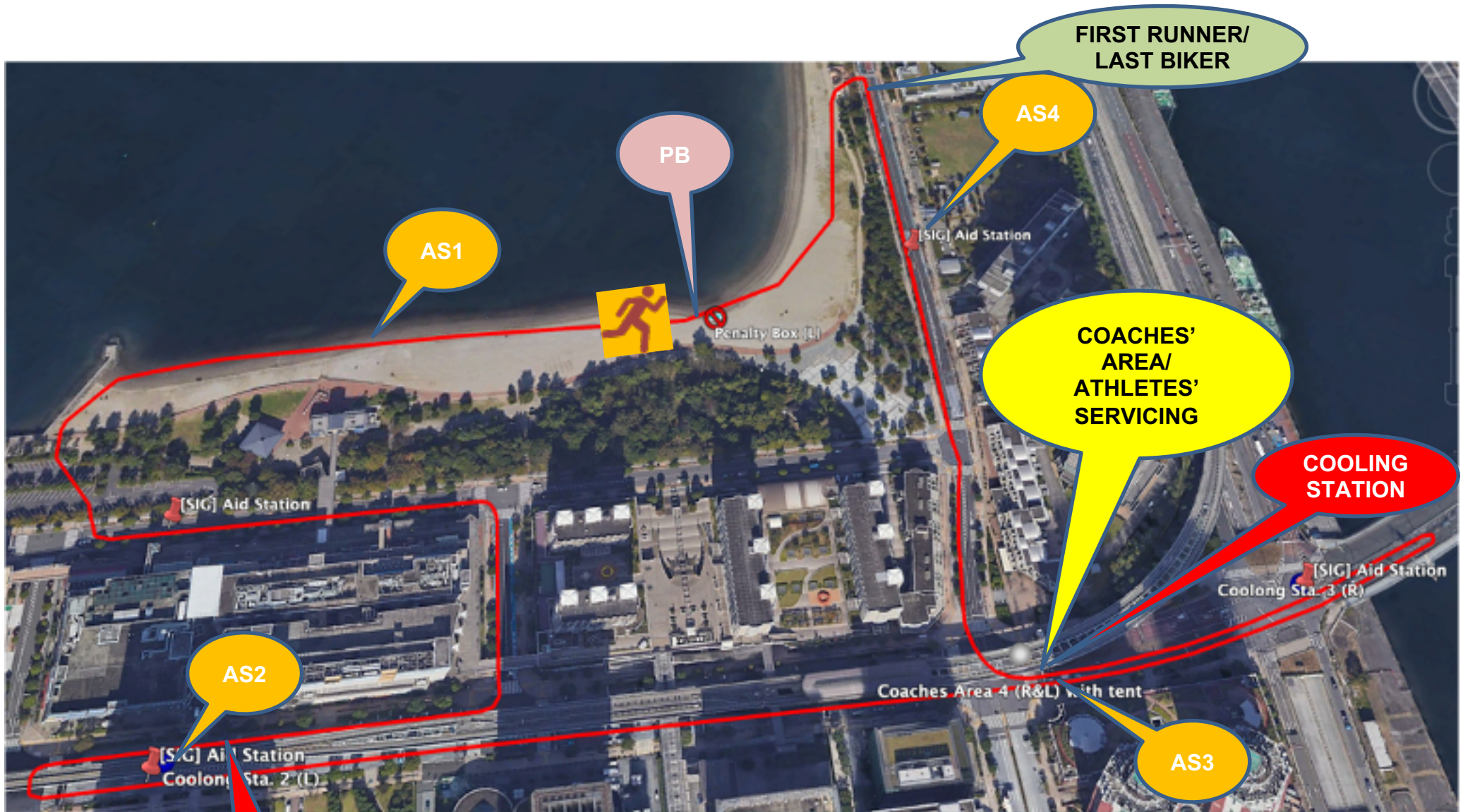
Water / ice packs

TOs will move behind the finish line in order not to block the photo finish camera with the tape.

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# Run Course



FIRST RUNNER/  
LAST BIKER

AS4

PB

AS1

COACHES'  
AREA/  
ATHLETES'  
SERVICING

COOLING  
STATION

AS2

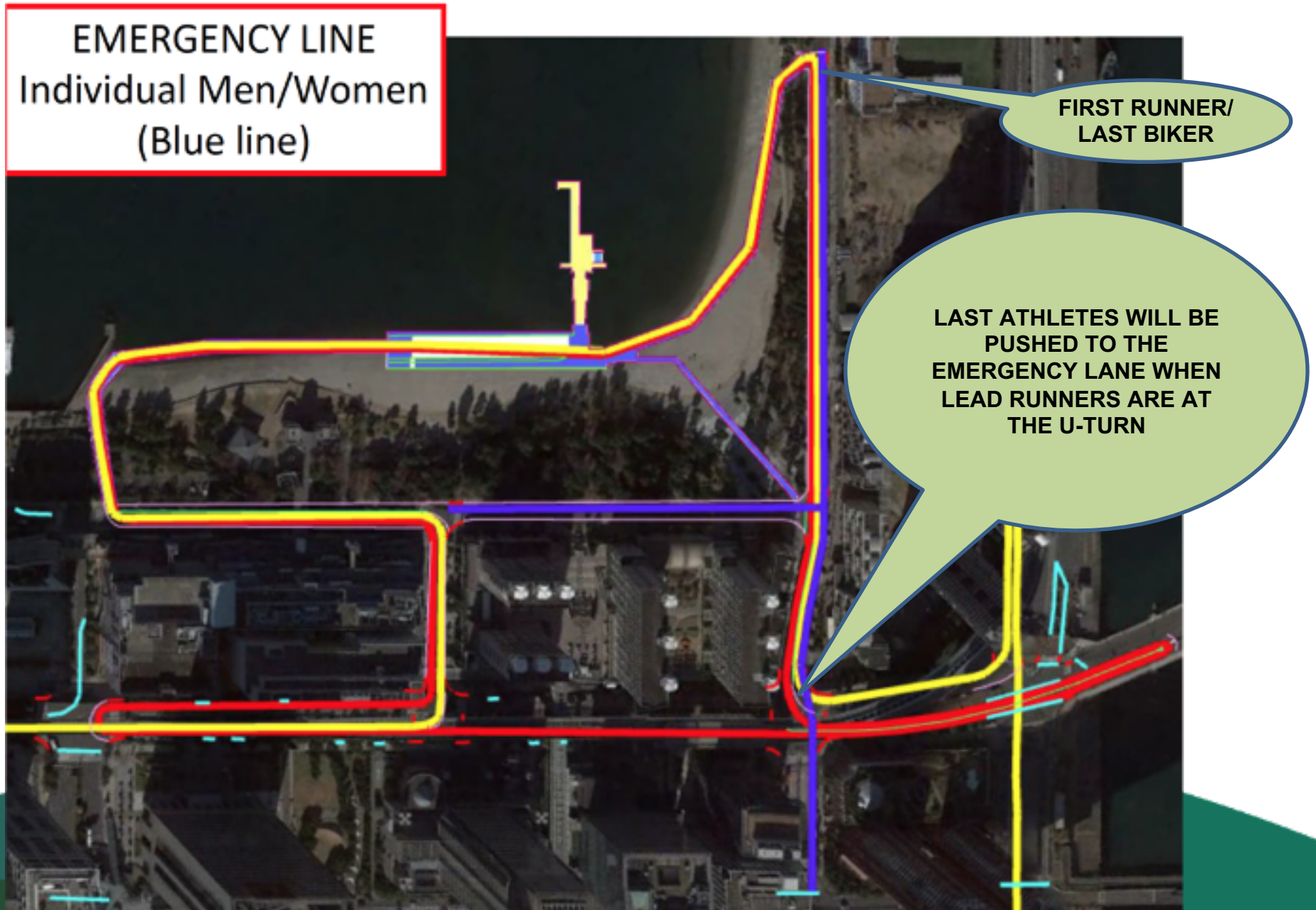
COOLING  
STATION

AS3

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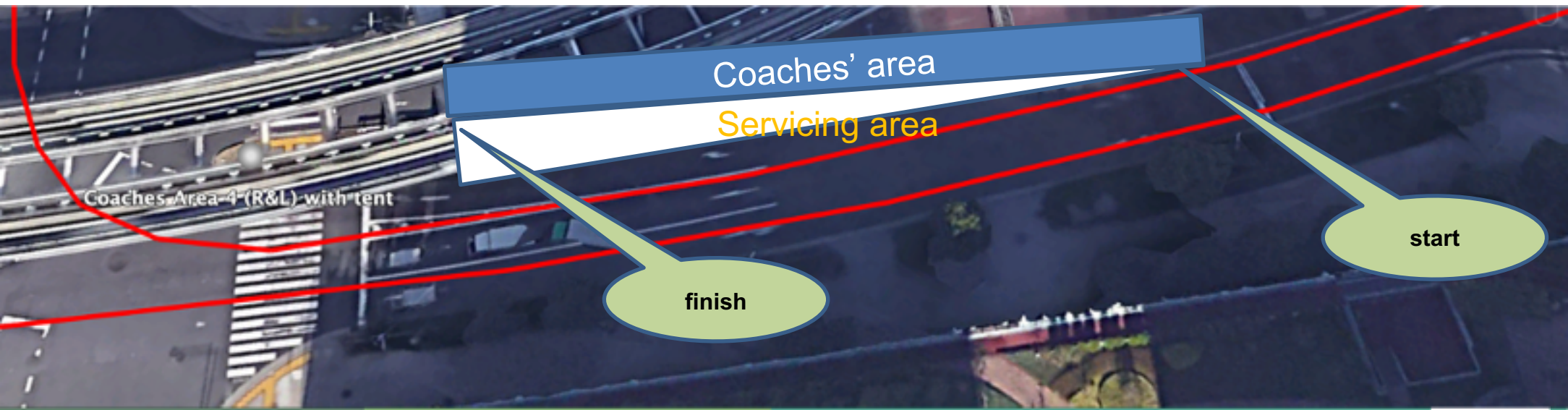


# Last Biker / First Runner

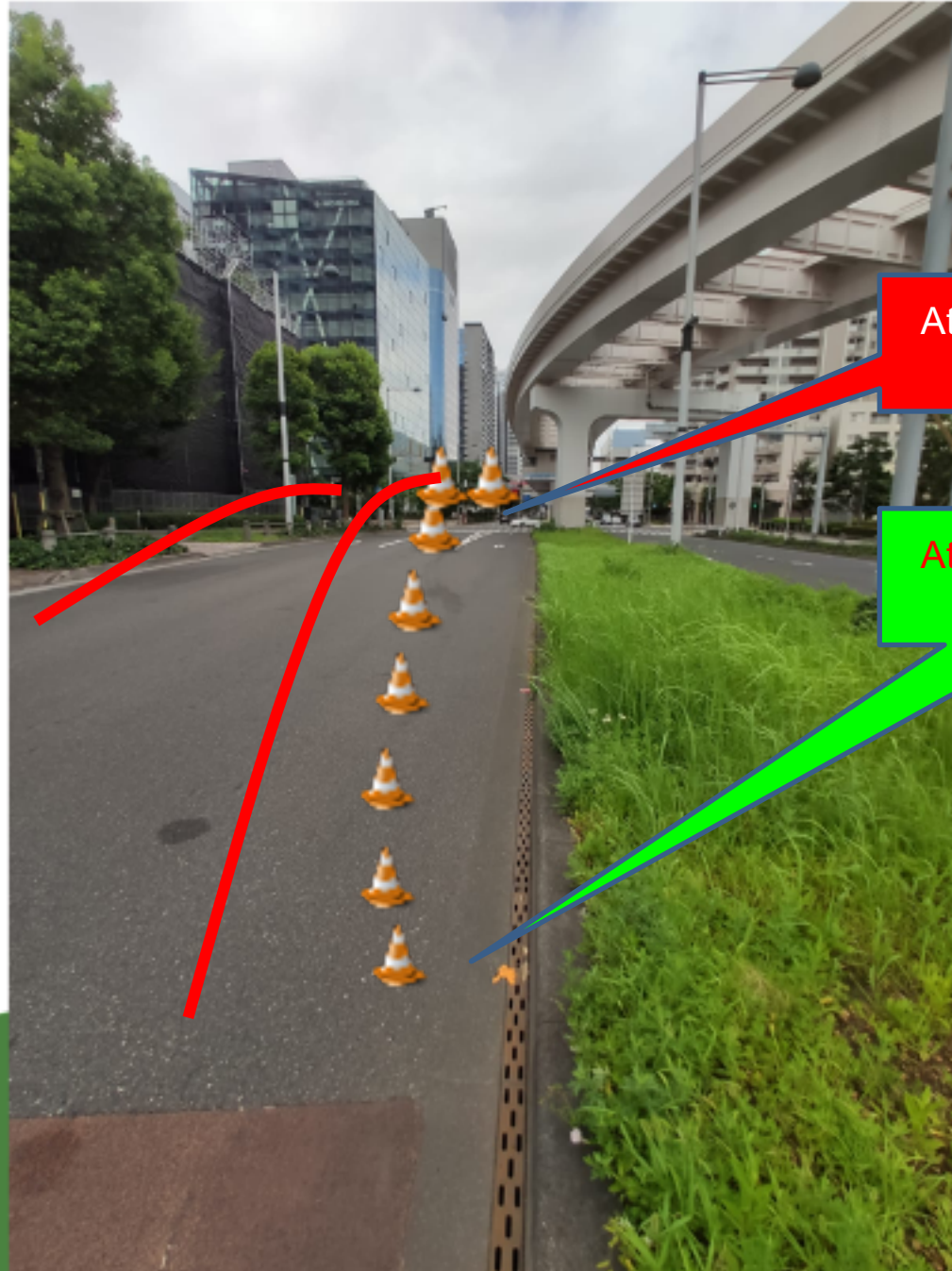


# Athletes' Servicing Area

- Athletes' servicing zone at coaches' area
  - Coaches can give fluids/ nutrition to athletes.
  - Must stay at the coaches zone and get into the servicing zone when his/her athlete is passing by.
  - A coach must never interfere on the servicing of another athlete otherwise accreditations will be removed.



# Athletes' Servicing Area



Athletes Servicing  
END

Athletes Servicing  
START

# Run Penalty Box

- Penalty box is for infringements in : Swim, TA1, Bike, TA2 and Run  
**e.g. swim conduct, mount before mount line, dismount after dismount line, equipment outside your box, rack the bike outside your own space, etc.**  
**Location:** Before entering the finish chute
- **Information:** White board to show race numbers (**and letter**)  
(Athletes need to read the board)
- **Procedure:** **15 second** time penalty served on any lap of the run

Penalties must be posted prior to the 3rd lap on the run. Any penalties following that point will be served on the spot.

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# Run Penalty Box

- Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish at any point. 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.

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# Run Penalty Box

- If you incur a penalty, you will find your number **plus a letter code** indicating the nature of the infraction:

D = Dismount Line Violation

S = Swim Conduct

M = Mount Line Violation

E = Equipment Outside Box

V = Other Violations

For example:

- 12D...athlete #12 received a time penalty for a dismount line violation.
- 12 x 2 ME...athlete #12 received 2 time penalties. One for mount line and one for equipment outside the box violation.

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# Coaches Areas

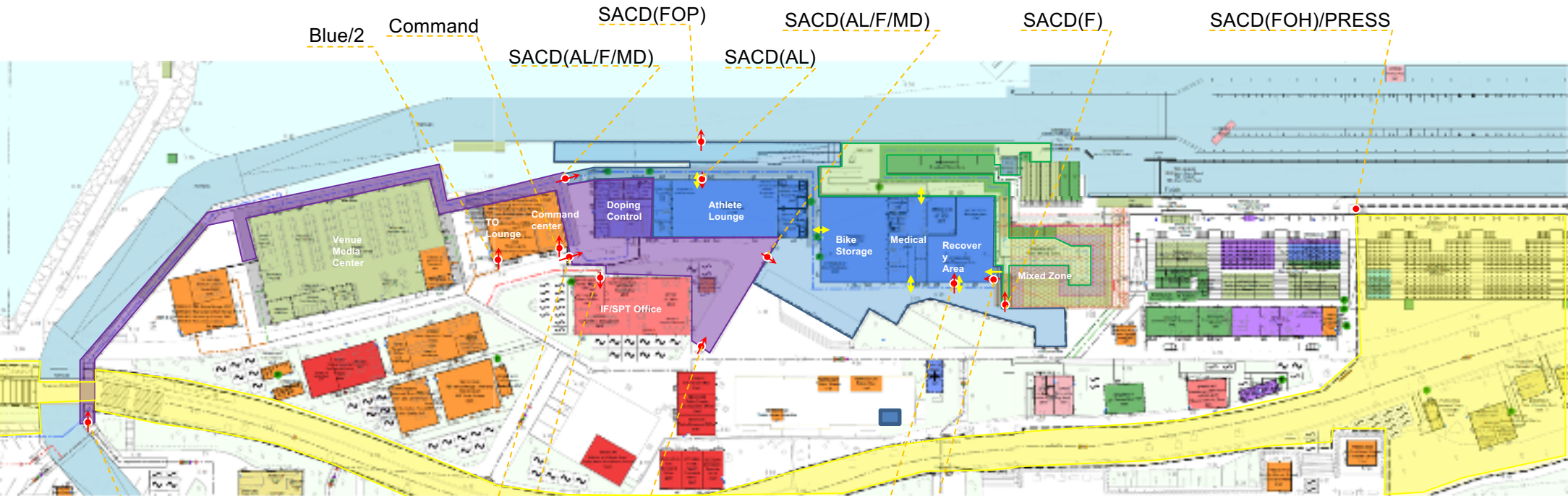
No#	Location
CA1	On the bridge on the way from the transition to the pontoon
CA2	On the seaside of the transition near the pontoon
CA3	On the bike course at the Symbol Promenade Park (only for Individual events)
CA4	Around the Kaihin park Entrance under the Yurikamome train line. This coaches' area is also athletes' servicing zone (only for individual events)
CA5	Before the finish chute, next to the run penalty box

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# SCAD/ Access control

Activated from the 25<sup>th</sup> July – For more information on SCAD please refer to the coaches' meeting presentation.



Blue/2


Blue/2

Blue/2

Blue/2

SACD(AL)

SACD(AL)

 Athletes' Area(Blue/2)

 SACD Area

 SACD(Finish) Area

 Accreditation Check Point

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# Post-race Procedures

- Photo-finish
- No congestion in the finish area: go to 1<sup>st</sup> recovery / mixed zone / recovery area
- For Top 3 athletes/ teams
  - TV/Flash Interviews
  - Medal Ceremony
  - Media “Mixed Zone”
- For awards, dress “up” – at the Athletes’ Lounge
- Ice water tubs are available at the recovery - special rules applying due to COVID-19.

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# Post-race Procedures

- Put a mask on
- Remove the timing chips on your own and give them to the volunteers.

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# Post-race Procedures

## Doping Control

- Accreditation card is needed for every athlete to go for testing.

## Team Medical Access

- Team medical will be allowed to enter the medical tent after permission from the World Triathlon Medical Delegate
- Every NOC can have 1 team medical accreditation. Team doctors must register with the World Triathlon Medical Delegate. Treatment only from medical services.

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# Important note

- All DNF or lapped athletes during the bike leg should go to the next Wheel Station, Aid Station, Medical Station and remain there until the end of the competition.
- All DNF athletes have to report back to the Athletes' Lounge and inform the Registration Technical Official.
- Put a mask on provided by the volunteers in that locations.
- Spare day: July 29<sup>th</sup> / contingency plans.

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# Important information for the Mixed Relay

- Coaches' meeting will take place July 29<sup>th</sup> at 08:30.
- Athletes' briefing will be recorded and available online for the athletes to view on that day.

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# Briefing presentation online

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

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**Have a great race!**

**素晴らしいレースを！**

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