

Sunderland WTCS Elite

Athletes' briefing

(Individual & mixed relay
information)

July 27, 2023



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



- Councillor Dorothy Truman, Mayor of Sunderland
- Antonio Arimany, World Triathlon Executive Board Representative
- Thanos Nikopoulos, World Triathlon Team Leader
- Miguel Alejandro Fernández, World Triathlon Technical Delegate
- Dr. Maisie Bancewitz, World Triathlon Medical Delegate
- Sarah Taylor, World Triathlon Head Referee – Elite Men & Mixed Relay
- Howard Vine, World Triathlon Head Referee – Elite Women
- Sam Allen, LOC Event Director
- Andrew Taylor, LOC Race Director



Competition Jury



- Miguel Alejandro Fernández, World Triathlon Technical Delegate - Chair
- Antonio Arimany, World Triathlon Executive Board Member
- Andy Salmon, CEO – British Triathlon Federation



Athletes' Committee



Claire Michel (BEL)



Kenji Nener (JPN)



Schedule and Timetables



THURSDAY

Immediately after briefing

Race pack pick-up
Team medical meeting



Schedule and Timetables



FRIDAY

10:15 – 10:45 Bike course familiarisation

Meeting point: Elite Transition Area

Two laps sprint race / One lap MR (opposite direction)– escorted by LOC

11:00 – 12:00 Swim course familiarisation

12:00 – 12:30 Coaches feedback on FOP to TD (at TA)

Schedule and Timetables



SATURDAY – ELITE MEN

12:30 – 13:30	Athletes' Lounge check-in
12:45 – 13:45	Transition Area check-in
12:45 – 13:35	Swim Warm-up
13:50	Athletes' Introduction
14:00	Elite Men Start
15:00	Medal ceremony
15:20	Bike check-out (bikes will be removed to Athletes' lounge)



Schedule and Timetables



SATURDAY – ELITE WOMEN

14:05 – 15:05	Athletes' Lounge check-in
14:15 – 15:20	Swim Warm-up
14:55 – 15:15	Transition Area check-in
15:25	Athletes' Introduction
15:35	Elite Women Start
16:45	Medal ceremony
17:15	Bike Check-out



Race Pack Distribution



ALL athletes/support team must provide a picture ID to receive the package.

Your package includes (**don't cut the World Triathlon logos**):

- Stickers – Helmet (3x), Bike (1x)
- Body decals – both arms and both legs
- Accreditation - gives access to athlete lounge on race day
- Welcome gift



Check-in procedures



Athletes' Lounge (Bike check)

- Bike frame
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are 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
- Bring your spare wheels at the Bike Check and then you need to take them at the W.S.
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Only traditional handlebars (**clips-on to be removed**)
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available in athlete lounge



Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform and shoes. **Wearing other uniform or shoes during the race = DSQ.**
- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all triathlon and its other related multisports as described in 1.1.a)
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- Body marking/decal check (both arms, both legs).
- Timing chip distribution (2) - one for each ankle.
- Swim cap distribution.
- If an athlete wishes to wear a second swim cap, the cap underneath must be unbranded.
- Athletes can leave their pre-competition gear at the Athlete Lounge



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 **in front of** the box, helmet on the bike.
- No clip-on handlebar is allowed on draft-legal event.
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up TA.
- Jog to the start platform once your name is called.
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up.

Start Procedures



Athletes in position

- The start can be given any time after the TD/ HR 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.

Elite Sprint course



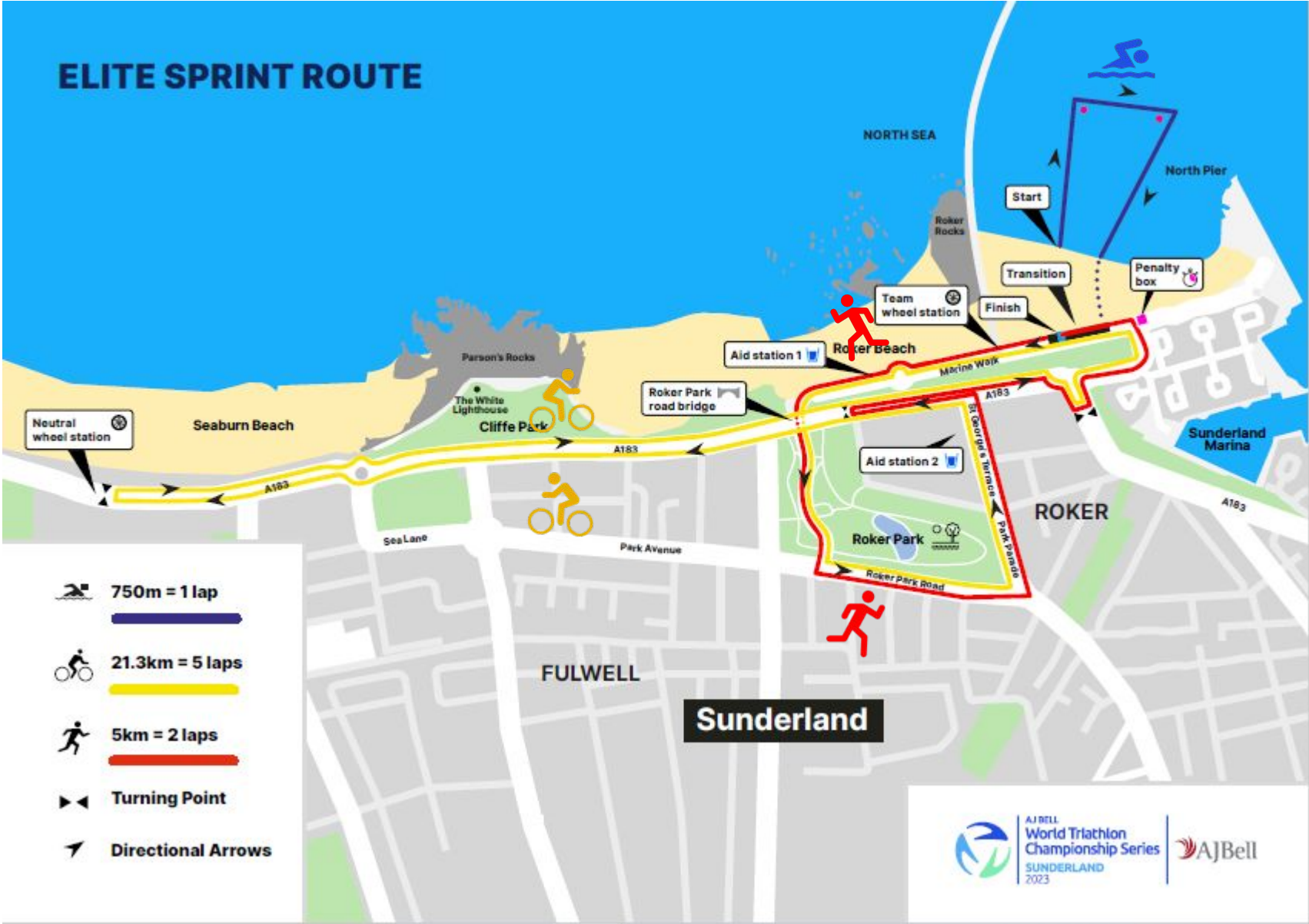
Swim 1 lap of 750m

Bike 5 laps of 4.26 km = 21.3km

Run 2 laps of 2.5 km = 5km



Overall Sprint Course



Swim course

- On at: 13:30 Water: 15.6°C
 Air: 17 °C



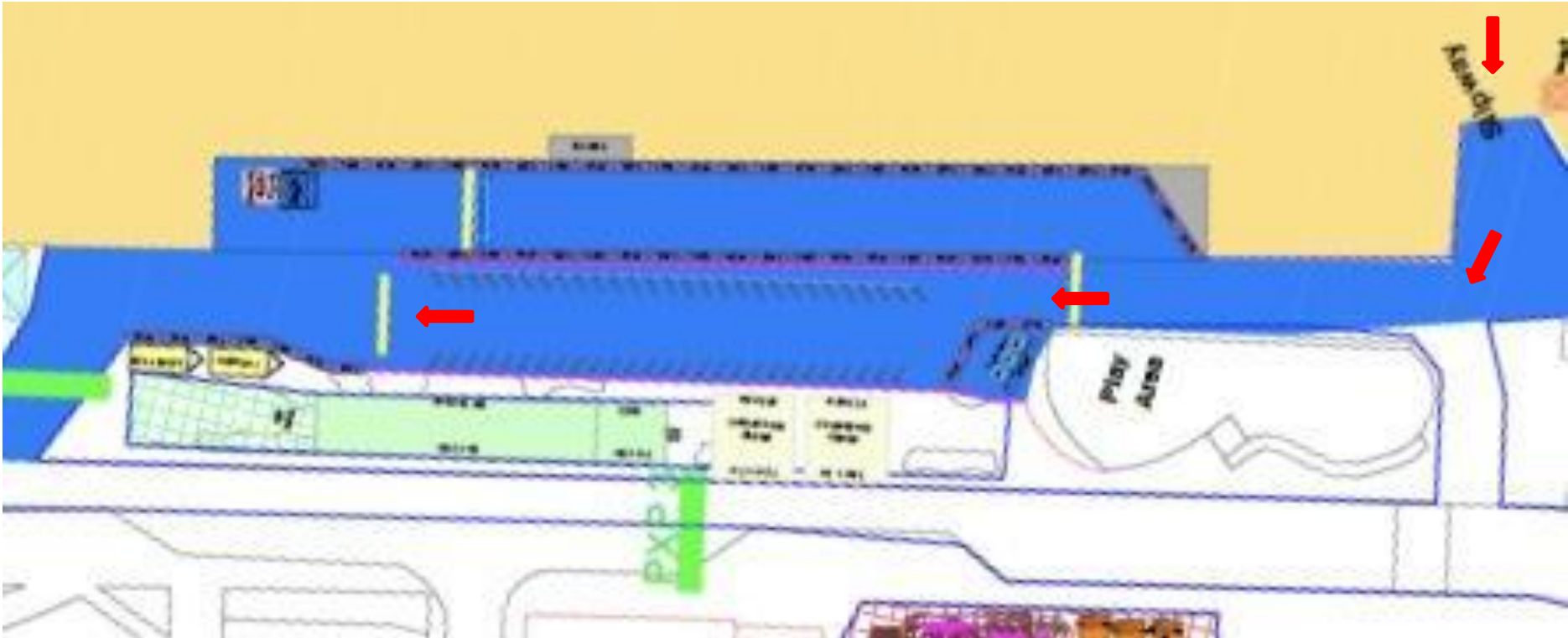
Warning flags will be placed at the athletes' lounge

- Decisions on wetsuit use at 1 hour before race start.
- 1 lap (total distance of 750 m)
- Clockwise
- 2 yellow turn buoys – keep all yellow buoys on your right
- Distance to the first yellow turn buoy 266m
- Take cap, goggles to transition, deposit into your box
- Distance from swim exit to transition = 100m

Swim course map



Swim exit to TA



Swim conduct

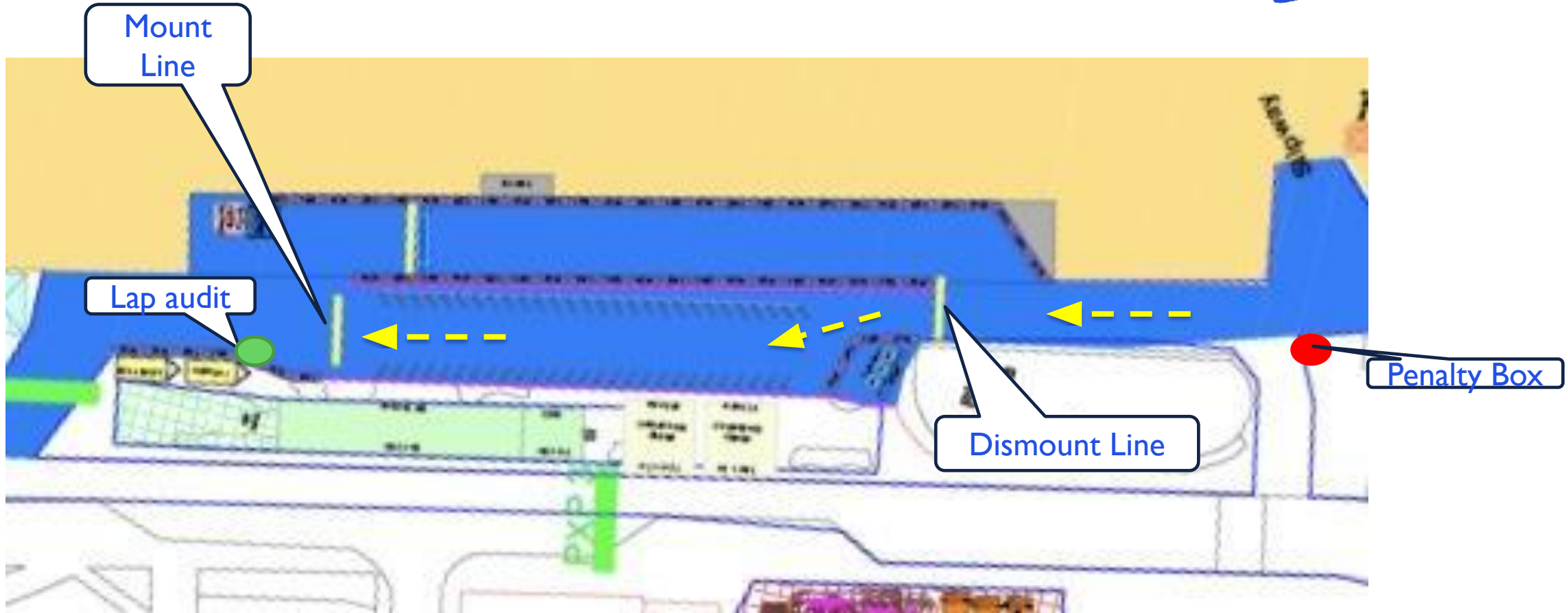


- There will be additional boats and Technical Officials deployed on the swim course to monitor athletes' behavior in this respect.
- Swim will be monitored by drone.
- Infringements may be recorded, and appropriate action will be taken.
- Please respect your fellow competitors and keep the race fair.

Transition Area

- Individual Bike Racks – number, name and country flag.
- The bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels.
- Used equipment goes into the box.
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.
- Mount line (**green**), Dismount line (**red**).

Transition Flow



Bike course

- 5 laps of 4.26 km = 20.3 km
- Technical, sharp turns, uphill and downhill sections.
- -Riding through transition, **caution**
- 2 Wheel Stations (see location on map)
 - Team wheel station at the exit of the venue
 - Neutral wheel station – at the turning point
- Lap Counter: exit of transition
- Littering Zones – at Aid Stations
- Lapped athletes are out of the race
- First runner – last biker scenario (see location on map)
- Athletes' bike behaviour will be monitored according to rule **CR §5.1.b**



Neutral Wheels



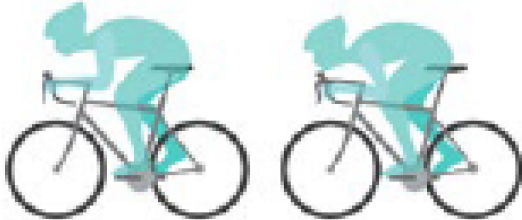
- 2x 700c Front wheels, rim brake;
- 2x 700c Front wheels, 160mm rotor disc brake;
- 2x 700c Front wheels, 140mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, rim brake;
- 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, 140mm rotor disc brake;
- 2x 700c Rear wheels with 12speed cassette, 160mm rotor disc brake;
- 2x 700c Rear wheels with 12speed cassette, 140mm rotor disc brake.

Bike Course Map



Riding position

OK

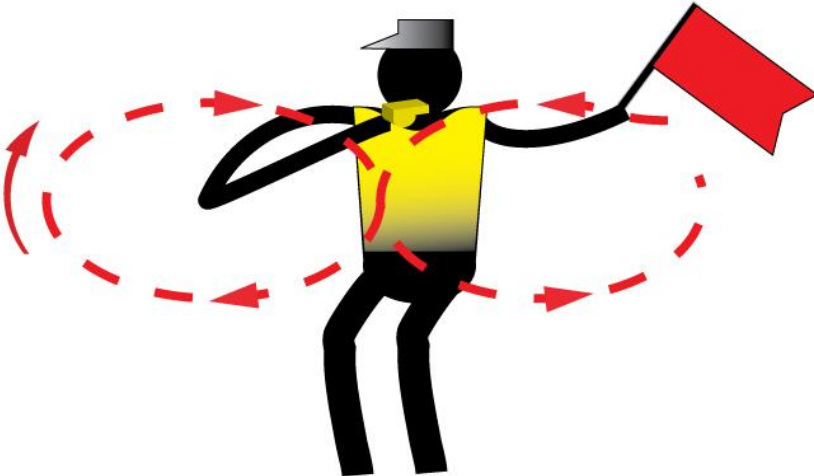


NOT OK

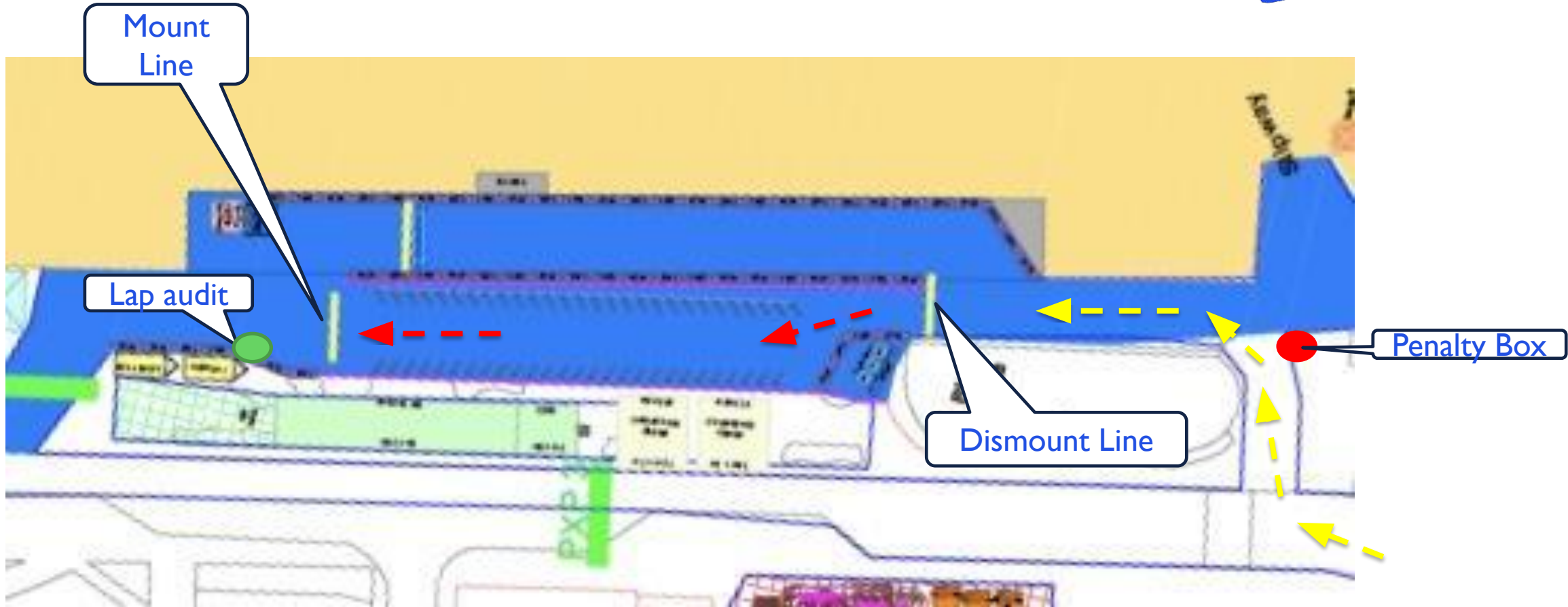


Only ok in draft
illegal event

Caution



Transition Flow

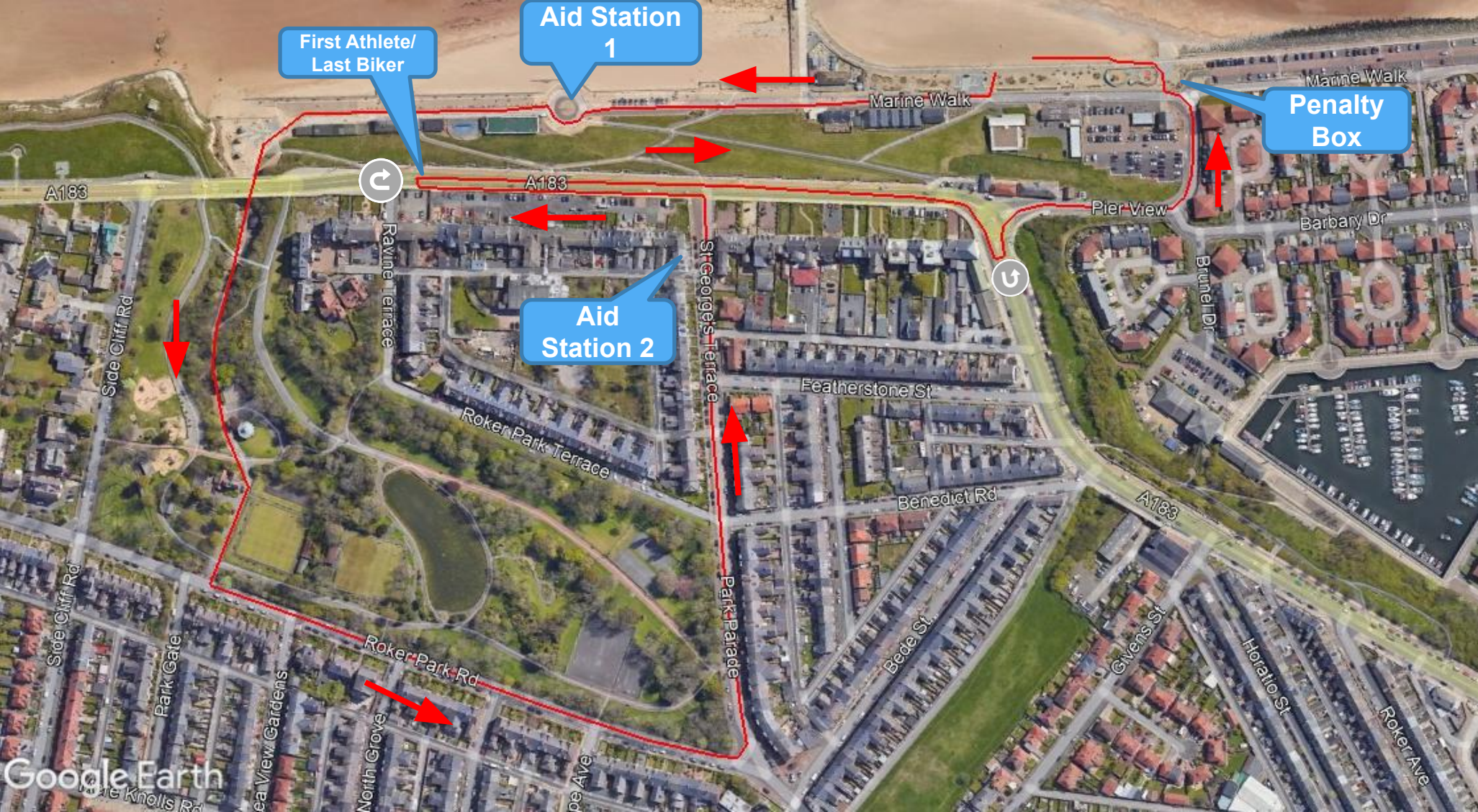


Run course

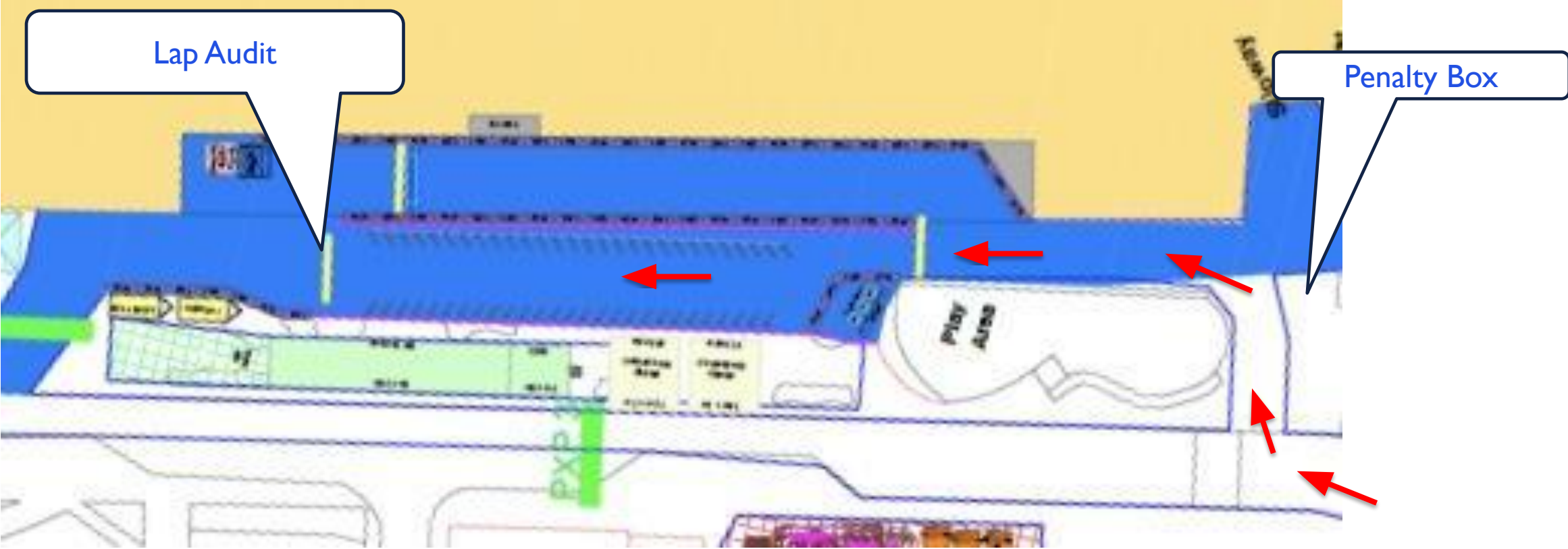
- 2 laps of 2.5 km
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Sealed water and ice
 - Discard bottles and litter within the littering zones indicated by the signs above
- Athletes' run behaviour will be monitored according to **CR §6.1**
- Photo-finish
- Congestion in finish area >>> Go to mixed zone / recovery area



Run Course Map



Run Lap



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run Penalty Box
- **Location:** 100m before the Finish
- **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 protest the penalty. Evidence will only be made available if an protest is filed.

Run Penalty Box



Violations Abbreviations:

Dismount Line	D
Mount Line	M
Swim Behavior	S
Run Behavior	R

Littering	L
Equipment outside the box	E
Bike Behavior	B
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



Finish



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol.
 - Men at 15:50
 - Women at 16:45
- Elite athletes are not allowed to carry their country flag on the podium; there will be flags raised with the playing of the national anthem of the winner.
- Prize money will be wire transferred.



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 Medical Director's permission.

Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
 - (i) a penalty for a drafting violation; and
 - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches must collect accreditation to be able to enter the venue.
- Only Coaches/Support crew who have been registered from their NF into the World Triathlon online system are entitled to accreditation.
- Support to the athletes is composed of the following categories: Coaches, Medical, Bike Mechanic and NF representatives. World Triathlon may add other categories if needed in a specific event. **The people entered in the categories of Coaches must complete the Anti-Doping Education course.**

Coaches' areas

- Swim start and swim exit, next to elite transition, next to penalty box, athletes lounge.



Sunderland WTCS MTR Athletes' briefing

July 27, 2023



Competition Jury



- Miguel Alejandro Fernández, World Triathlon Technical Delegate - Chair
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Team Declaration



- Deadline of the online registration is 15:00 on Saturday. After that time the online registration will close. Follow the instructions for the World Triathlon Entries Team.
- The online registration forms will be printed and you will be asked to sign them off at the team declaration meeting **at 17:30 to 18:00 on Saturday at the athletes' lounge**. You can do any changes at that time.
- All nominated members must have completed the athlete's agreement and the LOC medical waiver
- Final adjustments to the team composition will happen on Sun from 10:50 - 11:05.

Schedule and Timetables



SUNDAY – ELITE MIXED RELAY

10:50 – 11:05 Elite MR Declaration of Final Team Composition

Athletes' Lounge

11:45 – 12:45 Elite Mixed Relay Athletes' Lounge Check In

12:00 – 13:00 Elite Mixed Relay Transition Check In

12:00 – 13:00 Elite Mixed Relay Swim Warm-up

13:05 Elite Mixed Relay Introductions

13:15 Elite Mixed Relay START

14:50 – 15:00 Elite Mixed Relay Medal ceremony

15:15 Bike Check-out



Check-in procedures



Athletes' Lounge

- All Team members must check in together
- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Swim cap distribution (first athlete “A” only)
- Timing chip distribution at the relay zone, 2 per athlete - one for each ankle
- Athletes **MUST** be in the pre-relay exchange area in time to collect chips/swim cap and be ready
- Pre competition gear can be left at swim start, it will be returned to pre-relay exchange area
- Bike check process will be similar to the individual event.

Check-in procedures



Transition area

- Helmet – do not leave helmet straps fastened in transition.
- Helmet on bike.
- The bike must be racked in the first transition by the rear wheel and in the second transition by either wheel.
- Running shoes go outside and in front of your box.
- Leave the spare wheels with your label at the athletes' lounge.
- The 4th athlete (D) must rack their bicycle closest to the mount line.

The course



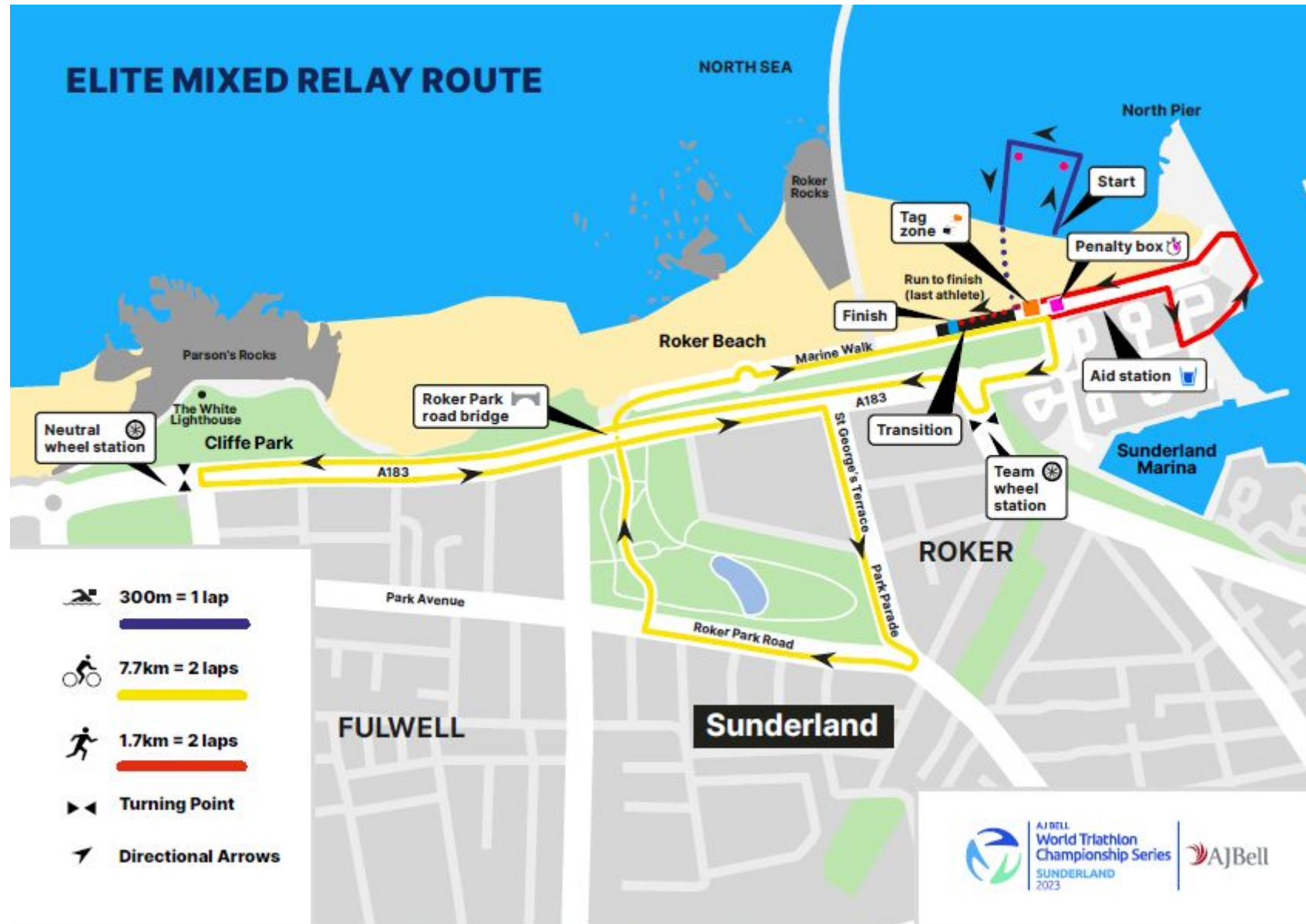
Swim 1 lap of 300m (anti-clockwise)

Bike 2 laps of 3.85 km = 7.7km

Run 2 laps of 825m = 1.64km



Elite Mixed Relay Course



Pre-start Procedures

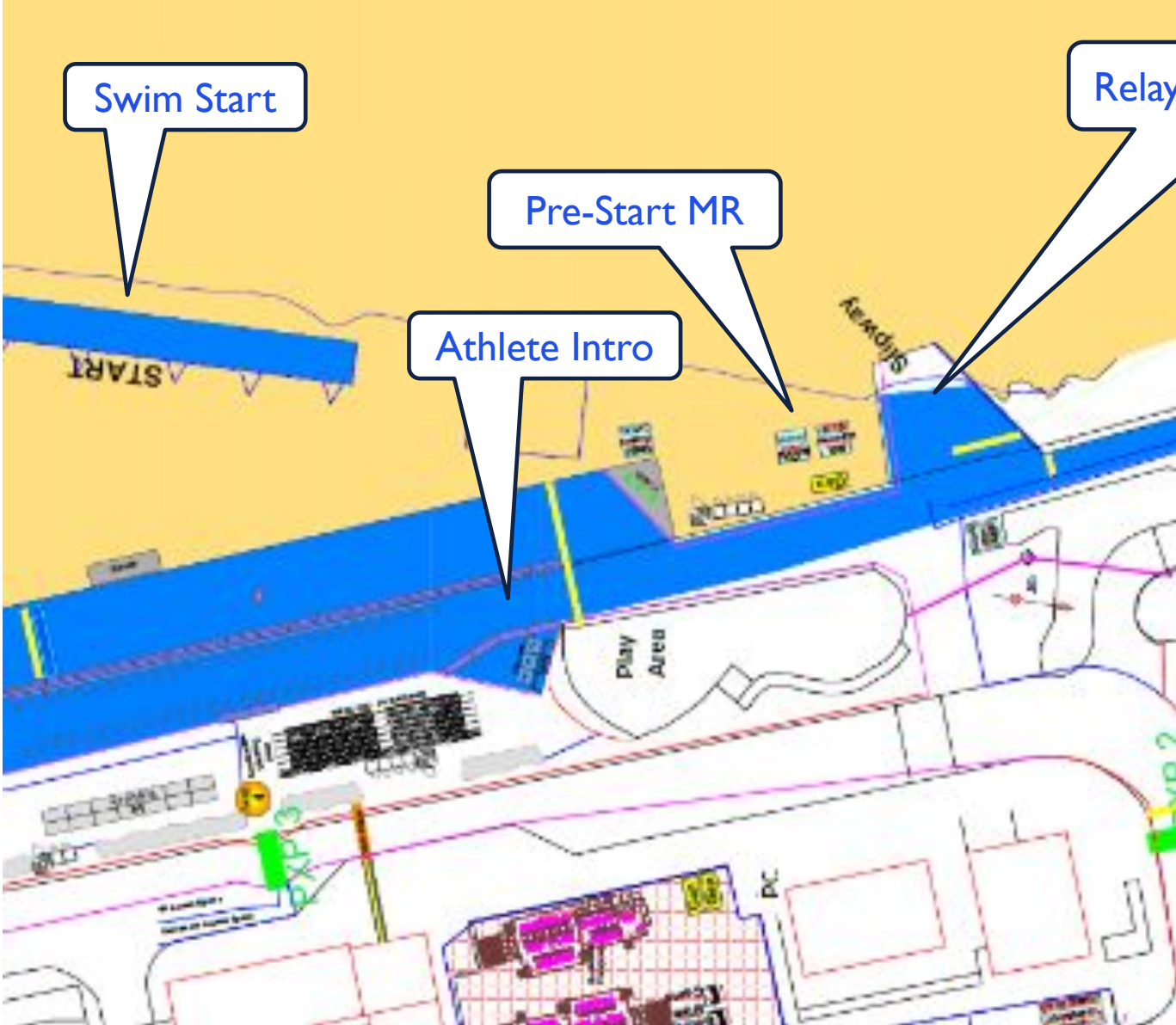
Athlete Introduction

- 10 minutes before start - line-up in pre-start area
- Team will be introduced together
- 1st athlete (A)
 - Jog to the start platform
 - Select your position and stay behind the line!

Athlete blocking more than one place could result in DSQ

- B, C, and D athletes stop, move back to the pre-relay area next to the relay exchange zone.
- Last minute gear will be moved back to pre-relay exchange area tent.

Pre-start Procedures



Start Procedures



Athletes in position

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

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

Swim Course – General



- Pass all buoys on the left shoulder
- **Swim behaviour will be closely monitored and recorded by boat based and Video Review officials**
- Take wetsuit, cap, goggles to transition into the box

Swim course

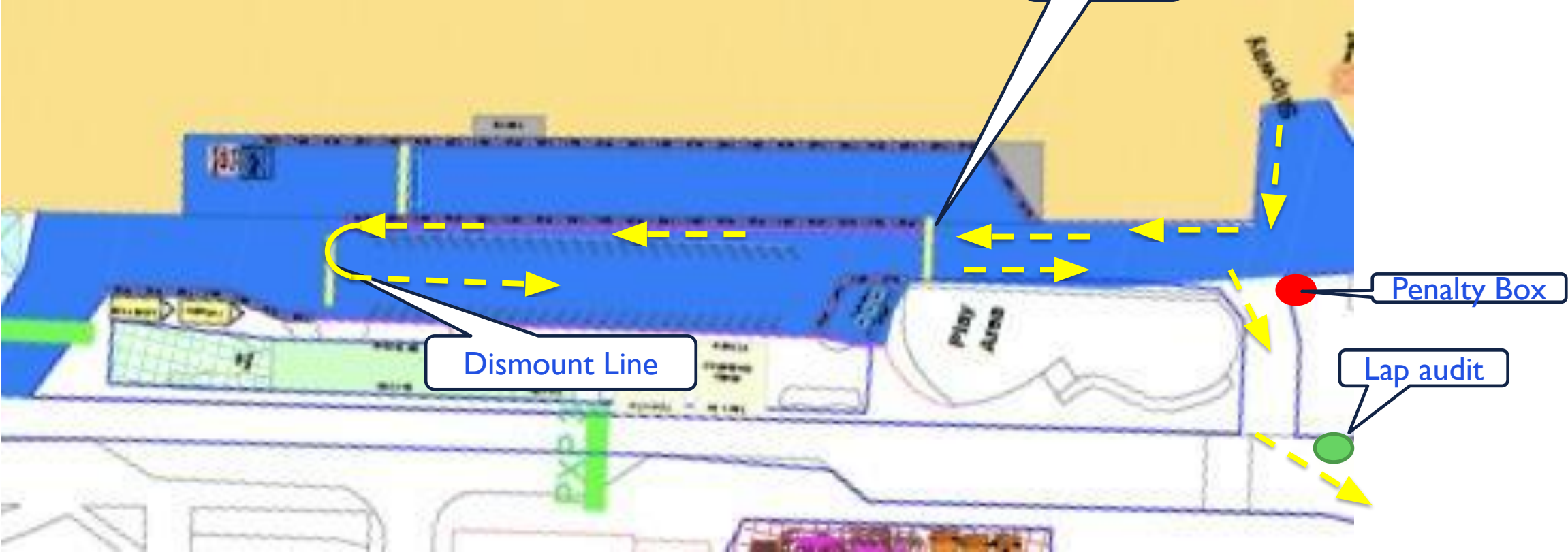
1 lap of 300m/distance to first turn buoy: 175m



Transition

- 100m from swim exit to transition zone
- Individual bike racks
- Name, number, country code and flag
- All used equipment goes into your box
- Failure to put equipment in box = 10 second penalty on run PB
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)

Transition Flow



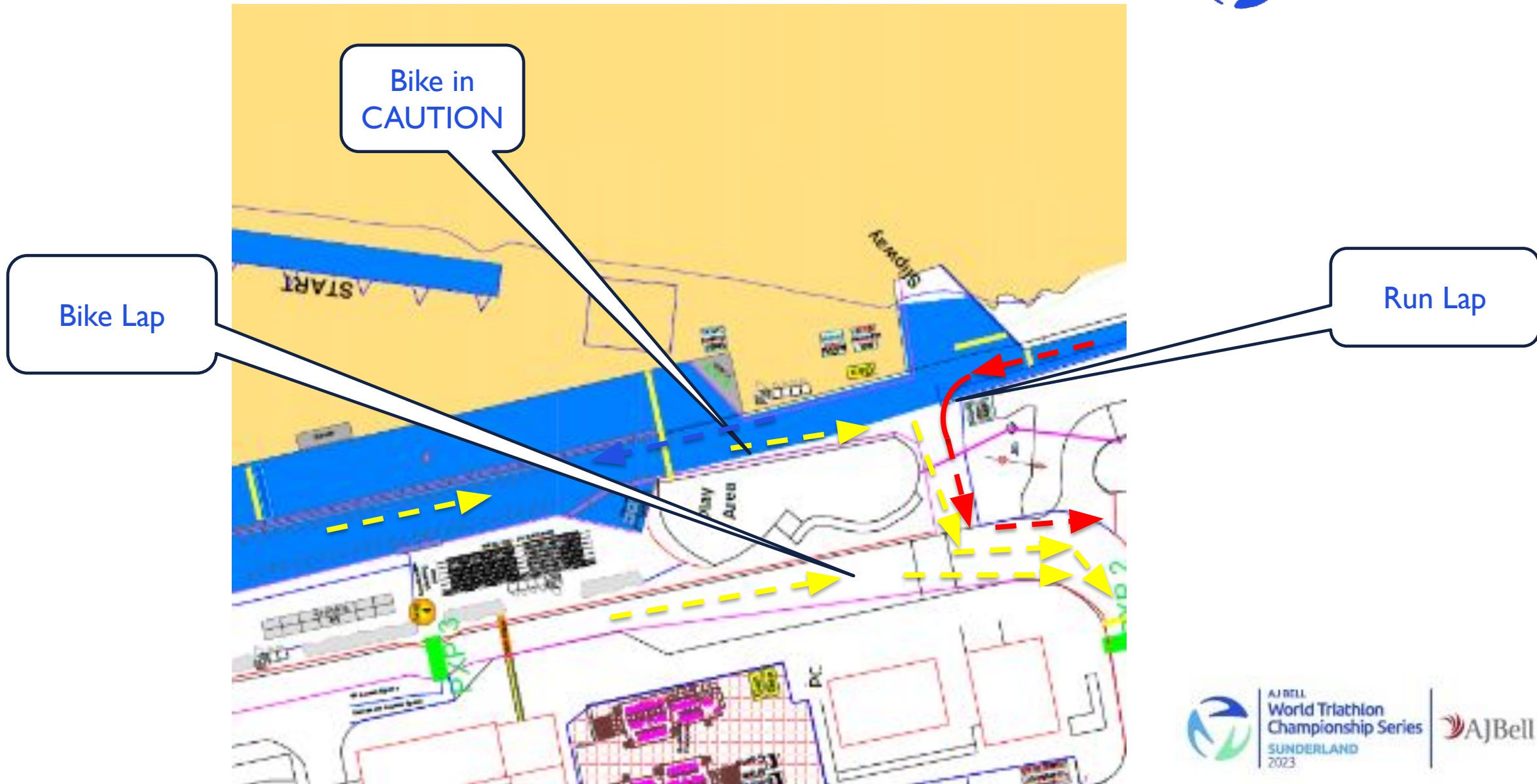
Bike Course

- 2 laps of 3.85km (total distance of 7.7km)
- Not ride through transition each lap
- Technical, sharp turns, uphill and downhill sections.
- 2 Wheel Stations (WS): for location see map
 - 1 Team Wheel Station
 - 1 Neutral Wheel Station
- 1 Littering zone for bike (Neutral wheel station)

Bike Course Map



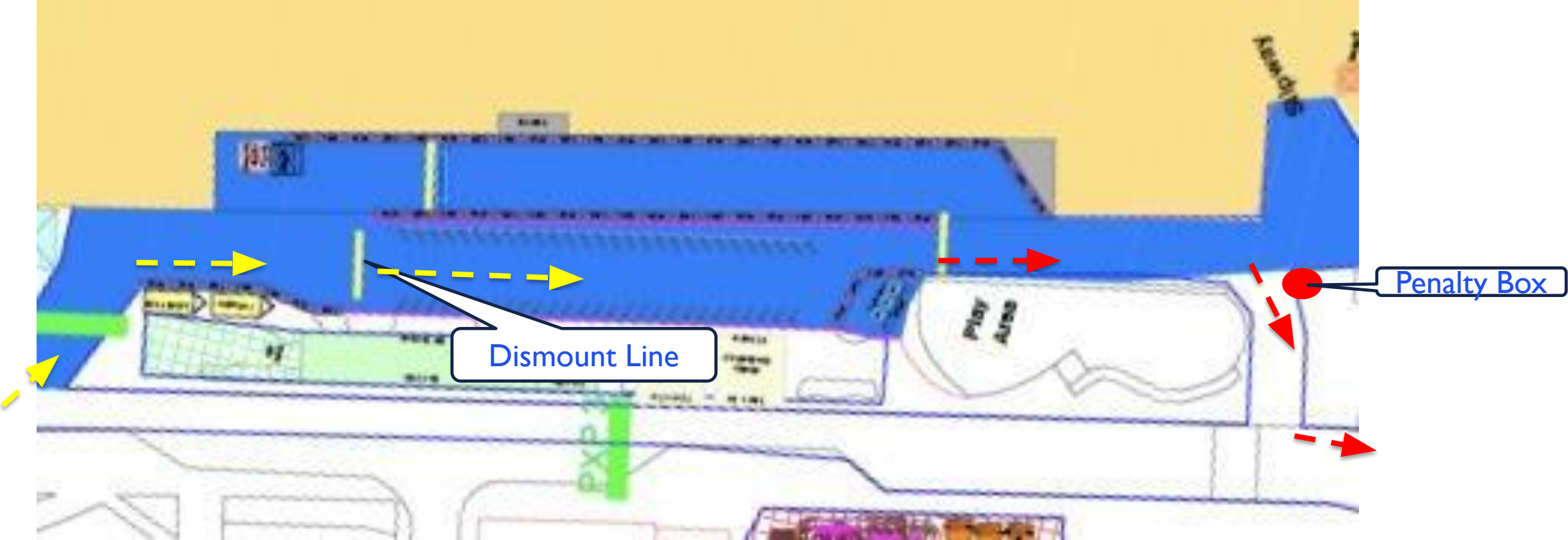
Bike Lap / Bike in



Neutral Wheels

- 2x 700c Front wheels, rim brake;
- 2x 700c Front wheels, 160mm rotor disc brake;
- 2x 700c Front wheels, 140mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, rim brake;
- 2x 700c Rear wheels with 11speed cassette, 160mm rotor disc brake;
- 2x 700c Rear wheels with 11speed cassette, 140mm rotor disc brake;
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Transition Flow

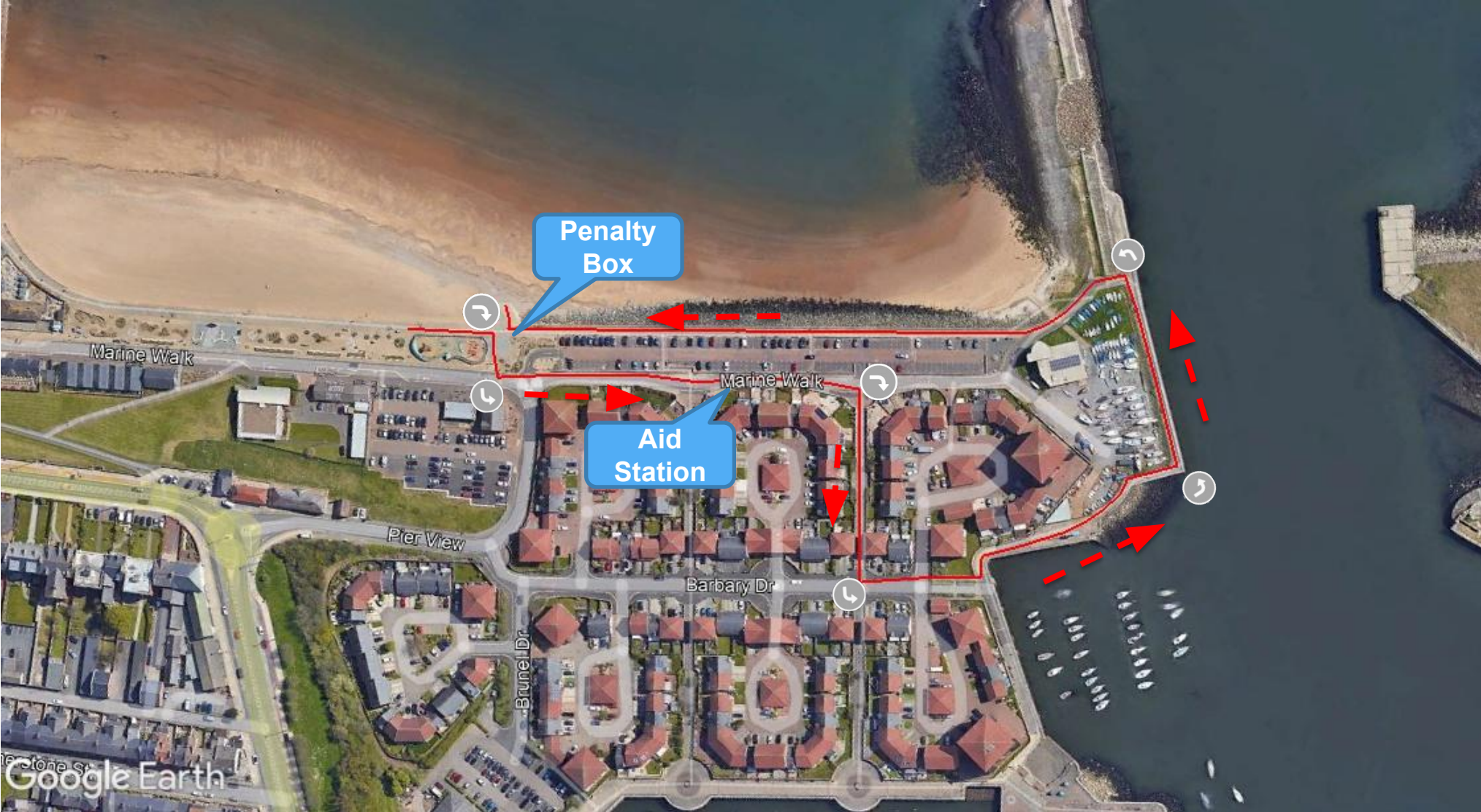


Run Course

- 2 laps of 825m (total distance of 1.64km)
- 4th athlete runs 116m more (going to finish)
- Lapped runners – cannot run with leading runners
- Aid Stations and Littering Zones
 - 1 per lap (for location see map)
 - Sealed water
 - Discard bottles and litter in the Littering Zones as indicated by the following signs



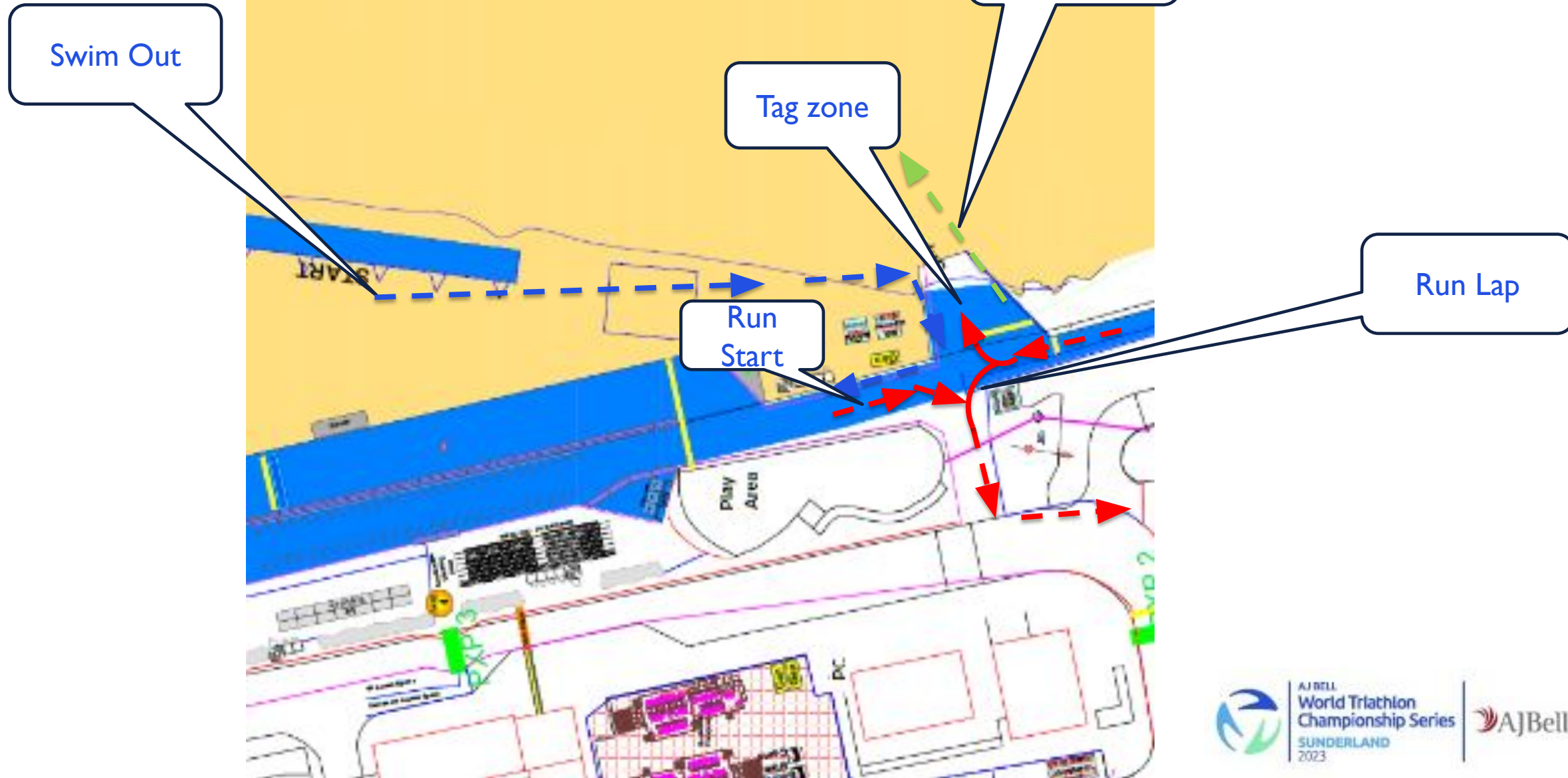
Run Course Map



Relay Exchange Zone

- Prior to the relay exchange, the athletes will wait in the relay check in zone until the moment when the Technical Official tells them to enter the relay zone at the finish. Athletes need to be present at the check in area.
- It is athletes' responsibility to be there, collect timing chips and be ready.
- The relay exchange from one team member to another will take place **inside** the "Relay Zone".
- The relay exchange is completed by the incoming athlete, using their **hand** to contact the **body** of the outgoing athlete within the relay zone.
- If the contact occurs *unintentionally* outside the relay zone, the team will get a 10 second penalty.
- If the contact occurs *intentionally* outside the relay zone or not completed, the team will be DSQ.
- Keep both feet behind the relay line.
- **A penalty board will be placed in the relay zone to inform teams.**

Relay Exchange Zone



Post Race Procedures

- Photo-finish
- No congestion in the finish area
- For Top 3 teams (only) – they can join their team member at the finish
 - TV/Flash Interviews
- Medal Ceremony 14:50-15:00
 - For awards, dress “up” – with race uniform (or country clothes)
 - *Ambush marketing rules apply*

Post Race Procedures



Anti-Doping Control

- Photo ID is needed for every athlete to go for testing. The tests will be carried out at the venue.

Team Medical Access

- Only team medical will be allowed to enter the medical tent after LOC Medical Director's permission.
- Every NF can have 1 team medical accreditation. Team doctors should register with the World Triathlon Medical Delegate.



Coaches Areas



Coaches accreditations will only be distributed to those coaches whose National Federations registered them through the online system

They will have access to:

- Athletes' Lounge
- Adjacent to elite transition
- Penalty Box Area
- Swim start
- Swim exit

Water Quality Assessment

Enterococci	
Insert Sample Date	NMP/100mL
Location A	19
Location B	50
Location C	62
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	31
Location B	72
Location C	220
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	N/A
Location B	N/A
Location C	N/A
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Sunny
Race Day	Overcast (70% chance of rain)

Weather report	
Day	Weather
B-3	Sunny
B-2	Sunny
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Beach	None	None	09:15	None

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 forecast



	Night	Morning	Afternoon	Evening	Max/min temp.	Precip.	Wind
Today 27 July					18° / 14°	1.2 mm	5 m/s
Friday 28 July					21° / 13°	1.2 mm	5 m/s
Saturday 29 July					19° / 14°	2.9 mm	7 m/s
Sunday 30 July					19° / 12°	5.1 mm	6 m/s



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Access the race briefing at:



https://triathlon.org/about/downloads/category/race_briefings



Have a good race!



Be your
extraordinary