



ITU  
triathlon  
World Cup Miyazaki

# Thursday, 8 November 2018

## Elite Race Briefing



# Briefing Agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The Course
- Post-race Procedures
- Weather Forecast

# Welcome and Introduction

- Mitsuhide Iwaki, JFU President
- Shin Otsuka, ITU Vice President
- Alan Ma, ITU Team Leader
- Rebecca Mok, ITU Technical Delegate
- Hideo Watanabe, ITU Assistant Technical Delegate
- Koji Koganezawa, ITU Head Referee
- Dr. Toshihito Katsumura, ITU Medical Delegate

# Competition Jury

- Rebecca Mok, ITU Technical Delegate - Chair
- Shin Otsuka, ITU Vice President
- Shuji Kano, JFU Representative

# Schedule and Timetables

## Today (after this briefing)

18:35 Race pack pick-up

Your race package includes:

- *Helmet stickers (3x)*
- *Bike sticker (1x)*
- *Body decals (4x) – both arms and both legs*
- *Accreditation Card – this will be required at ALL TIMES to access venue and athletes lounge*

19:00 to 20:30 Welcome Party

# Schedule and Timetables

## Friday, 9 November 2018

13:00 to 14:00      Bike Course familiarization  
(Meet at the transition area)

14:00 to 15:00      Swim Course familiarization

# Course Familiarization

Friday, 9 November 2018

The bike course is a motorway, normally prohibited to ride with bicycle.

- Register for bike familiarization (12:40~1300)
- Meet at the transition, around the Mount line.
- Leave your baggage in the Age-group transition.
- **Only 2-laps**

# Schedule and Timetables

## Saturday, 10 November 2018

### Elite Women

08:00 to 09:00	Athletes' Lounge Check-In
08:30 to 09:15	Transition Check-in
08:30 to 09:15	Swim Warm-Up
09:20	Athletes' Introductions
09:30	Elite Women Start
14:30 - 14:45	Medal Ceremony



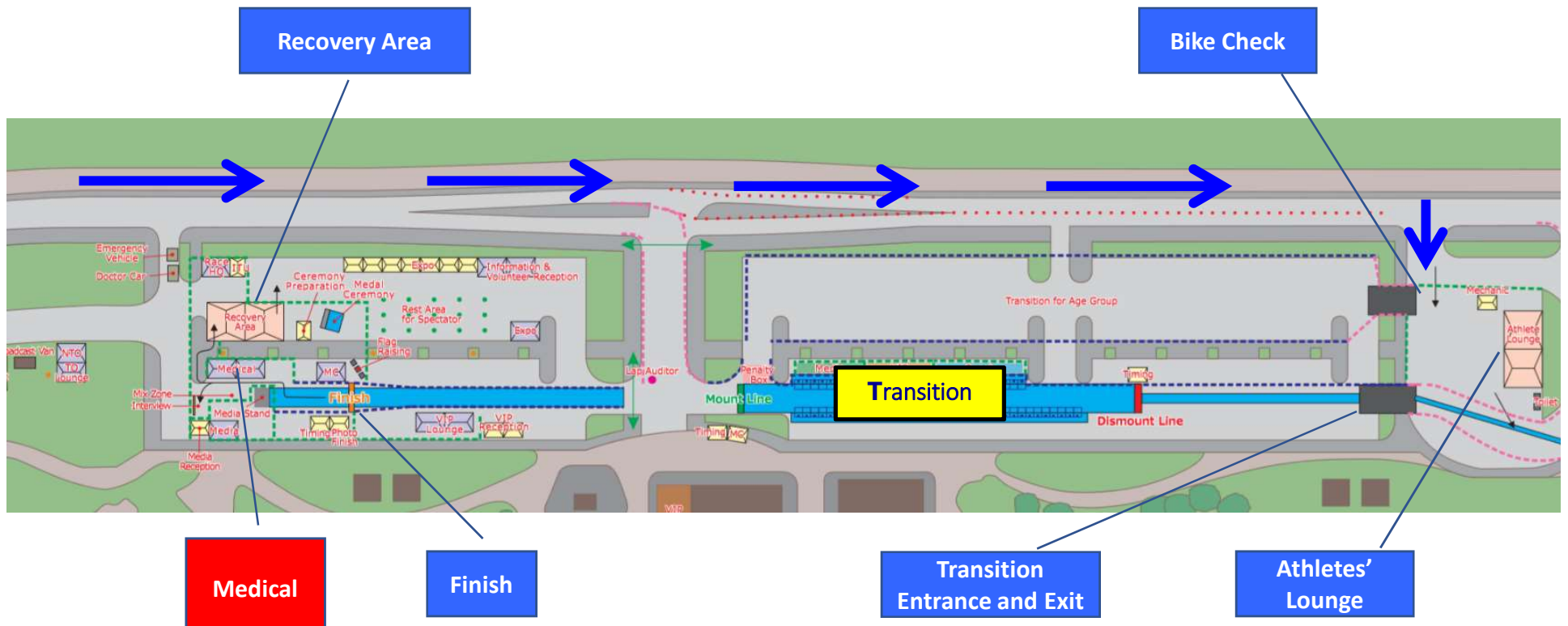
# Schedule and Timetables

## Saturday, 10 November 2108

### Elite Men

11:00 - 12:00	Athletes' Lounge check-in
11:40 - 12:15	Transition check-in
11:40 - 12:15	Swim Warm Up
12:20	Athletes' introductions
12:30	Elite Men start
14:30 - 14:45	Medal ceremony

# Access to Venue



# Check – In Procedure

## Bike Check - before entering Athletes Lounge

- Refer to 5.2 in Competition Rules
- Handle bars with clip-ons
- Wheels (Non authorised UCI wheels rule)
- Spare wheels
- Bike frame
- Helmet
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{cm} \leq \text{Women}$ ) Random 25%  
Approved exceptions on ITU website  
<http://www.triathlon.org/about/downloads/category/rules>
- 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
- Mechanic service available at the outside of Athletes Lounge

# Check – In Procedure

## Athletes' Lounge

- Uniform and race gear check (name, country, logos, ITU logo, zippers, – photos taken of each uniform)

*Wearing other uniform during the race = DSQ!*

- Body marking check (both arms, both legs)
- Timing chip distribution
- Swim cap distribution
- Leave bags in the Athletes' Lounge

# Check – In Procedure

## Transition Area

- Helmet – Do not leave helmet straps fastened in transition

*The athlete who misses to comply with this rule will receive a time penalty of 15 seconds in TA1*

- Running shoes go outside and close to your box
- Helmet on bike
- Labeled spare wheels collected at bike check and returned to athletes lounge

# The Course

## Swim

2 Laps of 750m = 1.5km

## Bike

7 Laps of 5.7km = 39.9km

## Run

4 laps of 2.5km = 10km

# Pre- Start Procedure

## Athletes' Introduction

- 10 minutes before your start, line up at the beach
- When you are introduced, jog to the swim start area
- Quickly select your start position
- After selecting your position, stay behind the pre start line

***Blocking more than one position = DSQ***



backward of your starting grid frame

# Start Procedure

## Athletes in position:

- The start can be given any time the Technical Delegate announces “On Your Mark”.

Step in your starting grid, then stop.

- Air horn blast
- The race starts



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



# False Start Procedure

## False start with many athletes:

- Several horn blasts
- Kayaks in front of you
- Everyone goes back to his/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*

# Swim Course

- Today at 7:50am
  - ✓ Water temperature 20.7° C
  - ✓ Air temperature 17.3° C
  - ✓ Final decision 1 hour before race start
- **2 laps** (total distance of 1500m) – counterclockwise
  - Distance to the first turn buoy 300m
  - Pass all buoys on the left shoulder, except 4<sup>th</sup> buoy.
- **Swim behaviour will be closely monitored and video recorded by swim course technical official**
- Take (wetsuit,) cap, goggles to transition into the box

# Swim Course



# Swim Course



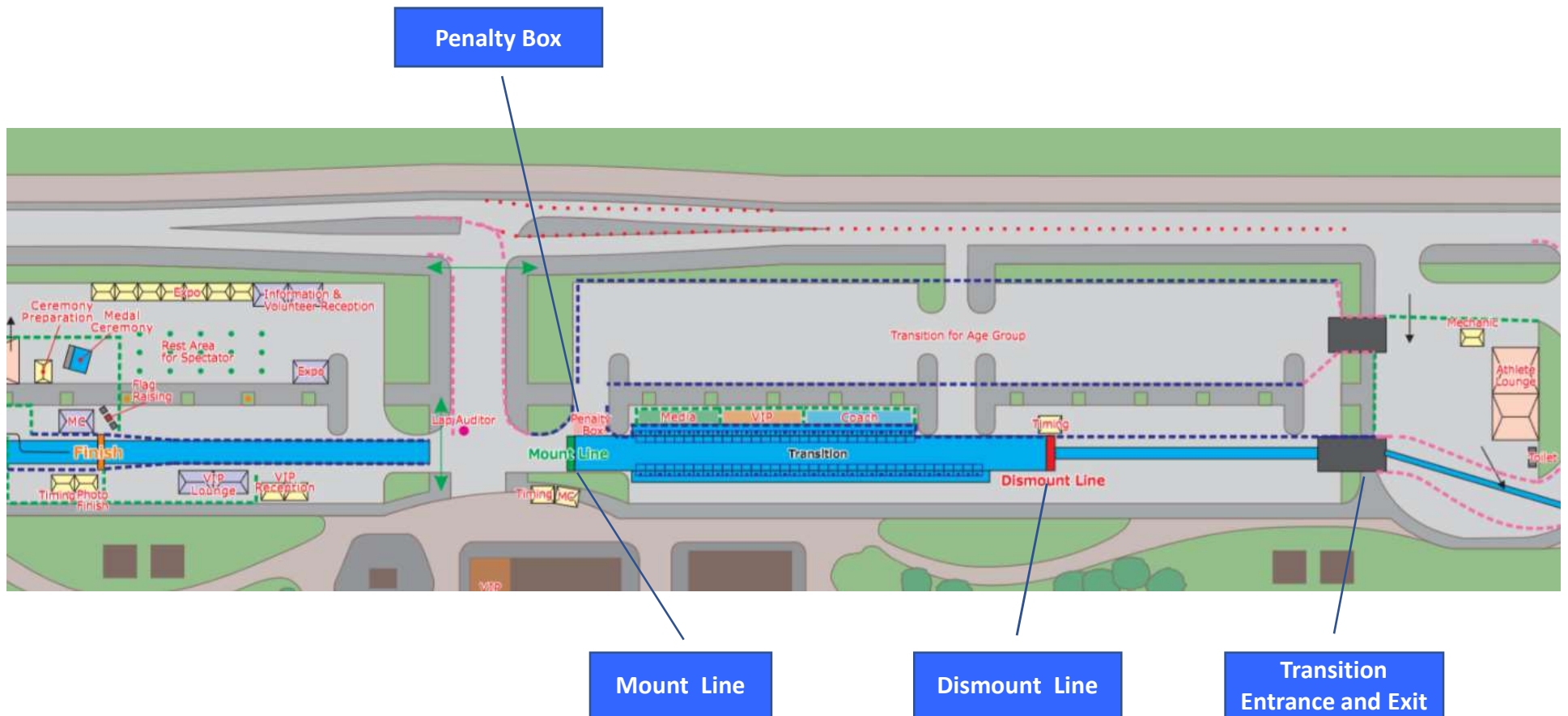
# Transition

- 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*

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

# Transition

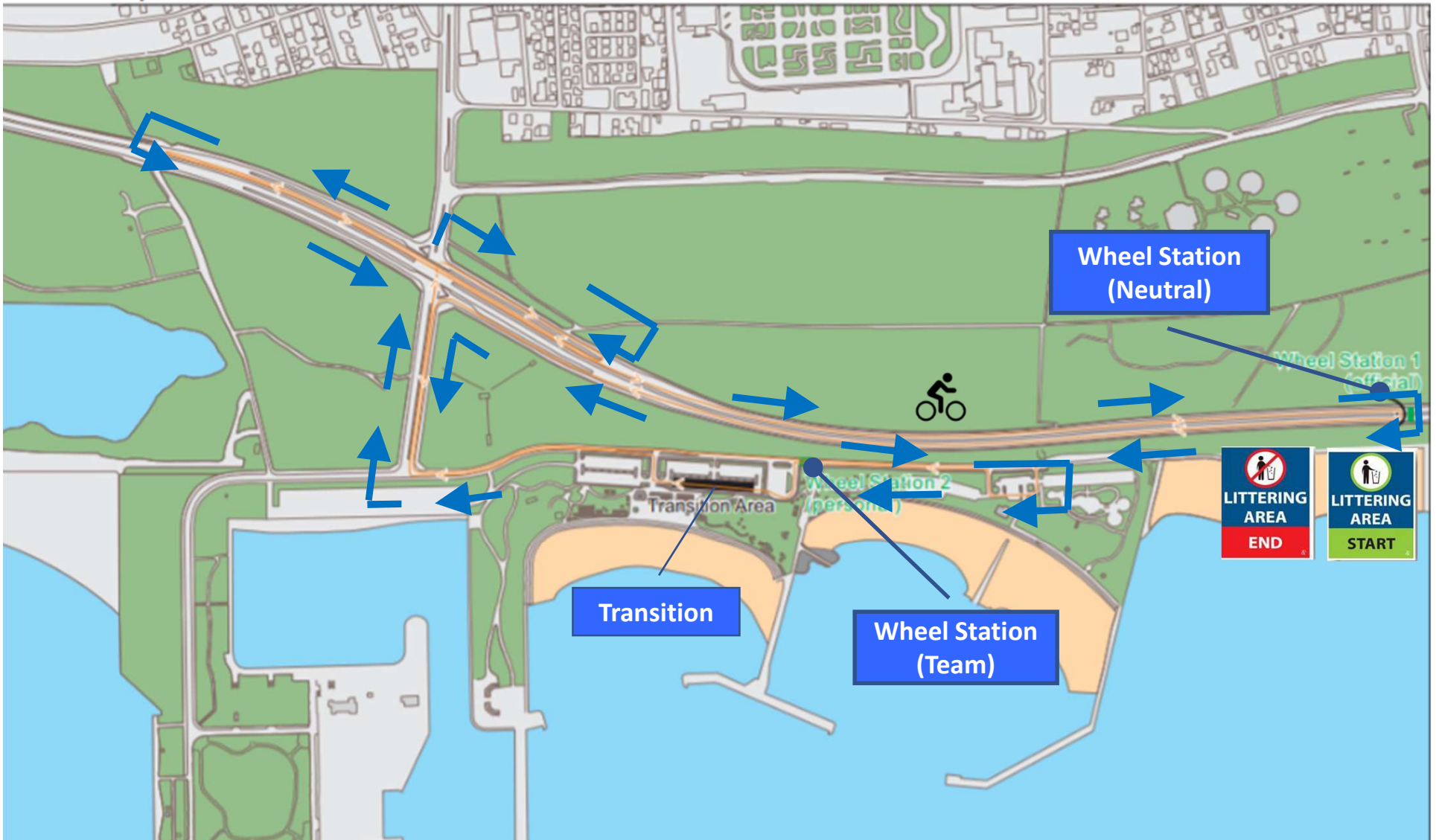


# Bike Course

- **7 laps** of 5.7km (total distance of 39.9 km)
- Ride through transition each lap
- Flat and partly hilly course
- 2 Wheel Stations (WS): for location see map
  - 1 Team Wheel Station
  - 1 Neutral Wheel Station
- 1 Littering zone for bike (100m before and after the bike turning point)
- Lap counter: at the exit of transition
- Lapped athletes will be pull out of the race

# Bike Course

2018 Miyazaki WC Bike Course Plan 5.7km 7LAP





# Bike Course



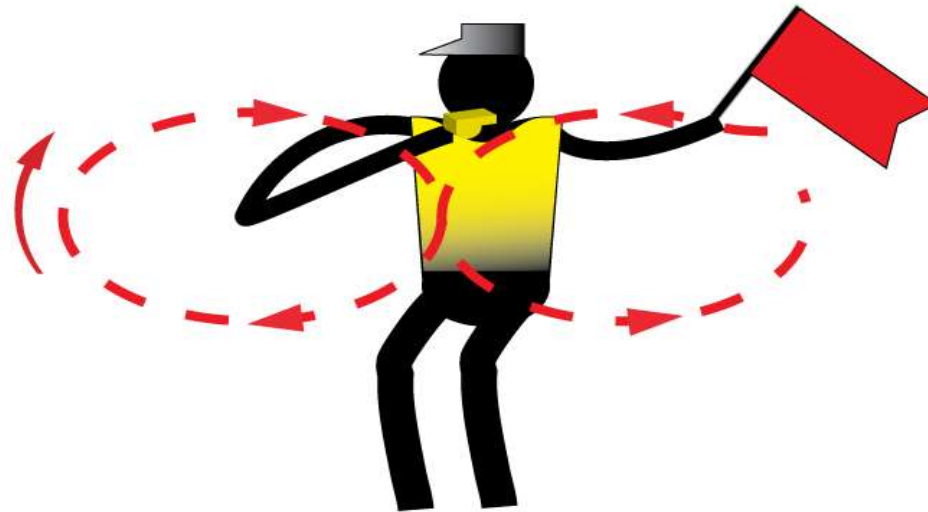
# Bike Course

5.7km/lap x 7-laps = 39.9km



# Bike Course

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

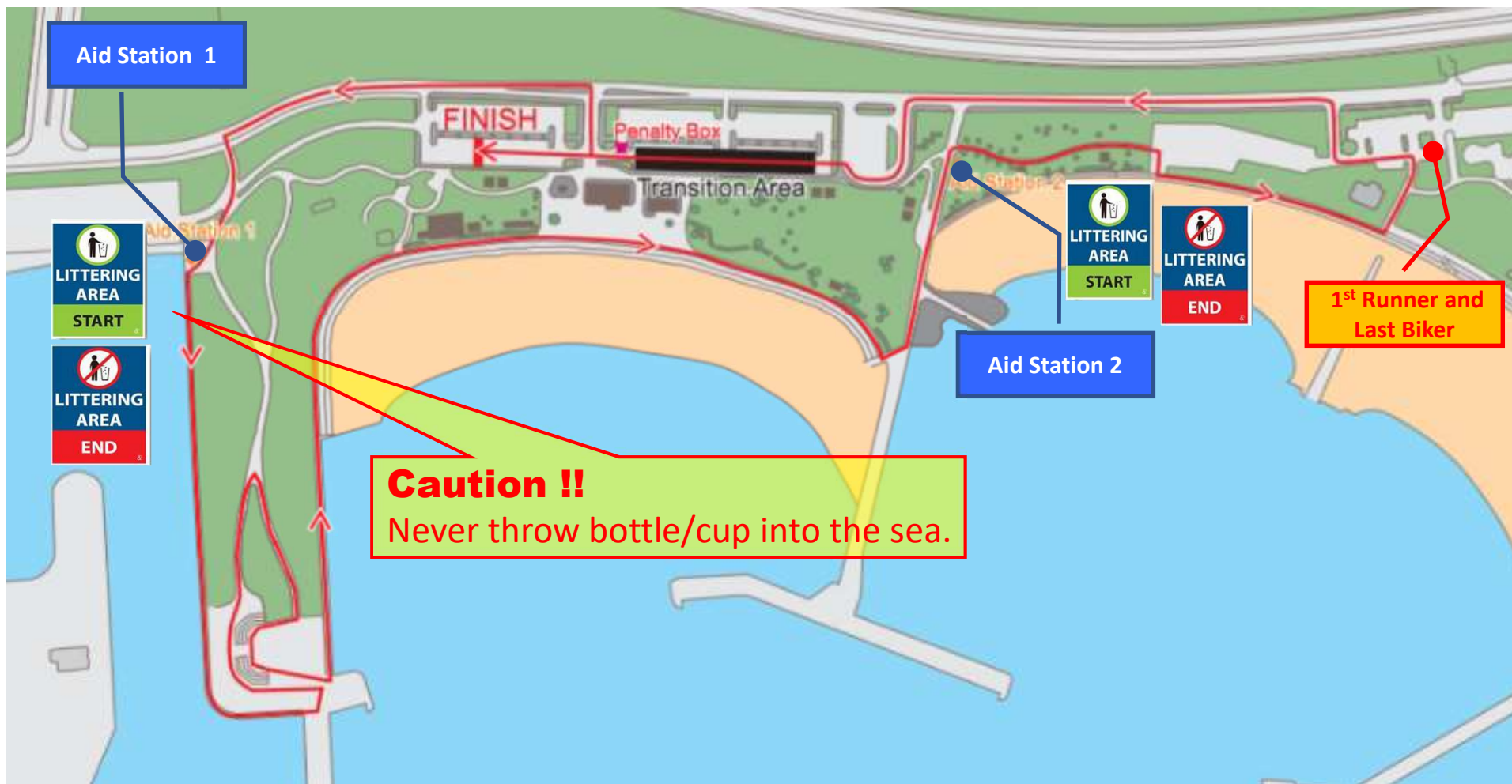


# Run Course

- **4 laps** of 2.5km (total distance of 10km)
- Lapped runners – cannot run with leading runners
- 1<sup>st</sup> Runner and last biker scenario.
- Aid Stations and Littering Zones
  - 2 per lap (for location see map)
  - Sealed water
  - Discard bottles and litter in the Littering Zones as indicated by the following signs



# Run Course





# Run Course

2.5km/lap x 4-laps = 10.0km



# 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, littering outside the littering zone, etc. (Transitions will be video recorded for infringements)

**Location:** Before entering the finish chute

**Information:** White board to show race numbers & violation code

**D** = Dismount Line Violation

**S** = Swim Conduct

**M** = Mount Line violation

**E** = Equipment Outside Box

**L** = Littering

**V** = Other Violations

(Athletes need to read the board)

**Procedure:** **15 second** time penalty served on any lap of the run.

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.



# Run Penalty Box

## For example:

**12D** = athlete #12 received a time penalty for a dismount line violation

**2x12ME** = athlete #12 received 2-time penalties for mount line and equipment outside the box violations

## Rule interpretation

During Swim : Athletes may sportingly maintain their own space in the water. (**S**)

Mount after the mount line: One foot of the athlete has to be in contact with the floor after the mount line. If this contact doesn't occur the action is considered as mount the bike before the mount line. (**M**)

Dismount before the dismount line: One foot of the athlete has to be in contact with the floor before the dismount line. If this contact doesn't occur the action is considered as dismount the bike before the dismount line. (**D**)

Discharge or store your equipment inside your designated area/box: Leaving the equipments (swim cap, goggles, helmet, etc.) in the designated box. (**E**)

Rack the bike inside your own space: In case of Individual bike race, the bike must be racked with the front wheel to the designated rack. (**E**)

# Post Race Procedure

- Photo-finish
- No congestion in the finish area: go to mixed zone/recovery area
- For Top 3
  - TV/Flash Interviews
  - Medal Ceremony
  - Media “Mixed Zone”
- For awards, dress “up” – with race uniform (or country clothes)  
*Ambush marketing rules apply*

# Post Race Procedure

## Doping Control

- Photo ID is needed for every athlete to go for testing

## Team Medical Access

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

# Coaches Area

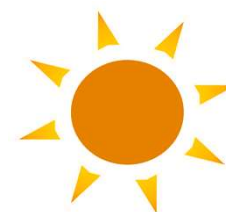
- Coaches accreditation will be distributed to those coaches whose national federations registered them through the on-line system
- They will have access to:
  - Athletes' Lounge/Post Recovery Area
  - Swim Start Area
  - Penalty Box Area

# Weather Forecast

## Friday

Air Temperature: 18- 25 ° C

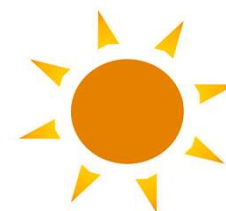
Condition: Sunny



## Saturday

Air Temperature: 21 -24° C

Condition: Sunny



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

Have a great race !!

