

 Europe
Triathlon
Championships

Vichy
2024

FRANCE
GREEN  **TOUR**
Triathlon series

 Europe
Triathlon

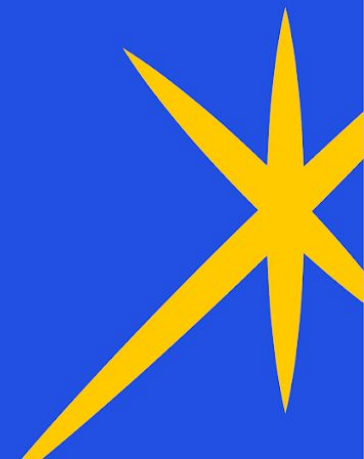
Athletes Briefing

Friday 20th September 2024

 Europe
Triathlon

 World
Triathlon

 FÉDÉRATION
FRANÇAISE DE
TRIATHLON



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



Renato Bertrandi (ITA), Europe Triathlon President

Maryia Charkouskaya-Tarasevich (GEO), Europe Triathlon Team Leader

Dr. Béla Varga (HUN), Europe Triathlon Technical Delegate

Howard Vine (GBR), Europe Triathlon Technical Delegate

Thomas Mantelli (FRA), Europe Triathlon Assistant Technical Delegate

Dr. Luis Coirs Nieto (ESP), Europe Triathlon Medical Delegate

Jane Vine (GBR), Europe Triathlon Head Referee

Julien Vander Plancke (FRA), Europe Triathlon Head Referee

Carole Vialat, LOC Director

Jean-Philippe Vialat, LOC Director

Competition Jury



Women's Race

Howard Vine (GBR), Chair

Bernard Saint-Jean (FRA) National Federation Representative

Chris Kitchen (IRL), Europe Triathlon Vice President

Men's Race

Béla Varga (HUN), Chair

Bernard Saint-Jean (FRA) National Federation Representative

Renato Bertrandi (ITA), Europe Triathlon President

Schedule and Timetables



FRIDAY, 20th of September

19:00 – 19:30 Race pack pick-up (after athletes' briefing)

SATURDAY, 21st of September

07:00 – 07:30 Bike course familiarisation - Meeting point: Transition Zone

07:15 Run Course Measurement - Meeting point: Transition Zone

12:10 – 13:10 Elite women Athletes' Lounge check-in

12:45 – 13:25 Elite women Transition check-in

13:00 – 13:25 Elite women swim warm-up

13:30 Elite women - Athletes' Line-up

13:40 Elite women start

approx. 15:50 Elite women - Medal Presentation

Schedule and Timetables



SATURDAY, 21st of September

14:40 – 15:40 Elite men Athletes' Lounge check-in

15:15 – 15:55 Elite men Transition check-in

15:30 – 15:55 Elite men swim warm-up

16:00 Elite men - Athletes' Line-up

16:10 Elite men start

approx. 18:10 Elite men - Medal Presentation

Champagne for Elite Women and Men Medallists

Race Pack Distribution



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

Your package includes:

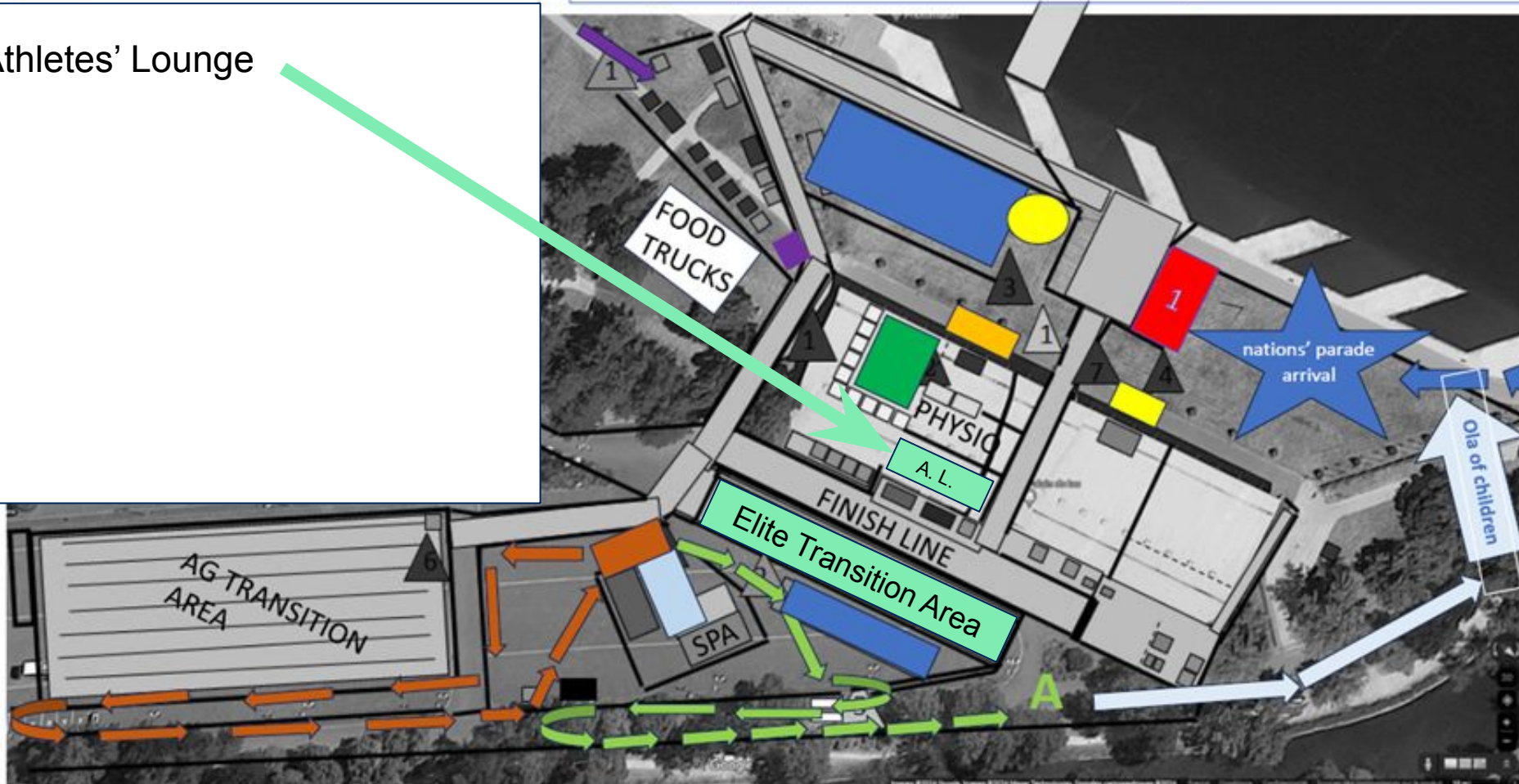
- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals (4x) – both arms and both legs
- Accreditation – gives access to Athletes' Lounge on race day

The Venue

- Official access
- Accreditation tent (with wristband)

Athletes' Lounge

EUROPE TRIATHLON CHAMPIONSHIPS' SITE – PALAIS DU LAC –
Centre omnisports Pierre Coulon – Avenue de l'Europe – 03 BELLERIVE SUR ALLIER



Check-in procedures



Athletes' Lounge

- Bike check (Frame, saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website, traditional handlebars only, wheels and spare wheels (non authorized UCI wheels rule)
- Spare wheels to the Athletes' Lounge
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee up to 10 minutes after the end of the athletes' briefing
- Mechanic service available
- 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)
- Timing chip distribution (1 for the ankle)
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area

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 15 seconds time penalty in TA1
- Running Shoes outside the box, helmet on the bike

Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up : Athletes' Lounge
- 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

Start Procedures



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 15 second penalty in TA1.
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course



Swim 2 lap(s) of 1,500 m

Bike 7 laps of 39.9 km

Run 3 laps of 10.0 km

Swim course



- On 21.09. at 15:15 :
 - water : 16.7 °C
 - air : 23.2 °C
- Wetsuit allowed
- 2 laps (total distance of 1,500 m)
 - 1st lap: 900 m
 - 2nd lap: 600 m
- Distance to the first turn buoy 340 m
- Take cap, goggles to transition into your box
- Athletes who missed or arrived late at the briefing (with informing the TD) will receive a Time Penalty in TA1

Swim course map

- 2 laps (total distance of 1,500 m)
 - 1st lap: 900 m
 - 2nd lap: 600 m
- Distance to the first turn buoy 340 m



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



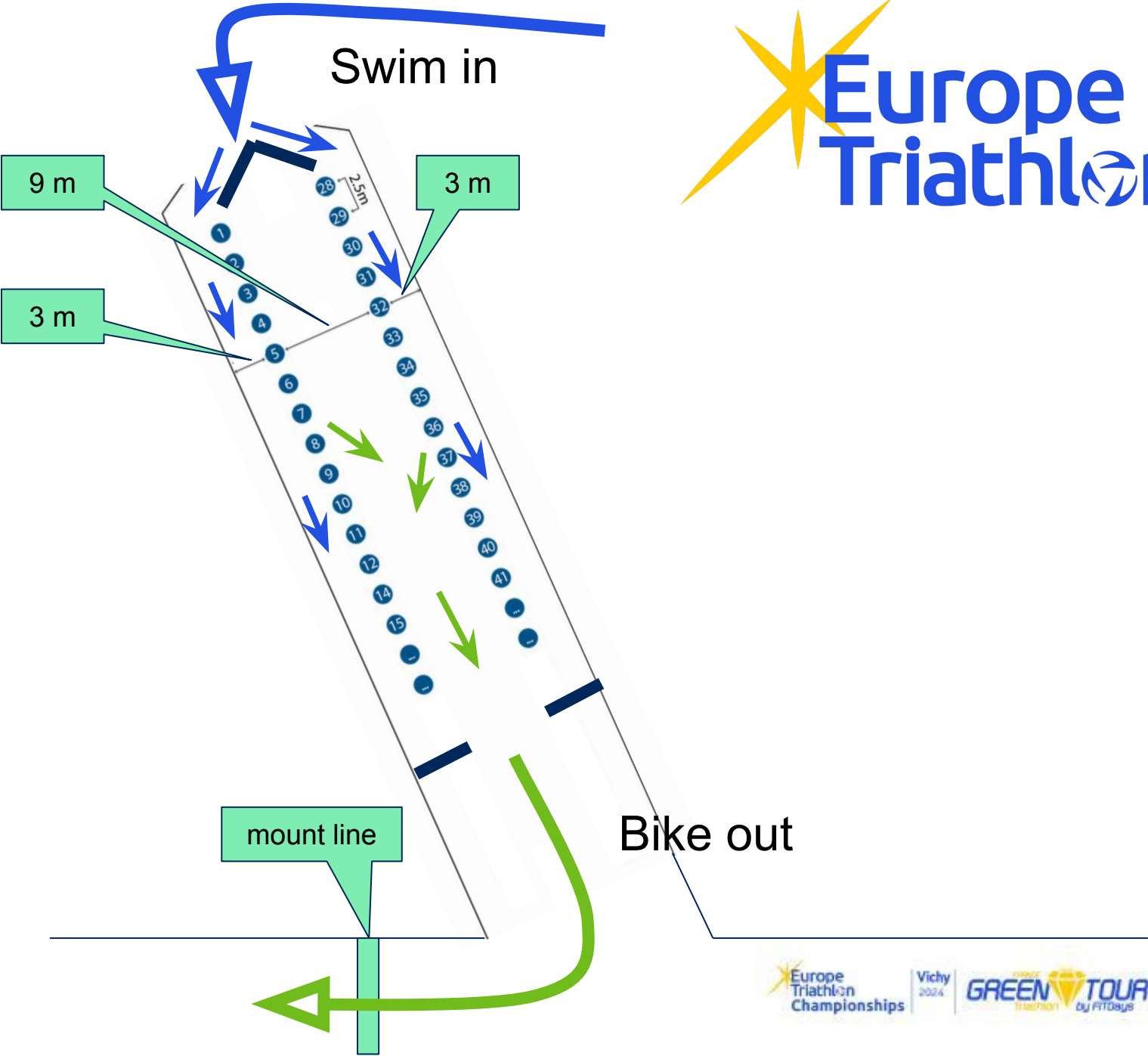
- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide.
- Please respect your fellow competitors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

Transition Area

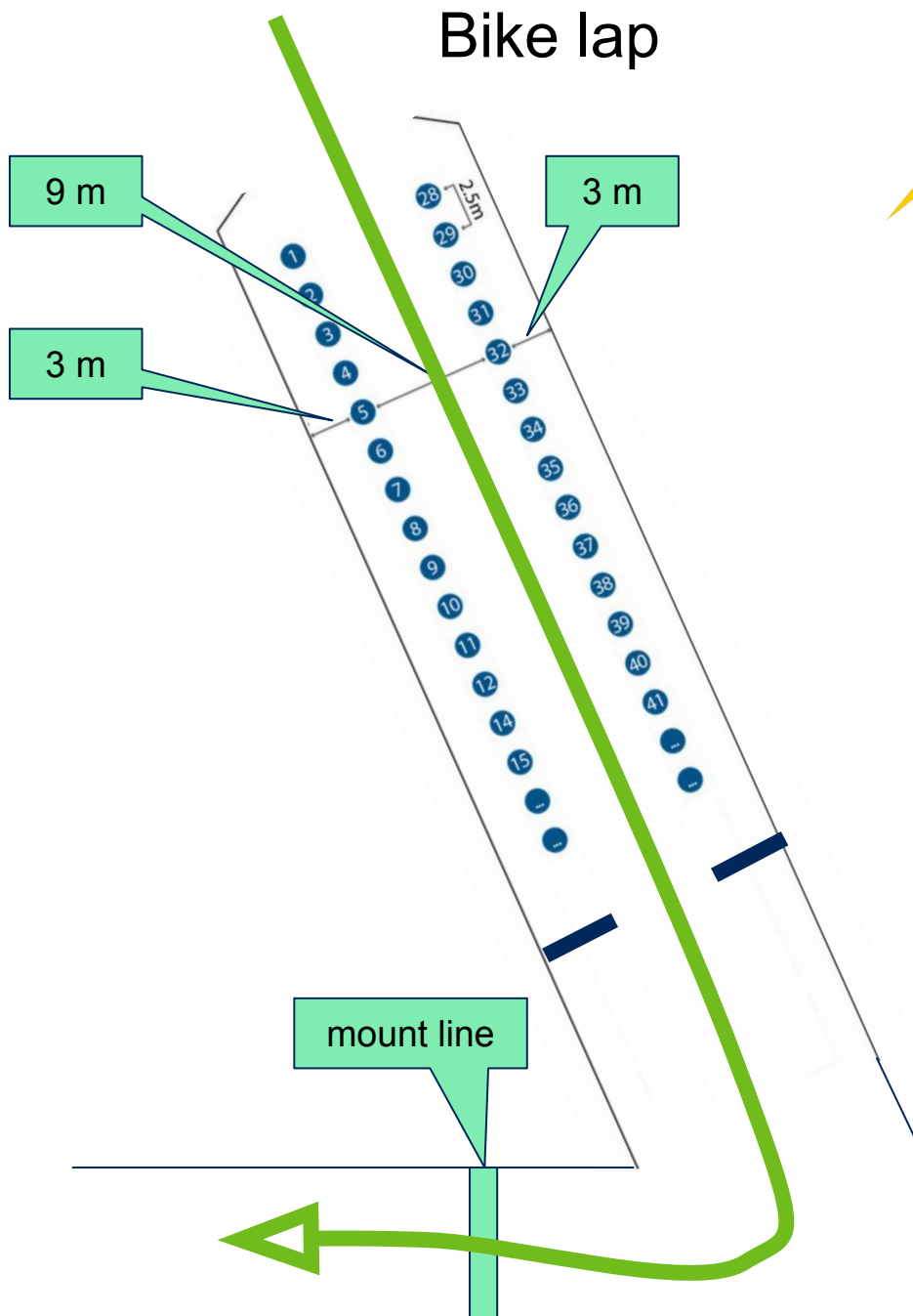


- Swim Exit to Transition 120 m
- Individual Bike Racks – two rows, Olympic style
- Running shoes in front of the box, helmet on the bike
- Athletes cannot lock or unlocking the locking mechanism of their helmet from the time they remove their bike from the rack in T1 until they have placed it back on the rack and released the bike in T2.
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.
- Bags to the Athletes Lounge
- Mount line at the end of the TA (**green**) - after the right turn
Dismount line at entry of the TA (**red**)

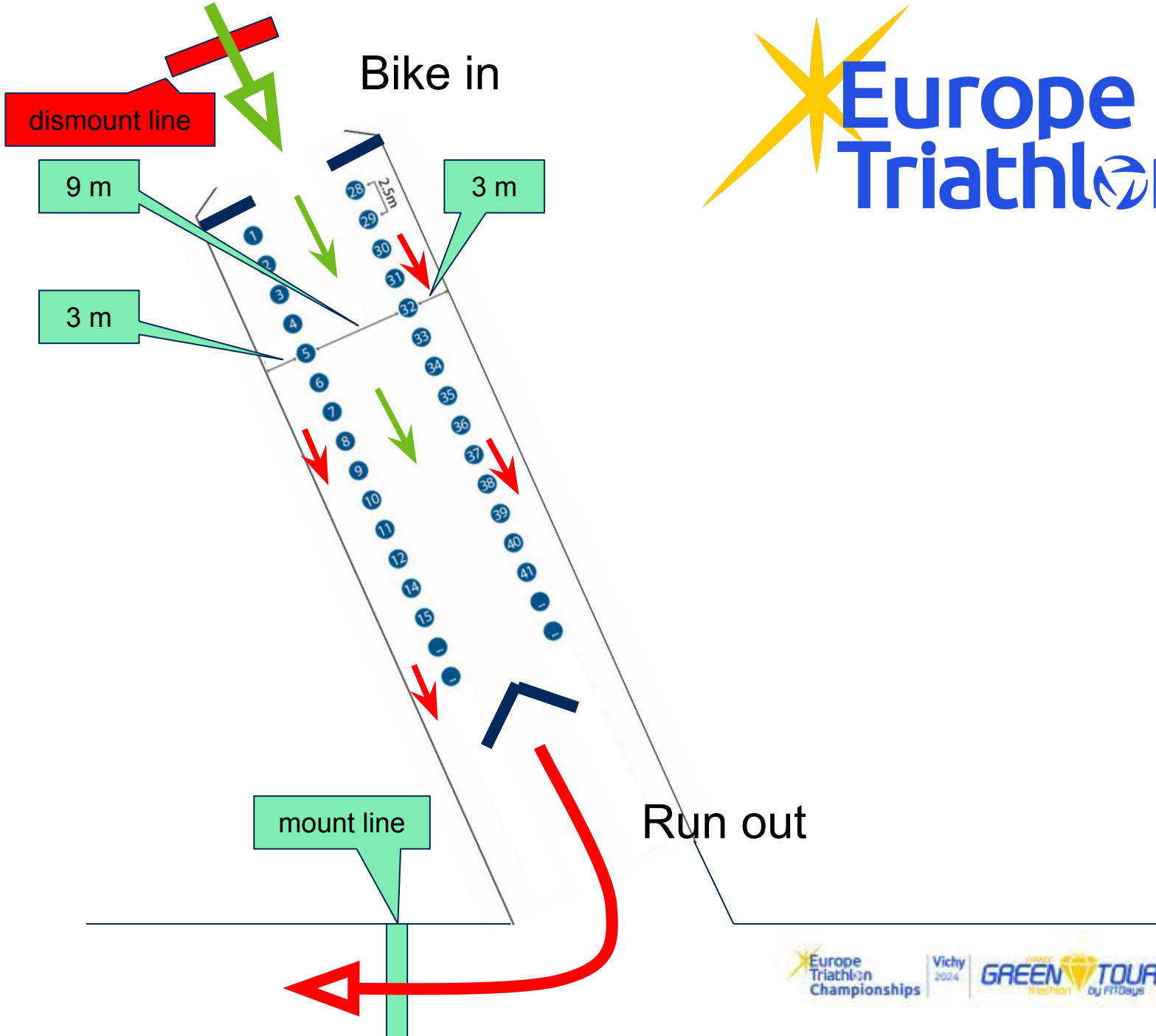
Transition Area map T1 - transition flow



Transition Area map



Transition Area map T2 - Transition flow



Bike course

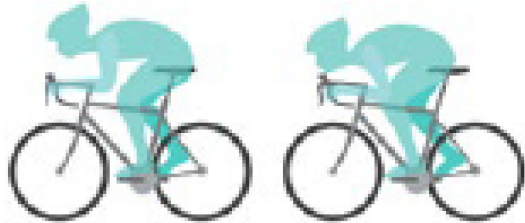


- 7 laps (total distance of 39.9 km)
- Flat and technical
- 2 Wheel Stations
 - 1 Neutral wheel station : for location see map
 - 1 Team wheel station : for location see map
 - Wheels will be collected in the Transition
- Lap Counter: at the exit of the Transition
- Littering - at the wheel stations
- Lapped athletes are out of the race
- First runner – last biker scenario : for location see map



Riding position

OK



NOT OK



Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Bike Course Map

Neutral Wheel Station

Transition

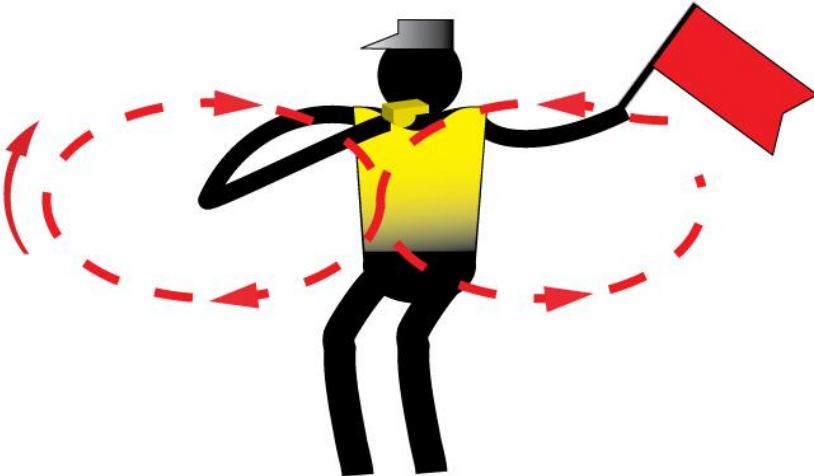


First Runner - Last Biker Scenario

Teams Wheel Station



Caution



Run course



- 3 laps (total distance of 10.0 km)
- Aid stations:
 - 3 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
(20m before and 80m after Aid stations)
- Photo-finish
- Congestion in finish area >>>> Go to mixed zone / recovery area



Definition from the World Triathlon CR §6.1:

- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

Run equipment - shoes



- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

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:** 150 m 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:** 15 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.

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



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

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

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.

Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation: approx. 15:50 - women / approx. 18:10 - men

Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony.

Athletes are not allowed to carry their country flag on the podium; there will be flags placed at the podium.

- Prize money : The LOC will pay the amount of 80,000 € prize money (gross) to the winning top 15 female and male Competitors equally among the two genders, according to the World Triathlon Prize money percentages as stated in the Appendix H of the TRI Competition Rules, directly to the athlete’s bank account and within a week of receiving the bank details of the athlete. The Europe Triathlon office will send the top 15 male and female athletes a prize money claim form within the week following the event to be completed and sent onto the person responsible for the payments within the LOC (Carole VIALAT, carole@fitdays.fr). It's the responsibility of the LOC to comply with the domestic tax policies regarding the payment of prize money. If taxes are paid in full (gross) it is up to each athlete to manage their own tax affairs in their own country. However, if the prize money is paid to the athlete less the domestic tax (net), athletes need to receive a letter they can present to the tax authorities in their country to show that tax has already been paid.

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
- Please follow the Ambush marketing rules. 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.”
- 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.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation to be able to enter the venue – [a picture ID needed](#).
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation
- Support to the athletes is composed by 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 and Medical must complete the Anti-Doping Education course.**

Coaches' areas

- Corridor between Transition and Finish chute
- Swim exit
- Coaches might be escorted to the respective areas

Heat stress indicators

Warning flags will be placed at the athletes' area



Water Quality Assessment



Enterococci		E.Coli		PH	
17.09.	NMP/100mL	17.09.	NMP/100mL	17.09.	
Location A	233	Location A	943	Location A	7.9
Location B	196	Location B	994	Location B	7.9
Enterococci limit	<200	E.Coli limit	<500	PH limit	6-9

Visual Sanitary Inspection (20.09.)				
Location	Visual Pollution	Odour	Time of visit	Comments
Start pontoon	None	None	15:15	

SUMMARY

2 = 'Good Water Quality'
 (E.Coli: 500 to 1000 or Enterococci 200 to 400)

Weather forecasts



**Temperature
in °C**

Weather

Friday

11 - 23

cloudy with light showers

Saturday

12 - 24

cloudy with sunny intervals

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Have a good race!

