

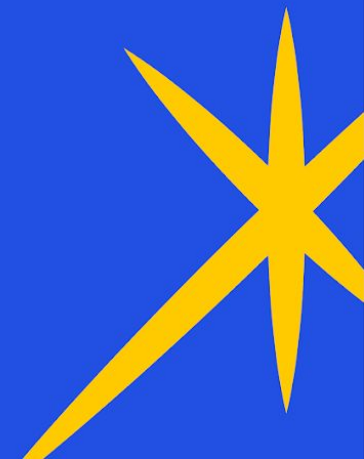


Vichy
2024



Elite Para triathlon briefing

Saturday 21st September



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



Béla Varga (HUN), Chair

Bernard Saint-Jean (FRA) National Federation Representative

Martin Breedijk (NED), Europe Triathlon Vice President

Athlete Committee Members Present



- Claire Michel (BEL)

Schedule and Timetables



21 September	10:30am	11:30am	Athletes Registration	In Palais du Lac
21 September	11:30am	12:30am	Athletes Briefing	In Tour des Juges
21 September	6:30pm	7pm	Bike Familiarisation	Transition
21 September	7pm	07:20pm	Run Fam PTS 2-5, PTVI	Transition
21 September	07:20pm	07:40pm	Run Familiarisation PTWC	Transition
22 September	07:45am	08:15am	Para run course measure	Transition
22 September	07:30am	10:10am	Athlete Lounge check in	In Palais du Lac
22 September	08:00am	10:25am	Transition <u>check</u> in	In front of Palais du Lac
22 September	08:10am	08:40am	Swim warm-up	In the start Area
22 September	08:45am		Athlete Line Up	In the transition zone
22 September	09:00am	10:48:38	Starts	In the start Area

Schedule and Timetables



22 September	09:00:00		PTS 5 M	Pontoon
22 September	09:05:00		PTVI 1 M	Pontoon
22 September	09:07:41		PTV1 2 & 3 M	Pontoon
22 September	09:09:00		PTVI 1 W	Pontoon
22 September	09:12:11		PTV1 2 & 3 W	Pontoon
22 September	09:30:00		PTS 5 W	Pontoon
22 September	09:31:00		PTS 2/3/4 W	Pontoon
22 September	09:40:00		PTS 4 M	Pontoon
22 September	09:41:00		PTS 2 & 3 M	Pontoon
22 September	10:00am	10:20am	Swim warm-up	In the start Area
22 September	10:40:00		PTWC 1 M	Pontoon
22 September	10:43:00		PTWC 2 M	Pontoon
22 September	10:45:00		PTWC 1 W	Pontoon
22 September	10:48:38		PTWC 2 W	Pontoon
22 September	11:45am	12:15am	Award Ceremony	Finish line

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 – both arms and both legs (where possible)
- Accreditation – gives access to athlete lounge on race day

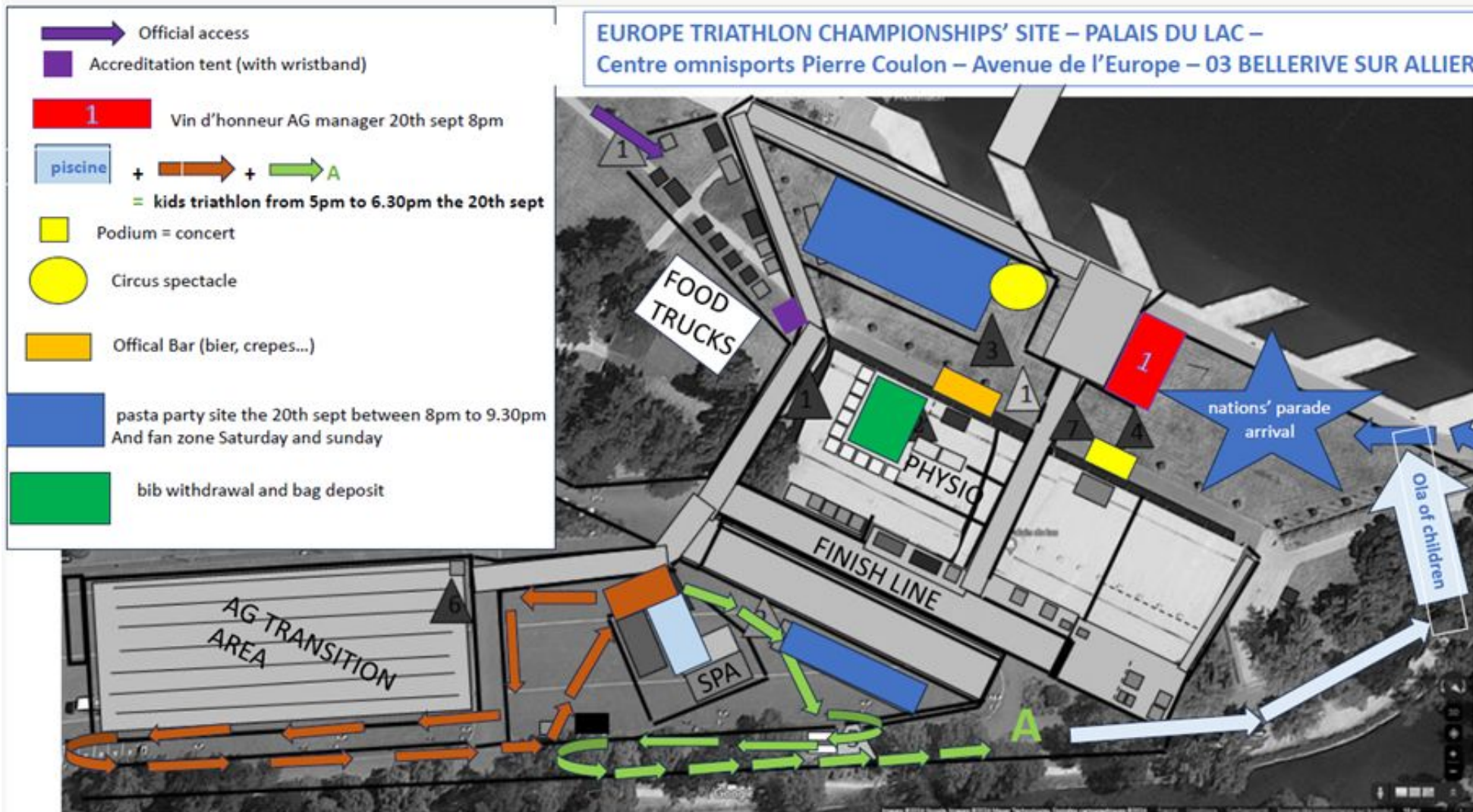
Inform Registration Technical Officials when collecting race package, which colour swim cap you want to receive at athlete lounge on race day

Swim Cap Colours - Swim Exit



- PTWC / PTS2 / PTS3 / PTS4 / PTS5
- **RED** - 2 Swim Exit Handlers
- **BLUE** - 1 Swim Exit Handler (usually **YELLOW**)
- **GREEN** - No Swim Exit Handler
- PTVI 2/3 (Athlete) **GREEN**
- PTVI 1 (Athlete) **ORANGE**
- PTVI (Guide) **BLACK** (usually **WHITE**)

Venue map



Check-in procedures to the Venue



Entering the venue

- Please ensure you wear your wristband
- Come with your registered Handler/Guide
- Bike check

Time schedule

22 September	07:30am	10:10am	Athlete Lounge check in	In Palais du Lac
22 September	08:00am	10:25am	Transition <u>check</u> in	In front of Palais du Lac

Check-in procedures Athletes Lounge



Athletes' Lounge

- 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
- Timing chip distribution
- Wave number written on left hand
- Registration of equipment for pre-transition area
- Registration of spare wheels for wheel station (at bike check)
- The Coach must take any checked spare wheels to the Transition
- Leave bags in the Athletes' Lounge, they will be transferred to Recovery

Timing Chips – Where to Wear



Category	Location
PTWC	1 - handcycle (rear axle) 1 - race wheelchair (close to the front fork)
PTS2 – PTS5	Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + run prosthesis Non amputees: Both ankles
PTVI	1 - Athlete ankle 1 - Guide ankle

Permitted Equipment - Uniform



Swim

- Wetsuits up to 5mm thickness
- Vest warmers are NOT allowed
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. This will be checked
- PTVI 1 athletes must wear black-out goggles during the swim and can only be removed once the bike position has been reached in transition. Logos are allowed on the frame.

Permitted Equipment - Uniform



Bike and Run

- Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event **BUT only in Transition.** Removal elsewhere during the race will lead to DSQ
- PTVI 1 athletes must wear black-out glasses on the bike and run segments. Logos are allowed only on the frame.

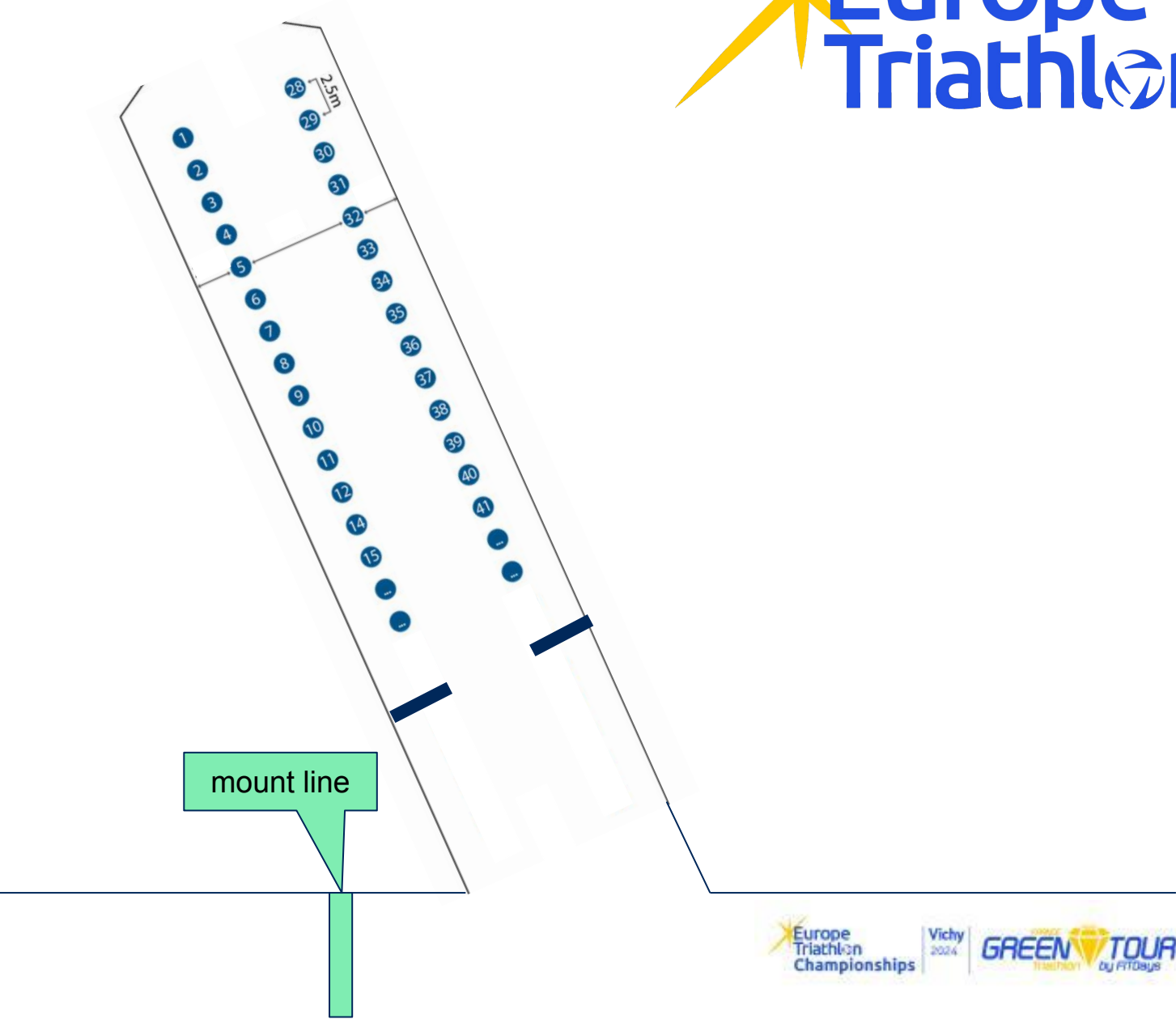
Check-in procedures - Transition



Transition Area

- Rack bike and place equipment into your allocated transition spot
- A folding chair will be provided to athletes if required
- If you wish to add any equipment to the bike, approval is to be obtained from the Head Referee at the end of the athletes' briefing.
- **Only athletes and their handlers will be allowed in the Transition Area**
- Helmet check – Don't leave your helmet fastened in the transition
Athletes who do not comply with this rule will receive a time penalty of 10 seconds in TA1.
- Running Shoes on the ground, helmet on the bike

Transition Area map



Pre-start Procedures



Athletes' line-up

- 10 minutes before your start (by group), [line up in Athlete Lounge](#)
- This will be in 4 groups: 09:00, 09:30, 09:40, 10:40
- Order will be wave number, then category, then race number
- Route will be out from the athletes lounge and then back through the building straight down to the start pontoon
- Remain in the pre start area until called forward to go onto the pontoon

Pre-start to start area



- Move to the swim start when you are instructed, select a position and remain there until instructed to get into the water
- In water start with 1 hand on the pontoon
- **Officials/ Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the pontoon.

Pre-start Procedures



Wave starts - Athletes' line-up

- Interval Start System PTVI & PTWC
- Each wave will start at an exact time
- Please follow instructions promptly

Water temperature limits for wetsuit use:

- Compulsory below 18°
- Optional 18° to 24.6°
- Not Permitted above 24.6°
- PTWC wetsuit bottoms always allowed if the swim takes place

Start Procedures



Athlete in position in the water

In water start with 1 hand on the pontoon

- The start can be given any time after the Head Referee 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 seconds penalty in TA1.**
- **During the time penalty, the athlete CANNOT touch any equipment.**

The course



Swim 1 lap of 750 mts

Bike 3 laps of 6.7 kms - Total = 20.1 kms

Run 2 lap of 2.5 kms

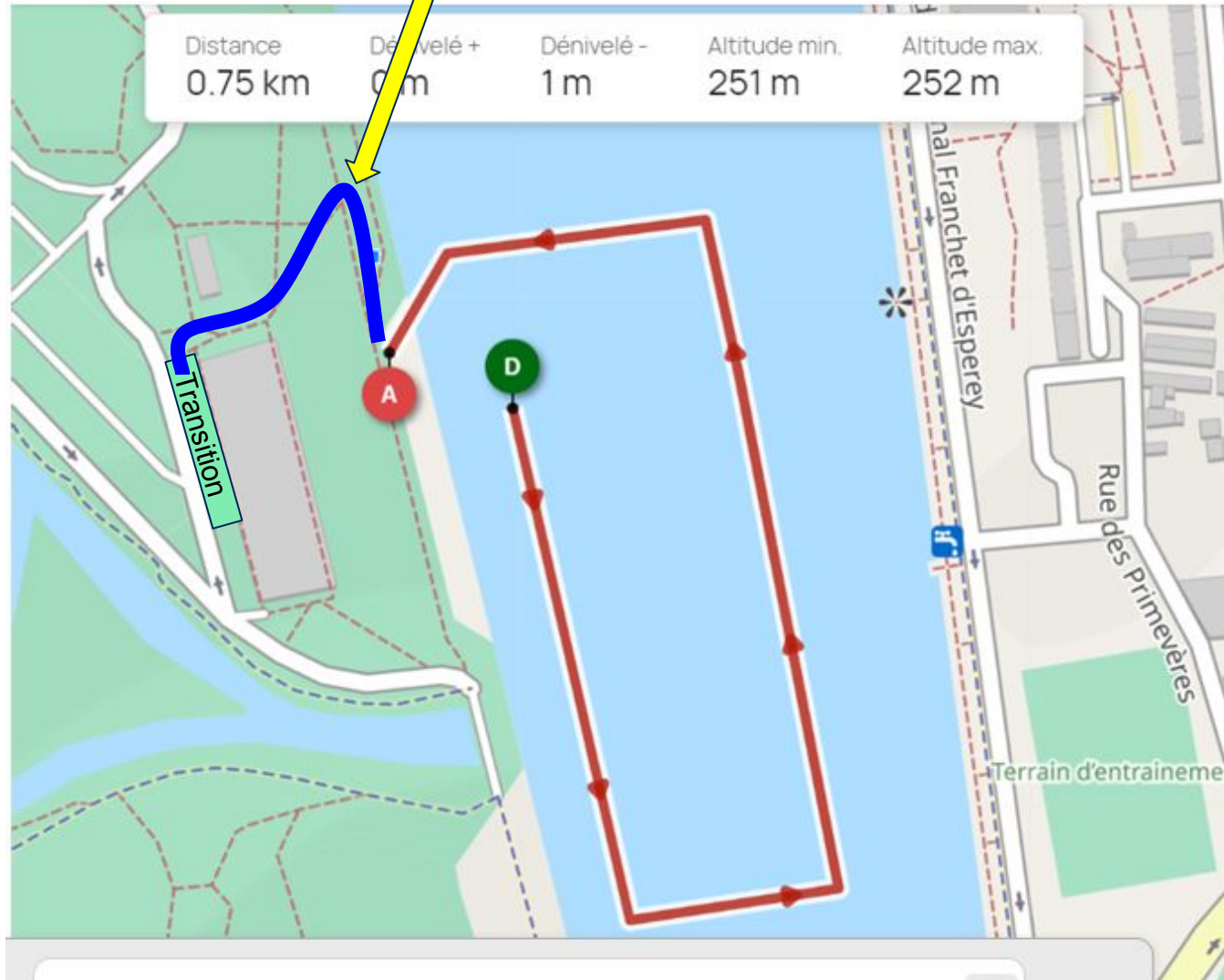
Swim course



- **On Saturday at 07:30**
- Water: 16.7 °C / Air: 12 °C
- Wetsuit allowed but may be wetsuit compulsory
- Buoys to left shoulder
- 1 laps (total distance of 750 mts)
- Distance to the first turn buoy 225 mts
- Take cap, goggles & wetsuit to transition and put into your box
- **Warm up will be 2 sessions 1 before the 09:00 starts and another 1 before the 10:40 starts**
- Swim cut-off: **45 minutes** from start of the wave

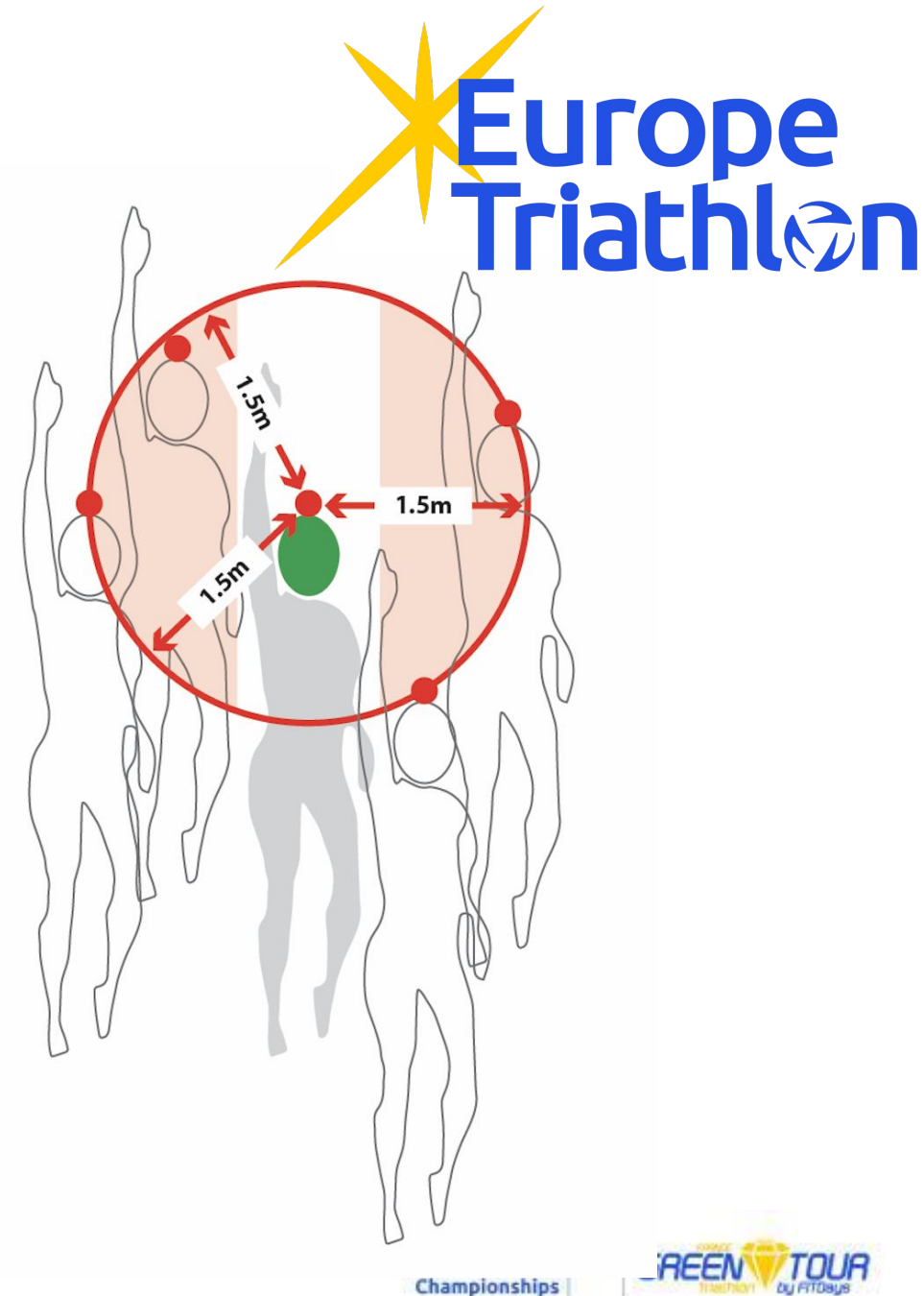
Swim course map

Exit route to Transition



PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation



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 Exit Handling



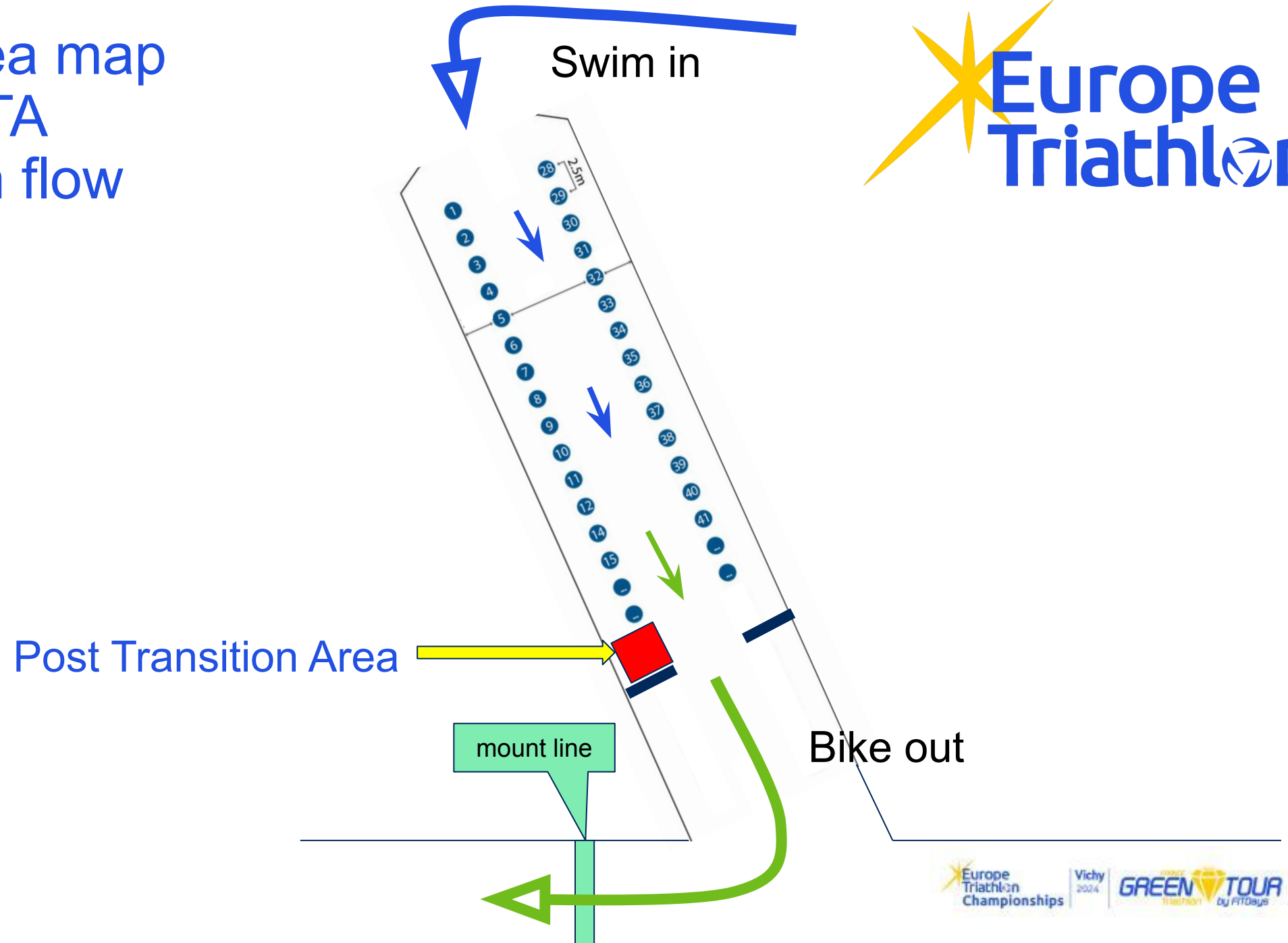
- Swim exit handling only by the LOC swim exit handlers.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.

Pre-Transition Area



- Athlete's registered equipment (prosthesis, crutches, day chairs) - MUST be numbered
- Chair number (0-9) corresponds to last digit of race number
- Chairs for wetsuit removal
- PTVI athletes and their guides are not allowed to use the pre-transition area
- PTWC need to have their day chairs located in pre-transition to transfer to Transition
- Only PTWC personal handlers are allowed in this area and may carry athletes' gear back to Transition
- Nothing to be left in Pre-Transition
- No wetsuit removal by Technical Officials, swim exit handlers or volunteers

Transition Area map
Swim exit to TA
T1 - transition flow



Transition Area



- Individual bike racks
- Name, number, country code and flag
- Mount line at the end of the TA (**GREEN LINE**)
- Dismount line at the beginning of TA (**RED LINE**)
- **PTWC shall stop completely at mount and dismount lines**
- All mobility equipment shall remain within the assigned space in transition.
- Used swim caps, goggles, wetsuits, tethers, helmets in the box;
Failure to do so = 10 second penalty on run
- **All used equipment must be placed into the bin.**
By the end of Transition 2 (bike to run), ALL equipment (used + unused) must be deposited in the corresponding bin.

Transition Area



- Athletes cannot lock or unlock 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.
- Bike shoes must be left in the assigned space in transition area before and after bike leg
- Personal Handlers moving to the Wheel Stop should inform the TOs before going there
- PTWC athletes must put the bib on the hand cycle

Post Transition Area



- A post-transition area after the first transition spot and before the mount line will be provided to drop off prosthetic legs used for athletes who do not wish to hop a long distance in transition. That equipment would move back to the athletes' space in the transition zone by a technical official or an authorized person by the TD to perform this action. That equipment must be clearly identified with the athletes' race number.

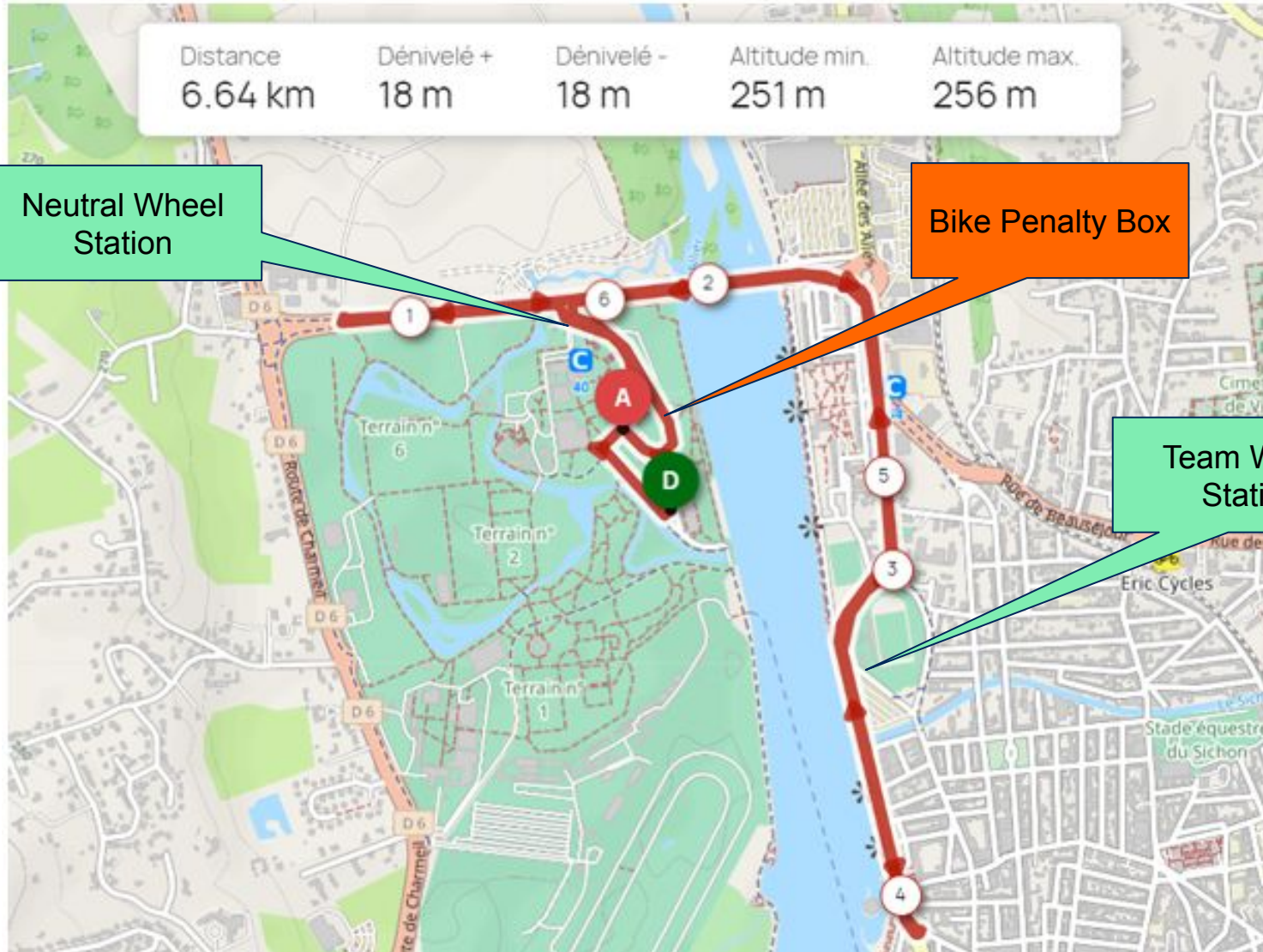
Bike course



- 3 laps of 6.7 kms Total - 20.1 kms
- Mainly flat and technical
- 2 Wheel Stations
 - For locations see the map
- Electronic lap control, but you are responsible to count for yourself !
- Bike Penalty box is at the end of each lap in the venue by the turn point
- Littering zones are at both wheel stations
- Always ride on the left, pass on the right - English style
- Warn the athlete you want to pass



Bike Course Map



Bike course



- Draft illegal event
- If shown a **BLUE** card for drafting, you
 - **MUST** stop at the next penalty box - 1 min/penalty
 - **Failure to stop at the next penalty box: DSQ**
- It is the athlete's responsibility to stop at the Penalty Box – numbers not posted on board
- Time penalties for littering on bike course will be served at run penalty box: **10 sec penalties** (**YELLOW** card)
- 2 accumulated drafting time penalties = **DSQ**

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.

Draft Zones



10m (from your front to their front wheel)

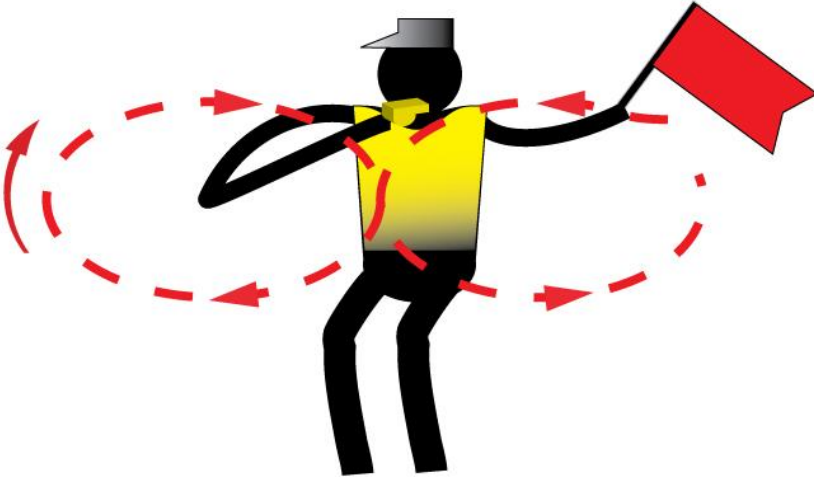
20 seconds to overpass

Draft Zones

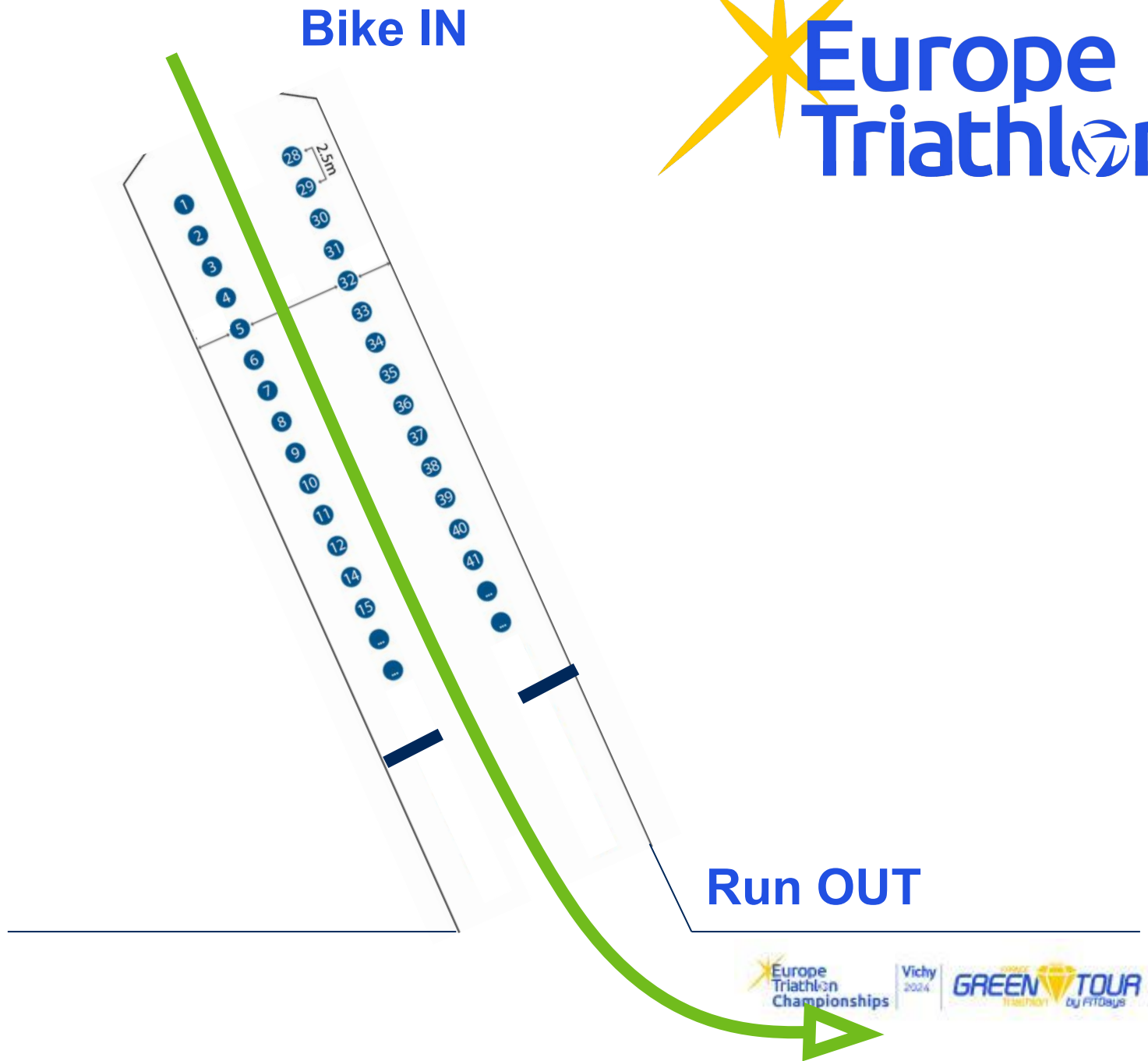


Caution

Caution signal: three sharp whistles and red flags



Bike to Run



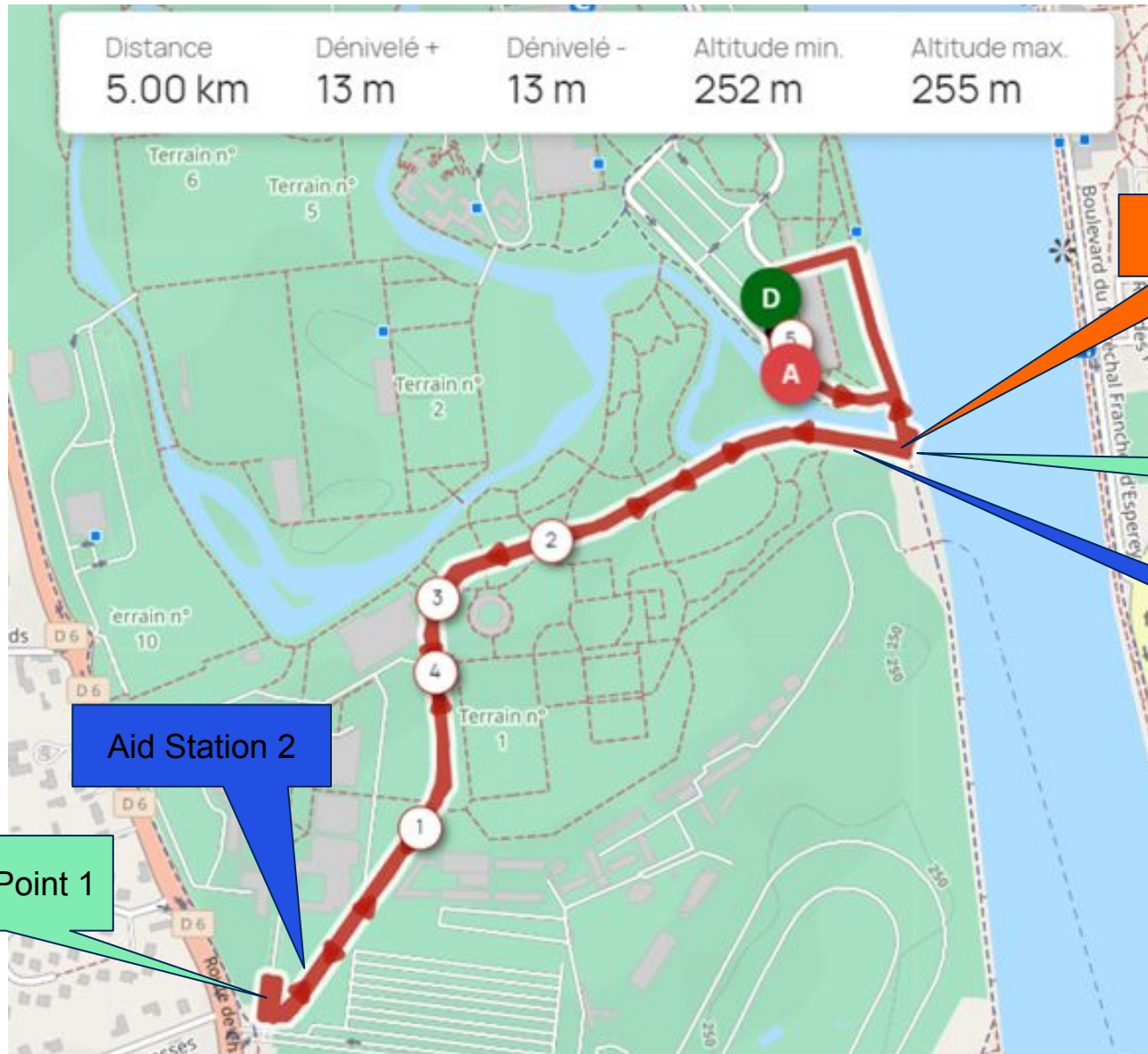
Run course



- 2 laps of 2.5 kms - Total distance 5 kms
- Aid stations:
 - 2 on the lap
 - Located on the map at 1, 2
 - Only discard bottles and litter within littering areas indicated by the following signs



Run Course Map



Penalty Box

Turning Point 2

Aid Station 1

Aid Station 2

Turning Point 1

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 Penalty Box



- Start infringements will be served in T1

Swim, T1, Bike, T2 and Run Infringements will be served in Run

- **Location:** 200 mts from the end of the run course
- **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 seconds 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 protest the penalty. Evidence will only be made available if a protest is filed.

Run Penalty Box



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

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.

Handlers after T2 & Bike Check out



- Proceed to finish line via Recovery area, off the FOP
-
- Please take the athletes day chair with you to the finish from Transition
- Do not go down the finish chute but around the outside to the finish area
- Bike check out will commence as soon as the last PTWC athlete goes out on the run
- This be at approximately 11:30

Post-race Procedures



Finish Area

- Photo-finish
- Avoid congestion in finish area by moving through to the mixed zone / recovery area

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 Event's Medical Delegate's permission.

Post-race Procedures



- Race Results will be posted in the Athlete Lounge
- Medal ceremonies will be alongside the finish chute at 11:45.
Please be there available for the awards if your are top 3 in your PTS class!
- For the athletes on the podium who are unable to attend the medal ceremony, we will give the medals to the National Team Leader/Coach AT THE END of the medal ceremony.
- 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.

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

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

Outside assistance



- Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

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)

Heat stress indicator

Warning flags will be placed at the athletes' area



Weather forecasts



**Temperature
in °C
WATER / AIR**

Weather

Saturday at 07:45

16.7 °C / 12°C

Cloudy with light rain

**Sunday at 9:00 (est)
Standard Race Time**

16°C / 13°C

High Chance of Rain

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

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