



Coimbra
2024



AG Team Managers' Aquathlon briefing

Thursday 20th June 2024



Agenda

Welcome and Introduction

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast

Welcome and introduction



- Renato Bertrandi (ITA), President of the Europe Triathlon
- Maryia Charkouskaya-Tarasevich (GEO), Europe Triathlon Team Leader
- Carmen Gómez (ESP) / Eero Raudsepp (EST), Europe Triathlon Technical Delegates
- Mario Carvalho (POR), Europe Triathlon Assistant Technical Delegate
- Casandra Man (ROU), Europe Triathlon Medical Delegate
- Kati Raudsepp (EST) (Junior, Para, Elite) / Paula Maia (POR) (AG)
- Ricardo Lacerda (POR), LOC Director

Competition Jury



- Carmen Gómez (ESP), Chair
- Renato Bertrandi (ITA)
- Sérgio Dias (POR)

Schedule and Timetables



Thursday 20th June 2024

10:00 - 13:00 Race pack distribution (Aquathlon, Aquabike, Middle Distance)

14:30 - 20:00 Race pack distribution (Aquathlon, Aquabike, Middle Distance)

Friday 21st June 2024

08:45 - 09:45 Transition Area check-in Aquathlon

11:00 Start

12:30 - 14:00 Transition Area check-out Aquathlon

15:00 Medal ceremony

Schedule and Timetables

Friday 21st June 2024

08:45 - 09:45	Transition Area check-in Aquathlon
11:00	START AG Aquathlon M16-29 (Orange)
11:03	START AG Aquathlon M30-39 (Grey)
11:06	START AG Aquathlon M40-44 (Grey)
11:09	START AG Aquathlon M45-49 (White)
11:12	START AG Aquathlon M50-59 (White)
11:15	START AG Aquathlon M60-69 (Green)
11:18	START AG Aquathlon \geqM70 (Green)
11:21	START AG Aquathlon F16-29 (Black)
11:24	START AG Aquathlon F30-44 (Black)
11:27	START AG Aquathlon F45-54 (Pink)
11:30	START AG Aquathlon F55-59 (Pink)
11:33	START AG Aquathlon F\geq60 (Pink)
12:30 - 14:00	Transition Area check-out Aquathlon
15:00	Medal ceremony



Registration Process

- Athlete must register in person.
- Athlete must present a photo identification document (passport, driving licence, national id card, triathlon licence with photo).
- **No payment – no race pack:** payment in cash at the accreditation desk is possible before the registration process. Payment can be made by Team Manager or directly by the athlete if approved by the Team Manager

Support team

- 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 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.**

Race packages



Please check that you have the following

- Bib Number
- Athlete wristband
- Sticker set for personal bag
- Swim cap
- Backpack

Transition Check-in Schedule



Friday 21st June 2024

08:45 - 09:45 Transition Area check-in Aquathlon

Timing chips

No respect of check-in time = no start

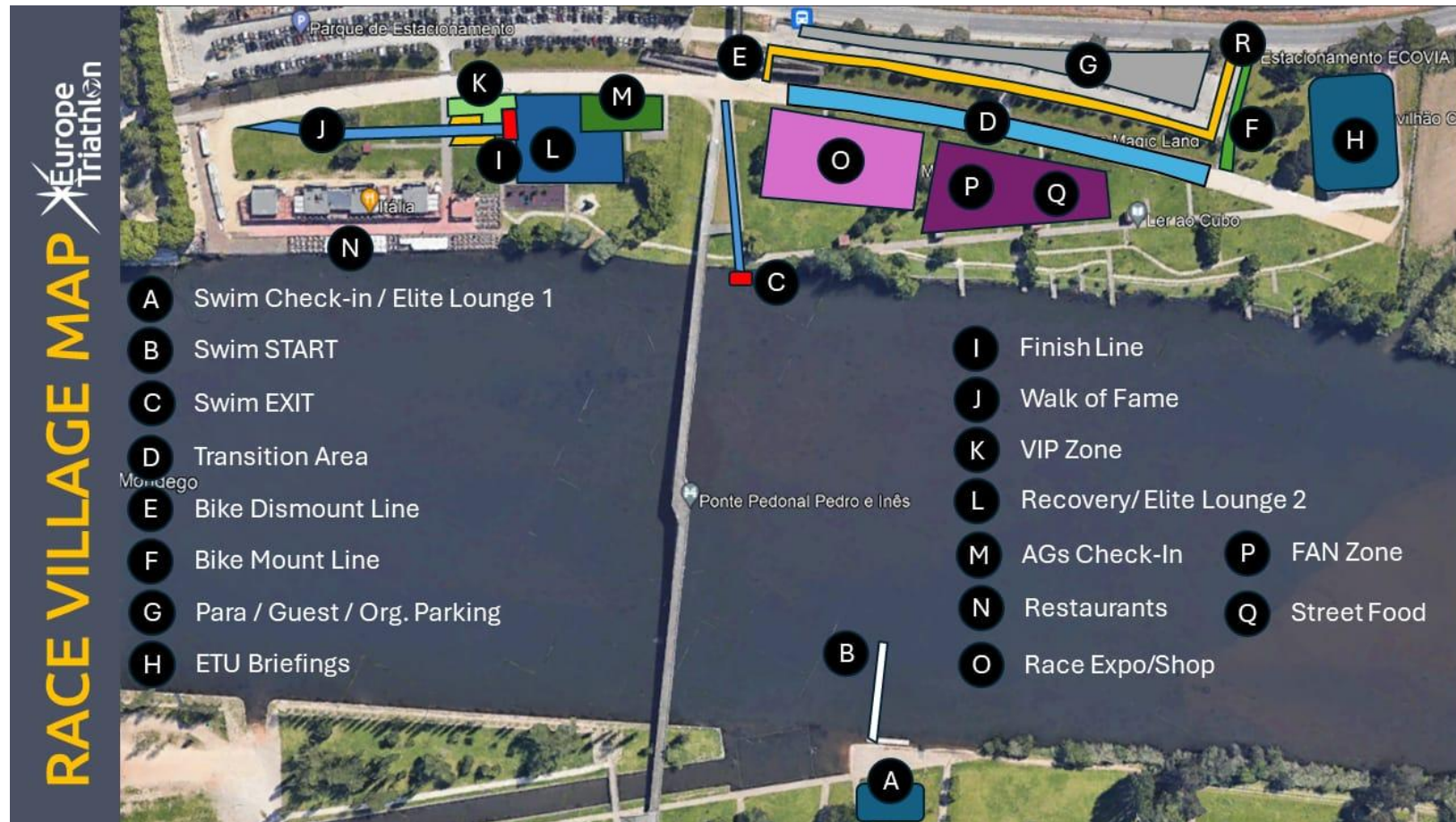
Check-in procedures



RACE DAY CHECK-IN

- Body marking check (to be applied to left arm and left leg, age category on right calf)
- Bag storage at the Bag drop area
- Uniform Check
- Note: Age-Group athletes and para triathletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in any distance competition.
- Zipper fully up for last 200m.

The Venue



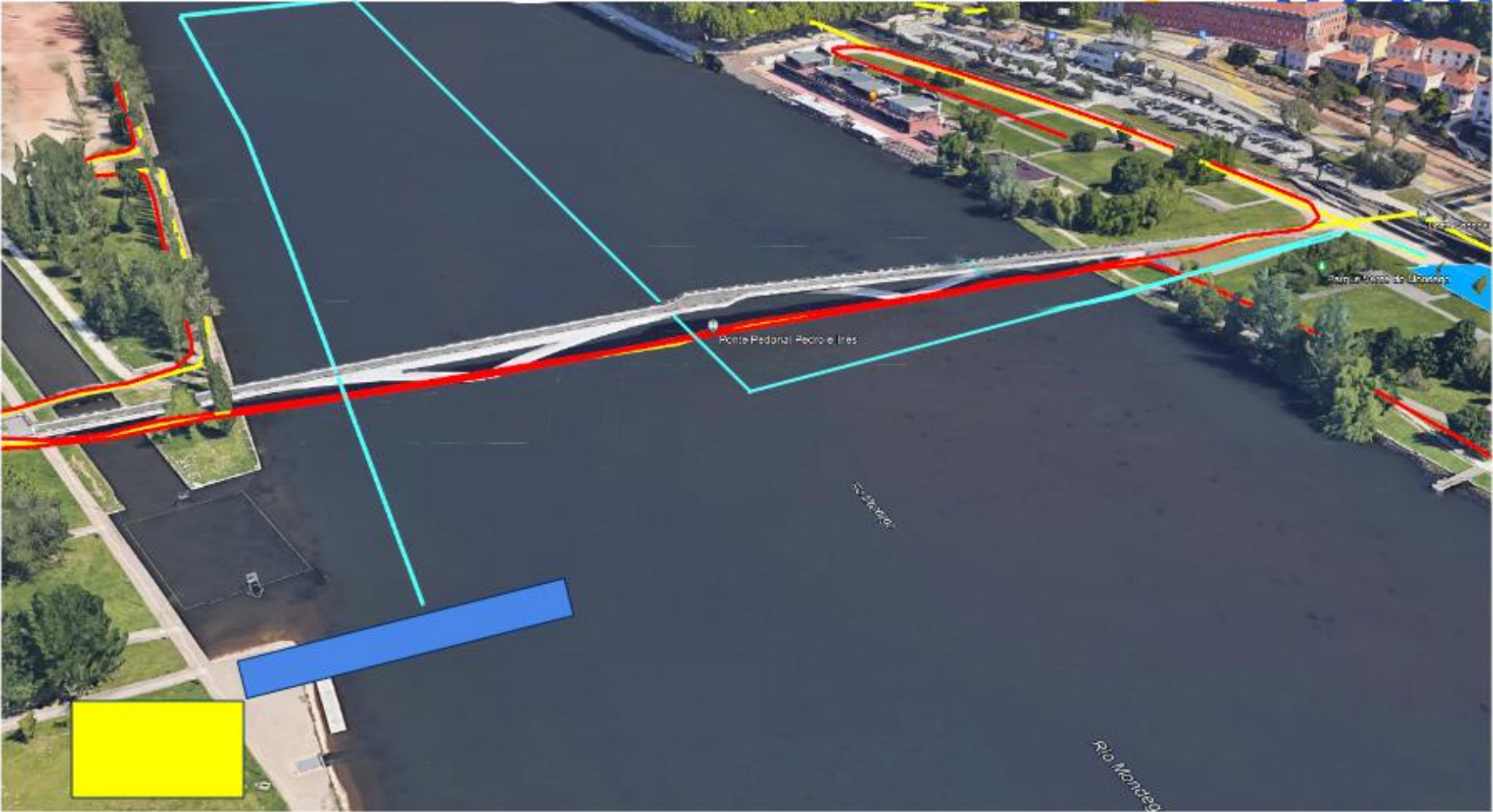
Pre-start Procedures



Athlete line-up

- **Bag-drop area:** no other equipment than the one used for the competition are in TA. The rest is either given to one of your support team or dropped in the bag drop area at the back of the registration office. Use bag sticker.
- Toilets near the Transition and the start area
- **Pre-start area:** be there 15 minutes before start. Listen for announcements. Ensure you have your timing chips and go to the other side of the bridge. [Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.](#)
- Jog to the start area and select a position and sit at the pontoon. Stay there until the TO's tell you to get inside the water.
- **Start:** Do not take non-essential equipment to start platform, including water bottles or clothing. Give to support team or place into bins.

Pre-start Procedures – Line-up map



Start Procedures



Athlete in position

- Follow instructions of the start officials
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts
- Starting in an earlier wave: **DSQ**
Starting in a later wave: **time starts from your wave.**
No start between waves is allowed.

False-start Procedures



False-start (many athletes)

- Several horn blasts
- Everyone goes back to her/his original start spot

The course



Swim 1 lap of 1000m

Run 2 laps of 2.5km

The course



Swim course



- On 21/06/2024 at 08:00: Water temperature: 19 °C
Air temperature: 17,1 °C
- Wetsuit allowed
- Neoprene vest + buoyancy shorts not allowed
- 1 lap (total distance of 1000m)
- Distance to the first turn buoy 390m
- Take cap, goggles to transition into your box
- Swim cut-off – as per World Triathlon competition rules

Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

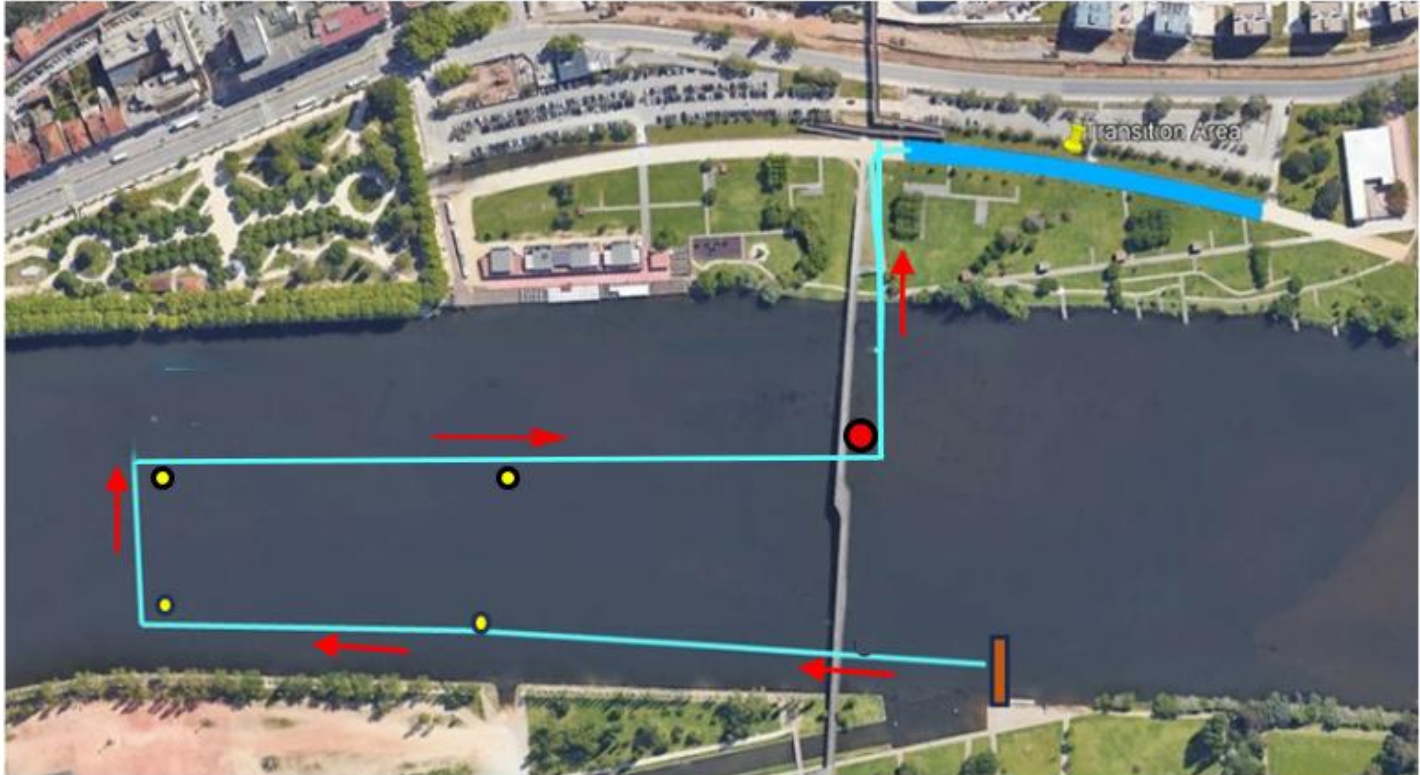
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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



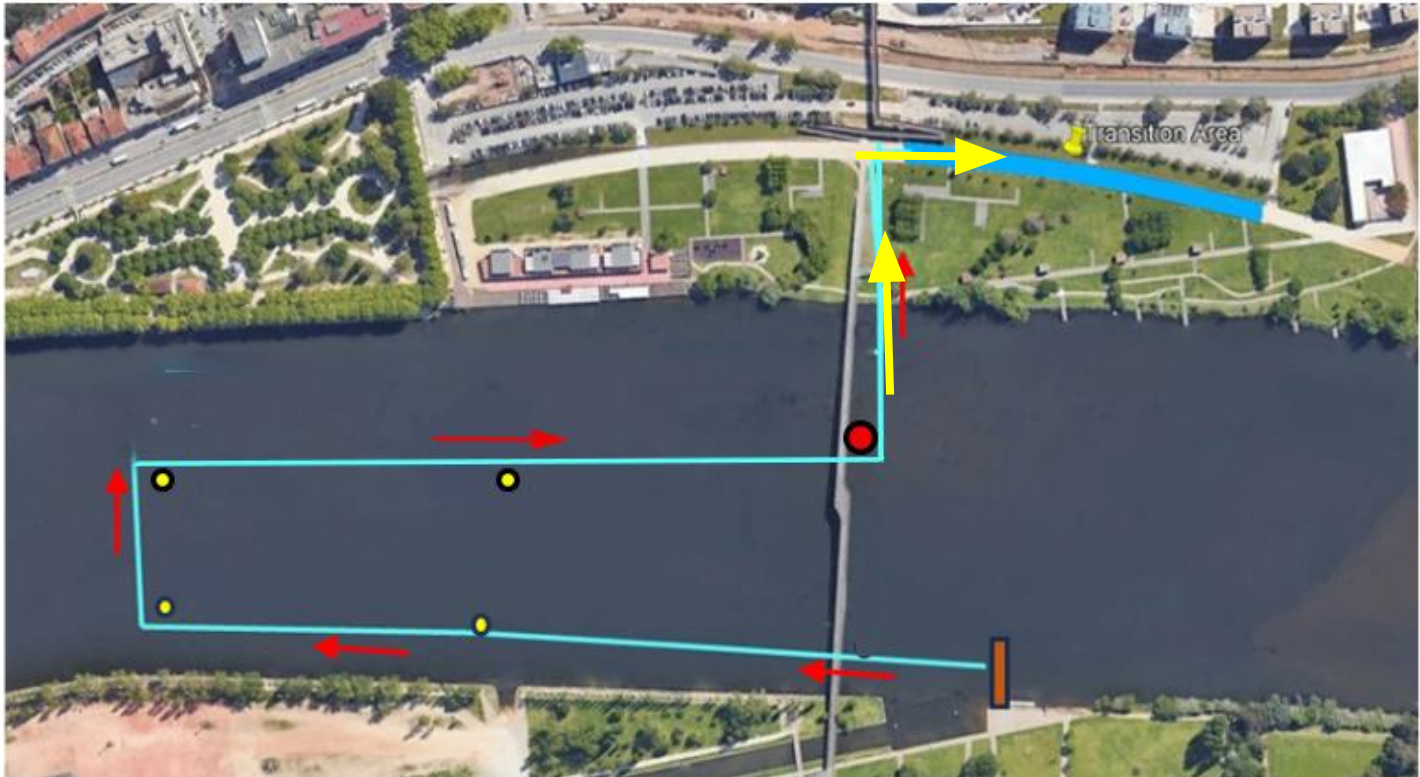
- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide.
- Please respect your fellow competitors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

Swim course map



	Course direction
	Yellow buoy
	Red buoy
	Pontoon

Swim exit to TA



	Course direction
	Yellow buoy
	Red buoy
	Pontoon

Run course



- 2 laps (total distance of 5km)
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Water, Coca-Cola, gels, bars and fruit – banana and orange
 - Discard plastic bottles and litter within the littering zones indicated by the following signs)



Run Course



Run behaviour CR 6.1



- 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.
- 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.
- 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.

Transition Area



- Used equipment in your bin
- By the end of the transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.
- Race bib number is mandatory for the run

Post-race Procedures



- When you finish, keep moving through to the “Mixed Zone” and recovery area
- Medal Presentation at 15.00h all categories
- For awards, please wear race uniform or country (NF) clothes
- Ambush marketing rules apply

Medical procedures



- Only LOC Medical Staff area allowed in the medical area.
- The NF accredited doctor is allowed in the medical area only when an athlete from their country is in the area.

Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Coaches Accreditation



Accreditation

- All coaches have to collect accreditation to be able to enter the venue. 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 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.](#)

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

Medal Ceremony



- 15:00h Next to the Transition area, near the big screen.

As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony.
Long sleeves and long pants are allowed for the award ceremony

Water Quality Assessment (Transition)



Update orange text accordingly

Enterococci	
Insert Sample Date	NMP/100mL
Location A	73
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	3
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7,4
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Showers late. Broken clouds.
Race Day	Sunny.

Weather report	
Day	Weather
B-2	A few storms. Overcast.
B-1	A few storms. Mostly cloudy.

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location On the bridge near the exit	None	None	08:00	

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;

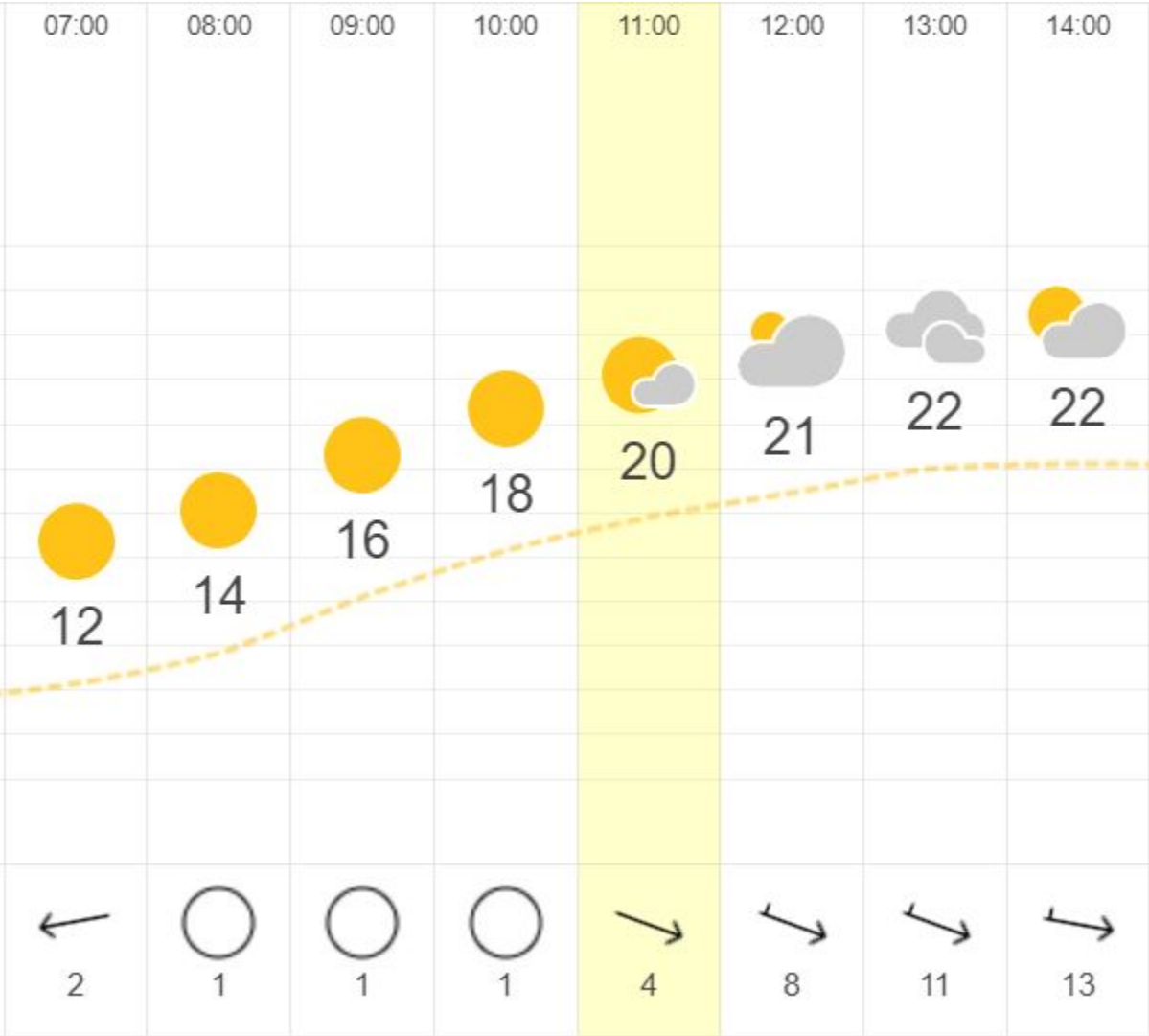


Heat stress indicator

Warning flags will be placed at the athletes' area and behind the spectators' stands



Weather forecasts



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Coimbra
2024



HAVE A GOOD RACE

