

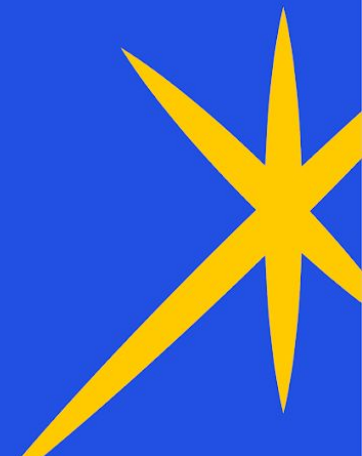


Coimbra
2024



Elite Athletes' 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

17:00 Race pack pick-up (after athletes' briefing)

Schedule and Timetables



Friday, 21st June

08:30 – 09:30	Athletes' Lounge check-in
08:45 – 09:45	Transition Area check-in for Elite/U23/Junior Men/Women
09:15 – 09:45	Swim Warm-up for Elite/U23/Junior Men/Women
09:50	Athletes' Introduction
10:00	Elite/U23/Junior Men Start
10:05	Elite/U23/Junior Women Start
10:10	Para Start
15:00	Medal ceremony

Race Pack Distribution



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

Your package includes:

- Stickers – Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo, zippers) – 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 elite / 2 for Para
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your personal belongings in the Athletes' Lounge

Transition Area

- Running shoes outside the box
- Return your non-competition gear to the Athletes' Lounge

The course



Swim 1 lap of 1000m

Run 2 laps of 2.5km

The course



Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up
- Jog to the start line
- Select your position and stay behind the line!
Blocking more than one position = DSQ
- Athletes are required to wear the official swim cap during the swim
- Athletes have to start the race with the chip placed on the body as indicated in the pre-race information.

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 15 seconds time penalty in transition.

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 transition.
- During the time penalty, the athlete(s) may NOT touch any equipment.

Swim course



- On 21/06/2024 at 08:00: Water temperature: 19 °C
Air temperature: 17,1 °C
- Wetsuit allowed
- 1 lap (total distance of 1000m)
- Distance to the first turn buoy 390m
- Take cap, goggles to transition into your box

Definition from the World Triathlon CR §4.1:

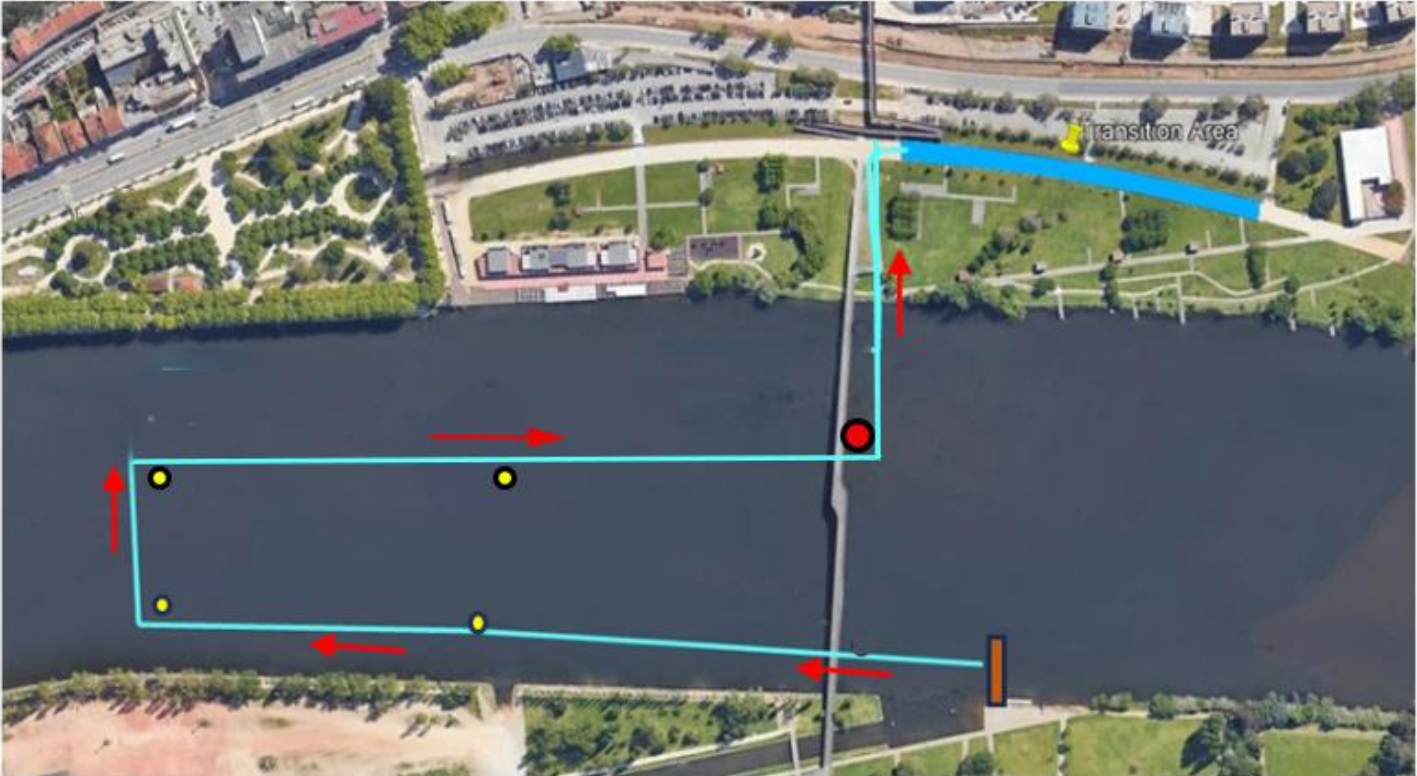
- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the 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



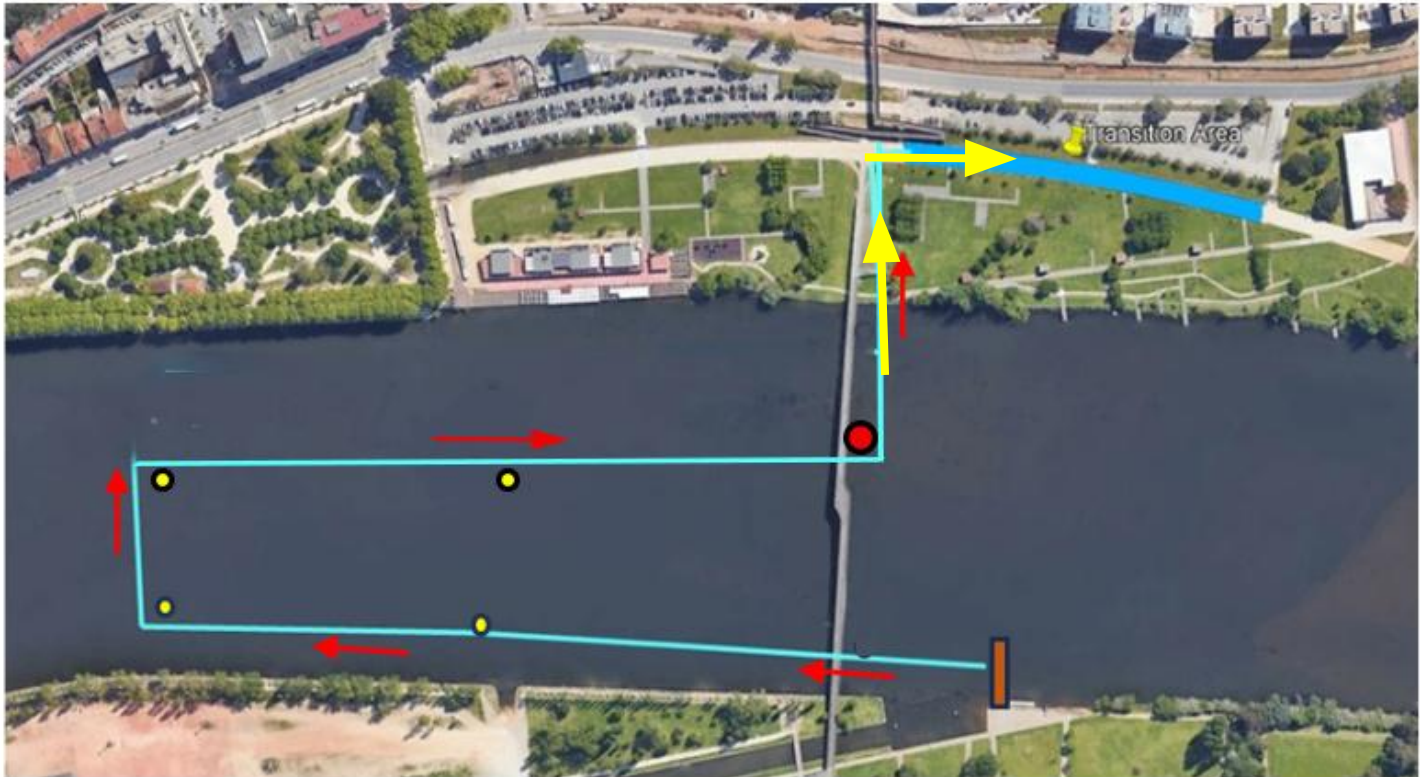
- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect.
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide.
- Please respect your fellow competitors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

Swim course map



	Course direction
	Yellow buoy
	Red buoy
	Pontoon

Swim exit to TA



Transition Area



- Individual boxes– number on the box and name and country on the rack
- Used equipment into the box
- By the end of the transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.



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



	Course direction
	Aid station
	Penalty box

Run Course



- 2 laps (total distance of 5km)
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Water bottles
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
- Congestion in finish area:
- Go to mixed zone / recovery area



Run Penalty Box



- Start infringements will be served in Transition
Swim, TA and Run Infringements will be served in Run
- **Location:** 200m before the end of the lap
- **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 seconds 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 appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box



Violations Abbreviations:

Swim Behavior	S
Run Behavior	R

Littering	L
Equipment outside the box	E
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



- When you finish, keep moving through to the “Mixed Zone” and recovery area
- Medal Presentation at 15:00h
- For awards, please wear race uniform or country (NF) clothes
- Ambush marketing rules apply

Post-race Procedures



Anti-Doping Control

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

Team Medical Access

- Only accredited team medical will be allowed to enter the medical tent after the Europe Triathlon Medical Delegate's permission.

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

- The consequence for this behavior is:

The athlete will immediately forfeit their prize money for that event.

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
- Elite athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.

Prize money



- The LOC will pay the prize money (gross) to the winning top 5 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 5 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 (**Paulo Baltazar - tesouraria@federacao-triatlo.pt**). 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.

Post-race Procedures



Prize Money in (EUR)

Position	Middle Dist. Triathlon European Champs	Duathlon European Champs	Cross Triathlon European Champs	Cross Duathlon European Champs	Aquathlon European Champs
1	1 875€	1 875€	1 250€	900€	900€
2	1 500€	1 500€	1 000€	750€	750€
3	1 125€	1 125€	750€	600€	600€
4	750€	750€	500€	450€	450€
5	600€	600€	400€	300€	300€
6	525€	525€	350€	-	-
7	450€	450€	300€	-	-
8	300€	300€	200€	-	-
9	225€	225€	150€	-	-
10	150€	150€	100€	-	-
Total	7 500€	7 500€	5 000€	3 000€	3 000€

Water Quality Assessment (Transition)



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;

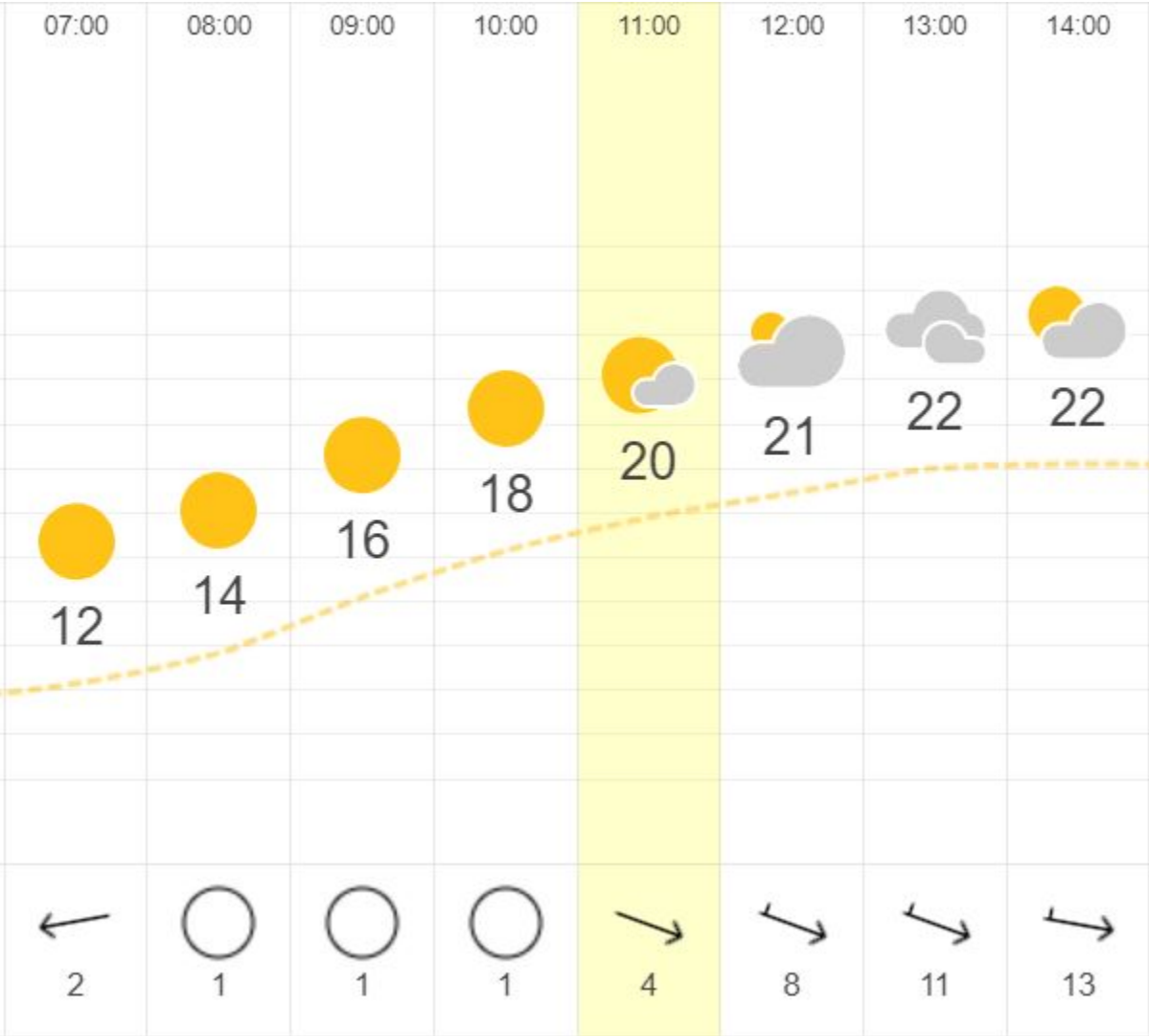


Heat stress indicator

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

