



Coimbra
2024



Junior/Para Athletes' Cross Triathlon briefing

Wednesday 19th June 2024



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), 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
- Cristina Lopes (POR) (Junior, Para, AG) / Ehrhardt Petter (GER) (Elite)
- Ricardo Lacerda (POR), LOC Director

Competition Jury



- Eero Raudsepp (EST), Chair
- Renato Bertrandi (ITA)
- Sérgio Dias (POR)

Schedule and Timetables



Wednesday, 19th June

12:30 Race pack pick-up (after athletes' briefing)

15:00 - 16:00 Swim course familiarisation

16:15 Bike course familiarisation

Meeting point at the mount line, at the exit of transition area

Schedule and Timetables



Thursday, 20th June

07:30 – 08:30	Athletes' Lounge open (Junior/Para)
07:45 – 08:45	Transition Area open (Junior/Para)
08:15 – 08:45	Swim Warm-up (Junior/Para)
08:55	Athletes' Introduction
09:00	START Junior Men Cross Triathlon Sprint
09:01	START Junior Women Cross Triathlon Sprint
09:03	START Para Cross Triathlon Sprint
13:30	Medal Ceremony (Elite/U23/Junior/Para Cross Triathlon)

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
- 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**
 - * Swim skins have to follow uniform guidelines and must be worn throughout the race.
 - * Para triathletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow with zipper in front.
- Body marking check (both arms, both legs)
- Timing chip distribution
 - Juniors: 1 for the ankle
 - Para: 2 chips
- Swim cap distribution
- MTB handlebar number distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge.

Timing Chips – Where to Wear (Para only)



Category

Location

PTS2 – PTS5

Double amputees: Bike prosthesis + run prosthesis

Single amputees: Existing ankle + run prosthesis

Non amputees: Both ankles

Check-in procedures



Transition Area

- Bike check (Bike mechanic available near transition) The maximum tyre diameter for the MTB is 29 inch
The minimum cross section is 1.5 inch
- The MTB handlebar name plate must be placed on the bike's handlebar.
Finishing without a plate is subject to DSQ.
- Helmet check - Don't leave your helmet fastened in the transition
- Handlebars: Clip-on handlebars are forbidden + Traditional MTB bar ends are allowed but must be plugged
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the HR up until 10 minutes after the end of the Athletes' Briefing

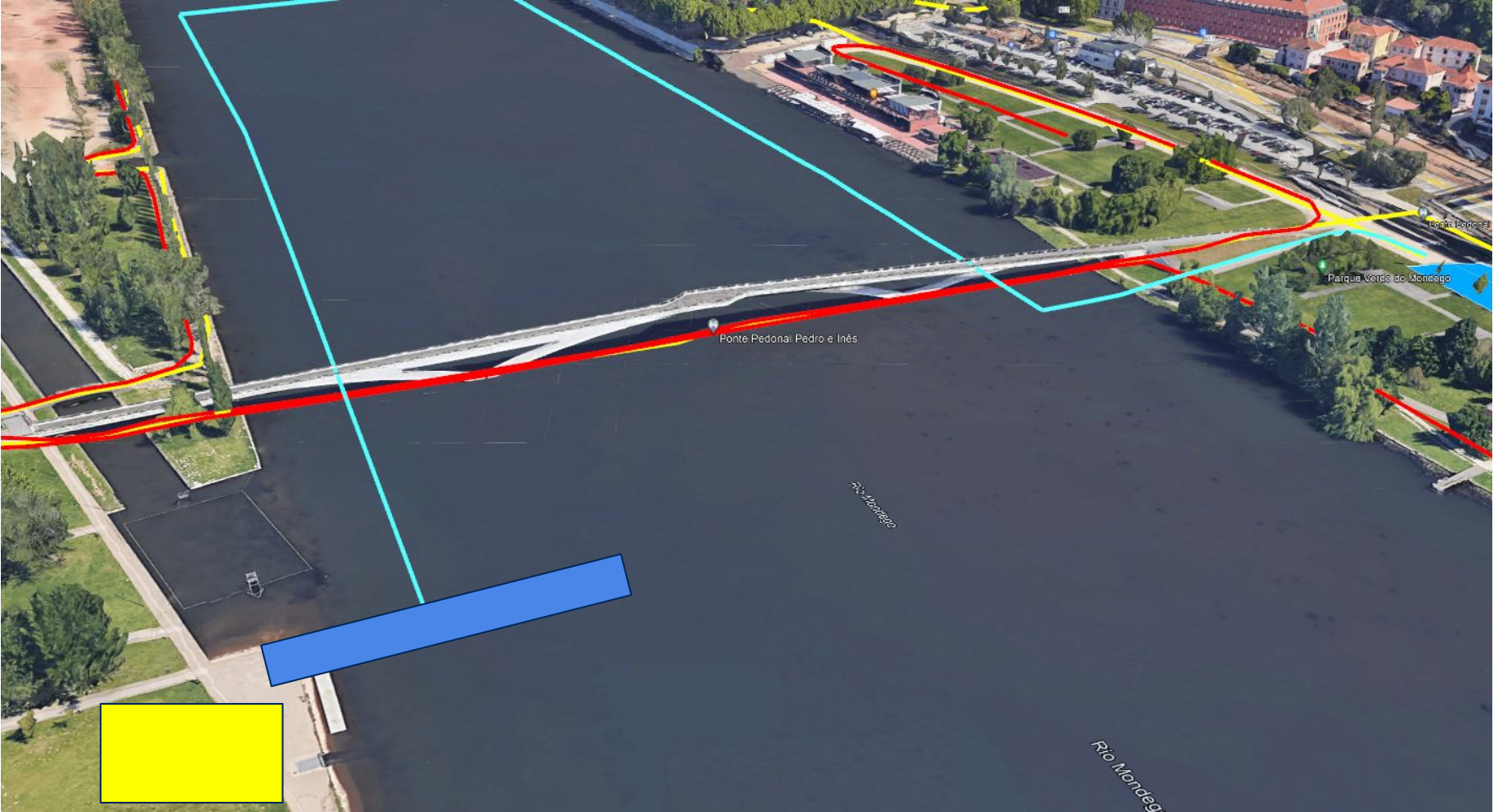
Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up
- Jog to the start platform once your name is called
- Select your position and stay behind the line!
[Athlete blocking more than one place will result DSQ](#)
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.

Pre-start Procedures – Line-up map



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
- The race starts

Athletes not moving forward at the start will receive a 10 seconds time penalty in TA.

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

The course



Swim 1 lap of 500m

Bike 1 lap of 11,5km

Run 1 lap of 4km

The course



Swim course



On 19/06/2024 at 11:00: Water temperature: 19,3 °C
 Air temperature: 23,2 °C
 WBGT 21.2 °C

- Wetsuit allowed
- 1 lap (total distance of 500m)
- Distance to the first turn buoy 190m
- Take cap, goggles to transition into your box

Definition from the World Triathlon CR §4.1:

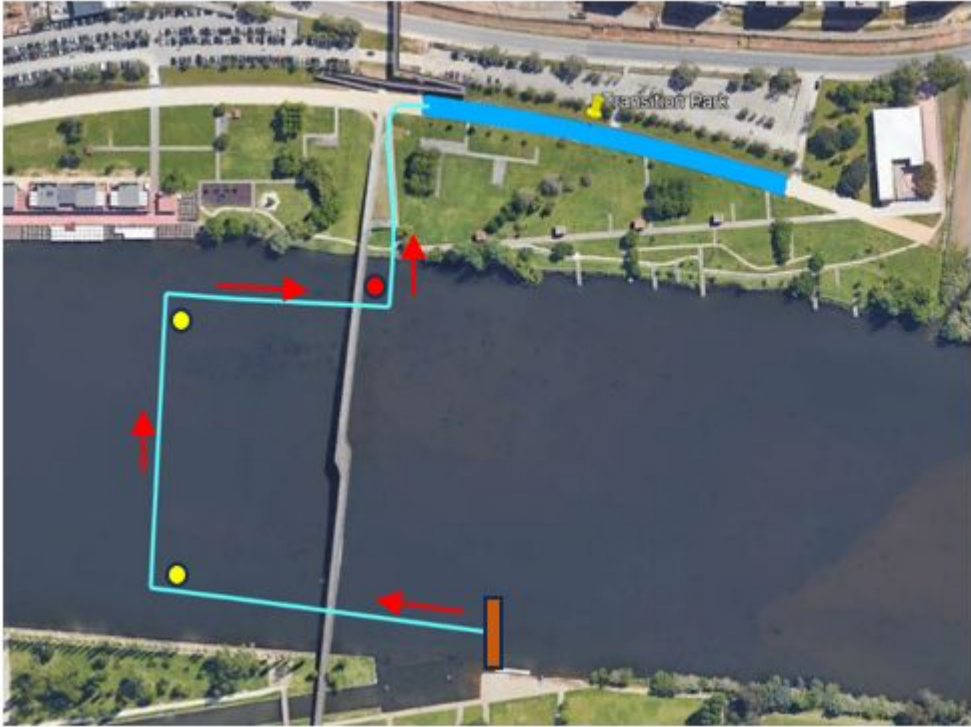
- e.) Athletes may sportingly maintain their own space in the water:
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
 - (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the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



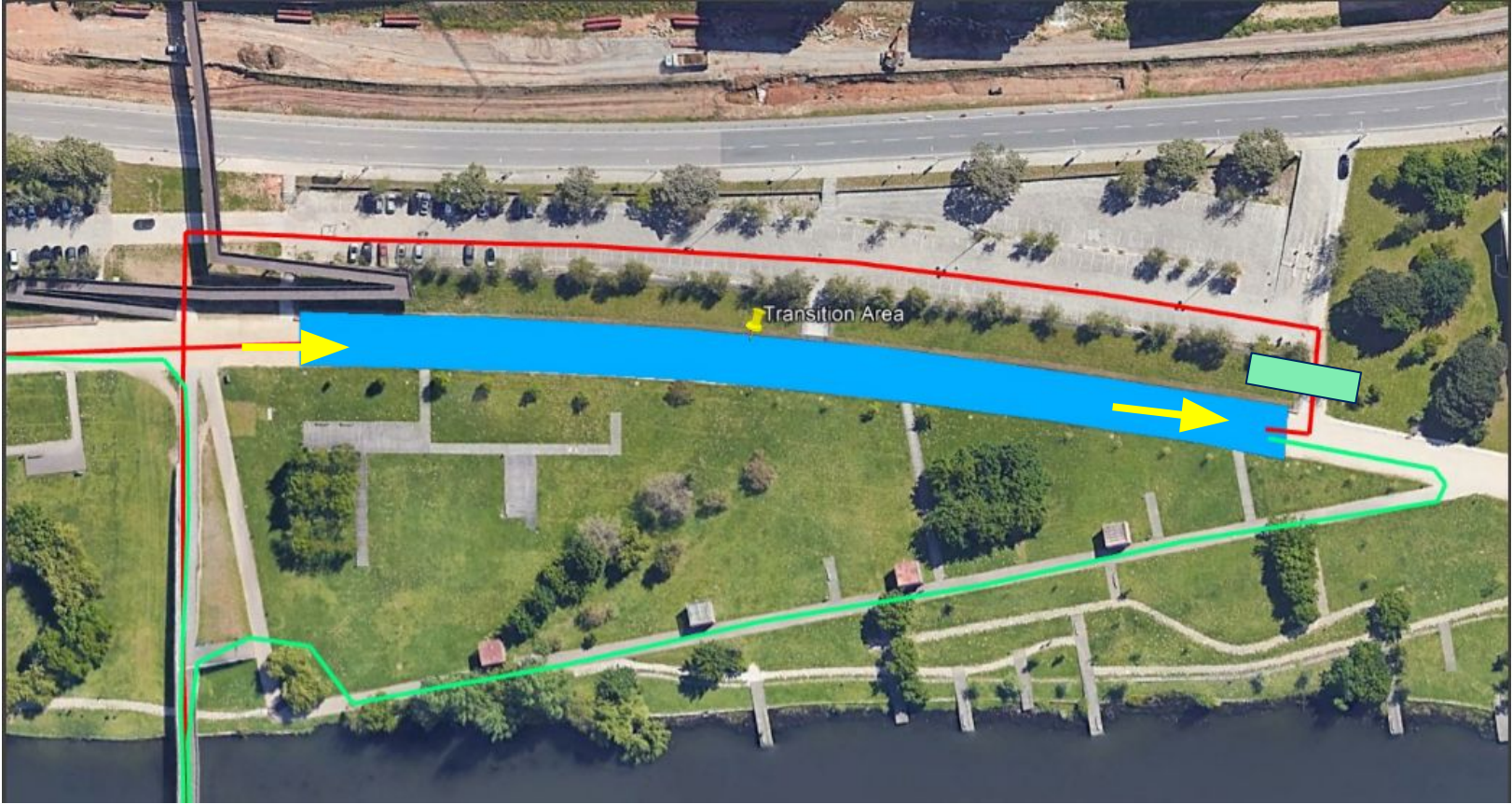
	Course direction
	Yellow buoy
	Red buoy
	Pontoon

Transition Area



- Traditional Bike Racks – two rows
- Rack your MTB by the saddle
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- Wetsuits, goggles & swim caps into the box
- By the end of the last transition, ALL equipment (used + unused) must be deposited in the corresponding bin.
- Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed it back on the rack and let go after the finish of the bike segment.
- Mount line at the end of the TA

Transition Flow



Bike course



- 1 lap (total distance of 11,5km)
- Flat and technical
- Drafting is allowed in all the categories, but not between men and women
- When safe, give way to faster riders.
Stay on the right – Pass on the left
- Carry with you extra tubes and tools

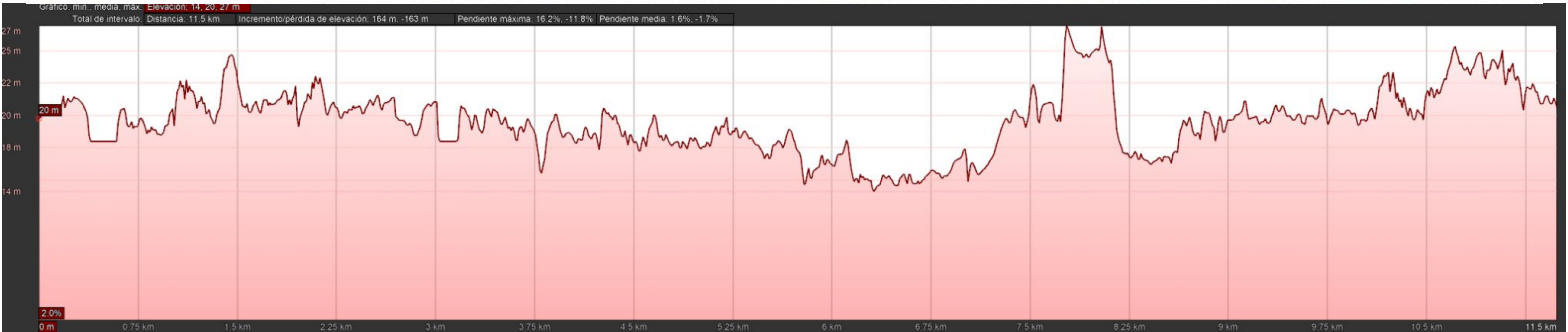
Definition from the World Triathlon CR §5.1.b:

- 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.

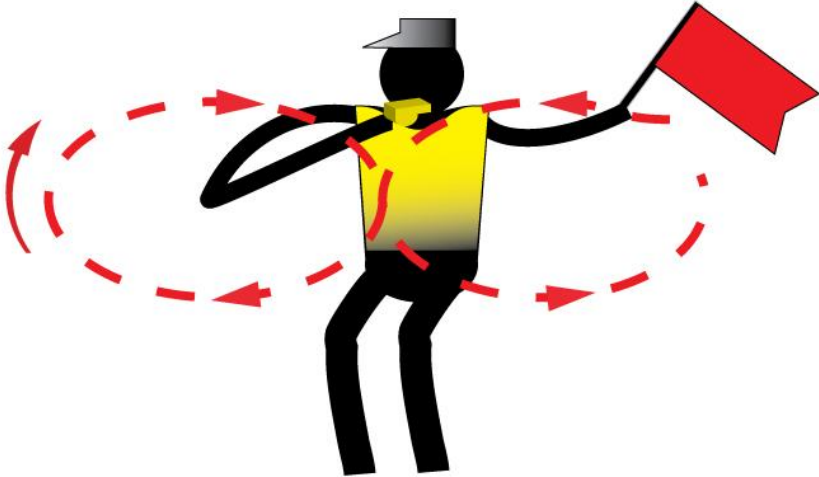
Bike Course Map



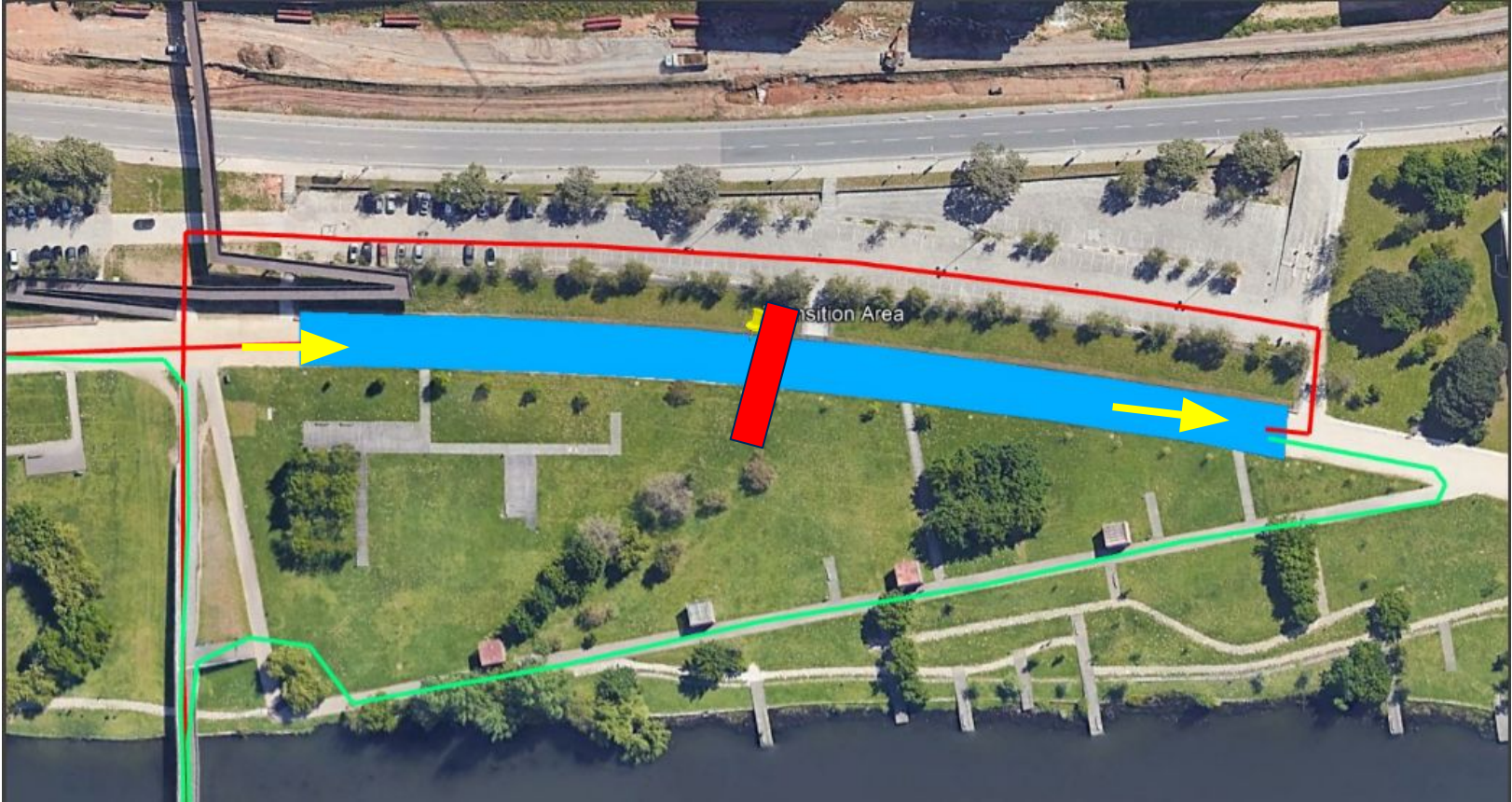
Coaches area



Caution



Bike to Run



Run course



- 1 lap (total distance of 4km)
- Aid stations:
 - 2 per lap
 - For locations see the map
 - Bottled water
 - Discard plastic bottles and litter within the littering zones indicated by the following signs:
- Congestion in finish area:
 - Go to mixed zone / recovery area



Run Course Map



	Course direction
	Aid station
	Penalty box



Run Penalty Box



- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 200 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:** 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

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



- When you finish, keep moving through to the mixed-zone and recovery area
- For awards, dress “up” with race uniform or country clothes
- Awards Ceremony at 13.30h
- Ambush marketing rules apply

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.*

Post-race Procedures



Anti-Doping Control

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

Medical

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

Medal Ceremony



- Next to the start of 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.

Coaches Accreditation / Coaches Areas



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, 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

- Bike course, 2nd run first aid station and finish area

Water Quality Assessment



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)	Isolated storms. Increasing cloudiness.
Race Day	Passing showers. Partly cloudy.

Weather report	
Day	Weather
B-2	A few tstorms. Overcast.
B-1	A few tstorms. 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	09:15	

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;

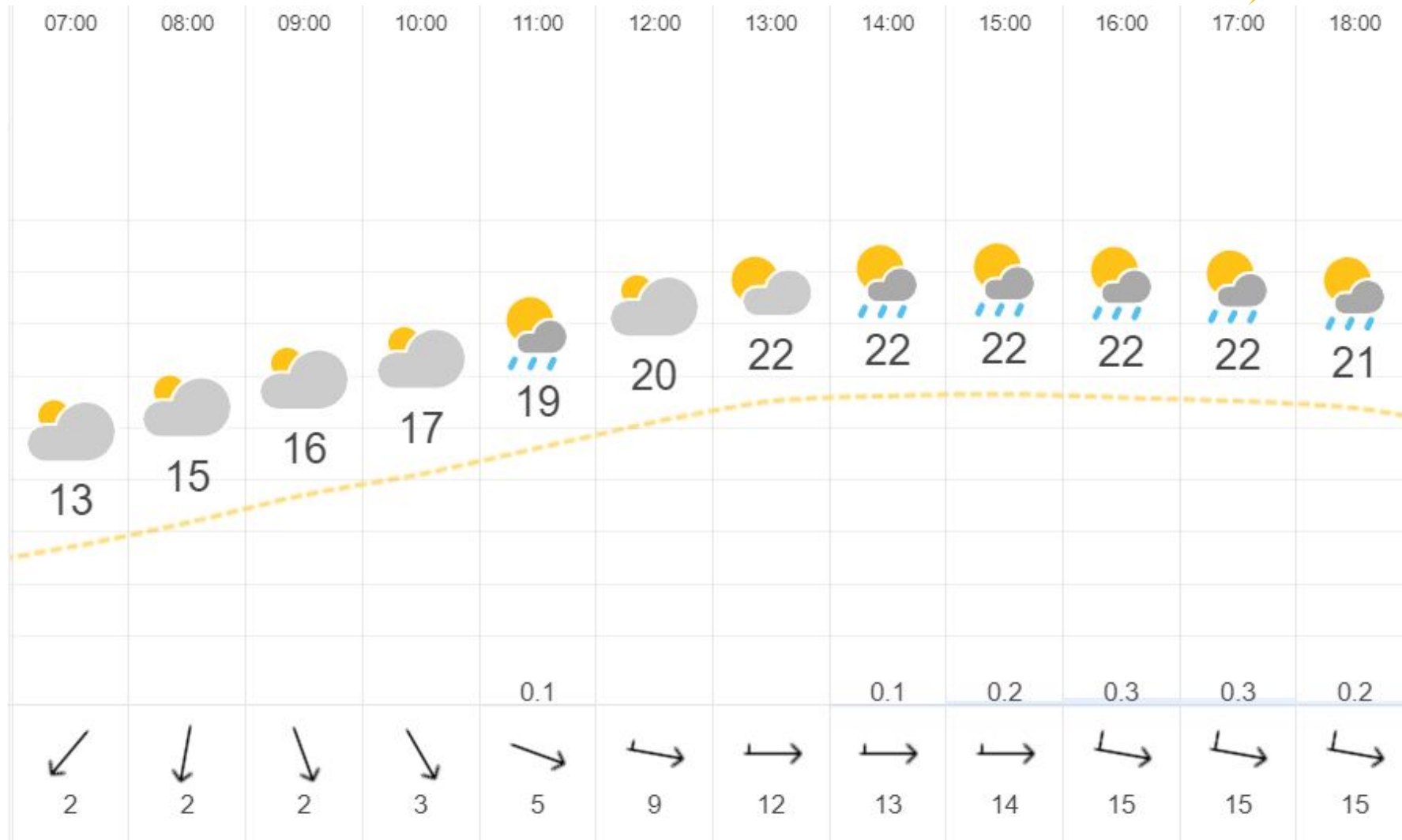


Heat stress indicator

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



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HAVE A GOOD RACE

