



Coimbra  
2024



# AG Team Managers' duathlon cross briefing

Monday 17th June 2024



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Weather forecasts



# Welcome and Introductions



- Christopher Kitchen (IRL), Vice 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
- Christopher Kitchen (IRL)
- Sérgio Monteiro (POR)

# Schedule and Timetables



## 17th June 2024

- 10:00 - 13:00 Race pack distribution (Cross Duathlon + Cross Triathlon)
- 14:30 - 20:00 Race pack distribution (Cross Duathlon + Cross Triathlon)

## 18th June 2024

- 09:45 - 10:45 TA check-in AG Cross Duathlon (all bikes)
- 12:30 - 12:45 TA access to the bikes (no bike check)
- 13:00** **START AG Cross Duathlon Standard M18-49**
- 13:03** **START AG Cross Duathlon Standard M $\geq$ 50**
- 13:06** **START AG Cross Duathlon Standard F**
- 15:30 - 17:00 TA check-out AG Cross Duathlon
- 17:00 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, 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.**

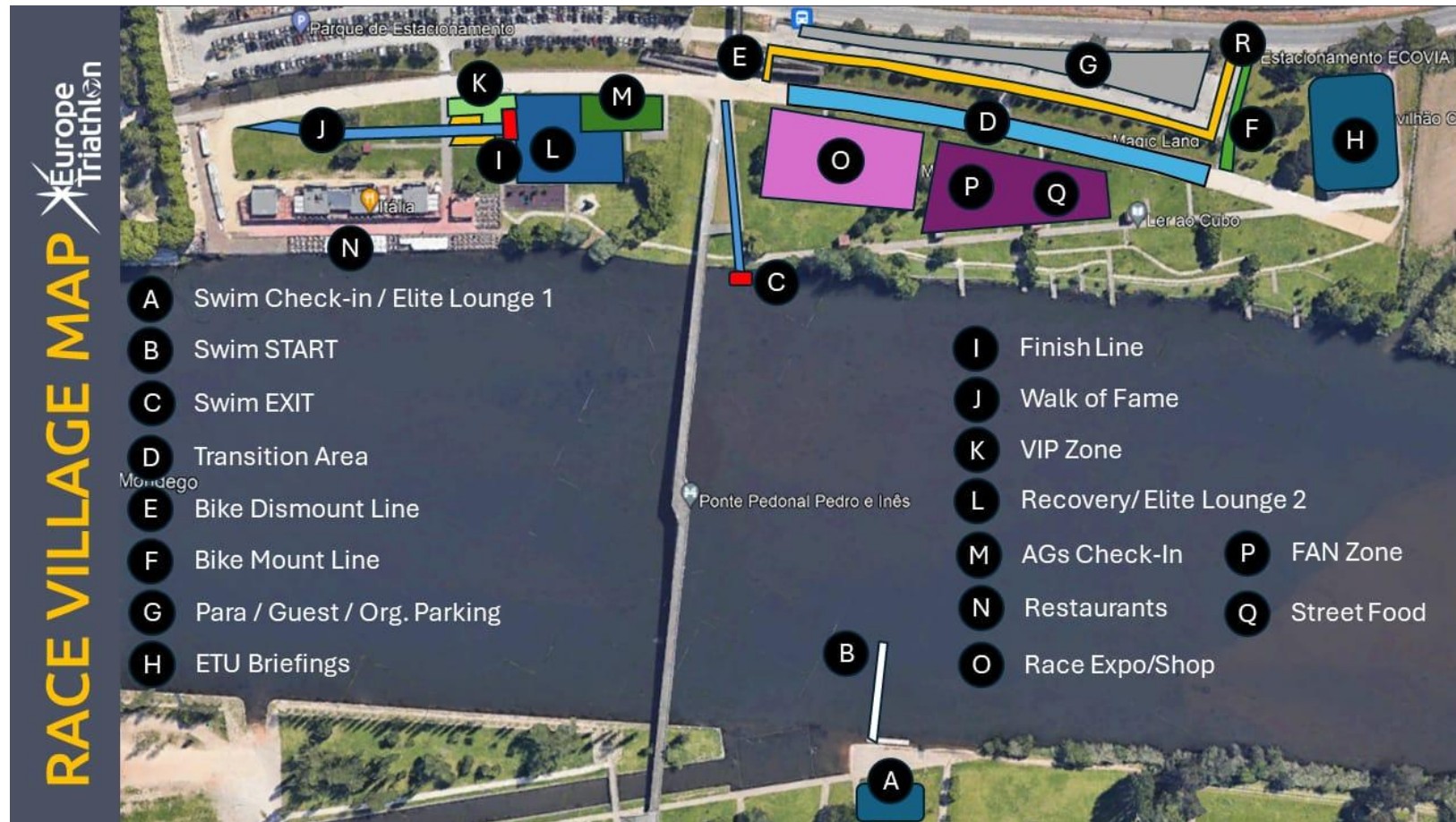
# Race packages



**Please check** that you have the following

- Timing chip (it will be provided at the entrance of transition)
- MTB handlebar number
- Bib Number
- Athlete wristband
- Sticker set for bike, helmet and personal bag
- Body decals, 1 left arm, 1 left leg and 1 category right leg
- Backpack

# The Venue





# Transition Check-in Schedule



**18th June 2024**

09:45 - 10:45 Age Group TA check-in AG Cross Duathlon

- Checks: Uniform (final)

Timing chips

**Go to the start area**

**No respect of check-in time = no start**

# Check-in procedures



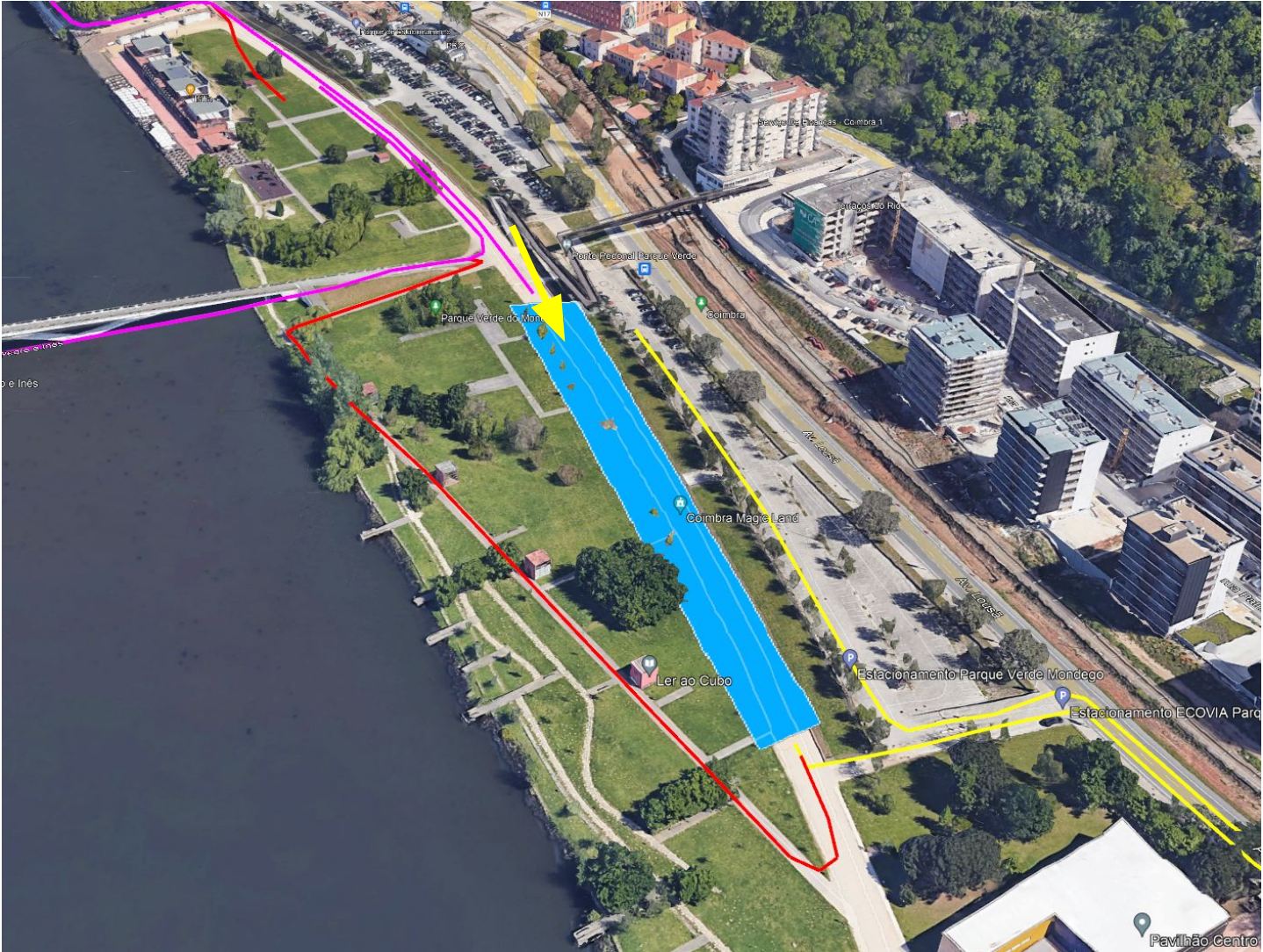
## BIKE AND HELMET CHECK-IN

- Using the wristband
- Review your time slot to ensure smooth check-in
- Check-in is **mandatory**
- Bike Check

## RACE DAY CHECK-IN

- Body marking check (to be applied to left arm and leg, age category on right calf)
- Bag storage (at the back of the registration office)
- 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.**

# TA Check-in Flow



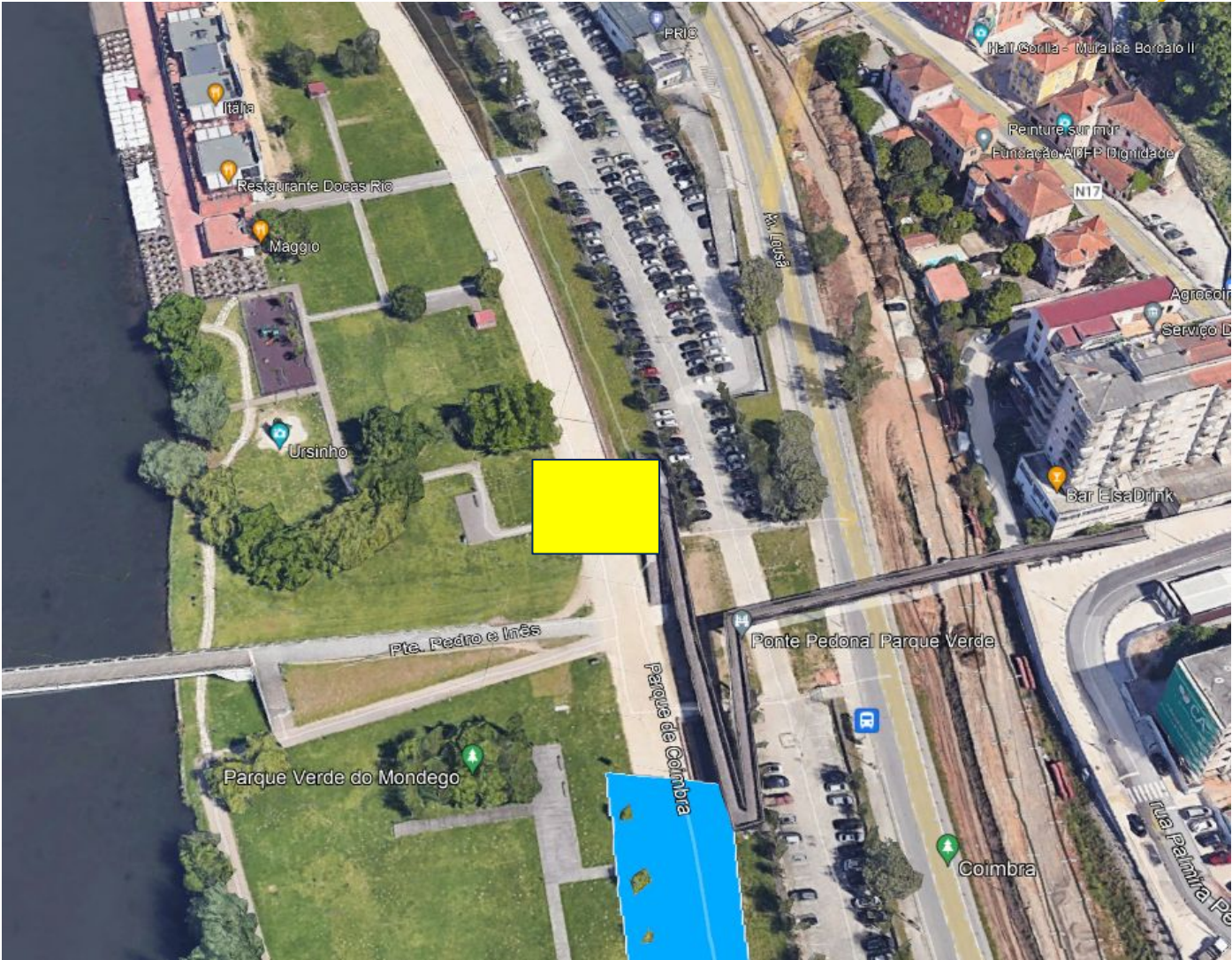
# Pre-start Procedures



## 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 back of the Registration office in a white tent.  
Use bag sticker.
- Toilets outside Transition and at the start area.
- **Pre-start area** (2 boxes): be there 15 minutes before start. Listen for announcements. Ensure you have your timing chips. [Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.](#)
- **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 Technical delegate 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

## 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



**Run 1**     2 laps of 3.1 km

**Bike**     1 lap of 21.6 km

**Run 2**     1 lap of 4 km



# The course



# Run course 1

- 2 laps (total distance of 6.3 km)
- Timing mat at the end of each lap, **but you are responsible to count for yourself**
- Aid stations:
  - 2 per lap
  - For locations see the map
  - Water, Coca-Cola, gels, bars and fruit – banana and orange
  - Only discard cups and litter within littering areas indicated by the following signs



# Run 1 Course Map

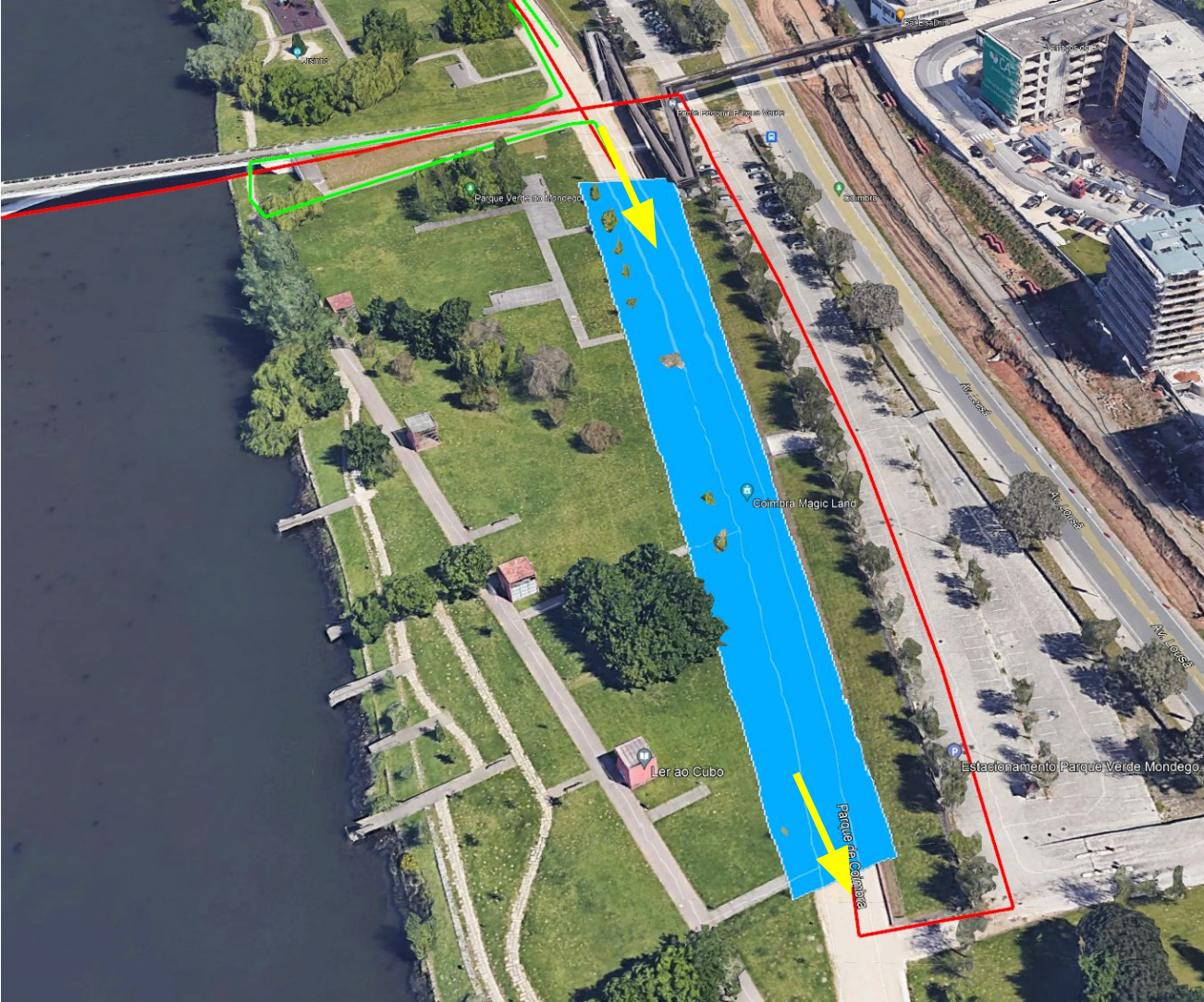


# Run behaviour CR 6.1



- 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.

# Run Exit to Transition Area and Bike



# Transition Area



- Traditional Bike Racks – numbered – every 1 m
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All equipment within your space
- Bags to the Bag drop area, at the back of the registration office
- 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.

# Transition Area



- Used equipment in your bin
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.
- Race bib number is not mandatory for the bike segment, but mandatory for the run
- Mount line is **green** / Dismount line is **red**

# Bike course



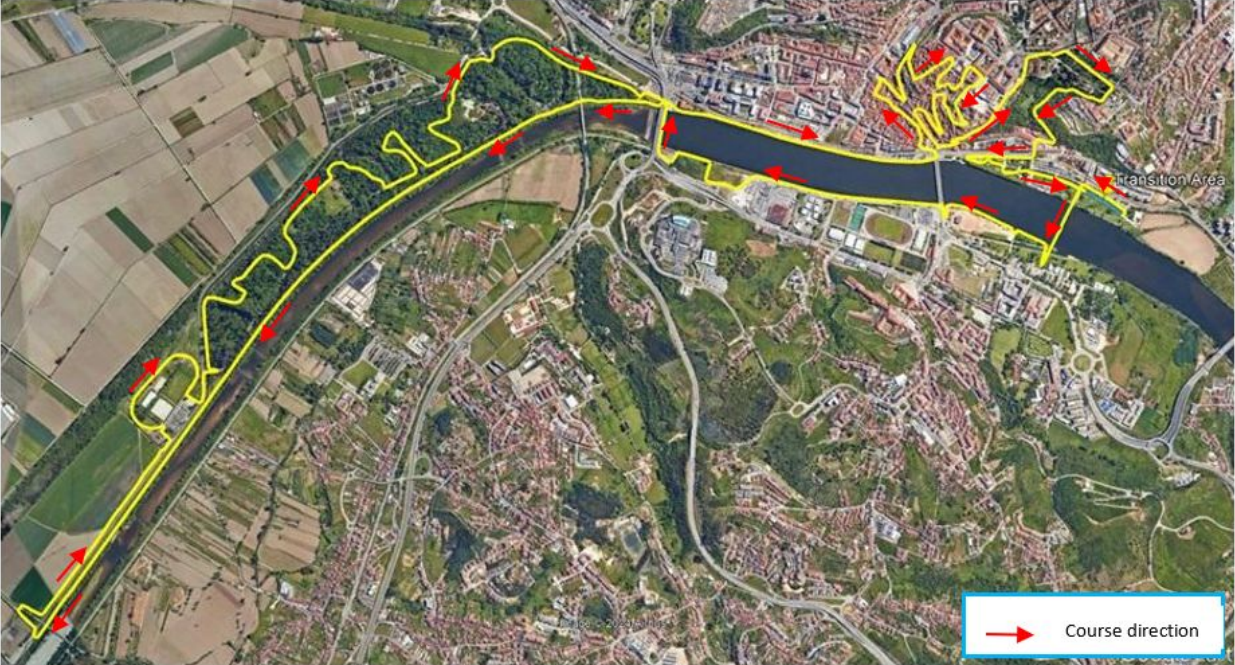
- 1 lap (total distance of 21.6 km)
- Hilly and technical
- **Drafting legal**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**
- Warn the athlete you want to pass
- Dismount line on the entrance of transition



## Definition from the World Triathlon CR §5.1.b:

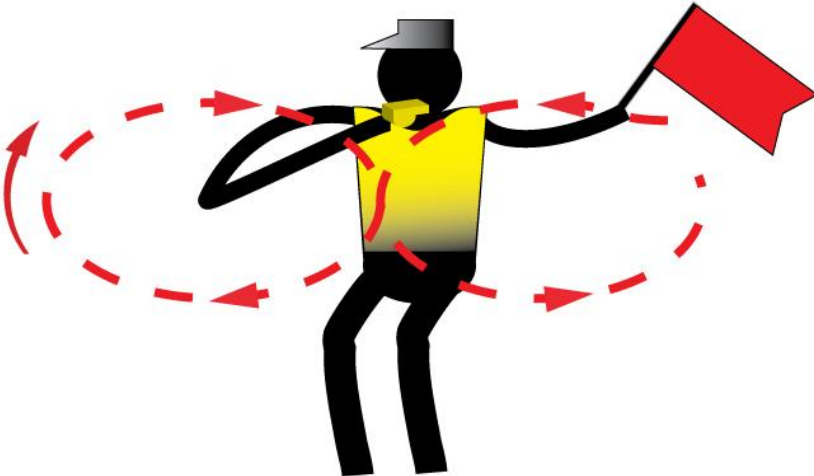
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete 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

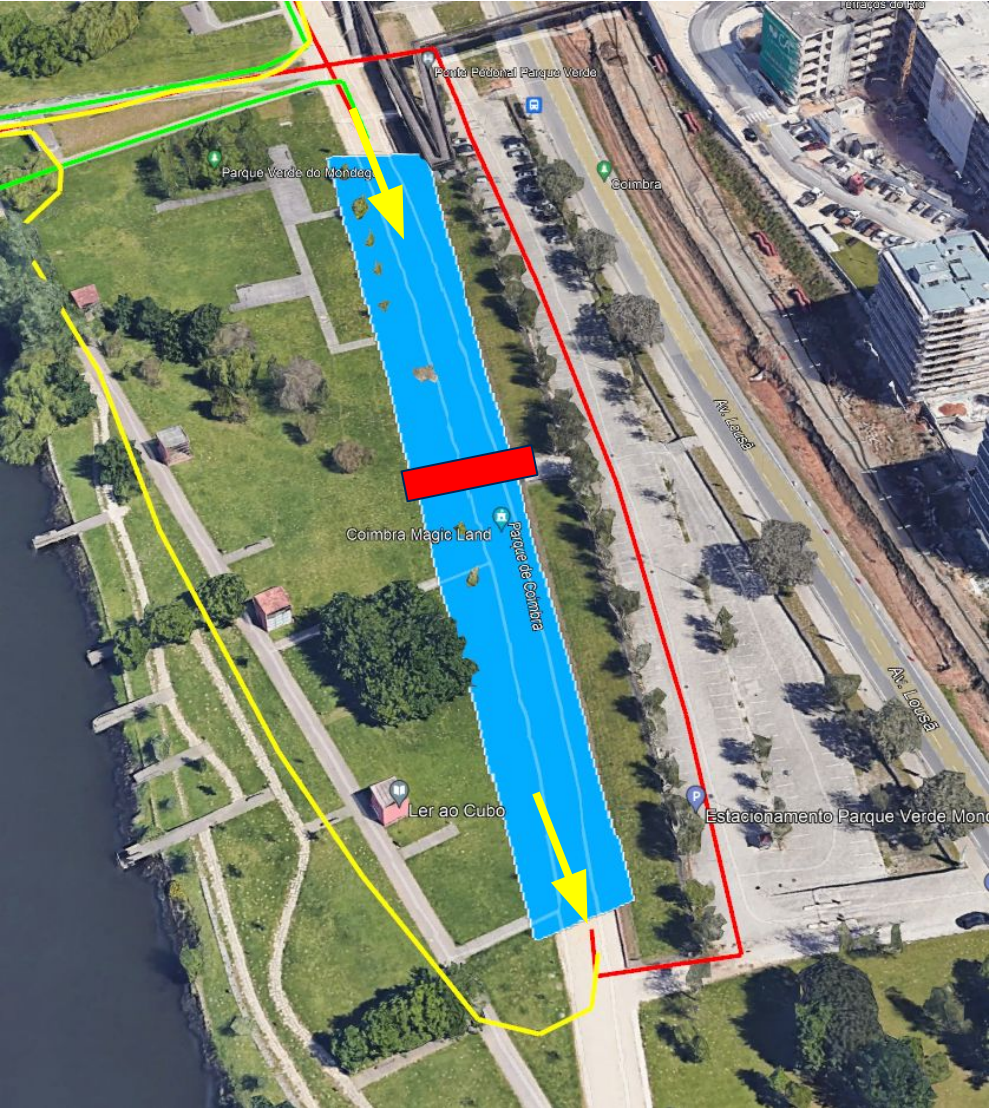


# Caution

Caution signal: three sharp whistles and red flags



# Bike Exit to Run Entrance



# Run course 2



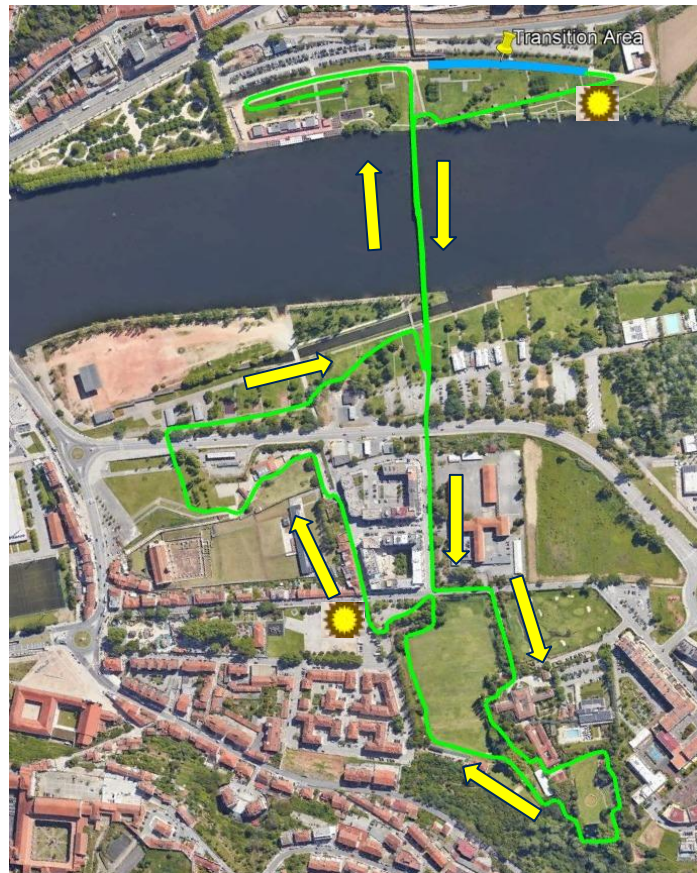
- 1 lap (total distance of 4km)
- Aid stations:
  - 2 per lap
  - For locations see the map
  - Water, Coca-Cola, gels, bars and fruit – banana and orange
  - Only discard cups and litter within littering areas indicated by the following signs
- Bib number must be worn in front of the body



## 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 Course 2 Map



→ Course direction  
☀ Aid station

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# Post-race Procedures



- To avoid congestion: go to recovery area after the finish line
- Food and drinks available there
- Leave the recovery area after having recovered
- Take your bags at bag-drop-off
- Bike check-out times:
  - 15:30 - 17:00 TA check-out AG Cross Duathlon



# 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.

# Results and Medal Ceremony - AG



- At the right side of the finish line.
- Medal Ceremonies Cross Duathlon: **Tuesday 17:00h**
- First three athletes of each category are requested to be at the meeting-point **15 minutes before**. Youngest athletes will be awarded first. **Be punctual as we must start on time.**

As per the World Triathlon Competition rules:

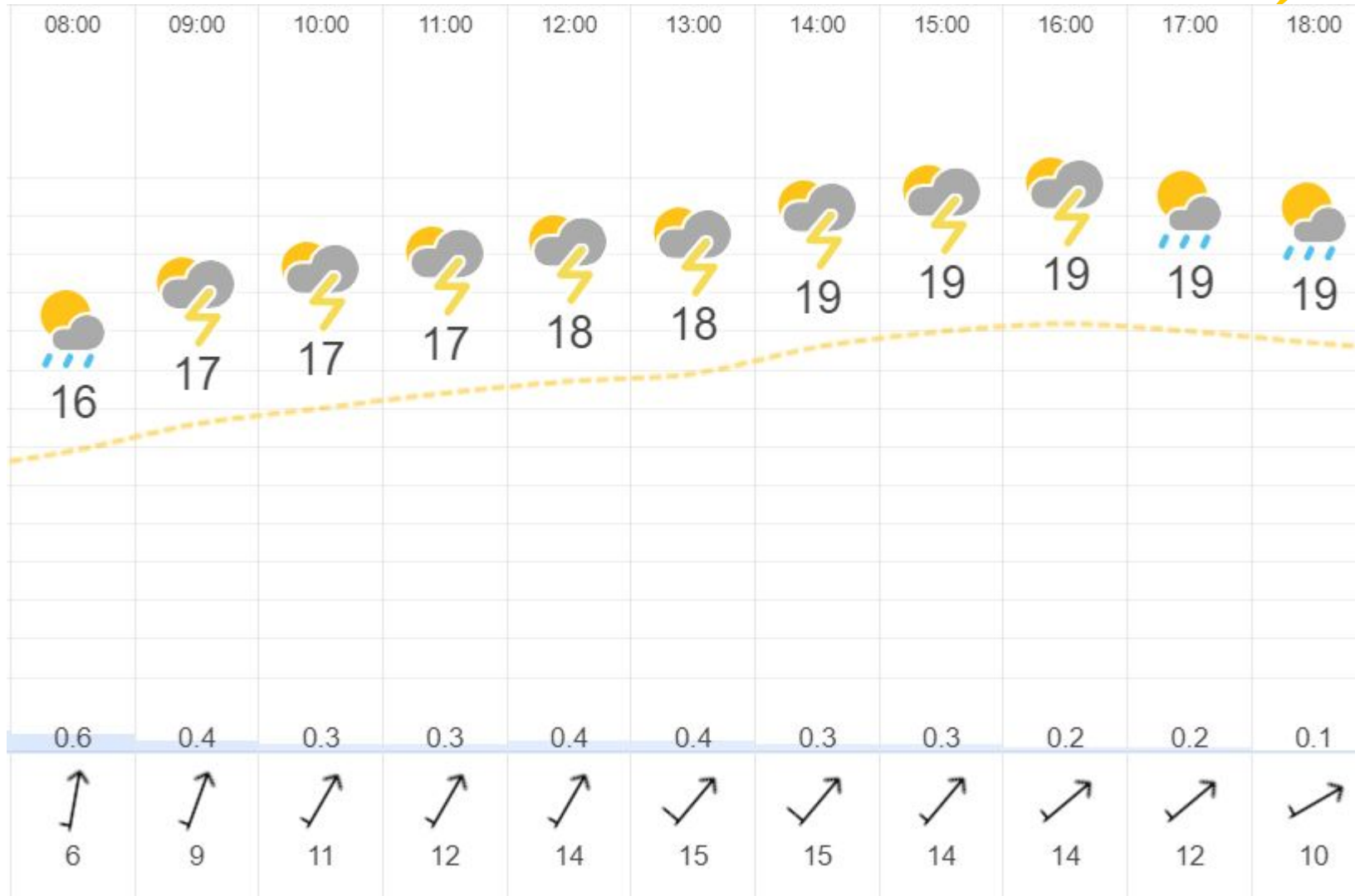
- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony
- Kids are not allowed on the podium.
- If you can not attend the medal ceremony, your Team Manager or one of your teammates should pick up your medal at the end of the ceremony.

# Heat stress indicators

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



# Weather forecasts



# ENOUGH

## NEED HELP?

Contact

[safesport@triathlon.org](mailto:safesport@triathlon.org)

Visit

[triathlon.org/about/safeguarding\\_policy](https://triathlon.org/about/safeguarding_policy)

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**HAVE A GOOD RACE**

