



Coimbra
2024



AG Team Managers' duathlon briefing

Friday 14th 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) (AG, Junior W, Elite M) / Ana Pessegueiro (POR) (Para, Junior W, Elite W), Europe Triathlon Head Referee
- Ricardo Lacerda (POR), LOC Director

Competition Jury

- Carmen Gómez (ESP), Chair
- Christopher Kitchen (IRL)
- Sérgio Monteiro (POR)



Schedule and Timetables



Friday 14th June 2024

10:00 - 13:00	Race pack distribution (Sprint Duathlon + Standard Duathlon)
14:30 - 17:00	Race pack distribution (Sprint Duathlon + Standard Duathlon)
15:00 - 17:30	TA bike check-in AG Sprint Duathlon
18:00	Parade of Nations and Opening Ceremony

Saturday 15th June 2024

06:30 - 07:45	Last minute TA check-in AG Sprint Duathlon (no bike check)
08:00	Start
10:00 - 13:00	Age Group race pack distribution (Standard Duathlon)
14:30 - 20:00	Age Group race pack distribution (Standard Duathlon)
12:30 - 13:30	TA check-out AG Sprint Duathlon
20:30	Medal ceremony

Parade of Nations



- 17:45 - Gathering of Nations at Parque Manuel Braga near the Santa Clara Bridge
- 18:00 - Parade of Nations
- 20:15 - 22:00 - Sunset "Multisport", Taste of Coimbra and Welcome drinks

Schedule and Timetables



Saturday 15th June 2024

06:30 - 07:45 Last minute TA check-in AG Sprint Duathlon (no bike check)

08:00 START AG Sprint Duathlon M16-39

08:05 START AG Sprint Duathlon M40-49

08:10 START AG Sprint Duathlon M50-59

09:10 START AG Sprint Duathlon F16-44

09:15 START AG Sprint Duathlon M \geq 60

09:20 START AG Sprint Duathlon F \geq 45

12:30 - 13:30 TA check-out AG Sprint Duathlon

20:30 Medal ceremony

Schedule and Timetables



Sunday 16th June 2024

07:30 - 09:45	TA bike check-in AG Standard Duathlon
10:00	Age Group START M18-39
10:05	Age Group START F18-44
10:10	Age Group START F≥45
10:40	Age Group START M40-49
10:45	Age Group START M50-59
10:50	Age Group START M≥60
13:30 - 15:00	TA check-out AG Standard Duathlon
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, 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.**

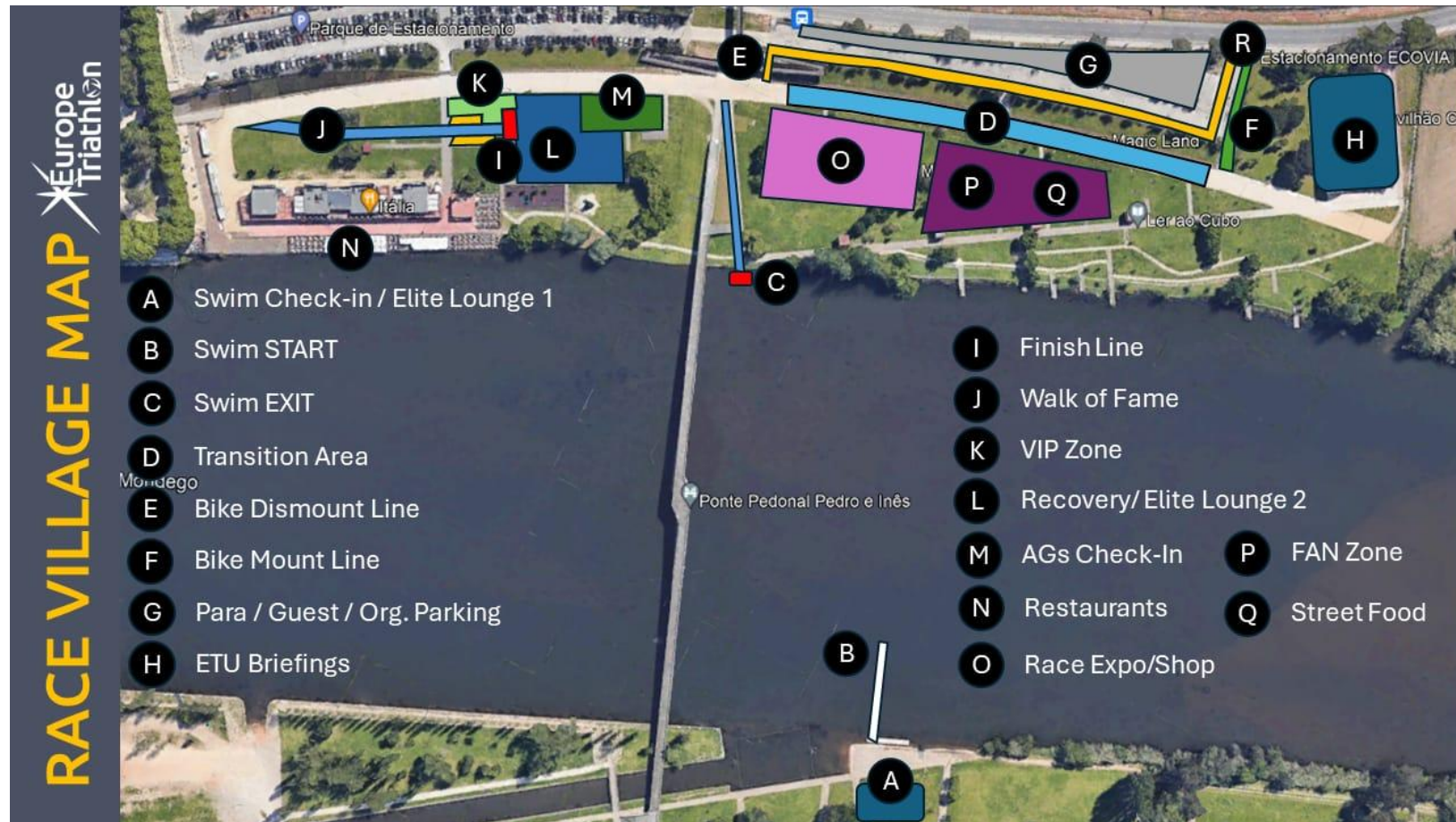
Race packages



Please check that you have the following

- Timing chip (you'll receive it at the entrance of during bike check in)
- 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



Friday 14th June 2024

15:00 - 17:30 TA bike check-in AG Sprint Duathlon

Timing chips

Saturday 15th June 2024

06:30 - 07:45 Last minute TA check-in AG Sprint Duathlon (no bike check)

- Checks: Uniform (final)

Sunday 16th June 2024

07:30 - 09:45 TA bike check-in AG Standard Duathlon

Timing chips Uniform Check (final)

Check-in Procedures



BIKE AND HELMET CHECK-IN (DAY BEFORE YOUR RACE)

- Using the wristband
- Check-in the day before is **mandatory for sprint**
- Bike Check

RACE DAY CHECK-IN

- Body marking check (one arm and leg, age category on one calf)
- Bag storage
- 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.**

Pre-start Procedures



- **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 that would be the white tent near the registration office.
Use bag sticker.
- Toilets outside the Transition.
- **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 area, 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 Head Referee 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 the start line

The course SPRINT

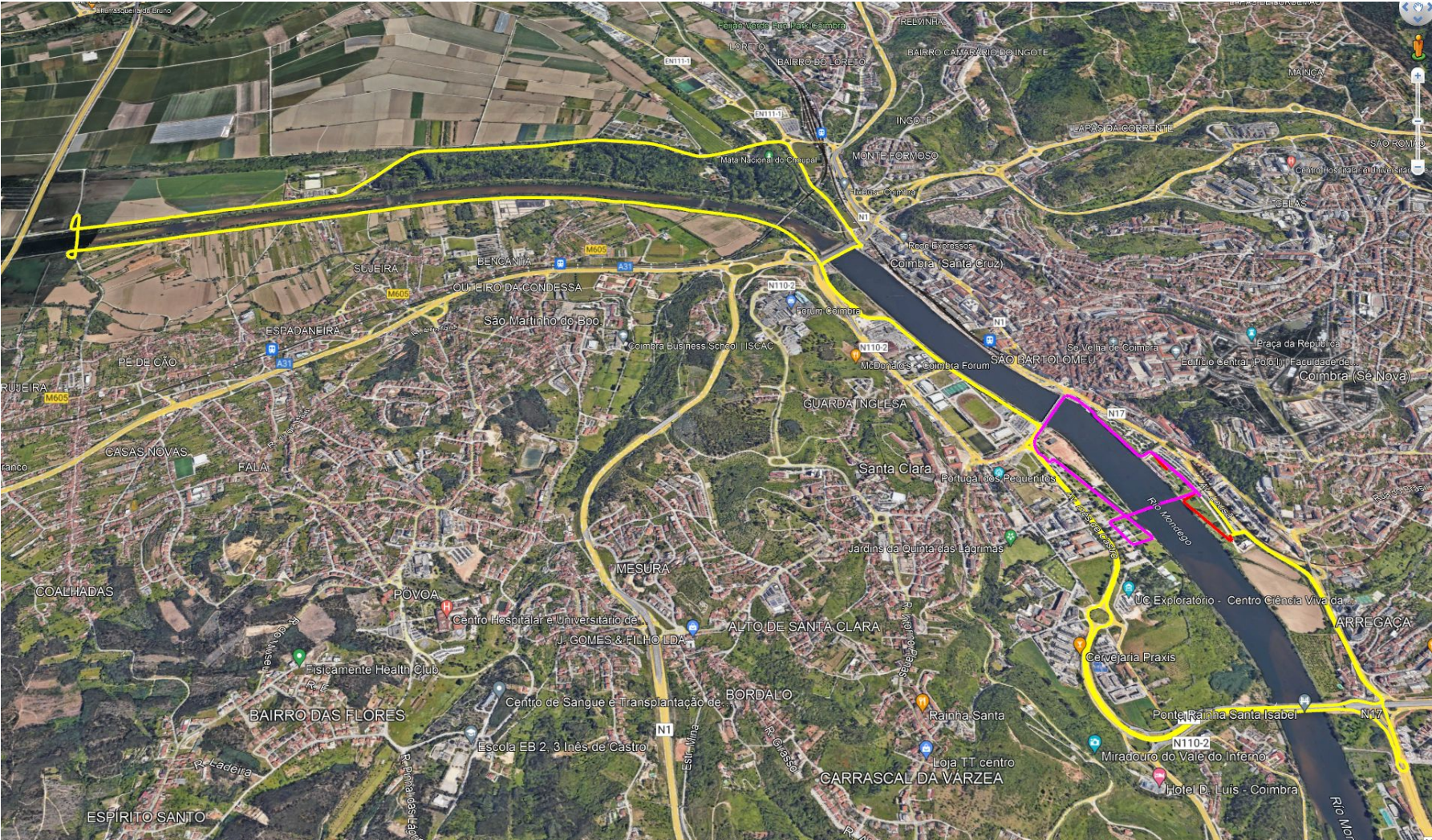


Run 1 2 laps of 2.5 km

Bike 1 lap of 20 km

Run 2 1 lap of 2.5 km

The course SPRINT

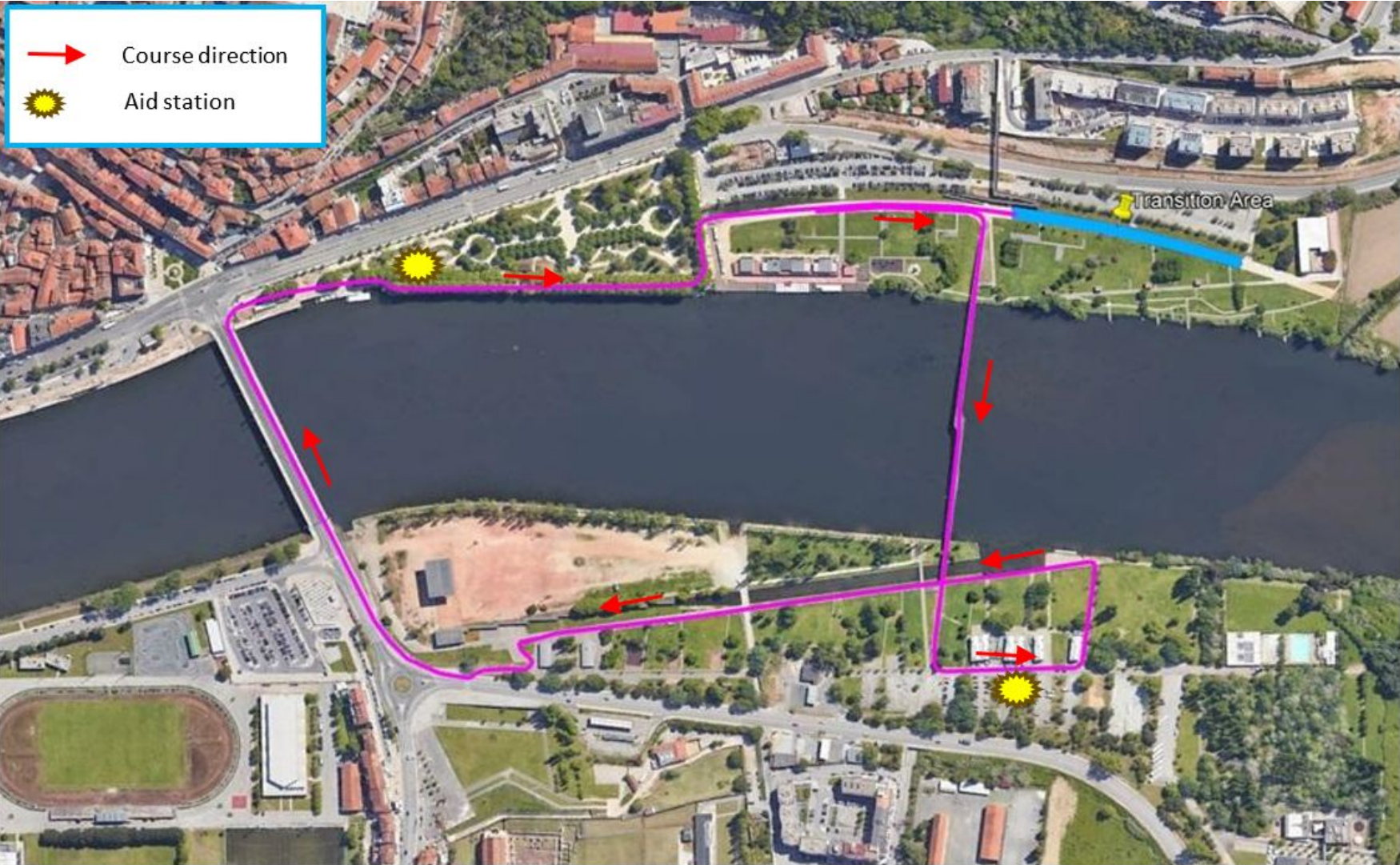


SPRINT - Run course 1

- 2 laps (total distance of 5 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



SPRINT - Run 1 Course Map

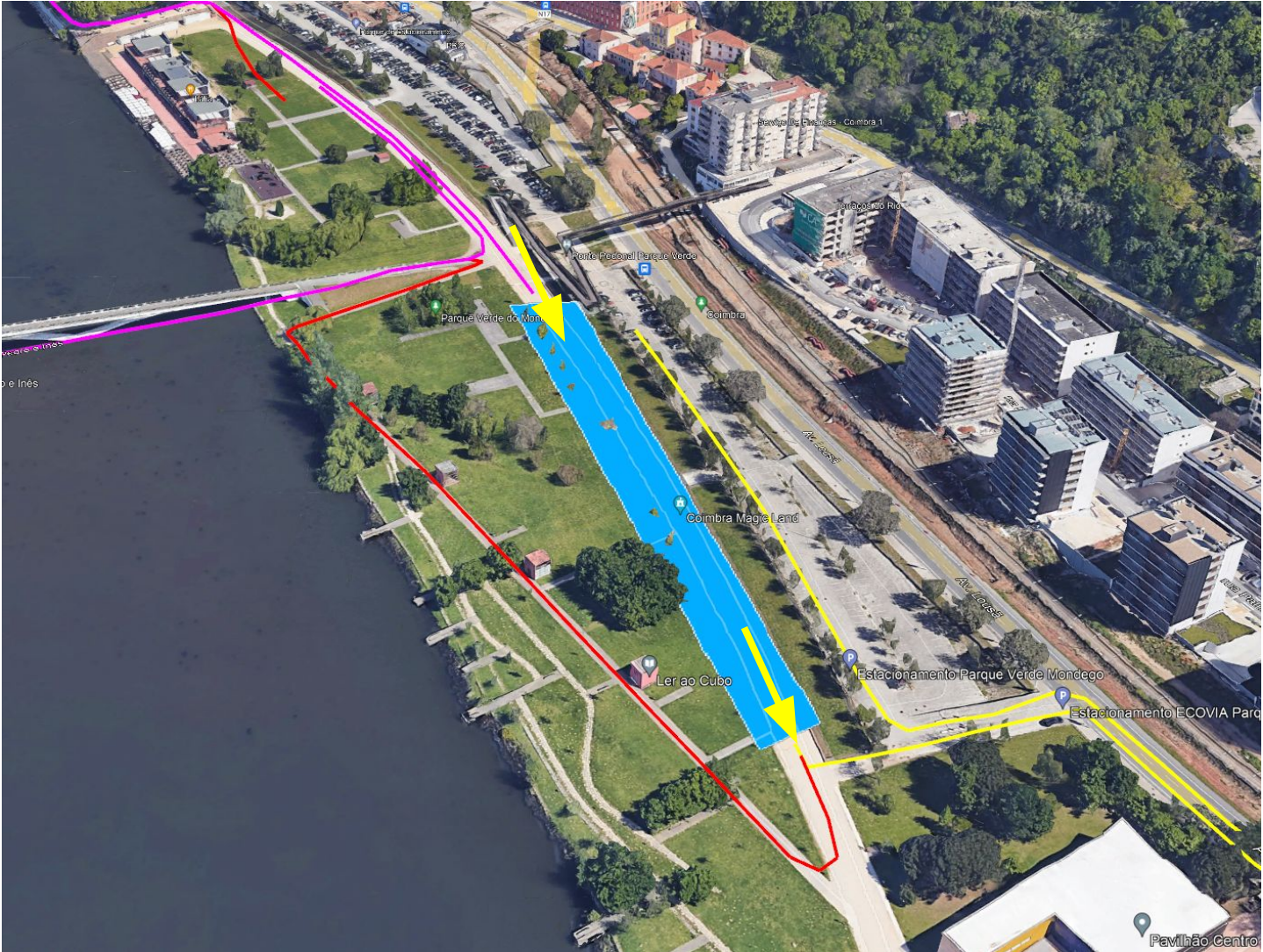


Run behaviour CR 6.1



- 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



Transition Area



- Traditional Bike Racks – numbered – every 75cm
- 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**

SPRINT - Bike course

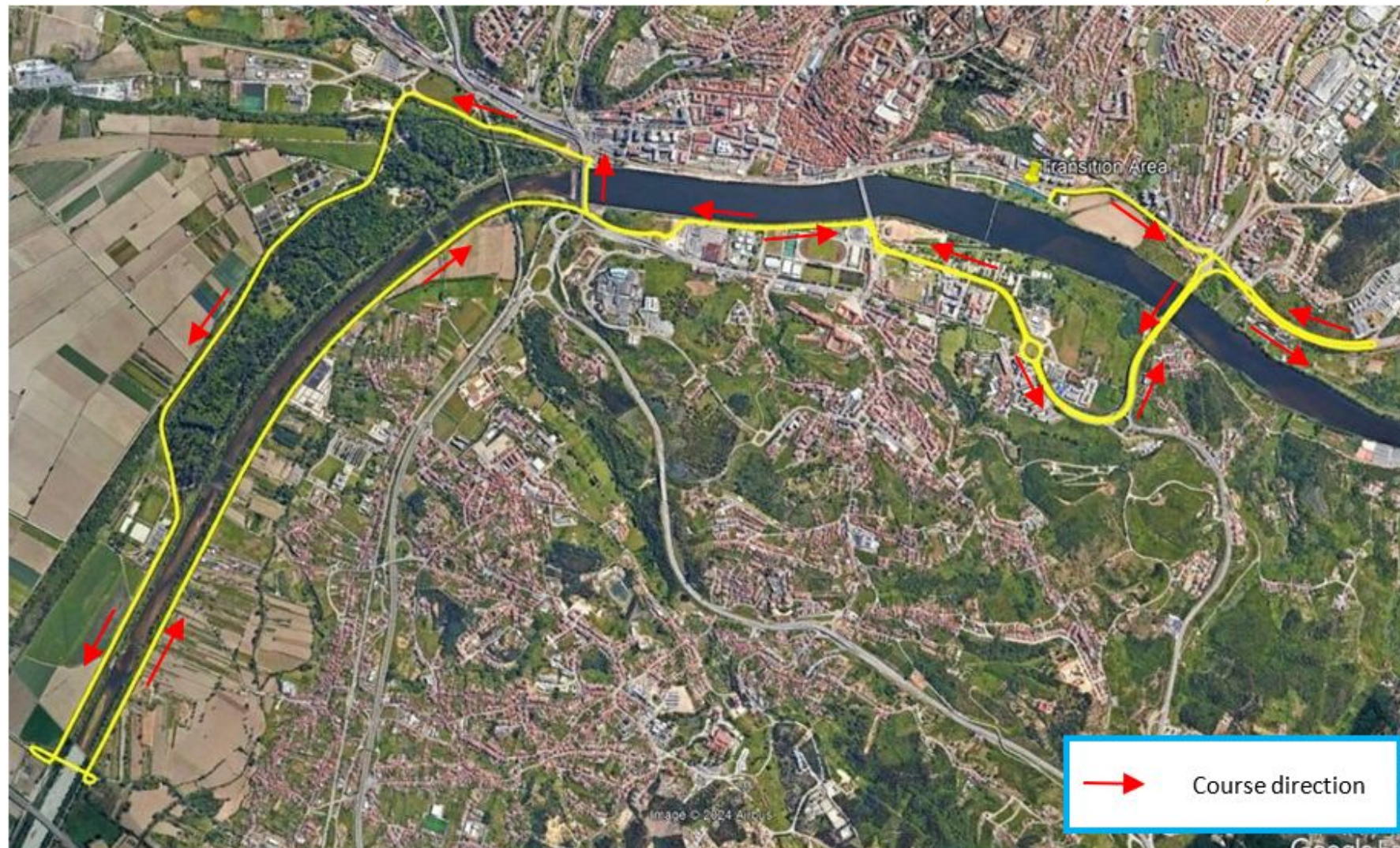


- 1 lap (total distance of 20 km)
- Flat and not technical
- **Drafting legal**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**
- Warn the athlete you want to pass
- Dismount line on the entrance of transition

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.

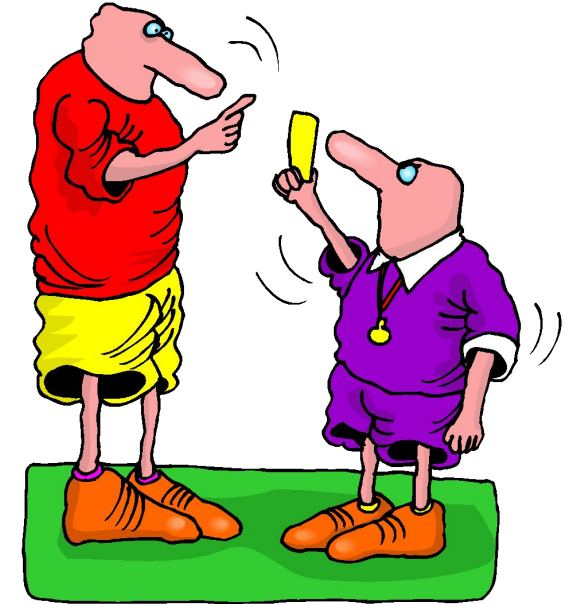
SPRINT - Bike Course Map



Advice of Penalties

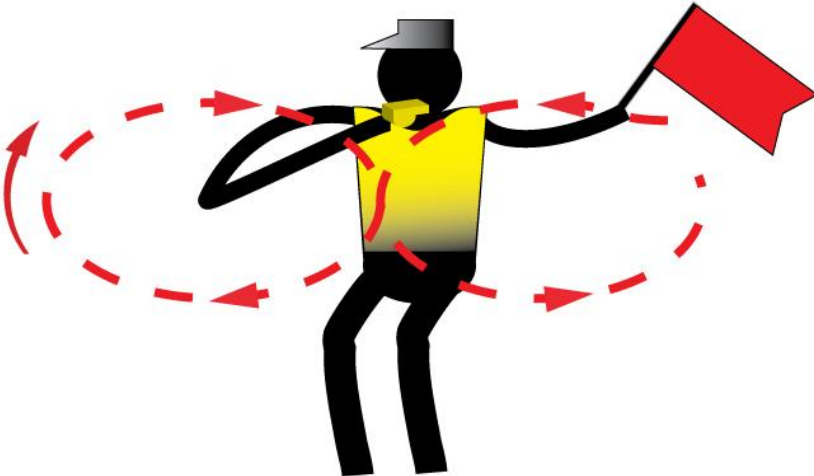
The official will

- Sound a whistle or horn
- Show a **YELLOW** card
- Call your number
- Advise you of the penalty
- If you are shown a **RED** card, you are disqualified

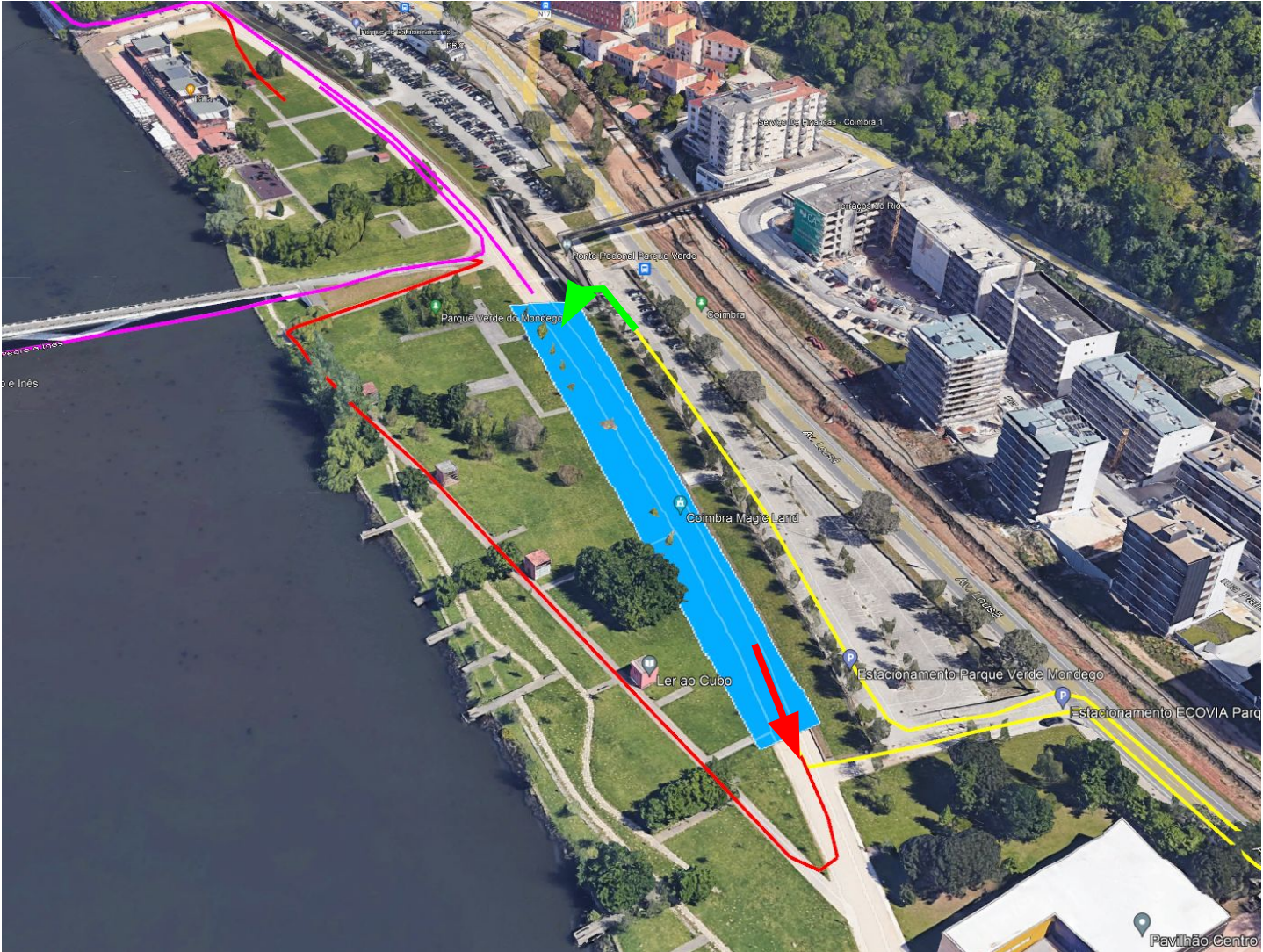


Caution

Caution signal: three sharp whistles and red flags



Bike Exit to Run Entrance



SPRINT - Run course 2



- 1 lap (total distance of 2.5 km)
- 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.

SPRINT - Run Course 2 Map



The course STANDARD

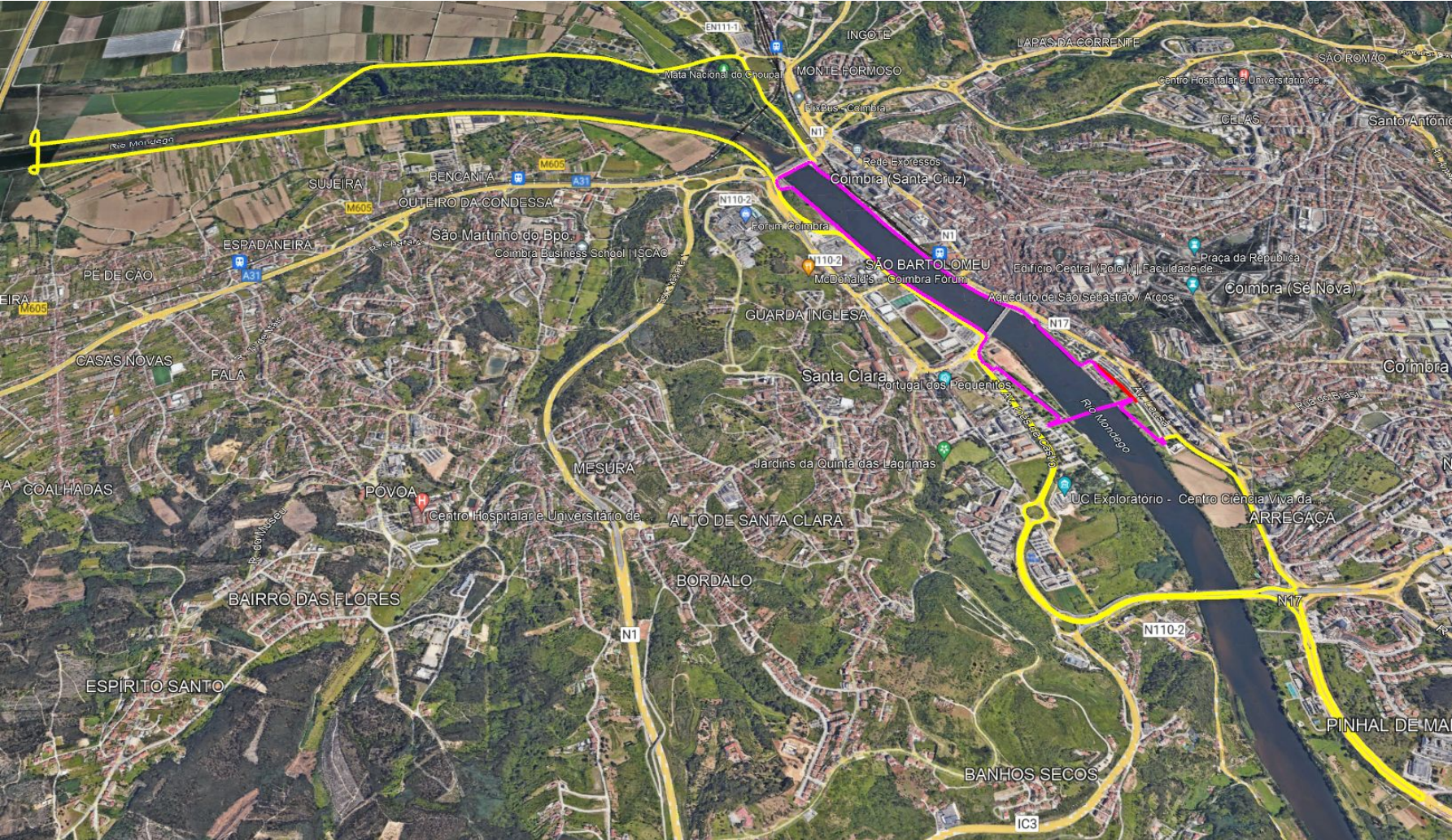


Run 1 2 laps of 5 km

Bike 2 laps of 20 km

Run 2 1 lap of 5 km

The course STANDARD



STANDARD - Run course 1

- 2 laps (total distance of 10 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



STANDARD - Run 1 Course Map

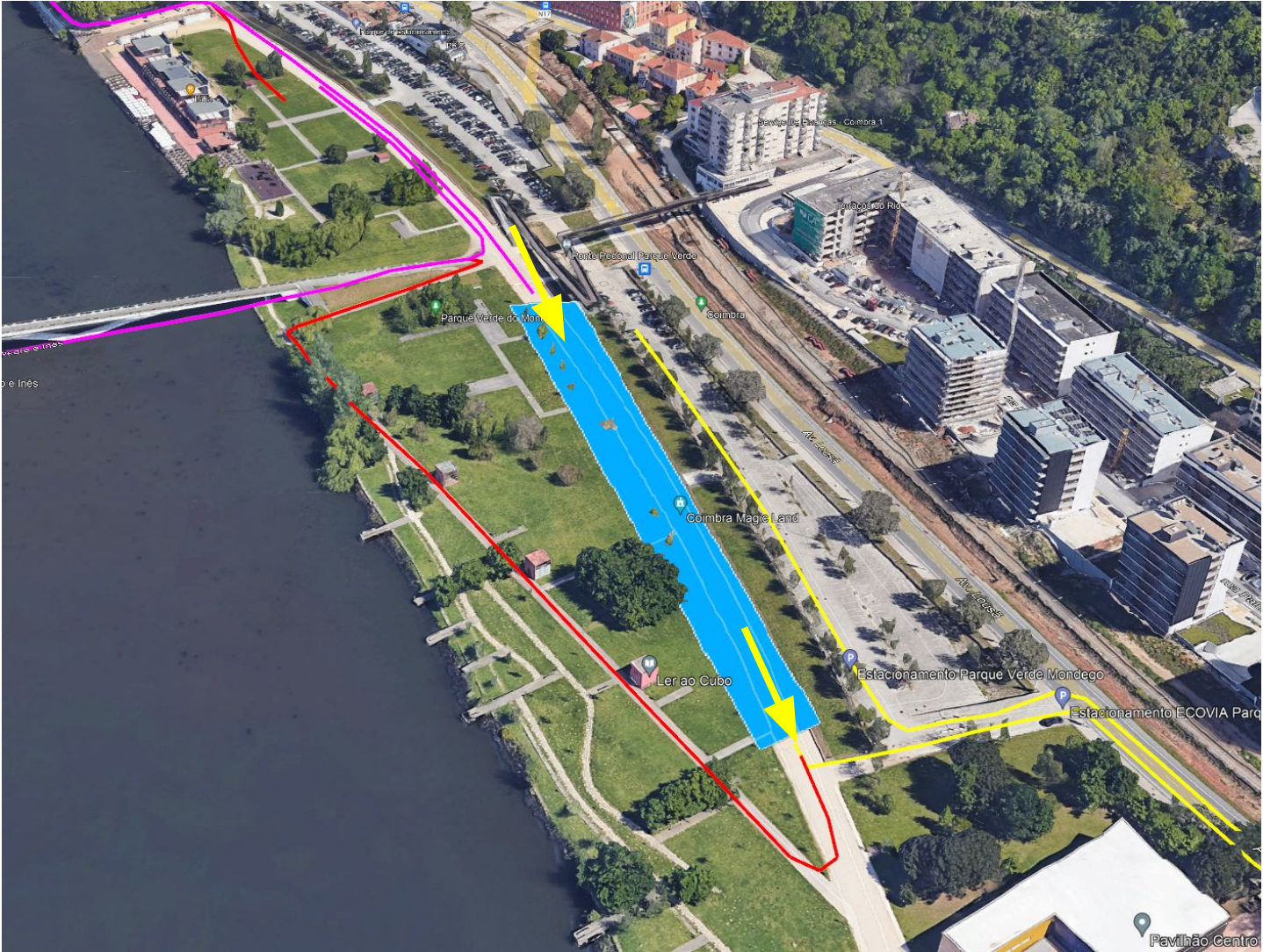


Run behaviour CR 6.1



- 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



Transition Area



- Traditional Bike Racks – numbered – every 75cm
- 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**

STANDARD - Bike course

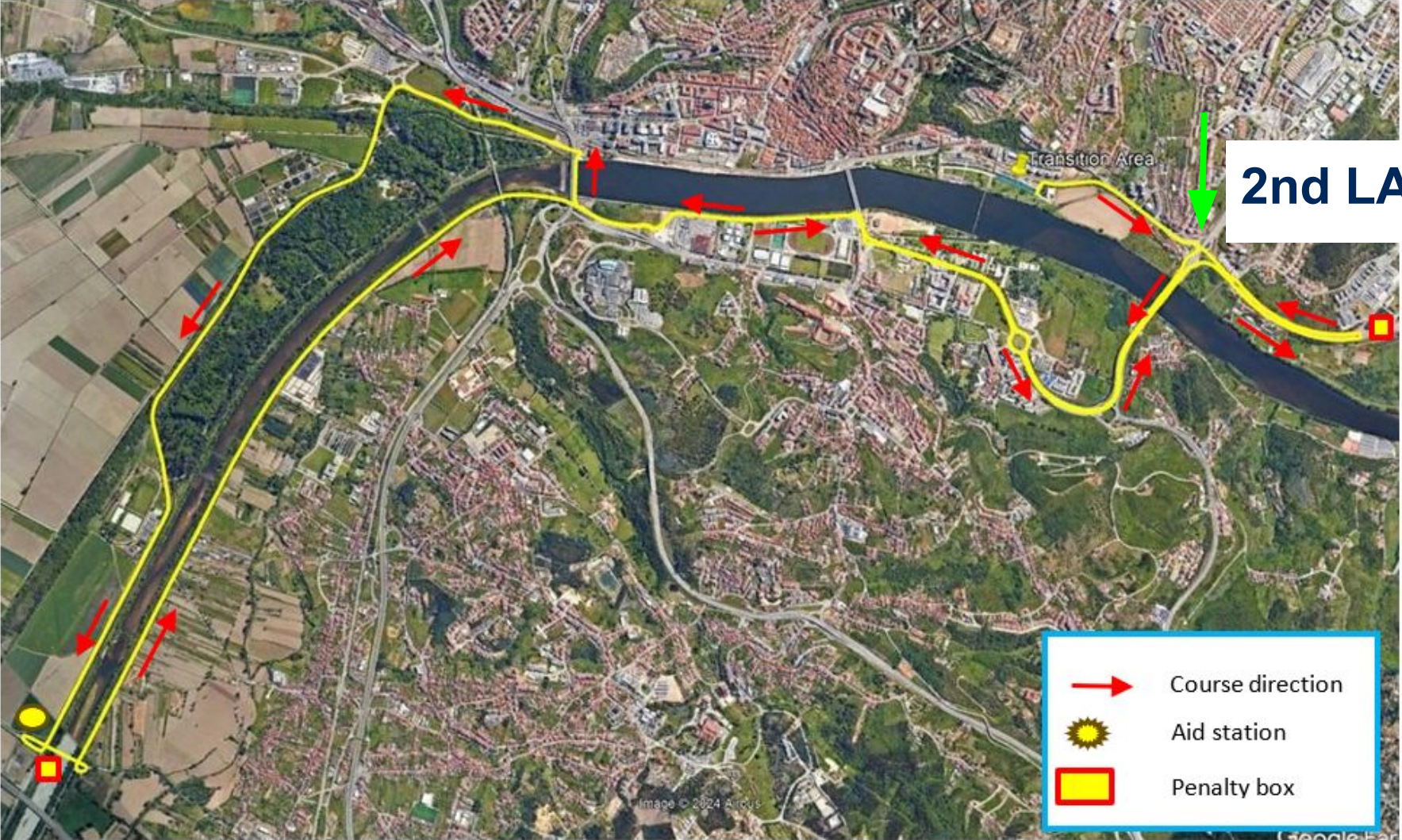


- 2 laps (total distance of 40 km)
- Flat and not technical
- **Drafting illegal**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left**
- Warn the athlete you want to pass
- Timing mat at the end of each lap, but **you are responsible to count for yourself**
- Dismount 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.

STANDARD - Bike Course Map



Blocking Rules



- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of 15 seconds at the next bike penalty box.

Advice of Penalties

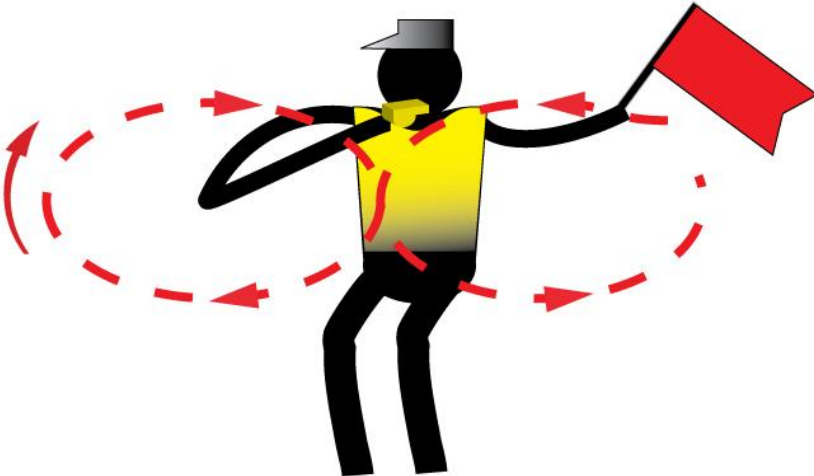
The official will

- Sound a whistle or horn
- Show a **BLUE** / **YELLOW** card
- Call your number
- Advise you of the penalty
- If you are shown a **RED** card, you are disqualified

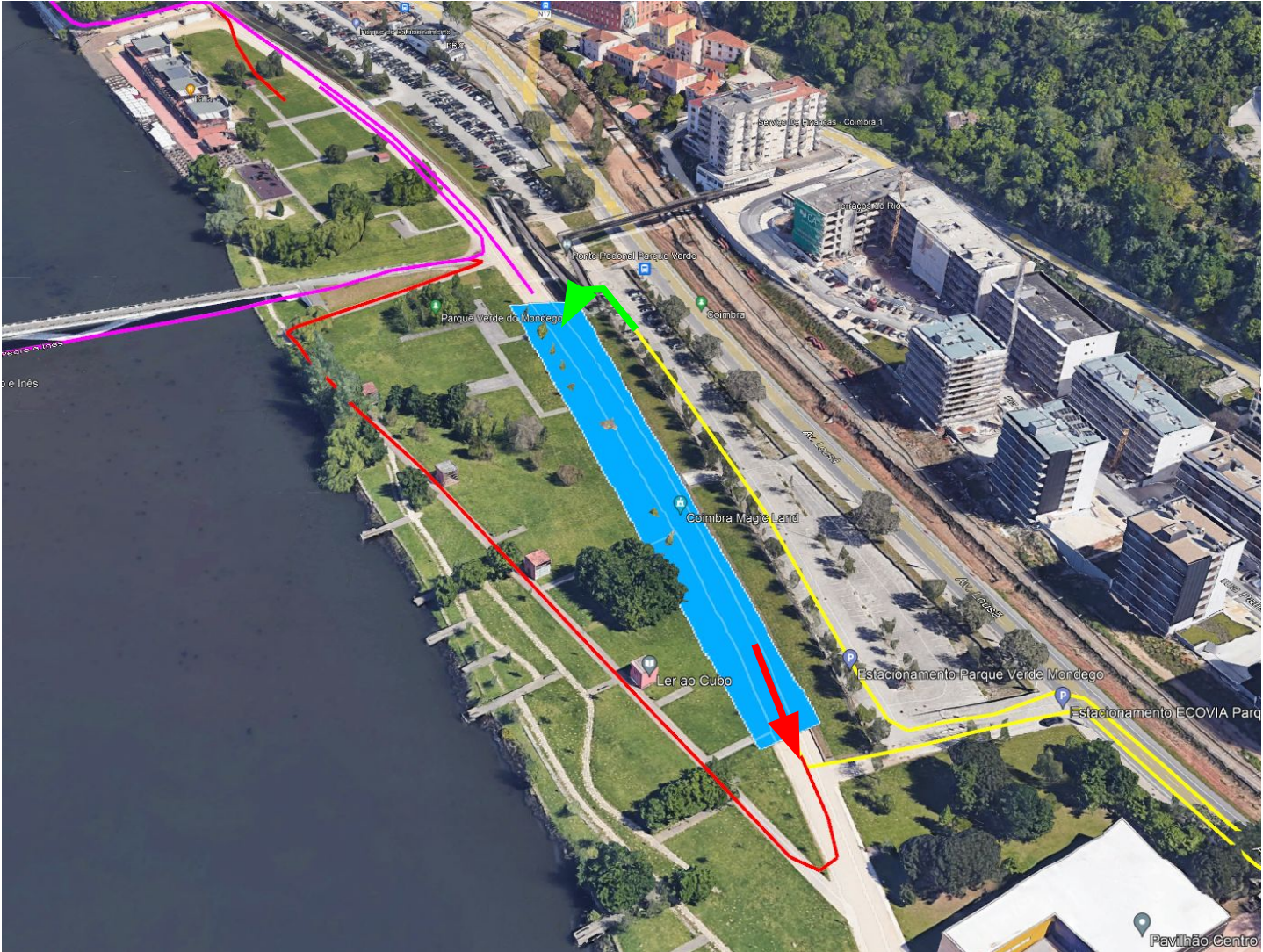


Caution

Caution signal: three sharp whistles and red flags



Bike Exit to Run Entrance



STANDARD - Run course 2



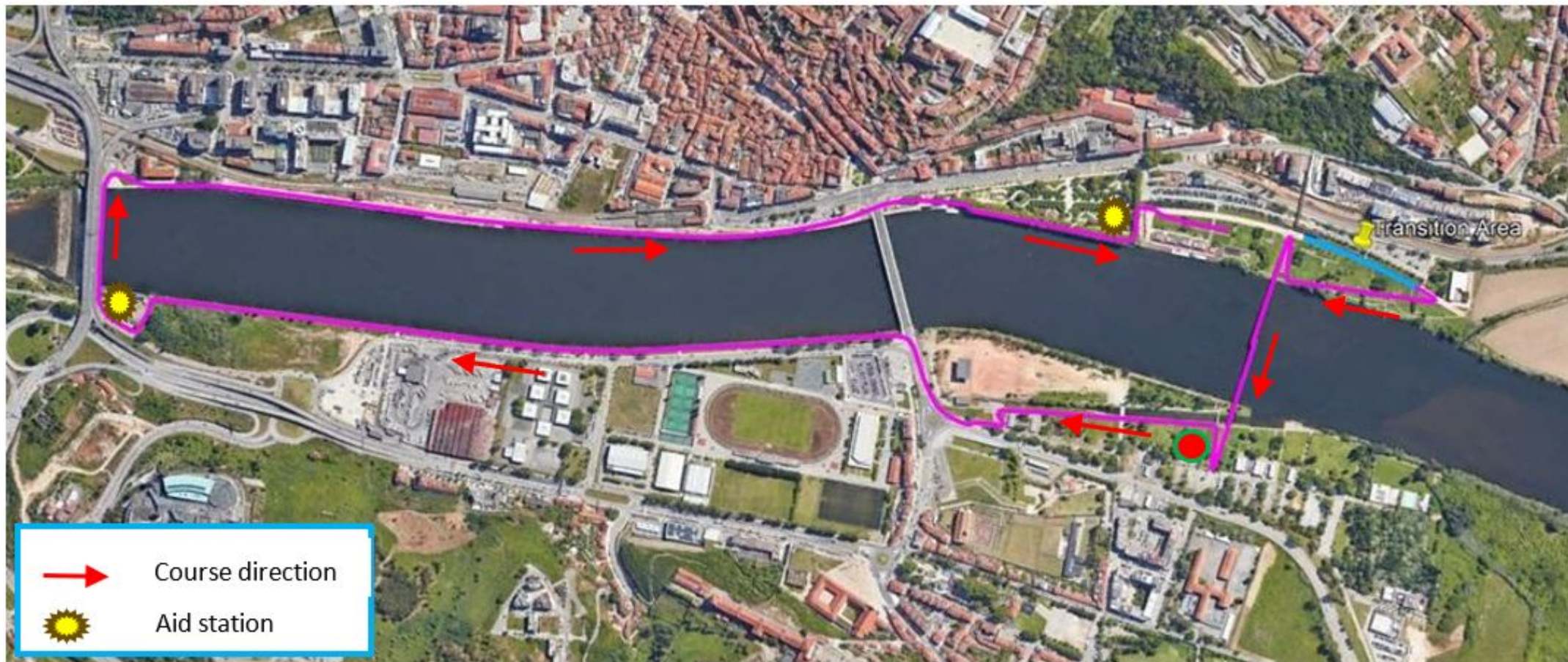
- 1 lap (total distance of 5 km)
- Aid stations:
 - 2 per lap and a 3rd water aid station (red at the map)
 - For locations see the map
 - Water, Coca-Cola, gels, bars and fruit – banana and orange
 - Only discard cups and litter within littering areas indicated by the following signs
- Bib number must 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.
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STANDARD - Run Course 2 Map



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:
 - Sprint: Saturday 15th: **12:30-13:30**
 - Standard: Sunday 16th: **13:30-15:00**

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 SPRINT: **Saturday 15th 20:30h**
- Medal Ceremonies STANDARD: **Sunday 16th 15:00h**
- First three athletes of each category are requested to be there **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

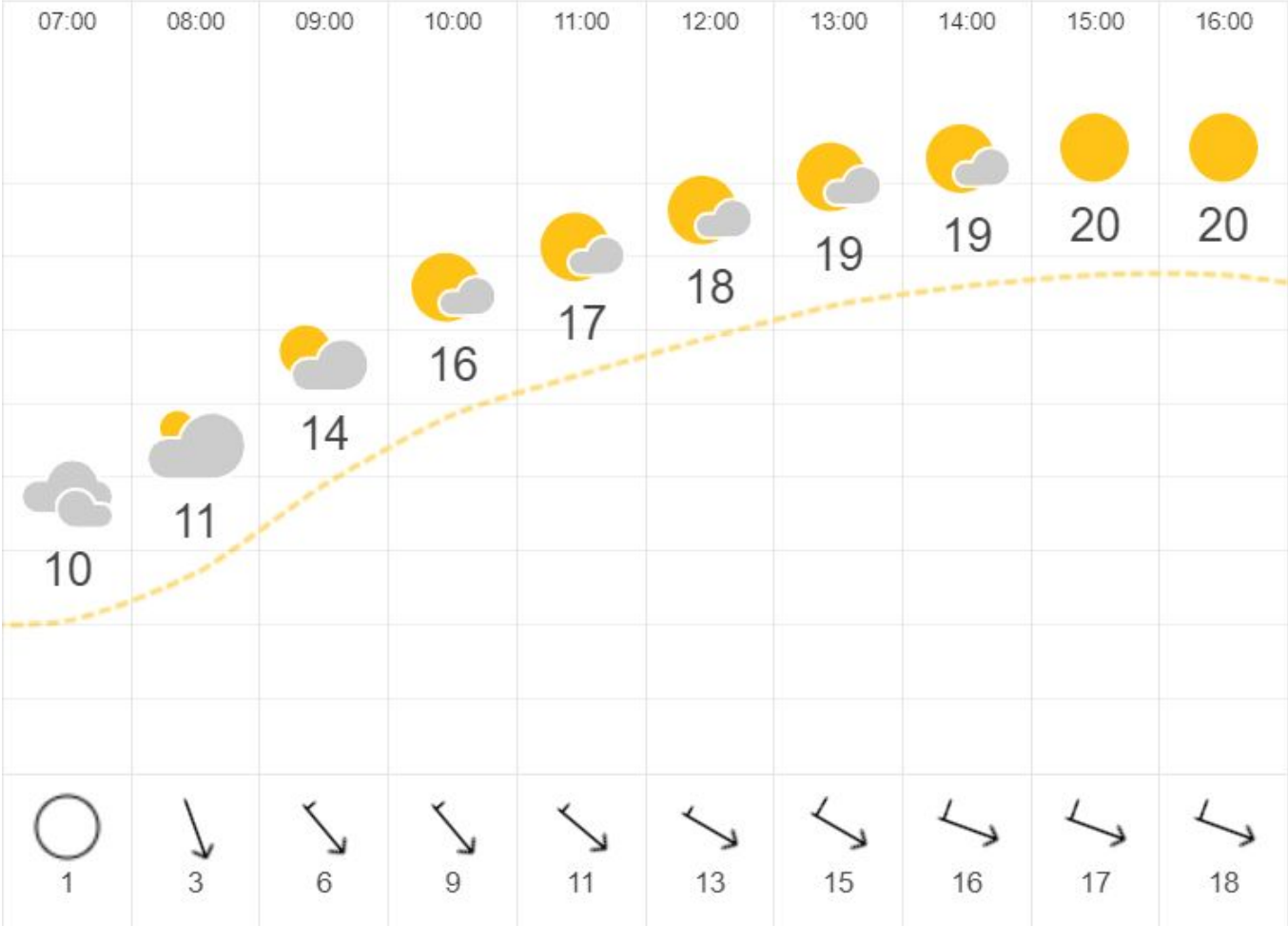
Warning flags will be placed at the athletes' area and behind the spectators' stands



Weather forecasts



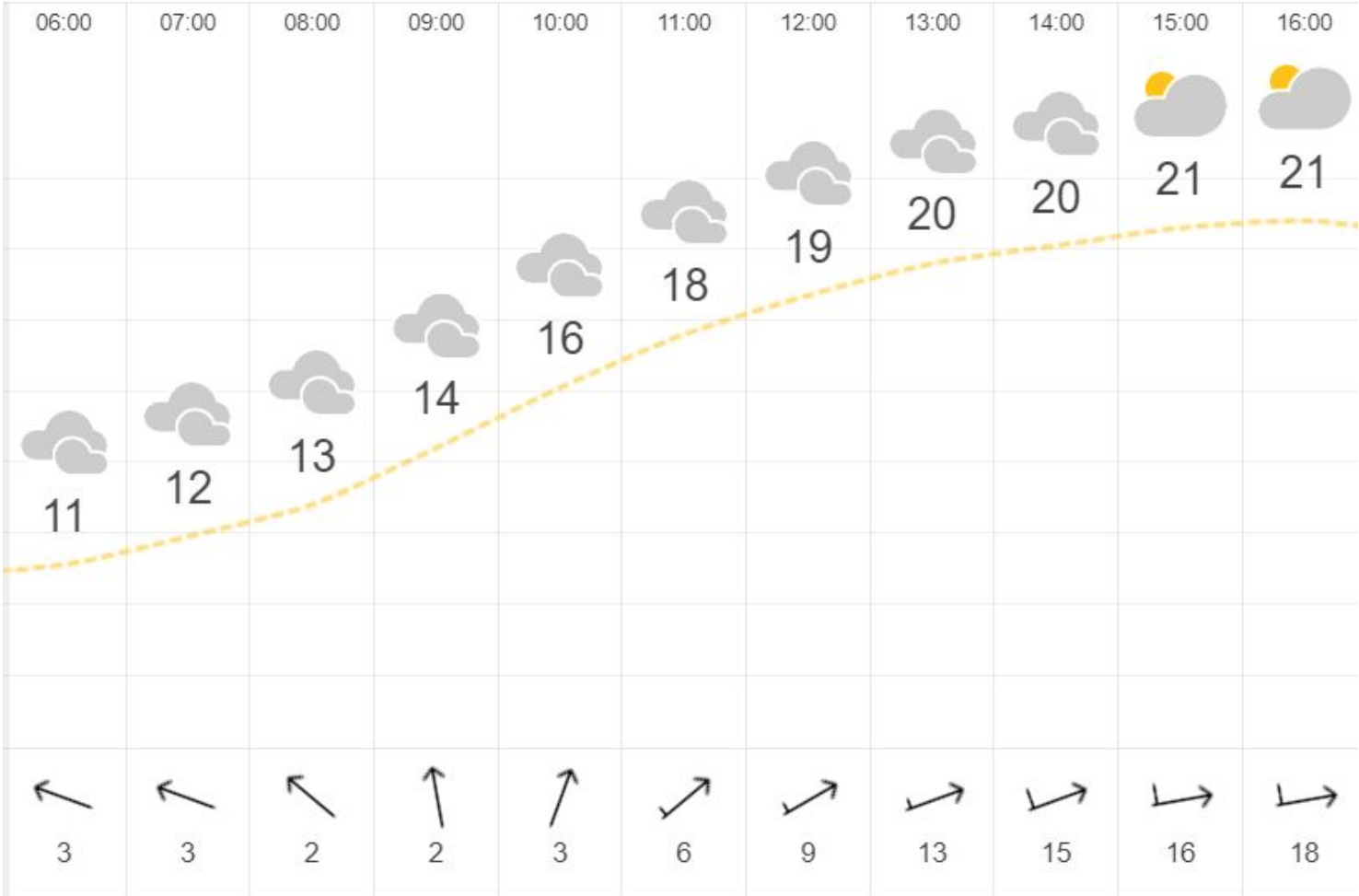
Saturday 15th June



Weather forecasts



Sunday 16th June



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

