



Coimbra  
2024



# AG Team Managers' Middle Distance Triathlon/Aquabike briefing

Friday 21st June 2024



# Agenda

Welcome and Introduction

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

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) (Aquabike) / Paula Maia (POR) (Middle Distance)
- Ricardo Lacerda (POR), LOC Director

# Competition Jury



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

# Schedule and Timetables



## 21st June 2024

|               |                               |
|---------------|-------------------------------|
| 16:00 – 21:00 | Transition Area bike check-in |
| 17:00 – 19:00 | Swim familiarization          |

# Schedule and Timetables



## 22nd June 2024

**07:30**            **Start Elite Men**

**07:35**            **Start Elite Women**

**07:40**            **Start Para**

08:30 – 09:15    Last minute Transition Area check-in (Middle Distance)

**09:30**            **Start AG Middle Distance Triathlon**

11:00 – 12:00    Last minute Transition Area check-in (Aquabike)

**12:30**            **Start AG Aquabike**

15:30 – 19:00    Transition Area check-out (Middle Distance, Aquabike)

20:00             Medal ceremony

# Race package distribution

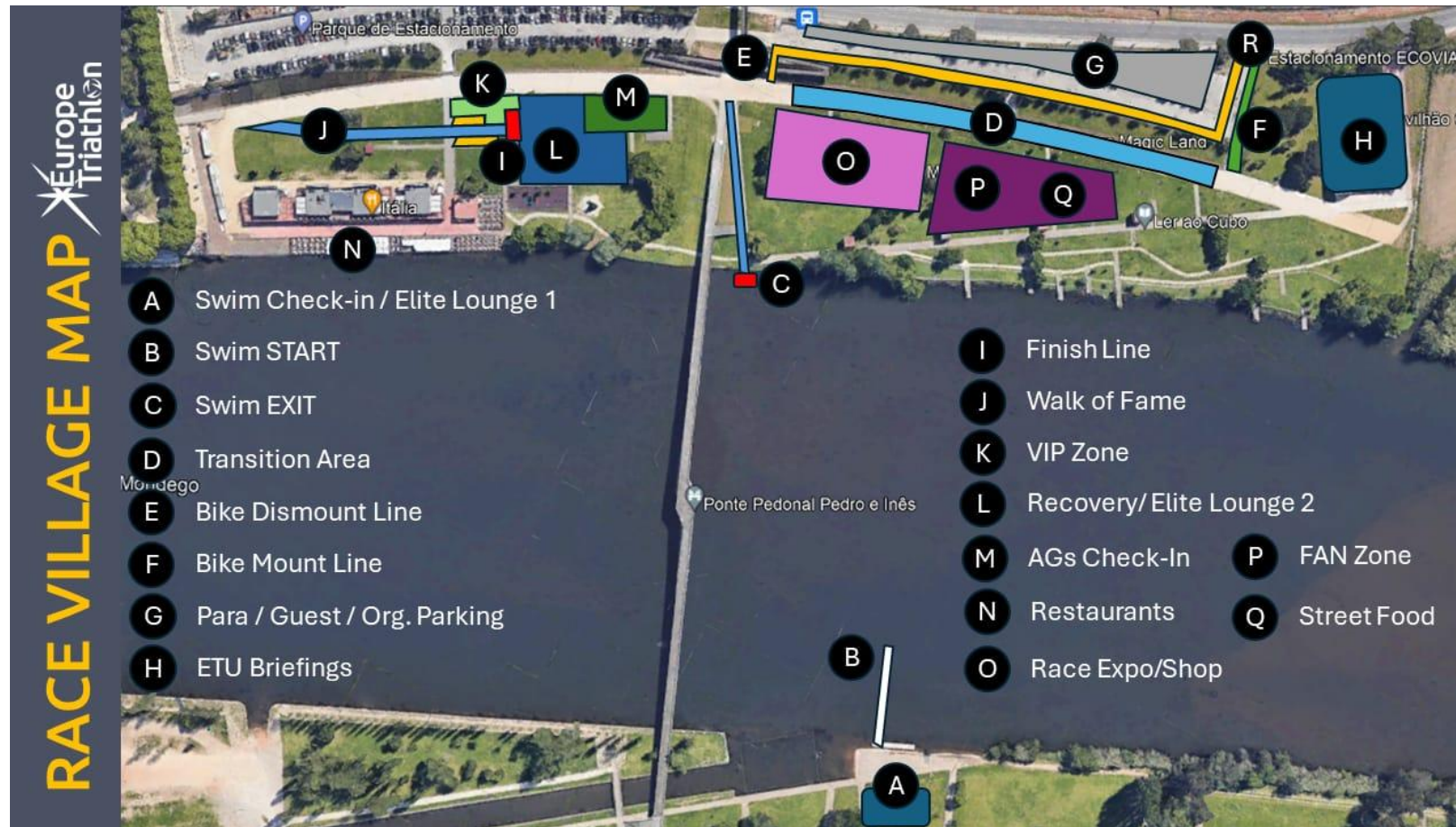


**ALL athletes/support team** must provide a picture ID to receive the package.

**Please check** that you have the following

- Bib number
- Swim cap
- Race Stickers:
  - Helmet (3x),
  - Bike (1x),
  - Bag (1x)
- Athlete wristband
- Body decals 2x (one arm and one leg)  
+ 1x category on right calf

# The Venue





# Check-in procedures – Day -1



## TRANSITION

- Only registered athletes may enter.
- Enter through your dedicated gate provided to transition.
- Bike check: legal bars, frame, wheels, bike numbers
- **Timing chip distribution**
- Helmet check: snug strap, no cracks, numbers attached You can take your helmet and bring it back on race day. Don't leave your helmet fastened in the transition
- Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
- To add any equipment to the bike, you must obtain approval from the Head Race Referee up until 10 minutes after the end of the Athletes' Briefing.

# Check-in procedures – Race day



- Transition Area open 08:15 – 09:15 for MD, 11:00 – 12:15 for Aquabike
- Uniform\* check (name, country, logos, World Triathlon logo) – all uniforms will be checked.  
\* Swim skins have to follow wetsuit section of applicable Guidelines Regarding Authorised Identifications for middle- and long-distance events and must be worn for the swim segment only.
- Body marking check (left arm and left leg, right leg for age category)
- **Secure timing chip on your ankle**
- Bike mechanical service will be available next to the transition area.
- Toilets will be available close to transition
- Eye glasses table at the start, will be moved to the swim exit

# Start Procedure



## Rolling start

- 4 athletes after every 5 seconds
- Athletes need to choose their area in the start corridor according to their approximate swim time
- Timing mat on the edge of water

# The course



## Middle Distance

**Swim** 1 lap of 1900 m

**Bike** 4 laps of 22,5 km

**Run** 2 laps of 10,5 km

## Aquabike

**Swim** 1 lap of 1900 m

**Bike** 4 laps of 22,5 km

# The course



# Swim course



- On June 21st at 09:00: Water: 18,4 °C  
Air: 16,8 °C
- Wetsuit allowed
- In case of non-wetsuit event, the bib number is forbidden during the swim.
- 1 lap (total distance of 1900 m)
- Distance to the first turn buoy 860m
- Take wetsuit, 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

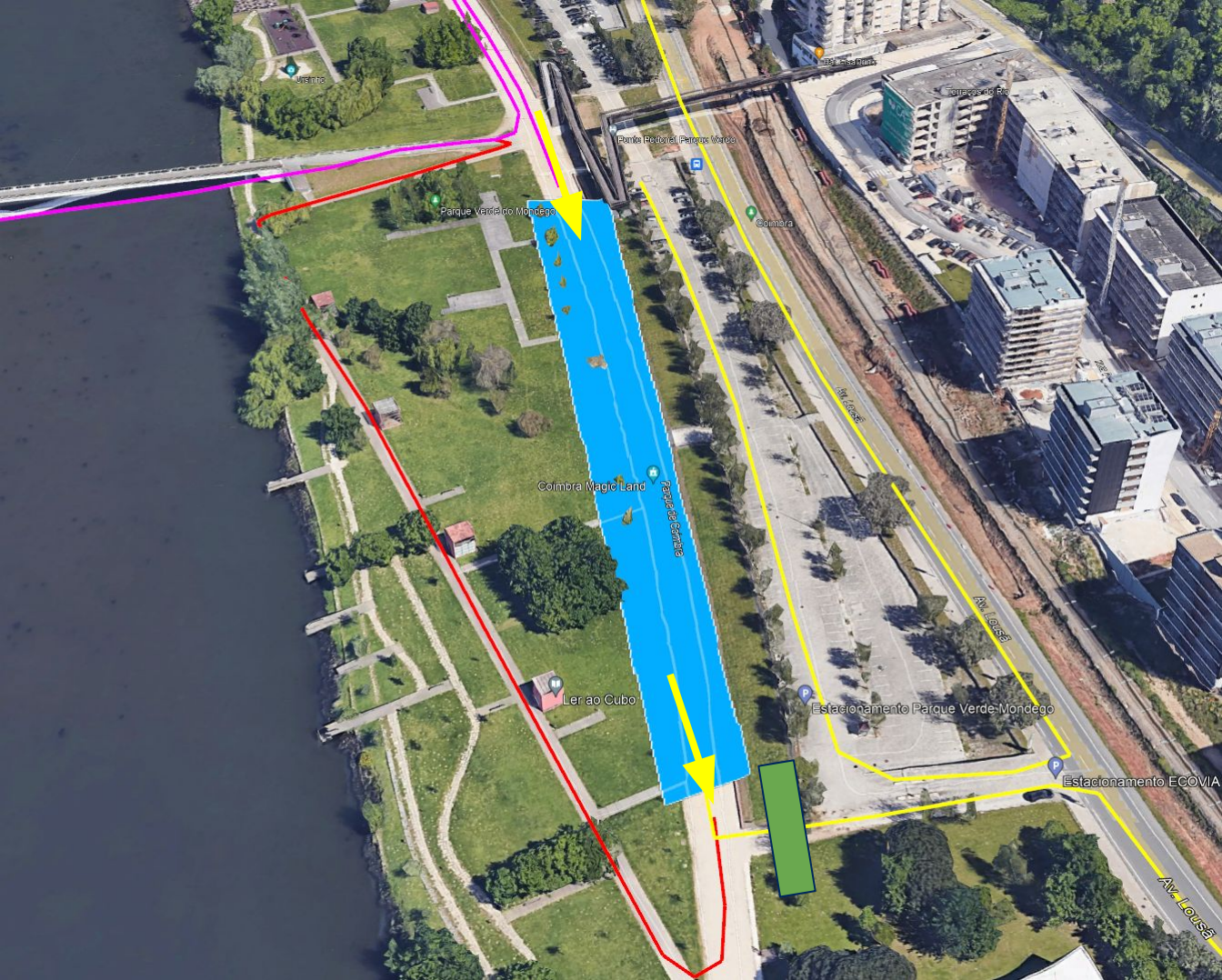


# Transition Area 1



- Traditional Bike Racks – three rows, numbered
- Go to your position in the transition area and take your Bike. Remember to fasten your helmet before taking your bike.
- 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 (**green**)

# Transition Flow



# Bike course



- 4 laps (total distance of 90km)
- Flat and not technical
- **Drafting is not allowed**
- **Bib number on the bike is optional**
- **Always stay on the right, pass on the left**
- Timing mat at the end of each lap
- Penalty box at the end of each lap

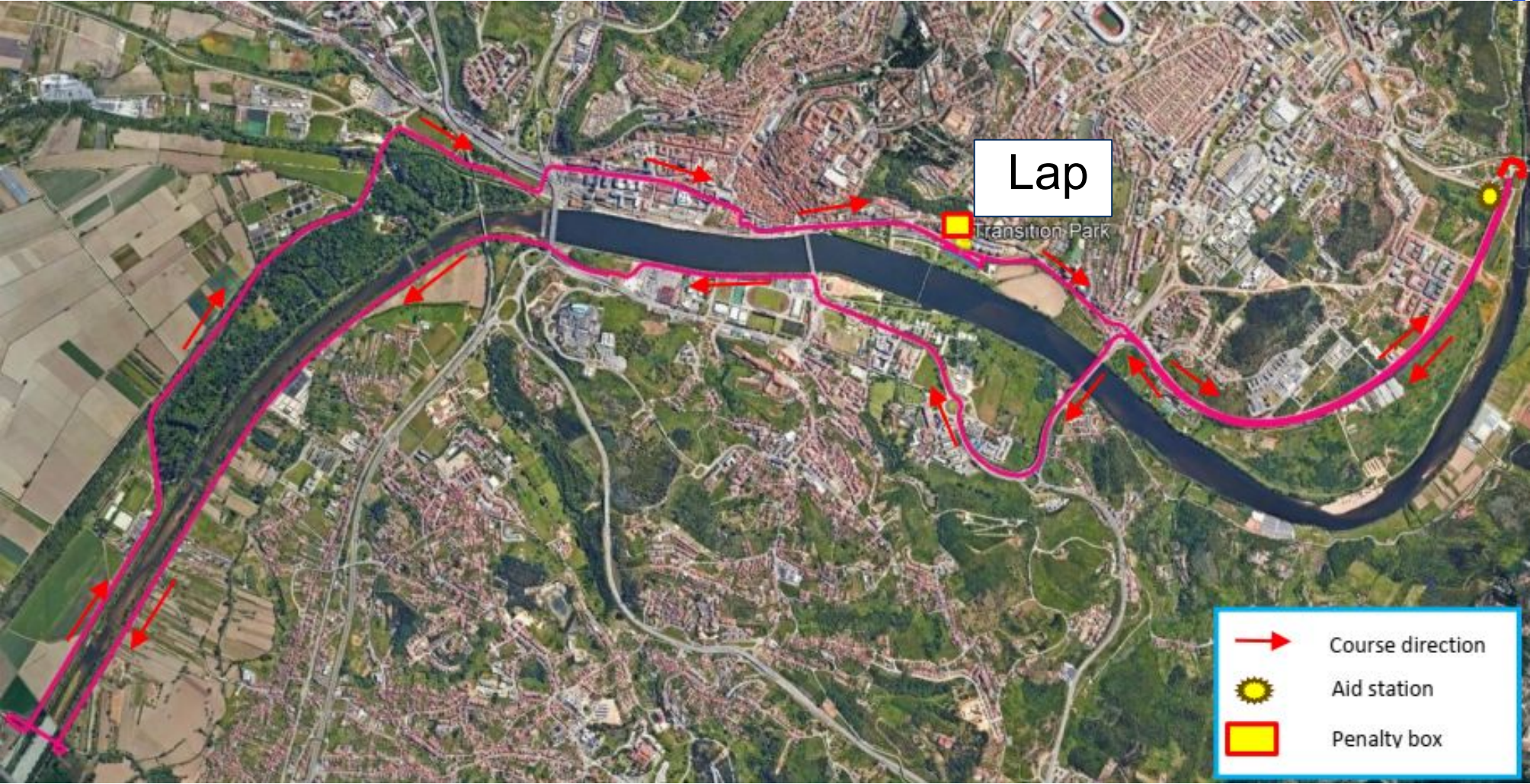
# Bike course – Aid Stations



- There will be 1 bike aid station per lap.
- Only discard bottles and litter within littering zones as indicated by the following signs
- At each aid station, you can find portable toilets
- Aid Stations will be located at km 4, 26, 48, 71



# Bike Course Map



## 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.

# Draft Zones





# Drafting rules



An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone, and progresses through it within 25 seconds in the process of overtaking;
- For safety reasons;
- 100 meters before and after an aid station or transition area;
- At an acute turn;

# Drafting rules



## **OVERTAKING:**

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;

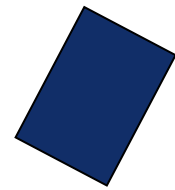
# Blocking rules



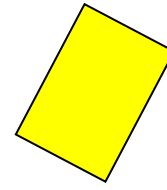
- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of at the next bike penalty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

# Bike Infringements

- During the Bike segment, Technical Officials can show 2 different cards (blue and yellow)



Drafting infringement



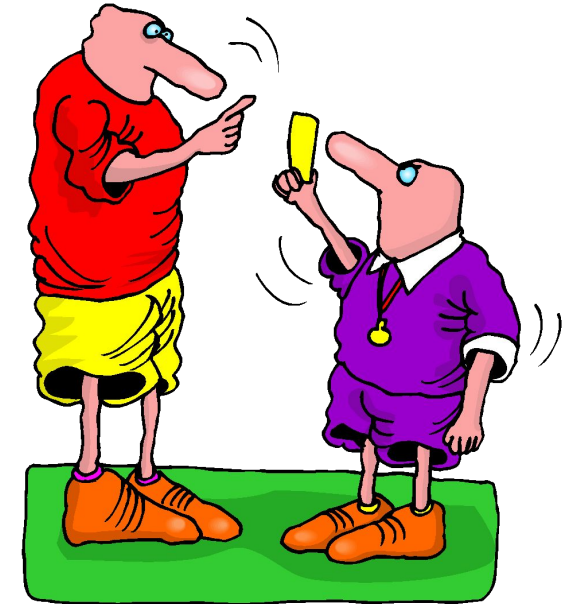
Other infringements  
(blocking, littering, etc.)

- In case you receive a **Blue card**, you have to stop at the next penalty box for **5 minutes**.
- In case you receive a **Yellow card**, you have to stop at the next penalty box for **30 seconds**.

# 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



# Penalties



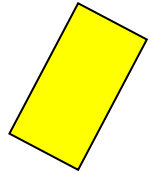
- Stop in the **next** Penalty Box and stay there for 5 minutes/30 seconds
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. A third drafting offence will lead to a DSQ  
1st and 2<sup>nd</sup> offences: 2 x 5 minutes in the Bike Penalty Box  
3rd offence: DSQ

# Penalties

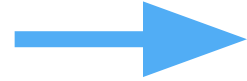


- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.
- The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.
- While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete’s bike or person;
- Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.

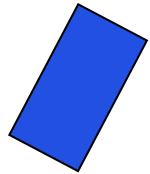
# Bike Infringement - REMEMBER



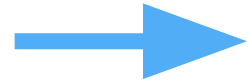
**YELLOW CARD**



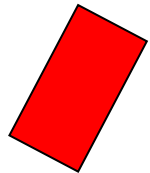
**30-SECONDS  
STOP**



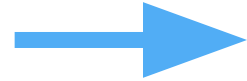
**BLUE CARD**



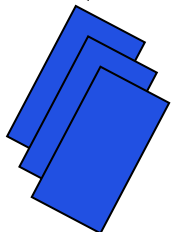
**5-MINUTES STOP**



**RED CARD**



**DSQ**



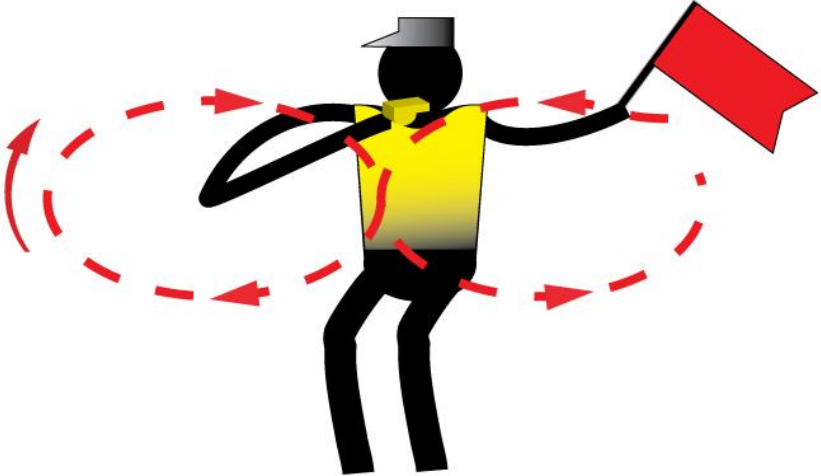
**3X BLUE CARDS**





# Caution

Caution signal: three sharp whistles and red flags

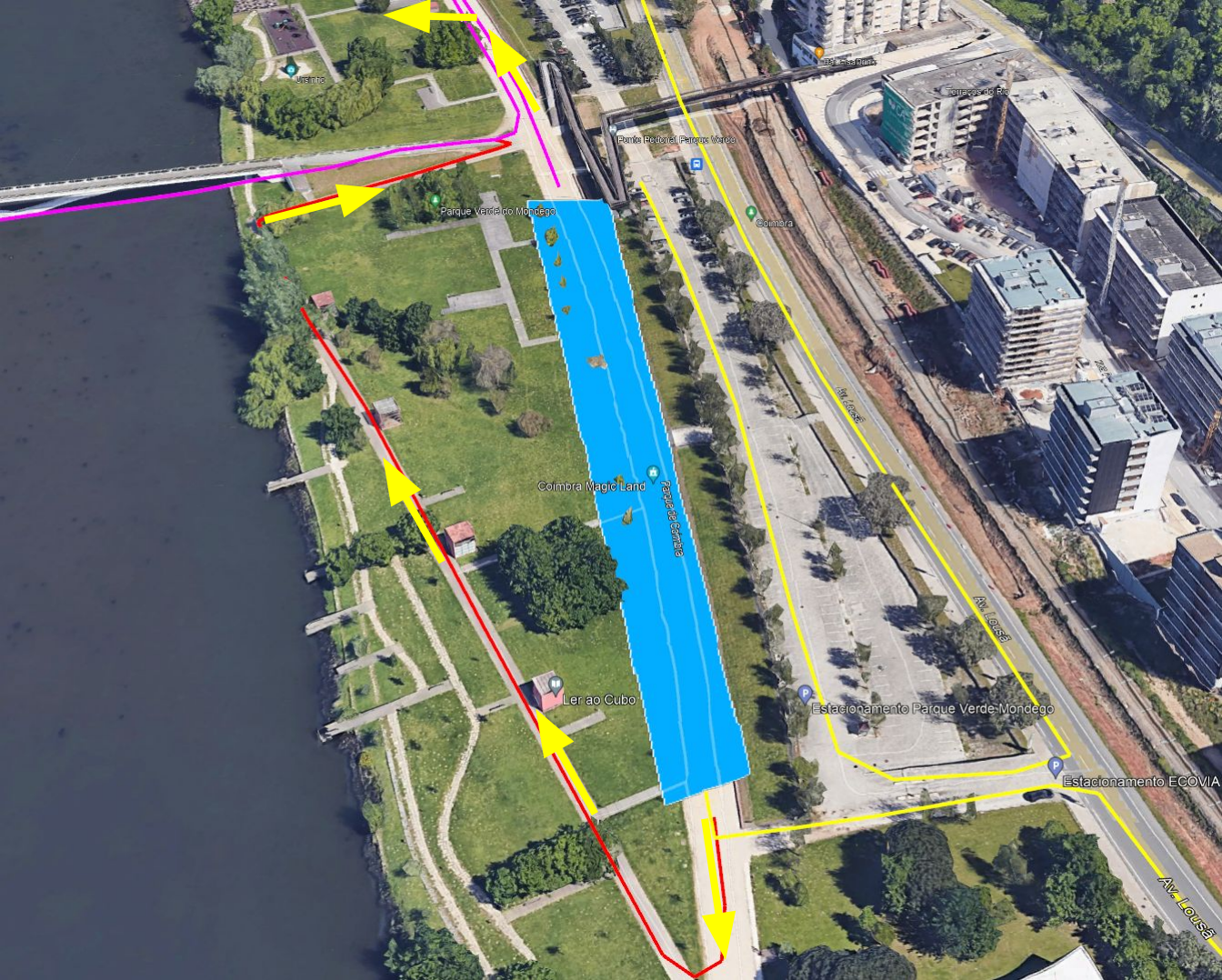


# Aquabike finish



- Athletes finish the competition at the end of the bike course
- Finish line location: dismount line
- Please respect the other athletes participating in the middle distance triathlon

# Path to recovery area

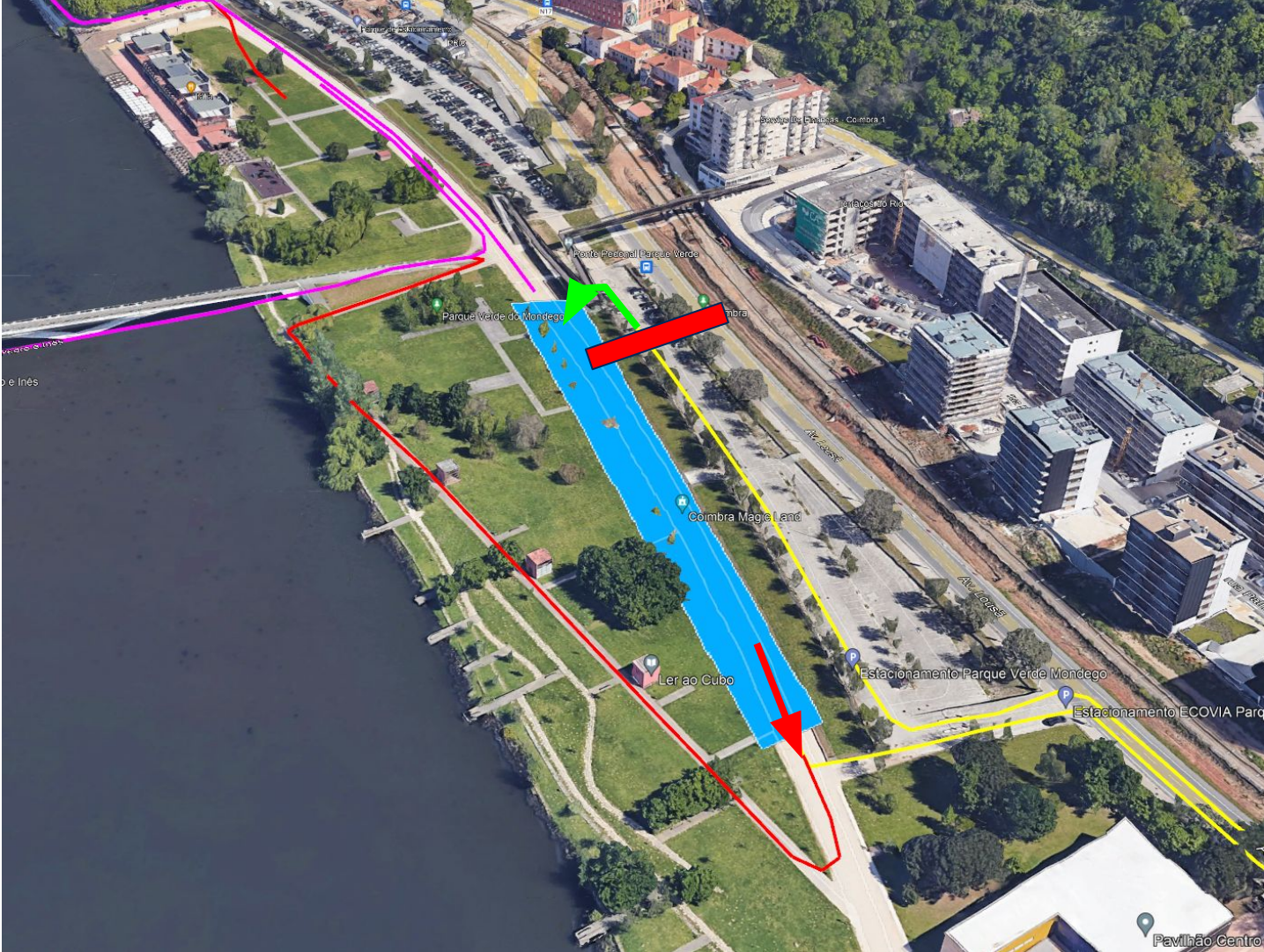


# Transition Area 2



- Traditional Bike Racks – three rows, numbered
- Go to your position in the transition area and rack your bike. Remember to keep your helmet fasten until your bike is racked. 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.
- Dismount at entry of the TA (**red**)

# Transition Flow



# Run course



- 2 laps (total distance of 21 km)
- Aid stations:
  - 3 per lap
  - For locations see the map
- Only discard bottles and litter within littering zones as indicated by the following signs
- Uniform: Front zipper can be undone to the point of the end of the breastbone (sternum) during the competition, with the exception of the last 200 metres of the run, when it needs to be zipped up.
- 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 Map





# Post-race procedures



- When you finish, keep moving through to the “Mixed Zone” and recovery area.
- **Anti-Doping Control:** photo ID is needed for every athlete to have ready for Doping Control
- **For awards,** dress “up” with race uniform or country clothes
- Only LOC Medical Staff is 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.

# Medal Ceremony



- Medal ceremony at 20:00h next to the transition, at 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
- 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.

# Ambush Marketing Rules



- For ceremony awards, please observe the ambush marketing rules.
- 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.”*

# Coaches Accreditation



## Accreditation

- All coaches have to collect accreditation to be able to enter the venue – **a picture ID needed**
- Only Coaches 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.**

# 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)     | Sunny   |
| Race Day         | 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  | 08:15         |          |

**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;

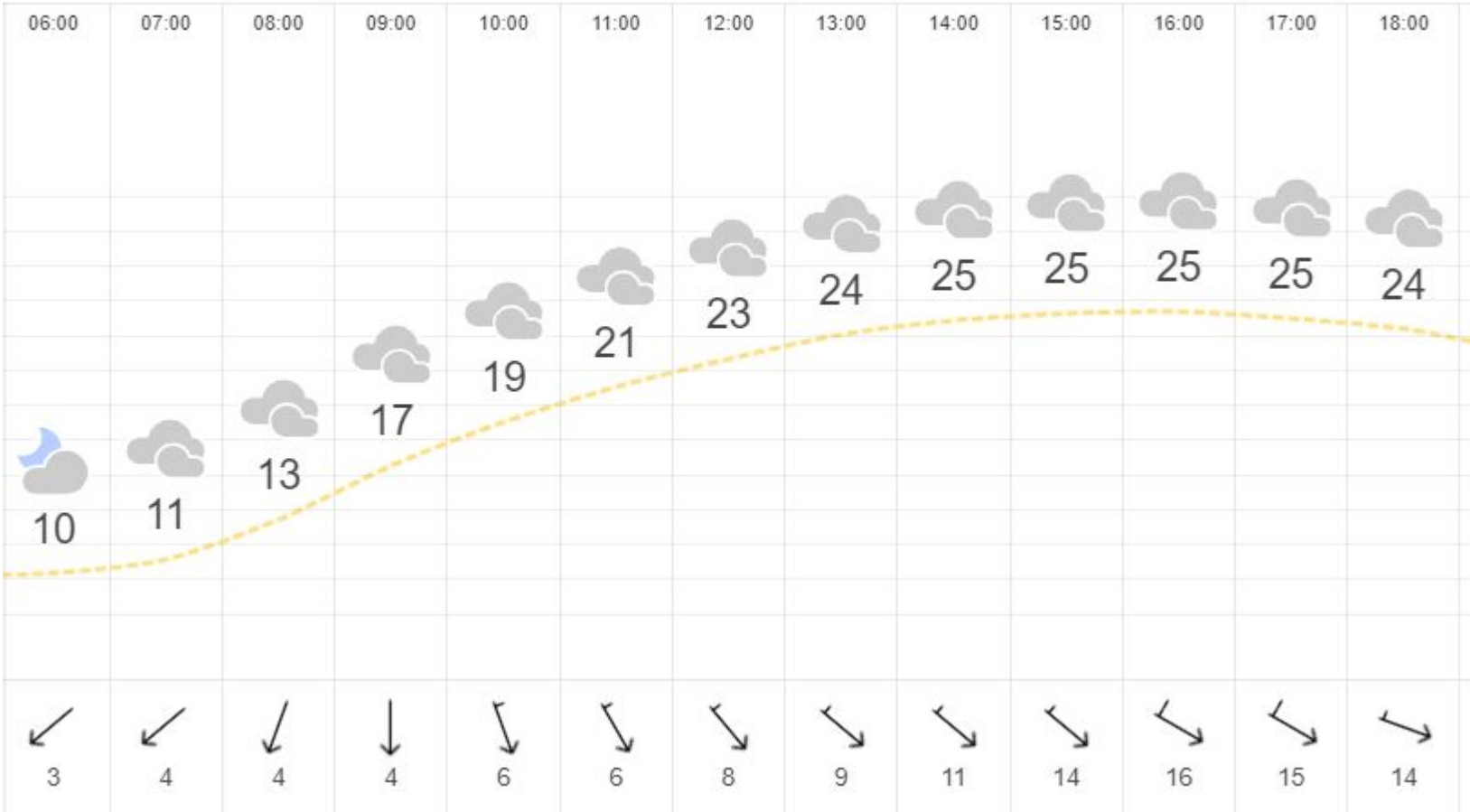


# Heat stress indicators

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)

WORLD TRIATHLON  
SAFEGUARDING & ANTI-HARASSMENT POLICY





Coimbra  
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# HAVE A GOOD RACE

