

Elite/Para Middle Distance Triathlon 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
- Paula Maia (POR) (Middle Distance) / Kati Raudsepp (EST) (Aquabike)
- Ricardo Lacerda (POR), LOC Director

Competition Jury



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

Schedule and Timetables



21st June 2024

15:00	Race pack pick-up (after athletes' briefing)
16:00 – 21:00	Transition Area bike check-in
16:00 – 17:00	Swim familiarization

Schedule and Timetables



22nd June 2024

06:00 – 07:00 Athletes' Lounge check-in

06:15 – 07:15 Last minute Transition Area check-in

07:00 – 07:15 Warm up

07:25 Athletes' Introduction

07:30 Start Elite Men

07:35 Start Elite Women

07:40 Start Para

Transition Area check-out (bikes to Athletes' Lounge)

20:00 Medal ceremony

Race package distribution



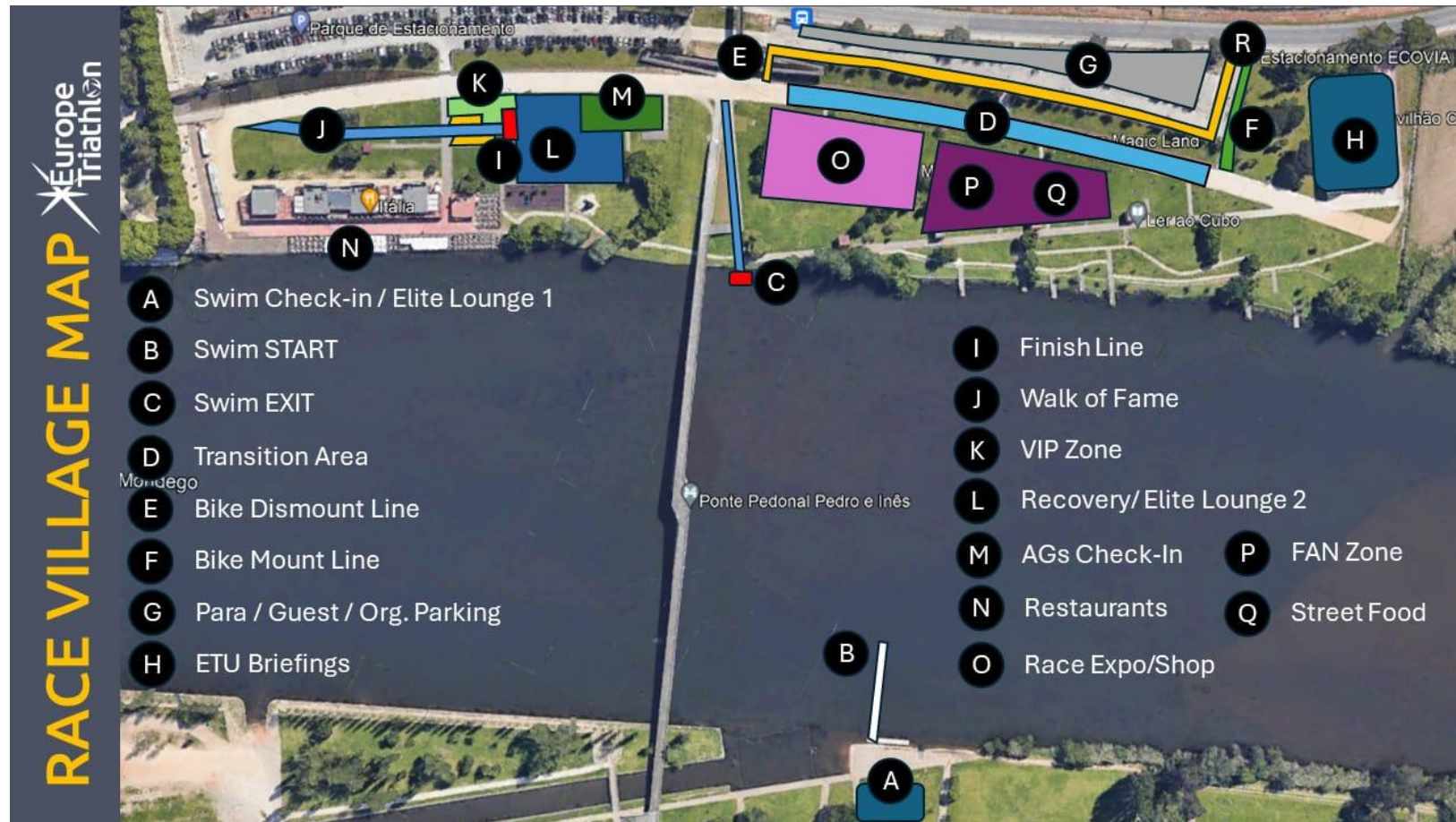
ALL athletes/support team must provide a [picture ID](#) to receive the package.

Please check that you have the following

- Race Stickers:
 - Helmet (3x),
 - Bike (1x),
 - Bag (1x)
 - Body decals (both arms and both legs)
 - Athlete wristband

NB for paratriathletes! Inform TOs about the colors of swim cap you want to receive in Athlete Lounge

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
- 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

The athlete who does not comply with this rule will receive a time penalty of 30 seconds in T1

- Bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.
- Spare wheels to Wheel Station, label your wheels
- 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



- 06:00 – 07:00 Athletes' Lounge
- 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 (both arms, both legs)
- Timing chip distribution, secure timing chip on your ankle
- Swim cap distribution
- Bike mechanical service will be available next to the transition area
- Toilets will be available close to transition

Permitted Equipment – Uniform (Para only)



Swim

- Wetsuits up to 5mm thickness
- Gloves are NOT permitted
- Face, hands and feet cannot be covered
- No prosthetic socks, unless the pins are adequately covered. [This will be checked](#)

Permitted Equipment – Uniform (Para only)



Bike and Run

- Athletes can wear long-sleeve uniform with/without zipper. Zipper can be at the front or at the back. Front zipper can be undone up to the sternum and must be zipped up for the last 200m.
- Athletes can wear a long-sleeve shirt under the uniform – it must be worn for the entire event
- Athletes will not be able to remove the shirt at any time during the event
- Arm covers can be worn and can be removed during the event **BUT only in Transition.** Removal elsewhere during the race will lead to DSQ

Timing Chips – Where to Wear (Para only)



Category

Location

PTWC

1 - handcycle (rear axle)

1 - race wheelchair (close to the front fork)

PTVI

1 - Athlete ankle

1 - Guide ankle

Pre-start Procedures



Athletes' line-up

- 10 minutes before start - line-up near the start point
- Jog to the start line once your name is called
- Select a position and stay behind the line!

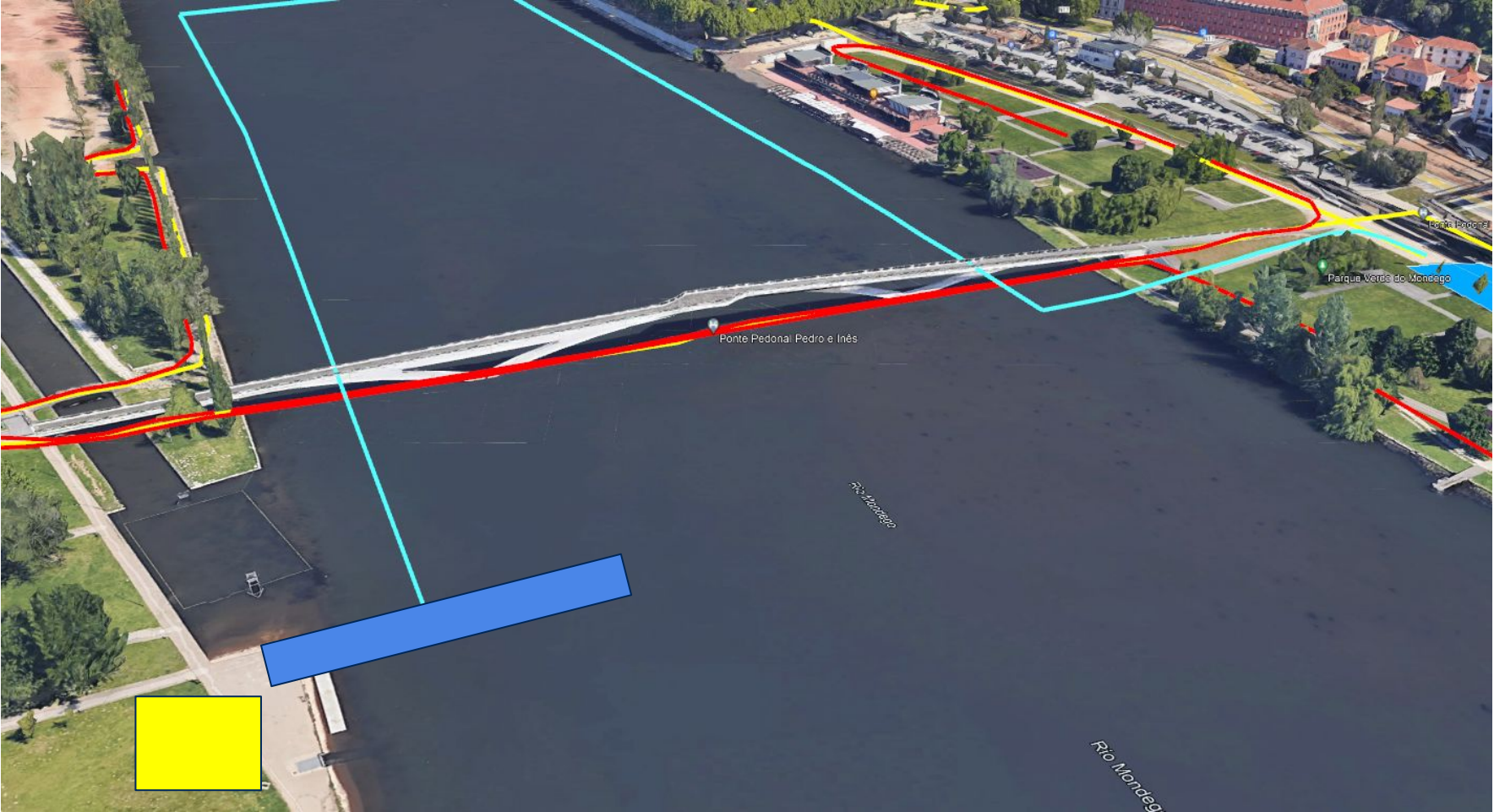
Pre-start Procedures (Para only)



Athletes' line-up

- 10 minutes before your start, line up before entrance to start area
- Move to the swim start when you are introduced, select a position and stay behind the line! Technical Officials will let you know when to enter the water for start.
- **Officials/ Coaches** can take your prosthesis, crutches, etc. to pre-transition. These items need to be clearly numbered!
- Prosthesis covers/socks are NOT allowed in the swim unless pins are covered. Not covered covers/socks will be removed at the pontoon.

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
- After race starts, athletes must move forward

Athletes not moving forward at the start will receive a time penalty of 30 seconds in TA1.

False-start Procedures



False-start

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

The course



Swim 1 lap of 1900 m

Bike 4 laps of 22,5 km

Run 2 laps of 10,5 km

The course



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.

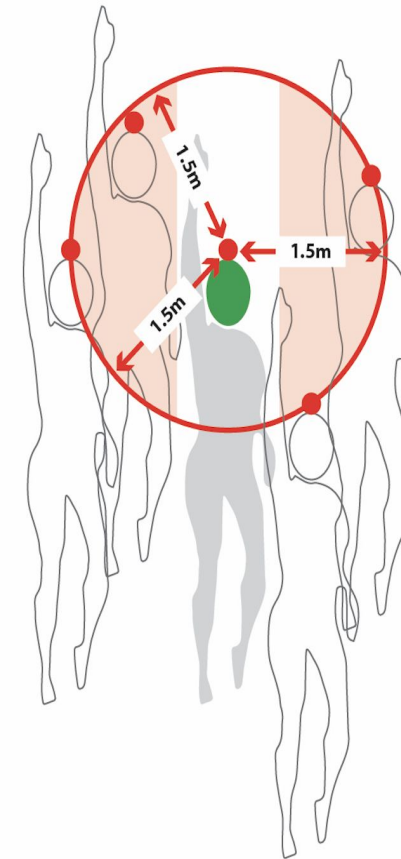
Swim conduct



- 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.

PTVI Swim Conduct

- Each athlete must be tethered to their own guide during the swim.
- At no time may a guide led or pace the competitor nor propel them forward by pulling or pushing.
- The guide must swim next to the athlete within a maximum separation of 1.5m from the athlete's head to the guide's head.
- The tether shall be elastic rope with bright or reflective colour and 80cm long when measured with no tension. It can be fixed at any point of the athlete's body.
- Guide's head can be at any point with the two red hemispheres next to the athlete, as shown in the drawing. If outside these areas it will be considered as a violation



Swim course map



Swim exit handling (Para only)



- Swim exit handling only by the LOC swim exit assistants.
- They will provide support to all athletes according to their swim cap colour.
- No personal handlers allowed to assist at swim exit.

Pre-Transition Area (Para only)



- Athlete's registered equipment (prosthesis, crutches, day chairs)
- Chairs for wetsuit removal
- PTVI athletes are not allowed to use the pre-transition area
- Only PTWC personal handlers are allowed in this area (can carry athletes' gear)
- No wetsuit removal by TOs nor swim exit assistants/volunteers

Transition Area 1



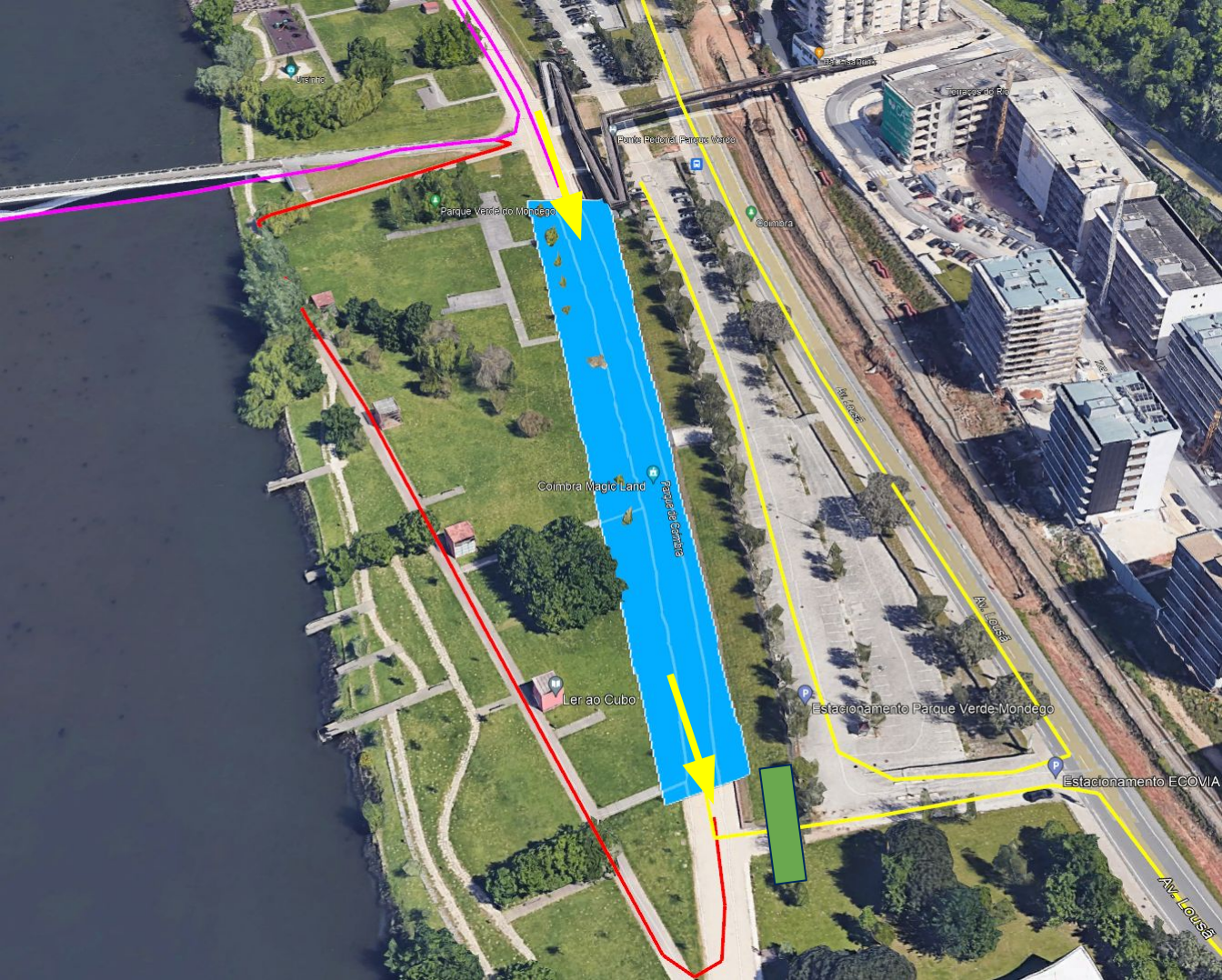
- Traditional Bike Racks – three rows, numbered
- Go to your position in the transition area and take your Bike. Remember to fasten your helmet before taking your bike. Athletes cannot touch the locking mechanism of their helmet from the time they remove their bike from the rack until they have placed 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 Area 1 (Para only)



- PTWC must stop completely at mount and dismount lines
- All mobility equipment shall remain within the assigned space in transition. Used swim caps, goggles, wetsuits, tethers, helmets in the box;
Failure to do so = 30 seconds penalty on run

Transition Flow



Bike course



- 4 laps (total distance of 90km)
- Flat and not technical
- **Drafting is not allowed**
- **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



 Wheel station

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;

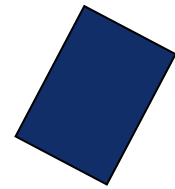
Blocking rules



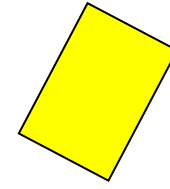
- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of at the next bike penalty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

Bike Infringements

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



Drafting infringement



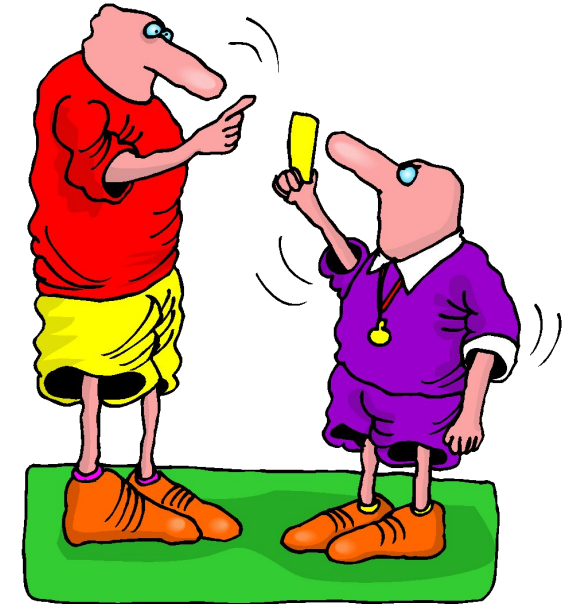
Other infringements
(blocking, littering, etc.)

- 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



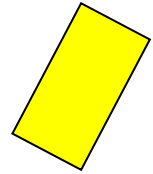
- Stop in the **next** Penalty Box and stay there for 5 minutes/30 seconds
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. A third drafting offence will lead to a DSQ
1st and 2nd offences: 2 x 5 minutes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

Penalties

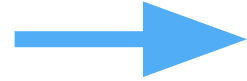


- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.
- The time penalty starts when the athlete complies with all above and ends when the Technical Official says “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.

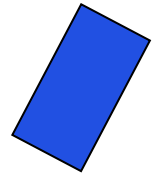
Bike Infringement - REMEMBER



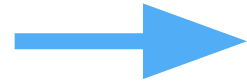
YELLOW CARD



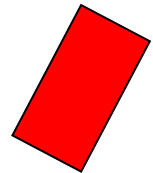
**30-SECONDS
STOP**



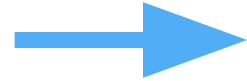
BLUE CARD



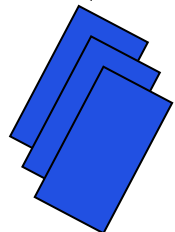
5-MINUTES STOP



RED CARD



DSQ

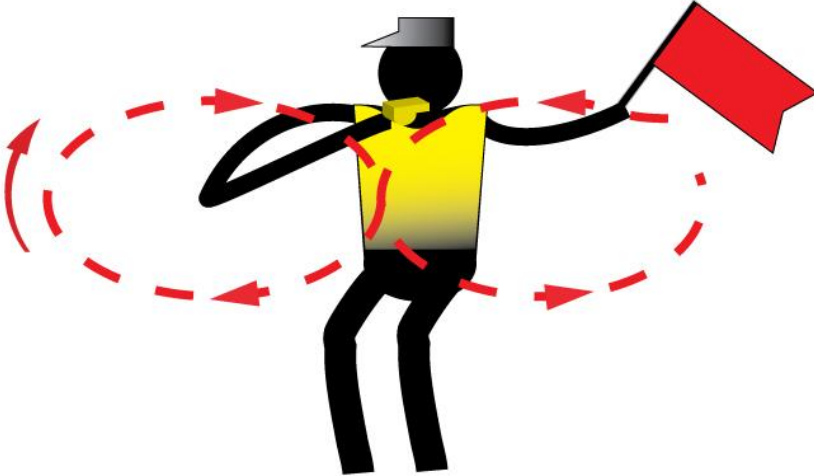


3X BLUE CARDS



Caution

Caution signal: three sharp whistles and red flags

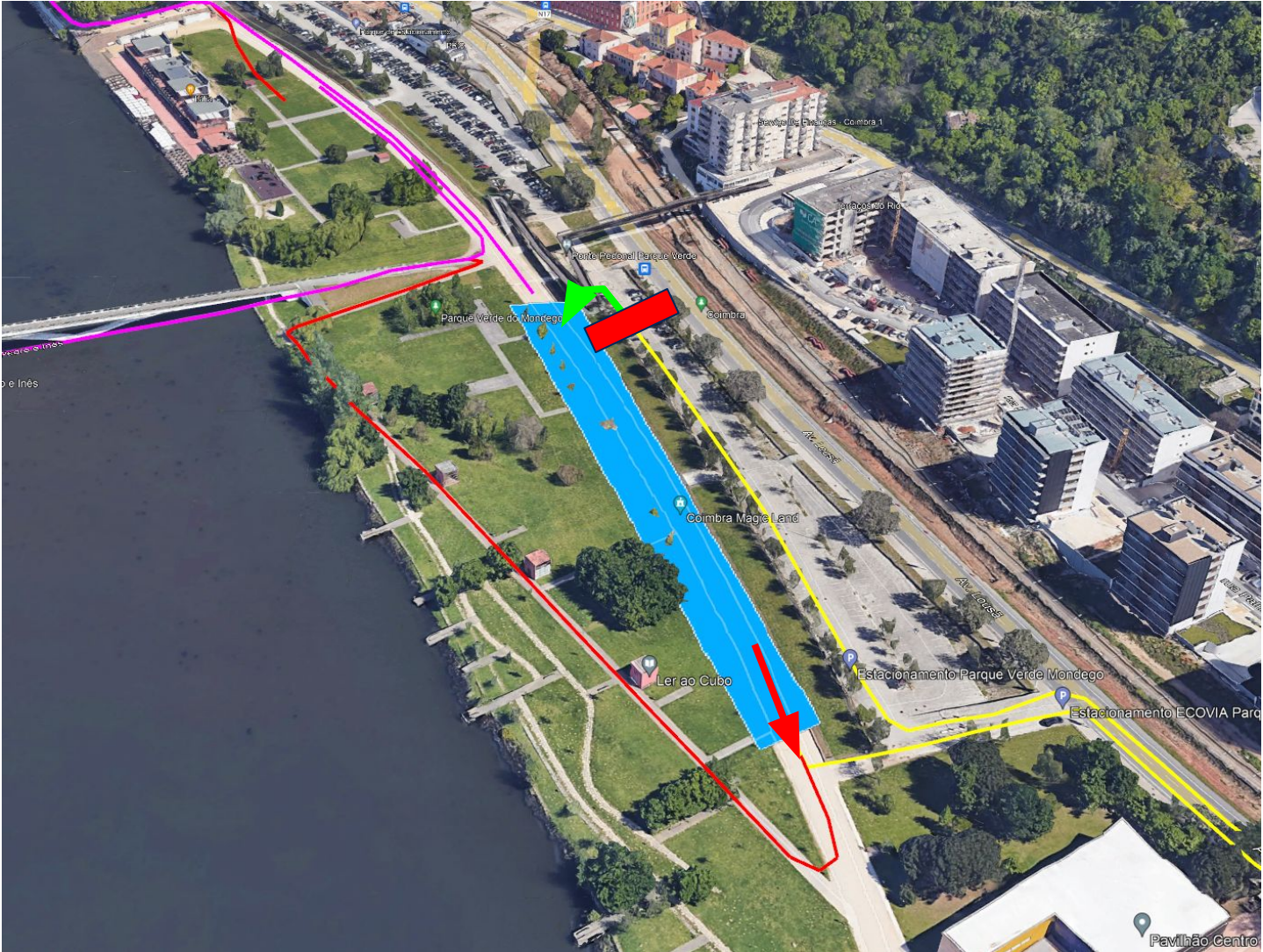


Transition Area 2



- 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.



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 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 Map



Run Penalty Box



- Start infringements will be served in T1
Swim, T1, T2 and Run Infringements will be served in Run
- **Location:** 200m before the end of lap/finish
- **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:** 30 seconds time penalty per offence served on any lap of the run.

If you do not stop – DSQ

Penalties must be posted prior to the 2nd 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 **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.
- **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
- 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.

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.”
- The consequence for this behavior is: **The athlete will immediately forfeit their prize money for that event.**

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.**

Outside assistance (Para only)



- Assistance can be provided to a Para triathlete to allow them to get back into their handcycle/racing wheelchair or onto their bike following an incident. Any mechanical repair must be done by the athlete without external assistance. Assistance may only be provided by a Technical Official, Event Personnel, or another athlete in the same race.

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;

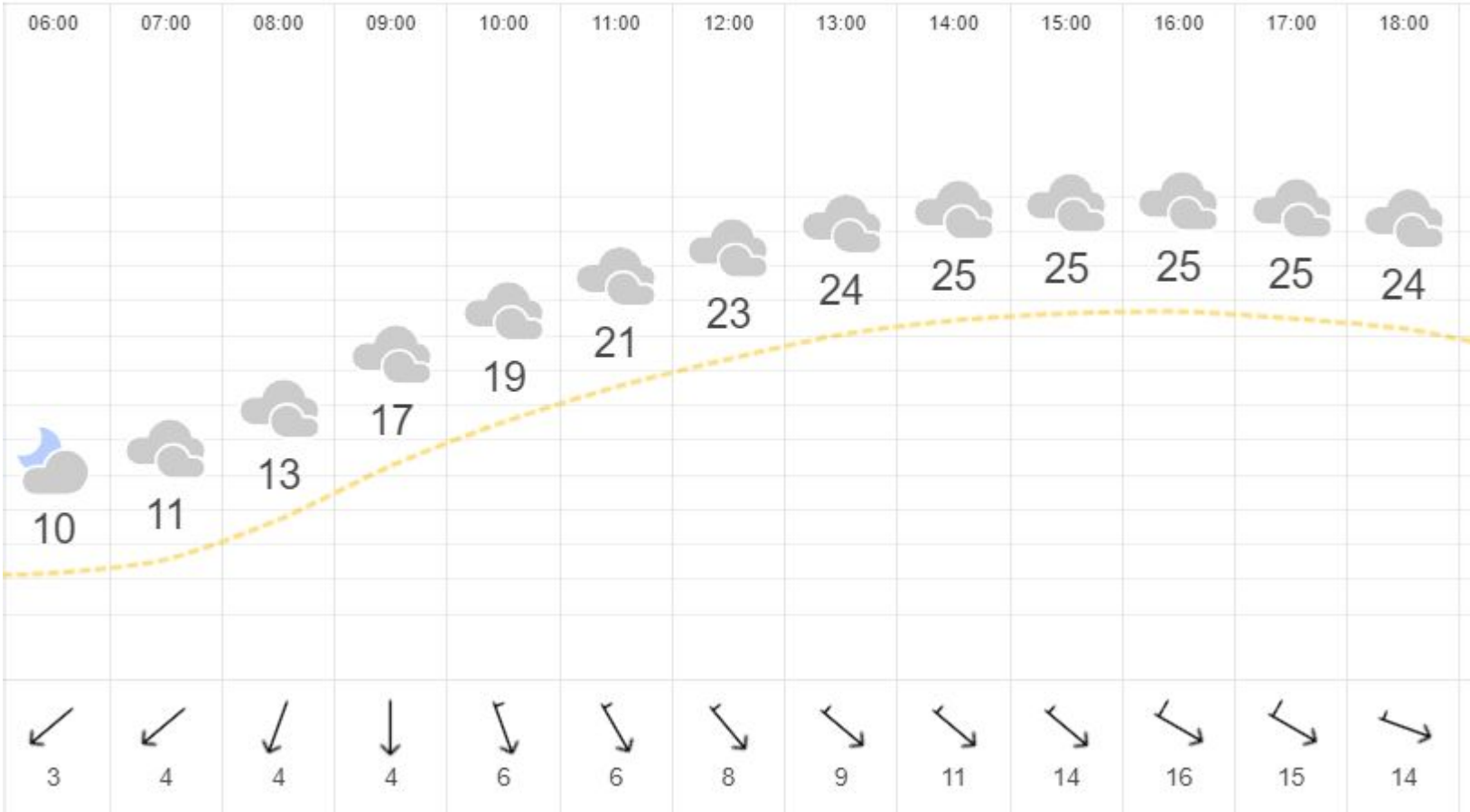


Heat stress indicators

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



Weather forecasts



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Coimbra
2024



HAVE A GOOD RACE

