



Izvorani
2024

ppc



Athletes Briefing

14/06/2024 Izvorani
Europe Triathlon Junior Cup



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



- Alicia García, ETU Executive Board representative
- Mónica Zubillaga, Europe Technical Delegate
- Radu Blaga, Europe Triathlon Assistant Technical Delegate
- Adina Dusa, Europe Triathlon Head Referee
- Ciprian Pietris, LOC Director



Competition Jury



- Mónica Zubillaga, Chair
- Alicia García, ETU Executive Board Representative
- Andrei Andresiu, Romania Federation

Europe Triathlon Junior Cup 2024 (17 events)

Date	Location	Country	Distance
24/03/2024	Quarteira	Portugal	Sprint
14/04/2024	Melilla	Spain	Sprint
20/04/2024	Yenisehir	Türkiye	Sprint
10-12/05/2024	Caorle	Italy	Super Sprint SF, F + MTR
25/05/2024	Olsztyn	Poland	Sprint
1-2/06/2024	Silver Lake	Serbia	Sprint Super SF, F + MTR
15-16/06/2024	Izvorani	Romania	Super Sprint SF, F + MTR
23/06/2024	Wels	Austria	Sprint
29/06/2024	Holten	Netherlands	Sprint
06-07/07/2024	Tiszaujvaros	Hungary	Super Sprint SF, F
14/07/2024	Cork	Ireland	Sprint
20-21/07/2024	Chisinau	Moldova	Super Sprint + MTR
28/07/2024	Tabor	Czech Republic	Sprint
24/08/2024	Riga	Latvia	Sprint
07/09/2024	Bled	Slovenia	Super Sprint
15/09/2024	Zagreb	Croatia	Sprint
28-29/09/2024	Salini	Malta	Super Sprint + MTR

Europe Triathlon Junior Cup Ranking

Event	Points to winner	Maximum athletes to score
Europe Triathlon Junior Championships	600	Cut-off rule, but at least Top 20
Europe Triathlon Junior Cup	400	Cut-off rule, but at least Top 20
Europe Triathlon Junior Cup (semi-final/final format)	400	No cut-off rule, Top 50
Europe Triathlon Youth Championships	200	Cut-off rule, but at least Top 20
National Triathlon Junior Championships	100	5

Europe Triathlon Nation's Junior Ranking

Event	Points to winner	Maximum athletes to score
Europe Triathlon Junior Mixed Relay Championships	600	Cut-off rule
Europe Triathlon Youth Mixed Relay Championships	600	Cut-off rule
Europe Triathlon Junior Mixed Relay Cup	400	Cut-off rule

Europe Triathlon Junior Ranking JUNIOR WOMEN |02.06.2024| after Silver Lake

Ranking	Athlete	Country	Scores
1.	KAPTEN LIIS	EST	1028,8
2.	SZALAI FANNI	HUN	800,0
3.	SOROKA YEVA	UKR	784,8
4.	VRABLOVA MARGARETA	SVK	770,0
5.	DE KONING SONJA	NED	718,9
6.	TIKHONOVA SOFIA	AIN	712,3
6.	JUMENEZ-ORTA GUERRERO CRISTINA	ESP	712,3
8.	JANSONE BEATE	LAT	676,1
9.	BUDANOK EKATERINA	AIN	592,8
10.	KARAYEL MURYA	TUR	541,7

Europe Triathlon Junior Ranking JUNIOR MEN |02.06.2024| after Silver Lake

Ranking	Athlete	Country	Scores
1.	POPA CAROL	ROU	1321,7
2.	EDO AQUILAR IZAN	ESP	800,0
3.	NIKOLAJSEN ANDREAS	DEN	620,6
4.	BARON ROY	ISR	601,8
5.	BUTOV TIKHON	AIN	587,5
6.	KARPEEV DMITRII	AIN	540,6
7.	ROM SHALEV	ISR	522,1
8.	LEONOV ROMAN	AIN	515,2
9.	KROPKO MARTON	HUN	498,3
10.	PETRE RAUL	ROU	452,5

Europe Triathlon Junior Ranking NATION'S STANDING |07.06.2024| after Silver Lake

Ranking	COUNTRY	Scores
1.	HUNGARY	3453
2.	SPAIN	3154
3.	ROMANIA	2885
4.	ESTONIA	2464
5.	ITALY	2435
6.	TURKEY	2144
7.	FRANCE	2090
8.	BELGIUM	1999
9.	ISRAEL	1893
10.	SWITZERLAND	1817

Schedule and Timetables



14/06/2024

19.00– 20:00 Race pack pick-up (after athletes' briefing)



Schedule and Timetables



15/06/2024

08:45– 09:45 Athletes' Lounge check-in

09:00– 09:45 Transition Area check-in for Junior Women

09:00– 09:30 Warm-up

09.55 Athletes' Introduction

10:00 Women Start

14:30 Medal ceremony

Schedule and Timetables



15/06/2024

- 10:45-11:45 Athletes' Lounge check-in
- 11:00-11:45 Transition Area check-in for Junior Men
- 11:00 – 11:30 Warm-up
- 11:55 Athletes' Introduction
- 12:00 Men Start**
- 14:30 Medal ceremony



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

Check-in procedures



Athletes' Lounge

- Bike check (Frame, saddle position (-5cm ≤ Men & -2 cm ≤ Women) - approved exceptions on World Triathlon website, traditional handlebars only (**clips-on to be removed**), wheels and spare wheels (non authorized UCI wheels rule)
- Spare wheels to the wheel-stop
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee up to 10 minutes after the end of the athletes' briefing
- Mechanic service available **Friday 16:00-20:00**
- Saturday, 15th June 2024 08:00 – 13:00
- Sunday, 16th June 2024 08:00 – 11:00

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Body marking check (both arms, both legs)
- Timing chip distribution 1 for the ankle
- Leave your bag in the Athletes' Lounge

Check-in procedures



Transition Area

- Helmet check - Don't leave your helmet fastened in the transition

The athlete who misses to comply with this rule will receive a 10 seconds time penalty in TA1

- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event (Elite/U23, Juniors, Youth)

Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up , **between finish line and water**
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line! Then enter into the water holding the pontoon.
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up

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

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

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

The course



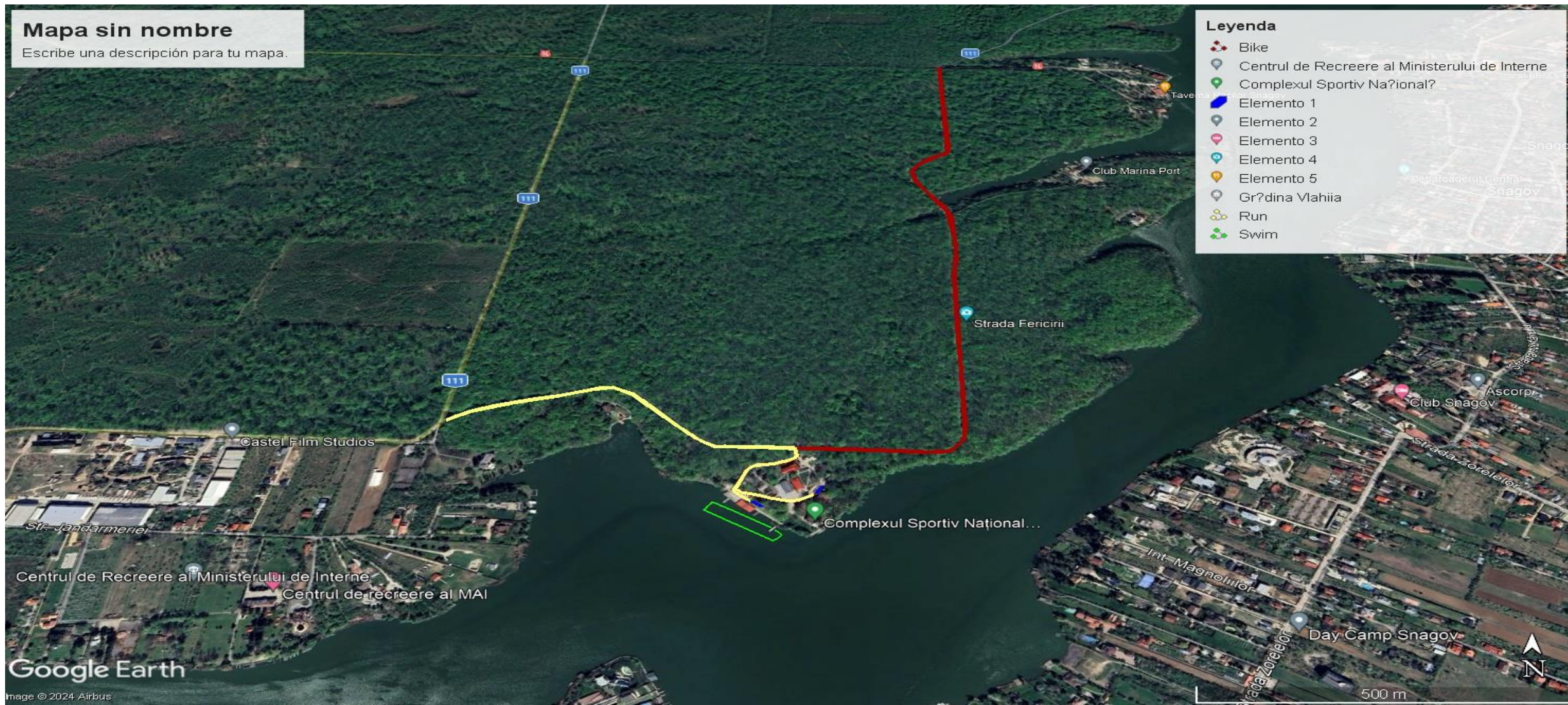
Swim 1 lap of 400 m

Bike 3 laps of 3,6 km

Run 2 laps of 1,25 km



The course



Swim course



- On 14/06/2024 at 11:00: <water temperature> 26°C
<air temperature> °23°C
- Wetsuit not allowed
- 1 lap total distance of 400 m
- Distance to the first turn buoy 140m
- Take cap, goggles to transition into your box
- Athletes who missed or arrived late at the briefing (with informing the TD) will receive a Time Penalty in TA1

Swim course map



- Swim to Transit
- Bike



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.

Transition Area



- Swim Exit to TA 250m
- Traditional racks, two rows
- Running shoes in front of the box, helmet on the 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.
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin.
- Bags to the Athletes Lounge
- Mount line at the end of the TA (**green**) / Dismount at entry of the TA (**red**)

- Swim Exit to TA <meters> m

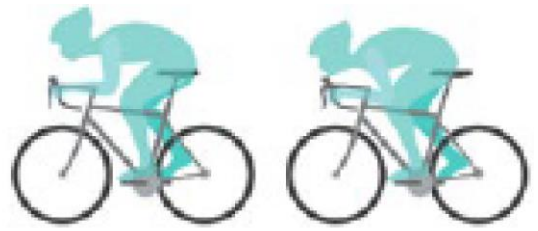
Bike course



- 3 laps (total distance of 11 km)
- Flat and technical on the first meters of the course.
- 1 Wheel Station
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the end of the lap.
- Lapped athletes are out of the race

Riding position

OK



NOT OK

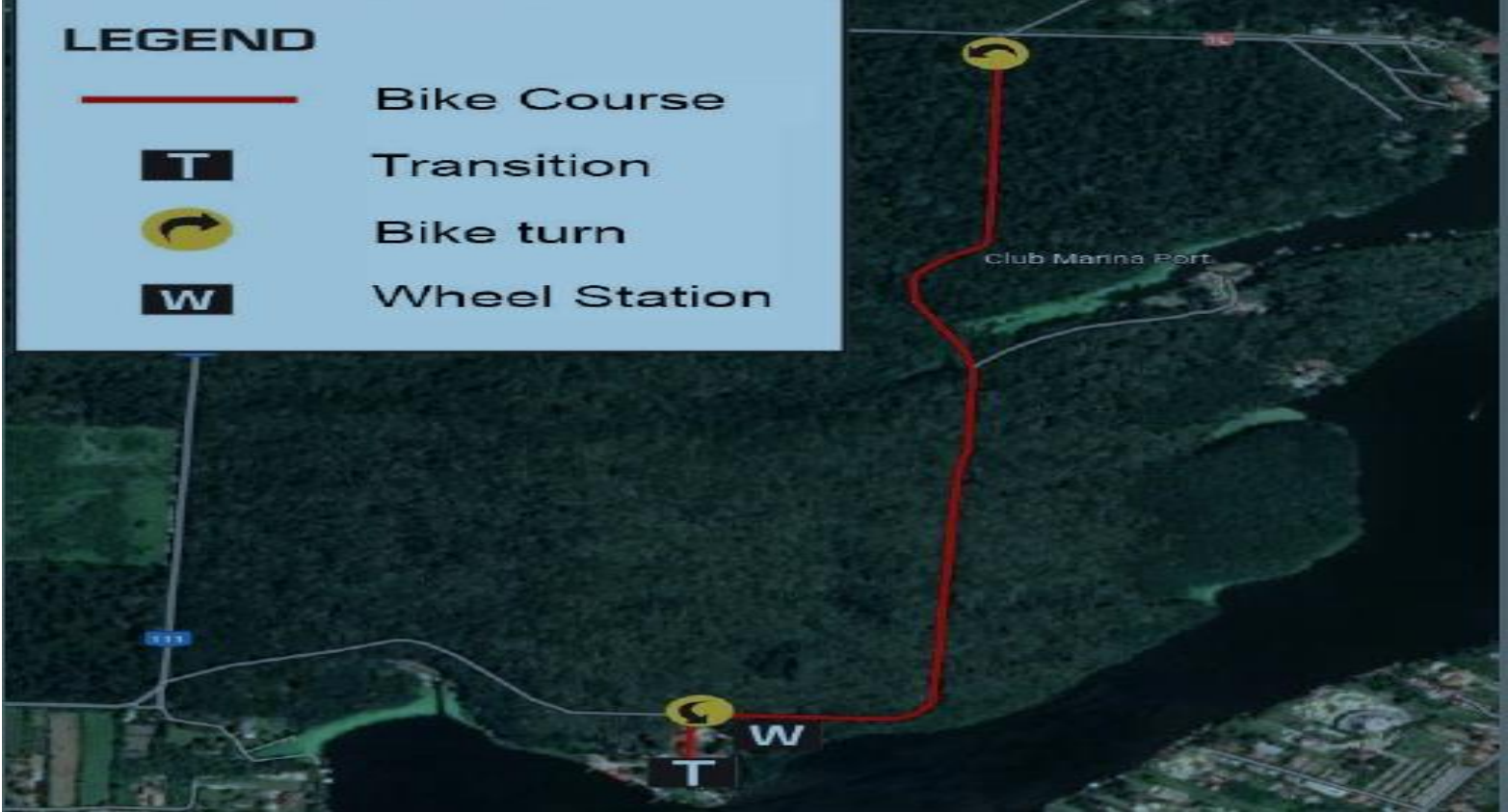


only ok in draft illegal event

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.

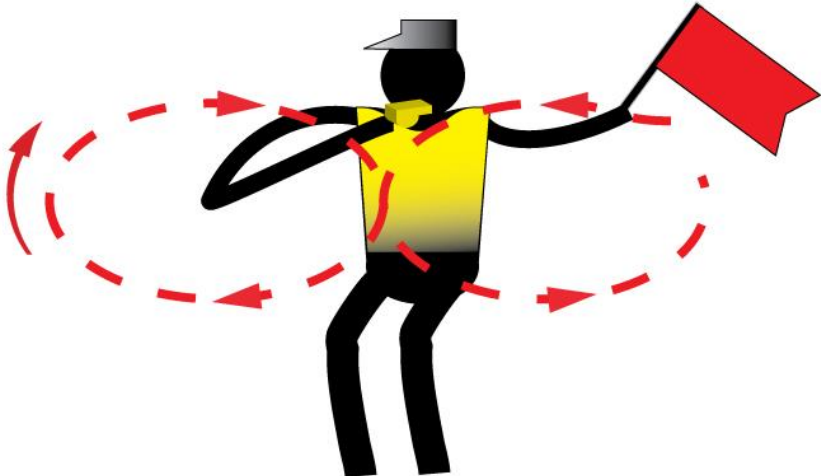
Bike Course Map



Caution



If you see red flags and whistles



Run course



- 2 laps (total distance of 2,5 km)
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Sealed water and isotonic
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
(20m before and 80m after Aid stations)
- Photo-finish
- Congestion in finish area >>>> Go to mixed zone / recovery area

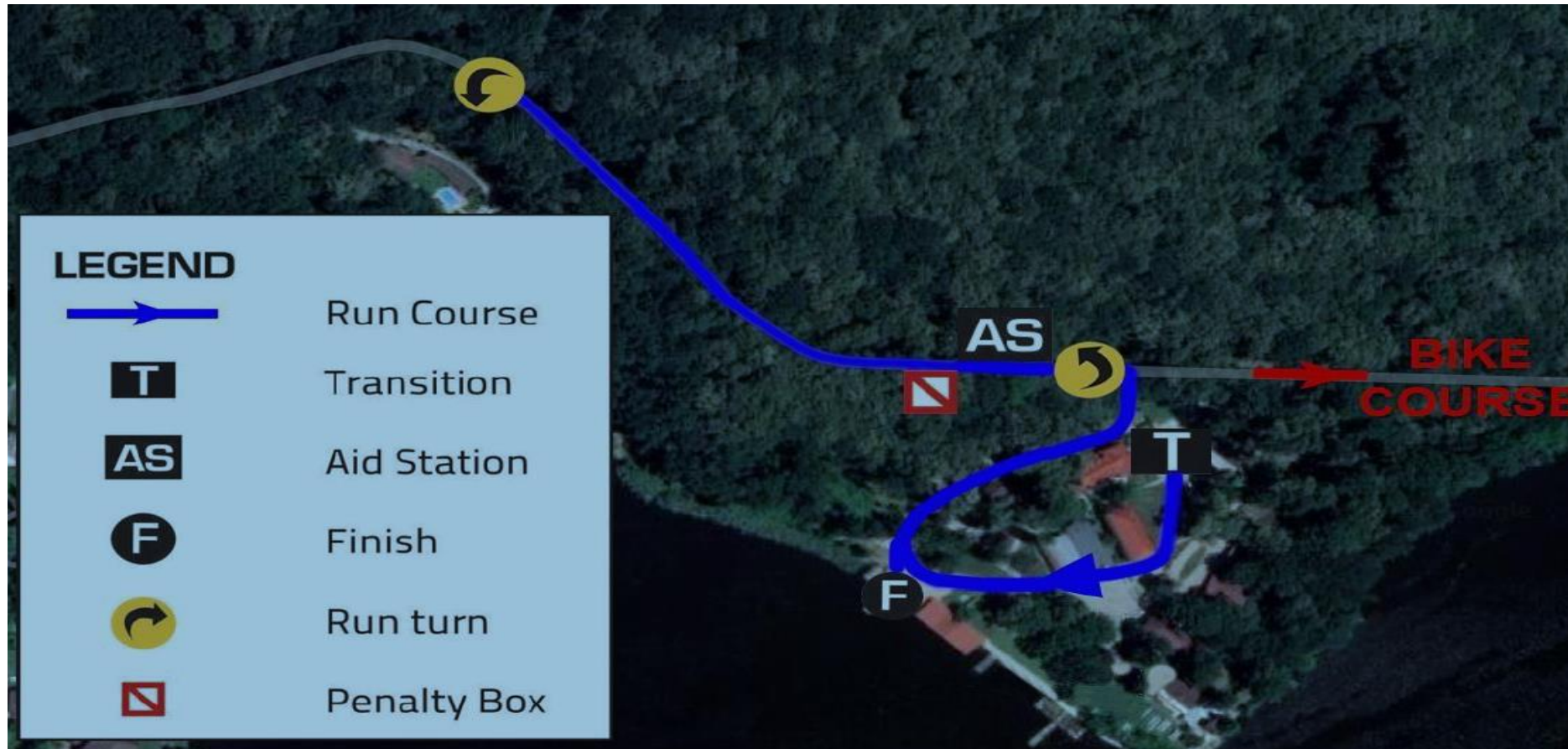


Run equipment - shoes



- **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, Bike, T2 and Run Infringements will be served in Run
- **Location:** 400 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 s time penalty served on any lap of the run

Penalties must be posted prior to the last 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 an 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		Littering	L
Mount Line	M		Equipment outside the box	E
Swim Behavior	S		Bike Behavior	B
Run Behavior	R		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



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 12:20
- Junior 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.

Post-race Procedures



Anti-Doping Control

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

Medical

- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.

Medal Ceremonies



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
- Junior 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 dress up with race uniform (or country uniform)
Ambush marketing rules apply.
- Race caps/visors are allowed at the podium
- Please follow 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 / Coaches Areas



Accreditation

- 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, Ski man 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

- Beside swim start. Fences. You can move to bike and run course but ask first

Important updates



Swim course

Team relays composition on the Worrrld Triathlon entries platform.

Heat stress indicators

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



Water Quality Assessment (Inland)



Update orange text accordingly

Enterococci	
Insert Sample Date	NMP/100mL
Location A	40
Location B	42
Location C	39
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	86
Location B	68
Location C	75
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	6,4
Location B	6,4
Location C	6,4
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Partly cloudy
Race Day	Clear with few clouds

Weather report	
Day	Weather
B-3	Cloudy
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Izvorani	None	None	09:15	Insert comments if necessary

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



Weather forecasts



**Temperature
in °C**

Weather

Friday

15°C-25°C

Partly cloudy

Saturday

11°C-27°C

Clear and few clouds

Sunday

15°C-29°C

Clear and few clouds



ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

[triathlon.org/about/safeguarding_policy](https://www.triathlon.org/about/safeguarding_policy)

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY



Have a good race!

