



Rzeszów  
2024



# Athletes Briefing

6<sup>th</sup> June 2024



# Agenda

Welcome and Introductions

Competition Jury

Elite Ranking

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



# Welcome and Introductions



- **Pascal Salamin** , Continental Executive Board representative
- **Gina Rogoveanu** , Europe Technical Delegate
- **Marcin Turecki**, Europe Triathlon Assistant Technical Delegate
- **Adina Dusa**, Europe Triathlon Head Referee
- **Tomasz Kowalski**, LOC Director

# Europe Triathlon Cup 2024 (14 events)

Date	Location	Country	Distance
23/03/2024	Quarteira	Portugal	Standard
14/04/2024	Melilla	Spain	Sprint
11/05/2024	Caorle	Italy	Sprint
25/05/2024	Olsztyn	Poland	Sprint
01/06/2024	Vigo	Spain	Sprint
02/06/2024	Kielce	Poland	Super Sprint SF and F
07/06/2024 	Rzeszów	Poland	Sprint
14-15/06/2024	Kitzbühel	Austria	Super Sprint SF and F
22/06/2024	Wels	Austria	Sprint
29/06/2024	Holten (Premium Cup)	Netherlands	Sprint
14/07/2024	Cork	Ireland	Sprint
31/08/2024	Istanbul	Turkiye	Standard
06/10/2024	Ceuta	Spain	Sprint
26/10/2024	Alanya	Türkiye	Sprint

# Europe Triathlon Regional Championships 2024

Date	Event	Location	Country	Distance
03/08/2024	Europe Triathlon Baltic Championships	Panevezys	Lithuania	Sprint
28-29/09/2024	Europe Triathlon Mediterranean Championships	Salini	Malta	Sprint
05/10/2024	Europe Triathlon Balkan Championships	Constanta-Mamaia	Romania	Sprint

## Europe Triathlon Prize Money Purse in 2024

Europe Triathlon Championships	€ 237.000
Europe Triathlon Cups	€ 155.000
Europe Triathlon Cup Pool Prize Money (Elite)	€ 20.000 (2023/€ 40.000)
Europe Triathlon Cup Pool Prize Money (U23)	€ 20.000 (2023/€ 15.000)
Junior National Federations' Standing Prize Money	€ 15.000 (2023/€ 20.000)
<b>TOTAL IN EURO</b>	<b>€ 447.000</b>

**!!! NEW !!!** The LOCs are responsible for paying out the Prize Money directly to the athletes. Due to tax requirements in the countries.

# Europe Triathlon Cup Ranking



Event	Points to winner	Maximum athletes to score
Europe Triathlon Championships	600	Cut-off rule
Europe Triathlon Cup Final	400	Cut-off rule
Europe Triathlon Premium Cup	400	Cut-off rule
Europe Triathlon Cup	250	Cut-off rule
Europe Triathlon Regional Championships	150	Cut-off rule

# Prize Money Chart

Position	Men	Women
1	2,500	2,500
2	2,000	2,000
3	1,500	1,500
4	1,000	1,000
5	800	800
6	700	700
7	600	600
8	400	400
9	300	300
10	200	200
<b>TOTAL</b>	<b>20,000€</b>	



# Europe Triathlon U-23 Cup Ranking

Event	Points to winner	Maximum athletes to score
Europe Triathlon U-23 Championships	500	Cut-off rule
Europe Triathlon Cup	250	Cut-off rule

# Prize Money Chart

Position	U-23 Men	U-23 Women
1	2,500	2,500
2	2,000	2,000
3	1,500	1,500
4	1,000	1,000
5	800	800
6	700	700
7	600	600
8	400	400
9	300	300
10	200	200
<b>TOTAL</b>	<b>20,000€</b>	

## Europe Triathlon Cup 2024 Ranking ELITE WOMEN | 02.06.2024 |after Kielce

Ranking	Athlete	Country	Scores
1.	RUST FRANKA	GER	712,5
2.	CONINX LEA	FRA	529,7
3.	MISSAGLIA CARLOTTA	ITA	529,5
4.	VRTACIC TJASA	SLO	471,1
5.	BROCKER JULIA	GER	442,7
6.	CONGI KRISTELLE	FRA	409,3
7.	KONIG ALISSA	SUI	406,6
8.	KNOLL ANABEL	GER	394,9
9.	CASALS MOJICA MARIA	ESP	339,3
10.	GREEN SOPHIA	GBR	322,1

## Europe Triathlon Cup 2024 Ranking ELITE MEN| 02.06.2024| after Kielce

Ranking	Athlete	Country	Scores
1.	FLURI MAXIME	SUI	510,6
2.	HAY GUILLAUME	FRA	486,9
3.	GRAF HENRY	GER	481,3
4.	WILLIS JACK	GBR	471,6
5.	GRAYEL NATHAN	FRA	456,9
6.	DE NIGRO EUAN	ITA	443,1
7.	DIENER JAN	GER	397,7
8.	KISS GERGELY	HUN	388,3
9.	GIOVANNINI PIETRO	ITA	383,3
10.	MAIN CAMERON	GBR	380,2

## Europe Triathlon Cup 2024 Ranking U-23 WOMEN |02.06.2024| after Kielce

Ranking	Athlete	Country	Scores
1.	RUST FRANKA	GER	750,0
2.	CASALS MOJICA MARIA	ESP	601,8
3.	BROCKER JULIA	GER	570,9
4.	SARCIA BORBALA	HUN	547,6
5.	CASTRO SANTOS NATALIA	ESP	536,5
6.	BEHRENS JULE	GER	491,1
7.	DE BRUIN LUNA	NED	411,8
8.	ALZAGA CRIADO MARIA	ESP	402,8
9.	DEQUAE NELE	BEL	394,1
10.	DENIZOT CANDICE	FRA	376,1

## Europe Triathlon Cup 2024 Ranking U-23 MEN |02.06.2024| after Kielce

Ranking	Athlete	Country	Scores
1.	DE NIGRO EUAN	ITA	613,5
2.	GIOVANNINI PIETRO	ITA	552,3
3.	DIENER JAN	GER	550,2
4.	DEY MARCUS	GBR	532,7
5.	KISS GERGELY	HUN	515,2
6.	GRAF HENRY	GER	500,0
7.	GALVEZ PONCE JOSE IGNACIO	ESP	480,7
8.	RETHORET JULES	FRA	429,1
9.	MARTINEZ BAYAN ADRIAN	ESP	407,5
10.	DOBI GERGO	HUN	399,3

# Competition Jury



- Gina Rogoveanu, Chair (RO)
- Pascal Salamin (SWI)
- Martyna Żywek (POL)

# Schedule and Timetables



## Thursday 06<sup>th</sup> June 2024

11:30– 12:00 *Bike course Familiarization*

12:30 – 13:30 *Swim Course Familiarization*

17:00 – 18.00 Athletes' Registration

**18.00 – 18.30 Athletes' Briefing**

18:30 – 19:30 Race pack pick-up (after athletes' briefing)



# Schedule and Timetables



## FRIDAY 7<sup>th</sup> June 2024 – Elite Women

08:00 – 09:00	Athletes' Lounge check-in
08:30 – 09:15	Transition Area check-in for <b>Elite Women</b>
08:45 – 09:15	Athlete's Warm-up
09:20	Athlete's Line-up
09:25	Athlete's Introduction
<b>09:30</b>	<b>Elite Women Start</b>
13:30 – 14:00	Medal ceremony

# Schedule and Timetables



## FRIDAY 7<sup>th</sup> June 2024 – Elite Men

10:00 – 11:00	Athletes' Lounge check-in
11:00 – 11:45	Transition Area check-in for <b>Elite Men</b>
11:15 – 11:45	Warm-up
11:50	Athlete line-up
11:55	Athletes' Introduction
<b>12:00</b>	<b>Elite Men Start</b>
13:30– 14:00	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)
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

# 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)
- 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 in the expo area
- 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

# Pre-start Procedures



## Athlete Introduction

- 10 minutes before start - line-up
- Jog to the end of the pontoon once your name is called, jump into the water and swim until the virtual line, between the 2 buoys
- Select your position and stay in line!
- Athletes 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 "On your mark" announcement
- 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 the in line

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



# The course

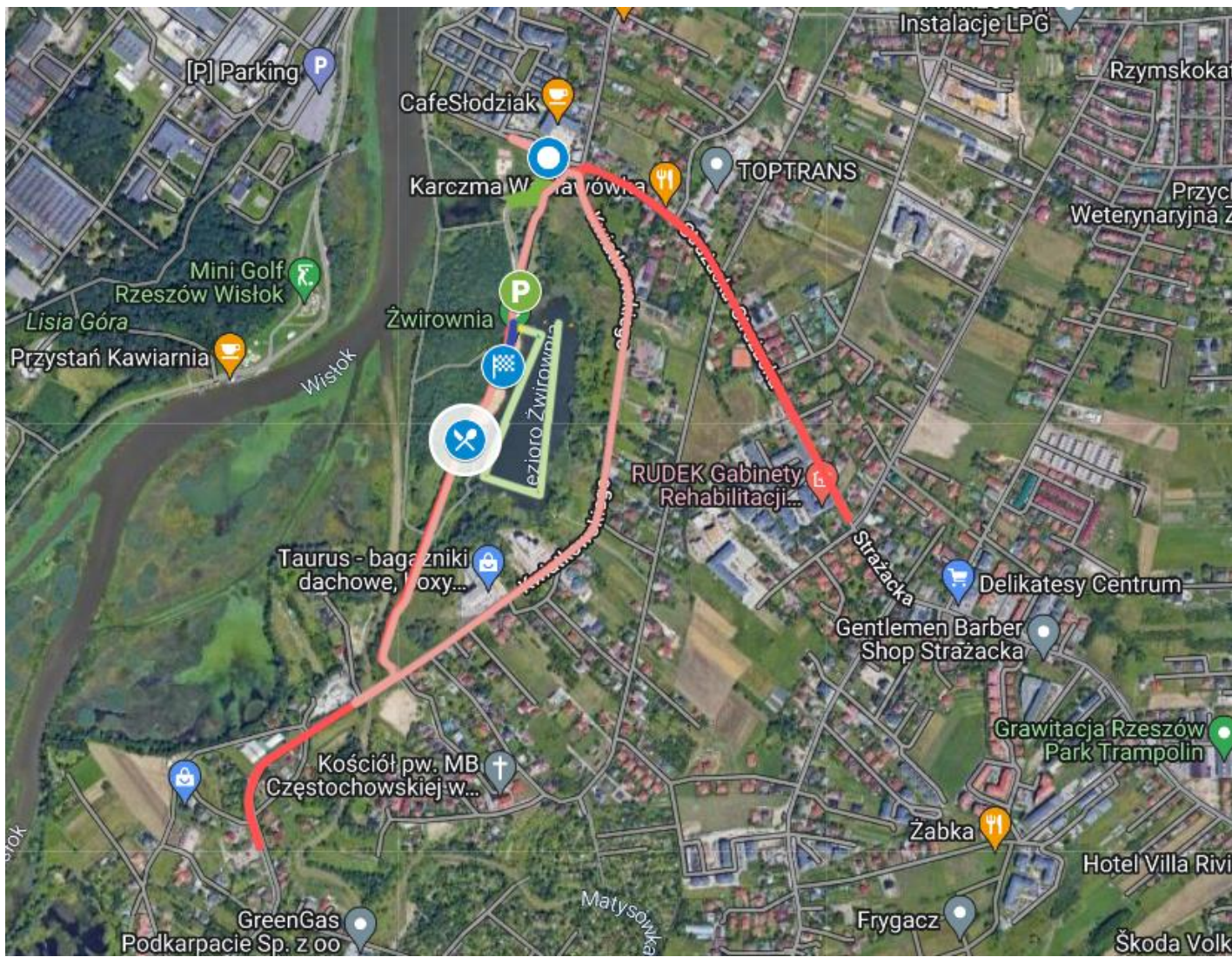


**Swim**            1 lap of 750 m

**Bike**            4 laps of 5 km

**Run**            2 laps of 2.5 km

# The course

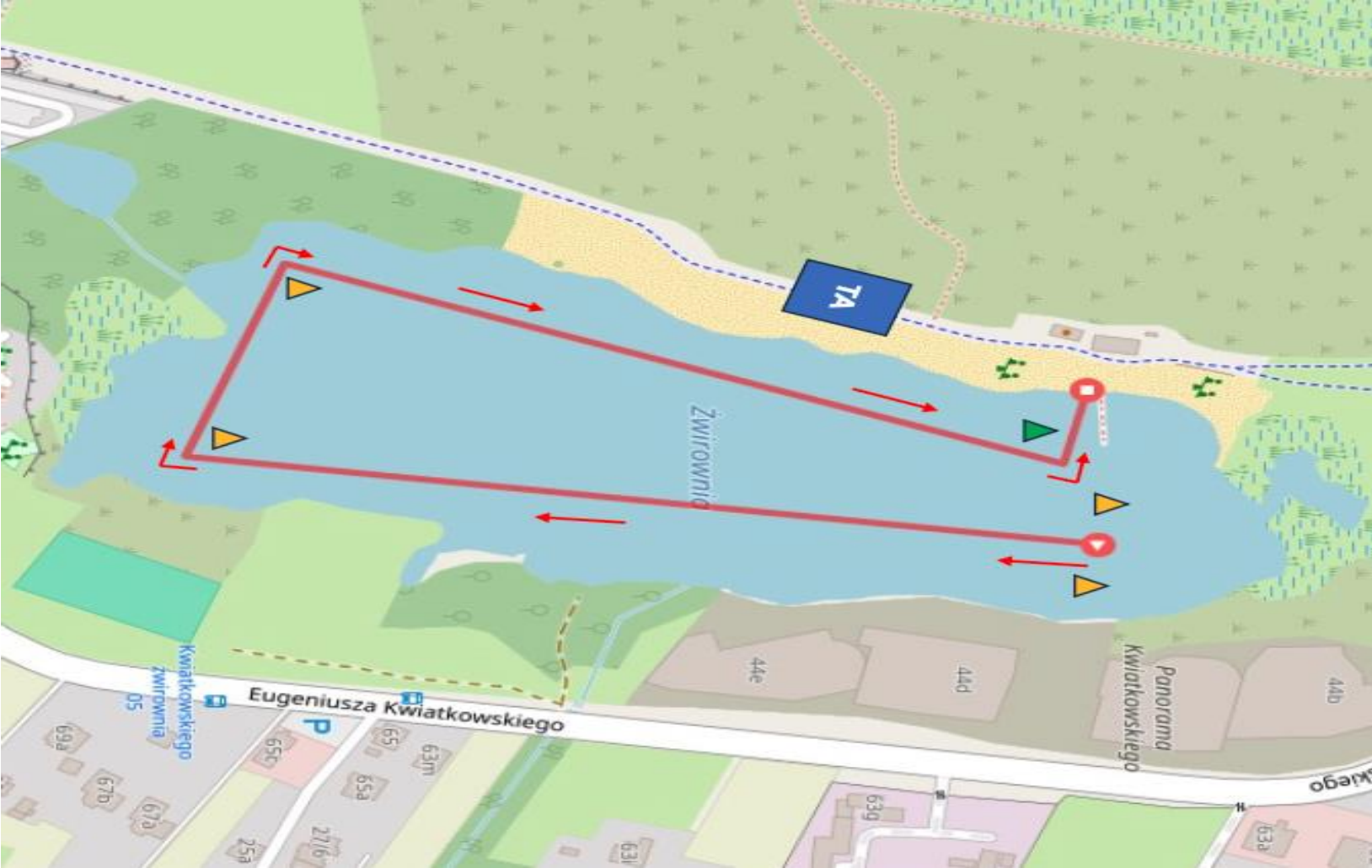


# Swim course



- On 06.06.2024 at 11:00:                            22.5°C Water Temperature  
    25°C Air Temperature
- Wetsuit not allowed (official decision 1h before the start)
- 1 lap (total distance of 750m)
- Distance to the first turn buoy 310 m
- Clockwise (right turn), only at the last buoy, left turn

# Swim course map



## 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 80 m
- Traditional Bike Racks – one row
- 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

# Transition Flow

**ATHLETES' FLOW**



**ATHLETES' FLOW:**

- CALLING AREA → PONTON → INTRODUCTION → VIRTUAL LINE START
- SWIM COURSE → DISTANCE 750 M, NUMBER OF LOOPS – 1
- DISTANCE FROM SWIM EXIT TO TRANSITION AREA → (ABOUT 80 M)
- BIKE COURSE → DISTANCE 20 KM, NUMBER OF LOOPS – 4 (5 KM EACH)
- RUN COURSE → DISTANCE 2,5 KM, NUMBER OF LOOPS – 2 (2,5 KM EACH)



# Bike course

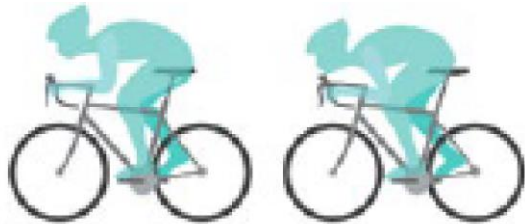


- 4 laps (total distance of 20 km)
- Flat and technical - 3 U-Turns on each lap
  - 1 Team wheel station
  - Littering Zones at the wheel stations
- Lap Counter : at the exit of TZ
- First runner – last biker scenario will be applied



# Riding position

OK



NOT OK

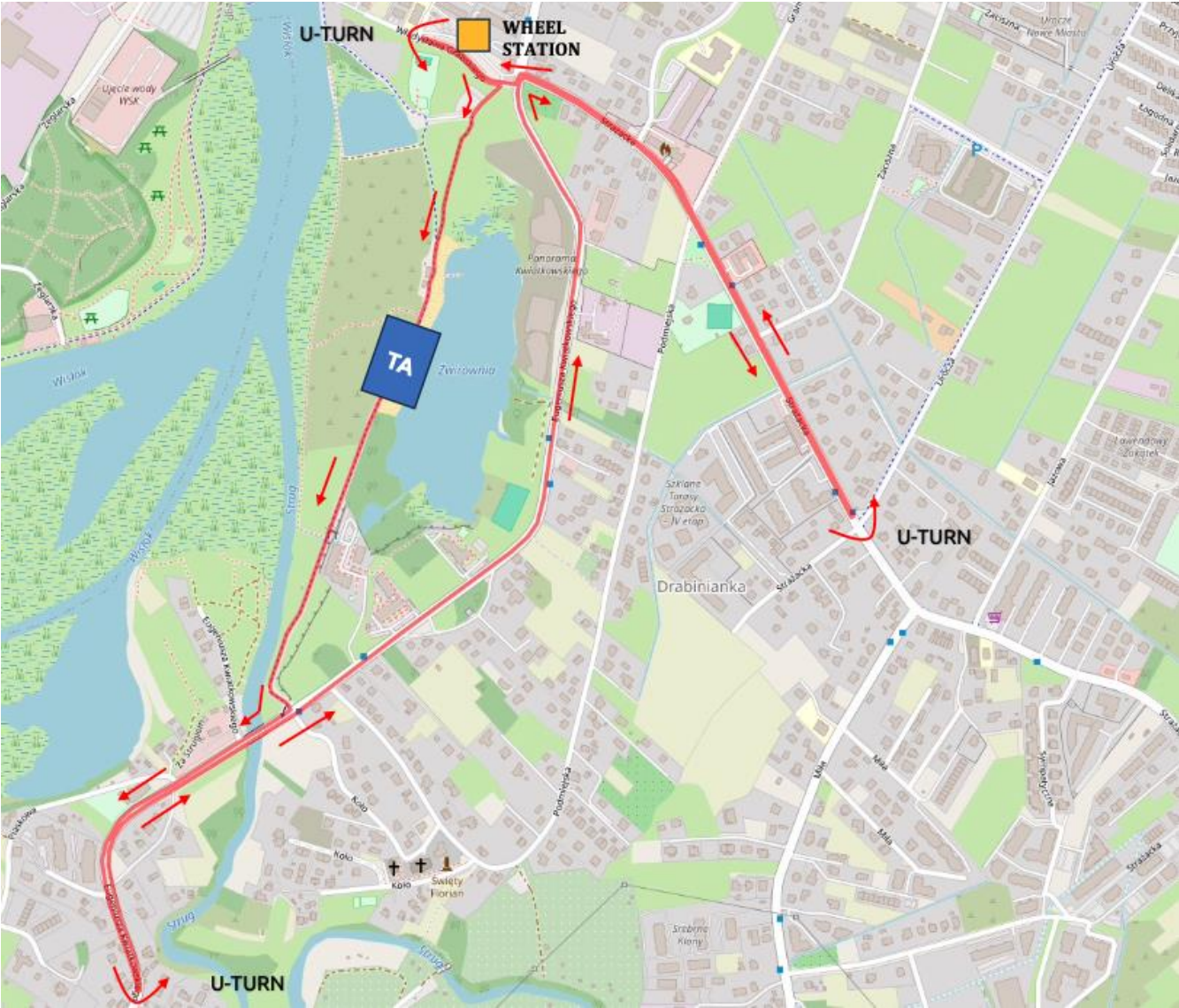


only ok in draft illegal event

## 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.

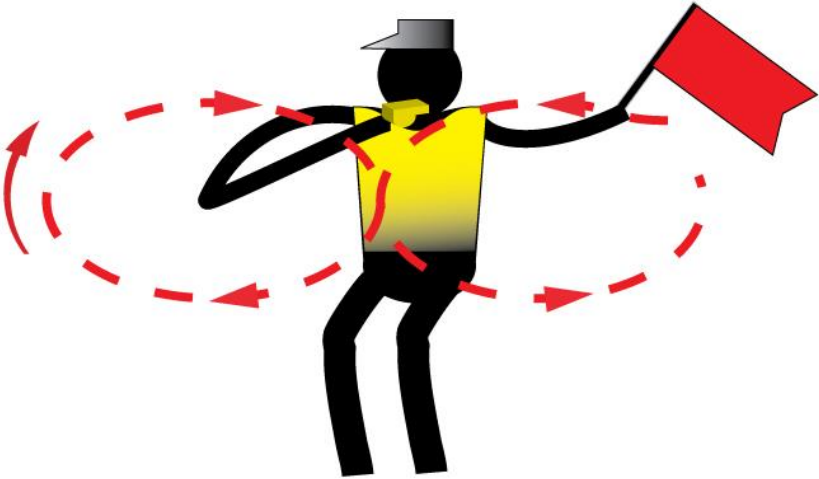
# Bike Course Map



FIRST RUNNER  
LAST BIKER



# Caution



# Run course

- 2 laps (total distance of 5 km)
- Mostly flat, asphalt
- Aid stations:
  - 1 per lap
  - For locations see the map
  - Sealed water
  - 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





# Finish



# Run Penalty Box



- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 50m 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” 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:

<b>Dismount Line</b>	D		<b>Littering</b>	L
<b>Mount Line</b>	M		<b>Equipment outside the box</b>	E
<b>Swim Behavior</b>	S		<b>Bike Behavior</b>	B
<b>Run Behavior</b>	R		<b>Other violations</b>	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 13:30
- You are not allowed to carry your 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
- Doping control will be located close to finish

## 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
- Elite/U23/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.”*
- The consequence for this behavior is: **The athlete will immediately forfeit their prize money for that event.**

# 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

## Coaches' areas:

At the start area

Next to the Penalty Box

At the finish area

# Water Quality Assessment (Inland)



Enterococci	
Insert Sample Date	NMP/100mL
Location A	24
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	200
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	7.7
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Overcast with light rain
Race Day	Overcast (55% chance of rain)

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:15	Good



## SUMMARY

**1 = 'Very Good Water Quality':**  
 (E.Coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;

# Weather forecasts



**Temperature  
in °C**

**Weather**

**Thursday 6<sup>th</sup> June**

24°C

Partly Cloudy

**Friday 7<sup>th</sup> June**

24°C

Rain

# 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



Have a good race!

