



Vichy
2024



Age Group Team Managers' triathlon briefing

Thursday 19th September 2024



Agenda

Welcome and Introduction

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introductions



Renato Bertandi (ITA), Europe Triathlon President

Maryia Charkouskaya-Tarasevich (GEO), Europe Triathlon Team Leader

Dr. Béla Varga (HUN), Europe Triathlon Technical Delegate

Howard Vine (GBR), Europe Triathlon Technical Delegate

Thomas Mantelli (FRA), Europe Triathlon Assistant Technical Delegate

Dr. Luis Coirs Nieto (ESP), Europe Triathlon Medical Delegate

Jane Vine (GBR), Europe Triathlon Head Referee

Julien Vander Plancke (FRA), Europe Triathlon Head Referee

Carole Vialat, LOC Director

Competition Jury



SPRINT DISTANCE

Thomas Mantelli (FRA), Chair

Bernard Saint-Jean (FRA), National Federation Representative

Herwig Grabner (AUT), Europe Triathlon Board Member

STANDARD DISTANCE

Howard Vine (GBR), Chair

Bernard Saint-Jean (FRA), National Federation Representative

Herwig Grabner (AUT), Europe Triathlon Board Member

Schedule and Timetables



Thursday 19 September 2024

6pm – 7pm : Age Group Team Managers Briefing in Tour de Juges

Friday 20 September 2024

1pm – 9pm : Race Packet Pick-Up for AG Sprint & Standard Distance in Palais du Lac

4pm – 9pm : Bike Check-in for Age Group Sprint Distance

7pm – 8pm : Opening Ceremony departure Hippodrome and arrival Palais du Lac

8pm – 8.45pm : Concert and circus spectacle (in front of Palais du Lac's podium – outside)

8pm – 10pm : Pasta Party for triathletes who have paid (5 euro)

Schedule and Timetables



Saturday 21 September 2024

7am – 11.15am : Transition Access for set-up for Sprint (**LIVE TRANSITION**)

7.45am – 11.51am : Sprint Distance Triathlon Age Group Race Starts

9am – 1pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

12.30pm – 1.45pm : Bike Check Out

1.45pm – 6.30pm : Bike Check Out – **Please note limited access due to Elite races**

6pm – 9pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

7pm – 10pm : Bike Check-in for Age Group Standard Distance

7pm – 8pm : Concert and circus spectacle in front of Palais du Lac

8pm – 9pm : Medal Ceremony for Age Group Sprint Athletes in front of Palais du Lac

Schedule and Timetables

Sunday 22 September 2024



11.15am – 2.30pm : Transition Access for set-up Standard Distance (LIVE TRANSITION)

12pm – 3.10pm : Standard Distance Triathlon Age Group Race Starts

2.45pm – 7pm : Bike Check Out (LIVE TRANSITION)

6.30pm – 7.30pm : Medal Ceremony for Age Group Standard Athletes in front of the Palais du Lac

7.30pm – 10.30pm : Closing Ceremony in Palais du Lac for triathletes who have paid (15 euro)

Parade of Nations

Opening ceremony : 20 September – 7pm – Opening ceremony with parade of the nations, followed by a vin d'honneur at the arrival for AG teams



To the start

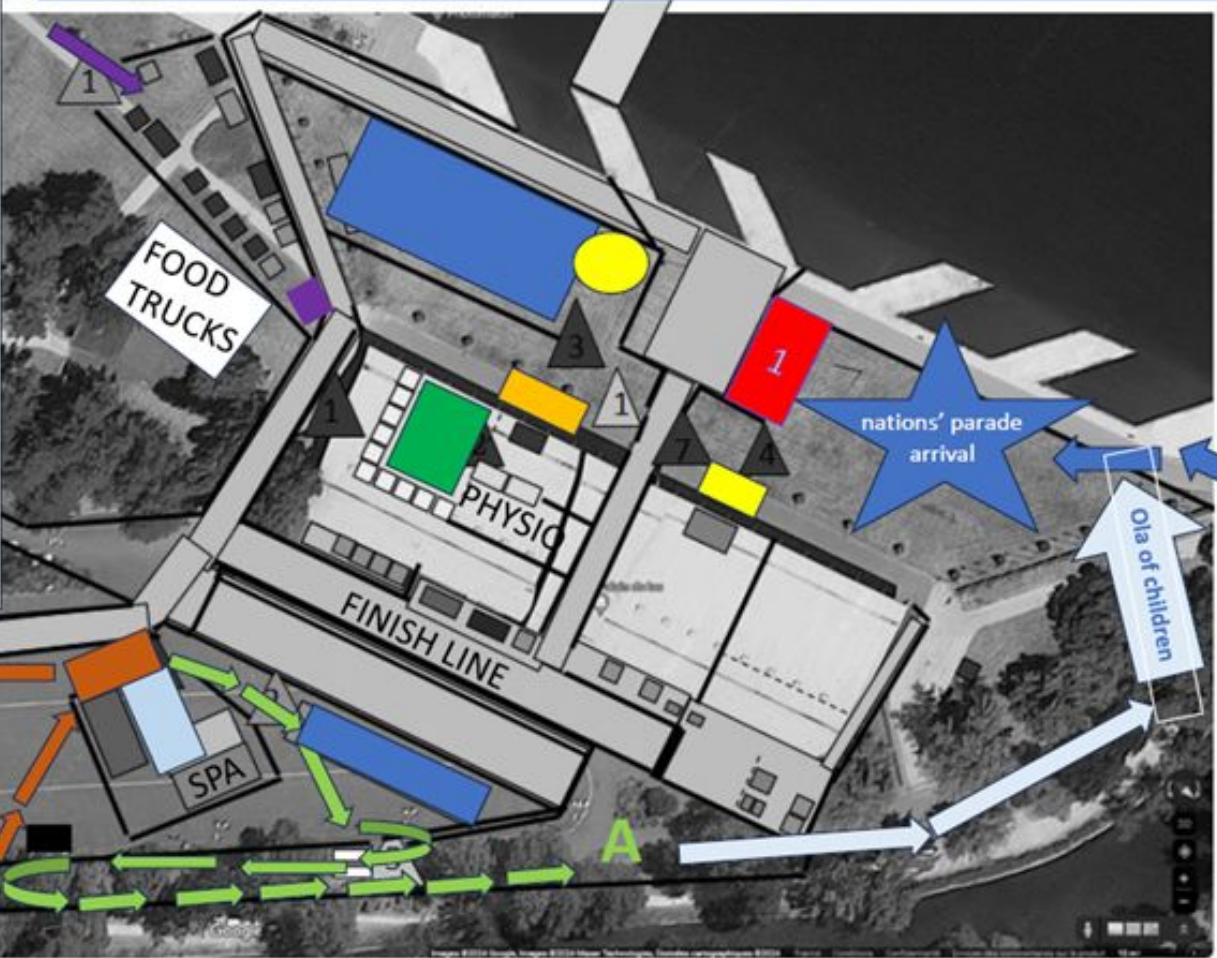
Parade

The Venue



EUROPE TRIATHLON CHAMPIONSHIPS' SITE – PALAIS DU LAC –
Centre omnisports Pierre Coulon – Avenue de l'Europe – 03 BELLERIVE SUR ALLIER

- Official access
- Accreditation tent (with wristband)
- 1 Vin d'honneur AG manager 20th sept 8pm
- piscine + + A
= kids triathlon from 5pm to 6.30pm the 20th sept
- Podium = concert
- Circus spectacle
- Official Bar (bier, crepes...)
- pasta party site the 20th sept between 8pm to 9.30pm
And fan zone Saturday and Sunday
- bib withdrawal and bag deposit



Registration Process



Friday 20 September 2024

1pm – 8pm : Race Packet Pick-Up for AG Sprint & Standard Distance in Palais du Lac

Saturday 21 September 2024

9am – 1pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

6pm – 9pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

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
- **National Federations should have made payment already**

Race packages



Athletes will be supplied a wristband at the entrance to the Registration area

Please check that you have the following in your race packet:

- Swim cap (check you have the right color)
- Timing chip
- Race number (safety pins)
- Body decals – Arms and legs x 4 + category decal for leg
- Race Stickers: Helmet (3x), Bike (1x), Bag (1x)

After collecting race package please also collect:

Athlete gift from the Race Organiser

Transition Check-in Schedule



Friday 20 September 2024

4pm – 9pm : Bike Check-in for Age Group **Sprint Distance**

Saturday 21 September 2024

7am – 11.15am : Transition Access for set-up for **Sprint Distance (LIVE TRANSITION)**

Saturday 21 September 2024

7pm – 10pm : Bike Check-in for Age Group **Standard Distance**

Sunday 22 September 2024

11.15am – 2.30pm : Transition Access for set-up **Standard Distance (LIVE TRANSITION)**

Checks:

Bike, Helmets, Uniform, Timing Chip

Check-in procedures –

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

- Wear your wristband (this gives you access to Transition and elsewhere on site)
- **Check-in the day before is mandatory**
- Bike Check

RACE DAY CHECK-IN

- Helmet (if not checked the day before)
- Body marking check (to be applied to each arm and leg, age category on one calf)
- Wetsuit Check

- National Uniform

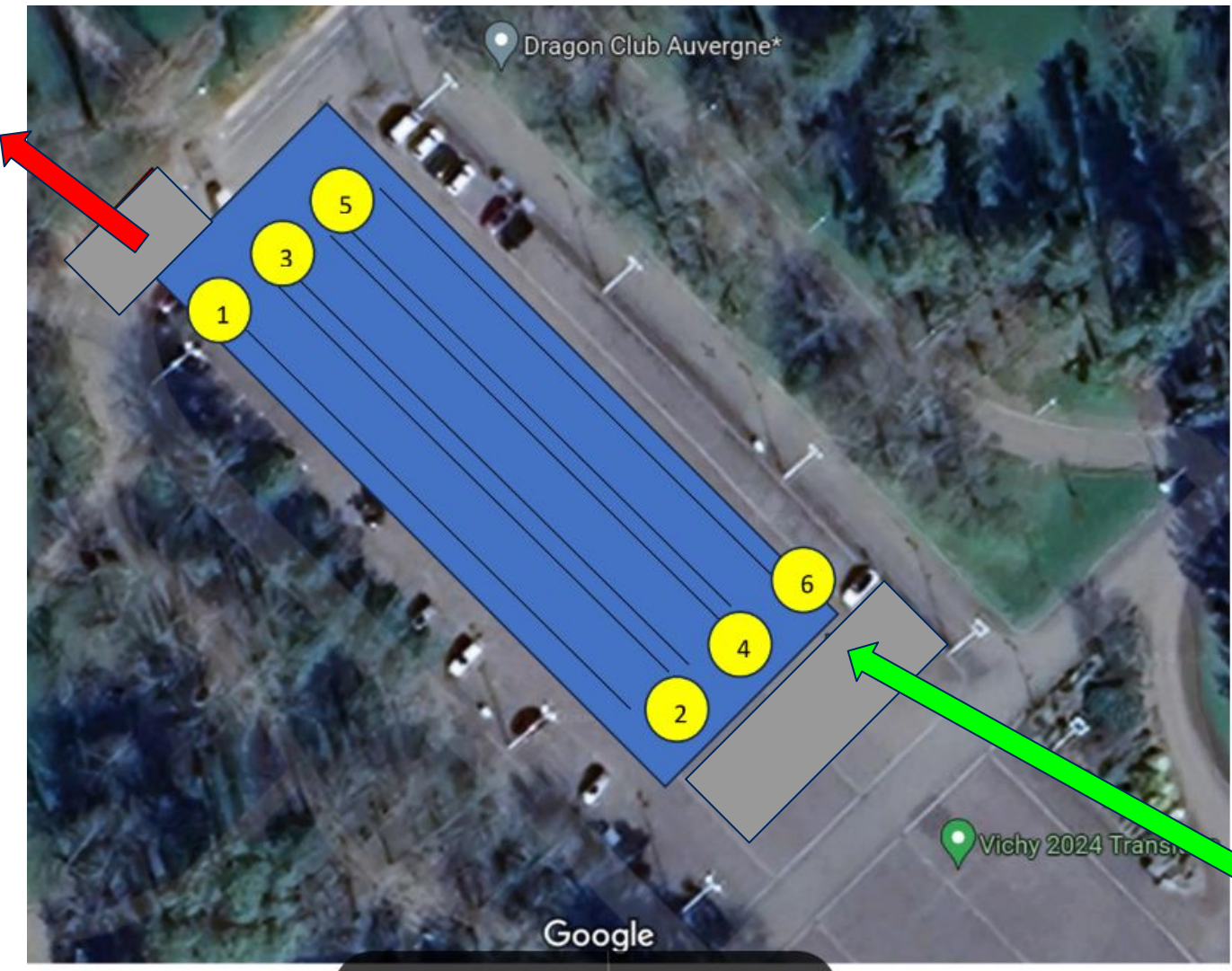
Note: Age-Group athletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in any distance competition. Zipper fully up for last 200m.

- There is a Bag Drop area in Palais du Lac near the swim start.

TA Bike Check-in Flow (day before)



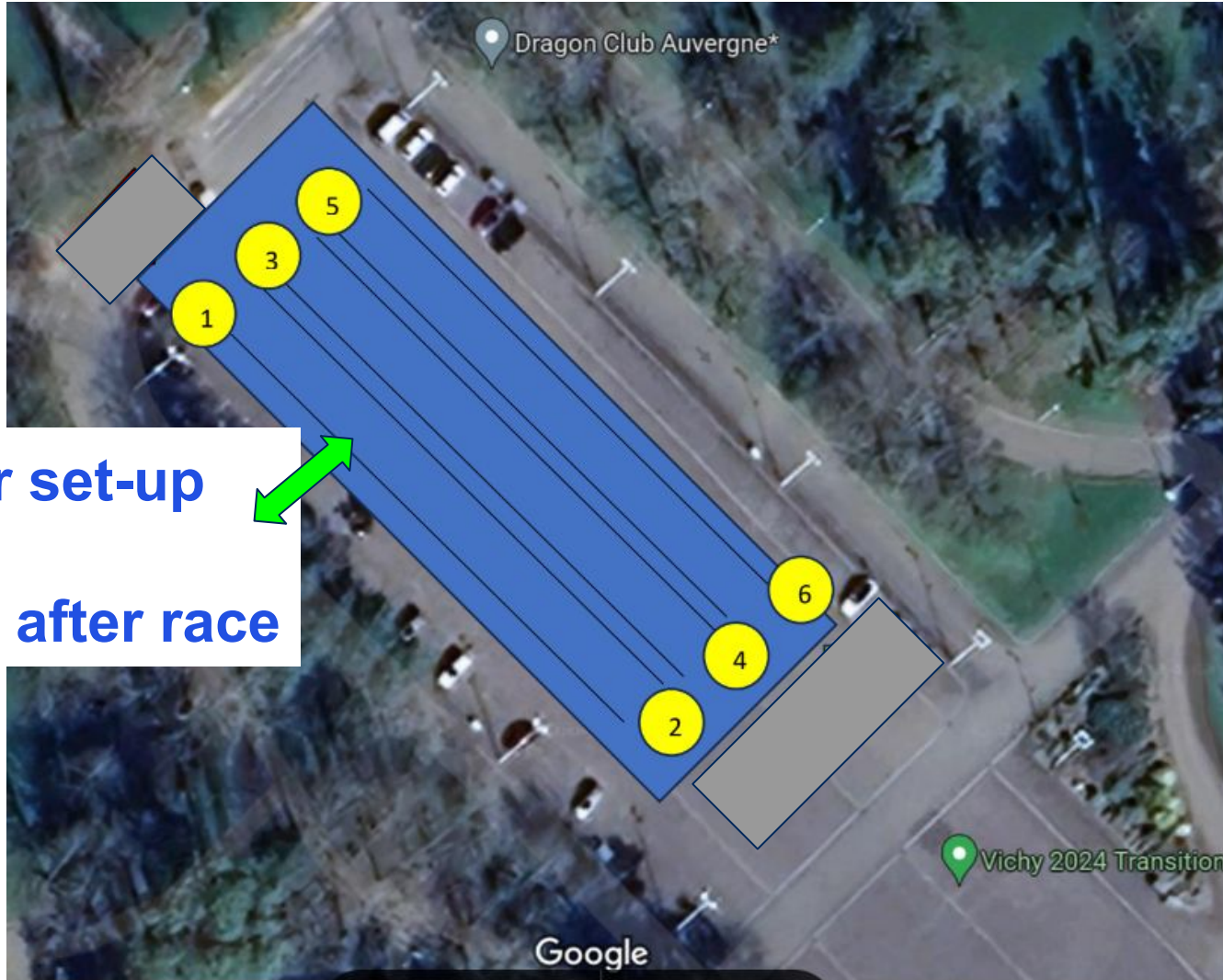
Exit after racking bike



Entry to rack bike



TA Athlete Check-in Flow (race day)

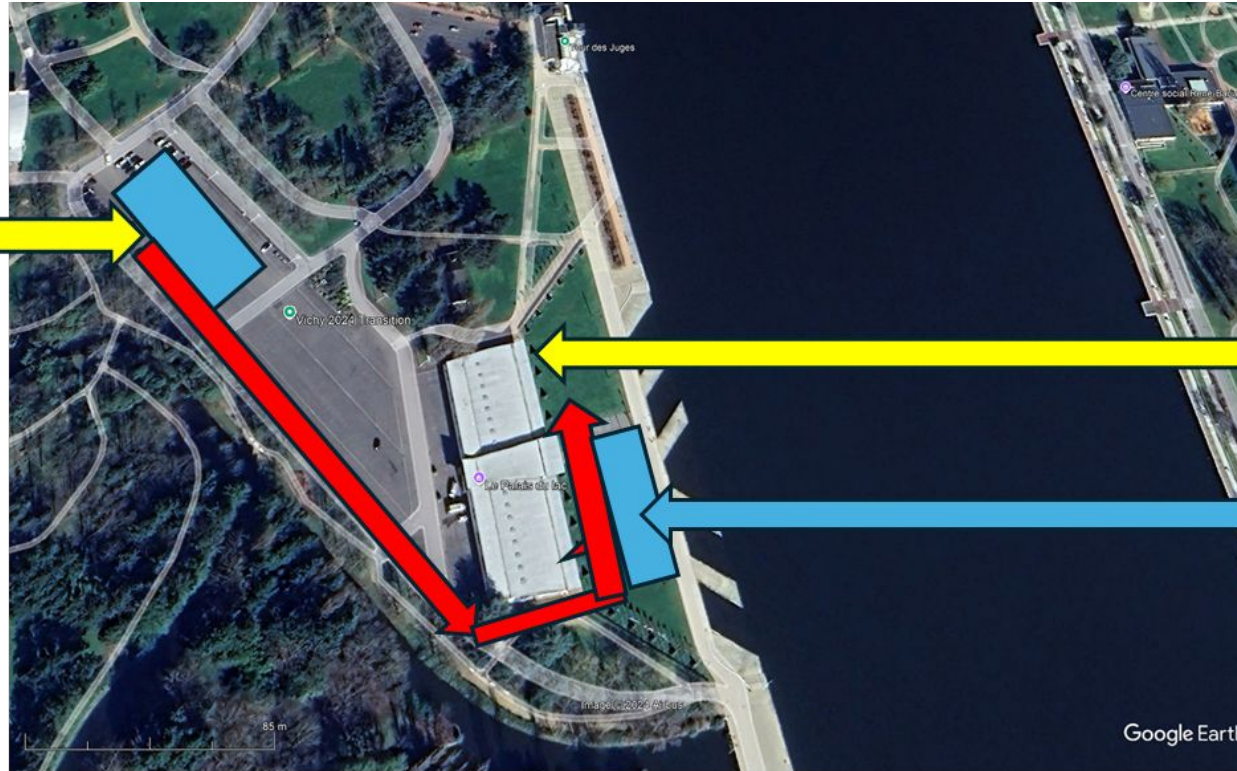


Entry & Exit for set-up
AND
Bike check out after race

Route to the SWIM START



TRANSITION EXIT
TO SWIM



BAG DROP

SWIM CORRAL AREA

FOLLOW THE RED ARROW TO BAG DROP & SWIM START



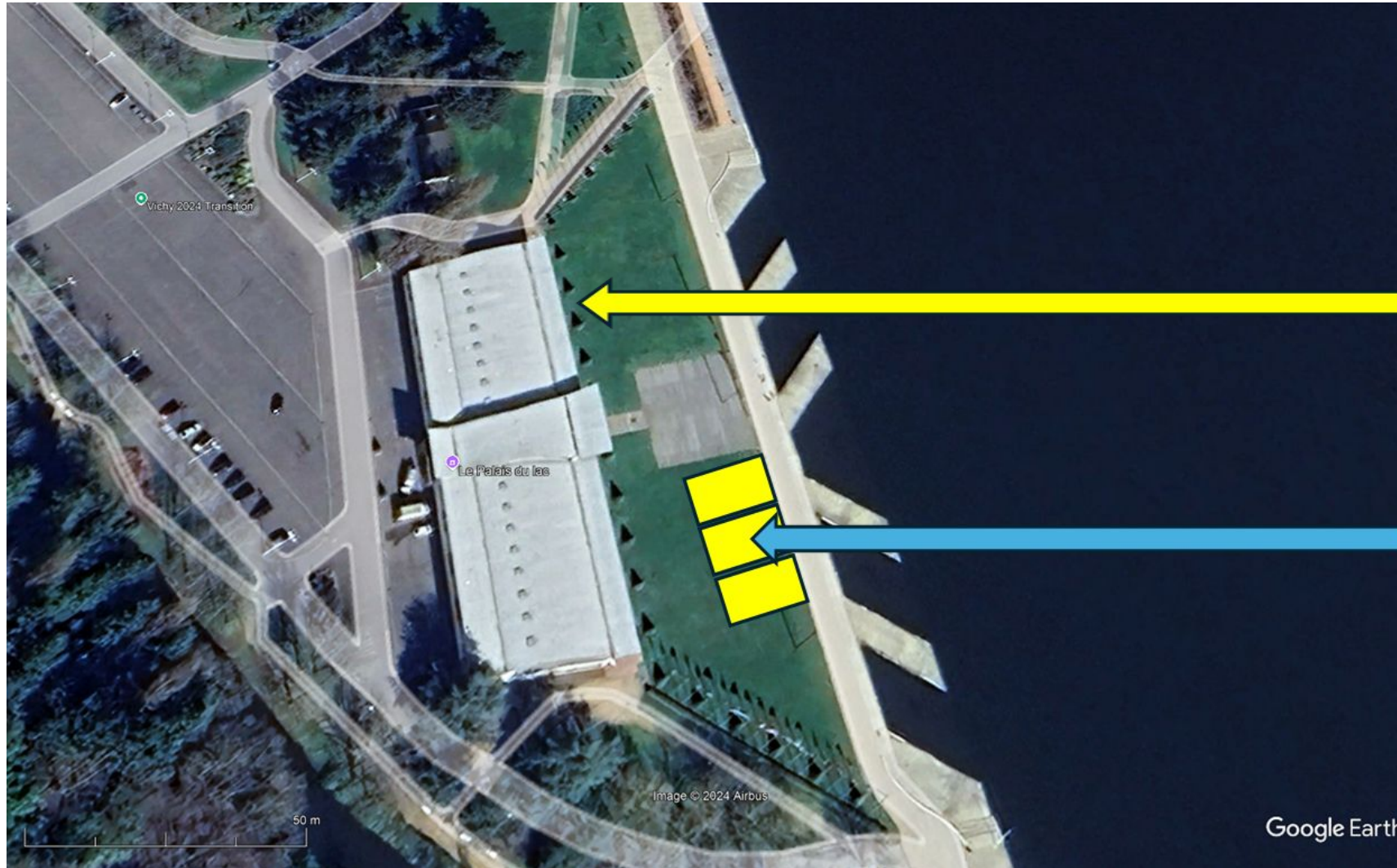
Pre-start Procedures



Athlete line-up

- **Bag Drop:** No equipment except that being used for the competition are to be left in Transition.
- All other equipment must be either given to one of your support team or dropped in the Bag Drop area in the Palais du Lac near the swim start.
- Use bag sticker to number your bag.
- **Pre-start area** (3 corralled areas separated by swim hat colours):
- Be there 15 minutes before start.
- Listen for announcements and look for swim hat colours
- Ensure you have your chip on your ankle.
- **Start:** Do not take non-essential equipment to start platform, including water bottles or clothing. Give to support team or place into bins.

Pre-start Procedures – Line-up map



BAG DROP

SWIM CORRAL AREA



Start Procedures



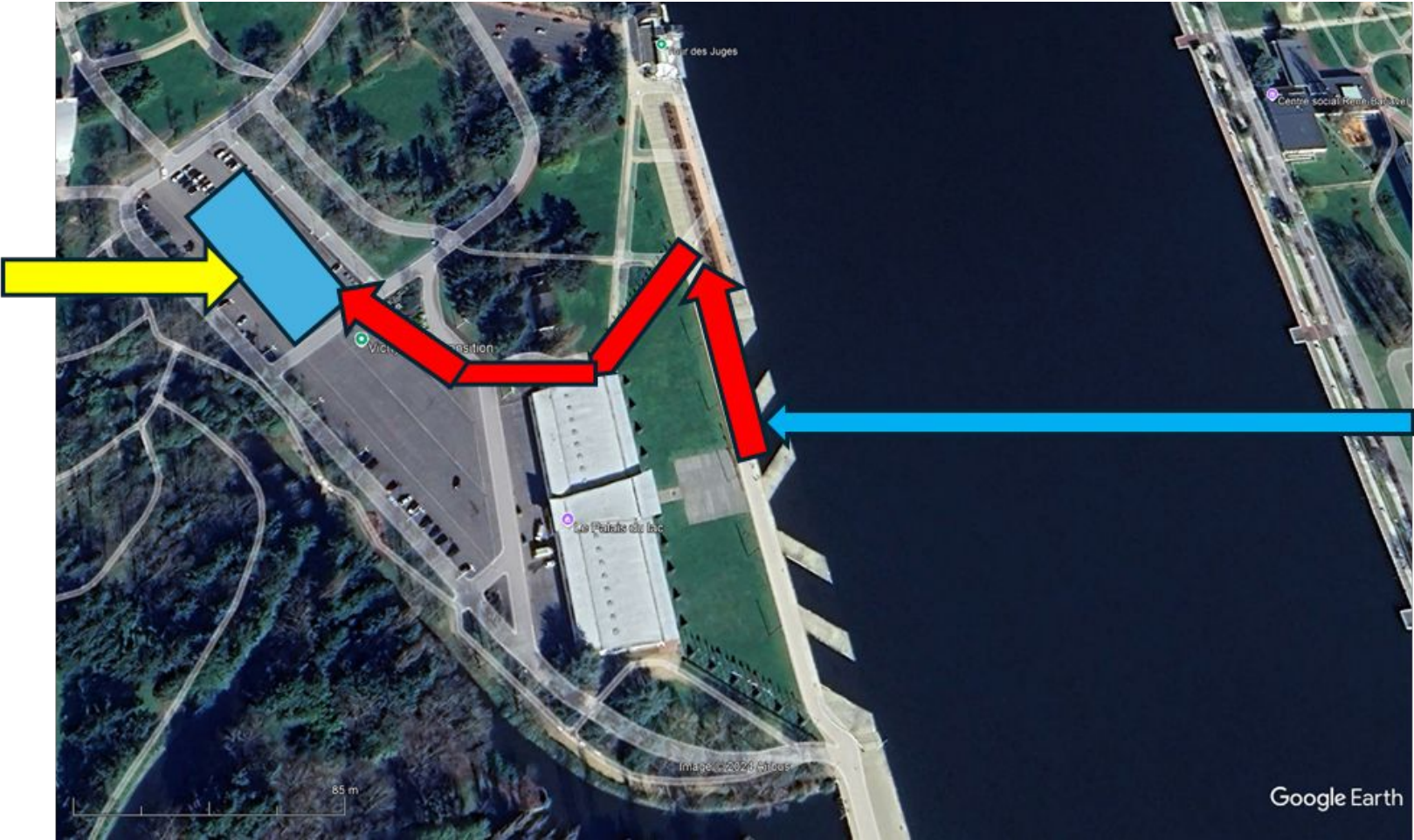
Athlete in the water with one hand on the pontoon

- Follow instructions of the start officials
- The start can be given any time after the Head Referee announces "On your mark"
- The race will then start with an Air horn blast
-
- Starting in an earlier wave: DSQ
- Starting in a later wave: Time starts from your wave.
- No starts between the waves will be allowed.
- Do not be late for your start

Swim Exit to Transition Area



TRANSITION



SWIM EXIT



Transition Area



- Traditional Bike Racks – numbered – every 75cm
- Tarmac surface transition.
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All equipment within your space
- Do NOT stop at swim exit or anywhere before Transition Area to remove your wetsuit
- **Take any Bags to the Bag Drop in Palais du Lac near the swim start**
- Athletes cannot lock or unlock the locking mechanism of their helmet from the time they remove their bike from the rack in T1 until they have placed it back on the rack and released the bike in T2.

Transition Area



- Used equipment in your bin (wetsuit goggles, swim hat)
- By the end of the last transition from bike to run, ALL equipment (**used + unused**) must be deposited in the corresponding bin. (helmet, bike shoes if not on pedals plus any other equipment)
- Do not leave sunglasses, gels bottle on the ground next to your bike
- Race bib number is not mandatory for the bike segment, but if worn display on back
- Race number is mandatory for the run and must be visible on the front.
- Mount line is **green** at the exit to Transition
- Dismount line is **red** at the entrance to Transition

SPRINT RACE

Saturday 21st

Beginning

Schedule and Timetables – Wave Starts

Saturday 21st September



Start time	AgeGroup	Cap Colour	Bib Colour
07:45	F50	colour 7	
07:48	F55	colour 4	
07:51	F60+	colour 2	

Start time	AgeGroup	Cap Colour	Bib Colour
08:45	F16+F20+F25	colour 3	
08:48	F30+F35	colour 5	
08:51	F40+F45	colour 6	

Start time	AgeGroup	Cap Colour	Bib Colour
09:45	M60	colour 7	
09:48	M65	colour 4	
09:51	M70+	colour 2	

Start time	AgeGroup	Cap Colour	Bib Colour
10:45	M45	colour 3	
10:48	M50	colour 5	
10:51	M55	colour 6	

Start time	AgeGroup	Cap Colour	Bib Colour
11:45	M16+M20+M25	colour 7	
11:48	M30+M35	colour 4	
11:51	M40	colour 2	

The Course - Sprint Distance



Swim 1 lap of 750 mts

Bike 3 laps of 6.7 kms = 20.1 kms

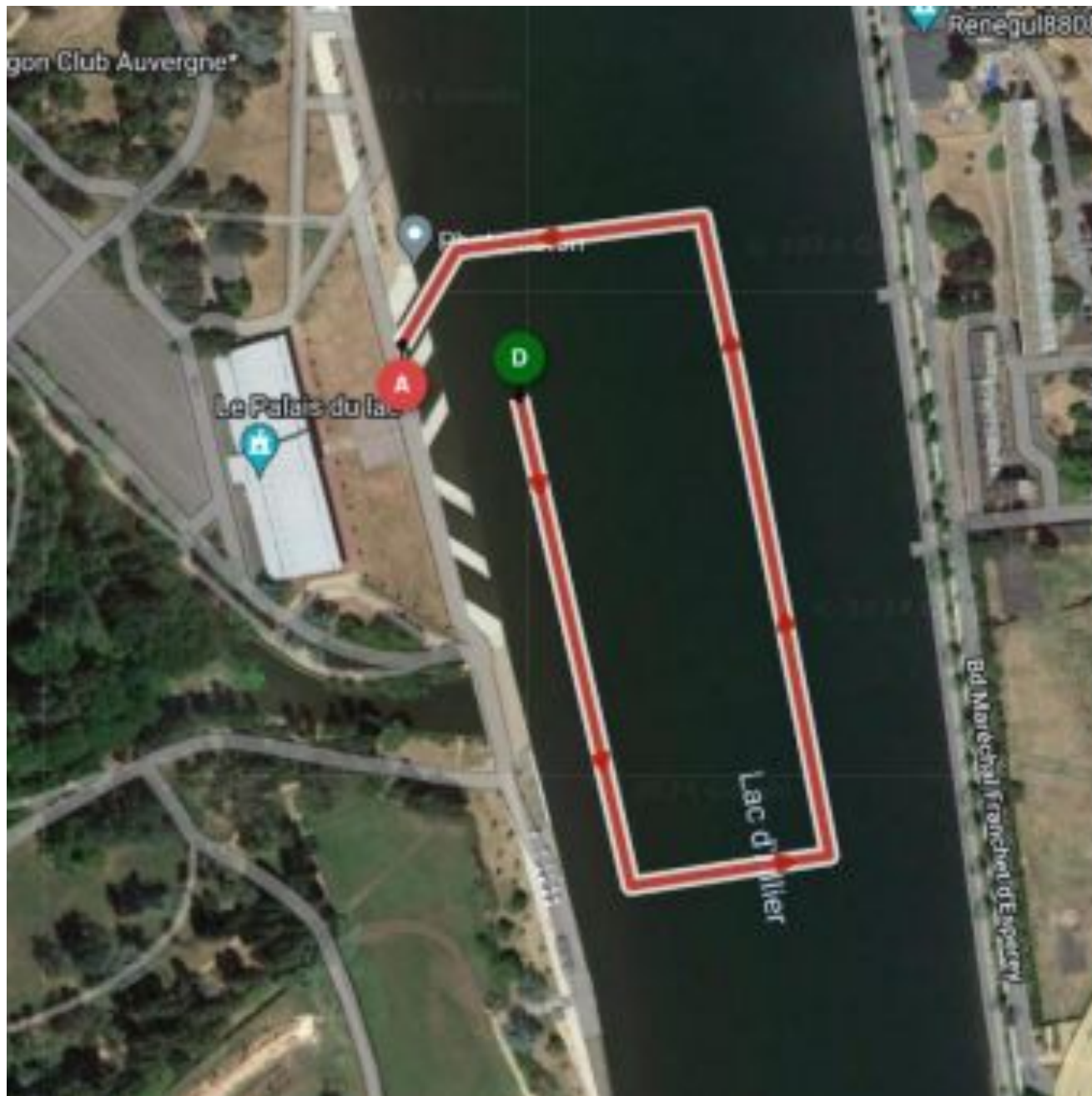
Run 1 lap of 4.9 kms

Swim course - Sprint Distance



- **On Thursday at 07:30**
- Water: 16 °C / Air: 8 °C
- Wetsuit allowed but may be wetsuit compulsory
- Buoys to left shoulder
- 1 laps (total distance of 750 mts)
- Distance to the first turn buoy 225 mts
- Take cap, goggles & wetsuit to transition and put into your box
- Warm up will be in 15 minute sessions before each group of wave starts
- Swim cut-off: **30 minutes** from start of the wave

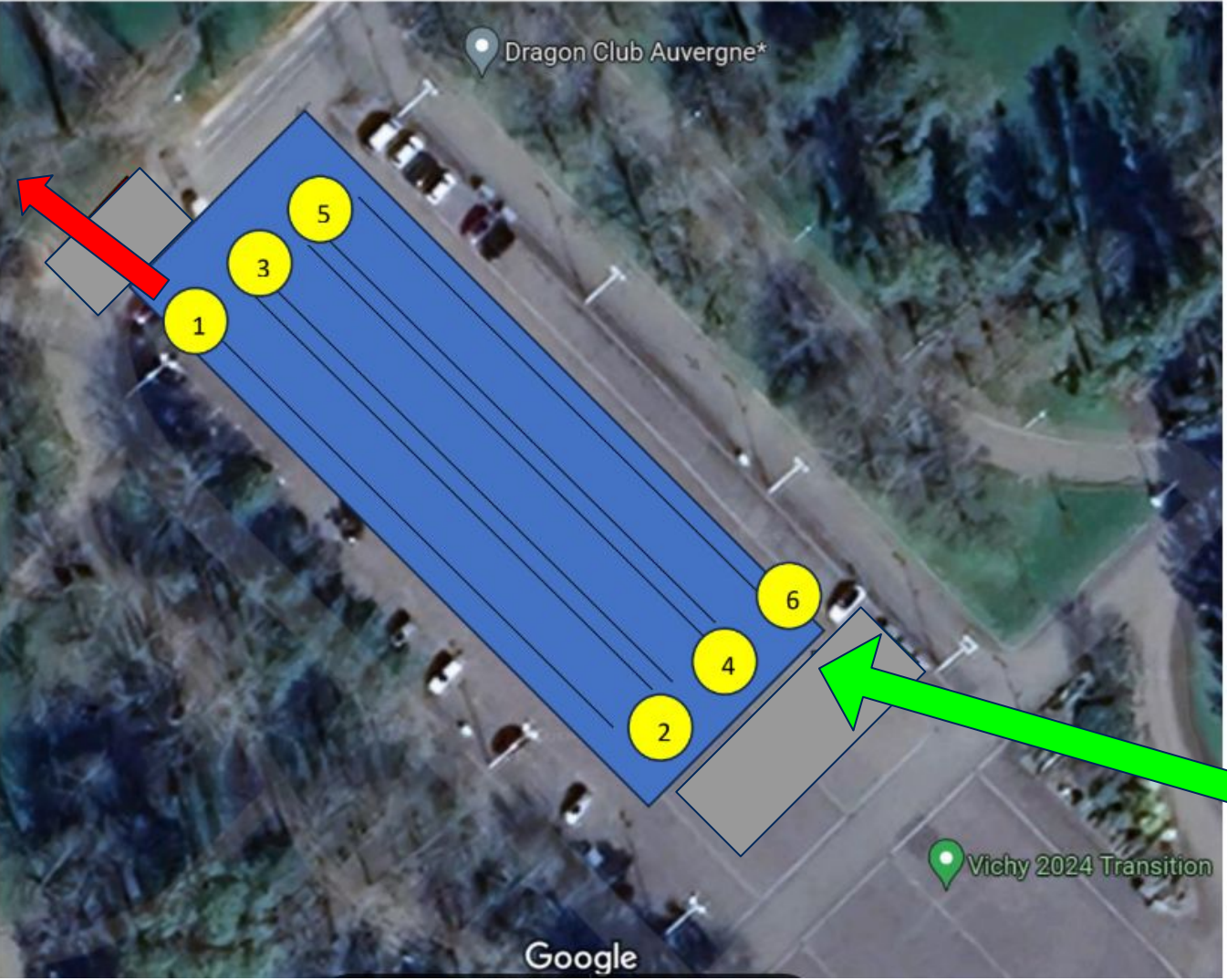
Swim course Sprint map



Swim IN to Bike OUT



BIKE OUT



SWIM IN

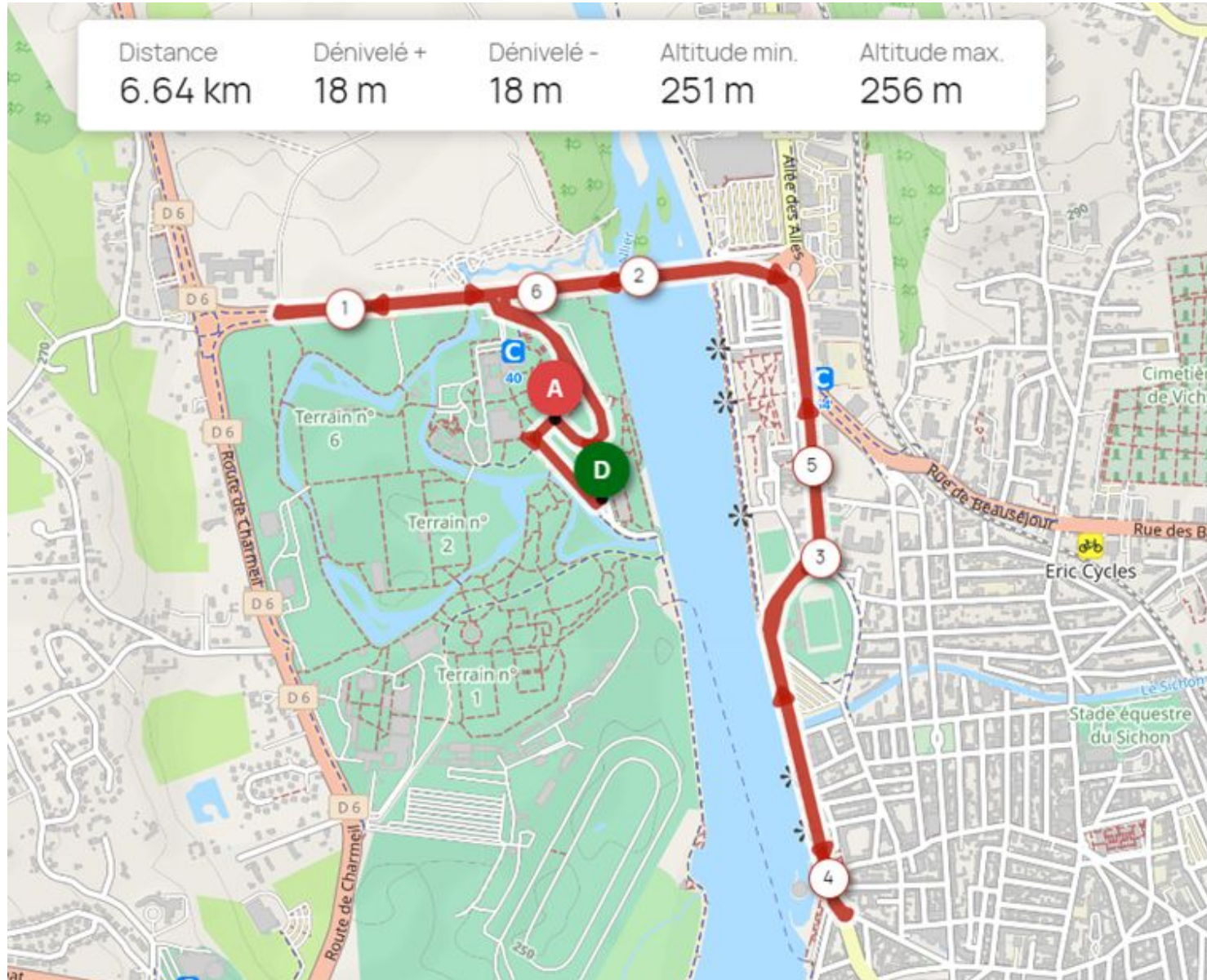


Bike course



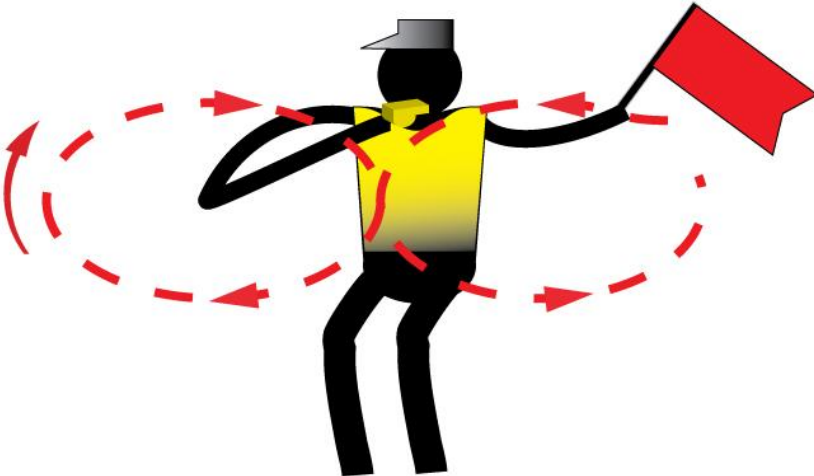
- 3 laps - total Distance 20.1 kms
- Mainly flat and technical
- **Drafting is allowed**
- **Bib number on the bike is optional**
- **Always stay on the left pass on the right (British style)**
- Warn the athlete you want to pass
- Timing mat at the end of each lap, but you are responsible to count for yourself
- Dismount line at Entrance to Transition

Bike Course Map



Caution

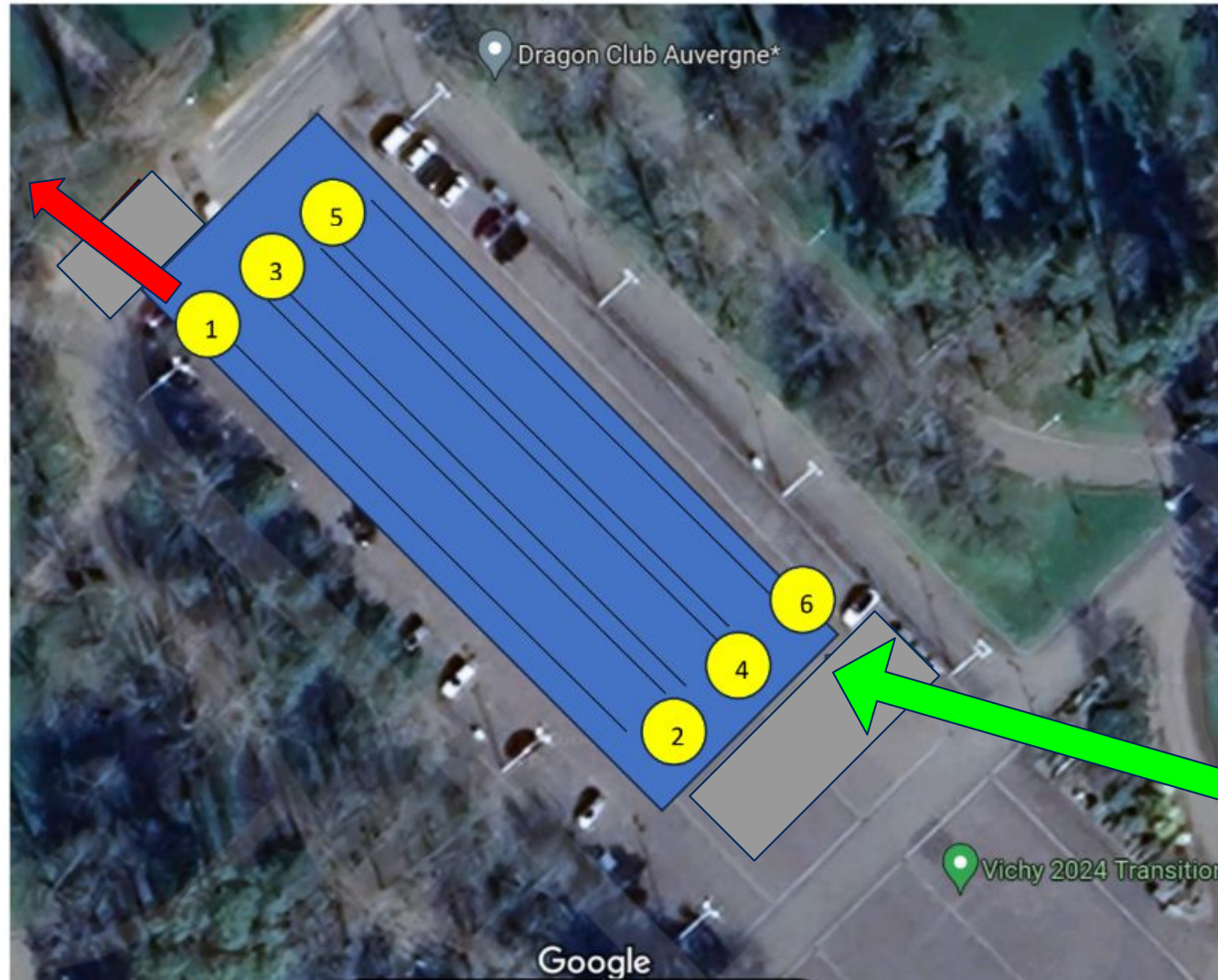
Caution signal: three sharp whistles and red flags



Bike IN to Run OUT



RUN OUT



BIKE IN



Run course



1 lap - total distance of 4.9 kms

Trisuit zipper (if in the front) must be zipped up for the finish

Bib number must be worn in front of the body and visible at the finish line

Photo finish

Run Course Map



Run course



- Single lap - Total distance 4.9 kms
- Aid stations:
 - 4 on the lap
 - Located on the map at 1, 2, 3, 4
 - Only discard bottles and litter within littering areas indicated by the following signs



SPRINT RACE

Saturday 21st

End

STANDARD RACE

Sunday 22nd

Beginning

Schedule and Timetables – Wave Starts

Sunday 22nd September



Start time	AgeGroup	Cap Colour	Bib Colour
12:00	M50	colour 2	Green
12:08	M55	colour 1	Green
12:16	M60	colour 4	Green
12:24	M65	colour 3	Green
12:32	M70 +	colour 7	Green

Start time	AgeGroup	Cap Colour	Bib Colour
13:00	F60 +	colour 5	Purple
13:08	F55	colour 6	Purple
13:16	F50	colour 2	Purple
13:24	F45	colour 1	Purple
13:32	F40	colour 4	Purple
13:40	F35	colour 3	Purple
13:48	F30	colour 7	Purple
13:56	F25	colour 5	Purple
14:04	F20	colour 6	Purple
	F18	colour 2	Purple

Start time	AgeGroup	Cap Colour	Bib Colour
14:30	M18	colour 1	Blue
	M20	colour 4	Blue
14:38	M25	colour 3	Blue
14:46	M30	colour 7	Blue
14:54	M35	colour 5	Blue
15:02	M40	colour 6	Blue
15:10	M45	colour 2	Blue

The course - Standard Distance



Swim 1 lap of 1500 mts

Bike 1 lap of 41.7 kms

Run 2 laps of 4.8 kms + 0.3 kms run in = 9.9 kms

Swim course - Standard Distance



- **On Thursday at 07:30**
- Water: 16 °C / Air: 8 °C
- Wetsuit allowed (With these temperatures it would be Wetsuit Compulsory)
- Buoys to left shoulder
- 1 laps (total distance of 1500 mts)
- Distance to the first turn buoy 600 mts
- Take cap, goggles to transition into your area
- Warm up will be in 15 minute sessions before each group of wave starts
- Swim cut-off: **1 hour 10 minutes** from start of the wave

Swim course Standard map

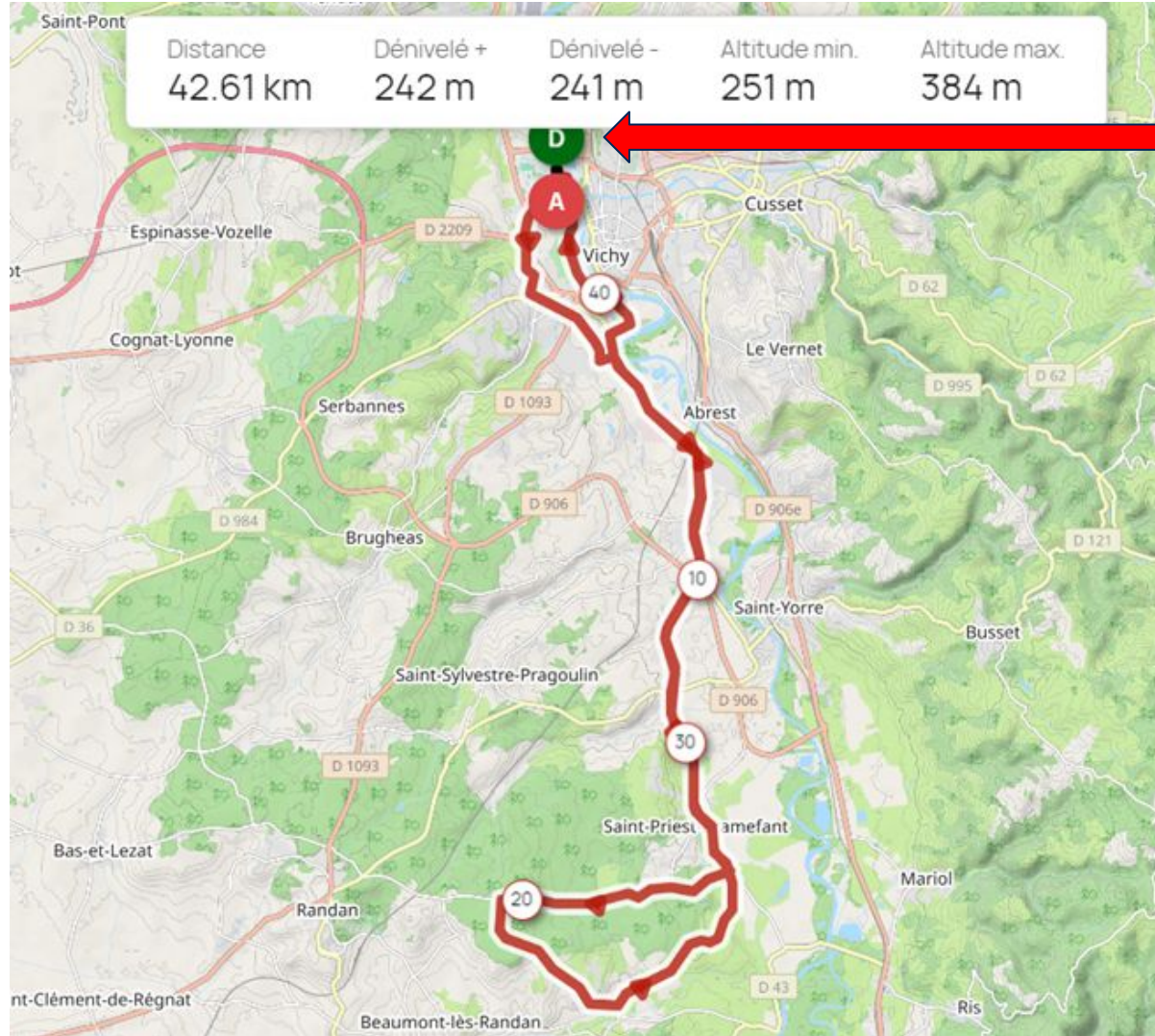


Bike course



- 1 lap - Total distance 41.7 kms
- Mainly flat and technical
- **Drafting is NOT allowed**
- **Bib number on the bike is optional**
- **Always stay on the right pass on the left (Continental style)**
- Warn the athlete you want to pass
- Single Bike Penalty Box at approximately 41 kms (Point **D** on map)
- Remember it is your responsibility to stop and served any penalty
- If you do not stop you will be **DSQ**
- Dismount line at Entrance to Transition

Bike Course Map



Single Penalty Box at approx 41 kms (D)

Draft Zones



10m (from your front to their front wheel)

20 seconds to overpass

Draft Zones



15m



35m

Drafting Rules



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

- To overtake another athlete within the allotted time of 20 seconds
- For safety reasons;
- 100 meters before entering Transition;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

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 may 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;

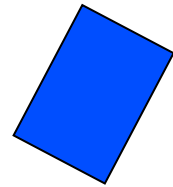
Blocking Rules



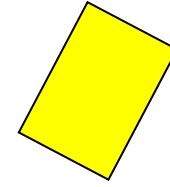
- Athletes must keep to the right side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of **15** seconds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

Bike Infringements

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



Drafting infringement



Other infringements
(blocking, littering, etc.)

- Standard Distance **Blue card = 2 min / penalty** **Yellow card = 15 sec / penalty.**
- **MUST STOP AT THE PENALTY BOX – FAILURE TO DO SO = DSQ.**
- Time penalty for littering on the bike are served in the Bike Penalty box
- 2 accumulated drafting time penalties = **DSQ**

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



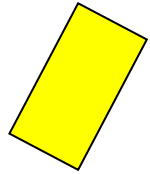
- Stop in the Penalty Box and stay there for the required time for the penalty to be served
- A Technical Official will time you
- It is the **athletes responsibility to stop** in the Penalty Box.
- **Failure to do so will result in a DSQ**
- The penalties are **accumulated**. A second drafting offence will lead to a **DSQ**

Penalties

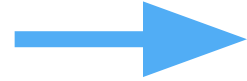


- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.
- The time penalty starts when the athlete complies with all above and ends when the Technical Official says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

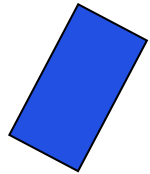


YELLOW CARD



Standard: 15 seconds STOP

PENALTY BOX

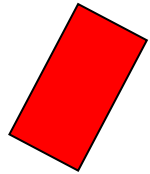


BLUE CARD (drafting)

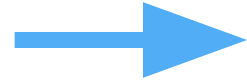


Standard: 2 minutes STOP

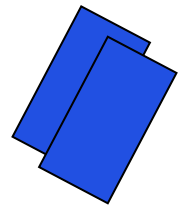
PENALTY BOX



RED CARD



DSQ

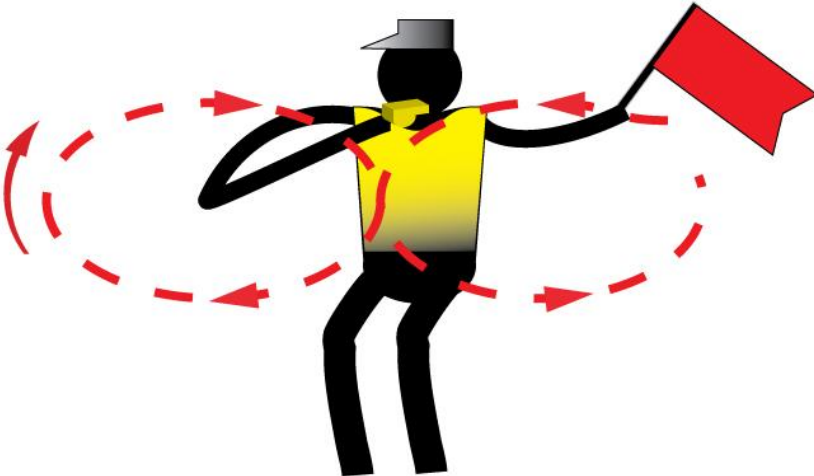


2X BLUE CARDS



Caution

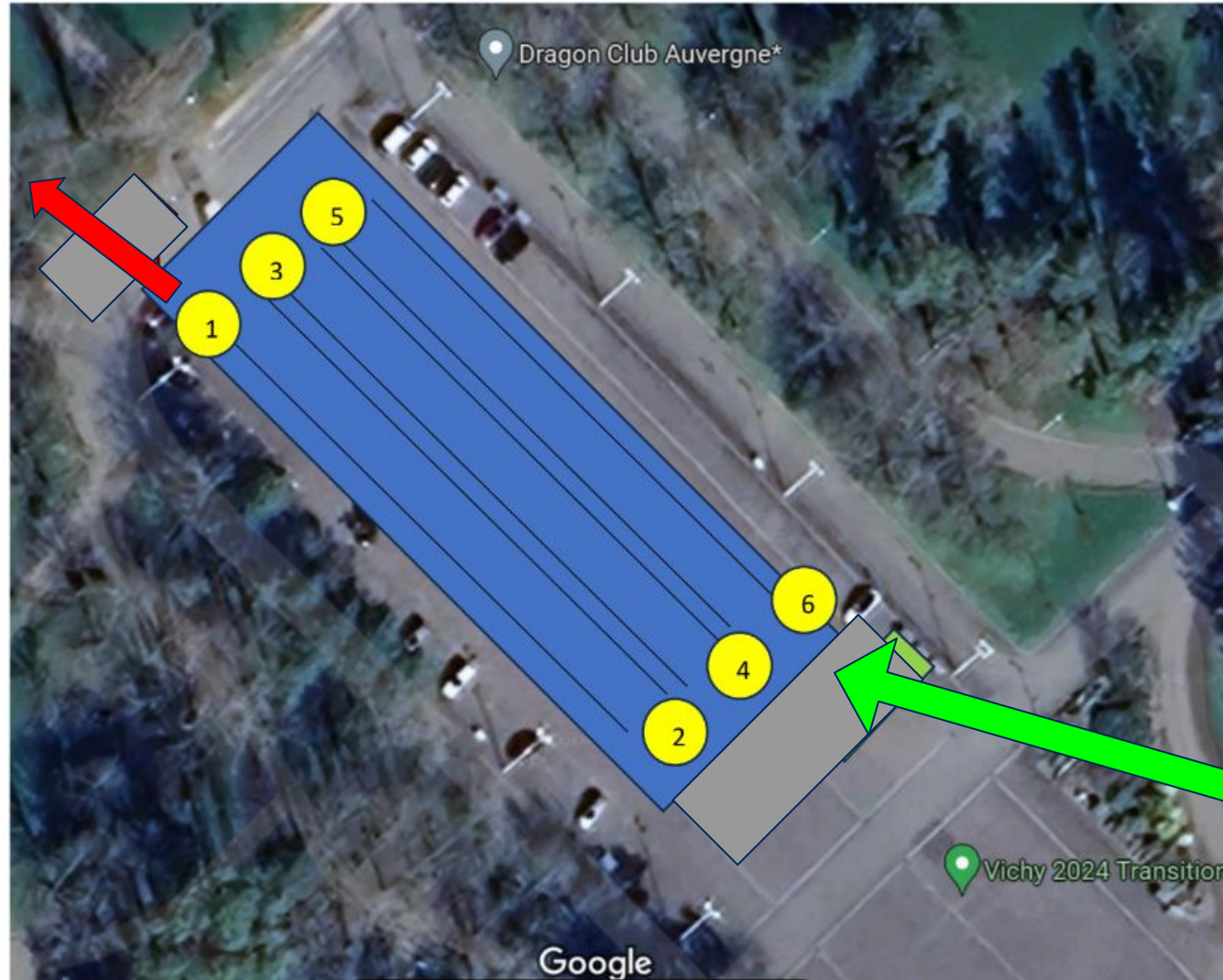
Caution signal: three sharp whistles and red flags



Bike Entrance to Run Exit



RUN OUT



BIKE IN



Run course



2 laps - Total distance of 9.9 kms

Timing mat at the end of each lap, **but you are responsible to count for yourself**

Trisuit zipper (if in the front) must be zipped up for the finish

Bib number must be worn in front of the body and visible at the finish line

Photo finish

Run course



- 2 laps - Total 9.9 kms
- Aid stations:
 - 4 on the lap
 - Located on the map at 1, 2, 3, 4
 - Only discard bottles and litter within littering areas indicated by the following signs



Run Course Map



STANDARD RACE

Sunday 22nd

End

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
- Collect your bags at bag-drop-off
- Collect your Bike from Transition

Team Medical Access:

- Only accredited team medical will be allowed to enter the medical tent if invited by the World Triathlon Medical Delegate's permission.

Results and Medal Ceremony - AG



- **Medal Ceremonies:**
- **SPRINT DISTANCE** : Saturday 21st from 8pm - 9pm at Palais du Lac
- **STANDARD DISTANCE** : Sunday 22nd from 6.30pm - 7.30pm at Palais du Lac
- The First **3** athletes of each category are requested to be at the meeting-point
- **Please be there 15 minutes before. 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.

Opening / Closing ceremonies



- Friday 20 September 2024

- 7pm – 8pm : Opening Ceremony departure Hippodrome and arrival Palais du Lac
- 8pm – 8.45pm : Concert and circus spectacle (in front of Palais du Lac's podium – outside)
- 8pm – 10pm : Pasta Party for triathletes who have paid (5 euro)

- Saturday 21 September 2024

- 7pm – 8pm : Concert and circus spectacle in front of Palais du Lac
- 8pm – 9pm : Medal Ceremony for Age Group Sprint Athletes in front of Palais du Lac

- Sunday 22 September 2024

- 6.30pm – 7.30pm : Medal Ceremony for Age Group Standard Athletes in front of the Palais du Lac
- 7.30pm – 10.30pm : Closing Ceremony in Palais du Lac for triathletes who have paid (15 euro)

Timing



- Electronic Timing System will be used
- Secure your timing chip on your left ankle. TOs will check in the pre-start area and may request the athlete to modify the position or to place a new chip if the athlete is not wearing it. This may result in a delay of the involved athlete moving to the select the start position.
- Losing your timing chip will affect your electronic results and may lead to a DSQ if it is impossible to determine the athlete completed the whole race.
- A fee will be levied for the loss.
- Retired Athletes **MUST** return timing chip to Technical Officials/Timing

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect a wristband to be able to enter the venue.
- Please note a picture ID needed to collect.
- Only Coaches/Support Crew who have been registered from their NF into the World Triathlon online system are entitled for an accreditation.

Water Quality



Ironman race on 1st weekend of September went ahead with no issues

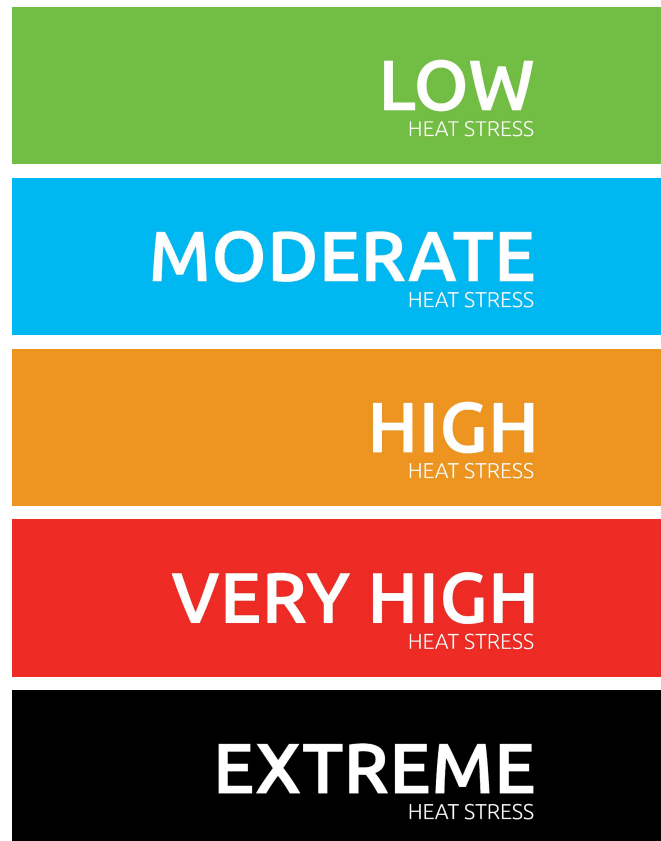
Current water quality is classed a “Fair” to “Good” based on samples taken so far this week

Daily testing being carried out to continue monitoring the water quality

Heat stress indicator



Warning flags will be placed at the athletes' area



Weather forecasts



**Temperature
in °C
WATER / AIR**

Weather

Thursday at 07:30

16°C / 8°C

Fresh & Dry

**Saturday at 07:45 (est)
Sprint Race Start Time**

16°C / 12°C

Cloudy & some Sun

**Sunday at 12:00 (est)
Standard Race Time**

16°C / 17°C

High Chance of Rain

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

 Europe
Triathlon
Championships

Vichy
2024

FRANCE
GREEN  **TOUR**
Triathlon series

 Europe
Triathlon

HAVE A GOOD RACE

 Europe
Triathlon


World
Triathlon


FÉDÉRATION
FRANÇAISE DE
TRIATHLON

