

Elite Athletes' briefing

12 July 2024



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



- Tom Carrasco Jr, Senior Vice President, Asia Triathlon representative
- Tony Tan, Malaysia Triathlon representative
- Ong Si Ying (Jasmine), SGP, World Triathlon Technical Delegate
- Reita Kanagarajah, MAS, World Triathlon Assistant Technical Delegate
- Melody Tan, MAS, World Triathlon Head Referee
- Dr Alex Khoo, MAS, LOC Director

Competition Jury



- Ong Si Ying (Jasmine), Chair
- Tom Carrasco Jr, Senior Vice President, Asia Triathlon representative
- Tony Tan, Malaysia Triathlon representative



Schedule and Timetables



Saturday

- 06:00 – 07:00 Athletes' Lounge check-in
- 06:05 – 07:05 Transition Area check-in for Junior Elite Men
- 06:50 – 07:10 Swim Warm-up for Junior Elite Men
- 07:15 Athletes' Introduction
- 07:30 Junior Men Start**
- 10:00 Medal ceremony



Schedule and Timetables



Saturday

- 06:00 – 07:00 Athletes' Lounge check-in
- 06:05 – 07:05 Transition Area check-in for Junior Elite Women
- 07:50 – 08:10 Swim Warm-up for Junior Elite Women
- 08:20 Athletes' Introduction
- 08:30 Junior Elite Women Start**
- 10:00 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) Stickers
- Body decals – both arms and both legs
- Accreditation - gives access to access lounge on race day

Check-in procedures



Team officials entering the venue

- Using the shuttle service from Grand Kampar Hotel
- Schedule
 - Grand Kampar Hotel to Race Site 05:45

Athletes cycle to site

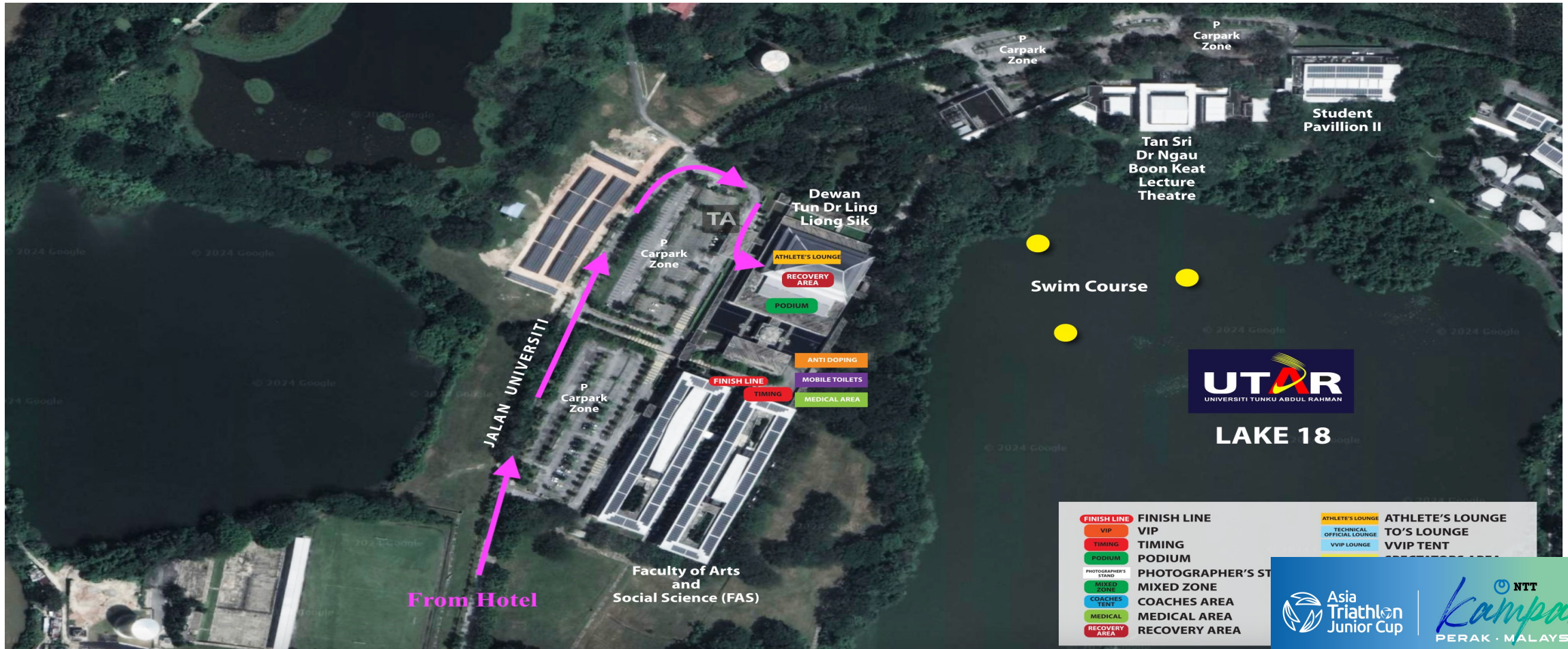
Check-in procedures



Athletes' Lounge

- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- Swim cap distribution
- If an athlete wishes to wear a second swim cap, the cap should be unbranded.
- Leave your bag in the Athletes' Lounge they will be taken to the Recovery Area

Map Athletes' Lounge - Check-in procedures



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 time penalty in TA1.

- Running Shoes outside the box, helmet on the bike
- No clip-on handlebar is allowed on draft-legal event
- To add any equipment to the bike, you must obtain approval from the Head Referee up until 10 minutes after the end of the Athletes' Briefing.

Athlete Introduction

- 10 minutes before start - line-up at the concrete walk way parallel to the water
- Jog to any position once your name is called
- Select your position
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up
- Once everyone is lined up, signal will be given and athletes to move into the water

Pre-start Procedures – Line-up map



Pre-start Procedures – Line-up map



Start Procedures (Deep Water Start)

Athlete in position

- Athlete stay behind the rope numbered according to the line-up
- DO NOT hold on rope and may not advance in any way before the call of 'On your mark'
- The numbered rope is similar to the swimming pool with each 'grid' at 75cm width
- When the heart-beat starts, DO NOT kick vigorously. Tread water only
- 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.

Insert official World
Triathlon event logo,
color version

The course



Swim 1 lap of 750 m

Bike 4 laps of 5 km

Run 4 laps of 1.25 km

The course



Swim course



- On 12 July 2024 at 08:30: Water: 30.6 °C
Air: 26.7 °C
WBGT: 22.9 °C
- Wetsuit not allowed
- 1 lap of 750m
- Distance to the first turn buoy 300m
- Take cap, goggles to transition into your box

LOW
HEAT STRESS

Definition from the World Triathlon CR §4.1:

e.) Athletes may sportingly maintain their own space in the water:

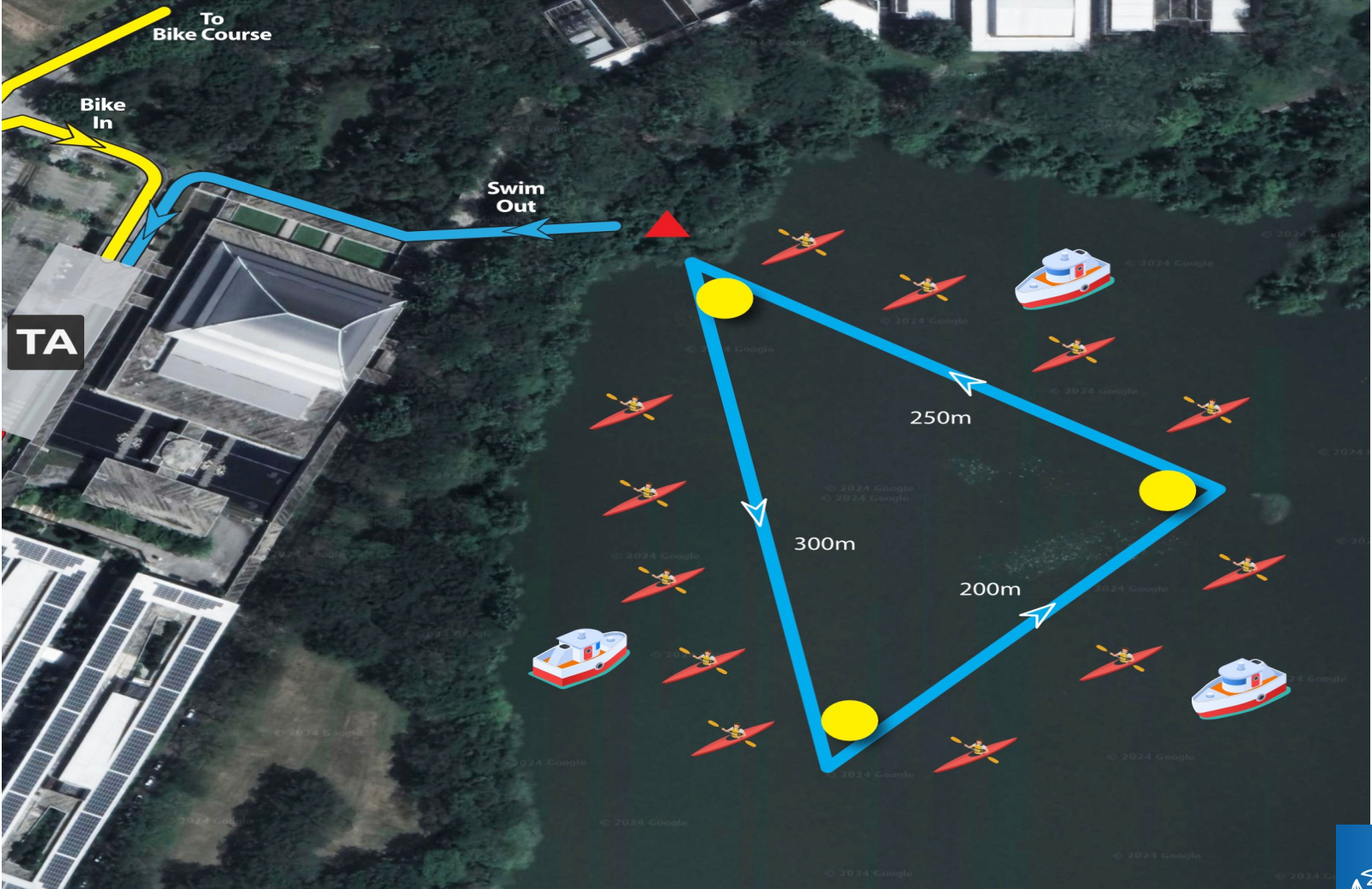
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time 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

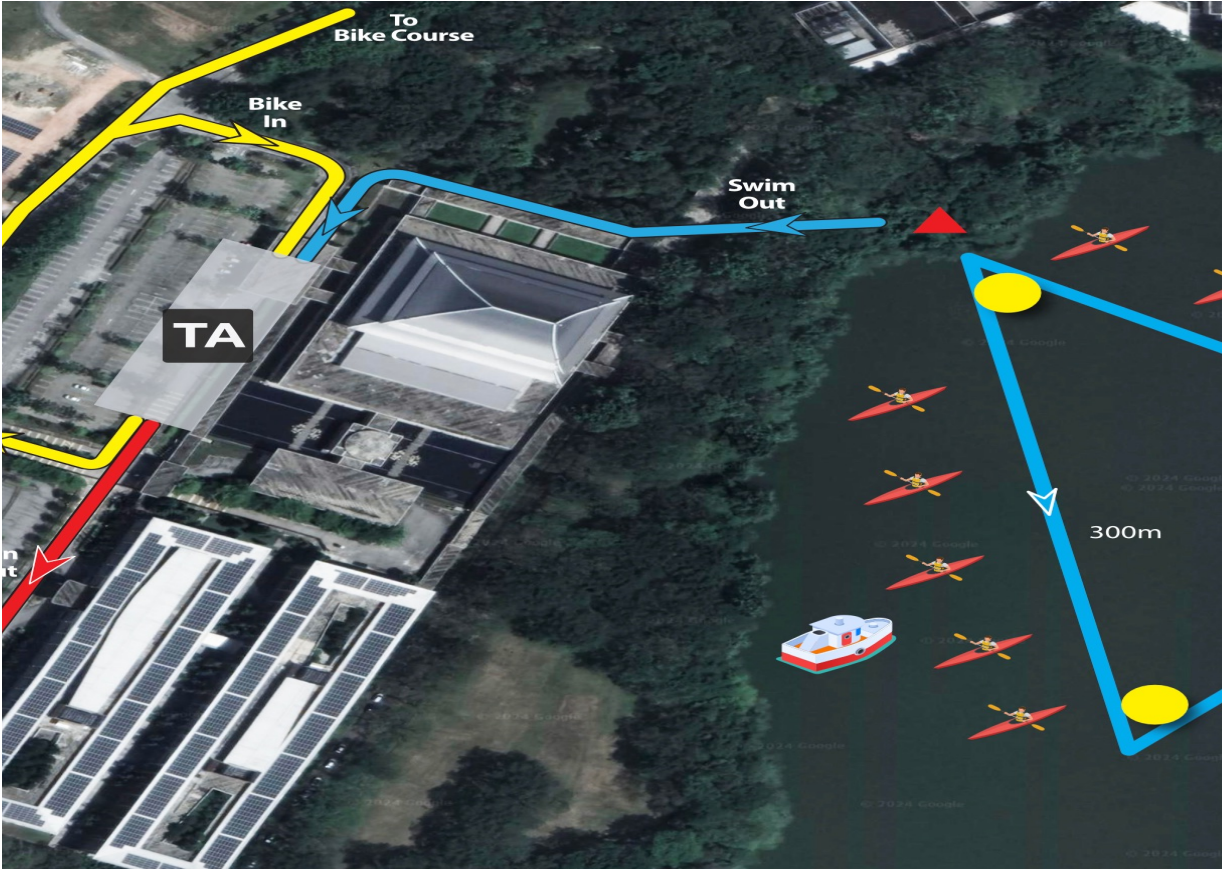


- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors and keep the race fair.

Swim course map



Swim exit to TA

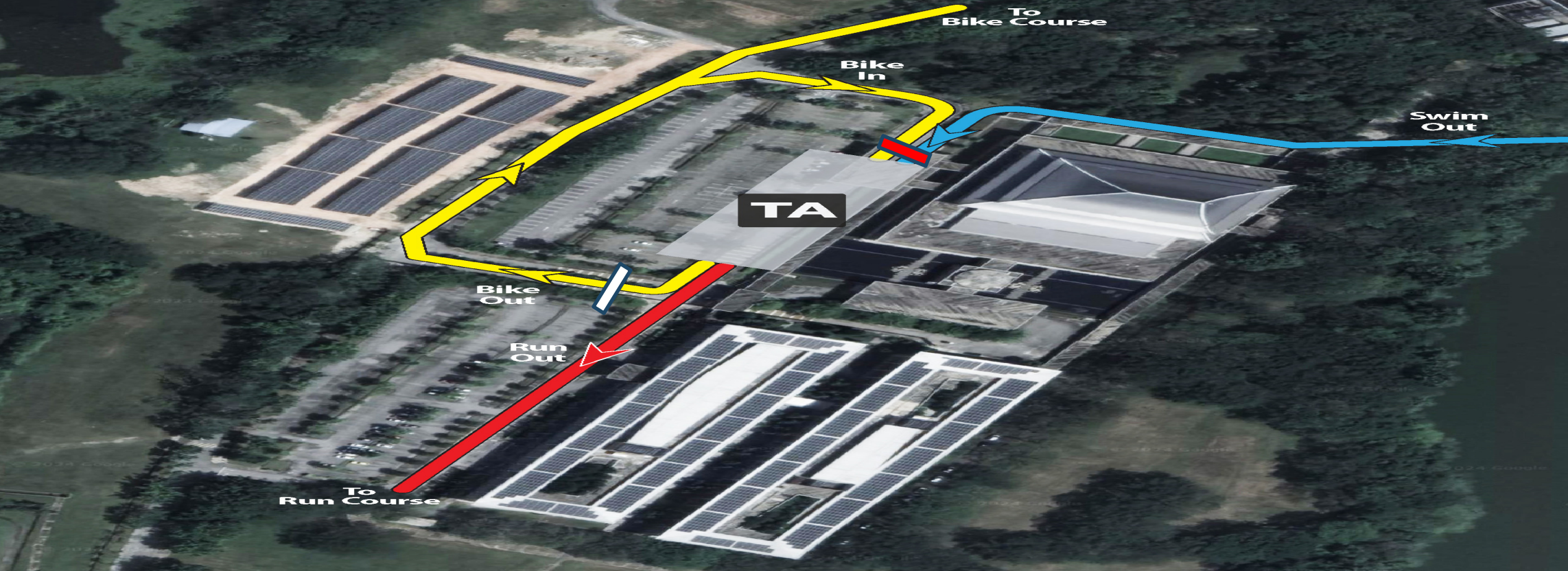


Transition Area



- Swim Exit to TA 268 m
- Individual Bike Racks – number, name and country flag
- In case of individual bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Used equipment into the box
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- 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 (**white**), Dismount line (**red**)

Transition Flow



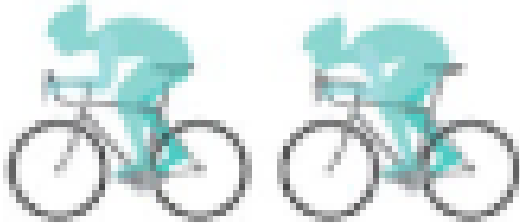
Bike course



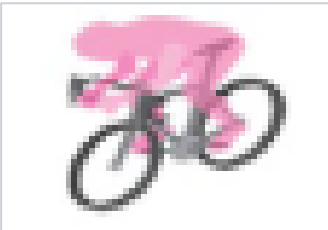
- 4 laps (total distance of 20km)
- Not technical
- 1 Team wheel station
 - For location see the map
- Lap Counter: at the area before team wheel station
- **Lapped athletes are out of the race**
- Always keep left on Bike course, Overtaking on the right

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.

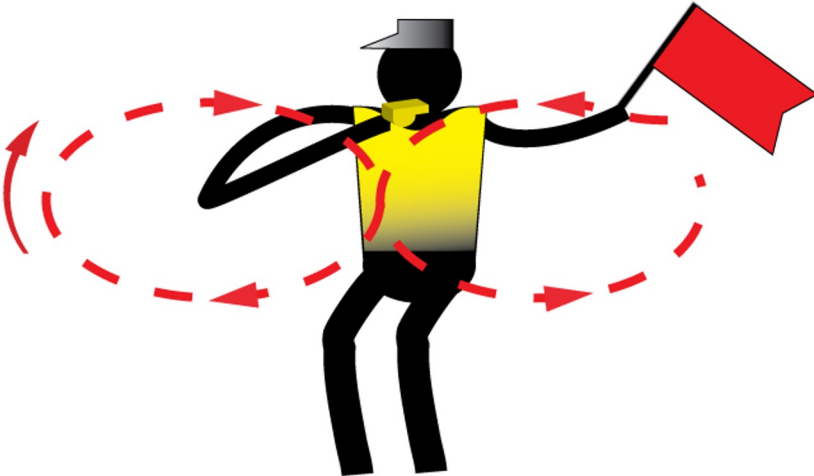
Bike Course Map



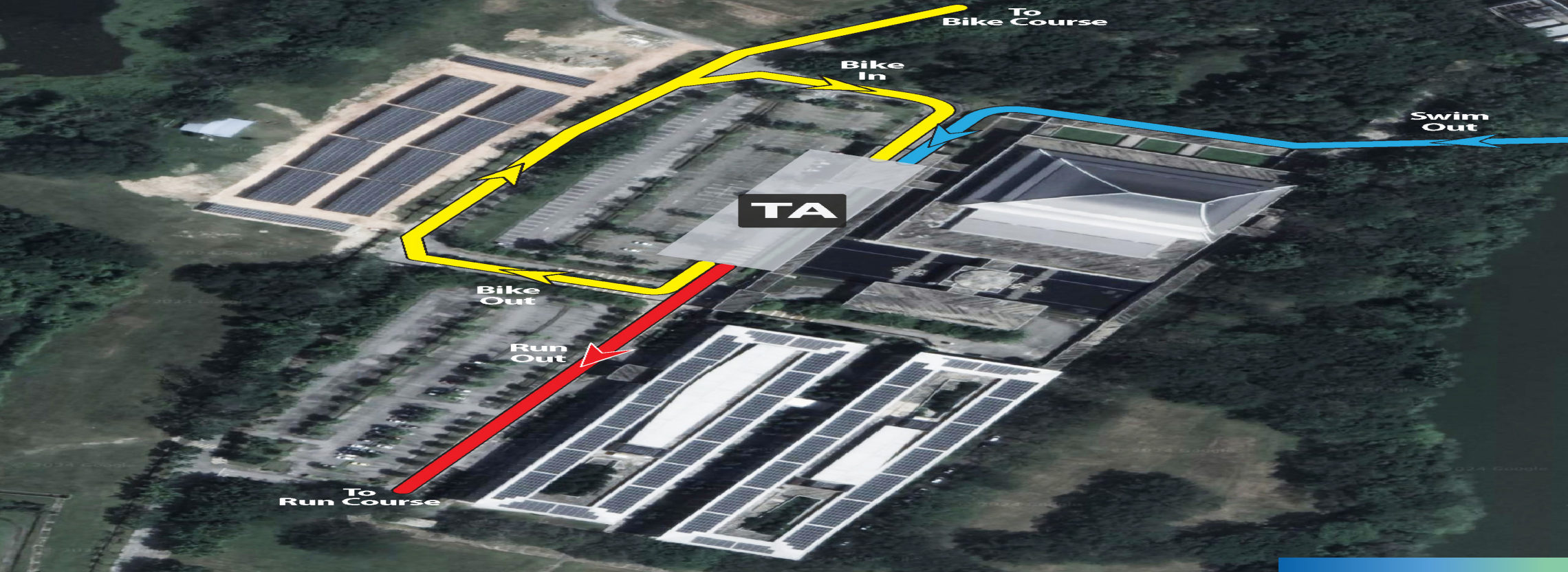
- Marshall
- Mobile Marshall
- Mobile Medic

PERAK · MALAYSIA

Caution



Bike to Run



Run course

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



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



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 160 m before the 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:** 10 seconds 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



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



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol – at 10:00
- 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.
- Prize money
US\$5000 Top 5 per category



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
- 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.”
- Please follow the ambush marketing rule
- The consequence for this behavior is:
The athlete will immediately forfeit their prize money for that event.

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.

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.

Coaches Accreditation



Accreditation

- All coaches have to collect accreditation to be able to enter the venue.
- 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.**

Water Quality Assessment (Inland)

Enterococci	
5 July 2024	NMP/100mL
Location A	<1
Location B	<1
Location C	<1
Enterococci limit	<200

E.Coli	
5 July 2024	NMP/100mL
Location A	<1
Location B	2
Location C	<1
E.Coli limit	<500

PH	
5 July 2024	
Location A	7.47
Location B	7.47
Location C	7.39
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Cloudy, 24 to 31 deg C
Race Day	Sunny, 23 to 32 deg C

Weather report	
Day	Weather
B-3	Sunny
B-2	Sunny
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Shore Line	None	None	09:15	Muddy under water

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	24 - 31	Sunny
Saturday	23 - 32	Sunny
Sunday	23 - 31	Sunny



Questions?

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

WORLD TRIATHLON
SAFEGUARDING & ANTI-HARASSMENT POLICY

Have a good race!



Be your
extraordinary