

2024 European cup Zagreb

September 14th 2024

Athletes Briefing



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
20/07/2024	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 and Youth Championships 2024

Date	Location	Country	Distance
9-11/08/2024	Balikesir	Turkey	Super Sprint SF, F+MTR
6-9/09/2024	Banyoles	Spain	Super Sprint SF, F+MTR

Overall Europe Triathlon Nation's Junior Ranking Prize Money Chart

Position	Prize Money (Euros)
1	2,500
2	1,500
3	1,000
TOTAL	5,000€

NFs category 2 and 3 Europe Triathlon Nation's Junior Ranking Prize Money Chart

Position	Prize Money (Euros)
1	3,000
2	2,500
3	2,000
4	1,500
5	1,000
Total	10,000€

Europe Triathlon Junior Ranking JUNIOR WOMEN |24.08.2024| after RIGA

Ranking	Athlete	Country	Scores
1.	SZALAI FANNI	HUN	2200,0
2.	KAPTEN LIIS	EST	1828,8
3.	SOROKA DANA	UKR	1408,0
4.	SOROKA YEVA	UKR	1398,9
5.	JIMENEZ-ORTA GUERRERO CHRISTINA	ESP	1317,7
6.	JANSONE BEATE	LAT	1227,9
7.	LECOMPTE LISA	FRA	1225,6
8.	DE KONING SONJA	NED	1181,2
9.	CROCIANI SARA	ITA	1165,5
10.	KARAYEL MURYA	TUR	1105,5

Europe Triathlon Junior Ranking JUNIOR MEN |24.08.2024| after RIGA

Ranking	Athlete	Country	Scores
1.	POPA CAROL	ROU	1774,7
2.	BOZHILOV ALEXANDER	BUL	1620,8
3.	EDO AQUILAR IZAN	ESP	1606,3
4.	KROPKO MARTON	HUN	1073,3
5.	TOLSA GARCIA HECTOR	ESP	1027,4
6.	VILENICA FILIP	CRO	1009,7
7.	DOUCHE TRISTAN	FRA	1006,7
8.	PETRE RAUL	ROU	929,3
9.	WEINSTEIN EYAL	ISR	916,9
10.	BOJANC DOMEN	SLO	916,8

Europe Triathlon Junior Ranking NATION'S STANDING |24.08.2024| after RIGA

Ranking	COUNTRY	Scores
1.	HUNGARY	7319
2.	SPAIN	6792
3.	ITALY	6146
4.	ROMANIA	6123
5.	FRANCE	5529
6.	ESTONIA	5264
7.	TURKEY	4770
8.	UKRAINE	4493
9.	SWITZERLAND	4364
10.	BULGARIA	4012

Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in Procedures

The Course

Post-Race Procedures

Water Quality Test Results

Weather forecast



Welcome and Introductions



- Ola Silvdahl, Europe Triathlon Executive Board Representative
- Ivan Mihajlovski, Technical Delegate
- Martina Barisic , Assistant Technical Delegate
- Dr.Zdravko Husnjak, Medical Delegate
- Josip Maldin Zivkovic, Head Referee –Junior Men & Women
- Dorijan Pavlisa , LOC Race Director

Competition Jury



- Ivan Mihajlovski MKD, Technical Delegate/Chair
- Ola Silvdahl SWE, Europe Triathlon Executive Board Representative
- Natasa Preis-Bedenik CRO, LOC Board Representative

Schedule and Timetables



Saturday

Immediately after briefing:

18:30 – 19:30 Race pack pick-up

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Body decals – both arms and both legs
- Accreditation - gives you access to access lounge on race day
- Swim cap's and Chip, will be provided by LOC in the Athlete lounge check-in

procedure on a race day

Schedule and Timetables



Saturday

- 15:00- 15:50 Swim course familiarization (buoys are located in a race day position).
- 16:00-16:20 Bike course familiarization 1 lap on the bike course (road is close for traffic, follow the instruction of TD &HR)

Schedule and Timetables



Sunday

07:00 – 08:00	Junior Women Athlete lounge Check -in
07:30 – 08:15	Junior Women Transition Check -in
07:45 – 08:15	Junior Women Swim Warm-up
08:20	Athletes' Introduction Junior Women
08:30	Race Start Junior Women
09:40-09:50	Bike Check out Junior Women
12:20	Medal ceremony Junior Women & Junior Men

Schedule and Timetables



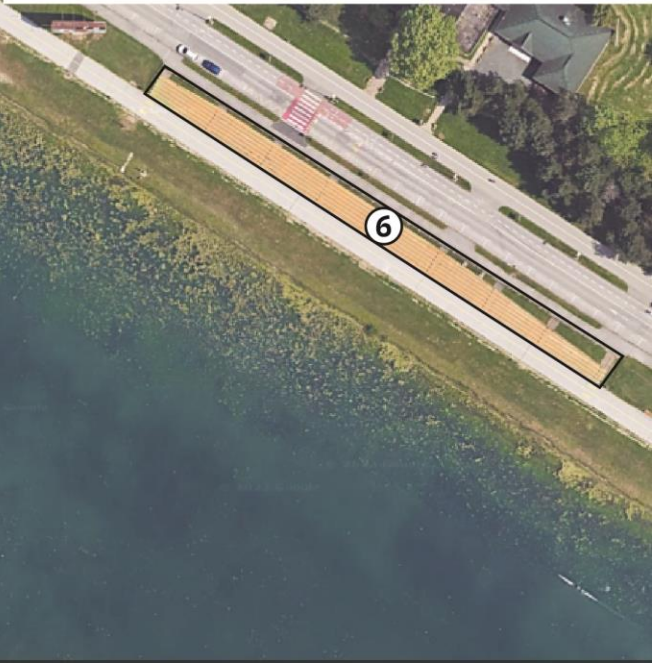
Sunday

09:15 – 10:15	Junior Men Athlete lounge Check -in
10:00 – 10:45	Junior Men Transition Check -in
10:15 – 10:45	Junior Men Swim Warm-up
10:50	Athletes' Introduction Junior Men
11:00	Race Start Junior Men
12:10-12:20	Bike Check out Junior Men
12:20	Medal ceremony Junior Women & Junior Men

VENUE MAP



- ① Recovery Area
- ② Athlete's Lounge
- ③ Photographer's
- ④ Press Area
- ⑤ Broadcaster's Area
- ⑥ VIP Area
- ⑦ Medical Area
- ⑧ Field of play
- ⑨ LOC Working Area
- ⑩ Europe Triathlon Working Area
- ⓕ Finish Area



Athletes' Lounge (Bike check)

- Bikes and bike frames will be checked with a jig according to the rules.
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are legal and spare wheels with disc brakes may be placed at the team wheel station however they are not allowed in the neutral wheel station
- Bring your spare wheels at the Bike Check and then you need to take them at the W.S.
- Saddle position ($-5\text{cm} \leq \text{Men}$ & $-2\text{ cm} \leq \text{Women}$) - approved exceptions on World Triathlon website
- Only traditional handlebars (**clips-on to be removed**)
- Approval for the addition/modification of any equipment to the bike MUST be obtained from the Head Referee at the end of the athletes' briefing
- Mechanic service available in athlete lounge self service.

Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform and shoes. **Wearing other uniform or shoes during the race = DSQ.**
- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all triathlon and its other related multisports as described in 1.1.a)
- Body marking/decal check (both arms, both legs).
- Timing chip distribution (1) - one for the ankle.
- Swim cap distribution.
- If an athlete wishes to wear a second swim cap, the cap underneath must be unbranded.
- Athletes can leave their pre-competition gear at the Athlete 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 time penalty in TA1.
- Running Shoes **in front of** the box, helmet on the bike.
- Clip-on's handlebar are not 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.

Athletes' Introduction

- 10 minutes before start - line-up at finish area.
- Pontoon start procedure.
- Jog to the start platform once your name is called.
- Select your position on the pontoon and stay behind the 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 TD/HR 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's



Swim 1 lap of 750m.

Bike 3 laps of 6,66km= 20km.

Run 2 laps of 2.5km = 5km



Zagreb
2024



Swim conduct

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

The Swim course

- Approh. temp on a race day at: 08:30

Water: 22°C

Air: 12 °C



We are following WT Competition rules 2024 section 4.4 b. Modification.

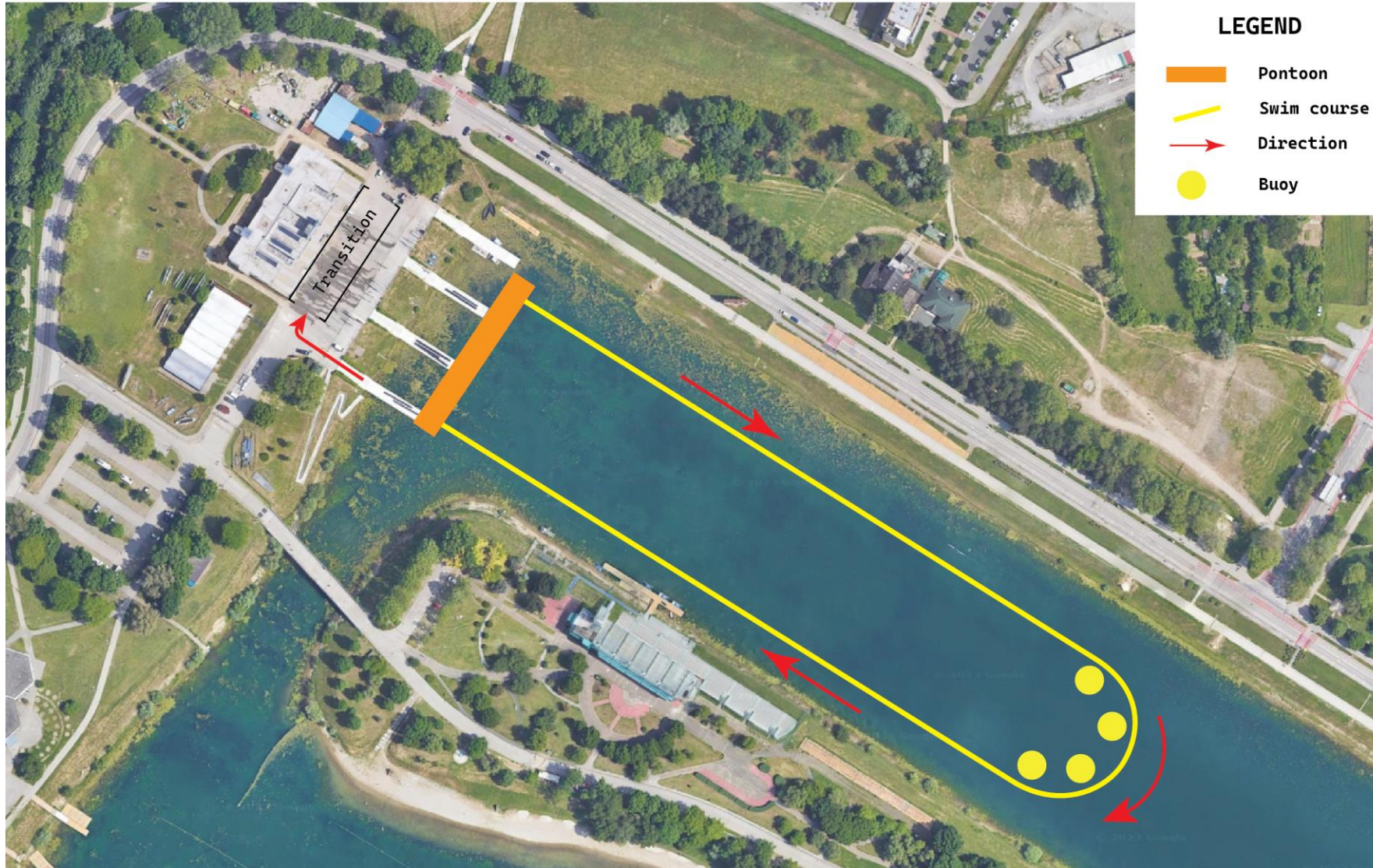
Regarding the weather changes the wetsuits will be allowed or mandatory for this race.

The final decision will be announced 1 hour before each race start.

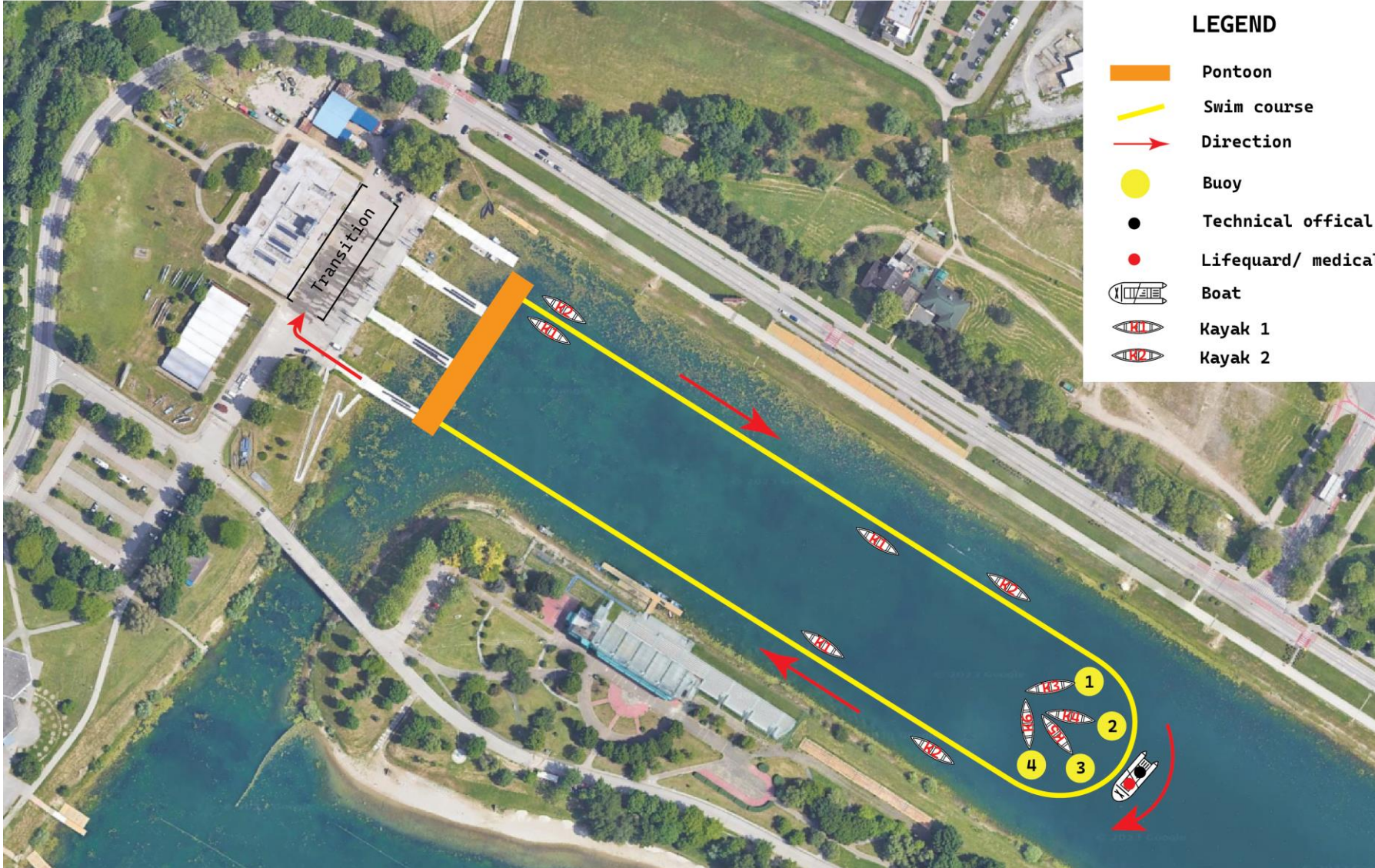
The Swim course

- 1 lap (total distance of 750 m)
- Clockwise swim course.
- 4 yellow turn buoys – keep all yellow buoys on your right
- Distance to the first yellow turn buoy 330m.
- Take cap, goggles to transition, deposit into your box
- Distance from swim exit to transition = 60m. In which 25m up hill.

SWIM COURSE



MARINE PLAN

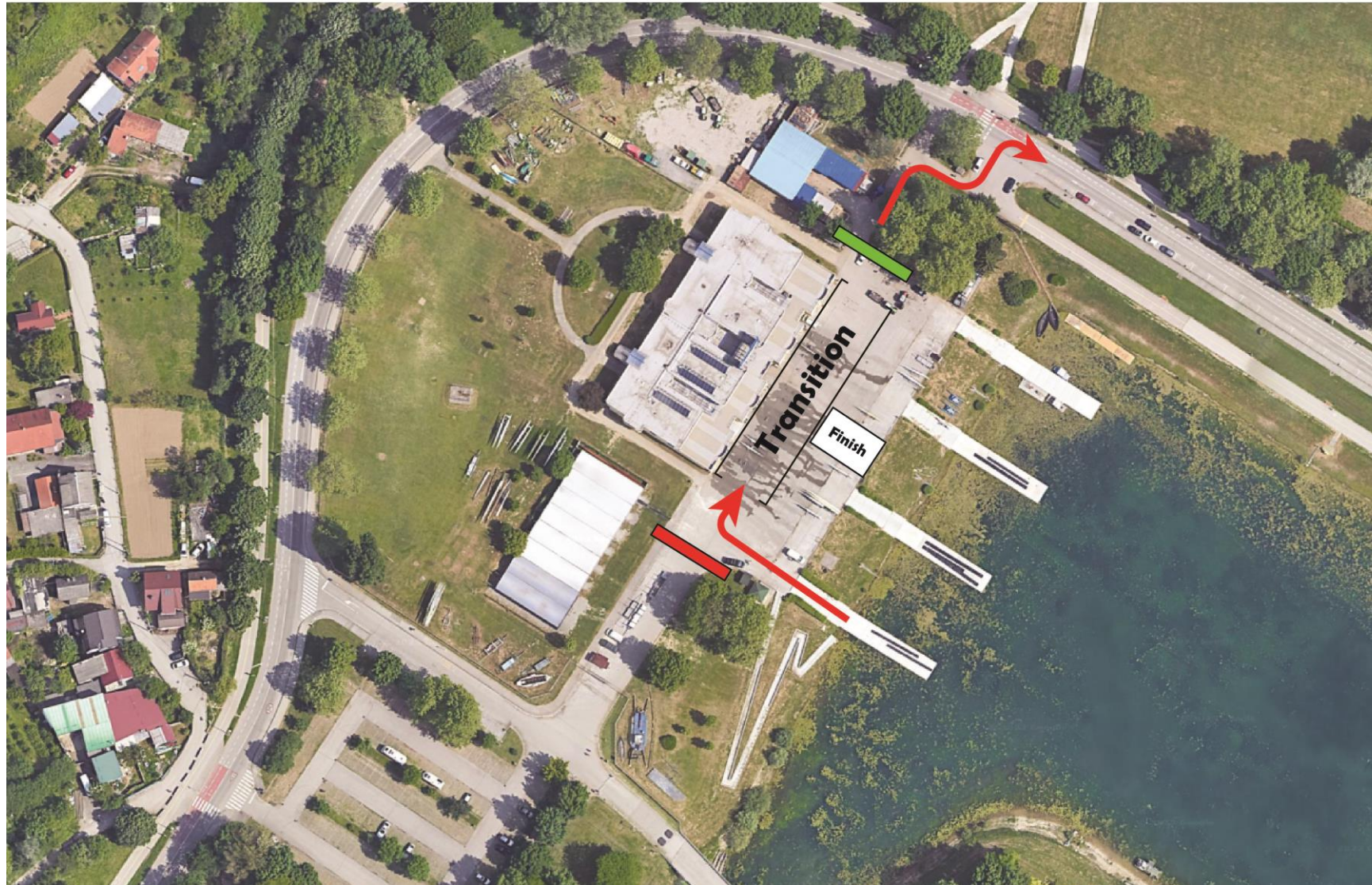


Transition Area



- Swim Exit to TA 60 m. In which 25m up hill.
- Traditional Bike Racks – two rows, plates with athlete name, county code and flag.
- Used equipment goes 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 (**green**), Dismount line (**red**).

ETJ CUP ZAGREB TRANSITION FLOW 1



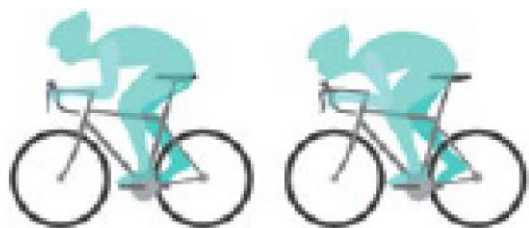
Bike course

- 3 laps of 6,66 km =20km.
- Flat and not technical.
- 1 Wheel Station
 - Team wheel station – teams please provide you wheels in athlete lounge.
 - For locations see the map
- Lap Counter: after the first turning point on the bike segment, TO with numbers and bell
- **Lapped athletes are out of the race!**
If you are lapped please leave course immediately without impeding other athletes.

Athletes' bike behaviour will be monitored according to rule CR §5.1.b

Riding position

OK



NOT OK



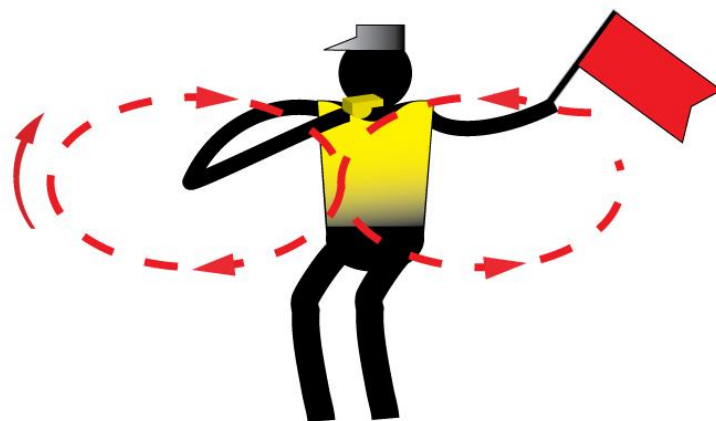


BIKE GRID

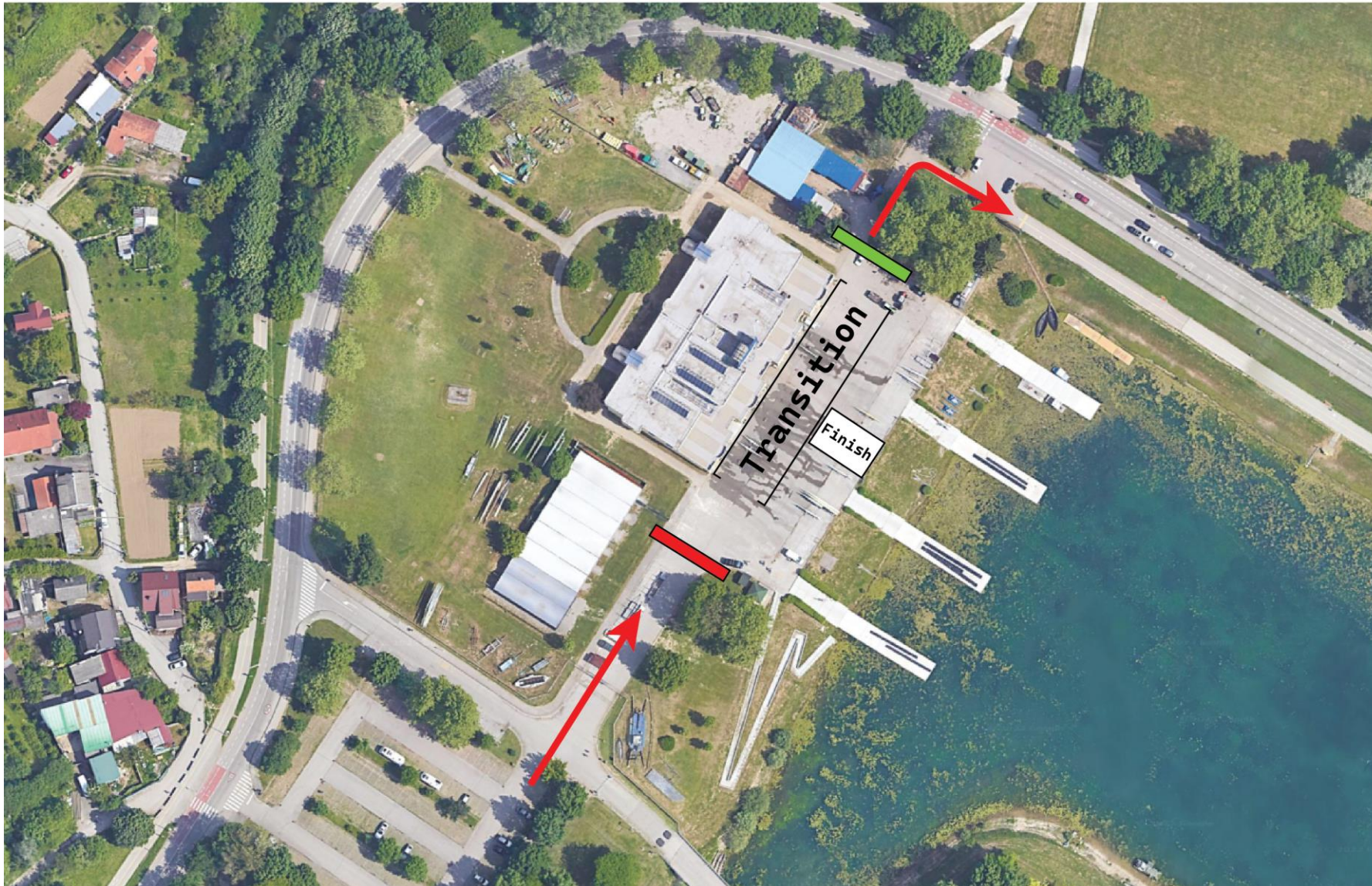


Caution

Caution signal: three sharp whistles and red flags



TRANSITION FLOW 2



Run course

- 2 laps total distance of 5 km (each lap is 2.22km+ T1 to turn 250m+turn laps to finish 306m)
- Aid stations:
 - 2 per lap.
 - For locations see the map.
 - Sealed water bottles.
 - Discard plastic bottles and litter within the littering zones indicated by the signs below
 - Athletes' run behaviour will be monitored according to **CR §6.1**
- Photo-finish
- Congestion in finish area/mixed zone / recovery area





RUN COURSE

5 km



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run penalty box.
- **Location** : At the end of the run lap, **435 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** 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 appeal the penalty. Evidence will only be made available if an appeal is filed.

Run Penalty Box

Violations Abbreviations:

Dismount Line Violation	D		Littering	L
Mount Line Violation	M		Equipment outside bin	E
Swim Conduct	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

FINISH



Post-race Procedures



- “Mixed Zone” - immediately after finish 1, 2, 3 with host broadcaster first.
- Medal Presentation – protocol.
 - Junior Women at 12:20
 - Junior Men at 12:25
- Junior athletes are not allowed to carry their country flag on the podium; there will be flags raised 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 Medical Director's permission.

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.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches already had collect accreditation before the race briefing to be able to enter the venue for the Sunday race day.
- Only Coaches/Support crew who have been registered from their NF into the World Triathlon online system are entitled to accreditation.

Coaches' areas

- Swim start and swim exit, next to junior athletes transition, next to penalty box and athletes lounge.

Water Quality Test results (Inland)

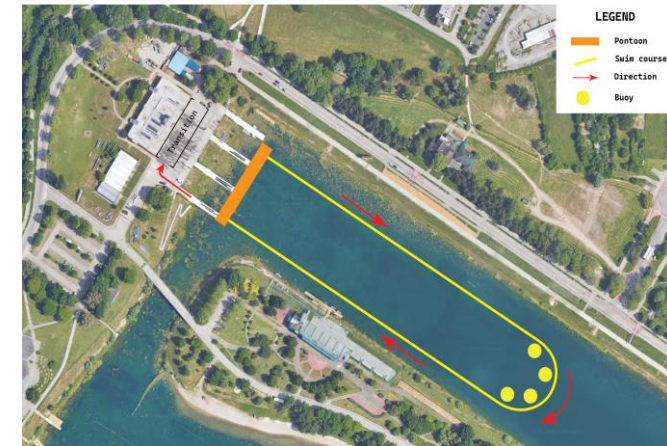
Enterococci	
Insert Sample Date	NMP/100mL
Location A	130
Location B	130
Location C	130
Enterococci limit	<200

E.Coli	
Insert Sample Date	NMP/100mL
Location A	15
Location B	15
Location C	15
E.Coli limit	<500

PH	
Insert Sample Date	
Location A	8
Location B	8
Location C	8
PH limit	6-9

Weather forecast	
Day	Weather
Saturday	Cloudy weather , light rain
Sunday	Cloudy weather

 SWIM COURSE



Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Pontoon	None	None	08:30	None

SUMMARY

2 = 'Good Water Quality': (E.Coli < 500 or Enterococci < 200) with poor visual pollution during sanitary inspection or forecasted heavy rain expected

Weather forecast for the race day



7h		10.6°C	1 mm	5 m/s		NW
8h		10.6°C	0.4 mm	4 m/s		WNW
9h		11.2°C	0.2 mm	4 m/s		WNW
10h		11.4°C	0.1 mm	4 m/s		WNW
11h		11.8°C	0 mm	3 m/s		WNW

ENOUGH

NEED HELP?

Contact

safesport@triathlon.org

Visit

triathlon.org/about/safeguarding_policy

Have a good race!



Be your
extraordinary