



Liévin  
2022

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# Athletes Briefing

March 11th 2022



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures



# Welcome and Introductions



- Dirk Bogaert Europe Triathlon EB representant
- Enrique Quesada/ESP, Europe Triathlon Technical Delegate
- Fabienne Niess/FRA, Europe Triathlon Assistant Technical Delegate
- Sandrine Crosnier/FRA, Europe Triathlon Head Referee
- Pascal Godel/FRA, Europe Triathlon Head Referee
- Laurent Philippe, LOC Director
- Laurent Szewczyk, LOC Director

.LOC



## Competition Jury

- Enrique Quesada/ESP, Chair
- Dirk Bogaert/BEL
- David Mangel/FRA



# Schedule and Timetables



## FRIDAY 11/03

- 15:30-16:30      1<sup>st</sup> familiarization session  
Swim for women  
Bike for men 6 groups of 12, 10 minutes per group
- 16:30-17:30      2<sup>nd</sup> familiarization session  
Swim for men. 2 groups of 36, 30 minutes per group  
Bike for women 4 groups of 12, 10 minutes per group
- 15:30-18:00      Race package pick up

**Both activities at the “Arena Stade Couvert Lievin”**



# Schedule and Timetables

## SATURDAY 12/03



13:15-13:30-13:45-14:00	Women qualifiers #1, #2, #3, #4
14:15-14:30-14:45-15:00-15:15-15:30	Men qualifiers #1, #2, #3, #4, #5, #6
16:30-16:45	Women repechage #1, #2
17:00-17:15-17:30-17:45	Men repechage #1, #2, #3, #4
18:15-18:30-18:45	Women semifinals #1, #2, #3
19:00-19:15-19:30	Men semifinals #1, #2, #3
20:05	Women B Final
20:20	Men B Final
20:35	Women Final
20:55	Men Final
21:20	Awards Ceremony



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# Schedule and Timetables



What time is my start?

In which wave am I allocated for the next race?

For qualifiers start list are already published at [www.competitions.com](http://www.competitions.com) and at <https://lievintriathlonindoorfestival.com/>

In <https://lievintriathlonindoorfestival.com/> section “Resultats” will be published in real time the results of every race and the athletes allocation for the next stages.



# Progression



Women:

Qualifiers (4): Top 6 will progress to semifinal. All other will go to repechage.

Repechages (2) Top 6 will progress to semifinal. All other will be eliminated.

Men:

Qualifiers (6): Top 4 will progress to semifinal. All other will go to repechage.

Repechages (4) Top 3 will progress to semifinal. All other will be eliminated.

Women and Men:

Semifinals (3): 1 to 4 will go to A Final, 5 to 8 will go to B Final, 9 to 12 will be eliminated





# Check-in procedures

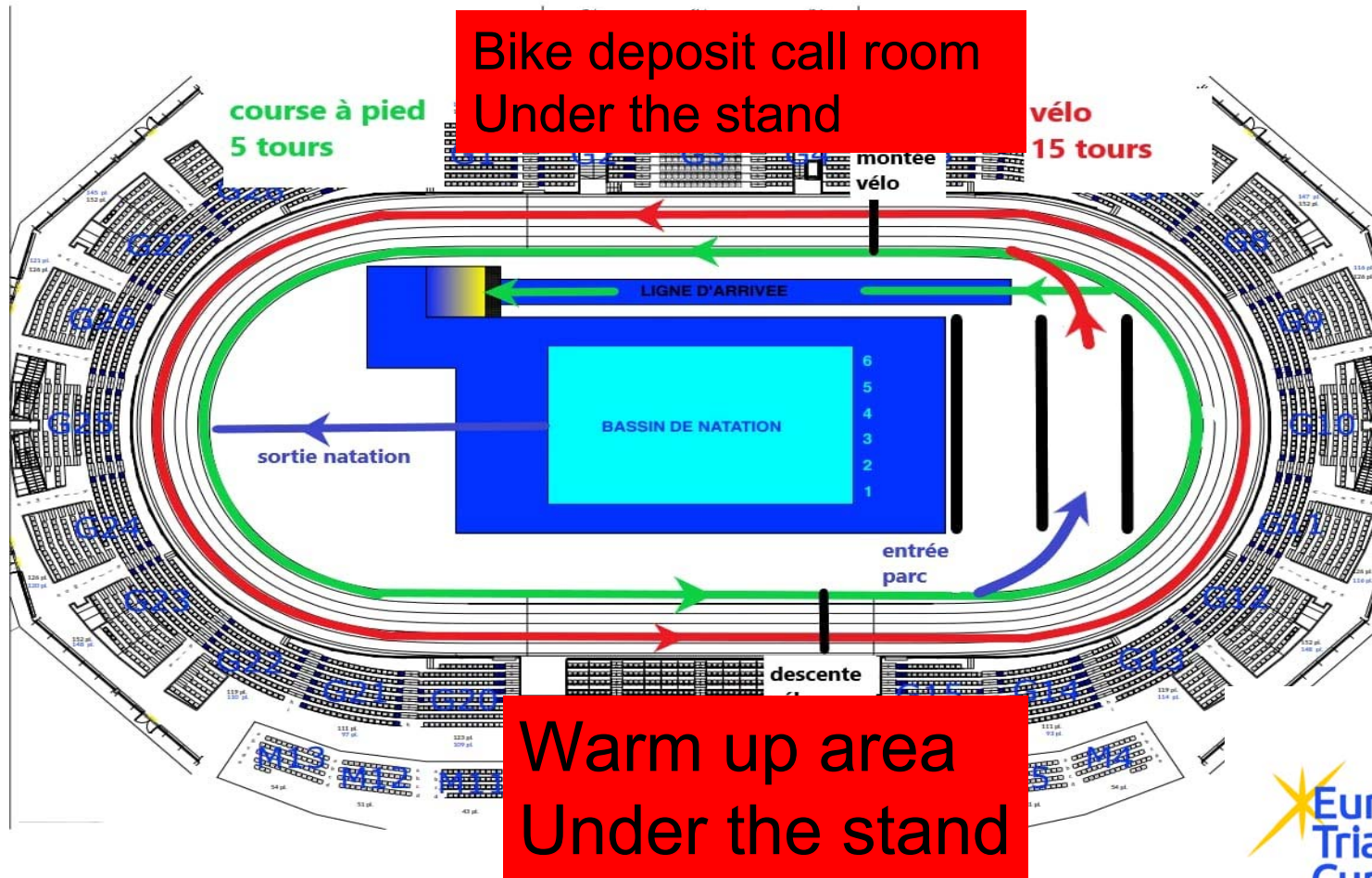


## **Bike deposit (Bike check) 12:00**

- Handlebars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Disc brakes are now 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
- Leave your spare wheels to the Bike Check
- Bike frame
- Saddle position ( $-5\text{cm} \leq \text{Men}$  &  $-2\text{ cm} \leq \text{Women}$ ) - approved exceptions on World Triathlon website
- 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



# Map Athletes' Lounge



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# Check-in procedures



## Bike deposit-Call room

- 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. THE CHIP IS VALID FOR ONE RACE ONLY. You will receive a new chip every race



## Check-in procedures



Starting by 12:00 you will need to check in the bike (Bike depo)

From this time you can use the warm up area

20 minutes before your start you will need to go to the call room (bike depo)

Bikes will be entered in TA by volunteers

You will be able to place your shoes helmet etc on your bike during the swim of the race before yours (2 minutes only) (Access from to Bike depo)

5 minutes before your start you be lined up, and the pre start process will start



# Start Procedures



- Athlete with the lowest number will take the central lane, the next one go to the next line by the right, the next to the left, right, left, etc. TOs will help you in this process
- The start can be given any time after the TD/ HR announces "On your mark"
- Electronic horn blast
- The race starts



# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- 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**            6 times 25 meters

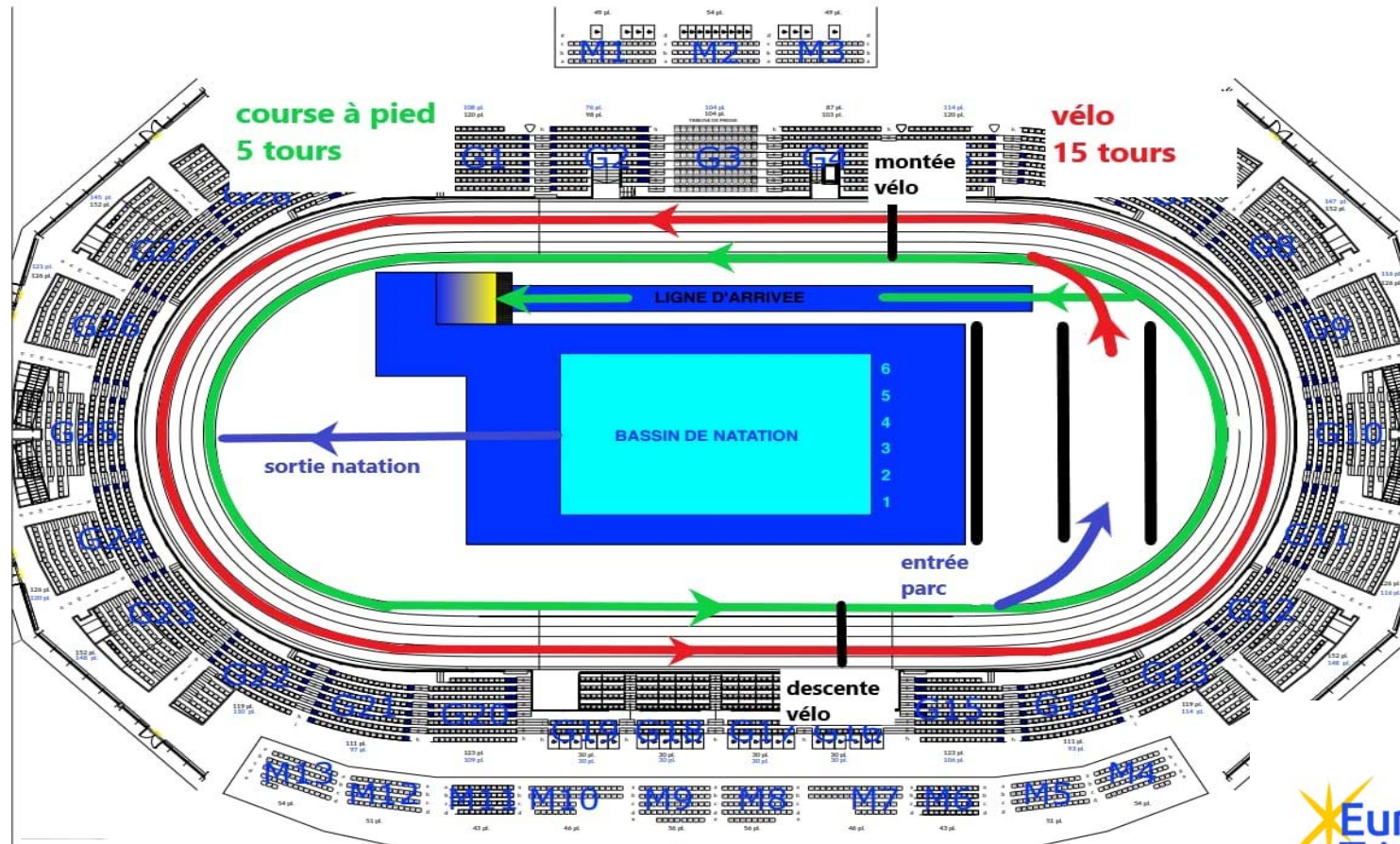
**Bike**            15 laps of 200 meters each

**Run**            5 laps of 200 meters each

Video



# The course



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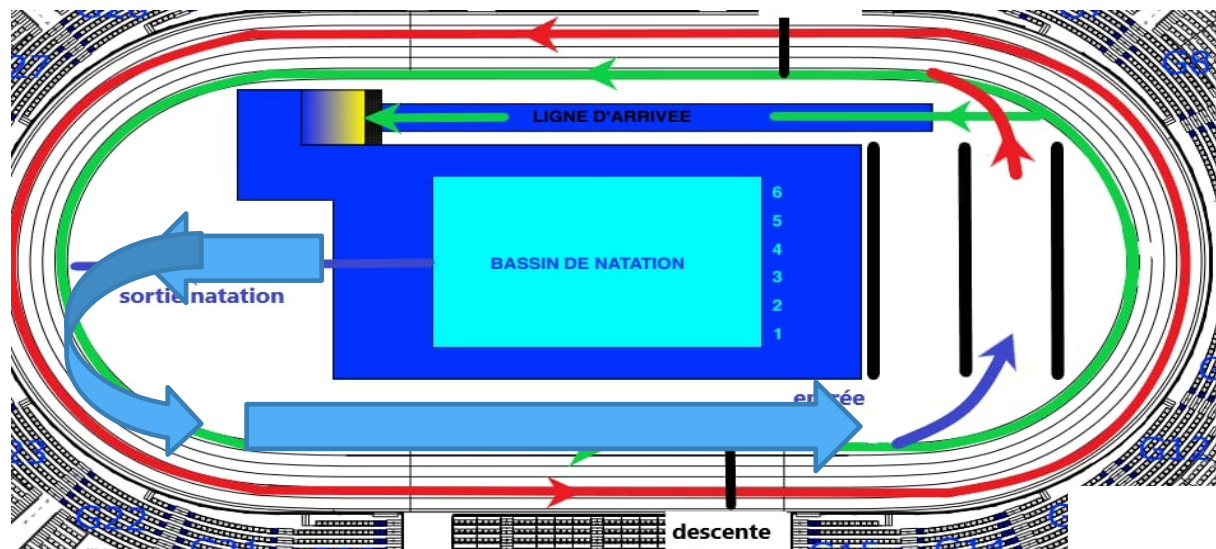
## Swim course

- 27° water temperature
- Wetsuit not allowed
- 6 times 25 meters
- Take cap, goggles to transition into your box



## Swim exit to TA

You will go down the stairs, turn left, 40 meters parallel to the pool using run lanes, turn left and TA is there



## Transition Area {first choice}



- Traditional Bike Racks – one row / both sides
- There will be three lines of racks in each race you may be in a different one.
- All used equipment into the box
- Mount line at the end of the TA



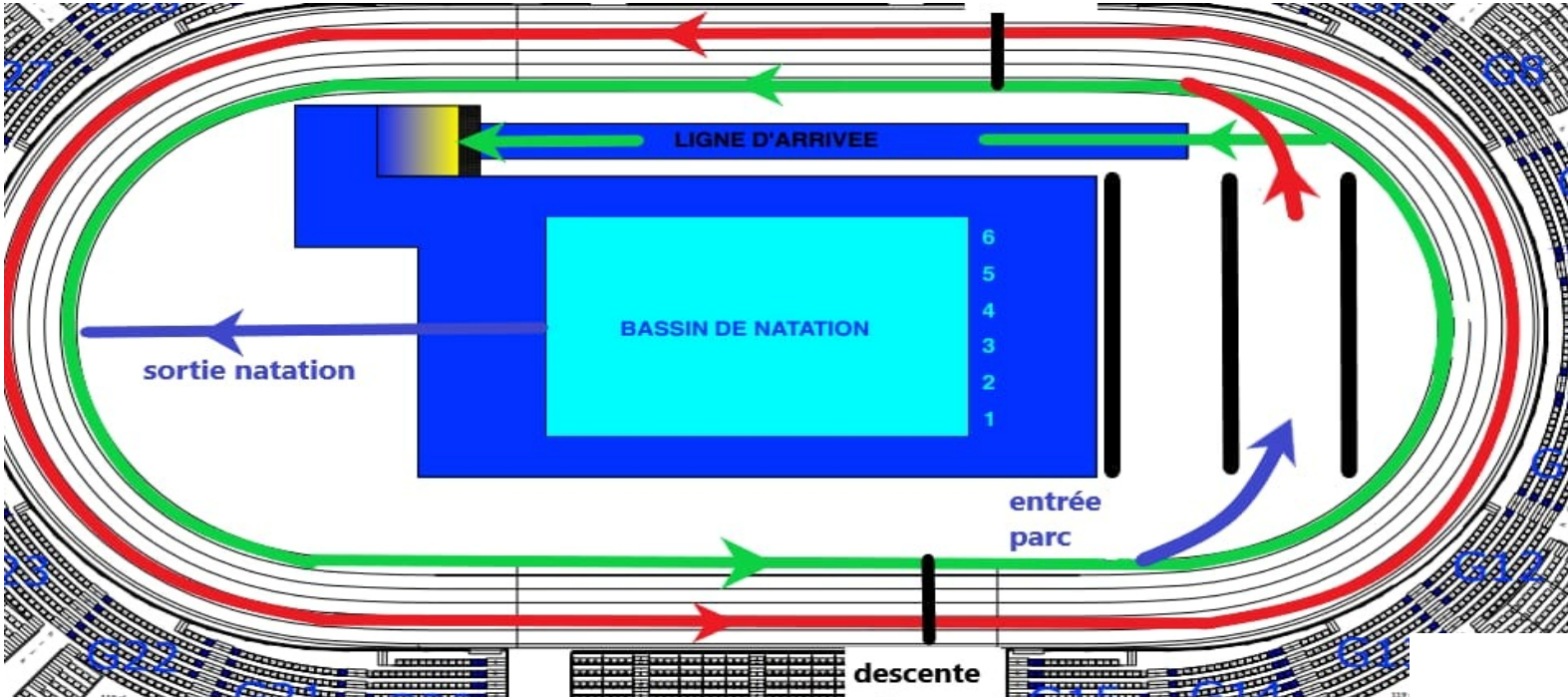
## Bike course



- 15 laps (total distance of 3 km). 14 laps and  $\frac{3}{4}$  of lap
- Lap Counter: at the TA entry
- First runner – last biker scenario may happen at TA entry. The biker will be stopped.
- Barefoot run is not allowed
- Spikes shoes are allowed



# Bike Course Map



## Run course

- 5 laps (total distance of 1 km) It will be 5 laps + final chute
- Photo-finish
- Congestion in finish area:
- Go to mixed zone / recovery area, warm up zone.



# Run Penalty Box



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



## 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:

<b>Littering</b>	<b>L</b>	<b>Mount Line</b>	<b>M</b>
<b>Swim violations</b>	<b>S</b>	<b>Dismount Line</b>	<b>D</b>
<b>Equipment outside the box</b>	<b>E</b>	<b>Other violations</b>	<b>V</b>

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 21:10
- 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: send your bank details to Europe Triathlon Headquarters



# 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



# Coaches Area



## Anti-Doping Control

- All coaches have to collect accreditation to be able to enter the venue.
- Only Coaches who have been registered from their NF into the World Triathlon online system are entitled for an accreditation

## Coaches' areas

- Besides Transition area



# Questions



For questions or doubts, please send an email to  
[enrique.quesada@triathlon.org](mailto:enrique.quesada@triathlon.org)



# 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!

