

Elite Athletes' briefing

July 13 2024



TRIMEMPHRÉ
MAGOG



Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Water Quality Test Results

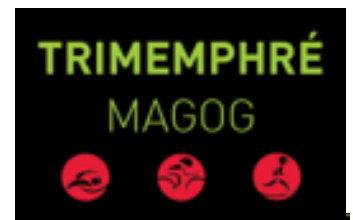
Weather forecast



Welcome and Introductions



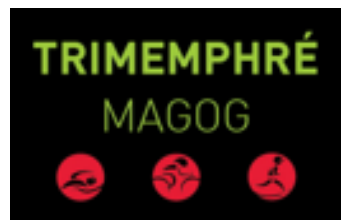
- Bobbie Solomon, World Triathlon Technical Delegate
- Caroline Gelin, World Triathlon Assistant Technical Delegate
- Shaun Richer, World Triathlon Head Referee
- Rene Pomerleau, LOC Director



Competition Jury



- Bobbie Solomon, Chair
- Marie-Ève Sullivan, CEO Triathlon Quebec
- Ella Calder, Triathlon Canada

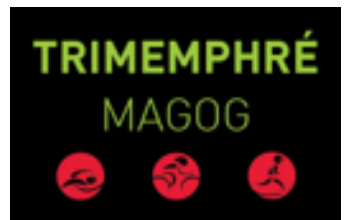


Schedule and Timetables



SATURDAY

- 16:00 – 16:30 Bike course familiarization at transition
- 16:30 – 17:30 Swim course familiarization at Lac Memphremagog
- 18:30 – 19:00 Race pack pick-up (after athletes' briefing)



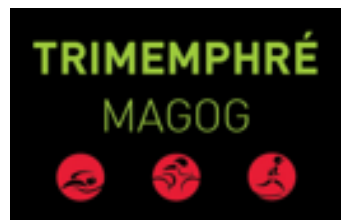
Schedule and Timetables



SUNDAY

U23/Elite Men

07:30 – 08:30	Athletes' Lounge check-in U23/Elite Men
07:45 – 08:30	Transition Area check-in for U23/Elite Men
08:15 – 08:45	Swim Warm-up for U23/Elite Men
08:50	Line up and Athletes' Introduction
09:00	U23/Elite Men Start
12:00	Medal ceremony



Schedule and Timetables



SUNDAY

U23/Elite Women

09:00 – 10:00

Athletes' Lounge check-in U23/Elite Women

09:15 – 10:00

Transition Area check-in for U23/Elite Women

09:45 – 10:15

Swim Warm-up for U23/Elite Women

10:20

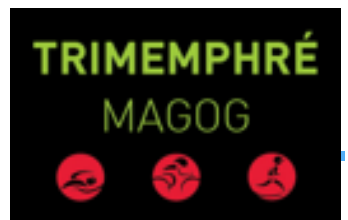
Line up and Athletes' Introduction

10:30

U23/Elite Women Start

12:00

Medal ceremony



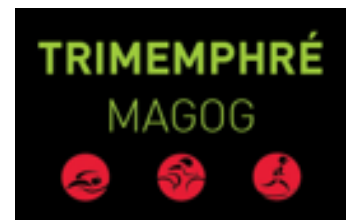
Race Pack Distribution



ALL athletes/support team must provide a picture ID to receive the package.

Your package includes:

- Stickers – Helmet (1x), Bike (1x), Stickers
- Body decals – both arms and both legs

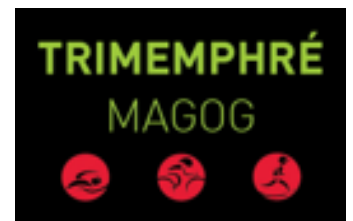


Check-in procedures



Athletes' Lounge

- Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform. **Wearing other uniform during the race = DSQ**
- Swim skins have to follow uniform guidelines and must be worn throughout the race.
- 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

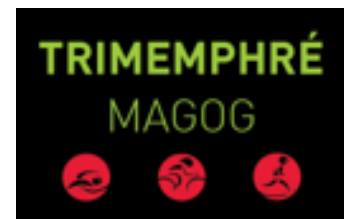


Check-in procedures



Athletes Lounge (Bike check)

- Bike frame
- 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
- Saddle position (-5cm ≤ Men & -2 cm ≤ 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



Check-in procedures

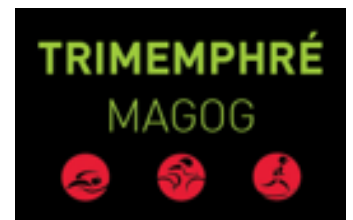


Transition Area

- 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 and unbuckled
- 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.

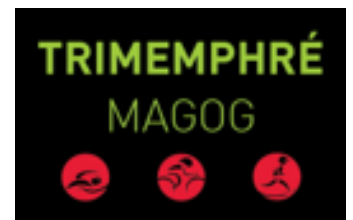


Pre-start Procedures



Athlete Introduction

- 10 minutes before start - line-up
- Jog to the start pontoon once your name is called
- Select your position and stay behind the line!
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up



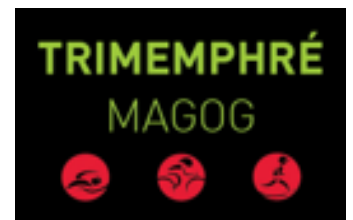
Start Procedures



Athlete in position

- The start can be given any time after the 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

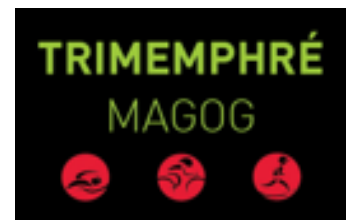


False-start (many athletes)

- 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 T1.
- During the time penalty, the athlete(s) may NOT touch any equipment.



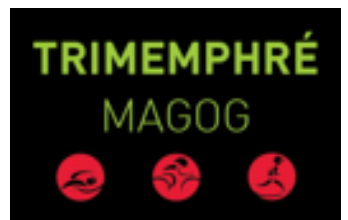
The course



Swim 1 lap of 750m

Bike 3 laps of 6.54km

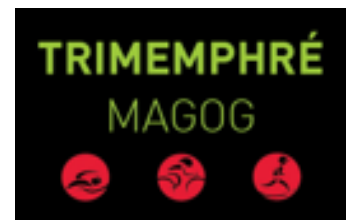
Run 2 laps of 2.5km



Swim course



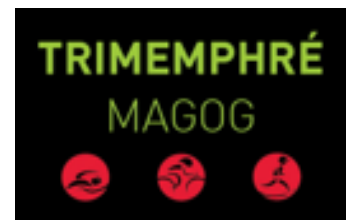
- On Saturday, July 13th at 09:00:
 - Water: 25.2°C
 - Air: 23°C
- Wetsuit not allowed
- 1 lap (total distance of 750m)
- Distance to the first turn buoy 300m
- Take cap, goggles to transition into your box



Definition from the World Triathlon CR §4.1:

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

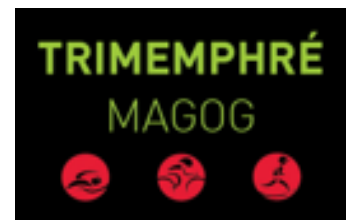
- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time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



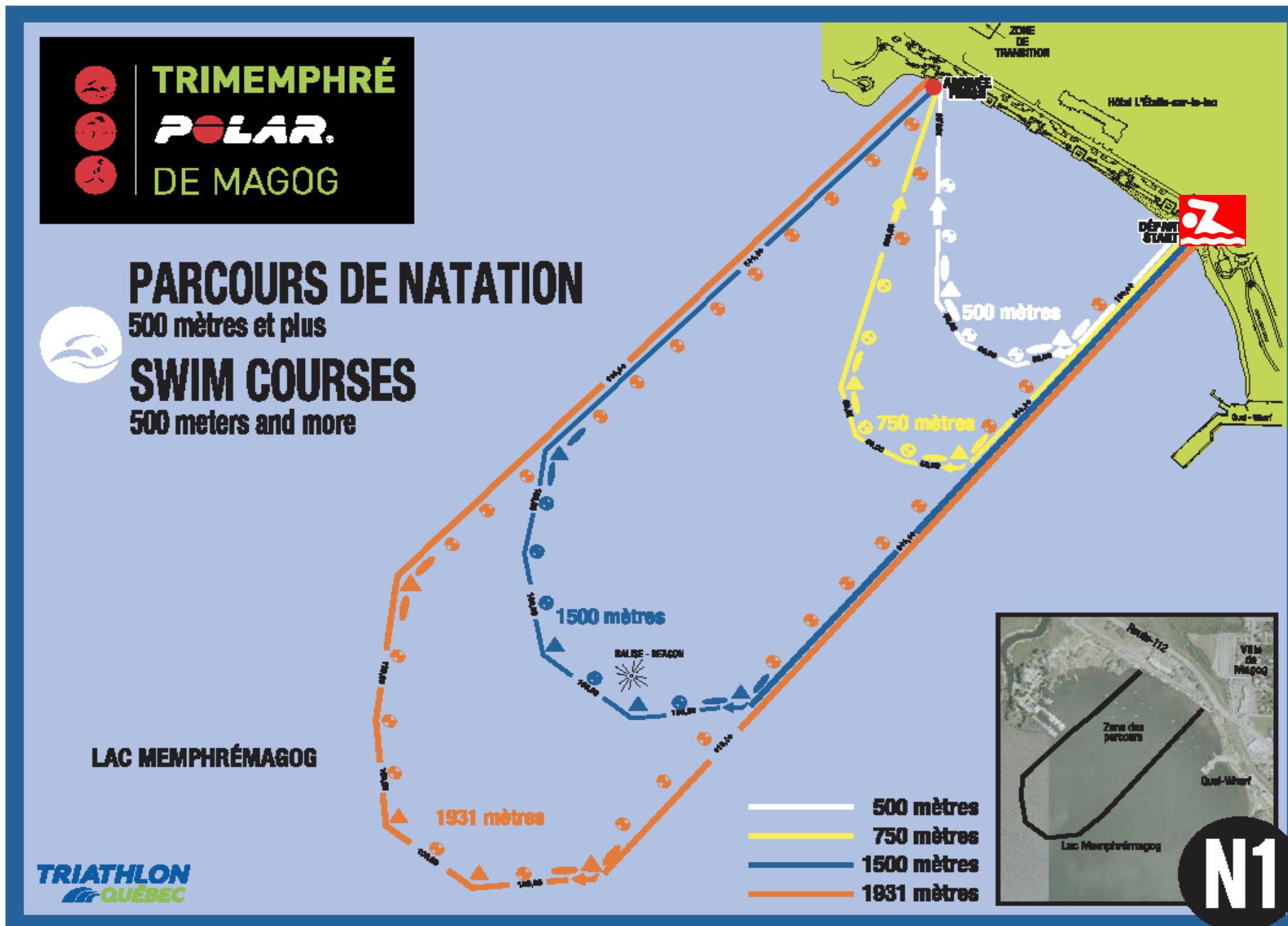
Swim conduct



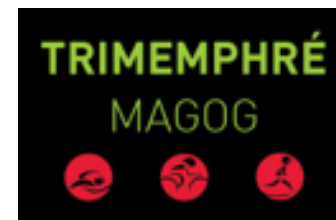
- There will be additional boats and Technical officials deployed on the swim course to monitor athlete's behaviour in this respect .
- Infringements may be recorded and appropriate action will be taken dependant on the rules definition from the previous slide .
- Please respect your fellow competitors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



Swim course map



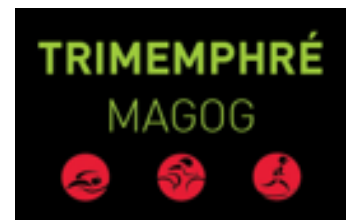
Swim exit to TA



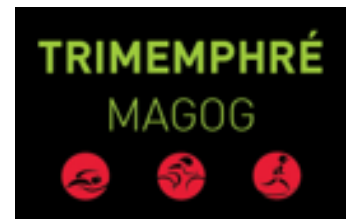
Transition Area



- Swim Exit to TA 73m
- Traditional Bike Racks – one row
- All 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 (**green**) is on the road after exiting TA

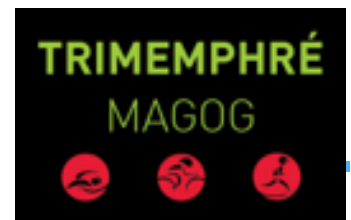


Transition Flow



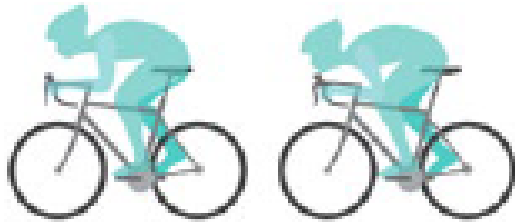
Bike course

- 3 laps (total distance of 20km)
- Flat and technical
- 1 Wheel Station
 - 1 Team wheel station
 - For locations see the map
- Lap Audit: at the mount line
- Lapped athletes are out of the race



Riding position

OK



NOT OK



Only ok in draft
illegal event

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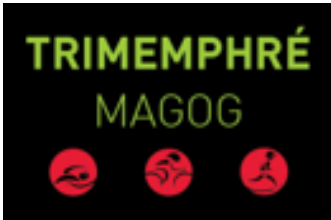
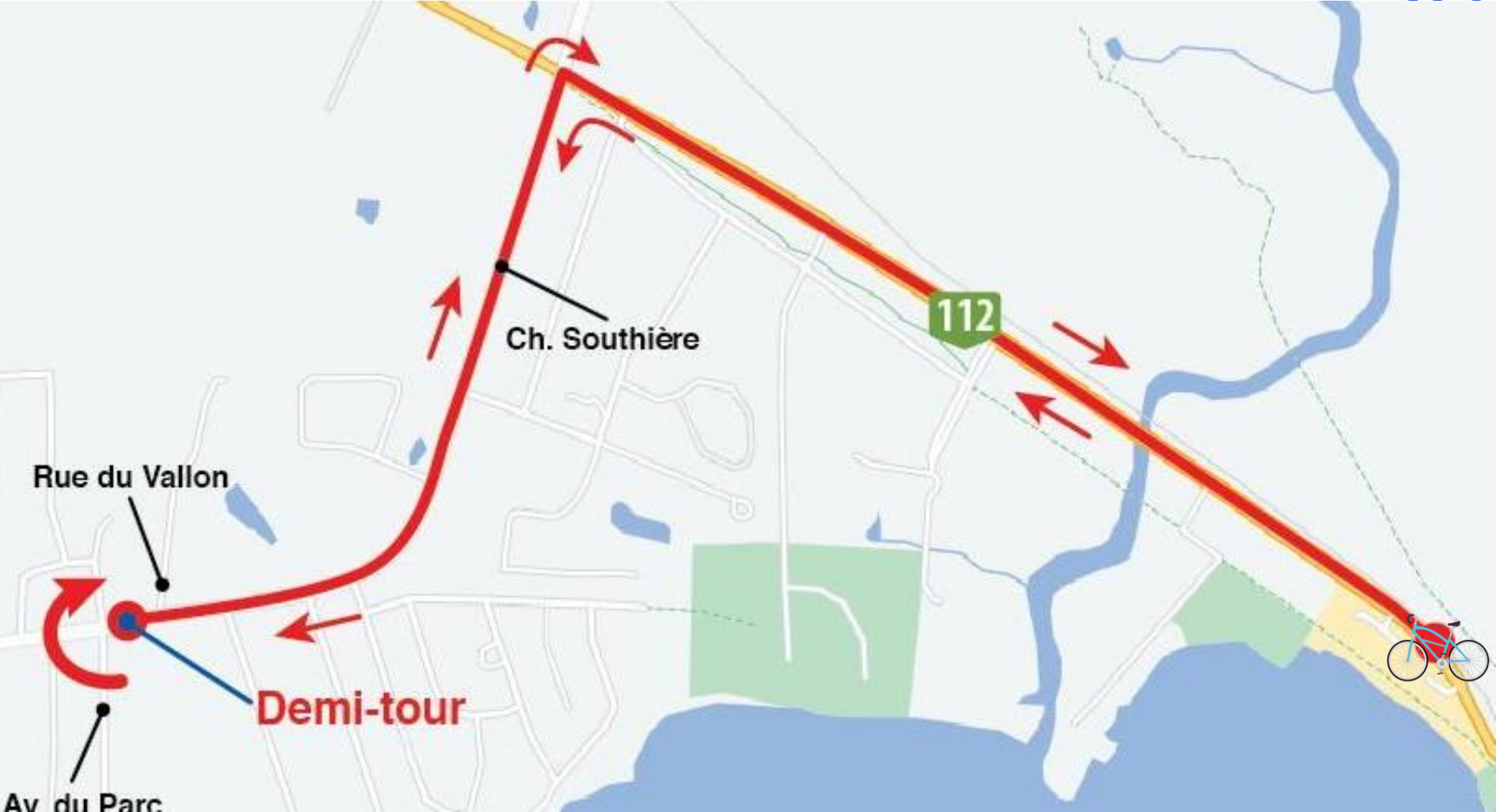


Definition from the World Triathlon CR §5.1.b:

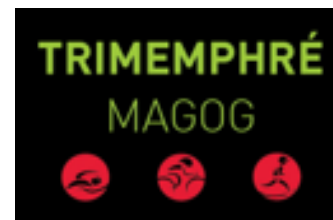
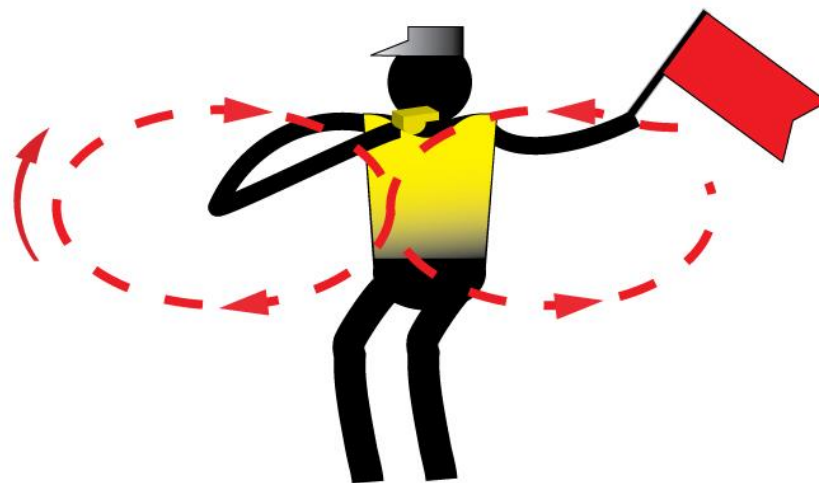
- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete 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



Caution

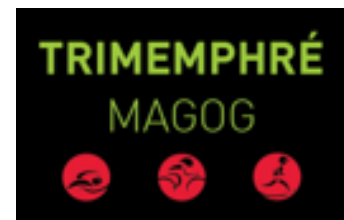


Bike to Run



Run course

- 2 laps (total distance of 2.5km)
- Aid stations:
 - 2 per lap (access on both sides)
 - For locations see the map
 - Sealed water
 - Discard plastic bottles and litter within the aid station area
- Congestion in finish area >>> Go to mixed zone / recovery area



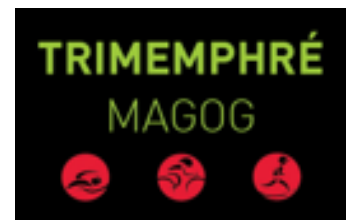
Definition from the World Triathlon CR §6.1:

- 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 with Lap



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Finish



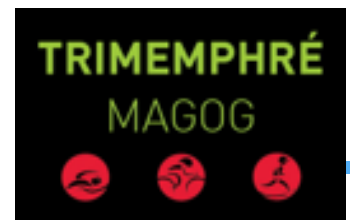
Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 155m 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 second time penalty served on any lap of the run

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:

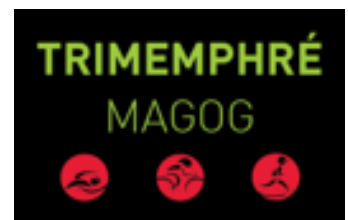
Dismount Line	D
Mount Line	M
Swim Behavior	S
Run Behavior	R

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 12:00
- Elite and U23 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 - You will be given the paper below. You must fill out the back side of the paperwork and give it to the LOC

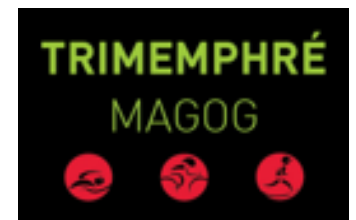


Transfert bancaire /bank transfer

Nom /Name: _____

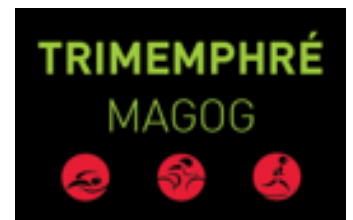
Courriel /email: _____

Téléphone: _____



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

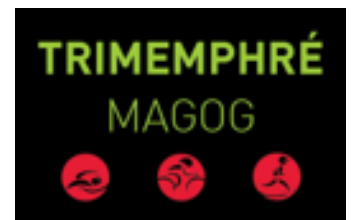


Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

Medical

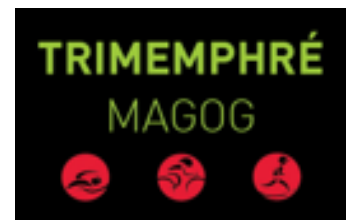
- Only accredited team medical will be allowed to enter the medical tent after the LOC Doctor's permission.



Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
 - (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.

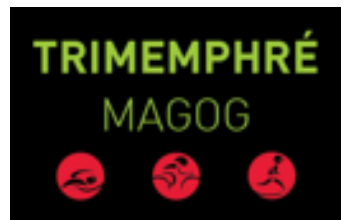


Coaches Accreditation / Coaches Areas



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, 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.**



{select the appropriate}



Water Quality Assessment (Inland)

Update orange text accordingly

E.Coli	
Insert Sample Date	NMP/100mL
Location A	<20
Location B	<20
Location C	<20
E.Coli limit	<500

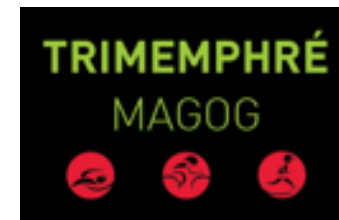
Weather forecast	
Day	Weather
Briefing (B)	Partly cloudy
Race Day	Sunny

Weather report	
Day	Weather
B-3	Rain in the evening
B-2	Partly cloudy
B-1	Sunny

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

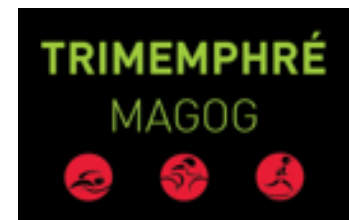
SUMMARY

1 = 'Very Good Water Quality':
(E.Coli: < 250 or Enterococci < 100)



Heat stress indicators

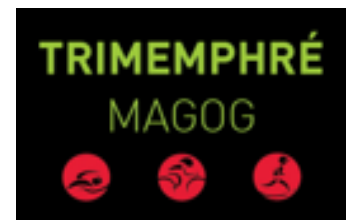
Warning flags will be placed at the athletes' area and behind the spectators' stands



Weather forecasts



	Temperature in °C	Weather
Saturday	25.5°C	Partly cloudy
Sunday	28.3°C	Sunny



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