



10 & 11 AUGUST 2013

Elite Athletes' briefing

Briefing agenda

- **Welcome and Introductions**
- **Competition Jury**
- **Schedules and Timetables**
- **Check-in and Procedures**
- **The course**
- **Post-Race Procedures**
- **Weather forecast**

Welcome and Introductions

- **Tibor Lehmann**, Event Director
- **Gergely Markus**, Race Director
- **Enrique Quesada**, ITU Team Leader
- **Rick Fulton**, ITU Technical Delegate
- **Eero Raudsepp**, Assistant Technical Delegate
- **Dr. Bela Varga**, Race Referee

Competition Jury

- **Rick Fulton**
- **Gergely Markus**
- **Renato Bertrandi**

Schedules and Timetables for the Semi Finals

SATURDAY 10 AUGUST- **WOMEN**

- **14:15 - Athletes Lounge open**
- **14:45 - 15:15 - TA check-in**
- **15:30 - ITU Triathlon World Cup (semi-final 1 Women)**
- **15:50 - ITU Triathlon World Cup (semi-final 2 Women)**
- **18:00 - TA check-out**
- **19:00 - 20:00 – Registration- athletes qualified for the Final**

Schedules and Timetables for the Semi Finals

SATURDAY 10 AUGUST - MEN

- 14:15 - Athletes Lounge open
- 14:45 - 15:15 - TA check-in
- 16:10- ITU Triathlon World Cup (semi-final 1 - Men)
- 16:30 - ITU Triathlon World Cup (semi-final 2 – Men)
- 16:50 - ITU Triathlon World Cup (semi-final 3 – Men)
- 17:10 - ITU Triathlon World Cup (semi-final 4 – Men)
- 18:00 - TA check-out
- 19:00 - 20:00 – Registration- athletes qualified for the Final

Check-in procedures

- **Athletes' Lounge:**

- Uniform check – as per ITU standards - *Photos will be taken of each uniform. Wearing a different uniform during the race = DSQ!*
- Body Marking check
- Swim Cap allocation
- Timing Chip allocation

- **TA1:**

- Running kit outside your box, all used kit inside your box
- Spare wheels for FINAL – Team Wheel Stop

Check-in procedures

- **TA1 :**

- **Bike check:** handlebars & wheels (non authorized UCI wheels rule)
- **Helmet check:** Don't leave your helmet fastened in the transition

The athlete who does not comply with this rule will receive a time penalty of 10 seconds in TA1.

- All other kit must be left in the Athletes lounge

Pre-start Procedure

Warm-up:

- Swim warm-up stops 15 minutes before the start

Athlete Introduction:

- 10 minutes before start - line-up behind the pontoon
- Jog to the pontoon – select your starting box/position
- Stay in your starting box/position

Blocking two positions – immediate DSQ

Start Procedure

Athletes in position

- The start can be given any time after the TD announces **"On your marks"**.
- Electronic horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty of 10 seconds in TA1.

False Start Procedures

- **False start example 1**

- In case of mass false start:
- Horn sounds several times
- Boats / kayaks in front of you
- **Everyone goes back to her/his spot**

- **False start example 2**

- If someone starts before the horn and everyone else starts with the horn, **the athlete who false started will receive a time penalty of 15 seconds in TA1. (During the time penalty the athlete cannot touch any Equipment)**

The Course for the Semi Finals

Swim

3 laps of 250m.

Bike

2 Laps of 10 Km.

Flat circuit – Good pavement

Run

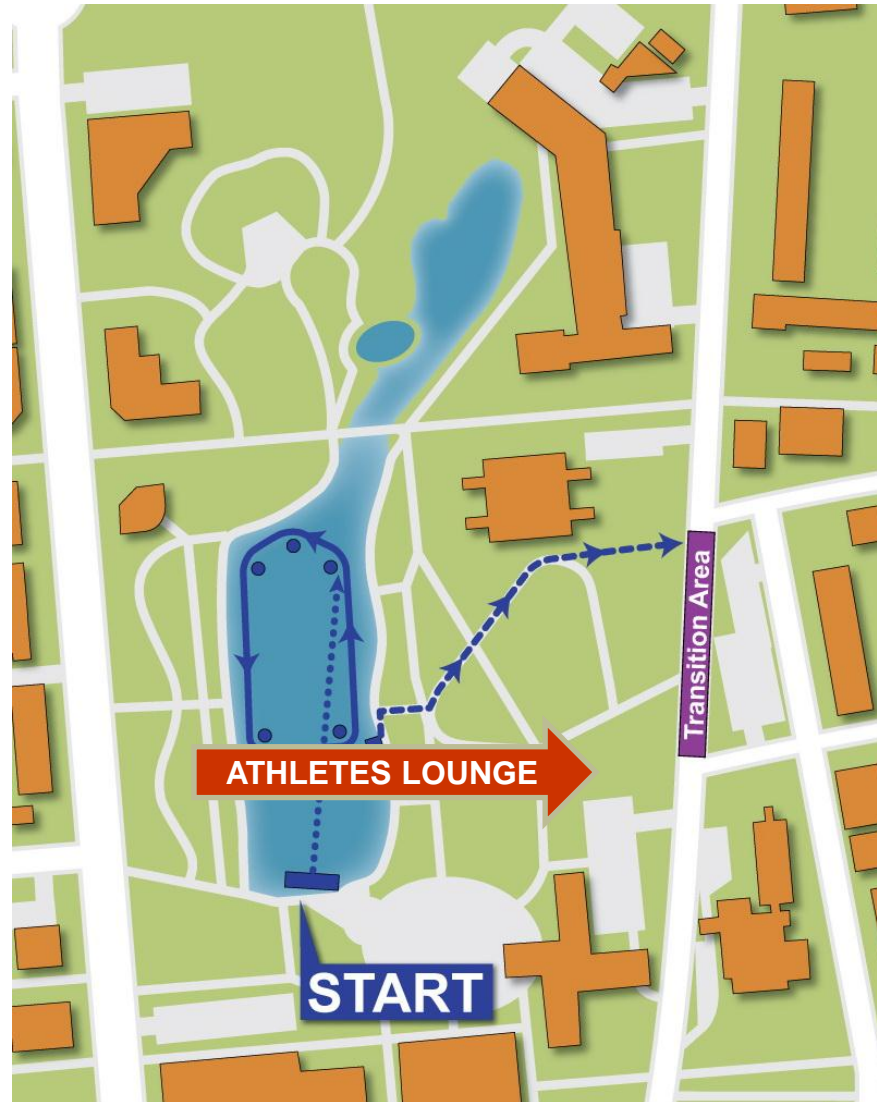
3 laps of 1.66 Km.

Flat circuit – 2 Aid stations per lap.

The Course for the Semi Finals



Athletes Lounge location

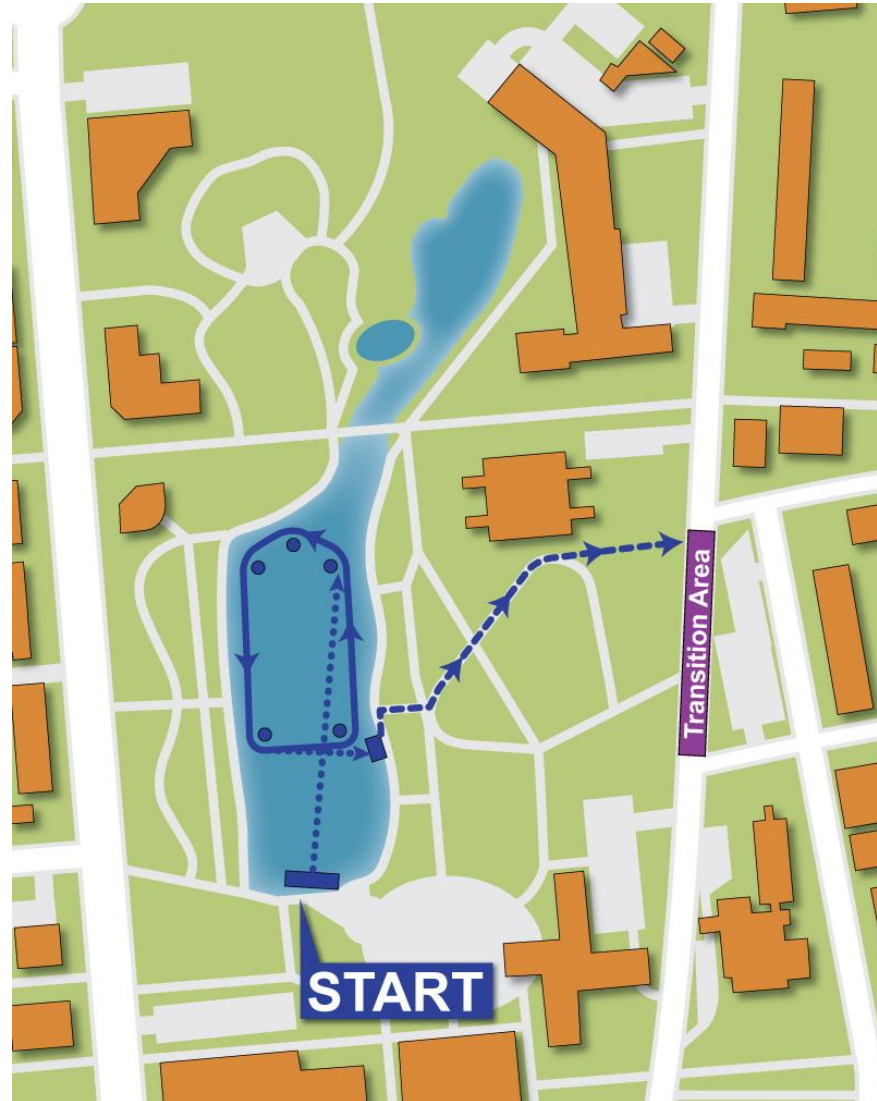


Semi Final Swim Course

3 laps x 250m = 750m

- **Water temperature 29 °C**
- **Distance to the first turn buoy: 114m.**
- **Anti-clockwise swim-buoys on left shoulder**
- **Take cap, goggles to transition into your box**

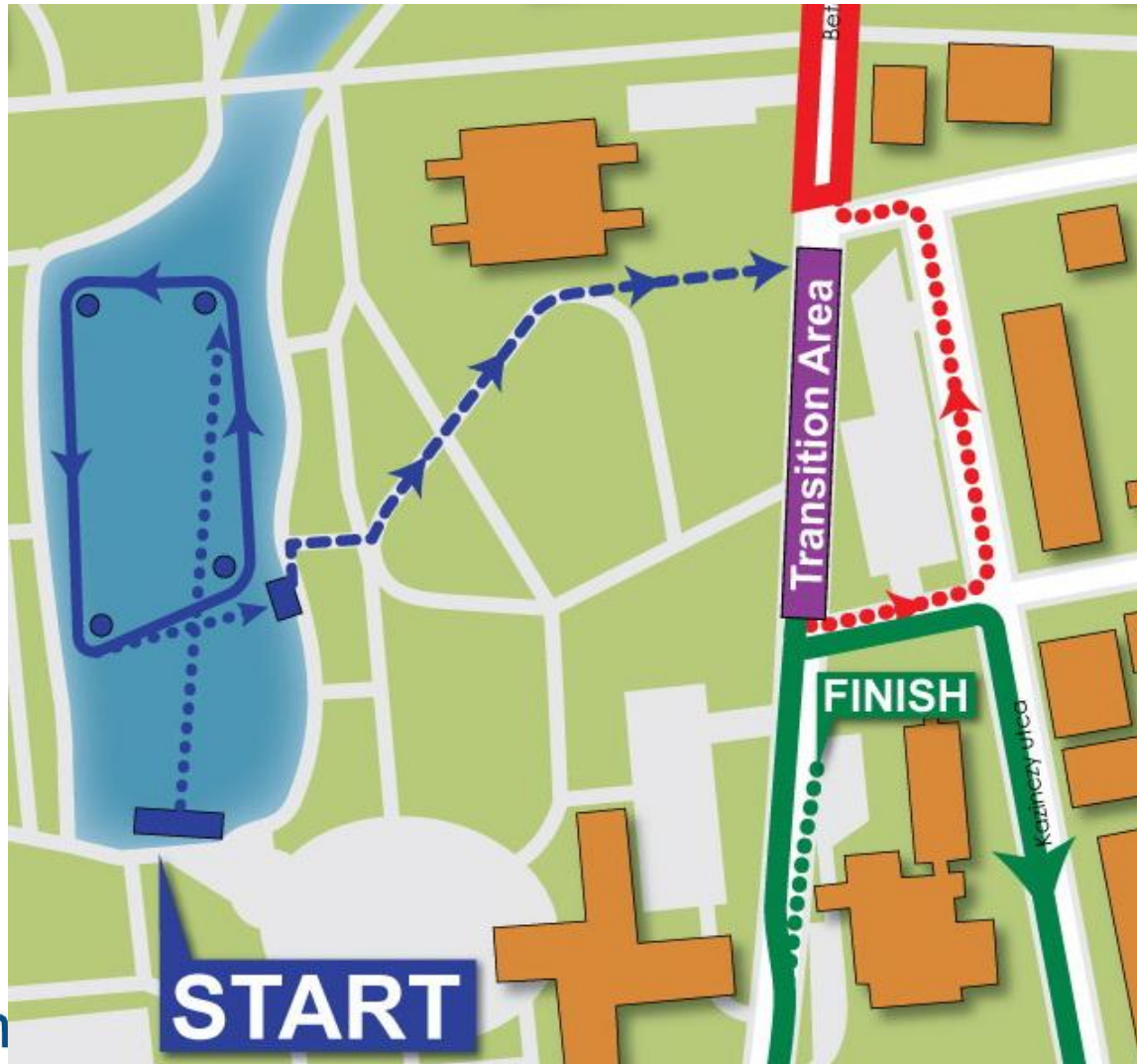
Semi Final Swim Course



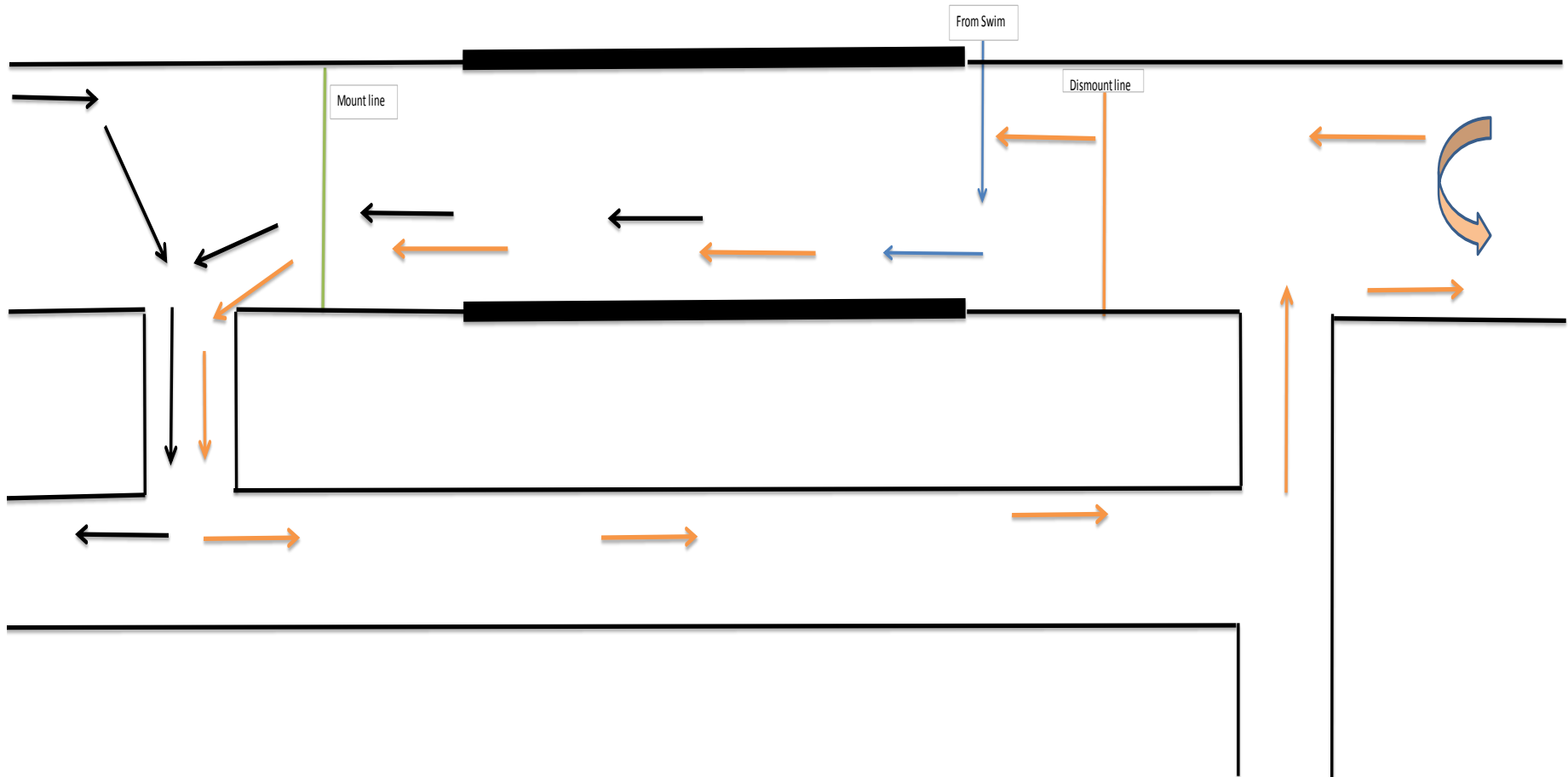
Semi Final Transition Zone

- **Traditional bike racks – only numbers will be used**
- **TA 1 rack using seat-post, wheel into transition**
- **Goggles & swim cap into the box**
- **Green mount line on the road**
- **Red dismount line on the road**

Semi Final Transition Flow



Semi Final Transition Flow



Semi Final Cycle Course

Number of laps: 2 laps of 10km each

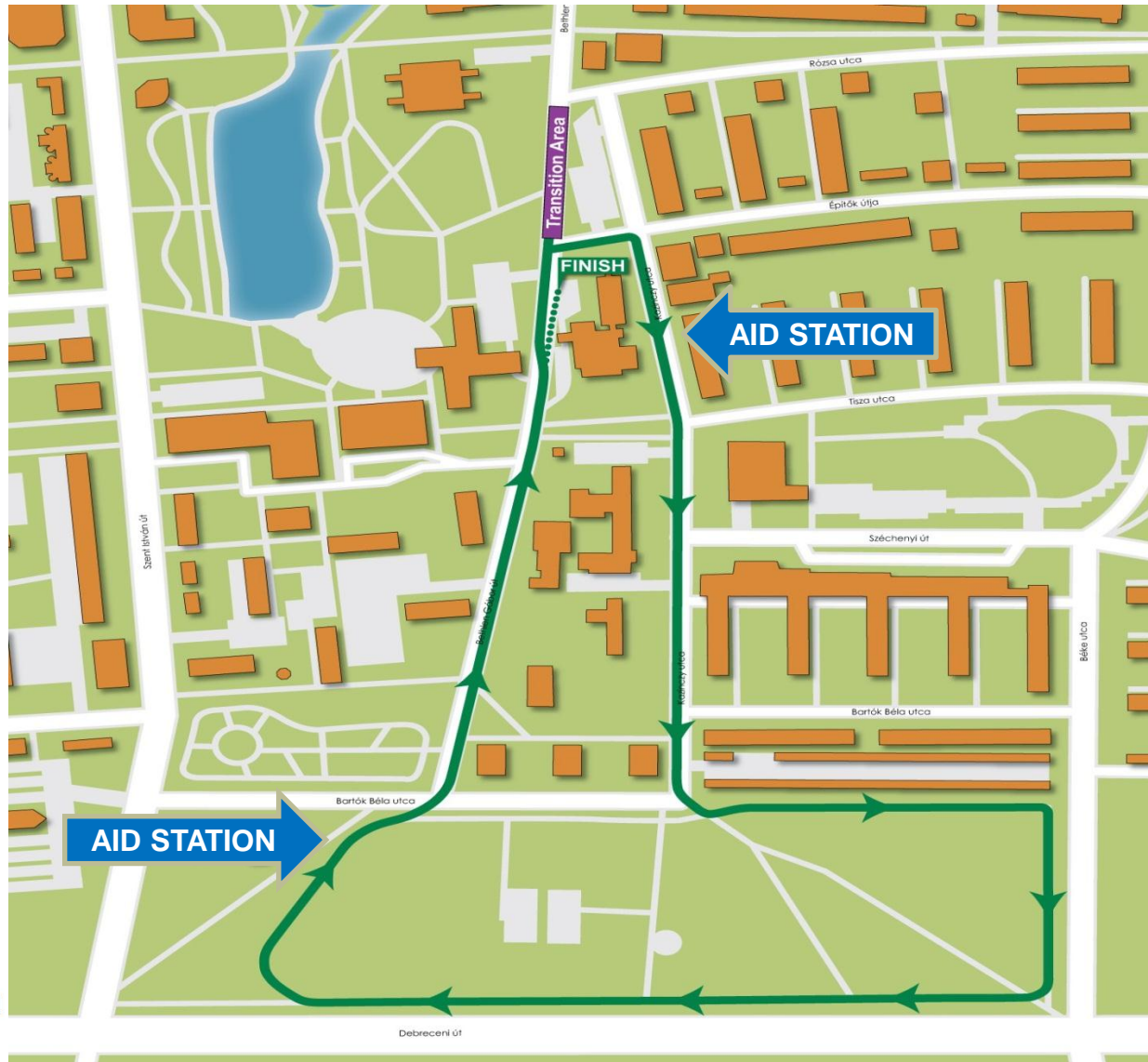
- **1 Wheel Station**
 - 1 Neutral wheel station – access from both sides of the road
 - For location see the map
- **No Lap Counter** for Saturday Semi-finals
- **Lapped athletes** are out of the race

Semi Final Run Course

Number of laps: 3 laps of 1.66km

- Clockwise
- **Aid stations:**
 - 2 per lap
 - Sealed water
 - Discard plastic bottles off course
- **Photo-finish- 2 cameras**
- **Congestion in finish area:**
 - Go to mixed zone / recovery area

Semi Final Run Course (3 laps of 1.66 km)



Run penalty box

The Penalty Box is for infringements in: TA1 & TA2
e.g. **Mount before mount line, dismount after dismount line, discharge or store your equipment outside your designated box, rack the bike outside your own space, **racking in TA2 not using BOTH handlebars etc****

(Transition will be videotaped for infringements)

- **Location:** 150m before the Finish
- **Information:** White board to show race numbers
(Athletes need to read the board)
- **Procedure:** 10 second time penalty served on any lap of the run
- **If you do not take the penalty- DSQ**

Semi Final Run Course- Penalty Box Location



Run penalty box

Rule interpretations

Mount after the mount line: there has to be one contact of the athlete foot with the floor after the mount line. If this contact doesn't occur the action is considered as mounting the bike before the mount line.

Dismount before the dismount line: It has to be one contact of the athlete foot with the floor before the dismount line. If this contact doesn't occur the action is considered as dismounting the bike after the dismount line.

Discharge or store your equipment inside your designated area: Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box.

Rack the bike inside your own space: In case of Traditional bike rack, the bike **must be racked with both sides of the handlebar ,or both brake levers, or the seat-post** with 0,5m of the name/number plate. In case of Individual bike rack, the bike must be racked with the front wheel into the designated rack.

Qualification for the Finals

Women:

- Top 14 from each Semi Final plus the next 2 best times will qualify

Men:

- Top 7 from each Semi Final plus the next 2 best times will qualify

Schedules and Timetables for the Finals

- **14:30 – Athletes Lounge opens**
- **15:00 - 15:30 - TA check-in ITU Triathlon World Cup Men/Women**
- **15:45 - ITU Triathlon World Cup (Final – Women)**
- **17:00 - ITU Triathlon World Cup (Final – Men)**
- **18:00 - Medal Ceremony (Top 3 Men & Women)**
- **18:00 - TA check-out ITU Triathlon World Cup Men/Women**
- **21:00 - Awards ceremony (Top 20 Men & Women)**

The Course for the Finals

SWIM

3 laps x 250 m = 750m

CYCLE

8 laps x 2.50 km = 20 km

Good pavement- flat

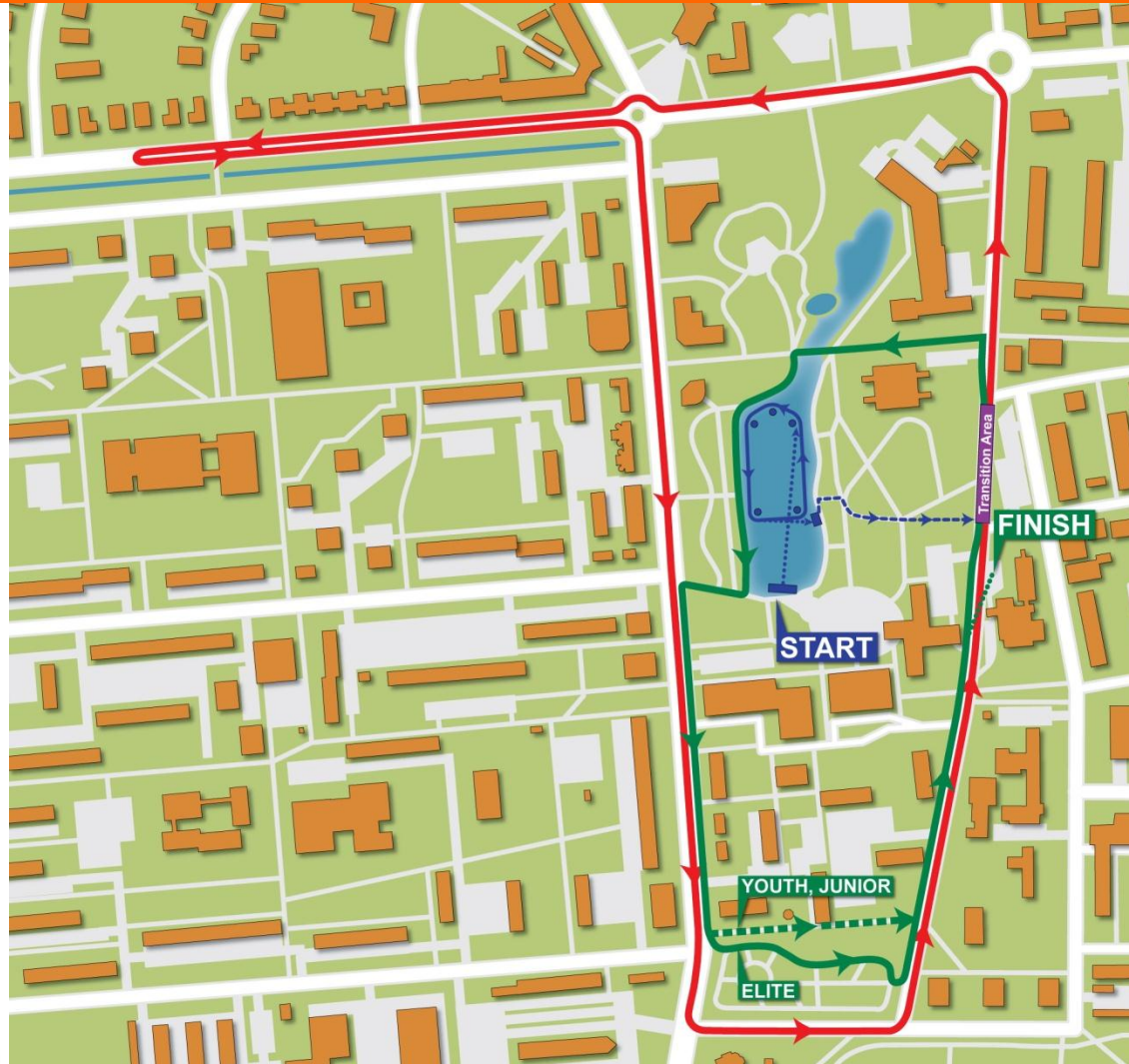
RUN

4 laps x 1.25 km = 5 km

Pavement- flat

2 Aid stations per lap

The Course for the Finals



Final Swim Course

3 laps x 250m = 750m

- **Distance to the first turn buoy: 114m**
- **Anti-clockwise swim-buoys on left shoulder**
- **Take cap, goggles to transition into your box**

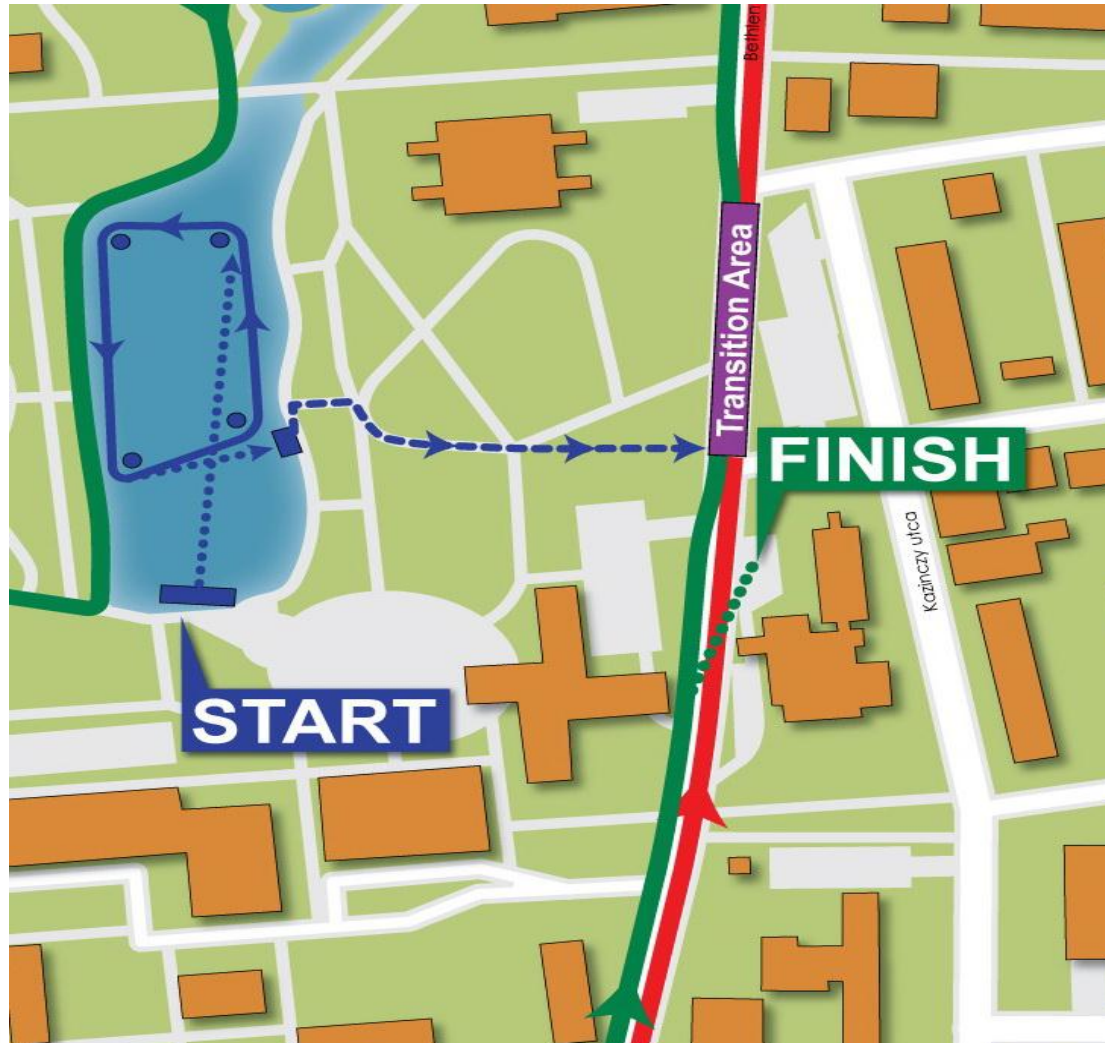
Final Swim Course (3 laps of 250m)



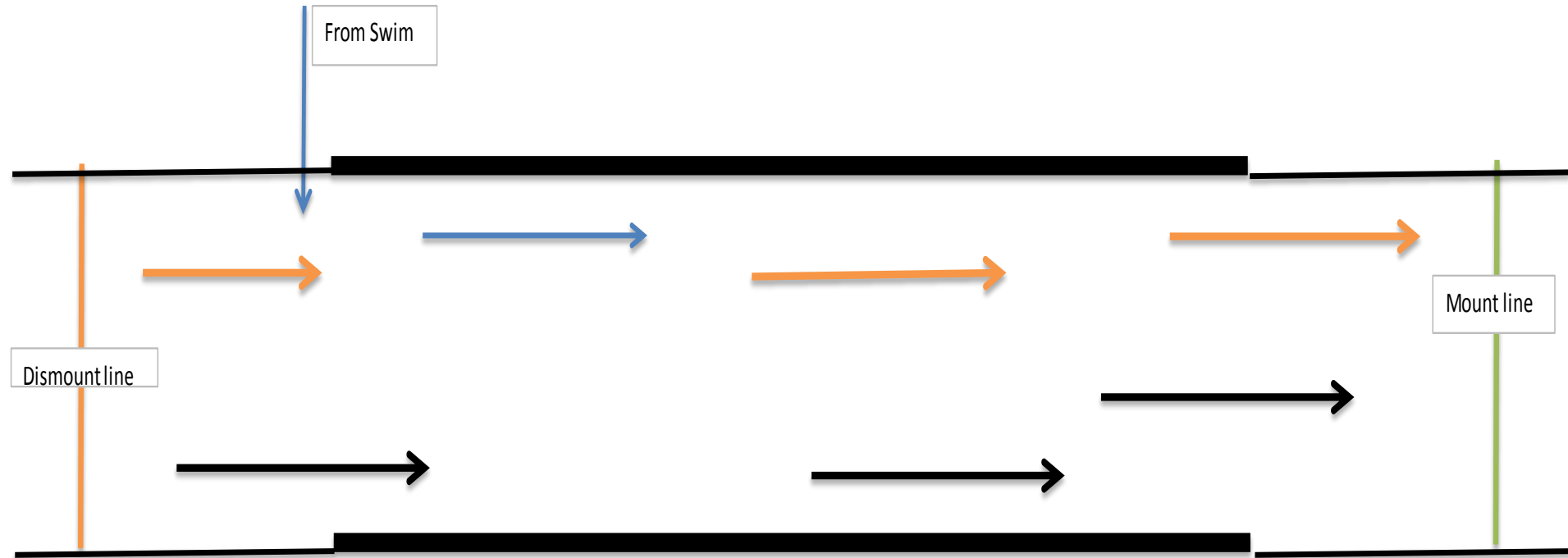
Final Transition Zone

- **Olympic style bike racks – number, name & country flags**
- **TA 1 rear wheel into rack, TA 2 front wheel into rack**
- **Goggles & swim cap into the box**
- **Green mount line on the road**
- **Red dismount line on the road**

Final Transition Flow



Final Transition Flow



Final Cycle Course

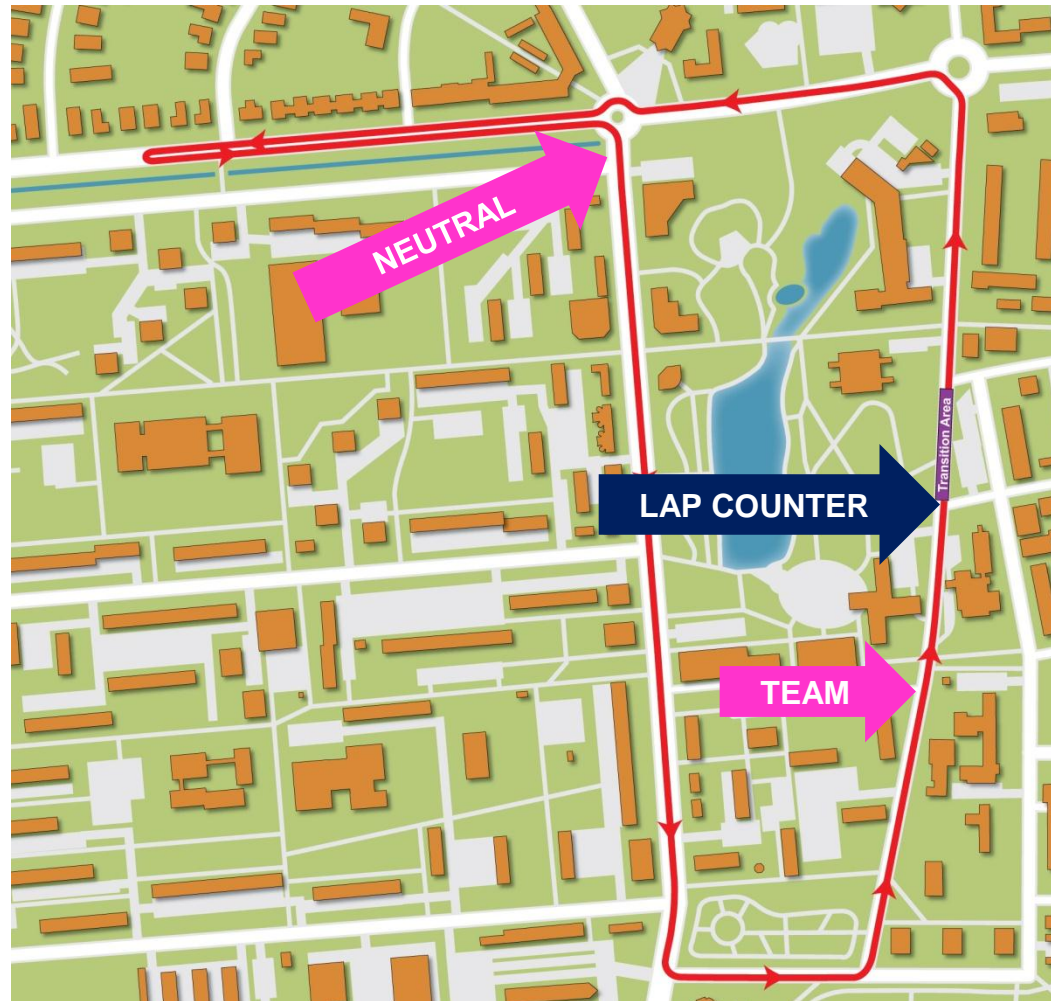
Number of laps: 8 laps of 2.50km each

- Anti-clockwise
- **2 Wheel Stations**
 - 1 Neutral wheel station
 - 1 Team wheel station
 - For locations see the map
- **Lap Counter:** at the end of each lap
- **Lapped athletes** are out of the race

Final Cycle Course (8 laps of 2.50km)



Final Cycle Course (8 laps of 2.50km)



Final Run Course

Number of laps: 4 laps of 1.25km

- Anti-clockwise
- **Aid stations:**
 - 2 per lap
 - Sealed water
 - Discard plastic bottles off course
- **Photo-finish- 2 cameras**
- **Congestion in finish area:**
 - Go to mixed zone / recovery area

Post Race Procedures - Final

“Mixed Zone” - immediately after finish

- 1, 2, 3 with host broadcaster first.

Medal Presentation immediately following the men’s race.

- Women’s podium winners assemble in VIP area prior to finish of men’s race. Dress “up”
- *Please carry nothing to the podium*

Post Race Procedures

Anti Doping Control

- 5 Males and 5 Females will be tested
- Photo ID is needed for every athlete to have ready for Doping Control

Post Race Procedures

- **Top 15 prize money** (USD 60.000 in total) will be paid by wire transfer from ITU (Details to Enrique Quesada)
- **18:00 Medal Ceremony** Male and Female
- **21:00 Awards ceremony** (Town-square) – for both women and men top 20 athletes – be close to the stage before the ceremony please

Coaches areas

Coaches areas

- Accreditations will be distributed to those that have been entered through the online system from their NF
- They will have access to:
 - ✓ Swim start area (close to swim exit)
 - ✓ Registration area
 - ✓ Recovery area

Important Notes

- Helmets to be worn during training – safety
- Uniforms according to ITU Uniform Rules

ITU Points (Top 50)

- To the athletes who qualify for the Final will get the ITU points.
- To the athletes who did not qualify for the Final, according to their times in the Semi Finals.
- DSQ athletes will not earn any points.

Weather forecast

SATURDAY 10 AUGUST

- Mostly sunny, possible late showers.
 - High - 34° Low - 24°
 - Humidity 74%

SUNDAY 11 AUGUST

- Sunny and clear.
 - High - 28° Low - 25°
 - Humidity 62%

Good luck !

Sok Szerencsét !

