

Branding instructions to complete your briefing



- Use **ONLY Arial** font. No other font should be used. Minimum font size = 20pt
- The template has predefined brand colors. Try to use these colors before any others.
- Only the official World Triathlon event logo can be placed on this briefing and no others. Please get it from your LOC. The one on the cover should be on the white version on transparent background
- Only use the front cover given to you
- You can apply different predefined layout for the text slides but the above must be respected
- If you need to highlight some information, use the **Blue Text 1** from the World Triathlon color palette

Elite Athletes' briefing

March 5, 2023



Americas
Triathlon Cup and
South Americas
Championship
VILLARRICA
2023



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



- Claudio Arbizu, World Triathlon Technical Delegate
- Gissela Cabrera, World Triathlon Assistant Technical Delegate
- David Muñoz, World Triathlon Head Referee
- Gustavo Svane, LOC Director

Competition Jury



- Claudio Arbizu, Chair
- Agustín, Rivero Pte of the Chilean Triathlon Federation
- Rodrigo Milazo,

Schedule and Timetables



FRIDAY

Meeting point: **Embarcadero Villarrica, Gral Korner and Bernanrdo O´Higgins**

09:00 – 09:30 Bike course familiarisation

09:30 – 10:00 Swim course familiarisation

10:00 – 11:30 Race pack pick-up (after athletes' briefing)

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Accreditation - gives access to access lounge on race day

18:00 - 18:30 Elite Briefing Meeting point Hotel Kolping, 399 Isabel Riquelme Ave

Schedule and Timetables



SUNDAY

- 0500: – 06:30 Athletes' Lounge check-in
- 06:30 – 07:15 Transition Area check-in for Elite Women
- 07:15 – 07:45 Swim Warm-up for Elite Women
- 07:50 Athletes' Introduction
- 08:00 Elite Women Start**
- 13:00 – 13:30 Medal ceremony

Schedule and Timetables



SUNDAY

- 07:30 – 09:00 Athletes' Lounge check-in
- 09:10 – 09:55 Transition Area check-in for Elite Men
- 09:45 – 10:15 Swim Warm-up for Elite Men
- 10:20 Athletes' Introduction
- 10:30 Elite Men Start**
- 13:00 – 13:30 Medal ceremony

Check-in procedures



Athletes Lounge (Bike check)

- Handlebars prohibited
- 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
- Mechanic service available

Map Athletes' Lounge - Check-in procedures



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 be under the guidelines of the wetsuit and must be worn throughout the race.
- Body marking check (both arms, both legs)
- Timing chip distribution
- 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

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
- 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 line once your name is called
- Select your position and hold the rope
- Athlete's 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

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 **15 second penalty in TA1**.
- During the time penalty, the athlete(s) may NOT touch any equipment.

The course



Swim 2 lap(s) of 690+ recta de 110 m

Bike 8 laps of 4650 m

Run 4 laps of 2500 m

The course



Swim course



- On **march, 3** at **{08:00}**: <water temperature> 18.8°C
<air temperature> 14°C
- On **march, 3** at **{10:30}**: <water temperature> 19.1°C
<air temperature> 17°C
- Wetsuit allowed
- 2 laps (total distance of 1500 m)
- Distance to the first turn buoy 270 m
- 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

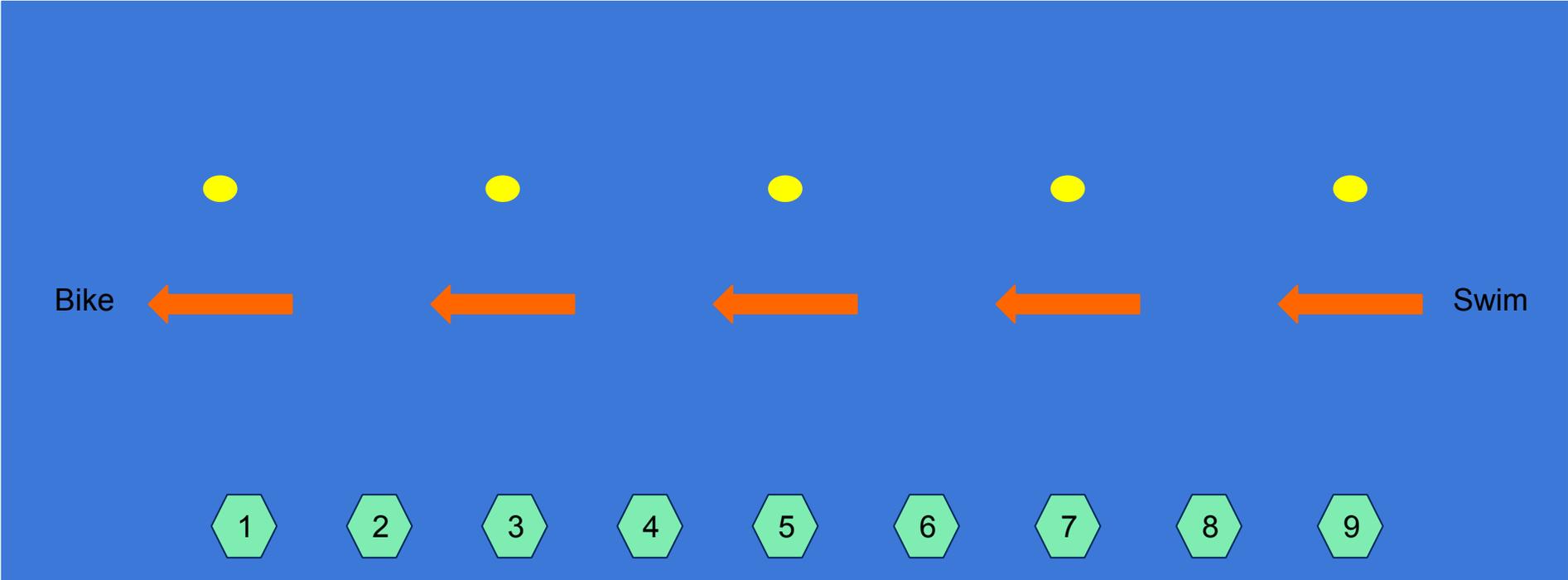


Transition Area



- Individual Bike Racks – number, name and country flag
- Used equipment into the box
- 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
- Mount line at the end of the TA

Transition Flow

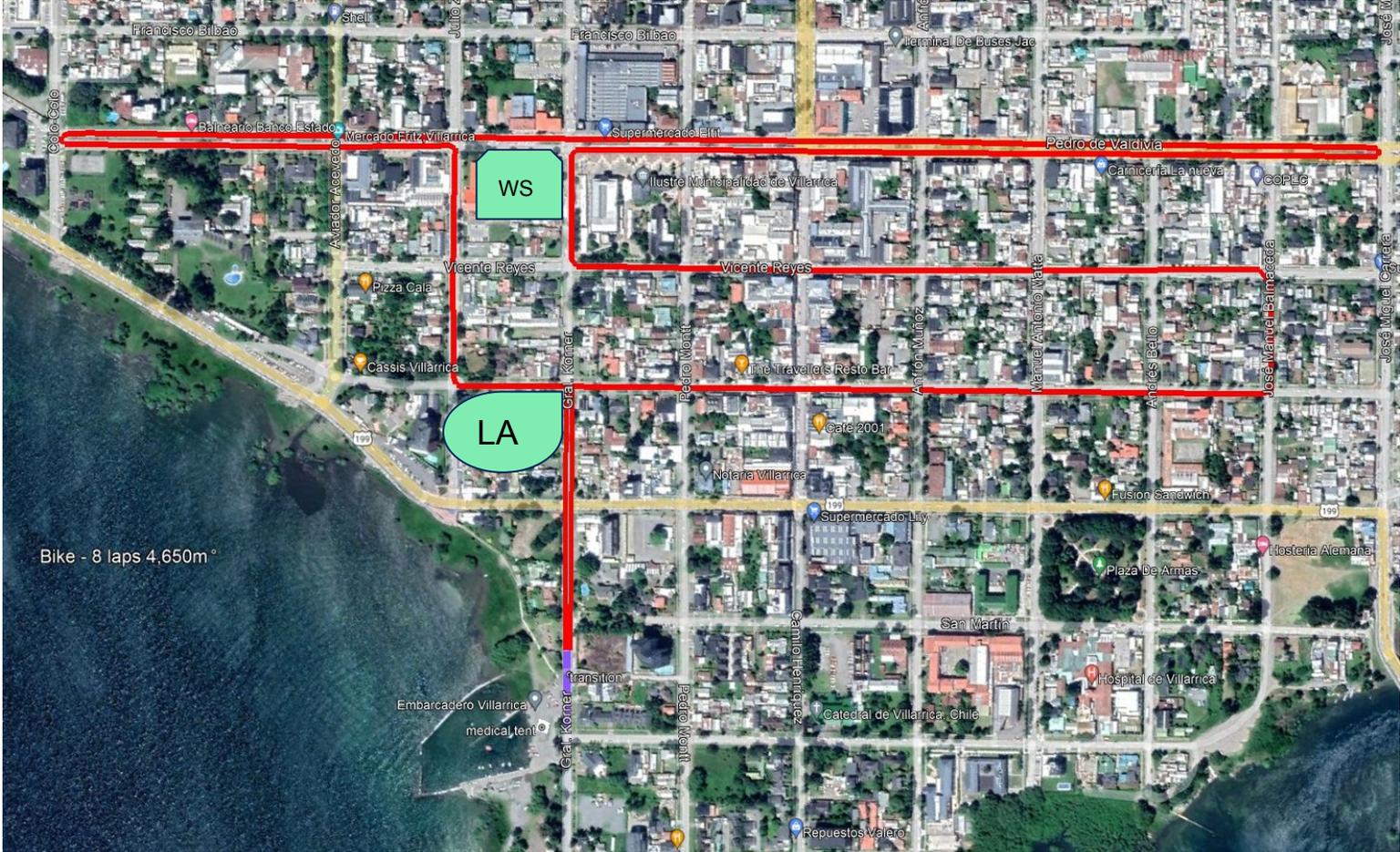


Bike course

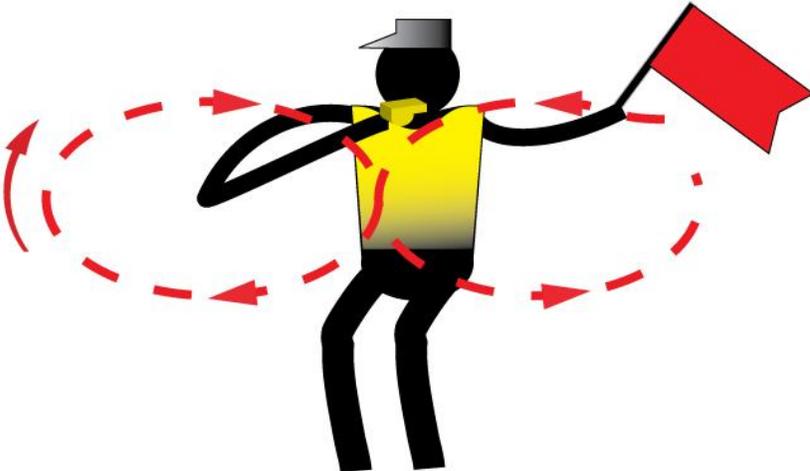
- 8 laps (total distance of 38,2 km)
- Flat and technical
- 1 Wheel Stations
 - 1 Team wheel station
 - For locations see the map
- Lap Counter: at the Gral Korner and Letelier
- Lapped athletes are out of the race
- First runner – last biker scenario



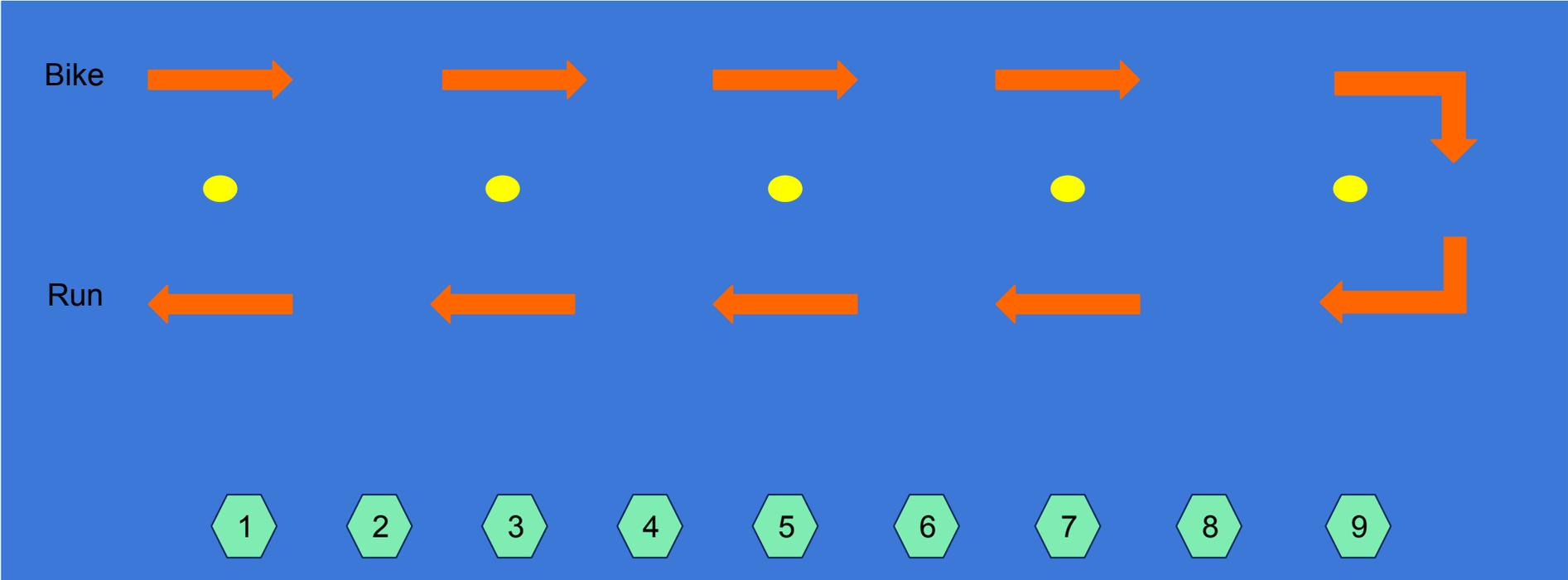
Bike Course Map



Caution



Bike to Run



Run course

- 4 laps (total distance of 10 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
- Congestion in finish area:
- Go to mixed zone / recovery area



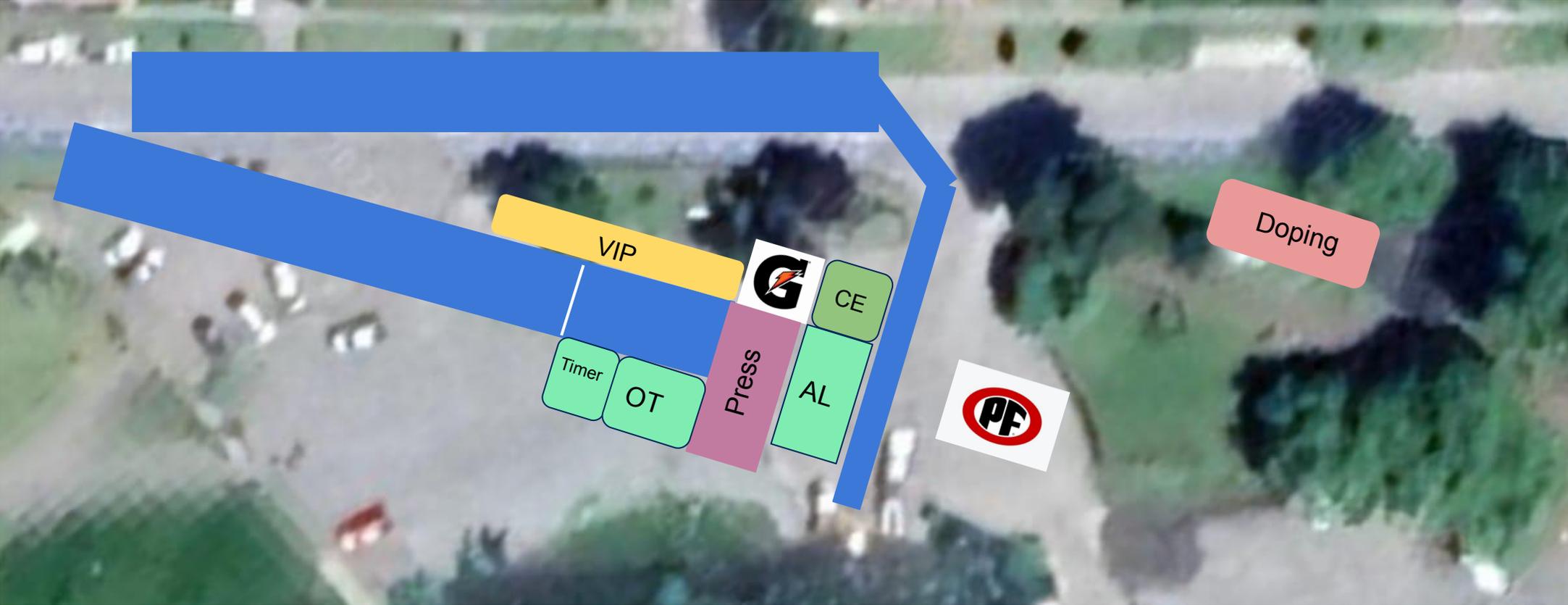
Run Course Map



Run Lap



Finish



Run Penalty Box

- Start infringements will be served in T1
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- **Location:** 50 m 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:** 15 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 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	Equipment outside bin	E
Swim violations	S	Littering	L
Mount Line	M	Other violations	V
Bike Behaviour	B	Run Behaviour	R

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 13:00 hs
- 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

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.

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

- At mixed zone

{select the appropriate}

Water Quality Assessment (Lake)

Update orange text accordingly

Enterococci	
Insert Sample Date	NMP/100mL
Location A	10
Location B	10
Location C	10
Enterococci limit	<100

E.Coli	
Insert Sample Date	NMP/100mL
Location A	80
Location B	80
Location C	80
E.Coli limit	<250

PH	
Insert Sample Date	
Location A	7
Location B	7
Location C	7
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Overcast with light rain
B +1	Overcast (20% chance of rain)
Race Day	Overcast (20% chance of rain)

Weather report	
Day	Weather
B-3	Heavy rain in the evening
B-2	Sunny
B-1	Sunny

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

SUMMARY

Add text from competition rules – 10.3.f.i or 10.3.g.i YOU CAN FIND IT IT THE SLIDE NOTES BELOW, eg.

3 = 'Fair Water Quality':
 (E.Coli: 250 to 500 or Enterococci 100 to 200), but with potential or poor visual pollution during sanitary check and/or potential for forecast of heavy rain;



Weather forecasts



	Temperature in °C	Weather
Wednesday	13° - 16°C	Sunny
Thursday	13° - 16°C	Fog
Friday	14° - 17°C	Sunny

Have a good race!



Be your
extraordinary