



Multisport
World Championships

IBIZA
2023



Age-Group Athletes' briefing

Cross Duathlon

Tue 2 May 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



- Marisol Casado, World Triathlon President
- Thanos Nikopoulos (GRE), World Triathlon Team Leader
- Line Amlund Hagen (NOR), Monica Zubillaga (ESP), Hugh McAtamney (IRL), Ross Capill (NZL), and Stéfane Mauris (SUI) , World Triathlon Technical Delegate
- Angela Pedro (POR), World Triathlon Medical Delegate
- **Dirk Bogaert (BEL)**, World Triathlon Head Referee Juniors, Para, AG
Juliet Fahey (NZL), World Triathlon Head Referee Elite
- Jorge Garcia (FETRI), LOC Director

Competition Jury



- Stefane Mauris, TD (SUI), Chair
- Thanos Nikopoulos, World Triathlon Representative
- Alicia Garcia, FETRI

Schedule and Timetables – **CROSS DUA**



TUESDAY 2 MAY 2023

15:00 - 16:00 Age Group Q&A (at Start Area)

WEDNESDAY 3 MAY 2023 – RACE DAY – AG

12:15 – 14:00 AG Transition Area check-in + Bag drop area

14:15 First AG wave

15:25 Last AG wave

20:15 Cut-off time

20:15 Medal ceremony

Race Pack Distribution - AG



ALL athletes/support team must provide a picture ID to receive the package.
Sign the athletes' waiver online before race pack distribution

Your envelopes includes:

- Accreditation wristband - gives access to transition on race day
- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- MTB plate
- Bib number ([mandatory for the run](#))
- 2x Body decals – both arms
- 1x Body decal with category – back of left calf



Note: Timing chips will be distributed at transition check-in on race day

Situation map



Check-in procedures **Transition Area – AG**



- Uniform check (design, country, logo) + Age-Group athletes and para triathletes may wear uniforms with sleeves that extend up to but not covering the elbow in any distance competition. Zipper fully up for last 200m.
- Bike check (Bike mechanic available) The maximum tyre diameter for the MTB is 29 inch
The minimum cross section is 1.5 inch
- Fix the MTB handlebar name plate will be placed on the bike's handlebar on each athlete's bike. Finishing without a plate is subject to DSQ.
- Helmet check - Don't leave your helmet fastened in the transition
- Distribution of timing chips
- Handlebars: Clip-on handlebars are forbidden +
Traditional MTB bar ends are allowed but must be plugged
- Running Shoes outside the box, helmet on the bike
- To add any equipment to the bike, you must obtain approval from the HR up until 10 minutes after the end of the Athletes' Briefing.

To smoothen the check-in process, please come prepared (stickers, body decals, MTB plate, uniform ready)

Check-in procedures



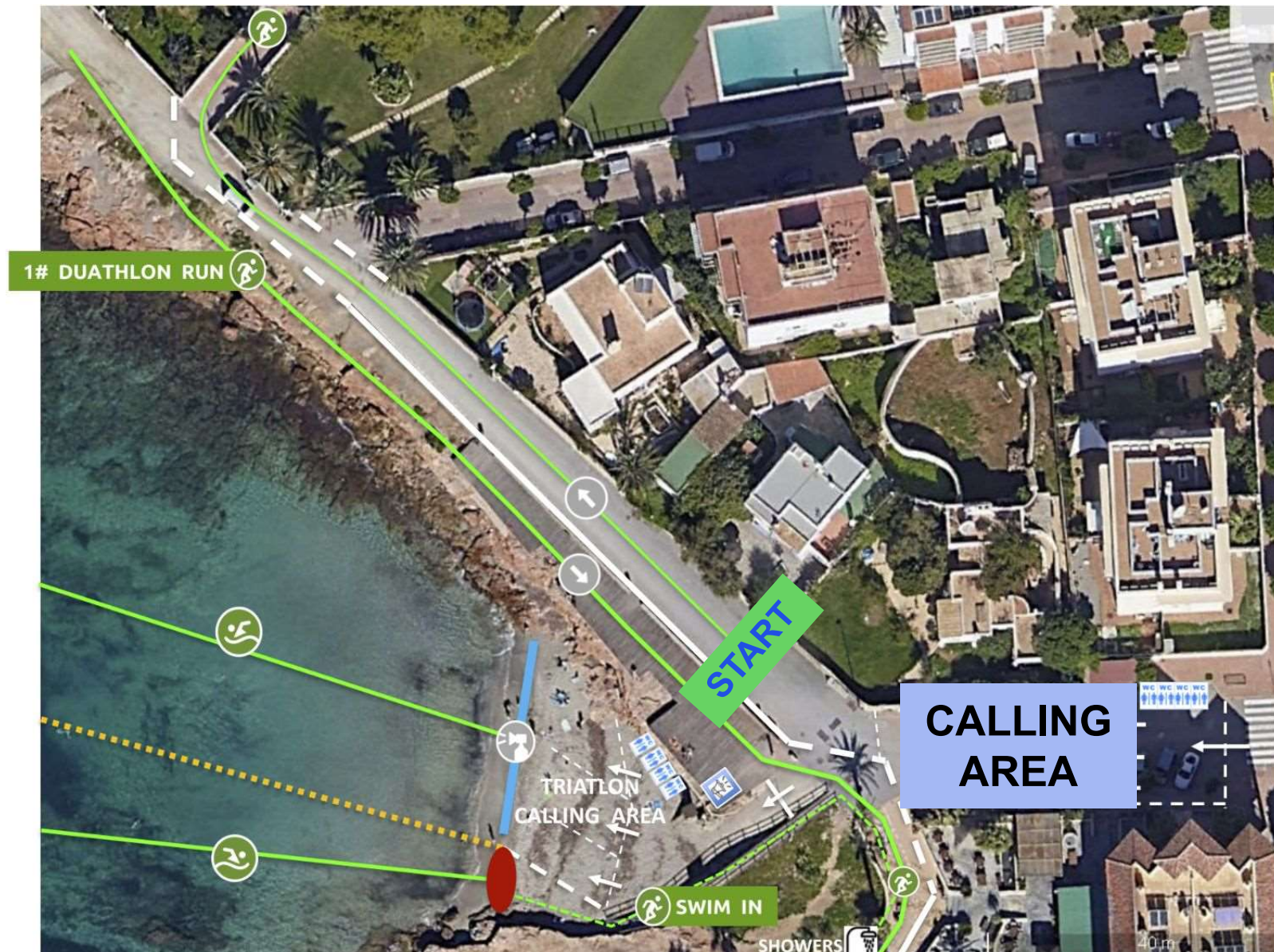
Pre-start Procedures - AG



Calling room

- 10 minutes before start – go to your calling room
- When invited by the start officials, [pass through the pre-start timing mat to validate your chips](#)
- Jog to the pre-start line, select your position and stay behind the pre-start line!
[Athlete blocking more than one place will result in DSQ](#)
- Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.

11



Start Procedures

AG Start Time	14:15	M 18-49
	14:20	M 50+
	15:20	W 20-49
	15:25	W 50+

Athlete in position

- "on your mark" > move from the pre-start line to the start line
- Air horn blast
- The race starts

Reminder:

- No start between waves
- Starting in any wave before the one that the athlete is assigned to = DSQ
- Starting in a later wave than the one assigned needs the approval of the Start Technical Official. The athlete's start time will be the start time of the assigned wave.

False-start Procedures – AG



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

The course - AG

Run#1

1 lap of 5.8k

Bike

0.45k + 2 laps of 10k + 0.45k
= 20.9k

Run#2

1 lap of 3k



Run#1 course – AG

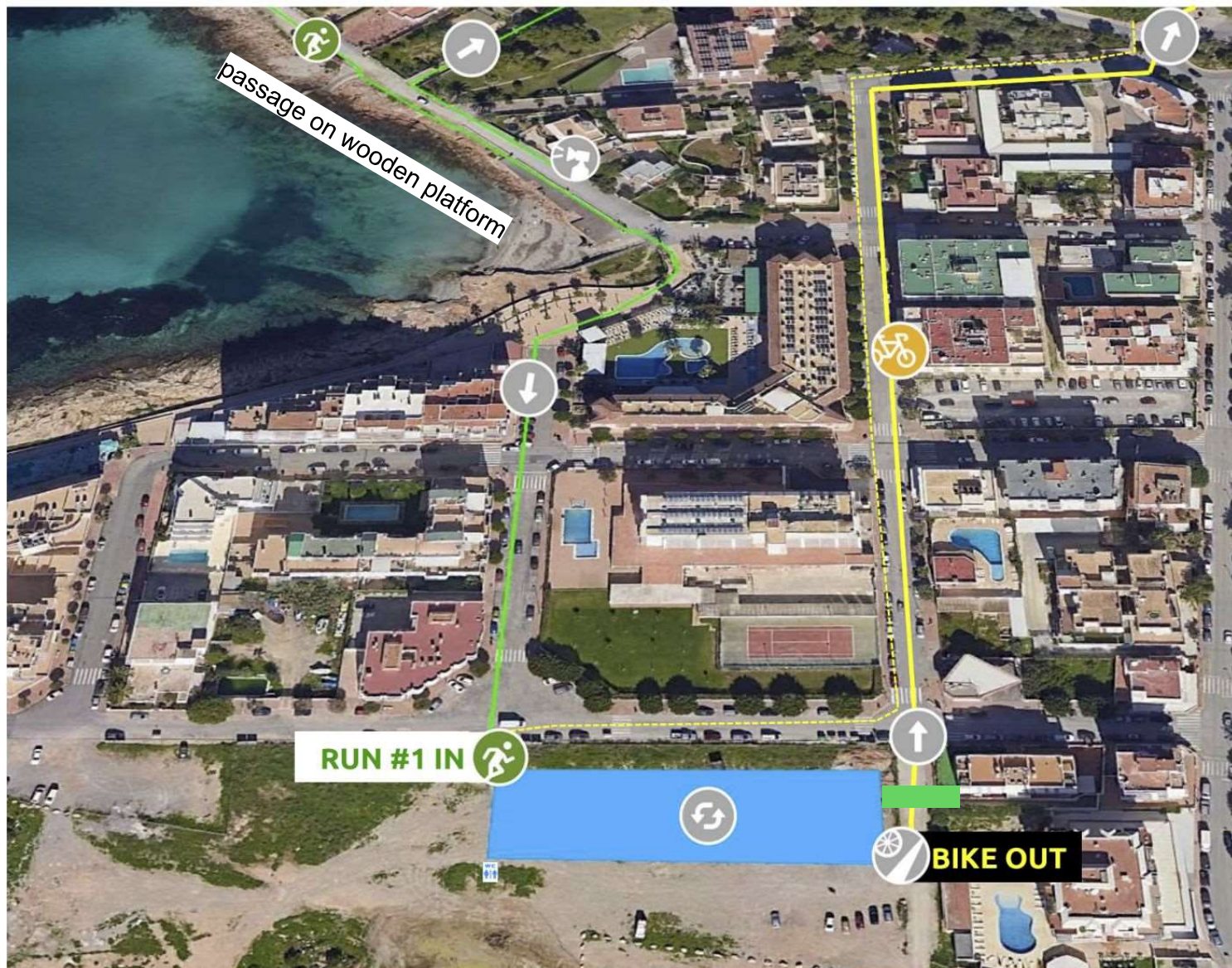


- 1 lap of 5.8k / Elevation: +140m
- 2nd half of the course is on rock terrain
- Aid stations:
 - 2 per lap (1.8k and 4.2k, for locations see the map)
 - Water, **Reusable cups***
 - **Discard “cups” within the net at the end of the transition area** and litter within the littering zones indicated by the following signs:



* Single use plastic is strictly forbidden by law on the island.





Transition Area - AG



- Traditional Bike Racks – 3 per side
- Rack your MTB by the saddle
- Running shoes in front of the box, helmet on the bike
- Bags to the Athletes Lounge
- Used equipment in 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 at the end of the TA

Transition Flow Run-Bike



Bike course - AG



- Connection 0.45k + 2 laps of 10k + Connection 0.45k = 20.9k
- +700m elevation, rocky in some part, some single trails, couple of artificial obstacles
- Course is marked according to the UCI MTB guidelines
- Drafting is allowed in all the categories, but not between men and women
- When safe, give way to faster riders.
[Stay on the right– Pass on the left](#)
- Multiple timing verification points to ensure no cutting of the course

Bike course - AG



- Two repairing zone per lap (see location on the map) (3.5k, 5.8) + one at 10k.
Tools and pump will be available. No wheels stop. Carry with you extra tubes
- Filling Station on the course – no support from volunteers/ must stop and dismount the bike if you need to use it
- Litter only within the littering zones as indicated by the following signs



Bike Course AG

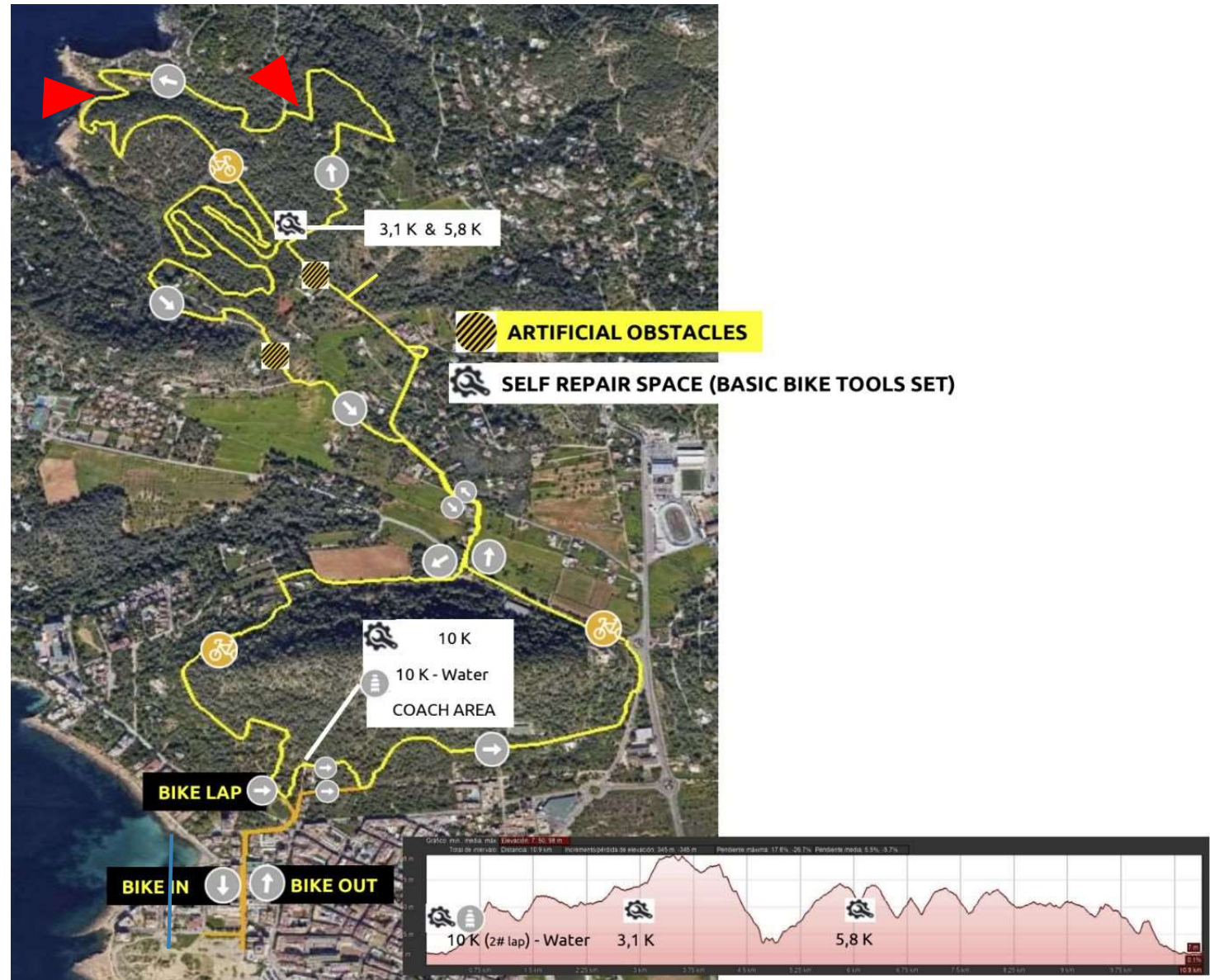
Connection

+

2 LAPS

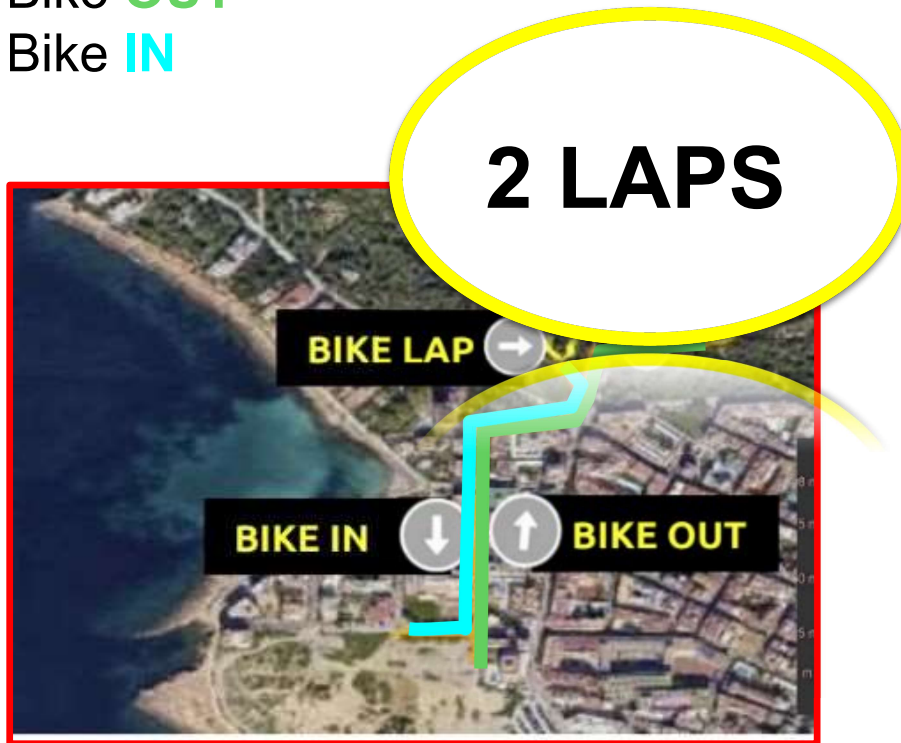
+

Connection



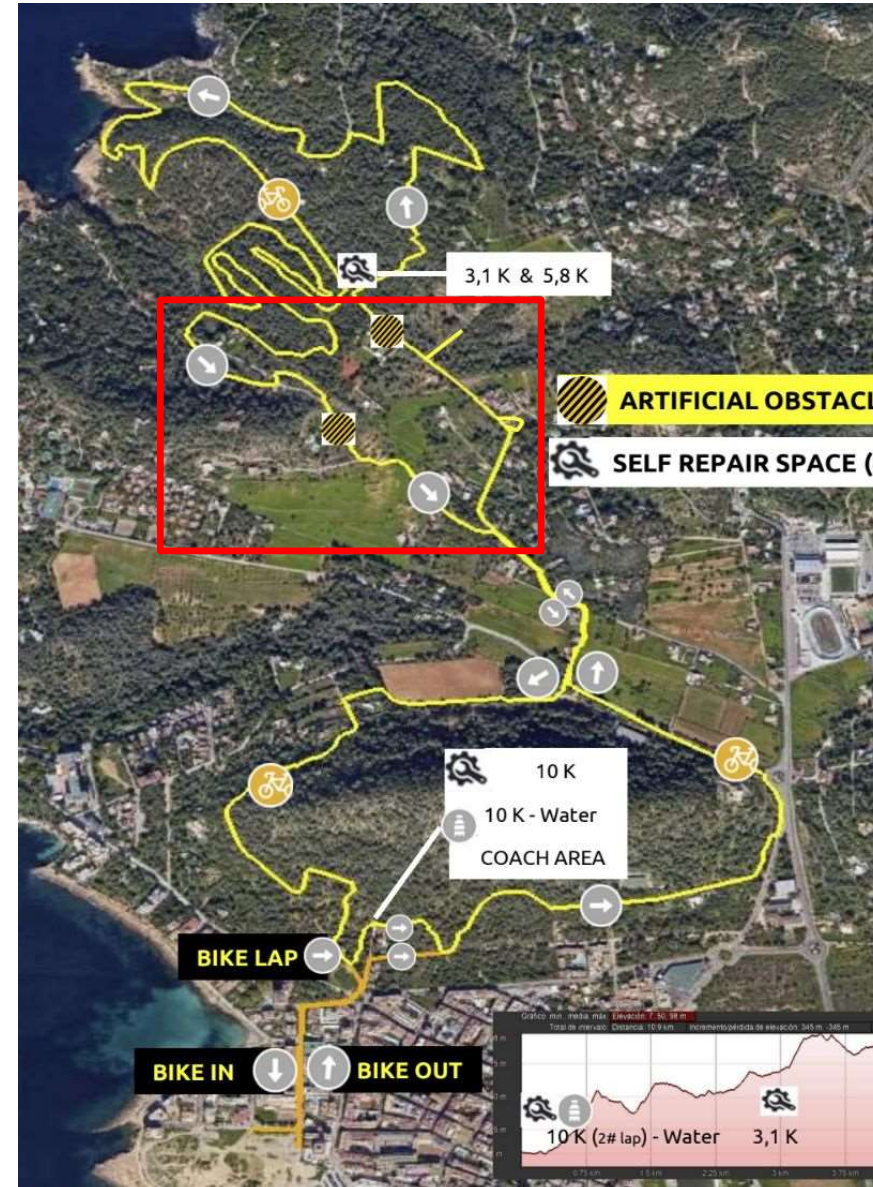
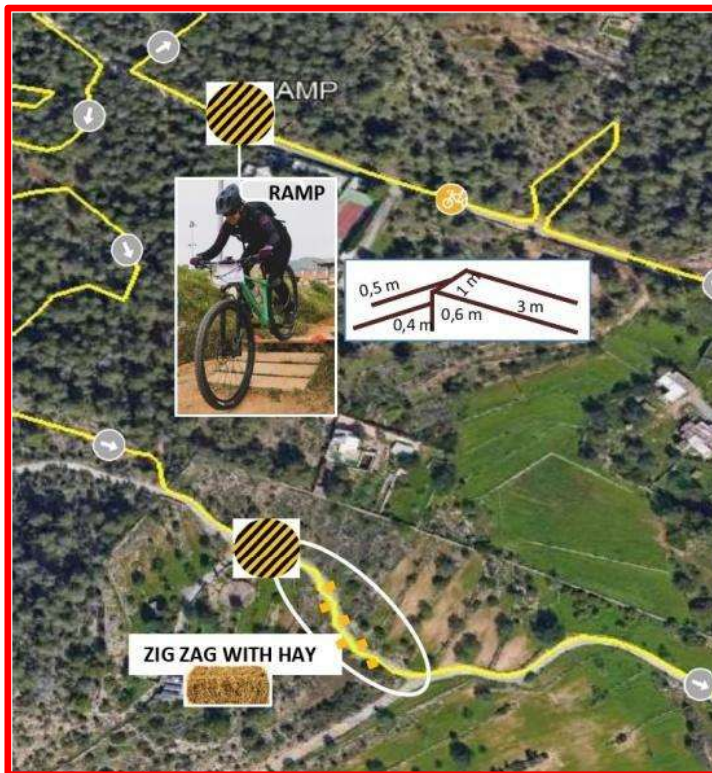
Bike Course - AG

- Bike **OUT**
- Bike **IN**

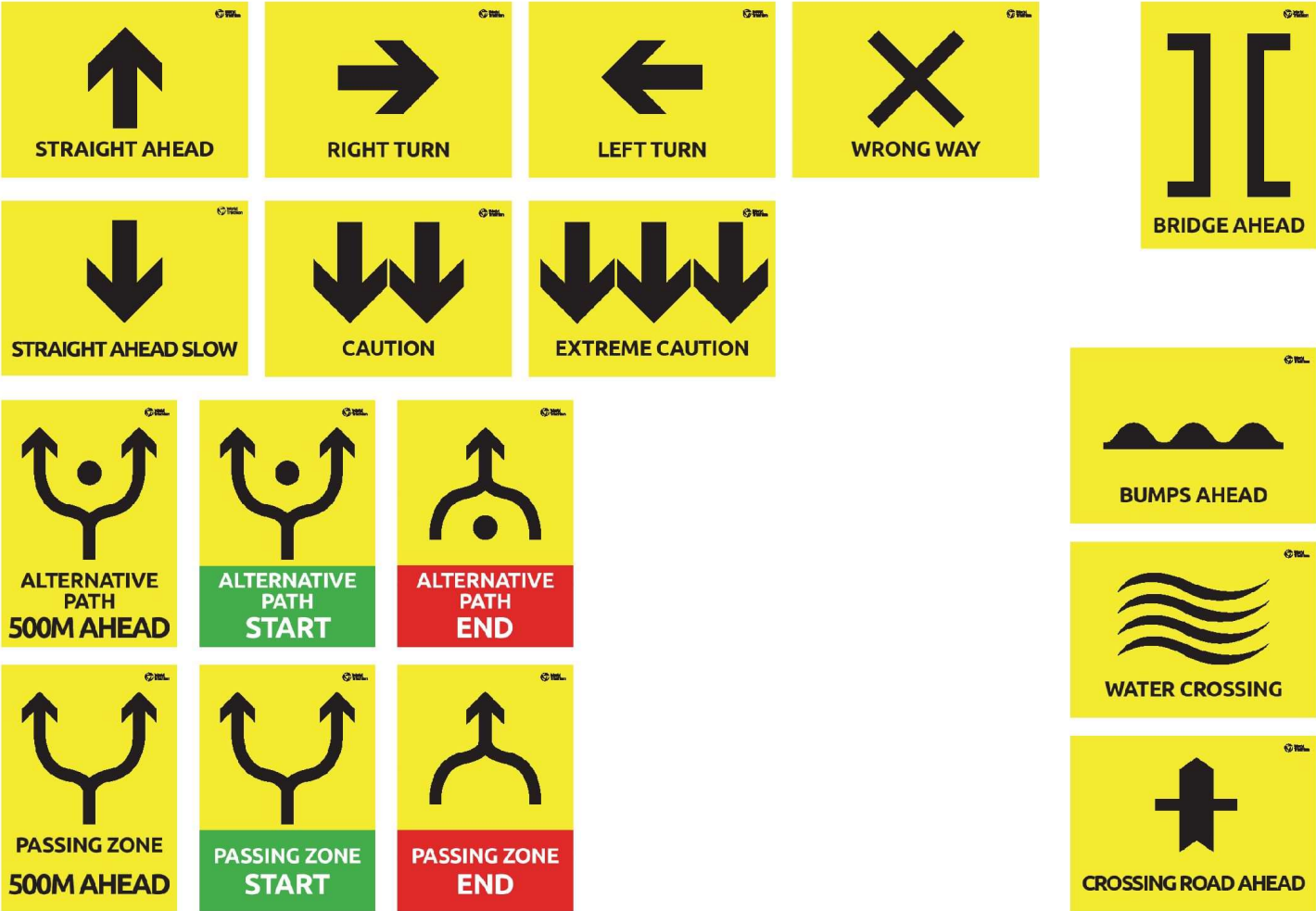


Bike Course - AG

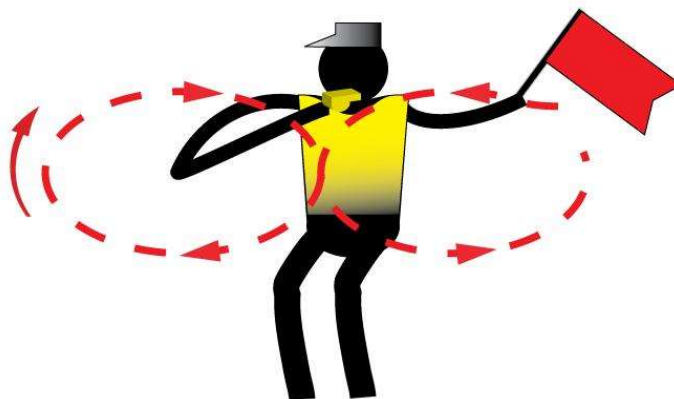
- Artificial obstacles



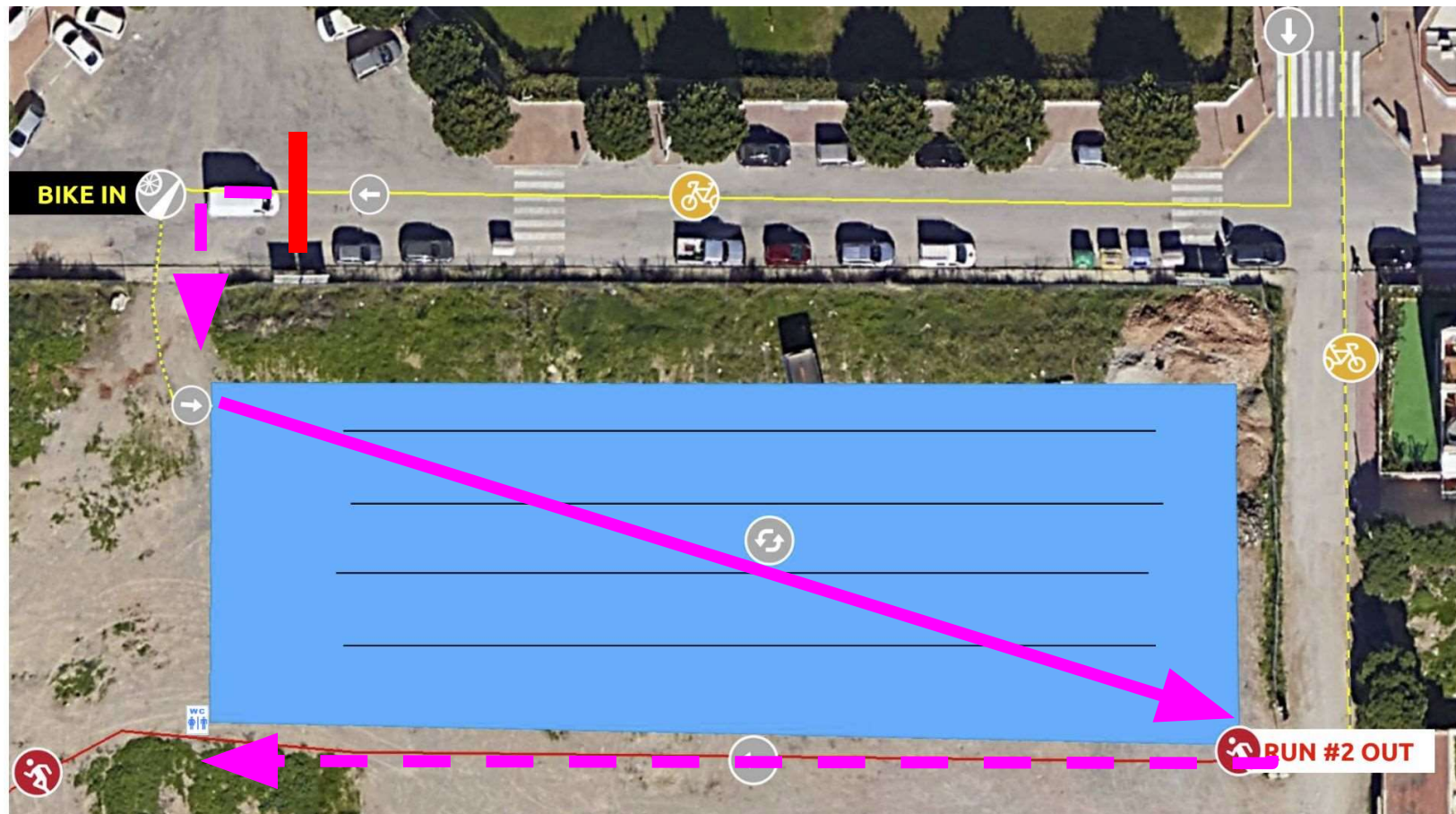
UCI MTB course marking



Caution



27



Run course –AG



- 1 lap of 3k, anticlockwise, rocky
- Aid stations:
 - 2x >> for locations see the map
 - Water, **Reusable cups***
 - **Discard “cups” within the net at the end of the transition area** and litter within the littering zones indicated by the following signs:
- Timing mats control on the course
- Photo-finish
- Congestion in finish area:
 - Go to mixed zone / recovery area



* Single use plastic is strictly forbidden by law on the island.

Run Course Map AG

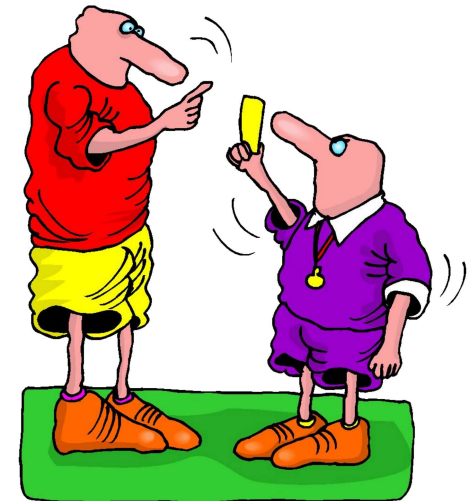


Advice of Penalties - AG



The official will

- Sound a whistle or horn
- Show a **YELLOW** card
- Call your number
- Advise you of the penalty
- The time penalty is served on the spot.
Follow the instruction of the Technical Officials.
- If you are shown a **RED** card, you are disqualified



Post-race Procedures



- When you finish, keep moving through to the mixed-zone and recovery area
- For awards, dress “up” with **race uniform or country clothes**
- Awards Ceremony (see specific slides

Post-race Procedures



Anti-Doping Control

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

Medical

- Only one accredited team medical will be allowed to enter the medical tent after the World Triathlon Medical Delegate's permission.

Results and Medal Ceremony - AG



20:15 AG Medal Ceremony – Finish area
Oldest to younger categories

Be present at the podium 15min before

As per the World Triathlon Competition rules:

- 2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony
- Kids are not allowed on the podium.
- If you can not attend the medal ceremony, your Team Manager or one of your team mates should pick up your medal at the end of the ceremony.

Coaches Accreditation / Coaches Areas



Accreditation

- All coaches have to collect accreditation to be able to enter the venue – **a picture ID needed.**
- 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, Bike Mechanic, Ski man and NF representatives. World Triathlon may add other categories if needed in a specific event.

Accredited Coaches' areas

- Bike: at the filling station near the venue

Cut-off times - **AG**



Finish line 20:15

Heat stress indicators

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



Live Timing and Results



Live timing: available for all races at <https://triathlon.org/timing>.

Provisional results (elite, age group, para) will be available at the following links:

<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaCroDua23Vin>

Official results: will be posted on triathlon.org once the signed off by the Head Referee

Briefings



Briefing presentation will be available on World Triathlon website:

www.triathlon.org/about/downloads/category/race_briefings

Environment



You are going through protected areas.
Please respect nature and bring all
rubbish back to transition area.

Environment



Tree Planting Event - Tuesday 2 May from 10:00 to 12:00

Planting an edible forest in Ibiza

<https://thinkma.world/en/events/planting-edible-forest-ibiza/>

26 'ticket' available

Beach Clean Up - Thursday 4 May from 10:00 to 12:00

<https://thinkma.world/en/events/beach-cleanup/>

Weather forecasts



Tuesday 2 May



23° / 17°

7 m/s

Wednesday 3 May



23° / 16°

7 m/s

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