



Multisport  
World Championships

IBIZA  
2023



# Age Group Athletes' briefing Cross Triathlon

02<sup>nd</sup> 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, President, World Triathlon
- 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
- Jane Vine (GBR), Juniors, Para, AG
- Jorge Garcia, LOC Director

# Competition Jury



- Hugh McAtamney (IRL) Chair
- Renato Bertrandi (ITA), World Triathlon Representative
- Borja Oses (ESP), FETRI

# Schedule and Timetables



## THURSDAY 4th May

17:00 - 18:00 Age Group Q&A (Swim Start)

## FRIDAY 5<sup>th</sup> May AGE GROUP

12:30 – 14:30 Transition Area check-in (San Antonio, Ses Variades)

14:15 Start - Age-Group M 18-39

14:20 Start - Age-Group M 40-49

14:25 Start - Age-Group M 50-59

14:30 Start - Age-Group M 60-84

15:30 Start - Age-Group W 18-49

15:35 Start - Age-Group W 50-79

**Swim cut off time is 1h 10 from start time**

<sup>5</sup> 20:15 Ceremonies (San Antonio, Ses Variades)



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# Race Pack Distribution

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

**Sign the athletes' waiver online before race pack distribution**

Your package includes:

Wristband.



Bike plate: to be mounted flat on your handlebar

Stickers: 1x for your bike, 3x for your helmet, and 1x for your bag

Bib: for the run

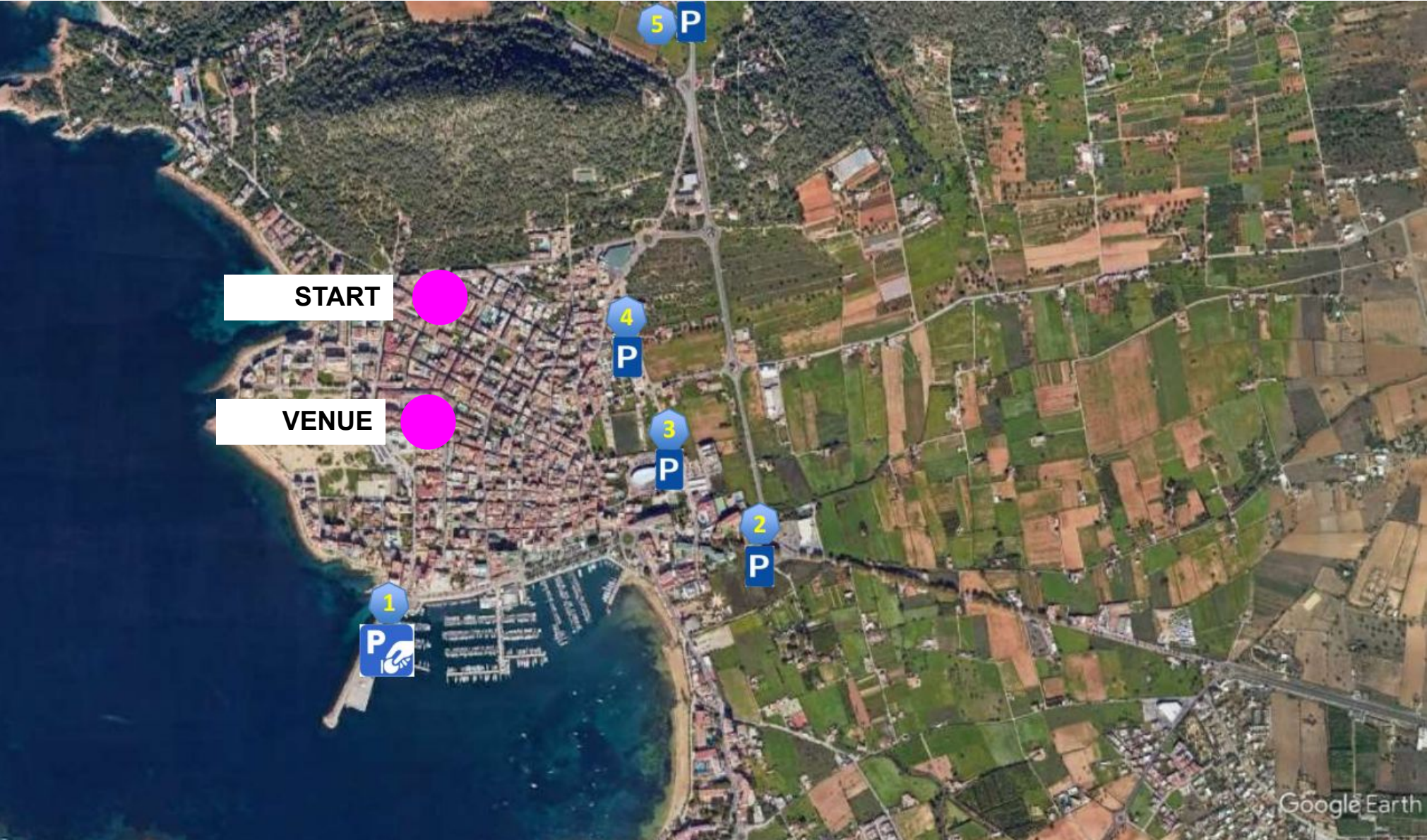
Tattoo : AG: (x2, vertical), with the race number for both arms

Additionally (x1, vertical), with the age group category for the back of your left calf.

Tattoo : (x1 horizontal) for swim cap



# Situation map



# Check-in procedures



## Transition Area

- Uniform check (design, country, logo) + Age-Group athletes and para triathletes may wear uniforms with sleeves that extend to above the elbow and 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 athletes' bike.  
Finishing without a plate is subject to DSQ.
- Helmet check - Don't leave your helmet fastened in the transition
- 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

**please come prepared  
(stickers, body decals,  
MTB plate, uniform ready)**

**CAUTION: MANNED CROSSING  
OF ELITE T1 PATH DURING YOUR  
CHECK-IN**



# Check-in procedures



# Pre-start Procedures



## 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](#)
- **WATER Start** - stay behind the virtual line formed by the buoys
- Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.



Pre-start  
Procedures –  
Line-up area





4	14:15	18-19 Male AG	Gold
		20-24 Male AG	
		25-29 Male AG	
		30-34 Male AG	
		35-39 Male AG	
5	14:20	40-44 Male AG	Green
		45-49 Male AG	
6	14:25	50-54 Male AG	Blue
		55-59 Male AG	
7	14:30	60-64 Male AG	Red
		65-69 Male AG	
		70-74 Male AG	
		75-79 Male AG	
		80-84 Male AG	
8	15:30	18-19 Female AG	White
		20-24 Female AG	
		25-29 Female AG	
		30-34 Female AG	
		35-39 Female AG	
		40-44 Female AG	
		45-49 Female AG	
9	15:35	50-54 Female AG	Gold
		55-59 Female AG	
		60-64 Female AG	
		65-69 Female AG	
		70-74 Female AG	
		75-79 Female AG	



# Start Procedures



- 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.

## Athlete in position

- The start can be given any time after the 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 seconds time penalty in TA1. During the time penalty, the athlete(s) may NOT touch any equipment.**

# The course

**Swim**

1 lap(s) of 1km

**Bike**

450m +  
2 laps of 10 km  
+ 450m  
= 20.9km

**Run**

1 laps of 6km



# Swim course

- On {1/2/23} at {15:00}: 19.9 °C  
23 °C  
**<WBGT> <reading> °C**
- Wetsuit likely allowed, decision will be 1 hour before race
- Neoprene vest + buoyancy shorts not allowed
- 1 laps ,total distance of 1km
- Distance to the first turn buoy <length in meter>m
- Take cap, goggles to transition into your box
- Swim cut-off – as per World Triathlon competition rules **1h 10m**



Keep only the flag corresponding to the WBGT reading and remove the others



# Swim course map

## SWIM

1 lap x 1k



# Swim exit to TA





# Transition Area - AG

- Traditional Bike Racks – 2 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

# Bike course - AG



- Connection 0.45k + 2 laps of 10k + Connection 0.45k = 20.9k
- +700m elevation, rocky in some part, single trails
- 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 OUT





# Bike Course - AG

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





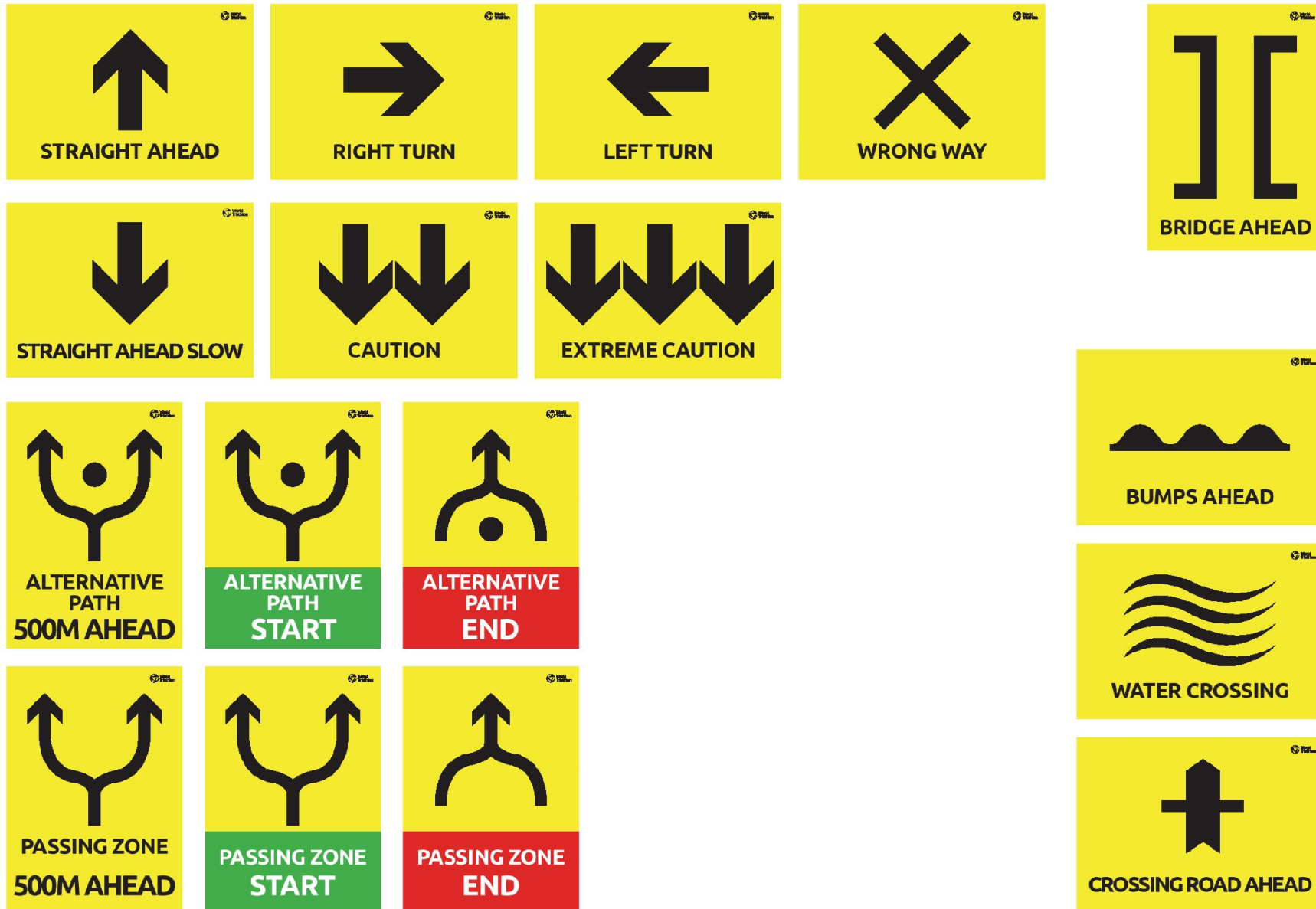
# Bike Course - AG

- Artificial obstacles

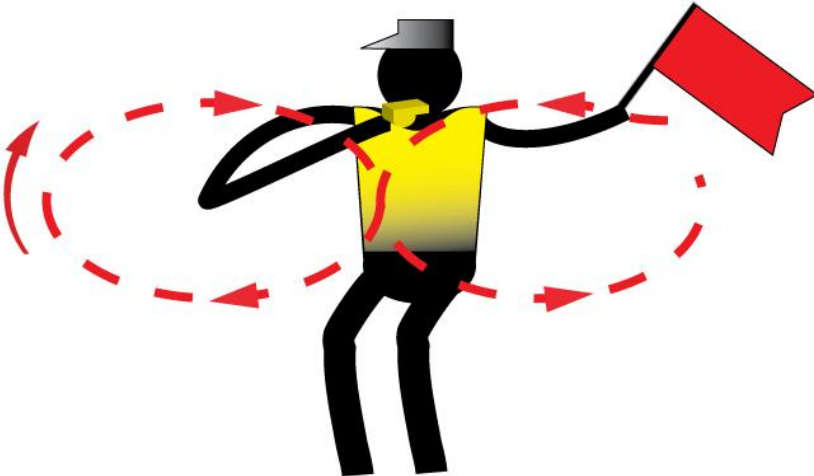




# UCI MTB course marking



# Caution



# Transition 2 - Bike to Run



# Run course –AG

- 1 lap of 6k (+43m elevation), anticlockwise, rocky sections
- 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 immediately following finish

# 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. 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.

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# Cut-off times - AG



**Swim** 1h10 from the start of the wave (World Triathlon Competition Rules)

**Finish line** 20:15



# Water Quality Assessment (Sea/Transition)

Enterococci	
24 April 2023	NMP/100mL
Location A	12
Location B	12
Location C	19
Enterococci limit	<100

E.Coli	
24 April 2023	NMP/100mL
Location A	23
Location B	17
Location C	20
E.Coli limit	<250

PH	
24 April 2023	
Location A	7.8
Location B	7.8
Location C	7.8
PH limit	6-9

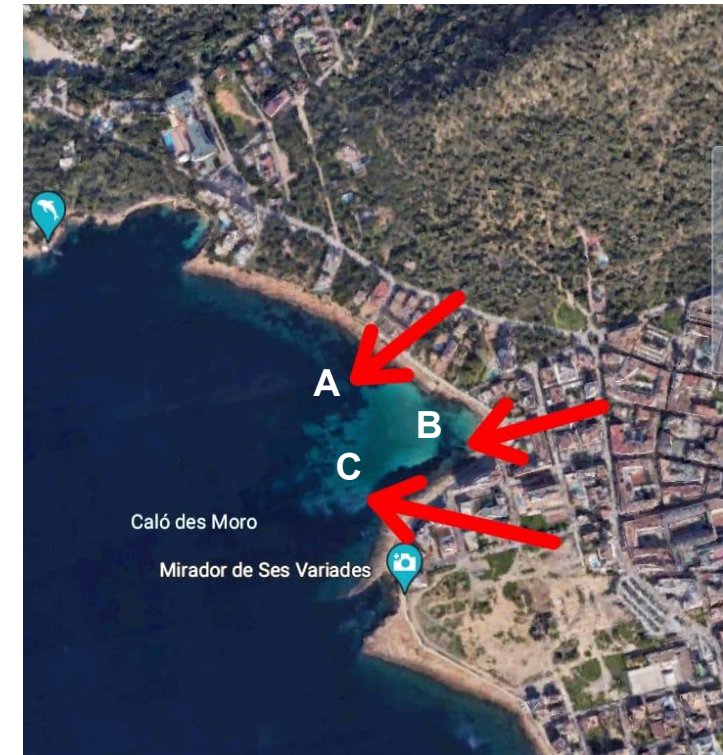
Weather forecast	
Day	Weather
Briefing (B)	Sunny with clouds
B +1	Sunny
Race Day	Sunny

Weather report	
Day	Weather
B-3	Sunny
B-2	Sunny
B-1	Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
San Antonii	None	None	18:_30	Clear

**SUMMARY**

**1 = 'Very Good Water Quality':** (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain)



# Heat stress indicators

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



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



## **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



Wednesday 3 May					23° / 16°	7 m/s
Thursday 4 May					22° / 15°	6 m/s
Friday 5 May					23° / 17°	6 m/s

# 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:

1. Sprint Duathlon World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaSprDua23Vin>
2. Standard Duathlon World Championships Standard Age group and para duathlon: - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaStaDua23Vin>
3. 2x2 Mixed relay - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaStDuMr23Vin>
4. Aquathlon World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAqua23Vin>
5. Cross Duathlon World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaCroDua23Vin>
6. Cross Triathlon World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaCroTri23Vin>
7. LD Aquabike World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAqBike23Vin>
8. LD Triathlon World Championships - <https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaLdTri3Vin>

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



Briefing presentation will be available on World Triathlon website:

[www.triathlon.org/about/downloads/category/race\\_briefings](http://www.triathlon.org/about/downloads/category/race_briefings)



# 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  
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# Have a good race!



Be your  
extraordinary