

NTT
triathlon
Asian Cup Takamatsu

06 July 2018, Friday, 16:00

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

- **Shin Otsuka (JPN), ITU and ASTC Vice President**
- **Ken Koike (JPN), JTU Team Leader**
- **Leo Mo (HKG), ITU Technical Delegate**
- **Mineki Sonokawa (JPN), ITU Assistant Technical Delegate**
- **Tsuyoshi Kakuta (JPN), ITU Head Referee**
- **Yoshiki Yamagami (JPN), Dr. Medical Delegate**

Competition Jury

- Leo Mo (HKG),
ITU Technical Delegate – Chair
- Shin Otsuka (JPN),
ITU and ASTC Vice President – Member
- Hiroshi Namba (JPN),
LOC Representative – Member

Schedule and Timelines

06 July, Friday

18:30 Race pack pick-up (after the athletes briefing)

Your Package includes:

Swim Cap

Bike & Helmet Sticker (1 sheet)

Number Decals

Program Magazine

Souvenir Hand Fan

(Timing chip to be handed on race day)

Schedule and Timelines

08 July, Sunday – Elite Men and Elite Women

05:30 - 06:30	Athletes Lounge Check-in
05:30 - 06:30	T1/T2 Transition Area Open
06:05 - 06:35	Swim Warm-up
06:45 - 07:00	Start Ceremony / Elite Women Line Up And Introduction
07:00	Elite Women Race Start
07:30-07:40	Elite Men Line Up And Introduction
07:40	Elite Men Race Start
10:00	Medal Ceremony

Check-in procedures

Transition Area (Bike check) T1 athlete lounge

- Refer to 5.2 in competition rules
- Handle bars with clips-on
- Wheels and spare wheels (non authorized UCI wheels rule)
- Wheel Station is located at the entrance of underpass. You can put team wheels in athlete lounge near finish.
- 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 at Athletes Lounge
- Bike frame check

Check-in procedures

Transition Area (Bike check)

- Saddle position ($-5 \text{ cm} \leq \text{Men}$ & $-2 \text{ cm} \leq \text{Women}$)
25% random check
- Approved exceptions on ITU website
https://www.triathlon.org/uploads/docs/itu_sport_elite_bike_saddle_rule_exceptions_updated_20180327.pdf
- Approval for the addition/modification of any equipment to the bike, **MUST** be obtained from the TD at the end of the athletes' briefing
- **Mechanic service not available**

Map Athletes' Lounge



Check-in procedures

Athletes Lounge

- Uniform & race gear check (name, country, logos, ITU logo) – photos taken of each uniform.
Wearing other uniform during the race = DSQ!
☞ **This procedure done before race briefing.**
- Body marking check (both arms, both legs)
- Timing chip distribution (1 for the ankle)
- 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

Transition Area 1 (close to swim start)

- 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.

- The bike must be racked by **saddle hooked**.
- Helmet on the bike

Transition Area 2 (Next to finish chute)

- Running Shoes Inside the box (Due to narrow space)
- The bike must be racked by **saddle hooked**.

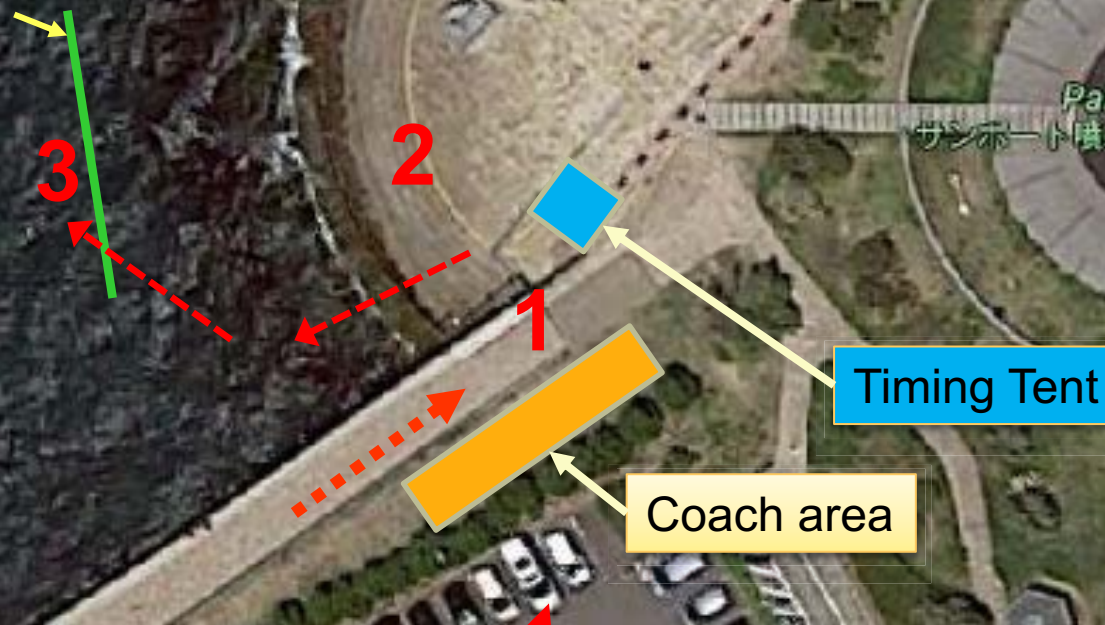
Pre-start Procedure

Athlete Introduction:

- 10 minutes for both Men and Women before start.
- Line-up next to the timing tent, near swim start.
- Athlete's are required to wear the official swim cap from the moment of the athletes' line-up.
- Upon being called, lined up at the start grid on the concrete pier, enter the water once TO called.
- One roll for women and two rolls for men in the water

Line up Map

1. Line up near timing tent
2. Move to the stair when your name announced
3. Proceed to start area (between two official in the water)
1 for women, 2 rolls for men



Start Procedure

Athletes in position:

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

The Course

Swim

1 lap of 750m

Bike

4 laps of 4.8km = 19.2km

Run

2 laps of 2.5km = 5.0km

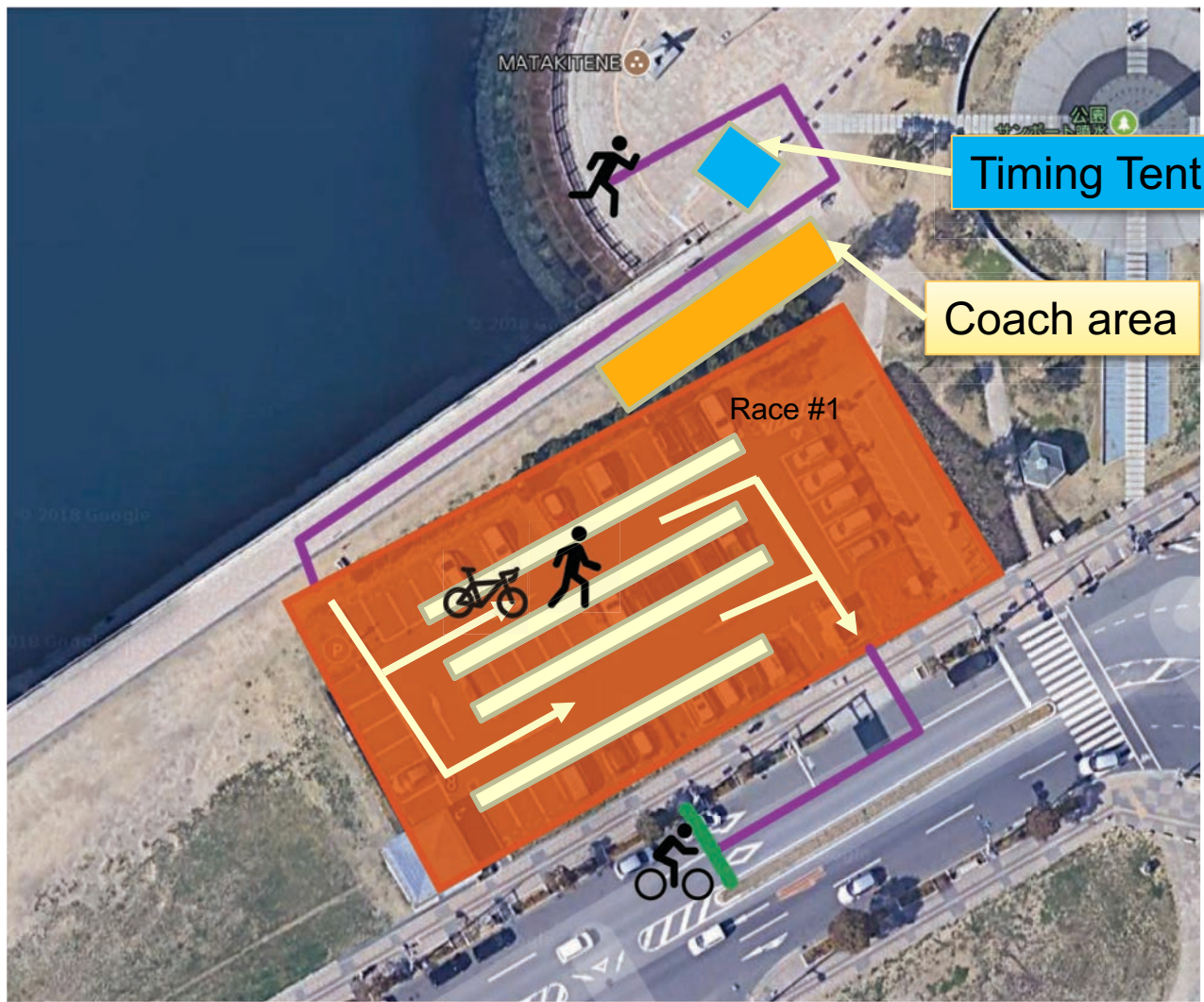
Swim course

- Water temperature: 23 °C
Air temperature: 22 °C
- Wetsuit not allowed
- 1 lap (total distance of 750m)
- **Counter-clockwise** direction
- Distance to the first turn buoy **345m**
- **Swim behavior will be closely monitored and recorded by swim course technical official**
- Put swim cap and goggles in your box at TA1

Swim course Map



Swim Exit to TA1



Transition Area

- TA1 – Traditional Bike Racks – Race number
- TA2 - Traditional Bike Racks (Free rack, will explain later)
- All used equipment (helmet) into your box .
Not doing so --> time penalty
- Mount line (**Green Carpet**) at the end of the TA1
- Dismount line (**Red Carpet**) at the begin of TA2

Bike course

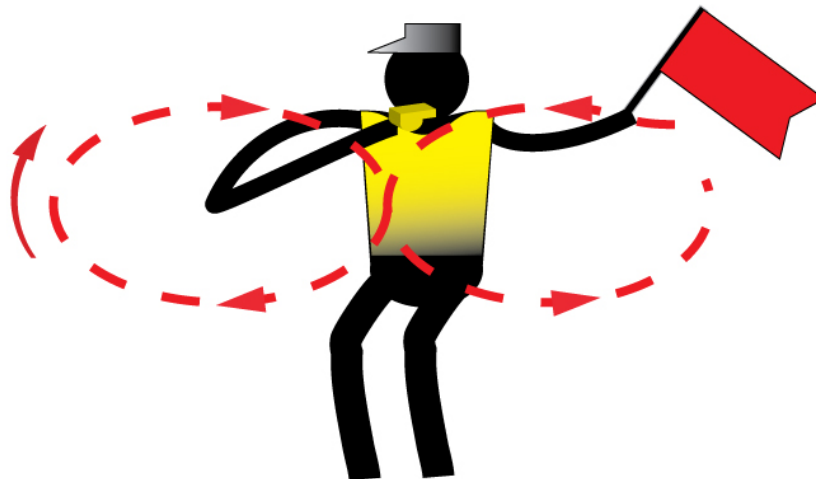
- 4 laps (total distance of 19.2km)
- Mostly flat, except for underpass which has slight slope
- 1 Wheel Stations (Team) near TA2
- Lap Counter: at the entrance of underpass
- **Lapped athletes are out of the race**
- **No littering zone -> drop something on course will have time penalty**
- First runner – last biker scenario

Bike Course Map



Caution

Caution signal: three sharp whistles and red flags



Transition 2 Flow

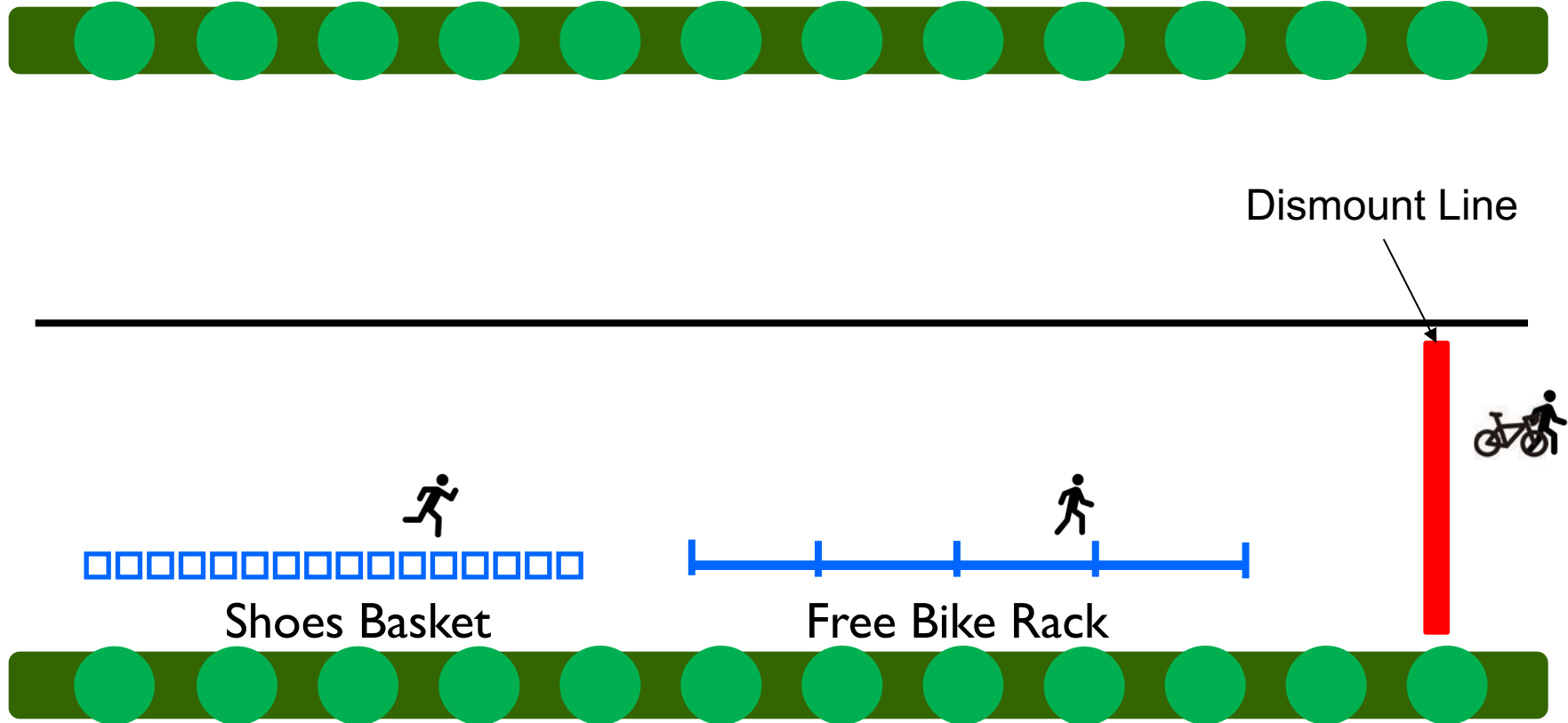


Bike Racking In Transition



Saddle hooked

Transition Area TA2 Flow



Run course

- 2 laps (total distance of 5.0 km)
- Lapped runners – cannot run with leading runners
- Aid stations:
 - 1 per lap
 - For locations see the map
 - Sealed water
 - Discard plastic bottles within the littering zones. (20m before and 80m after Aid stations)
- Photo-finish



Run Course Map



Run Penalty Box

Refer to 3.3 on the Competition Rules

- Start infringements will be served in TA1
- All other infringements will be served in Run Penalty Box
(Transition will be videotaped for infringements)

Location: 150 m before the Finish Line

Information: White board to show race numbers and alphabets to indicate violations

Procedure: 10 seconds 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 appeal the penalty . Evidence will only be made available if an appeal is filled.

Run Penalty Box

The athletes' race number and a letter (indicated the nature of infringement) must be posted on the white board at the run penalty Box. These letters are:

D = Dismount Line Violation

S = Swim Conduct

M = Mount Line violation

E = Equipment Outside Box

L = Littering

V = Other Violations

For example:

12D athlete #12 received a time penalty for a dismount line violation

2x12ME athlete #12 received 2-time penalties for mount line and equipment outside the box violations

To Finish



Post-race Procedures

- Medal Presentation at 10:00 (Men & Women)
- Please be at the venue at 09:45
- For awards, dress “up” – with race uniform (or country clothes) **Ambush marketing rules apply**
- Prize money distributed after the race

Weather forecast

	Temp	Weather
06 July Friday	25°C	Rain
07 July Saturday	25°C	Rain
08 July Sunday	22-27 °C	Rain-Cloudy



GOOD LUCK!