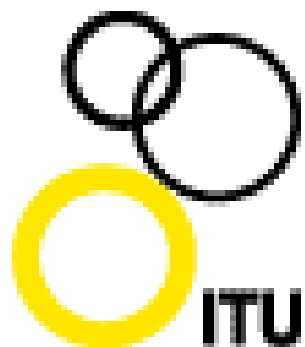




2006 ITU Ishigaki Triathlon World Cup

Race Briefing



Briefing agenda

- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- The course
- ITU Primes
- Weather forecast

Yokoso_(welcome)

Les McDonald, ITU President

Chiharu Igaya (IOC), ITU Vice President – JITU President

Shin Otsuka, Event Organizer

Gergely Markus, ITU Team Leader

Kiriyo Suzuki, Technical Delegate

Hiroyuki Mizuhata, Referee & Race Director

2006 ITU Ishigaki Triathlon World Cup

ITU Media Team

- **Brian Mahony, Online Services Director**
- **Stephen Bourdeau, Media Coordinator**
- **Fergus Murray, Online Services**
- **Al Stewart, ITU Television Field Director**
- **Delly Carr, Photographer**
- **Barrie Shepley, “Voices of Triathlon”**

Competition Jury

- **Shin Otuska, ITU Board**
- **Kiriyo Suzuki, ITU TD**
- **Gergely Markus, ITU Team Leader**

Event Venue Locations

- **Main Venue**

“Triathlon Stadium” at Tonoshiro Port

- **Welcome Party** Host by Mayer Ohama

After the Race Briefing

at Hotel Nikko Yaeyama for all athletes

* Shuttle bus: 5:40 pm from Lobby

- **Official Swim Training**

15:00 ~ 15:45 on Saturday Race Site

- **Post Event Party**

Maezato Park

Race Day Check-in Procedures

- Bike Check (final): logos, handlebars, frames
- Race Number
- Uniform check (final): 2006 rules
- Bike & Helmet Number
- Swim Cap
- Body Number
- Body decals check - should already be on
- Ankle band (Timing chip)

2
3

~~2~~ 3

Give you before the start

Important:

- Extra Clothing: Leave in Athlete Area

not in transition area.

Race Day Schedule for Women



Race Start

13:00

Race Day Schedule for Men



Race Start

15:45

Start Procedure

- **Line-up in swim exit according to race number**
- **Move to start when announced and select start position (numbered spaces)**
- **Stay behind the line**
- **Starter's Instruction:**
 - **“Take you are mark” (air horn start)**
 - **Forward motion at horn**

Swim

- **Water Temperature: 23.5**
- **2 laps**
- **Distance to the first turn buoy: 250 m**
- **Take caps & goggles to transition**

Swim Course



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False Start

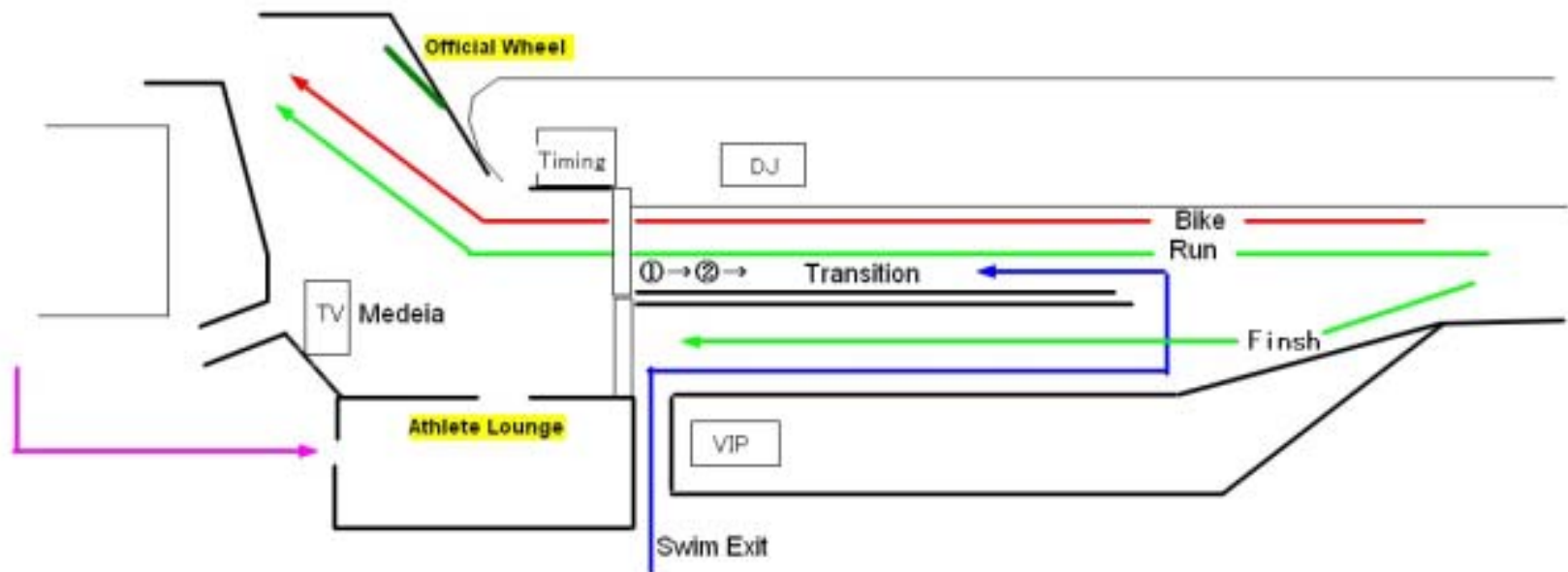
- **False start 1.**
 - Several horn blasts
 - Boards in front of you
 - Everyone goes back to her/his spot
- **False start 2.**
 - If someone starts before the horn and everyone else starts with the horn, the athlete who false started will receive a time penalty of 15 seconds in TA1. (During the time penalty athlete can not take any equipment!)

Transition Area

- Chin straps
- Mount Zone - Blue
- Dismount Zone - Red
- No discarding items: helmet, bottles

Transition Area

Transition Plan



Primes

- **#1. After the first lap of the swim**
Prim line is at the turn
- **#2: Lap 2 of bike**
- **#3: Lap 5 of bike**
Prime line is back of the DJ booth.

Bike Course

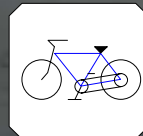
- **If wet....be extra caution!**
- **6 laps**
- **Lap Counting - bell lap**
- **Lapped athletes**



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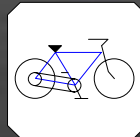


Wheel Stop



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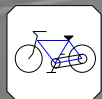
BIKI 6laps



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Wheel Stop



Wheel Stops

#1: Transition Exit

#2, #3: 2-way at Chisan Hotel

	Front Wheel		Back Wheel	
Shimano	26"	27"	26"	27"
Campi		27"		27"

Run Course

- 3 laps
- 1st lap is longer to prevent overlap with bike
- 3 water stations per lap
- Sealed water bottles
- Ties – Photo finish
- Victory lap - after 5% or 8



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Post-race Procedures

- No congestion in finish area - go to mixed zone or recovery area
- Victory lap – after podium
- “Interview Area” behind finish area (no formal press conference)
- 1st, 2nd, 3rd - host broadcaster first.

Awards Protocol

- Podium Ceremony after elite men's race (top 3)
- Assemble in athlete's recovery area
- Dress "up" - team uniform!

Weather Forecast

Temperatures range 24°C

Cloudy

Humidity: 80%

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Go For World Peace!
ITU Triathlon WORLD CUP

石垣島トライアスロン大会実行委員会

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