



Multisport
World Championships
IBIZA
2023



Age-Group Aquathlon Athletes' briefing

Sunday 30 April 2023



Agenda

Welcome and Introduction

Competition Jury

Schedules and Timetables

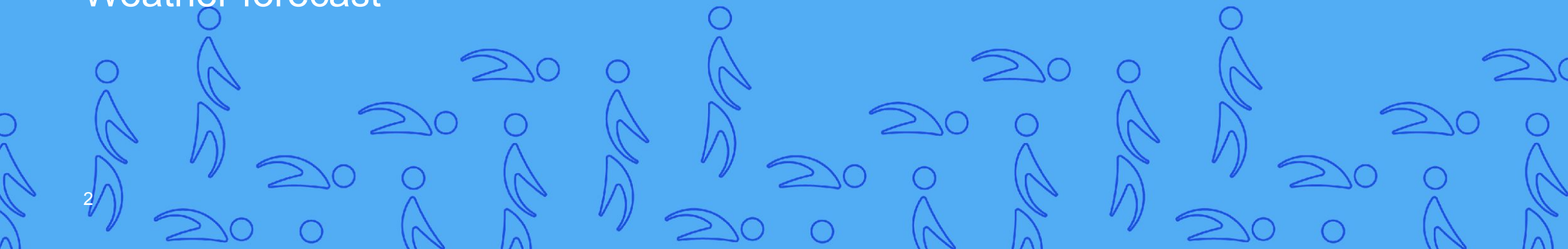
Check-in and Procedures

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 AG
- Jorge Garcia (FETRI), LOC Director

Competition Jury



- Monica Zubillaga, TD (ESP), Chair
- Thanos Nikopoulos, World Triathlon Representative
- Alicia Garcia, FETRI Representative

Schedule and Timetables



THU 27 APR 2023 – RACE DAY – AG

17:00– 20:00 Race pack Distribution in Ibiza

FRI 28 APR 2023 – RACE DAY – AG

11:00 – 17:00 Race pack Distribution in Ibiza

SAT 29 APR 2023 – RACE DAY – AG

11:00 – 17:00 Race pack Distribution in Ibiza

SUNDAY 30 APR 2023 – RACE DAY – AG

11:00 – 20:00 Race pack Distribution in Ibiza

17:00 – 19:00 Swim course familiarization - ALL)

Schedule and Timetables



MONDAY 1 MAY 2023 – RACE DAY – AG

08:00 – 10:00 Transition Area check-in for ALL

11:00 AG 1ST WAVE

12:10 AG LAST WAVE

14:00 AG 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 envelope includes:

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



Note: Timing chips will be distribution 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 to above the elbow and not covering the elbow in any distance competition. Zipper fully up for last 200m.
- Body decals
- Distribution of timing chips
- Running Shoes outside the box - against the box
- Drop your bag in the bag drop off area . Bags will be moved into recovery area.

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



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 start line, select your position
[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.

Pre-start Procedures - AG



Wave	Start Time	Category	Swim cap
4	11:00	16-24 Male AG	GOLD
5	11:05	25-29 Male AG	GREEN
6	11:10	30-34 Male AG	BLUE
7	11:15	35-39 Male AG	RED
8	11:20	40-44 Male AG	WHITE
9	11:25	45-49 Male AG	GOLD
10	11:30	50-54 Male AG	GREEN
11	11:35	55-59 Male AG	BLUE
12	11:40	60-69 Male AG	RED
13	11:45	70+ Male AG	WHITE

Wave	Start Time	Category	Swim cap
14	11:50	16-29 Female AG	GOLD
15	11:55	30-39 Female AG	GREEN
16	12:00	40-49 Female AG	BLUE
17	12:05	50-59 Female AG	RED
18	12:10	60-69 Female AG	WHITE

Athlete in position

- The start can be given any time after the HR announces "**On your mark**"
- Air horn blast
- The race starts
- Athletes not moving forward at the start will receive a 15 seconds time penalty in TA1.
-
-
- Starting in an earlier wave: **DSQ**
- Starting in a later wave: **time starts from your wave.**
- No start between waves is allowed.
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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

1 lap of 1km

Run

1 lap of 5km



Swim course



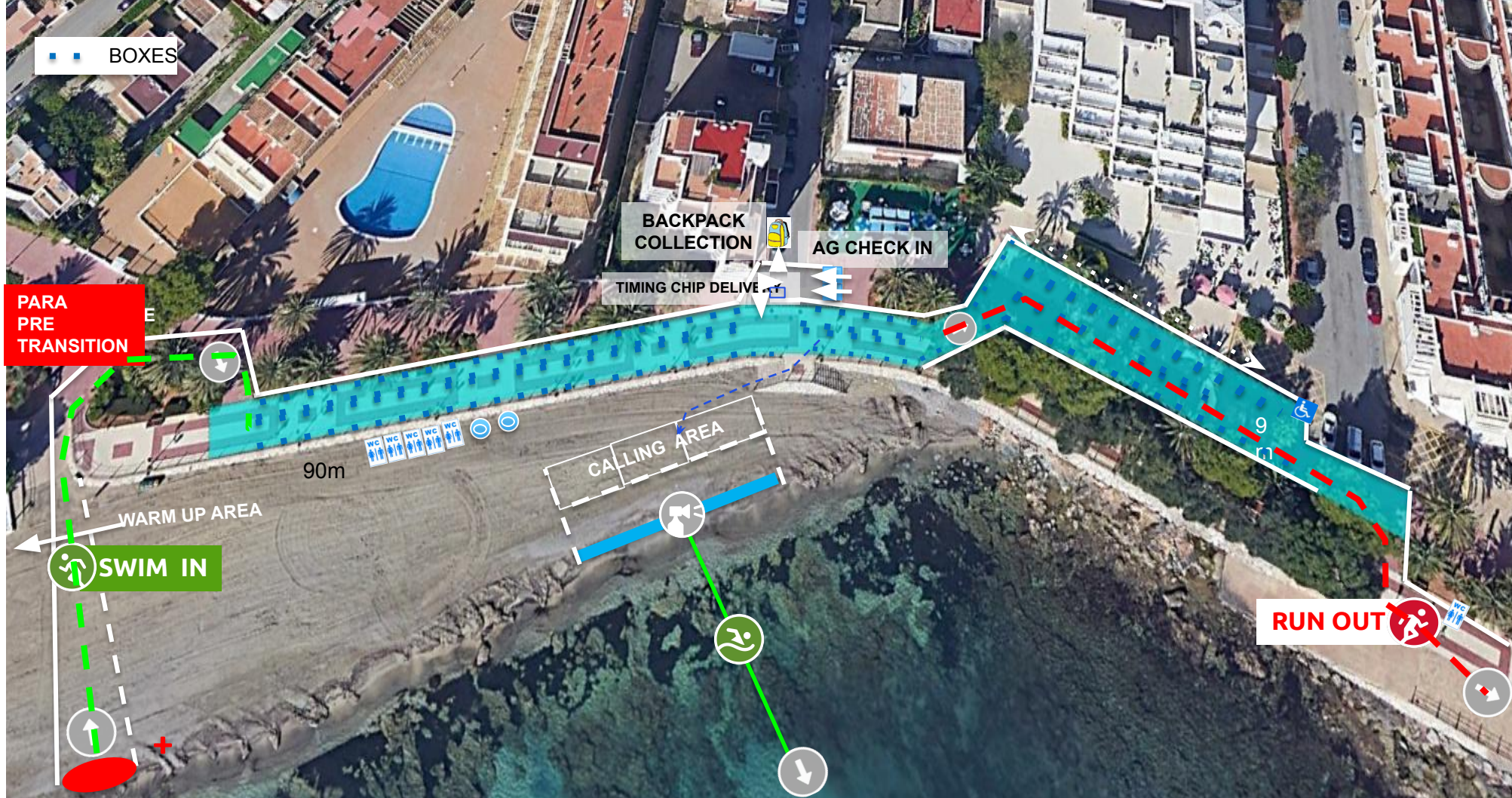
- On 27 Apr at 10:00: Water 19 °C (Ibiza)
Air 19 °C
<WBGT> <reading> °C
- Wetsuit allowed / Wetsuit not allowed {to be confirmed}
- 1 lap of 1000m, clockwise
- Distance to the first turn buoy 320m
- Take cap, goggles to transition into your box
- Swim cut-off: 1h10 minutes from start wave



Swim course map



Transition flow Swim to Run



Transition Area



- No Racks >> number is in your box.
- The transition will be divided into zones. (e.g.A,B,C) to help orientation.
- **Narrow path through Transition**
- **ALL equipment (used + unused)** must be deposited in the corresponding bin..

Run course



- 1 lap of 5km, anticlockwise
- Aid stations:
 - 3 per lap (100m, 1.9k, 3.8km) 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 mat controlling 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.

*see zoom on the next slide



RECOVERY AREA

Coach area



ONLY CHAIRS



ADAPTED TOILET



WATER

100m

Gráfico: min... media, máx. Elevación: 1.4 - 9 m

Total de intervalo: Distancia: 5.00 km Incremento/pérdida de elevación: 63.7 m, -59.7 m Pendiente máxima: 8.8%, -6.0% Pendiente media: 1.8%, -1.7%





ONLY CHAIRS



ADAPTED TOILET



WATER



1,9K / 3,8K



Google Earth

Recovery area



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



Medal Ceremony - AG



14:00 AG Medal ceremony

Meet 15min before at the podium

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.

Post-race Procedures



Anti-Doping Control

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

Team Medical Access

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

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.
- Pick-up at Athlete registration - Ibiza harbour

Coaches' areas

- Before the penalty box

Water Quality Assessment (Sea/Transition)



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:

Aquathlon World Championships -

<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaAqua23Vin>

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

Weather forecasts



Friday 28 Apr.					26° / 16°		6 m/s
Saturday 29 Apr.					28° / 18°	0.2 mm	6 m/s
Sunday 30 Apr.					23° / 17°		8 m/s
Monday 1 May					21° / 15°	11 mm	2 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