



Multisport  
World Championships

IBIZA  
2023



# AG Sprint Duathlon briefing

27 April 2023



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Weather forecasts



# Welcome and Introductions



- Marisol Casado (ESP), President, World Triathlon
- Thanos Nikopoulos (GRE), World Triathlon Team Leader
- **Ross Capill (NZL)**, Hugh McAtameny, Monica Zubillaga, Line Amlund Hagen, Stefane Mauris, World Triathlon Technical Delegates
- Angela Pedro (POR), World Triathlon Medical Delegate
- Dirk Bogaert, World Triathlon Head Referee
- Jorge Garcia, LOC Director

# Competition Jury



- Ross Capill, (NZL) Chair
- Thanos Nikopoulos (GRE) World Triathlon
- Alicia Garcia (ESP) - FETri

# Schedule and Timetables



**Please take note of the following times - some of them are incorrect in the Athlete Guide**

## **Thursday 27 April**

17:00 - 20:00 Race pack pick-up (Ibiza - Port)

## **Friday 28 April**

11:00 - 17:00 Race pack pick up (Ibiza - Port)

14:30 - 15:30 Age Group Sprint Q&A - Santa Eulalia (Transition)

14:30 - 17:30 Age Group Sprint - Mandatory Bike Check In - Santa Eulalia

17:30 - 19:30 Parade of Nations and Opening Ceremony - Santa Eulalia

## **Saturday 29 April**

06:30 - 08:00 Age Group Sprint Race Day Transition Check In

**08:00 - 08:28 Age Group Sprint Start Waves (explained later)**

11:15 Age Group Sprint - Finish Line cutoff

12:40-13:10 Age Group Sprint - Medal Ceremony - Santa Eulalia Town Hall

# Parade of Nations



- Friday 28 April
- Assemble at 17:30
- Parade of Nations is about 400 meters



# Registration Process



Registration and Race Pack pick up will be open at the following times:

- Thursday 27 April from 17:00 until 20:00
- Friday and Saturday 28/29 April from 11:00 until 17:00
- The registration centre is in Ibiza located at the Port.
- 
- All athletes will be issued with a colour-coded wristband at registration. This must be attached before leaving registration and remain on until the conclusion of the event.

# Registration Process



- Athlete must register in person.
- Athlete must present a photo identification document (passport, driving licence, national id card, triathlon licence with photo).
- **No payment – no race pack:** payment in cash at the accreditation desk is possible before the registration process. Payment can be made by Team Manager or directly by the athlete if approved by the Team Manager

## Support team

- 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, and NF representatives.



# Race packages

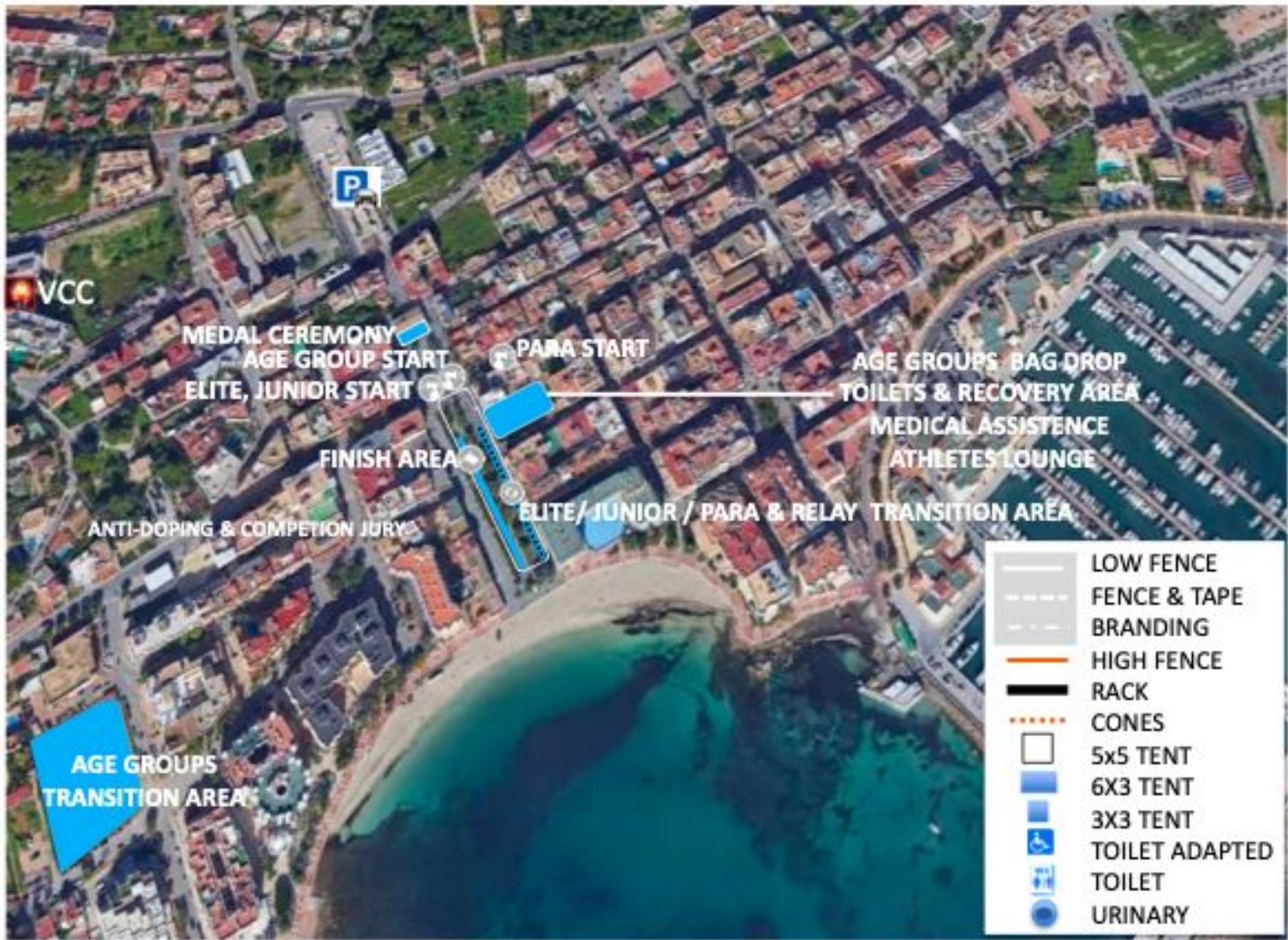


**Please check** that you have the following

- Race number (safety pins)
- Body decals
  - Arms (x2) + category for the calf
- Race Stickers:
  - Helmet (3x),
  - Bike (1x),
  - Bag (1x)
- Athlete wristband
  - The wristband must be attached at registration and stay on until after the conclusion of the event
  - Sprint = Green
  - Standard = Blue

Note that Timing Chips will be issued at Bike Check In

# The Venue





# The Venue



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# The Venue



# Age Group Sprint Duathlon



# Transition Check-in Schedule - Age Group Sprint

**Friday 28 April**

14:30-17:30 Mandatory Bike Check In check time

- Bikes will be checked for compliance with World Triathlon rules
  - Most important for Sprint Distance is no aerobars or clip-on bars are allowed and no disc wheels are allowed

## **Preferred Check In Times**

14:30 - 15:30: ARG, AUS, AUT, BEL, BRA, CAN, CRC, DEN, EGY, ESP, FRA, GER, HUN, IRL, ITA, JPN, KUW

15:30 - 16:30: GBR

16:30 - 17:30: MEX, MLT, NED, NOR, NZL, POR, ROU, RSA, SLO, SUI, TUR, URK, USA



# Transition Check-in Schedule - Age Group Sprint

## **Saturday 29 April**

06:30 - 08:00 Race Day Transition Check In

Technical Officials will check:

- That you are wearing your timing chip
- You have attached your race number decals
- Your uniform complies with World Triathlon rules
- Your helmet is compliant and fits you properly

-

# Check-in procedures



- Uniform Check

Note: Age-Group athletes may wear uniforms with sleeves that extend to above the elbow and not covering the elbow in any distance competition. They can have a front zipper but it must be fully zipped up for last 200m.

- Only leave equipment and items in the transition area that will be required during the race
- Take all bags to the bag drop in the recovery area
- No marking of positions in the transition area - any such markings will be removed by the Technical Officials

# TA Check-in Flow

TRANSITION AREA VENUE AGE GROUPS (950 POSITIONS)

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# Pre-start Procedures



## Athlete line-up

- **Pre-start area** (3 boxes): be there 15 minutes before start. Listen for announcements. Ensure you have your timing chips. **Athletes has to start the race with the chip placed on the body as indicated in the pre-race information.**
- Note that there are no toilets in the pre-start area - use the toilets in the transition area or the recovery area before heading to the start line.
- Jog to the start area and select a position and stay behind the line!
- **Start:** Do not take non-essential equipment to start platform, including water bottles or clothing. Give to support team or place into bins.



# Pre-start Procedures – Line-up map



# Schedule and Timetables – Wave Starts



## Age Group Sprint

- 08:00 - Men 16-29
- 08:03 - Men 30-39
- 08:06 - Men 40-49
- 08:10 - Women 16-39
- 08:13 - Men 50-59
- 08:16 - Women 40-54
- 08:19 - Men 60-69
- 08:22 - Women 55-64
- 08:25 - Men 70-89
- 08:28 - Women 65-79



## Athlete in position

- Follow instructions of the start officials
- When Head Referee give instruction “on your mark” move from pre-start line to start line.
- The start can be given any time after the Head Referee announces ”On your mark”
- Stay behind the line
- Air horn blast
- The race starts
- Starting in an earlier wave: **DSQ**  
Starting in a later wave: **time starts from your wave.**  
No start between waves is allowed.

# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- Everyone goes back to her/his original start spot

# The course - Age Group Sprint



**Run1**      Two laps of 2.4km = 4.8km

**Bike**      One lap of 18.6km

**Run2**      One lap of 2.8km

# The course



## DUATHLON AG SPRINT

*General View: 4,8k run / 18,4k bike / 2,8k run*



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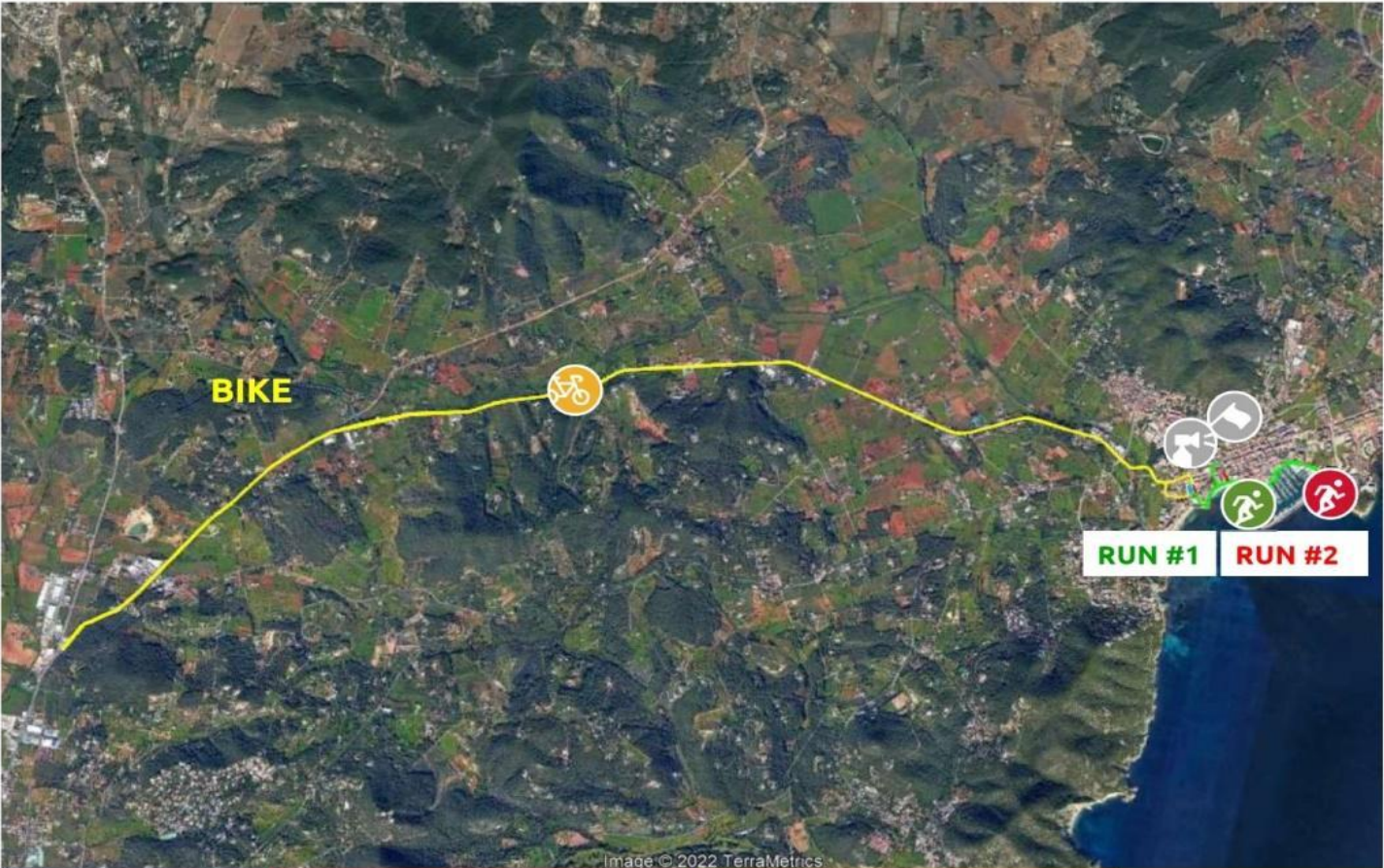


Image © 2022 TerraMetrics



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# Run course 1

- Two laps (total distance of 4.8km)
- Timing mat at the end of each lap, **but you are responsible to count for yourself**
- Aid stations:
  - two per lap
  - For locations see the map
  - Water - reusable cups \*
  - Only discard cups and litter within littering areas indicated by the following signs





# Run Course Map

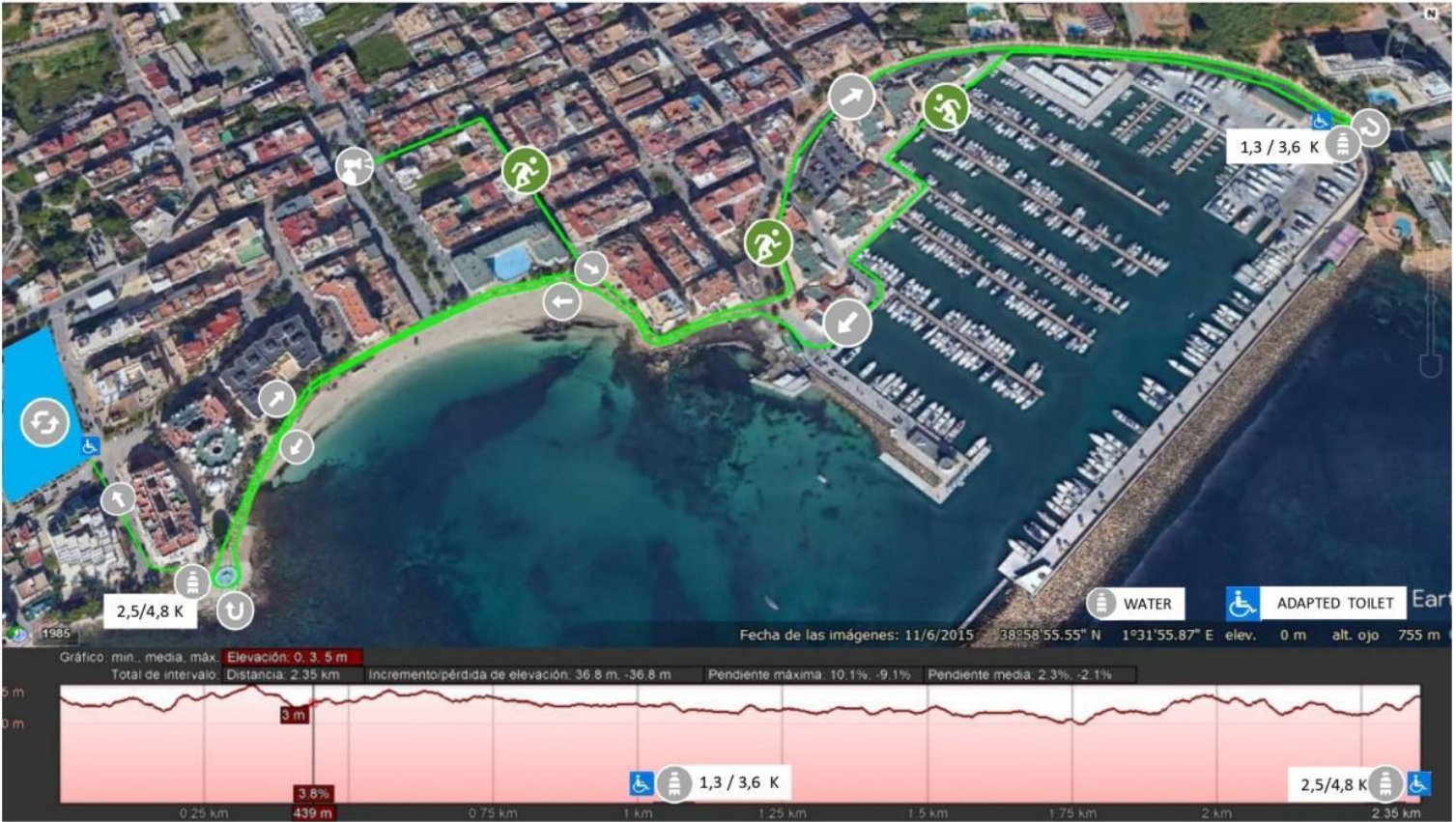


## RUN #1

5k = 300m start + 2 lap 2.3k + 150m link to transition  
(+60 mts / -64 mts)



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# Run Exit to Transition Area

## TRANSITION

*Run #1 to Bike*



# Transition Area



- Traditional Bike Racks – numbered
- Orientation boards at the beginning of each rows
- Special care on the proper placement of the bicycle on the bike rack (please check rules)
- All used equipment within your box - unused equipment within your space
- Bags to the Athlete Lounge
- 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.

# Transition Area



- Each athlete will have a bin
- Used equipment in your bin
- If you are going to use a different pair of running shoes for the second run, the shoes used in the first run must go in the bin. If you will use the same pair of running shoes for both runs, the shoes do not need to go into the bin after the first run.
- By the end of the last transition, ALL equipment (**used + unused**) must be deposited in the corresponding bin. (Exception - Bike shoes that are clipped into your pedals)
- Race bib number is not mandatory for the bike segment, but mandatory for the run
- Mount line is **green** / Dismount line is **red**

# Bike course



- One lap (total distance of 18.6km)
- Out and Back course - two climbs to a maximum elevation of 90m
- Road is closed but be prepared for there to be traffic on the course (e.g. Emergency vehicles)
- **Drafting legal event**
- **Bib number on the bike is optional**
- **Always stay on the right, pass on the left**
- Warn the athlete you want to pass
- **Do not cross the centre line (potential DSQ)**
- Bike Penalty Box is back in Santa Eulalia just before transition (see map)
- Dismount line before transition

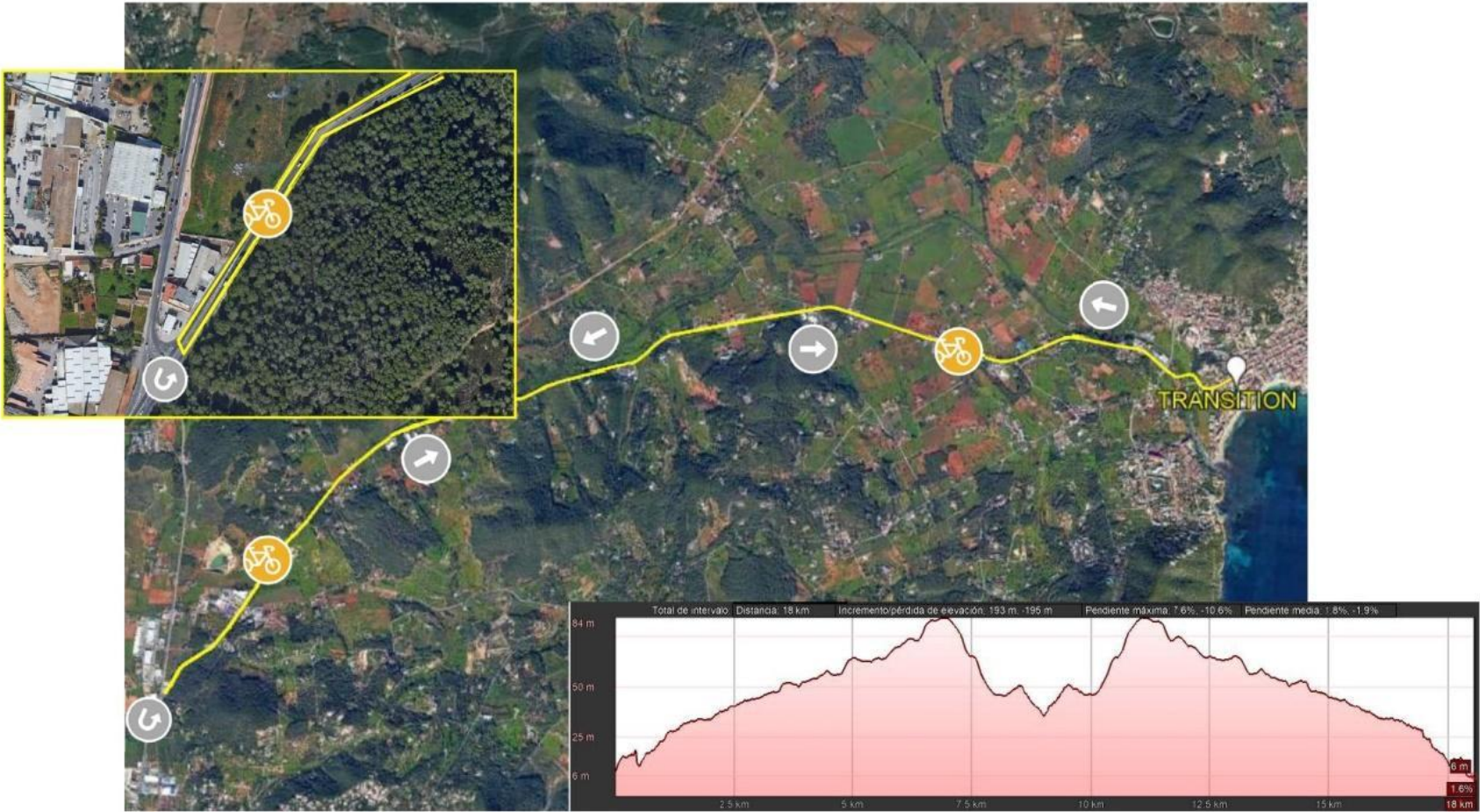


# Bike Course Map



## BIKE

1lap x 18,6k (+575 mts / -575 mts)



# Blocking Rules

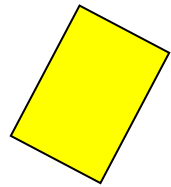


- Athletes must keep to the side of the course and not create a blocking incident;
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course;
- Athletes seen blocking by a Technical Official will incur a time penalty of 10 seconds at the next bike penalty box.



# Bike Infringements

- Draft **legal** event
- During the Bike segment, Technical Officials will show a yellow card



Other infringements  
(blocking, littering, etc.)

- Sprint: **Yellow card = 10 sec / penalty.**
- If shown a card, **MUST STOP AT NEXT PENALTY BOX – FAILURE TO DO SO = DSQ.**
- Littering areas attached to each bike penalty box
- Time penalty for littering on the bike are served in the bike penalty box

# Advice of Penalties

The official will

- Sound a whistle or horn
- Show a **YELLOW** card
- Call your number
- Advise you of the penalty
- If you are shown a **RED** card, you are disqualified



# Penalties



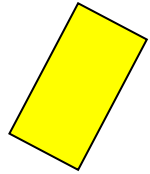
- Stop in the **next** Penalty Box and stay there for 10 seconds
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**

# Penalties

- The penalised athlete will enter the penalty box, dismount the bike and inform the Technical Official of their race number the number of penalties to serve and the colour of card(s) received.
- The time penalty starts when the athlete complies with all above and ends when the Technical Official says “Go”, at which time the athlete may continue with the competition. If the athlete leaves the area, the Technical Official will ask the athlete to return and the time will be paused. Once the athlete complies the count will continue.
- While in the bike penalty box, athletes can consume only the food and/or water that is on the athlete’s bike or person;
- Athletes are prohibited from using the restroom while serving a penalty in the bike penalty box. The time of penalty will be paused while using the restroom;
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the bike penalty box is prohibited.



# Bike Infringements – REMEMBER

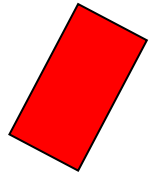


**YELLOW CARD**



**Sprint: 10 seconds STOP**

**NEXT  
PENALTY BOX**



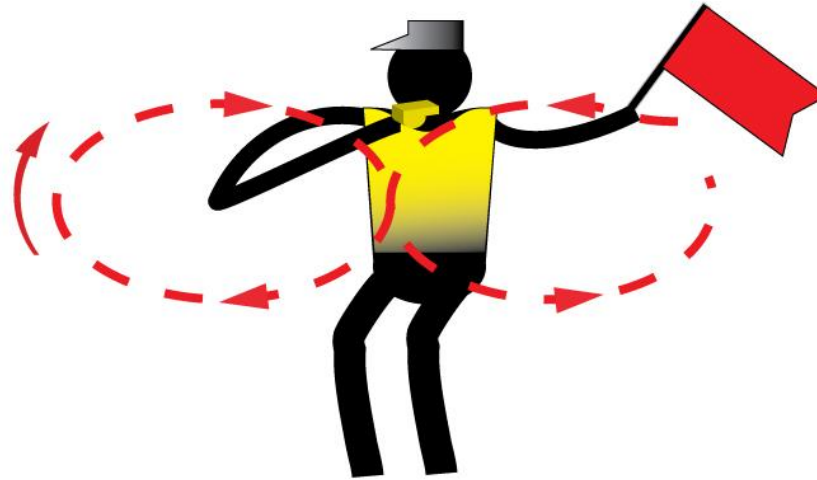
**RED CARD**



**DSQ**

# Caution

Caution signal: three sharp whistles and red flags



# Bike Exit to Run Entrance



## TRANSITION

*Bike to Run #2*



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# Run course 2

- One lap (total distance of 2.8 km)
- Aid stations:
  - Two per lap
  - For locations see the map
  - Water - reusable cups
  - Only discard cups and litter within littering areas indicated by the following signs
- Bib number must be worn in front of the body
- Photo finish
- Reminder that Cut-off time at the finish line is 11:15am



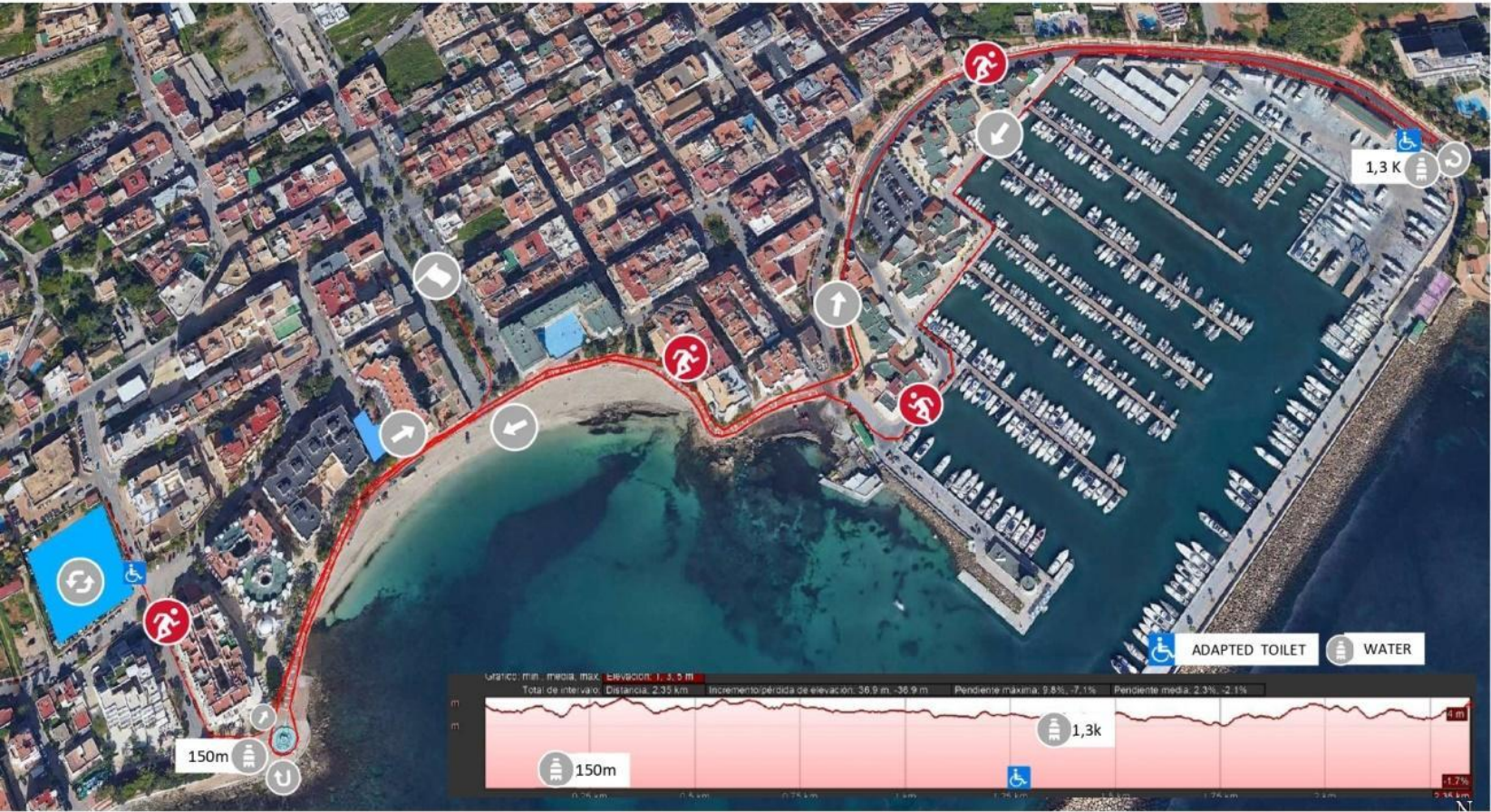


# Run Course 2 Map



## RUN #2

1 lap x 2,8k (+41 mts / -43 mts)





# Run Course 2 Map

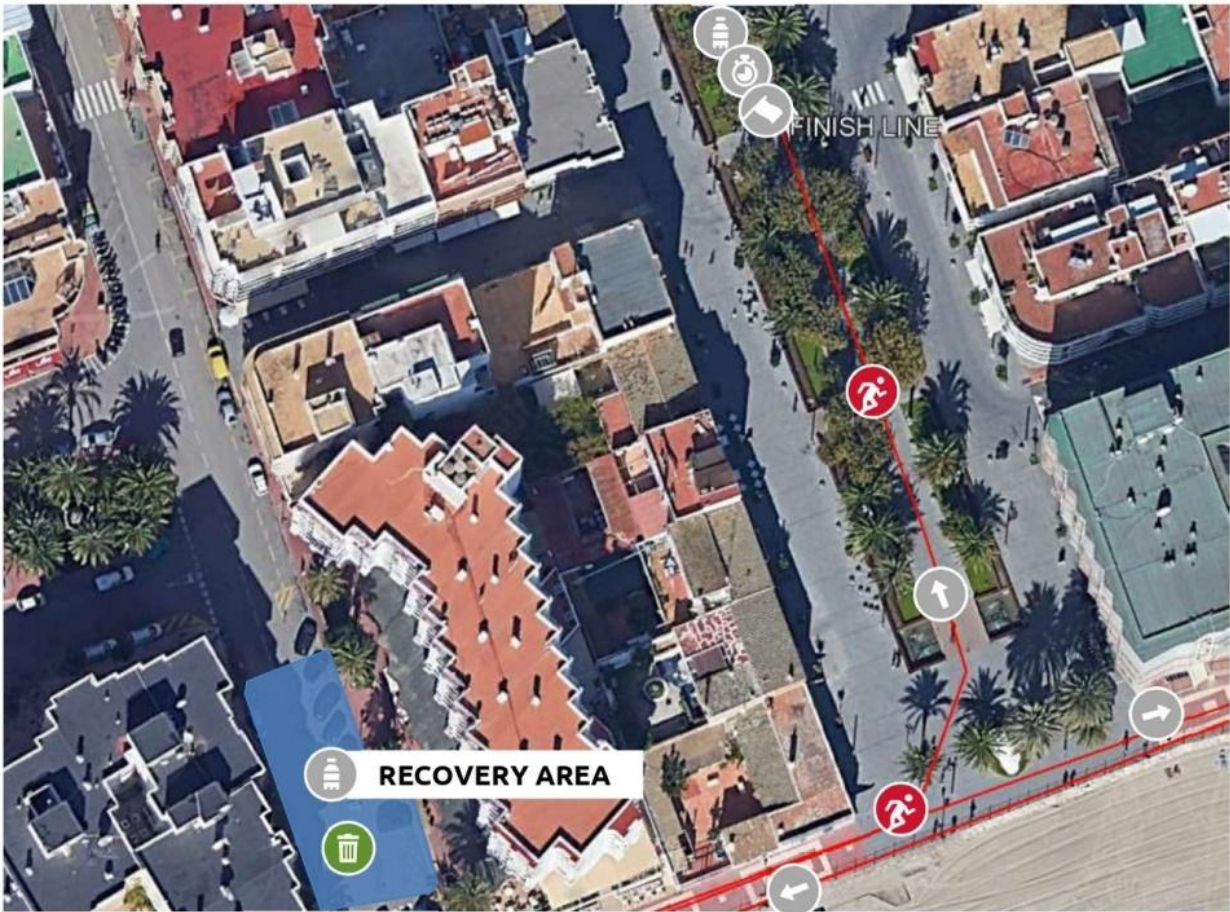


## RUN #2

*To Finish Line*



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# Post-race Procedures



- To avoid congestion: go to recovery area after the finish line
- Food and drinks available there
- Leave the recovery area after having recovered
- Take your bags at bag-drop-off
- **Bike check-out times - please collect all bikes from transition no later than 13:30 to allow us to reset the transition in time for the Standard Distance athletes to check in.**

# Medical procedures



- Only LOC Medical Staff area allowed in the medical area.
- The NF accredited doctor is allowed in the medical area only when an athlete from their country is in the area.



# Finish Area Map





# Recovery Area Map

## SANTA EULALIA DUATHLON / AQUATHLON

### RECOVERY AREA VENUE



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# Results and Medal Ceremony - AG



- Age Group Medal Ceremonies - Santa Eulalia Town Hall
  - Sprint Duathlon - Saturday 29 April -12:40-13:10
  - Standard Duathlon - Sunday 30 April - 18:00 - 18:30
- First three athletes of each category are requested to be at the meeting-point **15 minutes before**. Youngest athletes will be awarded first. **Be punctual as we must start on time.**

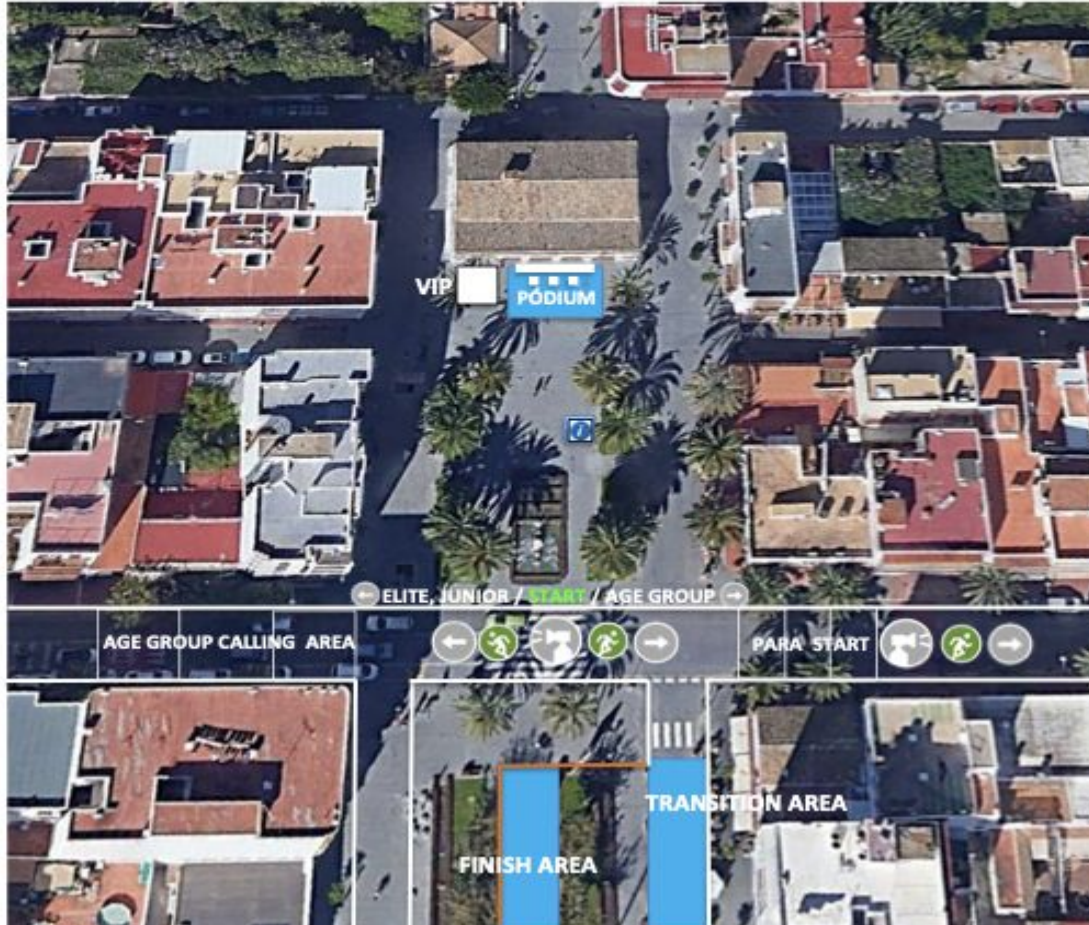
As per the World Triathlon Competition rules:

- 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 teammates should pick up your medal at the end of the ceremony.



# Medal Ceremonies Map

## SANTA EULALIA - DUATHLON MEDAL CEREMONIES AREA





# 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:

1. Sprint Duathlon World Championships -

<https://results.evochip.hu/results/result.php?iframe=1&eventid=WTIbizaSprDua23Vin>

**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](http://www.triathlon.org/about/downloads/category/race_briefings)

# Weather forecasts



	Temperature in °C	Weather
Thursday	21°C	Fine
Friday	21°C	Fine -some Cloud
Saturday	22°C	Fine
Sunday	20°C	Light Shower



# 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!



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extraordinary