



Multisport  
World Championships

IBIZA  
2023



# AG Duathlon Standard 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), World Triathlon Technical Delegate
- 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



## 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)

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

# Schedule and Timetables



## Saturday 29 April

11:00 - 17:00	Race pack pick-up (Age Group Standard Duathlon only) - Ibiza - Port
16:00 - 19:00	Age Group Standard - Mandatory Bike Check In - Santa Eulalia
16:00 - 19:00	Age Group Standard Q&A (Transition)

## Sunday 30 April

06:30 - 08:00	Age Group Standard Race Day Transition Check In
<b>08:00 - 09:00</b>	<b>Age Group Standard Start Waves (explained later)</b>
13:30	Age Group Standard - Finish Line cutoff
18:00 - 18:30	Age Group Standard 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

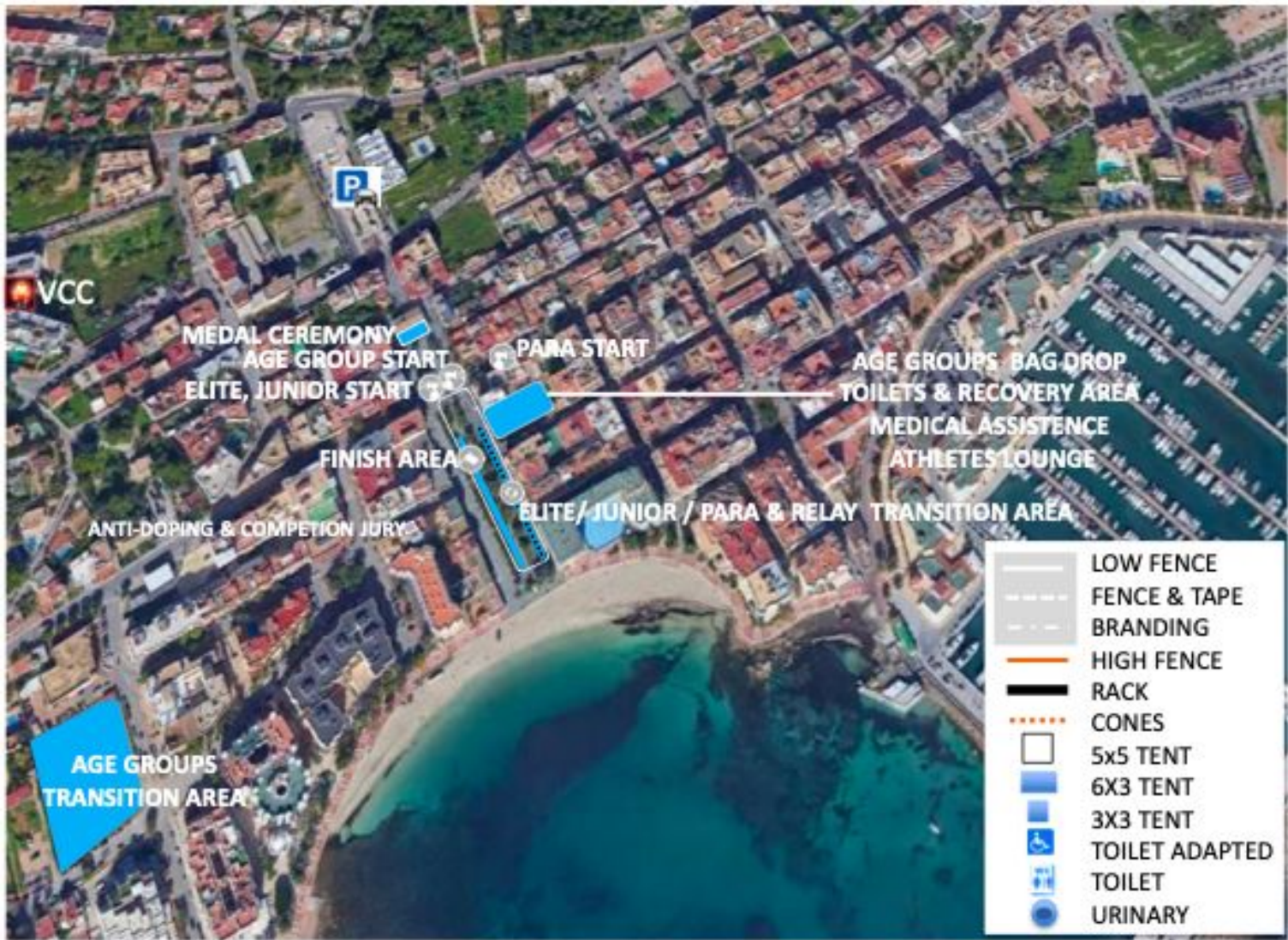


**Please check** that you have the following

- 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



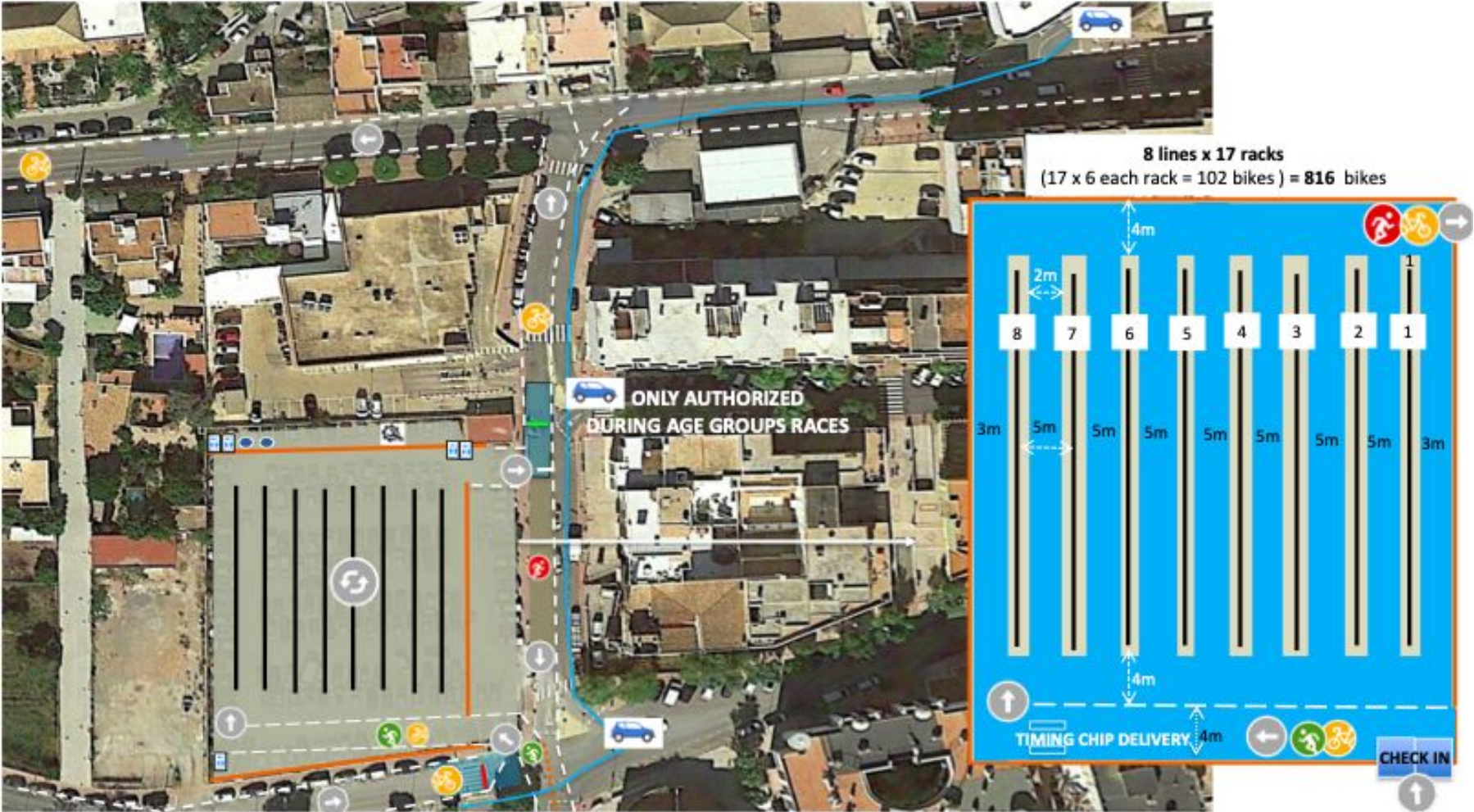
# The Venue



Multisport  
World Championships  
IBIZA  
2023



# The Venue



# Schedule and Timetables



## Saturday 29 April

16:00 - 19:00	Age Group Standard - Mandatory Bike Check In - Santa Eulalia
16:00 - 19:00	Age Group Standard Q&A (Inside transition after check in - TO's will be available)

## Preferred Check In Times

16:00 - 17:00	USA, ESP, CAN
17:00 - 18:00	GBR
18:00 - 19:00	Others

# Schedule and Timetables



## Sunday 30 April

06:30 - 08:00	Age Group Standard Race Day Transition Check In
<b>08:00 - 09:00</b>	<b>Age Group Standard Start Waves (explained later)</b>
13:30	Age Group Standard - Finish Line cutoff
18:00 - 18:30	Age Group Standard Medal Ceremony (Santa Eulalia Town Hall)

# Schedule and Timetables – Wave Starts



## Age Group Standard

- 08:00 - Men 18-39
- 08:10 - Women 20-44
- 08:15 - Men 60-84
- 08:20 - Women 55-79
- 08:30 - Women 45-54
- 08:50 - Men 40-49
- 09:00 - Men 50-59

## Athlete in position

- Follow instructions of the start officials
- When the Head Referee announces “on your mark” step forward from pre-start line to start line (stay behind the line)
- The start can be given any time after the Head Referee announces ”On your mark”
- 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 Standard



**Run1** 300m at start, then two laps of 4.7km, +150m to transition = 9.8km

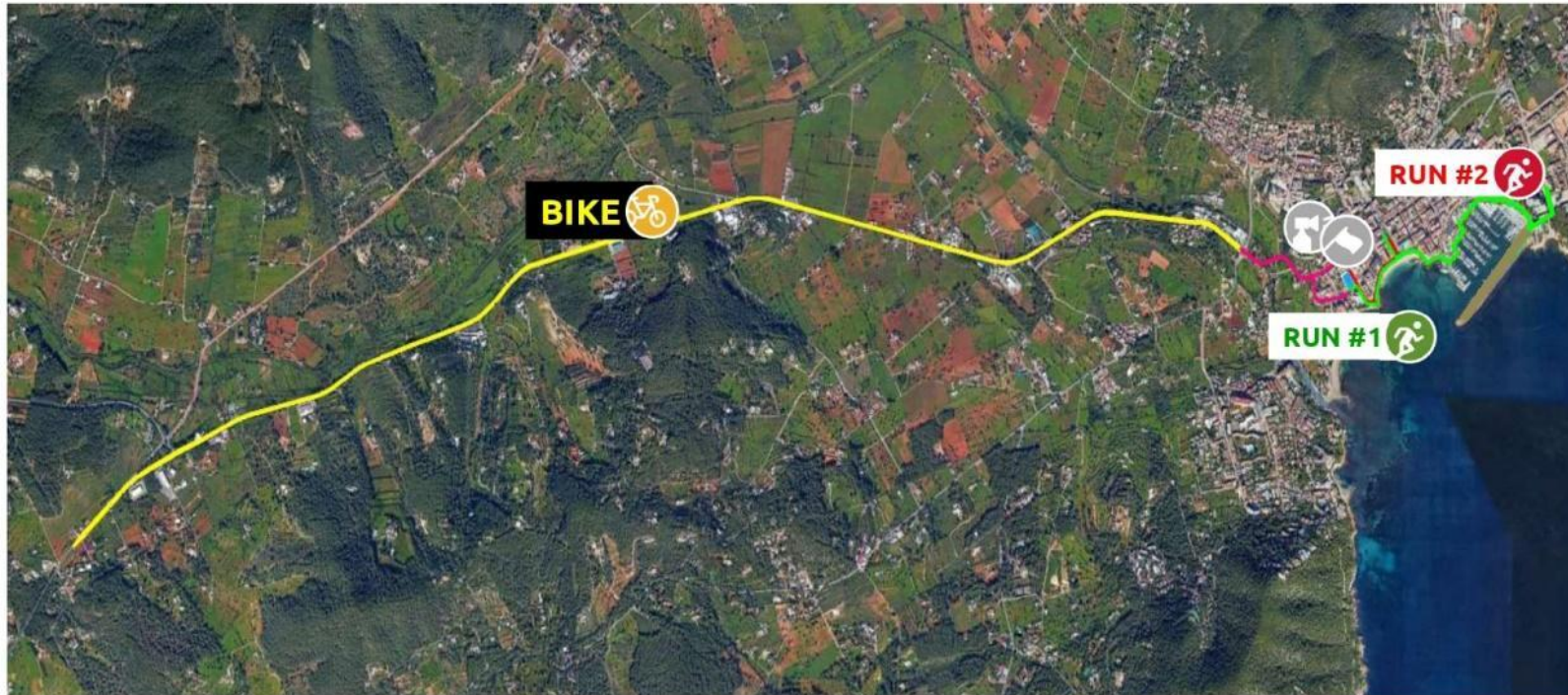
**Bike** 1.8km then three laps of 12.6km = 39.6km

**Run2** One lap of 5.2km

# The course

## DUATHLON AG STANDARD

*General View: 9,7k run / 39,6k bike / 5,2k run*



# Run course 1

- Two laps (total distance of 9.7km)
- 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

9,8k = 300 start + 2 laps x 4,7k + 150 link to transition  
(+44mts / -54 mts per lap)



Multisport  
World Championships  
IBIZA  
2023



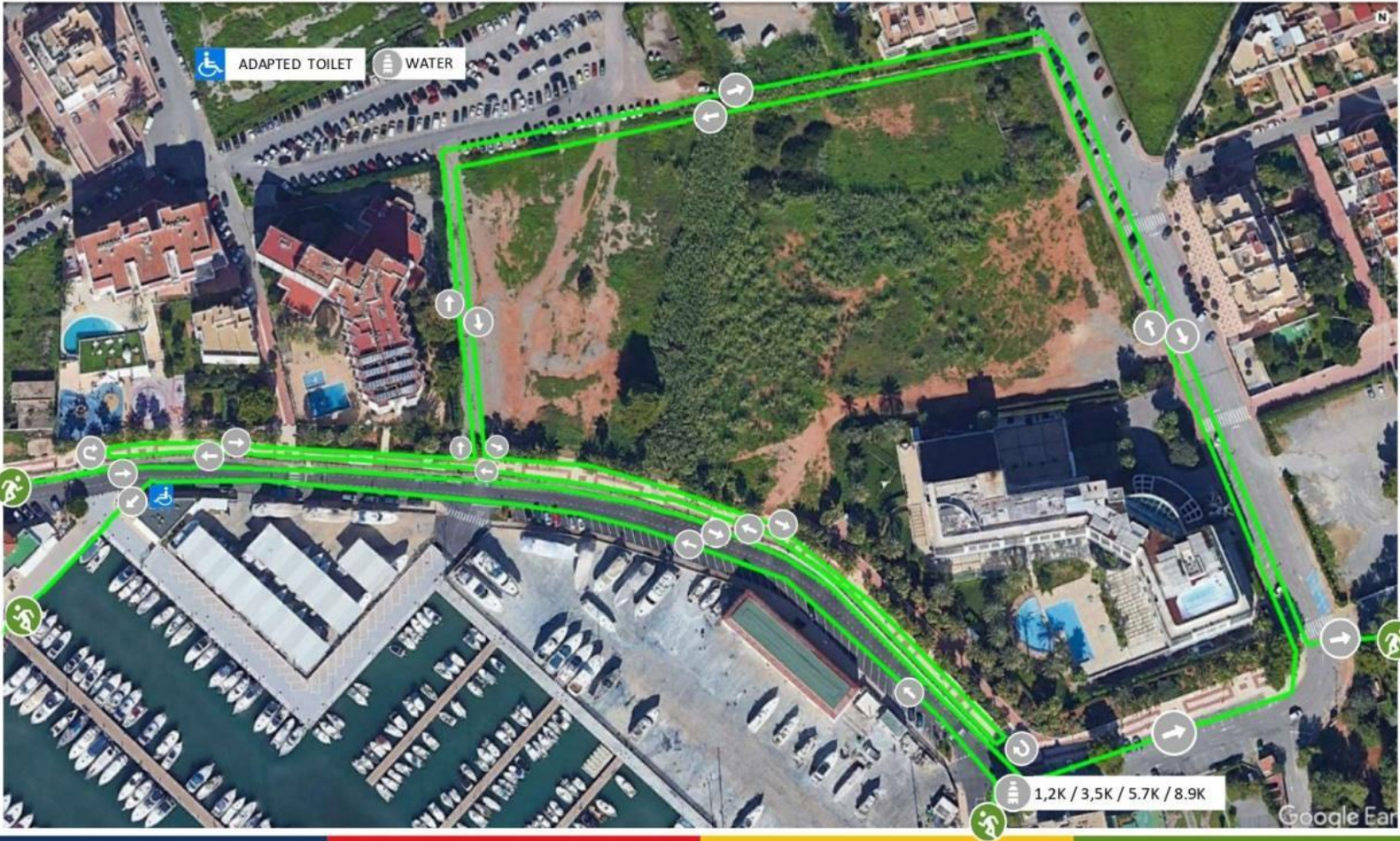
# Run Course Map - Detail



## DETAILS RUN



Multisport  
World Championships  
IBIZA  
2023



Multisport  
World Championships  
IBIZA  
2023



# Run Exit to Transition Area

## TRANSITION

*Run #1 to Bike*



Multisport  
World Championships  
IBIZA  
2023



# 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 in your box - unused equipment in your space
- No marking of 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.
- 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



- 900m from transition to start of laps then Three laps of 12.6km and then 900m back to transition
- Total distance of 39.6km
- Each Lap is out and back -climbing to about 90m on the way out and then descending on the way back
- Road is closed but be prepared for there to be traffic on the course (eg. emergency vehicles)
- **Drafting Illegal 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 just before the end of each lap (see map)
- Dismount line before transition

# Bike Course Map



## BIKE

39,6k = 1,8k + 12,6k x 3 laps (+110 mts / -110 mts per lap)



Multisport  
World Championships  
IBIZA  
2023



Multisport  
World Championships  
IBIZA  
2023



# Bike Course Map - End of laps



## BIKE

*City out-in lap x 1,6k*



# 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 15 seconds at the next bike penalty box.

# Draft Zones



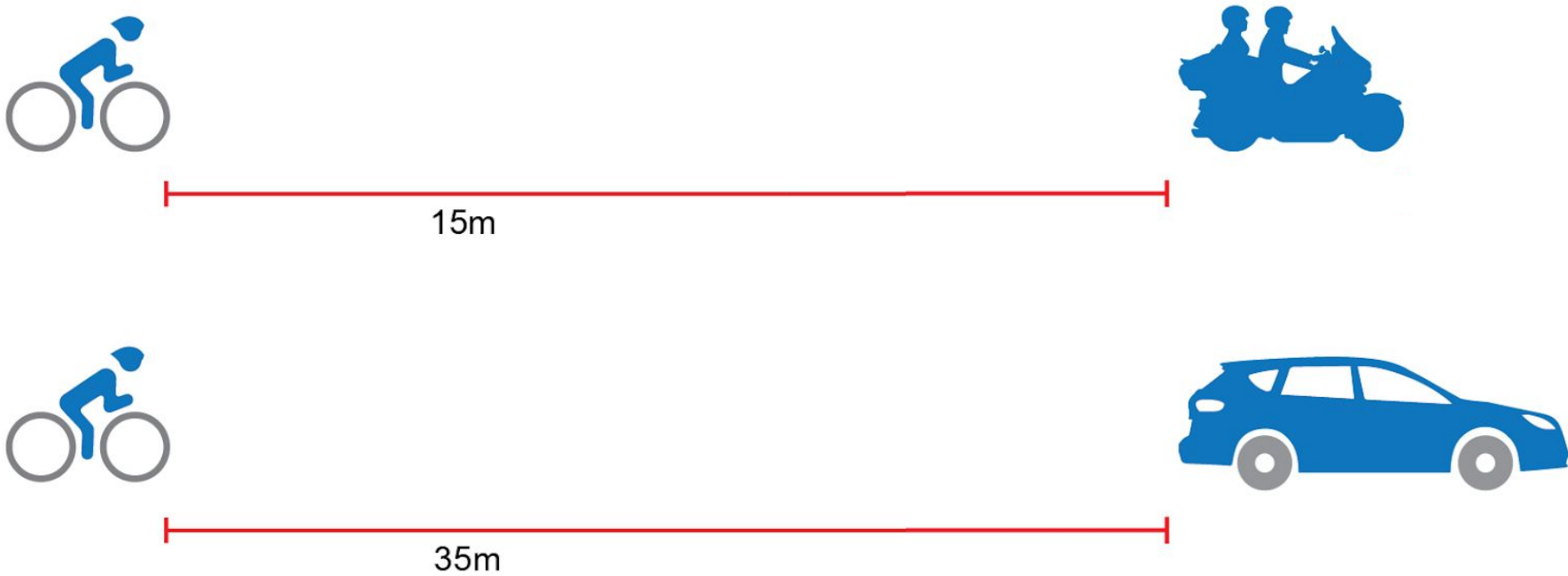
10m (from your front to their front wheel)

20 seconds to overpass

## **OVERTAKING:**

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- An overtaken athlete must drop out of the draft zone of the passing athlete by continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by an overtaken athlete prior to dropping out of the draft zone will result in a drafting violation;
- Overtaken athletes who remain within the draft zone of the passing athlete for more than the allotted time will be given a drafting violation;

# Draft Zones



# Drafting Rules

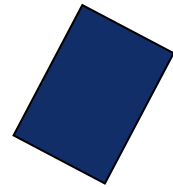


An athlete may enter a bike draft zone in the following circumstances:

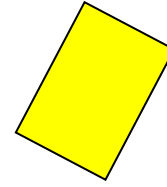
- If the athlete enters the draft zone, and progresses through it within the allotted time in the process of overtaking;
- For safety reasons;
- 100 meters before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

# Bike Infringements

- Draft **illegal** event
- During the Bike segment, Technical Officials can show 2 different cards (blue and yellow)



Drafting infringement



Other infringements  
(blocking, littering, etc.)

- Standard      **Blue card = 2 min / penalty**      **Yellow card = 15 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
- 2 accumulated drafting time penalties = **DSQ**

# Advice of Penalties

The official will

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

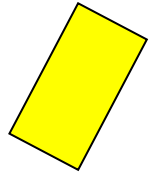


# Penalties



- Stop in the **next** Penalty Box and stay there for 2 minutes (blue card) or 15 seconds (yellow card)
- It is the **athletes responsibility to stop** in the next Penalty Box. **Failing to do so will result in a DSQ**
- The penalties are **accumulated**. A second drafting offense will lead to a DSQ

# Bike Infringements – REMEMBER

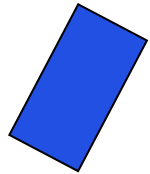


**YELLOW CARD**



**Standard: 15 seconds STOP**

**NEXT  
PENALTY BOX**

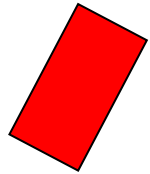


**BLUE CARD (drafting)**

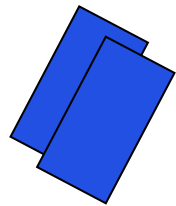


**Standard: 2 minutes STOP**

**NEXT  
PENALTY BOX**



**RED CARD**



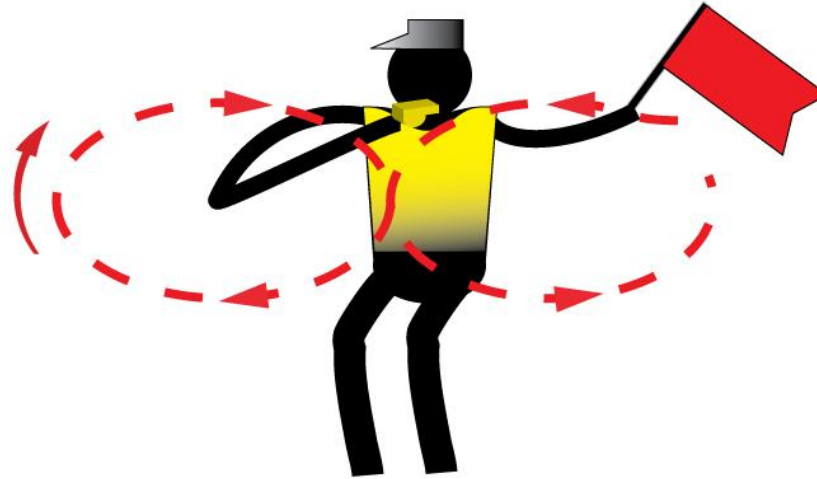
**2X BLUE CARDS**



**DSQ**

# Caution

Caution signal: three sharp whistles and red flags



# Bike Exit to Run Entrance



## TRANSITION

*Bike to Run #2*



Multisport  
World Championships  
IBIZA  
2023



Multisport  
World Championships  
IBIZA  
2023



# Run course 2

- One lap (total distance of 5.2 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 13:30



# Run Course 2 Map



## RUN #2

5,2k 1 lap (+63 mts / -65 mts)



Multisport  
World Championships  
IBIZA  
2023



Multisport  
World Championships  
IBIZA  
2023



# Run Course 2 Map



## RUN ZOOM AREA



# Finish

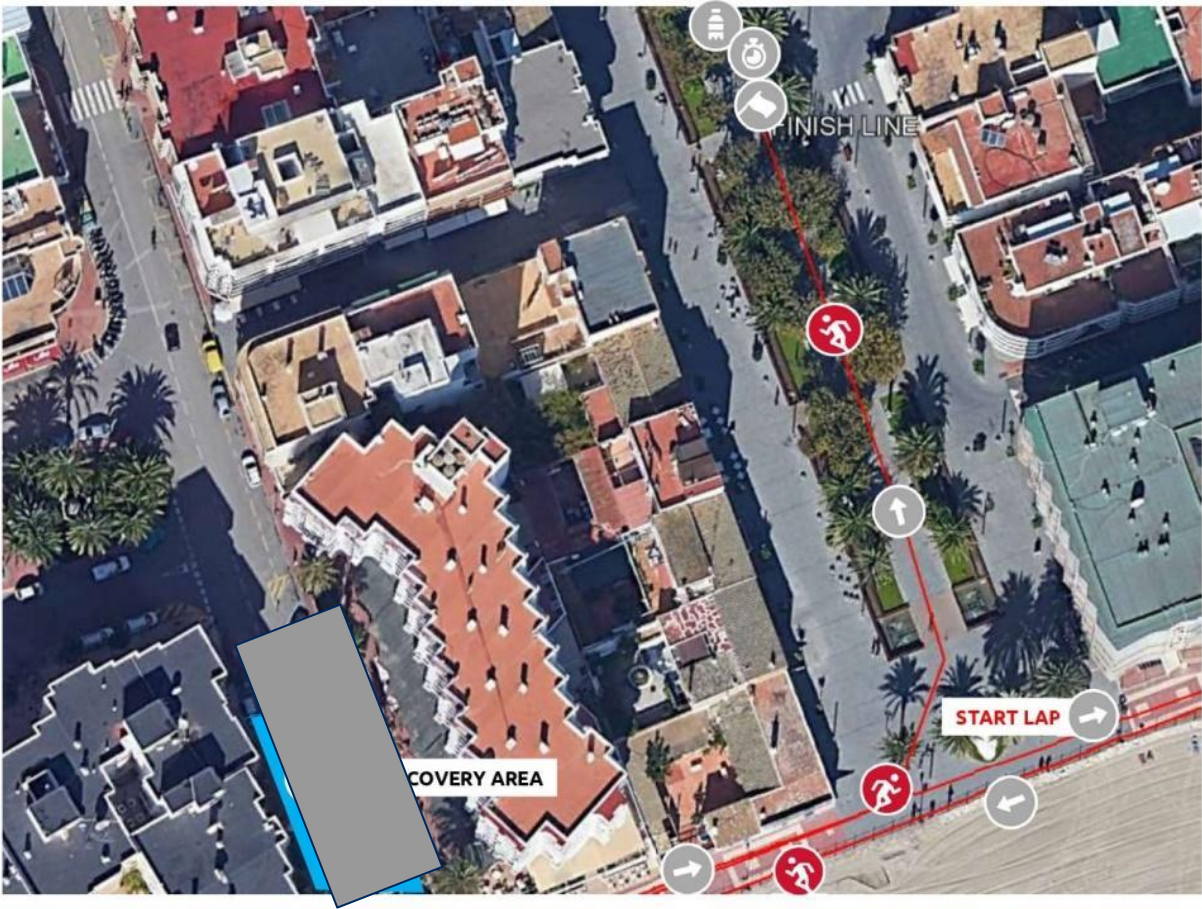


## RUN #2

To Finish Line



Multisport  
World Championships  
IBIZA  
2023



Multisport  
World Championships  
IBIZA  
2023



# 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 - Transition will open for collection of bikes once the last athlete is off the bike course. This is expected to be approximately 12:45pm. Please collect your bike promptly once transition is open**

# 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



Multisport  
World Championships  
IBIZA  
2023



# Recovery Area Map

## SANTA EULALIA DUATHLON / AQUATHLON

### RECOVERY AREA VENUE



Multisport  
World Championships  
IBIZA  
2023



# 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.**

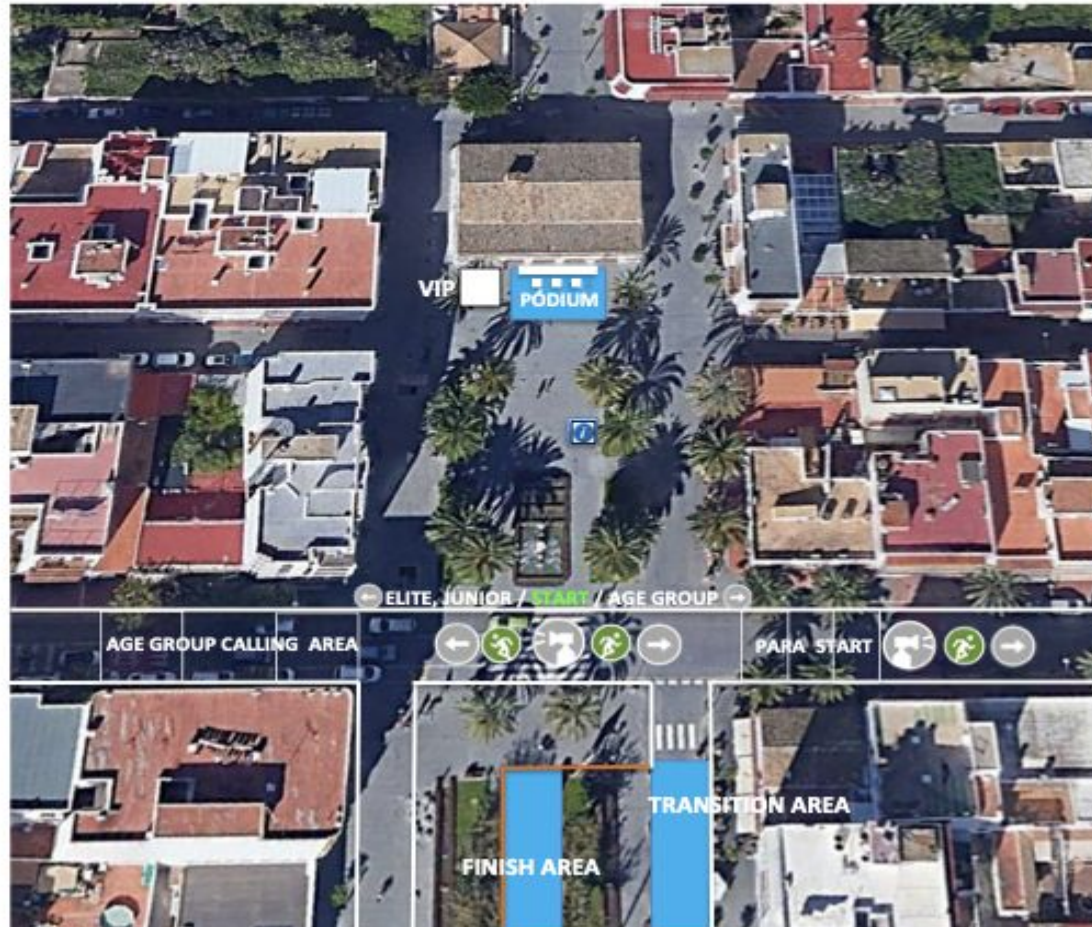
As per the World Triathlon Competition rules:

- 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>

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>

**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  
SAFEGUARDING & ANTI-HARASSMENT POLICY

# Have a good race!



Be your  
extraordinary