



2022 Werribee South Beach Triathlon Athletes Briefing



Werribee South Beach Triathlon

Junior Oceania Triathlon Championships

Junior Oceania Triathlon Mixed Relay Championships

Youth Super Sprint

Junior Mixed Relay Australian Championships

Youth Mixed Relay Australian Championships

Welcome and Introductions

- Gai Webster – Technical Delegate
- Andy McGuire – Assistant Technical Delegate
- Peter Aldridge – Head Referee
- Jenny Dennison – Chief Race Official
- Kaity Brunsdon – Triathlon Australia Events & Technical Coordinator & Oceania Triathlon Administrator
- Grant Cosgriff – Executive Director Triathlon Victoria
- Chris Little – LOC Director
- Brian Hinton – Race Organiser

Competition Jury

- Gai Webster – Chair
- Kaity Brunsdon
- Grant Cosgriff (TBC)

Athlete Registration and Lounge – Price Reserve

Werribee South Ground changing rooms

Price Reserve, Beach Road, Werribee South Vic

Friday 29th April 2022

16:00 – 18:00 Race Pack pick-up and Uniform Check (**OPTIONAL**)

Location: Pre-function area outside the Ballroom

Holiday Inn, 22 Synnot St, Werribee Victoria 3030

TD/RR available for Q&A

Your Race Pack includes:

- Helmet and Bike stickers
- Swim cap
- Timing Chip

For the timing chip remember – Left ankle and secure

There won't be a guided bike and run familiarisation, however we strongly recommend everyone to check the bike course prior to the event.

Note – Bike Checks are on Saturday morning.

Note – Body Marking on each day as NO decals provided.

Rule Exceptions Approved by World Triathlon Technical Committee for the 2022 Oceania Triathlon Junior Championships

The World Triathlon Technical Committee has approved the following Rule Exceptions to be used at this event.

Approval was given to **suspend** the following rule which means that no Junior athlete will be taken off if they are overlapped.

WT Rule 5.4 Overlapping:

Elite, U23, Junior, Youth and Mixed Relay, athletes who have been lapped during the bike segment will be withdrawn from the competition by the Technical Officials.

Approval was given to allow Junior athletes who are competing in the 2022 Oceania Triathlon Junior Championships to compete in either their approved National Federation Uniforms OR their state-based World Triathlon compliant uniforms.

WT Rule 4 Uniform Colour and Design:

- 4.1. Uniforms must be in the colours chosen by the National Federation as the following:
- a.) Elite: World Triathlon Series Grand Final, World Triathlon Series, Continental Championships and World Triathlon Multisport World Championships events;
 - b.) Junior, U23: World Triathlon World Championships and Continental Championships;
 - c.) Para triathlon: World Para triathlon Championships, World Triathlon Para triathlon Series and Continental Championships;
 - d.) Youth: Continental Championships.

Approval was given to allow uniforms that do not have the World Triathlon logo but have, instead, the ITU logo that the ITU logo is then covered up so it is not visible during competition.

Appendix F – WT Rule 6.1 World Triathlon Logo:

The official World Triathlon logo will appear on the upper right shoulder.

NOTE: Youth athletes are not subject to World Triathlon Rules. Rules are as outlined in the Performance Racing Calendar Information – [CLICK HERE](#).

Weather Conditions

If there is persistent rain prior to Saturday 30th April 2022 then a call will be made to change the status of the event from a triathlon to a duathlon. The consultation will be between the Technical Delegate, Race Director and Medical personnel. If this eventuates then the following Rule will apply and the first run will be conducted on the road. When this decision is made then all Athletes and Coaches will be informed as soon as possible.

WT RCR 2.12 Exceptional conditions:

- a.) The following list highlights some of the exceptional situations that may happen.
- (i) Before the competition:
 - A triathlon may be modified to a duathlon, aquathlon, or even in a 2 segments competition: swim-run, bike-run or run-bike, by the equivalent distance. Time trial starts are allowed. The preferred option will be a duathlon with the shorter run first;

Saturday 30th April 2022 – Schedule

7:30am	Registration Opens - YOUTH
7:30am	Transition Open – YOUTH
8:30am	Transition Closes/Race Briefing – YOUTH – Race 1
8:50am	YOUTH Males – Race 1 (250m/6km/1.2km)
9:00am	Athletes Lounge Open for Registration – JUNIOR Males
9:20am	YOUTH Females – Race 1 (250m/6km/1.2km)
9:45am	Bike Check and Transition Open – JUNIOR Males
10:15am	Transition Closed/Race Briefing and Introductions – JUNIOR Males
10:35am	JUNIOR Males – OCEANIA CHAMPIONSHIP SPRINT (750m/20km/5km)
10:35am	Athletes Lounge Open for Registration – JUNIOR Females
11:05am	Bike Check and Transition Open – JUNIOR Females
11:35am	Transition Closed/Race Briefing and Introductions – JUNIOR Females
11:50pm	JUNIOR Females – OCEANIA CHAMPIONSHIP SPRINT (750m/20km/5km)
1:30pm	PRESENTATIONS – JUNIOR OCEANIA TRIATHLON CHAMPIONSHIP
1:30pm	Transition Open – YOUTH
1:45pm	Transition Closes – YOUTH
2:00pm	YOUTH Males – Race 2 (250m/6km/1.2km)
2:25pm	YOUTH Females – Race 2 (250m/6km/1.2km)
3:00pm	RACING CONCLUDES
3:10pm	PRESENTATIONS - YOUTH SUPER SPRINT

Sunday 1st May 2022 – Schedule

5:30am	Registration Opens – ALL TEAMS
5:30am	Transition Open – ALL TEAMS
6:30am	Registration Closes – ALL TEAMS
6:45am	Transition Closes/Race Briefing – JUNIORS
7:00am	JUNIOR MIXED RELAY AUSTRALIAN AND OCEANIA TRIATHLON CHAMPIONSHIP – (250m/6km/1.2km)
8:45am	Transition Closes/Race Briefing – YOUTH
9:00am	YOUTH MIXED RELAY AUSTRALIAN CHAMPIONSHIP – (250m/6km/1.2km)
9:45am	RACING CONCLUDES
10:15am	PRESENTATIONS - RELAYS

Check-In Procedures

Athlete Check-In

- Body marking on both arms to be done in the morning at Check-in
- **Remember to bring your** timing chip (1 for the ankle) and swim cap provided by the LOC
- If an athlete wishes to wear a second swim cap, the cap should be unbranded
- Leave your bag in the Athletes' Lounge (no bags in transition) or with a family member
- Athletes Lounge can be found at the Werribee South Ground changing rooms at Price Reserve

Bike Check-In

- Bike Check-in will be executed prior to Transition check-in (it is the athlete's responsibility to have everything according to the Race Competition Rules prior to entering transition)
- Refer to 5.2 in World Triathlon 2022 Competition Rules
- Handlebars with clips-on
- Wheels and spare wheels (non-authorised UCI wheels rule)
- Spare wheels must be presented for Bike Check-in then to the Wheel Station (you must take your own wheels to the Wheel Station (labelled with your number) and collect them at the end of the event)
- Bike frame
- Approval for addition/modifications of any equipment to the bike must be obtained from the Head Referee
- No neutral wheels will be provided

Transition Area (TZ)

- Helmet check – don't leave your helmet fastened in Transition.
Any athlete who does not comply with this rule will receive a time penalty in TZ1
- Running Shoes next to your bike, helmet on the bike
- All other equipment into your equipment box
- Any other request then please see the Technical Officials in Transition

Pre-start procedure

Athlete Introduction

- Line up 10 minutes before start near Swim Start
- After introductions move to the start line
- Select your position and stay behind the rope line
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up

Start Procedure

Athletes in Position

- After all the athletes are in position "On your marks!" will be announced and the athletes will step forward and put one foot on the start line rope
- Any time after the announcement, the start signal will be given by blasting a horn. Athletes must move straight ahead towards the first buoy until they will reach the water
- **False start:** In case of a false start, where several athletes move forward before the start horn, the Head Referee will sound the start horn many times requiring athletes to return to their previously selected positions
- **Valid start with early starters:** In the case of an early start of a few athletes, the competition will continue and early starters will receive a time penalty in TZ1.

Swim Conduct

Definition:

Athletes may sportingly maintain their own space in the water:

- i. Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- ii. Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- iii. Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to ITU Arbitration Tribunal for potential suspension or expulsion.

The Course – Junior Oceania Championship Sprint

Swim

1 x 750m laps = 750m

Bike

7 laps of 2.85km = 20km

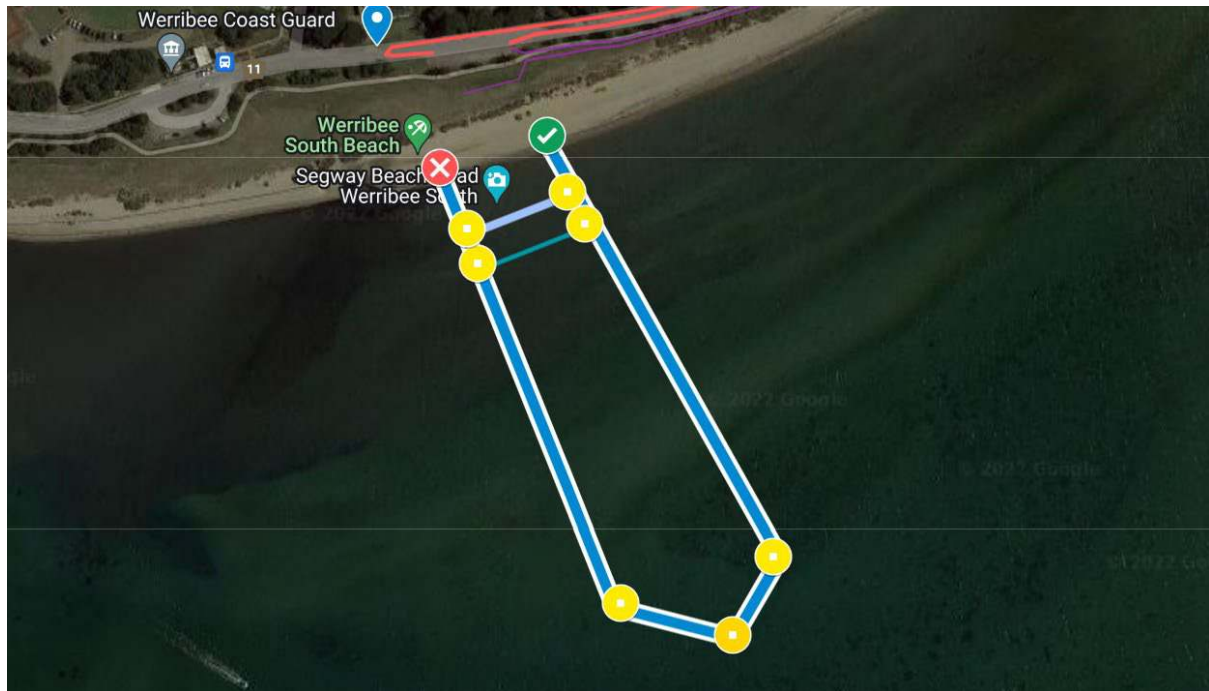
Run

2 laps of 2.5km = 5km

Swim course

- Preliminary water temperature reading and wetsuit ruling will be posted at registration on Friday 29th April 2022 and Saturday 30th April 2022
- The decision on the use of wetsuits will be made 1 hour before race start and be posted in Athletes Lounge
- 1 lap of 750m
- Distance to the first turn buoy = 300m
- Keep all swim buoys on your right
- Take cap, goggles to transition and place in your assigned box

SWIM MAP



Transition Area (TZ) and Venue Layout

- Traditional Bike Racks. Two rows with individual name plates
- Rack your bike, seat facing out, hooked over the bar
- All used equipment to be placed into your box
- Mount line on the road
- Dismount line on the road
- In TZ2 rack your bike by both handlebar brake levers or seat hooked over the bar

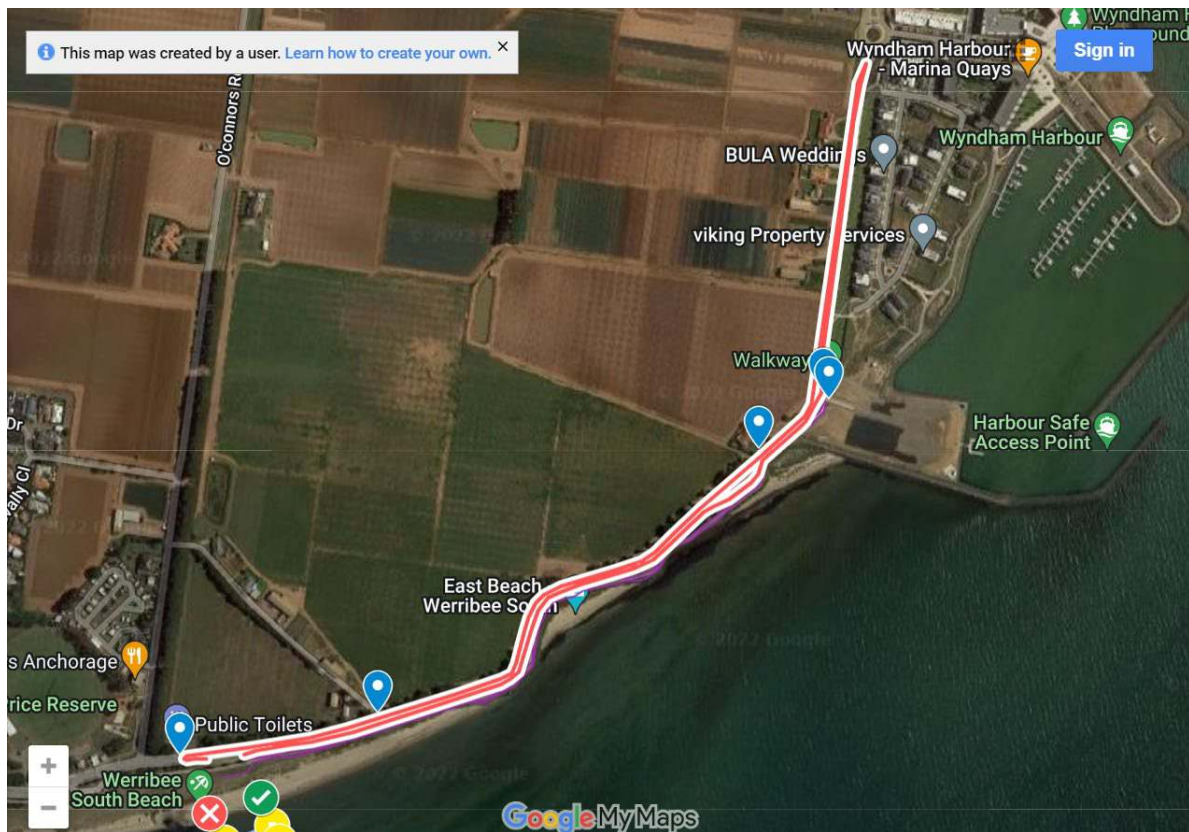
TZ and Venue MAP



Bike course

- 7 laps of 2.85km = 20km
- Does not pass-through transition
- Mostly flat
- Start next to Beach Road
- Cross the Mount Line, mount your bike then head up Beach Road
- U-turn prior to the roundabout with Quay Blvd
- Retrace route back towards Transition
- U-Turn and head down Beach Road
- Two-way bike traffic –DO NOT cross the centre line
- Cyclists then repeat for another 6 laps
- At the end of the 7th lap dismount at the Dismount Line prior to Transition
- We recommend that you check the bike course prior to the event
- Wheel Station located after the Mount Lin

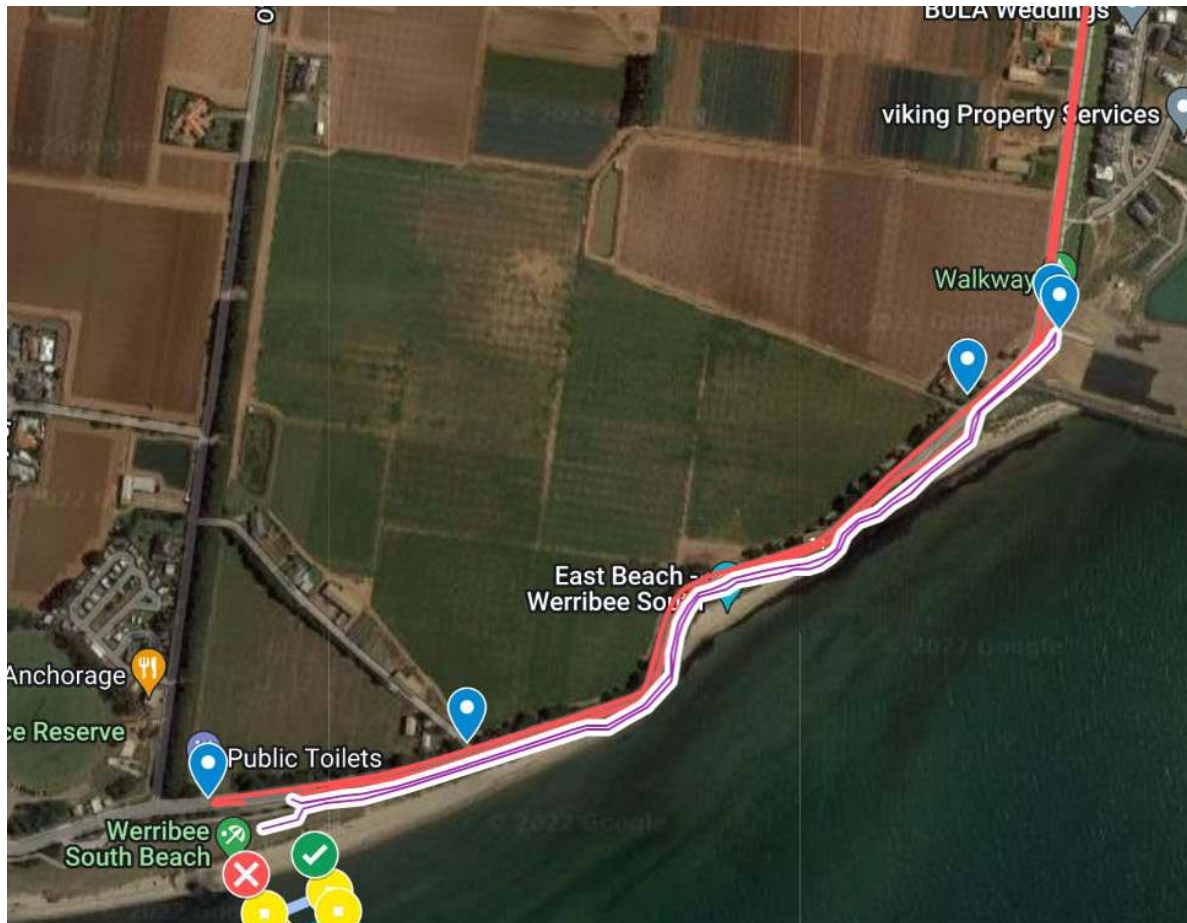
BIKE MAP



Run course

- 2 laps of 2.5km = 5km
- Aid stations: 1 per lap
- Sealed water will be provided at the aid station
- Discard plastic within the littering zones (20m before and 80m after Aid stations)
- Photo-finish
- Sealed water and fruit available at the Finish
- Selected drug testing conducted after the Finish

RUN MAP



The Course – Junior Oceania Championships and Australian Championships Mixed Relay

Swim

1 x 250m laps = 250m

Bike

3 laps of 2km = 6km

Run

1 laps of 1.2km = 1.2km

Swim course

- Preliminary water temperature reading and wetsuit ruling will be posted at registration on Sunday 1st May 2022
- The decision on the use of wetsuits will be made 1 hour before race start and be posted in Athletes Lounge
- 1 lap of 250m
- Distance to the first turn buoy = 100m
- Keep all swim buoys on your right
- Take cap, goggles to transition and place in your assigned box

SWIM MAP



Transition Area (TZ) and Venue Layout

- Traditional Bike Racks. Two rows with individual name plates
- Rack your bike, seat facing out, hooked over the bar
- All used equipment to be placed into your box
- Mount line on the road
- Dismount line on the road
- In TZ2 rack your bike by both handlebar brake levers or seat hooked over the bar

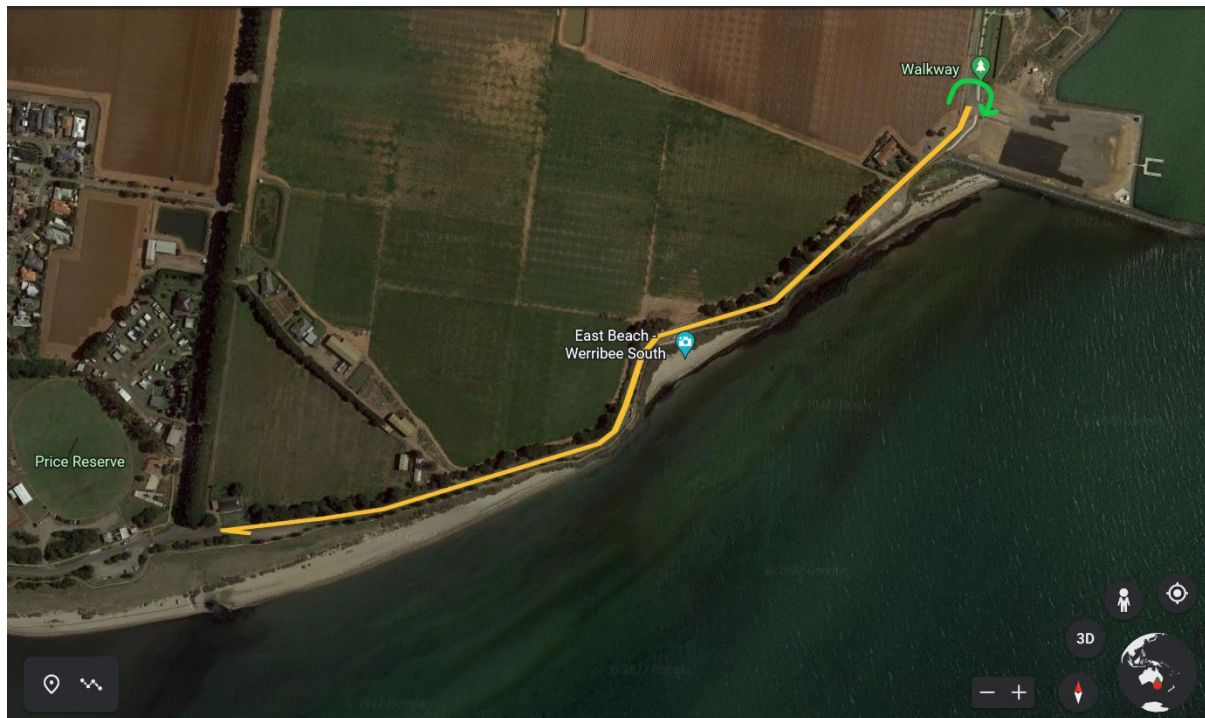
TZ and Venue MAP



Bike course

- 3 laps of 2km = 6km
- Does not pass-through transition
- Mostly flat
- Start next to Beach Road
- Cross the Mount Line, mount your bike then head up Beach Road
- U-turn prior to the roundabout with Quay Blvd
- Retrace route back towards Transition
- U-Turn and head down Beach Road
- Two-way bike traffic –DO NOT cross the centre line
- Cyclists then repeat for another 2 laps
- At the end of the 3rd lap dismount at the Dismount Line prior to Transition
- We recommend that you check the bike course prior to the event
- Wheel Station located after the Mount Lin

BIKE MAP



Run course

- 1 laps of 1.2km = 1.2km
- Aid stations: 1 per lap
- Sealed water will be provided at the aid station
- Discard plastic within the littering zones (20m before and 80m after Aid stations)
- **Change over occurs when athlete finishing their leg crosses the designated point which indicates the next team member can cross the designated start point of the swim**
- Photo-finish
- Sealed water and fruit available at the Finish
- Selected drug testing conducted after the Finish

RUN MAP



Team selections and race title eligibility

The Oceania/Australian Junior Championship will be a standard MR format, with 2 males and 2 females. The order will be male/female/male/female.

State Teams and NZ will compete for the Oceania Championship Title, whilst State Teams will compete for the Australian title, with team composition based on an athletes 'State of Origin'. Where athletes are unable to form a state team, athletes will be placed into composite teams.

Composite state teams will be eligible for both the Oceania & Australian Championships Title. However composite country teams will not be eligible for either title. Teams who have non-Australian representatives racing will be deemed ineligible for the Australian Championship Title.

Male athletes who are unable to be assigned a team due to field size will start in the 1st leg of the relay race with the lead males. There will be a limited number of these starts available and will be based off finishing position from Saturday

The Course – Youth Mixed Relay Australian Championship & Individual racing

1. The course for youth races (individual and mixed relay) will be identical to the junior relay course.
2. Youth mixed relay event will be run as a 2-up relay with each team consisting of one male and one female athlete.
3. Results for the Youth (Individual) Race will be based on cumulative time across the 2 super sprint races.

Run Penalty Box

- Start infringements will be served in TZ1
- Swim, TZ1, Bike, TZ2 and Run Infringements will be served at the Run Penalty Box
- Information: White board to show race numbers and letters to indicate violations
- Athletes need to read the board – coaches are advised to check and inform their athletes but it is ultimately the athletes' responsibility.
- Procedure: Time Penalty served on any lap of the run. Penalties will be posted prior to the last lap on the run. Any penalties following that point will be served on the spot
- Any athlete within a team may serve the penalty incurred by themselves or team mates previous.

Rule interpretation

- Mount after the Mount Line: An athlete's foot must contact the ground past the Mount Line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (M).
- Dismount before the Dismount Line: An athlete's foot must contact the ground before the Dismount Line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (D).
- Discharge or store your equipment inside your designated area: Leaving the used equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules (E).

Violations Abbreviations:

Swim Violations	S
Littering	L
Mount Line	M
Dismount Line	D
Equipment Outside Box	E
Other Violations	V

For example:

- 12D = athlete # 12 received a Time Penalty for a **D**ismount Line violation
- 12x2ME = athlete # 12 received two (2) time penalties for **M**ount Line and **E**quipment Outside Box violations

Please be aware that any information in this guide/ briefing may change. Any changes will be communicated either by the Event Director or Technical Delegate. If you are not certain about anything, please contact the Event Technical Delegate – Gai Webster or the Event Director – Chris Little.

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