



**PARTNER GŁÓWNY**  
MISTRZOSTW POLSKI W TRIATHLONIE



# Olimpic Hopes

**Białystok, 20.08.2023 r.**  
**Athletes Briefing**

# Agenda

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- Welcome and Introductions
- Competition Jury
- Schedules and Timetables
- Check-in and Procedures
- The Course
- Post-Race Procedures
- Weather forecast



# Welcome and Introductions

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- Elwira Damentka – Technical Delegate
- Mateusz Tur – Head Referee



# Competition Jury

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- Elwira Damentka – Chair
- Filip Szołowski
- Piotr Stanik



# Schedule and Timetables

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## Sunday, 20.08.2023 r.

7:00 a.m. – 7:30 a.m. – placing bikes in transition area and distribution of starter packages in transition area (younger youth, youth, junior)

7:50 a.m. – gathering of competitors in the area of the start – supersprint distance 0,4-10-2,5

08:00 a.m. – start distance supersprint 0,4-10-2,5 (OLYMPIC HOPES/Polish Cup – YOUTH and JUNIOR – MEN)

08:04 a.m. – start distance supersprint 0,4-10-2,5 (OLYMPIC HOPES/Polish Cup – YOUTH and JUNIOR – WOMEN)

08:12 a.m. – start distance supersprint 0,4-10-2,5 (OLYMPIC HOPES/Polish Cup – YOUNGER YOUTH – MEN)

08:12 a.m. – start distance super sprint 0,4-10-2,5 (OLYMPIC HOPES/Polish Cup – YOUNGER YOUTH – WOMEN)

09:05 a.m. – 09:30 a.m. – handing over bikes from the transition zone (younger youth, youth, junior)

9:45 a.m. – decoration ceremony (younger youth, youth, junior)

# Check-in procedures

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- Checking the gear ratios in the category Younger youth, athletes may not use a cycle that cannot do more than 749 centimeters during one pedal revolution
- Before entering the transition zone, the following should be given to the Technical officials:
  - signed competitor card
  - triathlon license
  - photo ID
- **COSTUMES**  
Only costumes in accordance with the World Triathlon regulations will be allowed (costumes with shoulder straps, zipper on the back).
- Helmet check
- Handlebars with clips-on
- Disc brakes are allowed



# Transition Area

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- Helmet check - don't leave your helmet fastened in the transition
- Individual racks: the bike must be racked by the rear wheel and during the second transition by either of the wheels
- Running shoes outside the box, helmet on the bike



# Race pack on the position in Transition Area

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- 3 stickers:
  - ✓ 3 helmet
  - ✓ 1 bike
  - ✓ 1 for the run: placed in front of the athlete's body (people wearing uniforms complying with the rules, with the right dimensions and in the right place with the name on the front and back and the country code are not required to put on the number for the run)
- Swim cap
- Chip





# Distance

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## Olimpic Hopes

### Swim

400 m - 1 lap

### Bike

10 km - 1 lap

### Run

2,5 km - 1 lap

Limit: 50'

# Start Procedures

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## Athlete Introduction

- 10 minutes before start - line-up
- Jog to the start
- Select your position and stay behind the line
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up
- If an athlete wishes to wear a second swim cap, the cap should be unbranded and under the supplied event swim cap
- The start can be given any time after the TD announces "On your mark"
- Air horn blast
- The race starts

Athletes not moving forward at the start will receive a time penalty in TA1.



# False-start Procedures

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## 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

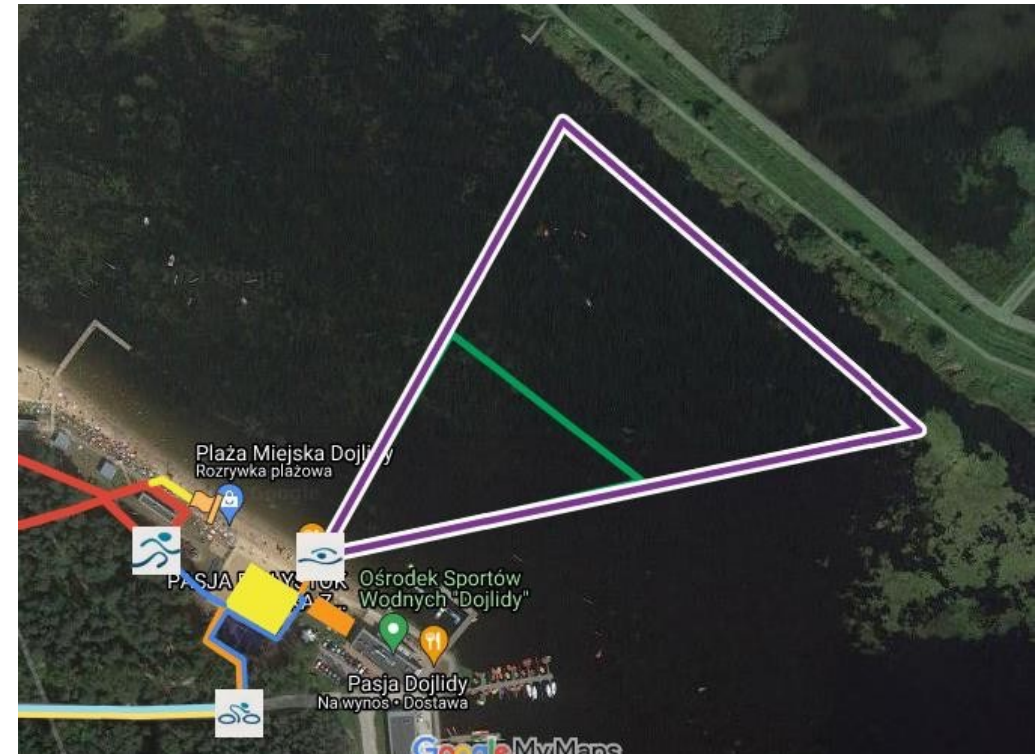
- If a few athletes start before the horn and everyone else starts with the horn, the false starter(s) will receive a 10 second penalty in TA1
- During the time penalty, the athlete(s) may NOT touch any equipment



# Swim course

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- Water temperature: 26°C (18.08.2023 r.)
- Wetsuit not allowed when the water temperature will
- be above 20°C
- **Supersprint – 1 lap 400 m**  
total distance to the first buoy: 120 m
- Take all buoys with your right arm
- Take cap, goggles to transition into your box



# Transition Area

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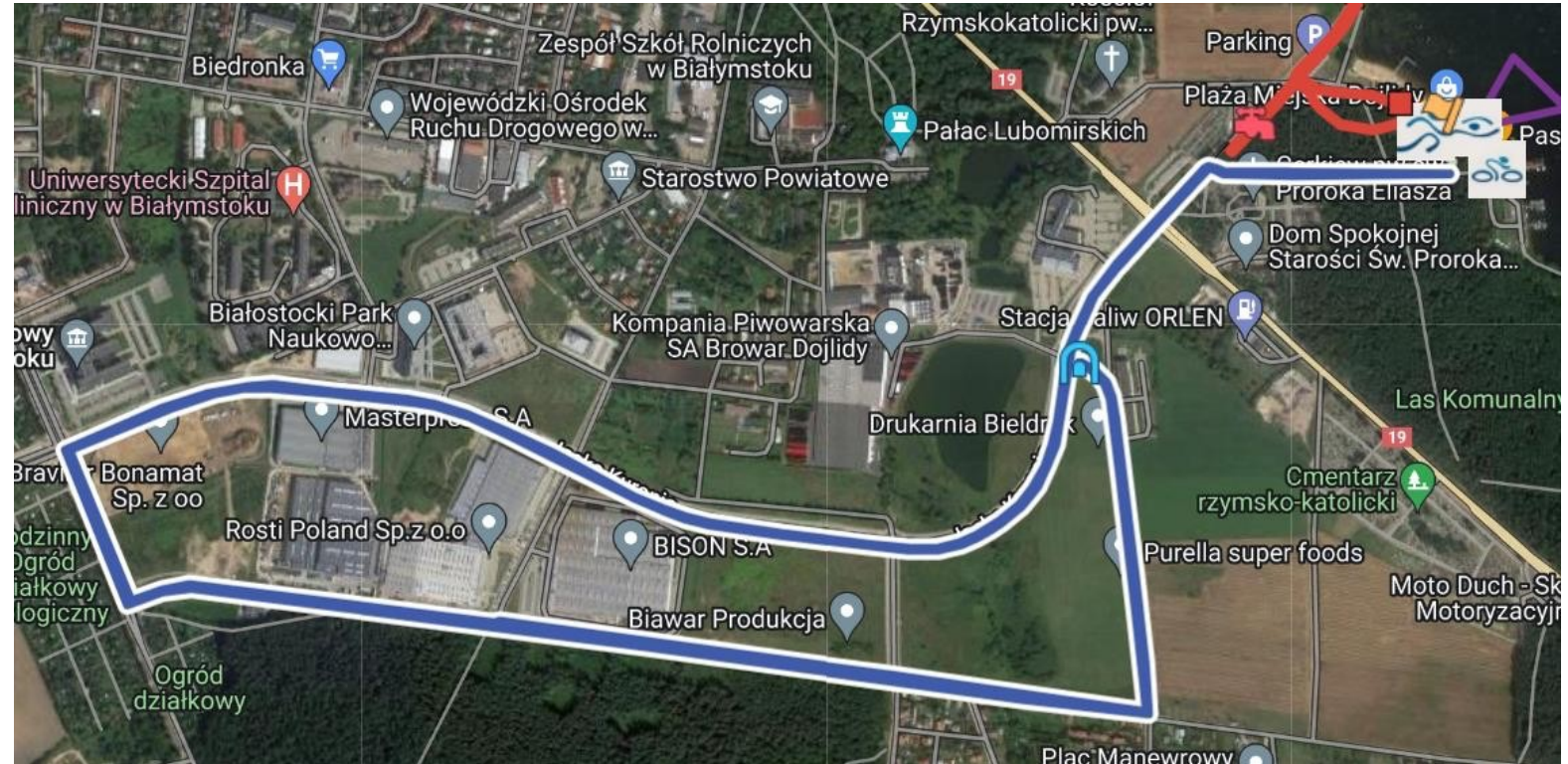
- Bike Racks with number
- Used equipment into the box
- Bike rack, the bike must be racked in the first transition by the rear wheel and in the second transition by either of the wheels
- Mount line at the end of the TA



# Bike course

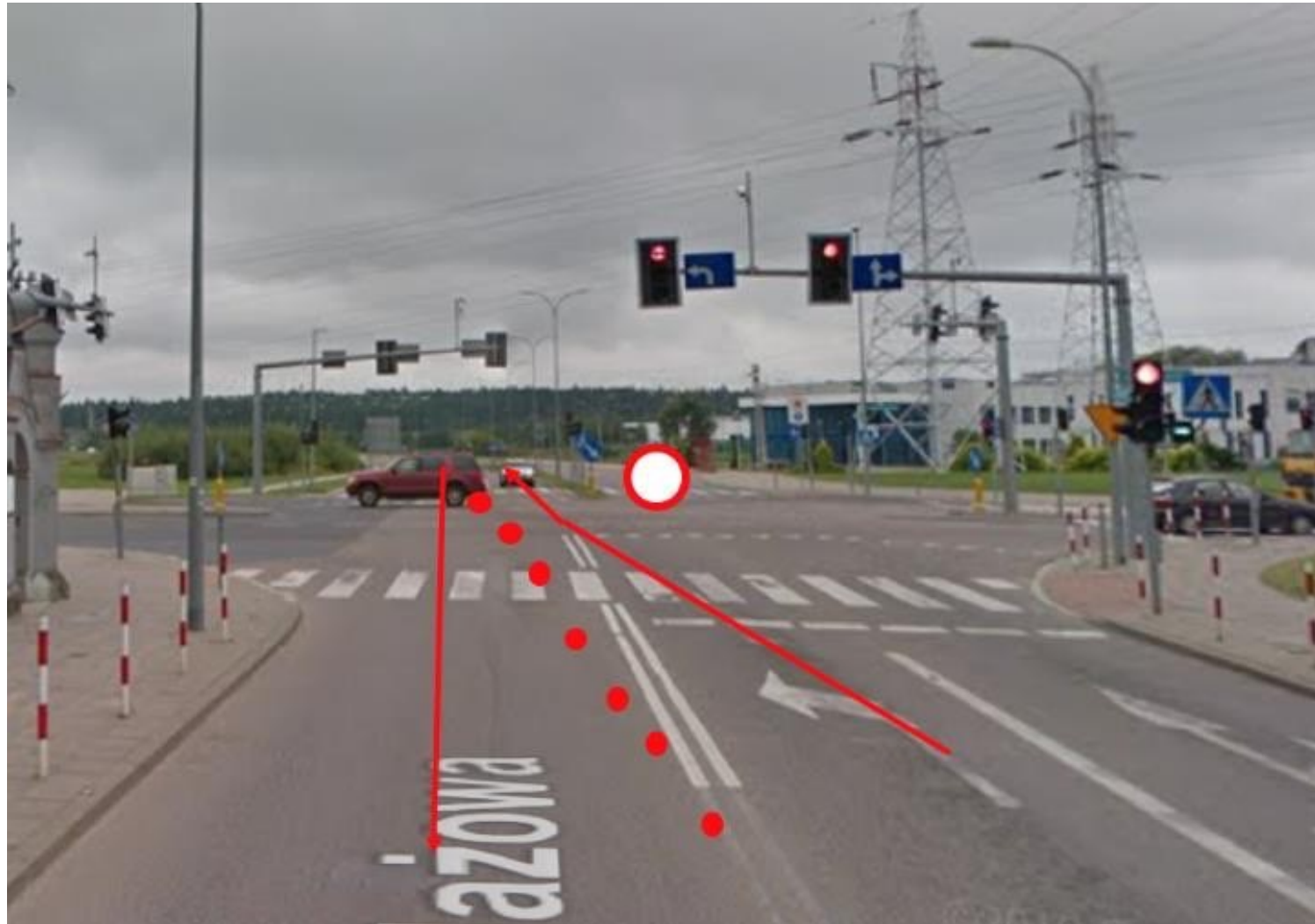
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- 1 lap 10 km
- The route is slightly
- undulating



# Bike course - be careful in these places

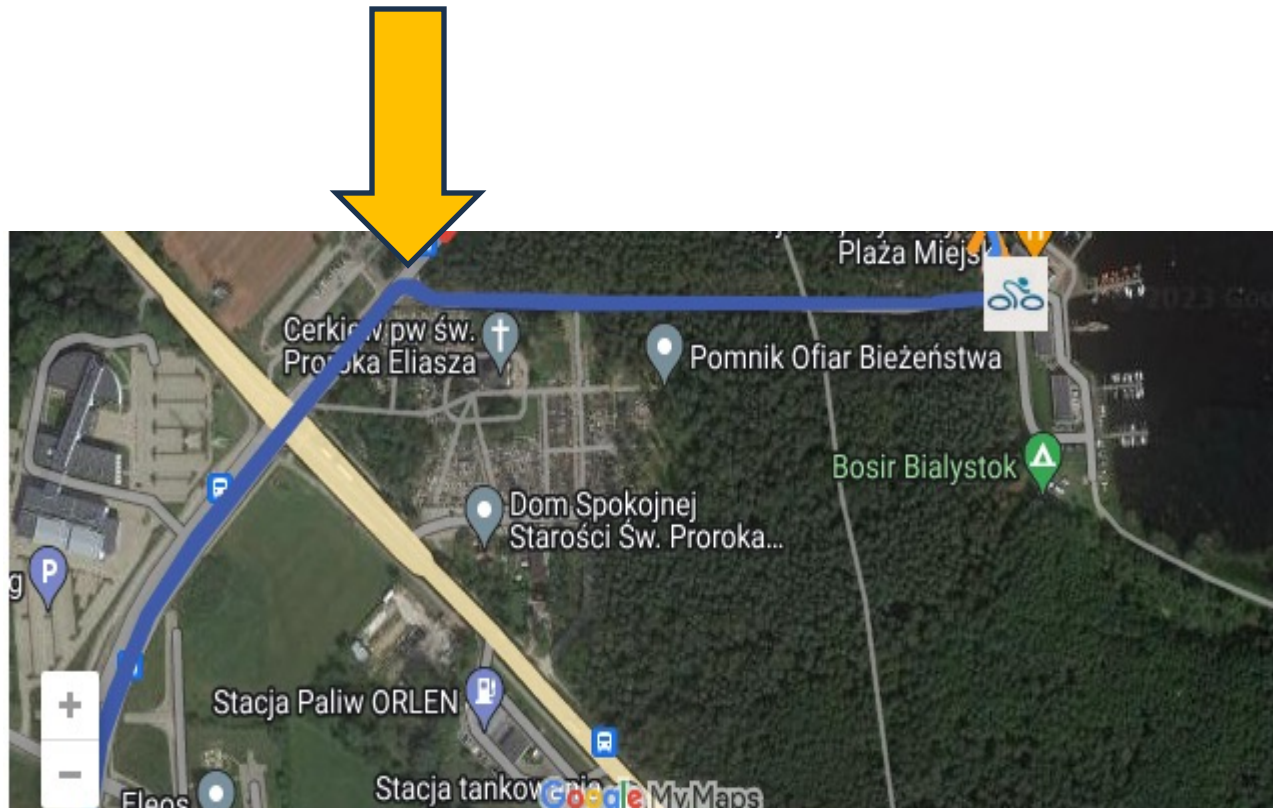
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# Bike course - be careful in these places

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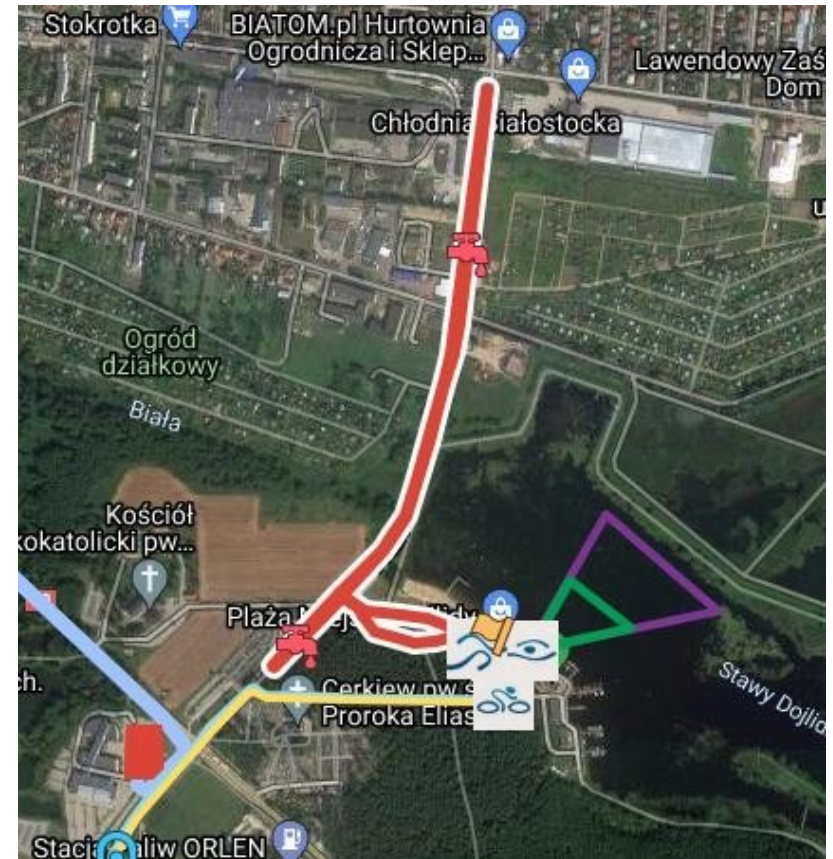
There is a small curb (2 cm) on the first and last turn





# Run course

- 1 lap 2,5 km
  - 1 aid station
  - Littering zone – 100 m. near aid station
  - Photo-finish
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- **BIB number obligatory when uniform**
  - **without name and country code – if not,**
  - **use DSQ**



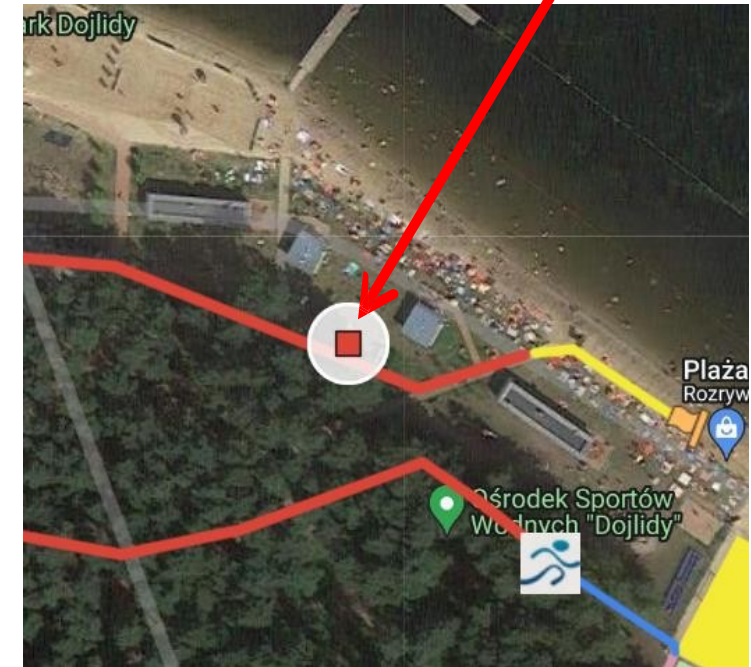
# Run Penalty Box

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- Location: near end the lap
- Start infringements will be served in T1  
Swim, T1, Bike, T2 and Run Infringements will be served in Run
- 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)
- Procedure: 10 seconds time penalty served on any lap of the run

**If the athlete fails to stop to serve the penalty - DSQ**

Penalty box



# Run Penalty Box

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Violations Abbreviations:

<b>Littering</b>	L	<b>Mount Line</b>	M
<b>Swim violations</b>	S	<b>Dismount Line</b>	D
<b>Equipment outside the box</b>	E	<b>Other violations</b>	V

For example:

<b>12 D</b>	athlete #12 received a time penalty for a dismount line violation
<b>12x2 ME</b>	athlete #12 received 2-time penalties for mount line and equipment outside the box violations



# Post-race Procedures

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## Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control
- Place: Ośrodek Sportów Wodnych Dojlidy ul. Plażowa 15/502, 15-502 Białystok



# Weather forecasts

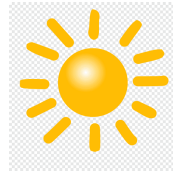
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**Temp**

**Weather**

Sunday 20.08.23

28 - 30 °C



wind 5-7 km/h  
no rain



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**Good luck!**

