



Race-Briefing



- at the briefing you will get an overview of the course layout and the most important rules for the race day.
- We will inform you about short-term changes and adjustments on our website and via our social media channels
- **open questions regarding the regulations will be answered by the organiser, CHTO and TD on saturday between 03:00 - 04:00 pm at the pavilion (Kirchgasse)**

RACE BRIEFING

Race Director

- Bastian Mensing

Wettkampf Jury / Race Jury

- Renate Freisinger
- Danklmaier Agnes
- Bastian Mensing

Technical Delegate

Delegate of the Tyrolian Federation

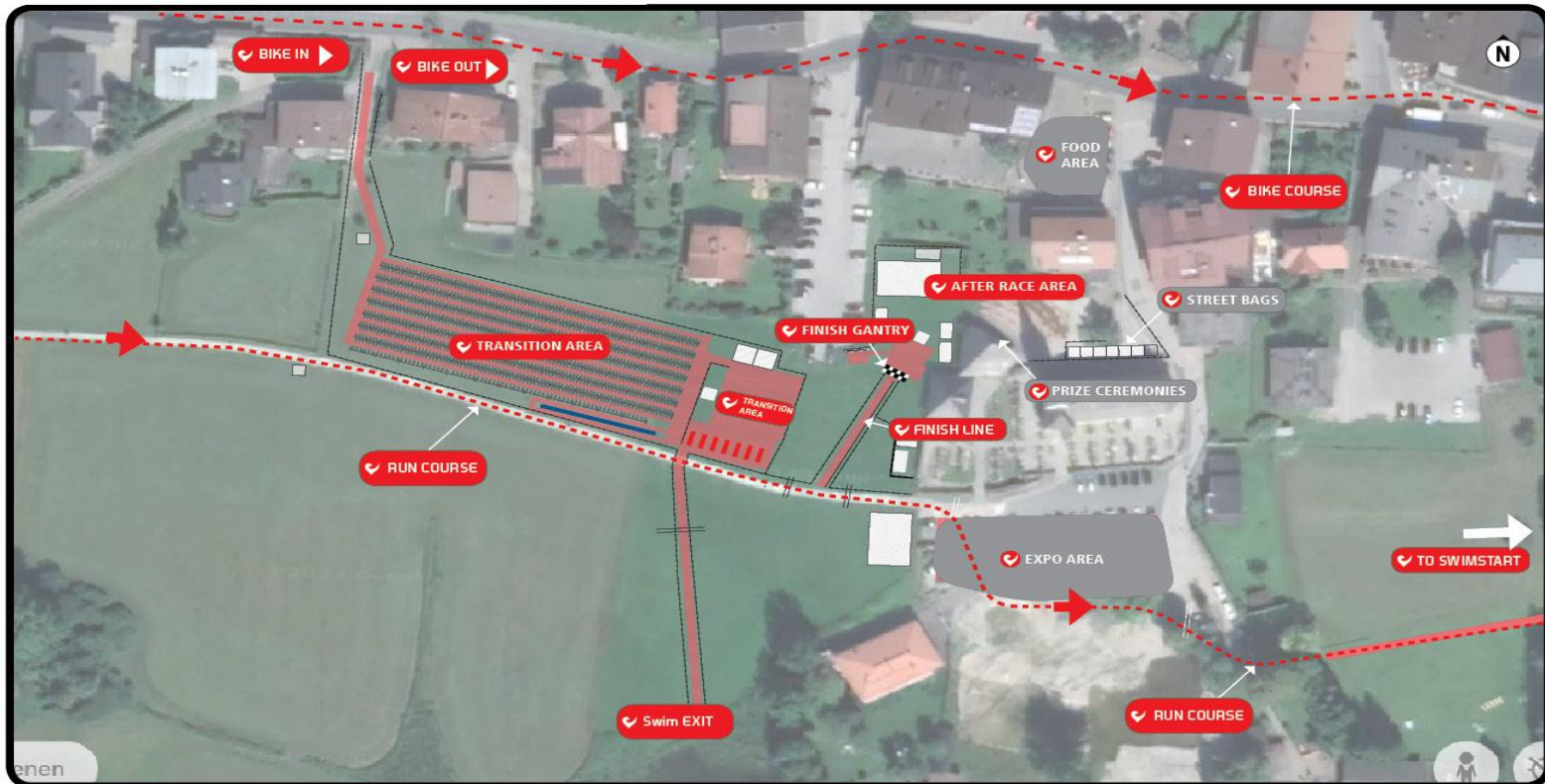
Delegate of the Race

RACE JURY

ÖTRV Sports Regulation

TRI **AUSTRIA**
www.triathlon-austria.at

TRIATHLONPARK OVERVIEW



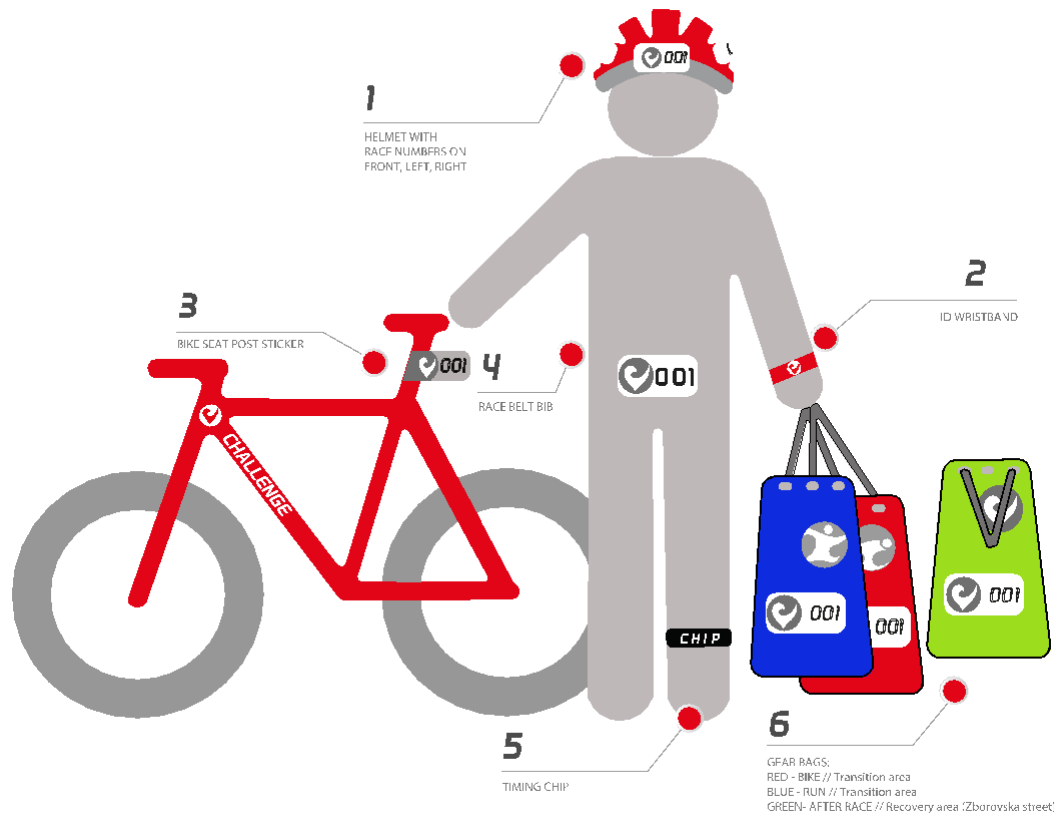
OVERVIEW MAP WALCHSEE

- 9 am – 5 pm **REGISTRATION
(MEHRZWECKHALLE WALCHSEE,
ALLEESTRASSE 24)**
- 3 pm – 4 pm **Q & A at the Music Pavillon Kirchgasse**
- 4.30 pm – 5 pm **TRANSITION Familiarisation**

TIMETABLE SATURDAY 28th June

- **5 am – 8.15 am** **TRANSITION OPEN**
- **8.30 am** **BEACHSTART Pro Women**
- **8.40 am** **BEACHSTART Pro Men**
- **8.45 am** **ROLLING START Age Groups MD & Relay**
- **09.05 am** **ROLLING START Aquabike**
- **3 pm – 5.30 pm** **CHECK OUT (Bike & Transition bags)**
- **5.15 pm** **AWARDS CEREMONY** at the pavilion

TIMETABLE SUNDAY, 29th June



REGISTRATION

Multi Purpose Hall Walchsee, Alleestrasse 24, Walchsee

race package

- **athlete wristband:**
Access to transition area, start area, after race area only allowed with athlete wristband)
- **swim cap**
- **3 helmet stickers** (to be attached to the front, left and right side of the helmet)
- **bike sticker** (around the seat post)
- **body start number (compulsory on bike and run course)**
- **3 transition bags**
- **3 stickers for garment bags**

REGISTRATION

Multi Purpose Hall Walchsee, Alleestrasse 24, Walchsee

- **BLUE:**

bag for cycling equipment:

cycling shoes may be placed **on** the **bike** or stowed **in** the **blue bag**.

Helmet has to be stowed **in** the **blue bag**.

- **ORANGE:**

bag for running equipment (shoes, gel, cap,...)

- **GREEN:**

bag for clothes after the race

TRANSITION BAGS



BIKE CHECK-IN

Sunday 29. June 5 am – 8.15 am

Obligatory to bring to the Check-In

- **helmet including helmstickers**

helmet must be worn with chin strap closed when entering the transition area.

helmet must remain in the transition area-
Your helmet has to be inside the blue bag

- **bike with sticked race number**

bike check at the transition area entrance

Bike hanging on the saddle with handlebars pointing in the direction of the path

- **race bib**



BIKE CHECK-IN

Sunday 29. June 5 am – 8.15 am

Additional information for relay starter:

- **helmet including helmstickers**

Helmets must be worn with the chin strap fastened when entering the transition area. The helmet must then be placed in the blue transition bag in the designated place and handed to the cyclist by the swimmer.



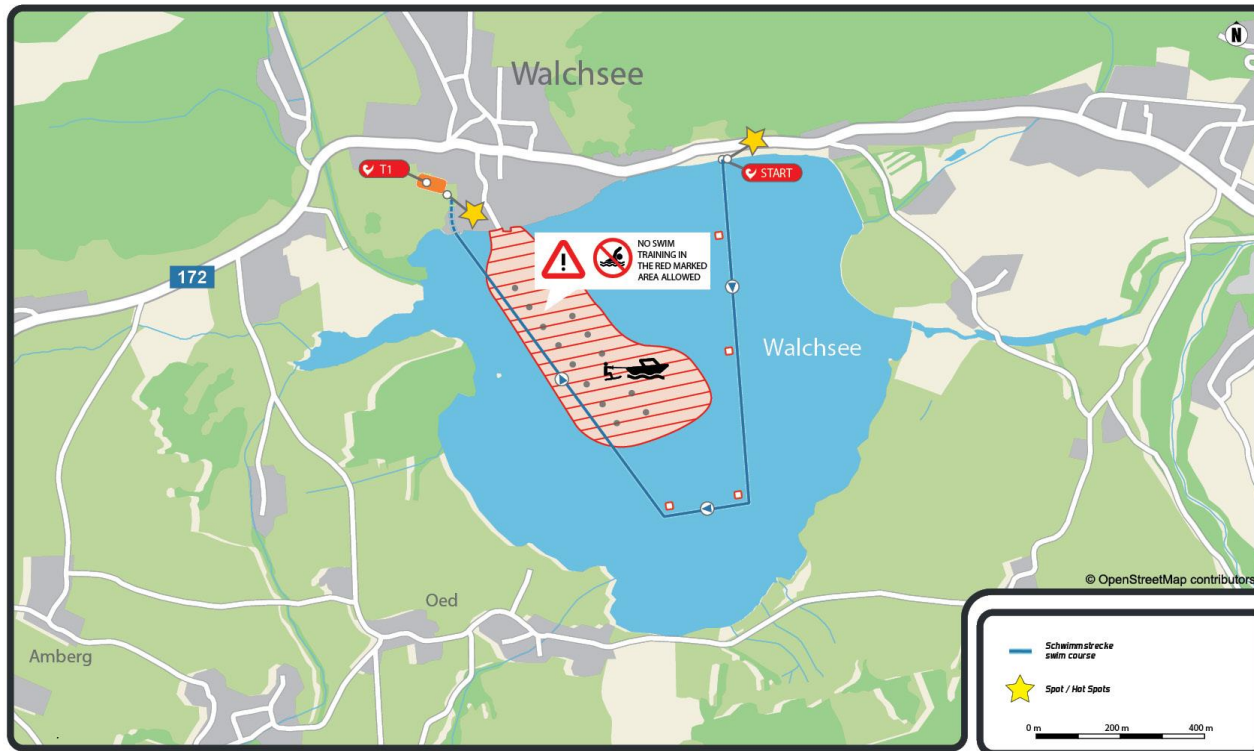
BIKE CHECK-IN

Sunday 29th June

- **access to transition from 5 am – 8.15 am**
- **don't forget your timing chip !**
- **bike service is available during open times**
- **Transition bags must be racked on Sunday morning**
- **Drop off after race clothing (green bag) in the containers provided in the parking lot below the church.**
- **portable Toilets will be available in transition, close to swim exit and at the swim start**

PRE START SUNDAY

MIDDLE DISTANCE
SCHWIMMSTRECKE - SWIM COURSE
Streckenlänge / course distance - 1,9 km



SWIM 1,9km 1 Loop

Pro Men/Women Beach Start:

- select a position and stay behind the line!
- start signal with a horn

Age Group Rolling Start:

- line up yourself in one of the start zones at your discretion.

Zone 1 – 3 Single Starter and Relay

- Zone 1 < 30 minutes
- Zone 2 30 - 35 minutes
- Zone 3 35 - 45 minutes
- Zone 4 45 - 70 minutes and Aquabike

the rolling start runs from zone 1 to 4 until all athletes have crossed the timing mat and started the race.



START – PROCEDURE

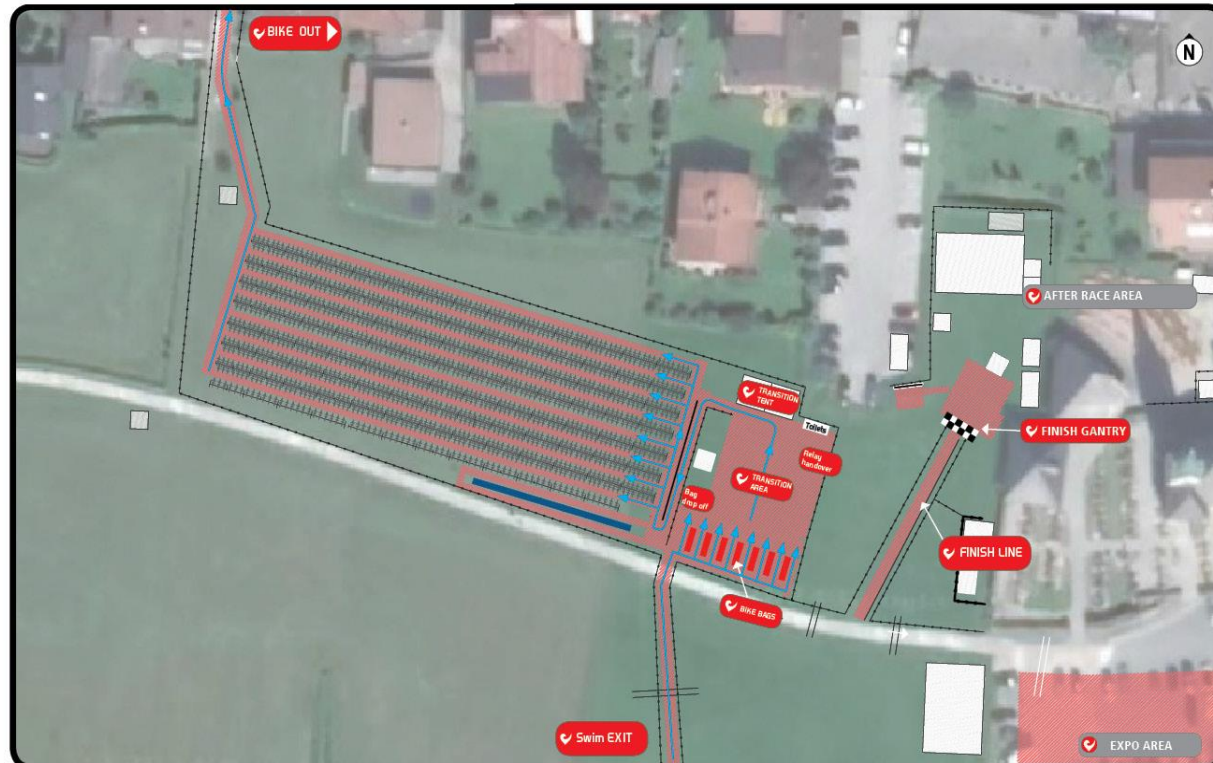
wetsuit allowed or not/ final decision taken 1 hour before the race start:

- **warm-up allowed** in the marked area **until 8.15 am**
- **swim caps** of the organizer are **obligatory**
- footwear not allowed
- **take off your wetsuit** only in the **changing area**
- red and white directional buoys
- **all buoys on your right shoulder**
- **cut off time 70 min**

swimming on race course only allowed on official swim training and race day!!!

SWIM

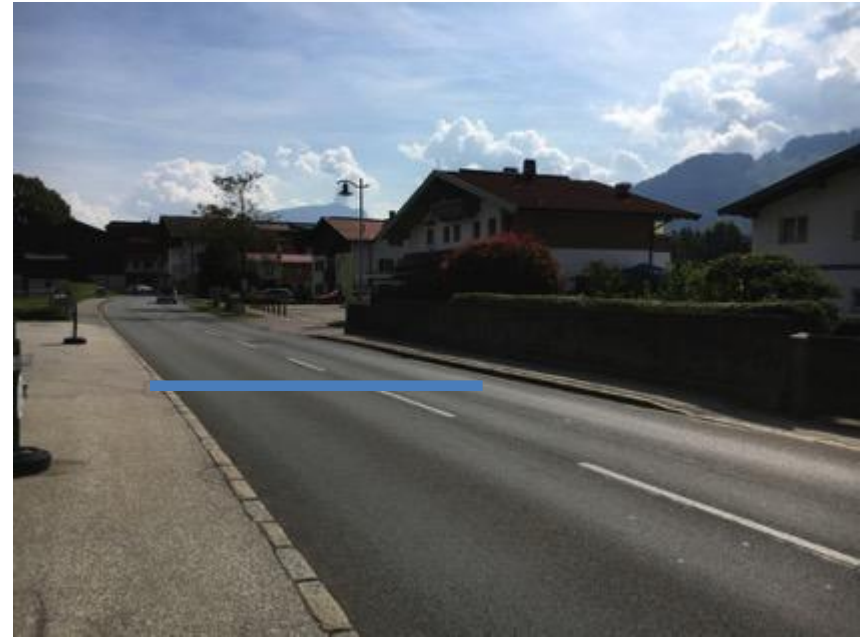
TRANSITION SWIM - BIKE



TRANSITION 1

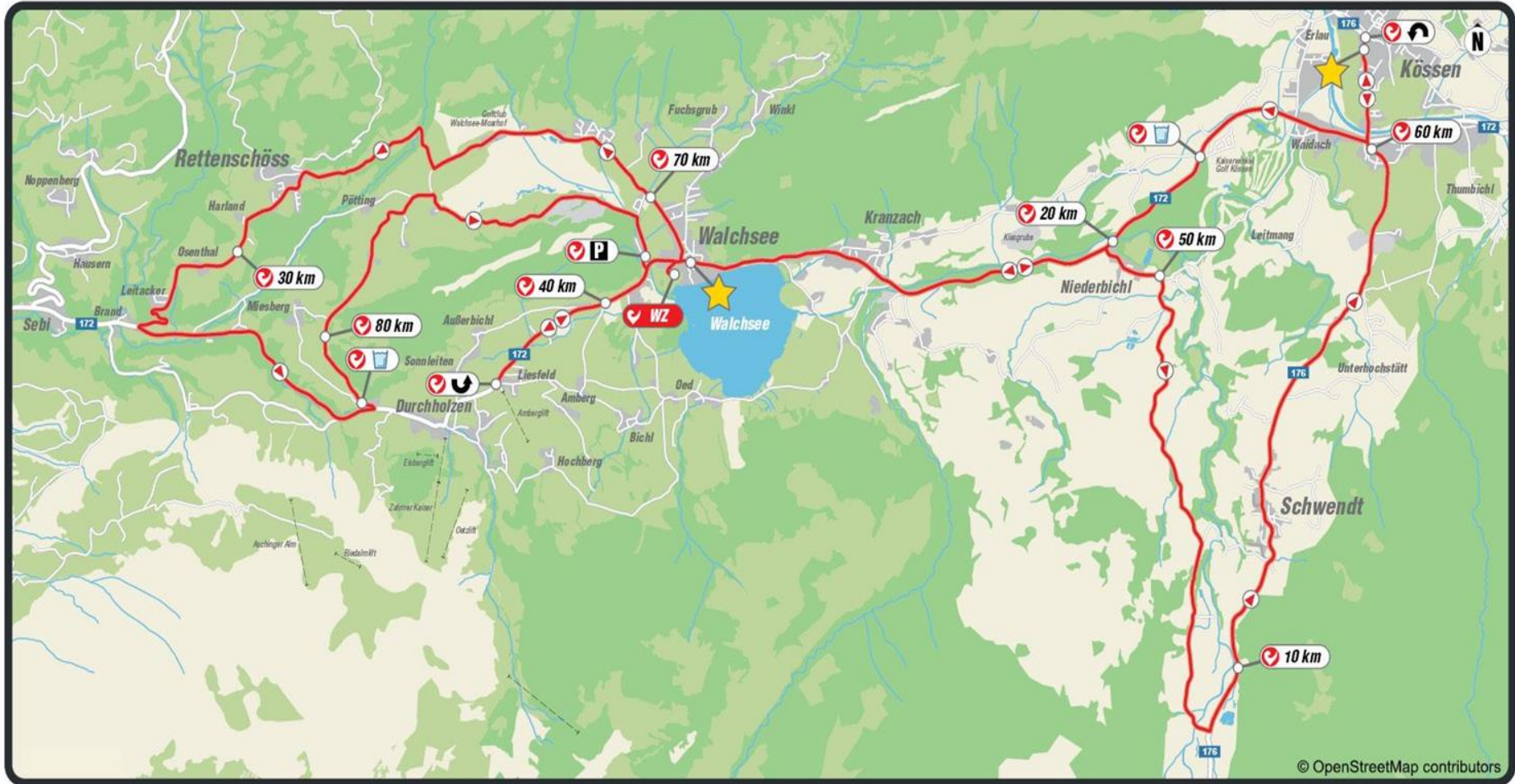
- after the swim **take your wet suit off only to your hips**
- changing clothes directly in front of the tent or in the tent!
Nudity and improper exposure in front of the tent is prohibited!
- swim gear needs to be stored into the Blue Bag and placed in the designated area outside of the tent.
- **cycling shoes that are not attached to the bike must be put on in the transition area**
- **remember! fasten your helmet before taking your bike**
- race bib on the back
- **get on your bike after the mount line**

TRANSITION SWIM - BIKE



- get on your bike after the mount line
- get off your bike before the dismount line
- this rule also applies to aquabike

MOUNT/DISMOUNT LINE

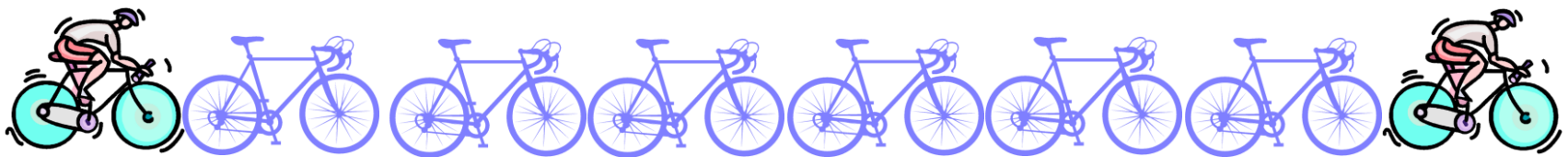


BIKE COURSE

- **2 laps a 42,7 km, total distance 85,4 km**
- **race course closed for traffic** (road traffic regulations, in particular the requirement to drive on the right must be observed at all times!)
- **4 aid stations**
- **1 penalty tent (located towards the end of each loop)**
- **Cut-Off Swim/Bike 5:30 hours**

BIKE COURSE

- **LITTERING = RED CARD DISQUALIFICATION**
- **PROHIBITED EQUIPMENT:** e.g.: Bike bottles, hydration bladders, or other items, with the exception of food such as bars, gels, etc. may not be transported in the race suit. => **RED CARD DISQUALIFICATION**
- **DRAFTING (12m) = BLUE CARD 2 MIN TIME PENALTY**
6 wheel lengths from front wheel to front wheel



RULES BIKE

- prohibited seating positions = warning from the referee.
If the prohibited sitting position is corrected there is no penalty,
otherwise = **RED CARD**



- crossing the centre line = **RED CARD**

RULES BIKE

- **BLOCKING Rules = YELLOW CARD (30sec)**
 - **athletes must keep to the right side** of the street 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 at the next bike penalty box
- **overtaking within 25 seconds and overtaking LEFT ONLY**
the overtaken athlete must leave the slipstream zone within 25 seconds, after which the slipstream ban applies.

RULES BIKE

The referees signal the time penalty by:

- blowing a whistle
- calling out the start number
- showing a blue or a yellow card and telling you the time penalty.

you have to

- stop at the next penalty box on the bike course and serve the time penalty.
- failure to serve time penalty = Red card

RULES BIKE

- **time penalties for off-the-bike rule violations = yellow card (30 seconds):**
- **examples of rule violations off the bike course.**
(e.g. disregarding the ascent/descent line, helmet rule, riding in the transition area)
- **the micro time penalty will be announced on the notice board at the penalty box and has to be served in the penalty box on the run course (shortly before the end of each run lap)**

make sure to check the notice at the penalty box!

failure to serve the penalty will result in disqualification.

OTHER PENALTIES



DANGEROUS SPOTS MARKED BY DANGER SIGNS

- **oncoming traffic (bikes, motorbikes)** in Walchsee and Kössen – turning point
- **km 4,3 and 47:**
90°- bend to the right towards Bichlach
- section with many bends between Schwendt and turning point 1 including narrow section

CRITICAL POINTS



- **km 27,6 and 71,3:**
80° bend to the right at the junction Walchsee into Hausbergstraße with s-turn in close proximity.
- **km 34 to 34,7 und 77,7 to 78,6:**
steep section with many bends and at the end 160°-bend to the left
- **km 40 and 80,1:**
110°-bend to the right in Walchsee, Bachstraße at the fire station

CRITICAL POINTS

Powerbar®

4 AID STATIONS: Km 18, 34, 62, 78

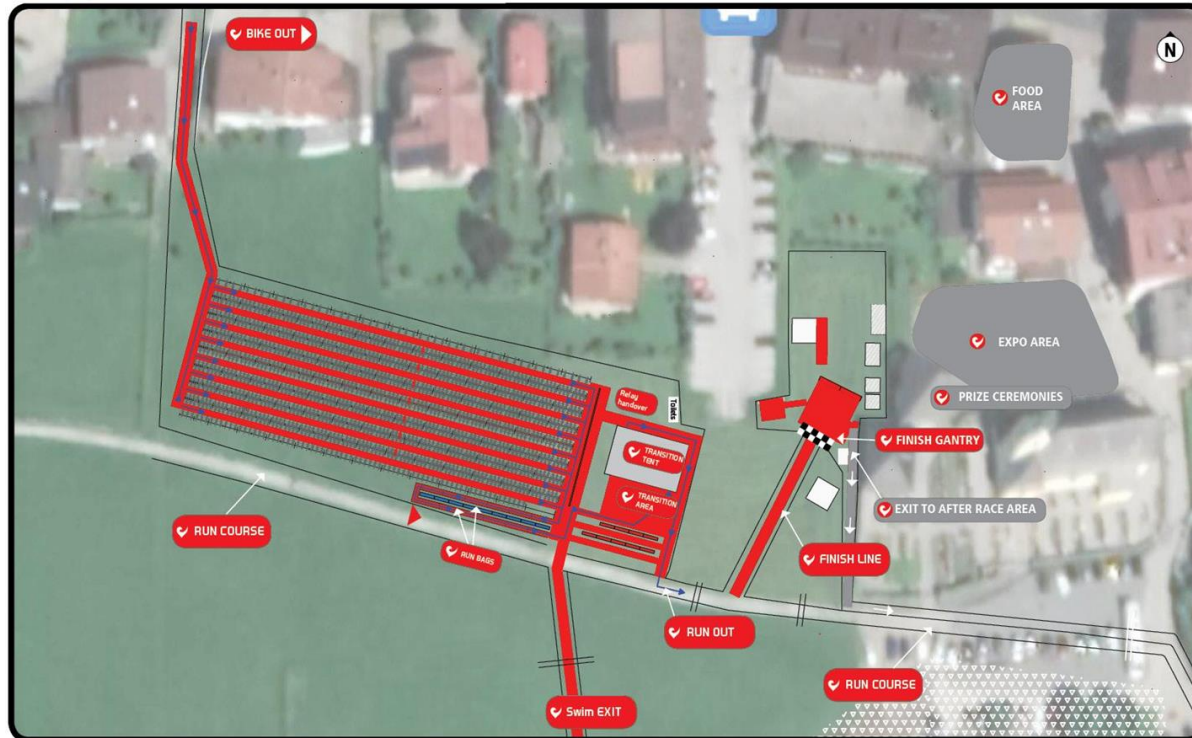
setup of aid station:



- special needs can deposited at the end of the official food stations
- at each Aid Station portable toilets available
- throw empty bicycle bottles into the "bottle container"

AID STATION BIKE

TRANSITION BIKE - RUN



TRANSITION BIKE - RUN

- **Bike hanging on the saddle with handlebars pointing in the direction of the path**, do not open the helm chin strap until the bike is hanging on the bike rack
- **pick up the orange bag:**
After you have taken your orange transition bag from the rack provided, change your clothes directly in front of the tent or in the tent. nudity and improper exposure in front of the tent is forbidden!
put the equipment you no longer need in the orange changing bag, take it out of the tent and place it in the marked area
- **change in the tent or at the designated place in front of the tent**
- **put equipment** that is no longer needed **into the blue bag**, take it out of the tent and **place it in the marked area**
- **start number to the front**

TRANSITION BIKE - RUN



RUN

4 loops:

- aidstation every 2 - 2,5km (2 per lap)

rules:

- **no littering: throw objects within 50m before and 150m after the aidstations.** (disregard of this regulation results in disqualification)
- **outside assistance not allowed** (except police, ambulance and race marshals)
- **no audio devices and headphones allowed**
- **no shortening or leaving the Race Course** (also in transition)
- all mentioned topics apply on the whole race course

RUN

Powerbar®

Set Up of the aid stations:

Littering Start **Red Bull** **Cola** **Water** **Iso** **Gel Bars** **Fruit** **Iso** **Water** Littering End



- 2 aid stations per lap
- own food deposited at the end of the official food stations
- showers to cool down, toilets
- **please protect the environment and cool down using showers instead of using water cups**

AID STATION RUN

- **finisher medal at the finish**
- **chip return in the finish area**
- **finisher Shirt in the after-race area**
- **finish catering in the after-race area**
- **check-Out 3pm – 5.30 pm only with bib-number**

if you drop out of the race report to the race management!

FINISH

- **protest times:**
up to 30 minutes after crossing the finish line or in exceptional cases,
in consultation with the Technical Delegate latest 15 min after official final results.
- any protests can be submitted in writing to the chairman of the competition jury (race office, Alleestr. 24) within the above-mentioned protest time using the protest form and stating the exact reason for the protest.
- furthermore, a protest fee of € 40,- must be deposited.
- a protest against a disqualification due to drafting (factual decision) is not possible

PROTEST

Lows: 12 to 17 degrees Celsius

Highs: 28 to 31 degrees Celsius

Precipitation chance: 5%

Humidity: 30%

Wind: 10 km/h



30 °C

WEATHER FORECAST

**We wish you a successful
and an accident-free race!!!**



CHALLENGE
KAISERWINKL-
WALCHSEE

