

# Age Group Athletes' Briefing

Saturday, 11.04.2026



# Agenda

Welcome and Introductions

Competition Jury

Schedules and Timetables

Check-in and Procedures

The Course

Post-Race Procedures

Weather forecast

# Welcome and Introductions



- Kaisa Tamminen (FIN), Europe Triathlon Executive Board Representative
- John Raadschelders (NL), President I.P.A.
- Stephan Kretschmer (SUI), Europe Triathlon Technical Delegate
- Marieke von Dewitz (GER), Europe Triathlon Assistant Technical Delegate
- Sören Jarling (GER), Europe Triathlon Head Referee
- Kirsten Krauthäuser, Deutsche Triathlon Union Technical Delegate (DM)
- Lena Pappert, Deutsche Triathlon Union Head Referee (DM)
- Patrick Thevis, LOC Director



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# Competition Jury EC



- Stephan Kretschmer, European Triathlon Technical Delegate – Chair
- Kaisa Tamminen, European Triathlon Executive Board Member
- Bernd Kapp, Deutsche Triathlon Union, Board Member

# Competition Jury German Championship



- Kirsten Krauthäuser, Deutsche Triathlon Union, Technical Delegate – Chair
- John Raadschelders, President I.P.A
- Bernd Kapp, Deutsche Triathlon Union, Board Member



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# Schedule and Timetables



**11.04.2026**

14:00 – 17:00

Race package pick up & licence check

Online / eMail

Athletes' Race Briefing



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# Schedule and Timetables



**Sunday 12.04.2026**

**AG Open 20 – 54 EC / GC**

08:15 – 08:50	Check-In
<b>09:00</b>	<b>Start</b>
16:00	Award Ceremony

**AG Open 55 – 85 + AG Women EC / GC**

08:45 – 09:20	Check-In
<b>09:30</b>	<b>Start</b>
16:00	Award Ceremony



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# Timetables Cut off times



Cut off times	
13:30	Last bike lap
14:30	bike
15:30	Last run lap

# Race Pack Distribution

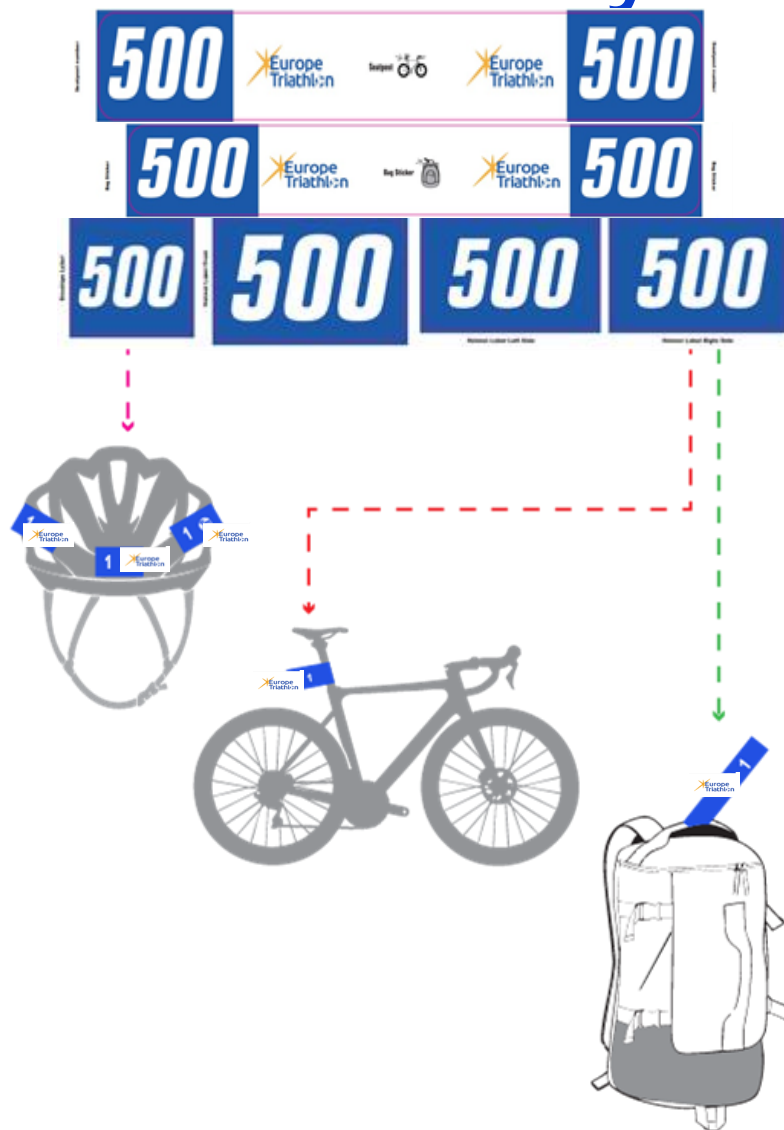


**ALL athletes/support team** must provide a picture ID to receive the race package.

Your package includes:

- Stickers – Helmet (3x), Bike (1x), Bag (1x) Stickers
- Timing Chip (at Check-In on Sunday)

# Stickers and body decals



# Check-in procedures



- Bike check will be at the check-in Sunday morning. Arrive early
- Mechanic service on race day available (Check-In)
- EC Uniform & race gear check (name, country, logos, World Triathlon logo) – photos taken of each uniform with shoes. Wearing other uniform during the race = DSQ
- Body marking check (both arms, both legs) at check-in
- Timing chip distribution 1 for the ankle check-in

# Check-in procedures



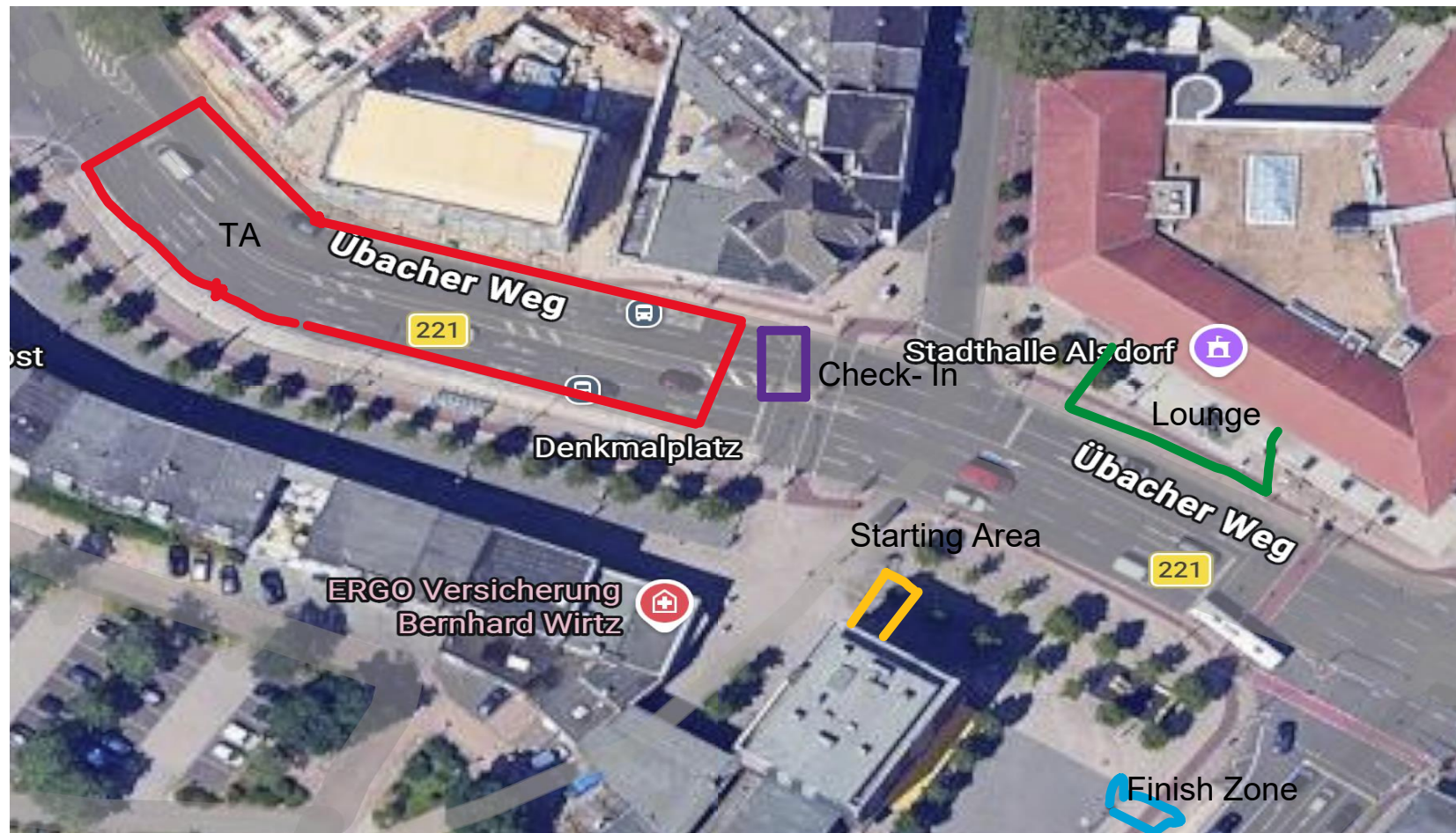
## Transition Area

- Helmet check - Don't leave your helmet fastened in the transition

The athlete who misses to comply with this rule will receive a 30 seconds time penalty in TA1

- Running Shoes outside the box, helmet on the bike

# • The Venue



# Check-in procedures

## Uniform & licence check



- Athletes can wear long-sleeve uniform with/without zipper
- Arm covers can be worn and can be removed during the event **BUT only in Transition.** Removal elsewhere during the race will lead to DSQ
- Zipper can be at the front or at the back. Front zipper must be connected at the bottom at all time and must be zipped up for the last 100 m.

# Run equipment - shoes



- **World Triathlon follows World Athletics' Shoe Regulations applicable to road events** for all the triathlon and its other related multisports as described in 1.1.a);
- Athletes are subject to random shoe control before, during, or after any competition. For any shoe that cannot be identified, each piece of information (and maybe the shoe itself) will be required to be sent to the World Triathlon headquarters for verification within 7 days after the competition it was worn.
- In the official results, the athletes under shoe review will have a note (Uncertified/UNC) added to the results footer notes. If the shoe is confirmed as legal, the note will be removed. In any different case, the athlete will be disqualified.

# Pre-start Procedures



## Athlete Introduction

- 5 minutes before start - line-up
- Select your position



# Start Procedures - NEW



## Once all athletes are in their start positions

- The announcer will say: *“Athletes, now you are in the hands of the starter”*
- Heartbeats will be played during 10 to 15 seconds.
- Silence for 3 to 5 seconds
- Air horn blast
- The race starts

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

# False-start Procedures



## False-start (many athletes)

- Several horn blasts
- 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 30 second penalty in TA1
- During the time penalty, the athlete(s) may NOT touch any equipment.

# The course



**Run 1**                      4 laps of 2.5 km

**Bike**                        3 laps of 19.55 km

**Run 2**                      4 laps of 2.5 km

# Run Course 1



- 4 laps (total distance of 10km)
- Aid stations:
  - 1 per lap
  - For locations see the map
  - Sealed water / Cola / ISO / Banana / Gel
  - Discard plastic bottles and litter within the littering zones indicated by these signs
- Not run together and/or take pace from other athlete/s who is/are on another lap
- Congestion in finish area >>> Go to mixed zone / recovery area



# Run 1 Course Map

 World Triathlon | Duathlon  
World Championship

 POWER & MAN | Middle Distance  
Alsdorf 2025



World Series  
**POWER & MAN**  
\*\*\* Alsdorf \*\*\*

**LAUFSTRECKE 2,5 km**  
**RUN 2,5 km**

VD: 2 & 2 LAPS  
CD: 4 & 4 LAPS

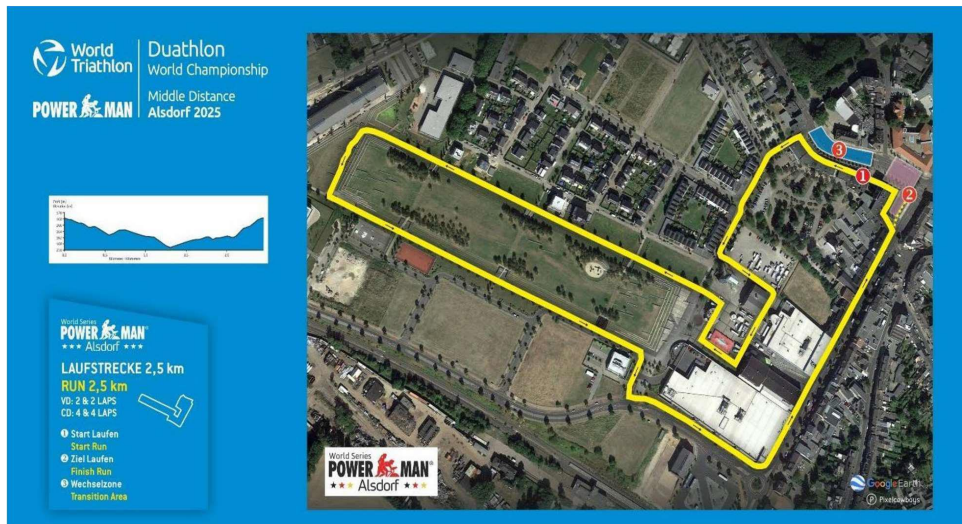
- 1 Start Laufen  
Start Run
- 2 Ziel Laufen  
Finish Run
- 3 Wechselzone  
Transition Area



World Series  
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Google Earth  
Pixelcowboys

# Run 1 Course Map



World Triathlon | Duathlon  
World Championship  
Middle Distance  
Alsdorf 2025

POWER MAN

LAUFSTRECKE 2,5 km  
RUN 2,5 km  
VD: 2 & 2 LAPS  
CD: 4 & 4 LAPS

- Start Laufen  
Start Run
- Ziel Laufen  
Finish Run
- Wechseltzone  
Transition Area

World Series  
POWER MAN  
\*\*\* Alsdorf \*\*\*

World Series  
POWER MAN  
\*\*\* Alsdorf \*\*\*



Aid Station

# Run behavior



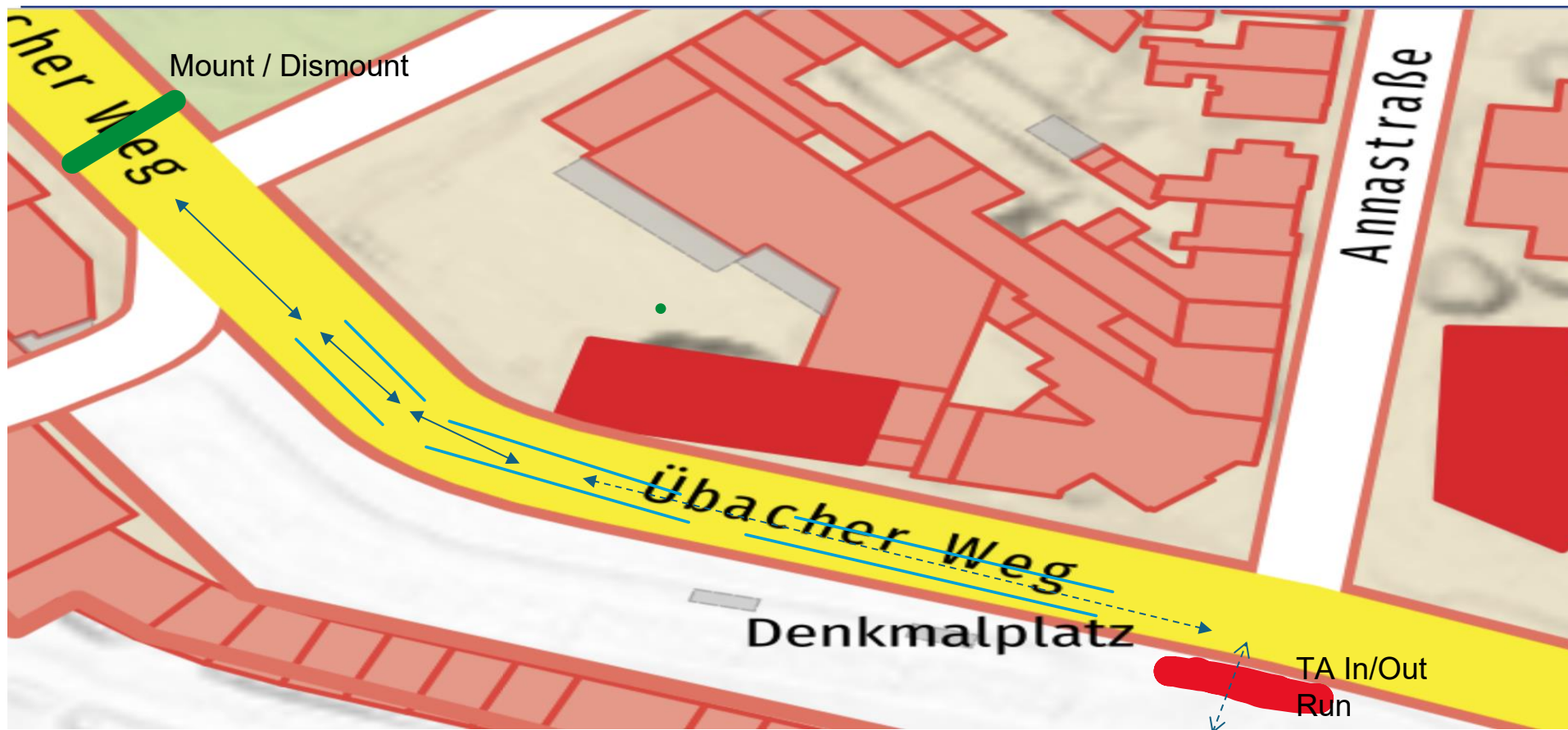
## Definition from the World Triathlon CR §6.1:

- b. Where an athlete makes accidental contact during the run with another athlete, then immediately moves away and does not cause a fall the athlete will not incur a penalty.
- c. Where an athlete makes contact with another athlete during the run, continues to impede the progress of the other athlete and does not move away, the athlete will incur a time penalty.
- d. Where an athlete deliberately targets another athlete during the run and impedes their progress, gains an unfair advantage, potentially causes harm or a fall the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

# Transition Area

- Traditional/Individual Bike Racks – row
- Running shoes in front of the box, helmet on the bike - only one pair of shoes can be in front of the box.
- The bike must be racked in the first transition by the saddle and in the second transition by either saddle or handle bar
- Used equipment in the bin. If using one pair of shoes for both runs, they can stay outside the box in T1. If using two pairs, the one used for Run 1 must be placed in the box in T1
- By the end of the last transition, **ALL** equipment (**used + unused**) must be deposited in the corresponding bin.
- Athletes cannot lock/unlock 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.
- Mount line at the end of the TA (orange), Dismount line at the entry of the TA (orange)

# Transition Flow



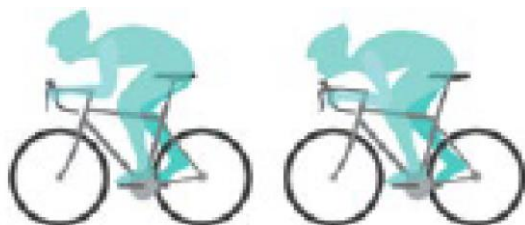
# Bike course

- 3 laps (total distance of 60 km)
- Flat / not technical
- No Lap Counting
- Littering Zones



# Riding position

OK



NOT OK



Only ok in draft  
illegal event

# Bike behavior



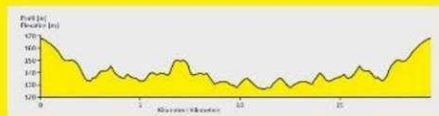
## Definition from the World Triathlon CR §5.1.b:

- iv. Where an athlete cuts across or makes accidental contact with another athlete during the bike, then immediately moves away and does not cause a crash the athlete will not incur a penalty.
- v. Where an athlete cuts across another athlete in a dangerous manner or makes contact with another athlete during the bike, does not move away and continues to impede the progress of the other athlete, the athlete will incur a time penalty.
- vi. Where an athlete deliberately targets another athlete during the bike and impedes their progress, gains an unfair advantage, potentially causes harm or a crash the athlete will be disqualified and may be reported to the World Triathlon Tribunal for potential suspension or expulsion.

# Bike Course Map



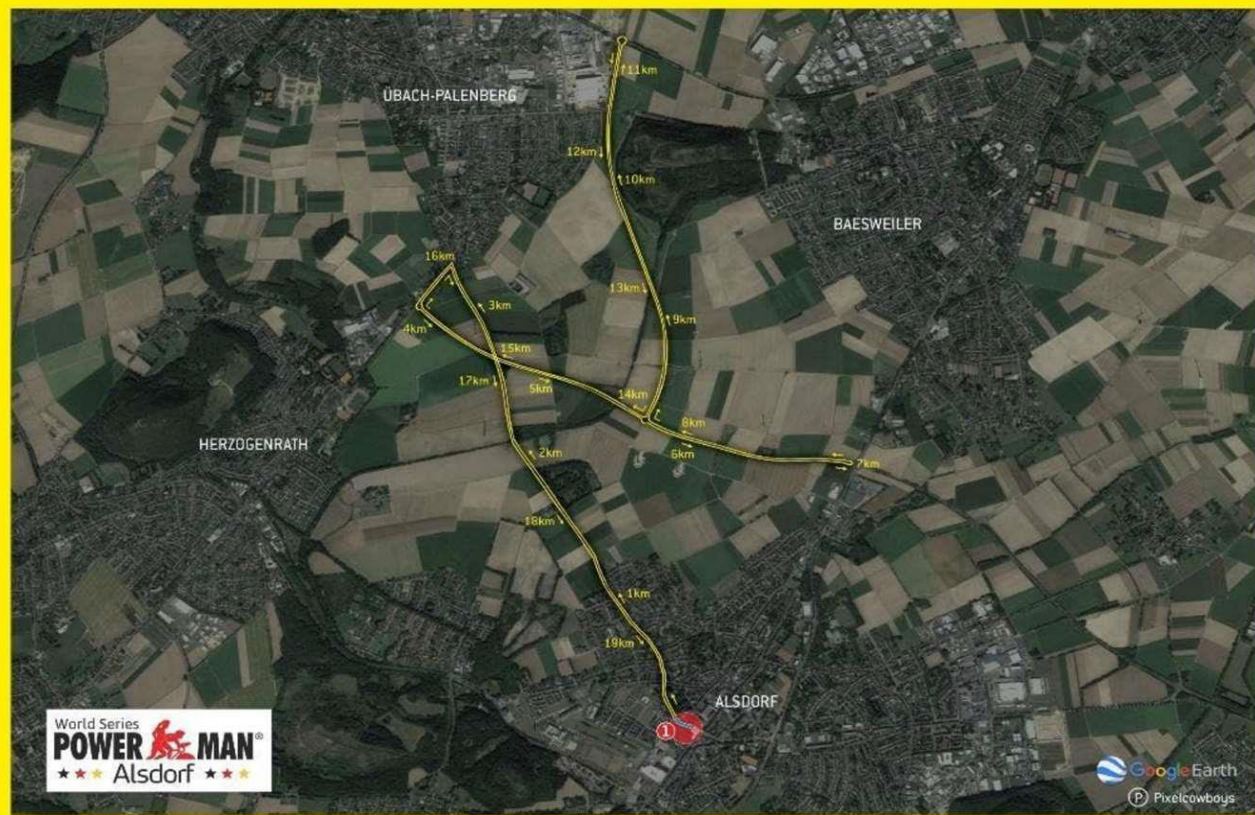
Duathlon  
World Championship  
Middle Distance  
Alsdorf 2025



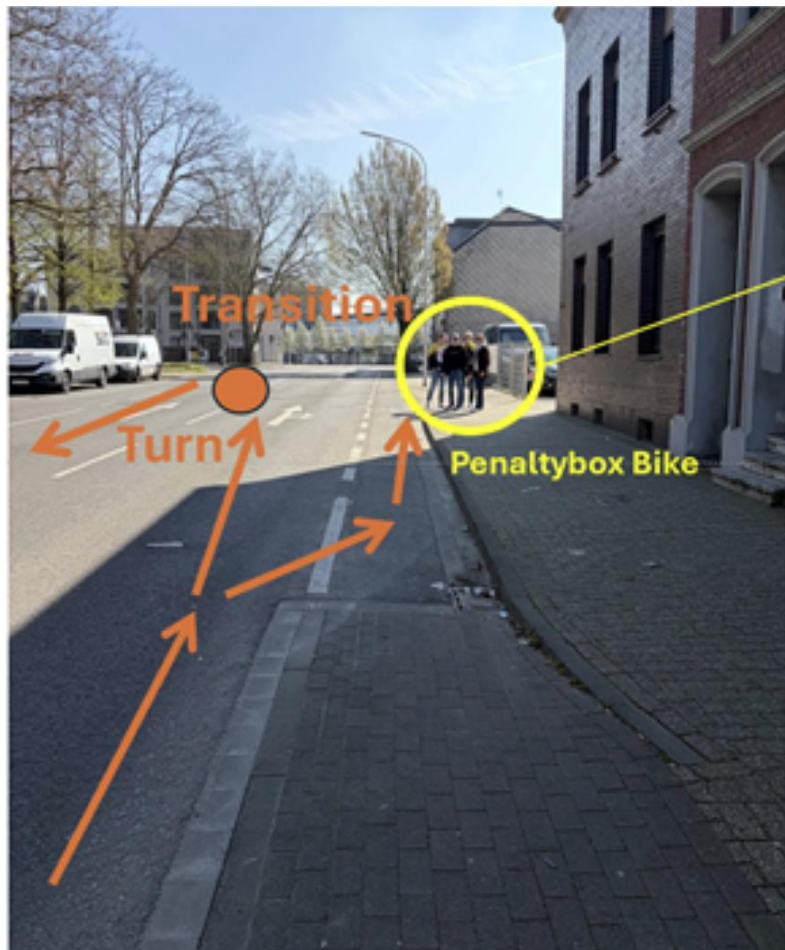
World Series  
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**RADSTRECKE**  
**BIKE TRACK**  
**19,55 km**

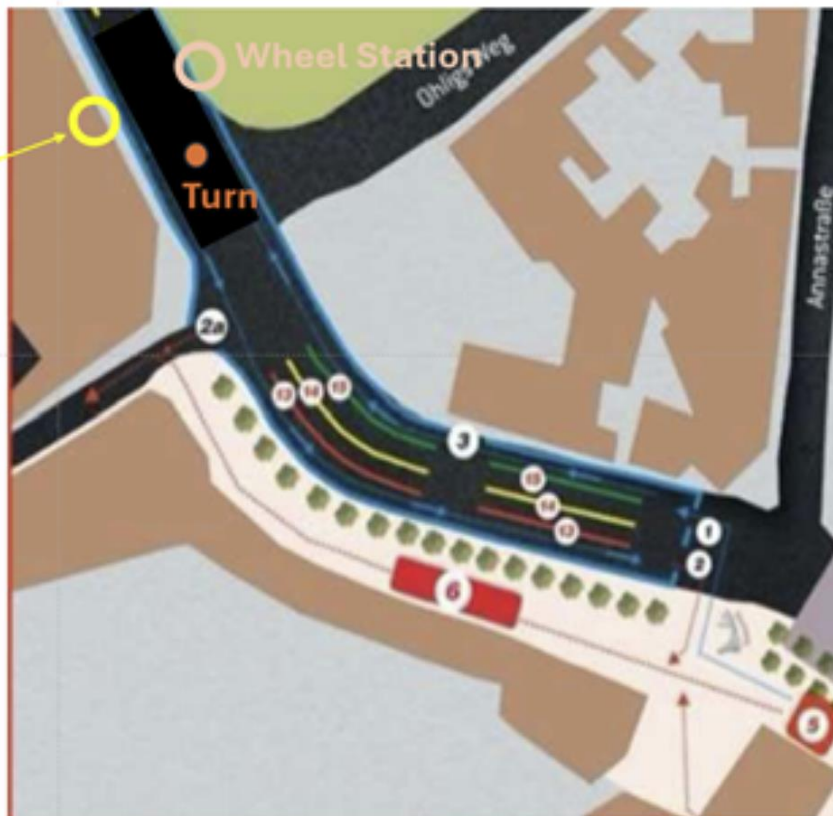
1 Start/Ziel Radstrecke  
Start/Finish Bike Track



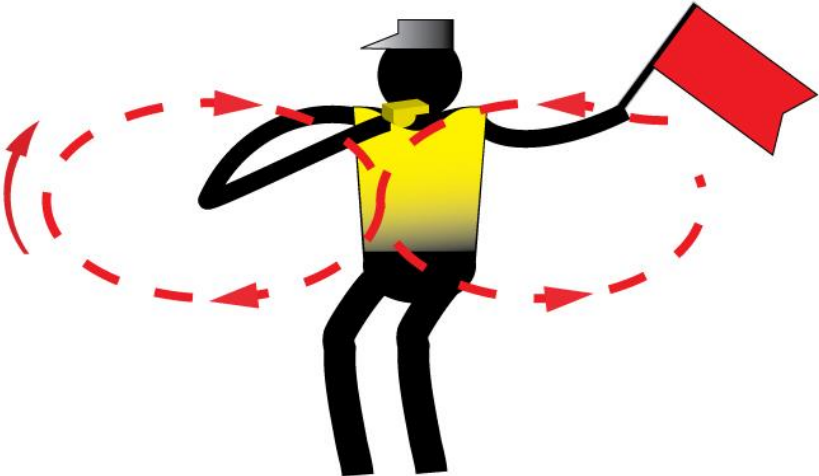
# Penalty Box / Wheel Station



Penaltybox Bike + Wheelstation Elite



# Caution



# Construction site on the bike course



# Construction site on the bike course

Europe  
Triathlon




# Run course 2



- 4 laps (total distance 10km)
- Aid stations:
  - See run course 1
- Not run together and/or take pace from other athlete/s who is/are on another
- Photo-finish
- Congestion in finish area >>> Go to mixed zone / recovery area



# Run 2 Course Map

 World Triathlon | Duathlon  
World Championship

 POWER & MAN | Middle Distance  
Alsdorf 2025

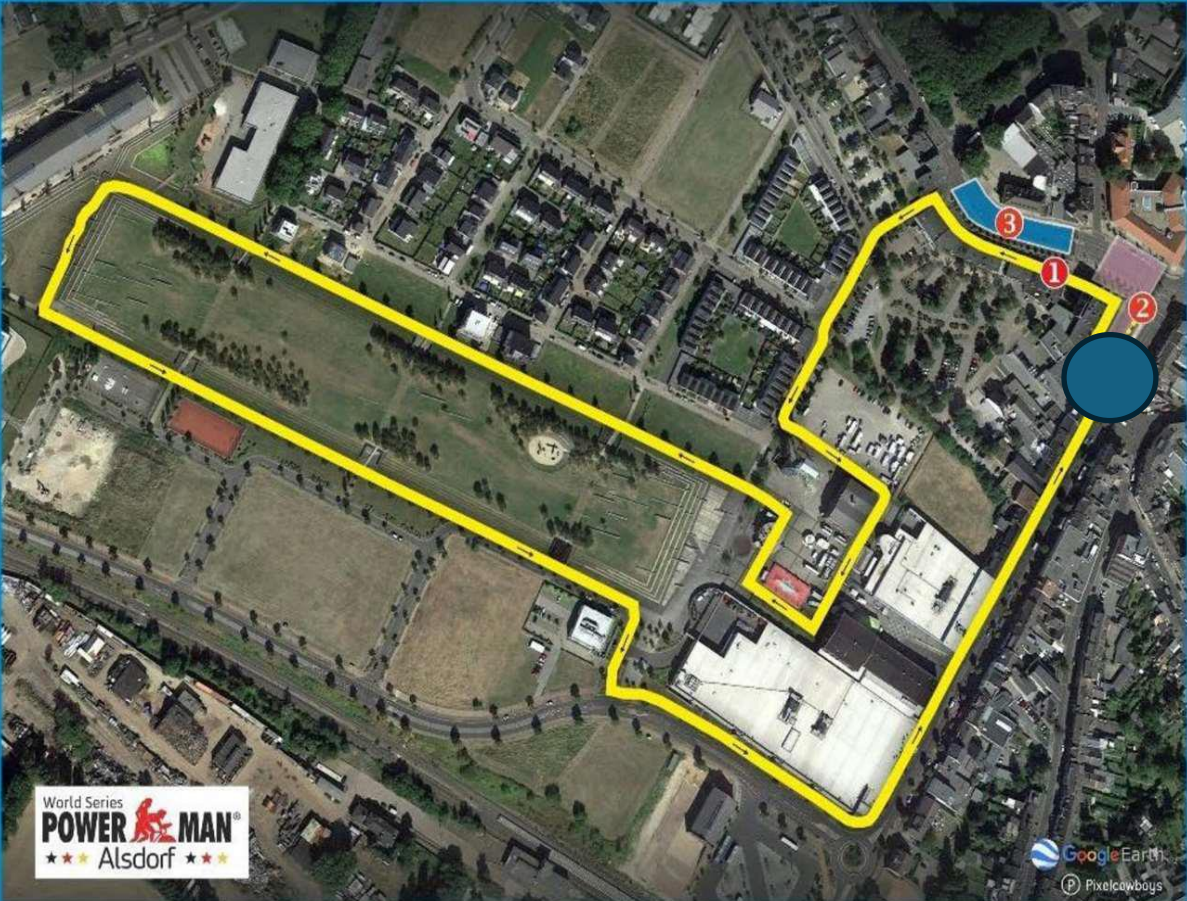


World Series  
**POWER & MAN**  
\*\*\* Alsdorf \*\*\*

**LAUFSTRECKE 2,5 km**  
**RUN 2,5 km**

VD: 2 & 2 LAPS  
CD: 4 & 4 LAPS

- 1 Start Laufen  
Start Run
- 2 Ziel Laufen  
Finish Run
- 3 Wechselzone  
Transition Area



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Google Earth  
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Penalty  
Box Run

# Run 2 Course Map



World Triathlon Duathlon World Championship  
POWER & MAN Middle Distance Alsdorf 2025

LAUFSTRECKE 2,5 km  
RUN 2,5 km  
VD: 2 & 2 LAPS  
CD: 4 & 4 LAPS

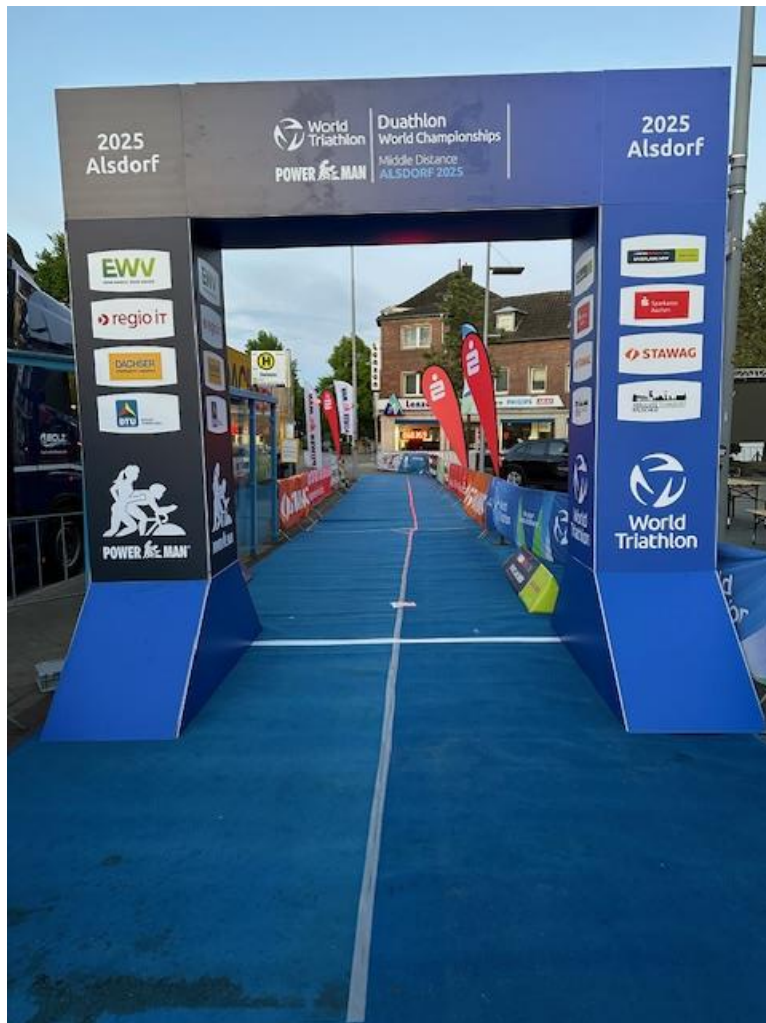
- Start Laufen Start Run
- Ziel Laufen Finish Run
- Wechseltzone Transition Area

World Series POWER & MAN Alsdorf



Aid Station

# Finish



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# Run Penalty Box



- Start infringements will be served in T1  
Run1, T1, T2 and Run2 Infringements will be served in Run2 (last 2 laps on the spot)  
Bike will be served in Bike PB
- **Location:** 100m before the Transition Area
- **Information: Responsibility to serve penalty is up to athletes**
- Athletes have the option to decide whether to stop at the penalty box and serve the penalty or continue to the finish. Not stopping will result in DSQ on crossing the finish line. The athlete may then protest the penalty. Evidence will only be made available if an protest is filed.

# Run Penalty Box



## 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
- **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
- **Discharge or store your equipment inside your designated area:** Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated area. If leaving the equipment outside the area, it is considered an infringement of the rules .

# Right to protest



- An Athlete who receives a penalty may protest, with the exception of:
  - (i) a penalty for a drafting violation; and
  - (ii) **a time penalty which has already been served.**
- If an athlete serves a time penalty, the athlete accepts the penalty, and no protest will be admitted.
- If an athlete does not serve a time penalty, he/she will be disqualified but may protest against the disqualification and the decision of the Head Referee to issue the time penalty.



## World Triathlon Results Whatsapp Community European Championship

*By joining this group you will receive the image of  
the signed results.*

- Head Referee will post the results immediately after sign them
- You can proceed with a protest announcing them in the next 5 minutes
- If no protest are received on time the results become official



**Results 2026**  
Grupo de WhatsApp



# Post-race Procedures



- Medal Presentation – protocol – at 16:00 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
- Elite/U23/Junior athletes are not allowed to carry their country flag on the podium; there will be flags raising with the playing of the national anthem of the winner.

# Post-race Procedures



## Anti-Doping Control

- Photo ID is needed for every athlete to have ready for Doping Control

# Ambush Marketing Rules



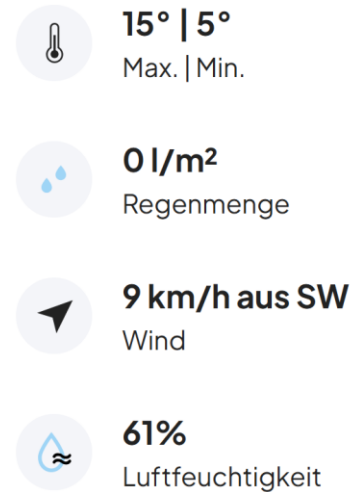
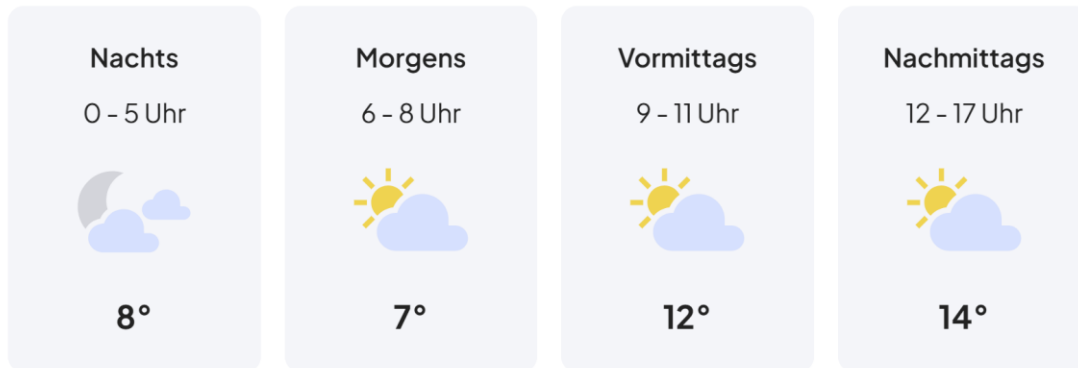
- For ceremony awards, please dress up with race uniform (or country uniform)  
Ambush marketing rules apply.
- Race caps/visors are allowed at the podium
- Ambush marketing is defined as:  
*“Deliberately using the opportunity of live television and media photographers to acquire additional exposure for your sponsor product, apparel or brand.”*
- Please follow the ambush marketing rule
- The consequence for this behavior is: The athlete will immediately forfeit their prize money for that event.

# Important updates



- Bike check-out pls. timing chip in the box
- Arm covers can be worn and can be removed during the event  
**BUT only in Transition.**  
Removal elsewhere during the race will lead to DSQ
- Rain jackets are allowed. Rain jackets must be the same design and colour as the uniform or transparent
- No-overtaking zone at construction site

# Weather forecasts



# 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!