



AGUIAR DA BEIRA ✕ PORTUGAL

TEAM OFFICIALS' MEETING

Thursday | 3rd November

Middle, Relay , General Matters

MEETING AGENDA

1. Welcome to JWOC2022
2. Plan for JWOC Forest weekend
3. General information
4. Race specific information: Middle and Relay
5. Q & A



ROLL-CALL

Australia	Estonia	Ireland	Norway	Sweden
Austria	Finland	Israel	Poland	Switzerland
Belgium	France	Italy	Portugal	Ukraine
Bulgaria	Germany	Japan	Romania	United States
Canada	Great Britain	Latvia	Slovakia	
Czechia	Hong Kong China	Netherlands	Slovenia	
Denmark	Hungary	New Zealand	Spain	



WELCOME!

Event director: Rafael Miguel

Technical event director & Middle and Relay Course Setter: Bruno Nazário

IOF Senior Event Adviser: Helge Lang Pedersen, DEN

IOF Assistant Senior Event Adviser: Kell Sønnichsen, DEN

National Controller: Carlos Monteiro



JURY MEMBERS

Sebestyen Istvan, ROM

Milka Reponen, FIN

Szava Sigmond, HUN



TOM PRESENTATIONS

- Draft TOM presentations will be available on the JWOC website before each TOM (<http://jwoc2022.pt/tom/>).
- Final TOM presentations (including Q&A) will be uploaded to IOF Eventor and on the JWOC webpage within 30 minutes of the conclusion of the meeting



HANDED OUT BEFORE EACH MEETING

- Start lists

Also available on-line at IOF Eventor and at the JWOC website

Available at the Team boxes

Number bibs and Start list (printed)

Available at the call-up

GPS units

A fresh set of maps is available from the Arena Event Office after the races

GPS vests and SIAC delivered at accreditation.



DETAILED PROGRAMME - MIDDLE (FRIDAY)

7h45 - 8h45 Quarantine check-in

Middle Start Location

9h00 **Middle Distance**

Quinta das Lameiras

14h15 Prize-giving ceremony

Arena Quinta das Lameiras



WEATHER FORECAST



MIDDLE QUARANTINE LOCATION

**REVEALED
DURING TOM**



MIDDLE / PROCEDURES FOR QUARANTINE

IMPORTANT:

1. all team members need to check in until 8h45.
2. Athletes and team official not competing may go directly to the arena – arrival at the arena before check-in time is closed is not allowed.
3. no old maps or electronic devices are allowed in the quarantine



MIDDLE / GENERAL MATTERS

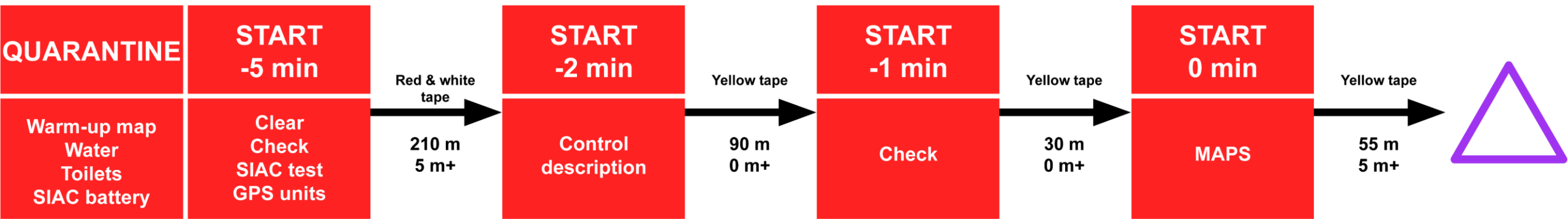
How to mark for bags in Bag Drop

The athletes should mark their bags with their accreditation badge.





MIDDLE / START PROCEDURE



At the start, 2 tables will be set (one for women, one for men).

Maps will be plastic sealed; the Class Name is visible.



MIDDLE / MAPPING / COURSES

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. The last updates in vegetation were done by Rafael Miguel (Portugal) in October 2022. Map scale: 1:10,000 Contour interval: 5 meters

Warm up map: Will be available. Controls in the terrain. Maps will be delivered inside quarantine area.

Course setting: Bruno Nazário

Course specific characteristics: There will not be any arena passage/spectator control.

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women	20 - 25 min.	3,5 km	180 m	14	0
	Men	20 - 25 min.	4,0 km	210 m	16	0



MIDDLE / MAPPING / SPECIAL FEATURES

JWOC and JWOC Tour controls

During JWOC races only JWOC controls will be in the competition areas. However, on the Middle distance, Organizers will set the TOUR controls very near the competition area. If a JWOC athlete goes a little bit away from the obvious competition area, they may find TOUR controls.

Specific terrain characteristics - “Forest work”: Some parts of the competition terrain have been cleaned by forestry personnel. The cleaning process intended to remove dense vegetation from terrain, leaving the trees intact. **Competition maps are updated.**

Example from this:

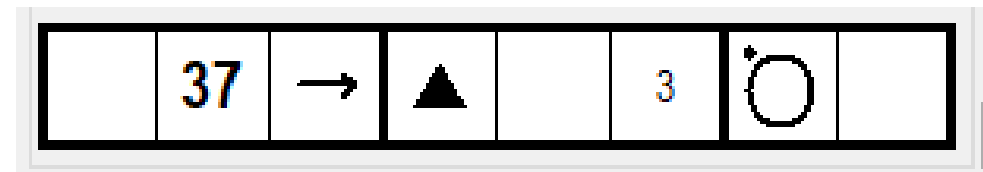


MIDDLE / MAPPING / SPECIAL FEATURES

Control Description

As you know the terrain as a lot of rocky features. With the circles at 75meter, it is very difficult to place the controls without having similar features inside the ring. We avoided using the middle symbol to locate the control feature

In all controls it is quite clear what is the feature where the control is located.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Q:

A:



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Q:

A:



RELAY/ PROCEDURES FOR QUARANTINE

IMPORTANT:

1. all team members need to check in until 9h45.
2. Parking to arena: Walking distance between 800 and 1200 meters

Athletes and team officials not competing may go directly to the arena – arrival at the arena before check-in time is closed is not allowed.

3. no old maps or electronic devices are allowed in the quarantine



RELAY / GENERAL MATTERS

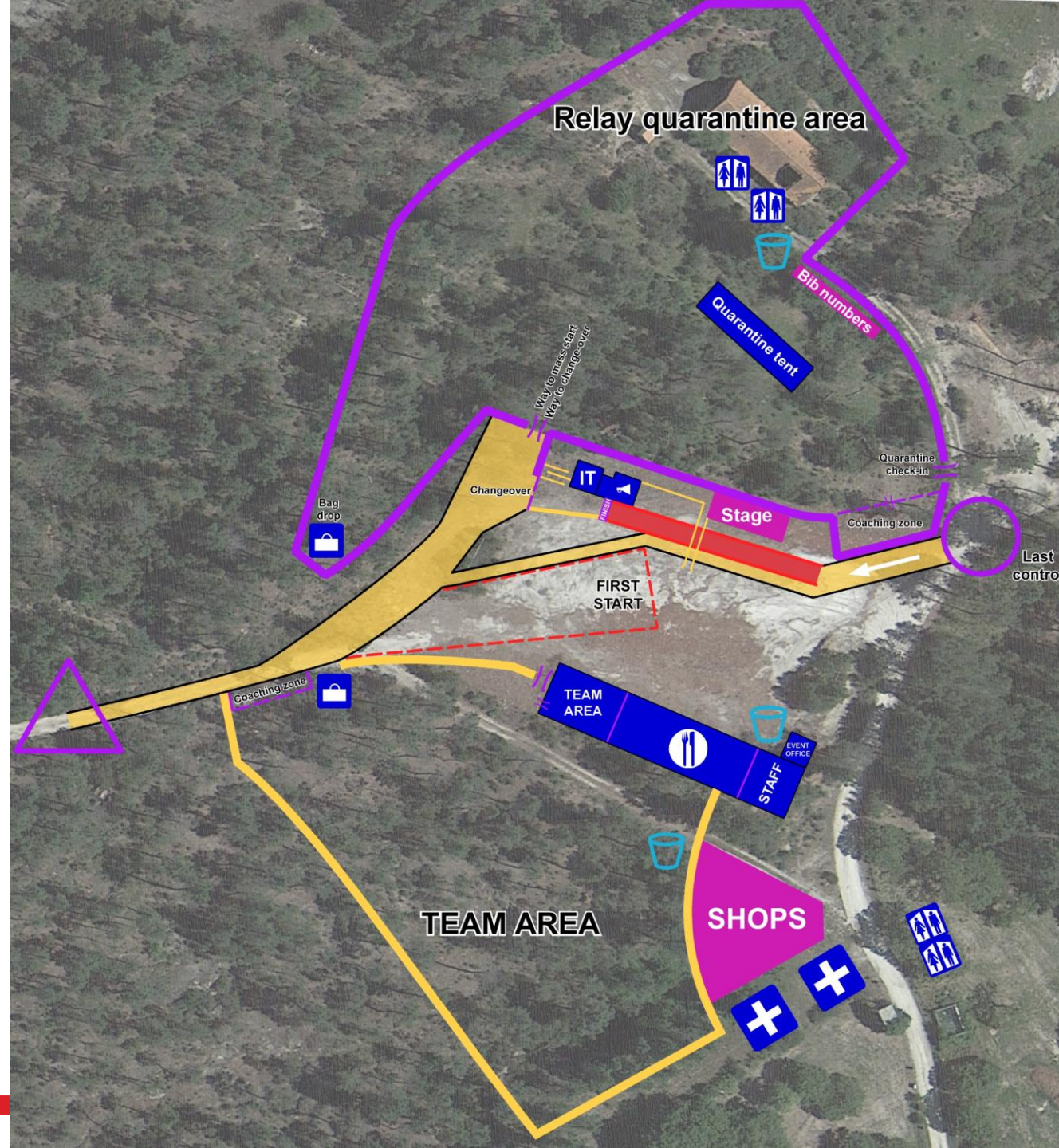
How to mark for bags in Bag Drop

The athletes should mark their bags with their accreditation badge.



ARENA

s' Meeting – Middle & Relay



RELAY / MAPPING / COURSES

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2.
The last updates in vegetation were done by Rafael Miguel (Portugal) in October 2022. Map scale: 1:10,000 Contour interval: 5 meters

Warm up map: Not available

Course setting: Bruno Nazário & Rafael Miguel

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Relay	Women	30 – 35 min.	4,1 km	190 m	19	0
	Men	30 - 35 min.	4,9 - 5,0 km	230 m	21	0



RELAY / MAPPING / COURSES

Course specific characteristics: There will be an arena passage, located between 1,6 and 1,8 km from the finish, on both Womens and Mens courses. As can be seen from the arena scheme, the last control is punched both before the arena passage and just before the finish. It is the athlete's responsibility to follow the left route when passing the arena and the right route when running towards changeover/finish.

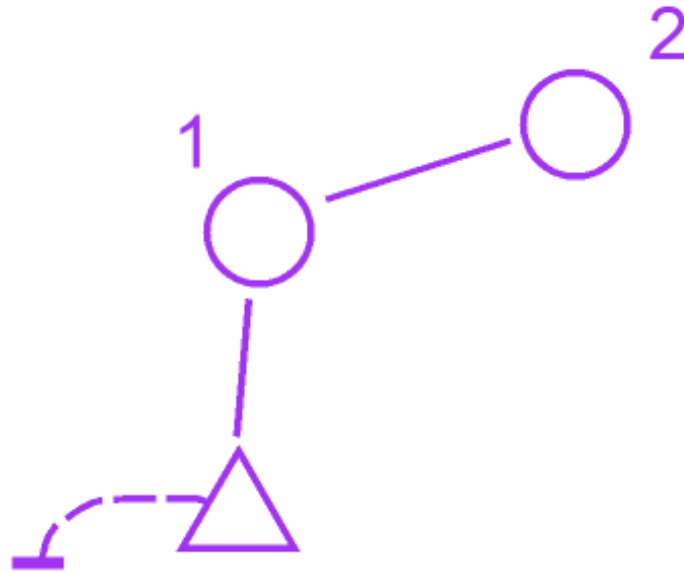
Coaching zone: There will be two coaching zones at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes.

Map change: Both Womens and Mens courses will be divided into part 1 and 2 printed on opposite sides of the sheet. At the Start, athletes will get their maps wrapped with an elastic band. Part 1 will be the one in the external part of the roll. Part 1 will end at the arena passage. Contrary to the other days, part 2 begins with a triangle – be extra careful not to start with the wrong part.

PLEASE TAKE EXTRA CAREFULL CHECKING CONTROL CODES. THERE ARE CONTROLS THAT ARE CLOSE TOGETHER – RESPECTING IOF RULES OF COURSE



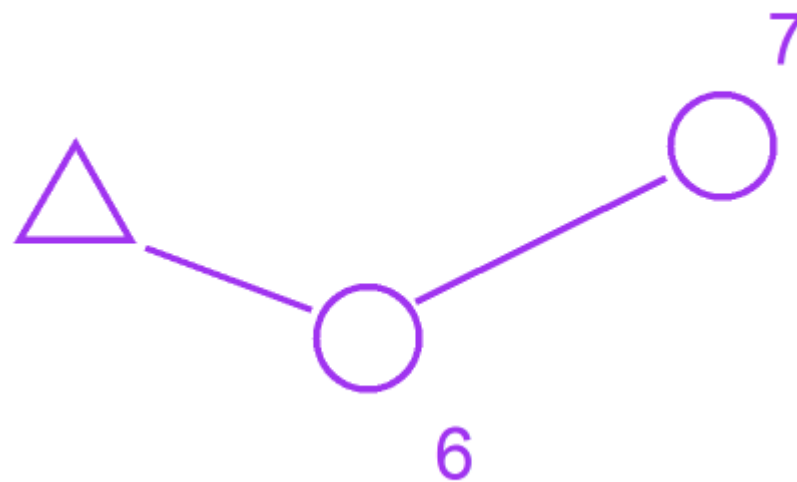
Men Part 1



155-1

Men

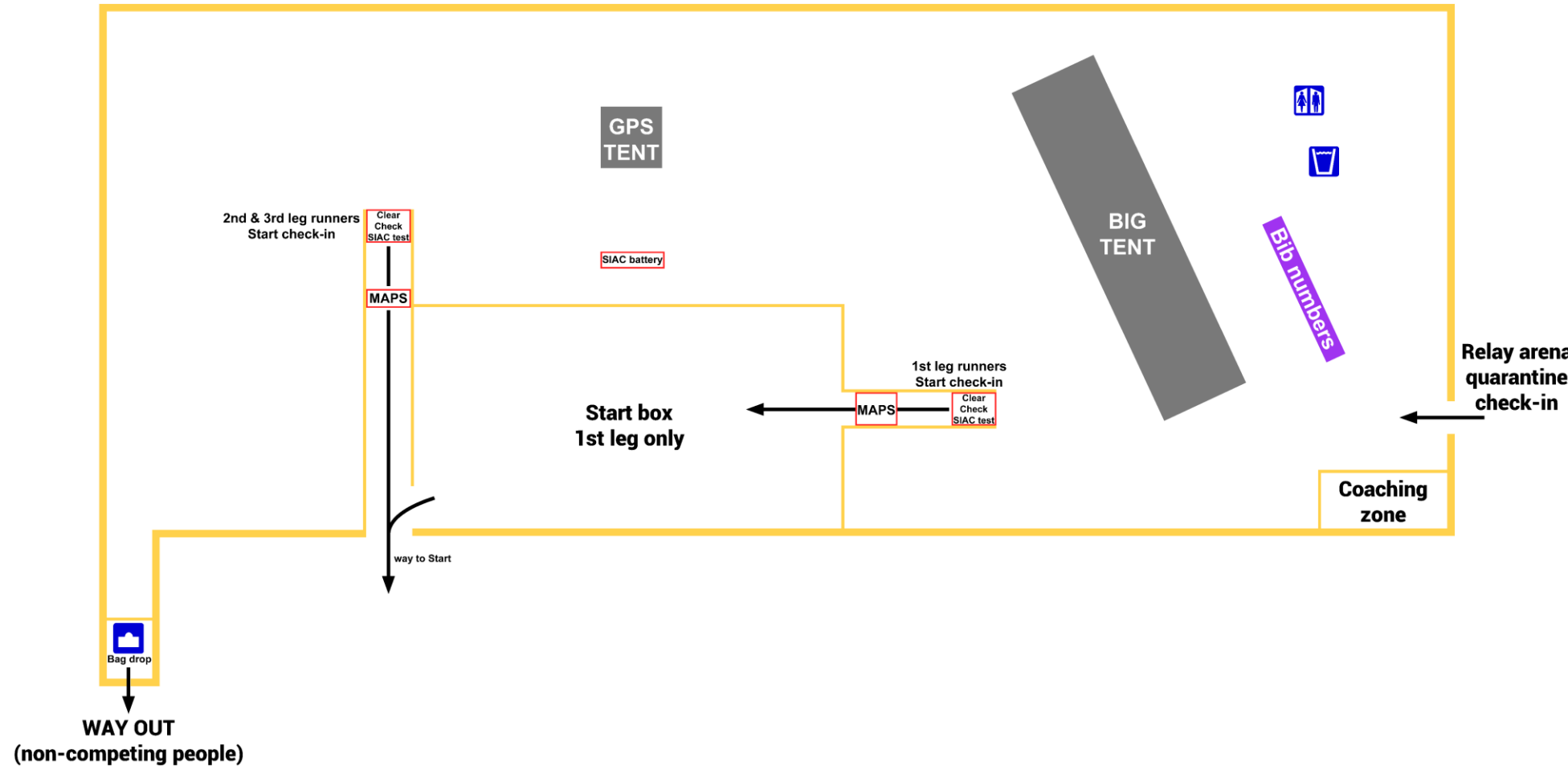
Part 2



-
- This aerial map illustrates the layout of the Ironman triathlon venue, featuring several key areas and facilities:
- Quarantine tent:** A blue rectangular area in the upper right, with a blue icon of two people and a blue trash can nearby.
 - Bib numbers:** A pink rectangular area adjacent to the quarantine tent.
 - Quarantine check-in:** A blue rectangular area with a blue icon of two people.
 - Coaching zone:** A yellow rectangular area in the center, with a blue icon of a person.
 - Changeover:** A yellow rectangular area in the center, with a blue icon of a person.
 - IT:** A blue rectangular area with a blue icon of a person.
 - Stage:** A pink rectangular area with a blue icon of a person.
 - FINISH:** A red rectangular area with a blue icon of a person.
 - First Start:** A red rectangular area with a blue icon of a person.
 - TEAM AREA:** A blue rectangular area with a blue icon of a person.
 - STAFF:** A blue rectangular area with a blue icon of a person.
 - EVENT OFFICE:** A blue rectangular area with a blue icon of a person.
 - Bag drop:** A blue rectangular area with a blue icon of a person.
 - Way to mass start:** A yellow line with a blue icon of a person.
 - Way to change-over:** A yellow line with a blue icon of a person.
 - Last control:** A blue rectangular area with a blue icon of a person.

CHECK IN START / START PROCEDURE

- Start for 1st leg athletes
- Start for 2nd & 3rd leg athletes



RELAY / MAPPING / SPECIAL FEATURES

Specific terrain characteristics - “Forest work”: Some parts of the competition terrain have been cleaned by forestry personnel. The cleaning process intended to remove dense vegetation from terrain, leaving the trees intact. **Competition maps are updated.**

To improve the quality of the courses, Organizers used forestry trucks to open passages through some areas of dense vegetation. These passages are marked as white forest (“405 Forest”) in most cases. Light yellow (“403 Rough open land”) has been used only in locations where the surrounding area is not forest. Below you can see how those passages will look in the terrain. On the left image, light yellow was used; on the right image, white is used.

Example :



TEAM OFFICIALS & VIP RACE (MASS START)

After the Relay prize-giving ceremony, on Saturday 5th of November, a mass start will take place at Arena Quinta das Lameiras using JWOC Relay maps. All accredited people are welcome to run this course. No timing will be performed during this race.



RELAY QUESTIONS AND ANSWERS

Q:

A:



RELAY QUESTIONS AND ANSWERS

Q:

A:



RELAY QUESTIONS AND ANSWERS

Q:

A:





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