



**TRINBAGO 2023
COMMONWEALTH YOUTH GAMES
TRIATHLON SPORTS GUIDE**



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Welcome

Ephraim Serrette

Chairman

Local Organising Committee

Trinbago 2023 Commonwealth Youth Games

It brings me great pleasure to welcome my Commonwealth family to the beautiful twin isles of Trinidad and Tobago.

As a country that prides itself on its diverse culture and rich heritage, the Trinbago 2023 Commonwealth Youth Games Local Organising Committee will undoubtedly produce an astounding sporting event. These Games will reflect our melting pot of people, culture, history and heritage.

On behalf of the Government and the people of the Republic of Trinidad and Tobago, I would like to extend heartfelt thanks and appreciation to the Commonwealth Games Federation for bestowing on us the momentous honour of hosting such a celebrated global sporting event.

We are humbled by the great accolade of being ambassadors for our region and welcome everyone to our sister isle, Tobago.

Welcome ALL! TRINBAGO 2023 COMMONWEALTH YOUTH GAMES



Glossary of Terms

BBF	Buccoo Beach Facility
CGA	Commonwealth Games Association
CGF	Commonwealth Games Federation
CYG	Commonwealth Youth Games
DNF	Did Not Finish
HSC	Hasley Crawford Stadium
IF	International Federation
LAR	Late Athlete Replacement
MTR	Mixed Team Relay
NAC	National Aquatic Centre
NCV	National Cycling Velodrome
PPB	Pigeon Point Beach Facility
SPC	Shaw Park Complex
SPF	Shaw Park Field
T1	Transition Zone 1 between the swim and cycle segments
T2	Transition Zone 2 between the cycle and run segments
WT	World Triathlon

1 Introduction

Trinbago 2023 Commonwealth Youth Games is a phenomenal opportunity for youths from the global sphere to showcase their athletic prowess, meet friends and explore varied cultures. Equally important, the Games provide an avenue for our Commonwealth brothers and sisters to witness camaraderie at the highest level, a memorable experience that would last a lifetime.

1.1 Welcome to TRINBAGO 2023

We take this time to reflect on two phrases that epitomise the Games:

“Here every creed and race find an equal place” Patrick S. Castagne (1962)

This is a profound line in Trinidad and Tobago’s national anthem. This represents the warmth and love of all our people living harmoniously. We welcome you to share this unique experience and hope you enjoy your time in our beautiful twin isle nation.

Yet another powerful phrase coined by The Honourable Shamfa Cudjoe, Minister of Sport and Community Development and Member of Parliament for Tobago West.

“Trinidad and Tobago, not just to party, but to play.”

Best of luck to all the athletes.

1.2 About Tobago

Located 22 km northeast of Trinidad is its sister isle, Tobago. It is home to the largest boulder brain corals in the world, one of the highest densities of birds, and the world’s oldest protected world forests, amongst many other amazing things.

Tobago: unspoilt, untouched, undiscovered.

We welcome you to Tobago for the Triathlon competitions of the Trinbago 2023 Commonwealth Youth Games! See you in August!



1.3 TRINBAGO 2023

Commonwealth Youth Games 2023	
Opening Ceremony	4th August 2023
Competition Period	8th – 10th August 2023
Closing Ceremony	11th August 2023
Number of Athletes	1000 athletes

Island	Clusters	Venue	Sports
Trinidad	Couva	National Aquatic Complex	Swimming
		National Cycling Velodrome	Track Cycling
		TBD	Road Race, Time Trial
	Port of Spain	Hasely Crawford Stadium	Athletics & Para-Athletics
Tobago	Tobago	Shaw Park Cultural Complex	FAST5 Netball
		Shaw Park Recreational Grounds	Rugby Sevens
		Buccoo Bay Facility	Triathlon
		Pigeon Point Beach Facility	Beach Volleyball

1.4 Key contacts

Role	Name	Email Address
CGF Sport Manager	Lucy Crickmore	
International Technical Delegate	Jerome McEniry	
OC Sport Director	Reyah Richardson	reyah_r@hotmail.com
Sport Competition Manager	Jason Gooding	jgooding.tri@gmail.com
Assistant Sport Competition Manager	Karen Araujo	lzyer02@gmail.com
Assistant Sport Competition Manager	Ndu-Bisi Hall	bisi12@hotmail.com
CGA Services	Annette Knott	cgaservices@cygtt.com

1.5 Key dates

Trinbago 2023 CYG - CGA Key Dates	
Dates 2022 - 2023	Events
28 April 2023	Sport Entry registration, Accreditation
	Event Competition Schedule issued
	Team Leader Manual v2, Sport Guides v2, Sport Entries Guide v2, Anti-Doping Manual
15 May 2023	Accreditation Deadline
19 June 2023	Final Entry by Name deadline (final entry)
	Team Size Calculator v2 deadline
20 June 2023	Late Athlete Replacements
02 August 2023	Village Opens
02 August - 04 August 2023	CGA Arrivals
02 August - 05 August 2023	Training Period
04 August 2023	Opening Ceremony
05 August 2023	Route Familiarization - Buccoo Beach facility
05 August 2023	Technical Meeting
06 August 2023	Individual Race – Super Sprint
	Medal Ceremony
08 August 2023	Mixed Team Relay – Super Sprint
	Medal Ceremony
11 August 2023	Closing Ceremony
12 August 2023	CGA Departures
	Village Closes

2 Competition Information

The Triathlon competition of the Trinbago 2023 Commonwealth Youth Games will take place on the 6th and 8th August 2023 at the Buccoo Beach Facility in Tobago.

The Triathlon competition and training venue is approximately 7.4 km and has a travel time of approximately twenty (20) minutes from the Athletes Village - Magdalena Grand Hotel and ten (10) minutes from the Mt. Irvine Beach Hotel.

Age Group of competitors: 15 - 17 years of age (born in 2006, 2007 & 2008).

Competing athletes must meet the above age requirements until **31st December 2023**.

2.1 International Federation (IF)

The IF for the Triathlon competition is World Triathlon.

The appointed Technical Delegate for Trinbago2023 is Jerome McEniry.

2.2 Technical Officials (TOs)

Officials	Number
International Technical Delegate	1
International Technical Official	8
National Technical Officials	8

2.3 Medal Events

The total number of medals events 3.

Men's Medal Event	Women's Medal Event	Mixed Medal Event
Super Sprint Distance	Super Sprint Distance	Mixed Relay

2.4 Competition Schedule

Date	Event
6th August 2023	Super Sprint Distance
8th August 2023	Mixed Relay

3 Competition Information

3.1 Competition Format

There are three medal events in the Trinbago2023 Triathlon competition consisting of: Individual Women, Individual Men and Mixed Team Relay (MTR). All competitions are finals only.

3.1.1 Individual women's & men's events

Both the individual women's and men's events are a combination of:

- 375m open water swim,
- 10km cycle and
- 2.5k run

completed in immediate succession.

Transition areas are positioned between the swim and cycle segments (T1) and the cycle and run segments (T2). These areas are used by athletes to rack bikes and any other accessories essential for preparing for the next section of the race.

3.1.2 Mixed Team Relay

Mixed Team Relay (MTR) teams consist of two athletes: one male and one female. Each athlete is required to complete a course of a

- 200m open water swim,
- 5km cycle and
- 1.25km run,

before tagging their teammate in the relay exchange zone. Each athlete completes the triathlon twice in the following order: man-woman-man-woman.

Transition areas are positioned between the swim and cycle segments (T1), and the cycle and run segments (T2). These areas are used by athletes to rack bikes and any other accessories essential for preparing for the next section of the race.

3.2 Competition Rules

The Triathlon competition at Trinbago2023 is delivered in accordance with the World Triathlon Competition rules and regulations available here (https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2023_20230208.pdf).

An annual Pre-Participation Evaluation (PPE) is mandatory for all athletes competing in Triathlon events. It is the responsibility of the CGA to ensure that these pre-competition health screening procedures have been performed. The CGA's respective Triathlon NFs are then required to confirm to World Triathlon with the PPE Certification that all entered athletes have completed the screening. The certificate should be sent to entries@triathlon.org by no later than the final entries deadline of 19 June 2023.

Further information about the PPE can be found here: <https://www.triathlon.org/medical/ppe>

3.2.1 Delay, Postponement and Rescheduling

This will be advised in version 2 of the Sports Guide.

3.2.2 Force Majeures

In case of force majeure, the following changes can apply:

- The competition can be changed to any multi-sport format.
- If a race has to be shortened, the number of laps in one more or segment can be reduced.
- Relocation, re-routing or cancelling of one or more segments.
- Competition start can be delayed, postponed or cancelled.

In the case of force majeure, the Technical Delegate will make the final decision after consultation with Trinidad2023 and the CGF. Teams will be updated as soon as possible via a technical briefing or on arrival at the venue.

3.2.3 Protests or Appeals

In accordance with World Triathlon Competition Rules, a protest or appeal must be lodged to the Head Referee accompanied by a US\$50 deposit (or the TTD equivalent). This deposit will be refunded if the protest or appeal is successful. The protest and appeal forms are available with the Race Referee. Full details on the protest and appeal procedure can be found in the World Triathlon Competition Rules 2023 (https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2023_20230208.pdf).

3.2.4 Competition Jury

The Competition Jury consists of:

- Trinidad2023 Technical Delegate - Jerome McEniry
- World Triathlon Executive Board Member – To Be Confirmed
- National Federation Representative - To Be Confirmed

3.3 Entry and Eligibility

3.3.1 Entries

It is determined that the following sport-specific entry regulations are to be in place for Triathlon and applicable for the Games:

- CGAs are only permitted to enter a maximum of one male and one female athlete in the Triathlon event.

3.3.2 Athlete Eligibility

All athletes competing in the Triathlon must comply with the following eligibility conditions:

- Not be currently under disqualification or suspension by the CGF, or their respective Affiliated CGA or WT or under the World Anti-Doping Code.
- Have complied with all applicable rules and regulations of the CGF, WT and the World Anti-Doping Code as may be modified and applied by the Federation to ensure that the overriding principles of the Commonwealth Games are observed. In the case of any inconsistency, CGF rules and regulations will prevail.
- Have met the CGF's eligibility standards in accordance with the CGF Constitution.
- Have complied with the age regulations as stipulated by World Triathlon: Minimum of 15 years old and maximum of 17 years old on or before 31 December 2023.

3.3.3 Final Entries

The CGAs must submit all final entries by **Monday 19th June 2023** at 23:59 UTC. Submissions must be made through the Online Sport Entries System, and no entries will be accepted after that time in accordance with the CGF Late Entries Policy.

3.4 Late Athlete Replacement

- In accordance with the CGF Late Athlete Replacement (LAR) Policy, following the Sports Entries (Entry by Name) deadline, the CGF, in consultation with the IF and CGF Medical Commission (when deemed appropriate by the CGF), may approve a permanent replacement of an athlete by another eligible athlete only in the same sport and discipline and event(s) where there are extenuating/extraordinary circumstances (e.g., medical circumstances, Anti-Doping rule violations and appeals) that may prevent the participation of an athlete in Trinbago 2023.
- This policy applies following the close of the Sports Entries (Entry by Name) deadline up until two (2) hours before the start time of the respective sport technical meeting (discipline-specific where relevant). Version 2 of the Sports Entries Guide will include the LAR Annex with discipline-specific LAR deadlines.
- For further information, please consult the CGA Late Athlete Replacement Policy.

3.5 Clothing and Equipment

3.5.1 Rules and regulations

All team and competition clothing and personal equipment must comply with Commonwealth Games Federation (CGF) regulations – Policy on Branding on Competition Clothing and Equipment and the current IF rules. Team Leaders are asked to familiarize themselves with the above policy and the Sport-by-Sport Guidelines, which can be accessed via the CGA Portal.

3.5.2 Uniform Rules

Uniform must comply with the Branding on Competition Clothing & Equipment Guidelines and the World Triathlon Competition Rules. For any questions on uniforms please contact the TD.

3.6 Pre-Competition Procedures

3.6.1 Athlete Field of Play (FOP) Familiarisation

There will be bike and swim familiarisation on Saturday 5th August 2023 (time to be confirmed in Triathlon Sports Guide Version 2).

Swim familiarisation will run for 45 minutes, and bike familiarisation will run for 45 minutes (two laps of the bike course).

3.6.2 Athlete Transport Movements

Athletes will be dropped off at the Buccoo Beach Facility in the main building where the Athlete's Lounge is located.

3.6.3 Bike Movement

Bikes will be transported to the from the Athlete Village to the venue in trucks or can be ridden directly to the venue. Athletes/teams will need to book this service 24 hours in advance, booking both the outbound and return journey at the same time.

For bikes dropped off at Games Hotels for delivery to the competition venue, they will be offloaded when delivered to the competition venue and will be available for collection by the athletes on their arrival at the competition venue.

3.6.4 Athlete Registration & Bike Check-in

Athlete registration, bike check-in and uniform check will take place in the Athlete's Lounge.

Uniform and equipment will be checked-in at the same time by Technical Officials during the bike check.

3.6.5 Athlete and Coaching briefings

The date and times for the Athlete and Coaches' Briefings will be advised in Triathlon Sport Guide version 2.

3.6.6 Mixed Team Relay Team Composition Declarations

The coaches will complete the Team Composition Declaration at the Athlete Briefing, if applicable, and return it to the Head Referee. Coaches also have the opportunity to amend this up to 2 hours before the start of competition by communicating with the Head Referee.

3.6.7 Withdrawals and Changes Pre-competition.

Athletes who are present at the athletes' briefing but are forced to withdraw from the competition due to last-minute illness or injury are marked as DNS (Did Not Start). The withdrawal must be communicated and approved by the Medical Director.

3.7 During Competition Procedures

3.7.1 Athlete Arrival at Venue

On competition days, athletes and team officials arrive on buses from the athletes village approximately 1hr 45 to 1h 30 minutes prior to the competition.

The bus will drop the athletes at Buccoo Beach Facility which is next to the Transition Area, Athletes' Lounge and Finish line.

Upon arrival, athletes and team officials proceed to the Athletes' Lounge. Athletes and team officials are required to present their Trinbago2023 accreditation pass when collecting their equipment from the bike storage area opposite the Athletes' Lounge along with the receipt they received when they dropped off the bike at the Athletes' Village.

3.7.2 Athlete Lounge Check-in

On competition days, athletes would have their uniforms and equipment checked by the Technical Officials and then receive their swim caps and timing chips. For the MTR, all team members must check in together.

All equipment, bags and clothing need to be submitted in order to be checked for compliance with CGF Policy - Branding on Competition Clothing and Equipment and 2023 World Triathlon Competition Rules. Individual Men and Mixed Team Relay (MTR). All competitions are finals only.

Athletes or team officials can check-in their team wheels at the Athletes' Lounge. The team wheels are then taken to the team wheel station prior to each race.

Timing chips – MTR Athletes receive two timing chips and must wear their timing chips around their ankles. For the MTR, only the first male athlete in the start order receives their timing chips at the Athletes Lounge. All other MTR athletes collect their timing chips upon entry into the Relay Zone on the FOP.

3.7.3 Transition Check- in

3.7.3.1 Individual events

Transition check-in is available at the competition venue starting from 45 min until 15 minutes prior to each respective competition start. Equipment must be checked in by the accredited athlete who owns the equipment.

3.7.3. 2 Mixed Team Relay

Transition check-in is available at the competition venue from 45 min until 15 min prior to each respective competition start. All team members must check-in together.

3.7.4 Bike Mechanic

A bike mechanic is available on-site at next to the Athletes' Lounge for all familiarisation sessions and competition days. The bike mechanic is based in the Back of House Sport area during check-in and then will move to the team wheel station during competition times.

Operating hours of the Bike Mechanic at the competition venue will be advised in Triathlon Sport Guide version 2.

3.7.5 Warm-up

Athletes may start their warm-up on the FOP from 30 minutes until 15 minutes prior to the competition start as per the event schedule.

The swim and run courses will be fully available for warm-up on competition days. The bike course will not be available.

All warm-up areas are accessible from the main athletes' entrance to FOP near the Athletes' Lounge. No other access will be granted. Athletes should note that operational vehicles & staff are allowed to move along these roads during the warm-up periods.

Athletes must provide their own warm-up equipment as there will be no provision of such equipment by Trinbago2023 on venue, space is small and operated on a first come first serve basis.

3.7.6 Athlete Introductions

Athletes must assemble at the post-finish recovery area 15 minutes before the start of their competition.

After the Technical Officials' presentation, the announcer introduces each athlete according to the introduction schedule provided by competition management and Sport Presentation. When introduced, athletes must take up their designated start position on the beach.

In the Mixed Team Relay, athletes are announced as a team with the first athlete making their way to their start position, and additional team members returning to the recovery area once they reached the end of the finish chute.

3.7.7 Start Procedure

3.7.7.1 Individual and MTR

Athletes must proceed directly to and remain in their designated positions on the start line. When all athletes have reached their designated positions, the announcer states, **'You are now in the hands of the starter,'** and athletes must remain behind the pre-start line. When the starter says, **'On your marks'**, athletes may step forward to the start line and assume the start position. A horn blast will be given any time after the starter has announced **'On your marks'**, which signals the start of the competition.

3.7.7.2 False starts – Individual & MTR

Technical Officials are responsible for announcing **"On your marks"** and for giving the start and false start signal; Technical Officials stand on both sides of the start area to have a clear view of the start.

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. This will be controlled by the start line Technical Officials and the start procedure will start again. The Technical Officials will signal the Head Referee.

A false start may be declared also when not all the athletes have the opportunity to start the race immediately after start horn.

Valid start with early starters: In the case of an early start of a few athletes, the competition can continue, the False Start Technical Officials can decide that the start is valid. A photo/video camera may be used to identify early starters. The early starters will receive a time penalty in Transition 1. In case of relay events, a time penalty for a false start or missing the team briefing has to be served by the first athlete of the team. All other penalties can be served at the penalty box by any member of the team who has not completed their portion of the Event.

3.7.8 Coaches and Team Officials FOP Access & Athletes Lounge

Coach areas are located directly next to the FOP and are surrounded by barriers so they may not be accessed by spectators and can only be accessed with Trinidad and Tobago 2023 accreditation.

Coaches will be provided with access to the Athletes' Lounge. Due to limitations in space, access to Athletes' Lounge will be restricted only to those athletes and one accompanying coach per CGA competing in the current race.

3.7.9 Procedures for In-competition Athlete Withdrawals

Athletes who retire due to injury, exhaustion, or bike malfunction

Any athlete who retires due to injury, exhaustion or bike malfunction will be held at the nearest wheel station, aid station or recovery and must not re-enter the FOP. If necessary, medical services will be informed to offer first aid treatment. Athletes who do not require any special medical treatment will be picked up at the end of the event and returned to the athlete's lounge.

3.8 Post Competition Procedures

3.8.1 Mixed Zone

All competition venues will include a Mixed Zone. All athletes including athletes who did not finish (DNF) must pass through the Mixed Zone as they leave the field of play, however they are not required to speak to accredited members of the media if they do not wish.

The Mixed Zone is located directly after the finish area. Athletes finishing in first, second and third position are escorted from the finish line by a TO.

3.8.2 Rest & Recovery Area

This area will have sealed bottle drinks available for athletes in the form of energy drinks and water. The flow of athletes through this area from the Mixed Zone will be managed by the Technical Officials.

3.8.3 Award of Medals

The gold, silver and bronze medals are awarded to the three athletes who cross the finish line first.

The top three teams to cross the finish line in the mixed team relay will be awarded the gold, silver and bronze medals.

As per the CGF Medal Allocation Policy, medals will be awarded on the following scale for all individual and team events:

- Events with five or more contestants: Gold, Silver and Bronze
- Events with four contestants: Gold and Silver only
- Events with three or two contestants: Gold only

3.8.4 Athlete Equipment Collection

After their event, the athletes would have their timing chips removed and athletes competing in all races will collect their bike from the bike store and their transition boxes from the Athlete Lounge.

3.8.4.1 Athlete Equipment Collection after first race

Athletes competing in the first race of the day must remove their equipment from transition as soon as possible after the race.

4 Training Information

4.1 Route Familiarisation

The official route familiarisation will occur on Saturday 5th August 2023. The run and cycle routes will be closed to vehicular traffic and will be available for the athletes.

Further details of the Familiarisations will be presented in Trinbago 2023 Triathlon Sport Guide version 2.

4.2 Access to Swimming Pool for Training

Triathlon training commences on Wednesday 2nd August 2023 and finishes on Monday 7th August 2023. Training Venue is YMCA Swimming Pool in Black Rock. The training venue contains a 25m pool. The venue is 5.7km from the competition venue.

Athletes are required to bring their own equipment to training sessions.

Further details on the allocation of training slots will be presented in Trinbago 2023 Triathlon Sport Guide version 2.

5 Service Guide

Information on Medical, Anti-doping, Equipment, Transportation and Meals will be available in the next version of the Trinbago 2023 Triathlon Sport Guide.

