

ELITE ATHLETE'S GUIDE

2022 World
Triathlon Cup
Tongyeong



Updated 6th October 2022

ATHLETE'S GUIDE

The purpose of the Athlete's Guide is to ensure that all Elite Athletes and Support Personnel are well informed about all procedures regarding the 2022 World Triathlon Cup Tongyeong.

Please keep in mind that this information may change and the final information will be provided at the Athletes' briefing.



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CONTACT INFORMATION



CONTACT INFORMATION

LOCAL ORGANIZING COMMITTEE

Korea Triathlon Federation Office:

1F, Olympic Convention Center, 424,
Olympic-ro, Songpa-gu, Seoul

Telephone: +82-2-3431-6798

FAX: +82-2-3431-9437

Email: tri@triathlon.or.kr

Website: <https://www.triathlon.or.kr>

Instagram: @koreatriathlon

YouTube: Korea Triathlon Federation

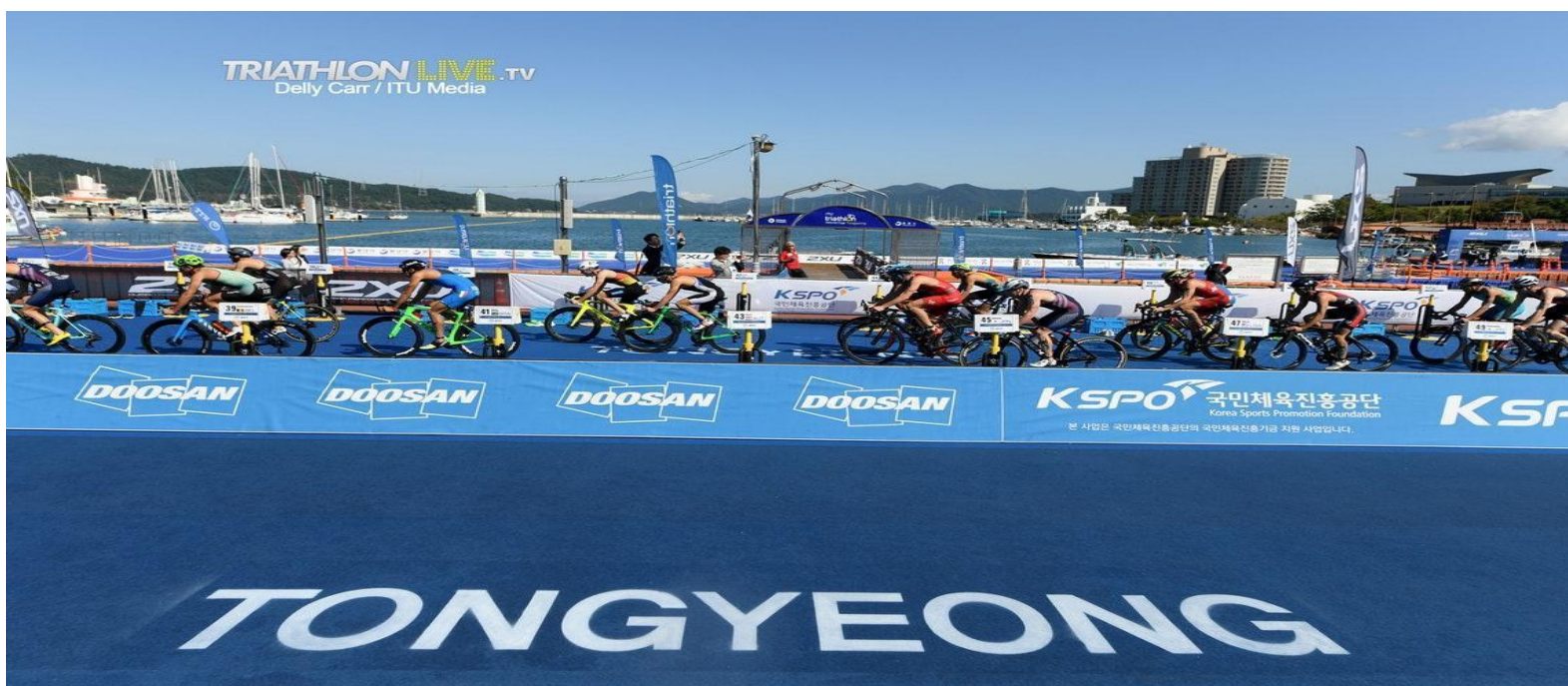
ON SITE CONTACT

The LOC on site is located at Stanford Hotel is open daily from Monday October 10th until Sunday, October 16th.

Location: Stanford Hotel & Resort (B1)
347, Donam-ro, Tongyeong, South Gyeongsang Province, Republic of Korea

<http://www.stanfordtongyeong.com/>

TRIATHLON LIVE.TV
Delly Carr / ITU Media



KEY CONTACTS



World Triathlon Team		
Team Leader	Melody Tan Phaik Tho	melody.tan@triathlon.org Mobile: +6012 238 1154
Technical Delegate	Olga Blokhina	lilac222@gmail.com Mobile: +998 90 9283807
Assistant Technical Delegate	Kim, Kyungsook (Kitty)	srudtnr@gmail.com Mobile: +82 10 2114 7952
Medical Delegate	Sim, Sangdon	gomhyung@gmail.com Mobile: +82 10 3627 7852

LOC Team	A small part of the team, there are many more working behind-the-scenes!	
General Manager	Lee, Sungjin (Sean)	seanlee@triathlon.or.kr Mobile: +82 10 3338 3335
Operations Manager	Kim, Youngjong (John)	johnkim@triathlon.or.kr Mobile: +82 10 9891 8658
LOC Office Coordinator	Lee, Mokeun (Mok)	mok.lee@triathlon.or.kr Mobile: +82 10 8545 2291
LOC Office Coordinator	Son, Yeeun (Yen)	yen.son@triathlon.or.kr Mobile: +82 10 7144 4068
LOC Office Coordinator	Yeo, Eunhye (Lizy)	lizy7532@triathlon.or.kr Mobile: +82 10 4063 7531
Transportation and Accommodation	Travel Agency Park, Chongchul Hwang, Dokyu (David)	mtnet92@naver.com Mobile: +82 10 9240 0467 +82 10 7112 9192

COURSE MAP

COURSE MAP



BIKE ELEVATION



RUN ELEVATION



COURSE INFORMATION

COURSE INFORMATION

Swim Course

There are two laps of 750m, clockwise. The first buoy is at 330m. You will exit the ramp on the start pontoon. Wetsuit may be used depending on water and air temperature 1 hour before the event.

Bike Course

Generally hilly and fast. There are 6 laps of 6.66km to cycle with 2 big hills at 13% - 15% gradients.

Wheel Stations

There are two (2) wheel stations in the bike course.

Team wheel station: Next to the transition area, athletes/teams need to bring their own wheels.

Neutral wheel station: The LOC will provide the following wheels at the neutral wheel station.

- 2 x 700c front wheels
- 2 x 700c 11 cassette Shimano rear wheels
- 1 x 700c 10 cassette Shimano rear wheel

Penalty Box

The penalty box is next to the transition area.

Run Course

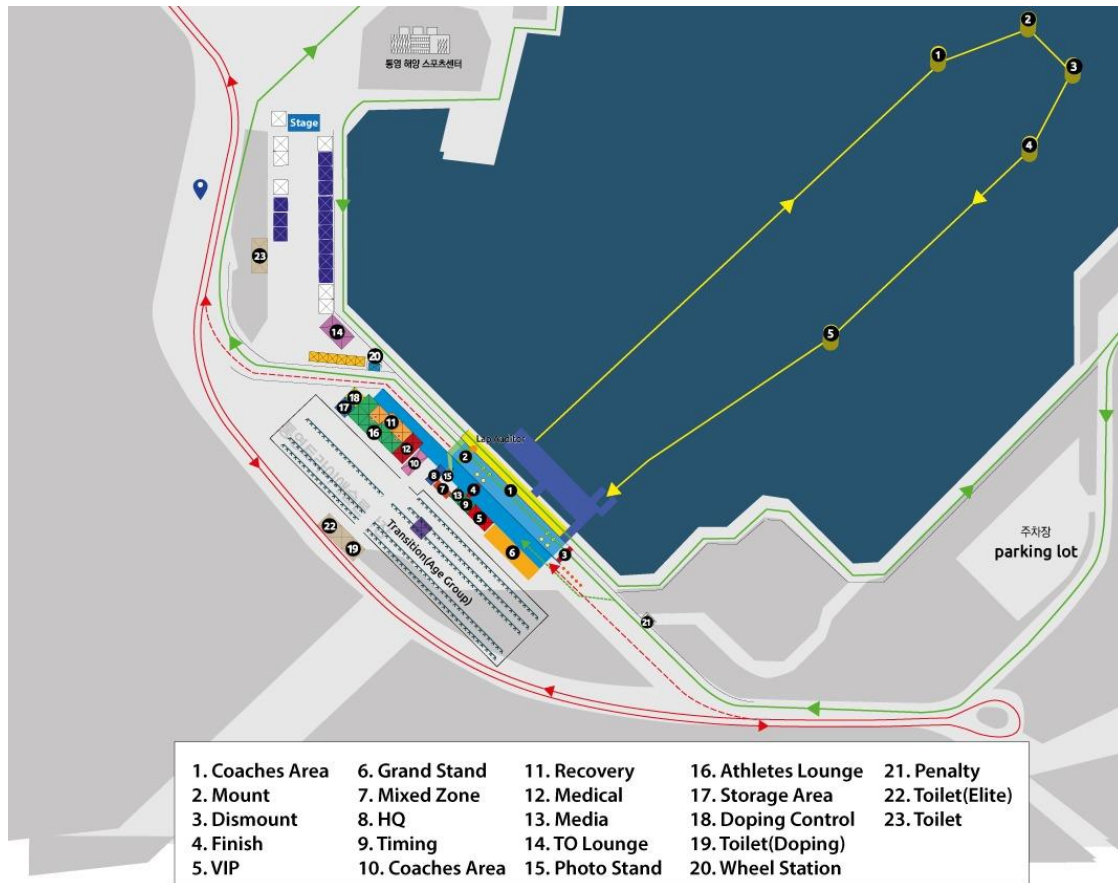
Generally flat course with one 200m hill. There are 4 laps of 2.5km to run.

Aid Stations

The aid stations are located on the run course at 800m intervals. 0.3L bottles of sealed water will be handed out.

VENUE

VENUE



Athlete Lounge

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area. Sealed bottles of water will be offered before and after the race in the athletes' lounge.

Medical Service

First Aid and Emergency Medical Services will be available at the venue on October 15th before and during the competition hours. Several ambulances will be available to provide emergency transfers to the hospital. A medical tent will be on site near the finish area. Certain medical services at the venue are free of charge. Treatment in clinics and private practices is to be paid by participants. Athletes and teams should ensure that they have appropriate medical insurance coverage.

EVENT SCHEDULE

Date	Time	Activity
Tuesday, October 11st	09:00 – 17:30	Swim Training
	14:00 – 18:00	LOC Office
Wednesday, October 12nd	09:00 – 17:30	Swim Training
	09:00 – 18:00	LOC Office
	10:00 – 16:00	Mechanic Service
Thursday, October 13rd	09:00 – 17:30	Swim Training
	09:00 – 18:00	LOC Office
	10:00 – 16:00	Mechanic Service
	18:00 – 18:30	Online Zoom Race Briefing
Friday, October 14th	09:00 – 12:30	Swim Training
	09:00 – 18:00	LOC Office
	10:00 – 16:00	Mechanic Service
	10:30 – 11:30	Race Pack Pick Up & Registration
	13:00 – 13:30	Bike Familiarization
	13:30 – 14:30	Swim Familiarization

Date	Time	Activity
Saturday, October 15th	06:00 – 11:00	Mechanic Service
	07:00 – 18:00	LOC Office
	06:30 – 07:30	Elite Women Athlete Lounge Check-In
	07:00 – 07:45	Elite Women Transition Check-In
	07:00 – 07:45	Elite Women Swim Warm Up
	08:00	Elite Women Race Start
	09:30 – 10:30	Elite Men Athlete Lounge Check-In
	10:00 – 10:45	Elite Men Transition Check-In
	10:00 – 10:45	Elite Men Swim Warm Up
	11:00	Elite Men Race Start
	13:20 – 13:40	Medal Ceremony

K-ETA (Electronic Travel Authorization)

K-ETA is mandatory for nationals 107 visa-free entry countries/regions who enter Korea without a visa. Athletes from nations of 107 countries/regions must get K-ETA in order to travel to Republic of Korea (as of 01 September 2022).

※ The list of countries is subject to change. Travelers are reminded to check the K-ETA website regularly for updates.

50 Eligible Countries (Regions) for K-ETA

Albania, Andorra, Barbados, Dominica, Guam, Guyana, Holy See, Ireland, Malta, Mexico, Monaco, New Caledonia, Nicaragua, Palau, Saint Kitts-Nevis, Saint Vincent and the Grenadines, San Marino, Slovenia, United Kingdom, United States of America, Venezuela, Greece, Netherlands, Denmark, Germany, Latvia, Romania, Luxembourg, Lithuania, Belgium, Bulgaria, Cyprus, Sweden, Spain, Slovakia, Estonia, Austria, Italy, Czech Republic, Croatia, Portugal, Poland, France, Finland, Hungary, Norway, Switzerland, Liechtenstein, Iceland, Singapore

46 Countries (Regions) added as of April 1, 2022

Malaysia, Bahrain, United Arab Emirates, Oman, Israel, Kazakhstan, Qatar, Thailand, Turkey, Guatemala, Dominican Republic, Bahamas, Brazil, Saint Lucia, Suriname, Haiti, Antigua and Barbuda, El Salvador, Uruguay, Jamaica, Chile, Costa Rica, Colombia, Trinidad and Tobago, Canada, Argentina, Honduras, Paraguay, Ecuador, Russia, Montenegro, Bosnia and Herzegovina, Serbia, Nauru, Marshall Islands, Fiji, Tuvalu, Australia, Republic of South Africa, Lesotho, Morocco, Mauritius, Botswana, Seychelles, Eswatini, Tunisia

6 Countries (Regions) added as of May 1, 2022

Brunei Darussalam, Kuwait, New Zealand, Panama, Peru, Saudi Arabia

1 Country (Region) added as of June 1, 2022

Grenada

1 Country (Region) added as of July 1, 2022

Hong Kong

3 Countries (Region) temporarily added from August 4 to October 31, 2022

Japan, Taiwan, Macau

How to apply for K-ETA for nationals of 107 K-ETA eligible countries:

1. Nationals of 107 K-ETA eligible countries are required to apply through the Korea ETA website or mobile phone app. * Due to an unexpected increase of applications, the result may not be notified within 72hours. (10,000 KRW) <https://m.k-eta.go.kr/portal/apply/index.do>
2. Application by proxy is available and in the case of group tourists, one representative application may apply for up to 30 people at once.
3. K-ETA authorization is generally valid for multiple trips over a period of two years or until your passport expires, whichever comes first.
4. Athletes and officials from nations of 5 countries/regions must ask Korea Triathlon Federation for K-ETA.

5 Countries (Regions) Currently Suspended for K-ETA	
Oceania (5)	Micronesia, Samoa, Solomon Islands, Kiribati, Tonga

Please email Yen at yen.son@triathlon.or.kr or contact +82 10 7144 4068 to request K-ETA.

1. Korea Triathlon Federation will send you the K-ETA result (official letter) once it is approved by the Ministry of Sports.
2. The applicant must carry the K-ETA evaluation result (official letter) to enter Korea.

NOTE: It will take 2 weeks so please immediately send an email with a soft copy of your passport photo page.

How to apply for K-ETA for all other countries:

Athletes or officials from all the other countries must get a VISA to enter Korea (K-ETA is not applicable).

1. Please contact the nearest Embassy of the Republic of Korea and clarify the required documents for getting a visa.
2. If documents from Korea Triathlon Federation (Invitation letter or other documents) are required, please contact Yen at yen.son@triathlon.or.kr or contact +82 10 7144 4068.

NOTE: It will take more than 3 weeks so please immediately send an email with a soft copy of your passport photo page.

VISAS

If you require a written letter to assist with your Visa application, please contact your national federation. Korea Triathlon Federation has been in contact with them regarding this matter.

If not, please contact Korea Triathlon Federation at yen.son@triathlon.or.kr and include the following information:

- Full name
- Gender
- Birthdate (Day, Month, Year; ex: 04 May 1993)
- Role (Coach, Athlete, Medical, Media, etc.)
- National Federation
- Country of residence
- Passport Number
- Passport issue date (Day, Month, Year)
- Passport expiry date (Day, Month, Year)
- Arrival details (Dates and times, if possible, flight numbers)
- Departure details (Dates and times, if possible, flight numbers)

Q-CODE

Q-CODE

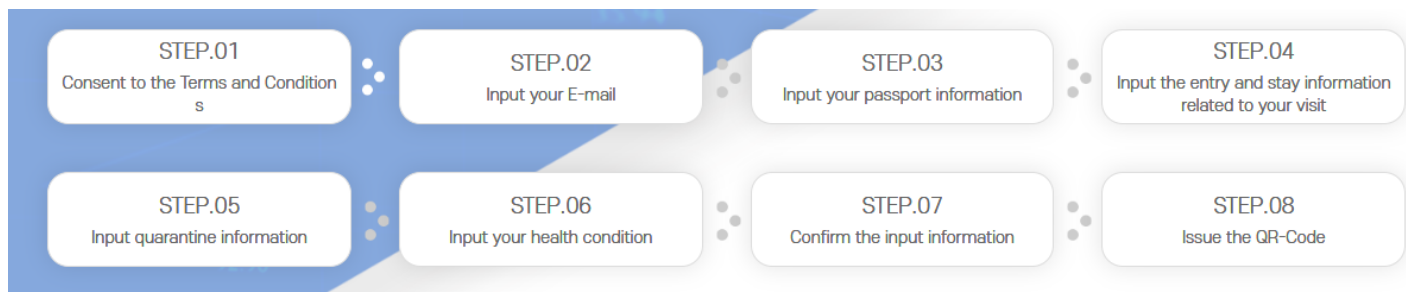
Q-code is a system made to shorten the time for quarantine inspection and provide the conveniences overseas entrants require upon entry to Republic of Korea. Please Input and Temporary Save are available for the quarantine information entered in Q-code from the time of purchasing a flight ticket and preparing for travel. The issuance of Q-Code should be completed before boarding the airplane.

Link: [Q-code - Quarantine covid19 defence \(kdca.go.kr\)](http://kdca.go.kr)

Preparation to Input Q-code

1. (Mandatory) Valid passport
2. (Mandatory) Valid E-mail address
3. (Mandatory) Valid airline ticket
4. (Mandatory) Health Condition Information

Registration Procedure by step



Registration of post-entry inspection



DEPARTURE

DEPARTURE

Either when you are leaving Korea immediately after the competition or when you are staying in Korea to compete in 2022 World Triathlon Cup Miyazaki, if you need a PCR test result in English, you have to go to Tongyeong Red Cross Hospital in person and pay for a PCR test at your own expense.

Tongyeong Red Cross Hospital

Location: 97, Jungang-ro, Tongyeong-si, Gyeongsangnam-do

Rate: \$78

Regarding accommodation (Stanford Hotel & Resort or another hotel) after the competition, please contact our travel agency.

There is a pool available after the competition.

Tongyeong Sports Youth Center (It will take 20 minutes from hotel by taxi and cost \$10)

Location: 187, Jungnimhaean-ro, Gwangdo-myeon, Tongyeong-si, Gyeongsangnam-do

Available time: 13:00 ~ 15:00 / 15:00 ~ 17:00 / 17:00 ~ 19:00

Rate: \$3 for 2 hours

WEATHER

WEATHER

The daily temperature range is huge in October in Tongyeong. Local weather can be checked on the <https://weather-and-climate.com/10-ten-day-forecast,tongyeong-gyeongsangnam-do-kr,South-Korea>.

Historical weather conditions

In the middle of October, the daily maximum average is 22°C (71.6°F).

Data for October 15th for the past five years are:

Year	Maximum	Minimum	Average	Precipitation
2021	26.3°C	16.8°C	21.3°C	-
2020	21.8°C	13.6°C	16.9°C	-
2019	19.5°C	14.2°C	16.3°C	-
2018	22.2°C	13.4°C	16.9°C	-
2017	18.1°C	14.0°C	16.6°C	1.8 mm

Sunrise/sunset on race-day is at 06h31 and 17h52 respectively. The temperature on race-day will be 21°C(maximum) and 13°C(minimum).

TRANSPORTATION

AIRPORT TRANSPORTATION

Free transportation will be provided only from Gimhae International Airport.

It will take approximately 1 hour and 40 minutes from Gimhae Airport to the official hotel by car.

In order to arrange transportation from Gimhae Airport, please contact mtnet92@naver.com

alongside the completed document which outlines flight details, names, and bikes per person.

Mr. Park and David, our travel partners, will manage the transportation.

If you need transfer from another airport (ex. Incheon International Airport),

it costs \$250 for each person for one-way transfer and it will take approximately 6 hours by car.

(This doesn't include waiting time at the airport.)

NOTE: The LOC does not provide free transportation from other airports.

REGISTRATION

For elite athletes, registration is free of charge.

ACCOMMODATION

ACCOMMODATION



Stanford Hotel & Resort Tongyeong

Location: 347, Donam-ro, Tongyeong, South Gyeongnam Province, Republic of Korea

Website: <http://www.stanfordtongyeong.com/>

Accommodation Rate (Per 1 Person):

Daily Rate: \$163 (Single Type) per day (Including breakfast): Room only \$145

\$123 (Twin Type) per day (Including breakfast): Room only \$105

Please book the hotel room through our travel agency.

Travel Agency

Email: mtnet92@naver.com

Mobile: +82 10 9240 0467 (Mr. Park)

+82 10 7112 9192 (David)

Guideline: 1. Staying in the host hotel (Stanford Hotel & Resort) is recommended during the event.

In case of suspected cases or symptoms of COVID-19, it is mandatory to do a COVID-19 self-test (It will be provided by the LOC) or a PCR test at a local hospital in Tongyeong.

2. Bicycles are allowed in hotel rooms.

3. Hotel amenities are available.

MEALS

Hotel Restaurant



Stanford Hotel & Resort Restaurant

Buffet (Available any time)

Breakfast: \$18

Lunch: \$28 (**NOTE: Lunch on Thursday, 13th and Friday, 14th October is available after 13:30pm**)

Dinner: \$28

Book through Travel Agency is possible.

Other Restaurant

1. Café Stanford 1F: [cafe_stanford_menu.pdf \(stanfordtongyeong.com\)](http://cafe_stanford_menu.pdf(stanfordtongyeong.com))
2. Bakery Stanford 1F
3. CU Convenience Store B1F

FOOD DELIVERY APP

Please download the following food delivery app if you would like more options:

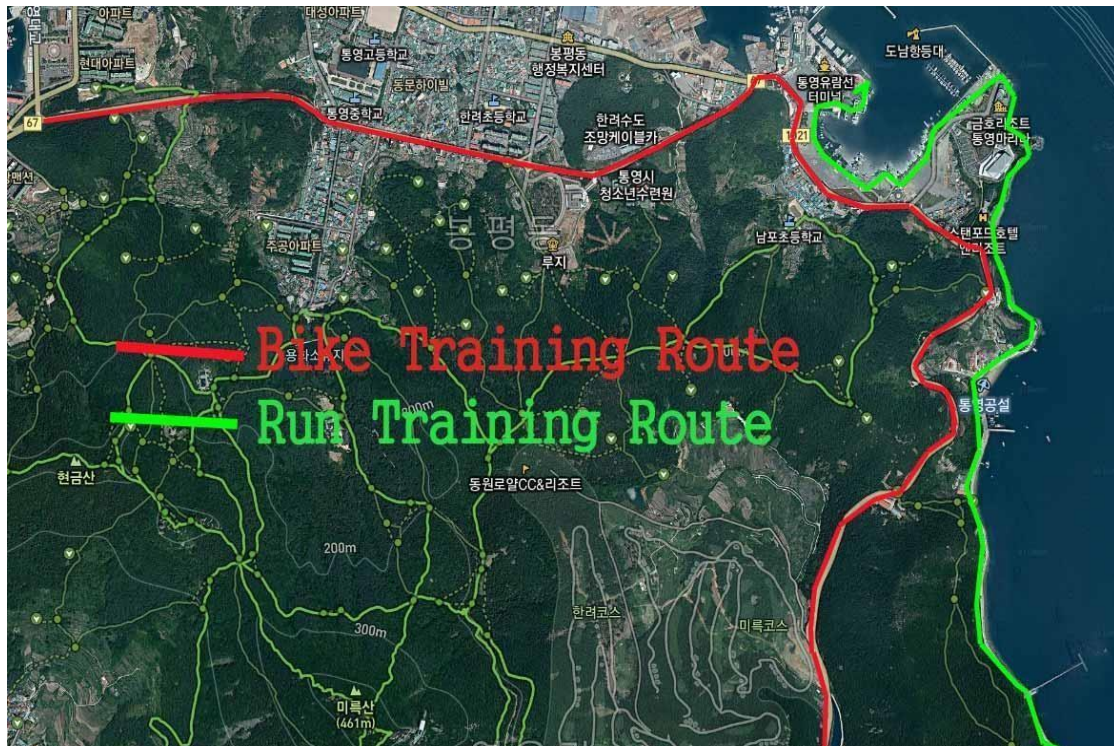
1. Yogiyo <https://play.google.com/store/apps/details?id=com.sampleapp>
2. Baemin <https://play.google.com/store/apps/details?id=com.fineapp.yogiyo>
3. Coupang Eats <https://play.google.com/store/apps/details?id=com.coupang.mobile.eats>

NOTE: You will need to collect the delivery at the lobby.

TRAINING & FAMILIARIZATION

TRAINING

Bike & Run Training



Date: From Tuesday, 11th to Thursday, 13th October

Training Venue: Please check the map above.

Note: It is forbidden to ride bicycles at high speed. You must follow traffic rules.

You are cycling at your own risk as there are no road closures during the training.

Swim Training



Date: From Tuesday, 11th to Saturday, 15th October

Time: 9:00 ~ 17:30

Training Venue: Tongyeong Sanyang Sports Park

Location: 100, Sanyangjungang-ro, Sanyang-eup, Tongyeong-si, Gyeongsangnam-do

It will take 15 minutes from the official hotel to the swimming pool by car and the transfer will be provided by the LOC.

Group Slot

GROUP A (29)	GROUP B(29)	GROUP C(28)	GROUP D(29)
· AUS · CAN	· ESP · HUN	· ISR · MAR	· NZL · ROU · SWE · USA
· AUT · COL	· FRA · IRL	· JPN · MEX	· PHI · RSA · TPE · UZB
· AZE · CZE	· GBR · ITA	· KAZ · NED	· POL · SUI · TRI
· BEL · DEN	· GER	· LUX	· POR · SVK · UKR

Bus Shuttle Time table		
BUS (hotel -> Swimming pool)	SWIM	BUS (Swimming pool - > Hotel)
08:30	09:00 - 10:00	10:10
10:30	11:00 - 12:00	12:10
14:00	14:30 - 15:30	15:40
16:00	16:30 - 17:30	17:40

Tuesday 11th OCT		
TIME	Group	BUS
09:00 - 10:00	A	(Bus : 08:30), (Back 10:10)
11:00 - 12:00	B	(Bus : 10:30), (Back 12:10)
14:30 - 15:30	C	(Bus : 14:00), (Back 15:40)
16:30 - 17:30	D	(Bus : 16:00), (Back 17:40)

Wednesday 12th OCT		
TIME	SWIM	BUS
09:00 - 10:00	D	(Bus : 08:30), (Back 10:10)
11:00 - 12:00	A	(Bus : 10:30), (Back 12:10)
14:30 - 15:30	B	(Bus : 14:00), (Back 15:40)
16:30 - 17:30	C	(Bus : 16:00), (Back 17:40)

Thursday 13th OCT		
TIME	SWIM	BUS
09:00 - 10:00	C	(Bus : 08:30), (Back 10:10)
11:00 - 12:00	D	(Bus : 10:30), (Back 12:10)
14:30 - 15:30	A	(Bus : 14:00), (Back 15:40)
16:30 - 17:30	B	(Bus : 16:00), (Back 17:40)

Friday 14th OCT		
TIME	SWIM	BUS
09:00 - 10:00	Booking system(aTD)	(Bus : 08:30), (Back 10:10)
11:00 - 12:00	Booking system(aTD)	(Bus : 10:30), (Back 12:10)
13:00 - 13:30	BIKE FAM	
13:30 - 14:30	SWIM FAM	

Saturday 15th OCT		
TIME	SWIM	BUS
14:30 - 15:30	Booking system(aTD)	(Bus : 14:00), (Back 15:40)
16:30 - 17:30	Booking system(aTD)	(Bus : 16:00), (Back 17:40)

FAMILIARIZATION

Bike Familiarization

A bike training familiarization is provided by the LOC on Friday, October 14th from 13:00 to 13:30.

Meeting point at the Transition Area. Athletes will be escorted by the police to ensure their safety.

Please be sure to show up on time, as you will not be able to participate in the familiarization otherwise.

If you try to get on the course on your own, it should be noted that you are cycling at your own responsibility and in accordance with the traffic laws. If you do not respect the Korean Road Traffic Act, you can be fined. The main information to know is as follows:

- By law, cyclists must ride on the right.
- Under any circumstances, it is prohibited to ride a bicycle on the sidewalk.
- In a group (two or more cyclists), you ride in a line.
- Cyclists must obey the signs, as must other road users.

Run Familiarization

There is no run familiarization provided by the LOC.

RACE RULES AND APPEALS

Standard procedures will be followed in accordance with the latest published Competitions Rules of World Triathlon.

DOPING CONTROL

Doping Control will be performed in compliance with the World Triathlon Anti-Doping rules and WADA International Standard for Testing. Doping Control will be located around the finish area.

ATHLETE BRIEFING

The Elite Athlete Online Zoom Briefing will take place on **Thursday, October 13rd between 18:00-18:30 local time.**

The online zoom link will be updated.

RACE PACKAGE PICK UP

The Race Package pick up will take place on **Friday, October 14th from 10:30am to 11:30am local time.**

The place will be updated soon.

All Elite athletes must pick up their own race according to the country time slot and are handed out by the World Triathlon Officials. Coaches' and team's medical accreditations will be distributed at the same time.

The Race Kit includes:

- Three (3) helmet numbers
- One (1) bike number
- Body decals for both arms and legs
- Accreditation pass
- T-shirt

CHECK IN

On the race day, Technical Officials will conduct the Athlete's check-in, directly at the Athletes Lounge:

- Uniform and bike check
- Distribution of numbered swim caps and timing chips

NOTE: Please wear a face mask whenever you are in indoor spaces and the athlete lounge.

ACCREDITATION

LOC will provide all athletes, coaches, technical officials, media, etc. registered with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

AD cards for the athletes and coaches will be provided upon registration.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon requests.

ACCREDITATION CARD REQUEST

National Federation representatives and observers must apply for accreditation by sending their requests to World Triathlon.

BIKE MECHANIC SERVICE

Mr. Lee, Yongwook from Bike MCS will offer comprehensive bike mechanic support from October 12th to 15th and will also be available in case of any emergency.

Location	Date	Time
Stanford Hotel & Resort 1F	Wednesday, 12 th ~ Friday 14 th October	10:00 – 16:00
Athlete Lounge	Saturday, 15 th October	06:00 – 11:00

If you need any special requirements in Korea, please contact Mr. Lee, Yongwook on his mobile phone.

Mobile phone: +82 10 4377 5000

WATER QUALITY

WATER TEMPERATURE

The average water temperature of the sea near the venue in the middle of October is 22°C.

WATER QUALITY

The water quality is good. All items meet the requirements. As of August 18th, the water analysis results for 3 main factors of water quality were:

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (MPN/100ML)
18/08/2022	Less than 1	Less than 1	Less than 1	<100

Water Quality Analysis – E.Coli

Date of Sample	Location A	Location B	Location C	E.Coli limit (MPN/100ML)
18/08/2022	127	134	171	<250

Water Quality Analysis - Ph

Date of Sample	Location A	Location B	Location C	Enterococci limit (MPN/100ML)
18/08/2022	8.0	8.1	8.1	6 to 9



**HAVE
A
GREAT
RACE!**



2022 WORLD TRIATHLON CUP TONGYEONG ELITE ATHLETE'S GUIDE