

# 2024 Asia Triathlon Cup – Hong Kong Athlete Guide



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## General Information

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### Introduction

The Athletes and Team Official Guide aims to ensure that 2024 Asia Triathlon Cup Athletes and Team Leaders are well-informed about all procedures concerning the 2024 Asia Triathlon Cup – Hong Kong.

Please remember that this information may change, and the final race information will be provided to the athletes and team manager at the athletes' briefing.



### Key Date

12 October 2024 – Saturday		
07:00 to 08:00	Swim Familiarization	Swim Course
15:30 to 16:30	Elite Briefing	Olympic House
13 October 2024 – Sunday		
07:00	Female Elite Competition	
08:45	Male Elite Competition	
11:30	Medal Ceremony	

### Key Contact

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### Contact Details

Triathlon Association of Hong Kong China

Address: Room 1020 Olympic House, No 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

Telephone: +852- 25048282

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Email: [trihk@triathlon.com.hk](mailto:trihk@triathlon.com.hk)

Website: [www.triathlon.com.hk](http://www.triathlon.com.hk)



## Event Information

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### Event Distance Information:

Sprint Distance

Swim: 750m

Bike: 18km

Run: 5 km

### **SWIM**

Water temperature: 22 -24 degrees

Number of laps: 1 lap

Deep Water Start

### **BIKE**

Number of laps: 6 laps x 3km

### **RUN**

Number of laps: 2 laps x 2.5km



## Event Schedule

11 October – Friday		
10:00 to 14:00	Swim Training	Chinese Recreation Club
10:00 to 15:00	Bike Mechanic Service	Novatel Century Hotel
12 October – Saturday		
07:00 to 08:00	Swim Familiarization	Swim Course
10:00 to 15:00	Bike Mechanic Service	Novatel Century Hotel
15:30 to 16:30	Elite Race Briefing	Olympic House
13 October 2024 – Sunday		
05:00 to 11:00	Bike Mechanic Service	Venue (Next to Athlete Lounge)
05:30 to 06:30	Female Elite Athletes Lounge Open	Athlete Lounge
05:30 to 06:30	Female Elite Transition Check-in	Transition Area
06:10 to 06:50	Female Elite Swim Warm-Up	Swim Course
06:55 to 07:00	Female Elite Line-Up and Introduction	Start Area
<b>07:00</b>	<b>Female Elite Competition</b>	<b>Course</b>
07:20 to 08:20	Male Elite Athletes Lounge Open	Athlete Lounge
08:00 to 08:30	Male Elite Transition Check-in	Transition Area
07:45 to 08:30	Male Elite Swim Warm-Up	Swim Course
08:35 to 08:45	Male Elite Line-Up and Introduction	Start Area
<b>8:45</b>	<b>Male Elite Competition</b>	<b>Course</b>
11:30	Medal Ceremony	Prize Presentation Area



## Venue / Medical Services / Bike Mechanic Service



### Venue

The venue is located at Lung Wo Road, Central. The swim will take place at the Wanchai Promenade outside of Victoria Harbour.

### Athletes lounge

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

### Medical Service

First Aids and Emergency Medical Service will be available at the venue on 12 and 13 October 2024 before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. A several ambulance will be available to provide emergency transfer to the hospital. A medical tent will be provided on-site at the post-finish area.

Possible medical services at the venue are free of charge. Treatment at the hospital and during practice is to be paid for by the participants. Athletes/teams should ensure that they have appropriate medical insurance.



### **Bike Mechanic Service**

The Bike Mechanic Service will be available from 12 and 13 October 2024 and is also available in case of emergency.

Friday, 11 October 2024	10:00 to 15:00	Novatel Century Hotel
Saturday, 12 October 2024	10:00 to 15:00	Novatel Century Hotel
Sunday, 13 October 2024	05:00 to 11:00	Venue (next to athlete lounge)

### **Information /LOC**

#### **Information Center**

The venue is located at Novatel Century Hotel. 2024

Opening Hours: 09:00 to 18:00

Contact Person: Chris Lo

Mobile No: 852-67198633

#### **Security**

A private security company will be responsible for the venue security and Field of Play (FOP) marshals will patrol around the Field of Play. Hong Kong Police Force and Traffic Management company will manage the road closure and the traffic around the course.



## Accommodation /Visa/ Transportation

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### Official Hotel

Novotel Century Hong Kong

Address: 238 Jaffe Road, Wan Chai

Remarks: From the hotel to the race venue, only 15 minutes by walk

For the reservation, please download the form and email it to:

Mr Steven Tsang - Assistant Director of Sales

Tel: 852 - 25076614

Email: [H3562-SL2@accor.com](mailto:H3562-SL2@accor.com)

### Visa

Visitors from VISA-exempt countries do not need a visa

<https://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html>

If you require an Invitation letter to apply visa, please send your passport copy and fill in the Visa invitation letter form, please download it from the website and email it to:

Contact Person: Rebecca Mok

Email: [event@triathlon.com.hk](mailto:event@triathlon.com.hk) or [rebecca.mok@triathlon.com.hk](mailto:rebecca.mok@triathlon.com.hk)

Phone: 852-25048286

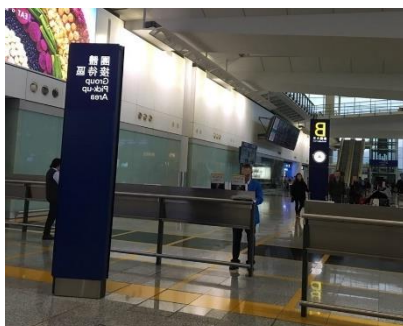
### Airport Pick-Up Transfer

The LOC will provide free transportation for the elite athlete and their team officials from Hong Kong International Airport to the Official hotel from 10 to 14 October 2024. Please inform LOC on or before 8 October 2024. Email: [event@triathlon.com.hk](mailto:event@triathlon.com.hk) or [rebecca.mok@triathlon.com.hk](mailto:rebecca.mok@triathlon.com.hk)

Upon Arrival at Hong Kong International Airport, please exit Hall B, our liaison will meet you. If you have any problem at the Airport, please contact:

Contact Person: Mr Andrea Yip or Mr Ryan Chan

Contact No: 852- 95537480





## Hospital Search / Restaurants

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### Hospital in Hong Kong Island:

Hong Kong Sanatorium & Hospital

<https://www.hksh-hospital.com/en/>

Gleneagles Hospital Hong Kong

<https://gleneagles.hk>

Hong Kong Adventist Hospital

<https://www.hkah.org.hk/en>

St Paul's Hospital

<https://www.stpaul.org.hk/en>

### Restaurants

<https://www.openrice.com/en/hongkong>

## Training Information

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### Swim Training

Location: Chinese Recreation Club (25m Pool)

LOC will provide the official transport from the hotel to the Club, it will take 10 mins by coach.

Official Transportation will leave from the Hotel: at 09:30, 10:30, 11:30, and 12:30.

Please fill in the Google application form for the reservation.

<https://forms.gle/6ZnD8V15vnUJa5jPA>

Date	Time	No of Lane
10 October (Thur)	16:00 to 20:00	5
11 October (Fri)	09:00 to 13:00	5

Location: Novatel Century Hotel 2/F (20m pool) from 09:00 to 18:00 (20m Pool)

### Run Training

Athletes can run alone on the waterfront Promenade. From the hotel to the promenade is approx. 10 mins





## Athletes Briefing

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### Athlete Briefing

Date: 12 October 2024

Location: 2/F Jockey Club Theatre, Olympic House, No 1 Stadium Path, So Kon Po, Causeway Bay

#### Schedule:

14:30	Bus leave from the hotel to Olympic House
15:00 to 15:30	Registration
15:30 to 16:00`	Race Briefing
16:00 to 16:30	Race Pack Distribution
16:50	Bus leave from the Olympic House to the Hotel

**Remarks: Please settle the Entry fee payment before the race pack-up**

## Course Familiarization

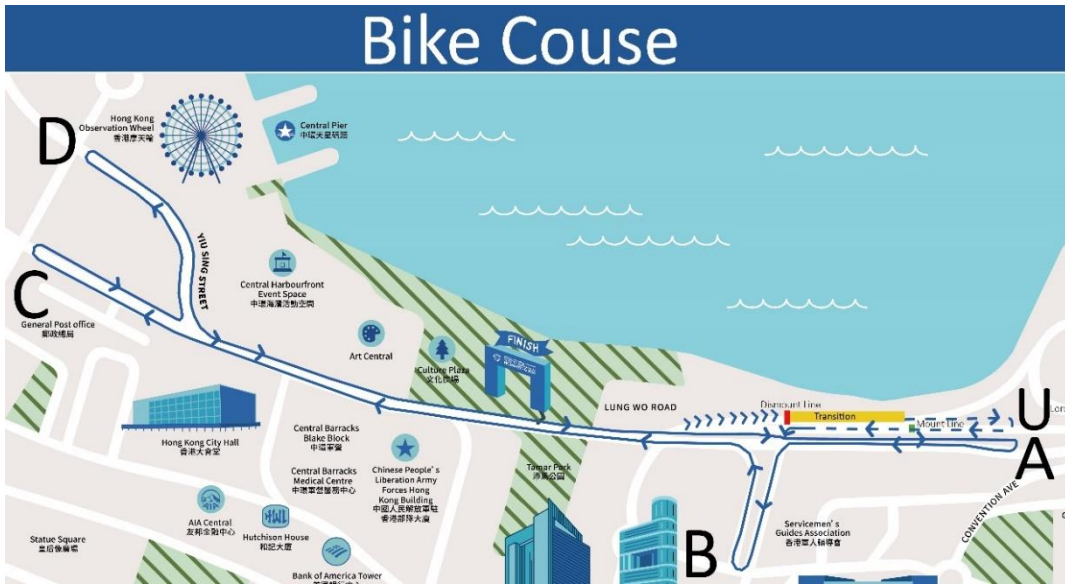
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### Swim

A swim familiarization is arranged by the LOC on Saturday, 12 October 2024 (07:00 to 08:00). A full swim course will be set up.



**Route Map**



**Bike 6km: (6 laps): Transition → U→(A→B→C→D) x 6 times → Transition**



**Run 5km (2 laps): Transition → U → (A → B → C → D) x 2 times → Finish**

**Aid Station**

The 2 aid stations are located on the run course, we will be providing the sealed bottle of water.

**Penalty Box**

The penalty box will be located at the Run Turning Point

### **Wheel Station**

Two-wheel stations will be provided, one will be located near the transition area (Team), and the other will be

#### **Front:**

2x 700c Front wheels, rim brake

2x 700c Front wheels, 160mm roter disc brake

2x 700c Front wheels, 140mm roter disc brake

#### **Rear:**

2x 700c Rear wheels with 11speed cassette, rim brake

2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake

2x 700c Rear wheels with 11speed cassette, 140mm roter disc brake

2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake

2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake

### **Weather Conditions**

The temperature in November ranges from 20 to 25 degrees.

### **Competition Rules**

The race will follow the latest published competition rules of the World Triathlon

### **Protest and Appeals**

Standard procedures will follow the World Triathlon Competition rules.

### **Accreditation**

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

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are numbered 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 request.