



2010 FUZHOU ITU TRIATHLON PREMIUM ASIAN CUP

EVENT AND CONTACT INFORMATION

Event Location:	Fuzhou, China	
Event Date:	May 15&16	
Web site:	triathlon.sport.org.cn	
Event Contact 1--for Elite Groups		
Contact Name:	Ms. Jin Wen	
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Mailing address:	Company or name of the contact person: CTSA	
	Street: No.5, Laoshan West Street	
	Town: Shijingshan, Beijing	Zipcode:100049
	Country: P.R.China	
Event Contact 2--for Age Groups		
Contact Name:	Chen Xiaoyun	
Telephone:	86-(0)591-87502603	
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Email:	181316161@qq.com	
Mailing address:	Company or name of the contact person: Fuzhou Sport Administration(LOC)	
	Street: 59-3, Daoshan Road	
	Town: Gulou District, Fuzhou	Zipcode:350001
	Country: P.R.China	

EVENT DETAILS

Entry fee	<ul style="list-style-type: none"> ● Non for Elite athletes ● For Age Groups: 100RMB per participant 60RMB for CTSA Members 20RMB for CTSA Level 1 or above athletes 	
Prize money	<ul style="list-style-type: none"> ● 15,000USD for Elite ● 100,000RMB for Junior & Age Groups 	
Briefing date, time	<ul style="list-style-type: none"> ● Elite: 17:00-17:45, May 13 ● Age Groups: 17:00-18:30, May 15 	
Briefing location	Rong Qiao Shui Xiang Hotel (Official Hotel)	
Start times	Elite Men: 09:00, 15 th	Elite Women: 11:15, 15 th



	Junior Men: 13:30, 15 th	Junior Women: 13:33, 15 th
	Standard AG: 08:00, 16 th	Duathlon: 08:20, 16 th
	Sprint AG: 08:50, 16 th	Aquathlon: 09:20, 16 th
	Fun Tri: 11:00, 16 th	Mixed Relay: 12:00, 16 th
Start Mechanism	<ul style="list-style-type: none"> ● Elite: Pontoon Diving Start ● Age Groups: In-water Start 	
Swim Conditions	River	
Water Temperature	About 23 Celsius, Wetsuit Unlikely	
Swim Course	Tides current	
Bike Course	Asphalt, flat	
Run Course	Asphalt plus cement, flat	

MEDIA INFORMATION

Name of Media Contact:	TBD
Address for Media Credentials request:	TBD
Location of Media Centre and hours of operation:	TBD
Time and place where media kit can be pick-up:	TBD
Press Conference Details (date, time, place):	TBD

TRAVEL AND ACCOMMODATIONS

Closest airport:	Fuzhou Airport
Local transportation provided:	Will be provided
Name and contact details (address, phone, email, website) of the host hotel:	Rong Qiao Shui Xiang Hotel Tel: 0086-(0)591-83766858 Address: 169, Minjiang Street, Cangshan District, Fuzhou
Method of the hotel payments:	Credit Card or Cash
Home stay or accommodations provided	N/A

SPECIAL FUNCTIONS



Awards Ceremony (date, time, place)	Awards Presentations at Venue
Pasta Party (date, time, place)	TBD
Post event party (date, time, place)	TBD

EVENT SCHEDULE (PROVISIONAL)

(PLEASE CHECK THE LATEST SCHEDULE UPON REGISTRATION AT THE OFFICIAL HOTEL)

Date (2010/05/13):

Time (hh:mm)	Activity	Place
09:00--12:00	Registration & Package Pick-up(Elite)	Rong Qiao Shui Xiang Hotel
15:45--18:00	Uniform Check & Race Numbers Distribution(Elite)	Rong Qiao Shui Xiang Hotel
16:00--17:00	Race Briefing(Elite)-- Chinese	Rong Qiao Shui Xiang Hotel
17:00--17:45	Race Briefing(Elite)-- English	Rong Qiao Shui Xiang Hotel
TBD	VIP Reception	TBD

Date (2010/05/14):

Time (hh:mm)	Activity	Place
09:00--17:00	Registration & Package Pick-up(AG)	Rong Qiao Shui Xiang Hotel
10:00--11:00	Swimming Course Familiarization	Minjiang Park Triathlon Venue
11:00--12:00	Cycling Course Familiarization	Minjiang Park Triathlon Venue

Date (2010/05/15):

Time (hh:mm)	Activity	Place
08:30—08:45	Opening Ceremony	Minjiang Park Triathlon Venue
09:00	Elite Men--Start	Minjiang Park Triathlon Venue
11:15	Elite Women--Start	Minjiang Park Triathlon Venue
13:30	Junior Sprint Men--Start	Minjiang Park Triathlon Venue
13:33	Junior Sprint Women--Start	Minjiang Park Triathlon Venue
15:30--17:00	Bike, Helmet & Uniform Check(AG)	Rong Qiao Shui Xiang Hotel
17:00--18:30	Race Briefing & Medical Delegate's Instructions(AG)	Rong Qiao Shui Xiang Hotel

Date (2010/05/16):

Time (hh:mm)	Activity	Place
08:00	Standard Distance Age Groups--Start	Minjiang Park Triathlon Venue
08:20	Duathlon--Start	Minjiang Park Triathlon Venue
08:50	Sprint Distance Age Groups--Start	Minjiang Park Triathlon Venue
09:20	Aquathlon--Start	Minjiang Park Triathlon Venue
11:00	Fun Tri--Start	Minjiang Park Triathlon Venue



12:00	Mixed Relay-Start	Minjiang Park Triathlon Venue
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Date (2010/05/17):

Time (hh:mm)	Activity	Place
	Departure	

CATEGORIES AND DISTANCES

Category	Total	Swim	Bike	Run
Elite	51.5KM	1.5KM(2 laps)	40KM(6 laps)	10KM(4 laps)
Junior Sprint	25.75KM	750M(1 lap)	20KM(3 laps)	5KM(2 laps)
Mixed Relay	8.52KM	250M(1 lap)	6.67KM(1 lap)	1.6KM(1 lap)
Standard Distance Age Groups	51.5KM	1.5KM(2 laps)	40KM(6 laps)	10KM(4 laps)
Sprint Distance Age Groups	25.75KM	750M(1 lap)	20KM(3 laps)	5KM(2 laps)
Fun Tri	8.52KM	250M(1 lap)	6.67KM(1 lap)	1.6KM(1 lap)
Duathlon	27.5KM	5KM(1 lap)	20KM(3 laps)	2.5KM(1 lap)
Aquathlon	5.75KM	750M(1 lap)	/	5KM(2 laps)

ELIGIBILITIES AND PRIZES

All age as on December 31, 2010.

Categories		Eligibilities	Prizes	
			Trophy	Prize Money
Elite Groups	Elite Men	Age above 18	Top 3	Top 10
	Elite Women			
	Junior Sprint Men	Age between 16 and 19	Top 1	Top 3
	Junior Sprint Women			
	Mixed Relay	Age above 16	Top 3	Top 3
Standard Distance Age Groups	Men 20-29	Age between 20 and 29	Top 1	Top 6
	Men 30-34	Age between 30 and 34		
	Men 35-39	Age between 35 and 39		
	Men 40-44	Age between 40 and 44		
	Men 45-49	Age between 45 and 49		
	Men 50-59	Age between 50 and 59		
	Men 60+	Age between 60 and 70		
	Women 20-34	Age between 20 and 34		
	Women 35-49	Age between 35 and 49		
	Women 50+	Age between 50 and 70		



Sprint Distance Age Groups	Men under 19	Age between 14 and 19	Top 1	Top 3
	Men 20-39	Age between 20 and 39		
	Men 40+	Age between 40 and 70		
	Women under 19	Age between 14 and 19		
	Women 20+	Age between 20 and 70		
Fun Tri	Men Junior	Age between 8 and 17	Top 1	Top 6 (awards)
	Men Adults	Age between 18 and 70		
	Women	Age between 8 and 70		
Duathlon	Men under 19	Age between 14 and 19	Top 1	Top 3
	Men 20-39	Age between 20 and 39		
	Men 40+	Age between 40 and 70		
	Women under 19	Age between 14 and 19		
	Women 20+	Age between 20 and 70		
Aquathlon	Men under 19	Age between 14 and 19	Top 1	Top 3
	Men 20-39	Age between 20 and 39		
	Men 40+	Age between 40 and 70		
	Women under 19	Age between 14 and 19		
	Women 20+	Age between 20 and 70		

Prize Money Breakdown:

1) Elite: 15,000 USD, top 10. (Unit: USD), as to ITU Rule:

Ranking	1	2	3	4	5	6	7	8	9	10
Percentage	30%	25%	18%	15%	12%	7%	6%	4%	3%	2%
Men	1875	1500	1125	750	600	525	450	300	225	150
Women	1875	1500	1125	750	600	525	450	300	225	150

2) Junior Sprint: (Unit: RMB)

Ranking	1	2	3
Men	1500	1000	500
Women	1500	1000	500

3) Mixed Relay: (Unit: RMB)

Ranking	1	2	3
Men	3200	2400	2000
Women	3200	2400	2000

4) Standard Distance Age Groups--for each group (Unit: RMB)

Ranking	1	2	3	4	5	6
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Men	1500	1000	800	600	500	400
Women	1500	1000	800	600	500	400

5) Sprint Distance Age Groups--for each group (Unit: RMB)

Ranking	1	2	3
Men	800	600	500
Women	800	600	500

6) Duathlon, Aquathlon--for each group (Unit: RMB)

Ranking	1	2	3
Men	600	500	400
Women	600	500	400

7) Fun Tri Groups: total awards value: 1,300RMB, for top 6 of each group (Unit: RMB).

EVENT RULES

1. GENERAL:

- 1) Athletes will be required to sign the ITU Athletes Agreement, as a precondition for entering the race.
- 2) All athletes and team support personnel must carry their own medical insurances.
- 3) According to ITU rule, Elite, Junior Sprint and Mixed Relay competitions will be drafting-legal, and Age Groups, Fun Tri, Duathlon and Aquathlon competitions will be drafting-prohibited.
- 4) All Elite athletes are required to register through respective National Federation on the ITU Website.
- 5) All Age Group athletes are required to conduct a Health Check before the race according to the attached Guidelines and the related certificate must be shown upon registration at the Official Hotel.

2. EQUIPMENTS:

- 1) The equipments of competitors (Bicycle, helmet, uniform etc.) must abide by ITU Rules and Regulations. Mountain bikes will be allowed for Age Groups and Fun Tri groups athletes provided that the bikes are coincident with safety regulations.
- 2) Exposed bare torso is not acceptable during competition, including the swimming section.
- 3) On the race day, athletes will be given a Timing band and swimming cap during their check-in procedure. The timing band should be worn on the athlete's right ankle, which must be returned upon finish or delivered to a technical official in case of withdrawing from the race.

3. RACE NUMBERS:

- 1) For all the athletes, the following numbers will be provided and should be used according to the formula as below:
 - One(1) bike number, to be attached to the saddle pole.
 - Three(3) sticker numbers, to be attached at the front and both sides of the helmet.
 - One(1) sticker number, to be attached to the bag.

2) For Age Groups and Fun Tri groups, two(2) sets of bib numbers will be provided, which preferably shall be attached to the chest and upper back. At least, the bib number must be attached to the upper back during cycling and to the chest during running. No bib number will be used for Elite groups.



3) Body decal numbers will be used for Elite athletes. For Age Group athletes, the body numbers will be drawn by technical officials.

4. DOPING CONTROL:

Doping Tests will be performed according to the ITU/WADA rules.

5. TIME LIMITS:

Category		Swim/Run	Swim + Bike	Total
Triathlon	Standard Distance	50 min.	2 hr.30 min.	3hr.30min.
	Sprint Distance	25 min.	1 hr.15 min.	1hr.45min.
	Fun Tri Distance	15 min.	45 min.	1hr.
Duathlon		30min.	1hr.15min.	1hr.45min.
Aquathlon		30min	/	1hr.15min.

VISA APPLICATION

For visa application, please provide the following information for each applicant:

Name as on Passport	
Nationality as on Passport	
Occupation	
Passport Number	
In which country you are going to apply for visa	

A visa document will be provided basing on the information provided. With the visa document you will be able to apply for the visa easily and quickly.



Attachment: *(Only for Age Group athletes)*

CTSA Competitors Health Check-up Guidelines

March 2010

By China Triathlon Sports Association (CTSA)

1. Why Health Check-up is mandatory?

1.1 Triathlon is a long-distance and intensive sport with extreme race environment. The severe stimulation to multi-organs of the human body will unavoidably elicit Acute Trauma or Sickness (ATS) of the cardiovascular, respiratory, central nervous, gastrointestinal and motor (bone and muscle etc.) systems, which in serious cases, will endanger the competitor's life.

1.2 Because of the unpredictable ATS, it's important and necessary that every competitor forms the patterns of overall physical examination, system controls of evidence based medicine, active prevention and treatment of the ATS, and the establishment of health documents. A good physical condition is essential for competing triathlon. The health risk of a competitor will be aggrandized and strengthened when he or she is under the injury or sickness situation.

1.3 The Guideline is issued by CTSA, in order to help triathlon competitors establish the idea of "Prevention First in Advance", and protect them as much as possible. Competitors without a required Health Check-up results certificate will not be allowed to race.

2. General Requirements

2.1 Pre-Race Health Check-up

Competitors should monitor body conditions in time. It's mandatory to receive a Health Check-up at most **3 months** before the race day at a Level 2-A(二级甲等) or above hospital and get the related certificate, which must be shown when registration after arriving at the race site.

2.2 Self-Monitoring of Health Condition



Because the Health Check-up indexes and methods are limited and the conditions of “human body” are changing, a single “normal” Health Check-up result sometime before the race does **not** eliminate all the potential diseases hiding in the body and certainly **cannot** “prove” that the competitor has the capability of finishing the race safely. In this case, all the competitors must:

2.2.1 Confirm that the body is in good condition before race, without a Cold, Fever, Viral or Bacterial Pharyngotonsillitis, or other ATS.

2.2.1 If the body shows abnormal conditions or symptom, competitors should quit the race and inform the Event Organizing Committee in time, and seek medical assistance as soon as possible.

3. What should be checked?

Basing on the common ATS that happen in triathlon, the items listed below shall be included in the Health Check-up list for triathlon competitor. Among them, item 3.1, 3.2 and 3.3 are mandatory and must be shown to the Event Organizing Committee.

3.1 General Examination of Internal Medicine and Surgery—Mandatory

Asking and distinguishing mainly:

1. The Cardiovascular System diseases, for example, Hypertension, Valvular Heart Disease, Coronary Heart Disease, Cardiomyopathy;
2. The Central Nervous System diseases, for example, Epilepsy, Serious Neurasthenia Syndrome;
3. The familial history of Sudden Death;
4. The past history of Excitability, Sports and Acute Trauma or Sickness ;
5. The Respiratory System diseases, for example, Allergic Bronchial Asthma, Acute or Chronic Respiratory Tract Infection;
6. The Gastrointestinal System diseases, for example, Active Peptic Ulcer.

3.2 Examination of Blood Pressure (BP)—Mandatory

- Age under 50: Systolic Blood Pressure (SBP) \leq 130mmHg (17.3KPa), Diastolic Blood Pressure (DBP) \leq 85mmHg(11.3KPa) ;
- Age 50 and above: SBP \leq 140mmHg(18.6KPa) , DBP \leq 90mmHg(12KPa).

3.3 Examination of Electrocardiogram (ECG) –Mandatory

ECG must be attached with the doctor's diagnosis, and shall be distinguished according to the following criteria:

- Normal ECG:
 1. Sinus Rhythm;
 2. Adult Heart Rate(HR): 40-100bpm(professional competitor's HR may be less than 40bpm).

- Abnormal ECG patterns(but not limited to the below):
 1. Sinus Tachycardia, adult HR > 100bpm; Ventricular Tachycardia;
 2. Frequent Sinus Irregularity;
 3. Sinus Arrest; Atrial, AV Junctional and Ventricular Premature Beats or Arrest;
 4. Sick Sinus Syndrome;
 5. 2nd degree or above Sinoatrial, Atrioventricular and Left Fasciculo-Ventricular Fibers Block;
 6. Pre-Excitation Syndrome;
 7. Myocardial Ischaemia, ST Ischemic Decrease (horizontal, ptosis, arch, sink, approximate ischaemia); T Change (hypoflat, bidirection, inversion); Q-T Prolongation; U Inversion; Arrhythmia; etc.
 8. Other abnormal ECG, for example, Atrial Fibrillation.

3.4 Haemo-biochemical Examination–Recommended and Optional

Diagnose the function of Liver and Kidney; and the condition of Glucose and Lipoid, Electrolyte, Myocardial Enzymes, etc.

3.5 Color Ultrasonic Cardiogram (UCG) –Recommended and Optional

Diagnose the condition of Ventricle, Auricle, Valve, Myocardium and Movement (contractility and compliance), Ejection Fraction, Cardiac Output, etc. Avoid the Disorganized Cardiac Architecture.