



2010 BEIJING ITU PREMIUM ASIAN CUP TRIATHLON

EVENT AND CONTACT INFORMATION

| | | |
|---|--|----------------|
| Event Location: | Beijing, China | |
| Event Date: | July 3&4 | |
| Web site: | triathlon.sport.org.cn | |
| Event Contact 1—for Elite Groups | | |
| Contact Name: | Ms. Jin Wen | |
| Telephone: | 86-(0)10-68826378 | |
| Fax: | 86-(0)10-68862596 | |
| Mobile: | 86-13911997060, 13911997059(Mr.Qin Jianqiu) | |
| Email: | triathlon@ctsa.org.cn | |
| 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: | Liu Hongli or Shang Yingying | |
| Telephone: | 86-(0)10-69742857, 69742369 | |
| Fax: | 86-(0)10-69742857, 69742369 | |
| Email: | bj2010t@126.com | |
| Mailing address: | Company or name of the contact person: Changping Sport Administration(LOC) | |
| | Street: 31, Xihuan Road | |
| | Town: Changping District, Beijing | Zipcode:102200 |
| | 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 |
| Entry Deadline | 15 days before the first competition day |
| 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, July 1 ● Age Groups: 17:00-18:30, July 3 |



| | | |
|--------------------------|--|---------------------------------------|
| Briefing location | Beijing Subway Resort(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 | Lake | |
| Water Temperature | Wetsuit Unlikely | |
| Swim Course | Calm | |
| Bike Course | Asphalt plus rubber, technical hills and corners | |
| Run Course | Asphalt plus rubber, technical hills | |

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: | Beijing Capital International Airport |
| Local transportation provided: | Will be provided |
| Name and contact details (address, phone, email, website) of the host hotel: | Beijing Subway Resort Tel: 86-10-60712288 No.7, Chaofengan South Road Changping District, Beijing 102200 |
| 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 (2010/07/01):

| Time (hh:mm) | Activity | Place |
|--------------|--|-----------------------|
| 09:00--12:00 | Registration & Package Pick-up(Elite) | Beijing Subway Resort |
| 15:45--18:00 | Uniform Check & Race Numbers Distribution(Elite) | Beijing Subway Resort |
| 16:00--17:00 | Race Briefing(Elite)-- Chinese | Beijing Subway Resort |
| 17:00--17:45 | Race Briefing(Elite)-- English | Beijing Subway Resort |

Date (2010/07/02):

| Time (hh:mm) | Activity | Place |
|--------------|------------------------------------|-----------------------|
| 09:00--17:00 | Registration & Package Pick-up(AG) | Beijing Subway Resort |
| 10:00--11:00 | Swimming Course Familiarization | Triathlon Venue |
| 11:00--12:00 | Cycling Course Familiarization | Triathlon Venue |

Date (2010/07/03):

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

Date (2010/07/04):

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



| | | |
|-------|-------------------|-----------------|
| 11:00 | Fun Tri--Start | Triathlon Venue |
| 12:00 | Mixed Relay-Start | Triathlon Venue |

Date (2010/07/05):

| Time (hh:mm) | Activity | Place |
|--------------|-----------|-------|
| | Departure | |

CATEGORIES AND DISTANCES

| Category | Total | Swim | Bike | Run |
|-------------------------------------|---------|--------------|--------------|--------------|
| Elite | 51.5KM | 1.5KM(1 lap) | 40KM(8 laps) | 10KM(4 laps) |
| Junior Sprint | 25.75KM | 750M(1 lap) | 20KM(4 laps) | 5KM(2 laps) |
| Mixed Relay | 6.85KM | 250M(1 lap) | 5KM(1 lap) | 1.6KM(1 lap) |
| Standard Distance Age Groups | 51.5KM | 1.5KM(1 lap) | 40KM(5 laps) | 10KM(4 laps) |
| Sprint Distance Age Groups | 30.75KM | 750M(1 lap) | 25KM(3 laps) | 5KM(2 laps) |
| Fun Tri | 9.85KM | 250M(1 lap) | 8KM(1 lap) | 1.6KM(1 lap) |
| Duathlon | 32.5KM | 5KM(2 laps) | 25KM(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 |
|---------|------|------|-----|-----|-----|-----|
| 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) $\leq 130\text{mmHg}(17.3\text{KPa})$, Diastolic Blood Pressure (DBP) $\leq 85\text{mmHg}(11.3\text{KPa})$;
- Age 50 and above: SBP $\leq 140\text{mmHg}(18.6\text{KPa})$, DBP $\leq 90\text{mmHg}(12\text{KPa})$.



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 July 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.