

2024 Asia Triathlon U15 and Youth Triathlon Championships Athlete Guide





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General Information

Introduction

The Athletes and Team Official Guide aims to ensure that all U15 and Youth Athletes and Team Leaders are well informed about all procedures concerning the 2024 Asia Triathlon U15 and Youth Triathlon Championships 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 |
| 14:00 to 15:00 | U15 and Youth Briefing | Olympic House |
| 24 March 2024 – Sunday | | |
| 09:45 | Female U15 and Youth Competition | |
| 10:45 | Male U15 and Youth Competition | |
| 11:30 | Medal Ceremony | |

Key Contact

| | | |
|------------------------------|-------------------------|--|
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| Assistant Technical Delegate | Fung Wang Tak (HKG) | fungwangtak@yahoo.com.hk Mobile: +852-9362 0009 |
| Medical Delegate | Dr Kenneth Wu (HKG) | drkenwu@gmail.com Mobile: +852-90973366 |
| LOC Team Leader | Rebecca Mok (HKG) | Rebecca.mok@triathlon.com.hk Mobile: +852- 96945988 |

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

Fax: +852-25768253

Email: trihk@triathlon.com.hk

Website: www.triathlon.com.hk



Event Information

Event Distance Information:

Super Sprint Distance

Swim: 375m

Bike: 9km

Run: 2.5km

SWIM

Water temperature: 22 -24 degrees

Number of laps: 1 lap

Deep Water Start

BIKE

Number of laps: 3 laps x 3km

RUN

Number of laps: 1 lap 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 |
| 14:00 to 15:00 | U15 and Youth Race Briefing | Olympic House |
| 13 October 2024 – Sunday | | |
| 05:00 to 11:00 | Bike Mechanic Service | Venue (Next to Athlete Lounge) |
| 08:30 to 09:30 | Female U15 and Youth Athletes Lounge Open | Athlete Lounge |
| 09:00 to 09:30 | Female U15 and Youth Transition Check-in | Transition Area |
| 08:45 to 09:25 | Female U15 and Youth Swim Warm-Up | Swim Course |
| 09:35 to 09:45 | Female U15 and Youth Line-Up and Introduction | Start Area |
| 09:45 | Female U15 and Youth Competition | Course |
| 09:30 to 10:30 | Male U15 and Youth Athletes Lounge Open | Athlete Lounge |
| 09:50 to 10:40 | Male U15 and Youth Transition Check-in | Transition Area |
| 10:00 to 10:30 | Male U15 and Youth Swim Warm-Up | Swim Course |
| 10:35 to 10:45 | Male U15 and Youth Line-Up and Introduction | Start Area |
| 10:45 | Male U15 and Youth Competition | Course |
| 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

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

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 or rebecca.mok@triathlon.com.hk

Phone: 852-25048286

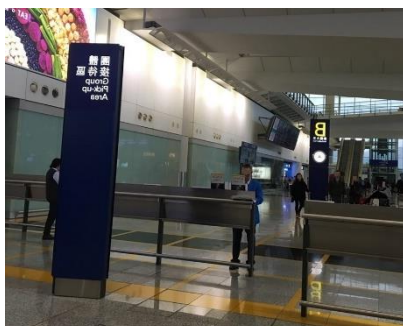
Airport Pick-Up Transfer

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 or 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

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

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

Athlete Briefing

Date: 12 October 2024

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

Schedule:

| | |
|----------------|---|
| 13:00 | Bus leave from the hotel to Olympic House |
| 13:15 to 14:00 | Registration |
| 14:00 to 14:30 | Race Briefing |
| 14:30 to 15:00 | Race Pack Distribution |
| 15:20 | Bus leave from the Olympic House to the Hotel |

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

Course Familiarization

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 9km: (3 laps): Transition → U→(A→B→C→D) x 3 times → Transition

2024 Asia Triathlon U15 & Youth Championships HONG KONG
U15 & Youth ——— **Run 2.5km**



Run 2.5km (1 lap): Transition → U → A → B → C → G → Finish



2024 Asia Triathlon U15 & Youth Championships HONG KONG - FINISHING AREA

■ Carnival 嘉年華 ■ Finishing Area 衝線區 ■ Main Stage 主舞台



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 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 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 request.