



Training and Competition Schedule of Beijing 2008 Olympic Games Triathlon

1. Competition Schedule:

Date	Time	Content	Place
27 th July		Olympic Village Open	Olympic Village
8 th August		Olympic Games Opening Ceremony	National Stadium
15 th August	12:30-13:30	Coach and Team manager Technical Meeting (optional)	Triathlon Venue
16 th August	12:30-13:30	Athletes Technical Briefing and Swimming start position draw (mandatory)	Jundu Hotel
17 th August	16:00-17:00	Collecting women's bicycles and transporting to Venue	Olympic Village and Triathlon Venue
18 th August	10:00-12:45	Women's Competition	Triathlon Venue
	15:00-16:00	Distributing women's bicycles	Olympic Village
	16:00-17:00	Collecting men's bicycles and transporting to Venue	Olympic Village and Triathlon Venue
19 th August	10:00-12:35	Men's Competition	Triathlon Venue
	16:00-17:00	Distributing men's bicycles	Olympic Village
24 th August		Olympic Games Closing Ceremony	National Stadium

2. Training Schedule:

Date	Time	Content	Place
27 th July - 18 th August	08:30-13:00 (3 sessions) 14:00-17:00 (2 sessions)	Swimming (outdoor swimming pool)	Changping Sports Center(Olympic Games Triathlon Training Site)
27 th July - 18 th August	08:30-13:00 14:00-17:00	Run (Athletic field) training field open	Changping Sports Center(Olympic Games Triathlon Training Site)
4 th August - 11 th August	10:00-16:00	Road Cycling training course open	The lake-ring road of Shi Sanling Reservoir
12 th August	10:00-12:00	Road Cycling training course open	The lake-ring road of Shi Sanling Reservoir



3. Course Familiarization Schedule:

Date	Time	Content	Place
13 th August - 16 th August	10:00-11:00	Triathlon Cycling course training	Triathlon Venue
	11:00-12:00	Triathlon Swimming course training	Triathlon Venue
17 th August	10:00- 12:00	Triathlon Cycling course training	Triathlon Course (only outside the venue)