



2010 WEIHAI ITU LONG DISTANCE TRIATHLON WORLD SERIES

EVENT AND CONTACT INFORMATION

Event Location:	Weihai city, Shandong Province, P.R.China	
Event Date:	September 25 & 26, 2010	
Web site:	http://www.weihaitriathlon.com/2010/index.html http://www.weihai-triathlon.com/index.asp?site_language=english	
Event Contact 1--for overseas athletes		
Contact Name:	Mr. Eric Le Lostec	
Telephone:	+33 687 315 039	
Fax:		
Email:	contact.isec@orange.fr	
Mailing address:	Company or name of the contact person: ISEC, Co-organizer	
	Street: 62 rue Capitaine Blayo	
	Town: Lorient	Zipcode:
	Country: France	
Event Contact 2--for athletes in China		
Contact Name:	Ms. Sunny Liu	
Telephone:	86-0631-5817333; 86-13863112544	
Fax:	86-0631-5650022	
Email:	litsweetliu@yahoo.com.cn	
Mailing address:	Company or name of the contact person: Organizing Committee for 2010 Weihai ITU LD Triathlon World Series	
	Street: No.119-1#, North Huanhai Rd. Weihai, China	
	Town: Weihai	Zipcode: 264200
	Country: P.R.China	

EVENT DETAILS

Entry fee	150Euro per athlete	
Entry Deadline	August 25, 2010	
Prize money	<ul style="list-style-type: none"> ● 30,000Euro for Elite ● 114,000RMB for Age Groups 	
Briefing date, time	<ul style="list-style-type: none"> ● Elite: 14:00-15:00, Sept.24 ● Age Groups(Long Distance): 15:00-16:00, Sept.24 ● Age Groups(Standard Distance): 17:00-18:00, Sept.25 	
Briefing location	Haidu Hotel(the Official Hotel)	
Start times	Elite Men: 10:30, 25 th	Elite Women: 10:33, 25 th



	Long Distance AG & Relay:	10:36, 25 th
	Standard Distance AG & Relay	12:00, 26 th
	Fun Tri: 10:00, 26 th	Family: 10:45, 26 th
Start Mechanism	Beach Run Start	
Swim Conditions	Ocean bay	
Water Temperature	About 22 Celsius, Wetsuit Unlikely	
Swim Course	Normally calm	
Bike Course	Sea side roads, hills and corners, technically challenging	
Run Course	Roads and sea side wood path, technically challenging	

MEDIA INFORMATION

Name of Media Contact:	Mr.Xing Kui
Address for Media Credentials request:	wh5231091@163.com
Location of Media Centre and hours of operation:	<i>TBD</i>
Time and place where media kit can be pick-up:	<i>TBD</i>
Press Conference Details (date, time, place):	<i>TBD</i>

TRAVEL AND ACCOMMODATIONS

Closest airport:	Weihai International Airport or Yantai International Airport
Local transportation provided:	Will be provided, including free transfers for the above two airports during the event.
Name and contact details (address, phone, email, website) of the host hotel:	<p>Haidu Hotel Tel: 86-15606300277 Add: 9, Huanhai Road, Weihai Website: www.whhaidu.com</p> <p>Blue Sky Hotel Tel: 86-13863138076 Add: 1, Huanhai Road, Weihai Website: www.whbluesky.com</p>
Method of the hotel payments:	Credit Card or Cash
Home stay or	N/A



accommodations provided	
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SPECIAL FUNCTIONS

Awards Ceremony (date, time, place)	19:30, Sept.25
Pasta Party (date, time, place)	18:30, Sept. 23
Post event party (date, time, place)	19:30, Sept.25

EVENT SCHEDULE (PROVISIONAL)

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

Date (2010/09/23):

Time (hh:mm)	Activity	Place
09:00—17:00	Registration & Package Pick-up	Haidu Hotel
10:00—12:00	Swimming Course Familiarization	Triathlon Venue
14:00—16:00	Cycling Course Familiarization	Triathlon Venue
18:30	Opening ceremony and the Welcome Dinner	Bluesky Hotel

Date (2010/09/24):

Time (hh:mm)	Activity	Place
09:00—17:00	Registration & Package Pick-up	Haidu Hotel
10:00—12:00	Swimming Course Familiarization	Triathlon Venue
10:00—12:00	Bike, Helmet & Uniform Check(O2+O)	Haidu Hotel
14:00—15:00	Race Briefing(O2 Elite)—English+ Chinese	Haidu Hotel
15:00—16:00	Race Briefing(O2 AG)—English	Haidu Hotel
16:00—17:00	Race Briefing(O2 AG)—Chinese	Dongshan Hotel

Date (2010/09/25):

Time (hh:mm)	Activity	Place
09:00—12:00	Registration & Package Pick-up (Standard Distance, Fun Tri & Family)	Dongshan Hotel
10:00	Opening Ceremony	Triathlon Venue
10:30	Long Distance(O2) Triathlon/Relay--Start	Triathlon Venue
15:30	Awards Presentation at Race Venue (after the arrival of the third female)	Triathlon Venue
16:00—17:00	Bike, Helmet & Uniform Check	Dongshan Hotel
17:00—18:00	Race Briefing(Standard Distance, Fun Tri, Family Mini)—English+ Chinese	Dongshan Hotel
19:30	Awarding Ceremony & Farewell Party	Haidu Hotel



Date (2010/09/26):

Time (hh:mm)	Activity	Place
10:00	Fun Tri Triathlon--Start	Triathlon Venue
10:30	Awards Presentation at Race Venue	Triathlon Venue
10:45	Family Mini Triathlon--Start	Triathlon Venue
11:30	Awards Presentation at Race Venue	Triathlon Venue
12:00	Olympic Distance Triathlon/Relay--Start	Triathlon Venue
14:30	Awards Presentation at Race Venue (after the arrival of the third female)	Triathlon Venue

CATEGORIES AND DISTANCES

Category	Total	Swim	Bike	Run
Elite	103KM	3KM(2 laps)	80KM(2 laps)	20KM(4 laps)
Long Distance Age Groups	103KM	3KM(2 laps)	80KM(2 laps)	20KM(4 laps)
Standard Distance Age Groups	51.5KM	1.5KM(1 lap)	40KM(2 lap)	10KM(2 laps)
Fun Tri	3.6 KM	100m(1 lap)	2.5 KM(1 lap)	1 KM(1 lap)
Family Relay	7.2KM	200M(1 lap)	5KM(1 lap)	2KM(1 lap)

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			
Long Distance Age Groups	Men 18-29	Age between 18 and 29	Top 1	Top 6
	Men 30-39	Age between 30 and 39		
	Men 40-49	Age between 40 and 49		
	Men 50-59	Age between 50 and 59		
	Men 60+	Age between 60 and 70		
	Women 18-29	Age between 18 and 29		
	Women 30-39	Age between 30 and 39		
	Women 40-49	Age between 40 and 49		
	Women 50-59	Age between 50 and 59		
	Women 60+	Age between 60 and 70		
	Relay (3 Team Members)	Age between 18 and 70	Top 3	/
Standard Distance	Men 18-29	Age between 18 and 29	Top 1	Top 6



Age Groups	Men 30-39	Age between 30 and 39		
	Men 40-49	Age between 40 and 49		
	Men 50-59	Age between 50 and 59		
	Men 60+	Age between 60 and 70		
	Women 18-29	Age between 18 and 29		
	Women 30-39	Age between 30 and 39		
	Women 40-49	Age between 40 and 49		
	Women 50-59	Age between 50 and 59		
	Women 60+	Age between 60 and 70		
	Relay (3 Team Members)	Age between 18 and 70	Top 3	/
Fun Tri	Men	Age between 8 and 70	Top 3	/
	Women	Age between 8 and 70		
	Relay (3 Team Members, one must be of opposite gender)	Age between 8 and 70		

Prize Money Breakdown:

1) Elite: 30,000 EURO, top 10. (Unit: EURO), 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	3750	3000	2250	1500	1200	1050	900	600	450	300
Women	3750	3000	2250	1500	1200	1050	900	600	450	300

2) Long Distance Age Groups--for each group (Unit: RMB)

Ranking	1	2	3	4	5	6
Men	2400	1600	1200	1000	800	600
Women	2400	1600	1200	1000	800	600

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

Ranking	1	2	3	4	5	6
Men	1200	800	600	500	400	300
Women	1200	800	600	500	400	300

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, all the categories of Long Distance will be drafting-prohibited. All the other categories will also be drafting-prohibited.

4) All Elite athletes are required to register through respective National Federation on the ITU Website.

5) All the Age Group athletes are required to provide a valid "Triathlon License" for registration. If the license is not available, then it's mandatory 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	Long Distance	2 hrs.	6 hrs.	8 hrs.
	Standard Distance	50 min.	2 hr.30 min.	3hr.30min.
	Fun Tri Distance	15 min.	45 min.	1hr.

VISA APPLICATION

For visa application, please provide the following information for each applicant together with the passport copy:

Name as on Passport	
Nationality as on Passport	
Occupation	
Passport Number	



INTERNATIONAL TRIATHLON UNION (ITU)
CHINA TRIATHLON SPORTS ASSOCIATION (CTSA)



In which country you are going to apply for visa	
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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.