

Tongyeong triathlon

ITU World Cup

OFFICIAL GUIDE
FOR ELITE ATHLETES October 19-20, 2019



GENERAL INFORMATION	P1-2
Introduction	P1
Key Dates	P1
Key Contact	P1
Contact Details	P2
TV Live Coverage	P2
VENUE	P2-3
Venue	P2
Elite Athletes Lounge	P2
Doping Control	P2
Medical Service	P2
Bike Mechanic Service	P3
Information Center / LOC Office	P3
Security	P3
ACCOMODATION, TRANSPORTATION	P4 - 7
Accommodation, Transportation	P4-7
Post Office, Bank	P7
TRAINING	P8-9
Swimming Pool	P8
Bike Training	P9
Run Training	P9
COURSE FAMILIARIZATION	P10
Swim	P10
Bike / Run	P10
COMPETITION INFORMATION	P13
Competition Schedule / Elite	P13
INFORMATION ABOUT THE FOP	P12-15
Start	P12
Swim Course	P12
Bike Course	P12
Wheel Stations / Penalty Box	P12
Run Course	P12
Aid Stations	P12
Weather Conditions	P12
Results	P13
Protest & Appeals	P13
Course Map & Facilities layout	P14-15
Water Quality Test Result	P16

GENERAL INFORMATION

INTRODUCTION

The purpose of the Athletes and Team Officials Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning 2019 Tongyeong Triathlon World Cup.

Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

KEY DATES

ELITE

Elite Athletes Briefing	Thursday, October 17, 18:00 / Stanford Hotel & resort, 1F
Bike Familiarization	Friday, October 18, 13:00 / Bike Course
Swim Familiarization	Friday, October 18, 14:00 / Swim Course
Elite Women Competition	Saturday, October 19, 09:30
Elite Men Competition	Saturday, October 19, 11:45

KEY CONTACTS

ITU Team Leader	Mr. Alan Ma	mathalan@macau.ctm.net Telephone: +853 668 28862
ITU Technical Delegate	Ms. Olga Blokhina	lilac222@gmail.com Telephone: 998 909283807+
ITU Assistant Technical Delegate	Ms. Kim, Kyung Sook	srudtnr@gmail.com Mobile: +82 10 2114 7952
ITU Medical Delegate	Dr. Shim, Sangdon	gomhyung@gmail.com Mobile: +82 10 3627 7852
LOC Office Coordinator	LOC office Mr. Ki, Wookyong	tri@triathlon.or.kr Telephone: +82-10-2617-1223
Transportation and accommodation	Tom & Toms Travel Mr. Park, Chongchul Mr. Hwang, Dokyu(David)	Email : tomntour@tomntoms.com Mobile : 010 9240 0467(Mr. Park) 010 7112 9192(David)

Korea Triathlon Federation

1F, Olympic Convention Center, 424, Olympic-ro, Songpa-gu, Seoul

Telephone: +82-2-3431-6798

FAX: +82-2-3431-9437

E-mail: tri@triathlon.or.kr

Website: <http://www.triathlon.or.kr>

TV COVERAGE

Edited TV show: Women and Men Elite / MBC Only Elite

VENUE

VENUE

The venue is Triathlon square in Tongyeong Donam-dong, featuring an scenic view of townscape of Tongyeong and a warm hospitality of Tongyeong citizens.

ELITE ATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area. Sealed bottles of water and fruit will be offered to the athletes before and after the race in the athletes' lounge.

DOPING CONTROL

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

The venue is located near finish area.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on October 19th before and during the competition hours.

Medical and paramedical personnel from Event will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site near the finish area.

Possible medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

Massage and Treatment

On race day massage service will be provided for athletes

BIKE MECHANIC SERVICE

"Parma" will offer a comprehensive bike mechanic support from October 17th to 20nd and is also available in case of emergency.

Stanford Hotel & Resort

Thursday 17 October 13:00-17:00

Friday 18 October 13:00-17:00

In the athletes lounge

Saturday 19 October 6:40-11:00

If you need any special needs in Korea, please contact with Mechanic Mr. Shin Hyeong Min by his mobile phone.

Mobile Phone: 010 4184 7017

INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Stanford Hotel & Resort(B1). It takes 5min from the swim start. The office is open daily from Tuesday, October 17th until Sunday, October 20th, 2019. Athletes.

LOC Contact : Ki, Wookyoung

tri@triathlon.or.kr

Mobile:+82-10-2617-1223

ITU Office : Stanford Hotel & Resort B1 Seminar Room

ITU Contact :

Opening Hours

Tuesday 15 October 13:00-20:00

Wednesday 16 October 9:00-20:00

Thursday 17 October 9:00-20:00

Friday 18 October 9:00-17:00

Saturday 19 October 9:00-20:00

Sunday 20 October 9:00-12:00

Information and transfer desk will also be located at the official hotel, Stanford Hotel & Resort. It is open daily from Wednesday 16 October until Sunday 20 October. 09:00-17:30.

SECURITY

The security company will be responsible for the venue security and community police and Field of Play (FOP) marshals will patrol around the Field of Play. Police will manage the road closures and the traffic around the course.

ACCOMODATION, TRANSPORTATION

Stanford Hotel & Resort is located 200m from the swim start. Please book the hotel room through our travel agent. The LOC will provide airport shuttle to and from the official hotel and some hotels booked through travel agent.

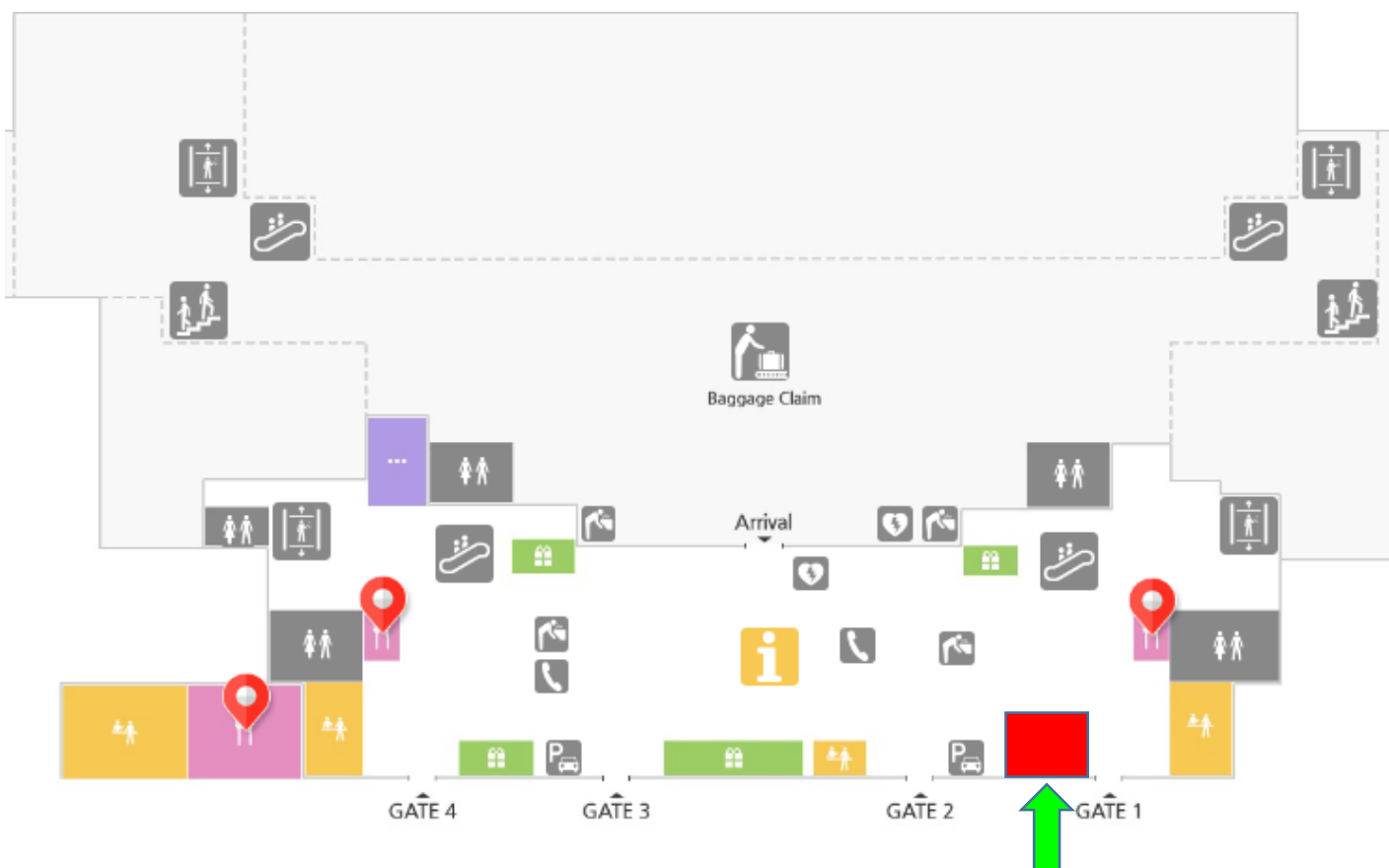
Tom & Toms Travel / Email : tomntour@tomntoms.com

Mobile : 010 9240 0467(Mr. Park, Jong Chul)

010 7112 9192(Mr. Hwang, Do Kyu / David)

We will open a reception desk inside the international airport 1F from Oct 15(Tue) to 17(Thu). The desk will be located in between Gate 1 and Gate 2 in international Terminal.

I hope all participants to come to the reception Desk for airport pick up services. If you are coming earlier or later than above period, we hope you to take Airport Limousine Bus, Taxi, and Call Van at your own expense.



Tongyeong World Cup Reception Desk

Public Transportation – Airport Limousine Bus(Busan airport to Tongyeong) Buy ticket

1

Airport Limousine Bus (1 hour and 40 minutes)

If you exit through Gate 4 and go right for 10m you will be at the bus ticket office. One way bus fare to Tongyeong 12,400Won / 10.5USD



Airport Limousine Bus(Busan airport to Tongyeong) Schedule

Busan International Terminal	Busan Domestic Terminal
09:54 AM	10:04 AM
12:14 PM	12:24 PM
13:34 PM	13:44 PM
15: 55PM	16:05 PM
17:42 PM	17:52 PM

Distance between International Terminal Bus Stop to Domestic Terminal Bus Stop is about 300m

Public Transportation – Airport Limousine Bus

2

Go to Bus Stop



Public Transportation – Taxi (Tongyeong Bus Terminal to Hotel)

3

Get off at the Tongyeong Express Bus Terminal and take a taxi to Tongyeong Stanford Hotel. It will cost 13,000Won(about 11 USD)
20 minutes drive from the terminal to the Hotel



TRANSPORTATION

2nd Option: Van Taxi and Taxi from Busan Airport to Tongyeong Stanford Hotel

Taxi and Call Van

Call Van: 6 people can take this car with 3 bike case and Luggage. It will cost 130,000 Won(110USD) from Busan Airport to Tongyeong Stanford Hotel. Taxi Meter payment + Highway Toll fee



POST OFFICE, BANK

POST OFFICE

The nearest post office is "Donam-dong Post Office".
399-3 Donam-no, Tongyeong city, Gyeongnam province
Telephone: +82-55-648-1201~3
Opening Hours: 09:00 – 18:00

BANK

The nearest bank is "Donam Saemaeul BANK".
399-1 Donam-no, Tongyeong city, Gyeongnam province
Telephone: +82-55-641-3215
Opening Hours: 9:00-15:00

TRAINING

SWIMMING POOL

Date

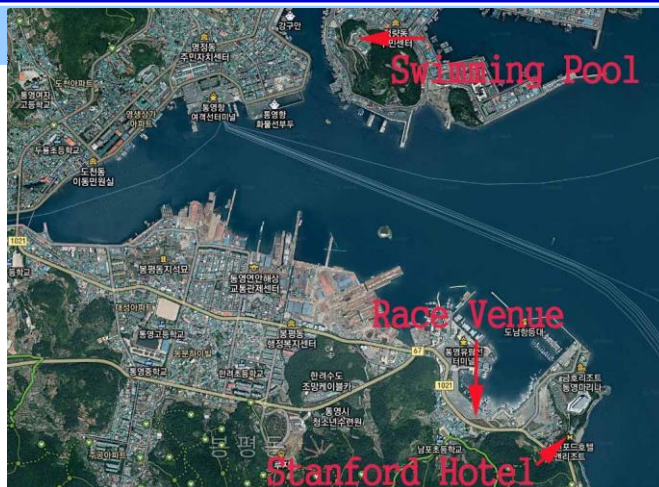
16, 17 October from 12:00 to 18:30

Training Venue

Tongyeong Indoor Swimming Pool
29 Nammangwon-gil Tongyeong city, Gyeongnam province
Tel: + 82-55-641-2200
Distance from Hotel to Swimming Pool 6.3km
(Taxi Fare about 6,000Won = USD 5, one way)

Pool

The pool is 50m with 8 lanes.
Free of charge.



BIKE TRAINING

The area around venue is light traffic except rush hours.

Please note: It is forbidden to ride bikes with high speed except bike course familiarization and race.

THE MAIN RULES FOR SAFE BICYCLE RIDING

Keep traffic rules & etiquette on roads.

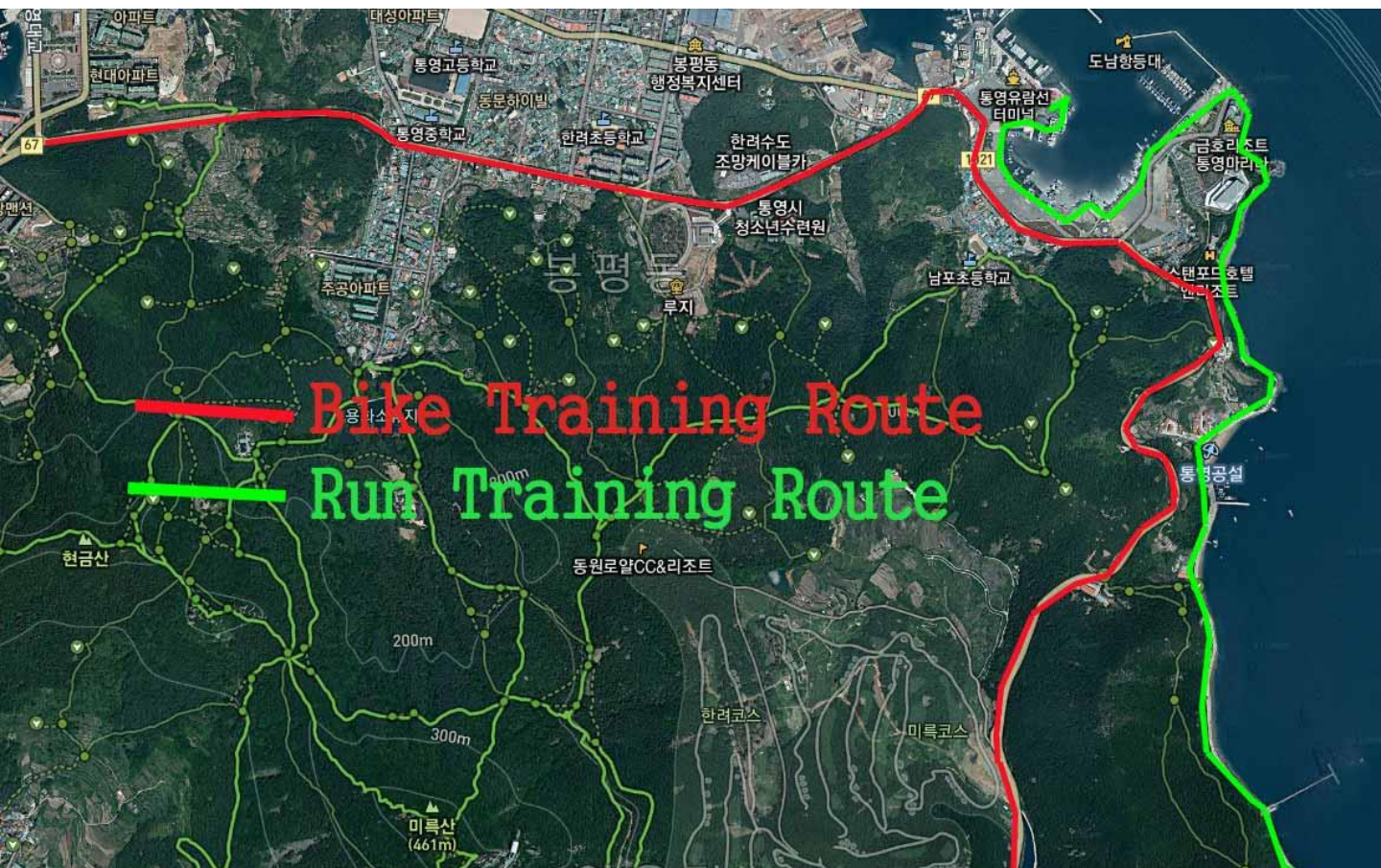
Keep right on the road / Take special care to look out for vehicles making a right turn.

Carry the principle of people first / Proceed slowly along the side facing the road.

Stop and check in all directions before crossing.

RUN TRAINING

Race Venue and Ocean side road are good for running.



Run TRAINING

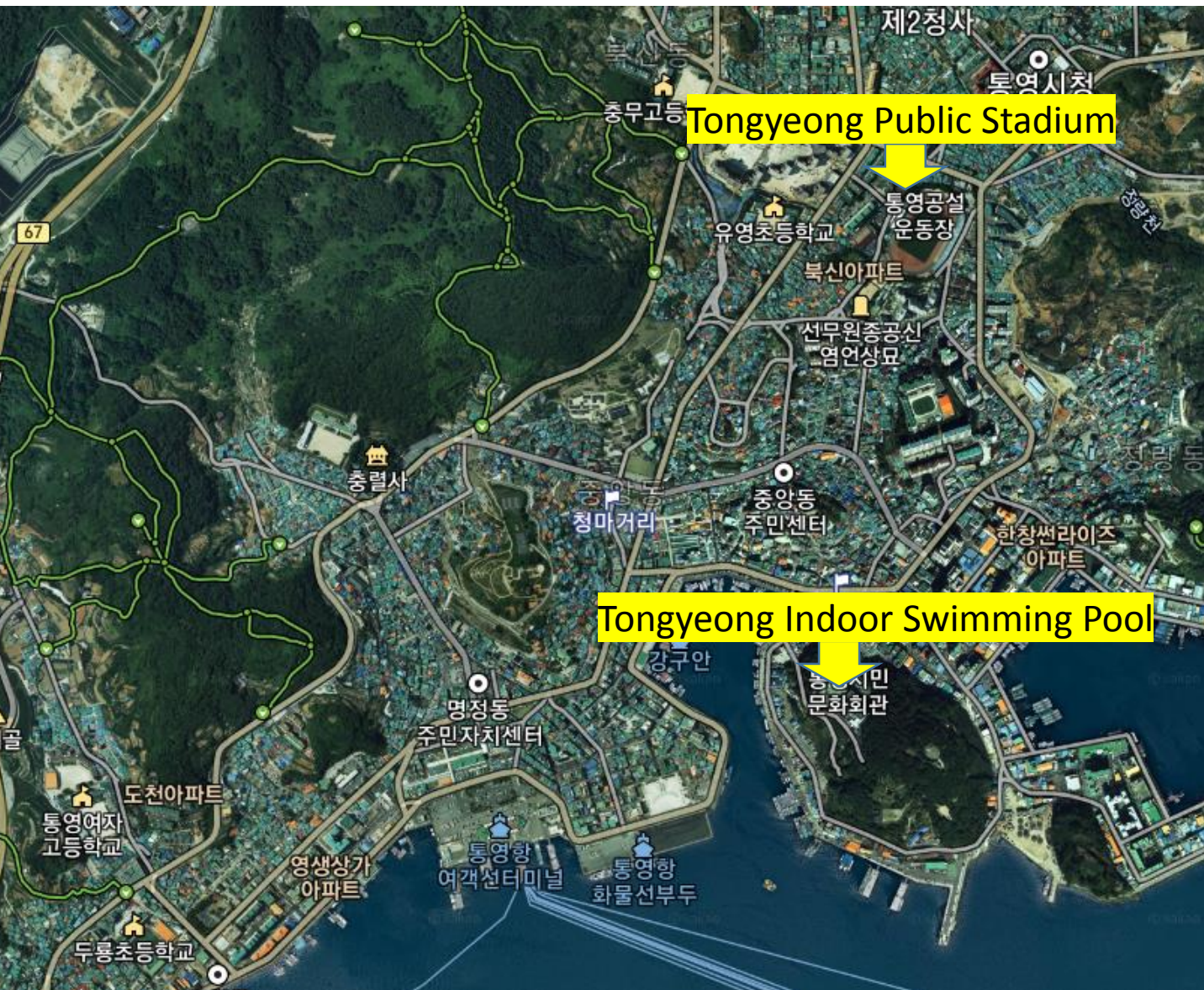
For run training at the track, athletes can go to Tongyeong Pubic Stadium .
It is free. You can use the track anytime.

Tongyeong Public Stadium is 1 km from Tongyeong Indoor Swimming Pool.

Tongyeong Public Stadium(통영공설운동장)

Address: 25 Bukmun2gil, Tongyeong city, Gyeongnam(경남 통영시 북문2길 25)

Tel: 055 650 4791



COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, October 18 from 14:00 to 15:00. The location will be the same as the start of the race.

Please note: It is forbidden to swim in the harbor outside this time.

BIKE/RUN

You will be able to familiarize yourself with the bike course on Friday, October 18 at 13:00 – 14:00. Athletes gather in front of Transition Area. **Only Elite Athletes. 2 laps ridding in bike course. Police cars will escort riding groups**

Please note: The official race course is otherwise not open for training before the races.



EVENT SCHEDULE / ELITE

Time/Date	Event	Venue
Tue. 15 October		
13:00 - 18:00	LOC Office	Stanford Hotel & resort 1F
Wed. 16 October		
09:00 - 18:00	LOC Office	Stanford Hotel & Resort 1F
12:00 - 18:30	Swim Training	Tongyeong Indoor Swimming Pool
Thu. 17 October		
9:00 - 18:00	LOC Office	Stanford Hotel & Resort 1F
13:00 - 17:00	Mechanic Service	Stanford Hotel & Resort 1F
12:00 - 18:30	Swim Training	Tongyeong Indoor Swimming Pool
18:00 - 19:00	Race Briefing and Registration	Stanford Hotel & Resort 1F
19:00 - 20:30	Welcome Party	Stanford Hotel & Resort 1F
Fri. 18 October		
9:00 - 18:00	LOC Office	Stanford Hotel & Resort 1F
13:00 - 17:00	Mechanic Service	Stanford Hotel & Resort 1F
13:00 - 14:00	Elite Bike course Familiarization	Bike Course
14:00 - 15:00	Elite Swim Course Familiarization	Swim Course
16:00 - 17:00	Junior Race Briefing and Registration	Stanford Hotel 1F
Sat.19 October		
9:00 - 18:00	LOC Office	Stanford Hotel & Resort 1F
6:30 - 11:00	Mechanic Service	Athlete Lounge
6:40 - 7:40	Junior Lounge Check-in	Athlete Lounge
6:50 - 7:40	Junior Transition Check-in	Transition Area
7:05 - 7:35	Junior Swim Course Warm-up	Swim Course
7:50	Junior Race	Race Course
8:00 - 9:00	Elite Women Athlete Lounge Check-in	Athlete Lounge
8:10 - 9:15	Elite Women Transition Check-in	Transition Area
8:45 - 9:15	Elite Women Swim Course Warm-up	Swim Course
9:30	Elite Women Race	Race Course
10:15 - 11:15	Elite Men Athlete Lounge Check-in	Athlete Lounge
10:30 - 11:30	Elite Men Transition Check-in	Transition Area
11:00 - 11:30	Elite Men Swim Course Warm-up	Swim Course
11:45	Elite Men Race	Race Course
13:10 - 13:15	Medal Ceremony	Podium

SWIM COURSE

Elite

There is one lap to swim. The first turn is after 330m. You will exit the ramp of the start pontoon.
The water temperature in the middle of October can be expected to be approximately 20°C to 22°C.
Wetsuit may be used depending low air temperature in the morning.

BIKE COURSE

Elite

Generally hilly. There are 3 laps of 6.66km to ride. 3 laps of 6.66km with 2 big hills(13%, 15%) hilly, fast. 2 wheels stops per lap: -

WHEEL STATIONS / PENALTY BOX

Elite

There are two Wheel Stations in the bike course.

Wheel station 1: next to Transition, athletes/teams need to bring their own wheels .

Wheel station 2: Located at bike turning point provided by the LOC. Neutral wheel is Shimano 11 gears

RUN COURSE

Elite

Generally flat course with one 200m hill. There are 2 laps of 2.5km to run.

AID STATIONS

Elite

The aid station are located on the run course at 800m intervals. Closed 0.5 liter bottles of sealed water will be handed out.

WEATHER CONDITIONS

Tongyeong has relatively mild weather. The air temperature in race weekend is from 13°C to 26°C

RESULTS

Results will be uploaded live at ITU's official website: www.triathlon.org

All the results information will be distributed to the Team Leaders at the LOC information Office.

PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

ACCREDITATION

LOC will provide all athletes, coaches, technical officials, medias, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Wrist band for athletes and accreditation cards for coaches will be handed out during the official registration on October 17th after the Race Briefing .

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.**

ACCREDITATION CARD REQUEST

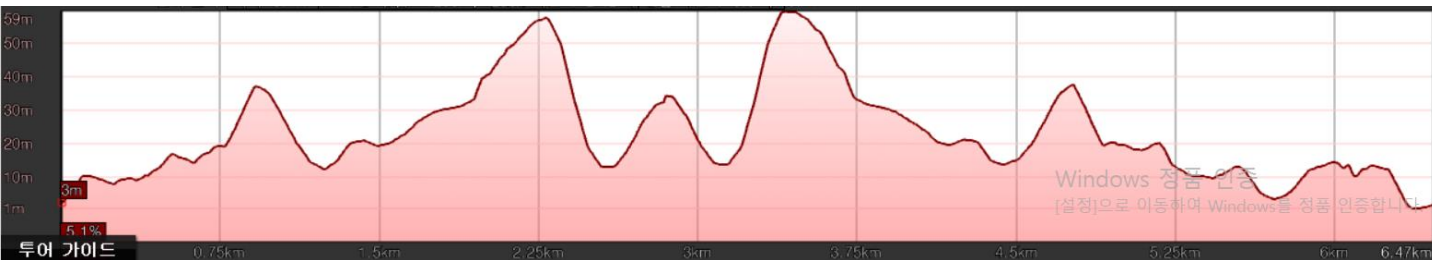
National Federation representatives and observers apply for accreditation by sending their request to the ITU.



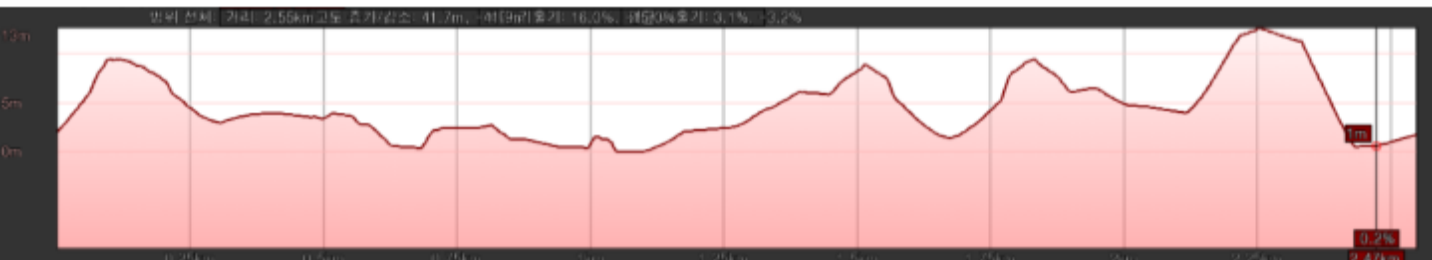
ELITE COURSE MAP



Bike Elevation



Run Elevation



Venue Facilities Layout



Water Quality Test Results / June 18

Water Quality Assessment

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (MPN/100mL)
18/06/2019	1	1	1	<100

Water Quality Analysis - E.coli

Date of Sample	Location A	Location B	Location C	E.Coli limit (MPN/100mL)
18/06/2019	31	20	30	<250

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	PH limit
18/06/2019	8.1	8.1	8.1	6 to 9

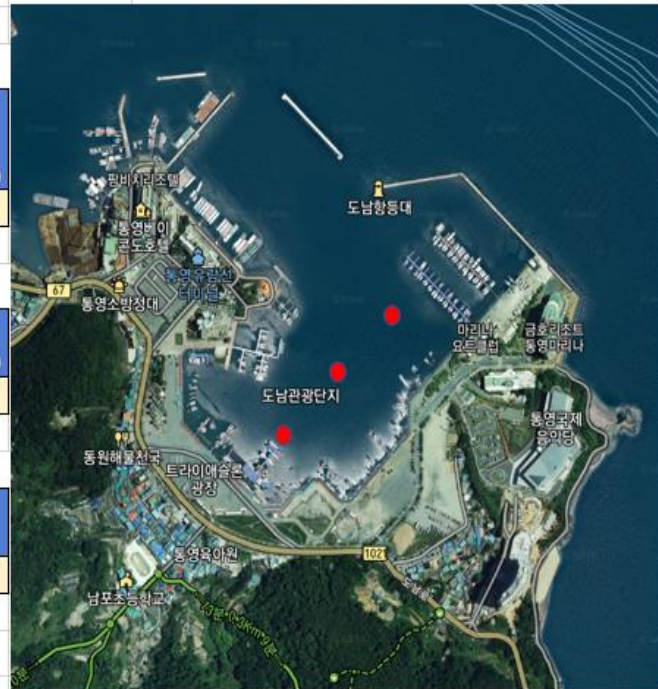
Weather Report (previous three Days)

Day	Weather
15/06/2019	High 26.9°C Low 16.6°C Cloudy and little rain
16/06/2019	High 22.4°C Low 17.2°C Sunny
17/06/2019	Low 18°C high 23.8°C Sunny

Visual Sanitary Inspections (last 12 hours)

Location	Visual Pollution	Odour	Time of visit	Comments
Tongyeong Donamport	None	None	9:00	

Figure 1: Water Sampling Points



Water Quality Test Results / August 21st

Water Quality Assessment

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (MPN/100mL)
21/08/2019	1	1	10	< 100

Water Quality Analysis - E.coli

Date of Sample	Location A	Location B	Location C	E.Coli limit (MPN/100mL)
21/08/2019	20	41	52	< 250

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	PH limit
21/08/2019	8.1	8.1	8.1	6 to 9

Weather Report (previous three Days)

Day	Weather
18/08/2019	Sunny(25°C/29.8°C)
19/08/2019	Cloudy(24°C/30.2°C)
20/08/2019	Sunny(25°C/30°C)
21/08/2020	Rain 232mm(24.3°C/29.7°C)

Visual Sanitary Inspections (last 12 hours)

Location	Visual Pollution	Odour	Time of visit	Comments
Tongyeong Donamport	None	None	9:00	

Summary:

Add the text from competition rules (10.3.d.e.(i))

Figure 1: Water Sampling Points

