



2020 POKHARA NTT ASTC SPRINT **TRIATHLON ASIAN CUP** & SOUTH ASIAN CHAMPIONSHIPS

Fewa Lake, Pokhara , Nepal, 4-5 April 2020

A wide-angle photograph of Pokhara, Nepal, showing the calm waters of Fewa Lake in the foreground, reflecting the surrounding greenery and the majestic, snow-capped Himalayan mountains in the background under a clear blue sky with some light clouds.

INVITATION FOR PARTICIPATION

8th Mountain Sports Festival : Triathlon Festival 3-5 April 2020

EVENT INFORMATION

| | |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Event : | 2020 Pokhara NTT ASTC Sprint Triathlon Asian Cup and South Asian Triathlon Championships |
| Venue : | <i>Fewa Lake, Lakeside, Pokhara, Nepal</i> |
| Date : | <i>4-5 April 2020, Saturday & Sunday</i> |
| Category: | <i>4th April – Elite Triathlon Male/Female , 5th April – Elite Duathlon Male/Female</i> |
| Last date of Registration: | <i>1st April 2020</i> |
| Closest Airport : | <i>International (Tribhuvan International Airport, Kathmandu), Domestic (Pokhara Airport)</i> |
| Festival Date: | 8th Mountain Sports Festival : Triathlon Festival 3-5 April 2020 Music – Culture – Nature – Sports |

REGISTRATION / TRAVEL ITINERARY

Registration fees with Travel Full Package

Package Type 1: Twin Sharing USD \$ 365. For Single Supplement, additional USD \$ 50 (Hotel Glory Garden)

Package Type 2: Twin Sharing USD \$ 410. For Single Supplement, additional USD \$ 75 (Hotel Lake View)

(airport – hotel - airport, Kathmandu – Pokhara - Kathmandu and non-star accommodation / food in Kathmandu (2 nights) and Pokhara (4 nights)).

Only registration USD \$100

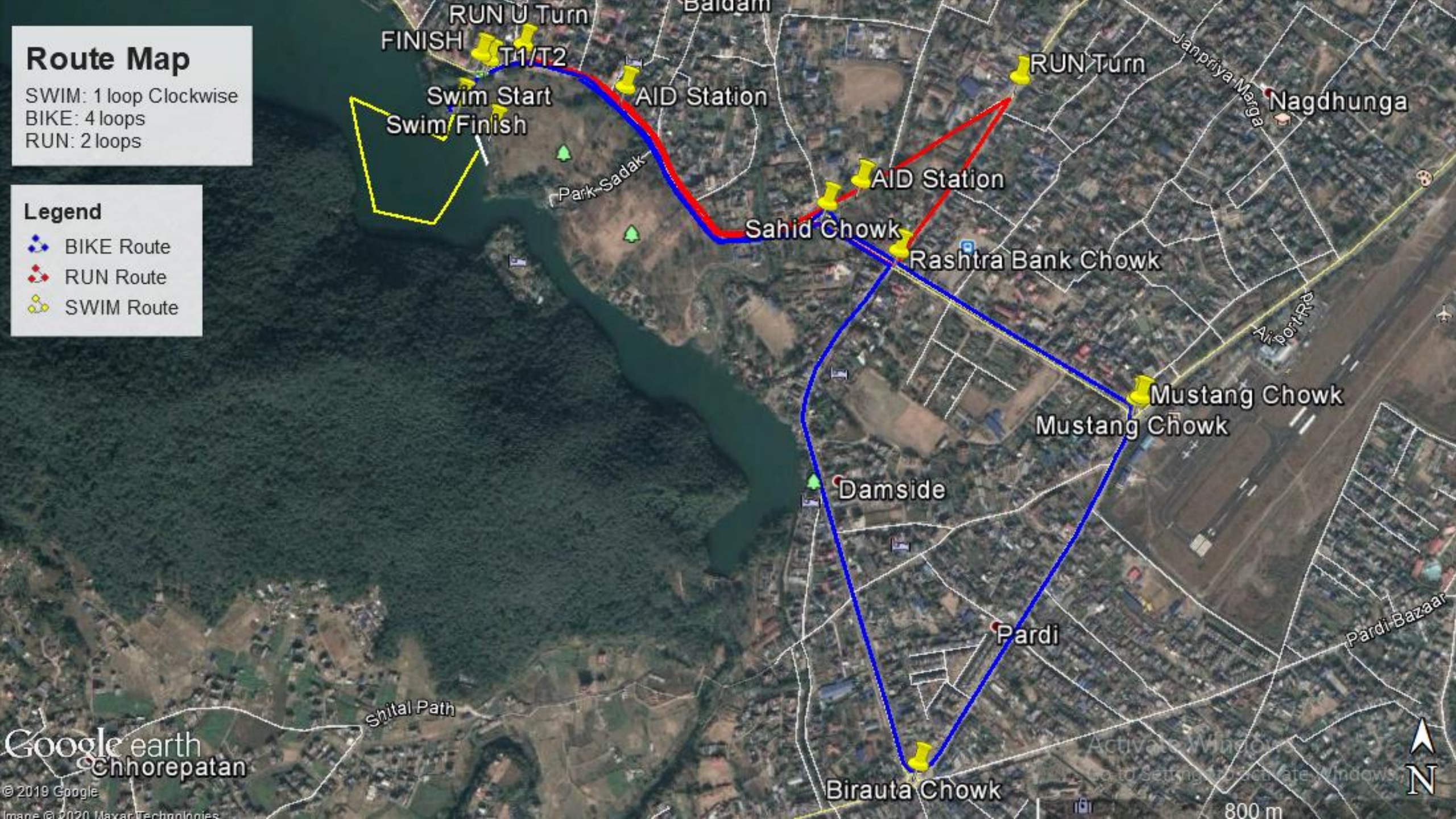
| | | |
|-------|---------|------------------------------------------------------------------------------------------------------------------------------------|
| Day1 | April 1 | Arrival at Tribhuvan International Airport and Transfer to Hotel at KTM |
| Day 2 | April 2 | After Breakfast Transfer to Pokhara. 7hrs drive to Pokhara, approx. distance of 200 km. Lunch on the way. Rest in the evening free |
| Day 3 | April 3 | Route check/ Familiarization and preparation for the event followed by light sight seen. |
| Day 4 | April 4 | Event Day (Sprint Triathlon) and Award Ceremony |
| Day 5 | April 5 | Event Day (Duathlon)/ Award Ceremony and Closing Party in the evening |
| Day 6 | April 6 | Early morning travel back to Kathmandu and Transfer to Hotel |
| Day 7 | April 7 | Transfer to Airport depending on flight Schedule |

Route Map

SWIM: 1 loop Clockwise
BIKE: 4 loops
RUN: 2 loops

Legend

- BIKE Route
- RUN Route
- SWIM Route



CASH PRIZE

Cash Prize for Sprint Triathlon Asian Cup

| | |
|-----------------|----------|
| 1 st | 1000 USD |
| 2 nd | 500 USD |
| 3 rd | 300 USD |
| 4 th | 200 USD |
| 5 th | 100 USD |

Cash prize is subjected to government taxation rules.
Cash prize is subjected to the sponsorship amount collected.



EVENT SCHEDULE

FRIDAY – 3rd APRIL 2020

| START | FINISH | EVENT | VENUE |
|-------|--------|--------------------------------------|-----------------------------------------------------|
| 07:30 | 08:00 | Route check/ familiarization | |
| 10:00 | 18:00 | Race Kits Claiming | Hotel Glory Garden, Street no. 4, Lakeside, Pokhara |
| 16:00 | 18:00 | Mandatory bike check In | Hotel Glory Garden, Street no. 4, Lakeside, Pokhara |
| 17:00 | 17:30 | Mandatory Race Briefing all category | Hotel Glory Garden, Street no. 4, Lakeside, Pokhara |
| 17:00 | 19:00 | Bike Deposit/Racking | Hotel Glory Garden, Street no. 4, Lakeside, Pokhara |

SUNDAY – 5th APRIL 2020

| START | FINISH | EVENT | VENUE |
|-------|--------|---------------------------------|---------------------------|
| 05:00 | 06:45 | Transition Open | |
| 05:00 | 06:00 | Body Marking | Next to Transitional Area |
| 06:30 | 06:45 | Swim Warm Up | Ambot, Fewa Lake |
| | 06:50 | Transition close | |
| 07:00 | | Open Duathlon category - MALE | |
| 07:15 | | Open Duathlon category - FEMALE | |
| 10:00 | | Award Ceremony | Finish Gate |
| 18:00 | 21:00 | Closing Party | |

SATURDAY – 4th APRIL 2020

| START | FINISH | EVENT | VENUE |
|-------|--------|--------------------------------|---------------------------|
| 05:00 | 06:45 | Transition Open | |
| 05:00 | 06:00 | Body Marking | Next to Transitional Area |
| 06:30 | 06:45 | Swim Warm Up | Ambot, Fewa Lake |
| | 06:50 | Transition close | |
| 07:00 | | Sprint Elite category - MALE | |
| 07:15 | | Sprint Elite Category - FEMALE | |
| 10:00 | | Award Ceremony | FINISH GATE |



NEPAL TRIATHLON ASSOCIATION

Athletes need to be registered via ITU Website & LOC Email Support

ITU : National Federation should register its athletes through
[ITU portal](#)

LOC Email: nepaltriathlon2019@gmail.com

For any travel related queries, please email to travel@fairway.com.np



2020 Pokhara NTT ASTC Sprint Triathlon Asian Cup and South Asian Triathlon Championships

Recognized by



Organized by



Title Sponsor



In Cooperation with



Managed by



Travel Partner



8th Mountain Sports Festival : Triathlon Festival 3–5 April 2020



Pokhara City, Nepal