



**2020 Pokhara NTT ASTC Sprint Triathlon
Asian Cup and South Asian Championships
4-5 April 2020
SPRINT TRIATHLON/ DUATHLON
ATHLETE GUIDE**

IMPORTANT INFORMATION

Important Contact Information

“The Event Information Centre will be in the main venue at the Official Hotel (Hotel Glory garden) close to Fewa lake, Pokhara and is the main contact for athletes’ questions. For Technical questions regarding your race, you are invited to attend Race Briefing where Technical Officials and Competition Manager will reply your questions.

Please contact our Team via the details below:

Email: nepaltriathlon2019@gmail.com

Telephone: 977-9841975952

Organizing Committee: Nepal Triathlon Association

Competition Manager: Yubraj Sunwar

Chief Race Official: Puspa Raj Bajracharya

Medical Delegate: Dr Saroj Krishna Shrestha

Race Referee: Raju Maharjan



Travel Assistance: Fairway Travels Pvt. Ltd.

Contact Person: M/S Bagmati Rai

Contact Number: +977 9841481915

Email: raibagmati@gmail.com



Kathmandu to Pokhara

Kathmandu to Pokhara by flight: 35 min

Kathmandu to Pokhara by bus: 6 hours

Event bus will move from Kathmandu to Pokhara on April 2, 2020

Event Bus will move from Pokhara to Kathmandu on 6th April, 2020

Arrival date: 1st April 2020

Departure date: 7th April 2020

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

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

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	

Registration Fees: SATC participant are free

Asian Cup 2020

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)).

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

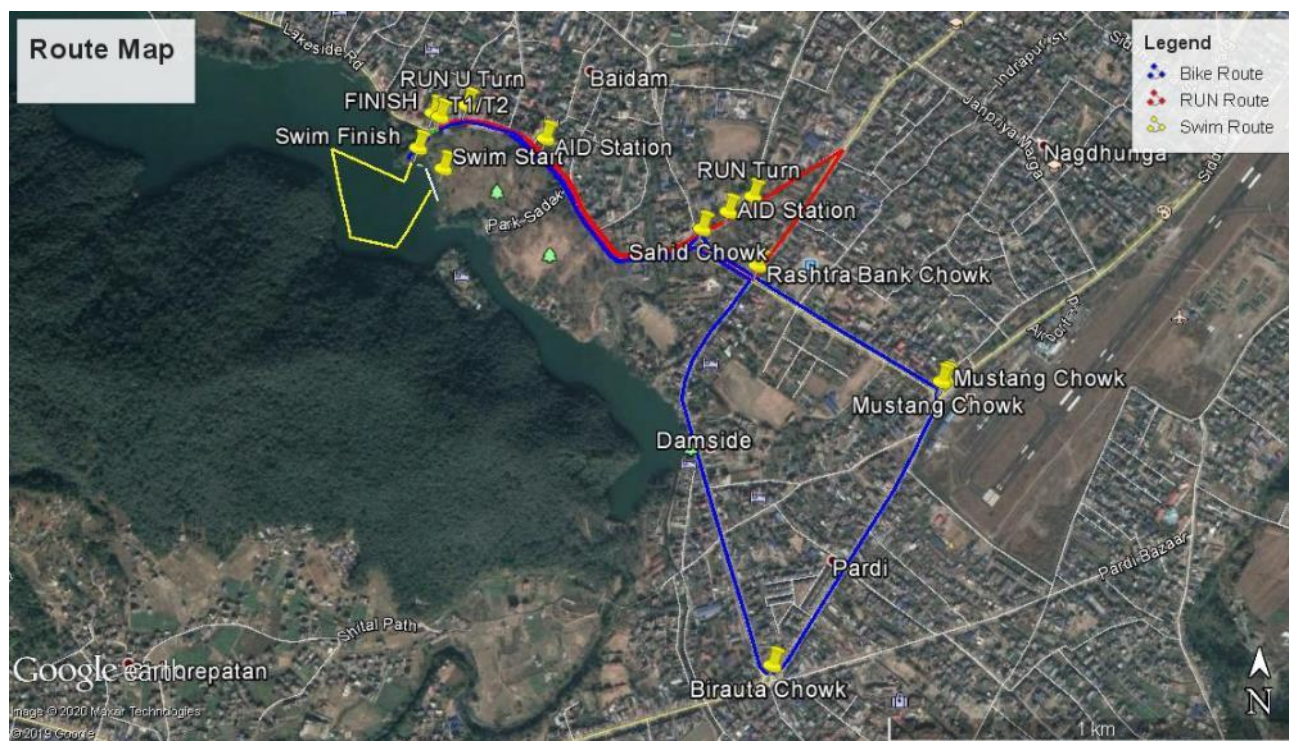
Only registration \$100

Last date of Registration: April 1st, 2020

VENUE

The main venue is located at **Ambot, Basundhar Park, Fewa Lake Pokhara.**

The location map:



PRE-RACE INFORMATION

Sprint distance

Swim Start: Pontoon

Swim: 1 Loop (clock wise)

Bike: 5k * 4 loops (different terrains)

Run: 2.5k * 2 loops

Registration and Race Kit Pick Up




When

FRIDAY 3rd April, 2019 10:00 to 18:00


Where

HOTEL GLORY GARDEN, STREET NO. 4, LAKESIDE, POKHARA

What you will need

-  Photo Identification (Drivers License, Passport, or Government Issued ID)
-  You will not be able to pick up your race kit without ID. Only the person registered can pick up their Race Kit at Registration.
-  Please NOTE that it is illegal for someone else to compete under your name or for

you to compete under someone else's name.

 All Race Kits must be picked up by 18:00.

 If you do not register during the specified times you will not be eligible to race.

Race Bib Number (duathlon)

Your Race Bib Number is compulsory and is to be worn on the front of your run clothing. The Race Bib can be secured via safety pins or athletes can use their own race belts. Do not fold, cut or alter your race number in any way.

Swim Cap

You must start the race with the swim cap provided. If you are wearing an extra swim cap, ensure your official cap is on the outside. The extra swim cap must be unbranded.

Body Number

Decal body stickers will be provided with the kit packs and has to be put on all limbs before entering the transition area.

Stickers

Bike Seat Post Sticker – The Bike Seat Post Sticker must be attached to your bike prior to racking on FRIDAY APRIL 3. Peel the sticker off the label sheet, attach around your seat post and stick the sides together.

Helmet Stickers – You will receive 3 Helmet Stickers. Place the sticker on the right, left, and front of your helmet.

Bike Racking

When

Friday April 3 from 16:00 to 18:00 for Triathlon before the briefing.

Saturday April 4 from 16:00 to 18:00 for Duathlon before the briefing.

Where

Hotel Glory Garden (Official Hotel)

What will you need

You must have your helmet stickers attached to your helmet and your bike seat post sticker attached to your bike to enter transition. Your helmet stickers and your bike seat post sticker will be found in your Race Kit.

Please ensure prior to entering transition you have your helmet on and done up with your helmet stickers on the front and both sides of your helmet.

Bike Mechanics

When

Friday April 3 12:00 to 18:00 (Triathlon)

Saturday April 4 12:00 to 18:00 (Duathlon)

Where

HOTEL GLORY GARDEN, STREET NO. 4, LAKESIDE, POKHARA

Note: *Bike Mechanic will also be available in transition area in the morning on race day from 5:00 to 6:00 am.*

RACE DAY INFORMATION

Race Day Services

Medical

Basic first aid is available throughout the event. If you require medical attention, we recommend that you seek the assistance of event personnel. Medical staff will be situated in a variety of positions on race day.

Locations of Medical team: Swim Start & Exit, Transition, Roaming Bike & Run Course, and Finish Line

All athletes must have personal insurance coverage as required under ITU Competition Rules (Rule 2.6). This insurance must cover any accident occurring before, during, or after competition, any sickness that an athlete could suffer during a trip to a competition or event and any liability caused by an athlete during competition.

Athletes are discouraged from participating in the event if they have been suffering from influenza like symptoms or any illness in the lead up to race day.

Contingency Plan

If/when the contingency plan needs to be implemented you will be notified by the Technical delegate appointed by ASTC and/or Referee thru the race commentator.

SWIM COURSE



Course Description

Pontoon Start for Sprint Distance doing 1 loop. Clockwise swim flow with swim buoy all throughout the course.

Location

Ambot, Basundhar Park, Fewa Lake, Pokhara

Swim Warm Up

Athletes will be allowed into the water a couple of minutes before the start

Wet Suit: Athlete may use the wet suit if they prefer

Swim Rules

Complete rules at

https://www.triathlon.org/about/downloads/category/competition_rules

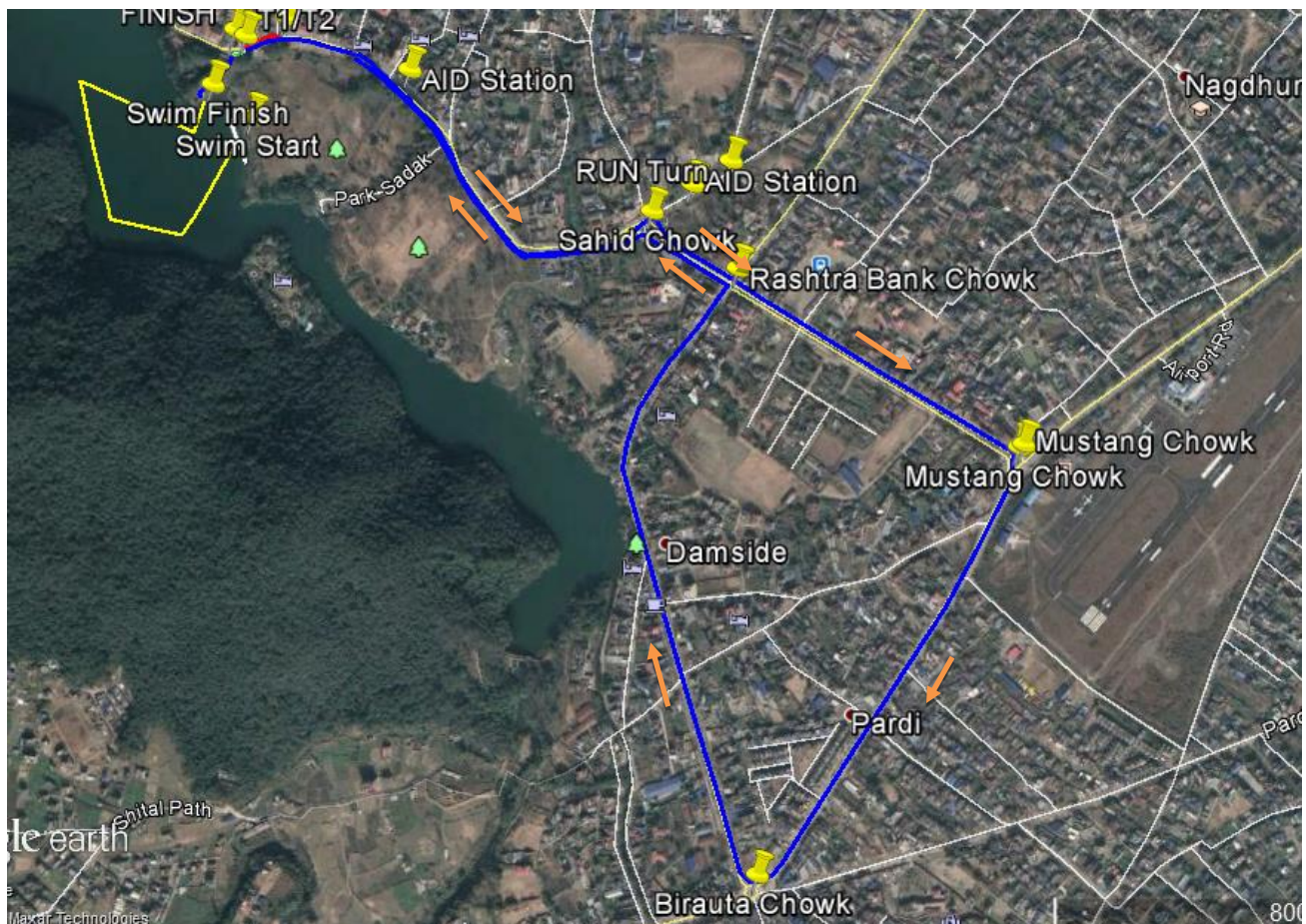
🚦 All competitors must wear the official swim cap that has been provided in the race kit.

- Any other swim equipment is prohibited, including music players but not limited to compression socks.
- Do not discard the swim cap on the course. This is considered littering and will result in a penalty. It should be placed in transition with your gear.

Transition T1

- Place your swim gear on the basket provided.
- Before you take your bike from the rack you must put your helmet on and fastened it.
- Check.
- Do not mount your bike until the mount line.

BIKE COURSE



Course Description

- Sprint Distance will do 4 loops and will have a total of 20km.
- Course is fast with good road surface except for some part of the Airport road and Causeway intersection.

- ✚ Note local vehicle crossings and access routes across the course.
- ✚ The route is from Ambot, Basundhar Park, Sahid Chowk, to Rastra Bank Chowk, Mustang Chowk, Birauta Chowk, and back through Damside to Rastra Bank Chowk, following back to Sahid Chowk and back to Ambot, Basundhar Park is 1 loop.

Bike Rules

Complete rules at

https://www.triathlon.org/about/downloads/category/competition_rules

- ✚ Your helmet must remain securely fastened at all times while you are on the bike course. This includes any time you stop on the side of the road. Keep as far to the LEFT as possible at all times. Pass other athletes only to their right. Do not cross the centerline.
- ✚ Athlete should mount and dismount their bike at the designated mounting and dismounting zone.
- ✚ Athlete must at all times rack his/her own bike at his/her designated bike rack location and leave it in a stable position.
- ✚ Athlete must not wear, use or carry items deemed to be a hazard to self or others. See ITU rules for full list of illegal equipment.

Drafting

- ✚ ITU Race Rules will be used and this is a "Draft Legal Event".
- ✚ Ride on the RIGHT side of the bike lane.
- ✚ Males cannot draft with Females and vice versa or with any other category bikes.
- ✚ Road bike can only draft with road bikes. Road bikes with non-ITU bar extension can only draft with Time Trial bikes or Mountain bikes.

Blocking

Although this is a draft-legal race you must still keep as far to the right of the road as is safe and practical. If you fail to do so and you impede the progress of another athlete, you may be subject to a blocking penalty. You will be shown a Yellow Card and must do a stop and go penalty.

Penalty Process & Bike Rules

https://www.triathlon.org/about/downloads/category/competition_rules

A Technical Official will advise you of any Penalty by blowing a whistle and calling your number, advising you of the nature of the infringement. It will be your responsibility to stop and serve the time penalty.

Failure to stop will result in disqualification.

The following are the most common violations:

Blocking – Riding on the left side of an athlete without passing or riding on the left-hand side of the bike lane when clear of other athletes.

Illegal Pass – Passing on the Right.

Inter-Gender Riding – Males riding and drafting with females and vice versa.

Road Bike and Time Trial Bikes Segregation – Only road bikes can draft with road bikes; road bikes with non-ITU bar extension can only draft with Time Trial bikes.

Littering – Discarding items, e.g. tires, bottles, gel wrappers etc., on any part of the course except within a designated littering zone.




Helmet – Failing to have your chinstrap securely fastened when moving with your bike.

The Time Penalty for Drafting is 1-minute stop.




If you receive a second drafting penalty you will be disqualified.

For all other violations the penalty is complete (two feet on the ground) stop and go.

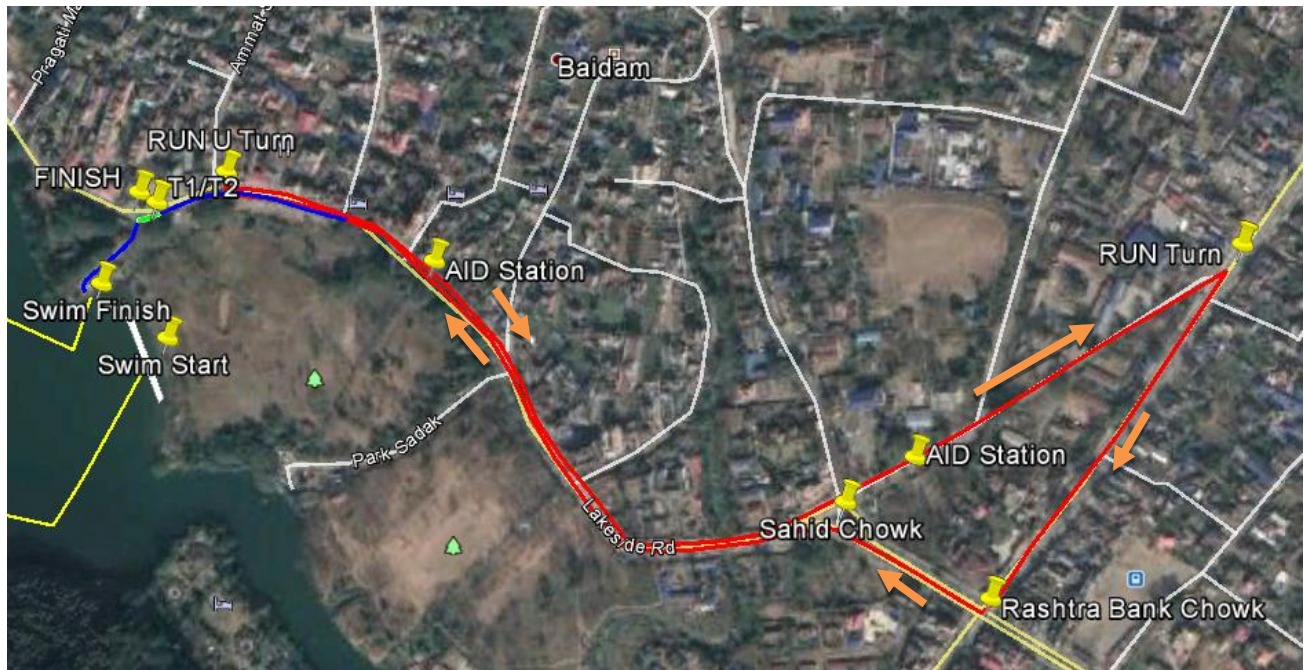
Other infringements that may result in Disqualification are:

-  Offensive and un-sportsman like behavior.
-  Outside assistance (from anyone other than a race official).
-  Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages or music player (with or without a headset). See ITU rule 2.1 a (xiv) for further detail.

Transition T2

-  You must dismount your bike BEFORE the dismount line. You must then push your bike to your assigned rack.
-  You need to place your bike back in the same position as collected from (your race number racking position).
-  Once you have racked your bike, you can remove your helmet. Leave your bike gear neatly inside your assigned transition basket.

RUN COURSE



Course Description

Flat run along the city close to the damside of Fewa lake.

Sprint Distance 2 loop.

- The route is from Ambot, Basundhar Park, to Sahid Chowk and straight to Run Turn Point from where turn to go to Rashtra Bank Chowk and turn right back to Sahid Chowk and back to Ambot, Basundhar Park is 1 loop.

Aid Stations

Aid Stations are located before and after turn around points, serving only water

Run Rules

- Athletes may not run with a bare torso on any part of the run course.
- Athletes must clearly display their race number on their front at all times on the run course.
- A competitor must not wear, use or carry items deemed to be a hazard to self or others e.g. hard cast, jewelry, glass/metal containers.
- Athletes may not use any device that will distract them from paying full attention to their surroundings. This includes the use of mobile phones or other “smart” devices for the purposes of making calls, sending messages, or as a music player (with or without a headset) See ITU rule 2.1 a (xiv) for further detail.
- You will not be able to discard any litter except in the designated littering zones adjacent to the Aid Stations.

See full Complete rules at

https://www.triathlon.org/about/downloads/category/competition_rules

POST RACE INFORMATION

Finish Line

Friends and family members, including children are not permitted in the finish chute so as not to interfere with other athletes.

Volunteers will be in the finish line to escort you to the recovery area and to provide water.

Technical Official will be at the finish line to collect the chips.

Recovery Area

Volunteers and Medical team are in the recovery area to assist any time should you require. The Post Finish Recovery area will offer Water, Brunch.

Bike Collection

Bike check out opens 30 minutes after the last runner leaves transition.

Results

Results will be announced after all the timing is calculated and also will be posted at the official Facebook.

Lost and Found

Any lost or found items that are handed to volunteers and Technical Team will be available at the Recovery Area until the Awarding Ceremony. All unclaimed items after the Awarding Ceremony will be taken to Hotel Glory Garden

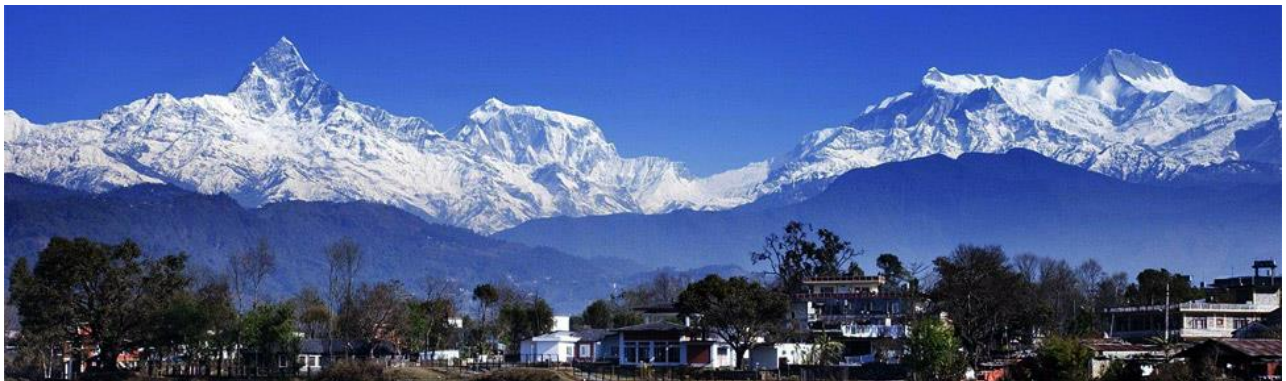
Awards

Medal ceremony is at 10:00 on Race day near the FINISH POINT.

Pokhara

Pokhara is a metropolitan city in Nepal. It is the country's second largest city in terms of population after the capital Kathmandu. It is the provincial capital of Gandaki Pradesh and headquarters of Kaski District. Pokhara is located 200 kilometres (120 miles) west of the capital Kathmandu. The altitude varies from 827 metres (2,713 feet) in the southern part to 1,740 metres (5,710 feet) in the north. The Annapurna Range, with three out of the ten highest mountains in the world — Dhaulagiri, Annapurna I and Manaslu — is within 15–35 mi (24–56 km) of the valley.

Pokhara is considered the tourism capital of Nepal, being a base for trekkers undertaking the Annapurna Circuit through the Annapurna Conservation Area region of the Annapurna ranges in the Himalayas. The city is also home to a large number of the elite Gurkha soldiers.





















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



Climate data for Pokhara (1981-2010)

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	22.0 (71.6)	28.2 (82.8)	33.1 (91.6)	37.4 (99.3)	35.0 (95.0)	33.4 (92.1)	32.4 (90.3)	32.4 (90.3)	31.0 (87.8)	29.8 (85.6)	27.0 (80.6)	23.3 (73.9)	37.4 (99.3)
Average high °C (°F)	19.7 (67.5)	22.2 (72.0)	26.7 (80.1)	29.8 (85.6)	30.1 (86.2)	30.6 (87.1)	30.0 (86.0)	30.2 (86.4)	29.3 (84.7)	27.5 (81.5)	24.1 (75.4)	20.7 (69.3)	26.7 (80.1)
Daily mean °C (°F)	13.4 (56.1)	15.7 (60.3)	19.8 (67.6)	22.8 (73.0)	24.3 (75.7)	25.8 (78.4)	26.0 (78.8)	26.1 (79.0)	25.1 (77.2)	22.1 (71.8)	18.0 (64.4)	14.4 (57.9)	21.1 (70.0)
Average low °C (°F)	7.1 (44.8)	9.2 (48.6)	12.8 (55.0)	15.7 (60.3)	18.4 (65.1)	20.9 (69.6)	22.0 (71.6)	22.0 (71.6)	20.8 (69.4)	16.7 (62.1)	11.9 (53.4)	8 (46)	15.5 (59.9)
Record low °C (°F)	1.8 (35.2)	3.0 (37.4)	5.0 (41.0)	6.0 (42.8)	8.0 (46.4)	12.0 (53.6)	13.0 (55.4)	13.8 (56.8)	15.9 (60.6)	10.4 (50.7)	4.0 (39.2)	3.9 (39.0)	1.8 (35.2)
Average <u>precipitation</u> mm (inches)	23 (0.9)	35 (1.4)	60 (2.4)	128 (5.0)	359 (14.1)	669 (26.3)	940 (37.0)	866 (34.1)	641 (25.2)	140 (5.5)	18 (0.7)	22 (0.9)	3,901 (153.6)

Source: Sistema de Clasificación Bioclimática Mundial