



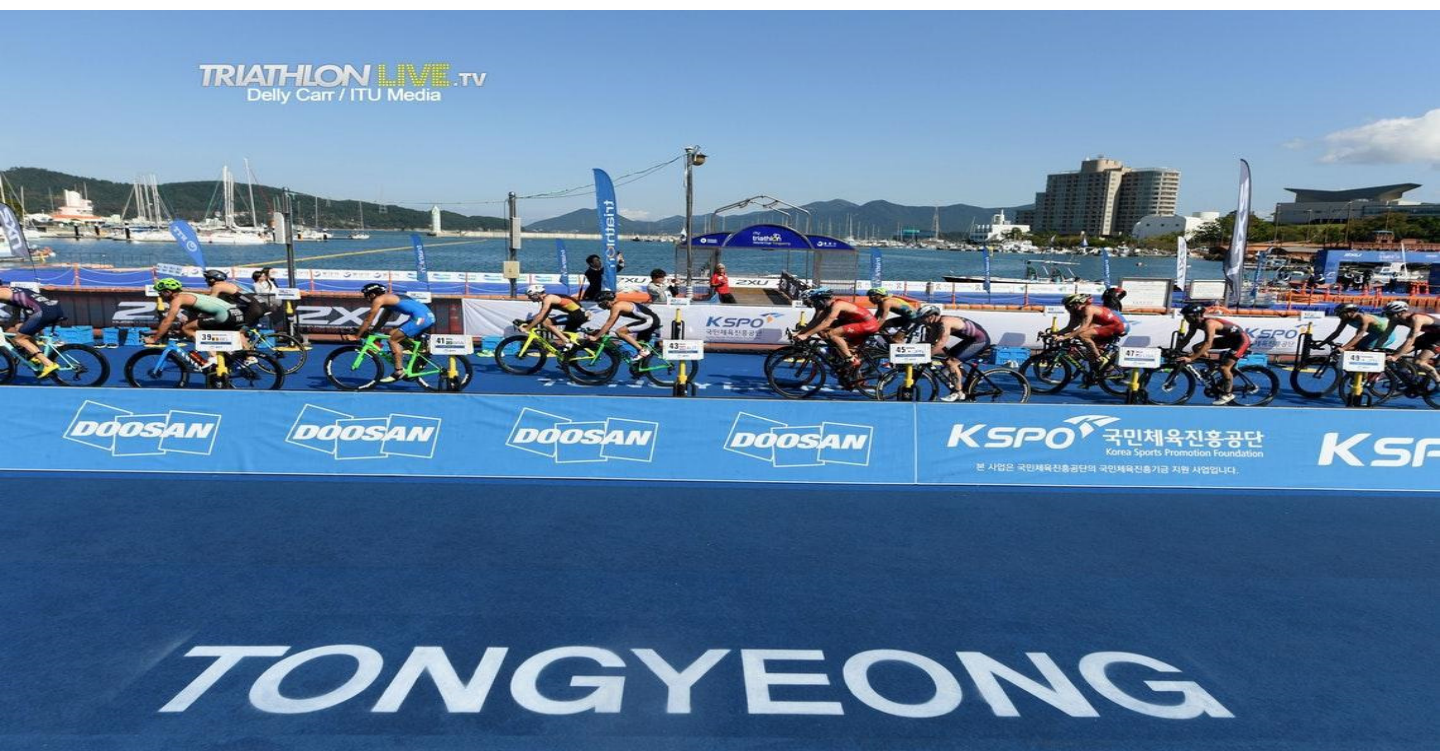
World Triathlon  
Cup  
TONGYEONG  
2021

**2XU**  
HUMAN PERFORMANCE MULTIPLIED

# **2021 World Triathlon Cup Tongyeong**

## **ATHLETES OFFICIAL GUIDE**

**Version 4 : 24 October 2021**





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## GENERAL INFORMATION

### INTRODUCTION

The purpose of the Athletes Guide is to ensure that all Elite Athletes and Support Personnel are well informed about all procedures regarding the 2021 World Triathlon Cup Tongyeong. Please keep in mind that this information may change and the final race information will be provided at the Athletes' Briefing.

### KEY DATES

<b>ELITE</b>	
Elite Athletes Briefing	Thursday, October 28, 18:00 / Online Zoom
PCR test (ALL)	Friday, October 29, 09:00-10:00 / Tongyeong Health Center
Elite Registration & Race pack pick-up	Friday, October 29, 10:30-11:30 / Next to the Mechanic Service 10:30 - 10:45 : AUS, AUT, BER, BLR, CAN, CZE, ESP, FRA 10:45 - 11:00 : GBR, GER, HUN, IRL, ITA, JPN 11:00 - 11:15 : KOR 11:15 - 11:30 : LUX, MAR, MEX, POL, ROU, SUI, USA
Bike Familiarization	Friday, October 29, 13:00-13:30 / Bike Course
Swim Familiarization	Friday, October 29, 13:30-14:30 / Swim Course
Elite Women Competition	Saturday, October 30, 09:00
Elite Men Competition	Saturday, October 30, 11:30

### KEY CONTACTS

World Triathlon Team Leader	Ms. Melody Tan Phaik Tho	melody@quickrelease.com.my Mobile: +6012 238 1154
World Triathlon Technical Delegate	Ms. Olga Blokhina	lilac222@gmail.com Mobile: +998 90 9283807
World Triathlon Assistant Technical Delegate	Ms. Kim, Kyungsook	srudtnr@gmail.com Mobile: +82 10 2114 7952
World Triathlon Medical Delegate	Dr. Shim, Sangdon	gomhyung@gmail.com Mobile: +82 10 3627 7852
LOC Office Coordinator	Mr. Lee Mok-eun	mok.lee@triathlon.or.kr Mobile: +82 10-8545-2291
COVID-19 Official	Ms. Yeo Eun-hye, Mr. Kim Yoo-tak Mr. Lee Mok-eun	lizey7532@naver.com cuv503@naver.com fman0328@naver.com
Transportation and accommodation	Travel Agency Mr. Park, Chongchul Mr. Hwang, Dokyu (David)	mtnet92@naver.com Mobile: +82 10 9240 0467 (Mr. Park) +82 10 7112 9192 (David)

## CONTACT DETAILS

### **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](mailto:tri@triathlon.or.kr)

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

## TV COVERAGE

**Edited TV show: Women and Men Elite / MBC (Live coverage)**

## Visas - **K-ETA (Electronic Travel Authorization)**

Athletes from nations of 49 countries/regions must get K-ETA in order to travel Korea (from 01 September 2021)

✂ The list of countries is subjected to change. Travellers are reminded to check the K-ETA website regularly for updates.

Albania, Andorra, Barbados, Dominica, Guam, Guyana, Holy See, Ireland, Malta, Mexico, Monaco, New Caledonia, Nicaragua, Palau, Saint Kitts-Nevis, Saint Vincent and the Grenadines, San Marino, Slovenia, United Kingdom, United States of America, Venezuela, Greece, Netherlands, Denmark, Germany, Latvia, Romania, Luxembourg, Lithuania, Belgium, Bulgaria, Cyprus, Sweden, Spain, Slovakia, Estonia, Austria, Italy, Czech Republic, Croatia, Portugal, Poland, France, Finland, Hungary, Norway, Switzerland, Liechtenstein, Iceland

### **How to apply for K-ETA for nationals of 49 K-ETA eligible countries :**

1. Nationals of 49 K-ETA eligible countries are required to apply through the Korea ETA website or mobile phone app at least 72 hours before departure. (10,000 KRW) - <https://m.k-eta.go.kr/portal/apply/index.do>
2. Application by proxy is available and in the case of group tourists, one representative applicant may apply for up to 30 people at once.

## **63 suspended countries for K-ETA (Electronic Travel Authorization)**

### **Athletes and officials from nations of 63 countries/regions must ask Korean Triathlon Federation for K-ETA**

Macau, Malaysia, Brunei Darussalam, Singapore, Japan, Kazakhstan, Taiwan, Thailand, Hong Kong, Guatemala, Grenada, Dominican Republic, Bahamas, Brazil, Saint Lucia, Suriname, Haiti, Antigua and Barbuda, El Salvador, Uruguay, Jamaica, Chile, Costa Rica, Colombia, Trinidad and Tobago, Panama, Peru, Canada, Argentina, Honduras, Paraguay, Ecuador, Russia, Montenegro, Bosnia and Herzegovina, Serbia, Nauru, New Zealand, Marshall Islands, Micronesia, Samoa, Solomon Islands, Kiribati, Fiji, Tonga, Tuvalu, Australia Bahrain, Saudi Arabia, United Arab Emirates, Oman, Israel, Qatar, Kuwait, Turkey, Republic of South Africa, Lesotho, Morocco, Mauritius, Botswana, Seychelles, Eswatini, Tunisia

Please email Helen Kim at [helen@triathlon.or.kr](mailto:helen@triathlon.or.kr) or contact +82 10 2073 1284 to request for K-ETA :

1. KTF will send you the K-ETA result (official letter) once it is approved by Ministry of Sports
2. The applicant must carry the K-ETA evaluation result (official letter) to enter Korea

**NOTE : It will take 2 weeks so please immediately email with a soft copy of your passport photo page.**



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## All the other Countries

Athletes or officials from all the other countries must get a VISA to enter Korea (K-ETA is not applicable)

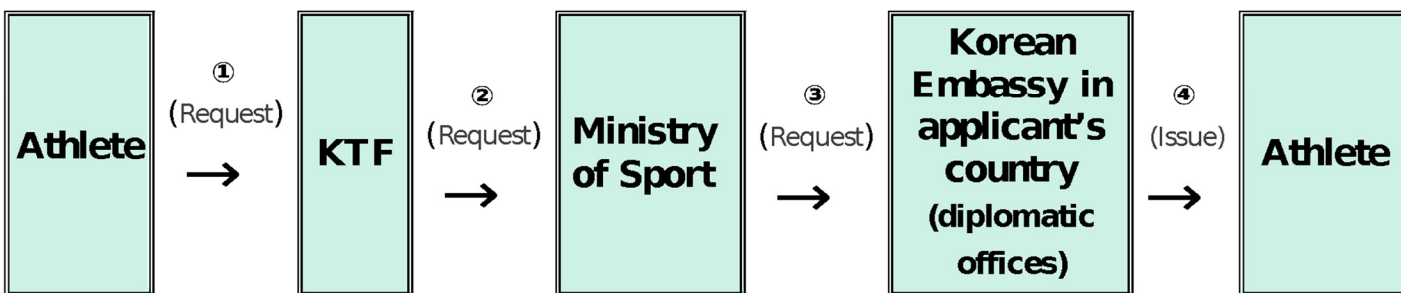
1. Please contact the nearest Korean Embassy and clarify required documents for getting a VISA
2. If documents from Korea Triathlon Federation (Invitation letter or other documents) are required, please contact Helen Kim at [helen@triathlon.or.kr](mailto:helen@triathlon.or.kr) or +82 10 2073 1284.

**NOTE :** It will take more than 3 weeks so please immediately email with a soft copy of your passport photo page.

## QUARANTINE EXEMPTION REQUEST

### Quarantine Exemption Guideline

1. **Application process required for ALL athletes and officials.** Please contact KTF to apply for Quarantine Exemption and submit required documents below:
  - a. Quarantine Exemption Application form with sign (refer to the enclosed form 1)
  - b. Agreement to the Terms & Conditions with sign (refer to the enclosed form 2)
  - c. Flight tickets - please also send a copy to the LOC staff and Travel agency on a reservation is made
  - d. Please fill up the form and email to [helen@triathlon.or.kr](mailto:helen@triathlon.or.kr)
2. **KTF will request to Ministry of Sports to issue a Quarantine Exemption on your behalf**
3. **Ministry of Sports will review application and send it to Korean Embassy located in applicant's country**
4. **Korean Embassy will issue Quarantine Exemption Certificate to applicant via email**
5. **Applicant must bring along 4 copies of Quarantine Exemption Certificate before leaving for Korea**



## WORLD TRIATHLON COVID-19 HEALTH SCREENING PROCESS

The event will follow World Triathlon's Health Screening process. In this case, the PCR test conducted at the airport in Incheon will be considered as the pre-race test.

Also, the PCR test required to enter the country will be considered as the pre-travel test.

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:

1. Fill in the online pre-event questionnaire through the link:
2. Find the World Triathlon Pre-event Covid-19 Screening Guide  
[https://triathlon.org/pre\\_event\\_covid\\_19\\_screening\\_guide](https://triathlon.org/pre_event_covid_19_screening_guide)

## QUARANTINE INFORMATION

### Before entering Korea

1. Send information requested by KTF
2. If Visa/ETA is required, request Invitation letter from LOC
3. Flight arrangements (Entry & Exit point : Incheon Airport only)
4. Visit your local Covid-19 testing center and get a test 72 hours prior to your departure.
5. Please have 3 copies of Covid 19 PCR Test Certificate and 4 copies of self-quarantine exemption letter ready.

### When entering Korea

1. After arriving at Incheon Airport, submit 2 copies of self-quarantine exemption letter at the airport quarantine station and immigration respectively.
2. Everyone is required to download in their smartphone the following apps:
  - a. Self-quarantine Safety Protection app -  
[http://ncov.mohw.go.kr/upload/ncov/file/202004/1585732793827\\_20200401181953.pdf](http://ncov.mohw.go.kr/upload/ncov/file/202004/1585732793827_20200401181953.pdf)
  - b. Quarantine-Report.Self-check app
    - i. [Quarantine-Report • Self-Check on the App Store \(apple.com\)](#)
    - ii. [Quarantine-Report • Self-Check - Apps on Google Play](#)
3. You will be given a yellow ID tag and sent for COVID-19 testing which is free of charge.
4. After PCR testing, you will be escorted to a Quarantine Facility which is free of charge. Please find out the check out time and location of the drop off area then contact David at **+82-10-71129192** so that he can arrange transport to Tongyeong.
5. The Korea Disease Control and Prevention Agency will check up on your health status once a day via phone call.

### Guide on the Installation of "Self-quarantine Safety Protection App"

Google Play



<http://url.kr/5rntzH>

APP Store



<http://url.kr/f7dmWs>





### ***During your stay***

1. Only dedicated vehicles designated by the event are allowed to move during your stay.
2. Avoiding contact and keeping social distance from other people in the host hotel is recommended.
3. During your stay, you will only be allowed to train at a designated venue and / or time.
4. One must always carry their smartphone at all times for daily check-up calls from the Korea Disease Control and Prevention Agency.
5. There is no run familiarization.
6. Please wear your mask at all times.
7. If you have any symptoms during the week, please contact the Covid-19 Official immediately. You will need to get a PCR test and then be quarantined until the results are out.

### ***Departure From Korea***

1. PCR test and getting negative certificates are mandatory prior to departure.
2. After arriving at the airport, depart under the supervision of a management staff.
3. Departure & Safe Travel.

### ***Who is in the Bubble?***

1. All athletes
2. All (Accredited) support staff
3. Technical officials who need to have face-to-face interaction with athletes in an indoor environment
4. International Federation staff
5. Athlete Services staff
6. International ancillary staff (e.g. broadcast/media)

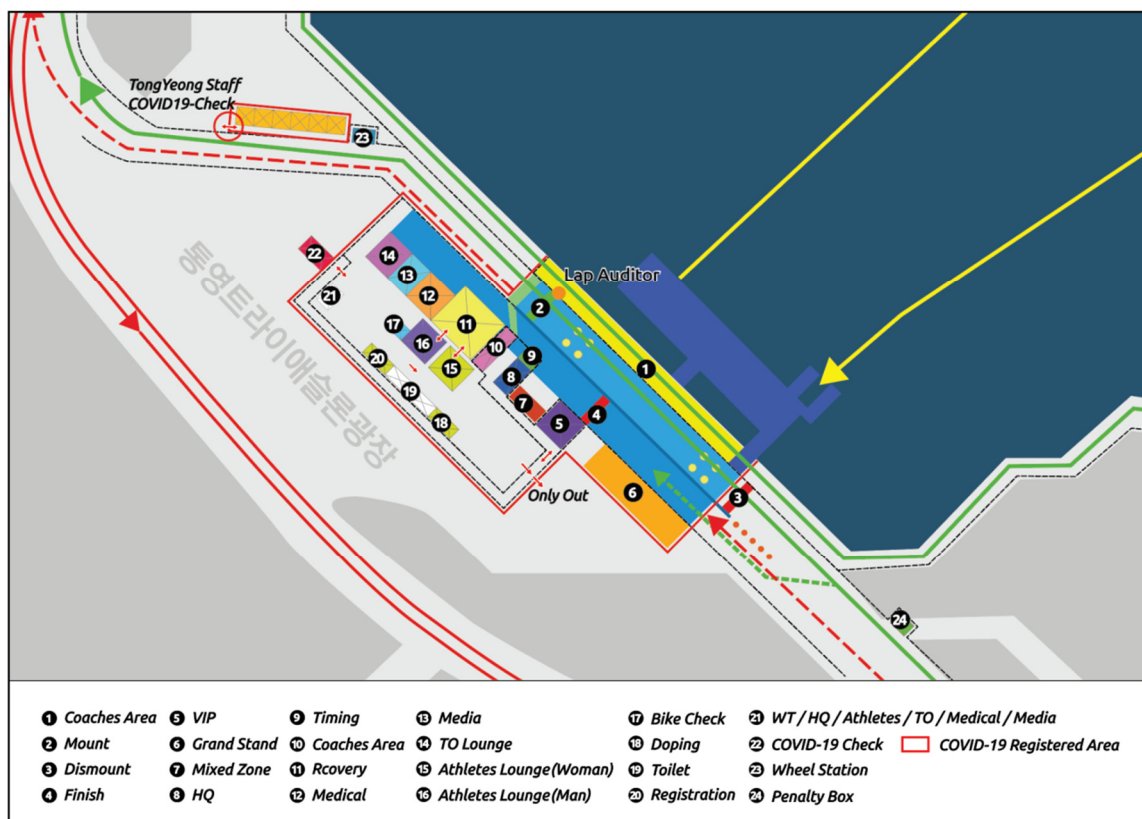




## VENUE

## VENUE

The venue is Triathlon square in Tongyeong Donam-dong, featuring a scenic view of the 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 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 World Triathlon / WADA rules. The venue is located after the finish area.

## **MEDICAL SERVICES**

First Aid and Emergency Medical Services will be available at the venue on October 30<sup>th</sup> 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 transfers to the hospital. A medical tent will be provided on site near the finish area.

Certain medical services at the venue are free of charge. Treatment in clinics and private practices is to be paid by the participants. Athletes / teams should ensure that they have appropriate medical insurance coverage.

## **BIKE MECHANIC SERVICE**

"Bike MCS" will offer comprehensive bike mechanic support from October 26<sup>th</sup> to 29<sup>th</sup> and will also be available in case of any emergency.

### **Stanford Hotel & Resort**

Tuesday 26 October ~ Friday 29 October      13:00-17:00

### **Athletes lounge**

Saturday 30 October      7:00-11:30

If you need any special requirements in Korea, please contact Mr. Lee Yongwook on his mobile phone.  
Mobile Phone: +82 10 4377 5000



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## INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Stanford Hotel & Resort (B1). The office is open daily from Monday, October 25<sup>th</sup> until Sunday, October 31<sup>st</sup>, 2021.

**LOC Contact: Mr. Lee Mok-eun**

**mok.lee@triathlon.or.kr**

Mobile: +82-10-8545-2291

**World Triathlon Office:** Stanford Hotel & Resort, B1

### Opening Hours

Monday 25 October	13:00-18:00
Tuesday 26 October	9:00-18:00
Wednesday 27 October	9:00-18:00
Thursday 28 October	9:00-18:00
Friday 29 October	9:00-18:00
Saturday 30 October	9:00-17:00
Sunday 31 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 Monday 25 October until Sunday 31 October.

## SECURITY

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



## **TRANSPORTATION, ACCOMMODATION, MEAL**

### **TRANSPORTATION FROM INCHEON AIRPORT TO TONGYEONG**

#### **Arrival to Incheon for Haeundae & Tongyeong / Departure from Incheon**

Detail	Date
Arrival Date (To Incheon Int. Airport)	Oct.18 ~ Oct.20
Transfer from Haeundae to Tongyeong	Oct.24 at 11:00
Departure Date (From Incheon Int. Airport)	Oct.31 ~ Nov.01

- ✂ It will take approximately 1 hour by bus from Haeundae to Tongyeong.
- ✂ If an athlete cannot arrive or depart on the designated date in Korea due to the flight schedule, please inform the LOC.
- ✂ LOC will provide departure PCR test and Transportation to the airport
- ✂ Please note that PCR test on the 6th and 7th days after entry are mandatory

#### **Arrival to Incheon for Tongyeong / Departure from Incheon**

Detail	Date
Arrival Date (To Incheon Int. Airport)	Oct.25 ~ Oct.27
Departure Date (From Incheon Int. Airport)	Oct.31 ~ Nov.01

- ✂ It will take approximately 6 hours by bus from Incheon Int. airport to Tongyeong.
- ✂ If an athlete cannot arrive or depart on the designated date in Korea due to the flight schedule, please inform the LOC.
- ✂ LOC will provide departure PCR test and Transportation to the airport
- ✂ Please note that PCR t

## Instructions for your travel to South Korea

**Step 1: Visa**

**Step 2: Flight arrangements**

**Step 3: Send the information to Korea Triathlon Federation to apply for self-quarantine exemption documents**

**Step 4: Visit your local Covid-19 testing center and get a PCR test within 72 hours to your departure**

**Step 5: Prior to your travel, prepare:**

✖ 3 copies of COVID - 19 PCR Negative Test Certificate

✖ 4 copies of Quarantine Exemption Letter

## Airport Arrival

### Arrival route information

#### 1. Arrival

Arrival at Incheon Airport Terminal 1,2

#### 2. Quarantine inspection (visitors)

Submit PCR Test Certificate and Self-Quarantine Exemption.

Download of Self-quarantine safety & Protection app to pass through the inspection area (You will need a USIM card for that -see below).

#### 3. Immigration inspection

To verify K-ETA then pass through immigration

#### 4. Baggage claim

Pick up checked baggage from the baggage claim area

#### 5. Customs

Fill out the customs form and submit to the customs officer



## USIM card

**It's mandatory to have a Korean USIM card**

**Option 1. Buy USIM card online before coming to South Korea**

Korea Telecom - <https://roaming.kt.com/ib/eng/cts/sim.asp>

SK Telecom - <https://www.skroaming.com/reserve/reserve.asp>

**Option 2. Buy USIM card before Incheon Airport National Quarantine Station**

(Next to Quarantine Inspection)

**Option 3. Buy USIM card in Arrival Hall (Welcome Hall)**

(Recommended from CU convenient store)

**Note :**

**Option 1 and Option 2 are recommended as Incheon Airport Quarantine Inspection will check that a Korean mobile number can be reached.** Option 1 is the cheapest but if you need to choose Option 3 due to unavoidable circumstances, please explain to Quarantine Inspection to call LOC Staff or Travel Agency Staff **(Not recommended)**

## PCR test upon arrival & Self-quarantine Facility

**1. Transfer from the airport to a self-quarantine facility under the guidance of the police**

**2. Move to quarantine facility and proceed with PCR test at the facility**

**3. Inform David at +82-10-71129192 about the facility address, checkout time and drop off station location after PCR result**

**4. Quarantine for one day until PCR test result comes out (usually within one day)**

**5. After the result, the facility bus will drop the athlete to the station nearby the facility**

**6. Travel agency will wait at the drop off station location and take the athlete to Tongyeong**

**NOTE :** Please note that all of the above are free of charge. Quarantine facilities are randomly assigned so teams may not be assigned to the same location.

## **TRANSPORTATION FROM HAEUNDAE TO TONGYEONG**

After Haeundae Event, please follow instructions from LOC Staff  
(Additional PCR test required 6-7 days upon arrival in South Korea)

Sunday, October 24<sup>th</sup> 2021

1. Athletes will be transported at 11:00 to the Tongyeong hospital or triage under the guidance of the LOC staff.
  2. Take a PCR test in hospital or triage (Free of charge)
  3. Quarantine one day until PCR test result comes out in (Tongyeong Stanford Hotel)
  4. Athlete must stay in their room after arriving in Tongyeong Stanford Hotel
- Noted: Should not leave the room before the PCR results come out

## **TRANSPORTATION FROM TONGYEONG TO INCHEON AIRPORT**

After Tongyeong Event, please follow instructions from LOC Staff  
(PCR result is required before the departure)

Friday, October 29, 2021

1. Athletes will be transported at 09:00 to the Tongyeong hospital or triage under the guidance of the LOC staff.
2. Take the PCR test in hospital or triage (No charge)
3. After the result comes out, all athletes will depart for Incheon International Airport Saturday or Sunday.  
Transport will take a minimum of 6 hours.
4. If the Friday PCR test is not within 72 hours of your departure time, please inform LOC.



## ACCOMMODATION



**Tongyeong Stanford Hotel**

### [Location]

347, Donam-ro, Tongyeong, South Gyeongsang Province, Republic of Korea  
<http://www.stanfordtongyeong.com/>

### Accommodation Rate (Per 1 Person)

- Daily Rate: \$160 (Single Type) per day (Including breakfast) : Room only \$145
- \$120 (Twin Type) per day (Including breakfast) : Room only \$105

Please book the hotel room through our travel agent. The LOC will provide an airport shuttle to and from the official hotel. The distance between the hotel and the venue is 500m.

Travel Agency

Email: [mtnet92@naver.com](mailto:mtnet92@naver.com)

Mobile: +82 10 9240 0467 (Mr. Park)

+82 10 7112 9192 (David)

### Guideline

1. Every international participant must stay at the host hotel (Stanford).
2. Bicycles are allowed in hotel rooms
3. There is no strict bubble protocol so all athletes are able to use hotel restaurants (Korean, Chinese, Western, Seafood and Bakery) and convenient stores in the hotel without restrictions.
4. Hotel amenities available
5. It is forbidden to go outside except during training hours.
6. It is forbidden to use the sauna, gym or pool.



## MEALS

### Hotel Restaurants



**Buffet** (Available any time)

Breakfast: \$15

Lunch: \$25

Dinner: \$25

*Book through Travel Agency is Possible*

1. Café Stanford 1F - [cafe\\_stanford\\_menu.pdf \(stanfordtongyeong.com\)](#)
2. Bakery Stanford 1F
3. CU Convenience Store B1F

### Food Delivery App

#### Delivery App

Please download the following Food Delivery App if you would like more options:

1. Yogiyo <https://play.google.com/store/apps/details?id=com.sampleapp>
2. Baemin <https://play.google.com/store/apps/details?id=com.fineapp.yogiyo>
3. Coupang Eats <https://play.google.com/store/apps/details?id=com.coupang.mobile.eats>

**Note:** You will need to collect the delivery at the lobby

## TRAINING

### BIKE & RUN TRAINING

#### Date

25, 26, 27, 28 October

**Training Venue:** Please check the map

Only registered athletes are allowed to go for training. **Please bike or run according to the assigned groups and times as per table below.**

**Registration : Next to the Mechanic Service (outside).** Check in & out!!!

After training, please enter the finishing time next to your name at the registration.

**NOTE: It is forbidden to ride bicycles at high speed. You must wear a mask at all times. You must follow traffic rules.**

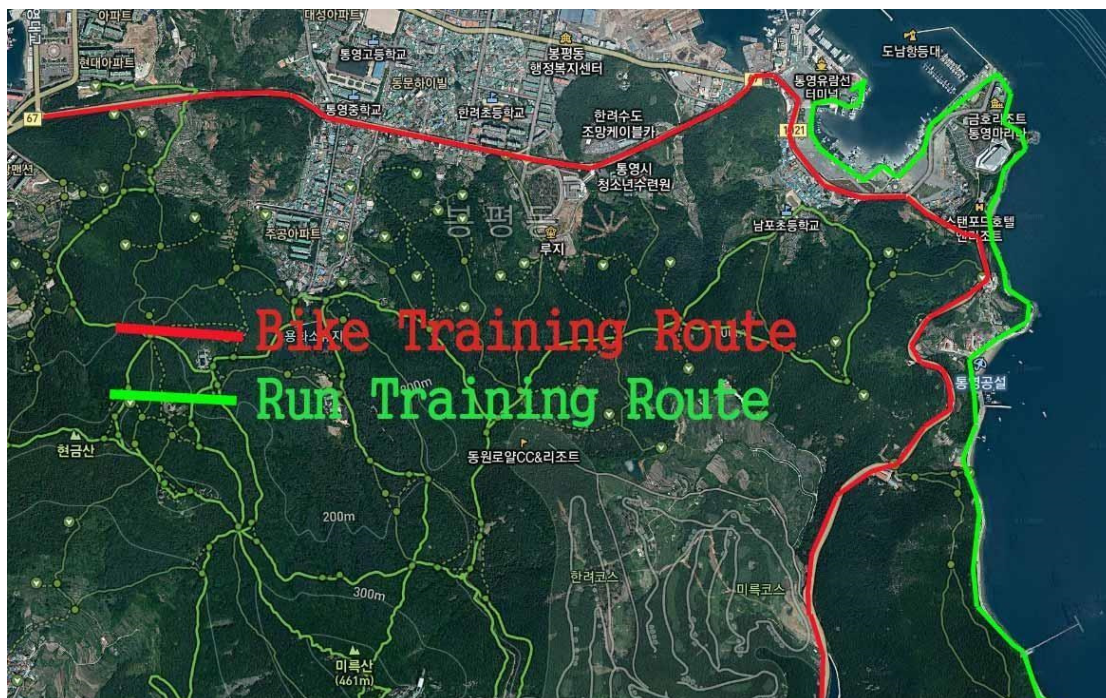
The area nearby the venue has light traffic except during rush hours. Please note that you are cycling at your own risk as there are no road closures during training.

#### RULES FOR SAFE BICYCLE RIDING

Follow traffic rules & etiquette on roads.

Keep on the right side of the road / Take special care to look out for vehicles making a right turn. Pedestrians first / Proceed slowly along the side facing the road.

Stop and check in all directions before any crossing.





## Swimming training



### Date

25, 26, 27, 28 October

### Training Venue

Tongyeong Indoor Swimming Pool

29 Nammangwon-gil Tongyeong city, Gyeongnam province

Tel: + 82-55-641-2200

Distance from Hotel to Swimming Pool is 6.3km

(Free Shuttle Bus service will be provided)

### Pool

The pool is 50m with 5 lanes. Free of charge

*Please swim according to the assigned groups and times as per table below.*

### Groups

Group A – AUS, AUT, BER, BLR, CAN, CZE, ESP

Group B – FRA, GBR, GER, HUN

Group C – IRL, ITA, JPN

Group D – LUX, MAR, MEX, POL, ROU, SUI, USA

MONDAY	9	10	11	12	14	15	16
25 OCT	00 30	00 30	00 30	00 00 30	00 30	00 30	00 30
GROUP A	BUS	SWIM	BUS	LUNCH	BIKE	RUN	
GROUP B		BUS	SWIM	LUNCH		BIKE	RUN
GROUP C	BIKE	RUN		LUNCH	BUS	SWIM	BUS
GROUP D		BIKE	RUN	LUNCH		BUS	SWIM

TUESDAY	9	10	11	12	14	15	16
26 OCT	00 30	00 30	00 30	00 00 30	00 30	00 30	00 30
GROUP A	BIKE	RUN		LUNCH	BUS	SWIM	BUS
GROUP B		BIKE	RUN	LUNCH		BUS	SWIM
GROUP C	BUS	SWIM	BUS	LUNCH	BIKE	RUN	
GROUP D		BUS	SWIM	LUNCH		BIKE	RUN





THURSDAY 28 OCT	9 00	30	10 00	30	11 00	30	12 00	14 00	15 30	16 00	30
GROUP A			BIKE		RUN		LUNCH		BUS	SWIM	BUS
GROUP B		BIKE		RUN			LUNCH	BUS		SWIM	BUS
GROUP C			BUS		SWIM	BUS	LUNCH		BIKE		RUN
GROUP D		BUS		SWIM		BUS	LUNCH	BIKE		RUN	

FRIDAY 29 OCT	9 00	30	10 00	30	11 00	30	12 00	14 00	30
NF A-F				REG			LUNCH	SWIM FAM	
NF G-J				REG			LUNCH		
NF KOR	BUS	PCR	BUS		REG		LUNCH		
NF L-Z					REG		LUNCH		

## COURSE FAMILIARIZATION

### SWIM

You will be able to familiarize yourself with the swim course on Friday, October 29 from 13:30 to 14:30.

The location will be the same as the start of the race. **Please note: It is forbidden to swim in the harbor outside of this time.**



### BIKE

You will be able to familiarize yourself with the bike course on Friday, October 29 at 13:00 – 13:30. Athletes must gather in front of the Transition Area. (Only Elite Athletes are allowed) 2 laps cycling on the bike course. Police cars will escort the riding groups.

**Please note: Before the events, The official race course will not open except for the training. Bike Familiarization needs sufficient distance and it will operate as a Parade.**

## COMPETITION INFORMATION

### EVENT SCHEDULE / ELITE

Time/Date	Event	Venue
<b>Mon. 25 October</b>		
13:00 – 18:00	LOC Office	Stanford Hotel & resort B1F
<b>Tue. 26 October</b>		
09:00 – 18:00	LOC Office	Stanford Hotel & resort B1F
13:00 – 17:00	Mechanic Service	Outside Stanford Hotel & Resort
<b>Wed. 27 October</b>		
09:00 – 18:00	LOC Office	Stanford Hotel & resort B1F
13:00 – 17:00	Mechanic Service	Outside Stanford Hotel & Resort
<b>Thu. 28 October</b>		
09:00 – 18:00	LOC Office	Stanford Hotel & resort B1F
13:00 – 17:00	Mechanic Service	Outside Stanford Hotel & Resort
18:00 – 18:30	Race Briefing	Online Zoom
<b>Fri. 29 October</b>		
09:00 – 18:00	LOC Office	Stanford Hotel & resort B1F
09:00 – 10:00	PCR TEST (All international athletes)	Stanford to PCR test facility
10:30 – 11:30	Registration & Race pack pick-up 10:30 - 10:45 : AUS, AUT, BER, BLR, CAN, CZE, ESP, FRA 10:45 - 11:00 : GBR, GER, HUN, IRL, ITA, JPN 11:00 - 11:15 : KOR 11:15 - 11:30 : LUX, MAR, MEX, POL, ROU, SUI, USA	Outside Stanford Hotel next to bike mechanic
13:00 – 17:00	Mechanic Service	Outside Stanford Hotel & Resort
13:00 – 13:30	Elite Bike course Familiarization	Bike Course
13:30 – 14:30	Elite Swim Course Familiarization	Swim Course

## EVENT SCHEDULE / ELITE - Cont'd

<b>Sat. 30 October</b>		
09:00 – 17:00	LOC Office	Stanford Hotel & resort B1F
07:00 – 11:30	Mechanic Service	Athlete Lounge
07:30 – 08:30	Elite Women Athlete Lounge Check-in	Athlete Lounge
08:00 – 08:45	Elite Women Transition Check-in	Transition Area
08:00 – 08:45	Women Run Course Warm-up	Run Course
08:00 – 08:45	Women Swim Course Warm-up	Swim Course
08:50	Elite Women Introduction	Transition Area
09:00	Elite Women Race	Race Course
10:00 – 11:00	Elite Men Athlete Lounge Check-in	Athlete Lounge
10:30 – 11:15	Elite Men Swim Course Warm-up	Swim Course
10:45 – 11:15	Elite Men Transition Check-in	Transition Area
10:45 – 11:15	Elite Men Run Course Warm-up	Run Course
11:20	Elite Men Introduction	Transition Area
11:30	Elite Men Race	Race Course
12:45	Awards Ceremony Elite Women & Men	Podium
13:00 - 14:00	Recovery Training	TBC
<b>Sun. 31 October</b>		
09:00	Bus transfer to Incheon Airport*	Stanford Hotel to Incheon Airport

**\*NOTE : Bus transfer from Stanford Hotel to Incheon Airport will take approximately 6 hours.**



## **FOP INFORMATION**

### **SWIM COURSE**

#### **Elite**

There is one lap of 750m, clockwise. The first buoy is at 330m. You will exit the ramp on the start pontoon. The water temperature in October is approximately 20°C to 22°C. Wetsuit may be used depending on air temperature in the morning.

### **BIKE COURSE**

#### **Elite**

Generally hilly and fast. There are 3 laps of 6.66km to cycle with 2 big hills at 13% - 15% gradients.

### **WHEEL STATIONS / PENALTY BOX**

#### **Elite**

There are two Wheel Stations in the bike course.

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

Neutral Wheel station: Located at bike turning point provided by the LOC. Provide 2 front wheels and 2 rear Shimano 11 gears

The Penalty Box is next to the Transition Area.

## **RUN COURSE**

#### **Elite**

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

### **AID STATIONS**

#### **Elite**

The aid stations are located on the run course at 800m intervals. 0.3 liter bottles of sealed water will be handed out.

### **WEATHER CONDITIONS**

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

## **RESULTS**

Results will be uploaded live at World Triathlon's official website: [www.triathlon.org](http://www.triathlon.org)

All the results information will be available to the Coaches at the LOC information Office.

## PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

## ACCREDITATION

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

AD cards for the athletes and coaches will be provided upon registration (Next to Mechanic Service area).

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 must apply for accreditation by sending their request to the World Triathlon.



## COURSE INFORMATION

### Elite Course



### Bike Elevation



### Run Elevation





## Water Quality Test Results on October 15<sup>th</sup>, 2021

### Water Quality Assessment (Sea)



Enterococci	
Insert Sample Date	NMP/100mL
Location -1	<1
Location -2	10
Location -3	<1
Enterococci limit	<100

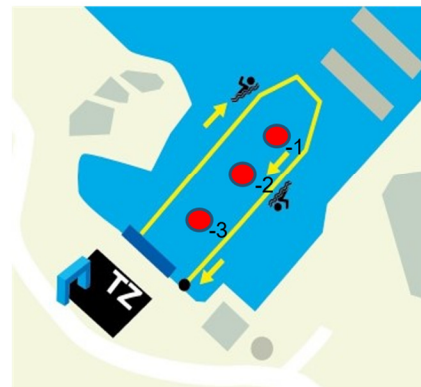
E.Coli	
Insert Sample Date	NMP/100mL
Location -1	73
Location -2	85
Location -3	175
E.Coli limit	<250

PH	
Insert Sample Date	
Location -1	8.1
Location -2	8.1
Location -3	8.1
PH limit	6-9

Weather forecast	
Day	Weather
Briefing (B)	Sunny
B +1	Sunny
Race Day	Cloudy

Weather report	
Day	Weather
B-3	Cloudy and Sunny
B-2	Sunny
B-1	Cloudy and Sunny

Visual Sanitary Inspection (last 12 hours)				
Location	Visual Pollution	Odour	Time of visit	Comments
Location	None	None	09:00	



#### SUMMARY

##### 1 = 'Very Good Water Quality':

(E.Coli< 250 or Enterococci <100) with no or potential visual pollution during sanitary check or forecast of heavy rain;



## **ATHLETE BRIEFING ZOOM REGISTRATION**

The athletes' briefing will be held online due to COVID-19 restrictions. It is not mandatory to attend. Please register here:

[https://us02web.zoom.us/webinar/register/WN\\_M7cWiYMPRa6kryFimONLDg](https://us02web.zoom.us/webinar/register/WN_M7cWiYMPRa6kryFimONLDg)

## **SUBSIDIES**

To facilitate participation in both Haeundae and Tongyeong events, both World Triathlon and Korea Triathlon Federation are contributing a total of USD 50,000 of subsidies:

1. Departure PCR test for every athlete will be covered.
2. Meals provide as follows:
  - a. Monday 25 and Tuesday 26 - Breakfast is provided
  - b. Wednesday 27 till Saturday 30 October
    - i. Breakfast – if your room includes then no charges
    - ii. Lunch is provided
    - iii. Dinner is provided