



Asia
Triathlon
Cup

Cholpon-Ata
2023

VISA

Athlete Guide

9-10 September 2023 | Caprice Resort
Updated version 04.08.23



GARANT
INSURANCE COMPANY



NTT

WorldClass

ТОЙБОСС

NITRO
FRESH! SOFT DRINK

GLOBUS

Данпуз
УССЫК-КУЛЬ

OVERVIEW

GENERAL INFORMATION

EVENT NAME	<p>2023 ASIA TRIATHLON CUP 2023 CENTRAL ASIAN CHAMPIONSHIP</p>
NEAREST AIRPORT	<p>MANAS INTERNATIONAL AIRPORT (270 KM FROM THE VENUE) WWW.AIRPORT.KG</p>
ENTRY FEE	<p>50 USD PER PERSON THE LOC WILL COVER THE FEES FOR TWO ATHLETES (ONE FROM EACH GENDER).</p> <p>PAYMENT SHOULD BE MADE TO LOC - KYRGYZ REPUBLIC TRIATHLON FEDERATION (CONTACT: OFFICE@TRIATHLON.KG).</p>
PRIZE MONEY	<p>5 000 USD PRIZE MONEY WILL BE TRANSFERED THROUGH BANK TRANSFER AFTER THE RACE (CONTACT: INFO@TRIATHLON.KG).</p>
HOST HOTEL	<p>KAPRIZ (CAPRICE) RESORT CENTER. LOC HAS BLOCKED 100 ROOMS - ON A FIRST COME FIRST SERVE BASIS.</p> <p>SINGLE ROOM - 75 USD, TWIN ROOM - 42 USD PER PERSON (INCLUDING MEALS AND SWIMMING POOL). BOOKING HAS TO BE DONE THROUGH LOC (CONTACT: OFFICE@TRIATHLON.KG).</p> <p>LOC WILL PROVIDE FREE ACCOMMODATION, MEALS AND TRANSPORTATION FOR TWO ATHLETES (ONE FROM EACH GENDER) AND ONE OFFICIAL FOR 2 NIGHTS AND 3 DAYS. FREE TRANSPORTATION IS PROVIDED ONLY FOR SPECIFIED ARRIVAL (6-8 SEPTEMBER) AND DEPARTURE (9 SEP AFTER 15:00 AND 10 SEPTEMBER) DATES.</p>

OVERVIEW

EVENT ORGANISERS

ORGANISATION	KYRGYZ REPUBLIC TRIATHLON FEDERATION
ADDRESS	36 K/1, LEV TOLSTOY ST., BISHKEK, KYRGYZ REPUBLIC
WEBSITE	WWW.TRIATHLON.KG

KEY CONTACTS

POSITION	NAME	CONTACT EMAIL
TECHNICAL DELEGATE	ELIAS BAYDOUN	ELIEBAYDOUN@HOTMAIL.COM
RACE DIRECTOR	ZHANYL ASANBEKOVA	EVENT@TRIATHLON.KG
NF CONTACT	ELENA LYZHINA-POLCHENKOVA	INFO@TRIATHLON.KG
VISA QUESTIONS, HOTEL AND TRANSFER BOOKING	BERMET IMANALIEVA	OFFICE@TRIATHLON.KG

KEY DATES

THURSDAY

7th SEPTEMBER

- **ATHLETES ARRIVAL**

FRIDAY

8th SEPTEMBER

- **COURSE FAMILIARIZATION**
- **BIKE CHECK**
- **BRIEFINGS**
- **RACE PACKS DISTRIBUTION**
- **ACCREDITATIONS DISTRIBUTION**

SATURDAY

9th SEPTEMBER

- **RACE DAY (MEN AND WOMEN ELITE)**

SUNDAY

10th SEPTEMBER

- **RACE DAY (AGE GROUP)**

EVENT SCHEDULE

WEDNESDAY		6th SEPTEMBER	
Start	Finish	Activity	Venue
10:00am	19:00pm	LOC Office	Kapriz Resort Center
10:00am	19:00pm	Swim Training	Kapriz Indoor Swimming Pool

THURSDAY		7th SEPTEMBER	
Start	Finish	Activity	Venue
		Athletes Arrival	Kapriz Resort Center
10:00am	19:00pm	LOC Office	Kapriz Resort Center
10:00am	19:00pm	Swim Training	Kapriz Indoor Swimming Pool
16:00pm	19:00pm	Mechanic Service	Kapriz Resort Center Parking
13:00pm	18:00pm	Registration	Kapriz Resort Center

EVENT SCHEDULE

FRIDAY		8th SEPTEMBER	
Start	Finish	Activity	Venue
00:00	12:00pm	Athletes Arrival	Kapriz Resort Center
10:00am	19:00pm	LOC Office	Kapriz Resort Center
10:00am	14:00pm	Swim Training	Kapriz Indoor Swimming Pool
14:00pm	19:30pm	Mechanic Service	Kapriz Resort Center Parking
14:30pm	15:00pm	Elite BIKE Course Familiarization	Transition Zone (meeting point)
15:10pm	16:00pm	Elite SWIM Course Familiarization	Swim Course
16:00pm	17:30pm	Bike Check	Kapriz Resort Center Parking
17:00am	17:59pm	Registration Elite	Kapriz Resort Center
18:00pm	18:30pm	Briefing ELITE	Kapriz Conference Hall
18:00am	18:34pm	Registration U15	Kapriz Resort Center
18:35pm	19:00pm	Briefing U15	Kapriz Conference Hall

EVENT SCHEDULE

SATURDAY		9th SEPTEMBER	
Start	Finish	Activity	Venue
7:00am	19:00pm	LOC Office	Kapriz Resort Center
7:00am	14:00am	Mechanic Service	Athlete Lounge
07:00	7:30am	Elite Women Lounge Check-in	Athlete Lounge
07:10	07:40	Elite Women Transition Check-in	Transition Area
07:30	07:50	Elite Women Swim Course Warm-up	Swim Course
7:50am	07:58	Elite Women Line up	Swim Course
08:00	09:20	Elite Women Race	Race Course
09:00	09:35	Elite Men Athlete Lounge Check-in	Athlete Lounge
09:05	09:45	Elite Men Transition Check-in	Transition Area
09:30	09:50	Elite Men Swim Course Warm-up	Swim Course
09:50	09:58	Elite Men Line up	Swim Course
10:00am	11:15pm	Elite Men Race	Race Course
11:30	11:40	Medal Ceremony	Podium

EVENT SCHEDULE

SATURDAY		9th SEPTEMBER	
Start	Finish	Activity	Venue
12:30	13:30	U15 Women and Men Lounge Check-in	Athlete Lounge
12:40	13:15	U15 Women and Men Transition Check-in	Transition Area
13:00	13:20	U15 Men Swim Course Warm-up	Swim Course
13:15	13:20	U15 Men Athletes Line Up	Swim Course
13:20	14:10	U15 Men Race	Race Course
13:50	14:05	U15 Women Swim Course Warm-up	Swim Course
14:05	14:10	U15 Women Athletes Line Up	Swim Course
14:10	14:50	U15 Women Race	Race Course
15:00	15:10	Medal Ceremony	Podium

VENUE






























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Asia
Triathlon

DATE: SEPTEMBER 9 -10

 SWIM COURSE 750 m - 1 lap	 Aid station	 Host hotel	 Stage
 BIKE COURSE 20 km - 3 laps	 Penalty box	 Bike mechanic	 Conference Hall
 RUN COURSE 5 km - 4 laps	 Neutral Wheel station	 Team Wheel station	 Lap audit
 START	 Medical point	 Athlete lounge	 Tribunes
 FINISH	 Swim finish	 Toilet	
 Run U turn	 Littering zone	 Recovery area	
 Bike U turn	 Timing lounge	 Dismount Line	
	 TO lounge	 Mount Line	



LOCATION: ISSYK_KUL LAKE,
KYRGYZSTAN, KAPRIZ RESORT

VENUE

SWIM COURSE

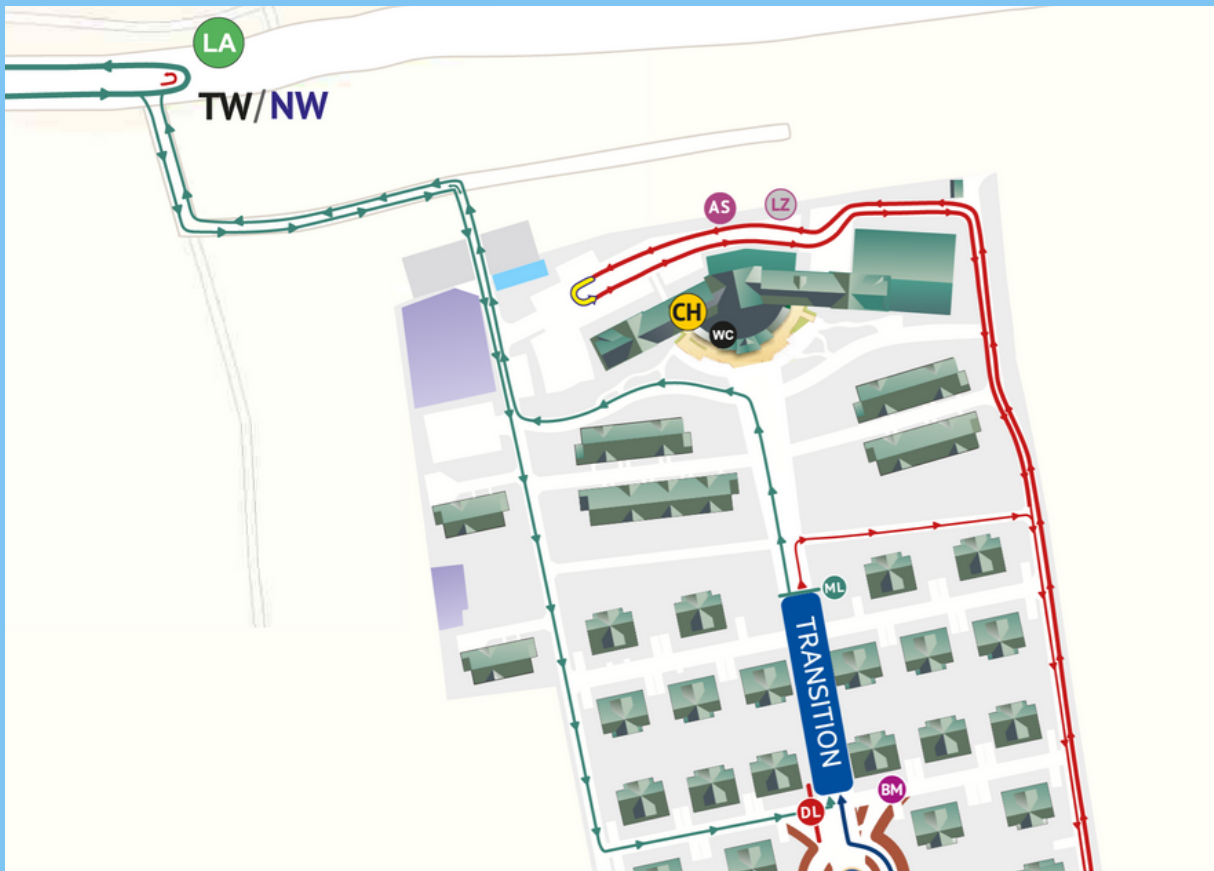
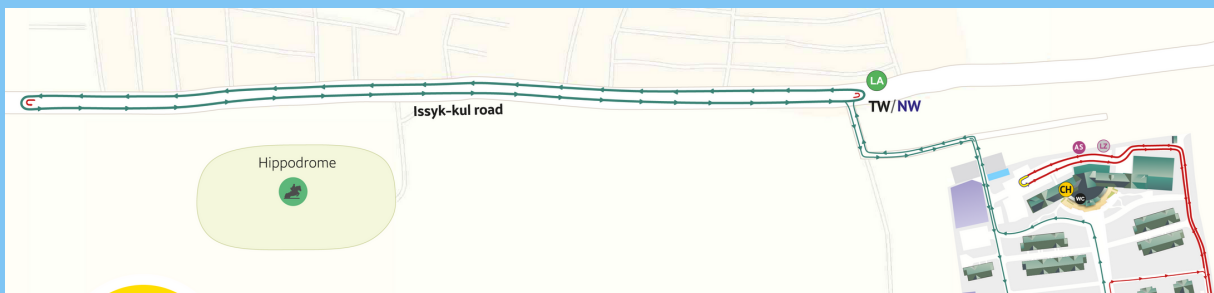
- 750 m 1 Lap



VENUE

BIKE COURSE

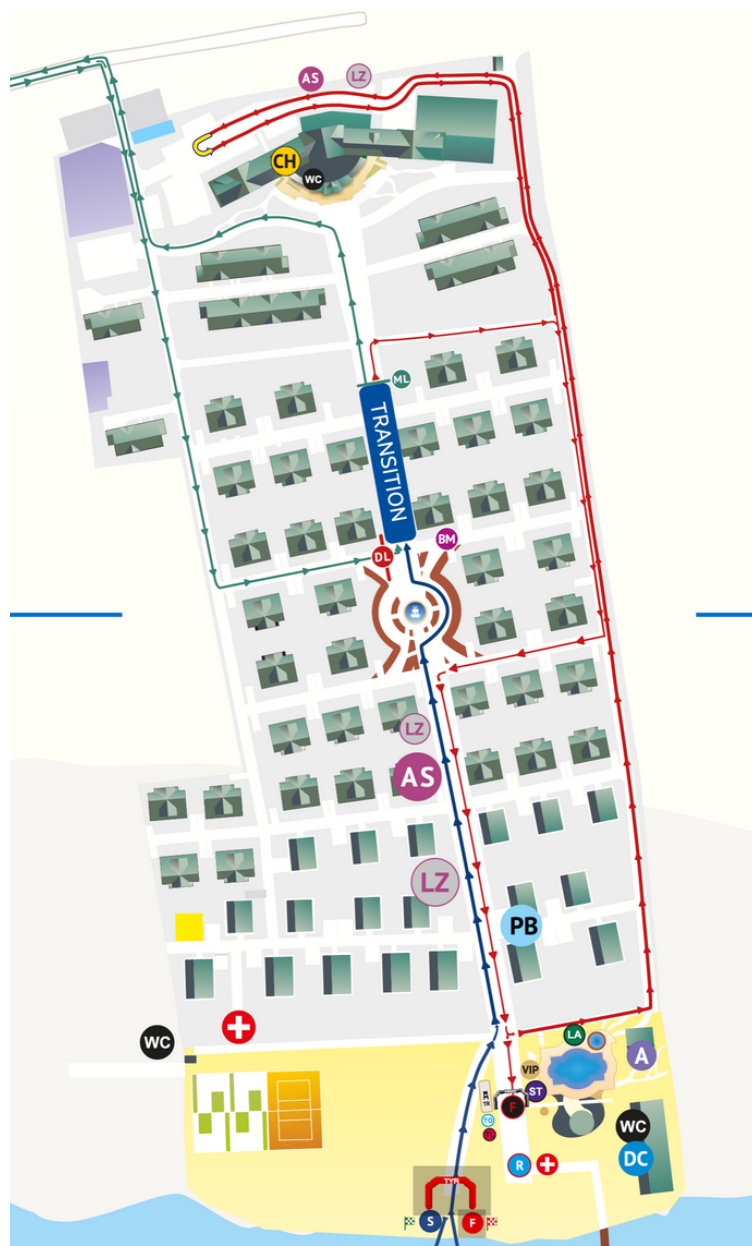
- 20 km 3 Laps



VENUE

RUN COURSE

- 5 km 4 Laps





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GHOLPON-ATA