

2019 Gyeongju ASTC Triathlon ASIAN Championships

June 20-23, 2019





2019 Gyeongju ASTC Triathlon ASIAN Championships

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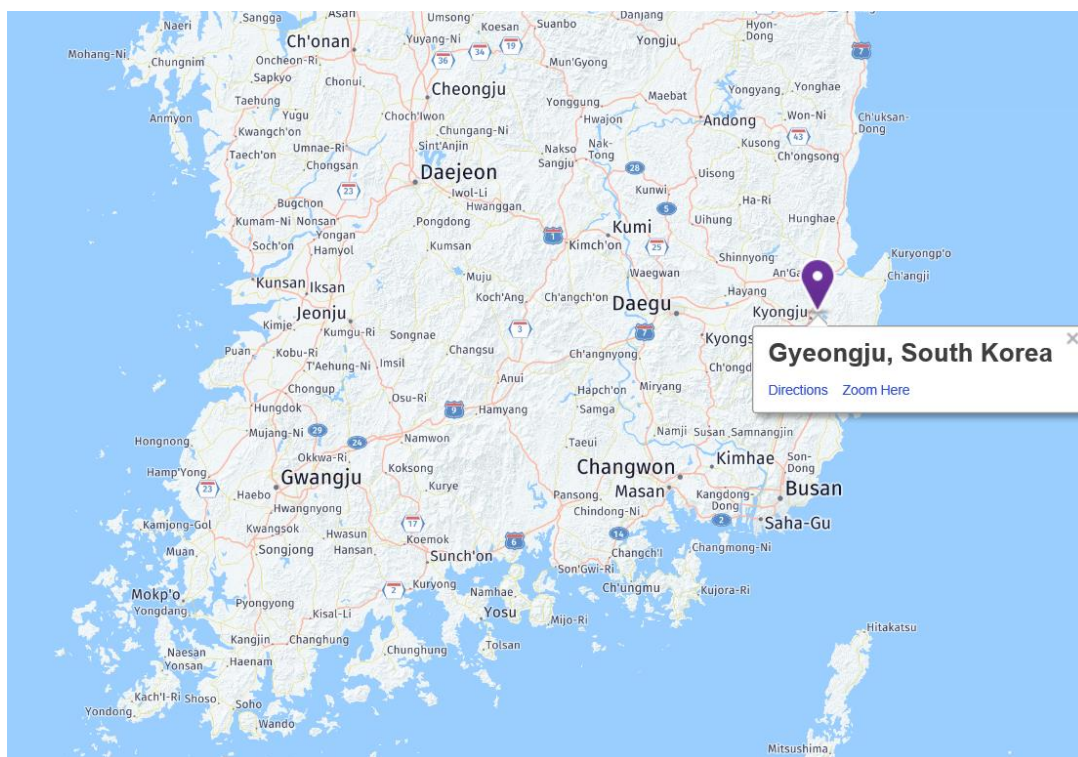
Introduction

Korea

South Korea is officially the republic of Korea. *Daehan Minguk* (lit. "The Great Country of the *Han* People"), is a country in East Asia, constituting the southern part of the Korean Peninsula and lying east to the Asian mainland.

The name *Korea* is derived from Goryeo, a dynasty which ruled from the 10th to 14th centuries. South Korea lies in the north temperate zone and has a predominantly mountainous terrain.

It comprises an estimated 51.4 million residents distributed over 99,392km² (38,375 sq mi). The capital and largest city is Seoul, with a population of 10 million.





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Introduction

Gyeongju

Gyeongju was the capital of the ancient kingdom of Silla (57 BC - 935 AD), which ruled about two-thirds of the Korean Peninsula at its height between the 7th and 9th centuries, for close to one thousand years. Later Silla was a prosperous and wealthy country, and its metropolitan capital of Gyeongju was the fourth largest city in the world. A vast number of archaeological sites and cultural properties from this period remain in the city. Gyeongju is often referred to as "the museum without walls". Among such historical treasures, Seokguram grotto, Bulguksa temple, Gyeongju Historic Areas and Yangdong Folk Village are designated as World Heritage Sites by UNESCO. The many major historical sites have helped Gyeongju become one of the most popular tourist destinations in South Korea.





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Transportation

Busan International Airport (Closest airport)

Air

The closest airport is Busan International Airport. There are many direct flights from major Asia cities such as Beijing, Tokyo, Osaka, Hong Kong, Macau, Taipei, Bangkok, Kuala Lumpur, and so on.

Also there are many domestic flights from Incheon international airport to Busan

LOC will provide airport pick up and drop off service for all participants from Busan International Airport.

It takes 1 hour 20 minutes (90.4km) from Busan International Airport to the host hotel by car.





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ACCOMODATION

LOC Provide 4 nights & 5 days accommodation inclusive of breakfast for 8 athletes and 2 officials from each ASTC member country. (2 quadruple rooms and 1 twin room)

The Commodore hotel is located 2km from the swim start.

The LOC will provide free transportation for Elite, U23, Junior, U15, Para athletes and their team officials from the airport-hotel-airport

Official Hotel



(Unit : Korean Won, Inc VAT & SVC)

Room Type	No of Room	Room rate
Single	47	75,000 won
Twin	66	75,000 won
Triple	12	85,000 Won
Quad	7	90,000 Won

※ For special room rate, ASTC member NFs are required to book rooms until end of March

Commodore Hotel (Gyeongju) is a convention & resort hotel located in Gyeongju, known for the glorious civilization. With accumulated experiences in a number of international events and excellent service, Commodore Hotel is considered to be 'a prestigious hotel representing Gyeongju City'.

Address: 422 Bomun-ro Gyeongju, Gyeongbuk

Phone: 82-54-745-7701

<https://www.commodorehotel.co.kr/eng/html/main/index.php>



**2019
Gyeongju ASTC Triathlon
ASIAN Championships**

Event Information

2019 ASTC Triathlon Asian Championships

- ❖ Event date: June 20(Thursday) to 23(Sunday), 2019
- ❖ Congress meeting: June 19, 2019 Wednesday
- ❖ Event Category
 - Elite & U23: Swim: 1.5km, Bike 40km, Run 10km
 - Junior(16~19yrs), Para Triathlon: Swim: 750m, Bike 20km, Run 5km
 - U15(13~15yrs): Swim: 400m, Bike 10km, Run 2.5km
 - Mixed Team Relay: (Swim 250m, Bike 6.6km, Run 1.6km) x 4
- ❖ Hosted by Korea Triathlon Federation & Gyeongju City
- ❖ Supported by Gyeongsanbukdo province, Gyeongbukdo Tourism Construction
- ❖ Entry Fee:
 - Elite & U23: USD 100 / Mixed Team Relay: USD 100 / Junior : USD 50
 - Age Group: USD 100
 - U15 & Para : free entry fee
- ❖ Prize Money
 - Elite : USD 20,000
 - U23 : USD 5,000
 - Mixed Relay: USD 5,000



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GENERAL INFORMATION

INTRODUCTION

The purpose of the Athletes and Team Officials Guide is to ensure that all Athletes and Team Leaders are well informed about all procedures concerning 2019 ASTC Gyeongju Triathlon Asian Championships.

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 U23 Athletes Briefing	Wednesday , June 19, 18:00 / Comodo Hotel
Bike Familiarization	Wednesday, June 19 09:00~09:20 / Junior & U15 Bike Course
Bike Familiarization	Wednesday, June 19 09:20~09:40 / Elite & U23 Bike Course
Swim Familiarization	Wednesday, June 19 14:00 ~15:00/ all athletes Swim Course
Elite Women Competition	Friday, June 22, 11:00
Elite Men Competition	Friday, June 22, 13:45

KEY CONTACTS

ITU Technical Delegate	Ms. Rebecca Mok	rebecca.mok@triathlon.com.hk
Head Referee	Mr. Lee, Dongchae	dc2704@hanmail.net +82 10 6356 3221
Assistant Technical Delgate	Mr. Lee, Youngbok	kovannapurna@naver.com +82 10 93062914
ITU Medical Delegate	Dr. Sim, Sangdon	gomhyung@gmail.com Mobile: +82 10 8993 5825
LOC Office Coordinator	LOC office Ki, Wookyong	ki72@triathlon.or.kr Telephone: +82-10-2617-1223



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BIKE MECHANIC SERVICE

"Bike MCS" will offer a comprehensive bike mechanic support from June 19th and June 22nd and is also available in case of emergency.

The Commodore Hotel Lobby

Tuesday 18 th June	13:00~17:00
Wednesday 19 th June	09:00~17:00
Thursday 20 th June	13:00-17:00
Friday 21 st June	15:00-17:00

In the athletes lounge

Thursday 20th June to Saturday 22nd June 6:30-12:00

If you need any special needs in Korea, please contact with Mechanic Mr. Lee, Yong Wook by his mobile phone.

Mobile Phone: 010 4377 5000

INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Commodore Hotel. The office is open daily from Tuesday, June 18th until Sunday, June 23rd, 2019. Athletes / teams should ensure that they have appropriate medical insurance.

LOC Contact : Ki, Wookyong

tri@triathlon.or.kr

Mobile:+82-10-2617-1223

Opening Hours

Wednesday 19th June 09:00 ~ 15:00

Thursday 20th June ~ Saturday 21st June 13:00-18:00

Information and transfer desk will also be located at the official hotel, The Commodore Hotel. It is open daily from Tuesday 18th June until Sunday 23rd June 8:30-17:30.

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 and Gyeongju city will manage the road closures and the traffic around the course.



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POST OFFICE, BANK

POST OFFICE

The nearest post office is "Gyeongju Bomun Post Office".

38118

578-12 Gyeonggam-ro, Gyeongju city, Gyeongbuk province

Telephone: +82-54-745-7500

Opening Hours: 09:00 – 18:00

BANK

Official Hotel and nearby hotels have ATM Machines

TRAINING

SWIMMING POOL (The K Hotel Swimming Pool)

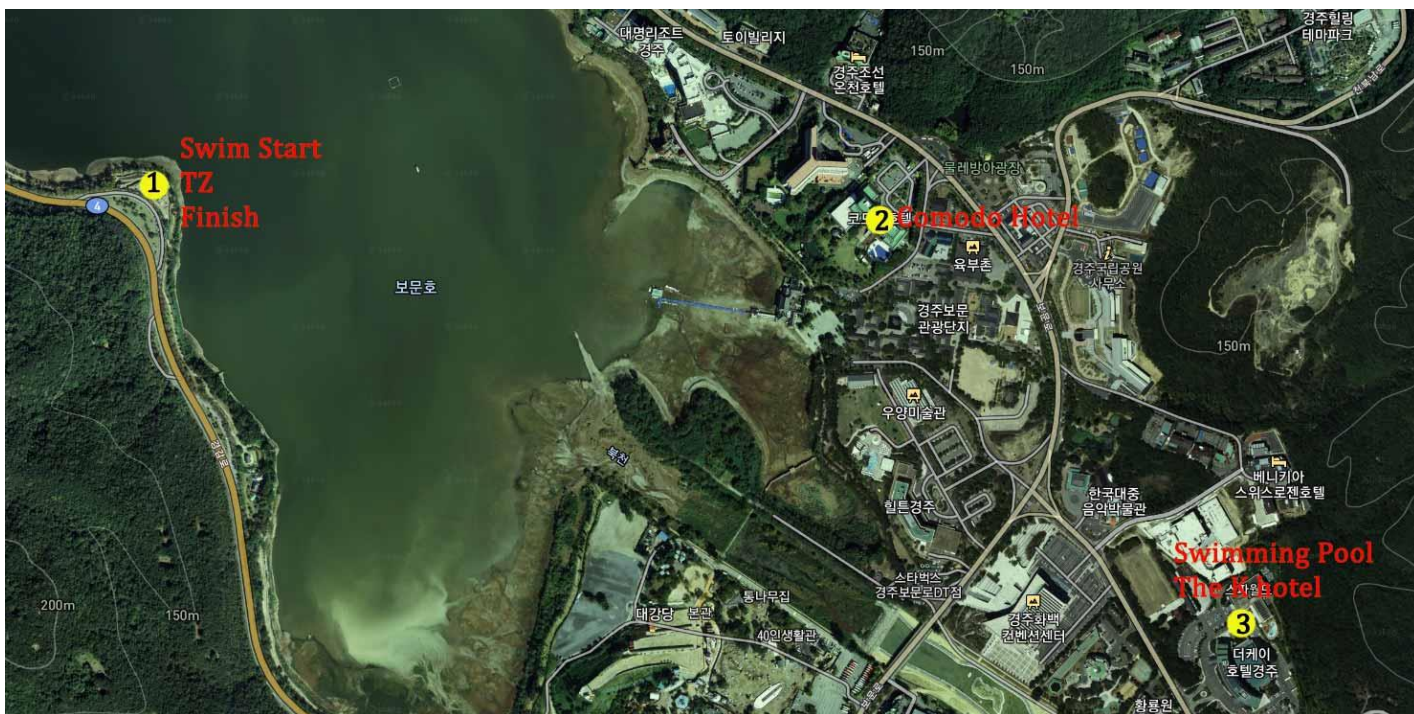
Pool

The pool is 25m with 5 lanes.

Open 06:00 ~ 20:30 from Monday to Friday

Tel: 054 770 9185

Address: 45 Expo-ro, Gyeongju city, Gyeongsangbuk-do, Korea





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Event Dates and Programme Time

EVENT SCHEDULE

Date	Time	Activities	Venue
June 19(Wed)	10:00~12:00	ASTC EB meeting	Commodore Hotel
	13:00~17:00	ASTC Congress	Commodore Hotel
	16:00~18:30	Race Briefing(Elite, U23, Junior)	Commodore Hotel
	18:30~20:00	Opening Ceremony	Hilton Hotel
June.20(Thu)	07:00~08:15	Junior Female Swim Start	Bomunho Race venue
	08:00~10:20	U23 Female Swim Start	
	10:00~12:30	Elite Female Swim Start	
June.21(Fri)	07:00~08:15	Junior Male Swim Start	Bomunho Race Venue
	08:00~10:20	U23 Male Swim Start	
	10:00~12:20	Elite Female Swim Start	
	17:00~17:30	Race Briefing(U15)	Commodore Hotel
	17:30~18:00	Race Briefing(Para)	Commodore Hotel
	18:00~18:30	Race Briefing(Mixed Relay)	Commodore Hotel
June.22(Sat)	07:00~10:00	Para Triathlon	Bomunho Race Venue
	09:00	U15 Male Swim Start	
	09:05	U15 Female Swim Start	
	10:00~12:00	Mixed Team Relay	
	18:30~20:00	Award Ceremony and Closing Banquet	Commodore Hotel
June 23(Sun)	07:00	Age Group	Bomunho Race Venue
	12:00	Awards Ceremony(Age)	



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SWIM COURSE

Elite, U23, Junior, U15, Para

There is two lap to swim for Elite and U23. Other categories are one lap course. The first turn is after 330m. You will exit the ramp of the start pontoon.

The water temperature in the middle of June can be expected to be approximately 20.1°C to 23°C.

Wetsuit will not be used.

BIKE COURSE

Elite, U23, Junior, U15, Para

There are 6 laps of 6.6km to ride for Elite and U23. 3laps of 6.6km for Junior and Para. 2 laps of 5km for U15. A bit hilly with some technical corners and 2 u-turns. 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, U23, Junior, U15, Para

A bit hilly course. There are 4 laps of 2.5km to run for Elite and U23. 2 laps of 2.5km for Junior and Para. 1 lap of 2.5km for U15

AID STATIONS

Elite, U23, Junior, U15, Para

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

The air temperature in race weekend is from 20°C to 33°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.



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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 June 19th 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.



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COURSE

Elite / U23 / Junior/ U15 / Para Course Swim/ Bike Course

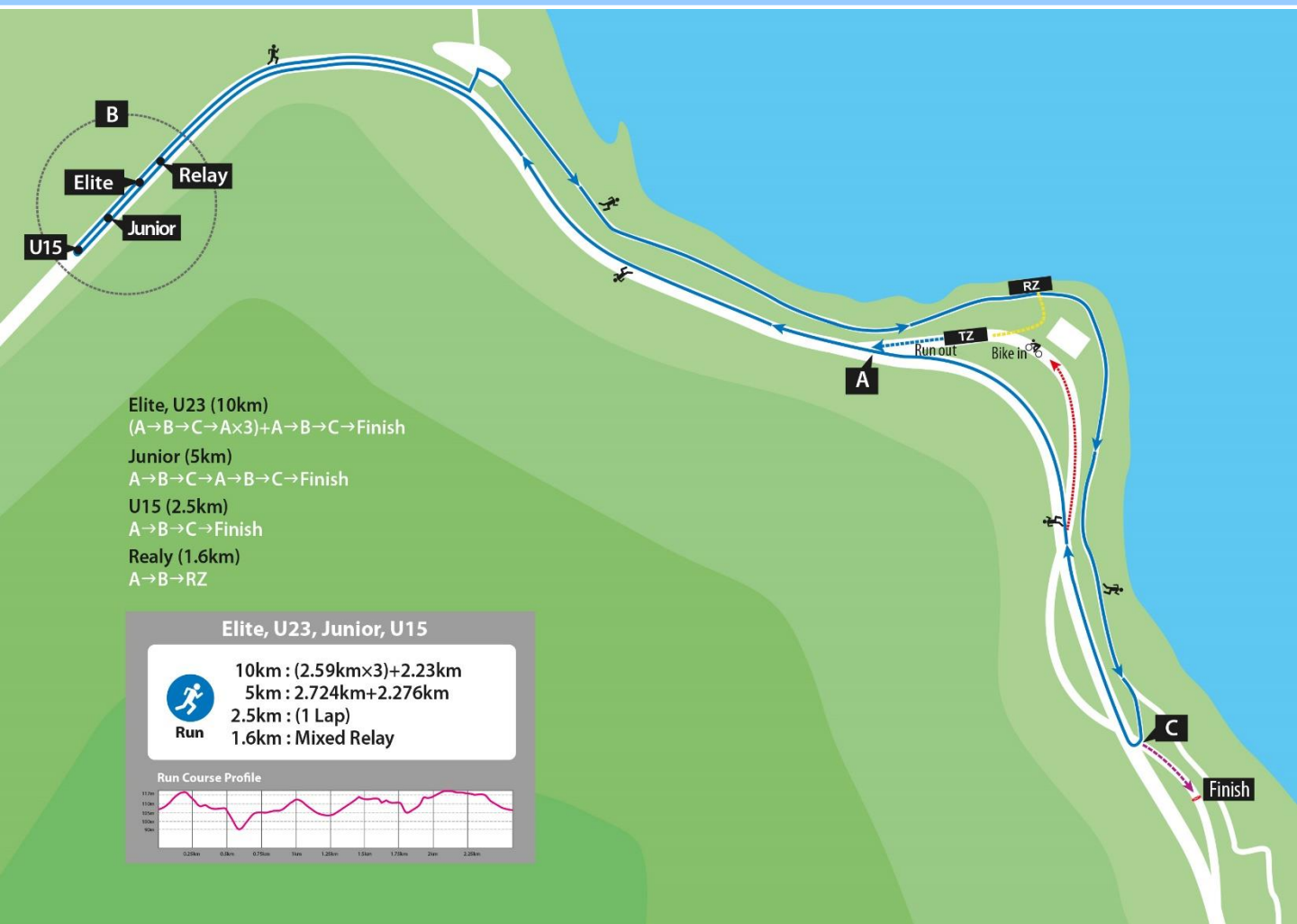




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BIKE COURSE Elevation

Elite / U23 / Junior / U15 / Run Course

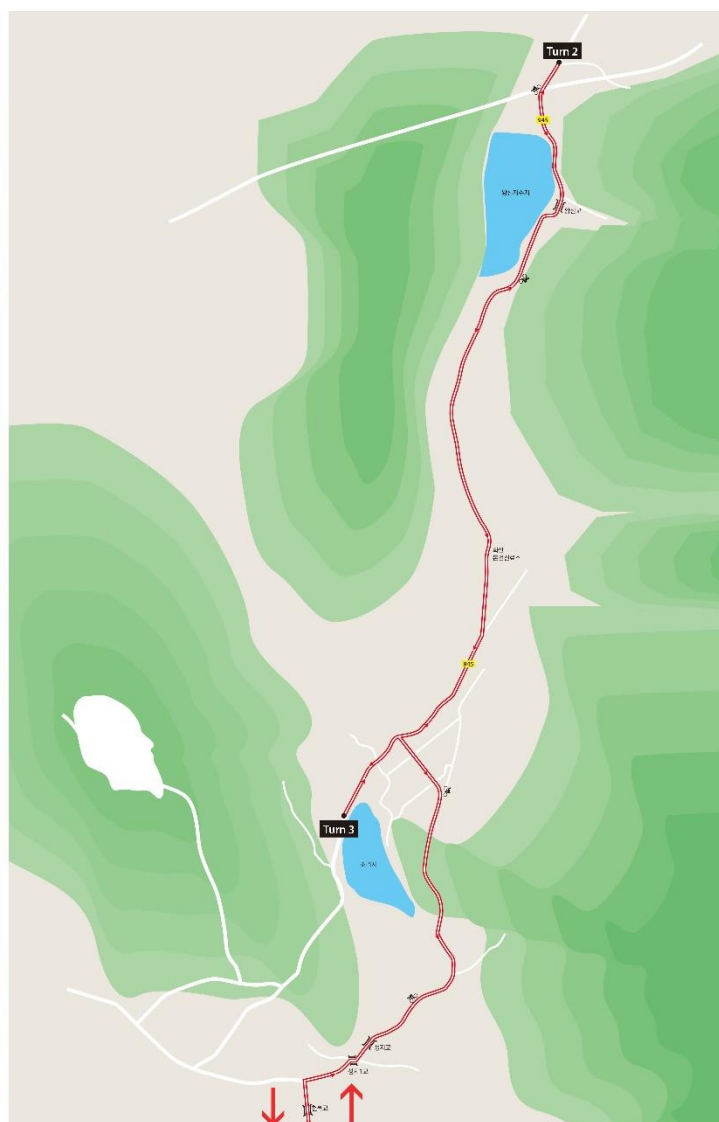
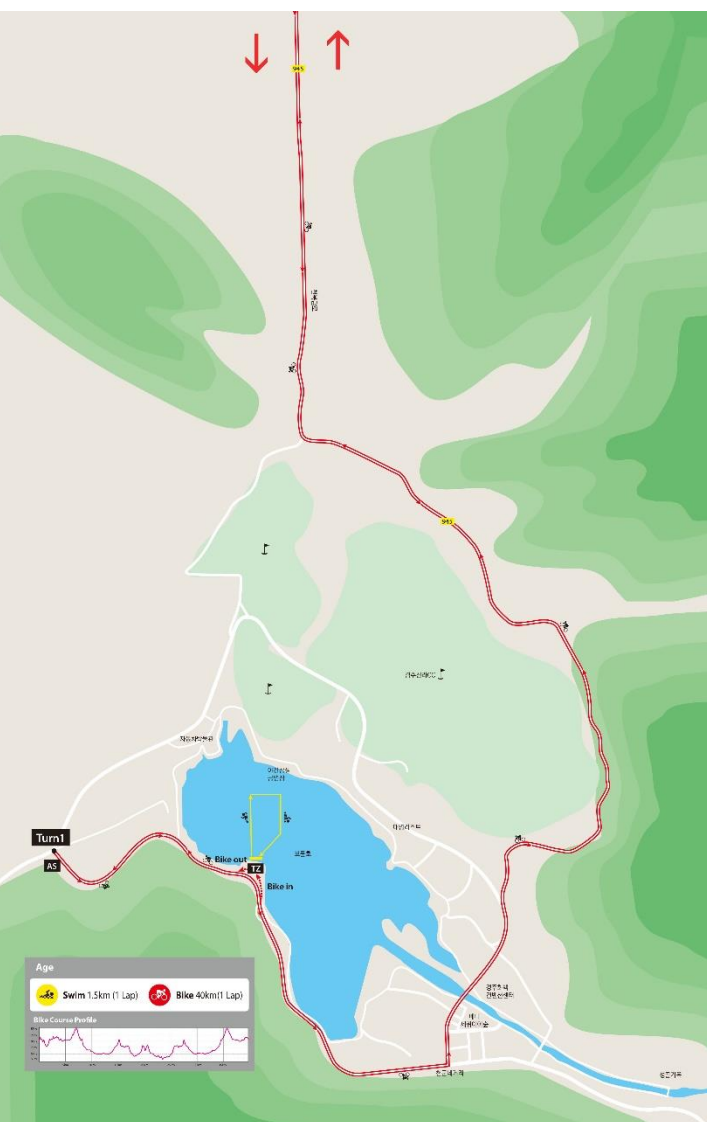




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COURSE

Age group Swim & Bike Course





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COURSE

Age group Run Course



Congress meeting

The congress meeting will be held at Comodo Hotel on Wednesday 19th before the opening ceremony.

Opening Ceremony

The opening ceremony will be held at Hilton Hotel on Wednesday 19th of June commencing at night. The opening ceremony will set the tone of the days to follow and create a highly memorable atmosphere. The ceremony will include a performance, speeches and other entertainment.

Awards ceremony

The Youth, junior, U23 and Elite awards will be presented at 18:30 on Saturday 22nd of June 2019

The age group awards will be presented at 12:00 on Sunday at the race venue. The senior ASTC representatives will be invited, together with other dignitaries, to make presentations and to congratulate all participants

