

Tongyeong triathlon

ITU World Cup

OFFICIAL GUIDE
FOR ELITE ATHLETES October 28-29, 2017



GENERAL INFORMATION	P1-2
Introduction	P1
Key Dates	P1
Key Contact	P1
Contact Details	P2
TV Live Coverage	P2
VENUE	P2-3
Venue	P2
Elite Athletes Lounge	P2
Doping Control	P2
Medical Service	P2
Bike Mechanic Service	P3
Information Center / LOC Office	P3
Security	P3
ACCOMODATION, TRANSPORTATION	P4
Accommodation, Transportation	P4
Post Office, Bank	P4
TRAINING	P4-5
Swimming Pool	P4
Bike Training	P5
Run Training	P5
COURSE FAMILIARIZATION	P6
Swim	P6
Bike / Run	P6
COMPETITION INFORMATION	P7
Competition Schedule / Elite	P7
INFORMATION ABOUT THE FOP	P8-11
Start	P8
Swim Course	P8
Bike Course	P8
Wheel Stations / Penalty Box	P8
Run Course	P8
Aid Stations	P8
Weather Conditions	P8
Results	P9
Protest & Appeals	P9
Course Map & Facilities layout	P10-11

GENERAL INFORMATION

INTRODUCTION

The purpose of the Athletes and Team Officials Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning 2017 Tongyeong Triathlon World Cup.

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 Athletes Briefing	Thursday, October 26, 18:00 / Marina Resort, Sports Center 1F
Bike Familiarization	Friday, October 27, 13:00 / Bike Course
Swim Familiarization	Friday, October 27, 14:00 / Swim Course
Elite Women Competition	Saturday, October 28, 09:30
Elite Men Competition	Saturday, October 28, 11:24

KEY CONTACTS

ITU Team Leader	Ms. Melody Tan	melody@quickrelease.com.my Telephone: +60 1223 81154
ITU Technical Delegate	Mr. Omar Abu Bakar	omar@triathlonsingapore.org
ITU Medical Delegate	Dr. Shim, Sangdon	gomhyung@gmail.com Mobile: +82 10 3627 7852
LOC Office Coordinator	LOC office Mr. Ki, Wookyong	tri@triathlon.or.kr Telephone: +82-10-2617-1223
Transportation and accommodation	Mr. Hwang Sunghwan	myprice83@naver.com Mobile: +82 10 6428 5844

Korea Triathlon Federation

Room 502, Olympic Center, 424, Olympic-ro, Songpa-gu, Seoul

Telephone: +82-2-3431-6798

FAX: +82-2-3431-9437

E-mail: tri@triathlon.or.kr

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

TV COVERAGE

Edited TV show: Women and Men / MBC TBD Only Elite

VENUE

VENUE

The venue is Triathlon square in Tongyeong Donam-dong, featuring an scenic view of 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 and fruit 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 ITU/WADA rules.

The venue is located near finish area.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on October 22th 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 transfer to hospital. A medical tent will be provided on site near the finish area.

Possible medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

Massage and Treatment

On race day massage service will be provided for athletes

BIKE MECHANIC SERVICE

"Bike MCS" will offer a comprehensive bike mechanic support from October 20th to 22nd and is also available in case of emergency.

Stanford Hotel & Resort

Thursday 26 October 13:00-17:00

Friday 27 October 13:00-17:00

In the athletes lounge

Saturday 28 October 6:30-11:00

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

Mobile Phone: 010 4058 6242

INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Stanford Hotel & Resort(B1). It takes 5min from the swim start. The office is open daily from Tuesday, October 24th until Sunday, October 29th, 2017. Athletes / teams should ensure that they have appropriate medical insurance.

LOC Contact : Ki, Wookyoung

tri@triathlon.or.kr

Mobile:+82-10-2617-1223

ITU Office : Stanford Hotel & Resort B1 Seminar Room

ITU Contact :

Opening Hours

Tuesday 24 October 13:00-20:00

Wednesday 25 October 9:00-20:00

Thursday 26 October 9:00-20:00

Friday 27 October 9:00-17:00

Saturday 28 October 7:00-20:00

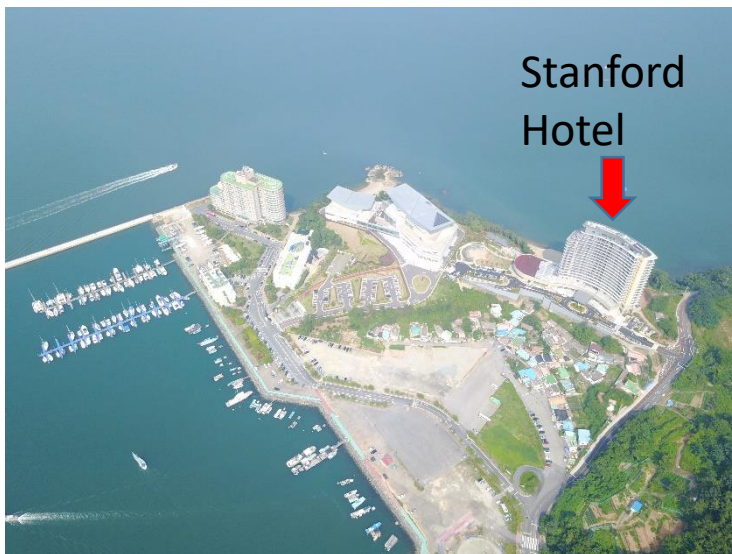
Sunday 29 October 7:00-20:00

Information and transfer desk will also be located at the official hotel, Stanford Hotel & Resort. It is open daily from Wednesday 25 October until Sunday 29 October. 09:00-17:30.

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 a certified traffic management company will manage the road closures and the traffic around the course.

ACCOMODATION, TRANSPORTATION



Stanford Hotel & Resort is located 200m from the swim start.

The LOC will provide free transportation for the elite athletes and their team officials from the airport – hotel – airport.

Room Rate : Twin & single(without breakfast) :

Weekday: 126,000Won/113 USD

Weekend:: 144,000Won/ 129 USD

For quadruple room and other room type , please refer to Price table

Contact

Mr. Hwang Seonghwan

Email: myprice83@naver.com

Mobile: +82 10 6428 5844

POST OFFICE, BANK

POST OFFICE

The nearest post office is “Donam-dong Post Office”.

399-3 Donam-no, Tongyeong city, Gyeongnam province

Telephone: +82-55-648-1201~3

Opening Hours: 09:00 – 18:00

BANK

The nearest bank is “Donam Saemaeul BANK”.

399-1 Donam-no, Tongyeong city, Gyeongnam province

Telephone: +82-55-641-3215

Opening Hours: 9:00-15:00

TRAINING

SWIMMING POOL

Date

25, 26, 27 October , 2017 from 14:00 to 20:00

Training Venue

Tongyeong Indoor Swimming Pool

29 Nammangwon-gil Tongyeong city, Gyeongnam province

Tel: + 82-55-641-2200

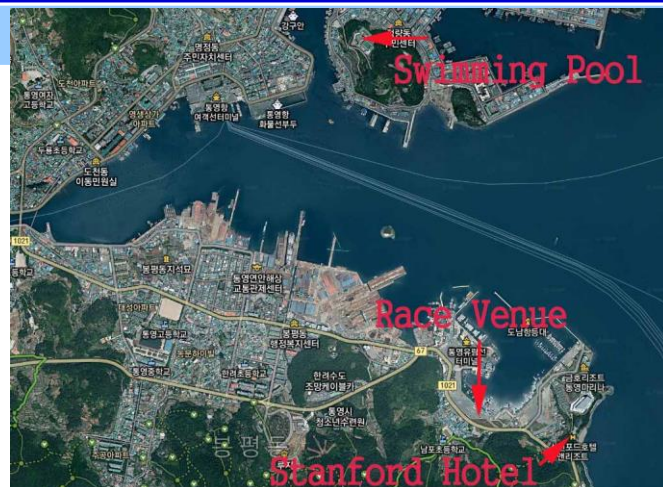
Distance from Hotel to Swimming Pool 6.3km

(Taxi Fare about 6,000Won = USD 6, one way)

Pool

The pool is 50m with 8 lanes.

Free of charge.



BIKE TRAINING

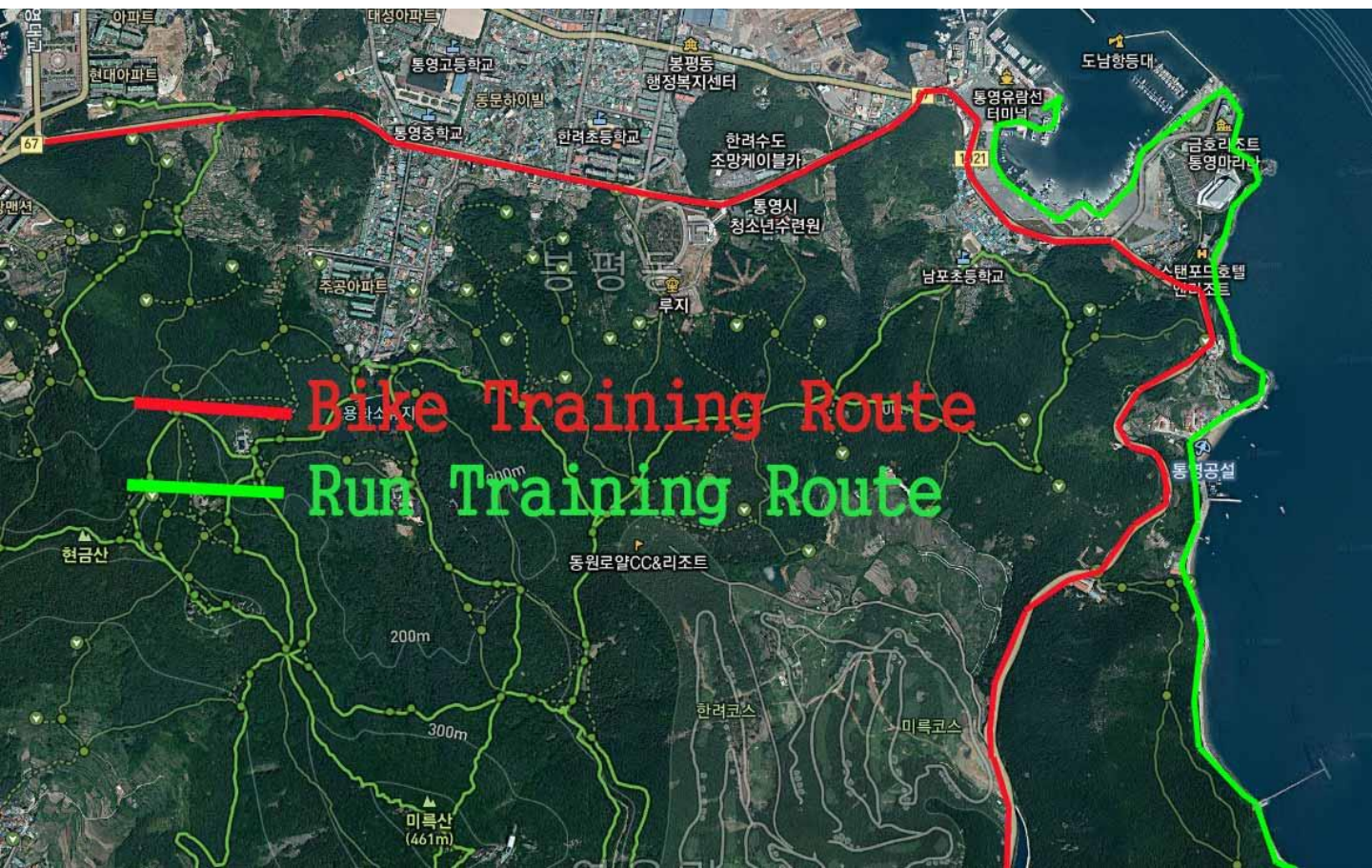
The area around venue is light traffic except rush hours.
Please note: It is forbidden to ride bikes with high speed except bike course familiarization and race.

THE MAIN RULES FOR SAFE BICYCLE RIDING

- Keep traffic rules & etiquette on roads.
- Keep right on the road / Take special care to look out for vehicles making a right turn.
- Carry the principle of people first / Proceed slowly along the side facing the road.
- Stop and check in all directions before crossing.

RUN TRAINING

Race Venue and Ocean side road are good for running.



COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, October 27 from 14:00 to 15:00. The location will be the same as the start of the race.

Please note: It is forbidden to swim in the harbor outside this time.

BIKE/RUN

You will be able to familiarize yourself with the bike course on Friday, October 27 at 13:00 – 14:00. Athletes gather in front of Transition Area. **Only Elite Athletes.**

Please note: The official race course is otherwise not open for training before the races.



EVENT SCHEDULE / ELITE

Time/Date	Event	Venue
Tue. 24 October		
13:00 - 20:00	LOC Office	Marine Sports Center 3F
Wed. 25 October		
9:00 - 20:00	LOC Office	Marine Sports Center 3F
14:00 - 21:00	Swim Training	Tongyeong Indoor Swimming Pool
Thu. 26 October		
9:00 - 20:00	LOC Office	Marine Sports Center 3F
13:00 - 17:00	Mechanic Service	Marine Sports Center 1F
12:00 - 21:00	Swim Training	Tongyeong Indoor Swimming Pool
18:00 - 19:00	Race Briefing and Registration	Marina Resort Sports Center 1F
19:00 - 20:30	Welcome Party	Marina Resort Sports Center 1F
Fri. 27 October		
9:00 - 20:00	LOC Office	Marine Sports Center 3F
13:00 - 17:00	Mechanic Service	Marine Sports Center 1F
13:00 - 14:00	Elite Bike course Familiarization	Bike Course
14:00 - 15:00	Elite Swim Course Familiarization	Swim Course
Sat. 28 October		
9:00 - 20:00	LOC Office	Marine Sports Center 3F
9:30 - 11:00	Mechanic Service	Athlete Lounge
7:30 - 9:00	Elite Women Athlete Lounge Check-in	Athlete Lounge
8:45 - 9:15	Elite Women Swim Course Warm-up	Swim Course
8:10 - 9:15	Elite Women Transition Check-in	Transition Area
9:30	Elite Women Race	Race Course
09:45 - 11:15	Elite Men Athlete Lounge Check-in	Athlete Lounge
11:00 - 11:30	Elite Men Swim Course Warm-up	Swim Course
10:30 - 11:30	Elite Men Transition Check-in	Transition Area
11:45	Elite Men Race	Race Course
13:10 - 13:15	Elite Men Medal Ceremony	Podium

SWIM COURSE

Elite

There is one lap to swim. The first turn is after 330m. You will exit the ramp of the start pontoon.
The water temperature in the middle of October can be expected to be approximately 20°C to 22°C.
Wetsuit may be used depending low air temperature in the morning.

BIKE COURSE

Elite

Generally hilly. There are 3 laps of 6.66km to ride. 3 laps of 6.66km with 2 big hills(13%, 15%) hilly, fast. 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

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

AID STATIONS

Elite

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

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

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 October 20th 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.





Venue Facilities Layout

