



World Triathlon  
Cup  
TONGYEONG  
2023

**2XU**

**2023**

**WORLD TRIATHLON CUP  
TONGYEONG  
ATHLETE GUIDE**





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- Accommodation & Transport
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- Swim
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# ATHLETE GUIDE

## 1. GENERAL INFORMATION

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- Prize Money Distribution



# GENERAL INFORMATION

## • EVENT INFORMATION

Event	2023 World Triathlon Cup Tongyeong
Date	Thu, Oct 19, 2023 ~ Sun, Oct 22, 2023
Location	Tongyeong, South Korea
Category	<ul style="list-style-type: none"><li>• Elite Sprint(swim 750m, bike 20km, run 5km)</li><li>• Age Group Standard(swim 1500m, bike 40km, run 10km)</li></ul>
Schedule	19 <sup>th</sup> OCT – 4:45 PM Registration 5:15 PM Race Briefing 20 <sup>th</sup> OCT – 1:00 PM Bike Familiarization 1:30 PM Swim Familiarization 21 <sup>st</sup> OCT – 8:00 AM Elite Women Race Start 10:30 AM Elite Men Race Start
Host	Tongyeong, Korea Triathlon Federation
Participants	<ul style="list-style-type: none"><li>• Elite Men 65, Elite Women 65</li><li>• Age Group 1,500</li></ul>

## • CONTACT

Team Leader	Melody Tan(MAS)	<a href="mailto:melody@quickrelease.com.my">melody@quickrelease.com.my</a>
Technical Delegate	Olga Blokhina(UZB)	<a href="mailto:lilac222@gmail.com">lilac222@gmail.com</a> +998 90 9283807
Assistant Technical Delegate	James Lim	<a href="mailto:marine573@hanmail.net">marine573@hanmail.net</a>
Race Director	John Kim	<a href="mailto:johnkim@traithlon.or.kr">johnkim@traithlon.or.kr</a>
Local Organizing Committee	Mok Lee Yen Son	<a href="mailto:mok.lee@triathlon.or.kr">mok.lee@triathlon.or.kr</a> +82-10-8545-2291 <a href="mailto:yen.son@triathlon.or.kr">yen.son@triathlon.or.kr</a> +82-10-7144-4068
Travel Agency	David Hwang	<a href="mailto:mtnet92@naver.com">mtnet92@naver.com</a>



# GENERAL INFORMATION

## • WEATHER

Sunrise/sunset on race-day is at 06h 36 and 17h 54 respectively.

Data for October 21st for the past 4 years are:

Year	Max	Min	Precipitation
2022	24.1 °C	15.3 °C	-
2021	17 °C	11.2 °C	-
2020	20 °C	14.3 °C	16.4mm
2019	23.6 °C	14.4 °C	-

## • VISA

### K-ETA(Electronic Travel Authorization)

Athletes from nations of 112 countries/regions must get K-ETA in order to travel Korea.

The list of countries is subjected to change.

Travelers are reminded to check the K-ETA website regularly for updates.

- How to apply for K-ETA for nationals of 112 K-ETA eligible countries
- Nationals of 112 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://www.k-eta.go.kr/portal/apply/index.do?locale=EN>

### ALL THE OTHER COUNTRIES

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

Please contact the nearest Korean Embassy and clarify required documents for getting a VISA.

If documents from Korea Triathlon Federation (Invitation letter or other documents) are required,

please contact [yen.son@triathlon.or.kr](mailto:yen.son@triathlon.or.kr) [mok.lee@triathlon.or.kr](mailto:mok.lee@triathlon.or.kr)



# GENERAL INFORMATION

## • ACCOMMODATION

### OFFICIAL HOTEL

### STANFORD HOTEL & RESORT TONGYEONG

- Address  
347, Donam-ro, Tongyeong, South Gyeongnam Province, Republic of Korea
- Website  
<http://www.stanfordtongyeong.com/>
- Bicycles are allowed in hotel rooms.

Type	Rate Per Night(1 person)
Double	USD 160
Twin	USD 110
Breakfast	USD 25

### ※ Reservation & Inquiry

Travel Agency - [mtnet92@naver.com](mailto:mtnet92@naver.com)

## • AIRPORT SHUTTLE

### Free Transfer Only from Gimhae (Busan) Airport To Official Hotel

If you need to arrange a transportation from Incheon Airport, we can help with the booking for the additional coast

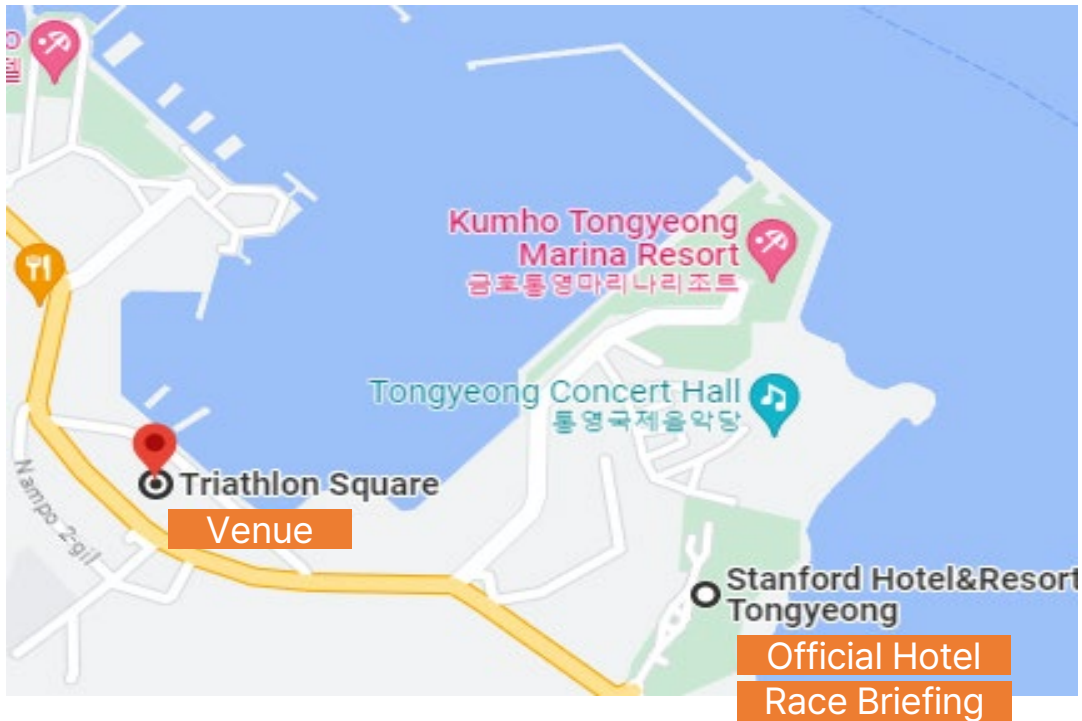
### ※ Reservation & Inquiry

Travel Agency - [mtnet92@naver.com](mailto:mtnet92@naver.com)



# GENERAL INFORMATION

## • LOCATION



OFFICIAL HOTEL <-> VENUE : 630m

OFFICIAL HOTEL <-> SWIMMING POOL: 8km (Shuttle Service)

## • WATER QUALITY

The water quality tests meet World Triathlon standards

Water collection date – Aug 21

Enterococci	
Sample point	MPN/100mL
Location -A	<1
Location -B	<1
Location -C	<1
limit	<100

PH	
Sample point	
Location -A	8.2
Location -B	8.3
Location -C	8.3
PH limit	6-9

E.Coli	
Sample point	MPN/100mL
Location -A	41
Location -B	63
Location -C	63
E.Coli limit	<250



# GENERAL INFORMATION

## • ACCREDITATION

LOC will provide all Athletes, Coaches, Team Medical and Technical Officials with an official accreditation card according to the World Triathlon Event Organizers Manual.

- Accreditation cards/wristbands will be handed out during the registration.
- Only accredited people will be allowed to access certain areas at the venue.
- Accreditation cards/wristbands are number coded and provide access to specific areas of the competition areas.

## • PRIZE MONEY DISTRIBUTION

Rank	Men	Women
1st	7,500 USD	7,500 USD
2nd	6,000 USD	6,000 USD
3rd	4,500 USD	4,500 USD
4th	3,000 USD	3,000 USD
5th	2,100 USD	2,100 USD
6th	1,800 USD	1,800 USD
7th	1,500 USD	1,500 USD
8th	900 USD	900 USD
9th	675 USD	675 USD
10th	525 USD	525 USD
11th	450 USD	450 USD
12th	375 USD	375 USD
13th	300 USD	300 USD
14th	225 USD	225 USD
15th	150 USD	150 USD





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## 2. VENUE

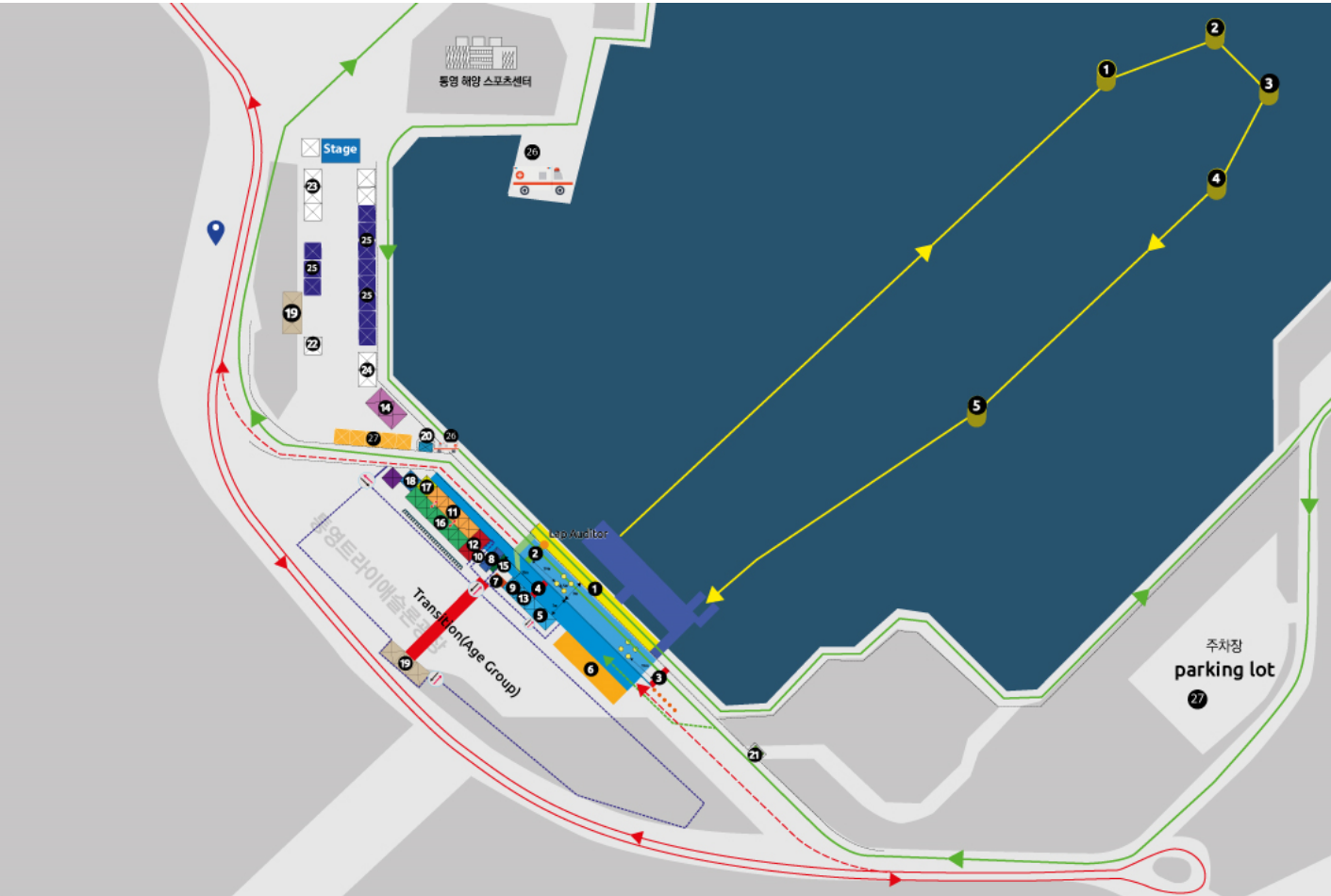
- Race Venue
- Course Familiarization
- Doping Control/Timing
- Wheel Station





# VENUE

## • RACE VENUE



1. Coaches Area	6. Grnad Stand	11. Recovery	16. Athletes Lounge	21. Penalty	26. Ambulance(구급차)
2. Mount	7. Mixed Zone	12. Medical	17. Storage Area	22. 서약서 작성(Waiver)	27. Venue Control Centre
3. Dismount	8. HQ	13. Media	18. Doping	23. 등록(Registration / Age)	28. Parking Lot
4. Finish	9. Timing	14. TO Lounge	19. Toilet(Elite)	24. 검차(Bike Inspection) / Age	
5. VIP	10. Coaches Area	15. Photo Stand	20. Wheel Station	25. Expo	

## • FAMILIARIZATION

### • BIKE

- FRI, OCT 20, 2023
- 13:00 – 13:30
- Location: Transition

### • SWIM

- FRI, OCT 20, 2023
- 13:30 – 14:30
- Location: Swim start



# VENUE

## • DOPING CONTROL

- Anti-doping Control will be performed according to the World Triathlon/ WADA rules.
- The location of the in-competition test is on the venue

## • TIMING

- Athletes will pick up the timing chips before the competitions, during their check-in procedure.

## • WHEEL STATION(2)

### • Team Wheel Station

- No neutral wheels
- Provide your wheels to the designated wheel station during transition check-in on the race day
- Pick up your wheels immediately after your race

### • Neutral Wheel Station

- 2 x 700c Front wheels, rim brake
- 2 x 700c Front Wheels, 160mm rotor disc brake
- 2 x 700c Front Wheels, 140mm rotor disc brake
- 2 x 700c Rear wheels with 11 speed cassette, rim brake
- 1 x 700c Rear wheels with 11 speed cassette 140mm rotor disc brake
- 1 x 700c Rear wheels with 11 speed cassette 160mm rotor disc brake
- 1 x 700c Rear wheels with 12 speed cassette 140mm rotor disc brake
- 1 x 700c Rear wheels with 12 speed cassette 160mm rotor disc brake



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# ATHLETE GUIDE

## 3. ATHLETE SERVICE

- Training
- Medical Service
- Bike Mechanic Service
- LOC office





# ATHLETE SERVICE

## • TRAINING

### • SWIM

You should book your slot in advance.

Reservation link: <https://forms.gle/a5mzG7Z6jC7mzDUJ9>

Allocation Status: [https://docs.google.com/spreadsheets/d/1-o70LPs-s6i7oWLYcATEIEG\\_QEEfgcae\\_GRUpyF\\_7tU/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1-o70LPs-s6i7oWLYcATEIEG_QEEfgcae_GRUpyF_7tU/edit?usp=sharing)

	TUE	WED	THU	FRI
LOCA -TION	Tongyeong Swimming Pool	Tongyeong Swimming Pool	Sanyang Sports Park	Sanyang Sports Park
	25m*2 lanes	25m*2 lanes	25m*5lanes	25m*5lanes
TIME	09:00~12:00/14:00~18:00			

\*Please aware there are two different pool

#### -Tongyeong Swimming Pool

8km from the standford hotel, **Not allow to cycle to the Tongyeong Swimming Pool**

<https://goo.gl/maps/CXPyPUKqDDWJwNMv6>

#### -Sanyang Sports Park

8km from the standford hotel, you can cycle at your own risk.

<https://goo.gl/maps/1mFRnr2M3HtSYqEh7>

### • Swim Training Shuttle Service

Standford Hotel Depart: 08:20, 09:20, 10:20, 13:20, 14:20, 15:20, 16:20,

Swimming Pool Depart: 10:20, 11:20, 12:20, 15:20, 16:20, 17:20, 18:20



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# ATHLETE SERVICE

- TRAINING

- Bike & Run

You are cycling at your own risk and traffic rules are to be followed.

There is a good path for running near the shore and the official hotel.

Track – Open to public

77-2 Buksin-dong, Tongyeong-si, Gyeongsangnam-do

<https://goo.gl/maps/nbyTY2jv6PptY9gK9>



# ATHLETE SERVICE

## • MEDICAL SERVICE

First Aid, Ambulance, Medical Emergency Service available during familiarization and the race.

Medical Tent on the race day: At the Finish Area

Medical and Paramedical personnel will be available throughout the race.

Several ambulances will be available to provide emergency transfers to nearby hospitals.

## • BIKE MECHANIC SERVICE

DATE	OPENING HOUR	LOCATION
WED, 18 ~ FRI, 20	10:00~12:00 / 13:00~16:00	HOTEL 1F OUTSIDE
SAT, 21	06:30~11:00	VENUE

## • LOC OFFICE

DATE	OPENING HOUR	LOCATION
TUE, 17 ~ FRI, 20	09:00~18:00	HOTEL B1F
SAT, 21	07:00~18:00	VENUE

## • INFORMATION DESK

- Location: Standford Hotel Lobby



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# ATHLETE GUIDE

## 4. COMPETITION SCHEDULE

- Event Schedule
- Race Briefing & Registration
- Protest & Appeals







# COMPETITION SCHEDULE

## • EVENT SCHEDULE

DATE	TIME	ACTIVITY	LOCATION
TUE, 17	09:00~18:00	LOC Office	Standford Hotel B1F
	09:00-18:00	Swim Training	Tongyeong Swimming Pool
WED, 18	09:00~18:00	LOC Office	Standford Hotel B1F
	09:00-18:00	Swim Training	Tongyeong Swimming Pool
	10:00~16:00	Mechanic Service	Standford Hotel 1F
THU, 19	09:00~18:00	LOC Office	Standford Hotel B1F
	09:00-18:00	Swim Training	Sanyang Sports Park
	10:00~16:00	Mechanic Service	Standford Hotel 1F
	16:45~17:15	Registration	Standford Hotel 1F
	17:15~17:45	Race briefing	
	17:45~18:00	Race Pack Pick Up	
	18:00~20:00	Opening Ceremony/Pasta Party	
FRI, 20	09:00~18:00	LOC Office	Standford Hotel B1F
	09:00-18:00	Swim Training	Sanyang Sports Park
	10:00~16:00	Mechanic Service	Standford Hotel 1F
	13:00~13:30	Bike Familiarization	Venue
	13:30~14:30	Swim Familiarization	
SAT, 21	06:30~11:00	Mechanic Service	Venue
	07:00~18:00	LOC Office	
	06:30~07:30	Elite Women Athlete Lounge Check In	
	07:00~07:45	Elite Women Transition Check In	
	07:00~07:45	Elite Women Swim Warm Up	
	07:50	Elite Women Athlete's Introduction	
	08:00	Elite Women Race	
	09:00~10:00	Elite Men Athlete Lounge Check In	
	09:30~10:15	Elite Men Transition	
	09:30~10:15	Elite Men Swim Warm Up	
	10:20	Elite Men Athlete's Introduction	
	10:30	Elite Men Race	
	11:45	Awards Ceremony	



# COMPETITION SCHEDULE

## • REGISTRATION & RACE BRIEFING

Date: Thu, 19, Oct 16:45~20:00

Location: Standford Hotel 1F, Grand Ballroom

DATE	TIME	ACTIVITY
THU, 19	16:45~17:15	Registration
	17:15~17:45	Race Briefing
	17:45~18:00	Race Pack Pick Up
	18:00~20:00	Opening Ceremony/Pasta Party



## • PROTEST & APPEAL

Standard procedure will be followed according to the World Triathlon Competition Rules



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# ATHLETE GUIDE

## 5. COURSE MAP

- Venue Map
- Swim
- Bike
- Run





# COURSE MAP

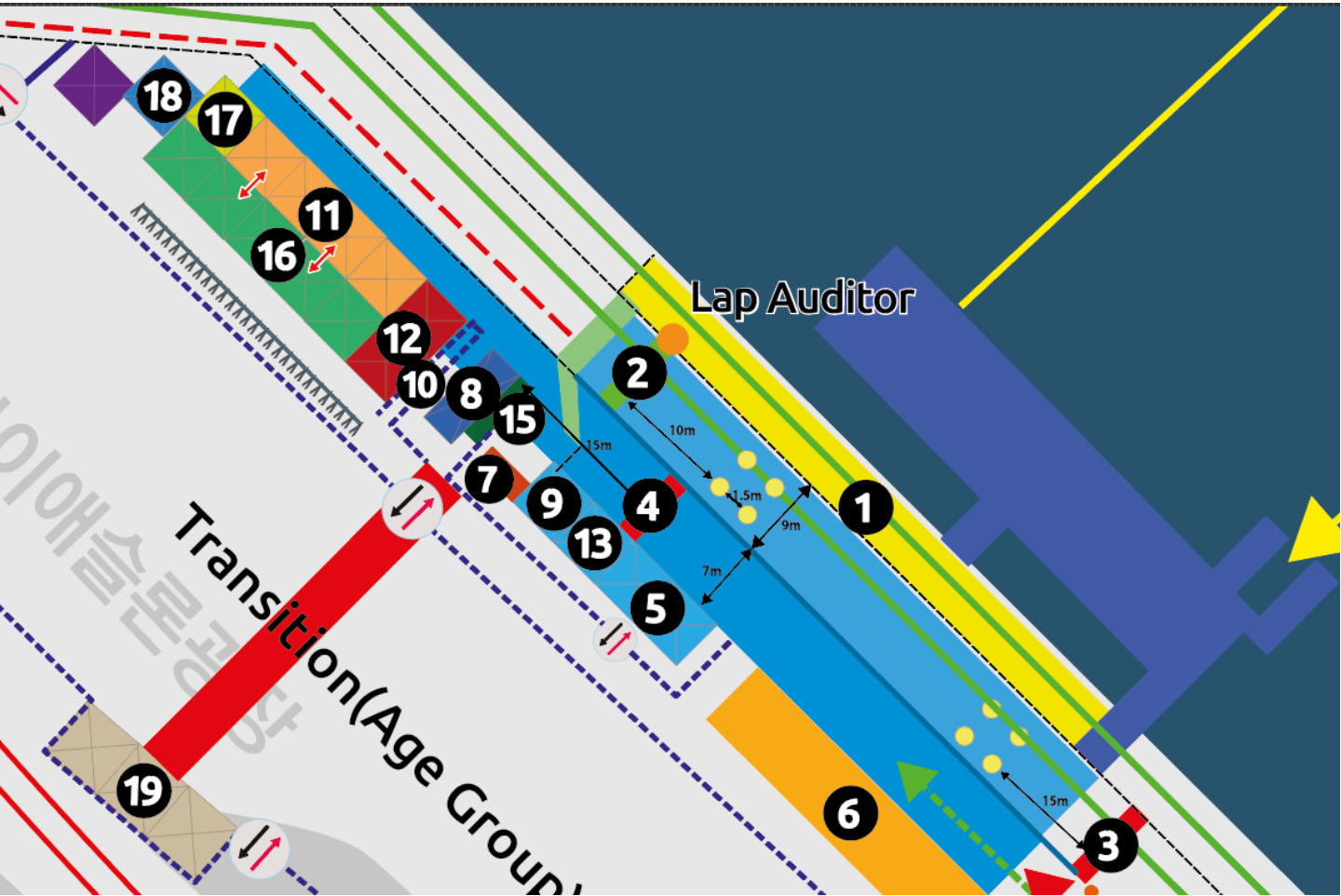
## • VENUE MAP



- |                 |                  |                 |                     |                               |                          |
|-----------------|------------------|-----------------|---------------------|-------------------------------|--------------------------|
| 1. Coaches Area | 6. Grand Stand   | 11. Recovery    | 16. Athletes Lounge | 21. Penalty                   | 26. Ambulance(구급차)       |
| 2. Mount        | 7. Mixed Zone    | 12. Medical     | 17. Storage Area    | 22. 서약서 작성(Waiver)            | 27. Venue Control Centre |
| 3. Dismount     | 8. HQ            | 13. Media       | 18. Doping          | 23. 등록(Registration / Age)    | 28. Parking Lot          |
| 4. Finish       | 9. Timing        | 14. TO Lounge   | 19. Toilet(Elite)   | 24. 검차(Bike Inspection) / Age |                          |
| 5. VIP          | 10. Coaches Area | 15. Photo Stand | 20. Wheel Station   | 25. Expo                      |                          |



# COURSE MAP

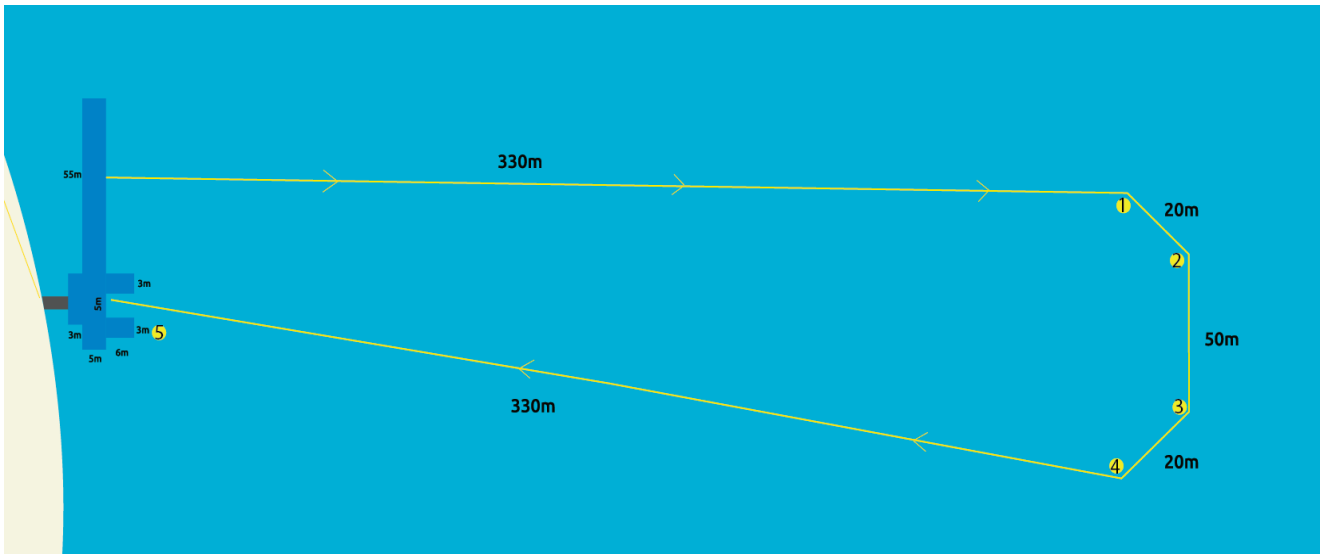


- |                 |                  |                 |                     |                               |                          |
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| 5. VIP          | 10. Coaches Area | 15. Photo Stand | 20. Wheel Station   | 25. Expo                      |                          |



# COURSE MAP

- SWIM



- 1 Lap, 750m clockwise
- Exit the ramp on the start pontoon
- Wetsuit may be used depending on water and air temperature 1 hour before the event



# COURSE MAP

## • BIKE & RUN



### BIKE

- 3 Laps of 6.6km
- Generally hilly and fast
- 2 big hills at 13% - 15% gradients
- 2 wheel station (p11)

### RUN

- 2 laps of 2.5km
- Generally flat with one 200m hill



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**Thank You**

