



ASIA TRIATHLON CUP
HONG KONG
香港三項鐵人亞洲盃 **2023**

Athletes Guide

(Update: 11 November 2023)



ASIA TRIATHLON CUP HONG KONG 2023

香港三項鐵人亞洲盃

GENERAL INFORMATION

Introduction

The purpose of the Athletes and Team Officials Guide is to ensure that all Elite Athletes and Team coaches/Leaders are well informed about all procedures concerning the 2023 Hong Kong Asia Triathlon Cup – Hong Kong.

Please keep in mind that this information may be changed and the final race information will be provided to the athletes and the team coaches at the athletes' briefing.

Key Dates

Thursday – 16 November 2023		
12:30	Swim Training: gather at the hotel lobby then cycle to the Hong Kong Sports Institute. It will take 10 minutes	Official Hotel
13:00 to 15:00	Swim Training (25m pool) – Only for Elite	Hong Kong Sports Institute
15:00	Cycle back to the Hotel	
Friday – 17 November 2023		
12:30	Swim Training: gather at the hotel lobby then cycle to the Hong Kong Sports Institute. It will take 10 minutes	12:30
13:00 to 15:00	Swim Training (25m pool) – Only for Elite	Hong Kong Sports Institute
15:00	Cycle back to the Hotel	
Saturday – 18 November 2023		
06:30	Bus leaves from Official Hotel to the venue	Official Hotel
07:30	Swim & Run Familiarization	Venue
09:00	Bike Familiarization (by Bus)	Venue
15:00	Athlete's Briefing	2/F Official Hotel
15:45	Bike check at 3/F	3/F Official Hotel
Sunday – 19 November 2023		
07:00	Official Bus leaves from the hotel to the venue	Official Hotel
08:00 to 09:00	Athletes' Lounge check-in (Elite Men and Elite Women)	Venue
08:30	Bike Course Familiarization (1 lap)	Venue



ASIA TRIATHLON CUP HONG KONG 2023

香港三項鐵人亞洲盃

08:30 to 09:15	Swim Warm Up (Elite Women)	Venue
08:30 to 09:15	Transition open (Elite Men and Elite Women)	Venue
09:20	Line up and Introduction	Venue
09:30	Female Elite Start	Venue
09:45-10:15	Swim Warm Up (Elite Men)	
10:30	Male Elite Start	Venue
11:45	Medal Ceremony (Elite Men and Elite Women)	Venue
12:30	Bus leaves from the venue to the hotel	Venue

Contact Details

Hong Kong Triathlon Association

Address: Room 1020 Olympic House, No 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Tel: 852-25048282 Fax: 852-25768253

Email: trihk@triathlon.com.hk

Website: www.triathlon.com.hk

Official Hotel Details

Courtyard Marriot Shatin

Address: No 1 On Ping Street Shek Mun

LOC contact person: Ms Chris Lo

Mobile No: 852 – 97826970

Airport Pick Up (only for the athlete who are stay at the official Hotel)

Meeting Point: Hong Kong International Airport – Arrival Hall B

LOC contact person: Mr Tony Sin

Mobile No: 852- 6719 8633





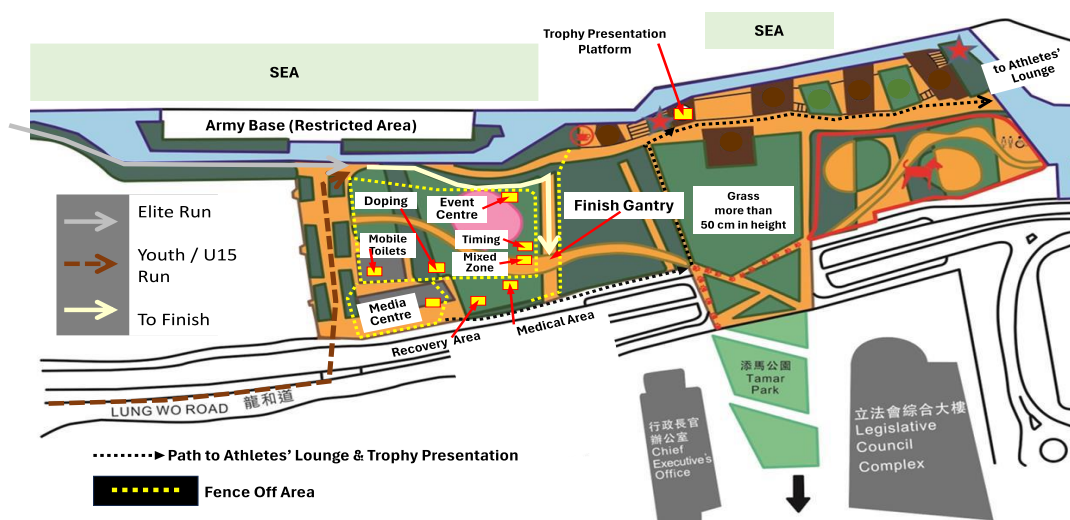
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EVENT INFORMATION

Swim: 750m (1 lap)
Bike: 21.12km (6 laps)
Run: 5km (1.5 laps → Finish)

VENUE

The venue is located at Lung Wo Road, Central. The swim will take place at outside of Wan Chai Waterfront Promenade Victoria Harbour



SWIM (750m)

Water temperature: 21-22 degrees

Wetsuit: 1 hour will confirm before the race start

Number of laps: 1 lap x 750m

Swim: The swim Course will be held outside of the Wan Chai Temporary Waterfront Promenade Landing Step. Athletes will swim one big loop in the anti-clockwise direction.

TRANSITION AREA

The Transition will be located outside of Lung Wo Road

BIKE (21.12km)

Number of laps: 6 laps x 3.52km

Bike: Transition Area → (A → B → C → A) x 6 times → Transition



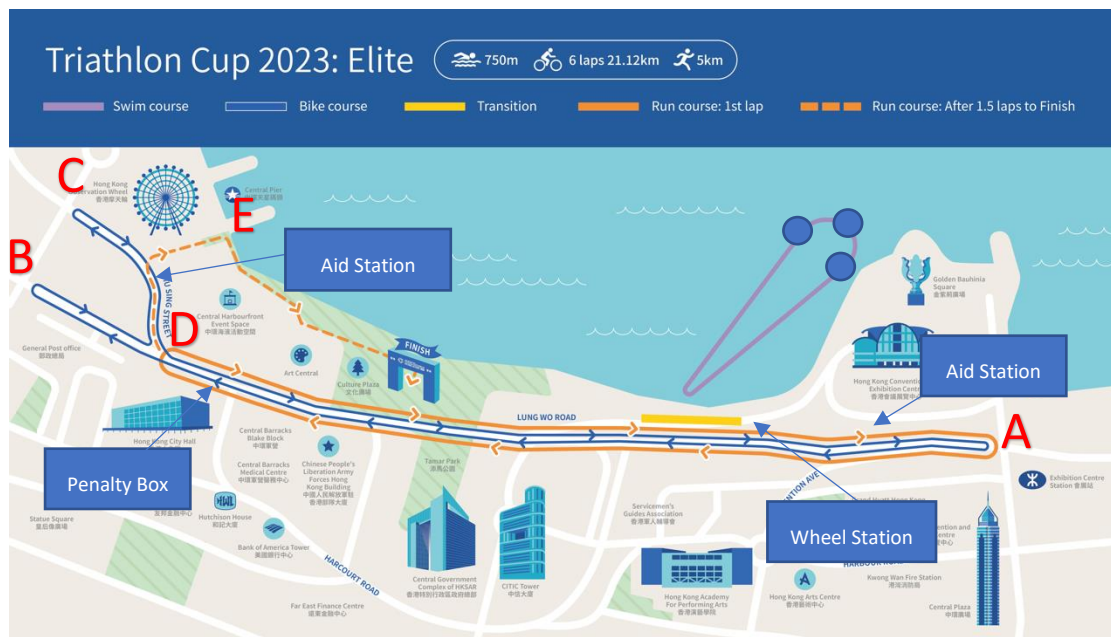
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RUN (5km)

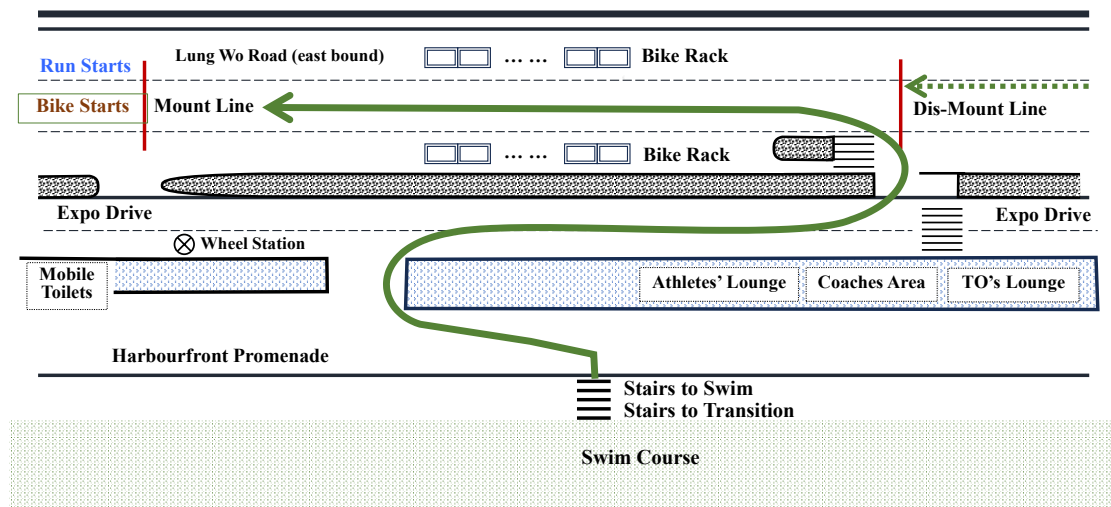
Number of laps: 1.5km laps → Finish

Run: Transition Area → A → D → A → D → E → Finish

Route Map



Transition Area for Asia Triathlon Cup 2023





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Training Facilities

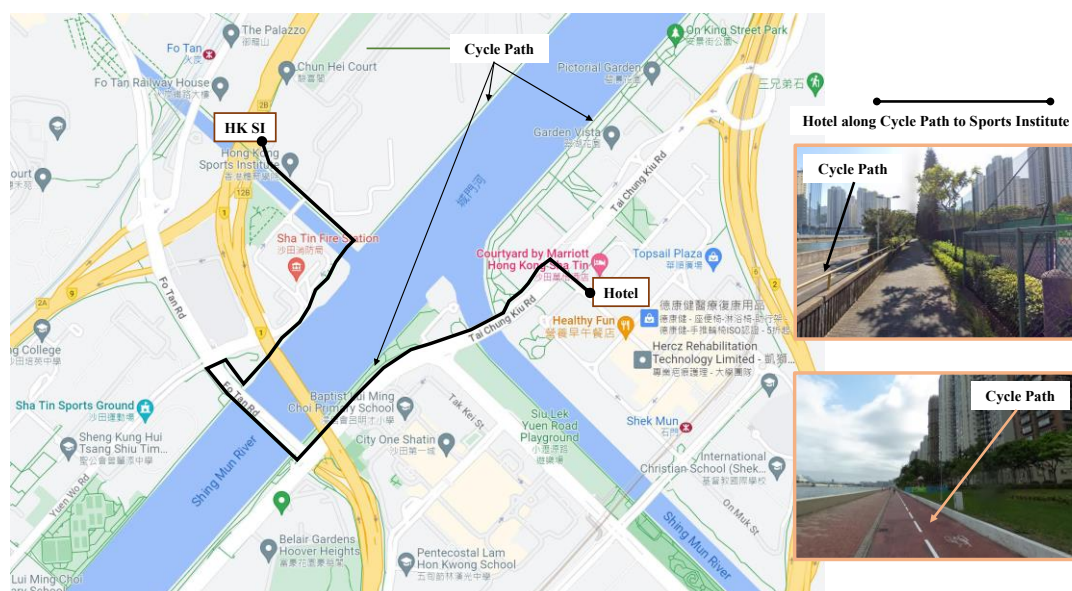
Swimming Training:

Date: 16 and 17 November 2023

Time: 13:00 to 15:00

Venue: Hong Kong Sports Institute (25m pool)

Remarks: We will have an official to take you cycling from the hotel to HKSI for swimming Training. Due to HKSI is a Hong Kong Elite Training Center, only World Triathlon listed athletes is allowed to access the center. Parents and guests are not allowed.



Bike and Run Training: You can cycle and running along Shing Mun River.

Familiarization

Swim Familiarization (07:30 - 08:30), meeting point : Swim start area

Run Familiarization (- 09:00) : You can run part of the road but not all as the road is not closed till Sunday early morning

Bike Familiarization (09:00 by Bus)