



ASIA TRIATHLON CUP
香港三項鐵人亞洲盃 · 亞洲三項鐵人少年錦標賽 | 香港
ASIA TRIATHLON YOUTH CHAMPIONSHIP
HONG KONG 2023

Athletes Guide

(Update: 11 November 2023)



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 Asia Triathlon Youth Championship 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 & Youth/U15	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	Official Hotel
13:00 to 15:00	Swim Training (25m pool) – Only for Elite & Youth/U15	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
16:00	Athlete's Briefing	2/F Official Hotel
16:45	Bike check at 3/F	3/F Official Hotel
Sunday – 19 November 2023		
04:30	Official Bus leaves from the hotel to the venue	Official Hotel
05:30 to 06:30	Athletes' Lounge check-in (Youth/U15 Male & Female)	Venue
06:00	Bike Course Familiarization (1 lap)	Venue
06:00 to 06:45	Transition Open (Youth/U15 Male & Female)	Venue
06:00 to 06:45	Swim Warm Up (Youth/U15 Female)	Venue
06:50	Line up and Introduction	Venue
07:00	Youth/15 Women Race Start	Venue



07:10 to 07:30	Swim Warm Up (Youth/U15 Male)	
07:45	Youth/15 Men Race Start	Venue
11:45	Prize Ceremony (Youth/U15 Male & Female)	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





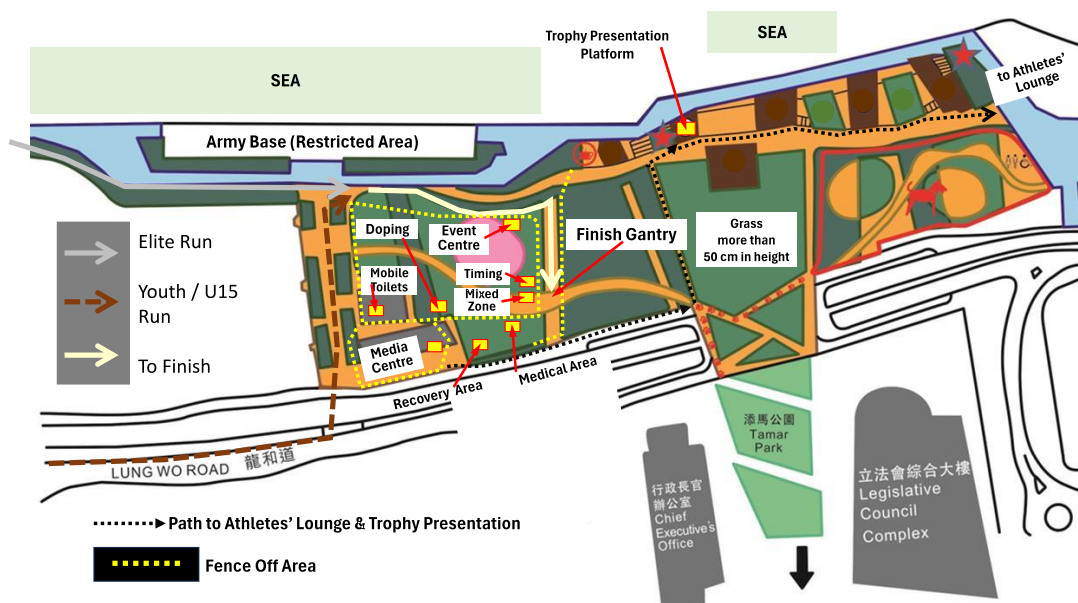
EVENT INFORMATION

Swim: 375m (1 lap)
Bike: 10.56km (3 laps)
Run: 2.5km (1 lap → 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

Venue Map



SWIM (375m)

Water temperature: 21-22 degrees

Wetsuit: 1 hour will confirm before the race start

Number of laps: 1 lap x 375m

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 (10.56km)

Number of laps: 3 laps x 3.52km

Bike: Transition Area → (A → B → C → A) x 3 times → Transition



RUN (2.5km)

Number of laps: 1 lap → Finish

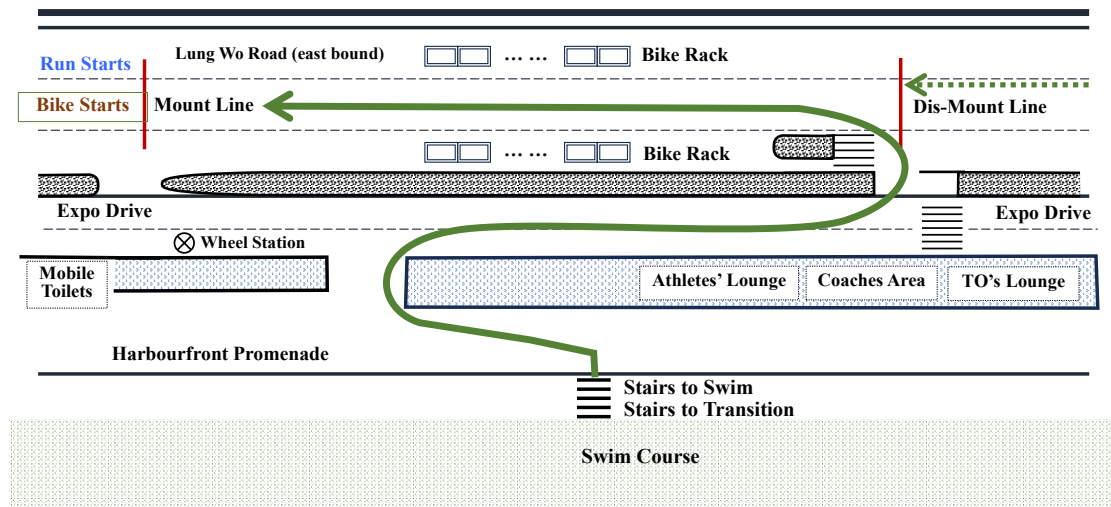
Run: Transition Area → A → D → Finish

Race Route



Transition Map

Transition Area for Asia Triathlon Cup 2023





Training Facilities

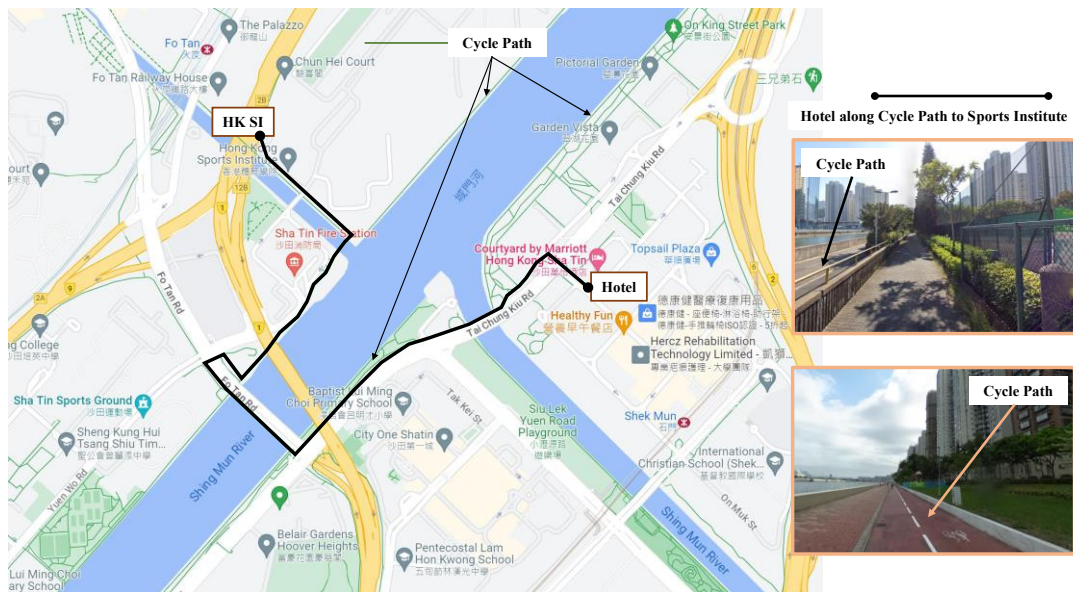
Swimming Training:

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)