



RACE INFORMATION

Name of Event : 2004 Seorak ITU Asian Continental Cup Triathlon
(Korea/Japan Friendship Triathlon)

Race Date : Sunday, 27 June, 2004

Venue : Cheongcho Resort, SokCho City, Kangwon province, Korea

Hosts : Korea Triathlon Federation and SokCho City

Sanctioned by ITU & ASTC

Supported by Korea Sports Council, Korea National Tourism Organization

Distance : Olympic distance, Sprint Distance(Junior)

Course:

Swim: ocean 2 laps

Bike : flat, 5 laps, drafting is legal

Run: flat 2 laps

Location

Sokcho city is located in east coast of Korea Peninsular, 290km east of Seoul; 50minutes from Seoul by domestic flight, 3 hours by car.

Weather

Temperature - Average 21.3 Celsius (High 24.0 Low 19.1)

Water Temperature - 17 18.8 Celsius

Humidity - Average 90%

Note: wet suit use highly recommended

ELIGIBILITY

All participants must be over 15 years old on the competition day

Entry must be via participant's national federation.

Categories of Competition

Elite	Age	
Elite Men	Men 16 to 19yr	Women under 40yr
Elite Women	Men 20 to 29yr	Women over 40yr
23 Under Men	Men 30 to 39yr	
23 Under Wome	Men 40 to 49yr	
	Men 50 to 59yr	
	Men 60 to 69yr	
Junior Men	All men over 70yr	
Junior Women		

Prize and Awards (Total Prize Money US\$ 30,000)

Prize money for top 10 finishers over all according to ITU Prize money distribution rule

For men within 5% of 1st finisher's record, For women 8% of 1st finisher's record

Elite: Certificate, Trophy for top 10 finishers

Junior Elite: Certificate, Trophy for top 3 finishers

Age groups: Certificate , Trophy for top 3 finishers

Entry Fee

US\$50 will be charged for all participants. Entry fee is inclusive of the expense of participant benefits, welcome dinner, and farewell banquet.

Insurance

Insurance covering competition day will be at the organizer's expense.

Entry

Deadline: 11 June 2001

Note: No entry will not be accepted after above date.

All participants are asked to fill in their best performances in the entry form.

Race-week Program

June		Arrival of athletes and officials (Inchon airport – Kimpo airport - Kangnung airport – Kumho Resort)
	15:00 - 17:00	Race briefing and course inspection for overseas athletes
June 26	10:00 - 11:30	
	13:00 - 15:00	Registration and race packet pick-up
	15:00 - 17:00	Swim start (Junior)
	19:00 - 21:00	Race briefing and course inspection Opening ceremony and welcome dinner
June 27	07:30 - 08:00	
	08:00 - 08:20	Transport to race site from the triathlon village
	08:20 - 08:30	Registration at race site/body number
	08:30	Warm-up
	09:00	Swim start (Elite, Junior Women)
	09:30	Swim start (Elite, Junior Men)
	13:00	Swim start (Age group) Awards ceremony
June 28		Departure

Above Schedule is subject to change.

Accommodation

All overseas athletes are asked to stay at the Triathlon village: Kumho Resort

Room assignment will be taken place by organizer.

One unit consisted of 2 bedrooms, 1 dining room, 1 bathroom)

Private room is available for participants at their own expense.

We will provide the board and lodging for 3 nights and 4 days to all elite athletes and NF Delegate.

Kumho Resort

Address : 795-4, Nohak-dong Sokcho City Gangwon-do

TEL : 82 33 636-8000

www.kumhoresort.co.kr

Course Map

