

World Triathlor Cup HONG KONG 2024

AGE GROUP ON SITE RACE INFO.

1300	Heat 1: Age Group Sprint : Male Elite Open/Junior
1303	Heat 2: Age Group Sprint : Female Elite Open/Junior
1310	Heat 3: Age Group Sprint : All Female Categories
1320	Heat 4: Age Group Sprint Male 50-54, Male 55-59, Male 60-64, Male 65 & Over
1330	Heat 5: Age Group Sprint Male Junior 1&2, Male 20-24, Male 25-29, All Relay Team
1340	Heat 6: Age Group Male 30-34, Male 35-39
1350	Heat 7: Age Group Male 40-44, Male 45-49
1530	Heat 8: Age Group Super Sprint Male 12-13, Male 14-15, Male Open
1540	Heat 9: Age Group Super Sprint Male 10-11
1550	Heat 10: Age Group Super Sprint All Female Categories
1530/1630	Medal Ceremony – Sprint Distance
1730	Medal Ceremony – Super Sprint Distance



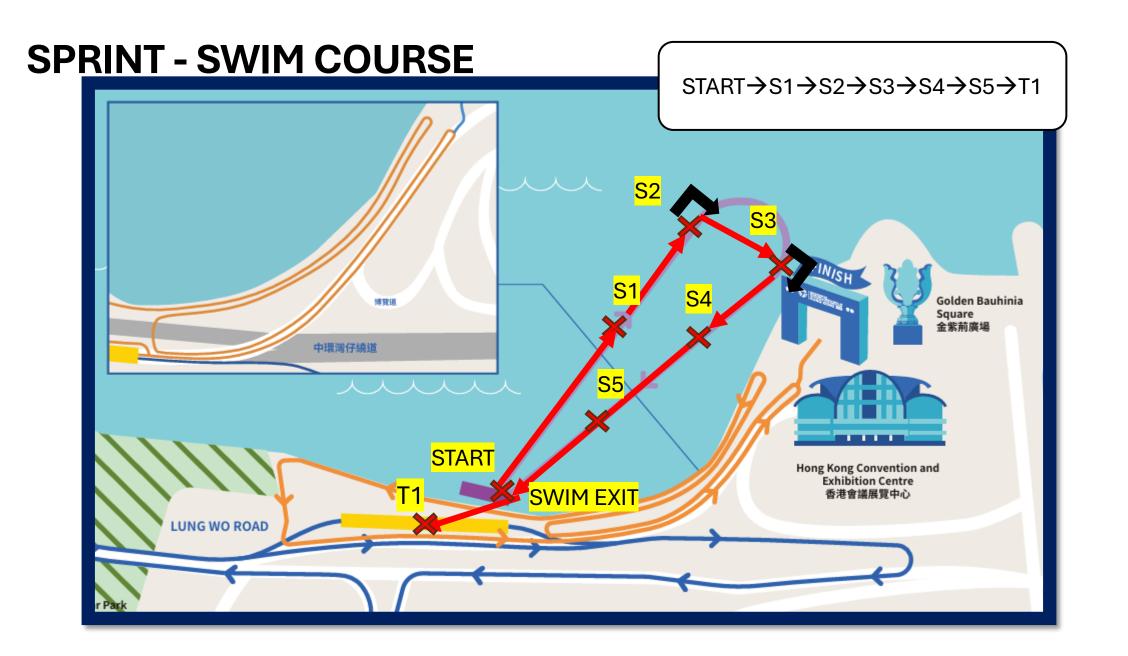
SPRINT

SPRINT 2024 World Cup- Hong Kong (Age Group) Swim course Bike course Transition **Sprint** Registration Central Harbourfront **S1** 中環海濱活動空間 Н LUNG WO ROAD Central Barracks Blake Block Hong Kong City Hall 香港大会堂 中環軍營 Central Barracks **Medical Centre** Grand Hyatt Hong Kong 香港君伐酒店 AIA Central **Guides Association Hutchison Hous** 香港軍人網導會 Hong Kong Convention an 香港會議展買中心 Kwong Wan Fire Station Central Governmen Complex of HKSAR Hong Kong Arts Centre Far East Finance Centre Central Plaza 中環廣場

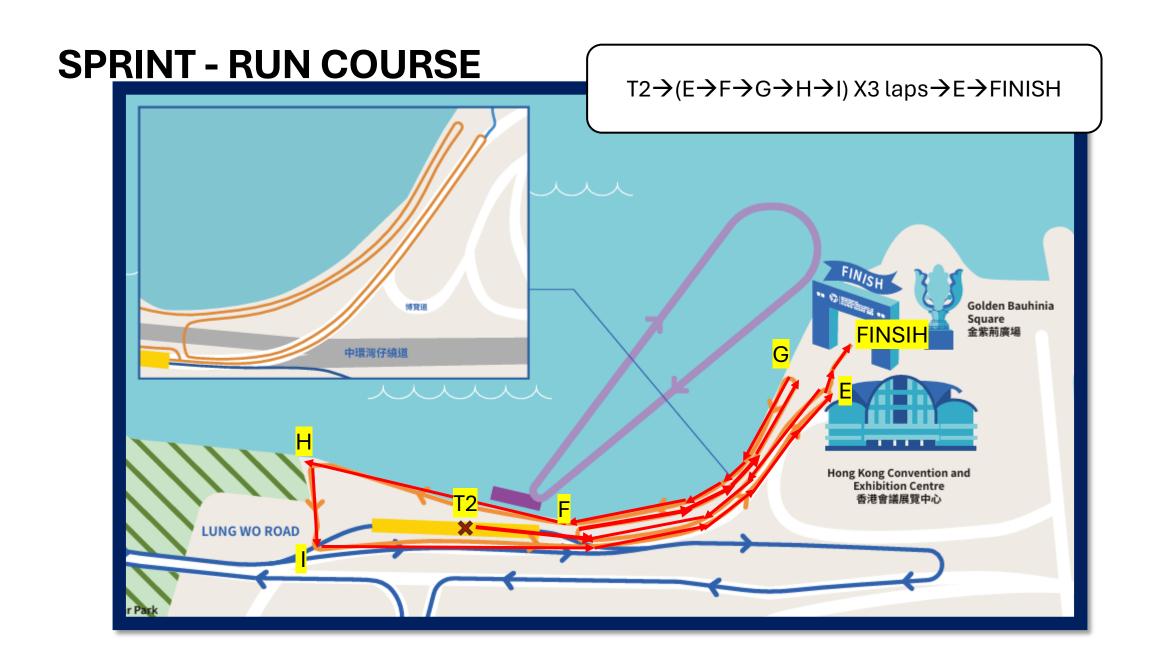
SWIM COURSE: START \rightarrow S1 \rightarrow S2 \rightarrow S3 \rightarrow S4 \rightarrow S5 \rightarrow SWIM EXIT \rightarrow T1

BIKE COURSE: T1 \rightarrow (A \rightarrow B \rightarrow C \rightarrow D \rightarrow I) X5 laps \rightarrow T2

RUN COURSE: T2 \rightarrow (E \rightarrow F \rightarrow G \rightarrow H \rightarrow I) X3 laps \rightarrow E \rightarrow FINISH



SPRINT - BIKE COURSE $T1 \rightarrow (A \rightarrow B \rightarrow C \rightarrow D \rightarrow I) X5 laps \rightarrow T2$ Hong Kong Central Pier 中環天星磷類 Sprint Registration Square 金紫荊廣場 G Central Harbourfront Event Space 中環海濱活動空間 **Exhibition Centre** Central Barracks Blake Block Hong Kong City Hall 香港大會堂 中環軍營 Central Barracks Chinese People's **Medical Centre** Liberation Army Exhibition Centre Station 會展站 Forces Hong Kong Building 中國人民解放重駐 Grand Hyatt Hong Kong 香港君悅酒店 AIA Central 友邦金融中心 Hutchison House Statue Square 皇后像廣場 香港軍人類導會 和記大廈 Hong Kong Convention and Exhibition Centre 香港會議展覽中心 Bank of America Tower HARBOUR ROAD Kwong Wan Fire Station 港灣消防局 Central Government Complex of HKSAR CITIC Tower 香港特別行政區政府總部 Hong Kong Academy For Performing Arts 香港演藝學院 Hong Kong Arts Centre 香港藝術中心 Far East Finance Centre Central Plaza 遠東金融中心

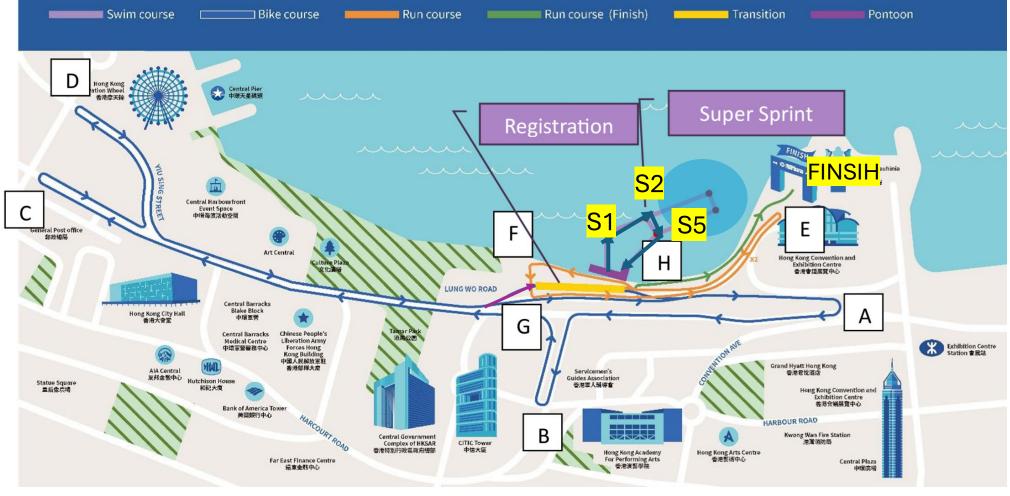




SUPER SPRINT

2024 World Cup- Hong Kong (Super Sprint)

SUPER-SPRINT



SWIM COURSE: START \rightarrow S1 \rightarrow S2 \rightarrow S5 \rightarrow SWIM EXIT \rightarrow T1

BIKE COURSE: T1 \rightarrow (A \rightarrow B \rightarrow C \rightarrow D \rightarrow G) X3 laps \rightarrow T2

RUN COURSE: $T2 \rightarrow (E \rightarrow F \rightarrow G)$ X2 laps $\rightarrow H \rightarrow FINISH$

