

# AGE GROUP ON SITE RACE INFO.



**World Triathlon  
Cup**  
HONG KONG  
2024

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



World Triathlon  
Cup

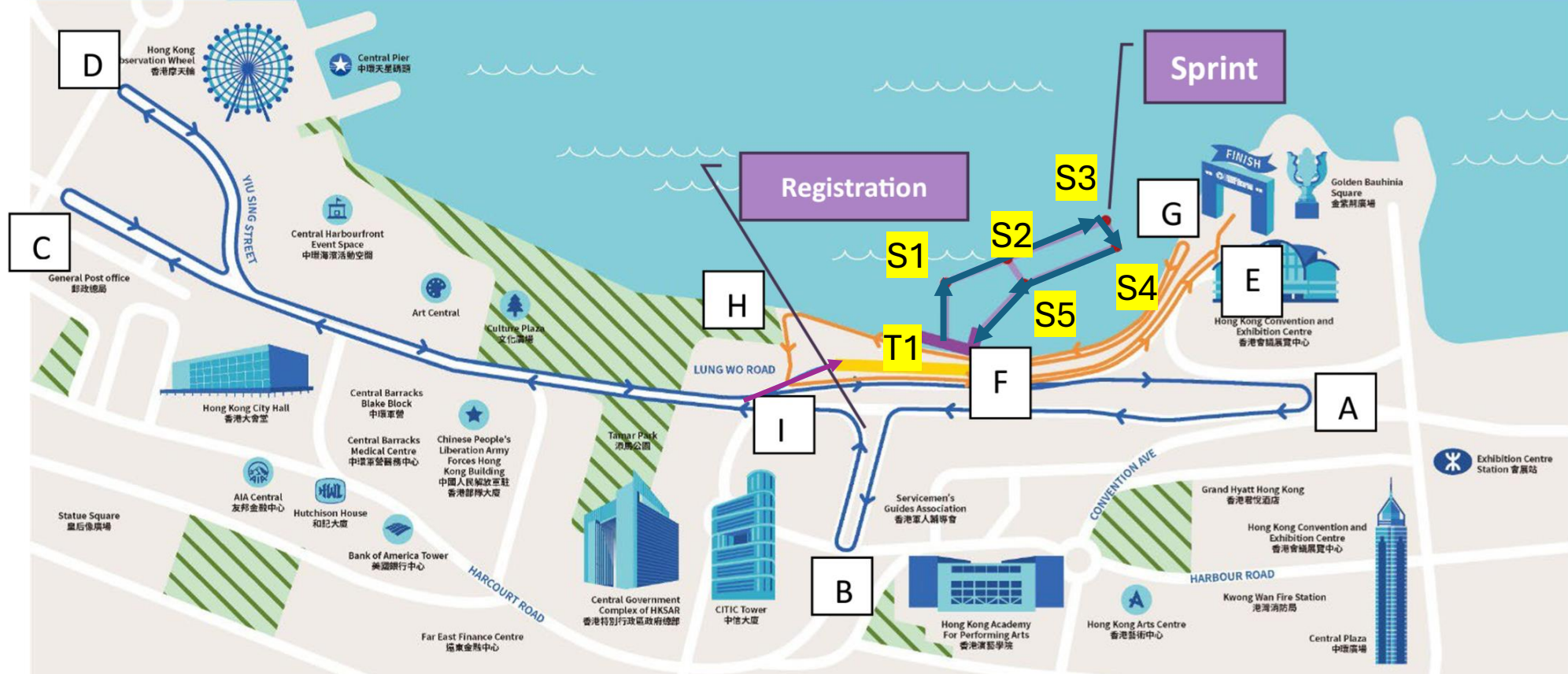
HONGKONG  
2024

**SPRINT**

# SPRINT

## 2024 World Cup- Hong Kong (Age Group)

Swim course    Bike course    Run course    Transition    Pontoon



SWIM COURSE: START → S1 → S2 → S3 → S4 → S5 → SWIM EXIT → T1

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

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

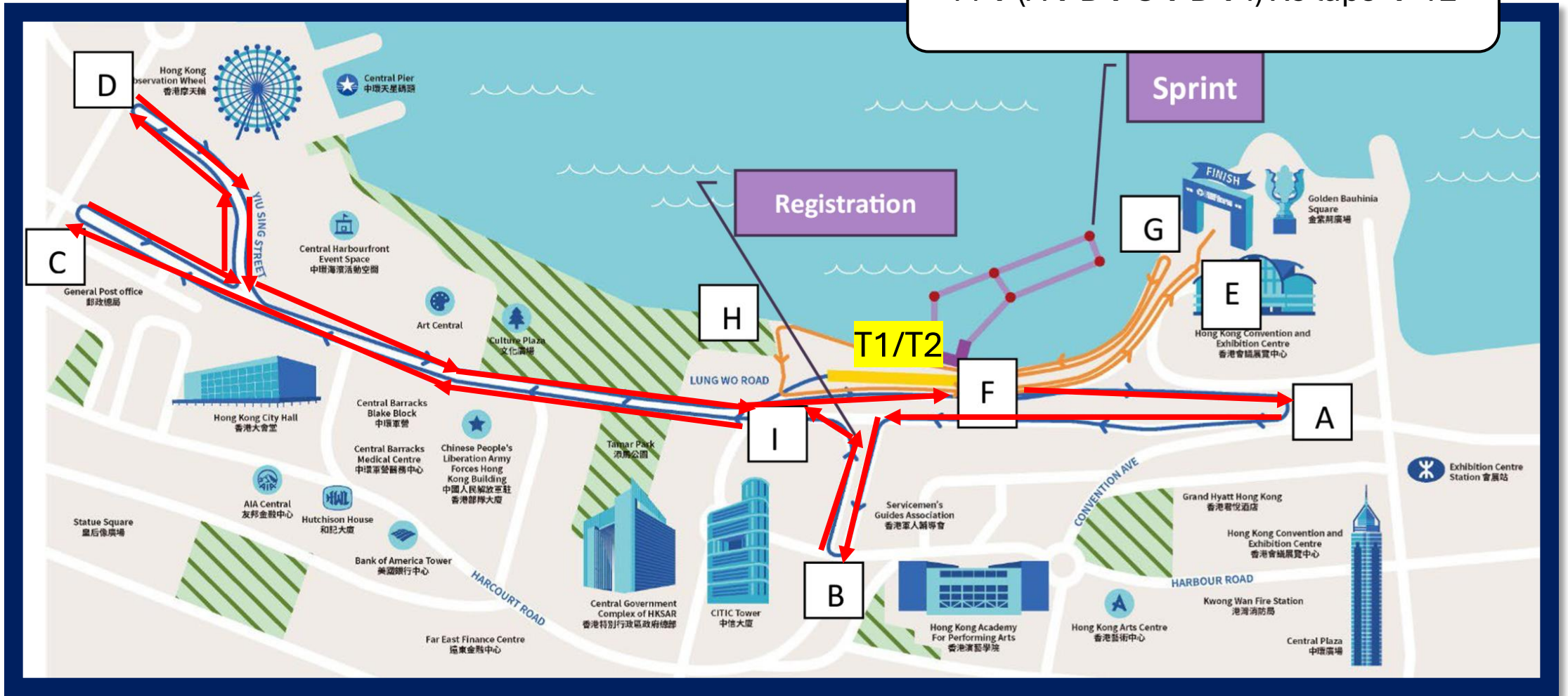
# SPRINT - SWIM COURSE

START → S1 → S2 → S3 → S4 → S5 → T1



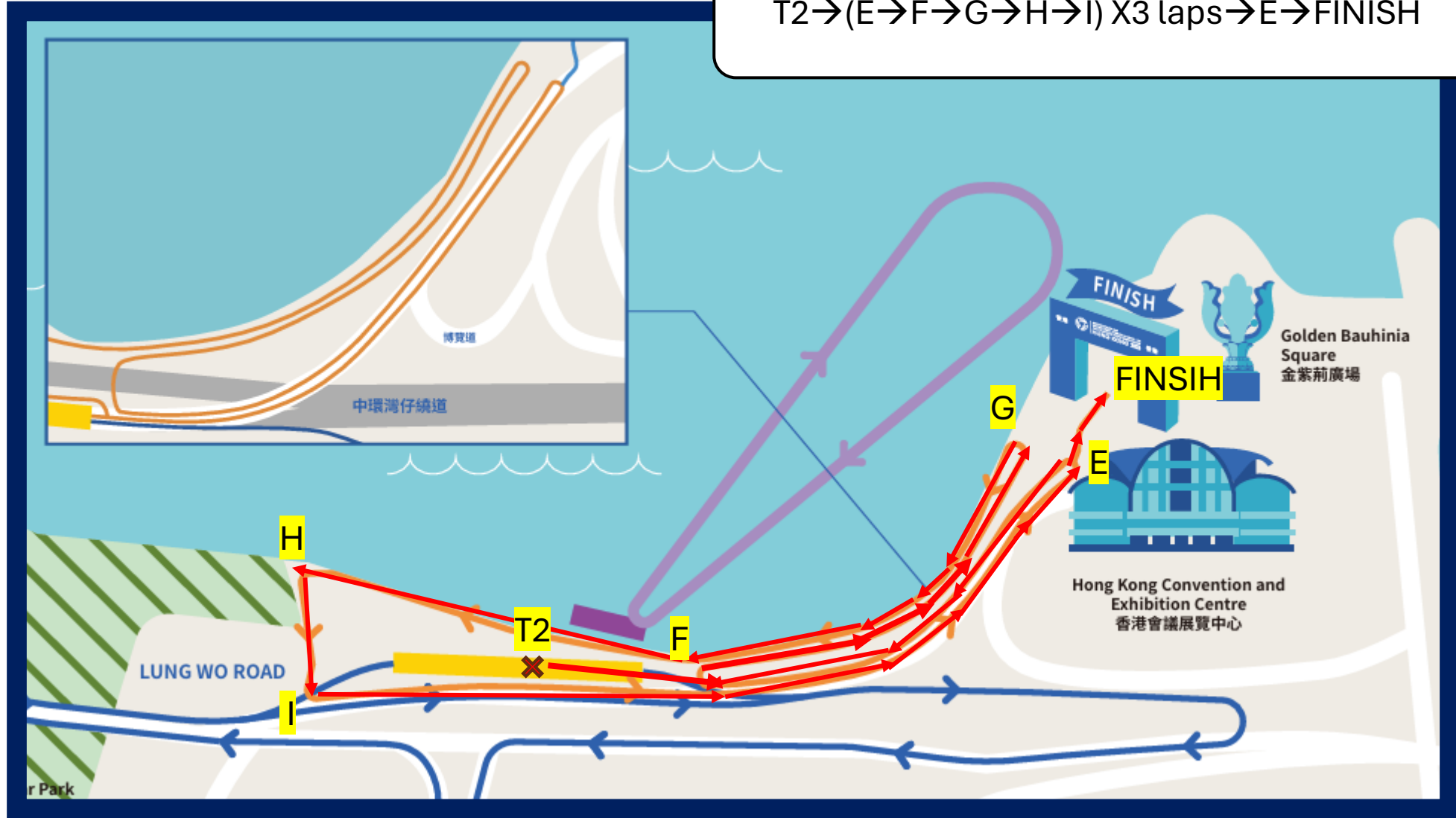
# SPRINT - BIKE COURSE

T1 → (A → B → C → D → I) X5 laps → T2



# SPRINT - RUN COURSE

T2 → (E → F → G → H → I) X3 laps → E → FINISH





**World Triathlon  
Cup**

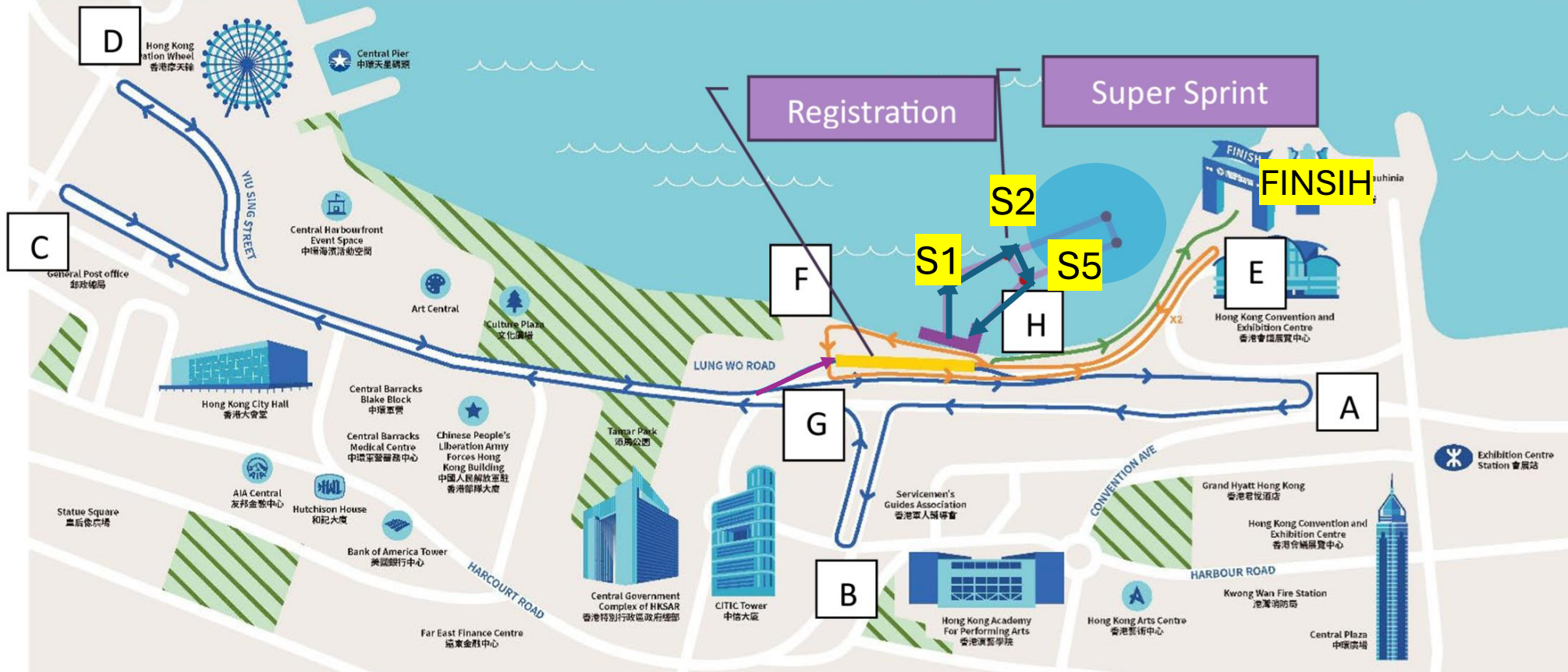
HONGKONG  
2024

# SUPER SPRINT

# 2024 World Cup- Hong Kong (Super Sprint)

# SUPER-SPRINT

Swim course   Bike course   Run course   Run course (Finish)   Transition   Pontoon



SWIM COURSE: START → S1 → S2 → S5 → SWIM EXIT → T1

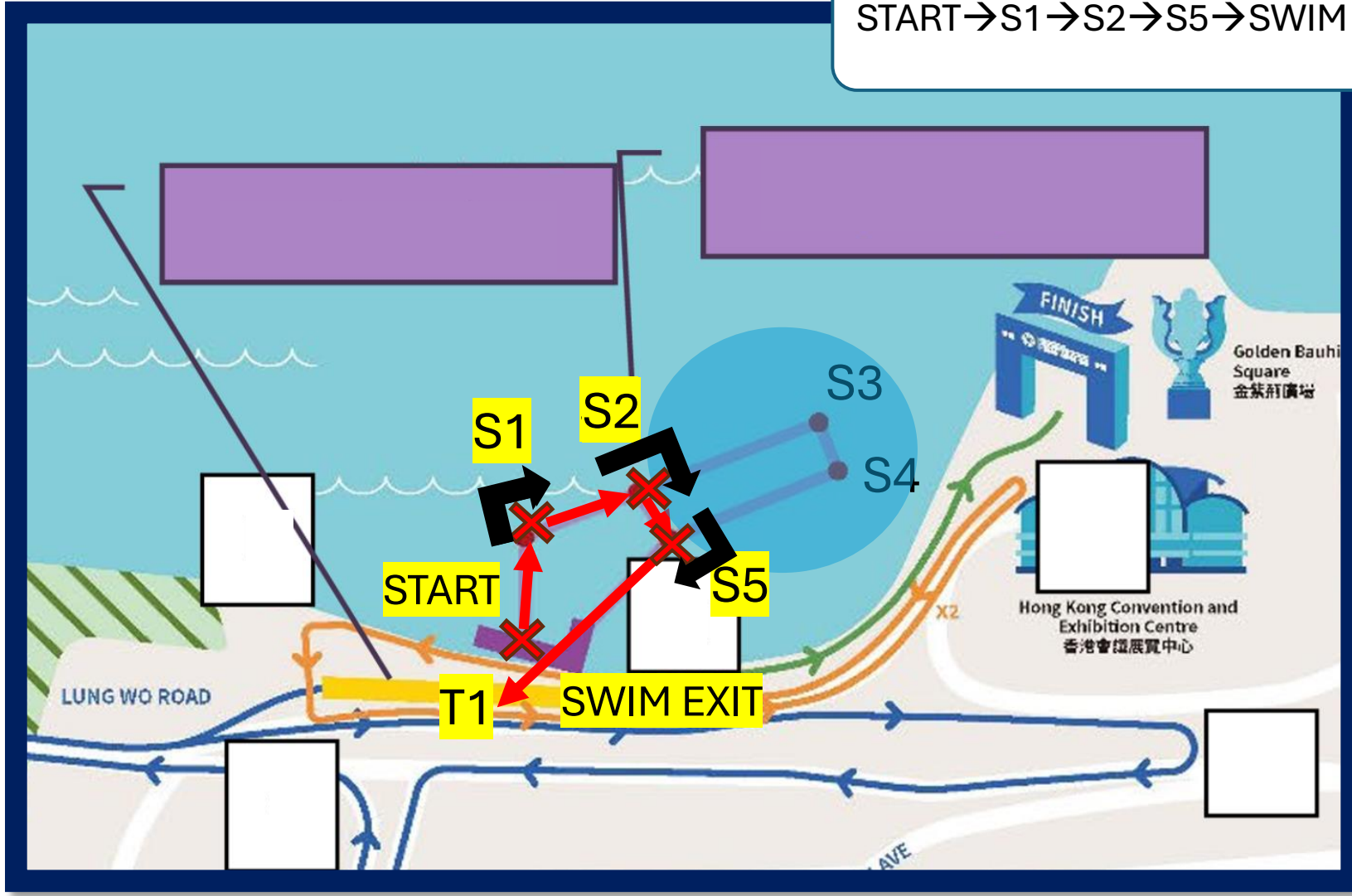
BIKE COURSE: T1 → (A → B → C → D → G) X3 laps → T2

RUN COURSE: T2 → (E → F → G) X2 laps → H → FINISH



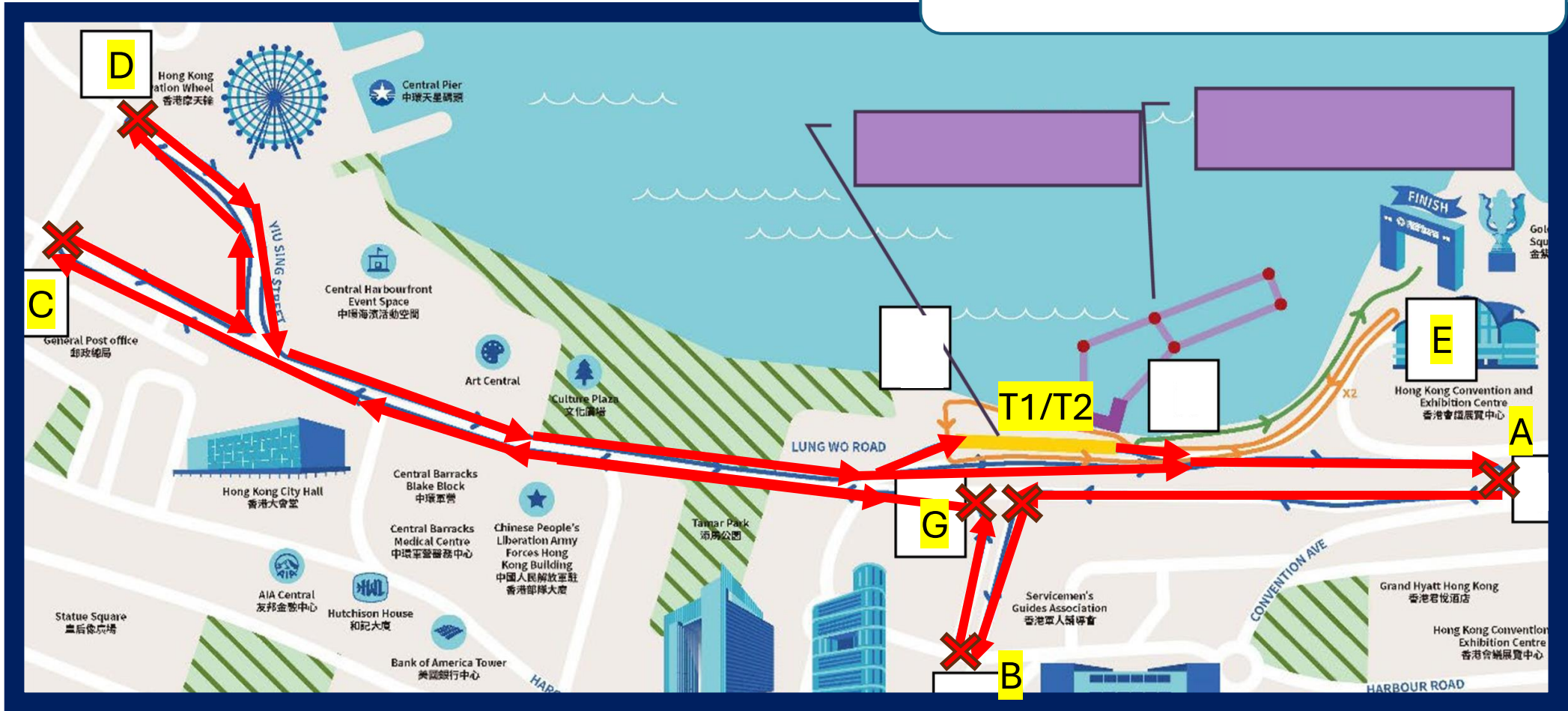
# SUPER SPRINT - SWIM COURSE

START → S1 → S2 → S5 → SWIM EXIT → T1



# SUPER SPRINT - BIKE COURSE

T1 → (A → B → C → D → G) X3 laps → T2



# SUPER SPRINT - RUN COURSE

T2 → (E → F → G) X2 laps → H → FINISH

