

# 运动员手册

## Athlete's Guide

### 半程距离

**Sprint Distance**



**突破铁三**   
**突破**

2024北京国际铁人三项挑战赛

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## 组织结构 ORGANIZATION

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### 主办单位 Organizing Committee

中国铁人三项运动协会

China Triathlon Sports Association

北京市体育局

Beijing Municipal Sports Bureau

北京市延庆区人民政府

Yanqing District People's Government of Beijing Municipality

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### 承办单位 Operating Units

北京市延庆区体育局

Yanqing District Bureau of Sports of Beijing Municipality

北京世园投资发展有限责任公司

Beijing Shiyuan Investment & Development Co., Ltd.

德鲁伊（北京）体育文化发展有限公司

Druid (Beijing) Sport Culture Development Co., Ltd.

国际铁三挑战系列赛赛事公司

Challenge Family GmbH



## 合作伙伴 PARTNERS

### 战略合作 STRATEGIC PARTNERS



### 官方赞助 OFFICIAL SPONSOR



### 商业伙伴 EVENT PARTNERS



# WELCOME TO 2024 CHALLENGE BEIJING

亲爱的运动员们，

欢迎大家参加首次举行的北京国际铁人三项挑战赛！我们很高兴来到这座声誉卓著的城市，见证世界上最优秀的运动员与上千名分龄组的铁三选手一起在中国的首都同场竞技！

感谢大家对北京国际铁人三项挑战赛的关注和热情，也感谢大家对于铁人三项系列挑战赛的信任！同时，我要对北京国际铁人三项挑战赛的本地工作团队致以深深的谢意，正是他们的努力工作让这次精彩的比赛能够呈现在大家面前。此外，我也衷心感谢无数的志愿者、当地各有关方面、赞助商和广大市民对我们的支持。

铁人三项系列挑战赛始终视运动员为中心。我相信，大家一定能体会到我们全球各地的赛事中无处不在的友好、欢迎与包容的气氛，尤其当我们置身北京这样一座奥运选手的福地时更是如此。这里的热情好客、最优赛道和精美布置，将为大家创造一次难忘的赛事体验。

祝大家比赛顺利，成绩优异。咱们终点线见！

Dear Athletes

Welcome to the inaugural Challenge Beijing! We are excited to be in such a prestigious location, with many of the world's best athletes racing alongside thousands of age group athletes on the doorstep of China's capital city! We are very much looking forward to working with the local team and community to establish this as a must-do race on China's triathlon calendar!

Thank you for your passion and commitment to race Challenge Beijing and for your trust in Challenge Family. I also express my thanks to the entire Challenge Beijing team who have worked so hard to bring this race to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their support.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly, welcoming and inclusive atmosphere that prevails at all our races around the globe and especially so here in this spectacular destination worthy of Olympians. The warm hospitality, the fast course and beautiful setting all combine to create an unforgettable race experience.

I wish you all the very best for your race and see you at the finish line!



约尔特·弗兰姆 Jort Vlam

**CEO - CHALLENGEFAMILY**



## 职业运动员 PRO ATHLETES



**凯尔·史密斯 (新西兰)**  
**Kyle Smith (New Zealand)**

凯尔·史密斯 (Kyle Smith) 是目前新西兰最好的男子铁人三项选手。2013 年, 他在伦敦青少年组世界锦标赛上获得了亚军, 为自己赢得了在新西兰奥运代表队训练的机会。2017 年, 他获得了 ITU 越野铁人三项世界冠军。2019 年, 首次尝试长距离比赛的 Kyle 便在家乡陶波举办的半程 Ironman 中夺冠, 并打破了赛道记录。此后他连续赢得了 5 场半程 Ironman 比赛的冠军。截至 2024 年, 他已两次拿下国际铁三挑战赛的冠军。2024 年他赢得了 Challenge Wanaka 与国际挑战铁人三项锦标赛的冠军, 并在旧金山和伦敦的 T100 旧金山站和伦敦站的两个亚军。他绝对是赛场上最全能运动员之一。

Kyle Smith is currently the best male triathlete in New Zealand. In 2013, he finished second in the ITU World Triathlon Age-Group Championships in London, earning himself the opportunity to train with the New Zealand Olympic team. In 2017, he won the ITU Cross Triathlon World Championships. In 2019, at his first attempt at long-distance tri in his hometown, Taupo, Kyle won his first Half Ironman gold medal and broke the course record. So far 2024 has been a fantastic year for Kyle with a win at Challenge Wanaka and The Championship in Samorin, Slovakia and two second places at T100 San Francisco and London.



**保拉·芬德利 (加拿大)**  
**Paula Findlay (Canada)**

保拉·芬德利 (Paula Findlay) 是加拿大的传奇铁人三项选手, 也是当今最好的半程选手之一。2010 年, Paula 成为第一位赢得世界铁人三项系列赛冠军的加拿大铁人三项运动员, 并在 2010/2011 赛季创下赢得五场 ITU 世界锦标赛系列赛冠军的壮举。在 2018 年的国际赛事中拿下冠军后, 重新回到精英梯队。她在 2019 和 2020 两年间, 连续拿下两个 Challenge Daytona 的冠军, 宣告着自己的强势归来。

Paula Findlay is a legendary Canadian triathlete and one of the best half-distance racers in the sport today. In 2010, Paula Findlay became the first Canadian athlete to win a World Championship Series and then won five ITU World Championship Series races in the 2010/2011 season. She was back in the elite triathlete conversation after winning a Half Ironman race in 2018. She announced her strong return with two consecutive Challenge Daytona titles in 2019 and 2020. So far this year Paula has two Middle Distance wins to her name.



**弗雷德里克·芬克 (德国)**  
**Frederic Funk (Germany)**

弗雷德里克·芬克 (Frederic Funk) 是德国铁人三项运动一颗冉冉升起的新星。在 2016 年成为德国铁人三项青少年冠军后, 2018 年他正式转为职业选手, 并在生涯前四场比赛中都站上了领奖台。作为 Challenge Family 的大使, 他长期参加挑战赛, 目前, 他已经拿下了 6 个国际铁三挑战赛的冠军。从 2021 年开始, Frederic 的 PTO 骑行排名一直处于世界前 10。以其卓越的表现和稳健的发挥, Frederic 会是本届赛事最为瞩目的选手之一。他在今年的锦标赛中获得第二名, 最近在伦敦的 T100 比赛中获得第五名。

Frederic Funk is a rising star in Germany. After winning the German Triathlon Junior National Championships in 2016, he officially turned pro in 2018 and was on the podium in all his first four pro races. As Challenge Family's ambassador, he has run multiple Challenge Family races and has now won six Challenge Family titles. Consistently ranked in the top 10 in the world for PTO rides since 2021, Frederic will be one of the most talked-about competitors at CHALLENGE BEIJING, with his exceptional performance and solid play. He finished 2nd at The Championship this year and more recently, he was 5th at the T100 London.



**露西·拜兰 (英国)**  
**Lucy Byram**  
**(United Kingdom)**

露西·拜兰 (Lucy Byram) 是英国铁人三项界的超新星。自 2022 年成为职业选手以来, 她在所有顶级赛事中从未跌出过前十名, 并迅速跻身 PTO 前 20 的精英队列。截至目前, 她共参加了 9 次国际铁三挑战赛, 5 次登上领奖台, 其中包括 3 枚金牌。在 Challenge Puerto Varas 站比赛中, 她不仅以创纪录的时间夺冠, 还创下了最快的骑行分段记录。年仅 23 岁的露西已经成为赛道上最令人畏惧的运动员之一。

Lucy Byram is one of the most outstanding rising stars among British triathletes. Since becoming a pro in 2022, she has never dropped out of the top 10 in any elite race and has quickly made her way into the PTO's top 20 world rank. To date, she has competed in nine Challenge Family races and finished on the podium five times, including three gold medals. At Challenge Puerto Varas, she not only triumphed in the race but also recorded the fastest run split. At just 23 years old, Lucy has become one of the most intimidating athletes on the course!



**阿米莉亚·沃特金森**  
**(新西兰)**  
**Amelia Watkinson**  
**(New Zealand)**

阿米莉亚·沃特金森 (Amelia Watkinson) 是新西兰最著名的铁人三项运动员之一。2012 年, 她赢得了 ITU 长距离铁人三项世锦赛的冠军。2016 年, 她正式开始了自己的职业铁人三项运动生涯, 并在同年赢得了 13 场比赛中的 11 场胜利。自那以后, 她从未在铁人三项锦标赛中跌出过前 10 名。截至目前, 她已获得了 6 次国际铁三挑战赛的冠军、19 次半程铁人三项冠军, 以及铁人三项亚太冠军的头衔。

Amelia Watkinson is one of New Zealand's most famous triathletes. In 2012, she won the ITU Long Distance Triathlon World Championships. In 2016, she officially started her professional triathlon career and won 11 out of the 13 races she competed in the same year. From then until 2023, she has always stayed in the top 10 at any elite triathlon race. To date, she has won 6 Challenge Family championships, 19 Half Ironman titles, and claimed the IRONMAN Asia Pacific Champion title.



**艾莉·索尔特豪斯 (澳大利亚)**  
**Ellie Salthouse (Australia)**

艾莉·索尔特豪斯 (Ellie Salthouse) 是澳大利亚顶尖的铁人三项选手。2010 年, 17 岁的 Ellie 第一次参加国际赛事就在新加坡青年奥运会上赢得了银牌。自 2015 年底转向半程铁三以来, 艾莉迎来了职业生涯最成功的阶段。截止到目前, 她已获得了 5 次国际铁三挑战赛的冠军, 和 22 次半程铁人三项冠军, 其中甚至包括在 2021 年完成的八个月内八次夺冠的壮举。

Ellie Salthouse is one of Australia's top triathletes. In her first international race attempt, she won two silver medals at the Singapore 2010 Youth Olympic Games at the age of 17. Since switching to middle-distance in late 2015, Ellie has enjoyed the most successful phase of her career. To date, she has won five Challenge Family champion titles and 22 Half Ironman champion titles, including a feat of winning eight championships in eight straight months back in 2021.



**阿龙·罗伊尔 (澳大利亚)**  
**Aaron Royle (Australia)**

阿龙·罗伊尔 (Aaron Royle) 是目前游泳世界排名第一的铁人三项选手。2012 年, 在加入澳大利亚铁人三项队的第一年, 他便获得了 ITU U23 组的世界冠军, 并在 2014、2015 两年两次站上 ITU 世界铁人三项巡回赛的领奖台。尽管在 2016 年里约奥运会上罗伊尔仅获得第 9 名, 但他已是澳大利亚选手中的最佳成绩。乘着上升的势头, 2018 年他随澳大利亚国家队拿下了 ITU 世界铁人三项混合接力系列赛的冠军。2021 年, 他再次代表澳大利亚征战奥运会。2022 年, 他在威尔士赢得了个人首个国际铁三挑战赛冠军。2023 年, 他在 Challenge Gran Canaria 中获得第 3 名, 在锦标赛中获得第 2 名, 在 Challenge Samarkand 中获得第 2 名, 在 Challenge Vieux Boucau 中获得第 4 名。

Aaron Royle is currently the world's No. 1 ranked triathlete in swimming. In 2012, in his first year with the Australian triathlon national team, he was crowned the ITU U23 World Champion and on the podium at the ITU World Triathlon Series in 2014 and 2015. Despite finishing only 9th at the 2016 Rio Olympics, Royle was the highest-placed Australian. In 2018, he won the ITU World Triathlon Mixed Relay Series with the Australian National Team. In 2021, he once again represented Australia at the Olympics. In 2022, he won his first individual Challenge Family gold medal in Wales. In 2023 he was 3rd at Challenge Gran Canaria, 2nd at The Championship, 2nd at Challenge Samarkand and 4th at Challenge Vieux Boucau.



**朱莉·德龙 (瑞士)**  
**Julie Derron (Switzerland)**

朱莉·德龙 (Julie Derron) 是瑞士顶尖的铁人三项运动员。她在 6 岁时便完成了少年铁人三项比赛, 并在 2014 年参加了她的第一次国际青少年锦标赛。2018 年, 她成为瑞士国家铁人三项冠军, 从此频繁出现在世界顶级赛事中, 并取得了令人瞩目的成就。

2021 年, 她获得了奥运距离铁人三项比赛的欧洲冠军。今年, 她在短短两个月内已经拿下了两次冠军, 包括 4 月本土铁三赛事以及 6 月的 Challenge Kaiserwinkl-Walchsee 的第一名。更值得一提的是, 她在今夏的巴黎奥运会中夺得了银牌!

Julie Derron is a top Swiss triathlete. She did her first triathlon at the age of six and raced her first international junior championships in 2014. In 2018, she became the Swiss National Triathlon Champion and, since then, has made frequent appearances at top world triathlon races with impressive results. In 2021, she became the European Champion in Olympic distance. To date, she has already taken two gold medals within two months, including first place at the World Triathlon Cup Chengdu in April and the Challenge Kaiserwinkl-Walchsee in June. However, her greatest result so far is her silver medal at the Olympics in Paris. Julie will now concentrate on longer distance racing moving forward.



**马克·杜布里克 (美国)**  
**Marc Dubrick**  
**(United States)**

外号“鲨鱼”的马克·杜布里克 (Marc Dubrick) 是美国铁人三项界最受关注的新星之一。成长于游泳世家的他以游泳速度闻名, 无论是何种距离, 他通常是第一个上岸的人。他在 2023 赛季一鸣惊人, 五次登上职业领奖台, 包括在传奇的“逃离恶魔岛”比赛中击败了奥运选手和世界冠军, 获得第一名。同年, 他还在 Challenge Salinas 比赛中夺冠, 并多次登上半程铁人三项赛的领奖台, 成为半程大铁中成绩最佳的美国选手。

Marc “The Shark” Dubrick is one of the most talked-about rising stars in American triathlon. Growing up in a family of swimmers, he was known for his swim speed and was regularly in the first few out of the water in both short course and non-drafting splits. He had a breakout 2023 season with five professional podiums, including a win at the legendary Escape From Alcatraz, beating Olympians and world champions. That same year, he also won Challenge Salinas and made multiple Half Ironman podium finishes, becoming the best-performing American in middle-distance races.





**亨利·斯库曼(南非)**  
**Henri Schoeman**  
**(South Africa)**

亨利·斯库曼 (Henri Schoeman) 是南非最成功的铁人三项运动员之一。他于 2013 年开始参加精英男子比赛，以出色的游泳表现迅速崭露头角，成为了国际专业铁人三项运动中最具实力和稳定性的选手之一。2014 年，他在成为非洲冠军后，又获得了 ITU 铁人三项世界杯的冠军。2016 年里约奥运会，他获得了铜牌。此后，他在 2017 年、2018 年均在世界级铁人三项赛中夺冠，并在 2018 年铁三赛事中创下 1500 米游泳最快纪录。经过三年的恢复，亨利于 2023 年重拾状态，并在今年 4 月赢得了首个半程铁人 Ironman 冠军。

Henri Schoeman is one of South Africa's most successful triathletes. He started competing in elite men's triathlon races in 2013 and quickly rose to prominence with his outstanding swim performances, becoming one of the strongest and most consistent competitors in international professional triathlon competitions. In 2014, he won the ITU Triathlon World Cup after becoming the African Champion. At the 2016 Rio Olympics, he won a bronze medal. Since then, he has won multiple world-class triathlons in 2017 and 2018 and set a record for the fastest 1500m swim in a triathlon race in 2018. After three years of recovery, Henry returned to form in 2023 and won his first Half Ironman title in April this year.



**泰勒·米拉斯丘克(加拿大)**  
**Tyler Mislawchuk**  
**(Canada)**

泰勒·米拉斯丘克 (Tyler Mislawchuk) 是加拿大顶尖的铁人三项选手，曾两度参加奥运会，在 2016 年里约奥运会和 2020 年东京奥运会上均获得第 15 名。他首次亮相奥运会时，是男子参赛选手中最年轻的选手。2019 年是泰勒职业生涯的突破之年，这一年他赢得了多个铁三赛事的冠军。

Tyler Mislawchuk is a top Canadian triathlete and a two-time Olympian, finishing 15th at both the 2016 Rio Olympics and the 2020 Tokyo Olympics. He debuted at the Olympics as the youngest of the men's competitors. 2019 was a breakout year for Tyler's career, a year in which he won multiple triathlon events.



**西恩·兰斯利 (英国)**  
**Sian Rainsley**  
**(United Kingdom)**

西恩·兰斯利 (Sian Rainsley) 是英国的新生代铁人三项选手。她在各年龄组的欧洲杯接力比赛中是领奖台的常客。2013 年，刚满 16 岁的她作为英国青年铁人三项混合接力队成员在土耳其赢得了她的第一个欧洲冠军。随后，她在 2016 年、2017 年和 2021 年又获得了三枚欧洲冠军接力赛金牌。Sian 在 2021 年汉堡 WTCS 比赛中进入前五，这是她职业生涯至今个人最好成绩。更值得一提的是，2018 年她被确诊为克罗恩病，但她通过不懈努力恢复体能，重新回到精英铁人三项运动员行列。

Sian Rainsley is a rising British triathlete. She has been in multiple championship-winning mixed relay teams across all age groups. In 2013, she won her first European title in Turkey as a member of the British Junior Triathlon Mixed Relay Team at the age of 16. She then went on to win three more European Championship relay gold medals in 2016 (Juniors), 2017 (U23) and 2021 (Elite). Sian scored a top-five finish in the WTCS race in Hamburg, which is a personal best in her career to date. It's worth mentioning that in 2018, she was diagnosed with Crohn's disease, but she worked tirelessly to build back her fitness and return to the elite triathlete conversation. This will be Sian's first time racing on a TT bike in a non drafting race.

## 赛事周末日程 RACE WEEKEND SCHEDULE

Friday, September 6 9月6日, 星期五		Location 地点
11:45 AM	Bike Valet Opens 临时存车处开放	International Pavilion - Hall A 国际馆 A 馆
12:00 PM	Race Expo Opens 展会 (Race Expo) 开放	Finish Area 终点区
12:30 PM 1:30 PM 2:30 PM 3:30 PM 4:30 PM	Sprint Distance Athlete Meeting (CN w/ EN Sub) 半程奥运距离运动员会议 中文讲解, 英文字幕 (CN w/ EN Sub): 12:30 PM, 2:30 PM, 4:30 PM 英文讲解, 中文字幕 (EN w/ CN Sub): 1:30 PM, 3:30 PM	International Pavilion - Hall A 国际馆 A 馆
1:00 PM	Packet Pick-Up Begins 运动员报到, 装备领取开始	International Pavilion - Hall A 国际馆 A 馆
1:00 PM	Transition 1 Open Bike Check-in 换项区开放, 摆放自行车	Transition 1 换项区 1
2:00 PM	Swim Course Opens For Practice 游泳场地开放试水	Swim Start 游泳出发区
2:00 PM 3:00 PM 4:00 PM	Swimming Proficiency Test 游泳能力测试	Swim Start 游泳出发区 Meeting Point: Transition 1 集结地点: 换项区 1
2:00 PM 3:00 PM	Bike Course Tour by Shuttle 自行车赛道参观	Pick Up Location: Gate 2 2号门上车
5:00 PM	Packet Pick-Up Ends 运动员报到, 装备领取结束	International Pavilion - Hall A 国际馆 A 馆
5:00 PM	Bike Valet Closes 临时存车处关闭	International Pavilion - Hall A 国际馆 A 馆
5:00 PM	Swim Course Closes (No Water Entrance After 4:30PM) 游泳场地试水结束 (4点30分之后, 不允许进入游泳场地, 5点清场)	
5:30 PM	Transition 1 Closes 换项区 1 关闭, 半程距离摆车结束	Transition 1 换项区
5:30 PM	Race Expo Closes 展会 (Race Expo) 结束	Finish Area 终点区
5:30 PM	Professional Athletes Meet and Greet/ Poster Signing 专业运动员见面会/签名会	International Pavilion - Hall A 国际馆 A 馆
6:00 PM	Welcome Reception 欢迎晚宴	Finish Area 终点区
8:00 PM	Welcome Reception Ends 欢迎晚宴结束	Finish Area 终点区

Saturday, September 7 9月7日, 星期六		Location 地点
6:00 AM	Transitions Open 换项区开放	Transition 1 and Transition 2 换项区 1 与换项区 2
7:00 AM	Transitions Close 换项区关闭	Transition 1 and Transition 2 换项区 1 与换项区 2
7:15 AM	Participants Line-up for Swim Start 运动员集合, 准备游泳开始	Swim Start 游泳出发区
7:30 AM	Sprint Distance Race Start (First Swim Wave in the Water, rolling start according to predicted swim time)** 半程奥运距离开始 (第一组运动员入水, 根据预计完赛时间滚动出发) **	Swim Start 游泳出发区
8:30 AM	Race Expo Opens 展会 (Race Expo) 开放	Finish Area 终点区
8:40 AM	First Athlete at Finish Line (Estimated) 第一名冲过终点线 (预计)	Finish Area 终点区
10:00 AM	Sprint Race Awards Ceremony 半程距离颁奖典礼	Finish Line Stage 终点区舞台
10:00 AM	Transition 2 Open for Bike Check-out (Estimated)* 换项区 2 重新开放 (预计) *	Transition 2 换项区 2
11:00 AM	Transition Closes for Clearing 换项区清场	Transition 1 & 2 换项区 1 与换项区 2
<p><b>*在最后一位跑步选手离开换项区 2 后开放, 实际开放时间可能提前/Open after last athlete run out from Transition 2, actual time may be earlier</b></p> <p><b>**出发顺序请见运动员手册游泳部分/Start Order is in the Swim part of Athlete Guide</b></p>		

# 赛前 PRE-EVENT

## 到达赛场前，您需要准备

1. 查看您的比赛号码：您需要在签署运动员免责声明时填写您的比赛号码，提前获取比赛号码将在现场为您节省时间。请在官方注册平台马拉马拉 APP、小程序、PC 端等查看，或在官网下载出发名单查看。
2. [下载并打印出免责声明](#)，签署并携带此声明参加运动员会议及装备领取。这将节省您的现场时间。我们在现场也会准备空白版本供您签署。
3. 装备领取所需的文件：报名时使用的身份证件原件和复印件、保险单原件与复印件、游泳能力证明（详见“装备领取”部分）。
4. Prepare the documents for Packet Pick-Up: Original and copy of Photo ID (Chinese ID, Mainland Travel Permit, or Passport), Original and copy of your insurance policy, Certificate of swimming ability (please see "Packet Pick-Up" part in this guide).
5. 准备报名记录截图作为进入北京世园国际旅游度假区的凭证。

## THINGS TO DO BEFORE YOU ARRIVE

1. Check your race bib number. You will need your bib number when signing the Athlete Waiver and other document. Remembering your race bib number will save you time on-site. You could check your bib number on Maramara APP, Miniprogram, and Website. Or you can download the start list on our Official Website.
2. [Download and print out the Athlete Waiver](#), sign and bring it with you to the Athlete Meeting and Packet Pick Up. This will save you time on site. We will also have extra copies on site
3. Prepare your registration screenshot as the credential to enter the Beijing Shi Yuan International Tourism Resort.

## 到达比赛场地

**比赛场地：**北京世园国际旅游度假区

**入园凭证：**请运动员出示报名记录作为免费入园的凭证

(免费通道有效日期：9/6 – 9/8)

- **请从北京世园国际旅游度假区 2 号门入园**，其他门进入需要另行购票
- 无观众手环的亲友，需同运动员一起进入北京世园国际旅游度假区，每名运动员限带 2 人。观众手环由运动员在装备领取时领取，每名运动员两条。额外亲友需购买门票入园。

停车场位于世园公园 1 号门外，注意如果您的车辆为京外车牌，需办理六环内进京通行证。

## ARRIVE AT THE VENUE

Race Venue: Beijing Shi Yuan International Tourism Resort

**To enter the Beijing Expo Park for free, please show the screen of registration record at the Gate 2.**

(Free entrance effective date: 9/6 – 9/8)

- **Please enter the park through Gate 2**, enter through other gates need to purchase the ticket separately.
- For friends and family without the spectator's bracelet, they need follow athletes to enter the park, each athlete can bring 2 people with them. Athletes will get the spectator's bracelet during the Packet Pick-Up, 2 bracelets for



each athlete. For more friends and family members need to purchase the ticket of the resort.  
Parking Lot is outside the Gate 1 of Beijing Shi Yuan International Tourism Resort, please prepare the Beijing Vehicle Entry Passes (for entering the area within the 6th Ring Road of Beijing for non-resident passenger vehicles).

## 运动员会议及装备领取流程

**地点:** 北京世园国际旅游度假区国际馆 A 馆

**开放时间:**

9月6日(周五) 13:00 – 17:00

**所有运动员须首先参加运动员会议，获得盖有参会证明印章的赛前活动核对表，之后才可进行装备领取。**

1. 参加运动员会议
2. 参会后，领取赛前活动核对表，工作人员在您的核对表上盖章，证明您已参会
3. 签署免责声明
4. (可选) 现场购买保险、进行医师咨询
5. 拿出(1)身份证，(2)已盖章的核对表，(3)签好的免责协议，(4)保险单原件与复印件，(5)游泳能力证明排队等候信息核查与领物小票打印
6. 由志愿者帮您戴上运动员手环(必须佩戴)
7. 领取比赛物品并仔细核对内容

## ATHLETE MEETING & PACKET PICK-UP PROCESS

**Location:** Hall A of International Pavilion, Beijing Shi Yuan International Tourism Resort

**Open Time:**

September 6 (Friday) 13:00 – 17:00

**All athletes must first attend the Athlete Meeting, receive a stamped Pre-Event Checklist, and then proceed to the Packet Pick-Up**

1. Attend the Athlete Meeting
2. After the Meeting, receive a stamped Pre-Event Checklist on your way out as proof of attendance
3. Sign the Athlete Waiver
4. (Optional) Insurance purchase, and physician consultation
5. Queue up for the information verification with (1) Photo ID, (2) Stamped Checklist, (3) Signed Athlete Waiver, (4) Original and copy of insurance policy, (5) Proof of swimming ability.
6. Volunteers will help you put on your athlete wristband (mandatory)
7. Receive your race packet and confirm the items

## 运动员会议

- 运动员会议包含重要比赛及安全信息。**每名运动员都必须参加一次所参赛距离的运动员会议。**
- 运动员会议为播放视频形式，每场预计 20 分钟左右
- 受国际馆 A 馆内空间限制，自行车将不允许带入会议中心。在会场外有免费存车区，将有志愿者协助您存放
- **为了保证运动员能够获得完整的比赛信息，运动员会议将准点开始。迟到的运动员则需要等候参加下一场会议。请您计划好自己的时间**

- 请在会议开始前至少提前 **10 分钟**到达运动员会议场馆，以便留出足够时间完成自行车存放

#### 运动员会议时间：

周五：

- 12: 30 (中文讲解, 英文字幕)
- 13: 30 (英文讲解, 中文字幕)
- 14: 30 (中文讲解, 英文字幕)
- 15: 30 (英文讲解, 中文字幕)
- 16: 30 (中文讲解, 英文字幕)

#### ATHLETE MEETING

- **Athlete Meeting is mandatory.** It will cover importance race and safety information. Athletes must attend once of the distance you will compete in.
- The Athlete Meeting will be in a video format, lasting about 20 minutes
- Due to limited space, athletes are not allowed to bring their bikes into the Athlete Meeting and the Packet Pick- Up venue. There will be a complimentary bike valet outside of the Hall A
- **To ensure athletes receive the complete information. If you are late, please wait for the next session**
- Please arrive at the Athlete Meeting venue **at least 10 minutes BEFORE** the meeting you plan to attend in order to have enough time to store your bike.

#### Athlete Meeting Time:

Friday

- 12:30 (Chinese with English Subtitles)
- 13:30 (English with Chinese Subtitles)
- 14:30 (Chinese with English Subtitles)
- 15:30 (English with Chinese Subtitles)
- 16:30 (Chinese with English Subtitles)

#### 装备领取

时间：

9 月 6 日 (周五) 13:00 – 17:00

地点：世园公园国际馆 A 馆（参加完运动员会议后，运动员将直接进入装备领取流程）

#### 运动员报到和装备领取时需要携带：

- o 报名时使用的身份证件原件和复印件
- o 签署完毕的免责声明
- o 已盖运动员会议章的赛前活动核对表
- o 保险单原件与复印件
- o 游泳能力证明（四选一）
  - 1) 深水证原件与复印件
  - 2) 游泳能力测试合格卡
  - 3) 铁人三项业余运动员技术等级证书（不论级别）原件与复印件
  - 4) 三年以内（2022 年至 2024 年）全国以上级铁人三项比赛或其他经中铁协认可的国内国际国内铁人三项比赛成绩证书原件与复印件

**\*每名运动员（包括接力队）都必须亲自到场参加运动员会议并领取装备。不允许代领。接力组只需要游泳运动员提交游泳**

能力证明。

## PACKET PICK-UP

### Date and Time:

September 6 (Friday) 13:00 – 17:00

**Location:** Hall A of International Pavilion, Beijing Shi Yuan International Tourism Resort

### What to bring for the Packet Pick-Up:

- o Original and copy of Photo ID (Chinese ID, Mainland Travel Permit, or Passport)
- o Signed Athlete Waiver
- o Pre-Event Checklist with an Athlete Meeting attendance stamp
- o Original and copy of your insurance policy
- o Certificate of swimming ability (choose 1 out of 4)
  - 1) Original and copy of your deep water certification
  - 2) Swimming proficiency test passing card
  - 3) Original and copy amateur Triathlon Athlete Technical Rating Certificate (regardless of level)
  - 4) Original and copy of performance certificates of triathlon competitions at national level or above within three years or other international and domestic triathlon competitions recognized by the China Triathlon Sport Association

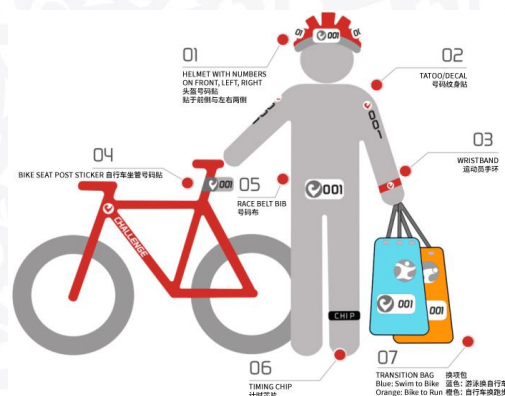
**\*All athletes (including relay team) must come to the site in person to attend the athlete meeting and pick up their packets. Only swim athlete in relay team needs to present swimming ability certificate.**

## 运动员装备中有哪些物品?

- 号码布, 号码纹身贴纸, 号码贴纸 (头盔、自行车、换项包), 号码带, 纪念 T 恤, 换项包与抽绳包
- 接力队游泳运动员获得泳帽, 自行车运动员获得号码贴纸, 跑步运动员获得号码布。接力队每名成员都将获得一组纹身贴纸, 纪念 T 恤和抽绳包
- **请在比赛清晨在游泳入水前的检录处领取计时芯片与泳帽**

## WHAT'S IN YOUR ATHLETE PACKET?

- Race Bib; Number Tattoo; Race Number Stickers (helmet, bike frame, transition bag); Race Belt; T-Shirt; Transition Bags and Drawstring Bag
- Relay Team: Swimmer will receive the swim cap, Cyclist will receive the Race Number Stickers, and Runner will receive the bib. Each team member will receive a set of number tattoos, a T-shirt and a drawstring bag
- **Please pick up your TIMING CHIP and SWIM CAP when your check-in before swim start**



## 游泳能力测试

对于无法提供深水合格证且不符合豁免条件的运动员，需通过游泳能力测试才可以进行装备领取。

时间：

9月6日（周五） 14:00 - 16:00

集合地点：

游泳出发区

更衣区位于换项区 1 北侧

**必须携带游泳浮漂（“跟屁虫”）**

## SWIMMING PROFICIENCY TEST

For athletes do not have a deep water certification and do not qualify for the exemptions, will be required to pass the swimming proficiency test before Packet Pick-Up.

Time:

September 6 (Friday) 14:00 - 16:00

Location: Swim Start

Changing room is at North side of Transition 1

**Floatation device (personal safety buoy) is mandatory**

## 自行车赛道参观大巴

赛事组委会在赛前为运动员安排免费赛道参观大巴，帮您熟悉赛道。非常建议您安排时间参观。如果您无法跟随大巴参观，我们建议您自行安排时间熟悉整个自行车赛道。

**赛道参观大巴时间：**

9月6日（周五） 14:00 与 15:00

**上下车地点：**2号门外

## BIKE COURSE TOUR SHUTTLE

The course tour is highly recommended before the race to help you get familiar. If you cannot catch the course tour shuttle, please arrange time to check out the bike course on your own.

**Course Tour Shuttle Schedule:**

September 6 (Friday) 14:00 and 15:00

**Shuttle Pick-Up & Drop-Off Location:** Outside of Gate 2

## 换项区 1 - 赛前摆车（周五）

- **半程距离运动员必须在周五 13:00 - 17:30 将自行车摆放至换项区 1，周六（比赛日）清晨禁止放车**
- 在运动员把自行车放置在换项区 1 后将不能再把车推出换项区
- 只有在参加运动员会并领取装备之后，才可将自行车摆放至换项区
- 请在进入换项区之前把自行车贴纸贴好。工作人员将核对您的自行车贴纸号码
- 工作人员将对您的自行车进行安全检查，请确保您的自行车符合装备要求。比赛组委会有权禁止存在安全隐患或不符



- 合规定的自行车和装备在比赛中使用
- 换项区仅限运动员，随行亲友谢绝入内
- **周五摆车时，换项区除自行车外不可摆放其他物品。请在周六比赛清晨设置换项区内其他物品，如头盔等**
- 请根据您的比赛号码摆车，将您的座椅悬挂在车架上
- 请在赛前和赛时保持您的换项区域的整洁，不要影响身边其他运动员

### TRANSITION 1 – FRIDAY BIKE CHECK-IN

- **It is required that Sprint Distance athletes (Individual and Relay) to rack the bicycles in Transition 1 on Friday from 13:00 to 17:30. No bike racking on Saturday race morning.**
- For security reasons, once your bike is racked in transition, it cannot be removed before the race
- You can only enter the Transition after attending the Athlete Meeting and the Packet Pick-Up
- Please put on your bike frame sticker before entering the Transition. Race Staff will check the number of the bike frame sticker
- There will be race officials conducting bike safety check when you enter the transition. Please follow the bike and equipment safety rules. The Race Organizer reserves the rights to prohibit any bikes or equipment that may cause a safety hazard to any participant
- The transition is an Athlete Only area. Family and friends are not allowed to enter
- **The only item that can be left in Transition on Saturday is your bike. Athletes must come back on Saturday morning to leave the rest items including helmet.**
- Please rack the bike by your bib number and rack by the nose of your seat
- Please respect you neighbors' space and keep your transition area neat and clean before and during the race

### 换项区 – 比赛清晨

- 周六比赛清晨，换项区开放时间为 6:00 – 7:00
- 您可以在此时将比赛所需其他物品放置在换项区，如骑行鞋、头盔等。
- **请在比赛清晨在游泳入水前的检录处领取计时芯片与泳帽**

**在任何时间（赛前或赛时），请不要在换项区中骑车，推车时请确保头盔已戴好。违反规定的运动员就将被取消比赛资格**

### TRANSITIONS– RACE MORNING

- On Saturday morning, Transition will open from 6 AM to 7 AM
- This will be when you can set up your shoes, helmet, and other items
- Please pick up your timing chip by the Transition 1 entrance

**Please remember to WALK YOUR BIKE AT ALL TIMES AND WITH YOUR HELMET FASTEN ON YOUR HEAD in the Transition. Riding your bike in transition will cause immediate disqualification.**

### 赛前游泳场地试水

**时间:**

周五 (9 月 6 日) 14:00 – 17:00

\*16:30 之后停止下水，17:00 点清场

**地点:** 游泳出发平台 (海坨天境)

## 必须携带游泳浮漂 (“跟屁虫”)

### PRE-RACE SWIM COURSE TEST

#### Time:

Friday (September 6) from 14:00 – 17:00

\*No water entrance after 16:30 PM. The course will be cleared by 17:00.

**Location:** Swim Start Platform (Haituotianjing)

**Floatation device (personal safety buoy) is mandatory**

### 自行车技师服务

周五:

12:00 - 17:30 地点: 赞助商展会 QR 展区

周六:

6:00 – 12:00 地点: 换项区 1

8:30 – 17:00 地点: 赞助商展会 QR 展区

技师将为有需求的运动员提供简单技术指导和服务, 以比赛安全为主要目的。由于运动员较多, 且时间有限, 技师将不会帮助运动员调车或装车。为每名运动员的服务时间将控制在 10 分钟左右

### BIKE MECHANICS SERVICE SCHEDULE

Friday:

12:00 – 17:30 Location: QR tent at Race Expo

Saturday:

6:00 – 12:00 Location: Transition 1

8:30 – 17:00 Location: QR tent at Race Expo

Bike Mechanics will only provide basic instructions and services that relate to the safety of racing. Due to time limits, it is not a place for a bike tune-up nor assembling the entire bike out of box. The average service time for each athlete will be limited to around 10 minutes.

### 比赛周末其他活动

#### 职业运动员见面会及签名会

- 时间及地点: 周五 17:30; 国际馆 A 馆外
- 免费参加! 届时将有机会与职业运动员面对面交流
- 现场将有免费赛事海报提供 (数量有限)

#### 周五欢迎晚宴

- 时间及地点: 周五 18:00; 国际馆 A 馆外
- 运动员免费参加!

### RACE WEEKEND HOSPITALITY EVENTS

#### Professional Athlete Meet and Greet / Poster Signing

- Time: September 6 (Friday) at 17:30
- Location: Outside Hall A of International Pavilion, Beijing Shi Yuan International Tourism Resort
- Free to attend! Join us to mingle with the pros and fellow triathletes

- Free event poster will be provided (limited quantity)

#### Friday Welcome Reception

- Time: September 6 at 18:00
- Location: Outside Hall A of International Pavilion, Beijing Shi Yuan International Tourism Resort
- Free to attend!

## 竞赛信息 RACE INFO

### 通用规则



中国铁人三项运动协会  
CHINA TRIATHLON SPORTS ASSOCIATION

- 北京国际铁人三项挑战赛执行最新版本的《国际铁人三项联盟竞赛规则》和《中国铁人三项运动协会犯规行为处罚细则》（请到中铁协官方网站“规则规定”栏内查阅）。部分 Challenge Family 特殊规则以本手册与赛前运动员会议为准。
- 除非满足以下条件，任何人不应该参与铁人三项运动或多项运动：
  - 1) 为所参加的比赛进行了足够的训练，对报名参赛的行为负责
  - 2) 通过日常训练及定期身体检查，确认身体状况良好
- 在赛前到达比赛场地后及赛时，所有运动员都必须：
  - 1) 遵守比赛规则
  - 2) 展示体育精神
  - 3) 禁止可能会对其他参赛运动员，观众，赛事工作人员及志愿者，产生侮辱或冒犯的行为
  - 4) 公平、礼貌得对待并尊重其他参赛运动员，观众，赛事工作人员及志愿者
  - 5) 禁止不文明行为。禁止使用不文明用语
  - 6) 禁止进行任何可能会对他人产生伤害的行为。违反规定的运动员将被取消参赛资格。
  - 7) 遵守交通法规并听从工作人员的指挥
  - 8) 如决定退赛，须立即告知竞赛工作人员。如不及时告知，可能导致的短期或长期禁赛的处罚
  - 9) 请勿乱扔垃圾或竞赛物品（除非在补给站或其他指定垃圾回收地点）。故意或非故意的乱扔垃圾行为将会被警告，严重者将被取消比赛资格
  - 10) 禁止不文明裸露或在公共场合全身裸露。违反规定者有可能被取消比赛资格
  - 11) 参赛者自行承担参与赛事的风险

### GENERAL RULES

- Challenge Beijing enforces the latest version of the World Triathlon Competition Rules and the Chinese Triathlon Association Penalty Rules for Foul Behaviour (please refer to the “Rules and Regulations” on the official website of CTSA). Some of the Challenge Family special rules will be subject to this manual and the pre-race athletes' meeting.
- No person shall participate in a triathlon or other multi-sport events unless such person:
  - 1) is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and
  - 2) is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health
- At or during an event, or while at the event site, all participants must:
  - 1) Act in compliance with these Competition Rules
  - 2) Practice good sportsmanship at all times

- 3) Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community
- 4) Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy
- 5) Refrain from the use of abusive language or conduct; and
- 6) No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification
- 7) Obey traffic regulations and instructions from Race Officials
- 8) Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events
- 9) Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points). Intentional or careless littering will result in a time penalty or disqualification
- 10) Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a disqualification
- 11) Participation in the event is at the participant's own risk.

## 比赛清晨

比赛清晨，运动员将自行车换跑步的物品用橙色换项包放置在换项区 2、游泳换自行车的物品用蓝色换项包放置在换项区 1 后，需从换项区 1 沿地毯光脚步行至游泳出发区。在前往游泳出发前，请确保携带以下物品：

- 计时芯片（比赛当天在游泳入水前的检录区发放）
- 比赛官方泳帽（比赛当天在游泳入水前的检录区发放）
- 游泳浮漂（“跟屁虫”）-分龄组运动员强制佩戴
- 泳镜
- 胶衣（如果需要）
- 其他游泳出水后必须使用的物品，如眼镜，哮喘呼吸器等
- 确认自己的双臂已经贴好或写好比赛号码

完成游泳赛段比赛，出水后运动员必须将自己的游泳物品（泳帽，泳镜，胶衣等）带回换项区  
**请注意，运动员禁止接受来自亲友或其他观众的帮助。否则属于违规行为，比赛资格将被取消。**

## RACE MORNING

On race morning after setting up and put the orange Transition bag in the Transition 2, setting up and put the blue Transition bag in the Transition 1, athletes will walk bare feet on the carpeted surface from the Transition 1 to the Swim Start. Before leaving the Transition, please double check you have the following items:

- Timing Chip (to be given to athletes at the Check-in before Swim Start on the race day)
- Race issued swim cap (to be given to athletes at the Check-in before Swim Start on the race day)
- Floatation device (personal safety buoy) **MANDATORY FOR ALL AGE GROUP ATHLETES**
- Swim goggles
- Wetsuit (if needed)
- Other must-have items after the swim, for example, glasses, asthma inhaler, etc.
- Confirm you have the bib number stick or written on both of your arms

**Athletes must bring all their swim gears (goggles, wetsuit, swim cap, etc) back into the Transition.**

**Please note, it is not allowed to receive help from spectators, as it will cause immediate disqualification.**



## 游泳- 750 米



根据过去三年的天气记录，比赛期间的温度为：

最高温：25°C – 30°C

最低温：16°C – 20°C

\*如果水温低于 15.9°C，运动员必须穿着胶衣完成游泳赛段。我们将密切关注温度变化，并为运动员定期更新。比赛日游泳赛段状况将受当天气温以及水温的影响。最终游泳赛段的比赛情况将在 9 月 6 的运动员会议中进行说明。

- **年龄组运动员必须携带游泳浮漂（“跟屁虫”）**

- 运动员必须佩戴官方比赛泳帽

- 游泳出发区排队顺序将根据运动员预计的游泳完赛时间（无论您所使用的泳姿）

排队出发的顺序为：

- o 少于 20 分钟
- o 20 - 25 分钟
- o 26 分钟或更长

- 请运动员根据游泳出发区指示牌，按顺序排队等待游泳开始

- 比赛计时将在您跳下水后开始。与比自己游得快的组别一同出发并不会为您带来任何时间上的优势，反而您会被其他运动员超过。因此处于安全考虑，请您根据自己的实际预计游泳时间排队等候出发

- 比赛开始后，每批将有约 10 人左右走在浮台上同时出发。同批次运动员须先进入水中（脚先入水），紧靠浮台预备，然后听从赛事工作人员发令，同时由水中出发。每批间隔仅短暂数秒。请集中注意力，紧随前一名运动员。

- 单圈逆时针游泳，游泳赛道中的浮标应始终在您的左侧

- 妨河流向为自东向西，请注意把握您的游泳方向

- 救生船及救生员将分布在赛道上。如果在游泳过程中遇到问题，请向上直举手臂以引起船上救援团队的注意。
- 有需要的运动员可以抓住救生船休息片刻，但是不可以借助救生船向前行进
- 在游泳区出口将会有有一个特殊需求桌，供那些需要在游泳后取眼镜或哮喘呼吸器等必需品的运动员使用。请在进入游泳等候区前放好您的物品。建议您在自己的物品上标记自己的名字和比赛号码。特殊需求桌仅可以放置比赛必须用品，如眼镜或哮喘呼吸器。非必须物品不可放在需求桌上。比赛工作人员将没收违反规定的物品
- 建议参赛运动员，特别是铁三新手，可以加入当地铁三俱乐部的训练
- 游泳关门时间：最后一批出发后 30 分钟。如果错过关门时间，您将无法继续进行比赛
- 请注意，如出现以下情况，你将自动退出比赛：
  - o 救生人员将您从水中救出
  - o 您选择出水，上救生船或上岸/浮台

如出现上述情况，运动员将被要求在游泳出水处附近的指定区域等候。在所有运动员完成游泳后，将有工作人员将您带回换项区，提取物品。请勿私自离开。提取物品时请注意不要影响正在比赛的运动员。

### SWIM – 750M

According to the weather records of the last three years, the temperatures during the race are:

Maximum temperature: 25°C - 30°C

Lowest temperature: 16°C - 20°C

\*If the water temperature is below 15.9 °C on race day, wetsuit will be mandatory. We will be monitoring the temperature closely and send regular updates to athletes. The swim condition will be considered based on the combination of the water temperature and the air temperature. Swim updates will be announced during the Athlete Meeting on Sept. 6.

- **Floatation device (personal safety buoy) is mandatory for Age Group athletes**
- Please wear the race issued swim cap
- Athletes will be queued based on their estimated swim finish time, regardless of what stroke you are swimming.
- The self-seeded starting order is:
  - o Less than 20 minutes
  - o 20 - 25 minutes
  - o 26 minutes or longer
- Your time starts when you are in the water. It will not give you any advantage for standing in a faster group. You will only be passed by the other faster swimmers. So, please for your safety, choose the appropriate start section based on your ability
- When the race starts, Age Group athletes will walk on the pontoon in groups of 10 people, get into the water feet first, hold on to the pontoon, and wait for the start signal
- It is an in-water start. The entire process will move very fast. Please stay focused and follow the athletes in front of you
- One lap anti-clockwise swim. Buoys should always be on your left
- The Gui River flows from east to west, so please pay attention to your swimming direction
- Safety boats and lifeguards will be on course. If you need any help, please raise your arm straight to get their attention. Do not waive your arm as it is the same movement as swimming
- You can hold on to the boat for a rest if needed, but you cannot move forward
- There will be a special needs table by swim exit for must-have items after the swim, such as glasses or asthma inhalers. Please place your items there BEFORE walking to the Swim Start in a bag with your NAME AND RACE NUMBER ON IT. Items such as shoes or prohibited items are not allowed on the table. Race staff will remove

anything that is not allowed during the race

- If you have just joined triathlon and this is your first race in open water, we highly recommend that you join a triathlon club for training
- Swim Cut Off Time: 30 min after the last group starts swimming. If you miss the cut off, you will not be allowed to continue
- Please note, you will also NOT be able to continue the race under the following conditions:
  - o You are pulled out of the water
  - o Choose to exit the water onto a boat or land

In the situation that you dropped out the race during swim, you will be asked to wait at a designated area until all athletes completed the swim. Then race staff will lead you back to the Transition to pick up your belongings. Please do not leave on your own. Please watch out for the athletes that are still racing.

### 换项区 1 (游泳换骑车)

- 请使用蓝色换项包将您自行车所需的物品放置于换项区 1
- 在从车架上取下自行车前，请先戴好头盔并扣紧头盔搭扣
- 在通过自行车上车线前不要骑车
- 换项区 1 设置有补给站
- 换项区有自行车修理服务与基本修理工具，仅提供基本的紧急修理服务
- 只允许将锁鞋固定在锁踏，其他任何装备包括头盔都必须放在蓝色换项包中

### TRANSITION 1 (SWIM TO BIKE)

- Blue transition bag is for your bicycle stuffs in Transition 1
- Please put on your helmet and buckle it before un-racking your bike
- Do not mount your bike until crossing the Bike Mount Line
- We have an aid station is in Transition 1
- Bike Mechanics and tool station will be available in the transition
- Only shoes clipped on the bike pedals are allowed. All other equipment including helmet must stay in the blue transition bag.



## 自行车 - 22 公里

### 自行车赛道装备基本规则

- 允许使用的自行车类型：公路车，铁三车，山地车
- 禁止使用的自行车类别：折叠自行车，小轮车，固齿车，共享自行车
- 自行车必须前后轮均有刹车
- 自行车上不允许有车支子，车筐等（如有，须在赛前拆除）
- 在您的车把末端，必须有车把塞
- 请务必佩戴头盔，如果没有头盔，您将无法参赛
- 运动员所佩戴头盔须完好无损，未经任何改装。头盔需要符合或高于以下安全标准：美国消费者安全委员会标准；ANSI Z-90.4；Snell B90；EN 1078 或其他国家同等级别机构制定的标准
- 运动员有责任在赛前对自行车及装备的安全状况进行检查
- 比赛组委会有权禁止存在安全隐患或不符合规定的自行车和装备参赛
- 比赛时不允许携带任何玻璃容器，以及尖锐易碎，可能对人身造成伤害的物品

### BIKE – 22KM

#### BASIC RULES OF EQUIPMENT

- PERMITTED bike categories: Road bikes, Triathlon bikes, Mountain bikes
- PROHIBITED bike categories: Folding bikes, BMX, Fixed gear bikes, bikes from bike-share service
- Must have front and back breaks
- Bike basket and bike stand must be removed before race
- Bar end plug is required
- Must wear helmet. No helmet, no race
- Bike helmet should be undamaged and unaltered. The helmet should meet or exceed the following safety standards: American Consumer Safety Council Standards; ANSI Z-90.4; Snell B90; EN 1078 or other national accredited testing authority standards of the same level
- It is the athlete's responsibility to check and ensure the safety condition of the bike and equipment before the race
- The race committee reserves the right to prohibit any bicycles or equipment that may cause safety hazard or does not meet the requirement to enter the race
- No glass containers are allowed during the race, as well as sharp and fragile objects that may cause harm to people

### 竞赛基本规则

- 运动员务必仔细阅读赛道信息并在赛前熟悉赛道。周五（9月6日）将有赛事组委会组织的奥运距离自行车赛道参观。如果您无法加入，请在赛前自行安排时间参观自行车赛道
- 请遵守比赛规则，听从工作人员和志愿者的指挥
- 运动员必须在自行车比赛全程佩戴头盔，并且扣紧头盔搭扣
- 骑行时不允许跟骑，赛事采用 20m 禁止跟骑规则\*
- 请靠右骑行，左侧超车。如果运动员在不超车的情况下靠左或在路中间骑行，将被提出警示，若不改正将受到罚时
- **抬头骑行，注意前方的路况和运动员。如果你看不到前方的完整路况，请减速**
- 如超车或需要停车，请大声提示身边运动员您的意图
- 如需下车推行，请务必靠右，不要阻挡其他运动员通行
- 如遇摔车但不严重，请首先立即撤离赛道，避免二次损伤
- 如需医疗帮助，请告知志愿者，志愿者将通知医疗团队
- 如遇爆胎，请首先将自行车移至路旁，不要占用赛道

- 比赛中，运动员不得接受外界协助（来自赛道工作人员、医疗人员或者其它参赛运动员的必要协助除外，但不能在协助下前进）。违规接受协助将导致取消比赛资格
- 请在骑行时集中注意力，时刻关注身边状况。安全第一，注意避让观众和其他运动员
- 如果您在比赛过程中决定退赛，请务必告知裁判或工作人员，并归还计时芯片
- 禁止跨越中线骑行

\*关于 20 米禁止跟骑规则：运动员可进入前一名运动员的跟骑区，前提是必须在 40 秒之内超越前一名运动员，否则将被处罚。跟骑区宽 3 米，长 20 米。一旦被超越，运动员必须立即由领先运动员身后或赛道任意一侧退出跟骑区。

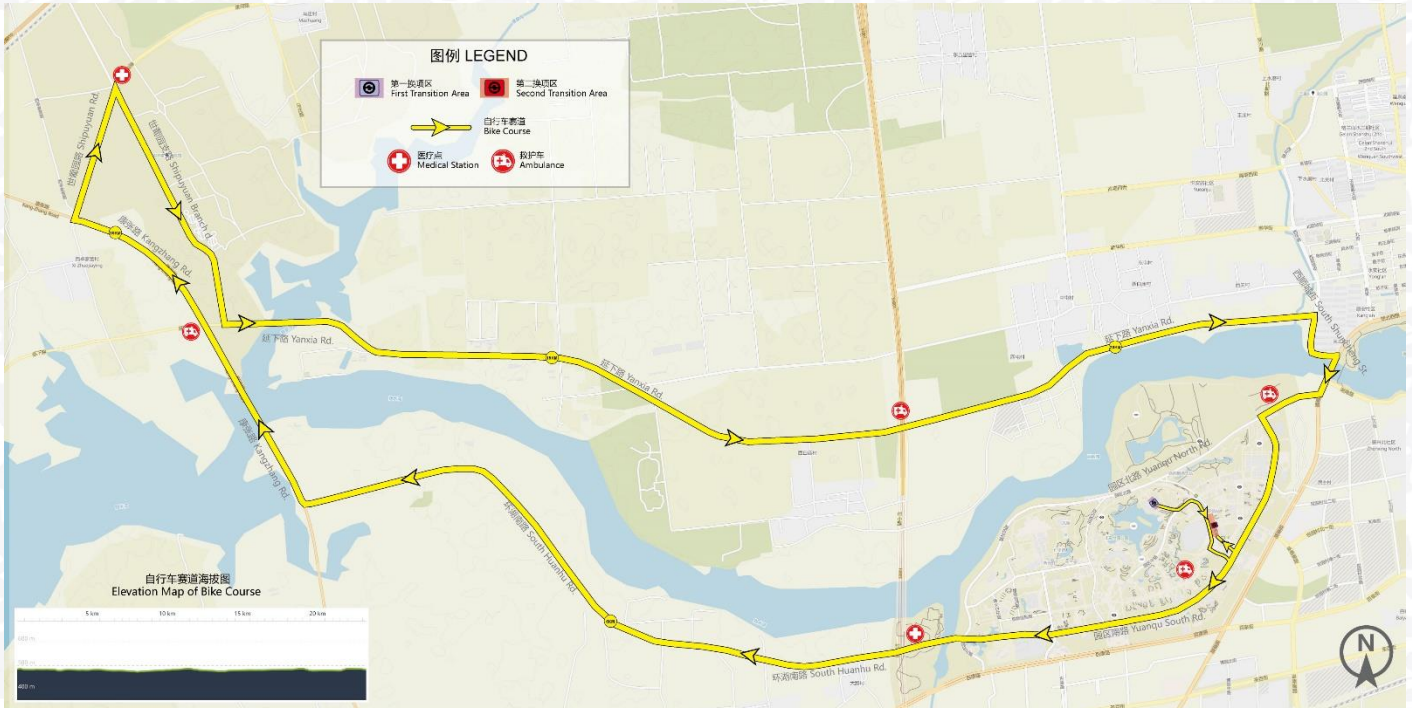


#### BIKE COURSE RULES

- It is the athlete's responsibility to read the race information carefully and be familiar with the course before the race. Course tour shuttles will be arranged Friday and Saturday afternoon (Sept 6 and 7) or athletes can visit the course on their own
- Please obey the competition and course rules and follow the instructions of the race staff and volunteers.
- Athlete must wear a helmet with the chin strap buckled throughout the bike portion of the race
- This is a Non-Drafting race, Challenge Beijing implies 20 meter non-drafting rule. \*
- Ride to the right, pass on the left. If you are riding on the left or in the middle of the road for an extended time, you may receive a warning and then time penalty if not corrected
- **Ride with your head up and pay attention to the road condition and athletes in front of you. If you don't have a full view of the road ahead, please slow down**
- Please give audible verbal warning to athletes around you when passing or stopping
- If you need to get off the bike and walk up the hill, please stay to the right, do not block other athletes
- In case of minor injury or bike crash, please first move out of the bike course to avoid second-time injury
- If you need medical assistance, please ask a volunteer for help. The volunteers will notify the race medical team
- In case of a flat tire, please first move out of the bike course DO NOT block other athletes.
- You can only receive necessary outside assistance from race staff, medical staff, or fellow triathletes who are also racing, but no forward motion can be made with the assistance. Receiving assistance from family, friends, or spectators will result in disqualification
- Safety first. Please stay focused and be mindful of your surrounding (spectators and other athletes)
- If you decide to withdraw during the race, please inform the referee or race staff and return your timing chip
- Crossing the central middle line is not allowed

\*About 20m Non-Drafting Rule : Drafting zone is about 20-meter long and 3-meter wide. A participant may enter the drafting zone of another cyclist without penalty, if he or she enters the drafting zone from the rear, closes the gap and overtakes the leading cyclist all within no more than 40 seconds. The cyclist who has been "overtaken" must immediately move to the side or to the rear and out of the drafting zone of the passing cyclist

## 自行车赛道信息



半程距离自行车路线图  
Course Map - Sprint Distance Bike

2024.9.7

- 自行车赛道全程 22 公里，平均路宽 5 米，基本为平整的柏油路面，共骑行 1 圈。
- 在西顺城街（21.1KM）进入城市道路，道路变窄，注意安全。
- 请注意，赛事车辆随时可能出现在道路上，请为紧急服务车辆让路。

### BIKE COURSE INFORMATION

- The bike course is 22 kilometers long, with an average road width of 5 meters, basically a smooth asphalt surface, and a total of 1 lap.
- Enter the narrow road at Xishuncheng Street (21.1KM), please pay attention to safety.
- Remember that vehicle can occur on the road at any time. Stay alerted and give a way to any responding emergency services vehicles.

## 换项区 2 (骑车换跑步)

- 请使用橙色换项包将您跑步所需的物品放置于换项区 2
- 必须在到达自行车下车线之前下车
- 请将车座挂在自行车架上
- 开始跑步前用号码带或安全别针将号码布固定在衣服上，确保号码布正面朝前

## TRANSITION 2 (BIKE TO RUN)

- Orange transition bag is for your running stuffs in Transition 2.
- Must get off bike BEFORE the dismount line
- Rack your bike by the seat at your designated spot
- Bib number is required for the run. Please wear it facing front

# 奥地利 RED BULL 为你添翼



## 跑步赛道及终点 - 5 公里



半程距离跑步路线图  
Course Map - Sprint Distance Run

2024.9.7

- 跑步赛道有 2 个补给站 (0.8KM 奥地利 RedBull 能量站, 2.7KM), 提供水, 运动功能饮料, 能量补给
- 不可携带娱乐设备、不可使用手持设备 (相机或自拍杆)
- 如遇紧急情况, 请向志愿者或工作人员寻求帮助
- 关门时间: 2 小时, 如果错过关门时间, 您可以继续比赛, 但最终成绩将显示为 “DNF” (未完赛)
- **朋友和家属不可进入终点区内与运动员一同冲线。违反规定的运动员将被取消资格**
- 请以最帅的姿势冲过终点线, 届时会有摄影师为您拍照
- 庆祝完赛时, 请注意避让其他即将冲过终点线的运动员
- 运动员将在终点区拿到水、完赛奖牌与纪念毛巾
- 离开终点区时请将计时芯片交给志愿者 (计时芯片丢失将需要交纳 500 元罚款)



### RUN AND FINISH LINE – 5KM

- There are 2 Aid Stations (0.8KM RedBull Energy Point, 2.7KM) on the run course, water and sports drink will be provided
- Entertainment devices, headphones, handheld devices are not allowed
- In case of emergency, please ask for help from the volunteers or staff
- Event cut-off time: 2 hours after the last swim wave starts. If you missed the overall cut off, you can still finish the run course, but your final result will be “DNF” (Did Not Finish)
- **Family and friends, including children, are not permitted in the Finish Chute or the Finish Area. If an athlete is caught breaking the rule, they will be disqualified.**

- Smile for your finish line photo, captured by our photographers
- Be aware of other athletes crossing the finish line behind you
- After crossing the finish line, each athlete will receive a finisher medal
- Before exit the finish area, please return your timing chip to the volunteers. (Lost timing chip will result a CNY 500 fine).

## 赛后

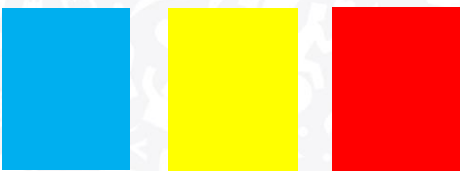
- 赛后按摩帐篷以及医疗帐篷在终点线附近
- 您的比赛成绩可以在终点附近的成绩帐篷查询，与此同时，您可以在中心区的奖牌刻字篷房把您的成绩刻在奖牌上！
- 颁奖仪式将于 10:00 在终点区舞台举行。分龄组男女前三名将受邀上台领取奖杯
- 失物招领将在中心区信息篷房
- 换项区将在最后一名运动员开始跑步项目后重新开放，预计为 10:00 左右。请运动员在 11:00 之前将自己的自行车和个人物品从换项区取走

## POST RACE

- Massage Tent and Medical Tent are located close to the Finish Line Area
- Your result will be available at the Result Tent. In the meanwhile, you can have your achievements engraved on medals in the medal engraving tent in the central area!
- Awards ceremony will be held at 10:00 AM on the Center Stage. Top 3 male and female Finishers of each Age Groups will be invited on the Center Stage to receive a trophy
- Lost and Found locates at the Information Tent at Race Expo
- Transition area will be open after the last athlete start with the run. Estimated time is around 10:00. Please pick up your bike and personal belonging before 11:00

## 处罚

- 赛道上会有裁判进行判罚。



- o 蓝牌表示尾随犯规罚时，罚时为 1 分钟
- o 黄牌表示其他犯规行为，罚时为 10 秒
- o 红牌意为立即取消资格

如果运动员收到蓝牌或黄牌，他将必须在**自行车赛段的罚时帐篷**停止相应时间后再继续比赛。运动员有责任在罚时帐篷向志愿者报告并告知其比赛号码。比赛官员将标记比赛号码以表明已受罚，并且也将记录在赛事中。如果运动员不接受处罚，他们将被取消比赛资格。比赛官员的职责是为所有运动员提供公平安全的比赛，请服从现场判罚，在比赛结束前不要向现场裁判发起申诉。如果您想进行申诉，请于赛后在信息帐篷中找工作人员处理。

## PENALTY

- There will be referees on course.
  - o A Blue Card indicates a drafting infringement, the time penalty is 1 min.
  - o A Yellow Card indicates an other infringement, the time penalty is 10 seconds.
  - o A Red Card means immediate disqualification.

If an athlete receives a Blue Card or Yellow Card, the athlete must **stop in the penalty box on the Bike Course** before restarting. It is the athlete's responsibility to report to the volunteers at the penalty box and tell their race number before serving their penalty. The race official will mark the race number to show the penalty was served and it will also be recorded in the officials' log. If the athlete does not serve a penalty, they will be disqualified from the race. The race officials are there to provide a fair and safe race for all athletes so please serve the penalty at the spot and do not try to argue the penalty until the after the race. If you would like to contest post-race, please find notify race staff at the information tent.

## 医疗

- 我们拥有一支专业的医疗保障团队，医疗点将位于游泳开始和出口，换项区，自行车赛道，跑步赛道以及终点线。同时赛道上也会有救护车驻点。如果您有任何医疗需求，请向工作人员和志愿者寻求帮助。
- 医疗团队可以现场处理轻微伤，需要进一步治疗的运动员将被运送到附近的合作医院。运动员的自行车和比赛用品将被转送到位于国际馆 A 馆的赛事办公室。

## MEDICAL

- An experienced medical team will be at the event with medical personnel stationed at the Swim Start and Exit, Transition, sections on Bike Course, at each aid station on the run course, and at the Finish Line. There will be ambulances dedicated to the event which will be positioned on course. If you need any medical assistance, please ask for help from the staff and volunteers. The medical team can assist with basic and minor injuries.
- Any athletes who require further treatment will be transported to nearby partner hospitals. If you find yourself in this situation, your bike and race gear will be transported to the race office in the Hall A of International Pavilion.
- Travel insurance covering any medical treatment, liability and participation in organised triathlon/sport competition is mandatory for foreigner athlete. Liability and accident insurance is recommended to every athlete

## 小提示

- 计算从住宿地到达北京世园国际旅游度假区 2 号门以及游泳出发区的时间，设好闹钟
- 仔细研究比赛线路图（赛道图请见文末）
- 在赛前安排时间参观赛道，熟悉赛道环境
- 熟悉从世园公园 2 号门前往游泳出发区的路线，以便在比赛清晨快速到达。
- 检查自行车状况，车胎，车闸，将车胎打好气
- 赛前 2 周或一个月去医院做心肺功能，脑功能和血液生化检查等检查。如果有任何指标不正常，请咨询医生是否可以安全参赛
- 赛事组委会为运动员提供比赛日基础保险，但您需要单独自行额外购买符合要求的保险。
- 如果您在比赛前或比赛期间感到不适，为了您的安全，请考虑退出比赛。
- 比赛的成功举办离不开志愿者的辛勤付出。请在有机会时向他们说声感谢！

## FINAL REMINDER

- Calculate your travel time from home to the Gate 2 of Beijing Shi Yuan International Tourism Resort. Set your alarm!
- Study the course map. (Maps are at the end of this document)
- Visit the course before race day. Get familiar with the course condition
- Get familiar with the route from Gate 2 to the Swim Start.
- Check your bike's condition, break, etc. Pump the tires
- We suggest all athletes to visit a doctor 2 weeks to 1 month prior to the race and conduct heart function test, brain function test, as well as the Comprehensive Metabolic Panel, etc. If any index is abnormal, please consult a doctor regarding the safety of participating in triathlon
- Basic race day insurance is provided by the race organizer, you will need to purchase additional insurance that meets the requirements separately. Travel insurance for foreign athletes is mandatory.
- If you feel unwell before or during the race, please consider to withdraw from the race for your own safety.
- The race would not be possible without the support from the volunteers. Please say Thank You to them whenever possible

## 观众

- 观众可佩戴观众手环从北京世园国际旅游度假区 2 号门免费进入。
- 建议观赛区：
  - o 换项区外围（换项区内仅限运动员，请亲友不要进入）
  - o 终点区外围
- \*由于场地限制，游泳区域不设观赛区。

## SPECTATORS

- Spectators can enter through the Gate 2 of Beijing Shi Yuan International Tourism Resort with spectator bracelet for free.
- Suggested viewing location:
  - o Outside of the Transition (Spectators are not allowed to enter the Transition)
  - o Outside of the race finish zone

\*Due to limited space, there will not be a viewing space at the Swim Area.

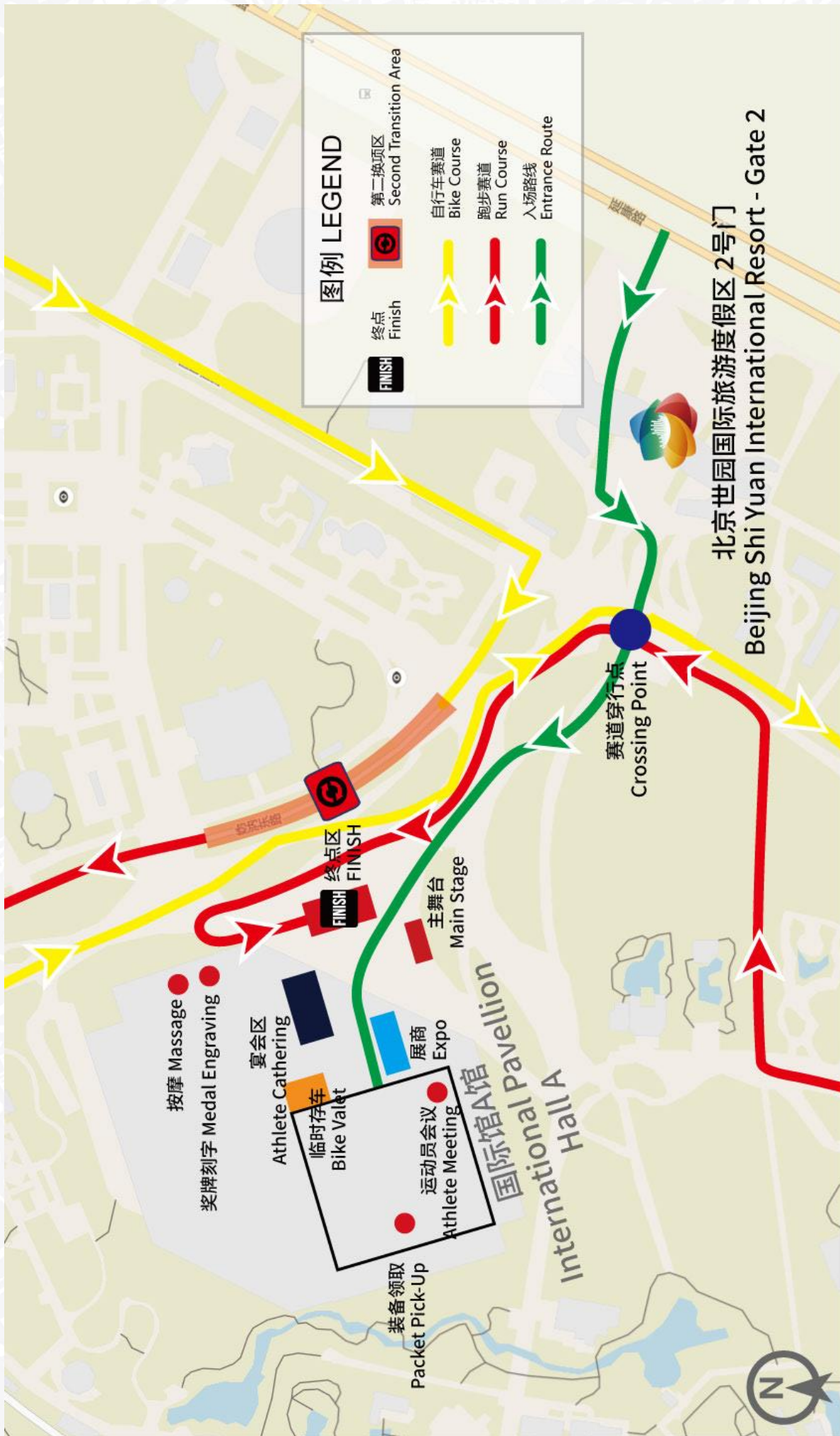




北京国际铁人三项挑战赛  
Challenge Beijing

半程距离路线图  
Course Map - Sprint Distance





中心区  
Event Village



# TRIATHLON



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# CHALLENGE FAMILY

## RACE CALENDAR 2024

	<b>LOTTO CHALLENGE GDAŃSK</b> POLAND, 16 JUN 2024	MIDDLE		<b>CHALLENGE CANBERRA</b> AUSTRALIA, 17 NOV 2024	MIDDLE OLYMPIC
	<b>CHALLENGE KAISERWINKL-WALCHSEE</b> AUSTRIA, 23 JUN 2024	MIDDLE		<b>CHALLENGE FLORIANÓPOLIS</b> BRAZIL, 24 NOV 2024	MIDDLE
	<b>CHALLENGE CAGNES-SUR-MER</b> FRANCE, 29 JUN 2024	MIDDLE		<b>CHALLENGE SALINAS</b> ECUADOR, TBC DEC 2024	MIDDLE
	<b>DATEV CHALLENGE ROTH</b> GERMANY, 7 JUL 2024	LONG		<b>CHALLENGE ISRAMAN</b> ISRAEL, 31 JAN 2025	LONG MIDDLE
	<b>SAIL CHALLENGE CAP QUEBEC</b> CANADA, 21 JUL 2024	MIDDLE OLYMPIC		<b>GALLAGHER INSURANCE CHALLENGE WANAKA</b> NEW ZEALAND, 15 FEB 2025	MIDDLE
	<b>CHALLENGE NEW JERSEY STATE</b> USA, 21 JUL 2024	OLYMPIC		<b>CHALLENGE CERRADO</b> BRAZIL, 6 APRIL 2025	MIDDLE
	<b>CHALLENGE TURKU</b> FINLAND, 28 JUL 2024	MIDDLE		<b>ANFI CHALLENGE MOGÁN-GRAN CANARIA</b> SPAIN, 26 APRIL 2025	MIDDLE
	<b>CHALLENGE SANDEFJORD</b> NORWAY, 24 AUG 2024	MIDDLE		<b>CHALLENGE TAIWAN</b> TAIWAN, 26 APRIL 2025	LONG MIDDLE
	<b>CHALLENGE ISTANBUL</b> TÜRKIYE, 1 SEP 2024	OLYMPIC		<b>CHALLENGE CESENATICO</b> ITALY, 11 MAY 2025	MIDDLE
	<b>SAIL CHALLENGE ESPRIT MONTRÉAL</b> CANADA, 8 SEP 2024	MIDDLE OLYMPIC		<b>OTSO CHALLENGE SALOU</b> SPAIN, 11 MAY 2025	MIDDLE
	<b>CHALLENGE SAMARKAND</b> UZBEKISTAN, 8 SEP 2024	MIDDLE		<b>THE CHAMPIONSHIP</b> SLOVAKIA, 18 MAY 2025	MIDDLE
	<b>CHALLENGE BEIJING</b> CHINA, 8 SEP 2024	OLYMPIC		<b>CHALLENGE ST PÖLTEN</b> AUSTRIA, 25 MAY 2025	MIDDLE
	<b>CHALLENGE ALMERE-AMSTERDAM</b> NETHERLANDS, 14 SEP 2024	LONG MIDDLE		<b>CHALLENGE GERAARDSBERGEN</b> BELGIUM, TBC 2025	OLYMPIC
	<b>CHALLENGE SANREMO</b> ITALY, 22 SEP 2024	MIDDLE		<b>CHALLENGE GUNSAN-SAEMANGEUM</b> KOREA, TBC 2025	LONG
	<b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 5 OCT 2024	MIDDLE OLYMPIC		<b>CHALLENGE GALLIPOLI</b> TÜRKIYE, TBC 2025	MIDDLE
	<b>CHALLENGE PEGUERA MALLORCA</b> SPAIN, 19 OCT 2024	MIDDLE		<b>CHALLENGE WALES</b> WALES, TBC 2025	MIDDLE
	<b>CHALLENGE BARCELONA TRIATHLON</b> SPAIN, 3 NOV 2024	OLYMPIC		<b>CHALLENGE MALAYSIA</b> MALAYSIA, TBC 2025	MIDDLE
	<b>CHALLENGE XIAMEN</b> CHINA, 10 NOV 2024	MIDDLE			



ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

# 铁人三项 突破

2024北京国际铁人三项挑战赛  
北京·延庆

## 主办单位 Organizing Committee

中国铁人三项运动协会  
China Triathlon Sports Association  
北京市体育局  
Beijing Municipal Sports Bureau  
北京市延庆区人民政府  
Yanqing District People's Government of Beijing Municipality

## 承办单位 Operating Units

北京市延庆区体育局  
Yanqing District Bureau of Sports of Beijing Municipality  
北京世园投资发展有限责任公司  
Beijing Shiyuan Investment & Development Co., Ltd.  
德鲁伊(北京)体育文化发展有限公司  
Druid (Beijing) Sport Culture Development Co., Ltd.  
国际铁三挑战系列赛赛事公司  
Challenge Family GmbH