

## 2020 Chennai ASTC Triathlon Asian Cup

**ITF President** - Dr (Mrs). Surekha Ramachandran

**ITF CEO** - Mr. N. Ramachandran

### Event Organising Committee

**Organising Chairman** – Ashish Bhengra, IPS (Retd)

**ITU Technical Delegate (TD)** – Sam Wikramasinghe

**ITU Assistant Technical Delegate (ATD)** - Parbhat Sharma

**Chief Race Official** – Krisshna

**Head Referee**– Pooja Chaurushi

**Organising Secretary** – Harish Prasad

**Finance** - S. Balasubramaniyan

**Medical Delegate** – Dr. K A Thiagarajan

### Hospitality Committee

**Chairman** - Mr. Rakesh Gupta (Vice President ASTC)

#### Members:

Mrs. Surekha Ramachandran (President, ITF)

Mr. Cyrus Poncha (Joint Secretary, TTA)

Mr. K. Rajendiran (Vice President, ITF)

Mr. N.Ramachandran (CEO, ITF)

### **Event info**

Water temperature - Wet Suit's not required.

Visa Requirement - For the participant's visa clearance process, we would require the participant's details updated in the link (<https://forms.gle/NBXNz4VF9Mv5j87PA>) on or before 25th January 2020

Age group – Elite men and Women

Format – Olympic standard swim 1.5km, bike 40km, run 10km

Entries can either be submitted to ITU online or directly to the Indian Triathlon Federation

Prize money:

Men – USD 2,000

Women – USD 2,000

Entry fee:

USD 250 (All included – accommodation (twin sharing) from 21<sup>st</sup> to 23<sup>rd</sup>, All 3 meals + Airport pickup and drop)  
(or)

USD 100 (Entry fee only). You need to make your own arrangements

Course Map – <https://drive.google.com/open?id=1dV6xuC2E8YI15RkEdWOfTZIQam06yQv-&usp=sharing>

Swim - 1 Lap

Bike - 8 Laps

Run - 2 Laps

## **Event Schedule**

### **Saturday – February 22, 2020**

- 09:00hrs - Departure for Course Familiarization
- 10:00hrs - 12:00hrs - SWIM, BIKE & RUN Course Familiarization
- 10:00hrs - 17:00hrs - Bike Mechanic available at Registration Area
- 13:00hrs - 15:00hrs - Bike, Helmet, Uniform check at registration area
- 16:00hrs - Race Briefing for athletes at registration area

### **Sunday – February 23, 2020**

- 04:30hrs - Guide Triathletes to Transition area
- 05:00hrs - Transition area open for bike check in, Body marking, Distribution of Timing Chips and Swim Caps
- 06:00hrs - Closing of TRANSITION – ELITE MEN, ELITE WOMEN
- 06:10hrs - Athlete Introduction ELITE MEN
- 06:30hrs - Wave 1 – ELITE MEN  
(Sunrise)
- 06:45hrs - Athlete Introduction ELITE WOMEN
- 07:00hrs - Wave 2 – ELITE WOMEN
- 11:00hrs - Award Ceremonies

## **Local info**

Airport - Chennai International Airport (IATA: MAA, ICAO: VOMM)

Triathletes will have to send their flight details to the Indian Triathlon Federation (Email: [indiantriathlonfederation@gmail.com](mailto:indiantriathlonfederation@gmail.com)) before 15<sup>th</sup> February 2020 to enable us arrange for airport transfers.

**Championship Hotel** - Hotel Radisson Blu , Ethiraj Salai, Egmore, Chennai, Tamil Nadu 600008, India

Part of the entry fee (\$250) we will be providing accommodation (twin sharing basis) for all participants, we require the travel itinerary and other details for making necessary arrangements. Please update the itinerary in this link (<https://forms.gle/74ZmTweierjDFKy16>)

## **Event contact**

Assistant Technical Delegate – Parbhat Sharma (+91 94170 24801)

Organizing Secretary – Harish Prasad (+91 99445 55592)

## **Federation contact details**

Indian Triathlon Federation

Khivraj Complex II, 2nd Floor, Nandanam, 480, Anna Salai, Chennai, Tamil Nadu 600 035, India

Email: [indiantriathlonfederation@gmail.com](mailto:indiantriathlonfederation@gmail.com)

Tel: + 91 44 2434 0254

# Please note that Senior National Championships and ASTC Asian Cup will be held concurrently.