



DATE/ACTIVITY	ΤΙΜΕ	PLACE
<u>Thurday, Aug.10th</u>		
Information Desk	09:00 to 17:00	Guotai Hotel
ASTC Technical Meeting	10:00 to 11:00	5 th floor Meeting Room, Guotai Hotel
Official Swimming Training	10.00 to 11.00	Swimming Course

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Bike Mechanic Service	10:00 to 16:00	Guotai Hotel
Race Briefing for National Cup Triathlon	14:00 to 15:00	4 th floor Meeting Room, Guotai Hotel
Race Briefing for Age Groups	15:30 to 16:30	4 th floor Meeting Room, Guotai Hotel
VIP Reception	18:00 to 19:30	Jiayuguan International Hotel

Friday, Aug.11th

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Saturday, Aug.12th

Officials Bus Departure for Race Site	07:00	Guotai Hotel
Bike Mechanic Service on site	07:00 to 11:00	
Transition Open for Athletes	07:00 to 07:45	
Swimming Course open for Warming Up	07:00 to 07:45	
U/23 Men Check In	07:15 to 07:45	
U/23 Men - Start	08:00	
U/23 Women Check In	08:15 to 08:45	
Transition Open for Athletes	08:30 to 08:45	
Swimming Course open for Warming Up	08:30 to 08:45	
U/23 Women - Start	09:00	
Transition Open for Athletes	09:45 to 10:15	
Swimming Course open for Warming Up	09:45 to 10:15	
Elite Men (National Cup) Check In	09:45 to 10:15	
Elite Men (National Cup) - Start	10:30	
Elite Women (National Cup) Check In	10:45 to 11:15	
Transition Open for Athletes	11:00 to 11:15	Race Site
Swimming Course open for Warming Up	11:00 to 11:15	
Elite Women (National Cup) - Start	11:30	
Transition Open for Athletes	12:15 to 12:45	
Fun Tri Groups Check In	12:15 to 12:45	
Awards Presentation for U/23 Men & Women	12:00	
Officials Bus Returns to Guotai Hotel	12:30	
Fun Tri Groups - Start	13:00	
Transition Open for Athletes	13:15 to 13:45	
Age Groups Check In	13:15 to 13:45	
Age Groups - Start	14:00	
Awards Presentation for Elite Men & Women (National Cup)	14:10	
Awards Presentation for Fun Tri Groups	14:20	
Awards Presentation for Age Groups	17:00	
Officials Bus Returns to Guotai Hotel	18:00	

Sunday, Aug.13th

Officials Bus Departure for Race Site	07:00	Guotai Hotel	
Bike Mechanic Service on site	07:00 to 13:00		
Transition Open for Athletes	07:00 to 07:45		
Swimming Course open for Warming Up	07:00 to 07:45		
Junior Sprint Men Check In	07:15 to 07:45		
Junior Sprint Men - Start	08:00		
Transition Open for Athletes	08:20 to 09:00		
Swimming Course open for Warming Up	08:20 to 09:00		
Junior Sprint Women Check In	08:20 to 09:00		
Junior Sprint Women - Start	09:15		
Transition Open for Athletes	10:05 to 10:35		
Swimming Course open for Warming Up	10:05 to 10:35	Race Site	
Elite Women Check In	10:05 to 10:35		
Elite Women - Start	10:45		
Transition Open for Athletes	13:00 to 13:30		
Swimming Course open for Warming Up	13:00 to 13:30		
Elite Men Check In	13:00 to 13:30		
Elite Men - Start	13:45		
Awards Presentation for Junior Sprint Men & Women	11:00		
Awards Presentation for Elite Women & Men	16:00		
Officials Bus Returns to Guotai Hotel	16:30		
Awards Ceremony	20:00 to 21:30	Xiongguan Square (east to the Guotai Hotel)	

<u>Monday, Aug.14th</u>

Departure