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精致城市 幸福威海

2025 World Triathlon Championship Series Weihai

2025 年威海铁人三项世界锦标赛

Athletes' Guide

运动员服务指南

Weihai · China 中国·威海

September, 2025

2025 年 9 月

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Welcome Message from World Triathlon President

A very warm welcome to the 2025 World Triathlon Championship Series Weihai.

It is with great pleasure that we bring top-tier racing back to China with the second edition of World Triathlon Championship Series action here in the great city of Weihai.

Last year saw the biggest names in the sport compete here as they chased World Championship-deciding ranking points, as Olympic and World Champion Alex Yee and the current no.3 in the Series Lisa Tertsch delivered outstanding, gold-winning performances on a tough new course.

Now we have a new-look challenge for the athletes on this purpose-built course that remains a stern test of the very best in the world as they chase the last available ranking points before this year's Championship Finals in Wollongong.

That means once again Weihai will have a huge impact on who is crowned the next World Triathlon Champions, and the organisers have been working hard to provide the best possible stage for our athletes to perform on and push themselves to achieve their very best.

As always, our huge thanks go to the China Triathlon Sports Association and the Local Organising Committee for their support and dedication in making this event such an important part of the WTCS calendar.

It is partners like these that help us to ensure triathlon continues to thrive all around the world. Our thanks, too, go to all the officials and the volunteers on whom we rely for their hard work and dedication to our sport.

Good luck to all the athletes and teams as they chase their goals this weekend and I hope that you get to experience the best that this city has to offer as it hosts the spectacle of World Triathlon Championship Series racing.

Yours in Sport,

Antonio F. Arimany
World Triathlon President

世界铁联主席致辞

热烈欢迎各位莅临 2025 年威海铁人三项世界锦标赛！

我们倍感荣幸能将世界顶级铁人三项赛事再度引入中国，在这座伟大的城市——威海，举办第二届世界铁人三项锦标赛。

去年，众多国际顶尖选手曾汇聚于此，为争夺决定世界冠军归属的宝贵积分展开激烈角逐。奥运与世锦赛双料冠军亚历克斯·伊，以及目前排名系列赛第三的丽莎·特奇，皆在那条充满挑战的新赛道上展现了卓越技艺，勇夺桂冠。

今年，我们进一步优化了专为大赛打造的竞技线路，全新升级的赛道既呈现新貌，又不失难度——它将继续考验全球最优秀运动员的极限能力，尤其是在争夺本年度卧龙岗总决赛前夕最后积分的关键时刻。

这意味着，威海站的表现将直接影响新一代世界铁人三项冠军的诞生。赛事组委会全力以赴，致力于为每一位运动员提供最高水平的竞技舞台，助力他们超越自我、绽放光芒。

我们向中国铁人三项运动协会及本届地方组织委员会致以由衷感谢。正是因为他们的倾力支持与无私奉献，本站赛事才得以成为世界铁人三项系列赛中至关重要的一环。

同时我们也要向每一位裁判员和志愿者表达我们深深的敬意。你们的专业与热情，是这项运动蓬勃发展的基石。

衷心祝愿所有参赛运动员与团队在本周末突破自我、勇创佳绩！也希望在这场世界级体育盛会之外，您能尽情感受威海这座城市的独特魅力与热情。

此致

安东尼奥·费尔南德斯·阿里曼诺
世界铁人三项联合会主席

Welcome Letter to Athletes

Thank you for competing in the 2025 Weihai World Triathlon Championship Series Weihai. Over the next two days, triathletes from all over the world will gather in Weihai to deliver an exciting and unforgettable sporting spectacle. Because of your participation, this “Festival of Triathlon and Celebration of Weihai” will be even more remarkable.

Weihai, known worldwide as a livable city, is both a leisure and holiday destination as well as a renowned triathlon base. The city has successfully hosted 15 consecutive editions of high-level triathlon competitions. The Weihai course has been praised by World Triathlon as “one of the most beautiful and most challenging in the world.” The event has been recognized as a National Demonstration Project of the Sports Industry and one of China’s Top Ten Premium Sports Tourism Events. With a brand value now exceeding 500 million RMB, the Weihai Triathlon has become both a shining symbol of the city and an important platform for international exchange.

This year, we have moved the main venue into the heart of the city and further optimized and adjusted parts of the course. While maintaining the natural beauty and competitive challenge of the route, we are striving to create a better race experience, a stronger event atmosphere, and a more convenient consumer environment for all participants and guests. We hope that through this event, more people will come to know and love the sport of triathlon, and join us in building the Weihai Triathlon brand.

To continually improve the quality of the event, we warmly welcome your feedback and suggestions. We will carefully study your input and make every effort to improve. Together, let us take the triathlon and the triathlon industry to an even higher level.

Looking forward to welcoming you in Weihai every year.

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Weihai Major Sport Events Organizing Committee

September , 2025

致运动员的一封信

首先感谢您参加 2025 年威海铁人三项世界锦标赛。2 天来自全球各地的铁人齐聚威海，将为大家奉献一场精彩难忘的体育盛宴。因为你们的参与，这场“铁三的节日、威海的盛会”更加精彩。

威海作为世界知名宜居城市，是休闲度假胜地，也是著名的铁人三项运动基地，已持续举办 15 届高级别铁人三项赛。威海铁三赛道被世界铁联赞美为“世界上风景最美和最具挑战性的赛道”，威海铁人三项赛获评国家级体育产业示范项目、中国体育旅游十佳精品赛事，赛事品牌价值突破 5 亿元，威海铁人三项赛已经成为城市亮丽名片、对外开放平台。

今年我们将主赛场更换到城市核心区域，并进一步优化调整了部分赛道，着力在保留赛道美景和难度的基础上，努力为广大赛会人员带来更佳赛事体验、更浓厚赛会氛围、更便捷消费环境。希望更多人通过赛事认识并参与铁人三项运动、喜爱并参与打造威海铁人三项赛品牌。

为切实倾听运动员心声、不断提升赛事品质，欢迎您随时对威海铁人三项赛提出宝贵意见和建议，我们将认真研究、努力改进。让我们共同努力，将铁人三项赛和产业推向更高水平。

中国威海期待与您每年相遇。

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威海市重大体育赛事组委会

2025 年 9 月

Introduction to Weihai Triathlon

Weihai has been hosting triathlon events since 2008. In 2009, the city incorporated the long-term development of the Weihai Triathlon brand into its urban development planning and strategic goals. To ensure the smooth operation of the annual events, Weihai established the Weihai Major Sports Events Organizing Committee, consisting of more than 40 municipal departments and institutions. The Municipal Party Secretary serves as Honorary Director, the Mayor as Director, while a member of the Standing Committee of the Municipal Party Committee and Minister of Publicity, together with the Vice Mayor in charge of sports, serve as Deputy Directors. The Director of the Weihai Sports Bureau also serves concurrently as Director of the Office. The Organizing Committee has established specialized working departments, including: the Office, Competition Department, Publicity Department, Events & Spectator Services Department, Reception Department, Medical and Health Department, Food Safety Department, Security Department, Marketing & Financial Support Department, Volunteer Services Department, Information Technology Department, and General Support Department. Each is responsible for different aspects of event preparation.

The 2024 World Triathlon Championship Series Weihai was the 15th high-level triathlon hosted by the city. Today, the Weihai Triathlon is recognized as the benchmark event for triathlon in China. It has been successively honored with titles such as “China’s Premium Sports Tourism Event,” “Top Ten Premium Sports Tourism Events in China,” “National Demonstration Project of the Sports Industry,” and “Best Annual Case of City Sports Event Marketing.” The Weihai Triathlon course has been designated by the Chinese Triathlon Sports Association as a dedicated course and praised by World Triathlon as “the world’s most beautiful and one of the most challenging course.” Weihai is also the first city in Asia to successfully host the Long-Distance Triathlon World Championships, and the first city to have hosted both the Long-Distance and Standard-Distance World Championships. The event has repeatedly set records for the largest number of participants in a single triathlon in China, and for years in a row was rated the nation’s best race venue with the highest overall scores. According to third-party evaluation, the market value of the Weihai Triathlon in 2017 had already reached 235 million RMB, and by 2024 it had exceeded

500 million RMB. CCTV's News Broadcast and more than 100 international media outlets report on the Weihai Triathlon every year. The event is covered annually by CCTV's Xinwen Lianbo (China's prime-time national news program), as well as by more than 100 international media outlets worldwide..

After years of development, Weihai has built a solid public foundation for triathlon and fostered a strong triathlon industry environment. On the professional side, the city established a triathlon team at the Municipal Sports School in 2015, with two athletes selected into the national and provincial teams. These athletes have achieved excellent results at major competitions such as the National Youth Championships, the Youth Olympic Games, and the Asian Games. In terms of community participation, triathlon associations at both municipal and county levels have been founded, along with two triathlon clubs and four "Triathlon Homes" (training bases and service stations). The city now has more than 100 certified referees at international, national, and other levels. Triathlon summer camps have been held for many consecutive years, helping to popularize the sport, and approximately 10,000 people in the city regularly take part in triathlon activities. Since 2018, both the Chinese national triathlon team and the Shandong provincial team have been based in Weihai for long-term training and competition preparation. From an industry perspective, Weihai highlighted its features of the most beautiful scenery, the most challenging course, and the highest prize purse by registering and successfully launching its self-owned intellectual property event — the Super Triathlon — in 2017. In 2020, the Weihai Municipal Government signed a comprehensive strategic cooperation agreement with the Chinese Triathlon Sports Association to jointly promote the industrialization of triathlon.

In 2025, the Weihai Triathlon, for the first time, adopts a fully market-oriented operational model. The main venue will be relocated to the city center, with parts of the race taking place on major urban roads. This will set a historic precedent for the commercialization of international-standard triathlon events and for bringing triathlon competitions into the commercial core of Chinese cities. At the same time, it will play a demonstrative role in both promoting the sport of triathlon and enhancing the commercial atmosphere surrounding the event.

威海铁人三项赛简介

威海从 2008 年开始举办铁人三项赛，于 2009 年将长期打造威海铁人三项赛品牌纳入城市发展规划、战略目标。为确保每年的赛事顺利进行，威海市专门成立了威海市重大体育赛事组委会。组委会由 40 余个市直部门或单位组成，市委书记任名誉主任、市长担任组委会主任，市委常委、宣传部长和分管体育工作的副市长任副主任，市体育局局长兼任办公室主任。组委会设办公室、竞赛部、宣传部、活动与观众组织部、接待部、医疗卫生部、食品安全部、安全保卫部、市场开发与财务保障部、志愿者工作部、信息技术部、综合保障部等专项工作机构，分工负责赛事各项筹备工作。

2024 年威海铁人三项世界锦标赛，是威海举办的第 15 届高水平铁人三项赛。如今，威海铁人三项赛是中国当之无愧的铁人三项赛标杆赛事，先后被评为“中国体育旅游精品赛事”“中国体育旅游十佳精品赛事”“国家级体育产业示范项目”“年度最佳城市体育赛事营销案例”，威海铁人三项赛道被中铁协指定为专用赛道、被世界铁联誉为“世界上风景最美和最具挑战性的赛道”。威海也是亚洲首个成功举办长距离铁人三项世界锦标赛的城市、首个同时举办过长距离和标准距离世界锦标赛的城市，曾连续多年创造国内单场铁人三项赛参赛人数记录、连续多年以总分第一的成绩被评为全国最佳赛区。经第三方评估，2017 年威海铁人三项赛市场价值已高达 2.35 亿元，2024 年赛事已经价值已经突破 5 亿元。中国中央电视台新闻联播等节目，及全球超过 100 家国际媒体每年参与报道威海铁人三项赛。

经过多年发展，威海已具有坚实的铁人三项运动群众基础和浓厚的铁人三项产业氛围。专业队方面，2015 年市体校就设立了铁人三项专业队，2 人入选了国家队和省队，在全国青年锦标赛冠军、青奥会和亚运会等重大赛事中都取得了较好成绩。群众基础方面，先后成立了市县 2 级铁人三项运动协会、2 个铁人三项俱乐部、4 个铁三之家（训练基地、服务站），全市现有国际、国家及各级裁判员超过 100 人，连续多年开展铁人三项夏令营等普及活动，约 10000 人常年参加

铁人三项运动。铁人三项国家队、山东省队从 2018 年开始每年入驻威海长期开展训练备战。产业方面，2017 年威海突出风景最美、赛道最难、奖金最高、保障最全等特点，注册并成功推出了自主知识产权赛事--超级铁三；威海市政府和中国铁人三项运动协会于 2020 年签订全面战略合作协议，共同推动铁人三项产业化进程。

2025 年威海铁人三项赛首次采取纯市场化运作模式，且将主会场移至城市中心区域、使用部分城市中心主干道，开创了国际标准铁人三项赛事商业化运作、国内铁人三项赛事进城市商业中心历史先河，也将同步在铁人三项运动项目推广力度和赛事商业氛围方面起到示范作用。

1.General Information 基本信息

1.1 Introduction 简介

The Athletes' Guide aims to ensure that all athletes and team officials are well-informed about the 2025 Weihai World Triathlon Championship Series. Please note that event information may change, and the final event details will be provided to all athletes and team officials at the Athletes' Briefing.

运动员服务指南旨在确保所有运动员及运动队官员掌握 2025 威海铁人三项世界锦标赛相关赛事信息。

请留意赛事信息可能会变更，最终赛事信息将在运动员技术会上提供给所有运动员和运动队官员。

1.2 Key Dates 关键日期

ACTIVITY 活动	TIME 时间	LOCATION 地点
Thursday, Sept 25th 9 月 25 日星期四		
Elite Cycling Course Familiarization 熟悉自行车比赛路线	09:30-10:00	自行车赛道 Bike Course
Elite Swimming Course Familiarization 熟悉游泳比赛路线	10:00-11:00	威海市游泳馆 Weihai Swimming Stadium
Pre-race Press Conference 赛前新闻发布会	14:30-15:00	威海百纳瑞汀酒店 12 层 Floor 12, Weihai Brigh Radiance Hotel
Race Briefing (Elite) 赛前技术会	16:00-16:30	威海百纳瑞汀酒店 14 层 Floor 14, Weihai Brigh Radiance Hotel
能量餐 Pasta Party	18:00-20:00	威海百纳瑞汀酒店 14 层 Floor 14, Weihai Brigh Radiance Hotel
Friday Sept 26th 9 月 26 日星期五		
Opening Ceremony 开幕式	08:30-08:45	至海港湾 Wave to Wonderland
Elite Men-Start 男子优秀组比赛	09:00	Start Area 游泳出发区
Elite Men Awards Ceremonies 男子优秀组颁奖仪式	11:10	Awarding Area 颁奖区
Elite Women-Start 女子优秀组比赛	11:45	Start Area 游泳出发区

Elite Women Awards Ceremonies 女子优秀组颁奖仪式	14:00	Awarding Area 颁奖区
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1.3 Key Contacts 主要联系人

World Triathlon 世界铁联:

Team Leader 领队: Thanos Nikopoulos (GRE), thanos.nikopoulos@triathlon.org

Technical Delegate 技术代表: Alan Ma (MAC) 马天熊, mathalan@macau.ctm.net

Assistant Technical Delegate 技术代表助理: He Lijuan (CHN) 何丽娟, Sze Yuen Leo Mo (HKD) 巫思远

Medical Delegate 医务代表: Wang Xiaoli (CHN) 王晓丽

Local Organizing Committee 组委会:

Ms. Zoe Zhang 张子羿, weihai_triathlon@126.com

1.4 Weather Conditions 天气情况

In September:

Average temperature: 25°C, Average daily temperature gap: 7 °C.

Rainfall: 87mm, Relative humidity: 70 %.

Maximum average wind speed: 5m/s

Wind direction: SE.

9 月份平均气温 25 °C, 平均日夜温差 7°C。

9 月份降雨量 87 毫米, 相对湿度 70%。

9 月最大平均风速 5 米/秒

9 月份风向以东南风为主。

1.5 LOC Office Information 当地组委会信息

The LOC Office is located in the Wave to Wonderland Triathlon Venue on the north side of the Finish Area. Open Time: 08:30-17:30, September 24th; 06:00-18:00, September 25th-26th.

当地组委会办公室位于至海港湾铁人三项世界锦标赛主会场北侧。开放时间: 9 月 24 日 08:30-17:30; 9 月 25 日至 26 日 06:00-18:00。

2.Venue 赛场

2.1 Venue 赛场

The main venue is located in the Wave to Wonderland Triathlon Venue, 800m away from the host hotel. The swim will take place in the Wave to Wonderland. Athletes may proceed to the venue on their own by following the guided route provided by the hotel.

比赛场地位于至海港湾铁人三项世界锦标赛赛场，距离官方酒店约 800 米。游泳比赛将在海里举行。9 月 24 日至 26 日，运动员可根据酒店引导路线自行前往赛场。



2.2 Elite Athletes' Lounge 优秀组运动员休息区

The race venue is equipped with Athletes' Lounge and restrooms. On September 26, the check-in time for Elite Men is from 07:30 to 08:30, and for Elite Women, it is from 10:15 to 11:15.

Bottled water, energy drinks and snacks will be available in the Athletes' Lounge for athletes and coaches before and after the race.

比赛场地设运动员休息区和厕所等设施。9 月 26 日，男子优秀组检录时间为

07:30-08:30, 女子优秀组检录时间为 10:15-11:15。

比赛前、后运动员休息区将为运动员、领队、教练提供瓶装水、功能饮料和点心。

2.3 Doping Control 兴奋剂检测

Doping control will be conducted according to the World Triathlon Competition rules and WADA rules. 兴奋剂检查将严格按照世界铁联及世界反兴奋剂组织的规则。

2.4 Medical Services 医疗服务

Medical care will be available on site during the event and course familiarization on Sept. 25th. The medical center is located in the office area on the west side of the main venue, equipped with the necessary personnel and equipment.

The LOC will arrange ambulances to transfer injured athletes to the No. 970 Hospital (Weihai Branch), which is approximately 500 meters (walking distance) from the Main Venue.

The LOC has arranged suitable medical insurance for all athletes.

9月25日, 在适应场地训练及比赛期间, 比赛场地将提供医疗急救服务。

医务中心在主会场西侧办公区内, 配备了必要的人员和设备。

组委会将安排救护车, 用于紧急情况下将伤者转移至 970 医院(威海院区), 距离主会场约 500 米(步行)。

2.5 Bike Mechanic Service 自行车维修服务

Sept 24 th -25 th 9月24日-25日		
Bike Mechanic Service 自行车维修服务	09:00—18:00	百纳瑞汀酒店、至海港湾主会场 Brigh Radiance Hotel Main Venue in Wave to Wonderland
Sept 26 th 9月26日		
Bike Mechanic Service 自行车维修服务	07:30—16:00	主会场 Main Venue

2.6 Security 安全保障

During the event and course familiarization on Sept. 25th, Weihai Public Security Bureau will conduct traffic control on the course.

9月25日，适应场地训练及比赛期间，威海市公安局将对赛道进行交通管制。

2.7 Bank 银行

The nearest bank to Brigh Radiance Hotel: China Construction Bank (Weihai Huancui Sub-Branch)

Address: F1 floor of Hualian Commercial Building No. 58 Xinwei Road, Huancui District, Weihai City, Shandong Province,

Business hours: Monday to Friday 08:30-16:30; Saturday: 09:00 - 16:00

Tel+86-631-5222076

距离百纳瑞汀酒店最近的银行：中国建设银行(威海环翠支行)，地址：山东省威海市环翠区新威路58号华联商厦F1层，营业时间：周一至周五：08:30-16:30 周六：09:00-16:00; 联系电话：+86-631-5222076

3.Accommodation 住宿

3.1 Official Hotels 官方宾馆

Name: Brigh Radiance Hotel

Tel: +86-631-5222888

Add: No. 58 Xinwei Road, Huancui District, Weihai

Distance to the Main Venue: 800m

Open to: Athletes/Coaches/Team Delegates/Technical Officials/Officials

Contact person: Mr. Liu

Email: zhongxinyudingbu@163.com

Phone: +86-15606317720;

Room Price:

450 CNY/Single Room (Breakfast included) , 450 CNY/Twin Bed Room (Breakfast included)

Technical officials/officials (breakfast/lunch/dinner, 6th floor of the hotel): 100 RMB/person (the buffet menu is adjusted according to the hotel's seasonal vegetables and seafood). Coaches/athletes/team representatives breakfast/daily set meal (20th floor of the hotel ONLY): 98-218 RMB/person/set (please see the menu below).

365° Ting Menu on the 20th floor

98-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Curry Breaded Chicken	Curry sauce, chicken, fried rice flour, coconut milk, bun, green and red pepper, chili oil
Seafood Tomato Spaghetti	Tomato, shrimp, squid, spaghetti, onion, garlic, black pepper, salt, chicken powder, shrimp oil
Tiramisu	

128-Yuan Chinese and Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Curry Breaded Chicken	Curry sauce, chicken, fried rice flour, coconut milk, bun, green and red pepper, chili oil
Mustard Shrimp Balls	Shrimp, salad dressing, wasabi, condensed milk, salt, light cream
Yogurt with Clotted Cream	

158-Yuan Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Beef Pizza	Flour, yeast, salt, milk powder, beef, arugula, Parmesan cheese, mozzarella cheese, tomato sauce
Black Truffle Golden French Fries	French fries, black truffle sauce, mayonnaise, salad dressing, lime juice, and yellow mustard
French-style pan-fried prawns	Black Tiger Prawns, Shrimp Oil, Honey Mustard Sauce
Yogurt with Clotted Cream	
Squeezed orange juice	

188-Yuan Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Seared Sirloin Steak with Black Pepper Sauce	Sirloin steak, black pepper, salt, Türkiye marinade, Monterey marinade, broccoli, tomato, carrot, yellow sauce powder
Abalone Rice Soaked in Broth	Rice powder, abalone, crispy rice, choy sum, shrimp, scallops, braised sauce, salt, chicken powder, sugar, cornstarch
Black Truffle Golden French Fries	Potato, black truffle sauce, mayonnaise, salad dressing, lime juice, and yellow mustard
Yogurt with Clotted Cream	
Squeezed orange juice	

218-Yuan Western Set Menu	
Menu	Ingredients
Fresh shrimp and seasonal fruit and vegetable salad	
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Pan-Seared Salmon	
Beef Short Ribs with Black Pepper Sauce	
Spaghetti Bolognese	
Basque Cake	

128-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Seared Sirloin Steak with Black Pepper Sauce	
Spaghetti Bolognese	
Red Velvet Cake	

158-Yuan Western Set Menu	
Menu	Ingredients
Parmesan Cheese and Fruit Salad	
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Seared fillet steak with black pepper sauce	
Seafood Tomato Pasta	
Black Forest Cake	

188-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Beef Short Ribs with Black Pepper Sauce	
Creamy Mushroom Pasta	
Tiramisu	

On the 7th floor of the hotel, free washing machines and dryers are available. Each room is provided daily with 2 bottles of complimentary mineral water and fruit. Room

service is available for free delivery of ordered meals. Guests may also receive a small complimentary gift from the hotel.

名称：百纳瑞汀酒店

电话：+86-631-5222888

地址：山东省威海市环翠区新威路 58 号

宾馆离赛场距离：约 800 米

接待对象：运动员/教练员/运动队代表/技术官员/官员

联系人：刘经理

电子邮箱：zhongxinyudingbu@163.com

联系电话：+86-15606317720

房间价格：单间 450 元（含早），标准间 450 元（含早），技术官员/官员早/午/晚餐自助餐（酒店 6 层）：100 元/人（自助餐根据酒店时令蔬菜及海鲜随时调整），教练员/运动员/运动队代表的早餐/日常套餐（仅可在酒店 20 层）：98--218 元/人/套餐（具体菜单详见图片）

365° Ting Menu on the 20th floor

98-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Curry Breaded Chicken	Curry sauce, chicken, fried rice flour, coconut milk, bun, green and red pepper, chili oil
Seafood Tomato Spaghetti	Tomato, shrimp, squid, spaghetti, onion, garlic, black pepper, salt, chicken powder, shrimp oil
Tiramisu	

128-Yuan Chinese and Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Curry Breaded Chicken	Curry sauce, chicken, fried rice flour, coconut milk, bun, green and red pepper, chili oil
Mustard Shrimp Balls	Shrimp, salad dressing, wasabi, condensed milk, salt, light cream
Yogurt with Clotted Cream	

158-Yuan Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Beef Pizza	Flour, yeast, salt, milk powder, beef, arugula, Parmesan cheese, mozzarella cheese, tomato sauce
Black Truffle Golden French Fries	French fries, black truffle sauce, mayonnaise, salad dressing, lime juice, and yellow mustard
French-style pan-fried prawns	Black Tiger Prawns, Shrimp Oil, Honey Mustard Sauce
Yogurt with Clotted Cream	
Squeezed orange juice	

188-Yuan Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Seared Sirloin Steak with Black Pepper Sauce	Sirloin steak, black pepper, salt, Türkiye marinade, Monterey marinade, broccoli, tomato, carrot, yellow sauce powder
Abalone Rice Soaked in Broth	Rice powder, abalone, crispy rice, choy sum, shrimp, scallops, braised sauce, salt, chicken powder, sugar, cornstarch
Black Truffle Golden French Fries	Potato, black truffle sauce, mayonnaise, salad dressing, lime juice, and yellow mustard
Yogurt with Clotted Cream	
Squeezed orange juice	

218-Yuan Western Set Menu	
Menu	Ingredients
Fresh shrimp and seasonal fruit and vegetable salad	
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Pan-Seared Salmon	
Beef Short Ribs with Black Pepper Sauce	
Spaghetti Bolognese	
Basque Cake	

128-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Seared Sirloin Steak with Black Pepper Sauce	
Spaghetti Bolognese	
Red Velvet Cake	

158-Yuan Western Set Menu	
Menu	Ingredients
Parmesan Cheese and Fruit Salad	
Cream of Mushroom Soup	Cream, mushrooms, onions, garlic, thyme, rosemary, bay leaves, milk, butter, chicken broth, salt, black pepper
Seared fillet steak with black pepper sauce	
Seafood Tomato Pasta	
Black Forest Cake	

188-Yuan Western Set Menu	
Menu	Ingredients
Hot Spring Egg & Vegetable Salad	Eggs, frisée, head lettuce, purple cabbage, mango, honeydew melon, melon, blueberries
Pureed Pumpkin Soup	Onion, garlic, milk, light cream, butter, long pumpkin, round pumpkin, baby pumpkin, carrot, orange peel, bay leaves, salt, sugar
Beef Short Ribs with Black Pepper Sauce	
Creamy Mushroom Pasta	
Tiramisu	

酒店 7 楼有免费洗衣机、烘干机，每天房间配备 2 瓶免费矿泉水、水果，点餐后可免费送至房间，酒店前台可以免费领取一份酒店小礼品。

3.2 Visa Invitation Letter 签证邀请函

Please contact the follows for visa invitation letter.

Contact person: Ms. Ye Sinan,

Email: yesinan@ctsa.org.cn

Phone: +86-13581678205

请联系以下联系人获取签证邀请函。

联系人：叶思南

邮箱： yesinan@ctsa.org.cn

电话： +86-13581678205

3.3 Pasta Party 能量餐

The LOC shall offer Pasta Parties to Elite athletes.

Time: 18:00-20:00, Sept. 25th

Location: 14th Floor, Brigh Radiance Hotel(including vegetarian and Muslim meals)

Tel: 86-15606317720

组委会为参加世锦赛的运动员提供赛前能量餐。

Pasta Party		
Classification	Menu	Ingredients
Appetizers	Clam Meat Mixed with Cucumber	(cucumber, clam meat, salt, MSG, white vinegar)
	Seaweed Salad	(seaweed, sugar, white vinegar, chili oil, MSG)
	Steamed Chicken in Chili Sauce	(chicken thigh, onion, chili oil, sugar, salt, MSG)
	Osmanthus Glutinous Rice Lotus Root	(lotus root, glutinous rice, sugar, salt, honey, osmanthus sauce)
	Braised Quail Eggs	(quail eggs, salt, MSG, soy sauce, sesame oil, sugar)
	Scallop with Sauce	(scallop, chili oil, soy sauce, salt, MSG, green pepper)
	Garden Salad	(head lettuce, purple leaf lettuce, frisée, cherry tomatoes)
	Fruit Salad	(melon, grapes, bananas)
Main Courses	Salt-Boiled Shrimp	(shrimp, salt, ginger)
	Oyster Sauce Dried Beef Cubes	(beef, onion, green pepper, red pepper, oyster sauce, salt, MSG, sugar)
	Original Lamb Spine	(lamb spine, salt, MSG)
	Black Bean Sauce Squid	(squid, chopped green onion, Lee Kum Kee soy sauce)
	Stir-fried abalone with celery	(abalone, celery, salt, MSG, sugar, soy sauce)
	Chopped pepper silver carp tail	(silver carp meat, chopped pepper, salad oil)
	Garlic Broccoli	(broccoli, minced garlic, salt, MSG, sugar)
	Stir-fried green beans	(green beans, garlic, dried chili peppers, salt, MSG, sugar)
	Seafood Rice	(white rice, egg, sea worm, chopped scallops, shrimp, chives, salt, MSG, sugar, soy sauce, oyster sauce)
	Spaghetti with tomato sauce	(spaghetti, tomatoes, green peppers, red peppers, tomato sauce, salt, sugar, chicken bouillon)
Snacks	Sushi platter	(white rice, crab sticks, seaweed, cucumber, pickled radish)
	beef burgers	(beef, flour, lettuce, salad dressing)
	French fries	(potato, oil)
	Fried Crispy Milk	(bread, oil, yogurt filling, sugar)
Soups	Seaweed Egg Drop Soup	(seaweed, egg, chopped green onion, coriander, salt, MSG)
	Cream of Mushroom Soup	(button mushroom, trumpet mushroom, oyster mushroom, milk, cream, salt, chicken bouillon)
Desserts	Caramel Walnut Brownies	(Flour, sugar, chocolate, walnuts)
	Opera Cake	(flour, sugar, chocolate, cream, butter)
	Yantai Apple Cake	(apples, flour, butter)
	Red Velvet Cake	(Flour, Eggs, Butter, Red food coloring, Sugar)
	Tiramisu	(eggs, cheese, sugar, cocoa powder)
	Coconut Milk Pudding Cups	(Coconut milk, sugar, milk, gelatin)
	Egg Tarts	(flour, eggs, butter, cream, milk, sugar)
	Bun	(flour, sugar, yeast, salt, butter)
Staple	Steamed Corn	(corn)
	Steamed Pumpkin	(pumpkin)
	Scallion Pancake	(Flour, peanut oil, green onion, salt)
	Steamed jujubes	(Date of the Chinese calendar)
	Brown sugar steamed cake	(Flour, brown sugar, yeast)
	Fried Glutinous Rice Balls with Sesame	(glutinous rice flour, sesame seeds, sugar)
	White Rice	(rice)
	Custard Bun	(flour, sugar, butter)
Fruits	Fig	
	Grape	
	Peach	
	Orange	
	Cherry Tomato	

Halal Food Station

Dish name	Ingredients
Original Lamb Spine	(Lamb spine, salt, ginger)
Fried Beef	(beef, salt, oil)
Salt-Boiled Shrimp	(shrimp, salt, ginger)
Grilled Squid	(squid, chili sauce, oil, cumin, chili powder)
Roasted Peppers	(chili oil, chili sauce, salad oil, cumin, chili powder)
Fruit and Vegetable Salad	(Head lettuce, purple head lettuce, frisée, orange)
Cream of Mushroom Soup	(button mushroom, trumpet mushroom, oyster mushroom, light cream, milk, salt)
White Rice	rice
Steamed Corn	corn

用餐时间：9 月 25 日 18:00-20:00。

用餐地点：威海百纳瑞汀酒店 14 层（含素食和穆斯林餐）

酒店联系电话：86-15606317720

4. Transportation 交通

Pick-up & Drop-off Service

From September 23 to 28, the LOC will set up reception stations at Weihai International Airport, Weihai Railway Station, Weihai North High-Speed Railway Station, Weihai Bus Terminal, and Weihai Port to provide free pick-up and drop-off services for all event participants. Please be sure to inform the LOC of your arrival details — including train/flight number, arrival time, number of persons, and number of bicycles — by September 15, so that reception arrangements can be made. If the required information is not provided and pick-up service is not reserved as stipulated, the LOC will not provide transportation service.

Contact person: Ms. Zhang Ziyi

Email: weihai_triathlon@126.com

Phone: +86-631-5817333; +86-13811063846

从 9 月 23 日至 9 月 28 日，组委会将为所有赛会人员提供免费接送站服务，在威海国际机场、威海火车站、威海北站、威海汽车客运站、威海港港口设立接待站。请务必于 9 月 15 日前将到站班次、时间、人员及自行车数量通知组委会，以便安排接站。不按规定提供信息并预订接送站，组委会将不提供接送站服务。

联系人：张子羿

手机：+86-631-5817333; +86-13811063846

邮箱：weihai_triathlon@126.com

5. Accreditation Card 注册证件

Official accreditation cards will be offered by the LOC to athletes, team officials, TOs, VIPs, media and volunteers. Accreditation cards will be distributed with the race packet.

Only people with accreditation cards could get into specific areas of the venue, which are coded with numbers. All people should carry accreditation cards, and show upon request.

组委会将为所有运动员、随队官员、技术官员、贵宾、媒体人员、志愿者等提供正式证件，并随参赛包一同发放。只有持证人员方可进入比赛场地的特定区域。所有参赛人员在比赛期间应将证件随身携带，以备查验。证件通过数字编码定义进出特定区域的权限。



6.Training 赛前训练

Before Sept. 26, the Swim, Bike, and Run Course will be open for athletes to train independently. All training is undertaken at the athlete's own risk. The security and medical rescue services will be provided during Course Familiarization on Sept. 25.

9月26日前，游泳、自行车和跑步赛道开放，运动员可自行训练，安全自负。9月25日熟悉比赛线路期间，提供安保、医疗救护保障。

6.1 Swim Training 游泳训练

Athletes can go to Weihai Swimming Pool for swim training. For athletes staying at the Brigh Radiance Hotel, there will be two free swim training sessions per day, (including shuttle service, with one volunteer on each bus) from September 24 to 25. The hotel shuttle departure times are 7:30 in the morning and 13:30 in the afternoon. Swimming Center shuttle return times are 10:30 in the morning and 16:30 in the afternoon. Training hours at the swimmingcenter are from 8:00 to 10:00 in the morning and from 14:00 to 16:00 in the afternoon. Three lanes on the third floor of the swimming pool can be used, each lane is 2.5 meters wide and 50 meters long. It is not recommended for athletes to use other means of transportation during training periods to avoid accidents. Outside of training periods, athletes will be charged 50 RMB per person per session for swimming, and transportation is self-arranged.

The swimming center is open from 6:00 to 21:00 (no reservation required).

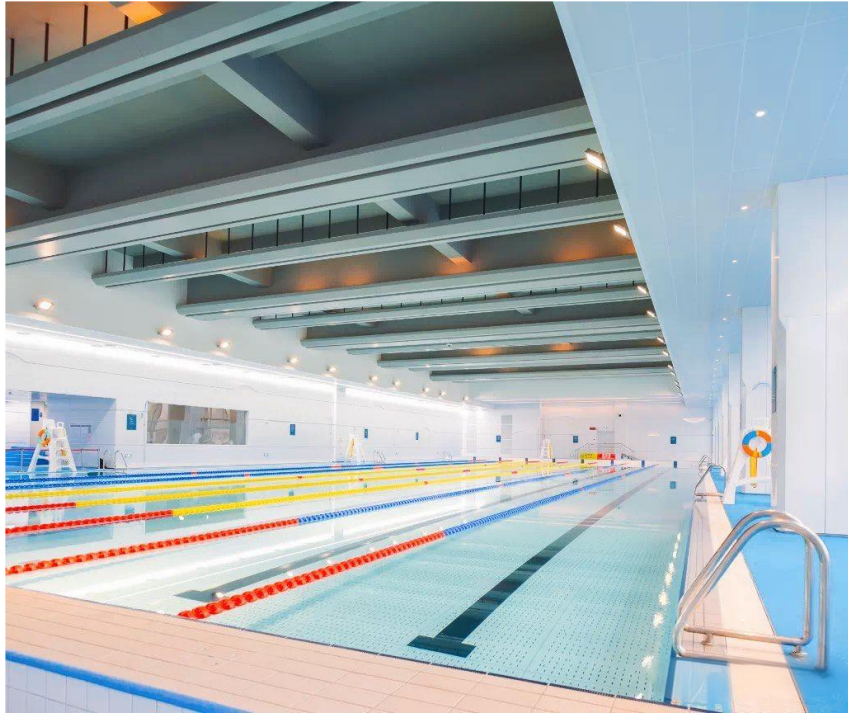
Contact number: 86-631-5805588.

Location: No. 88, No. 88 Cooper Chengshan Stadium, 88 Wenhua Middle Road, Huancui District, Weihai City, Shandong Province.

运动员可前往威海市游泳馆进行游泳训练。入住百纳瑞汀酒店的运动员，9月24日至25日，每天免费2次游泳训练含接送（随车配备1名志愿者），酒店免费接送出发时间为上午7:30，下午13:30；游泳馆免费接送出发上车时间为上午：10:30，下午16:30，游泳馆可进行训练时间为上午8:00-10:00，下午14:00-16:00。可使用游泳馆第3层的3条泳道，每条泳道宽2.5m，长50m。训练时段不建议运动员乘坐其他交通工具前往，避免出现意外情况。非训练时段运动员游泳收取每人每次费用为50元/人/次，交通自理。

泳池开放时间：06:00-21:00（无需预约）。联系电话86-631-5805588，地点：山

东省威海市环翠区文化中路 88 号固铂成山体育场 88 号。



6.2 Bike Training 自行车训练

Athletes may train independently near the Weihai Triathlon venue according to the course maps. Please note that the roads to the venue and those used for cycling training are open to traffic, and all athletes must comply with Chinese traffic regulations.

运动员可根据比赛路线图自行在威海铁人三项场地附近训练，骑行前往赛场及骑行训练的道路为开放交通，请遵守中国交通规则。



6.3 Run Training 跑步训练

Athletes may train independently at the Weihai Triathlon venue according to the course maps. Please note that the roads used for running training are open to traffic, and all athletes must comply with Chinese traffic regulations.

运动员可根据比赛路线图自行在威海铁人三项场地训练，跑步训练的道路为开放交通，请遵守中国交通规则。



6.4 Fitness Training 健身训练

Athletes may train on the 7th floor of Brigh Radiance Hotel, with free daily access for guests.

Opening hours: 09:30–21:00 (no reservation required)

Tel: +86-631-5222888

运动员可前往百纳瑞汀酒店 7 楼健身房训练，入住人员每天免费。

开放时间：09:30-21:00（无需预约）。

联系电话 86-631-5222888。

6.5 Course Familiarization 适应场地训练

On the morning of September 25, Course Familiarization for the World Triathlon Championship Series will be held. The schedule is as follows: Swim Course familiarization from 10:00 to 11:00 at Wave to Wonderland. During these sessions, lifeboats and lifeguards will be stationed at the Swim Course.

9 月 25 日上午世界锦标赛适应场地训练，游泳赛道：10:00-11:00，地点：至海港湾。期间，游泳赛道将安排救生艇和救生员。

Bike Course familiarization from 09:30 to 10:00; There will be traffic control on the Bike Course. The athletes will be escorted around the course for 2 laps. Meeting point at the elite transition 15 minutes before.

自行车赛道：09:30-11:00；自行车赛道将有交通管制，运动员将由引导员带领在赛道上完成 2 圈带领骑行。请于赛前 15 分钟在精英组转场区集合。

7. Event Schedule 竞赛日程

日期/活动 DATE/ACTIVITY	时间 TIME	地点 LOCATION
9 月 24 日星期三 Wednesday, Sept 24 th		
信息服务台开放 Information Desk Open	09:00—18:00	威海百纳瑞汀酒店 Brigh Radiance Hotel
自行车维修服务 Bike Mechanic Service	09:00—18:00	威海百纳瑞汀酒店 Brigh Radiance Hotel
9 月 25 日星期四 Thursday, Sept 25 th		
信息服务台开放 Information Desk Open	09:00—18:00	威海百纳瑞汀酒店 Brigh Radiance Hotel
自行车维修服务 Bike Mechanic Service	09:00—17:00	威海百纳瑞汀酒店/至海港湾 Brigh Radiance Hotel/ Wave to Wonderland
熟悉自行车比赛路线 Elite Cycling Course Familiarization	09:30—10:00	自行车赛道 (9:25 在转换区出口集结) Bike Course (Assembling place on TA EXIT at 9:25)
熟悉游泳比赛路线 Elite Swimming Course Familiarization	10:00—11:00	至海港湾 Swim Course in Wave To Wonderland
教练员向技术代表反馈比赛场地路线信息 Coaches' Feedback on FOP to TD	10:15—10:45	至海港湾 Swim Course in Wave To Wonderland
新闻发布会 Pre-race Press Conference	14:30—15:00	威海百纳瑞汀酒店 12 层 Floor 12, Brigh Radiance Hotel
技术会签到(优秀组) Registration for Elite Athletes' Briefing	15:30—16:00	威海百纳瑞汀酒店 14 层 Floor 14, Brigh Radiance Hotel
赛前技术会(优秀组) Race Briefing (Elite)	16:00—16:30	威海百纳瑞汀酒店 14 层 Floor 14, Brigh Radiance Hotel

队医会议（优秀组） Team Medical Meeting (Elite)	16:30—17:00	威海百纳瑞汀酒店 14 层 Floor 14, Brigh Radiance Hotel
领取参赛物品、发放比赛号码（优秀组） Race Package Distribution(Elite)	16:30—17:00	威海百纳瑞汀酒店 14 层 Floor 14, Brigh Radiance Hotel
能量餐 Pasta Party	18:00—20:00	威海百纳瑞汀酒店 14 层 Floor 14, Brigh Radiance Hotel
9 月 26 日星期五 Friday Sept 26th		
信息服务台开放 Information Desk Open	07:30—15:30	运动员休息区 Athletes' Lounge
自行车维修服务 Bike Mechanic Service	07:30—15:30	运动员休息区 Athletes' Lounge
男子优秀组检录 Elite Men Athletes' Lounge Check in	07:30—08:30	运动员休息区 Athletes' Lounge
男子优秀组转换区放车 Elite Men Transition Zone Check in	07:45—08:45	转换区 Transition Area
男子优秀组游泳热身 Elite Men Swim Warm up	08:15—08:45	游泳赛道 Swim Course
开幕式 Opening Ceremony	08:30—08:45	至海港湾 Wave To Wonderland
男子优秀组集结 Elite Men Line up	08:45	运动员休息区 Athletes' Lounge
男子优秀组介绍 Elite Men Introduction	08:50	游泳上水通道 Swim Exit
男子优秀组出发 Elite Men-Start	09:00	游泳出发区 Start Area
男子优秀组颁奖仪式 Elite Men Awards Ceremonies	11:10	颁奖区 Awarding Area
女子优秀组检录 Elite Women Athletes' Lounge Check in	10:15—11:15	运动员休息区 Athletes' Lounge
女子优秀组转换区放车 Elite Women Transition Zone Check in	10:45—11:30	转换区 Transition Area
女子优秀组游泳热身 Elite Women Swim Warm up	11:00—11:30	游泳赛道 Swim Course
教练员测量跑步赛道 Elite Coaches Run Course Measurement	11:00—11:30	跑步赛道 Run Course
女子优秀组集结 Elite Women Line up	11:30	游泳上水通道 Swim Exit
Elite Women Introduction 女子优秀组介绍	11:35	游泳出发区 Start Area
女子优秀组出发 Elite Women -Start	11:45	颁奖区 Awarding Area

女子优秀组颁奖仪式 Elite Women Awards Ceremonies	14:00	颁奖区 Awarding Area
9 月 27 日星期六 Saturday Sept 27 th		
离会 Departure	12:00 之前 Before 12:00	

Please pay attention to schedule updates , the final schedule will be provided at the Athletes' Briefing..

请随时注意日程安排更新，最终日程以赛前技术会的通知为准。

8.Event Information 赛事信息

8.1 Swim Course 游泳赛道

Start

The swimming segment: Sea area south of Wave to Wonderland, with a single lap measuring 0.75 km, two laps counterclockwise, for a total distance of 1.5 km.

运动员在至海港湾完成游泳比赛,单圈 0.75 千米,逆时针游 2 圈,共 1.5 千米。



8.2 Bike Course 自行车赛道

The bike segment: starts from the Transition area to Yuhua Road, heading north along Haibin North Road; At the Yuhua Road turnaround point, turn left onto Dongshan Road; then along Dongshan Road to Haibin North Road, return to the transition area. Each lap is 5 km, with a total of 8 laps.

自行车赛段从转换区出发，自海滨北路向北至育华路，育华路折返点向左至东山路，再沿东山路到海滨北路，从海滨北路至转换区。单圈 5 千米，共需骑行 8 圈。





8.3 Wheel Stations 备用车轮站

There are 2 wheel stations. One is near the main venue (team wheel station), the other is located at U-turn Point about 1800 meters from the transition zone (neutral wheel station).

All teams should place their team spare wheels at the first wheel station (closer to the main venue), marked with names, athlete numbers and country.

A littering zone will be clearly marked around each wheel station.

比赛设置 2 个备用车轮站。一个靠近主会场（运动队车轮站），另一个位于折返点，距离转换区约 1800 米处（中立车轮站）。所有运动队应把他们的备用车轮放在第一个车轮站（靠近主会场），以姓名、运动员号码及国家作标记。

每个备用车轮站将设置垃圾投放区。

- 1) 700C Front Wheels, Rim Brake ×2
- 2) 700C Front Wheels, 140mm Disc Brake ×2
- 3) 700C Front Wheels, 160mm Disc Brake ×2
- 4) 700C Rear Wheels with 11 speed cassette, Rim Brake ×2
- 5) 700C Rear Wheels with 11 speed cassette, 140mm Disc Brake ×2

6)700C Rear Wheels with 12 speed cassette,140mm Disc Brake ×2

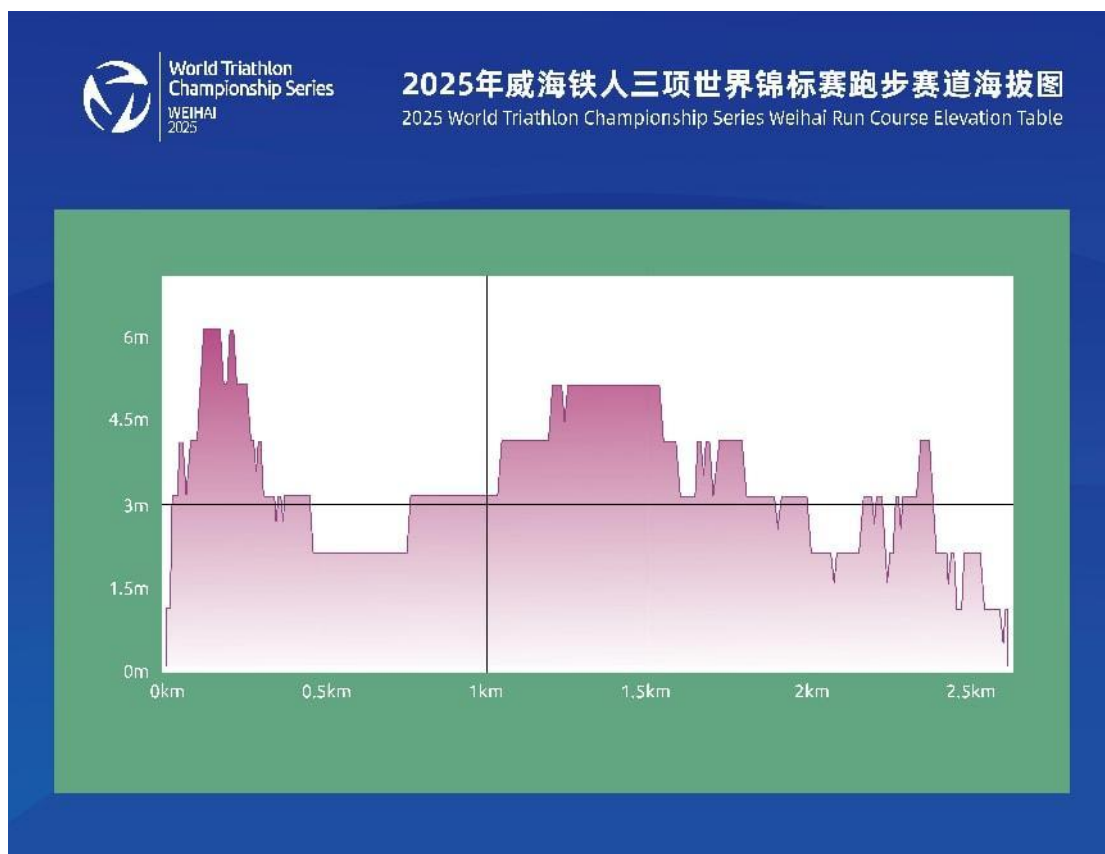
- 1) 2 个 700C 前轮, 圈刹
- 2) 2 个 700C 前轮, 140mm 碟刹
- 3) 2 个 700C 前轮, 160mm 碟刹
- 4) 2 个 700C 后轮配 11 速齿轮, 圈刹
- 5) 2 个 700C 后轮配 11 速齿轮, 140mm 碟刹
- 6) 2 个 700C 后轮配 12 速齿轮, 140mm 碟刹

8.4 Run Course 跑步赛道

The running segment: starts from the Transition area, heading north along Haibin North Road to the Turnaround Point, then turning left and returning to the Transition area. Each lap is 2.5 km, and after completing four laps, athletes will sprint to the finish gate at the main venue.

跑步赛段从转换区出发，自海滨北路向北，沿路至跑步赛段折返点左转，回到转换区，每圈 2.5 公里，跑 4 圈后至主会场终点门冲刺。





8.5 Aid Stations 饮水站

There will be 3 aid stations along the bike and run course. Locations: 420 meters, 1100 meters and 1500 meters along the run course, sealed bottled water and ice will be provided.

Littering zones will be clearly marked around each aid station.

自行车、跑步赛道将设置 3 个饮水站。位置：分别设在跑步 420 米处、1100 米处和 1500 米处，将提供密封瓶装水和冰块。

每个饮水站将设置垃圾投放区。

8.6 Penalty Box 处罚区

The run penalty box is located about 10 meters away from the Dismount Line.

跑步处罚区位于转换区南侧约 10 米处。

9.Course Map 比赛路线图



10.Venue Map 主会场示意图

The main venue layout diagram will clearly indicate the competition area, spectator seating, medical stations, evacuation routes, and emergency exits. Multiple directional signs will be placed around the venue to help participants and spectators quickly locate their designated areas. Additionally, the diagram will mark the food and beverage zones, restrooms, and parking areas to facilitate smooth movement and efficient management. All signage will be bilingual in Chinese and English to ensure convenience for international athletes and spectators. Organizers recommend that all participants familiarize themselves with the venue layout in advance to ensure efficient participation in the competition and related activities.

主会场示意图将清晰标注比赛区域、观众席、医疗点、疏散通道及应急出口。赛场周围将设置多个指示牌，引导参赛选手和观众快速找到相应区域。此外，示意图中也将标明餐饮区、卫生间和停车区域，方便人员流动与管理。所有标识将采用中英文双语标注，确保国际选手与观众的便利性。主办方建议所有参赛者提前

熟悉主会场布局，以便更高效地完成比赛与活动安排。



11. Competition Rules 竞赛规则

The race will follow the latest published competition rules of the World Triathlon.
比赛将按照世界铁联最新发布的竞赛规则执行。

12.Protests And Appeals 抗议和申诉

Please refer to the World Triathlon Competition Rules.
抗议和申诉将按照世界铁联竞赛规则执行。

13.Contingency Plan 应急方案

If the swim segment is cancelled, a duathlon will be held instead and the following race distance will be adopted:

如果游泳赛段取消，将进行骑跑两项比赛。

Distance: 5km run, 40km bike, 10km run

Course:

1st Run (5km) : 2.5km/lap x 2 laps,

Bike:(40km) : 5km/lap x 8 laps,

2nd Run(10km) : 2.5km/lap x 4 laps

比赛距离：跑步 5 公里，自行车 40 公里，跑步 10 公里

第一跑步赛段 5 公里：2.5 公里/圈，共 2 圈

自行车 40 公里：5 公里/圈，共 8 圈

第 2 跑步赛段 10 公里：2.5 公里/圈，共 4 圈



14.Tourism Introduction 威海旅游信息

WAVE TO WONDERLAND-2025Weihai Triathlon Main Venue:

Rising from the historic site of Weihai's century-old port, Wave To Wonderland has unveiled itself as a spectacular new city landmark. Shaped like a “giant whale leaping into the sea,” this 118,000-square-meter destination is more than just architecture—it is a vibrant symbol of Weihai's urban renewal and forward-looking spirit. As the proud main venue of the 2025 World Triathlon Championship Series Weihai, Wave To Wonderland brings together six themed worlds under one roof: Sci-Fi Ocean World, Youth Culture Hub, Pet-Friendly Center, Child-Friendly Center, Love-Themed Plaza, and a dynamic Sports Playground. With three above-ground levels and two underground floors, every corner offers a distinct experience—from high-end shopping and gourmet dining to cultural exploration and family leisure.

Designed with people at its heart, Wave To Wonderland dedicates much of its space to the community. Visitors can discover trendsetting youth culture, enjoy family-friendly experiences, or simply relax in open-air havens such as the rooftop garden and the seaside sports field. Whether for running, socializing, or unwinding, this all-day, all-season venue welcomes everyone.

至海港湾--2025 年威海铁人三项赛主会场，一座形如“巨鲸出海”的 11.8 万平方米城市新地标——至海港湾，在威海的百年老港原址正式落成启用。作为威海推动城市更新、提升城市能级的重要项目，至海港湾融合了“科幻海世界、城市年轻力中心、宠物友好中心、儿童友好中心、爱情主题广场、大操场”等六大主题空间，分为地上三层、地下两层，每个楼层区域特色鲜明，从高端购物、特色餐饮，到休闲娱乐、文化体验，一应俱全。至海港湾项目在设计之初就坚持以人为本，通过六大主题空间的设计将大部分空间还给市民。比如年轻力中心展示潮流文化，儿童友好中心满足家庭客群需求，还有屋顶花园、看海运动大操场等全时段开放空间，市民随时过来都能跑步、休闲娱乐。



Liugong Island: Like a bright pearl inlaid in the azure waves of Weihai Bay, Liugong Island covers an area of 3.15 square kilometers, 2.1 nautical miles from the downtown area. Its northern sea cliffs are erect and steep, while the southern part are gently stretching. Forest coverage rate reaches 87%, known as the “sea mountains”. It boasts relics of the Warring States dating back thousands of years and legends of Liugong and Liumu of Han Dynasty. Tourism Grade: AAAAA, Add: Liugong Island, Huancui District, Weihai, Tel: 86-18106317321. Athletes with ID cards and athlete documents into Liugong Island scenic spot enjoy half price discount.

刘公岛景区，刘公岛宛如一颗璀璨的明珠镶嵌在碧波荡漾的威海湾内，距市区 2.1 海里，面积 3.15 平方公里。其北部海蚀崖直立陡峭，南部平缓绵延，森林覆盖率达 87%，素有“海上仙山”的美誉，既有上溯千年的战国遗址，也流传着汉代刘公刘母的美丽传说。旅游等级：AAAAA 级，地址：威海市环翠区刘公岛，电话：18106317321。运动员凭身份证和运动员证件进刘公岛景区享受半价优惠。



Huaxia Scenic Spot: Huaxia city tourism scenic spots is the central area of the "Huaxia Town" project. Near the sea in the east, on Longshan in the west, it is a new type of ecological tourism resort of classical and modern combination, nature, science and technology harmony. Tourism Grade: AAAA, Add: No.1 Huaxia Road, Weihai, Tel: 86-18106317321.

华夏城景区，华夏城旅游风景区是“华夏城”项目的中心区域。东临大海，西枕龙山，是一处古典与现代结合、自然与科技融为一体的新型生态旅游度假圣地。旅游等级：AAAA 级，地址：威海市华夏路 1 号，电话：18106317321。



Retired destroyer:The retired destroyer, located in the beautiful coastal city of Shandong Province, is now moored at the west wharf of the passenger center of Liugong Island. She is the first generation of guided missile destroyer independently designed and built by China. She has been in service for 36 years, and has made indelible contributions to the defense of China's territorial waters, and is a milestone in the history of the construction of Chinese warships. With a length of 132 meters, a width of 12.8 meters, a draft of 4.6 meters, a speed of 36 knots, a endurance of 2,970 nautical miles and a full load displacement of 3,670 tons. During its service, the ship won many honors in various exercises and escort services, and was awarded as the advanced unit of grass-roots construction by the higher authorities for many times, and was awarded the second-class collective merit once. Address: West Wharf, Liugong Island Passenger Transport Center, Weihai, Tel: 18106317321.

退役驱逐舰，位于山东省风光旖旎的海滨城市威海市，现停泊在刘公岛岛外客运中心西码头。她是中国自主设计建造的第一代导弹驱逐舰，服役 36 年，为捍卫祖国领海安全做出了不可磨灭的贡献，在中国军舰建造史上具有里程碑式意义。舰长 132 米，宽 12.8 米，吃水 4.6 米，航速 36 节，续航力 2970 海里，满载排水量 3670 吨。该舰服役期间，在各种演习、护航中获得多项殊荣，被上级机关多次评为基层建设先进单位，荣立集体二等功一次。地址：威海刘公岛客运中心西码头，电话：18106317321。



Qixia Street:

First established in the early 20th century, Qixia Street is the only fully preserved century-old historic district in Weihai's city center, carrying the memories of the city's commercial and cultural heritage. Covering 42,500 square meters and located beside Dongcheng Road Night Market, the street has been revitalized through a "micro-renovation" model, transforming into a cultural and tourism complex while retaining its traditional architectural charm. Today, Qixia Street has been recognized as a Provincial-Level Specialty Commercial Street, blending history and modern vitality in perfect harmony.

Every stone and wall here tells a story of Weihai's past. Back in 1902, when British colonists planned the "Edward Commerce Region," more than 700 Chinese and foreign shops, theaters, and teahouses gathered here, making it an early international exchange hub. Landmarks such as the weathered walls of the Tongle Theater (built in 1918) and the former Ju's Dental Clinic (once part of the Asian Hospital) still bear witness to the encounter of Eastern and Western cultures.

Through careful restoration, Qixia Street has transformed from an "isolated island" into Weihai's "Cultural Living Room." The project preserved 1,900 m² of Jiaodong-style residences and Anglo-Chinese hybrid buildings, revived the historic Tongle Theater, and turned the former Asian Hospital into the "In Time" Memory Hall, keeping the stories of the old street alive.

Today, Qixia Street has become one of Weihai's most beloved destinations, honored with titles such as "Qilu Internet-Famous Food Street," the National Longque Award, and Shandong Provincial Specialty Commercial Street. Visitors can enjoy a wide variety of themed events: from retro "Era Parties" and intangible cultural heritage showcases, to folk festivals, book fairs, and family-friendly celebrations. Regular artistic performances at the Qixia Street Cultural Corner and thoughtful visitor services—including luggage storage, pet-friendly facilities, and family amenities—make every visit warm, convenient, and memorable.

栖霞街，始建于 20 世纪初期，是威海市中心唯一完整保留的百年历史街区，承载着城市百年商贸文化记忆。该街区位于新威路西侧、世昌大道北段，毗邻东城路夜市，总占地面积 4.25 万平方米。通过"微更新"模式改造为文旅商业综合体，保留传统建筑风貌的同时引入数字光影剧场、非遗体验等业态，完成改造后，被认定为省级特色商业街。威海栖霞街作为一条百年老街成功转型为文旅商融合的新型街区，实现了历史与现代的和谐共存。栖霞街的每一块石板、每一面墙壁，都承载着威海独特的城市记忆。在 1902 年，英国殖民者规划了“爱德华商埠区”，这里汇聚了 700 余家中外商号、戏院和茶社，成为威海早期的“国际交流中心”。同乐戏院（始建于 1918 年）的斑驳墙体，以及曾作为亚洲医院一部分的鞠氏牙

科诊所旧址，都在默默诉说着中西文化碰撞的历史。经过精心改造威海栖霞街这条历史老街正逐渐焕发出文旅商融合的新活力，成功实现了从“孤岛”到“文化会客厅”的华丽转身，精心保留了 1900 m² 的胶东民居与英式混建风貌，唤醒了沉睡的同乐戏院，并将亚洲医院旧址打造成“时光里”记忆馆，珍藏了老街的历史印记。栖霞街更是荣获了“齐鲁网红小吃街区”、“国家级龙雀奖”和“山东省特色商业街”等殊荣。各类主题活动层出不穷，从复古“时代派对”到非遗文化的“国韵华彩”，从民俗“火运平安”到书香市集、亲子端午活动，都让历史文化在精心设计的活动中“活”了起来。此外，常态化的“栖霞街文艺角”演出以及贴心的“六大服务”（行李寄存、宠物友好、亲子设施等），都让游客在细节中感受到温暖与关怀。



Weihai double-decker sightseeing bus: Weihai sightseeing bus double-decker structure, a total of 66 seats, 4.2 meters high body, dome skylight large view, wide high back seats, green and efficient pure electric drive, full ride comfort. Beautiful red body, supplemented by the sea, sunrise, whale, beach and other urban design elements, travel back, the first "city sightseeing line" from Weihai station to half moon bay, via han fang, sea park, lighthouse, big frame, liu island, happiness, sea park, half moon bay beach and so on more than 10 attractions, all the way through Weihai beautiful scenery, clock in urban web celebrity attractions. The Weihai sightseeing bus line is about 34 kilometers long, 120 minutes, operation time from 7:20 to 17:50, 30 minutes apart. In the future, there will be more new routes, unlock the thousands of miles of self-driving tourist road different scenery. Tel: 86-18106317321.

威海双层观光巴士，威海观光巴士双层结构共 66 个座位，4.2 米的高车身，穹顶天窗的大视野，宽幅高背座椅，绿色高效纯电驱动，乘坐舒适度满分。靓丽的红色车身，辅以大海、日出、鲸鱼、海滩等极具城市特色的设计元素，出行回头率满分，首开的“城市观光线路”从威海站行驶至半月湾，途经韩乐坊、海上公园、灯塔、大相框、刘公岛、幸福门、海源公园、半月湾沙滩等 10 余个景点，一路纵览威海绝美风景，打卡市区网红景点。威海观光巴士专线往返全长约 34 公里，运行时长 120 分钟，运营时间 7:20 至 17:50，间隔 30 分钟流动发车。后续还将陆续上新更多线路，解锁千里山海自驾旅游公路的别样风景。电话：18106317321。



Wendeng Great Valley: a 3A scenic area, spans a total of 12,000 acres, providing ample space for training in various triathlon disciplines. The Ruiyang Great Valley Club, a partner of the National Sports Administration, serves as a paddleboard research and training base. Additionally, the club offers complimentary amenities under the tent, including mineral water, beverages, fruits, and snacks. For camping enthusiasts, free campsites are available where you can set up tents, enjoy charcoal barbecues, and even light fireworks.

文登大溪谷 3A 景区，总占地 12000 亩，铁三的各种项目都可以在这里训练！瑞阳大溪谷俱乐部是国家体育总局的合作单位，是桨板研学基地和培训基地！另外在俱乐部天幕下免费提供矿泉水饮料，水果，以及小零食！如果您是露营爱好者，我们可以提供免费的露营地，您可以搭建帐篷，炭火烧烤，烟花燃放！



Chengshantou Scenic Spot: Lied on the eastern tip of China's coastlines, Chengshantou extends to the sea like a giant dragon, absorbing from the sea with great power. It is the eastern tip of Chinese land extending to the sea, even 68' more than Taiwan in the east. It is known as the "Cape of Good Hope in China", on which you can first see the sun rising from the sea. Tourism Grade: AAAA, Add: Xi Xiakou, Chengshan Town, Rongcheng County, Weihai, Tel: 86-18106317321.

成山头景区，成山头位于中国海岸线最东端，像一条吮吸沧海的巨龙悍力伸向大海，直超宝岛台湾东越 68 分，是大陆伸向海洋的最东端，是中国最早看见日出的海上高角素有“中国好望角”之称。旅游等级：AAAA 级，地址：威海荣成成山镇西霞口，电话：18106317321。



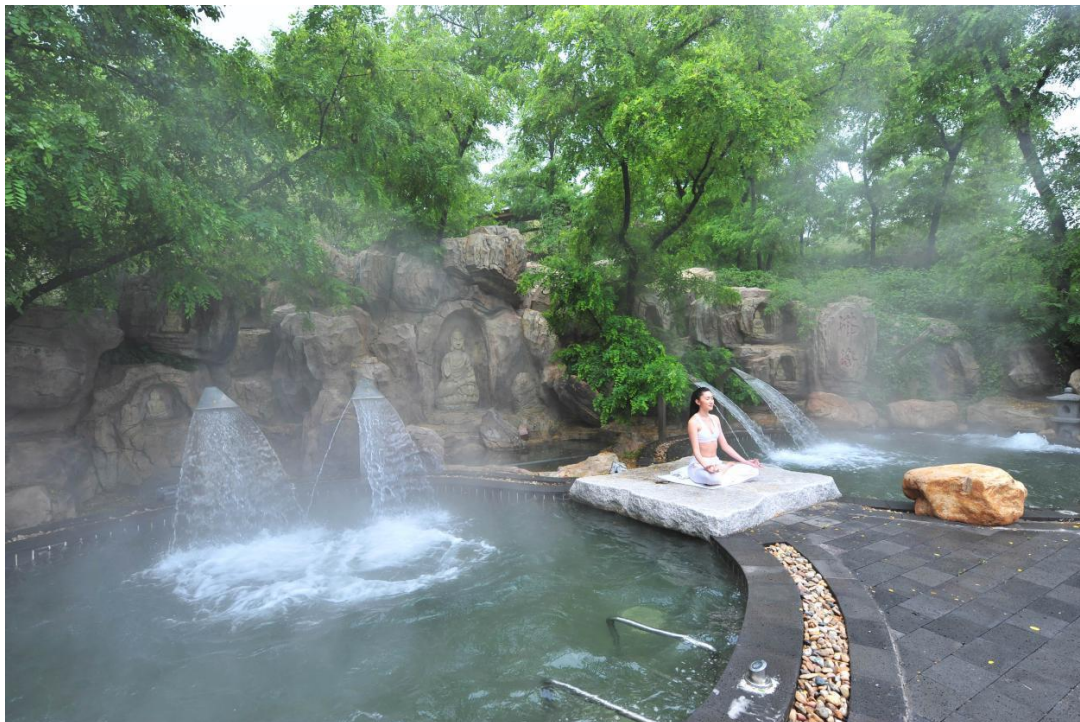
Chishan Scenic Spot: It is located in Shidao, Rongcheng City, China's First Charming City on the eastern tip of Shandong Peninsula. It is adjacent to Shidao port which is the largest fishing port in Northern China. The tourism resort attracts lots of tourists by means of sightseeing, ecological recreation, the mountain tourism, ecological leisure, summer seaside resort, fisher folk art, Buddhism culture and international exchanges. Tourism Grade: AAAA, Add:Fahua Road, Shidao Town, Rongcheng County, Weihai, Tel: 86-18106317321.

赤山景区，位于山东半岛最东端的中国首届魅力城市——荣成市东南部的石岛海滨，与中国北方最大的渔港——石岛港紧相毗邻，山、海、湖、港互为一体，以山海观光、生态休闲、海滨避暑、渔家民俗、佛教文化、国际交流而深受游客喜爱。旅游等级：AAAA 级，地址：威海荣成市石岛法华路，电话：18106317321。



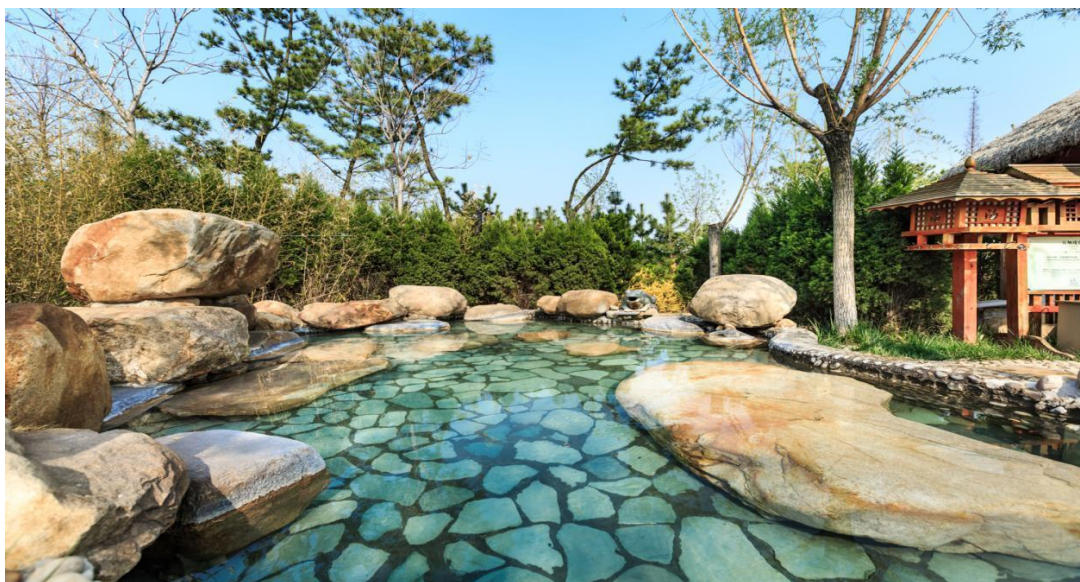
Tianmu Hot Spring Resort: It is the most competitive and promising hot spring tourist resort for leisure in Jiaodong area, featuring “enjoying forest spa, living hydrophilic rooms, eating green food, breathing fresh air”. Tourism Grade: AAAA, Add: Zhang Jiachan Town, Wendeng District, Weihai, Tel: 86-18106317321.

天沐温泉度假区，是一所以“浴森林温泉、住亲水客房、吃绿色食品、吸清新空气”为主要特色、胶东地区最具竞争力和发展潜力的温泉养生休闲度假会务旅游胜地。旅游等级：AAAA 级，地址：威海市文登区张家产镇，电话：18106317321。



Tangpo Hot Spring Resort: It is an integrated leisure resort, consisting of natural hot springs, leisure & entertainment, business meetings, conference reception and spa. The temperature of hot springs reaches 78°C, with fresh, clear inexhaustibly water. It is known as the “Best Hot Spring”, boasting functions like illness curing and health care. Tourism Grade: AAAA, Add: No.2 Dalian Road, Wendeng District, Weihai, Tel: 86-18106317321.

汤泊温泉度假村，是一家集天然温泉、休闲娱乐、商务洽谈、会务接待、温泉养生社区为一体的大型综合性休闲度假村。温泉出温度高达 78°C，水质清新甘美，水体澄明清澈，四时不竭。具有祛病、保健等功能，被温泉专家誉为“温泉中的极品”。旅游等级：AAAA 级，地址：威海市文登区开发区大连路 2 号，电话：18106317321。



Rushan Yintan Tourist Resort: It is the last Gold Coast of Jiaodong Peninsula, stretching 21.7 kilometers of beach. Because the sand is soft and delicate, white as silver, it is named as the “Silver Beach”. It is known as the “No.1 Beach”, “Oriental Hawaii”. Tourism Grade: AAAA, Add: Yintan, Rushan County, Weihai, Tel: 86-18106317321.

乳山银滩旅游度假区，是胶东半岛最后的一块黄金海岸，绵延 21.7 公里的沙滩，坡缓滩平，沙质细腻松软，洁白如银，“银滩”因而得名。被誉为“天下第一滩”、“东方夏威夷”。旅游等级：AAAA 级，地址：威海乳山市银滩，电话：18106317321。



Huancuilou Park: It gets the name because of its classical building “Huancuilou”. Built in 1489, it is located at the eastern foot of the Naigu Mountain, next to Cangshan Mountain in the west, facing the sea in the east, Foding Mountain in the south and Gumoling Mountains in the north. Standing on the building, you could see “vast sea in the east, nestled green in the surrounding, amidst the beauty of mountains and waters”. Therefore, it is named as “Huancui”, which means surrounded by green. Tourism Grade: AAAA, Add: No.13-7 Gongyuan Road, Huancui District, Weihai, Tel: 86-18106317321.

环翠楼公园，因园内有古典式建筑“环翠楼”而得名。环翠楼始建于 1489 年，坐落在奈古山东麓，西负苍山，东眺碧海，南北分别与佛顶、古陌岭群峰相望。登楼可见“碧波浩淼于城东，绿翠掩映于四周，兼沧海山川之胜、水光山色之美”，遂以“环翠”名之。旅游等级：AAAA 级，地址：威海市环翠区公园路 13-7 号，电话：18106317321。



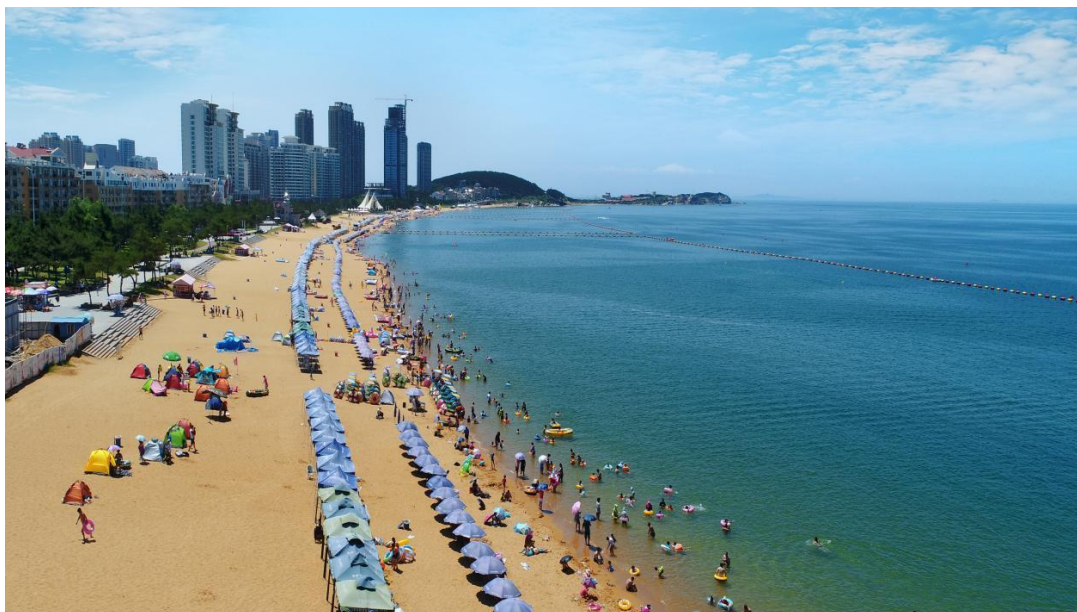
Weihai Haibin Eco Park Landscape: The beauty of the sky and sea, pine trees, the vicissitudes of history, otherworldly realm, distinguished luxury to enjoy, all will be presented by “Qiaoxiang” Cruise. Tourism Grade: AAAA, Add: No.9 Haibin Road, Weihai, Tel: 86-18106317321.

威海海滨生态公园风景带·侨乡号游轮，海天一色之美景，松石浪涛之奇观，沧桑历史之厚重，超凡脱俗之境界，尊贵豪华之享受，种种体验，都将由“侨乡号”在威海湾里为您一一呈现。旅游等级：AAAA 级，地址：威海市海滨路 9 号，电话：18106317321。



Linhai Scenic Spot(International Sea Bathing Beach, Linhai Park): Unique forest, sea, bay, sun and sand is the best tourist destination of leisure, vacation and sightseeing. Tourism Grade: AAAA, Add: No.178 North Huanhai Road, Hi-tech District, Weihai, Tel: 86-18106317321.

林海湾旅游区（国际海水浴场、林海公园），独特的林、海、湾风景和阳光、海水和沙滩，是最佳的休闲、度假、观光海滨旅游目的地。旅游等级：AAAA 级，地址：威海市高技术产业开发区北环海路 178 号，电话：18106317321。



Torch Eighth Street : A small downhill road that leads to the azure sea at the end, creates a striking visual effect with its south-high and north-low terrain, resembling a painting left behind by an artist. Hence, it is renowned as the “Little Kamakura of Weihai.”Add: Huojulou, Weihai City.

火炬八街，一个小型的下坡路，尽头就是蔚蓝的大海，以南高北低的地势条件形成了冲击眼球的视觉效果，就宛如被画家遗忘在这里的油画，也因此被誉为“威海小镰仓”。地址：威海市火炬路。



Road Map for Self-driving Tour of Thousands of Miles of Mountains and Seas

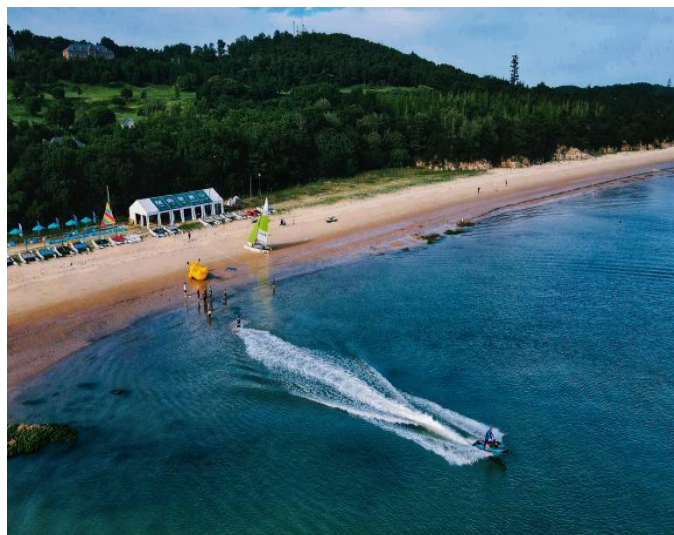
千里山海自驾旅游公路

威海千里山海自驾旅游公路



Weihai Ivy Club : located in the picturesque location Liugong Island sailing experience , the Ivy Sailboat Club has been committed to the promotion of sailing and windsurfing activities. The club's range of services encompasses sailboat knowledge training, sailboat camp education, corporate team-building facilitation, management and upkeep of member sailboats, organization and execution of domestic and international events, as well as fostering exchanges with sailing organizations both at home and abroad. Since 2011, the club has taken on the training responsibility for the "Weihai Sailing and Windsurfing Sports into Campus" program organized by the Weihai municipal government, providing training for a total of 3,000 primary and secondary school students. The club has also represented Weihai in numerous international sailing competitions, achieving outstanding results. The club's mission is to promote sailing culture, uphold the spirit of navigation, broaden the international perspectives of the public, and enhance Weihai's visibility and influence on a global scale. Contact Person: Yi Donghua: 15263184726. Add: No. 569 Liugong Island Ding Road, Huancui District, Weihai.

威海常春藤帆船俱乐部，位于风景优美的刘公岛航海体验基地。自成立以来，致力于帆船、帆板航海运动的推广工作。俱乐部业务范围包括帆船知识的培训、帆船营地教育、公司团建承办、会员帆船的管理维修、国内外赛事的组织承办以及国内外帆船组织的交流等。自 2011 年起承担威海市政府组织的“威海帆船帆板运动进校园”的培训工作，累计培训中小學生 3000 人次。俱乐部多次代表威海参加国际帆船比赛并取得优异成绩。俱乐部旨在普及帆船文化知识，宣扬航海精神，开拓大众的国际视野并提升威海在世界范围内的知名度和影响度。联系人：伊东华：15263184726 地址：威海市环翠区刘公岛丁公路 569 号。



Bi'an Water Sports Club: Bi'an Water Sports Club offers a diverse range of water-based recreational activities, including wakesurfing, flyboarding, jet skiing, and more. Experience the thrill of speed and connect with nature as you embark on an unforgettable aquatic adventure!

Address: Bi'an Water Sports Club, Naxianghai, Rongcheng City, Weihai, Shandong Province

Contact: Wang Da

Phone: +86 193 0631 1333

彼岸水上俱乐部，拥有尾波冲浪、水上飞人、摩托艇等风格多样的水上休闲娱乐项目。挑战极速，尽情释放！畅享水上冒险之旅，与速度和自然相遇，开启难忘的水上体验！

地址：威海荣成市那香海彼岸水上俱乐部

联系人：王达，联系电话：19306311333



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Flounder Dumplings 鲆鱼饺子



Honey-Glazed Western Ginseng 蜜炼西洋参



Fish Pot with Rice Dumplings 鱼锅粳粿



Rushan Oysters 乳山牡蛎



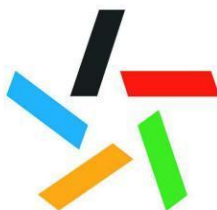
Fig 无花果





World Triathlon
Championship Series

WEIHAI
2025



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威海市重大体育赛事组委会

Weihai Major Sports Events Organizing Committee

承办单位 Organizers

威海市体育局

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