

2026 Qidong TRITON 1 Triathlon

RACE GUIDE

Oct.30 – Nov.1

Yuantuojiao Tourist Resort, Qidong, Jiangsu
(EvergrandeVeniceResort)



TRITON
JIANGSU-QIDONG

Be Eager. Be Brave. Be Strong.

CONTENTS



TRITON
JIANGSU-QIDONG

	<i>page number</i>
WELCOME TO TRITON	----- 03 -----
WELCOME TO QIDONG	----- 04 -----
RACE FORMATS & DISTANCES	----- 05 -----
KIDS & FAMILY RACES	----- 06 -----
EVENT SCHEDULE	----- 07 -----
RACE COURSES	----- 08 -----
REGISTRATION GUIDE	----- 09 -----
ADD-ON SERVICES & PRODUCTS	----- 12 -----
ACCOMMODATION	----- 13 -----
TRAVEL & LOCATION	----- 14 -----
IMPORTANT RACE RULES	----- 16 -----
PRIZE MONEY & AWARDS	----- 17 -----
SAFETY & RESCUE	----- 19 -----
REFUND POLICY	----- 20 -----
CONTACT & INFORMATION	----- 21 -----



TRITON
JIANGSU-QIDONG

WELCOME TO TRITON

Every athlete arrives at the start with a different story. For some, the goal is to compete for victory. For others, to achieve a personal best, complete a new distance, or simply prove that something once thought impossible can be done.

Every one of those ambitions matters. At TRITON we believe Everyone Is An Athlete—and that the greatest victory is often the courage to accept the challenge to stand at the start.

The journey that brought you here required commitment, discipline and sacrifice. It is time to trust your preparation, embrace the moment and experience the race with determination, respect and passion. Challenge your limits. Support others around you. Celebrate the people who helped you reach this moment.

— Paulo Passos Leite, FOUNDER / CHAIRMAN





TRITON
JIANGSU-QIDONG

WELCOME TO QIDONG

Qidong is located at the mouth of the Yangtze River, where the river meets the East China Sea. Known as the "first place in China to see the sunrise," Qidong offers pristine beaches, fresh seafood, and the charm of Jiangsu culture.

The race venue at Yuantuojiao Tourist Resort (Evergrande Venice Resort) is one of China's largest seaside resorts, featuring direct beach access, the famous Bihai Yintan (Blue Sea Silver Beach), premium facilities, and the ideal race-week atmosphere.

Just across the Yangtze from Shanghai, Qidong is easily accessible—approximately 1.5 hours by car from Pudong International Airport and 2 hours from downtown Shanghai. The G40 Shanghai-Shaanxi Expressway via the Chongqi Bridge provides a direct and scenic route.

Beyond the race, explore Qidong's scenic coastline, savor renowned fresh seafood and authentic Jiangsu cuisine, and



* Hengda Venice Resort, Qidong — Race Venue



RACE FORMATS & DISTANCES

TRITON 1 is the classic one-day triathlon format where athletes complete all three disciplines—swim, bike, and run—consecutively. Rankings are determined by total finishing time.

TRITON 1 FORMAT

A one-day challenge where every second counts. This format combines swimming, cycling, and running—with their respective transitions—into a dynamic and demanding race experience. Athletes earn points toward the international TRITON World Series ranking and each race serves as a qualifying event for the TRITON World Finals.

AVAILABLE DISTANCES

Category	Swim	Bike	Run
Long Distance	2.1 km	88 km	20 km
Middle Distance	1.4 km	36 km	12 km
Sprint Distance	0.7 km	20 km	4.5 km

COMPETITION OPTIONS

- Individual Triathlon: Take on the full challenge on your own. Includes age-group awards and Global Ranking points.
- Relay Team: Team up with 2-3 partners. Each member completes one discipline. Create or join a team during registration.

AGE GROUPS (Male & Female)

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, Legend Group (65+). Age calculated as of December 31, 2026. Ages 15-17: approved entry only; results counted in 18-24 group.





KIDS & FAMILY RACES

They are the future champions. In sports and in life, everything starts here! The Kids Triathlon takes place on Saturday, October 31.

Category	Swim	Run	Age
Kids Triathlon	300m	2km	7-15
Mini Kids Triathlon	100m	500m	4-6

Kids finishers collect their kit and wait in the Recovery Area. Guardians must show ID to collect their child. Age groups: 4-6, 7-8, 9-10, 11-12, 13-15.



EVENT SCHEDULE

FRIDAY | OCTOBER 30

Time	Activity
10:00 - 18:00	Athlete Check-in & Race Packet Pick-up

SATURDAY | OCTOBER 31

Time	Activity
08:00 - 18:00	Athlete Check-in & Race Packet Pick-up
10:00 - 11:00	Kids Swimming Test (not open to adults)
11:30 - 11:45	Kids Briefing & Warm-up
11:45	Kids Triathlon Wave Start
13:30 - 14:00	Kids Triathlon Award Ceremony
14:00 - 18:00	Repair & Transition Area Open (adults)
15:00 - 16:00	Adult Swimming Test (including swim crossing and triathlon)

SUNDAY | NOVEMBER 1

Time	Activity
05:00 - 06:30	Transition Area Open
06:15 - 06:45	Athlete Check-in & wait at start
07:00	TRITON 1 Swim Wave Start (Long -> Middle -> Sprint)
08:30	Swim Cut-off
09:00	Swim Crossing Wave Start
09:00 - 12:30	Award Ceremonies
13:30	Bike Cut-off
15:30	Run Cut-off

All times are subject to change without notice due to unforeseen circumstances. Start times and order may also be adjusted. We recommend following the schedule regularly to stay updated on any last-minute changes.

RACE COURSES

SWIMMING

The swim takes place at Bihai Yintan Scenic Area Beach, renowned for its calm waters, natural shelter from ocean swells, and excellent visibility.

- Wave start directly from the beach: LONG first, followed by MIDDLE and SPRINT.
- Loop format: SPRINT — 1 lap (700m), MIDDLE — 2 laps (1.4km), LONG — 3 laps (2.1km).
- MIDDLE and LONG feature Australian exits: MIDDLE — 1 exit, LONG — 2 exits.

CYCLING

The bike course takes athletes through the scenic coastal roads of Yuantuojiao, with views of the Yellow Sea and the Yangtze River estuary.

- Course is closed to traffic. SPRINT — 20km, MIDDLE — 36km, LONG — 88km.
- Non-drafting legal for all distances. Time-trial bikes are permitted.
- Aid stations on course with water, gels, and bananas.

RUNNING

The run course follows the scenic beachfront promenade of Yuantuojiao Resort.

- Flat, fast course along the coastline. SPRINT — 4.5km, MIDDLE — 12km, LONG — 20km.

TRITON WORLD SERIES | Be Eager. Be Brave. Be Strong. Page 6

- Loop format with multiple laps depending on distance. Athletes must count their own laps.
- Aid stations with water, coke, gels, oranges, and bananas.



* COURSE MAP — Swim, Bike & Run Routes

REGISTRATION GUIDE

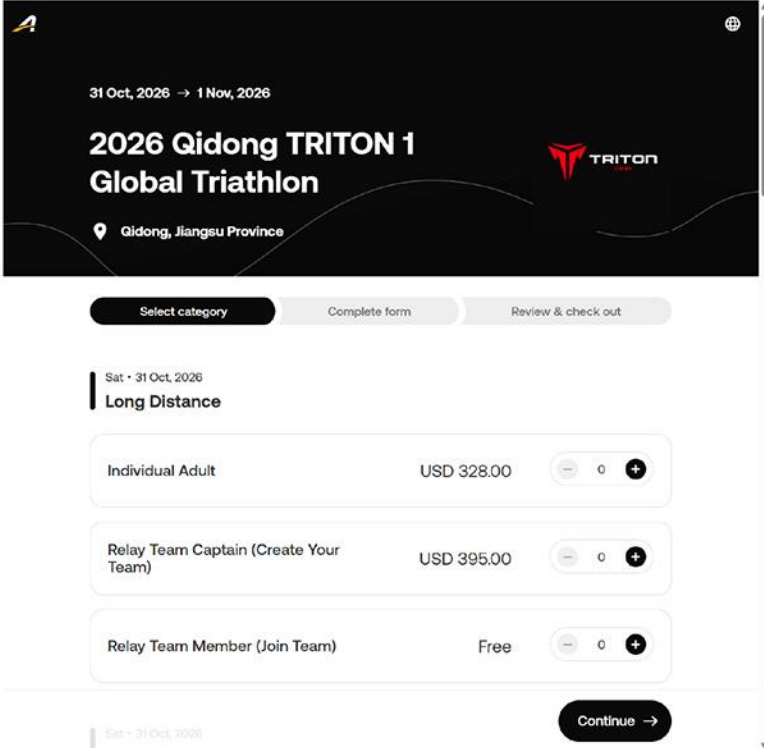
Follow these steps to register for the 2026 Qidong TRITON 1 Global Triathlon. Registration is processed through our official partner platform Active.com.



** Scan the QR code to register directly*

STEP 1: Visit the Official Event Page

Go to tritonworldseries.com/events/triton1/qindong-2026 and click "Register Now". You will be redirected to the Active.com registration platform.



The screenshot shows the registration interface for the 2026 Qidong TRITON 1 Global Triathlon. At the top, it displays the event dates (31 Oct, 2026 → 1 Nov, 2026) and the location (Qidong, Jiangsu Province). Below this, there are three tabs: "Select category", "Complete form", and "Review & check out". The "Select category" tab is active, showing three options: "Individual Adult" for USD 328.00, "Relay Team Captain (Create Your Team)" for USD 395.00, and "Relay Team Member (Join Team)" for Free. Each option has a minus and plus button to adjust the quantity. At the bottom right, there is a "Continue →" button.

** Step 1: Select your race category (English interface)*

STEP 2: Log In or Create an Account

Sign in with your existing Active.com account, or create a new account if you are a first-time user. An email address and password are required.



REGISTRATION GUIDE

Select category Complete form Review & check out

i You may lose your registration spot if your browser session is idle for more than 15 minutes. See our [Privacy Statement](#) for information on how we process your personal data.

Email address *

Next

OR

Continue with Facebook

TRITON
JIANGSU-QIDONG

* Step 2: Enter your email to continue (English interface)

STEP 3: Select Your Race Category

Choose your distance (Long/Middle/Sprint), format (Individual/Relay), or category (Kids/Open Water Swim). For relay teams, the captain creates the team and members join using the team name.

STEP 4: Complete Participant Information

Fill in your personal details including name, date of birth, gender, emergency contact, and T-shirt size. Ensure all information matches your ID documents.

STEP 5: Select Add-on Services & Pay

Choose optional services: shuttle bus (Shanghai <-> Qidong, with bike transport), hotel accommodation (Sea View Room), and any merchandise. Review your order and complete payment by credit card. You will receive a confirmation email.



REGISTRATION GUIDE

ENTRY FEES (USD)

Category	Price (USD)
Long Distance - Individual	\$328
Long Distance - Relay Captain	\$395
Long Distance - Relay Member	Free
Middle Distance - Individual	\$170
Middle Distance - Relay Captain	\$226
Middle Distance - Relay Member	Free
Sprint Distance - Individual	\$138
Sprint Distance - Relay Captain	\$170
Sprint Distance - Relay Member	Free
Kids Triathlon (4-6 / 7-15)	\$88
Open Water Swim - 10km	\$120
Open Water Swim - 5km	\$80
Open Water Swim - 3.3km	\$50
Open Water Swim - 1.66km	\$40

Prices are in USD. Early Bird pricing valid until June 25, 2026. Group discounts available: 5-10 persons — 10% off; 11-19 persons — 15% off + exclusive check-in; 20+ persons — 15% off + exclusive check-in + club tent + team flag + custom race kits.

REQUIRED DOCUMENTS FOR CHECK-IN

- Original + copy of valid ID (passport or national ID)
- Swim proficiency proof (race certificate or deep-water certificate; exempt for triathlon graded holders or recent national/international race finishers)
- Original + copy of personal accident insurance (valid from 2 days pre-race to 1 day post-race; coverage $\geq$ ¥300k accidental death/disability, $\geq$ ¥30k medical)
- Original + copy of physical examination form (from Grade II Class A hospital or higher, within 6 months)
- Signed Athlete Competition Declaration & Waiver



ADD-ON SERVICES & PRODUCTS

Enhance your race weekend experience with our convenient add-on services, available during the registration process.

SHUTTLE BUS SERVICE

Official shuttle bus service between Shanghai and Qidong, with bike transport included. Perfect for athletes traveling without a car.

- Shanghai -> Qidong (October 30): Departs from Shanghai Hongkou Football Stadium. Includes bike transport. \$60 per person.
- Qidong -> Shanghai (November 1): Two drop-off points — Shanghai City Center and Pudong International Airport (PVG). Includes bike transport. \$60 per person.
- Bike transport: Your bike will be safely transported on the shuttle bus. Please ensure your bike is properly packed or protected.

OFFICIAL HOTEL ACCOMMODATION

Book your stay at the official host hotel directly during registration. Sea View Rooms available at exclusive TRITON athlete rates. See the Accommodation section for details.

OFFICIAL MERCHANDISE

Official TRITON apparel and merchandise are available at the race expo and through the official online store. Visit tritonworldseries.com for the full collection. The finisher T-shirt is included with your registration (select size during registration).

ADD-ON SERVICES SUMMARY

Service / Product	Price
Shuttle Bus: Shanghai -> Qidong (Oct 30, with bike)	\$60
Shuttle Bus: Qidong -> Shanghai (Nov 1, with bike, 2 stops: City Center & PVG)	\$60
Hotel: Sea View Room (Oct 31 - Nov 1, Twin Room)	\$120/night
Finisher T-Shirt (included - select size)	Free



* Hengda Venice Hotel — Official Race Hotel

ACCOMMODATION

OFFICIAL HOST HOTEL

Yuantuojiao Resort (Evergrande Venice Resort) — 恒大海上威尼斯酒店

One of China's largest seaside resorts, the official host hotel offers direct beach access to Bihai Yintan, premium facilities, multiple restaurants, swimming pools, a water park, spa, and the ideal race-week atmosphere. The race venue, transition zone, and finish line are all located within the resort.

- Exclusive TRITON athlete rates (Sea View Twin Room: \$120/night)
- Early race-day breakfast service for athletes
- Late check-out available on race day
- Direct access to the race venue and beach

How to book: Select the hotel option during the Active.com registration process. Choose your check-in and check-out dates and room type. You can also book directly by contacting the resort. Address: No.1 Hengda Road, Yuantuojiao Tourist Resort, Qidong, Jiangsu Province.

ALTERNATIVE ACCOMMODATION

Staying at the official hotel is not mandatory. There are various other accommodation options near the race venue, including guesthouses, apartments, and other hotels in Qidong city. We recommend booking early as the race weekend is a peak period. You can also search and compare rates through our travel partner LUCID TRAVEL via the official event website.

TRAVEL & LOCATION

RACE VENUE

Yuantuojiao Tourist Resort (Evergrande Venice Resort) No.1 Hengda Road, Yin-yang Town,
 Qidong, Nantong, Jiangsu Province, China
 江苏省南通市启东市寅阳镇恒大路1号 圆陀角旅游度假区



* LOCATION & ACCESS MAP — Qidong Race Venue to Shanghai Key Points



TRAVEL & LOCATION

DISTANCES & DRIVING TIMES FROM RACE VENUE

Destination	Driving Time
Shanghai Pudong International Airport (PVG)	~1h 35min
Lujiazui Financial District	~1h 50min
The Bund	~2h 00min
People's Square (City Center)	~2h 00min
Shanghai Hongqiao Railway Station / Airport	~2h 15min

BY CAR (Self-Driving)

From Shanghai: Take the G40 Shanghai-Shaanxi Expressway (沪陕高速) northbound, cross the Chongqi Bridge (崇启大桥), exit at Qidong (South) / Yin-yang (启东南/寅阳出口), then follow Yanjiang Highway (沿江公路) to the resort. Total distance approximately 110-115 km, driving time 1.5-2 hours depending on traffic. Tolls apply (~¥90).

BY HIGH-SPEED RAIL

Take the high-speed train from Shanghai Hongqiao Station to Qidong Station (approximately 1 hour). From Qidong Station, take a taxi to the resort (approximately 40 minutes, ~¥80-120). The North Yangtze River high-speed railway (expected 2027) will further reduce travel time to ~25 minutes from Shanghai.

OFFICIAL SHUTTLE BUS

Official shuttle bus service is available between Shanghai and Qidong, with bike transport included. See the Add-on Services section for details and pricing. Advance booking required during registration.



IMPORTANT RACE RULES

CUT-OFF TIMES

Cut-off times are strictly enforced. Athletes who do not meet the cut-off times will not receive finisher gear or medal, and may be pulled from the course for safety reasons.

Category	Swim	Bike	Run	Total
Long Distance	1h 30m	5h	2h	8h 30m
Middle Distance	1h	2h	1h	4h
Sprint Distance	30m	1h	30m	2h
Open Water 10km	-	-	-	5h 30m
Open Water 5km	-	-	-	3h
Open Water 3.3km	-	-	-	2h 20m
Open Water 1.66km	-	-	-	1h 20m

DRAFTING RULES

All TRITON 1 races are NON-DRAFTING legal. Time-trial bikes are permitted. Drafting, side-by-side riding, and overtaking in sharp turns are prohibited and may result in time penalties or disqualification.

GENERAL RULES

- Must wear official race cap during swim — penalty = DQ.
- Must use swim safety buoy (air bag) during open water swim.
- Helmet must be fastened at all times on the bike — penalty or DQ.
- No littering on course — penalty = DQ.
- Athletes must count their own laps on bike and run courses.

PRIZE MONEY & AWARDS

TRITON China Prize Money Plan shall operate independently from the TRITON Global Ranking System. Athletes who receive prize money under the TRITON China Prize Money Plan may also earn global ranking points simultaneously, as the two systems are calculated separately. In accordance with the regulations of TRITON Global Headquarters, athletes who achieve top rankings in the annual global ranking system will receive trophies and prizes from TRITON Headquarters (details to be determined based on the annual regulations published on the official TRITON global website).

TRITON China Ranking Points & Rewards Plan

- 1) Individual athletes who participate and finish TRITON events will earn domestic ranking points. Finishing any Kids Triathlon, Open Water Swim, or TRITON single-discipline event will earn 1 point. Finishing a full TRITON 1 or TRITON 3 Sprint Distance event will earn 3 points, Middle Distance 6 points, and Long Distance 9 points. Club total points shall be calculated based on the group registration forms submitted by each club. In the event of a tie in total points, rankings shall be determined by the athlete's global ranking. If still tied, the final total ranking shall be determined in accordance with the TRITON Global Ranking Rules.
- 2) Annual rankings shall be calculated based on all TRITON China events held during that year. The inaugural ranking cycle shall run from October 31, 2026 to October 30, 2027.
- 3) Individual points may also be used for various redemption purposes: 1 point is equivalent to RMB 10, which may be applied toward entry fees for any TRITON China event in the following year, official event hotel accommodation, merchandise, and other items. Partner brand promotions and discount campaigns will also be introduced in the future.

Ranking Category	1st (RMB)	2nd (RMB)	3rd (RMB)
Individual Annual Overall Ranking	20,000	15,000	10,000
Club Annual Overall Ranking	50,000	30,000	20,000

OVERALL RANKING PRIZE MONEY (Men & Women, RMB)

Top 3 overall finishers in each distance receive prize money. Kids, Middle Distance Age Group, and Sprint Distance Age Group receive trophies; for remaining categories, prize money is as follows.

Distance	1st (RMB)	2nd (RMB)	3rd (RMB)
Long Distance	10,000	5,000	3,000
Middle Distance	3,000	2,000	1,500
Sprint Distance	2,000	1,500	1,000

PRIZE MONEY & AWARDS

LONG DISTANCE AGE GROUP AWARDS (RMB)

Top 5 finishers in each age group (Long Distance) receive prize money.

Age Group	1st	2nd	3rd	4th	5th
18-24	2,000	1,800	1,500	1,200	1,000
25-29	2,000	1,800	1,500	1,200	1,000
30-34	2,000	1,800	1,500	1,200	1,000
35-39	2,000	1,800	1,500	1,200	1,000
40-44	2,000	1,800	1,500	1,200	1,000
45-49	2,000	1,800	1,500	1,200	1,000
50-54	2,000	1,800	1,500	1,200	1,000
55-59	2,000	1,800	1,500	1,200	1,000
60-64	2,000	1,800	1,500	1,200	1,000

OPEN WATER SWIM CATEGORIES AWARDS (RMB)

Distance	1st	2nd	3rd	4th	5th	6th
10km	1,000	800	600	400	300	200
5km	1,000	800	600	400	300	200
3.3km	1,000	800	600	400	300	200
1.66km	1,000	800	600	400	300	200

All prize amounts are in RMB (Chinese Yuan). Prize money is subject to applicable taxes. Athletes receiving prize money under the TRITON China Prize Money Plan may also earn global ranking points. For the remaining categories, the prize money will be withheld until all athletes are confirmed to have completed the race.



* Sunset at Bihai Yinsha Beach



SAFETY & RESCUE

As much as organizations prepare, safety and efficient rescue depend on everyone's conduct during the race. Please read these important guidelines.

- In case of an accident, check for vital signs, fractures, consciousness. Give exact information: BIB number, time, and location when asked.
- If possible, in case of a serious emergency, stay with the athlete. You will be given full credit for a future race regardless of whether you finish.
- Courses, race format, times, and locations may change, be partially or completely canceled without warning due to force majeure events, to guarantee everyone's safety.
- For last-minute changes, information will be posted on social media and the website.

The organization will do its best to warn everyone by text message.

Race Insurance: All athletes must carry personal accident insurance with minimum coverage of ¥300,000 accidental death/disability and ¥30,000 medical, valid from 2 days pre-race to 1 day post-race. Keep all documents, doctor's reports, and bills for claims.

REFUND POLICY

If you need to cancel your registration, the following refund policy applies:

Timing	Refund Amount
Before June 25, 2026	80% refund
Before August 25, 2026	60% refund
Before September 25, 2026	40% refund
September 26 - Race Day	No refund

Customer service and refund requests: please send email to reg@tritoncn.com (effective upon receipt). Refund requests must include your registration details and reason for cancellation.



* Sunrise at the Race Venue — Race Day Morning

CONTACT & INFORMATION

For any questions or assistance, please reach out through the following channels:

- Email: reg@tritoncn.com
- Website: <https://tritonworldseries.com/events/triton/qindong-2026#info>
- Instagram: [tritonws_ch](https://www.instagram.com/tritonws_ch)

GOOD LUCK AND SEE YOU AT THE START LINE!

Be Eager. Be Brave. Be Strong.



Be Eager. Be Brave. Be Strong.