



2018 ITU WORLD TRIATHLON YOKOHAMA

RACE BRIEFING

for

Standard Distance / Sprint Distance / Relay

KANAGAWA TRIATHLON UNION

May 12th, 2018

Briefing Agenda

(45 min)

- “Guidelines for Safety” by the Medical Team
- Points to remember for ALL participants
- Course Maps and General Rules
- Other Important Considerations

Q&As at the end of the session

Main Technical Officials

Technical Delegate

Koji Koganezawa (ITU)

Mayumi Sugiura (Kanagawa Triathlon Union)

Race Referee

Satoshi Hanai (Kanagawa Triathlon Union)

Competition Jury

Shinichiro Otsuka (JTU)

Hideo Watanabe (Representative Organizer)

Koji Koganezawa (Technical Delegate)

To ALL Athletes

P. 1

2018 AGE GROUP ATHLETE GUIDE

Health



- On the day of the event, you may be asked to see a doctor according to your health check sheet, and depending on the doctor's judgment, you may then be required to refrain from competition.

- If you are uncertain about continued competition due to poor health, remember that retiring from competition is also a courageous decision.

- In the triathlon, with its wide-ranging competition course including the swim, risk be aware of the risks and make appropriate judgments during competition.

- Keep your own pace and make sure you are well hydrated and taking in enough
* Water and sports drinks are available at the aid stations.

Swim: Swim gathering area and swim finish

Bike: Within Yamashita Pier (pit-stop style)

Run: Four locations within the course

[swim assembly area, Yamashita Park Central Square, Yamashita Pier, Zo-no-hana Park]

Finish: In Yamashita Park (after the finish)

**Withdrawal
Retire**

Safety

- In emergencies, the competition may be cancelled even in the middle of events.

- Hazardous or obstructive actions are prohibited. Do not try to force your way ahead of other competitors, but judge their course with priority and maintain a safe and smooth flow of competition.

To ALL Athletes

P. 1

2018 AGE GROUP ATHLETE GUIDE

Competition



- The number of laps for each component is left to the athletes' own responsibility. **Count your own laps**
laps will be considered DNF.
 - Competitors may not compete with the support or aid of third parties (other competitors, coaches, supporters, etc.). Support may be received from event staff, etc. at official aid stations only.
 - Supporters and non-competing athletes may not enter the competition course.
 - **For athletes' safety, headphones, earphones, and cameras may not be used.**
 - **Yamashita Pier may be entered only on the day of the race with permission of the race director.** **No head/earphones!**
course. Entry is only permitted during the race as a spectator or supporter.
- * Entry onto the course for a test run or on the day before competition is prohibited.

Weather

- Depending on weather conditions, if the competition is changed, referees will explain the situation at the previous-day race briefing or before the start of competition on the day itself.
- There may be sudden changes due to weather even after the start of competition, including cancellation.

Check your Race Pack

P. 3-4

1. Wristband

5. Athlete Guidebook

2. Bib Number

6. T-Shirt

3. Race Number Stickers

7. Health Check Sheet

4. Body decals

8. EXPO Ticket

Regarding reissuance of (1), (2), (3), and (4)

In case you have lost your (1) wristband, (2) race number, (3) race number stickers, or (4) body number stickers...

They will be reissued as follows. However, the numbers **will all be handwritten**

▶ **Date of reissuance**

May 11th(Fri), 12th (Sat) at the race briefing venue (Yokohama Port Opening Memorial Hall Room 1/Service counter)

May 13th (Sun) at the day of event competitor registration (next to Yamashita Park transition area/in front of stone stage)

▶ **Things required for reissuance**

- JTU membership card
- Driver's license, insurance ID, or other proof of identity
- * Be sure to bring these with you for ID confirmation.

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May 12th (Sat)

Time	Content	Venue
8:00 ~ 19:30	EXPO Open	Yamashita Park Special Venue
9:45 ~ 19:00	Race Briefing Registration	Yokohama Port Opening Memorial Hall
15:00 ~ 19:30	Bike Deposit / Mechanic Service	Yamashita Park (Transition area)
10:30 ~ 11:30	Race Briefing (Japanese (1))	Auditorium
13:00 ~ 14:00	Race Briefing (Japanese (2))	Auditorium
15:30 ~ 16:30	Race Briefing (Japanese (3))	
17:00 ~ 18:00	Race Briefing (English (1))	
17:30 ~ 18:30	Race Briefing (Japanese (4))	
	Age Para Race Briefing	
19:00 ~ 20:00	Race Briefing (Japanese (5))	
	Race Briefing (English (2))	Room 9



BIKE DEPOSIT
15:00 – 19:30

Race Day

P. 6 May 13th (Sun)

Time	Content	Place
06:00 ~	Paratriathlon Competitor Registration / Transition Open	Yamashita Park (Transition area)
06:00 ~ 15:00	Mechanic Service	Yamashita Park
06:30 ~	General / Relay Competitor Registration	Yamashita Park
06:30 ~ 15:00	Luggage Deposit	Yamashita Park
07:00	Traffic Restrictions Begin	Bike/Run Course
07:00	Age Paratriathlon Start Ceremony	Yamashita Park (Start area)
07:15	Age Paratriathlon Competition Start	Racecourse
07:45	Age Triathlon Start Ceremony	Yamashita Park (Start area)
08:00	Standard Distance / Relay Competition Start	Racecourse
08:00 ~ 15:00	EXPO	Yamashita Park (EXPO)
11:00 ~	Sprint Distance Competition Start	Racecourse
13:00	Traffic Restrictions Finish	Bike/Run Course
14:00 ~	Medal Ceremony	Yamashita Park (Awards Stage)

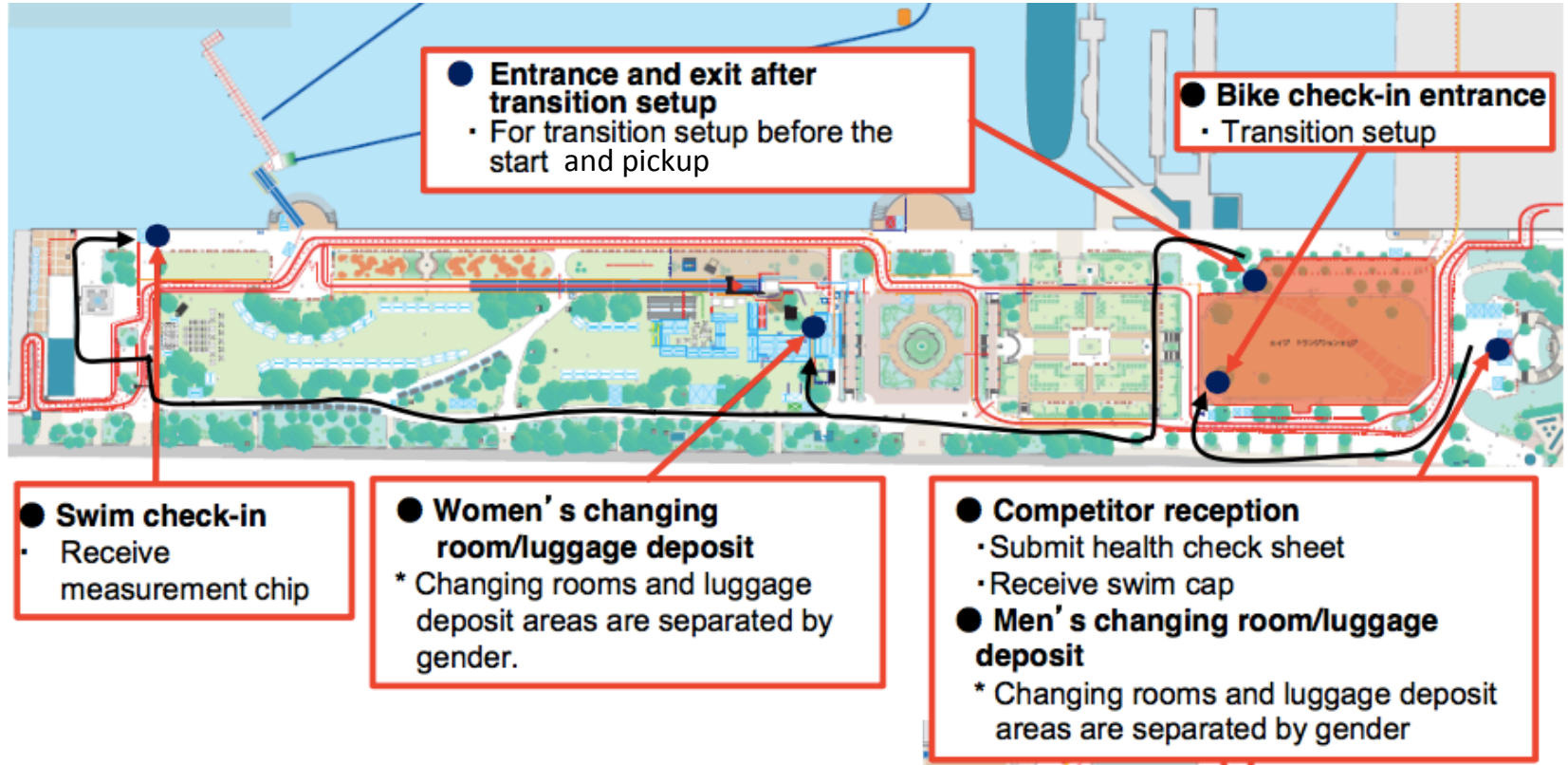
6 x Aid Stations

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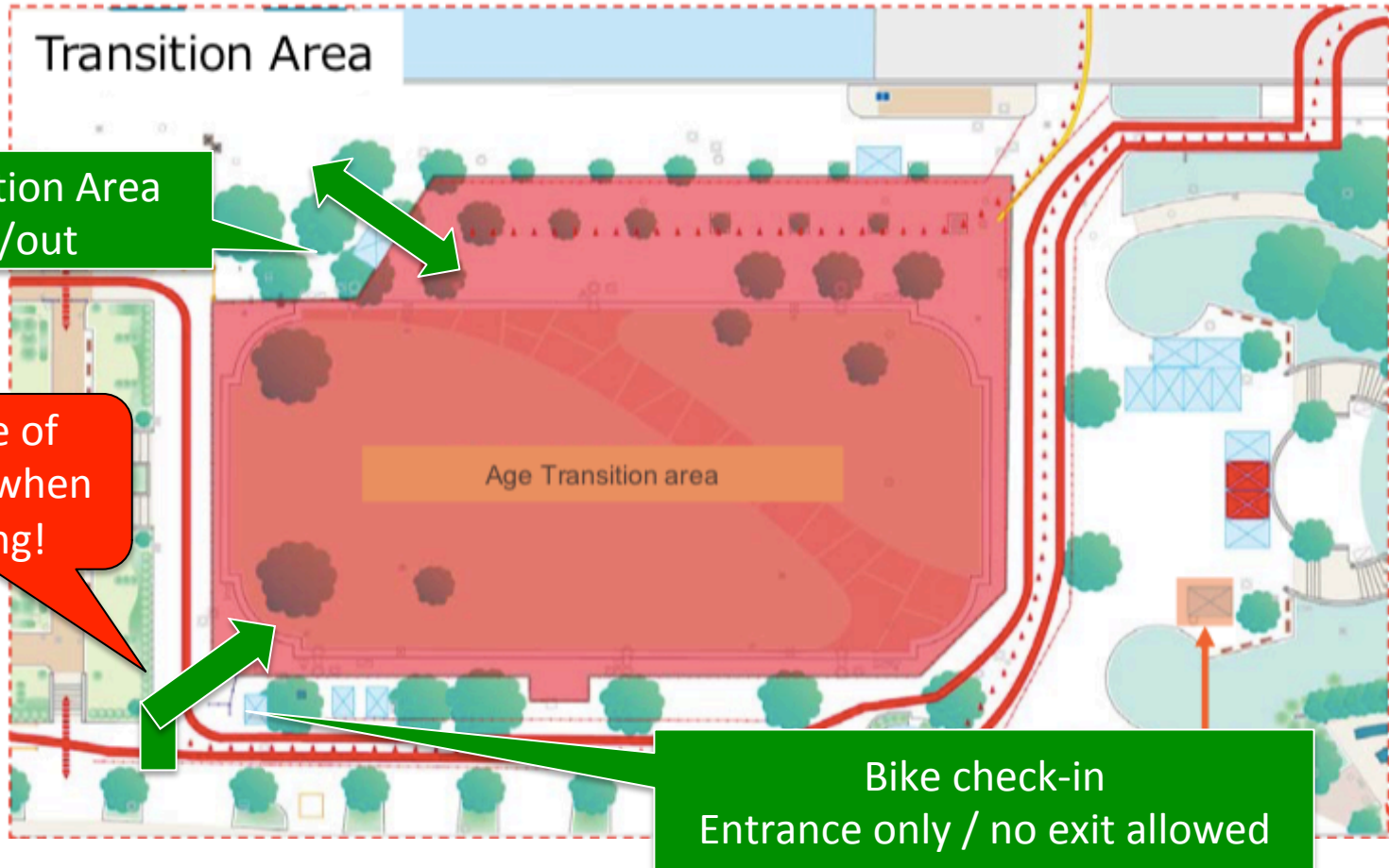
Venue from Registration to Swim Check-In

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BIKE Check-in

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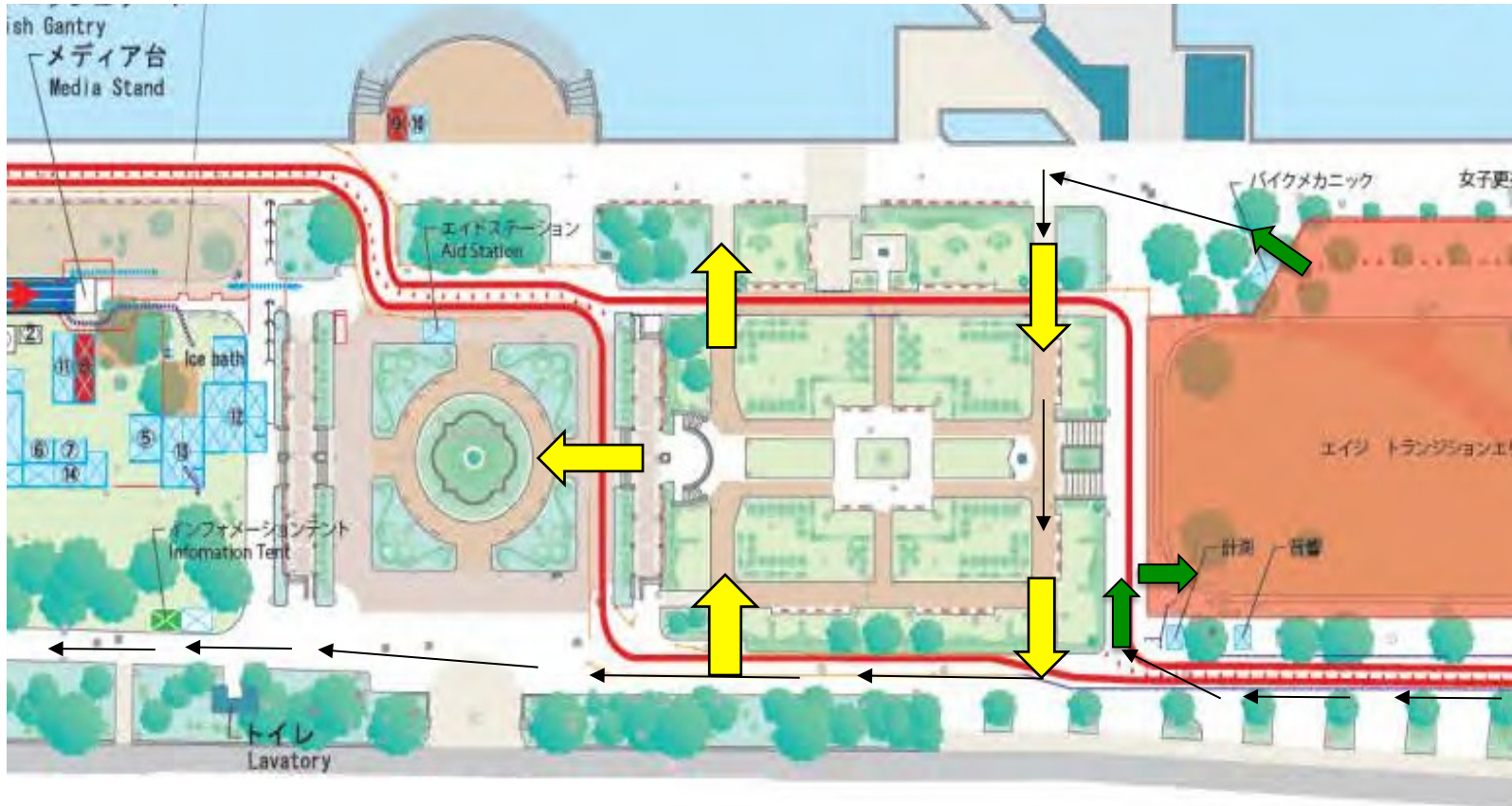


Transition Area
in/out

Beware of
runners when
crossing!

Bike check-in
Entrance only / no exit allowed

One-Way to/from the Rose Garden



Swim Registration

P. 13

Event date: ... et hand-

Health Check Sheet -> Swim Cap

Venue	Next to the transition area, the tent in front of Yamashita Park stone stage
Cautions	<ul style="list-style-type: none"> ● Competitors in the race (including the relay) must all fill out and submit the "health check sheet." ● Competitors will receive swim caps by wave in exchange for the "health check sheet," which are to be worn during the race. ● Competitors feeling unwell or concerned on the day of the race should consult with a doctor.

Registration Time	Start Wave	Group
06:00 ~ 06:15	TRI	TRI
06:00 ~ 06:50	Wave 1 ~ Wave 3	A
07:00 ~ 07:50	Wave 4 ~ Wave 6	B
08:00 ~ 08:50	Wave 7 ~ Wave 9	C
09:00 ~ 09:50	Wave 10 ~ Wave 14	D



Begins from 6:00am / Different Time per Wave

Bike Check-In

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6:00 ~ Bike check-in, transition, bike pick-up

Date and



Cautions

**Transition Area opens from 6:00am
Different Setting Time per Wave**

- Apply body number stickers to both upper arms beforehand.
- A wristband is required to enter the transition area.

Transition setup

- Belongings not required for competition may not be left in the transition area. Please leave them at the Luggage Deposit.
- Non-competitors may not enter the transition area.
- Race number stickers are affixed to the bike racks.
- Bike racks are to be used alternately from each side. (See next page)
- Wetsuits can be slippery when stepped on. Do not allow them to extend into the passageway. As well, it is prohibited to hang them directly on the bike racks.

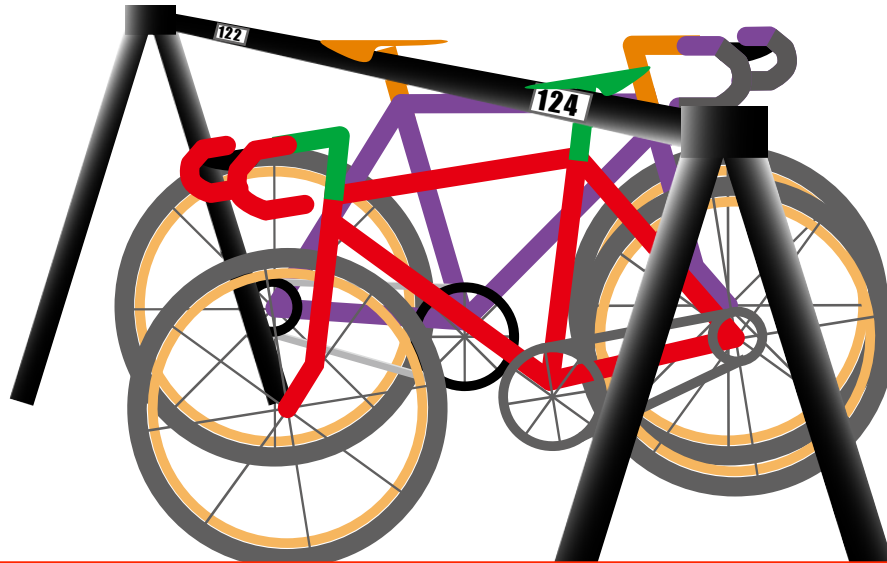
Bike pick-up

- When picking up bikes, race number stickers on bike helmets and wristbands will be checked by referees.
Do not remove the race number stickers until pickup is complete.

How to Rack Your Bike

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Set the saddle on the rack so that the handle bar comes in front of the race number sticker



Minimize your gear and remove all other belongings

SWIM CHECK-IN

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Date and time May 14th (Sun) As below

Venue Near swim venue

- Measurement chips (ankle bands) will be distributed at the swim check-in.
- Once entered, the swim check-in area may not be left until the start.
Please gather at the swim check-in area after completing all preparations.
- Toilets and aid stations are available within the swim check-in area.



Do not remove your timing chip until you finish the race

finish point. Be careful to pick up the correct glasses.

TRI	TRI	06:45 ~ 07:00
A	Wave 1 ~ Wave 3	07:20 ~ 07:35
B	Wave 4 ~ Wave 6	08:20 ~ 08:35
C	Wave 7 ~ Wave 9	09:20 ~ 09:35

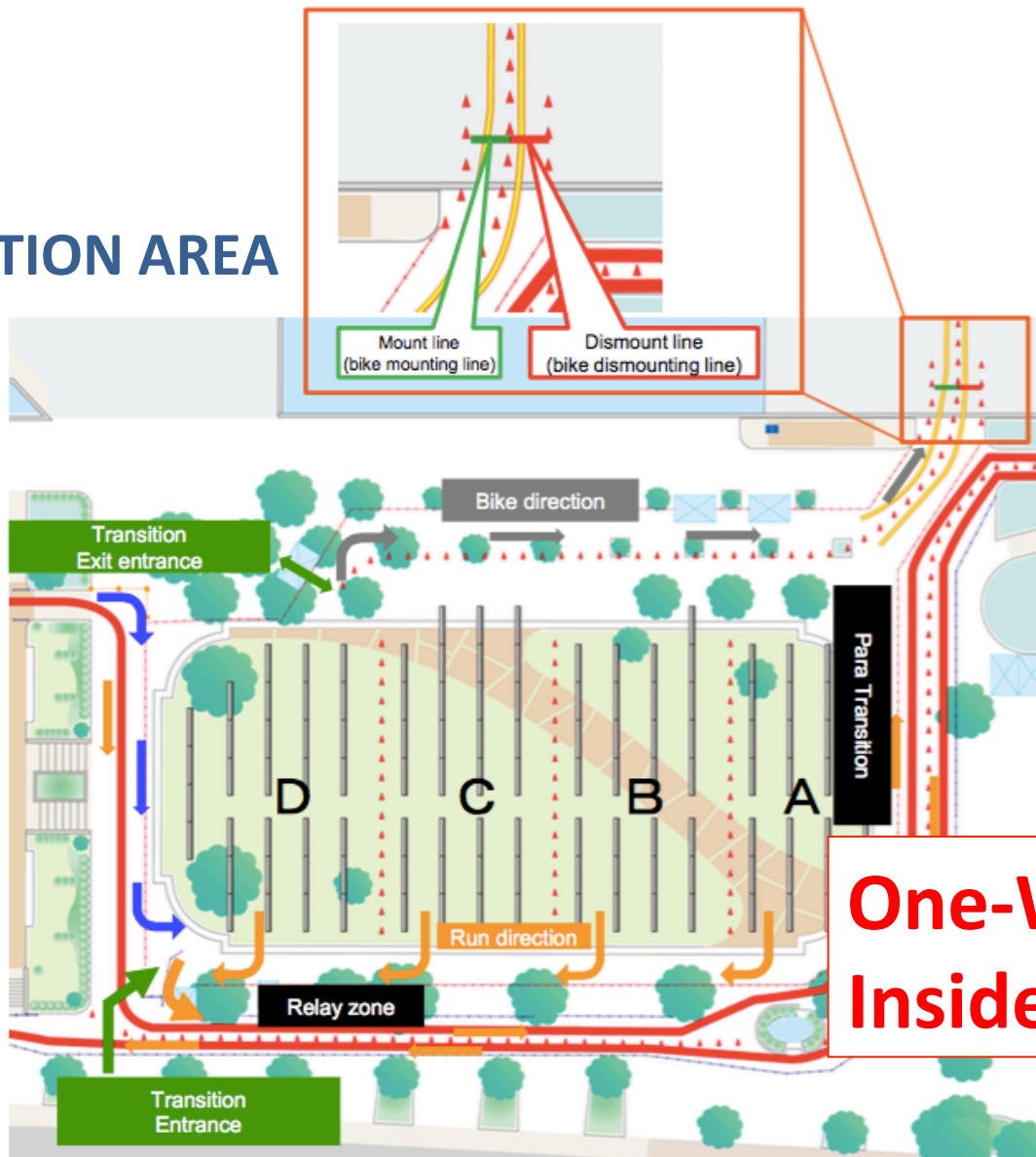


Different Check-In Time per wave

7:00 ~ Starting Ceremony

The Starting Ceremony will be held at the swim check-in area.

P.15 TRANSITION AREA



**One-Way
Inside the Area**

Changing Tents Baggage Drop

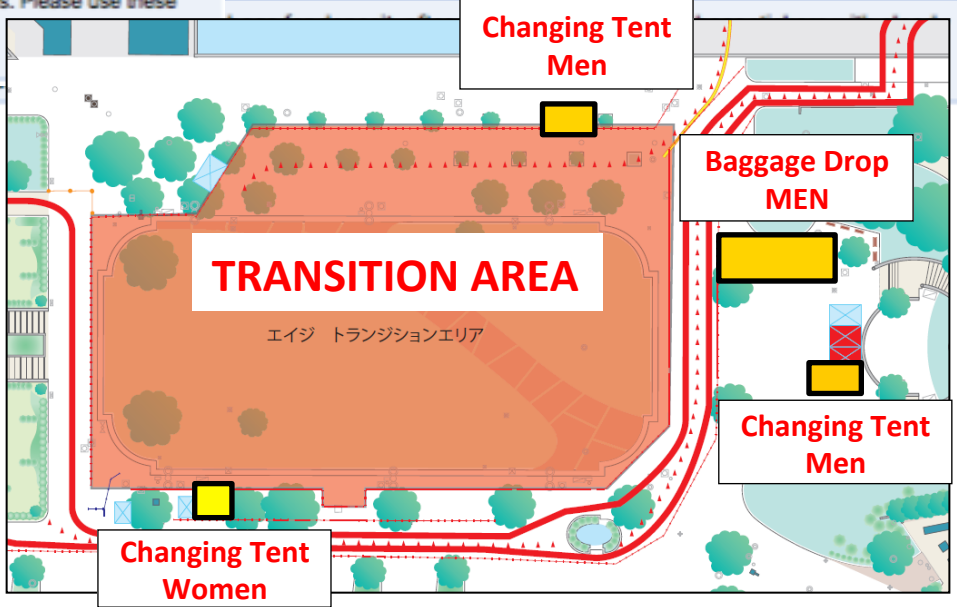
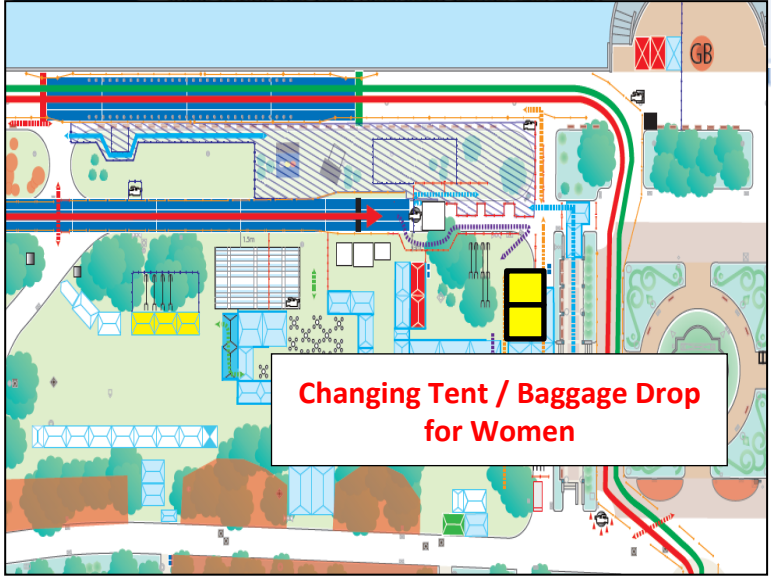
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6:30 ~ 15:00 Changing tents

Date and time	May 14th (Sun) 6:30 ~ 15:00
Venue	Near transition areas * Also near the finish area, for women only
Cautions	<ul style="list-style-type: none"> ● When changing clothes, use the changing tents (separated by gender). ● During the race (including before and after), it is prohibited to expose the naked torso area within the course or the venues. ● Changing tents separated by gender are located within the transition areas. Please use these tents.

~ 15:00 Luggage deposit

00
rea Women: Near the finish



SWIM WARM-UP

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Swim warm-up [Required]
 * Times will vary according to competing wave. See below.

Date and time	May 14th (Sun) As below
Venue	Swim venue
Cautions	<ul style="list-style-type: none"> ● Please ensure to check-in for your swim and receive an ankle band. ● After your warm-up, please proceed to the start location as there will be a prompt start.



MANDATORY for ALL Swimmers

A	Wave 2	07:50 ~ 08:00
	Wave 3	07:55 ~ 08:05
B	Wave 4	08:45 ~ 08:55
	Wave 5	08:50 ~ 09:00
	Wave 6	08:55 ~ 09:05
	Wave 7	09:45 ~ 09:55
D	Wave 11	10:50 ~ 11:00
	Wave 12	10:55 ~ 11:05
	Wave 13	11:00 ~ 11:10
	Wave 14	11:05 ~ 11:15



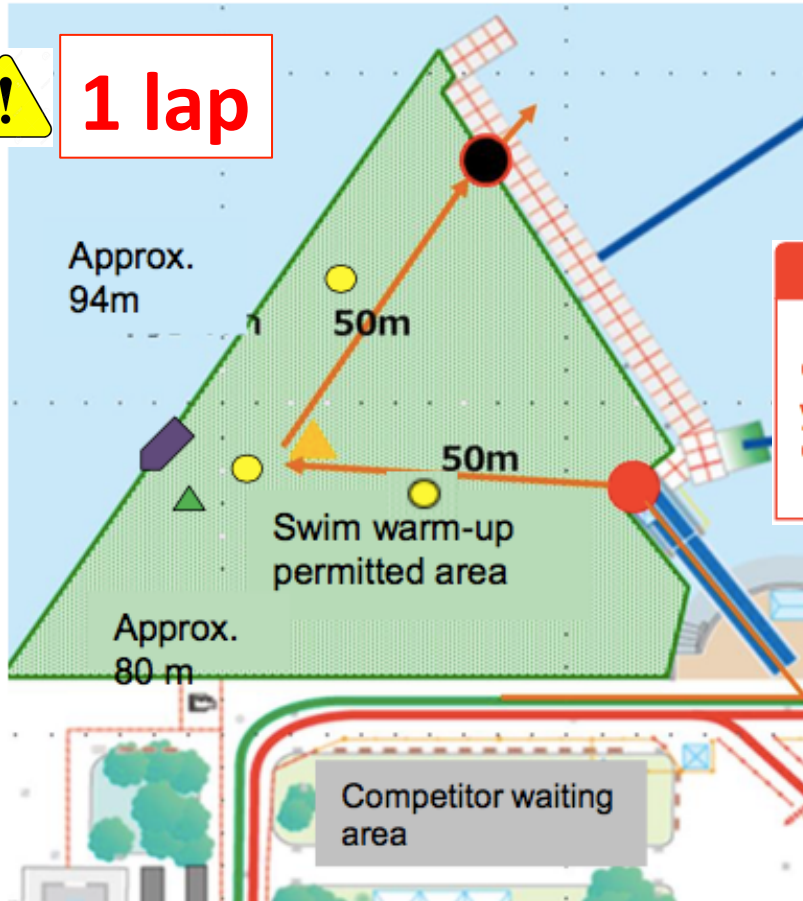
Different Time per Wave

SWIM WARM-UP

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1 lap



Legend	
	Entering the water
	Leaving the water
	Competitor line

Always do a warm-up swim!

- A warm-up swim prior to starting the race permits you to check your physical condition!
- Swim one lap (100m).

Once you have finished the warm-up swim, promptly get out onto the pontoons and move to the swim start area (floating).

WAVE START

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				TRI-6	Green	61 ~ 67
				GUIDE	White	GUIDE
				Handler		HANDLER
	A	8:00	1	M-19	Yellow	1001 ~ 1160
				M20 ~ 24		
				M25 ~ 29		
				M30 ~ 34		
				M35 ~ 39		
		8:05	2		Blue	2001 ~ 2131



Be On Time!

**Paratriathlon starts from 7:15am
Beware of athletes on the course**

Relay		10:10	9	Relay (Women)	White	9101 ~ 9104	
				Relay (Mixed)		9201 ~ 9211	
				Relay (Men)		9301 ~ 9321	
Sprint Men	D	11:00	10	M-19	Orange	101 ~ 180	
							M20 ~ 29
							M30 ~ 39
			11:05	11	M40 ~ 44	Blue	201 ~ 242
			11:10	12	M45 ~ 49	White	301 ~ 344
			11:15	13	M50 ~ 59	Pink	401 ~ 503
	M60 ~ 69						
Sprint Women		11:20	14	Women	Green	601 ~ 675	

SWIM Leg

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Swim

Competitors will enter the water from the pontoons to a floating start, and start the race in waves according to the horn signals.

* Competitors who are uneasy about floating may hold onto the pontoons. Each wave has its own swim cap color.

The standard course is two laps of 750 m at

* Jumping in is prohibited during the laps. Use

- The swim competition must be finished (See "Swim cutoff" below.)
- Even within the swim time limit, competitors, referees or lifesavers have judged it according to the directions given.
- Competitors who do not pass the first buoy that continuing to compete will be difficult.
- In the standard category, if the time required for the first lap exceeds 22 minutes 30 seconds, it will be judged that completing the course within the time limit is difficult, and referees will urge competitors to retire [TOV status]. Immediately follow referees' directions.

**Cutoff Time is applied
May be asked to stop if not reached to the 1st buoy in 10 min. No Diving on 2nd Lap**

Item	Category	Time limit
Swim time limit	Standard (750 m x 2 laps)	45 min (1 lap: 22 min 30 sec) after start
	Sprint (750 m x 1 lap)	25 min after start

Safety measures for the swim

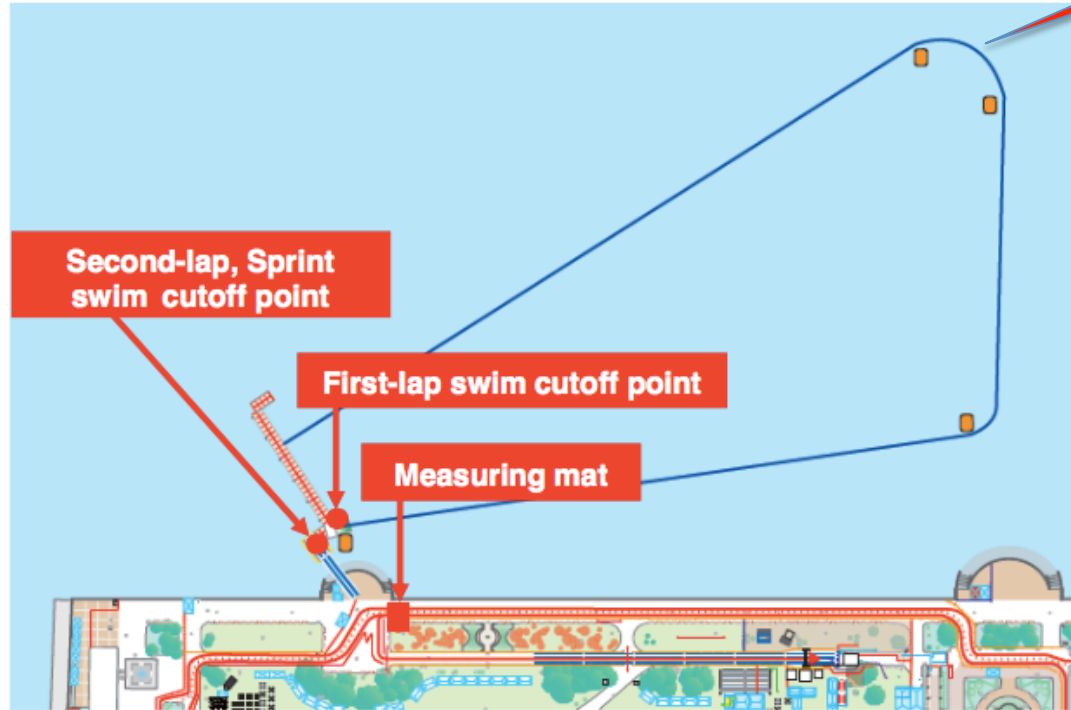


- There will be many staff stationed at the swim course for the event, including lifesavers, divers, doctors, nurses, EMTs, referees and others, observing the competitors from water and land.
- If you need rescue, signal by waving a hand above your head. A rescue boat or water bike will come to help you.
- During laps and swim finish, referees and other staff on the pontoons may speak to competitors to confirm health status.
- If you feel unwell, do not force yourself, but have the courage to retire.

*TOV: Time over

SWIM CUT OFF

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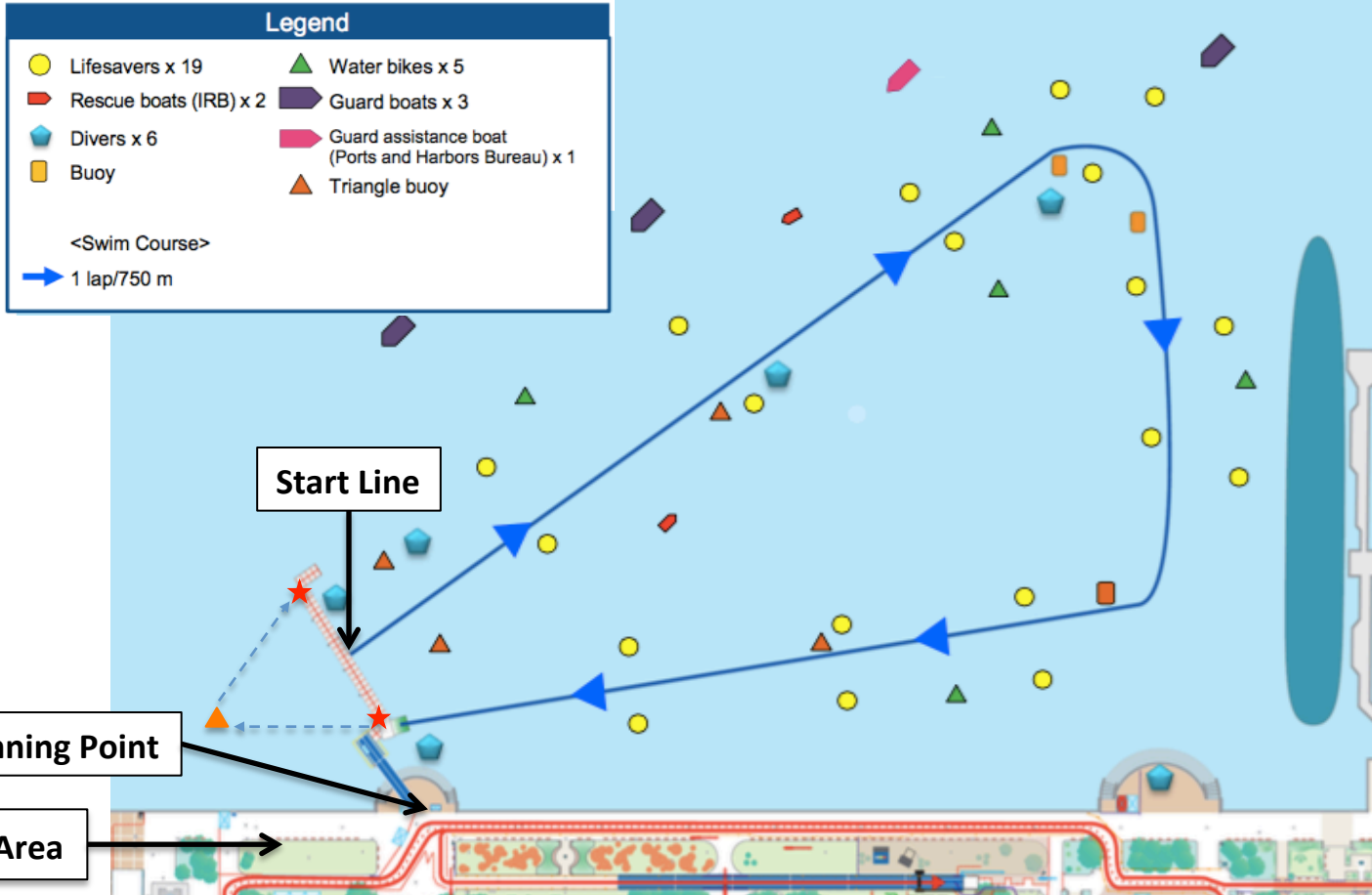


Standard: 45min (22.5min first lap)
Sprint: 25min

SWIM COURSE

Standard/Relay: 750m x 2
Sprint: 750m x 1

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SWIM to TRANSITION AREA

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From the swim finish to the transition area

- It is roughly 400 m from the swim finish to the transition area.
- The entire distance to the transition area is carpeted; you may run (walk) over the carpet.
- Shoes or sandals may not be worn after the swim finish.
 - * You may come as far as the swim check-in area in sandals, etc., but they may not be deposited.
 - * Write your name, etc. on shoes or sandals in order to avoid mistakes.
- Be careful to remember glasses left at the glasses deposit and to pick up

Transition Area



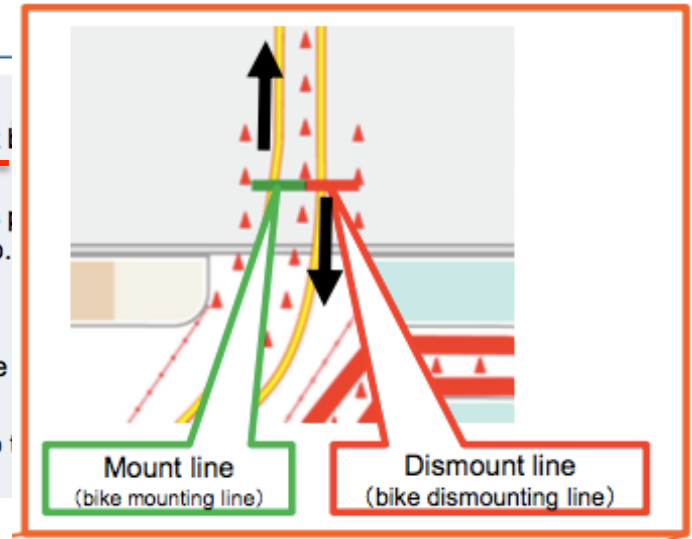
[Bikes may not be ridden within the transition area]

- Mount your bike beyond the mount line in Yamashita Pier, and dismount in the transition area.
- Bike riding within the transition area is prohibited.
- Tighten your helmet strap before removing your bike from the bike racks. In the transition area, in the bike section return the bike to the racks before removing the helmet strap.

[Non-competitors may not enter the transition area]

- Race number stickers are affixed to the bike racks. Use the area with the race number stickers.
- Bike racks are to be used alternately from each side. (See figure below)
- Wetsuits are slippery when stepped on. Do not allow them to extend into the transition area. Do not hang them directly on the bike racks.

Mount and dismount line



Bike Leg

Standard/Relay: 6 Laps
Sprint: 3 Laps

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NO DRAFTING Drafting Zone: 10m long from the tip of front wheel



KEEP LEFT (stay on the left unless overtaking)

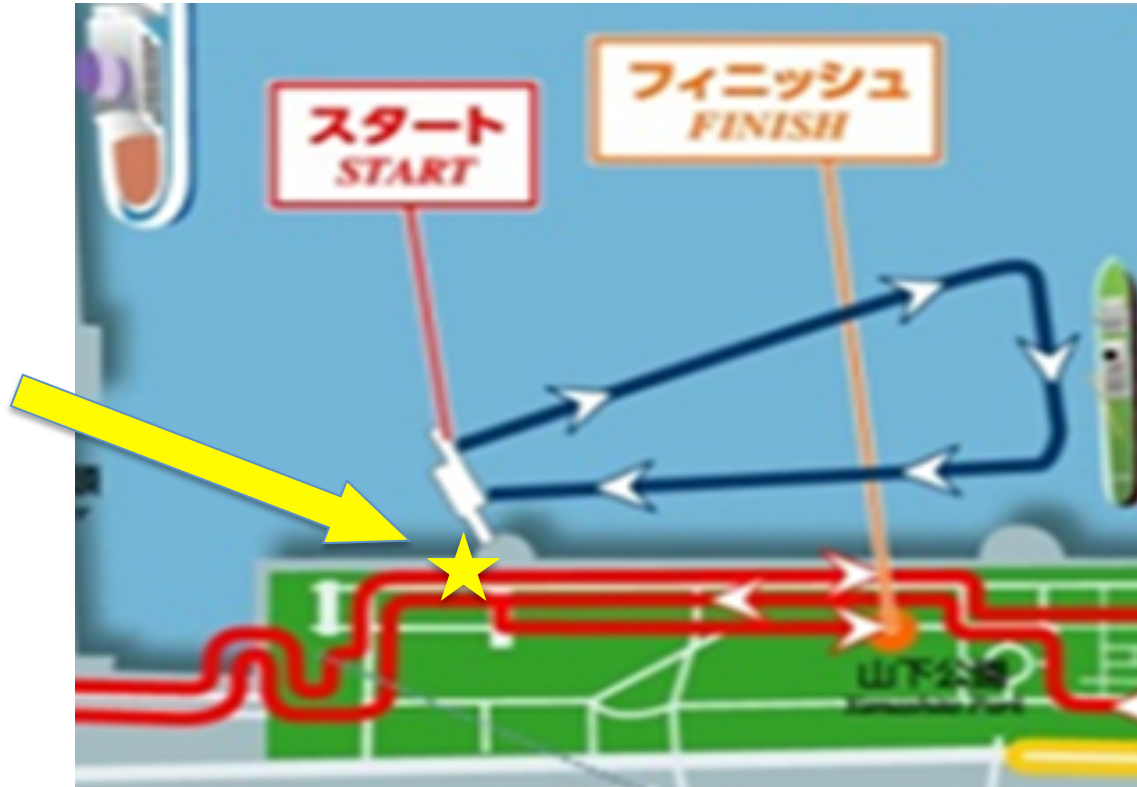
TIME PENALTIES

- Race number will be displayed at the Run Penalty Box.
- Penalized athlete will proceed voluntarily into the Run Penalty Box.
2min for Standard/Relay and 1min for Sprint.
- Penalized athlete finishing the race without entering the Run Penalty Box may result in disqualification (DSQ).

- No entry to the Yamashita Pier Branch after 12:25pm
- Come to a complete stop if you need stop at the Aid Station
- Do not stop even if you dropped something. Check at the Information Tent after the race.
- If you do need to stop, make sure to check behind you for safety reason.

Penalty Box

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Run & Finish

P. 22 Run

Runners must follow the course and stay on the left side of the road. Both standard and sprint. (The number of laps is different)

Keep Left. Make sure to count your laps

Standard	Transition --> Yamashita Pier switchback (1st time) --> Zo-no-hana Park switchback (1st time) -> Yamashita Pier switchback (2nd time) --> Zo-no-hana Park switchback (2nd time) --> Yamashita Pier switchback (3rd time) --> Finish
Sprint	Transition --> Yamashita Pier switchback (1st time) --> Zo-no-hana Park switchback (1st time) -> Yamashita Pier switchback (2nd time) --> Finish

There are run showers at the Hikawa Maru aid station and the Yamashita Pier switchback point.



*** Prohibitions**
Headphones and earphones are prohibited, as they may prevent you hearing directions from referees and other competitors.
Competing with a mounted camera can lead to accidents due to it falling off. Mounted cameras are prohibited.

No head/earphones!

Finish



Finishing in tandem or deliberately finishing at the same time will not be permitted (this applies to relay teams with regard to non-run competitors as well).
Sunglasses and caps should be removed at the finish.
After the race, measurement and recovery sports drinks.

Be sure to handover your Timing Chip!

Item	Category	Time limit
Finish time limit	Standard (Run 4 km x 2.5 laps)	3 hrs 45 min (225 min) after start
	Sprint (Run 4 km x 1.25 laps)	2 hrs 00 min (120 min) after start

Results & Medal Ceremony

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Medal Ceremony

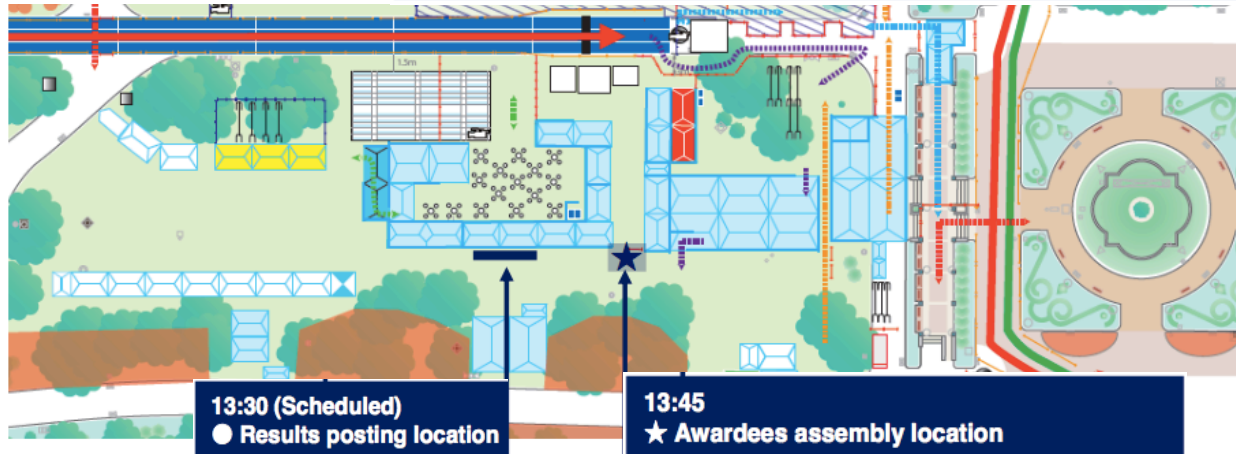
Date and time	May 13th (Sun) 14:00 ~ *Meeting time 13:45
Venue	Next to the finish area, Awards Ceremony Stage *Meeting location: Tent in Yamashita Park
Notes	<ul style="list-style-type: none"> ● After confirmation of the results [Meeting time: 15:45] ● The results are provisional. The finish order may change after the completion of all competitions. ● The meeting time must be strictly followed. ● Awards will be presented for five-year sprint, and through third place in each category.

From 13:45~

Results

Date and time	May 13 th (Sun) around 13:30
Location	In front of the event headquarters
Notes	<ul style="list-style-type: none"> ● Preliminary report of records will be posted on the bulletin board in front of the event headquarters. Awardees should participate in the medal ceremony from 14:00. ● Preliminary report of records are provisional. The finish order may change after the completion of all competitions. ● Records and finish certificates will not be distributed on the day of the event. Official event records and finish certificates may be downloaded later from the event website.

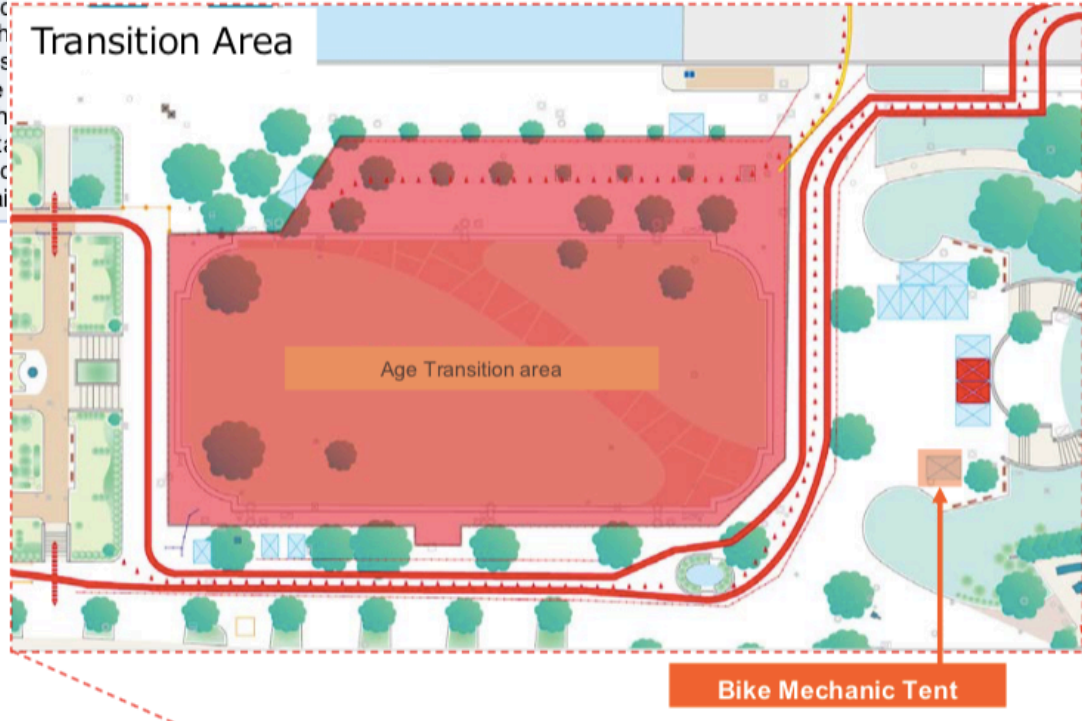
From 13:30~



Mechanics Service

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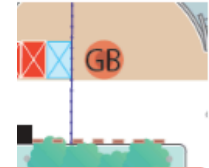
Date and time	May 12th (Sat) 14:30 ~ 19:00 (Scheduled)/ May 13th (Sun) 6:00 ~ 15:00
Venue	Near transition area (Yamashita Park)
Notes	<p>Bikes will not be checked for maintenance at the venue bike check-in. For your own safety, have the bike checked and maintained at a specialist shop in advance.</p> <ul style="list-style-type: none"> ● Mechanic service requires a fee. ● A mechanic service is available at the venue for the triathlon race, in order to help you with any bike issues. ● [Location: Yamashita Park] ● Mechanic service includes bike check-up, including parts change, tire pressure check, and safety check. ● Check and maintain your bike before the race. ● When parts replacement is required, it will be replaced with spare parts. ● Tools are not available for loan.



No Valuables Deposits & Lost and Found

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Date and time	13th May (Sun)
Notes	<p>Valuables Deposit</p> <ul style="list-style-type: none"> ● There is no arrangement for depositing valuables. Please take care of them yourself. ● For luggage deposit, see P.15 ● Luggage other than items for use in competition may not be left within the transition area <p>Lost and found</p> <ul style="list-style-type: none"> ● A lost and found area will be at the Yamashita Park information booth (refer to map below). ● Please inquire as below after the event (on or after the 15th May). <p>* Lost and found items will be kept for three months after the event. Valuables will be reported to</p>

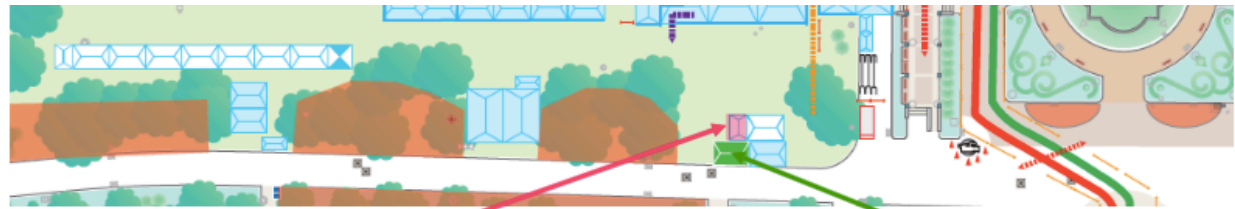


Lost and found inquiries

World Triathlon Series Yokohama Secretariat (weekdays 9:00 ~ 17:00, not open weekends or holidays)

Tel.: 045-680-5538 / E-mail: info@yokohamatriathlon.jp

*** Please make inquiries after on or after May 16.**



Information booth


Race Precautions

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Swim caps

Health Check Sheet -> Swim Cap




- Will be handed out in exchange for "health check sheets" at competitor registration on the day.
- Double swim caps may be worn, but the event official swim cap must be worn on top. 

Swim goggles

- This event is an open water swim. We recommend the use of swim goggles with more or less transparent lenses.

Wetsuits

Wetsuit required

- This event requires wetsuits to be worn. 
- Competitors must wear wetsuits for triathlons or for swimming (thickness 5 mm or less).
- Ordinary Swimsuits may not be worn.
- Rubber wetsuit headcaps may be worn. However, the official event swim cap must be worn over these.
- The event organizers do not provide vaseline etc.

Race Precautions

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Bikes

- Only triathlon-dedicated bikes or road racers may be used. (in accordance with the JITU competition regulations.)
- Aerobars or rear-wheel disc wheels may be mounted. (in accordance with the JITU competition regulations.)
- Bikes with fixed gears (piste bikes) may not be used. As well, bikes without brakes on front or rear wheels may not be used.
- **We recommend having your bike examined and maintained at a specialist shop beforehand. Mechanic service will be available next to the transition area on the day of the events, but only simple maintenance will be provided.**
[(Bike mechanic service fee: 1000 yen/time). See P.27]
- Helmets will be checked at bike deposit and check-in.
- Only bike competition helmets according to the JITU competition permitted.
- Make sure that helmet straps are not loose, and apply the race number stickers to the bike's left side and the helmet's front and right sides beforehand. (see image on P.10)



Helmet inspection

Bibs: back while on the bike, front when running



Race numbers

- Place race numbers so that they can be seen from behind for the bike section and from the front for the run.
- For safety reasons, safety pins will not be provided. We recommend the use of a race number belt.
- Be sure to put emergency contact information on the back of the race number in advance. (Contact details for family member etc. of individual)



Bike shoes, running shoes

- It is prohibited to take part in the bike and run competitions without wearing shoes.

No barefoot



Racewear

- According to JITU competition regulations, racewear with a front fastener is prohibited.
- It is prohibited to compete naked to the waist or with racewear on one side of the body only.
- There is a changing room in the transition area. Clothes may be changed during the transitions between sections.

Age Relay

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Health check sheet

● 3 health check sheets will be handed to each team. Please submit the health check sheets for the 3 team members at the Athlete Reception tent on the day of competition.



SKIP SYSTEM – Local Rule Apply

● For some of the relays in this competition, a skip system will be permitted. Where other relay team members have retired due to ill-health, excessive times, or mechanical trouble, and the remaining members wish to continue competing, they may use the skip system (race restart from the bike or run) by making a request to the referee in charge of the relay zone in the transition area (refer to P.35).

Skip system

When wishing to continue competition from the bike

- Where the swim competitor did not appear, retired during the swim or exceeded the time limit, a mass start will be held at 11:05, at the end of the swim competition time limit for the relay.
- Bike competitor should request restart from the transition area in the relay zone in the transition area. Please request to the skip referee.
- The referee will start the relay (timer). Please ensure the restart.

Bike start
11:05

● Measurements will be taken (number of laps checked) but the recording will be for reference.

When wishing to continue competition from the run

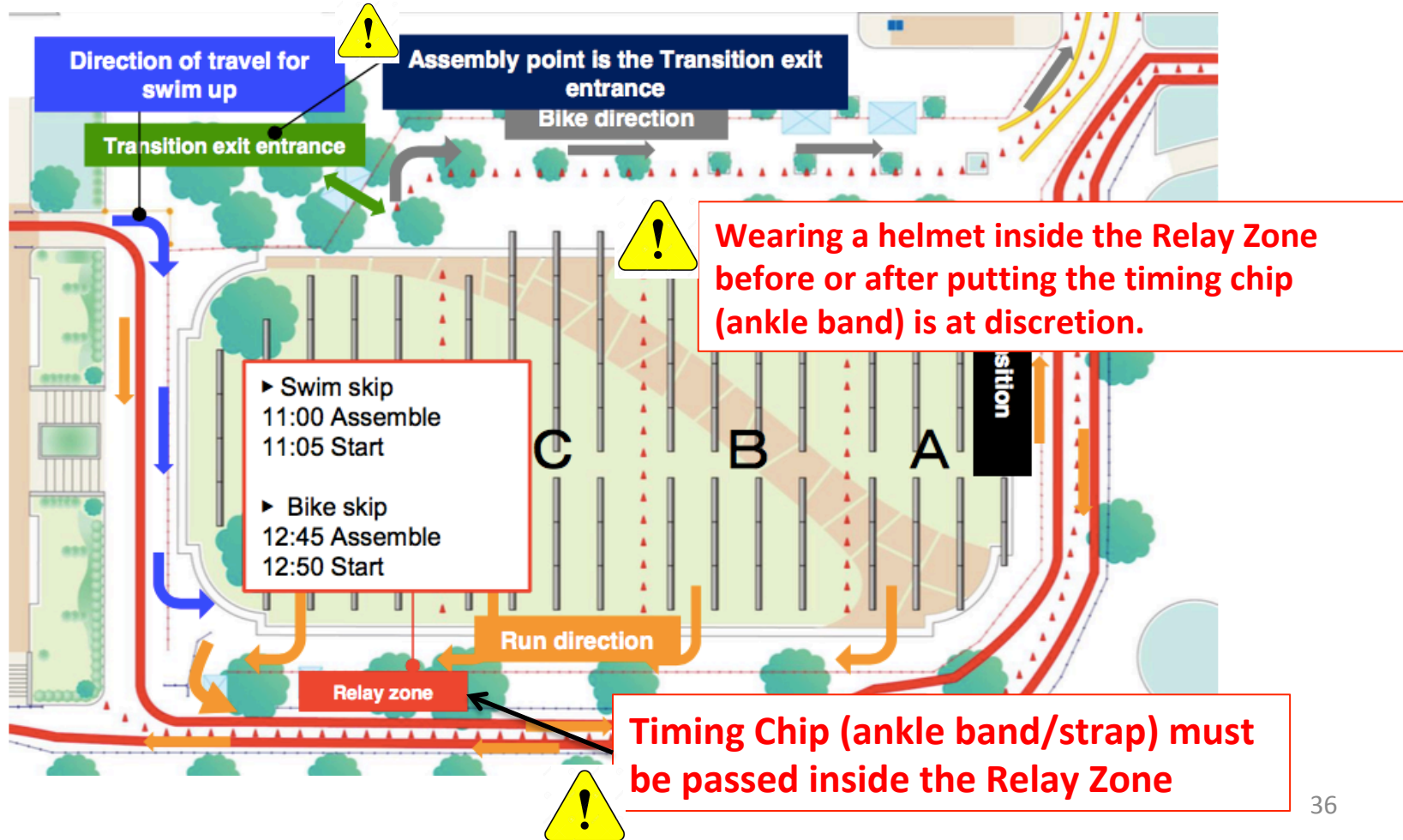
- Where the bike competitor retired from the bike race due to mechanical trouble (puncture etc.) or fall, or exceeded the time, a mass start will be held at 12:50.
- Run athlete should request restart from the transition area in the relay zone in the transition area. Please request to the skip referee.
- The referee will start the relay (timer). Please ensure the restart.

Run start
12:50

● Measurements will be taken (number of laps checked) but the recording will be for reference.

Transition Area

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Emergency Evacuation



Green Triathlon

The event is set to promote as environmental friendly “Green Triathlon”. We will seek your support including all athletes and staff to actively participate in “trash free” eco-activities.



PLEASE TAKE YOUR TRASH HOME WITH YOU

About Green Triathlon:

“Green Triathlon” aims to limit its impact on environment in all aspects of the event by promoting 3R, namely REDUCE, REUSE and RECYCLE. We wish everyone to increase awareness of the global environment through TRIATHLON.

Last but not least

**Please follow rules &
manners and
Good Luck!!**

