

Athletes Briefing



Yokohama Seaside Triathlon

29th Sep, 2018

Kanagawa Triathlon Union

Yokohama Triathlon Association

Notice



※ If you have any questions, please come by the technical official after this briefing



*** Technical Delegate : Seiichi Iwata**

*** Head Referee : Nobutaka Miyagi**

*** Competition Jury :**

Mineki Sonokawa (JTU)

Hioroshi Unno (LOC)

Seiichi Iwata (TD)



The course

Triathlon Individual·Relay·Para

Swim : 400 m (2 lap)

Bike : 20 km (4 lap)

Run : 5 km (2 lap)

Aquathlon (Individual·Pair)

Swim : 400 m (2 lap)

Run : 5 km (2 lap)

Aquathlon (Pair Challenge A,B)

Swim : 200 m (1 lap)

Run (Junior 4-6 Junior high 1-3)

B : 2 km (2 lap)

(Junior 1-3) A : 1.1 km (1 lap)

Time Limit

Triathlon Individual • Relay • Para

Until Swim Finish : 12min

Until Bike Finish : 80min (1 hour 20min)

Until Run Finish : 125min (2 hour 5min)

Aquathlon (Individual • Pair)

Until Swim Finish : 12min

Until Run Finish : 60min (1 hour)

Aquathlon (Pair Challenge A, B)

Until Swim Finish : 6min

Until Run Finish : A 20min

B 30min

Overall Course Map



Hakkeijima Island (Sea paradise)





YOKOHAMA
SEASIDE
TRIATHLON

Aquathlon (Pair Challenge A)

コース

→ スイム Swim: 0.2 km (0.2 km x 1 Lap)
→ ラン Run : 1.1 km (1.1 km x 1 Lap)

八景島駅

市大医学部駅

横浜市立
医学部付

杉田ゴルフ場

海の公園

シーサイドライン

海の公園
南口駅

横浜・八景島シーパラダイス

折返しポイント

リレーゾーン

フィニッシュ(イベント広場)

スタート(八景島マリーナ)

トランジション(イベント広場)

至金沢八景方面



Aquathlon (Pair Challenge B)

コース

→ スイム Swim: 0.2 km (0.2 km x 1 Lap)
→ ラン Run : 2.0 km (1.0 km x 2 Lap)

海の公園

八景島駅

シーサイドライン

日本発条

市大医学部駅

横浜市立
医学部付

海の公園
南口駅

横浜・八景島シーパラダイス

折返しポイント

Finish分岐

周回ポイント

リレーゾーン

フィニッシュ(イベント広場)

スタート(八景島マリーナ)

トランジション(イベント広場)

至金沢八景方面

凡例

- スイムコース
- ブイ
- ⋯ コースロープ
- ▲ ▲ ▲ カラーコーン
- ⬮ 警戒船 × 1艇
- ライフセーバー × 13P
- 水上バイク × 2艇
- ⬮ IRB(ゴムボート) × 1艇
- Ⓜ 審判員 × 8名
- Ⓜ 横浜市救急救命士会 × 2名
- 陸上監視員 × 2P(審判員)
- ▼ 医師・看護師

Swim Course (Triathlon, Aquathlon)

Usual year's water temp : 23°C



- ① …来賓テント
- ② …救護テント
- ③ …計測/音響

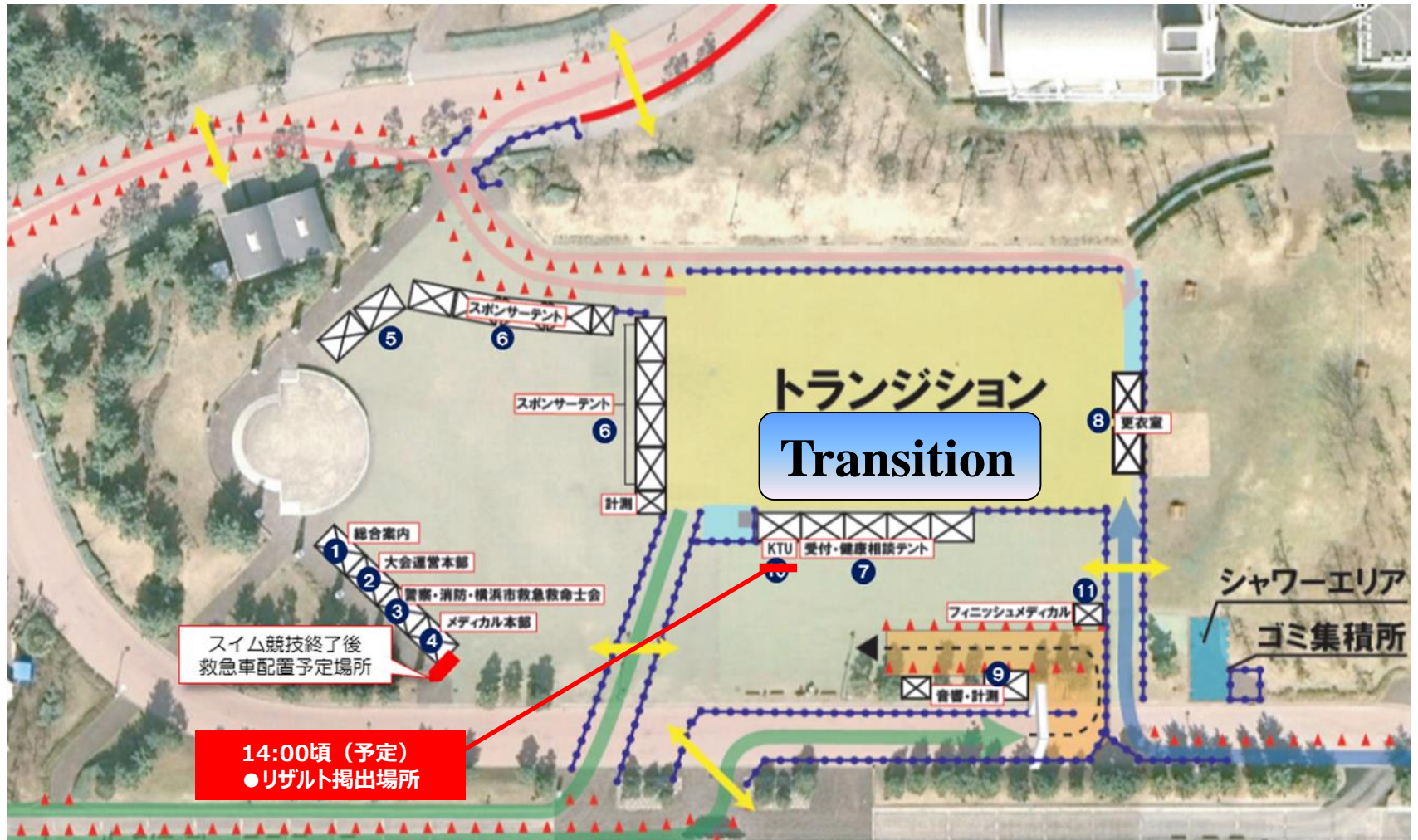
Map around Transition

Athlets can enter transition area

7:30~9:30 for Triathlon

11:00~11:45 for Aquathlon

Bike Pickup : **13:20**~



A request in a swim competition (In order to have a safe competition)

- Please refrain from drinking the previous day and have enough sleep.
- If you are not feeling well, please use the swim skip system.
- It is also possible to install RESTUBE and participate.
 - If you do not inflate it, record the time and rank without distinguishing it from when you do not install it. ?
 - When inflated, please discontinue the competition according to the instructions of the referee / life saver.



Swim Skip

Ski swim competition if the player voluntarily offers before the start of the game, at the end of the lap or at the end of the swim with RESTUBE due to the condition of the day and the condition of the swimming venue (wave, tide current, water temperature, etc.) We will allow you to continue the Bike.

However, depending on the results of the medical consultation by the doctor, you may be notified of swim skipping or withdrawal of competition. In that case please follow the instructions. In addition, skipping Bike and Run is not allowed.

Swim Skip Registration

Implemented at the start of swimming in the Hakkeijima marina during the wake-up check of each start wave and the warm-up time. Even after swimming warming up, it is also possible to accept skip if it is the above time zone.

About the Record

Although the time of the Bike and the Run is indicated, the record becomes reference treatment (SKIP) and it does not become a target of recognition.

Swim Skip

Triathlon Relay, Aquathlon Pair, Pair Challenge

Although it is possible to have usual swim skip for the above three events, even if the person in charge of the swim retires,

If there is an offer to continue the game from members of the same team, it is possible to proceed to the Bike specially.

The person in charge of the Bike receives the spare measurement chip and starts from the relay zone in the swim venue marina. (Records are treated as reference and are not eligible for recognition)

Swim Skip Option

Schedule for skip registration and bike start time

Groupe	Start Wave	Swim Skip Registration	Start Time
A	1 – 4	09:35 – 09:50	10:35
B	5	10:45 – 11:00	11:15
C	6 – 7	11:20 – 11:35	12:00
D	8 – 11	12:05 – 12:20	12:45 / 12:58

Start position: Waiting area at swim venue
Timing: Start at the transition exit for bike

Swim Schedule

Group	Start Wave	Warm Up
A	1 - 4 ウェーブ	09:30-09:45
B	5 ウェーブ	10:40-10:55
C	6 - 7 ウェーブ	11:15-11:30
D	8 - 11 ウェーブ	12:00-12:15

Category	Group	Wave	Number	Start Time	Number of Athletes	Swim cap
Para	A	1	101 -	09:50	5	グリーン/イエロー
Woman		2	201 -	10:00	63	ブルー
40-49		3	301 -	10:10	160	ピンク
50-		4	501 -	10:20	219	グリーン
トライアスロンデビュー	B	5	701 -	11:00	108	レッド
団体・リレー	C	6	団体 : 901- リレー : 1001 -	11:35	78	グリーン
16-39		7	1101 -	11:45	53	ホワイト
アクアスロン (一般女子)	D	8	1201 -	12:20	1	イエロー
アクアスロン (一般男子)		9	1301 -	12:30	12	ピンク
アクアスロン (ペア)		10	1401 -	12:40	37	グリーン
アクアスロン (ペアチャレ)		11	A : 1501 -	12:50	11	ホワイト
	B : 1551 -					

Swim Start procedure

- Rolling Start
- 10 athletes start every 10 seconds
- Start in numerical order of race numbers
- Timing starts just after passing the timing line

Wetsuits

Wetsuits is Mandatory (Thickness is less than 5 mm)

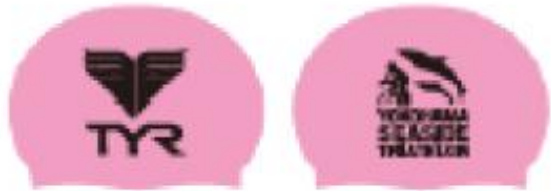


ウェットスーツ

トライスーツ

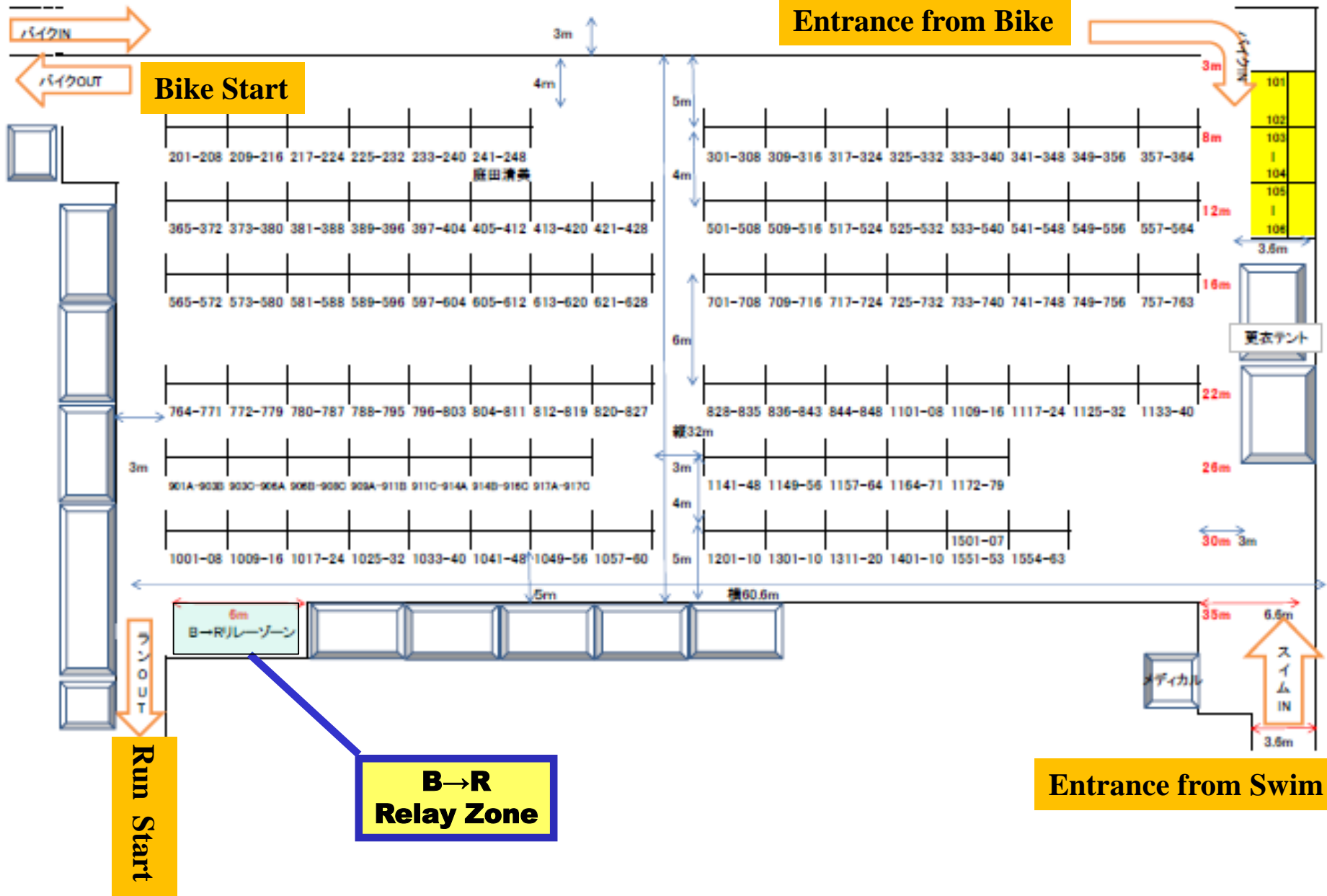
Swim cap

You can get a swim cap after health check sheet submission on the race day



Transition Area

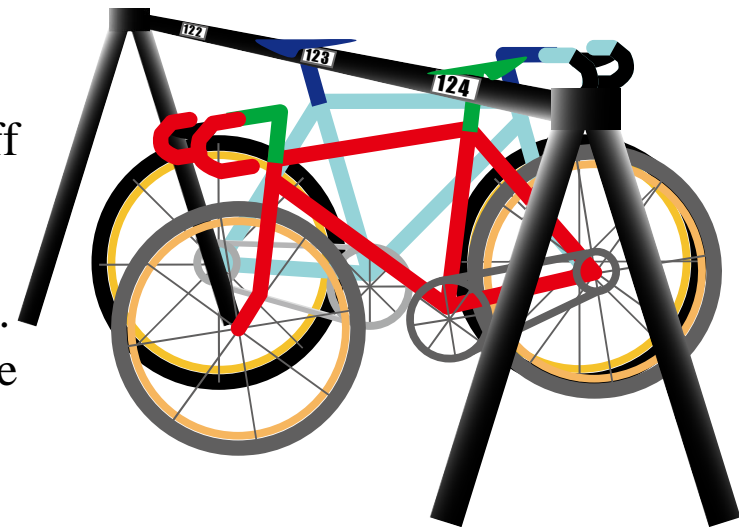
Swim to Bike relay zone is at Swim Venue.



Transition Rule

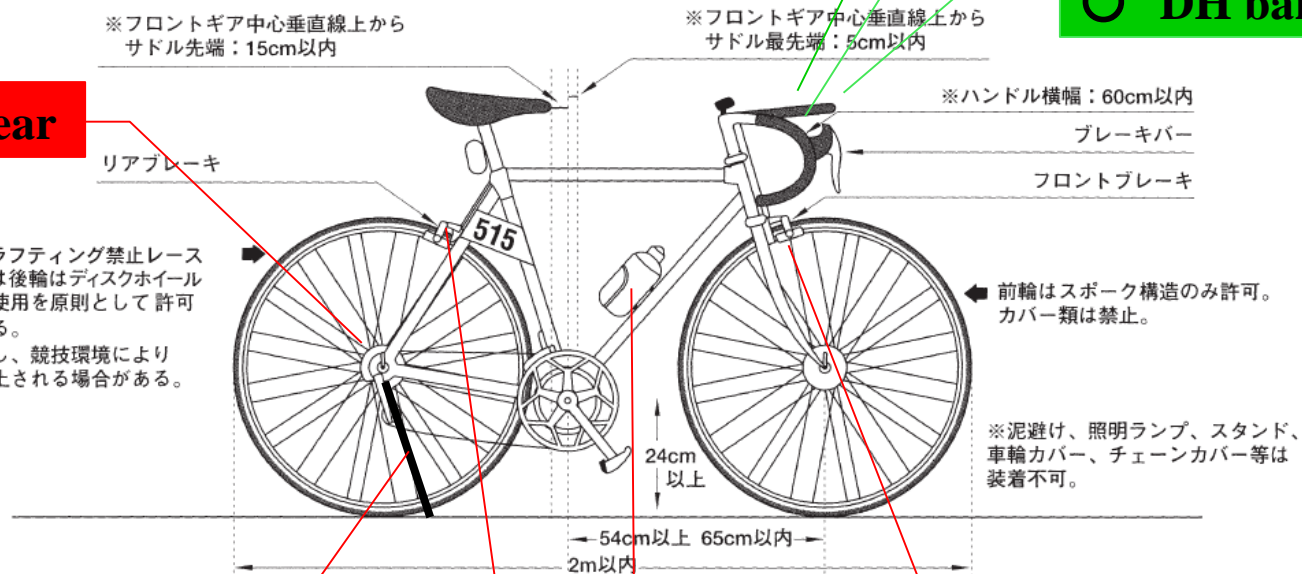
- ★ Inside the transition area, no competition is allowed except for players!
 - The race number stickers are affixed to the bike rack. Please place it in the same number as your own race number.
 - Bike rack is a method of alternating bikes from both sides. (See the figure below)
 - Wet suit slides when stepping on. Please keep out of the aisle. Also, please do not put it directly on the bike rack.
- TO (referee) may correct it.

- ★ In the transition area, Bike riding is prohibited!
 - Pass the bike mount (boarding) line at the place where you left the transition and then get on the line.
 - At the end of the Bike competition, You will get off the bike before the dismount (get off) line.
 - Before starting the bike, be sure to tighten the helmet's strap before removing the Bike from the rack.
- And when you come back, after putting the bike on the bike rack, please remove the strap of the helmet.
- The case where the TO (referee) instructs redoing



About Bike

トライアスロン・バイク (トライアスロン用ロードレーサー) 基準
図解



○ T-bar hundle

○ Bull-horn bar

○ DH bar

× Fixed gear

× No front Brake

× Stand

× Pet Bottle

× No rear brake

Bike Helmet



競技自転車用ヘルメット



通学自転車用ヘルメット



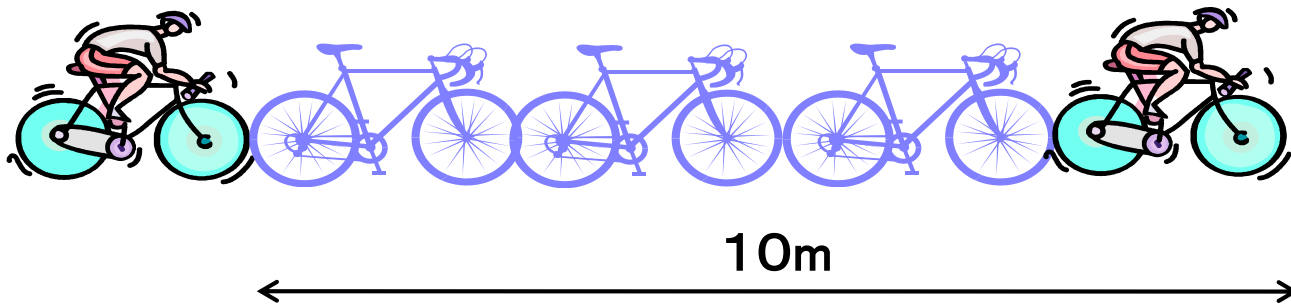
工事用ヘルメット

Bike Sticker



Bike rule

- ※ **This competition is a draft illegal race.**
- ※ **Keep Left**



Run Rule

- **Keep left.**
- **Race number shall be in front during the run.**
- **Headset is prohibited.**
- **Don't run with bare torso, nor without shoes.**



Finish Rule

Accompanied Finish and intentional coincident Finish are prohibited except for relay members,



**Please peel off your sunglasses at the finish.
Race number shall be in front during the run.
You can NOT compete with your front zipper OPEN.**

会場案内



Don't litter anything on the course !



GOOD LUCK !



第3回 2012.7/8 sun 横浜シーサイド トライアスロン大会 in 横浜・八景島シーパラダイス

- 主催** 横浜シーサイドトライアスロン大会実行委員会
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- 主催** 神奈川県トライアスロン連合、横浜市トライアスロン協会
- 後援** 観光庁、神奈川新聞社、NHK 横浜放送局、tvk、FM 横浜、ラジオ日本
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