

Athletes Briefing



Notice



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



*** Technical Delegate: Nobutaka Miyagi**

*** Head Referee: Shin Kurumisawa**

*** Competition Jury:**

Mineki Sonokawa (JTU)

Seiichi Iwata (LOC)

Nobutaka Miyagi (TD)



The course

Triathlon For Sprint & Para

SWIM : 750 m (3 laps)

BIKE : 20 km (4 laps)

RUN : 5 km (2 laps)

Triathlon Individual • Debut • Relay

SWIM : 500 m (250m × 2 laps)

BIKE : 20 km (4 laps)

RUN : 5 km (2 laps)

Aquathlon (Individual • Pair)

SWIM : 500 m (2 laps)

RUN : 5 km (2 laps)

Aquathlon (Pair Challenge A, B)

SWIM : 250 m (1 lap)

RUN (Elem 4-6 Junior high 1-3)

B: 2 km (2 laps)

(Elem 1-3)

A: 1.1 km (1 lap)

Time Limit

Triathlon (Sprint & Para)

Until Swim Finish : 24min

Until Bike Finish : 95min(1hour35min)

Until Run Finish : 140min(2hours20min)

Triathlon

(Individual・Debut・Relay)

Until Swim Finish : 15min

Until Bike Finish : 85min

Until Run Finish : 130min

Aquathlon

(Individual・Pair)

Until Swim Finish : 15min

Until Run Finish : 65min

Aquathlon (Pair Challenge A, B)

Until Swim Finish : 8min

Until Run Finish : A 25min

B 35min

Overall Course Map





福浦駅

金沢柴町

電機団地前

日本興業

市大医学部駅

横浜市立大学
医学部付属病院

H
横浜ヘリポート

海の公園
柴口駅

八景島駅

杉田ゴルフ場

シーサイドライン

海の公園

3周回

周回ポイント

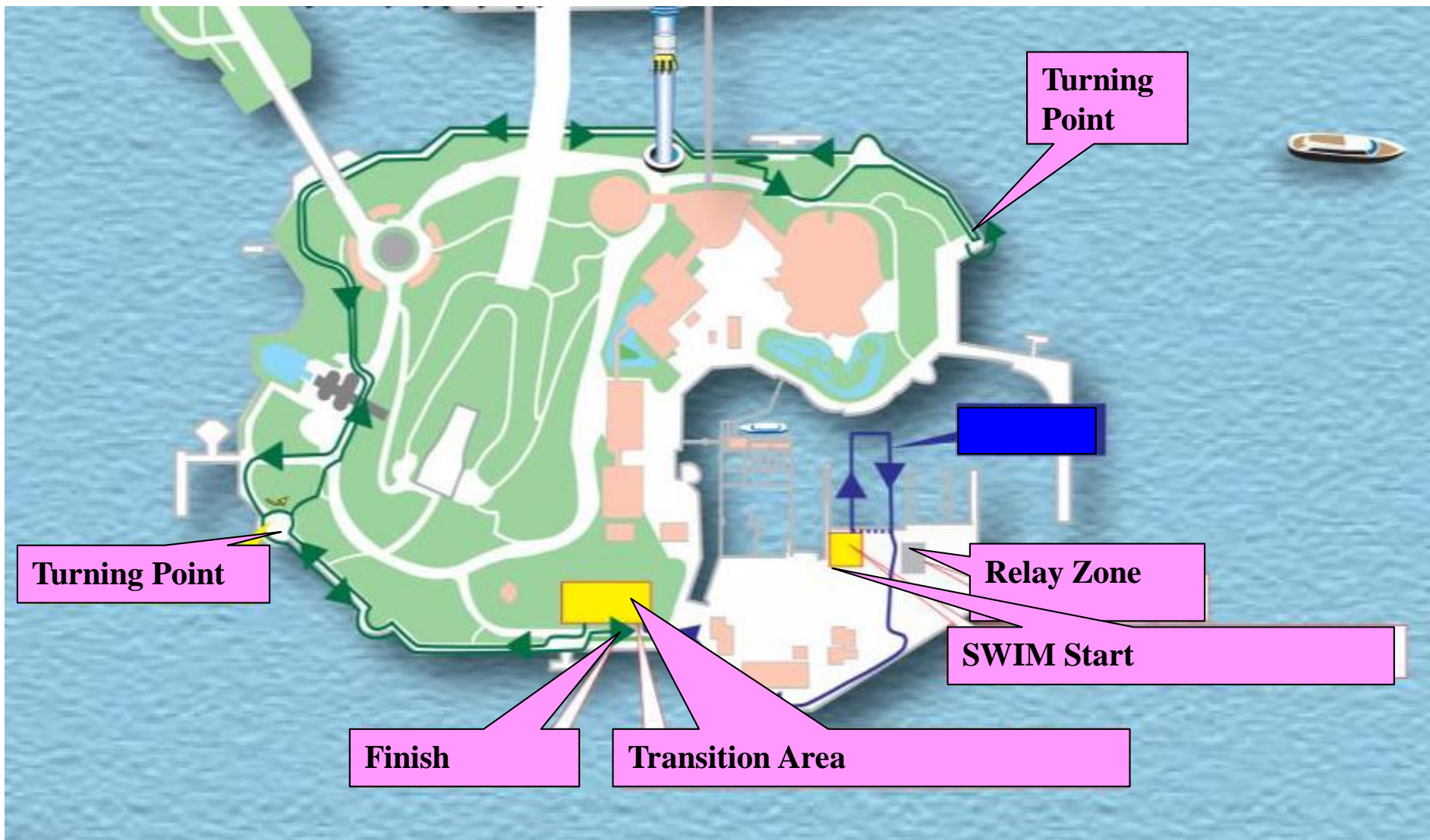
スタート(八景島マリーナ)

フィニッシュ

トランジション(イベント広場)

横浜・八景島シーパラダイス

Hakkeijima Island (Sea paradise)



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)

海の公園

八景島駅

シーサイドライン

市大医学部駅

横浜市立
医学部付

杉田ゴルフ場

海の公園
南口駅

横浜・八景島シーパラダイス

Turning Point

計測機

Relay Zone

Finish

SWIM Start

Transition Area

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)

八景島駅

海の公園

シーサイドライン

海の公園
南口駅

日本発条

市大医学部駅

横浜市立
医学部付

横浜・八景島シーパラダイス

Turning Point

Turning Point

折返しポイント

Finish分岐

周回ポイント

Relay Zone

リレーゾーン

SWIM Start

リーナ)

Finish

Transition Area

至金沢八景方面

Swim Course (ALL)



Usual Year's Water Temp.
23°C

- ...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
- ...TO(テクニカルオフィシャル)×10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



ポンツーンA

ポンツーンB

試泳

START

Glasses

Shoes

一般
折り返し

Relay Area

Ambulance

resistration

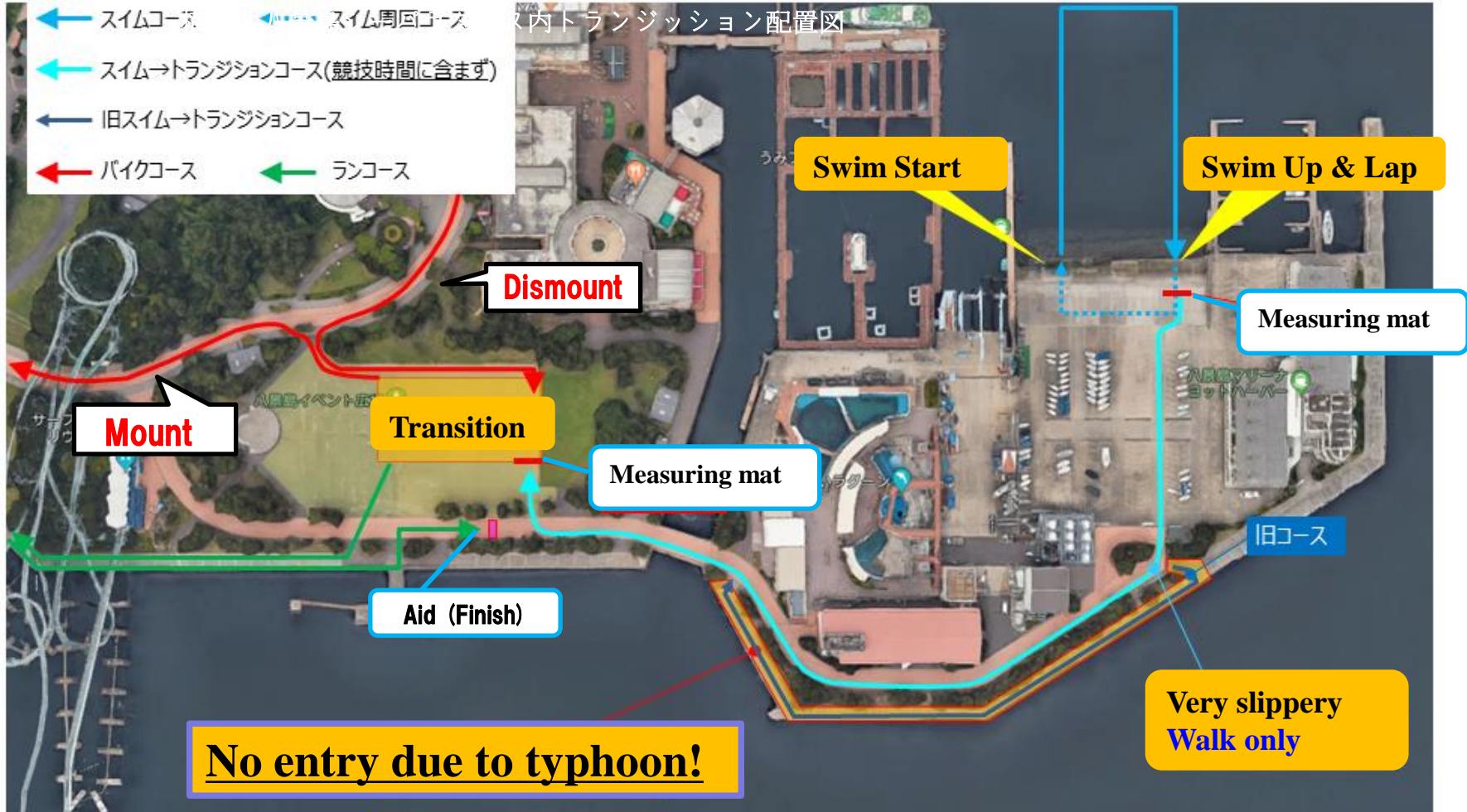
tlme chip

SWIM ~ Transition

第10回横浜シーサイドトライアスロン大会

凡例

- ← スイムコース
- ← スイム周回コース
- ← スイム→トランジションコース(競技時間に含まず)
- ← 旧スイム→トランジションコース
- ← バイクコース
- ← ランコース



**※ Please move on foot after the Swim-up ! !
Because Slipping & Unmeasuring area**

Map around

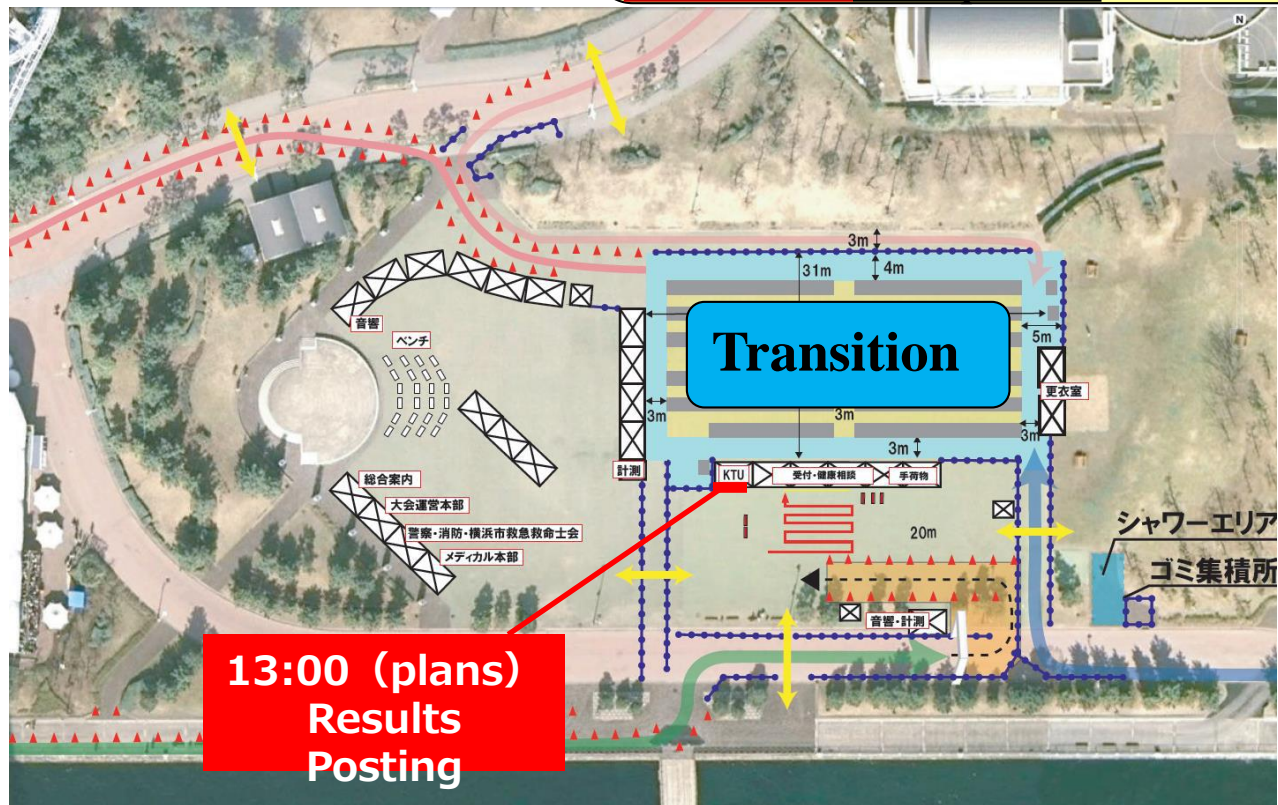
Transition

Bike Pickup : 13:45~18:00

Athlets can enter transition area

7:20~9:30 for Triathlon

11:10~11:50 for Aquathlon



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

Skip 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 Hakkeijimamarina 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, AquathlonPair, 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	StartWave	SwimSkip Registration	StartTime
A	1 – 3	09:20 – 09:40	10:50
B	4 – 6	10:40 – 11:00	11:40
C	7 – 9	11:40 – 12:00	12:30
D	10 – 13	12:20 – 12:40	13:10

Start position: **Waiting area at swim venue**

Timing: **Start at the transition entrance for bike**

Schedule of SWIM

Group	Start of Wave	Warm Up
A	1 – 3 Wave	09:20-09:35
B	4 – 6 Wave	10:40-10:55
C	7 – 9 Wave	11:15-11:30
D	10 – 13 Wave	12:00-12:15

Category	G r o u p	Wave	Number	Start Time	Number of Athletes	SwimCap
Para	A	1	101 –	09:40	8	 Green/Yellow 
Women		2	201 –	10:00	26	 Blue
men		3	301 –	10:20	144	 Pink
40-49	B	4	501 –	11:00	65	 Green
50-		5	601 –	11:10	82	 Red
Women		6	801 –	11:20	25	White
Traathlon Debut	C	7	901 –	12:00	131	 Yellow
Relay		8	1101 –	12:10	46	 Blue
16-39		9	1201 –	12:20	59	 Red
Aquathlon (Women)	D	10	1301 –	12:40	13	 Blue
Aquathlon (Men)		11	1401 –	12:50	26	White
Aquathlon (Pair)		12	1501 –	13:00	2	 Green
Aquathlon (Pairch.)		13	A : 1601 –	13:10	20	 Yellow

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)



Wetsuits



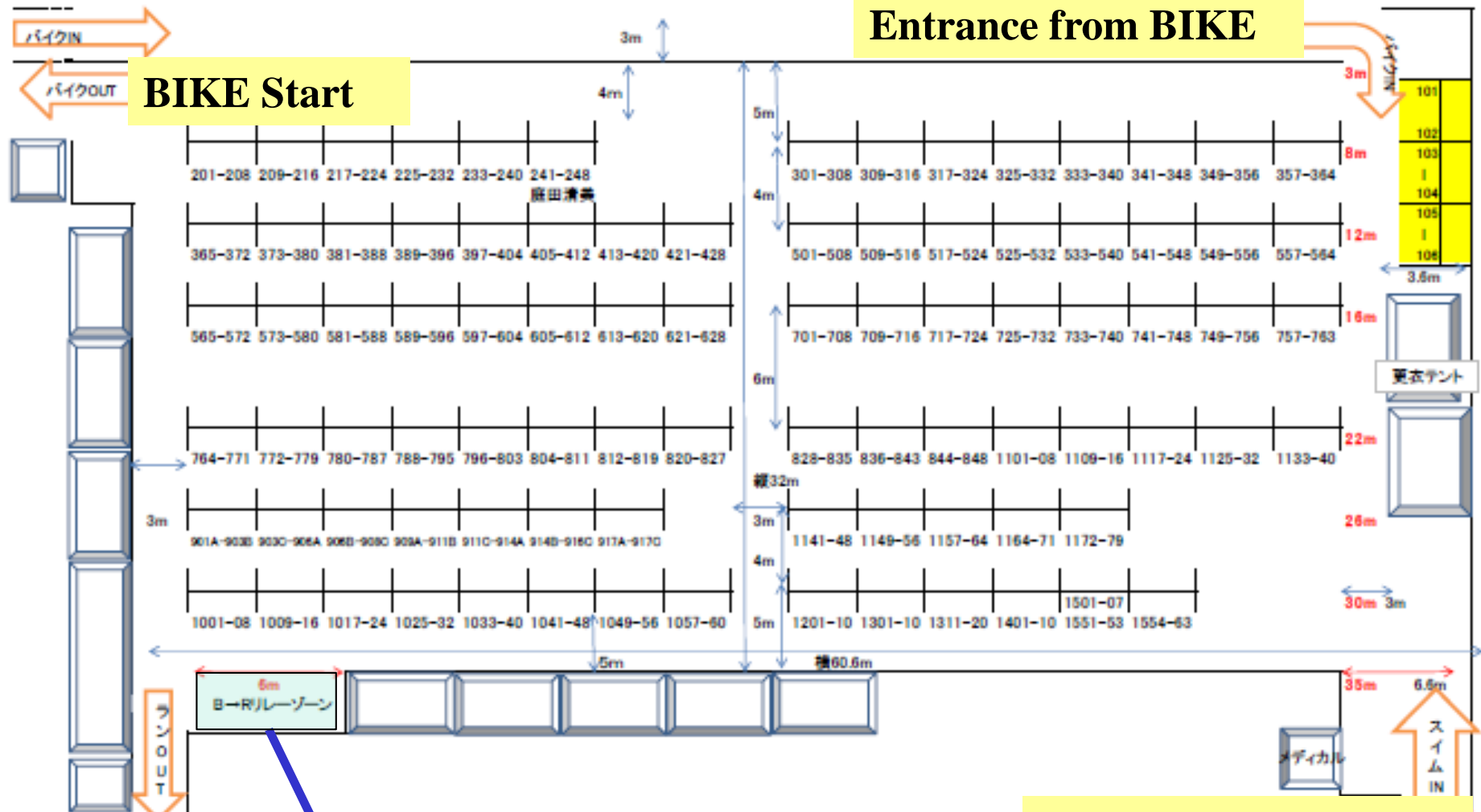
Non Wetsuits

Swim cap

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



Transition Area



Entrance from Swim

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.

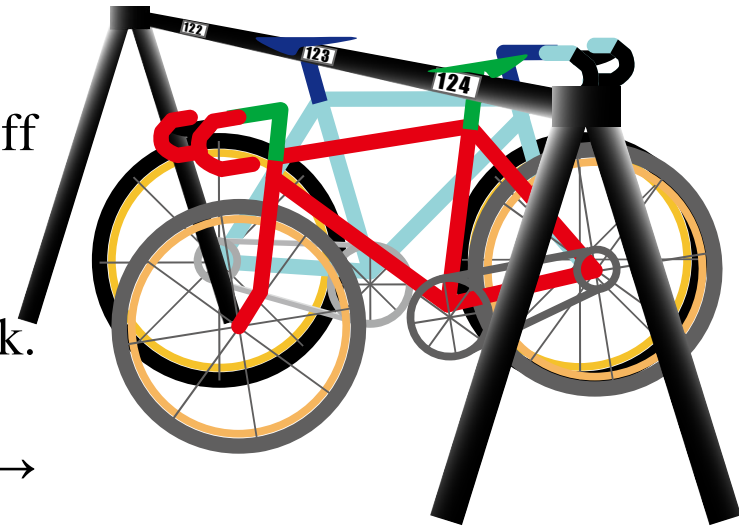
→ TO (referee) may correct it.

★ 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.

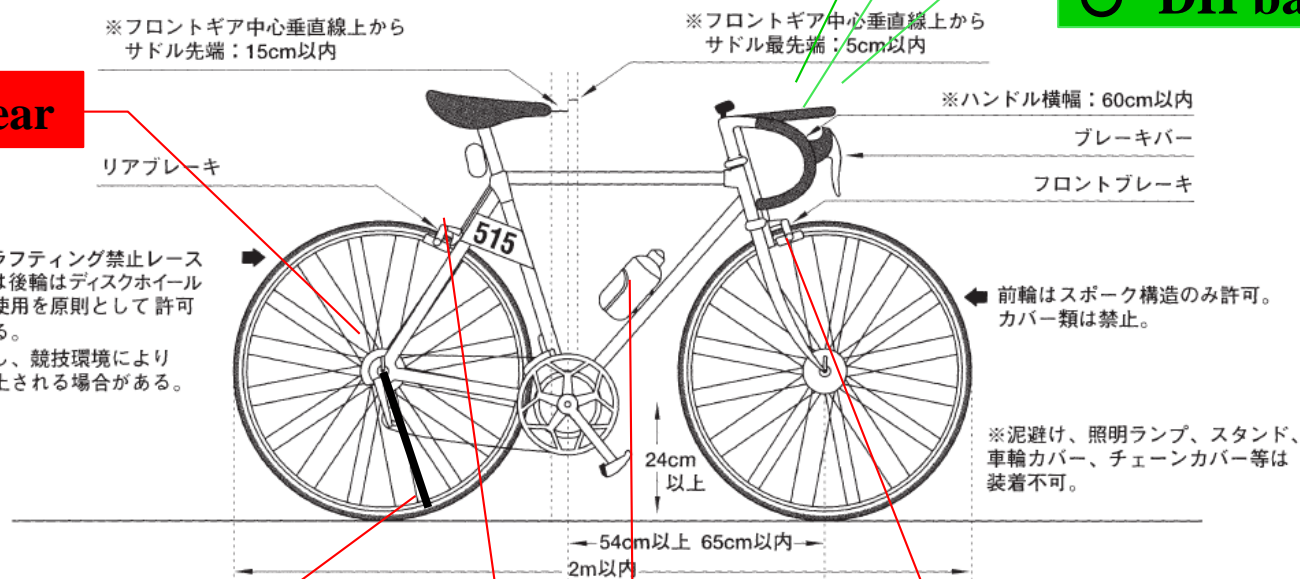
● At the end of the Bike competition, You will get off the bike before the dismount (get off) line.

● 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

× Stand

× No front Brake

× Pet Bottle

× No rear brake

Bike Helmet



For Road Bike



For School

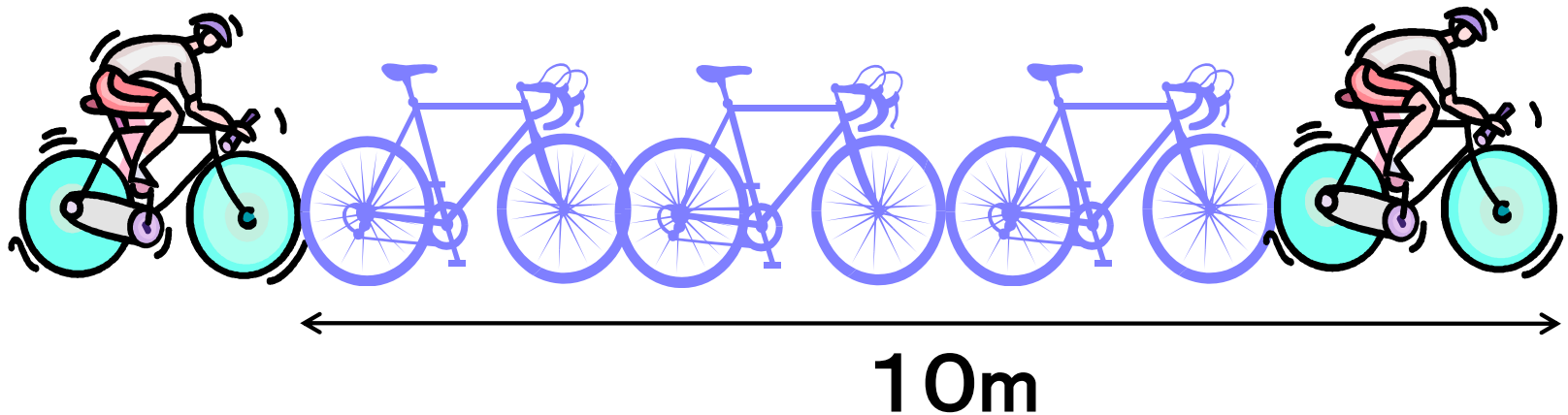


For Construction

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.**

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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主審 神奈川県トライアスロン連合、横浜市民トライアスロン協会
審判 飯光亨、神奈川新聞社、NHK 横浜放送局、tvk、TBS 横浜、ラジオ日本
公認 (公財) 日本トライアスロン連合

AEON
Coca-Cola CJ

SEA WARRIOR
東洋信託通信社
大和物産
FELIC
ヤマザキ

横浜緑地の基金
TYR
SAGE
CU
ART SPORTS
スポーツクラブ NAS
YAMAHA

YOKOHAMA SEASIDE TRIATHLON