



World Triathlon  
Championship Series  
YOKOHAMA  
2022



Triathlonlive.tv



# Athletes Guide

## Main Partners



**ENEOS**



**NTT 東日本**

## Silver Partners



**日清オイリオ**



**MITSUBISHI  
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Changes for the Better



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**asics**

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**ホテルニューグランド**

## Foundations



**スポーツ文化**



**Big**



**横浜こどもスポーツ基金**  
Yokohama Children's Sports Foundation



**Asahi**



**World  
Triathlon**

World Triathlon Championship Series

Yokohama | Leeds | Montreal | Hamburg | Cagliari | Chengdu | Bermuda | Abu Dhabi



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# 1. GENERAL INFORMATION

## KEY DATES

Monday 9<sup>th</sup> May ;  
Wednesday 11<sup>th</sup> May ;  
Friday 13<sup>th</sup> May ;

Saturday 14<sup>th</sup> May ;

Entering Japan (recommended)  
Briefings  
Registration & Race Pack Distribution  
Course Familiarization  
Race day ( Para, Elite Women, Elite Men )

## Key Contacts

Position	Contact Person	Contact e-mail
World Triathlon Team Leader	Thanos Nikopoulos (GRE)	thanos.nikopoulos@triathlon.org Mobile : +81-xxx-xxxx-xxxx(TBD)
World Triathlon Technical Delegate	Adele Cheah (MAS)	adele.cheah@gmail.com Mobile : +81-xxx-xxxx-xxxx(TBD)
World Triathlon assistant Technical Delegate	Koji Koganezawa (JPN)	kojikoganezawa0823@gmail.com Mobile : +81-80-3010-5630
World Triathlon Head Referee (Elite Men, Para)	Lyndell Murray (AUS)	lyndellnm@gmail.com
World Triathlon Head Referee (Elite Women)	Satoshi Hanai (JPN)	satoshi.hanai@nifty.ne.jp
World Triathlon Medical Delegate	Ryoji Kasanami (JPN)	kasanami@cc.nara-edu.ac.jp
LOC Office Coordinator	LOC Office JTU event team  Yoji Sakata	yokohamaloc@yokohamatriathlon.jp event@jtu.or.jp Mobile : +81-45-680-5538 sakata@jtu.or.jp Mobile:+81-80-7370-7343 (available 4/28-5/17)
Domestic National Federation (JTU)	JTU Office	jtuooffice01@jtu.or.jp phone : +81-3-5469-5401
Transportation & Accommodation	JTB	jtb_convention@jtb.com
COVID Officer	Yoji Sakata	yokohamatriathlon22@gmail.com Mobile:+81-80-7370-7343 (available 4/28-5/17)
COVID Medical		covid-19yokohama@yokohamatriathlon.jp



## COVID-19 Measures

### (1) POLICY

- Safe & secure for all individuals involved in this event, not only athletes or the event officials but also the general public who come to the event venue.
- Take all possible measures to ensure no infections result from this event.

### (2) PERSONAL RESPONSIBILITY

- ◇ Every individual is responsible to take personal hygiene measures to prevent infection, including maintaining their own personal masks, water-bottles, towels, disposable gloves, and other items.
- ◇ Wear your mask at all time. The only exceptions are athletes who are in the competition or training.
- ◇ Keep physical distance (a minimum of 2m/6ft) and avoid crowded areas at all time.
- ◇ Wash and sanitize hands frequently.
- ◇ Avoid shouting, yelling and speaking in a loud voice.
- ◇ Do not share your equipment, prosthetics, devices, tools, or any other personal items.
- ◇ Refrain from handshaking, hive-fives, hugs, and any other direct person-to-person physical contact.

## Entering Japan

### (1) VISA

Based on the potential visitors list, which your NF already submitted to the LOC by 29<sup>th</sup> March, you will be instructed to apply your VISA by the Government of Japan.

Please note that you cannot proceed to apply VISA until The Government of Japan contacts/instructs you.

Once you got the instruction by JTB of a behalf of the LOC ( it's expected around the end of April), proceed to apply your VISA at your designated Japanese embassy or consulate in your country.

- Every athletes and team officials must apply for VISA by each.
- Documents required to apply your VISA will be shared by the Yokohama LOC through your NF, including your accommodation candidates of 3 hotels.
- Note that once you have applied VISA, you cannot update anything on your application sheets.

### (2) Immigration procedure

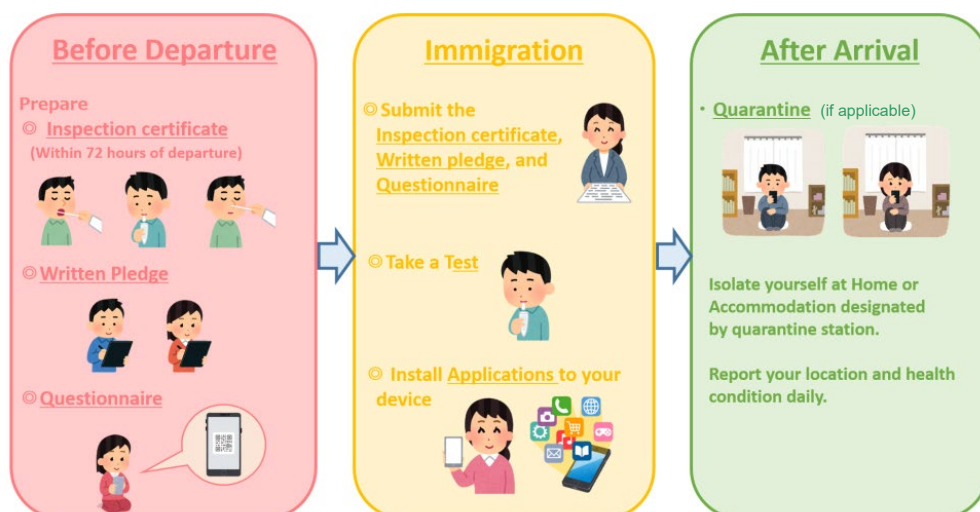
It's strictly requested to follow the Border Measures Japan as below;  
<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>



Please check the latest requirements on the above web site of Japanese Government, as it may be updated according to the situation of COVID-19 infection.



## What to need before and after entry into Japan



Source ( <https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html> )

**\* Teams that require PCR testing or documentation upon your return or departure from Japan should contact JTB ( [jtb\\_convention@jtb.com](mailto:jtb_convention@jtb.com) ) prior to your arrival in Japan to determine the timing of the required PCR testing, negative certificates, and other required documentation.**

### i) Before your departure :

First of all, install the following applications onto your smartphone;

- OneTAP : Health management,
- MySOS : Health and Location monitoring,
- Google Map ( in case of Android ) : to save your location information onto your phone,
- and
- COCOA : COVID contact confirmation App.

OneTAP : Install and record your health condition everyday from 14 days prior to your arrival in Japan. ----->



MySOS : Install and set up.

<https://mysosp.page.link/sfY2kRrviv4t4eFy7> . ----->



User Guide of MySOS in <https://www.hco.mhlw.go.jp/en/> (EN),  
<https://www.hco.mhlw.go.jp/zh-cn/> (CN), or  
<https://www.hco.mhlw.go.jp/> (JP).

Google Map ( if Android ) : ----->



COCOA : ----->





Then prepare the requirements as guided in the Border Measures Japan ;

- Inspection Certificate (PCR test result within 72 hours before your departure),
- Written Pledge,
- Questionnaire.

ii) Immigration :

Narita or Haneda airport is the only airports where accept your international arrival.

Upon your arrival at Narita or Haneda, submit Inspection certificate, Written pledge, and Questionnaire, then

Take a PCR test.

iii) After your arrival :

You should move to your hotel by public transportation within 24 hours after your arrival.

Based on the below chart, you will be separated 2 cases;

Designated Countries & Regions (*)	Booster		Quarantine	PCR test required
Designated	No	➡	<b>3-days quarantine</b>	Everyday for 3-days after your arrival
	Vaccinated			
Non designated	No	➡	<b>No quarantine</b>	Only on the 3rd day after your arrival
	Vaccinated			

According to the classification, your restrictions on activity are summarized below ;

Quarantine	Accommodation	Daily activities during the 3 days	Meals (*)	Training	Transportation
<b>3-days quarantine</b>	Only "Hotel JAL City Kannai Yokohama"	Stay in your hotel room, except specified training	Breakfast: buffet at hotel in specified time. Lunch: at YC&AC, or Uber Eats delivery. Dinner: Uber Eats delivery.	Available only at specified training site in designated time	Specified by LOC in the 3 days
<b>No quarantine</b>	One of 3 hotels, specified by the LOC in advance.	Available going out	Breakfast: buffet at hotel in specified time, or at your service. Lunch: at your service. Dinner: at your service.	Available at specified training site or outside of hotel	Public transportation available, there will be no transfer provided by the LOC.

(\*) See "Athletes' Service" in more detail.

For more in detail, see the next page.

### (3) Restrictions during your stay

Case\_1) Teams classified to “**3-days quarantine**” ;

- Stay always at your hotel, except specified training.
- At your staying hotel, avoid contact with general public.
- **PCR test** will be performed **everyday in these 3 days**.
- In these quarantine 3-days, you can train at designated facilities by LOC, but please keep in mind to take basic infection control measures like avoiding close contact to another people, wearing your mask, alcohol disinfection, and so on.
- Keep your smartphone always, which would be installed required application.
- Check and report your health condition everyday using health management application on your smartphone.
- After these 3 days and PCR negative reported, your restriction will be released, but keep in mind that you always requested to follow basic COVID measures (wearing mask, physical distance, and so on), and check and report your health condition using health management application, and keep your smartphone every time.

Case\_2) Teams classified to “**No quarantine**” ;

- **PCR test** will be performed **on 3<sup>rd</sup> day after your arrival date**.
- Keep your smartphone always, which would be installed required application.
- Check and report your health condition everyday using health management application on your smartphone.
- Keep in mind that you always requested to follow basic COVID measures (wearing mask, physical distance, and so on), and check and report your health condition using health management application, and keep your smartphone every time.

\* You can check “Designated countries/regions” in the “[Attached Table](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00249.html)” on the web site of [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00249.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00249.html) .

Designated countries and regions regarding request for 3-day quarantine at an accommodation of Japanese government are the following 7 countries and regions;

Russia, Turkey, Sri Lanka, Republic of Korea, Egypt, Pakistan, Vietnam, as of 19th, April.

\* Valid vaccine for certification

- 1st and 2nd dose: Pfizer/ Moderna/ AstraZeneca/ Janssen / Bharat
- 3rd dose: Pfizer/ Moderna

## TRAFFIC RULES IN JAPAN

You can find basic Japan’s traffic rules as below ;

“Traffic Safety Guidelines for Pedestrians and Cyclists”, by National Police Agency  
[https://www.npa.go.jp/koutsuu/kikaku/trafficsafety/traffic\\_safety\\_en.pdf](https://www.npa.go.jp/koutsuu/kikaku/trafficsafety/traffic_safety_en.pdf)



“Stick to the rules Enjoy Japan” (English, video)  
<https://www.youtube.com/watch?v=Zl5vdaCQMG4>

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## 2. COMPETITION

### Course Map

### ELITE [14<sup>th</sup>, May]

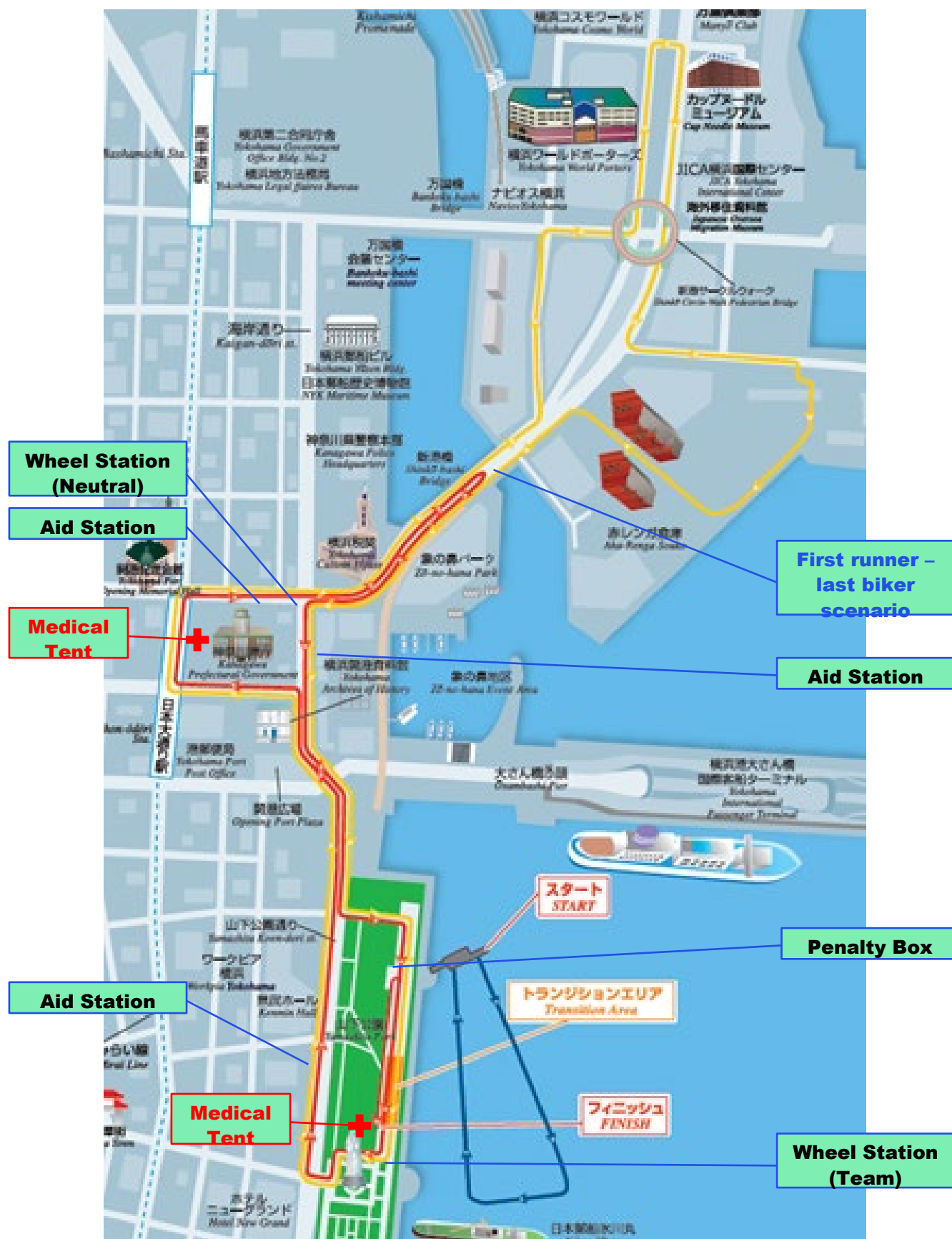






## Stations on FOP

ELITE [14<sup>th</sup>, May]



## Course Map

**PARA [14<sup>th</sup>, May]**





## Stations on FOP

PARA [14<sup>th</sup>, May]







## Schedule

## ELITE

As of 15<sup>th</sup>, April

Time/Date	Elite Event	Venue
<b>Mon.9 May</b>		
13:00 - 20:00	LOC Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
13:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
TBA	Mechanic Service	Yamashita Park Parking
<b>Tue.10 May</b>		
13:00 - 20:00	LOC Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
<b>Wed.11 May</b>		
9:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
16:00 -	Elite Race Briefing	Online
<b>Thu.12 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
15:45 - 16:15	Media Conference(Elite)	Online
<b>Fri.13 May</b>		
6:25 - 6:41	Elite Bike Course Familiarisation	Hotel Monterey / Near the entrance
8:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
14:15 - 18:00	Mechanic Service	Yamashita Park
13:00 - 14:00	Elite Swim Course Familiarisation	Yamashita Park / Swim Course
17:00 - 18:00	Elite registration	Hotel New Grand, Admiral Perry's Room
<b>Sat.14 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand
5:00 - 20:00	SMT Office	Hotel New Grand
5:00 - 20:00	SMT Media Office	Hotel New Grand
5:00 -	Technical Officials arrival at venue	Yamashita Park / TOL
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
6:30 -	Road Closed	Race Course
8:30 - 9:30	Elite Women Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
9:15 - 10:00	Elite Women Swim Course Warm-up	Yamashita Park / Swim Course
9:15 - 10:00	Elite Women Transition Check-in	Yamashita Park / Transition Area
9:15 - 9:35	Elite Men and Women Bike Course Warm-up □ Only if the course conditions have changed significantly from the day before.	Race Course
9:15	Coaches Run Course Measurement	Yamashita Park / Transition Area
9:46	Triathlon Live	
10:05	Elite Women Introduction	Yamashita Park / Start Area
10:16	Elite Women Race Start	Race Course
11:30 - 12:30	Elite Men Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
12:25 - 12:40	Elite Women Medal Ceremony	Yamashita Park / Podium
12:00 - 12:50	Elite Men Swim Course Warm-up	Yamashita Park / Swim Course
12:00 - 12:50	Elite Men Transition Check-in	Yamashita Park / Transition Area
12:15 - 13:00	Coaches Run Course Measurement	Race Course
12:36	Triathlon Live	
12:55	Elite Men Introduction	Yamashita Park / Start Area
13:06	Elite Men Race Start	Race Course
15:00 - 15:15	Elite Men Medal Ceremony	Yamashita Park / Podium
15:20	Road Open	Race Course
8:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
17:00 - 18:00	LOC/World Triathlon debrief	Hotel New Grand





## Schedule

## PARA

As of 15<sup>th</sup>, April

Time/Date	Para Event	Venue
<b>Mon.9 May</b>		
13:00 - 20:00	LOC Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
13:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
TBD	Mechanic Service	Yamashita Park Parking
<b>Tue.10 May</b>		
13:00 - 20:00	LOC Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
<b>Wed.11 May</b>		
9:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
17:30 -	Elite Para Race Briefing	Online
<b>Thu.12 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
10:00 - 16:00	Swim/Gym Training (times per group)	YCAC
10:00 - 16:00	Bike Training (times per group)	Yamashita Park Parking
10:00 - 16:00	Mechanic Service	Yamashita Park Parking
15:00 - 15:30	Media Conference(Elite Para)	Online
<b>Fri.13 May</b>		
6:00 - 6:24	Paratriathlon Bike Course Familiarisation	Hotel Monterey / Near the entrance
6:42 - 6:56	Paratriathlon Run Course Familiarisation(PTWC)	Hotel Monterey / Near the entrance
7:00 - 7:20	Paratriathlon Run Course Familiarisation	Hotel Monterey / Near the entrance
8:00 - 20:00	LOC Office	Hotel New Grand
9:00 - 20:00	SMT Office	Hotel New Grand
9:00 - 20:00	SMT Media Office	Hotel New Grand
14:15 - 18:00	Mechanic Service	Yamashita Park
10:00 - 10:30	Media Conference(Elite Para only Japan team)	Online(athletes go to Hotel New Grand)
14:30 - 15:30	Elite Para Swim Course Familiarisation	Yamashita Park / Swim Course
15:30 - 16:30	Paratriathlon PTWC Handcycle & Wheelchair check-in	Yamashita Park / Athlete Lounge
18:30 - 19:30	Elite Para registration	Hotel New Grand, Admiral Perry's Room
<b>Sat.14 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand
5:00 - 20:00	SMT Office	Hotel New Grand
5:00 - 20:00	SMT Media Office	Hotel New Grand
5:00 -	Technical Officials arrival at venue	Yamashita Park / TOL
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
5:30 - 6:30	Paratriathlon Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
5:40 - 6:40	Paratriathlon Transition Check-in	Yamashita Park / Transition Area
6:15 - 6:40	Paratriathlon Swim Course Warm-up	Yamashita Park / Swim Course
6:30 -	Road Closed	Race Course
6:40 - 7:15	PTWC equipment movement from TA	Yamashita Park / Transition Area
6:45 -	Paratriathlon Athletes Introductions	Yamashita Park / Start Area
6:50	Paratriathlon Race Start	Race Course
6:50	PTS5-M	Yamashita Park / Swim Course
6:51	PTVI 1-M/W	Yamashita Park / Swim Course
6:53:46	PTVI 2/3-M	Yamashita Park / Swim Course
6:54:19	PTVI 2/3-W	Yamashita Park / Swim Course
7:04	PTS5-W	Yamashita Park / Swim Course
7:05	PTS4-M	Yamashita Park / Swim Course
7:10	PTS2/3-M	Yamashita Park / Swim Course
7:11	PTS2/3/4-W	Yamashita Park / Swim Course
7:30	PTWC1-M/W	Yamashita Park / Swim Course
7:32:59	PTWC2-M	Yamashita Park / Swim Course
7:33:42	PTWC2-W	Yamashita Park / Swim Course
9:15	Coaches Run Course Measurement	Yamashita Park / Transition Area
15:20	Road Open	Race Course
15:30 - 16:00	Elite Para Medal Ceremony	Yamashita Park / Podium
8:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
17:00 - 18:00	LOC/World Triathlon debrief	Hotel New Grand



## Registration & Race Pack Distribution

For **Elite** athletes,

Date : Friday, 13<sup>th</sup> May 2022

Time : 16:00 – 17:00 (JST, Tokyo time)

Location : Hotel New Grand, Admiral Perry's Room, Tower 3rd floor

For **Para** athletes,

Date : Friday, 13<sup>th</sup> May 2022

Time : 18:30 - 19:30 (JST, Tokyo time)

Location : Hotel New Grand, Admiral Perry's Room, Tower 3rd floor

## Race Briefing

The athletes' briefing will be held **on-line** due to COVID-19 restrictions.

It's not mandatory to attend.

For **Elite** athletes,

Date : Wednesday, 11<sup>th</sup> May 2022

Time : 16:00 (JST, Tokyo time) -

You can register here :

[https://us02web.zoom.us/webinar/register/WN\\_SQ5xJS0XRgmDN1yaDjN9jA](https://us02web.zoom.us/webinar/register/WN_SQ5xJS0XRgmDN1yaDjN9jA)



← ---

The briefing will be available here :

[https://triathlon.org/about/downloads/category/race\\_briefings](https://triathlon.org/about/downloads/category/race_briefings)

For **Para** athletes,

Date : Wednesday, 11<sup>th</sup> May 2022

Time : 17:30 (JST, Tokyo time) -

You can register here :

[https://us02web.zoom.us/webinar/register/WN\\_qki8BKoQRfWHqzWUuTXdCA](https://us02web.zoom.us/webinar/register/WN_qki8BKoQRfWHqzWUuTXdCA)



← ---

The briefing will be available here :

[https://triathlon.org/about/downloads/category/race\\_briefings](https://triathlon.org/about/downloads/category/race_briefings)

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## Competition Rules

The event will follow the latest published Competition Rules of the World Triathlon.

[https://www.triathlon.org/uploads/docs/World\\_Triathlon\\_Competition\\_Rules\\_2022\\_20220128.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128.pdf)

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## Doping Control

Doping Control will be performed according to the World Triathlon / WADA rules.

Doping Control will take place at a room (The room TBD).

The athletes must carry their identification to the Doping Control facilities.



## Wheel Station

2 wheel stations will be planned.

- i) **Team Wheel Station** located at the first corner out of transition area for Elite Women and Men, or on the road side of the bike course from Yamashita Park for Para.  
No neutral wheels here.

Athletes or team, who would like to place your own spare wheels at the wheel station, need to provide your wheels to the designated wheel station during transition check in on the race day. A responsible TO will handle your wheels and you need to pick your wheels up after your race immediately.

- ii) **Neutral Wheel Station** located at the north corner of Kanagawa City Hall (Kanagawa Prefectural Government Office).

At this neutral wheel station will have the following wheels for regular road bike ;

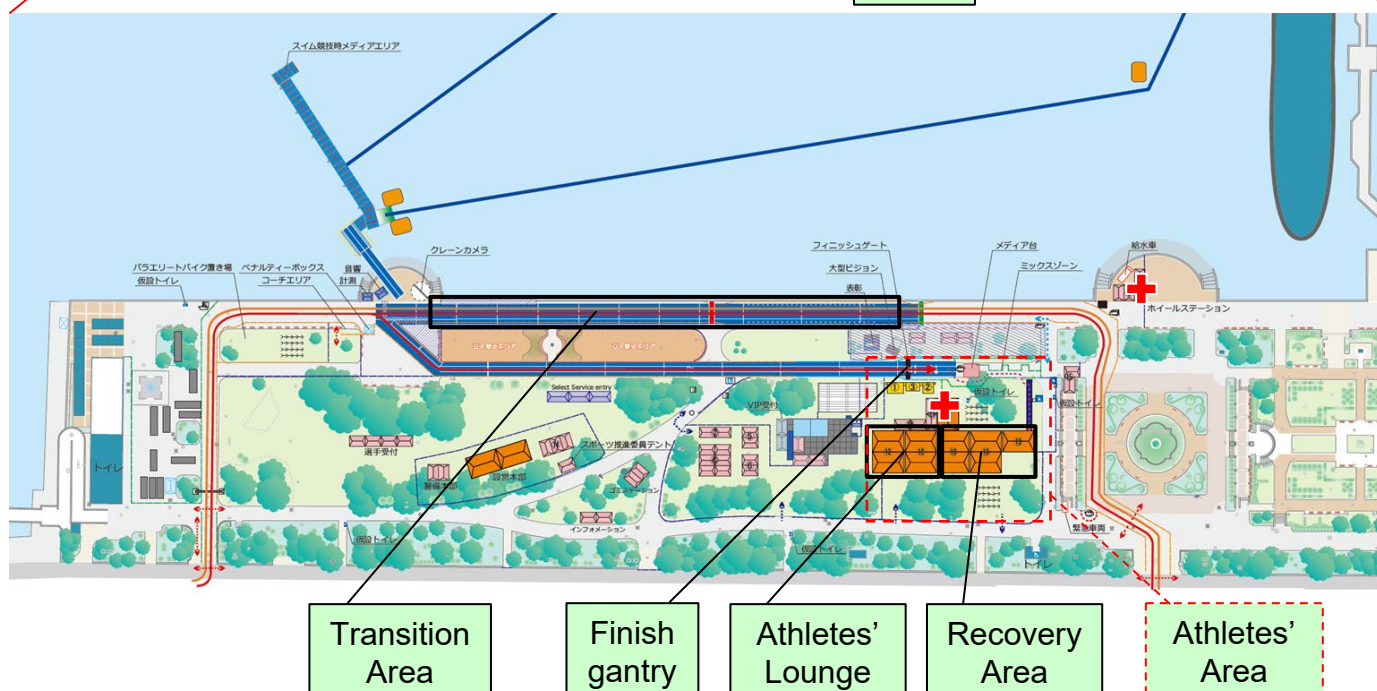
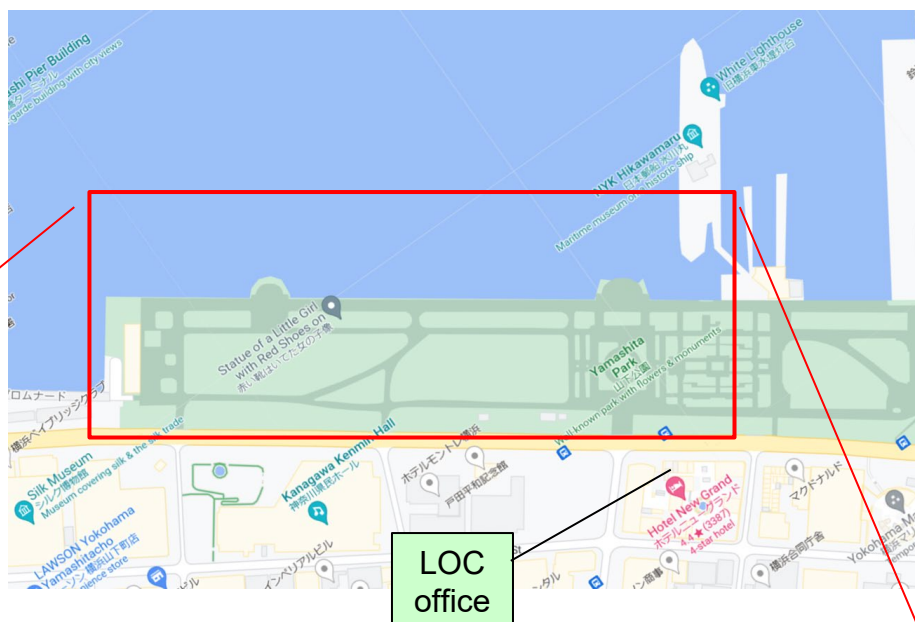
- 700c Front wheels, rim brake
- 700c Front wheels, 160mm rotor disc brake
- 700c Front wheels, 140mm rotor disc brake
- 700c Rear wheels with 11speed cassette, rim brake
- 700c Rear wheels with 11speed cassette, 160mm rotor disc brake
- 700c Rear wheels with 11speed cassette, 140mm rotor disc brake
- 700c Rear wheels with 12speed cassette, 160mm rotor disc brake
- 700c Rear wheels with 12speed cassette, 140mm rotor disc brake

Once you have replaced your wheel with a neutral one during a race, bring the replaced wheel to the Recovery area. At the area, a responsible TO will exchange the wheel with your own wheel.



### 3. VENUE

#### Venue Map



The venue is in Yamashita Koen(Park), as above.  
Athletes' Lounge is located almost center of the park.  
LOC office is in the 2<sup>nd</sup> floor of Hotel New Grand.

Some areas (Athletes' area, Transition, FOP, or so on) are secured by fences and guard-man,  
so that you will be requested to show your accreditation card at any gates.

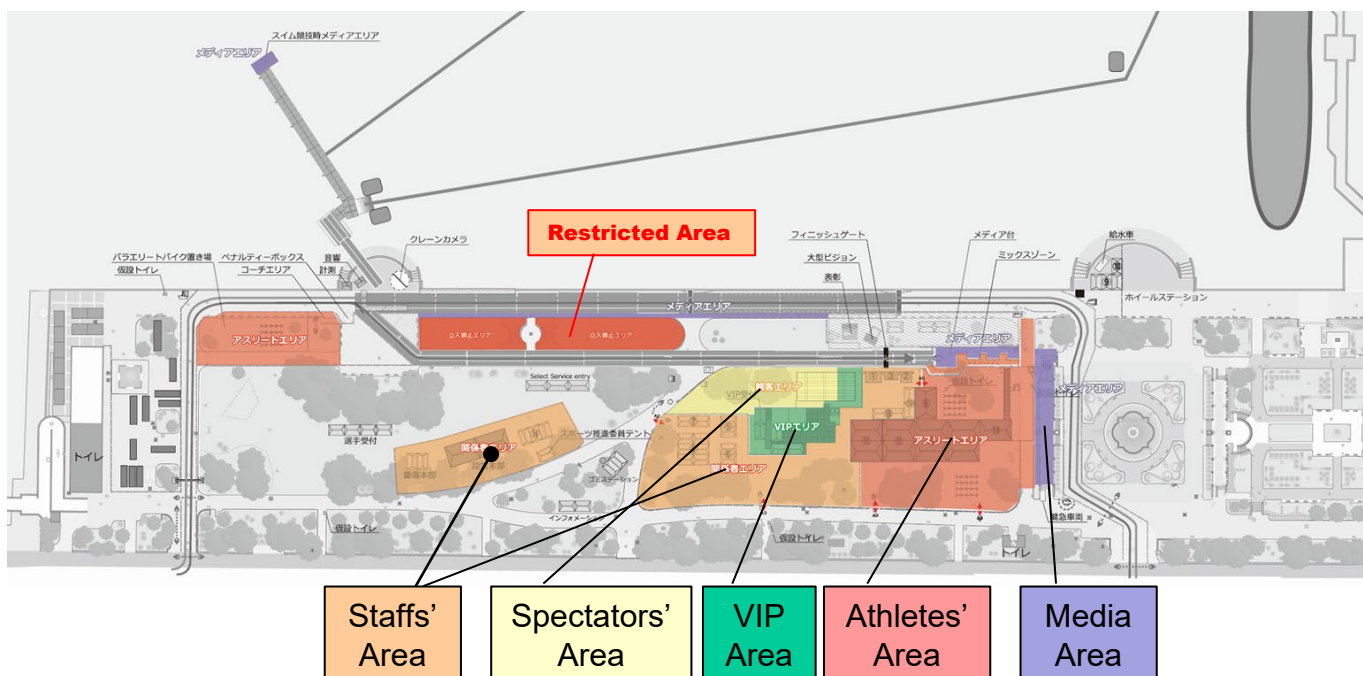


## Accreditations

The LOC will provide all athletes, coaches, technical officials, journalists etc. with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will need to be collected in person on Tuesday morning at information desk of each hotel between 08:00 – 10:00.

Only accredited people will be allowed to access certain venue areas. All accredited persons are requested to always carry their accreditation cards with them and to show them upon request.





## 4. TRAVEL INFORMATION

### OFFICIAL HEADQUARTER

The event headquarter (LOC) is located in 2<sup>nd</sup> floor of Hotel New Grand Yokohama.

### OFFICIAL HOTELS

Guests will stay in either the following 3-hotels.

No choice of hotel, as JTB will specify for each guest/NF in advance, end of April.

- (1) Hotel New Grand Yokohama

<https://www.hotel-newgrand.co.jp/english/>

(Across the street, on the other side of the venue, Yamashita park)

- (2) Rose Hotel Yokohama,

<http://en.rosehotelyokohama.com/>

(5-minutes walk to the venue)

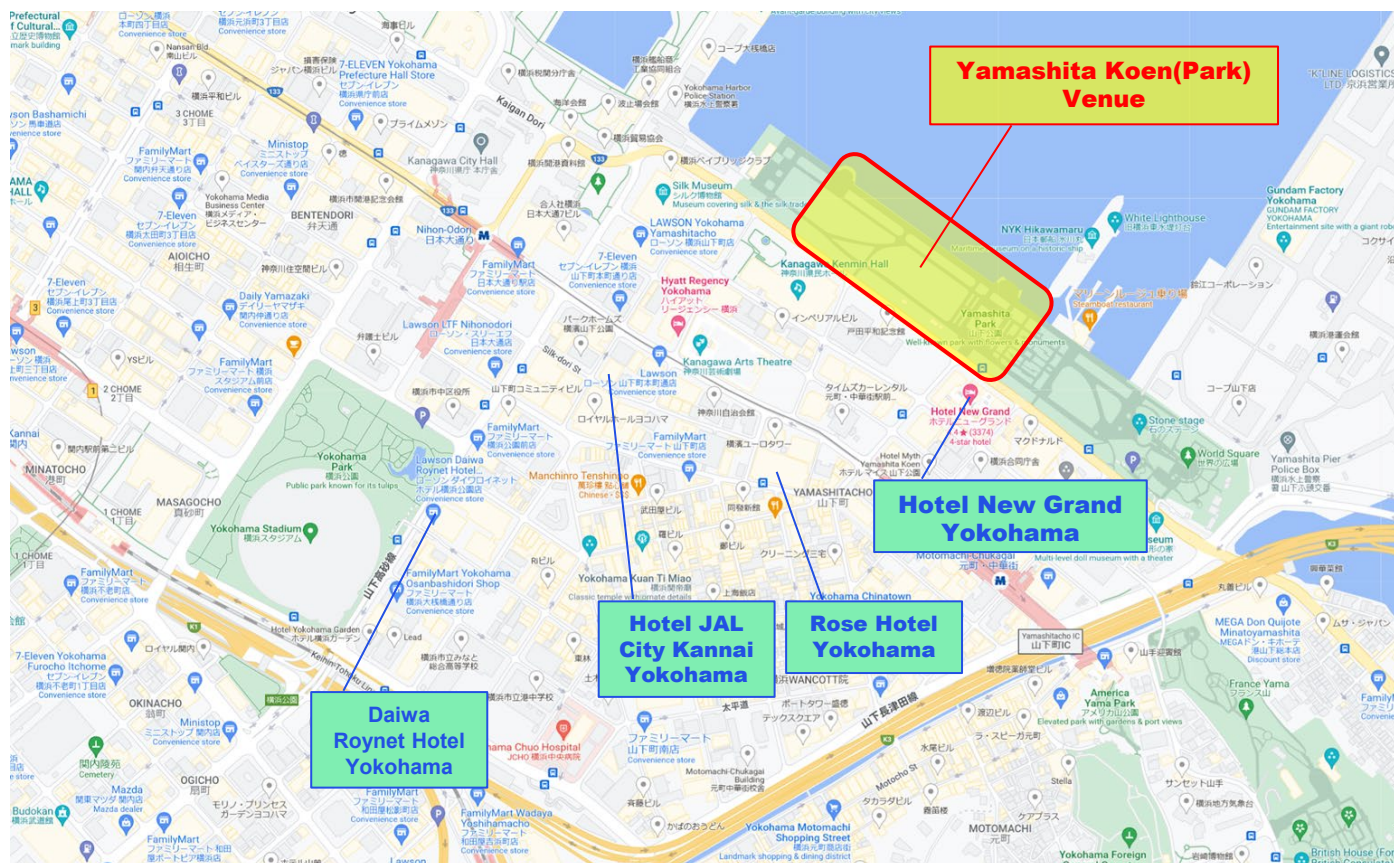
- (3) Hotel JAL City Kannai Yokohama, or

<https://www.okura-nikko.com/japan/yokohama/hotel-jal-city-kannai-yokohama/>

- (4) Daiwa Roynet Hotel Yokohama Park.

<https://www.daiwaroynet.jp/en/yokohama-koen/>

(12-minutes walk to the venue)





All guests will stay in single-room accommodations, however PTVI and PTWC athletes will be assigned double or twin-sized rooms, which each athlete will be permitted to share with their guide.

Please note that room changes are not allowed in any cases.

**(1) Hotel New Grand Yokohama**

Addr: 10 Yamashita-cho, Naka-ku, Yokohama city,  
<https://www.hotel-newgrand.co.jp/english/>



**(2) Rose Hotel Yokohama,**

Addr: 77 Yamashita-cho, Naka-ku, Yokohama city,  
<http://en.rosehotelyokohama.com/> (5-minutes walk to the venue)

Tour/Information Desk : at lobby / 1<sup>st</sup> floor,  
a LOC staff will stay.  
Guest rooms : reserved 6 floors of 4<sup>th</sup> to 9<sup>th</sup>.  
Dining : Buffet style, check at information desk.



**(3) Hotel JAL City Kannai Yokohama, or**

Addr: 72 Yamashita-cho, Naka-ku, Yokohama city  
<https://www.okura-nikko.com/japan/yokohama/hotel-jal-city-kannai-yokohama/>

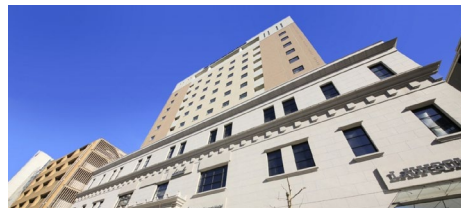
Tour/Information Desk : at lobby / 1<sup>st</sup> floor,  
a LOC staff will stay.  
Guest rooms : reserved 6 floors.  
Dining : Buffet style with specified time slots,  
at “Cafe & Restaurant Silk”, 1<sup>st</sup> floor.



**(4) Daiwa Roynet Hotel Yokohama Park.**

Addr: 204-1 Yamashita-cho, Naka-ku, Yokohama city  
<https://www.daiwaroynet.jp/en/yokohama-koen/>

Tour/Information Desk : at lobby / 1<sup>st</sup> floor,  
a LOC staff will stay.  
Guest rooms : reserved 3 floors.  
Dining : Buffet style with specified time slots,  
at “AQUILA VOLANS”, 2<sup>nd</sup> floor.



(12-minutes walk to the venue)

## TRANSFER & TRANSPORT

Our travel partner “JTB (JTB Corp.)” offers any travel support and will be available at tour desk in each hotel during the event days. Feel free to contact to the desk.



## BIKE & BIKE CASE STORAGE

### Recommended your bike & bike case storage location

Athletes	Team	Accommodation	until Thursday, 12th	Friday, 13th or after
<b>Regular Bike athletes (Elite, PTSx)</b>	<b>No quarantine</b>	One of 3 hotels, specified by the LOC	In hotel or in Yamashita Park Parking	
	<b>3-days quarantine</b>	Hotel JAL City Kannai Yokohama	Only in Yamashita Park Parking (*1)	In hotel or in Yamashita Park Parking
<b>PTVI / PTWC athletes (Tandem, Hand cycle, competitive Wheelchair)</b>	<b>No quarantine</b>	Rose Hotel Yokohama	Only in Yamashita Park Parking (*2)	
	<b>3-days quarantine</b>	Hotel JAL City Kannai Yokohama		

(\*1) since the team cannot ride on public road.

(\*2) since tandem cannot run on public road by traffic law,  
handcycles are recommended not to run on public road.

## BIKE TRAINING IN YOUR ROOM

Training on cycle trainer in your room is not allowed at all of the 3 hotels where you stay.



## 5. ATHLETES' SERVICES

### TRAINING

#### (1) Swim & Run

Location of the training site : Yokohama Country & Athletic Club (YC&AC)

Address : 11-1 Yaguchidai, Naka-ku, Yokohama-city <https://ycac.jp/>

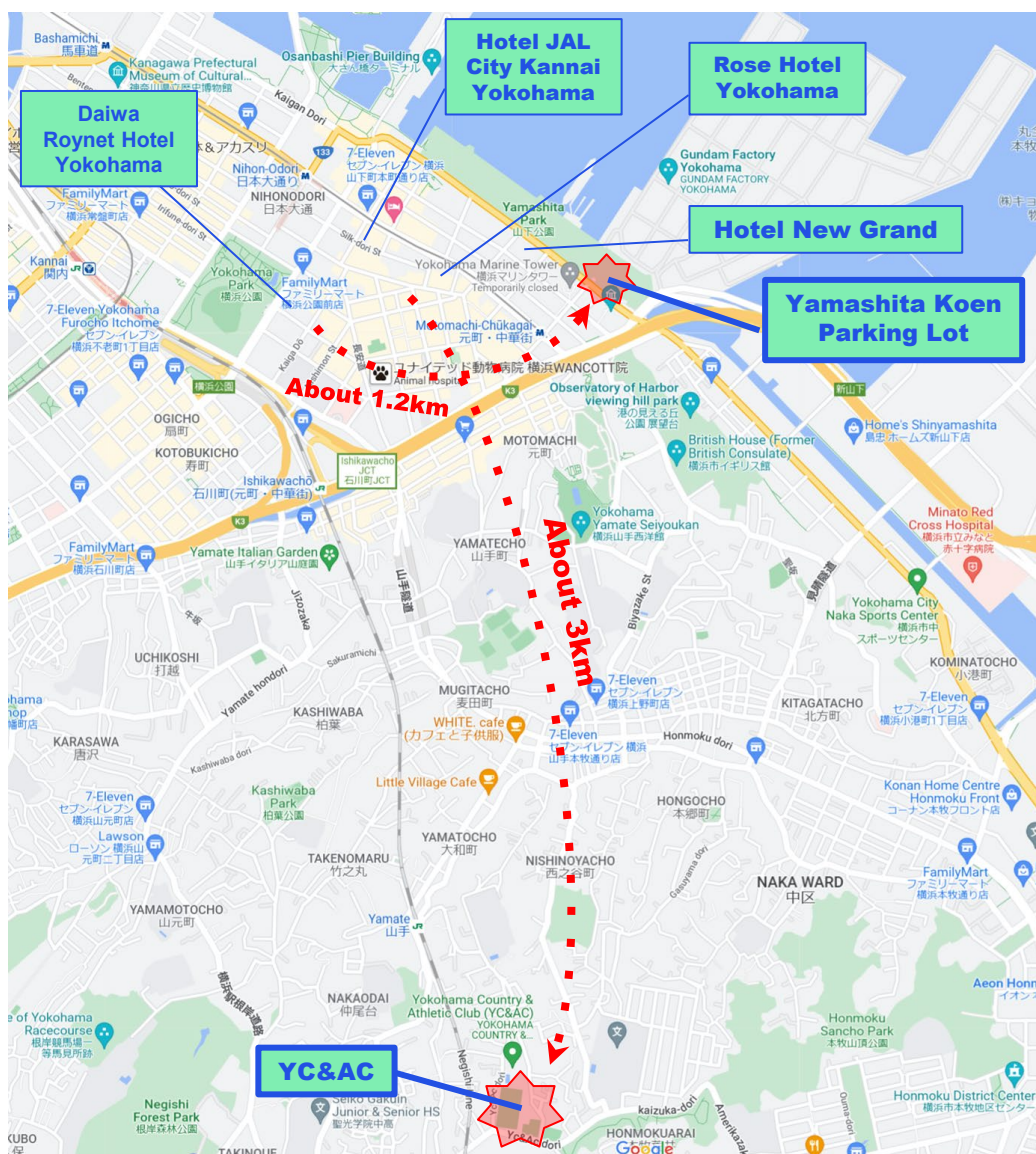
Outdoor pool for swimming, Main Field for running (but no wheel chair run), and Restaurant are available for you.

#### (2) Cycling

Location of the training site : Yamashita Koen(Park) Parking Lot, BF/Basement

Address : 279 Yamashita-cho, Naka-ku, Yokohama-city

**Make sure that you have to bring your own indoor trainer as there is no indoor trainer provided.**



### YC&AC for swim & run training :

Pool : 25m long, 4 lanes from 10:00 to 16:00 are reserved for training.

Maximum capacity of 30 people per hour.

Book and train from 6 time slots with hourly shifts, as below :

10:00-11:00, 11:00-12:00, 12:00-13:00, 13:00-14:00, 14:00-15:00, 15:00-16:00 .

The booking will be due at 6:00p.m. the day before the desired date of use.

Main Field : FIFA certified all weather pitch.

Running, stretching, or so on available, but no wheel chair permitted.

Feel free to use the field from 11:00 to 16:00. No booking required.

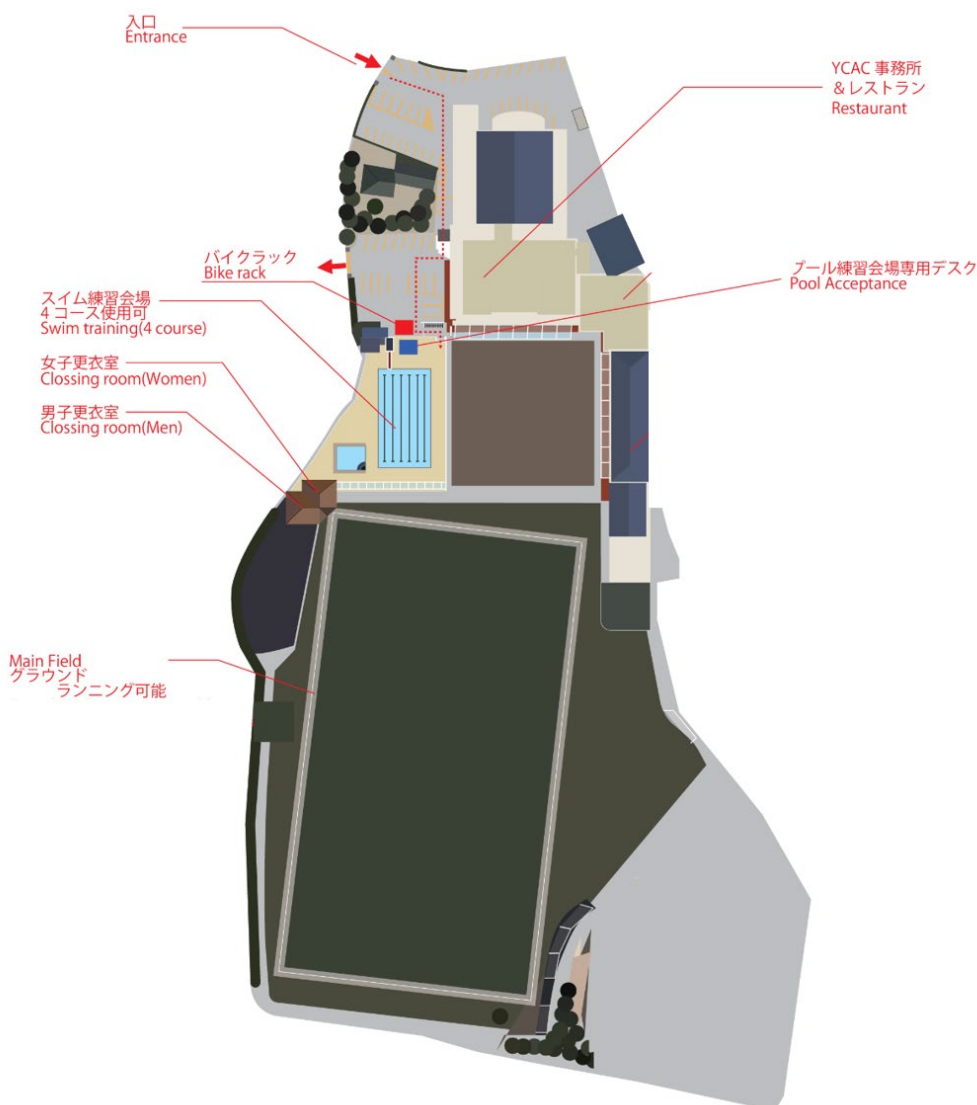
Only the time for teams classified to “**3-days quarantine**” will be specified.

Restaurant : Lunch or refreshments available at Mollison’s restaurant.

Pay by cash(Japanese yen) or by credit card.

Another available facility : Bike racks provided, changing room, and rest space.

Other facilities like fitness center, gymnasium, tennis court are not available





### Swim Training booking :

Booking must be made by 6:00 p.m. the day before your desired date of use.

Booking system will be available **from Sunday 1<sup>st</sup>, May 12:00(JST).**

Instruction is described in p.24 on this Athletes' Guide.

(revised)

Booking to transfer from/to swimming pool to/from your hotel is not required for 3-days quarantine team, since it's automatically assigned.

### Yamashita Koen(Park) Parking for cycle training :

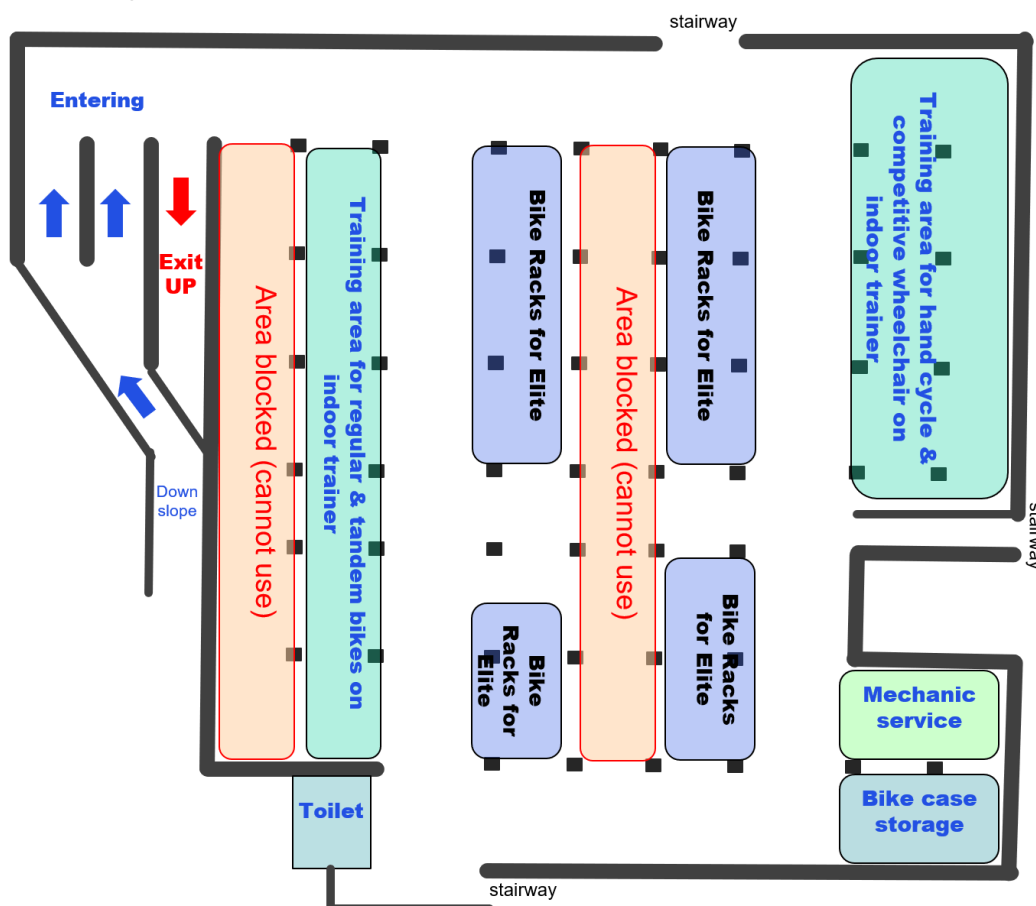
Whole basement floor is available to store your bike or bike case, and to train on your indoor trainer, even hand cycle, tandem bike, competitive wheelchair, or regular bicycle.

Bike mechanic service will be provided.

Only the time for teams classified to “**3-days quarantine**” will be specified.




PTVI athletes must train here, as tandem bike riding on public road is prohibited by traffic law.

PTWC athletes are strongly recommended to train here, as either hand-cycle or competitive wheelchair riding on public road is hazardous since most car drivers don't expect that these cycles are riding on road.



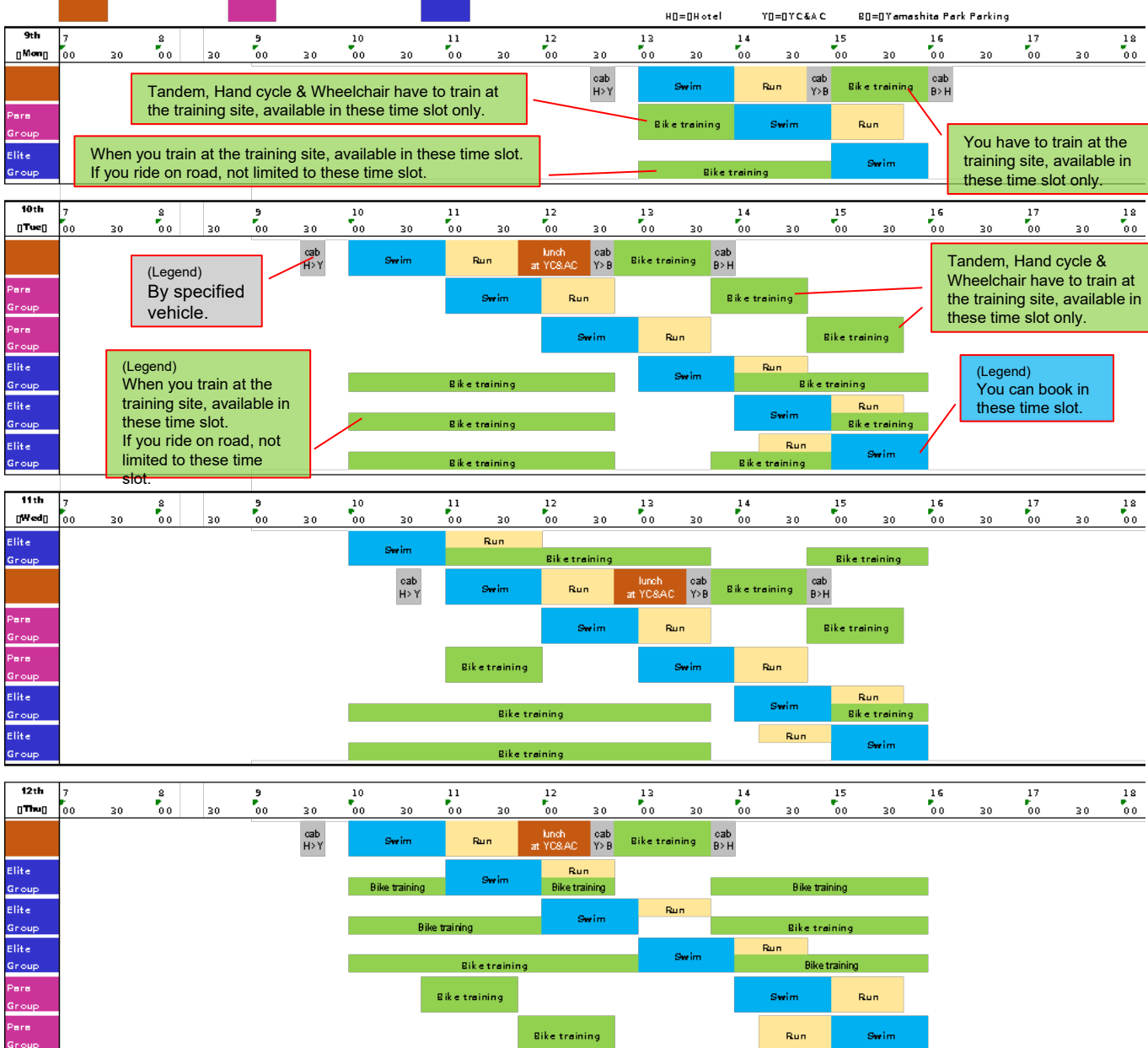


## Training Summary :

Team	Swimming	Running	Bike training	Transportation	Meal during training
classified "3-days quarantine" 	Only available specified time slot <b>by booking</b> .	Only available at YC&AC Main Field in specific time slot.	Only available at Yamashita Koen(Park) Parking in specific time slot.	By vehicles specified by the LOC	Specified time at YC&AC restaurant
classified "no quarantine"  		Available at YC&AC Main Field in specific time slot, or you can run in the city except competitive wheelchair.	Available at Yamashita Koen(Park) Parking in specific time slot, or you can ride in the city except tandem-bike and handcycle.	No restrictions. Available public transportation or by your own bike. There will be no transfer by the LOC.	No restrictions, except the restaurant occupied by a team classified "3-days quarantine"

## Training Time Table ;

2022 WTCS Yokohama Athletes' training plan





## Swim Training booking system :

### (1) Booking Rules :

- > Book by an individual athlete or a coach.
- > Only one time slot in a day for individual athlete available.  
The system will not accept your multiple time slot booking,
- > When you'd like to cancel your reservation,  
until Sunday, 8<sup>th</sup> May (JST) : you can cancel on your MyPage on the system.  
Monday, 9<sup>th</sup> May or after (JST): contact tour desk at each hotel.
- > Available to book on the system **from Sunday, 1<sup>st</sup> May, 12:00 (JST)**.

### (2) Instruction to book on the system :

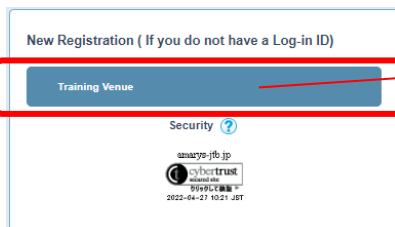
i) Access to the URL below to book your swimming training ;

[https://amarys-jtb.jp/training\\_booking\\_wts/](https://amarys-jtb.jp/training_booking_wts/)

\* Available from Sunday 1<sup>st</sup>, May, 12:00(JST)

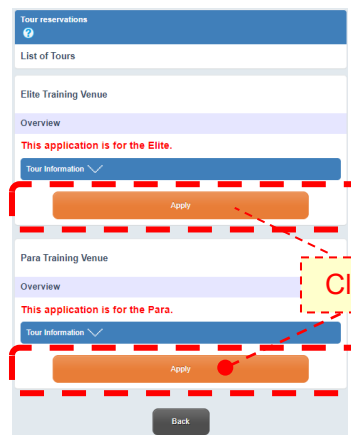


ii) Find “New Registration ( If you do not have a Log-in ID )” column, then click “Training Venue”.



Click, or tap

iii) Select “Elite Training Venue” or “Para Training Venue” under “Tour reservations”, then click “Apply”.



Click, or tap

iv) Check “Dates” availability in “Tour reservations”, then fill the columns under “Select details of training venue”, and click “Next”.

**Example**

Tour Date	Tour Time	Fee	Availability (per hour)
09-May-2022	14:00-15:00	JPY0	30
10-May-2022	11:00-12:00	JPY0	30
11-May-2022	12:00-13:00	JPY0	30
12-May-2022	14:00-15:00	JPY0	30

**Select details of training venue**

Tour Date \*  
[Dropdown menu]

Tour Time \*  
[Dropdown menu]

Stay Hotel \*  
[Dropdown menu]

\*This application is for the Para  
[Dropdown menu]

Departure time from venue \*  
[Dropdown menu]

Next

Fill in these 4-columns

Click, or tap

v) Log-in, or register your Log-in ID.



Type if you have  
your Log-in ID,  
then click "Log in".

To register newly, follow the instruction  
on the page, as below ;

Ensure filling  
athlete's name in.

vi) Confirm your application as expected,  
under "Select details of training venue".  
Click "Next", then  
click "Reserve" on the next page.

Click, then  
click "Rserve"  
on the next page.

(3) Your "My Page".

You can check your reservation,  
can edit your personal information,  
and can cancel on your "My Page"  
until Sunday 8<sup>th</sup>, May.

When you cancel Monday 9<sup>th</sup>, May or  
after, contact tour desk at your staying  
hotel, since the system cannot allow to  
cancel by athlete.

Tour Name	Tour Date	No. of people booked	Registration Date
Para Training Venue	09-May-2022 14:00-15:00	1 person(s)	27-Apr-2022

## COURSE FAMILIARIZATION

### (1) Swim

For **Elite** athletes,

Date : Friday, 13<sup>th</sup> May 2022

Time : 13:00 – 14:00 (JST, Tokyo time)

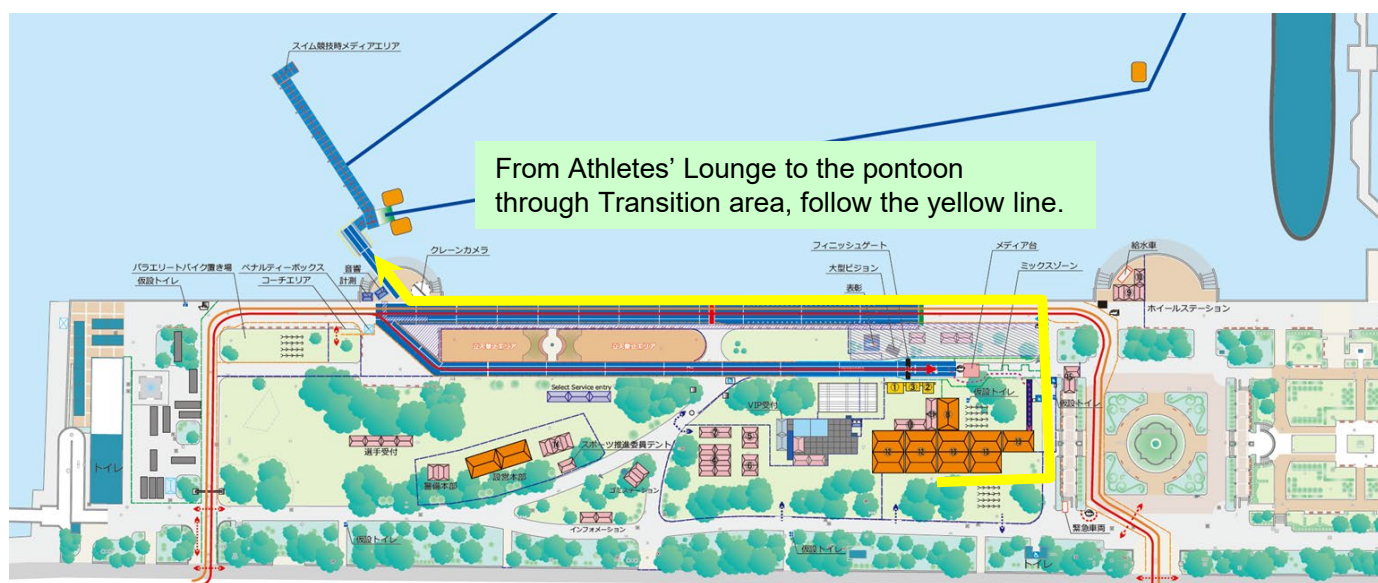
Location :Swim Course / Yamashita Koen(Park)

For **Para** athletes,

Date : Friday, 13<sup>th</sup> May 2022

Time : 14:30 – 15:30 (JST, Tokyo time)

Location :Swim Course / Yamashita Koen(Park)



### (2) Bike & Para Run

#### Friday 13 th May

Familiarization	Estimated time	Location
(1) Elite Para, Bike	6:00 – 6:24	Yamashita Park, Minato Mirai 21 Area, Red Brick Warehouse, and surrounding road.
(2) Elite, Bike	6:25 – 6:41	
(3) Elite Para (PTWC), Run	6:42 – 6:56	
(4) Elite Para (PTS,PTVI), Run	7:00 – 7:20	Yamashita Park, and surrounding road

## Bike Course Familiarization under Traffic Control

Friday, 13<sup>th</sup>, May

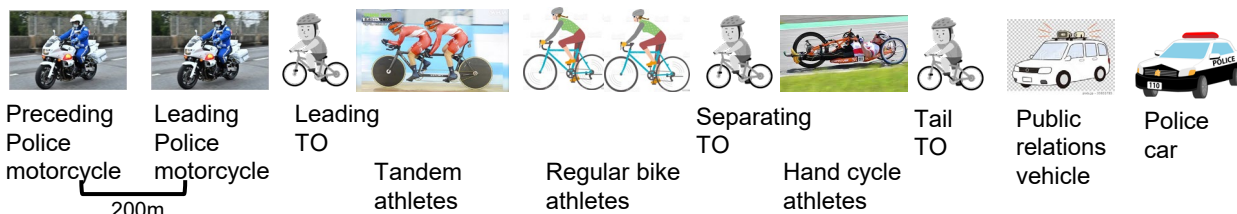
On bike course, 3 familiarization will run; ① Elite Para, Bike, ② Elite, Bike, and ③ Elite Para (PTWC), Run with competitive wheelchair.

Each familiarization under traffic control will be managed by police as follows ;

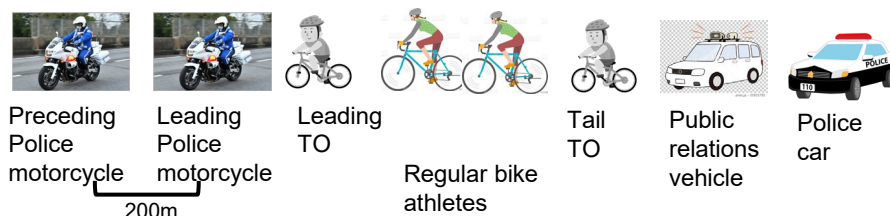
- On 6:00, the first familiarization group (tandem, regular bike, and hand cycle) starts.
- During the 2<sup>nd</sup> lap of the 1<sup>st</sup> group, the second familiarization group stand-by at front of Monterey.
- Once the 1<sup>st</sup> group completed the familiarization, 2<sup>nd</sup> group starts.
- During the 2<sup>nd</sup> familiarization, PTWC athletes switches from their hand cycle to competitive wheelchair for run.
- After the 2<sup>nd</sup> familiarization completed, the 3<sup>rd</sup> group of PTWC Run with competitive wheelchair starts.

Formation of each group are as follows ;

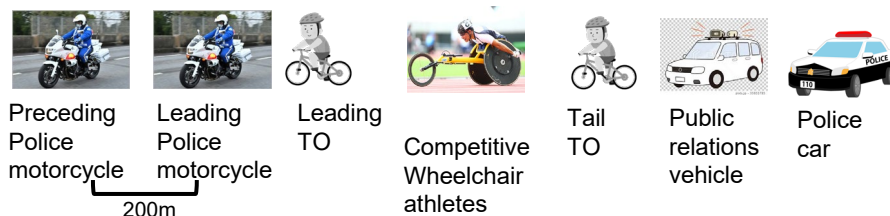
① Elite Para, Bike ( PTVI:Tandem, PTS:Regular bicycle, PTWC:Hand-cycle ) ( **6:00 – 6:24 / 2-laps** ) :



② Elite, Bike (Regular bicycle) ( **6:25– 6:41 / 2-laps** ) :



③ Elite Para (PTWC), Run (Competitive Wheelchair) ( **6:42 – 6:56 / 1-lap** ) :







## 1<sup>st</sup> Group : Elite Para, Bike (PTVI/PTS/PTWC)

Familiarization Time : 6:00 – 6:24

Meeting Time : 5:50

Meeting Point : On the road, south-east side of “Kenmin Hall” crossing.

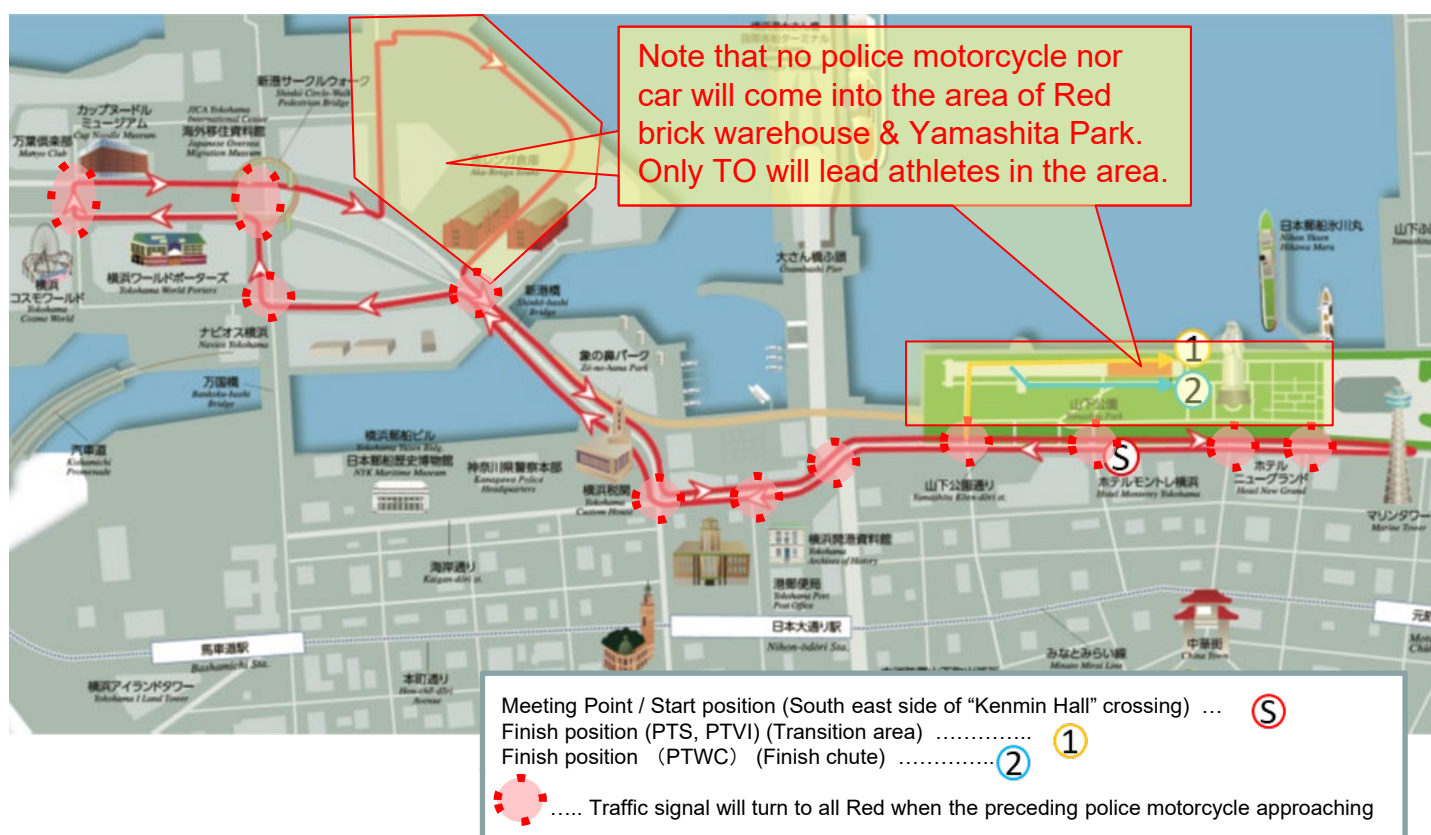
1<sup>st</sup> lap : Start by following the leading TO, not coming into Yamashita Park.

At the end of the 1<sup>st</sup> lap, police motorcycles will u-turn at the crossing in front of Hotel New Grand, Never follow them. Athletes should follow TO.

2<sup>nd</sup> lap : Come into Yamashita Park, by following the leading TO.

PTVI, PTS : Proceed to Transition area, and to Recovery in order to switch to run, then wait until 7:00.

PTWC : Proceed to Finish chute, and to Recovery in order to switch to run, and wait until Elite bike familiarization finish.



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Tandem  
athletes



Regular bike  
athletes



Separating  
TO



Hand cycle  
athletes



Tail  
TO



Public  
relations  
vehicle



Police  
car

## 2<sup>nd</sup> Group : Elite, Bike

Familiarization Time : 6:25 – 6:41

Meeting Time : 6:15

Meeting Point : On the road, south-east side of “Kenmin Hall” crossing.

1<sup>st</sup> lap : Start by following the leading TO.

At the end of the 1<sup>st</sup> lap, police motorcycles will not come into Yamashita Park, but athletes go through transition in the park by following the leading TO.

2<sup>nd</sup> lap : Come into Yamashita Park, by following the leading TO.

Finish the familiarization at transition.

Please note that **no elite athletes can go on the course again.**



Meeting Point / Start position (South east side of “Kenmin Hall” crossing) ...

..... Traffic signal will turn to all Red when the preceding police motorcycle approaching



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Regular bike  
athletes



Tail  
TO



Public relations  
vehicle



Police  
car

**Note :** Elite athletes may have another bike course familiarization on the race day, in case of different weather condition from the planned familiarization day.

Elite Women & Men : 09:15 - 09:35 on Saturday, 14<sup>th</sup> May.



### 3<sup>rd</sup> Group : Elite Para (PTWC)), Run

Familiarization Time : 6:42 – 6:56

Meeting Time : 6:35

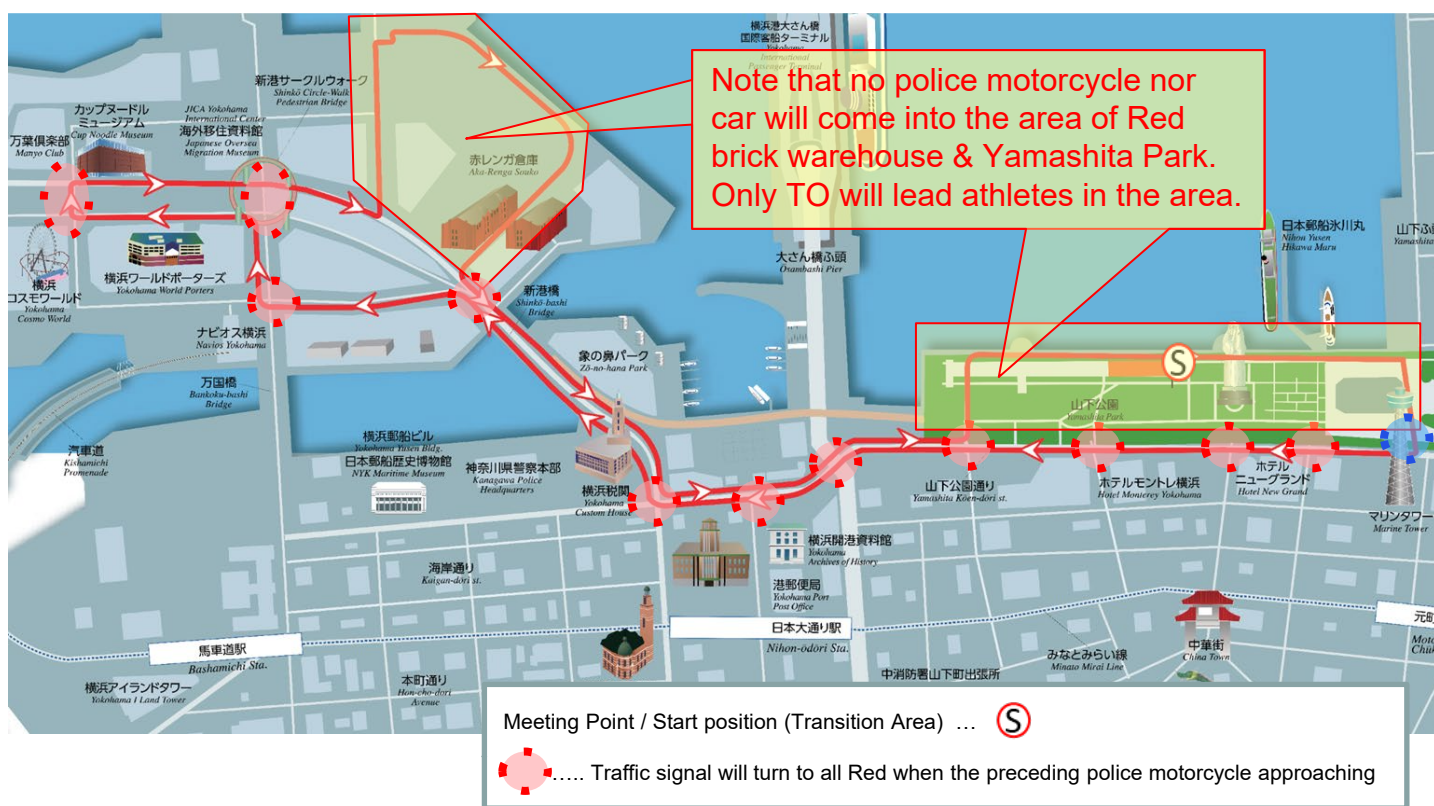
Meeting Point : Transition.

1<sup>st</sup> lap : Start by following the leading TO.

At the exit of Yamashita Park ( ), once stop, then go out by following the traffic signal.

At the end of the 1<sup>st</sup> lap, police motorcycles will not come into Yamashita Park, but athletes go into transition in the park by following the leading TO.

Finish the familiarization at transition.



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Competitive  
Wheelchair  
athletes



Tail  
TO



Public relations  
vehicle



Police  
car





## **4<sup>th</sup> Group : Elite Para (PTS, PTVI), Run**

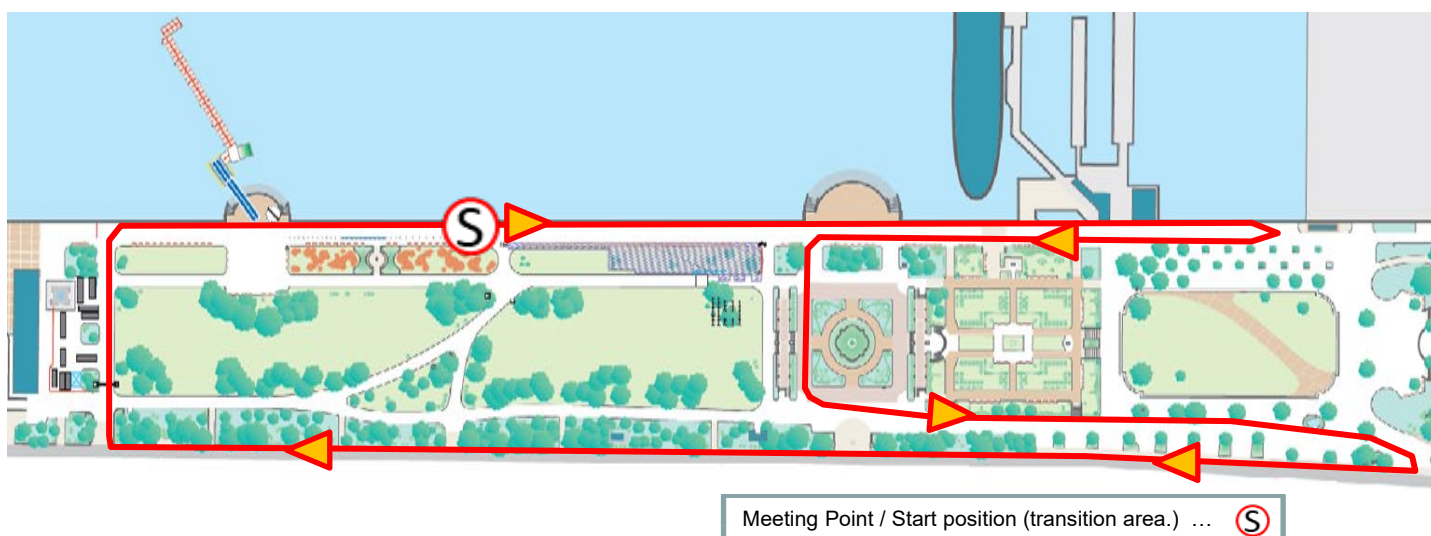
Familiarization Time : 7:00 – 7:20

Meeting Time : 6:55

Meeting Point : Transition.

1<sup>st</sup> lap : Start by following the leading TO.

Until 7:20, athletes can run on the course.



## **BIKE MECHANIC SERVICE**

On training days (Tuesday 10<sup>th</sup> to Thursday 12<sup>th</sup>), bike mechanic support will be available at bike training site (Yamashita Koen Parking).

On Friday 13<sup>th</sup> and the race day of Saturday 14<sup>th</sup>, during bike check-in on race day, our bike partner “SHIMANO” will offer bike mechanic support and will be available around the athletes’ lounge in Yamashita Koen(Park).

## **MEDICAL SERVICES**

There will be First Aid and Emergency medical Service in venue, next to recovery area on the race days.

Medical and Paramedical personnel will be available throughout the competition times.

An ambulance will be available to provide emergency transfer to a hospital.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should make sure that they have appropriate medical insurance.





## MEALS

(revised)

Team / Athlete	Hotel	until Thursday, 12th			from Friday, 13th		
		Breakfast	Lunch	Supper	Breakfast	Lunch	Supper
3-days quarantine	Hotel JAL City Kannai Yokohama	Buffet during 7:00 - 8:00 a.m.	at YC&AC, or Uber Eats delivery	Uber Eats delivery	at your service	at your service	at your service
No quarantine		At your service, or buffet at the hotel during 8:00 - 10:30 a.m.	at your service	at your service			
	Rose Hotel Yokohama	At your service, or buffet at the hotel during 7:00 - 10:00 a.m.	at your service	at your service	at your service	at your service	at your service
	Daiwa Roynet Hotel Yokohama Park	At your service, or buffet at the hotel during 6:30 - 10:00 a.m.					

### YC&AC Restaurant “Mollison’s”

You can find the menu of the restaurant at

<https://ycac.jp/wp-content/uploads/2021/11/menu-2021.pdf>



### Uber Eats delivery

You can find the link to Uber Eats in Yokohama at

<https://www.ubereats.com/jp-en/city/yokohama-shi-kanagawa>



## NOTES FOR FOOD DELIVERY SERVICES

(1) The delivery address should be specified as the ●● Hotel Tour Desk.

**\*Do not include the room number in the delivery address.**

You must set delivery and pick up at the tour desk in the hotel.

(2) No cash payment. Pay in advance on the Application.

(3) Once you acknowledged the delivered, pick it up at the tour desk.

## 6. WEATHER AND WATER QUALITY

### Weather Conditions

Yokohama has relatively mild weather . The average temperature in May is 20°C ( 68.0°F ). Actual data at the last 3 events were as below :

Year	2021			2019			2018		
Event	Para	Women	Men	Para	Women	Men	Para	Women	Men
Weather	Sunny			Sunny			Rain		
W/T	20.1°C	20.6°C	20.9°C	21°C	22°C	22°C	17.1°C	18.7°C	18.7°C
A/T	20.5°C	26.0°C	30.0°C	17°C	21.8°C	21.8°C	17.8°C	22.7°C	24.0°C
Wet suite	allowed	not allowed	not allowed	allowed	not allowed	not allowed	allowed	allowed	allowed

### Water Quality Analysis

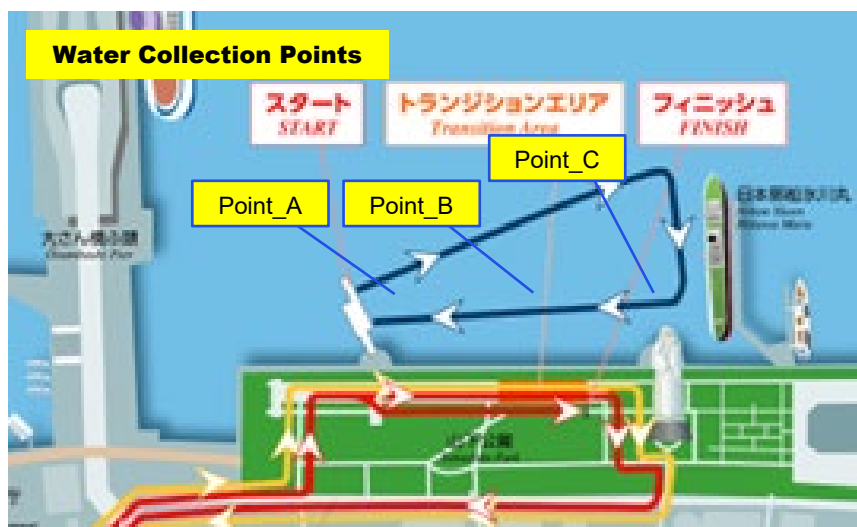
[ Summary ] The water quality tests meet World triathlon standards.

[ Actual test results ( as of 2 months before the race ) ]

	unit	Point_A	Point_B	Point C	Lower Limit of Detection
Hydrogen Ion Concentration	pH	8.1	8.1	8.1	-
Escherichiacoli E. Coli	ufc/100ml	< 1	1	< 1	1
Enterococci	ufc/100ml	< 1	1	1	1

Data at water collection

Date & Time	14th March, 10:30
Weather	Clear weather
Air Temperature	23.0 °C
Water Temperature	15.0 °C
Oil over water	no





## 7. DEPARTING JAPAN

- Check out of your hotel in time for your flight and transfer to the airport by public transportation.
- **Teams that require PCR testing or documentation upon your return or departure from Japan should contact JTB ( [jtb\\_convention@jtb.com](mailto:jtb_convention@jtb.com) ) prior to your arrival in Japan to determine the timing of the required PCR testing, negative certificates, and other required documentation.**
- Please be sure to check the requirements for entry into your country prior to your return.

