



World Triathlon  
Championship Series  
YOKOHAMA  
2026



OPEN  
YOKOHAMA

WORLD  
**TRIATHLON**  
CHAMPIONSHIP  
SERIES

# YOKOHAMA

# ATHLETES GUIDE



Partner



Foundation



Federation



WELCOME TO  
World Triathlon Championship Series

# YOKOHAMA

## PARTNERS



## FOUNDATIONS



## HOST CITY



## FEDERATION



World Triathlon  
Championship Series  
YOKOHAMA  
2026





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## General Information

### Introduction

The purpose of ELITE ATHLETES GUIDE is to ensure that all Elite / Elite Para Athletes and Team management are well informed about all procedures concerning the 2026 World Triathlon Championship Series Yokohama / 2026 World Triathlon Para Series Yokohama.

Please keep in mind that this information may change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

### Key Date

15 May, FRI		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS & PTVI) Run Familiarization	Run Course
13:00 - 14:00	Elite Para Swim Familiarization	Swim Course
14:00 – 15:45	Elite Para (PTS & PTVI) Race Ranger Installation Elite Para (PTWC) Handcycle & Wheelchair Check-in *Bicycles/tandems/handcycles/wheelchairs to remain at the venue during the night	Athlete's Lounge / Yamashita Park
15:00 – 16:00	Elite Swim Familiarization	Swim Course
15:30 – 16:00	Elite Para Registration	Perry's Room / Hotel New Grand 3F
16:00 – 16:45	Elite Para Athletes' Briefing	Perry's Room / Hotel New Grand 3F
17:00 – 17:15	Elite Para Athletes' Race Package Distribution	Perry's Room / Hotel New Grand 3F
17:15 – 17:30	Elite Registration	Perry's Room / Hotel New Grand 3F
17:30 – 18:15	Elite Athletes' Briefing	Perry's Room / Hotel New Grand 3F
18:00 – 18:30	Elite Athletes' Race Package Distribution	Perry's Room / Hotel New Grand 3F
16 May, SAT		
06:50 –	<b>Elite Para Competition</b> 6:50 PTS5-M 6:51 PTVI 1-M 6:51 PTVI 1-W 6:53 PTVI 2/3-M 6:54 PTVI 2/3-W 7:04 PTS5-W 7:05 PTS4-M 7:10 PTS2/3-M 7:11 PTS2/3/4-W 7:30 PTWC1-M 7:30 PTWC1-W 7:33 PTWC2-M 7:34 PTWC2-W	Course
10:15 –	<b>Elite Women Competition</b>	Course
13:00 –	<b>Elite Men Competition</b>	Course
15:00 -	Elite Women Medal Ceremony	Podium / Yamashita Park
15:15 -	Elite Men Medal Ceremony	Podium / Yamashita Park
15:45 -	Elite Para Medal Ceremony	Podium / Yamashita Park
17 May, SUN		
07:15 –	Age Group Competition	Course

## General Information

### Key Contacts

World Triathlon (TRI) Team Leader	Eriketti Margari (GRE)	<a href="mailto:eriketti.margari@triathlon.org">eriketti.margari@triathlon.org</a>
TRI Technical Delegate	Olga Blokhina (UZB)	<a href="mailto:lilac222@gmail.com">lilac222@gmail.com</a>
TRI Head Referee (Elite Women, PTS, PTVI)	Sue Fairweather (AUS)	<a href="mailto:sue.fairweather@ultiqa.com.au">sue.fairweather@ultiqa.com.au</a>
TRI Head Referee (Elite Men, PTWC)	Koji Koganezawa (JPN)	<a href="mailto:kojikoganezawa0823@gmail.com">kojikoganezawa0823@gmail.com</a>
TRI Medical Delegate	Dr. Ryoji Kasanami (JPN)	<a href="mailto:kasanami@cc.nara-edu.ac.jp">kasanami@cc.nara-edu.ac.jp</a>
Domestic National Federation	Triathlon Japan (TRIJ)	<a href="mailto:event@itu.or.jp">event@itu.or.jp</a>
Official Travel Agency	JTB	<a href="mailto:itb_yokohama_operation@itb.com">itb_yokohama_operation@itb.com</a>
LOC	LOC Office	Address: Nissei Yokohama Onoe-cho Bill 3F, Onoe-cho 6-81, Naka-ku, Yokohama, 231-0015, Japan Telephone : +81-45-680-5538 E-mail : <a href="mailto:info@yokohamatriathlon.jp">info@yokohamatriathlon.jp</a> Website: <a href="https://yokohama.triathlon.org/en/home/">https://yokohama.triathlon.org/en/home/</a>

### LOC Office

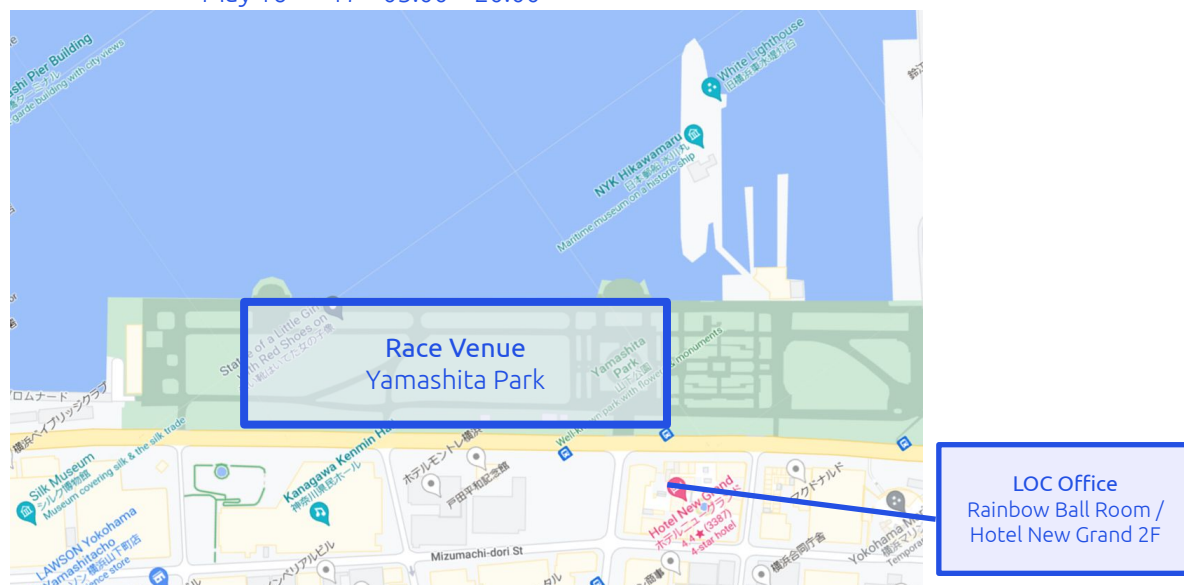
The venue is located at Rainbow Ball Room / Hotel New Grand 2F. The office is open daily from WED May 13<sup>rd</sup> until MON May 18<sup>th</sup>.

Location: Rainbow Ball Room / Hotel New Grand 2F

Opening Hours: May 14<sup>th</sup> 12:00 - 20:00

May 15<sup>th</sup> – 15<sup>th</sup> 08:00 – 20:00

May 16<sup>th</sup> – 17<sup>th</sup> 05:00 – 20:00





## Transportation

Accommodations and transportation can be arranged through JTB.

If you have any questions regarding accommodations or transportation, please contact the following e-mail address.

Contact information: [jtb\\_yokohama\\_triathlon@jtb.com](mailto:jtb_yokohama_triathlon@jtb.com)



### Transportation

Athletes & NF can arrange their transportation via the website;

#### [2026 World Triathlon Championship/Para Series Yokohama](#)

Airport Transfer Service (Narita / Haneda) is available. \*Conditions apply. (See below)

- Limited date only.
- Whether your accommodation is arranged through us or by yourself, transfer area is limited only in the **Four Official Hotels** : Rose Hotel Yokohama , Citadines Harbour Front Yokohama, Hotel New Grand, The Gate Hotel Yokohama by Hulic.
- This complimentary transfer is provided by the LOC and no sightseeing request etc. is available.

#### <Arrival Transfer>

- Available date: **10-May to 14-May.**
- Narita or Haneda Airport to Four Official Hotels.

#### <Departure Transfer>

- Available date: **16-May to 18-May.**
- Four Official Hotels to Narita or Haneda Airport.

\*Registration of this system and Report of flight schedules, bike information must be submitted by 12:00 Japan time on 30-April.

After that time, we may not be able to arrange Airport Transfer Service.

\*For period other than those mentioned above, you will need to arrange for a vehicle for a fee or use public transportation. If you do not wish to use Airport Transfer Service, please contact us in advance at the e-mail address above.

\*The Bus of Airport Transfer Service will stop at Four Official Hotels; Rose Hotel Yokohama , Citadines Harbour Front Yokohama, Hotel New Grand, The Gate Hotel Yokohama by Hulic. No stops will be made at other hotels.

\*LOC office is located at the New Grand Hotel, 2nd floor. (13-May to 17-May : 9:00-18:00)

- You may have to wait up to an hour or more from the time you arrive at the airport until your departure. Please be aware of this beforehand.
- From Airport Arrival to Departure
  1. Please assemble at the meeting point and follow the instructions of the staff.
  2. Either of the following methods. (Not selectable/Information on the day)
    - Charter bus (shared-ride) : Airport → Each Four Hotels (Circulating)
    - Airport Limousine Bus & chartered car with driver : Airport → YCAT(transferring chartered car) → Hotel
- \* If you want to go directly from the airport to your hotel, please take a taxi by yourself.



# Transportation

## Meeting Point at Narita Airport Terminal 1

**Narita Terminal 1** \*from 10<sup>th</sup> to 14<sup>th</sup>, May  
**Meeting Point** WTCS staff will be waiting for you with a **meeting board**.

**Welcome to YOKOHAMA**

**MEETING SERVICE COUNTER**

1

## Narita Terminal 1

\*from 10<sup>th</sup> to 14<sup>th</sup>, May  
**Charter Bus Boarding Location**

**Central Building**  
**South Wing**  
**North Wing**  
**MEETING SERVICE COUNTER**  
**GROUP BUS STOP**

2

## Narita Terminal 1

\*from 10<sup>th</sup> to 14<sup>th</sup>, May  
**Bus stop for YCAT(Yokohama City Air Terminal)**

**No.12 BUS STOP**  
**MEETING SERVICE COUNTER**

3

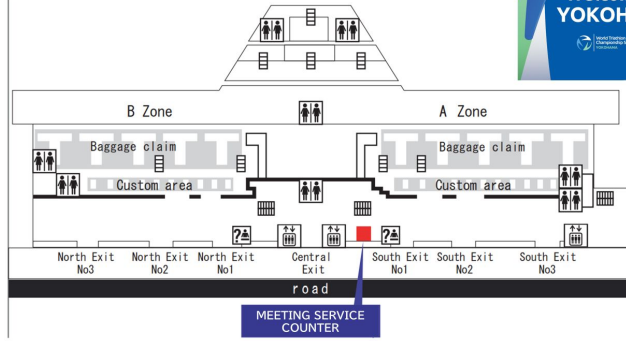


# Transportation

## Meeting Point at Narita Airport Terminal 2

Narita Terminal 2 \*from 10<sup>th</sup> to 14<sup>th</sup>, May

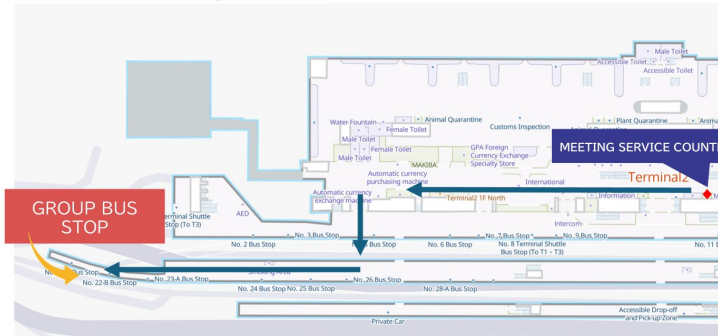
Meeting Point WTCS staff will be waiting for you with a meeting board.



4

Narita Terminal 2 \*from 10<sup>th</sup> to 14<sup>th</sup>, May

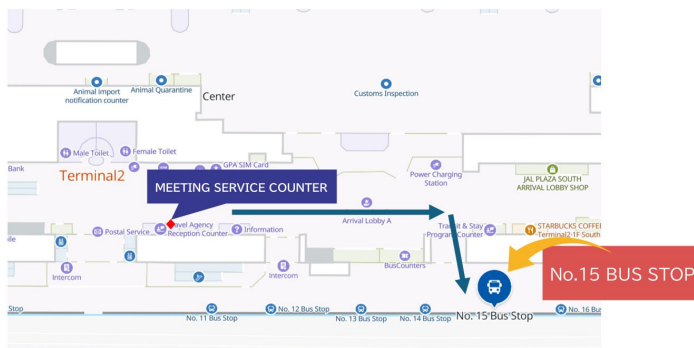
Charter Bus Boarding Location



5

Narita Terminal 2 \*from 10<sup>th</sup> to 14<sup>th</sup>, May

Bus stop for YCAT(Yokohama City Air Terminal)

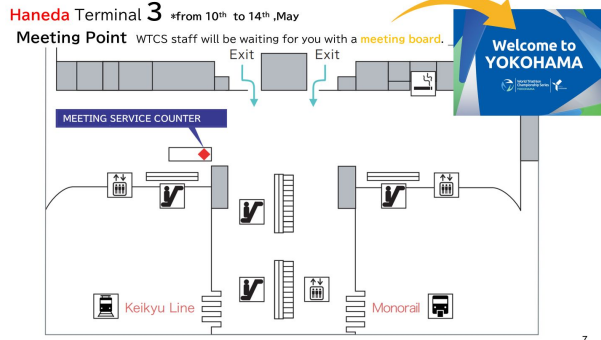


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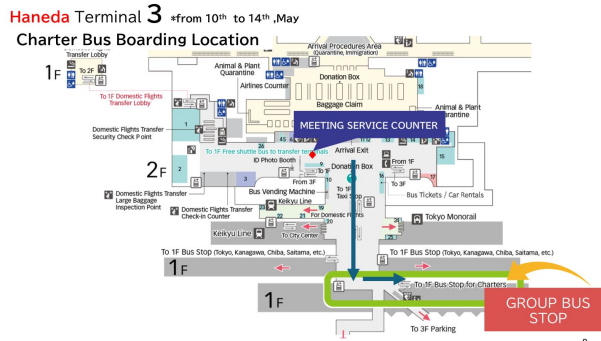


# Transportation

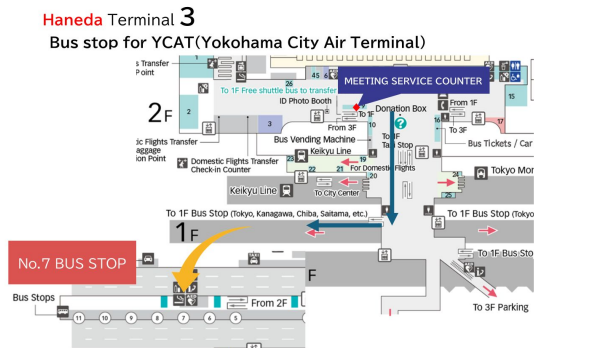
## Meeting Point at Haneda Airport Terminal 3



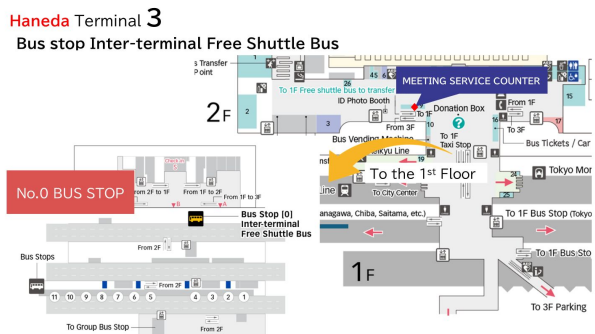
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8



9

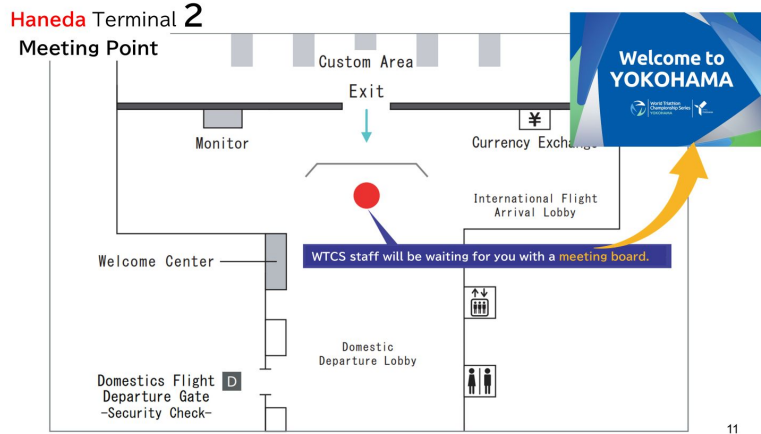


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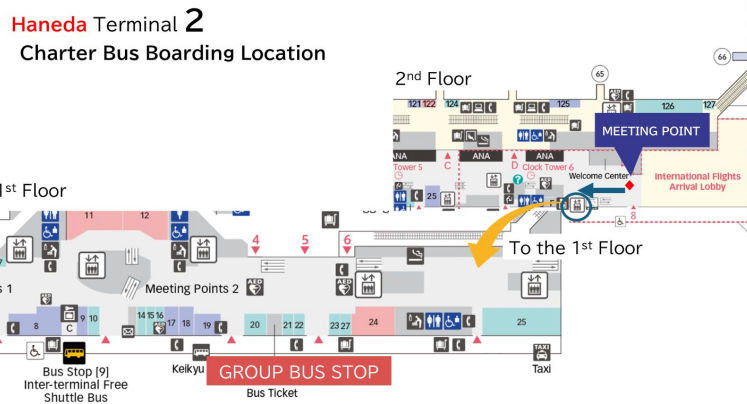


# Transportation

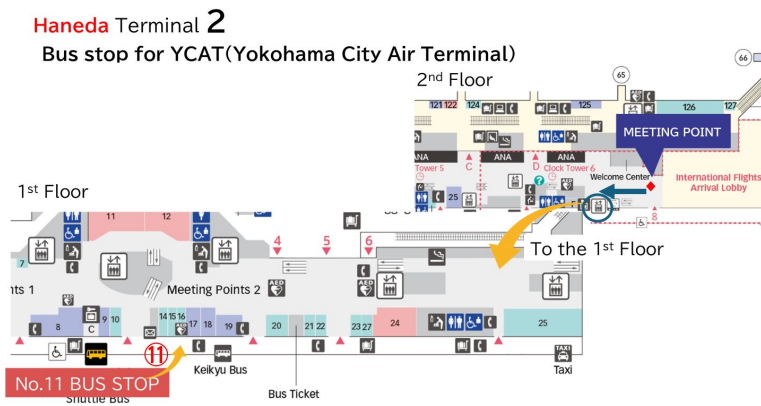
## Meeting Point at Haneda Airport Terminal 2



11



12





## Accommodation / VISA / Entering Japan

### Accommodation

Athletes & NF can arrange their accommodation via the website;  
[2026 World Triathlon Championship/Para Series Yokohama](#)



**HOTEL NEW GRAND**

### Host Hotel

Hotel New Grand Yokohama <https://www.hotel-newgrand.co.jp/english/>  
10, Yamashita-cho, Naka-ku, Yokohama-shi, Kanagawa, 231-8520 Japan

### VISA

Please refer to the following website  
for the outline of visa application procedure in Japan ;  
[https://www.mofa.go.jp/j\\_info/visit/visa/process/short.html](https://www.mofa.go.jp/j_info/visit/visa/process/short.html)

Japan has taken measures on the visa exemption arrangements for 70 countries/regions :  
[https://www.mofa.go.jp/j\\_info/visit/visa/short/novisa.html](https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html)

Since the procedure and the time required for the visa application vary by country, please contact the Japanese Embassy or Consulate in your country for more details:  
[https://www.mofa.go.jp/about/emb\\_cons/mofaserv.html](https://www.mofa.go.jp/about/emb_cons/mofaserv.html)

If you require a letter to assist with your visa application to enter Japan for the purpose of participating in the Yokohama event, please contact the LOC ([info@yokohamatriathlon.jp](mailto:info@yokohamatriathlon.jp)) with the following information:

1. Name as it appears on your passport:
2. Date of birth:
3. Age as of December 31, 2026:
4. Gender:
5. Passport number:
6. Passport expiration date:
7. Country where the passport was issued:
8. National Federation:
9. Role (i.e. Athlete; Coach, etc.):
10. Length of Stay in Japan:
11. Accommodation during the Yokohama event:
12. Date of arrival in Japan:
13. Date of departure from Japan:
14. Email address to send invitation letter:
15. (If Necessary) Postal address to send invitation letter:

\*please note that only those who are fully affiliated with World Triathlon and have the reason to request an invitation letter for the WTCS Yokohama event should contact the LOC.

### Entering Japan (Immigration Information)

Please use the Visit Japan Web to enter Japan.

Visit Japan Web <https://vjw-lp.digital.go.jp/en/>

This is a service that allows you to perform arrival procedures "immigration ", "customs ", and "Tax-free shopping service" online.



## Event Schedule (as of 21 April )

<b>12 May, TUE</b>		
11:00–14:30	Elite / Elite Para Swim Training	Minato Sogo High School
<b>13 May, WED</b>		
12:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
09:00–11:00	Paratriathlon cycling training session	Yokohama Red Bricks Park
09:00 - 14:30	Elite / Elite Para Swim Training	Minato Sogo High School
10:00 – 16:00	Bike Mechanic Service	Next to Athlete Lounge's / Yamashita Park
<b>14 May, THU</b>		
08:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
09:00 – 15:00	Elite / Elite Para Swim Training	Minato Sogo High School
09:00 – 11:00	Elite Para Bike Training	Red Brick Area
10:00 – 16:00	Bike Mechanic Service	Next to Athlete's Lounge / Yamashita Park
14:00 – 14:30	Elite Para Athlete Press Conference	Yokohama City Hall Atrium
14:45 – 15:15	Elite Athlete Press Conference	Yokohama City Hall Atrium
15:30 – 16:00	Media Briefing	Yokohama City Hall Atrium
<b>15 May, FRI</b>		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS&PTVI) Run Familiarization	Run Course
09:00 – 12:00	Elite / Elite Para Swim Training	Minato Sogo High School
10:00 – 18:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
13:00 - 14:00	Elite Para Swim Familiarization	Swim Course
14:00 – 15:45	Elite Para (PTS & PTVI) Race Ranger Installation Elite Para (PTWC) Handcycle & Wheelchair Check-in *Bicycles/tandems/handcycles/wheelchairs to remain at the venue during the night	Athlete's Lounge / Yamashita Park
15:00 – 16:00	Elite Swim Familiarization	Swim Course
15:30 – 16:00	Elite Para Registration	Perry's Room / Hotel New Grand 3F
16:00 – 16:45	Elite Para Athlete Briefing	Perry's Room / Hotel New Grand 3F
17:00 – 17:15	Elite Para Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F
17:00 – 17:30	Elite Registration	Rendezvous Lounge / Hotel New Grand 2F
17:30 – 18:15	Elite Athlete Briefing	Perry's Room / Hotel New Grand 3F
18:00 – 18:30	Elite Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F



## Event Schedule (as of 21 April)

16 May, SAT		
05:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
05:30 – 11:00	Bike Mechanic Service	Next to Athlete's Lounge / Yamashita Park
06:50 –	<b>Elite Para Competition</b> 6:50 PTS5-M 6:51 PTVI 1-M 6:51 PTVI 1-W 6:53 PTVI 2/3-M 6:54 PTVI 2/3-W 7:04 PTS5-W 7:05 PTS4-M 7:10 PTS2/3-M 7:11 PTS2/3/4-W 7:30 PTWC1-M 7:30 PTWC1-W 7:33 PTWC2-M 7:34 PTWC2-W	Course
10:15 –	<b>Elite Women Competition</b>	Course
13:00 –	<b>Elite Men Competition</b>	Course
15:00 -	Elite Women Medal Ceremony	Podium / Yamashita Park
15:15 -	Elite Men Medal Ceremony	Podium / Yamashita Park
15:45 -	Elite Para Medal Ceremony	Podium / Yamashita Park
17 May, SUN		
05:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
07:15 –	Age Group Competition	Course



## Venue

### Venue

The venue is located Yamashita Park, Yokohama. <https://maps.app.goo.gl/Qiyvx1S1nKkH4kUO9>

YOKOHAMA Visitors Guide <https://www.yokohamajapan.com/>

You can find any of the following on the website;

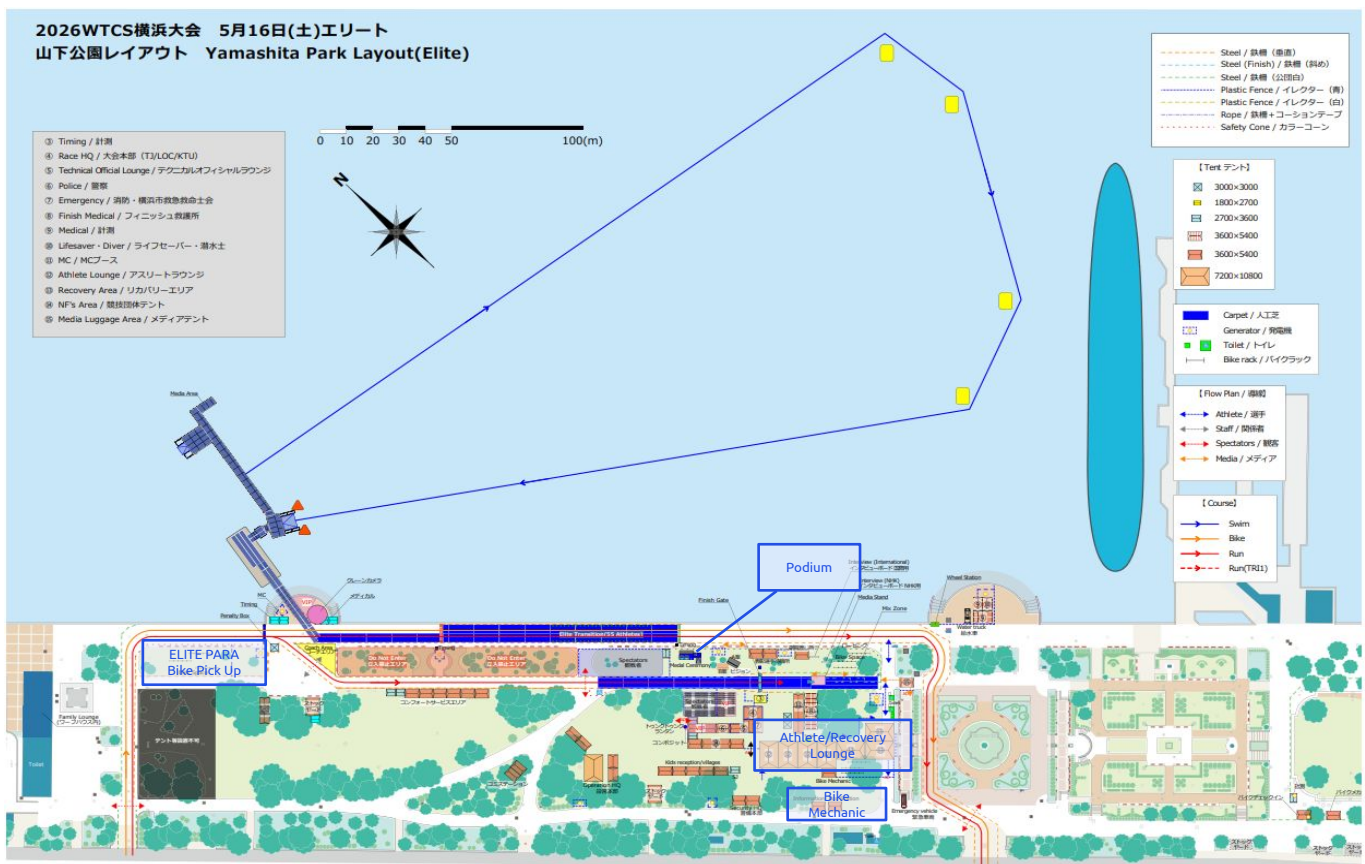
- Activities and Attractions
- Art and Museums
- Family Activities
- Food and Restaurants
- Bars and Nightlife
- Shopping
- Relax and Spa, and
- Outdoors and Sports

### Security

A private security company will be responsible for the venue security and community police and Field of Play (FOP) marshals will patrol around the Field of Play. Police and a certified traffic management company will manage the road closures and the traffic around the course.

### Flying drones near the event venue or course is strictly prohibited.

Unauthorized drone flights may interfere with the operation of the event. LOC kindly asks for your cooperation **NOT TO FLY drones**, to ensure a safe and successful race.





## Medical Services / Bike Mechanic Service

### Medical Services

First Aid and Emergency Medical Services will be available at the venue from May 14<sup>th</sup> until May 17<sup>th</sup> before and during the competition hours.

Medical and paramedical personnel from Hospitals in Yokohama City will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on-site at the post-finish area.

Possible medical services at the venue are free of charge. Treatment at clinics and during practice is to be paid by the participants. Athletes/Teams should ensure that they have appropriate medical insurance.

May 14<sup>th</sup> - 15<sup>th</sup> Location: LOC Office (Rainbow Ball Room / Hotel New Grand 2F)

May 16<sup>th</sup> - 17<sup>th</sup> Location: Venue / Medical Tent

### Bike Mechanic Service

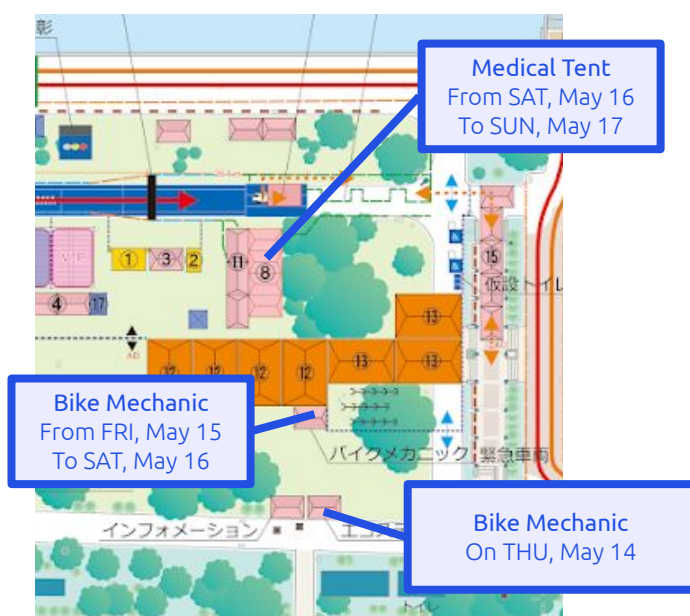
“SHIMANO” will offer a comprehensive bike mechanic support from May 14<sup>th</sup> to 16<sup>th</sup> and is also available in case of emergency.

THU, May 14<sup>th</sup> 10:00-16:00 Location: Next to Athlete Lounge

FRI, May 15<sup>th</sup> 10:00-18:00 Location: Next to Athlete Lounge

SAT, May 16<sup>th</sup> 05:30-11:00 Location: Next to Athlete Lounge

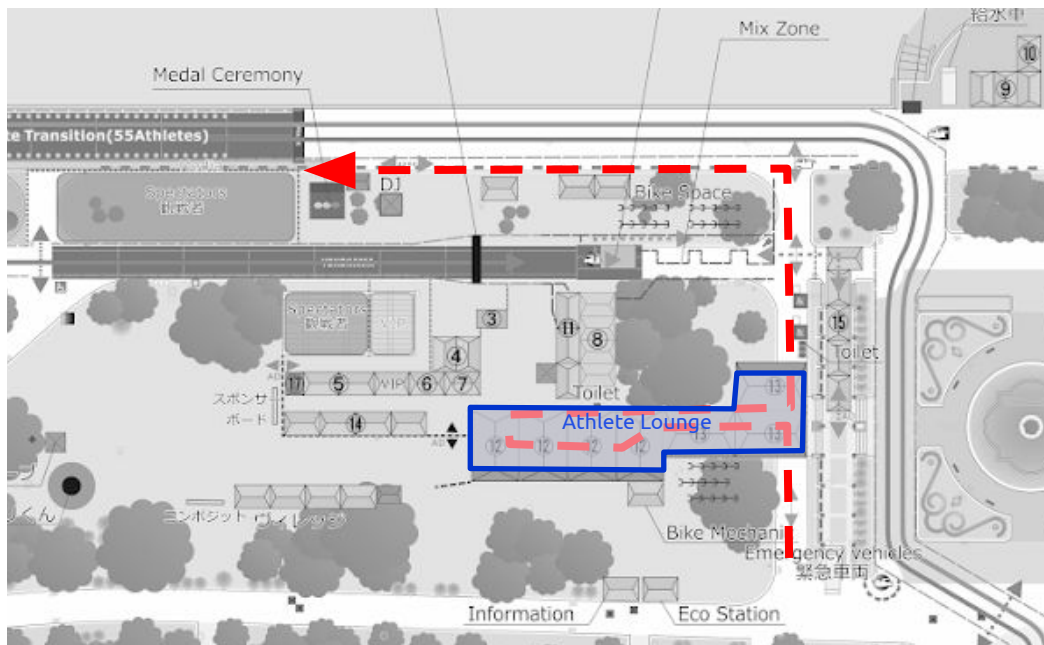
## SHIMANO



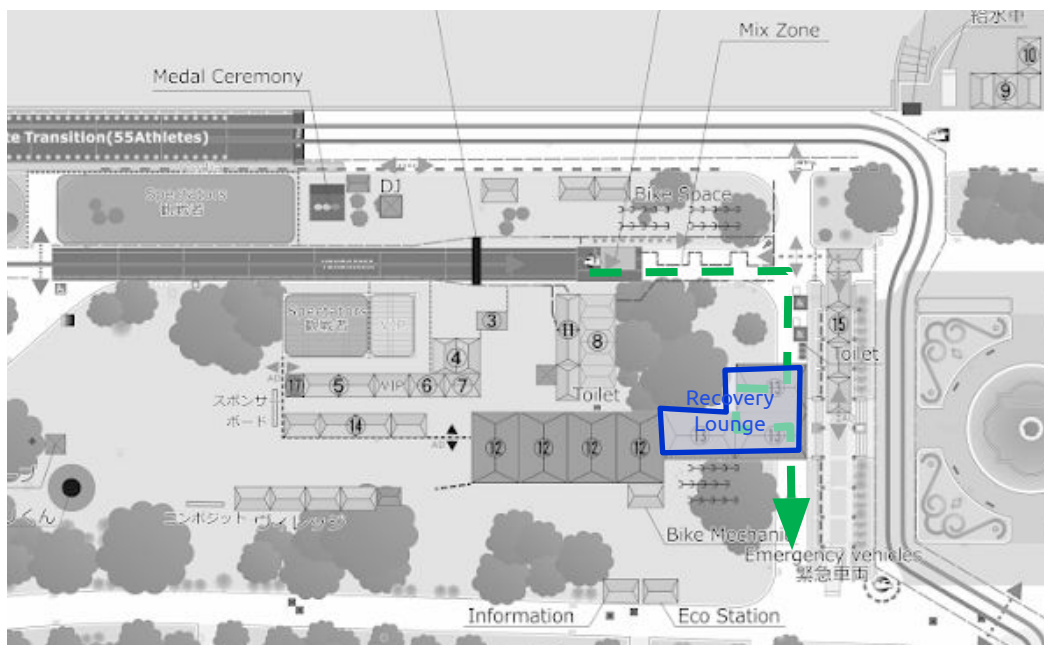


# Athletes Lounge

Before race



After race



## Athletes' Briefing

### Athletes' Briefing

#### For ELITE

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 15<sup>th</sup> May

Schedule:

17:00 – 17:30 Athletes' Registration

17:30 – 18:00 Athletes' Briefing

18:00 – 18:30 Race Package Distribution

- Race Package:  
Body Decal / Bike & Helmet Sticker / Kit Bag / LOC gift

#### For ELITE PARA

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 15<sup>th</sup> May

Schedule:

15:30 – 16:00 Athletes' Registration

16:00 – 16:30 Athletes' Briefing

17:00 – 17:15 Race Package Distribution

- Race Package:  
Body Decal / Bike & Helmet Sticker / Kit Bag / LOC gift

### Team Medical Meeting

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 15<sup>th</sup> May

Schedule: 18:00 – 19:00



## Training Information (Swim)

### Swim (Ocean training)

The athletes **CANNOT** swim at swim course/Venue except the swim familiarization day and the race day.

Swim Familiarization: 15<sup>th</sup> May ELITE 15:00 – 16:00 / ELITE PARA 13:00 – 14:00 \* All buoys set up

### Swim (Pool training)

Location: [Minato Sogo High School](#)

Facility: 25m / 5 lanes / Depth 1.2m / Water Temperature 25°C

Period / Opening Time:

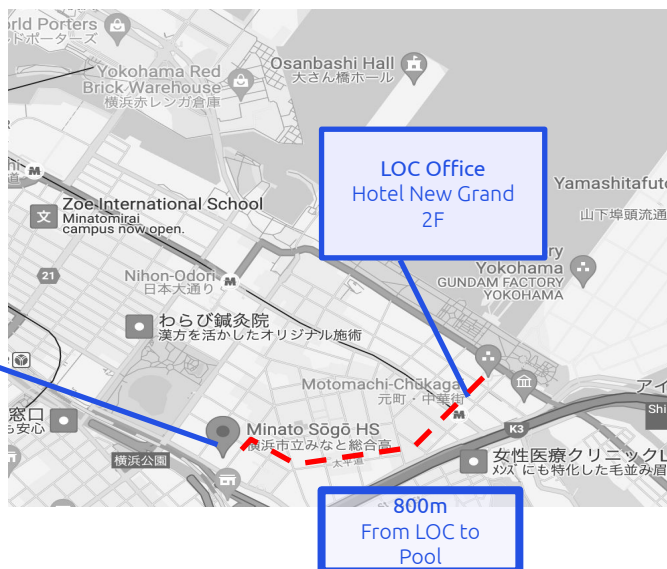
TUE, May 12<sup>th</sup> 11:00-14:30

WED, May 13<sup>th</sup> 09:00-14:30

THU, May 14<sup>th</sup> 09:00-15:00

FRI, May 15<sup>th</sup> 09:00-12:00

Access:



### Booking form:

#### URL \*TBA

**\*The booking form will open at 13:00 Japan Standard Time on 1 May.**

Cost: Free

Each athlete or country may make one reservation per day, in one-hour slots. If more than one reservation is made in a single day, the LOC will cancel all reservations after the first one.

- The pool has five lanes, and all lanes are available for reservation.
- Reservations are accepted on a first-come, first-served basis.
- Each lane may be used by 5 to 6 athletes, with a total of 25 to 30 athletes per time slot. Please limit each lane to no more than 6 people.
- Access to the school is permitted only during the time designated by the LOC.
- Photo ID will be checked upon entry, so please be sure to bring one with you.
- **Athletes, coaches, and staff whose names are not registered on the TRI registration website will not be admitted to the pool facility.**
- No transportation will be provided between the hotels and the swimming pool for Elite athletes. Please arrange your own transportation.
- Bicycles may be parked at the entrance on the first floor of Minato Sogo High School.



## Training Information (Swim)

### Please note

- As classes will be in session at the school, please follow the designated access times. Please gather at the reception tent on the 1st floor at least 10 minutes before the start of your training session.
- Coaches, athletes, and staff must confirm the name under which the reservation was made at reception and will receive a wristband. Please put it on immediately and wear it when entering the school. If you will train on both days, please keep the wristband and wear it again when checking in on the second day.
- As classes will be in session, please keep noise to a minimum while moving around the school.
- To keep the pool clean, please remove all makeup and sunscreen in the shower and blow your nose before entering the pool.
- School equipment is not available, so please bring your own training gear.
- Please take all trash with you when you leave.

### Timetable for training slot

Time	12 May, Tue	13 May, Wed	14 May, Thu	15 May, Fri
9:00–10:00	—	—	Available	—
9:15–10:15	—	Available	—	Available
10:00–11:00	—	—	Available	—
10:15–11:15	—	Available	—	Available
11:10–12:10	Available	—	—	—
11:15–12:10	—	Available	—	Available
11:30–12:40	—	—	Available	—
12:25–13:25	Available	—	—	—
12:30–13:30	—	Available	—	—
13:00–14:00	—	—	Available	—
13:25–14:25	Available	—	—	—
13:30–14:30	—	Available	—	—
14:00–15:00	—	—	Available	—

### Additional Swim Training Venue

In addition to the official swim training venue, athletes may also use the pool at YC&AC for swim training. Please note that the usage fee must be paid individually by each athlete.

Venue: YC&AC

Website: <https://ycac.jp>

Usage Fee: To be paid individually by each athlete (<https://ycac.jp/wp-content/uploads/2023/12/YCAC-Guest-Fees-Rules-2024.pdf>)

Opening Hours:

Mon–Fri: 10:00 a.m. – 6:00 p.m.

Sat/Sun: 9:00 a.m. – 6:00 p.m.

Facility: Outdoor 25m pool

Water Temperature: Around 20°C

\* Wetsuits are permitted.

\* A hot tub is available on the poolside.

## Training Information (Bike for ELITE PARA)

### Bike Training for ELITE PARA

Location of the training site : Specially prepared site, on the north of Red Brick Warehouse

Date & Time : WED 13 May, 09:00– 11:00, THU 14 May, 09:00 – 11:00.

#### 【For PTWC athletes】

- Since both Handcycle and Competitive Wheelchair are not allowed on public road, local TO staff will escort you from Hotel New Grand to the site and back, in order to keep you safe from public traffic.
- PTWC athletes can train Bike or Run.

Meeting time : 08:50 for training from 9:00, or 09:50 for training from 10:00.

Meeting location : On the side of the intersection in front of Hotel New Grand.

**Please note that you will not be able to go to the training venue, if you are late.**



## Training Information (Bike)

### Training for bike & run

Athletes may ride and run on public roads.

**However, access to the wharf during race week is prohibited.**

When riding and running, please be sure to observe the Japanese Traffic Rules.

- Please bring your own equipment.
- Training equipment (smart trainers and indoor rollers) are NOT available for rent.
- You can find basic Japan's traffic rules as below;



Traffic Rules for Pedestrians and Cyclists, by National Police Agency

[https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic\\_safety/traffic\\_rules/index.html](https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.html)

Tandem bicycle are allowed on public road in the Kanagawa Prefecture.

**Please note that Hand Cycle or Competitive Wheelchair are still NOT allowed on public roads.**

**\*\*Part of the revised Road Traffic Act regulations related to bicycles, which will come into effect on April 1\*\***

Violation	Fine
Using a mobile phone while riding a bicycle	12,000 yen
Riding while holding an umbrella	5,000 yen
Wearing headphones while riding	5,000 yen
Riding double (two people on one bicycle)	3,000 yen
Ignoring traffic lights	6,000 yen
Failure to come to a full stop	5,000 yen
Riding on the right side (wrong-side riding)	6,000 yen
Obstructing pedestrians crossing at a crosswalk	6,000 yen
Slow riding on sidewalks (obligation to keep pace)	3,000 yen
Riding side-by-side with two or more bicycles	3,000 yen
Not using lights at night	5,000 yen

## Bike & Run Familiarization

### Bike & Run Familiarization

A bike & run familiarization is provided by the LOC.

**Bike and Run familiarization will be conducted under control by LOC and police. It is mandatory for athletes to follow the instruction of LOC and police.**

For ELITE PARA FRI, May 15<sup>th</sup> 06:00 – 06:24

For ELITE FRI, May 15<sup>th</sup> 06:25 – 06:41

For PTWC Run FRI, May 15<sup>th</sup> 06:42 – 06:56

For PTVI/PTS Run FRI, May 15<sup>th</sup> 07:00 – 07:20

### Meeting Location



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 2nd lap of the 1st group, the second familiarization group stand-by on transition area in the Yamashita Park.
- Once the 1st group completed the familiarization, 2nd group starts.
- During the 2nd familiarization, PTWC athletes switches from their hand cycle to competitive wheelchair for run.
- After the 2nd familiarization completed, the 3rd group of PTWC Run with competitive wheelchair starts.



## Bike & Run Familiarization

### 1<sup>st</sup> Group : ELITE PARA (PTVI / PTS / PTWC) Bike

- Familiarization Time : 6:00 – 6:24

- Meeting Time : 5:50

- Meeting Point : Transition area in the Yamashita Park.

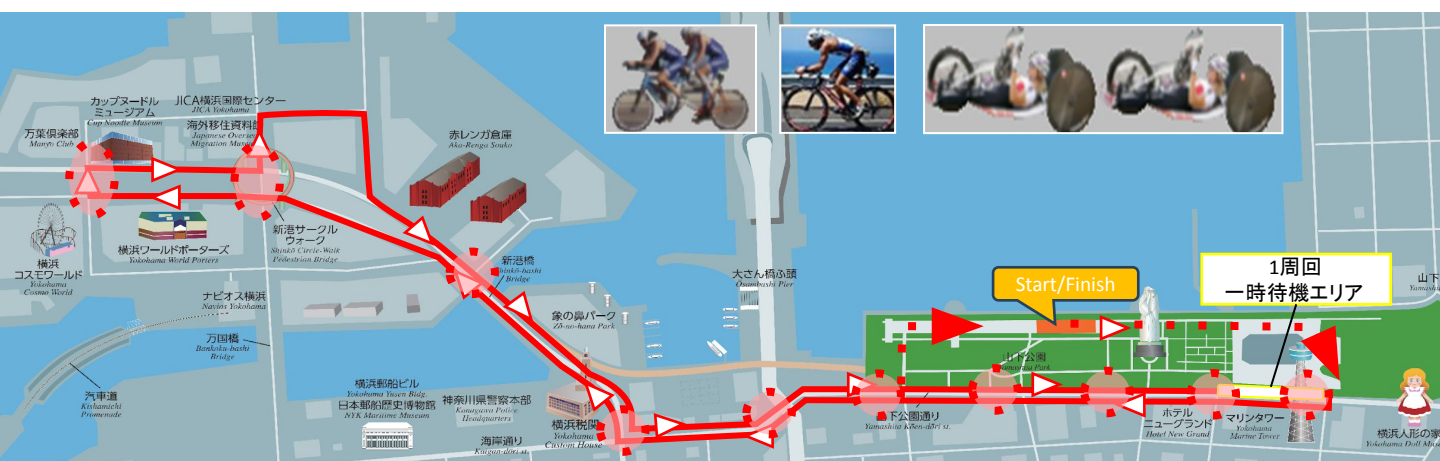
- 1st lap : Start by following the leading TO, not coming into Yamashita Park.

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

- 2nd 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.



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

Formation ;

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



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




## Bike & Run Familiarization

### 2<sup>nd</sup> Group : ELITE Bike

- Familiarization Time : 6:25 – 6:41
  - Meeting Time : 6:15
  - Meeting Point : Transition area in the Yamashita park.
  - 1st lap : Start by following the leading TO.
- At the end of the 1st lap, police motorcycles will not come into Yamashita Park, but athletes go through transition in the park by following the leading TO.
- 2nd 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.**



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

### Formation ;

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



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Regular bike  
athletes



Tail  
TO



Public  
relations  
vehicle



Police  
car

### Note :

Elite athletes may have a bike familiarization on race day if the weather is different to the planned familiarization,  
Elite Women & Men : 09:15 - 09:35 on Saturday, 16th May 2026.



## Bike & Run Familiarization

### 3<sup>rd</sup> Group : ELITE PARA (PTWC) Run

- Familiarization Time : 6:42 – 6:56
- Meeting Time : 6:35
- Meeting Point : Transition area in the Yamashita park
- 1st lap : Start by following the leading TO.

On the first lap, do not enter Yamashita Park; make a U-turn in front of the Marine Tower.

Temporarily stop on the public road to regroup before restarting. On the second lap, enter Yamashita Park and finish.

Note that no police motorcycle nor car will come into the area of Red brick warehouse & Yamashita Park. Only TO will lead athletes in the area.

Waiting Area after 1st lap

Start/Finish



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

Formation ;

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



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Competitive  
Wheelchair  
athletes



Tail  
TO



Public  
relations  
vehicle



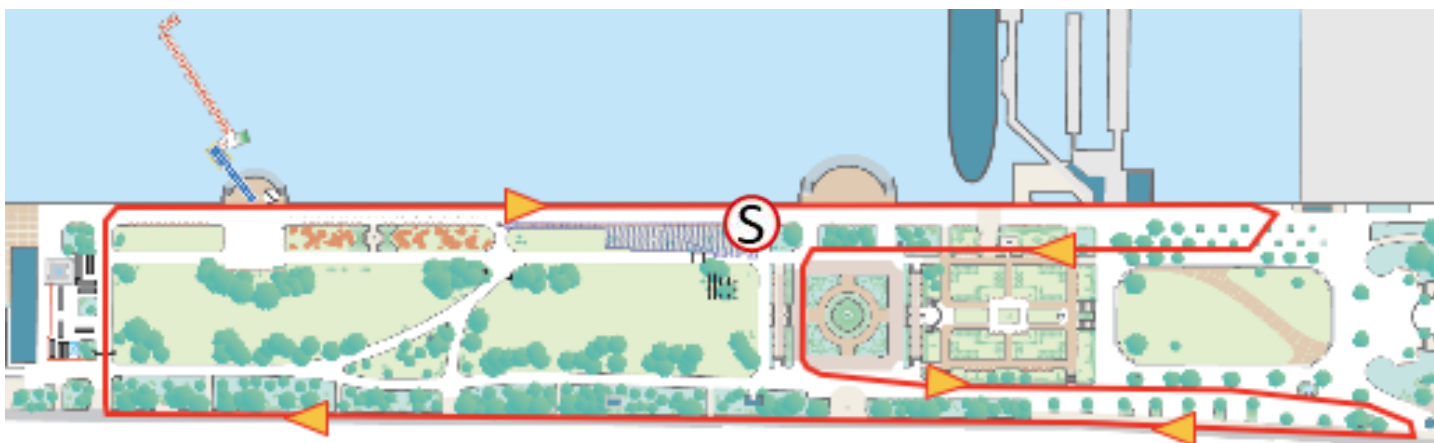
Police  
car



## Bike & Run Familiarization

### 4<sup>th</sup> Group : ELITE PARA (PTS / PTVI) Run

- Familiarization Time : 7:00 – 7:20
  - Meeting Time : 6:55
  - Meeting Point : Transition area in the Yamashita park
  - 1st lap : Start by following the leading TO.
- Until 7:20, athletes can run on the course.



Meeting Point / Start position (transition area) **S**

## Swim Familiarization

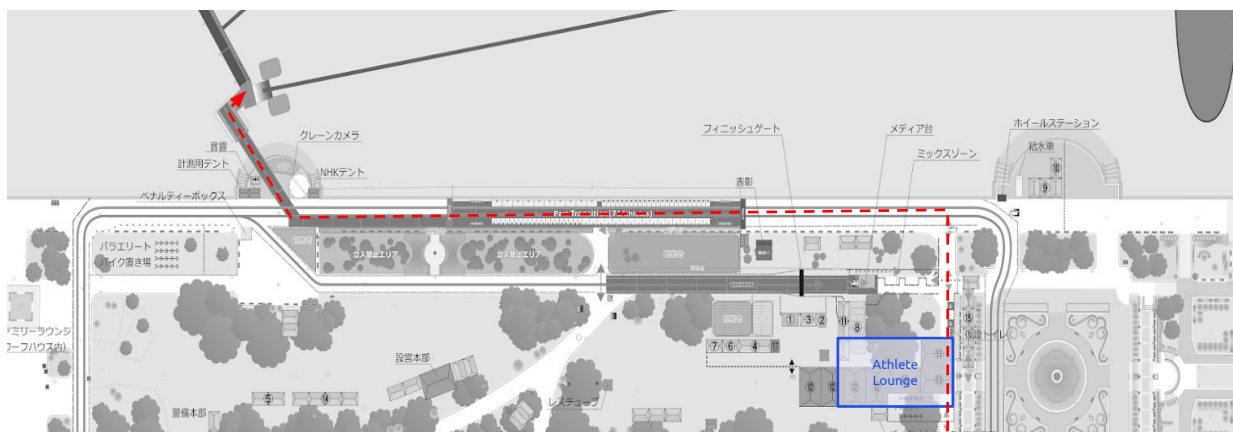
### Swim Familiarization

A swim familiarization is provided by the LOC. All buoys will be set up on the swim course.

For ELITE PARA      FRI, May 15<sup>th</sup> 13:00 – 14:00

For ELITE              FRI, May 15<sup>th</sup> 15:00 – 16:00

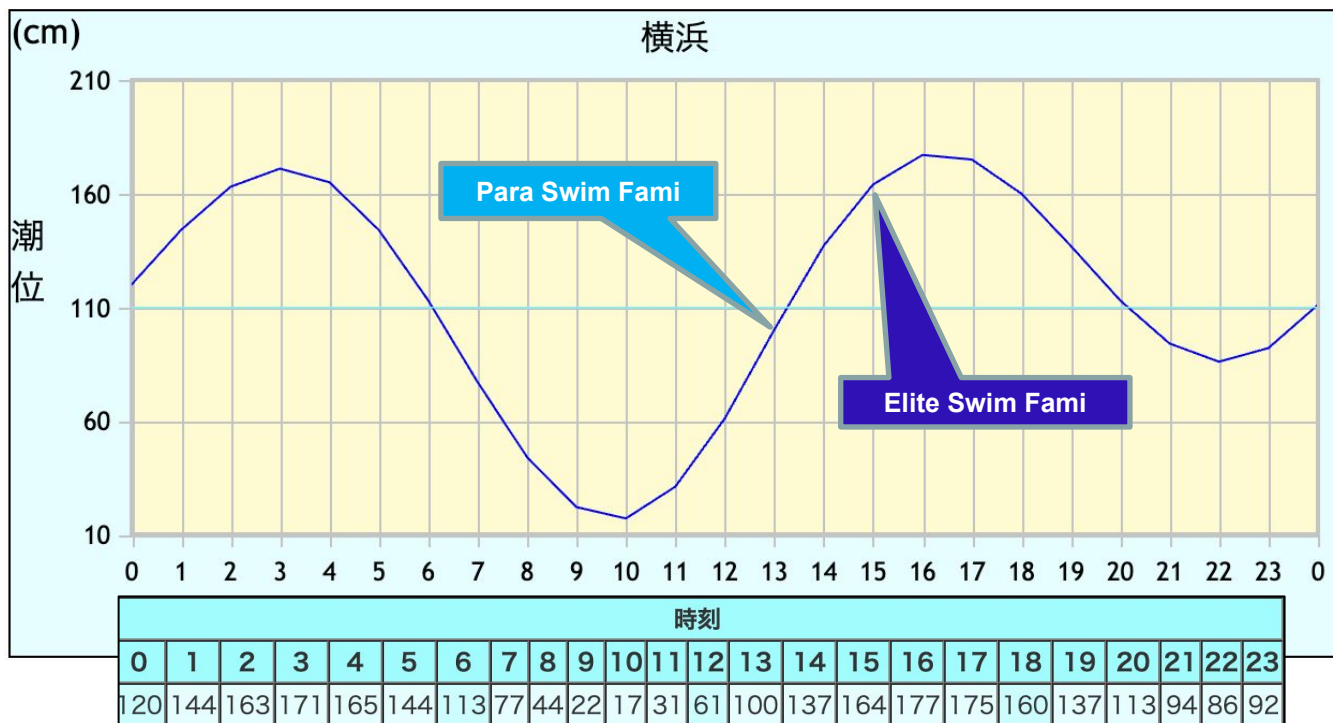
- AD control will be conducted during the swim familiarization. Please bring your “AD Card or Photo ID”.
- Please come through the Athletes Lounge to the swim course.
- ELITE / ELITE PARA athletes and GUIDE can swim whole course.



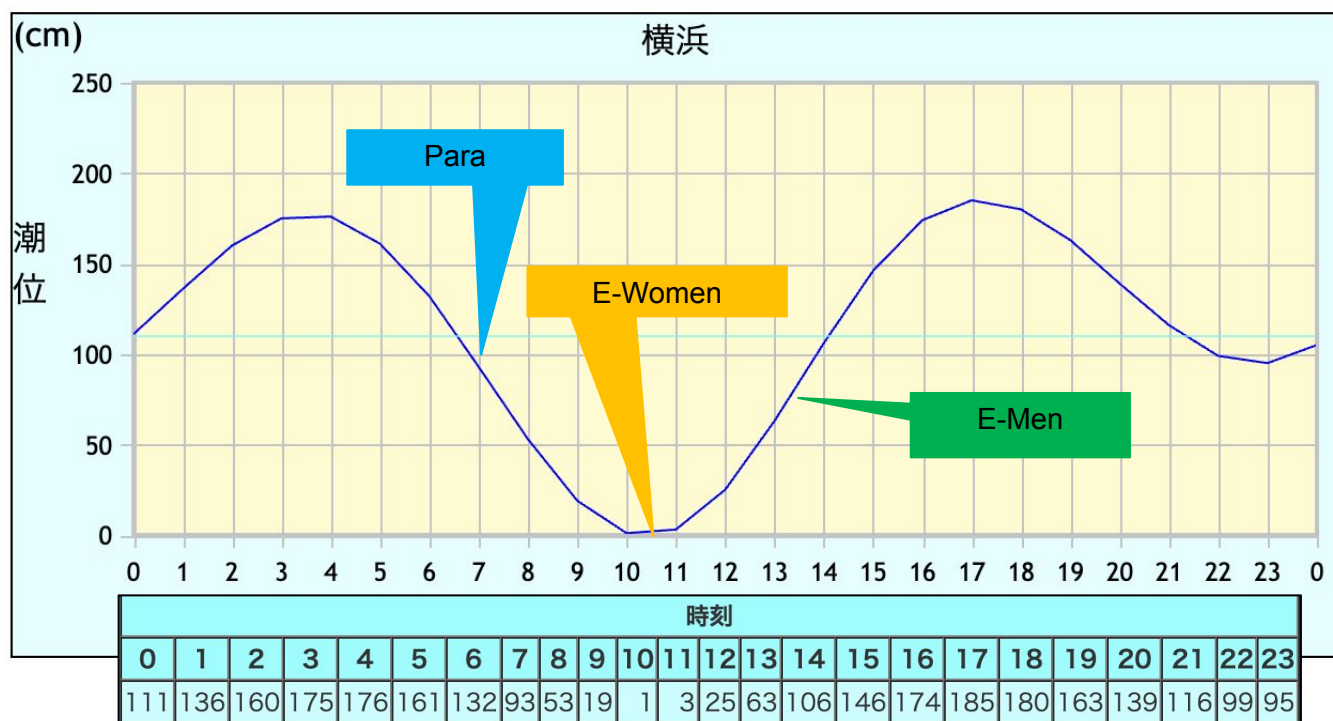


## Tide Table

### FRI, May 15<sup>th</sup> Swim Familiarization



### SAT, May 16<sup>th</sup> Race Day



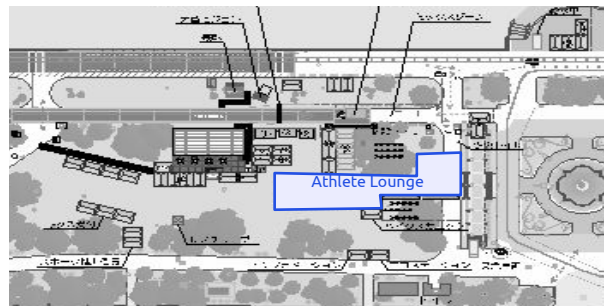


## Race Ranger Instruction (ELITE PARA Only)

PTVI&PTS athletes need to leave their bikes at athletes' lounge from 14:00 to 15:45 on FRI, 15 May. Bikes will be stored securely overnight and have Race Ranger installed ready for Athletes to collect their bikes on Saturday morning for athlete lounge check in.

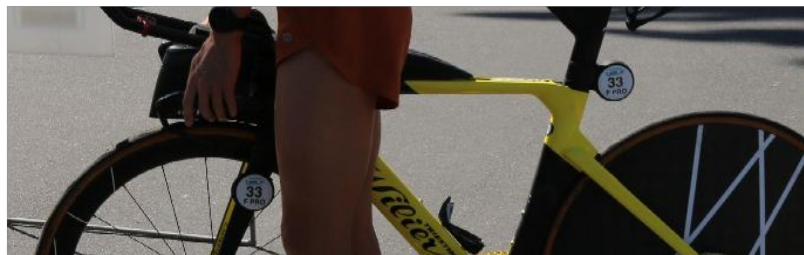
\*Also handcycles and wheelchairs to remain at the venue during the night.

Regarding installing your bikes please confirm the following guide ;



### RACERANGER – ATHLETE BIKE FITTING NOTES

The RaceRanger system requires each athlete to fit 2 devices to their bike. One at the front fork, and one at the rear seat-post / seat-tube. Devices will be fitted by RaceRanger staff at the event, at a time to be notified in the lead-up to the event. This is usually the day before the event at the bike racking time, or the elite briefing.

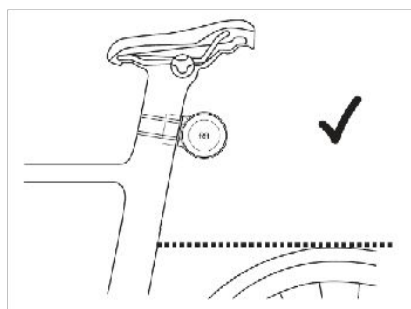
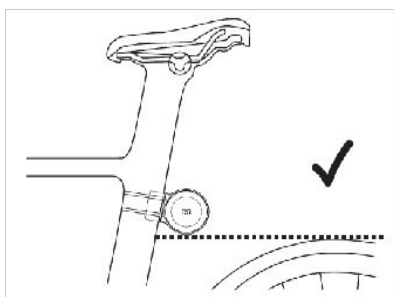


#### ALLOWING SPACE

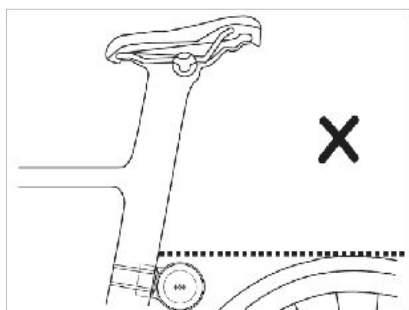
The Rear RaceRanger device in particular, requires athletes to leave adequate space at the back of the bicycle, to be able to mount the units. The purpose of this document is to notify athletes of these space requirements in advance of the competition, so that they can ensure they allow enough space for the devices. Athletes arriving at bike check-in without adequate space, will be asked to alter their set-up

#### SPACE REQUIRED (Rear)

1. The rear device must be mounted above the horizontal line from the top of the rear tyre.



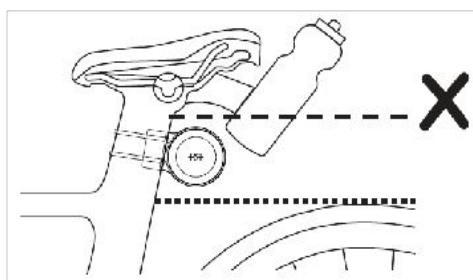
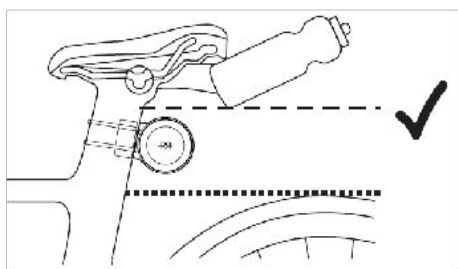
## Race Ranger Instruction (ELITE PARA Only)



RACE RANGER

2. The devices are 7cm in height, and require 9cm of space on the rear edge of the bicycle.

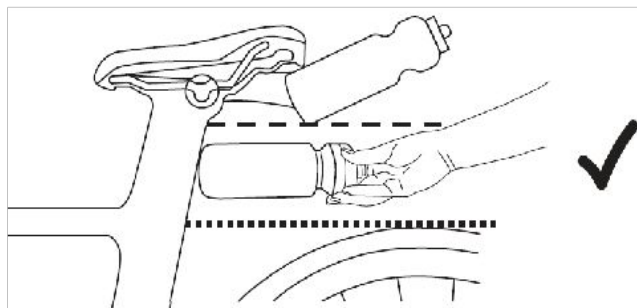
Drink Bottles / Nutrition / Spares & tools etc, must be mounted at least 1cm above the device horizontally, to allow a clear view of the lights from the rear, for a following athlete.



### BOTTLE TEST

The rear devices are slightly taller than the diameter of most sports water bottles.

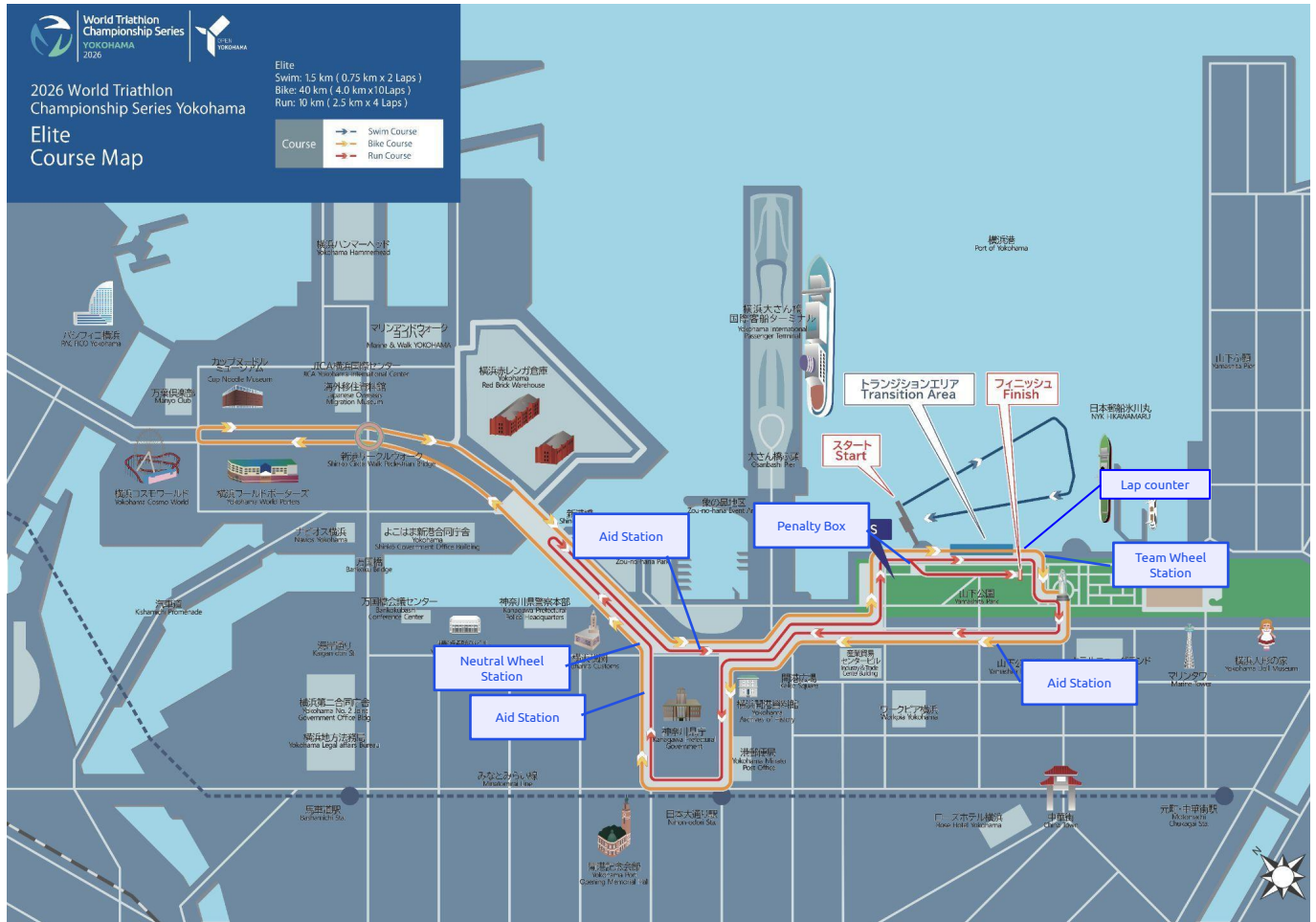
**As a guide, to have enough room for the Rear RaceRanger device, you should be able to fit a water bottle horizontally above the tyre and below your drink bottles / gear with 1cm free space above, and 1cm free space below.**



If you have any questions regarding the above information, please send your question and a picture of your bicycle, photographed from the side as above to;

[hello@RaceRanger.com](mailto:hello@RaceRanger.com)

## ELITE Course



**ELITE / Standard Distance**  
 Swim: 1.5km(750m 2 laps)  
 Bike: 40km(4km 10 laps)  
 Run: 10km(2.5km 4 laps)

### Aid Station

3 aid stations are located on the run course, we will be providing sealed bottles of water.

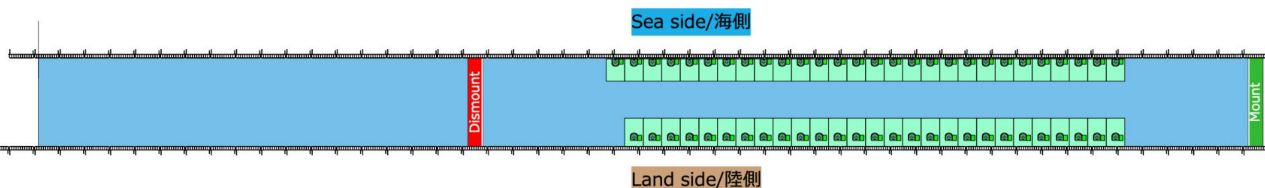
### Penalty Box

The penalty box will be located before transition just before the finish line.

## Transition Area / ELITE Swim Course

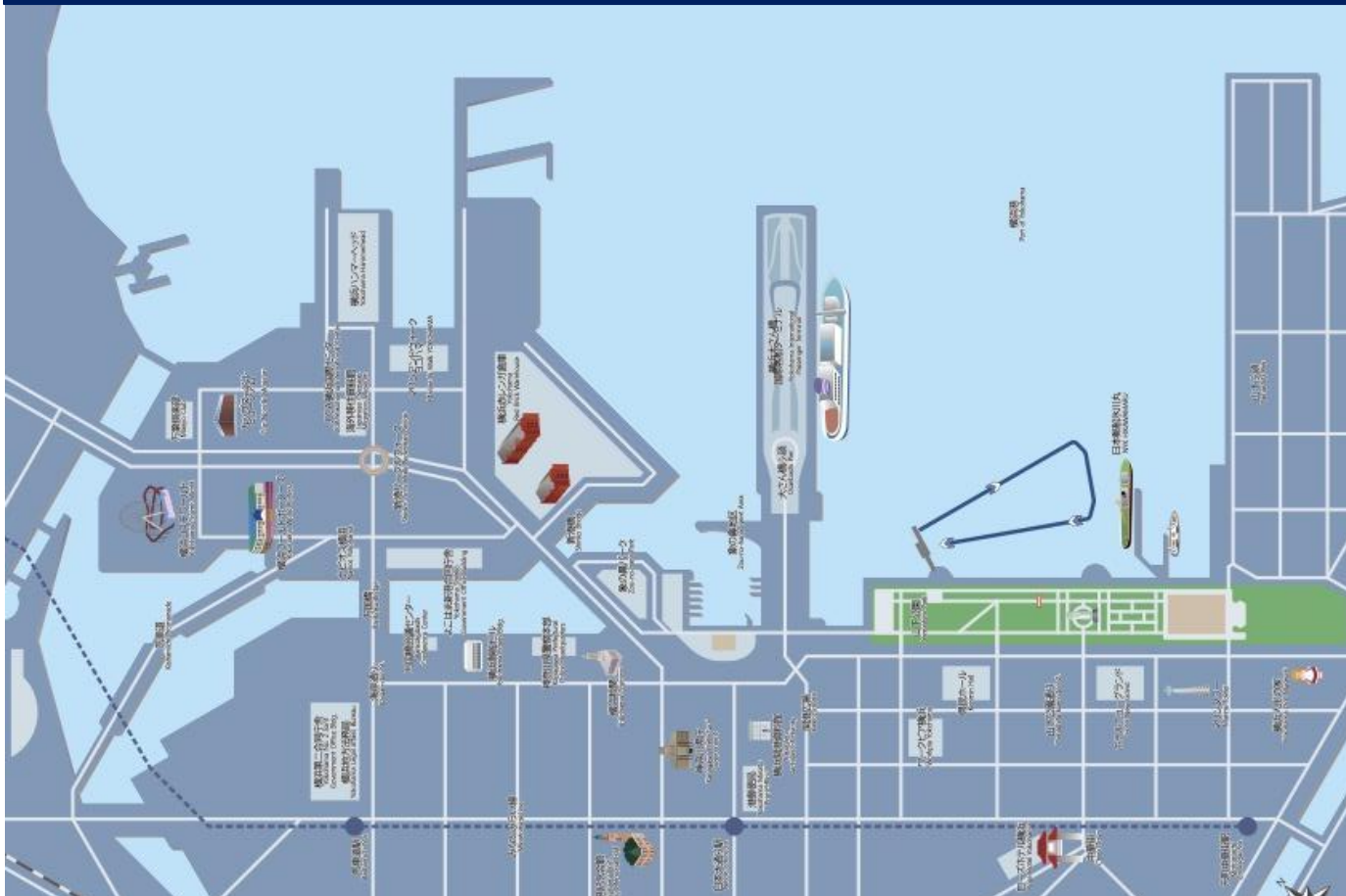
### Transition Area

#### Elite



The transition area for ELITE PARA will be remove their bike racks after ELITE PARA events for ELITE events.

### Swim 1500m (750m 2 laps)



The swim will be the pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

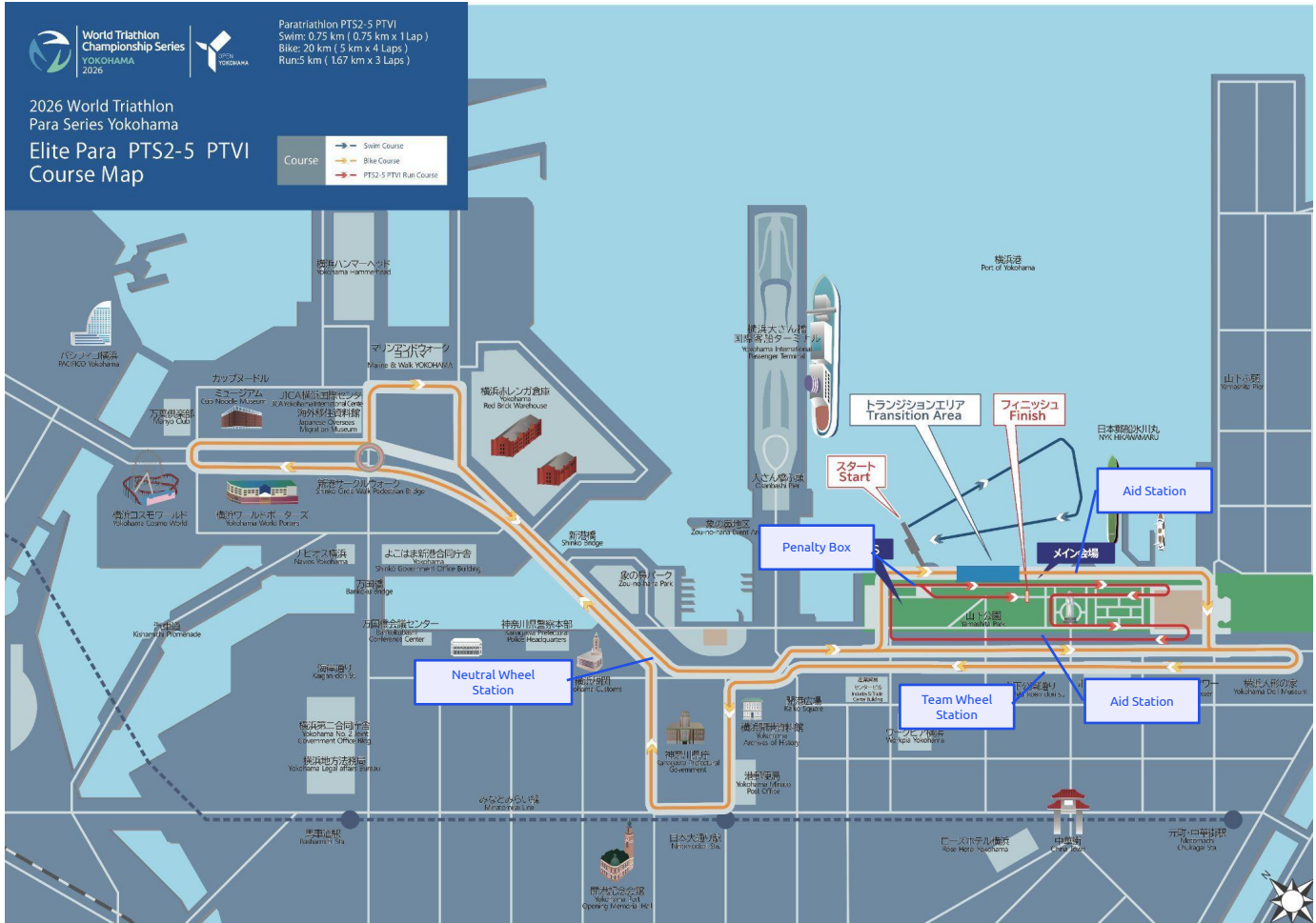
The athletes are required to leave their last-minute gear at the swim start inside a dedicated box. It will be carried by TO and LOC staff those boxes back to the Athletes Lounge.

Water temperature will be 19 - 20°C in May.





## ELITE PARA PTS2-5 / PTVI Course



### ELITE PARA PTS2-5 / PTVI / Sprint Distance

Swim: 750m (750m 1 lap) Bike: 20km (5km 4 laps) Run: 5km (1.67km 3 laps)

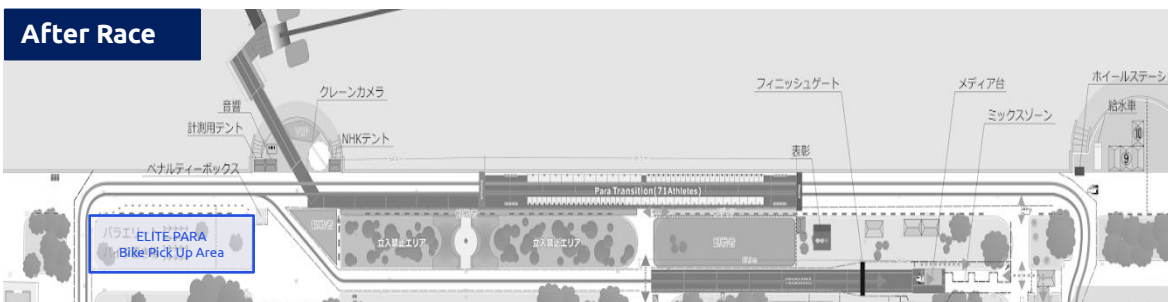
#### Aid Station

2 aid stations are located on the run course, we will be providing sealed bottles of water.

#### Penalty Box

The penalty box will be located before transition just before the finish line.  
The Bike penalty box for PTWC will be located on the bike course (see above).

### After Race

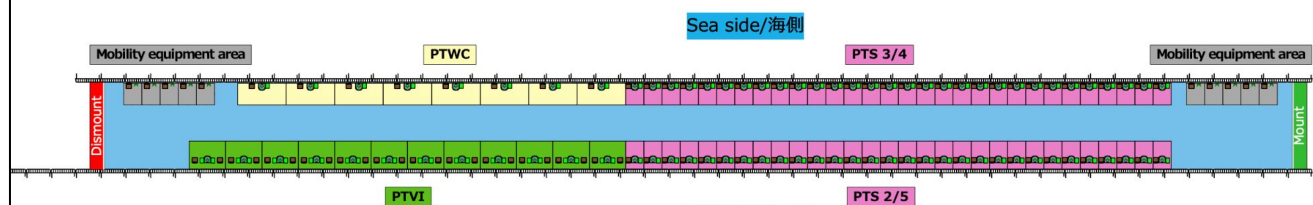


Elite Para Bikes will be moved to the Pick Up Area by LOC team after the competition.  
Please pick up your own bikes.

## ELITE PARA PTS2-5 / PTVI Transition Area / Swim Course

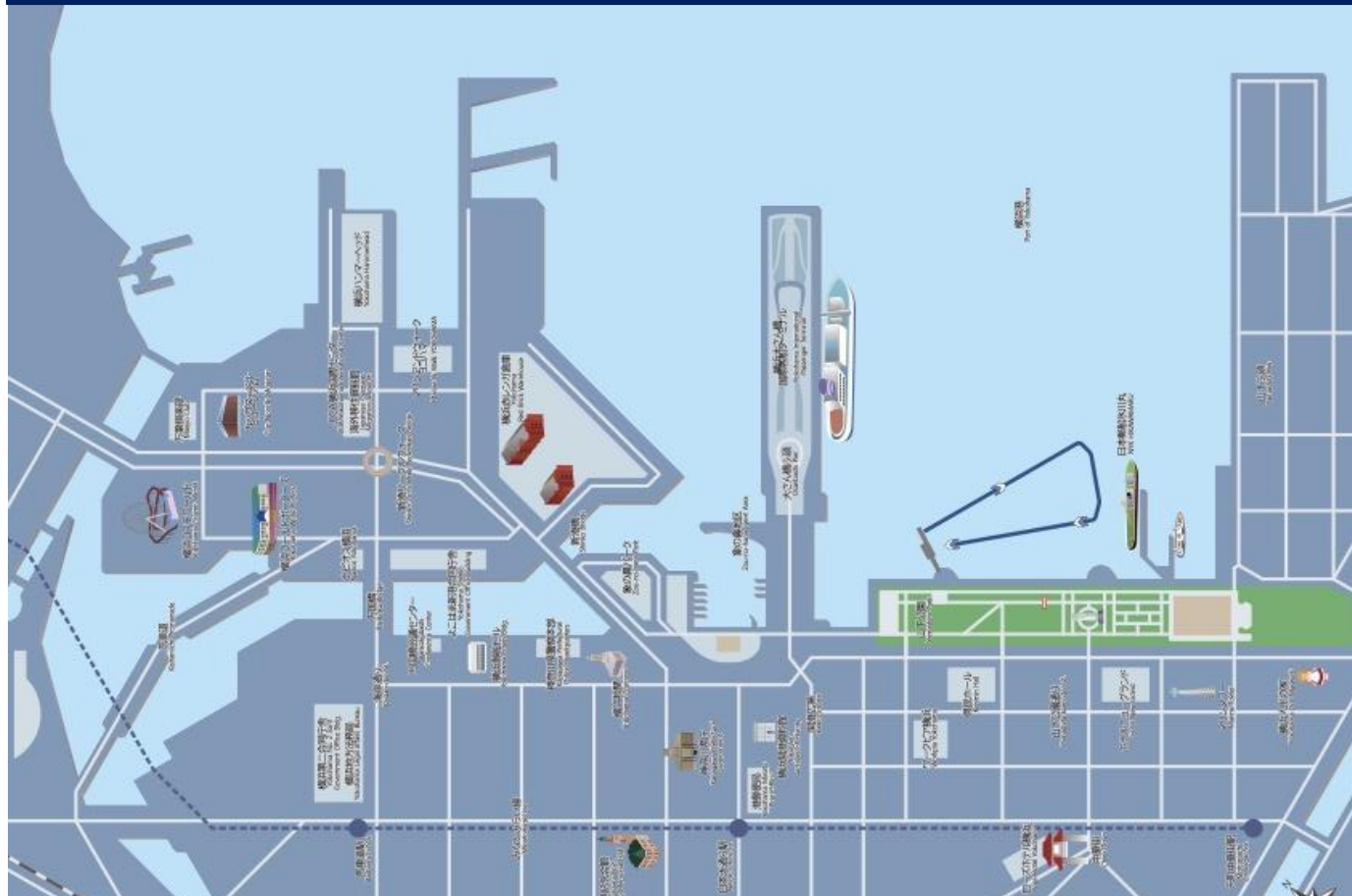
### Transition Area

#### Elite Para



The transition area for ELITE PARA will be remove their bike racks after ELITE PARA events for ELITE events.

### Swim 750m (750m 1 lap)



The swim will be the pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

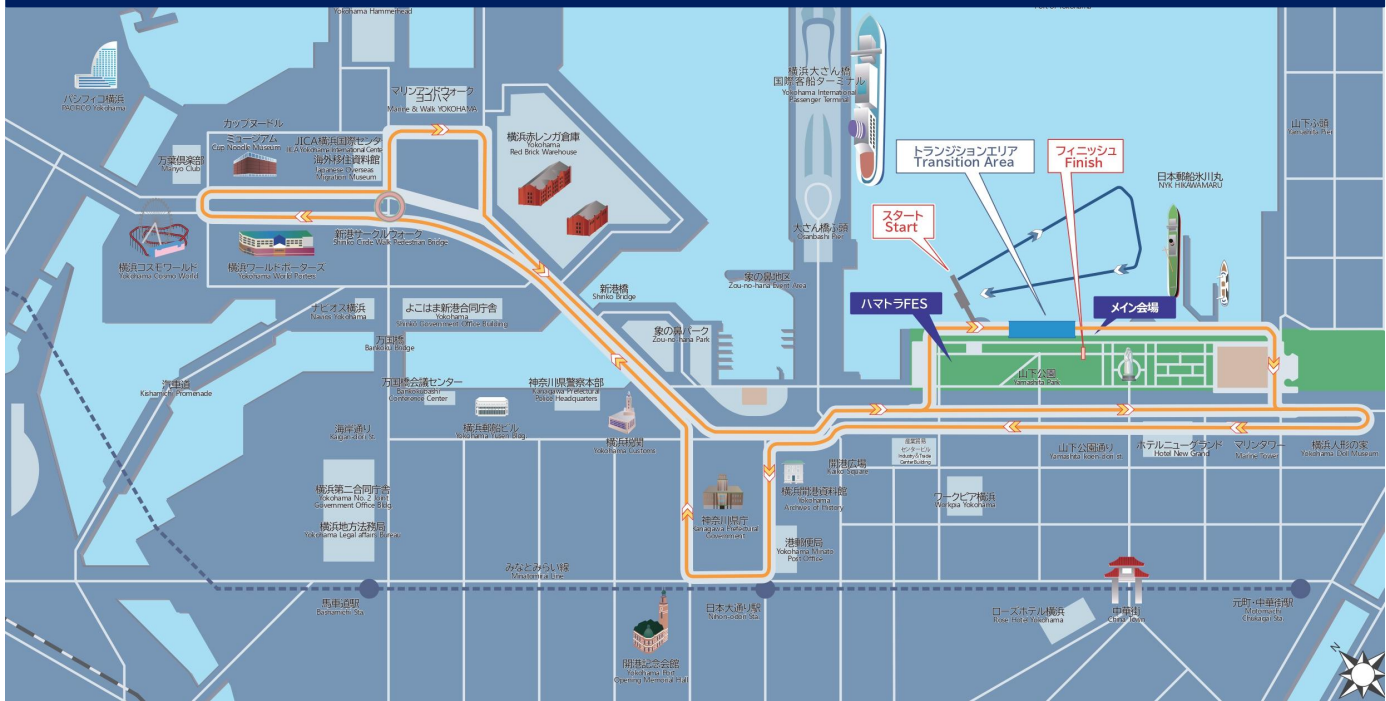
The athletes are required to leave their last-minute gear at the swim start inside a dedicated box. It will be carried by TO and LOC staff those boxes back to the Athletes Lounge.

Water temperature will be 19 - 20°C in May.

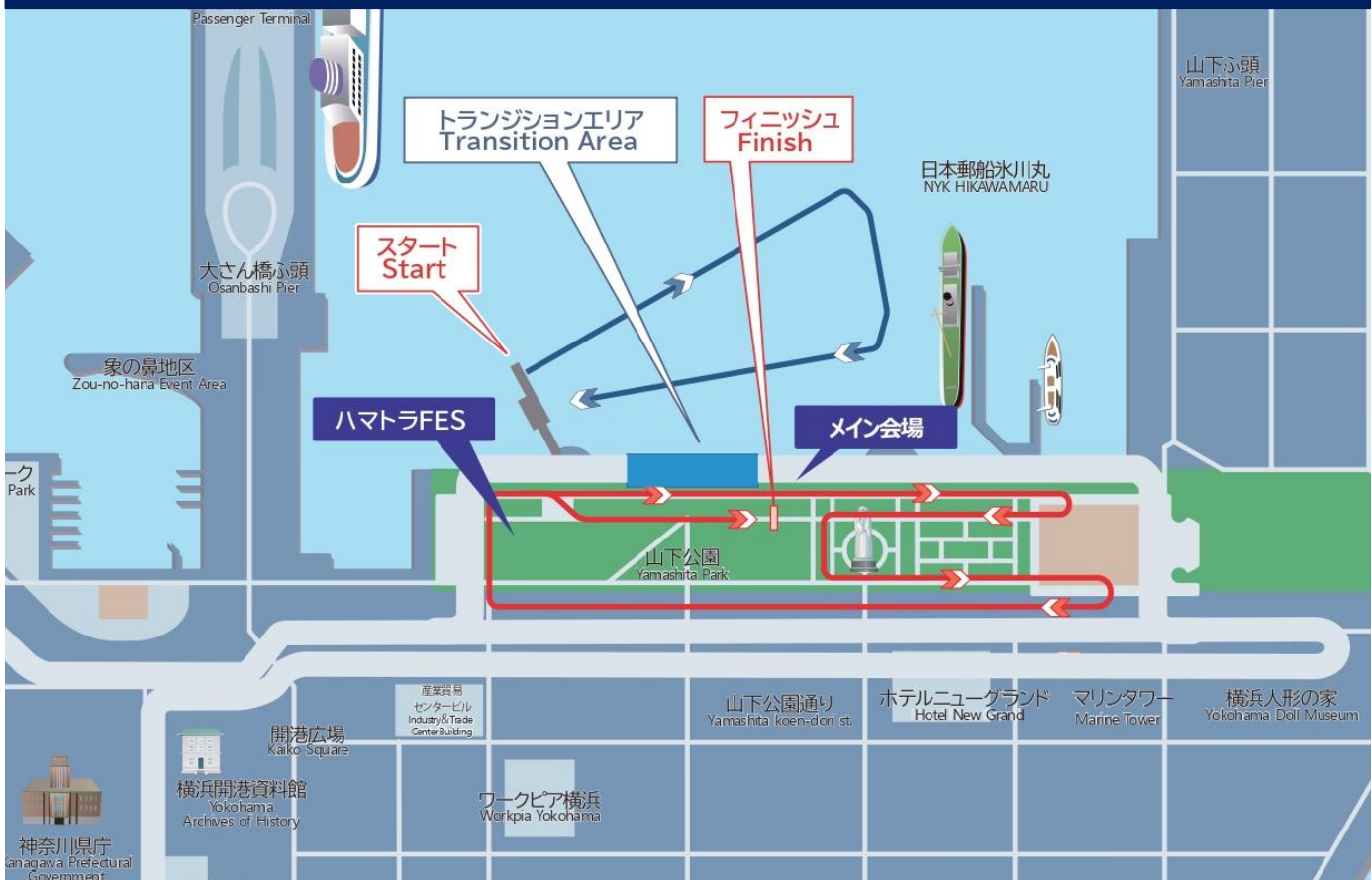


# ELITE PARA PTS2-5 / PTVI Bike Course / Run Course

## Bike 20km (5km 4 laps)



## Run 5km (1.67m 3 laps) for PTS & PTVI



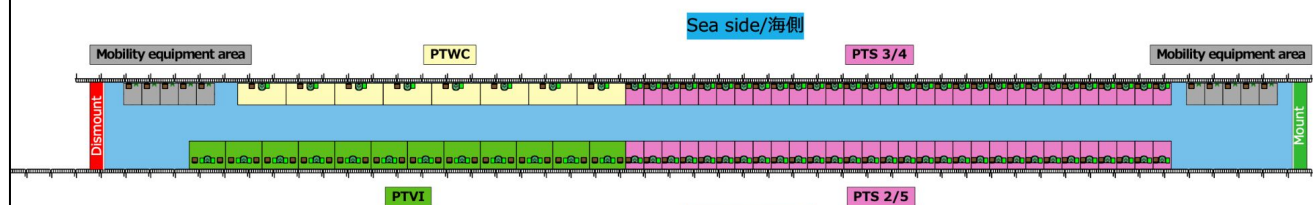




## ELITE PARA PTWC Transition Area / Swim Course

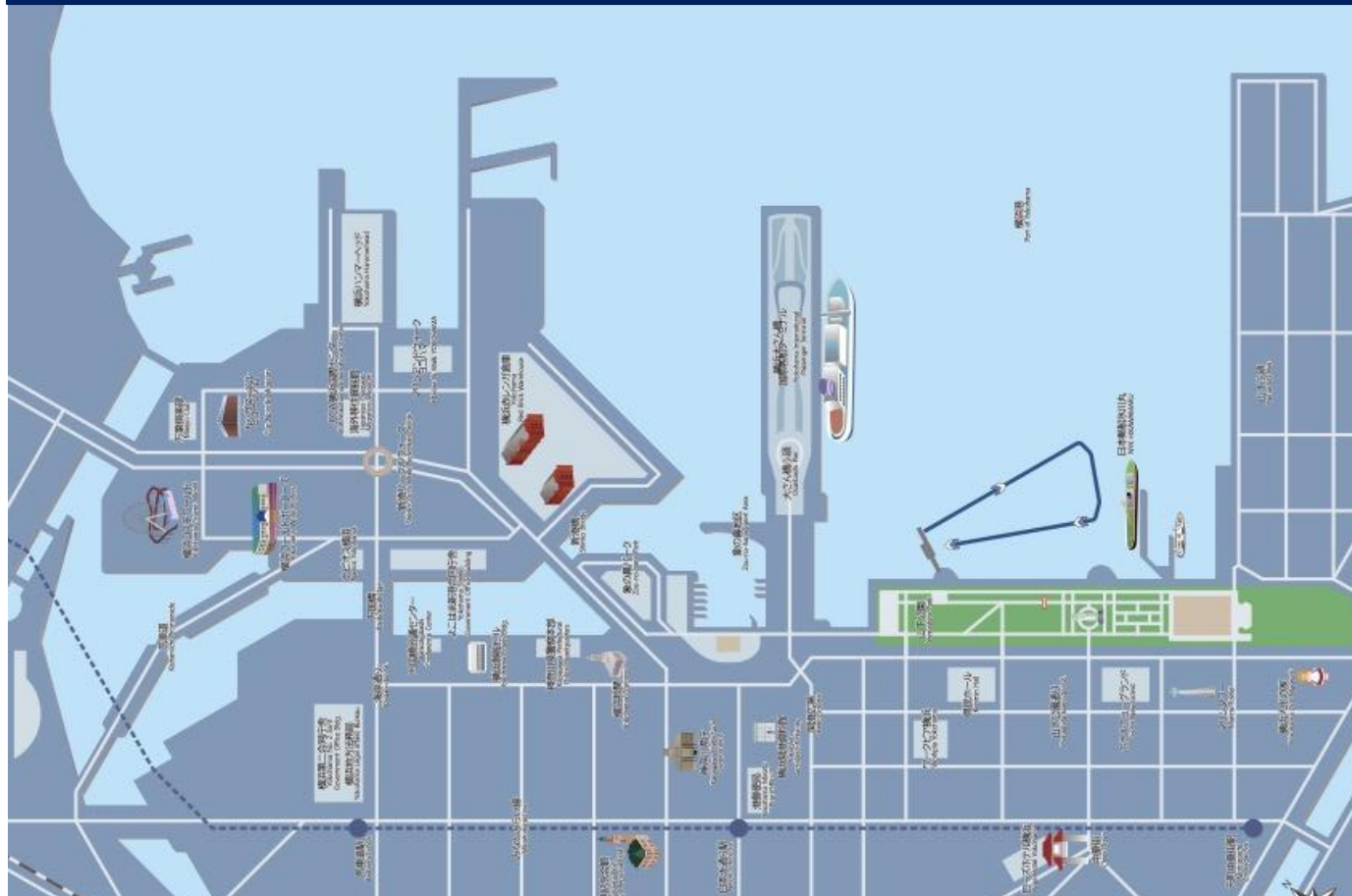
### Transition Area

#### Elite Para



The transition area for ELITE PARA will be remove their bike racks after ELITE PARA events for ELITE events.

### Swim 750m (750m 1 lap)



The swim will be the pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

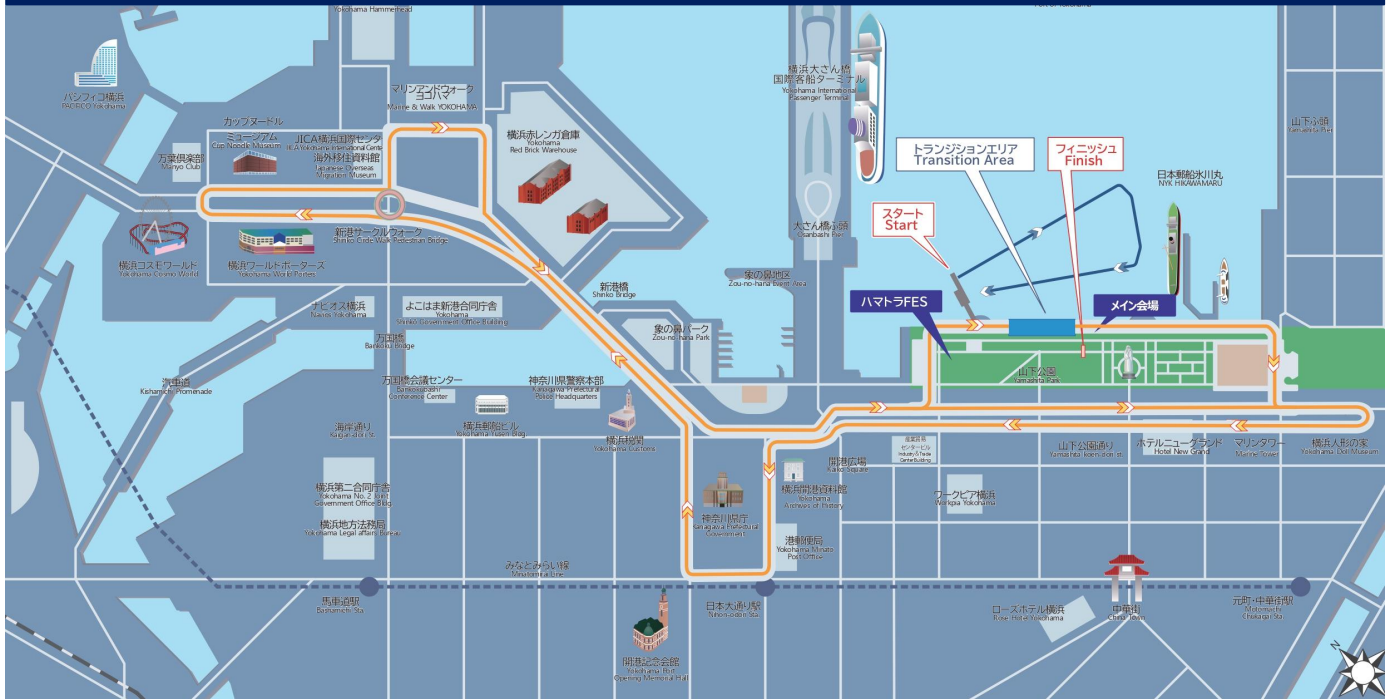
The athletes are required to leave their last-minute gear at the swim start inside a dedicated box. It will be carried by TO and LOC staff those boxes back to the Athletes Lounge.

Water temperature will be 19 - 20°C in May.

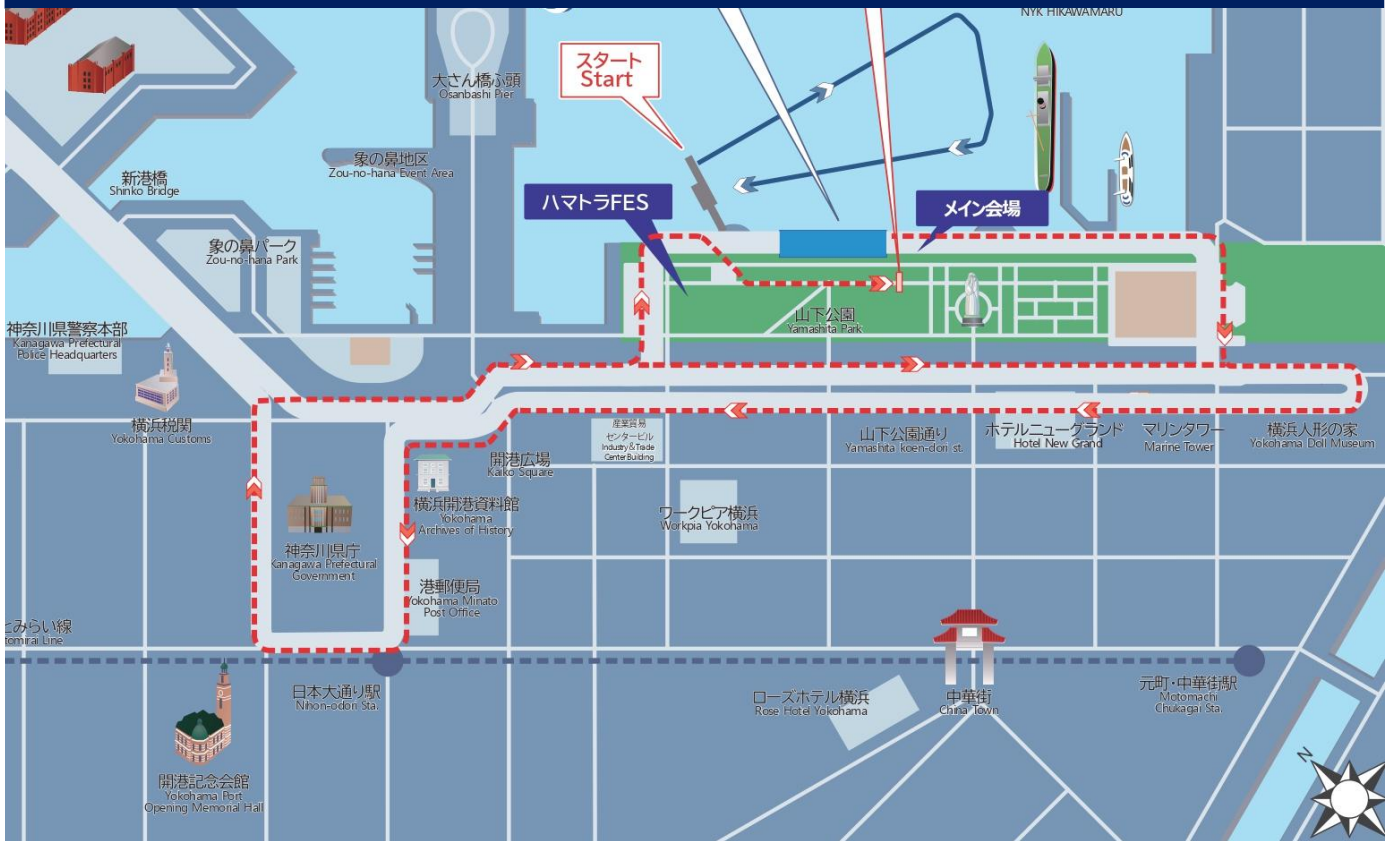


# ELITE PARA PTWC Bike Course / Run Course

## Bike 20km (5km 4 laps)



## Run 5km (2.5km 2 laps) for PTWC



## Competition Information

### Weather Conditions

Air temperatures in May range between 10.0 ~ 20.0 °C.

Year	2025			2024			2023			2022		
Event	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M
Weather	Rain	Rain	Rain	Sunny	Sunny	Sunny	Rain	Rain	Rain	Rain	Cloudy	Cloudy
W/T (°C)	20.0	19.8	20.1	19.5	19.8	20.2	19.6	19.7	19.6	19.4	19.7	19.7
A/T (°C)	20.0	20.2	21.6	20.9	25.4	25.4	23.2	18.7	17.1	23.0	21.5	21.5
Wetsuit	Allowed	Allowed	Not Allowed	Allowed	Allowed	Not Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed

### Competition Rules

The race will follow the latest published competition rules of the World Triathlon

[https://cms.triathlon.org/assets/8c5a2ad1-5784-43c2-b5e2-b95cff10c39a/World-Triathlon\\_Compition-Rules\\_20260124.pdf](https://cms.triathlon.org/assets/8c5a2ad1-5784-43c2-b5e2-b95cff10c39a/World-Triathlon_Compition-Rules_20260124.pdf)

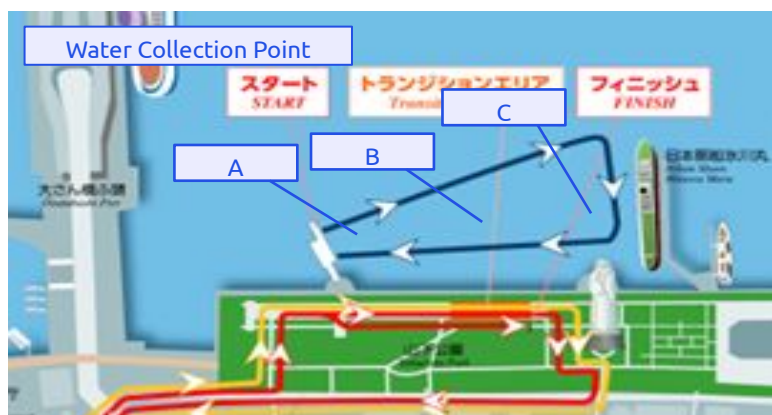
### Protests and Appeals

Standard procedures will be followed according to the World Triathlon competition rules.

### Water Quality

The water quality on March 16<sup>th</sup> is good. All items meet the requirements.

As of 17 <sup>th</sup> March	World Triathlon Criteria	Location A	Location B	Location C
Time		10:10	10:15	10:20
Weather		Cloudy	Cloudy	Cloudy
Water Temperature (°C)		11.1	11.1	11.1
Air Temperature (°C)		9.5	9.5	9.5
Ph	6 - 9	8.4	8.5	8.5
Enterococci (cfu/100ml)	Within 100	1	4	2
Escherichia coli (cfu/100ml)	Within 250	1	2	1
Positive visual evidence of Red Tide Algal bloom.	None	None	None	None



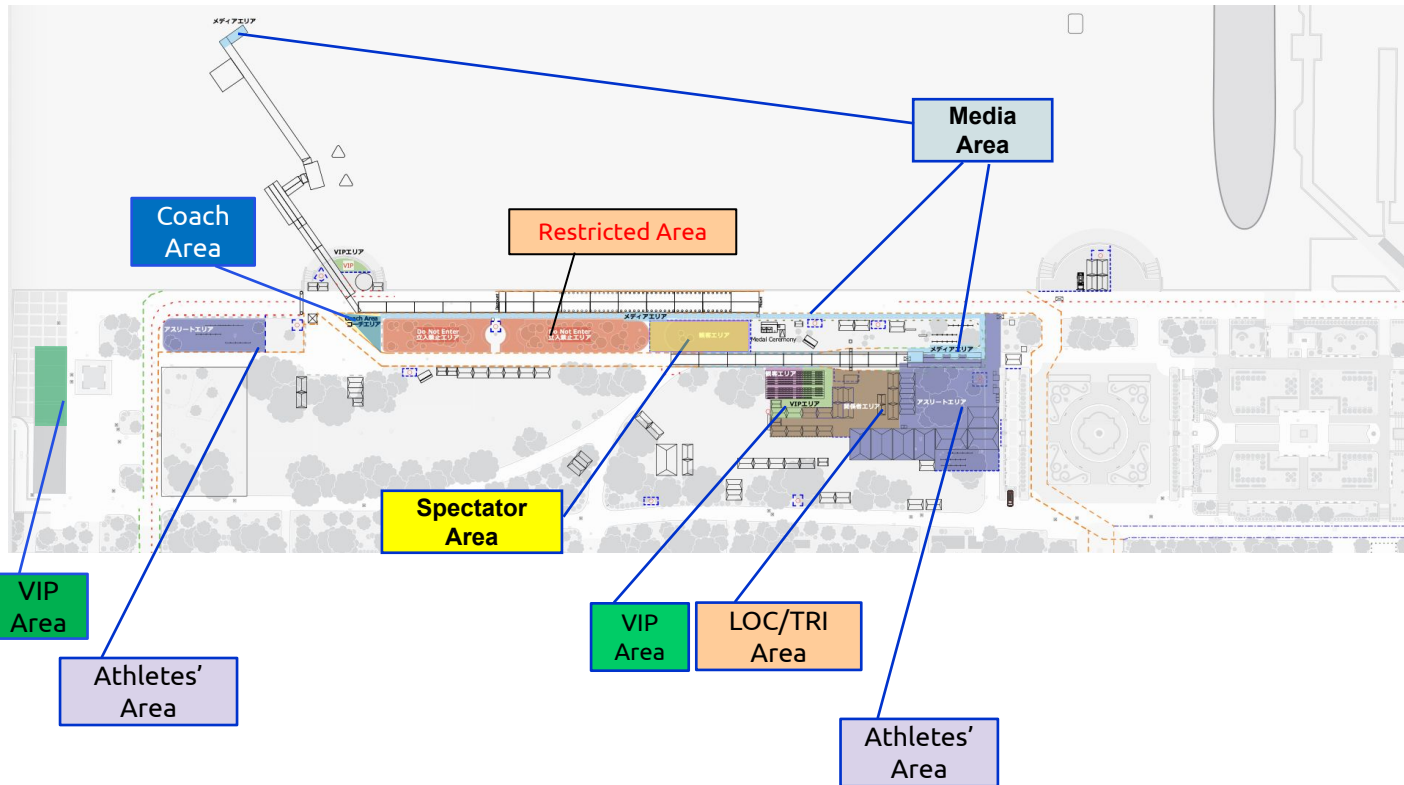


## Accreditation

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 at Elite and Elite Para athletes' registration on Friday.

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.





## Contingency Plan / Evacuation Plan

### CONTINGENCY PLAN

In the event of the cancellation of the swim the following duathlon race distances will be adopted.  
In case of Elite Para, the start time and the start order will be changed.

#### Elite

Distance: 5km run, 40km bike, 10km run

Course: 1st Run (5km) : 2.5km per lap x 2 laps / Elite Run Course

Bike: (40km) : 4km per lap x 10 laps / Elite Bike Course

2nd Run(10km) : 2.5km per lap x 4 laps / Elite Run Course

#### Elite Para (PTWC)

Distance: 2.5km run, 20km bike, 5km run

Course: 1st Run (2.5km) for PTWC : 2.5km per lap x 1 lap / Elite Para(PTWC) Run Course

Bike: (20km) for : 5km per lap x 4 laps / Elite Para Bike Course

2nd Run(5km) : 2.5km per lap x 2 laps / Elite Para(PTWC) Run Course

#### Elite Para (PTVI & PTS)

Distance: 2.5km run, 20km bike, 5km run

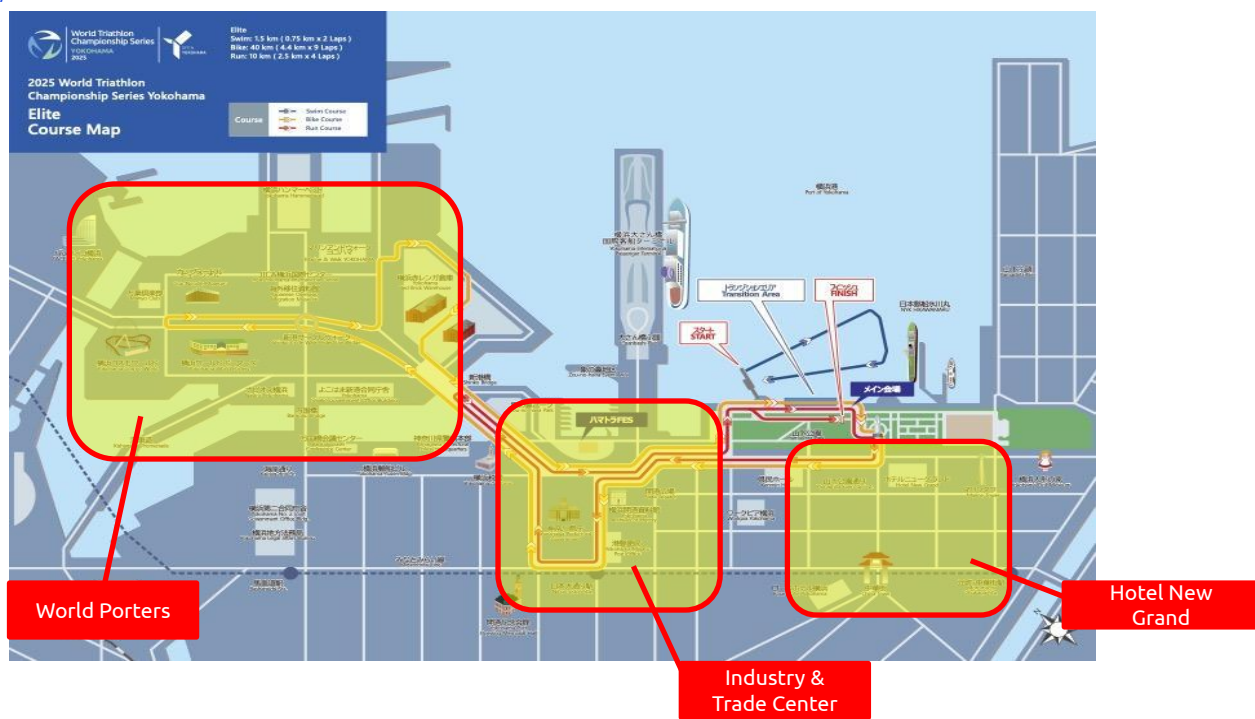
Course: 1st Run (2.5km) for PTVI & PTS: 1.67km per lap x 1.5 laps / Elite Para Run Course

Bike: (20km) for : 5km per lap x 4 laps / Elite Para Bike Course

2nd Run(5km) : 1.67km per lap x 3 laps / Elite Para Run Course

### Evacuation Plan

If an earthquake or tsunami warning is issued during the competition, please follow the instructions of the LOC/TRI and evacuate as shown below.



## Other Information

### Live Timing

Women TBA, Men TBA

### Live Streaming

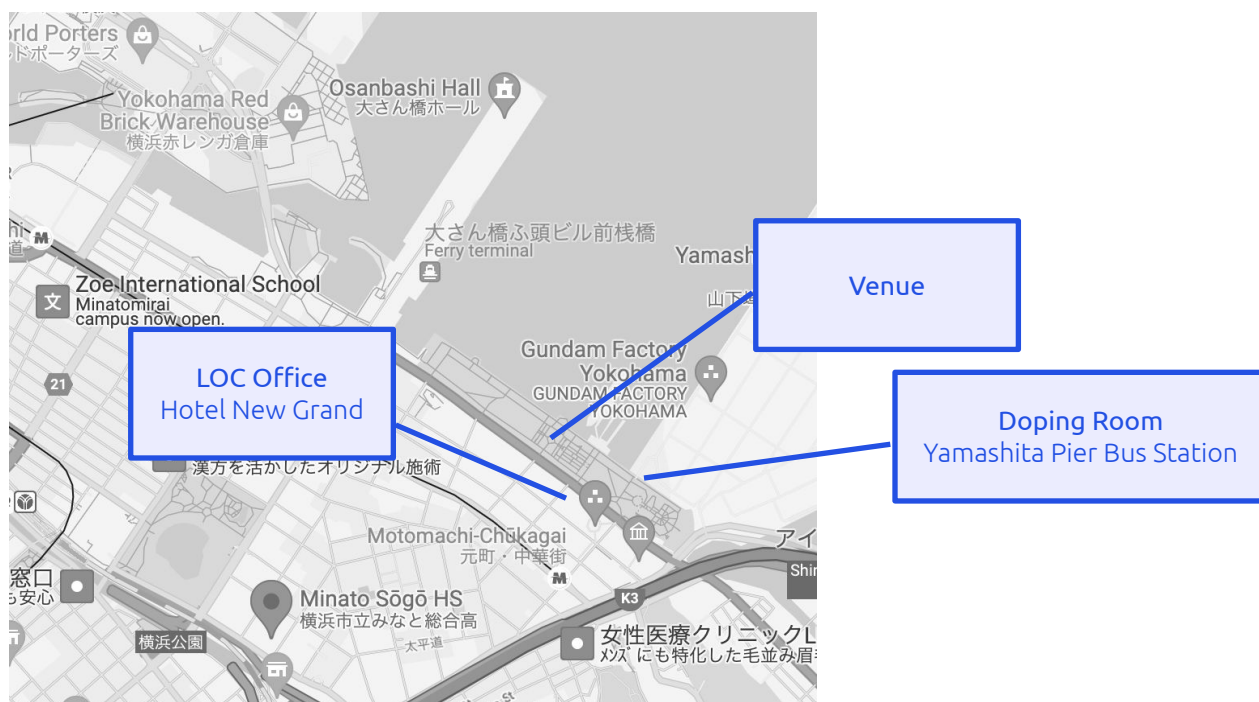
<https://www.triathlonlive.tv/>

Triathlonlive.tv

### Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules on the race day (17<sup>th</sup> May).

The location will be at Yamashita Pier Bus Station.





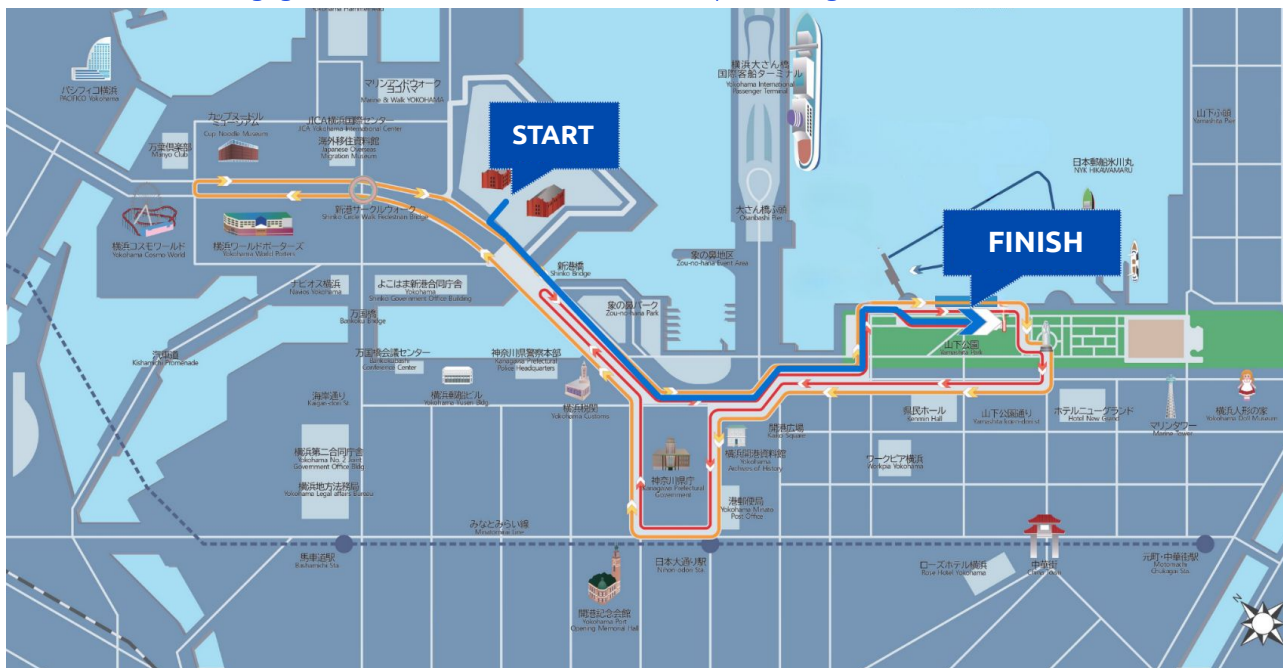
## Other information

### Family FUN RUN

The “Family FUN RUN” takes place between the Women’s race and the Men’s race.

A Family Fun Run will be held on Saturday, May 16, during the break between the Elite Women’s and Elite Men’s races on Day 1 of the 2026 WTCS Yokohama, with support from the Kanagawa Prefectural Police and the Yokohama City Fire Bureau.

The event aims to engage local residents and children while promoting triathlon.



### Waste Separation

To make this event more sustainable, all participants are required to separate their waste into six categories.

Please also note:

- Remove caps and labels from PET bottles → Caps: ⑤ / Labels: ②
- Empty any remaining liquids into designated buckets
- Clean PET bottles collected at the events will be recycled into new bottles.



## Kids Program

### Request for response to Kids Program

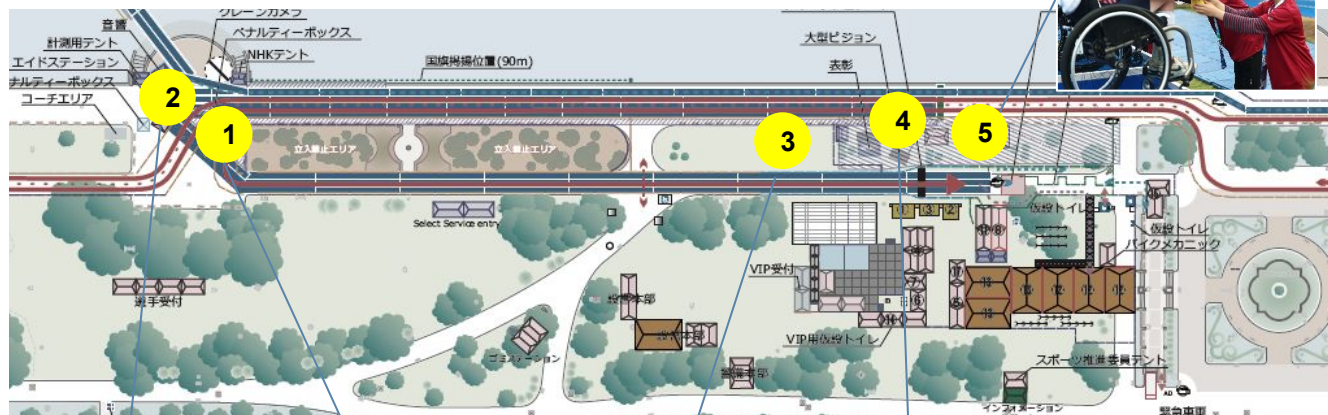
As a legacy of "World Kids Sports Summit YOKOHAMA" held in year 2009, Yokohama-city has provided "Kids Program" in our triathlon events from 2010 to 2025.

In order for kids to learn the importance of "doing", "watching", and "supporting" through sports, and to have an opportunity to grow up with "dreams" and "hopes" by getting a close-up look at top athletes challenging in competitions, we are planning to have "Kids Program" again and enhance programs as below;

- (1) Kids Reporter, at Elite & Elite Para's Start Ceremony and Race,
- (2) Kids Cheering Team, at Elite start ceremony and Swim finish,
- (3) Kids Cheering Team, beside the finish chute.
- (4) Escorting Kids, at Elite medal ceremony,
- (5) Gift Presenter Kids, at Elite-Para medal ceremony,

Please kindly respond them, as all of the kids will cheer you throughout the day !!

### (5) Gift Presenter Kids



(2) Kids Cheering Team



(1) Kids Reporter



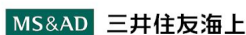
(3) Kids Cheering Team



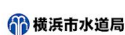
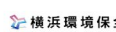
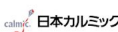
(4) Escorting Kids

## Partners & Supporters

### YOKOHAMA PARTNERS



### YOKOHAMA SUPPORTERS



### FOUNDATION



### HOST CITY



### FEDERATION

