



**2019 ITU WORLD TRIATHLON/PARATRIATHLON SERIES YOKOHAMA  
2019 AGE GROUP ATHLETE GUIDE**



MAIN PARTNERS



SILVER PARTNERS



FOUNDING PARTNERS



This participant guide contains important reminders and information for athletes participating in the event. Please take time prior to the event to read through the guide.

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## Read First

**Some 1,700 athletes will participate in this event.**

**As an event that uses public roads, the event must observe various regulations.**

**If you fail to arrive by the time given in the event schedule, you may not be allowed to compete in the race.**

**It is also very important as race participants to be familiar with the race rules.**

**To ensure a safe and proper race, please be sure that you understand the race course and ITU competition rules (issued January 2019).**

**The event staff and volunteers are looking forward to welcoming you on the race day.**

## Read Carefully

### Health

- **Based on the health check sheet, you may be asked to see a doctor on the race day. Depending on the doctor's judgment, you may then be required to refrain from competing in the race.**
- If you are uncertain about continuing the race due to poor health condition, remember that retiring from competition is also a courageous decision.
- If you happen to not feel well on the morning of the event, you have the option of choosing the swim-skip. Please keep your condition in mind as you participate.
- In triathlon, with its wide-ranging competition course including the swim, risks are always present. Always be aware of the risks and make appropriate judgments during competition.
- Keep your own pace and make sure you are well-hydrated and taking in enough sodium.  
\*Water and sports drinks are available at the aid stations.
- Participation in the event should involve full consideration of health management, such as sufficient training and advance checkups.
- Avoid drinking alcohol on the day before, and get enough sleep.
- While the organizers will provide emergency first aid for illness, injury, or other accidents, they assume no additional responsibility.
- For safety reasons, when a referee, doctor, nurse, or first-aid staff member judges that an athlete is unable to continue the race, he or she may be stopped from participating.

### Safety

- In case of emergencies, the competition may be cancelled even in the middle of a race.
- Hazardous or obstructive actions are prohibited. In the bike race, maintain a safe and smooth flow and do not try to force your way ahead of other athletes, making sure to keep to the left while gauging course priority for opponents.

### Competition

- Counting the number of laps in their event is the athlete's own responsibility. Athletes with insufficient laps will be disqualified.
- **For athletes' safety, the following are prohibited during the race.**
  - The use of headphones and earphones.
  - Telephone conversations, email exchanges, the use of SNS, and the use of other communication devices.
  - Taking pictures or video with cameras, video cameras, smartphones, etc. as well as wearing photo/video devices.
- **We have permission to use Yamashita Pier as part of the course only on the day of the race. Spectators, supporters, and others not in the race may not enter the area.**  
\*Entry into the area except on race day is prohibited (no entering the area for a test race or on the day prior to competition).
- Check the course map in advance and make sure you understand the route and transition areas that you will cover, as well as the number of laps.
- Athletes must attend a race briefing on either of the two days prior to the event. (See P.8 for details)

### Weather

- If there are changes to the race as result of weather conditions, they will be explained by referees at the race briefing or prior to the start of the race.
- Even after the start of a race, there may be changes or cancellation of the race due to sudden changes of weather.

## 1 Wristband (1 per person)

- The wristband serves as the ID card required for entrance to the race briefings and the transition areas, as well as for checking race numbers at the transition bike pick-up point.
- Always wear the wristband during the event period [17th (Fri), 18th (Sat) and 19th (Sun)], including during the race.
- These are stickers and cannot be easily removed once attached.
- If they are lost, we will reissue them as explained on the next page.
- For relays, the number of registered persons (2-3 people) is enclosed.



## 2 Race number (1)

- On the day of the event, attach your race number to your race-number belt to compete.
- Safety pins will not be distributed.
- Be sure to write emergency contact information for the day of the race on the back of the race number. (Contact information for persons other than yourself)
- For relays, a total of two will be enclosed, one each for the bike and run representatives.

Image



[General]



[Charity]



[Back of the race number, same for all]

## 3 Race number stickers (3 for helmet, 1 for bike, 2 for luggage)

- Race stickers bear the race number.
  - A: For bike
  - B: Race number sticker for helmet
- Be sure to attach stickers before transition-area bike check-in and do not remove them until transition bike pick-up. [Sticker Placement]
  - Front, left and right side of the helmet
  - Secure the sticker on the bike frame or seat post so that the number is visible from both sides.
  - \* A referee will check at the entrance to the transition area if the stickers are properly affixed.
- C: Race number sticker for belongings
  - Attach sticker to the plastic storage bag and deposit the bag at the Bag Drop tent.

Image



A



B



C



## 4 Body decals

- Body decals are used for this event.
- Read carefully the enclosed “How to Apply.”
- For relays, the number of registered persons (2-3 people) is enclosed.

## 5 Participant Guide

**This participant guide contains important reminders and information on participating in the event. Please take time prior to the event to read through the guide. Please bring the guide to the race briefing as well.**

## 6 Participant souvenir T-shirt

The T-shirt is a souvenir for participants.

\*The size is based on the information provided at the time of registration. Sizes cannot be changed. Thank you for your understanding.

## 7 Health check sheet

- **Check your own health on the day of the event and submit the sheet to the athlete event-day registration tent. [Required]**
- You will receive a swim cap in exchange for the health check sheet.
- Athletes with potential health problems will be asked to see a doctor.
- Athletes may not be allowed to compete based on the doctor’s evaluation. Please understand that athletes are required to comply with the doctor’s instructions.
- For relays, sheets must be submitted for all members.

## 8 EXPO ticket

This is a 1000-yen ticket for the EXPO Area to be set up in Yamashita Park on the 18th and 19th. Be sure to enjoy the EXPO!

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

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

They will be reissued as follows. (Items (1), (2), (3), and (4) will all be reissued **in handwriting**.)

▶ **Reissuance Date**

Friday, May 17 and Saturday, May 18: Race briefing venue (Service Counter, Room 1, Yokohama Port Opening Memorial Hall)

Sunday, May 19: Athlete event-day registration (next to Yamashita Park transition area, in front of stone stage)

▶ **Items Necessary for Reissuance**

- JTU membership card
  - Driver’s license, insurance ID, or other proof of identity
- \*Your identity will be verified. Be sure to bring these items.

## Event Purpose

### It's our 10th anniversary – thanks for the support ! Come and race Yokohama!

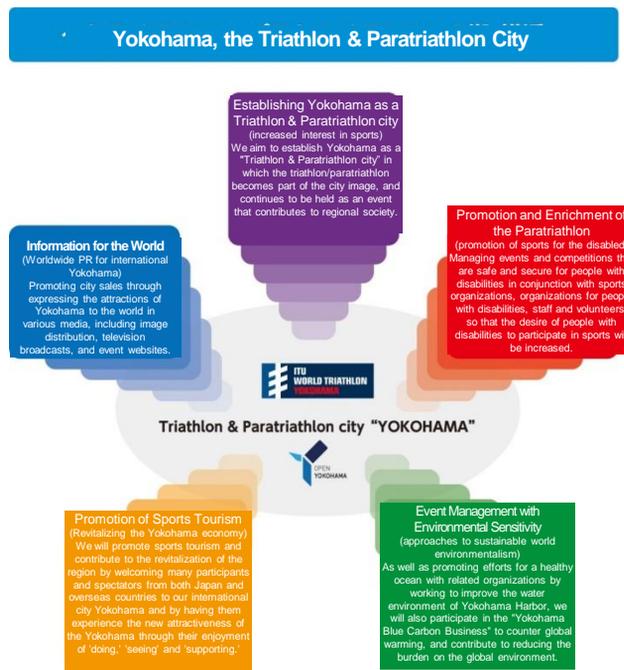
The year 2019 marks the 10th year of the ITU World Triathlon Series Yokohama, first held in 2009 to mark the 150th anniversary of Yokohama's opening as a port. Yokohama is the only city in East Asia to host an ITU World Triathlon Series event.

In managing the event over these past 10 years, we have obtained ISO20121 certification as part of our steady effort as "Yokohama, the Triathlon & Paratriathlon City" to promote a sustainable event that is environmentally conscientious, contributes to the region, and benefits the regional economy through ripple effects.

The sight of athletes from throughout the world racing through the tourist spots of Yokohama, including Yamashita Park, Red Brick Warehouse, and Minato Mirai 21, has become an indelible feature of the city.

Steadily building a triathlon legacy through the combined efforts of the public, government, and corporations over the past 10 years, Yokohama attracted 421,000 spectators, its highest number ever, to the 9th WTS Yokohama in 2018, as well as the largest number of participants to a paratriathlon in Japan, earning the city high praise for its hosting of a top world-class event.

With the Tokyo 2020 Olympic and Paralympic Games just around the corner, everyone in Yokohama will continue to support various initiatives that promote sport and the city.



## Event Overview

<b>Event Dates</b>	<b>Saturday, May 18 and Sunday, May 19, 2019</b> Saturday, May 18: Elite Paratriathlon/Elite Women's and Men's Sunday, May 19: Age (Standard Distance and Sprint Distance)/Relay/Age Paratriathlon
<b>Event Location</b>	Yamashita Park Area Special Venue (Yamashita Park Start/Finish)
<b>Host Organizations</b>	International Triathlon Union (ITU) World Triathlon Series Yokohama Organizing Committee [Constituent Organizations] City of Yokohama, Japan Triathlon Union, Yokohama Sports Association, Nikkan Sports News, and others]
<b>Managing Body</b>	Kanagawa Triathlon Union
<b>Event Supporters and Partners</b>	Ministry of Foreign Affairs, Japan Sports Agency, Japan Tourism Agency of the Ministry of Land, Infrastructure, Transport and Tourism, Ministry of the Environment, Kanagawa Prefecture, Japan Olympic Committee, Japan Sports Association, Japanese Para-Sports Association Japan Paralympic Committee, Japan Association for the Promotion of Creative Events, Japan Sports Tourism Alliance, Kanagawa Physical Education Association, Yokohama Chamber of Commerce and Industry, Yokohama Harbor Transportation Association, Kanagawa Association of Corporate Executives, Kanagawa-ken Employer's Association, Yokohama Banking Association, Port of Yokohama Promotion Association, Junior Chamber International Yokohama, Yokohama Foreign Trade Association, Kanagawa Shinbunsha, NHK Yokohama, TV Kanagawa, FM Yokohama, Radio Nippon
<b>Supporting Foundations</b>	Japan Sport Council, Yokohama Children Sports Foundation, Mizuno Sports Promotion Foundation

## Friday, May 17 | Two-days-prior schedule

Time	Content	Venue
17:00 - 19:00	Race Briefing Registration	Yokohama Port Opening Memorial Hall
19:00 - 20:00	Race Briefing (Japanese)	Yokohama Port Opening Memorial Hall

## Saturday, May 18 | One-day-prior schedule

Time	Content	Venue
8:00 - 19:00	EXPO Open	Yamashita Park Special Venue
9:45 - 19:00	Race Briefing Registration	Yokohama Port Opening Memorial Hall
15:00 - 19:30	Bike Deposit/Mechanic Service	Yamashita Park (Transition Area)
10:30 - 11:30	Race Briefing (Japanese (1))	Yokohama Port Opening Memorial Hall (Auditorium)
13:00 - 14:00	Race Briefing (Japanese (2))	Yokohama Port Opening Memorial Hall (Auditorium)
15:30 - 16:30	Race Briefing (Japanese (3))	Yokohama Port Opening Memorial Hall (Auditorium)
17:00 - 18:00	Race Briefing (English (1))	Yokohama Port Opening Memorial Hall (Room 9)
17:30 - 18:30	Race Briefing (Japanese (4))	Yokohama Port Opening Memorial Hall (Auditorium)
	Age Paratriathlon Race Briefing	Yokohama Port Opening Memorial Hall (Room 7)
19:00 - 20:00	Race Briefing (Japanese (5))	Yokohama Port Opening Memorial Hall (Auditorium)
	Race Briefing (English (2))	Yokohama Port Opening Memorial Hall (Room 9)

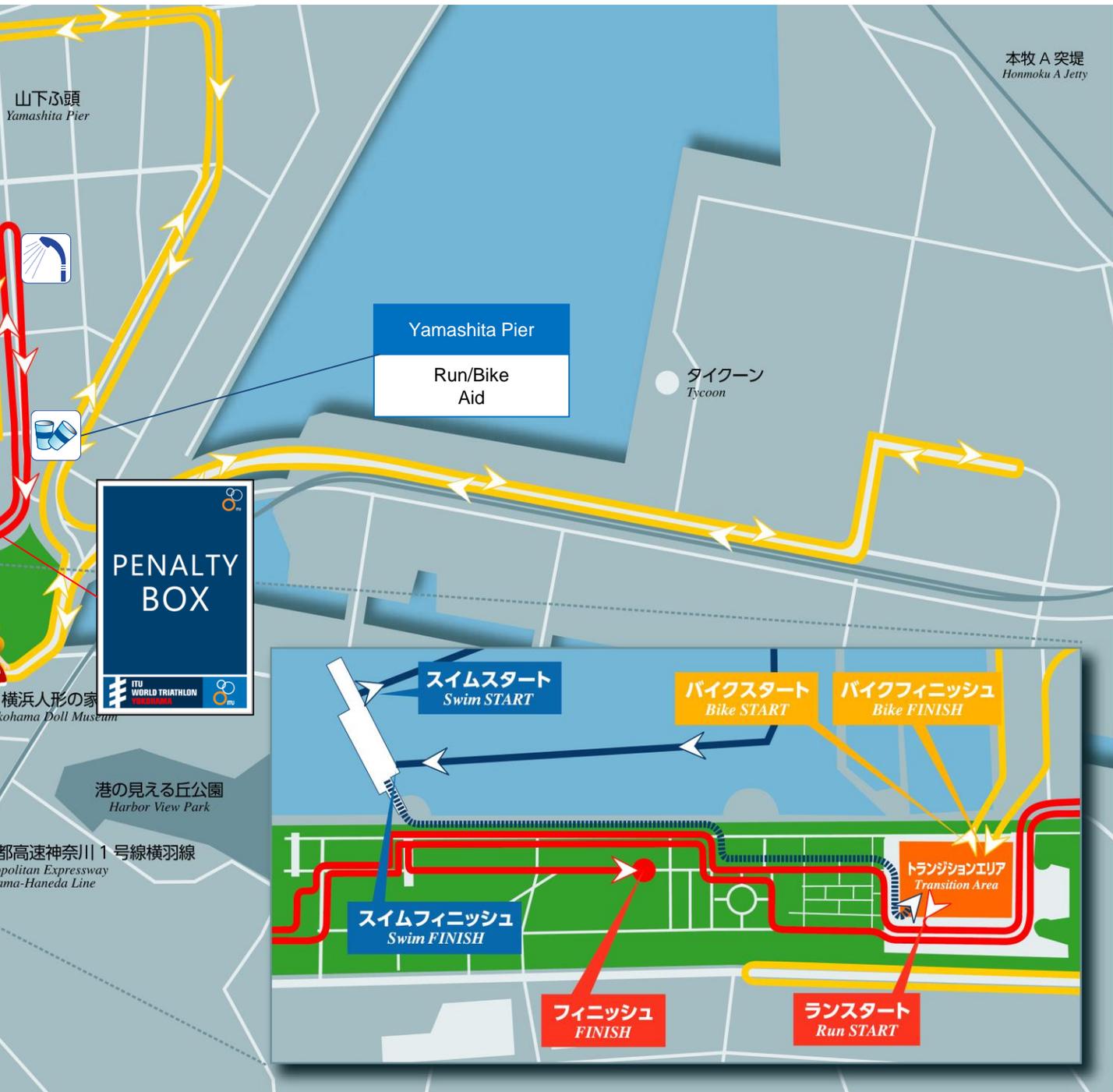
## Sunday, May 19 | Race-day schedule

Time	Content	Location
6:00 -	Paratriathlon Athlete Registration/Transition Open	Yamashita Park (Transition Area)
6:00 - 15:00	Mechanic Service	Yamashita Park
6:30 -	General/Relay Athlete Registration	Yamashita Park
6:30 - 15:00	Bag Drop	Yamashita Park
7:00	Traffic Restrictions Begin	Bike Course
7:00	Age Paratriathlon Start Ceremony	Yamashita Park (Start Area)
7:15	Age Paratriathlon Competition Start	Race Course
7:45	Age Triathlon Start Ceremony	Yamashita Park (Start Area)
8:00	Standard Distance/Relay Competition Start	Race Course
8:00 - 15:00	EXPO	Yamashita Park (EXPO)
11:10 -	Sprint Distance Competition Start	Race Course
13:10	Traffic Restrictions End	Bike Course
14:10 -	Medal Ceremony	Yamashita Park (Awards Stage)



## Aid Stations

<b>Swim</b>	In front of swim check-in area
<b>Bike</b>	1 location, Yamashita Pier, pit-stop style
<b>Run</b>	4 locations along the course (in front of swim check-in area; Yamashita Park Central Square; Yamashita Pier; Zo-no-hana Park)
<b>Finish Area</b>	After finish, inside Yamashita Park
<b>Remarks</b>	Drinking water and sports drinks are available at each aid station



**Athlete pre-registration (required)** Friday, May 17, 17:00 - 19:00  
Saturday, May 18, 9:45 - 19:00

**Venue: Yokohama Port Opening Memorial Hall, Floor 1, Room 1**

- Registration will take place at the Yokohama Port Opening Memorial Hall in waves. Please bring the wristband sent in advance to you.
- If your wristband did not arrive or has been lost, the service counter at the same venue will handle it.



## Race briefing (required) (each meeting lasts about 45 minutes)

**Venue: Yokohama Port Opening Memorial Hall**

- Same for standard, sprint, and relay
- Race briefings will be held by the Kanagawa Triathlon Union.
- If the venue exceeds capacity, athletes will be asked to wait for the next briefing. The first and second Japanese-language briefings on Saturday, May 18 are expected to be crowded.
- At both the registration and briefing venues, event organizer staff will be on hand. Do not hesitate to ask them any event-related questions.

## Race briefing

Venue		Race Briefing Schedule (*times are strictly observed)					
		Friday, May 17	Saturday, May 18				
		Once only	1st	2nd	3rd	4th	5th
Auditorium	Japanese	19:00 -	10:30 -	13:00 -	15:30 -	17:30 -	19:00 -
Room 9 (Floor 2)	English		17:00 -	19:00 -			
Room 7 (Floor 2)			17:30 -	Age Paratriathlon Briefing			

## Important! \*Read carefully

- Be sure to attend one of the above six briefings (or one of the two sessions in English).
- For relay participants, all team members must attend. As a rule, attendance by proxy will not be permitted.
- There is no car or bicycle parking near the race briefing venue. Please use public transportation to attend.
- Each race briefing in Japanese has a capacity of 480 on a first-come, first-served basis.
- Numbered tickets will be handed out on the day of the briefing and athletes will be directed to subsequent briefings when capacity is reached.

## Attendance by bike

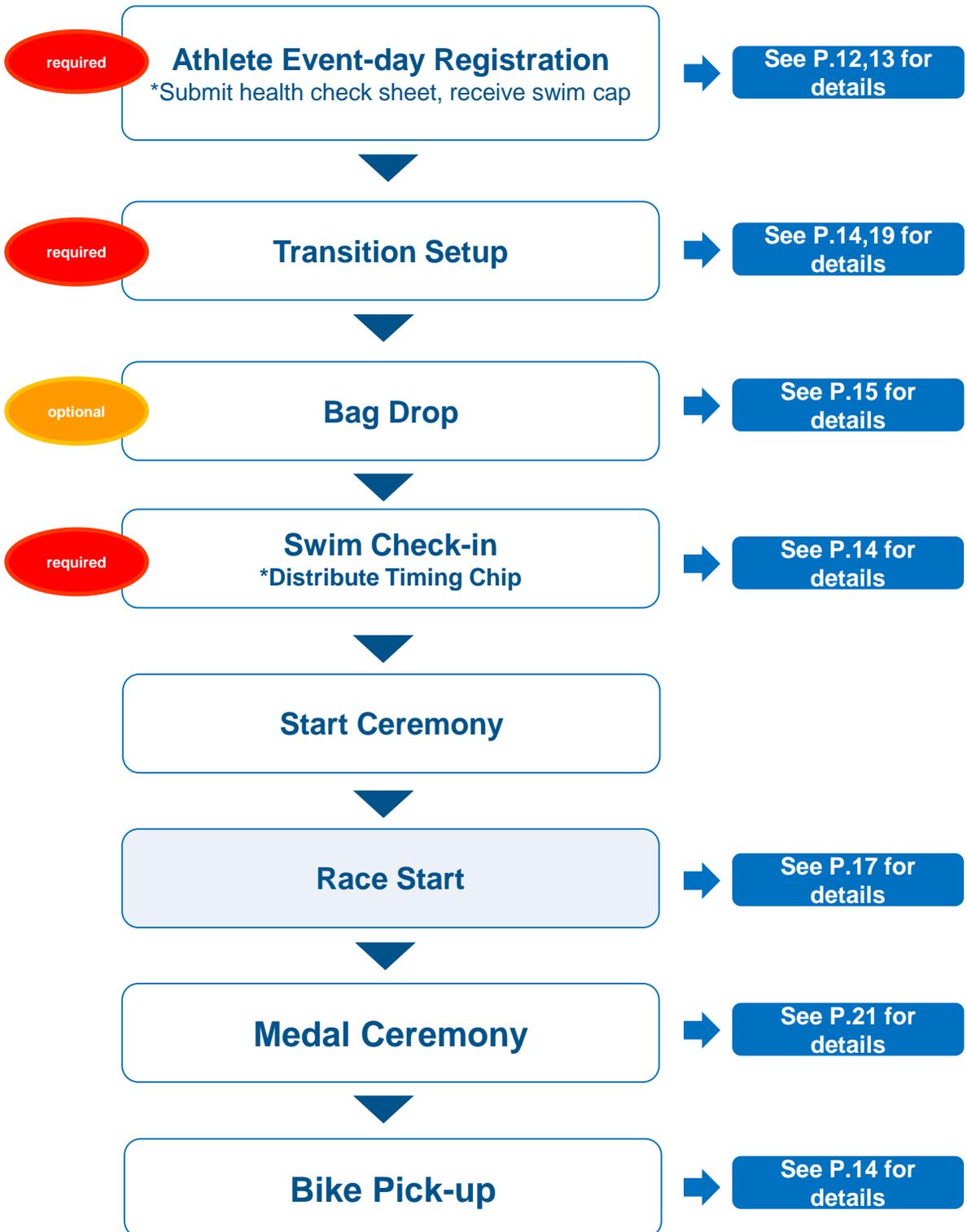
- There is no bicycle parking for Yokohama Port Opening Memorial Hall. Please refrain from riding your bike to the venue.
- Your cooperation is appreciated when depositing bikes, using public transport, and moving about the venue on foot.
- Riding bikes is prohibited in Yamashita Park. Please dismount and walk your bike.
- The Road Traffic Act forbids riding a bike after consumption of alcohol, as well as riding without lights.
- Throughout the event, always wear a helmet when getting around by bike.

### Athlete Pre-Registration and Race Briefing Venues Map

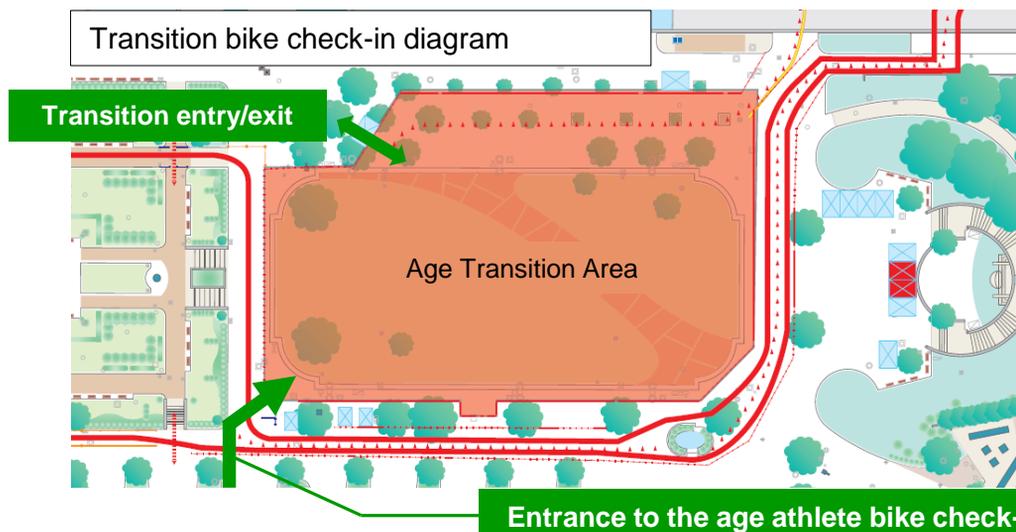
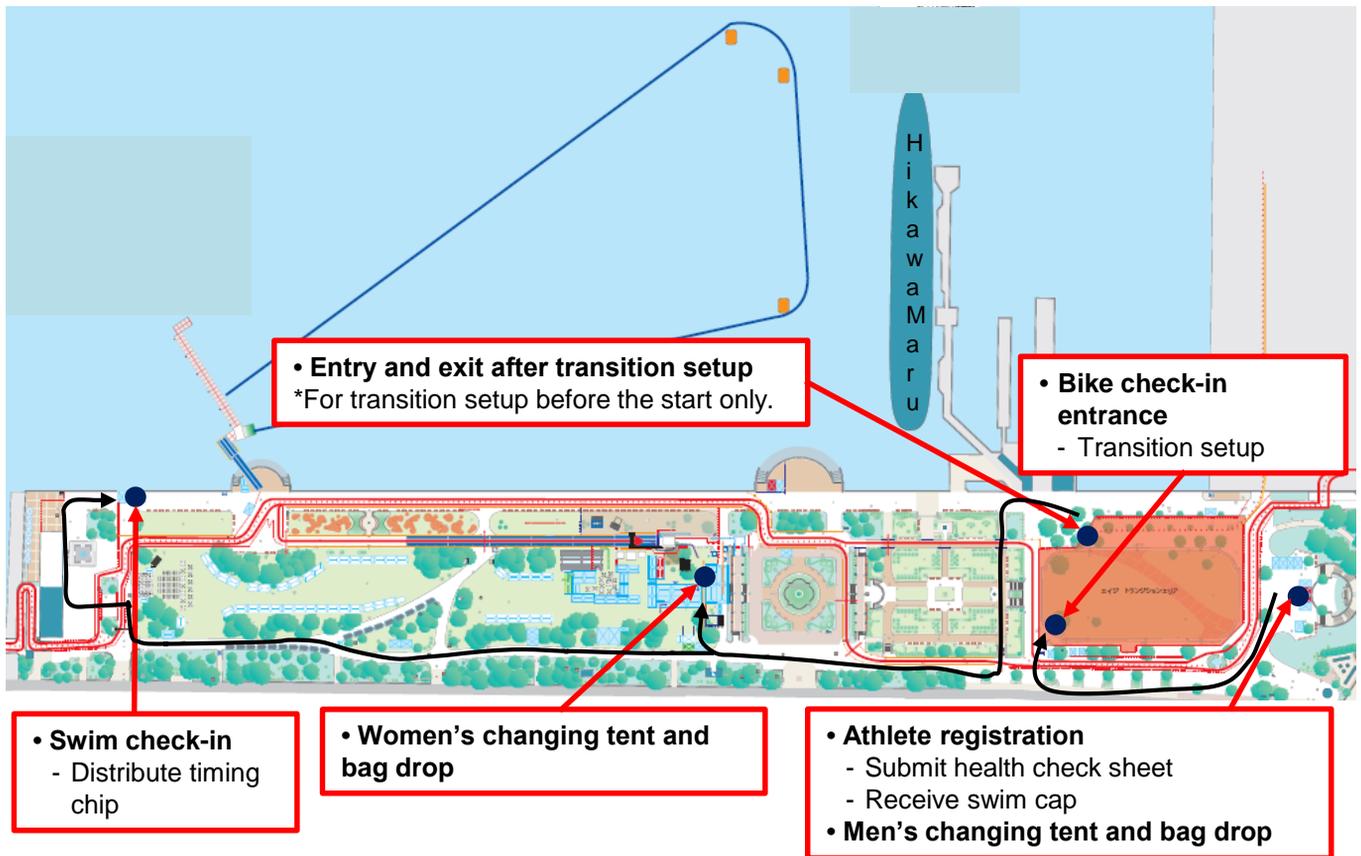


### Transition/Bike Deposit

<b>Date &amp; Time</b>	Saturday, May 18, 15:00 - 19:30
<b>Venue</b>	Transition area (Yamashita Park)
<b>Content</b>	<ul style="list-style-type: none"> <li>We recommend setting up bikes and helmets in the transition area on the day before the event. This will leave you more time on race day.</li> <li>Bikes which are poorly maintained or not following the rules may not be used in competition.</li> <li>After being checked by the referee at the transition area entrance, find the bike rack with your race number and set up your bike and helmet there.</li> <li><b>Once deposited, bikes may not be removed from the transition area until the race is finished.</b> Starting at 6:00 AM on the day of the race, you can set up your running shoes &amp; helmet, check tire air pressure, set up your drink (cycling bottle), etc. [You will be required to show your wristband]</li> <li>The transition area will be patrolled by security guards, including at night, but make sure to lock your bike.</li> <li>Awardees should complete pick-up before the medal ceremony.</li> </ul>



### Flow of traffic from athlete registration to swim venue (within Yamashita Park)



\*Because this path crosses the run course, please follow the referees' directions for the bike check-in.

### IMPORTANT

- As shown in the diagram, it is roughly 700 m from the athlete registration tent to the swim check-in point. Additionally, the flow of athlete traffic will be restricted once events begin. More time will be required than usual to move from athlete registration to the swim check-in point. Allow yourself plenty of time.
- Times will be strictly observed throughout the event.

**Athlete Event-day Registration (Required)** Submit health check sheet, receive swim cap

\*Times will vary according to competition wave. See below.

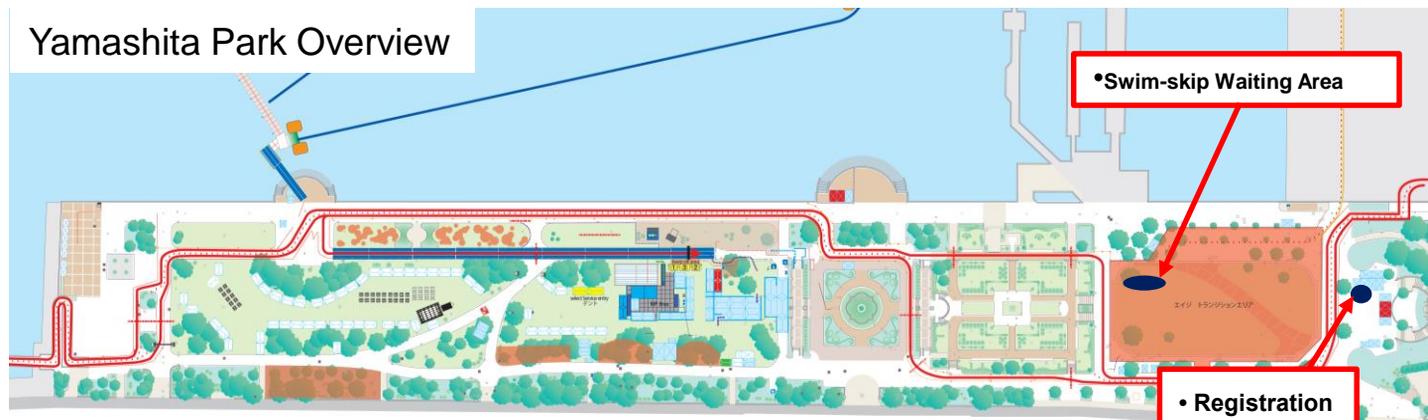
<b>Venue</b>	Tent located next to the transition area, in front of Yamashita Park stone stage	
<b>Important Reminders</b>	<ul style="list-style-type: none"> <li>All athletes competing in the race (including the relay) must complete and submit the health check sheet.</li> <li>Upon submitting the health check sheet, you will receive the swim cap that you will wear to compete.</li> <li>If you do not feel well or have any concerns on event day, please be seen by the doctor and skip the swim, as needed.</li> </ul>	
<b>Registration Time</b>	<b>Start Wave</b>	<b>Group</b>
06:00 - 06:15	TRI	TRI
06:00 - 06:50	Wave 1 - Wave 3	A
07:00 - 07:50	Wave 4 - Wave 7	B
08:00 - 08:50	Wave 8 - Wave 11	C
09:00 - 09:50	Wave 12 - Wave 16	D

## Swim-skip Registration

Swim skip is a system that allows athletes to request to skip the swim race and continue with the bike and run races.

<b>Venue</b>	Event-day registration tent			
<b>Procedure</b>	<ul style="list-style-type: none"> <li>If you wish to skip the swim and start from the bike race, please present yourself at registration on event day during the above time.</li> <li>When registration is complete, please prepare for your race and come to the swim-skip waiting area for the mass start.</li> <li>Please receive your timing chip (ankle band) at the swim-skip waiting area inside the transition area.</li> </ul>			
<b>Important Reminders</b>	<ul style="list-style-type: none"> <li>Your bike and run times will be recorded but treated as unofficial times not eligible for awards.</li> <li>Skipping is not permitted once swim check-in has been completed. It will be treated as retiring.</li> </ul>			
<b>Time</b>	<b>Group</b>	<b>Registration Time</b>	<b>Meeting Time</b>	<b>Start Time</b>
	TRI Group	6:45 - 7:00	7:40	7:45
	A Group (Wave 1 - 3)	7:20 - 7:35	9:00	9:05
	B Group (Wave 4 - 7)	8:20 - 8:35	10:00	10:05
	C Group (Wave 8 - 11)	9:25 - 9:45	11:00	11:05
	D Group (Wave 12 - 16)	10:30 - 10:45	11:50	11:55

## Yamashita Park Overview



\*Swim-skip Waiting Area

\*Registration

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

#### Important Reminders

##### Bike check-in

- Transition areas open at 6:00. On the day of the event, transition areas may be entered during bike setup and bike pick-up times only, except during the race.
- A wristband is required to enter the transition area.

##### Transition Setup

- Belongings not required for competition may not be left in the transition area. Please leave them at the Bag Drop.
- Non-athletes may not enter the transition area.
- Race number stickers are affixed to the bike racks.
- Bike racks are to be used alternately from each side. (See P.21)
- Wetsuits can be slippery when stepped on. Do not allow them to extend into walkways. It is also prohibited to hang them directly on the bike racks.

##### Bike pick-up

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

Wave	Bike setup time	Bike pick-up time
Age Paratriathlon (TRI)	6:00 - 6:30	13:00 - 15:10
Group A (1-3)	6:00 - 7:15	
Group B (4-7)	6:00 - 8:15	
Group C (8-11)	6:00 - 9:15	
Group D (12-16)	6:00 - 10:15	

### Swim Check-in (Required) \*Times will vary according to competition wave. See below.

#### Important Reminders

- Timing chips (ankle bands) will be distributed at the swim check-in.
  - Once entered, the swim check-in area may not be exited until the start. Please gather at the swim check-in area after completing all preparations.
  - Toilets and aid stations are available inside the swim check-in area.
  - **It is roughly 700 m from the transition area to the swim check-in area. Remember to bring your wetsuits, goggles, and swim caps.**
- \*For athletes who wear glasses when competing, a glasses deposit area is located at the swim finish point.  
Be careful not to reclaim the wrong pair of glasses.

Group	Start Wave	Swim check-in time
TRI	TRI	06:45 - 07:00
A	Wave 1 - Wave 3	07:20 - 07:35
B	Wave 4 - Wave 7	08:20 - 08:35
C	Wave 8 - Wave 11	09:25 - 09:40
D	Wave 12 - Wave 16	10:30 - 10:45

### 7:00 - Start Ceremony

### 6:30 - 15:10 Changing Tents

#### Important Reminders

- Please use the changing tents (gender-specific) to change clothes.
- Exposing your bare torso on the race course or in the venues is prohibited during (including before and after) the race.
- Gender-specific changing tents are located inside the transition areas. Please use these tents during (including before and after) the race.
- Belongings must be left at the Bag Drop.  
\*Please take care of your own valuables.

### 6:30 - 15:10 Bag Drop

#### Important Reminders

- When storing belongings, be sure to check that sticker attached to your storage bag is clearly marked with your race number.
- Please show your wristband when reclaiming stored belongings. (Valuables may not be stored)

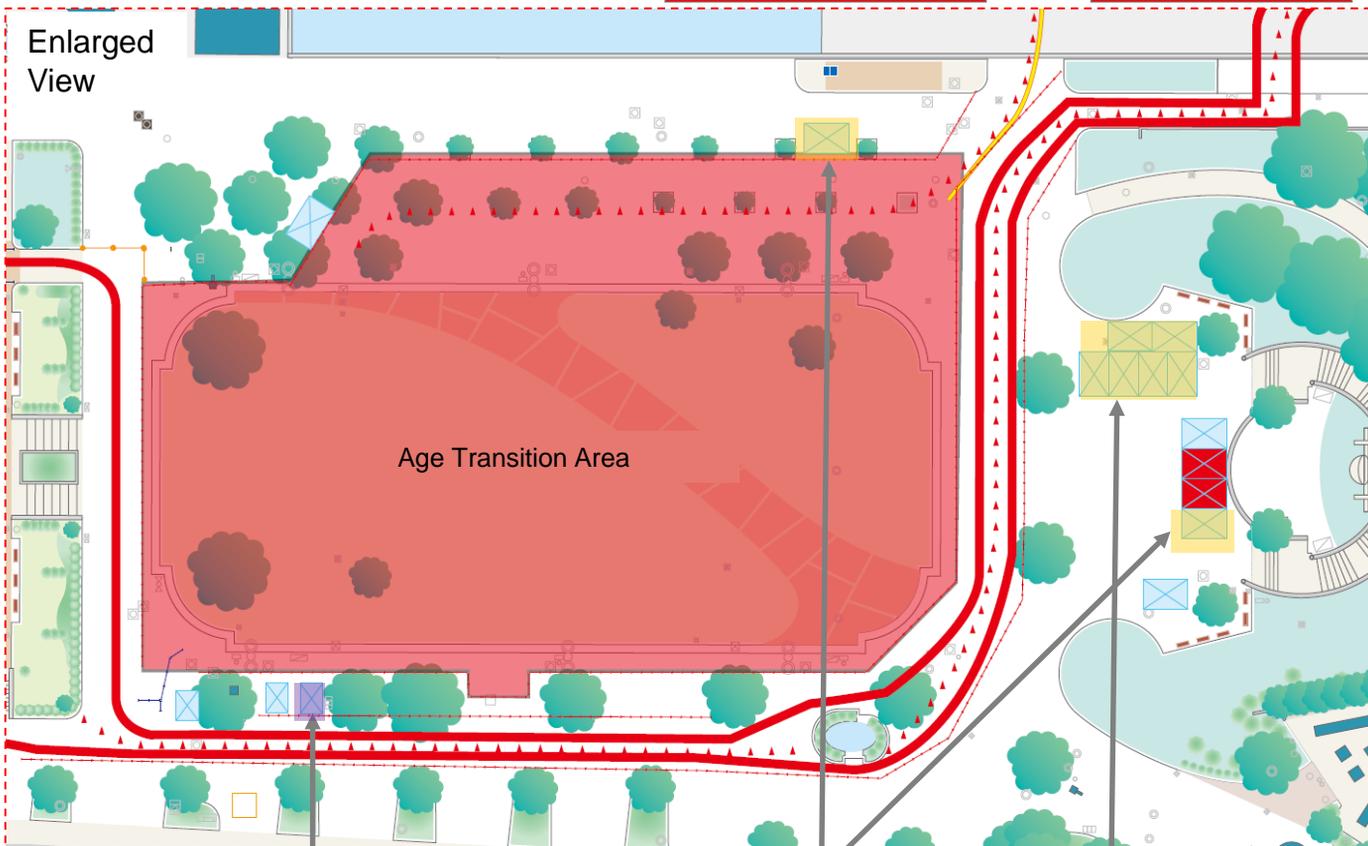
Yamashita Park Overview



Women's Bag Drop

Men's Bag Drop

Enlarged View



Women's Changing Tent

Men's Changing Tent

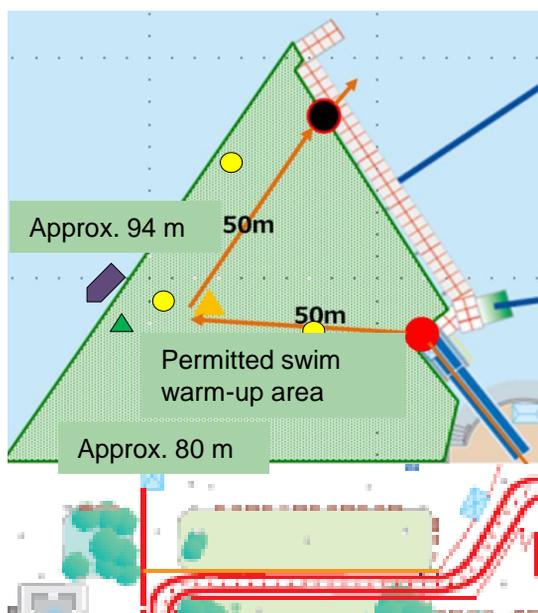
Men's Bag Drop

### Swim Warm-up (Required) \*Times will vary according to competition wave. See below.

#### Important Reminders

- You will not be allowed to participate in the race without a swim warm-up. (It will be a DNS.)
- Be sure to complete swim check-in and receive an ankle band.
- After warm-up, please proceed directly to the start location for an immediate start.

Group	Start Wave	Swim Warm-up
A	Wave 1	07:45 - 07:55
	Wave 2	07:50 - 08:00
	Wave 3	07:55 - 08:05
B	Wave 4	08:45 - 08:55
	Wave 5	08:50 - 09:00
	Wave 6	08:55 - 09:05
	Wave 7	09:00 - 09:10
C	Wave 8	09:50 - 10:00
	Wave 9	09:55 - 10:05
	Wave 10	10:00 - 10:10
	Wave 11	10:05 - 10:15
D	Wave 12	10:55 - 11:05
	Wave 13	11:00 - 11:10
	Wave 14	11:05 - 11:15
	Wave 15	11:10 - 11:20
	Wave 16	11:15 - 11:25



#### Legend

- Warm-up entrance
- Warm-up exit
- Flow of athlete traffic

Once you have finished the warm-up swim, promptly exit onto the pontoon and move to the swim start area (in the water).

#### Warm-up swim is mandatory!!

- Check your physical condition with a warm-up swim prior to starting the race!
- Swim one lap (100m).

# Flow of Events on Race Day

## Start Schedule



ITU  
WORLD TRIATHLON  
YOKOHAMA



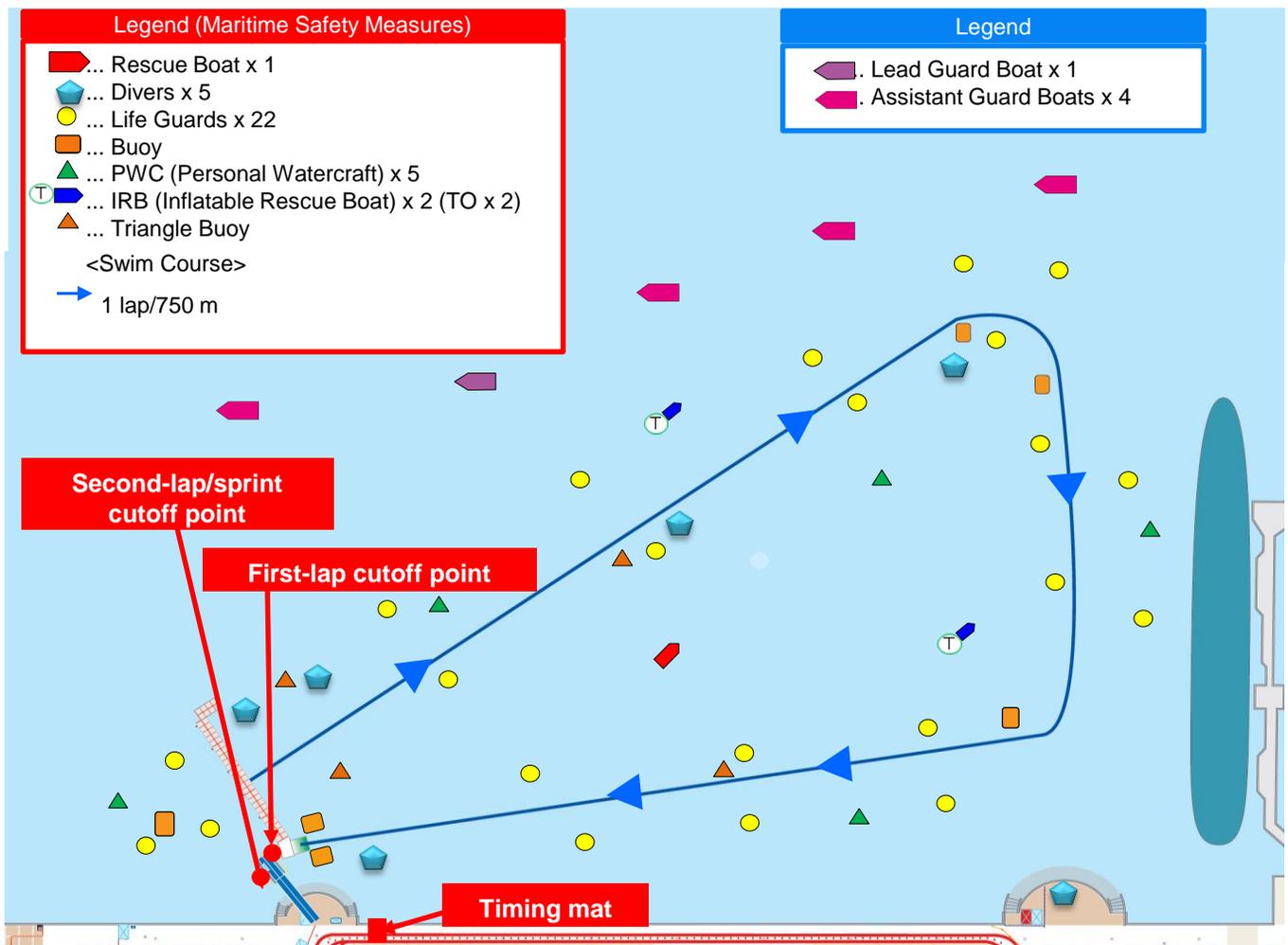
Category	Group	Start	Wave	Category	Swim Cap	Race Number	
Age Paratriathlon	TRI	7:15	TRI	TRI-S	Blue	0001	
				TRI-1	Red	11-	
				TRI-2	Yellow	21-	
				TRI-3		31-	
				TRI-4		41-	
				TRI-5		51-	
				TRI-6	Green	61-	
				GUIDE	White	GUIDE	
Standard Men	A	8:00	1	M40-49	Purple	1001-	
		8:05	2		Blue	1201-	
		8:10	3		Orange	1401-	
	B	9:00	4	M-19	Red	2001-	
				M20-24			
				M25-29			
		9:05	5	M30-34	Yellow	2201-	
		9:10	6	M35-39	Green	2401-	
		9:15	7	M55-59	White	2601-	
	Standard Women	C	10:05	8	M50-54	Purple	3001-
			10:10	9	M50-54	Blue	3201-
					M60-64		
					M65-69		
					M70-74		
					M75-79		
M80-							
10:15			10	F40-	Orange	3401-	
Relay		10:20	11	F-39	White	3601-	
				Relay (Women)		3701-	
	Relay (Mixed)			3711-			
	Relay (Men)			3731-			
Sprint Women	D	11:10	12	Women	Yellow	101-	
Sprint Men		11:15	13	M45-49	Green	201-	
				M60-69			
				M70-			
11:20		14	M40-44	White	301-		
11:25		15	M50-59	Purple	401-		
11:30		16	M-19	Blue	501-		
			M20-29				
	M30-39						

## Swim

Athletes will enter the water from the pontoon to a floating start, and horn signals will be given to start the race in waves.  
 \*athletes who are uneasy about floating may hold onto the pontoon as they wait. Each wave has its own swim cap color. The standard course is two laps x 750 m and the sprint course is one lap of 750m, both clockwise.  
 \*Diving in the water is prohibited when making a lap. Use the slope to exit the water when making a lap and at the finish.

- Athletes who are unable to complete the swim race within the time limit will not be allowed continue to the next race. See the swim cut-offs below.
- If a referee, life guard, etc. deems it hazardous or too difficult for an athlete to continue, they may advise the athlete to stop the race or retire from the event, even if they are still within the swim time limit. In such a case, the athlete must follow the directions given.
- Athletes unable to pass the first buoy within 10 minutes may be advised to retire from the event if it is deemed too difficult for them to continue.
- In the standard category, if an athlete exceeds 22 minutes 30 seconds on the first lap, the referees will deem it too difficult for them to finish within the time limit and advise that they retire. (TOV: time-over) Promptly follow referee instructions.

## Swim Course Map



- **Cut-off time limits are 22 min. 30 sec. for the first lap and 45 min. for the second lap for standard, and 25 min. for sprint.**
- Athletes unable to pass the first buoy within 10 minutes may be advised to retire from the event if it is deemed too difficult for them to continue.
- The standard first-lap cut-off will be the point atop the pontoon where athletes exit the water, while the standard second-lap and sprint cut-offs will be the point atop the pontoon on the pier side. This is where referees will stop athletes and collect their ankle bands. **[It will be a TOV.]**

### Safety Measures for the Swim

- The event will have many staff stationed around the swim venue, including life guards, divers, doctors, nurses, EMTs, referees and others, who will watch over athletes from water and land.
- If you need rescue, signal by waving a hand above your head. A rescue boat, personal watercraft, or rescue board will come to help you.
- Referees or other staff on the pontoon may speak to you as you make a lap or at the finish of your swim to confirm your physical condition.
- If you feel unwell, do not force yourself; having the courage to retire is sometimes necessary.

### From Swim Finish to Transition Area

- It is roughly 400 m from the swim finish to the transition area.
- The entire distance to the transition area is carpeted; please use the carpet as you run (walk).
- Shoes or sandals may not be worn after the swim finish.
  - \*You may come as far as the swim check-in area in sandals, etc., but there is no storage for them.
- Be careful to remember glasses left at the glasses deposit area and to pick up the correct pair.

### Transition Area

[Procedures for Mounting and Dismounting Bike]

- Mount your bike beyond the mount line on Yamashita Pier, and dismount before the dismount line.
- Prior to the bike start, connect your helmet strap before removing your bike from the bike rack; after the bike section, return the bike to the racks before undoing your helmet strap.

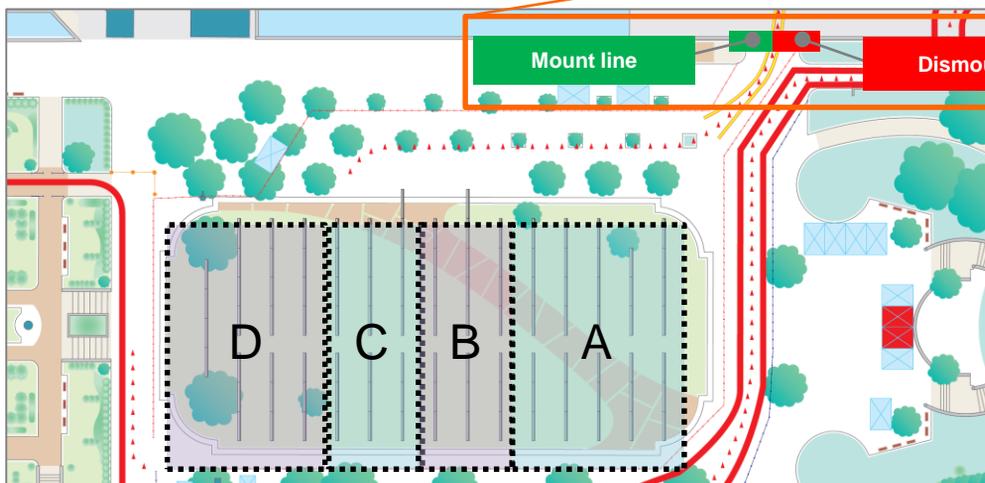
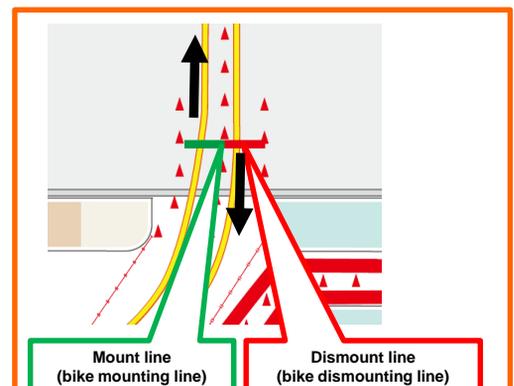
[Important Reminders in the Transition Area]

- Bike riding within the transition area is prohibited.
- Non-athletes may not enter the transition area.
- Race number stickers are affixed to the bike racks. Rack your bike in the space with the number that matches yours.
- Bike racks are to be used alternately from each side. (See figure below)
- Do not allow wetsuits or other race gear to extend into walkways.
  - Also, do not hang wetsuits directly on the bike racks.

#### How to rack your bike



#### Mount and dismount line



### Bike

- This is a draft-illegal event.
  - **Except when overtaking, always keep to the left when riding bikes.**
  - The drafting zone is 10 m back from the front of the bike ahead of you.
- To avoid accidents, do not stop during the race. If you must stop, check behind you and move to the left to stop.
  - **Even if you drop something, continue the race. Stopping suddenly - for instance, to pick something up - is dangerous.**  
(Regarding dropped objects, see P.23)
- Athletes who receive a penalty will be asked to enter the penalty box during the run.
  - Athletes are expected to check the penalty box for the race numbers displayed there and enter the penalty box on their own before finishing the run. (Referees will not notify the athletes)
  - Athletes who reach the finish without entering the penalty box will be disqualified. Please take note.
- The one (bike) aid station is located within Yamashita Pier. Water cannot be received while riding.
  - You can either make a pit-stop in the space in front of the aid station and fill your cycling bottle, or drink water there before re-entering the race.
- Bike lap checks will be made using the timing chips that were attached to athletes' ankles (ankle bands) prior to the swim start.
  - The standard course is 6 laps and the sprint course 3 laps.
  - The use of cycle computer is recommended.  
\*Remember to reset the distance measurement on the cycle computer before the start.
- Because traffic restrictions will be lifted at 13:10, all bike races will end by 12:55.
  - As the various items set up for the course must also be removed from the road, athletes will not be allowed to begin new laps from the Yamashita Pier branch point after 12:35.
- In case of an emergency, ambulances and other vehicles may enter the course.
  - Bikes may be asked to stop or slow down to allow emergency vehicles to pass.  
While emergency vehicles will check for safety as they proceed, please follow the nearest staff member's directions and do not attempt to pass.

### Run

Runners must always keep to the left throughout the course. \*The standard run and sprint run both use the same course (turn-around point). (They differ in the number of laps)

<b>Standard</b>	Transition --> Yamashita Pier turn-around (1st time) --> Zo-no-hana Park turn-around (1st time) --> Yamashita Pier turn-around (2nd time) --> Zo-no-hana Park turn-around (2nd time) --> Yamashita Pier turn-around (3rd time) --> Finish
<b>Sprint</b>	Transition --> Yamashita Pier turn-around (1st time) --> Zo-no-hana Park turn-around (1st time) --> Yamashita Pier turn-around (2nd time) --> Finish

Run showers are available in two locations - the Central Square aid station and the Yamashita Pier run turn-around point.

\* The run penalty box is expected to be located near the finish chute.

### Finish Area

Finishing in tandem or deliberately finishing at the same time is not permitted. (with relays as well, finishing in tandem is not permitted)

Sunglasses and caps should be removed at the finish.

After the race, timing chips (ankle bands) will be collected. Help yourself to finishers towels, water, and sports drinks.

Item	Category	Time limit
Finish time limit	Standard (Run 4 km x 2.5 laps)	3 hrs 45 min (225 min) after start
	Sprint (Run 4 km x 1.5 laps)	2 hrs 00 min (120 min) after start

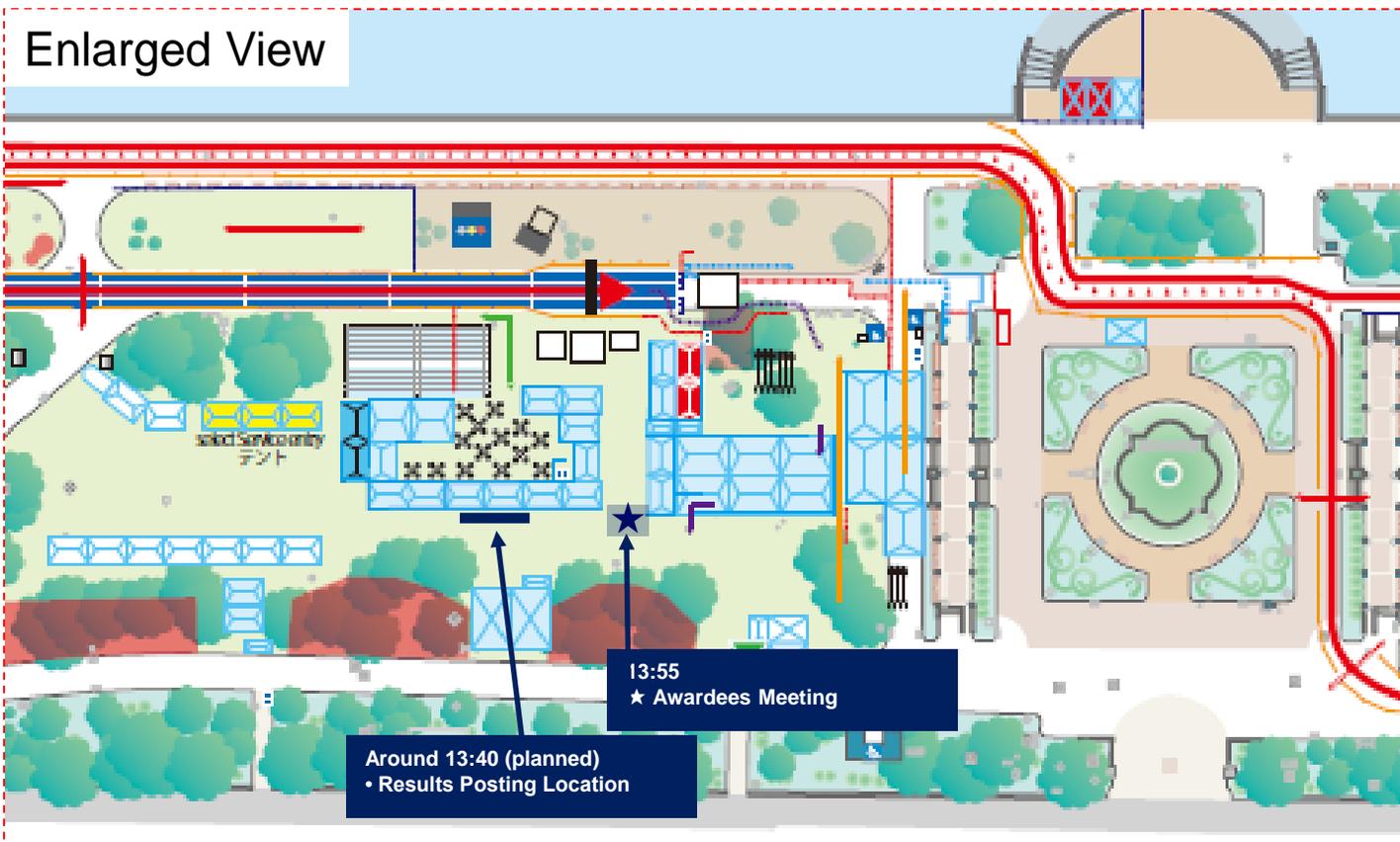
### Medal Ceremony

<b>Date &amp; Time</b>	14:10 - <b>*Meeting time: 13:55</b>
<b>Venue</b>	Awards Stage adjacent to finish area <b>*Meeting place: Yamashita Park tent (see map below)</b>
<b>Assembly Procedures</b>	<ul style="list-style-type: none"> <li>After confirmation of the results (provisional), awardees should gather as indicated below. <b>(Meeting time: 13:55)</b></li> <li>The meeting time must be strictly observed.</li> </ul>
<b>Important Reminders</b>	Medals will be presented in five-year age groups for the standard, 10-year age groups for the sprint, and through third place in each category for the age paratriathlon and relay.

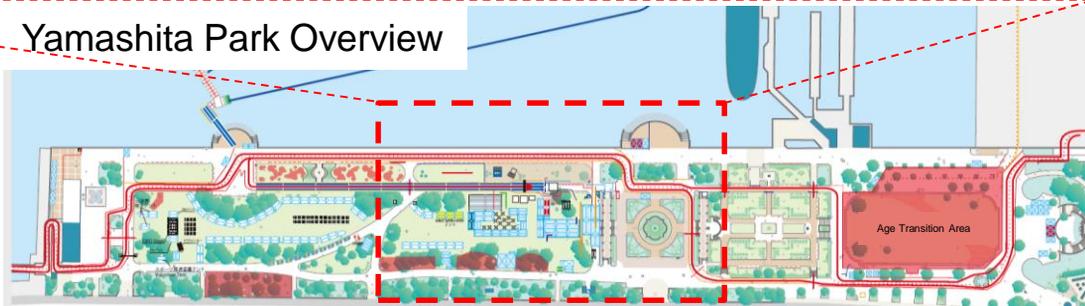
### Results

<b>Date &amp; Time</b>	Around 13:40 (planned)
<b>Location</b>	In front of the event headquarters
<b>Important Reminders</b>	<ul style="list-style-type: none"> <li>Records will be immediately posted on the bulletin board in front of the event headquarters. Awardees are expected to participate in the medal ceremony that starts at 14:10.</li> <li>Posted records are preliminary. The order of finishers may change after the event once all races are complete.</li> <li>Records and finish certificates will not be distributed on the day of the event. Official event records and finish certificates may be downloaded later from the event website.</li> </ul>

### Enlarged View

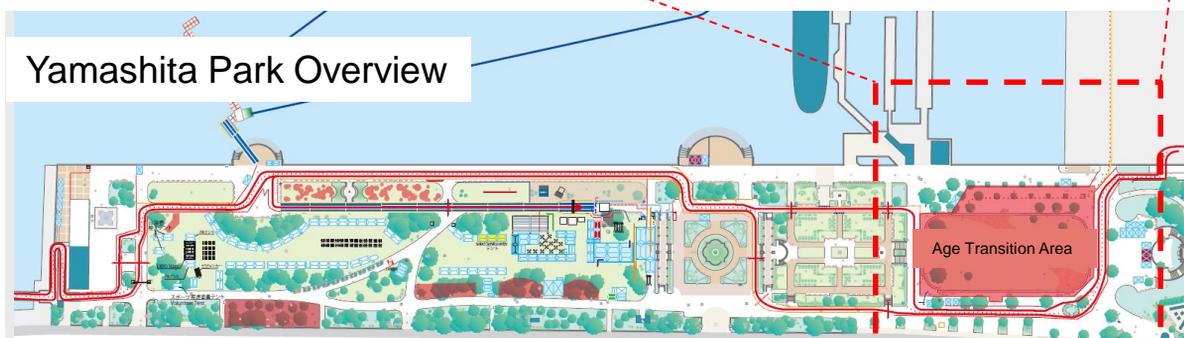
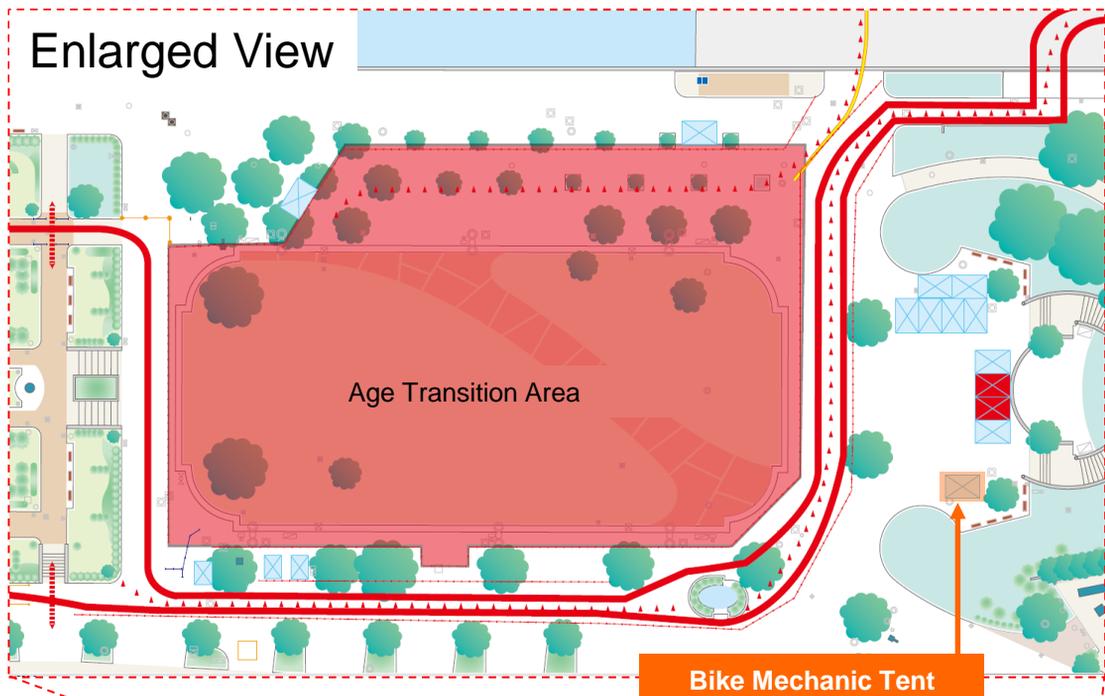


### Yamashita Park Overview



### Mechanic service (for a fee)

<b>Date &amp; Time</b>	Saturday, May 18, 14:30 - 19:00   Sunday, May 19, 6:00 -15:00
<b>Venue</b>	Near transition area (Yamashita Park)
<b>Content</b>	<p><b>For your own safety, have the bike checked and maintained at a specialist shop in advance.</b></p> <ul style="list-style-type: none"> <li>• There is a charge for mechanic services.</li> <li>• The mechanic service booth is available (for a fee) on the day before the race and the day of the race, in order to handle unexpected mechanical trouble.</li> </ul> <p>[Location: Next to Yamashita Park transition area, in front of stone stage (see map below)]</p> <ul style="list-style-type: none"> <li>• Mechanic service includes simple inspection &amp; maintenance. (Charges: 1000 yen per visit, plus the cost of parts).</li> </ul>



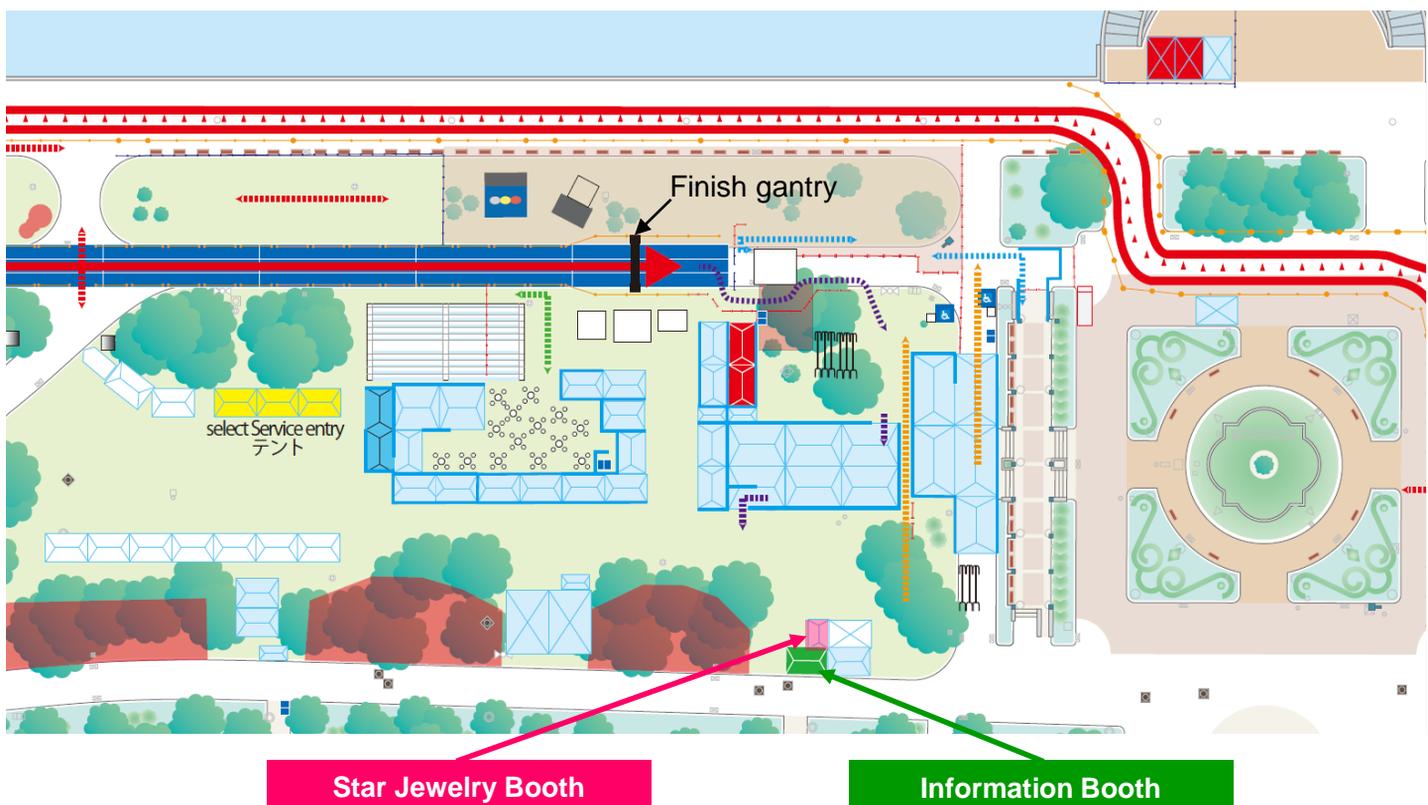
### Female Participants Only: Commemorative Gift!!

For female participants only, the event will again offer a wonderful commemorative gift from Star Jewelry.

<b>Date &amp; Time</b>	Sunday, May 19
<b>Important Reminders</b>	<ul style="list-style-type: none"> <li>Commemorative gifts will be limited to female athletes who take part and finish the competition on the day of the event.</li> <li>Gifts may be claimed after the finish at the <b>Star Jewelry Booth (see map below)</b>.</li> <li>Wristbands will be verified, so be sure to present your wristband.</li> </ul>

### Other Information

<b>Content</b>	<p><b>Bag Drop</b></p> <ul style="list-style-type: none"> <li>There is no place to store valuables. Please take care of them yourself.</li> <li>Regarding bag drop, see P.15.</li> <li>No belongings besides race gear may be left in the transition area.</li> </ul> <p><b>Lost and found</b></p> <ul style="list-style-type: none"> <li>Lost and found items will be held at the <b>Information Booth (see map below)</b> in Yamashita Park.</li> <li>After the event (on or after May 20), please direct any inquiries to the secretariat below.</li> <li>*Lost and found items will be kept for three months after the event. Valuables will be delivered immediately to the police.</li> </ul>
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### Lost and found inquiries

World Triathlon Series Yokohama Secretariat (Weekdays 9:00 - 17:00, closed on weekends and holidays)

Tel.: 045-680-5538/E-mail: [info@yokohamatriathlon.jp](mailto:info@yokohamatriathlon.jp)

\*Please submit inquiries on or after May 20.

## Swim Cap

- At athlete same-day registration, swim caps will be **provided in exchange for the health check sheet**.
- Double swim caps may be worn, but the event official swim cap must be worn on top.

## Swim Goggles

- This event is an open water swim. Please select properly tinted lenses that provide good visibility given weather conditions.

## Wetsuit

- For this event, **wetsuits must be worn**.
- Athletes must wear wetsuits designed for triathlons or swimming (thickness 5 mm or less).
- Ordinary swimsuits may not be worn.
- Rubber wetsuit head caps may be worn.
- Event organizers do not provide petroleum jelly (Vaseline) or other such products.

## Bike

- Only specialized triathlon bikes or road racers may be used. (Based on JITU competition rules.)
- Aerobars and rear disc wheels may be mounted. (Based on JITU competition rules.)
- Bikes with fixed gears (“piste bikes”) may not be used. Likewise, bikes without front and rear-wheel brakes may not be used.
- Helmets will be checked at bike deposit and check-in.
- Only bike racing helmets that comply with JITU competition rules may be worn. Aero-type helmets are also permitted.
- In addition to making sure that the helmet’s straps are tight, apply the race number stickers to the sides (left and right) and front of the helmet, as well as to the bike frame or seat post such that the race number is visible from both sides of the bike. (See image on P.3)
- The use of cycle computer is recommended.
- The course for this event uses laps. While measurements will be taken mechanically using the timing chips, athletes will not be informed of their numbers in real time. Please keep track of your own lap counts. (Please note that athletes with an insufficient lap count will be considered DNF.)

## Race number

- Place race numbers so that they can be seen from behind for the bike section, and from the front for the run.
- **The use of a race number belt is recommended.**
- **Ahead of time, be sure to put emergency contact information (for persons other than yourself) on the back of the race number.**

## Bike shoes, running shoes

- Competing barefoot without shoes in the bike and run events is prohibited.

## Racewear

- In accordance with JITU competition rules, racewear with a front fasteners is prohibited.
- Competing with a bare torso or with racewear on only one side of the body is prohibited.
- Changing rooms are available in the transition area. Clothes may be changed during transitions between events.

## Bikes/helmets/cycle computers

### Bike

- Only specialized triathlon bikes or road racers may be used.
  - \*Aerobars and rear disc wheels may be mounted.
  - \*Bikes with fixed gears (“piste bikes”) may not be used. Likewise, bikes without front and rear-wheel brakes may not be used.
- Bikes will not be inspected at the venue.  
In order to compete safely, be sure to have your bike checked and maintained at a specialist shop beforehand.

### Helmet

- Helmets will be checked at bike deposit and check-in.
  - \*Only bike racing helmets that comply with JTU competition rules may be worn. (Aerotype helmets are also permitted)
- Adjust the helmet strap in advance so that it is tight.

### Cycle computer (recommended)

The bike course for this event is 6.6 km per lap, with 6 laps for the standard and 3 laps for the sprint. While measurements will be taken mechanically using the timing chips, athletes will not be informed of their lap count in real time.

- Remember to reset the distance monitor after setting up your bike in the transition area.

### Other Information

Athletes may not ride their bikes with plastic (PET) bottles attached. Hydration during the bike race may be done using a dedicated cycling bottle or at the aid station along the course.

## Wetsuits (thickness 5 mm or less)

- The water temperature on race day is forecast at around 20°C. According to local rules, wetsuits must be worn for this event.
- Wetsuits are to be 5 mm in thickness or less, designed for triathlons or swimming, and fit your body firmly but not too tightly. \*Bathing suits and second suits may not be worn.
- Rubber wetsuit head caps may be worn.
- Event organizers do not provide hot cream, petroleum jelly (Vaseline), or other such products. If you need it, please bring it yourself.

## Racewear

Trisuits with front fasteners are prohibited. Please select racewear that fastens in the back or not at all.

## Bike shoes, running shoes

Competing barefoot in the bike and run events is prohibited. Be prepared to compete with shoes on.

## Swim Cap

- Swim caps be distributed on the morning of the event at the tent in front of the Yamashita Park stone stage, next to the transition area, in exchange for the health check sheet.  
Be sure to wear the event-provided swim cap on the very top.
- Swim caps will be the same color as wristbands.

## Television broadcasts

**NHKBS1, live broadcast: Saturday, May 18, 10:00 - 15:15 (planned)**

**triathlon.tv: May, 18-19 (entire event) <https://triathlonlive.tv/live>**

\*Some contents paid

## We ask for your cooperation in refraining from the use of personal cars on May 18 and 19.

Traffic congestion is anticipated around the course area on the day of the event. We ask you to avoid using your personal car and thank you for your understanding and cooperation.

## Important Reminders

Item	Content
<b>Handling of Personal Information</b>	The organizers are aware of the importance of personal information and will strictly observe all relevant laws and regulations regarding the protection of personal information. Any personal information provided will be used only for business communications regarding the event and for the list of participants. The organizers or their contractors may contact you to confirm the content of your application.
<b>Transfer of Participation Eligibility</b>	Participation by a proxy or transfer of rights for this event is not permitted. Upon discovery, such athletes will be disqualified. In such a case, no compensation or refund of any kind will be made by the organizers.
<b>Participation Fee Refunds</b>	Participation fees and charges will not be refunded when participation has been cancelled for personal reasons on the part of the athlete. Participation fees and charges will also not be refunded when the event is cancelled due to stormy weather, earthquakes, flood damage, incidents, accidents, infectious disease, or the like.

## Final Decisions on Event Cancellation

Stormy weather, earthquakes, tsunamis, or the like may result in the event being cancelled. Likewise, if we deem that the safety of participating athletes has become difficult to ensure, we may revise or cancel event content. The following means will be used to announce whether the event will or will not be held.

### Internet

**Sunday, May 19, 2019 at 5:00**

■ **Official Event Website**  
<http://yokohamatriathlon.jp/wts/>



### SNS

**Sunday, May 19, 2019 at 5:00**

■ **Official Event Twitter Handle**  
@YTRIATHLON



■ **Official Event Facebook Page**  
Yokohama Triathlon



## Inquiries

### ■ Inquiries about the event

World Triathlon Series Yokohama Secretariat  
Nissei Yokohama Onoe Bldg. 3rd Fl., 6-81 Onoe-cho, Naka-ku, Yokohama 231-0015  
Tel.: 045-680-5538/Fax: 045-641-2371 (Weekdays 9:00 - 17:00, closed on weekends and holidays)  
E-mail: [info@yokohamatriathlon.jp](mailto:info@yokohamatriathlon.jp)  
HP : <http://yokohamatriathlon.jp/wts/>



### ■ Inquiries about traffic restrictions

Yokohama City Call Center  
Tel.: 045-664-2525 (8:00 - 21:00 \*May 18 and 19 only)

For details and further news  
about the event,  
see the event website.

YOKOHAMA PARTNERS



FOUNDING PARTNERS

