



World Triathlon  
Championship Series  
YOKOHAMA  
2023



Triathlonlive.tv



# Athletes Guide

2023 World Triathlon Championship Series  
Yokohama

13-14 MAY 2023

Updated 20<sup>th</sup> April 2023  
Issued 8<sup>th</sup> April 2023

World Triathlon Championship Series

ABU DHABI | YOKOHAMA | CAGLIARI | MONTREAL |  
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# 1. GENERAL INFORMATION

## Key Dates

\*Updated by adding Swim Familiarization.

	LOC Office Open	Registration	Briefing	Race Pack Distribution	Dinner	Familiarization		Race Day
						Bike & Tun	Swim	
<b>Tuesday, 9 May</b>	12:00 - 20:00							
<b>Wednesday, 10 May</b>	8:00 - 20:00							
<b>Thursday, 11 May</b>	8:00 - 20:00	Elite : -18:00	Elite : 18:00-	Elite : 18:30-	Elite & Para 19:00-			
<b>Friday, 12 May</b>	8:00 - 20:00	Para : -16:00	Para : 16:00-	Para : 17:00-		Para : 6:00-7:20 Elite : 6:25-6:41	Para : 13:00-14:00 Elite : 14:30-15:30	
<b>Saturday, 13 May</b>	8:00 - 20:00							Para : 6:50- Elite Women : 10:16- Elite Men : 13:06-

## Key Contacts

Position	Contact Person	Contact e-mail
World Triathlon Team Leader	Thanos Nikopoulos (GRE)	thanos.nikopoulos@triathlon.org Mobile : +81-xxx-xxxx-xxxx(TBD)
World Triathlon Technical Delegate	Melody Tan (MAS)	melody@quickrelease.com.my Mobile : +81-xxx-xxxx-xxxx(TBD)
World Triathlon assistant Technical Delegate	Koji Koganezawa (JPN) Michael Thompson (AUS)	kojikoganezawa0823@gmail.com Mobile : +81-80-3010-5630 michael@prestigeblinds.com.au Mobile : +81-xxx-xxxx-xxxx(TBD)
World Triathlon Head Referee (Elite Men, Para)	Ross Capill (NZL)	rosscapillnz@gmail.com
World Triathlon Head Referee (Elite Women)	Michael Thompson (AUS)	michael@prestigeblinds.com.au
World Triathlon Medical Delegate	Ryoji Kasanami (JPN)	kasanami@cc.nara-edu.ac.jp
LOC Office Coordinator	LOC Office JTU event team  Yoji Sakata	info@yokohamatriathlon.jp event@jtu.or.jp Mobile : +81-45-680-5538 sakata@jtu.or.jp Mobile : +81-xxx-xxxx-xxxx(TBD)
Domestic National Federation (JTU)	JTU Office	jtuoffice01@jtu.or.jp phone : +81-3-5469-5401
Transportation & Accommodation	JTB	jtb_convention@jtb.com



## Entering Japan

### (1) 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 68 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, 2023:
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.

### (2) Immigration (Quarantine) procedure

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



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

※ Information as of 10<sup>th</sup> March 2023, please check the relevant websites for the latest updates.

i) Before your departure :

- Please pre-register the information required for quarantine procedures via “**Visit Japan Web**”.  
<https://vjw-lp.digital.go.jp/en/>



- Prepare “Valid Vaccination Certificate” or “Pre-departure Test (COVID-19 Negative Test Result Certificate)”, based on the below Quarantine procedure;

Visit Japan Web	Valid Vaccination Certificate	Pre-departure Test
Required	with	NOT required
	without	Required

- \* Those who are unable to use “Visit Japan Web” must submit a Questionnaire at quarantine.  
Please fill it from [https://www.mhlw.go.jp/stf/covid-19/border\\_questionnaire.html](https://www.mhlw.go.jp/stf/covid-19/border_questionnaire.html) before arriving.



- \* Those who are unable to present a valid vaccination certificate or a valid certificate of inspection will not be allowed to enter Japan, as based on Quarantine Law, and will be denied boarding the aircraft in the country of departure.
- \* Those entering Japan with symptoms of suspected COVID-19 infection will be tested upon arrival. Furthermore, those who test positive will be required to quarantine at a designated facility.

ii) Note for All Visitors to Japan

Due to the increase in the number of passengers entering Japan, quarantine procedures at airports are taking time depending on the time of arrival.

※ Any costs incurred due to quarantine procedures after flight arrival are the responsibility of the passenger.

iii) Important notes after entering Japan

Please take the following countermeasures to prevent the spread of the infection.

- > Wear a face mask when recommended indoors when you are talking at a distance of less than approximately 2 meters.
- > Sanitize your hands thoroughly and wash your hands frequently.
- > Avoid the three Cs (closed spaces, crowded places, close-contact settings).

Mask Use (<https://www.mhlw.go.jp/stf/covid-19/mask.html>)

More information on the use of mask can be found here.



Cabinet Secretariat web (<https://corona.go.jp/en/>)

Provides information on five situations that increase the risk of infection.



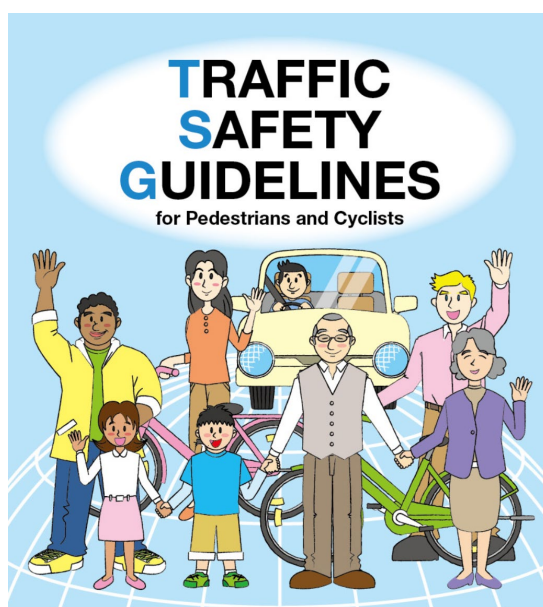
If you test positive or develop any symptoms such as fever after entering Japan, please contact to the LOC ([info@yokohamatriathlon.jp](mailto:info@yokohamatriathlon.jp)) immediately.



## TRAFFIC RULES IN JAPAN

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

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



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



※ From April 2023 onwards, 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.

“Safety Guidelines for Cyclists”, by Tokyo Metropolitan Police Department.

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



自転車安全利用五則	English
<b>1 自転車は、車道が原則、歩道は例外</b> 	<b>Five safety rules for cyclists</b> <b>Use roadways in principle. Riding on sidewalks is allowed only in exceptional cases.</b>
<b>2 車道は左側を通行</b> 	<b>Keep to the left on roadways.</b>
<b>3 歩道は歩行者優先で、車道寄りを徐行</b> 	<b>On sidewalks, pedestrians have the right-of-way. Slow down and keep to the side closest to the roadway.</b>
<b>4 安全ルールを守る</b> <ul style="list-style-type: none"> <li>● 飲酒運転・二人乗り・並進の禁止</li> <li>● 夜間はライトを点灯</li> <li>● 交差点での信号遵守と一時停止・安全確認</li> </ul>	<b>Obey safety rules.</b> <ul style="list-style-type: none"> <li>• Do not ride under the influence of alcohol. Do not carry a passenger. Do not ride side-by-side.</li> <li>• Use your front light after dark.</li> <li>• Obey traffic light signals at intersections. Come to a full stop and check the traffic in all directions to make sure it is safe to enter the intersection.</li> </ul>

交差点の通行方法	English
<b>右折するとき</b> 青信号で、交差点の向こう側まで直進し、止まって右に向きを変え、対面する信号が青になったら直進する。 	<b>When turning right</b> At an intersection with traffic lights, ride straight across the road when the light is green, then stop and turn your bicycle in the new direction. Proceed when the light you are now facing turns green.
<b>左折するとき</b> できるだけ「道路の左側端」に沿って徐行する。 	<b>When turning left</b> Slow down and stay as close to the left edge of the road as practicable.
<b>一時停止の標識があるときは、停止線の直前で一時停止</b> 	<b>At an intersection with a “stop” sign, come to a complete stop before the stop line.</b>
<b>自転車横断帯がある時はそこを通行</b> 	<b>At an intersection with a bicycle crossing zone, stay within the zone.</b>
<b>横断歩道における歩行者の優先</b> <b>横断歩道があることを知らせる道路標示</b> 信号機のない横断歩道の30～50メートル手前に設置されています。 	<b>At crosswalks: pedestrians have the right-of-way</b> <b>Be alert when you see white diamond markings on the road.</b> Such markings show there is a crosswalk with no traffic lights 30 to 50 meters ahead.
<b>横断歩道前の一時的停止</b> 歩行者の通行を妨げないようにする。 	<b>Come to a full stop before pedestrian crossings.</b> Pay attention not to obstruct pedestrian traffic.





## Visitors Guide in YOKOHAMA

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



**YOKOHAMA**  
横浜観光情報 OFFICIAL VISITORS' GUIDE



★ THINGS TO DO    🏠 WHERE TO STAY    📅 EVENTS    🚗 EXPLORE YOKOHAMA    🗺️ TRAVEL INFO    🔍 SEARCH

WELCOME TO  
YOKOHAMA

### ★ THINGS TO DO



Activities and Attractions



Art and Museums



Family Activities



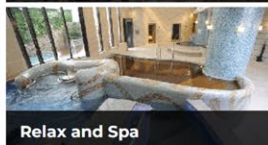
Food and Restaurants



Bars and Nightlife



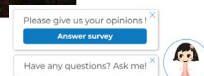
Shopping



Relax and Spa



Outdoors and Sports



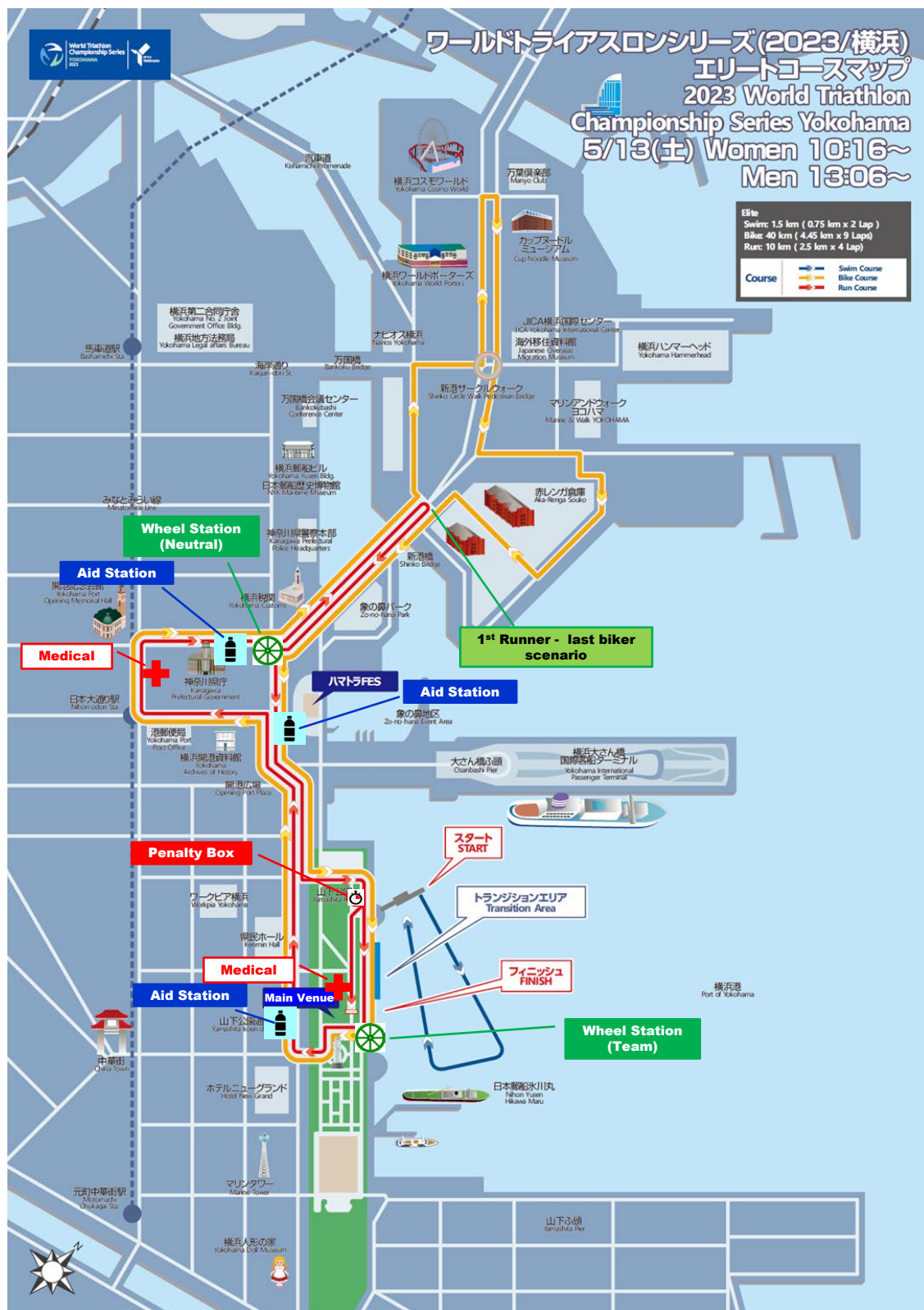




## 2. COMPETITION

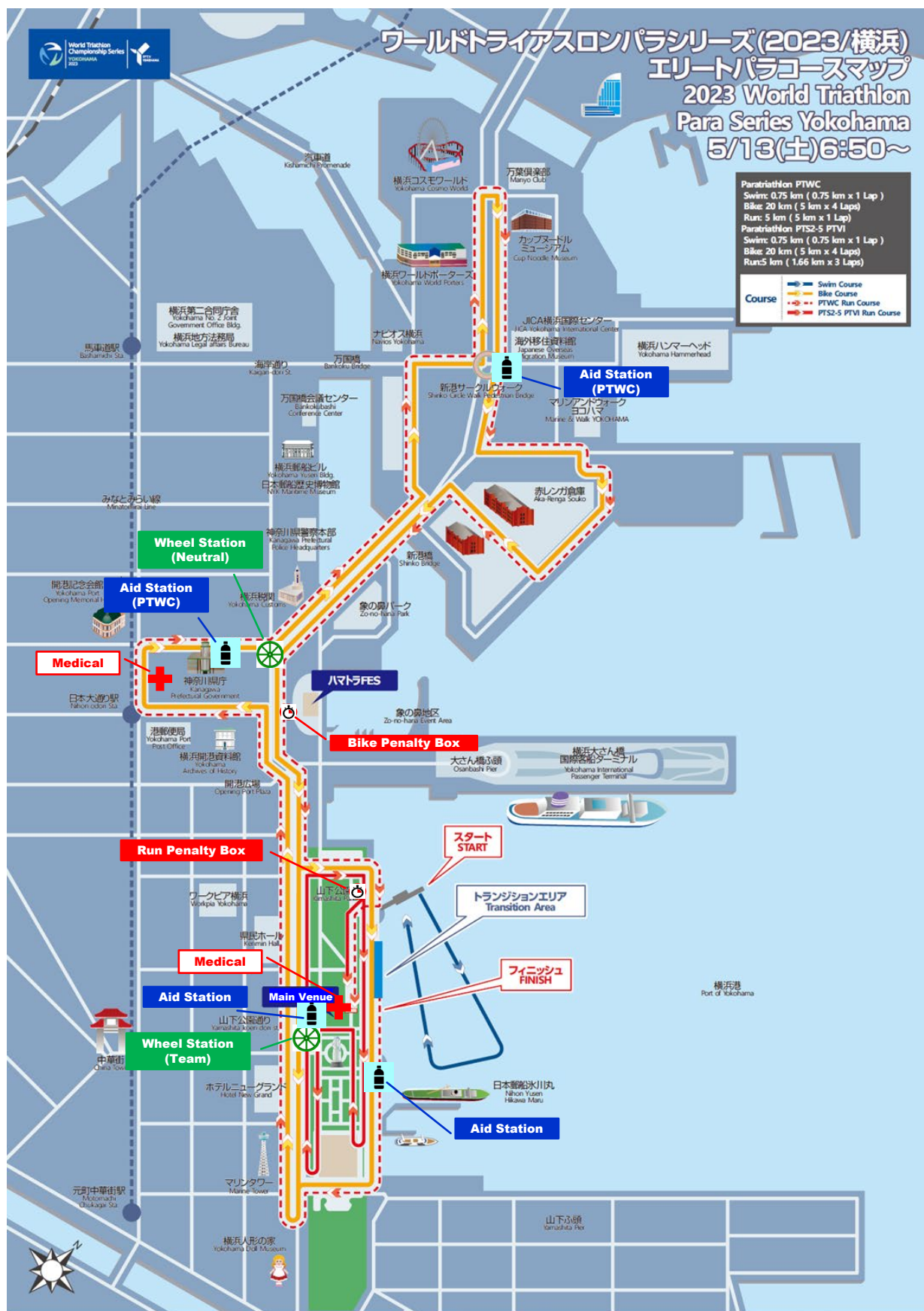
### Course Map

ELITE [13<sup>th</sup>, May]



## Course Map

**PARA [13<sup>th</sup>, May]**





### Course Map in case of Heavy Rain contingency







## Schedule

## ELITE

Time/Date	Event	Venue
<b>Tue.9 May</b>		
12:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
12:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
13:00 - 16:00	Swim/Run/Gym Training	YCAC
<b>Wed.10 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
10:00 - 16:00	Swim/Run/Gym Training	YCAC
10:00 - 16:00	Mechanic Service	Yamashita Park
<b>Thu.11 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
10:00 - 16:00	Swim/Run/Gym Training	YCAC
10:00 - 16:00	Mechanic Service	Yamashita Park
18:00	Elite Briefing	WorkPia
18:30 - 19:00	Elite Race package distribution	WorkPia
19:00	Athlete Dinner	ROSE Hotel
19:00 - 19:30	Team Medical MT	Hotel New Grand(Starlight Room)
<b>Fri.12 May</b>		
6:00 - 6:24	Paratriathlon Bike Course Familiarisation	On the road, south-east side of "Kenmin Hall" crossing
6:25 - 6:41	Elite Bike Course Familiarisation	On the road, south-east side of "Kenmin Hall" crossing
6:42 - 6:56	Paratriathlon Run Course Familiarisation(PTWC)	Transition Area
7:00 - 7:20	Paratriathlon Run Course Familiarisation	Transition Area
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
10:00 - 13:00	Swim/Run/Gym Training	YCAC
10:00 - 18:00	Mechanic Service	Yamashita Park / Athlete Lounge
14:30 - 15:30	Elite Swim Course Familiarisation	Yamashita Park / Swim Course
<b>Sat.13 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
5:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
6:30 -	Road Closed	Race Course
8:30 - 9:30	Elite Women Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
9:15 - 10:00	Elite Women Swim Course Warm-up	Yamashita Park / Swim Course
9:15 - 10:00	Elite Women Transition Check-in	Yamashita Park / Transition Area
9:15 - 9:35	Elite Men and Women Bike Course Warm-up	Race Course
	*Only for Plan B (If the course conditions have changed significantly from the day before)	
9:46	Triathlon Live	
10:05	Elite Women Introduction	Yamashita Park / Start Area
10:16	Elite Women Race Start	Race Course
11:30 - 12:30	Elite Men Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
12:00 - 12:50	Elite Men Swim Course Warm-up	Yamashita Park / Swim Course
12:00 - 12:50	Elite Men Transition Check-in	Yamashita Park / Transition Area
12:15 - 13:00	Coaches Run Course Measurement	Race Course
12:25 - 12:40	Elite Women Medal Ceremony	Yamashita Park / Podium
12:36	Triathlon Live	
12:40 - 12:55	Charity Ceremony	Yamashita Park / Podium
12:55	Elite Men Introduction	Yamashita Park / Start Area
13:06	Elite Men Race Start	Race Course
15:00 - 15:15	Elite Men Medal Ceremony	Yamashita Park / Podium
15:20	Road Open	Race Course
9:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
<b>Sun.14 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
5:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
9:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
10:00 - 13:00	Swim/Run/Gym Training	YCAC



## Schedule

## PARA

Time/Date	Event	Venue
<b>Tue.9 May</b>		
12:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
12:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
13:00 - 16:00	Swim/Run/Gym Training	YCAC
<b>Wed.10 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
9:00 - 11:00	Paratriathlon cycling training session	Yokohama Red Brick Park
10:00 - 16:00	Swim/Run/Gym Training	YCAC
10:00 - 16:00	Mechanic Service	Yamashita Park / Athlete Lounge
<b>Thu.11 May</b>		
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
9:00 - 11:00	Paratriathlon cycling training session	Yokohama Red Bricks Park
10:00 - 16:00	Swim/Run/Gym Training	YCAC
10:00 - 16:00	Mechanic Service	Yamashita Park / Athlete Lounge
19:00	Athlete Dinner	ROSE Hotel
19:00 - 19:30	Team Medical MT	Hotel New Grand(Starlight Room)
<b>Fri.12 May</b>		
6:00 - 6:24	Paratriathlon Bike Course Familiarisation	On the road, south-east side of "Kenmin Hall" crossing
6:25 - 6:41	Elite Bike Course Familiarisation	On the road, south-east side of "Kenmin Hall" crossing
6:42 - 6:56	Paratriathlon Run Course Familiarisation(PTWC)	Transition Area
7:00 - 7:20	Paratriathlon Run Course Familiarisation	Transition Area
8:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
8:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
10:00 - 13:00	Swim/Run/Gym Training	YCAC
10:00 - 18:00	Mechanic Service	Yamashita Park / Athlete Lounge
13:00 - 14:00	Elite Para Swim Course Familiarisation	Yamashita Park / Swim Course
14:00 - 15:00	Paratriathlon PTWC Handcycle & Wheelchair check-in	Yamashita Park / Athlete Lounge
16:00 -	Elite Para Briefing	Hotel New Grand(Perry'sRoom)
17:00 - 17:30	Elite Para Race package distribution	Hotel New Grand(Perry'sRoom)
<b>Sat.13 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
5:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
5:30 - 6:30	Paratriathlon Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
5:40 - 6:40	Paratriathlon Transition Check-in	Yamashita Park / Transition Area
6:15 - 6:40	Paratriathlon Swim Course Warm-up	Yamashita Park / Swim Course
6:20	Triathlon Live	
6:30 -	Road Closed	Race Course
6:40 - 7:15	PTWC equipment movement from TA	Yamashita Park / Transition Area
6:45 -	Paratriathlon Athletes Introductions	Yamashita Park / Start Area
6:50	Paratriathlon Race Start	Race Course
6:50:00	PTS5-M	Yamashita Park / Swim Course
6:51:00	PTVI 1-M/W	Yamashita Park / Swim Course
6:53:41	PTVI 2/3-M	Yamashita Park / Swim Course
6:54:11	PTVI 2/3-W	Yamashita Park / Swim Course
7:04:00	PTS5-W	Yamashita Park / Swim Course
7:05:00	PTS4-M	Yamashita Park / Swim Course
7:10:00	PTS2/3-M	Yamashita Park / Swim Course
7:11:00	PTS2/3/4-W	Yamashita Park / Swim Course
7:30:00	PTWC1-M/W	Yamashita Park / Swim Course
7:33:00	PTWC2-M	Yamashita Park / Swim Course
7:33:38	PTWC2-W	Yamashita Park / Swim Course
9:15	Coaches Run Course Measurement	Yamashita Park / Transition Area
10:16	Elite Women Race Start	Race Course
12:40 - 12:55	Charity Ceremony	Yamashita Park / Podium
13:06	Elite Men Race Start	Race Course
15:20	Road Open	Race Course
15:30 - 16:00	Elite Para Medal Ceremony	Yamashita Park / Podium
9:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
<b>Sun.14 May</b>		
5:00 - 20:00	LOC Office	Hotel New Grand(Phoenix Room)
5:00 - 20:00	Tour Desk	Hotel New Grand(Phoenix Room)
9:00 - 17:00	Yokohama Triathlon Festival	ZOU-NO-HANA Park
10:00 - 13:00	Swim/Run/Gym Training	YCAC

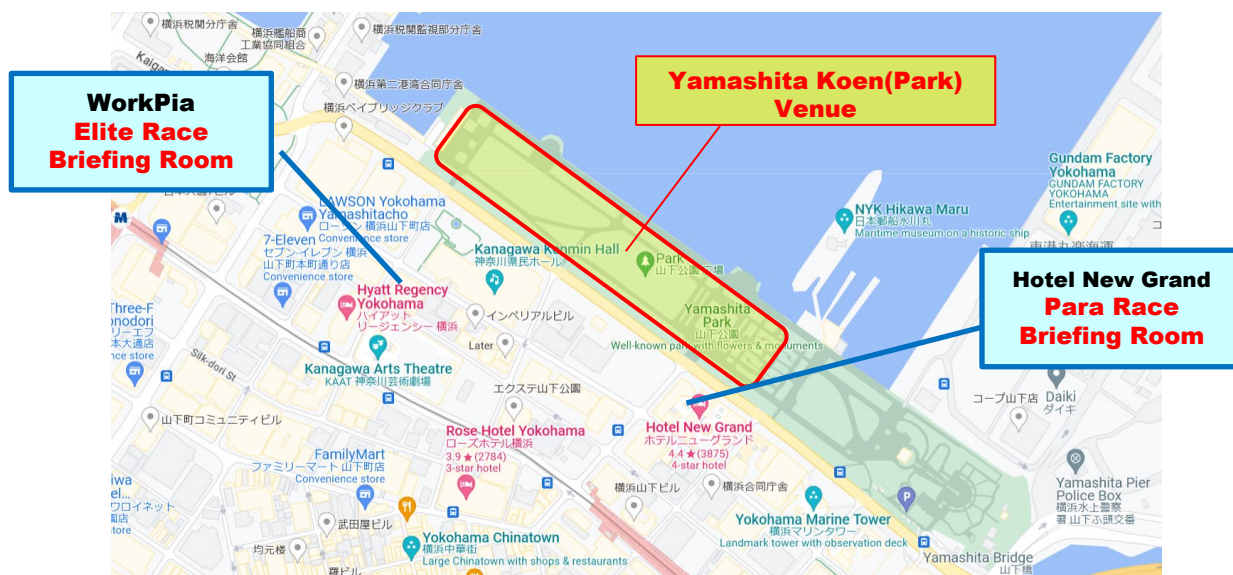


## Registration, Race Briefing & Race Pack Distribution

	Elite	Para
<b>Registration</b>		
Date	Thursday, 11 <sup>th</sup> May 2023	Friday, 12 <sup>th</sup> May 2023
Time	(17:30) – 18:00	(15:30) – 16:00
Location	WorkPia	Hotel New Grand (Perry's Room, Tower 3 <sup>rd</sup> floor)
<b>Race Briefing</b>		
Date	Thursday, 11 <sup>th</sup> May 2023	Friday, 12 <sup>th</sup> May 2023
Time	18:00 – (18:30)	16:00 – (17:00)
Location	WorkPia	Hotel New Grand (Perry's Room, Tower 3 <sup>rd</sup> floor)
<b>Race Pack Distribution</b>		
Date	Thursday, 11 <sup>th</sup> May 2023	Friday, 12 <sup>th</sup> May 2023
Time	18:30 – 19:00	17:00 – 17:30
Location	WorkPia	Hotel New Grand (Perry's Room, Tower 3 <sup>rd</sup> floor)

The briefing document will be available here, after the briefing above :

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







## Competition Rules

The event will follow the latest published Competition Rules of the World Triathlon.  
[https://www.triathlon.org/uploads/docs/World-Triathlon\\_Competition-Rules\\_2023\\_20230208.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2023_20230208.pdf)



## Wheel Station

2 wheel stations will be planned.

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

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

- ii) **Neutral Wheel Station** located at the north corner of Kanagawa City Hall (Kanagawa Prefectural Government Office).  
At this neutral wheel station will have the following wheels for regular road bike ;

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

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

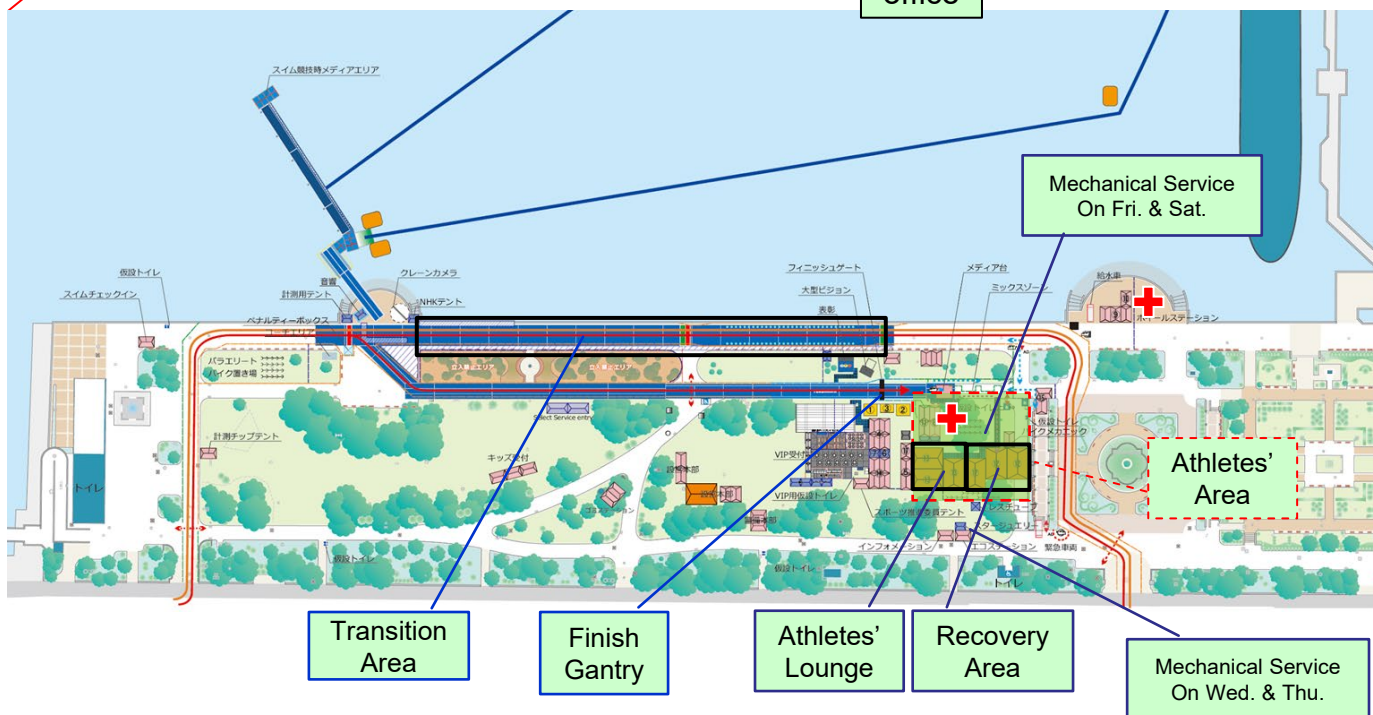
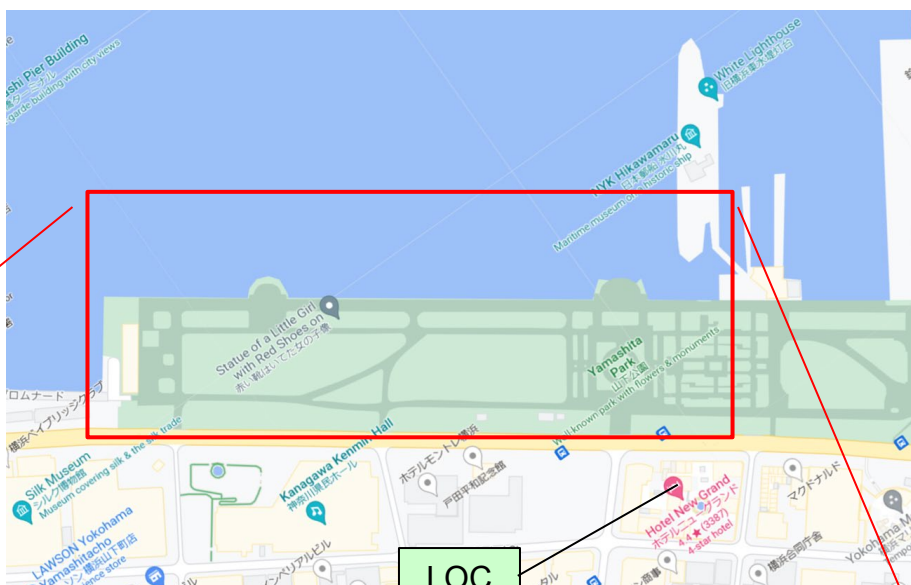
At both wheel stations, a responsible TO will have 5mm & 6mm hexagonal wrench.

## Doping Control

Doping Control will be performed according to the World Triathlon / WADA rules.  
Doping Control will take place at a room of 4<sup>th</sup> floor of Hotel New Grand.  
The athletes must carry their identification to the Doping Control facilities.

### 3. VENUE

#### Venue Map



The venue is in Yamashita Koen(Park).  
Athletes' Lounge is located near the middle of the park.  
LOC office is on the 2<sup>nd</sup> floor of Hotel New Grand.

Some areas such as Athletes' area, Transition, FOP...etc are secured by fences with Security Guards, so you may be requested to show your accreditation card at any time.

## Accreditations

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

Accreditation cards for athletes and coaches will need to be collected in person

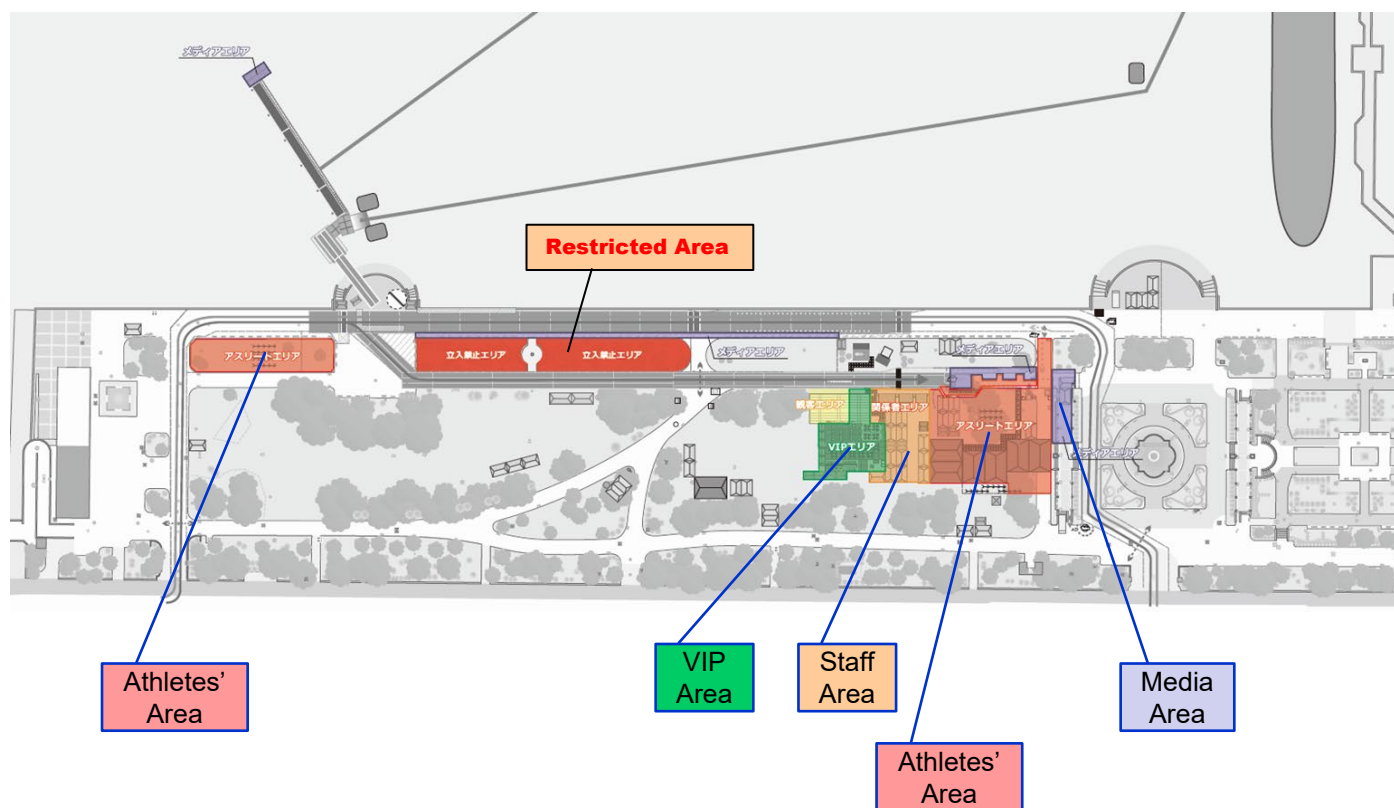
at Elite athletes' registration on Thursday, or

at Elite Para athletes' registration on Friday, or

in front of athletes' lounge before Elite Para Swim Course Familiarization 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.







## 4. TRAVEL INFORMATION

### OFFICIAL HEADQUARTER

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

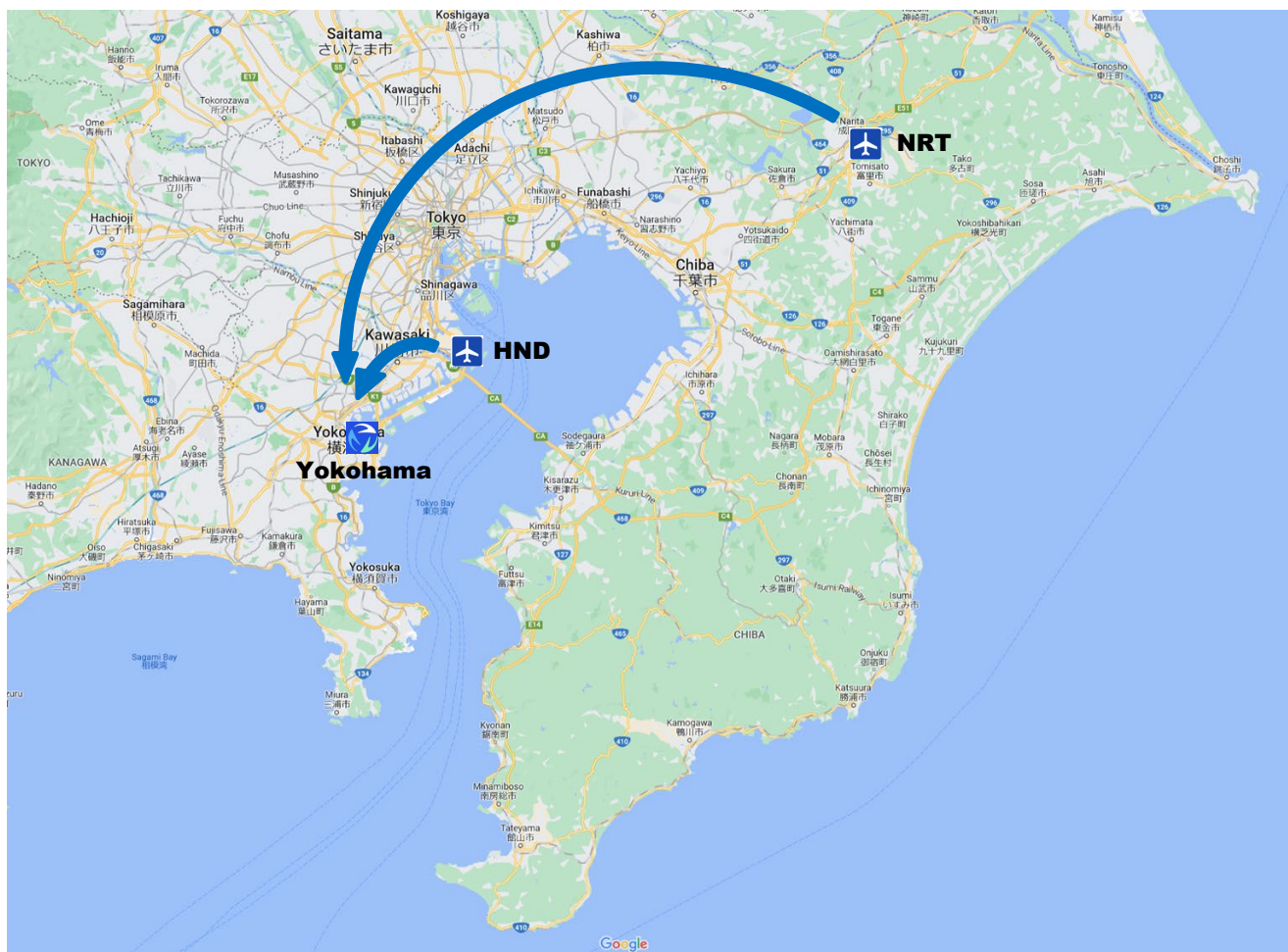
### Airport Transfer & Accommodation

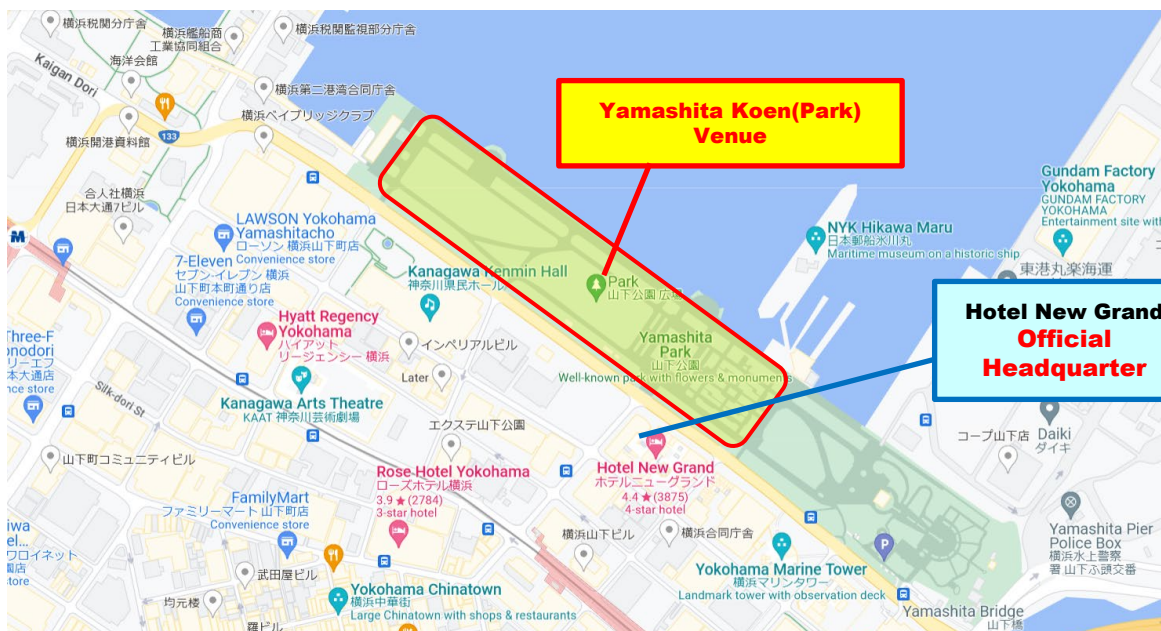
Please contact to JTB by accessing to the following web-site;  
[https://amarys-jtb.jp/wtcs2023\\_elite/](https://amarys-jtb.jp/wtcs2023_elite/)



You can book your transportation from Narita(NRT) or Haneda(HND) airport to your destination in Japan, or your accommodation in Yokohama.

At Hotel New Grand of the Official Headquarter, we will have Tour Desk as your concierge.





### Hotel New Grand Yokohama

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



## BIKE TRAINING IN YOUR ROOM

Training on a cycle trainer is forbidden in any hotel room.



## 5. ATHLETES' SERVICES

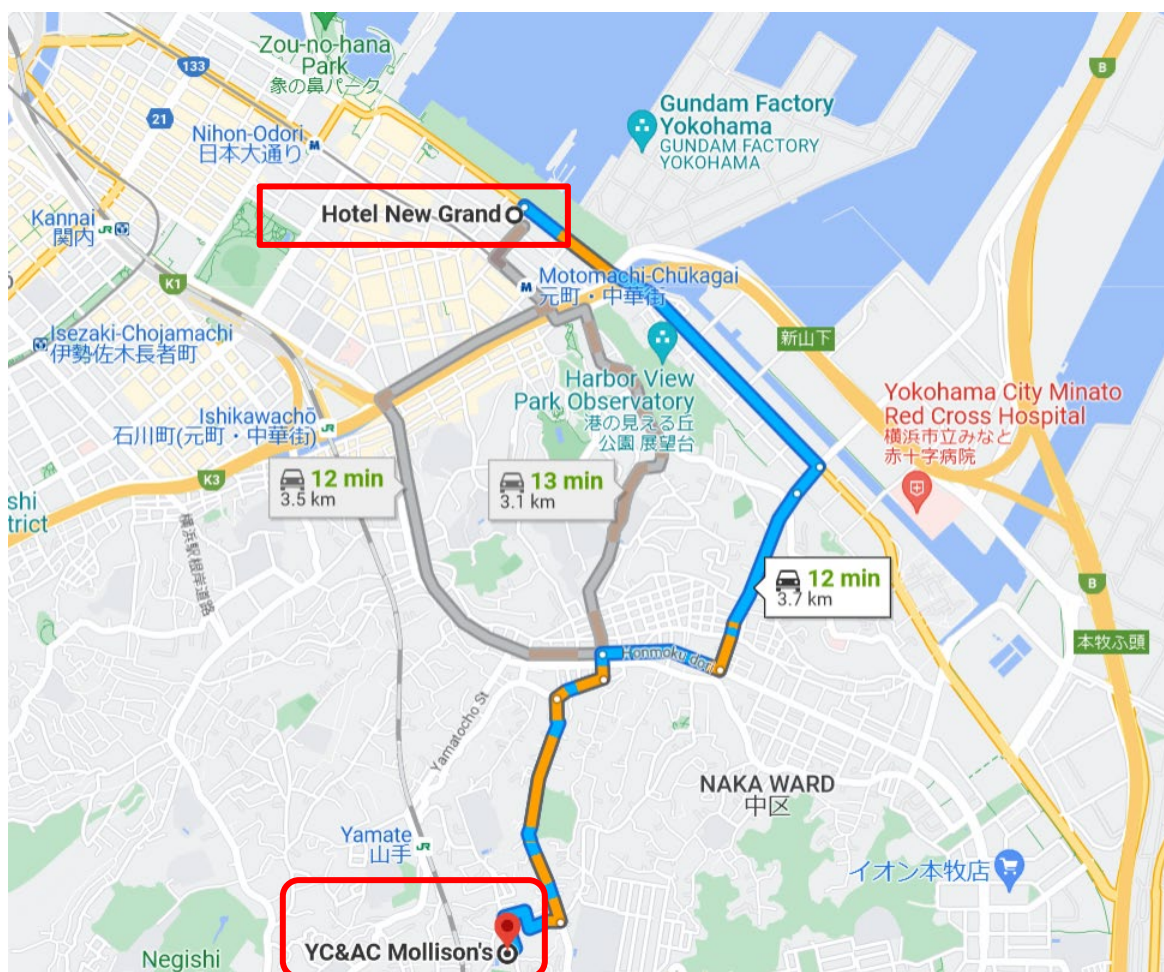
### TRAINING

#### (1) Swim & Run

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

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

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



●Hotel New Grand ⇄ YC&AC 【3.7km】

#### ★Car route

12～5min. 【Taxi fee approx. ￥1,700】

#### ★Train route

Motomachi-Chukagai Sta.

↓  
【Minato-Mirai line】

Yokohama Sta.

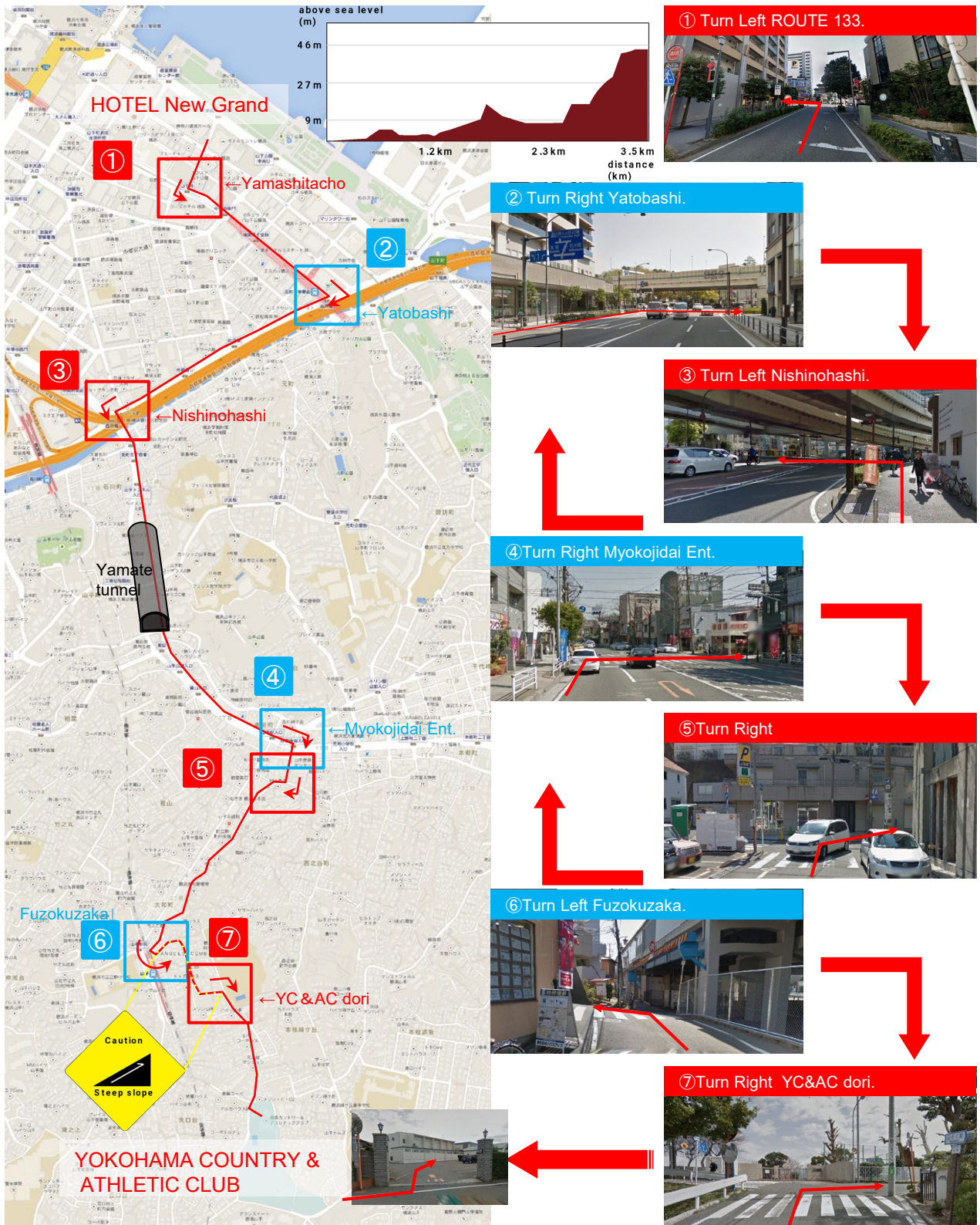
↓  
【JRkeihin-Tohoku line】

Yamate Sta.





## Route to YC&AC by your bike



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

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

Maximum capacity of 30 people per hour.

Book and train from 8 time slots with 45minute shifts, as below :

10:00-10:45, 10:45-11:30, 11:30-12:15, 12:15-13:00

13:00-13:45, 13:45-14:30, 14:30-15:15, 15:15-16:00 .

The booking must be made by 18:00 the day before training.

Main Field : FIFA certified all weather pitch.

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

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

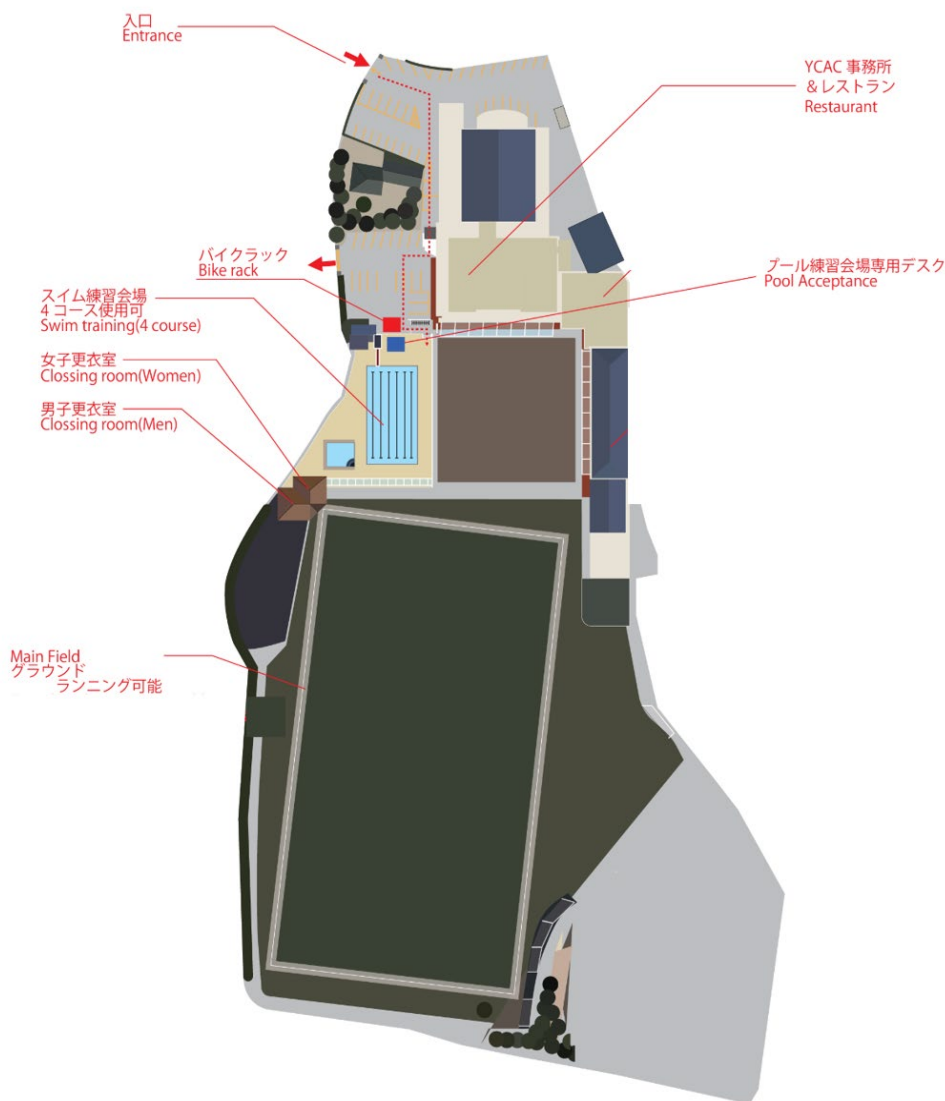
Only the time for teams classified to “**3-days quarantine**” will be specified.

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

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

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

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





## Swim Training booking :

The booking must be made by 18:00 the day before training.  
Book at Tour desk in Hotel New Grand 2F, in front of LOC room.

Once you booked, you will get booking ticket, which indicates time-slot, lane and your name.  
Please pass the ticket at reception desk of the swim pool entrance.

In the lane for Elite athletes, maximum 8 athletes can swim.  
In the lane for Para athletes, maximum 6 athletes can swim.

### Swim Training Plan @YCAC

		Time								Daily Capacity
		10:00~10:45	10:45~11:30	11:30~12:15	12:15~13:00	13:00~13:45	13:45~14:30	14:30~15:15	15:15~16:00	
Tue. 9,May	Lane : 1					6	6	6	6	Elites : 64max Para : 48max
	Lane : 2					6	6	6	6	
	Lane : 3					8	8	8	8	
	Lane : 4					8	8	8	8	
Wed.10,May	Lane : 1	6	6	6	6	6	6	6	6	Elites : 128max Para : 96max
	Lane : 2	6	6	6	6	6	6	6	6	
	Lane : 3	8	8	8	8	8	8	8	8	
	Lane : 4	8	8	8	8	8	8	8	8	
Thu. 11,May	Lane : 1	6	6	6	6	6	6	6	6	Elites : 128max Para : 96max
	Lane : 2	6	6	6	6	6	6	6	6	
	Lane : 3	8	8	8	8	8	8	8	8	
	Lane : 4	8	8	8	8	8	8	8	8	
Fri.12,May	Lane : 1	6	6	8	8	Swim course Fam. Para : 13:00-14:00 Elite : 14:30-15:30				Elites : 64max Para : 48max
	Lane : 2	6	6	8	8					
	Lane : 3	6	6	8	8					
	Lane : 4	6	6	8	8					
Sat. 13,May	Lane : 1									No Training
	Lane : 2									
	Lane : 3									
	Lane : 4									
Sun.14,May	Lane : 1	Free								
	Lane : 2	Free								
	Lane : 3	Free								
	Lane : 4	Free								

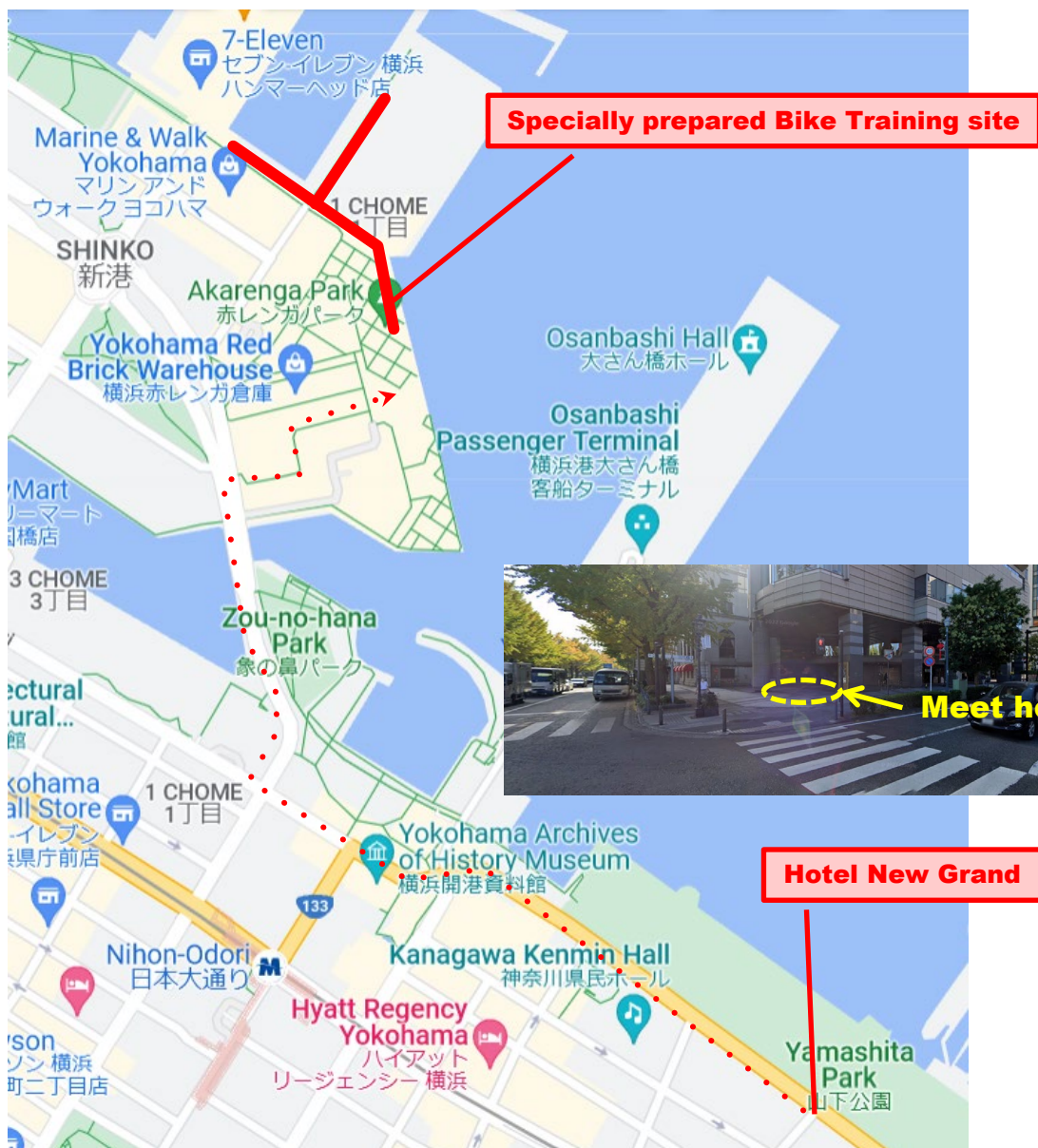
\* Indicating maximum number of athletes per a lane



## (2) Cycling (only for Para athletes)

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

Date & Time : Wed. 10 May, & Thu. 11 May, 09:00 – 11:00 on both days.



### 【For PTWC athletes】

\*Updated meeting time.

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.

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.**

## COURSE FAMILIARIZATION

### (1) Swim

For **Elite** athletes,

Date : Friday, 12<sup>th</sup> May 2023

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

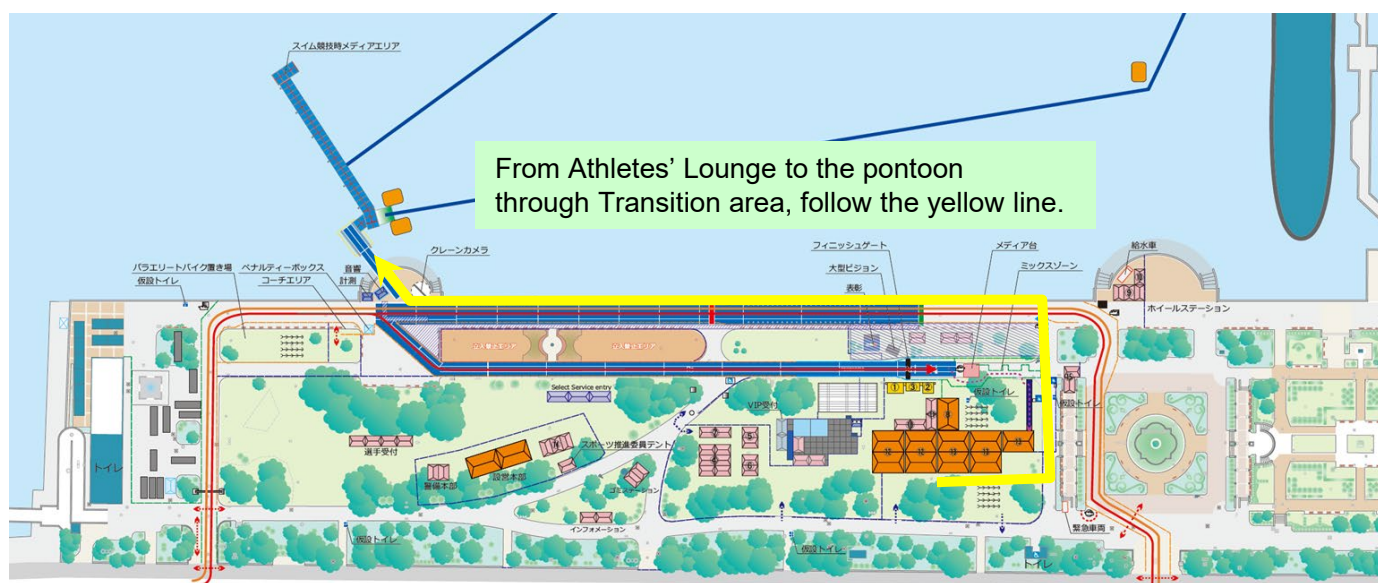
Location :Swim Course / Yamashita Koen(Park)

For **Para** athletes,

Date : Friday, 12<sup>th</sup> May 2023

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

Location :Swim Course / Yamashita Koen(Park)



### (2) Bike & Para Run

#### Friday 12th May

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

## Bike Course Familiarization under Traffic Control

Friday, 12<sup>th</sup>, May

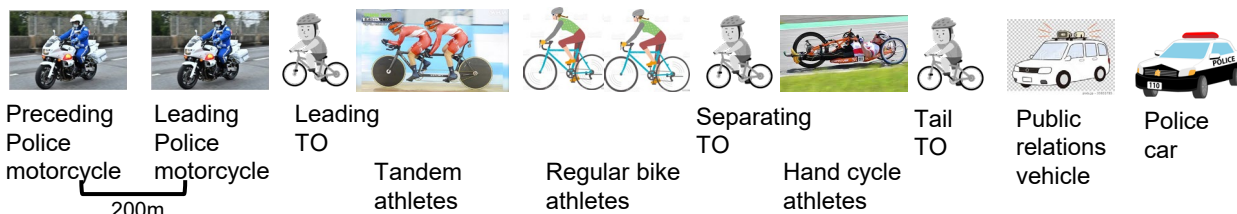
On bike course, 3 familiarization will run; ① Elite Para, Bike, ② Elite, Bike, and ③ Elite Para (PTWC), Run with competitive wheelchair.

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

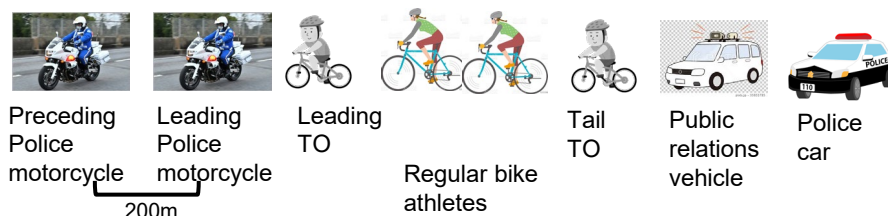
- On 6:00, the first familiarization group (tandem, regular bike, and hand cycle) starts.
- During the 2<sup>nd</sup> lap of the 1<sup>st</sup> group, the second familiarization group stand-by on the Hotel New Grand side of “Kenmin Hall” intersection.
- Once the 1<sup>st</sup> group completed the familiarization, 2<sup>nd</sup> group starts.
- During the 2<sup>nd</sup> familiarization, PTWC athletes switches from their hand cycle to competitive wheelchair for run.
- After the 2<sup>nd</sup> familiarization completed, the 3<sup>rd</sup> group of PTWC Run with competitive wheelchair starts.

Formation of each group are as follows ;

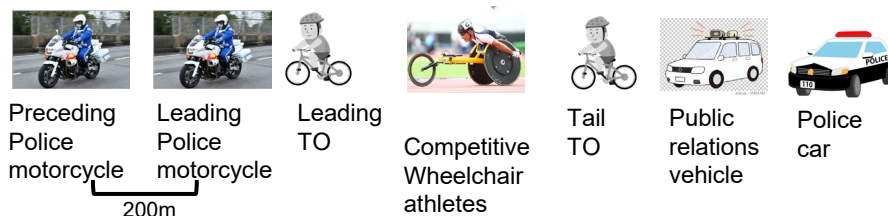
① Elite Para, Bike ( PTVI:Tandem, PTS:Regular bicycle, PTWC:Hand-cycle ) ( **6:00 – 6:24 / 2-laps** ) :



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



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







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

Familiarization Time : 6:00 – 6:24

Meeting Time : 5:50

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

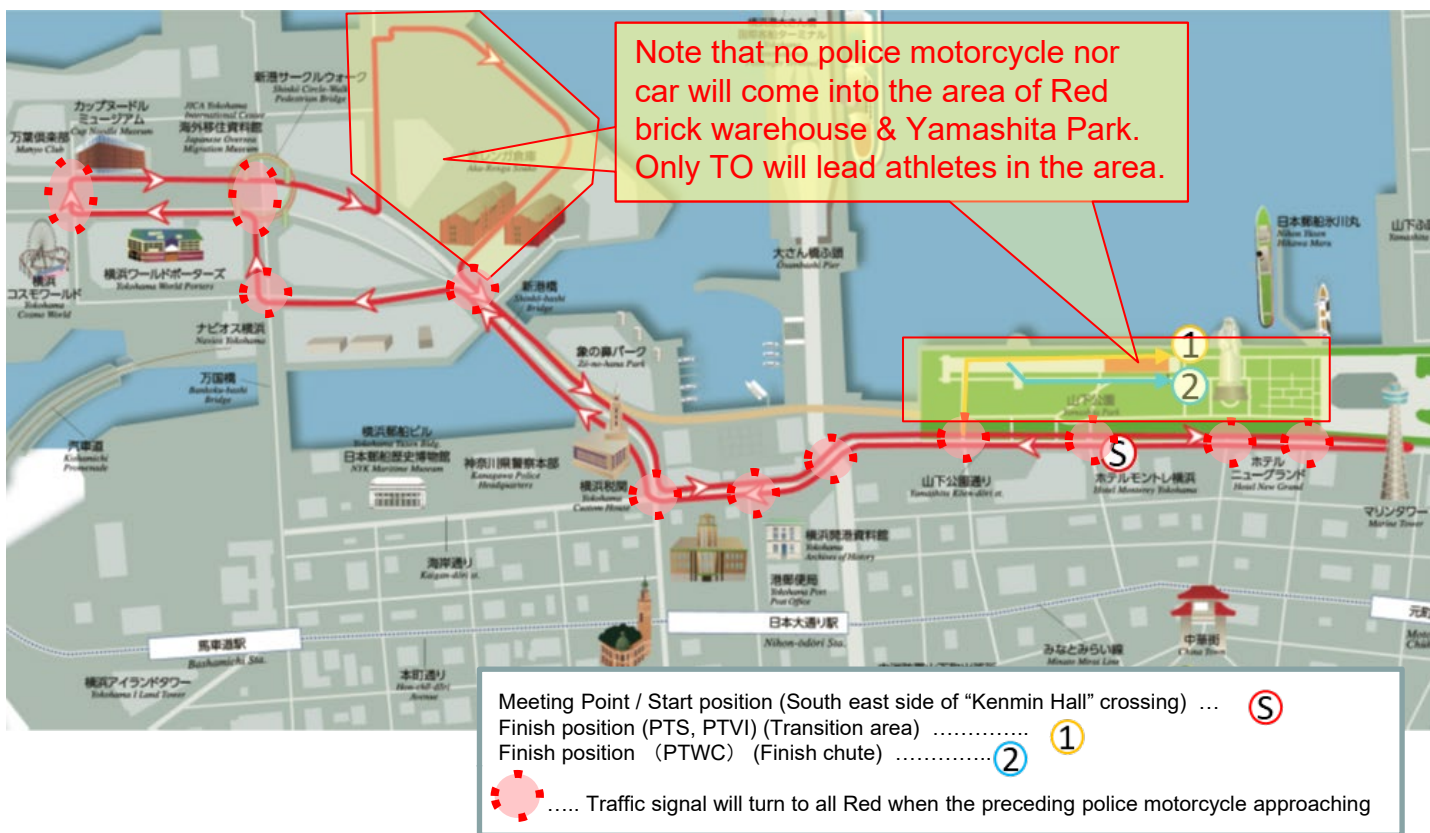
1<sup>st</sup> lap : Start by following the leading TO, not coming into Yamashita Park.

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

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

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

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



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Tandem  
athletes



Regular bike  
athletes



Separating  
TO



Hand cycle  
athletes



Tail  
TO



Public  
relations  
vehicle



Police  
car

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

Familiarization Time : 6:25 – 6:41

Meeting Time : 6:15

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

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

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

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

Finish the familiarization at transition.

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



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

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



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Regular bike  
athletes



Tail  
TO



Public  
relations  
vehicle



Police  
car

**Note :** Elite athletes may have a bike familiarization on race day if the weather is different to the planned familiarization,

Elite Women & Men : 09:15 - 09:35 on Saturday, 13<sup>th</sup> May 2023.



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

Familiarization Time : 6:42 – 6:56

Meeting Time : 6:35

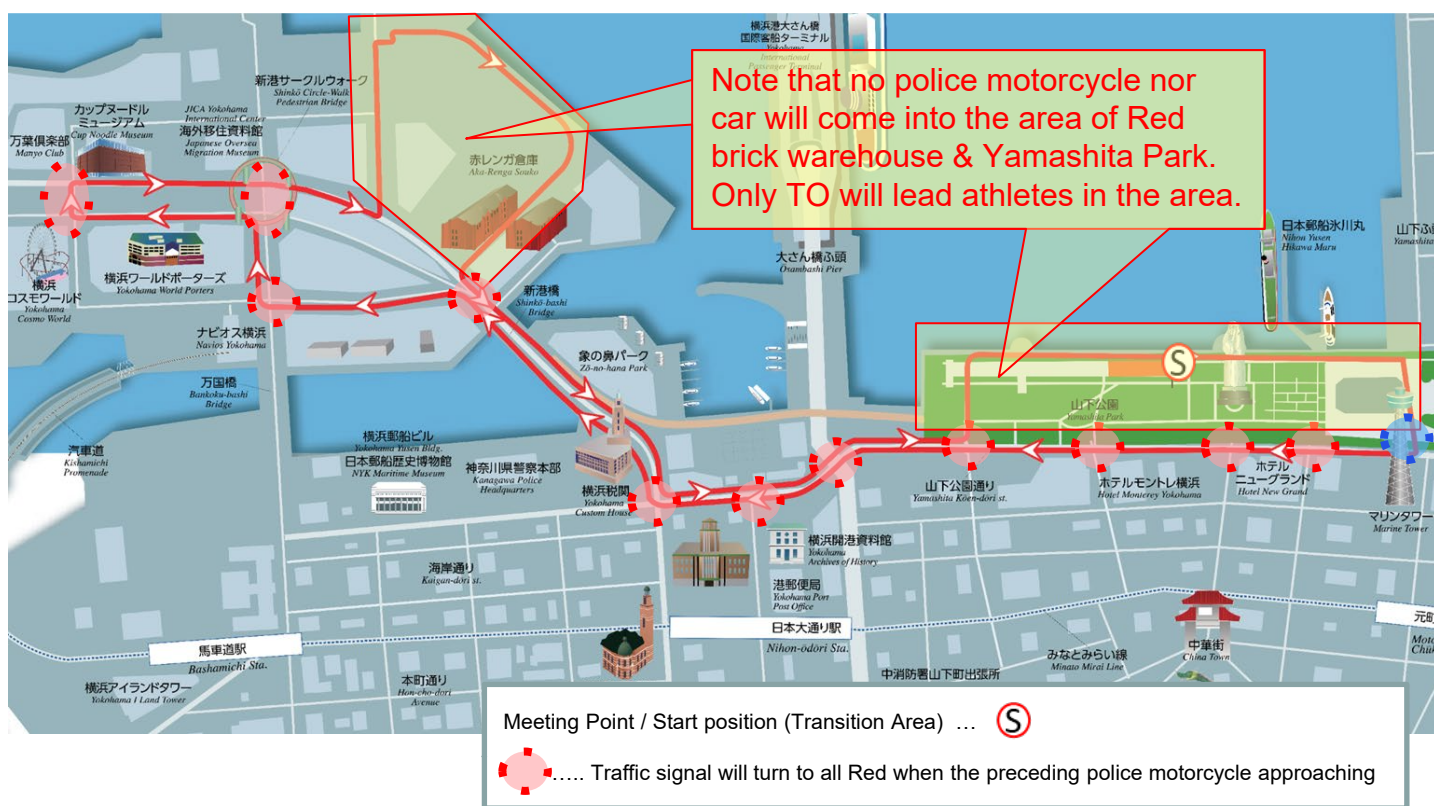
Meeting Point : Transition.

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

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

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

Finish the familiarization at transition.



Preceding  
Police  
motorcycle



Leading  
Police  
motorcycle

200m



Leading  
TO



Competitive  
Wheelchair  
athletes



Tail  
TO



Public relations  
vehicle



Police  
car





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

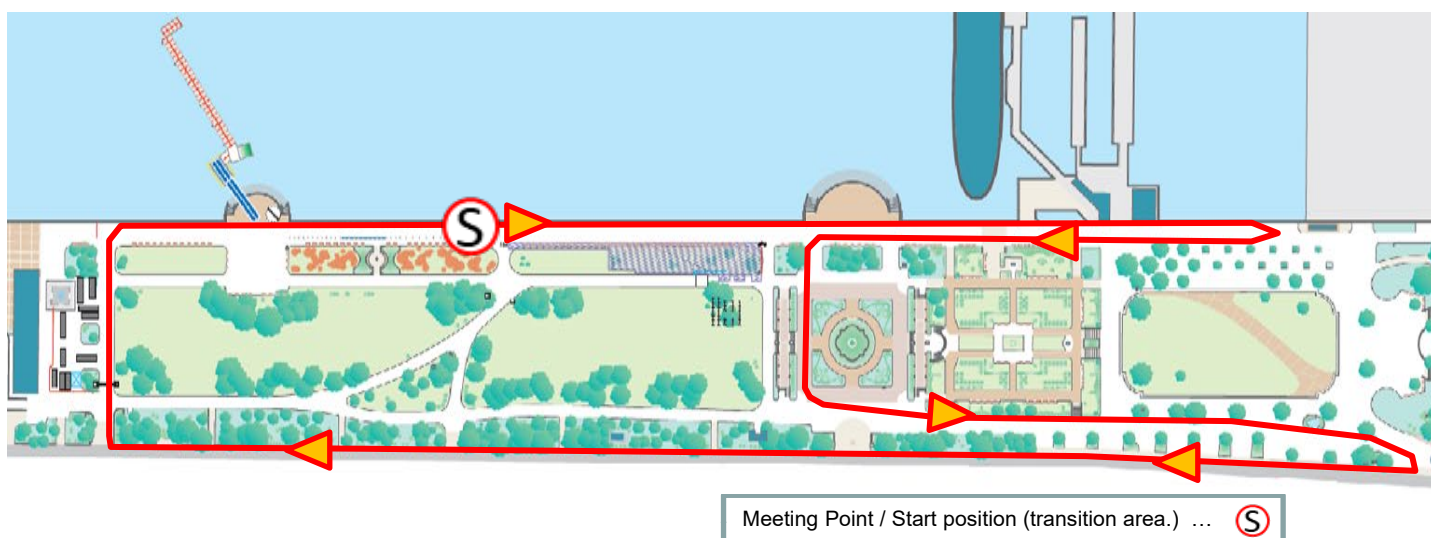
Familiarization Time : 7:00 – 7:20

Meeting Time : 6:55

Meeting Point : Transition.

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

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



### **BIKE MECHANIC SERVICE**

On training days (Tuesday 9<sup>th</sup> to Thursday 11<sup>th</sup>), bike mechanic support will be available in Yamashita Koen(Park) venue.

On Friday 12<sup>th</sup> and the race day of Saturday 13<sup>th</sup>, during bike check-in on race day, our bike partner “SHIMANO” will offer bike mechanic support and will be available at the athletes’ lounge in Yamashita Koen(Park).

### **MEDICAL SERVICES**

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

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

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

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

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

## 6. KIDS PROGRAM

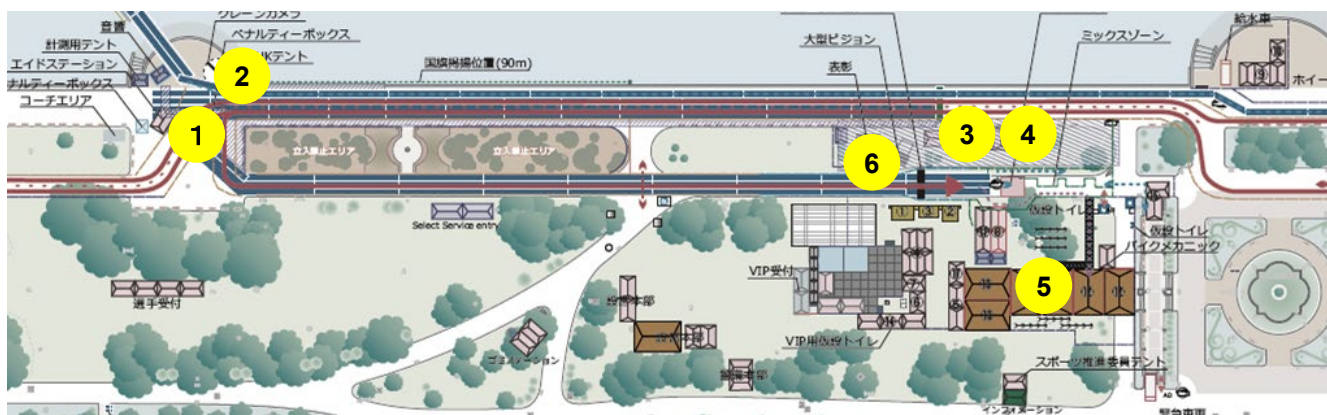
### Request for response to Kids Program

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 2019.

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, this year after the period of COVID-19, we are planning to have "Kids Program" again and enhance programs as below;

- (1) **Kids Sports Reporters**, on Elite-Para and Elite Women competitions,
- (2) **High-Five Kids**, at Elite start ceremony,
- (3) **Escorting Kids**, at Elite medal ceremony,
- (4) **Bouquet Kids**, at Elite-Para medal ceremony,
- (5) **Kids in Aid Station**, at Elite aid-station in recovery area, and
- (6) **Cheering Kids**, beside the finish chute.

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



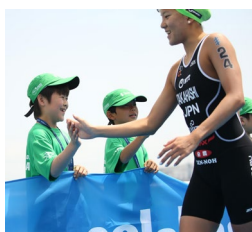
(1) Kids Sports Reporters



(3) Escorting Kids



(4) Bouquet Kids



(2) High-Five Kids



(5) Kids in Aid Station

## 7. WEATHER AND WATER QUALITY

### Weather Conditions

Yokohama has relatively mild weather . The average temperature in May is 20°C ( 68.0°F ).  
Actual data at the last 4 events were as below :

Year	2022			2021			2019			2018		
Event	Para	Women	Men	Para	Women	Men	Para	Women	Men	Para	Women	Men
Weather	Rain	Cloudy		Sunny			Sunny			Rain		
W/T	19.4°C	19.7°C	19.7°C	20.1°C	20.6°C	20.9°C	21°C	22°C	22°C	17.1°C	18.7°C	18.7°C
A/T	23.0°C	21.5°C	21.5°C	20.5°C	26.0°C	30.0°C	17°C	21.8°C	21.8°C	17.8°C	22.7°C	24.0°C
Wetsuit	allowed	allowed	allowed	allowed	not allowed	not allowed	allowed	not allowed	not allowed	allowed	allowed	allowed

### Water Quality Analysis

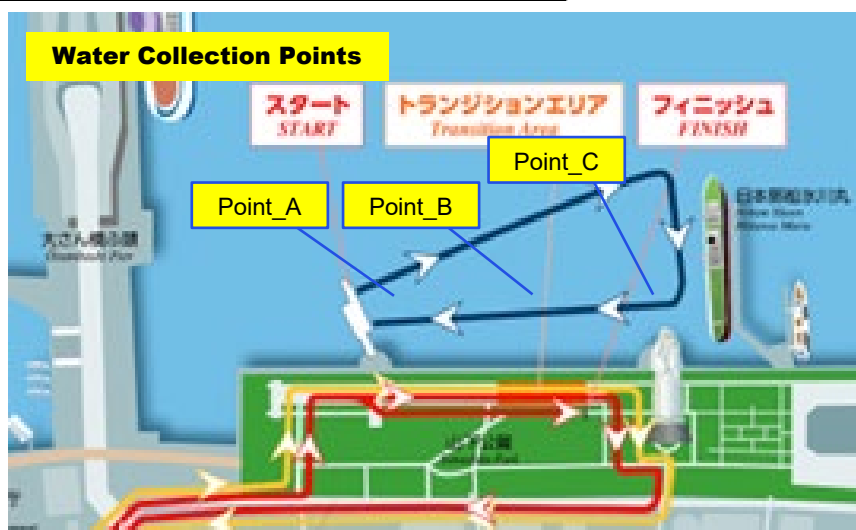
[ Summary ] The water quality tests meet World Triathlon standards.

[ Actual test results ( as of 13<sup>th</sup> March, 2 months before the race ) ]

	unit	Point_A	Point_B	Point C	Lower Limit of Detection
Hydrogen Ion Concentration	pH	8.2	8.2	8.2	-
Escherichiacoli E. Coli	ufc/100ml	2	1	1	1
Entero-cocci	ufc/100ml	2	1	2	1

Data at water collection

Date & Time	13th March, 10:00
Weather	Cloudy
Air Temperature	16.7 °C
Water Temperature	13.0 °C
Oil over water	no







## 8. DEPARTING JAPAN

- Check out of your hotel in time for your flight and transfer to the airport by public transportation.
- Please be sure to check the requirements for entry into your country prior to your return.





World Triathlon  
Championship Series  
YOKOHAMA  
2023



Triathlonlive.tv

Thanks to all partners & supporters

as of 20<sup>th</sup>, April, 2023

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**NRI**

**NTT東日本グループ**

**OAKLEY**

**ALL SPORTS**  
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**Photo Shushu**

**POMPADOUR**

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**仙台銘板**

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**国際シロブチミスト横浜**

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**SPORTS ASSIST**

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## Host City



## Federation





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