

1. If you have any questions, please write it down into the 'Q&A', not into the 'chat'.
2. If you have any personal questions, please visit the counseling booth on 11th 16:00~18:00 adjacent to the transition zone.



WORLD TRIATHLON CHAMPIONSHIP SERIES
YOKOHAMA
Age Group Race Briefing

11-12 MAY 2024



World Triathlon
Championship Series
YOKOHAMA
2024



OPEN
YOKOHAMA

WELCOME TO WORLD TRIATHLON CHAMPIONSHIP SERIES YOKOHAMA 11-12 MAY 2024

YOKOHAMA PARTNERS

ENEOS NTT 東日本

NISSAN OIL JIRO 日清オイリオ

MITSUBISHI ELECTRIC
Changes for the Better

Coca-Cola
BOTTLED BY JAPAN INC.

セレスポ

JTB
感動のそばに、いつも。

AEON

NISSAN

asics

Kitamura
SINCE 1951 MOTOMACHI

STAR JEWELRY

List | Sotheby's
INTERNATIONAL REALTY

MS&AD 三井住友海上

BRIDGESTONE

はあ

HOTEL NEW GRAND

FOUNDATION



スポーツ庁
WINNER



HOST CITY



FEDERATION



World Triathlon
Championship Series
YOKOHAMA
2024



1. Details are on the **Athlete guide** below.
[2024AG.pdf \(yokohamatriathlon.jp\)](#)
2. The race follows the JTU competition rules.
[JTU_COMPETITIONRULES_20190207.pdf](#)
3. There are quiz in the QR check in system.



World Triathlon
Championship Series

YOKOHAMA
2024



OPEN
YOKOHAMA

- Contents
- Staffs
- Competition Jury
- Pre-delivery
- Schedule
- Courses
- Flow on the race day
- Registration time
- Swim warm up
- Swim start~Swim course
- Transition~Bike
- Run~Finish
- Record & Medal ceremony
- Evacuation
- Weather forecast



Team Leader (TL)
**Hideo
Watanabe**



Technical Delegate (TD)
**Koji
Koganezawa**



Medical Delegate (MD)
**Ryoji
Kasanami**



Head Referee (HR)
**Seiichi
Iwata**



Representative
Of JTU
Shin Otsuka



Representative
Of KnTU
Hideo Watanabe



Technical Delegate
Koji Koganezawa

1. Wrist band (1 piece)



2. Race number (1 sheet)



ナンバーベルトにつける



3. Race number seal
(5 sheets)



4. Body number seal (3 sets)
Swim cap (1 piece)



On both your upper
Arm sides



On your
swim cap
(one side)

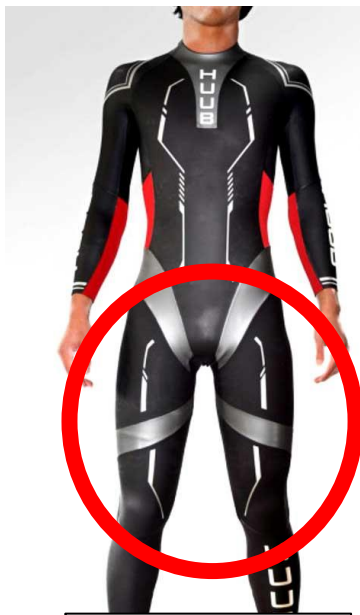
5. Health check sheet
(1 sheet)



6. Others
Hamatora FES Tickets (2 sheets)
Plastic Bag (1 piece)

Wearing your triathlon wetsuits is mandatory!

Thickness < 5mm



OK



OK



NG

11th (Sat) | The day before the race day

時間	内容	会場
9:00-17:00	Yokohama Triathlon Festival (Hamatora FES) 【Delivery of the transition bag and T shirt】	Zouno hana park B zone (Hamatora FES)
16:00-18:00	Consultation counter open	Yamashita park (transition area)
16:00-18:00	Mechanic service	Yamashita park (transition area)
16:00-18:00	Bike check in	Yamashita park (transition area)



Strongly recommended

12th (Sun) | Race day

時間	内容	場所
6:00-	Age grouper reception (Separated according to the waves)	Yamashita park (glass area)
6:00-	Transition open (Separated according to the waves)	Yamashita park (transition area)
6:00-12:00	Mechanic service	Yamashita park (transition area)
6:00-15:10	Luggage check in	Yamashita park (transition area)
6:00-	Submission of the health check sheet	Yamashita park (Athlete waiting area)
7:00	Traffic control start	FOP
7:15	Age paratriathlon start	FOP
8:00-	Standard distance start	FOP
8:00-15:00	Yokohama Triathlon Festival (Hamatora FES) 【Delivery of the transition bag and T shirt】	Zouno hana park B zone
8:30-	Bike pick up (Separated according to the waves)	Yamashita park (transition area)
8:40-	Relay team reception	Yamashita park (glass area)
9:00-	Sprint distance reception	Yamashita park (glass area)
10:20-	Relay start	FOP
11:10-	Sprint distance start	FOP
13:20 (TBD)	Bike course traffic control release	
14:00 (TBD)	Run course traffic control release	

Race Course

Traffic on the left for bike and run segments

Standard/Relay

Swim : 2 rounds

Bike : 6 rounds

Run : 2 rounds

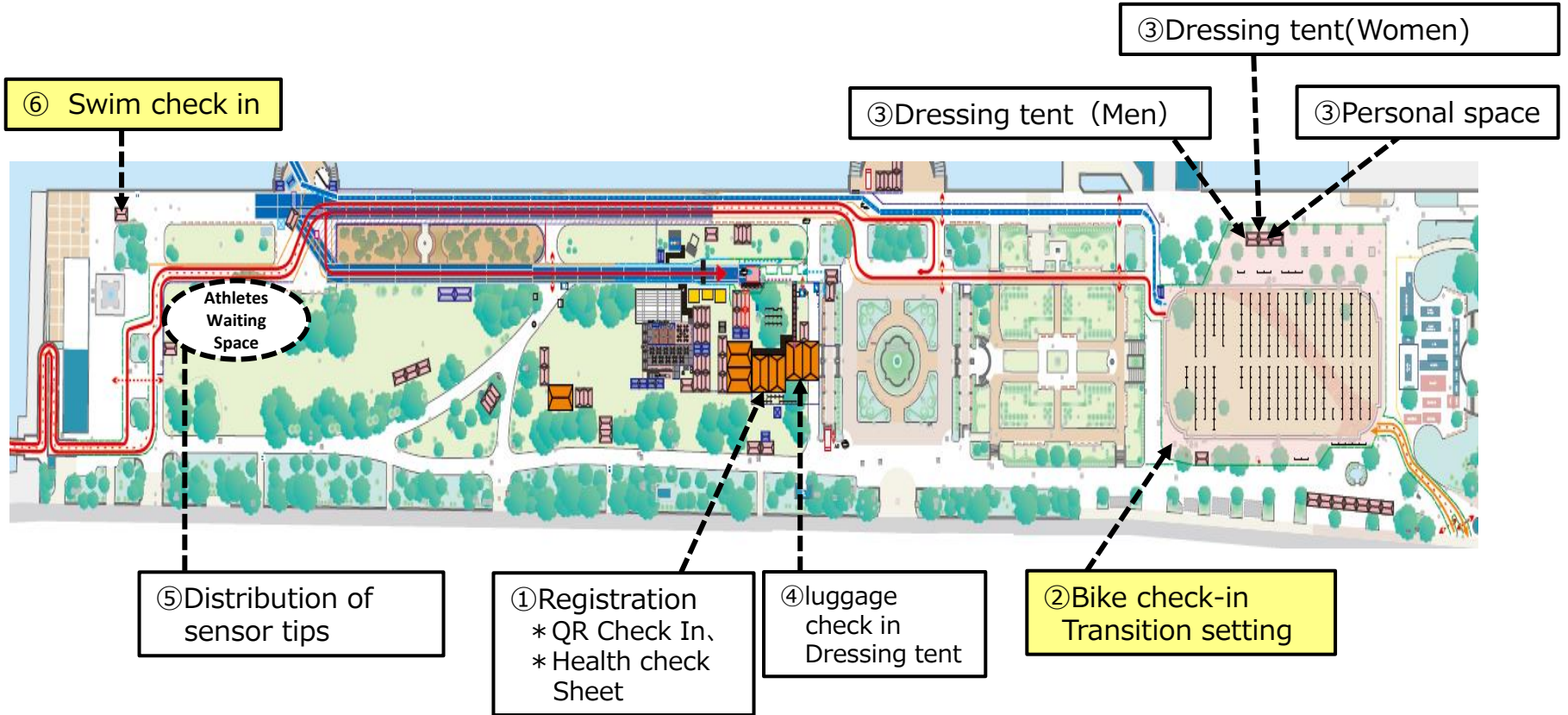
Sprint

Swim : 1 round

Bike : 3 rounds

Run : 1 round





② Bike Check-in Transition Setting

Wear your helmet



⑥ Swim check in

- * Don't forget your swim cap
- * Wear your sensor tip on your ankle



Group	Start Wave	Setting Time	Swim Check In
TRI Group	TRI	6:00 – 6:15	6:45 – 7:00
A Group	Wave1 – Wave3	6:00 – 6:50	7:20 – 7:35
B Group	Wave4 – Wave6	7:00 – 7:50	8:25 – 8:40
C Group	Wave7 – Wave10	8:00 – 8:50	9:25 – 9:40
D Group	Wave11 – Wave15	9:00 – 9:50	10:30 – 10:45

*** 700m from the transition to the swim check in.**

*** Don't leave your triathlon wetsuits(mandatory) , Goggles and health check sheet.**

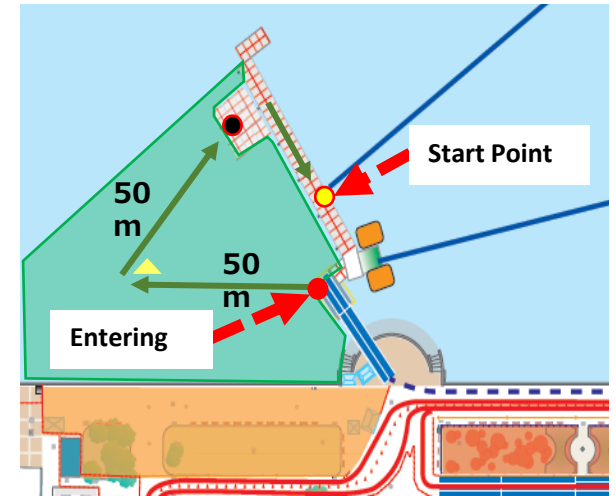
- * Swim warming up is **mandatory**.
- * 100m warming up.
- * After the warming up, directly go to the start point.



Before the warming up



Entering position (Stairs)

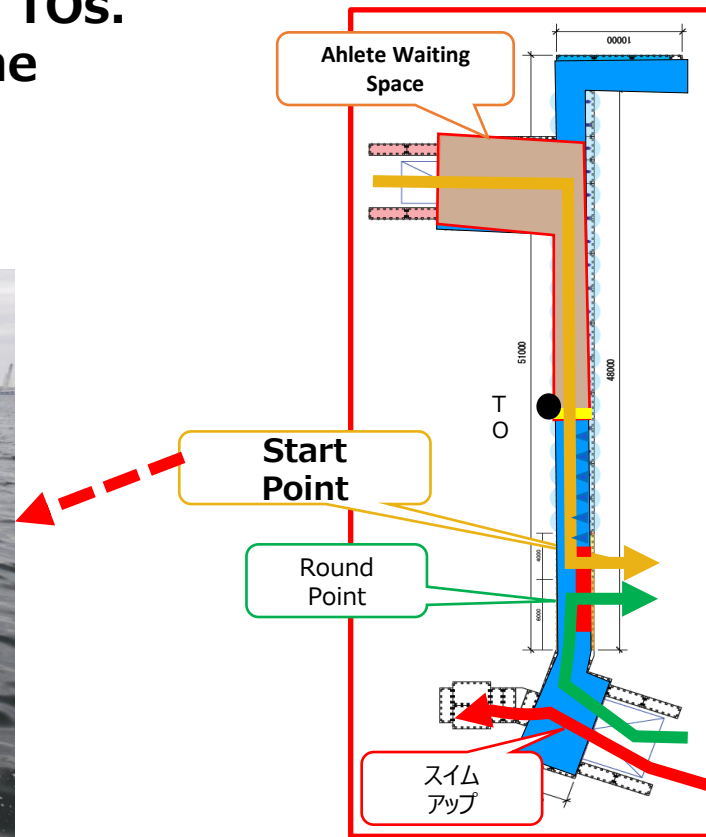


- * You can skip your swim section.
- * If you feel something different condition in your body , ask the Technical Officials(TOs) on the pontoon.



* Your swim cap number on the **left side**.

- * 3 person by 5 seconds following the TOs.
 - * Timing will start when you are on the black mat.
 - * Drop into the water from your foot.
- Diving is not allowed.**



Time Limit

* Standard

1st round : 22'30" (point A)

2nd round : 45' (point B)

* Sprint

25' (point B)

* Notice

Time over in the swim section
might be realized **after your
finish.**

Swim Skip System

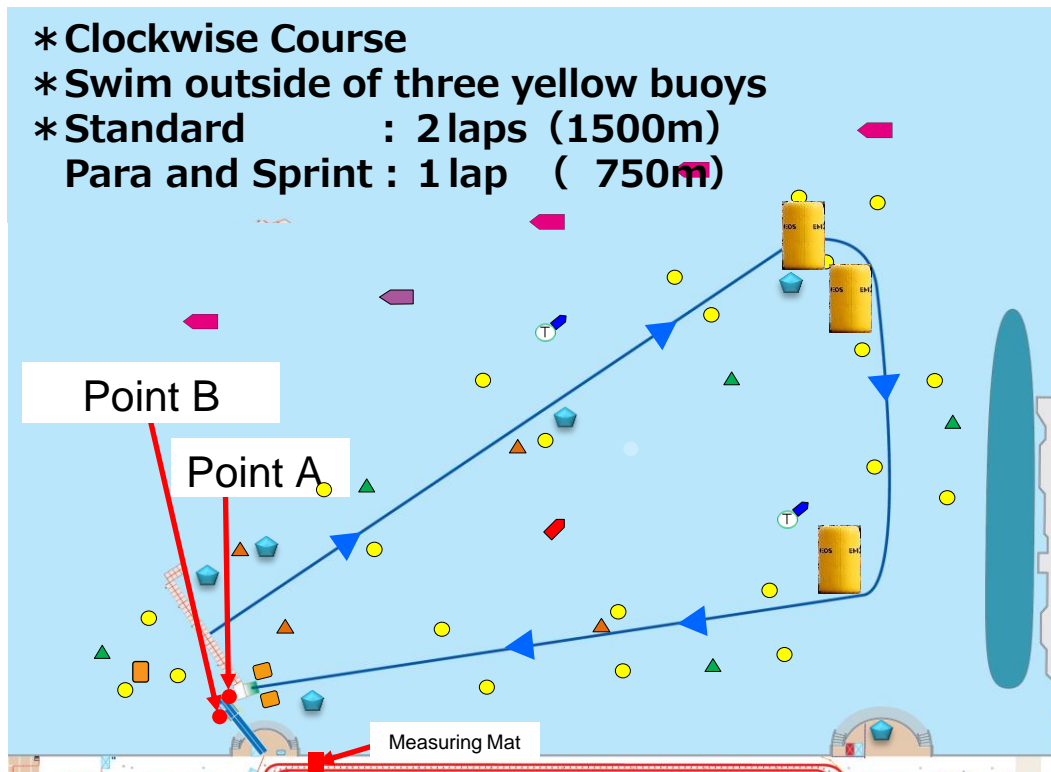
* You can cancel your swim segment
until you finish your warming up
segment.

* Clockwise Course

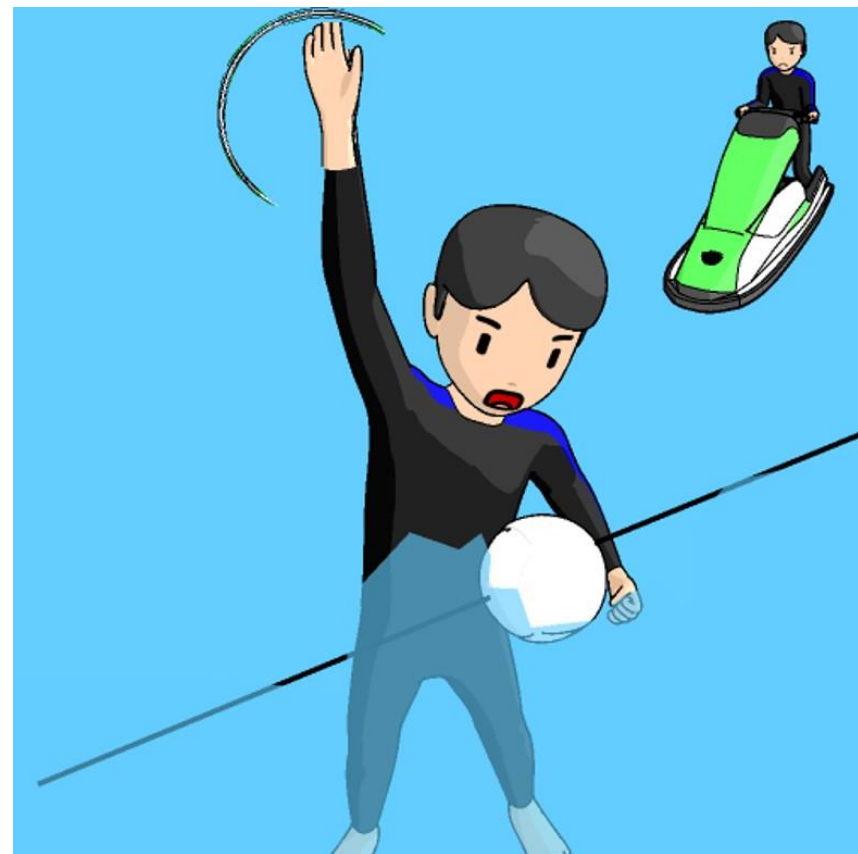
* Swim outside of three yellow buoys

* Standard : 2 laps (1500m)

Para and Sprint : 1 lap (750m)



***If you feel something wrong in your body condition , ask the life savers on the sea waving your hand.**



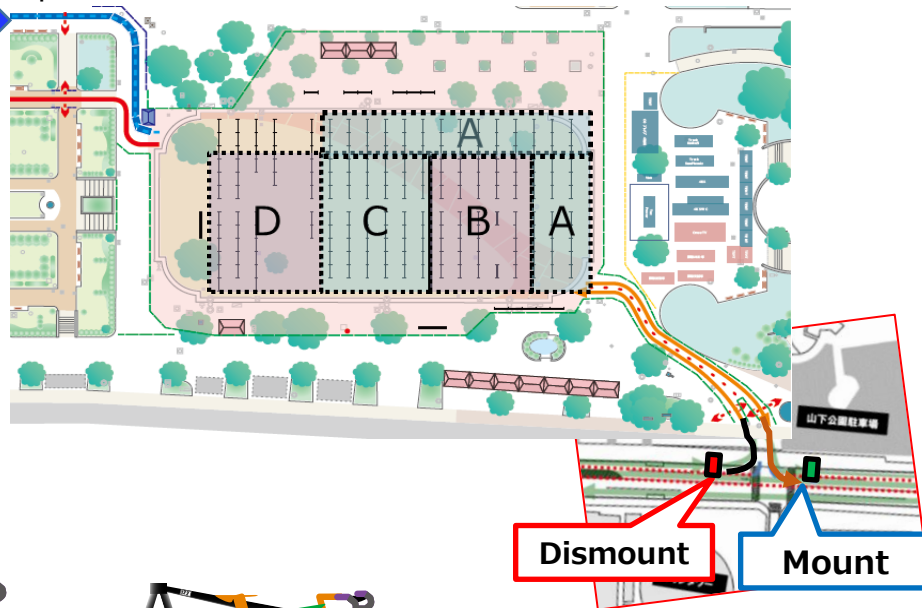
400m from the swim up



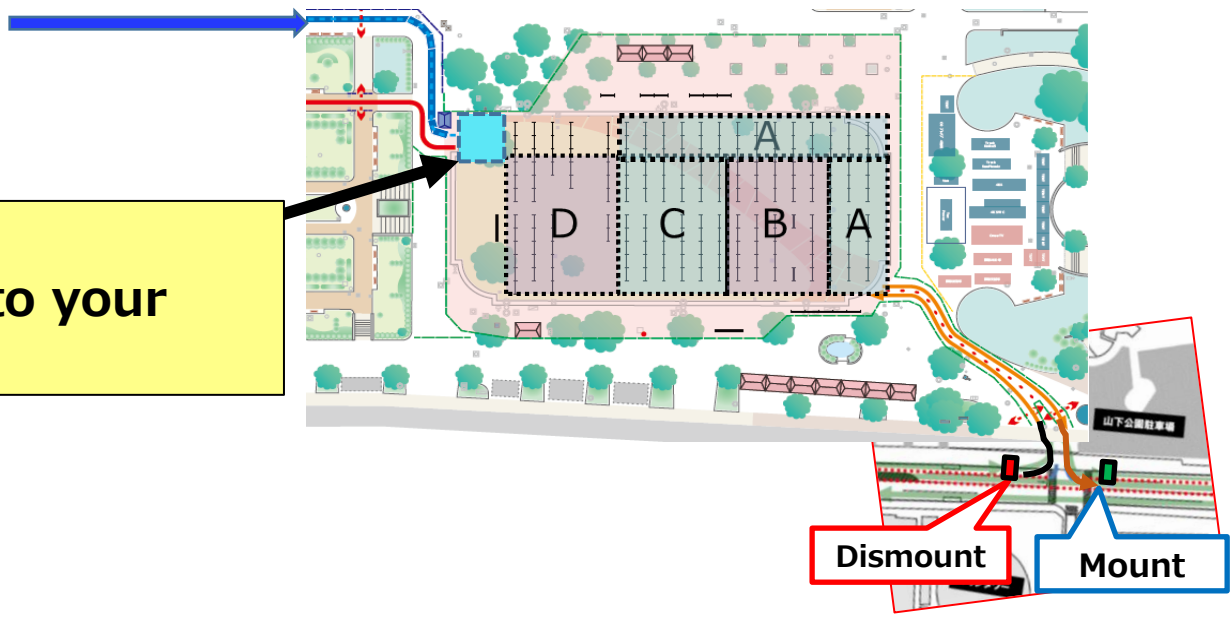
*** 400m from the swim up to the transition
(running on the blue carpet)**

*** Please refer to the competition
rules below if you are not sure.**

https://archive.jtu.or.jp/jtu/pdf/rulebook_20190123.pdf



* Relay zone
* Pass your **ankle band** to your next part athlete.





Mount:
Riding on your bike after passing the green line



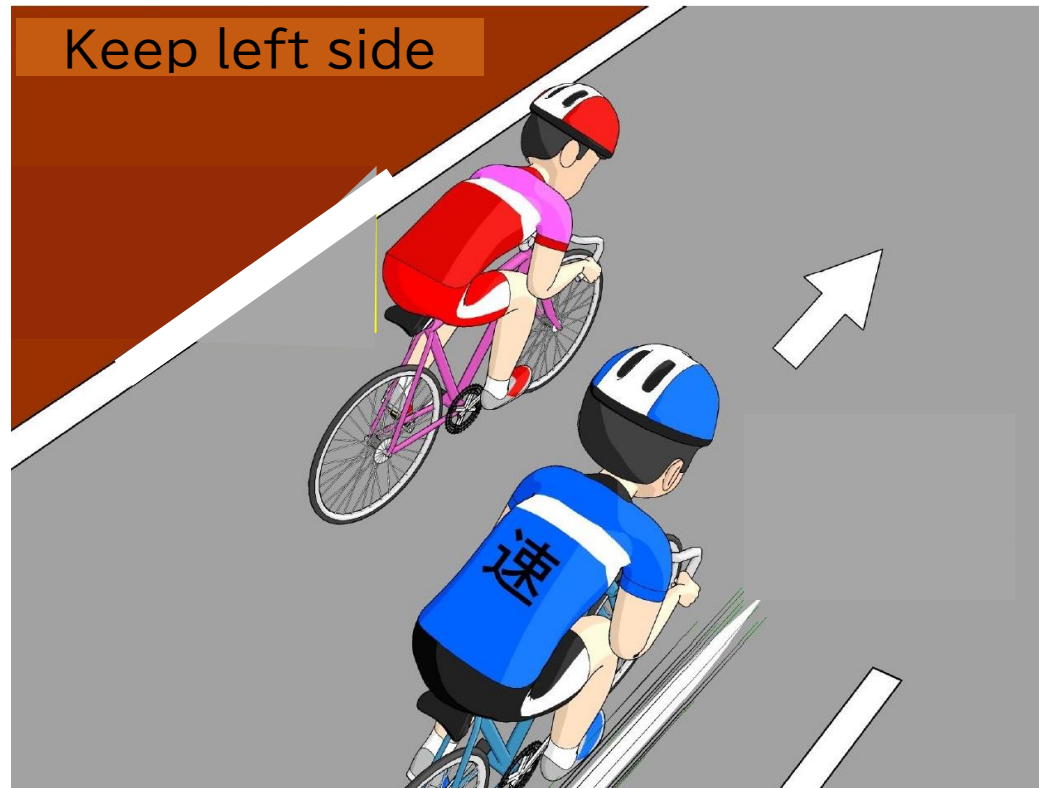
Dismount:
Get off your bike before the red line

- * Drafting is **prohibited**.
- * In case of emergency, **ambulances** have the priority.
- * When quitting your race, pass your sensor tip to **nearby TOs**.
Push back your bike to the transition using the **sidewalk**.
- * We will close the bike course at 12:35.
The gate will be set at the entrance of the Yamashita park.



- * Standard : 6 laps (40km)
- * Sprint : 3 laps (20km)

For your safety ride,
1. Keep left side
2. Hold handlebars



Bike Manner-1

1. In case of bike to bike accident
2. In case of bike to spectator accident



※**Human Life First.**

Please take care of the partner.

※Find nearby TO and obey his/her advice



法律事務所MIRAIO H/P



Manner- 2

- * **Do not litter**
while you are on your
bike.

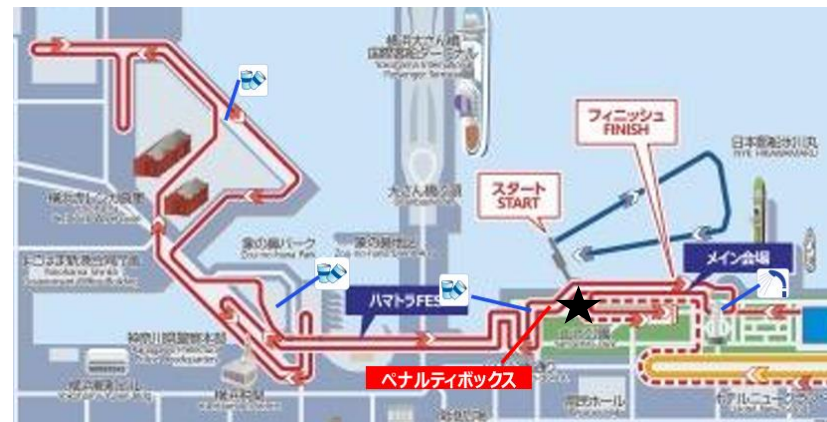


Run(left-hand traffic)

- * Standard : 2 rounds (10km)
- * Para and Sprint : 1 round (5km)



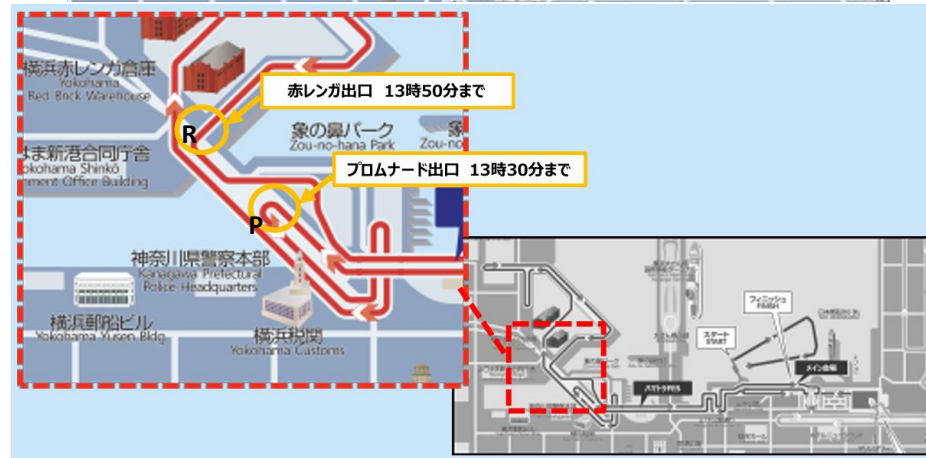
- * Three Aid Stations
- * The Penalty Box is at the beginning of the finish shoot. ★



Time Limitation

- * Finish
 - Standard : 3hrs45min after your start
 - Para,Sprint : 2hrs after your start

- * On the run course (Traffic Control Limit)
 - P point 13:30
 - R point 13:50



Safety

※ Take enough water



Manner

※ If you find an athlete in bad condition, please contact to staffs.





Running on the promenade.



Running along the rose garden.

Three Points

- ① Take of your sunglasses
- ② Show your number
- ③ Smile

Notice

- * Accompany finish is not allowed
- * **Take of your sensor tip by yourself** and put into the box prepared.

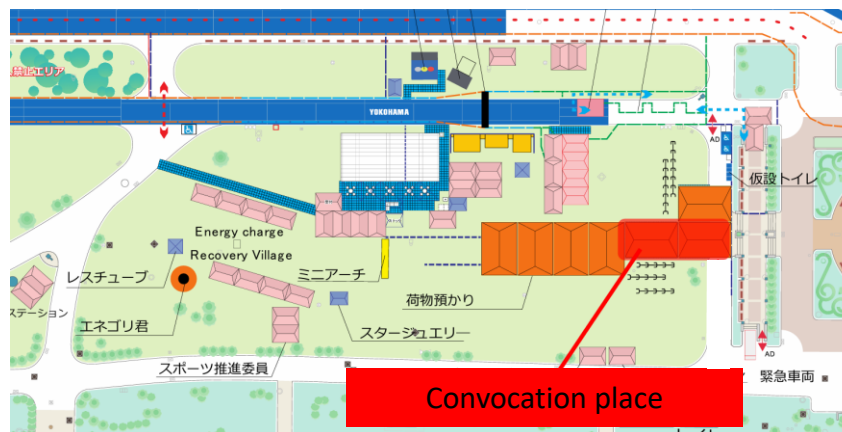


The unforgettable moment

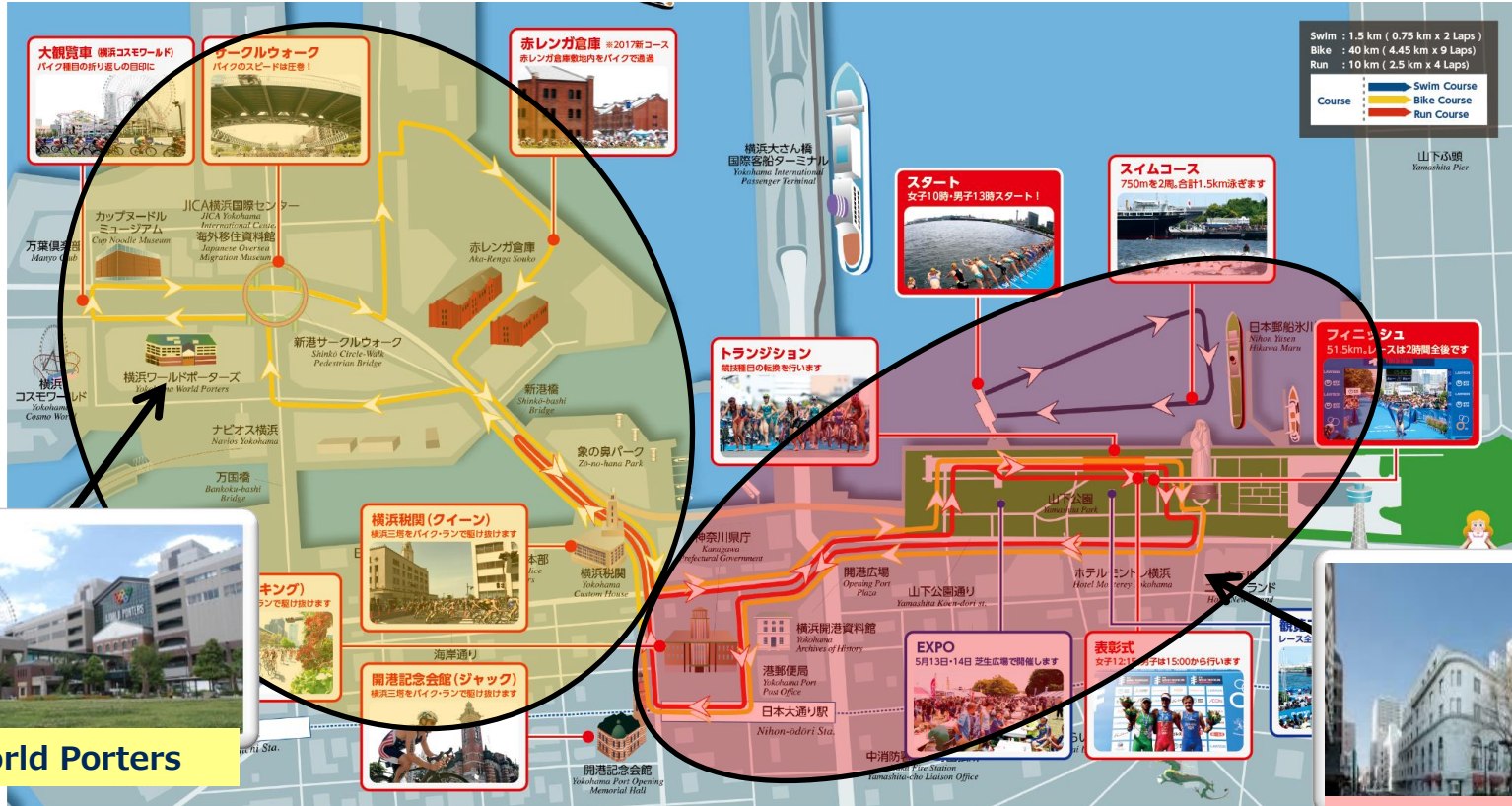
Date	12th May (Sun) After starting the competition (Continuous Updating)
Tentative Result	<ul style="list-style-type: none">● Below App. 「SYSTEMWAY」 URL : will be update on the event web page
Notice	<ul style="list-style-type: none">● No paper result.● The data on the 'SYSTEMWAY' is tentative.● No distribution of your result on the race day. You can download your result and certificate later from the event HP.● The result of DNF needs time.

Medal ceremony

Date	12th May (Sun) 13:50~
Location	Next to the finish area ※ Convocation Place : Check the map below
Time	【Para】 13:50 【Standard】 14:00 【Sprint】 14:30 【Relay】 14:50
Process	<ul style="list-style-type: none">● After checking your result by 「SYSTEMWAY」、please come to the area below.● Only for medalist for the area.
Notice	Standard: for every 5 years, Sprint :for every 10 years, Para and Relay :each category 1st to 3rd winner will be awarded.



Evacuation Plan (Tsunami, Thunder)



Past weather data

	Room Temp.	Water Temp.	Weather
2023	20.3 °C	19.1 °C	Cloudy
2022	20.3 °C	20.1 °C	Cloudy
2021	22.6 °C	19.9 °C	Cloudy

Let's enjoy triathlon with us



WELCOME TO WORLD TRIATHLON CHAMPIONSHIP SERIES YOKOHAMA 11-12 MAY 2024

YOKOHAMA PARTNERS

ENEOS NTT 東日本

NISSAN
Oijio
日清オイリオ

MITSUBISHI
ELECTRIC
Changes for the Better

Coca-Cola
BOTTLED BY JAPAN INC.

セレスポ

JTB
感動のそばに、いつも。

AEON

NISSAN

asics

Kitamura
SINCE 1951 MOTOMACHI

STAR JEWELRY

List | Sotheby's
INTERNATIONAL REALTY

MS&AD 三井住友海上

BRIDGESTONE

はあ

HOTEL NEW GRAND

FOUNDATION



スポーツ庁
WINNER



HOST CITY



FEDERATION



World Triathlon
Championship Series
YOKOHAMA
2024

