



World Triathlon
Championship Series
YOKOHAMA
2024



Triathlonlive.tv



Athletes Guide

2024 World Triathlon Championship Series
Yokohama

11-12 MAY 2024



World Triathlon Championship Series

ABU DHABI | YOKOHAMA | CAGLIARI | HAMBURUG |
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WELCOME TO WORLD TRIATHLON CHAMPIONSHIP SERIES YOKOHAMA

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World Triathlon

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World Triathlon
Championship Series
YOKOHAMA
2024





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General Information

Introduction

The purpose of ELITE ATHLETES GUIDE is to ensure that all Elite / Elite Para Athletes and Team Leaders are well informed about all procedures concerning the 2024 World Triathlon Championship Series Yokohama / 2024 World Triathlon Para Series Yokohama.

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

Key Date

9 May, THU		
18:00 – 18:30	Elite Athlete Briefing	Rainbow Ball Room / Hotel New Grand 2F
18:30 – 18:45	Elite Athlete Race Package Distribution	Rainbow Ball Room / Hotel New Grand 2F
19:00 – 19:30	Elite Team Medical Meeting	Starlight Room / Hotel New Grand 5F
19:00 –	Elite / Elite Para Athlete Dinner	Rose Hotel Yokohama
10 May, FRI		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS&PTVI) Run Familiarization	Run Course
12:30 – 14:00	Elite Para (PTS&PTVI) Race Ranger Installation *Bicycles/ tandems to remain at the venue during the night	Athlete Lounge / Yamashita Park
13:00 – 14:00	Elite Para Swim Familiarization	Swim Course
14:30 – 15:30	Elite Swim Familiarization	Swim Course
16:00 – 16:30	Elite Para Athlete Briefing	Perry's Room / Hotel New Grand 3F
16:30 – 16:45	Elite Para Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F
11 May, SAT		
06:50 –	Elite Para Competition 06:50 PTS5-M 06:51:00 PTVI 1-M/W 06:53:41 PTVI 2/3-M 06:54:11 PTVI 2/3-W 07:04:00 PTS5-W 07:05:00 PTS4-M 07:10:00 PTS2/3-M 07:11:00 PTS2/3/4-W 07:30:00 PTWC 1-M/W 07:33:00 PTWC 2-M 07:33:38 PTWC 2-W	Course
10:15 –	Elite Women Competition	Course
12:25 – 12:40	Elite Women Medal Ceremony	Podium / Yamashita Park
13:00 –	Elite Men Competition	Course
15:00 – 15:15	Elite Men Medal Ceremony	Podium / Yamashita Park
15:30 – 17:00	Elite Para Medal Ceremony	Podium / Yamashita Park
12 May, SUN		
07:15 –	Age Group Competition	Course

General Information

Key Contacts

World Triathlon (TRI) Team Leader	Thanos Nikopoulos (GRE)	thanos.nikopoulos@triathlon.org
TRI Technical Delegate	Adele Cheah (MAS)	adele.cheah@gmail.com
TRI assistant Technical Delegate	Koji Koganezawa (JPN)	kojikoganezawa0823@gmail.com
TRI Head Referee	Claire Hannan (NZL)	linezart@actrix.co.nz
TRI Medical Delegate	Dr. Ryoji Kasanami	kasanami@cc.nara-edu.ac.jp
Domestic National Federation	Japan Triathlon Union (JTU)	event@jtu.or.jp
Official Travel Agency	JTB	jtb_yokohama_operation@jtb.com
LOC	LOC Office	Address: Nissei Yokohama Onoe-cho Bill 3F, Onoe-cho 6-81, Naka-ku, Yokohama, 231-0015, Japan Telephone : +81-45-680-5538 E-mail: info@yokohamatriathlon.jp Website: https://yokohama.triathlon.org/en/home/

LOC Office

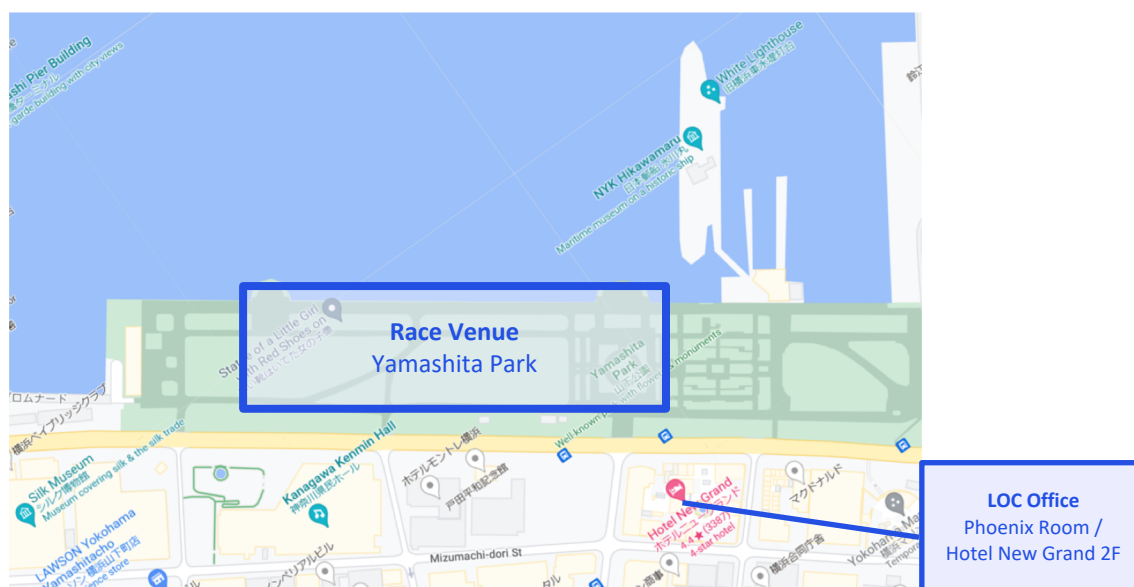
The venue is located at Phoenix Room / Hotel New Grand 2F. The office is open daily from TUE May 7th until SUN May 12th.

Location: Phoenix Room / Hotel New Grand 2F

Opening Hours: May 7th 13:00 - 20:00

May 8th – 10th 08:00 – 20:00

May 11th – 12th 05:00 – 20:00





Transportation / Accommodation

Accommodations and transportation can be arranged through **JTB**.

If you have any questions regarding accommodations or transportation, please contact JTB member at the LOC room (Hotel New Grand) or the following e-mail address.

Contact information: jtb_yokohama_operation@jtb.com



Transportation

Athletes & NF can arrange their transportation via the website;
https://amarys-jtb.jp/wtcs2024_elite/

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

- Limited date only.
- Whether your accommodation is arranged through us or by yourself, transfer area is limited only in the three hotels.: Rose, Daiwa Roynet, and Citadines.
- This complimentary transfer is provided by the LOC and no sightseeing request etc. is available.

<Arrival Transfer>

- Available date: 7 May to 10 May.
- Narita or Haneda Airport to your accommodation.

<Departure Transfer>

- Available date: 11 May to 13 May.
- Your accommodation to Narita or Haneda Airport.

*Registration of this system and Report of flight schedules must be submitted by 12:00 Japan time on April 22.
After that time, we may not be able to arrange official free shuttle bus.

*Official free shuttle service is available from May 7 to May 13.

Other than this period, you will need to arrange for a vehicle for a fee or use public transportation.

*The official free shuttle bus will stop at three official hotels; Rose, Daiwa Roynet, and Citadines.

No stops will be made at other hotels.

*LOC office is located at the New Grand Hotel, 2nd floor. (May 7-May 13 : 9:00-18:00)

Accommodation

Athletes & NF can arrange their accommodation via the website;

https://amarys-jtb.jp/wtcs2024_elite/

- Host Hotel

Hotel New Grand Yokohama <https://www.hotel-newgrand.co.jp/english/>

Address: 10, Yamashita-cho, Naka-ku, Yokohama-shi, Kanagawa, 231-8520 Japan



HOTEL NEW GRAND



VISA / Entering Japan

VISA

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

Japan has taken measures on the visa exemption arrangements for 70 countries/regions :
https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

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

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)
with the following information:

1. Name as it appears on your passport:
 2. Date of birth:
 3. Age as of December 31, 2024:
 4. Gender:
 5. Passport number:
 6. Passport expiration date:
 7. Country where the passport was issued:
 8. National Federation:
 9. Role (i.e. Athlete; Coach, etc.):
 10. Length of Stay in Japan:
 11. Accommodation during the Yokohama event:
 12. Date of arrival in Japan:
 13. Date of departure from Japan:
 14. Email address to send invitation letter:
 15. (If Necessary) Postal address to send invitation letter:
- *please note that only those who are fully affiliated with World Triathlon and have the reason to request an invitation letter for the WTCS Yokohama event should contact the LOC.

Entering Japan (Immigration Information)

Please use the Visit Japan Web to enter Japan.

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

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



Event Schedule (as of 31 Mar)

7 May, TUE		
12:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
12:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
13:00 – 17:30	Elite / Elite Para Swim Training	Minato Sogo High School
8 May, WED		
08:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
08:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
08:00 – 17:30	Elite / Elite Para Swim Training	Minato Sogo High School
09:00 – 11:00	Elite Para Bike Training	Red Brick Area
10:00 – 16:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
9 May, THU		
08:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
08:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
08:00 – 17:30	Elite / Elite Para Swim Training	Minato Sogo High School
09:00 – 11:00	Elite Para Bike Training	Red Brick Area
10:00 – 16:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
14:00 – 14:30	Elite Para Athlete Press Conference	Rainbow Ball Room / Hotel New Grand 2F
14:45 – 15:15	Elite Athlete Press Conference	Rainbow Ball Room / Hotel New Grand 2F
15:30 – 16:00	Media Briefing	Rainbow Ball Room / Hotel New Grand 2F
17:00 – 17:30	Coach Briefing	Rainbow Ball Room / Hotel New Grand 2F
18:00 – 18:30	Elite Athlete Briefing	Rainbow Ball Room / Hotel New Grand 2F
18:30 – 18:45	Elite Athlete Race Package Distribution	Rainbow Ball Room / Hotel New Grand 2F
19:00 – 19:30	Elite Team Medical Meeting	Starlight Room / Hotel New Grand 5F
19:00 –	Elite / Elite Para Athlete Dinner	Rose Hotel Yokohama
10 May, FRI		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS&PTVI) Run Familiarization	Run Course
08:00 – 17:30	Elite / Elite Para Swim Training	Minato Sogo High School
07:00 – 09:00 12:00 – 18:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
08:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
08:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
12:30 – 14:00	Elite Para (PTS&PTVI) Race Ranger Installation *Bicycles/ tandems to remain at the venue during the night	Athlete Lounge / Yamashita Park
13:00 – 14:00	Elite Para Swim Familiarization	Swim Course
14:00 – 15:00	Elite Para (PTWC) Handcycle & Wheelchair Check-in *Handcycles / Wheelchairs to remain at the venue during the night	Athlete Lounge / Yamashita Park
14:30 – 15:30	Elite Swim Familiarization	Swim Course
16:00 – 16:30	Elite Para Athlete Briefing	Perry's Room / Hotel New Grand 3F
16:30 – 16:45	Elite Para Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F



Event Schedule (as of 31 Mar)

11 May, SAT		
05:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
05:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
05:30 – 13:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
06:50 –	Elite Para Competition 06:50 PTS5-M 06:51:00 PTVI 1-M/W 06:53:41 PTVI 2/3-M 06:54:11 PTVI 2/3-W 07:04:00 PTS5-W 07:05:00 PTS4-M 07:10:00 PTS2/3-M 07:11:00 PTS2/3/4-W 07:30:00 PTWC 1-M/W 07:33:00 PTWC 2-M 07:33:38 PTWC 2-W	Course
10:15 –	Elite Women Competition	Course
12:25 – 12:40	Elite Women Medal Ceremony	Podium / Yamashita Park
13:00 –	Elite Men Competition	Course
15:00 – 15:15	Elite Men Medal Ceremony	Podium / Yamashita Park
15:30 – 17:00	Elite Para Medal Ceremony	Podium / Yamashita Park
12 May, SUN		
05:00 – 20:00	LOC Open	Phoenix Room / Hotel New Grand 2F
05:00 – 20:00	Tour Desk Open	Phoenix Room / Hotel New Grand 2F
07:15 –	Age Group Competition	Course



Venue

Venue

The venue is located Yamashita Park, Yokohama. <https://maps.app.goo.gl/Qjyyx1S1nKkH4kUQ9>

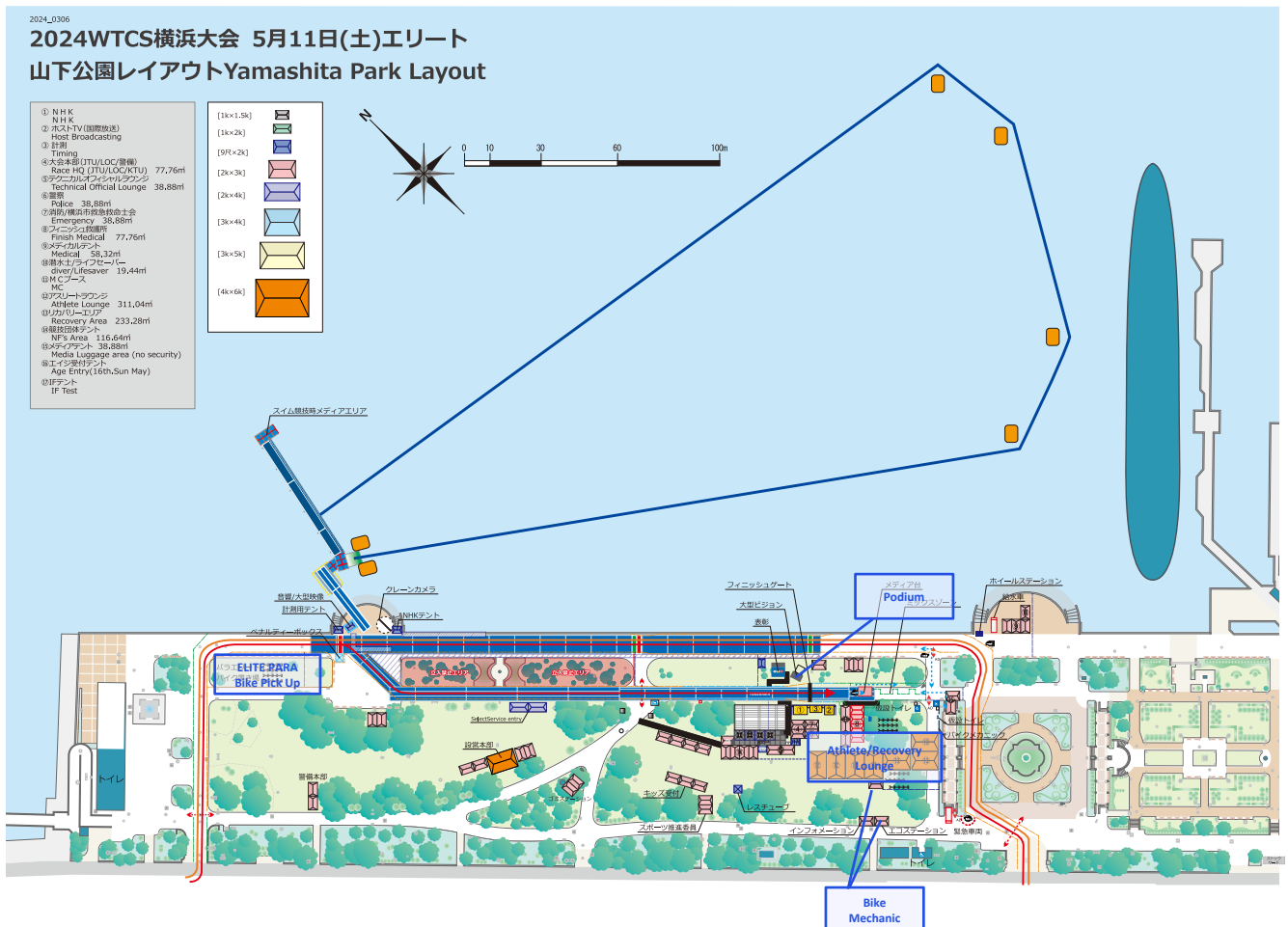
YOKOHAMA Visitors Guide <https://www.yokohamajapan.com/>

You can find any of the following on the website;

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

Security

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





Medical Services / Bike Mechanic Service

Medical Services

First Aid and Emergency Medical Services will be available at the venue from May 9th until May 12th before and during the competition hours.

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

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

May 7th - 10th Location: LOC Office (Phoenix Room / Hotel New Grand 2F)

May 11th - 12th Location: Venue / Medical Tent

Bike Mechanic Service

“SHIMANO” will offer a comprehensive bike mechanic support from May 8th to 11st and is also available in case of emergency.

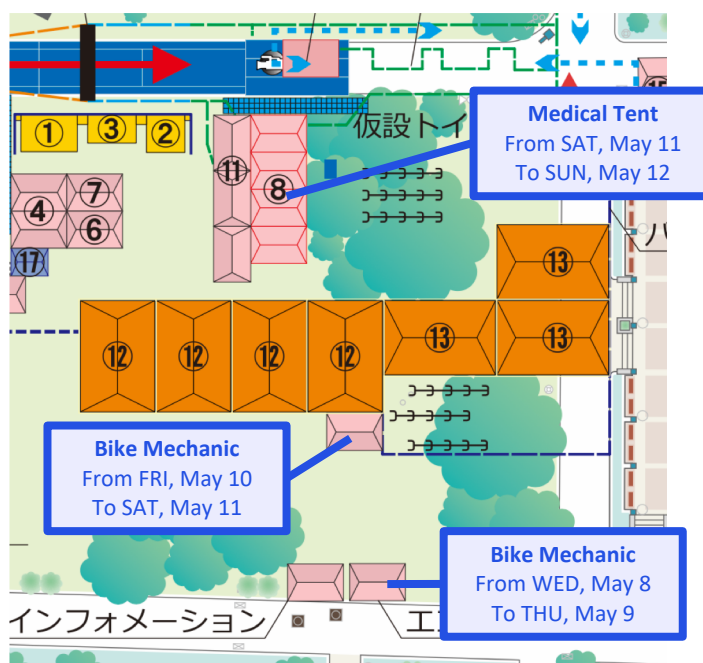
WED, May 8th 10:00-16:00 Location: Next to Athlete Lounge

THU, May 9th 10:00-16:00 Location: Next to Athlete Lounge

FRI, May 10th 07:00-09:00 / 12:00-18:00 Location: Next to Athlete Lounge

SAT, May 11th 05:30-13:00 Location: Next to Athlete Lounge

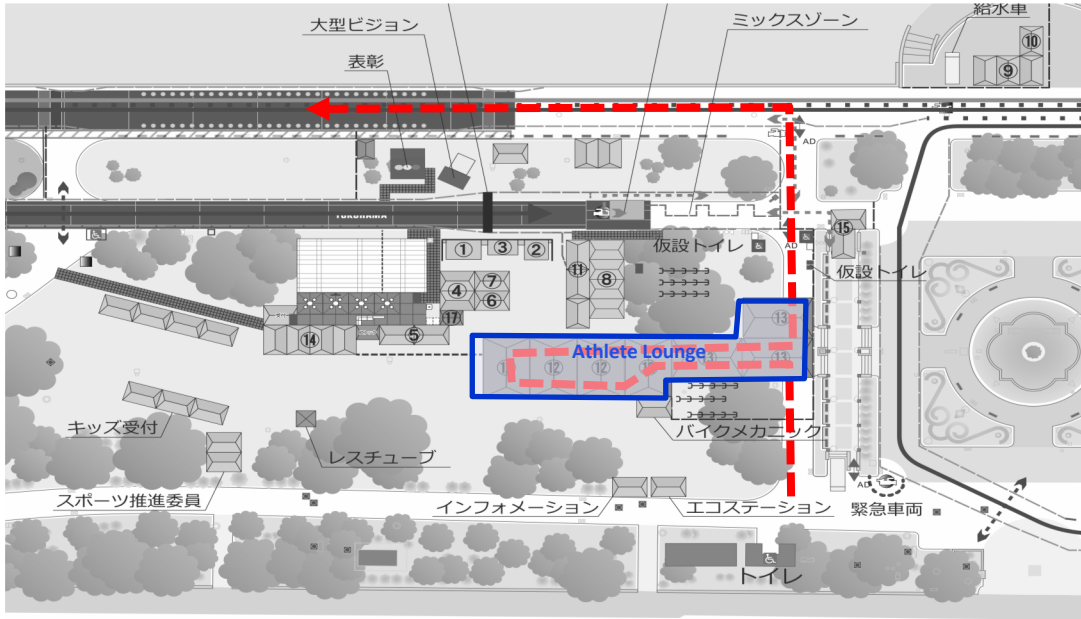
SHIMANO



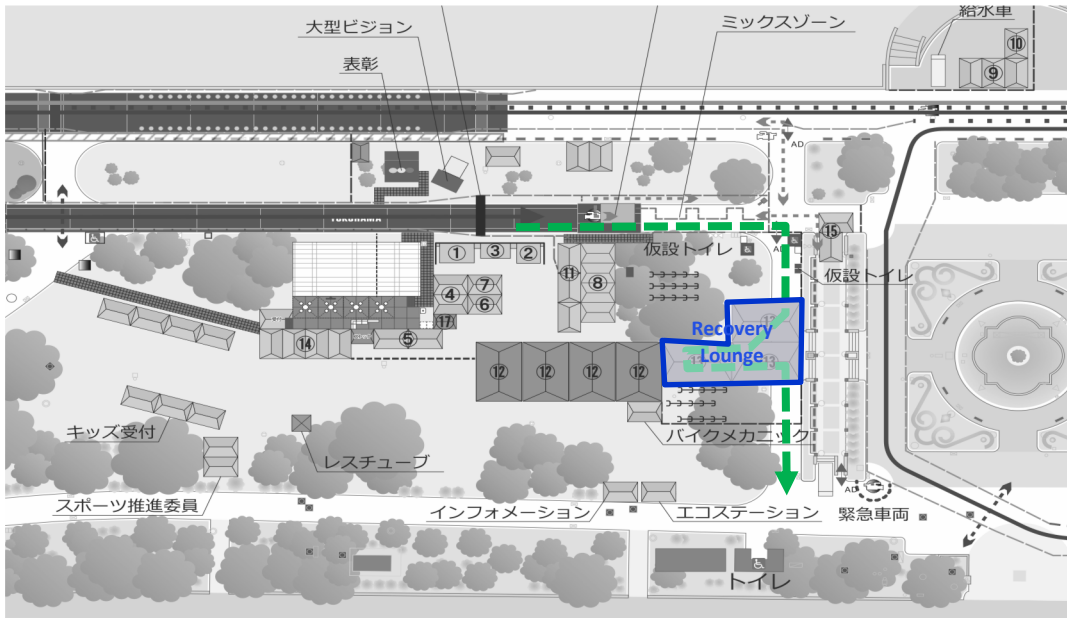


Athletes Lounge for ELITE PARA

Before race



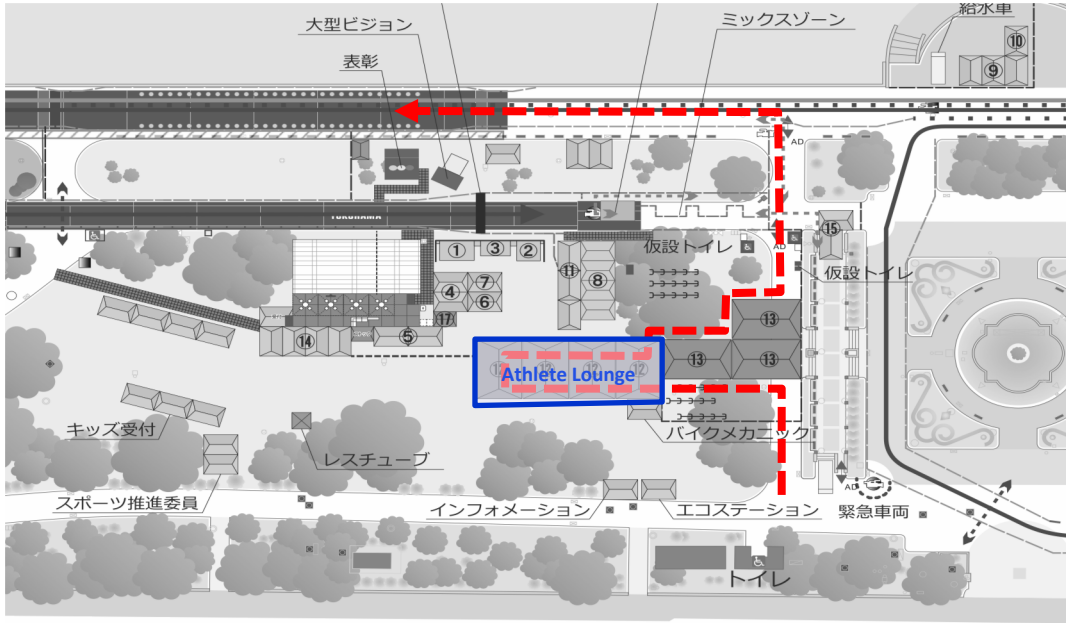
After race



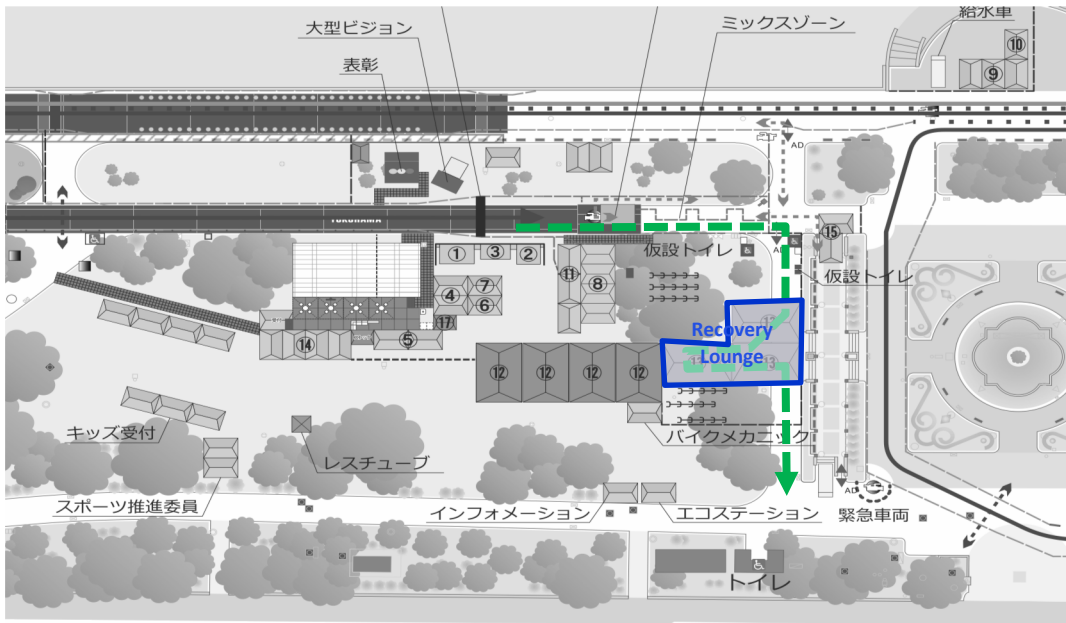


Athletes Lounge for ELITE

Before race



After race





Athlete Briefing / Athlete Dinner

Athlete Briefing

For ELITE

Location: Rainbow Ball Room / Hotel New Grand 2F

Date: THU, 9th May

Schedule:

17:00 – 18:00 Athlete Registration

18:00 – 18:30 Athlete Briefing

18:30 – 18:45 Race Package Distribution

- Race Package:
Body Decal / Bike & Helmet Stacker / Kit Bag / LOC gift
- One coach from each NF can attend the briefing due to the capacity of the venue.

For ELITE PARA

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

Date: FRI, 10th May

Schedule:

15:00 – 16:00 Athlete Registration

16:00 – 16:30 Athlete Briefing

16:30 – 16:45 Race Package Distribution

- Race Package:
Body Decal / Bike & Helmet Stacker / Kit Bag / LOC gift
- One coach from each NF can attend the briefing due to the capacity of the venue.

Team Medical Meeting

Location: Starlight Room / Hotel New Grand 5F

Date: THU, 9th May

Schedule: 19:00 – 19:30

Athlete Dinner

Location: Rose Hotel Yokohama <https://www.rosehotelyokohama.com/en/>

Access: 77 Yamashita-cho Naka-ku Yokohama

Date / Time: THU, 9th May / 19:00 – 20:30

Cost: Free





Training Information (Swim)

Swim (Official Pool training)

Location: [Minato Sogo High School](#)

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

Period / Opening Time:

TUE, May 7 th	13:30-17:30
WED, May 8 th	08:00-17:30
THU, May 9 th	08:00-17:00
FRI, May 10 th	08:00-17:30

Cost: Free

Access:



- 5 to 6 athletes per a lane, with 25 to 30 athletes per a slot. Please use each lane with a maximum of around 6 people.
- **Transportation within the school is allowed only during the designated time by LOC.**
- When entering the facility, photo ID will be checked. Please be sure to bring your photo ID along.
- **Athletes, coaches, and staffs whose names are not on the TRI registration website will not be admitted to the pool site.**
- There will NOT be the transportation between hotels and the swimming pool for Elite athletes. Please make your own transportation.
- It is possible to park your bikes at the entrance of Minato Sogo High School 1st floor.

Swim (Other facility)

YC&AC will be available to use for swim training.

This facility for using will require the guest fee (<https://ycac.jp/membership-information/>).

You can confirm the detail via official HP (<https://ycac.jp/>).

Swim (Ocean training)

The athletes CAN NOT swim at swim course/Venue except the swim familiarization day and the race day.

Swim Familiarization: 10th May 13:00 – 14:00 ELITE PARA / 14:30 – 15:30 ELITE * All buoys set up



Training Information (Swim)

Booking form

https://docs.google.com/spreadsheets/d/1cC10v2WXdcQu-BishaHgKDZSRkrvA_ZuYLqgEd0tg_4/edit#gid=2102728727

- The booking form will be opened from 1st May.
- Each athlete and each country can make a reservation once a day in one-hour increments. If you have booked more than twice in a day, we will remove the reservations from the second time onwards at the LOC.
- The pool has 5 lanes, and all lanes are available for reservation.
- **Lane 1&5 will be for ELITE PARA athletes only. If PARA athletes do not use these lanes, ELITE athletes may use these lanes.**
- Reservations are on a first-come, first-served basis.

TIME	School Schedule		7-May	8-May	9-May	10-May
	7/9/10-May	8-May	TUE	WED	THU	FRI
8:00	8:30-8:45 Homeroom	8:30-8:45 Homeroom		Slot-1 8:00-9:00	Slot-1 8:00-9:00	Slot-1 8:00-9:00
8:30	08:45-09:30 1st Period	08:45-09:30 1st Period		Slot-2 9:00-10:00	Slot-2 9:00-10:00	Slot-2 9:00-10:00
9:00				Slot-3 10:00-11:00	Slot-3 10:00-11:00	Slot-3 10:00-11:00
9:30	09:45-10:30 2nd Period	09:45-10:30 2nd Period		Slot-4 11:00-12:00		Slot-4 11:00-12:00
10:00					Slot-4 11:40-12:40	
10:30	10:45-11:30 3rd Period	10:45-11:30 3rd Period		Slot-5 12:20-13:20		Slot-5 12:20-13:20
11:00					Slot-5 13:00-14:00	
11:30	11:45-12:30 4th Period	11:45-12:30 4th Period		Slot-6 13:30-14:30	Slot-6 14:00-15:00	Slot-6 13:30-14:30
12:00					Slot-7 14:30-15:30	Slot-7 15:00-16:00
12:30	12:30-13:15 Lunch Time	12:30-13:15 Lunch Time		Slot-8 15:40-16:40	Slot-8 16:00-17:00	Slot-8 15:40-16:40
13:00					Slot-9 16:40-17:40	
13:30	13:20-14:05 5th Period	13:20-14:05 5th Period				
14:00						
14:30	14:20-15:05 6th Period	14:20-15:05 6th Period				
15:00						
15:30	15:10-15:20 Homeroom	15:20-16:05 7th Period				
16:00						
16:30		16:10-16:20 Homeroom				
17:00						
17:30						



Training Information (Bike for ELITE PARA)

Bike Training for ELITE PARA

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

Date & Time : WED 8 May, & THU 9 May, 09:00 – 11:00 on both days.

【For PTWC athletes】

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

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

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

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



Training Information (Bike)

Training for bike & run

Athletes may ride and run on public roads.

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

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

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



Traffic Safety Guidelines for Pedestrians and Cyclists, by National Police Agency

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=Z15vdaCQMG4>

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

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

English	English
<p>交差点の通行方法</p> <p>右折するとき 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、対向する信号が青になったら右折する。</p>	<p>Rules at intersections</p> <p>When turning right 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.</p>
<p>左折するとき できるだけ「道路の左側端」に沿って通行する。</p>	<p>When turning left Slow down and stay as close to the left edge of the road as practicable.</p>
<p>一時停止の標識があるときは、停止線の直前で一時停止</p>	<p>At an intersection with a "stop" sign, come to a complete stop before the stop line.</p>
<p>自転車横断帯がある時はそこを通行</p>	<p>At an intersection with a bicycle crossing zone, stay within the zone.</p>
<p>横断歩道における歩行者の優先</p> <p>横断歩道があることを知らせる道路標識 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。</p>	<p>At crosswalks, pedestrians have the right-of-way</p> <p>Be alert when you see white diamond markings on the road. Such markings show there is a crosswalk with no traffic lights 30 to 50 meters ahead.</p>
<p>横断歩道前の一時停止 歩行者の通行を妨げないようにする。</p>	<p>Come to a full stop before pedestrian crossings. Pay attention not to obstruct pedestrian traffic.</p>

Bike & Run Familiarization

Bike & Run Familiarization

A bike & run familiarization is provided by the LOC.

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

For ELITE PARA FRI, May 10th 06:00 – 06:24

For ELITE FRI, May 10th 06:25 – 06:41

For PTWC Run FRI, May 10th 06:42 – 06:56

For PTVI/PTS Run FRI, May 10th 07:00 – 07:20

Meeting Location



On bike course, 3 familiarization will run;

① Elite Para, Bike, ② Elite, Bike, and ③ Elite Para (PTWC), Run with competitive wheelchair.

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

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



Bike & Run Familiarization

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) :



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



Preceding
Police
motorcycle



Leading
Police
motorcycle

200m



Leading
TO



Regular bike
athletes



Tail
TO



Public
relations
vehicle



Police
car

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



Preceding
Police
motorcycle



Leading
Police
motorcycle

200m



Leading
TO



Competitive
Wheelchair
athletes



Tail
TO



Public
relations
vehicle



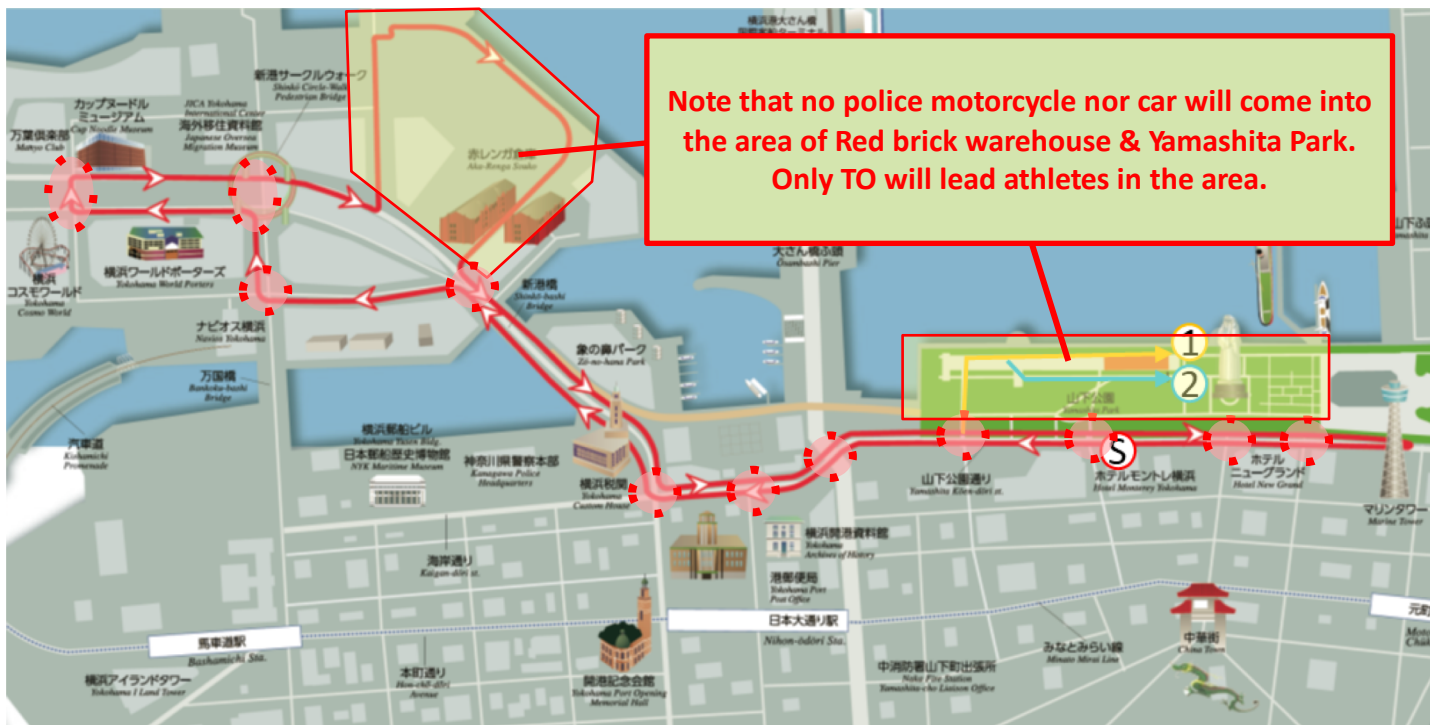
Police
car



Bike & Run Familiarization

1st Group : ELITE PARA (PTVI / PTS / PTWC) Bike

- Familiarization Time : 6:00 – 6:24
- Meeting Time : 5:50
- Meeting Point : On the road, south-east side of “Kenmin Hall” crossing.
- 1st lap : Start by following the leading TO, not coming into Yamashita Park.
At the end of the 1st lap, police motorcycles will u-turn at the crossing in front of Hotel New Grand, Never follow them. Athletes should follow TO.
- 2nd lap : Come into Yamashita Park, by following the leading TO.
PTVI, PTS : Proceed to Transition area, and to Recovery in order to switch to run, then wait until 7:00.
PTWC : Proceed to Finish chute, and to Recovery in order to switch to run and wait until Elite bike familiarization finish.



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

Meeting Point / Start position (South east side of “Kenmin Hall” crossing) ... **S**
 Finish position (PTS, PTVI) (Transition area) **①**
 Finish position (PTWC) (Finish chute) **②**
 Traffic signal will turn to all Red when the preceding police motorcycle approaching



Preceding Police motorcycle



Leading Police motorcycle

200m



Leading TO



Tandem athletes



Regular bike athletes



Separating TO



Hand cycle athletes



Tail TO



Public relations vehicle



Police car

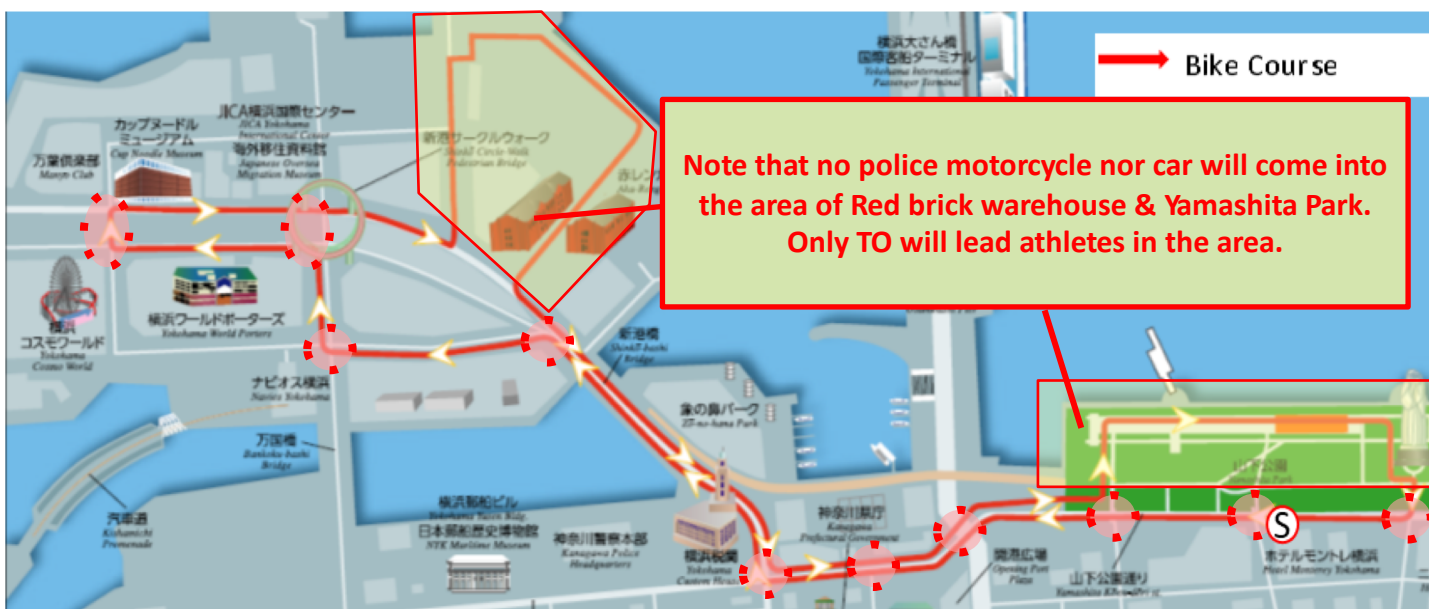


Bike & Run Familiarization

2nd Group : ELITE Bike

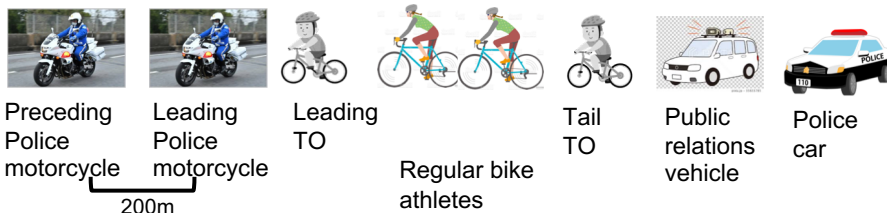
- Familiarization Time : 6:25 – 6:41
 - Meeting Time : 6:15
 - Meeting Point : On the road, south-east side of “Kenmin Hall” crossing.
 - 1st lap : Start by following the leading TO.
- At the end of the 1st lap, police motorcycles will not come into Yamashita Park, but athletes go through transition in the park by following the leading TO.
- 2nd lap : Come into Yamashita Park, by following the leading TO.
- Finish the familiarization at transition.

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



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

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



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, 11th May 2024.



Bike & Run Familiarization

3rd Group : ELITE PARA (PTWC) Run

- Familiarization Time : 6:42 – 6:56
- Meeting Time : 6:35
- Meeting Point : Transition.
- 1st 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 1st 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.



Meeting Point / Start position (Transition Area) ... 



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



Preceding
Police
motorcycle



Leading
Police
motorcycle

200m



Leading
TO



Competitive
Wheelchair
athletes



Tail
TO



Public
relations
vehicle



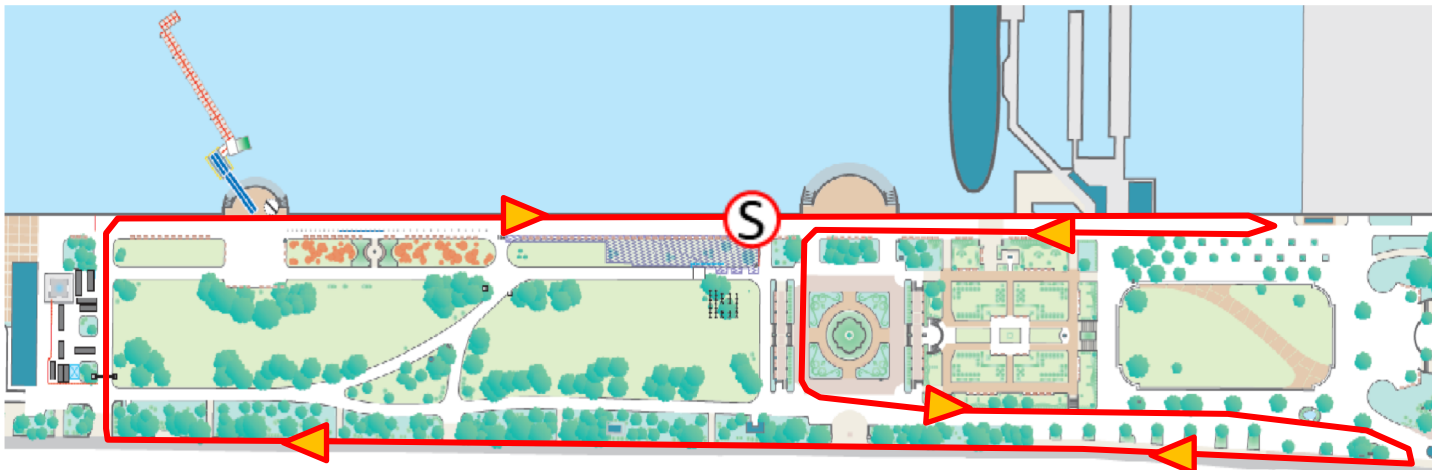
Police
car



Bike & Run Familiarization

4th Group : ELITE PARA (PTS / PTVI) Run

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



Meeting Point / Start position (transition area) ...

Swim Familiarization

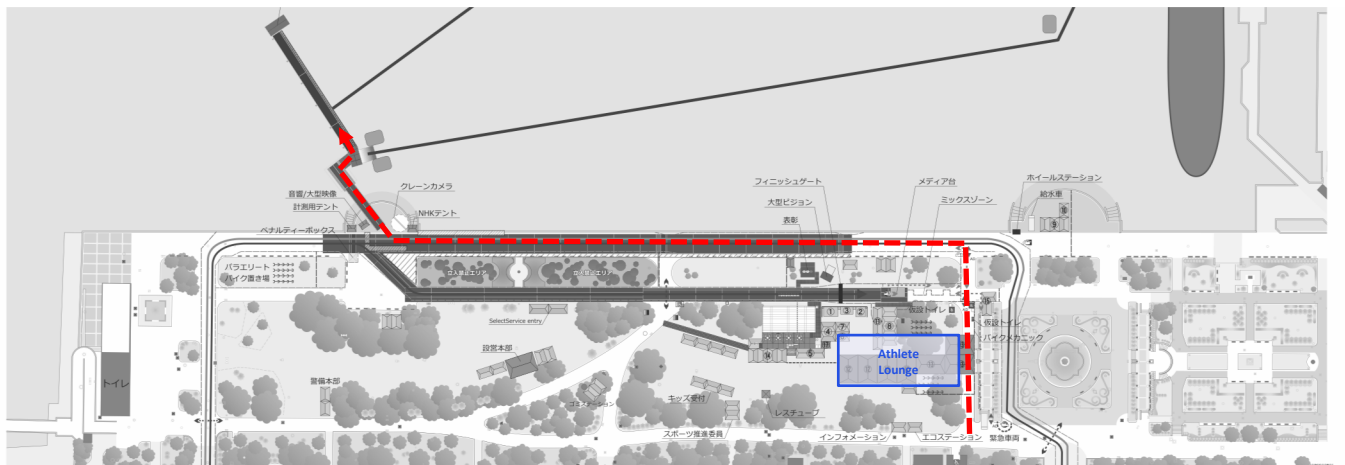
Swim Familiarization

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

For ELITE PARA FRI, May 10th 13:00 – 14:00

For ELITE FRI, May 10th 14:30 – 15:30

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



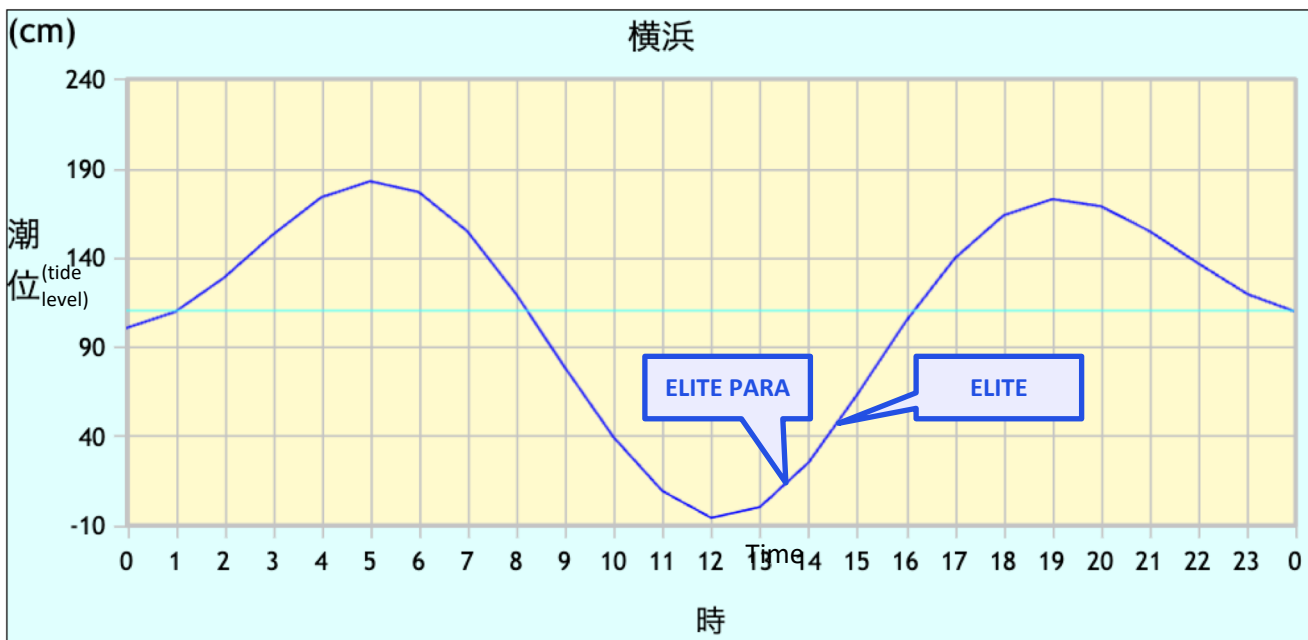


Tide Table

FRI, May 10th

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2024/05/10(金)	101	110	129	153	174	183	177	155	120	79	40	10	-5	1	26	64	105	140	164	173	169	155	137	120

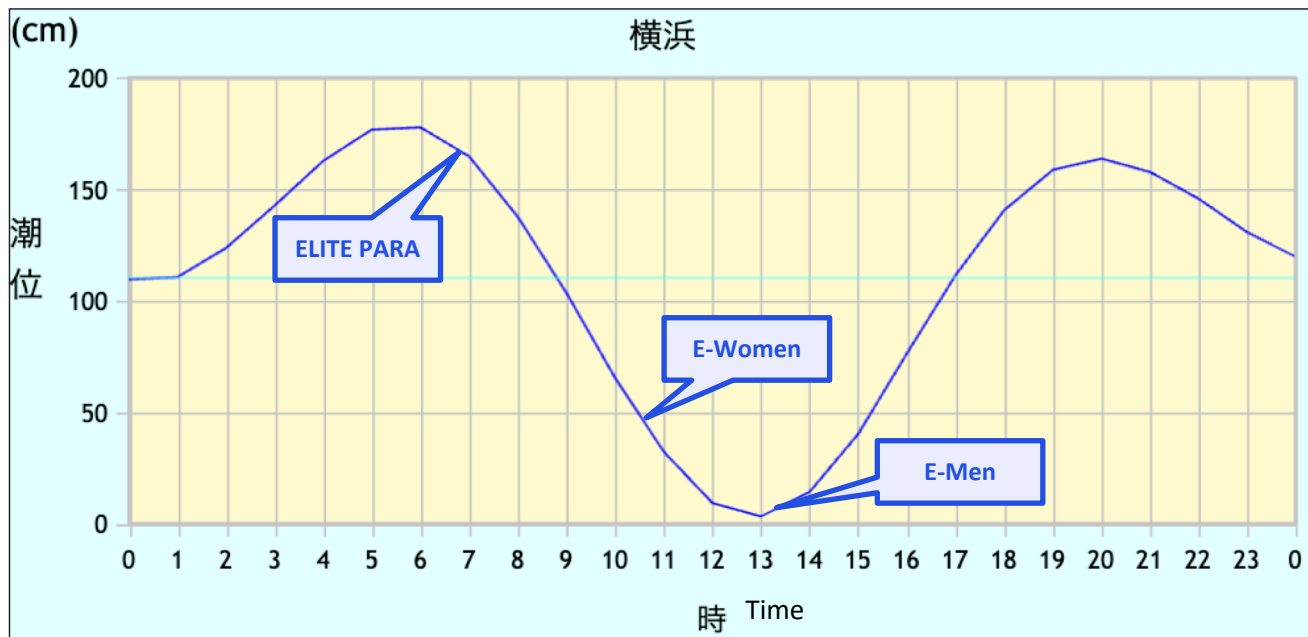
注意 (解説)
・ 毎時潮位は潮位表基準面上の値 (単位: センチ) で表示しています。



SAT, May 11th

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2024/05/11(土)	110	111	124	143	163	177	178	165	138	104	66	33	10	4	15	41	77	112	141	159	164	158	146	131

注意 (解説)
・ 毎時潮位は潮位表基準面上の値 (単位: センチ) で表示しています。



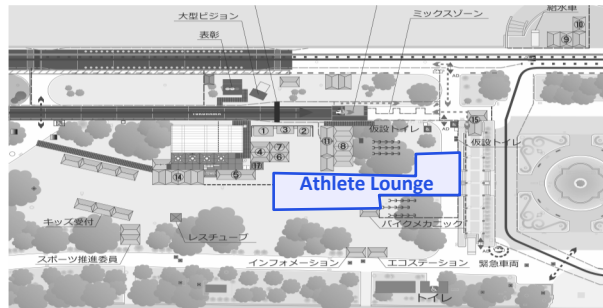


Race Ranger Instruction (ELITE PARA Only)

PTVI&PTS athletes need to leave their bikes at athletes' lounge from 12:30 to 14:00 on FRI, 10 May. Bikes will be stored securely overnight and have Race Ranger installed ready for Athletes to collect their bikes on Saturday morning for athlete lounge check in.

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

Regarding installing your bikes please confirm the following guide ;



RACERANGER – ATHLETE BIKE FITTING NOTES

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

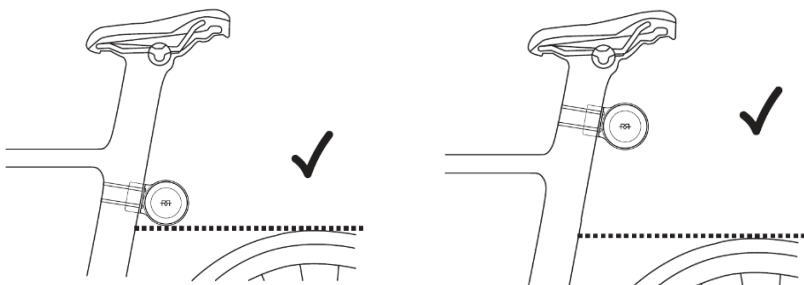


ALLOWING SPACE

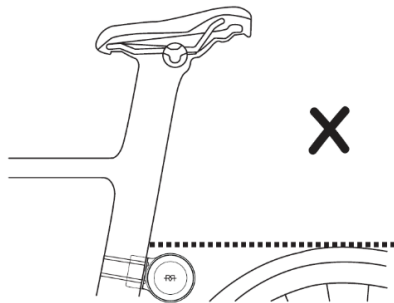
The Rear RaceRanger device in particular, requires athletes to leave adequate space at the back of the bicycle, to be able to mount the units. The purpose of this document is to notify athletes of these space requirements in advance of the competition, so that they can ensure they allow enough space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

SPACE REQUIRED (Rear)

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



Race Ranger Instruction (ELITE PARA Only)



RACE RANGER

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

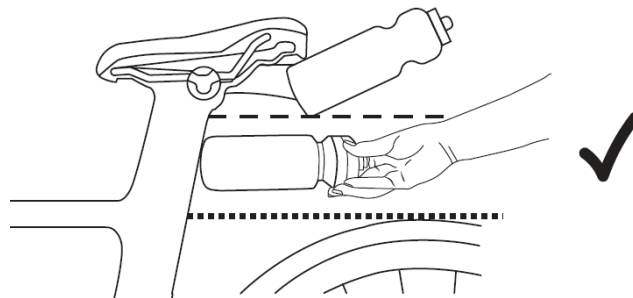
Drink Bottles / Nutrition / Spares & tools etc, must be mounted at least 1cm above the device horizontally, to allow a clear view of the lights from the rear, for a following athlete.



BOTTLE TEST

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

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

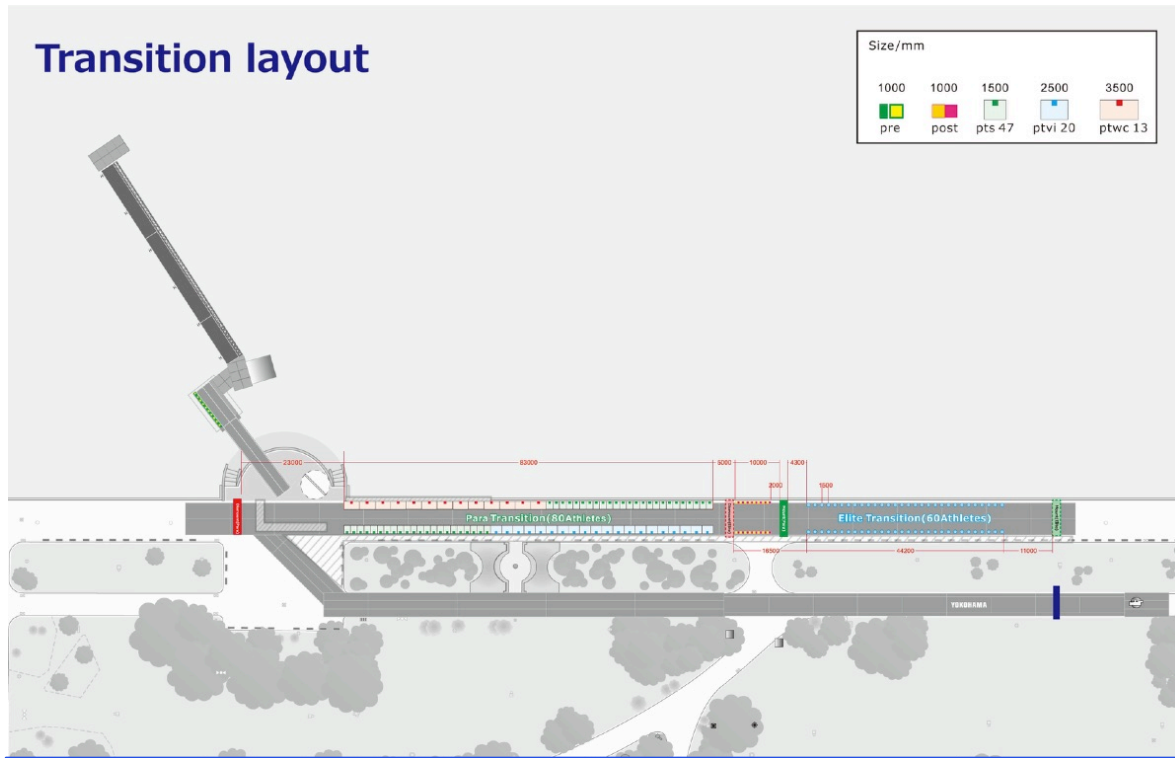


If you have any questions regarding the above information, please send your question and a picture of your bicycle, photographed from the side as above to;

hello@RaceRanger.com

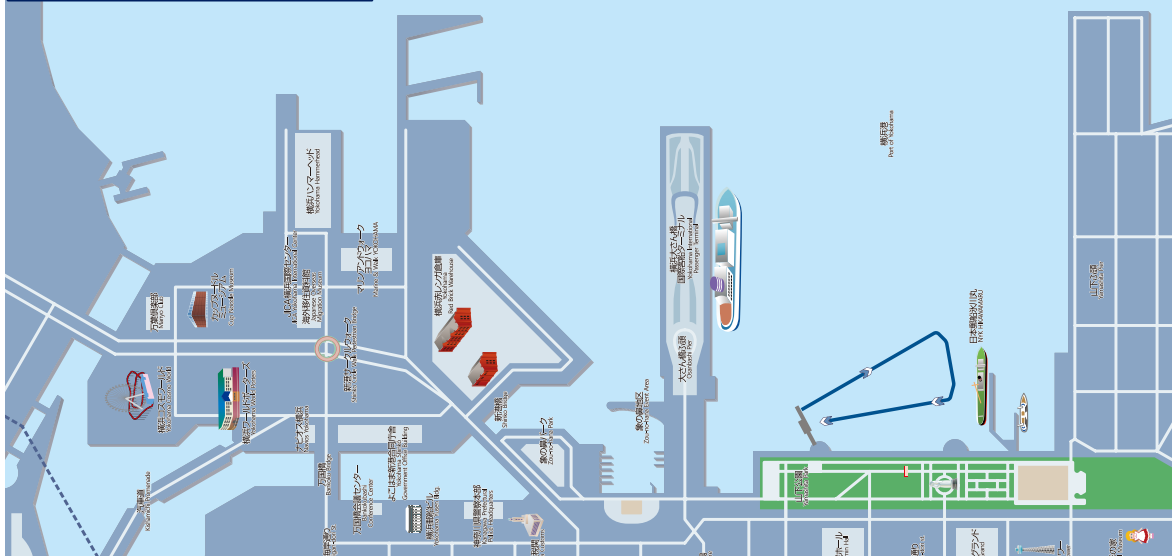


Transition Area / ELITE Swim Course



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

Swim 1500m (750m 2laps)



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

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

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

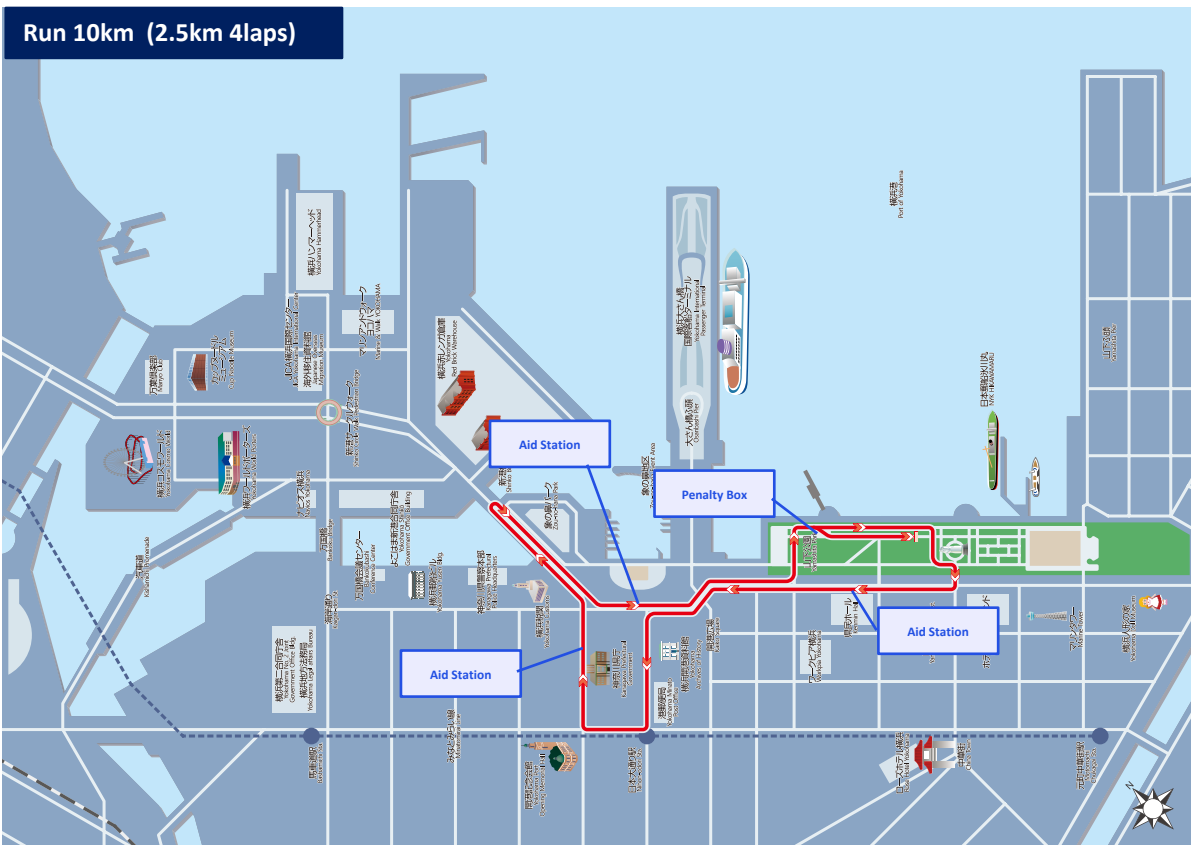


ELITE Bike Course / Run Course

Bike 40km (4.45km 9laps)



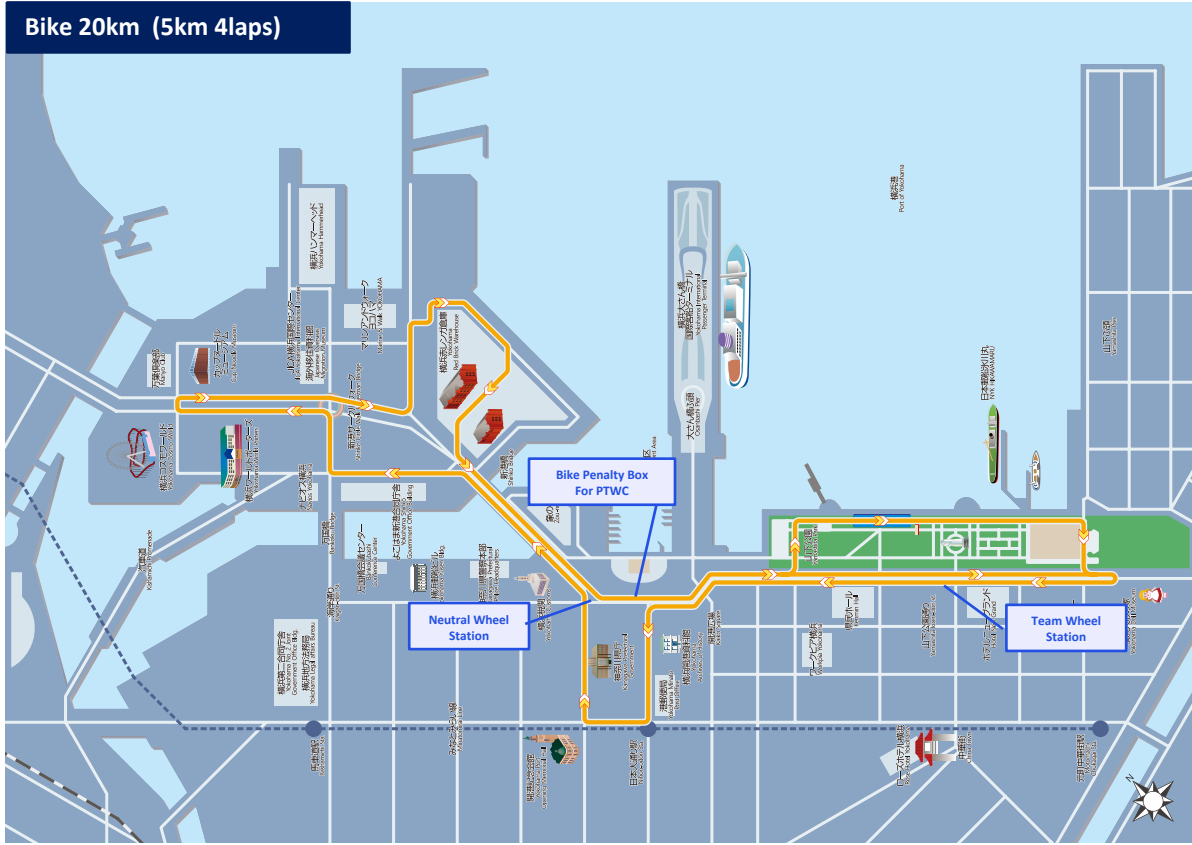
Run 10km (2.5km 4laps)



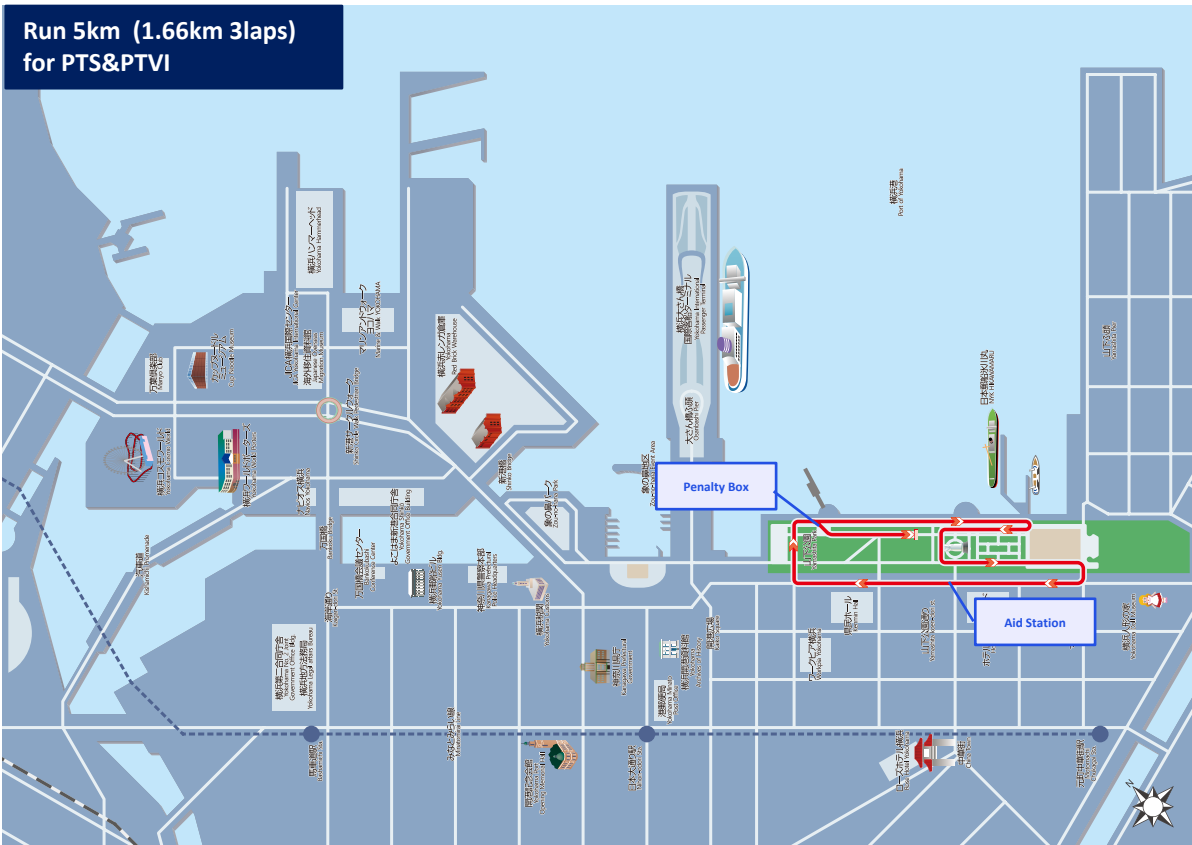


ELITE PARA Bike Course / Run Course (PTS / PTVI)

Bike 20km (5km 4laps)

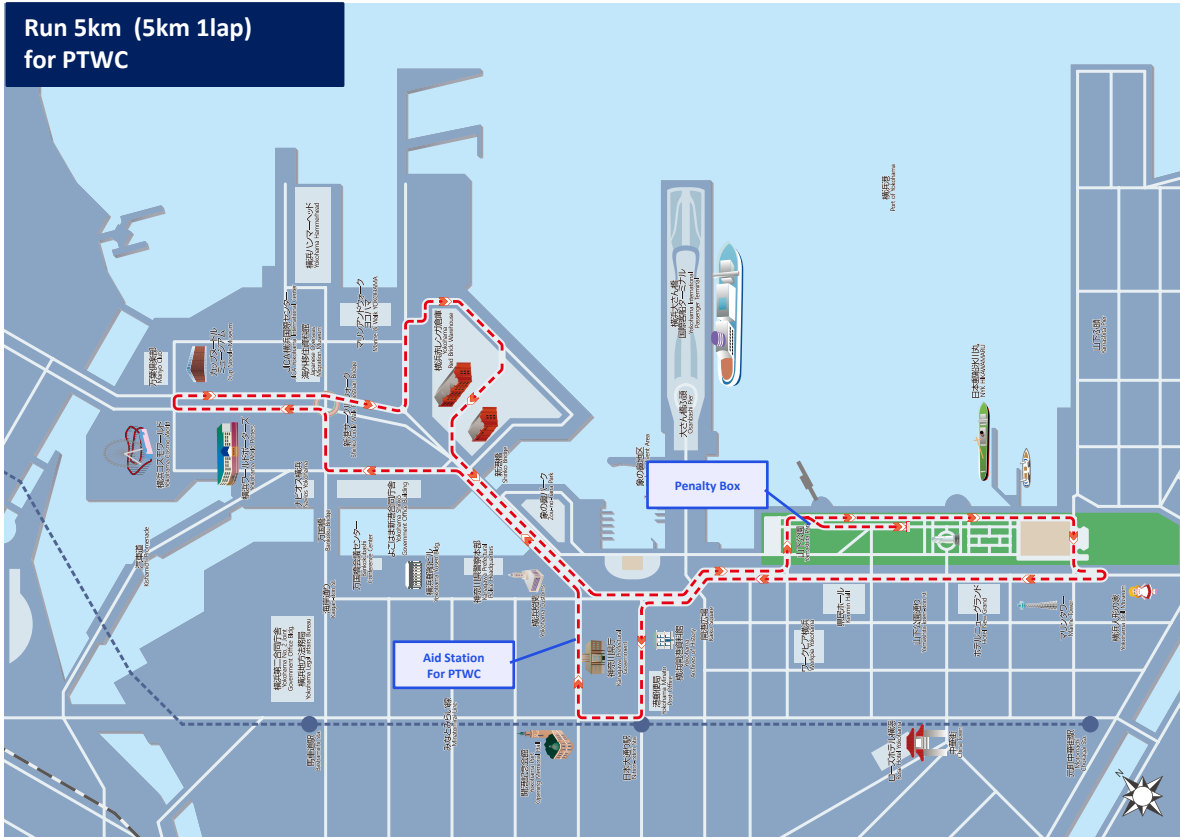


Run 5km (1.66km 3laps) for PTS&PTVI

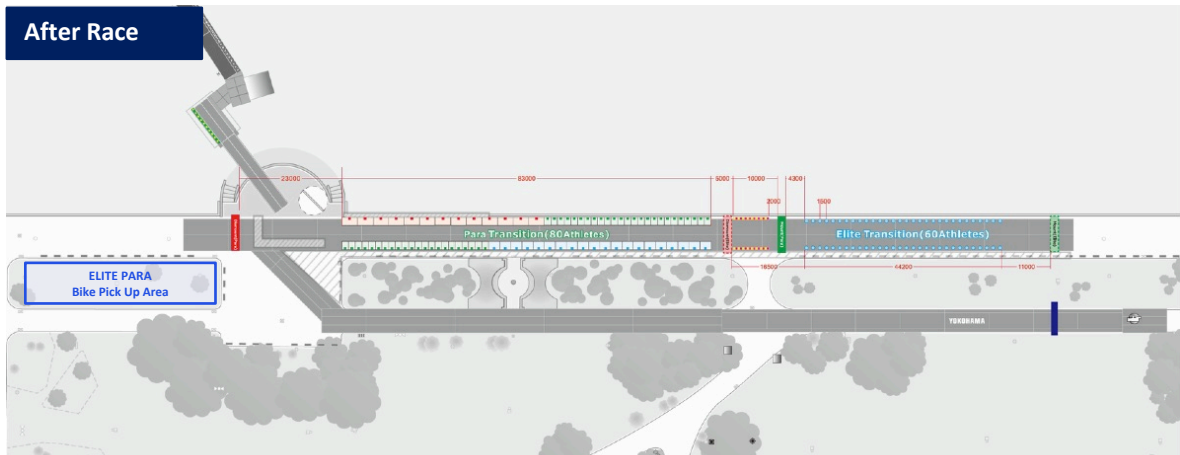


ELITE PARA Run Course (PTWC)

Run 5km (5km 1lap)
for PTWC



After Race



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



Competition Information

Weather Conditions

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

Year	2023			2022			2021			2019		
Event	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M
Weather	Rain	Rain	Rain	Rain	Cloudy	Cloudy	Sunny	Sunny	Sunny	Sunny	Sunny	Sunny
W/T (°C)	19.6	19.7	19.6	19.4	19.7	19.7	20.1	20.6	20.9	21	22	22
A/T (°C)	23.2	18.7	17.1	23.0	21.5	21.5	20.5	26.0	30.0	17	21.8	21.8
Wetsuit	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Not allowed	Not allowed	Allowed	Not allowed	Not allowed

Competition Rules

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

https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2024_20240219.pdf

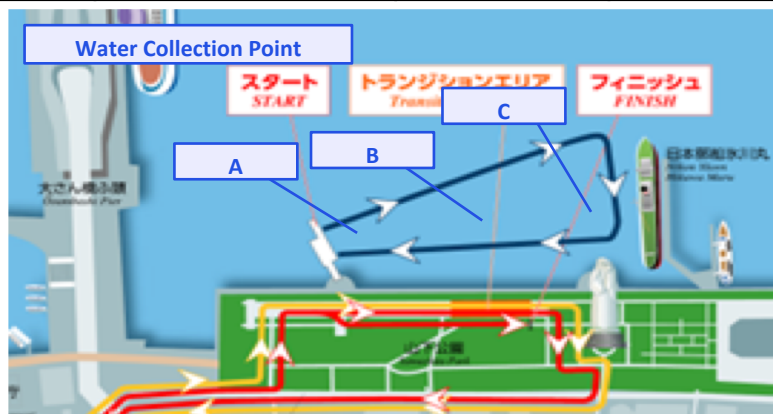
Protests and Appeals

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

Water Quality

The water quality on March 11th is good. All items meet the requirements.

As of 11 th March	World Triathlon Criteria	Location A	Location B	Location C
Time		10:12	10:19	10:25
Weather		Sunny	Sunny	Sunny
Water Temperature (°C)		10.5	10.5	10.5
Air Temperature (°C)		10.0	10.0	10.0
Ph	6 - 9	8.2	8.2	8.2
Enterococci (cfu/100ml)	Within 100	1	3	7
Escherichia coli (cfu/100ml)	Within 250	1	3	6
Positive visual evidence of Red Tide Algal bloom.	None	None	None	None





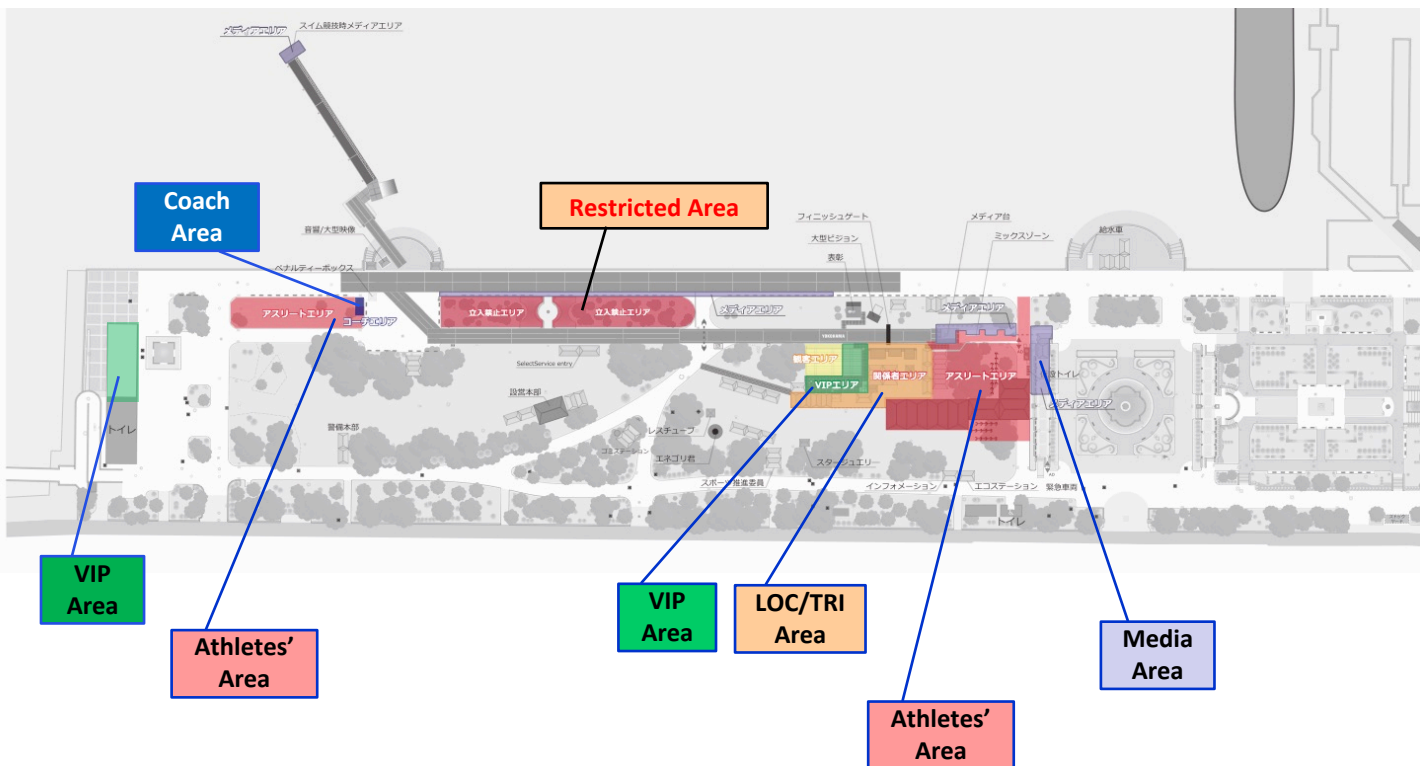
Accreditation

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

Accreditation cards for athletes and coaches will need to be collected in person
at Elite athletes' registration on Thursday, or
at Elite Para athletes' registration on Friday,

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.





Contingency Plan / Evacuation Plan

CONTINGENCY PLAN

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

Elite

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

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

Bike: (40km) : 6.6km per lap x 6 laps / Elite Bike Course

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

Elite Para (PTWC)

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

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

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

2nd Run(5km) : 5km per lap x 1 lap / Elite Para Bike Course

Elite Para (PTVI&PTS)

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

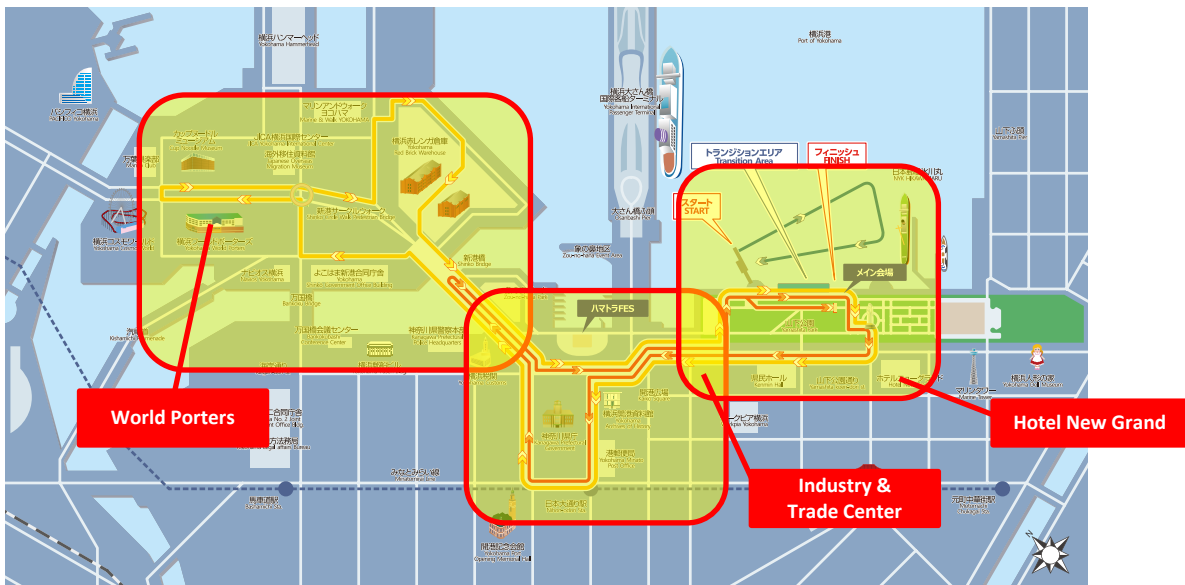
Course: 1st Run (2.5km) for PTVI&PTS: 1.66km per lap x 1.5 laps / Elite Para Run Course

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

2nd Run(5km) : 1.66km per lap x 3 laps / Elite Para Run Course

Evacuation Plan

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



Other Information

Live Timing

TBA

Live Streaming

TBA



Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules on the race day (11th May).

The location will be at [Rose Hotel](#) (10F).





Kids Program

Request for response to Kids Program

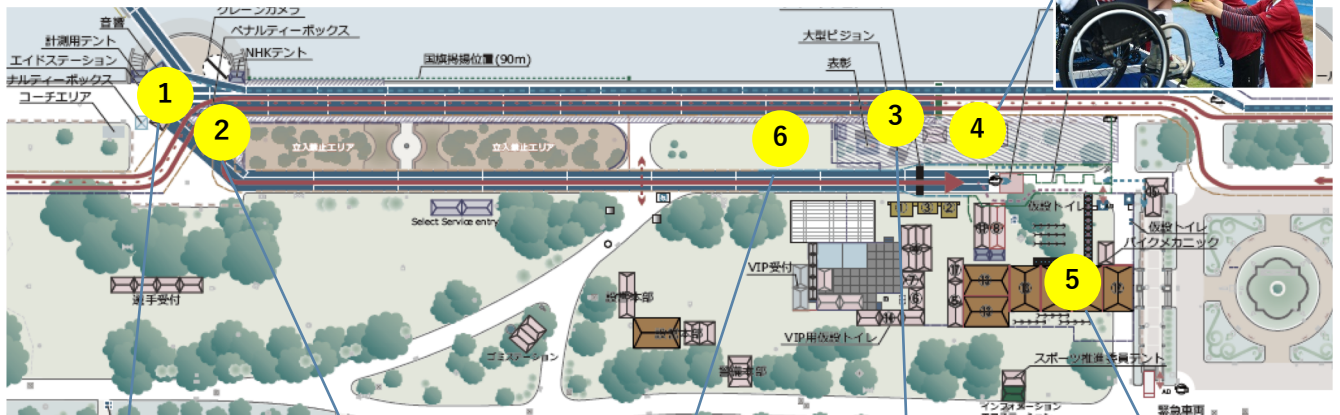
As a legacy of "World Kids Sports Summit YOKOHAMA" held in year 2009, Yokohama-city has provided "Kids Program" in our triathlon events from 2010 to 2019.

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, we are planning to have "Kids Program" again and enhance programs as below;

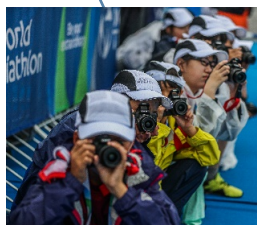
- (1) High Touch Kids, at Elite start ceremony,
- (2) Kids Reporter, at Elite & Elite Para's Start Ceremony and Race,
- (3) Escorting Kids, at Elite medal ceremony,
- (4) Bouquet Kids, at Elite-Para medal ceremony,
- (5) Kids in Aid Station, at Elite aid-station in recovery area,
- (6) Cheering Kids, beside the finish chute.

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

(4) Bouquet Kids



(1) High Touch Kids



(2) Kids Reporter



(6) Kids Cheering Team



(3) Escorting Kids



(5) Kids in Aid Station

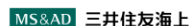


Partners

Main Partners



Silver Partners



Supporters



Foundation



Host City



Federation

