

2019 Osaka-Castle

NTT ASTC Sprint Triathlon Asian Cup and

East Asian Championships

**ATHLETE GUIDE**

ASTC **JTU**

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| **General Information** |

**Introduction**

The purpose of the Athletes Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures regarding the 2019 Osaka-Castle NTT ASTC Sprint Asian Cup and East Asian Championships. Please keep in mind that this information can be changed and the final race information will be provided to the athletes and the team managers at the athletes’ briefing.

**Key Dates**

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| Activities | Date | Time | Location |
| Elite Athletes Briefing | Saturday 21 Sep | 14:30-15:20 | Enkei-HALL |
| Elite Men Competition | Sunday 22 Sep | 08:00- | Venue |
| Elite Women Competition | Sunday 22 Sep | 09:35- | Venue |

**Key Contacts**

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| ITU Technical Delegate | Andrew Tai(TPE) | tai620322@hotmail.com |
| LOC Office Coordinator | Kosuke Furugo | furugo@opan.jp  +81-90-8944-1146 |

**Contact Details**

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| Japan Triathlon Union (JTU) | |
| Address | #708, Japan Sport Olympic Square 4-2 Kasumigaoka-machi, Shinju-ku Tokyo,160-0013,Japan |
| Tel | +81-3-5786-0515 |
| Fax | +81-3-5786-0516 |
| E-mail | [jtuoffice01@jtu.or.jp](mailto:jtuoffice01@jtu.or.jp) |
| Web | <http://www.jtu.or.jp> |

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| **Venue** |

**Venue**

The venue is located in Osaka Castle Park, Osaka.

Osaka Castle Park

<https://osakacastlepark.jp/foreinger/english.html>

**Access**

<http://www.osakacastle.net/english/access/index.html>

**Bike Mechanic Service**

“SHIMANO” will offer a comprehensive bike mechanic support on 21st and 22nd September at Enkei-HALL and the venue.

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| Date / Time | Venue |
| Saturday 21 September 12:00-17:00  Sunday 22 September 7:00-15:00 | Enkei-HALL  Venue(Osaka Castle Park) |

**Medical Services**

First Aid and Emergency Medical Services will be available at the venue on 22 September before and during the competition hours. A medical tent will be set provided on site at Osaka Castle Park.

The medical services available at the venue are free of charge. Athletes should make sure that they have an appropriate medical insurance.

**Athletes Lounge**

Athletes lounge is located in Osaka Castle Park. Sealed bottles of water will be offered to athletes before and after the race in the athlete lounge.

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| **Accommodation / Transportation** |

**Accommodation**

The official hotel of the race is “Hotel New Otani Osaka”, located 1km from the venue.

Hotel reservation website: <https://va.apollon.nta.co.jp/osaka_triathlon2018en/>

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| Hotel New Otani Osaka | 1-4-1 Shiromi, Chuo-ku, Osaka Japan 540-8578 TEL. +81-6-6941-1111 FAX. +81-6-6941-9769  Website : <http://www.hotelnewotaniosaka.jp/en-gb/> |

**Transportation**

Pick-up service is available from Kansai International Airport to the official hotel: Hotel New Otani Osaka.

To arrange local airport pick-up service, please fill out below links form

<https://docs.google.com/forms/d/1k3SiPxDzKPUIX0NB7UuoxkurmKNxWBL_ygqSAAc1XBw/edit>

For public transportation from KIX and ITM airports, please refer to the airport information websites. It will cost 1,000 to 2,000 JPY by bus or train

**Bank**

**SEVEN-ELEVEN Bank Business Park East ATMs**

〒540-0001 2 Shiromi Chuo-ku, Osaka

Number of ATMs : 1 Open Hours : 24 hours Three minutes walk from New Otani Hotel

**TWIN 21 ATMs** 〒540-0001 2 Shiromi Chuo-ku, Osaka

Number of ATMs : 1 Open Hours : 7:00 to 23:00 Three minutes walk from New Otani Hotel

**SEVEN-ELEVEN JR Morinomiya ATMs**

〒540-0003 1 Morinomiyachuo Chuo-ku, Osaka

Number of ATMs : 2 Open Hours : 24 hours Three minutes walk from the swim start venue

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| **Training** |

**Swim Training**

Athletes can use the swimming pool (25m×3 lanes) at “OSAKA POOL” from 10 am to 1 pm on September 18th, 19th and 20th . In order to move to the swim training venue, you are advised to use the pickup service.

Please give your name, country and race number when making the reservation.

You must be at the designated place and time to use the pickup service (see below).

In the venue, there is a dressing room. You must wear a swim cap and goggles, and follow the instructions from the staff. Diving into the pool is strictly prohibited.

OSAKA POOL

<http://www.yahataya-park.jp/wp/wp-content/themes/yahataya/common2/dl/brochure_pool.pdf>

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| Pick up service |
| Pick up service  From Hotel New Otani Osaka to “Osaka Pool”  9:30 & 10:30 departing from Hotel New Otani Osaka  (2nd departure time may be delayed due to traffic condition)    From Swimming Pool to Hotel  12:00 & 14:00 departing from “Osaka Pool” Lobby |

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| **Course Familiarization** |

**Swim**

Athletes are permitted to swim along swim course for course familiarization on 21st September.

Location: East Outer Moat at Osaka Castle Park

Time: 11:00 – 12:00, Saturday, 21st September

**Bike**

There is no familiarization time for bike.

If you want to ride on the road for course familiarization, you must follow the traffic rule of Japan.

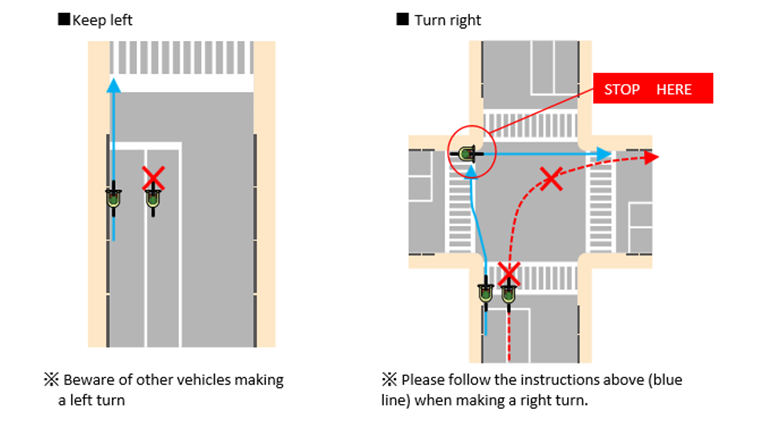
**Athletes are not permitted to ride inside Osaka Castle Park except on the race day.**

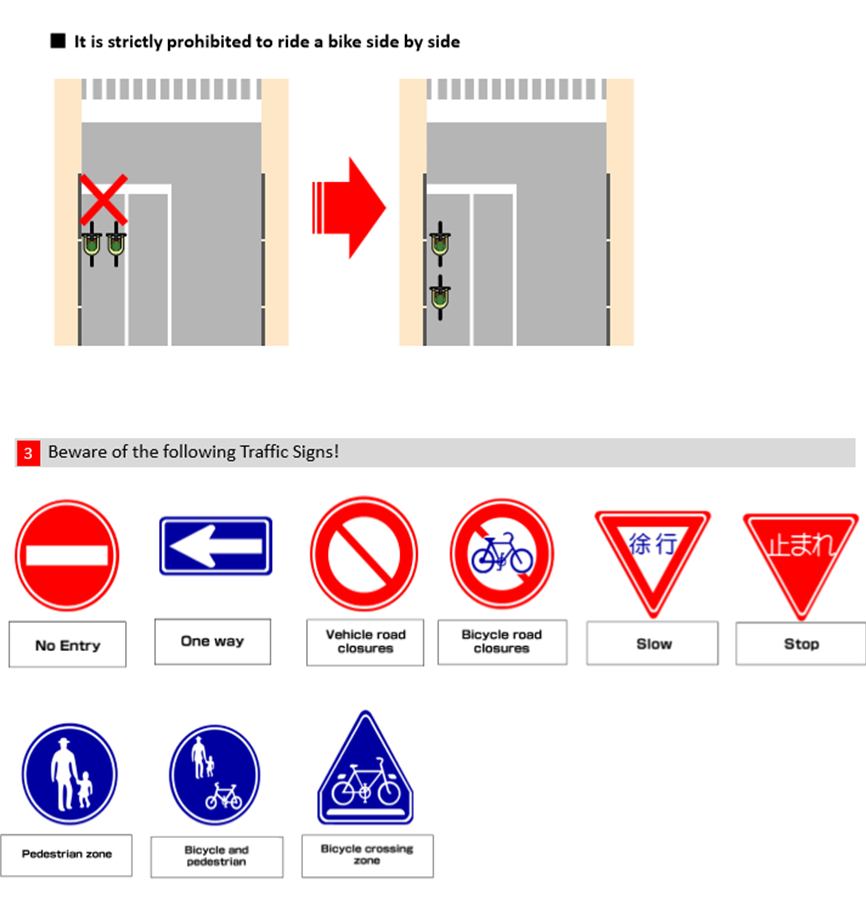
**Run**

There is no familiarization time for run.

If you want to run on the road for course familiarization, you must follow the traffic rule of Japan.

**General Traffic Rule**





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| **Competition Schedule** |

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| Time / Date | Event | Venue |
| Sat, 21 Sep | | |
| 11:00 – 12:00 | Swim Familiarization | East Outer Moat at Osaka Castle Park |
| 12:00 - 17:00 | Mechanic Service | Enkei-HALL |
| 13:30 - 14:30 | Athlete Registration and Uniform check | Enkei-HALL |
| 14:30 - 15:20 | Athlete Briefing | Enkei-HALL |
| 15:20 - 15:50 | Press Conference | Enkei-HALL |
| Sun, 22 Sep | | |
| 06:30 - 07:15 | Elite Men Registration | Athlete Lounge |
| 06:40 - 07:30 | Elite Men Transition open | Transition |
| 07:00 - 07:40 | Elite Men Swim Warm Up | Swim Course |
| 07:50 - 08:00 | Elite Men Start Ceremony | Start Area |
| 08:00 - | Elite Men Start | Venue |
| 08:10 - 08:50 | Elite Women Registration | Athlete Lounge |
| 08:50 - 09:10 | Elite Women Transition open  \*Elite Women are able to check in transition area after Elite Men T2 finished. | Transition |
| 08:50 - 09:15 | Elite Women Swim Warm Up | Swim Course |
| 09:25 - 09:35 | Elite Women Start Ceremony | Start Area |
| 09:35 - | Elite Women Start | Venue |
| 12:00 - | Medal Ceremony | EXPO Area |

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| **Competition Rules** |

**Competition Rules**

The race will comply with the latest competition rules of the International Triathlon Union.

<https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf>

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| **Information about The FOP** |

**Swim Course**

Pontoon start. The water temperature in September is expected to be 26～28℃.

0.75km x 1lap

**Bike Course**

Generally flat and technical course.

5laps　Total 20km

**Wheel Station**

1 wheel station will be located along the bike course (team and neutral).

Officially provided wheels are as follows;

4x 700c front wheel /4x 700c 11 cassette Shimano rear wheels   
　2x 700c 10 cassette Shimano rear wheels /2x 700c 10 cassette Campagnolo rear wheels

Team wheels are to be brought and deposited by coaches/athletes at the wheel station.

Opening hour: 9/22 6:40-7:30

Pick up time: 10:30-11:00

**Run Course**

Generally flat course. Please confirm the U-turn Points beforehand.

2laps Total 5KM

**Penalty Box**

The penalty box will be located on the run course. Please confirm the location beforehand.

**Aid Stations**

The aid stations are located on the run course ; Sealed bottles of water will be provided.

**Weather Conditions**

Osaka is humid and hot in September. Temperatures in September is expected to be the range from 22℃ to 29℃.

**Results**

All the results will be available at ITU ́s official website: [www.triathlon.org](http://www.triathlon.org).

**Protests and Appeals**

Standard procedures will be followed according to the ITU competition rules.

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| **Course Map** |

**Course Map**

Swim 0.75 km: 0.75km x 1 lap

Bike 20 km: 0.17km + (3.93km x 5laps ) + 0.18km

Run 5 km: 0.32km + ( 2.2km x 2laps ) + 0.28km

