2018 Miyazaki ITU Triathlon World Cup
Athletes' Guide

ITU

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ITU triathlon World Cup Miyazaki

ATHLETE' GUIDE

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INTRODUCTION

he purpose of the Athletes and Team Officials Guide is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the 2017 Miyazaki ITU Triathlon World Cup.

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

KEY DATES

Activitiesuro	Date	Time	Location
Elite Athletes Briefing	Thursday,8th November	18:00	Seagaia-Convention Orchard room (2nd Floor)
Bike Course Familiarization	Friday, 9th November	13:00 to 14:00	Sun Marina Miyazaki (Venue)
Swim Course Familiarization	Friday, 9th November	14:00 to 15:00	Sun Marina Miyazaki (Venue)
Elite Women Competition	Saturday,10th November	9:30	Sun Marina Miyazaki (Venue)
Elite Men Competition	Saturday, 10th November	12:30	Sun Marina Miyazaki (Venue)

KEY CONTACT

ITU Team Leader	Alan Ma	mathalan@macau.ctm.net Mobile: +853- 66828862
ITU Technical Delegate	Rebecca Mok	Rebecca.mok@triathlon.com.hk Mobile: +852 - 9694598
ITU Medical Delegate	Dr. Toshihito Katsumura	kats@sepia.ocn.ne.jp Mobile: +81-90-3959-1678
LOC Office Coordinator	Ken Koike	koike@jtu.or.jp Mobile: +81-90-1501-1293
LOC Event Director	Koichi Tokudome	koichitokudome@gmail.com Mobile:+81-90-4586-8882

CONTACT DETAILS

Japan Triathlon Union
Address: Daini Eirai Building, 1-3-8, Shibuya, Shibuya-ku, Tokyo, 150-0002, Japan
Telephone : +81-3-5469-5401
FAX: +81-3-5469-5403
E-mail: event@jtu.or.jp
Website: http://www.jtu.or.jp

VENUE

The venue is located at Sun Marina Miyazaki, in Miyazaki City. The swimming will take place at Sun beach Hitotsuba.

ELITE ATHLETES LOUNGE

Facilities including athletes' lounge are provided to the athletes at the finish area of Sun beach Hitotsuba. Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes' lounge.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue from Nov. 6th until Nov. 11th before and during the competition hours.

Medical and paramedical personnel from Miyazaki University Hospital 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.

BIKE MECHANIC SERVICE

"SHIMANO" will offer a comprehensive bike mechanic support from Nov. 8th to 10th and is also available in case of emergency.

Around the Sheraton Grande Ocean Resort

Thursday Nov. 8th 10:00-17:00

Friday Nov. 9th 9:00-17:00

IN THE ATHLETES LOUNGE

Saturday, Nov. 10th 8:00 – 15:00

INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Luxze Hitotsuba. The office is open daily from Tuesday, Nov.6th until Sunday, Nov. 11th 2018.

LOC Office: Himuka Center "WAVE"(1st Floor)

LOC Contact: Mr. Koichi Tokudome

Email: info@miyazaki-tri.com

Mobile: +81-90-4586-8882

ITU Office: Himuka Center "WAVE" (1st Floor)

ITU Contact: Mr. Alan Ma

E-mail: mathalan@macau.ctm.net

OPENING HOURS:

Tuesday, 6th Nov.	13:00 - 17:00
Wednesday, 7th Nov.	08:00 - 18:00
Thursday, 8th Nov.	08:00 - 1800
Friday, 9th Nov.	08:00 - 20:00
Saturday 10th Nov.	06:00 - 20:00
Sunday 11th Nov.	06:00 - 18:00

SECURITY

A private security company, NPK, 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.

ACCOMODATION

The official hotel of the race is the Sheraton Grande Ocean Resort, located 2.7km from the swim start. The second official hotel is the Luxze Hitotsuba, located 500m from the venue.

Hotel reservation ： Please contact directly by e-mail triathlon_miyazaki@nta.co.jp

TRANSPORTATION

The LOC will provide free shuttle bus service for elite athletes and their team from Miyazaki Airport to Sheraton Grande Ocean Resort, making stops at Miyazaki downtown area, Miyazaki Station (East Exit), Luxze Hitotsuba and Cottage HIMUKA on the way (please refer to the Shuttle Bus Timetable).

In order to provide better and more efficient service for athletes, booking via e-mail is highly recommended. For those who did not book in advance, they can wait at the airport to see if there are any vacant seats on the shuttle. If there is no vacancy, please wait for the next one. Thank you for your understanding.

Please contact Nippon Travel Agency with the following information:
triathlon_miyazaki@nta.co.jp +81-985-24-5255

1. Name of Elite Athlete:
2. Number of Passengers:
3. Number of Bikes:
4. Arrival Date/Time:
5. Flight No:
6. Departure Date/Time:
7. Flight No:
8. Name of Hotel:

*Please note that for departure, the shuttle bus service to the Airport from Miyazaki downtown area (Tachibana Street) will not be operated.

Shuttle Bus Route:
Miyazaki Airport – Miyazaki Downtown (Tachibana St.) – Miyazaki Station (East EXIT) – Cottage HIMUKA/Luxze Hitotsuba – Sheraton Grande Ocean Resort

BANK

The nearest bank is SEVEN-ELEVEN MIYAZAKI HOZAI ATMs.24h. It is located within a 10minutes distance from Host Hotels. (URL: goo.gl/dxYHj6)

VISA

If you need a letter of invitation to obtain your visa to attend the Miyazaki event, please send the following information to triathlon_miyazaki@nta.co.jp:

1. Name as it appears on your passport
2. Date of birth
3. Age
4. Sex
5. Passport number
6. Passport expiration date
7. Position (coach, athlete, etc.)
8. Length of Stay in Japan
9. Accommodation Hotel during the Yokohama event
10. Date of arrival to Japan
11. Date of departure from Japan
12. Email address to send invitation letter
13. Postal address to send invitation letter

Hospital Search

- ▼ Search Hospital and Clinic http://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top
- ▼ Medical Handbook http://www.mif.or.jp/japanese/modules/content005/
- ▼ Search Dentist http://www.e-navi.pref.miyazaki.lg.jp/pb_dt_language
- ▼ Search Pharmacy http://www.e-navi.pref.miyazaki.lg.jp/pb_ph_language

Search in a different language...

- ▼ Search Hospital and Clinic http://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top
- ▼ Medical Handbook http://www.mif.or.jp/japanese/modules/content005/
- ▼ Search Dentist http://www.e-navi.pref.miyazaki.lg.jp/pb_dt_language
- ▼ Search Pharmacy http://www.e-navi.pref.miyazaki.lg.jp/pb_ph_language

List of Airlies and contact informatioln

ANA	0570-029-333	Japan
JAL	0570-025-031	Japan
Solaseed Air	0570-037-283	Japan
IBEX Airlines	0120-686-009	Japan
Peach Aviation	0570-200-489	Japan
Asiana Airlines	0985-64-1000	Korea
China Airlines	0985-64-9277/9288	China

British Airways	http://www.britishairways.com/travel/home/public/en_gb	England
United Airlines	https://www.united.com/ual/ja/us/	USA
American Airlines	https://www.aa.com/homePage.do?locale=en_US	USA
Air Canada	https://beta.aircanada.com/ca/en/aco/home.html?acid=beta|redirect|aircanada.com|DispBar	Canada
Air France	http://www.airfrance.fr/cgi-bin/AF/FR/fr/common/home/vols/billet-avion.do	France
Aeroflot Russian Airlines	http://www.aeroflot.com/ru-ru	Russia
Alitalia	https://www.alitalia.com/it_it/home-page.html	Italy
KLM Royal Dutch Airlines	http://www.klm.com/home/jp/en	Belgium
Lufthansa	http://www.lufthansa.com/de/de/Homepage	Germany
Air New Zealand	http://www.airnewzealand.co.jp/	New Zealand
Qantas Airways	http://www.qantas.com/travel/airlines/home/jp/en	Australia
Korean Air	https://www.koreanair.com/global/ko.html	Korea
Hong Kong Express Airways	http://www.hkexpress.com/zh-hk	Hong Kong
Malaysian Airline System	http://www.malaysiaairlines.com/jp/en.html	Malaysia
Thai Airways International	http://www.thaiairways.com/en_JP/index.page	Thailand
Hawaiian Airlines	https://www.hawaiianairlines.com/?lang=us&id=1474444581298	Hawaii
Singapore Airlines	http://www.singaporeair.com/en_UK/jp/home	Singapore

Public transport, Restaurant, Car rental, and Tourist attractions

Public transport

http://www.miyazaki-city.tourism.or.jp/whatsnew/indexs.php?num=453

Restaurant

http://tabelog.com/en/miyazaki/

Car rental

http://en.tabirai.net/car/miyazaki/?utm_source=tabirairc_top&utm_medium=pc&utm_campaign=tabirairc

Tourist attractions

http://www.miyazaki-city.tourism.or.jp/en/index.html

http://www.miyazaki-city.tourism.or.jp/whatsnew/pict/mcom/255_mcom.pdf

◇Sheraton Grande Ocean Resort　Website: http://www.seagaia.co.jp/english/hotel/sgor.html

◇Luxze Hitotsuba　Web Site: http://www.seagaia.co.jp/english/hotel/lh.html

Swimming Pool

①Sheraton Grande Ocean Resort 3rd Floor Athletic Club (The Ocean Club)			
Date	Open	Close	Available Lane
2018/11/6	12:30	15:30	2
2018/11/7	6:00	15:00	2-3
2018/11/8	6:00	15:00	2-3
2018/11/9	6:00	15:00	2-3
2018/11/10			
2018/11/11			

③Luxze Hitotsuba Fitness Hitotsuba (2nd Floor)		
Open	Close	Available Lane
6:30	15:00	2-3
6:00	15:00	2-3
6:00	15:00	2-3
6:00	15:00	2-3
6:30	8:30	3
6:00	8:30	3

※25 meters long, 3 lanes　※Reservation required at information desk　※Rental fee is free

※Capacity of each lane ： Yes　※First-come-first-serve basis

Athletes train in the swimming pool at their own risk. Please note: There are no pre-reservations available.

Bike Mechanic Support

Date	Start	Finish	Location
2018/11/8	10:00	17:00	① Near the Sheraton Grande Ocean Resort(1st floor)
2018/11/9	9:00	17:00	① Near the Sheraton Grande Ocean Resort(1st floor)
2018/11/10	8:00	15:00	① ⑮ Sun Marina Miyazaki (Venue)

COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, 03 Nov from 14:00 to 15:00. The location will be the same as the start of the race.

Please note: It is forbidden to swim outside the swimming zone at any time because of safety reasons.

TIME TABLE

Date	High	Low	Type
2018/11/10	7:45	13:23	Middle tide
2018/11/11	8:23	13:57	Middle tide

BIKE / RUN

You will be able to familiarize yourself with the bike course on Friday, 09 Nov from 13:00 t0 14:00 at the venue. Athletes gather in the transition area. You will be escorted by Technical Official on the bike course.

Please note: The course is not open for training before the race except bike course familiarization.

OMPETITION SCHEDULE

Time/Date	Event	Venue
Tue, 6th Nov.		
07:00 to 15:00	Swim Training	Luxze Hitotsuba
12:30 to 15:30	Swim Training	Sheraton Grande Ocean Resort
Wed, 7th Nov		
06:00 to 15:00	Swim Training	Sheraton Grande Ocean Resort
06:00 to 15:00	Swim Training	Luxze Hitotsuba
13:00 to 17:00	Mechanic Service	Around Sheraton Grande Ocean Resort
Thurs, 8th Nov.		
06:00 to 15:00	Swim Training	Sheraton Grande Ocean Resort
06:00 to 15:00	Swim Training	Luxze Hitotsuba
10:00 to 17:00	Mechanic Service	Around Sheraton Grande Ocean Resort
14:30 to 15:00	Press Conference	Seagaia-Convention Orchard room (2nd Floor)
17:00 to 18:00	Elite Registration	Seagaia-Convention Orchard room (2nd Floor)
18:00 to 18:45	Elite Briefing	Seagaia-Convention Orchard room (2nd Floor)
18:45 to 19:00	Race Pack Distribution	Seagaia-Convention Orchard room (2nd Floor)
19:00 to 20:30	Welcome Party	4F Rangyoku room Seagaia Convention
Fri, 9th Nov.		
06:00 to 15:00	Swim Training	Sheraton Grande Ocean Resort
06:00 to 15:00	Swim Training	Luxze Hitotsuba
09:00 to 17:00	Mechanic Service	Around Sheraton Grande Ocean Resort
13:00 to 14:00	Bike Course Familiarization	Bike Course
14:00 to 15:00	Swim Course Familiarization	Swim Course

Sat, 10thNov.		
08:00 to 15:00	Mechanic Service	Sun Marina Miyazaki (Venue)
08:00 to 09:00	Elite Women Athletes' Lounge Check In	Sun Marina Miyazaki /Athlete Lounge
08:30 to 09:15	Elite Women Athletes' Transition Check In	Sun Marina Miyazaki /Transition Check In
08:30 to 09:15	Elite Women Swim Course Warm-Up	Sun Marina Miyazaki /Swim Course
09:20	Athlete's Introduction	Sun Marina Miyazaki /Start Area
09:30	Elite Women Start	Race Course
11:00 to 12:00	Elite Men Athletes' Lounge Check In	Sun Marina Miyazaki /Athlete Lounge
11:30 to 12:15	Elite Men Athletes' Transition Check In	Sun Marina Miyazaki /Transition Check In
11:30 to 12:15	Elite Men Swim Course Warm Up	Sun Marina Miyazaki /Swim Course
12:20	Athlete's Introduction	Sun Marina Miyazaki /Start Area
12:30	Elite Men Start	Race Course
14:30 to 14:45	Elite Medal Ceremony	Sun Marina Miyazaki /Podium

COMPETITION RULES

The race will follow the latest published competition rules of the ITU.

ABOUT THE FOP

START

The start area is at "Sun beach Hitotsuba north beach". The swim will be the beach start. The Race Referee with the assistance of ITU 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 and the LOC will carry those boxes back to the Athletes Lounge.

SWIM COURSE

The course consists of 2 laps. The water temperature during the first weeks of November is usually around 19.4 Celsius.

BIKE COURSE

Generally flat with a major hill in the middle of each lap. There are 7 laps of 5.7km to ride. The road surface on the cycle route is beautiful and smooth. This type, of course, requires a few bike handling skills.

WHEEL STATION

Two wheel stations will be provided, one will be located near the transition area(personal), and other will be located the north turning point of the toll road (official). The wheel station will hold both LOC provided wheels and your own.

PENALTY BOX

The penalty box will be located before the finish line.

RUN COURSE

Flat with a minor hill in the start. There are 4 laps of 2.5 km to run. Two and the road surface is mostly cobblestone and tarmac.

AID STATION

The aid stations are located on the run course 350m and 1700m, we will be providing sealed bottles of water.

WEATHER CONDITIONS

The calm waters of Sun beach Hitotsuba invites you to take a splash, Sun beach Hitotsuba is ideal for a full range of water sports. Temperatures in November range between 15.1 C to 24.3 C. (average19.4C)

RESULTS

Results will be uploaded live at the ITU'S official website: www.triathlon.org.

All the results information will be distributed to Team Leaders at the LOC Information Office.

PROTESTS AND APPEALS

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

ACCREDITATION

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

Accreditation cards for athletes and coaches will be handed out during the official registration on Nov 9th after the Race Briefing at the Hotel. Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas.

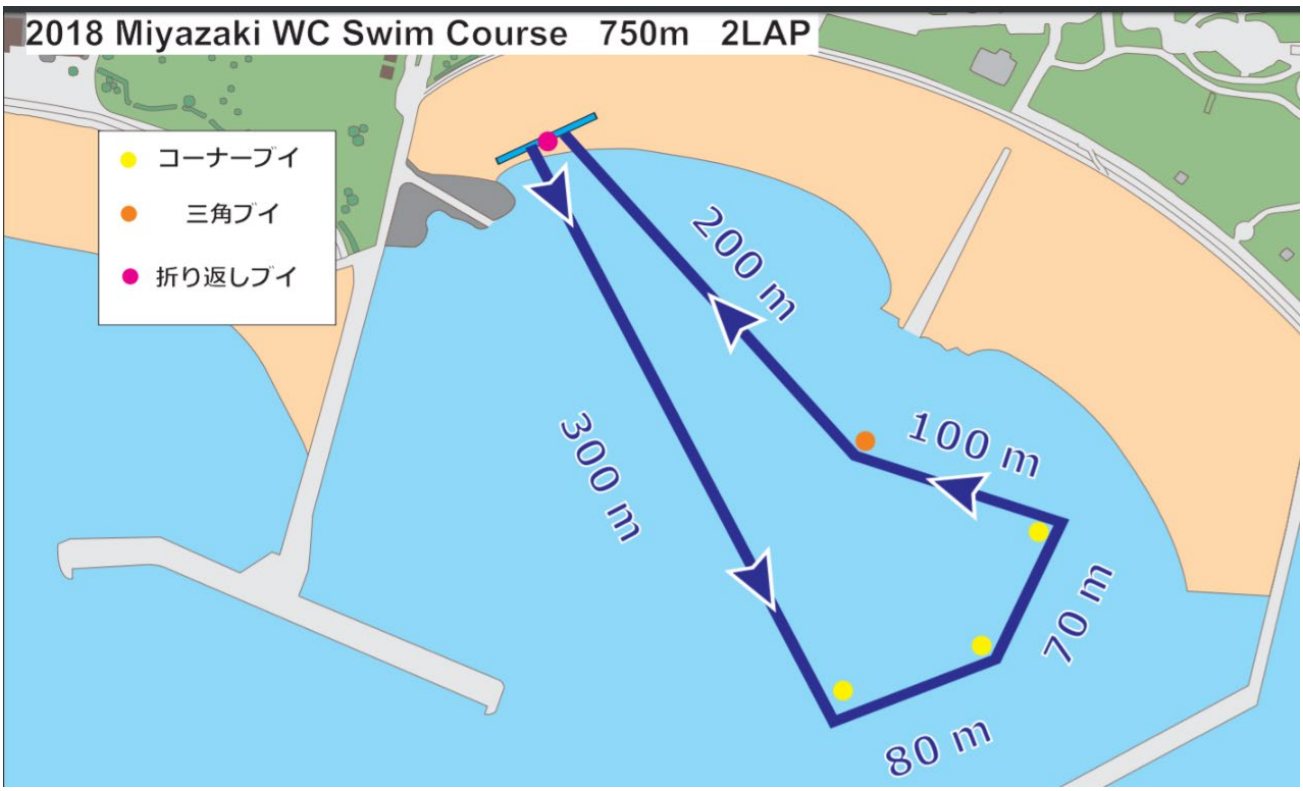
All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

ACCREDITATION CARD

National Federation representatives and observers apply for accreditation by sending their request to the ITU.

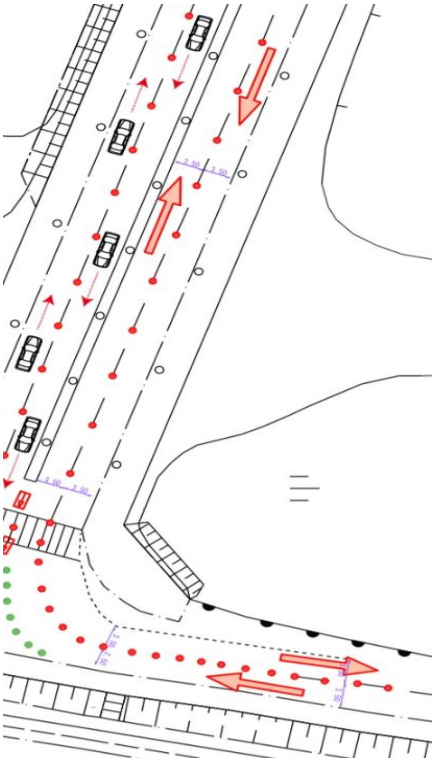
Swim Course Map

1500m (750m × 2 laps)　　Beach start



Bike Course Map

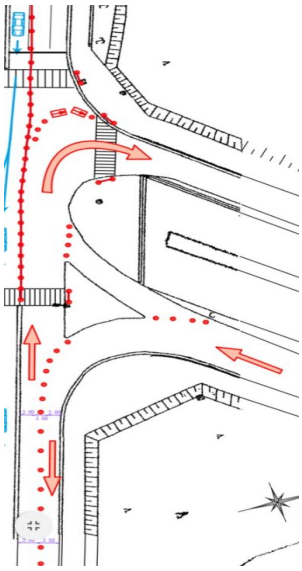
40km （5.7km × 7laps）



Ride on left side of the road.

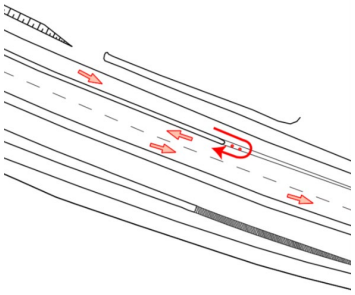
Outword : Turn right.

Return : Turn left to the venue.

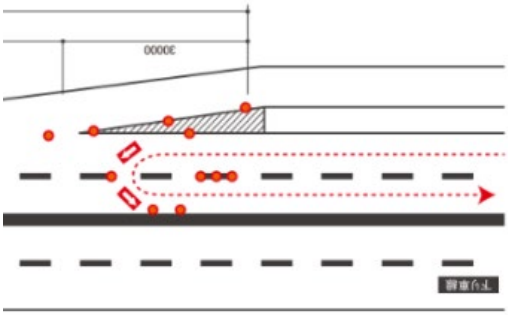


Outword : Turn right to toll road

Return : Turn left from toll road



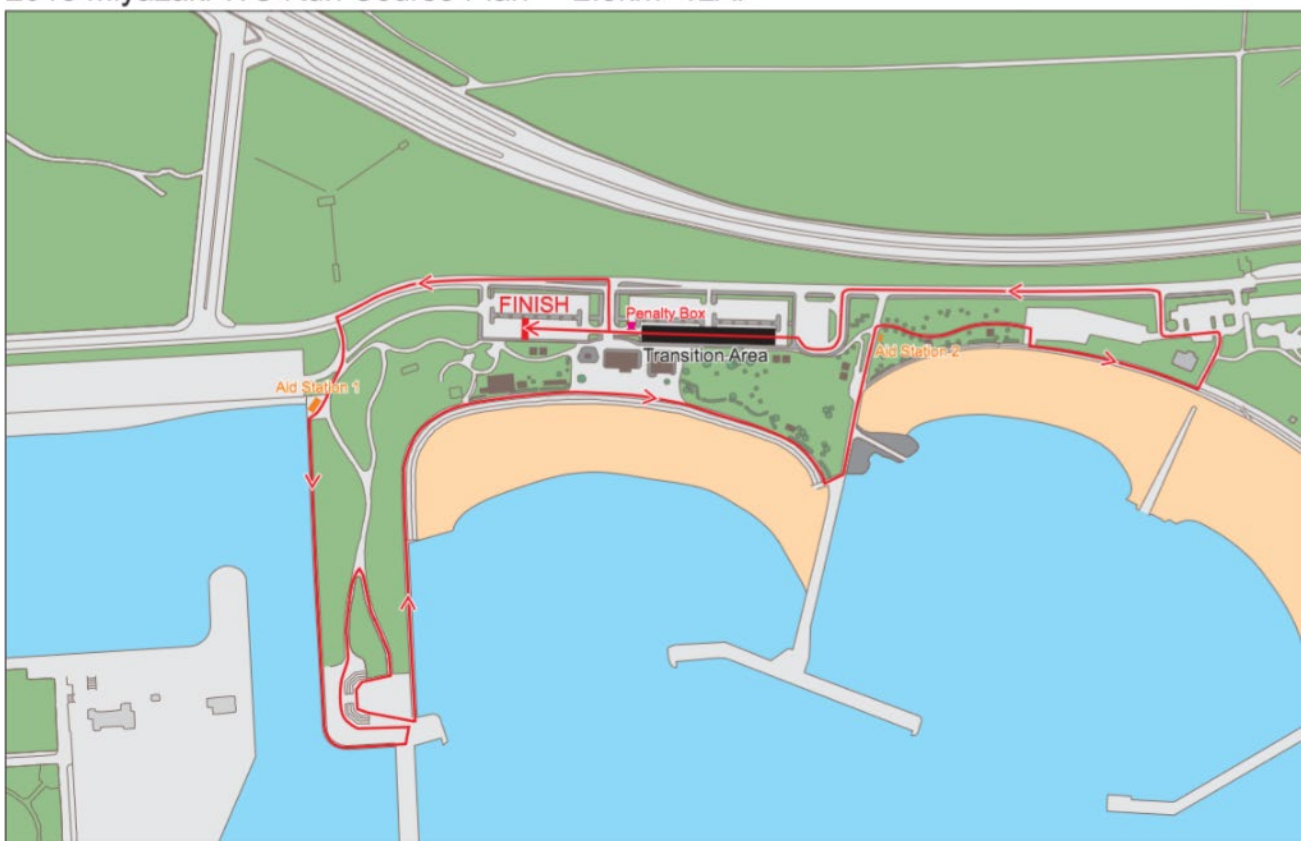
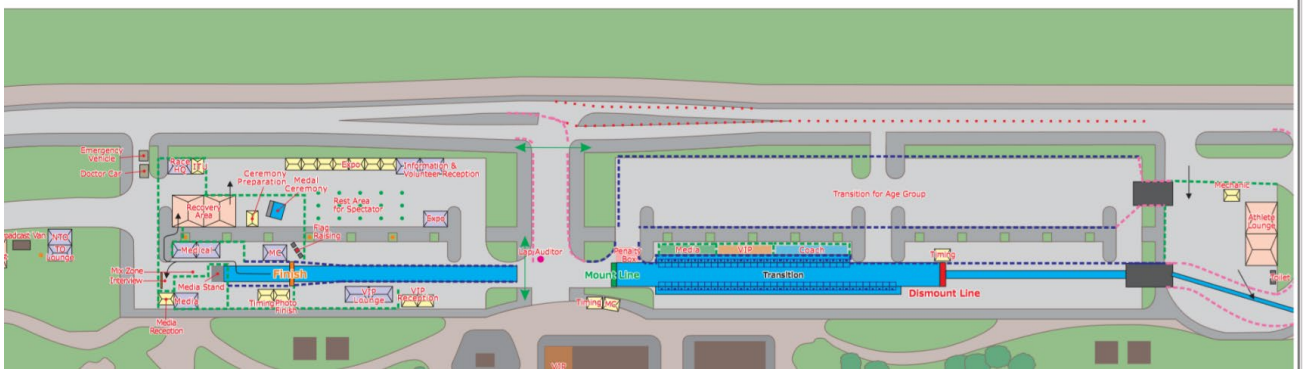
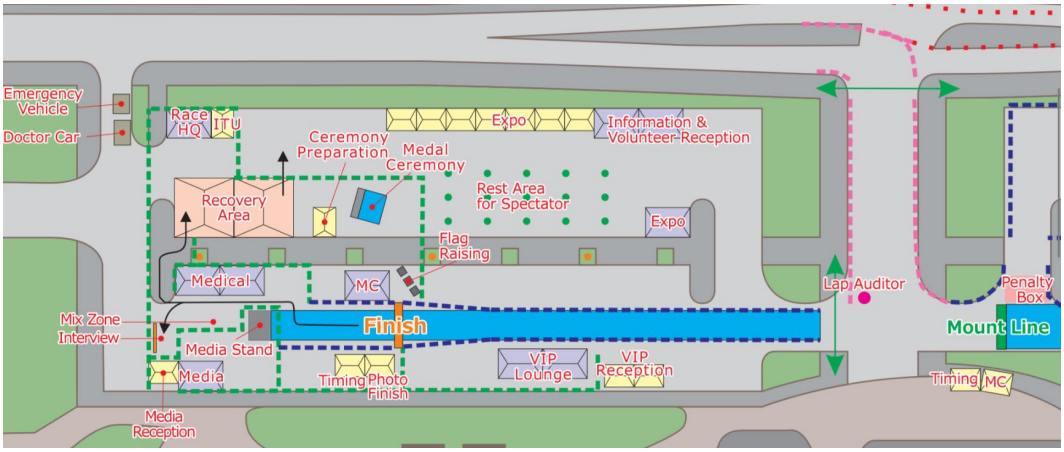
U-turn, then climb



Go down from right, then U-turn and climb.

Run Course Map

2018 Miyazaki WC Run Course Plan 2.5km 4LAP



2018 Miyazaki Triathlon World Cup Venue Plan_Elite