

NTT
triathlon
Asian Cup Osaka

2018 Osaka-Castle
NTT ASTC Sprint Triathlon
Asian Cup

ATHLETE GUIDE



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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 2018 Osaka-Castle NTT ASTC Sprint Asian Cup. 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

Activities	Date	Time	Location
Elite Athletes Briefing	Saturday 9 June	14:00-14:50	Hotel New Otani Osaka
Elite Men Competition	Sunday 10 June	12:30-	Venue
Elite Women Competition	Sunday 10 June	14:00-	Venue

Key Contacts

ITU Technical Delegate	Hae Jung Sung (KOR)	hjsung@ust.ac.kr
LOC Office Coordinator	Ken Koike	koike@jtu.or.jp +81-90-1501-1293

Contact Details

Japan Triathlon Union (JTU)	
Address	2 nd Eirai Building, 1-3-8, Shibuya-ku Tokyo, 150-0002, Japan
Tel	+81-3-5469-5401
Fax	+81-3-5469-5403
E-mail	jtuoffice01@jtu.or.jp
Web	http://www.jtu.or.jp

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 9th and 10th June at Hotel New Otani and the venue.

Date / Time	Venue
Saturday 9 June 12:00-17:00	Hotel New Otani Osaka
Sunday 10 June 7:00-15:00	Venue(Osaka Castle Park)

Medical Services

First Aid and Emergency Medical Services will be available at the venue on 10 June 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.

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/

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.hotelnewotanosaka.jp/en-gb/
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Transportation

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

To arrange local airport pick-up service, please send your itinerary (flight and hotel information) to the following email address: pickmeup@optan.jp

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 Morinomiya Chuo-ku, Osaka

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

Training

Swim Training

Athletes can use the swimming pool (25m×3 lanes) at “OSAKA POOL” from 10 am to 1 pm on June 6th, 7th and 8th. 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

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

12:30 & 13:30 departing from “Osaka Pool” Lobby

Course Familiarization

Swim

Athletes are permitted to swim along swim course for course familiarization on 9th June.

Location: East Outer Moat at Osaka Castle Park

Time: 10:00 – 11:00, Saturday, 9th June

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.

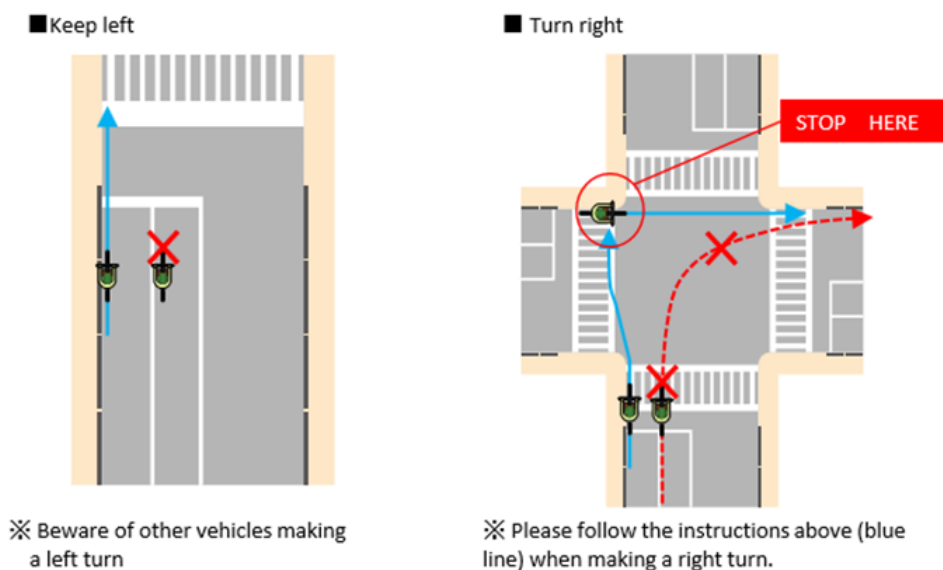
Athletes are not permitted to ride inside Osaka Castle Park except on the race day.

Run

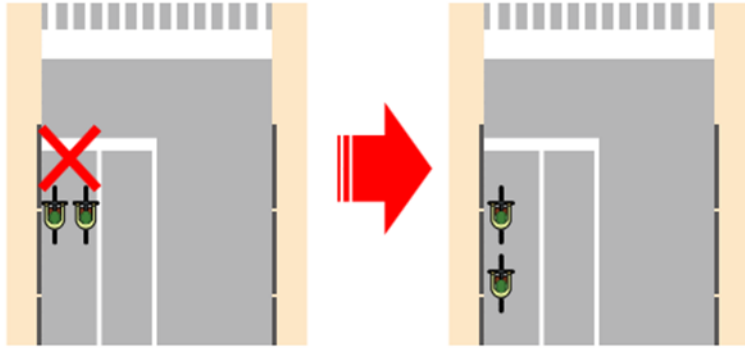
There is no familiarization time for run.

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

General Traffic Rule



■ It is strictly prohibited to ride a bike side by side



3 Beware of the following Traffic Signs!



No Entry



One way



Vehicle road closures



Bicycle road closures



Slow



Stop



Pedestrian zone



Bicycle and pedestrian



Bicycle crossing zone

Competition Schedule

Time / Date	Event	Venue
Sat, 9 June		
10:00 – 11:00	Swim Familiarization	East Outer Moat at Osaka Castle Park
12:00 - 17:00	Mechanic Service	Hotel New Otani Osaka
13:00 - 14:00	Athlete Registration	Hotel New Otani Osaka
14:00 - 14:50	Athlete Briefing	Hotel New Otani Osaka
15:00 - 15:30	Press Conference	Hotel New Otani Osaka
Sun, 10 June		
11:10 - 12:10	Elite Men Registration	Athlete Lounge
11:15 - 12:15	Elite Men Check In	Transition
11:30 - 12:10	Elite Men Swim Warm Up	Swim Course
12:20 - 12:30	Elite Men Start Ceremony	Start Area
12:30 - 13:45	Elite Men	Venue
12:20 - 13:20	Elite Women Registration	Athlete Lounge
12:20 - 13:20	Elite Women Check In	Transition
13:20 - 13:45	Elite Women Swim Warm Up *Elite Women are able to check in transition area after Elite Men finished.	Swim Course
13:50 - 14:00	Elite Women Start Ceremony	Start Area
14:00 - 15:20	Elite Women	Venue
15:15 - 15:45	Medal Ceremony	EXPO Area

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

Information about The FOP

Swim Course

Pontoon start. The water temperature in June is expected to be 22~24°C.

0.75km x 1lap

Bike Course

Generally flat and technical course.

0.17km + (3.93km x 5 laps) + 0.18km

Wheel Station

1 wheel station will be located along the bike course (personal and official). The wheel station will hold both LOC provided wheels and your own.

Run Course

Generally flat course.

0.32km + (2.2km x 2 laps) + 0.28km

Penalty Box

The penalty box will be located before the finish line.

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 during the summer season. Temperatures in June is expected to be the range from 20°C to 25°C.

Results

All the results will be available at ITU'S official website: www.triathlon.org.

Protests and Appeals

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

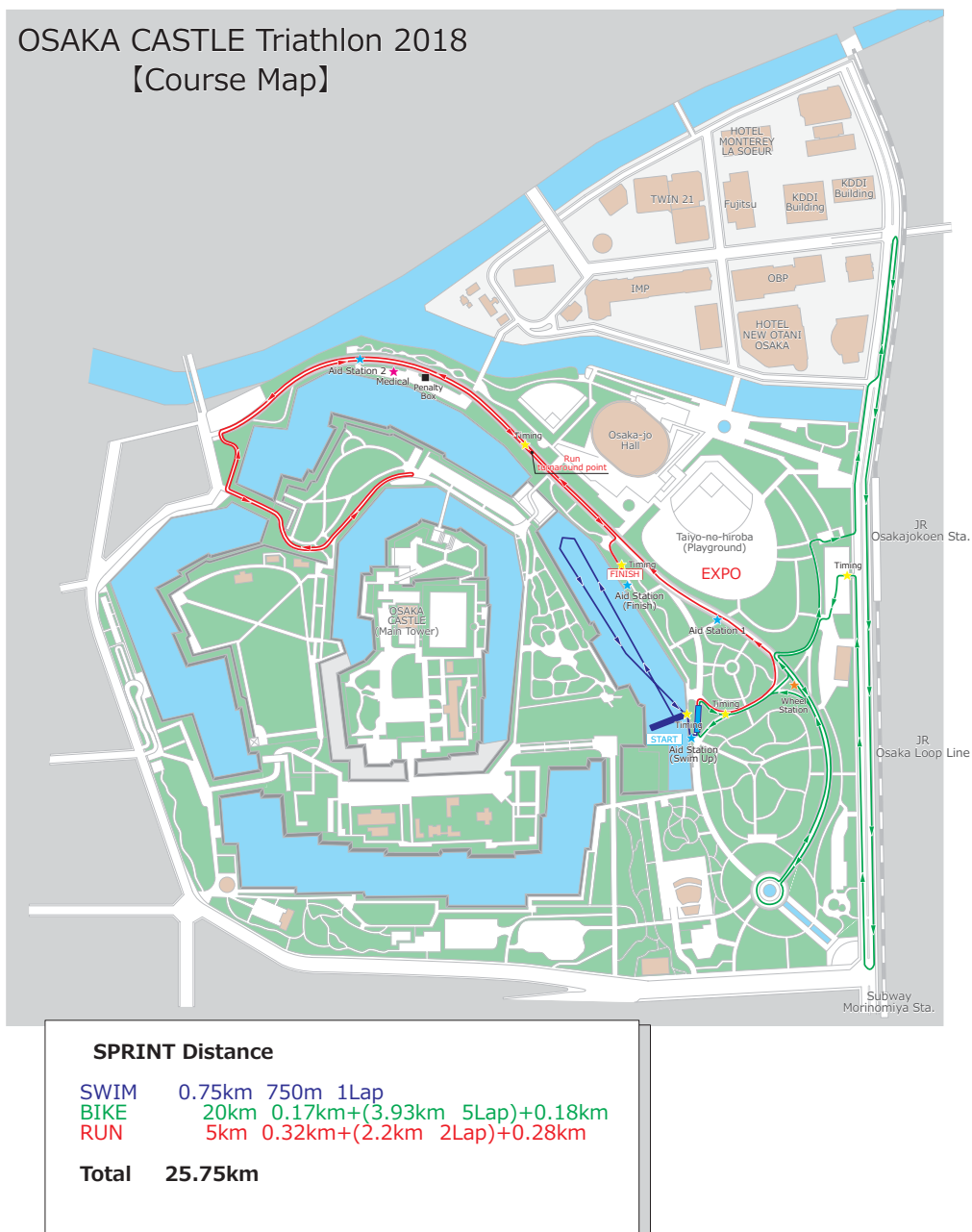
Course Map

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



Venue Map

