



# Athletes Guide

2023 Asia Triathlon Cup Osaka

28 May 2023  
Osaka, Japan



## General Information

\* As of 22 May

Swim training schedule has changed./ Live timing URL update/Water quality test result update

### Introduction

The 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 2023 Asia Triathlon Cup Osaka.

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 Dates

27 May, SAT		
13:00 - 14:00	Elite Swim Familiarization	Swim course
15:00 - 15:50	Elite Registration and Uniform check	TWIN21 / 20F
16:00 - 16:50	Elite Athlete Briefing	TWIN21 / 20F
17:00 - 17:30	Elite Press conference	TWIN21 / 20F
28 May, SUN		
08:15 -	Elite Men Competition	
10:25 -	Elite Women Competition	

### Key Contacts

TRI Technical Delegate	Reita Kanagarajah	<a href="mailto:reitak@hotmail.com">reitak@hotmail.com</a> Mobile: +60-19-382-5122
TRI Assistant Technical Delegate	Hiroshi Unno	<a href="mailto:cyber-hu@yokohama.email.ne.jp">cyber-hu@yokohama.email.ne.jp</a> Mobile: +81-90-5781-6718
TRI Medical Delegate	Dr. Ryoji Kasanami	<a href="mailto:kasanami@cc.nara-edu.ac.jp">kasanami@cc.nara-edu.ac.jp</a>
LOC Team Leader	Ken Koike	<a href="mailto:event@jtu.or.jp">event@jtu.or.jp</a> Mobile: +81-90-1501-1293
LOC office		<a href="mailto:castle@optan.jp">castle@optan.jp</a> TEL: +81-90-8944-1146 (10:00-17:00)
Official Travel Agency	JTB (Mr.Nishimura & Mr.Sano)	oct2023@jtb.com

### Contact Details

#### Japan Triathlon Union

Address: # 708, Japan Sport Olympic Square, 4-2 Kasumigaoka-machi, Shinjuku-ku, Tokyo 160-0013, JAPAN

Telephone : +81-3-5786-0515

FAX: +81-3-5786-0516

E-mail: [event@jtu.or.jp](mailto:event@jtu.or.jp)

Website: <http://www.jtu.or.jp>

## Event Info

### Event Distance Info:

Sprint

Swim: 750m (750m x 1 lap)

Bike: 20km (3.3km x 6 laps)

Run: 5km (2.5km x 2 laps)

### SWIM

Water temperature: 21-22°C

Number of laps: 1 lap x 750m

Castle Moat

### BIKE

Number of laps: 6 laps

Totally flat and technical course

### RUN

Number of laps: 2 laps

Mostly flat

### Event website :

<https://eventdev.osaka-triathlon.com/en/toppageeng>

## Event Schedule as of May 22nd

<b>26 May, FRI</b>	
13:00 - 15:00	Elite Swim training @ Osaka Pool
<b>27 May, SAT</b>	
11:00 - 16:00	Bike Mechanic Service @ Venue
13:00 - 14:00	Elite Swim familiarization @ Swim course
15:30 - 16:00	Elite Registration @ TWIN21/20F
16:00 - 16:30	Elite Athlete Briefing @ TWIN21/20F
16:45 - 17:15	Elite Press Conference @ TWIN21/20F
<b>28 May, SUN</b>	
06:30 - 14:00	Bike Mechanic Service @ Venue
06:40 - 07:50	Elite Men athlete lounge open
07:20 - 07:50	Elite Men swim warm-up
06:40 - 07:50	Elite Men Transition check-in
08:00 - 08:15	Elite Men Start ceremony
<b>08:15 -</b>	<b>Elite Men Competition</b>
09:30 -	Elite Men Medal Ceremony
08:50 - 10:00	Elite Women athlete lounge open
09:30 - 10:10	Elite Women swim warm-up
09:20 - 10:00	Elite Women Transition check-in
10:15 - 10:25	Elite Women Start ceremony
<b>10:25 -</b>	<b>Elite Women Competition</b>
11:40 -	Elite Women Medal Ceremony
PM	Age Competition

## Entry Fee / Medical Services / Bike Mechanic Service

### Entry Fee

20,000JPY per athlete (pay by cash before athlete briefing)

### Elite Athletes Lounge

Facilities including athletes' lounge are provided to the athletes at the venue of Osaka Castle Park. Sealed bottles of water 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 May 27<sup>th</sup> until May 28<sup>th</sup> before and during the competition hours.

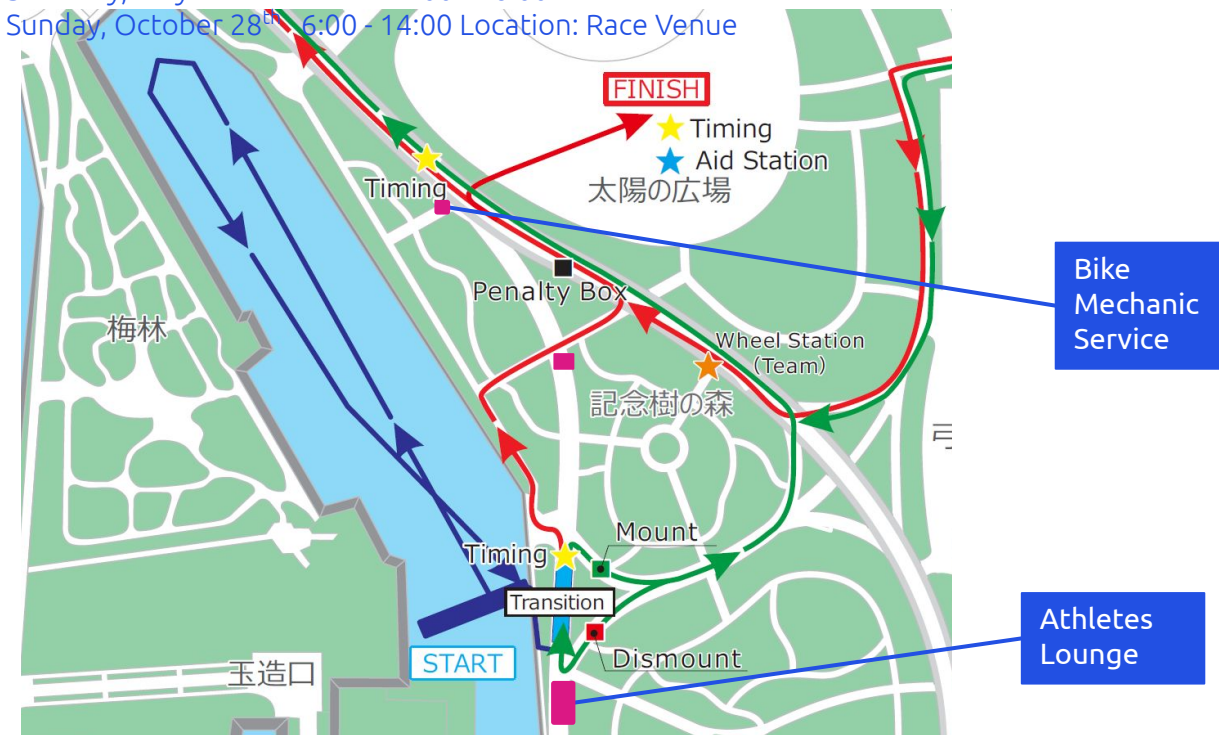
Medical and paramedical personnel from Osaka Medical Association will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on-site at the post-finish area.

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 May 27<sup>th</sup> to May 28<sup>th</sup> and is also available in case of emergency.

Saturday, May 27<sup>th</sup> 11:00 - 16:00 Location: Race Venue  
 Sunday, October 28<sup>th</sup> 6:00 - 14:00 Location: Race Venue



# Registration/Athlete Briefing Venue

15:30 - 16:00

Elite Registration @ TWIN21/20F

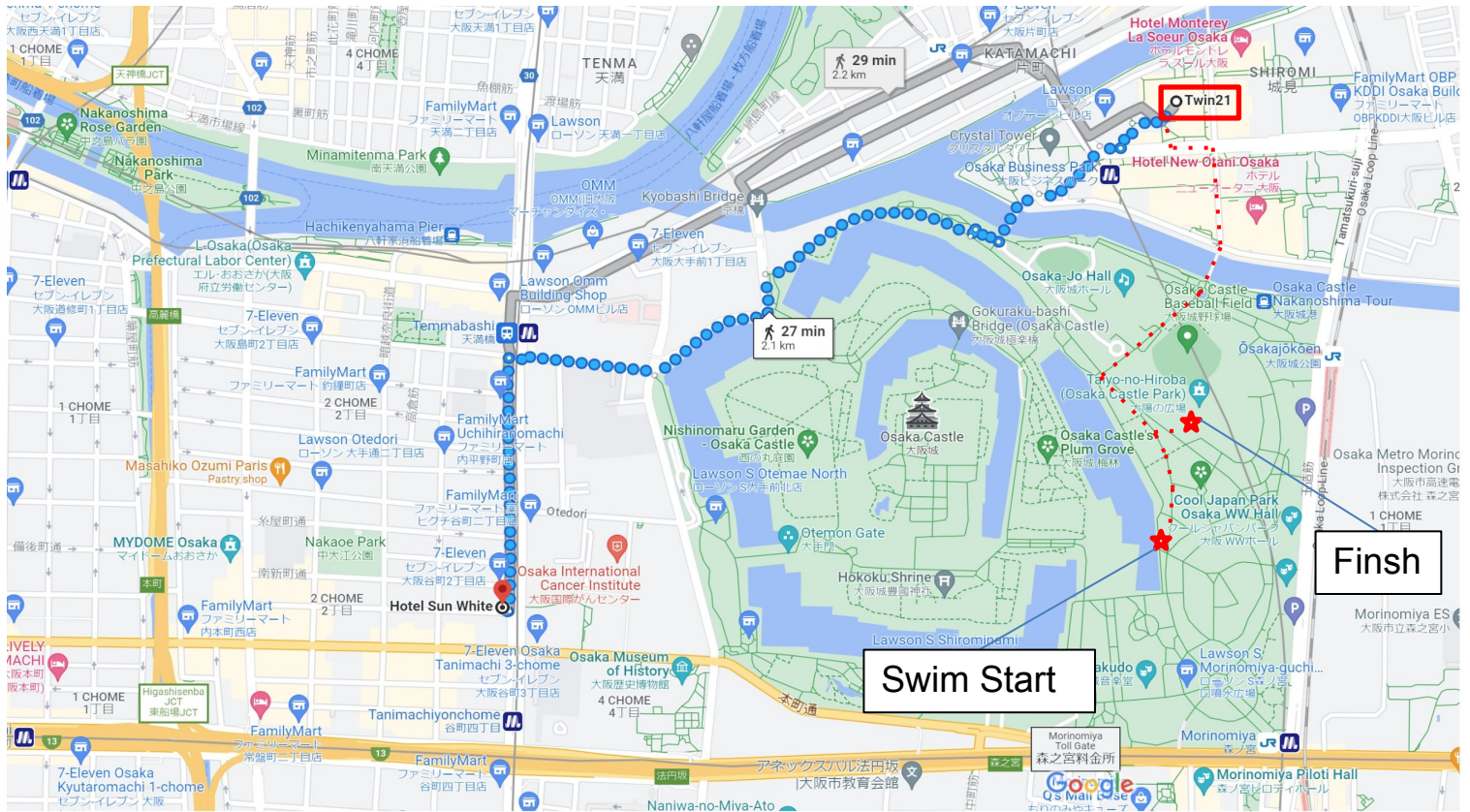
16:00 - 16:30

Elite Athlete Briefing @ TWIN21/20F

## TWIN21 Building MAP

\*The building has no bicycle parking.

LOC will not provide bike rack near the building and not manage.



Map data ©2023 200 m

## Information / LOC

### Information Centre / LOC Office

The venue is located at Osaka Castle Park. The office is open daily from Friday, May 26<sup>th</sup> until Sunday, May 29<sup>th</sup>.

Location: Shiromi Hall (Osaka Castle Park)

Opening Hours:

Friday, May 26<sup>th</sup> 13:00 - 18:00

Saturday, May 27<sup>th</sup> 09:00 - 18:00

Sunday, May 28<sup>th</sup> 08:30 - 17:30

Contact address: [castle@optan.jp](mailto:castle@optan.jp)

TEL: +81-90-8944-1146 (10:00-17:00)

### Travel

For information on accommodation, transportation, and visas, please contact the LOC's official travel agent.

Official travel agency:

JTB corp. Sports Marketing Branch Mr. Nishimura & Mr. Sano [oct2023@jtb.com](mailto:oct2023@jtb.com)

### 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.

## Accommodation / Transportation / Free Accommodation

### Accommodation and transportation arrangements

LOC will arrange accommodation and transportation for overseas athletes as follows;

#### Accommodation

All participants are responsible for their own accommodations, with the exception of free accommodation athletes. Please make your own arrangements.

Athletes and teams who wish to stay accommodation can make arrangements through the official travel agency (JTB oct2023@jtb.com).

LOC will arrange bike transportation between Kansai International Airport and the official hotel for those athletes and teams who have made arrangements with JTB.

- Official Hotel: Hotel Sun White <https://hotelsunwhite.co.jp/wp/en/>

- Accommodation fee(Single use):

2 nights 3 days 33,800 JPY

3 nights 4 days 44,600 JPY

4 nights 5 days 55,400 JPY

- Payment : JTB will bill each athlete and NF after the reservation is completed.

- Application deadline: May 14 (Sun.)

#### Transportation

Transportation is at your own expense except for free accommodation athletes and official. Please make your own arrangements and transportation (public transportation is recommended).

\*For public transportation to/from Kansai International Airport, please refer to the following link.

[https://visit.jorudan.co.jp/kix/?utm\\_source=kixhp&utm\\_medium=link&utm\\_campaign=acsm&lng=1](https://visit.jorudan.co.jp/kix/?utm_source=kixhp&utm_medium=link&utm_campaign=acsm&lng=1)

Athletes and teams wishing to make their own transportation arrangements can do so through the official tournament agency (JTB oct2023@jtb.com).

JTB will contact you individually for the cost of individual arrangements.

- Payment : JTB will bill each athlete and NF after the reservation is completed.

- Application deadline: May 14 (Sun.)

- Closest Airport: Kansai International Airport (KIX) <https://www.kansai-airport.or.jp/en/>

#### Free Accommodation

Eligible athletes/official must make arrangements with JTB (oct2023@jtb.com) through the representative of each NF. If the arrangements are not made through JTB, the athletes/official will not be eligible.

#### Eligibility

Two athletes (one male and one female) and one official from Asia Triathlon member countries.

#### Invitation details

Osaka LOC will pay for the following expenses for the eligible athletes and coaches.

- Accommodation for 3 days and 2 nights from May 26 (Fri.) to 28 (Sun.) (including bike transportation)  
Hotel will be Sun White.

\*The third and subsequent nights will be at your own expense.

- Round-trip public transportation between the airport and the hotel (5,000 JPY/person)

\*Any amount exceeding this amount is to be paid by the participant.

- Entry fee



## Japanese Border Measures (as of 29 April) / VISA / Restaurant/ Car rental

### Japanese Border Measures (as of 29 April)

If you enter Japan after midnight Japan time on April 29 ,valid vaccination certificate or pre-departure test is not required.

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>

### Visa

- Visitors from VISA-exempt countries do not need a VISA.

[https://www.mofa.go.jp/j\\_info/visit/visa/short/novisa.html](https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html)

- Visa is required for those who are not from countries with visa exemption arrangements.

- Participants who need a visa should contact the LOC ([castle@optan.jp](mailto:castle@optan.jp)).

### Hospital Search

▼ Search Hospital and Clinic, Dentist

<https://www.mfis.pref.osaka.jp/apqq/qq/men/pwtpmenult01.aspx>

▼ Search Pharmacy

[https://kensaku.okiss.jp/Pc/Basic/SBasic\\_fLang.php?LANG=english](https://kensaku.okiss.jp/Pc/Basic/SBasic_fLang.php?LANG=english)

### Restaurant

<http://tabelog.com/en/osaka/>

### Car rental

[https://en.tabirai.net/car/osaka/?utm\\_source=tabirairc\\_top&utm\\_medium=pc&utm\\_campaign=tabirairc](https://en.tabirai.net/car/osaka/?utm_source=tabirairc_top&utm_medium=pc&utm_campaign=tabirairc)

### Cycle rental

<https://hubchari.com/en/>

## Training Information / Course Familiarization

### Training

You can cycle and run to train anywhere.

**Do observe Japanese traffic laws when riding.**

[https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic\\_safety/traffic\\_rules/index.files/SafetyGuidelinesforCyclists.pdf](https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.files/SafetyGuidelinesforCyclists.pdf)

**Bike training and bicycle riding are prohibited in Osaka Castle Park. Please be sure to observe this rule.**

**If the park management complains, the event may not be held.**

### Swim (Pool training)

Location: Maruzen Intec Osaka Pool

URL: <https://www.yahataya-park.jp/wp/wp-content/themes/yahataya/common2/dl/brochure>

Period/Time: **May 26th 13:00 - 15:00**

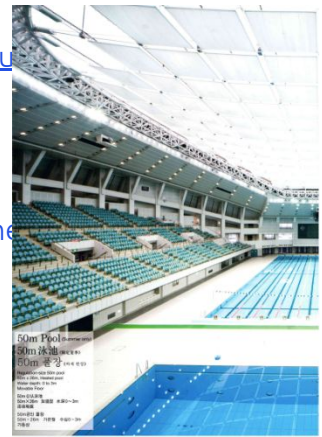
\*The pool has 3 lanes for free use

\* Free lane: Athletes may come and swim at any time, but please be respectful of each other

\* Maximum of about 6 athletes per lane.

\* Please follow the instructions of the staff regarding the use of the pool.

\* Athletes should use public transportation to get to the swimming pool.



### Course Familiarization

#### Swim

A swim familiarization is provided by the LOC.

Date: **Saturday, May 27<sup>th</sup> 13:00 to 14:00.**

\*Buoys will be set up on course.

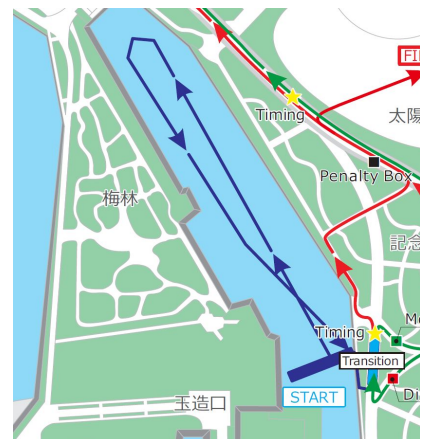
#### Bike

**There will be no bike course familiarization.**

**Bike training and bicycle riding are prohibited in Osaka Castle Park.**

**Please be sure to observe this rule.**

**If the park management complains, the event may not be held.**



Course

Course MAP

2023/04/27

2023 Asia Triathlon Cup Osaka Course\_Elite



**Sprint Distance**

SWIM 0.75km 1 Lap  
 BIKE 20.00km 6 Laps  
 RUN 5.00km 2 Laps

**total : 25.75km**

## Course

### Aid Station

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

### Penalty Box

The penalty box will be located after transition just before the finish line.

### Wheel Station

Two-wheel stations will be provided, one will be located near the transition area (Team), and other will be located the north turning point of the toll road (Neutral).

#### • Front :

- Shimano 700c Rim brake × 2
- Shimano 700c 140mm rotor disc brake × 1
- Shimano 700c 160mm rotor disc brake × 1

#### • Rear

- 10 cassette Shimano 700c rim disc brake × 1
- 11 cassette Shimano 700c rim disc brake × 2
- 11 cassette Shimano 700c 140mm rotor disc brake × 1
- 11 cassette Shimano 700c 160mm rotor disc brake × 1
- 12 cassette Shimano 700c 140mm rotor disc brake × 1

## Venue

2023 Asia Triathlon Cup Osaka Venue map 2023.05.09



## Competition Rules

### Weather Conditions

Temperatures in May range between 16.0 ~ 25.0 °C.

### 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\\_2023\\_20230208.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2023_20230208.pdf)

### Protests and Appeals

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

### Water Quality

The water quality is good. All items meet the requirements.

As of May 19th	World Triathlon criteion	Location A	Location B	Location C
Time		10:37	10:52	11:16
Water Temperature		23.6	23.5	23.6
Air Temperature		18.1	18.1	18.1
Ph	6-9	8.05	8.06	8.08
Escherichia coli	Within 250	7	16	4
Enterococci	Within 100	1	1	1

## Accreditation

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

Accreditation cards/wrist bands for athletes and coaches will be handed out during the official registration on May 27th after the Race Package Distribution at the Venue. 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/wrist bands with them at all times and to show them upon request.

## Live Timing

[https://systemway.jp/23osaka\\_elite](https://systemway.jp/23osaka_elite)

## Live Streaming

TBA

## Contingency Plan

In the event of the cancellation of the swim the following duathlon race distances will be adopted:

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

Course:

1st Run (2.5km) : 2.5km 1lap

Bike: (20km) : 20km 6laps

2nd Run(5km) : 5km 2laps

## Doping Control

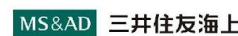
Doping Control will be performed according to the World Triathlon/WADA rules.

Event Partners

Official Top Partners



Official Partners



Foundation



Host City



Federation

