

2017 Miyazaki ITU Triathlon World Cup

Athletes' Guide

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General Information

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 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

Activities	Date	Time	Location
Elite Athletes Briefing	Thursday, 2 nd November	18:00	Seagaia-Convention Orchard room (2nd Floor)
Bike Course Familiarization	Friday, 3 rd November	13:00 to 14:00	Sun Marina Miyazaki (Venue)
Swim Course Familiarization	Friday, 3 rd November	14:00 to 15:00	Sun Marina Miyazaki (Venue)
Elite Women Competition	Saturday, 4 th November	9:30	Sun Marina Miyazaki (Venue)
Elite Men Competition	Saturday, 4 th November	13:00	Sun Marina Miyazaki (Venue)

KEY CONTACT

ITU Team Leader	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org Mobile:
ITU Technical Delegate	Rebecca Mok	Rebecca.mok@triathlon.com.hk Mobile:
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: 2nd Eirai Building, 1-3-8, Shibuya, Shibuya-ku, Tokyo, 150-0002, Japan

Telephone : +81-3-5469-5401

FAX: +81-3-5469-5403

E-mail: jtuoffice@jtu.or.jp

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

Venue

VENUE

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

ELITE ATHLETES LOUNGE

Facilities including athletes' lounge are provided to the athletes at the finish area 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 Oct.31st until Nov.5th 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 in clinics and practices 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.1st to 4th and is also available in case of emergency.

Around the Sheraton Grande Ocean Resort

Wednesday 1 st Nov.	10:00-1700
Thursday 2 nd Nov.	09:00-17:00
Friday 3 rd Nov.	09:00-17:00

IN THE ATHLETES LOUNGE

Saturday 4 th Nov.	08:00 – 15:00
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● INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Luxze Hitotsuba. The office is open daily from Tuesday, Oct 31 until Sunday, Nov. 5 2017.

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

LOC Contact:

Email: info@miyazaki-tri.com

Mobile: 090-7580-4313

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

ITU Contact: Thanos Nikopoulos

E-mail: thanos.nikopoulos@triathlon.org

OPENING HOURS:

Tuesday, 31 st Oct.	13:00 - 17:00
Wednesday, 1 st Nov.	08:00 - 18:00
Thursday, 2 nd Nov.	08:00 - 18:00
Friday, 3 rd Nov.	08:00 - 20:00
Saturday 4 th Nov.	06:00 - 20:00
Sunday 5 th 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.

Accommodation, Transportation

● 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 ryo_murozumi@nta.co.jp

● TRANSPORTATION

The LOC will provide free transportation for elite athletes and their team's officials from the airport-hotels-airport.

Please contact NIPPON TRAVL AGENCY ryo_murozumi@nta.co.jp or by phone at +81-80-3434-9285

● BANK

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



Training Information

◇ Sheraton Grande Ocean Resort

Web site: <http://www.seagaia.co.jp/english/hotel/sgor.html>

◇ Luxze Hitotsuba

Web Site: <http://www.seagaia.co.jp/english/hotel/lh.html>

① Sheraton Grande Ocean Resort 3 rd Floor Athletic Club (The Ocean Club)			
Date	Start	Finish	Available Lane
2017/10/31	12:30	15:30	2
2017/11/01	6:00	7:00	3
	7:00	15:00	2
2017/11/02	6:00	7:00	3
	7:00	15:00	2
2017/11/03	6:00	7:00	3
	7:00	15:00	2

③ Luxze Hitotsuba Fitness Hitotsuba (2 nd Floor)		
Start	Finish	Available Lane
7:00	15:00	2
6:00	10:00	3
10:00	15:00	2
6:00	10:00	3
10:00	15:00	2
6:00	10:00	3
10:00	15:00	2

※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.

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.

Tide table

Date	High	Low	Type
2017/11/4	6:02	11:56	Spring tide
2017/11/5	6:46	0:19	Spring tide

Bike/Run

You will be able to familiarize yourself with the bike course on Friday, 03 Nov from 13:00 to 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.

Bike Mechanic Support

Date	Start	Finish	Location
2017/11/1	13:00	17:00	① Near the Sheraton Grande Ocean Resort(1 st floor)
2017/11/2	9:00	17:00	① Near the Sheraton Grande Ocean Resort(1 st floor)
2017/11/3	9:00	17:00	① Near the Sheraton Grande Ocean Resort(1 st floor)
2017/11/4	7:00	12:30	⑮ Sun Marina Miyazaki (Venue)

COMPETITION SCHEDULE

Time/Date	Event	Venue
Tue, 31st Oct.		
07:00 to 15:00	Swim Training	Luxze Hitotsuba
12:30 to 15:30	Swim Training	Sheraton Grande Ocean Resort
Wed, 1st 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, 2nd 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
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, 3rd 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, 4th Nov.

08:00 to 13:00	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
11:45 to 12:00	Elite Women Medal Ceremony	Sun Marina Miyazaki /Podium
11:30 to 12:30	Elite Men Athletes' Lounge Check In	Sun Marina Miyazaki /Athlete Lounge
12:00 to 12:45	Elite Men Athletes' Transition Check In	Sun Marina Miyazaki /Transition Check In
12:00 to 12:45	Elite Men Swim Course Warm Up	Sun Marina Miyazaki /Swim Course
12:45	Athlete's Introduction	Sun Marina Miyazaki /Start Area
13:00	Elite Men Start	Race Course
15:00 to 15:15	Elite Men Medal Ceremony	Sun Marina Miyazaki /Podium

COMPETITION RULES

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

INFORMATION ABOUT THE FOP

START

The start area is at "Sun beach Hitotsuba north beach". The swim will be 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 Oct is usually around 19.4 Celsius.

BIKE COURSE

Generally flat with a major hill in the middle of each lap. There are 8 laps of 5km 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 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 340m 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 October range between 15.1 C to 24.3 C. (average 19.4C)

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 4th 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.

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 Airlines and contact information

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 Newzealand	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

<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

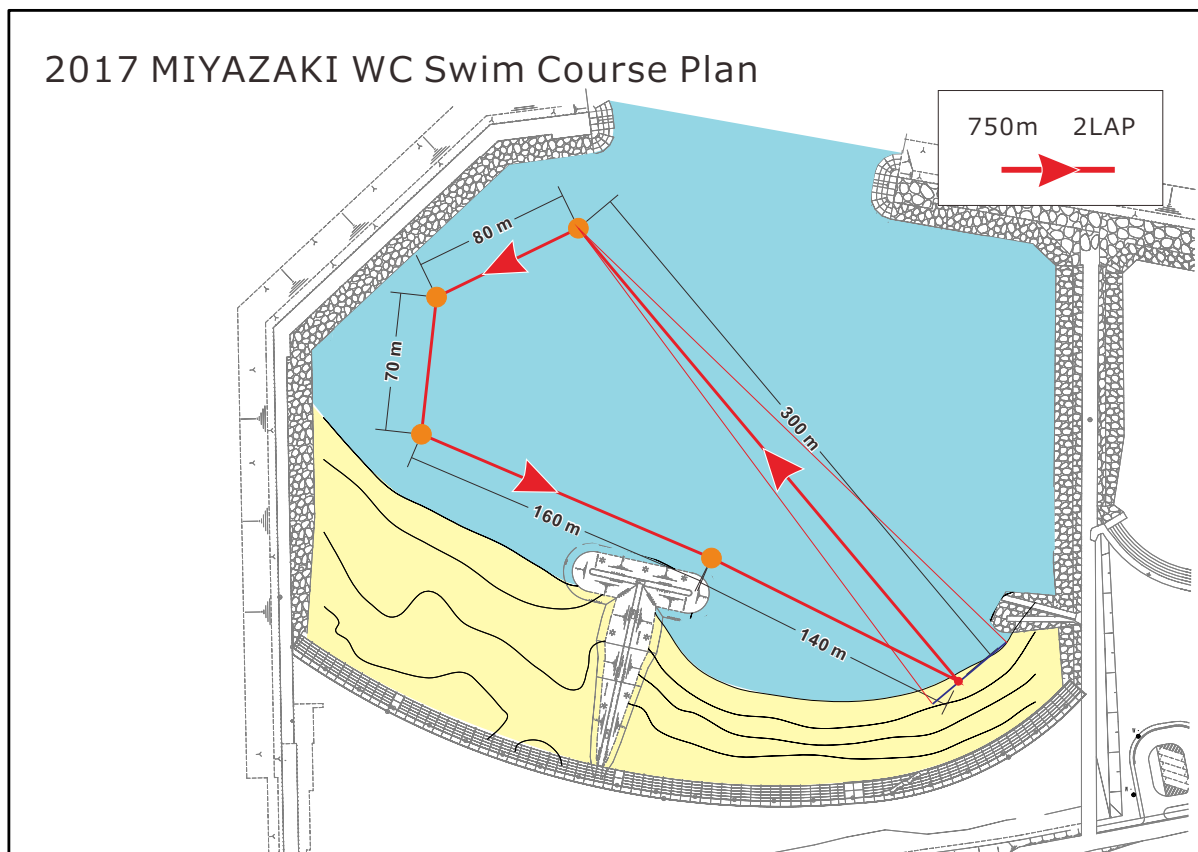
Tourist attractions

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

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

Swim Course Map

1500m (750m × 2 laps) Beach start



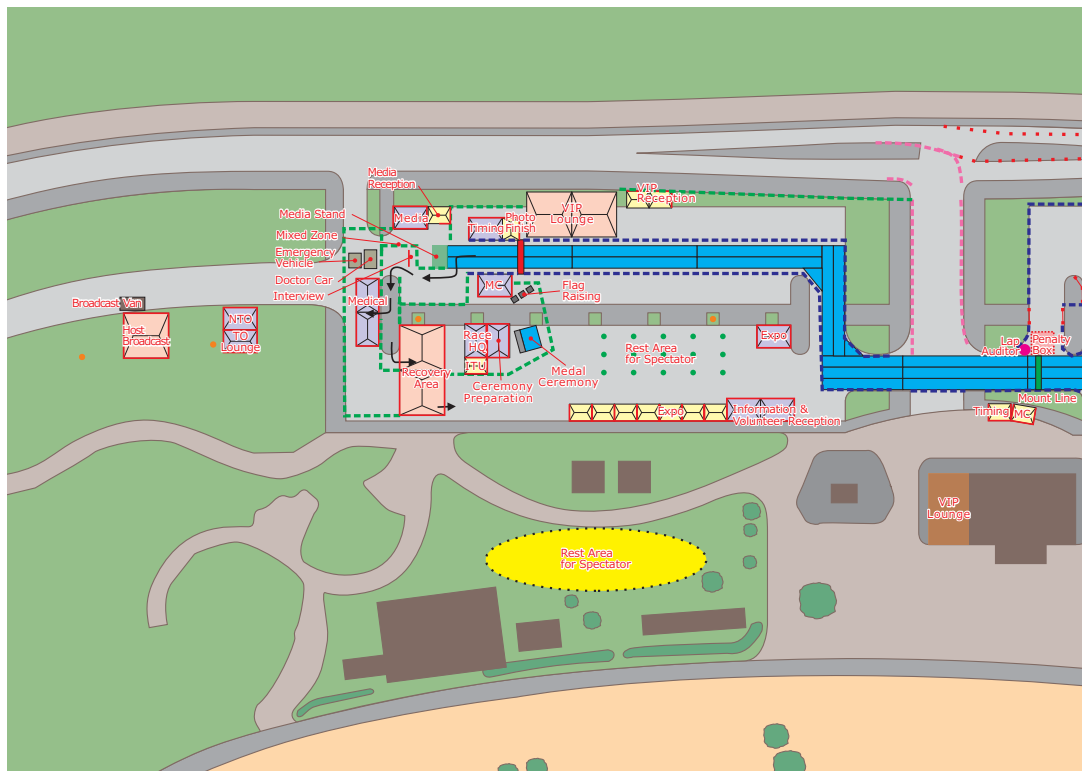
Start point

Run Course Map

2017Miyazaki WC Run Course Plan 2.5km x4LAP

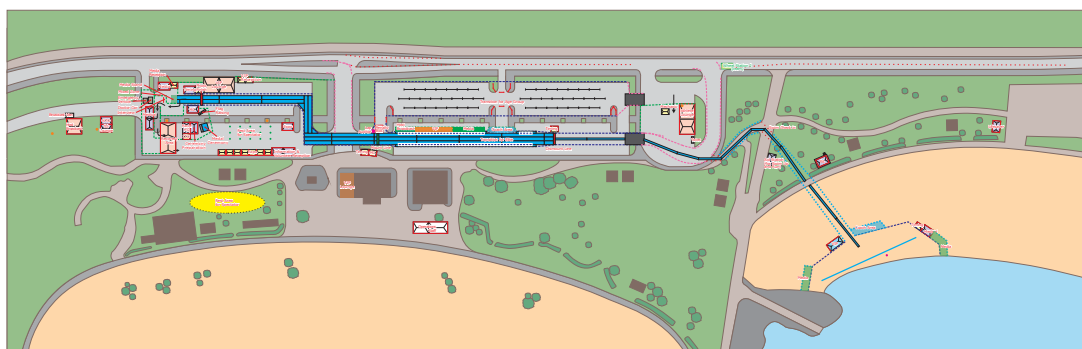


Venue Map



2017Miyazaki WC Venue Plan
(Elite)

(Explanatory notes)	
Tent 2700mm 3600mm	Plastic fence
Tent 3600mm 5400mm	Steel Fence with Sponsor Banner
Tent 3600mm 7200mm	Steel Fence with Sponsor Board
Tent 7200mm 7200mm	Cone
Blue Carpet	Roping
Bike Rack	Cross Point for spectator



- ← Corse from Swim Finish to Transition Area
- ← Bike Course
- ← Run Course