

2019 Miyazaki ITU Triathlon World Cup Athletes' Guide



<u>General Information</u>	
Introduction	Р3
Key Dates	Р3
Key Contact	Р3
Contact Details	Р3
<u>Venue</u>	
Venue	P4
Elite Athletes Lounge	P4
Doping Control	P4
Medical Services	P4
Bike Mechanic Service	P4
Information Center/LOC Office	P5
Security	P5
Accommodation, Transportation	
Accommodation	P5
Transportation	P5
Bank	P6
Visa	P6
Hospital Search	P6
List of Airlines and contact information	P7
Public transport, Restaurant, Car rental, and Tourist attractions	P8
Training Information	
Swimming Pool	P9
Bike Mechanic Support	P10
Competition Information	
Course Familiarization	P10
Competition Schedule	P11
Competition Rules	P12
About the FOP	P12-14
Swim Course Map	P15
Bike Course Map	P16-17
Run Course Map	P18
Venue Map	P19-20
Water Quality	P21



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 2019 Miyazaki ITU Triathlon World Cup. 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.

EXECUTE:

Activities	Date	Time	Location
Elite Athletes Briefing	Thursday,24 October	18:00	42F Sheraton – La
Bike Course Familiarization	Friday, 25 October	13:00 to 14:00	Sun Marina Miyazaki (Venue)
Swim Course Familiarization	Friday, 25 October	14:00 to 15:00	Sun Marina Miyazaki (Venue)
Elite Women Competition	Saturday,26 October	9:30	Sun Marina Miyazaki (Venue)
Elite Men Competition	Saturday, 26 October	12:30	Sun Marina Miyazaki (Venue)

EXECUTATION

ITU Team Leader	Melody Tan	melody@quickrelease.com.my
		Mobile: +852-6756-1176
ITU Technical Delegate	Rebecca Mok	Rebecca.mok@triathlon.com.hk
		Mobile: +852-9694-5988
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	Yoshiaki Yamanaka	hinosatotriathlon@gmail.com
		Mobile:+81-90-7533-2409

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

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 October 24 until October 27 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 October 24th to October 27th and is also available in case of emergency.

1F Sheraton - Walk Mall

Thursday October 24 10:00-17:00 Friday October 25 9:00-17:00

IN THE ATHLETES LOUNGE

Saturday, October 26 8:00 – 13:00



INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at the Luxze Hitotsuba. The office is open daily from Tuesday, October 22 until Sunday, October 27

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

LOC Contact: Mr. Yoshiaki Yamanaka

Email: hinosatotriathlon@gmail.com

Mobile: +81-90-7533-2490

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

ITU Contact: Ms. Melody Tan

E-mail: melody@quickrelease.com.my

OPENING HOURS:

Tuesday, 22 Oct 13:00 - 17:00
Wednesday, 23 Oct 08:00 - 18:00
Thursday, 24 Oct 08:00 - 1800
Friday, 25 Oct 08:00 - 20:00
Saturday 26 Oct 06:00 - 20:00
Sunday 27 Oct 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 triathlon miyazaki@nta.co.jp

TRANSPORTATION

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

If you would like to use free shuttle, please follow 2 steps. First, please write down your information on the Excel file. You can download it by clicking "Local Transportation for elite athletes" from the ITU website> Miyazaki>Event info. (https://www.triathlon.org/events/event/2019_mlyazaki_itu_triathlon_world_cup) Secondly, please send the excel file via an e-mail to Ryo (triathlon_miyazaki@nta.co.jp).

Deadline: Oct 11th



BANK

The nearest bank is SEVEN-ELEVEN MIYAZAKI HOZAI ATM (24h). It is located within 10-minutes 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 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/	
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 red irect 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	, , , , , , , , , , , , , , , , , , , ,	
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 http://www.malaysiaairlines.com/jp/en.html System		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



Training Information



♦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

Sheraton Grande Ocean Resort 3 rd Floor Athletic Club (The Ocean Club)					
Date Open Close Available Lane					
2019/10/22	15:30	17:30	2		
2019/10/23	07:00	11:00	2		
2019/10/24	07:00	11:00	2		
2019/10/25	07:00	11:00	2		

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	
2019/10/24	10:00	17:00	1F Sheraton Walk Mall	
2019/10/25	9:00	17:00	1F Sheraton Walk Mall	
2019/10/26	8:00	15:00	Sun Marina Miyazaki (Venue)	

Competition Information

COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, 25th Oct 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	Туре
2019/10/25 Swim Feminization	3:25/176cm 16:14/195cm	9:45/45cm 22:21/65cm	High tide
2019/10/26 Race day	4:22/193cm 16:50/204cm	10:33/41cm 23:00/44cm	Low tide

Bike/Run

You will be able to familiarize yourself with the bike course on Friday, 25 October 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 during bike course familiarization.



COMPETITION SCHEDULE

Time/Date	Event		Venue		
Tuesday, 22 October					
15:30 to 17:30	Swim Training		Swimming Pool – 3F Sheraton		
Wednesday, 23 Oc					
07:00 to 11:00	Swim Training		Swimming Pool – 3F Sheraton		
Thursday, 24 Octo	ber				
07:00 to 11:00	Swim Training	Swimming Po	ool – 3F Sheraton		
10:00 to 17:00	Mechanic Service	1F Sheraton	– Walk Mall		
14:30 to 15:00	Press Conference	42F Sheraton	ı – La Tiela		
17:00 to 18:00	Elite Registration	42F Sheraton	ı – La Tiela		
18:00 to 18:45	Elite Briefing	42F Sheraton	ı – La Tiela		
19:00 to 20:30	Welcome Party	1F Sheraton -	– Walk Mall		
Friday, 25 October	•				
07:00 to 11:00	Swim Training		Swimming Pool – 3F Sheraton		
09:00 to 17:00	Mechanic Service		1F Sheraton – Walk Mall		
13:00 to 14:00	Bike Course Familiarization		Bike Course – Venue		
14:00 to 15:00	Swim Course Familiarization		Swim Course – Venue		
Saturday, 26 Octo	ber				
08:00 to 13:00	Mechanic Service		Athlete Lounge - Venue		
08:00 to 09:00	Elite Women Athletes' Lounge	Check In	Athlete Lounge - Venue		
08:30 to 09:15	Elite Women Athletes' Transition Check In		Athlete Lounge - Venue		
08:30 to 09:15	Elite Women Swim Course Warm-Up		Start Area – Venue		
09:20	Athlete's Introduction		Start Area – Venue		
09:30	Elite Women Start		Race Course		
11:00 to 12:00	Elite Men Athletes' Lounge Check In		Athlete Lounge - Venue		
11:30 to 12:15	Elite Men Athletes' Transition Check In		Athlete Lounge - Venue		
11:30 to 12:15	Elite Men Swim Course Warm Up		Athlete Lounge - Venue		
12:20	Athlete's Introduction		Athlete Lounge - Venue		
12:30	Elite Men Start		Race Course		



14:30 to 14:45 Elite Medal Cerei	mony Medal Ceremony Stage – Venue
----------------------------------	-----------------------------------

COMPETITION RULES

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



START

The start area is at "Sun beach Hitotsuba north beach". The swim will be the beach start. The Head 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 last weeks of October is usually around 22.0 $^{\circ}$ 24.0 $^{\circ}$ C .

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 (Team), and other will be located the north turning point of the toll road (Neutral). The wheel station will hold both LOC provided wheels and your own.

PENALTY BOX

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

RUN COURSE

Course is flat generally. Distance is 4 laps of 2.5 km to run. On the final lap, Athletes have to run straight to get into the Finish area.

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 October range between 20.0 $^{\circ}$ 25.0 $^{\circ}$ C.



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 October 24th 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.

LIVE TIMING

https://systemway.jp/19miyazaki wc

LIVE STREAMING

https://www.youtube.com/watch?v=o2R8-Y4EfRg



CONTINGENCY PLAN

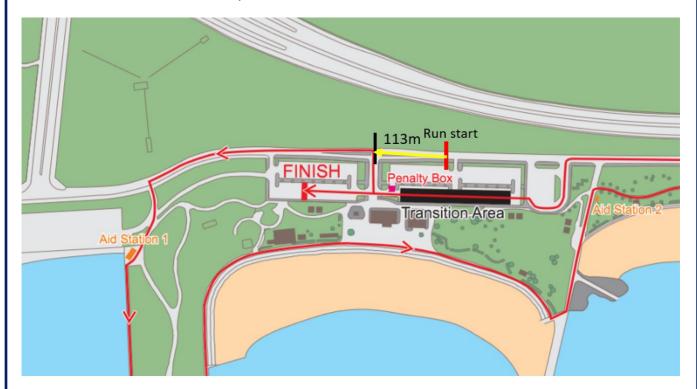
In the event of the cancellation of the swim the following duathlon race distances will be adopted:

Elite: 10km run, 40km bike, 5km run

Course:

1st Run (5km) : 2.5km per lap x 2 laps Bike: (40km) : 5.7km per lap x 7 laps 2nd Run(10km) : 2.5km per lap x 4 laps

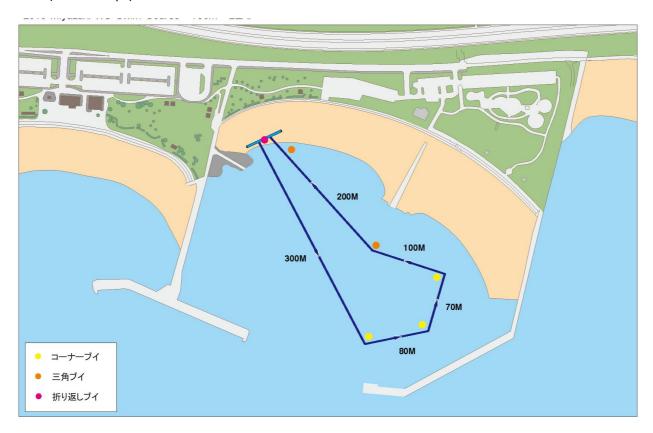
Duathlon race will start from the picture below;





Swim Course Map

1500m (750m×2 laps) Beach start



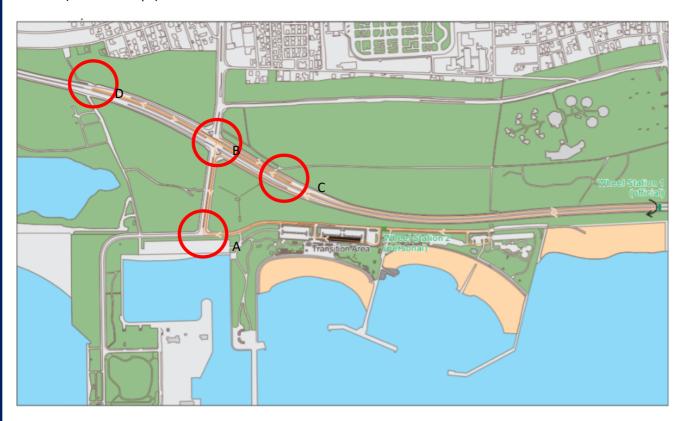


Start area



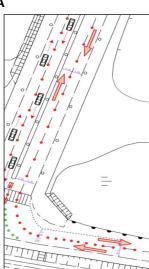
Bike Course Map

39.9km (5.7km × 7 laps)



40km (5.7km×7laps)

Α



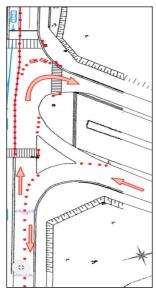
Ride on left side of the road.

Outward: Turn right.

Return: Turn left to the venue.



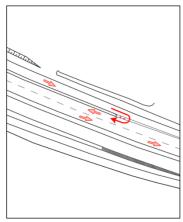
В



Outward: Turn right to toll road

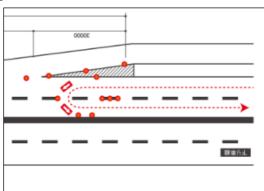
Return: Turn left from toll road

C



U-turn, then climb

D

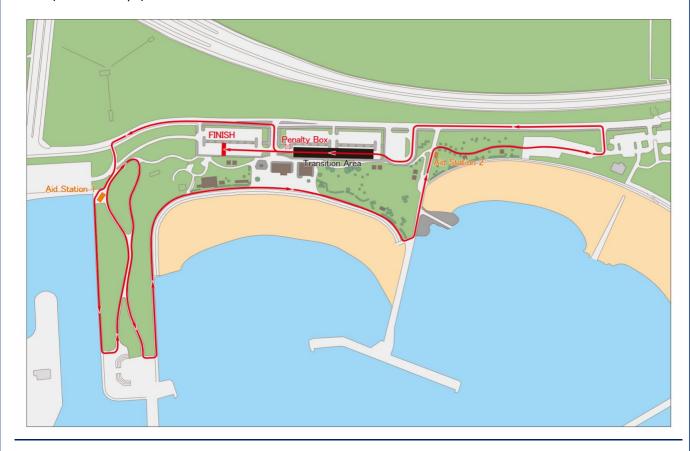


Go down from right, then U-turn and climb.



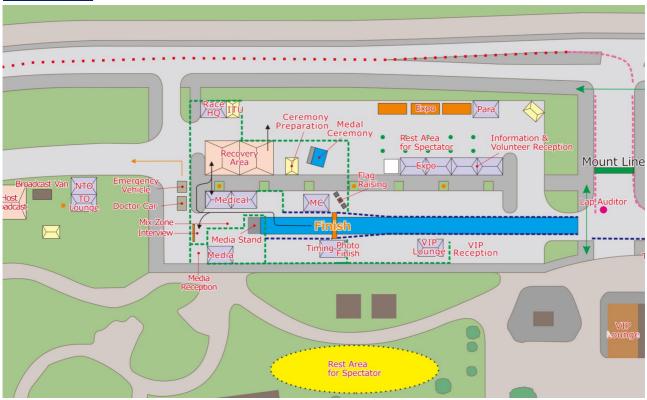
Run Course Map

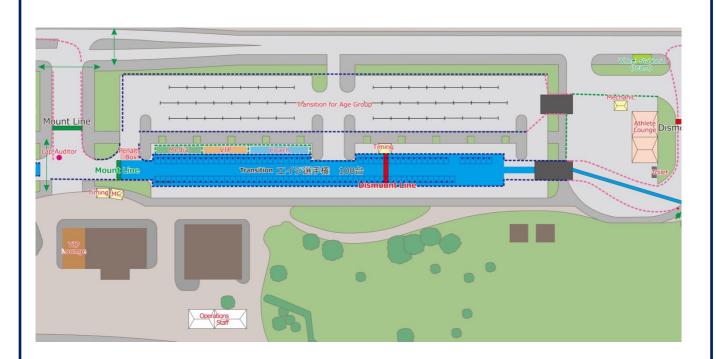
10km (2.5km x 4 laps)





Venue Map







2019 Miyazaki Triathlon World Cup Venue Plan_Elite







Water Quality (The result of August 26th)

Items	ITU standard	South Mark	North Mark	Tongue Mark
E.Coli	Within 250	Not detected	Not detected	Not detected
Entero cocci	Within 100	Not detected	Not detected	Not detected
Ph	6~9	8.2	8.1	8.2
Water Temperature	-	24.8 °C	24.8 °C	24.8 °C
Air Temperature	-	23.0 °C	23.0 °C	23.0 °C

Water samples mark

