



2018 Gamagori NTT ASTC U23 Asian Championships

ATHLETE GUIDE 24 June 2018



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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 2018 Gamagori NTT ASTC Triathlon U23 Asian Championships. 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
Opening Party	Fri, 22 June	17:00-19:00	Gamagori Hotel
U23 Athletes Briefing	Sat, 23 June	16:00-16:30	Gamagori Citizen's Hall
U23 Women Competition	Sun, 24 June	11:15-13:30	Venue
U23 Men Competition	Sun, 24 June	12:45-14:45	Venue

Key Contacts

ITU Technical Delegate	Rebecca Mok	Rebecca.mok@triathlon.com.hk + 852-96945988
LOC Office Coordinator	Ken Koike	koike@jtu.or.jp +81-90-1501-1293

Contact Details

Japan Triathlon Union (JTU)	
Address	Daini Eirai Building 6 th Fl., 1-3-8, Shibuya, Shibuya-ku, Tokyo 150-0002, Japan
Tel	+81-3-5469-5401
Fax	+81-3-5469-5403
E-mail	jtuoffice01@jtu.or.jp
Website	http://www.jtu.or.jp

Venue

Venue

The venue is located in Gamagori City, Aichi Prefecture

Map of Gamagori-shi

<https://travel.mapfan.com/lang/en/list/a/23/214>

Access

Gamagori can be reached in 42 minutes by express on the JR Tokaido Line from [Nagoya Station](#) and 10 minutes from both [Okazaki](#) and Toyohashi (the nearest station on the Tokaido Shinkansen).

The Meitetsu Gamagori Line connects Gamagori with Katahara, Nishiura and Kira-Yoshida to the east.

By car from Nagoya, the journey is about 1 hour on Route 23.

<https://www.japanvisitor.com/japan-city-guides/gamagori-guide>

Bike Mechanic Service

“SHIMANO” will offer a comprehensive bike mechanic support on June 23 and 24 at Gamagori City Hall.

Date / Time	Venue
Sat, 23 June 13:00-18:00	Gamagori Citizen's Hall
Sun, 24 June 06:00-13:00	

Medical Services

First Aid and Emergency Medical Services will be available at the venue on 24 June before and during the competition hours. A medical tent will be provided on-site at Gamagori Citizen's Hall.

The medical services available at the venue are free of charge. Athletes should make sure that they have appropriate medical insurance.

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.

Athletes Lounge

Athletes lounge is located in Gamagori Citizen's Hall. 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 “Gamagori Hotel”, located 3km from the venue.

Hotel reservation : Please contact JTB Corp. (travel agency) directly by e-mail: cub_mice@jbn.jtb.jp

Gamagori Hotel	Address : Miya Kitadori 2-82, Gamagori-city, Aichi 443-0022 Tel : +81-533-68-1300 Website : http://www.gamagori.co.jp/07.html
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Transportation

The LOC will provide free transportation for elite athletes and their team's officials from the airport-hotel-airport. Please contact JTB Corp. (travel agency) directly by e-mail: cub_mice@jbn.jtb.jp

Training

Swim Training

Athletes can use the swimming pool (25m×5 lanes) at “Chubu Junior High School” from 20 to 23 June. If you wish to use the pool for swim training, please send us the following information by e-mail.

JTU Event Team: event@jtu.or.jp

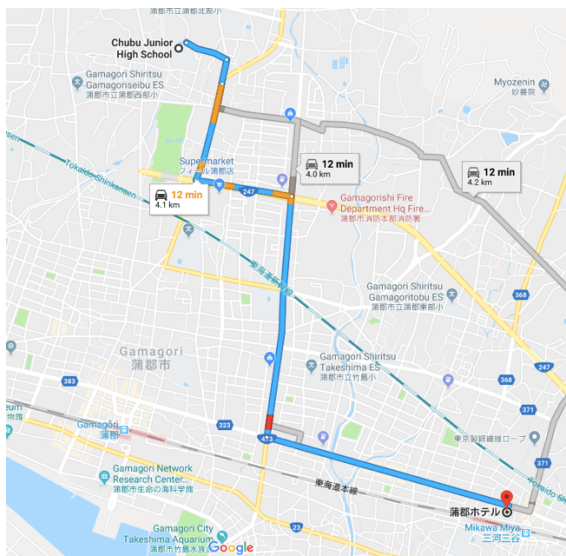
1. Country name
2. Number of athletes
3. Date and Time

Athletes are allowed to ride the bike to the race venue, but are required to follow the traffic rule of Japan. At the venue, there is a changing room. You must wear a swim cap and goggles, and follow the instruction from the staff. Diving into the pool is strictly prohibited.

Wed, 20 June	13:00-15:00	Chubu Junior High School
Thu, 21 June	13:00-15:00	Chubu Junior High School
Fri, 22 June	13:00-15:00	Chubu Junior High School
Sat, 23 June	13:00-14:00	Chubu Junior High School

Venue: Chubu Junior High School

Access: <https://goo.gl/maps/tjusVmYwPun>



Course Familiarization

Swim

Athletes are not permitted to swim along the swim course at any time.

There is no familiarization time for a swim.

Bike

There is no familiarization time for the bike.

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

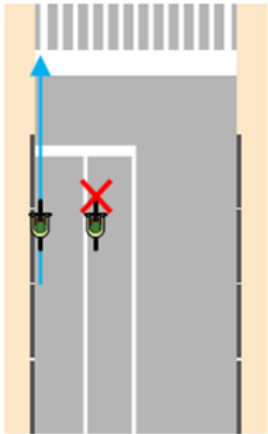
Run

There is no familiarization time for a run.

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

General Traffic Rule

■ Keep left



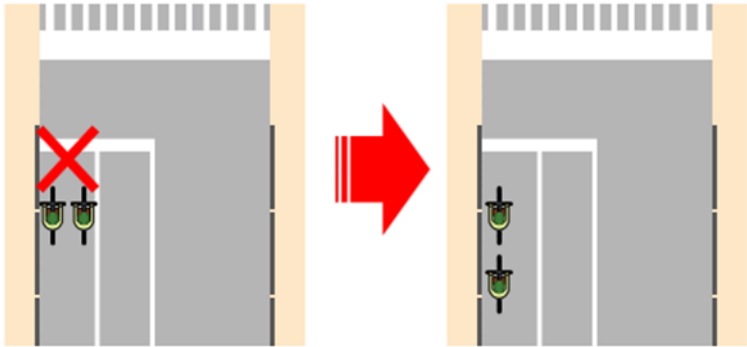
※ Beware of other vehicles making a left turn

■ Turn right



※ Please follow the instructions above (blue line) when making a right turn.

■ 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
Fri, 22 June		
17:00 - 19:00	Opening Party	Gamagori Hotel
Sat, 23 June		
13:00 - 18:00	Mechanic Service	Gamagori Citizen's Hall
14:30 - 15:00	Press Briefing	Gamagori Citizen's Hall
15:00 - 15:30	Press Conference	Gamagori Citizen's Hall
15:30 - 16:00	U23 Athletes Registration	Gamagori Citizen's Hall
16:00 - 16:30	U23 Athletes Briefing	Gamagori Citizen's Hall
Sun, 24 June		
10:00 - 11:00	U23 Women Athletes' Lounge Check In	Athletes' Lounge
10:10 - 11:10	U23 Women Transition 1&2 Check In	Transition 1 & 2
10:50 - 11:05	U23 Women Swim Warm-Up	Swim Course
11:05 - 11:15	U23 Women Start Ceremony	Start
11:15 -	U23 Women	Venue
11:00 - 12:00	U23 Men Athletes' Lounge Check In	Athletes' Lounge
11:10 - 12:10	U23 Men Transition1&2 Check In	Transition1&2
12:15 - 12:30	U23 Men Swim Warm-Up	Swim Course
12:30 - 12:45	U23 Men Start Ceremony	Start
12:45 -	U23 Men	Venue
15:00	Medal Ceremony	Gamagori Citizen's Hall

Competition Rules

Competition Rules

The race will follow the latest published competitions rule of the International Triathlon Union.

https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf

Information about the FOP

Swim Course

Deepwater Start. There are 2 laps of 750 m to swim. The seawater temperature in June is expected to be 21°C - 24°C.

Bike Course

Generally flat course. There are 8 laps of 5 km to ride.

Wheel Station

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

Run Course

Generally flat course. There are 4 laps of 2.5 km to run.

Penalty Box

The penalty box will be located before the finish line.

Aid Stations

The aid stations are located along the run course; will be providing sealed bottles of water.

Weather Conditions

Gamagori has a humid and hot climate in the summer season. Temperatures in June range between 20°C and 25°C.

Results

The results will be uploaded at ITU's official website: www.triathlon.org

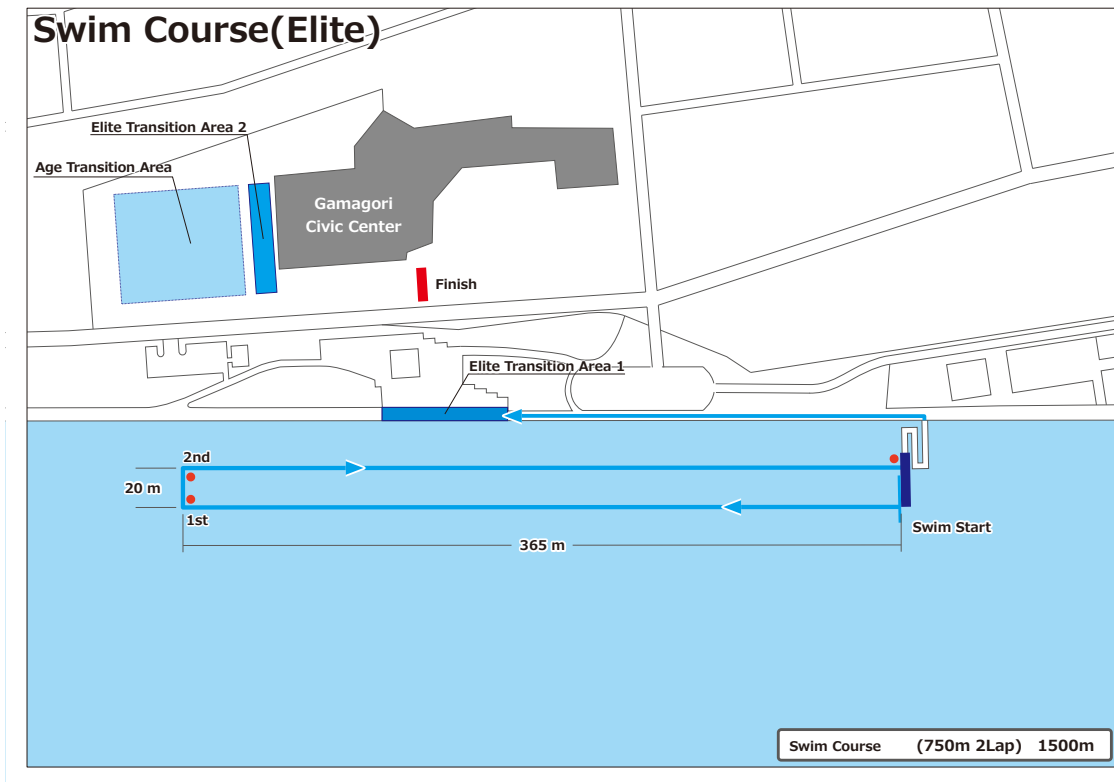
Protests and Appeals

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

Course Map

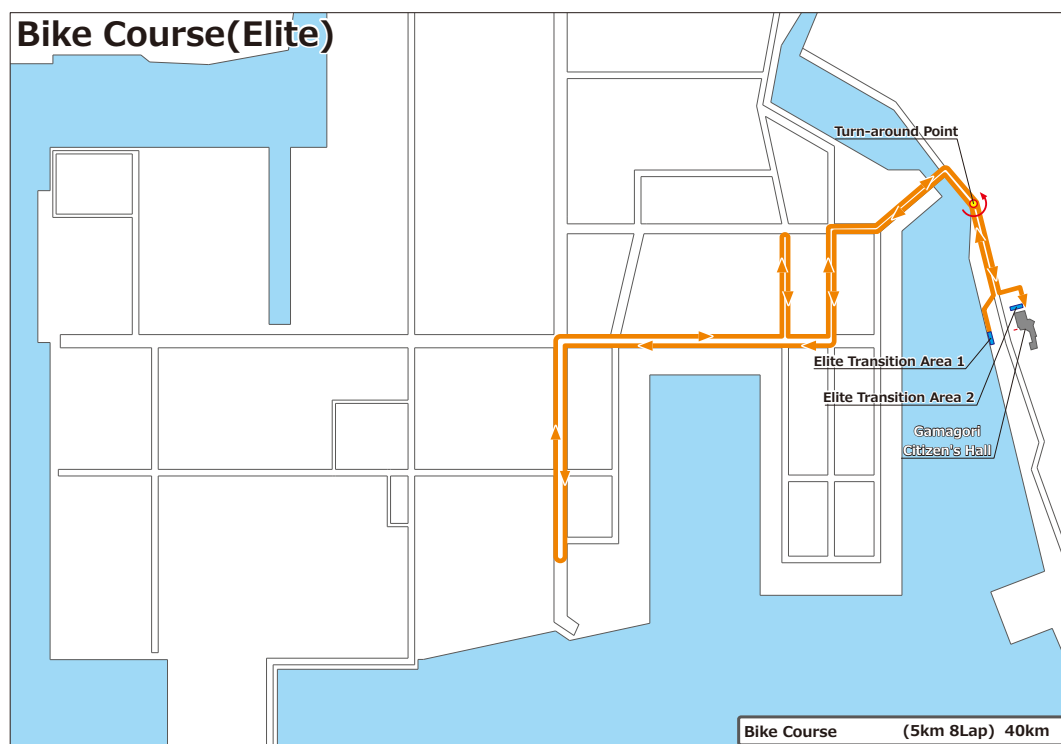
Swim & Run Course Map

Swim 1500m (750m x 2 laps)



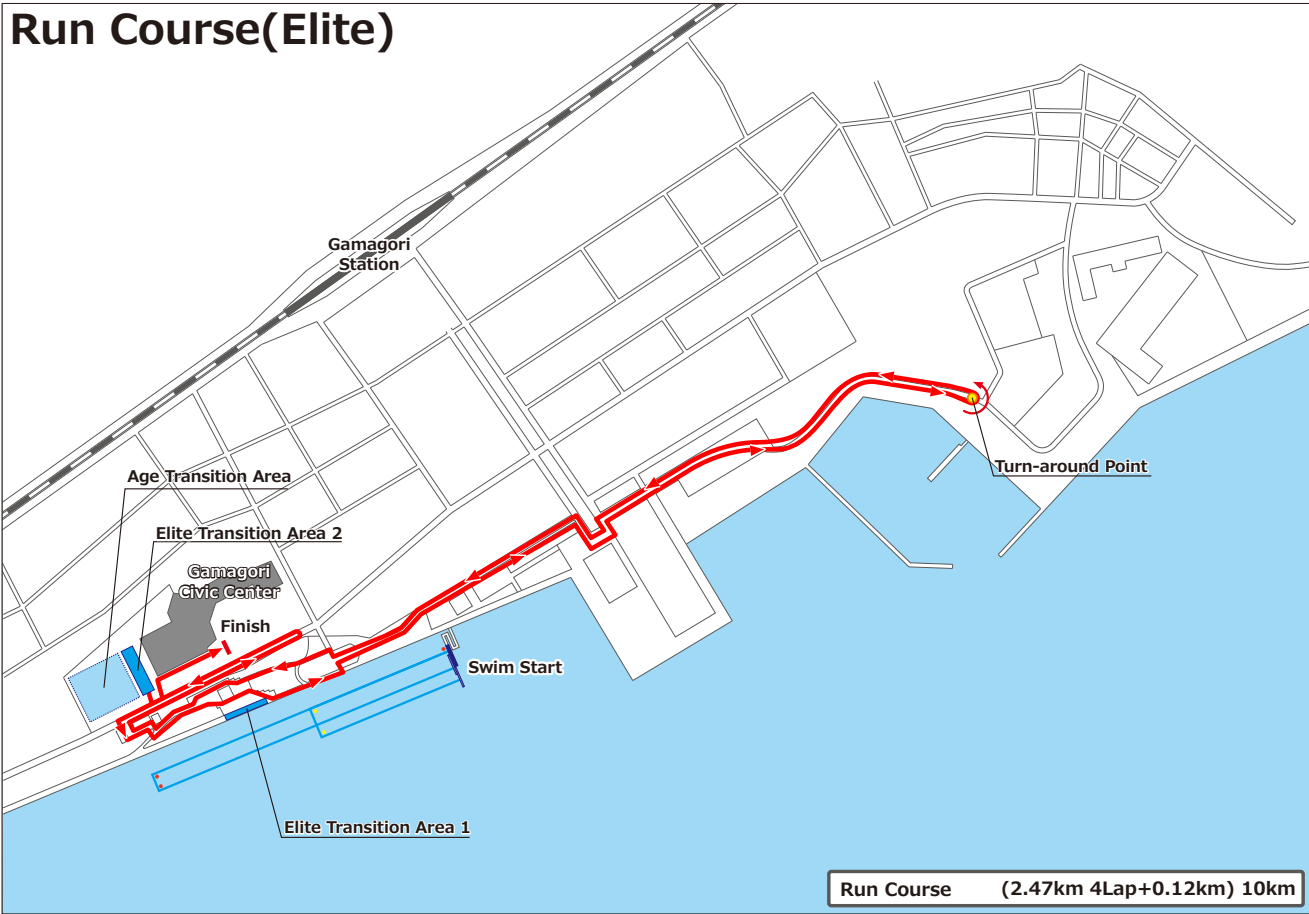
Bike Course Map

40km (5km x 8)



Run Course Map

10km (2.47km x 4 + 0.12km)



Venue Map

