

# **2021 Asia Triathlon Championships Hatsukaichi**

## **ATHLETE GUIDE**

**FOR ELITE / PARA ATHLETES**

**APRIL 24-25, 2021**

**As of 19 Apr**

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■Event Name: 2021 Asia Triathlon Championships Hatsukaichi

■Category : Elite, Paratriathlon, Age Group

■Date : Friday, April 23 - Sunday, April 25, 2021

Friday, April 23 Swim Familiarization, Run Training, Online Athlete Briefing

Saturday, April 24 Paratriathlon, Elite(Men / Women)

Sunday, April 25 Age Group

■Venue : Around Hatsukaichi City Hall

■Distance

- Elite — Standard Distance (Swim: 1.5km 2laps, Bike: 40km 8laps, Run: 10km 4laps)
- Paratriathlon — Sprint Distance (Swim: 750m 1lap, Bike: 20km 5laps, Run: 5km 3laps)
- Age Group (Individuals) — Standard Distance (Swim: 1.5km, Bike: 40km, Run: 10km)

※This is the Asian Qualification Event for the Tokyo 2020 Olympic Games

## Introduction

The purpose of the Athletes and Team Officials Guide is to ensure that all Athletes, Paratriathletes and Team Leaders are well informed about all procedures concerning 2021 Asia Triathlon Championships Hatsukaichi.

**Please keep in mind that the information in this guide may be subject to change and the race information will be provided to the athletes and the team managers at the athletes' briefing and will be noted on the information desk at 4F, Aki Grand Hotel.**

## Key Dates

### Elite

EVENT	TIME	VENUE
Swim Course Familiarization	Friday, April 23, 11:00~12:00	Swim Venue
Online Race Briefing	Friday, April 23, 14:45~15:15	Aki Grand Hotel
Online Press Conference	Friday, April 23, 16:00~16:30	Aki Grand Hotel
Elite Athlete Package Distribution	Friday, April 23, 16:10~17:30	Aki Grand Hotel
Elite Men Competition	Saturday, April 24, 10:30~13:00	Swim Venue
Elite Men Medal Ceremony	Saturday, April 24, 13:00~13:10	Finish Venue
Elite Women Competition	Saturday, April 24, 13:00~15:40	Swim Venue
Elite Women Medal Ceremony	Saturday, April 24, 15:40~15:50	Finish Venue

### Paratriathlon

EVENT	TIME	VENUE
Swim Course Familiarization	Friday, April 23, 10:00~11:00	Swim Venue
Online Race Briefing	Friday, April 23, 14:00~14:30	Aki Grand Hotel
Online Press Conference	Friday, April 23, 15:00~15:30	Aki Grand Hotel
Para Athlete Package Distribution	Friday, April 23, 15:30~16:10	Aki Grand Hotel
Paratriathlon Competition	Saturday, April 24, 07:30~09:30 •7:30- PTS5M Race Start •7:32- PTV11/2 M/W Race Start •7:35 - PTS3-5W Race Start •7:37- PTS2-4M Race Start •7:38- PTS2W Race Start •7:40- PTWC1/2 M/W Race Start	Swim Venue
Paratriathlon Medal Ceremony	Saturday, April 24, 09:30~09:45	Finish Venue

## Key Contacts

Asia Triathlon Technical Delegate	Koji Koganezawa(JPN)	<a href="mailto:kojikoganezawa0823@gmail.com">kojikoganezawa0823@gmail.com</a> Tel:
Asia Triathlon Medical Delegate	Ryoji Kasanami (JPN)	kasanami@cc.nara-edu.ac.jp Tel:+81-90-2060-9147
LOC	LOC Office	<a href="mailto:asia-triathlon@city.hatsukaichi.lg.jp">asia-triathlon@city.hatsukaichi.lg.jp</a> Tel:+81-829-30-9163
National Federation	JTU Office	<a href="mailto:event@jtu.or.jp">event@jtu.or.jp</a> Tel:+81-3-5786-0515
COVID-19	Yohji Sakata(JTU)	<a href="mailto:jpn.triathlon@gmail.com">jpn.triathlon@gmail.com</a> Tel:+81-80-1921-7532
Travel Agency	NIPPON TRAVEL AGENCY Hiroshima Branch	info_triathlon@nta.co.jp Tel:+81-90-6486-8985

## Contact Details

### ■ Japan Triathlon Union

#708, Japan Sport Olympic Square, 4-2, Kasumigaoka-machi, Shinjuku-ku,  
Tokyo 160-0013, Japan  
Tel:+81-3-5786-0515  
Fax:+81-3-5786-0516  
Email: [event@jtu.or.jp](mailto:event@jtu.or.jp)  
Website: <http://www.jtu.or.jp>

### ■ Hatsukaichi LOC Office

1-11-1, Shimohera, Hatsukaichi-shi, Hiroshima 738-8501, Japan  
[Tel:+81-829-30-9163](tel:+81-829-30-9163)  
Fax:+81-829-32-5163  
Email: [asia-triathlon@city.hatsukaichi.lg.jp](mailto:asia-triathlon@city.hatsukaichi.lg.jp)

【Website】 <https://www.astc-hatsukaichi.jp/>

【Facebook】2020 Hatsukaichi ASTC triathlon Asian Championships

【Instagram】astc2020\_hatsukaichi

【Twitter】[@astchatsukaichi](https://twitter.com/astchatsukaichi)

【YouTube】 <https://www.youtube.com/channel/UCHpExRcL5lQKVi1OyOB6OeA>

## Venue

Hiroshima Prefecture is famous for its UNESCO World Heritage Sites, namely the A-Bomb Dome in Hiroshima City, the Itsukushima Shrine and its surrounding area on the Island of Miyajima in Hatsukaichi City. The host hotel (Aki Grand Hotel) is on the shoreline across from Miyajima. The race venue for this event will be in the area around Hatsukaichi City Hall, approximately a 12-minute car ride from the host hotel.

## Doping Control

Doping Control will be performed according to the World Triathlon / WADA rules. The venue is Finish Venue.

## Medical Service

First Aid and Emergency Medical Service will be available at the venue on April 23 - 25 before and during the competition hours.

Medical and paramedical personnel from Event 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 swim area and the 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.

In case of emergency

Number to call : 119

If you need to call a fire truck or ambulance in case of fire, sudden illness, or serious injury, dial 119 to contact the fire department. Although there is no charge to use an ambulance for real emergencies, please refrain from using for minor injuries.

## Security

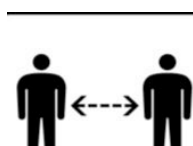
The Security company will be responsible for the venue security and community police and Field of Play(FOP) marshals will patrol around the Field of Play. Police and a certified traffic management company will manage the road closures and the traffic around the course.

## Code of Conduct during the Event

- Act with the understanding that COVID-19 is transmitted mainly through coming in close contact with an infected person and the exhaled droplets.
- As a countermeasure for droplet infection, all athletes and related parties wear masks at official locations (meeting venues, practice venues, accommodations, while moving) (athletes are exempt during the competition).
- As a countermeasure for becoming infected by contact, wash your hands and disinfect with alcohol at the entrance/exit of each place.
- Keep social distance. Avoid close conversations, be careful not to yell, and keep an appropriate distance from others
- When you are indoors (including tents), always pay attention to ventilation and create a well-ventilated environment (avoid closed spaces).
- Try to avoid being in contact with others as much as possible, and prohibit handshakes, hugging, or high-fiving.
- Avoid eating in large groups.
- Basic infection control to be taken under the responsibility of each individual.
- Face masks and hand sanitizers for personal use are to be prepared by each individual and a face mask must be worn at all times.
- Avoid crowds and keep social distancing (2 meters).
- Refrain from participating the championships if any symptoms of fever or sickness observed.
- Avoid close contact such as handshakes, high-fives, hugs, etc.
- Refrain from sharing equipment and gears.



**Must wear a face mask**



**Keep social distancing  
(especially while eating)  
when taking off a face mask**



**Practice cough  
etiquette**



**Avoid close-range  
conversations  
and refrain from talking loudly**



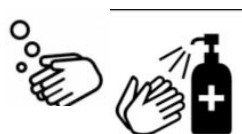
**Ventilate at all times**



**Avoid crowded spaces as  
much as possible and keep  
social distancing in a crowded  
space**



**Avoid eating in large  
groups**



**Wash and disinfect  
your hands frequently**



**Check  
Temperature**

Health & Behavior Management

- LOC will conduct a health & behavior survey for all concerned parties from two weeks before the competition.
- All relevant parties must enter the information into the online form of the specified app.
- Those who are in poor physical condition during the event should not come to the venue.

One Tap App

[https://www.one-tap.jp/inviting\\_teams/4542/player\\_join\\_requests/new?request\\_token=a4efccaf-f0e3-4f57-994d-f6052edb6e6f](https://www.one-tap.jp/inviting_teams/4542/player_join_requests/new?request_token=a4efccaf-f0e3-4f57-994d-f6052edb6e6f)

Apps for Entering Japan

- As COVID-19 measure, please install the following application when you enter Japan.
- Installing apps required for preventing the spread of COVID-19

<https://www.mhlw.go.jp/content/000753114.pdf>



Quarantine Station,  
Ministry of Health, Labour and Welfare

(April 2, 2021)

**To Everyone Entering Japan**  
(Installing apps required for preventing the spread of COVID-19)

The airport quarantine will check your smartphone when you arrive in Japan.  
If you do not own a smartphone or if you own a smartphone that does not allow the installation of apps, please rent a smartphone at the airport at your expense upon arriving in Japan.

Please install the following apps on your smartphone and use them to ensure implementation of stay at home or the accommodation, etc. for 14 days after arriving in Japan.




\* When you arrive in Japan, you will be asked to submit a written pledge regarding stay at home or the accommodation and use of location information-confirming apps, etc. for the 14-day period after landing in Japan. If you breach the pledge, your name and other information may be publicized. Foreign nationals may be subject to procedures for revocation of residence status and deportation under the Immigration Control Act.

(1) Install <b>Overseas Entrants Locator (OEL)</b> (Location information-confirming app)	Required for reporting your location information.
(3) Set your smartphone to <b>save location information</b> (Settings on GoogleMaps, etc.)	Required for presenting a record of your location information to the health center or other facilities in case you tested positive after arriving in Japan.
(4) Install <b>COVID-19 Contact-Confirming Application (COCOA)</b> (Contact-confirming app)	Receive notifications about the possibility of contact with COVID-19 infected persons.


**Required operating system versions;**  
**iPhone : iOS 13.5 or later, Android : Android 6.0 or later**

※ Updating your device may take a few hours. Please check the OS version information of your device before arriving in Japan.

Scan these QR codes to download apps.

(1) Install <b>Overseas Entrants Locator (OEL)</b> (Location information-confirming app)	Google Play Store/App Store 
(3) Set your smartphone to <b>save location information</b> (Settings on GoogleMaps, etc.)	Google Play Store(Android) *Usually installed as a standard feature  *For iPhone, no app needed.
(4) Install <b>COVID-19 Contact-Confirming Application (COCOA)</b> (Contact-confirming app)	Google Play Store/App Store 

For information on how to install and set up the apps, please see this link.  
<https://www.mhlw.go.jp/content/000753114.pdf>



\* If you do not have the required apps installed and set up in advance, your airport waiting time may be longer than others'.



## PCR TEST

- In accordance with the rules set by the Japanese government, the following PCR tests will be conducted for the event ;

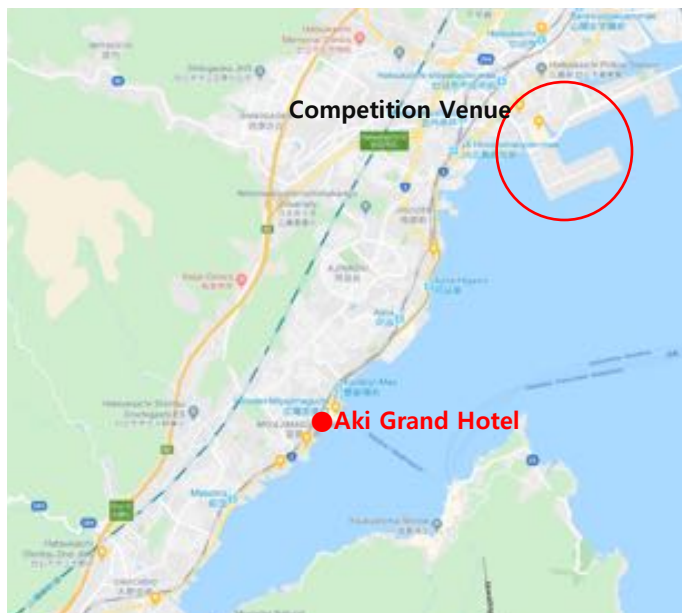
1 <sup>st</sup>	Within 72 hours of departure to Japan	
2 <sup>nd</sup>	When entering Japan at Kansai International Airport	
3 <sup>rd</sup>	Before Swim Familiarization	Thu, 22 Apr
4 <sup>th</sup>	Before Race Day	Fri, 23 Apr
5 <sup>th</sup>	Before departure from Japan	Sat, 23 Apr – Tue, 27 Apr
-	8 days from entering Japan	Only those who will be staying for more than 10 days

### Flow for PCR Test

- The person in charge of each country will receive the PCR test kit by the designated time.
- The person in charge of each country will distribute the PCR test kit to the athletes and officials of their country.
- Athletes and officials will collect samples (saliva) in each room and store them in the test kit.
- The representative of each country will collect the test kits and submit them to the tour desk by the designated time.
- LOC will receive the test results by e-mail.
- If the result is positive, the LOC will inform the person.
- The person who tested positive will be quarantined or not allowed to participate in the race according to the instructions of the health center.

## Host Hotel

### - Location



### Aki Grand Hotel

Website : <http://www.akigh.co.jp/index.html>

Address : 1-1-17

Miyajimaguchinishi, Hatsukaichi-shi,

Hiroshima Prefecture

Tel : +81-829-56-0111

## Aki Grand Hotel Floor Guide

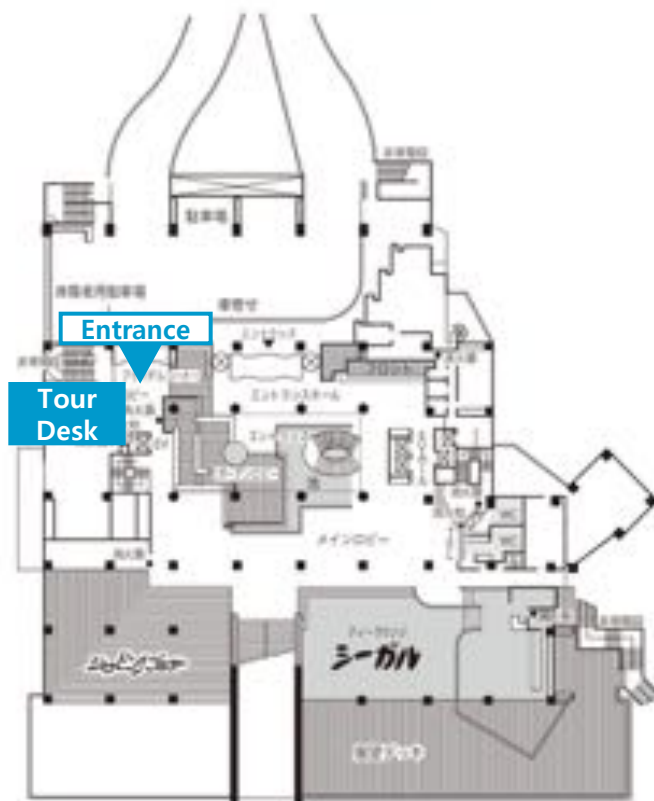
### ■ Tour Desk (Lobby)

TEL +81-90-6486-7114

OPENING HOURS 09:00 – 18:00

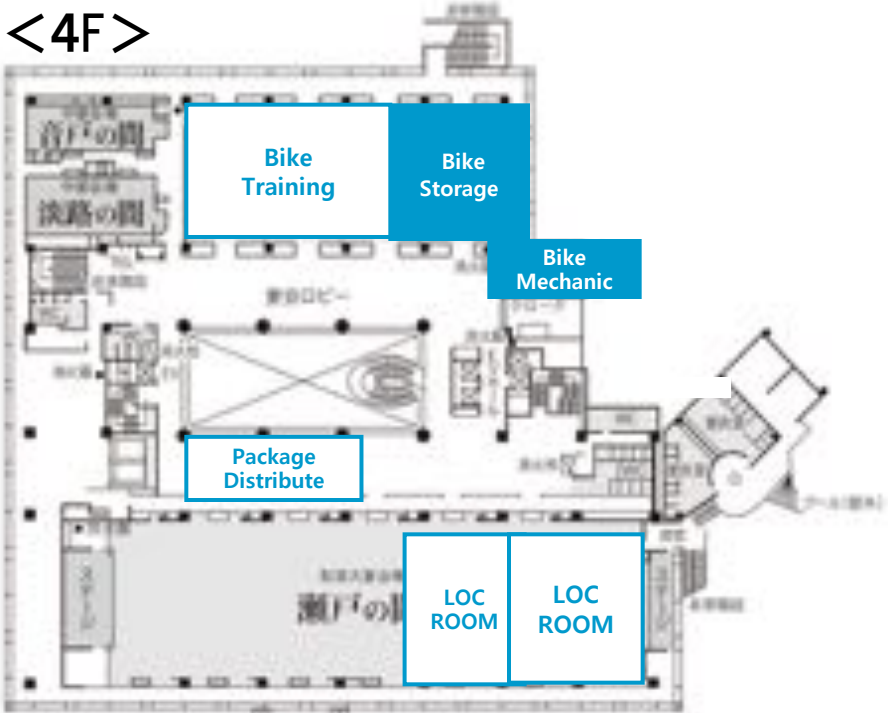
DAYS OPEN 17 APR – 28 APR

- In addition to the above opening hours, the tour desk will be open on a temporary basis until 3 hours after your arrival.
- You cannot leave your room and go directly to the tour desk.
- Please use the internal phone.
- Details will be provided upon arrival at the hotel.



Aki Grand Hotel Floor Guide

<4F>



elevator

9F	GuestRoom	vending machin Ice machine
8F	GuestRoom	vending machin Ice machine
7F	DO NOT USE	vending machin Ice machine
6F	GuestRoom	vending machin
5F	GuestRoom	vending machin
4F	Bike Storage / Athlete Package	
3F	DO NOT USE	Entrance
2F	DO NOT USE	

Wi-Fi

The free Wi-Fi environment in Japan is not good. Hotels have free Wi-Fi, but you will not be able to use Wi-Fi during the transfer from Kansai Airport to the hotel, so we recommend that you bring your own Wi-Fi router. (Wi-Fi routers cannot be rented in Japan.)

Money Exchange

You cannot exchange money in Japan from the standpoint of preventing from COVID-19 infection. If you need to exchange money, please do so before you arrive in Japan. Please note, however, that there is no time or place to shop during your stay in Japan, as your activities will be completely restricted.

Room

The rooms

All rooms are for one person. Please note that some rooms may be Japanese style.

Facility inside a room

Facility	Auto lock, bath, refrigerator, TV, free Wi-Fi, telephone, humidifier / air purifier, toilet with washing machine, towel hanger
Equipment	Yukata, Tanzen (winter), towels, bath towels, women's cosmetics, hair dryers, hand soaps, body soaps, shampoos, conditioners, kettle pots, tea sets, water
Amenities	Toothpaste set, brush, sled, cotton, cotton swab, hair elastic, hair band

Sheets and towels

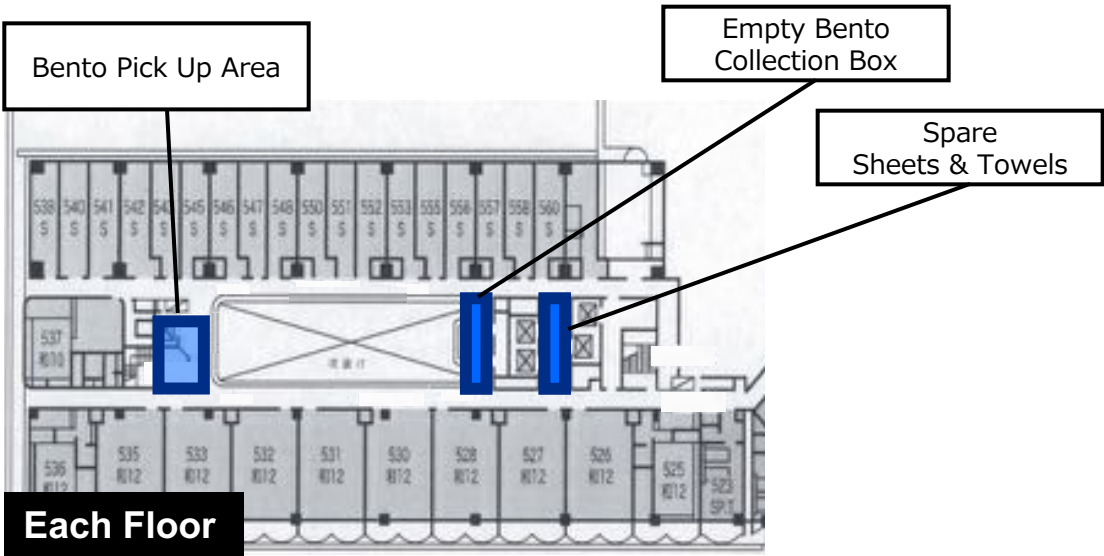
There are enough sheets in your room to last for several days. There are also spare sheets on each floor for your use if you need more.  
In order to prevent corona infection, hotel staff will not be allowed to enter the rooms. You will have to change the sheets by yourself.  
Please put the changed sheets in the collection box on each floor.

Meals

All meals are packed lunches (Bento). The person in charge should come to the "Bento Pick-up Area" on the 4th floor to pick up the meals for all team members during the following time.

Please put empty bento boxes in the collection box on each floor.

Location	Each Floor		Vegetarian and Halal requests should be confirmed and picked up.
Time	Breakfast	7:00~8:00	*You will receive an athlete meal at the tour desk upon departure on 24 Apr.
	Lunch	11:00~12:00	*23 Apr 12:30~13:30
	Dinner	17:00~18:00	



Bike Storage

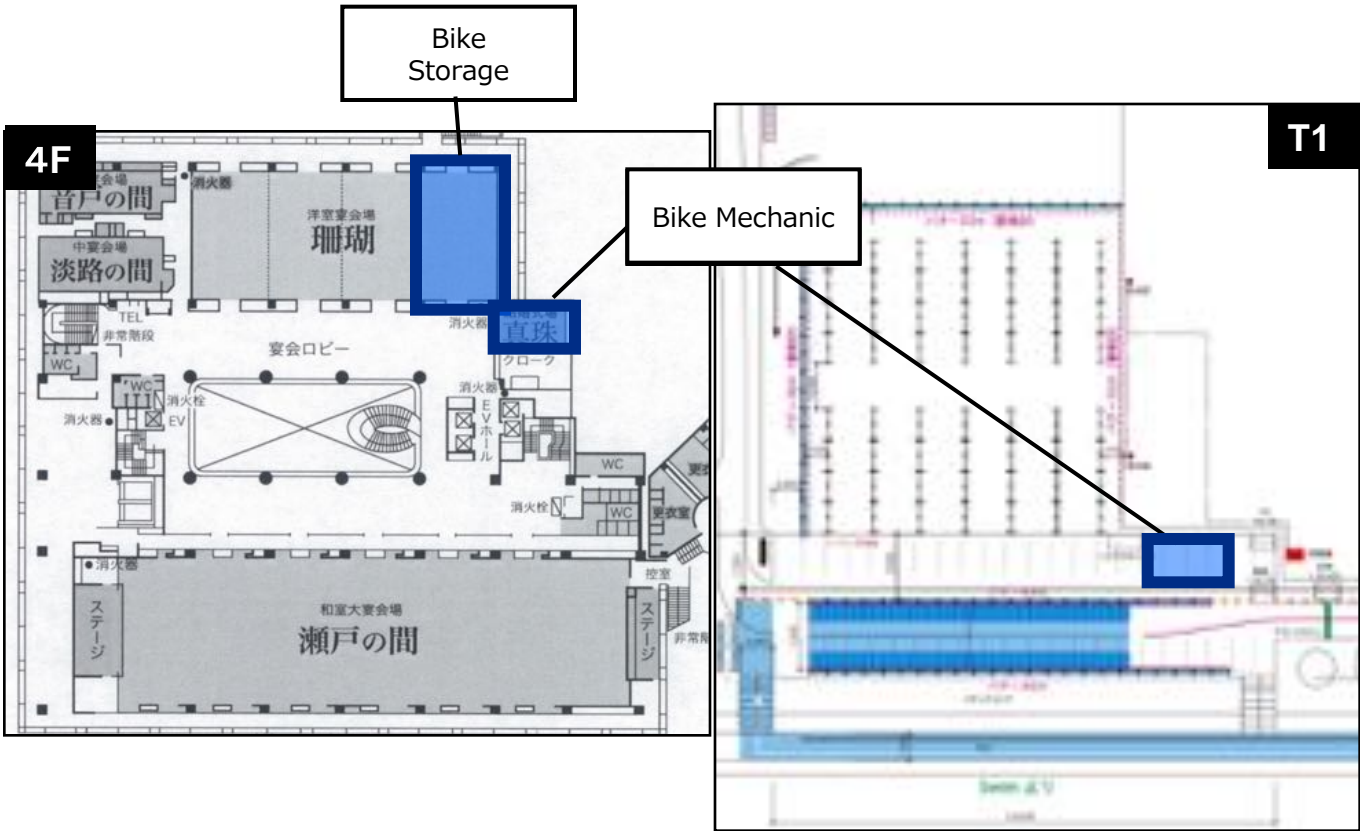
Bike Storage	15 Apr – 28 Apr	4F SETO HIGASHI
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- Please bring your bike between 10:00 and 11:00 the day after your arrival.
- Please do not unpack your bike in your room, but use the space in front of the bike storage room on the 4th floor.
- After the race, please pack your bike in front of the bike storage area on the 4th floor and bring it to your room.
- Details will be provided upon arrival at the hotel.

Bike Mechanic Service

“SHIMANO” will offer a comprehensive bike mechanic support from 23 to 24 April.

Bike Mechanic	13:00 - 19:00 FRI, 23 Apr	Aki Grand Hotel 4F SHINJU
	05:30 – 15:00 SAT, 24 Apr	Transition 1



## Precautions

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- Stores and restaurants in the hotel are not available. Supplemental foods are not available for purchase, so please prepare them in advance and bring them with you.

There are no laundry facilities at the hotel. The hotel does not have a laundry, and there are no nearby laundries available.

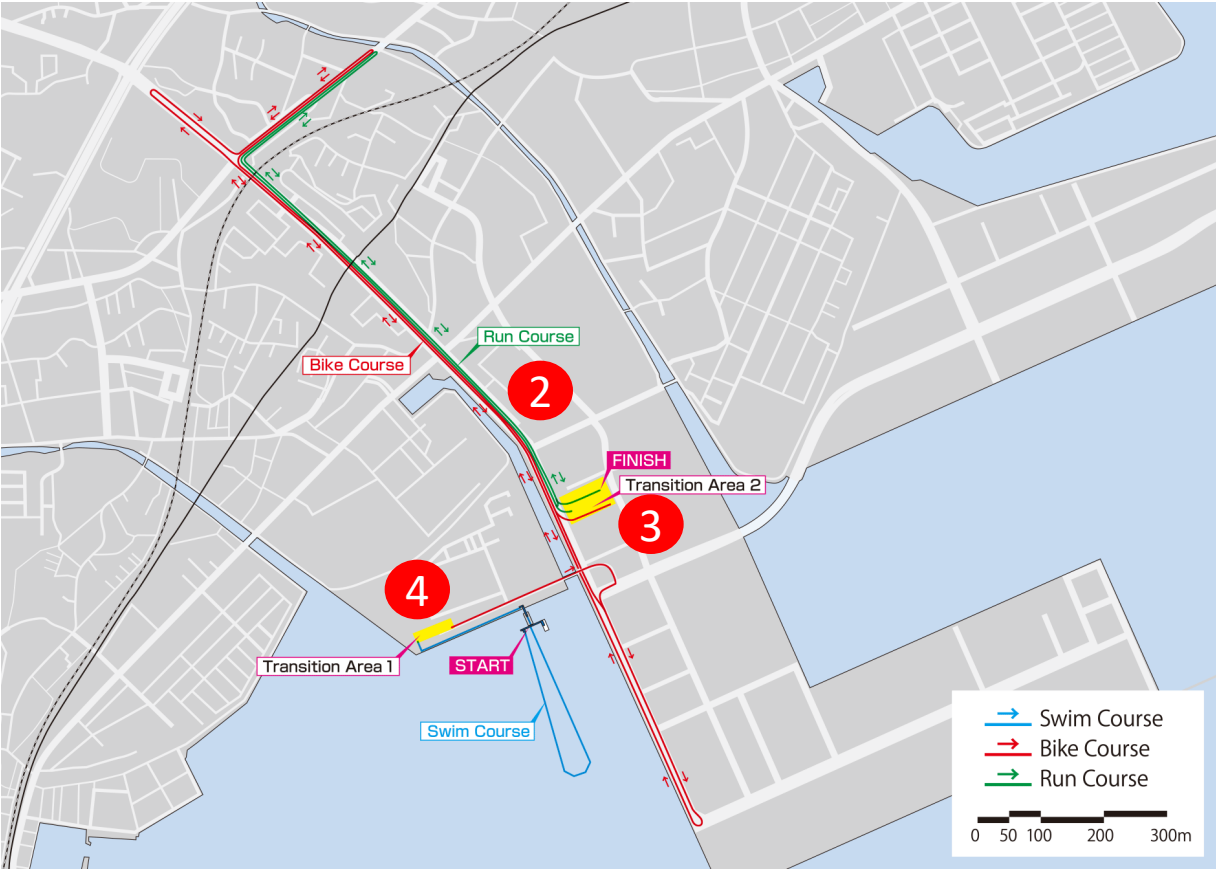
Please bring your own thermometer for your daily health activity report.

During your stay, you will be required to wear a mask outside of your room, so please prepare and bring extra masks.

- **Moving between rooms is not allowed.** You will not be allowed to leave your room except for designated training, swim familiarization, and competition days.



Venue Map

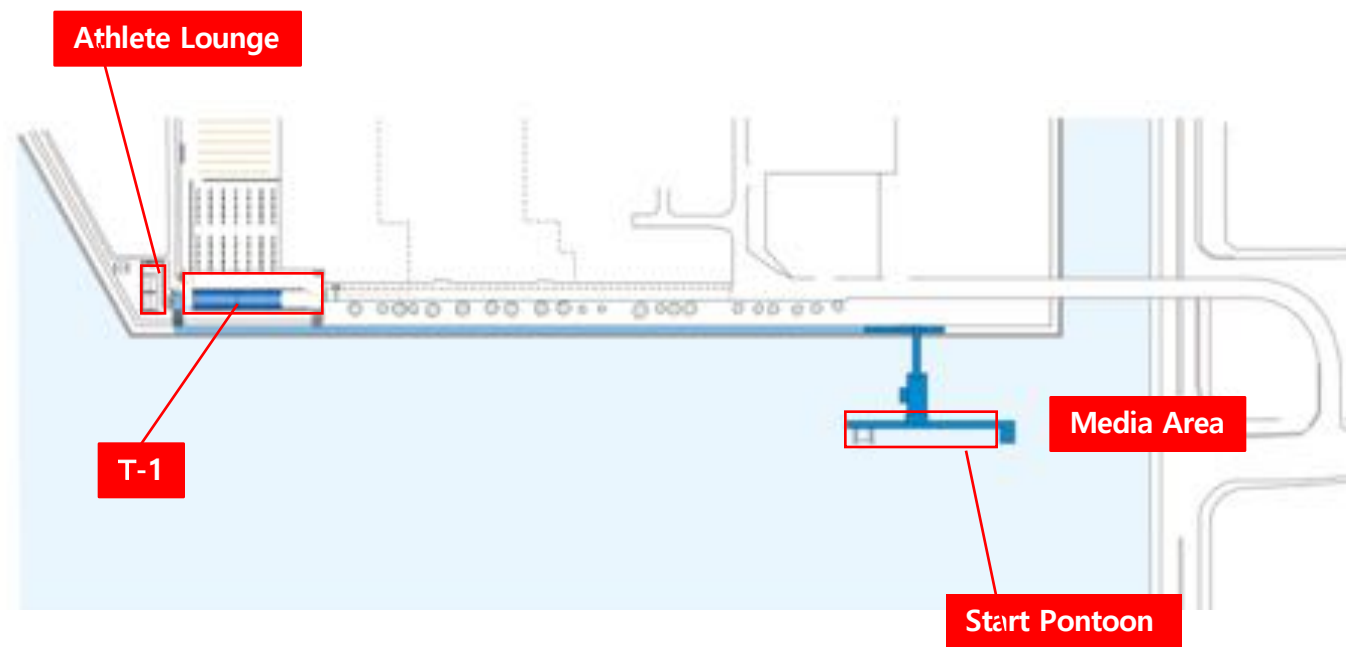


EVENT	VENUE
①Aki Grand Hotel	AT Room LOC Room Tour Desk Press Conference Registration Race Briefing
②Sakurapia	LOC Room AT Room
③Youme Town (West Parking)	Finish Venue Elite/Para/Age T-2 Medal Ceremony (Paratriathlon/Elite)
④Park Golf	Swim Venue Start Ceremony Elite/Para/Age T-1

Swim Venue Map



Elite/para Swim Venue





## Finish Venue Map



## Finish Venue

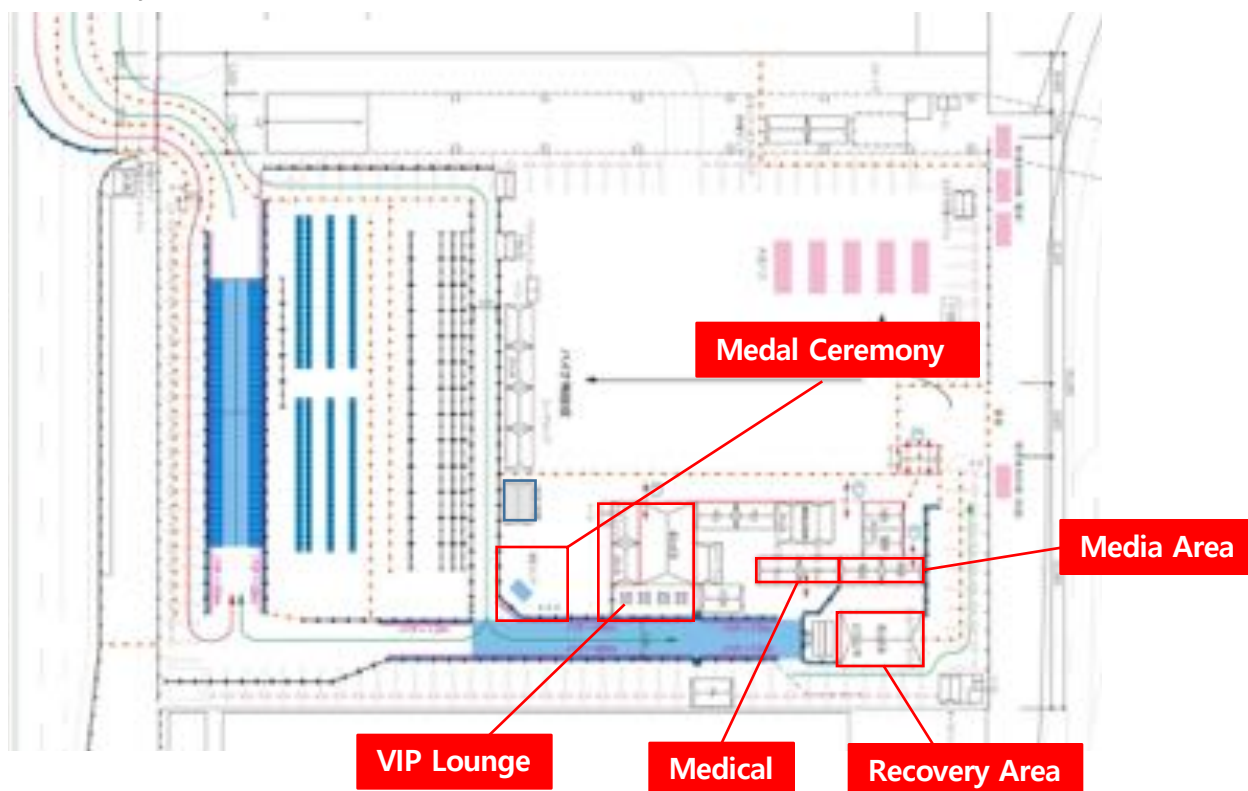
### Medal Ceremony Schedule:

Paratriathlon: Saturday, April 24 09:30 – 09:45

Elite (Men): Saturday, April 24 13:00 – 13:10

Elite (Women): Saturday April 24 15:40 – 15:50

To the Medalists: Please gather at the meeting place, next to the Recovery Area Tent. We will escort you. Please don't be late!



Event Schedule (Elite)

April 23 (Fri.)

TIME	EVENT	VENUE
10:00~11:00	Run Training for Elite	Swim Venue
11:00~12:00	Swim Course Familiarization for Elite	Swim Venue
14:45~15:15	Elite Athlete Online Briefing	WEB
16:00~16:30	Press Online Conference/Elite	WEB
16:10~16:30	Elite Athlete Package Distribution	Aki G 4F (Seto)
	16:10~16:30 IRI / UZB / PHI / MGL / SYR / TPE 16:30 HKG 16:50~17:10 CHN / KAZ 17:10~17:30 JPN	

April 24 (Sat.)

TIME	EVENT	VENUE
09:00~09:40	Elite Men T2 Check-In	T2
09:10~10:00	Elite Men Athlete Check-In	Athlete Lounge
09:10~10:10	Elite Men T1 Check-In	T1
09:30~10:15	Elite Men Swim Warm Up	Swim Venue
09:45~10:00	Elite Men Bike Preview	Bike Course
10:20~10:30	Elite Men Start Ceremony	Swim Venue
10:30~13:00	Elite Men Competition	Around Hatsukaichi City Hall
13:00~13:10	Elite Men Medal Ceremony	Finish Venue
11:30~12:10	Elite Women T2 Check-In	T2
11:40~12:30	Elite Women Athlete Check-In	Athlete Lounge
11:40~12:40	Elite Women T1 Check-In	T1
12:00~12:45	Elite Women Swim Warm Up	Swim Venue
12:15~12:30	Elite Women Bike Preview	Bike Course
12:50~13:00	Elite Women Ceremony	Swim Venue
13:00~15:40	Elite Women Competition	Around Hatsukaichi City Hall
12:30~12:40	Elite Women Medal Ceremony	Finish Venue

Event Schedule (Paratriathlon)

April 23 (Fri.)

TIME	EVENT	VENUE
10:00~11:00	Swim Course Familiarization for Para	Swim Venue
11:00~12:00	Run Training for Para	Swim Venue
14:00~14:30	Para Athlete Online Briefing	WEB
15:00~15:30	Press Online Conference/Para	WEB
15:30~16:10	Para Athlete Package Distribution	Aki G 4F (Seto)
	15:30~15:50 JPN 15:50~16:10 KGZ / HKG	

April 24 (Sat.)

TIME	EVENT	VENUE
05:30~06:30	Para T2 Check-In	T2
06:00~07:00	Para Athlete Check-In	Athlete Lounge
06:00~07:00	Para T1 Check-In	T1
07:20~07:30	Opening Ceremony	Swim Venue
07:30~09:30	Para Competition	Around Hatsukaichi City Hall
	07:30~ PTS5 Men 07:32~ PTVI1/2 Men/Women 07:35~ PTS3-5 Women 07:37~ PTS2-4 Men 07:38~ PTS2 Women 07:40~ PTWC1/2 Men/Women	
09:30~09:45	Medal Ceremony	Finish Venue

Online Athlete Briefing

Atheletes’ Briefing will be virtual(ZOOM) and it will take place on Friday 23 April.  
The ZOOM URL will be announced at the tour desk at least one day before the race.

It is mandatory for the athletes or coaches to attend this online briefing,  
But it is strongly recommended due to the important information that will be shared.

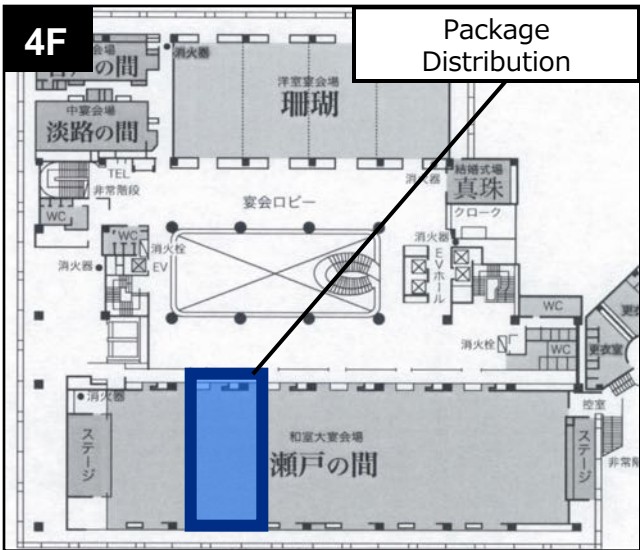
April 23 (Fri.)

TIME	EVENT	VENUE
14:00~14:30	Para Athlete Online Briefing	WEB
14:45~15:15	Elite Athlete Online Briefing	WEB

Athlete Package Distribution

Please pick up your package according to the time slots provided in the schedule below ;

TIME	EVENT	VENUE
Para		
15:30~15:50	JPN	Aki G 4F (Seto)
15:50~16:10	KGZ / HKG	Aki G 4F (Seto)
Elite		
16:10~16:30	IRI / UZB / PHI / MGL / SYR / TPE	Aki G 4F (Seto)
16:30~16:50	HKG	Aki G 4F (Seto)
16:50~17:10	CHN / KAZ	Aki G 4F (Seto)
17:10~17:30	JPN	Aki G 4F (Seto)



## Competition Rules

The races will follow the latest published competitions rules of World Triathlon.

## Course Information

### 【Start】

#### ■Elite

Athletes will start from a pontoon and stand in a starting position approximately 75cm wide. The Race Referee with the assistance of Technical Officials, who are assigned to the start, will start each race.

#### ■Paratriathlon

Athletes will start in the water. The Race Referee with the assistance of Technical Officials, who are assigned to the start will start the race.

### 【Swim Course】

#### ■Elite

There are two laps to swim. The first turn is after 335m. You will exit from the ramp of the start pontoon.

#### ■Paratriathlon

There is one lap to swim. The first turn is after 335m. You will exit from the ramp of the start pontoon.

The water temperature in the middle of April is expected to be approximately 15°C.  
You will be able to familiarize yourself with the swimming course on Friday, April 23.  
The location will be the same as the start of the race.

### 【Bike Course】

You need to check the course and lap count by course map below.

#### 【Important】

The Bike course is a long slope. Half of the course has a gradient of about 10%.  
Please check the bike course and required laps in the maps. You may not cycle to Bike Familiarization but take the shuttle buses provided. Please DO NOT cycle on the road outside AKI Grand Hotel as the roads are narrow and have high traffic.  
Your safety is of utmost importance. We shall assume no responsibility of any accidents.  
We will prepare several bike rollers inside the hotel for athletes who wish to use them.

### 【Run Course】

Run Course for Elite is a long slope. Half of the course has a gradient of about 10%.  
You need to check the course and lap count with the course map.

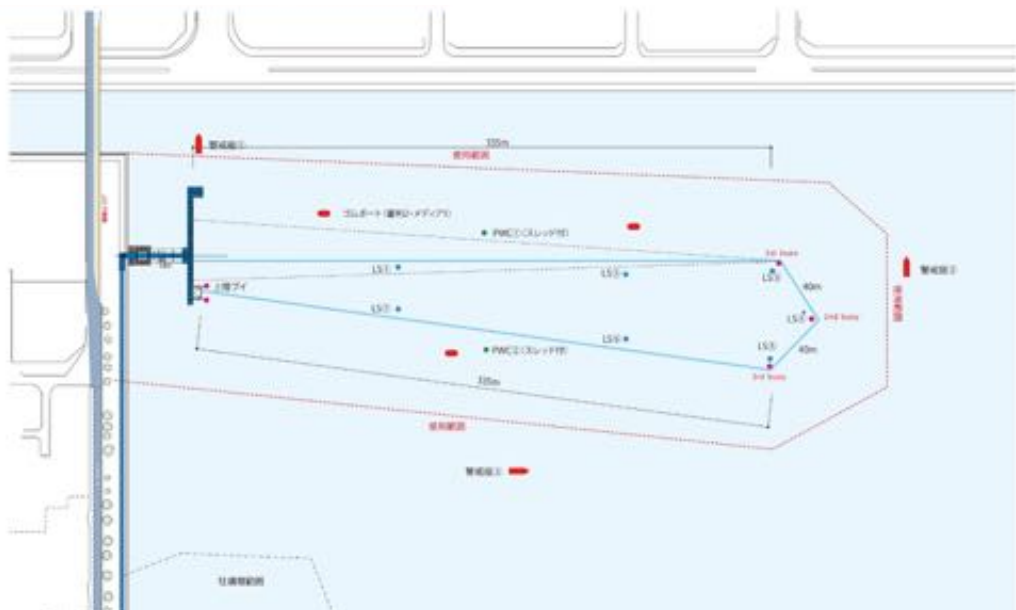
### 【Results】

Results will be uploaded live at World Triathlon's official website: [www.triathlon.org](http://www.triathlon.org)  
Japan Triathlon Union's official website: [www.jtu.or.jp/](http://www.jtu.or.jp/)

Elite Course Map



Elite Swim Course Map



Elite Bike Course

Please check the course from following URL.

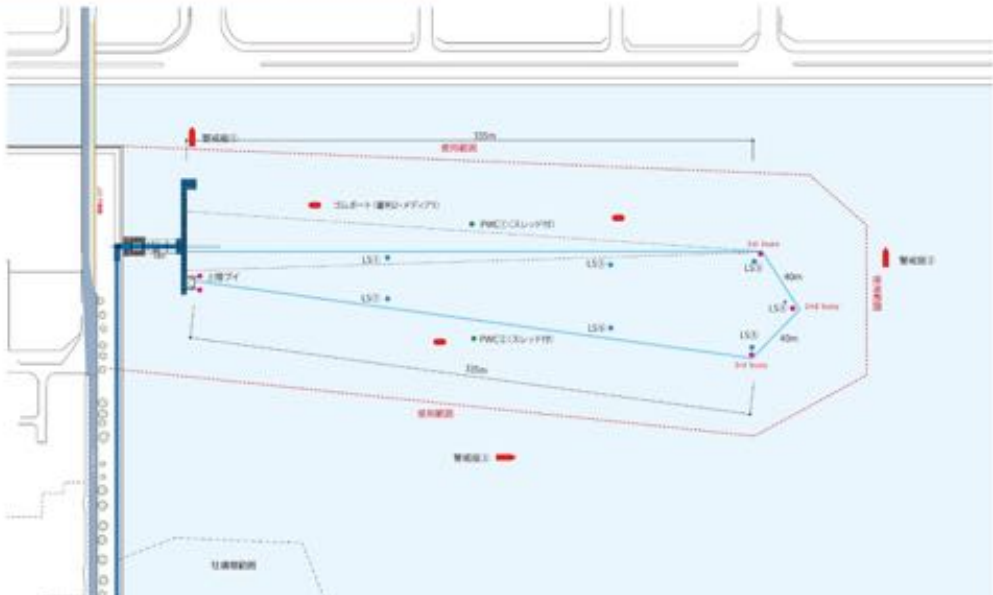
<https://drive.google.com/file/d/1GY9UUBr3jiHcaWGLr4fHglJfAWGhJgd6/view?usp=sharing>



Paratriathlon Course Map



Paratriathlon Swim Course Map



Para Bike Course

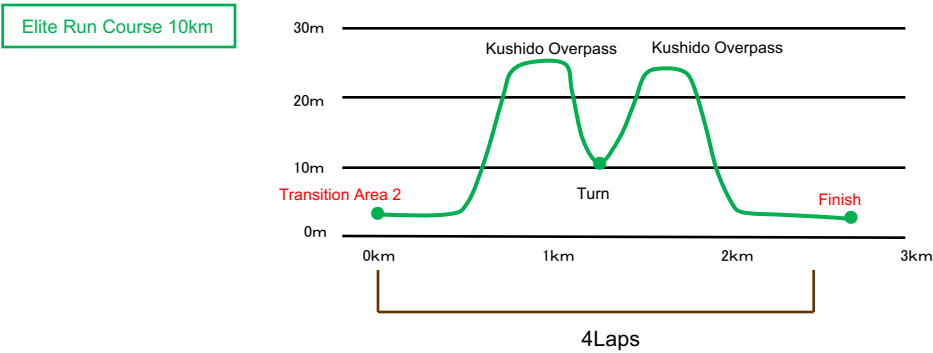
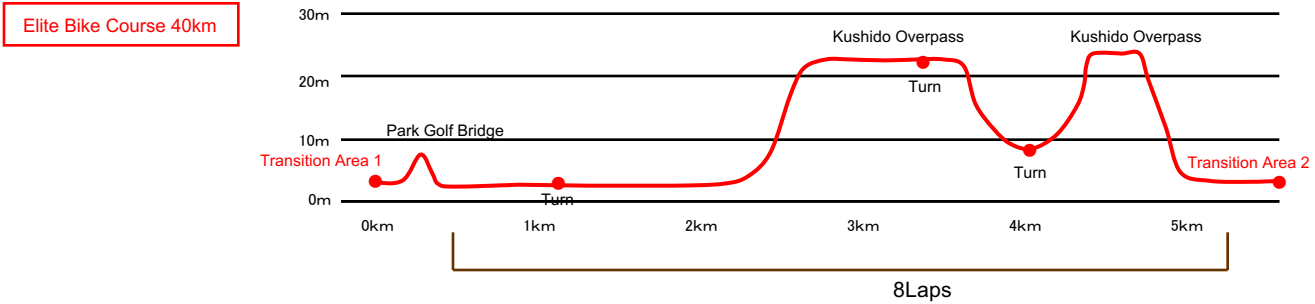
Please check the course from following URL.

<https://drive.google.com/file/d/1NZofmph0bMoyY7tCIQ0BGMQNYSTPTZFf/view?usp=sharing>

Bike Run Course : Difference of Elevation

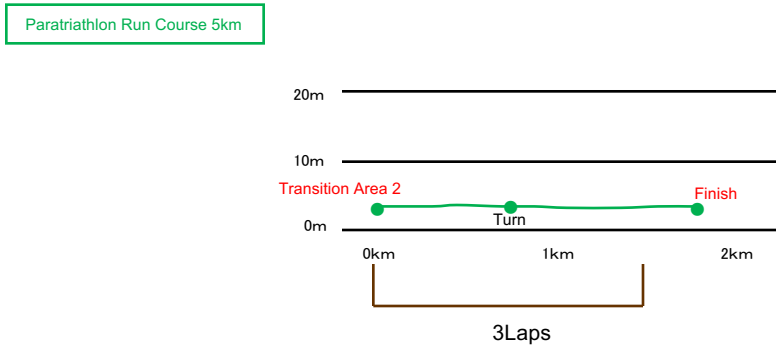
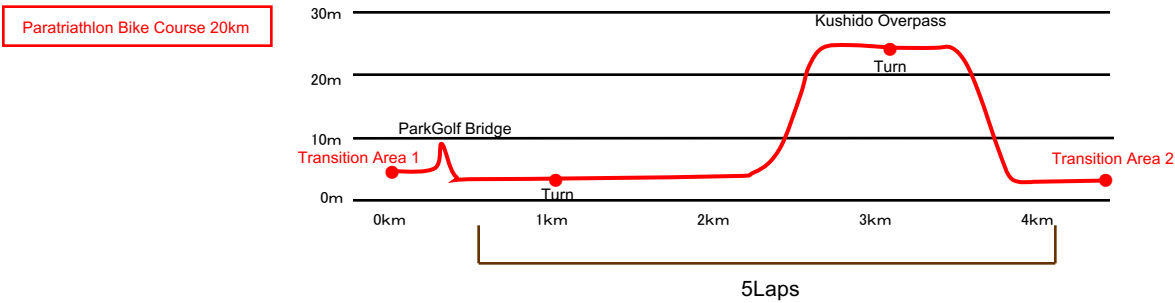
Elite

The difference of elevation



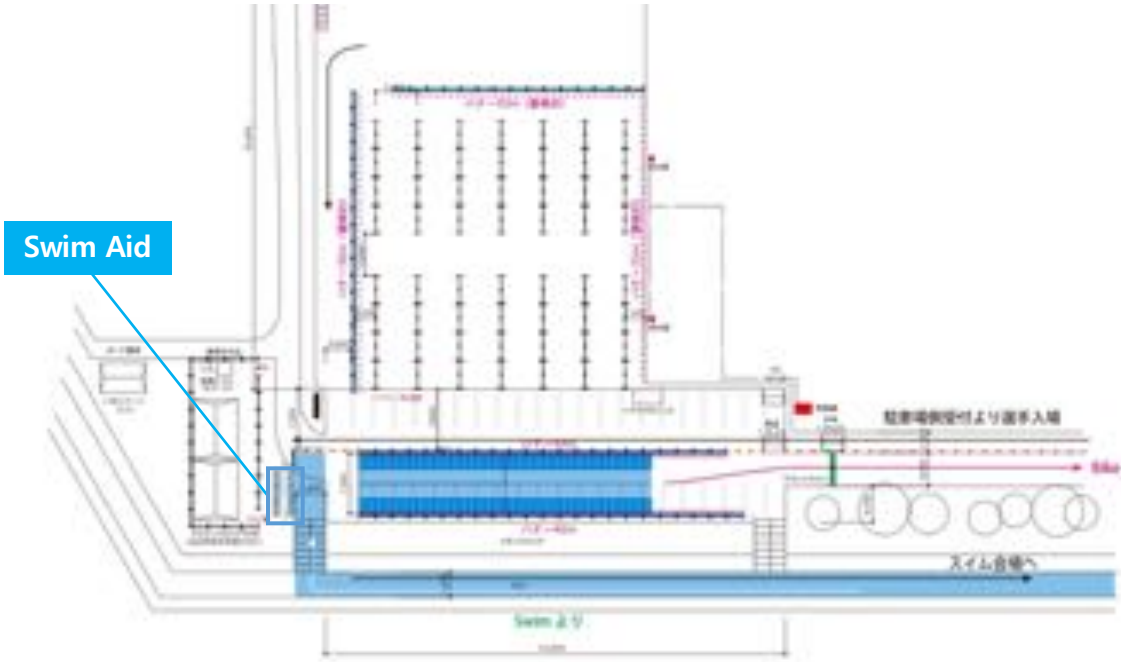
Paratriathlon

The difference of elevation

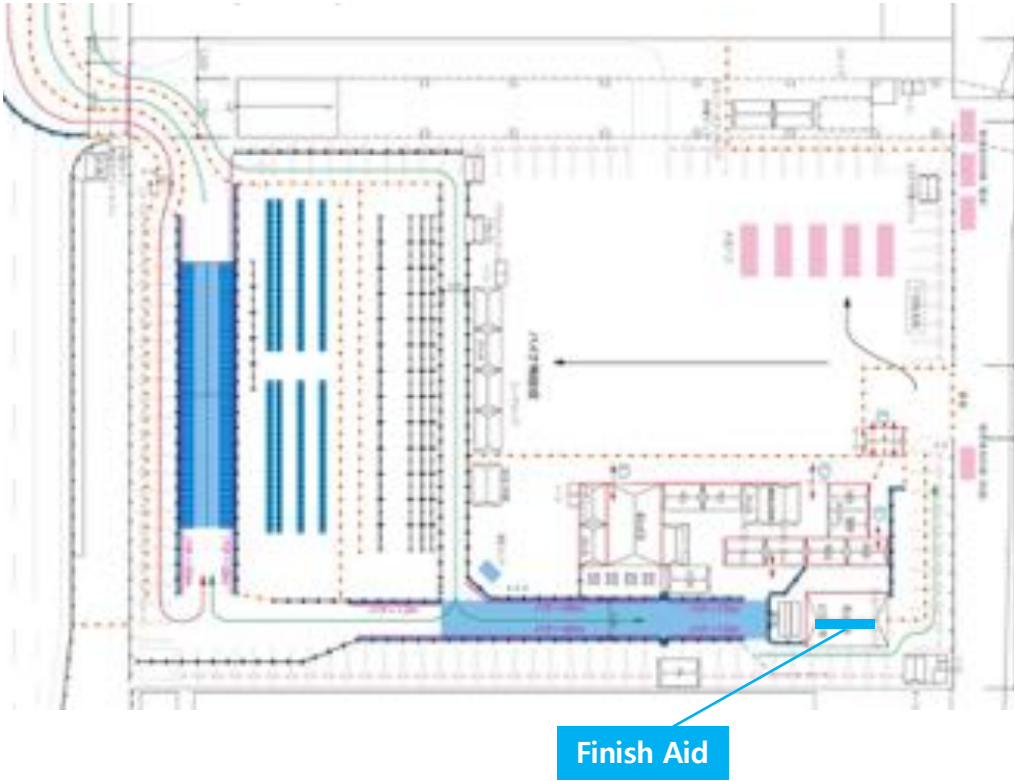




【Swim Aid Station】※Elite/Paratriathlon



【Finish Aid Station】※Elite/Paratriathlon



【Run Aid Station】※Elite

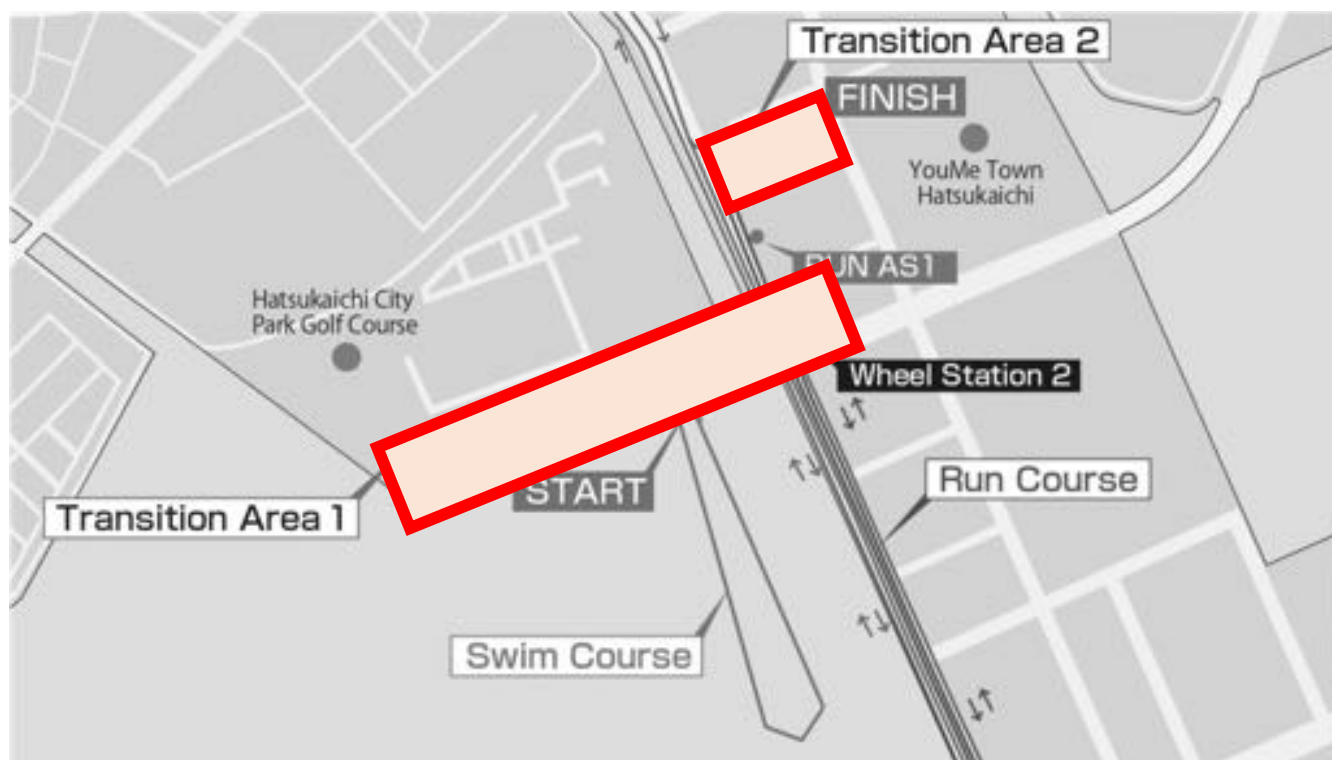


【Run Aid Station】※Elite





## AD Control

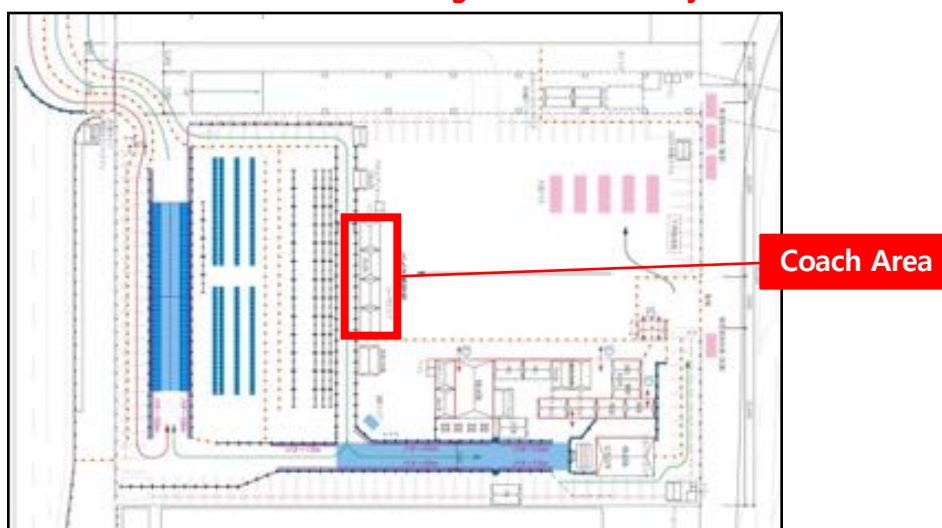


AD Control Area

- Only athletes & officials who have tested negative in the PCR test will be allowed to enter the AD control area.

## For Coaches

- Coaches with a negative PCR test are allowed to enter only the coaches' area in T2.
- Coaches are not allowed to leave the coaching area on race days.



## Bike Training

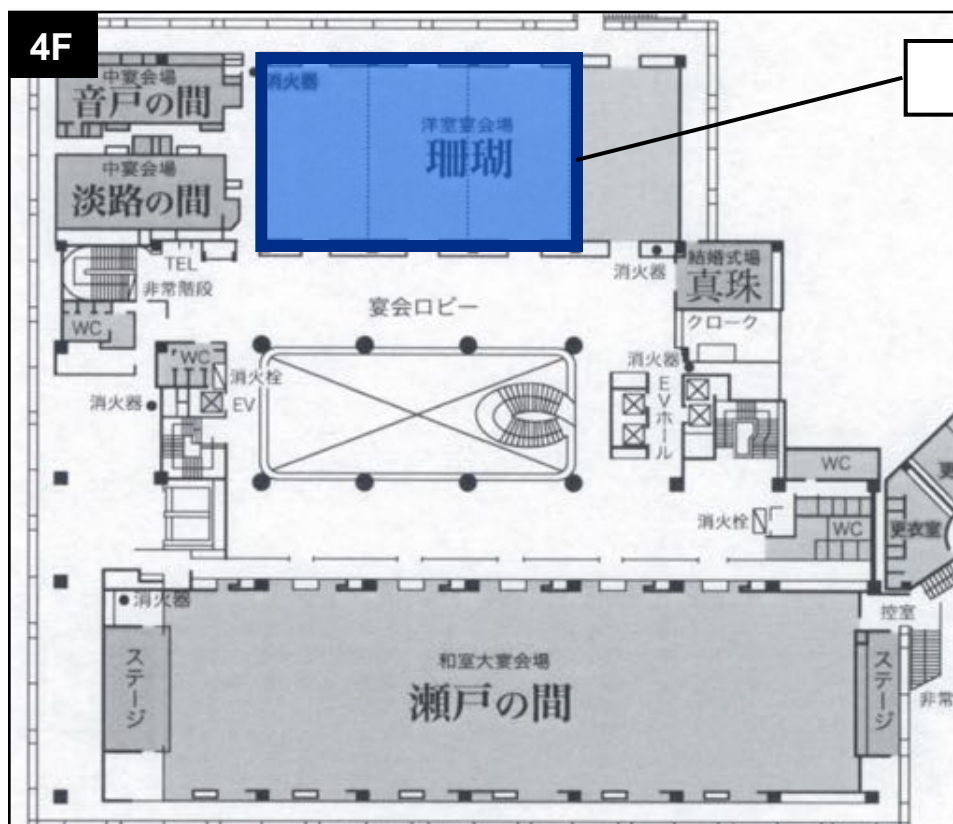
- Athletes can ride using training-rollers on the 4<sup>th</sup> floor of Aki Grand Hotel from 16 April to 25 April.
- Please use the training-rollers only during the time allotted by the LOC.
- The schedule is as follows:

Bike training Schedule at Seto East Room1 and Sango roomA・B(4F)

	15th (Thu.)	16th (Fri.)	17th (Sat.)	18th (Sun.)	19th (Mon.)	20th (Tue.)	21th (Wed.)	22th (Thu.)	23th (Fri.)	24th (Sat.)	25th (Sun.)
Room		Sango Room	Sango Room	Sango Room	Sango Room	Sango Room	Sango Room	Sango Room	Sango Room	Sango Room	Sango Room
4/16~20Grouping											
Group	Country	Num.									
I	Uzbekistan	1									
	Philippines	1									
	Iran	2									
	Syria	2									
	Kyrgyzstan	2									
II	Hong Kong	9									
III	Kazakhstan	10									
4/21~25Grouping											
Group	Country	Num.									
A	Uzbekistan	1									
	Iran	2									
	Kyrgyzstan(P)	3									
	Philippines	1									
	Syria	2									
	Philippines	2									
	Mongolia	1									
	Chinese Taipei	1									
B	China	6									
	Kazakhstan	7									
C	Hong Kong(P)	9									
D	Japan	10									
	Japan(P)	18									

※Please train at the designated time

(P)=Para



Bike Training Room

Swim Familiarization & Run Training

Elite/Paratriathlon

You will be able to familiarize yourself with the swim course on Friday, April 23 from 10:00 to 12:00.

The location will be the same as the start of the race.

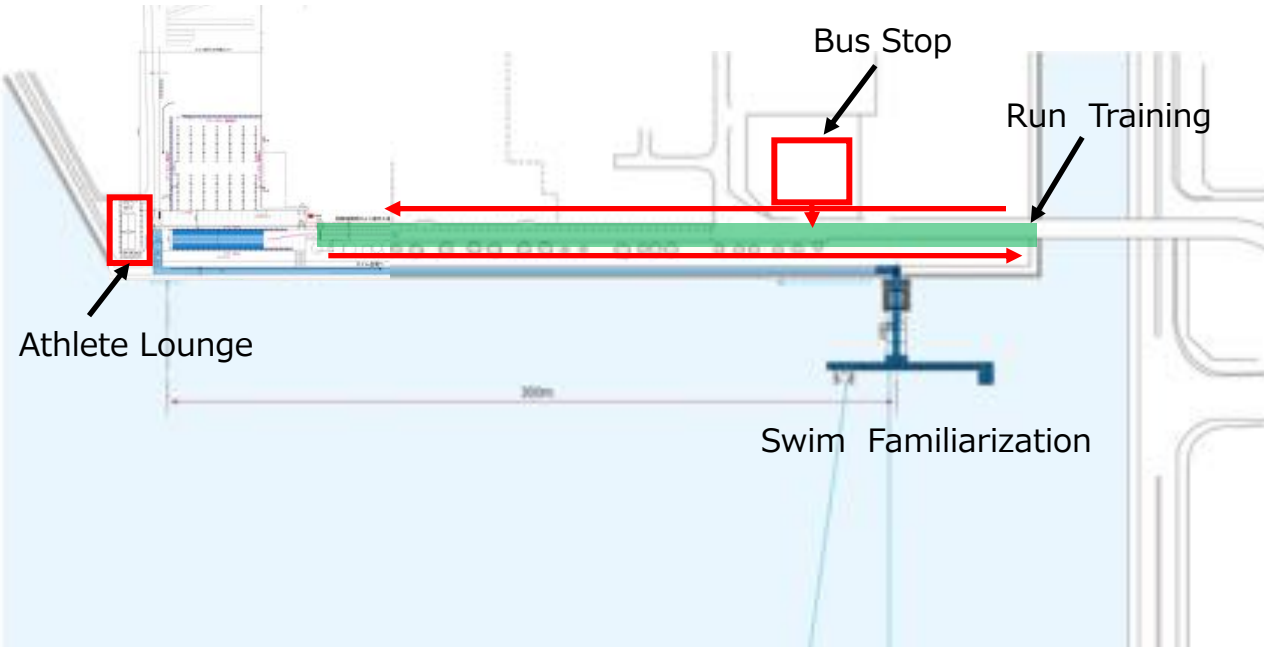
Please note: It is forbidden to swim in the sea outside this time.

Schedule

	10:00 - 11:00	11:00 – 12:00
Paratriathlon	Swim Familiarization	Run Training
Elite	Run Training	Swim Familiarization

Transportation Schedule

Aki Grand Hotel ↓ Swim Venue	Aki GH	Swim Venue	Familiarization		Swim Venue	Aki GH
	Departure	Arrival	From	To	Departure	Arrival
Paratriathlon	9:00	9:30	10:00	11:00	11:30	12:30
Elite			11:00	12:00	12:30	13:30



## Shuttle Bus Information between Aki Grand Hotel to Finish Venue (only for athletes and team staff)

- Athletes will be taken to the finish area and back to the hotel by shuttle bus.  
Departure times are shown below.  
Please be careful not to miss the bus, as the schedule varies from day to day.  
After you finish preparation for T-2, then you need to go to swim area on foot.

### Saturday, April 24

	Aki GH	Finish Venue	race	Finish Venue	Aki GH
	Departure	Arrival		Departure	Arrival
Paratriathlon	5:00	5:30	7:30 - 9:30	10:30	11:15
Elite (Men)	7:45	8:30	10:30 - 13:00	14:00	14:30
Elite (Women)	10:15	11:00	13:00 - 15:40	16:30	17:00

## Transportation of your bike

- Your bicycle including hand cycle and wheel chair racer, tandem bike will be transported separately.

FOR ELITE:

Please pick up your bike at T2 and bring it to T1 by yourself..

FOR PARA:

Please pick up your bike at T1.

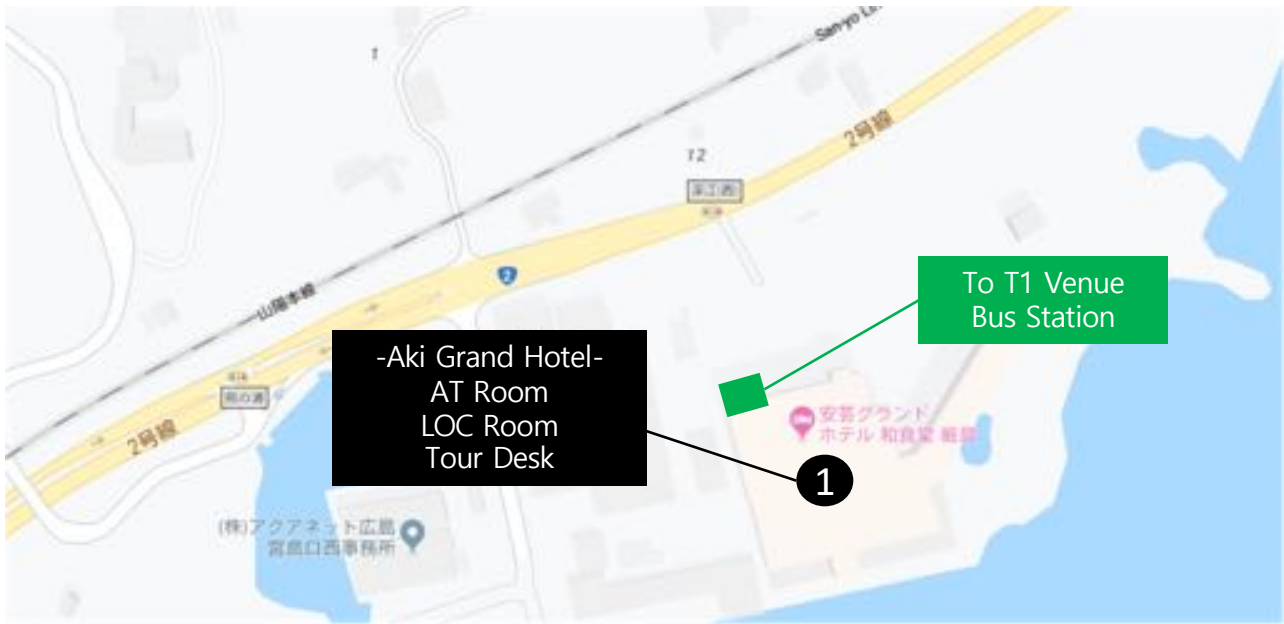
After finishing the race, we will transport the bike to the Hotel.

So please bring your bike to Bus Station in the finish area within one hour after finishing the race.

### Saturday, April 24

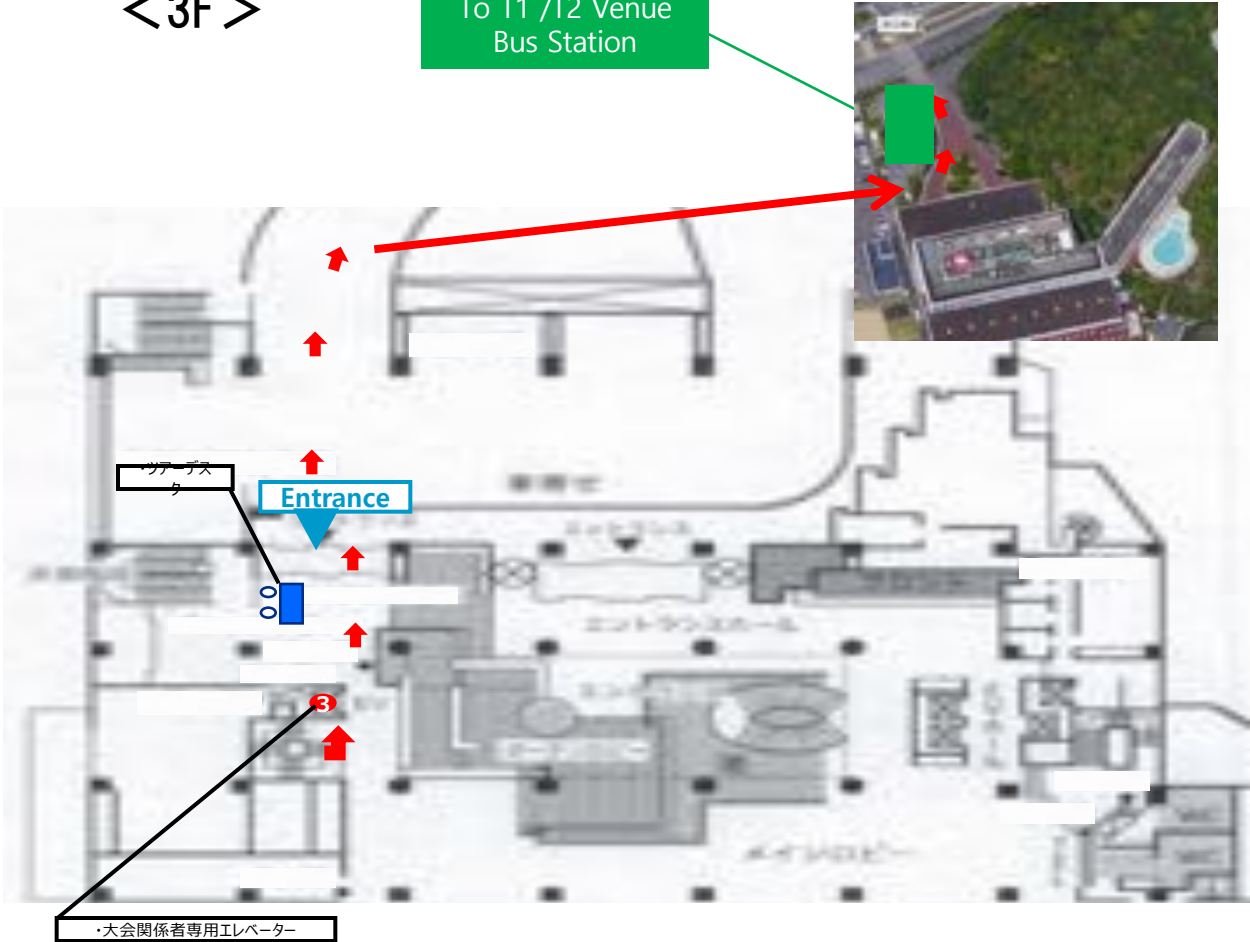
	Aki GH	Para-T1 Elite-T2	race	T2	Aki GH
	Departure	Arrival		Departure	Arrival
Paratriathlon	4:30	5:00	7:30 - 9:30	10:30	11:00
Elite (Men)	7:00	7:30	10:30 - 12:30	14:00	14:30
Elite (Women)	09:30	10:00	13:00 - 15:40	16:30	17:00

Bus Station



<3F>

To T1 /T2 Venue  
Bus Station





## Bus Station

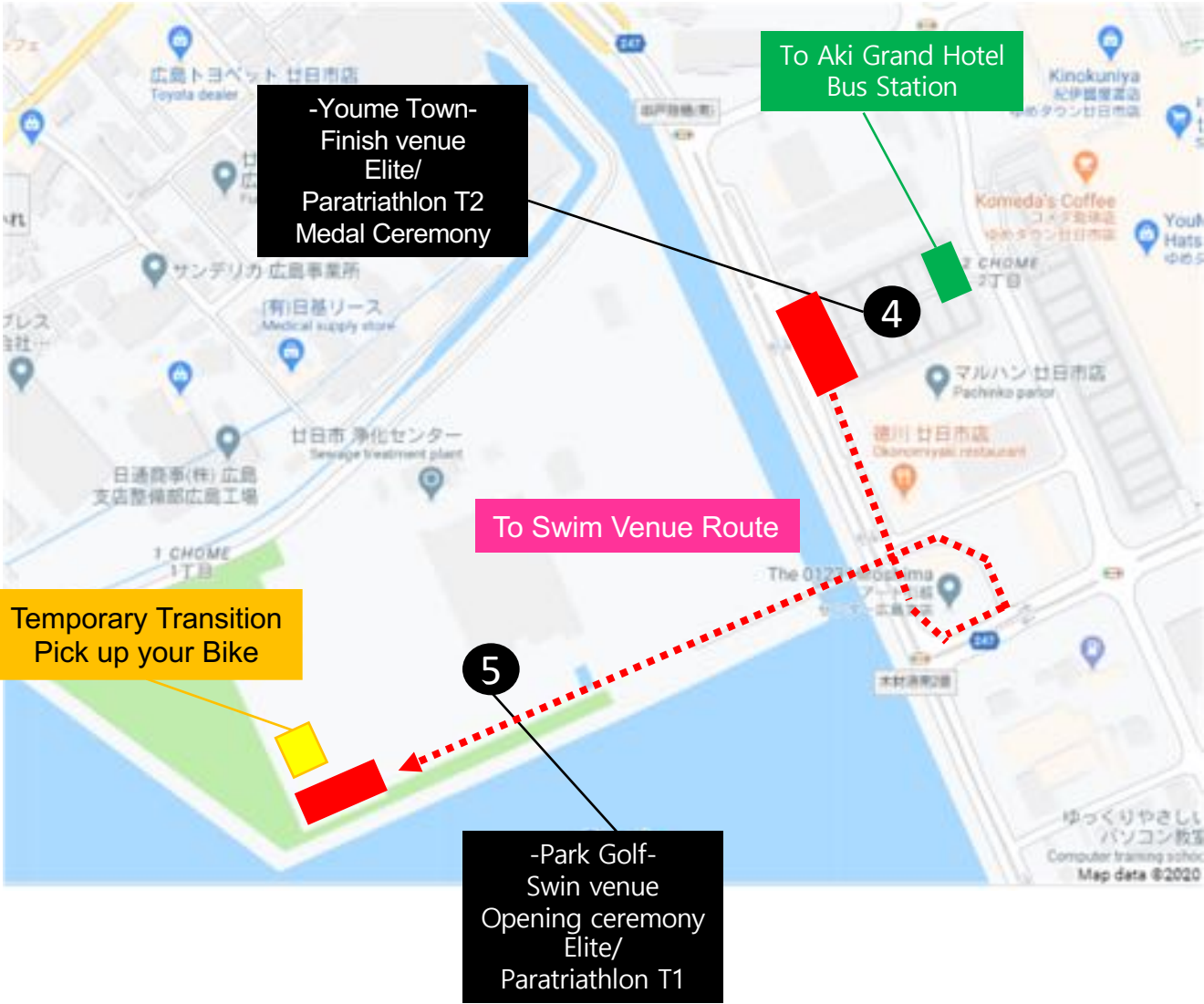
## Finish Venue





Bus Station

Swim Venue



## Elite

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If the swim is canceled due to bad weather, etc., the Elite competition will be held on run, bike and run.

**Elite : First Run:5.0km, Bike:40km, Run:10km**

## Para

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If the swim is canceled due to bad weather, etc., the Elite competition will be held on run, bike and run.

**Elite : First Run:2.5km, Bike:20km, Run:5km**

## Weather Forecast

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Athletes can check the weather forecast during race week at the following URL.

### Para

<https://www.micata.site/ps/9c51dd9bs153401?locale=ja>

### Elite Men

<https://www.micata.site/ps/09b116das153402?locale=ja>

### Elite Women

<https://www.micata.site/ps/8571ef05s153403?locale=ja>