



Asia
Triathlon
Cup

Tokyo
Uminomori
2024

Triathlonlive.tv



Athletes Guide

2024 Asia Triathlon Cup Tokyo Uminomori
2024 Asia Triathlon Para Cup Tokyo Uminomori

23 Sep, 2024
Uminomori, Japan



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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 Officials are well informed about all procedures concerning the 2024 Asia Triathlon Cup Tokyo Uminomori / 2024 Asia Triathlon Para Cup Tokyo Uminomori.

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

22 September, SUN		
13:10 - 13:50	Elite & Elite Para Bike Familiarization	Bike Course
13:50 - 14:20	Elite Para Registration	Grandstand 2F / Conference Room 4
14:20 - 15:00	Elite Para Briefing & Package Distribution	Grandstand 2F / Conference Room 4
14:20 - 15:10	Elite Swim Familiarization	Swim Course
15:10 - 15:40	Elite Registration	Grandstand 2F / Conference Room 4
15:25 - 16:15	Elite Para Swim Familiarization	Swim Course
15:40 - 16:20	Elite Briefing & Package Distribution	Grandstand 2F / Conference Room 4
23 September, MON		
08:40 -	Elite Men Competition	Course
10:55 -	Elite Women Competition	Course
11:00 - 11:15	Elite Men Medal Ceremony	Grandstand
13:25 -	Elite Para Competition	Course
13:40 - 13:55	Elite Women Medal Ceremony	Grandstand
15:00 - 16:00	Elite Para Medal Ceremony	Grandstand

Key Contacts

TRI Technical Delegate	Sarita Zafra	saritazafra@gmail.com
TRI Assistant Technical Delegate	Ryo Kadoya	iyotora@gmail.com
TRI Medical Delegate	Dr. Norio Murase	murase@kuretake.ac.jp
LOC Team Leader	Kiriyo Suzuki	event@jtu.or.jp
LOC office		event@jtu.or.jp
Official Travel Agency	HIS *Person in charge : Takashi Shimamune	j-sports@his-world.com
Japan Triathlon Union (JTU)	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.itu.or.jp	

Event Info

Information Centre / LOC Office

The venue is located at Sea Forest Waterway. The office is open daily from FRI, 20 September until MON, 23 September.

Location: Sea Forest Waterway <https://www.uminomori.tokyo/en/>

Address: 3-6-44 Uminomori, Koto-ku, Tokyo

Opening Hours:

FRI, 20 September 10:00 - 20:00 / SAT, 21 September 08:00 - 20:00 / SUN, 22 September 05:30 - 20:00 / MON, 23 September 05:30 - 20:00

Contact address: event@jtu.or.jp

Travel

Contact address:

HIS (Official Travel Agency)

Person in charge : Takashi Shimamune

j-sports@his-world.com

Security

A private security company will be responsible for the venue security and community police and Field of Play (FOP) TO 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.

Event Info

Elite

Standard

Swim: 1500m (750m x 2laps) / Bike: 40km (5km x 8laps) / Run: 10km (2.5km x 4laps)

Elite Para

Sprint

Swim: 750m (750m x 1lap) / Bike: 20km (5km x 4laps) / Run: 5km (2.5km x 2laps)

Event website :

TBA

Event Schedule as of 27 August

20 September, FRI		
15:00 - 17:00	Elite & Elite Para / Swim Training	Tokyo Aquatics Centre
21 September, SAT		
15:00 - 17:00	Elite & Elite Para / Swim Training	Tokyo Aquatics Centre
22 September, SUN		
07:00 - 17:00	Bike Mechanic Service	Venue
08:20 -	Traffic Control Start	Course
12:05 - 13:00	Gate Open for Elite & Elite Para Athletes	
13:10 - 13:50	Elite & Elite Para / Bike Familiarization	Bike Course
13:50 - 14:20	Elite Para / Registration	Grandstand 2F / Conference Room 4
14:20 - 15:00	Elite Para / Briefing & Package Distribution	Grandstand 2F / Conference Room 4
14:20 - 15:10	Elite / Swim Familiarization	Swim Course
15:00	Traffic Control Close	Course
15:10 - 15:40	Elite / Registration	Grandstand 2F / Conference Room 4
15:25 - 16:15	Elite Para / Swim Familiarization	Swim Course
15:40 - 16:20	Elite / Briefing & Package Distribution	Grandstand 2F / Conference Room 4
16:30	Shuttle Bus Departure for Elite & Elite Para	
23 September, MON		
07:00 - 13:30	Bike Mechanic Service	Venue
07:10 - 07:40	Elite Men / Athlete Lounge Open	Grandstand 2F / Conference Room 4
07:40 - 08:20	Elite Men / Transition Check-IN	Elite Transition Area
07:55 - 08:20	Elite Men / Swim Warm Up	Swim Course
08:20 -	Traffic Control Start	Course
08:30 - 08:40	Elite Men / Start Ceremony	Swim Course
08:40 - 10:55	Elite Men / Competition	Course
09:25 - 09:55	Elite Women / Athlete Lounge Open	Grandstand 2F / Conference Room 4
10:10 - 10:35	Elite Women / Transition Check-IN	Elite Transition Area
10:10 - 10:35	Elite Women / Swim Warm Up	Swim Course
10:45 - 10:55	Elite Women / Start Ceremony	Swim Course
10:55 - 13:20	Elite Women / Competition	Course
11:00 - 11:15	Elite Men Medal Ceremony	Grandstand
11:55 - 12:25	Elite Para / Athlete Lounge Open	Grandstand 2F / Conference Room 4
12:40 - 13:05	Elite Para / Transition Check-IN	Elite Transition Area
12:40 - 13:05	Elite Para / Swim Warm Up	Swim Course
13:15 - 13:25	Elite Para / Start Ceremony	Swim Course
13:25 - 14:35	Elite Para / Competition	Course
13:40 - 13:55	Elite Women Medal Ceremony	Grandstand
15:00 - 16:00	Elite Para Medal Ceremony	Grandstand

Entry Fee / Medical Services / Bike Mechanic Service

Entry Fee

Elite 25,000JPY per athlete (pay by cash before athlete briefing)

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

* If you use an official travel agency, you can also pay through them.

Elite Athletes Lounge

Facilities including athletes' lounge are provided to the athletes at the venue of Sea Forest Waterway. Sealed bottles of water 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 22 September until 23 September before and during the competition hours.

Medical and Paramedical personnel from JTU medical team will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the event official hospital. A medical area will be provided in Sea Forest Waterway.

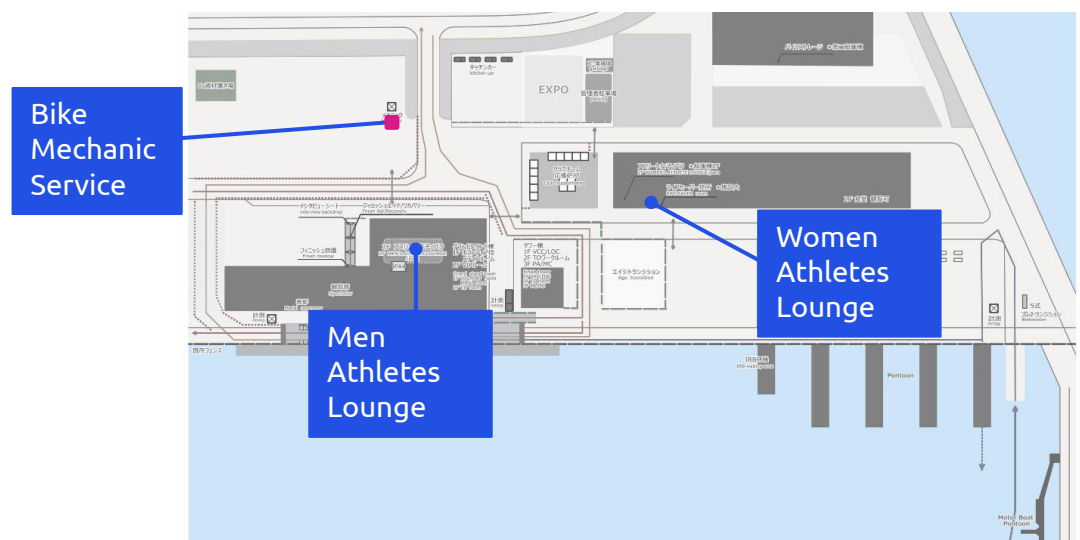
Possible medical services at the venue are free of charge. Treatment at clinics and during practice is to be paid by the participants. Athletes/teams should ensure that they have appropriate medical insurance.

Bike Mechanic Service

LOC will offer a comprehensive bike mechanic support from 22 to 23 September and is also available in case of emergency.

SUN, 22 September 07:00 - 17:00 Location: Race Venue

MON, 23 September 07:00 - 13:30 Location: Race Venue



Accommodation / Transportation

※Attention※

The venue is accessible only by private car or public transportation (bus / taxi). Please note that you cannot travel by bicycle from hotels in the city to the venue.

However, the official travel agency's accommodation and transportation package includes a bicycle transportation service from the airport or hotel to the venue.

Details will be provided after your application.

If you are arranging accommodation individually, please note the following:

Use public transportation (bus / taxi) to move to the venue with your bike packed. You can assemble and store your bike at the venue.

Bus routes will be provided P.7 in the Athlete Guide.

Additionally, the official travel agency offers a bicycle transportation service from the airport or hotel to the venue.

Please apply for this service if needed.

Accommodation and transportation arrangements

For those who are not eligible for Free Accommodation

- Please make your own arrangements.
- Please contact our travel agency

HIS (official travel agency of the event)

e-mail: j-sports@his-world.com

Person in charge: Takashi Shimamune(Mr)

Closest Airport

Haneda International Airport

<https://tokyo-haneda.com/en/index.html>

Free Accommodation

- 1) Countries & areas covered: Asia Triathlon member countries only.
- 2) Number of persons: 2 athletes (1 male, 1 female) and 1 staff member
- 3) Number of eligible nights: 2 nights for 3 days
- 4) Accommodation: Sotetsu Fresa <https://sotetsu-hotels.com/en/grand-fresa/ariake/>
- 5) Free transportation: Round trip train fare between Haneda Airport and Hotel for 3 persons (maximum) will be covered (please confirm the amount with HIS).
- 6) Application should be made to our travel agency (HIS).

*If you do not go through HIS, you are not eligible for free accommodation.

Please contact HIS for details.

Contact person: Takashi Shimamune

Contact: j-sports@his-world.com

Visa

Entering Japan (Immigration Information)

Please use the Visit Japan Web to enter Japan.

Visit Japan Web <https://vjw-lp.digital.go.jp/en/>

This is a service that allows you to perform arrival procedures "immigration ", "customs ", and "Tax-free shopping service" online.

Visa

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

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 (event@jtu.or.jp).

Access

※Attention※

The venue is accessible only by private car or public transportation (bus / taxi). Please note that you cannot travel by bicycle from hotels in the city to the venue. Please check the following information.

Race Venue / Race Briefing

Sea Forest Waterway <https://www.uminomori.tokyo/en/access/>

Access to the venue is allowed only during the following limited hours. Athletes and coaches will not be allowed to enter the venue before 22 September.

Please come to the venue according to these times.

SUN, 22 September 12:05 - 13:00 / 15:00 -

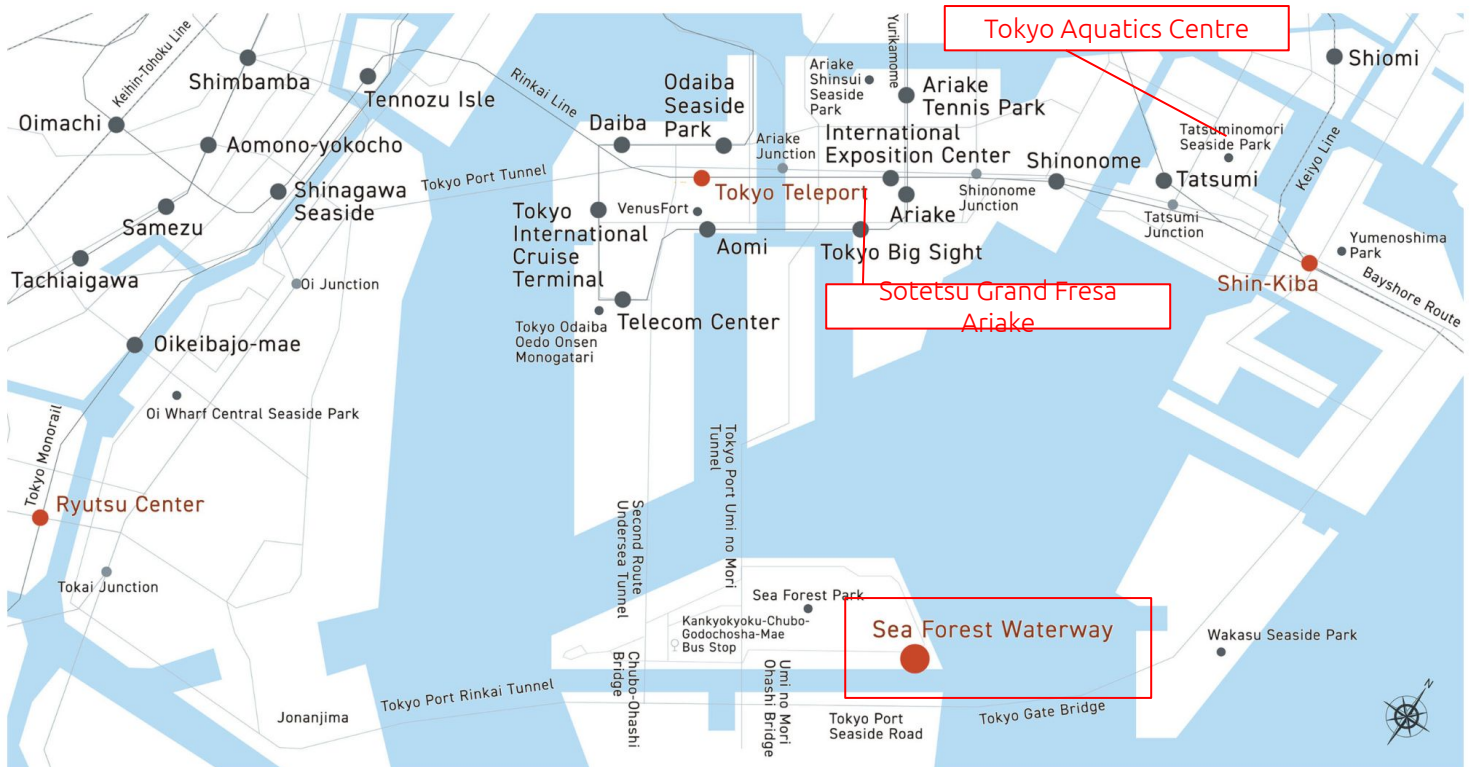
MON, 23 September 06:30 - 08:15 / 15:00 -

Swim Training

Tokyo Aquatics Centre <https://www.tef.or.jp.e.apk.hp.transer.com/tac/>

Official Hotel

Sotetsu Grand Fresa Ariake <https://sotetsu-hotels.com/en/grand-fresa/ariake/>



1. By Bus: Take a Toei bus from [Tokyo Teleport Sta. (01)] on Rinkai Line, and get off at [Kankyokuyoku-Chubo-Godochosha (Environment government Offices)] and walk 20-min.
2. By Taxi: 20-min by taking a taxi from Shin-kiba Sta. on JR Keiyo Line (JE05), Subway Yurakucho Line (Y24) or Rinkai Line.
3. By Taxi: 15-min by taking a taxi from Tokyo Teleport Sta. on Rinkai Line.
4. By Taxi: 15-min by taking a taxi from Ryutsu Center Sta. (MO04) on Tokyo Monorail.

Shuttle Bus / Bike Transportation to the venue

LOC will operate shuttle bus according to the following;

Athletes can come to the race venue (Sea Forest Waterway) only by your own car (or rental car) or by shuttle bus. Except for athletes coming by private car (rental car), please use this shuttle bus to the venue. In case of using this service, please make a reservation with HIS by 12 September.

HIS (official travel agency of the event)

e-mail: j-sports@his-world.com

Person in charge: Takashi Shimamune(Mr.)

After arrival in Japan: Narita or Haneda Airport to the official hotel

- Only on FRI, 20 September
- HIS will pick up athletes and coaches at Sotetsu Grand Fresa Ariake after their arrival in Japan.
- Their bikes will be transported to the Sotetsu Grand Fresa Ariake by truck on the same night.
- Please contact HIS team at the airport exit after your arrival in Japan.

Bike transportation to the race venue

- Only on SUN, 22 September
- Please bring the assembled bikes and bike cases to the parking of Sotetsu Grand Fresa Ariake by 11:40 a.m. Bikes and cases will be transported to the race venue according to the following schedule.
- 11:45 Sotetsu Grand Fresa Ariake ⇒ Sea Forest Waterway
- Bikes and cases will be stored at the race venue until the next day.

Shuttle bus service between the race venue and the hotel (round trip)

SUN, 22 September

- 11:45 Sotetsu Grand Fresa Ariake ⇒ Sea Forest Waterway
- 16:25 Sea Forest Waterway ⇒ Sotetsu Grand Fresa Ariake
- 17:00 Sea Forest Waterway ⇒ Sotetsu Grand Fresa Ariake

*Athletes and coaches who will attend the briefing should use this shuttle bus.

MON, 23 September

- 06:15 Sotetsu Grand Fresa Ariake ⇒ Sea Forest Waterway
- 08:30 Sotetsu Grand Fresa Ariake ⇒ Sea Forest Waterway
- 10:30 Sotetsu Grand Fresa Ariake ⇒ Sea Forest Waterway
- 12:45 Sea Forest Waterway ⇒ Sotetsu Grand Fresa Ariake
- 14:45 Sea Forest Waterway ⇒ Sotetsu Grand Fresa Ariake
- 15:40 Sea Forest Waterway ⇒ Sotetsu Grand Fresa Ariake

*Athletes and coaches who will participate in the race should use this shuttle bus.

*Bikes must be packed and loaded onto the bus after the race.

Training Information / Course Familiarization

Training

Bike training around the venue is prohibited except for the bike familiarization on the day before the event and the competition on the day of the event.

If you wish to train in the vicinity of the hotel, please observe Japanese traffic regulations.

https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.files/SafetyGuidelinesforCyclists.pdf

Swim (Pool training)

Date	Time	Location	Web Site
FRI, 20 September	15:00 - 17:00	Tokyo Aquatics Centre	https://www.tef.or.jp.e.apk.hp.transer.com/tac/
SAT, 21 September	15:00 - 17:00	Tokyo Aquatics Centre	https://www.tef.or.jp.e.apk.hp.transer.com/tac/

* FRI, 20 Sep : 4 lanes for dedicated use / SAT, 21 Sep : For general use.

Please follow the instructions of the LOC staff at the pool.

* Athletes need to come to the pool by themselves. You may ride your bicycle, but you are responsible for its storage.

* Athletes may come and swim between 15:00 to 17:00, but please be respectful of each other's use.

Swim Familiarization

A swim familiarization will be provided by the LOC.

Elite: SUN, 22 September 14:20 to 15:10

Elite Para: SUN, 22 September 15:25 to 16:15

*Buoys will be set up on course.

Bike Familiarization

A bike familiarization will be provided by the LOC.

Elite & Elite Para: SUN, 22 September 13:10 to 13:50

*Notes

Athletes are only allowed to try out the bike course during the time specified above.

Athletes may only come and go during the following times on September 22 (Sunday).

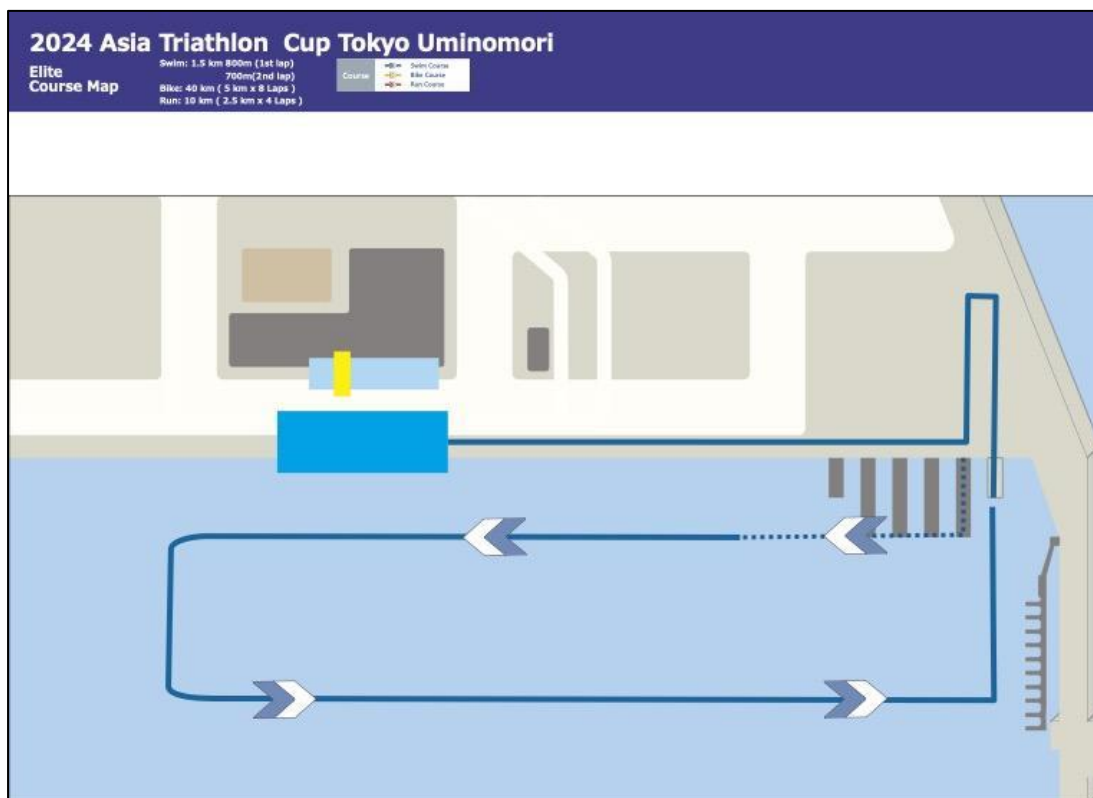
SUN, 22 September 12:05 - 13:00 / 15:00 -

Course / Elite

Whole Course



Swim



Course / Elite

Bike



Run

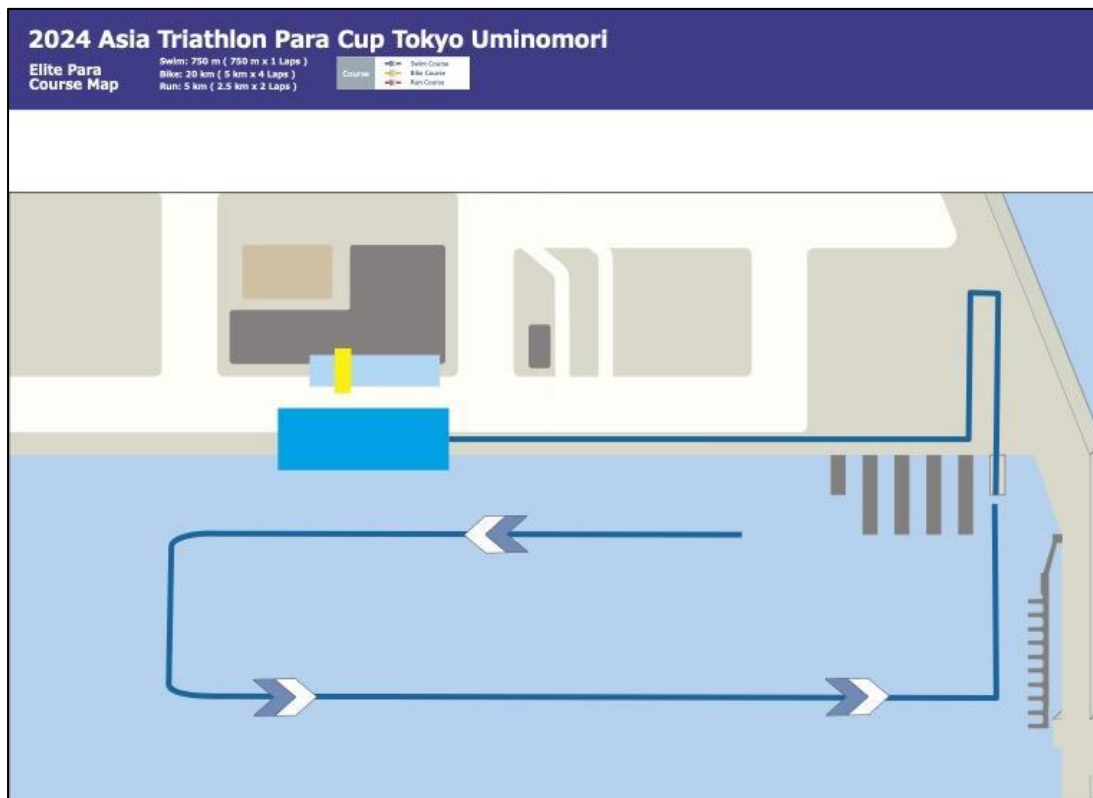


Course / Elite Para

Whole Course



Swim



Course / Elite Para

Bike

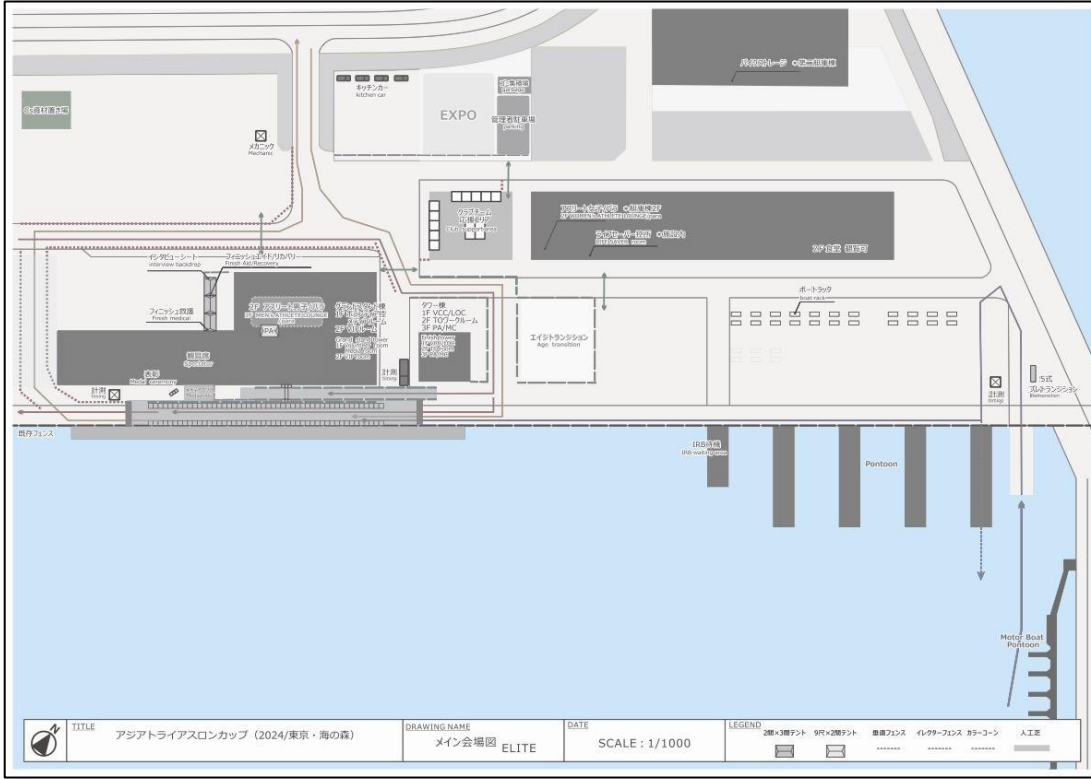


Run

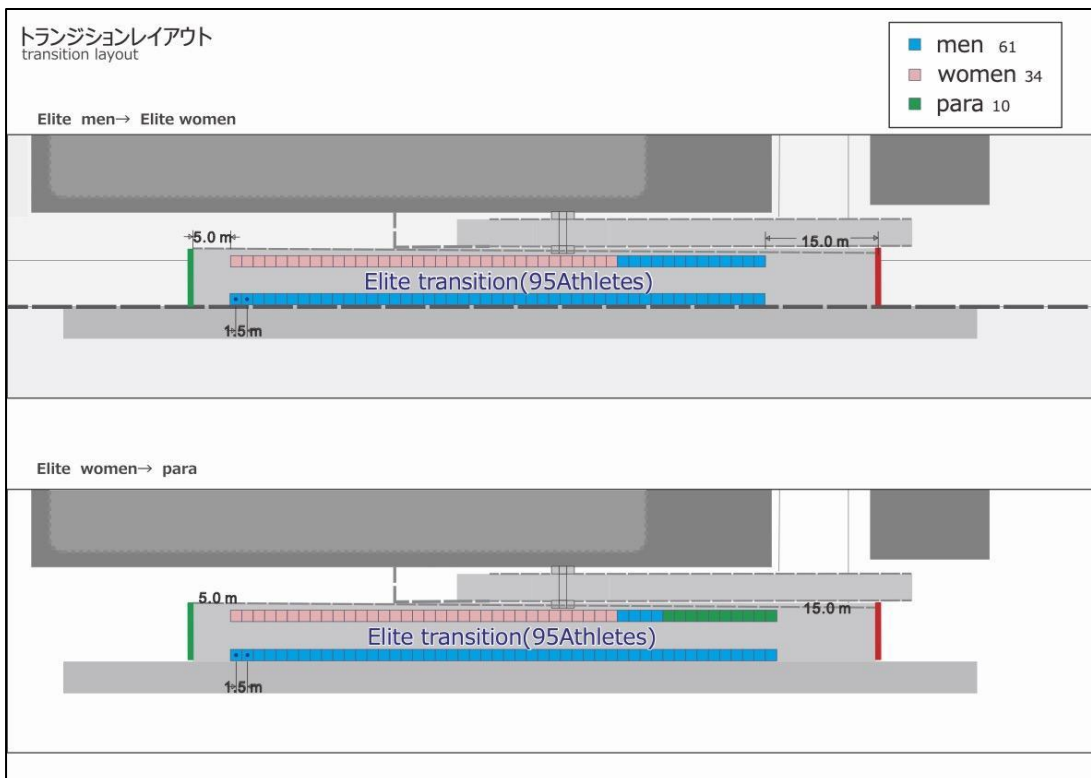


Venue / Transition

Venue



Transition



Aid Station / Penalty Box / Wheel Station

Aid Station

The aid stations are located on the following course map (), we will be providing sealed bottles of water.

Penalty Box

The penalty box will be located. Please make sure the following course map ().

Wheel Station

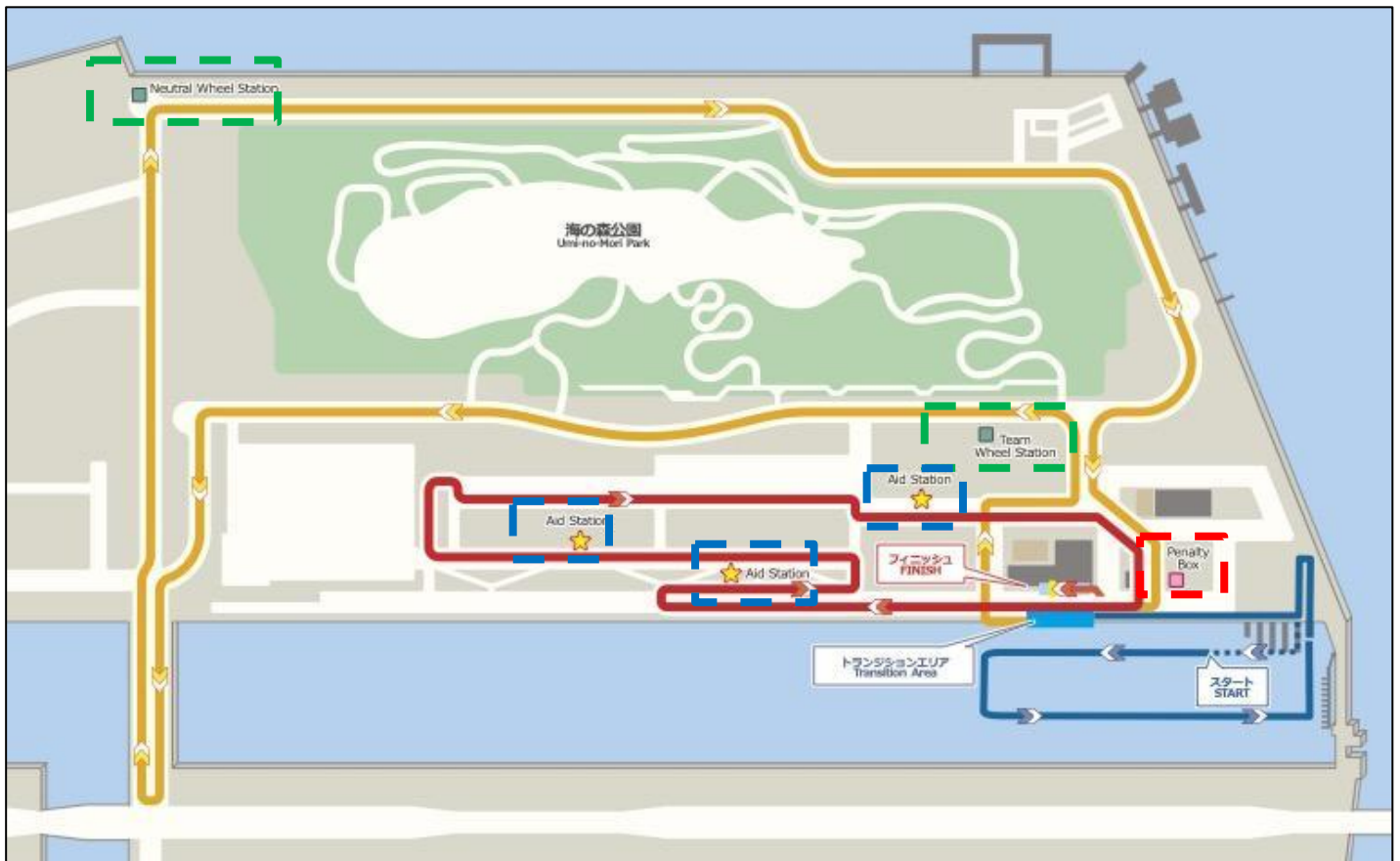
Two-wheel stations (Team / Neutral) will be provided. Please make sure the following course map ().

•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



Competition Information

Weather Conditions

Temperatures in September range between 25.0 ~ 30.0 °C.

Water Temperature

25 - 28 °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_2024_20240416.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.

	World Triathlon criterion	Location ①	Location ②	Location ③
Time		14 July 15:36	14 July 15:44	14 July 15:57
Water Temperature		29.2	29.2	29.2
Air Temperature		28.7	28.7	28.7
Ph	6-9	8.24	8.29	8.34
Escherichia coli	Within 250	<10	<10	<10
Enterococci	Within 100	<10	<10	<10



Competition Information

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 for athletes and coaches will be handed out when check-in at the official hotel. Only accredited persons will be allowed to access certain venue areas. Accreditation cards provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards bands with them at all times and to show them upon request.

Live Timing

TBA

Contingency Plan

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

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

Course:

1st Run (5km) : 2.5km 2laps

Bike: (40km) : 40km 8laps

2nd Run(10km) : 10km 4laps

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

Course:

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

Bike: (20km) : 20km 4laps

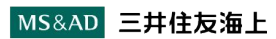
2nd Run(5km) : 5km 2laps

Doping Control

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

Partners

Partners



Supporters

