



Asia  
Triathlon  
Para Cup

Chiba  
2024



Triathlonlive.tv



# ATHLETES GUIDE

2024 Asia Triathlon Para Cup Chiba

19 - 20 Oct, 2024  
Chiba, 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 Para Cup Chiba.

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

18 October, FRI		
11:00 - 12:00	Elite Para Bike & Run Familiarization	Bike & Run Course
12:00 - 13:00	Elite Para Swim Familiarization	Swim Course
16:00 - 16:30	Elite Para Registration	Makuhari International Training Center
16:30 - 17:00	Elite Para Briefing & Package Distribution	Makuhari International Training Center
19 October, SAT		
09:00 -	Bike Mechanic Service	Venue
09:00 -	Elite Para Athlete Lounge Open	Athlete Lounge
09:00 -	Elite Para Transition Check-in	Transition Area
10:30 -	Elite Para Competition	Course
13:10 -	Elite Para Victory Ceremony	Venue

### Key Contacts

TRI Technical Delegate	Kamilya Syzdykova	<a href="mailto:kamiltai@gmail.com">kamiltai@gmail.com</a>
TRI Assistant Technical Delegate	Tomoko Oda	<a href="mailto:appleqq@gmail.com">appleqq@gmail.com</a>
TRI Medical Delegate	Dr. Yutaka Hiraizumi	<a href="mailto:hiraizum@med.showa-u.ac.jp">hiraizum@med.showa-u.ac.jp</a>
LOC Team Leader	Ken Koike	<a href="mailto:event@jtu.or.jp">event@jtu.or.jp</a>
LOC office		<a href="mailto:event@jtu.or.jp">event@jtu.or.jp</a>
Official Travel Agency	HIS *Person in charge : Takashi Shimamune	<a href="mailto:j-sports@his-world.com">j-sports@his-world.com</a>
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 : <a href="mailto:event@jtu.or.jp">event@jtu.or.jp</a> / Website: <a href="http://www.jtu.or.jp">http://www.jtu.or.jp</a>	

## Event Info

### Information Centre / LOC Office

The venue is located at Sea Forest Waterway. The office is open daily from THU, 17 October until SUN, 20 October.

Location: Chibashi Kyoiku Hall

Access: <https://maps.app.goo.gl/XL16wiBmxcctLAmj6>

Opening Hours: THU, 17 - SUN, 20 October 09:00 - 18:00

Contact address: [event@itu.or.jp](mailto:event@itu.or.jp)

### Official Travel Agency

HIS (Official Travel Agency)

Person in charge : Takashi Shimamune

[j-sports@his-world.com](mailto: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 Para (PTS / PTVI)

Sprint

Swim: 750m (1lap) / Bike: 20km (3laps) / Run: 5km (2laps)

#### Elite Para (PTWC)

Sprint

Swim: 750m (1lap) / Bike: 20km (3laps) / Run: 5km (1lap)

Event website :

<https://chiba-tra.jp/>

## Event Schedule as of 9 October

17 October, THU		
14:00 - 16:00	Elite Para Swim Training	Chiba International General Swimming Center
18 October, FRI		
10:00 - 12:00	Bike Mechanic Service	Venue
11:00 - 12:00	Elite Para Bike & Run Familiarization	Bike Course
12:00 - 13:00	Elite Para Swim Familiarization	Swim Course
16:00 - 16:30	Elite Para Registration	Makuhari International Training Center
16:30 - 17:00	Elite Para Briefing & Package Distribution	Makuhari International Training Center
19 October, SAT		
08:00 - 13:00	Bike Mechanic Service	Venue
09:00 - 10:00	Elite Para Athlete Lounge Open	Athlete Lounge
09:00 - 10:00	Elite Para Transition Check-in	Transition Area
09:40 - 10:10	Elite Para Swim Warm-up	Swim Course
10:15 - 10:25	Elite Para Start Ceremony	Start Area
10:25 - 10:30	Elite Para Athlete Introduction	Start Area
10:30 -	PTVI 1(M) , PTVI(W) Start / Wave-1	Course
10:32:41 -	PTVI 2(M) Start / Wave-2	Course
10:35 -	PTS 5/4/3/2(M) Start / Wave-3	Course
10:45 -	PTWC (M) Start / Wave-4	Course
13:10 -	Elite Para Victory Ceremony	Venue
20 October, SUN		
08:00 -	Age Group Competition	Course

## Entry Fee / Medical Services / Bike Mechanic Service

### Entry Fee

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.

\* Free entry fees for 2 elite athletes (1 male and 1 female) of each NF of Triathlon.

### Elite Athletes Lounge

Facilities including athletes' lounge are provided to the athletes at the venue of Inage Seaside Park. 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 18 October until 20 October 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 Inage Seaside Park.

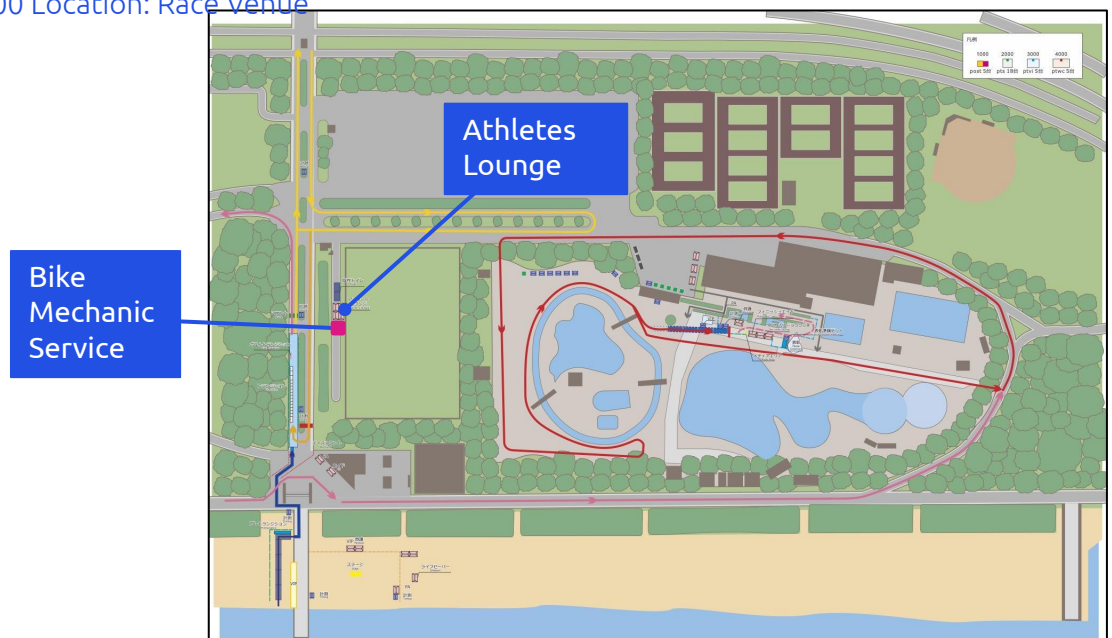
Possible medical services at the venue are free of charge. Treatment at clinics and during practice is to be paid by the participants. Athletes/teams should ensure that they have appropriate medical insurance.

### Bike Mechanic Service

LOC will offer a comprehensive bike mechanic support from 18 to 19 October and is also available in case of emergency.

FRI, 18 October 10:00 - 12:00 Location: Race Venue

SAT, 19 October 08:00 - 13:00 Location: Race Venue



## Accommodation / Transportation / VISA

### 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](mailto:j-sports@his-world.com)

Person in charge: Takashi Shimamune(Mr)

### Closest Airport

Tokyo Narita International Airport

<https://www.narita-airport.jp/en/>

### Free Accommodation

Chiba LOC will provide the following travel support for 2 elite para athletes (1 male and 1 female) and 1 official from each NF of Triathlon;

- Free accommodation at the official hotel of 2 nights 3days
- Free transportation between Narita International Airport and the official hotel

\*In addition to the above, the LOC is willing to discuss covering part of or all of the airfare (economy) with competing para athletes from each NF.

\*Application deadline 30 September, 2024

\*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](mailto:j-sports@his-world.com)

### 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](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@itu.or.jp](mailto:event@itu.or.jp) ).

## Access

### Race Venue

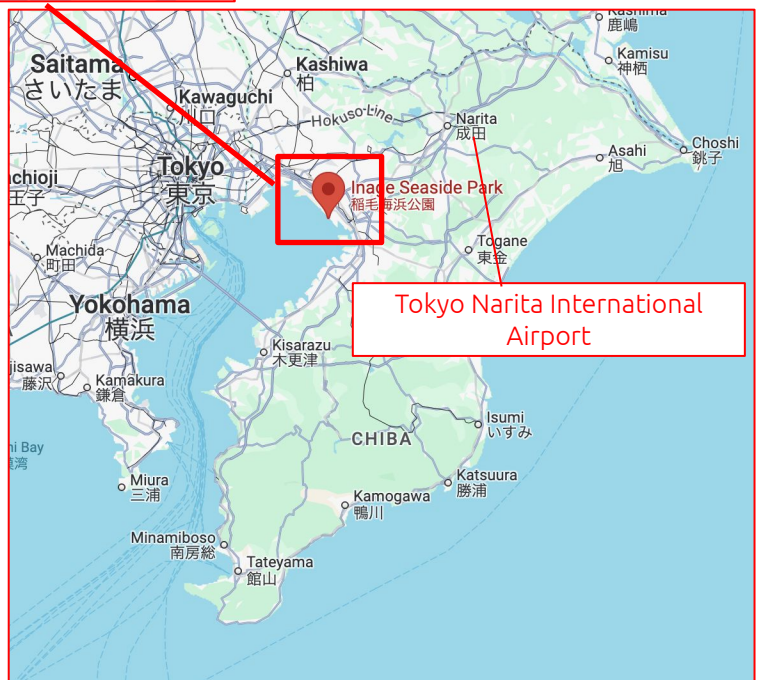
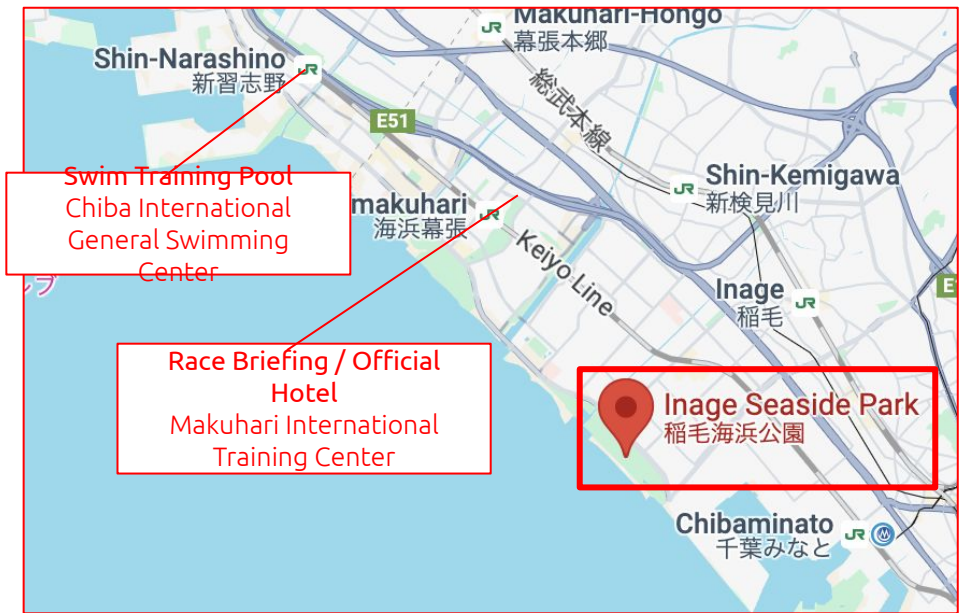
Inage Seaside Park (SUNSET BEACH PARK INAGE)  
 Address : 7-2-2 Takahama, Mihama-ku, Chiba-city, Chiba  
 Google Map : <https://maps.app.goo.gl/KgYSoq6tEoT4RFqJ9>

### Race Briefing / Official Hotel

Makuhari International Training Center  
 Address : 1-1 Hibino Mihama-ku Chiba-city Chiba 261-0021  
 TEL : +81-43-276-1630  
 URL : <https://mit-c.jp/english/>

### Swim Training

Chiba International General Swimming Center  
<https://maps.app.goo.gl/Hif5WrKGuQi2yS6T7>





## Training Information / Course Familiarization

### Training

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

### Swim (Pool training)

A swim training will be provided by the LOC.

Date : THU, 17 October

Time : 14:00 - 16:00

Facility : Chiba International General Swimming Center <https://maps.app.goo.gl/Hif5WrKGuQi2vS6T7>

\* 2 lanes for dedicated 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.

### Swim Familiarization

A swim familiarization will be provided by the LOC.

Elite Para: FRI, 18 October 12:00 to 13:00

\*Buoys will be set up on course.

### Bike & Run Familiarization

A bike & run familiarization will be provided by the LOC.

Elite Para: FRI, 18 October 11:00 to 12:00

\*The familiarization will be conducted inside the park.

Course / Elite Para

Course for PTWC/PTS/PTVI



Swim Course for PTWC/PTS/PTVI



Course / Elite Para

Bike Course for PTWC/PTS/PTVI



Run Course for PTS/PTVI



Course / Elite Para

Course for PTWC



Run Course for PTWC





## Aid Station / Penalty Box / Wheel Station

### Aid Station

The aid stations are located on the course map (page9-11) , we will be providing sealed bottles of water.

### Penalty Box

The penalty box will be located.Please make sure the course map (page9-11).

### Wheel Station

Two-wheel stations (Team / Neutral ) will be provided. Please make sure the course map (page9-11).

•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 October range between 20.0 ~ 25.0 °C.

### Water Temperature

23 - 25 °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](https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2024_20240416.pdf)

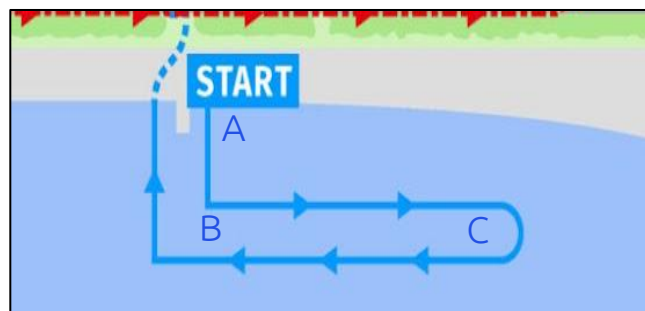
### Protests and Appeals

Standard procedures will be followed according to the World Triathlon competition rules.

### Water Quality

The water quality is good. All items meet the requirements.

As of 19 Aug	World Triathlon criteion	Location A	Location B	Location C
Time		13:15	13:25	13:30
Water Temperature		32.0	30.1	29.6
Air Temperature		36.0	36.0	36.0
Ph	6-9	8.5	8.6	8.5
Escherichia coli	Within 250	20	<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 Para: 2.5km run, 20km bike, 5km run

Course:

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

Bike: (20km) : 20km 3laps

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

### Doping Control

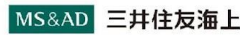
Doping Control will be performed according to the World Triathlon/WADA rules.



TOP PARTNER



PARTNERS



SUPPORTERS

キリンビバレッジ株式会社 千葉支店、新港中央地区連絡協議会、轟クリニック

FEDERATION



HOST CITY

