



World Triathlon
Cup
MIYAZAKI
2024

Triathlonlive.tv



ATHLETES GUIDE

2024 World Triathlon Cup Miyazaki

9 - 10 Nov, 2024
Miyazaki, 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 Leaders are well informed about all procedures concerning the 2024 World Triathlon Cup Miyazaki.

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 Date

7 Nov, THU		
17:15 - 18:00	Elite Registration	Amino Vital Training Center Miyazaki
18:00 - 18:30	Elite Athlete Briefing	Amino Vital Training Center Miyazaki
18:30 - 18:45	Elite Race package distribution	Amino Vital Training Center Miyazaki
19:00 - 20:30	Elite Athlete Dinner	Sheraton / Convention Center
8 Nov, FRI		
12:45 - 13:30	Bike Familiarization	Bike course
13:30 - 14:30	Swim Familiarization	Swim course
9 Nov, SAT		
09:00 -	Elite Women Competition	
11:00 -	Elite Men Competition	
12:30 -	Elite Women & Men Medal Ceremony	

Key Contacts

TRI Team Leader	Melody Tan	melody.tan@triathlon.org Mobile: +60-12-2381154
TRI Technical Delegate	Alexey Kalinin	alexei@trendonline.ru Mobile: +7-9106628629
TRI Medical Delegate	Dr. Ryoji Kasanami	kasanami@cc.nara-edu.ac.jp
LOC Team Leader	Kiriyo Suzuki	event@jtu.or.jp
Official Travel Agency	Nippon Travel Agency	miyazaki_tri2024@nta.co.jp

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>



Event Info

Event Distance Info:

Sprint

Swim: 0.75km / Bike: 20km / Run: 5km

SWIM

Water temperature: 21-22°C

Number of laps: 1 lap

Beach start

BIKE

Number of laps: 4 laps x 5km

RUN

Number of laps: 2 laps x 2.5km

Event website :

World Triathlon https://triathlon.org/events/event/2024_world_triathlon_cup_miyazaki

LOC <https://miyazaki-tri.com/>



Event Schedule

Updated : 5th September, 2024

5 Nov, TUE		
09:00 – 16:00	Swim training	Fitness Hitotsuba
6 Nov, WED		
09:00 – 16:00	Swim training	Fitness Hitotsuba
7 Nov, THU		
09:00 – 16:00	Swim training	Fitness Hitotsuba
13:00 – 17:00	Bike Mechanic Service	Himuka Center Parking
16:30 – 17:00	Press Conference	Amino Vital Training Center Miyazaki
17:15 – 18:00	Athlete Registration	Amino Vital Training Center Miyazaki
18:00 – 18:30	Athlete Briefing	Amino Vital Training Center Miyazaki
18:30 – 18:45	Race Package Distribution	Amino Vital Training Center Miyazaki
19:00 – 20:30	Athlete Dinner	Sheraton Convention 2F / Orchard, Fountaion
8 Nov, FRI		
09:00 – 16:00	Swim training	Fitness Hitotsuba
10:00 – 17:00	Bike Mechanic Service	Himuka Center Parking
12:45 – 13:30	Bike Familiarization	Bike Course
13:30 – 14:30	Swim Familiarization	Swim Course
9 Nov, SAT		
07:30 – 12:00	Bike Mechanic Service	Venue (Next to Athlete Lounge)
07:30 – 08:30	Elite Women Athlete Lounge Open	Athlete Lounge
07:30 – 08:30	Elite Women Transition Check-in	Transition Area
08:00 – 08:40	Elite Women Swim Warm-up	Swim Course
08:50 – 09:00	Elite Women Start Ceremony	Start Area
09:00 -	Elite Women Competition	Course
09:30 – 10:30	Elite Men Athlete Lounge Open	Athlete Lounge
10:00 – 10:30	Elite Men Transition Check-in	Transition Area
10:00 – 10:40	Elite Men Swim Warm-up	Swim Course
10:50 – 11:00	Elite Men Start Ceremony	Start Area
11:00 -	Elite Men Competition	Course
12:30 – 12:45	Elite Men&Women Medal Ceremony	Finish Area
13:30 -	Kids & Junior Competition	Course
10 Nov, SUN		
09:00 -	Age Competition	Course



Venue / Medical Services / Bike Mechanic Service

Venue

The venue is located at Sun Marina Miyazaki, in Miyazaki City. The swim 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 November 8th until 10th 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.

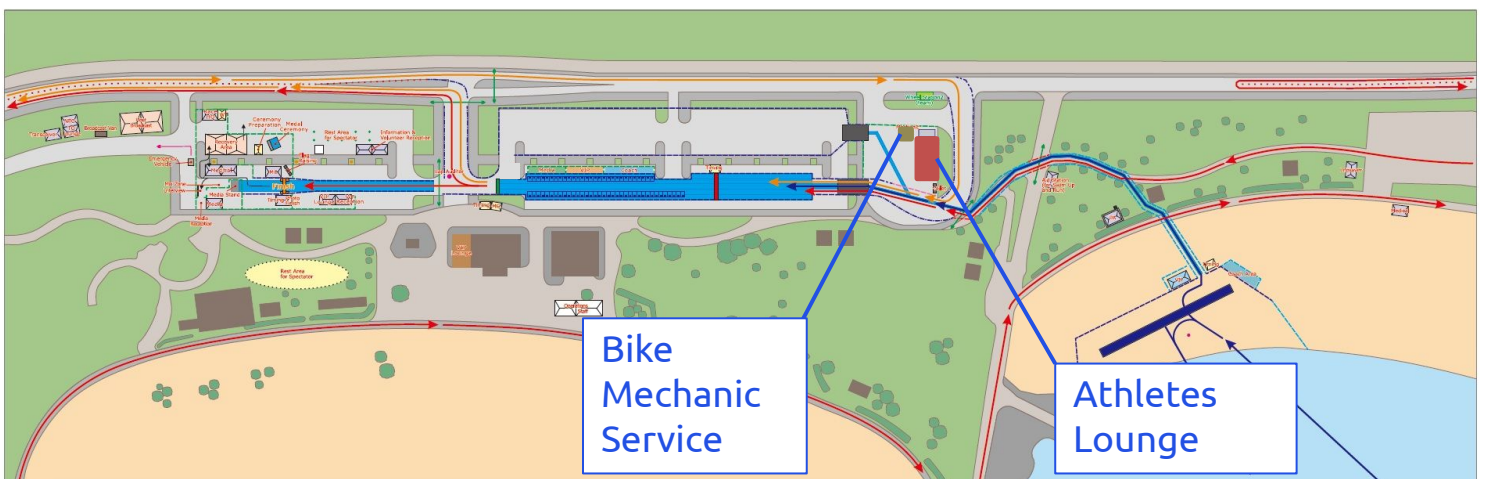
Bike Mechanic Service

"SHIMANO" will offer a comprehensive bike mechanic support from November 7th to 10th and is also available in case of emergency.

Thursday, November 7th 13:00-17:00 Location: Himuka centre Parking

Friday, November 8th 10:00-17:00 Location: Himuka centre Parking

Saturday, November 9th 07:30-12:00 Location: Race Venue





Information / LOC

Information Centre / LOC Office

The venue is located at Himuka centre. The office is open daily from Tuesday November 5th until Sunday November 10th.

Location: Himuka Centre

Opening Hours 09:00-18:00

Travel office

Location: Himuka Centre

Opening Hours 09:00-18:00

Contact address: miyazaki_tri2024@nta.co.jp

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.



Accommodation / VISA / Transportation

Accommodation

- The LOC has been preparing to receive participants from overseas. Accommodations and transportation for the participants have already been secured.

Although it is possible to make your own arrangements, we ask for your understanding and cooperation on the following matters.

- Host Hotel
Sheraton Grande Ocean Resort <https://seagaia.co.jp/english/hotel/sgor.html>
Addresses: Hamayama Yamasaki-cho, Miyazaki City, Miyazaki Prefecture
TEL : 0985-21-1333
- VISA & Travel Arrangements
Athletes & NF can arrange their accommodation via the website;
https://va.apollon.nta.co.jp/miyazaki_tri2024/
* Deadline : 10 Oct
- Contact information
Nippon Travel Agency (official travel agency of the event)
E-mail: miyazaki_tri2024@nta.co.jp
Person in charge: Kayo Kawamura (MS) Daiki Kawachi (MR)
Coordinator: Mike Kitatsugi (Nippon Travel Agency Business Solutions)
Direct email: mike.kitatsugi@gmail.com
Business Hours: 9:30-17:30 (Closed on Sat, Sun & Public holidays)
- Period that LOC will arrange for accommodations and transportation
From November 5 (Tue) through 11 (Mon)

VISA

- VISA & Travel Arrangements
Athletes & NF can arrange their accommodation via the website;
https://va.apollon.nta.co.jp/miyazaki_tri2024/
- 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.

Transportation

The LOC will provide free transportation for elite athletes and their team officials from Miyazaki airport to Official Hotel or Hotels in Miyazaki city center between TUE, 5th Nov and MON, 11th Nov.

- Transportation request
Athletes & NF can request their transportation between Miyazaki airport and hotels via the website;
<https://qa.nta.co.jp/O/en/32509822/tri2024/>
* Deadline : 16 Oct
- Closest Airport
Miyazaki Bougainvillea Airport
<https://miyazaki-airport.i-server.com/LUCMBA/ns/tl.cgi/https://www.miyazaki-airport.co.jp/?SLANG=ja&TLANG=en&XMODE=0&XJSID=0>



Hospital Search/ Restaurant/ Car rental

Hospital Search

- ▼ Search Hospital and Clinic

http://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top

- ▼ 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

- ▼ 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

Restaurant

<http://tabelog.com/en/miyazaki/>

Car rental

http://en.tabirai.net/car/miyazaki/?utm_source=tabirairc_top&utm_medium=pc&utm_campaign=tabirairc

Cycle rental

<https://pipa.co.jp/pdf/English-Guide.pdf>



Training Information

Swim (Pool training)

Location: Fitness Hitotsuba

URL: <https://seagaia.co.jp/english/eventactivity/sports.html>

Period / Time:

5th – 8th November 9:00AM – 4:00PM

Booking form:

https://docs.google.com/spreadsheets/d/1ZjU_ALVGOLjVxWBjRK8wFYHmnmWqzVf7PiHrqnA6Q4/edit?gid=1891979672#gid=1891979672

- *The pool has 3 lanes, 1 for free use, 2 for booking use
- * Team is possible to book lane 1 and lane 2 according to time slot
- * Up to 2 lanes and 1 slot per team per 1 day
- * Reservations are on a first-come, first-served basis
- * Free lane: Athletes may come and swim at any time, but please be respectful of each other's use
- * Maximum of about 6 athletes per lane
- * This table will be updated as necessary
- * It is possible to park your bikes at Fitness Hitotsuba 1st floor.

Swim (Ocean training)

The athletes CAN NOT swim at swim course/Venue except the familiarization day and the race day.

Swim Familiarization: FRI, 8th November 13:30-14:30(All buoys set up)

Bike & Run

Location: No restrictions

Attention: Please note

The bike course is not open for training before the race except during bike course familiarization.

Must follow the traffic rule of Japan.

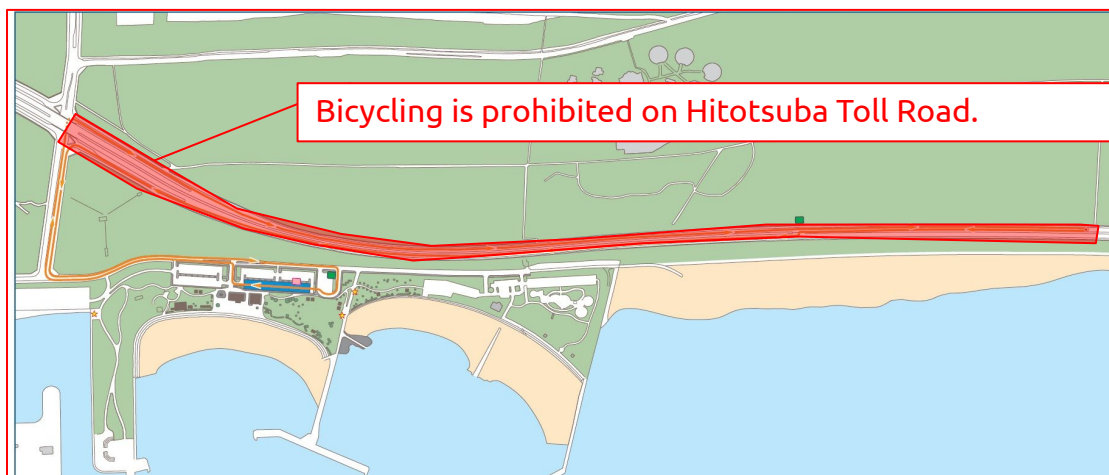
*Please bring your own equipment.

*Training equipment (smart trainers and indoor rollers) are not available for rent.

*Training is not allowed at the hotel.

Please see below

<https://english.jaf.or.jp/driving-in-japan/traffic-rules>





Athlete Briefing / Athlete Dinner

Athlete Briefing

Location: Amino Vital Training Center Miyazaki

URL: <https://seahorse-miyazaki.jp/>

Access: Hamayama, Yamazakicho, Miyazaki City, Miyazaki 415-87



Date: THU, 7th November

Schedule:

17:15 – 18:00 Athlete Registration

18:00 – 18:30 Athlete Briefing

18:30 – 18:45 Race Package Distribution

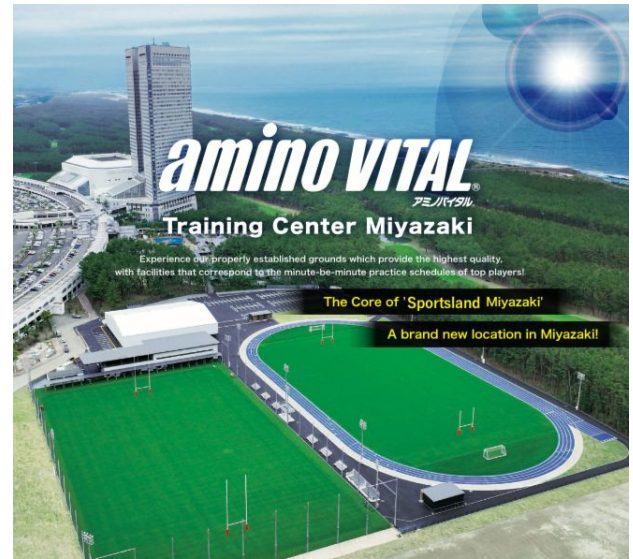
Athlete Dinner

Location: Sheraton Convention 2F / Orchard, Fountain

Access: <https://seagaia.co.jp/english/access/>

Date / Time: THU, 7th November 19:00 – 20:30

Cost: Free





Course Familiarization

Course Familiarization

Swim

A swim familiarization is provided by the LOC on Friday, 8th November 13:30 to 14:30.

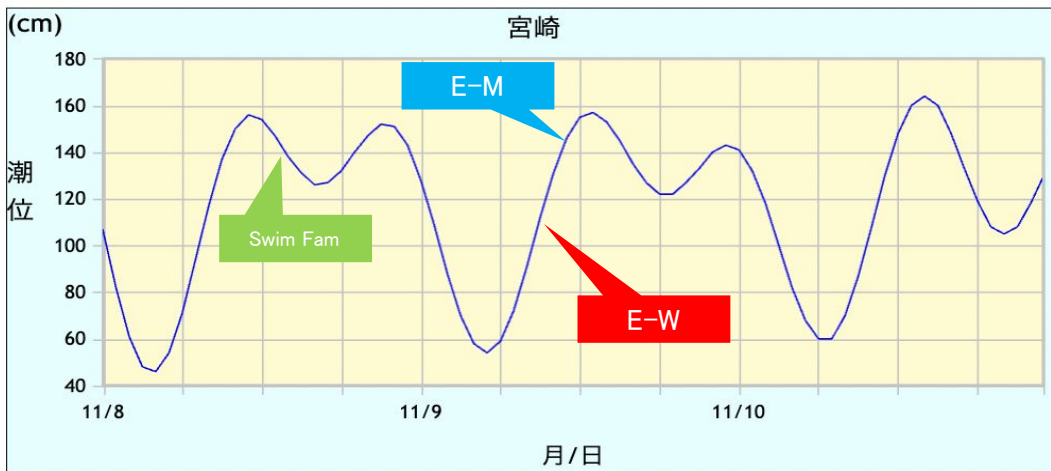
Buoys will be set up on course.

Tide table

2024年11月8日～2024年11月10日の潮位予測

前期間

次期間



注意

- ・ グラフの縦軸は潮位、横軸は日付を示しています。
- ・ 潮位は潮位表基準面上の値（単位：センチ）で表示しています。

毎時潮位 宮崎

2024年11月8日～2024年11月10日の潮位予測

前期間

次期間

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2024/11/08(金)	107	82	61	48	46	54	71	94	117	137	150	156	154	147	138	131	126	127	132	140	147	152	151	143
2024/11/09(土)	128	109	88	70	58	54	59	72	91	112	131	146	155	157	153	145	135	127	122	122	127	133	140	143
2024/11/10(日)	141	132	118	100	82	68	60	60	70	87	108	130	148	160	164	160	148	133	119	108	105	108	118	130

注意 (解説)

- ・ 毎時潮位は潮位表基準面上の値（単位：センチ）で表示しています。

Bike

A bike bike familiarization is also provided by the LOC on Friday, 8th November from 12:45 to 13:30

Meeting point is at the Transition Area.It will be a full road closure.

Athletes will be escorted by Technical Official on the bike course. TOs will lead and follow training group.

The athletes must stay between lead TOs and follow TOs.



Course

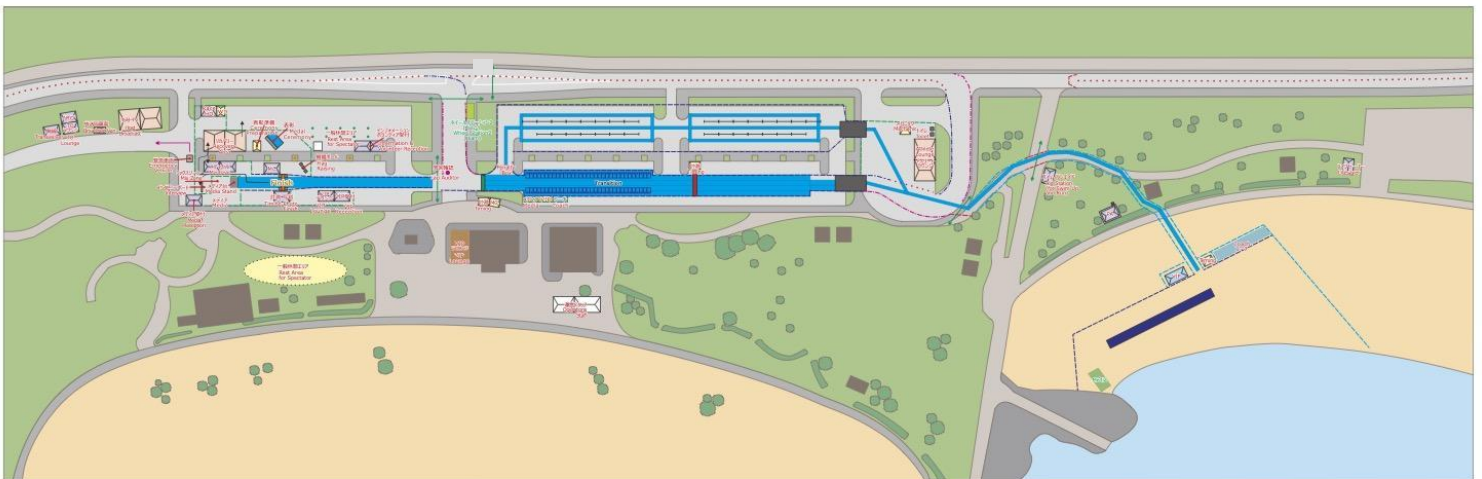
Course MAP



Venue

ワールドトライアスロンカップ (2024/宮崎) 2024 World Triathlon Cup Miyazaki

5th Japan Age Group Triathlon National Championship (2024/Miyazaki)
第5回日本エイジグループナショナルチャンピオンシップ/シリーズファイナル (2024/宮崎)

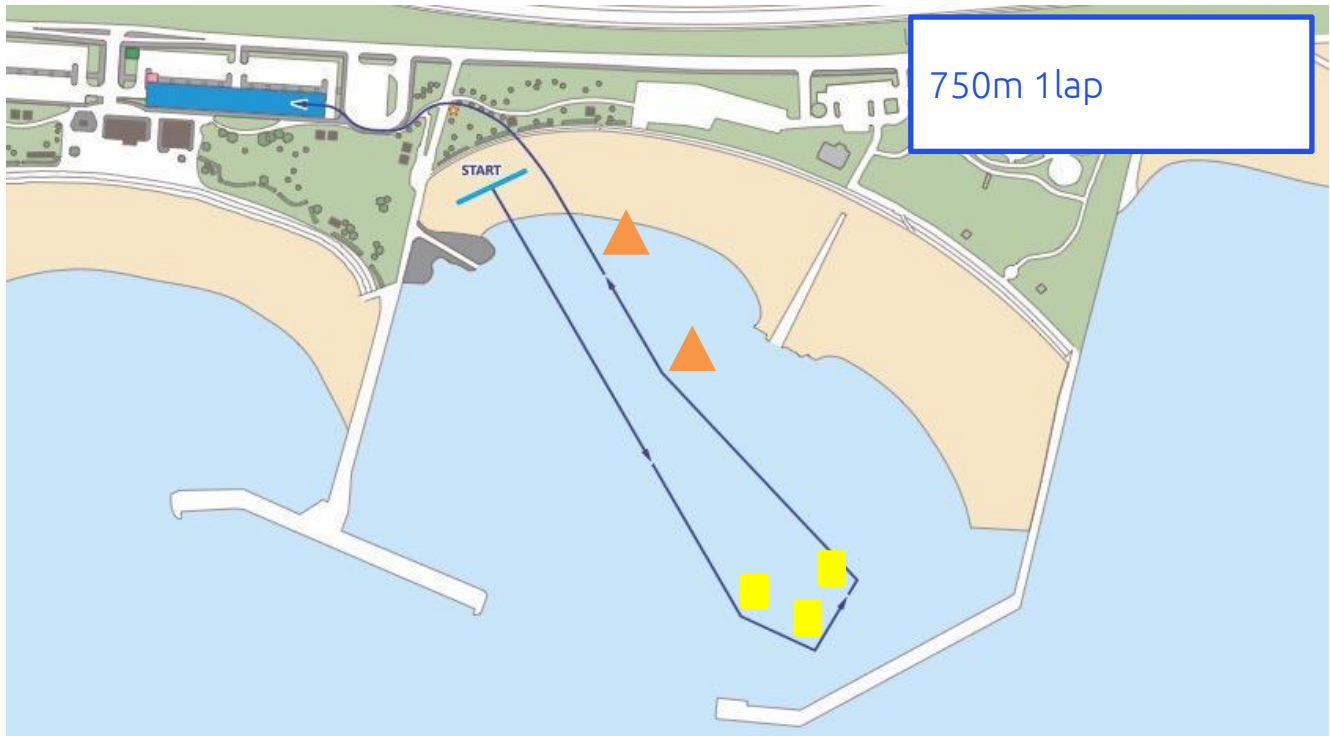


2.7m / 3.6m	プラスチックフェンス Plastic Fence	スチールフェンス Steel Fence	→ Swim Course スイムコース	→ Athlete 選手動線
3.6m / 5.4m	番線フェンス Steel Fence	ネットフェンス Net Fence	→ Bike Course バイクコース	→ Crossing 横断動線
3.6m / 7.2m	ローピング Roping	人工芝 Blue Carpet	→ Run Course ランコース	
7.2m / 7.2m	カラーコーン Cone	エリートバイクラック Elite Bike Rack	→ Age Bike Rack エイジバイクラック	



Course

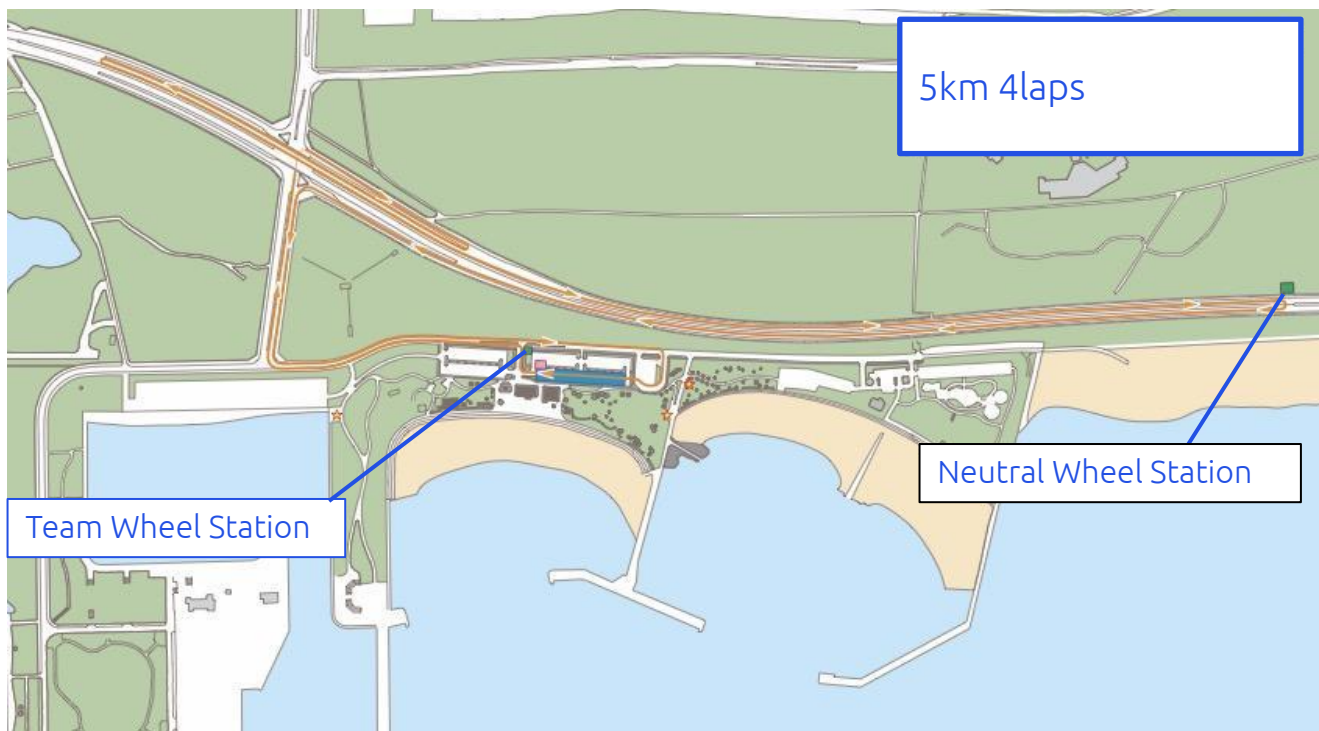
Swim course



The start area is at “Sun beach Hitotsuba north beach”. The swim will be the beach start. The Head Referee with the assistance of World Triathlon 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. The boxes will be carried by TO and LOC staff back to the Athletes Lounge.

Bike Course

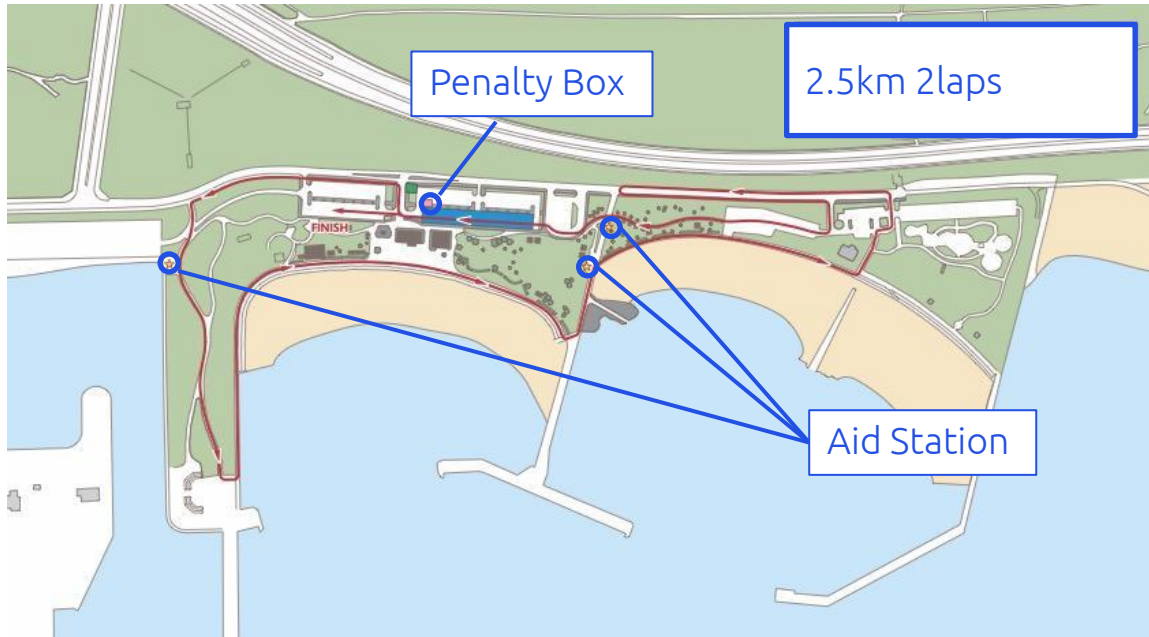


There are 4 laps of 5km to ride. The road surface on the bike segment is beautiful and smooth.



Course

Run Course



Course is flat generally. Distance is 2 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, we will be providing sealed bottles of water.

Penalty Box

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

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).

•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 November range between 17.0 ~ 23.0 °C.

Competition Rules

The race will follow the latest published competition rules of the World Triathlon.

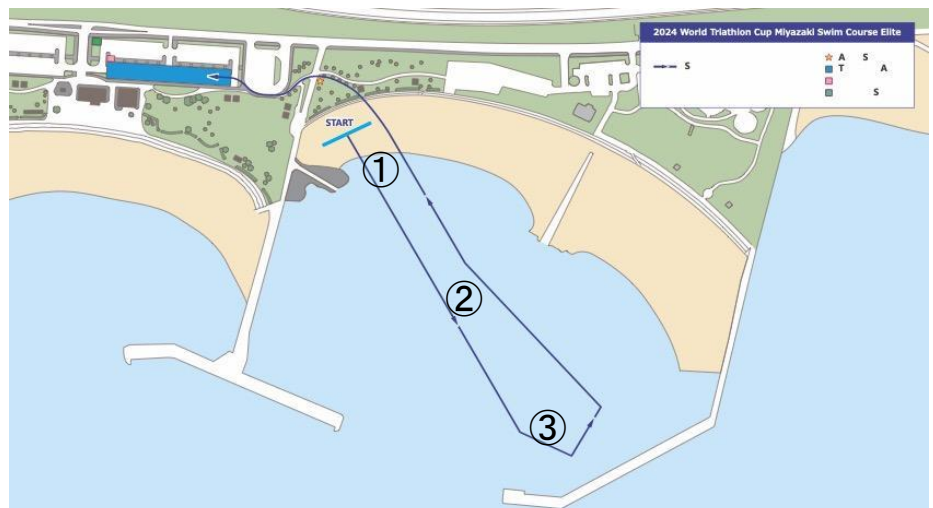
Protests and Appeals

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 9 th Sep	World Triathlon Criteria	Location ①	Location ②	Location ③
Time		12:51	12:44	12:32
Water Temperature		29.8	29.7	29.7
Air Temperature		30.6	30.6	30.6
Ph	6-9	7.84	7.91	7.89
Escherichia coli	Within 250	<10	<10	<10
Entero-cocci	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 during the official registration on October 26th after the Race Package Distribution at Amino Vital Training Center. 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.

Live Timing

TBA

Live Streaming

Triathlon live <https://www.triathlonlive.tv/browse>



CONTINGENCY PLAN

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

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

Course:

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

Bike: (20km) : 5.0km per lap x 4 laps

2nd Run(5km) : 2.5km per lap x 2 laps

Doping Control

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