



Athlete's Guide

Ishigaki Island Triathlon 2024
10th Yaeyama District Triathlon Competition
2024 JTU Triathlon Age Group
National Championship Series SD Round 1



Apr. 8th Edition

Please check the latest version on the event's official website.



Changes/Updates



| Date of Change | Page | Item | Content | Before Change | After Change |
|----------------|------|------|---------|---------------|--------------|
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Points to note regarding course changes

1, The running course has been changed to include urban areas!

After a five-year hiatus since 2019, we are returning to the course where we can once again receive the enthusiastic cheers of everyone in Ishigaki Island!

* Please note that the course is different from that of 2019.

* The course involves a T-shaped route with one lap, featuring a maximum incline of approximately 2.5% at one point. (Refer to Athlete Guide, page 11)

2, Elimination of the Southern Gate Bridge section in the final stretch of the bike course.

With the change in the run course, the Southern Gate Bridge, which exerted strain on tired bodies, will no longer be crossed. Instead, the bike course will conclude, resulting in a shortened distance of 40.9km compared to previous years. (Actual measurement until last year was approximately 42km. The event is labeled as 40km.) (Refer to Athlete Guide, page 10)

3, Transition 2 (T2) and the finish area are right next to the registration venue!

At the Shinsakae Park adjacent to the registration venue, the bike finish (Transition 2: T2) will take place. You can confirm the layout thoroughly the day before. (Refer to Athlete Guide, page 14)

4, Pay attention to the local rules due to the changes in T2 and the finish area!

- After registration on the previous day, it is necessary to deposit running gear. As it will be dark and potentially dangerous to move before sunrise, the deposit will be available only on the previous day.

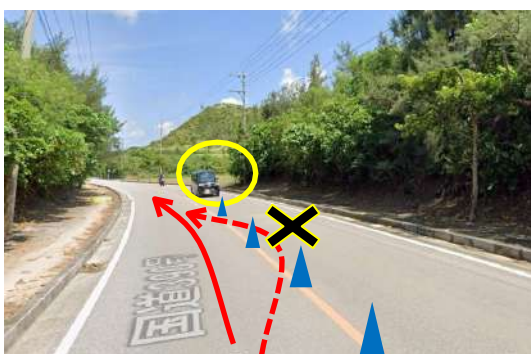
- After swimming, all swimming gear must be placed in the transition bag provided beforehand. The bag will be returned at the registration venue.

- **Please prepare shoes for T1 in case of duathlon in the event of swimming cancellation.** (Refer to Athlete Guide, page 17)

Points to note for bike and run

Last year, there was a tragic accident in a cycling race in Hokkaido where a competitor collided with a civilian vehicle, resulting in the death of the athlete.

For this event, except for certain sections, the bike course is regulated to one side of the road. **Please ensure not to cross the centerline under any circumstances.** Additionally, for the running course, most sections are also regulated to one side. Please be cautious not to stray beyond the centerline while running.



Let's work together to create an event that is safe, secure, and beloved by the community!

< Requests for events held on remote islands >

★ About Medical and Emergency Response System

We kindly ask for your cooperation to minimize the burden on medical and emergency services on the remote island.

Not only swim accidents but also heatstroke, falls, and other incidents may strain the island's medical resources.

Let's prioritize a safe and secure race without overexerting ourselves.

(There is no hesitation in providing emergency medical care in case of emergencies.)

★ Regarding Supplies and Equipment

While you can purchase daily necessities in the city, please note that not all supplies may be readily available. In particular, items related to the competition, such as sports gear or bicycle parts, may not be fully stocked. Therefore, we recommend preparing these items in advance to ensure you have everything you need for the event.

< Regarding health >

★ Let's approach the event in the best possible condition.

- Major factors leading to accidents: lack of sleep, fatigue, dehydration, alcohol consumption. Do any of these apply to you? Check your health condition on the morning of the event.

★ Accidents can happen to anyone, not just beginners.

- Even if you have a proven track record or are participating in a short-distance event, if you're not feeling well, have the courage to withdraw.

★ Ensure thorough heatstroke prevention.

- Anticipate the summer environment and acclimate your body accordingly (heat acclimatization).

It's necessary to make your body sweat easily through activities like bathing or sauna.

- Sunscreen and other measures against sunburn also contribute to maintaining your health.

★ Perform a sufficient warm-up to avoid a sudden increase in heart rate.

- It's important to raise your heart rate during warm-up.

- Participation in the trial swim on the day of the event is mandatory. (There is no trial swim the day before. A trial swim is optional two days before the event.)

< Regarding equipment >

★ Wearing a wetsuit is mandatory. Considering the expected heat, please also consider wearing a long john (sleeveless).

- Rash guards or similar attire are not permitted. (However, if temperatures and water temperatures are high, wearing them may be recommended.)

★ Wear a helmet at all times, both during the race and while moving.

- Properly wearing a helmet at all times is considered mandatory when riding a bike.

★ Safety pins cannot be used to attach race numbers.

- Please cooperate in attaching your race number using a number belt or similar method, as there are environments where running barefoot is required.

(There have been cases of punctures due to safety pins falling off on the bike course.)

< Regarding transportation >

★ Please cooperate by separately transporting your bike for the outbound and return journeys.

- There has been a concentration of bike transportation accompanying passengers on flights, causing disruptions to flight schedules. This inconvenience affects all passengers and may potentially disrupt future event operations. Additionally, there is a risk that bikes may not arrive at the same time as passengers due to limited space on flights.

- We kindly request your cooperation in advance shipping or shipping from the local area.

- Please consider arrival by Friday or departure from Ishigaki on Tuesday or later. (Refer to page 15, "Bike and Baggage Transport" for preparations for the event.)

- When shipping, please confirm options such as air freight or sea freight.

- Due to weather conditions or congestion, shipping may take longer than expected. Please allow extra time for shipping.

★ Please exercise caution during early morning travel on the event day.

- Sunrise on the event day is around 6:16 AM. Since it will be dark during travel, ensure that you have proper lighting if cycling and wear reflective materials to enhance visibility.

★ Let's adhere to traffic rules and etiquette when transporting bikes.

- When transporting bikes, strictly obey traffic signals and rules, and avoid weaving or zigzagging on hills.

- Specially in the early morning, please be mindful not to disturb residents with loud noises or disturbances.

< Regarding eligibility for participation >

★ Please bring a government-issued identification with a photo. (Copies are acceptable.)

- Substitution (participating on behalf of another) has resulted in disqualification and a suspension from participation for a certain period in previous cases.

- In the event of non-compliance and failure to address the situation, it will be considered a serious violation of the rules that could endanger lives.

Event Outline

| | |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Event name | Ishigaki Island Triathlon 2024 10th Yaeyama District Triathlon Tournament 2024 JTU Triathlon Age Group National Championship Series SD First Round |
| Date | April 21, 2024 (Sunday) |
| Venue | Inside Ishigaki City, Start at Minaminu Hama Town Seaside Greenery |
| Organizer | Ishigaki Island Triathlon 2024 Executive Committee [Comprising Organizations] Public Interest Incorporated Association Japan Triathlon Union (JTU) General Incorporated Association Okinawa Prefecture Triathlon Union (OTU) Yaeyama Triathlon Association (YTA) Yaeyama District Sports Association Yaeyama District Athletics Association Yaeyama Bicycle Racing Federation Ishigaki City Sports Promotion Committee |
| Co-organizer | Ishigaki City |
| Managed by | Yaeyama Triathlon Association (YTA) |
| Supported by | Taketomi Town, Yonaguni Town, Ishigaki City Board of Education, Okinawa TV Broadcasting Co., Ltd., Ryukyu Shinpo Co., Ltd., Yaeyama Mainichi Newspaper Co., Ltd., Yaeyama Nippo Co., Ltd., Nikkan Sports News, Nanpo Shosha Inc., Ishigaki Cable Television Co., Ltd., General Incorporated Association Yaeyama Visitors Bureau |
| Official Airline | Japan Airlines Co., Ltd. (JTA), Japan Transocean Air Co., Ltd. (JTA) |
| Sponsored by | Ajinomoto Co., Inc., Nippon Travel Agency Co., Ltd., Lawson Inc., Cerespo Co., Ltd., Champion System Japan Co., Ltd., Sports Club NAS Co., Ltd., Nippon Telegraph and Telephone West Corporation, Orion Beer Co., Ltd., Ryuseki Co., Ltd., Okinawa Electric Power Company, Incorporated, Hidecho Suisan Co., Ltd., and many others listed. |
| Supported by | Okinawa Prefecture Yaeyama Police Station, Ishigaki City Fire Department, Ishigaki Coast Guard, Yaeyama District Medical Association, and many others listed. |
| Office | Address: 2F Shimari Pas Square, 280-2 Arakawa, Ishigaki City, 〒907-0024 Telephone: 0980-87-0085 Fax: 0980-87-0588 Business Hours: Weekdays 9:00 am to 5:00 pm Email: info@ishigaki-triathlon.jp URL: https://ishigaki-triathlon.jp/ |

Event Outline

| | | |
|-------------------|----------------------------------|----------------------------------|
| Division/Distance | Division | Distance (S=Swim, B=Bike, R=Run) |
| | Age/General | |
| | Age/ Yaeyama District Tournament | |
| | Relay | |
| | | S 1.5km · B 40km · R 10km |

| | | |
|-------------|-------|-------------------------|
| Time Limits | Event | Time Limit (Cumulative) |
| | Swim | 1 hour |
| | Bike | 3 hours 15 mins |
| | Run | 4hours 45 mins |

| | | | |
|---------------|---------------------------------------|-----------------------|-------|
| Entry Numbers | Division | # of athlete and team | Total |
| | Age/General | 1147 | |
| | Including Yaeyama District Tournament | 87 | |
| | Relay | 70 | |
| | | 1357 | |

| | | | | | |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------|------------------------|------------------------|------------------------|
| Award Ceremony | Division | Category | | Award | |
| | Age | By Age Group | Overall | Men & Women | 1 st to 3rd |
| | | | 18-19 Men&Women | 55-59 Men&Women | 1 st to 3rd |
| | | | 20-24 Men&Women | 60-64 Men&Women | |
| | | | 25-29 Men&Women | 65-69 Men&Women | |
| | | | 30-34 Men&Women | 70-74 Men&Women | |
| | | | 35-39 Men&Women | 75-79 Men&Women | |
| | | | 40-44 Men&Women | 80-84 Men&Women | |
| | | | 45-49 Men&Women | 85-89 Men&Women | |
| | | | 50-54 Men&Women | 90-94 Men&Women | |
| | Relay | Overall | | 1 st to 3rd | |
| | *Note: Overall and age group awards include participants from the Yaeyama District Tournament. | | | | |
| | *Age group awards are for the top finishers in each age group, excluding those awarded in the overall category. | | | | |
| | ★Yaeyama Slot Participants (Automatically registered based on the address at the time of entry) | | | | |
| Division | Category | | Award | | |
| Yaeyama District Tournament | Individual | Men&Women | 1 st to 3rd | | |
| | By Community* | Top 3 individuals' scores from each | 1 st to 3rd | | |

| | | |
|-------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Eligibility | Common to all divisions | Individuals in good health, not impeding the conduct of the competition. |
| | | Individuals who will proactively comply with the competition rules. |
| | | Able to swim 1.5km within 60 minutes (applicable to the swim segment of the relay). |
| | | Must be 18 years or older as of December 31, 2024, and a member of a JTU prefectural competition association or student association for the 2024 fiscal year. |
| | | For relays, participants must be high school students or older. Registration as a member of a JTU prefectural competition association or student association for the 2024 fiscal year is recommended. |
| | Yaeyama District Tournament | Eligible for residents of Ishigaki City, Taketomi Town, and Yonaguni Town. |

Event Outline

| | | | |
|--------------------|------------------------------------|-------------------|-----------------------------------------------------------|
| Event Officials | Executive Chairman | Masaru Kawazoe | Director of Japan Triathlon Union (JTU) |
| | Executive Vice-Chairman | Akira Hamazato | Director of Okinawa Prefecture Triathlon Union (OTU) |
| | Executive Vice-Chairman | Yasushi Yoshimura | President of the Yaeyama Triathlon Association (YTA) |
| | Technical Delegate (TD) | Yoshimasa Ohama | Vice-President of the Yaeyama Triathlon Association (YTA) |
| | Assistant Technical Delegate (ATD) | Yasushi Yoshimura | President of the Yaeyama Triathlon Association (YTA) |
| | Head Referee (HR) | Akio Yabuki | Chairman of the Yaeyama Triathlon Association (YTA) |
| | Jury Member | Masaru Kawazoe | Director of Japan Triathlon Union (JTU) |
| | Jury Member | Jun Nishizawa | Organizer, Japan Triathlon Union (JTU) |
| | Jury Member | Yoshimasa Ohama | Vice-President of the Yaeyama Triathlon Association (YTA) |

Weather Information

<Ishigaki Island Weather Information for April 21>

| | Unit | Last 5 Years Average | Last 5 Years Maximum | Normal Value | Note |
|---------------------|------|----------------------|----------------------|--------------|------------------------------------------------|
| Maximum Temperature | ℃ | 26.8 | 28.5 | 26.6 | |
| Minimum Temperature | ℃ | 23.1 | 21.7 | 21.9 | Lowest in the past 5 years |
| Humidity | % | 84.4 | 91 | | |
| Average Wind Speed | m/s | 4.4 | 6.4 | | Gusts: More than half the month exceeds 10 m/s |
| Precipitation | mm | 0.7 | 2.5 | 5.3 | |

Note: Depending on the wind and rain conditions, it may feel cold. Prepare flexible clothing.

<Past Event Information (7:00 AM)>

| Date | Air Temp.(℃) | Water Temp.(℃) | Humidity(%) | Weather |
|-----------|-----------------------------------------|----------------|-------------|---------|
| 2023/4/9 | 21.1 | 21.5 | 64.8 | Cloudy |
| 2022/4/17 | 23.6 | 22.4 | N/A | Cloudy |
| 2021/4/11 | 23.0 | 23.1 | 77 | Cloudy |
| 2020/4/12 | Cancelled due to the spread of COVID-19 | | | |

Official Schedule

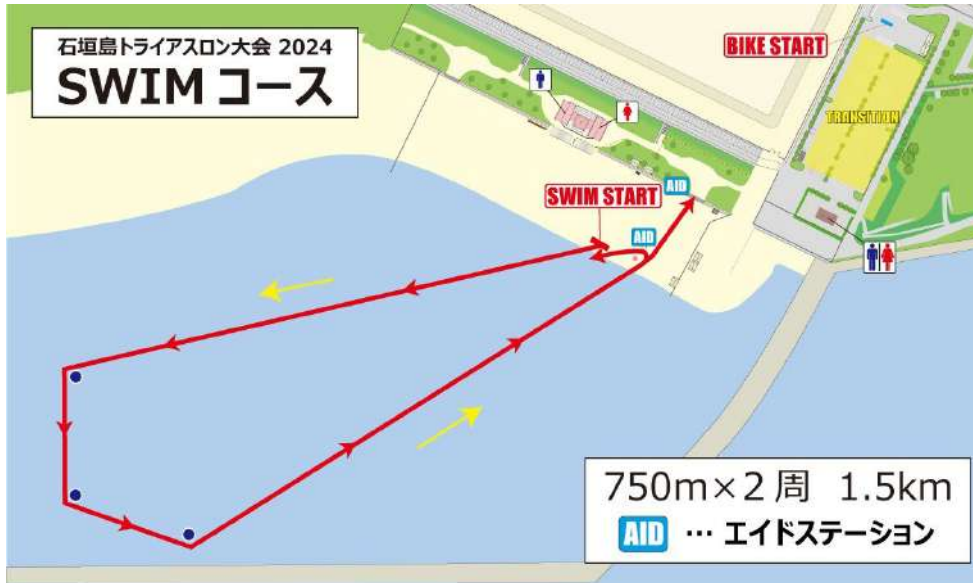


| Time | Content | Location/Note | |
|------------------------------------------------|--------------------------------------------------------------------|------------------------------------|------------------|
| April 8 (Monday) | | | |
| All Day | All Day Competition briefing video distribution (viewing required) | | |
| April 1 (Monday) to April 11 (Thursday) | | | |
| | Transportation survey & comprehension test | See P32 | |
| April 19 (Friday) | | | |
| 11:00-12:00 | Swim Familiarization ① (optional) (Registration 10:30-11:30) | Swim venue | |
| 14:00-15:00 | Swim Familiarization② (optional) (Registration 13:30-14:30) | Swim venue | |
| 15:00-16:00 | Beach Clean | Transition 1 | |
| April 20 (Saturday) | | | |
| 10:00-16:00 | Registration | Civic Hall Middle Hall | |
| 10:00-16:30 | Transition 2 Open | Run gear setting | |
| 10:00-16:00 | Information | Civic Hall Middle Hall | |
| 8:00-16:00 | Mechanic Service | In front of Civic Hall Middle Hall | |
| 10:00-16:00 | Merchandise Sales※ | In front of Civic Hall Big Hall | |
| April 21 (Sunday) | | | |
| 6:30-7:30 | Transition 1 Open / Mechanic Service | Transition 1 | |
| 6:30-8:15 | Baggage Check | Transition 1 Beach side | |
| 7:00-7:40 | 1G Timing Chip Distribution | NO.1-100's | |
| 7:20-7:50 | | Swim Familiarization (mandatory) | NO.2000's~5000's |
| 7:40-8:20 | 2G Timing Chip Distribution | NO.1000 's、 6000 's and up | |
| 7:50-8:00 | | 2G Swim Fam. suspended | |
| 8:00-8:30 | 2G Swim Familiarization (mandatory) | NO.1000 's、 6000 's and up | |
| 8:00 | 1G | 1 W Start | NO.1-100 's |
| 8:01 | | 2 W Start | NO.2000 's |
| 8:02 | | 3 W Start | NO.3000 's |
| 8:03 | | 4 W Start | NO.4000 's |
| 8:04 | | 5 W Start | NO.5000 's |
| 8:30 | 2G | 6 W Start | NO.6000 's |
| 8:31 | | 7 W Start | NO.7000 's |
| 8:32 | | 8 W Start | NO.8000 's |
| 8:33 | | 9 W Start | NO.9000 's |
| 8:34 | | 1 0 W Start | NO.1000 's |
| 9:00 | 1G | Skip Start | Mass Start |
| 9:30 | 2G | Skip Start | Mass Start |
| 9:00-9:34 | Swim Time Limit | 60 mins after start | |
| 11:10 | Bike Last Cut Off Time | About 30km point | |
| 11:15-11:48 | Bike Time Limit | 3hour15mins after start | |
| 12:30~13:30 | Award Ceremony | | |
| 12:45 | Run Last Cut Off Time | 2nd Turn around point | |
| 12:45~13:19 | Run Time Limit | 4hours 45 mins after start | |
| 13 : 30 | Expected End of Competition | | |
| Around 11~14:00 | Expected Bike Pick-Up | Please wait for the announcement | |

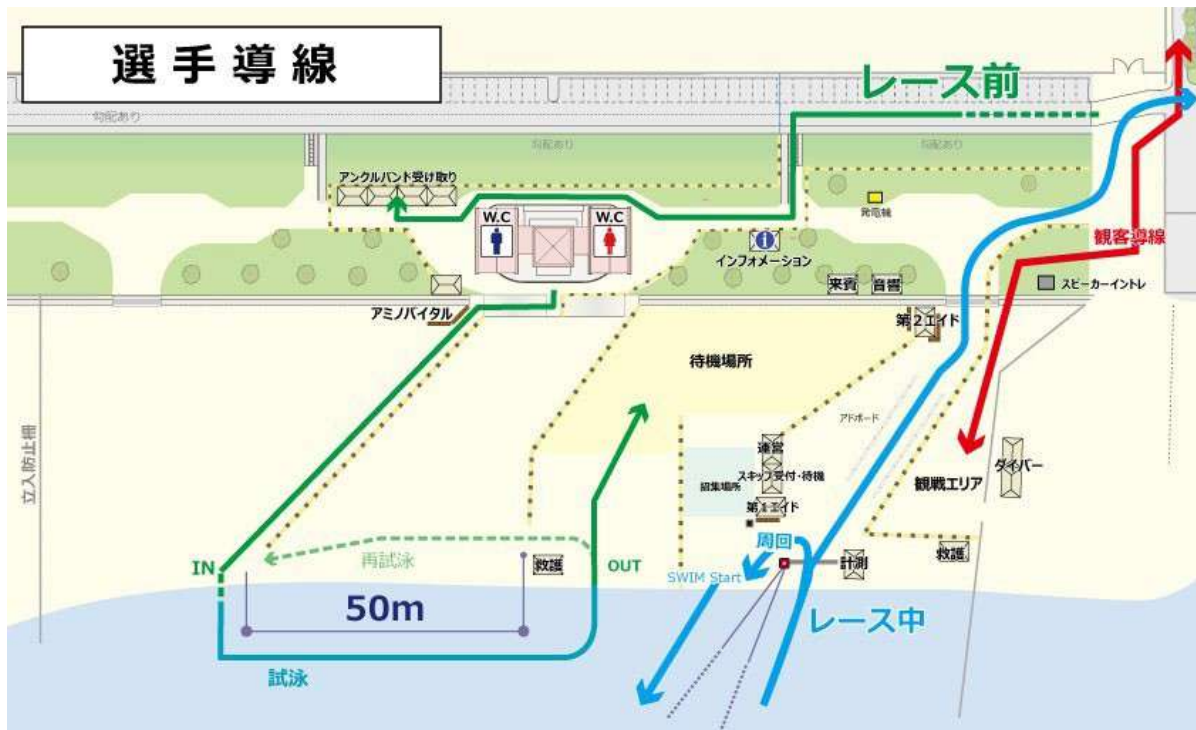
***Note: The registration on the day before the last day (Friday) that was available until last year is no longer available. Friday is only for swim familiarization. Please be careful.**

*Merchandise sales are planned to be at only one location in front of the Civic Hall Big Hall on the day before.

SWIM COURSE



SWIM VENUE



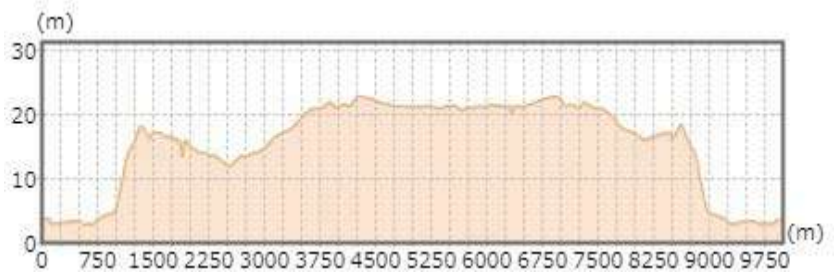
SWIM CANCELLED 1ST RUN COURSE WHEN DUATHLON IS HELD



RUN COURSE



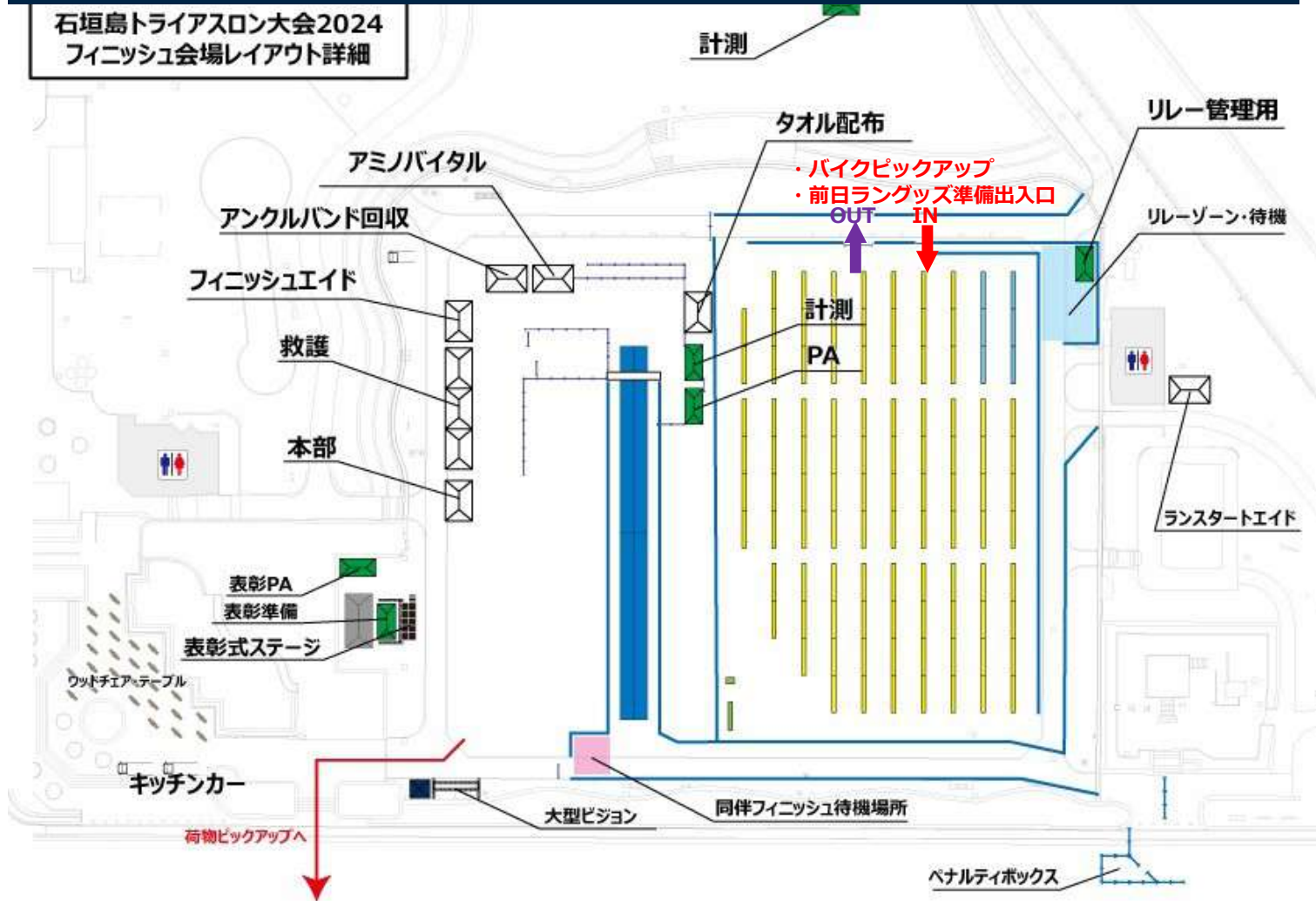
- Aid Station
- ① Right after Start Water
⇕ 1.6km
- ② About 1.6km地点 Water
⇕ 1.6km
- ③ About 3.2km地点 Water
⇕ 1.6km
- ④ About 4.8km地点 Water、Amino Vital Drink
⇕ 1.5km
- ⑤ About 6.3km地点 Water、Amino Vital Drink
⇕ 1.7km
- ⑥ About 8.2km point Water
⇕ 1.8km
- ⑦ Finish Water



Altitude gained 41m

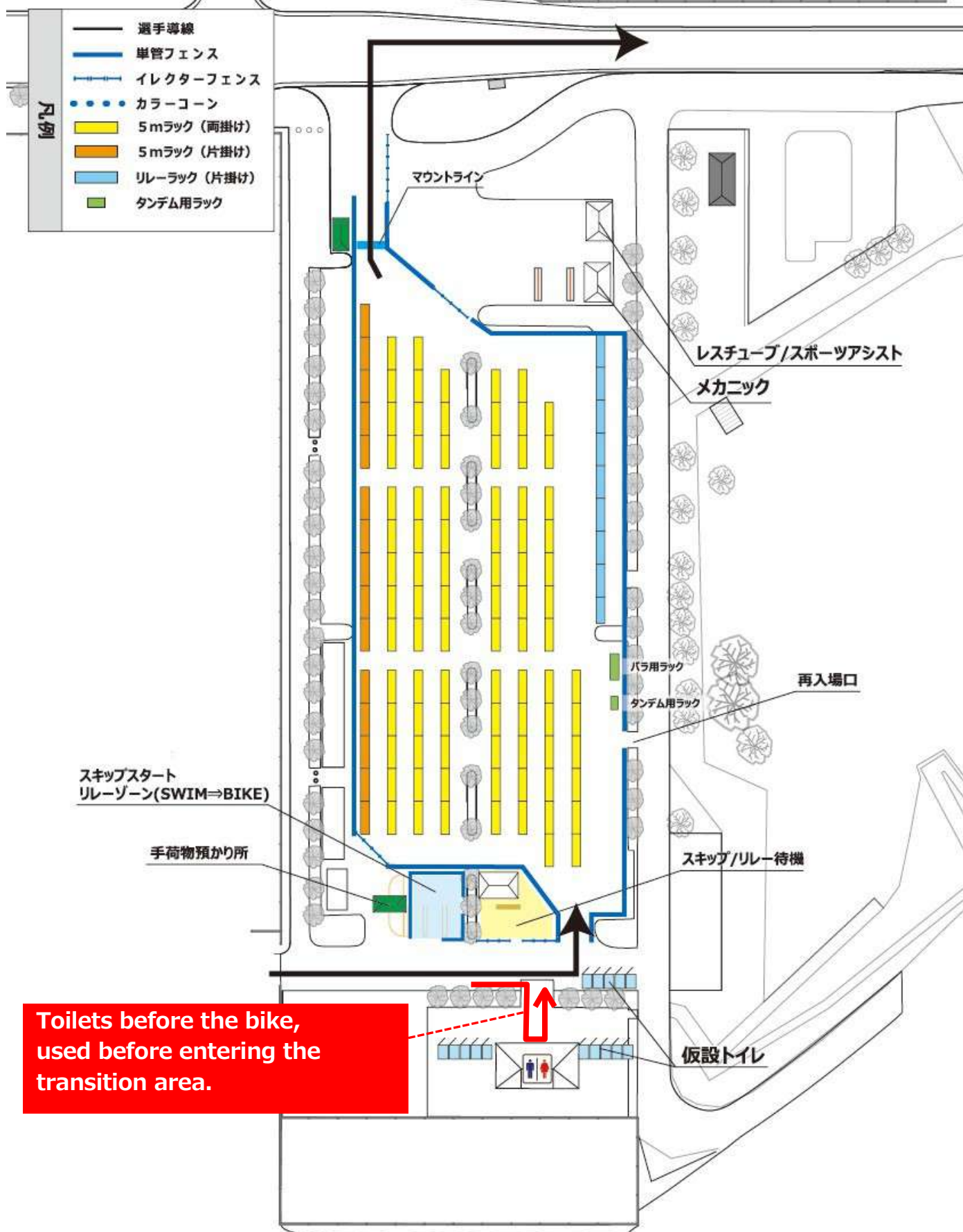
FINISH AREA (SHINEI PARK)

石垣島トライアスロン大会2024
フィニッシュ会場レイアウト詳細



- After registering the day before, you will leave your run gear in T2, and then registration is complete. A wristband will be provided at the T2 exit. There is a dedicated entrance/exit at the finish side of the transition area.
- After finishing, bike pick-up will also be through the dedicated entrance/exit where you left your run gear.
- After finishing, collecting your swim gear will be at the Civic Hall Middle Hall, the venue for registration the day before.

2024大会トランジション T1

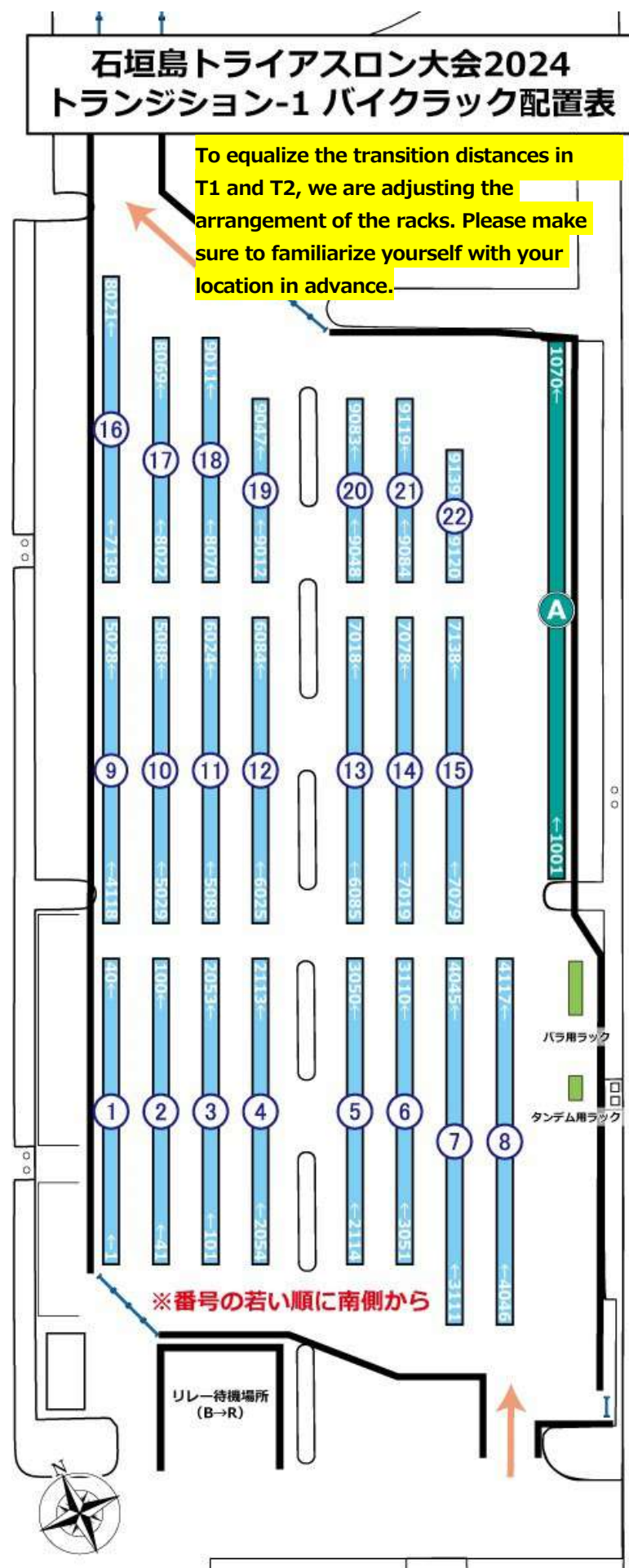


TRANSITION 1 (T1) MAP



石垣島トライアスロン大会2024 トランジション-1 バイクラック配置表

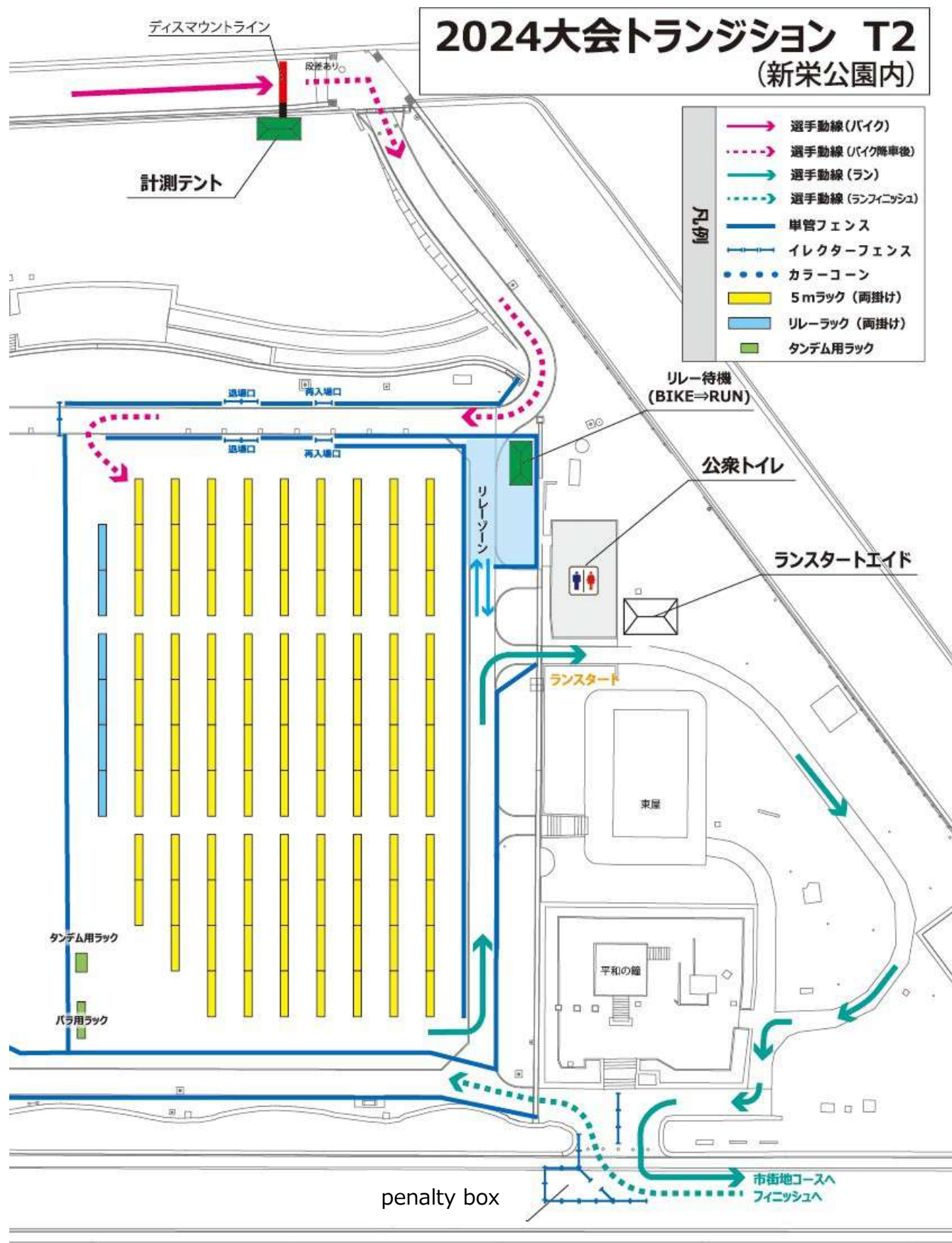
To equalize the transition distances in T1 and T2, we are adjusting the arrangement of the racks. Please make sure to familiarize yourself with your location in advance.



| ラックNo | レースナンバー | 区分 |
|-------------------------------------|--------------------|---------------|
| A | 1001 ~ 1070 | リレー |
| ① | 1 ~ 40 | 1 W |
| ② | 41 ~ 100 | |
| ③ | 101 ~ 107 | 2 W |
| | 2001 ~ 2053 | |
| ④ | 2054 ~ 2113 | 3 W |
| ⑤ | 2114 ~ 2123 | |
| ⑥ | 3001 ~ 3050 | 4 W |
| | 3051 ~ 3110 | |
| ⑦ | 3111 ~ 3137 | 5 W |
| | 4001 ~ 4045 | |
| ⑧ | 4046 ~ 4117 | 6 W |
| | 4118 ~ 4129 | |
| ⑨ | 5001 ~ 5028 | 7 W |
| | 5029 ~ 5088 | |
| ⑩ | 5089 ~ 5124 | 8 W |
| | 6001 ~ 6024 | |
| ⑪ | 6025 ~ 6084 | 9 W |
| | 6085 ~ 6126 | |
| ⑫ | 7001 ~ 7018 | 1 W |
| | 7019 ~ 7078 | |
| ⑬ | 7079 ~ 7138 | 2 W |
| | 7139 ~ 7157 | |
| ⑭ | 8001 ~ 8021 | 3 W |
| | 8022 ~ 8069 | |
| ⑮ | 8070 ~ 8106 | 4 W |
| | 9001 ~ 9011 | |
| ⑯ | 9012 ~ 9047 | 5 W |
| | 9048 ~ 9083 | |
| ⑰ | 9084 ~ 9119 | 6 W |
| | 9120 ~ 9139 | |
| パラ用ラック 26/108 (1W) 7083 (7W) | | ※上記選手は専用ラック使用 |

※リレー及びラックNo ⑧ ⑮ ⑳ のラックは方掛け
その他のラックは両掛けになります

TRANSITION 2 (T2) MAP



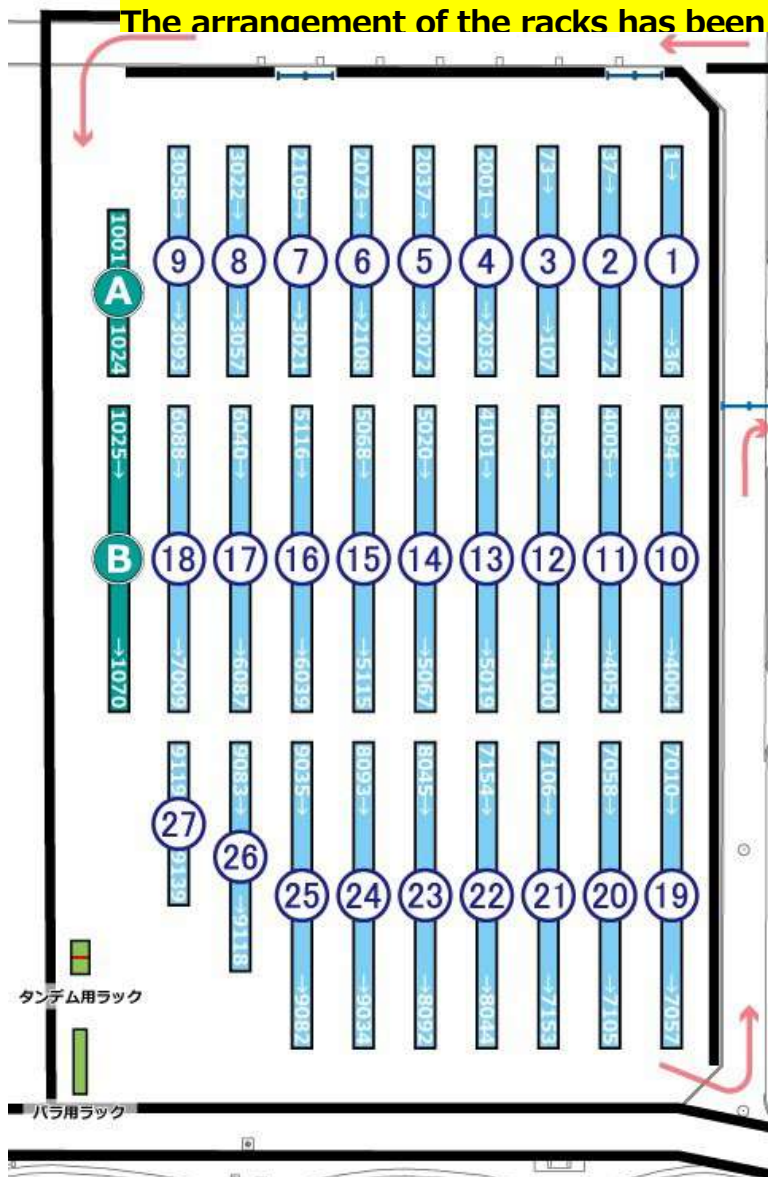
TRANSITION 2 (T2) MAP



石垣島トライアスロン大会2024 トランジション-2 バイクラック配置表

The arrangement of the racks has been adjusted to equalize the travel distance between T1 and T2. Please be sure to know the location in advance!

The arrangement of the racks has been



| ラックNo | レースナンバー | 区分 |
|--------|-----------------------|-------------|
| ① | 1 ~ 36 | 1 W |
| ② | 37 ~ 72 | |
| ③ | 73 ~ 107 | |
| ④ | 2001 ~ 2036 | 2 W |
| ⑤ | 2037 ~ 2072 | |
| ⑥ | 2073 ~ 2108 | |
| ⑦ | 2109 ~ 2123 | 3 W |
| ⑧ | 3001 ~ 3021 | |
| ⑨ | 3022 ~ 3057 | |
| ⑩ | 3058 ~ 3093 | 4 W |
| ⑪ | 3094 ~ 3137 | |
| ⑫ | 4001 ~ 4004 | |
| ⑬ | 4005 ~ 4052 | 5 W |
| ⑭ | 4053 ~ 4100 | |
| ⑮ | 4101 ~ 4129 | |
| ⑯ | 5001 ~ 5019 | 6 W |
| ⑰ | 5020 ~ 5067 | |
| ⑱ | 5068 ~ 5115 | |
| ⑲ | 5116 ~ 5124 | 7 W |
| ⑳ | 6001 ~ 6039 | |
| ㉑ | 6040 ~ 6087 | |
| ㉒ | 6088 ~ 6126 | 8 W |
| ㉓ | 7001 ~ 7009 | |
| ㉔ | 7010 ~ 7057 | |
| ㉕ | 7058 ~ 7105 | 9 W |
| ㉖ | 7106 ~ 7153 | |
| ㉗ | 7154 ~ 7157 | |
| ㉘ | 8001 ~ 8044 | リ レ ー |
| ㉙ | 8045 ~ 8092 | |
| ㉚ | 8093 ~ 8106 | |
| ㉛ | 9001 ~ 9034 | リ レ ー |
| ㉜ | 9035 ~ 9082 | |
| ㉝ | 9083 ~ 9118 | |
| ㉞ | 9119 ~ 9139 | リ レ ー |
| ㉟ | 1001 ~ 1024 | |
| ㊱ | 1025 ~ 1070 | |
| バラ用ラック | 26/108 (1W) 7083 (7W) | |

※上記選手は専用ラック使用

※全てのラックは両掛けになります

Bike and luggage transportation

The concentration of luggage due to people bringing their own bikes has caused delays in flights as well as late shipments of luggage.

- 1) Please cooperate with shipping in advance.
 - ① Please ship your luggage, especially bikes, with plenty of time to spare. Due to weather or a concentration of luggage, it may take many days.
 - ② **Please use the bike transport service.**
Please apply by April 10th (Wednesday). For more details, please check the website. (QR code)
 - For inquiries and applications: Sagawa Express Ishigaki Island Office
TEL 0570-010-681 (select option 3 for voice guidance)
 - ★ Bike pick up: Civic Hall parking lot April 20th (Saturday) 10:00~16:00
 - ★ Bike drop off: Civic Hall parking lot April 21st (Sunday) 10:00~15:00
- 2) **If you are bringing a bike on the plane, please ensure to complete the luggage check-in at least one hour before at the airport.**
- 3) Please consider arriving in Ishigaki by Friday and planning your departure from Ishigaki for Tuesday or later.
- 4) Please also cooperate with the survey that will be sent to you via email in advance.



HP (Important information for athletes)
Bike transportation service

| Group | Wave | Bib Number (Numbers in Black) | Swim Cap |
|-------|------|-------------------------------|----------|
| 1G | 1W | NO. 1 ~ 108 | Blue |
| | 2W | NO. 2001 ~ 2123 | White |
| | 3W | NO. 3001 ~ 3137 | Yellow— |
| | 4W | NO. 4001 ~ 4129 | Orange |
| | 5W | NO. 5001 ~ 5124 | Pink |
| 2G | 6W | NO. 6001 ~ 6126 | Blue |
| | 7W | NO. 7001 ~ 7157 | White |
| | 8W | NO. 8001 ~ 8106 | Yellow |
| | 9W | NO. 9001 ~ 9139 | Orange |
| | 10W | NO. 1001 ~ 1070 | Pink |

◆ **Bib number colors and swim cap colors for athletes with disabilities.**

Please be aware of and cooperate with the general athletes.




| | Bib Number | Swim Cap |
|--------------------------------|------------------------|----------|
| Athletes with limb impairments | Black | Pink |
| Visually impaired athletes | Green (as shown right) | Green |
| Hearing impaired athletes | Red (as shown right) | Red |



No advance mailing. Please check the website.

| | |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Athlete Guide | It is also published on the Event website. Please check for the latest version as it will be updated |
| Race Briefing Video Comprehension Check | After watching the Race briefing video, fill out the check sheet published on the tournament website and submit it at the registration the day before the event. |
| Transportation Survey | It will be sent to the email address provided at the time of application. (after 4/3) See P28. |
| Event Program | It will be in digital format. Available on the Event official website. |

Pre-race Day Registration

| | |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bib Number | 1/ Please fill in the personal information section on the back. |
| Sticker | Bike (Large x 1) , Helmet (Small x 2) , Baggage deposit (Small x 1) (See P21 for Bib number) |
| Body Number Decal | 2/ (for both arm)/Please apply before coming to the venue. (Instructions included) |
| Swim Cap | 1 |
| Transition Bag (White · Large) (Bag for Swim) |  Please put all the gear used or intended to be used in swim or the first run into this bag. The bag will be collected and returned at the Civic Hall Middle Hall where registration was done. (Not available for relay division) (Refer to P19, P25) * Items not in the bag will be treated as lost property. |
| Transition Bag (Blue · Small) (Bag for Run) |  Please put all the gear for the run into the bag and deposit it yourself in T2 after the pre-day registration. Please make sure it does not blow away. * Not available for relay division. After depositing, please wear the registration completion wristband at the transition exit. (Refer to P19, P25) |
| Baggage Deposit Plastic Bag (Transparent 90L) Stickers to be applied by yourself: |  Clothes before the swim start can be deposited voluntarily. Not available for relay division, but if needed, please declare the required number during the pre-day registration. * Only items that fit in the bag are accepted, except for unavoidable items like pumps. * Optional. If depositing, use the provided sticker (small 1 piece) to make the number visible on the bag. * Relay swim participants can place it near the bike rack, on the fence side. |
| Participation Prize | T-shirt, etc. |
| Various Information | Photo sales information, etc. |

Note on items to be brought

| | |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Bike | Please bring your own well-maintained bike. (Refer to P31 for mechanic) * Due to aircraft loading limits, shipping in advance is recommended. |
| Wetsuit | Wetsuit: Only those that fit your body are allowed. (Refer to P23 for wear, wetsuits) |
| Running Shoes (2 pairs) | Running shoes to be deposited in T2 the day before. In case of swim cancellation and transition to a duathlon, prepare another pair for T1. |
| Shoes for non-race use | After setting running and biking shoes in T2 and T1, moving to the swim venue will be barefoot. |
| drink | Recommended to bring for hydration after baggage check and before the trial swim. |
| Athlete Guide | Print out or keep the latest information accessible on a tablet or smartphone. |
| Identification | Driver's license or other photo ID. (Copy acceptable) Participation is not allowed without ID verification. |
| Health Insurance Card | Please cooperate for smooth handling at medical institutions. (Copy acceptable) |

Race Day

| | |
|--------------------------|---------------------------------------------------------------------------------------------------------|
| Timing Chip (Ankle band) | Will be provided upon entering the swim area. (To be returned after finishing or in case of retirement) |
| Amino Vital | Provides necessary components before the race. |


Post-race supplies

| | |
|------------------|------------------------------------------------------------------------------------------------------|
| Amino Vital | Provides necessary components for recovery after the race. |
| Finisher's Towel | One for each finisher. Relay team will receive one for each member of their team at the finish line. |

Athletes' movements on the day before and on the day of the event



◆ April 20 (Sat)

★ When traveling by bike, be sure to wear a helmet properly.

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Registration</p> <ul style="list-style-type: none"> • Identification Check • Race Briefing Video • Race Briefing Video Comprehension Check • Receive supplies  <p>No deposit at T2 will result in disqualification or penalty. This does not apply to bike and run in running shoes only. (See p.29,21, Penalties)</p> <p>T 2 Run gear drop off (Important) (except relay teams)</p> | <ul style="list-style-type: none"> • - During registration hours, please pick up your race packet and check its contents. • Relay teams need to register individually. Even if all three members cannot be present at the same time, each member must register separately. ★ Pre-deposit of run gear the day before is mandatory. (Excluding the relay division) • Put all the gear you will use for running into the provided run bag (blue) and set it up in T2 by yourself the day before the event. However, do not include the shoes you plan to use for the first run in case the swim is canceled. ★ You cannot deposit run gear on the day of the event. ★ You cannot pre-deposit your bike the day before. - Place the run gear inside the designated bag under your bike rack. (At the entrance, please present the race number attached to the designated run bag.) - Once setup is complete, please wear the wristband at the exit. |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

◆ April 21 (Sun)

★★ When traveling by bike, be sure to wear a helmet properly

| | |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Before Departure | <ul style="list-style-type: none"> • - Please apply the body number stickers before leaving your accommodation or other locations. - For those depositing items, attach the designated stickers to the swim bag (white) and the baggage deposit plastic bag (transparent 90L: for clothes before the swim) and make sure to bring them with you. (Excluding relay) |
| Transition Open |  <ul style="list-style-type: none"> - Upon entering, show the wristband attached after depositing in T2 and prepare for the transition. - Set up the swim (white) bag along with your bike. Make sure it is secured against the wind. (Include shoes for the first run if the swim is going to take place) (Excluding relay) |
| Baggage Deposit |  <ul style="list-style-type: none"> - Deposit the wear, shoes, etc., you were wearing before the swim in the plastic bag for baggage deposit distributed at the pre-race registration (available for relay participants upon request). Handover confirmation will be done using the race number. (Deposit is optional. Relay participants can place it on the fence side of the bike rack.) |
| Assembly & Roll Call | Please gather without being late. |
| Swim Check in | Declare your bib number, receive your timing chip after confirming it is yours, and wear it on either ankle. |
| Swim Familiarization | Swim familiarization before the start is mandatory. Make sure to warm up properly. |
| Wait, Line Up | Please line up in order of your wave. |
| Opening Ceremony | Although the swim familiarization for 2G athletes may have started, please pause it and participate in the opening ceremony as much as possible. |
| Start | Athletes numbered 1 to 26, 91, 100, 108 will be called individually, so please come forward when called. It is a wave start. |
| After Finishing, Bike Pick-up, and Baggage Retrieval | Please pick up your items by the designated time. Be sure to bring your race number. |

ID Verification

At the pre-race registration, you must bring a photo ID (copies are acceptable). If your identity cannot be verified, you will not be allowed to participate.

In past editions of this event, there have been cases of individuals participating under someone else's name, leading to a one-year suspension of eligibility for members registered with Prefectural Competition Bodies and Student Associations (JTU registration). Participating under someone else's name is a serious violation of the rules that can endanger lives and is not covered by insurance. Please refrain from doing so.

Change of relay member

For relays, changes to team members can be made by contacting the office via email by noon on April 12th (Friday).

1) Changes to age groups are not allowed. Identity verification will be performed.

Bike & Run Familiarization

1) You may test ride the bike and run courses on days other than the event day, but **please obey traffic rules** and do so at your own risk. Please note that injuries sustained outside of the race day are not covered by insurance.

★ In the 2023 event, **there were accidents during test runs, necessitating ambulance calls**. Please exercise caution as this affects the continuation of the event.

2) **Always wear a helmet and securely fasten the strap when cycling**, as mandated by official rules.

Swim Familiarization

① Day-before-eve Swim (no swimming allowed the day before)

1) Only athletes may enter and swim.

2) Please register at the swim venue even if you're only inspecting without swimming.

3) Upon entry, sign a pledge at registration, write down your name and contact, and wear a wristband on your wrist (until exit).

4) Mandatory check-out registration upon completing the trial swim.

5) Bring your own swim cap. (Any material is fine, but choose a color that stands out underwater.)

※ This year, there will be no registration for the competition on the day before the race. Registration is provided for the trial swim.

6) Wetsuit wear is mandatory.

7) Warm up properly to avoid sudden strain on your heart.

8) May be canceled without notice due to weather conditions, etc.

9) If crowded, time limits may be imposed, and rotations may occur for safety.

10) Swimming the entire course is not allowed. (The course is not set up; trial swim is in shallow waters.)

11) Only competitors are allowed on the trial swim. No spectators or staff assistance.

12) If arriving by car, turn left past the swim venue. (Not available on the day of the race.)



② Race Day Swim Familiarization

1) A designated time Swim Familiarization before the start is mandatory. Warm up properly to avoid sudden strain on your heart.

2) Wearing the designated swim cap and wetsuit is mandatory. However, if the water temperature is high, it may be recommended instead.

How to put Bib number

1) Body number decal

Body number stickers will be distributed.

- Placement: On both upper arms

* If wearing sleeved attire: On the forearm (e.g., as shown in the right photo)

* If wearing long sleeves: On the lower leg, ensuring the number is visible from all sides.

* If wearing long sleeves/long pants: Always attach it on the forearm, and ensure the race number is visible from all around.

- Attachment instructions: *Please read the enclosed instructions carefully.

1. Wet with water and stick to the body.

2. Allow to dry completely before slowly peeling off.

- In case of damage, etc., the number will be written on with a marker at the time of timing chip distribution.

When receiving your timing chip, please declare it.



2) How to put on various bib numbers

Please make sure you put them "behind when biking" and "in front when running".

◆ Please have your number.

(Available to purchase pre-race and race day at shop)



◆ Bike sticker

Largex1

(Wrap around the seat pillar or affix to the plate on both sides.)



◆ Helmet Sticker Smallx2

(Front • Right side)

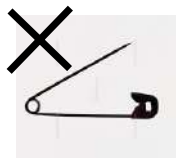


◆ Sticker for supplies



| | |
|-----------|--|
| ***** | |
| NAME | |
| RESIDENCE | |
| PHONE | |
| EMAIL | |
| ADDRESS | |
| ***** | |

◆ Safety pins are prohibited



◆ Transparent bag for supplies

Please affix this sticker yourself and bring it with you to the baggage deposit.

The beach is for public use, and the use of safety pins is prohibited to prevent injuries during barefoot transitions and to prevent flat tires on bikes.

3) Bib number rules, etc.

① Please adjust your race wear and bib number in the transition area before starting.

② It is prohibited to compete with your race wear or bib number turned up or deformed.

The race may be stopped and the athlete may be asked to fix the deformation.

③ It is also required to enter and exit the transition area. Please be sure to bring your bib number and the luggage you are taking out with you as it will be checked against your bib number when you remove your bike. (See P25 Transition)

On the reverse side, fill in emergency information

Please cooperate so that information can be obtained quickly in case of an emergency.

This is personal information. Please be careful not to lose it.

Body Decal

1) In principle, there is no problem with participation; however, if you are intimidating to others or your bib number is difficult to recognize, we may ask you to cover it with tape or take other measures.

Competition Rules

1. Applicable Competition Rules

The competition will adhere to the Japan Triathlon Union (JTU) competition rules, with some local rules applied.

*Please refer to the following PDF or QR code for the JTU competition rules.
https://archive.jtu.or.jp/jtu/pdf/JTU_COMPETITIONRULES_20190207.pdf



2. Technical Officials

1) Referred to as Technical Officials (TO). They wear uniforms as shown in the photo on the right.

3. Changes, Cancellations, and Suspensions by the Organizers

- 1) Weather conditions or other factors deeming the event dangerous will result in an announcement at 6:00 AM on the day of the event at the swim venue regarding changes or cancellation of the course/distance. (Delays may occur depending on the situation.)
- 2) If only the swim competition is canceled, the event will change from a triathlon to a duathlon (run-bike-run).
- 3) Dangerous conditions such as lightning may lead to suspension of the competition, with decisions on a restart or cancellation to follow.
- 4) Course changes may occur due to sediment flow onto the course.
- 5) Decisions to interrupt or cancel the race due to sudden weather changes will be made after consultation among the judges and organizers, including determinations on award eligibility.
- 6) No refunds of the participation fee will be made in case of cancellation due to weather or other reasons.

4. Withdrawal/Retirement (DNF) by Athletes

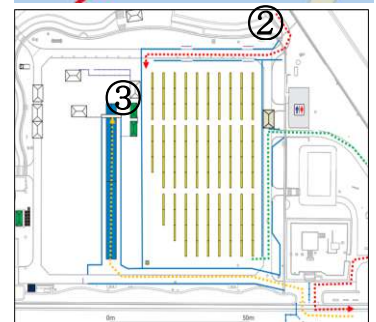
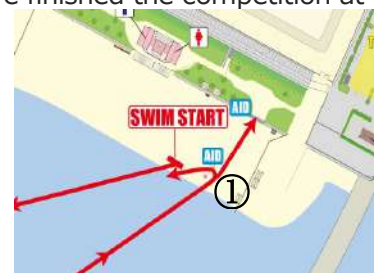
- 1) Event staff may instruct an athlete to withdraw from the competition if they deem the athlete unable to continue due to excessive fatigue, lack of competitive ability, or accidents.
- 2) Athletes must comply if instructed by event staff to withdraw from the competition.
- 3) Athletes may choose to retire from the competition if they feel uncertain about continuing.
- 4) If retiring from the competition, athletes must report to the event headquarters or judges and follow their instructions.
- 5) Event staff have the authority to disqualify athletes judged to be in poor health or intoxicated. (This applies not only to beginners but also increases the 'certain' risk of fatal accidents. Please be especially mindful of how you spend the day before the event.)

| Event | Final Cut-off Time (Cumulative) | Final Cut off Time | Location, Note |
|-------|---------------------------------|--------------------|-------------------------------------------|
| Swim | 60mins | 9:34 | Swim Finish Measuring Line |
| Bike | 1 hour 36min | 10:10 | About 10km Point |
| | 2 hour 06Mins | 10:40 | About 20km Point |
| | 2 hour 36min | 11:10 | About 30km Point (Yaima Village Entrance) |
| | 3 hour 01min | 11:35 | About 40km Point |
| | 3 hour 15min | 11:49 | Bike Finish Measuring Line |
| Run | 4 hour 06min | 12:40 | Athletic park return route (5th) Aid |
| | 4 hour 45min | 13:18 | Run Finish Measuring Line |

5. Assembly, Time Limit

- 1) Please assemble at the start point in time for the roll call. Absence may result in disqualification. As shown in the table on the right, time limits are set.
 - The times are listed based on the final start.
 - Participants starting earlier than the final start may be considered over time after the competition ends.

- Participants who do not make it to the checkpoint in time will be considered to have finished the competition at that point.
- Even before a checkpoint, if it's clear a participant will not make it in time due to road regulation times, they may be instructed to stop competing.
- Participants who have finished the competition must follow the instructions of the Technical Officials (TO).



6. Records, Timing, Placement

1) Timing Chip

- ① At the entrance to the swim venue, please pick up the one with your race number.
- ② Attach it to either ankle and do not remove it until the competition is finished.

7. Measurement Points, Measurement Details

Measurement Points (Refer to the right figure) / Measurement Details

- ① Swim Exit Point / Swim laps, Swim finish, Bike start
- ② Bike Dismount Line / Bike finish, Run start
- ③ Finish Line / Run finish
 - The bike time includes the time from T1.
 - The run time includes the time from T2.

8. Timing and Placement

- 1) Measurement is conducted when the timing chip crosses the mat, determining the finishing order.

9. Athlete Passage Information

- 1) Information and results can be viewed here:
Systemway <https://systemway.jp/24ishigaki>



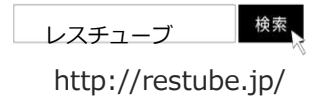
10. Baggage Deposit

- 1) Running Gear
 - After registering the day before, place all running gear in the designated bag (blue) and set it up yourself at T2. (Refer to Participant Brought Items (P18), Pre-event and Event Day Movement (P19), Transition (P25))
- 2) Personal Belongings
 - You can deposit the clothes you wore up to the swim start. Please manage your valuables at your own discretion. Limit one item per person, and it must fit in the designated transparent bag. Attach the provided sticker with your race number to the bag and bring it to the baggage deposit. Items will be managed by race number, so bring your race number when retrieving. (Refer to Participant Brought Items (P18), Pre-event and Event Day Movement (P19))



11. Restube (Inflatable Emergency Buoyancy Device) Pickup

1. Those who have ordered or reserved a Restube rental should pick it up at the information counter.
 2. On-site rental applications can be made on the day, subject to availability.
 3. On-site rental payments are cash only (¥1,000 incl. tax). No sales are available.
 4. For Restube usage rules, refer to the Swim section (P15).
 5. Pre-ordered items will also be distributed on-site. (Please contact separately in case of absence)



<http://restube.jp/>

12. Participation of Para-Triathletes, etc.

- Participants with disabilities, including those using different equipment or having different paths, will be present. Para-triathlon rules apply. We ask for your understanding, cooperation, and caution.
1. Swim caps will be pink, green, red, different from others in the same wave. (Refer to P17)
 2. Some swimmers will enter with assistants at the swim finish.
 3. Visually impaired participants compete with a guide. They are connected by a guide rope during the swim. Please do not interfere or grab it.
 4. Visually impaired participants will compete on tandem bikes (for two persons). Be cautious of their different movements and the longer wheelbase, especially around corners.



13. Racewear, Wetsuits

<1> Racewear

1. Competing bare torso in bike and run will result in disqualification.
 2. Wear without a front zipper is recommended, but if there is a zipper, it must be fully zipped up. Failure to do so may result in a warning or penalty.

<2> Wetsuits

- 1) Wetsuit wear is mandatory.
- 2) Wear a wetsuit that fits your body shape.
- 3) Rash guards, swim skins, etc., are not permitted for competition.
- 4) Surfing or diving suits are not recommended as they are not designed for swimming; triathlon-specific neoprene suits covering the torso are strongly recommended.

14. Prohibited Items

The following items cannot be carried during any part of the event:

- Music players or similar devices
- Communication devices (smartphones may be used as cycle computers on bikes if fixed and not removed) (Refer to Bike section P26)
- Glass items
- Plastic bottles
- Cameras (however, athletes authorized by the event office for publicity purposes may wear cameras fixed to bikes or other equipment. Photography by hand is permitted during the run with the race number attached as shown on the right.)



15. Swim

<1> Equipment

- 1) Please wear the designated swim cap provided at registration.
- 2) Wetsuit wear is mandatory. (Refer to P23 for attire and wetsuits)
- 3) Attach the Timing Chip to either ankle before the trial swim.

<2> Start Method

- 1) The start is from the beach (starting from the shoreline).
- 2) The start order is primarily based on the swim declaration time, except for the first wave.
- 3) The start will be in waves (about 100–150 people per wave, divided into 10 waves).
- 4) If you miss your wave, you will start in a wave determined by the TO nearest to your original wave. However, your start time will be that of your original wave.

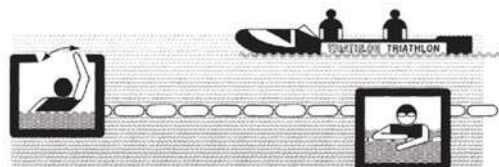
<3> Skip Start

- 1) You can skip the swim and proceed to the bike if:
 - Declared at the pre-event registration
 - Declared when receiving the timing chip
 - Declared at the swim skip registration before the start, after the trial swim
 - Declared at the swim skip registration after completing the first lap. (Skipping after proceeding to the second lap is not permitted.)
- 2) You cannot skip if rescued.
- 3) Those who skip should wait at the skip waiting area near the swim start and follow the TO's instructions.
- 4) When entering and exiting the transition area for the next segment's preparation, use the "re-entry point". (Do not use the transition area entrance during the competition)
- 5) For relay teams that skip or cannot complete (including time over), refer to (P30 Relay).
- 6) Athletes or teams who race by skipping will not be ranked.

<4> During the Competition

- 1) Before the start, ensure you are familiar with the start point, turning points, and lap method. Swim 750m counterclockwise, land once, and complete two laps.
- 2) A trial swim on the day of the event is mandatory. Follow the staff's instructions.
- 3) Circumvent the buoys from the outside.
- 4) It's okay to grab buoys or course ropes, but moving along by pulling on them is prohibited.
- 5) If you notice a swimmer struggling (e.g., losing direction), call for rescue.
- 6) If you decide to retire mid-swim, signal the staff by raising a hand to indicate "retire". (See illustration below)

Rescued participants generally cannot resume the competition.



- 7) If you complete the swim using a Restube without health issues, you may be allowed a skip start.

<5> Restube Operating Rules

- 1) The Ishigaki Island Triathlon allows the wearing of "Restube".
- 2) You can continue the competition even if used (inflated), but it will be for reference only.

<6> Duathlon in Case of Swim Cancellation

- 1) In case of swim cancellation, it will become a duathlon. Please bring running shoes to the swim venue. **As T1 and T2 locations differ this time, prepare two pairs.**
- 2) If without shoes, you can compete by skipping the first run.

<7> Other

- 1) There is no place to keep glasses. Please leave them in your transition area. If you have weak eyesight, prepare prescription goggles.
- 2) There are no showers available after the swim finish.
- 3) Footwear just before the race

Some participants discard disposable hotel slippers just before the start. These become "trash" and litter the venue post-start.

Ideally, prepare your footwear, deposit it at the baggage check before the start, and proceed to the swim venue barefoot.



16. Transition

<1> Preparation, Dismantling

- Common for Both Pre-race and Race Day

- 1) The transition area is off-limits to anyone other than athletes and authorized event staff, regardless of whether it's during, before, or after the competition. However, entry with TO's permission is possible for unavoidable reasons.
- 2) Only competition necessities are allowed to be placed in the transition area. (Including signs indicating one's bike, cooler boxes, etc.)



Please take adequate precautions against rain and wind by yourself. Also, if you move another

- Pre-race day

- 3) **Please make sure to deposit your run goods at T2 in the designated blue transition bag, which will be given to you at the registration desk. No preparation is allowed on the day of the race. (Example: see photo on the right)**

- Race day

- 4) Hang your bike by the saddle facing the handlebars towards the number sticker side on the rod-shaped bike racks. The same applies when dismantling. (Refer to the right figure)
- 5) Keep your gear to a minimum size so as not to obstruct other athletes at the designated spot. (The width of one handlebar is a guide.)
- 6) Set up in the transition area within the specified time, allowing plenty of time.
- 7) Bikes not properly set up may be adjusted by event staff without the athlete's consent.



<2> During the Competition

- 1) Riding is prohibited in the transition area, including mounting one pedal.
- 2) Fasten your helmet strap before taking the bike off the rack. After the bike finish, hang the bike before unfastening the strap.
- 3) Mount the bike only after one foot has completely crossed the mounting line and is touching the ground. Pushing the bike past the line before mounting is allowed, and mounting immediately after crossing the line is not necessary. Consider during crowded times.
- 4) Dismount with one foot completely touching the ground before the dismount line. If the area near the dismount line is crowded, consider dismounting in a safe location. Especially, since the dismount area in this event is narrow, check your surroundings and dismount safely with plenty of space.
 - ★ Please check the mounting and dismounting lines. (P10)
 - ★ Confirm the dismounting spot on the course MAP and on-site.
- 5) Check the orientation of your race number before moving to the next segment. (Bike on the waist side (visible from behind), Run on the stomach side (visible from the front))
- 6) A separate space will be provided for para-triathlon athletes.
 - ★ Please check the transition area map. (P13-P16)
- 7) You can also watch a video on transition methods. ((QR code): 7 minutes 33 seconds)

<https://www.youtube.com/watch?v=8ZcTY2ctNso>



《Mount》



《Dismount》



- 8) Notes for T1 (Refer to P18, P19)

After the swim or the first run, put all the gear used or intended for use in the white bag. The bag will be collected and returned at the Civic Center Middle Hall where registration was done.

- 9) Notes for T2 (Refer to P18, P19)

At the run start, ensure the blue bag containing your run gear is secured to your bike or otherwise to prevent it from blowing away. After the competition, please take your bike and gear home, ensuring no littering. (Refer to the right photo)



<3> Dismantling

- 1) It is not permitted to remove belongings from outside the fence surrounding the transition area.
- 2) Bikes and other items can be sequentially dismantled and taken out only through the designated entrance/exit after the official bike pick-up announcement post-competition. Please note that temporary dismantling may not be possible depending on the competition progress even if an announcement is made. Check the transition area map for the entrance and exit for pick-up.
- 3) Always show your race number to the staff when entering the transition area.
- 4) Please dismantle by 2 PM. After 2 PM, bikes and other items will be moved outside the management area



17. Bike

<1> Equipment

① Helmet

- 1) Bicycle competition helmets must be worn.
- 2) Helmets must be worn at all times during races, course trials, training, etc.
Helmets must be worn at all times when riding

② Bike

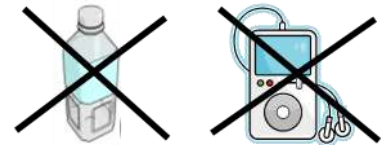
- 1) Road bikes are recommended.

| | | | |
|---|---------------|---|----------------------------------|
| ◎ | Road Bike | X | Mini velo |
| ○ | TT Bike | X | City cycle (so-called mamachari) |
| X | Mountain Bike | X | Electric bicycles |
| X | Cross Bike | | |

- 2) Please remove stands, front lights, mudguards, and any other items not related to the competition. (Lights, bells, and reflectors may remain on.)

③ Equipment, etc. (◎ mandatory ○ recommended X prohibited)

| | | | |
|---|---------------------|---|-----------------------|
| ◎ | Puncture repair kit | X | Plastic bottles |
| ◎ | Bike bottles | X | Headphones, earphones |
| ○ | Cycle computer | X | Glass items |
| | | X | Communication devices |
| | | X | Camera See 7) |



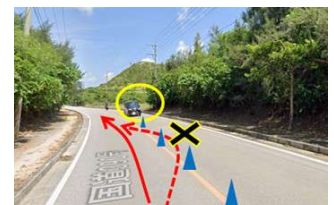
- 1) There are no aid stations on the bike course. Please consider using a double bottle setup.
- 2) Disc wheels can be used, but are not recommended due to the high likelihood of strong winds unique to Ishigaki Island.
- 3) Please carry a puncture repair kit. Being able to repair a puncture by yourself is essential. (Repairs with the help of others, except TOs, will result in disqualification.)
- 4) The use of music players and running with headphones or carrying devices is prohibited.
Cycle computers with communication devices are permitted provided they do not communicate with third parties. However, they must be fixed to the bike and not removed.
- 5) Cycle computers with communication devices are permitted provided they do not communicate with third parties.
However, they must be fixed to the bike and not removed.
Cameras may be mounted on the bike or similar, only for athletes authorized by the event office for publicity purposes. (Refer to P21 for prohibited items.)

④ Bib Number

- 1) Please attach it in a position visible from the back.

<2> Competition

- 1) The course is not completely closed to traffic. Please be cautious of the general public. Traffic regulations will be applied, but athletes may be asked to stop for traffic situations and safety assurance. (Timing will not stop.)
- 2) **Towards the end of the course, there have been changes from the 2023 event.**
- 3) The course is approximately 40km per lap. (The actual measurement is 40.9km, but the event lists it as 40km.)
- 4) It's a technical course with ups and downs and sharp corners, so please ensure ample practice before participating. Riding in the opposite direction of the course is prohibited.
- 5) Riding in the opposite direction of the course is prohibited. Except for certain sections, the course runs on one side of the roadway. **Please ensure not to cross the center line while riding.**
- 6) Compete by riding on the left side. Overtaking must strictly be done from the right side.
- 7) No wheel stop (wheel exchange places) is provided. Please manage puncture repairs, etc., by yourself.



8) Drafting and blocking are prohibited.



- Drafting is prohibited
- Overtaking must be completed within 20 seconds
- Entry into the draft zone is allowed only within 100m before and after the transition area, sharp turns, etc.
 - Blocking (preventing a following athlete from overtaking) is prohibited
 - The draft zone for motorcycles is 15m, and for vehicles, it's 35m.
 - Athletes overtaken must move out of the draft zone within 20 seconds.

<3> Bike Course Warning Points

- Immediately after Start, under Southern Gate Bridge, turn right, go right



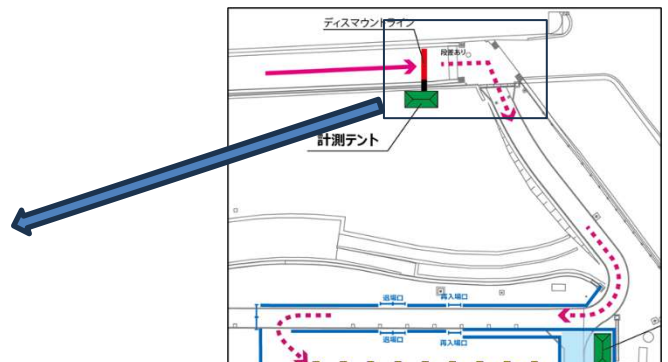
When reaching the coastline around 31 km, go down and turn left at right angles
There is vehicular traffic on the opposite lane on the ocean side



Decelerate sufficiently!



- Steps just after Dismount line
- Check the surface well and move to the transition.**



18. Run

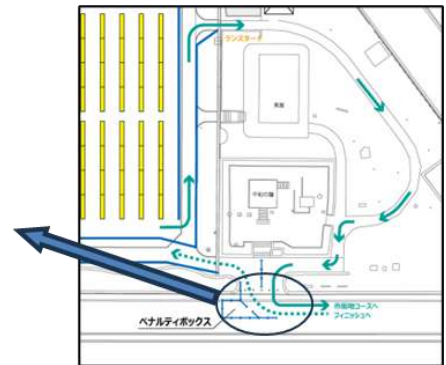
<1> Equipment

- 1) Please keep your zipper raised while running.
- 2) Run with your bib number facing forward.
- 3) Carrying cameras, smartphones, or other communication devices is not allowed. However, athletes authorized by the event office for publicity purposes may hold and use smartphones or cameras for shooting. (Refer to P23 for prohibited items)
- 4) Running with headphones is prohibited.

<2> During the Competition ★The course is different from the 2023 event.



- 1) It's a 10km course that goes out and back in a T-shape. Please check the course map.
- 2) Run on the left side of the course. It's safer to notify the runner ahead when overtaking from their right side.
- 3) Accompanying by supporters is not allowed. However, officially recognized guests by the event can accompany. They will be marked as shown in the upper right.
- 4) Part of the course runs on one side of the roadway regulated by traffic. **Ensure not to stray over the center line. (See the left diagram below)**
- 5) There are immovable obstacles at the entrance and exit of the Shinsakae Park finish area. Please run carefully. (See the middle and right diagrams below)



19. Aid Station

- 1) Aid stations will be set up before the swim start, at each lap, the swim finish, midway through the run course (refer to P11), and near the finish line.
- 2) There are no aid stations on the bike course. We recommend using a double bottle setup. It's permissible to use vending machines along the course, but please dispose of trash in bins or take it with you.
- 3) On the run course, the 4th and 5th aid stations will offer water and sports drinks, while the others will provide water only.
- 4) Please pick up paper cups placed on tables by yourself.
- 5) Athletes who dispose of used paper cups or other trash outside the designated littering zone (the area around the bins) are subject to penalties. Collection boxes will be available within the littering zone. Missing the box does not result in a penalty.



減速しましょう

テーブルに水の入った紙コップを準備します。
ご自身でお取りください。

飲み終わった紙コップは
ゴミ箱に捨てましょう

20. Finish

- 1) Timing is done as the timing chip crosses the mat, determining the finishing order (refer to P23 for placement).
- 2) Removing hats and sunglasses just before finishing is encouraged.
- 3) Companion finishes are allowed under the following conditions (to prevent potential interference with other athletes):
 - Up to a total of 3 people, including the athlete (applicable to both individual and relay participants).
 - Companions must wear clothing.
 - Companions cannot join barefoot or in sandals, high heels, or another footwear that is easy to lose or difficult to run in.
 - Bringing flags or similar items is not permitted.
 - Depending on the situation, finishing in the center of the course may not be possible.
 - Please follow the instructions of the judges.
- 4) Remove the timing chip yourself and place it in the designated box. If there are instructions from TO or staff, follow them.
- 5) After finishing, please promptly exit the finish area.
- 6) After the announcement for bike pickup, please promptly dismantle and remove your bike. Remove the timing chip yourself and place it in the designated box. If there are instructions from TO or staff, follow them.

21. Penalty

- 1) If any violations or potentially dangerous behaviors are observed, you may receive a warning.
- 2) Failure to heed a warning will result in a caution, and penalties such as stopping will be imposed. However, it's not always guaranteed that a warning or caution will be issued before a penalty is enforced.
- 3) If a violation occurs in any segment from the swim to the bike or run and the penalty, such as stopping at the violation location, is not served, the athlete's race number will be displayed in a Penalty Box (PB) set up on the course in advance. The affected athlete must enter the box on their own and follow the TO's instructions.
(PB location: Near the entrance to the Run Finish Area (Shinsakae Park); refer to P12, P15 MAP)
- 4) Main penalties for violations: Time
 - Drafting violation: 2 mins
 - Failure to verify T2 run shoes placement on the day: 2 mins
 - Other violations: 15 sec
- 5) Main grounds for disqualification include:
 - Participation by someone other than the registered individual (substitution). Not only will this result in disqualification, but also severe sanctions such as suspension from participation.
 - Riding a bike without wearing a helmet or wearing an inappropriate helmet.
 - Receiving assistance from others for puncture repair (excluding assistance from TOs).
 - Verbal abuse towards TOs, staff, or spectators.
 - Failing to enter the Penalty Box despite having one's race number displayed there.
 - Deliberately using unfair means to gain a clear advantage over other competitors.

22. Emergency Response

- 1) Emergency vehicles may enter not only for the race but also to protect local medical and safety needs.
- 2) If an emergency vehicle needs to enter, competition will temporarily stop to give priority to the emergency vehicle, even during the race.
- 3) The time athletes spend stopped for this reason will be included in the competition time. Please understand and accept this situation.
- 4) If you notice any athlete experiencing difficulties during the event, please immediately notify the nearest staff member.

In case of Retire (DNF) or Time over

- 1) Retiring or Timing Out in the Swim
 - ① First, have your condition checked by medical staff.
 - ② Hand over your Timing Chip to the staff and prepare to leave if there are no health issues.
However, please wait for instructions from a Technical Official (TO) before picking up your bike.
- 2) Retiring on the Bike
 - ① Declare your retirement to a TO and follow their instructions. TOs patrol the course on motorcycles, etc.
 - ② Hand over your timing chip to the TO.
 - ③ Unless you are taken away by ambulance, always return to the transition area and inform a judge of your retirement. Do not go home or leave the venue while still in the race, as this could lead to being reported as a missing competitor.
※ Handling mechanical troubles on your own is fundamental. Be prepared to deal with issues like punctures.
- 3) Timing Out on the Bike
 - ① If directed that you've timed out, follow instructions to either bike back to the transition on your own or be collected by a pickup vehicle. If biking back, continue on the course and abide by traffic laws
 - ② Hand over your timing chip to TOs.
 - ③ Always return to the transition area and inform a TO that you've timed out. Like with retirement, do not simply go home.
- 3) Retiring during the Run
 - ① Declare your retirement to a Technical Official (TO) and follow their instructions. TOs patrol on motorcycles among other means.
 - ② Hand over your timing chip to a TO.
 - ③ Return to the transition area and prepare for bike pickup as soon as TO instructs it's permissible.
- 4) Timing Out at the Run Checkpoint
 - ① If you are unable to proceed due to timing out at the 5th aid station (Sports Park return route), please follow the TO's instructions.
 - ② If you find yourself outside the regulated road closure times, please return via the sidewalk.
 - ③ Return to the transition area and, following TO's instructions, prepare for bike pickup when it becomes possible.

Relay

- 1) The relay is established by passing on the timing chip. Each athlete must wear it on their ankle during their segment.
- 2) The handover of the timing chip should be done at the relay waiting area.
- 3) The finish can be completed by all three members. For details, see (P28 Finish).
- 4) Only athletes competing are allowed in the transition area. The bike and run gear for the cyclist and runner should be prepared outside the transition area.
- 4) Individual athletes' belongings:
 - If not entrusting to a supporter (self-managed), the following applies:
 - Swim athlete: Can place in a designated transparent bag (declared at registration) (Refer to P18, P19) near the fence by the T1 bike rack. Use the re-entry gate for access.
 - Bike athlete: Should place in a designated bag (declared at registration) and leave it at the baggage check. This will be returned at the Civic Hall Middle Hall, the same as the registration venue.
 - Run athlete: Can place in a designated transparent bag (declared at registration) inside the waiting area at the T2 relay zone. Use the re-entry gate for access to the relay zone.
 - When retrieving belongings, race numbers will be checked, so please bring your race number.
- 5) Swim
 - ① The swim athlete should collect the timing chip and swim cap.
 - ② Only the swim athlete is allowed into the swim area.
- 6) Bike
 - ①. The bike athlete should gather at the T1 relay waiting area (Swim→Bike) dressed in bike attire and wearing the race number, by the estimated swim finish time.
 - ② Bike shoes may be attached to the bike or worn while waiting.
 - ③ It's recommended to wear the helmet beforehand.
- 7) Run
 - ①. The run athlete should gather at the T2 relay waiting area (Bike→Run) dressed in run attire and wearing the race number, by the estimated bike finish time.
- 8) If there's a skip, retire, or timeout in swim:
 - ① The swim athlete should hand the timing chip to a TO. For what follows, refer to (P29 for retiring or timing out).
 - ② The bike athlete should collect the timing chip at the skip waiting area and start at the designated time. (An extra timing chip might be used)
- 10) If there's a retire or timeout in bike:
 - ① The bike athlete should hand the timing chip to a TO. For what follows, refer to (P29 for retiring or timing out).
 - ② The run athlete, upon hearing the bike retire info, should inform the judge at the skip waiting area that they are the run part of the retiring team. Collect a spare timing chip and start following TO's instructions.
- 11) If there's a retire or timeout in run, the competition is concluded.
- 12) In case of a shortage of relay members:
 - ① It's possible to compete with two or one athlete. The same applies if an athlete retires midway.
 - ② With two people, one may continue two segments, or they may alternate each segment.
 - ※ Prior notification to a TO is required.
 - ③ If competed with less than three people, they will not be ranked.
 - ③ After finishing, please collect the post-race provisions for the number of participants.

Precautions

1. Award Ceremony
 - 1) Award ceremonies will be held for the overall top 1-3 male and female individuals, each age group top 1-3, overall relay teams 1-3, and Yaeyama erall top 1-3 male and female Please gather near the stage in the finish area.
2. Withdrawal (Retirement)
 - 1) Safety comes first. If you feel unwell before or during the race, making a "brave retirement" is the right choice.
 - 2) If retiring, please report to a nearby staff member with your intention to retire and your race number, and bring your timing chip to the headquarters.
3. Results and Finisher's Certificate
 - 1) Preliminary results will be displayed on the electronic board in the finish area. All participants' results will be available on the website and SNS.
 - 2) For immediate results, please check System Way (the URL or QR code on the right).
 - 3) Finisher's certificates will be available for free download from the website at a later date. (Not distributed on the day of the event.)
4. Mechanic Service (Reservation System Introduced)
 - 1) Please participate with a bike that has been well-maintained in advance.
 - 2) The mechanic service is paid (¥2,000 + actual cost).
Recently, there have been situations where athletes use mechanic services without inspecting their bikes themselves, preventing those who truly need the service from receiving it. While we want those in need to use the service, we first ask you to have your bike inspected and maintained by yourself or at a bike shop.
 - 3) Payments can be made with cash, card, QR payment, etc. However, technical issues may arise depending on the communication environment.
 - 4) To ease congestion, a reservation system will be introduced (only the day before the race).
 - A free lane (no reservation required) is also available, and you can receive service immediately if it's free.
 - You can make a reservation in advance through the URL or QR code on the right or on-site on the day.
 - If there are open slots, we will accommodate as a temporary free lane, but you will be asked to queue up once the reservation time arrives.
 - If maintenance is not completed within the reserved time, we may keep your bike and ask you to pick it up later
 - If you do not arrive within 5 minutes of your reservation time, your slot may be considered canceled.
 - Please do not forget to amend your reservation if there are any changes or cancellations.
 - Each service slot under reservation is 20 minutes.
 - Even with a reservation, you may have to wait about 10 minutes.

◆ Bike Check List (Make sure to check thoroughly yourself)

| Parts | Detail | Check | Parts | Detail | Check |
|---------------|------------------------------|-------|-------|----------------------------------------|-------|
| Brake | Brake shoe wear | | Other | DH Bar Fixation | |
| | Mounting position | | | at least one bottle cage | |
| | Brake wire | | | Di2 Battery level | |
| | Effectiveness | | | Frame damage/cracks | |
| Tire | Tire wear | | | Handlebar fixture | |
| | Tire damage | | | Stem fixture | |
| | Tire pressure | | | Head rattle | |
| Wheel | Wheel wobble/looseness | | | Saddle fixture | |
| | Spoke tension | | | Pedal rattle | |
| | Quick release lever Fixation | | | Cleat wear | |
| Gear shifting | Front derailleur | | | Tightening of each bolt | |
| | Rear derailleur | | | Lubrication (chain, derailleurs, etc.) | |
| | Shift cables | | | | |
| | (Including Di2) | | | | |

Online Race Briefing, rules comprehension test, and travel questionnaire

- Please be sure to watch the online race briefing from the URL or QR code on the right.
- Please be sure to fill out the travel questionnaire and comprehension test.
*The representative of the relay must answer the questionnaire and inform the members of the relay.

WEB Race Briefing
Video Home Page

Travel questionnaire & Comprehension test (Relay teams are answered by a representative.)

◆ April 1 (Mon)~April 11(Thus)

<https://forms.gle/WwF6VfGrQdVHQpeP9>

Anti-Theft Measures

At JTU, we are committed to preventing theft and unauthorized photography at our event venues. In recent years, there have been several reports of unauthorized photography at event venues. We especially request female athletes to take self-protective measures, such as wrapping themselves in a towel after finishing. Furthermore, if you discover any behavior that could be suspected of unauthorized photography, please notify a nearby event official immediately.

Event Insurance

Members of the JTU Prefectural Competition Bodies and Student Associations for the fiscal year 2024 are enrolled in insurance as part of their membership benefits (see table below: left). Additionally, they are separately insured under the tournament insurance (see table below: right). The organizers' compensation for injuries sustained during competition is within the scope of the insurance coverage. There is no compensation for equipment and supplies. Please make sure to check the following coverage details, and if you feel the coverage is insufficient, you are advised to enroll in additional insurance on your own. For details on the membership benefits insurance, please check the JTU website.

◆ Event Insurance

| Benefit Content / Reason: | Injury |
|------------------------------|-------------------------------------------------|
| Death Coverage | 15 million yen (Accident Insurance) |
| Disability Compensation | 45-15 million yen (Personal Accident Insurance) |
| Hospitalization compensation | 5,000yen×day |
| Outpatient Visit Benefit | 2,500yen×day |

- ★ Heat Stroke Compensation Rider
- ★ Food poisoning compensation rider

Ishigaki Island Triathlon Secretariat

TEL:0980-87-0085

E-mail:info@ishigaki-triathlon.jp

Lost and Found

- 1) If you find any lost items, please deliver them to the tournament headquarters.
- 2) If you have lost or forgotten something, please contact the tournament office via email (email address on the right, QR code). When inquiring, please specify the item, color, size, and any distinctive features.
- 3) Any liquids in bottles will be discarded.
- 4) The tournament office will hold the items after the end of the tournament, but they will be disposed of if not claimed within one month.



info@ishigaki-triathlon.jp

Doping Control

In this event, doping tests may be conducted in accordance with the Japan Anti-Doping Regulations (available from the Japan Anti-Doping Agency (JADA) website <https://www.playtruejapan.org/>).

When attending, please be sure to bring a photo ID (passport, student ID, driver's license, etc.).

Athletes who are subject to a doping test will be notified after their competition. Please follow the instructions of the notifier (doping control officer, chaperone). Refusing or evading the provision of a urine or blood sample, or both, may be considered a violation. Please refer to the "Doping Control Procedures (Urine, Blood)" section under "Athletes & Sports Organizations → All Athletes Participating in Competitions → Learn about the Rules" on the JADA homepage for details on the testing process.

In the event of a contact accident during the race

Age group athletes may also be subject to testing, so please be mindful of anti-doping regulations at all times.

In the event of a collision during the race, please ask a nearby staff member for help, and regardless of whether or not you are injured, please stay where you are and follow the instructions of the event organizers.

Response to Disasters, etc.

- In the event of a major earthquake, the competition may be suspended or cancelled.
 - There is a possibility of a tsunami (predicted to exceed 10m in height). If a warning is issued, please move away from the sea and follow the instructions of the staff. Depending on the situation, it may be necessary to evacuate to a safe place, such as higher ground. Please check the web version of the disaster prevention map through the QR code on the right for evacuation buildings and more.



<https://www.city.ishigaki.okinawa.jp/section/hazardmap/>

Disaster Prevention Map

- In the event of the launch of a ballistic missile or other projectile, please pay attention to information from the nationwide instantaneous warning system (J-Alert), Ishigaki City disaster prevention radio, and other sources.

Other

- 1) Please prepare for "summer" weather conditions. Hydrate sufficiently from the day before. Drinking alcohol can lead to dehydration rather than hydration. Please refrain from drinking alcohol the day before.
- 2) Depending on the weather, such as rain and wind, it may also be cold. Please consider cold and rain measures when participating.
 - ※ For points 1) and 2), supporters should also take note.
- 3) Wearing a hat is recommended during the run competition.
- 4) If you see any athlete in distress during the event, please immediately notify the nearest staff member.
- 5) Ill health and lack of sleep can lead to serious accidents. Please do not force yourself to participate under these conditions.
- 6) Any changes to the schedule or local rules will be posted and announced at the headquarters.
- 7) Please take your trash home with you.
- 8) Please manage your valuables yourself.
- 9) Temporary changing rooms will be provided.
- 10) If there is a failure to return the timing chip, please make sure to return it to the event headquarters. If lost, you will be charged the actual cost.
- 11) There may be media coverage from TV, newspapers, etc., and space may need to be secured. Your cooperation is appreciated.

- Only competitors are allowed to enter areas outside of the spectator areas.
- Please do not enter houses and fields, etc. on the bike and run courses.

スイム会場・フィニッシュ会場の入場可能な範囲は限られておりますので、ご入場の際は案内に従い選手や競技の妨げにならないようにご注意ください。

スイム会場までの行き方

会場までお越しの際は、お車以外の方法でお越してください。
サザンゲートブリッジは規制を行っており、車では渡れません。
徒歩で渡るようお願いします。会場周辺の路上駐車は競技の妨げにもなりますので禁止です。



サザンゲートブリッジを渡った後、
緑地公園駐車場脇の歩道を
人工ビーチの方へ進みます。
人工ビーチ到着後は誘導に従い
スイム会場内の観戦エリアへと
お進みください。
お帰りの際は同ルートを逆行
してください。



TRIATHLON
ISHIGAKI
YAEYAMA ISLANDS

Access, Venu Area Map



Temporary Parking Area

