

Athlete's Guide

Ishigaki Island Triathlon 2025

11th Yaeyama District Triathlon Competition
2025 NTT Triathlon Age Group
National Championship Series SD Round 1





Results Flash Report Apr. 5th Edition
Please check
the latest
version on the
event's official
website.



Changes/Updates



Date of Chang	Page	ltem	Content	Explanation
Apr.5	8	Official Schedule	Attention again.	T1 Deadline is 7:30AM Late arrivals are penalized
Apr.5	22	5、Assembly, Time Limit	BIKE 40km	There will be no 40km cutoff for the bike; it will be up to the 30km cutoff and the bike finish.
Apr.5	23	11、Restube Pickup	Swim buoy handling	Swim buoys are available for sale.
Apr.5	28	<3>Bike Course Warning Points	How to pass the Southern Gate Bridge	During the competition, traffic will be on the right side of the road. The left lane is for vehicles.



Please respond to the race briefing video, rules and other understanding test, and travel instructions questionnaire between Friday, March 21 and Monday, March 31. (See p. 32).

	between inday, name a		511day/ 11d1 c11 511 (500 p1 52)
	Changes/Updates	P23	8, Finishing order
	Index		9, Athlete tracking information
	mucx		10, Baggage drop-off
	Points to Note Due to Course Changes		11, Receipt of the rescue tube (inflatable
	Precautions for Bike and Run Courses		emergency buoyancy device) 12, Participation of para-triathletes and similar
	Precautions and Requests for Participation		athletes.
	General Information		13, Wear, Wetsuits
	Event Overview		14, Prohibited items for carry-on
	Event Overview	P24	15, Swim
	Competition Overview, Glossary of Terms	P25	16, Transition
	Marthaulafamark'au	P26	17, Bike
	Weather Information	P28	18, Run
	Official Schedule		19, Aid station (Water station)
			20, Finish
	Course map	P29	21, Penalty
	Swim course, Duathlon course		21, In case of Emergency, retirement(DNF) or
P10	Bike course, Mount/Dismount line		exceeding the time limit
P11	Run course, Aid station	500	Relay
P12	Finish area MAP	P30	G P S Service
P13	Transition Area1(T1)MAP		Plogging(plocka upp x jogging) event
P15	Transition Area 2 (T2) MAP	P31	General information, Points to note
P17	Preparation for the Event		1, Award ceremony
	Bike & Luggage Transportation		2, Rretirement(DNF)
	Bib number, swim cap		3, Result, Finish certificate
P18	Supplied items, items to bring information dissemination		4, Bike mechanic service (reservation
P19	Pre-race day and race day activities		required) Web competition briefing, rules comprehension
P20	Identity verification	P32	test, transportation survey.
	Member change		Prevention of unauthorized photography
	Bike familiarization		Event insurance
	Swim familiarization		Lost and found items
P21	How to attach a bib number	P33	Doping control
	Decal (body number)		In case of a collision or contact accident during
P22	Competition-related information, competition rules		the competition
	1, Applicable competition rules		Response to disasters or emergencies
	2, Technical Officials		Others
	3, Changes to the competition from the	P34	Spectator guide
	organizers: Cancellation and suspension	P35	Access
			Temporary parking lot

1. The location of Transition 2 (T2) will be changed.

T2 will be changed to the parking lot of Ishigaki Civic Hall where the registration desk is located.

Please make sure to confirm the location of the dismount line, run start, etc. as well as the run goods drop-off at the registration desk.

Please make sure to confirm the location of the dismount line, run start, etc. as well as the run goods drop-off.

2, The way to go around the run course will be changed.

Due to the change in T2, the run course will be reversed from the previous one, and the left side of the course will be changed to the right side of the course.

(One round trip in a T-shape, up to 3.8%). (There will be one round trip on the T, with one hill of up to about 3.8%.) (See Athlete's Guide p.11 and p.28)

3, Rules will be changed.

Drafting zone: 10m→12m.

Drafting zone stay time: 20 seconds \rightarrow 25 seconds.

Penalty time for drafting violation: 2 minutes \rightarrow 1 minute.

(Penalty time for drafting violation: 2 minutes \rightarrow 1 minute (see Athlete's Guide, p. 27)

If a Athlete intentionally discards all items, including swim caps, between the swim finish and transition, Athlete will be subject to a penalty.

If a Athlete removes his/her wetsuit completely between the swim finish and transition, Athlete will be subject to a penalty.

Stopping to remove your wetsuit will result in a penalty.

(See p. 24 of the Athlete's Guide)

- 4, Wet suits are optional.

- 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.





Weather Precautions

Severe heat is expected. Please be prepared to acclimate yourself to the heat by making sure you have a constitution that allows you to sweat.

Guidelines and requests for participants



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>

★ Wetsuits are optional. Due to the expected heat, please consider wearing long johns (no sleeves) even if you do wear one.

★ 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.

Information



Event Outline

	Ishigaki Island Triathlon 2025
Event name	11th Yaeyama District Triathlon Tournament
	2025 NTT Triathlon Age Group National Championship Series SD First Round
Date	April 13, 2025 (Sunday)
Venue	Inside Ishigaki City, Start at PAINU Hama Town Seaside Greenery
Organizer	Ishigaki Island Triathlon 2025 Executive Committee [Comprising Organizations] Public Interest Incorporated Association Japan Triathlon Union General Incorporated Association Okinawa Prefecture Triathlon Union Yaeyama Triathlon Association 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
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)
Special	Nippon Telegraph and Telephone West Corporation,
Spomso	
red	
Sponsored by	Ajinomoto Co., Inc., PIECLEX Co., Ltd,Nippon Travel Agency Co., Ltd., Lawson Inc., Cerespo Co., Ltd., Champion System Japan Co., Ltd.,, Orion Beer Co., Ltd., Ryuseki Co., Ltd., Okinawa Electric Power Company, Incorporated, Hidecho Suisan Co., Ltd., and many others listed.
Supporte d 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/

Information



Event Outline

Event Outline	9								
		Divisio	on.			Diet	ance (S=Swim,	R-Riko D	-Dun)
Division (Di	Ago/Cons		JII			DISI	ance (3=5wiff),	D-DIKE, K	-Null)
Division/Di stance	Age/Gener		riot Ta	IND DESCRIPTION	_				
	,	ama District Tournament			-	S 1.5km • B 40km · R 10km			
	Relay								
	Εν	/ent				Time I	_imit (Cumulativ	e)	
Time	Swim						1 hour		
Limits	Bike					3	nours 15 mins		
-	Run						nours 45 mins		
	Tan						10013 13 111113		
	Div	ision/			# of	athlete and te	eam		Total
Entry	Age/Gener	al				1168			
Numbers	Including	Yaeyar	na _.			91			
	District T	ournam	ent						1411
	Relay					81			
	Divisio	n				Category			Award
				(Overall	3 /	Men & \	Vomen	1 st to 3rd
						a&Women	55-59 Men&V		
	Age			20-24 Men&Women		60-64 Men&Women			
			В	25-29 Men&Women		65-69 Men&Women			
			/ Ag	30-	30-34 Men&Women		70-74 Men&Women		, ct
Award	, 190		By Age Group			a&Women	75-79 Men&V		1 st to 3rd
Ceremony			rou			a&Women	80-84 Men&V		
	7		⁶		45-49 Men&Women		85-89 Men&V		
					50-54 Men&Women		90-94 Men&V		
-	Relay			Men	7 1 1 101	Women	Mix		1 st to 3rd
-					particina		/ama District Tourna		1 00 010
							g those awarded in		tegory.
	★Yaeyama	Slot Pa	rticipan	ts (Auto	naticall	y registered ba	ased on the add	ress at the	time of entry)
	Divisio	n				Category			Award 1 st to 3rd
	Yaeyama			Individua					
	Tourname	ent	Ву	Commur	ity⁴	Top 3 Indiv	iduals' scores fro	om eacn	1 st to 3rd
	Individuals in good health, not impeding the conduct of the competition.								
								•	J
			dividuals who will proactively comply with the competition rules.						
Eligibility	Common		Able to swim 1.5km within 60 minutes (applicable to the swim segment of the relay).						
	to all divisions	Must	be 18 y	ears or o	lder as	of December	31, 2024, and a	member	of a JTU
	pr						ent association		,
		For re meml	elays, pa	articipan ı JTU pre	s must fectura	be high school competition a	ol students or olessociation or st	der. Regist udent asso	ration as a ciation for the
		2024	fiscal y	ear is red	omme	nded.			
	Yaeyama District Tournament	Eligibl	le for re	esidents o	of Ishiga	aki City, Taket	omi Town, and `	Yonaguni T	own.

Information



Event Outline

	Executive Chairman	Keiko Kakimoto	President of the Yaeyama District Sports Association
	Executive Vice- Chairman	Kiriyo Suzuki	Director of Japan Triathlon Union
	Executive Vice- Chairman	Yasushi Yoshimura	President of the Yaeyama Triathlon Association
Event	Technical Delegate (TD)	Yoshimasa Ohama	Vice-President of the Yaeyama Triathlon Association
Officials	Assistant Technical Delegate (ATD)	Masatoshi Kon	Japan Triathlon Union
	Head Referee (HR)	Yuko Nakawakai	Director of the Yaeyama Triathlon Association
	Jury Member	Kiriyo Suzuki	Director of Japan Triathlon Union
	Jury Member	Jun Nishizawa	Organizer, Japan Triathlon Union
	Jury Member	Yoshimasa Ohama	Vice-President of the Yaeyama Triathlon Association

Weather Information

<ishigaki 13="" april="" for="" information="" island="" weather=""></ishigaki>								
	Unit	Last 5 Years Average	Last 5 Years Maximum	Normal Value	Note			
Maximum Temperature	ပ	27.0	28.8	25.8				
Minimum Temperature	ပ	22.1	16.4	21.0	Lowest in the past 5 years			
Humidity	%	75.0	88.0					
Average Wind Speed	m/s	4.2	6.4		Gusts: More than half the month exceeds 10 m/s			
Precipitation mm 2.3 9.5 4.8								
Note: Depending on the	wind a	Note: Depending on the wind and rain conditions, it may feel cold. Prepare flexible clothing.						

<past (7:00="" am)="" event="" information=""></past>						
Date	Air Temp.(℃)	Water Temp.(℃)	Humidity(%)	Weather		
2024/4/21	27.5	29.8	83	Fine		
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



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^{*}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.

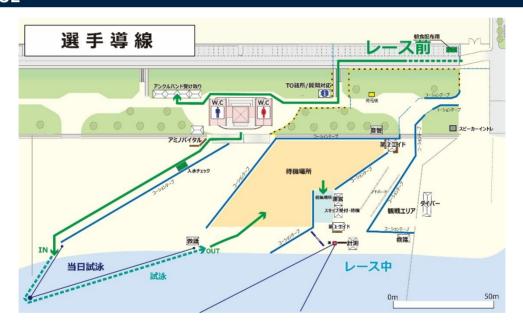
^{*}Merchandise sales are planned to be at only one location in front of the Civic Hall Big Hall on the day before.



SWIM COURSE



SWIM VENUE



SWIM CANCELLED 1ST RUN COURSE WHEN DUATHLON IS HELD





BIKE COURSE



BIKE COURSE (ELEVATION DIFFERENCE)

Altitude gained 398m

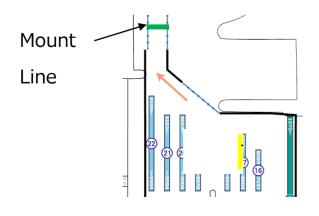
Maximum gradient

Uphill 9.1%

Downward 9.6%



MOUNT LINE & DISMOUNT LINE



Dismount



RUN COURSE



- Aid Station
 - **1** start water
 - \$2.0km
 - (3about2.0km) water
 - (Pabout1.7km) water

Onward travel is acceptable.

- 2about2.0km water
 - 1.7km
- **3**about 3.7km water,sports drink \$1.1km
- **4**about 4.8km water \$1.0km
- Sabout 5.8km water \$1.7km
- **6**about 7.5km water \$1.2km

Ofinish



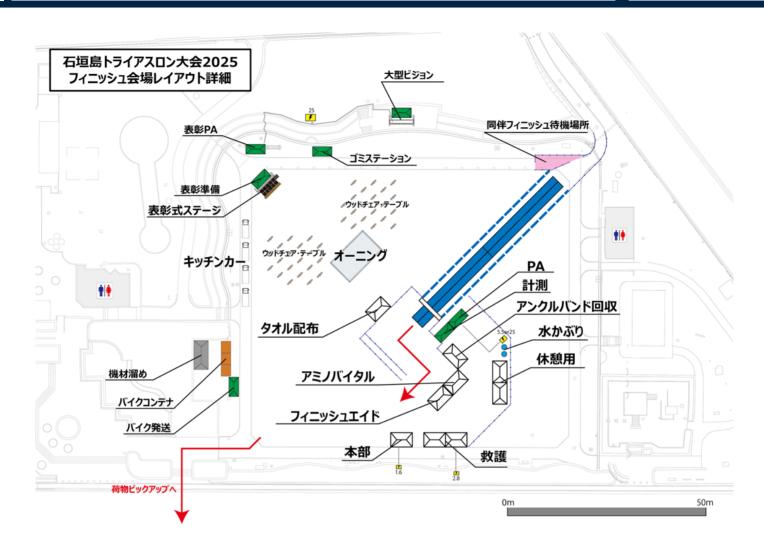
Altitude gained 48m

Maximum gradient 3.8%

● Penalty box (PB)



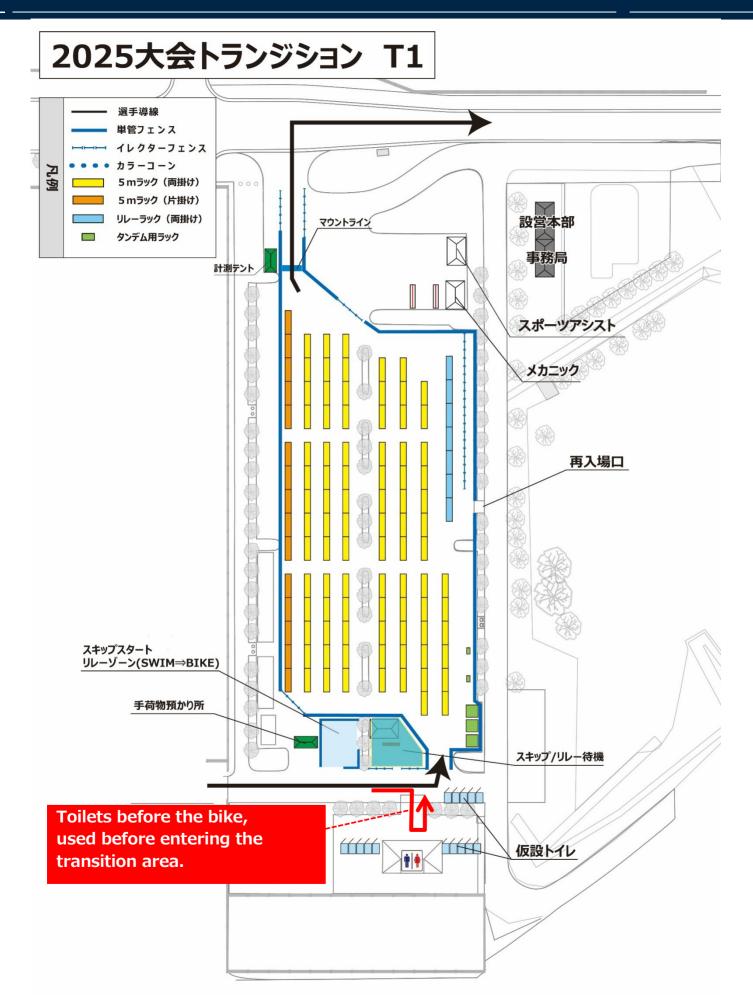






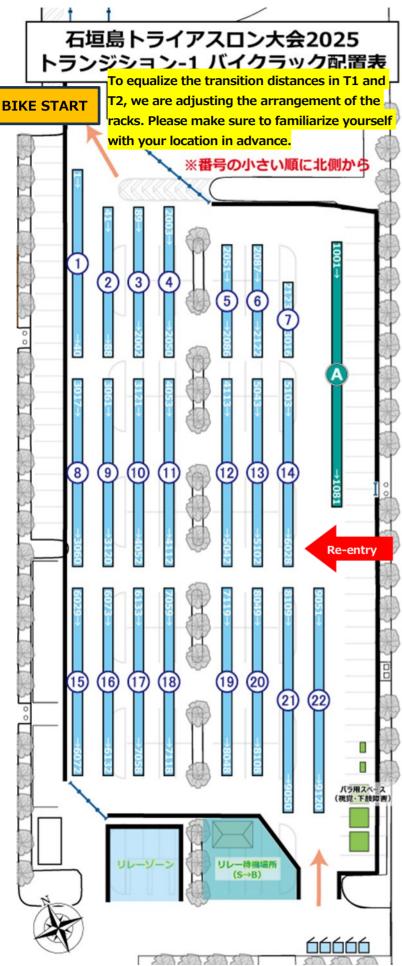
Swim goods and baggage can be picked up at the Civic Auditorium Middle Hall.





TRANSITION 1 (T1) MAP

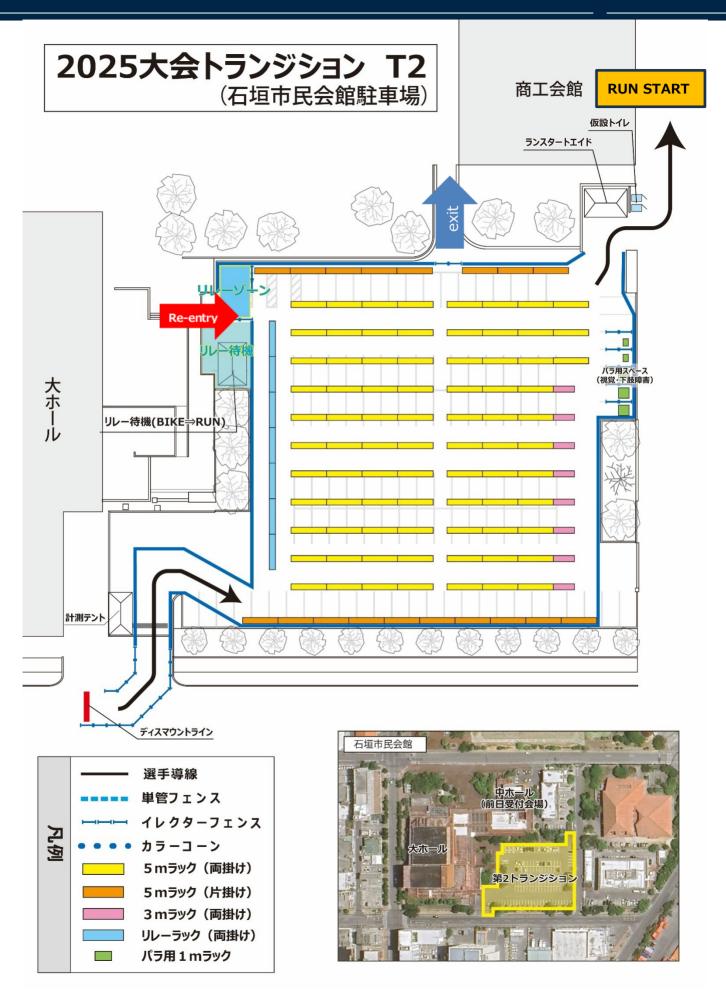




」 ラックNo	レースナンバー	区分
A	1001 ~ 1081	リレー
(1)	1 ~ 40	
2	41 ~ 88	1
	89 ~ 134	W
(3)	2001 ~ 2002	
(4)	2003 ~ 2050	
(5)	2051 ~ 2086	2 W
<u>(6)</u>	2087 ~ 2122	W
	2123 ~ 2130	
7	3001 ~ 3016	
(8)	3017 ~ 3060	3
9	3061 ~ 3120	W
	3121 ~ 3128	NO.
10	4001 ~ 4052	
(11)	4053 ~ 4112	4
	4113 ~ 4130	W
12	5001 ~ 5042	
(13)	5043 ~ 5102	5
	5103 ~ 5134	W
14	$6001 \sim 6028$	
(15)	$6029 \sim 6072$	6
16	$6073 \sim 6132$	6 W
10	6133 ~ 6134	
17	7001 ~ 7058	
(18)	7059 ~ 7118	7 W
10	7119 ~ 7130	W
19	8001 ~ 8048	
20)	8049 ~ 8108	8
20		W
21)		0
(00)	9001 ~ 9050	9 W
タンテ	9051 ~ 9120	
The second	「ム 21 (1W) 22 ング 23(1W) 3124(3W) 9(Market Land
2,,1	23 (1W) 312 4(3W) 9 (※上記選手は専用	

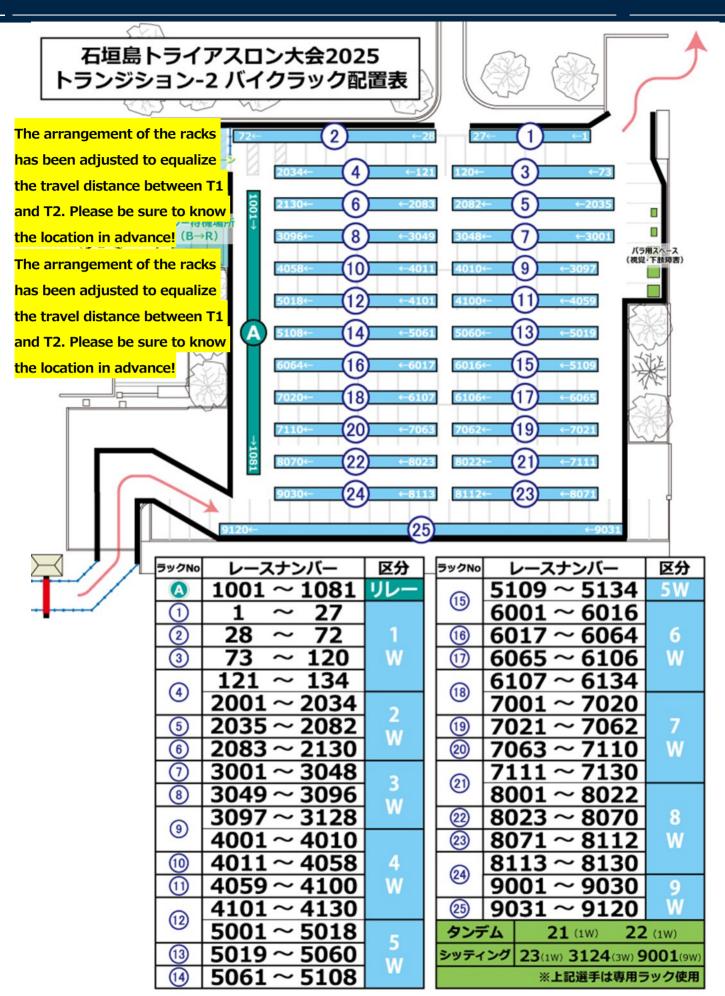
TRANSITION 2 (T2) MAP





TRANSITION 2 (T2) MAP





Preparation for the competition



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.
 - ①Please 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 2nd (Wednesday). For more details, please check the website. (OR 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 12th (Saturday) 10:00~16:00
- ★Bike drop off: Civic Hall parking lot April 13th (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 Numb	per (Numbers		Swim Cap	
	1W	NO.	1	~	133	White
	2W	NO.	2001	~	2130	Yellow
	3W	NO.	3001	~	3128	Orange
	4W	NO.	4001	~	4129	Pink
1G	5W	NO.	5001	~	5133	Blue
	6W	NO.	6001	~	6134	White
	7W	NO.	7001	~	7130	Yellow
2G	8W	NO.	8001	~	8130	Orange
	9W	NO.	9001	~	9120	Pink
	10W	NO.	1001	\sim	1081	Blue

♦Bib number colors and swim cap colors for athletes with disabilities.

Please be aware of and cooperate with the general athletes.

	Arm and leg disability	visual disability	hearing disability	Other disabilities
Bib number	Black	Green	Red	Black X Yellow
swim cap	Green	Green	Red	Green
image	NTT西日本 OOO TRIATHLON ISHIGAKI TRIATHLON ISHIGAKI TRIATHLON ISHIGAKI TRIATHLON ISHIGAKI TRIATHLON ISHIGAKI	JAL JTA OOO ARE TRIATHLON ISHIGAKI INTERNATION INTER	ONTESTA OOO TRIATHLON ISHIGAKI STATE CONTESTA ANY AGE CO	NTT西日本

Supplies, items to bring, and information dissemination



No advance mailing. Ple	ase 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 race 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 3/31) 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 $x1$) , Helmet (Small $x2$) , Baggage deposit (Small $x1$) (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)	lease 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 broug 	ht
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)
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	and the second of the second o
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
. Allistici S TOWEI	team at the finish line.

Ishigaki 2025

Preparation for the race



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

2

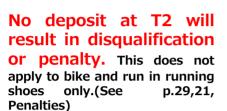
Triathlen

◆ April 12 (Sat)

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

Registration

- · Identification Check
- Race Briefing Video Comprehension Check
- · Receive supplies



T 2 Run gear drop off (Important)

(except relay teams)

- - 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 relav 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 13 (Sun)	★ ★When traveling by bike, be sure to wear a helmet properly			
Before Departure	 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 			
Transition Open	 the swim) and make sure to bring them with you. (Excluding relay) 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 			
Baggage Deposit clear 透明	place) (Excluding relay) - 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, 92 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.			

Preparation for the race



前々日試泳用駐車場

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 6th (Sunday).

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 to 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 swaters.)
- 11) Only competitors are allowed on the tassistance.
 - 12) If arriving by car, turn left past the venue. (Not available on the day of the



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.
- 3) Swim Familiarization is limited to one swim of the prescribed course, approximately 100 meters. No re- swim Familiarization will be allowed. Be sure to warm up on land if necessary.

Preparation for the race



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.



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)



◆Safety pins are





116

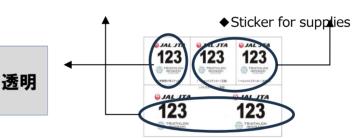


◆Bike sticker
Largex1
(Wrap around the seat
pillar or affix to the plate
on both sides.)



◆Helmet Sticker Smallx2 (Front • Right side)





RESQUE GO

A QR code on the surface allows you to locate the players. Please use only in case of emergency. It can also be used by supporters.

- 3) Bib number rules, etc.
- ① Please adjust your race wear and bib number in the transition area before starting.
- ②It 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.
- ③It 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)

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 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



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.)

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 C

bear time, be combined out time after the
competition ends.
- Participants who do not make it to the checkpoint in time will be considered to have finished the competition a
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.

Measurement Points, Measurement Details

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

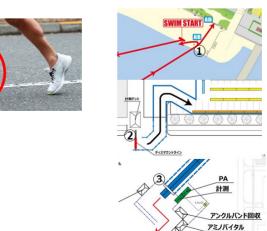
①Swim Exit Point Swim laps, Swim finish, Bike start

Bike finish, Run start ②Bike Dismount Line /

3Finish Line Run finish

- The bike time includes the time from T1.
- The run time includes the time from T2.

Event	Final Cut-off Time (Cumulative)	Final Cut off Time	Location, Note
Swim	60mins	9:34	Swim Finish Measuring Line
	1 hour 46min	10:20	About 10km Point
	2 hour 16Mins	10:50	About 20km Point
	2 hour 46min	11:20	About 30km Point(Yaima Village Entrance)
	3 hour 06min	11:40	About 40km Point
	3 hour 15min		Bike Finish Measuring Line
Run	4 hour 11min	12:45	Athletic park return route(5th)Aid
	4 hour 45min	13:19	Run Finish Measuring Line



フィニッシュエイド



- 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/25ishigaki



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) Restube are available for purchase at a special convention price. Please apply from the URL or QR code on the right. **There will be no rentals or sales on the day of the convention.
- 2) Swim buoys and other buoyant objects will be handled at the EXPO. (Limited quantity)
- 3) Please refer to Swim (p. 24) for rules on the use of restube.
- 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) Wearing a wetsuit is optional.
 - 2) If you wear a wetsuit, please wear a wetsuit that fits your body shape.
 - 3) Wearing rash guards, swim skins, etc. is optional.
 - 4) Wetsuits for surfing and diving are not designed for easy swimming, and triathlon neoprene (neoprene) wetsuits for swimming are not recommended. We strongly recommend that you wear a swimsuit with a neoprene (synthetic rubber) body covering for triathlon.
 - 5) Wearing swimsuits is optional, but please be sure to bring them with you as it may be cold depending on

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)
 However, those who have a disability and are approved by the convention may have one. (Yellow line)
- · Glass items
- Plastic bottles
- \cdot 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.) (Blue line)











15、Swim

<1> Equipment

- 1) Please wear the designated swim cap provided at registration.
- 2) Wearing a wetsuit is optional. (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.

- After the swim finish and before the transition, all items, including swim caps, will be penalized if they are intentionally dropped or or discarded, will be penalized.
- 8) Athletes are not allowed to stop and remove their wetsuits after the swim finish and before the transition. You may remove your upper body wetsuit as you proceed. Stopping will be penalized as it will interfere with other athletes.
- <5> Restube Operating Rules
 - 1) The Ishigaki Triathlon allows the wearing of "Restube" "SWIM BUOY".
 - 2) You can continue the competition even if used (inflated), but it will be for reference only.

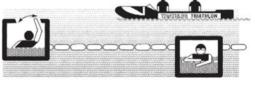
<6> Duathlon in Case of Swim Cancellation

- 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. Footwear worn during transportation can be placed in a designated area.







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,



precautions against rain and wind by yourself, Also, if you

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)

- 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 dismounting. (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 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)





《Mount》



<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 postcompetition. 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) Pleasé dismantle by 2 PM. After 2 PM, bikes and other items will be moved outside the management area



17、Bike

- <1> Equipment
 - ①Helmet
 - 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

②Bike

1) Road bikes are recommended.

0	Road Bike	Χ	Mini velo
\circ	TT Bike	Χ	City cycle (so-called mamachari)
Χ	Mountain Bike	Χ	Electric bicycles
Χ	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.)
- ③Equipment, etc. (⊚ mandatory ⊃ recommended X prohibited)

0	Puncture repair kit	Χ	Plastic bottles	
Bike bottles		Χ	Headphones, earphones	
\circ	Cycle computer	Χ	Glass items	
·		Χ	Communication devices	
		Χ	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>Competeition
 - 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)2) The final phase of the course, the course has been changed from the 2024 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.



Rule Changes
Drafting
10m → 12m

- Drafting is prohibited
- Please keep at least 12m from the front wheel tip of the rider in front of you.
- · Overtaking must be completed within 25 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



Only on the bridge, right side of the road during



When reaching the coastline around 31 km, go down and

There is vehicular traffic on the opposite lane on the o





🚧 JAL/JTA

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

- 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)



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

o) 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.



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: 1 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
- ①First, have your condition checked by medical staff.
- ②Hand 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
 - ①Declare 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
 - ①If 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
 - 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
 - Declare your retirement to a Technical Official (TO) and follow their instructions. TOs patrol on motorcycles among other
 - 2) Hand over your timing chip to a TO.
 - ③Return 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.
 - ②If you find yourself outside the regulated road closure times, please return via the sidewalk.
 - ③Return to the transition area and, following TO's instructions, prepare for bike pickup when it becomes possible.

Relay

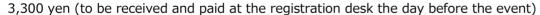
- 1) The relay is established by passing on the timing chip. Each athlete must wear it on their ankle during their segment.
- 2) The handover of the timing chip should be done at the relay waiting area.
- 3) The finish can be completed by all three members. For details, see (P28 Finish).
- 4) Only athletes competing are allowed in the transition area. The bike and run gear for the cyclist and runner should be prepared outside the transition area.
- 5)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.



- 4) Swim
 - ①The swim athlete should collect the timing chip and swim cap.
 - ②Only the swim athlete is allowed into the swim area.
 - 5) 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.
 - 3It's recommended to wear the helmet beforehand.
 - 6) 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.
 - 7) If there's a skip, retire, or timeout in swim:
 - ①The swim athlete should hand the timing chip to a TO. For what follows, refer to (P29 for retiring or timing out).
 - ②The 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:
 - ①The bike athlete should hand the timing chip to a TO. For what follows, refer to (P29 for retiring or timing out).
 - ②The 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 colle ct the post-race provisions for the number of participants.

GPSService (HAWK CAST)

We will start the service of where the athletes are now. Please make use of this service for relays and cheering. Limited quantities available. Advance registration is required. (QR code on the right)





Plogging(plocka upp x jogging) event



Run For Reforestation Challenge

In collaboration with ASICS, participants will contribute to reforestation and ecosystem protection through running and walking, aiming to reduce CO_2 emissions. The participants will contribute to society by picking up trash while running near the venue.

◆Date: Friday, April 11, 15:00 (meet at the swim site), scheduled to end at 16:00

Capacity: 50 people on a first-come, first-served basis (non-athletes are also welcome to participate)

◆Application: Information will be posted on the event website from 3/27(Thu.).



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



Online Race Briefing, rules comprehension test, and travel questionnaire

- * Please be sure to watch the online briefing from the conference homepage (URL, QR code).
- * Please be sure to answer the questionnaire and comprehension test on the "My Page" or the designated page.



*The representative of the relay must answer the questionnaire and inform the members of the relay.

★3/21 (Fri.) —3/31 (Mon.)

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.





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 \rightarrow All Athletes Participating in Competitions \rightarrow 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

- 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.

Spectator's Guide



- · 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下さい。

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。





Access, Venu Area Map



Temporary Parking Area

