OFFICIAL GUIDE FOR ELITE ATHLETES, PARATRIATHLETES,TEAM MAY 13-14, 2017

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GENERAL INFOMATION

INTRODUCTION

The purpose of the Athletes and Team Officials Guide is to ensure that all Elite Athletes, Paratriathletes, and Team Leaders are well informed about all procedures concerning World Triathlon Yokohama 2017.
Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

KEY DATES

●ELITE	
Elite Athletes Briefing	Thursday, May 11, 18:00 / Hotel Monterey
Bike Course Familiarization	Friday, May 12, 6:15 / Bike Course
Swim Course Familiarization	Friday, May 12, 15:00 / Swim Start
Elite Women Competition	Saturday, May 13, 10:06
Elite Men Competition	Saturday, May 13, 13:06

●PARATRIATHLON	
Bike Familiarization	Friday, May 12, 6:15 / Bike Course
Swim Familiarization	Friday, May 12, 15:45 / Swim Start
Handcycle & Wheelchair Check – Only PTHC	Friday, May 12, 15:00 / Athlete Lounge
Paratriathlon Briefing	Friday, May 12, 18:00 / Hotel Monterey
Paratriathlon Competition	Saturday, May 13, 6:55

KEY CONTACTS

ITU Team Leader	**Gergely Markus**	Gergely.markus@triathlon.org Mobile:+81-90-8730-6883(from11th)
ITU Technical Delegate	**Alan Ma**	mathalan@macau.ctm.net Mobile:+81-90-8950-9254(from 11th)
ITU Technical Delegate(AG)	**Koji Koganezawa**	koji-koganezawa@agc.com Mobile:+81-80-3010-5630
ITU Medical Delegate	**Dr.Toshihito Katsumura**	kats@tokyo-med.ac.jp Mobile:+81-90-8953-2495(from 11th)
LOC Office Coordinator	**LOC office** **Kiriyo Suzuki** **Ken Koike**	jtuoffice@jtu.or.jp Telephone: +81-45-680-5538 k.suzuki@jtu.or.jp Mobile: +81-90-3959-1678 koike@jtu.or.jp Mobile:+81-90-1501-1293
NF	**JTU office**	jtuoffice@jtu.or.jp Telephone: +81-3-5469-5401
Transportation and accommodation	**JTB**	jtb_convention@bwt.jtb.jp Telephone: +81-45-316-4602

CONTACT DETAILS

● ***Japan Triathlon Union***
2nd Eirai Building, 1-3-8, Shibuya, Shibuya-ku, Tokyo, 150-0002, Japan
Telephone: +81-3-5469-5401
FAX: +81-3-5469-5403
E-mail: jtuoffice@jtu.or.jp
Website: http://www.jtu.or.jp

● ***WTS Yokohama LOC Office***
6-81, Onoe-cho, Naka-ku, Yokohama-city Kanagawa, 231-0015, Japan
Telephone: +81-45-680-5538
FAX: +81-45-641-2371
E-mail: wts_convention@yokohamatriathlon.jp
website: http://yokohama.triathlon.org/en/home

TV LIVE COVERAGE

Women and Men / NHK BS-1 / 13 May,2017 10:00-15:15 a live broadcast / Only Elite

VENUE

VENUE

The venue is a city-based international racing event, featuring an exotic view of townscape of Yokohama and a warm hospitality of Yokohama citizens.

ELITE ATHLETES & PARATRIATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area. Sealed bottles of water, fruit and ice bath will be offered to the athletes before and after the race in the athletes' lounge.

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.
The venue is Hotel Monterey.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue on May 13 before and during the competition hours.
Medical and paramedical personnel from Event will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the Kanagawa Prefecture Government and the finish area.
Possible medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.
Athletes / teams should ensure that they have appropriate medical insurance.

BIKE MECHANIC SERVICE

"SHIMANO" will offer a comprehensive bike mechanic support from May 10 to 12 and is also available in case of emergency.

Hotel Monterey near the entrance

Wednesday 10 May	13:00-17:00
Thursday 11 May	9:00-17:00
Friday 12 May	9:00-17:00

In the athletes lounge

Saturday 13 May	5:30-11:00

INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Hotel Monterey / Ajisai and Icho. It takes 5min walk from the swim start. The office is open daily from Tuesday, May 9 until Sunday, May 14, 2017. Athletes / teams should ensure that they have appropriate medical insurance.

★LOC Contact : Ken Koike
koike@jtu.or.jp
Mobile:+81-90-1501-1293
★ITU Office : Hotel Monterey / Ayame
★ITU Contact : Gergely Markus
Gergely.markus@triathlon.org
Mobile: (from 11 May)

Opening Hours

Tuesday 9 May	13:00-20:00
Wednesday 10 May	9:00-20:00
Thursday 11 May	9:00-20:00
Friday 12 May	9:00-20:00
Saturday 13 May	5:00-20:00
Sunday 14 May	5:00-20:00

Information and transfer desk will also be located at the official hotel, Hotel Monterey. It is open daily from Wednesday 10 May until Monday 15 May. 8:30-17:30.

SECURITY

The security company will be responsible for the venue security and community police and Field of Play (FOP) Technical officials will patrol around the Field of Play. Police and a certified traffic management company will manage the road closures and the traffic around the course.

ACCOMMODATION, TRANSPORTATION

ACCOMMODATION,TRANSPORTATION

1 Hotel Monterey Yokohama
(Offical Hotel／Head Quarter Hotel)

2.Hotel New Grand (Partner Hotel)
3.Rose Hotel Yokohama (Partner Hotel)
4.Star Hotel Yokohama (Partner Hotel)

Hotel Monterey and other official hotels are located 200m from the swim start.
The LOC will provide free transportation for the elite athletes and their team officials from the airport – hotel – airport.

●Contact :
LOC – WTS Yokohama LOC
wts_convention@yokohamatriathlon.jp
JTB—travel agency
jtb_convention@bwt.jtb.jp

POST OFFICE, BANK

●POST OFFICE
The nearest post office is “YOKOHAMA MINATO Post Office”.
5-3, Nihonodori, Naka-ku, Yokohama-city
Telephone: +81-45-212-3947
Opening Hours: 24H

●BANK
The nearest bank is “YOKOHAMA BANK, Prefecture Government Branch”.
1, Nihonodori, Naka-ku, Yokohama-city
Telephone: +81-45-201-4523
Opening Hours: 9:00-15:00

TRAINING

SWIM TRAINING

●**Date & time**

Schedule	5/9 (火)	5/10 (水)	5/11 (木)	5/12 (金)
Time	10:00～16:00	10:00～16:00	10:00～16:00	10:00～14:00

●**Training Venue**

Name: Yokohama Country & Athletic Club
Address: 11-1 Yaguchidai Naka-ku Yokohama-shi, Kanagawa, JAPAN

TRAINING FACILITIES - Yokohama Country & Athletic Club -

Facility	Details	Note
Swimming Pool	（1）10:00～12:00 （2）12:00～14:00 （3）14:00～16:00 ※2 hours shifts【Capacity : 30/2h】 ◎4 Lanes〔25m〕 〔1Lane〕Elite para triathlete 〔2～4Lane〕Elite triathlete ※Monitored by Lifeguards	◆Reservations required ・Reservation desk: JTB desk at Hotel Monterey Reservation desk closes at 20:00 ・Must book your place one day in advance.
Bike Training	Indoor bike trainer – rollers × 3	Placed at the outside
Gym	Elite athletes and elite para triathlete are allowed to use gym machines	*Gym admission will be restricted in the case of large numbers of users.
Running Track	The line is for running practice only. *If the ground has been reserved for private practice, then it will not open for other visitors. *If the running track is in use, you can do stretch exercise and run outside of the track. *Cycling is prohibited on the running track.	
Restaurant	Cash payment preferred. Credit card charge of 3% will be added for credit card payment.	
Others	Bike racks、Locker room、resting area Car parking（up to 20 slots）	* All the facilities are opened for Elite Triathlete and Elite Paratriathlete.

Reservation Process

1 Reception at the JTB desk (Hotel Montery1F)

Pool

Please inform the names, country and number of users to the receptionist
You will receive a reservation card
★ Please book in advance, the reservation desk will close at 20:00
★ First-come-first-serve basis, max 30 users per 2-hour shift.
【1st】10:00～12:00
【2nd】12:00～14:00
【3rd】14:00～16:00

other
Ground Gym

Reservation is not required.

2 On the day at the venue

(1)Please register at the Reception Desk at the YC&AC site.
(2)You will receive a practice venue ID
(3)Pool use is only available at the time you reserved
You can use the training ground and the gym during the opening hours without reservation, but if the gym is too crowded, access will be restricted.

Pool

(1)Please present your venue ID.
(2)You can only use the pool at your reserved time.

Ground Gym

After registration, you can use the facilities freely.

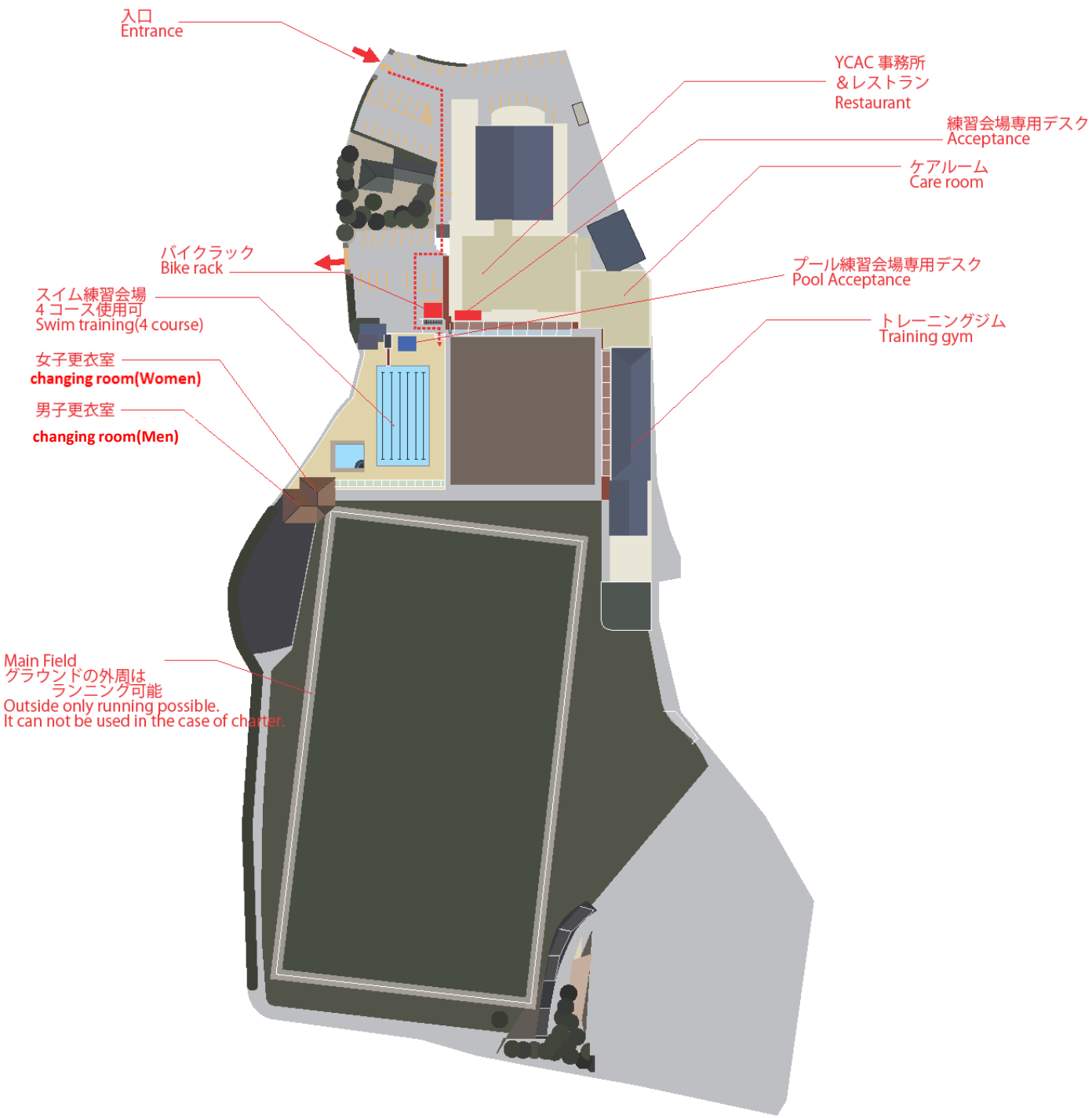
3 Return the ID

(1)After you finish your practice, please return the ID to the reception desk.
(2)Thank you for using the facility.

Other

Restaurant:Food and drink services are available at the restaurant. Cash and credit cards are accepted. For credit card, 3% service charge will be added on the bill.

Venue drawings



YC&AC access map

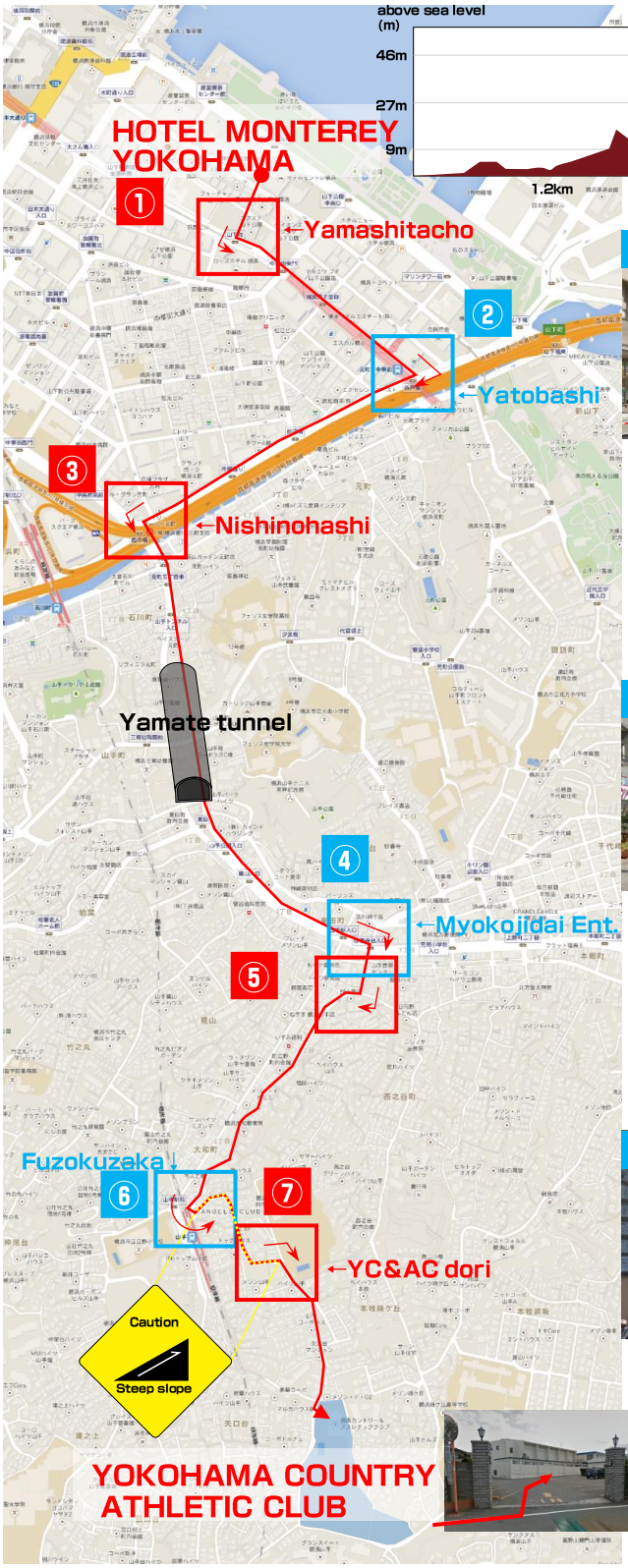
Name: Yokohama Country & Athletic Club
Address: 11-1 Yaguchidai Naka-ku Yokohama-shi, Kanagawa, JAPAN 231-0831

●Hotel Monterey Yokohama ⇔ YC&AC【3.8km】

★Car route
16min.【Taxi fee approx.￥1,360】

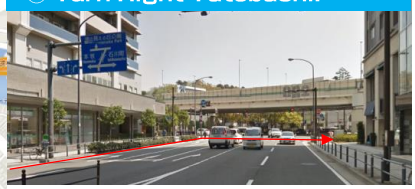
★Train route
Motomachi-Chukagai Sta.
↓
↓
↓〔Minato-Mirai line〕
Yokohama Sta.
↓
↓
↓〔JRkeihin-Tohoku line〕
Yamate Sta.

Bike route



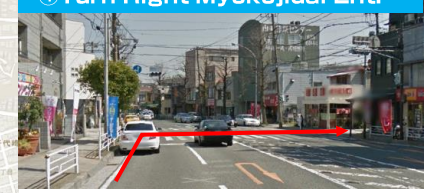
① Turn Left ROUTE 133.

② Turn Right Yatobashi.



③ Turn Left Nishinohashi.

④Turn Right Myokojidai Ent.



⑤Turn Right

⑥Turn Left Fuzokuzaka.

⑦Turn Right YC&AC dori.

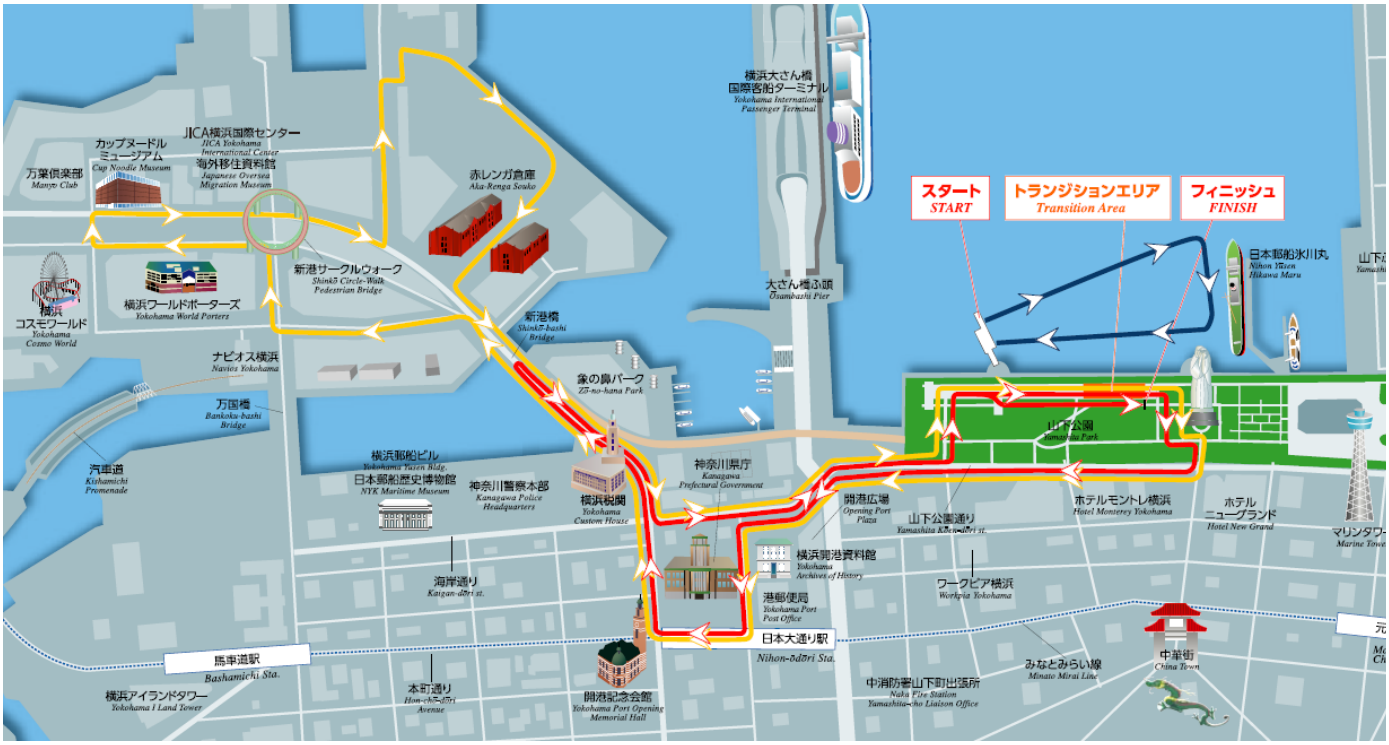
BIKE TRAINING

The area around venue is very heavy in traffic and there are many traffic lights.
Please note: Riding in high speed on the street is strictly forbidden except during bike course familiarization and during competitions.
THE MAIN RULES FOR SAFE BICYCLE RIDING
Follow traffic rules & consider etiquette on public roads.

Keep left on the road / Take special care to look out for vehicles making a left turn. Pedestrians have priority at crosswalks and drivers and cyclists must yield the right of way
Stop and check in all directions before crossing.

RUN TRAINING

Yamashita Park – main venue and the area around bike course are good for running.



GENERAL TRAFFIC RULES

Tandem bikes, racing wheelchairs and handcycles are not allowed on the public roads in Yokohama City. Therefore, you must use the specified bike practice venue if you want to train.

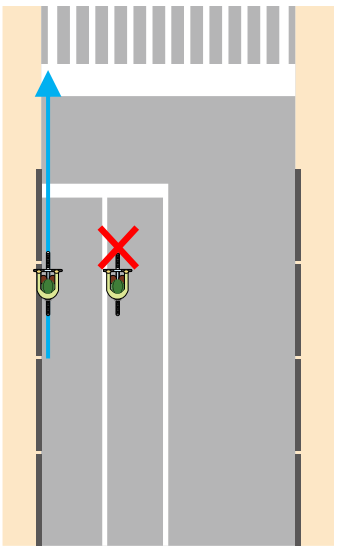
1 Vehicles that are prohibited

Following bicycles on public roads are prohibited

※ It is possible to ride the tandem bike on public road if only one person is riding it.
※ Bicycles that do not have proper working brakes are not allowed on the road, ex. bike, brakes malfunctioned, etc.

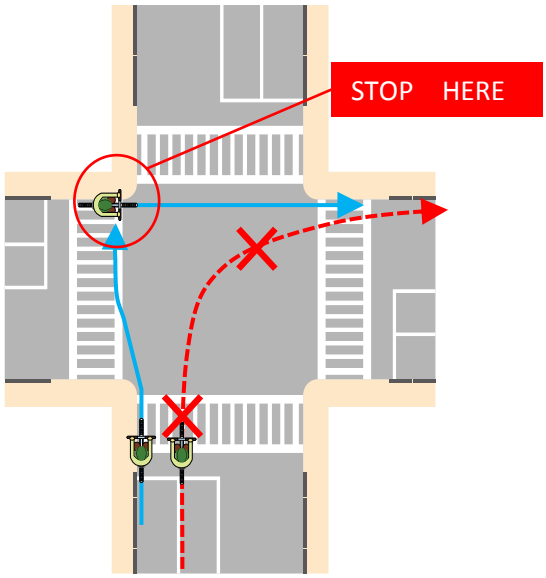
2 Riding on public roads

■ Keep left



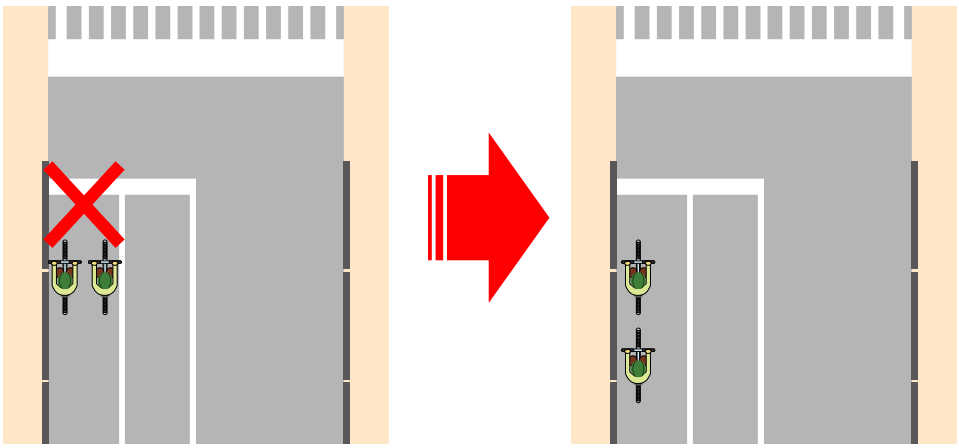
※ Beware of other vehicles making a left turn

■ Turn right



※ Please follow the instructions above (blue line) when making a right turn.

■ **It is strictly prohibited to ride a bike side by side**



3 Beware of the following Traffic Signs!

No Entry

One way

Vehicle road closures

Bicycle road closures

Slow

Stop

Pedestrian zone

Bicycle and pedestrian

Bicycle crossing zone

Traffic rules here can be quite different from where you come from, so even if you are familiar with the traffic rules here in Japan, please stay alert. Please remember, be careful and obey all traffic rules when you are riding, in order to avoid accidents.

PARATRIATHLETE

How to get to the Training Venue

①Racing Wheelchairs

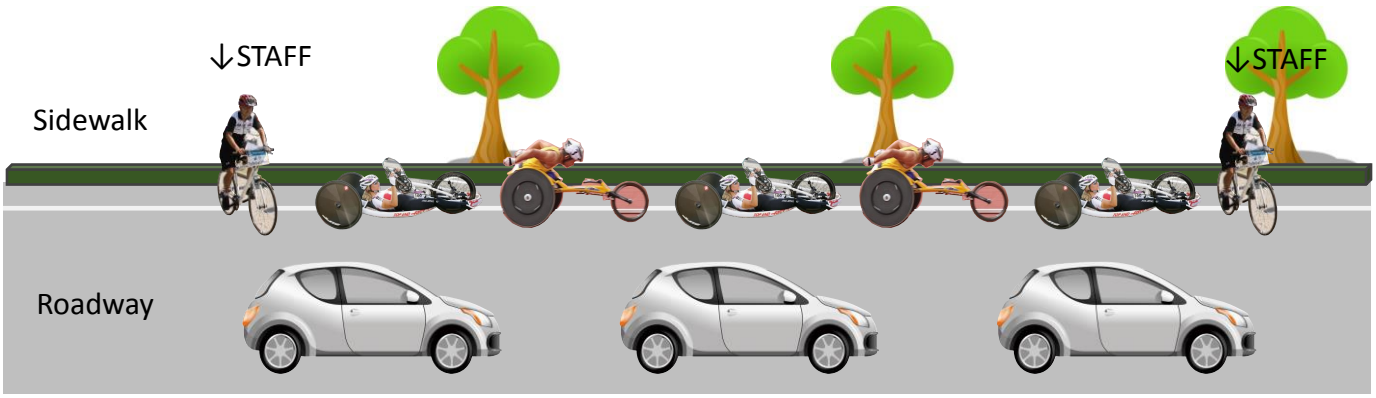
②Handcycles

※ Tandem bike: the guide alone can ride to the venue.

Route (From Hotel Monterey ⟷ Bike Training Venue)

① Athletes meet outside the Monterey Hotel for bike practice at **AM8:50 or AM9:50**

② Our staff will lead and follow the athletes.



※ When riding on the road, please stay on the left side of the road close to the sidewalk in a single profile.

Route

Schedule

Hotel Monterey Yokohama
↓
Bike training venue

First time	8:50
Second time	9:50

Bike training venue
↓
Hotel Monterey Yokohama

First time	10:00
Second time	11:00

※ Each day practice time
→ **9：00～11：00**
【5/10（Wed）～11（Thu）】

日程：5/10（Wed）～11（Thu）
Time：each 9：00～11：00

COURSE FAMILIARIZATION

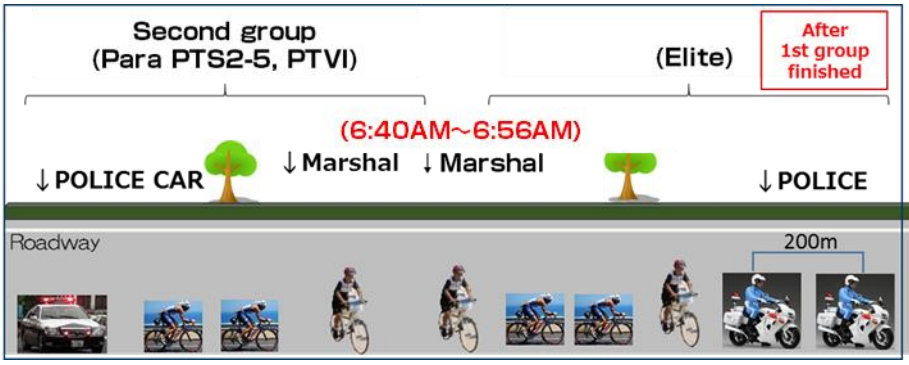
Bike Familiarization Information

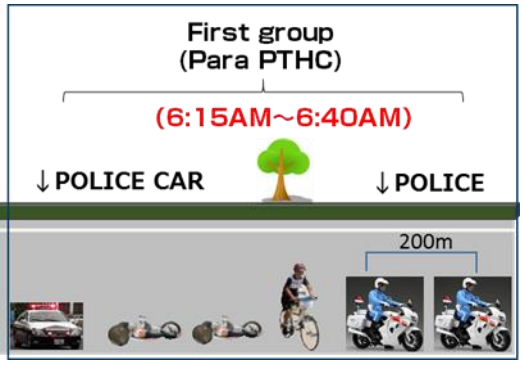
■ **Date** **12th(Fri) May 2017**
■ **Time** **6:15AM to 6:56AM(The course must be clear by 6:56!!)**

*PTHC 20km/hour
Elite＆PTS2-5,PTVI 30km/hour

All Elite athletes and Elite Paratriathletes and coaches are welcome to join the 2-lap bike course familiarization.(For familiarization route, see Page 3 of this information).
*Instructions
Athlete will be divided into 2 groups(Group 1-PTHC, Group 2-Elite and PTS2-5&PTVI)
and will depart from the start point, Hotel Monterey separately. Police will escort
the group, front and back, the group will start from Hotel Monterey and finish at Yamashita park.
*Group 2 will start the bike course familiarization once Group 1 has completed

※ During the familiarization, please stay within the formation between police escorts.
Do not break away from the formation, and follow instructions from the Technical Officials.



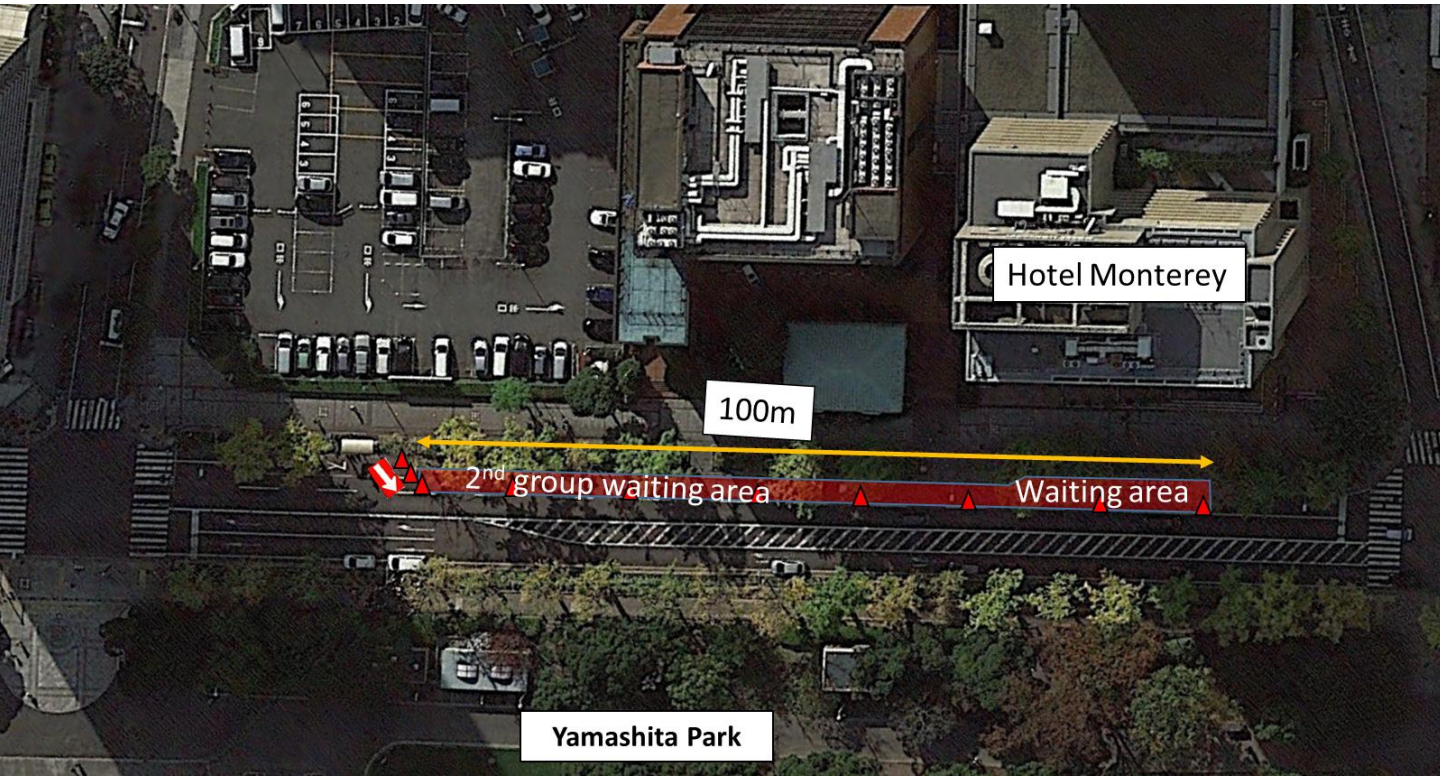


※Basically, all signals are red during bike course familiarization. When police ① passes, the signal turns red. After 200 meters police ② escorts athletes and passes through. After the police car passes through it changes the signal to blue.

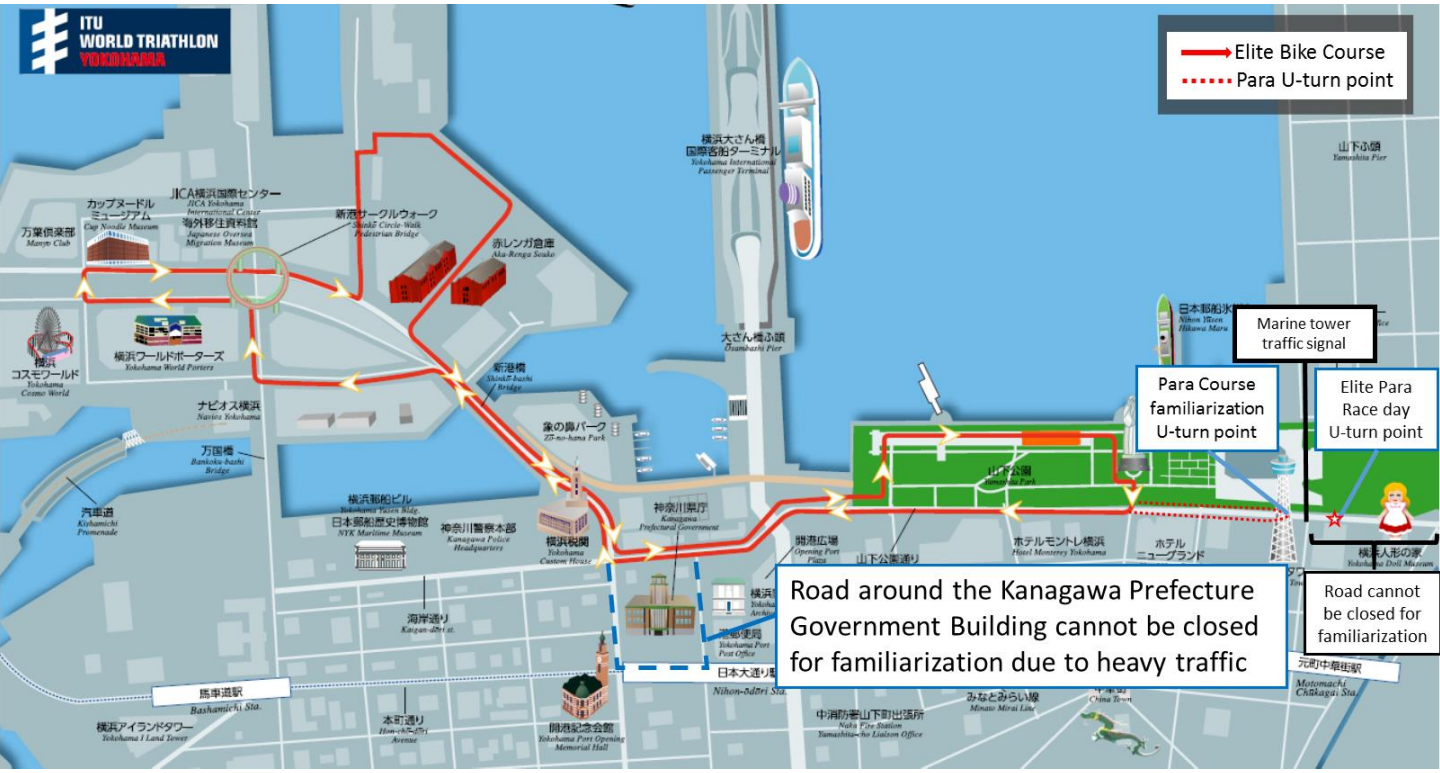
■ ***Athletes meet outside the Monterey Hotel for bike practice at AM6:10***

Elite and PTS 2-5,PTVI waiting Area(during 6:15-6:40)

・Staff will set up safety cones from 6AM. Until then, Please wait in front of Hotel Monterey.
・While Group 1 is on the course(approx. 6:15-6:40), Group 2 waits in the red waiting area.



2017WTS Bike Familiarization Course MAP



＊The above figure is the course familiarization.

The traffic around Kanagawa Prefecture Government Building area is very heavy on Friday mornings. Therefore, the road cannot be used for bike familiarization. The U-turn point of the Elite Para(star sign)also cannot be used according to the local police. Therefore, the para elite bike will make the U-turn before the Marine Tower traffic light signal, which the LOC has obtained permission from the police

COURSE FAMILIARIZATION

SWIM

You will be able to familiarize yourself with the swimming course on Friday, May 12 from 15:00 to 15:45.
The location will be the same as the start of the race.
Please note: It is forbidden to swim in the harbor outside this time.
Also, Elite athletes must not swim in the Age Group Race.

BIKE/RUN

You will be able to familiarize yourself with the bike course on Friday, May 12 at 6:15. Athletes gather in front of Hotel Monterey. **Only Elite Athletes.**
Please note: The official race course is otherwise not open for training before the races.
The Elite athletes must not ride their bike in the Paratriathlon Race.

COMPETITION INFORMATION

EVENT SCHEDULE / ELITE

Time/Date	Event	Venue
Wed. 10 May		
10:00 - 16:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
13:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
Thu. 11 May		
9:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
10:00 - 16:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
14:00 - 15:00	Press Conference	Hotel Monterey / Victoria
17:00 - 18:00	Elite Registration	Hotel Monterey / Victoria
18:00 -	Elite Briefing	Hotel Monterey / Victoria
19:00 -	Athlete Dinner	Hotel Monterey / Victoria
Fri. 12 May		
06:15 - 6:40	PTHC Bike Course Familiarization	Hotel Monterey / Near the entrance
06:40-6:56	Bike Course familiarization	Hotel Monterey / Near the entrance
9:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
10:00 - 14:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
15:00 - 15:45	Elite Swim Course Familiarization	Yamashita Park / Swim Course
Sat. 13 May		
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
6:30	Road Closed	Race Course
6:35	Opening Ceremony	Yamashita Park / Start Area
8:00 - 19:00	EXPO Open	Yamashita Park / EXPO
8:30 - 9:30	Elite Women Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
9:00 - 9:50	Elite Women Swim Course Warm-up	Yamashita Park / Swim Course
9:00 - 9:50	Elite Women Transition Check-in	Yamashita Park / Transition Area
9:10 -	Elite Bike Course Familiarization	Bike Course
9:55	Elite Women Start Ceremony	Yamashita Park / Start Area
10:06	Elite Women Race	Race Course
11:30 - 12:30	Elite Men Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
12:15 - 12:30	Elite Women Medal Ceremony	Yamashita Park / Podium
12:00 - 12:45	Elite Men Swim Course Warm-up	Yamashita Park / Swim Course
12:00 - 12:45	Elite Men Transition Check-in	Yamashita Park / Transition Area
12:10 - 13:00	The Parade and Coach Run Course measurement	Minato Mirai Area/Yamashita Park～

12:50	Elite Men Start Ceremony	Yamashita Park / Start Area
13:06	Elite Men Race	Race Course
15:00 - 15:15	Elite Men Medal Ceremony	Yamashita Park / Podium
15:20	Road Open	Race Course
15:45	Press Conference	Hotel Monterey / Kensington

EVENT SCHEDULE / PARATRIATHLON

Time/Date	Event	Venue
Wed. 10 May		
09:00 - 11:00	Paratriathlon cycling training sessions	YOKOHAMA AKARENGA PARK（TBA）
10:00 - 16:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
13:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
Thu. 11 May		
09:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
09:00 - 11:00	Paratriathlon cycling training sessions	YOKOHAMA AKARENGA PARK（TBA）
10:00 - 16:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
19:00 - 21:00	Paratriathlon Rules Seminar (Only for TO's)	Hotel Monterey / Richmond
19:00 -	Athlete Dinner	Hotel Monterey / Victoria
Fri. 12 May		
06:15 - 6:40	PTHC Bike Course Familiarization	Hotel Monterey / Near the entrance
06:40-6:56	Bike Course familiarization	Hotel Monterey / Near the entrance
09:00 - 17:00	Mechanic Service	Hotel Monterey / Near the entrance
10:00 - 14:00	Swim Training	YOKOHAMA COUNTRY ATHLETIC CLUB
15:45 - 16:30	Paratriathlon Swim Course Familiarization	Yamashita Park / Swim Course
15:00 - 16:45	Paratriathlon PTHC Handcycle & Wheelchair check	Yamashita Park / Athlete Lounge
17:00 - 18:00	Paratriathlon Registration	Hotel Monterey / Victoria
18:00-	Paratriathlon Race Briefing	Hotel Monterey / Victoria
Sat. 13 May		
5:30 - 11:00	Mechanic Service	Yamashita Park / Athlete Lounge
5:30 - 6:30	Paratriathlon Athlete Lounge Check-in	Yamashita Park / Athlete Lounge
5:45 - 6:45	Paratriathlon Transition Check-in	Yamashita Park / Transition Area
6:30	Road Closed	Race Course
6:35	Opening Ceremony	Yamashita Park / Start Area
6:55 - 9:10	Paratriathlon Race	Race Course
8:00 - 19:00	EXPO Open	Yamashita Park / EXPO
12:10 - 13:00	The Safety Parade	Minato Mirai Area
15:20	Road Open	Race Course
15:30 - 16:00	Paratriathlon Medal Ceremony	Yamashita Park / Podium
15:45	Press Conference	Hotel Monterey / Kensington

COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union.
http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf

INFORMATION ABOUT THE FOP

START

Elite
Athletes will start from a pontoon and stand in a starting position approximately 75cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

Paratriathlon
Athletes will start in the water. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start the race.

SWIM COURSE

●Elite

There are two laps to swim. The first turn is after 310m. You will exit the ramp of the start pontoon.
The water temperature in the middle of May can be expected to be approximately 18℃.

●Paratriathlon

There is one lap to swim. The first turn is after 310m. You will exit the ramp of the start pontoon.
The water temperature in the middle of May can be expected to be approximately 18℃

BIKE COURSE

●Elite

Generally flat. There are 9 laps of 4.45km to ride. The route is technically demanding, due to many changes of direction and tight turns. Athletes who are lapped are taken out of the race. The “first runner, last biker”-scenario is applicable for this event. In this case the **applicable** bikers will be taken off **from** the race by the **technical officials**

●Paratriathlon

Generally flat. There are 4 laps of 5.0km to ride. The route is technically demanding, due to many changes of direction and tight turns.

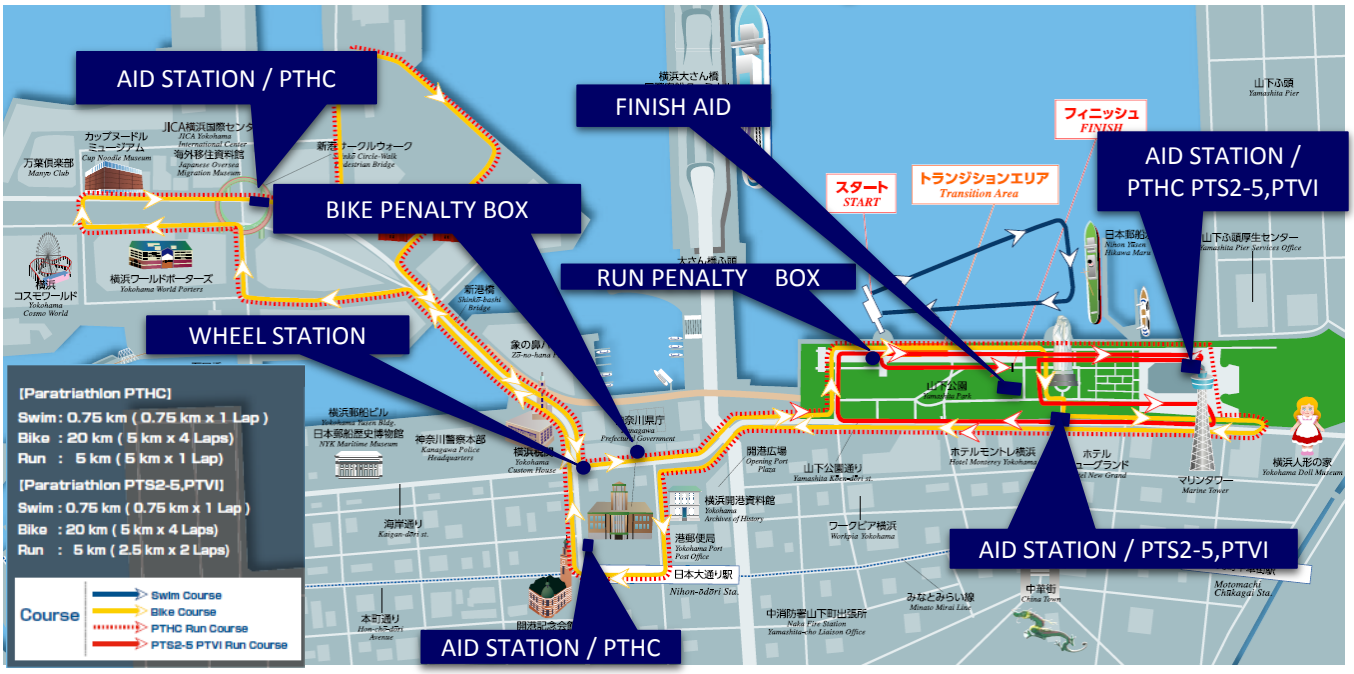
WHEEL STATIONS / PENALTY BOX

●Elite

There are two Wheel Stations in the bike course. The Penalty Box is in front of the transition area.

●Paratriathlon

There is one Wheel Station in the bike course. The Bike Penalty Box is near Kanagawa Prefectural Government.



RUN COURSE

●**Elite**
Generally flat course. There are four laps of 2.5km to run.
●**Paratriathlon**
PTHC : Generally flat course. There is one lap of 5km to run.
PTS2-5, PTVI : Generally flat course. There are three laps of 1.66km to run.

AID STATIONS

●**Elite**
The aid station are located on the run course at 800m intervals. Sealed bottles of water (500ml) will be handed out.

●**Paratriathlon**
Please refer to the above map.

WEATHER CONDITIONS

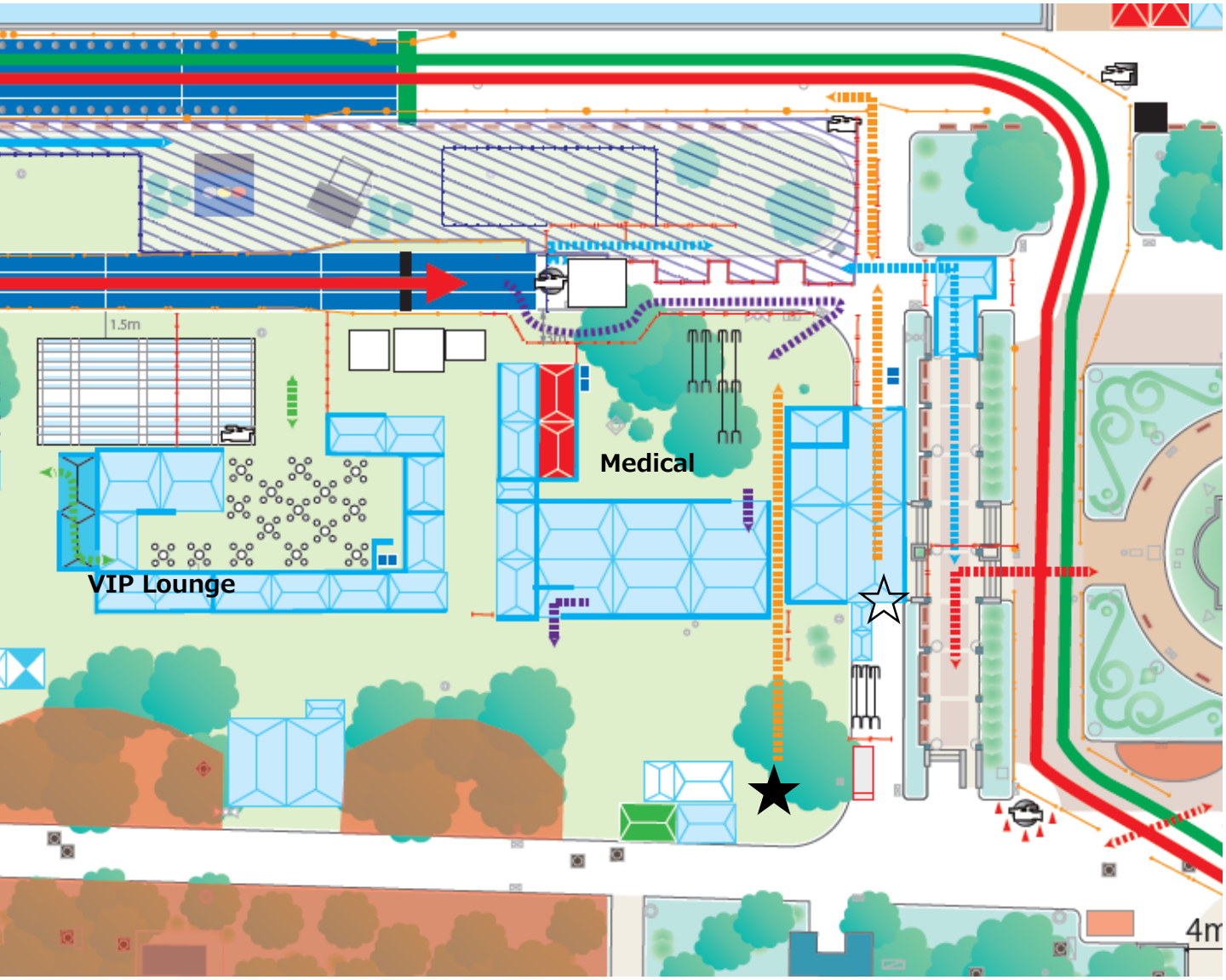
Yokohama has relatively mild weather. The average temperature in May is 18℃.

RESULTS

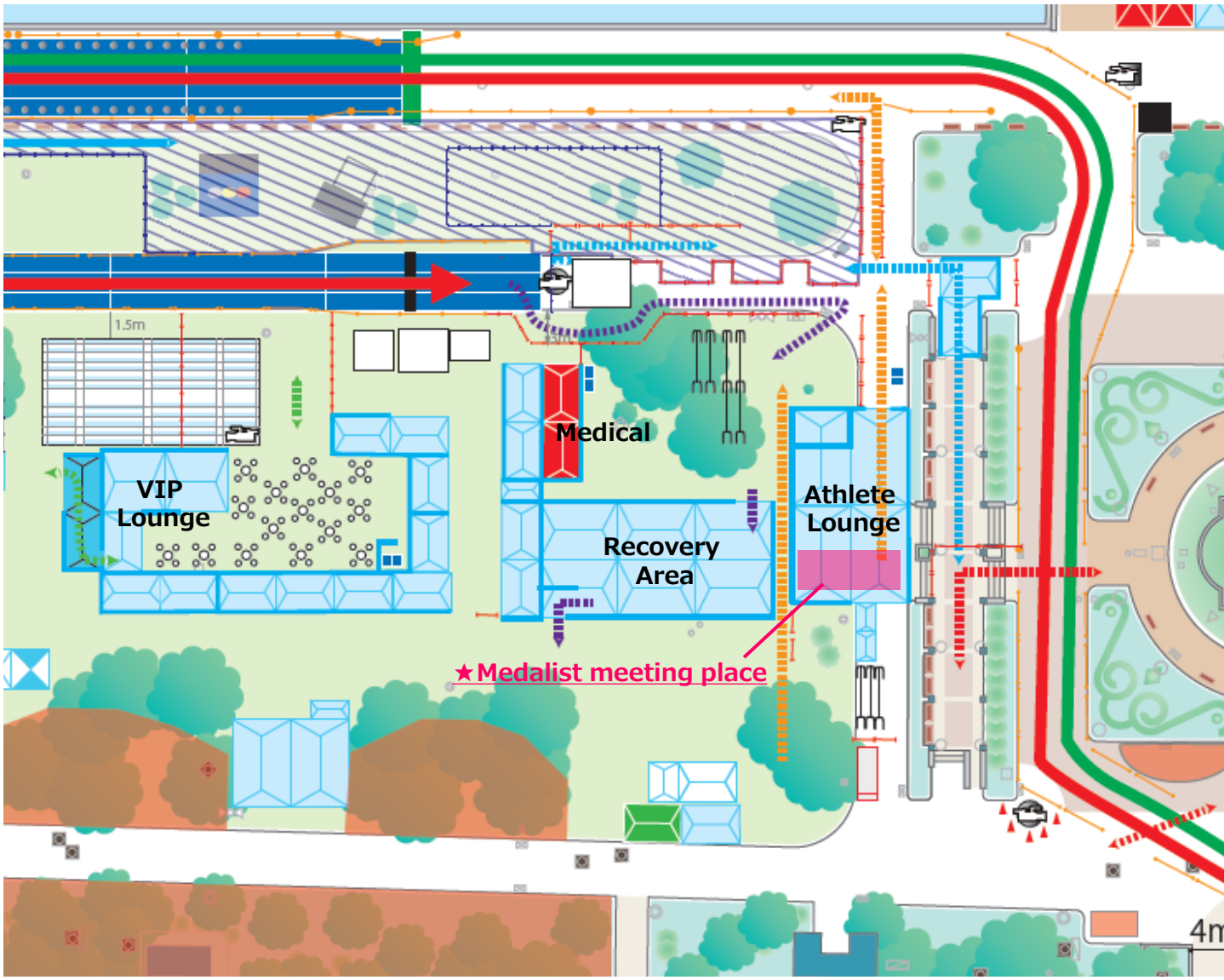
Results will be uploaded live at ITU's official website: www.triathlon.org
All the results information will be distributed to the Team Leaders at the LOC information Office.

PTHC Elite Paratriathlete Access Routes

★・・・PTHC Elite Paratriathlete Parsonal Handlers Exit route
☆・・・Elite Paratriathletes Venue Access Routes



Paratriathlon Medalists Assembly Information



★ Time: 15:00
All medalists please meet at the assembly point, near the exit of Athlete Lounge.
We will escort you to the medal ceremony. Don't be late!

★ Paratriathlon Medal Ceremony Start / 15:30

PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

ACCREDITAION

LOC will provide all athletes, coaches, technical officials, medias, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration on May 15 after the Race Briefing at the Hotel Monterey.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.**

ACCREDITAION CARD REQUEST

National Federation representatives and observers apply for accreditation by sending their request to the ITU.

VISA LETTER

Please email at wts_convention@yokohamatriathlon.jp should you require a letter of invitation including the following details.

1. Name as it appears on your passport
2. Date of birth
3. Age as of December 31,2017
4. Gender
5. Passport number
6. Passport expiration date
7. Passport issuing country
8. Nationality Federation
9. Position (coach, athlete, etc.)
10. Length of Stay in Japan
11. Accommodation Hotel during the Yokohama event
12. Date of arrival to Japan
13. Date of departure from Japan
14. Email address to send invitation letter
15. Postal address to send invitation letter

ELITE COURSE MAP

ELITE PARATRIATHLON COURSE MAP

ITU WORLD TRIATHLON YOKOHAMA