

ISHIGAKI TRIATHLON 2017

2017 JTU Age Group Ranking Event

Yaeyama Triathlon

EVENT INFO.

April 16th, 2017

【Outline of Events】

- Event titles: ISHIGAKI TRIATHLON 2017
2017 JTU Age Group Ranking Event
- Hosted by: ISHIGAKIJIMA Triathlon 2017 Organizing Committee
- Co-hosted by: Ishigaki city, Ryukyu Shimposha, Okinawa TV,
Nikkan Sports News
- Official airline: Japan Airline, Japan Transocean Airline

Event Office

Address:

280-2-2F Arakawa Ishigaki-city Okinawa 907-0024

TEL: 0980-87-0085

FAX: 0980-87-0588

Office hours 9:00~17:00

(Closed on Saturday, Sunday and Holidays)

E-mail: info@ishigaki-triathlon.jp

URL: <http://ishigaki-triathlon.jp/>

【Event Guide】

- Date: 2017 April 16th, Sunday Race starts at 8:00a.m.
- Event venue: ISHIGAKI Painuhama Artificial beach, etc.
- Event Category & Distance

Category	Distance
Age Group (Individual)	Swim: 1.5km, Bike: 40km, Run: 10km
Relay	

●Award Ceremony

Category	Division		Award	
Age Group (Individual)	Overall	Male & Female	1~3	
	Age Group	Under 29	Male & Female	1~3
		30~39	Male & Female	1~3
		40~49	Male & Female	1~3
		50~59	Male & Female	1~3
		60~69	Male & Female	1~3
		Over 70	Male & Female	1~3
Relay	Overall	Team	1~3	

- ◇ The age group division awards are for 1st to 3rd athletes excluding the overall 1st to 3rd athletes.
- ◇ JTU age ranking consists of 24 years & under and every 5 years over 25 years old.
The age is as of December 31st, 2017
- ◇ Ishigaki Triathlon has its own age group award category: 29 years old & under and every 10 year over 30 years old and over 70 years old.

●Eligibility

1. 18 years old or above on December 31st, 2017.
(For relay High school student or above)
 2. Physically and mentally healthy enough to participate in the event and athletes who can comply with the competition rules.
 3. Athletes who can swim 1500m within 60 minutes. (For relay, it applies to the swim part participant)
 4. Athletes who have 2017 JTU Membership
(For relay participants it is recommended)
 5. Athletes who attend Registration and Race briefing on April 15th, Saturday, the day prior to the race.
- ✂If you are a paratriathlete (physically handicapped) please contact the race office.

● Time Limit: 5 hours.

(Swim: 60 mins, at the end of the bike: 3h 45mins, at the end of Run: 5h)

【Schedule】

Date	Time	Content		Location & Remarks
April 15 th , Saturday	13:00~ 14:00	Swin Course Check (plan)		Swim start area
	15:00~ 18:30	Pre-race day registration		Ishigaki-shi Shimin Kaikan (石垣市市民会館)
	16:00	Race briefing ①		
	17:00	Race briefing ②		
April 16 th , Sunday	5:30~7:00	Race day registration		Registration Tent <u>*Please submit health questionnaire and agreement</u>
	5:30~6:50	Transition area2 open		Transition2
	5:30~7:10	Transition area1 open		Transition1
	7:15	Gather for timing chip distribution Swim check-in		Swim area entrance
	7:25~7:45	Warming up		Swim start area
	7:50	Opening Ceremony		Swim start area
	8:00	Star Time	1 st wave	
	8:02		2 nd wave	
	8:04		3 rd wave	
	8:06		4 th wave	
	8:08		5 th wave	
	8:10		6 th wave	
	8:12		7 th wave	
	13:12	The end of the competition		
	12:00~ 14:00	Bike pick up (the exact time TBA))		Transition area2
13:30~ 15:00	Award Ceremony		Finish area	

【Competition Rules】

1. General Competition Rules

- 1) The event complies with Japan Triathlon Union (JTU) competition rules and adopts a provision for local rules.
- 2) **Race officials have the right to cancel the race if it is necessary to secure the health and safety of athletes.**

Marine rescue staff and event staff have same authority as race officials and athletes must obey their instructions.

2. Gathering, Time limit and DNF

- 1) Gather on time. If you are late gathering, you may not be allowed to race.
- 2) Time limits are set as follows.

Portion	Location	Time from swim start
Swim	Swim Finish	60 minutes
Bike	Bike Finish	3 hours 45 minutes
Run	Finish	5 hours

- 3) Race officials or event organizers may be required to DNF an athlete in the case of health or operational problems.

3. Skip system

*Skip system allows you to move on to Bike portion without completing swim portion.

- 1) During swim portion, skip system can be used with the following conditions.
*You can skip swim portion before swim start or when you finish the first lap swim course.

*Skip system is not allowed if you decide to swim the 2nd lap of the swim course.

*If you are rescued during the first lap, you can skip to bike portion only if the medical doctor agrees.

4. Bib number

- 1) Prepare your wear, shoes, and bib number in transition area before you start to race.
- 2) If you do not wear your clothes or bib number in position, we stop you to fix it.
- 3) You need your bib number for access to transition area.

5. Transition

*Transition is an area where athletes change swim to bike and bike to run.

<1> Preparation and collection

- 1) Rack your bike on your bib number.
- 2) The front wheel should face the bib number sticker as shown in photo②. When you finish bike portion, rack your bike as you did before the race. If the bike is placed wrongly, race officials will correct it.
- 3) All Bikes must be set in position in time.
- 4) You are allowed to bring only necessary items for race. You are not allow to bring a balloon or other material as a landmark.

*Cooler box or other storage box cannot be placed in transition.

If we consider it dangerous, we will move it to a safer place.



- 5) Your belongings should be placed facing the bike handle side. They should be placed within the width of your bike.
- 6) Transition can be congested. Place your shoes and wetsuits neatly and try not to disturb other athletes when changing.
- 7) Only athletes are allowed to enter transition. After the transition is closed, no athlete can enter except during the race.
- 8) After the last athlete finishes bike portion and returns to transition, an announcement will be made to notify its opening. Collect your bike and other belongings before transition is closed. No security guards are there after hours. Everything left in transition after hours will be stored in another location.

9) **Bib number is the pass to enter transition for pick-ups.**

We will check your bib number, helmet number and Bike number.

5:30~6:50	Transition area2 open
5:30~7:10	Transition area1 open
12:00~14:00	Bike pick up (*exact time will be announced after the race)

<2> Competition

- 1) Transition is part of the course, but you must not ride on the bike. You must push your bike in the area.
- 2) Fasten your helmet strap before you unrack your bike. You may take your helmet off only after you rack your bike.
- 3) Mount your bike only after the bike passes the mount line. Dismount your bike before you step over the dismount line.
- 4) Put on clothes during the race. A bare torso is subject to penalty.
- 5) Check where to place your bib number.
For **bike**, wear it on your **back**. For **run**, wear it at the **front**.
- 6) **If you misplace your personal belongings, it is subject to penalty. No box is provided.**

6. Swim check-in (Timing chip distribution)

Swim check-in is mandatory for checking function of timing chips and counting number of athletes starting the race. Please follow directions by officials and staff.

- 1) Timing chip will be distributed near swim start. Put timing chip around your ankle.
- 2) Once you receive timing chip, you cannot come back to transition.



7. Swim

<1> Equipment

- 1) Wear a designated swim cap which you can find in your transition bag.
- 2) **Wetsuits for triathlon is mandatory. No rash guards is allowed.**

<2> Competition

- 1) Make sure you know the location of start point, turn around point and how to lap the course. Swim course is 750m 1 loop. You need to make 2 laps.
- 2) You must swim outside of the buoys.
- 3) **You may hold on to buoys or course loops to rest** but cannot proceed by holding on to them.
- 4) If you wish to DNF, stop swimming and wave your hand to get attention of nearby staff.
- 5) Swim starts from the beach.

<3>Other

- 1) You may leave your glasses at the swim finish. (Bring your own glasses with you before swim start)
- 2) After swim finish, sponges available but no showers.

8. Bike

<1> Equipment

- 1) It is mandatory to wear and securely fasten your helmet strap while riding the bike on the course. **If you do not follow the rule, you are subject to DSQ.**

◆ Kinds of helmet

Helmet must be approved by an accredited testing authority.

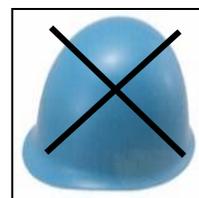
The athlete with non-approved helmet is subject to DNS.

<Examples of prohibited helmet>

- Helmet for construction, Non-bicycle helmet
- Helmet strap made of rubber

Safety is most important. Use a helmet by an approved authority.

- 2) Securely fasten the strap to avoid unnecessary injury.
If the strap is too loose, we will ask you to stop and securely fasten it.
- 3) Only road bikes are allowed. Using cross bikes or any bikes with flat bar handles are not allowed.
- 4) Put end caps on handle bar to avoid injury when falling from bike.
- 5) Bring your own flat tire repair kit. Make sure you can fix your flat tire by yourself.
If someone else helps you during the race, it is subject to DSQ.
- 6) Bring enough drink in your bike bottle to hydrate yourself during the race.
Using a pet bottle and pet bottle cage is prohibited. Make sure to use a bike bottle.
- 7) Carrying headphones, glass materials, communication transmitter, and portable music player or video camera is not allowed.
- 8) Racing with bare torso is not allowed.

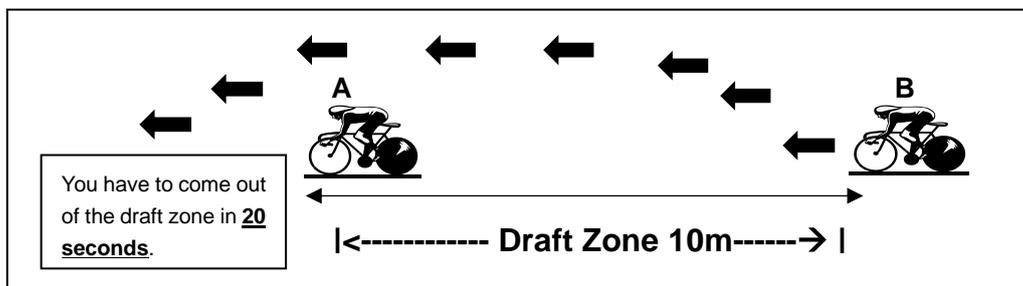


<2> Competition

- 1) **We share the course with local people and cars.**
- 2) The bike course is one loop of 40km. Be prepared for an up and down course profile.
- 3) You may carry or push your bike if necessary. But be aware of the athletes around you.
- 4) It is a traffic controlled bike course, but if necessary, obey the traffic rules, signage and race staff.
- 5) Keep left on the course. You can pass only on the right side of the athlete.
- 6) Riding backward on the course is not allowed.
- 7) **Drafting, cycling in a group, and cycling next to someone is prohibited. If you are penalized, follow instructions by race officials.**

✳️What is drafting?

Drafting means you cycle within the draft zone of someone in front of you. In the draft zone, you can avoid the air resistance and cycle easier.



- ✧ The draft zone is **10m** from the front wheel of the bike in front of you. You may enter the draft zone when you try to pass, but you have to come out of the draft zone in **20 seconds**. When you are slowing down near mount/dismount line or turning around it is all right to be in a draft zone
- ✧ If B tries to pass A, pass as the arrows show within 20 seconds. When you finish passing, come back to the left side of the course.
- ✧ A must keep left and cannot accelerate while being passed.

9. Run

<1> Equipment

- 1) We share the course with local people and cars.
- 2) Carrying headphones, glass materials, communication transmitter, and portable music player is not allowed.
- 3) Racing with bare torso is not allowed.

<2> Competition

- 1) Familiarize yourself with the course and the laps before the race. It is a 10km course of 2 laps after you pass Southern Gate Bridge.
- 2) Counting your lap number is your responsibility.
- 3) Keep left on the course. Always pass from the right side of the athletes. If necessary, notify the runner in front of you before passing.
- 4) Supporters cannot run next to someone.

10. Aid Station (Water station)

- 1) There will be 4 aid stations. Swim finish area, on the run course, Finish area.
- 2) Discard the used cup in the trash box. If you don't follow the rule, it is subject to penalty.
- 3) Race staff will not run with you to provide water. Slow down if necessary to receive the cup.

11. Finish

<1> Outfit

When you finish, take off your sunglasses and place your bib number on your front to identify yourself.

<2> Finishing with supporter

- 1) Finishing with supporters is allowed. The supporter can wait in the designated waiting area and can run with the athlete on the victory road.
Make sure that supporters do not disturb other athletes.

12. Time checking area

- Swim: Swim start to Swim finish area
- Bike: Swim finish area to run start area
- Run: Run Start area to finish line

13. Penalty

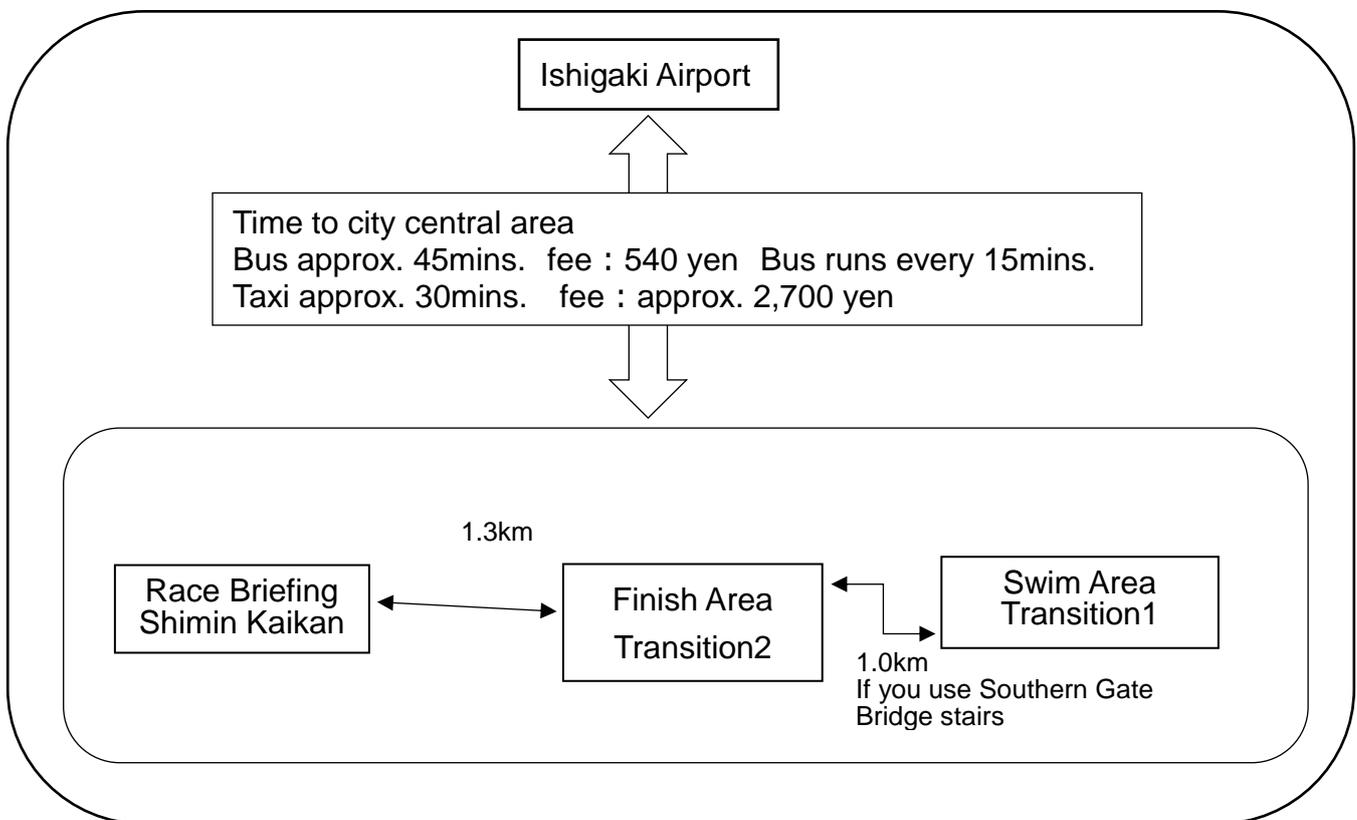
- 1) The race officials may issue a warning if they suspect any penalty or danger.
- 2) If you do not follow instructions, you will be warned and told to stop.
- 3) Penalty box is located at the run start area. If you see your bib number on the board, stop at the penalty box and follow the instructions.
- 4) You are subject to DSQ if you use offensive words to race officials, staff, and bystanders.

【Access】

Race briefing	Ishigaki Shimin Kaikan (1-1-2 Hamasakicho Ishigaki-shi) ※There are a limited number of parking spaces.
Swim area	Painuhama artificial beach
Finish and award area	Ferry terminal

※Main venue is in the city area.

※Please refer to the map on the last page.



【Map of Event venue】

