<Event Information>

■Race Name / The 4th Kyoto Tamba Triathlon in Nantan

JTU Age Group Ranking Event, the 2nd Kinki-area Block Sprint Championship, Kyoto Prefectural Junior High School Championship and Kyoto Prefectural High School Championship

- ■Race Day / August 25th (Sat), 2018 August 26th (Sun), 2018
- ■Venue / Race: Nantan City, Kyoto. (Katsura River (Oi River Green Park) and surrounding area)

 Opening ceremony and race briefing: Kyoto Prefectural Kuchitanba Workers' Welfare Hall
- ■Organizer / Kyoto Tanba Triathlon Executive Committee

Organization Members: Kyoto Prefecture, Nantan Regional Promotion Bureau, Nantan City, Kameoka City, Kyotanba Town, Nantan City Board of Education, Kameoka City Board of Education, Kyotanba Town Board of Education, Nantan Area Athletic Association Liaison Council, Nantan City Chamber of Commerce and Industry, Kyoto Prefectural Triathlon Association

- ■Co-Organizer / Japan Triathlon Union
- ■Supervisor / Kyoto Prefectural Triathlon Association
- Cooperators / Kyoto Prefectural Police Nantan Office, Kyoto Central Area Fire Fighting Association Sonobe Fire Station, Nantan City Fire Brigade, Kyoto Chubu Medical Center, Meiji University of Integrative Medicine, Meiji School of Oriental Medicine, JTU Kinki-area Council, Kyoto Triathlon Club, AS Kyoto, Hozugawa Triathlon Club, Nara University of Education Health and Physical Education Course on Injury Prevention, Kyoto Lifesaving, Kansai Sports Diving Federation

■ Schedule

[August 25th (Sat) The day before the race]

14:00 - 15:50 Registration (Kyoto Prefectural Kuchitanba Workers' Welfare Hall)
15:25 - Welcome event (Kyoto Prefectural Kuchitanba Workers' Welfare Hall)

15:50 - 16:45 Opening ceremony, Race briefing

(Kyoto Prefectural Kuchitanba Workers' Welfare Hall)

* All athletes must attend. If you do not attend, you will be disqualified.

[August 26th (Sun) Race day]

◆Standard Distance

5:30 - 6:30 Athlete Final Registration

(Under Oi Bridge Left Bank/ in Nantan City Oigawa Ryokuchi Park)

* All athletes must submit a self-inspection sheet on the race day.

5:30 - 7:10	Transition area open			
6:40 - 6:55	Swimming warm-up			
7:05 - 7:15	Ankle band distribution (Swimming start area vicinity)			
7 : 15	Start ceremony (Swimming start area vicinity)			
7:30	Standard first wave start			
7:32	Standard second wave start			
7:34	Standard third wave start			
13:00	Transition area open			
13:30	Medal ceremony, Closing ceremony			
	(Welcoming Area in Nantan City Oigawa Ryokuchi Park)			

◆Super Sprint Distance and Super Sprint Relay」

6:50 - 7:50 Athlete Final Registration

(Under Oi Bridge Left Bank / in Nantan City Oigawa Ryokuchi Park)

* All athletes must submit a self-inspection sheet on the race day

5:30-7:50 Transition area open

8:25 - 8:30 Swimming warm-u

(After getting into the river, a few minutes of swimming warm-up time will be given before the race starts.)

8:30-8:40 Ankle band distribution (Swimming start area vicinity)

8:50 start

13:00 Transition area open

13:30 Medal ceremony, Closing ceremony

(Welcoming Area in Nantan City Oigawa Ryokuchi Park)

◆Sprint (Draft-legal race)

8:30 - 9:30 Athlete Final Registration

(Under Oi Bridge / in Nantan City Oigawa Ryokuchi Park)

* All athletes must submit a self-inspection sheet on the race day.

9:45 - 10:55 Transition area open

10:45 - 10:55 Swimming warm-up

10:55 - 11:05 Ankle band distribution (Men) (Swimming start area vicinity)

11:15 Sprint Men's Race Start

11:30 Ankle band distribution (Women) (Swimming start area vicinity)

11: 45 Sprint Women's Race Start

(*If Women's athlete entry is a few, Race start would be same time as Men's start)

13:00 Transition area open

13:30 Medal ceremony, Closing ceremony

(Welcoming Area in Nantan City Oigawa Ryokuchi Park)

■Category

Standard Distance

SWIM 1500m (500m × 3 Laps)

BIKE 40km $(10 \text{ km} \times 4 \text{ Laps})$

RUN 10km $(2.5 \text{ km} \times 4 \text{ Laps})$

Sprint Distance (Draft-legal race)

SWIM 750m $(750m \times 1 \text{ Laps})$

BIKE 20km $(5 \text{ km} \times 4 \text{ Laps})$

RUN $5 \text{km} (2.5 \text{km} \times 2 \text{ Laps})$

• Super Sprint Distance Forbidden

SWIM 375m ($500m \times 3$ quarters Laps)

BIKE 10km $(10 \text{ km} \times 1 \text{ Lap})$

RUN 2.5km $(2.5 \text{ km} \times 1 \text{ Lap})$

Super Sprint Relay

SWIM 375m (500m × 3quarters Laps)

BIKE 10km $(10 \text{ km} \times 1 \text{ Lap})$

RUN 2.5km $(2.5 \text{ km} \times 1 \text{ Lap})$

■ Requirements

Category

[Standard Distance]

Distance

SWIM 1500m

BIKE 40km

RUN 10km

●Time limit (From swimming start)

SWIM 50min. (Check point is located 100m beyond swim finish point.)

BIKE 160min.

RUN 240min.

■Capacity

400 participants

Entry fees

General ¥24,000 (JPY)

- Entry Qualifications
- At least 18 years old as of Dec. 31st, 2018, and a registered JTU member. (High school students allowed)
 - Have race experience beyond only sprint distances.

[Sprint Distance] (Draft-legal race) Distance SWIM 750m BIKE 18.4km RUN 5km ●Time limit (From swimming start) SWIM 15min. (Check point is located 100m beyond swim finish point.) BIKE (Bike LAP = DNF)RUN 80min. Capacity 150 participants * Men & women participants in total. Entry fees General ¥15,000 (JPY) High school student ¥13,000 (JPY) Entry Qualifications • At least 15 years old as of Dec. 31st, 2018, and a registered JTU member. (Junior high school students not allowed) <0verall Requirements>The following points (1) and (2) are prerequisites. 1) It is necessary to have participated in a draft-legal triathlon race in 2017 or to have participated in a drafting briefing within the last two years. * Drafting briefings held by student associations are allowable for university students only. 2) Athletes must participate in a JTU-approved track meet in 2018. If this is not possible, athletes must record their actual swimming and running times, and state the name of the person responsible for the measurement clearly. * When planning to attend track meets and briefings after the application period has ended, it is necessary to contact us in advance during the entry period. [Super Sprint Distance] Distance **SWIM 375m** BIKE 10km RUN 2.5km Time limit (From swimming start) SWIM 15min. (Check point is located 100m beyond swim finish point.) BIKE 45min.

RUN 60min. ●Capacity

Entry fees

50 participants

General ¥10,000 (JPY)

High school student ¥9,000 (JPY)

Junior high school student ¥8,000 (JPY)

- Entry Qualifications
- At least 11 years old as of Dec. 31st, 2018, and a registered JTU member. * From Junior high school students

[Super Sprint Relay]

Distance

SWIM 375m

BIKE 10km

RUN 2.5km

●Time limit (From swimming start)

SWIM 15min. (Check point is located 100m beyond swim finish point.)

BIKE 45min.

RUN 60min.

Capacity

10 teams

Entry fees

General ¥12,000 (JPY)

- Entry Qualifications
- At least 11 years old as of Dec. 31st, 2018. * From Junior high school students
- A team must have 2 or more participants and is free combination. (For example: Parent and child, etc.)

[Attention]

- Entry fees include injury insurance. You must pay a separate online cost when paying the entry fee.
- Athletes must use a cycle computer.
- * Super Sprint and Relay athletes are recommended to use a cycle computer.
- •Wetsuit wearing conditions for all categories are described below.

Water Temperature	Standard	Super Sprint Super Sprint Relay	Water Temperature	Sprint
18.0°C or Above	Recommended	Recommended	18.0°C or Above	Forbidden
Below 18.0°C	Mandatory	Mandatory	Below 18.0°C	Mandatory

- * For all athletes, the above rules are in effect regarding whether or not the athlete wears a wetsuit.
- ●Athletes joining standard and sprint distance races must use road bikes. * Mountain bikes, hybrid bikes, T bar hybrid bikes and city bikes are not allowed.
- 'A road bike' is defined as a bike with drop handlebars and for which high-speed running is prioritized. However, it is necessary to remove mudguards and stands.

- ●Athletes joining super sprint and sprint relay races may use sports bikes, including mountain bikes, hybrid bikes and T bar hybrid bikes. However, it is necessary to remove mudguards and stands.
- * City bikes are not allowed.
- * Due to reasons relating to public road use, bike and running races have lap time limit times in addition to the aforementioned time limits.

Please be aware that athletes that go over the time limit time are DNF.

Joining the sprint race

As this is a draft-legal race, sprint athletes must comply with "Chapter 8. Bike (bicycle) Section 3. Drafting Race" in the JTU competition rules.

In particular:

- (1) Racing Bikes [Articles 100, 79 and 43 from the JTU competition rules, and ITU competition rules partially apply.]
 - A. Clip-ons must not extend 15cm or more than 15cm from the front wheel hub. Clip-ons must also not extend to the front farther than the front-most tip of the left and right break bars. It must be connected using a hard material. Connecting the tip using plastic tape is not allowed.
 - B. Wheels shall have at least 20 spokes. Disc wheels, etc. are not allowed.
 - (2) Helmets [Article 85 from the JTU competition rules partially applies.]
 - A. In the bike segments, athletes must always wear a hard bike racing helmet in line with usage instructions.

■Award

[Standard distance]

- Overall / Men and Women 1st, 2nd, 3rd, 4th, 5th and 6th places
- Age group U24 / U29 / U34 / U39 / U44 / U49 / 054 / U59 / U64 / U69 / U74 / U79 / U84 (First place for men and women will be awarded.) * The athletes awarded in Overall category are excluded in each age group awarding.

[Sprint distance]

- Overall (excluding high school students) /Men and Women 1st, 2nd, 3rd, 4th, 5th and 6th places
- Kyoto prefecture high school championship / Men and Women 1st, 2nd, and 3rd places
- Kinki-area sprint championship / Men and Women 1st, 2nd, and 3rd places

[Super Sprint Distance]

- Overall (excluding junior high school students) Men and Women 1st, 2nd and 3rd places
- Junior high school student overall Men and Women 1st, 2nd and 3rd places
- · Kyoto prefectural junior high school championship Men and Women 1st, 2nd and 3rd places

[Super Sprint Relay]

- 1st, 2nd and 3rd places
- ■For all the registered members of Kyoto Prefectural Triathlon Association
- The 1st place man and woman in the Kyoto prefectural championship (junior high and high school students) will receive free entry into either the "All Japan High School Challenge Triathlon" or the "All Kids Triathlon Junior High School Category."
- * For champions of junior high or high school students in Kyoto prefecture, please apply for the aforementioned events on your own.
- * The registered members of Kyoto Prefectural Triathlon Association are qualified.