



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 km × 4 Laps)

RUN 10km (2.5 km × 4 Laps)

### ●Sprint Distance (Draft-legal race)

SWIM 750m (750m × 1 Laps)

BIKE 20km (5 km × 4 Laps)

RUN 5km (2.5 km × 2 Laps)

### ●Super Sprint Distance Forbidden

SWIM 375m (500m × 3 quarters Laps)

BIKE 10km (10 km × 1 Lap)

RUN 2.5km (2.5 km × 1 Lap)

### ●Super Sprint Relay

SWIM 375m (500m × 3quarters Laps)

BIKE 10km (10 km × 1 Lap)

RUN 2.5km (2.5 km × 1 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)

<Overall 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

50 participants

●Entry fees

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 / O54 / 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.