

ISHIGAKI TRIATHLON 2020

2020 JTU Age Group Ranking Event

The 6th Yaeyamagun Triathlon

OUT LINE

April 12 Sunday, 2020

(As of November 21, 2019)

【Outline of Events】

- Event titles: ISHIGAKI TRIATHLON 2020
2020 JTU Age Group Ranking Event
6th Yaeyamagun Triathlon
- Hosted by: ISHIGAKIJIMA Triathlon 2020 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 Shimaripa Square Arakawa Ishigaki-shi

Okinawa 907-0024 Japan

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/>

[ISHIGAKI TRIATHLON 2020 ENTRY RULE]

	With tour ENTRY	General entry	Tour only
Nov. 12 – Dec.20	○		○
Nov. 26 – Dec.20	○	○	○

※As soon as it becomes quorum, the deadline

【Event Guide】

- Date: 2020 April 12, Sunday Race starts at 8:00a.m.
- Event venue: ISHIGAKI Painuhama Artificial beach, etc.

●Event Category & Distance

	Category	Distance
A Type(standard)	Age Group (Individual)	Swim: 1.5km, Bike: 40km, Run: 10km
	Relay	
B Type(short)	Age Group (Individual)	Swim: 0.75km, Bike: 30km, Run: 6.5km
	Relay	

●Award Ceremony

	Category	Division		Award	
A Type	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	1~6	
B Type	Age Group (Individual)	Overall	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.
- ✧ JIU age ranking consists of 24 years & under and every 5 years over 25 years old.
The age is as of December 31st, 2020
- ✧ 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. A Type :18 years old or above on December 31st, 2020.
(For relay, High school student or above)
B Type : more than high school age
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.
(B Type :750m within 30 minutes.)
(For relay, it applies to the swim part participant)
4. Athletes who have 2020 JIU Membership

(For relay participants it is recommended)

5. Athletes who attend Registration and Race briefing on April 11th, Saturday, the day prior to the race.

※If you are a paratriathlete (physically handicapped) please contact the race office.

● **Time Limit:**

A Type : **4 hours 45 minutes**

(Swim: 60 mins, at the end of the bike: 3h 15mins, at the end of Run: 4h45mins)

B Type : **3 hours 15 minutes**

(Swim: 60 mins, at the end of the bike: 3h 15mins, at the end of Run: 4h45mins)

【Course Map】 Announced at a later date

【Schedule】

Date	Time	Content	Location & Remarks
April 11th, (Sat)	16:00	Opening ceremony	Ishigaki-shi Shimin Kaikan (石垣市市民会館)
April 12th, (Sun)	8:00~	Start Time	
	12:30~14:00	Award Ceremony (the exact time TBA)	Finish area

● **Bike and run familiarization**

- 1) You can ride and run the course at your own risk before the race day.
- 2) You must wear a helmet when you ride your bike.
- 3) Swim familiarization is available during the designated time and area on the race day. Any accidents occurring outside the designated time and area are not covered by insurance.

● **Swim familiarization**

- 1) Swim familiarization on race day (April 11th)
 - ①Swim familiarization is mandatory during the designated period. Avoid a sudden increase in heartbeats by warming up properly.
 - ②Wearing wetsuits is mandatory.

● **Change, cancellation or interruption of the race**

- 1) If it is dangerous to carry on the race due to severe weather condition, etc. The race office will announce the change or cancellation of the event at 6am or later in the swim area.

- 2) The race can be interrupted due to thunder or other adverse weather conditions.
- 3) The course distance may be modified due to the sudden change of weather, currents, and waves during the race.
The order of the finishers and the awards will be decided by the race officials.
- 4) The race fee is non-refundable in case of the race cancellation.

● **In case of emergency**

- 1) In case of emergency, race maybe interrupted for an ambulance to enter the race course. The interruption time is counted towards your race record.
- 2) If you notice any athletes who are injured or not well, please report to the nearby race staff officers.

● **Other remarks**

- 1) **Be prepared for hot weather. Hydrate yourself sufficiently before the race. Alcohol may result in dehydration. Refrain from alcohol prior to race day.**
- 2) It may be cold due to rain, wind or adverse weather condition. Be prepare for rain and cold temperatures.
*The supporters should also be aware of above remarks.
- 3) **It is recommended to wear a hat during the run portion.**
- 4) If you notice any athletes who are injured or unwell, please report to the nearby race staff officers.
- 5) **Lack of good health and sleep may result in serious accidents. Please do not force yourself to race.**
- 6) In case of any changes in schedule or local rule adaptations, a notice will be posted at the Event HQ and an announcement made.
- 7) Take your garbage when you leave.
- 8) We are not responsible for loss or damage of your valuables.
- 9) Temporary changing rooms will be provided at Swim area.
- 10) Athletes are covered by insurance for certain injury or illness occurring during the event. It is recommended to have your own insurance.
- 11) Timing chip is collected at a designated area or bring it to Event HQ. **Not returning your timing chip will result in an extra charge for lost property.**
- 12) There will be areas blocked for TV or newspaper media. Your understanding is appreciated.

【Competition Rules】 Announced at a later date

【6】 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
Award Ceremony	Finish area (Different from last year)

※Main venue is in the city area.

