

# ISHIGAKI TRIATHLON 2019

## 2019 JTU Age Group Ranking Event

### The 5<sup>th</sup> Yaeyamagun Triathlon

#### OUT LINE

**April 21<sup>th</sup> Sunday, 2019**

#### 【Outline of Events】

- Event titles: ISHIGAKI TRIATHLON 2019  
2019 JTU Age Group Ranking Event  
5<sup>th</sup> Yaeyamagun Triathlon
- Hosted by: ISHIGAKIJIMA Triathlon 2019 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 2019 ENTRY RULE]

	2018 ENTRY ATHLETE	With tour ENTRY	General entry	Tour only
Nov. 21 – Nov. 30	○	○		○
Dec. 1 – Dec.9		○		○
Dec. 10 – Jan.6	○	○	○	○

※As soon as it becomes quorum, the deadline

## 【Event Guide】

●**Date:** 2019 April 21<sup>th</sup>, 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 1<sup>st</sup> to 3<sup>rd</sup> athletes excluding the overall 1<sup>st</sup> to 3<sup>rd</sup> athletes.
- ✧ JTU age ranking consists of 24 years & under and every 5 years over 25 years old.  
The age is as of December 31<sup>st</sup>, 2019
- ✧ 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**

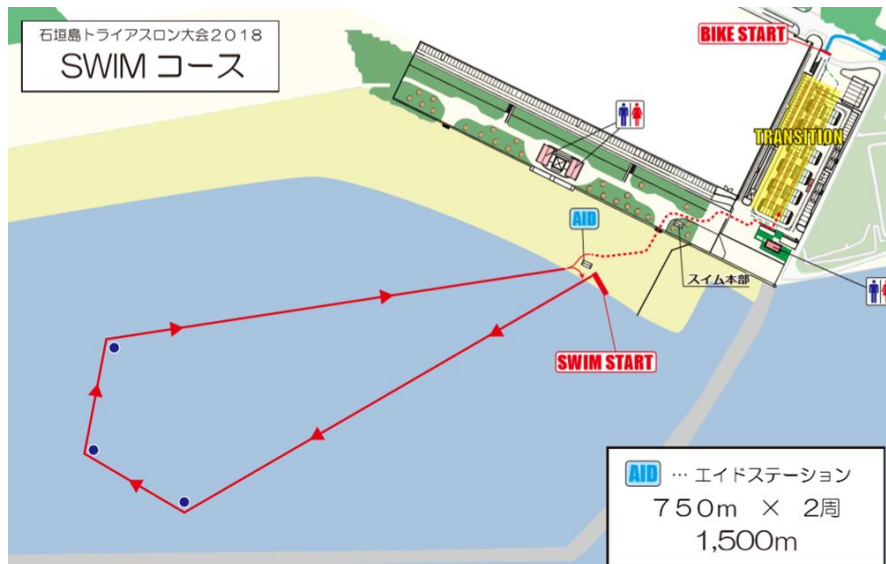
1. 18 years old or above on December 31<sup>st</sup>, 2019.  
(For relay, High school student or above)
  2. Physically and mentally healthy enough to participate in the event and athletes who can comply with the competition rules.
  3. Athletes who can swim 1500m within 60 minutes. (For relay, it applies to the swim part participant)
  4. Athletes who have 2019 JTU Membership  
(For relay participants it is recommended)
  5. Athletes who attend Registration and Race briefing on April 15<sup>th</sup>, Saturday, the day prior to the race.
- ※If you are a paratriathlete (physically handicapped) please contact the race office.

### ● **Time Limit: 4 hours 45 minutes (15mins shorter than last year)**

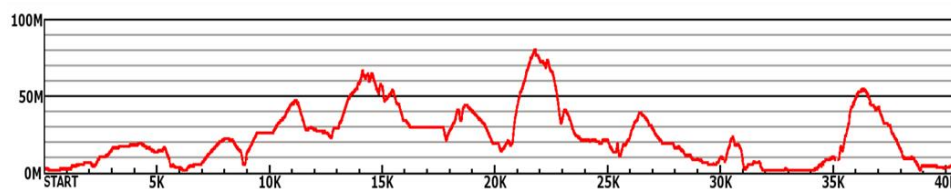
(Swim: 60 mins, at the end of the bike: 3h 15mins, at the end of Run: 4h45mins)

## 【Course Map】

- Swim



## ● Bike



## ● Run



## 【Schedule】

Date	Time	Content	Location & Remarks
April 20 <sup>th</sup> , (Sat)	16:00	Opening ceremony	Ishigaki-shi Shimin Kaikan (石垣市市民会館)
April 21 <sup>th</sup> , (Sun)	8:00~	Start Time	
	9:28	Swim time limit	Time for the last wave
	11:43	Bike time limit	
	13:13	Run time limit	
	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 21th)
  - 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】

### 1. General Competition Rules

- 1) The event complies with Japan Triathlon Union (JTU) competition rules and adopts a provision for local rules.
- 2) **The 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.**
- 3) **We have a right to stop you to race if we find your health condition is poor or if you are under the influence of alcohol. Please make sure that you spend the pre-race day properly.**

### 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 15 minutes
Run	Finish	4 hours 45 minutes

- 3) The 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 2<sup>nd</sup> 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.

- 2) For relay teams, please refer to Competition Rules 16,

- 3) If you choose to skip, please come to the skip waiting area near the swim start and follow instructions of the staff.

### 4. Wear

#### <1>Race wear

- 1) If you race during the bike and run segment with a bare torso, you will be disqualified (DSQ).

- 2) We recommend that you wear clothing without front zipper. If you have a front zipper, you must close it completely to race. If you open it, we ask you to close it. If you don't obey, you are subject to penalty.

#### <2>Wetsuit

**Wetsuit is mandatory including swim familiarization.** And you must wear a wetsuit for triathlon which secures warmth in the water.

\*A rash guard is not allowed to be used as a wetsuit.

\*Make use you wear a wetsuit which fits your body size.

### 5. Transition

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

#### <1> Preparation and collection

##### ① Rules

- 1) Rack and unrack your bike as shown.
- 2) You can bring only necessary items for race. (You cannot bring a balloon or other material as a landmark. \*Cooler box or other storage box cannot be placed in transition.)
- 3) Your belongings should be placed facing the bike handle side. They should be placed within the width of your bike.
- 4) You must set your bike in the designated time.



- 5) Only athletes can enter transition area.
- 6) Do not rack your bike on the fence around transition area.
- 7) You cannot take anything into transition area from outside of the fence.

\*If we find any bike which is wrongly set, we will fix it without athlete's approval.

## ② How to pick up your bike

- 1) After the last athlete finishes bike portion and returns to transition, an announcement will be made to notify its opening. You can access from the designated entrance and exit area.

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

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

- 2) If bike pick up is available during the race, you will be notified by an announcement.
- 3) Collect your bike and other belongings before transition is closed. If you do not pick up your bike or your belongings after 14:00, everything left in transition after hours will be stored in another location.

## <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**.

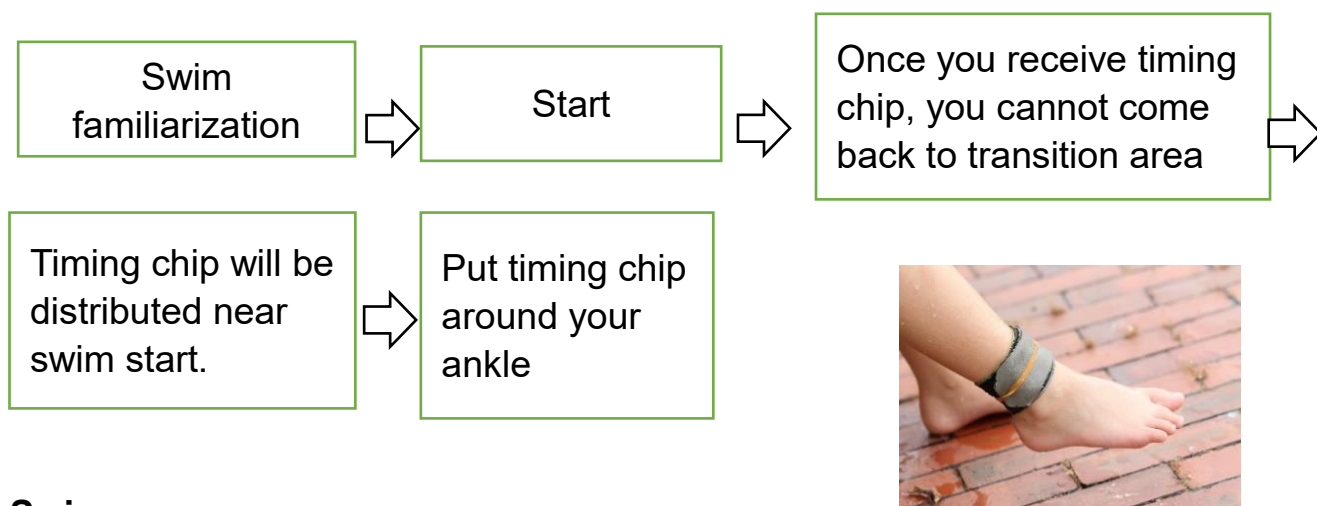
- 6) **Please put all your belongings after the swim in the designated bag. We collect only these bags and bring them to the finish area.**

**If you misplace your personal belongings, it is subject to penalty. No box is provided.**

**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.**

## 6. Swim check-in (Timing chip distribution)





## 7. Swim

### <1> Equipment

- 1) Wear a designated swim cap which will be given at registration.

### <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) Swim familiarization is mandatory. You must swim outside of the buoys.
- 3) Swim starts from the beach.
- 4) Swim start wave is set by the anticipated swim time. There are 2 sets of 4 waves. (\*Except the relay swimmers. All relay swimmers are in 2 different waves.)
- 5) **You may hold on to buoys or course loops to rest** but cannot proceed by holding on to them.
- 6) If you wish to DNF, stop swimming and wave your hand to get the attention of nearby staff. When you get someone's help, you are considered to be DNF.
- 7) If you find any athletes who swim improperly or in the wrong direction, please get the attentions of the rescue staff. In case of emergency, we may ask you to help.
- 8) Please put your belongings after the swim in the designated bag. (Please refer 5, Transition <2>.



### <3> Rules for Restube

- 1) You may wear a Restube for Ishigaki Triathlon.
- 2) When you use (inflate) it, you are considered to be DNF. Skip system is not allowed. Please refer to Remarks 13 for instructions)



### <4> Other

- 1) There is no place to leave your glasses near the swim finish. Please leave them in transition area. We recommend you to wear prescription goggles if you have poor eyesight.

2) After swim finish, sponges are available but no showers.

## 8. Bike

### <1> Equipment

#### ① Helmet

- 1) Helmet must be approved by an accredited testing authority. The athlete with non-approved helmet is subject to DNS.



X: Helmet for construction

X: Helmet strap made of rubber

- 2) It is mandatory to wear and securely fasten your helmet strap while riding the bike all the times.

If you do not follow the rules, you are subject to DSQ.

#### ② Bike

- 1) We recommend that you use a road bike

⊙ Road bike	X Mini Velo
○ TT bike	X City Cycle or Mamachari
X Mountain bike	X Electric assist bike
X Cross bike	

If you are not sure about your bike, contact the race office in advance.

\*For paratriathlete, we have a different regulation.

- 2) The bike stand should be removed from the bike. Other equipment such as front light, reflector, dirt cover also should be removed.

#### ③ Bike equipment

⊙ Puncture repair set	X Pet bottle
⊙ bike bottle	X headphone, hear phone
○ Cycle computer	X glass materials
	X Communication device
	X Camera

⊙ Mandatory, ○ suggested, × prohibited



**1) You must carry a puncture repair set. You need to repair it by yourself. If someone help you to repair the punctured tire, you are DSQ.**

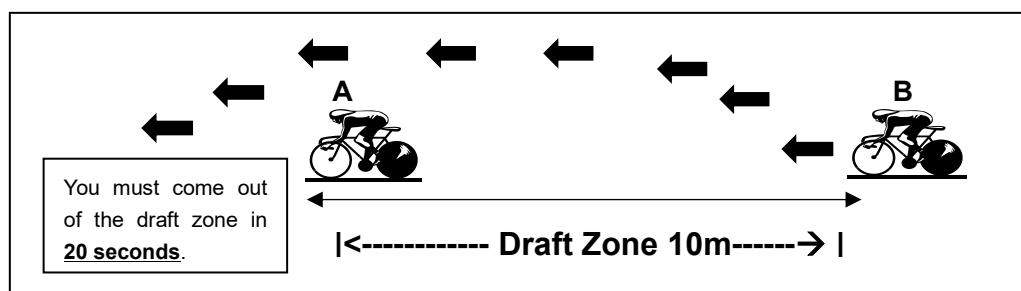
- 2) The cycle computer within the smartphone can be used if you do not use it as a commutation device and if it is fixed to you bike.

## <2> Competition

- 1) **We share the course with local people and cars. Please pay attention to them. Despite the traffic control, we may ask you to stop to secure safety. (The time does not stop.)**
- 2) The bike course is one loop of 40km. Be prepared for an up and down course profile.
- 3) Riding backward on the course is not allowed.
- 4) Keep left on the course. You can pass only on the right side of the athlete.
- 5) There is no Wheel station on the bike course.
- 6) **Drafting, cycling in a group, and cycling next to someone is prohibited.**
  - ✧ You may enter the draft zone when you try to pass, but you must come out of the draft zone in **20 seconds**.
  - ✧ You may enter the draft zone when you are in transition area and within 100meters from the transition zone and also near sharp turns.
  - ✧ Blocking is not allowed.
  - ✧ Draft zone for motor bike is 12meters, and draft zone for car is 35 meters.
  - ✧

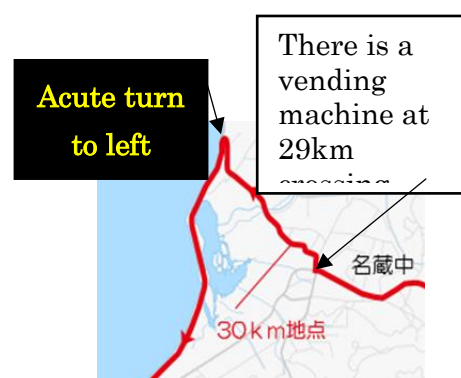
### ※What is drafting?

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.



- ✧ 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.

- 8) After Southern gate bridge there is a sharp turn to the right. 31km point of the bike course is downhill and there is an acute turn to the left. Please make sure to slow down to avoid any accidents.



## 9. Run

### <1> Equipment

It is prohibited to run with an electric device such as a music player, a headphone or a smart phone.



### <2> Competition

- 1) It is a 10km course of 2 laps. Familiarize yourself with the course and the laps before the race.
- 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 are aid stations at swim start, swim course and finish, run course, and near finish area.
- 2) There are no aid stations on the bike course. We recommend you to carry two bottles. You may stop to buy drink from a vending machine on the course. (Make sure to secure safety when you stop.)
- 3) Discard the used cup in the trash box. If you don't follow the rule, it is subject to penalty.
- 4) Race staff will not run with you to provide water. Slow down if necessary to receive the cup.

## 11. Finish

### <1> Outfit

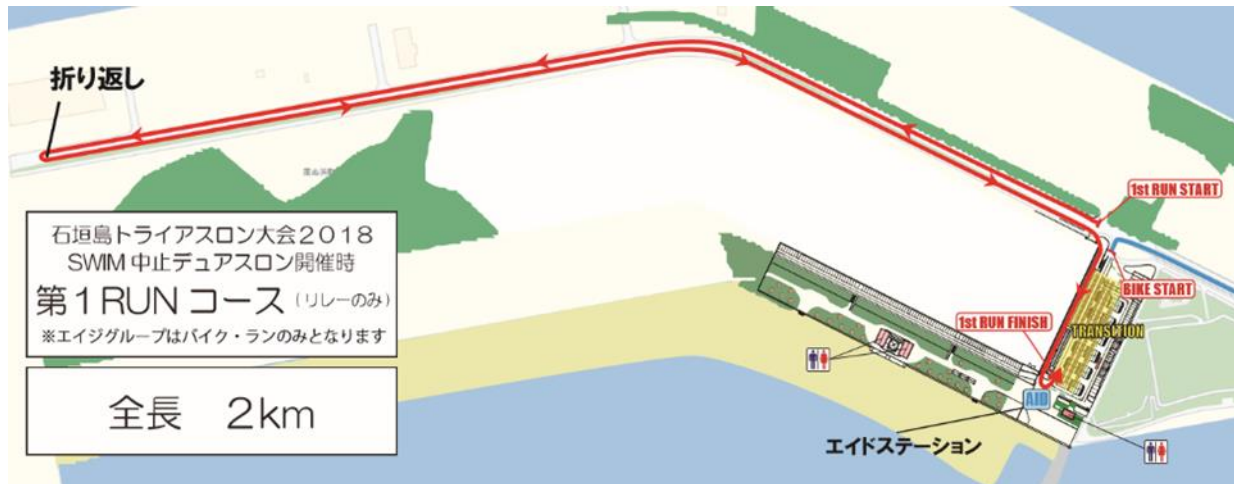
When you finish, take off your sunglasses and place your bib number on your front to identify yourself.

### <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. We may not allow it due to the situation.  
Make sure that supporters do not disturb other athletes or media staff.

## 12. In case of duathlon

- 1) If swim segment is canceled, the race will be duathlon.
  - Duathlon consists of bike and run for age group. (No 1<sup>st</sup> run.)
  - For relay, it will be 1<sup>st</sup> run, bike and 2<sup>nd</sup> run. The swim part is changed to 1<sup>st</sup> run.
  - The athlete for swim part should bring their running gears in case the race becomes a duathlon.
  - The proxy member or the change in order of member is allowed if you submit the official form by pre-race day registration. (Please refer to Competition rules 16 for the proxy member)



### 13. Time checking area

- Swim: Swim start to swim finish
- Bike: Swim finish to bike finish
- Run: bike finish to run finish

- 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 the race officials, staff, and bystanders.

### 14. How to pass on the timing chip for relay

- 1) Timing chip is used to pass on.
- 2) Pass on the timing chip in the designated area and attach it to next athlete's ankle.
- 3) The relay pass area is located within the transition area.
- 4) Please check the location before the race starts.
- 5) The bike portion athlete should stand by with helmet on and the strap fastened.

### 15. 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) 2 minute time penalty is given if you are late for the race day registration. (You will start from the next wave.)
- 5) You are subject to DSQ or banned from triathlon races if
  - Non registered proxy member participates in the race.
  - You ride your bike without a helmet or with a non-approved helmet.
  - You use offensive words to the race officials, staff, and bystanders.
  - You do not enter Penalty Box when your bib number is displayed.
  - You gain any obvious advantage by intentionally unfair methods.

## 16. Change of relay member (official proxy member)

- 1) If any of the relay members cannot race, you can apply for a proxy member. If you let any non-relay member race without this application process, it is a serious breach of the rules and there is no insurance cover in case of an accident. Also, you will be disqualified for the race and banned from JTU races for one year.

### **\*Proxy member eligibility and how to apply**

#### ① 2019 JTU members

Any printed proof of your 2019 JTU membership such as a copy of membership card, an annual fee payment receipt, an email or a screen shot of your JTU membership notice, etc.

#### ② Fees: 1000yen

#### ③ Application form (Send with the athlete guide)

Prepare ① to ③ and a Health questionnaire, an agreement, and a local rule quiz and bring them to the race HQ tent on the race day.

If you decide to have a proxy member before April 16th,

**Email us:** [info@ishigaki-triathlon.jp](mailto:info@ishigaki-triathlon.jp)

**After** April 17th, consult at registration on the pre-race day.

## 2) If any of the relay members wish to DNS or DNF

### ① Before registration

Proxy member (yes) → Follow the instruction of Proxy member  
“Change of relay member (official proxy member)”.

Proxy member (no) → DNF

### ② In case of DNF during the race

DNF during swim or Bike

→ DNF

→ the next athlete can start at the designated time by the officer.

(The result is not official but will be recorded.)

\*Follow the instructions of the race official if the relay athlete needs to start without receiving the timing chip.

### 3) The race result

- Proxy member for individual: official record
- Proxy member for relay: official record
- Relay with less than 3 members: unofficial record
- DNF during relay : unofficial record (Unofficial record for each segment)

## 【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.

