

English ver.

# STRONGMAN

# TEXT

ストロングマンテキスト

APRIL.20.SUN.2025

THE 39th ALL JAPAN TRIATHLON MIYAKOJIMA



第39回

全日本トライアスロン宮古島大会

# Introduction

Thank you very much for your participation in the 39th All Japan Triathlon Miyakojima. We, the citizens of Miyakojima, look forward to welcoming you to our island.

This “Strongman Textbook” is a summary of the procedures to be followed for participating in the Miyakojima Triathlon, explanation of the competition, competition rules, competition briefing materials, and precautions. Please be sure to read it carefully and make all the necessary preparations for the competition.

The Executive Committee will make every effort to ensure that all athletes will be able to participate safely and enjoyably in the competition.

Finally, with less than a month to go before the event, we know that training in the cold of winter can be very difficult, but we wish you good health and good luck in the event, and we hope that you will take care of your health and avoid any accidents during training.

Miyakojima Triathlon Executive Committee

Mayor of Miyakojima Noboru Kakazu

## ■Table of Contents

|   |    |
|---|----|
| Table of Contents .....                                       | 2  |
| Changing Bags .....   | 4  |
| Where to affix your race number .....                         | 5  |
| How to Wear Ankle Bands .....                                 | 6  |
| Tournament Information .....                                  | 7  |
| Procedures before the swim start on the day of the race ..... | 10 |
| Race Week Schedule .....                                      | 11 |
| Weather Forecast .....  | 12 |
| Miyakojima Triathlon Rules and Regulations .....              | 13 |
| Common competitions .....                                     | 13 |
| Swim .....  | 14 |
| Bike .....  | 15 |
| Run .....   | 17 |
| Officials .....   | 18 |
| Protest .....   | 18 |
| All Japan Triathlon Miyakojima Precautions .....              | 19 |
| Course and General Information .....                          | 19 |
| About Timing and Records .....                                | 19 |
| About the swim .....  | 19 |
| About Mechanic Service for Bike Race .....                    | 20 |
| About Drafting .....  | 20 |
| Aid Stations .....  | 20 |
| Precautions during the Swim Competition .....                 | 21 |
| Medical First Aid .....                                       | 22 |
| Accident Insurance .....                                      | 22 |
| Other Information .....                                       | 22 |
| Special bus schedule .....                                    | 24 |
| Swim Course Map .....   | 25 |
| Swim/Bike Course Map .....                                    | 26 |
| Miyakojima City Track & Field Stadium .....                   | 27 |
| Illustrated explanation of important matters .....            | 28 |

# Changing bags

## TO SWIM FINISH



JAPAN AIRLINES JTA Coca-Cola 沖縄銀行

No

- \*Insert essentials for bike competition (helmet, sunglasses, clothing, etc.)
- \*Running shoes for the duathlon (**please bring separate shoes for the run event**)
- \*Changing bags for the swim finish will be hung on the Tokyu Bike Rack on the day of the event by each runner. (in the Tokyu Bike Transition Area)
- \*After the swim, please put your swimwear, goggles, etc. in your swimsuit and place it where your bike was. Place them where your bike was. Please do not hang them on the racks.
- ※After finishing the swim, the staff will collect your belongings and take them to the run finish area.

↑Each participant must affix his/her own number sticker distributed at the registration desk.

## TO BIKE FINISH



JAPAN AIRLINES JTA Coca-Cola 沖縄銀行

No

- \*Place essentials for run competition (caps, shoes, clothing, etc.)
- \*Place on the truck bound for the bike finish (parking lot in front of the bike transition)
- \*After finishing the bike race, please put your helmet, etc. under the bike.
- ※Attendants will collect your belongings after the bike race and take them to the run finish.

↑Each participant must affix his/her own number sticker distributed at the registration desk.

## TO RUN FINISH



JAPAN AIRLINES JTA Coca-Cola 沖縄銀行

No

- \*Please put your change of clothes, etc. after the competition
- \*Place them on the truck bound for the run finish (parking lot in front of the bike transition)

↑Each participant must affix his/her own number sticker distributed at the registration desk.

The changing bags will be carried by truck to the designated area and finally to the changing bag storage area at the run finish (inside the Miyakojima City Track & Field Stadium field), so please pick up your own bag.

※Please be sure to check the contents of your baggage.

# Affixing race number

※ Race numbers must be affixed in the designated position as failure to do so may result in disqualification.

## 《 Bike 》



↑ Helmet Sticker



↑ 1 Bike Sticker Left



← Race Number

1 on your back

※ When depositing your bike the day before the competition, please be sure to wear your helmet sticker and bike sticker as well as 2 bike bottles, and deposit your helmet and bike as a set after being checked by the bike inspection staff.

※ There have been cases every time where the registration desk is not able to receive the bikes in time due to the time required for preparation because of incomplete installation, etc. Please check in advance and deposit the bikes well in advance of the registration desk.

## 《 Run 》



← Race Number

1 in front • 1 on your



# How to wear ankle bands (instructions for players)

- ① A silver band and an auxiliary rubber band will be handed to you at the final registration desk.



Be sure to check that your race number matches the number on your band.

- ② Wrap it snugly around the ankle on either side, with the silver side facing you and the yellow side (the side in contact with the skin) on the back. (Either leg may be used.) For safety, place the attached elastic band on top of the ankle. For safety, please put the attached elastic band over it.



- ③ When wearing a wetsuit, the band should be worn under the wetsuit. If the band is worn over the wetsuit, it will come off when the wetsuit is removed. Those who cover the top with a wetsuit do not need an auxiliary elastic band.



## <Precautions>

Athletes who have retired from the race should not go near the measuring points with their ankle bands still on. Please return your ankle strap to the designated place as soon as possible.

After the competition, please be sure to return the ankle bands to the designated place or to the staff member in charge.

Failure to do so will result in a 4,000 yen charge.

# Tournament Information

## 1. Race supplies for athletes

- ① ID Wristband (1)    ② Swim Cap (1)    ③ Race Number for Bike (1)
- ④ Bike Sticker (1)    ⑤ Helmet Sticker (2)    ⑥ Change of Clothes Bag (3)
- ⑦ Run race number with fluorescent patch (2)    ⑧ Race number stickers for changing bag (3)
- ⑨ Ankle Band (1)    ⑩ Commemorative T-shirt (1)

ID wristbands must be worn at the time of registration and remain on your wrist for the duration of the official schedule.

Please keep it on and do not remove it from your wrist during the official schedule period from Thursday, April 17 to Monday, April 21.

( This wristband will be required for the competition briefing, bike check-in, bike pick-up, etc.)

## 2. Items provided to finishers

- ① Finisher' s Medal (1)    ② Finisher' s Towel (1)

## 3. Participation in the Briefing Session, Opening Ceremony, Awards Ceremony, and Fureai Party

1) At the competition briefing, please present your ID wristband at the entrance of the venue.

※ Participation is mandatory. If you do not attend the competition briefing, you will not be allowed to compete in principle.

2) Only competitors are allowed to participate in the competition briefing and opening ceremony.

3) Accompanying persons may participate in the Awards Ceremony and the Fureai Party.

Please purchase a party ticket at the reception desk at the entrance to the venue.

## 4. Food and beverages at aid stations

- ①Water    ② Ice    ③Tea    ④Aquarius (sports drink)    ⑤Coca-cola    ⑥Bananas    ⑦Oranges⑧ Miyakojima Brown Sugar
- ⑨Bread    ⑩Sandwiches    ⑪Rice balls    ⑫Bite-sized rice cakes    ⑬Dried plums    ⑭Salt, etc.

※There may be slight differences depending on the aid station.

## 5. Bike Transportation

Due to the concentration of athletes traveling in a short period of time, there have been cases where some bikes and baggage could not be loaded due to overcapacity of the airplanes. If your bike or baggage cannot be loaded, you may not be able to arrive in time for the competition.

We ask that motorcycles be sent from your home to your accommodation at the earliest possible

date.

### ※Precautions

- ① Bike storage cases (cardboard boxes) must weigh no more than 15 kg. Please do not pack clothes, wares, or souvenirs together inside. We will not be responsible for any trouble that may occur.
- ② CO2 cartridges for inflating tires may be checked in and carried onboard an aircraft up to 4 per person, as long as the volume does not exceed 50 ml (50 ml = approximately 2 cm in diameter and 15 cm in length). (50 ml = approx. 2 cm in diameter and 15 cm in length, about the size of a cylinder.  
※ Inflammable gases such as LP gas cannot be transported.
- ③ Please make sure to pack the bike in a bike storage case or cardboard box and send it in a neatly wrapped package with your name, address and race number clearly written on the package.
- ④ When sending bicycles, please check the number of days required for delivery and pickup on your own, and send them with plenty of time to spare.

## 6. Bike Deposit

- ① Two bike bottles must be attached when depositing bikes.
- ② Bike deposit must be made within the designated time and date. Please note that no applications will be accepted outside of these hours for any reason.
- ③ No vehicles are allowed to enter Tokyu Hotel when bikes are checked in. Please use the parking lot in the Miyakojima City Shimoji Baseball Grounds. After parking, please drive your own vehicle or use the shuttle bus to the venue.

Bike drop-off date and time : **Saturday, April 19, 2025, 13:00 – 16:00**

Bike Deposit Location: Miyakojima Tokyu Hotel & Resorts (see map of the Swim/Bike venue area on page 18)

## 7. Bike pickup

Bikes must be picked up on time (**3:00pm to 8:00pm on the day of the competition and 8:30am to 11:00am the next day**).

Please be sure to pick up your bike in person.

When picking up your bike, please be sure to bring your wristband to confirm your identity.

## 8. About the changing bag drop-off and bike transition open on the day of the event from **5:00 AM ~ 6:15 AM**

The changing bag storage area is in the parking lot in front of the bike transition.

- ① Only athletes may enter the bike transition.
- ② Please deposit and set up your changing bag as described on page 1.



- ③ Please bring your own special drinks and food, and deposit them at the designated area in the parking lot in front of the bike transition by 6:15 a.m.
- ④ Please pass through the swim start check-in gate by **6:40 a.m.** and assemble at the Swim Start Zone.

(There is a distance of about 300 meters from the swim check-in point to the swim start zone.)

- ⑤ If the swim event is cancelled, a duathlon will be held. In case the duathlon, a duathlon will be held on the road (duathlon run course), so please prepare your shoes.

※ Please prepare two pairs of shoes, and put one pair in the changing bag for the run as usual, and the other pair in the changing bag at the finish of the swim in case the duathlon is held.

※ Please note that once your baggage is checked in, it will not be returned.

## ■Procedures leading up to the swim start

Day and time: April 20, 2025 (Sun) 5:00 pm – 6:40 pm (Timekeeper)

Location: Miyakojima Tokyu Hotel & Resorts→Swim start point (Maehama Beach)

① 1 change bag ( TO SWIM FINISH ) on the rack in the bike transition area



② Special drink (food) deposit (in the parking lot in front of the bike transition area)



③ 2 change bags ( TO BIKE FINISH and TO RUN FINISH )

Deposit in the designated truck in the parking lot in front of the bike transition area

※ Be careful not to use the wrong truck



④ Swim start check (At the entrance of Maehama beach). Be at the entrance of Maehama beach by 6:40 a.m.

Be sure to pass through the checkpoints.



Wait in the swim start waiting area (Swimmers must swim in the designated area)

- ※ Please allow plenty of time for passing the swim checkpoint and enter the start zone by 6:40am.
- ※ Please warm up (swim test) in the designated area and be ready for the 7:00 a.m. swim start.
- ※ Please bring your own special drink (food) and hand it over to the attendant at the designated area by 6:15 a.m.
- ※ If you want to leave your watch, glasses, etc., please use the “Storage Area” near the swim checkpoint.  
Please pick them up after the swim competition.

# 大会公式スケジュール／Race Week Schedule

## 第 39 回

### 全日本トライアスロン宮古島大会／2025 STRONGMAN

|                             |   |
|-----------------------------|---|
| 4/17(木) April 17 (Thursday) |   |
| 13:00 ~ 17:00               | 選手登録受付 (JTA ドーム宮古島)<br>Athlete Registration (JTA Dome Miyakojima)   |
| 4/18(金) April 18 (Friday)   |   |
| 9:00 ~ 18:00                | 選手登録受付 (JTA ドーム宮古島)<br>Athlete Registration (JTA Dome Miyakojima)   |
| 17:00 ~ 18:00               | 招待選手共同記者会見 (JTA ドーム宮古島)<br>Elite Athletes Press Conference (JTA Dome Miyakojima)  |
| 18:30 ~ 19:00               | 競技説明会 (JTA ドーム宮古島)<br>Mandatory Pre-Race Meeting (JTA Dome Miyakojima)  |
| 19:00 ~ 20:00               | 開会式 (JTA ドーム宮古島)<br>Opening Ceremony (JTA Dome Miyakojima)  |
| 4/19(土) April 19 (Saturday) |   |
| 13:00 ~ 16:00               | バイク預託 (宮古島東急ホテル&リゾート)<br>Bike Check-in (Miyakojima Tokyu Hotel& Resorts)  |
| 4/20(日) April 20 (Sunday)   |   |
| 5:00 ~ 6:15                 | 大会当日<br>着替え袋預かり (宮古島東急ホテル&リゾート)<br>Changing Bags Deposit (Miyakojima Tokyu Hotel & Resorts)   |
| 5:30 ~                      | 競技実施検討委員会<br>Directors' Meeting on Weather Conditions   |
| 6:10 ~ 6:40                 | スイム チェックイン (スイムスタートゾーン)<br>Swim Check-In (Swim Start Zone)  |
| 7:00 ~                      | 競技開始 (宮古島東急ホテル&リゾート)<br>Race Start! (Miyakojima Tokyu Hotel & Resorts)  |
| 19:00                       | 競技終了 (宮古島市陸上競技場)<br>Race Finish! (Miyakojima City Field)  |
| 15:00 ~ 20:00               | <div> <div> <b>■制限時間</b><br/>           スイム/ 7:00 ~ 8:50<br/>           バイク/ ~ 14:00<br/>           ラン/ ~ 19:00         </div> <div> <b>■Cut-Off Times</b><br/>           Swim/ 7:00 ~ 8:50<br/>           Bike/ ~ 14:00<br/>           Run/ ~ 19:00         </div> </div> バイク引き渡し (バイクフィニッシュ地点)<br>Bike Pick-up (Bike-Finish Area) |
| 4/21(月) April 21 (Monday)   |   |
| 8:30 ~ 11:00                | バイク引き渡し (バイクフィニッシュ地点)<br>Bike Pick-up (Bike-Finish Area)  |
| 13:00 ~ 14:00               | 上位入賞記者会見 (JTA ドーム宮古島)<br>Post-Race Press Conference (JTA Dome Miyakojima)   |
| 15:00 ~ 17:00               | 表彰式・ふれあいパーティー (JTA ドーム宮古島)<br>Awards Ceremony&Party (JTA Dome Miyakojima)   |

(Please note that the official schedule may be subject to change.)

## 1. Weather data (as of 6am)

Weather forecast for the day of the event

(based on past observation records from Miyakojima Regional Meteorological Observatory)

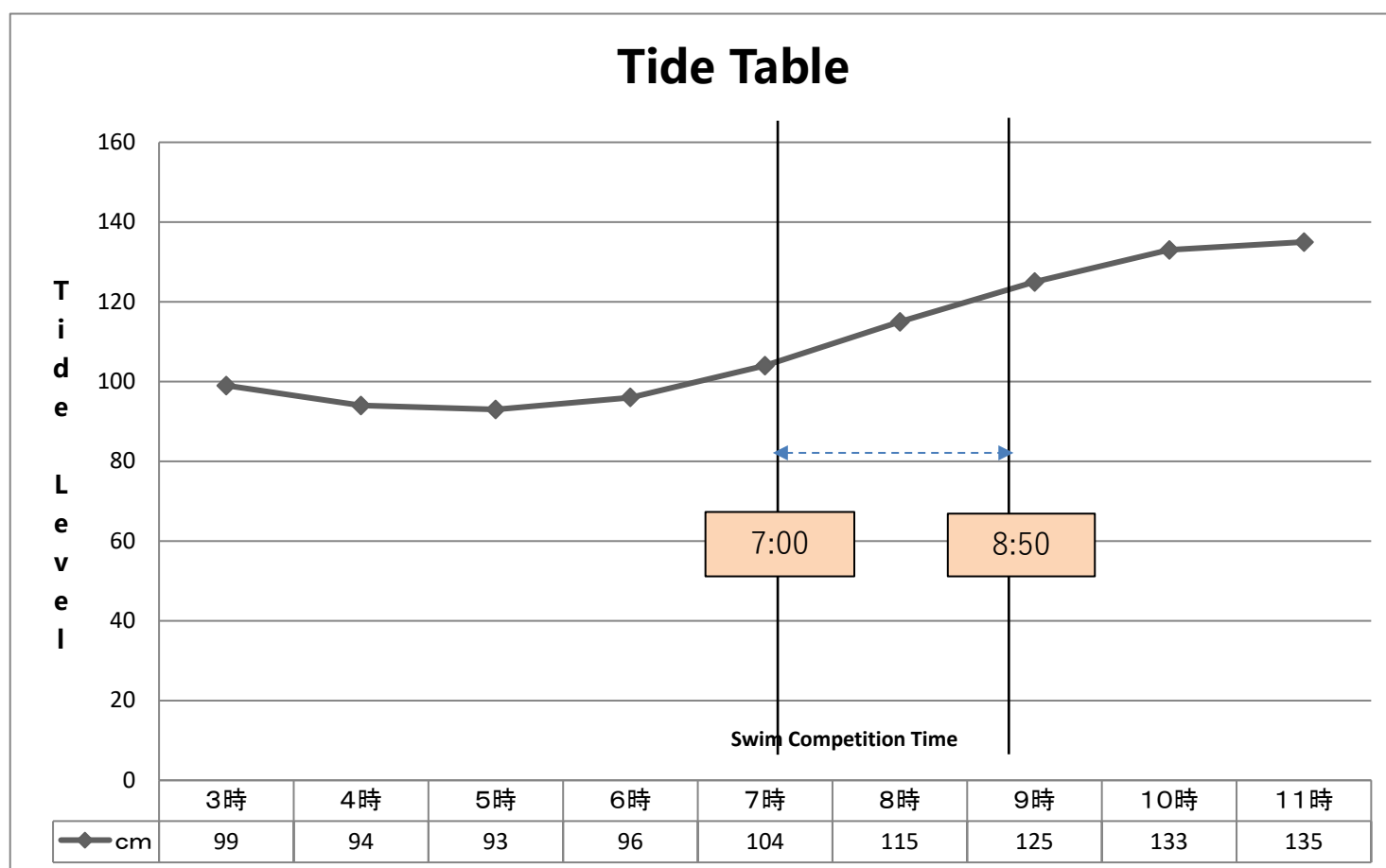
Avg. Temp. 22.3°C Weather Cloudy, sometimes sunny Wnd Speed 3.9m

Avg. Water Temp 23.2°C Average humid 81.0% Wind Direct Northeast

## 2. 2025/4/20 Neap Tide

Full Tide Time A.M. 10:44 Tide Level 135 cm

Low Tide Time A.M. 4:48 Tide Level 93 cm



# Miyako Island Triathlon Rules

## ■ General Rules

Miyako Island Triathlon Rules

## ■ General Rules

These competition rules are established to apply to the All Japan Triathlon Miyakojima (Strongman). In case these rules are not applicable, the competition rules and road traffic laws of the relevant competition organization shall apply.

The Competitor must be a good sportsman and must follow the rules and regulations of the relevant sporting organization.

Competitors are required to conduct themselves with good sportsmanship. Unsportsmanlike conduct, such as abusive language toward tournament staff, marshals, etc., or unfair advertising, will result in disqualification and denial of participation in future strongman tournaments.

In the event that weather conditions deteriorate on the day of the tournament, such as heavy rain, strong winds, or rough seas, the Executive Committee has the authority to hold or cancel the tournament. If a wave warning is in effect on the day of the event, the swimming competition will be cancelled. If a wave warning is in effect, the Executive Committee will decide to shorten the distance or change the course, taking into consideration the wave height, wind speed, visibility, water temperature, and other conditions. Safety measures shall be in accordance with the 12 Safety Measures in addition to the provisions of these Rules and Regulations.

## Article 1

The Triathlon is an individual sport, and no assistance (running or support) from others is allowed, except as specified. If you do receive assistance with the race, you may be disqualified from the event.

However, assistance from the event staff at aid stations, medical tents, etc. will not be considered as assistance with the race. They must not interfere with the competition of other competitors.

## Article 2

Competitors must be familiar with the competition rules and road traffic laws before competing in the event. If a competitor leaves the course, he/she shall return to that point and resume the competition on his/her own.

## Article 3

Competitors shall not use alcoholic beverages, stimulants, irritants, or other drugs.

## Article 4

If a Competitor decides to abandon the competition on his/her own, he/she shall immediately notify the nearest competition official.

## **Article 5**

Failure to take the final athlete registration and swim check shall result in disqualification. A competitor who fails to pass through the barrier gate within the time limit shall be disqualified.

## **Article 6**

The competition judges shall have the authority to dismiss or disqualify competitors who violate the rules.

## **Article 7**

The medical officer (doctor) shall have the authority to stop the competition for any competitor who may suffer injury or loss of life.

## **■ Swim**

## **Article 8**

Competitors must wear the swim cap provided by the organizer.

## **Article 9**

The use of fins, paddles, any other propulsion aids and snorkels is prohibited.

## **Article 10**

The use of wet suits, goggles, nose clips, earplugs, and rescue tubes is permitted.

## **Article 11**

Illegal starts and starting from outside the area are prohibited.

## **Article 12**

The time limits for the swim barrier shall be set as follows. Competitors who cannot complete the swim within the time limit shall be disqualified.

Intermediate point (1,500m)

Finish line

50 minutes (7:50)

1 hour and 50 minutes (8:50)

## **Article 13**

In order to ensure the safety of the competition, the members of the Diver Team, Rescue Board Team, Water Bike Team, and Vessel Team may recommend that those



who are judged to be unable to pass the barrier within the time limit are to retire from the competition.

#### **Article 14**

In order to ensure the safety of the competitors, a medical aid squad shall be stationed at the midway point, and the medical aid squad may, at its discretion, recommend that any competitor with physical problems retire from the race.

#### **Article 15**

When a Competitor retires or needs to be rescued, he/she shall “wave his/her hands above his/her head and call out for help”. Once rescued, the competitor may not resume the competition.

### **■ Bike**

#### **Article 16**

The bike shall be ridden or pushed by the competitor himself.

#### **Article 17**

Competitors must display the number card, bike sticker, and helmet sticker provided by the organizer in the designated areas. If they display them in areas other than the designated areas, or if they do not use the supplied items in their current state, they may be disqualified.

#### **Article 18**

Any rider who does not wear his/her helmet properly during the competition will be disqualified.

#### **Article 19**

Special drinks (food) will be available at the 8th aid station (Paipara North T-junction). Registration (deposit) must be made by 6:15 a.m. on the day of the event at the swimmers' reception desk in the swimming venue.

#### **Article 20**

All mechanical problems during the competition must be handled by the competitors themselves. However, authorized mechanic services are permitted.

## **Article 21**

Competitors must strictly obey the road traffic laws, and will be disqualified if they fail to follow the instructions of the race officials, bike marshals, and police officers. Competitors shall be held personally responsible for the consequences of any infraction.

## **Article 22**

Bikes used for competitions must be placed in the area designated by the organizer.

## **Article 23**

The time limits for the bike entrances shall be set as follows: Competitors who fail to reach the checkpoint within the time limit shall be disqualified. The checkpoint is 92 km by 5 hours and 40 minutes (12:40) at the Tokyu Sugihara Dermatology Street in the second lap.

## **Article 24**

In order to ensure the fairness and safety of the bike race, the following drafting prohibitions have been established. The judges shall suspend the penalized Competitor for four (4) minutes in the penalty area at the end of the bike competition.

(1) Competitors shall have a competition area of at least 7m in front and behind, and at least 1m on each side. If there is a car in progress in front of them, they must keep a distance of at least 25 meters.

(2) A competitor may enter the opponent's area only when he/she attempts to overtake. However, if overtaking is impossible within 15 seconds, the competitor must immediately return to his/her position. The overtaken Competitor shall not enter the area of the overtaking Competitor. When overtaking, the overtaking competitor shall check his/her front and back and shall start from the right side of the competitor in front of him/her.

(3) Entering into the area of more than one competitor and overtaking between competitors shall be considered as a dangerous behavior and will result in disqualification.

(4) Even if you are protecting the competition area, if the situation makes it easy for group riding or accompanying riding to occur, you must make an effort to disengage. If group riding or accompanying riding occurs, you must disengage within 15 seconds.

(5) Competitors must not take any action to reduce wind pressure against the wind direction at any time even if they are protecting the competition area.

(6) No protests regarding drafting will be accepted.

(7) Keep left driving shall be strictly observed.

## **Article 25**

Any competitor who finishes off course or who is on the course after 7 hours (14:00) shall be disqualified. No objection shall be allowed to any competitor for running off course for any reason.

## **■ Run**

## **Article 26**

Competitors must not use any form of transportation other than running or walking on their own.

## **Article 27**

Competitors must wear the number card and luminescent patch provided by the organizer in the designated locations. Failure to display the number card in the specified areas or any alteration of the number card's original state may result in disqualification.

## **Article 28**

Special drinks (food) will be available at the 18.5 km mark (in front of the Jobe Community Center). Athletes must register and deposit their special drinks (food) at the athlete reception desk in the swimming venue by **6:15 a.m.** on the day of the event.

## **Article 29**

Competitors must strictly adhere to road traffic laws. Failure to follow the instructions of race officials or police officers will result in disqualification.

## **Article 30**

The cutoff times for the running section are set as follows. Competitors who fail to reach these checkpoints within the specified time limits will be disqualified.

- **25 km mark: 10 hours 30 minutes (by 17:30)**
- **Finish line: 12 hours 00 minutes (by 19:00)**

## ■ Race Officials

### Article 31

The following race officials will be assigned for this competition:

- ( 1 ) Chief Competition Director, Deputy Competition Director, Competition Committee Members, Medical Staff (Medical Rescue Team)
- ( 2 ) Chief Judge, Head Referee, Referees

## ■ Protests

### Article 32

Protests shall be made verbally to the Chief Referee by the athlete or his/her representative. However, protests cannot be made against the "decision" of a competition judge.

2. The Chief Referee must make a decision on the protest.
3. If an athlete is dissatisfied with a decision in the previous paragraph, they may request the Tournament Organizing Committee to reconsider by submitting an Appeal Application (Form No. 1).
4. Appeals will be reviewed and decided by the Tournament Appeal Committee (established within the Tournament Organizing Committee).
5. The appeal committee members are as follows: The Executive Committee Chairman, Competition Chairman, and Competition Vice Chairman

## ■ Supplementary Provisions

These regulations shall take effect on the following dates:

- September 17, 2015 (Heisei 27)
- December 13, 2017 (Heisei 29)
- February 1, 2019 (Heisei 31)
- December 12, 2019 (Reiwa 1)
- December 12, 2020 (Reiwa 2)
- September 3, 2024 (Reiwa 6)

## ■All Japan Triathlon Miyakojima Precautions

Thank you very much for participating in the 39th All Japan Triathlon Miyakojima. On the day of the race, please observe the following rules and regulations to ensure a fun and safe race.

### 01. Course and General Information

- a. The Miyakojima Tournament is run on the principle of “Athletes are expected to do what they can do by themselves.
- b. On the day of the race, April 20 (Sun.), please leave your change bag at the designated place .  
Bike (red) and Run (green): Please hang your change bag on the track at the change bag storage tent.  
Swim (white): Please hang your change bag on the rack the Tokyu Bike Rack. (in the Tokyu Bike Transition Area)
- c. Competitors are required to understand the competition rules and road traffic laws before competing in the event. If a rider leaves the course, he/she must return to the point where he/she left off by his/her own power and resume the competition. (See Article 2 of the competition rules)
- d. If an athlete decides to abandon the competition on his/her own, he/she must immediately contact the nearest competition official. (Competition Rules, Article 4)

### 02. Timekeeping and Recording

- a. An ankle band with a transmitter will be distributed at the registration desk. Please wear it on your ankle. (See page 3)
- b. The transmitter will be read at the swim finish gate before the start, so please be sure to check in with the officials when entering the swim start zone.
- c. No swimmers are allowed to turn back after the swim check-in. If you wish to turn back, please be sure to have your ankle band checked. Do not leave the swim area without permission.
- d. There will be a “No Overtaking Zone” before the finish gate after the swim, so please pass through the measurement mat one by one.
- e. If you lose your ankle band during the competition, please report it to the race staff.

### 03. Swimming Events

- a. Please keep in mind that the swim course is in ocean waters. The ocean course will be greatly affected by waves, wind, and currents.
- b. Please prepare adequately by making a preliminary inspection of the course.
- c. Water temperature is expected to be around 24 degrees Celsius, but about 5 degrees Celsius variation is possible depending on the weather.
- d. Please familiarize yourself with the direction and height of waves, water depth, and tide speed.
- e. Please stay at the starting point at the start of the race. Do not get involved in so-called “underwater battles” with other swimmers, such as leading swimmers and competitive swimmers. Do not retire during the swim competition.
- f. If you need to retire or be rescued during the swim competition, stop swimming and do not panic, but wave your hands above your head and call out for help.

- g. You may hold onto the course buoys, ropes, etc. and remain in place.
- h. After the swim competition, please take a “shower” to thoroughly rinse off the seawater. Salt residue may cause sunburn and abrasions. Also, rinse out your mouth thoroughly.
- i. The Head Swimmer and Observer have the authority to declare an athlete out of competition or disqualified.
- j. For the safety of the swimmers, the event will be stopped if any of the following conditions are met:
  - Athletes whose movements are clearly considered to be too slow.
  - Athletes who swim far off course or in a circular arc.
  - Athletes who do not respond when called upon.
  - Athletes who are judged to be unable to finish within the time limit.
  - Athletes who move by any means other than swimming.
  - Athletes who have any physical abnormality at the midpoint of the race.

#### **04. Mechanic Service for Bike Competition**

- a. Mechanic services during the competition will be set up in front of Pina Gama Beach and Higa Road Park.
- b. Mechanic service will only be provided at the installation points (no mechanic service by transportation). If you need maintenance, please move to the installation point by yourself.

#### **05. Drafting**

- a. In order to ensure the fairness and safety of the bike competitions, the rules prohibit drafting, and any rider who violates the rules will be given a 4-minute time penalty for the first violation and disqualified for the second violation. The competition judges will suspend the penalized rider for 4 minutes in the penalty area at the end of the bike. (See Article 24 of the competition rules)

※Bike marshals will be deployed to prevent drafting, in accordance with Article 25 of the competition rules. No protests will be accepted regarding drafting.

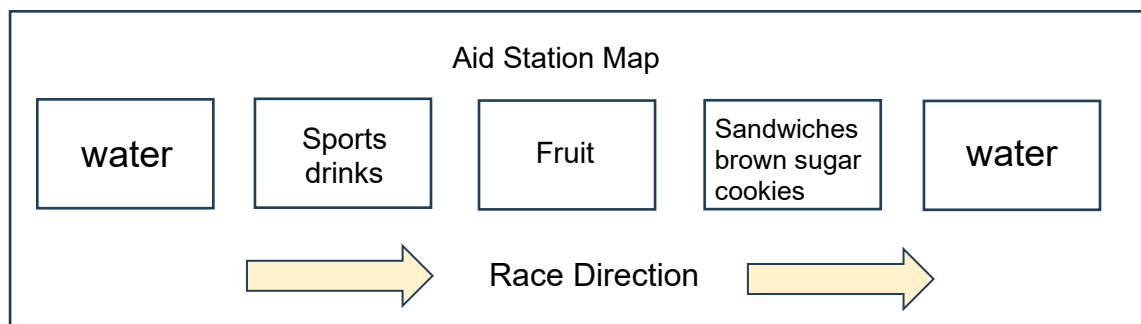
#### **06. About Aid Stations**

- a. To ensure that bike bottles are available to all racers, please be sure to attach two bike bottles and have them checked by the bike inspection staff at the time of bike deposit.
- b. At the first aid station after the bike start, there will be no bike bottles, so please fill your own bottle with water before the race and attach it to the bottle.
- c. Bike bottles must be put into the bottle collection box 100m before each aid station and sponges must be put into the blue sheet 100m behind the aid station. If you throw them away in the middle of the course, there will not be enough and aid station volunteers will not be able to pick them up. Please dispose of trash at the aid stations. Littering is prohibited.
- d. Air salon passes must be used within the run aid station and returned to that aid station volunteer after use.
- e. Special drinks will be handed out by volunteers on the bike course as much as possible, but on the run course, please take your own drinks from the table.
- f. Drinks and food at the aid stations will be arranged as follows



Aid Station Map

Water --> Sports Drinks --> Fruit --> Sandwiches, Miyakojima Brown Sugar, Water  
 --> Direction of Competition-->



## 07. Precautions during the Swim Competition

- a. Please keep in mind that the swim course is in ocean waters. The ocean course will be greatly affected by waves, wind, and currents.
- b. Athletes are requested to make sufficient preparations by making a preliminary inspection of the course on their own. Also, on the day of the competition, please make sure to test swim the course before the start to check the course conditions.
- c. The water temperature is expected to be around 24 degrees Celsius, but +/- 5 degrees Celsius is possible in case of inclement weather.
- d. Please familiarize yourself with the direction and height of waves, water depth, and tide speed.
- e. Competitors must wear the swim cap provided by the organizer. (Article 8 of the competition rules)
- f. Wetsuits and the use of goggles, nautical clips, earplugs, and rescue tubes are permitted. (Competition Rules, Article 10)
- g. At the start, competitors must stand at the starting point appropriate to their ability. Please do not get caught in so-called "underwater wrestling" by competing with other strong swimmers or competitive swimmers. Those who are not strong swimmers should start later and start slower.
- h. If you have a cramp or need to retire or be rescued during the swim, stop swimming and do not panic, but wave your hands above your head and call out for help. (Article 15 of the Rules of Competition)
- i. After the swim competition, please take a "shower" to thoroughly rinse off the seawater. Salt residue may cause sunburn and abrasions during the bike and marathon. Also, wash out your mouth thoroughly.
- j. You may hold onto the course buoys and ropes and remain in place.
- k. Competitors who do not reach the halfway point within 50 minutes (7:50) of the start time will be disqualified. (Article 12 of the competition rules)

### ○Test Swimming

Due to the setup of the swimming course on the day before the competition, test swims are not allowed in the main course. Lifesavers will be posted between 10:00 and 12:00. If you are not confident in your swimming ability or have little experience in open water swimming, we recommend you to test swim during this time.

## **08. Medical First Aid**

a. There will be three medical tents on the swim, bike, and run courses.

Please feel free to use them if you are injured or feel unwell during the race.

The medical tents will be used mainly for triage and lifesaving procedures. Medical treatment such as intravenous drips will not be provided. Those who are deemed in need of medical treatment in the Medical Tent will be taken to a hospital.

Location of the Medical Tent

(1) Parking lot next to Maehama ESCASA (Swim Medical Headquarters) and in front of the Swim Start/Goal,

(2) Tokyu side near the balloon arch, (3) Miyakojima Athletic Field (Gymnasium side entrance) "Medical Rescue Headquarters".

b. If you are instructed by a doctor to stop the race, please follow the instructions and stop the race.

c. If you are taken to the hospital, please follow the instructions of the hospital.

Please follow the hospital's instructions. The medical relief department will not be able to provide changing of clothes, etc., so please take care of this on your own.

## **09. Accident Insurance**

a. The organizing committee will make an insurance contract with all participating athletes as insured. b. Insurance will be provided by the accident insurance.

b. The insurance policy will pay for any injury sustained by the participants from the time they leave their homes or lodgings on the day of the competition until they return directly to their homes or lodgings after the competition (bicycles are not covered).

\*We will pay insurance claims when the insured person is injured due to a sudden and accidental external accident occurring during the insurance period.

The above injuries include acute poisoning caused by toxic gas or toxic substances. However, it does not include bacterial food poisoning or viral food poisoning. No payment will be made for medical conditions arising from injuries that lack conditions (e.g., shoe rubbing, sunburn, occupational disease, bacterial food poisoning, whiplash, back pain, etc.).

c. Other details will depend on the insurance policy.

d. Payment for hospital treatment

If you receive treatment at a hospital, you will be responsible for the cost of the treatment within the limits of your medical insurance. Those who do not have medical insurance are responsible for the full amount.

## **10. Other Contact Information**

a. If you wish to participate in the official schedule, please use the extra triathlon buses. On the day of the race, buses to Miyakojima Tokyu Hotel & Resorts will run from temporary bus stops in the city. Please refer to the bus schedule for details.

b. If you take a cab on the race day, you may have to walk long distances due to traffic restrictions and may not be able to register in time for the race.

c. The organizing committee will collect the clothes you take off at each transition, but will not be responsible for them until they are returned to the athletes. Please be sure to put them in a change of clothes bag.

- d. Please do not bring any food or drink into the body care area of the Miyakojima City General Gymnasium, as it will stain the sheets.
- e. Please do not verbally abuse volunteers or give them unreasonable orders.
- f. Invited and preferential athletes should assemble at the table on the left side of the front row facing the stage in the Opening Ceremony and Awards Ceremony area.

第39回全日本トライアスロン宮古島大会 臨時バス運行表

|          |                                    |             |
|----------|------------------------------------|-------------|
| 4月17日(木) | ★ 宮古空港から登録会場、各宿泊施設<br>または、宿泊施設付近まで |             |
|          | 路線                                 | 出発時刻        |
|          | A B                                | 大会巡回バス運行表参照 |

|          |  |                   |
|----------|--|-------------------|
| 4月18日(金) | ★ 宮古空港から登録会場、各宿泊施設<br>または、宿泊施設付近まで     |                   |
|          | 路線                                     | 出発時刻              |
|          | A B                                    | 大会巡回バス運行表参照       |
|          | ★ 競技説明会・開会式へ                           |                   |
|          | 路線                                     | 出発時刻              |
|          | A B                                    | 大会巡回バス運行表参照       |
|          | ★ 開会式・ワイダーパーティ会場から宿泊施設<br>または、宿泊施設付近まで |                   |
|          | 路線                                     | 出発時刻              |
|          | ① ②                                    | 19:30 20:00 20:30 |

|          |                                  |                         |
|----------|----------------------------------|-------------------------|
| 4月19日(土) | ★ 自転車預託終了後、各宿泊施設<br>または、宿泊施設付近まで |                         |
|          | 路線                               | 出発時刻                    |
|          | ⑤ ⑥                              | 14:00 15:00 16:30 17:00 |

|                  |                                     |  |
|------------------|-------------------------------------|--|
| 4月20日(日)<br>大会当日 | ★ 水泳会場まで(宮古島東急ホテル&リゾート)             |  |
|                  | 路線                                  | 出発時刻                                       |
|                  | ⑦ ⑧ ⑨ ⑪ ⑫ ⑬                         | 4:30                                       |
|                  | ⑩                                   | 5:20～5:40<br>※始発5:20出発後、5:40まで<br>順次バスが来ます |
|                  | ★ 競技終了後、陸上競技場より宿泊施設または、<br>宿泊施設付近まで |  |
|                  | 路線                                  | 出発時刻                                       |
|                  | ③ ④                                 | 17:30 18:30 19:30                          |

|          |           |       |
|----------|-----------|-------|
| 4月21日(月) | ★ 表彰式会場まで |       |
|          | 路線        | 出発時刻  |
|          | ⑭         | 14:20 |
|          | ⑮         | 13:40 |

|    |                           |
|----|---------------------------|
| AB | 大会巡回バス運行表参照(4月17・18日のみ運行) |
|----|---------------------------|

|   |            |                  |                |                      |                |                     |                |                         |
|---|------------|------------------|----------------|----------------------|----------------|---------------------|----------------|-------------------------|
| ① | JTAドーム宮古島  | ペンション華           | ホテル<br>ライジングサン | タカラガイ                | ホテル<br>サザンコースト | ホテルアトール<br>エメラルド宮古島 | 宮古第一ホテル        | ファミリーマート<br>東仲宗根店交差点    |
| ② | JTAドーム宮古島  | 湧泉家              | 東急ホテル&リゾート     | うえのドイツ村              |                |                     |                |                         |
| ③ | 総合体育館      | ペンション華           | ホテル<br>ライジングサン | タカラガイ                | ホテル<br>サザンコースト | ホテルアトール<br>エメラルド宮古島 | 宮古第一ホテル        | ファミリーマート<br>東仲宗根店交差点    |
| ④ | 総合体育館      | ホテルトリフィート<br>宮古島 | うえのドイツ文化村      | 東急ホテル&リゾート           | 湧泉家            |                     |                |                         |
| ⑤ | 東急ホテル&リゾート | 湧泉家              | ペンション華         | ファミリーマート<br>東仲宗根店交差点 | 宮古第一<br>ホテル    | ホテルアトール<br>エメラルド宮古島 | ホテル<br>サザンコースト | タカラガイ<br>ホテル<br>ライジングサン |
| ⑥ | 東急ホテル&リゾート | うえのドイツ村          |                |                      |                |                     |                |                         |
| ⑦ | 旧市役所前      | 東急ホテル&リゾート       |                |                      |                |                     |                |                         |

※大会当日は、「宮古第一ホテル前」からの出発はありません。「旧市役所前」バス停(4:30)からの出発になります。

※ニュー丸勝・ミヤコセントラル・ピースアイランド宮古島・共和・セイルイン宮古は、「旧市役所前」バス停が便利です。

|   |                      |                  |            |
|---|----------------------|------------------|------------|
| ⑧ | ペンション華               | 湧泉家              | 東急ホテル&リゾート |
| ⑨ | ファミリーマート<br>東仲宗根店交差点 | ホテルトリフィート<br>宮古島 | 東急ホテル&リゾート |
| ⑩ | うえのドイツ文化村            | 東急ホテル&リゾート       |            |

※「うえのドイツ文化村」バス停は、施設入りロゲート前にあります。

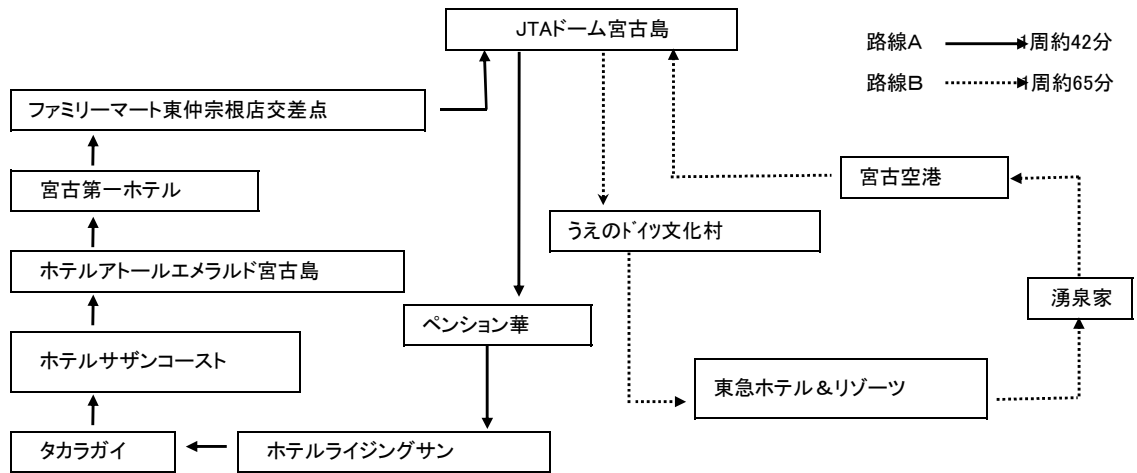
※シガラベイサイドスイートアラマンダ・ブリーズベイマリーナ・シーブリーズカジュアル・リゾートヴィラブリッサは、「うえのドイツ文化村前」バス停が便利です。

|   |                     |       |            |
|---|---------------------|-------|------------|
| ⑪ | ホテルアトール<br>エメラルド宮古島 | タカラガイ | 東急ホテル&リゾート |
|---|---------------------|-------|------------|

※ホテルローカスは、「ホテルアトールエメラルド宮古島前」バス停が便利です。

|   |                |            |
|---|----------------|------------|
| ⑫ | ホテル<br>サザンコースト | 東急ホテル&リゾート |
| ⑬ | ホテル<br>ライジングサン | 東急ホテル&リゾート |

|   |                      |             |                     |                |       |                |        |           |
|---|----------------------|-------------|---------------------|----------------|-------|----------------|--------|-----------|
| ⑭ | ファミリーマート<br>東仲宗根店交差点 | 宮古第一<br>ホテル | ホテルアトール<br>エメラルド宮古島 | ホテル<br>サザンコースト | タカラガイ | ホテル<br>ライジングサン | ペンション華 | JTAドーム宮古島 |
| ⑮ | うえのドイツ文化村            | 東急ホテル&リゾート  | 湧泉家                 | JTAドーム宮古島      |       |                |        |           |



●路線A(市内線)

●路線B(リゾート線)

| JTAドーム宮古島 |           | ペンション華    |           | JTAドーム宮古島 |           | うえのドイツ文化村 |           |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 17日       | 18日       | 17日       | 18日       | 17日       | 18日       | 17日       | 18日       |
| 13:30(始発) | 9:30(始発)  | 13:37     | 9:37      | 13:30     | 9:30      | 13:55     | 9:55      |
| 14:30     | 10:30     | 14:37     | 10:37     | 14:50     | 10:50     | 15:15     | 11:15     |
| 15:30     | 11:30     | 15:37     | 11:37     | 16:10     | 12:10     | 16:35     | 12:35     |
| 17:15(最終) | 12:30     | 17:22(最終) | 12:37     | 17:30(最終) | 13:30     | 17:55(最終) | 13:55     |
| 終点        | 13:30     |           | 13:37     | 終点        | 14:50     |           | 15:15     |
|           | 14:30     |           | 14:37     |           | 16:30     |           | 16:55     |
|           | 15:30     |           | 15:37     |           | 18:15(最終) |           | 18:40(最終) |
|           | 16:30     |           | 16:37     |           | 終点        |           |           |
|           | 18:15(最終) |           | 18:22(最終) |           |           |           |           |
|           | 終点        |           |           |           |           |           |           |

| ファミリーマート東仲宗根店交差点 |           | ホテルライジングサン |           | 宮古空港      |           | 東急ホテル&リゾート |           |
|------------------|-----------|------------|-----------|-----------|-----------|------------|-----------|
| 17日              | 18日       | 17日        | 18日       | 17日       | 18日       | 17日        | 18日       |
| 14:02            | 10:02     | 13:45      | 9:45      | 12:30(始発) | 9:15(始発)  | 14:10      | 10:10     |
| 15:02            | 11:02     | 14:45      | 10:45     | 14:30     | 10:30     | 15:35      | 11:30     |
| 16:02            | 12:02     | 15:45      | 11:45     | 15:55(最終) | 11:50     | 16:50      | 12:50     |
| 17:47(最終)        | 13:02     | 17:30(最終)  | 12:45     |           | 13:10     | 18:10(最終)  | 14:10     |
|                  | 14:02     |            | 13:45     |           | 14:30     |            | 15:30     |
|                  | 15:02     |            | 14:45     |           | 15:50(最終) |            | 17:10     |
|                  | 16:02     |            | 15:45     |           |           |            | 18:55(最終) |
|                  | 17:02     |            | 16:45     |           |           |            |           |
|                  | 18:47(最終) |            | 18:30(最終) |           |           |            |           |

| 宮古第一ホテル   |           | タカラガイ     |           | 湧泉家       |           |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 17日       | 18日       | 17日       | 18日       | 17日       | 18日       |
| 13:56     | 9:56      | 13:50     | 9:50      | 14:17     | 10:17     |
| 14:56     | 10:56     | 14:50     | 10:50     | 15:42     | 11:37     |
| 15:56     | 11:56     | 15:50     | 11:50     | 16:57     | 12:57     |
| 17:41(最終) | 12:56     | 17:35(最終) | 12:50     | 18:17(最終) | 14:17     |
|           | 13:56     |           | 13:50     |           | 15:37     |
|           | 14:56     |           | 14:50     |           | 17:17     |
|           | 15:56     |           | 15:50     |           | 19:02(最終) |
|           | 16:56     |           | 16:50     |           |           |
|           | 18:41(最終) |           | 18:35(最終) |           |           |

| アトールエメラルド宮古島 |           | ホテルサザンコースト |           |
|--------------|-----------|------------|-----------|
| 17日          | 18日       | 17日        | 18日       |
| 13:54        | 9:54      | 13:52      | 9:52      |
| 14:54        | 10:54     | 14:52      | 10:52     |
| 15:54        | 11:54     | 15:52      | 11:52     |
| 17:39(最終)    | 12:54     | 17:37(最終)  | 12:52     |
|              | 13:54     |            | 13:52     |
|              | 14:54     |            | 14:52     |
|              | 15:54     |            | 15:52     |
|              | 16:54     |            | 16:52     |
|              | 18:39(最終) |            | 18:37(最終) |

※大会巡回バス運行時間は、運行状況により多少のズレが生じる場合があります。  
時間に余裕を持ってご利用下さい。

スイムコース図  
SWIM COURSE MAP



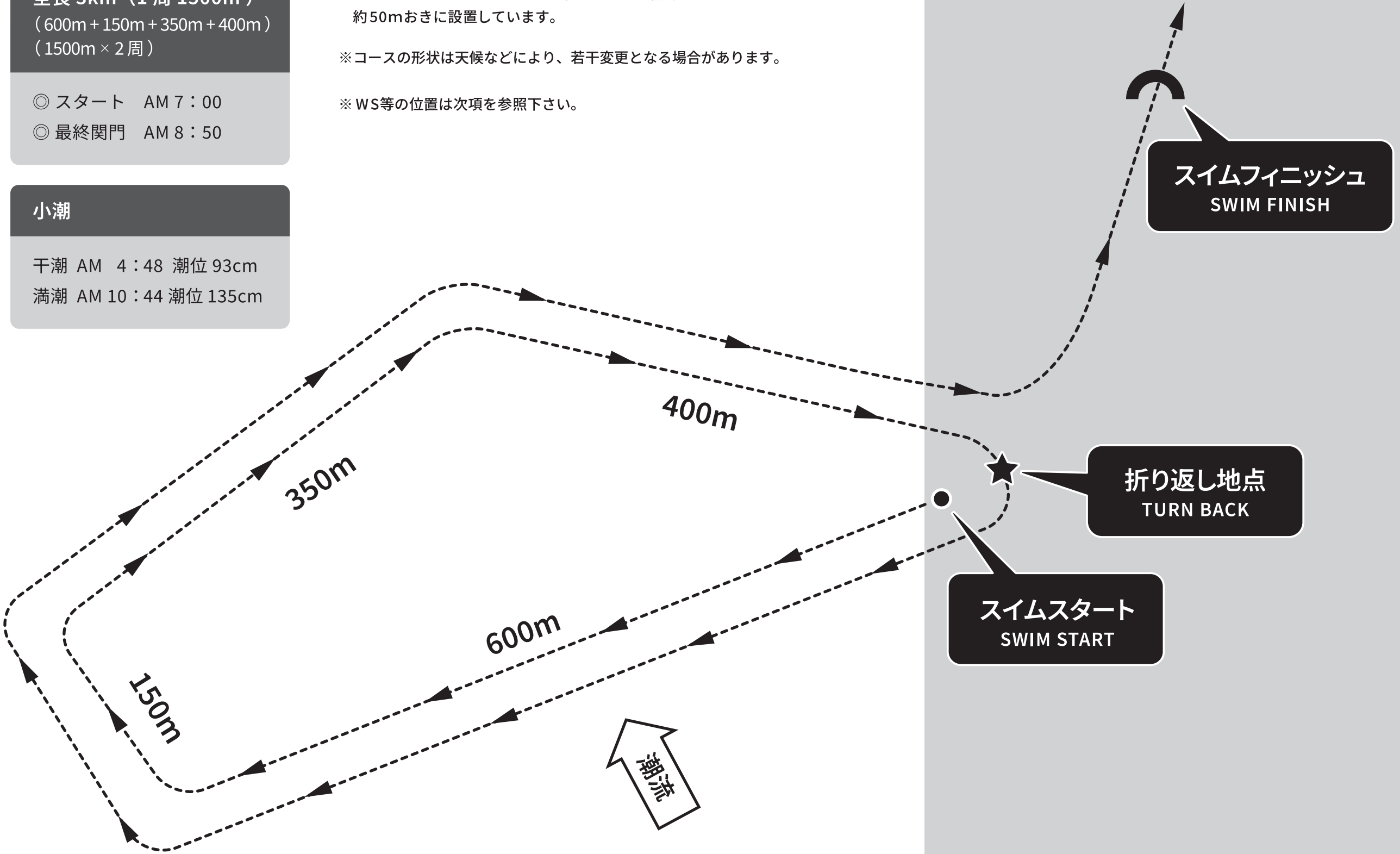
全長 3km (1 周 1500m )  
( 600m + 150m + 350m + 400m )  
( 1500m × 2 周 )

◎ スタート AM 7 : 00  
◎ 最終関門 AM 8 : 50

小潮

干潮 AM 4 : 48 潮位 93cm  
満潮 AM 10 : 44 潮位 135cm

- ※コース上には、キューブ型ブイ・俵型ブイ・監視用エアフロートを約50mおきに設置しています。
- ※コースの形状は天候などにより、若干変更となる場合があります。
- ※WS等の位置は次項を参照下さい。



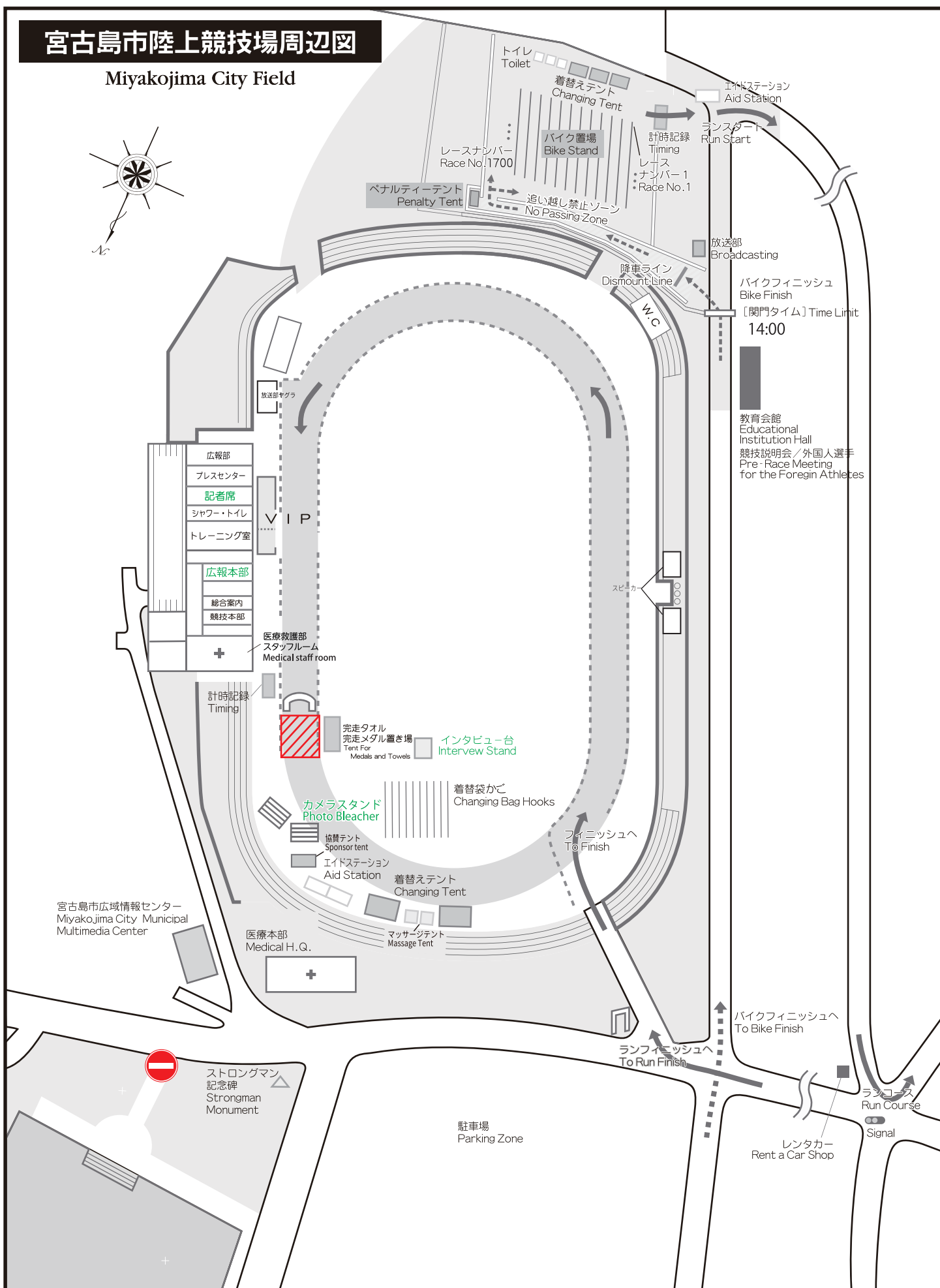
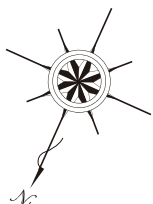
宮古島  
東急ホテル&リゾート  
MIYAKOJIMA TOKYU HOTEL&RESORTS





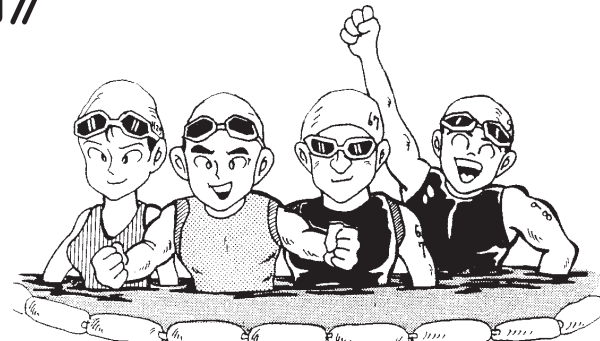
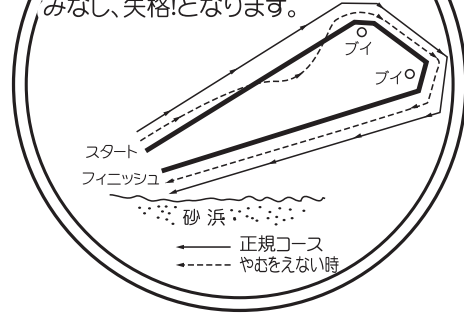
# 宮古島市陸上競技場周辺図

Miyakojima City Field

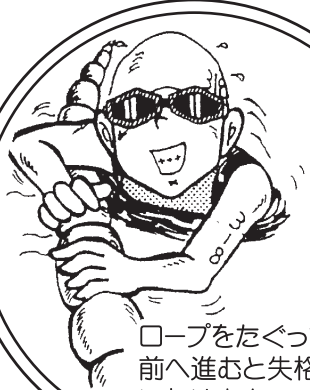
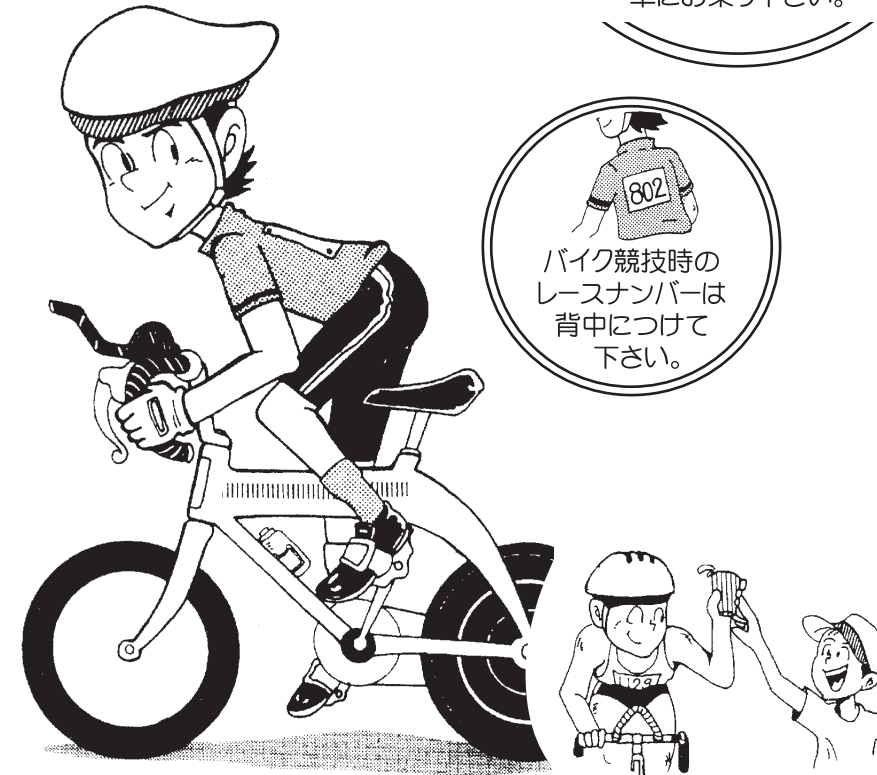
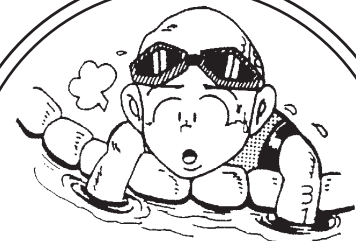


# 《重要事項図解説明》

コースはロープの外側ですが、やむなくロープ内に入った時でもパイの外側から回して下さい。回らない場合は、ショートカットとみなし、失格となります。



スタート時は、バトルを避けるためエリート選手は前方！一般選手は後方よりスタートして下さい



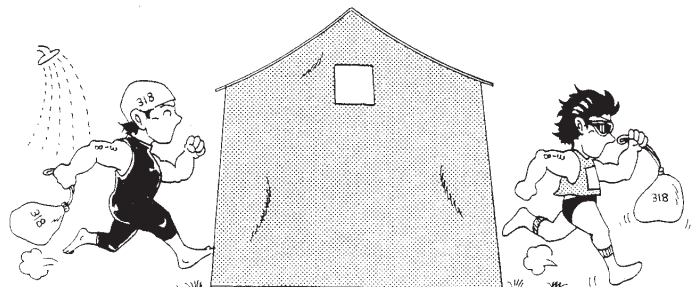
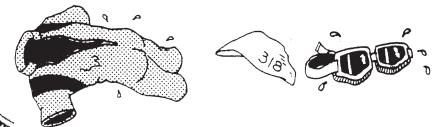
スタートラインから乗車して下さい

ボランティアの皆さんは本大会を支える大切な方々です。ボランティアに対する暴言・苦言は慎んで下さい。

※ペナルティの対象となります



手を頭上で振り  
声を出して救助を求める。



バイク間の距離は7m以上

ドラフティング禁止

