

# Strongman Guidebook

~If you can read this, you are a Strongman too.~



The sea, the wind, the sun, and passion all wait for you



# STRONGMAN®

THE 38th ALL JAPAN TRIATHLON MIYAKOJIMA APRIL, 14, 2024

# The 38th All Japan Triathlon Miyakojima

To all athletes

Thank you very much for your participation in the 38th All Japan Triathlon Miyakojima. We, the citizens of Miyakojima, look forward to welcoming you to our island.

This "Strongman Guidebook" is a summary of the procedures, competition instructions, rules and regulations, competition materials, and precautions for participating in the event. Please be sure to **read the text 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 in the competition safely and enjoyably.

Finally, we know that the days leading up to the competition are few, and training in the cold of winter can be very difficult, but we wish you good health and good luck as you prepare for the competition, taking care to avoid accidents during practice and to take good care of your physical condition.

Miyakojima Triathlon Executive Committee

Executive Committee Chairman (Deputy Mayor of Miyakojima City) Noboru Kakazu

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# Regarding the Changing Bag

TO SWIM  
FINISH



No

- \* Insert essentials for bike competition (helmet, sunglasses, clothing, etc.)
- \* Running shoes
- \* Hang your change of clothes in the changing bag at the swim finish (Tokyu Hotel courtyard)
- \* After finishing your swim, put your swimwear, goggles, etc. on your bike rack.  
Please hang it.

Affix the number sticker distributed at the time of player registration.

- \* Put in the essentials for the run competition (caps, shoes, clothes, etc.)
- \* Put it on the truck to the bike finish (next to the athlete reception tent)



Affix the number sticker distributed at the time of player registration.



- \* Please put in a change of clothes for after the competition.
- \* Place it on the truck for the run finish (next to the athletes' registration tent)

Affix the number sticker distributed at the time of player registration.

These bags will be placed at the field stadium finish area, so it is your responsibility to retrieve your marked bags.

※Note: Once changing-bags are deposited, they will not be returned until the end of the race, so please be sure to check the contents before depositing.

# Where to affix race number

※ Please be sure to affix your race number as failure to display it in the designated position may result in disqualification.

## < Bicycle >



↑ Helmet Sticker,  
one in front, one  
on left



↑ Bicycle sticker, one  
on left



← Race number

One on back

※ When depositing your bike on the day before the competition, please make sure to put on the helmet sticker, bike sticker and **2 bike bottles**, and have your helmet and bike checked by the bike inspection staff.

# < Run >



← Race number

One in front, one in back

# How to wear ankle bands (instructions for athletes)

- ① A silver band and a rubber band for assistance will be handed to you at the registration desk.



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

- ② Wrap the silver side around the front and the yellow jersey side around the back (the side in contact with the skin), and wrap it snugly around either the right or left ankle (either leg is fine). For safety reasons, please apply the attached elastic band from the top side of the ankle band.



- ③ When wearing a wetsuit, the band should be worn under the wetsuit. If the band is wrapped 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 >

Retired athletes should not go near the measuring points with their bands on. Please return the band to the nearest marshal as soon as possible. Please be sure to return the band to the marshal at the end of the competition.

**If not returned, you will be charged 4,000 yen.**



## ■ Competition Information

### Supplies for players

- ① ID wristband (1) ② Swim cap (1) ③ Race number for bike (1)
- ④ Sticker for bike (1) ⑤ Helmet stickers (2) ⑥ Changing bags (3)
- ⑦ Race numbers with fluorescent patch for run (2)
- ⑧ Race number stickers for changing bag (3)
- ⑨ Ankle bands

Please do not detach the ID wristband once it is attached. From April 12 (Fri.) to April 15 (Mon.).

(These wristbands will be needed for bike check-in, bike pick-up, issuance of finisher's certificates, etc.)

### Supplies for finishers

- ① Finisher's medal ② Commemorative towel

### Food and beverages at aid stations

Water · Ice · Tea · Aquarius · Coca-Cola · Banana · Orange

Miyako brown sugar - Bread - Sandwiches - Riceball - Bite-size mochi - Dried plums - Salt, etc.

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

## 1. Bicycle Transport

It is likely that many people will come to compete, so in the case where the aircraft is overloaded, your bicycle might not be loaded in the cargo. In such a case, you might not be able to participate.

To avoid such circumstances please send your bicycle directly to your place of accommodation.

### ※Precautions

- ① Bikes must be packed in a bike storage case or cardboard box with the owner's name, address, and race number clearly marked.
- ② The weight of the bike storage case (cardboard box) must not exceed 15 kg. Please do not pack clothes, equipment, souvenirs, etc. together. We will not be responsible for any trouble that may occur.

③ Please allow enough time for pickup and delivery, and ship at least 10 days prior to departure.

④ Please send the bikes to the accommodation facilities by yourself.

⑤ Baggage allowance varies depending on the number of seats in the airplane cabin.

For 100 seats or more, the allowance is 55cm x 40cm x 25cm; for 100 seats or less, the allowance is one piece of baggage not exceeding 45cm x 35cm x 20cm, and one bag containing personal effects (sum of three dimensions not exceeding 85cm). (Bike tires used for the competition cannot be carried on board the airplane because they exceed the size of carry-on baggage specified in the Conditions of Carriage.

⑥ Bicycle wheels and other items cannot be checked as transit baggage between different airlines because they are fragile baggage. You will need to pick up the baggage at the transfer point and check it in again.

## 6. Bike Deposit

(1) Bike deposit must be completed with two bike bottles attached to the bike.

(2) Bike deposits must be made on the following days and times. No application will be accepted outside of these hours for any reason.

Date and Time : April 14, 2024 (Sunday) 13:00-16:00

Location : Miyakojima Tokyu Hotel & Resorts (see the map of the Swim/Bike venue on [page 17\\*\\*\\*](#))

## 7. Bicycle Pickup

- (1) Bikes can be picked up between 15:00 and 21:00 on the day of the competition and between 8:30 and 11:00 the next day. 【Please be punctual】 Bikes must be picked up in person.

※Please be sure to bring your wristband with you when you pick up your bike, as it will be used to verify your identity.←

## 8. Date, Time, Place, and Precautions for Changing Bag Deposit on the Day of the Tournament

Date and Time : April 14, 2024 (Sunday) 5:00 a.m. to 6:15 a.m.

Location : Miyakojima Tokyu Hotel & Resorts changing bag storage tent (in the parking lot)

- (1) Please deposit and set up your change bag as described on page 1.
  - (2) Please bring your own special drinks and food, and drop them off at the designated area in the changing bag storage tent by 6:15 a.m.
  - (3) Please complete all preparations by 6:40 a.m., pass through the Swim Start Checkpoint, and assemble at the Swim Start Zone.
-

6) If the swim event is cancelled, a duathlon will be held. For the duathlon, please prepare shoes because it will be run on land. **(Two pairs of shoes will be prepared, one of which will be placed in the change bag for the run as in the past. The other pair should be placed in the change bag at the swim finish in case it is a duathlon.)** ※Once checked in, your baggage will not be returned.

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## ■ Final Registration Procedures on the Day of the Convention

Date and Time : April 14 (Sunday) 5:00 a.m. - 6:15 a.m. 【Be Punctual】

Location : Registration tent in Miyakojima Tokyu Hotel & Resorts

### ※ Order of final registration

- 1 Deposit special drinks and food at the registration tent.  
↓
- 2 Leave two change bags (TO BIKE FINISH and TO RUN FINISH) in the truck next to the final registration reception tent.  
↓
- 3 Place one changing bag (TO SWIM FINISH) on the changing bag rack in the courtyard of Miyakojima Tokyu Hotel & Resorts.  
↓
- 4 Prepare for the swim start. Be sure to pass the checkpoint located on the slope at the entrance of the beach by 6:40 a.m.  
↓
- 5 Go to the swim start zone.

※Please complete your final registration early, pass through the checkpoint, and enter the swim start zone by 6:40 a.m.

※Warming up for the swim is not allowed outside of the

designated area. Please be sure to warm up in the designated area.

Failure to follow the instructions of the officials may result in disqualification.

※For special drinks, etc., please fill in the race number yourself and leave it with the staff at the designated place in the reception tent by 6:15 am.

※If you wish to leave your watch, glasses, etc., please use the "storage area" located near the showers at the swim finish. Please pick them up after the swim competition on your own.

## Official Tournament Schedule

### 38th All Japan Triathlon Miyakojima Tournament / 2024

#### STRONGMAN

4/11 (木) April 11(Thursday)	<b>13:00~17:00</b>	選手登録受付(JTAドーム宮古島) Athlete Registration (JTA Dome Miyakojima)								
4/12 (金) April 12(Friday)	9:00~18:00	選手登録受付(JTAドーム宮古島) Athlete Registration (JTA Dome Miyakojima)								
	15:00~16:00	招待選手共同記者会見(JTAドーム宮古島) Elite Athletes Press Conference (JTA Dome Miyakojima)								
	18:40~18:50	競技説明会(JTAドーム宮古島) Mandatory Pre-Race Meeting (JTA Dome Miyakojima)								
	19:00~20:30	式・ワイドパーティー(JTAドーム宮古島) Opening Ceremony&Waido Party (JTA Dome Miyakojima)								
4/13 (土) April 13(Saturday)	<b>13:00~16:00</b>	バイク預託 (宮古島東急ホテル&リゾート) Bike Check-in (Miyakojima Tokyu Hotel& Resorts)								
4/14 (日) April 14(Sunday)		Tournament Day								
	<b>5:00~6:15</b>	着替え袋預かり (宮古島東急ホテル&リゾート) Changing Bags Deposit (Miyakojima Tokyu Hotel& Resorts)								
	<b>5:30~</b>	競技実施検討委員会								
	<b>6:10~6:40</b>	Directors' Meeting on Weather Conditions スイム チェックイン (スイムスタートゾーン) Swim Check-In (Swim Start Zone)								
	<b>7:00~</b>	競技開始 (宮古島東急ホテル&リゾート) Race Start! (Miyakojima Tokyu Hotel& Resorts)								
	<b>19:00</b>	競技終了 (宮古島市陸上競技場) Race Finish! (Miyakojima City Field)								
		<table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">■ 制限時間</th> <th style="text-align: left;">■ Cut-Off Times</th> </tr> </thead> <tbody> <tr> <td>スイム / 7:00 ~ 8:50</td> <td>Swim / 7:00 ~ 8:50</td> </tr> <tr> <td>バイク / ~ 14:00</td> <td>Bike / ~ 14:00</td> </tr> <tr> <td>ラン / ~ 19:00</td> <td>Run / ~ 19:00</td> </tr> </tbody> </table>	■ 制限時間	■ Cut-Off Times	スイム / 7:00 ~ 8:50	Swim / 7:00 ~ 8:50	バイク / ~ 14:00	Bike / ~ 14:00	ラン / ~ 19:00	Run / ~ 19:00
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	<b>15:00~20:00</b>	バイク引き渡し (バイクフィニッシュ地点) Bike Pick-up (Bike-Finish Area)								
4/15 (月) April 15(Monday)										
	8:30~11:00	バイク引き渡し (バイクフィニッシュ地点) Bike Pick-up (Bike-Finish Area)								
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8:30~11:00

Bike Pick-up (Bike-Finish Area)

バイク引き渡し (バイクフィニッシュ地点)

Bike Pick-up (Bike-Finish Area)

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(The official schedule is subject to change. Thank you for your understanding.)



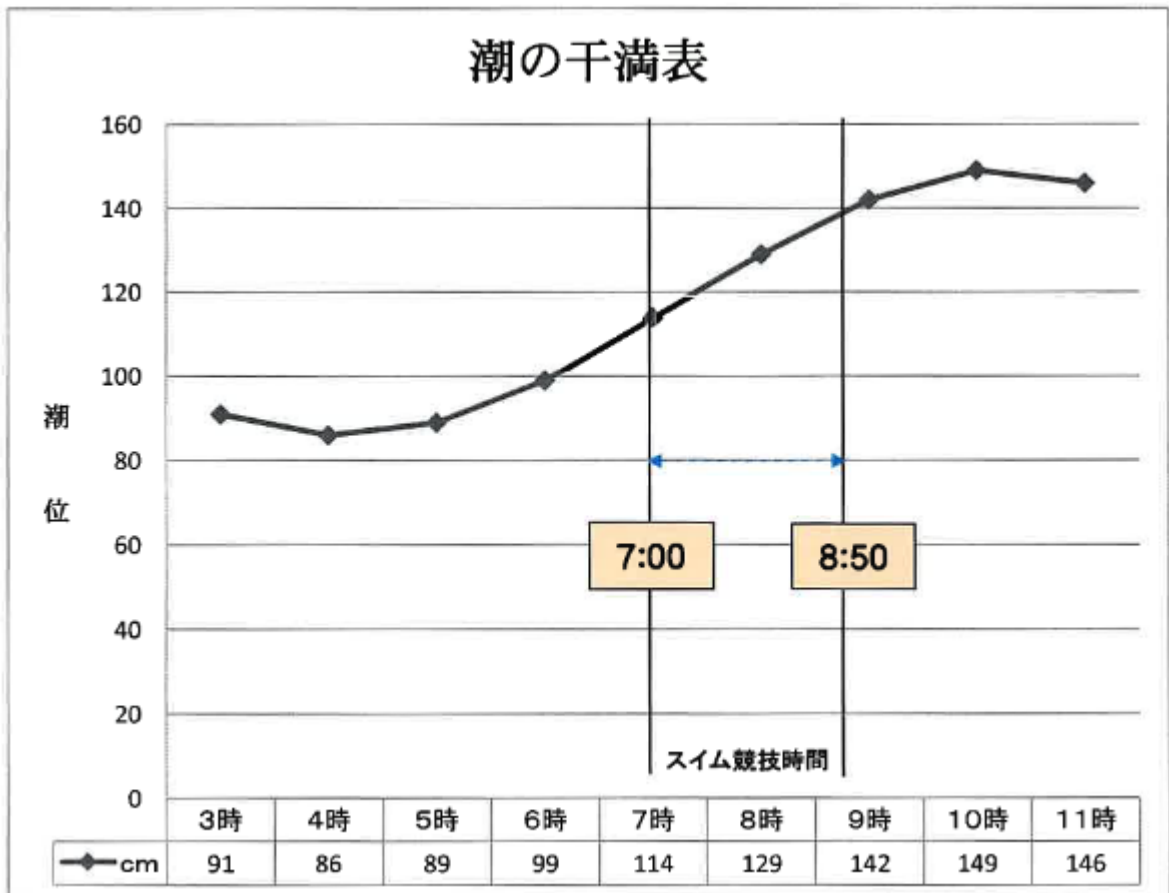
1. Weather data (as of 6:00 a.m.)

Forecast of weather conditions on the day of the event (based on past observations by the Miyakojima District Meteorological Observatory)

Avg. Temp 22.3 Weather Partly-cloudy Wind Speed 3.9m  
 Avg. Water Temp 23.3 Humidity 80.7% Wind Direction East

2. 2023 April 14 (Sun), mid-tide

High Tide 10:18 p.m. Tide Level 142cm  
 Low Tide 4:16 a.m. Tide Level 80cm



# Miyako Island Triathlon Rules

## ■ General Provisions

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

Competitors are required to conduct themselves with good sportsmanship. Athletes are required to behave with good sportsmanship. Unsportsmanlike conduct, such as abusive language or unfair advertisements to competition staff or marshals, will be cause for disqualification and may also be grounds for disqualification from future competitions. Any such behavior will result in disqualification and denial of participation in future Strongman tournaments.

In the event of heavy rain, strong winds, rough seas, or other weather conditions on the day of the tournament, the organizing committee will have the authority to hold or cancel the tournament. In the event of heavy rain, strong winds, rough seas, or other weather conditions on the day of the event, the Executive Committee has the authority to cancel the event. In order to ensure the safety of the event, 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 on the day of the event, the swimming competition will be cancelled, In the case of a wave warning, the Executive Committee will decide to shorten the distance, change the course, etc., taking into consideration the wave height, wind speed, visibility, water temperature, etc. In addition to the safety measures stipulated in these rules, safety measures 1 and 2 shall also be taken. Safety measures shall be in accordance with Article 12 of the Safety Measures Regulations, in addition to those stipulated in these rules.

## ■ Common among all competitions

Article 1 The triathlon is an individual sport, and except as provided for in the regulations,

competitors shall not accept assistance (running or support) from others. Any assistance may result in disqualification from the event. However, assistance by the event staff at aid stations, medical tents, etc. shall not be considered as assistance. Competitors shall not interfere with 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 such as smelling salts, 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 Any competitor who fails to complete the final athlete registration and swim check shall be disqualified. In addition, a competitor may be disqualified when he/she is late to assemble at the starting point. A competitor who fails to pass 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 (physician) shall have the authority to stop the competition for any competitor who may suffer injury or loss of life.

## ■ Swim

Article 8 Competitors shall wear the swim cap provided by the organizer.

Article 9 The use of fins, paddles, or any other propulsion aids and snorkels shall be prohibited.

Article 10 Wet suits, goggles, nose clips, earplugs, and respirators are permitted.

Article 11 Illegal starts and starting from outside the area shall be prohibited.

Article 12 The barrier time limits for the swim shall be set as follows. Athletes who cannot complete the swim within the time limit shall be disqualified.

Intermediate Point(1,500m)	60 minutes (8:00)
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Finish Point	1 hour 50 minutes (8:50)
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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 advise those who are judged to be unable to pass the barrier within the time limit to retire from the race.

Article 14 In order to ensure the safety of the competitors, a medical first-aid team shall be stationed at the midway point. The medical first-aid team may, at its discretion, recommend that a competitor who is concerned about his/her physical condition 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 competition.

Article 16 In the swim only, a skip system shall be established and competitors shall be allowed to resume from the bike event under the following conditions.

- (1) When the swimmer reports skipping at the end of the first lap and self-reports that he/she is in good physical condition to compete.
- (2) Skipping will not be permitted if the time limit (8:01) at the barrier at the midpoint of the first week (1,500 m) has been exceeded.
- (3) Skipping is not permitted before passing through the first lap or after advancing to the second lap.
- (4) Skipping is not permitted after being rescued.
- (5) Skipped athletes will wait in the skipping area near the swim start and start the bike event after the swim competition (8:50).

- (6) The records of athletes who use the skipping system will be considered as reference records and will not be considered as finishing the race.

## ■ Bicycle

Article 17 Competitors shall proceed to ride or push their bikes themselves.

Article 18 Competitors must display the number card, bike sticker, and helmet sticker provided by the organizer in the designated areas. If they are displayed in areas other than the designated areas, or if the items are not used as received, the competitor may be disqualified.

Article 19 Failure to wear a helmet properly during competition shall result in disqualification.

Article 20 Special drinks (food) will be placed at the 5th Aid Station (Higashi Hennazaki). Reception (deposit) will be done by 6:15 a.m. on the day of the event at the athlete reception desk in the swimming venue.

Article 21 All mechanical problems during the competition shall be handled by the competitors themselves. However, authorized mechanic services are permitted.

Article 22 Competitors shall strictly observe the road traffic laws and shall be disqualified if they fail to follow the instructions of the race officials, bike marshals, and police officers. In addition, they shall be held personally responsible for the consequences of their infractions.

**Article 23 Bicycles used in the competition must be placed in the area designated by the organizer.**

Article 24 The barrier limit shall be set at 92 km (2nd lap at the crossroads in front of Tokyu Kusahara Dermatology), and competitors who fail to reach the barrier in 5 hours

and 40 minutes (12:40) shall be disqualified.

Article 25 In order to ensure the fairness and safety of bicycle competitions, the following prohibitions on drafting have been established, and any competitor who violates these prohibitions shall be given a 4-minute penalty for the first violation and disqualified for the second violation. The judges will suspend the penalized competitor for four (4) minutes in the penalty area at the end of the bicycle competition.

- (1) Competitors shall have a competition area of at least 7 meters in front of and behind them, and at least 1 meter 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 not possible within 15 seconds, the competitor must immediately return to his/her position. The overtaken competitor shall not enter the area of the overtaken competitor. When overtaking, the overtaken competitor shall check in front of and behind, and shall start from the right side of the front runner.
- (3) Entering into the area of more than one competitor and overtaking between competitors shall be considered a dangerous act and will result in disqualification.
- (4) If a competitor is in a condition that could easily lead to group running or running with others, he/she must make an effort to disengage even if he/she is in the competition area. If a group or a group runner is involved, he/she must disengage within 15 seconds.
- (5) Competitors must not take any action to reduce the 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) Keeping left shall be strictly observed.

Article 26 Competitors who finish off course or who are on the course after 7 hours (14:00) shall be disqualified. No objections will be accepted for any reason regarding the incorrect running of the course.

## ■ Run

Article 27 Competitors shall not use any means of transportation other than running or walking on their own.

Article 28 Competitors must display the number card and luminescent patch provided by the organizer in the designated areas. Competitors who display their number cards in other than the designated areas or do not use the number cards in their current state may be disqualified.

Article 29 Special drinks (food) will be available at the 12th aid station (in front of Tomorrow's Agriculture--あしたの農業). Registration (deposit) shall be made at the athletes' reception desk in the swimming venue by 6:15 a.m. on the day of the event.

Article 30 Competitors shall strictly observe the road traffic laws and may be disqualified if they do not follow the instructions of the race officials and police officers.

Article 31 The barrier time limits for the run shall be set as follows. Competitors who fail to reach the barrier time limit shall be disqualified.

25km Point: 10 hours 30 minutes (12:30)

Finish time: 12 hours (19:00)

# Competition Officials

Article 32 The competition officials for the Competition shall be assigned as follows.

- (1) Athletic committee chairman, vice-chairman of the athletic committee, athletic committee members, and doctors (medical relief department).
- (2) A chief judge, chief referee, and referees shall be assigned.

## ■ Protest

Article 33 A protest shall be made orally by the competitor or his/her representative to the Chief Referee. However, it is not possible to protest against the "judgment" of the judges.

2. The Chief Referee shall render a decision on the protest.
3. If a competitor is dissatisfied with the decision, he/she may request the Executive Committee to reconsider the decision by submitting an appeal form (Form 1).



# All Japan Triathlon Miyakojima Competition Notes

Thank you very much for your participation in the The 38th All Japan Triathlon Miyakojima. On the day of the event, please observe the following rules and regulations to ensure a fun and safe race.

## 1. Course and general rules

- (1) The Miyakojima Triathlon is run on the principle that "athletes are responsible for doing what they can do themselves.
- (2) Please leave your change bag at the designated place on the day of the race, April 14 (Sunday).  
Bike (red), Run (green) Track at the changing bag storage tent  
Swim (white) Please hang your changing bag on the changing bag hangar  
(In the courtyard of Tokyu Hotel)
- (3) Athletes are requested to understand the competition rules and road traffic laws before competing in the event. If a competitor leaves the course, he/she must return to the point where he/she left off by himself/herself and resume the competition.  
(Article 2 of the competition rules)
- (4) 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)

## 2. Timekeeping

- (1) An ankle band with a transmitter will be distributed at the registration desk. Please wear it on your ankle. (See page 3)
- (2) Before the start, the transmitter will be read at the Swim Finish Gate.
- (3) No swimmers are allowed to turn back after swim check-in. If you wish to turn back, please make sure to have your ankle band checked. Do not leave the swim area without permission.
- (4) There will be a "No Overtaking Zone" before the finish gate after the swim, so please pass through the timing measurement mat one by one.  
※ If you lose your ankle band during the race, please report it to the race staff.

## 3. Swimming Competition

- (1) Please keep in mind that the swim course is in ocean waters. The ocean course will be greatly affected by waves, wind, and currents.
- (2) Please make a preliminary inspection of the course and make sufficient preparations.
- (3) Water temperature is expected to be around 24 degrees Celsius, but it may be  $\pm 5$  degrees Celsius depending on the weather.
- (4) Please familiarize yourself with the direction and height of waves, water depth, and tide speed.
- (5) When starting, please stay at the starting point. Avoid getting caught up in so-called

"underwater battles" with other competitors.

- (6) If you need to retire or need to be rescued during the swim competition, stop swimming and do not panic, but wave your hands above your head and call out for help.
- (7) Swimmers are allowed to hold on to the course buoys and ropes and remain in place.
- (8) After the swim competition, please take a "shower" to thoroughly rinse off the seawater. Any residual salt will cause sunburn and abrasions. Also, please rinse out your mouth thoroughly.
- (9) The head supervisor and observers have the authority to declare a swimmer out of competition or disqualified.
- (10) For the safety of the swimmers, the event will be stopped if any of the following conditions are met.
  - Athletes whose movements are clearly too slow.
  - Athletes who swim far off course or swim in a circular arc.
  - Athletes who do not respond to calls.
  - Athletes who are judged to be unable to finish within the time limit.
  - Athletes who have moved by means other than swimming.
  - Athletes who have any physical abnormality at the midpoint of the course.

#### 4. Mechanic service for bicycle competitions

- (1) Mechanic services during the competition will be set up in front of Painagama Beach and at Higa Road Park.
- (2) Mechanic service will only be provided at the installation points (there is no mobile mechanic service). If you need maintenance, please move to the installation point by yourself.

#### 5. Draftings

- (1) In order to ensure the fairness and safety of the bicycle competitions, the rules prohibit drafting, and any rider who violates the rules will be given a 4-minute time penalty for the first time and disqualified for the second time.  
The judges will suspend the penalized rider for 4 minutes in the penalty area at the end of the bicycle section. (Article 25 of the competition rules).
- (2) Bike marshals will be deployed to prevent drafting, in accordance with Article 25 of the competition rules. No protests regarding drafting will be accepted.

#### 6. Aid Stations

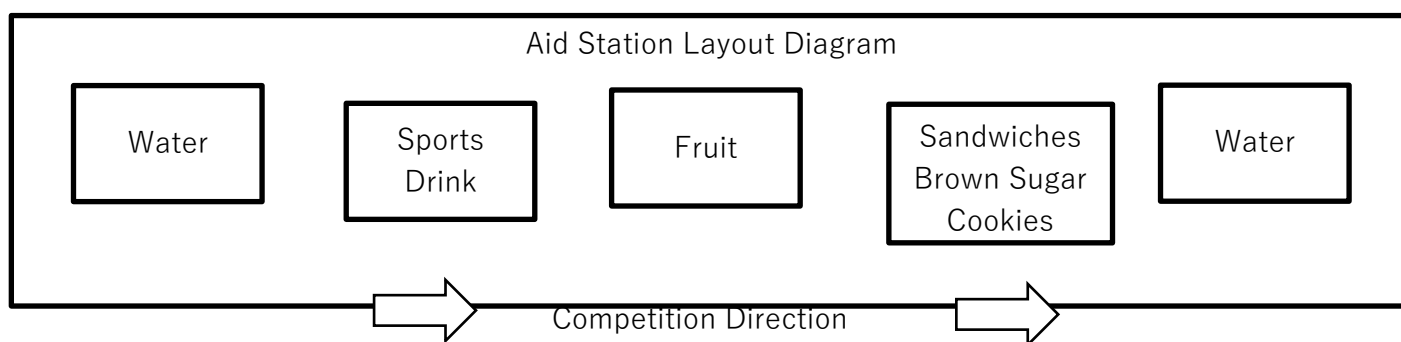
- (1) To ensure that bike bottles are available for all riders, please make sure that you have two bike bottles installed, and have them checked by the bike inspection staff when you check in your bike.
- (2) At the first aid station after the bicycle start, there will be no bicycle bottles, so please fill your own bottle with water before the race and then attach it to the bicycle.
- (3) Bicycle 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 first-aid station. If you throw them away in the middle of the course, there will not be enough bottles and volunteers at the aid stations will not be able to pick them up. Please dispose of your trash at the aid stations. Littering is prohibited.

(4) Air Salonpas (analgesic spray) must be used at the run aid station and returned to the volunteers at that aid station after use.

(5) Special drinks will be handed out by volunteers as possible on the bicycle course ((5) Higashi-Hennazaki), but on the run course ((12) in front of Tomorrow's Agriculture--あしたの農業), please take them from the table yourself.

(6) Drinks and food at the aid stations will be arranged as follows.



7. In the event that the swimming event is canceled

(1) In the event that the swimming event is canceled, the duathlon (run, bike, and run) will be held.

The start time is 7:00 a.m.

After the start of the duathlon is declared, all athletes must move from the swimming start area to the changing bag area in the courtyard of Miyakojima Tokyu Hotel & Resorts, remove their wet suits, change into running shoes, and prepare for the first event, the run. (Bike wear is also acceptable.)

(2) Athletes should prepare for the run competition and wait at the starting point of the first competition run by 6:30 am.

(3) The run time of the competition shall be incorporated into the time of the bike event from 7:00 a.m. at the start of the race.

(4) Please be sure to pass through the measurement mat at the start of the first run competition.

(5) The run of the first competition will go around Miyakojima Tokyu Hotel & Resorts → the front of Minaaiya (皆愛屋前) (tofu shop) (about 4.5km).

(6) The first competition run will be on land, so please be sure to prepare two pairs of shoes. Put one pair in the "TO BIKE FINISH" changing bag (red) and one pair in the "TO SWIM FINISH" changing bag (white) on the rack in the courtyard of the Tokyu Hotel in the case of a duathlon.

Luggage once checked will not be returned, so please be sure to check the contents

before checking in.

## 8. Medical Rescue

(1) When any of the following conditions applies, the competition will be stopped to ensure the safety of the athletes. When a physician gives an instruction to stop the competition, the competitor must follow the instructions and quit the competition.

- Athletes will be disqualified when they receive an intravenous drip. If the athlete is unconscious, a physician belonging to the Medical Rescue Department (hereinafter referred to as "physician") will explain before the infusion that the athlete cannot continue the competition and ask for the athlete's consent.
  - ※ Intake of OS-1 will not lead to disqualification.
  - ※ There is a limit to the number of intravenous infusions. Please refrain from taking them if your doctor deems it unnecessary.
- If you suffer from drowning in the swim competition, difficulty breathing, frequent coughing, major bone fractures in the bike or run, or any other condition that would make it impossible for anyone to continue with the competition, you will be disqualified.
- If a competitor is unable to return to the competition by the time the medical tent closes, he/she will be disqualified.
- When the doctor determines that the competitor is unfit to compete.

(2) Actions that do not result in disqualification.

Compresses, disinfectants, and other simple treatments.

(3) Vaseline service is not available in the medical tent.

(4) The following four medical tents will be set up on the swim, bike and run courses. Feel free to use it if you get injured or feel unwell during the race.

- Swim section midpoint
- Miyakojima City Athletic Stadium
- Miyakojima City General Gymnasium (Medical Relief Headquarters)

(5) Even if you are transported to the hospital, you will not be given priority, so please follow the hospital's instructions.

(6) Please take care of your own luggage, including change of clothes, etc.

(7) Payment for medical treatment at the hospital

Medical treatment at a hospital is covered by the medical insurance policy of the hospital.

Those who do not have medical insurance (including foreigners) will be responsible for the full amount.

The Executive Committee will take care of the procedures for accident insurance, and the insurance company will pay the athletes at a later date.

## 9. Personal Accident Insurance

(1) The executive committee signs an insurance contract with all participating athletes as insured persons.

(2) The insurance policy is a personal accident insurance. Insurance claims will be paid for injuries suffered by the insured from the time the insured person leaves his or her home or lodgings on the day of the competition to the time they return straight to their homes or lodgings after the competition. (Bicycles are excluded)

(3) We will pay insurance claims for injuries sustained by the insured due to a sudden and accidental external accident occurring during the insurance period.

(4) 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 blisters, sunburn, occupational disease, bacterial food poisoning, whiplash, back pain, etc.). Details depend on the insurance policy.

## 10. Other contact information

(1) 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 be available from temporary bus stops in the city. Please refer to the bus schedule for details.

(2) 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.

Please take the special triathlon bus.

(3) Clothing removed and discarded at each transition will be collected by the organizing committee, but we will not be responsible for returning the items to the athletes.

Please be sure to put them in a changing bag.

(4) Please do not bring any food or drink into the body care area of the Miyakojima City Gymnasium, as it will stain the sheets.

(5) Please do not verbally abuse volunteers or give them unreasonable orders.

(6) Invited and preferential athletes should gather at the table on the left side of the front row facing the stage at the Opening Ceremony and Awards Ceremony area.