

<Event Information>

- Race Name / The 4th Kyoto Tamba Triathlon in Nantan
JTU Age Group Ranking Event, the 2nd Kinki-area Block Sprint Championship,
Kyoto Prefectural Junior High School Championship and Kyoto Prefectural High School
Championship

- Race Day / August 25th (Sat), 2018 – August 26th (Sun), 2018

- Venue / Race: Nantan City, Kyoto. (Katsura River (Oi River Green Park) and surrounding area)
Opening ceremony and race briefing: Kyoto Prefectural Kuchitanba Workers' Welfare Hall

- Organizer / Kyoto Tanba Triathlon Executive Committee
Organization Members: Kyoto Prefecture, Nantan Regional Promotion Bureau, Nantan City,
Kameoka City, Kyotanba Town, Nantan City Board of Education, Kameoka City Board of Education,
Kyotanba Town Board of Education, Nantan Area Athletic Association Liaison Council, Nantan
City Chamber of Commerce and Industry, Kyoto Prefectural Triathlon Association

- Co-Organizer / Japan Triathlon Union

- Supervisor / Kyoto Prefectural Triathlon Association

- Cooperators / Kyoto Prefectural Police Nantan Office, Kyoto Central Area Fire Fighting Association
Sonobe Fire Station, Nantan City Fire Brigade, Kyoto Chubu Medical Center, Meiji University of
Integrative Medicine, Meiji School of Oriental Medicine, JTU Kinki-area Council, Kyoto Triathlon Club,
AS Kyoto, Hozugawa Triathlon Club, Nara University of Education Health and Physical Education Course
on Injury Prevention, Kyoto Lifesaving

- Schedule
 - 【August 25th (Sat) The day before the race】
 - 14 : 00 – 15 : 50 Registration (Kyoto Prefectural Kuchitanba Workers' Welfare Hall)
 - 15 : 25 – Welcome event (Kyoto Prefectural Kuchitanba Workers' Welfare Hall)
 - 15 : 50 – 16 : 45 Opening ceremony, Race briefing
(Kyoto Prefectural Kuchitanba Workers' Welfare Hall)
 - * All athletes must attend. If you do not attend, you will be disqualified.

 - 【August 26th (Sun) Race day】
 - ◆Standard Distance
 - 5 : 30 – 6 : 30 Athlete Final Registration
(Under Oi Bridge Left Bank/ in Nantan City Oigawa Ryokuchi Park)
 - * All athletes must submit a self-inspection sheet on the race day.

5 : 30 – 7 : 10 Transition area open
6 : 40 – 6 : 55 Swimming warm-up
7 : 05 – 7 : 15 Ankle band distribution (Swimming start area vicinity)
7 : 15 Start ceremony (Swimming start area vicinity)
7 : 30 Standard first wave start
7 : 32 Standard second wave start
7 : 34 Standard third wave start
13 : 00 Transition area open
13 : 30 Medal ceremony, Closing ceremony
(Welcoming Area in Nantan City Oigawa Ryokuchi Park)

◆Super Sprint Distance and Super Sprint Relay

6 : 50 – 7 : 50 Athlete Final Registration
(Under Oi Bridge Left Bank / in Nantan City Oigawa Ryokuchi Park)
* All athletes must submit a self-inspection sheet on the race day
5 : 30 – 7 : 50 Transition area open
8 : 25 – 8 : 30 Swimming warm-up
(After getting into the river, a few minutes of swimming warm-up time
will be given before the race starts.)
8 : 30 – 8 : 40 Ankle band distribution (Swimming start area vicinity)
8 : 50 start
13 : 00 Transition area open
13 : 30 Medal ceremony, Closing ceremony
(Welcoming Area in Nantan City Oigawa Ryokuchi Park)

◆Sprint (Draft-legal race)

8 : 30 – 9 : 30 Athlete Final Registration
(Under Oi Bridge / in Nantan City Oigawa Ryokuchi Park)
* All athletes must submit a self-inspection sheet on the race day.
9 : 45 – 10 : 55 Transition area open
10 : 45 – 10 : 55 Swimming warm-up
10 : 55 – 11 : 05 Ankle band distribution (Men) (Swimming start area vicinity)
11 : 15 Sprint Men's Race Start
11 : 30 Ankle band distribution (Women) (Swimming start area vicinity)
11 : 45 Sprint Women's Race Start
(*If Women's athlete entry is a few, Race start would be same time as Men's start)
13 : 00 Transition area open
13 : 30 Medal ceremony, Closing ceremony
(Welcoming Area in Nantan City Oigawa Ryokuchi Park)

■Category

●Standard Distance

SWIM 1500m (500m × 3 Laps)

BIKE 40km (10 km × 4 Laps)

RUN 10km (2.5 km × 4 Laps)

●Sprint Distance (Draft-legal race)

SWIM 750m (375m × 2 Laps)

BIKE 18.4km (4.6 km × 4 Laps)

RUN 5km (2.5 km × 2 Laps)

●Super Sprint Distance

SWIM 375m (500m × 3 quarters Laps)

BIKE 10km (10 km × 1 Lap)

RUN 2.5km (2.5 km × 1 Lap)

●Super Sprint Relay

SWIM 375m (500m × 3quarters Laps)

BIKE 10km (10 km × 1 Lap)

RUN 2.5km (2.5 km × 1 Lap)

■Requirements

Category

【Standard Distance】

●Distance

SWIM 1500m

BIKE 40km

RUN 10km

●Time limit (From swimming start)

SWIM 50min. (Check point is located 100m beyond swim finish point.)

BIKE 160min.

RUN 240min.

●Capacity

400 participants

●Entry fees

General ¥24,000 (JPY)

●Entry Qualifications

- ・ At least 18 years old as of Dec. 31st, 2018, and a registered JTU member.
(High school students allowed)
- ・ Have race experience beyond only sprint distances.

【Sprint Distance】 (Draft-legal race)

●Distance

SWIM 750m

BIKE 18.4km

RUN 5km

●Time limit (From swimming start)

SWIM 15min. (Check point is located 100m beyond swim finish point.)

BIKE (Bike LAP = DNF)

RUN 80min.

●Capacity

150 participants *Men & women participants in total.

●Entry fees

General ¥15,000 (JPY)

High school student ¥10,000 (JPY)

●Entry Qualifications

• At least 15 years old as of Dec. 31st, 2018, and a registered JTU member.

(Junior high school students not allowed)

<Overall Requirements>The following points (1) and (2) are prerequisites.

1) It is necessary to have participated in a draft-legal triathlon race in 2017 or to have participated in a drafting briefing within the last two years.

* Drafting briefings held by student associations are allowable for university students only.

2) Athletes must participate in a JTU-approved track meet in 2018.

If this is not possible, athletes must record their actual swimming and running times, and state the name of the person responsible for the measurement clearly.

* When planning to attend track meets and briefings after the application period has ended, it is necessary to contact us in advance during the entry period.

【Super Sprint Distance】

●Distance

SWIM 375m

BIKE 10km

RUN 2.5km

●Time limit (From swimming start)

SWIM 15min. (Check point is located 100m beyond swim finish point.)

BIKE 45min.

RUN 60min.

●Capacity

50 participants

●Entry fees

General ¥10,000 (JPY)

High school student ¥9,000 (JPY)

Junior high school student ¥8,000 (JPY)

●Entry Qualifications

- At least 11 years old as of Dec. 31st, 2018, and a registered JTU member.
- * From Junior high school students

【Super Sprint Relay】

●Distance

SWIM 375m

BIKE 10km

RUN 2.5km

●Time limit (From swimming start)

SWIM 15min. (Check point is located 100m beyond swim finish point.)

BIKE 45min.

RUN 60min.

●Capacity

10 teams

●Entry fees

General ¥12,000 (JPY)

●Entry Qualifications

- At least 11 years old as of Dec. 31st, 2018. * From Junior high school students
- A team must have 2 or more participants and is free combination.
(For example: Parent and child, etc.)

【Attention】

●Entry fees include injury insurance. You must pay a separate online cost when paying the entry fee.

●Athletes must use a cycle computer.

* Super Sprint and Relay athletes are recommended to use a cycle computer.

●Wetsuit wearing conditions for all categories are described below.

Water Temperature	Standard	Super Sprint Super Sprint Relay	Sprint
20.0°C or Above	Recommended	Recommended	Illegal
Below 20.0°C	Mandatory	Mandatory	Mandatory

* For all athletes, the above rules are in effect regarding whether or not the athlete wears a wetsuit.

●Athletes joining standard and sprint distance races must use road bikes. * Mountain bikes, hybrid bikes, T bar hybrid bikes and city bikes are not allowed.

‘A road bike’ is defined as a bike with drop handlebars and for which high-speed running is prioritized. However, it is necessary to remove mudguards and stands.

●Athletes joining super sprint and sprint relay races may use sports bikes, including mountain bikes, hybrid bikes and T bar hybrid bikes. However, it is necessary to remove mudguards and stands.

* City bikes are not allowed.

* Due to reasons relating to public road use, bike and running races have lap time limit times in addition to the aforementioned time limits.

Please be aware that athletes that go over the time limit time are DNF.

●Joining the sprint race

As this is a draft-legal race, sprint athletes must comply with “Chapter 8. Bike (bicycle) Section 3. Drafting Race” in the JTU competition rules.

In particular:

(1) Racing Bikes 【Articles 100, 79 and 43 from the JTU competition rules, and ITU competition rules partially apply.】

ア Clip-ons must not extend 15cm or more than 15cm from the front wheel hub. Clip-ons must also not extend to the front farther than the front-most tip of the left and right break bars. It must be connected using a hard material. Connecting the tip using plastic tape is not allowed.

イ Wheels shall have at least 20 spokes. Disc wheels, etc. are not allowed.

(2) Helmets 【Article 85 from the JTU competition rules partially applies.】

ア In the bike segments, athletes must always wear a hard bike racing helmet in line with usage instructions.

■Award

【Standard distance】

- Overall / Men and Women 1st, 2nd, 3rd, 4th, 5th and 6th places
- Age group U24 / U29 / U34 / U39 / U44 / U49 / O54 / U59 / U64 / U69 / U74 / U79 / U84 (First place for men and women will be awarded.) * The athletes awarded in Overall category are excluded in each age group awarding.

【Sprint distance】

- Overall (excluding high school students) /Men and Women 1st, 2nd, 3rd, 4th, 5th and 6th places
- Kyoto prefecture high school championship / Men and Women 1st, 2nd, and 3rd places
- Kinki-area sprint championship / Men and Women 1st, 2nd, and 3rd places

【Super Sprint Distance】

- Overall (excluding junior high school students) Men and Women 1st, 2nd and 3rd places
- Junior high school student overall Men and Women 1st, 2nd and 3rd places
- Kyoto prefectural junior high school championship Men and Women 1st, 2nd and 3rd places

【Super Sprint Relay】

- 1st, 2nd and 3rd places

■ For all the registered members of Kyoto Prefectural Triathlon Association

• The 1st place man and woman in the Kyoto prefectural championship (junior high and high school students) will receive free entry into either the "All Japan High School Challenge Triathlon" or the "All Kids Triathlon Junior High School Category."

* For champions of junior high or high school students in Kyoto prefecture, please apply for the aforementioned events on your own.

* The registered members of Kyoto Prefectural Triathlon Association are qualified.

<Overview of Entry Process>

■Application Period: From 0:00 on Saturday, January 27 to 23:59 on Monday, March 26, 2018

■Cancellation Period: From 0:00 on Monday, March 12 to 23:59 on Friday, April 13, 2018

- All transfer fees, including for refunds, must be paid by athletes.
- Refunds will be carried out from September after the race.

■Late Entry: From 0:00 on Friday, April 20 to 23:59 on Tuesday, May 1, 2018

- Cancellations will NOT be accepted after the Cancellation Period.
- Cancellations by an athlete who applied for the race during the Late Entry Period will NOT be accepted.

■Confirmation of Application: The applications will be confirmed in the order of payments (i.e. the order in which participation fees are paid). For WEB system reasons, participation fees are payable even after capacity is exceeded. In this case, the applicant will be contacted directly, and the paid participation fee will be refunded to the applicant.

• An applicant who is judged by the organizer as likely to interrupt operation of the race may NOT be allowed to join in the race in some cases. In this case, the paid participation fee will be refunded to the applicant.

- Athletes may not transfer their qualification to participate in the race to another.
- Paid participation fees cannot be refunded in the case of personal reasons on the part of the applicant.

However, this shall not apply to the Cancellation Period.

■Notification of Confirmation: The notification of confirmation will be sent around the beginning of August to the registered address of the athlete qualified to join the race. Be sure to bring the notification with your signature to registration on the day before the day of the race.

- The list of athlete names will be posted on the race home page at the beginning of August. If you cannot find your name at that time, please contact the administration office.

■The up-to-date race information, including changed items, will be published in 'NEWS (お知らせ)' on the race home page as soon as it is received.

■Item necessary for registration on the day before the day of the race: The notification of

confirmation

* If you forget to bring this, ID documents (Health insurance card, driver's license, passport, etc.) enabling identification of the athlete may be used.

■ Personal information and portrait rights: Personal information provided by athletes is used only as necessary for race operation purposes. We NEVER use this information for any other purpose without the athlete's permission. The portrait rights of athletes during the race period belong to the race organizer.

■ JTU Registration: JTU registration is required for athletes joining any race other than the super sprint relay.

→ Information on JTU Member Registration

■ (Scheduled) provisions: 1. Swimming caps
2. 2 sheets of number cards (with safety pins)
3. 2 sheets of number stickers (for bikes and helmets)
4. Participation awards

■ Wetsuit Rental: Information on Rental

Tri-x shopping <https://www.tri-x.jp/rental>

• Wetsuits may be out of stock during the season. If you wish to rent, it is highly recommended that you apply for rental on your own as early as possible.

■ Important Points:

- JTU competition rules and Kyoto Tanba triathlon local rules shall apply.
 - Measurements: Automated measurements (ankle bands) shall be used.
 - Please be sure to attend the race orientation because the athletes are required to know the race rules well as well as about security management. If you fail to attend, you will be disqualified.
 - Practicing in the swimming course is forbidden.
 - When practicing on the bike course before the race, please wear a helmet, obey the traffic laws and be careful not to bother the residents of the neighboring houses.
 - Using a cycle computer is mandatory.
- * This shall not apply for the super sprint and relay.
- For all race categories, rules for wearing wetsuits are specified as follows.

Water Temperature	Standard	Super sprint Super sprint relay	Sprint
18 °C or higher	Recommended	Recommended	Forbidden
Less than 18°C	Mandatory	Mandatory	Mandatory

- For all athletes, the above rules are in effect regarding whether or not the athlete wears a wetsuit.

- In principle, the bike should be a road bike. However, it is allowable to use sports bikes, such as mountain bikes, hybrid bikes, etc. for super sprint distance and super sprint relay races. However, it is necessary to remove protruding items such as stands, baskets, reflectors, etc.

‘A road bike’ is defined as a bike with drop handlebars and for which high-speed running is prioritized.

- All athletes should wear a hard type helmet for bike racing.

- “Chapter 8. Bike (bicycle) Section 3. Draft-legal Race” in the JTU competition rules should be followed.

- Only athletes joining the sprint race are subject to this rule.

- Please be sure to participate in the race after confirming on your own that there are no deficiencies in the maintenance of your bike based on the bike and helmet self-inspection list, or by a mechanic at the nearest bike shop. There will be no official mechanic on the day before the day of the race. On the day of the race, simple maintenance will be available. However, in some cases, maintenance will be unavailable due to crowdedness, so it is highly recommended to maintain your bike well in advance.

- A bike inspection will not be carried out on the day before the day of the race. There is no need to submit the bike and helmet self-inspection list.

- When entering the transition area, your number will be checked.

- In principle, racing wear with a fastener on the front side is not allowed. If you have no choice but to wear it, please be sure to close the fastener during the race.

- Wearing racing wear with a fastener on the front side is forbidden for athletes joining the sprint race.

- We are unable to keep your valuables. Please take care of them by yourself.

- Participation fees cannot be refunded even in the cases of shortening, changing or cancelling the race distance due to the bad weather, etc.. In addition, please be aware that once the participation fee has been paid it cannot be refunded for any reason after the cancellation period. Also, cancellation by an athlete who applied as a Late Entry will NOT be accepted.