



World Triathlon
Championship Series
YOKOHAMA
2025



Triathlonlive.tv

Athletes Guide

2025 World Triathlon Championship Series Yokohama
2025 World Triathlon Para Series Yokohama

17-18 MAY 2025



Partners

ENEOS



Foundation



WORLD TRIATHLON CHAMPIONSHIP SERIES

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YOKOHAMA

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List | Sotheby's
INTERNATIONAL REALTY

HOTEL NEW GRAND

PIECLEX

FOUNDATION

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Mizuno

HOST CITY

OPEN
YOKOHAMA

FEDERATION

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Triathlon

JTU
Triathlon
Japan



World Triathlon
Championship Series
YOKOHAMA
2025



Triathlon
15th
2025 YOKOHAMA



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Green highlight – added as of 23 Apr 2025

Red highlight – deleted as of 23 Apr 2025

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General Information

Introduction

The purpose of ELITE ATHLETES GUIDE is to ensure that all Elite / Elite Para Athletes and Team Leaders are well informed about all procedures concerning the 2025 World Triathlon Championship Series Yokohama / 2025 World Triathlon Para Series Yokohama.

Please keep in mind that this information may change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

Key Date

16 May, FRI		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS & PTVI) Run Familiarization	Run Course
14:00 – 15:00	Elite Swim Familiarization	Swim Course
15:00 – 17:00	Elite Para (PTS & PTVI) Race Ranger Installation Elite Para (PTWC) Handcycle & Wheelchair Check-in *Bicycles/tandems/handcycles/wheelchairs to remain at the venue during the night	Athlete's Lounge / Yamashita Park
15:30 – 16:30	Elite Para Swim Familiarization	Swim Course
16:00 – 16:30	Elite Athlete Briefing	Perry's Room / Hotel New Grand 3F
16:30 – 16:45	Elite Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F
16:30 – 17:00	Elite Team Medical Meeting	Perry's Room / Hotel New Grand 3F
17:30 – 18:15	Elite Para Athlete Briefing	Perry's Room / Hotel New Grand 3F
18:15 – 18:30	Elite Para Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F
17 May, SAT		
06:50 –	Elite Para Competition 06:50:00 PTS5-M 06:51:00 PTVI 1-M 06:51:30 PTVI 1-W 06:53:51 PTVI 2/3-M 06:54:51 PTVI 2/3-W 07:04:00 PTS5-W 07:05:00 PTS4-M 07:10:00 PTS2/3-M 07:11:00 PTS2/3/4-W 07:30:00 PTWC 1-M 07:30:30 PTWC 1-W 07:33:00 PTWC 2-M 07:34:08 PTWC 2-W	Course
10:15 –	Elite Women Competition	Course
12:25 – 12:40	Elite Women Medal Ceremony	Podium / Yamashita Park
13:00 –	Elite Men Competition	Course
15:00 – 15:15	Elite Men Medal Ceremony	Podium / Yamashita Park
15:30 – 17:00	Elite Para Medal Ceremony	Podium / Yamashita Park
18 May, SUN		
07:15 –	Age Group Competition	Course



General Information

Key Contacts

World Triathlon (TRI) Team Leader	Kris Gemmell (NZL)	Kris.gemmell@triathlon.org
TRI Technical Delegate	Adele Cheah (MAS)	adele.cheah@gmail.com
TRI Head Referee (Elite Women, PTS, PTVI)	Cathy Hoare (AUS)	cathyhoare@outlook.com.au
TRI Head Referee (Elite Men, PTWC)	Koji Koganezawa (JPN)	kojikoganezawa0823@gmail.com
TRI Medical Delegate	Dr. Ryoji Kasanami (JPN)	kasanami@cc.nara-edu.ac.jp
Domestic National Federation	Japan Triathlon Union (JTU)	event@jtu.or.jp
Official Travel Agency	JTB	jtb_yokohama_operation@jtb.com
LOC	LOC Office	Address: Nissei Yokohama Onoe-cho Bill 3F, Onoe-cho 6-81, Naka-ku, Yokohama, 231-0015, Japan Telephone : +81-45-680-5538 E-mail: info@yokohamatriathlon.jp Website: https://yokohama.triathlon.org/en/home/

LOC Office

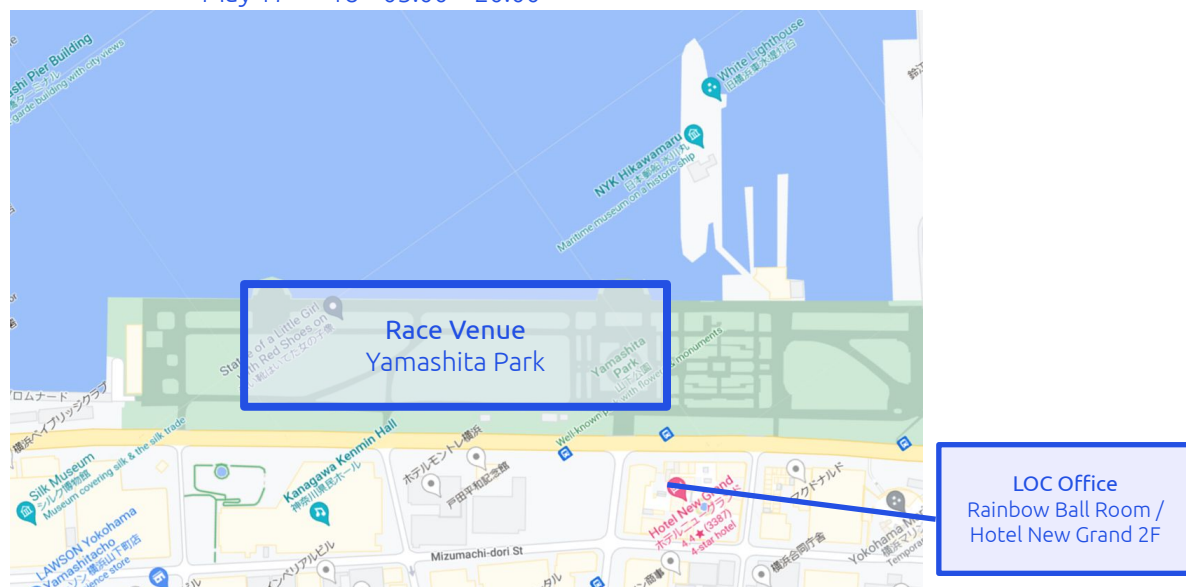
The venue is located at Rainbow Ball Room / Hotel New Grand 2F. The office is open daily from WED May 14th until SUN May 18th.

Location: Rainbow Ball Room / Hotel New Grand 2F

Opening Hours: May 14th 12:00 - 20:00

May 15th – 16th 08:00 – 20:00

May 17th – 18th 05:00 – 20:00





Transportation

Accommodations and transportation can be arranged through JTB.

If you have any questions regarding accommodations or transportation, please contact the following e-mail address.

Contact information: jtb_yokohama_triathlon@jtb.com



Transportation

Athletes & NF can arrange their transportation via the website;

2025 World Triathlon Championship/Para Series Yokohama

Airport Transfer Service (Narita / Haneda) is available. *Conditions apply. (See below)

- Limited date only.
- Whether your accommodation is arranged through us or by yourself, transfer area is limited only in the **Five Official Hotels** : Rose Hotel Yokohama , Citadines Harbour Front Yokohama, Hotel New Grand, Daiwa Roynet Hotel Yokohama-Koen, The Gate Hotel Yokohama by Hulic.
- This complimentary transfer is provided by the LOC and no sightseeing request etc. is available.

<Arrival Transfer>

- Available date: **11-May to 15-May.**
- Narita or Haneda Airport to Five Official Hotels.

<Departure Transfer>

- Available date: **17-May to 19-May.**
- Five Official Hotels to Narita or Haneda Airport.

*Registration of this system and Report of flight schedules, bike information must be submitted by 12:00 Japan time on 06-May.

After that time, we may not be able to arrange Airport Transfer Service.

*For period other than those mentioned above, you will need to arrange for a vehicle for a fee or use public transportation. If you do not wish to use Airport Transfer Service, please contact us in advance at the e-mail address above.

*The Bus of Airport Transfer Service will stop at Five Official Hotels; Rose Hotel Yokohama , Citadines Harbour Front Yokohama, Hotel New Grand, Daiwa Roynet Hotel Yokohama-Koen, The Gate Hotel Yokohama by Hulic. No stops will be made at other hotels.

*LOC office is located at the New Grand Hotel, 2nd floor. (14-May to 18-May : 9:00-18:00)

- You may have to wait up to an hour or more from the time you arrive at the airport until your departure. Please be aware of this beforehand.
 - From Airport Arrival to Departure
 1. Please assemble at the meeting point and follow the instructions of the staff.
 2. Either of the following methods. (Not selectable/Information on the day)
 - Charter bus (shared-ride) : Airport → Each Five Hotels (Circulating)
 - Airport Limousine Bus & chartered car with driver : Airport → YCAT(transferring chartered car) → Hotel
- * If you want to go directly from the airport to your hotel, please take a taxi by yourself.

Transportation

Meeting Point at Narita Airport Terminal 1

Narita Terminal 1 *from 7th to 10th, May

Meeting Point WTCS staff will be waiting for you with a **meeting board**.

1

Narita Terminal 1 *from 7th to 10th, May

Charter Bus Boarding Location

2

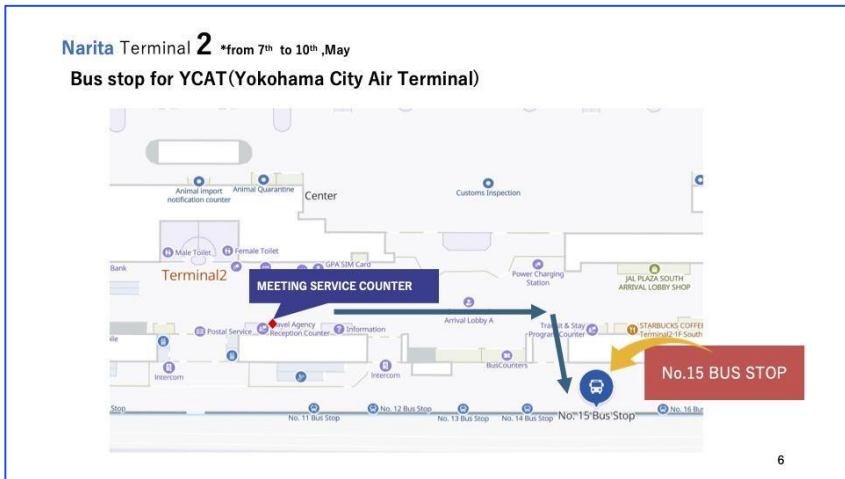
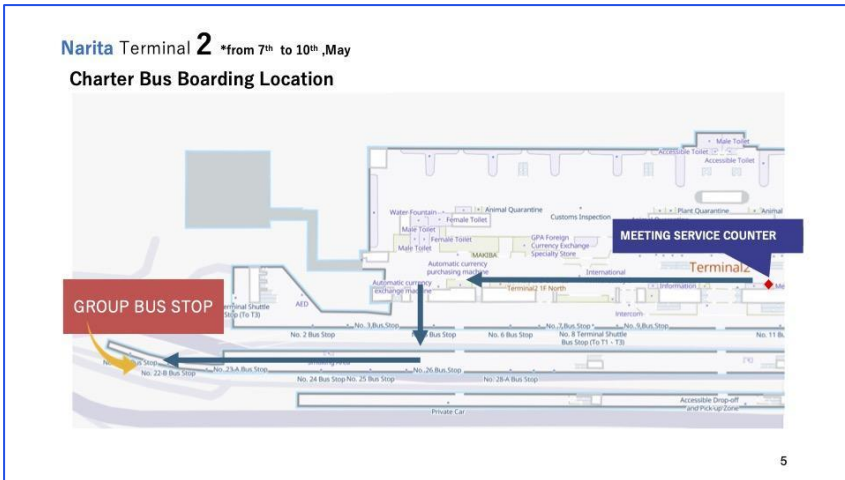
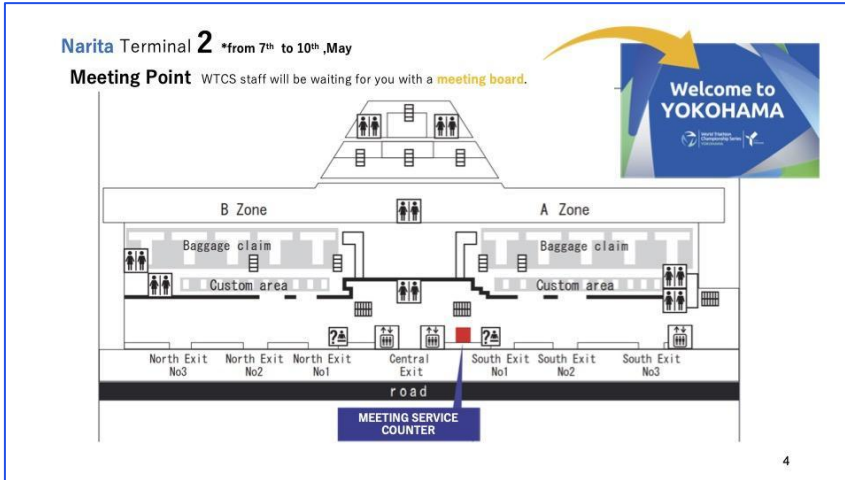
Narita Terminal 1 *from 7th to 10th, May

Bus stop for YCAT (Yokohama City Air Terminal)

3

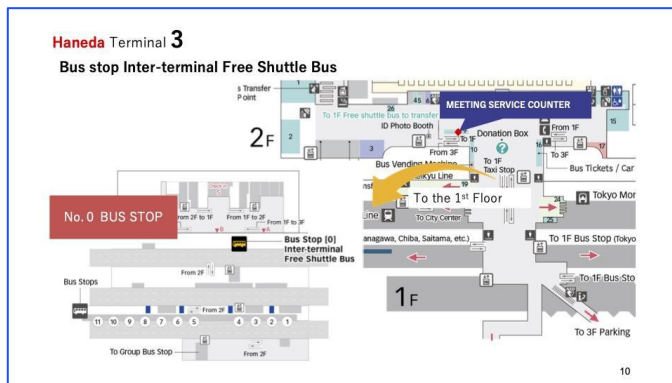
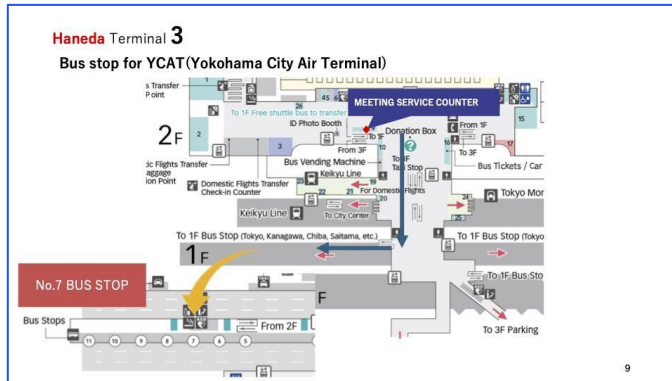
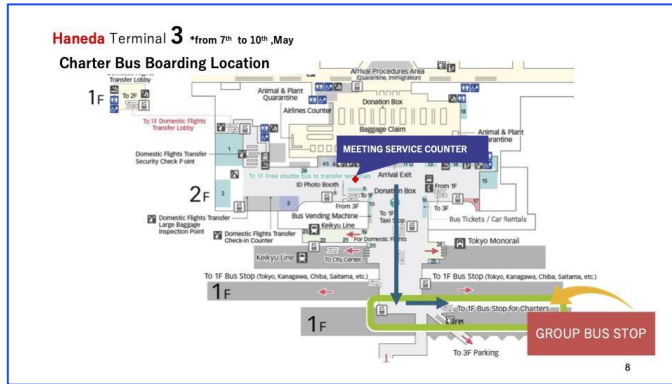
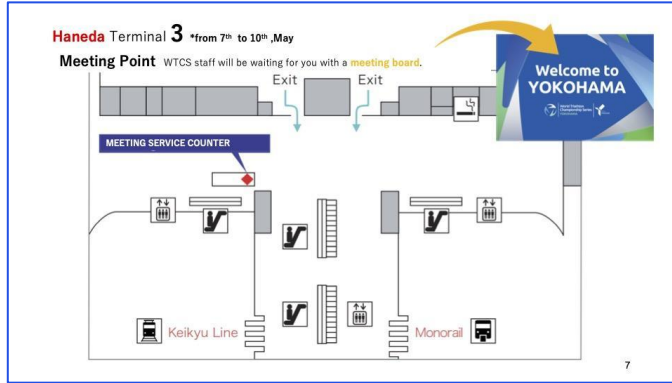
Transportation

Meeting Point at Narita Airport Terminal 2



Transportation

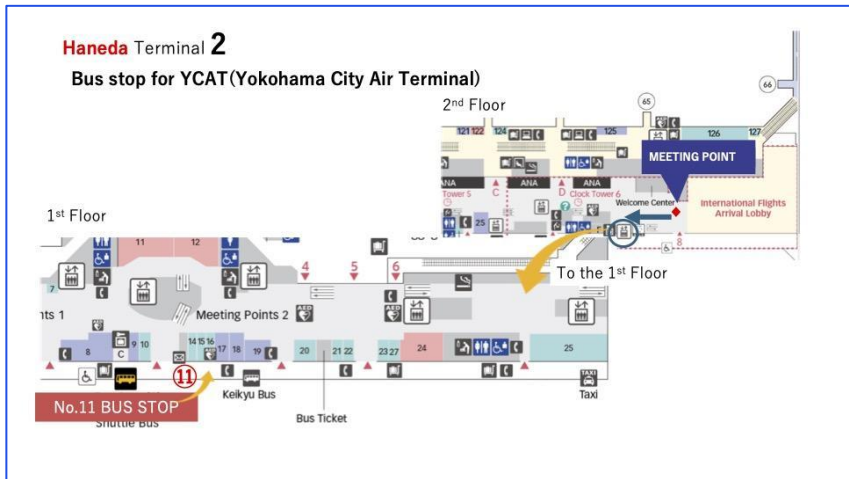
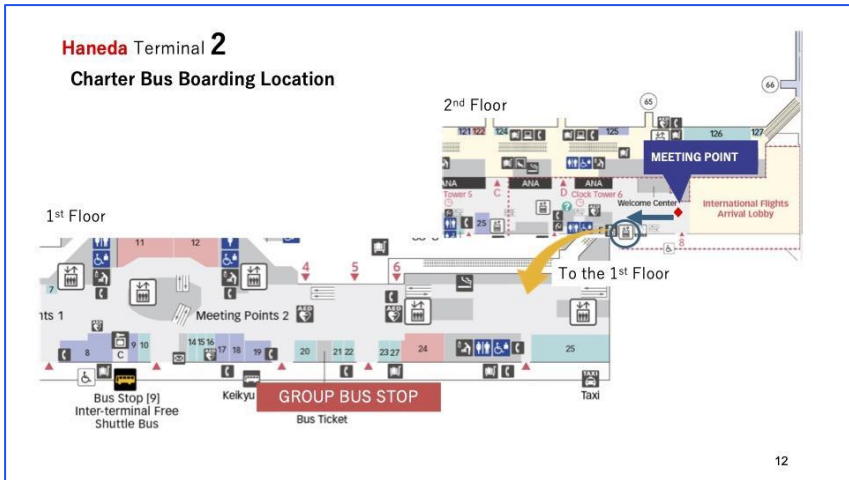
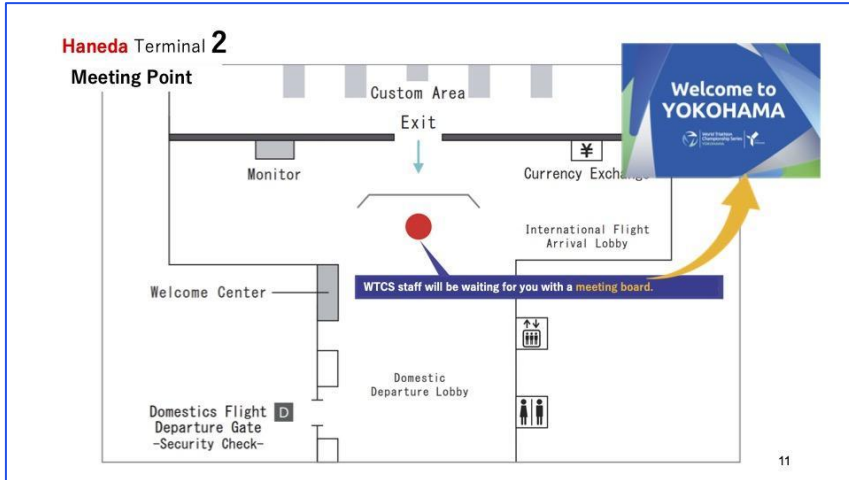
Meeting Point at Haneda Airport Terminal 3





Transportation

Meeting Point at Haneda Airport Terminal 2





Accommodation / VISA / Entering Japan

Accommodation

Athletes & NF can arrange their accommodation via the website;

2025 World Triathlon Championship/Para Series Yokohama

Host Hotel

Hotel New Grand Yokohama <https://www.hotel-newgrand.co.jp/english/>

10, Yamashita-cho, Naka-ku, Yokohama-shi, Kanagawa, 231-8520 Japan



HOTEL NEW GRAND

VISA

Please refer to the following website

for the outline of visa application procedure in Japan ;

https://www.mofa.go.jp/j_info/visit/visa/process/short.html

Japan has taken measures on the visa exemption arrangements for 70 countries/regions :

https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

Since the procedure and the time required for the visa application vary by country, please contact the Japanese Embassy or Consulate in your country for more details:

https://www.mofa.go.jp/about/emb_cons/mofaserv.html

If you require a letter to assist with your visa application to enter Japan for the purpose of participating in the Yokohama event, please contact the LOC (info@yokohamatriathlon.jp) with the following information:

1. Name as it appears on your passport:
2. Date of birth:
3. Age as of December 31, 2025:
4. Gender:
5. Passport number:
6. Passport expiration date:
7. Country where the passport was issued:
8. National Federation:
9. Role (i.e. Athlete; Coach, etc.):
10. Length of Stay in Japan:
11. Accommodation during the Yokohama event:
12. Date of arrival in Japan:
13. Date of departure from Japan:
14. Email address to send invitation letter:
15. (If Necessary) Postal address to send invitation letter:

*please note that only those who are fully affiliated with World Triathlon and have the reason to request an invitation letter for the WTCS Yokohama event should contact the LOC.

Entering Japan (Immigration Information)

Please use the Visit Japan Web to enter Japan.

Visit Japan Web <https://vjw-lp.digital.go.jp/en/>

This is a service that allows you to perform arrival procedures "immigration ", "customs ", and "Tax-free shopping service" online.



Event Schedule (as of 23 Apr)

13 May, TUE		
08:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
14 May, WED		
08:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
08:00 12:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
09:00 – 17:30 11:00 – 14:30	Elite / Elite Para Swim Training	Minato Sogo High School
10:00 – 16:00	Bike Mechanic Service	Next to Athlete Lounge's / Yamashita Park
15 May, THU		
08:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
08:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
09:00 – 17:30 09:00 – 15:00	Elite / Elite Para Swim Training	Minato Sogo High School
09:00 – 11:00	Elite Para Bike Training	Red Brick Area
10:00 – 16:00	Bike Mechanic Service	Next to Athlete's Lounge / Yamashita Park
14:00 – 14:30	Elite Para Athlete Press Conference	Yokohama City Hall Atrium
14:45 – 15:15	Elite Athlete Press Conference	Yokohama City Hall Atrium
15:30 – 16:00	Media Briefing	Yokohama City Hall Atrium
16 May, FRI		
06:00 – 06:24	Elite Para Bike Familiarization	Bike Course
06:25 – 06:41	Elite Bike Familiarization	Bike Course
06:42 – 06:56	Elite Para (PTWC) Run Familiarization	Run Course
07:00 – 07:20	Elite Para (PTS&PTVI) Run Familiarization	Run Course
08:00 – 17:30	Elite / Elite Para Swim Training	Minato Sogo High School
10:00 – 18:00	Bike Mechanic Service	Next to Athlete Lounge / Yamashita Park
08:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
08:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
14:00 – 15:00	Elite Para Swim Familiarization	Swim Course
15:00 – 17:00	Elite Para (PTWC) Handcycle & Wheelchair Check-in *Handcycles / Wheelchairs to remain at the venue during the night Elite Para (PTS&PTVI) Race Ranger Installation *Bicycles/ tandems to remain at the venue during the night	Athlete's Lounge / Yamashita Park
15:30 – 16:30	Elite Para Swim Familiarization	Swim Course
16:00 – 16:30	Elite Athlete Briefing	Perry's Room / Hotel New Grand 3F
16:30 – 16:45	Elite Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F
16:30 – 17:00	Elite Team Medical Meeting	Perry's Room / Hotel New Grand 3F
17:30 – 18:15	Elite Para Athlete Briefing	Perry's Room / Hotel New Grand 3F
18:15 – 18:30	Elite Para Athlete Race Package Distribution	Perry's Room / Hotel New Grand 3F



Event Schedule (as of 23 Apr)

17 May, SAT		
05:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
05:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
05:30 – 11:00	Bike Mechanic Service	Next to Athlete's Lounge / Yamashita Park
06:50 –	Elite Para Competition 06:50:00 PTS5-M 06:51:00 PTVI 1-M 06:51:30 PTVI 1-W 06:53:51 PTVI 2/3-M 06:54:51 PTVI 2/3-W 07:04:00 PTS5-W 07:05:00 PTS4-M 07:10:00 PTS2/3-M 07:11:00 PTS2/3/4-W 07:30:00 PTWC 1-M 07:30:30 PTWC 1-W 07:33:00 PTWC 2-M 07:34:08 PTWC 2-W	Course
10:15 –	Elite Women Competition	Course
12:25 – 12:40	Elite Women Medal Ceremony	Podium / Yamashita Park
13:00 –	Elite Men Competition	Course
15:00 – 15:15	Elite Men Medal Ceremony	Podium / Yamashita Park
15:30 – 17:00	Elite Para Medal Ceremony	Podium / Yamashita Park
18 May, SUN		
05:00 – 20:00	LOC Open	Rainbow Ball Room / Hotel New Grand 2F
05:00 – 20:00	Tour Desk Open	Rainbow Ball Room / Hotel New Grand 2F
07:15 –	Age Group Competition	Course



Venue

Venue

The venue is located Yamashita Park, Yokohama. <https://maps.app.goo.gl/Qiyvx1S1nKkH4kUO9>

YOKOHAMA Visitors Guide <https://www.yokohamajapan.com/>

You can find any of the following on the website;

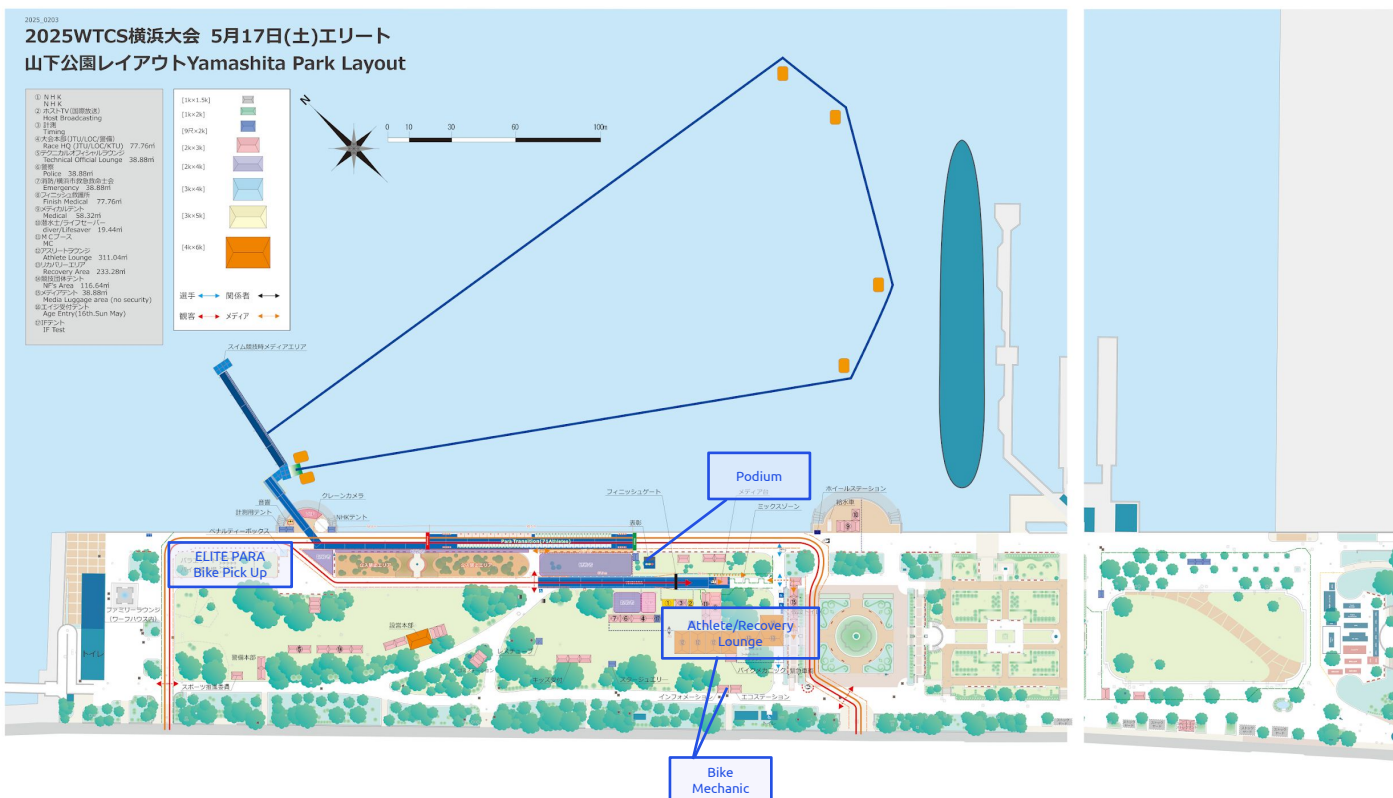
- Activities and Attractions
- Art and Museums
- Family Activities
- Food and Restaurants
- Bars and Nightlife
- Shopping
- Relax and Spa, and
- Outdoors and Sports

Security

A private security company will be responsible for the venue security and community police and Field of Play (FOP) marshals will patrol around the Field of Play. Police and a certified traffic management company will manage the road closures and the traffic around the course.

Flying drones near the event venue or course is strictly prohibited.

Unauthorized drone flights may interfere with the operation of the event. LOC kindly asks for your cooperation **NOT TO FLY drones**, to ensure a safe and successful race.





Medical Services / Bike Mechanic Service

Medical Services

First Aid and Emergency Medical Services will be available at the venue from May 15th until May 18th before and during the competition hours.

Medical and paramedical personnel from Hospitals in Yokohama City will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on-site at the post-finish area.

Possible medical services at the venue are free of charge. Treatment at clinics and during practice is to be paid by the participants. Athletes/Teams should ensure that they have appropriate medical insurance.

May 15th - 16th Location: LOC Office (Rainbow Ball Room / Hotel New Grand 2F)

May 17th - 18th Location: Venue / Medical Tent

Bike Mechanic Service

“SHIMANO” will offer a comprehensive bike mechanic support from May 14th to 17st and is also available in case of emergency.

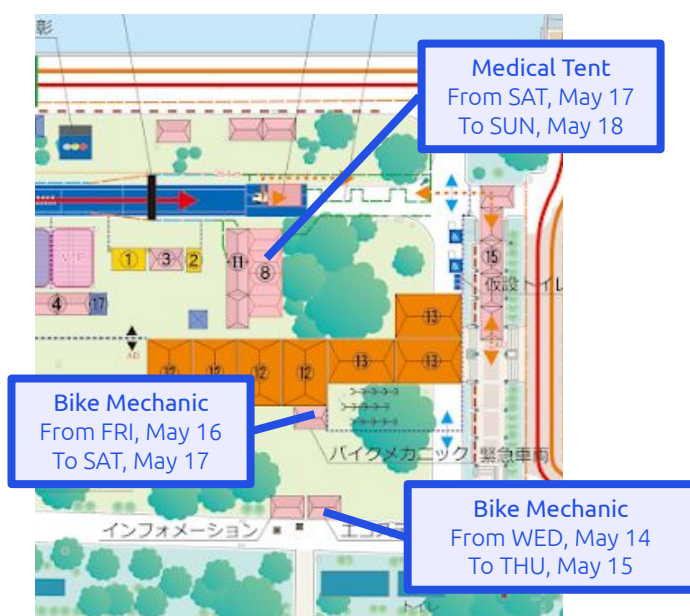
WED, May 14th 10:00-16:00 Location: Next to Athlete Lounge

THU, May 15th 10:00-16:00 Location: Next to Athlete Lounge

FRI, May 16th 10:00-18:00 Location: Next to Athlete Lounge

SAT, May 17th 05:30-11:00 Location: Next to Athlete Lounge

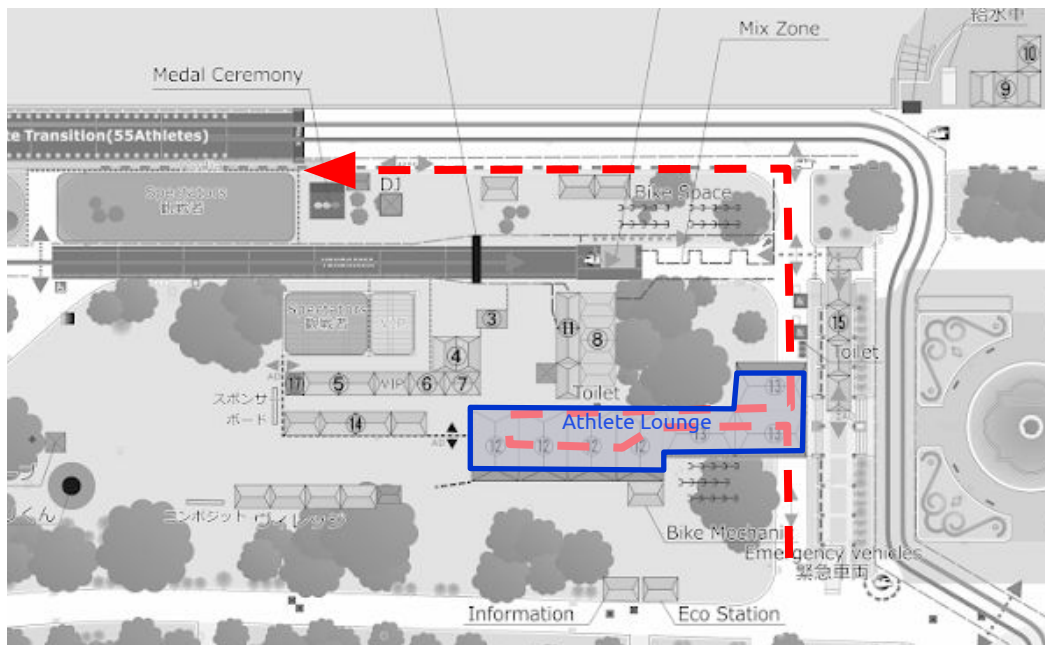
SHIMANO



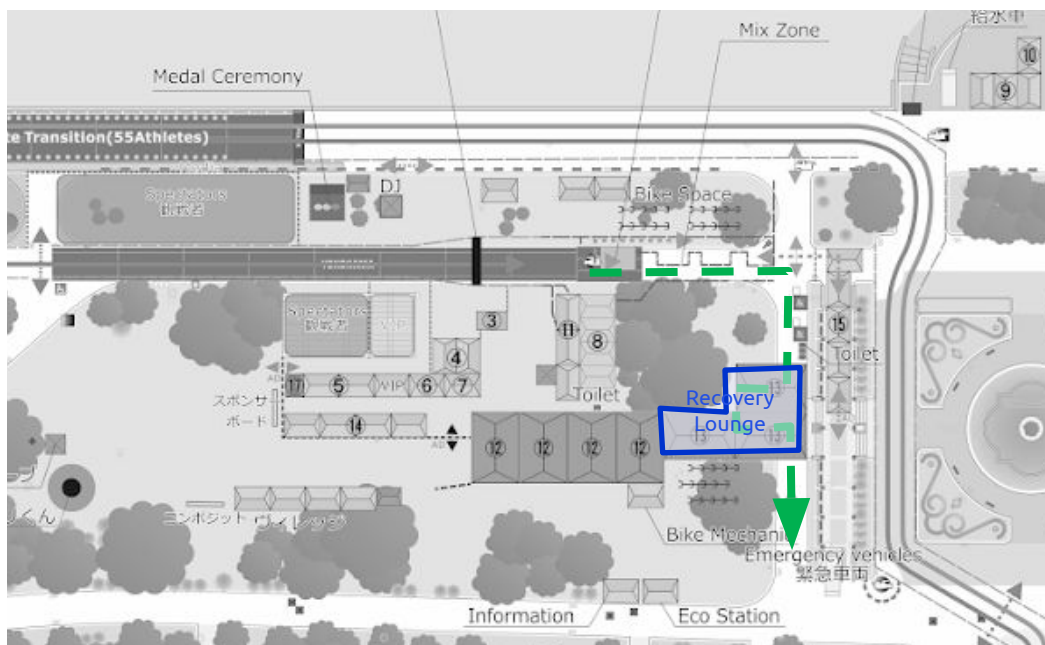


Athletes Lounge for ELITE PARA

Before race



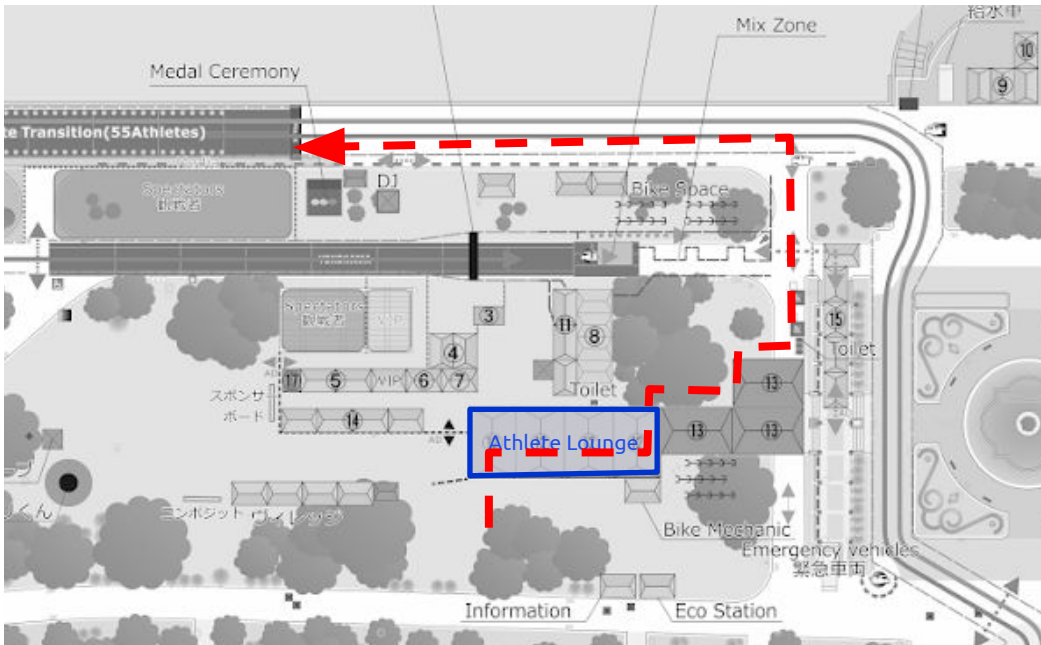
After race



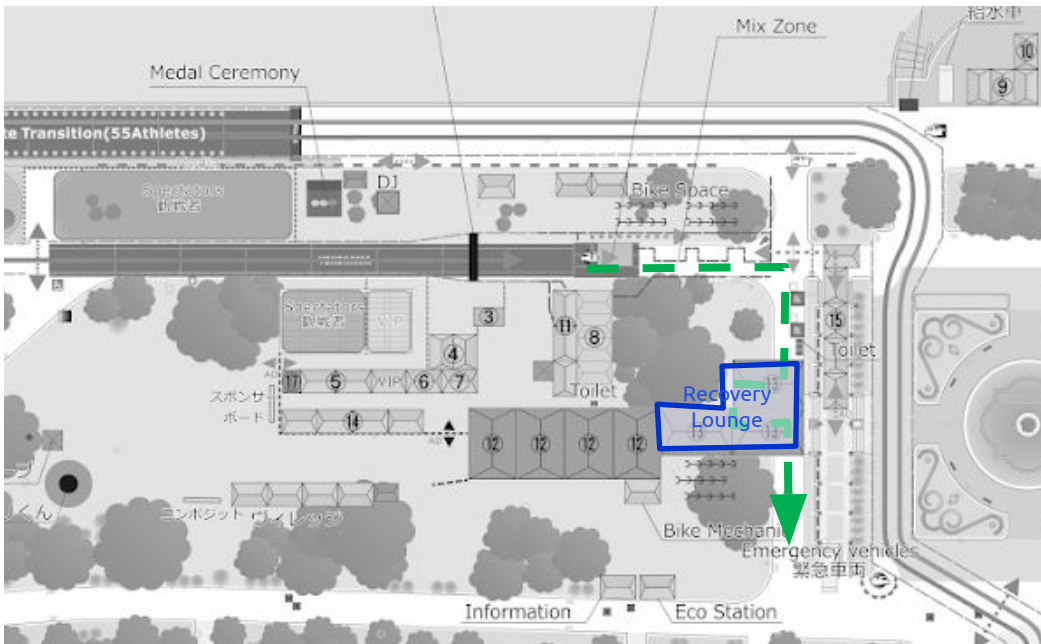


Athletes Lounge for ELITE

Before race



After race





Athlete Briefing

Athlete Briefing

For ELITE

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 16th May

Schedule:

15:30 – 16:00 Athlete Registration

16:00 – 16:30 Athlete Briefing

16:30 – 16:45 Race Package Distribution

- Race Package:
Body Decal / Bike & Helmet Stacker / Kit Bag / LOC gift

For ELITE PARA

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 16th May

Schedule:

17:00 – 17:30 Athlete Registration

17:30 – 18:15 Athlete Briefing

18:15 – 18:30 Race Package Distribution

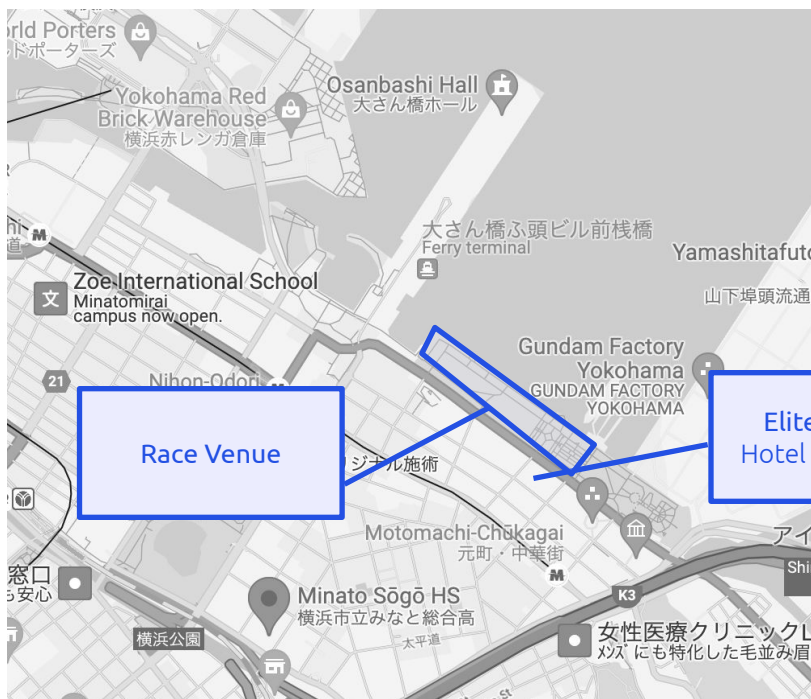
- Race Package:
Body Decal / Bike & Helmet Stacker / Kit Bag / LOC gift

Team Medical Meeting

Location: Perry's Room / Hotel New Grand 3F

Date: FRI, 16th May

Schedule: 16:30 – 17:00





Training Information (Swim)

Swim (Ocean training)

The athletes **CANNOT** swim at swim course/Venue except the swim familiarization day and the race day.

Swim Familiarization: 16th May ELITE 14:00 – 15:00 / ELITEPARA 15:30 – 16:30 * All buoys set up

Swim (Pool training)

Location: [Minato Sogo High School](#)

Facility: 25m / 5 lanes / Depth 1.2m / Water Temperature 25°C

Period / Opening Time:

WED, May 14th 11:00-14:30

THU, May 15th 09:00-15:00

Access:



Booking form:

<https://docs.google.com/spreadsheets/d/1ml3qRwWK70KzldA9hwOsywr-COhi7GY50Jw9ltCBv30/edit?gid=87813188#gid=87813188>

***The booking form will be opened from 1st May.**

Cost: Free

Each athlete and each country can make a reservation once a day in one-hour increments.

If you have booked more than twice in a day, we will remove the reservations from the second time onwards at the LOC.

- The pool has 5 lanes, and all 5 lanes are available for reservation.
- Reservations are on a first-come, first-served basis.
- 5 to 6 athletes per a lane, with 25 to 30 athletes per a slot. Please use each lane with a maximum of around 6 people.
- Transportation within the school is allowed only during the designated time by LOC.
- When entering the facility, photo ID will be checked. Please be sure to bring your photo ID along.
- **Athletes, coaches, and staffs whose names are not on the TRI registration website will not be admitted to the pool site.**
- There will NOT be the transportation between hotels and the swimming pool for Elite athletes. Please arrange your own transportation.
- It is possible to park your bikes at the entrance of Minato Sogo High School 1st floor.



Training Information (Swim)

Request

- As classes are being conducted at the school, please move according to the designated times. Gather at the 1st floor reception tent at least 10 minutes before the scheduled start time of your training session.

- Coaches, athletes, and staff must confirm their reservation name at reception and will be given a wristband. Please wear it immediately and enter the school premises with it on. If you are participating in training on both days, do not remove the wristband and wear it again when checking in on the second day.

- As classes are in session, please keep quiet when moving around inside the school.

- Please make sure to remove any makeup or sunscreen in the shower before entering the pool.

- Please blow your nose into the drain.

- School equipment is not available for use. Please bring your own training gear.

- Be sure to take all your trash home with you.

Timetable for training slot

TIME	School Schedule		14-May	15-May
	14-May	15-May	Wed	Thu
8:00	830-845 Homeroom	830-845 Homeroom		
8:30	845-935 1st Period	845-935 1st Period		
9:00				Slot-1 900-1000
9:30	945-1035 2nd Period	945-1035 2nd Period		Slot-2 1000-1100
10:00				
10:30	1045-1135 3rd Period	1045-1135 3rd Period		Slot-1 1110-1210
11:00				
11:30	1145-1235 4th Period	1140-1200 student council activities		Slot-3 1130-1230
12:00				
12:30	1240-1320 Lunch Time	1200-1240 Lunch Time	Slot-2 1230-1330	
13:00				
13:30	1320-1410 5th Period	1240-1330 4th Period	Slot-3 1330-1430	Slot-4 1300-1400
14:00				
14:30	1420-1510 6th Period	1340-1430 5th Period		Slot-5 1400-1500
15:00				
15:30		1440-1530 6th Period		
16:00				
16:30				

Training Information (Bike for ELITE PARA)

Bike Training for ELITE PARA

Location of the training site : Specially prepared site, on the north of Red Brick Warehouse

Date & Time : THU 15 May, 09:00 – 11:00.

【For PTWC athletes】

- Since both Handcycle and Competitive Wheelchair are not allowed on public road, local TO staff will escort you from Hotel New Grand to the site and back, in order to keep you safe from public traffic.
- PTWC athletes can train Bike or Run.

Meeting time : 08:50 for training from 9:00, or 09:50 for training from 10:00.

Meeting location : On the side of the intersection in front of Hotel New Grand.

Please note that you will not be able to go to the training venue, if you are late.



Training Information (Bike)

Training for bike & run

Athletes may ride and run on public roads.

However, access to the wharf during race week is prohibited.

When riding and running, please be sure to observe the Japanese Traffic Rules.

- Please bring your own equipment.
- Training equipment (smart trainers and indoor rollers) are NOT available for rent.
- You can find basic Japan's traffic rules as below;



Traffic Safety Guidelines for Pedestrians and Cyclists, by National Police Agency
https://www.npa.go.jp/koutsuu/kikaku/trafficsafety/traffic_safety_en.pdf

Stick to the rules Enjoy Japan" (English, video)
<https://www.youtube.com/watch?v=ZL5vdaCOMG4>

Tandem bicycle are allowed on public road in the Kanagawa Prefecture.

Please note that Hand Cycle or Competitive Wheelchair are still NOT allowed on public roads.

- Safety Guidelines for Cyclists, by Tokyo Metropolitan Police Department.
https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.files/SafetyGuidelinesforCyclists.pdf

自転車安全利用五則		English
1	自転車は、車道が原則、歩道は例外	Use roadways in principle. Riding on sidewalks is allowed only in exceptional cases.
2	車道は左側を通行	Keep to the left on roadways.
3	歩道は歩行者優先で、車道寄りを徐行	On sidewalks, pedestrians have the right-of-way. Slow down and keep to the side closest to the roadway.
4	安全ルールを守る ● 飲酒運転・二人乗り・並進の禁止 ● 夜間はライトを点灯 ● 交差点での信号遵守と一時停止・安全確認	Obey safety rules. ● Do not ride under the influence of alcohol. Do not carry a passenger. Do not ride side-by-side. ● Use your front light after dark. ● Obey traffic light signals at intersections. Come to a full stop and check the traffic in all directions to make sure it is safe to enter the intersection.

交差点の通行方法		English
右折するとき 青信号で、交差点の向こう側まで直進し、止まって右に向きを変え、対向する信号が青になったら右折する。		When turning right At an intersection with traffic lights, ride straight across the road when the light is green, then stop and turn your bicycle in the new direction. Proceed when the light you are now facing turns green.
左折するとき できるかぎり「歩道の左側端」に沿って徐行する。		When turning left Slow down and stay as close to the left edge of the road as practicable.
一時停止の標識があるときは、停止線の直前で一時停止		At an intersection with a "stop" sign, come to a complete stop before the stop line.
自転車横断帯がある時はそこを通行		At an intersection with a bicycle crossing zone, stay within the zone.
横断歩道における歩行者の優先		At crosswalks, pedestrians have the right-of-way
横断歩道があることを知らせる道路標示 信号機のない横断歩道の30～50メートル手前に設置されています。		Be alert when you see white diamond markings on the road. Such markings show there is a crosswalk with no traffic lights 30 to 50 meters ahead.
横断歩道前の一時停止 歩行者の通行を妨げないようにする。		Come to a full stop before pedestrian crossings. Pay attention not to obstruct pedestrian traffic.



Bike & Run Familiarization

Bike & Run Familiarization

A bike & run familiarization is provided by the LOC.

Bike and Run familiarization will be conducted under control by LOC and police. It is mandatory for athletes to follow the instruction of LOC and police.

For ELITE PARA FRI, May 16th 06:00 – 06:24

For ELITE FRI, May 16th 06:25 – 06:41

For PTWC Run FRI, May 16th 06:42 – 06:56

For PTVI/PTS Run FRI, May 16th 07:00 – 07:20

Meeting Location



On bike course, 3 familiarization will run;

① Elite Para, Bike, ② Elite, Bike, and ③ Elite Para (PTWC), Run with competitive wheelchair.

Each familiarization under traffic control will be managed by police as follows ;

- On 6:00, the first familiarization group (tandem, regular bike, and hand cycle) starts.
- During the 2nd lap of the 1st group, the second familiarization group stand-by on transition area in the Yamashita Park.
- Once the 1st group completed the familiarization, 2nd group starts.
- During the 2nd familiarization, PTWC athletes switches from their hand cycle to competitive wheelchair for run.
- After the 2nd familiarization completed, the 3rd group of PTWC Run with competitive wheelchair starts.



Bike & Run Familiarization

1st Group : ELITE PARA (PTVI / PTS / PTWC) Bike

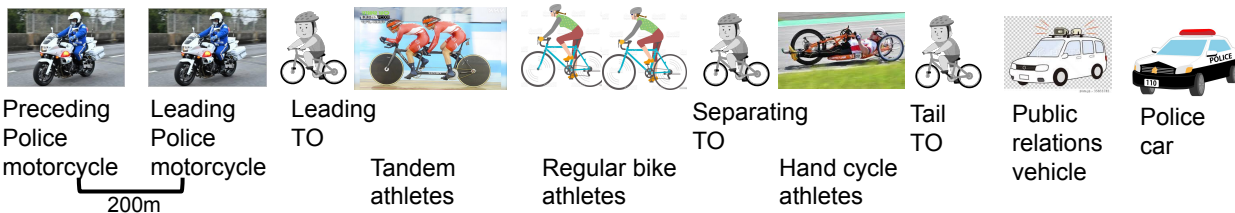
- Familiarization Time : 6:00 – 6:24
- Meeting Time : 5:50
- Meeting Point : Transition area in the Yamashita Park.
- 1st lap : Start by following the leading TO, not coming into Yamashita Park.
At the end of the 1st lap, police motorcycles will u-turn at the crossing in front of Hotel New Grand, Never follow them. Athletes should follow TO.
- 2nd lap : Come into Yamashita Park, by following the leading TO.
PTVI, PTS : Proceed to Transition area, and to Recovery in order to switch to run, then wait until 7:00.
PTWC : Proceed to Finish chute, and to Recovery in order to switch to run and wait until Elite bike familiarization finish.



Meeting Point / Start position (Transition Area in the Yamashita Park) ... **S**
 Finish position (PTS, PTVI) (Transition area) **1**
 Finish position (PTWC) (Finish chute) **2**
 Traffic signal will turn to all Red when the preceding police motorcycle approaching

Formation ;

① Elite Para, Bike (PTVI:Tandem, PTS:Regular bicycle,PTWC:Hand-cycle) (6:00 – 6:24 / 2-laps) :




Bike & Run Familiarization


2nd Group : ELITE Bike

- Familiarization Time : 6:25 – 6:41
 - Meeting Time : 6:15
 - Meeting Point : Transition area in the Yamashita park.
 - 1st lap : Start by following the leading TO.
- At the end of the 1st lap, police motorcycles will not come into Yamashita Park, but athletes go through transition in the park by following the leading TO.
- 2nd lap : Come into Yamashita Park, by following the leading TO.
- Finish the familiarization at transition.

Please note that no elite athletes can go on the course again.

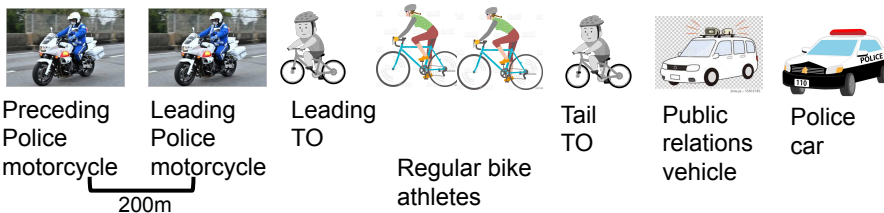


Meeting Point / Start position (Transition Area in the Yamashita Park) ... 

 Traffic signal will turn to all Red when the preceding police motorcycle approaching

Formation ;

② Elite, Bike (Regular bicycle) (6:25– 6:41 / 2-laps) :



Note :
 Elite athletes may have a bike familiarization on race day if the weather is different to the planned familiarization,
 Elite Women & Men : 09:15 - 09:35 on Saturday, 17th May 2025.



Bike & Run Familiarization

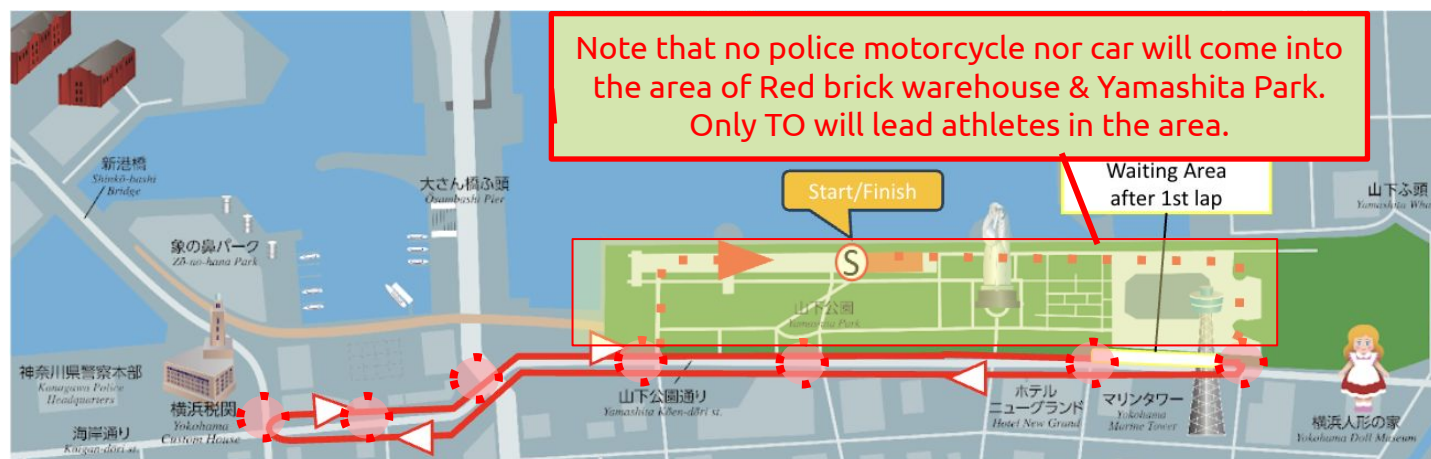
3rd Group : ELITE PARA (PTWC) Run

- Familiarization Time : 6:42 – 6:56
- Meeting Time : 6:35
- Meeting Point : Transition area in the Yamashita park
- 1st lap : Start by following the leading TO.


On the first lap, do not enter Yamashita Park; make a U-turn in front of the Marine Tower.

Temporarily stop on the public road to regroup before restarting. On the second lap, enter Yamashita Park and finish.

Note that no police motorcycle nor car will come into the area of Red brick warehouse & Yamashita Park. Only TO will lead athletes in the area.



Meeting Point / Start position (Transition Area) ... 

 Traffic signal will turn to all Red when the preceding police motorcycle approaching

Formation ;

③ Elite Para (PTWC), Run (Competitive Wheelchair) (6:42 – 6:56 / 1-lap) :



Preceding
Police
motorcycle



Leading
Police
motorcycle

200m



Leading
TO



Competitive
Wheelchair
athletes



Tail
TO



Public
relations
vehicle



Police
car

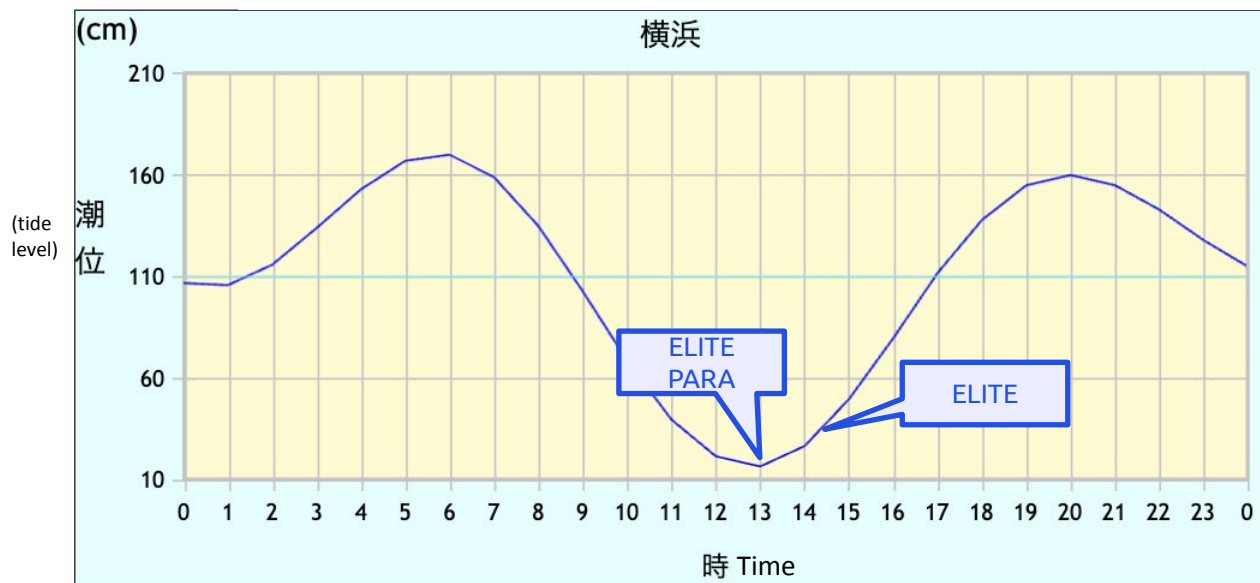


Tide Table

FRI, May 16th

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2025/05/16(金)	107	106	116	134	153	167	170	159	135	103	69	40	22	17	27	50	80	112	138	155	160	155	143	128

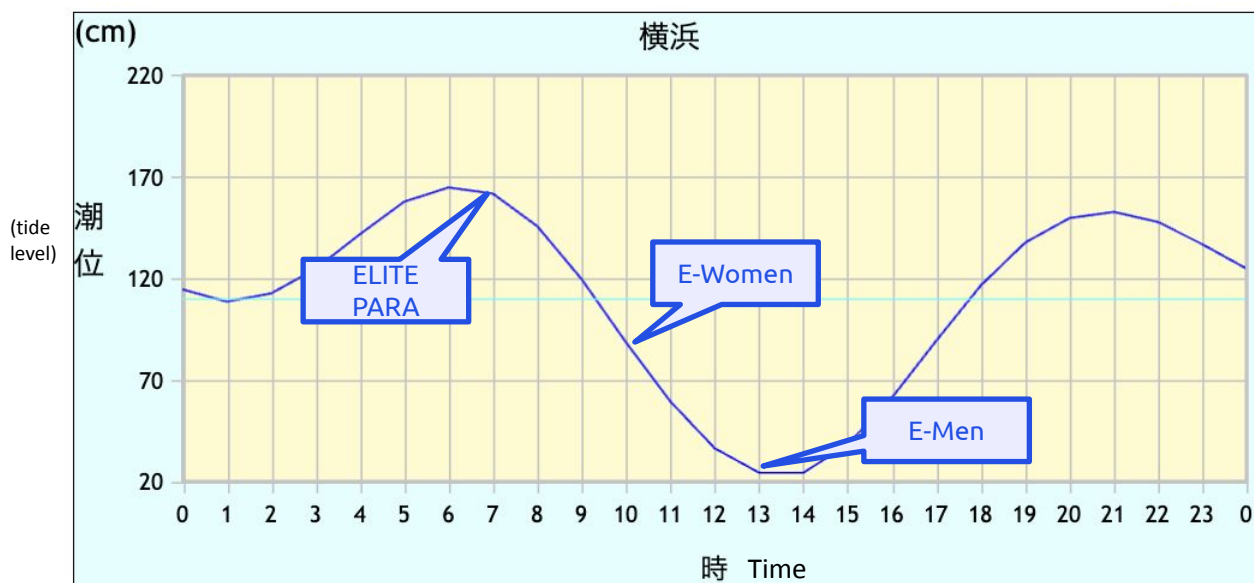
注意 (解説)
・ 毎時潮位は潮位表基準面上の値 (単位: センチ) で表示しています。



SAT, May 17th

年/月/日(曜日)	時刻																							
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
2025/05/17(土)	115	109	113	125	142	158	165	162	146	120	89	60	37	25	25	39	62	90	117	138	150	153	148	137

注意 (解説)
・ 毎時潮位は潮位表基準面上の値 (単位: センチ) で表示しています。



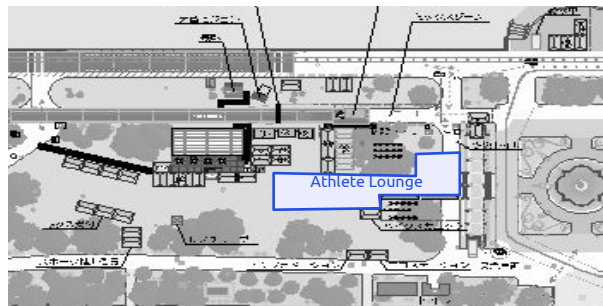


Race Ranger Instruction (ELITE PARA Only)

PTVI&PTS athletes need to leave their bikes at athletes' lounge from 15:00 to 17:00 on FRI, 16 May. Bikes will be stored securely overnight and have Race Ranger installed ready for Athletes to collect their bikes on Saturday morning for athlete lounge check in.

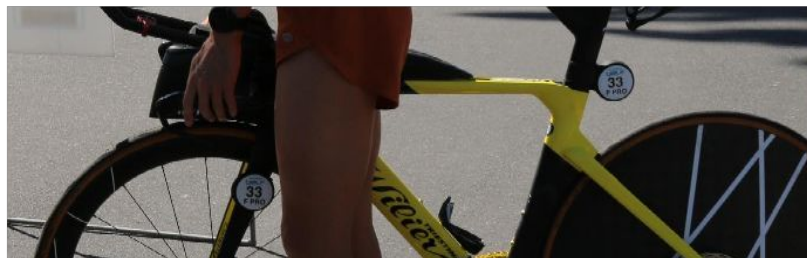
*Also handcycles and wheelchairs to remain at the venue during the night.

Regarding installing your bikes please confirm the following guide ;



RACERANGER – ATHLETE BIKE FITTING NOTES

The RaceRanger system requires each athlete to fit 2 devices to their bike. One at the front fork, and one at the rear seat-post / seat-tube. Devices will be fitted by RaceRanger staff at the event, at a time to be notified in the lead-up to the event. This is usually the day before the event at the bike racking time, or the elite briefing.

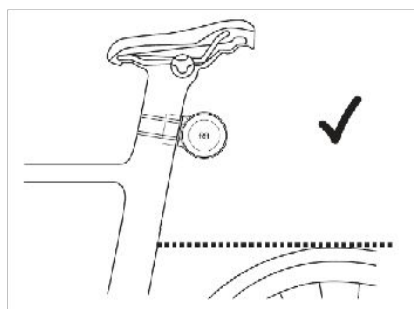
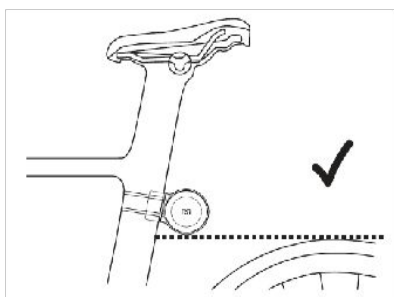


ALLOWING SPACE

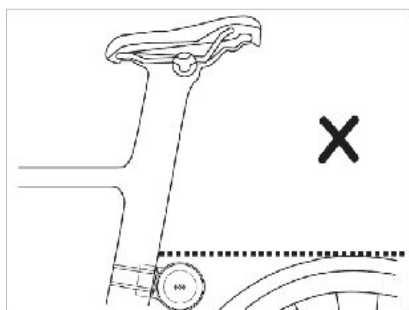
The Rear RaceRanger device in particular, requires athletes to leave adequate space at the back of the bicycle, to be able to mount the units. The purpose of this document is to notify athletes of these space requirements in advance of the competition, so that they can ensure they allow enough space for the devices. Athletes arriving at bike check-in without adequate space, will be asked to alter their set-up

SPACE REQUIRED (Rear)

1. The rear device must be mounted above the horizontal line from the top of the rear tyre.



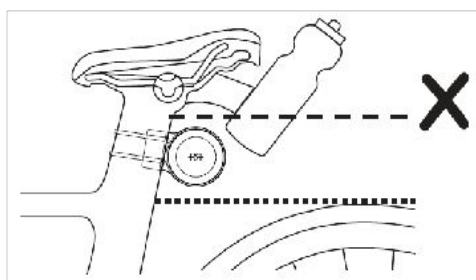
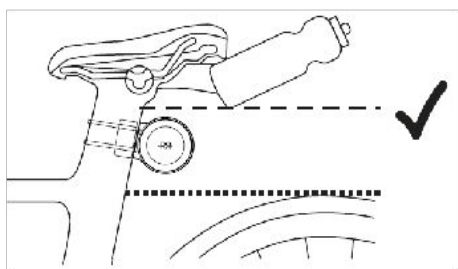
Race Ranger Instruction (ELITE PARA Only)



RACE RANGER

- The devices are 7cm in height, and require 9cm of space on the rear edge of the bicycle.

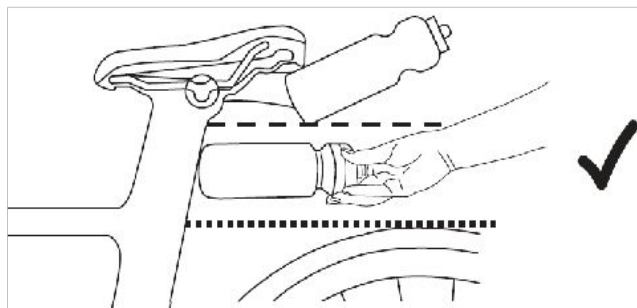
Drink Bottles / Nutrition / Spares & tools etc, must be mounted at least 1cm above the device horizontally, to allow a clear view of the lights from the rear, for a following athlete.



BOTTLE TEST

The rear devices are slightly taller than the diameter of most sports water bottles.

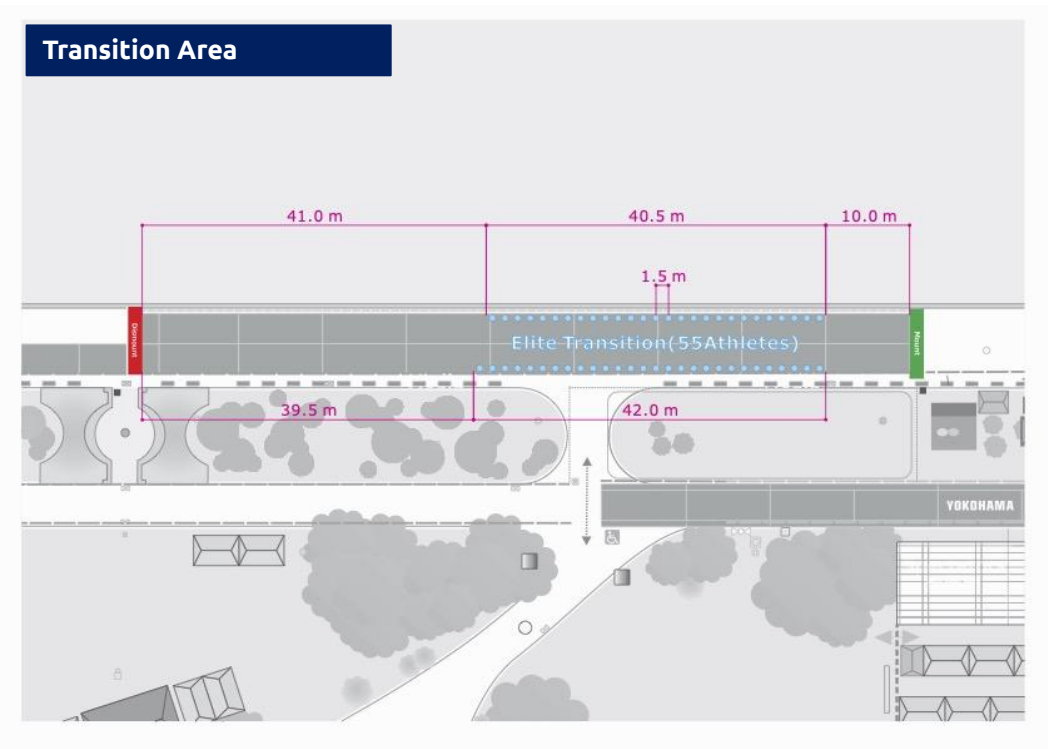
As a guide, to have enough room for the Rear RaceRanger device, you should be able to fit a water bottle horizontally above the tyre and below your drink bottles / gear with 1cm free space above, and 1cm free space below.



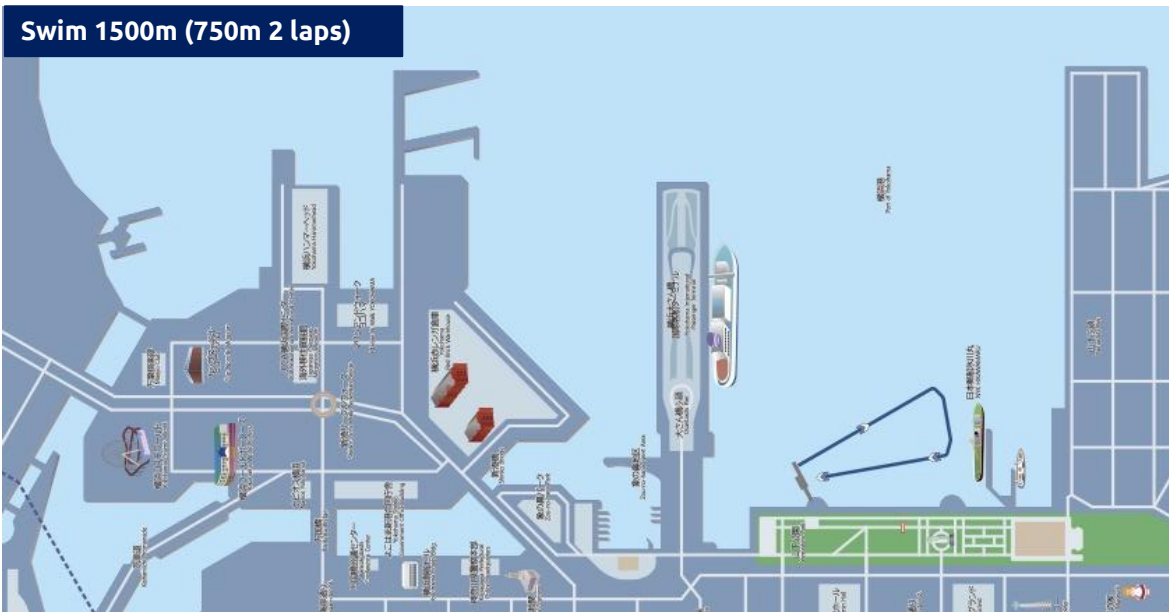
If you have any questions regarding the above information, please send your question and a picture of your bicycle, photographed from the side as above to;

hello@RaceRanger.com

Transition Area / ELITE Swim Course



The transition area for ELITE PARA will be remove their bike racks after ELITE PARA events for ELITE events.



The swim will be the pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

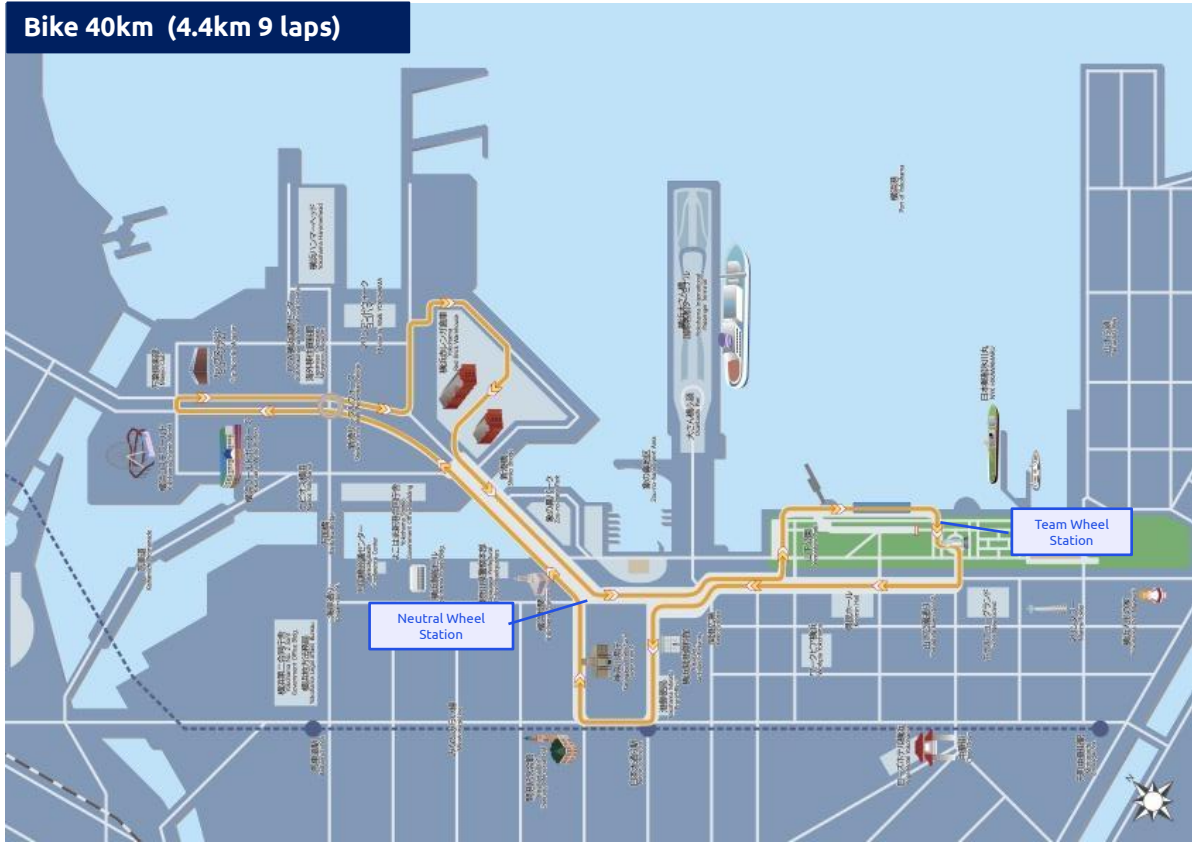
The athletes are required to leave their last-minute gear at the swim start inside a dedicated box. It will be carried by TO and LOC staff those boxes back to the Athletes Lounge.

Water temperature will be 19 - 20°C in May.

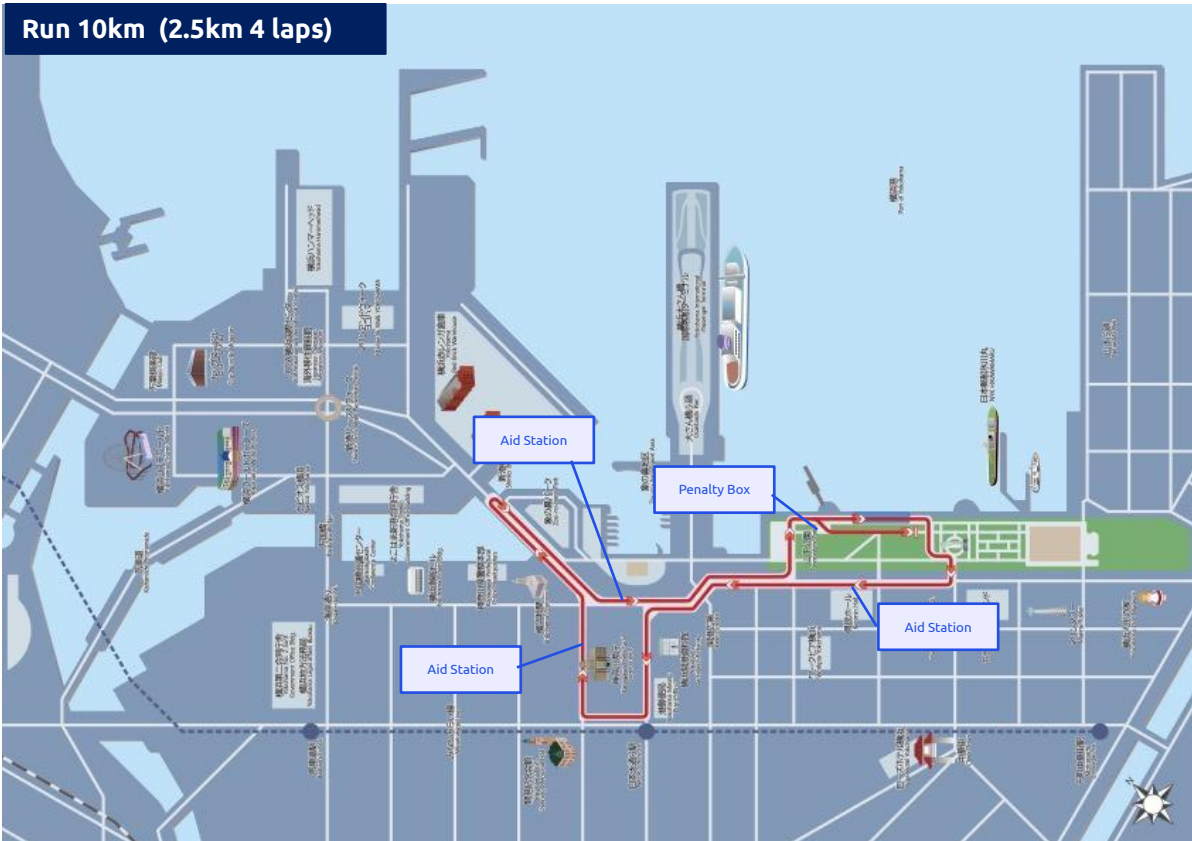


ELITE Bike Course / Run Course

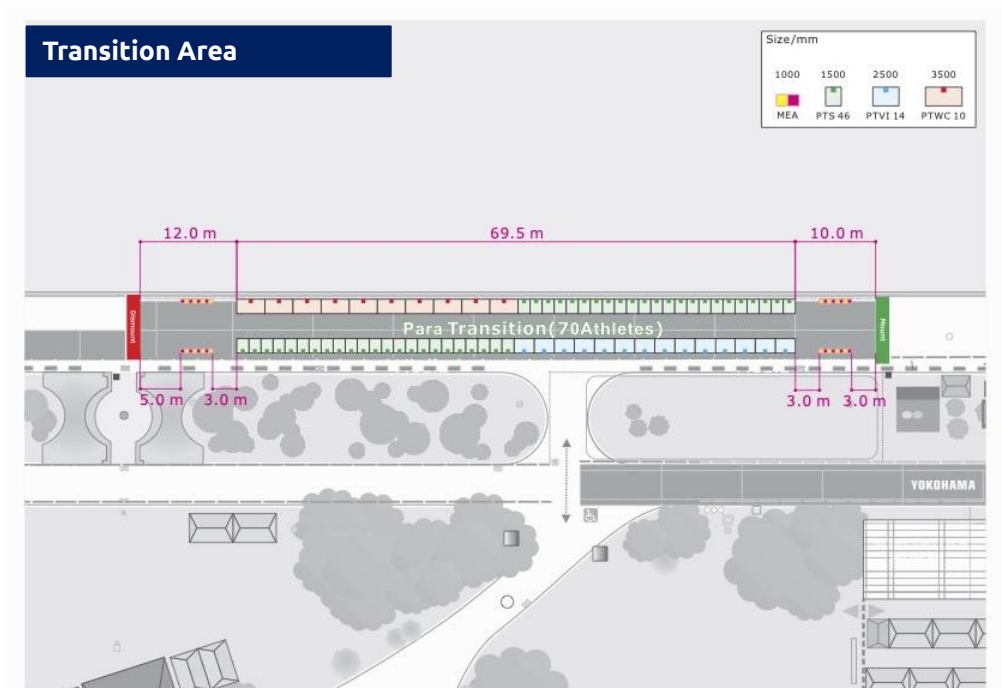
Bike 40km (4.4km 9 laps)



Run 10km (2.5km 4 laps)

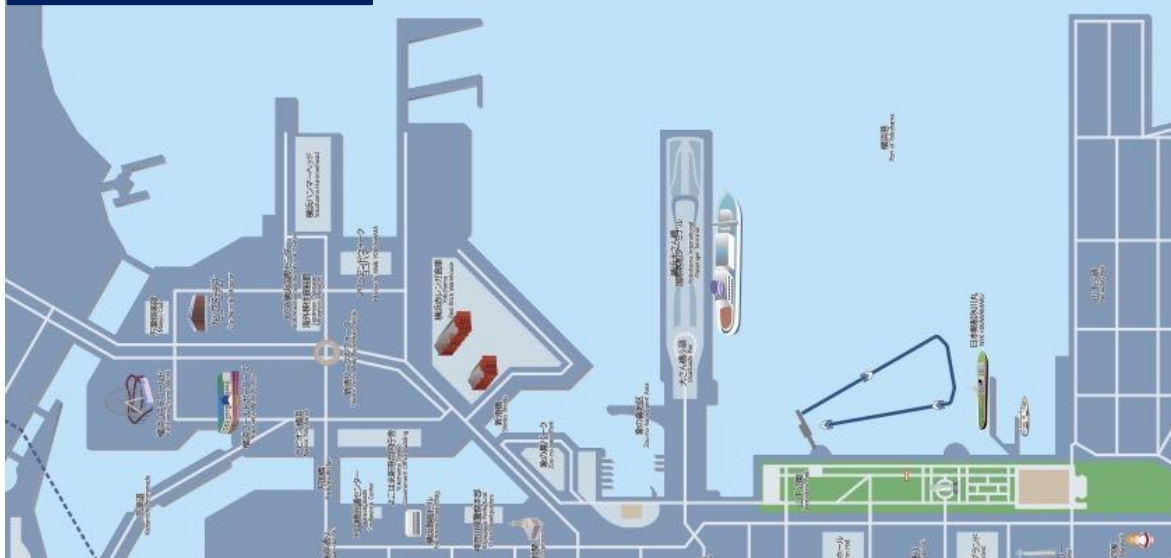


Transition Area / ELITE PARA Swim Course



The transition area for ELITE PARA will be remove their bike racks after ELITE PARA events for ELITE events.

Swim 750m (750m 1lap)



The swim will be the pontoon start. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

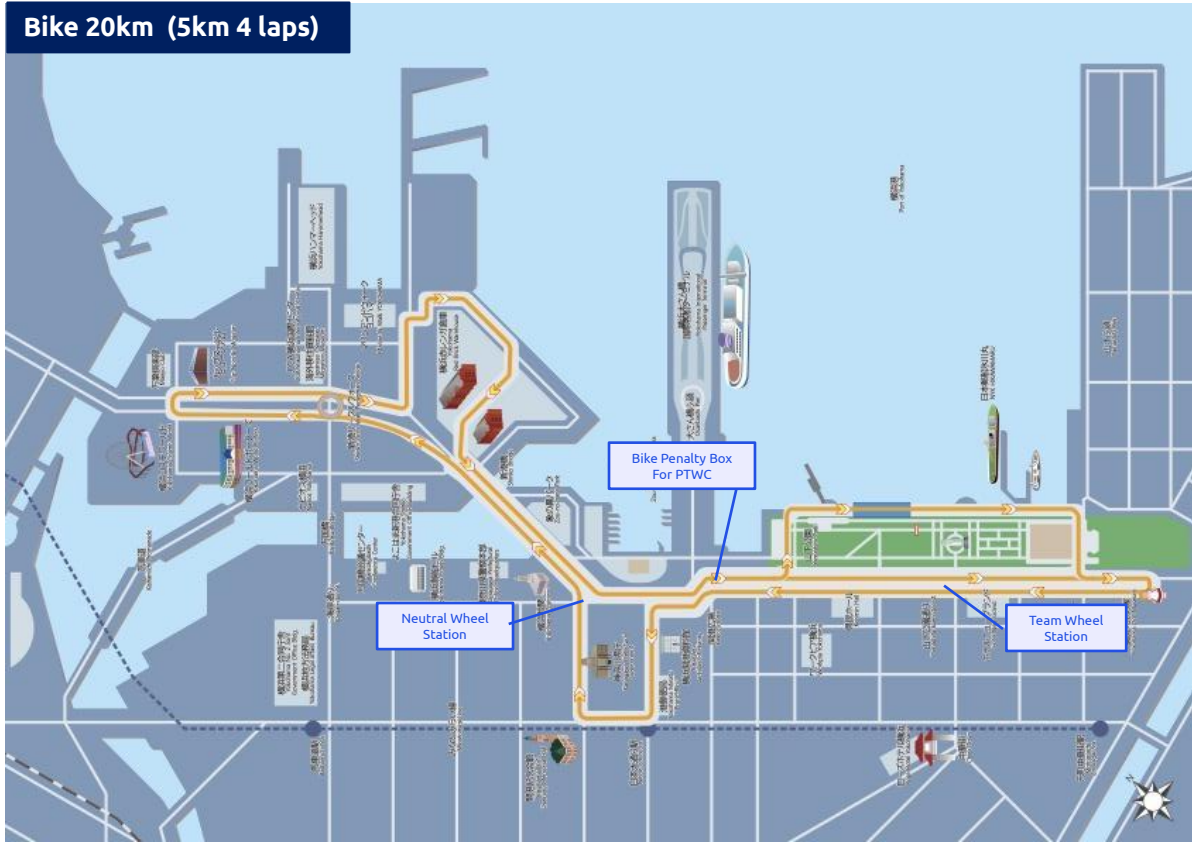
The athletes are required to leave their last-minute gear at the swim start inside a dedicated box. It will be carried by TO and LOC staff those boxes back to the Athletes Lounge.

Water temperature will be 19 - 20°C in May.

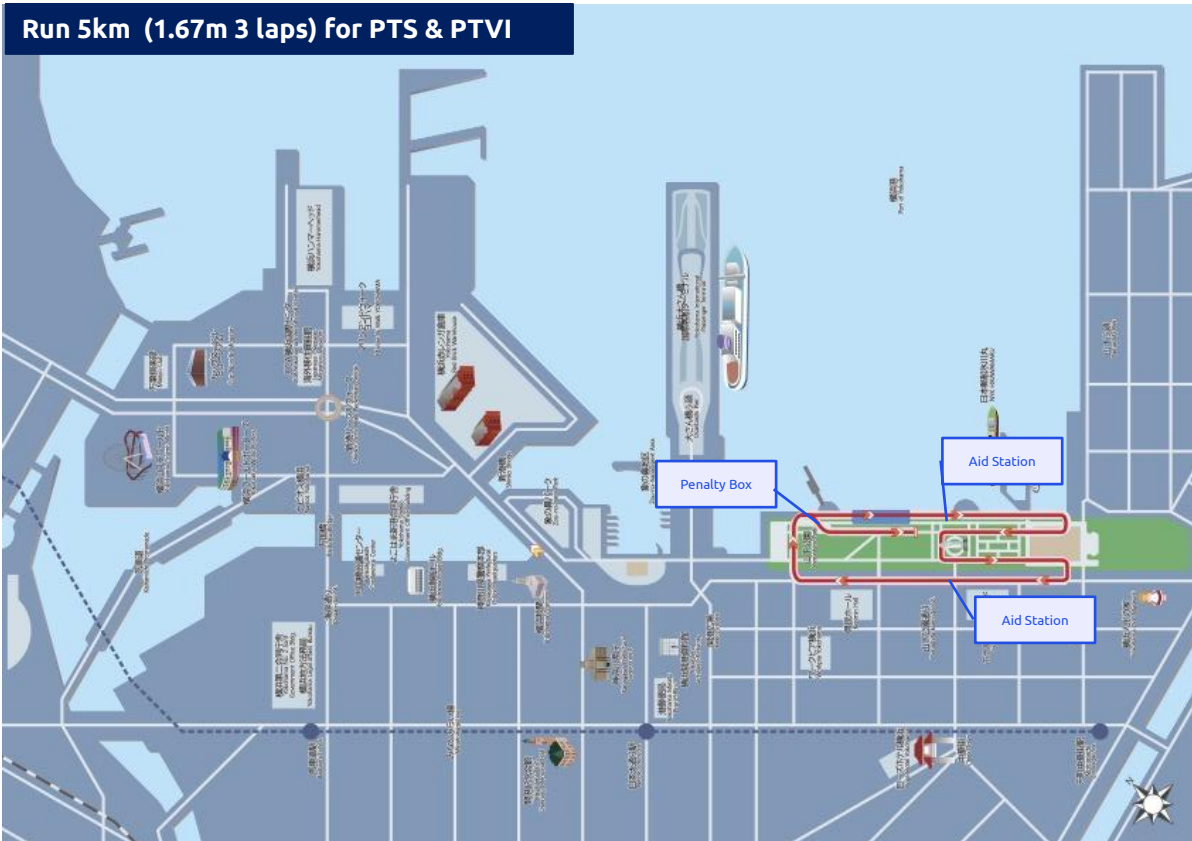


ELITE PARA Bike Course / Run Course (PTS / PTVI)

Bike 20km (5km 4 laps)



Run 5km (1.67m 3 laps) for PTS & PTVI



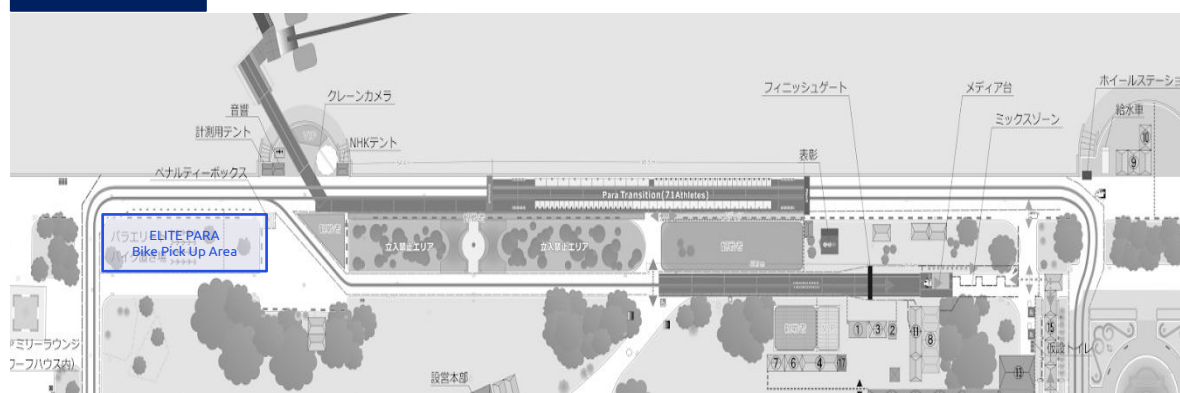


ELITE PARA Run Course (PTWC)

Run 5km (5km 1 lap) for PTWC



After Race



Elite Para Bikes will be moved to the Pick Up Area by LOC team after the competition.
Please pick up your own bikes.



Competition Information

Weather Conditions

Air temperatures in May range between 10.0 ~ 20.0 °C.

Year	2024			2023			2022			2021		
Event	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M	Para	E-W	E-M
Weather	Sunny	Sunny	Sunny	Rain	Rain	Rain	Rain	Cloudy	Cloudy	Sunny	Sunny	Sunny
W/T (°C)	19.5	19.8	20.2	19.6	19.7	19.6	19.4	19.7	19.7	20.1	20.6	20.9
A/T (°C)	20.9	25.4	25.4	23.2	18.7	17.1	23.0	21.5	21.5	20.5	26.0	30.0
Wetsuit	Allowed	Allowed	Not Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	Not allowed	Not allowed

Competition Rules

The race will follow the latest published competition rules of the World Triathlon

https://cms.triathlon.org/assets/8c5a2ad1-5784-43c2-b5e2-b95cff10c39a/World-Triathlon_Compition-Rules_20250124.pdf

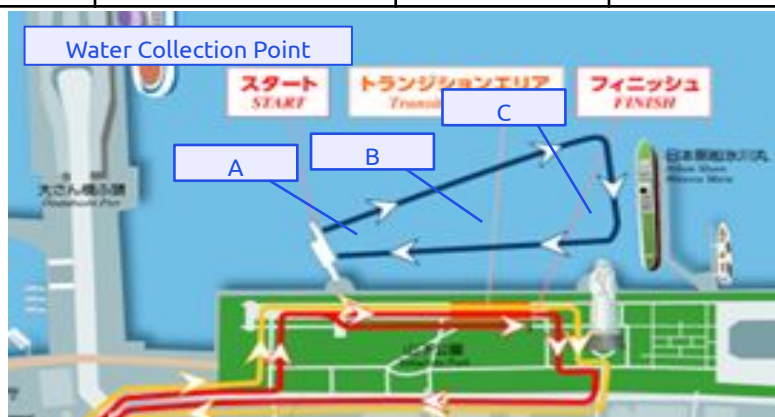
Protests and Appeals

Standard procedures will be followed according to the World Triathlon competition rules.

Water Quality

The water quality on March 17th is good. All items meet the requirements.

As of 17 th March	World Triathlon Criteria	Location A	Location B	Location C
Time		10:09	10:15	10:20
Weather		Rain	Rain	Rain
Water Temperature (°C)		11.8	11.8	11.8
Air Temperature (°C)		14.2	14.2	14.2
Ph	6 - 9	8.3	8.3	8.3
Enterococci (cfu/100ml)	Within 100	29	30	58
Escherichia coli (cfu/100ml)	Within 250	26	28	37
Positive visual evidence of Red Tide Algal bloom.	None	None	None	None





Contingency Plan / Evacuation Plan

CONTINGENCY PLAN

In the event of the cancellation of the swim the following duathlon race distances will be adopted.
In case of Elite Para, the start time and the start order will be changed.

Elite

Distance: 5km run, 40km bike, 10km run

Course: 1st Run (5km) : 2.5km per lap x 2 laps / Elite Run Course

Bike: (40km) : 4.4km per lap x 9 laps / Elite Bike Course

2nd Run(10km) : 2.5km per lap x 4 laps / Elite Run Course

Elite Para (PTWC)

Distance: 2.5km run, 20km bike, 5km run

Course: 1st Run (2.5km) for PTWC : 2.5km per lap x 1 lap / Elite Para(PTWC) Run Course

Bike: (20km) for : 5km per lap x 4 laps / Elite Para Bike Course

2nd Run(5km) : 2.5km per lap x 2 laps / Elite Para(PTWC) Run Course

Elite Para (PTVI & PTS)

Distance: 2.5km run, 20km bike, 5km run

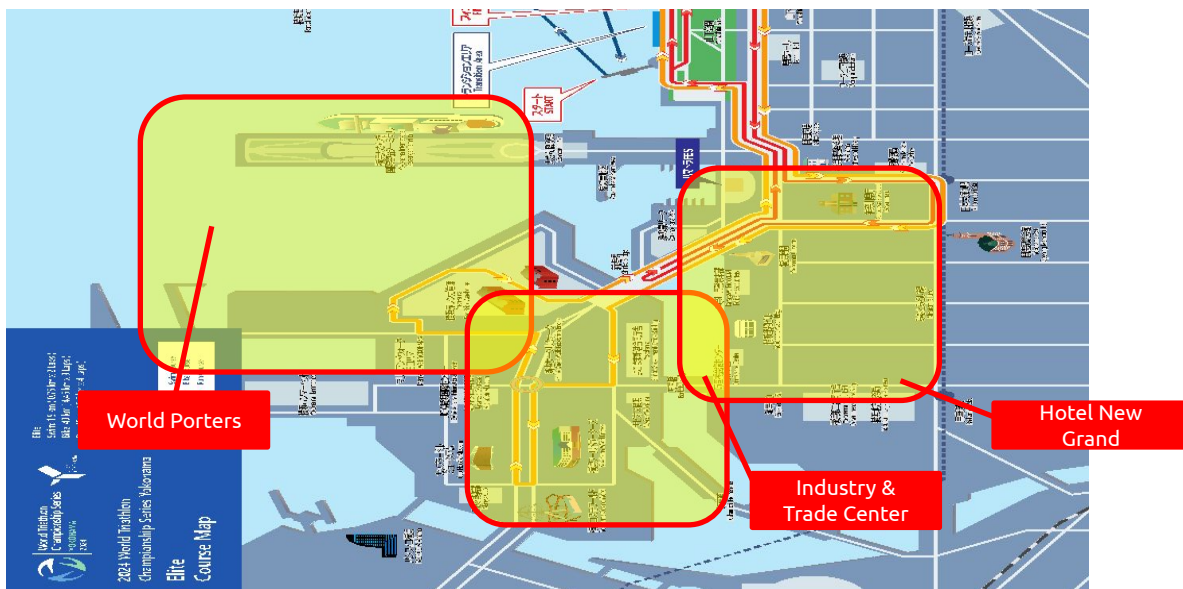
Course: 1st Run (2.5km) for PTVI & PTS: 1.67km per lap x 1.5 laps / Elite Para Run Course

Bike: (20km) for : 5km per lap x 4 laps / Elite Para Bike Course

2nd Run(5km) : 1.67km per lap x 3 laps / Elite Para Run Course

Evacuation Plan

If an earthquake or tsunami warning is issued during the competition, please follow the instructions of the LOC/TRI and evacuate as shown below.





Other Information

Live Timing

Women TBA

Men TBA

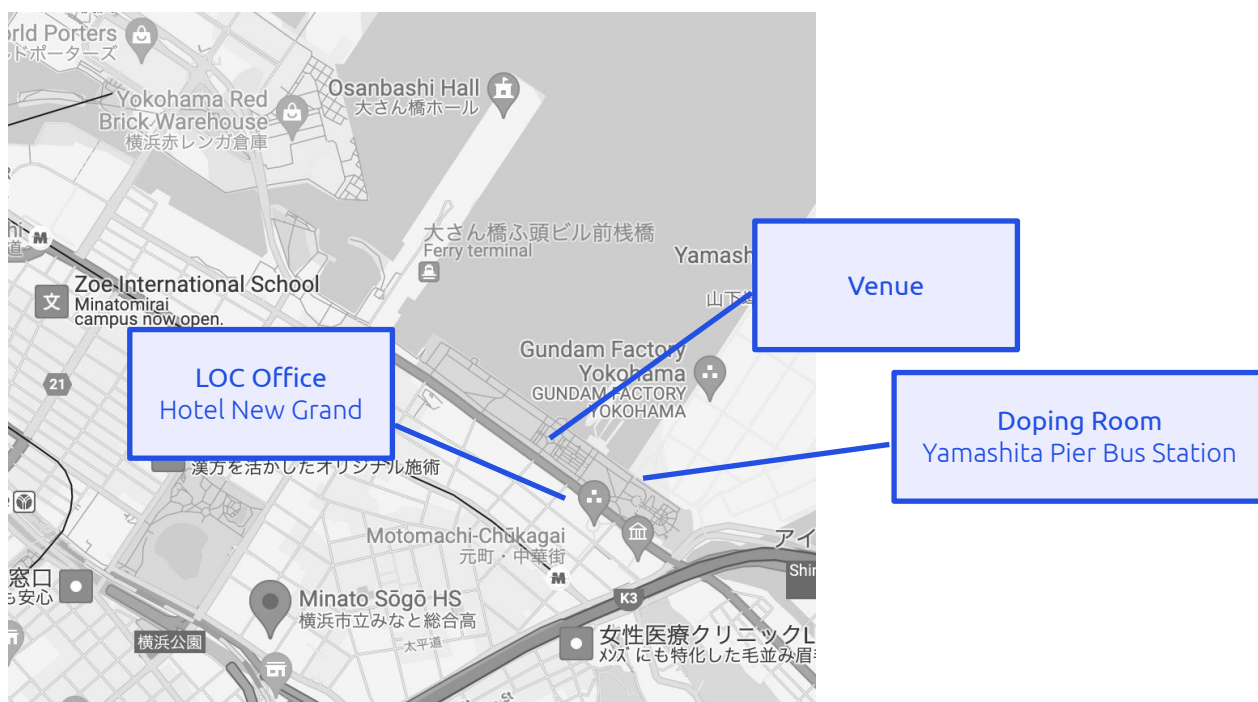
Live Streaming

<https://www.triathlonlive.tv/>

Doping Control

Doping Control will be performed according to the World Triathlon/WADA rules on the race day (17th May).

The location will be at Yamashita Pier Bus Station.





Other Information

LDC will provide a voucher worth 1,000 JPY (two 500 JPY tickets) that can be used at the EXPO "HAMATORA FES" booths to ELITE and ELITE PARA athletes.

Distribution

The vouchers (image as below) will be handed out after the ELITE and ELITE PARA athlete briefing

【 Front 】



【 Back 】



Terms of use

- This voucher is valid only at the time of payment
- This ticket can only be used at the EXPO "HAMATORA FES" booths and the Wharf House Yamashita Park food truck.
- No change will be given for purchases made with this voucher
- This voucher cannot be sold or exchanged for cash
- Items purchased with this voucher are generally non-refundable
- Lost or damaged vouchers cannot be reissued.

Location



Kids Program

Request for response to Kids Program

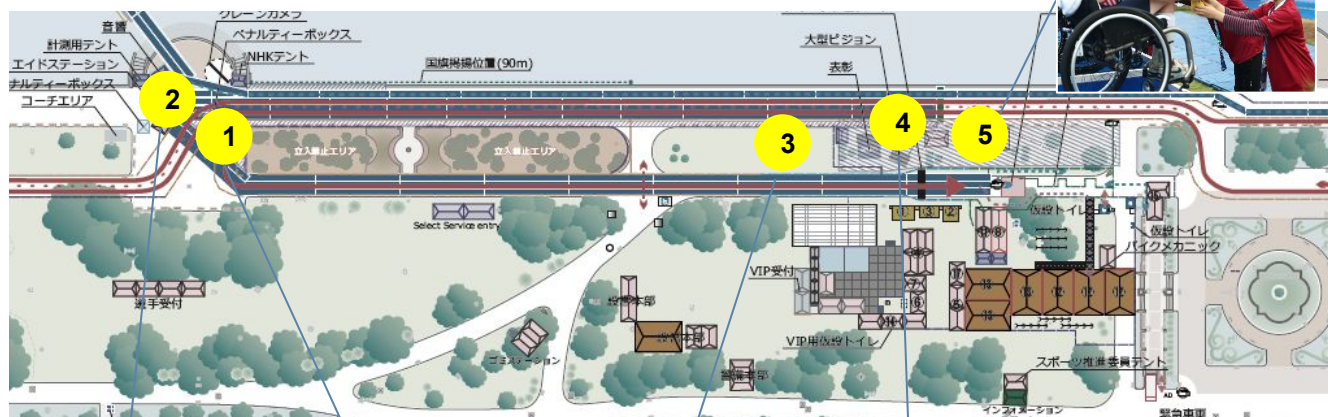
As a legacy of "World Kids Sports Summit YOKOHAMA" held in year 2009, Yokohama-city has provided "Kids Program" in our triathlon events from 2010 to 2024.

In order for kids to learn the importance of "doing", "watching", and "supporting" through sports, and to have an opportunity to grow up with "dreams" and "hopes" by getting a close-up look at top athletes challenging in competitions, we are planning to have "Kids Program" again and enhance programs as below;

- (1) Kids Reporter, at Elite & Elite Para's Start Ceremony and Race,
- (2) Kids Cheering Team, at Elite start ceremony and Swim finish,
- (3) Kids Cheering Team, beside the finish chute.
- (4) Escorting Kids, at Elite medal ceremony,
- (5) Gift Presenter Kids, at Elite-Para medal ceremony,

Please kindly respond them, as all of the kids will cheer you throughout the day !!

(5) Gift Presenter Kids



(2) Kids Cheering Team



(1) Kids Reporter



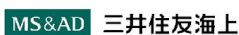
(3) Kids Cheering Team



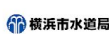
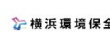
(4) Escorting Kids

Partners & Supporters

YOKOHAMA PARTNERS



YOKOHAMA SUPPORTERS



FOUDATION



HOST CITY



FEDERATION

