



ATHLETE GUIDE

Sunday September 11 , 2016

Dear 2016 Athlete,

On behalf of our entire team, we welcome you to ALL KIDS TRIATHLON EVENT!

Special THANKS to the support of our:

Funding



LAWSON

SPORTS CLUB NAS
DaiwaHouse Group

テレビポ



● KEY CONTACTS

Race Organizer: TEAM KEN'S

Contact(Japanese): Jun Nishizawa Tel 042-468-3513 info@teamkens.co.jp

Contact (English): Tomoko Oda Tel 090-6005-3000 applegg@gmail.com

Event Web Site: <http://www.allkidstriathlon.com/>

● RACE DATE Sunday September 11

● RACE TYPE

Category	Distance
Elementary 1-3	Swim 0.1km•Bike 5km•Run 1km
Elementary 4-6	Swim 0.15km•Bike 10km•Run 2km
Junior High 1-3	Swim 0.2km•Bike 15km•Run 3km

● AWARD CEREMONY

Top 3 Athletes for each grade (Boys and Girls)

* All finishers receive finisher's medal.

● SCHEDULE

Sunday, September 11

The race adapts a "Wave Start" to avoid congestion at the start.

"Wave Start" means that each competitor starts the event with his/her assigned start time.

Please be aware that the All Japan High School Triathlon will start at 1030, prior to the Kids Triathlon at 1210. Please make sure that young children do not stray onto the course.

	TIME	CONTENT	LOCATION
Before Race	8:30	Parking Gates open(Tachikawa Gate Car Park)	Tachikawa Gate
	9:00~10:15	Registration	Tachikawa Gate
	9:30	Park Gates open	Tachikawa Gate
	9:30~10:40	Transition Preparation	Transition Area
	10:50	Opening Ceremony Attendance is mandatory	Under the Big Roof
	11:00	General Briefing Attendance is mandatory	Under the Big Roof
	11:05	Race Briefing For beginners and 1st time competitors in the par	Transition Area
1st Group	11:35~11:45	Elementary1-3 Swim Warm up	Designated Pool Area
	11:50	<small>1st group athletes gather for Briefing, Timing chip to be handed out</small>	Nakanoshima
	12:10	1st Wave Elementary 3 Boys Start	
	12:12	2nd Wave Elementary 3 Girls Start	
	12:14	3rd Wave Elementary2 Boys Start	
	12:16	4th Wave Elementary2 Girls Start	
	12:18	5th Wave Elementary1 Boys Start	
12:20	6th Wave Elementary1 Girls Start		
2nd Group	12:15~12:25	Elementary4-6 Swim Warm up	Designated Pool Area
	12:30	<small>2nd group athletes gather for Briefing, Timing chip to be handed out</small>	Nakanoshima
	12:50	7th Wave Elementary6 Boys Start	
	12:52	8th Wave Elementary6 Girls Start	
	12:54	9th Wave Elementary5 Boys Start	
	12:56	10th Wave Elementary5 Girls Start	
	12:58	11th Wave Elementary4 Boys Start	
13:00	12th Wave Elementary4 Girls Start		
3rd Group	13:10~13:20	JuniorHigh1-3 Swim Warm up	Designated Pool Area
	13:25	<small>3rd group athletes gather for Briefing, Timing chip to be handed out</small>	Nakanoshima
	13:45	13th Wave JuniorHigh3 Boys Start	
	13:47	14th Wave JuniorHigh3 Girls Start	
	13:49	15th Wave JuniorHigh2 Boys Start	
	13:51	16th Wave JuniorHigh2 Girls Start	
	13:53	17th Wave JuniorHigh1 Boys Start	
13:55	18th Wave JuniorHigh1 Girls Start		
After Race	15:00	Cut off time/ End of all competitions	
	13:10ish	Elementary1-3 Award Ceremony	Under the Big Roof
	14:10ish	Elementary4-6 Award Ceremony	Under the Big Roof
	15:10ish	JuniorHigh1-3 Award Ceremony	Under the Big Roof
	15:40ish	End of all programs	

As the dates of the Japanese school year and the various International school year differ, we have decided to enter all children under the Japanese school year system. These are as follows:

● School grade and date of birth

Elementary 1	2009/4/2	~	2010/4/1
Elementary 2	2008/4/2	~	2009/4/1
Elementary 3	2007/4/2	~	2008/4/1
Elementary 4	2006/4/2	~	2007/4/1
Elementary 5	2005/4/2	~	2006/4/1
Elementary 6	2004/4/2	~	2005/4/1
Junior High 1	2003/4/2	~	2004/4/1
Junior High 2	2002/4/2	~	2003/4/1
Junior High 3	2001/4/2	~	2002/4/1

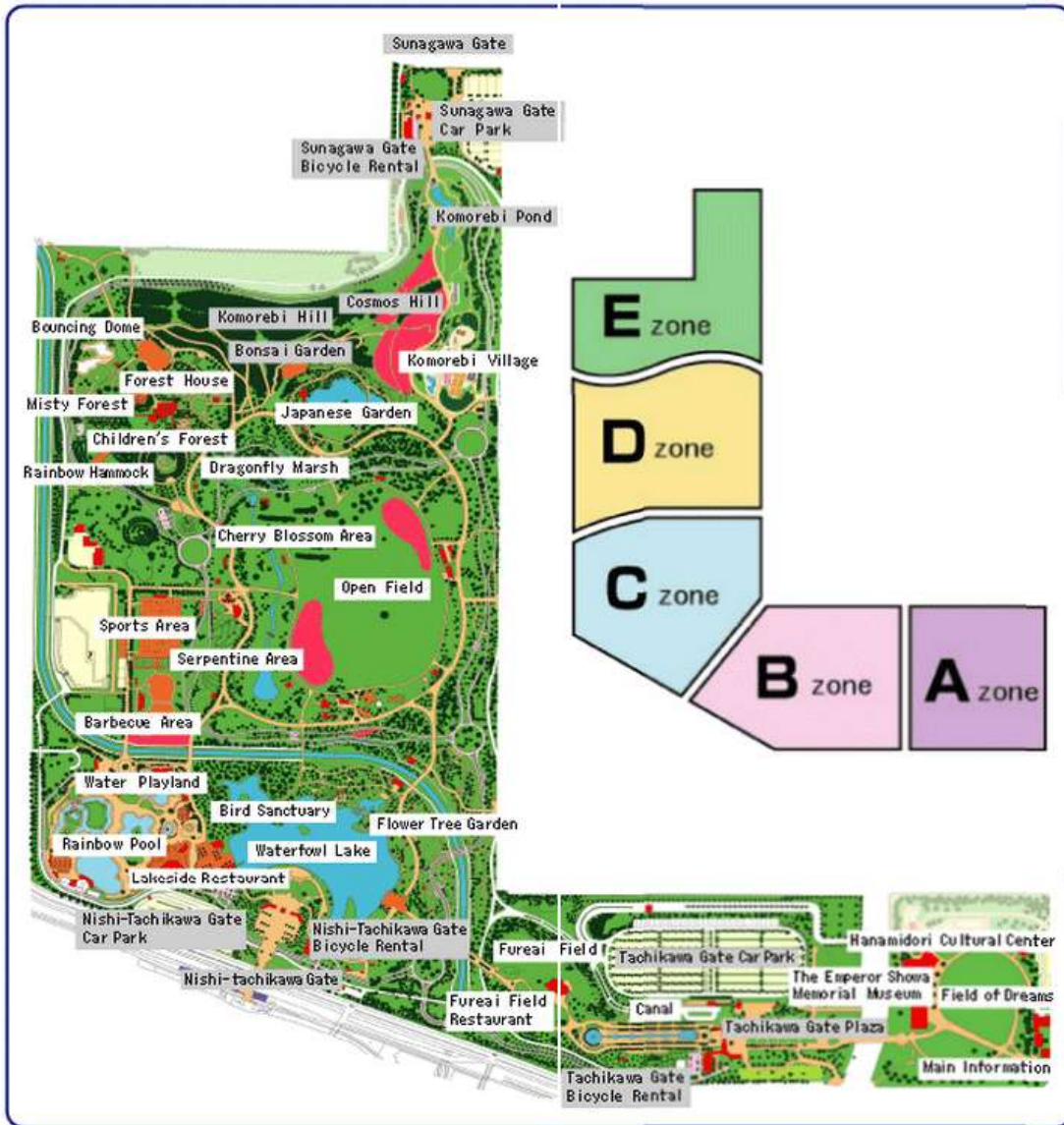
● LOCATION
VENUE

Showa Kinen Park <http://www.showakinen-koen.jp/html/english/>

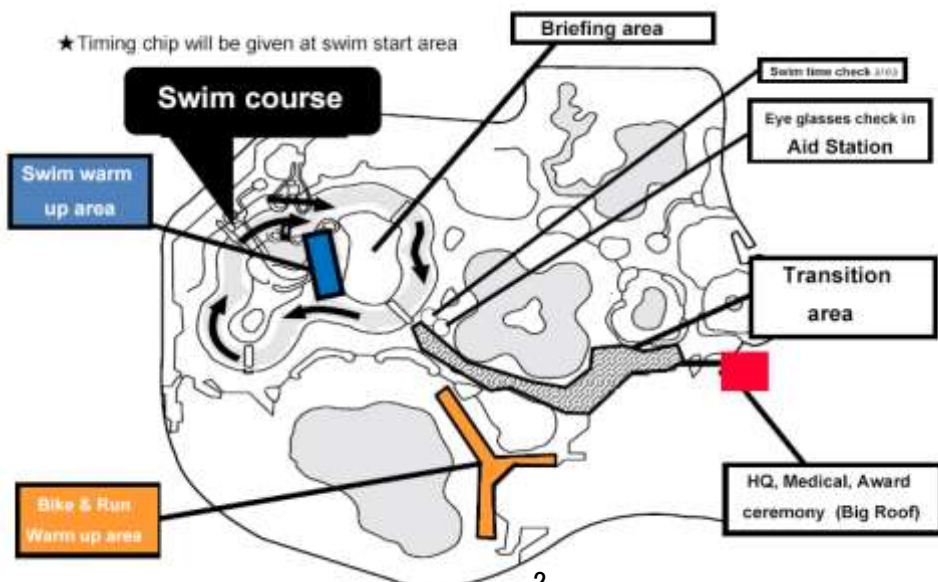
Parking <http://www.showakinen-koen.jp/html/english/info/index.htm#opening>

Local Transportation <http://www.showakinen-koen.jp/html/english/info/access.htm>

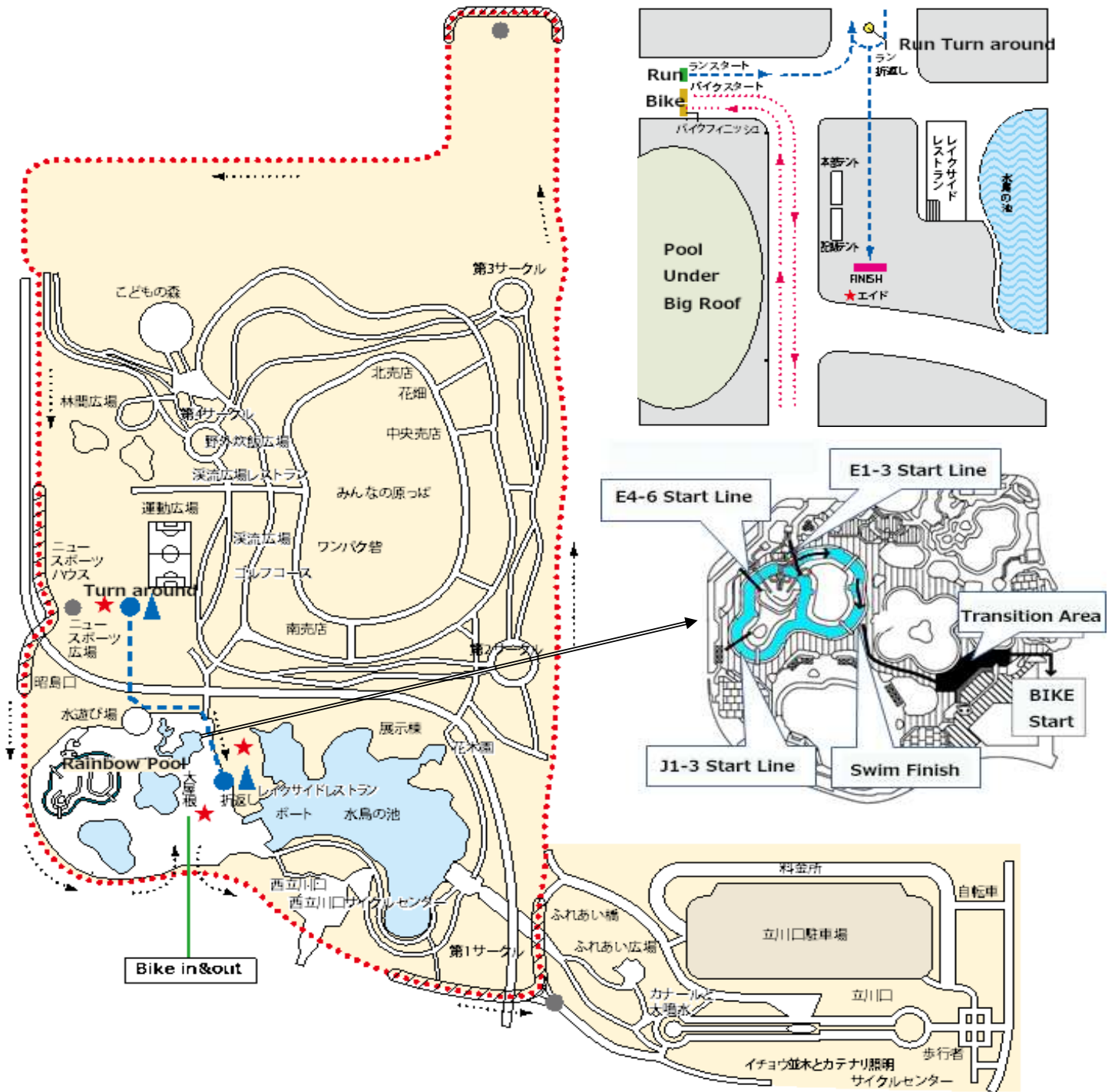
Area Guide



There is a swim and bike & run warm up area.



【Course Map】



- ⋯⋯⋯⋯⋯ Bike Course
- ⋯⋯⋯⋯⋯ Run Course
- ★ Aid Station

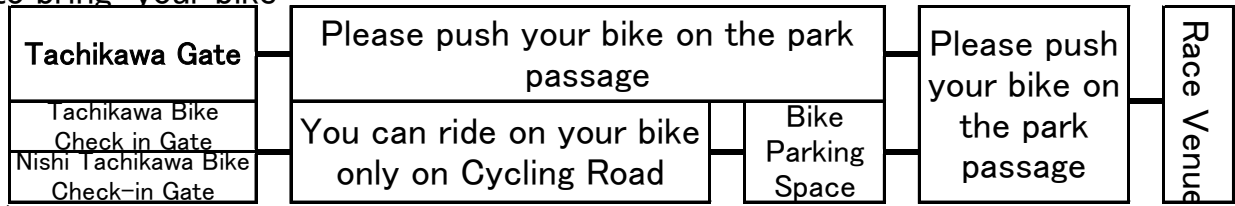
【Remarks】

<PLEASE OBEY THE PARK RULES>

Please refer to the event map.

●Registration and Entrance: TACHIKAWA GATE ONLY

●How to bring your bike



※Only participating athletes can bring their bikes on the park passage other than Cycling Road.

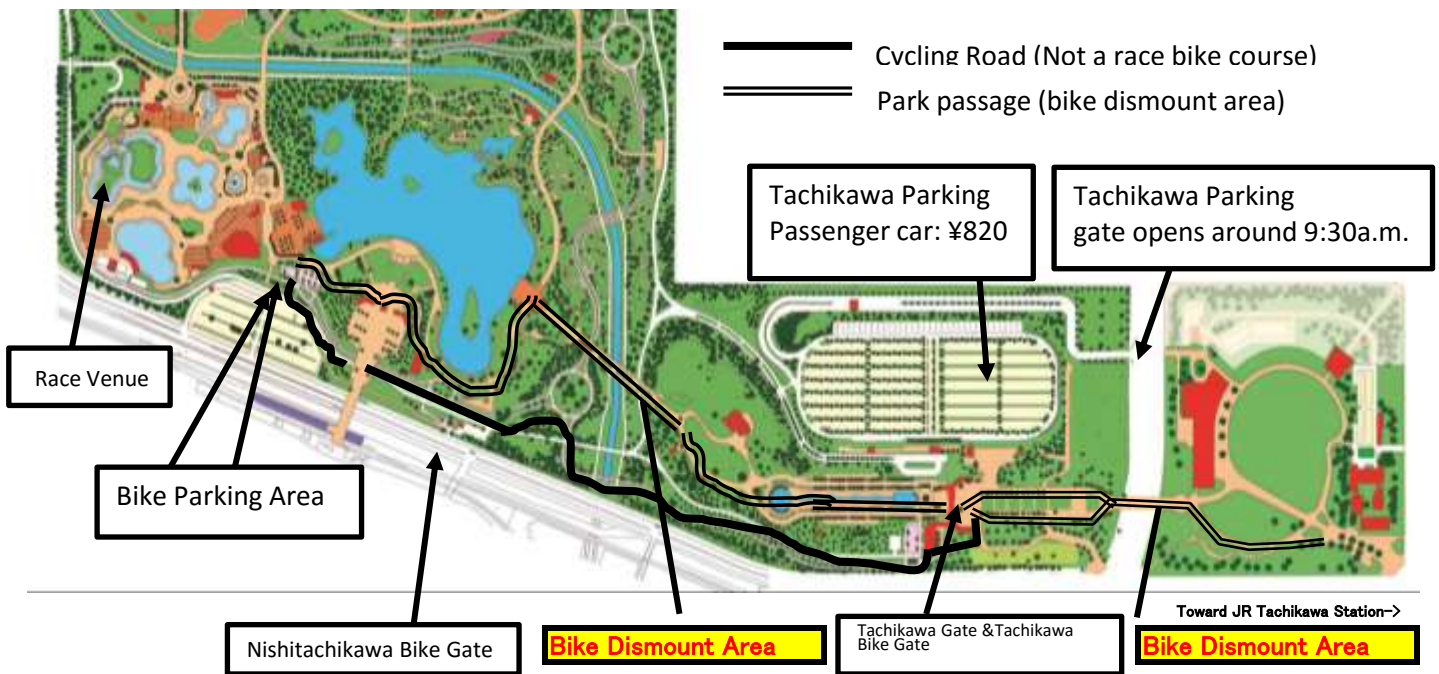
●From where can I bring my bike to the park?

You can only bring your bike from the designated entrances to race venue (RV). If you like to go outside of the race venue by bike, please use Cycling Road and park your bike in the Bike Parking Space.

●Where can I park my car?

Only Tachikawa Gate Parking is available. (Not Nishi Tachikawa Gate Parking)

【Tachikawa Gate to RV】



1. Things to bring

◎Mandatory

○Suggested

●Registration

- ◎Athlete Guide
- ◎Race Number, Number Stickers (For Bike and Helmet)
- Health Insurance Card

●Swim

- ◎Swim wear (trisuat is ok, wetsuit is not allowed)
Designated swim cap will be provided
- Swim goggles

●Bike & Run

- ◎Bike and bike bottle
- ◎Helmet
- ◎Clothes (bare torso is prohibited)
- ◎shoes
- Other
- Cap
- Towel
- Sun screen

<Attention please!>

- * All athlete must bring their own bike. The race organizer does not provide rental bikes.
- * You can not race with a park rental bike.

2. Registration

<Attention please!>

- ★ If you walk from Tachikawa Station to Tachikawa Gate (Registration area) it takes about 15 mins.
From Registration area to race venue also takes about 15 mins to walk.

1) Registration is at Tachikawa gate.

2) Please bring the athlete guide.

3) We will provide:

- Race numbers
 - ※ We do not provide safety pins.
 - Number stickers for bike and helmet
 - * We suggest you use a race number belt which will be available to buy at the booth.
 - * If you don't wish to buy one, we can provide a simple belt band for free at registration.
- At Registration
 - Event Brochure • A gift from our sponsors
 - Park admission ticket (athlete only)
- Just before race start
 - Swim Cap • Timing Chip

3. Parking

1) Only Tachikawa gate parking is available. (Not Nishi Tachikawa gate parking)

2) Dismount your bike in the parking area. (Roller stand is allowed)

3) Tachikawa gate parking opens around 9:30 a.m.

4. Race number

1) Race number and Swim cap color

Grade	#	Gender	Start	Cap color
Elementary1	1001~	Boys	5th wave	White
	1101~	Girls	6th wave	Red
Elementary2	2001~	Boys	3rd wave	Yellow
	2101~	Girls	4th wave	Green
Elementary3	3001~	Boys	1st wave	White
	3101~	Girls	2nd wave	Red
Elementary4	4001~	Boys	11th wave	Yellow
	4101~	Girls	12th wave	Green
Elementary5	5001~	Boys	9th wave	White
	5101~	Girls	10th wave	Red
Elementary6	6001~	Boys	7th wave	Yellow
	6101~	Girls	8th wave	Green

* Swim cap will be given right before swim start

Grade	#	Gender	Start	Cap color
Junior High1	7001~	Boys	17th wave	White
	7101~	Girls	18th wave	Red
Junior High2	8001~	Boys	15th wave	Yellow
	8101~	Girls	16th wave	Green
Junior High3	9001~	Boys	13th wave	White
	9101~	Girls	14th wave	Red

*Your race number is printed on the front side of the envelope.

2) Body Numbering

After registration,
put your number on both arms (2 parts)



- ※ Boys with black pen and Girls with red pen
- ※ You can write your number by yourself.

3) Where to place race numbers

◆ Please refer to the photos.

Bike: Back side Run: Front side



↓ ◆ Number sticker for bike (Left side)



◆ Number sticker for Helmet (Front side) ↑

Bring your race number belt.

Or you can buy it in the sales booth.

Because of safety reasons, we do not provide safety pins.

Write emergency contact on the back of race number.

It is helpful in case of an emergency.

5. If you are late.

- 1) You may race but the result may not be official. Please consult with Race Officials.

6. Award ceremony and results

- 1) Award ceremony will be held after the race "Under the big roof".
- 2) Results will be posted on board "Under the big room" when available.
- 3) The official results will be posted on the event homepage in the following days.

7. DNF

- 1) Securing safety for athletes is the first priority at the event.
If you don't feel well, please stop racing. We'd like you to race safely and pleasantly.
- 2) If you decide to discontinue the race (DNF), report to the nearby officials or staff.
Provide your race number and hand in your timing tip to Race Organizer office.
*Please don't hand in your timing chip to the time measuring tent near finish area as computer detects your chip as "finished".

8. Taking pictures

Recently secret filming at sports events has been reported,

If you would like to take picture or video,

- 1, Please sign up at Registration and put "Ribbon" as a proof.
(We mail you 2 ribbons per athlete. If you need more, please let us know.)
- 2, If someone is taking picture or video without a ribbon, we may ask you to show the contents.
- 3, Professional photo service is also available.
- 4, If you see any suspicious person, please report to Race Organizer.

If you see any secret filming, please talk to a nearby guard or call us (090-1764-5366)

9. Other remarks

- 1) **Please make sure to hydrate yourself at least one day before the race.**
- 2) Please be prepared for rain or even cold temperature.
- 3) **Wearing head gear is suggested.**
- 4) If you find any athletes in trouble, please contact nearby staff or guards.
- 5) **Make sure your health condition is good before you race.**
- 6) If we make any changes, we will post it on the board near Headquarter.
- 7) **Please bring your trash home with you.**
- 8) You cannot send your belongings to the park.
- 9) **Coin Lockers are available for your personal belongings (In the Pool Locker Room: ¥100)**
- 10) Please make sure to keep your valuables safe.
- 11) We have race insurance for athletes.
- 12) Timing chips must be returned at the finish or to Headquarter. If you lose it, you will be charged for it.
- 13) Please bring one bike per athlete.
- 14) TV or newspaper crews may be on site.
- 15) Spectators need to pay a park admission fee.
- 15) Athlete can only swim in the designated pool.
- 16) Please do not enter the off limit area.
- 17) **Only participating athlete can go into the pool.**

【Competition Rules】

Managing your health condition is important before the race.

- ◆ If you don't feel well, do not push yourself to race.
- ◆ If you become sick during the race, ask someone nearby for help.
- ◆ Hydrate enough at least one day before the race.

1, Basics

- 1) The race complies with JTU Competition Rules and local rules partially.
- 2) "SAFETY" for everyone related to the race is the number one priority.
- 3) The race goal is for the kids to enjoy triathlon.
In order to secure safety and to enjoy triathlon, officials or staff may assist athletes.
- 4) Junior Triathlon is a healthy sport to enjoy swim, bike and run. It is not only to compete with others.
- 5) The Race Organizer has the rights on the basis of (2) and (3)
 - A) We may change the race contents if we cannot secure safety due to bad weather conditions
 - B) We may disqualify athletes who violate the rules and ignore the instructions
 - C) We may discontinue an athlete due to accident or lack of technical ability or fatigue.
- 6) Triathlon is an individual sport. Any support from parents or others is not allowed.
(In order to secure safety, our staff may assist athletes. Running along side athletes or giving drinks or food is not allowed. Any kind of personal support is prohibited.)
- 7) Please follow the instructions of race officials and staff.
- 8) Please remember the fair play spirit at all the times.
- 9) You may rest during the race but make sure you are not in anyone's way.

2, Call-up time, time limit, DNF

- 1) Don't be late for the gathering time at the start area.

3, Race number

- 1) Before you start, make sure you set out your clothes, shoes and race numbers in transition area.
- 2) Racing without clothes and putting race number improperly is prohibited.
We may stop you to fix it.
- 3) You must show your race number to enter transition area and also to pick up your bike and personal belongings after the race.

4, Transition

(Transition is a place where you change from swim to bike, bike to run)

<1>Preparation and pick-up

- 1) Rack your bike on your race number as shown in photo ①
- 2) Put your bike on the rack and your number should be visible as shown in photo ②
(Same when you rack your bike before run) ... (Photo ②)



In the direction of arrow

- 3) You can use a marker such as a balloon only if it does not disturb other athletes.
We may remove it without warning if it is an obstacle to others.
 - A) If necessary, using string to rack your bike is allowed as shown in photo ③ and ④.
 - B) You cannot bring a box or a bike stand into the transition area.
If officials find any unnecessary articles, they will be removed without warning.
- 4) The transition area can be very crowded. Make sure you put your belongings neatly.
- 5) Only athletes can enter the transition area.
However, parents/guardians may enter the transition area during the preparation period.
- 6) After the last athlete finishes in each group, an announcement to open the transition area will be made.
Please take your bike and belongings from the transition area before 15:00.
Any bikes left after 15:15, they will be stored at the other location.
※ Due to the ongoing competition, you may have to wait to take your belongings.

7) Bring your race number to access the transition area and bike set up.
Upon picking up your belongings, we ask you to show your race number, helmet and bike number.

<2> Competition

- 1) The transition area is a part of the Field of Play (FOP). You must dismount your bike in Transition area.
- 2) Helmet strap must be securely fastened before you unrack your bike.

Helmet strap must be securely fastened until you rack your bike after bike finish.

- 3) You must pass Mount Line to mount your bike.

You must dismount your bike before Dismount Line.

- 4) You have to wear clothes during the race. (Racing with a bare torso is subject to penalty.)

- 5) Make sure you put your number card in right position before bike and run leg.

6) Leaving your personal belongings outside of the designated area is subject to penalty.

5, Swim familiarization (Timing chip distribution)

- 1) Timing chip will be distributed near swim start.

Put timing chip around your ankle.

- 2) Once you receive timing chip, you cannot come back to transition area.

Swim familiarization is mandatory for counting the number of athletes.

Please follow directions by Officials and staff.

6, Swim

<1> Equipment

- 1) Designated swim cap will be given right before the swim start.
- 2) Only goggles and earplugs are allowed to be used. (wetsuits are not allowed)

<2> Competition

Pool is 1.1 meter deep. A raised floor is provided at the star area for Elementary 1-3.

- 2) Make sure of the location of the Swim Start and Finish Area before the competition.

3) Dolphin through (proceed by kicking the floor) or walking in the pool is prohibited.

- 4) You may cling to wall or stand to rest.

- 5) If you need help, stop swimming and wave your hand to get attention.

Don't panic, and wait to be helped.

- 6) Swim in a fair-minded way, especially when there are many athletes around you.

Don't pull someone's hand or leg or push someone down in the pool.

<3> Others

- 1) You may leave your eye glasses at the swim finish. (Bring your own eye glasses before swim start.)

- 2) Swim familiarization is available at designated time and area.



7, Bike

<1> Equipment

- 1) It is mandatory to wear and securely fasten your helmet strap while riding the bike on the course and pushing the bike in the transition area.

◆ Kinds of helmet

Helmet must be approved by an accredited testing authority.

The athlete with a non approved helmet is subject to DNS.

<Examples of prohibited helmet>

• Helmet for construction, Non-bicycle helmet

• Helmet strap made of rubber



Safety is the most important. Use an approved helmet by authority.

- 2) **Securely fasten the strap to avoid unnecessary injury.**

If the strap is too loose, we will ask you to stop and securely fasten it.

- 3) Use a bike which you are familiar with.

- 4) Take all unnecessary equipment off from the bike to avoid injury if you fall from bike.

It is suggested to take off the bike stand.

- 5) No battery assisted bicycle is allowed.

- 6) Aero bars and assist bars are prohibited. (Please take them off before the race)

- 7) Put end caps on handle bars to avoid injury if you fall from bike.

- 8) Bring your own bike repair kits if you use a road bike.

Make sure you can fix your puncture by yourself.

9) Bring enough drink in the bottle to hydrate yourself during the race.

(There is no aid station on bike course)

10) **Using a pet bottle and pet bottle cage is prohibited. Make sure to use a bike bottle.**

(Pet bottles can easily come off from the bike and become obstacles on the bike course.

Trying to open a bottle cap on the bike is also dangerous)

11) Wear trisuits, T-shirts or running shirts during the race.



<2> Competition

1) Bike course is a 5km loop.

2) You will be DNF if you lack the required laps. We recommend you use a cycle computer

Officials and staff can not tell you your laps. Count them by yourself.

A) We will judge the number of your laps by checking

① the number of your race number counted at check points

② other athletes' time in your wave

③ the distance on your cycle computer

If we find you finish without completing the required laps, you will be DNF.

B) If you realize you did not complete your laps before you dismount your bike, report to officials.

Officials will guide you back to the bike loop course, push your bike to the point.

Cycling in the wrong direction on the bike course is prohibited.

3) Obey the traffic rules. Make sure to follow the instructions posted and officials and staff.

4) Keep to the left on the bike course. When you pass another athlete, pass from the right side and clearly and loudly say "On your right" in English or "右=Migi" in Japanese.

5) You may pass an athlete when it is safe. If someone tries to pass you, do not obstruct.

6) Slow down at the acute curves and passing is prohibited.

7) If your bike has technical problems, talk to the nearby officials or staff.

If you cannot ride the bike, you may push your bike by walking on the left side of the course.

There is no Spare wheel stop.

8) When you finish the bike leg, bring your bike to the rack with your race number in transition area.

9) **Drafting, cycling in a group, and cycling next to someone is prohibited.**

Especially junior high school athletes should be aware of it!

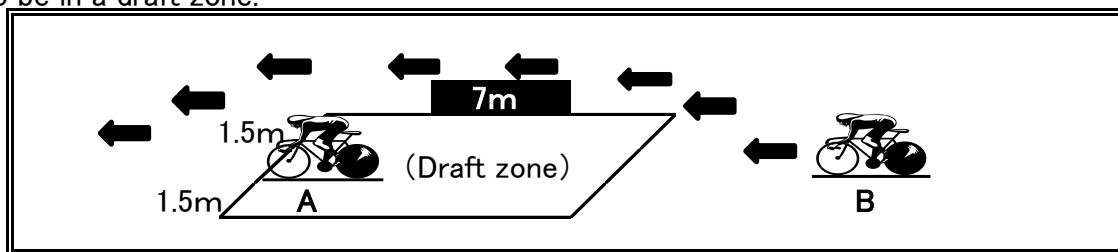
※What is drafting? . . . (Refer the diagram below)

• Drafting means you cycle within the draft zone of someone in front of you.

In draft zone, you can avoid the air resistance and cycle easier.

• Draft zone is 7m from the front wheel of the bike in front of you and 1.5m left or right beside you and another athlete.

You may enter the draft zone when you try to pass, but you have to be come out of the draft zone in 15 secs. When you are slowing down near mount/dismount line or turning around it is all right to be in a draft zone.



• If B tries to pass A, pass as the arrows show within 15 sec.

When you finish passing, come back to the left side of the course.

• A must keep left and can not accelerate while being passed.

★ Attention

• Make sure you know the location of mount and dismount line.

• It is 100m to 200m from transition area to mount/dismount line.

• Mount and dismount line area is narrow. Make sure to slow down near these areas.

(especially near dismount line)

<3>Mechanic service

- 1)Mechanic service is available with fees.
There is no bike check before the race, Bring "ready to race" bicycle.
Mechanic service cannot fix any improperly maintained bicycle.

8, Run

<1>Equipment and course

- 1)The run course is a 500meter out and back loop in the park.
- 2)Wear trisuits, T-shirt, or running shirts during the race. (Bare torso is prohibited)

<2>Competition

- 1)You will be DNF if you lack the required laps.
- 2)Run on left side. Pass on right side. You may say "on your right" in English or "右=Migi" in Japanese to pass someone smoothly.
- 3)Parents, friends or supporters cannot run along beside you.
- 4)How to check the number of laps
We will give you a rubber band at the far side turn around.
•If you want to make sure the number of laps, take the rubber band and count them before you finish.
•It is not mandatory to take the rubber bands.

Elementary 1-3	1lap	(finish with 1 rubber band)
Elementary 4-6	2lap	(finish with 2 rubber bands)
Junior High1-3	3lap	(finish with 3 rubber bands)

9, Penalty

- 1)If we predict any penalty or cause danger, we will give you a warning.

10, Protest

- 1)Any protest regarding the competition will be accepted at Headquarter within 30 minutes after the race ends.

11, Aid Station

◆ We will provide cold water at the aid stations. Drink it to hydrate yourself.
If you don't feel well, don't push yourself. Have some rest.

- 1)Aid stations are located at Swim Finish, on run course, and near Finish Area. (Not on bike course)
- 2) Put your used cups in the trash boxes on the course.
Littering on the course is subject to penalty.
- 3)Staff don't run with you to give cups. Slow down when you take cups.
- 4)Only taking drinks at aid station is allowed.

12, Finish

- 1)You will be DSQ(Disqualified) if your parents, friends or supporters run along beside you to finish.

13, Bike and run familiarization

- 1)Bike and run familiarization is not allowed on the course or in the parking area.
- 2)Cycling road is used to move between the entrance to the race site and not to warm up.

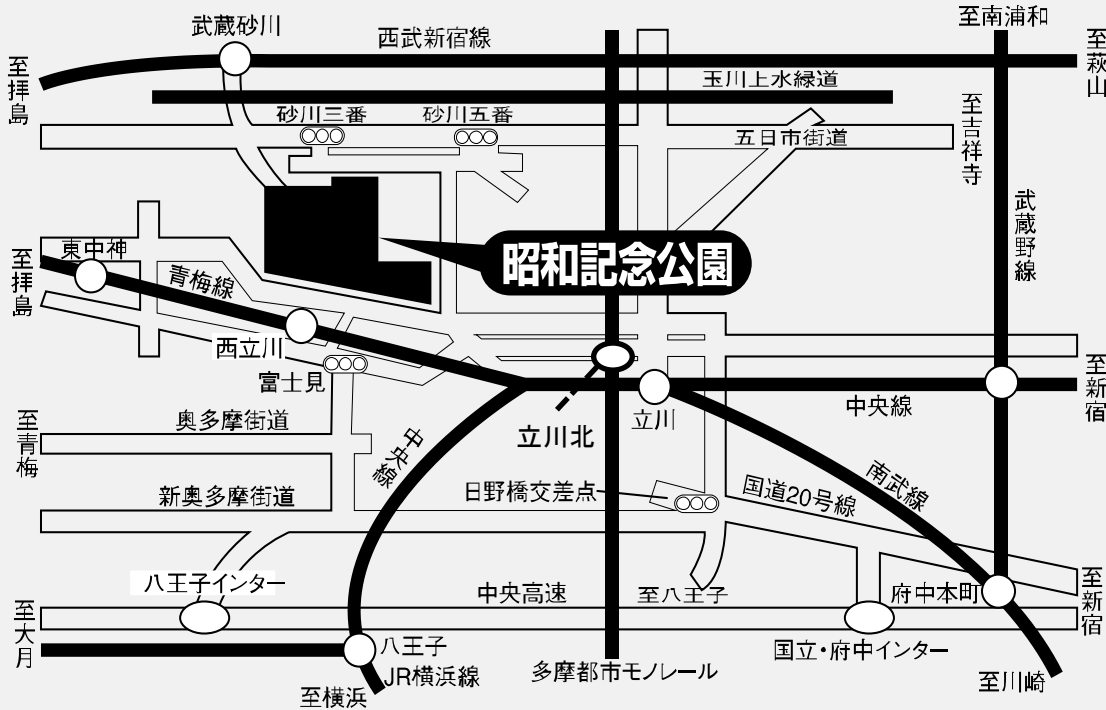
14, Cancellation, Modification and interruption of the competition

- 1)Due to the weather condition, if we find it dangerous to conduct the race, we will announce any changes or cancellation of the event at Registration tent around 9am.
✕We may change the competition from triathlon to duathlon by canceling swim leg.
- 2)If lightening occurs, we may interrupt the competition until safety is secured.
Whether we resume or cancel the competition will be determined by the weather condition.
- 3)If the competition is interrupted and cannot resume, the award is determined by HQ and officials.
- 4)The competition fee is non refundable if the competition is cancelled.

15, In case of emergency

- 1)In case of emergency, if an ambulance is called, we will interrupt the competition to escort the ambulance. The time spent during this halt is counted toward your race time.
Please understand. Safety is the first priority.
- 2) If you find any athlete in trouble, please talk to the nearby officials and staff.

大会会場へのご案内



各地からの所要時間

新宿	一般道利用	約80分
	首都高速・中央道利用	約40分
	JR中央線利用	約40分
	〃 (青梅特快)	約30分
八王子	一般道利用	約30分
相模大野	JR中央線利用(八王子より)	約15分
川崎	JR南武線利用(川崎より)	約60分
横浜	JR横浜線快速利用(横浜より)	約70分
所沢	西武線利用(国分寺乗りかえ)	約25分
浦和	JR武蔵野線・中央線利用	約50分

※乗りかえに必要な時間は除く。

各入口と最寄駅までの徒歩時間

あけぼの口	JR中央線・立川駅	約10分
	多摩都市モノレール・立川北駅	約8分
立川口	JR中央線・立川駅	約15分
	多摩都市モノレール・立川北駅	約13分
西立川口	JR青梅線・西立川駅	約2分
昭島口	JR青梅線・東中神駅	約10分
玉川 上水口	西武拝島線・武蔵砂川駅 (残堀川緑道経由)	約25分
砂川口	西武拝島線・武蔵砂川駅	約20分

駐車料金

大型(1回)	1,750円
普通(1回)	820円
原付・自動二輪(1回)	260円

(駐車場)

・立川口駐車場のみ使用ができます
(西立川口は使えません。)

(路上駐車、及び開門前の駐車場待ちの
停車はできません。)

・駐車場から会場までは遠いことを
念頭に行動してください。
(立川口駐車場から徒歩約15分)

Park Admission

Adult	410円
Children (7-15)	80円
Adult(65-)	210円

詳しくは、昭和記念公園のホームページを
ご覧ください

<http://www.showakinenpark.go.jp>

English guide: <http://www.showakinen-koen.jp/html/english/info/access.htm>