

2024 ASTC · Osaka Castle Triathlon Race Schedule

(As of April 27th)

Saturday, May 25

13:00~14:00	Elite swim familiarization *Elite only	Swim area
15:00~15:50	Elite Registration	Twin 21 20th Floor
16:00~16:50	Elite Competition Information Session	Twin 21 20th Floor
17:00~17:30	Elite athlete briefing	Twin 21 20th Floor

Sunday, May 26

8:00	Traffic control start	OBP and Tamatsukuri suji
8:15	Elite Women's Competition Starts	Venuek
9:30	End of the competition ~ Medal ceremony	Taiyo-no-Hiroba
~9:50	Bike Pick-up	Transition Area
10:15	Elite Men's Competition Starts	Venue
11:30	End of the competition ~ Medal ceremony	Taiyo-no-Hiroba
~11:50	Bike Pick-up	Transition Area

Wave 1 (Age: Standard Male ~ 49 years old)

9:25~9:55	Registration	Taiyo-no-Hiroba
9:55~10:25	Transition area check-in	Transition Area
10:55~11:30	Ankle Band Distribution - Swim Warm-up	Swim area
11:30~	Wave 1: Competition Starts(by group, time difference)	Venue
15:10/15:12	End of competition	
15:20 頃~	Bike Pick-up	Transition Area

Wave 2 (Age: Standard, Male 50 years old, Female)

10:45~11:15	Registration	Taiyo-no-Hiroba
11:15~11:45	Transition area check-in	Transition Area
11:45~12:20	Ankle Band Distribution - Swim Warm-up	Swim area
12:20~	Wave 2: Competition Starts(by group, time difference)	Venue
16:00/16:02	End of competition	
16:00 頃~	Bike Pick-up	Transition Area

Wave 3 (Age: Sprint/Relay Men's & Women's)

11:40~12:10	Registration	Taiyo-no-Hiroba
12:10~12:40	Transition area check-in	Transition Area
13:20~13:55	Ankle Band Distribution - Swim Warm-up	Swim area
13:55~	Wave 3: Competition Starts(by group, time difference)	Venue
16:00/16:02	End of competition	
16:00 頃~	Bike Pick-up	Transition Area

15:45	Traffic control finished	Tamatsukuri suji
16:00	End of all competitions	