

2025 ASTC Osaka Castle Triathlon Competition Schedule

May 24 (Sat)

13:00~14:00	Elite Swim Trial Swim	Swim area
15:15~16:00	Elite Receptionist	Shiromi Hall
16:00~16:30	Elite Competition Information Session	Shiromi Hall

May 25 (Sun)

8:00	Commencement of traffic restrictions	Around OBP and Tamatsukuri-street
8:15	Elite Women's Competition Starts	Swim area → OBP → Tamatsukuri-street → Park
9:30	End of the competition ~ Medal ceremony	Taiyo-no-hiroba
9:30~9:50	Bicycle Pick-up	Transition Area
10:15	Elite Men's Competition Begins	Swim area → OBP → Tamatsukuri-street → Park
11:30	End of the competition ~ Medal ceremony	Taiyo-no-hiroba
11:30~11:50	Bicycle Pick-up	Transition Area

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

9:25~9:55	Registration Acceptance	Taiyo-no-hiroba
9:55~10:25	Bicycle Settings	Transition Area
10:55~11:10	Ankle Band Distribution	Swim area
11:10~11:30	Swim Warm-up	Swim area
11:30/11:32	Start of the 1st Wave Competition (by Group/Time Difference)	Swim area → Tamatsukuri-street → Park
15:10/15:12	End of competition	
15:20~	Bicycle Pick-up	Transition Area

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

10:45~11:15	Registration Acceptance	Taiyo-no-hiroba
11:15~11:45	Bicycle Settings	Transition Area
11:45~12:00	Ankle Band Distribution	Swim area
12:00~12:20	Swim Warm-up	Swim area
12:20/12:22	Start of the 2nd wave of competition (by group/time difference)	Swim area → Tamatsukuri-street → Park
16:00/16:02	End of competition	
16:00~	Bicycle Pick-up	Transition Area

Wave 3 (Age: Sprint/Relay, All)

11:40~12:10	Registration Acceptance	Taiyo-no-hiroba
12:10~12:40	Bicycle Settings	Transition Area
13:20~13:35	Ankle Band Distribution	Swim area
13:35~13:55	Swim Warm-up	Swim area
13:55/13:57	Start of the 3rd Wave Competition (Group/Time Difference)	Swim area → Tamatsukuri-street → Park
16:00/16:02	End of competition	
16:00~	Bicycle Pick-up	Transition Area

15:45	Lifting of traffic restrictions	Around Tamatsukuri-street
-------	---------------------------------	---------------------------