

READY STEADY TOKYO

Cycling Mountain Bike

October 3,4,5,6th 2019



TECHNICAL GUIDE

(TOKYO 2020 Test Event)

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Cycling Mountain Bike

The Tokyo Organising Committee of the Olympic and Paralympic Games continues with its preparations for the Games and the test event. This most valuable opportunity allows for Tokyo 2020 to confirm and improve the competition and Games operation capabilities in order to ensure a successful operation during Games Time. The primary goals are to test the venue and the full Olympic Mountain Bike course, results technology, command and control protocols as well provide an opportunity to train staff and volunteers.

The Cycling Mountain Bike Test Event is included on the UCI International Mountain Bike Calendar as a class 3 race for men and women elite and will run under UCI regulations.

The Izu Mountain Bike Course will contain a mixture of man-made technical features and it will make full use of the natural environment contained within the venue. The Tokyo 2020 course designer has designed a super compact course that allows the spectators to view it from many different places. The athletes will be tested over undulating terrain comprising of steep climbs, technical descents and a mixture of different surfaces.

Event overview

Event	Men's / Women's Mountain Bike Races
Event Name	READY STEADY TOKYO Cycling Mountain Bike
Date / Brief schedule	<p>Day 1 – Thursday October 3rd ; UCI course inspection at 10.00 – 12.00 noon. Accreditation / Vehicle pass collection – 12.00 until 15.00 Course Foot Inspection – 13.00 – 16.00 Athletes / Team Officials</p> <p>Day 2 – Friday October 4th; Rider confirmation 10.00-12.30; Course opens for training 13.00-14.30 Women 14.30-16.00 Men</p> <p>Day 3 – Saturday October 5th; Course opens for training; 11.00-13.30 Women, 13.30-16.00 Men. 16.30-17.00 Team Managers meeting</p> <p>Day 4 – Sunday October 6th; Course opens for training 9.00-10.30, Women`s Race 11.00-12.30 approx. Men`s Race 14.00-15.30 approx.</p>
Course	<p>Start / Finish Izu Mountain Bike Course Games-time Olympic Course Approx. 4.0 km total distance / Approx. 210m elevation with a Start Loop of 1.3km</p>
Class	3
Participants	<p>Up to 37 nations – 70 men, 70 women maximum Entries of national federations are prioritized based on their UCI ranking taken on 01/01/2019</p>

Key Personnel

Tokyo 2020 Competition Management	
Sport Manager	Ukyo Katayama (JPN)
Deputy Sport Manager	Mariko Nishizawa (JPN)
Mountain Bike Discipline Manager	Paul Davis (GBR)
Technical Operations Manager	Beatriz Rezende (BRA)
Administration Coordinator	Ayaka Okabe (JPN)
Field of Play Coordinator	Kerou WU (CHN)

Union Cycliste Internationale (UCI)	
Deputy Sports Director Head of Off- Road	Peter Van den Abeele (BEL)
Technical Delegate	Simon Burney (GBR)

International Commissaires	
UCI President of the Commissaires Panel	Michaela Nussbaumer (AUT)
UCI Secretary	Thierry Nuninger (FRA)

Entry and Accreditation

Entry Details

This event is reserved for invited National Federations only and will be organized to receive the maximum participation number of 140 athletes, representing up to 37 nations.

All athletes will be required to race wearing their national federation kit. Riders confirmation will take place at the Athletes Lounge (next to the team area).

No entry fees will be charged to riders.

Friday 4 October	10:00 - 12:30	Riders confirmation
Saturday 5 October	16:30 - 17:00	Team Managers meeting

- The UCI points and Prize money will be awarded accordingly to Class 3 as following:

Ranking	Prize	Points
1st	€ 200.00	10
2nd	€ 150.00	6
3rd	€ 100.00	4
4th	€ 75.00	2
5th	€ 50.00	1

- Final Rider registration deadline is **September 6th**

All enquiries, enrollment form returns, and general questions will have to be sent to the following email address – Ayaka.okabe@tokyo2020.jp Tokyo 2020 Mountain Bike Administrative Coordinator.

Entry and Accreditation

Accreditation

Accreditation will be required to access Izu MTB course. Please note that if you arrive on the venue without any accreditation, you will not be permitted access. All attendees must collect their event accreditation from the Sport Information Desk on their arrival on day 1.

Please note - A UCI Rainbow Pass will not be valid for the event.

All NF vehicles wishing to access the event site will need an accredited parking pass, which can also be collected at the Sport Information Desk.

The accreditation collection point will be at Sport Information Desk (for details, see below). The Sport Information Desk will be open at the following times:

Thursday 3 October	12:00 – 15:00	Vehicle Pass / Accreditation open
Friday 4 October	09:00 - 12:30	Vehicle Pass / Accreditation open
Friday 4 October	10:00 – 12:30	Rider Confirmation
Saturday 5 October	09:00 - 10:00	Final Accreditation

Vehicle Access Passes : Every competing NF will be allocated with 2 vehicle passes. Only NF vehicles with appropriate pass will be granted access to the venue and will park in a designated parking location close to the team boxes. All vehicles entering the venue may be subjected to security checks.

Rider Confirmation desk will be located next to the Sport Information Desk in the main building.

Feed and Technical Assistance zone passes: 2 (two) feed zone passes per nation will be issued. NF's must collect the Feed and Technical Assistance passes from the Rider Confirmation desk during the times mentioned above.

Note: Please be aware that entering the venue before Thursday October 3 will not be possible due to the on-going construction work. Every effort has been made to make the venue available to you all, but only on the given days and timings mentioned above. If you try to enter the venue outside of these timings, you will be turned away.

On this first day, an image use agreement must be signed by everyone who will be attending to the event authorizing the TOCOG2020 to publish photos or videos.

Event Schedule

Tokyo 2020 Test Event - Cycling Mountain Bike

EVENT SCHEDULE

Thursday 3 October 2019

Start	Finish	Schedule
10:00:00	12:00:00	UCI Course Inspection
12:00:00	15:00:00	Accreditation open
13:00:00	16:00:00	On Foot Course Inspection - All Riders

Friday 4 October 2019

Start	Finish	Schedule
09:00:00	12:30:00	Accreditation open
10:00:00	12:30:00	Riders confirmation
13:00:00	14:30:00	Course open for training, reserved for Women
14:30:00	16:00:00	Course open for training, reserved for Men

Saturday 5 October 2019

Start	Finish	Schedule
08:00:00	18:00:00	Olympic Mountain Bike Park venue open
09:00:00	10:00:00	Final accreditation
11:00:00	13:30:00	Course open for training, reserved for Women
13:30:00	16:00:00	Course open for training, reserved for Men
16:30:00	17:00:00	Team managers meeting

Sunday 6 October 2019

Start	Finish	Schedule
08:00:00	17:00:00	Olympic Mountain Bike Park venue open
09:00:00	10:30:00	Course open for training
09:30:00	10:30:00	Transponder pick up - Women
10:30:00	10:45:00	Rider warm up in start loop - Women
10:50:00	10:53:00	Rider called into the staging area
10:54:00	10:58:00	Rider call up to the start line start
11:00:00	12:30:00	Tokyo test event start - Women
12:30:00	13:30:00	Transponder pick up - Men
12:45:00	13:00:00	Awards ceremony - Women
13:30:00	13:45:00	Rider warm up in start loop - Men
13:45:00	13:50:00	Rider called into the staging area
13:52:00	13:58:00	Rider call up to the start line start
14:00:00	15:30:00	Tokyo test event start - Men
15:45:00	16:00:00	Awards ceremony - Men

Mountain Bike Course Maps / Profiles

Total Lap distance: 4.0 km approx.

Estimated elevation: 160m.

Start loop distance: 1.3 km approx.



Intermediate timing points

The Intermediate timing points will be located on the course according to the illustration below:



Facilities and Restricted items

Facilities

Every competing Nation will be allocated 1 (one) 3mtr x 3mtr Team box each. *Requests for more space will be approved if requested in writing in advance of the event. These team boxes will be sign posted and located inside the main building, and each box will be identified by a NOC code. A limited amount of chairs will also be made available, and tables if needed, again please request these in writing before the event.

Other facilities at the competition venue will include:

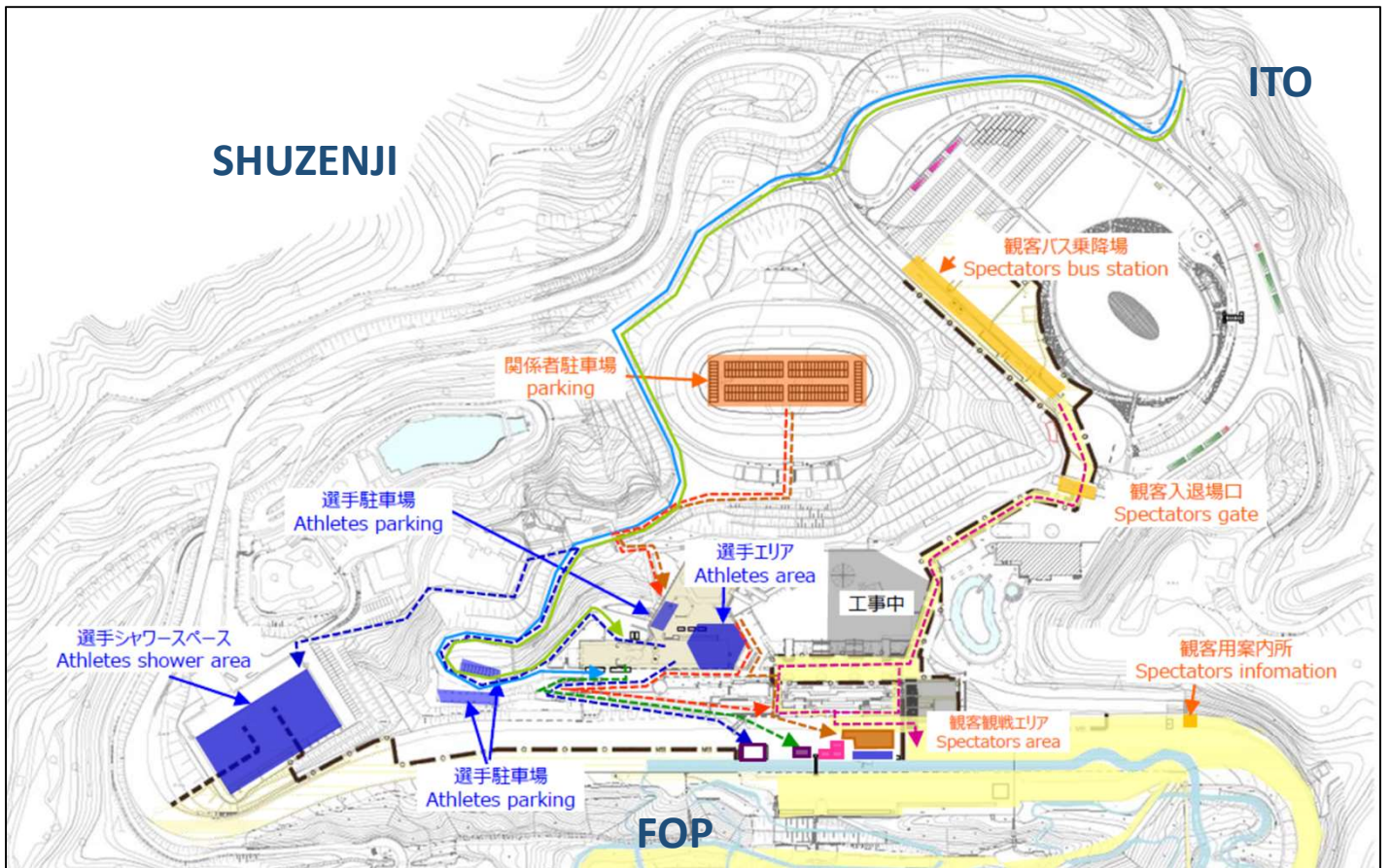
- Bicycle maintenance and repair services – Shimano Neutral Services
- A Bicycle wash area will be provided
- Warm up rollers – a limited number will be provided at the Sport Equipment desk on a first come first served basis
- A Mixed Zone area - where accredited media may conduct interviews with athletes after competition will be set up after the finish line
- Wi fi – Will be available at the Wifi spot on the 2nd floor only
- Sport Information Desk – For all accreditation, rider registration, general information, start lists, results etc
- Medical – A medical treatment room will be in the main building. Medical teams will also be located at seven points along the FOP
- A Doping Control station will be located at the Velodrome if required.
- Changing rooms on the second floor of Teams area and showers at the gym building 100m away from teams area (please refer to map on page 11)
- Bottles of water will be available on training days and competition day. Competing NFs / Teams are also permitted to bring their own food and liquid for personal use on to the venue, but there are no refrigerators available for the storage of any perishable items.

Venue restricted items :

- alcohol;
- glass bottles;
- bladed items;
- drones;
- inflammable items;

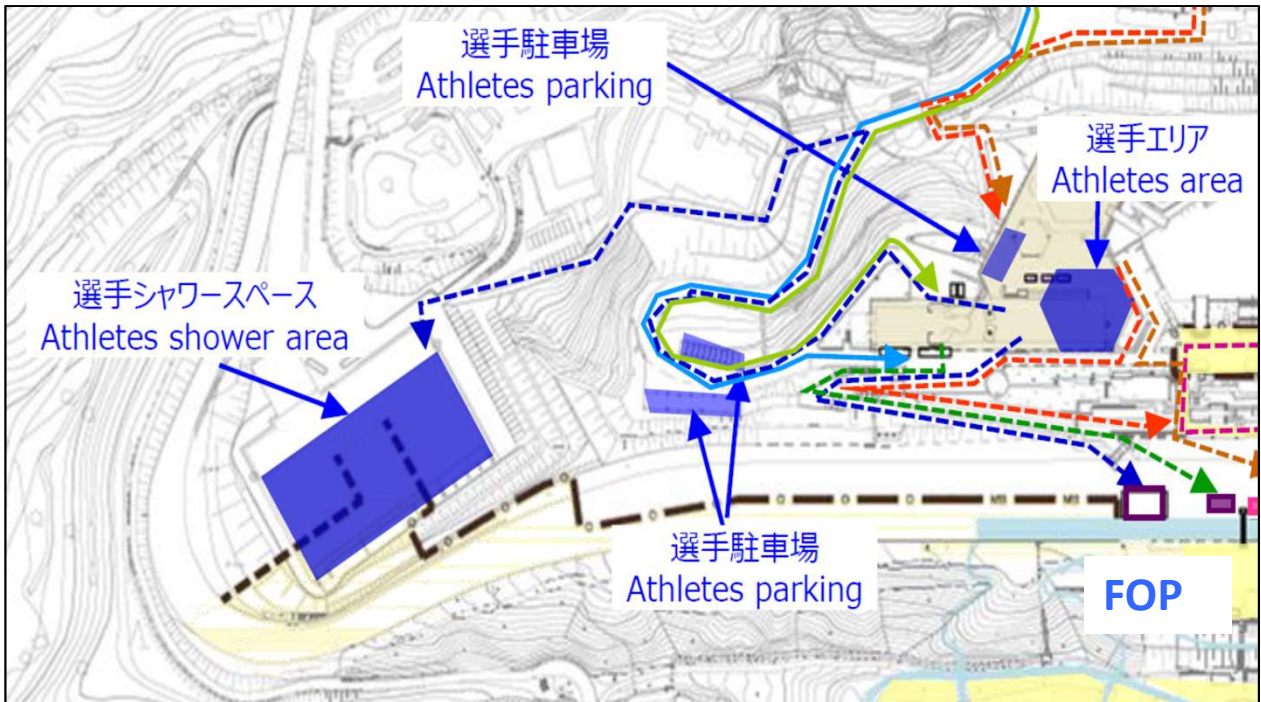
Note: smoking at the venue is not allowed, unless in the designated areas.

Venue



- ▶ Athlete shuttle flow
- - -▶ Athlete flow
- ▶ TO&IF's shuttle flow
- - -▶ TO&IF's flow
- - -▶ Spectators flow
- - -▶ Staff's flow
- - -▶ Media's flow

Athletes flow



Victory ceremony

- The Victory ceremony will take place after each race. NF clothing must be worn on the podium.
- The Location of the podium and preparation area will all be confirmed at the team managers meeting on October 5th.
- A small mixed zone will be set up after the finish line where interviews and pictures can take place. It will be optional for athletes to participate.

Medical Services and Doping Control

Medical services

Medical services will be provided at Athlete medical station, as well as at the Field of Play points.

Local Hospital:

Juntendo University Shizuoka Hospital
Address: 1129 Nagaoka, Izunokuni, Shizuoka 410-2211
Phone: 055-948-3111

Requests for Emergency Assistance

The following number can be used for an immediate public security response outside the venue:

Emergency, Ambulance services and Fire department

119

Doping Control

Doping Control will be conducted in accordance with the regulations of the UCI Anti-doping Rules.

In competition, testing may be carried out at the venue.

Airport to Accommodation

From Airport to Hotel Area



Haneda International Airport to the Venue – approx. 2 to 3 hours

Narita International Airport to the Venue - approx. 3 to 4 hours

*Since Arrival and Departure Functional Area will be tested in this event, we kindly ask you to share with us your flight information in order for us to plan the operation at the airport.

Logistical Aspects

Accommodation

***Accommodation and transport costs are under each National Federations financial responsibility.**

Hotels can be booked via our appointed Travel Agency; Tobu Top Tours Co Ltd. *3 hotels have been identified for the national cycling federations to use during the test event. These have been selected to meet the needs of a cycling federation during their stay. They will all have on-site parking, single room, twin rooms or 4 and 6 person rooms available, WIFI, bike wash facilities, buffet style dining for breakfast and dinner with options for western / Asian style food. If you would like to book one of these hotels, please make contact with the appointed travel agency (For more information, see page 18).

Note* Please note that a dedicated shuttle bus service will be provided, but this can only be used by the NFs who have booked their hotel accommodation with the appointed travel agency.

National Cycling Federations can also choose to make their own travel / accommodation arrangements – Many quality hotels are within a 1 hour drive of the venue, in the areas of Atami, Mishima, Shuzenji, Ito, Numazu, Izu Village etc.

Rental Cars can be arranged at most airports and train stations.

Venue Location Map



Venue Address

Japan Cycle Sports Center
1826 Ohno Izu City, Shizuoka Prefecture,
410-2402, Japan

Logistical Aspects

Visa Process

TOBU TOP TOURS CO.,LTD. the appointed Travel Agency can provide help and assistance to National Federations needing a Visa for the Mountain Bike Cycling Test Event here in Tokyo.

For all the participants that are nationals from countries who need a visa to enter Tokyo, please contact TOBU TOP TOURS CO.,LTD. Tokyo2020 will provide invitation letters that must be submitted with the visa application at the chosen Japanese Consulate/Embassy abroad.

To request an Invitation Letter, please send an email to mtb@tobutoptours.co.jp with a list of the applicants, and an application form will be provided.

Prior to deciding for your travel, we recommend you check the Visa and Work Permit. Please see the below website for further information. In this website you will find information on which type of Visa you will need to bear. You will also be able to find instructions on how to apply for your visa.

<https://pregamestraining.tokyo2020.jp/en/entrance/>

It is also important to remind that the time frame for issuing a Visa to Tokyo will depend on the country where the participant is applying.

Please check the website of the chosen Japanese Consulate or Embassy for further information on turnaround times.

Logistical Aspects

Official Travel Agency Contact Details

The Test Events Official Travel Agency is **TOBU TOP TOURS CO.,LTD.**

Main division : Tokyo Sports Division, Mountain Bike Desk

Contact phone numbers : **+81-3-5348-2730**

Email address- **mtb@tobutoptours.co.jp**

Business hours: 9:00 – 18:00 / Weekdays

Closed days: Sat/Sun/ Holidays

Nations can book their accommodation and transport (airport transfers and local transport) through this agency if they so wish.

The hotels listed by the agency have been chosen according to the necessary conditions for a cycling Nation. These hotels will have secure car parking, secure bike storage, bike wash, buffet dining, comfortable twin rooms, free WIFI available etc.

Rental Cars / Vans

Nationals of Geneva Convention members can book rental car through **TOBU TOP TOURS CO.,LTD.** Drivers must have a valid International Drivers Permit to rent a vehicle in Japan.

Reservations can be made by filling in and sending the attached application form to the above email address.

Logistical Aspects

Wireless devices and radio

All wireless devices need to be declared and approved for use at Izu MTB Course. Unapproved devices will not be allowed on site. This will not apply to mobile phones, laptops, Bluetooth headsets but will apply to everything else, including walkie-talkies/ PMR/LMR/ Wi-fi access points and hubs.

*Please note that the deadline to validate wireless devices expired on June 30th according to the email sent to NFs on June 5th.

General Information

Average high temperature in October: 19.1 °C (Tokyo), 20.0 °C (Shizuoka)
Maximum temperature in October : 23.0 °C (Tokyo), 24.5 °C (Shizuoka)
Average lowest temperature in October : 15.8 °C (Tokyo), 16.0 °C (Shizuoka)

Time zone: UTC +0900
Language: Japanese, English (Some people)
Currency: Yen
Voltage: 100 volts, 50Hz
Plug type: A
Phone SIM Cards can be purchased at the Airports

More Information for travelers to Japan

<https://www.jnto.go.jp/>

<http://kanko.city.izu.shizuoka.jp.e.jj.hp.transer.com/>

<https://www.izushi.info/english/index.html>

<http://shizuoka-guide.com/english/index.html>

<https://exploreshizuoka.com/>

<https://www.youtube.com/watch?v=bWziaaOtyN0&feature=youtu.be>

Local cycling routes

<https://www.city.numazu.shizuoka.jp/cycling/>

https://www.city.numazu.shizuoka.jp/cycling/img/sm_map01.pdf

https://www.city.numazu.shizuoka.jp/cycling/img/sm_map02.pdf

Contact Details

Mr Paul Davis

Mountain Bike Discipline Manager Tokyo 2020

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