

# Okinawa KIN Triathlon 2026

## 2nd Japan Age Group Long distance Triathlon Championship (2026/Okinawa)

### Rule Excerpts/Basic Notes

As of 2026/3/1

The following are excerpts from the rules and precautions that you should understand before entering the Okinawa KIN Triathlon 2026/2nd Japan Age Group Long distance Triathlon Championship. Please be sure to read and understand them before entering. Details of the rules and any changes will be posted on the website as they become available.

#### ● Entry qualifications

- Must be able to attend the registration on the day before the tournament (scheduled for Sat. 11/21/2026 from 10:00am to 5:00pm). Punctuality.
- Must be 18 years of age or older on December 31, 2026. Relays must be high school students or older.
- Those who have a healthy body that does not interfere with the operation of the competition.
- If you wish to participate in the paratriathlon, please inquire separately.
- Must have completed a triathlon of 51.5 km or longer within the past 5 years.  
For the relay, the swimmer must have completed a triathlon of 51.5 km or longer or an open water event of 1500 m or longer within the past 5 years.  
Swimmer must have completed a triathlon of 51.5km or more or an open water event of 1500m or more within the past 5 years.  
※1
- Those who take the initiative and comply with the tournament rules.
- Must be able to swim 2 km swim within 75 minutes.  
Relay is recommended.
- Must be a registered member of the 2025 Triathlon Prefectural Athletic Organizations and Academic Federations. ※2  
Relay is recommended.

※1: Please enter the name of the event you completed or swam in (simple name is acceptable), your rank, and the URL of the results of that event in the entry form.  
A meet is acceptable as long as it is a standard distance meet, even if the distance has not been achieved. This also includes events that have been shortened in distance or changed to a duathlon or other event due to weather or other reasons.

※2: Individuals residing outside Japan must also register as members.  
For 2026 Triathlon Prefectural Association and School Membership Registration, please register with the Okinawa Triathlon Federation.  
<https://www.jtu.or.jp/register/>  
If you are unable to register yourself, we offer a [Proxy Registration] service (¥4,500) at the event venue. Please select this option during your entry process.

#### ● Main competition rules

More details will be provided on the website as they become available.

##### 1、General Rules of Competition

The rules will be in accordance with the Japan Triathlon Union competition rules, and some local rules (rules applicable only to this event) will apply.

##### 2、Time Limits

Middle Distance 94km		Time limit (total)
Swim	2km	1 hour 15 minutes
Bike	70km	4 hour 30 minutes
Run	22km	7 hours 30 minutes

##### 3、Wet suit

- Wetsuits are mandatory.
- Must be able to retain heat for triathlon.
- Rash guards, swimsuits, etc. are not allowed to compete.
- Wetsuits that do not fit your body shape are dangerous, so please be sure to bring one that fits your body shape.

##### 4、Swim

- Two (2) laps of 1 km each.
- The start is a beach start (start from the shoreline).
- You may hold on to buoys and other objects. However, you are not allowed to climb over them.
- In the event of a rescue, skip (a local rule that allows the athlete to move on to the next event) is not allowed. (Details are provided separately.)

##### 5、Bike

- The course is a public road, basically a one-sided course (borrowed). Please drive safely and strictly observe the "Keep Left" rule.
- The course consists of four laps of approximately 17 km each (70 km). There are several sharp downhill turns, so please be sure to check the course map in advance.
- Please wear a cycling helmet. (including while riding for test rides and transportation)
- Please participate with a road bike or TT bike. (24" front and rear or larger) (Mountain bikes, cross bikes, etc. are not allowed)
- Drafting, group driving, and parallel driving are prohibited.
- A puncture repair kit must be carried. It is also essential that you practice fixing a flat tire so that you can do it by yourself.  
(Repair with the help of others is disqualifying.)

##### 6、Run

- The course will consist of two laps of 11 km each (22 km). Details will be announced as they become available.