

EDUCATION CITY Triathlon Series



Featuring

Qatar Schools Championship 2023

Qatar Corporate Challenge 2023

RACE INFORMATION PACK

RACE 2 – FRIDAY 17th March | 6:30 AM



Which distance are you ready for?

Adults competing as individuals

SPRINT	Swim 500m	Bike 20KM	Run 5KM
SUPER SPRINT	Swim 200m	Bike 10KM	Run 2.5KM
BEGINNERS	Swim 200m	Bike 5KM	Run 1.25KM

Youths

KIDS 3	Swim 200m	Bike 10KM	Run 2.5KM
KIDS 2	Swim 200m	Bike 5KM	Run 1.25KM
KIDS 1	Swim 200m	Bike 3KM	Run 1.25KM
MINI-KIDS	Run 100m	Bike 100m	Run 150m

Team relays

3 team members compete as a relay team, one discipline each. Use timing chip as baton, handed from swimmer to cyclist to runner. Fastest cumulative time, including transitions, wins

This is suitable for beginners to triathlon and non-triathletes

Sprint Relay	Swim 500m	Bike 20KM	Run 5KM
Try-A-Tri Relay	Swim 200m	Bike 5KM	Run 2.5KM
Secondary Relay (12 to 18 year old)	Swim 200m	Bike 10KM	Run 2.5KM
Primary Relay (7 to 13 years old)	Swim 100m	Bike 3KM	Run 1.25KM
Family Relay	Swim 200m	Bike 5KM	Run 2.5KM

Awards for all-female teams are made in Primary, Secondary and Sprint Relay categories. Other teams will compete as 'mixed' regardless of make-up

Race Day At-A-Glance

5:30am

Registration opens

6:30am

Sprint
Sprint relay

Swim 500 M
10 lengths

Bike 20 KM
4 laps

Run 5 KM
4 laps

7:00am

Super Sprint
Juniors (14-15)
Kids 3 (12-13)
Secondary relay (12-18)

Swim 200 M
4 lengths

Bike 10 KM
2 laps

Run 2.5 KM
2 laps

7:20am

Beginners
Kids 2 (10-11)
Family relay
Try-a-Tri relay

Swim 200 M
4 lengths

Bike 5 KM
1 lap

Run 1.25 KM
1 lap

7:40am

Kids 1 (7-9)
Primary relay (7-13)

Swim 100 M
2 lengths

Bike 3 KM
1 short lap

Run 1.25 KM
1 lap

8:30am

Mini kids fun duathlon

9:00am

Prize giving (check [live results](#) here)

Race day checklist

Check directions to Education City venue and location of parking (see map page 5)

TriClub Members – **Remember your timing chip** and **check that it beeps BEFORE you race.**

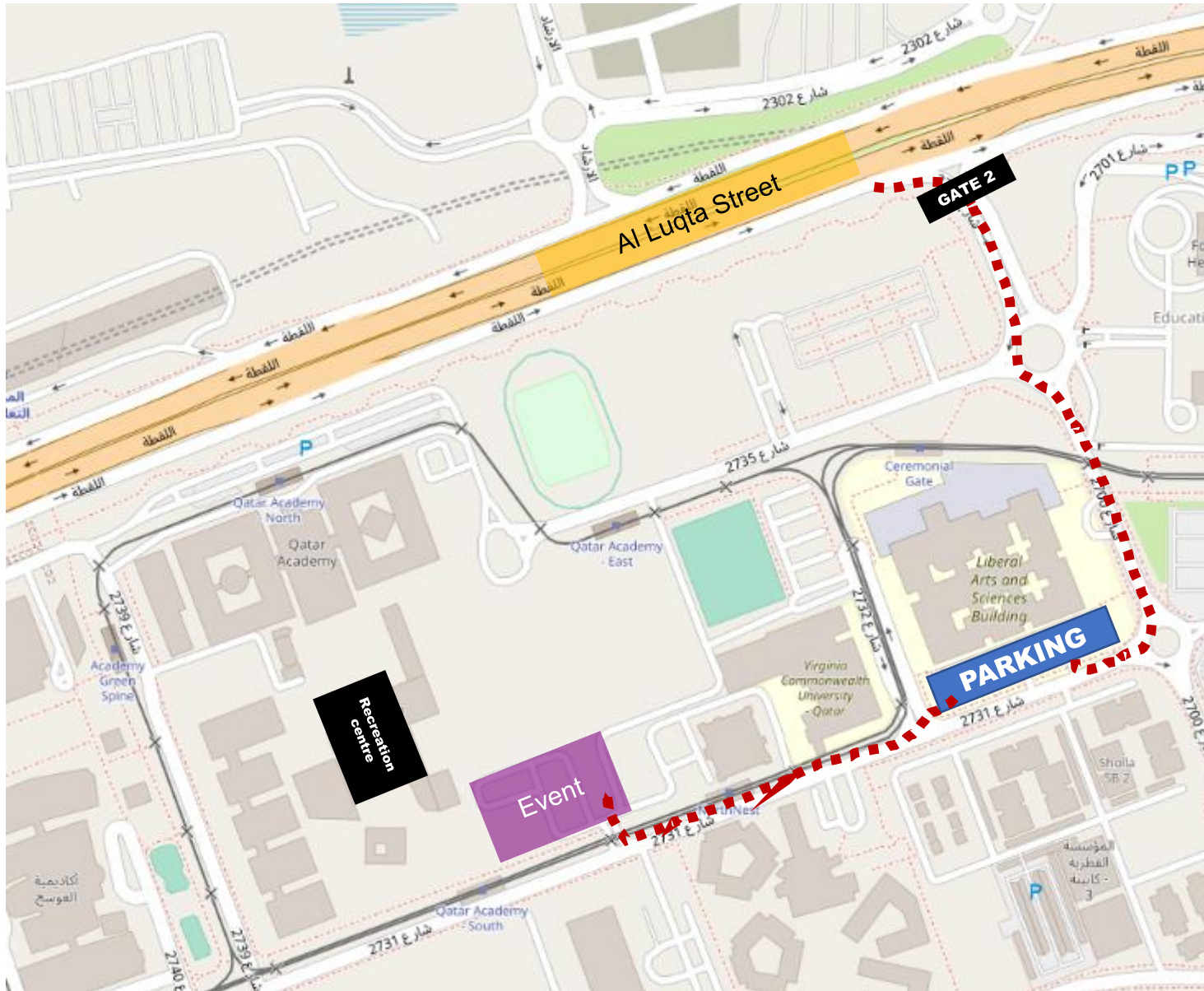
Non-Members: Bring QID or 500 QAR as a deposit to collect your race timing chip

Race Gear: running shoes, goggles, swim cap, bike helmet, bike, race wear, water bottles

Registration: Rack your bike and register. Body mark at least 20 mins before your start

Be at swim start (inside Recreation Centre Swimming pool) on time – **Check the start list for your assigned wave time:**

Location



GETTING TO THE RACE

- Enter Education City Gate 2 from Luqta Street
[Location](#)
- At the first roundabout continue straight.
- At the second roundabout, turn right and parking is located immediately on your right.
- Parking is [here](#)
- From the parking, walk 300m to venue.
- Event is at Qatar Academy Primary School car park
[Location](#)

The entrance to parking is on the race course and roads close at 06:30. If arriving later, alternative car parks are available.

Timing



To get accurate times and results, **every competitor uses a MyLaps timing chip** while racing.

Live results are available at <http://triclubdoha.com/en/results/live-timing>, updated as competitors pass the finish line.

The **timing chip must be worn around your ankle** and not on your wrist or in your pocket

For those that have rented chips for the race, you will need to provide a deposit of 500 QAR or QID. Please remember to visit the chip return desk near the finish line after your race

It is participants' responsibility to **ensure the timing chip that they wear during the race is the exact one allocated to you** on the race registration. Failure to do so may result in a delay to your race results and may result in your time not being available for the podium presentation.

TriClub Doha members must bring their own chip. No spare chips will be available on race day for non-members that forget their timing chips

Race Information

REGISTRATION

Registration and transition opens at 0530. **Be on time – latecomers who miss their wave will not be allowed to race.** The swimming pool will be open from 0600 for warm-up and you will be asked to leave the pool to prepare the start. There will be no race briefing before the start. Wave 1 will start at 0630. First competitor will start with following athletes starting at 10 second intervals thereafter. All athletes must check in at the registration for body marking and race-giveaway pickup. For non-members that have registered online, locate the registration desk at the transition area, to collect chip and body mark your race number. **Rental chips require a Qatar ID or a monetary deposit of QAR500 to ensure that the chip is returned immediately after the race – No Exceptions.**

TRANSITION

After registration, please proceed to the transition area, please note that this area is **strictly accessible by participants only**. Rack sensibly and with some thought for others and try your best not to knock over anything when you go through T1 and T2. Please do not leave excess baggage in transition. Transition will be open for super sprint, kids and juniors until 07:15 so please be mindful of other competitors who are racing by racking in the pre-assigned lane for Waves 2-4

DRESS CODE

Consists of a vest or short sleeve type top and running/cycling shorts for the run / bike sections. Tri-suits can be worn and are recommended. Swimsuits must not be used for cycling or running, and chests must be covered during the bike and run legs. There are no change tents provided in transition. Nudity is not permitted in the transition area. Failure to adhere to dress code can result in disqualification.

MARSHALS Please adhere to directions from race officials (wearing fluorescent yellow bibs). They are there to ensure a safe and fair race.

TEAM RELAY Teams use one timing chip for the race which is swapped in transition.

RACE BRIEFING There will be no race briefing on the day. Please read these instructions carefully.

Frequently Asked Questions

Question: Do I need a bike to enter this triathlon?

Answer: Yes. Each participant is required to bring a bike and helmet to race.

Question: Is the race segregated by gender?

Answer: The race is a mixed-gender race with male and female swimming in the pool at the same time

Question: Can my 5-year-old enter the Kids 1 triathlon?

Answer: The minimum recommended age is 7 years. Participants must be able to swim 100m non-stop, and cycle 3km unaided. We won't stop an underage child from racing unless they are causing potential danger to themselves and other participants

Question: Do I need to register my child for the mini-kids race?

Answer: You may register mini-kids for the race at registration.triclubdoha.com and you will be eligible for the race giveaway and medal. If spots are available on race day you can sign up on the day.

Question: The race starts very early. Can I show up later and race?

Answer: if you miss your swim wave you can enter the shorter race. Eg. If all the 500m swimmers are in the pool, you can enter the super sprint at 0730. If you miss the swim altogether then you miss the race

Race Check-In

TriClub Doha members already own a timing chip so do not need to check-in. To avoid waiting in line, be sure to go to the correct desk according to your needs:

Body Marking

- Get arms marked with race number

Non-Member Check-in

- Complete waiver
- Collect timing chip
QID or QAR 500 left as deposit (remember to return after race)

TriClub Doha Desk

- Join the Club
- Change race category
- New members collect timing chips
- Member's chip problems
- Rent a chip (QAR50)
- Buy a new chip (QAR 150)
- Buy club kit

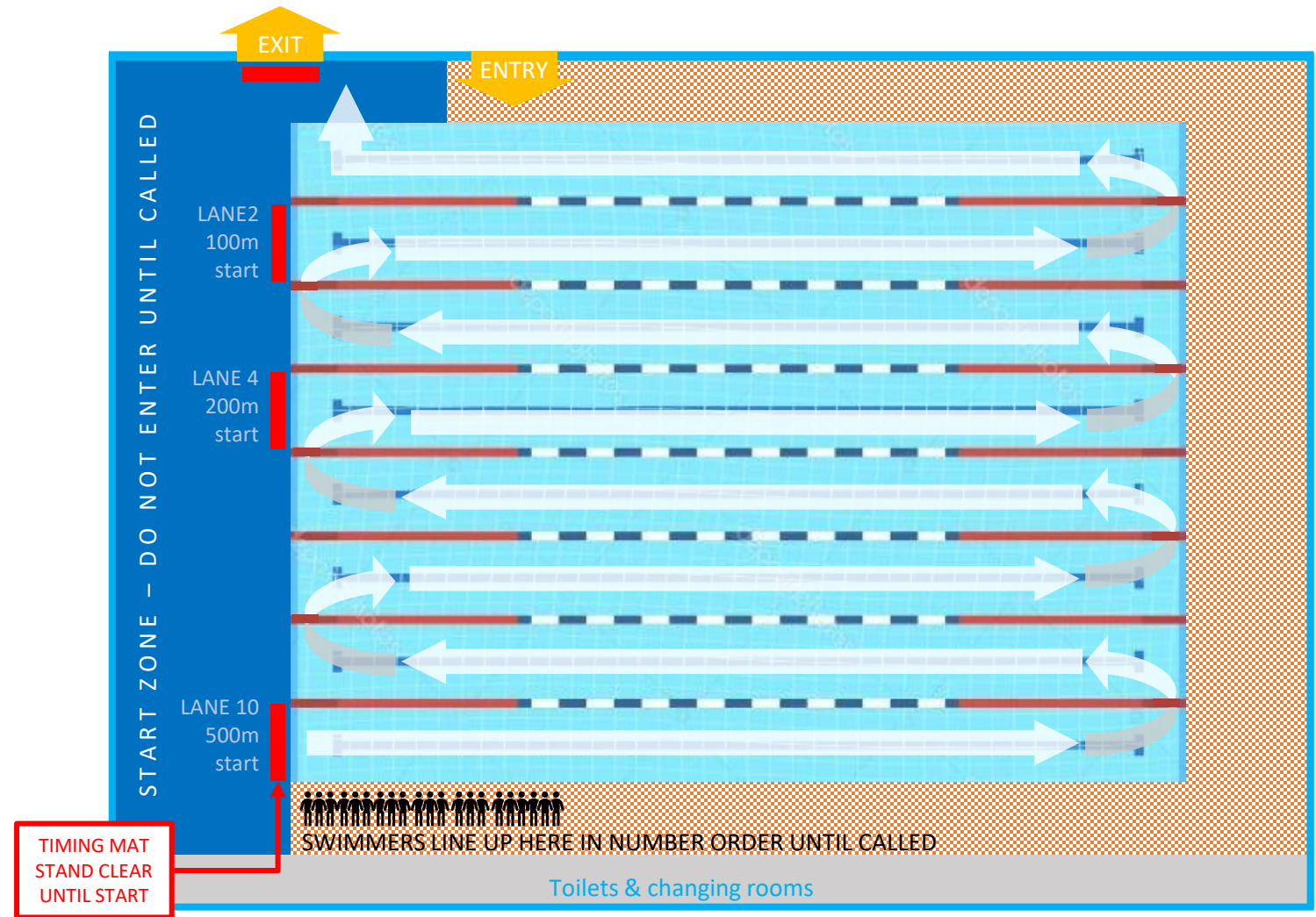
Course Information: Swimming

The pool swim follows a simple system where you swim one length of each lane of the pool; turning and swimming under the lane ropes at each end of the pool until you reach the exit (see below).

Be sure to enter at the correct lane according to the distance you must swim.

On completion, exit the water and make your way to the transition area which is approximately 200m away.

Don't forget to put on your timing chip. Your time will start when your chip crosses the timing mat. So stay clear of the mats until ready to start.



"Rolling" Swim Start

Race Numbers are assigned based on previous swim times. Participants without historic race times start after the seeded swimmers.

The race starts for an athlete by **stepping** on the timing loop before diving/jumping into the water. Care should be taken to ensure that an **audible beep is heard to ensure that the start time is recorded**. We recommend that you test your chip BEFORE the race. This can be done at the finish line after registration.

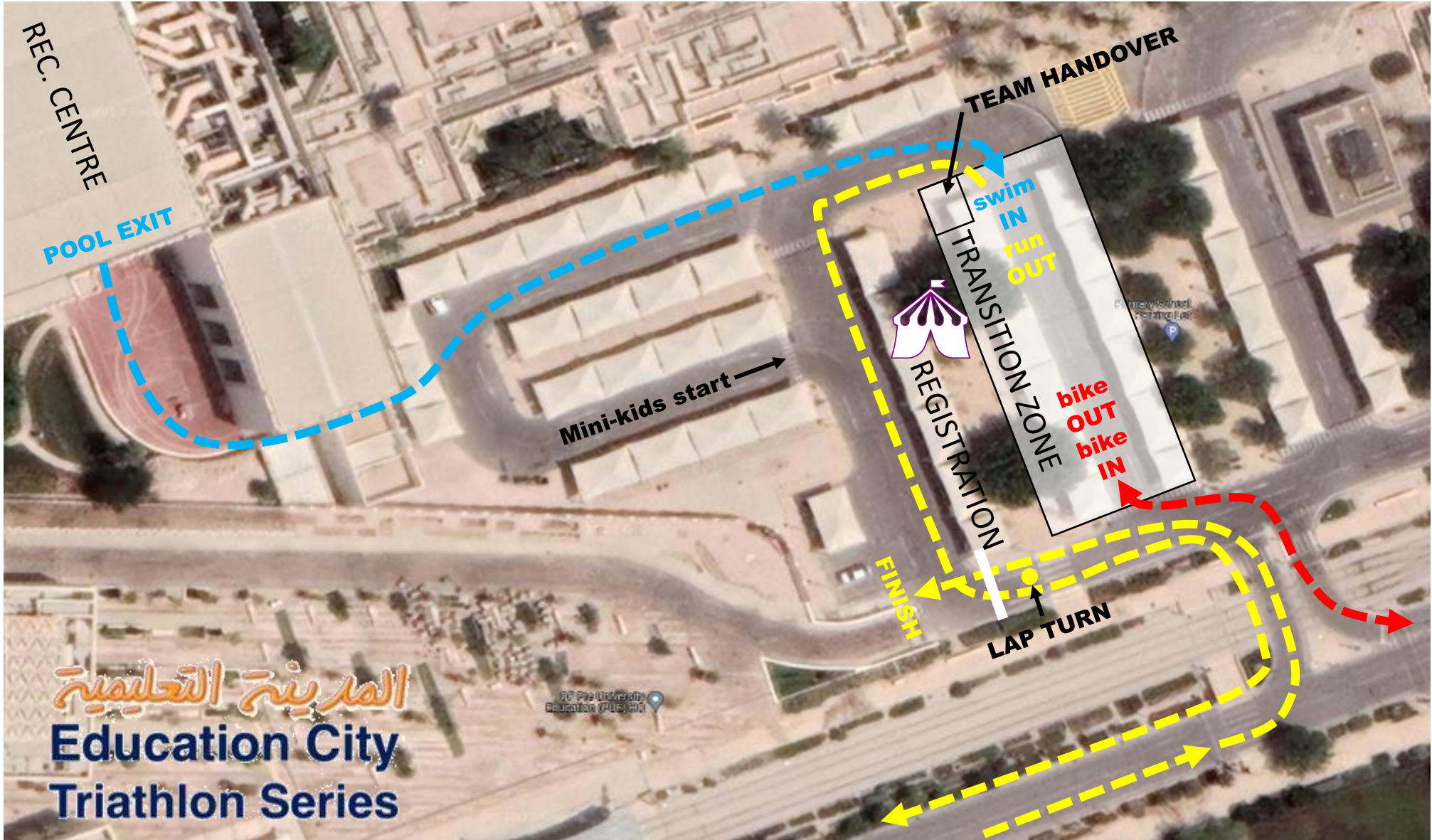
- Athletes will enter the pool area in according to start wave (see previous page) only minutes before their start time. They will line up at the side of the pool and order themselves based on their race numbers.
- The starter will call the athletes forward and will start them at 10 second intervals.
- Every 10 seconds, the start marshal lets next participant start, cross the timing mat. This records the start of your race. Jump or dive into pool to start race.
- Swimmers cross another timing mat on exiting pool to record their swim time
- Entering the pool in order of race number allows us to correct swim start times in the event of any issues with chips (which occasionally don't read the correct start time due to athletes jumping over the timing line or getting too close to the start line while lining up)

IMPORTANT

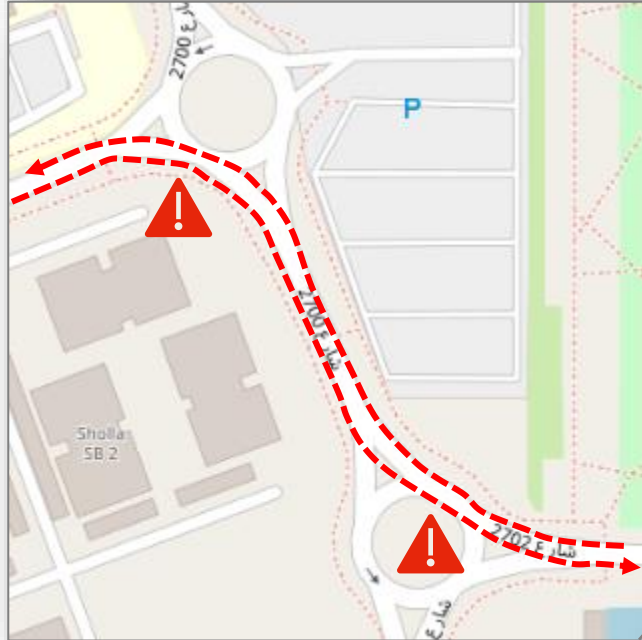
It is important that you enter the pool in order of race number. This allows timing marshals to make corrections to swim start times in the event of any issues with chips (which occasionally don't read the correct start time due to athletes jumping over the timing line or getting too close to the start line while lining up)

Transition Area

TIP: Always exit transition from the opposite end to which you entered
TIP: Identify where the MOUNT LINE is. No cycling in transition or before the mount line



Bike Course



Cut the corner at the first two roundabouts

SLOW DOWN & KEEP RIGHT & AVOID OVERTAKING

Obey marshals to avoid collisions



Laps	Distance
1 x short	3 km
1 x full	5 km
2 x full	10 km
4 x full	20 km

1.5KM
Kids 1 & Primary Relay
turn here



- ✓ HELMETS MUST BE WORN
- ✓ OVERTAKE ON LEFT
- ✓ NO RIDING IN TRANSITION
- ✓ NO DRAFTING

2.5KM

Bike Course

First fasten your helmet before removing your bicycle from the racking. Do not mount your bike until you reach the bike mount line situated on the road; beware of time penalties for getting on your bike too early.

After leaving transition, turn left and follow the road past Ceremonial Court, Multaqa Student Centre and Oxygen Park

There are U-Turns at 1.5KM for youngest age categories doing a 3km bike and at 2.5km for everyone else

There are several large speed bumps which need to be ridden carefully. There are three roundabouts. The first two will be 'corner cut' and therefore cyclists must keep right and avoid overtaking in this section. The 3rd roundabout is a straight road (2nd exit).

On return to the start of the lap there is another U-turn loop for those completing more than one lap. A timing point records your lap count for results but you are responsible for counting and completing the correct number of laps

After completing your laps, dismount at the dismount line and walk/run back into transition. Helmets should only be unfastened only when your bike is racked.

During the bike leg, participants should not draft another cyclist. Leave a 10 meter unless overtaking. Complete the pass within 20 seconds or drop back Always overtake on the left.

BIKE LAP – 5km

Kids 1 (7-9) – Shorter lap (3km)

Primary Relay – Shorter lap (3km)

Kids 2 (10-11) – 1 Lap 5km

Family Relay – 1 Lap 5km

Try-A-Tri Relay – 1 Lap 5km

Kids 3 (12-13) – 2 Laps 10km

Junior (14-15) – 2 Laps 10km

Secondary Relay – 2 Laps 10km

Super Sprint – 2 laps 10km

Sprint – 4 laps 20km

Kids 1 / Primary Relay Bike : Turn At the "Smiley Face"

Children racing in the kids 1 or Primary Relay Category complete a shorter 3km Bike Loop.

Parents, please attach to the bike marker and explain the Smiley Face Turnaround point to your child.

The marker needs to be clearly visible to race marshals, so they know to turn back the kids at the correct turn.

Turn At the "Smiley Face" Sign



The smiley bike marker is provided at registration and is fixed to the handlebars – facing forward – as shown.



Explain to your child to look out for the smiley face sign. The marshal will tell them when to turn.

We don't want to penalize kids but in fairness to those who complete the full course, those who turn back earlier than the Smiley Face sign will not be eligible for podium prizes.

Run Course Information

Category	Laps	Distance
Kids 1 (7-9)	1	1.25 km
Kids 2 (10-11)	1	1.25 km
Primary Relay Team	1	1.25 km
Kids 3 (12-13)	2	2.5 km
Junior (14-15)	2	2.5 km
Super Sprint	2	2.5 km
Family Relay Team	2	2.5 km
Secondary Relay Team	2	2.5 km
Sprint	4	5 km

1. Leave transition, turn left and left again to pass under the finish arch. You have now joined the run course. **Keep to the right side of the course.**
2. Leave the carpark and turn right along the road
3. After 400m turn left at the T-Junction
4. Continue for a further 212m then make a U-turn around the cone (marshal present)
5. Return following the same route on the opposite side of the road
6. Those doing more than 1 lap must be sure to pass over the timing mat at the turn point just before the finish arch



- ✓ APPROPRIATE CLOTHING
- ✓ COVER CHESTS
- ✓ KEEP RIGHT
- ✓ PAY ATTENTION TO SIGNS
- ✓ CROSS TIMING MAT EACH LAP
- X NO HEADPHONES
- X NO CUTTING CORNERS

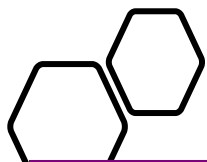
Snoonu

سنونو

Water Station

We are pleased to announce Snoonu as our water sponsor for the Education City Series

Iced Water Station is available at the start/finish of each lap 0m, 1.25km, 2.5km, 3.75km, 5km



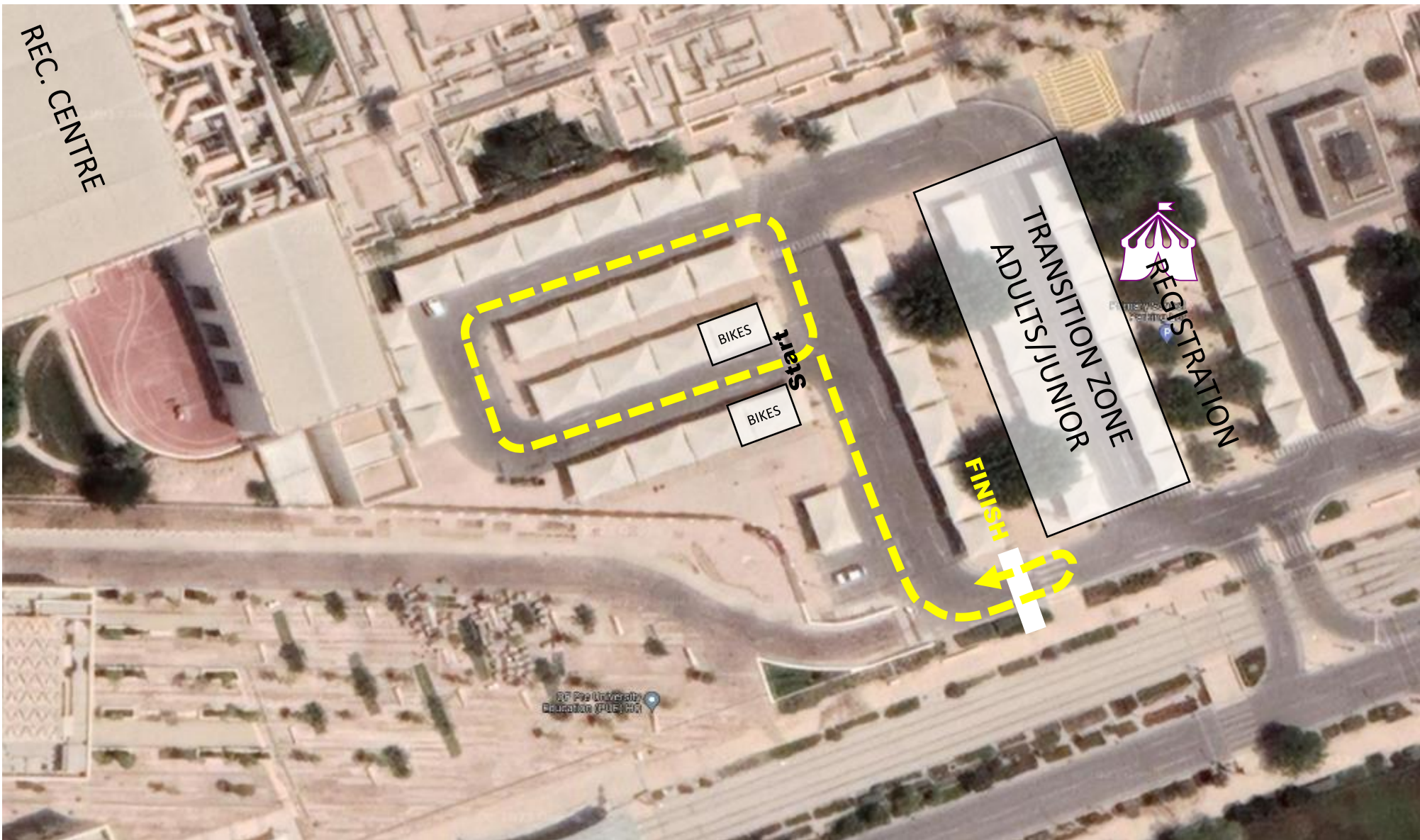
Mini-Kids Duathlon and Fun Run



- Towards the end of the event, we will run "Mini-Kids Duathlon and Fun Run"
- The distance is 100m run / 100m bike (or run) / 100m run
- The race will start approximately 0830-0845 after all triathletes are off the bike course (and finishing the run) Race start/finish be close to the transition area
- Mini-Kids will cross the finish line and receive a participation medal at the finish
- If cycling, helmets must be worn. Stabilizers/training wheels are allowed, parents can run alongside and assist their children
- This is a fun, non-competitive event...we are looking for lots of smiles and hopefully no tears...we hope this will inspire the next generation of triathletes, who are, of course, already inspired by their mom, dad and older sibling triathletes
- Parents are requested to assist in the facilitation of this event

Mini kids fun duathlon

Let the youngest kids join the action!
one lap run | one lap bike | one lap run | then keep going to the finish



المدينة التعليمية
**Education City
Triathlon Series**

Post-Race Information

MEDALS

You will be given a finisher medal at the finish line.

POST RACE REFRESHMENTS - Post race snacks of bananas and a muffin are available to all participants, please collect your post race snack near the finish line

AWARDS CEREMONY

Gold/Silver/Bronze medals will be awarded to both male and female winners of the following individual categories: Kids 1 (7-9), Kids 2 (10-11) , Kids 3 (12-13), Junior (14-15), Super Sprint Seniors, Super Sprint Masters, Sprint Seniors (16-39 years) and Sprint Masters (40+).

Sprint Relay, Family Relay, Try-A-Tri Relay, Secondary School Relay
Primary School Relay: Medals will be awarded to the first three teams. There are also podiums for all-female teams in the Sprint Relay, Secondary and Primary Relay.

As we do not wish to delay the awards ceremony for all participants, we cannot guarantee that the race times for late “on-the day” entries and TriClub members that forget their chips/update their mylaps subscription (and therefore require a rental chip) will have their results in the timing system before the awards ceremony. In this case, it is possible to miss-out on the podium and winners medal. Please check your chip prior to the race.

Al Ghariya Cycling's Strider Clinic

Kids ride a bike sooner by first learning the balance skills that they don't get when using training wheels.

Your youngest can prepare to keep up with the rest of the family using **Al Ghariya Cycling's** Strider bikes during the event - *at zero cost.*

Master balance ☆

Pick up speed on a slope ☆

Slalom the cones ☆



Loving cycling? Then register them for... (flip to next page!)

Mechanical Assistance

Expert mechanics from

Al Ghariya Cycling

are on-hand to help out with last minute bike problems.

Take advantage of **drop-and-collect**:

After the race, leave your bike then collect from their Manarat Lusail store after they have sorted out bigger problems or treated your bike to a service.

(subject to availability)



المدينة التعليمية
Education City

Snoonu
سنونو



THE RITZ-CARLTON
SHARQ VILLAGE, DOHA



Q Twenty-Two
Trading Co

primepower

TriClub Doha Sponsors & Partners

Races don't happen without the support of businesses and organisations which contribute so much. Please show your support for those who have supported us at today's event.

M MAZARS



TriClub Doha Club Championship

7 Badges to Collect ... earn Bronze, Silver or Gold



- TriClub Doha's Annual Leaderboard and "frequent flyer" program open to all club members.
- Participate, or volunteer, in one race in any of the 6 Race Series to earn that Series badge.
- Points awarded for each event based on your placing in age group; ie: 50 points for 1st place, 49 for 2nd etc, per age group (Veterans, Open, Junior Age Groups.)
- Points awarded will start at 50 points for standard/sprint distance races. Super Sprint distance 40 points, Maxi duathlon/aquathons: 60 points, Beginners Tri 30 points. Minimum points earned per race is 10 points, even if race not finished. Volunteers earn 50 points.
- Earn 40 points to upgrade to Bronze Series Badge, 75 points for Silver and 100+ points for Gold
- Participate in 10 Races in the season and qualify for the "Club Championship Badge" and join the leaderboard to compete for the title of "Club Champion" based on sum of the 10 best scores in the season
- Earn 300 points for Bronze Club Championship Badge, 400 for Silver and 450 for a Gold Club Championship Badge
- For more information, please see <http://www.triclubdoha.com/en/members-only/club-championship>

Race Rules

SWIM RULES

Swimsuit- any style but no bikinis permitted, goggles optional and advised.
Wetsuits not allowed.

Swim any stroke or style but no walking.

Swim in the correct direction and in a fashion that does not obstruct or interfere with other competitors.

Allow faster swimmers to pass at the ends of the pool (If somebody keeps touching your feet it usually means they want to pass).

BIKE RULES

All competitors are responsible for ensuring their bike is in a safe and roadworthy condition

Aero Bars are permitted.

Cycling helmets are compulsory, must be of standard approval and worn fastened whilst cycling. Elastic chinstraps are not permitted. Not wearing a helmet is an automatic disqualification

Helmets must be fastened before you remove your bike from the rack and must remain fastened until you put it back (but take it off before you run!)

Cycling is not permitted in the transition area, a mount/ Demount line will indicate the boundary of the transition area.

Competitors must ride on the right unless passing.

All Competitors must follow the normal rules of the road, but safety should be the first priority.

Competitors are not permitted to receive individual support by vehicle, bicycle or on foot other than provided by the organizers.

Drafting is not permitted.

Keep 10 meters between your bike and the one in front unless you are overtaking.

If you are overtaken, you must drop back 10 meters. No riding side by side unless passing.

RUN RULES

No form of locomotion other than running, walking or crawling is permitted.

RACE CATEGORIES

Participants should only allowed enter one race category, unless with express permission from the Race Director

GENERAL

Usage of MP3 players and mobile phones, in combination with or without headphones, is not allowed during any phase (swim, bike, run and transitions) of the event.

MORE RULES

A complete list of triathlon rules can be found at:
<http://www.triathlon.org/about/downloads/category/rules>.

PENALTIES AND INFRINGEMENT RULES

Cycling without a helmet - Disqualification

Cycling whilst the helmet is unfastened - Disqualification

Cycling in the transition area - 2:00 min time penalty

Failure to obey direction of race official - Disqualification

Drafting violation - 2:00 min time penalty

Verbal/physical abuse of officials - Disqualification (be nice to the officials we cannot organize events without them)

SAFETY

All participants are responsible to bring any medications specifically required by them e.g. inhalers etc. and inform the race management of their needs.

Provision for rehydration will be made available at each event in the form of water points on the run course.

Participants are responsible for abiding by the safety rules and regulations and for their own actions.

There will be an on-site Ambulance available for the duration of the race.

All participants in events organized by Triclub Doha do so entirely at their own risk and the club cannot be held responsible for accidents, injury or other incidents however caused

APPEALS

Any competitor questioning their time (s), who disagrees with an officials ruling or wishes to lodge a complaint about another participant's behavior must submit their complaint to triclubdoha