



المدينة التعليمية
Education City

- Presents -



Team Relay TRIATHLON

Race Information
Friday, May 13th, 2022



Race Categories and Distances

1 RACE DISTANCE

100m swim, 5km bike, 1.25km run

7 RACE CATEGORIES

- Each Participants must complete entire Triathlon -

"World Cup" Mixed Relay - 2 Males + 2 Females - representing their country

"World Cup" Open Relay - 4 Triathletes - representing their country

Corporate Relay - 4 Triathletes from same company

Open Team Relay - 4 Triathletes (any gender/age)

Junior Relay - 4 Triathletes - Secondary (school age 12-18)

Kids Relay - 4 Triathletes - Primary School (age 7-12 years old)

- Participants may any discipline one discipline -

Pandemonium Relay - Up to 6 Athletes - transition up to 12x between any leg

New Partnership with Snoonu... "Triathletes are Superheroes" Giveaway for Participants and Volunteers



Race Day Checklist



- ❑ Check Directions and Parking Map to Education City Venue
- ❑ TriClub Members Race Captains - **Remember Your Timing Chip** – One Timing Chip per Team – or your team won't have an official race time **check that it beeps before you race. There is a checkpoint beside the finish line.**
- ❑ Race Gear: Bike, Helmet, Running Shoes, Goggles, Swim Cap, Running Cap, Trisuit
- ❑ Register & Rack bike in time for your race – By 7:00am
- ❑ Registration: Body mark race number with your Race Team Number
For online registrants: pick up chip (bring QID as a deposit)
- ❑ Be at Team Start on time – **Waves Starting from 0700**
 - Wave 1 – Kids Relay 0700 (race numbers 1X)
 - Wave 2 – Junior Relay 0702 (race numbers 2X)
 - Wave 3 – Pandemonium Relay 0704 (Race numbers 3X)
 - Wave 4 – Corporate Team Relay 0706 (Race Numbers 4X)
 - Wave 5 – Open Team Relay 0708 (Race Numbers 5X)
 - Wave 6 – World Cup Mixed Relay 0712 (Race Numbers 6X)
 - Wave 7 – World Cup Open Relay 0714 (Race Numbers 7X)

Race Location:

Recreation Center, Education City



Registartion/ Transition

Running Route

Entrance from Gate 2 to Parking

Walk to Race Venue

Cycling Route

GETTING TO EDUCATION CITY

The entrance to Education City is from Gate 2

At the gate, please inform security that you are taking part in the **“Aquathon at the Recreation Centre”**

PARKING AND GETTING TO RECREATION CENTRE

- Upon entering from Gate 2, take the first roundabout straight.
- At the second roundabout, take right, and you will find the parking on your right side.
- **Reserve minimum extra 10min for parking and walk to the race venue!**
- **PLEASE NOTE THAT THERE IS NO PARKING AT THE TRANSITION VENUE.**

Race Information – must read



REGISTRATION

Registration and transition opens at 0530 and closes at 0645 **Be on time – latecomers will not be allowed to race.** The swimming pool will be open from 0630 for warm-up and you will be asked to leave the pool to prepare the start. There will be a race briefing in the start area. 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 sign the race waiver. **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.**

COVID-19 GUIDELINES All participants need to wear a mask at all times unless they are racing. Once they have completed their race, they need to wear a mask. All spectators need to wear a mask at all times. All participants and spectators need to practice social distancing of 1.5m apart from each other at all times. No grouping or bunching. All participants are only allowed one spectator at the event. This will be enforced strictly on the day, and we ask for your co-operation in this regard. **SPECTATORS ARE NOT ALLOWED INSIDE THE SWIMMING POOL**

TIMING CHIPS

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

To ensure accurate times and results every team uses a mylaps prochip timing chip whilst racing. This chip must be passed between team members during transition. Using this will mean that splits, category positions and results will be updated live as competitors pass the finish line. The timing chip must be worn on your leg, around the ankle. For those that have rented chips for the race, please return your timing chip to the chip return desk near the finish line area to receive your QID or QAR500 deposit back. **If you forget your chip on race day, we can provide a rental chip for QAR50, however your results may not be available until after the podium.**

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.

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 Marshalls (wearing fluorescent yellow bibs). They are there to ensure a safe and fair race.

RACE BRIEFING There will be a race briefing at 0650 prior to race starting

Registration & Transition Area Map



Race Wave Starts by
"Gunshot" in Team Zone

Run to Pool

Choose Swim Lane -
Complete 100m (2x50m)
swim in same lane

Exit Pool

T1 from Pool to Bike

Complete Bike Leg

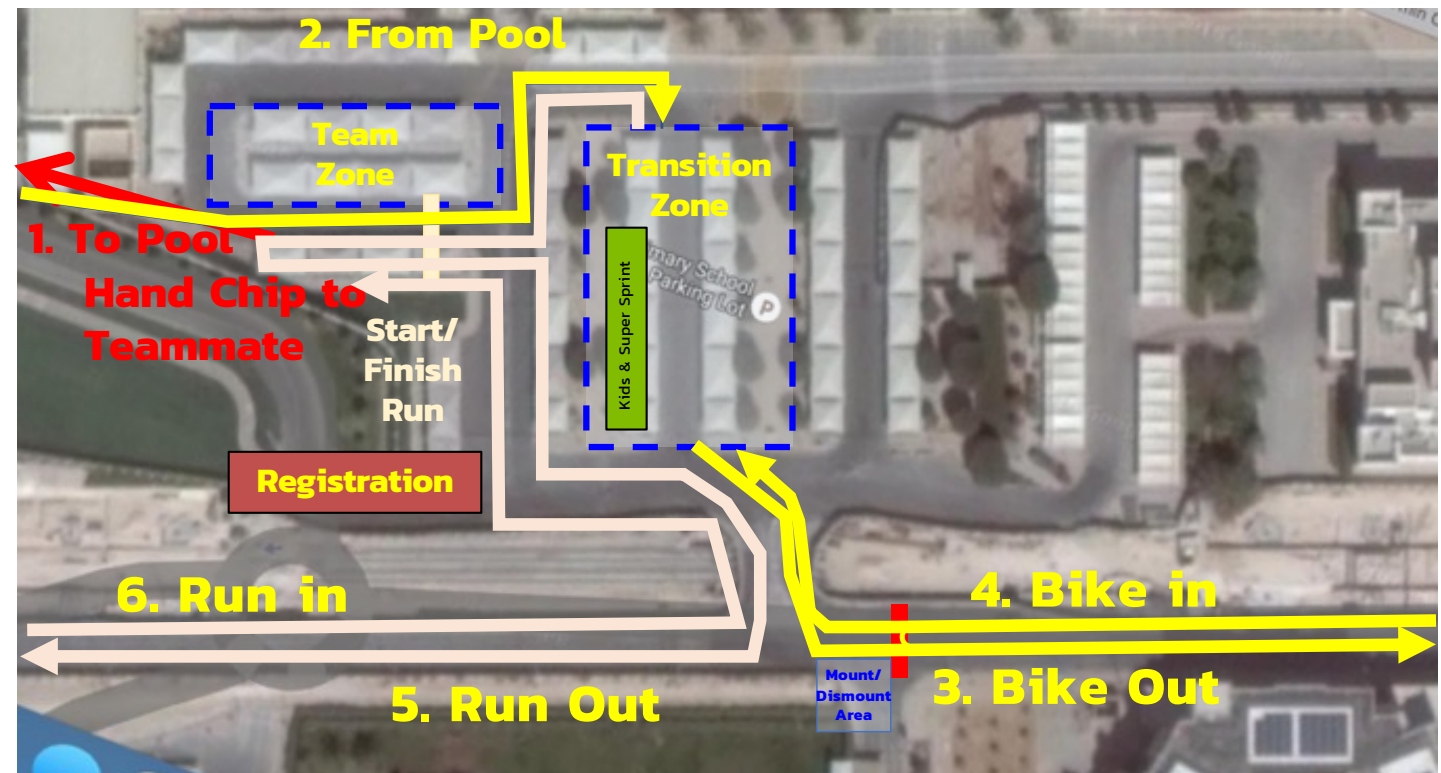
T2 to Run

Complete Run

Return to Team Zone

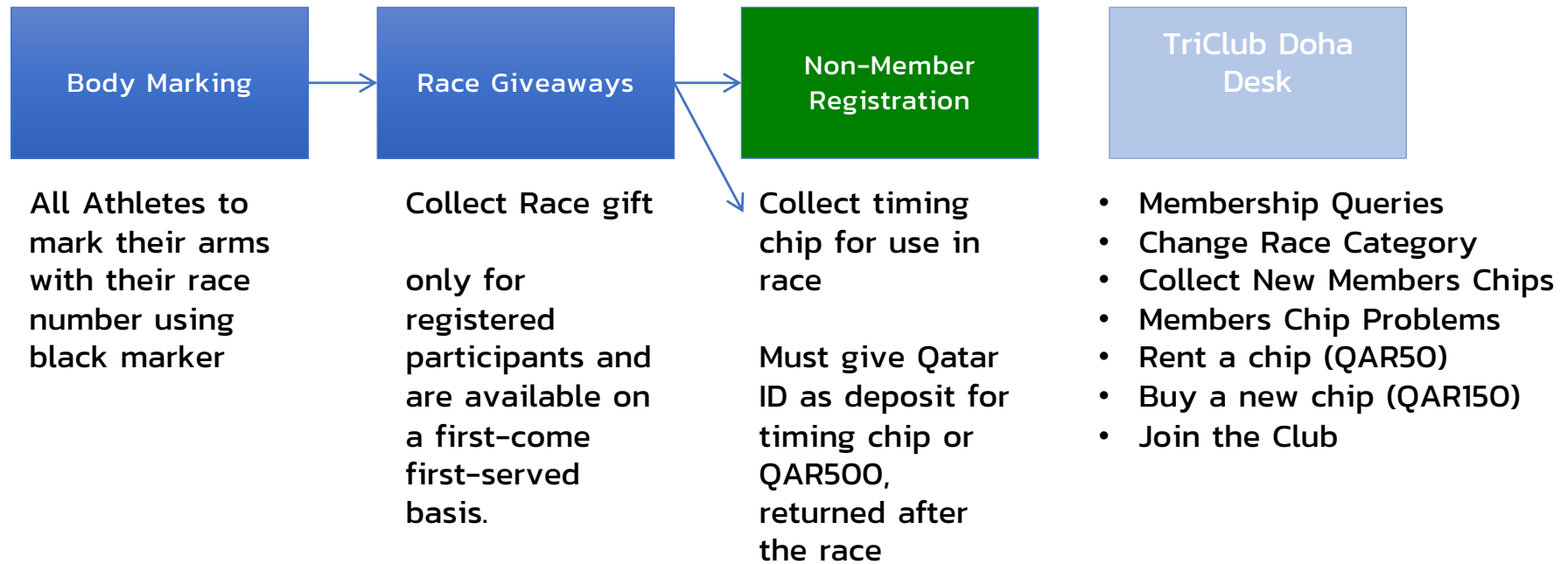
Hand Timing Chip to Team
Member 2

Repeat until all 4 Team
Members Cross Run Finish
Line



Race Check-In

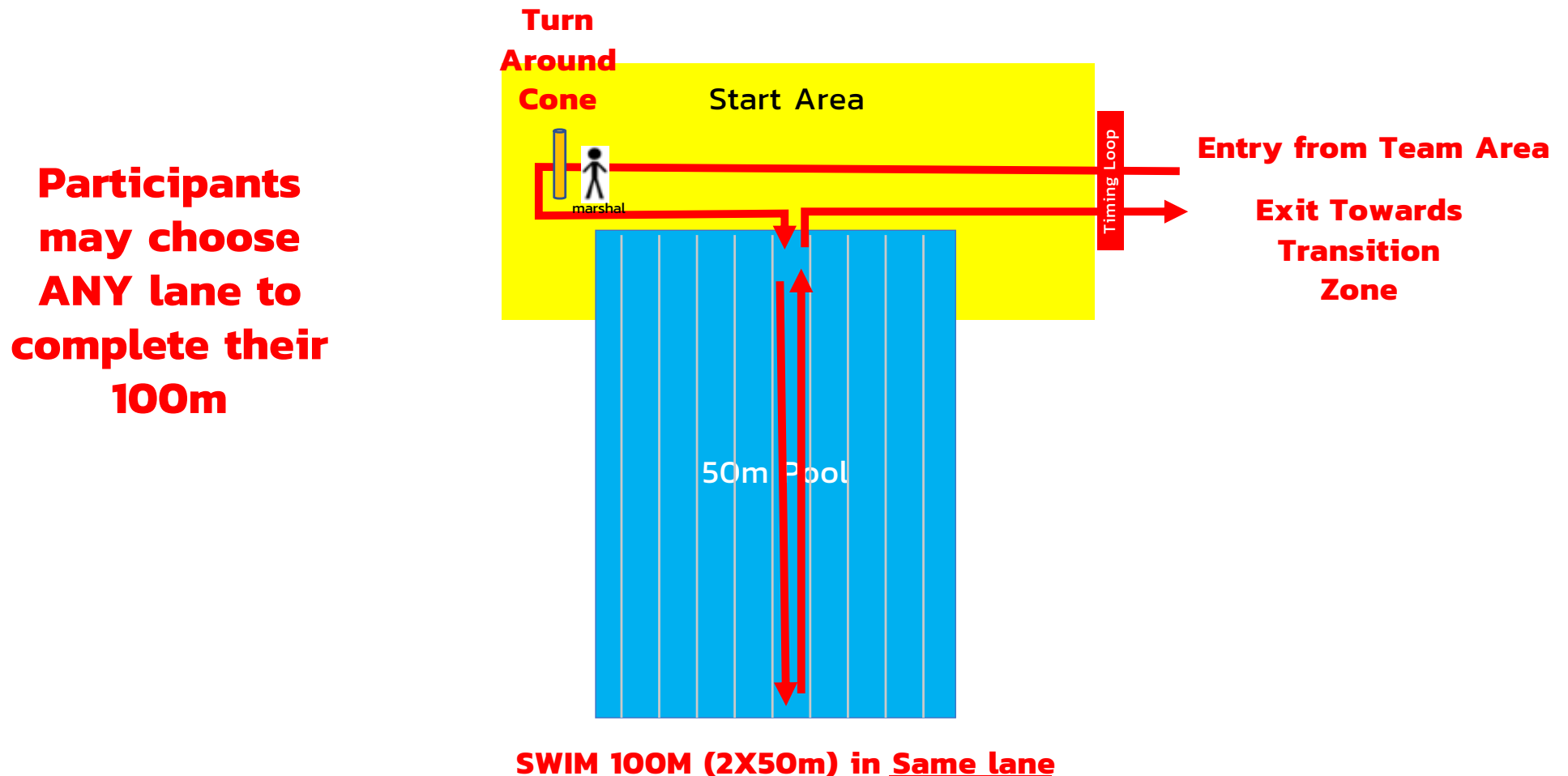
In order to ensure a smooth and quick race check-in we will separate check-in into different desks



Race Start and Swim

The Swim start is completely different. Swim timing starts upon entering the pool building and finishes when leaving the pool area.

Every member must walk quickly to the other side of the pool, then select a lane and swim 100m IN THE SAME LANE (no crossing lanes), exit the pool and run out the door to T1.



Bike Course

During transition, you must first fasten your bike helmet before proceeding with your bicycle out of transition. Do not mount your bike until you reach the bike mount line outside of the transition area; beware of time penalties for getting on your bike too early.

After leaving transition, you proceed straight ahead along the internal Qatar Foundation roads past Ceremonial Court to the far east gate. There are several large but smooth speed bumps which need to be ridden carefully. There are three roundabouts. The first two will be 'corner cut' to avoid lengthy fast turns and therefore cyclists must stay to the far right and avoid overtaking on these roundabouts. The 3rd roundabout is a straight road (2nd exit).

Immediately before the transition area there will be another U-turn loop for those completing more than one lap. A timing loop will be available at the line to perform a bike-lap count. At the end of the bike course, dismount at the dismount line and walk/run with the bike back into transition. Helmets should only be unfastened only when your bike is racked.

During the bike leg, participants should not draft another cyclist. Drafting is when you ride close behind another competitor giving yourself an advantage. Cyclists should stay 10m back from other cyclists unless overtaking, in which case the overtaking should be completed within 15 seconds. Always Overtake on the left.

BIKE LAP – 5km

ALL PARTICIPANTS DO 5KM LOOP

(NO KIDS 1 TURN AROUND)

- ✓ **HELMETS MUST BE WORN**
- ✓ **OVERTAKE ON LEFT**
- ✗ **NO RIDING IN TRANSITION**
- ✗ **NO OVERTAKING ON ROUNDABOUTS**
- ✗ **NO DRAFTING**



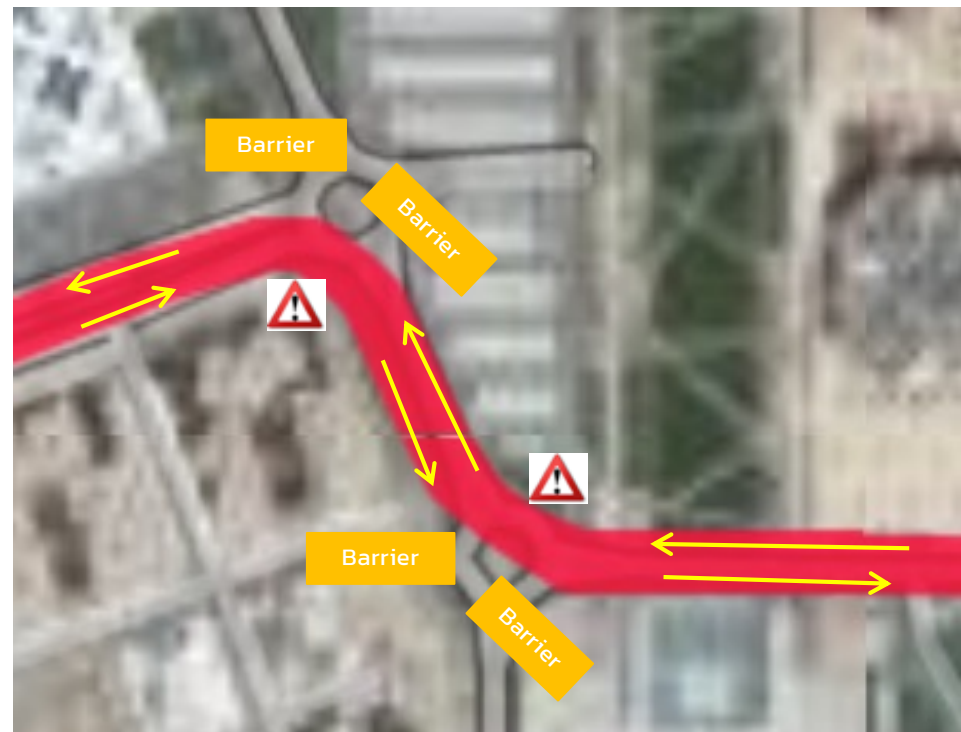
Bike Course

Slowdown for 2 Roundabouts

We will 'cut the corner' at both roundabouts due to the risk of sliding on the smooth tiles on the long turn.

However, participants must ensure that they KEEP RIGHT and avoid overtaking on roundabouts to avoid collision with oncoming cyclists

Marshalls will monitor the roundabouts with flags and warn cyclist to be careful and keep right



Run Course Information



When leaving transition take a sharp right turn along the main road (which the bike leg was on) for about 400m followed by a sharp left for another 225m. Runners should keep to the left of the run course. There will be U-turn point and a marshal to ensure all runners complete the out-and-back course. Runners will then return all the way back to the transition area

RUN LAP – 1.25km

ALL PARTICIPANTS DO ONE FULL 1.25KM LOOP

- ✓ **APPROPRIATE CLOTHING**
- ✓ **COVER CHESTS**
- ✓ **PAY ATTENTION TO SIGNS**
- ✓ **CROSS FINISH LINE EACH LAP**
- ✗ **NO HEADPHONES/IPODS**
- ✗ **NO CUTTING CORNERS**



Specific Rules for Teams



"World Cup" Mixed Relay - 2 Males + 2 Females - representing their country

- Athletes complete full triathlon (swim/bike/run) and hand chip over to next team member
- Can race in any order. Must be able to eligible their country.

"World Cup" Open Relay - 4 Triathletes - representing their country

- Any 4 Athletes of any age/gender complete full triathlon (swim/bike/run) and hand chip over to next member

Corporate Relay - 4 Triathletes from same company

- Any 4 Athletes of any age/gender from same country. Family members of company employee can join company team

Open Team Relay - 4 Triathletes (any gender/age)

Any 4 Athletes of any age/gender can form a team to race

Pandemonium Relay - Up to 6 Athletes - transition up to 12x between any leg

Junior Relay - 4 Triathletes - Secondary (school age 12-18)

Kids Relay - 4 Triathletes - Primary School (age 7-12 years old)

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

We plan to have podium ceremony after the race.

All 7 categories receive Gold/Silver/Bronze medals for each team member

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.

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

Race Day Timetable



- 0600: Transition opens/race registration
- 0700: Race starts in gunshot groups from 0700-0714 – all teams will be on the course before the second athletes start
- ±0800: First winners expected
- ±0840: Last teams finish
- ±0845: Podium presentation of winner medals

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: Is there a mini-kids race?

Answer: This race will not include a mini-kids race. We will organise a mini-kids triathlon on Saturday 21st May at the Education City Aquathlon

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

Answer: If you miss the race start waves at 0700 you will not be able to race

Club Sponsors and Partners



Please show appreciation to the following organizations supporting us

