

**QATAR  
NATIONAL  
TRIATHLON  
SERIES 19/20**  
QATAR TRIATHLON FEDERATION



in association with

**QATAR**  
QURATED FOR YOU

# Dukhan Water Sports Ultra Triathlon

14 December 2019



**deboer**  
performance wetsuits

**REGISTER NOW @**  
[www.qtriseriess.com](http://www.qtriseriess.com)

## RACE INFORMATION

# Race Plan – Saturday 14<sup>th</sup> December 2019

- Event race pack collection from 5 am
- Race will start at 6.45am with ULTRA, then 7am OLYMPIC and 7.15am SPRINT

## Race Distances

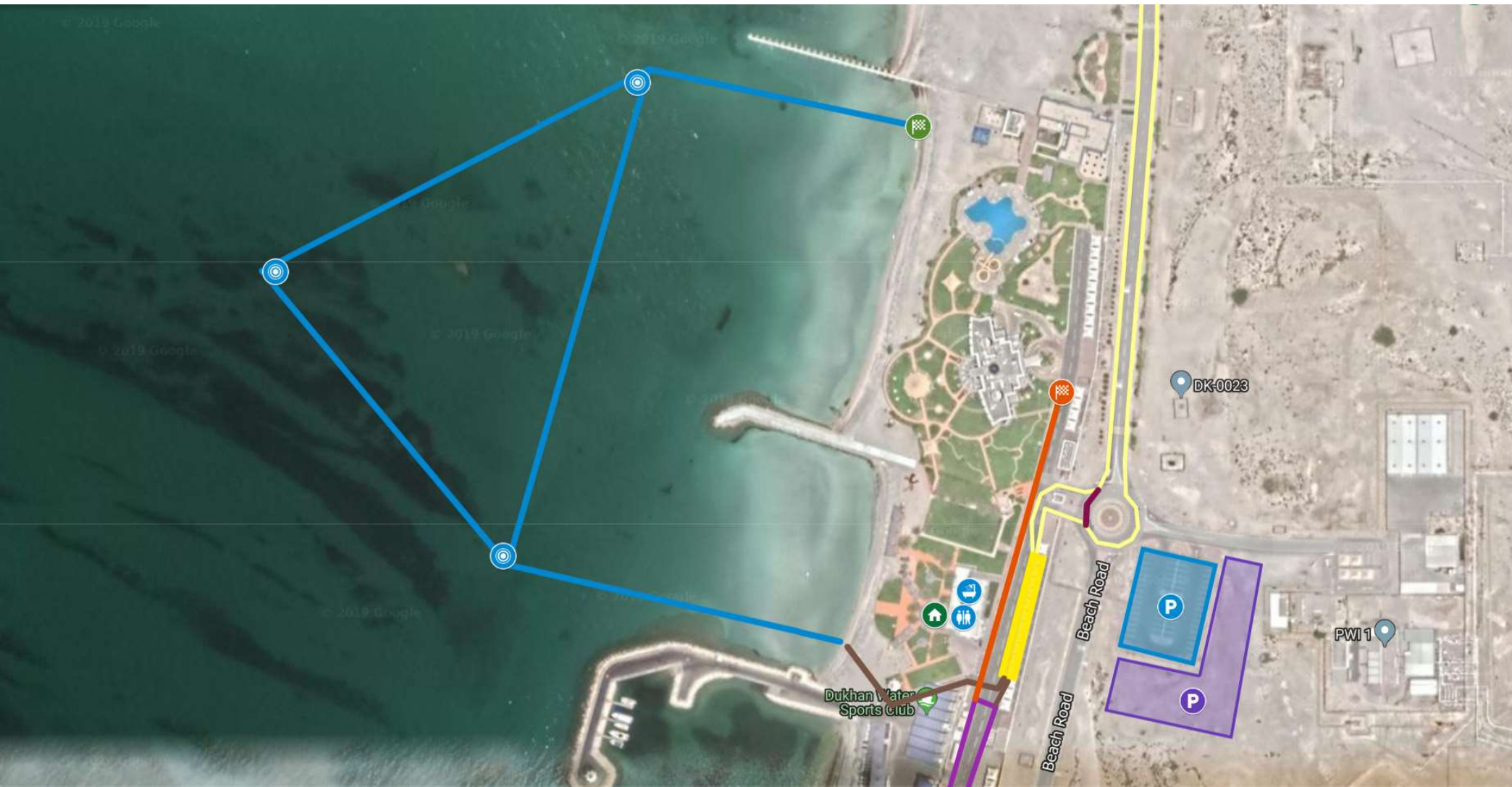
- SPRINT : 780m swim, 20km cycle, 5km run
- OLYMPIC : 1480m swim, 40km cycle, 10km run
- ULTRA : 2200m swim, 80km cycle, 20km run

## CATEGORIES and PODIUMS

- Junior (age 16-19) ( SPRINT ONLY )
- Open (age 20+)
- Veteran (age 40+)
- Qatari (age 20+)
- Veteran Qatari (age 40+)
- Team Relay (age 16 +) (Olympic and Ultra only)
- Qatari Team Relay (Olympic and Ultra only)

**( Athlete falls into age group with reference to  
His / Her age on the 31st of August 2020 )**

# Overview of Area, access to start and parking DUKHAN WATER SPORTS CLUB location:





# SWIM COURSE

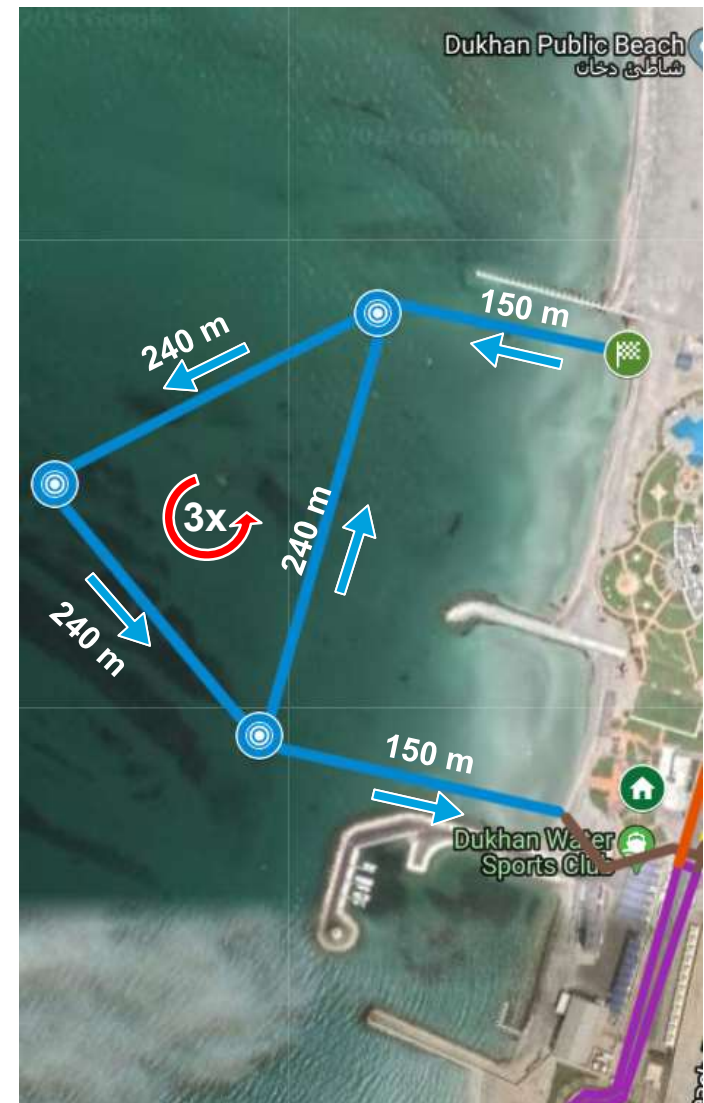
**SPRINT - 780 m**



**OLYMPIC – 1480 m**

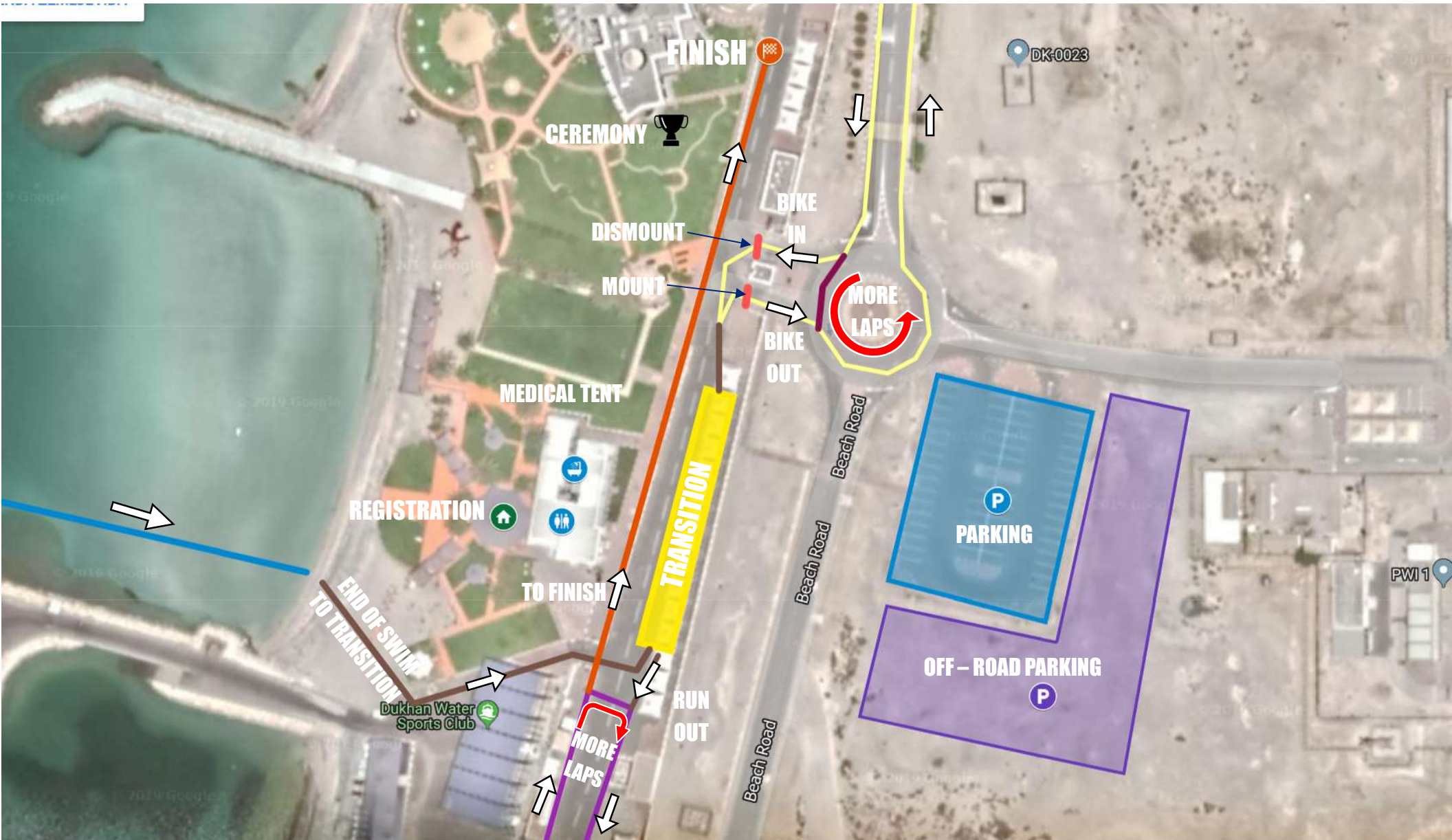


**ULTRA – 2200 m**



This aerial map illustrates the triathlon course layout. Key features include:

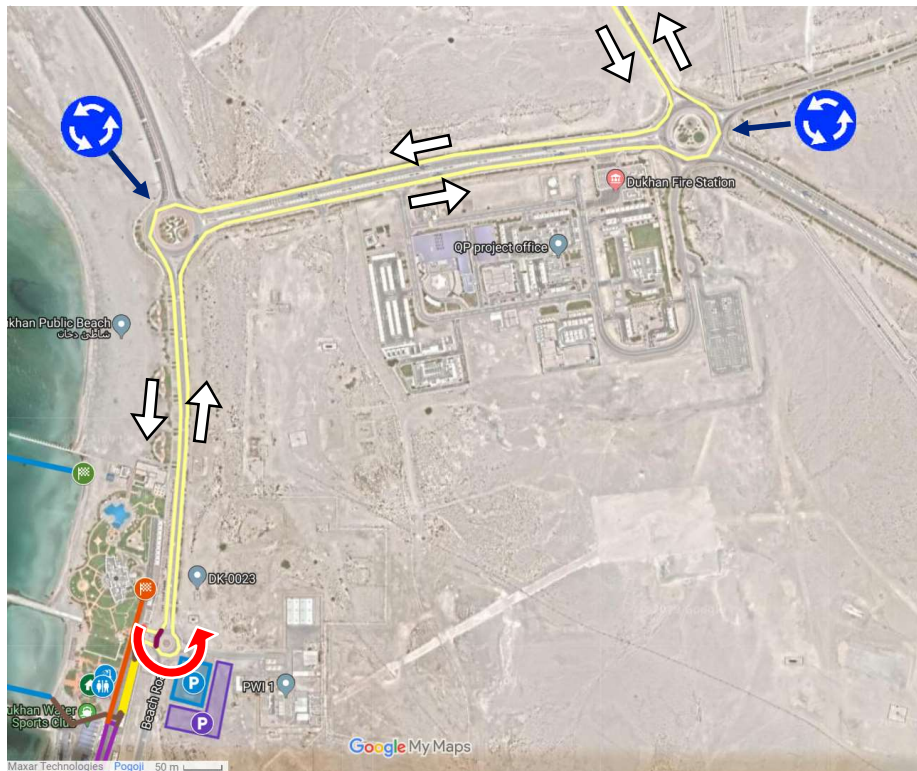
- Swim Segment:** Indicated by a blue line and arrow in the water.
- Transition Area:** A yellow rectangular zone labeled "TRANSITION".
- Run Segment:** A red line with arrows leading from the transition area towards the "FINISH" line.
- Key Stations and Landmarks:**
  - REGISTRATION:** Located near the water.
  - MEDICAL TENT:** Adjacent to registration.
  - CEREMONY:** Marked with a trophy icon.
  - FINISH:** The end point of the run segment, marked with a checkered flag.
  - BIKE IN / BIKE OUT:** Points indicating where cyclists enter and exit the bike segment.
  - DISMOUNT / MOUNT:** Points indicating where runners dismount and mount their bikes.
  - TO FINISH:** A brown line and arrow pointing towards the finish line.
  - END OF SWIM TO TRANSITION:** A brown line and arrow pointing from the water to the transition area.
  - Run Out:** A brown line and arrow pointing away from the transition area.
  - More Laps:** Red circular arrows indicating loop areas for both the bike and run segments.
- Parking Areas:**
  - PARKING:** A blue rectangular area.
  - OFF - ROAD PARKING:** A purple rectangular area.
- Other Labels:** "Beach Road" is labeled along the road. "DK-0023" and "PW1" are location markers. "Dukhan Water Sports Club" is labeled near the water.





# BIKE COURSE

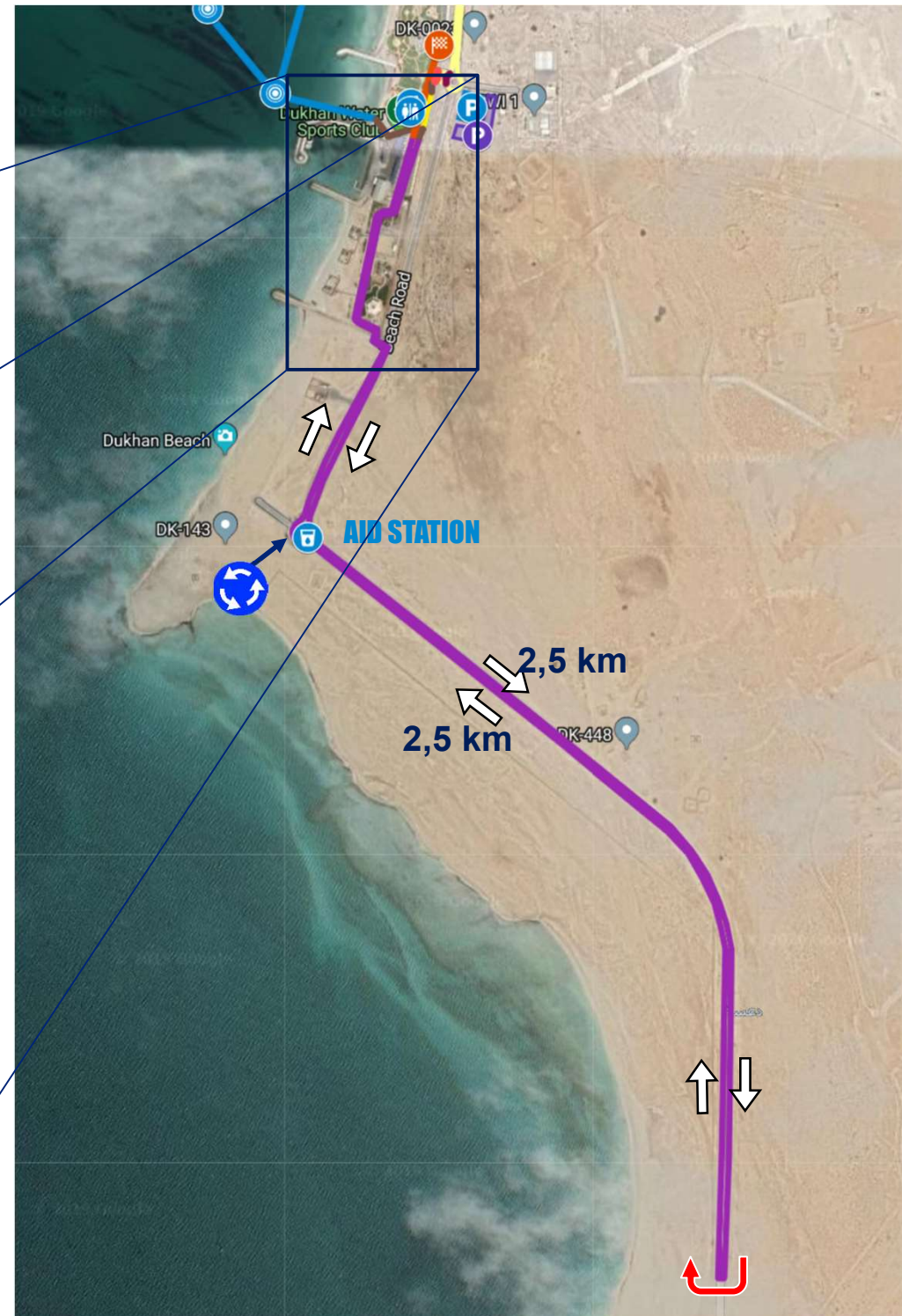
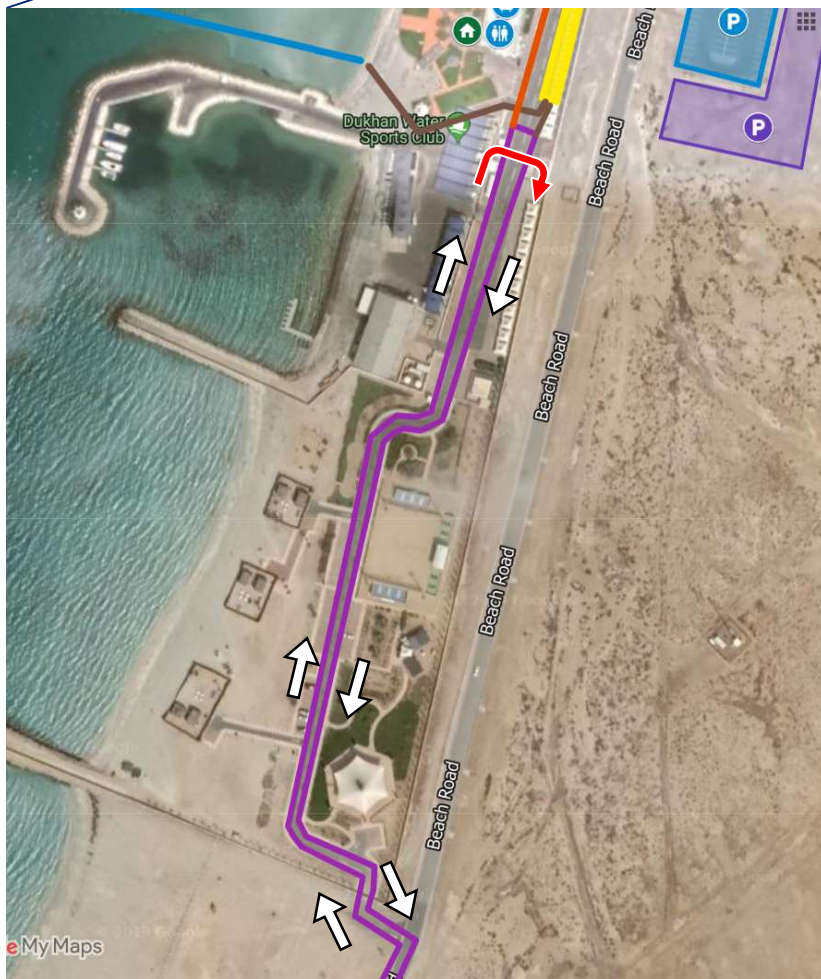
- **SPRINT : 20km ( 1 Lap )**
- **OLYMPIC: 40km ( 2 Laps)**
- **ULTRA: 80km ( 4 Laps )**





# RUN COURSE

- SPRINT : 5km ( 1 Lap )
- OLYMPIC: 10km ( 2 Laps)
- ULTRA: 20km ( 4 Laps )



# RACE RULES AND INFO

## 1. Race Pack Collection & Registration

**Race pack collection will start on Saturday 14<sup>th</sup> December at 5:00 am.** You will receive a timing chip with ankle strap, bike sticker and run bib with 4x safety pins + bike helmet sticker bib. Volunteers will help with body number marking.

## 2. Timing Chip & Ankle strap

You need to attach the timing chip to your **LEFT** ankle. Your chip will be collected from you at the finish line - if you don't return your chip at this point you will be liable for a fee of QAR 500 – so please remember to return it! Please use the timing chip given to you at registration – any other chip will not work.

## 3. Race Number

A race number must be clearly visible on your bike, and your front jersey for the run. We suggest to use an elastic race belt for your race number.

## 4. Transition Zone

On race day transition will be open from 5:00am for athletes to prepare their area till 6:25am. It will close promptly. During the race, only racing competitors with a valid race number will be allowed through the transition area. **Bikes may be collected from your transition zone ONLY after 10.30am and then leaving the venue will be under strict police control due to last cyclists still on route of ULTRA, so please be patient when looking to leave as we are trying to maintain the safety of the competitors.**

Please be considerate to other competitors when racking your bike! Once racked, all bags or other items that are not going to be used during the race should be moved away so that transition is kept as clear as possible. You must return your bike to the same racking position from where you took it. Bike shop service teams will be available on race day for any bike assistance required. **Team handover zone is at the bike rack for the team cyclist**

## 5. Race Briefing 6:30am

**This is a compulsory race briefing.**

## 6. Timing System

Electronic timing will be used to give you swim, bike, run and transition times. Your timing transponder must be attached to your left ankle. Timing points are the entry and exit of transition zone and also at the turn around points of bike and run to ensure that everyone completes the full course.

You must return your chip to the finish, even if you withdraw, otherwise we will think you are still out there racing. Failure to return your chip will result in a replacement QAR 500 charge.



# RACE RULES AND INFO

## 7. Race Results

A set of results will be available on [www.qtriserries.com](http://www.qtriserries.com) as soon as possible after the event. Any queries relating to them should be emailed to [info@qtriserries.com](mailto:info@qtriserries.com) by Tuesday after the event, after which time all results will be deemed as final and complete.

## 8. Swim Regulations

The course is **anti-clockwise** at all times unless advised differently at the briefing. Pass with the swim buoys on your left shoulder. **The swim will probably be a wetsuit swim, will be decided on race morning.** Only swim goggles or masks are permitted. No other swim aids of any kind are permitted. Only official lifeguards on kayaks and rescue jet skis are allowed on the swim course. Swimmers may use the kayaks and jet skis for aid should they require assistance so long as there is no forward momentum, which would result in disqualification. Please use brightly coloured swim caps provided in race pack.

## 9. Bike regulations

Helmets must be worn always on the bike. The helmet should be securely fastened before mounting your bike. There is to be no riding of bikes before the mount line or after the dismount line. This could result in disqualification. Bikes should be racked neatly, fixed by the seat or handlebars based on the colour marker tape on the racks. Please be respectful of other athletes' space in transition. Race numbers must be worn on your back. Please refer to the drafting section. **The roads will be secured by marshals and divided by cones to share the road with traffic, please follow the rules of the road and instructions of police and marshals. BE EXTREMELY AWARE OF POTENTIAL TRAFFIC ON THE BIKE LEG. Please ride single file except when overtaking.** No iPod or similar headphone devices allowed. Please do not litter the bike course. There are will be 1 **aid stations on the bike leg**, at the turn around point at far end 10km from venue. You are reminded that receiving water or other assistance from spectators or other non-event personnel is a disqualifiable offence.

## 10. Run Regulations

Chest and thighs must be covered by shirt/shorts or tri-suit. Trisuit zips must not be unfastened. No iPods or similar headphone devices allowed. Race numbers must be worn on your front during the run. There are plenty of aid stations.

## 11. Weather

It is essential that you are aware of the weather conditions during the race. It is expected to be hot with very little, if any, shade. We will have ambulances on standby throughout the duration of the race, but you must take care to race sensibly in such conditions. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body. Talk to the nearest volunteer who will be able to help you get attention. The common symptoms of heat exhaustion include: confusion, muscle cramps, heavy sweating, headaches, nausea/vomiting and dizziness. If you become aware of these symptoms, then seek medical help.

## 12. Hydration

Please stay hydrated and drink plenty of fluids in the days leading up to the race and remember to continue to take on fluids on the morning before the swim start. During the bike try to take on board 1l of fluids. There will be water available from aid stations on run, but please make sure you have sufficient fluids of your own on your bike.

# RACE RULES AND INFO

## 13.Positioning Rules

1. Absolutely **NO DRAFTING** of another bike or any other vehicle is allowed.
2. Athletes must keep 10 metres (5 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.
3. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
4. Overtaking athletes may pass on the left for up to 20 seconds but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7 metres draft zone once it is entered (drafting violation).
5. Overtaken athletes must immediately fall back 10 metres (5 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 10 metres will result in a drafting violation.
6. Athletes must ride single file of the road at all times except when passing another rider, or for reasons of safety. Side-by-side riding is strictly forbidden and will result in a drafting violation.
7. Impeding the forward progress of other athletes will result in a drafting violation.
8. You may not leave the course during the bike leg.
9. Major infringements (dangerous riding, drafting, deliberate littering etc.) will always attract a **VIOLATION**
10. There will be several mobile officials and numerous static officials enforcing these rules on the course at all times.

## The official will.....

1. Inform you that you have violated the rules. You should not expect any warning. He / She will not discuss the penalty.

## If you have violated the rules....

1. If caught for drafting, a 10min penalty will be added to your overall timing for the bike automatically
2. So please be aware of the drafting zones and don't be caught, if you are caught again during the race, the same 10min will be added for every time you are caught drafting



# RACE RULES AND INFO

## PLEASE NOTE

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
2. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor, or designee with actual authority. Failure to do so may result in disqualification.
5. No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Referee, appear to cause a danger to athletes may be disqualified.
6. All athletes may attach shoes to the pedals. Shoes and shirt must be worn at all times.
7. Athletes must wear a bike helmet.
8. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible.
9. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed.
10. No individual support allowed. Ample aid stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
11. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a penalty. Littering will result in a 4 minute penalty added to your final finish time automatically if caught.

# RACE RULES AND INFO

## PLEASE NOTE

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from the race organizer staff is permitted.
13. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
15. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification. HEADSETS OR HEADPHONES ARE NOT ALLOWED AT ANY TIME OF THE EVENT.
16. MEDICAL SUPPORT. If you need minor medical assistance, a Sag vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.
17. Please note that cut-off times apply to the course and will be discussed at the Athlete Briefing and are listed in Race pack, please be sure to note the specific cut off times to each discipline in the ULTRA

## CEREMONY

First three athletes in all race categories must attend the ceremony to be eligible. Ceremony will be done 30 minutes at the latest after the last athlete crosses the line of their race, for example for Sprint, 30min after last sprint athlete crosses line.

In addition to the rules listed here, this event is run according to the ITU rules for age-group, non-drafting competitions. Full ITU rules can be found at [www.triathlon.org](http://www.triathlon.org)



# CUT OFF TIMES PER RACE

## **SPRINT (16+)**

780m Swim / 20km Cycle, 5km run ( male / female )

*(athlete falls into age group with reference to his / her age on the 31st of August 2020)*

**ATHLETES WILL HAVE 2.5HRS TO COMPLETE THE FULL COURSE**

## **OLYMPIC (18+ )**

1480m swim / 40km Cycle / 10km Run ( male and female )

*(athlete falls into age group with reference to his / her age on the 31st of August 2020)*

**ATHLETES WILL HAVE 4HRS TO COMPLETE THE FULL COURSE**

## **ULTRA (18+ )**

2200m swim / 80km Cycle / 20km Run ( male and female )

*(athlete falls into age group with reference to his / her age on the 31st of August 2020)*

**ATHLETES WILL BE CUT OFF 1.5HRS FROM GUN START FOR THE SWIM**

**ATHLETES WILL BE CUT OFF 5.5HRS FROM GUN START FOR THE BIKE**

**ATHLETES WILL BE CUT OFF 8.5HRS FROM GUN START FOR THE RUN**

**\*\* Please note athletes who do not make these cut off times will be stopped from continuing the race, with no exceptions \*\***

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