

EDUCATION CITY Aquathlon Series



RACE INFORMATION PACK

RACE 4 – FRIDAY 12th MAY | 16:00



Categories & distances

As it's getting hotter, we're switching from our usual aquathlon format...runs shortened to one lap per leg....with multiple transitions... and a pairs category

Adults

LONG SWIMRUN

Run 1.25 km → Swim 400m → Run 1.25km → Swim 400m → Run 1.25km

LONG TEAM RELAY (2 people)

Run 1.25 km → Swim 400m → Run 1.25km → Swim 400m → Run 1.25km

PAIRS LONG SWIMRUN

Complete LONG SWIMRUN connected at waist to team-mate by 2m Cord

SHORT SWIMRUN

Run 1.25 km → Swim 200m → Run 1.25km

Youths

Kids 3(12-13), Junior(14-15), Secondary Relay Run 1.25km → 200m swim → Run 1.25km

Kids 2 (10-11) Run 600m → 200m Swim → Run 600m

Kids 1 (7-9), Primary Relay Run 600m → Swim 100m → Run 600m

Mini Kids Triathlon (3-7) Swim 50m → Bike 300m → Run 200m

Race At-A-Glance

15:00pm

Registration opens

15:45

Mini-kids

Swim 25-50m
(parents choice)

Bike

Run

16:00

Primary relay
Kids 1 (7-9)
Enticer (Beginner adults)

Run 600m
1 short lap

Swim 100m
2 lengths

Run 600m
1 short lap

Kids 2 (10-11)

Run 600m
1 short lap

Swim 200m
4 lengths

Run 600m
1 short lap

16:15

Short Swim Run

Adult Short Swim Run
Junior (14-15)
Kids 3 (12-13)
Secondary Relay
Parent Child Relay

Run 1.25 KM
1 lap

Swim 200m
4 lengths

Run 1.25 KM
1 lap

16:30

Long Swim Run

Seniors/Masters
Pairs
Team Relay

Run 1.25 KM
1 lap

Swim 400m
8 lengths

Run 1.25 KM
1 lap

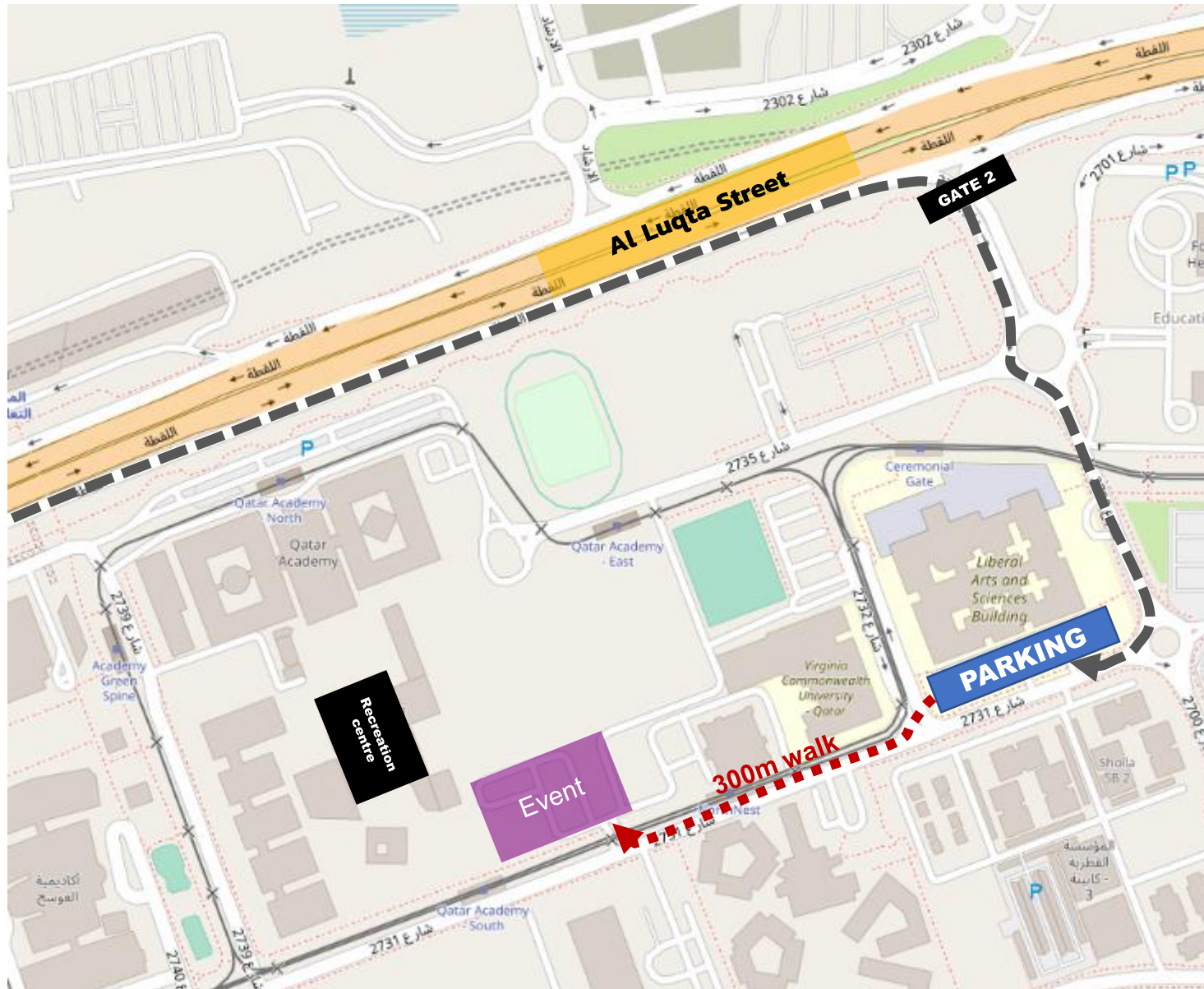
Swim 400m
8 lengths

Run 1.25 KM
1 lap

17:15

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

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](#)
No parking at race venue
- From the parking, walk 300m to venue.
- Event is at Qatar Academy Primary School car park
[Location](#)

Race day checklist

Check directions to Education City venue and location of parking (see map page 4)

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, race wear

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

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

Check-in

In order to ensure a smooth and quick race check-in we will separate check-in into 4 check-in desks

Body Marking

All Athletes to mark their arms with their race number using black marker

Non-Member Registration

**Complete Race Waiver and collect timing chip for use in race
Must give Qatar ID as deposit for timing chip or QAR500, returned after the race**

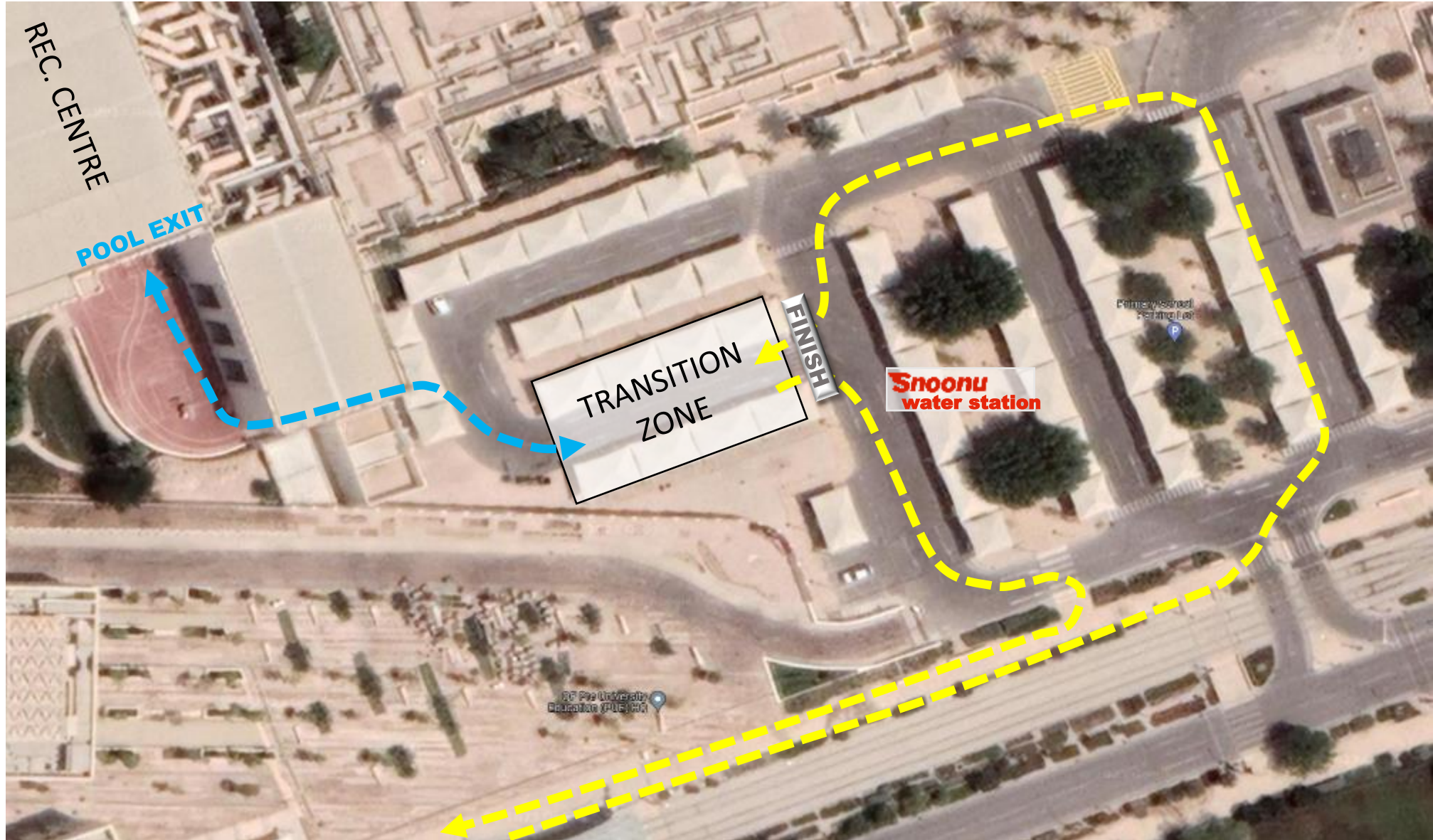
TriClub Doha Desk

- **Membership Queries**
- **Collect New Members Chips**
- **Members Chip Problems**
- **Rent a chip (QAR50)**
- **Buy a new chip (QAR150)**
- **Join the Club**

Team Registration

Collect Chip and Sign Waivers for entire team

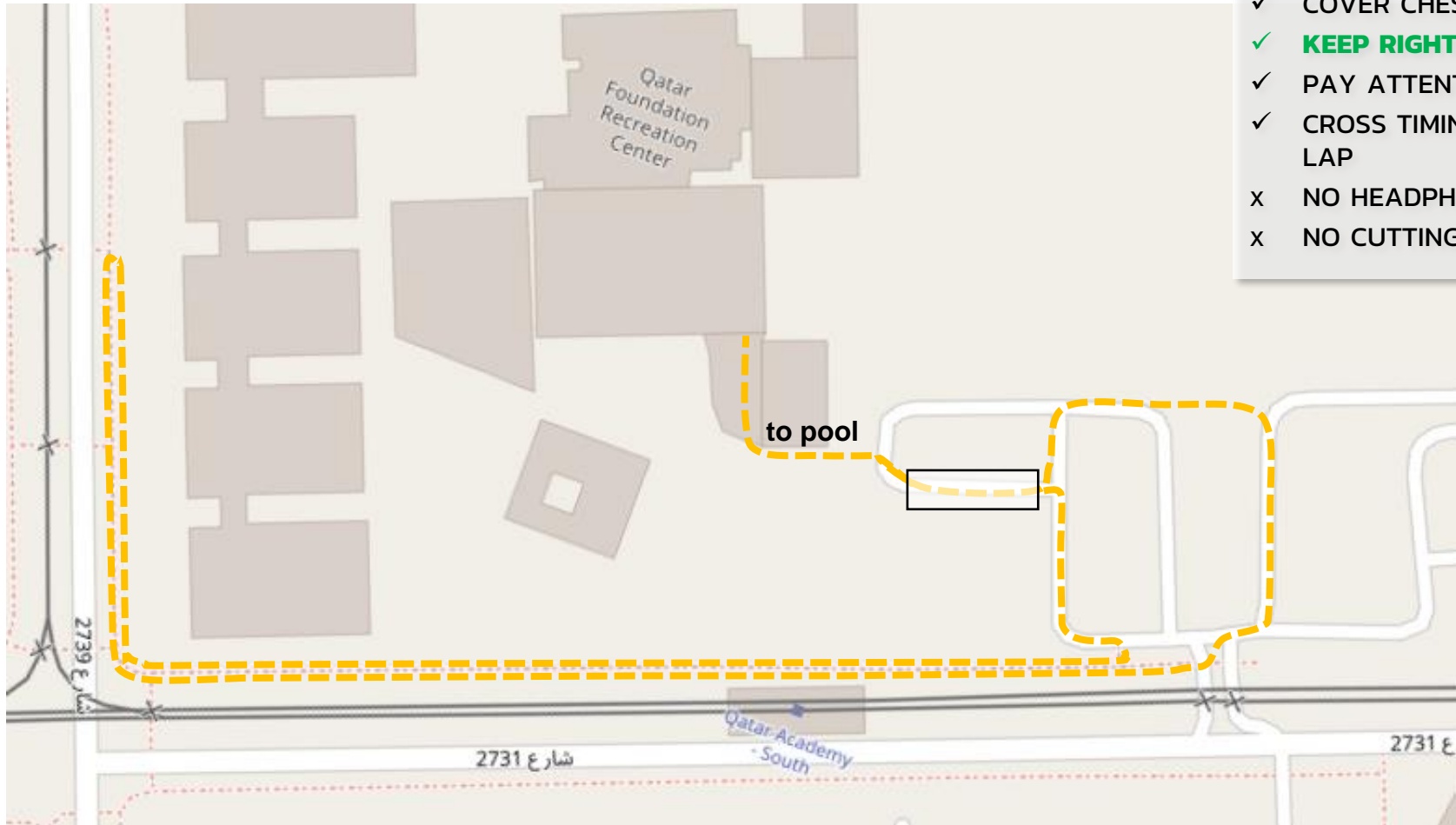
Transition Area



Run Course Information

This is a new route which **does not cross the tram-way**. It starts with an out and back section, following the path next to the tram-way. BE CAREFUL TO ALLOW FASTER RUNNERS ROOM TO PASS. A lap of the carparks, passing through transition completes one lap.

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



Course Information: Swimming

The Swim start is completely different from usual. Swim timing starts on entering the pool building and finishes when leaving.

Walk quickly to the other side of the pool, around the cone, then **go back** to the correct lane to swim the distance for your category.

The pool swim follows a 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

400m Swim

Enter Lane 8,

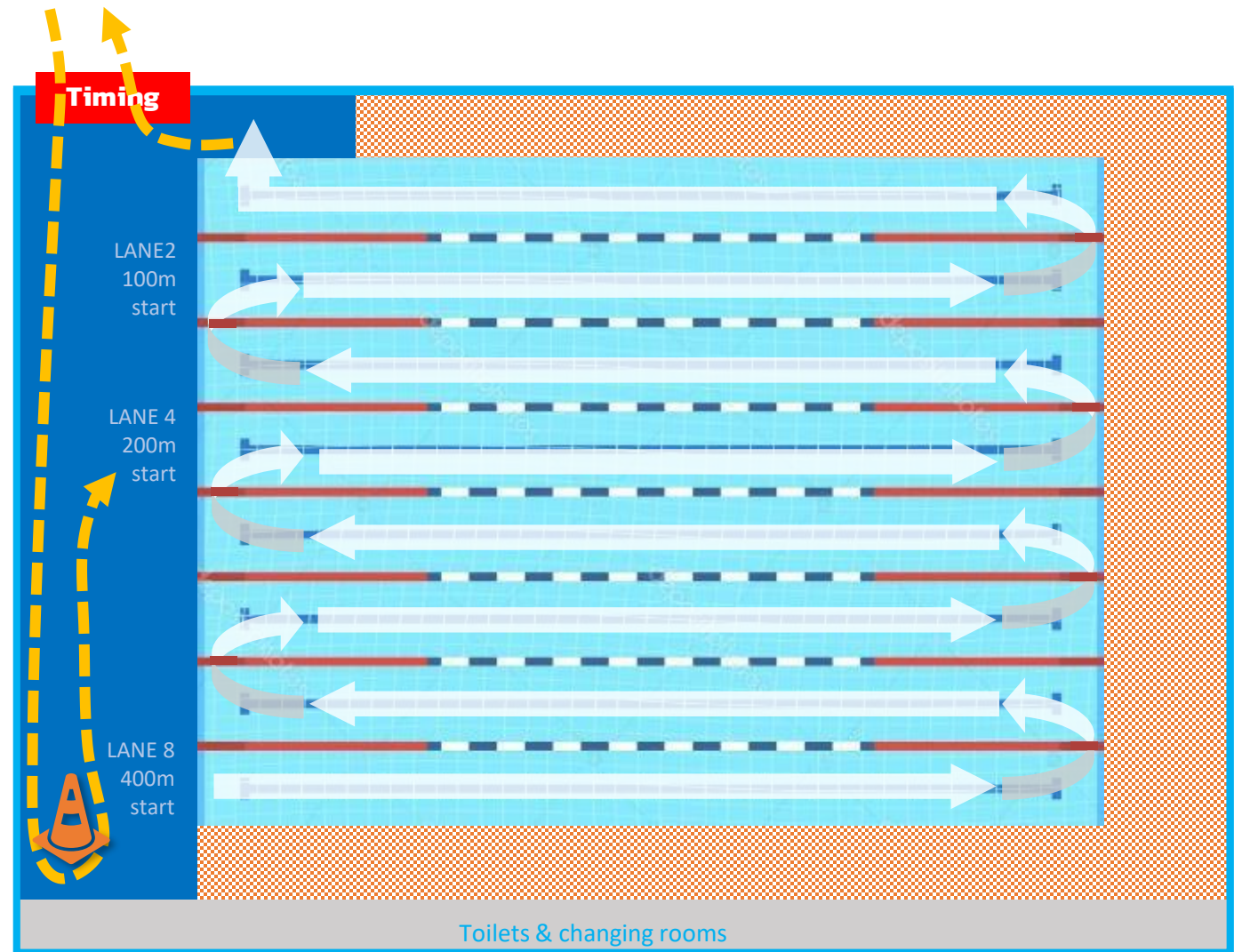
Turn under lane ropes and return in lane 7..., then 6,5,4,3,2,1

200m

Swims lane 4,3,2,1

100m

Swims lane 2,1





Water Station

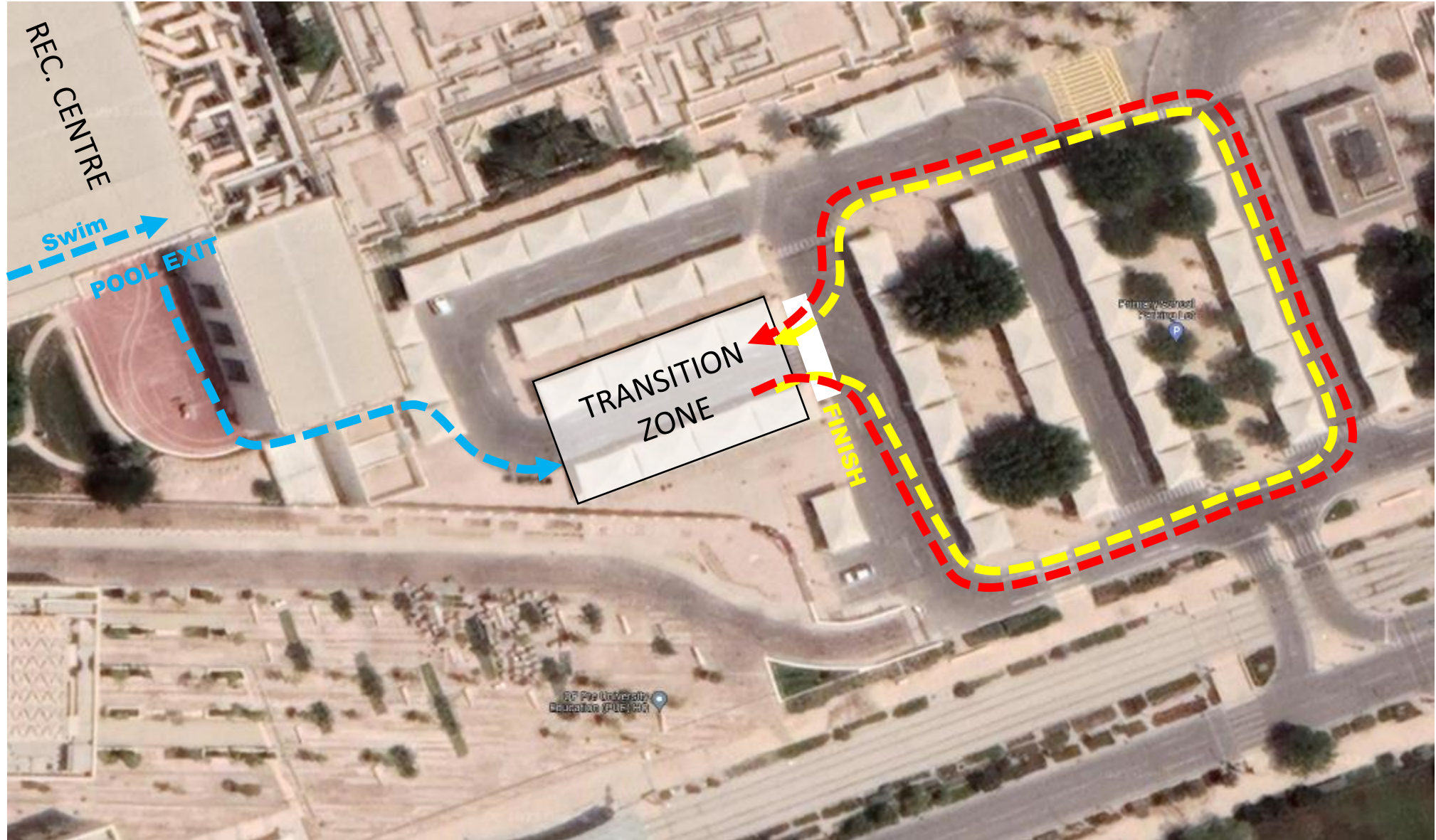
We are pleased to announce Snoonu as our water sponsor for the Education City Series

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

Mini-Kids Triathlon

- The Event will kick off with the MiniKids aged 4 to 6
- The distance is 25m to 50m swim followed by transition into running shoes and a the bike around the Car Park for 250m, before transitioning with a run to the finish line (250m)
- Swim distance based on child's ability. Parents must be at the side of the pool to monitor their child.
- The race will start at 15:45
- Mini-Kids will cross the finish line and collect a Education City Triathlon finishers medal
- 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 athletes, who are, of course, already inspired by their mum, dad and older sibling triathletes.
- Parents are requested to assist in the facilitation of this event.

Mini-kids triathlon



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**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

Individuals: Medals will be awarded to both male and female winners of the following categories: Kids 1 (7-9), Kids 2 (10-11) , Kids 3 (12-13), Junior (14-15), Short – Senior, Short – Masters, Long Senior, Long Masters

Team Relays: Primary School Relay, Secondary School Relay & Parent Child Relay: Medals will be awarded to the first three teams

Pairs - Masters, Pairs-Senior

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 winner’s medal. Please check your chip prior to the race.

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>

المدينة التعليمية
Education City

Snoonu
سنونو


THE RITZ-CARLTON
SHARQ VILLAGE, DOHA

alGharafa
CYCLING

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.

 MAZARS



Frequently Asked Questions

Question: Do I need to arrive before the first start if my wave is a later one?

Answer: We recommend you arrive a minimum of 20-30 minutes before your start time. Also be mindful not to impede any athletes in transition.

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 Aquathlon?

Answer: The minimum recommended age is 7 years. Participants must be able to swim 100m non-stop. We won't stop an underage child from racing unless they are causing potential danger to themselves and other participants. 5 year olds can take part in the mini-kids aquathlon

Question: Can I show up late and race?

Answer: Late comers who miss their gun start will not be allowed to race.



Education City
Aquathlon Series

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Education City
الدوحة

Race Rules

SWIM RULES

Swimsuit – any style but no bikinis permitted, goggles optional and advised. Wetsuits and buoyancy shorts not allowed. Floatation devices and swimming aids 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).

RUN RULES

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

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

GENERAL

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

PENALTIES AND INFRINGEMENT RULES

Failure to obey direction of race official – Disqualification
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