



- Presents -



Race Information Pack  
Race 2 – 24<sup>th</sup> January 2020

POWERED BY



# Race Categories



## 4 DIFFERENT RACE DISTANCES + Mini Kids

## Swim Wave

<b>Sprint (Open,Masters, TeamRelay)</b>	<b>500m swim, 20km bike, 5km run</b>	<b>1</b>
<b>Super Sprint</b>	<b>200m swim, 10km bike, 2.5km run</b>	<b>2</b>
<b>Kids 3 (12-13) / Secondary Relay</b>	<b>200m swim, 10km bike, 2.5km run</b>	<b>2</b>
<b>Junior (14-15)</b>	<b>200m swim, 10km bike, 2.5km run</b>	<b>2</b>
<b>Beginners</b>	<b>200m swim, 5km bike, 1.25km run</b>	<b>3</b>
<b>Kids 2 (10-11)</b>	<b>200m swim, 5km bike, 1.25km run</b>	<b>3</b>
<b>Kids 1 (7-9) / Primary Relay</b>	<b>100m swim, 3km bike, 1.25km run</b>	<b>4</b>
<b>Mini Kids</b>	<b>100m run / 100m bike (or run) / 100m run (no swim for mini kids)</b>	

# Race Day Checklist

- ☐ Check Directions and Parking Map to Education City Venue
- ☐ TriClub Members - Remember Timing Chip – or you won't have an official race time and could miss the podium as a result
- ☐ Race Gear: Bike, Helmet, Running Shoes, Goggles
- ☐ Register & Rack bike in time for your race - Sprint 6:30am.
- ☐ Body mark race number, pick up bottle; For online registrants: pick up chip (bring QID) & sign waiver
- ☐ Be Poolside in time to start your wave: Late arrivals will miss seeded start or miss the race altogether

**Latecomers will not be allowed to race**

# Race Day Bike Rent



Qatar Foundation  
**TRIATHLON SERIES**



If you don't own a bicycle and would still like to participate to the race, there is a possibility to rent a basic bike from the Qatar Foundation for the race.

## Price:

**Qatar Foundation Staff: Free of charge**

**Non Qatar Foundation participants: QR20/bike**

Bikes will be offered first booked, first served basis. If there are bikes left, you can rent a bike at the race venue also without prior reservation. Make a bicycle reservation to [awsajrecreation@qf.org.qa](mailto:awsajrecreation@qf.org.qa)

Payment for the rental bicycle is on site on the race day and **PAYMENT WITH CARD ONLY, NO CASH ACCEPTED!**

**Qatar ID or QF id card will be kept as deposit, until bicycle is returned.**



# Race Location:

## Recreation Center, Education City



Qatar Foundation  
**TRIATHLON SERIES**



### MAP OF EDUCATION CITY



### GETTING TO EDUCATION CITY

The entrance to Education City is from Gate 1 (Al Luqta Street).

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

### PARKING AND GETTING TO RECREATION CENTRE

- Upon entering from Gate 1, continue straight for 200m.
- Take a U-Turn from the first roundabout.
- Continue straight and turn right to the main Parking Building. Park Level G at the end of the parking hall and take the underground exit to the education city (there will be signs and marshal/security to guide you).
- Take the escalators down and up, exit through glass doors and walk straight ahead towards Recreation Center (there will be signs and marshal/security to guide you). **Reserve minimum extra 15min for parking and walk to the race venue!**
- **PLEASE NOTE THAT THERE IS NO PARKING CLOSER TO THE RECREATION CENTER DUE TO CONSTRUCTION, PLEASE USE THIS PARKING BUILDING ONLY TO SECURE SAFE ENTRY AND EXIT!**

# Race Information – must read



## REGISTRATION

Registration and transition opens at 05:30 and closes at 07:15. **Be on time – latecomers missing their wave will not be allowed to race.** The swimming pool will be open from 06:00 for warm-up. The race starts at 06:30 with the Sprint 500m and the swim start will continue until approx 7:30. Those that have their own timing chips do not need to check-in for the race – just collect giveaway and body marking. For non-members that have registered online, locate the registration desk in 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.**

## TIMING CHIPS

To ensure accurate times and results every competitor uses a mylaps prochip timing chip whilst racing. Using this cutting edge technology 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. When you have finished, please remember to return your timing chip to our marshals. After 0630, when the race has started, once you are wearing the timing chip, please ensure that you do not cross the timing loops at any time other than when you are competing, otherwise you may get a misleading race time. Failure to comply with this request will trigger your timing chip and could invalidate your result. 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 back. **If you forget your chip on race day, we will can provide a rental chip for QAR50, however your results will 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 leave excess baggage in transition. Transition will be open for super sprint, beginners, kids and juniors until 07:45 so please be mindful of other competitors who are racing by racking in the pre-assigned lane for Waves 2-4

## RACE BRIEFING

There will be no race briefing. At the swim start participants will be reminded on the number of laps. It is the competitor's responsibility to know the event course and to complete it properly. Look for signs, study the route map. Ask for advice at registration as needed.

## DRESS CODE

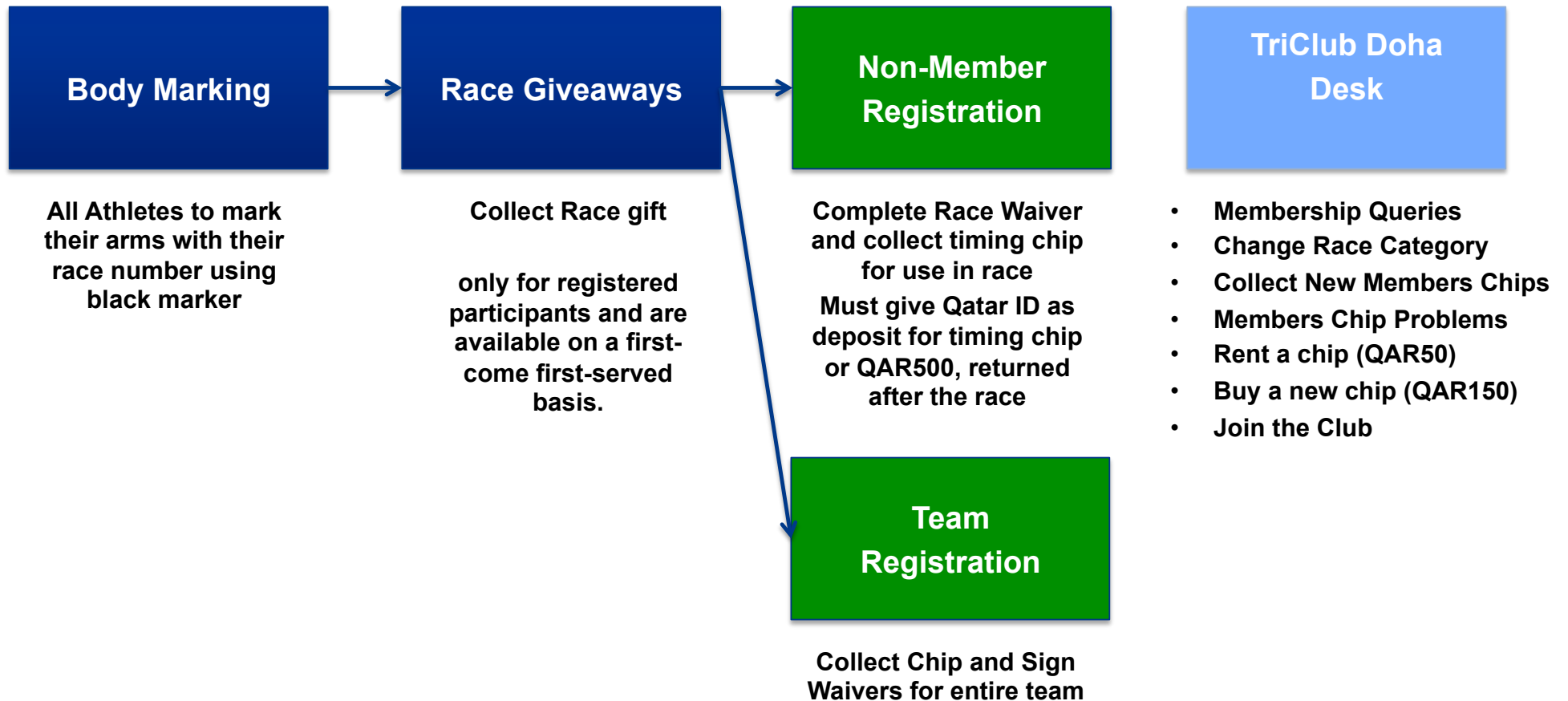
Consists of a vest or short sleeve type top and running/cycling shorts for the run / bike sections. Tri-suits can be worn and are recommended. Swimsuits must not be used for cycling or running and chests must be covered during the bike and run legs. There are no change tents provided in transition. Nudity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

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

# Race Check-In

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



# Course Information



## 4 DIFFERENT RACE DISTANCES

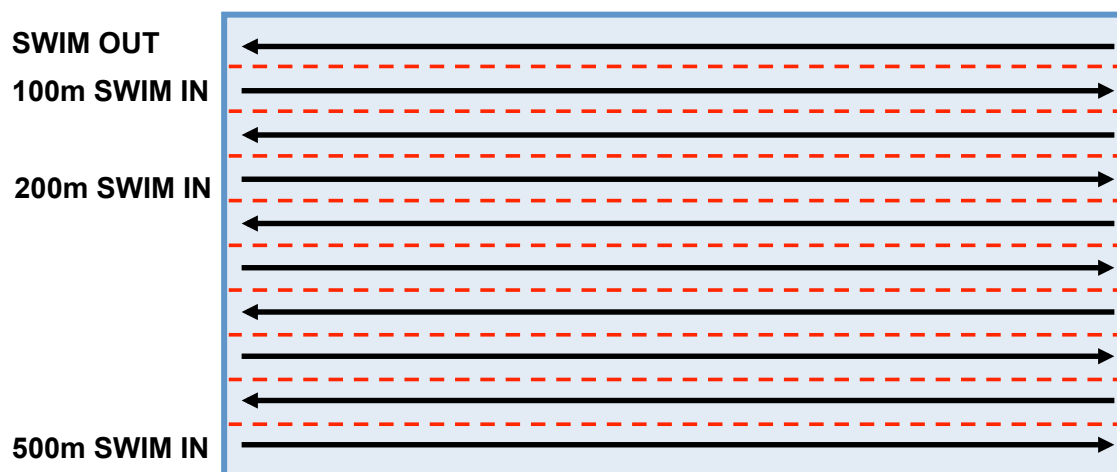
		Swim Wave
Sprint (Open, Vets, Team)	500m swim, 20km bike, 5km run	1
Super Sprint	200m swim, 10km bike, 2.5km run	2
Kids 3 (12-13) / Secondary Relay	200m swim, 10km bike, 2.5km run	2
Junior (14-15)	200m swim, 10km bike, 2.5km run	2
Beginners	200m swim, 5km bike, 1.25km run	3
Kids 2 (10-11)	200m swim, 5km bike, 1.25km run	3
Kids 1 (7-9) / Primary Relay	100m swim, 3km bike, 1.25km run	4

## SWIM LEG

You will set off at 5 second intervals in the pool. You will line up according to your swim wave (based on your race distance), self-seeded according to your anticipated swim time. Don't forget to put on your timing chip in advance of the swim. Your race will start when your chip crosses the start line immediately before you enter the water. You will walk (not run) to your correct lane and jump/dive into the pool to start the swim. Bear in mind that diving could result in your goggles coming off.

The pool swim follows a simple system where you swim one lengths in each lane of the pool – map attached – turning and swimming under the lane ropes at each end of the pool. On completion exit the water and make your way to the transition area which is approximately 200m away. We know it is a race but please do not run poolside.

## SWIM LANE MAP



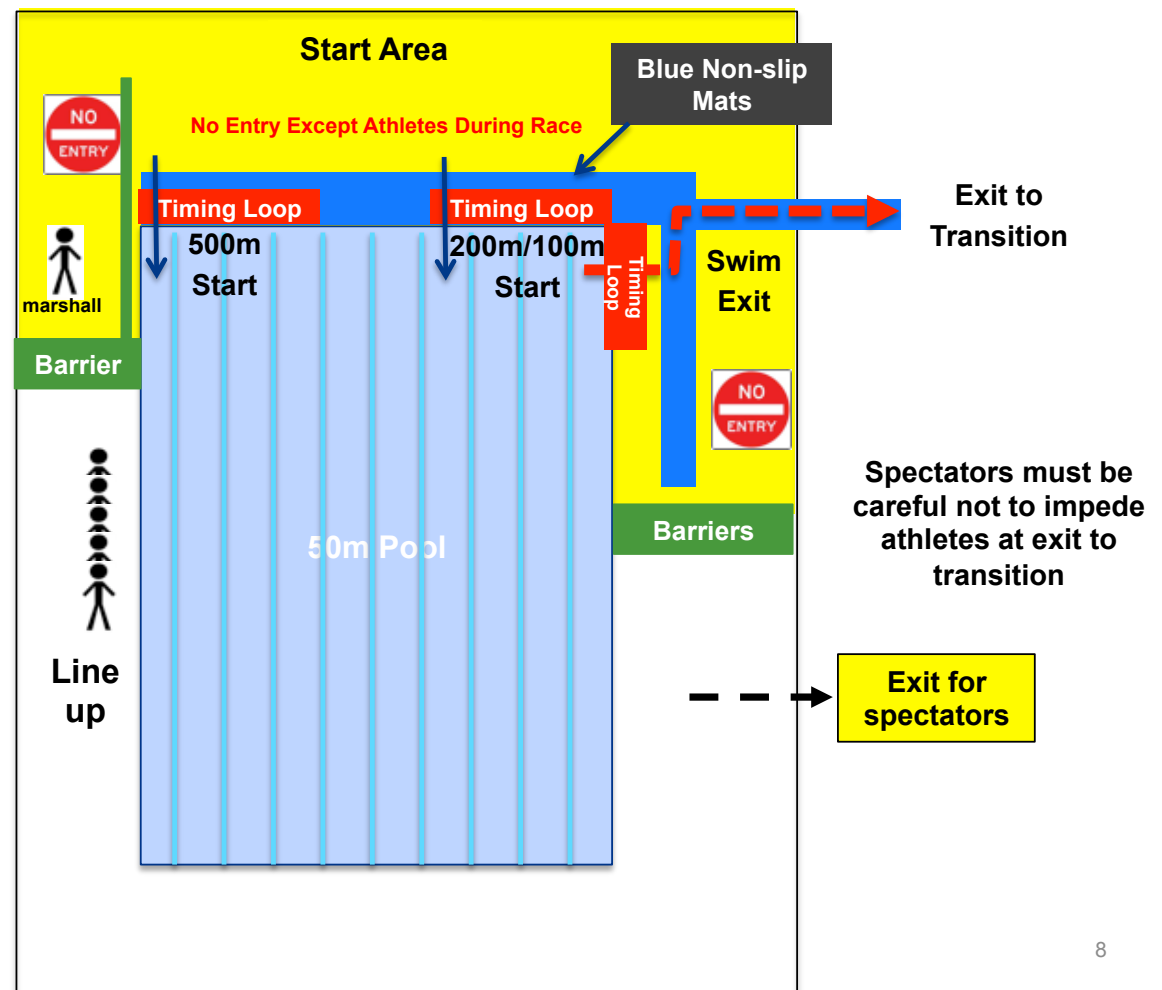
POWERED BY



# “Rolling” Chip Start to Swim

Race Numbers for TriClub Doha Club members are pre-set based on historic swim ‘seed’ times. Participants without historic race times and non-members start after the seeded members start. 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**.

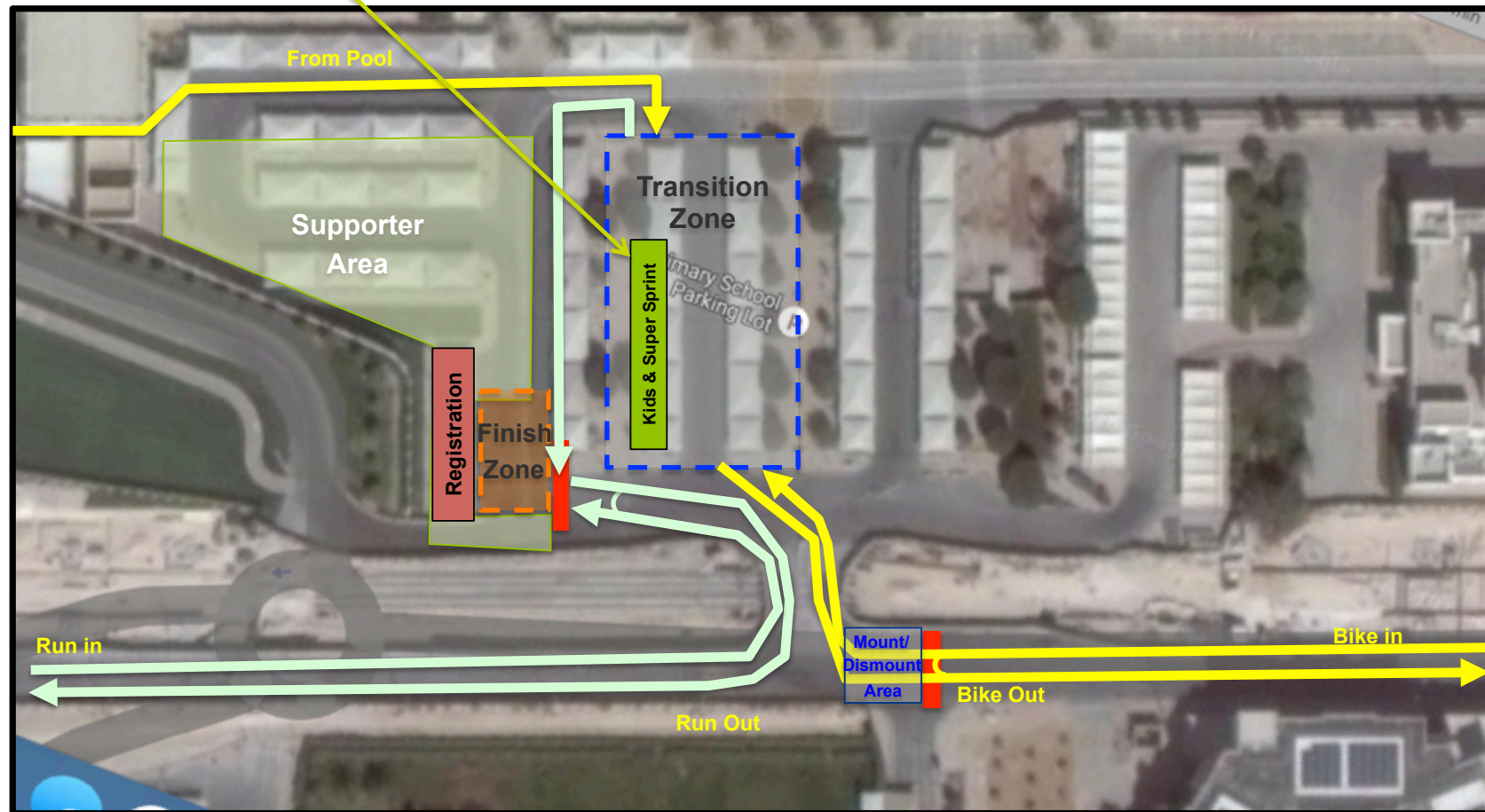
- Athlete's lineup by Race Number: TriClub Members start according to historic swim times based on past races. Swim times from Triathlons and Aquathons are available at: [Swim Time Database](#)
- Athletes line up at the side of the pool in their by distance (Wave 1: 500m, Wave 2: Junior, Kids 3 and Super Sprint 200m, Wave 3: Kids 2 & Beginners 200m, Wave 4: Kids 1 100m) and order themselves based on their seeded/expected swim time.
- Every 10 seconds, the start marshals let next participant start (watching for exiting swimmers), cross timing loop, which starts their race, then they fast walk (not run) to correct swim lane, and jump/dive into pool to start race.
- Swimmers cross timing loop on exiting pool to finish swim/start T1
- Each crossing will result in an audible beep...**if you don't hear a beep then your time is not being picked up at race start.** By sticking to your numbered order, we can estimate your start time based on the starting order



# Transition Area Map

Spectators should not impede athletes in the race

Those starting after 7.00am (wave 2, 3 & 4) will be allowed to rack their bikes in this designated area to minimize disruption to the Sprint distance racers



# Bike Course Information



Qatar Foundation  
**TRIATHLON SERIES**



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 3<sup>rd</sup> roundabout is a straight road (2<sup>nd</sup> exit).

After this there will be a 1.5km turn point for kids 1 (age 7-9). At the end of the 2.5km course there will be a long u-turn loop

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 other 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**

**Kids 1 (7-9) – Short lap (3km)**

**Kids 2 (10-11) – 1 Lap 5km**

**Kids 3 (12-13) – 2 Laps 10km**

**Junior (14-15) – 2 Laps 10km**

**Beginners – 1 lap 5km**

**Super Sprint – 2 laps 10km**

**Sprint – 4 laps 20km**

✓ **HELMETS MUST BE WORN**

✓ **OVERTAKE ON LEFT**

x **NO RIDING IN TRANSITION**

x **NO OVERTAKING ON ROUNDABOUTS**

x **NO DRAFTING**



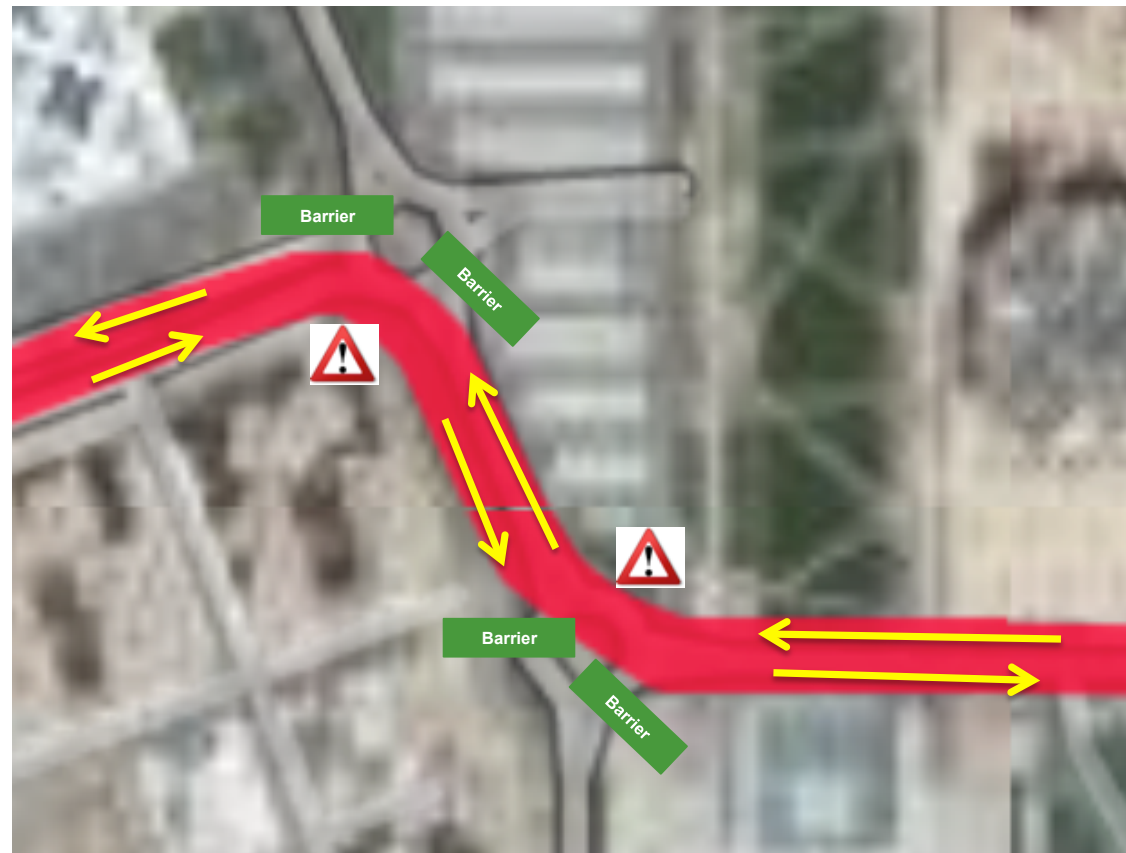
# Bike Course

## 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 going with a timing loop to ensure all runners complete the out-and back course. Runners will then return all the way back to the transition area.

Those doing more than 1 run loop (kids 3, junior, super sprint and sprint) will continue with a u-turn on the timing loop to the right off the finish line. Lap times will be available.

Water Station will be available near the finish line each lap

## RUN LAP – 1.25km

Kids 1 (7-9) – 1 Lap 1.25km

Kids 2 (10-11) – 1 Lap 1.25km

Kids 3 (12-13) – 2 Laps 2.5km

Junior (14-15) – 2 Laps 2.5km

Beginners – 1 lap 1.25km

Super Sprint – 2 laps 2.5km

Sprint – 4 laps 5km

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



# Team Relay



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 newcomers, beginners to triathlon and non-triathletes

- **Team Relay Distances**

Primary (7-11 year old)	Swim 100m	Bike 3km	Run 1.25km	(Kids 1 distance)
Secondary (12 to 18 year old)	Swim 200m	Bike 10km	Run 2.5km	(Kids 3 distance)
Adult Team Relay	Swim 500m	Bike 20km	Run 5km	(Sprint distance)

Note there is no Kids 2 distance Team Relay race, even if all the kids in the team are 10-11 year old.

- Gold, Silver and Bronze Medals will be awarded to the best teams regardless of gender (all male, mixed or all female teams) Additionally Gold Medals will be awarded to first place all female team, in which case the 4<sup>th</sup> place team will receive the bronze medal.

# Mini-Kids Duathlon & Fun Run



Qatar Foundation  
**TRIATHLON SERIES**



- Towards the end of the Triathlon 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 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 GEMS Tri-Series finish line and receive a participation medal at the finish.
- If cycling, helmets must be worn. Stabilisers/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 mum, dad and older sibling triathletes.
- Parents are requested to assist in the facilitation of this event.

# Post-Race Information



## MEDALS

All event finishers will receive a medal. These will be distributed at the finish line.

## POST RACE REFRESHMENTS

A post race snacks are available to all participants, please collect your post race breakfast/snack from the buffet near the check-in desk

## AWARDS CEREMONY

The awards ceremony will take place around 9:00 - 9:30am after the mini-kids race

## Individuals

Gold, Silver and Bronze 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), Sprint - Open (16-39 years) and Sprint - Veterans (40+), Super Sprint, Beginners.

Gold, Silver and Bronze Medals will be awarded to top three Qatari Male in the Sprint and Super Sprint Qatari

Winners are requested to wear any sponsors T-Shirts during the Podium presentation

## Team Relays

**Primary School Relay & Secondary School Relay:** Gold, Silver and Bronze Medals will be awarded. Additionally Gold Medals will be awarded to first place all female team (unless they are overall winners). If there are sufficient numbers of ALL FEMALE teams there will be 2 separate podiums for female and male/mixed.

**Team Relay.** Gold, Silver and Bronze Medals will be awarded. Additionally Gold Medals will be awarded to first place all female team (unless they are overall winners) and first place Qatari Team

**Any Race Day Registrations and members that forget their chips and require a rental will not be eligible for Race Day Podium prizes as their details will be added to the athlete file only after the race is completed so as not to delay the completion of final results.**

# 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.

Chests must be covered during the run

## 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

Times are approximate and subject to change eg. depending on speed of swimmers

**0530: Transition opens/race registration**

**0630: Race starts with Sprint / 500m**

**Kids/Junior/Super Sprints can continue to rack bikes until 07:15**

**±0700: 200m swim starts, followed by 100m**

**±0800: Last participant out of pool**

**0830: MiniKids Duathlon**

**0900: Last athlete must finish/course closed**

**±0915: Podium presentation of winner medals**

# TriClub Doha Club Championship and Volunteering



## **2019-2020 Club Championship QF Triathlon Series Awards**

Club members participating in the individual distances are eligible to participate in the Qatar Foundation Triathlon Series Award for the season. To be eligible, participants must complete 3 out of 4 races. Points are awarded based on the position in the race age group; 50 points for 1<sup>st</sup> place, 49 points for 2<sup>nd</sup> place and so on with a minimum of 10 points for competing in the race in each age group. Super Sprint races are awarded starting at 40 points, and beginner races are awarded starting at 30 points. To be eligible, members are required to volunteer at one event per year (not necessarily a Triathlon. Parents may volunteer for Juniors. Any volunteer who misses a race to volunteer earns 50 points for that race. For more information on our club championship, visit our website: <http://triclubdoha.com/en/about-us/our-activities/club-championship>

## **Volunteering**

TriClub Doha relies upon the help of volunteers for our events to run smoothly. All our members, or parents of Junior members, are expected to volunteer to assist at least one event per season. To find out more about volunteering and to sign up to assist, please visit our website: <http://triclubdoha.com/en/membership/volunteering>

# 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: Can I rent a bike for the race?  
Answer: Bikes are available from Qatar Foundation. See the race pack page 3 for information.
- 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 (QAR50) for the race at [registration.triclubdoha.com](http://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. Mini-Kids can race for free but cannot claim the race giveaway and medals are subject to availability.
- 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 sprint at 0730. If you miss the swim altogether then you miss the race

# Club Sponsors

Please show appreciation to the following organisations for making Triathlon in Qatar a reality!

