



Qatar Foundation

# AQUATHLON SERIES



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**Race Information for Aquathlon series**  
**Event 2 - Friday, 21<sup>st</sup> February 2020**

# Race Categories and Distances



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## 4 DIFFERENT RACE DISTANCES

- Sprint (Open, Masters, University and Sprint Team Relay) 500m swim, 5km run
- Kids 3(12-13), Junior(14-15), Secondary Relay, Parent-Child Relay, Super Sprint 200m swim, 2.5km run
- Kids 2(10-11) 200m swim, 1.25km run
- Kids 1(7-9), Primary Relay 100m swim, 1.25km run
- Mini Kids(5-7) 50m swim, 200m run



# Race Day Checklist



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- 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: Running Shoes, Goggles, Swim Cap, Running Cap, Trisuit
- Registration: Body mark race number;  
For online registrants: pick up chip (bring QID)
- Be at Swim Start on time:
  - Sprint (500m) : 15.30pm
  - Super Sprint / Junior (14-15) / Kids 2 (10-11) & Kids 3 (12-13) / Secondary Relay / Parent-Child Relay : (200m) : 15:50pm approx
  - Kids 1 (7-9) and Primary Relay (100m) : 16:20pm approx
  - Mini Kids : 16:45pm





# Race Location:

Recreation Center, Education City



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EC Overview Map for Aquathlon Event





# Race Information



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## REGISTRATION

Registration and transition opens at 14:00pm and closes at 15:00pm for Adults and 16:00pm for Kids. **Be on time – latecomers will not be allowed to race.** The swimming pool will be open from 14:00pm for warm-up. There will be short race briefing then Wave 1 will start at 15:30pm sharp first competitor will start with following athletes starting at 10 second intervals thereafter. Those that have their own timing chips do not need to check-in for the race. 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.**

## TIMING CHIPS

To ensure accurate times and results every competitor uses a mylaps prochip timing chip whilst racing. 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. When you have finished, please remember to return your timing chip to our marshals. After 15.30pm, 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 or QAR500 deposit back. **If you forget your chip on race day, we 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. Set up your area sensibly and with some thought for others and try your best not to upset others when you go through transition. Please do leave excess baggage in transition.

## RACE BRIEFING

There is only a small race briefing with some last-minute changes if any. The course routes are explained in the race pack and only any specific issues of the day will be communicated if necessary. **It is the competitor's responsibility to know the event course and to complete it properly.** Look for signs, study the route map.

## DRESS CODE

Consists of a vest or short sleeve type top and running shorts for the run sections. Tri-suits can be worn and are recommended. Swimsuits must not be used for running and chests must be covered during the run leg. 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.

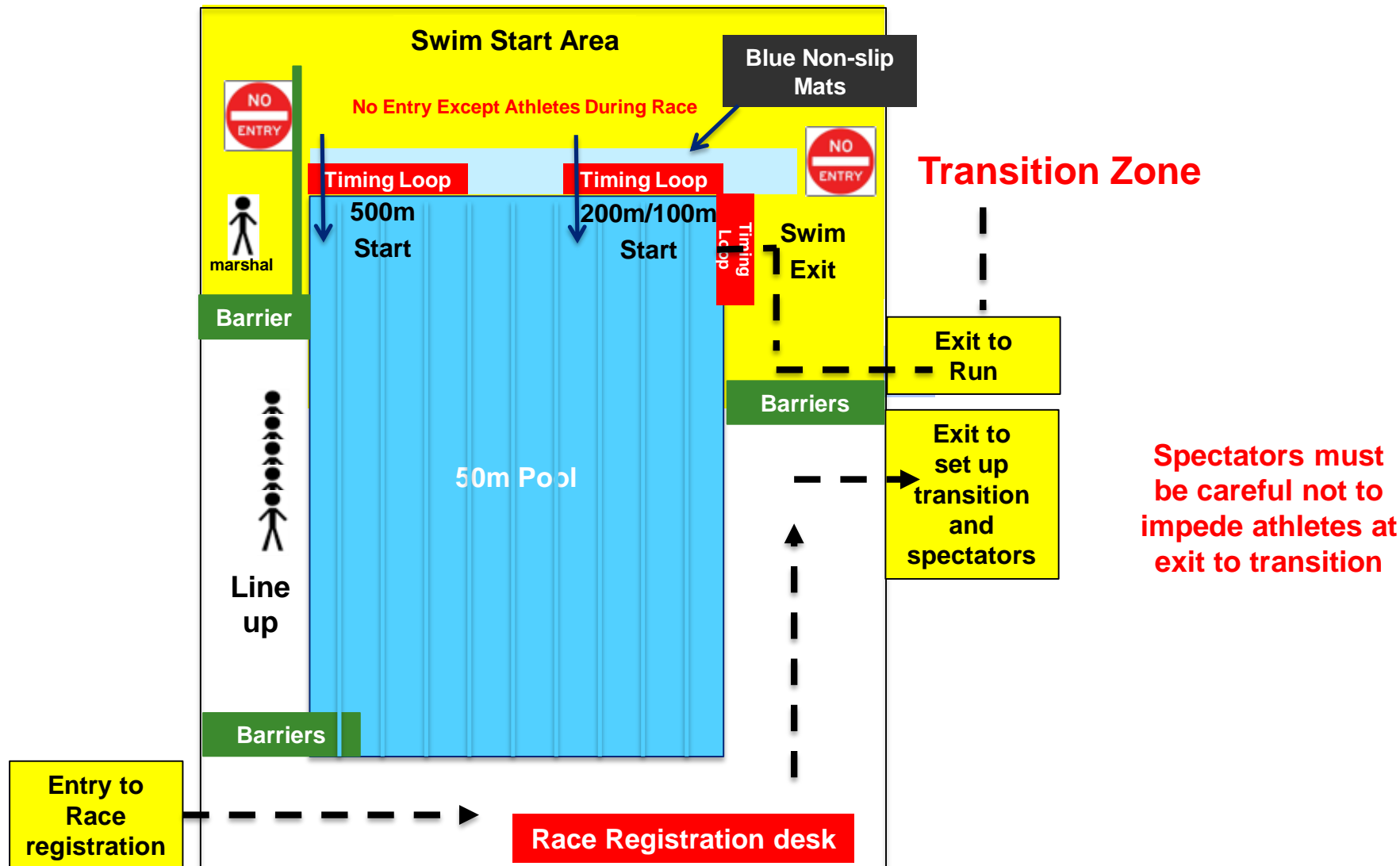
## TEAM RELAY

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



# Race Check-in location

Race Registration desk is located inside the swimming pool area. You can enter the Recreation center through fire doors and go down the stairs to the registration desk. Exit the door to set up your transition area and please be careful not to disturb the competitors.



# Race Check-In



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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
- Change Race Category
- 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



# Course Information: Swimming



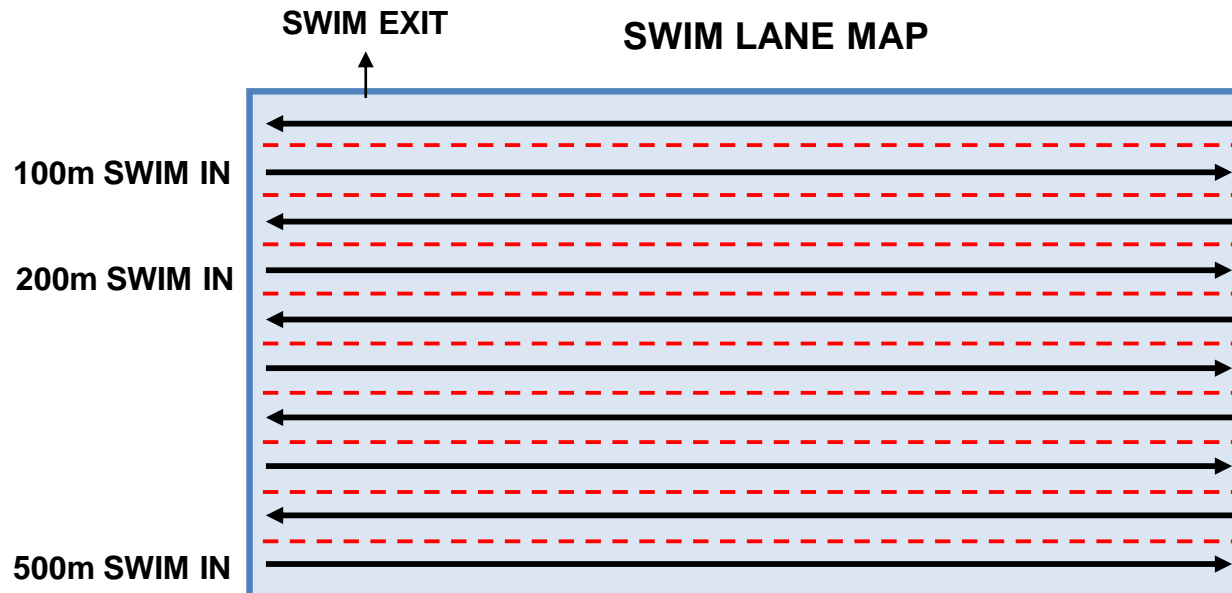
## 4 DIFFERENT RACE DISTANCES

		Swim Wave	Start Time
Sprint (Open, Masters, University , Sprint Team Relay)	500m swim, 5km run	1	15:30pm
Kids 2 (10-11)	200m swim, 1.25km run	2	15:50pm
Kids 3 (12-13) / Junior (14-15) / Secondary Relay / Parent-Child Relay	200m swim, 2.5km run	2	
Super Sprint	200m swim, 2.5km run	2	
Kids 1 (7-9) / Primary Relay	100m swim, 1.25km run	3	16:20

## SWIM LEG

You will set off at 10 second intervals in the pool. You will line up according to your swim wave (based on your race distance), TriClub members are seeded according to historic 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.

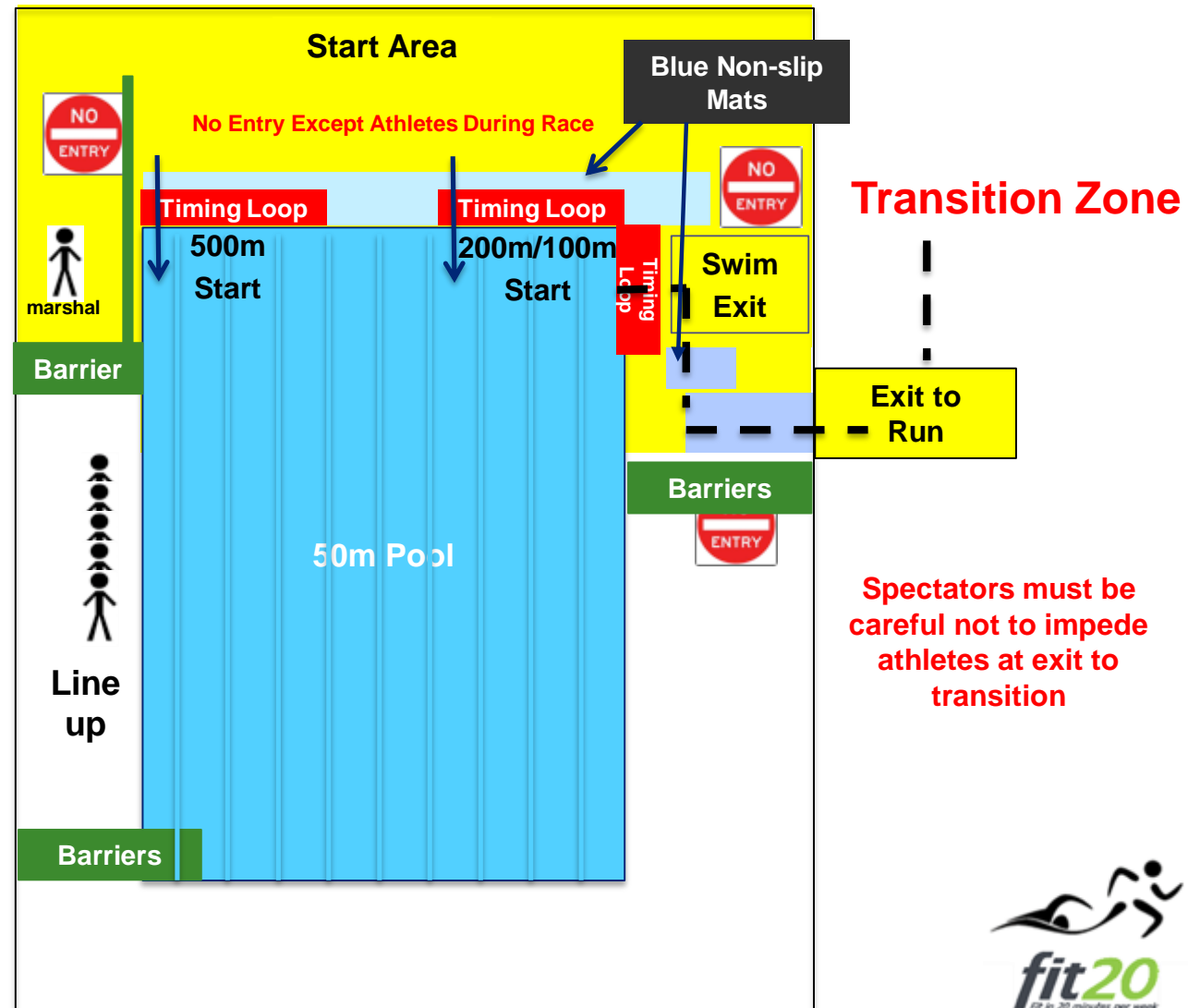




# “Rolling” Swim Start

Race Numbers for TriClub Doha members are pre-set based on historic swim ‘seed’ times. Participants without historic race times and non-members 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**. Chips can be checked at the finish line during registration.

- Athlete’s lineup by swim time: Fastest First based on past races.
- Athletes line up at the side of the pool by distance (Wave 1: 500m, Wave 2: 200m, Wave 3: 100m) and order themselves based on their race numbers which are based on expected swim time.
- By lining up between swimmers of similar times it will reduce congestion in the pool and allow you to swim faster by not encountering others on the turns.
- 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



# Transition



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In order to reduce congestion outside of the Pool Area, we are implementing some changes to the transition area:

- Participants and spectators must enter the Pool/Start Area through the main door or the fire door– this is reserved for participants coming for registration and spectators. Marshals shall be stationed to make sure spectators and late starters do not get in the way of participants exiting the pool
- Athletes will exit through the closest door of the pool exit and registration / spectators can use the other door, clearly marked and marshaled



- Those arriving once the race is underway are requested to stay off the run route and behind the barriers so that athletes are not inhibited during their race
- In particular, those setting up transition should take minimal time in the transition area and not congregate here unless participating in a team
- Athletes completing the race are request to exit the area around the finish line area.



# Run Course Information

When leaving transition take a sharp left turn, then turn right in the parking area, and head under the Start/Finish Arch, make a sharp right turn along the main road 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





# Mini-Kids Aquathlon



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- After all the Adults have started and the pool is mostly cleared, we will hold a "Mini-Kids Aquathlon"
- The distance is 25m to 50m swim followed by transition into running shoes and a 200m run
- Swim distance based on child's ability. Parents must be at the side of the pool to monitor their child.
- This event is free of charge and no registration required
- The race will start approximately 16:45pm after all participants are out from the pool and the first 2 lanes of the pool are clear
- Mini-Kids will cross the Qatar Foundation Aquathlon Series finish line and collect a 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.



# Post-Race Information



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## MEDALS

We have exciting new customized finisher medals for this event.

**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

The podium ceremony will take place shortly after the last competitor finishes.

## 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), Super Sprint, Sprint - Open (16-39 years) and Sprint - Masters (40+) and University category, Overall. We will also award the winning school in Schools league with a trophy for the win on the day, no silver or bronze for school league teams

## Team Relays

**Primary School Relay, Secondary School Relay & Parent Child Relay:** Gold/Silver/Bronze Medals will be awarded to the first three teams and additionally Gold Medals will be awarded to first place all female team. If the first-place female team is on the overall podium, the fourth-place team will receive bronze medals.

**Team Relay.** Gold/Silver/Bronze Medals will be awarded to the first three teams and additionally Gold Medals will be awarded to first place all female team. If the first-place female team is on the overall podium, the fourth place team will receive bronze medals.

**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 results.**



# Race Rules



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## 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).

## 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, is 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





# Race Day Timetable



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- 14:00pm: Transition opens/race registration**
- 15:20pm: Pool Open for Warm Up**
- 15:30pm: Wave 1: 500m Swim Starts (1 per 10 seconds)**
- ±15:50pm: Wave 2 : 200m Swim Start (once 500m clear pool)**
- ±16:20m: Wave 3 : 100m Swim Start (once 500m clear pool)**
- 16:45pm: MiniKids Aquathlon**
- 17:00pm: Podium presentation of winner medals**



# Frequently Asked Questions



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Question: My kids are starting at 16:20pm, do I need to register before 14.00pm

Answer: You can arrive and register up until 15.15pm and set up transition during Wave 2: Bear in mind that the walk to registration / race area is longer than normal due to construction. Leave enough time to be onsite before start time Also be mindful not to impede any athletes in transition. And if you miss the swim wave, then you won't be able to do the swim.

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 Aquathon?

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. 5 year olds can take part in the free mini-kids aquathlon at 16.45pm

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

Answer: No registration is required - kids can just show up and have fun. By registering we will be able to communicate any schedule changes.

Question: Can I show up later and race?

Answer: Late comers who miss their swim wave will not be allowed to race.



# TriClub Doha

## Club Championship



- TriClub Doha's "frequent flyer" program open to all club members.
- Results from all 14 Qatar Foundation Races (4 Triathlons, 3 Aquathons and 4 Junior Duathlons, 4 Running Races plus our 9 Club Aquathons & 9 Club Duathlons are part of "Club Championship"
- Club Members must volunteer at at least one event to participate in the Club Championship. Parents may volunteer in-lieu of juniors. Sign up at our website:  
<http://www.triclubdoha.com/en/membership/volunteering>
- Points awarded per event for all participants based on age group; ie: 50 points for 1<sup>st</sup> place, 49 for 2<sup>nd</sup> etc, per age group (Veterans, Open, Junior Age Groups.) Minimum points earned per race is 10 points, even if race not finished.
- Points awarded will start at 50 points for standard/sprint distance races. Super Sprint distance 40 points, Maxi duathlon/aquathons: 60 points, Enticer distance 40 points, Beginners Tri 30 points
- **To further encourage volunteering at QF Race Series Events, 50 bonus points for award for missing a QF Race (Triathlon, Aquathon, Junior Duathlon) to volunteer in a marshal role. This will count as 1 of the 3 events.**
- Season Series score based upon best 3 scores in each series; sum of points for the best 3 (of 4) QF Triathlons, Best 3 (of 4) QF Aquathons, Best 3 (of 4) QF Junior Duathlons, Best 3 Club Duathlons/TT's and Best 3 Club Aquathons.
- Overall Club Championship score is based upon the sum of all categories, minimum 12 events total to qualify.
- For more information please see [www.triclubdoha.com](http://www.triclubdoha.com)



# Club Sponsors and Partners

Please show appreciation to the following organizations supporting us

