

TriClubDOHA

- Presents -



STAGED OLYMPIC *CLUB TRIATHLON*

Losail & Sharq Village Hotel

Race Information Pack

Friday February 14th at 7am & Saturday 15rd at 6.30am

Staged Triathlon: Timing and Distances

- ❑ TriClub members, timed **Club Duathlon** event in the morning at Losail on Friday 14th February at 7am, combined with the **Club Aquathlon** at the Sharq Village on Saturday 15th February at 6:30am

Club Duathlon – Friday at 7am

- ❑ Maxi Duathlon: 2.5km run (2 lap), 40km bike (10 laps), 2.5km run (2 lap) with Gunshot start at 7am
- ❑ Sprint Duathlon: 2.5km run (2 lap), 20km bike (5 laps), 2.5km run (2 lap) with Gunshot start at 7am
- ❑ Enticer Duathlon: 1.25km run (1 lap), 12km bike (3 laps) and 1.25km run (1 lap) gunshot at 7am
- ❑ Duathlon is a self-policed non-drafting bike leg
- ❑ Club Championship points starting at 60 points for Maxi, 50 points for Sprint, 40 enticer
- ❑ Any members can come to bike & run as they wish; please only bring your chip if you are doing the race

Aquathlon – Saturday at 6:30am

- ❑ Sharq Aquathlon & swim for a cause: 2 distances Sprint (1km swim and 5km run) and Enticer
- ❑ Club Championship points starting at 50 points for Sprint, 40 enticer

Olympic Staged Triathlon: Maxi Duathlon + Sprint Aquathlon (total time)

- ❑ Podium for the Olympic Staged Triathlon : Trophies for 1st place Open and Masters (M/F) based on total time following completion of Aquathlon
- ❑ Breakfast at Sharq after podiums

Friday Race Day Timetable

Location: [our-locations/qcf-huts-losail](#)

Format: [club-duathlon](#)

6:30: Set Up

7:00: Gunshot start for Maxi & Sprint & Enticer Duathlons

8:00 Onwards : Sausage Sizzle BBQ

10:00 Race Finish....go home

Saturday Race Day Timetable

Location & Race Course : [Sharq-Village-Aquathlon](#)

6:00: Set Up

6:30: Gunshot start for Sprint & Enticer

7:30 Kids Race (200m swim, 1.25km run)

8:00 Announcement of Results / Winners

8:15 Breakfast