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WORLD TRIATHLON  
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# AGE GROUP GUIDE

8 - 9 MARCH 2019 | YAS ISLAND  
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# WELCOME

In 2014, we had a vision - to bring the very best of triathlon to Abu Dhabi.

To witness this event – the fifth year that the ITU's World Triathlon Series season-opener is hosted here in the Capital - brings me great pride, as I see our vision become a reality.

Over the course of the weekend, you will witness 110 of the world's best triathletes go head-to-head as they chase precious Olympic points, in both the individual races and the exciting new Mixed Relay race. We are also incredibly excited to be hosting the first sports competition of the Special Olympics World Games Abu Dhabi 2019. 35 athletes of determination will toe the line on Friday – don't miss it! In addition, 2,000 amateur triathletes and 600 junior triathletes will go head-to-head in their own personal 'Olympic Games'.

We have seen a 56% increase in participation since our first event in 2015, marking the Daman World Triathlon Abu Dhabi as the biggest triathlon in the region. But perhaps more importantly, through our partnership with the Special Olympics World Games and the addition of dedicated race waves for para triathletes, we are also now the most inclusive triathlon in the region.

And what's more, the reach isn't just on a local scale. This event, a jewel in Abu Dhabi's sporting crown, has global influence with people travelling from over 50 countries to take part and TV viewers in excess of 2.5 million. It is proof of how truly international, inclusive and gender equal the sport of triathlon is – a sport perfectly aligned with our own values.



This year, we are delighted to welcome Daman to the family in a title partner role. They continue to help significantly grow the reputation of the event, as well as getting the local community active. Thank you also to the UAE Triathlon Federation for their commitment to growing the wonderful sport of triathlon here in the UAE, and to our sponsors, partners and volunteers without whose support, the event would not be possible.

Of course, as we enjoy the festivities this weekend, we have even more to look forward to as Abu Dhabi has been selected to host the ITU's Grand Final in 2022! I would like to thank the ITU for their support and guidance in our journey together. We look forward to continuing that journey over the coming years.

To all the athletes toeing the line this weekend – good luck, race well, and enjoy the experience! I encourage you to bring your friends and family along to the Yas Marina Circuit to witness your achievement, and to enjoy the festivities in the Event Village!

**HE Aref Al Awani**  
General Secretary,  
Abu Dhabi Sports Council

# WELCOME

Greetings and welcome to the 2019 Daman World Triathlon Abu Dhabi.

It is a great pleasure to return to Abu Dhabi for a fifth successive year with the World Triathlon Series, and to once again begin a new season in this wonderful city. Not only will we raise the curtain here on 2019's WTS Elite racing, but, for the first time ever in Abu Dhabi, the expanded World Triathlon Mixed Relay Series will also take place this weekend.

The unique excitement that the team format brings our sport has captured the imaginations of the triathlon world and it will be fascinating to see what this season's five races hold ahead of its Olympic Games debut next year in Tokyo.

The ITU has cherished the opportunity to hold such important events in the Middle East over the past five years, helping to develop our sport in the UAE in both profile and participation. This race can set the tone for the rest of the calendar year, and is a crucial test for the athletes after the months of hard work and close-season training they have all been through.

Abu Dhabi will also provide another exciting weekend of activities for triathletes of all ages and abilities to get involved in our sport. Super-Sprint, sprint, standard and fun-run events will take place and bring together more than 2,500 Age-Group racers, providing a range of enthusiasts with the perfect challenge to suit their level.

We are also delighted that the triathlon race of the Special Olympics World Games 2019 will be integrated into the Daman World Triathlon Abu Dhabi – marking the first



competitive event of the World Games. What a fantastic experience for our athletes to meet the determined and watch them race.

The vibrant city of Abu Dhabi and its iconic Yas Island venue provide the perfect backdrop for these events during an excellent weekend of family-friendly sports action for its citizens. After all, triathlon is a sport for everybody, regardless of age or gender.

I would like to thank our partners at Abu Dhabi Sports Council for their continued support and dedication to growing the sport of triathlon. Thank you also to the UAE Triathlon Federation, title sponsor Daman, the Local Organising Committee, and the city of Abu Dhabi for their help in putting this weekend together.

I hope you will enjoy another memorable World Triathlon Abu Dhabi spectacle and have a wonderful weekend to start the new season.

Sincerely,

**MARISOL CASADO**

President, International Triathlon Union IOC  
Member



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# WELCOME

**There are over 2,500 amazing triathletes from all over the world taking part in this year's Daman World Triathlon Abu Dhabi – including age-groupers, elites, juniors and Special Olympics World Games 2019 athletes.**

**For those of you who have raced before, we can't wait to see you back on the famous blue carpet! For those toeing the start line for the first time – welcome!**

This guide is your go-to place for everything you need to know about the Age Group races. It includes essential information including how to register and pick up your race pack, schedules, routes, and of course, those all-important race results!

We want to ensure that every athlete has an incredible time at this year's Daman World Triathlon Abu Dhabi - so whether you are competing in your first ever triathlon or are a seasoned pro, please

take the time to read this guide prior to your race. We would also recommend regularly checking our website for the most up-to-date information.

As well as preparing for your race, we would encourage you to check out all the fun happening OFF the race course on 8 – 9 March! The Daman World Triathlon Abu Dhabi is much more than a swim, bike, run - there's fun for the whole family in the Event Village which is bigger and better than ever before. Bring your loved ones along to cheer you as you cross the finish line, and enjoy the weekend's festivities.

Throughout race week, and after your race, we'd love to hear about your experience. Don't forget to share your experience on social media tagging us @WTSAbuDhabi, and using #WTSAbuDhabi.

For more information, go to [abudhabi.triathlon.org](http://abudhabi.triathlon.org).



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4 - 7 DEC 2019

**Formula 1**

# SCHEDULE

## Tuesday 5 March 2019

12:00 - 20:00	Junior & Age Group Registration and Race Pack Collection - Dubai	Stadium Store, Dubai Festival City Mall
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## Thursday 7 March 2019

10:30 - 11:00	See the elite's at the Elite Bike Course Familiarization	Elites depart from Race Village
11:30 - 12:30	See the elite's at the Elite Swim Course Familiarization	Watch from front of team villas
11:30	Athlete Village and Expo Opens	Race Village
12:00 - 18:00	Junior & Age Group Registration and Race Pack Collection	Race Village
16:00 - 17:00	Kids Race Briefing	Race Village
17:00-18:00	Age Group Race Briefing (for SuperSprint only)	Race Village
18:00	Athlete Village and Expo Closes	Race Village

## Friday 8 March 2019

05:30	Athlete Village and Expo Opens	Race Village
05:30 - 06:30	Age Group Bike Check-In: Super Sprint	Race Village - Transition Area
07:00	Age-Group Race: Super Sprint (cut off: 1hr 20 mins)	Race Village
06:30 - 7:30	Junior Bike Check: Jnr Tri Super Sprint, Kids Duathlon, Jnr Duathlon	Race Village - Transition Area
08:00	Junior Race: Junior Tri Super Sprint (12-13, 14-15yrs)	Race Village
08:00 - 09:00	Age-Group Bike Check-out: Super Sprint	Race Village - Transition Area
08:50	Junior Race: Kids' Duathlon (7-9, 10-11yrs)	Race Village
09:00 - 9:30	Special Olympics Bike Check-In	Race Village - Transition Area
09:20 - 10:00	Junior Race: Junior Duathlon (12-13, 14-15yrs)	Race Village
10:00 - 18:00	Age Group Registration and Race Pack Collection	Race Village
10:00 - 12:00	Special Olympics Race	Race Village
12:40 - 13:10	Prize Giving: Special Olympics	Race Village
12:00 - 13:00	Age Group Swim Familiarization	Meet in the Race Village
13:15 - 13:45	Age Group race briefing	Join from the Grandstands
14:06	Elite Race: Men's Sprint Distance	Watch from the Grandstands
15:30	#RunWithRio at the Family 1km Fun Run	Race Village
15:30	Competitions, lucky draws and spectator give-aways	Join from the Grandstands
16:06	Elite Race: Women's Sprint Distance	Watch from the Grandstands
17:45	Prize-Giving: Elite Men's/Women's Medal Ceremony	Watch from the Grandstands
18:30	Athlete Village and Expo Closes	Race Village

## Saturday 9 March 2019

05:00 - 06:30	Age-Group Bike Check-In: Olympic	Race Village - Transition Area
06:30	Athlete Village and Expo Opens	Race Village
07:00	Age-Group Race: Olympic (cut off: 4 hrs)	Race Village
11:00 - 15:00	Age-Group Bike Check-Out: Olympic	Race Village - Transition Area
12:06 - 14:00	Elite Race: Mixed Relay	Watch from the Grandstands
11:00 - 12:00	Age-Group Bike Check-In: Sprint	Race Village - Transition Area
13:45 - 14:00	Mixed Relay Medal Ceremony	Race Village
14:00	Age Group Race: Sprint inc. Junior & Para-athletes (cut off: 2 hrs 15 mins)	Race Village
16:00 - 17:30	Age-Group Bike Check-out: Sprint	Race Village - Transition Area
19:00	Event closes	Race Village



# BEFORE THE COMPETITION

## REGISTRATION AND RACE PACK PICK UP

To take part in the Daman World Triathlon Abu Dhabi, you will need to register and pick up your race pack before your designated race day. This year, we are hosting registration and race pack collection options in Dubai and Abu Dhabi - both venues have ample parking. Registration is only open during the following dates and times.

If you have registered online, you will have already agreed to our indemnity form. For those signing up during registration, you will need to sign an indemnity form. All participants will collect their race pack during registration.

DATE	TIME	VENUE
Tues, 5 March	12:00 - 20:00	Stadium Store, Dubai Festival City Mall
Thurs, 7 March	12:00 - 18:00	Registration Tent in the Athlete Village, Yas Marina Circuit, Abu Dhabi
Fri, 8 March (Sprint & Olympic Age-Groupers only)	10:00 - 18:00	

**IMPORTANT:** When registering, please bring a valid photo identification. Without photo ID, you will not be able to collect your Race Pack and wristband, and therefore will not be able to race. If you are registering and collecting a race pack on behalf of a friend, you will need to bring a copy of their race entry and their ID.

**There will be no race pack collection facilitated on race day, please ensure you collect your race pack on the Registration Days listed.**



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## RACE PACK

Your 2019 Race Pack will contain the following:

- T-shirt, provided by Speedo
- Branded swim cap
- Race number and envelope (personalized if you signed up before 7 February 2019)
- Athlete identification pack (stickers sheet including supporter stickers, and wristband)
- Event Draw String Bag
- Online Athlete Guide
- Timing chip – collect before you leave the Registration Tent

**IMPORTANT:** Wristbands must be worn from the time you register until the time you check your bike out of Transition after the race. If you do not have a corresponding wristband, you will not be allowed to check your bike in or out of Transition.

## SWIM CAP

You will receive your Speedo swim cap as part of your race pack. Each start wave has an individual swim cap colour, so you will need to wear your designated swim cap during the swim. Don't forget to check your start time and start in the correct wave.



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## RACE NUMBER

You must know your race number in order to receive your Race Pack.

Your race number will be published on our website, [abudhabi.trathlon.org](http://abudhabi.trathlon.org) when online registration has been closed. Each competitor will receive a unique race number.

If you do not own a race belt, attach your race number to the elastic band provided.

While cycling your number must be worn on your back. While running, your number is worn on your front.

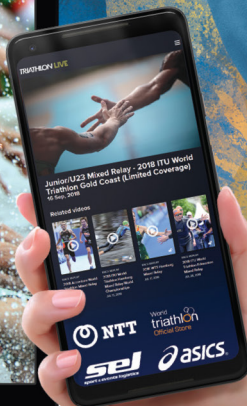


**PLEASE NOTE: PARTICIPANTS COMPETING IN A TEAM CATEGORY WILL BE SUPPLIED WITH TWO RACE NUMBERS AND SAFETY PINS TO SECURE THEIR RACE NUMBERS.**



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# STICKER SHEET

Peel off stickers and place on items as shown below

## BIKE STICKER

Please attach this sticker onto the saddle post so that the number is clearly visible from both the left and right-hand sides.



## HELMET STICKER

Please stick the number to the front and sides of your helmet.



**IMPORTANT:** Your bike and helmet numbers must be fixed to your bike and helmet prior to checking your bike into transition. Please do not remove your bike or helmet numbers until you have checked your bike out of Transition. This is important, as officials will check your bike and helmet number against your wristband number when you check your bike out.

## RACE BAG STICKER

Attach the sticker to the strap of the race bag.



## SUPPORTERS STICKER

On race day, stick your supporters' sticker onto your biggest fan!



## **TIMING CHIP**

Collect your timing chip after you have picked up your Race Pack in the Registration Tent. This will be activated for you by the timing staff. If you do not wear the timing chip correctly, we are unable to guarantee accurate results. You must wear the timing chip provided to you by the race organizers – if you own a Championship Chip, these are not permitted to be used at the event.

Before your race, securely fasten your chip around your left ankle and do not remove it during the competition (unless you are racing in a team event). If you are wearing a wetsuit during the swim, we advise that the timing chip is worn underneath.

**IMPORTANT:** Timing chips must be handed in at the end of the race before leaving the finish area. You will be charged AED 200 for your chip if you fail to return it.

## **BAG STORAGE**

There will be a Bag Drop available on race day in the Race Village, where you can safely store your bag while you compete.

**IMPORTANT:** Your race number sticker must be attached to your race bag before you leave it at the Bag Drop. To collect your bag, ensure that you are wearing your wristband with the corresponding number.





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## RACE BRIEFING

Race Briefing is compulsory for all athletes. There are 2 options for Age Group athletes (including the Junior Sprint 16-19 year athletes):

- 17:00-18:00 on Thursday, 7 March in the Grand Stands of the Race Village.(this is the only available briefing for Super Sprint athletes)
- 13.15 – 13.45 on Fri, 8 March in the Grandstands of the Race Village.

Immediately after the Race Briefing, the Elite men will go head-to-head in their first race of the WTS season – don't miss it!

## BIKE CHECK-IN

	RACE CATEGORY	DATE	TIME
CHECK IN	Super Sprint Distance	Fri, 8 March	05:30 – 06:30
	Sprint (Inc Para & Jnr) Distance	Sat, 9 March	11:00 – 12:00
	Olympic Distance	Sat, 9 March	05:00 – 06:30
CHECK OUT	Super Sprint Distance	Fri, 8 March	08:00 – 09:00
	Sprint (Inc Para & Jnr) Distance	Sat, 9 March	16:00 – 17:30
	Olympic Distance	Sat, 9 March	11:00 – 15:00

During Check-In, a safety check will be carried out on your bike and helmet. Please ensure the following to ensure a quick and efficient bike check-in:

- Safety first – your bike must be in good working order or you will not be allowed to start
- Helmets must be worn and fastened
- Handlebar plugs must be present and secure, and brakes must be in good working order
- Ensure your tyres are pumped to the correct pressure
- Race numbers must be securely attached to your bike and helmet before you enter Transition
- To ensure bikes remain secure, entry into and exit from Transition is strictly controlled by wristband

and race numbers. Please have your wristband and race numbers ready for inspection for bike check-in.

- All bikes must be racked personally onto the racking area which is allocated to your wave. Each racking area will be marked according to your start wave. Racking positions will not be numbered individually

## BIKE SUPPORT

Our partner, Yas Cycles, will be offering bike technical support, sales of equipment, bike un-boxing and boxing, and last-minute tweaks you may need at the following locations and times:

DATE	TIMES	LOCATION	SERVICES
Tues 5 - Wed 6 March	12:00 – 18:00	Crowne Plaza - Yas Plaza	Unboxing, minor tweaks and basic sales
Thurs 7 - Sat 9 March	As per race village expo times	Yas Cycles Stand – Race Village	Minor tweaks and servicing, sales
Fri 8 - Sat 9 March	During bike check-in times	Transition Zone	Minor tweaks only and pumping of wheels
Sun 10 March	12:00 – 18:00	Crowne Plaza – Yas Plaza	Bike Boxing and basic sales

Note – while minor tweaks and repairs will not be charged for, Yas Cycles may charge for any repairs they deem fit and all spares including tubes, cables and spokes will be charged for. Bike unboxing and boxing is also a chargeable service. For details or to book a time slot, please email [wt5\\_ad\\_bikereental@yascycles.com](mailto:wt5_ad_bikereental@yascycles.com).

## TRANSITION

Ensure that your race equipment is arranged neatly next to your bike within the area allocated to your start wave. Please be mindful of other competitors when setting up your transition area.

No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed in Transition and should be safely stored at the Bag Drop.

# THE COMPETITION

## START TIMES

RACE CATEGORY	DATE	TIME	CUT-OFF
Super Sprint Distance	Fri, 8 March	07:00	1 hour 20 mins
Special Olympics Race		10:00	NA
Elite Men's Race		14:06	NA
Elite Women's Race		16:06	NA
Olympic Distance	Sat, 9 March	07:00	4 hours
Elite Mixed Relay		12:06	NA
Sprint Distance		14:00	2 hours 30 mins

Final briefings will take place 15 minutes before the start of each wave in the Swim Start assembly point.



## الإسعاف الوطني National Ambulance

National Ambulance provides quality ambulance services and medical emergency care in the UAE. Our specialised team also provides medical coverage at private and public events and patient transfer services for those who require transport to or from a medical facility. National Ambulance also offers health and safety consulting services, as well as training in first aid and other internationally accredited medical courses.

National Ambulance makes a significant daily contribution to public health and safety and is proud to support the community.

National Ambulance wishes all athletes a safe and speedy race!



[www.nationalambulance.ae](http://www.nationalambulance.ae)



National Ambulance UAE



**IMPORTANT:** Your personal start time will be published on the website closer to race day. We reserve the right to amend the times should a delayed start occur or for safety reasons.

## COURSE DESCRIPTIONS

	SWIM	BIKE	RUN
SUPER SPRINT	400m (1 lap)	10km (3 laps)	2.5km (1 lap)
SPRINT	750m (1 lap)	20km (1 lap)	5km (1 lap)
OLYMPIC	1500m (1 lap)	40km (2 laps of 20km)	10km (2 laps of 5km)

**IMPORTANT:** All Age Group races take place on a SIMILAR course but with differing numbers of laps. Please familiarize yourself with the buoys for the various distances in the swim, and different turning points on the Bike and Run courses.

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## WETSUIT USE

The water temperature is taken one hour before the start of each event. Using the below table, the start official will announce whether or not wetsuits will be permitted to be worn during the swim. Notice will be posted at the information centre in the race village, as well as at the swim start.

CATEGORY	FORBIDDEN	MANDATORY
Age Group Olympic	24.6°C and above	15.9°C and below
Age Group Sprint	22°C and above	15.9°C and below
Age Group Super Sprint	22°C and above	15.9°C and below

The average race course water temperature for March at the race venue is 22°C, so we expect wetsuits to be optional. If you choose to wear one, we strongly recommend you wear your race chip under your wetsuit and write your name inside your wetsuit to avoid mix-ups in Transition.

## SWIM START

- Each wave will start in a rolling start format over a period of a few minutes, to provide all athletes with the best possible start experience.
- The Swim Start assembly point is located in front of the team villas.
- Please arrive at the Swim Start 20 minutes before your start wave
- Please listen to and comply with announcements from staff and officials
- Technical Officials will call each wave forward into the start pens prior to the start of the rolling start
- If you are a strong/confident swimmer, you may wish to place yourself towards the front of the start line up for your wave. For those



- less experienced or nervous, we'd suggest placing yourself towards the back of the rolling start for your wave
- As you reach the water's edge for the start, you'll be instructed when to enter the water by the officials
  - Your race time does not start until you enter the water, regardless of where you are positioned within the wave start

## SWIM COURSE

- You will start your race in the water in front of the team villas and must follow the instructions of the race starter
- The length of the swim course is as follows: 400m single lap for Super Sprint, 750m single lap for the Sprint and 1500m single lap for the Olympic distance
- Lifeguards from our swim safety team will guide you and help if needed
- If you get into difficulty, lie on your back and raise your arm. A lifeguard will come to your aid and, if necessary, arrange a safety boat to take you out of the water
- At the end of the swim, you will leave the water using the swim exit ramp attached to the pontoon

- You must follow the signs to Transition and merge with the runners already en route to Transition
- You will follow instructions from the marshals and Technical Officials in order to flow through Transition in the correct manner
- After your swim, wetsuits may only be rolled down as far as your hips until you reach your bike. Wetsuits can be removed completely only when you have reached your bike rack. Please place your wetsuit next to your bike rack in a tidy fashion
- There will be a small changing tent for any athletes wishing to change in privacy (outside the transition area)
- There are no changing facilities available for SuperSprint

## **WATER QUALITY**

The water quality tests meet the ITU standards.

## **TRANSITION 1**

- Change at your rack (or in the small changing tent located outside of the Transition)
- For those wearing wetsuits, please place your wetsuit next to your bike, NOT on the bike rack. All wetsuits look alike, so to avoid mix-ups, write your name inside your wetsuit. The organizers assume no liability for lost objects.
- Put your helmet on, and securely fasten it BEFORE removing your bike from the rack
- Ensure that you wear your race number and that you are still wearing



your timing chip on your ankle for the bike section – if not, report this to officials in Transition

- While cycling, your race number must be worn on your back
- Please note that nudity is strictly forbidden

**IMPORTANT:** No cycling is allowed in Transition. Bikes must be pushed through the Transition exit until you are OVER the MOUNT Line, where you may mount your bike and start cycling.



## BIKE COURSE

- A clothed upper-body is mandatory
- No personal music devices are permitted
- The Mount Line is located shortly after exiting Transition
- The bike loops incorporate Yas Marina Circuit, Ferrari World and Yas Waterworld
- Do not return to Transition until you have completed all of your laps
- You are responsible for keeping a count of the number of laps yourself. After the race, a timing mat on the course will verify whether you have completed the correct number of

laps. Athletes will be disqualified for not completing the correct number of laps corresponding to their race course

- Athletes are instructed to ride on the right and overtake on the left-hand side
- After you complete your final lap (Super Sprint – 3 laps, Sprint - 1 lap, Olympic - 2 laps), move into Transition, where you will be instructed to dismount BEFORE the Dismount Line

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## IMPORTANT: DRAFTING IS NOT PERMITTED



### DRAFTING

Drafting off another athlete or motor vehicle is forbidden. Athletes must reject any attempts by others to draft. An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing. An athlete who approaches from any position to take advantage of the draft is responsible for avoiding the draft

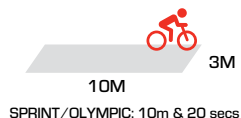
### BIKE DRAFT ZONE

An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone and progresses through it within 20 seconds then completes the overtaking manoeuvre
- For safety reasons
- 100m before and after an Aid Station or Transition area
- During an acute turn

## ABOUT DRAFTING

**DIAGRAM 1** Distance of drafting zone for all competitors.



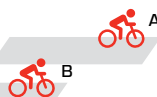
**DIAGRAM 2** Drafting  
A has overtaken B and B is now drafting the lead cyclist A.



B must drop out of A's draft zone before attempting to repass A. A must move to the Right Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Left Hand Side.

**DIAGRAM 3** Blocking

A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains on the Left Hand Side, A will receive a blocking penalty.



**DIAGRAM 4** Drafting and not drafting

A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B and A and B are not drafting.



- If the technical delegate excludes a section of the course because of narrow lanes, construction, detours, or other safety reasons
- Overtaking
- An athlete is passed when another athlete's front wheel is ahead of theirs
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 5 seconds
- Athletes must keep to their side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course



## **DRAFTING PENALTIES**

- It is forbidden to draft in a race declared as 'draft illegal' (Daman World Triathlon Abu Dhabi is DRAFT ILLEGAL)
- Athletes who draft are subject to a time penalty sanction, and will be notified by Technical Officials
- Sanctioned athletes must stop in the next Penalty Box and follow directions from the Referee
- It is the sanctioned athlete's responsibility to stop in the next Penalty Box. Failing to do so will result in disqualification

## **TRANSITION 2**

- All riders must dismount BEFORE the Dismount Line at Transition and push your bike to it's racking position
- Bikes must be returned to the same racking position
- Helmets may only be unclipped and removed once your bike is racked

- There will be a small changing tent for any athletes wishing to change in privacy (outside the Transition area)

## **RUN COURSE**

- While running, race numbers must be worn on your front
- A clothed upper body is mandatory
- No personal music devices are permitted
- After you complete your final lap (Super Sprint – 1 lap, Sprint - 1 lap, Olympic - 2 laps), enter the Finish Chute
- You are responsible for counting the correct number of laps according to your race course. After the race, a timing mat on the run course will verify whether you have completed the correct number of laps. Athletes will be disqualified for not completing the correct number of laps corresponding to your race course





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WORLD-RANKED TENNIS PLAYER  
**KEI NISHIKORI**

# RELAY TEAMS



If you are competing as part of a Relay Team, each individual team member must attend Registration. All team members must present a valid photo ID and sign the indemnity form before they receive their wristband.

Each team will receive a Race Pack containing the following:

- 1 x swim cap, to be worn by the swimmer
- 2 x race numbers. One race number is to be worn on the cyclist's back, and the other on the runner's front
- 1 x sticker sheet, to be used on the cyclist's bike and helmet, as demonstrated on page 12
- 1 x body decal to be worn by the swimmer on the arm

All Relay Team members must be fitted with a wristband at Registration. All Relay Team members will be allowed access into Transition.

The Handover Zone is inside Transition. You must attach your timing chip to your teammate's left ankle before they are allowed to start their own leg of the race.

To avoid congestion, only the cyclist should be in the Handover Zone ready for the changeover from the swim course to bike race. Likewise, only the runner should be in the Handover Zone for the changeover from bike race to running. During the race, three Relay Team members should never be in the Handover Zone at the same time.

## **SWIMMER**

Wear the timing chip around your left ankle under your wetsuit. After your swim, run into Transition, at the Handover Zone attach your timing chip to the left ankle of your cyclist.

## **CYCLIST**

In the Handover Zone your helmet must be on your head, securely fastened and your race number on your back. Wait for your swimmer to attach the timing chip to your left ankle before you leave the Handover Zone. Remove your bike from its rack and make your way to the Mount Line. After the cycle you must rack your bike in its original position before running to the Handover Zone where you will attach the timing chip around your runner's left ankle.

## **RUNNER**

In the Handover Zone, be ready with your race number on your front. After the bike has been racked, your cyclist will run to the Handover Zone and place the timing chip around your left ankle, following which you can then proceed onto your run. Make sure your race number is visible on your front as you cross the Finish Line.

## **FINISHING TOGETHER**

All relay athletes can finish the race as a team! There is a designated Relay Team Meeting Point at the beginning of the Finish Chute. When your runner enters the Finish Chute, you will be given access so you and your team can cross the Finish Line together.

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# ROUTE MAPS

## AGE GROUP SUPER SPRINT MAP 2019



## AGE GROUP SPRINT MAP 2019



# AGE GROUP OLYMPIC MAP 2019





# PARA RACE



## WHAT IS THE PARA RACE CATEGORY?

The Daman World Triathlon Abu Dhabi will host a dedicated wave for Para triathletes. The Sprint Para Wave, which will take place on Saturday 9 March, and will consist of the following Para-athlete categories:

- **PTWC/PTHC:** This category includes athletes who predominantly use a wheelchair for their daily ambulation. This includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, and athetosis. Severe cerebral palsy athletes will use a recumbent hand-cycle on the bike course and a racing wheelchair on the run segment. It is divided into two subclasses, H1 which is the most impaired and H2 being the least impaired.
- **PST2:** This category includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement. Common health conditions could include a complete brachial plexus, above elbow amputee, double below knee amputee or severe cerebral palsy. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices.
- **PST3:** Common health conditions



could include partial brachial plexus, moderate multiple limb impairments or moderate cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.

- **PST4:** Common health conditions could include a below knee amputee, below elbow amputee and mild cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- **PST5:** Common health conditions could include a below knee amputee, below elbow amputee and mild cerebral palsy. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices

- **PTVI:** This category includes athletes with total or Partial Visual Impairment (IBSA/IPC defined subclasses B1, B2, and B3): To be eligible, athletes must meet the criteria outlined below. One guide is mandatory throughout the race and each competitor must ride a tandem during the bike segment.

- B1: Visual acuity poorer than LogMAR 2.60
- B2: Visual acuity ranging from LogMAR 1.50 to 2.60 (inclusive) and/or visual field constricted to a diameter of less than 10 degrees
- B3: Visual acuity ranging from LogMAR 1.40 to 1 (inclusive) and/or visual field constricted to a diameter of less than 40 degrees.



# MEET THE DETERMINED™

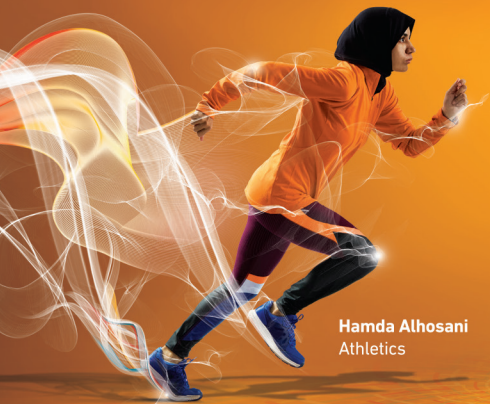
March 14-21, 2019

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Athletes

24

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**Hamda Athosani**  
Athletics

The United Arab Emirates will be the first MENA country to ever host the Special Olympics World Games—a humanitarian and sports event for people of determination with intellectual disabilities. These Games will mark the 50-year history of Special Olympics movement as the most unified with a record-breaking participation from all over the globe. In these Games, athletes of determination will not only be competing for gold, but also shattering perceptions and redefining what it means to be truly determined.

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# AFTER THE COMPETITION

After the Finish Line, head to the Recovery Area where you will receive your medal and refreshments.

All timing chips must be returned in the Finish Area immediately after the race. Failure to do so will result in a AED200 fee, which is charged by the organizer after the event.

## **BIKE CHECK-OUT**

Bike Check-Out is at the same location as Check-In. Do NOT remove your wristband or tear off your bike number before Check-Out. If you do not have a corresponding wristband, you will not be allowed to check your bike out of Transition.

## **RESULTS**

After the competition, provisional results will be posted at the Information Desk in Race Village area. Results will also



appear online shortly after the race at [AbuDhabi.triathlon.org](http://AbuDhabi.triathlon.org) and will be sent via SMS to the phone number you have registered with Race Result. The live results link for Junior and Age Group races can be found on our website. Medals will be awarded to the top three athletes in each specified Age Group Category.

## **LOST AND FOUND**

Any lost items which have been handed in can be collected from the Race Village Information Desk.

## **BIKE CHECK-OUT TIMINGS:**

Bike Check-Out is at the same location as Check-In. Do NOT remove your wristband or tear off your bike number before Check-Out. If you do not have a corresponding wristband, you will not be allowed to check your bike out of Transition.

RACE CATEGORY	DATE	BIKE CHECK-OUT
Super Sprint	Fri, 8 March	08:00 – 09:00
Sprint	Sat, 9 March	16:00 – 17:30
Olympic		11:00 – 15:00

All bikes must be removed before bike Check-Out closing time – the organizers reserve the right to remove any unclaimed equipment after this time.

