AGE GROUP TRIATHLON
ATHLETE GUIDE
5 - 7 MARCH 2020 | YAS ISLAND
WWW.ABUDHABI.TRIATHLON.ORG
Welcome back to the ITU World Triathlon Abu Dhabi presented by Daman.

2020 marks the 6th year that we have launched the global triathlon season right here in the UAE’s capital. And what a weekend we have in store!

We are delighted to welcome 3,000 athletes across 19 different race categories – athletes from as young as 7 years up to 73 years old, first-time triathletes to Olympic champions, travelling from over 50 countries and representing over 90 nationalities. What a wonderful sport this is – welcoming people from all walks of life.

As well as taking part in your race, I hope you find the time to enjoy the other entertainment on offer at the ITU World Triathlon Abu Dhabi presented by Daman. Bring your friends and family along to cheer you on, enjoy the festivities in the Event Village and witness the world’s best as they go head-to-head in the Elite races.

Alongside the individual Elite Sprint and the exciting Mixed Relay races, for the first time in Abu Dhabi, we will also host an ITU Paratriathlon World Cup on Thursday 5 March from 3pm. The decision to add the Paratriathlon World Cup to the event’s schedule, alongside the long-standing race waves for amateur athletes of determination, is in line with our commitment to providing fully inclusive sports for our community. I hope to see you in the grandstands to cheer on some of the most inspirational athletes from around the world as they race for Paralympic qualifying points.

To each and every athlete racing this weekend – I wish you the very best of luck in achieving your goals and thank you for joining us on this journey as we look forwards to hosting the ITU Grand Final in 2022.

Race well!

HE Aref Al Awani
General Secretary,
Abu Dhabi Sports Council
Greetings and a warm welcome to the 2020 ITU World Triathlon Abu Dhabi presented by Daman, Mixed Relay Series and Paratriathlon World Cup.

It is a great pleasure for ITU to be back in Abu Dhabi for a sixth successive year with the World Triathlon Series and to be able to begin such an important new season here.

As this event continues to grow, not only will the curtain go up on 2020’s top-tier individual Elite triathlon racing over the weekend but, after an impressive first outing 12 months ago, we also have the World Triathlon Mixed Relay Series getting underway, as the teams ready for its highly anticipated Olympic Games debut in August, as well as a Paratriathlon World Cup.

The ITU values the opportunity to hold events of this calibre in the Middle East very highly, helping to develop the sport in the region in both profile and participation. For many athletes, this race is a chance to set the tone for the rest of the year after months of close-season training, putting new drills, tactics and skills into place for the first time.

Abu Dhabi will also provide another exciting festival of sport for triathletes of all ages and abilities to get involved in triathlon. Nineteen categories of sprint and standard distance, duathlon, para and fun-run events will take place, bringing together more than 3,000 people to face the perfect challenge to suit their level.

The vibrant city of Abu Dhabi and its iconic Yas Island venue provide a superb backdrop for all these events during a thrilling weekend of family-friendly sport for the community. 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, sponsors Daman, the Local Organising Committee, volunteers and the city of Abu Dhabi for their help in putting this weekend together.

Good luck to all the athletes in reaching their goals and I hope you will enjoy another World Triathlon Abu Dhabi spectacle and have a memorable start to the new season.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member
#ENDTHEEXCUSES

We not only insure your health, we help ensure it.

damanhealth.ae
<table>
<thead>
<tr>
<th>TUESDAY 3 MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 20:00 Dubai Race Pack Collection</td>
</tr>
<tr>
<td>GO Sport, Mall of the Emirates</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY 5 MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 Event Village and Expo Opens</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>10:00 - 19:00 Kids &amp; Age Group Race Pack Collection</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>15:00 - 18.30 Watch the ITU Paratriathlon World Cup</td>
</tr>
<tr>
<td>Grandstands, Event Village</td>
</tr>
<tr>
<td>16:30 - 17:15 Race briefing: Age Group Super Sprint</td>
</tr>
<tr>
<td>Podium Stage, Race Village</td>
</tr>
<tr>
<td>19:30 Event Village and Expo Closes</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY 6 MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>05:30 Event Village and Expo Opens</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>05:30 - 06:30 Bike check-in: Age Group Super Sprint</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td>06:40 Sunrise</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>07:00 - 08:30 Age Group Race: Super Sprint including athletes of determination wave</td>
</tr>
<tr>
<td>Race start</td>
</tr>
<tr>
<td>08:30 - 9:30 Bike check-out: Age Group Super Sprint</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td>10:00 - 18:00 Age Group race pack collection: Olympic and Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>12:00 - 13:00 Age Group Swim Familiarisation</td>
</tr>
<tr>
<td>Swim start</td>
</tr>
<tr>
<td>13:15 - 14:00 Race Briefing: Age Group Olympic and Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Podium Stage, Race Village</td>
</tr>
<tr>
<td><strong>14:11 - 15:11 Watch the Elite Men's Sprint Race</strong></td>
</tr>
<tr>
<td><strong>16:11 - 17:41 Watch the Elite Women's Sprint Race</strong></td>
</tr>
<tr>
<td>17:45 - 18:00 Elite Men’s and Women’s Medal Ceremony</td>
</tr>
<tr>
<td>Grandstands, Event Village</td>
</tr>
<tr>
<td>18:30 Event Village and Expo Closes</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATURDAY 7 MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>05:00 Athlete / Race Village and Expo Opens</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>05:00 - 06:30 Bike check-in: Olympic triathlon / duathlon</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td>06:39 Sunrise</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>07:00 Age Group race: Olympic triathlon / duathlon</td>
</tr>
<tr>
<td>Race start</td>
</tr>
<tr>
<td>11:00 - 15:00 Bike check-out: Olympic triathlon / duathlon</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td><strong>12:06 - 14:00 Watch the Elite Mixed Relay</strong></td>
</tr>
<tr>
<td>11:00 - 12:00 Bike check-in: Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td>14:00 Age Group race: Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Race start</td>
</tr>
<tr>
<td>14:30 Prize-Giving: Olympic triathlon / duathlon</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>17:00 Prize-Giving: Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>16:00 - 18:30 Bike Check-out: Sprint triathlon / duathlon</td>
</tr>
<tr>
<td>Age Group Transition</td>
</tr>
<tr>
<td>18:27 Sunset</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
<tr>
<td>19:00 Event Village and Expo Closes</td>
</tr>
<tr>
<td>Event Village, YMC</td>
</tr>
</tbody>
</table>
REGISTRATION AND RACE PACK PICK UP

To take part in the ITU World Triathlon Abu Dhabi, you will need to register and pick up your race pack before your designated race day. We are once again 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 entered 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.

### 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.

### BEFORE THE COMPETITION

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, 3 Mar</td>
<td>12:00 - 20:00</td>
<td>GO Sport, Mall of the Emirates</td>
</tr>
<tr>
<td>Thurs, 5 Mar</td>
<td>10:00 – 19:00</td>
<td>Registration Tent in the Athlete Village, Yas Marina Circuit, Abu Dhabi</td>
</tr>
<tr>
<td>Fri, 6 Mar</td>
<td>10:00 – 18:00</td>
<td>(Sprint &amp; Olympic Age-Groupers only)</td>
</tr>
</tbody>
</table>

**Date**

- **Tues, 3 March**: 12:00 - 20:00
- **Thurs, 5 March**: 10:00 – 19:00
- **Fri, 6 March**: 10:00 – 18:00

**Venue**

- GO Sport, Mall of the Emirates
- Registration Tent in the Athlete Village, Yas Marina Circuit, Abu Dhabi

---

**Ready. Set. Flow.**

Run on clouds.

Swiss Engineering

Cloudflow
Citrus | Sea

Cloudflow
Rust | Limelight

Cloudflow
Rock | Rose

Cloudflow
Violet | Tide

Available for purchase in the Event Village

Online - trisouq.com, Namshi.com | In-Store in Abu Dhabi - Runners, GO Sport, Yas Cycles | In-store in Dubai - GO Sport
RACE PACK

Your 2020 Race Pack will contain the following:

- Branded swim cap
- Race number and envelope (personalized if you signed up before 10 February 2020)
- Athlete identification pack (sticker sheet including supporters’ sticker and wristband)
- Event Race 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 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.
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 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.
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 250 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.
World triathlon Official Store

CHECK US OUT ONLINE OR AT THE EXPO!

OFFICIAL MERCHANDISE PARTNER OF THE ITU WORLDTRIATHLONSTORE.COM
**RACE BRIEFING**

Race Briefing is compulsory for all athletes. This year there will be 3 briefings, one for Juniors & Kids, one for the Age Group Super Sprint and one for the Olympic & Sprint Distances combined.

**Thursday 5 March**
Kids & Juniors from 16:00 - 16:30
Age Group Super Sprint from 16:30 - 17:15
Please note that the ITU Paratriathlon World Cup will be live during these race briefing times so come early and stick around to watch this inaugural event.

**Friday 6 March**
Age Group Sprint & Olympic from 13:15 - 14:00

**BIKE CHECK-IN**

<table>
<thead>
<tr>
<th>RACE CATEGORY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHECK IN</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super Sprint Distance</td>
<td>Fri, 6 March</td>
<td>05:30 – 06:30</td>
</tr>
<tr>
<td>Sprint (inc Para &amp; Jnr) Distance</td>
<td>Sat, 7 March</td>
<td>11:00 – 12:00</td>
</tr>
<tr>
<td>Olympic Distance</td>
<td>Sat, 7 March</td>
<td>05:00 – 06:30</td>
</tr>
<tr>
<td><strong>CHECK OUT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super Sprint Distance</td>
<td>Fri, 6 March</td>
<td>08:30 – 09:30</td>
</tr>
<tr>
<td>Sprint (inc Para &amp; Jnr) Distance</td>
<td>Sat, 7 March</td>
<td>16:00 – 18:30</td>
</tr>
<tr>
<td>Olympic Distance</td>
<td>Sat, 7 March</td>
<td>11:00 – 15:00</td>
</tr>
</tbody>
</table>

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 any last-minute tweaks you may need at the following locations and times:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIMES</th>
<th>LOCATION</th>
<th>SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 3 - Wed 4 March</td>
<td>12:00 – 18:00</td>
<td>Crowne Plaza - Yas Plaza</td>
<td>Unboxing, minor tweaks and basic sales</td>
</tr>
<tr>
<td>Thurs 5 - Sat 7 March</td>
<td>As per race village expo times</td>
<td>Yas Cycles Stand – Race Village</td>
<td>Minor tweaks and servicing, sales</td>
</tr>
<tr>
<td>Fri 6 - Sat 7 March</td>
<td>During bike check-in times</td>
<td>Transition Zone</td>
<td>Minor tweaks only and pumping of wheels</td>
</tr>
<tr>
<td>Sun 8 March</td>
<td>12:00 – 18:00</td>
<td>Crowne Plaza – Yas Plaza</td>
<td>Bike Boxing and basic sales</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUPER SPRINT</td>
<td>400m (1 lap)</td>
<td>10km (3 laps)</td>
<td>2.5km (1 lap)</td>
</tr>
<tr>
<td>SPRINT</td>
<td>750m (1 lap)</td>
<td>20km (1 lap)</td>
<td>5km (1 lap)</td>
</tr>
<tr>
<td>OLYMPIC</td>
<td>1500m (1 lap)</td>
<td>40km (2 laps 20km)</td>
<td>10km (2 laps of 5km)</td>
</tr>
</tbody>
</table>

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.

HERE’S TO NEW ADVENTURES
DON’T WAIT, START YOURS TODAY.

2020 WRANGLER 2 DOOR
AED 2,099 per month

2020 WRANGLER 4 DOOR
AED 2,249 per month

FREE
5 YEARS / 100,000 KM WARRANTY
1 YEAR INSURANCE
1 YEAR REGISTRATION
**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.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>FORBIDDEN</th>
<th>MANDATORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group Olympic</td>
<td>24.6°C and above</td>
<td>15.9°C and below</td>
</tr>
<tr>
<td>Age Group Sprint</td>
<td>22°C and above</td>
<td>15.9°C and below</td>
</tr>
<tr>
<td>Age Group Super Sprint</td>
<td>22°C and above</td>
<td>15.9°C and below</td>
</tr>
</tbody>
</table>

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, depending on your race distance
- 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
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

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

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 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
DRAFTING PENALTIES

• It is forbidden to draft in a race declared as ‘draft illegal’ (ITU 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

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

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)
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 left 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.
AGE GROUP OLYMPIC MAP 2020

SWIM START
- OLYMPIC SWIM - 1.2km
  1 lap

CYCLE COURSE
- OLYMPIC CYCLE - 42km
  2 laps

RUN COURSE
- OLYMPIC RUN - 10km
  2 laps

- START
- VENUE & FINISH
- T TRANSITION
- AID STATION
- PENALTY BOX

* Course subject to change. Refer to AbuDhabiTriathlon.org for up-to-date info

www.yasmarina.ae
WHAT IS THE PARA RACE CATEGORY?

The ITU World Triathlon Abu Dhabi presented by Daman will host a dedicated wave for Para triathletes. The Sprint Para Wave, which will take place on Saturday 7 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.
  a) B1: Visual acuity poorer than LogMAR 2.60
  b) 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
  c) B3: Visual acuity ranging from LogMAR 1.40 to 1 (inclusive) and/or visual field constricted to a diameter of less than 40 degrees.
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 AED250 fine, which will be 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. 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.

<table>
<thead>
<tr>
<th>RACE CATEGORY</th>
<th>DATE</th>
<th>BIKE CHECK-OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Sprint</td>
<td>Fri, 6 March</td>
<td>08:30 – 09:30</td>
</tr>
<tr>
<td>Sprint</td>
<td>Sat, 7 March</td>
<td>16:00 – 18:30</td>
</tr>
<tr>
<td>Olympic</td>
<td></td>
<td>11:00 – 15:00</td>
</tr>
</tbody>
</table>

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