ELITE GUIDE
5 - 7 MARCH 2020 | YAS ISLAND
WWW.ABUDHABI.TRIATHLON.ORG
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
## GENERAL INFORMATION

### KEY DATES
- **Wednesday 4th March:** Briefings
- **Thursday 5th March:** Course familiarization
- **Friday 6th March:** Race day (Male and Female Elite)
- **Saturday 7th March:** Race day (Mixed Relay)

## SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time (Local)</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday 4 March 2020</strong></td>
<td></td>
<td><strong>GENERAL</strong></td>
</tr>
<tr>
<td>06:42</td>
<td>Sunrise</td>
<td>Race Village</td>
</tr>
<tr>
<td>17:00</td>
<td>Elite Coaches Briefing</td>
<td>Race Village, Yas Rotana</td>
</tr>
<tr>
<td>18:00</td>
<td>Elite Athletes Briefing (Sprint &amp; Relay combined)</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:30</td>
<td>Team Medical Meeting</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:45</td>
<td>TO’s Briefing</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:26</td>
<td>Sunset</td>
<td>Race Village</td>
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<tr>
<td><strong>Thursday 5 March 2020</strong></td>
<td></td>
<td><strong>GENERAL</strong></td>
</tr>
<tr>
<td>06:41</td>
<td>Sunrise</td>
<td>Race Village</td>
</tr>
<tr>
<td>09:00 - 10:00</td>
<td>Bike Course Familiarization - Elites</td>
<td>Race Village</td>
</tr>
<tr>
<td>10:30 - 11:30</td>
<td>Swim Course Familiarization - Elites</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:27</td>
<td>Sunset</td>
<td>Race Village</td>
</tr>
<tr>
<td><strong>Friday 6 March 2020</strong></td>
<td></td>
<td><strong>GENERAL</strong></td>
</tr>
<tr>
<td>05:30</td>
<td>Expo and Race Village Opens</td>
<td>Race Village</td>
</tr>
<tr>
<td>06:40</td>
<td>Sunrise</td>
<td>Race Village</td>
</tr>
<tr>
<td>12:30 - 13:45</td>
<td>Athletes Lounge check in</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td>13:00 - 14:00</td>
<td>Transition Lounge check in</td>
<td>Elite Transition</td>
</tr>
<tr>
<td>13:15 - 14:00</td>
<td>Swim warm up</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td><strong>14:11 - 15:11</strong></td>
<td>Elite Men’s Sprint Distance</td>
<td>Race Village</td>
</tr>
<tr>
<td>14:30 - 15:45</td>
<td>Athletes Lounge check in</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td>15:15 - 16:00</td>
<td>Transition Lounge check in</td>
<td>Elite Transition</td>
</tr>
<tr>
<td>15:15 - 15:50</td>
<td>Elite Coach Course Measurement</td>
<td>Elite Course</td>
</tr>
<tr>
<td>15:15 - 16:00</td>
<td>Swim warm-up</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td><strong>16:11 - 17:41</strong></td>
<td>Elite Women’s Sprint Race</td>
<td>Race Village</td>
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<tr>
<td>17:50</td>
<td>Elite Men’s/Women’s Medal Ceremony</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:00 - 18:30</td>
<td>Submit Mixed Relay Team Composition</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td>18:30</td>
<td>Sunset</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:30</td>
<td>Expo and Race Village Close</td>
<td>Race Village</td>
</tr>
<tr>
<td><strong>Saturday 7 March 2020</strong></td>
<td></td>
<td><strong>GENERAL</strong></td>
</tr>
<tr>
<td>05:30</td>
<td>Athlete/Race Village and Expo Opens</td>
<td>Race Village</td>
</tr>
<tr>
<td>06:39</td>
<td>Sunrise</td>
<td>Race Village</td>
</tr>
<tr>
<td>09:15 – 09:45</td>
<td>Declaration of Final Team Composition (if different from Submission)</td>
<td>Elite Athletes Lounge</td>
</tr>
<tr>
<td>10:00 - 11:30</td>
<td>Elite Mixed Relay lounge check in</td>
<td>Race Village</td>
</tr>
<tr>
<td>11:00 - 11:50</td>
<td>Elite Mixed Relay check in</td>
<td>Race Village</td>
</tr>
<tr>
<td>12:00 - 13:45</td>
<td>Elite Mixed Relay (4 x 300m / 6,6km / 1km)</td>
<td>Race Village</td>
</tr>
<tr>
<td>13:45 - 14:00</td>
<td>Elite Mixed Relay Medal Ceremony</td>
<td>Race Village</td>
</tr>
<tr>
<td>18:27</td>
<td>Sunset</td>
<td>Race Village</td>
</tr>
<tr>
<td>19:00</td>
<td>Expo and Race Village Close</td>
<td>Race Village</td>
</tr>
</tbody>
</table>
ELITE ATHLETES’ AND COACHES’ BRIEFINGS

Date: Wednesday 4th March 2020
Time: 17.00 (Coaches) | 18.00 (Athletes)
Location: Yas Rotana, Yas Island
Note: There will be a bike storage facility available at the hotel in the basement.

KEY CONTACTS

<table>
<thead>
<tr>
<th>POSITION</th>
<th>CONTACT PERSON</th>
<th>CONTACT E-MAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITU Team Leader</td>
<td>Thanos Nikopoulou</td>
<td><a href="mailto:thanos.nikopoulos@triathlon.org">thanos.nikopoulos@triathlon.org</a></td>
</tr>
<tr>
<td>ITU Technical Delegate</td>
<td>Howard Vine</td>
<td><a href="mailto:viney@waitrose.com">viney@waitrose.com</a></td>
</tr>
<tr>
<td>ITU Medical Delegate</td>
<td>Charl Carstens</td>
<td><a href="mailto:charl.carstens1@gmail.com">charl.carstens1@gmail.com</a></td>
</tr>
<tr>
<td>LOC Event Delegate</td>
<td>Gary Marescia</td>
<td><a href="mailto:Gary@worldsport.ae">Gary@worldsport.ae</a></td>
</tr>
<tr>
<td>LOC Travel Management</td>
<td>Manue Marescia</td>
<td><a href="mailto:manue@worldsport.co.za">manue@worldsport.co.za</a></td>
</tr>
</tbody>
</table>

EVENT ORGANIZER

Company: Worldsport Arabia
Address: Stadium Offices, Abu Dhabi Cricket Stadium, Street 12, Khalifa City A,
P.O.BOX 41553, Abu Dhabi, UAE
Telephone: +971 50 665 9780
Email: info@wts-abudhabi.com
Website: ABUDHABI.TRIATHLON.ORG
#END THE EXCUSES

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VENUE

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Al Ain: 056 117 8704
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ELITE ATHLETES’ LOUNGE

Facilities including two Athletes’ Lounges with toilets are provided for the athletes within the Race Village. There is one Athletes’ Lounge for registration and check-in and a second for recovery, massages and doping control. There will be four physiotherapists available in the Athletes’ Lounge within the recovery area for any treatment during opening hours (10 - 15 min per athlete), available on 6 March from 12:30 – 18:30 and on 7 March from 10:00 – 16:00.

Athletes’ Lounge Opening Times

- Course Familiarization: Thursday 5 March, 09:00 – 11:30
- Elite Races: Friday 6 March
- Mixed Relay: Saturday 7 March

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>DATE</th>
<th>LOUNGE OPEN</th>
<th>RACE START</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Familiarization</td>
<td>Thursday 5 March</td>
<td>09:00 – 12:00</td>
<td>NA</td>
</tr>
<tr>
<td>Elite Men</td>
<td>Friday 6 March</td>
<td>12:30 – 13:45</td>
<td>14:11</td>
</tr>
<tr>
<td>Elite Women</td>
<td>Friday 6 March</td>
<td>14:30 – 15:45</td>
<td>16:11</td>
</tr>
<tr>
<td>Mixed Relay</td>
<td>Saturday 7 March</td>
<td>10:00 – 11:30</td>
<td>12:06</td>
</tr>
</tbody>
</table>

DOPING CONTROL

Doping Control will be performed according to the ITU / WADA rules. Doping Control will be located at the Finish area within the Race Village on Yas Island, next to the medical and recovery areas.
MEDICAL SERVICES

There will be First Aid and Emergency Medical Services at the Race Village on competition days, provided by our partners at National Ambulance.

Medical and Paramedical personnel will be available throughout the competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on site at the Finish area within the stadium.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should make sure that they have appropriate medical insurance.

BIKE MECHANIC SERVICES

Our bike partner ‘Yas Cycles’ will offer bike mechanic support and will be available in the Race Village during athlete check-in on race day and course familiarization sessions at the athletes’ lounge.

Bike mechanics will be available at the Elite Athletes Lounge at the following times:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>Thursday 5 March</td>
<td>08:30 - 12:00</td>
</tr>
<tr>
<td>Friday 6 March</td>
<td>12:00 - 18:00</td>
</tr>
<tr>
<td>Saturday 7 March</td>
<td>09:30 - 12:00</td>
</tr>
</tbody>
</table>

For mechanic support outside of the scheduled times please contact:
Yas Cycles +971 2 634 1084
Simphiwe +971 5 692 1904
simphiwe@yascycles.com
INFORMATION CENTRE / LOC

The LOC Information Office will be located in the Athlete Village from Tuesday 3 March – Sunday 8 March 2020.

Contact People:

<table>
<thead>
<tr>
<th>LOC OFFICES</th>
<th>CONTACT PERSON</th>
<th>CONTACT NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOC Athlete Manager</td>
<td>Lynsey Usher</td>
<td>+971 55 234 3531</td>
</tr>
<tr>
<td>LOC Travel &amp; Athlete Services</td>
<td>Manue Marescia</td>
<td>+971 52 976 7622</td>
</tr>
<tr>
<td>LOC Operations</td>
<td>Jennifer Koegelenberg</td>
<td>+971 58 816 5724</td>
</tr>
<tr>
<td>ITU Officials</td>
<td>Howard Vine</td>
<td>+44 7768 354 101</td>
</tr>
<tr>
<td>Venue Operations Centre</td>
<td>Steyn Momberg</td>
<td>+971 50 819 5865</td>
</tr>
</tbody>
</table>

Opening Hours:

<table>
<thead>
<tr>
<th>DATE</th>
<th>INFO KIOSK: RACE VILLAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 5 March</td>
<td>09:00 – 20:00</td>
</tr>
<tr>
<td>Fri 6 March</td>
<td>05:30 – 18:30</td>
</tr>
<tr>
<td>Sat 7 March</td>
<td>05:00 – 18:30</td>
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</tbody>
</table>
ACCREDITATION

The LOC will provide all athlete, coaches, technical officials, journalists etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for the athletes and coaches will be issued during the official registration on Wednesday 4 March, after the Race Briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

If accreditations are not picked up at the Race Briefing, it will be delivered at the LOC Information Office at the Race Village.

SECURITY

SPARK Security will be responsible for the venue security and Field of Play (FOP) inside Yas Marina Circuit. Marshals will assist and patrol around the Field of Play on race days and traffic management services will be done by Abu Dhabi Traffic with regards to road closures and the traffic control around the course.
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TRAVEL INFORMATION

OFFICIAL HOTELS

The event has six official hotels ranging from 3 to 4 star, all located within easy access to the Athletes’ Village and the Race Village.

For all your accommodation and travel enquiries, visit https://travel.worldsport.co.za/itu-world-triathlon-abu-dhabi/.
AIRPORT TRANSFERS

The LOC will provide free transportation for the elite athletes and their team officials from Abu Dhabi Airport (AUH) and Dubai Airport (DBX) to any of the official partner hotels, and back to the airport. Airport transfers can be booked online through our travel portal https://travel.worldsport.co.za/itu-world-triathlon-abu-dhabi/.

WEATHER CONDITIONS

The weather conditions in March in Abu Dhabi are very pleasant with temperatures remaining around 24°C - 30°C in the day and 10°C at night.

BANKING

Banks and ATM’s can be found at:
• All Official Hotels in Yas Plaza
• Yas Circuit - Next to Johnny Rockets at Yas Central
• Yas Mall
• Yas Marina
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## NYU

**Venue:** NYU Swimming Pools  
(23km from the Yas Island Hotels)

**Note:**
- Prior booking essential in order to secure a 30min time slot
- 50m Pool = max of 10 swimmers per lane
- 25m Pool = Max of 8 swimmers per lane
- To book a 30min time slot, please call LJ on +971 552343531

### Swimming

#### Elite Training Facilities

<table>
<thead>
<tr>
<th>Date</th>
<th>50m Swimming Pool</th>
<th>25m Swimming Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Time Slots</td>
<td>Number of Lanes</td>
</tr>
<tr>
<td>Tues 3 Mar 2020</td>
<td>08.00 - 11.00</td>
<td>2</td>
</tr>
<tr>
<td>Wed 4 Mar 2020</td>
<td>08.00 - 11.30</td>
<td>2</td>
</tr>
<tr>
<td>Thur 5 Mar 2020</td>
<td>08.00 - 11.00</td>
<td>2</td>
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</table>

**Yas Beach (Sea Swimming)**

- 10 minute walk from the Race Hotels
- Opening times: 10am – 7pm
- Price: Free for Yas Island Hotel Guests (collect your pass at your hotel reception before you leave)
- Price for General public: AED 60 on weekdays, AED 120 on weekends
- Contact: 00971 56 242 0435

**Unofficial Training Facility**

**Staybridge Suites & Crown Plaza Pool**

Whilst the Staybridge Swimming Pool has in the past been utilised by Elites for swim training, please note that this is not an official swim training facility for the ITU World Triathlon Abu Dhabi. Should you chose to use this pool for your training you will need to take note of the following:

If you are a guest at the Staybridge or Crown Plaza hotel you will be allowed to use the pool at no charge however it is advisable to check in at Staybridge reception before you enter the pool if you wish to train

If you are not a guest at the Staybridge or Crown Plaza, you will need to go to the reception at the Staybridge to request a ticket to swim in the pool, there will be a charge of AED 65 for the use of the pool per athlete.

It is advisable to avoid peak periods to avoid congestion in the pool from other guests, but please note that the pool closes at 7pm every day.
CYCLING AND RUNNING

Yas Marina Circuit - home of the Abu Dhabi Grand Prix

- Floodlit, 5.55km loop for running and cycling
- Opening times: Sunday 6 - 10pm, Tuesday 6 - 10pm, Wednesday (LADIES ONLY) 6 - 9pm
- Price: Free of charge to the public, but all participants must register on arrival or pre-event by clicking here, with a passport ID
- Bikes are available for hire (ID required). Helmets must be worn on the circuit

Zayed Sports City

- 400m running track
- Opening times: 24 hours a day, 7 days a week
- Price: Free of charge
- 22km from Race Hotels
- Please note that there may be football practices going on inside the track during busy times
BIKE
• You will be able to familiarize yourself with the bike course on Thursday 5 March from 09:00 – 10:00. Athletes should gather at The Athletes Village, Yas Marina Circuit.

• Please note: the official race course is otherwise not open for training before the races. The race courses in general are NOT suitable for training.

SWIM
• You will be able to familiarize yourself with the swim course on Thursday 5 March from 10:30 – 11:30. Athletes should gather at The Athletes Village, Yas Marina Circuit.

• The location will be the same as the start of the race, in front of the W Hotel within Yas Marina.

• Please note: it is forbidden to swim outside the test swimming zone at any time due to safety restrictions.
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COMPETITION INFORMATION: ELITE RACE: SPRINT

COMPETITION RULES
The race will follow the latest published competition rules of the International Triathlon Union.

RACE COURSE: ELITE MEN AND WOMEN

START
The start area is in front of the W Hotel within Yas Marina. Athletes will start from a pontoon (0.6m high) and stand in a starting position approximately 70cm wide. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start the Swim Course.

Athletes are required to leave their last-minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes’ Lounge.
SWIM COURSE
The swim will take place in front of the W Hotel within Yas Marina, a short walk from the race village. The swim start will be a dive start off the pontoon. The course will comprise of 1 lap of 750m in an anti-clockwise direction. The exit ramp will take the athletes up to the race village and transition. The average water temperature at this time of the year is approximately 22 degrees.

BIKE COURSE
The cycle course will comprise of 5 laps of 3.8km, passing through the race village, directly in front of the grandstand at the end of the lap. On exiting the race village, athletes enter the pit lane and immediately do a U-turn down through the pit lane tunnel and up the other side out onto the F1 circuit.

Athletes then cycle on part of the Yas Marina circuit in a clockwise direction before exiting the circuit onto the road joining the circuit to the drag strip. At the bottom of this road the cycle route sweeps onto the drag strip back towards the race village. At the end of the drag strip on approaching transition there is a sharp left followed by a sharp right turn back through the transition area in front of the spectators on the grandstand at the end of each lap.

CONTINGENCY BIKE COURSE
6 laps: In the case of rain the bike course will not go through the tunnel but will continue down to the end of the pit lane and then turn sharp right back onto the circuit. Athletes will follow the circuit around before exiting onto the road down onto the drag strip following the course back to the race village. 6 laps will be completed of this revised course.
There are two wheel stations on the bike course. The first station will be the team station where you can leave your own wheels, and the second station is a neutral wheel station with wheels provided by the LOC.

**PENALTY BOX**

The penalty box is situated 20 meters before the entrance to the Transition / Finish area.

**RUN COURSE**

A clockwise course, consisting of 2 laps of 2.5km.
Athletes will exit transition and follow the cycle route down through the pit lane tunnel and up the other side out onto the F1 circuit.
Athletes now follow a portion of the cycle course they have just finished on the Yas Marina circuit before exiting the circuit onto the road joining the circuit to the Drag Strip.
At the bottom of this road the athletes will join the Drag strip following the same route as the cycle back through transition in front of the spectators on the grandstand at the end of lap 1.
At the end of lap 2 the athletes turn right onto the blue carpet in the finish chute immediately before transition

**AID STATIONS**

There are three aid stations located on the run course, with Aid markers.

**PROTESTS AND APPEALS**

Standard procedures will be followed according to the ITU Competition Rules.

**RESULTS**

Results will be uploaded live to the ITU’s official website: www.triathlon.org. All the results information will be distributed to the Team Leaders at the LOC Information Office.
The race will follow the latest published competition rules of the International Triathlon Union.

**RACE COURSE: MIXED RELAY**

**START**

The start area is in front of the W Hotel at the Yas Marina. The 1st athletes will start from a pontoon (0.6m high) and stand in a starting position approximately 70cm wide.

The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start the Swim Course.

Athletes are required to leave their last-minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes’ Lounge.

The swim starts for the 2nd, 3rd & 4th athletes will be a dive in from a pontoon on the other side of the Marina following handover from the previous athlete in the exchange zone at the top of the entry ramp.
**SWIM COURSE**
The swim for the 1st athlete will take place in front of the W Hotel within Yas Marina, a short walk from the race village. The swim start will be a dive start off the pontoon. The course will comprise of one lap of 300m in an anti-clockwise direction. The swim course for the 2nd, 3rd & 4th athletes will also comprise of 300m in an anti-clockwise direction. The exit ramp will take the athletes up to the race village and transition. The average water temperature at this time of the year is approximately 22 degrees.

**BIKE COURSE**
The cycle course will comprise of 2 laps of 3.8km, passing through the race village, directly in front of the grandstand at the end of the lap. On exiting the race village, athletes enter the pit lane and immediately do a U-turn down through the pit lane tunnel and up the other side out onto the F1 circuit. Athletes then cycle on part of the Yas Marina circuit in a clockwise direction before exiting the circuit onto the road joining the circuit to the drag strip. At the bottom of this road the cycle route sweeps onto the drag strip back towards the race village. At the end of the drag strip on approaching transition there is a sharp left followed by a sharp right turn back through the transition area in front of the spectators on the grandstand at the end of each lap.

**CONTINGENCY BIKE COURSE**
2 laps: In the case of rain the bike course will not go through the tunnel but will continue down to the end of the pit lane and then turn sharp right back onto the circuit. Athletes will follow the circuit around before exiting onto the road down onto the drag strip following the course back to the race village. 2 laps will be completed of this revised course.
WHEEL STATIONS
There are two wheel stations on the bike course. The first station will be the team station where you can leave your own wheels, and the second station is a neutral wheel station with wheels provided by the LOC.

PENALTY BOX
The penalty box is situated 20 meters before the entrance to the Transition / Finish area.

RUN COURSE
An anti-clockwise course, consisting of 2 laps, the 1st lap of 700m and the 2nd lap of 800m. Athletes will exit transition and immediately do a U turn left back alongside transition following the run route beside the water’s edge for approximately 350m to the 1st turn point. On completing lap 1 and returning to transition, the athletes will do a U turn at the turn point at end of transition and continue onto lap 2. On completion of lap 2 the athletes will run through transition to the relay exchange zone where they will hand over to the next athlete in their team. The 4th athlete in each team will not run through transition at the of lap 2 but will turn right onto the blue carpet and the finish gantry in the finish chute immediately before Transition.

AID STATIONS
There are 2 aid stations located on the run course, with Aid markers.

PROTESTS AND APPEALS
Standard procedures will be followed according to the ITU Competition Rules.

RESULTS
Results will be uploaded live to the ITU’s official website: www.triathlon.org. All the results information will be distributed to the Team Leaders at the LOC Information Office.
## WATER QUALITY ANALYSIS - E.COLI

<table>
<thead>
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<th>Date of Sample</th>
<th>Location A</th>
<th>Location B</th>
<th>Location C</th>
<th>E.Coli limit (NMP/100mL)</th>
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## WATER QUALITY ANALYSIS - ENTEROCOCCI

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## WATER QUALITY ANALYSIS - PH

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## SUMMARY

The water quality tests meets the ITU standards