



ITU
WORLD TRIATHLON
ABU DHABI

ELITE GUIDE

3 – 4 MARCH 2017

ABUDHABI.TRIATHLON.ORG



WTSAbuDhabi



@WTSAbuDhabi



@WTSAbuDhabi



ETIHAD
AIRWAYS

activelife
INSPIRE YOURSELF



الإسعاف الوطني
National Ambulance

5od sports

SPORT
360

EXPAT
WOMAN

#ITU WORLD TRIATHLON SERIES | ABU DHABI | GOLD COAST | YOKOHAMA | LEEDS | HAMBURG | EDMONTON | MONTREAL | STOCKHOLM | ROTTERDAM



WELCOME

It is my pleasure to welcome you to Abu Dhabi for the 2017 edition of the ITU World Triathlon Abu Dhabi, to be staged on the iconic Yas Island. We are proud to host the season-opener of the ITU World Triathlon Series, and to welcome you – the world's best triathletes – to the UAE's capital.

Firstly, my congratulations to each and every athlete on the start line! I have huge admiration for you and we'll be supporting you every step of the way.

Triathlon forms a central pivot within our Sports Council mandate and resonates with everything we are trying hard to achieve. Your sport encourages people from all walks of life - irrespective of age, gender, nationality or ability - to search for that wonderful sense of achievement and to adopt a healthier lifestyle. This year we have over 3,000 amateur athletes taking part in our

age grouper races, including hundreds of children who will take on our junior races. Having the opportunity to watch you compete, and race on the same course, has a profound and positive impact on our community.

Your sport also provides us with the economic catalyst of bringing in keen amateur and elite athletes from all over the world, as well as hosting an international broadcast that promotes Abu Dhabi and Yas Island to the watching world.

Please join me in sharing your experiences at @WTSAbuDhabi and using the hashtags #WTSAbuDhabi #InAbuDhabi.

Finally my thanks to the International Triathlon Union for their continued support, to our management team at Worldsport and to Miral for providing us with such a brilliant venue.

Good luck and race well!

**His Excellency
Aref Hamad Al Awani
General Secretary, Abu Dhabi Sports Council**

GENERAL INFO

WED 1 MARCH

TIME*	ACTIVITY	VENUE
07.30 – 20.00	Information desk open	Athlete Village, Yas Plaza
10.30	Elite athlete press conference	Yas Viceroy
12.00 – 20.00	Athlete Village and Expo opens	Athlete Village, Yas Plaza
17.00	Elite athlete coach Briefing	Crowne Plaza
18.00	Elite athlete race Briefing	Crowne Plaza
19.00	Team Medical Meeting	Crowne Plaza
20.00	Elite Welcome Social	Stills Bar, Crowne Plaza

THURS 2 MARCH

07.30 – 20.00	Information desk open	Athlete Village, Yas Plaza
10.30 – 11.00	Bike course familiarization	Race Village, Yas Marina
11.30 – 12.30	Swim course familiarization	Race Village, Yas Marina
12.00 – 20.00	Athlete Village and Expo opens	Athlete Village, Yas Plaza

FRI 3 MARCH

06.30 – 18.30	Athlete / Race Village and Expo opens	Race Village, Yas Marina
06.42	Sunrise	
14.25– 15.25	Athlete's Lounge ready	Athlete Village, Yas Plaza
14.55– 15.40	Transition Area check in opens	Transition Area
14.55– 15.40	Swim Course open for warm up	Swim course
15.48	Elite Female Athlete presentation	Race Village, Yas Marina
15.53	Elite Women on the start pontoon	Pontoon
15.55	Elite Female Olympic race start	Pontoon
18.10	Elite Female award ceremony	Race Village, Yas Marina
18.25	Sunset	

SAT 4 MARCH

05.30	Athlete / Race Village and Expo opens	Race Village, Yas Marina
06.42	Sunrise	
14.25– 15.25	Athlete's Lounge ready	Athlete Village, Yas Plaza
14.55– 15.40	Transition Area check in opens	Transition Area
14.55– 15.40	Swim Course open for warm up	Swim course
15.48	Elite Male Athlete presentation	Race Village, Yas Marina
15.53	Elite Male on the start pontoon	Pontoon
15.55	Elite Male Olympic race start	Pontoon
18.10	Elite Male award ceremony	Race Village, Yas Marina
18.30	Event closes	Race Village, Yas Marina

ELITE ATHLETES' BRIEFING

Date: Wednesday 1st March, 2017

Time: 18.00

Location: Ballroom, Crowne Plaza Hotel

Directions: From Yas Plaza, enter the Crowne Plaza Hotel via the main entrance and turn right. Go down the stairs and you will see the Ball Room in front of you.

Social: Following the Briefing there will be signage directing you to Stills bar for the Elite post-briefing Social. Dress Code is no flip-flops or shorts.

Bike Storage: There will be a bike storage facility available at the hotel, located in the basement.

EVENT ORGANISER

Worldsport Arabia: Office 12, 12th Floor, Mismak Building, Corniche Road, Abu Dhabi, UAE

Tel: +971 (0) 2627 5050

Email: info@wts-abudhabi.com

Website: abudhabi.triathlon.org



POSITION

ITU Team Leader

ITU Technical Delegate

ITU Medical Delegate

LOC Event Delegate

LOC Travel Management

CONTACT PERSON

Thanos Nikopoulos

Jorge Garcia

Charl Carstens

Gary Marescia

Manue Marescia

CONTACT EMAIL

ltanos.nikopoulos@triathlon.org

jorge.garcia@triatlon.org

charl.carstens1@gmail.com

Gary@worldsport.ae

manue@worldsport.ae

VENUE



جزيرة ياس
YAS ISLAND
أبوظبي ABU DHABI

Discover Yas Island!

It is the third year that Abu Dhabi has hosted the ITU World Series Triathlon, and in 2017 the event is held on the iconic Yas Island for the very first time. When it isn't the venue for the Pinnacle of World Triathlon, this extraordinary island is the sparkling jewel in the UAE capital's crown. There truly is something for everyone - from unforgettable attractions and live concerts with the world's top performers, to traditional Emirati hospitality and pristine beaches overlooking waters of the Arabian Gulf.

- **Events:** From the annual Formula 1™ Abu Dhabi Grand Prix to live concerts and theatrical performances, Yas Island's calendar is jam-packed with unforgettable experiences. Over the event weekend, the island will welcome rock legend Sir Rod Stewart on Thursday 2 March. Redeem a 15% discount on your ticket to see Rod Stewart by using the code 'ITUAD2017' at ticketmaster.ae.

- **Hospitality:** Guests staying on Yas Island are spoiled for choice thanks to a wide range of top hotels and apartments. There's everything from family-friendly venues to five-star indulgent luxury for rest, relaxation and fun.

- **Dining:** With over 160 restaurants, there's something to delight every appetite! From Mediterranean to Japanese, dine on classic favourites or the latest culinary trends, all prepared to perfection by the world's top culinary talent. Selected restaurants are offering discounts for ITU World Triathlon Abu Dhabi participants - ask at the LOC office for details.

- **Lifestyle:** If you're looking for some R&R or thrill-seeking after your race, you won't be disappointed. Get the adrenaline pumping at Yas Waterworld and Ferrari World (ask at the LOC Office to get a 50% discount on your entry to the theme parks), book a day at one of the island's spas, chill out on the white sands of Yas Beach or play a round of golf at Yas Links (email reservations@yaslinks.com and quote the promo code ITU2017 to get a preferential green fee).

- **Shopping:** The UAE is famed for its incredible retail, and Yas Island is no exception! The place to shop until you drop, Yas Mall is packed full of the latest trends, from local boutiques to international high street and designer brands.

Elite Athletes' Lounge

Facilities including the Athletes' Lounge and toilets are provided for the athletes at the start, and a recovery area is available in the finish area. There will be four physiotherapists available within the athletes lounge for any treatment during opening hours (10-15min per athlete), available from 3-4 March from 2pm – 7pm.

Athletes' Lounge Opening Times

- Course Familiarization: Thursday 2 March, 09:30 – 12:30
- Elite Women's Race: Friday 3 March, 14:25 – 18:00
- Elite Men's Race: Saturday 4 March, 14:25 – 18:00

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

First Aid and Emergency Medical Services will be available at the Registration venue at the Crowne Plaza Hotel on Wednesday 1 March 2017, and before and during the training sessions and competition schedule. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

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. Possible 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 prior to arriving in Abu Dhabi.





Bike Mechanic Service

Our bike partner 'BeSport Bike Shop' will offer bike mechanic support and will be available from Tuesday 28 February until Thursday 2 March in the Athletes' Village, Yas Plaza and in the Race Village from Friday 3 March until Saturday 4 March. BeSport will be back again at the Athletes' Village, Hotel Plaza on Sunday 5 March.

The Bike Mechanic will be available during athlete check-in on race days and course familiarization sessions at the athletes' lounge.

DATE	TIME	ACTIVITY	VENUE
Tues 28 Feb	12.00 - 20.00	Athletes' Village	Yas Plaza
Wed 1 March	12.00 - 20.00	Athletes' Village	Yas Plaza
Thu 2 March	12.00 - 20.00 10.00 - 12.30	Athletes' Village During Course Familiarization	Yas Plaza
Fri 3 March	6.30 - 18.30	During Age Group races & Elite Woman Check-in	Race Village, Yas Marina
Sat 4 March	5.30 - 18.30	During Age Group races & Elite Men Check-in	Race Village, Yas Marina
Sun 5 March	7.30 - 12.00	Athletes' Village	Yas Plaza

Information Centre / LOC Office

The LOC Information Office will be located at the Athletes Village, Hotel Plaza from 28 February – 5 March and within the Race Village 3 & 4 March

LOC OFFICES	CONTACT PERSON	CONTACT NUMBER
Local Organizing committee	Jennifer Koegelenberg	+971 52 954 7150
ITU Officials	Jorge Garcia	+34 650 64 63 62
Venue Operations Centre	Mark Boyd	+971 50 751 6209



OPENING HOURS

DATE	INFO KIOSK OPEN AT THE ATHLETES' VILLAGE	INFO KIOSK OPEN AT THE RACE VILLAGE
Tues, 28 February	07:30 – 20:00	
Wed, 1 March	07:30 – 20:00	
Thurs, 2 March	07:30 – 20:00	
Fri, 3 March		06:30 – 18:30
Sat, 4 March		05:30 – 18:30
Sun, 5 March	07:30 – 12:00	

Security

Yas Island Security will be responsible for the venue security and Field of Play (FOP) inside Yas Marina. 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.

Banking

Banks and ATM's can be found at

- Athletes Village – All Official Hotels
- Yas Circuit - Next to Jonny Rockets
- Yas Mall
- Yas Marina

Official Hotels

The event has seven official hotels ranging from 3 to 5 star, all located on Yas Island with easy access to the Athletes' Village and the Race Village.

For all your accommodation and travel enquiries, please visit abudhabi.triathlon.org/travel_packages/ or email manue@worldsport.co.za.

There will be bike park facilities available in the basement of each of the following hotels:

- Crowne Plaza
- Yas Viceroy Hotel
- Yas Rotana

Airport Transfers

The LOC will provide free transportation for the elite athletes and their team officials from Abu Dhabi Airport to any of the official partner hotels, and back to the airport.

Transfers from Dubai International Airport will be quoted separately.

Airport transfers can be booked by emailing manue@worldsport.co.za.

For more information visit abudhabi.triathlon.org/athlete_info/athlete_services/.





TRAINING

SWIMMING

Yas Beach (Sea Swimming)

- 10 minute walk from the Race Hotels
- Opening times: 10am - 7pm
- Price: Free for Yas Island Hotel Guests
- Price: General public: AED 50 on weekdays, AED 100 on weekends
- Contact: 00971 56 242 0435

Abu Dhabi Officers Club and Hotel

- Khor Al Maqta (23 km from Race Hotels)
- 50 m x 8 lane pool
- Opening times: 7am - 11pm, except during Ladies Times:
 - Ladies Only times: Friday 8am - 1pm, Monday & Wednesday 10am - 8pm
- Price: For use of gym and pool, Sunday - Thursday AED 150, Friday - Saturday AED 300
- Contact: 00971 2 497 3071

New York University, Saadiyat Island Campus

- 50m pool (pool can be split into 2 x 25m pools with a moveable boom)
- 400m x 8 lane Outdoor running track
- 200m x 4 lane Indoor running track
- Opening times: 28 February - 2 March, 10am - 1pm. 3 & 4 March, 8am - 12pm. 4 & 5 March, 10am - 1pm.
- Athletes to provide their own transport to NYU.



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

Course Familiarization

BIKE

You will be able to familiarize yourself with the bike course on Thursday 2 March between 10:30am and 11:00am. Athletes should gather at The Race Village, Yas Marina.

Please note: the official race course are 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 2 March 11:30am and 12:30pm. Athletes should gather at The Race Village, Yas Marina.

The location will be the same as the start of the race, in front of the Yas Viceroy Hotel. Please note: it is forbidden to swim outside the test swimming zone at any time due to safety restrictions..



COMPETITION INFO



COMPETITION SCHEDULE

See the full competition schedule in section 1.

COMPETITION RULES

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

Information about the Field of Play (FOP)

START

The start area is in front of the Yas Viceroy Hotel at the 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 at the in front of the Viceroy Hotel at the Yas Marina, a short walk from the race village. This year's swim start will be a dry start off the pontoon. The course will comprise of two laps in an anti-clockwise direction. The first lap will be 900m followed by a second lap of 600m. The exit ramp will take the athletes the race village and transition. The average water temperature at this time of year is approximately 22 degrees.

BIKE COURSE

The cycle course will comprise of multiple laps, with each lap passing through the race village and directly in front of the grand stand. On exiting the race village, riders enter the F1 circuit (Yas Marina Circuit) with a right turn and up via the pit tunnel.



Riders then cycle on the challenging and technical Yas Marina circuit before exiting onto the road. A sharp right turn takes them down to the helipad with a sharp right turn back into the transition area. The route is 10 laps of 4km of the Yas Marina Circuit.

RUN COURSE

A looped course, consisting of four laps of 2.5km. The athletes will exit transition and up the hill out of the pit tunnel and onto the F1 Track. The athletes now follow a portion of the cycle course they have just finished on the Yas Marina circuit. Runners will then make their way back alongside the Drag strip and make a sharp right turn and pass through the race village in front of the spectators on the grand stand. The finish line is also situated in the same location.

WHEEL STATIONS

There are two wheel stations on the bike course. The first station will be your own station with your own brought wheels, and the second station is a neutral wheel station with provided wheels.

AID STATIONS

There are three aid stations located on the run course.

PENALTY BOX

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

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.

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.

Protests and Appeals

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

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 1 March, at the Crowne Plaza Hotel, 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.

PUBLIC TRANSPORTATION

Regular Shuttles run from the Hotels on Yas Island to Yas Beach and Yas Mall. They start from 10:00 and run until 17:00 from the hotel

- Departure times as follows – 10:00, 12:00, 14:00, 17:00
- Then pick up from Yas Beach at 10:10, 12:10, 14:10, 17:10
- And pick up from Yas Mall at 10:25, 12:25, 14:25, 17:25

