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WORLD TRIATHLON
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SPECIAL BROADCAST
IX MENA
GAMES
2023

المجلس أبوظبي الرياضي
Abu Dhabi Sports Council



ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | LEEDS | HAMBURG | EDMONTON | MONTREAL | GOLD COAST

WELCOME



It is my pleasure to welcome you to the 2018 ITU World Triathlon Abu Dhabi – the 4th time that Abu Dhabi will host your season-opening WTS race, and the second time on the stunning Yas Island.

Triathlon forms a central pivot within our Abu Dhabi Sports Council mandate and resonates with everything we are trying hard to achieve. Your sport welcomes 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. That is why we love it, and why we are committed to developing your sport in this country, and to supporting you – the world's best triathletes.

In line with our commitment to inclusiveness, we are proud that for the first time, we are hosting race waves dedicated to para-athletes and Special Olympic athletes. This is especially exciting as we look forward to

hosting the Special Olympics World Games in 2019. In addition, we are expecting over 3,500 amateur age-groupers to take part in the event on Saturday, as well as hundreds of children in our junior races on Friday.

As a community, we are working hard to reverse the high trend of diabetes and obesity in the region. Events such as the ITU World Triathlon Abu Dhabi act as a catalyst to reversing these trends, and we would appreciate any efforts that you can make to interact with the amateur athletes while you are here.

I speak on behalf of the whole Sports Council when I say that we are incredibly excited to watch you race on Friday, as are the +18 million people expected to tune into the TV broadcast from around the world.

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

Good luck, race well, and I hope you find some time to visit more of our fantastic city before or after your race. Please join me in sharing your experiences at @WTSAbuDhabi and using the hashtags #WTSAbuDhabi #InAbuDhabi.

Aref Hamad Al Awani
General Secretary

1. GENERAL INFORMATION

KEY DATES

WEDNESDAY 28TH FEBRUARY

THURSDAY 1ST MARCH

FRIDAY 2ND MARCH

Briefings

Course familiarization

Race day (male and female elite)

SCHEDULE

DATE	TIME	ACTIVITY	LOCATION
Wed 28th Feb	06:46	Sunrise	Race Village
	09:00 - 18:00	Information kiosk open	Radisson Blu
	10.30 - 12.00	Elite athlete press conference	Crowne Plaza
	17.00 - 18.00	Elite Coaches briefing	
	18.00 - 19.00	Elite Athlete briefing	
	18:24	Sunset	Race Village
Thu 1st March	06:45	Sunrise	
	09:30 - 18:00	Information kiosk open	
	10:00	Athletes' Lounge open	
	10.30 - 11.00	Bike course familiarization	
	11.30 - 12.30	Swim course familiarization	
	11.30 - 18.00	Athlete village and expo opens	
	18:24	Sunset	
Fri 2nd March	06:44	Sunrise	
	07.30	Race Village and Expo Opens	
	07:30 - 18.00	Information kiosk open	
	12:00 - 13.00	Athletes' Lounge open	
	12:30 - 13.15	Transition area open – Elite Men	
	12:30 - 13.15	Swim course open for warm-up – Elite Men	
	13.36	Elite Men's Race Start	
	14.00 - 15.00	Athletes' Lounge open	
	14.30 - 15.15	Transition area open – Elite Women	
	14.30 - 15.15	Swim course open for warm-up – Elite Women	
	15.36	Elite Women's Race Start	
	18:25	Sunset	

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ELITE ATHLETES BRIEFING

DATE: Wednesday 28th February

TIME: 18.00

LOCATION: Crowne Plaza Hotel, Yas Island

DIRECTIONS TO ROOM: From the Hotel Plaza, enter the Crowne Plaza Hotel via main entrance and turn right. Go down the stairs and you will see the Ball Room in front of you. Following the Briefing there will be signage directing you to Stills bar for the Elite post Briefing Social. Dress Code for the Social is no flip-flops or shorts.

There will be a bike storage facility available at the hotel in the basement.

KEY CONTACTS

POSITION	CONTACT PERSON	CONTACT E-MAIL
ITU Team Leader	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org
ITU Technical Delegate	Howard Vine	viney@waitrose.com
ITU Medical Delegate	Charl Carstens	charl.carstens1@gmail.com
LOC Event Delegate	Gary Marescia	gary@worldsport.ae
LOC Travel Management	Manue Marescia	manue@worldsport.co.za

EVENT ORGANISERS

Worldsport Arabia

Stadium Offices, Abu Dhabi Cricket Stadium, Street 12, Khalifa, City A, PO BOX 41553, Abu Dhabi, UAE

Tel: + 971 50 665 9780

Email: info@wts-abudhabi.com

Website: abudhabi.triathlon.org

2. VENUE

VENUE



Yas Marina Circuit, Yas Island, Abu Dhabi - United Arab Emirates

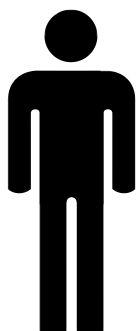
ELITE ATHLETES' LOUNGE

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 2nd March from 2pm – 6pm.

ATHLETES' LOUNGE OPENING TIMES

Course Familiarization: Thursday 1st March, 10:00 – 13:00

Elite Races: Friday 2nd March



ELITE MEN

Open - 12:00

Closing - 13:00

Race Start - 13:36



ELITE WOMEN

Open - 14:00

Closing - 15:00

Race Start - 15:36

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.

BIKE MECHANIC SERVICE

Our bike partner 'BeSport Bike Shop' 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.

MEDICAL SERVICES

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.

INFORMATION CENTRE / LOC OFFICE

THE LOC INFORMATION OFFICE WILL BE LOCATED AT THE TYRE STORAGE BUILDING FROM TUESDAY 27th FEB – SUNDAY 4th MARCH.

LOC OFFICES	CONTACT PERSON	CONTACT NUMBER
LOC Athlete Manager	Angela O'Shea	+971 50 665 9780
LOC Travel & Athlete Services	Manue Marescia	+971 55 549 7525
LOC Operations	Kim Rennie	+971 50 598 4023
ITU Officials	Howard Vine	+34 650 64 63 62
Venue Operations Centre	Steyn Momberg	+971 50 819 5865

OPENING HOURS

Date	INFO KIOSK OPEN AT THE RADISSON BLU	INFO KIOSK OPEN AT THE RACE VILLAGE
Tues 27 th February	Yes - 09:00 - 18:00	No
Wed 28 th February	Yes - 09:00 - 18:00	No
Thurs 1 st March	No	Yes, 09:30 - 18:00
Fri 2 nd March	No	Yes, 07:30 - 18:00
Sat 3 rd March	No	Yes, 06:30 - 16:30



SECURITY

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

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.

BANKING

Banks and ATM's can be found at

- All Official Hotels in Yas Plaza
- Yas Circuit - Next to Jonny Rockets (Yas Central)
- Yas Mall
- Yas Marina

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/.

3. TRAINING



SWIMMING

AL YASMINA SCHOOL - FREE SWIM SESSIONS

- Khalifa City A. 11km from Yas Island (15 minutes drive)
- 26m x 6 lane pool which can accomodate 4 swimmers per lane
- Please contact manue@worldsport.co.za to schedule your session. The following time slots are available:
 - Tues 27 Feb: 10.00 - 06.00
 - Wed 28 Feb: 10.00 - 06.00 and 20.00 - 19.00
 - Thurs 1 March: 10.00 - 06.00
- Entry to the pool is by the side gate, before the main school entrance. On exit via the same gate, athletes can flag a taxi on the main road.
- Please be aware that the drop-off area in front of the school gates will be busy from 08.00 - 07.00, around school start time
- Athletes have access to the changing rooms, and can leave bags in the changing rooms which are exclusively for athletes
- Please be friendly to the students who

may come to watch you train from the viewing seats!

- The pool and changing
- rooms will re-open to the school by 10.15

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: +971 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: +971 2 497 3071



CYCLING & RUNNING

YAS MARINA CIRCUIT - HOME OF THE ABU DHABI GRAND PRIX

- Floodlit, 5.55km loop for running and cycling
- Opening times: Sunday 10 - 6pm, Tuesday 10 - 6pm, Wednesday (LADIES ONLY) 9 - 6pm
- 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: All day, every day
- Price: Free of charge
- 22km from Race Hotels
- Please note that there may be football practices going on inside the track during buy times

COURSE FAMILIARIZATION

BIKE

You will be able to familiarize yourself with the bike course on Thursday 1st March between 10:30am and 11:00am. Athletes should gather at The Race Village, Yas Marina Circuit.

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 1st March 11:30am and 12:30pm. Athletes should gather at The Race Village, Yas Marina Circuit.

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.

4. COMPETITION INFORMATION



COMPETITION SCHEDULE

DATE	TIME	ACTIVITY	LOCATION
Wed 28th Feb	06:46	Sunrise	Race Village
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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 in front of the Viceroy Hotel at the 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 750m in an anti-clockwise direction. 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 5 laps of 4km, 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 5 laps of 4km of the Yas Marina Circuit.

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

A looped course, consisting of two 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.

AID STATIONS

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

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 28th February, 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.