ABU DHABI

PARATRIATHLON WORLD CUP 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

- **Tuesday 3rd March:** Para Classifications
- **Wednesday 4th March:** Briefings, Course familiarizations & Para Classifications
- **Thursday 5th March:** Race day (all classifications)

## Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday 3 March 2020</strong></td>
<td></td>
<td><strong>Para Athlete Classification (By appointment only)</strong> Team Villa 18, Yas Marina Circuit</td>
<td></td>
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<tr>
<td><strong>Wednesday 4 March 2020</strong></td>
<td></td>
<td>06:42 Sunrise</td>
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<tr>
<td><strong>Para</strong></td>
<td>09:00 - 18:00</td>
<td>Para Athlete Classification (By appointment only) Team Villa 18, YMC Race Village</td>
<td></td>
</tr>
<tr>
<td><strong>Para</strong></td>
<td>10:30 - 11:00</td>
<td>PTWC Bike Course Familiarization - Para Race Village</td>
<td></td>
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<tr>
<td><strong>Para</strong></td>
<td>10:30 - 11:00</td>
<td>PTVI - PTS Run Course Familiarization - Para</td>
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<tr>
<td><strong>Para</strong></td>
<td>11:00 - 11:30</td>
<td>PTWC Run Course Familiarization - Para Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>11:00 - 11:30</td>
<td>PTVI - PTS Bike Course Familiarization - Para Race Village</td>
<td></td>
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<tr>
<td><strong>Para</strong></td>
<td>11:30 - 12:30</td>
<td>Swim Course Familiarization - Para (all athletes) Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>15:00 - 16:30</td>
<td>Para Athletes Briefing Yas Rotana</td>
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<td><strong>Para</strong></td>
<td>15:40 - 16:05</td>
<td>Para Triathletes PTWC Swim Warm up Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>16:15 - 16:00</td>
<td>Para World Cup Race Start - PTWC1 Men Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>16:16 - 08</td>
<td>Para World Cup Race Start - PTWC1 Women Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>16:20 - 04</td>
<td>Para World Cup Race Start - PTWC2 Men Race Village</td>
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<tr>
<td><strong>Para</strong></td>
<td>17:45 - 18:30</td>
<td>Para Medal Ceremony</td>
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<tr>
<td><strong>Para</strong></td>
<td>18:30</td>
<td>Para Medal Ceremony Closes</td>
<td></td>
</tr>
<tr>
<td><strong>Para</strong></td>
<td>18:27</td>
<td>Sunset</td>
<td></td>
</tr>
<tr>
<td><strong>Para</strong></td>
<td>19:00</td>
<td>Race Village Closes</td>
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Para Athletes will not be charged the $50 entry fee for the 2020 ITU Para World Cup Abu Dhabi.
**PARA ATHLETES’ BRIEFING**

**Date:** Wednesday 4th March 2020  
**Time:** 15:00 (Coaches) | 16:30 (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 Nikopoulos</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>
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</tr>
<tr>
<td>ITU Chief Classifier</td>
<td>Katerina Magkou</td>
<td><a href="mailto:katerina.magkou@hotmail.com">katerina.magkou@hotmail.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
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VENUE
YAS ISLAND, ABU DHABI

PARATRIATHLETES’ 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 three physiotherapists available in the Athletes’ Lounge within the recovery area for any treatment during opening hours (10 - 15 min per athlete), available on 5 March from 12:00 – 19:00. PTWC & PTVI Athletes will use the Recovery Tent as their Athlete Lounge before their Race.

Athletes’ Lounge Opening Times

<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>Wednesday 4 March</td>
<td>10:30 – 13:00</td>
<td>NA</td>
</tr>
<tr>
<td>Para Race Day</td>
<td>Thursday 5 March</td>
<td>13:15 – 15:00</td>
<td>From 15:00</td>
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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 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.

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>
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<tbody>
<tr>
<td>Thurs 5 March</td>
<td>09:00 – 19:30</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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ACCREDITATION

The LOC will provide all athlete, coaches, technical officials, handlers and guides, 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.
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.

Yas Plaza Hotels
by ALDAR HOSPITALITY

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

SWIMMING

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 55 234 3531

<table>
<thead>
<tr>
<th>DATE</th>
<th>50m Swimming Pool</th>
<th>25m Swimming Pool</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>TIME SLOTS</td>
<td>NUMBER OF LINES</td>
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<tr>
<td>Tues 3 March</td>
<td>08.00 - 11.00</td>
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</tr>
<tr>
<td>Wed 4 March</td>
<td>08.00 - 11.30</td>
<td>2</td>
</tr>
<tr>
<td>Thur 5 March</td>
<td>08.00 - 11.00</td>
<td>2</td>
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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: +971 56 242 0435

Unofficial Training Facility
Staybridge Suites & Crowne 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:
1. If you are a guest at the Staybridge or Crowne 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
2. If you are not a guest at the Staybridge or Crowne 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.
3. 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 and Tuesday 6 - 10pm
- 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
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COURSE FAMILIARIZATION

BIKE

- You will be able to familiarize yourself with the bike course on Wednesday 4 March from 10:30 – 11:00 for PTWC Athletes and from 11:00 – 11:30 for PTVI Athletes. 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 Wednesday 4 March from 11:30 – 12:30. 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 Villas within Yas Marina.
- Please note: it is forbidden to swim outside the test swimming zone at any time due to safety restrictions.
COMPETITION INFORMATION

COMPETITION RULES

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

RACE COURSE

START

The start area is in front of the Villas within Yas Marina.

Athletes will start in the water in front of the pontoon.

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

Athletes are required to leave their last-minute gear at the swim start inside a dedicated box and the LOC will carry these back to the Athletes’ Lounge.
SWIM COURSE
The swim will take place within Yas Marina, starting in front of the Villas, a short walk from the race village.
The swim start will be an in water start in front of the pontoon.
The course will comprise of 1 lap of 750m in an anti-clockwise direction inside Yas Marina.
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 exits the Race Village, joining the circuit at the top and follows in a clockwise direction for 2.7 kms round to the Race School.
Athletes will then complete 5 laps of 3.12 kms on Yas Marina circuit. At the end of 5 laps athletes will exit the circuit at the Race School 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 the Race Village there is a sharp left followed by a sharp right turn back into transition where athletes will dismount. This section is 1.3 kms (Total distance 19.6 kms)
WHEEL STATIONS
There is one wheel station on the bike course, where you can leave your own wheels.
There is also a wheel station for PTWC athletes located on the Run course at the Aid Station close to the Race Village (in case of a puncture to a race wheelchair).

PENALTY BOXES
The Bike penalty box is located just before exiting the Yas Marina circuit near the Race School (you pass this 6 times on the bike)
The Run penalty box is situated 20 meters before the entrance to the Transition / Finish area.

RUN COURSE
The Run course consists of 2 laps of 2.5 kms in an anti-clockwise direction
Athletes will exit transition and immediately do a U turn left back alongside transition following the run route beside the water’s edge 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 turn right onto the blue carpet of the finish chute, through the finish gantry alongside Transition.

AID STATIONS
There are two 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.
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## WATER QUALITY ANALYSIS

### WATER QUALITY ANALYSIS - E.COLI

<table>
<thead>
<tr>
<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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<th>Location B</th>
<th>Location C</th>
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### WATER QUALITY ANALYSIS - PH

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<th>Location B</th>
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<td>8.0</td>
<td>8.0</td>
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</table>

### SUMMARY

The water quality tests meets the ITU standards.