



JUNIOR RACE GUIDE

5 - 7 MARCH 2020 | YAS ISLAND

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ADSC WELCOME

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

ITU WELCOME

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

BEFORE THE COMPETITION

RACE PACK

Your race pack will contain the following items:

- Triathlon race bag
- Wristband
- Swim cap (For triathlon race packs only)
- Race number(s) (two race numbers for teams)
- Sticker sheet

Collect your Timing Chip at Registration after you have picked up your Race Pack, it will be checked against your bib number in the Registration Tent.

You will also receive a Finishers' Medal and post-race refreshments, along with an online Finisher's Photo Certificate.

WRISTBAND

Please wear your wristband from the time you register until your race has finished. For those cycling, your wristband is required to collect your bike after the race, and will be checked against the numbers on your helmet and your bike



1234

RACE NUMBER AND ELASTIC BAND

If you do not own a race belt, attach your race number to the elastic band provided. If you are participating in the duathlon or the triathlon, you must wear your race number on your back during the cycle, and on your front during the run.



TIMING CHIP

Please securely fasten your chip around your left ankle prior to starting your race, and do not remove it throughout the competition, unless racing in a team event.

If you fail to wear the timing chip correctly, we cannot guarantee you accurate results.

IMPORTANT: Timing chips must be handed in at the end of the race before leaving the finish area. Please don't forget, as you will be charged for your chip if you fail to return it (chips cost AED 250). Please only use the timing chip we supply as no other timing devices will work.

STICKER SHEET

Peel off stickers and place on items as shown below

BIKE STICKER

Please stick this sticker onto the saddle post so that the number is clearly visible from the left and right hand-side.



HELMET STICKER

Please stick the number to the front and side of your helmet as per the sticker instructions



IMPORTANT: Your bike and helmet stickers must be attached prior to checking your bike into Transition. After the race, please do not remove your bike or helmet numbers until you have checked your bike out of transition because officials will check them against your wristband number before you are allowed to check your bike out.

RACE BAG STICKER

Attach the sticker to the strap of the race bag, if using the Bag Drop facility.



SUPPORTERS STICKER

Stick your supporters' sticker onto your biggest fan on race day, and make sure they're cheering you on during your race!



THE COMPETITION

RACE BRIEFING

The Junior Race Briefing takes place on Thursday 5 March from 16:00 - 16:30 in the Race Village Main Stage, Yas Marina Circuit, There will also be a short race briefing 10 minutes before the start of each race.

VENUE

The Race Village is located at Yas Marina Circuit via gate 20(West Entrance) on Yas Island.

DATE

Junior Races take place on Friday 6 March. The Junior Sprint and Junior Sprint Team races take place on Saturday 7 March as part of the Age Group races.

CATEGORY	AGE	LEG 1	LEG 2	LEG 3
Kids Duathlon	7 – 9 yrs 10 – 11 yrs	500m run	4km bike	500m run
Kids Triathlon	9 – 11 yrs	120m swim	4km bike	1km run
Junior Duathlon	12 – 13 yrs 14 – 15 yrs	1km run	7km bike	500m run
Junior Super Sprint	12 – 13 yrs 14 – 15 yrs	400m swim	10km bike	2.5km run
Junior Super Sprint team	12 – 13 yrs 14 – 15 yrs	400m swim	10km bike	2.5km run

A Podium Medal for 1st, 2nd and 3rd place finishers in each category will be awarded at the official prize presentation taking place at the completion of the Junior Races on Friday 6 March.

The Junior Race Briefing takes place on Thursday 5 March from 16:00 - 16:30 in the Race Village Main Stage, Yas Marina Circuit, There will also be a short race briefing 10 minutes before the start of each race.

Taking place at the same time is the ITU Paratriathlon World Cup, where some of the most inspirational para-triathletes from around the world will go head-to-head. We encourage you to join us in the grandstands to cheer them on as they race for Paralympic qualifying points. This is one race you don't want to miss!

If you are racing in the Junior Sprint category on Saturday 7 March, you should refer to the Age Group guide.



EVENT RULES

1. Any person who participates in any portion of the event without properly registering will be disqualified.
2. Race numbers will be provided in your Race Pack. Athletes must wear a race number on their back during the cycle and on their front for the run. Attaching the race number to a race belt or elastic band allows for the switch from back to front.
3. Races will start as per the schedule.
4. All athletes completing the race will receive a finishers' medal.
5. Medical staff will be on stand-by and in the event of any medical issues. If you require any assistance please inform the nearest marshal (on the cycle/run) or lifeguard (on the swim).
6. Final and split times will be taken when crossing the timing points.
7. Participants must cover the prescribed course in its entirety to obtain a race result.
8. It is the participant's responsibility to know the course, regardless of the actions of race staff or volunteers.
9. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official or other another participant.



- Any such violation shall result in a variable time penalty or disqualification at the discretion of the Technical Officials.
10. No participant shall accept from any person (other than a race official) physical assistance in any form.
 11. No participant shall leave any equipment or personal gear on the race course.
 12. All parents, guardians and coaches should ensure that the child participating in the Kids Duathlon/ Junior Duathlon/Triathlon has adequately prepared for that specific event and age category.
 13. Parents, guardians and coaches must refrain from entering the field of play, including the transition zone. A breach may result in your child being disqualified.
 - 14. IT IS ABSOLUTELY MANDATORY TO HAVE AN AWESOME TIME!**

THE COURSE





SWIM RULES

1. The swim is anti-clock-wise, out-and-back direction starting and finishing on the designated pontoon landing.
2. The event swim cap must be worn throughout the swim.
3. Any swimmer wearing any artificial propulsion device, including fins, gloves, paddles, or floating devices of any kind shall be disqualified.
4. Swimmers may use any stroke to propel themselves through the water, and may tread water or float.
5. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
6. A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down and call or seek assistance.
7. Swimmers, who have received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
8. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

BIKE TRANSITION (T1/T2)

1. Before the race, all triathletes are to rack bikes in the designated Transition area.
2. Athletes are to lay their equipment needed for the cycle and run in a neat area beside their bike.



3. During the race only the official entrances and exits are to be used.
4. Triathletes must have their helmet on and securely fastened prior to taking their bike out of transition; no triathlete will be allowed to leave transition without a securely fastened cycling helmet and covered shoes.
5. A bike bottle may be carried on your bike in an appropriately fitted bike cage.
6. No parents/coaches/spectators are allowed in Transition whilst the race is in progress.
7. On completing the cycle course triathletes are to rack their bikes, remove helmets and ensure they have running shoes on and ensure their torso is covered before exiting the bike transition and commencing the run segment of the course.
8. Once you have completed the race you will be allowed back in to Transition to collect all your personal belongings during the designated Bike check-out times.
9. Team's riders and runners are to wait in Transition for handing over the timing chip.



BIKE RULES

1. The bike course is to be ridden in an anti-clockwise direction. Ensure you check and understand the course before race day.
2. Cycle on the right at all times, and over-take on the left.
3. Exit the bike course after 1, 2, 3 laps (depending on your race category) and re-enter the bike Transition Area. You are responsible for counting your own laps, if you do not complete the correct number of laps you will be disqualified.
4. Your torso should be covered during the cycle leg.

RUN RULES

1. The run is in an anti-clockwise direction. Keep to the right of the running path at all times.
2. Your torso should be covered during the run leg.
3. Shoes are compulsory.
4. No form of locomotion other than running, walking or crawling is allowed.
5. One Water Station will be provided on the course, and one at the Finish Line.



KIDS AND JUNIOR DUATHLON: BIKE RACKING

1. Stick your bike number onto your bike saddle post before check-in.
2. For identification purposes during check-in, have your race number and wristband ready to gain entry to transition.
3. Attach the helmet stickers to the front and sides of your helmet and wear your bike helmet fastened on your head when you come to check in.
4. Bikes must be racked personally onto the racking area allocated to your wave. Each racking area will be marked according to your start wave. Racking positions will not be numbered individually.
5. Please take time to familiarize yourself with your surroundings and your position in relation to the rest of Transition. This will speed up your transition process when you are in the race.

KIDS AND JUNIOR DUATHLON: RUN RULES

1. The run is in anti clockwise direction. Please keep to the right of the running path at all times.
2. Your torso should be covered at all times during the cycle and the run.
3. Shoes are compulsory.
4. No form of locomotion other than running, walking or crawling is allowed.
5. One Water Station will be provided on the course and one at the Finish Line.
6. No parents/coaches/spectators are allowed in Transition whilst the race is in progress.

LIVE RESULTS

Your provisional race results will be published live on the RESULTS page of our website abudhabi.triathlon.org.



THE WEEKEND SCHEDULE

As well as the Junior Races, there's lots going on at the ITU World Triathlon Abu Dhabi for you, your friends, school buddies and families. Check out our 'hot picks' schedule below!

TUESDAY 3 MARCH		
12:00 - 20:00	Juniors and Age Group registration	GO Sport, Mall of the Emirates
THURSDAY 5 MARCH		
06:41	Sunrise	Event Village, YMC
09:00	Event Village and Expo opens	
10:00 – 19:00	Juniors and Age Group registration	
15:00	Watch the Elite Paratriathlon World Cup races	
16:00 – 16:30	Kids & Junior triathlon and duathlon race briefings	
17:45	Watch the Elite Paratriathlon World Cup medal ceremony	
18:27	Sunset	
19:30	Event Village and expo closes	
FRIDAY 6 MARCH		
05:30	Event Village and expo opens	Event Village, YMC
05:30 – 06:30	Bike check-in: Super Sprint	
06:30 – 07:30	Bike check-in: Kids & Junior	
06:40	Sunrise	
08:00 - 08:50	Junior race: Junior Tri Super sprint (12 - 13, 14 - 15)	
08:40 - 09:30	Junior race: Kids' Triathlon (9 - 11 yrs)	
09:35 - 10:05	Junior race: Kids' Duathlon (7 - 9, 10 - 11 yrs)	
10:10 - 11:00	Junior race: Junior Duathlon (12 - 13, 14 - 15 yrs)	
10:30 - 11:00	Prize-giving: Junior races	
14:11	Watch the Elite Men's Sprint race	
16:11	Watch the Elite Women's Sprint race	
18:27	Sunset	
18:30	Event Village and Expo closes	
SATURDAY 7 MARCH		
05:00	Event Village and expo opens	Event Village, YMC
12:06	Watch the Elite Mixed Relay race	
19:00	Event Village and expo closes	

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